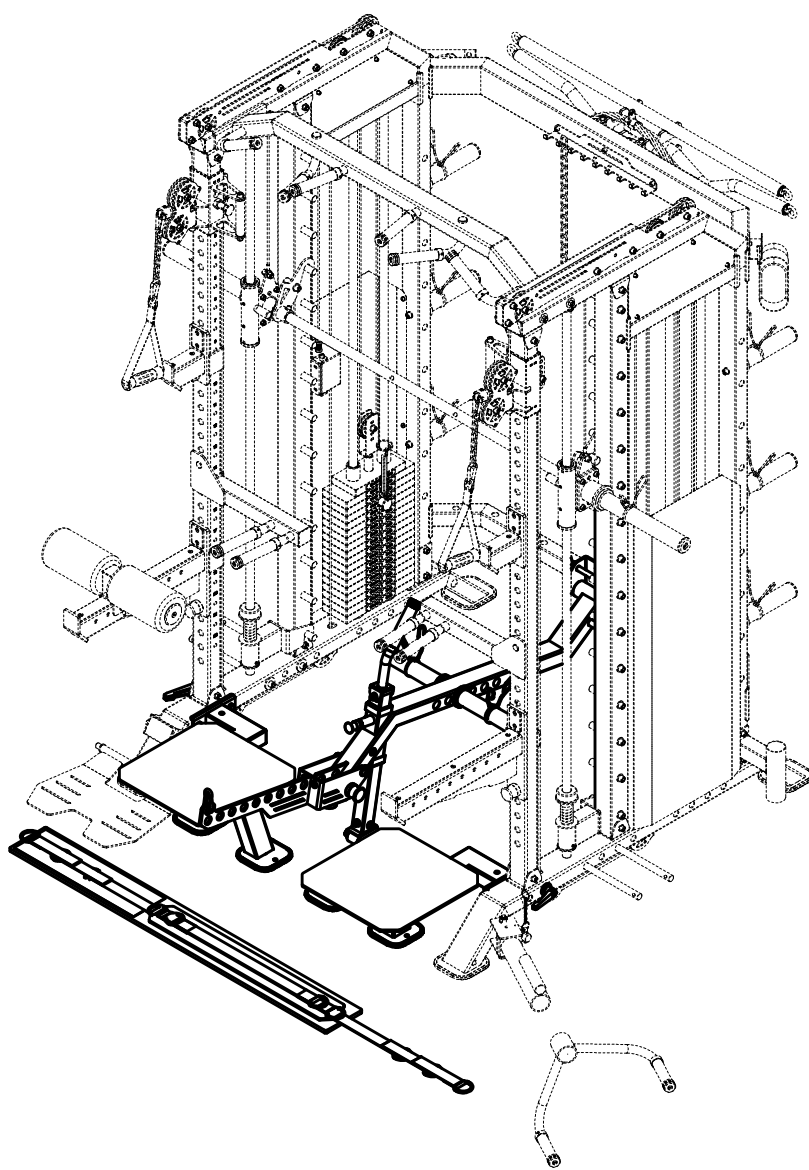


# FRENCH FITNESS

## OWNER'S MANUAL

FF-FSR50-V2-BSM

Color: Black



### CAUTION!

Read all precautions and instructions in this manual before using this equipment.

## **IMPORTANT SAFETY NOTICE**

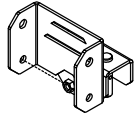
### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

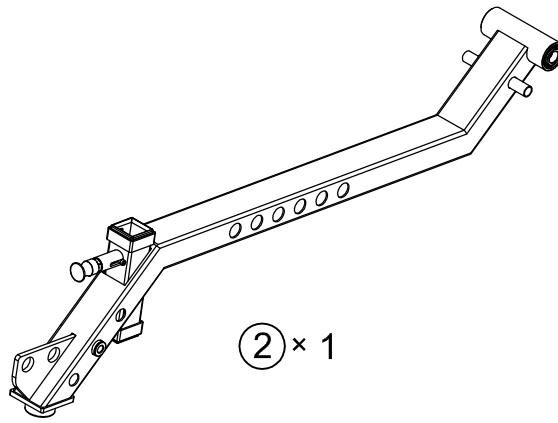
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

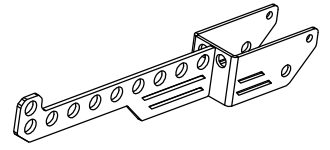
**SAVE THESE INSTRUCTIONS.**



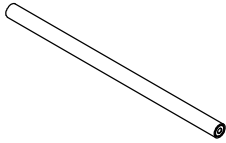
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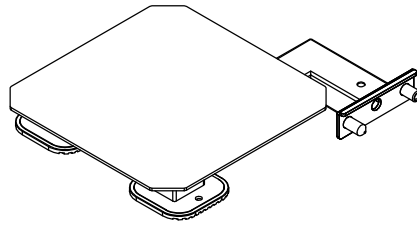
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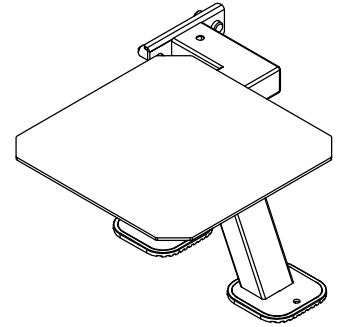
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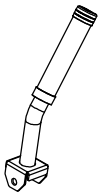
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⑤ × 1



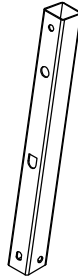
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⑦ × 1



⑧ × 1



⑨ × 1



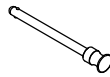
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⑪ × 1



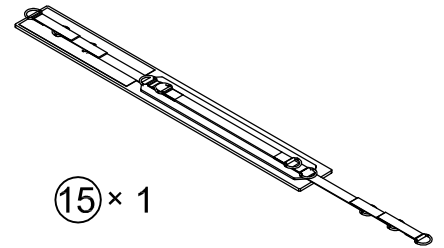
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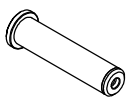
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⑭ × 1



⑮ × 1



⑱ × 2



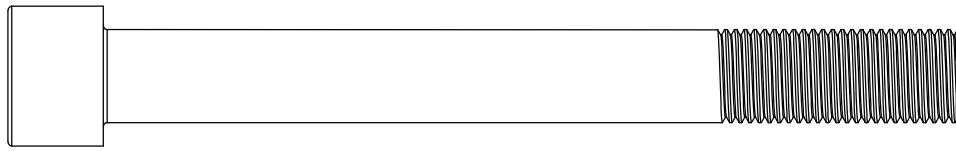
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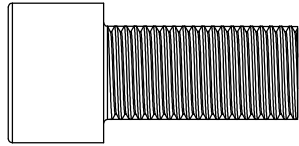
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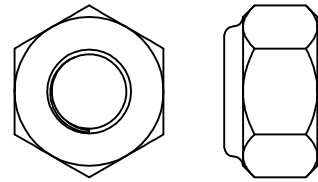
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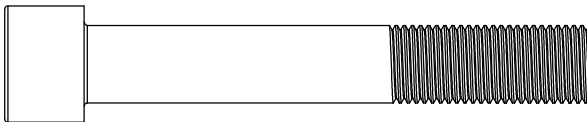
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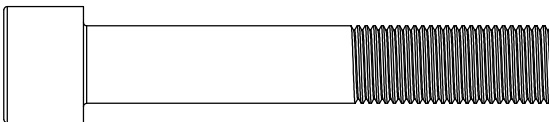
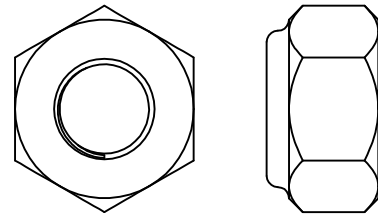
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45 x 2

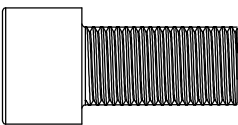


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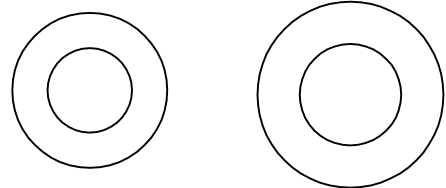


38 x 1

46 x 1

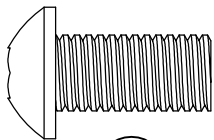


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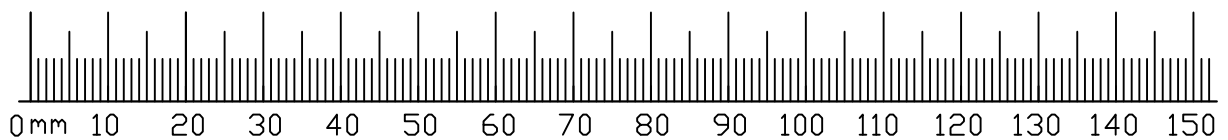
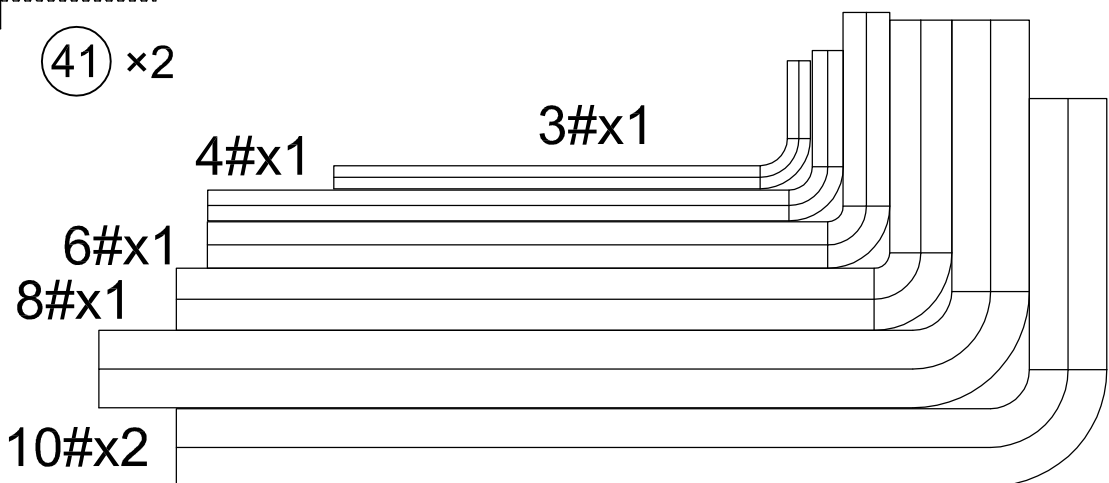


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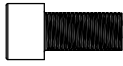
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41 x 2



35

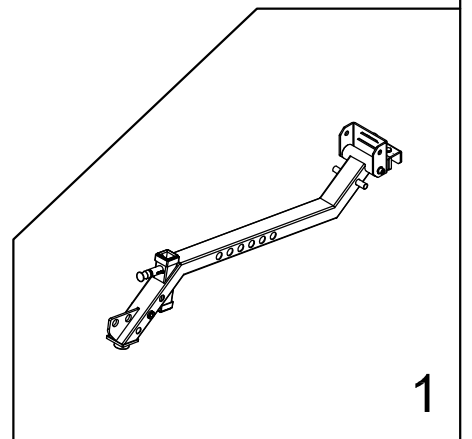
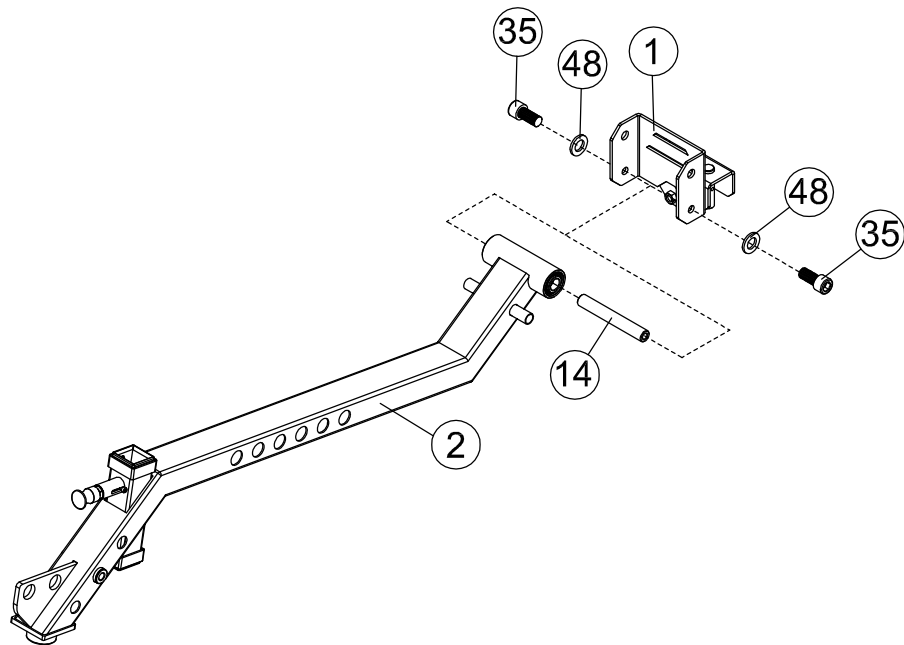
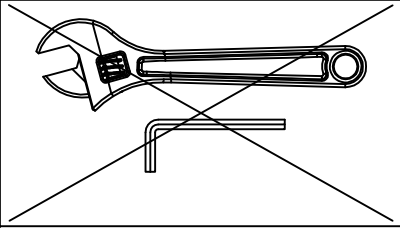


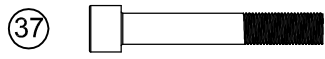
×2 M12×25mm

48

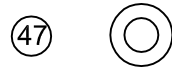


×2 Φ12

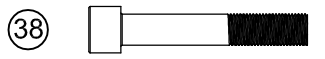




×1 M10×65mm



×5 Φ10



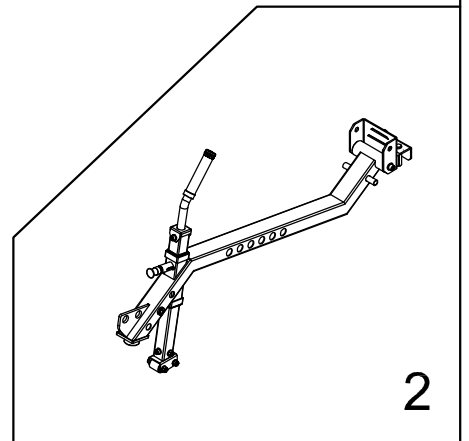
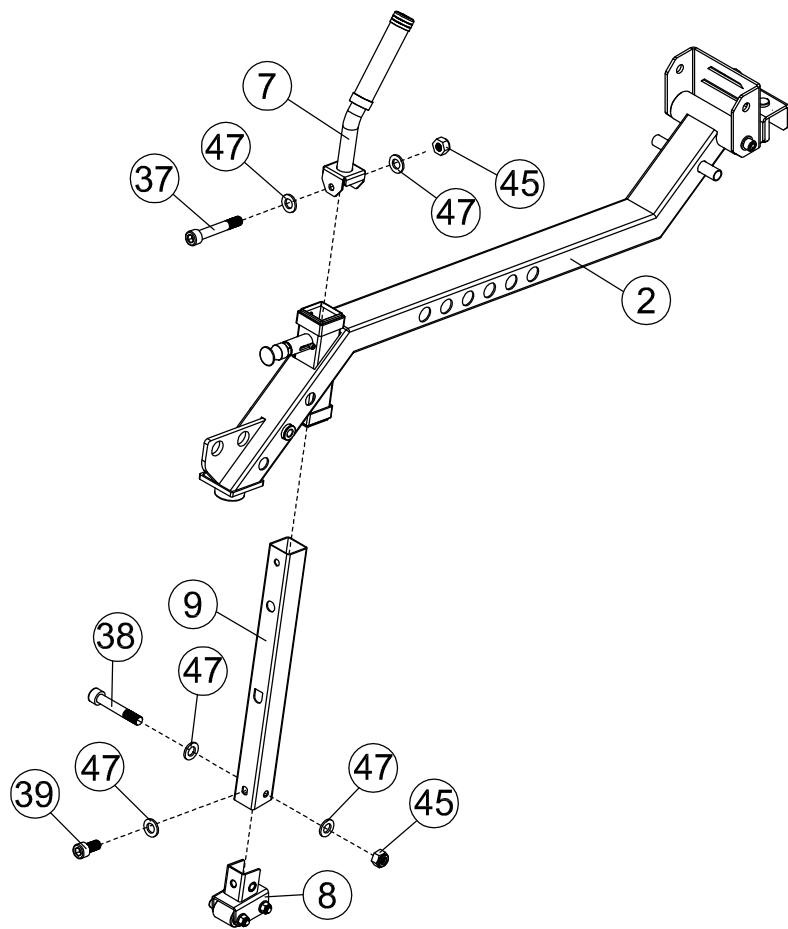
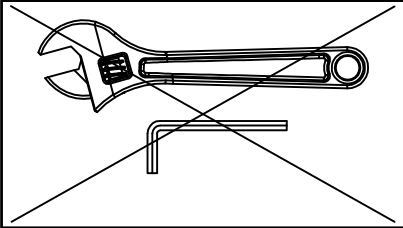
×1 M10×60mm

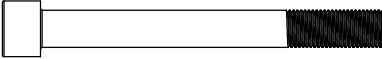


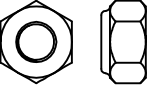
×2 M10



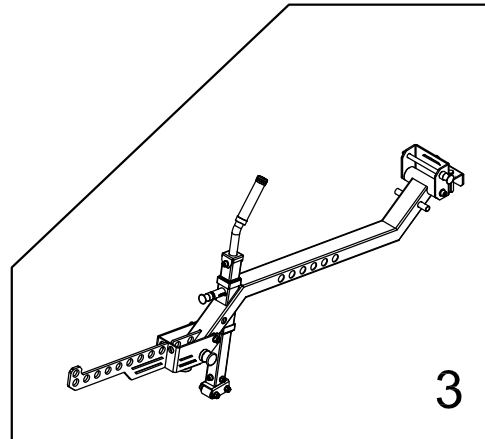
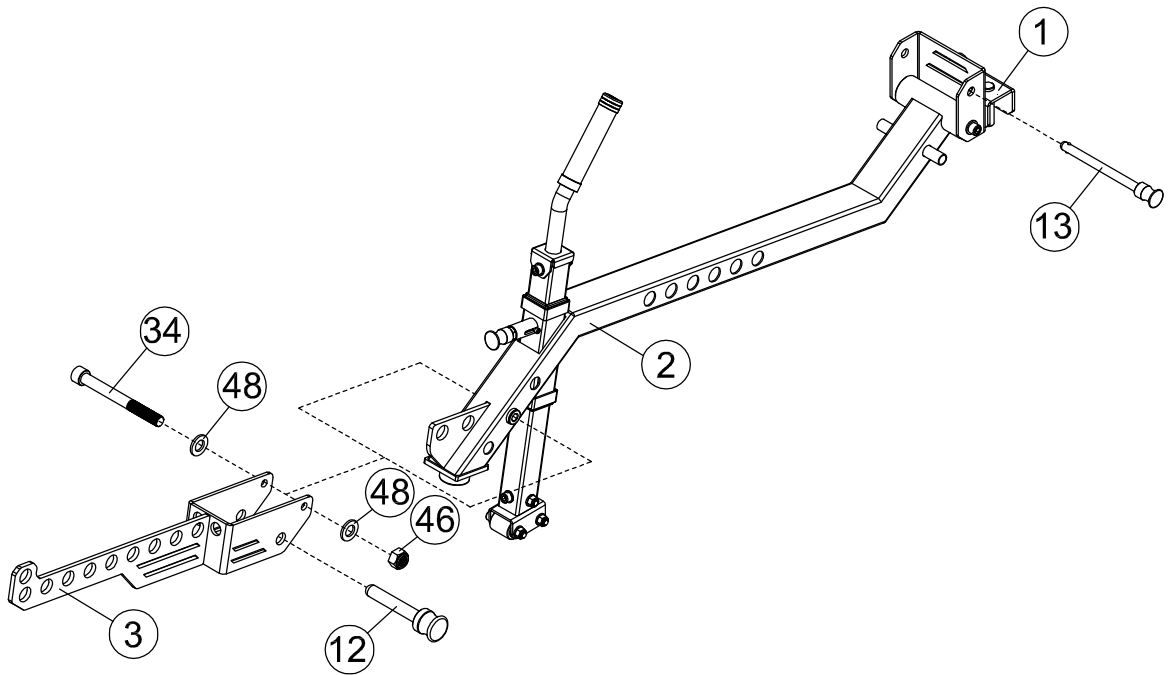
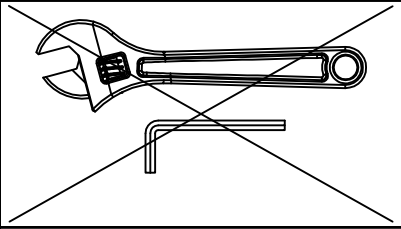
×1 M10×20mm



③④  ×1 M12×110mm

④⑥  ×1 M12

④⑧  ×2 Φ12

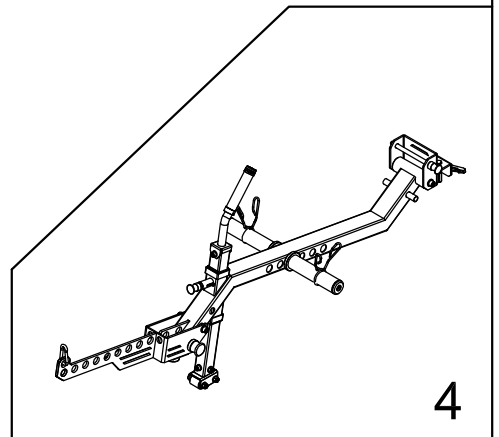
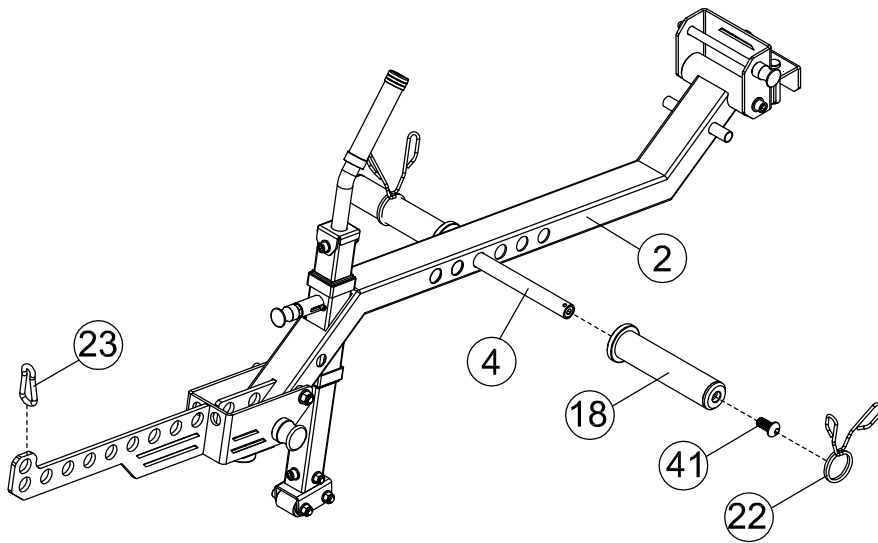
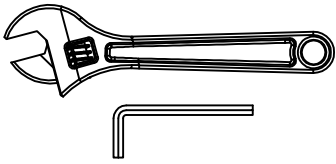


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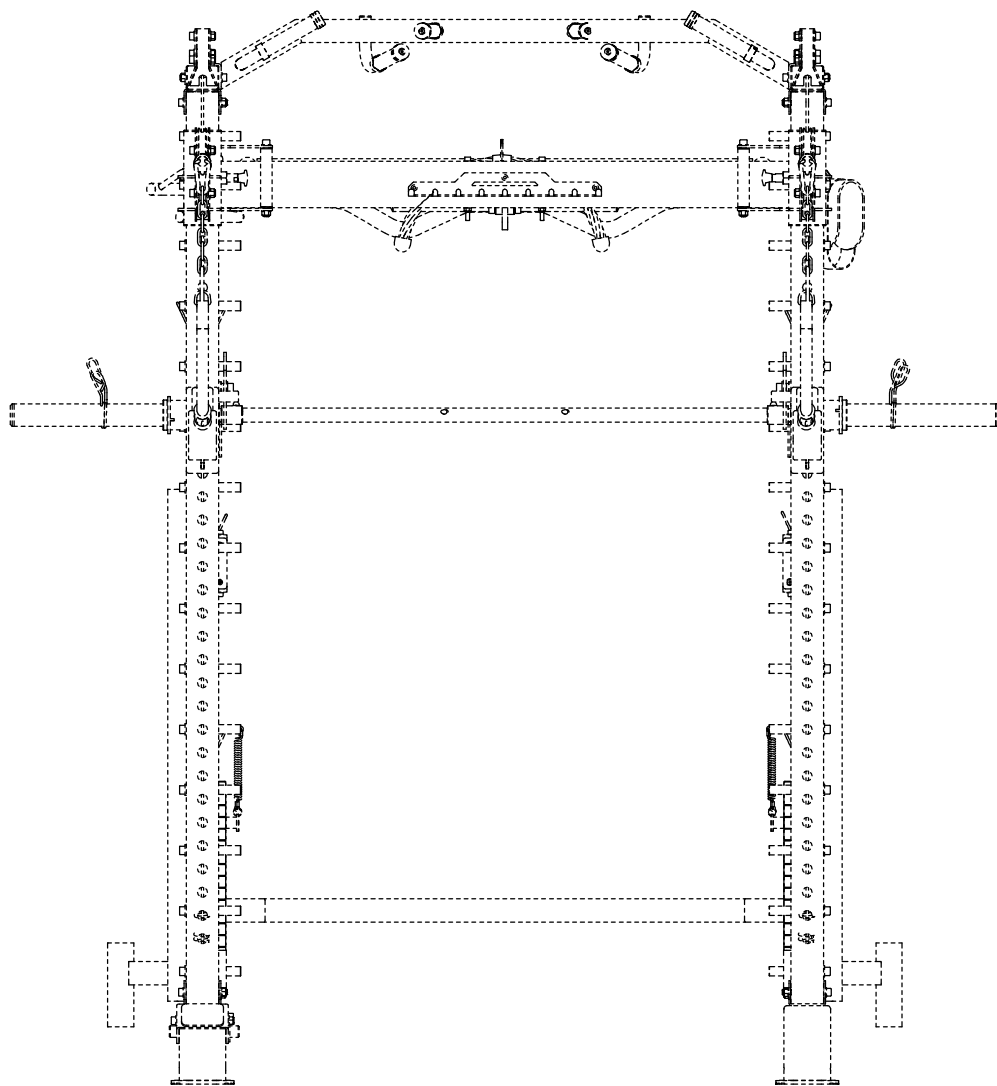
×2

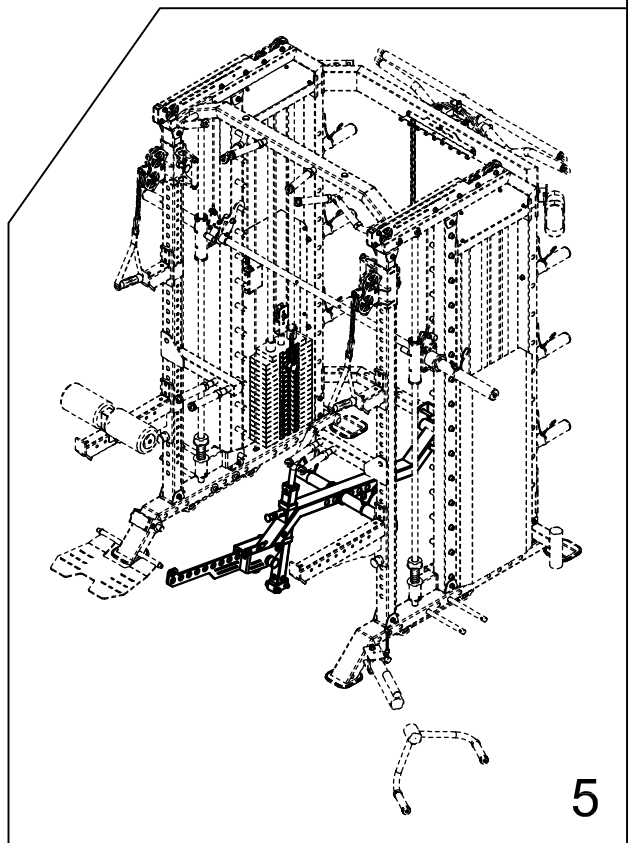
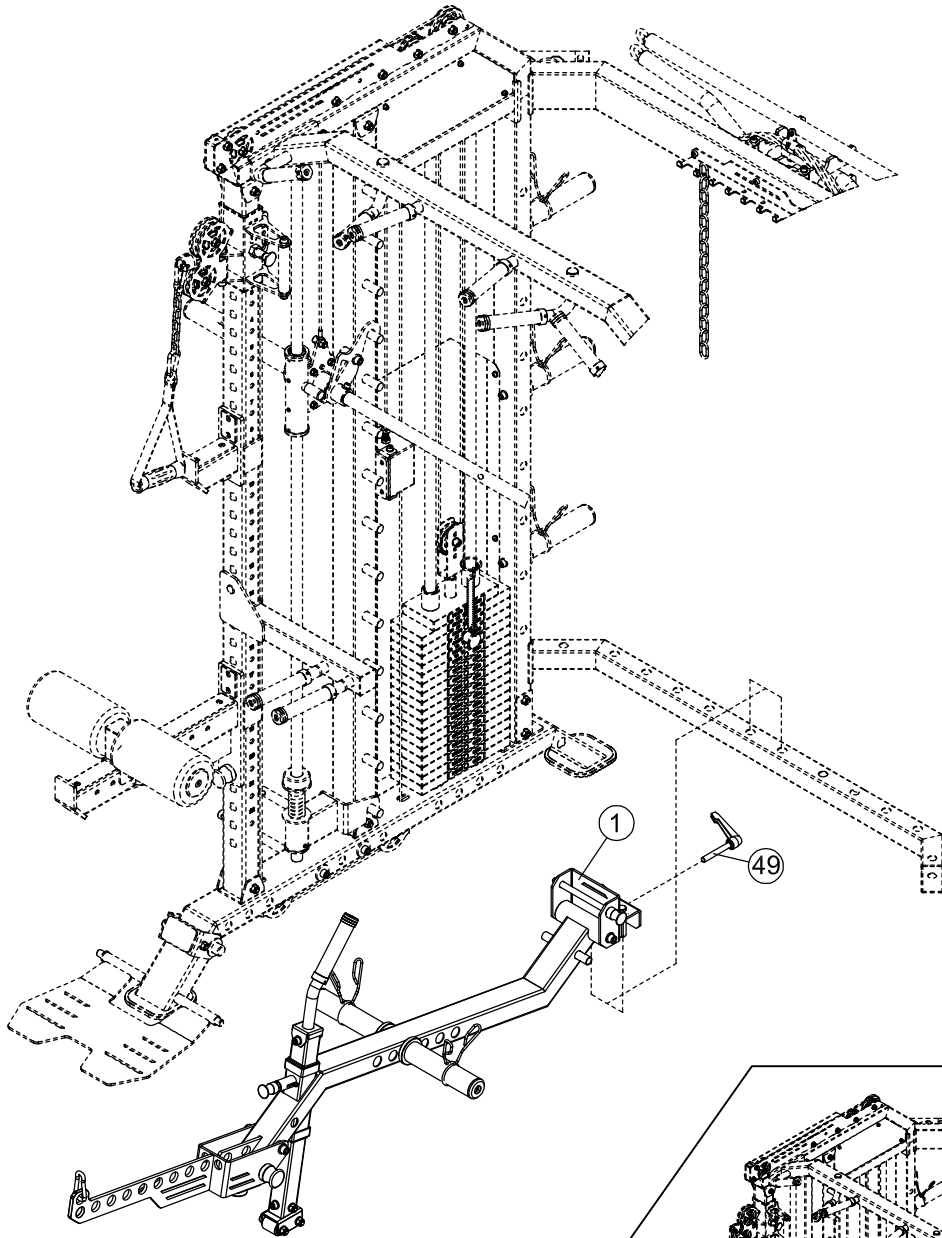
M10×20mm



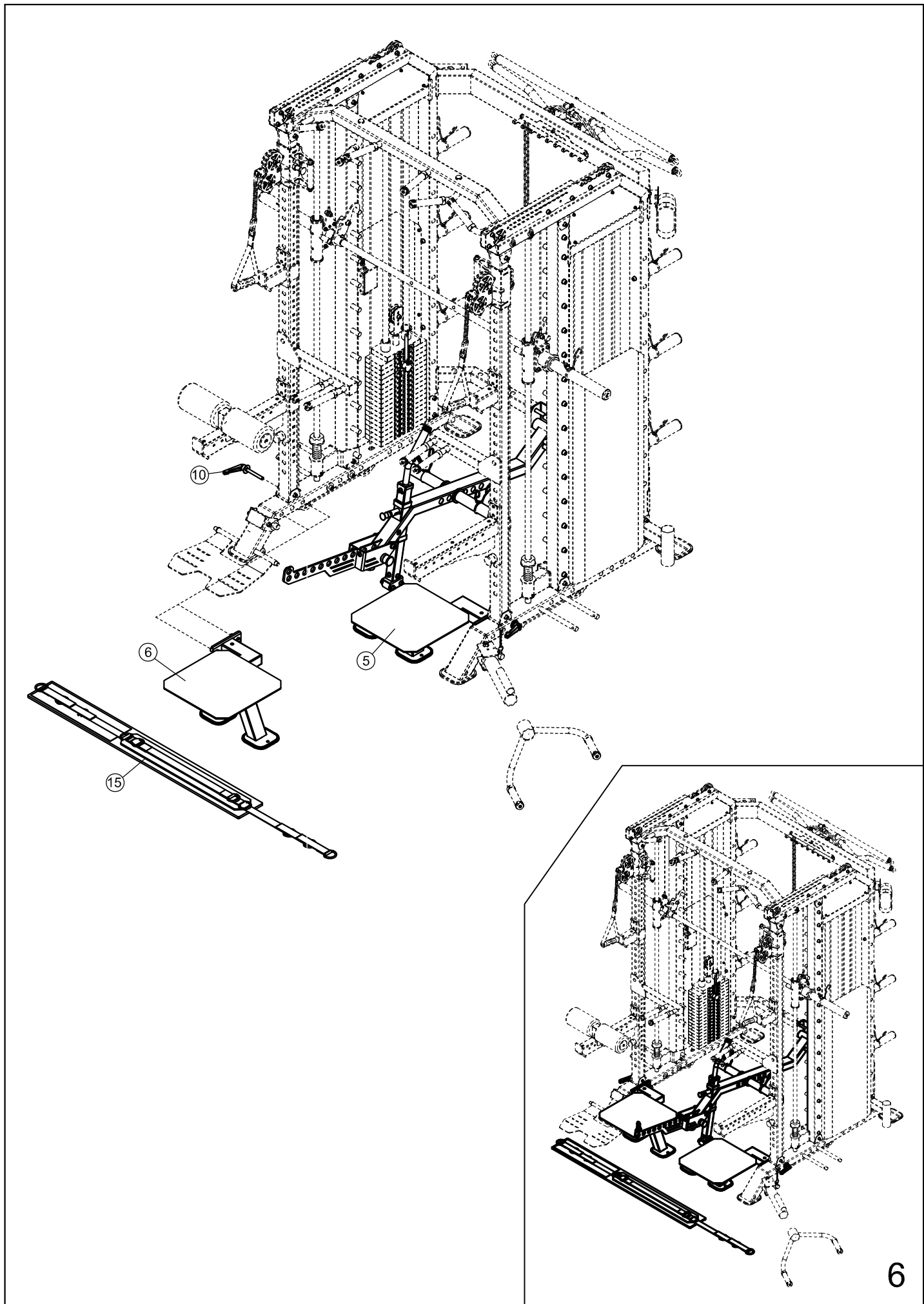
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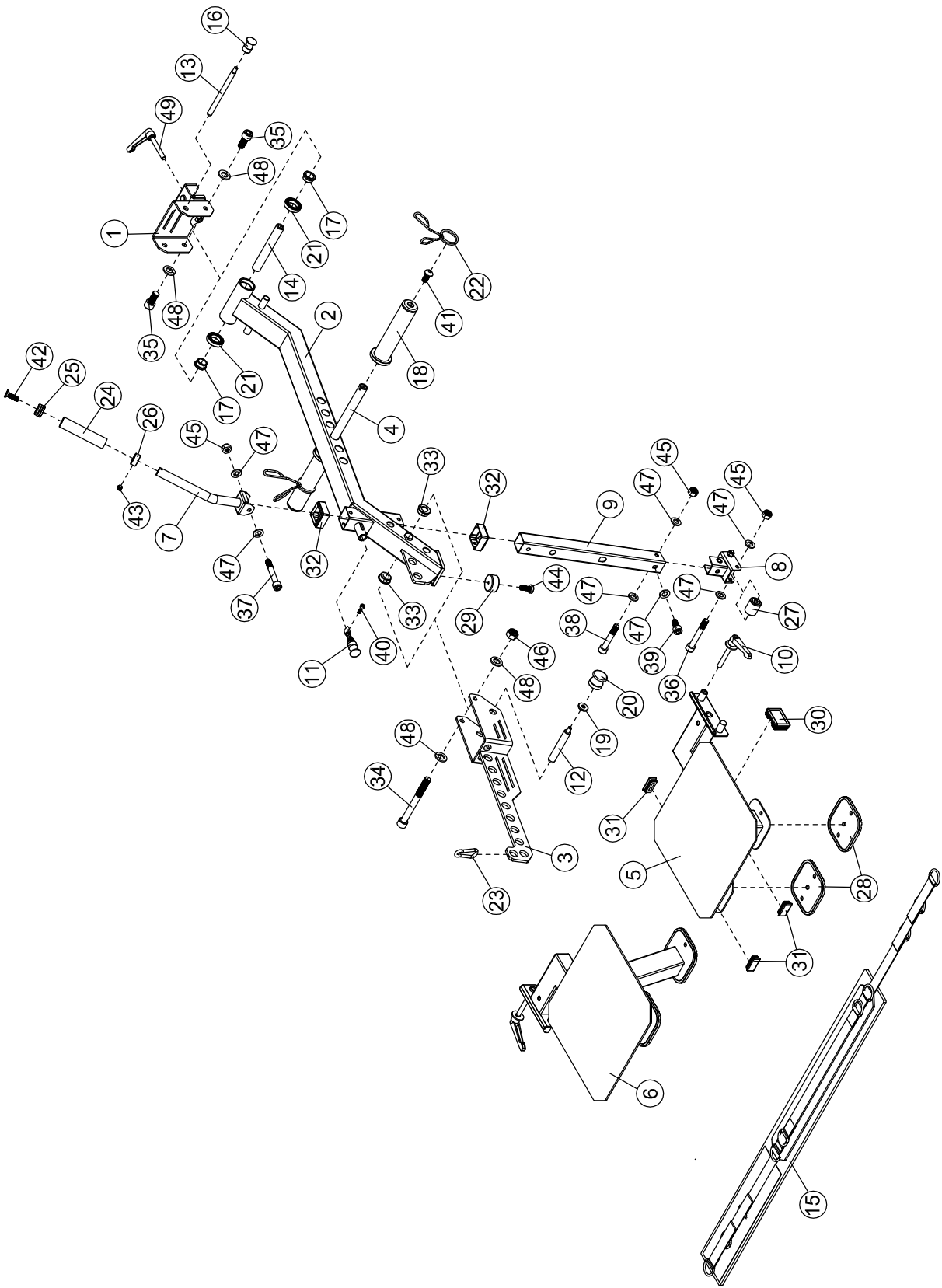






5





## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Fixed pedestal		1
2	Connecting Frame		1
3	Pull Frame		1
4	Weights Stow Rod		1
5	Left pedal Bracket		1
6	Right pedal Bracket		1
7	Grip frame		1
8	Wheel frame		1
9	Guide Shaft	□45×2×470	1
10	Long Handle Lock Draw Pin		2
11	Moving Lock Pin		1
12	spring pins	φ20×140×M10	1
13	spring pins	φ14×195×M10	1
14	Matlad	φ20×145×M12	1
15	Multifunctional belt		1
16	Handle	φ25×38×M10	1
17	Bushing	φ30×φ20×14	2
18	Short Spacer		2
19	Washer	φ30×φ10.5×5	1
20	Handle	φ45×φ40×40×M10	1
21	Deep groove ball bearing	61905	2
22	Spring Clip	φ47	2
23	Hook	φ8	1
24	Dips Handle	Φ24.5×3×140	1
25	Decorative cover	φ34.5×φ6.5×19	1
26	Retaining ring	φ35×φ26.2×14.5×M6	1
27	Wheel	φ35×φ10.5×45	2
28	Floor End Cap	□135×135×8	4
29	Rubber Stopper	φ50×φ48×23	1
30	End Cap	□70×□50	2
31	End Cap	□25×50	6
32	Slide Guide	□50×□45	2
33	Bushing	φ25×φ20×φ12.2×10	2
34	Hexagon socket button head	M12×110	1
35	Hexagon socket button head	M12×25	2

## PARTS LIST

<b>KEY NO.</b>	<b>PART DESCRIPTION</b>	<b>SPEC</b>	<b>QTY</b>
<b>36</b>	<b>Hexagon socket button head</b>	<b>M10×70</b>	<b>2</b>
<b>37</b>	<b>Hexagon socket button head</b>	<b>M10×65</b>	<b>1</b>
<b>38</b>	<b>Hexagon socket button head</b>	<b>M10×60</b>	<b>1</b>
<b>39</b>	<b>Hexagon socket button head</b>	<b>M10×20</b>	<b>1</b>
<b>40</b>	<b>Hexagon socket button head</b>	<b>M5×20</b>	<b>1</b>
<b>41</b>	<b>Allen Bolt</b>	<b>M10×20</b>	<b>2</b>
<b>42</b>	<b>Hexagon socket</b>	<b>M6×20</b>	<b>1</b>
<b>43</b>	<b>Set screw</b>	<b>M6×6</b>	<b>1</b>
<b>44</b>	<b>Screw</b>	<b>M6×16</b>	<b>1</b>
<b>45</b>	<b>Nut</b>	<b>M10</b>	<b>4</b>
<b>46</b>	<b>Nut</b>	<b>M12</b>	<b>1</b>
<b>47</b>	<b>Washer</b>	<b>10</b>	<b>9</b>
<b>48</b>	<b>Washer</b>	<b>12</b>	<b>4</b>
<b>49</b>	<b>Long Handle Lock Draw Pin</b>		<b>1</b>
	<b>Allen wrench</b>	<b>3#</b>	<b>1</b>
	<b>Allen wrench</b>	<b>4#</b>	<b>1</b>
	<b>Allen wrench</b>	<b>6#</b>	<b>1</b>
	<b>Allen wrench</b>	<b>8#</b>	<b>1</b>
	<b>Allen wrench</b>	<b>10#</b>	<b>2</b>