

FRENCH FITNESS

FF-FSR50-AB

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ADJUSTABLE BENCH (NEW)

ASSEMBLY MANUAL



FEATURES

- 50 x 75 x 3mm steel tube
- Adjustable backrest pad
- Adjustable seat pad
- Anti-skid high pressure PE sleeve
- Anti-static and high-grade powder coating
- Thick leather
- Smooth, soft and comfortable cushion
- Handle bar and wheels with roller bearing for easy transport
- Double triangular Backrest frame for more stable support
- Non-marking foot pads and end caps to prevent the machine from slipping

TECH SPECS

- 50 x 75 x 3mm steel tube
- Adjustable backrest pad
- Adjustable seat pad
- Anti-skid high pressure PE sleeve
- Anti-static and high-grade powder coating
- Thick leather
- Smooth, soft and comfortable cushion

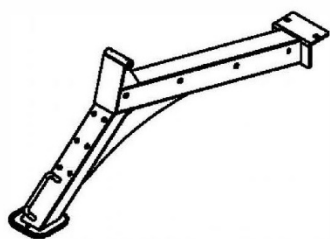
WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

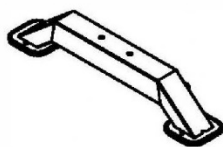
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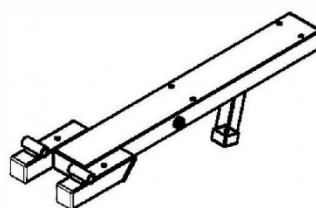
HARDWARE PACK



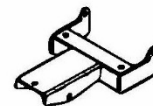
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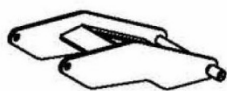
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③ × 1



④ × 1



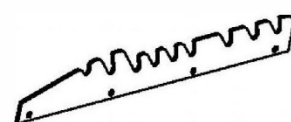
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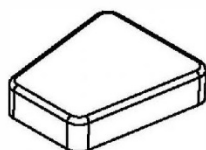
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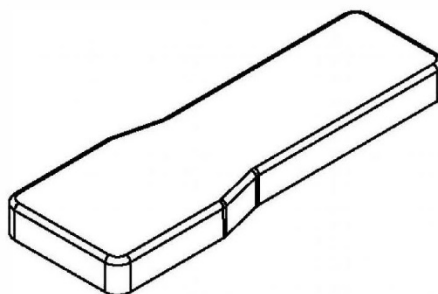
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⑧ × 2



⑨ × 1



⑩ × 1



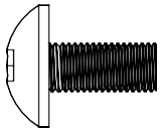
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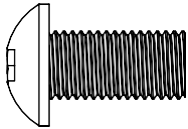
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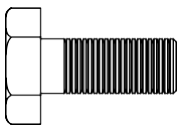
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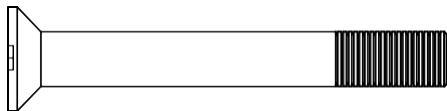
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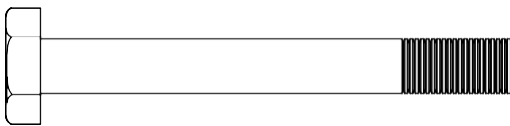
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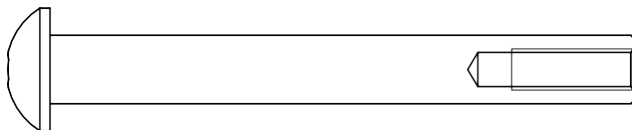
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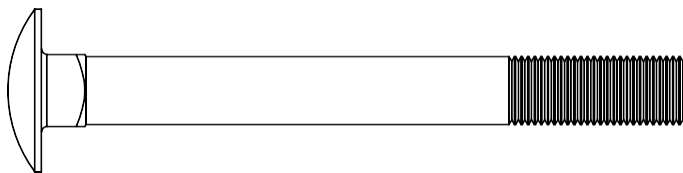
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28 × 8

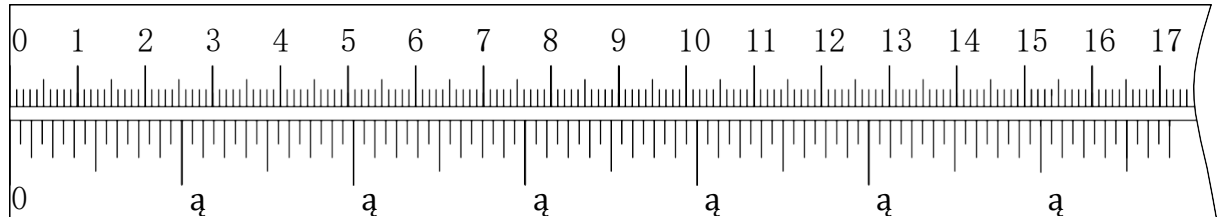


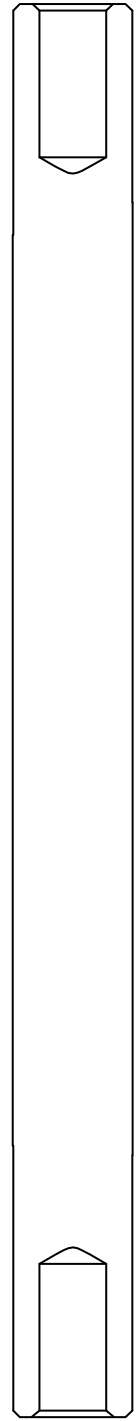
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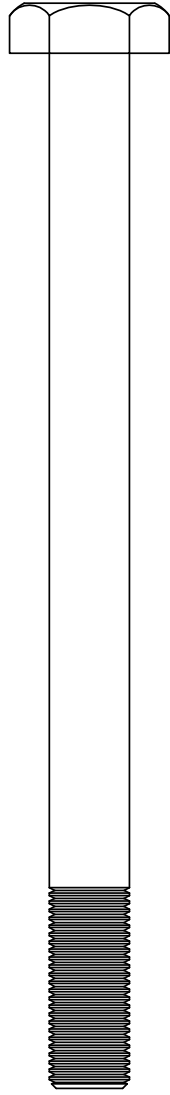
25 × 2

mm

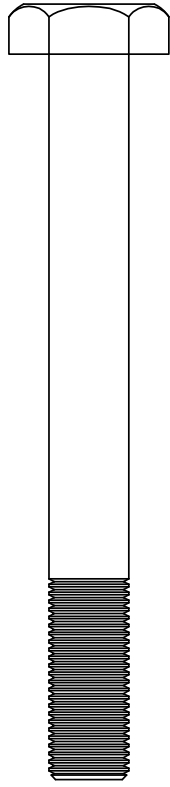




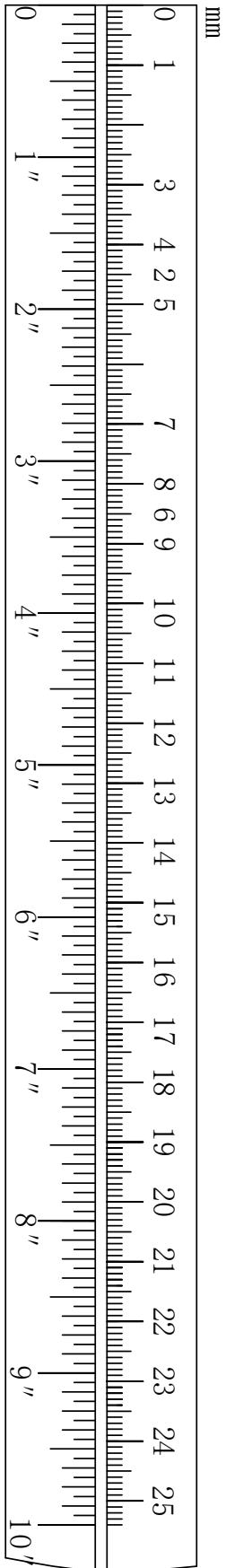
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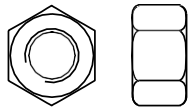


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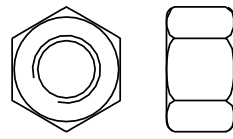


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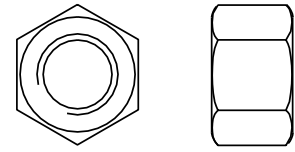




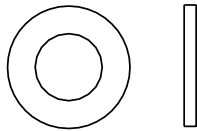
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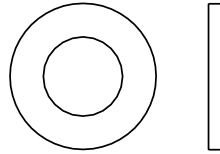
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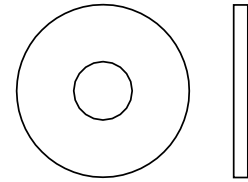
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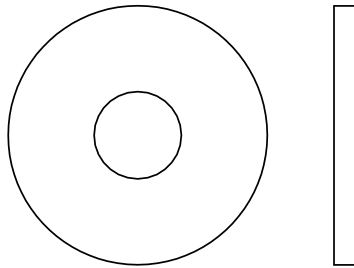
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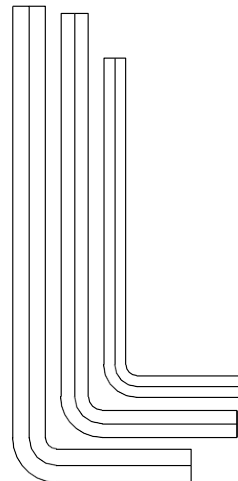
35 × 12



34 × 4



38 × 6



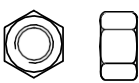
4# × 1


5# × 1

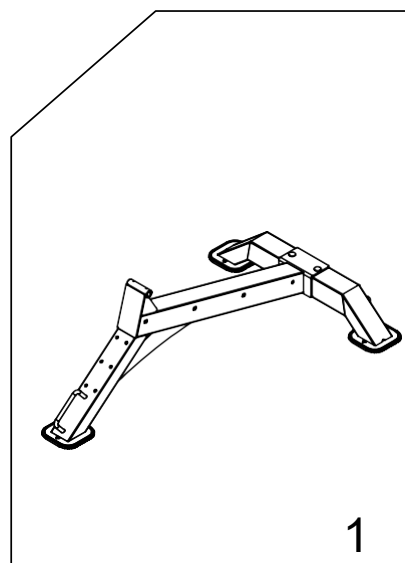
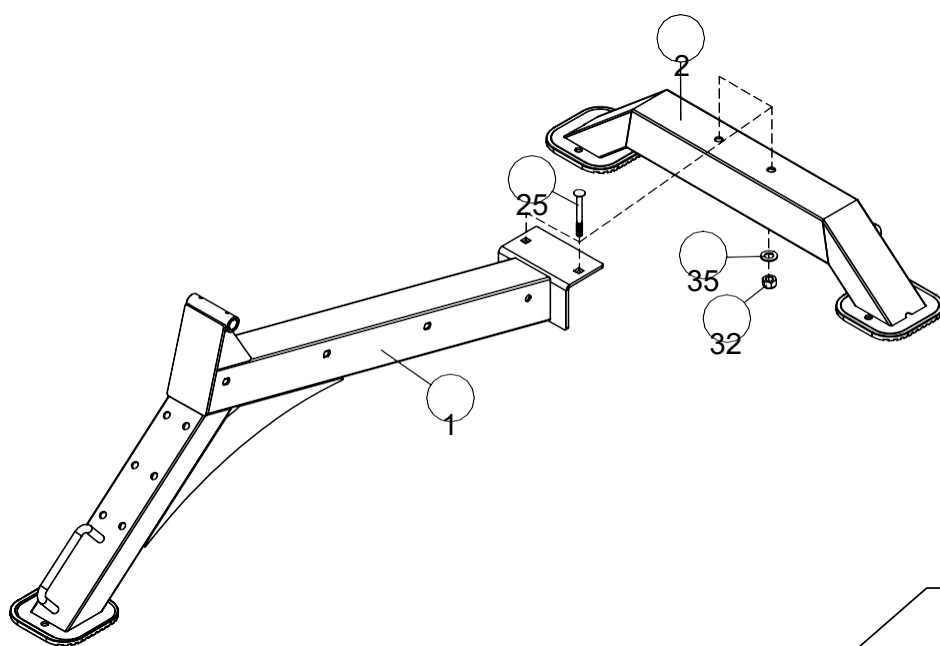
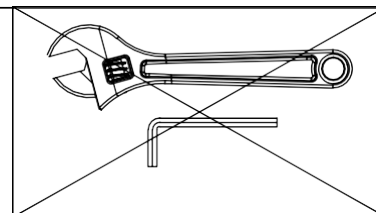
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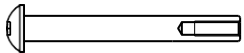
ASSEMBLING STEPS

②⑤  ×2 M10× 95mm

③②  ×2 M10

③⑤  ×2 Φ10



12  ×4 $\Phi 10 \times M8 \times 86$ mm

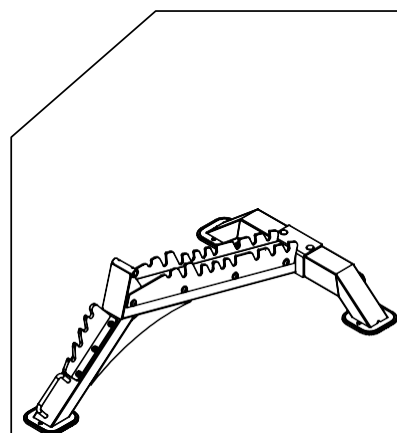
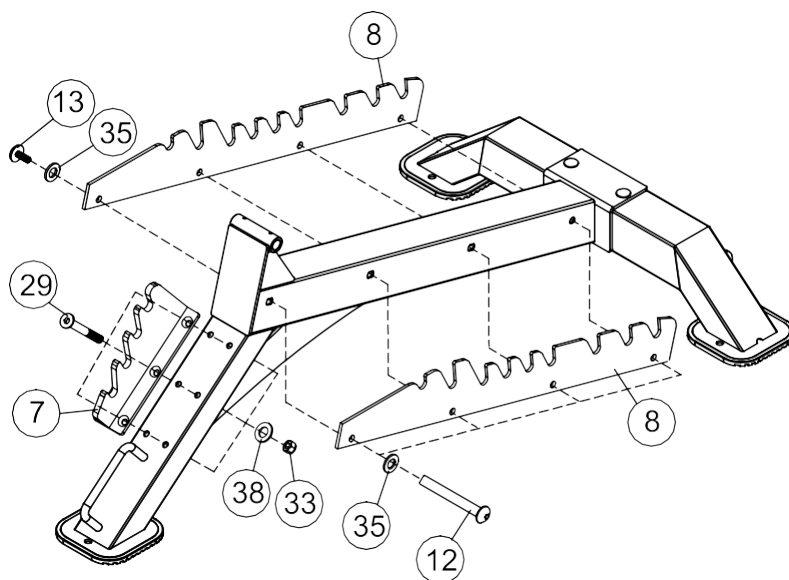
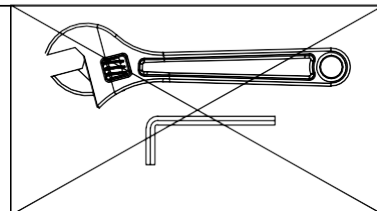
29  ×6 M8 × 65mm

13  ×4 M8 × 16 mm

35   ×8 $\Phi 10$

38   ×6 $\Phi 24 \times \Phi 9$

33   ×6 M8



2

30



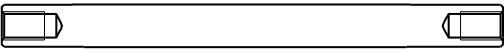
x2 M10x20

37



x2 M8x6

11

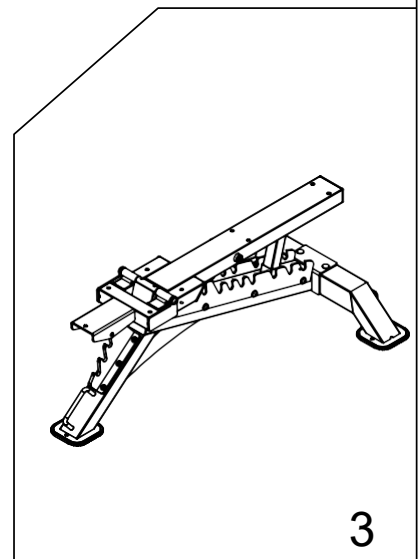
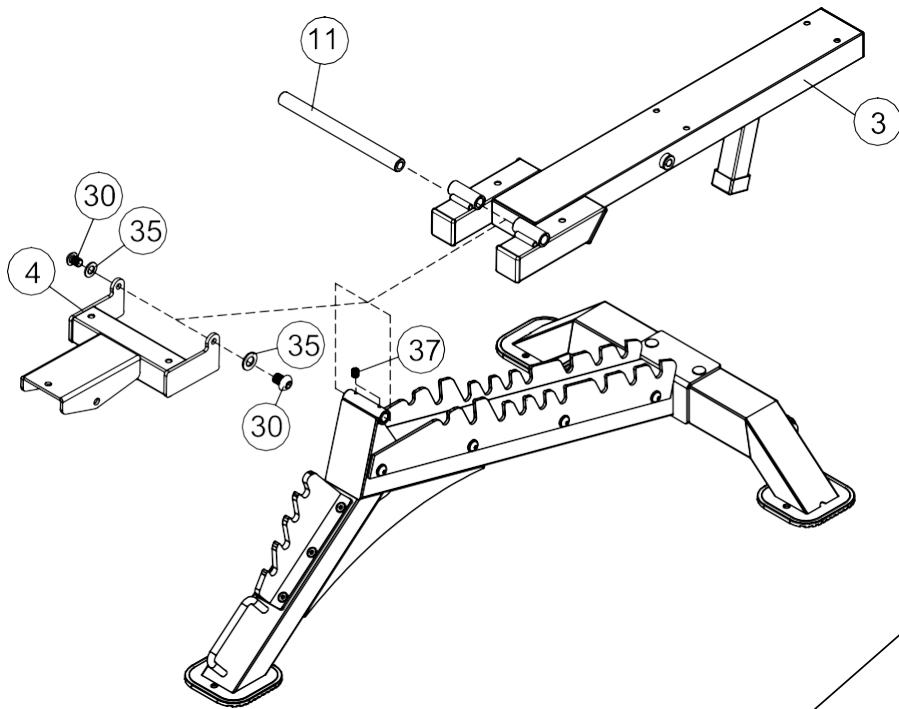
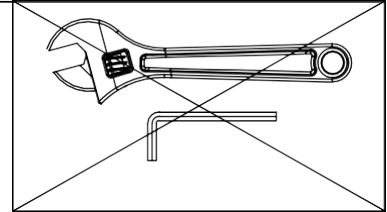


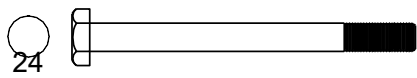
x1 M10x212

35



x2 Φ10

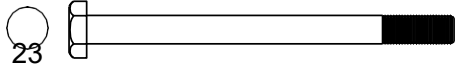




×1 M12× 110mm



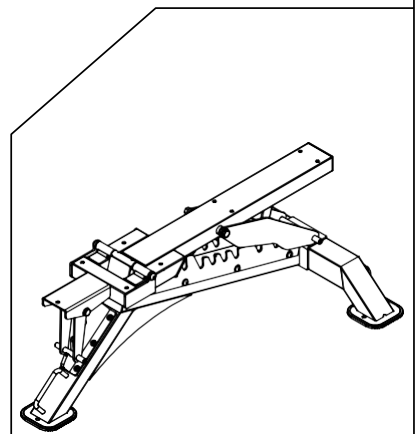
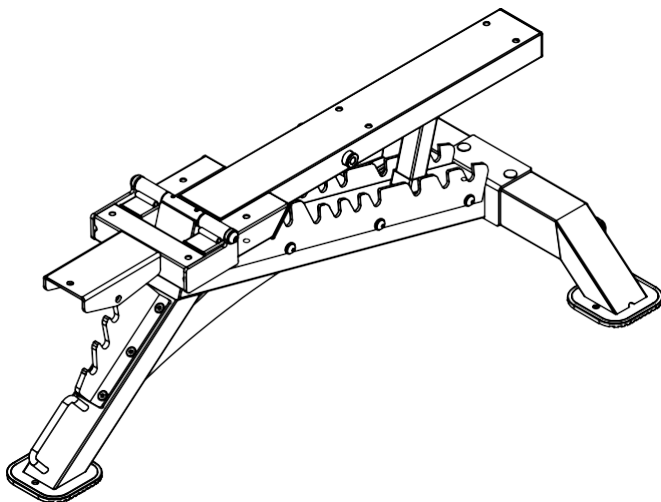
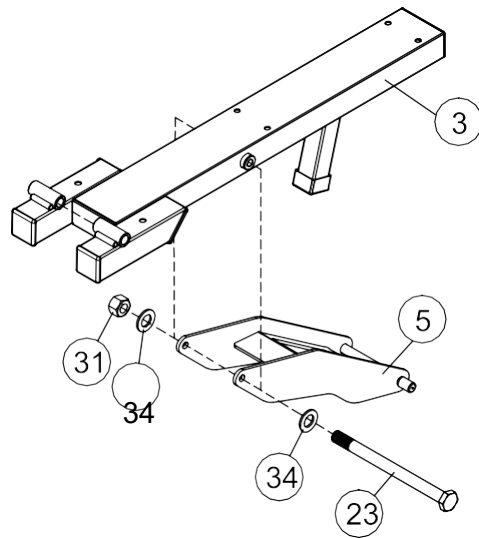
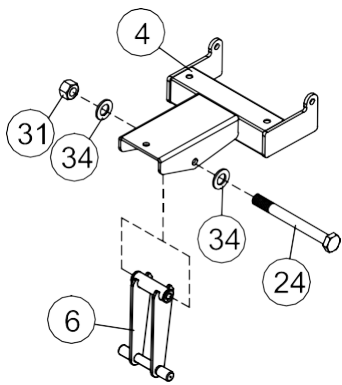
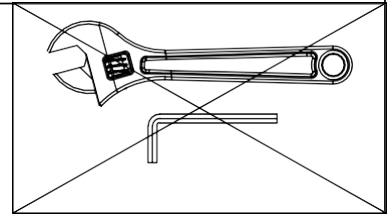
×4 Φ12



×1 M12× 155mm



×2 M12

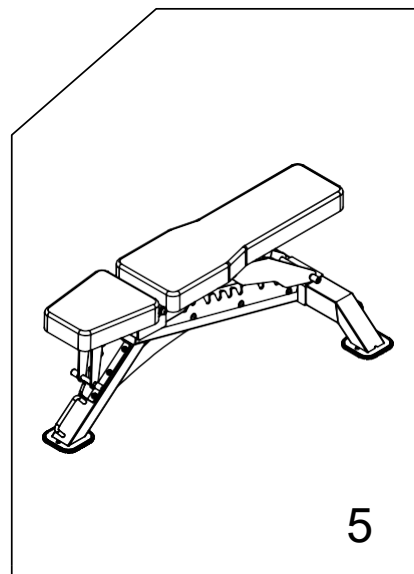
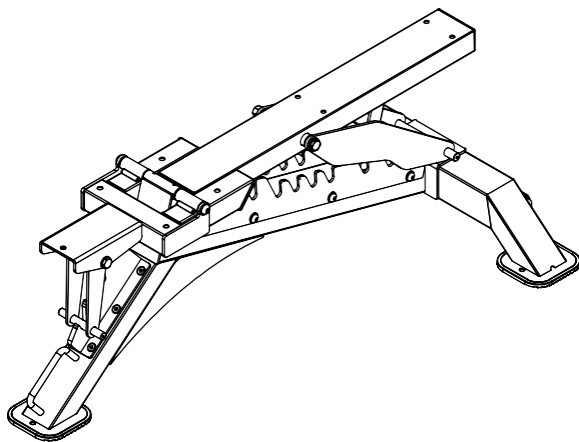
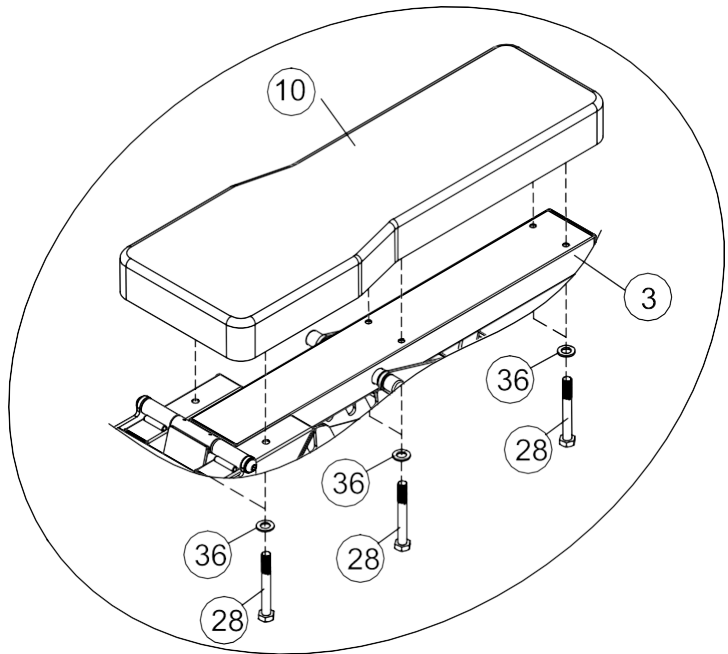
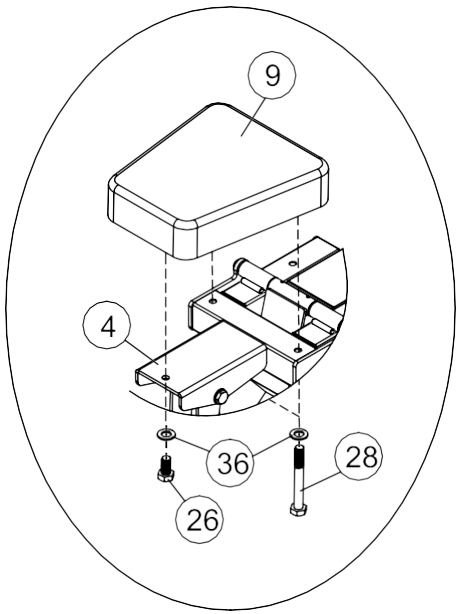
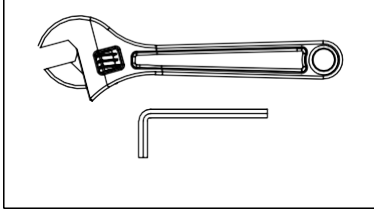


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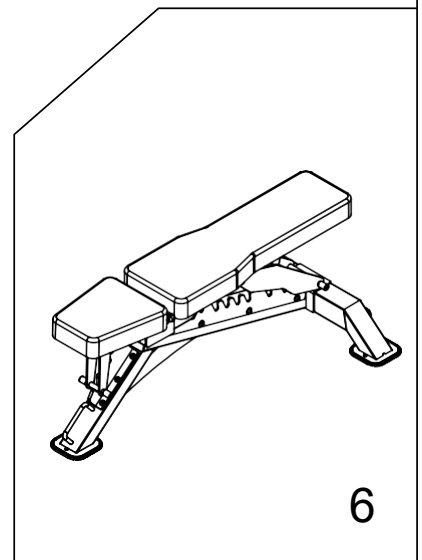
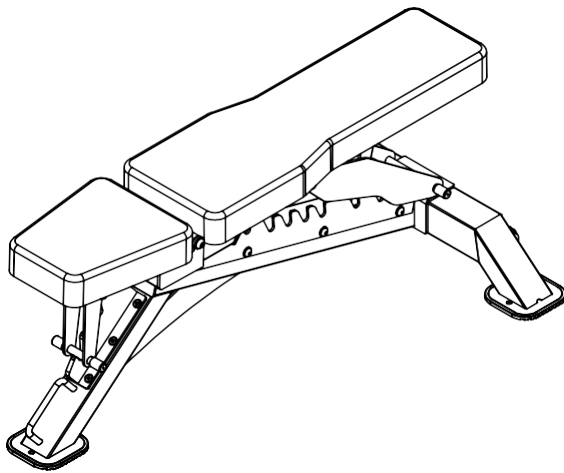
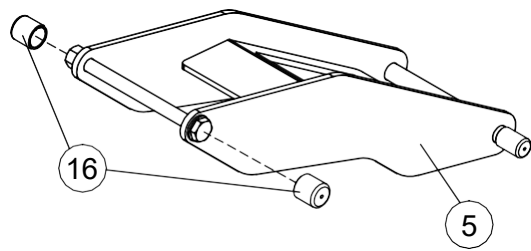
26  ×1 M8×20mm

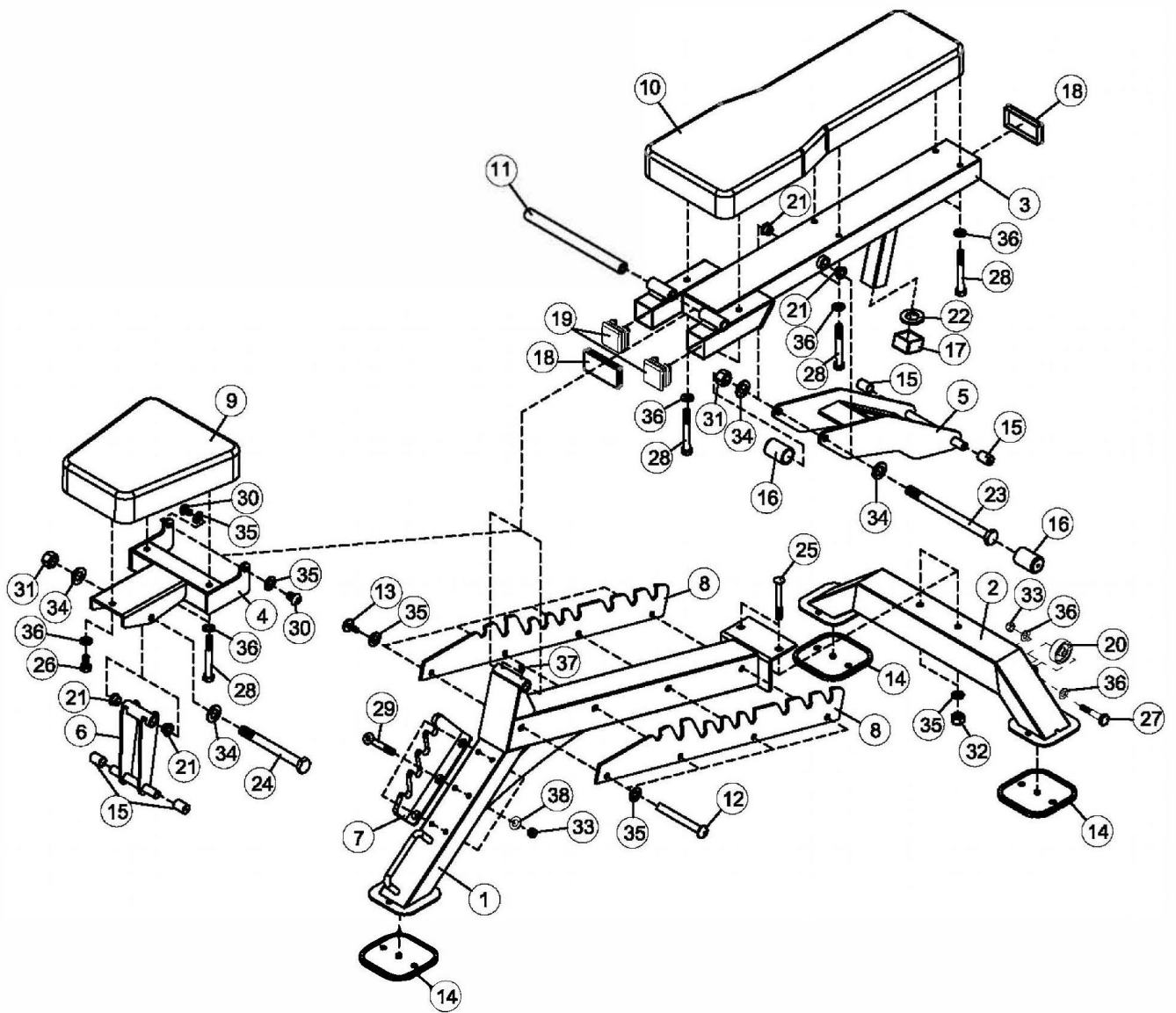
28  ×8 M8×70mm

36   | ×9 Φ8



5





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q' TY
1	Main Frame		1
2	Rear Stabilizer		1
3	Backrest Support		1
4	Seat Support Frame		1
5	Backrest Adjustment Support		1
6	Seat Adjustment Support		1
7	Fornt Adjustment Support		1
8	Rear adjusting tooth plate		2
9	Seat Pad		1
10	Backrest Board		1
11	Double head internal bolt	M10	1
12	Allen Bolt	φ10×M8×86	4
13	Allen Bolt	M8×16	4
14	Floor End Cap	□135×135×8	3
15	Rubber Bumper	φ20×φ16×29	4
16	Cover cap	M12	2
17	End Cap	□38	1
18	End Cap	□50×100	2
19	End Cap	□50	2
20	Wheel	φ50×28	2
21	Bushing bush	Φ25×Φ18×φ12.2×13	4
22	Washer	φ38×φ13×3	1
23	Hex Bolts	M12×155	1
24	Hex Bolts	M12×110	1
25	Carriage Bolt	M10×95	2
26	Hex Bolts	M8×20	1
27	Hex Bolts	M8×60	2
28	Hex Bolts	M8×70	8
29	Hex socket counter sunk head screw	M8×65	6
30	Allen Bolt	M10×20	2
31	Aircraft Nut	M12	2
32	Aircraft Nut	M10	2
33	Aircraft Nut	M8	8
34	Washer	12	4
35	Washer	10	12
36	Washer	8	13
37	Allen Bolt	M8×6	2
38	Washer	φ24×φ9×2	6
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	2