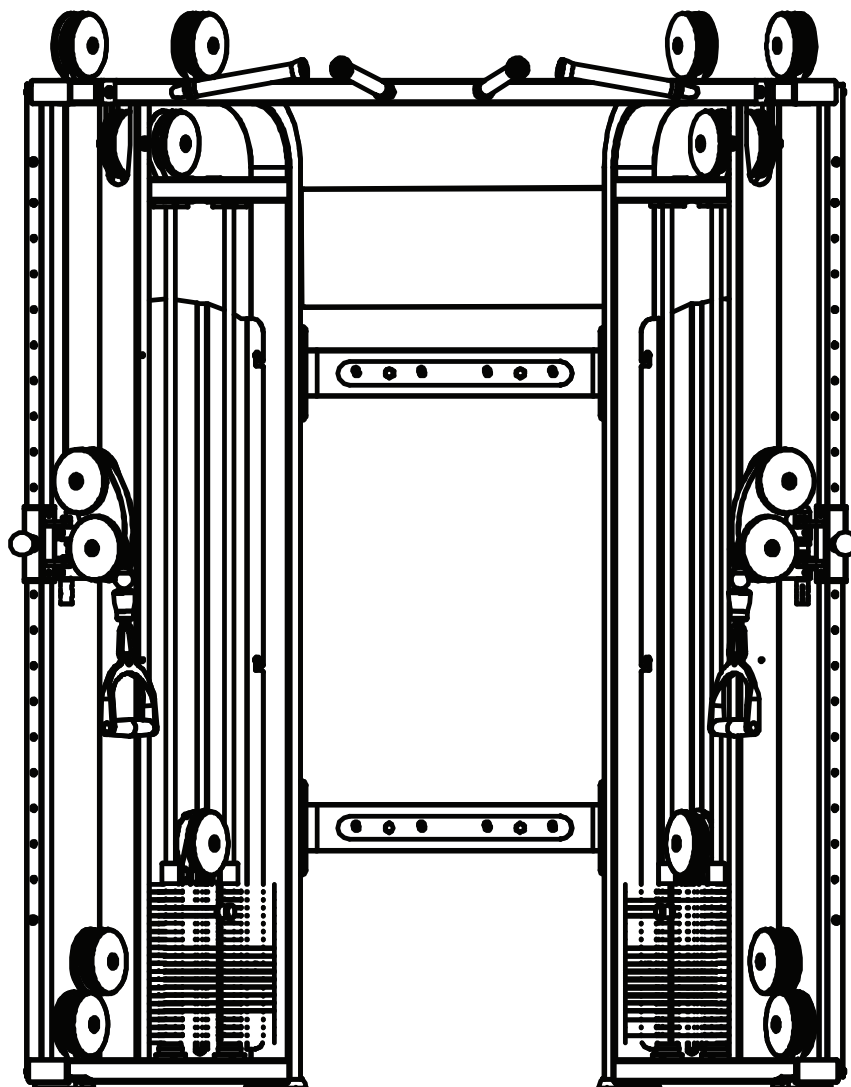


FRENCH FITNESS

FTS-F1

FUNCTIONAL TRAINING SYSTEM

ASSEMBLY MANUAL



FEATURES

- Heavy duty steel construction
- Multi-position fully adjustable swivel pulley system.
- 165 lb (75 kg) weight stack on each side, 330 lb (150 kg) total
- Multi-grip chin up bar
- Easy pull pin with handle to adjust height in seconds.
- Self-aligning nylon pulleys and bearings for smooth exercises
- Solid construction provides a safe exercises

TECH SPECS

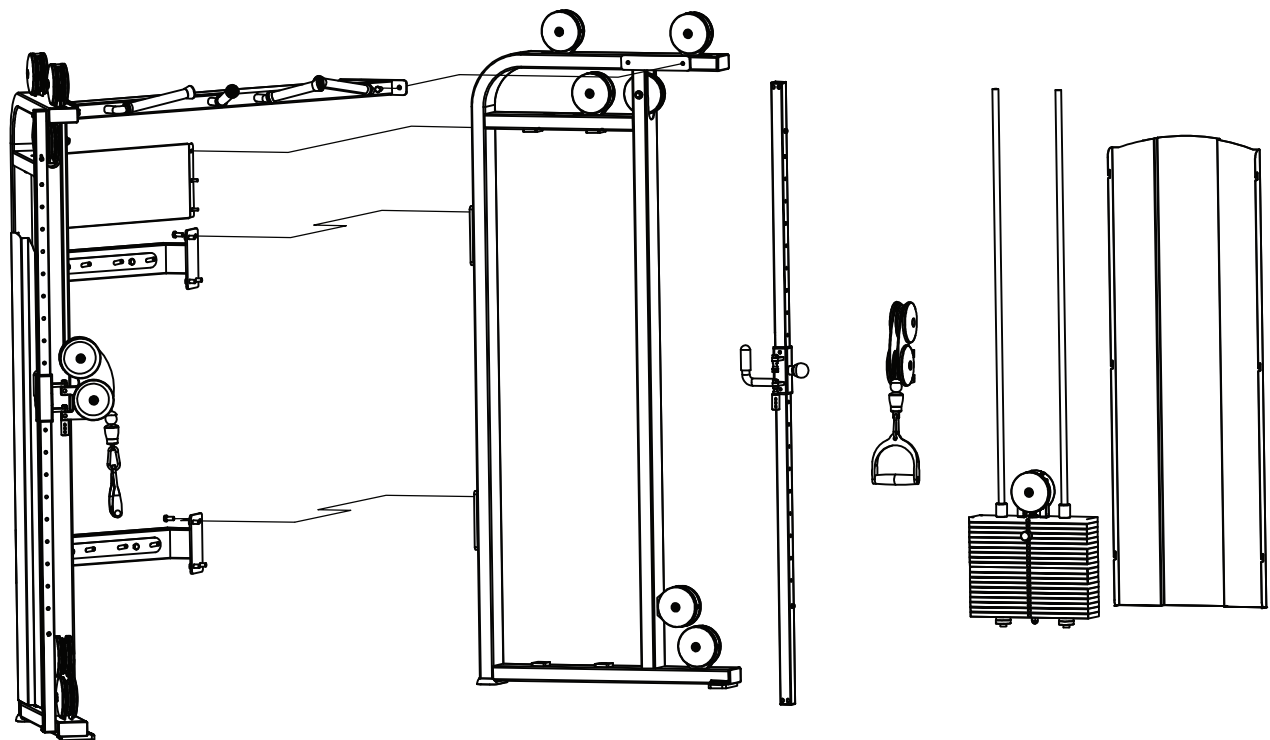
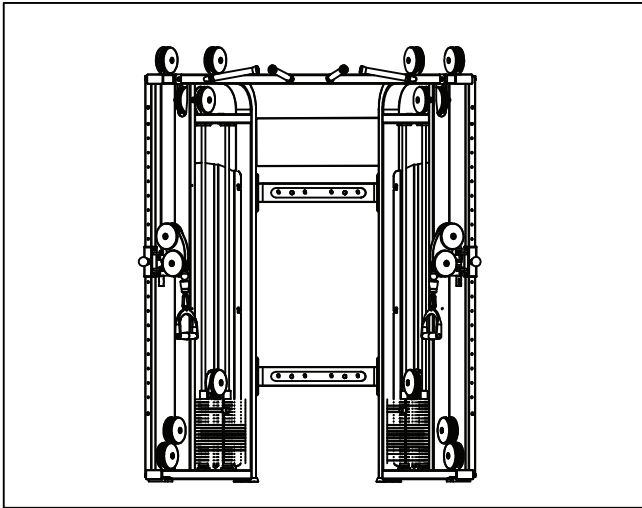
- Cables extend 112" (2:1 ratio)
- Machine Weight: 881.8 lb (400 kg)
- Dimensions: 45"D x 72"W x 90.5"H

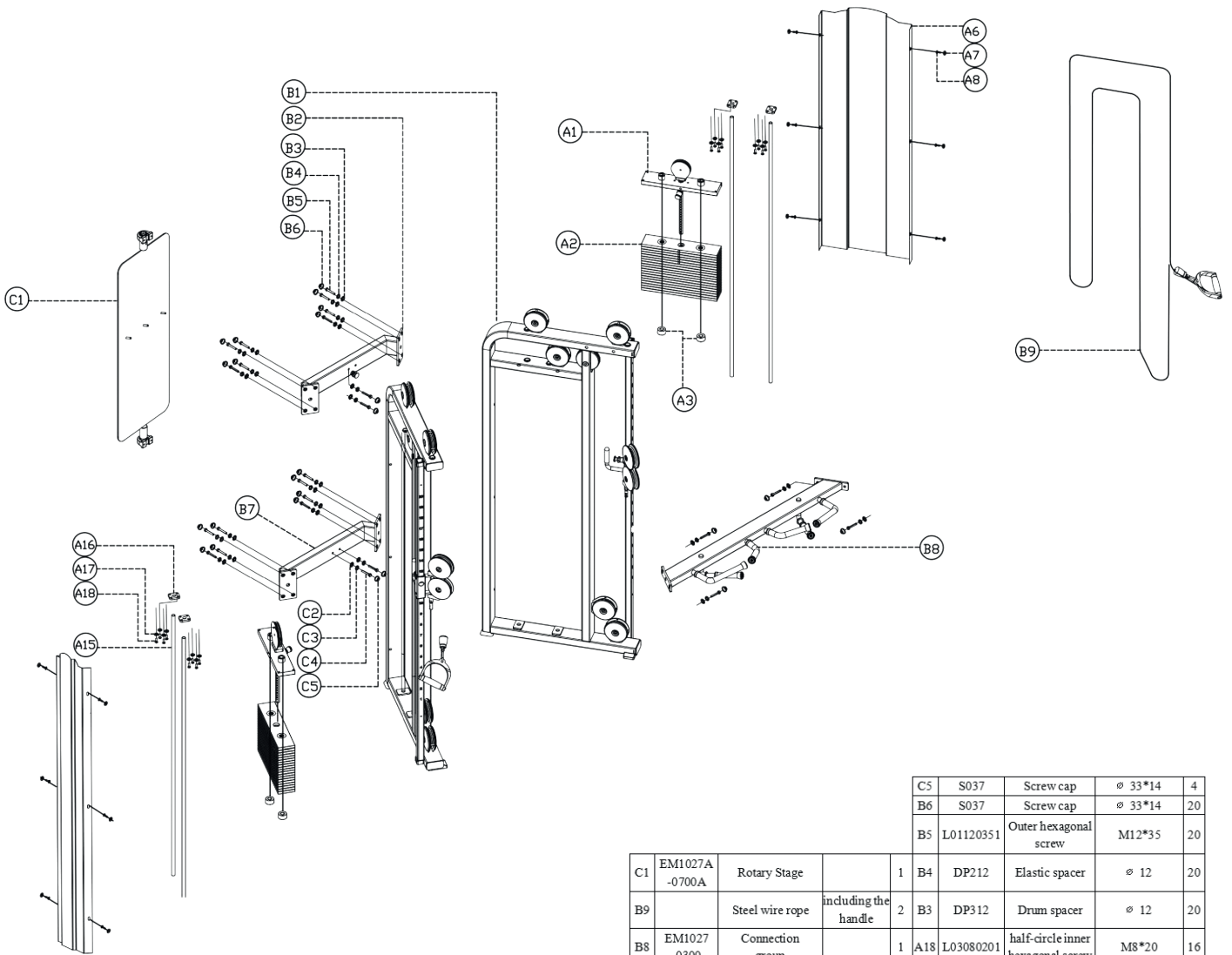
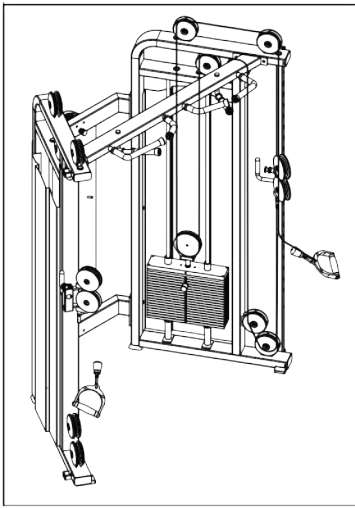
WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**

Exploded View

AC-C002 Crossover





	C5	S037	Screw cap	∅ 33*14	4		
	B6	S037	Screw cap	∅ 33*14	20		
	B5	L01120351	Outer hexagonal screw	M12*35	20		
C1	EM1027A-0700A	Rotary Stage			1		
B9		Steel wire rope	including the handle		2		
B8	EM1027-0300	Connection group		A18 L03080201	half-circle inner hexagonal screw	M8*20	16
B7	EM1027A-0200A	Lower connection group		A17 DP108	Flat spacer	∅ 8	16
B2	EM1027A-0500A	Upper connection group		A16 EM1027-900	Guiding rod fixing block	T10*60*50	4
B1	EM1027-0100	Side frame welding group		A8 L03080141	half-circle inner hexagonal screw	M8*14	12
A15	Z032	Guiding rod	∅ 20*1821	A7 DP108	Flat spacer	∅ 8	12
A6	EM1027-1300	Rear protection board	T2*538*168 2	A1 ZLP001	Head piece		2
A2	ZLP002	Counterweight piece	5kg 230nm	A3 S026	Counterweight cushion	T6*∅ 50.5	2
No.	Serial No.	Name	Spec	No.	Serial No.	Name	Spec