

FRENCH FITNESS

FF-RIG3

FRENCH FITNESS FREE STANDING
RIG & RACK SYSTEM 3 (NEW)

ASSEMBLY MANUAL



FEATURES

- Hardware Included
- Includes (4) concrete anchors per upright for floor mounting.
- Laser cut holes for exceptional precision and accuracy, ensuring that the dimensions of the holes are exact and consistent.
- Different hole positions allow for adjustable positioning of attachments or accessories within the rig.
- Uprights with numbered holes make it convenient to identify and reference specific hole locations when setting up or customizing the rig, facilitating easy and accurate positioning.
- Hole Diameter (For Rig & Rack Attachments): 1"

WARRANTY

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

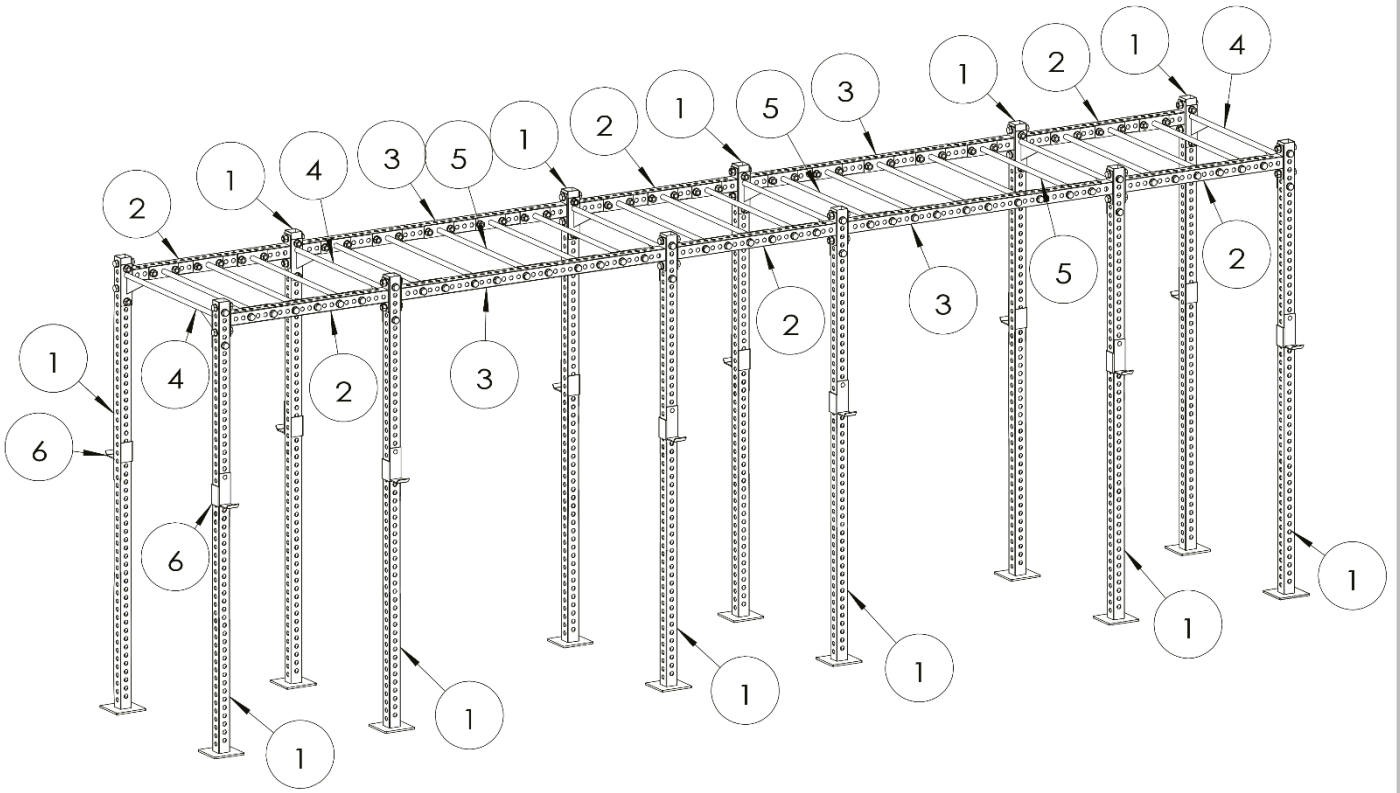
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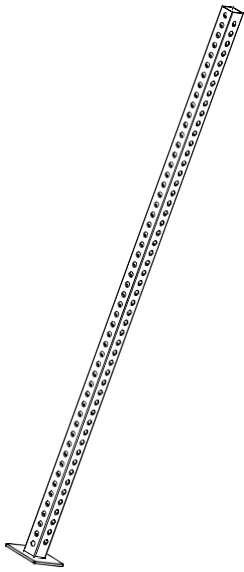
PRATS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Uprights (108.2")	12	6	J Hooks (pair)	6
2	Crossmembers (43")	6	8	HEX BOLT M24*110	108
3	Crossmembers (71")	4	9	HEX BOLT M24*120	16
4	Junction Bars (43")	6	10	WASHER \varnothing 24	248
5	Pull Up Bar (43")	19	11	M24 LOCK NUT	124

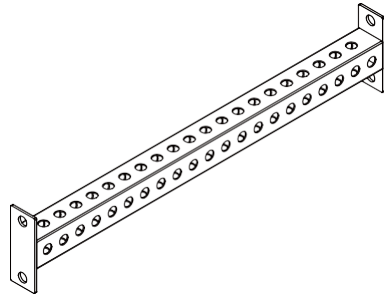
EXPLODE DRAWING



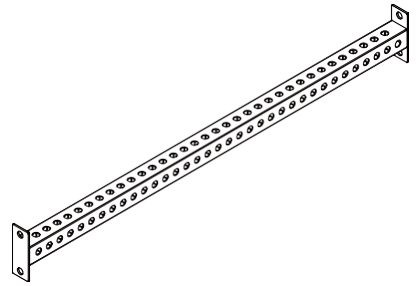
PARTS DIAGRAM



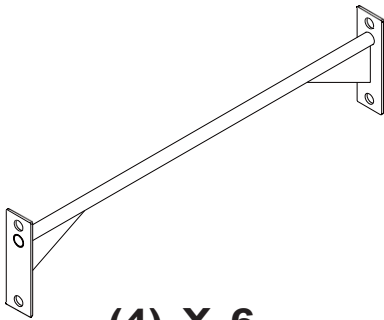
(1) X 12



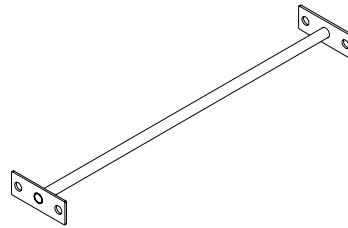
(2) X 6



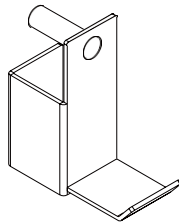
(3) X 4



(4) X 6



(5) X 19



(6) X 12

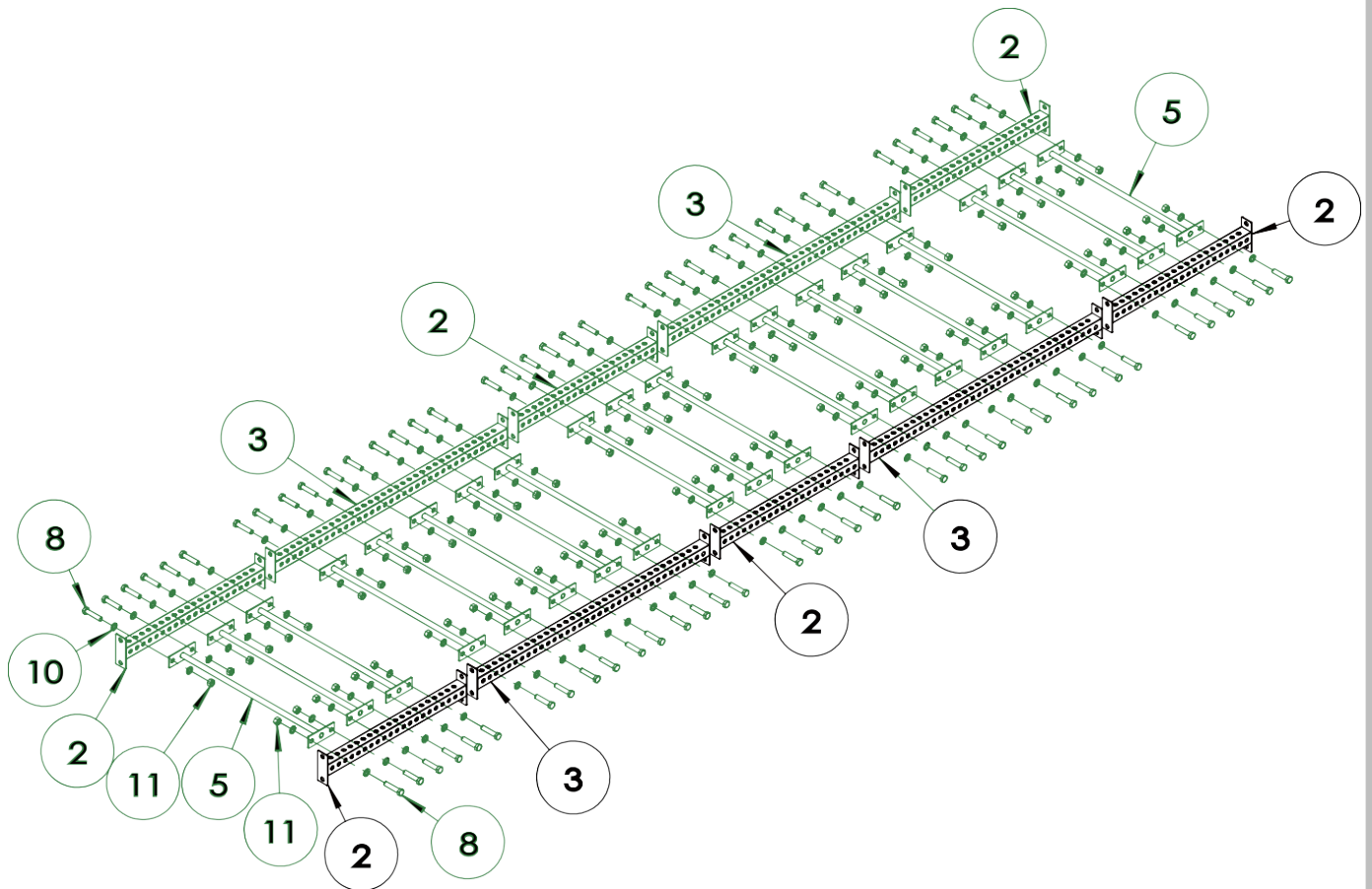
INSTALLATION STEPS

STEP:1

REMARK:

BLACK: INSTALLATION COMPLETE

GREEN: INSTALL AS SHOWN IN THE FIGURE

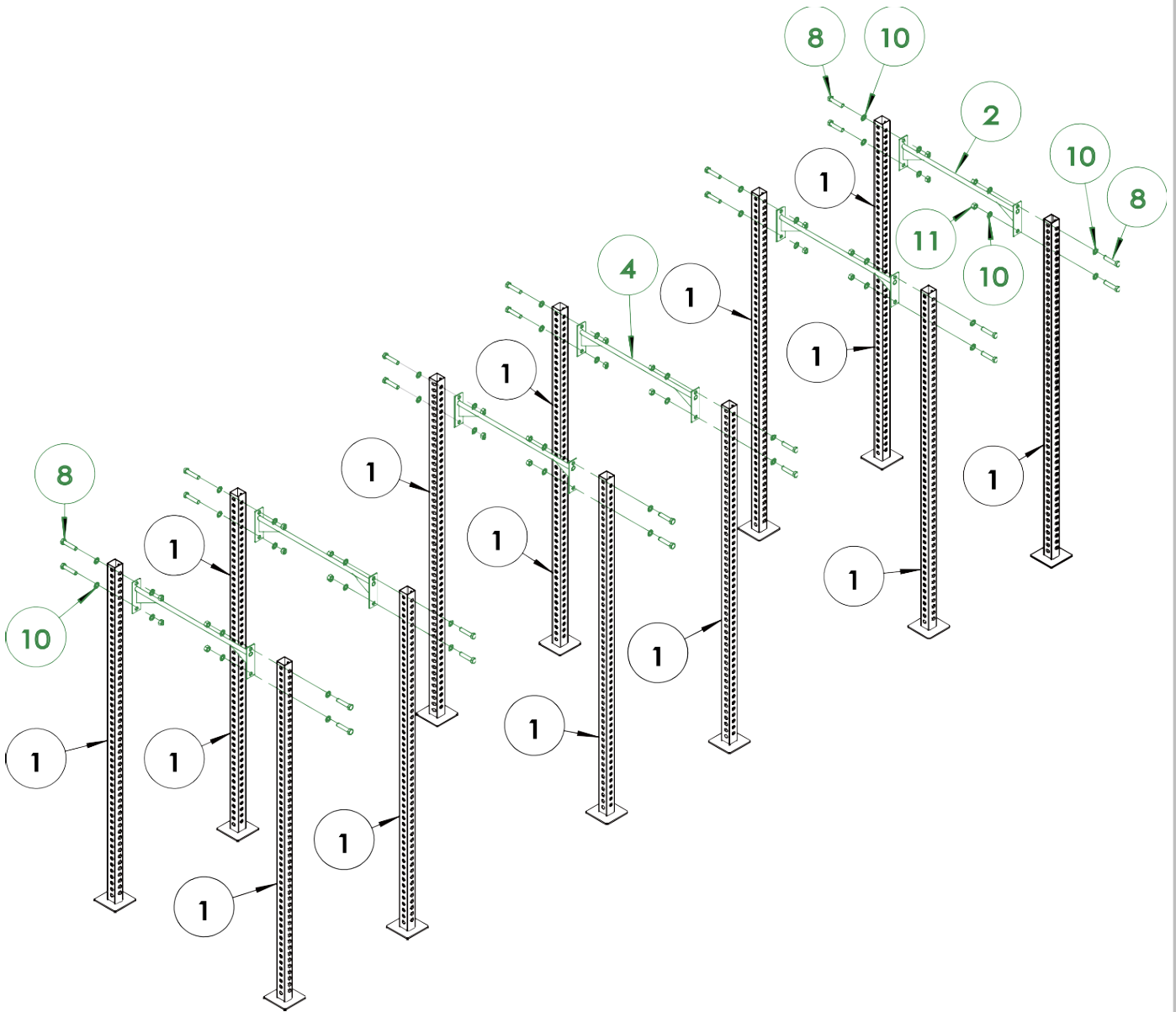


INSTALLATION STEPS

STEP:2

REMARK:

BLACK: INSTALLATION COMPLETE
GREEN: INSTALL AS SHOWN IN THE



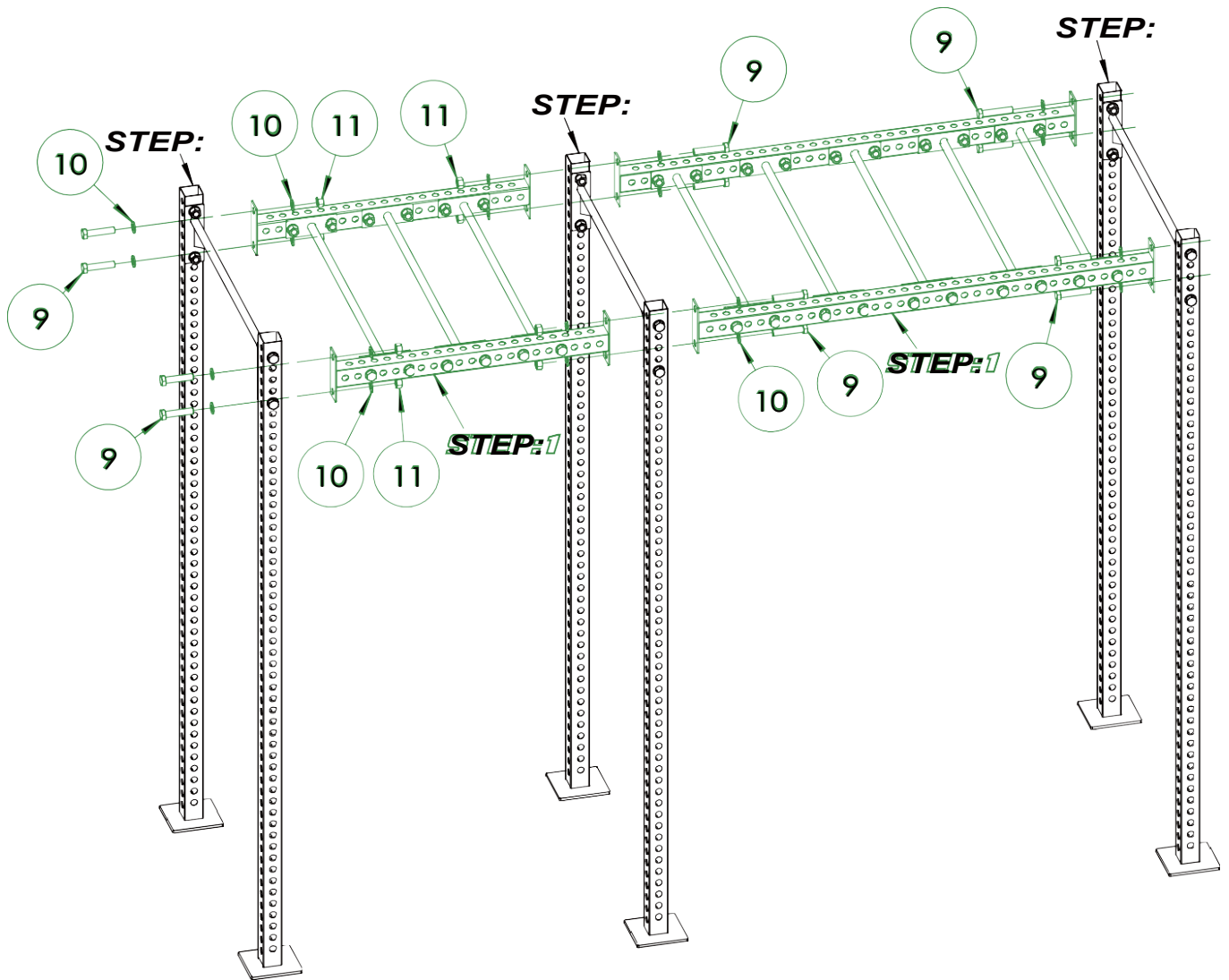
INSTALLATION STEPS

STEP:3

REMARK:

BLACK: INSTALLATION COMPLETE

GREEN: INSTALL AS SHOWN IN THE FIGURE



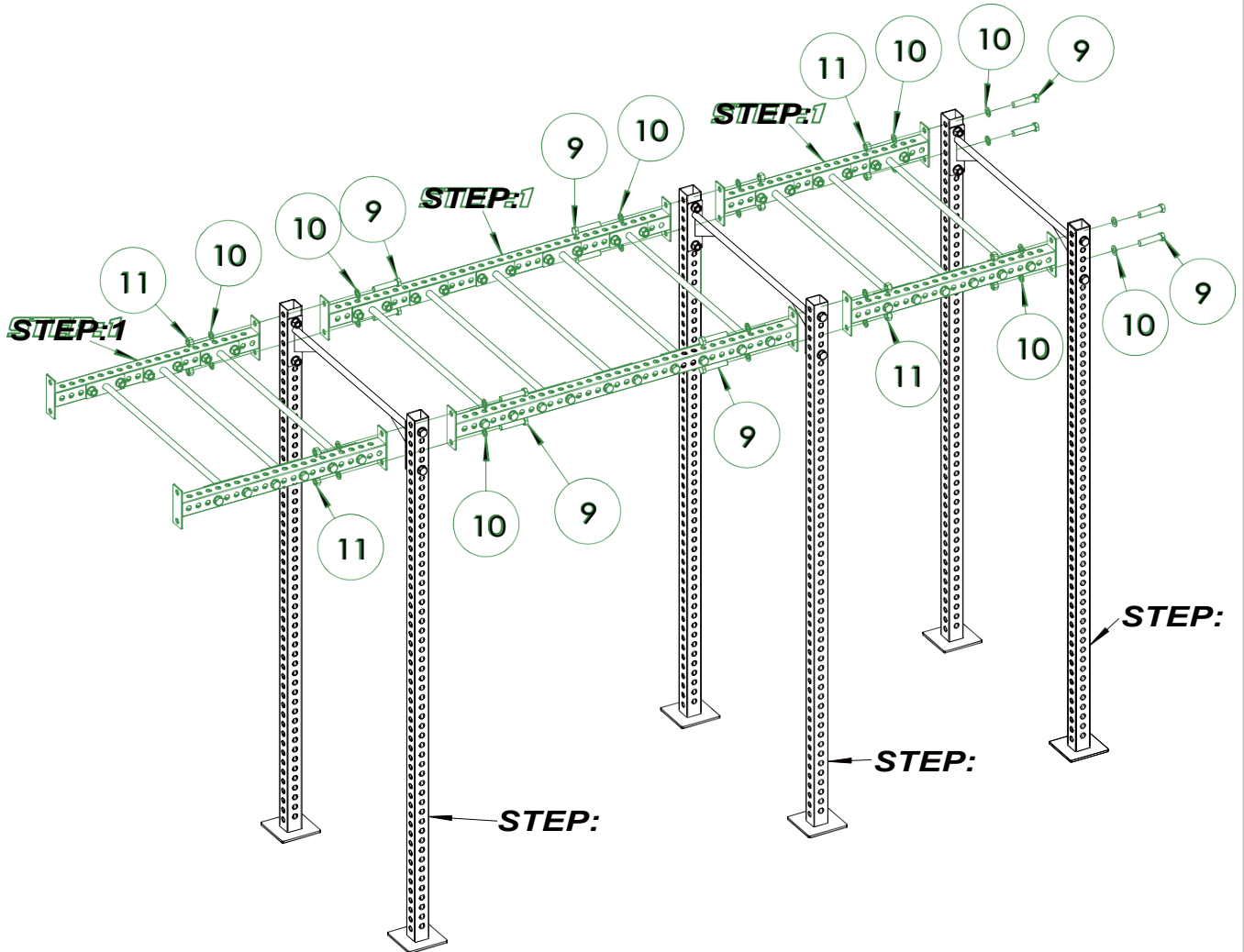
INSTALLATION STEPS

STEP:4

REMARK:

BLACK: INSTALLATION COMPLETE

GREEN: INSTALL AS SHOWN IN THE FIGURE



INSTALLATION STEPS

STEP:5

REMARK:

BLACK: INSTALLATION COMPLETE

GREEN: INSTALL AS SHOWN IN THE FIGURE

