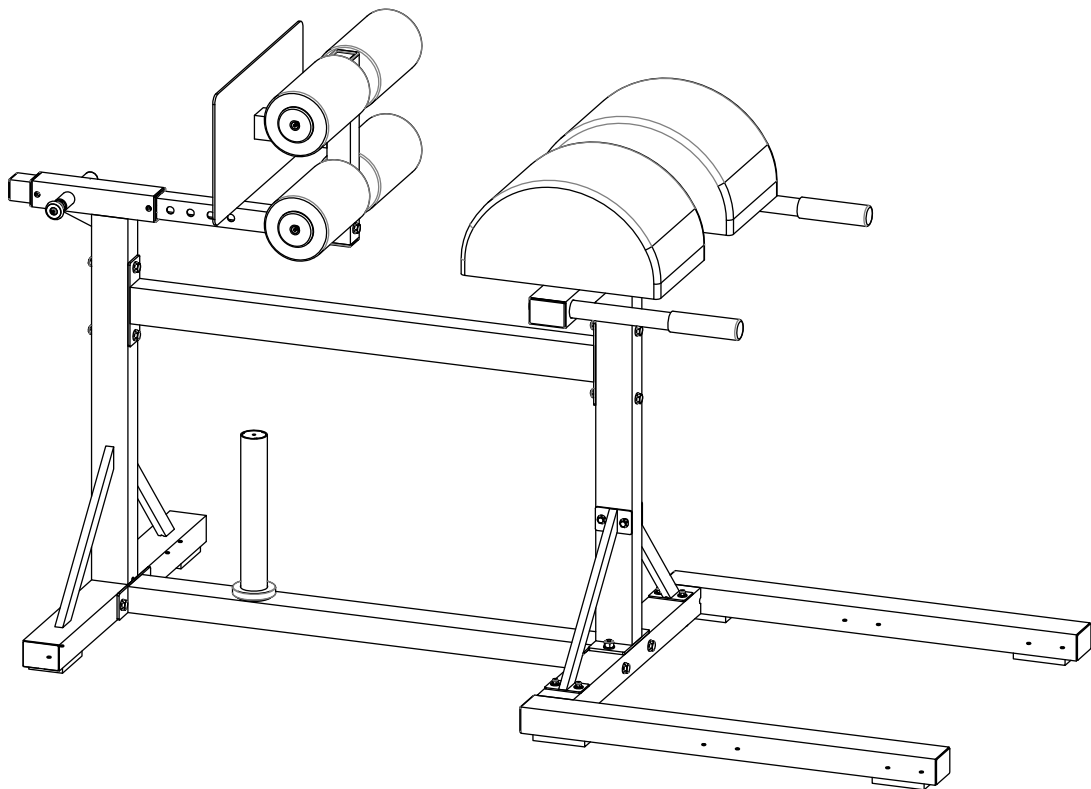


FRENCH FITNESS

OWNER'S MANUAL

FF-GHD30 GLUTE HAM DEVELOPER

Color: Black



CAUTION!

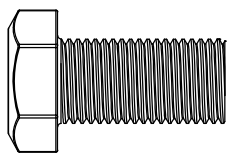
Read all precautions and instructions in this manual before using this equipment.

20220308-V1.0

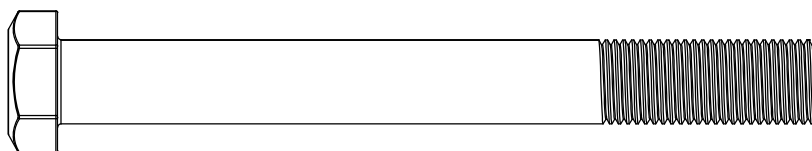
| PART LIST | | | |
|-----------|----------------------------|--------------|-----|
| PART | DESCRIPTION | SIZE | QTY |
| 1 | Front Vertical Beam | | 1 |
| 2 | Front Stabilizer | | 1 |
| 3 | Upper Side Connecting Beam | | 1 |
| 4 | Base Frame | | 1 |
| 5 | Rear Vertical Beam | | 1 |
| 6 | Adjustable Frame | | 1 |
| 7 | Foot Frame | | 1 |
| 8 | Pad Support Frame | | 1 |
| 9 | Side Support | | 2 |
| 10 | Long Weight Post | | 1 |
| 11 | Pad | 400×R200×240 | 2 |
| 12 | Polymerization Roll | Φ125×Φ22×215 | 4 |
| 13 | Rubber Bumper | 65×100×12 | 6 |
| 14 | Sleeve | □50×□40 | 2 |
| 15 | End Cap | □40 | 1 |
| 16 | Quick Release Lock Pin | M18×Φ12 | 1 |
| 17 | Baffle | Φ68×5 | 4 |
| 18 | End Cap | □70×50 | 2 |
| 19 | End Cap | □45 | 2 |
| 20 | End Cap | Φ32 | 2 |
| 21 | Cushion Pad | Φ78xΦ47.5x13 | 1 |
| 22 | Handle Grip Arc | Φ32×132 | 2 |
| 23 | Hex Bolt | M10×20 | 1 |
| 24 | Hex Bolt | M10×90 | 9 |
| 25 | Hex Bolt | M10×70 | 3 |
| 26 | Hex Bolt | M10×60 | 1 |
| 27 | Hex Bolt | M8×70 | 2 |
| 28 | Carriage Bolt | M10×70 | 2 |
| 29 | Carriage Bolt | M8×65 | 4 |
| 30 | Allen Bolt | M8×16 | 12 |
| 31 | Allen Bolt | M8×20 | 8 |
| 32 | Sunk Screw | M8×35 | 4 |
| 33 | Washer | Φ10 | 28 |
| 34 | Washer | Φ8 | 16 |
| 35 | Aircraft Nut | M10 | 14 |
| 36 | Aircraft Nut | M8 | 6 |
| 37 | Lock Pin | | 1 |

HARDWARE PARK

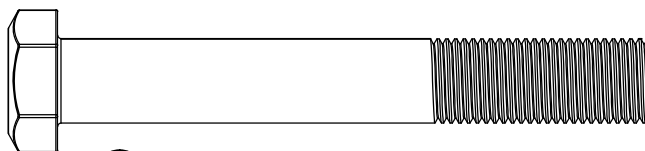
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



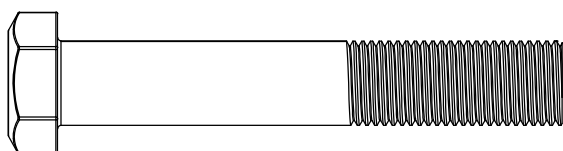
②③×1



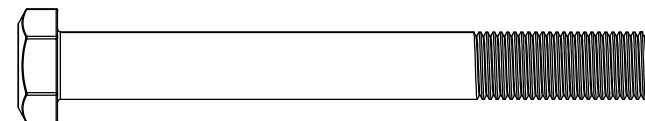
②④×9



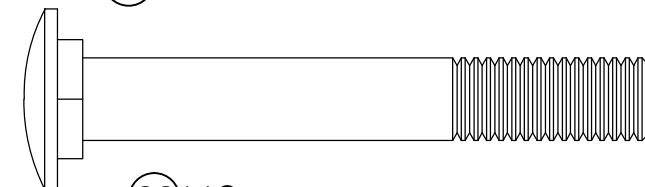
②⑤×3



②⑥×1

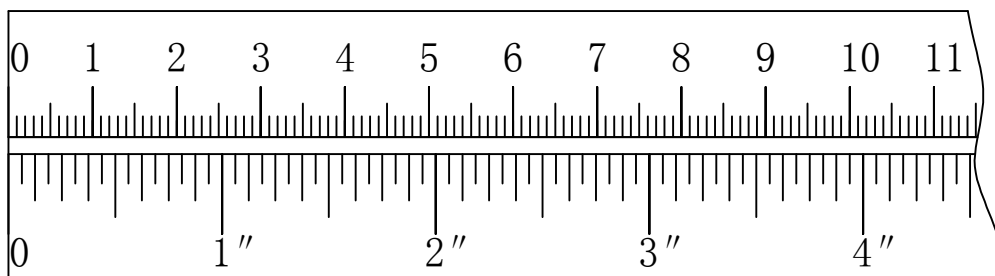


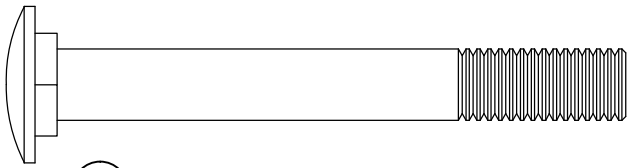
②⑦×2



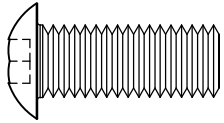
②⑧×2

mm

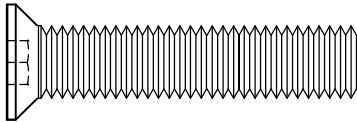




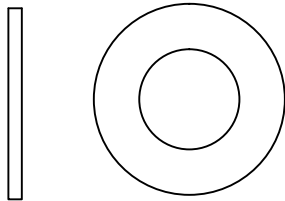
②9×4



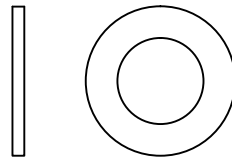
③1×8



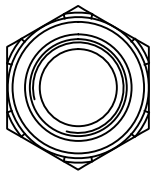
③2×4



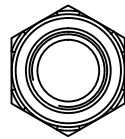
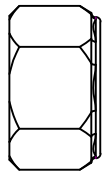
③3×28



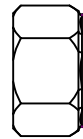
③4×16



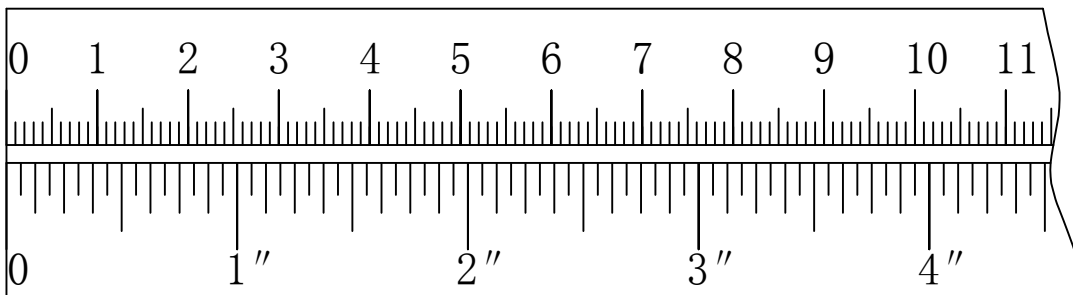
③5×14



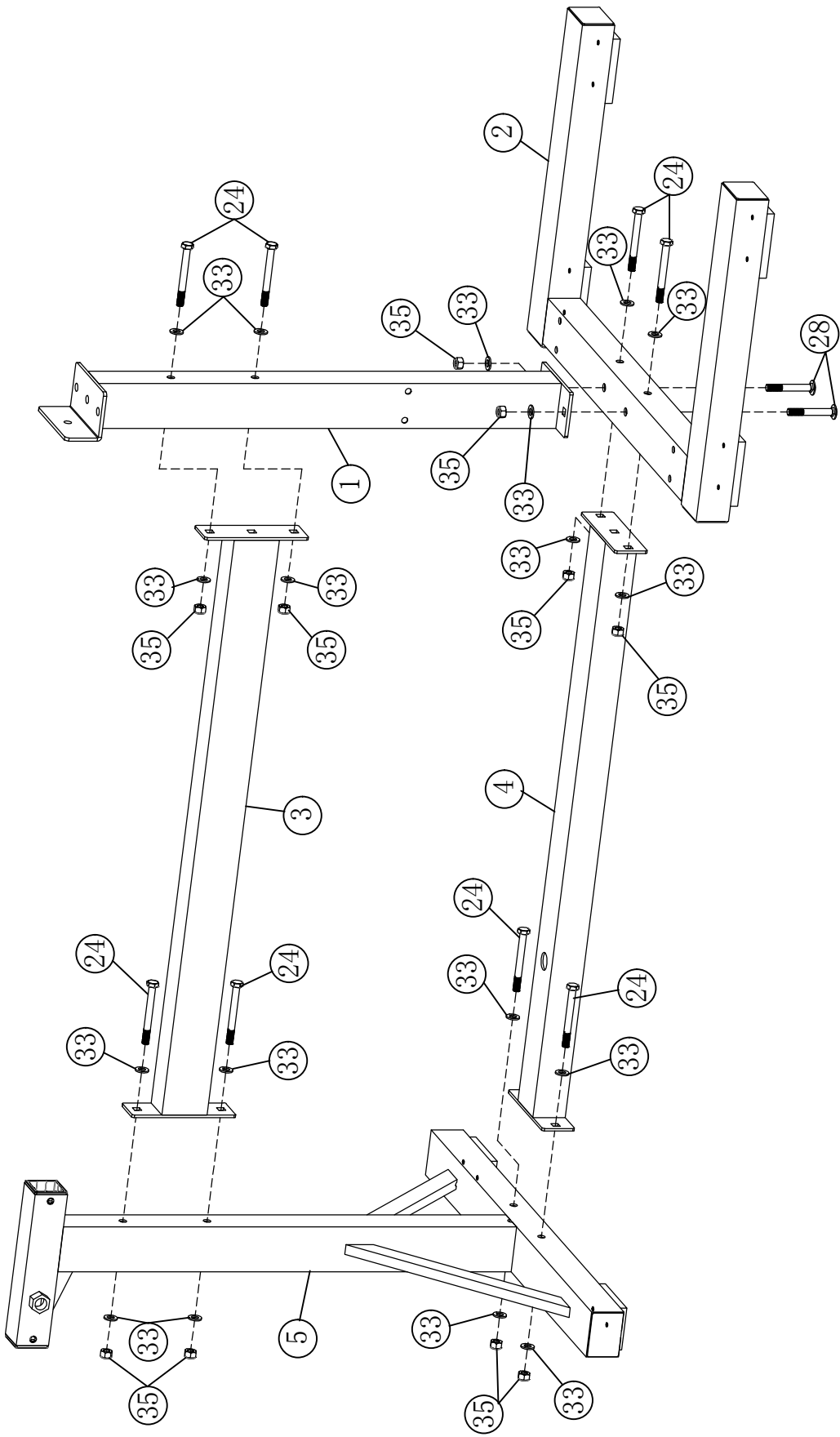
③6×6



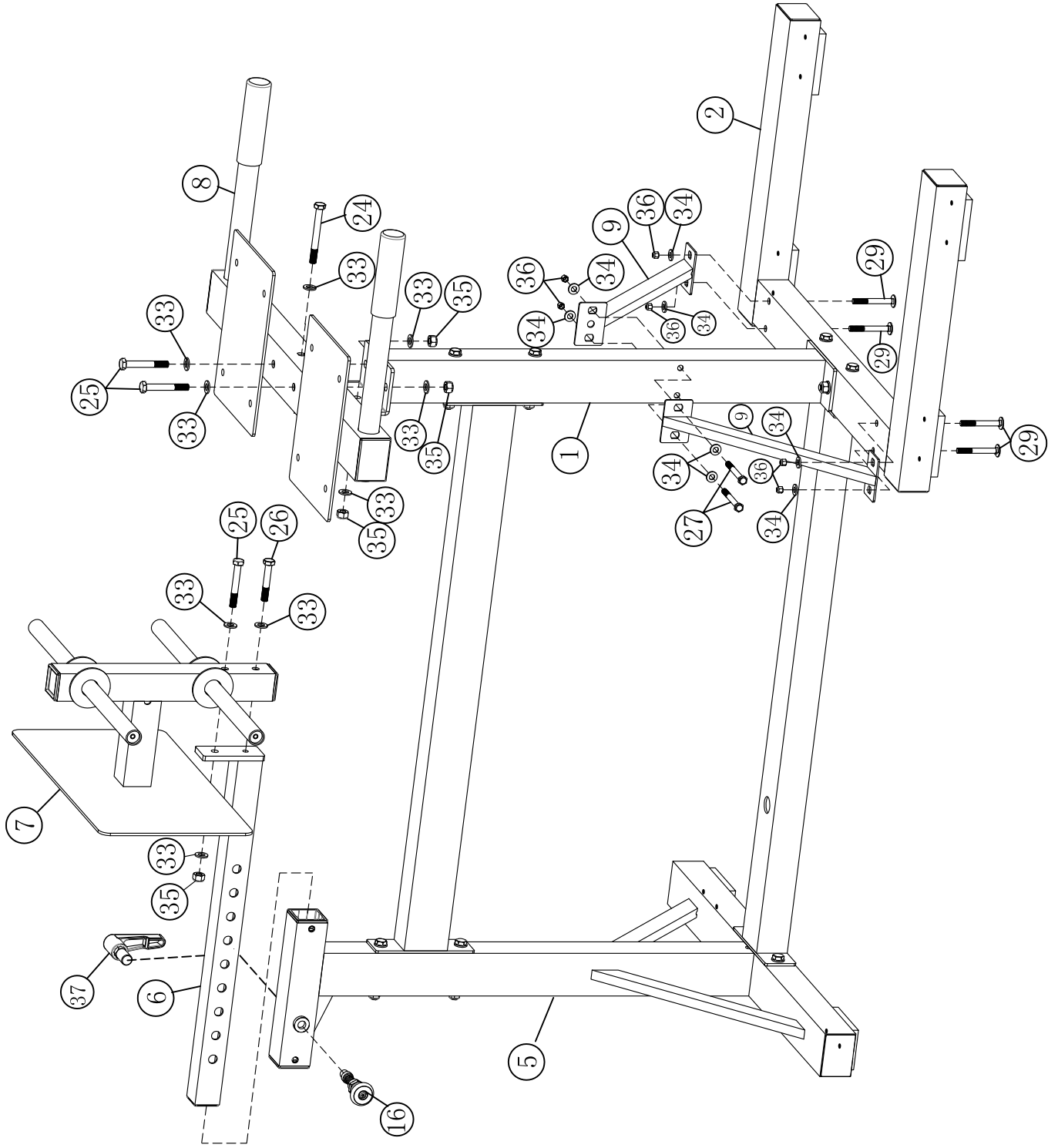
mm



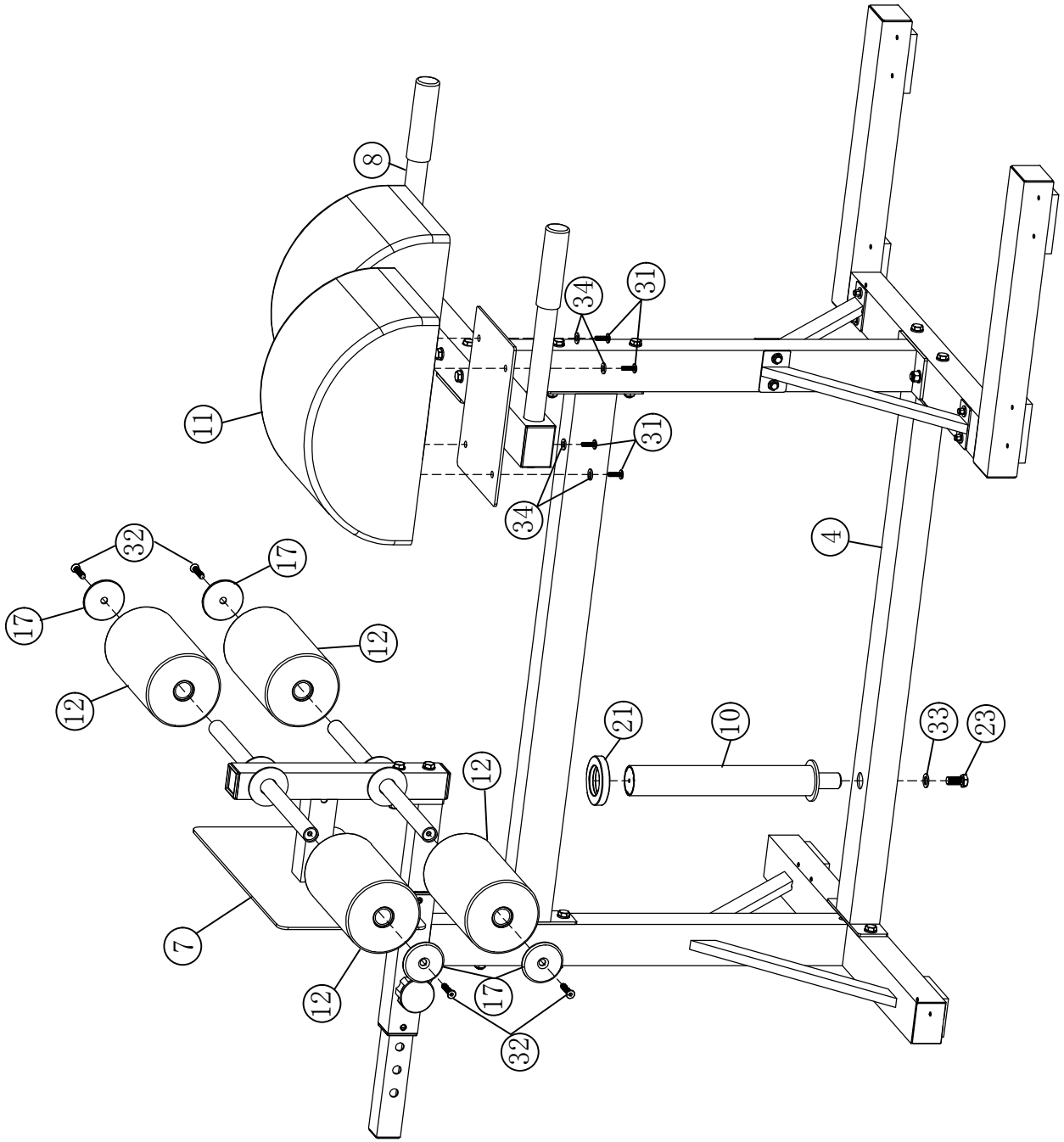
STEP 1



STEP 2



STEP 3



EXPLODED DIAGRAM

