

FRENCH FITNESS

FF-MAB30

FRENCH FITNESS MAB30 MULTI
ADJUSTABLE BENCH

ASSEMBLY MANUAL



CAUTION!

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

20210126-V1.0

FEATURES

- 75 x 3mm steel tube
- Back pad adjusts from a flat to incline positions (0 to 90 degree)
- Pad: Thickened leather; soft and comfortable
- Stability: Triangular Mechanical Structure Design
- Back Cushion: 5mm plywood with leather wrapping; increases strength of the pad
- Seat Adjustment: Laser cut, enclosed stainless steel limit adjusting tooth-shaped plate; 3 positions for seat adjustment; Saw-tooth catcher for easier and safer adjustment.
- Backrest Adjustment: Laser cut, enclosed stainless steel limit cushion adjusting tooth-shaped plate is easy to adjust the angle to 90 degree.
- Stainless Steel Angle Plate: Easy to see the angle adjustment
- Special Steering structure minimizes the distance between cushions.
- Unique Support Frame Force Point: Automatic displacement mechanism is more safe as cushion adjustment to the flat to achieve double-point force.
- Double Support Welded Backrest: Laser-cut steel plate welded backrest pad for safer adjustment.
- More comfortable aluminum alloy grip.
- Horizontal Grip to avoid tendon sheath injury.
- Large rubber floor mat to increase stability.
- Mobile Wheel: More convenient roller bearing; the triangular structure gives more stability to drive.
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Paint Color: Black
- Vinyl Color: Black
- Maximum Weight Capacity: 800 lbs
- Maximum User Weight: 350 lbs
- Dimensions: 53"L x 31"W x 53"H (1352 x 783 x 1340mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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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.
12. Maximum user weight: 350 lbs
13. Maximum weight capacity (including user weight): 800 lbs.

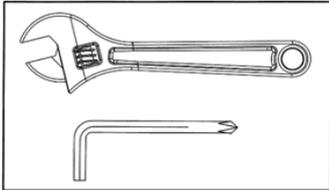
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

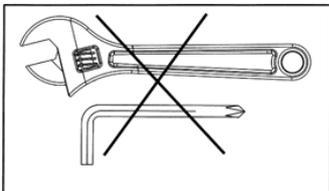
Fasten Nuts and Bolts



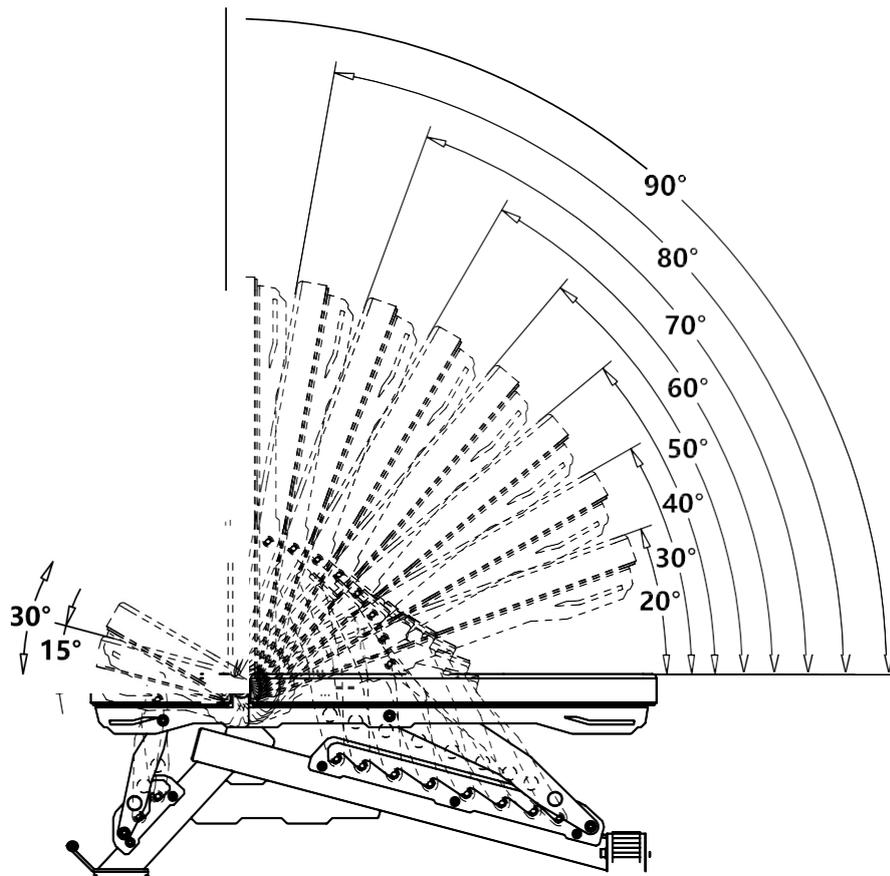
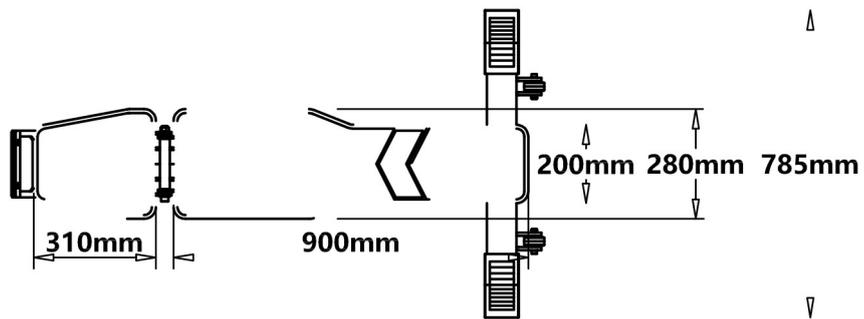
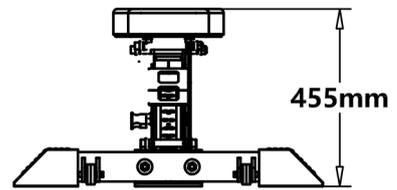
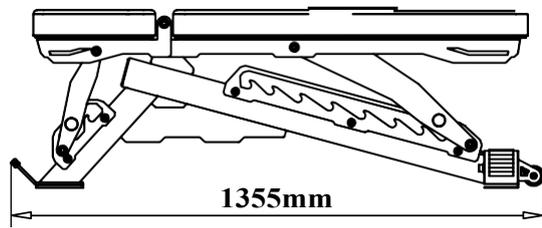
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function.

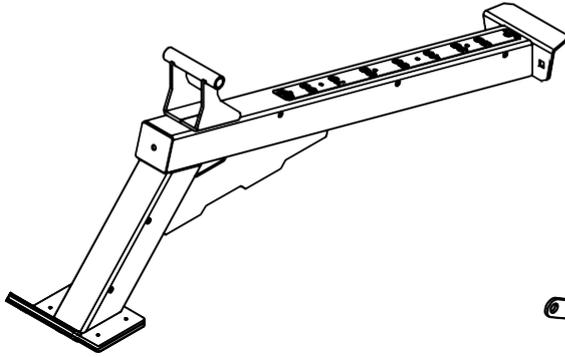
Make sure all pivoting components are able to move freely.



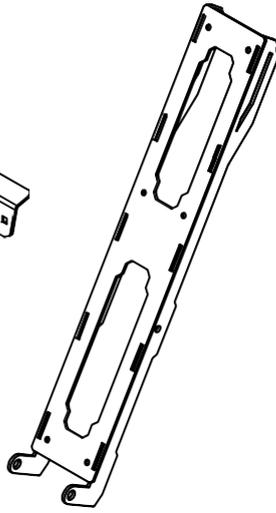
Do not tighten all Nuts and Bolts in this step.



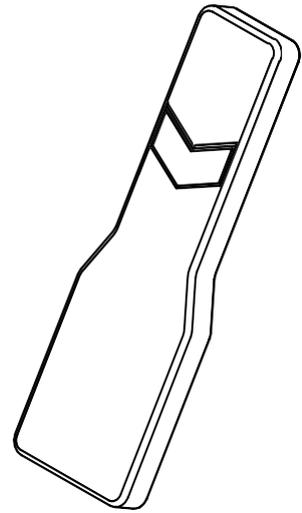
ACCESSORIES LIST



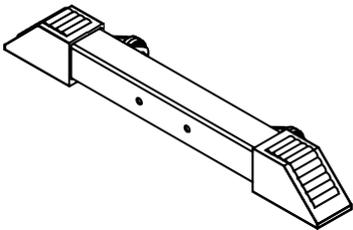
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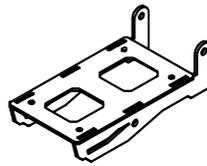
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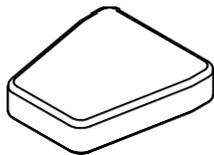
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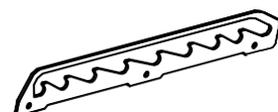
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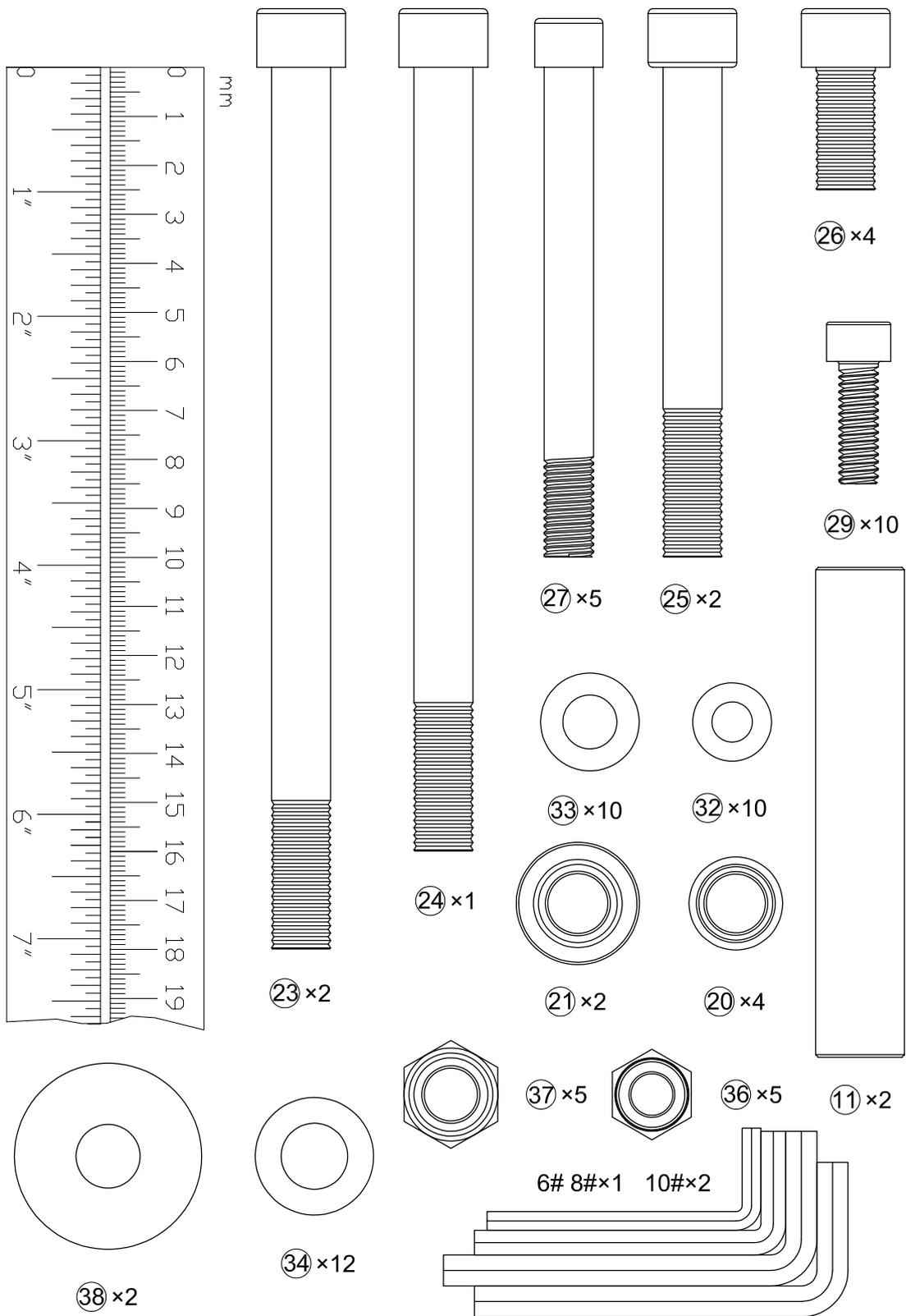
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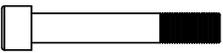
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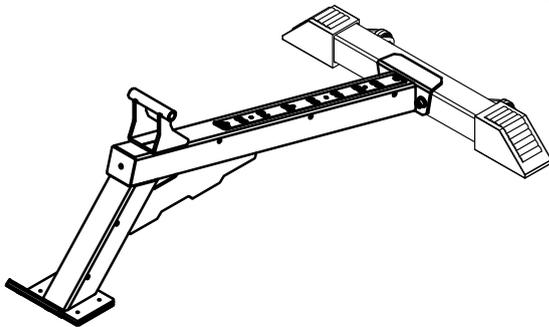
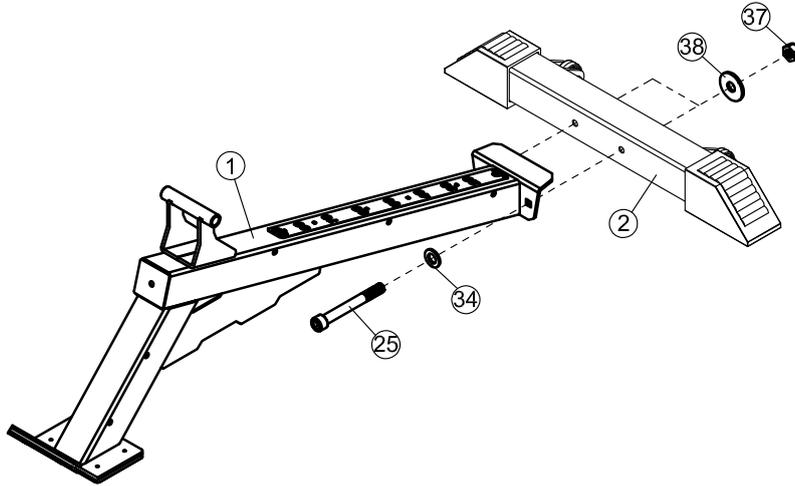


ASSEMBLY STEPS

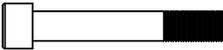
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|----|---|----|-----------|----|--|----|-----------|
| ②⑤ |  | x2 | M12x100mm | ③⑦ |  | x2 | M12 |
| ③④ |  | x2 | Φ24xΦ13mm | ③⑧ |  | x2 | Φ38xΦ13mm |



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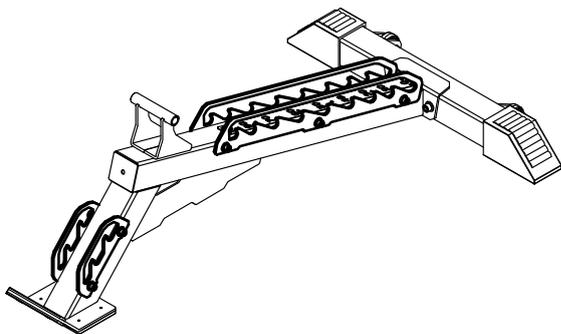
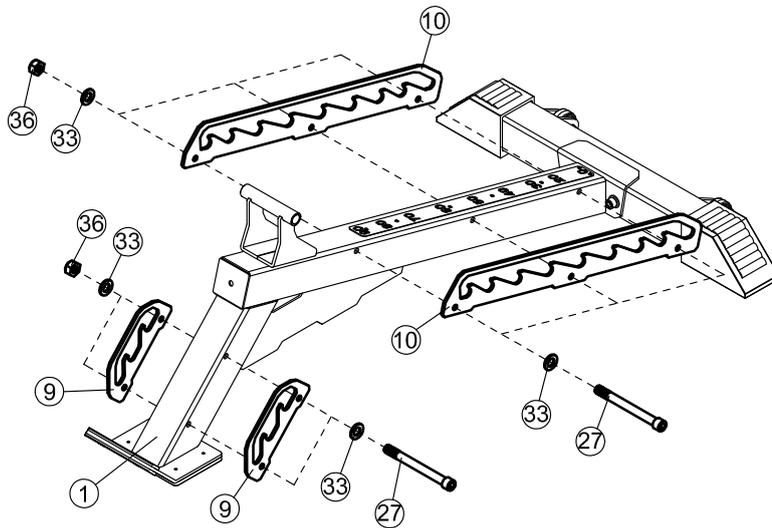


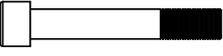
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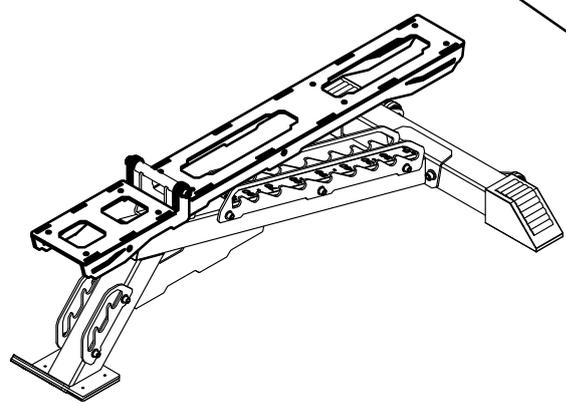
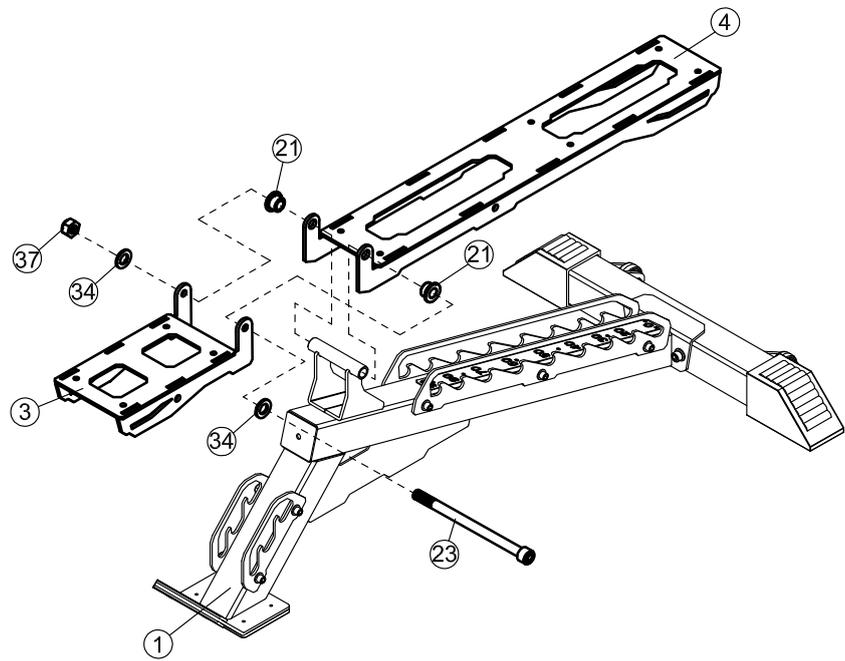
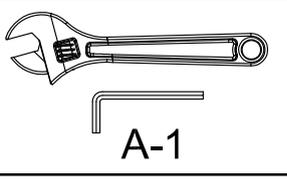
27		×5	M10×100mm
33		×10	Φ20×Φ11mm
36		×5	M10

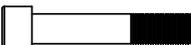


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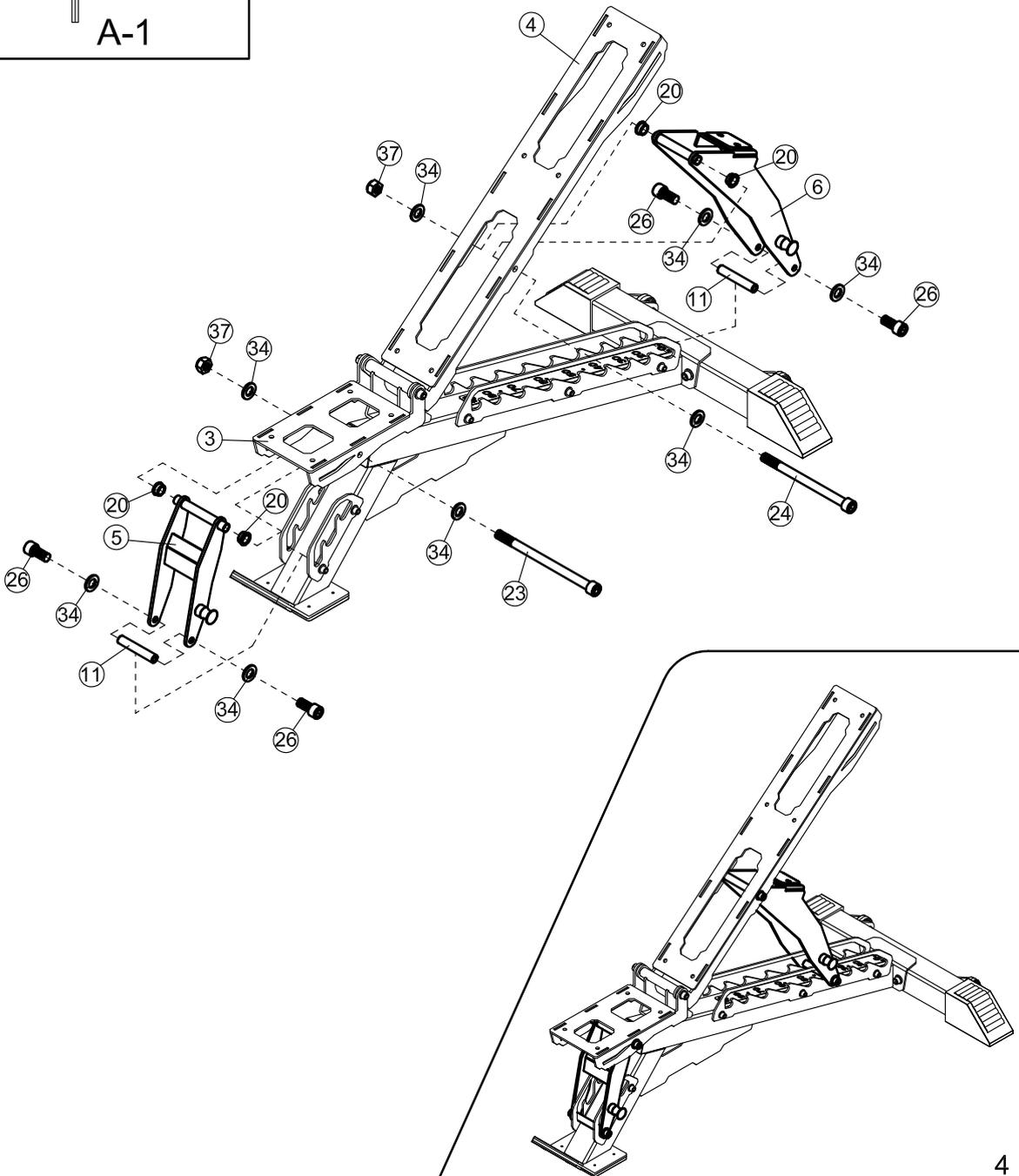
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|----|---|----|-----------|----|---|----|------------------|
| ②③ |  | ×1 | M12×180mm | ③⑦ |  | ×1 | M12 |
| ③④ |  | ×2 | Φ24×Φ13mm | ②① |  | ×2 | Φ25×Φ18×Φ12.2×13 |



- | | | | | | | | |
|----|---|----|-----------|----|--|----|---------------|
| ②3 |  | ×1 | M12×180mm | ③4 |  | ×8 | Φ24×Φ13mm |
| ②4 |  | ×1 | M12×160mm | ③7 |  | ×2 | M12 |
| ②6 |  | ×4 | M12×25mm | ②0 |  | ×4 | Φ19×Φ16×Φ12×8 |
| ①1 |  | ×2 | Φ18×100 | | | | |



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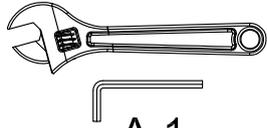


×10 M8×25mm

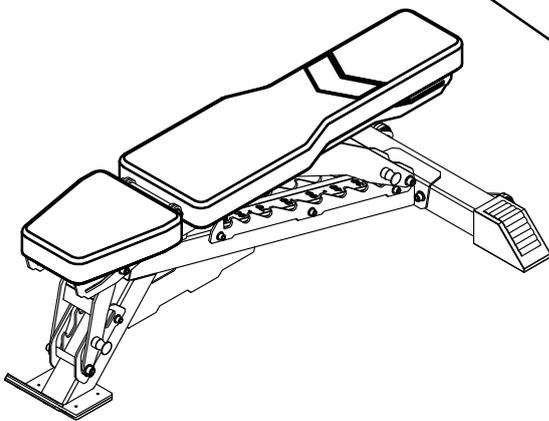
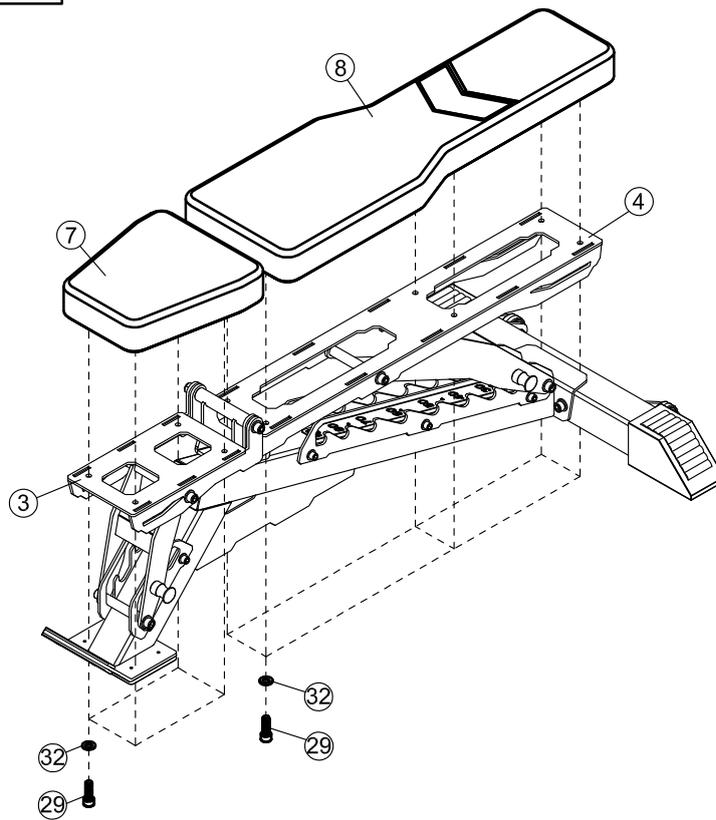
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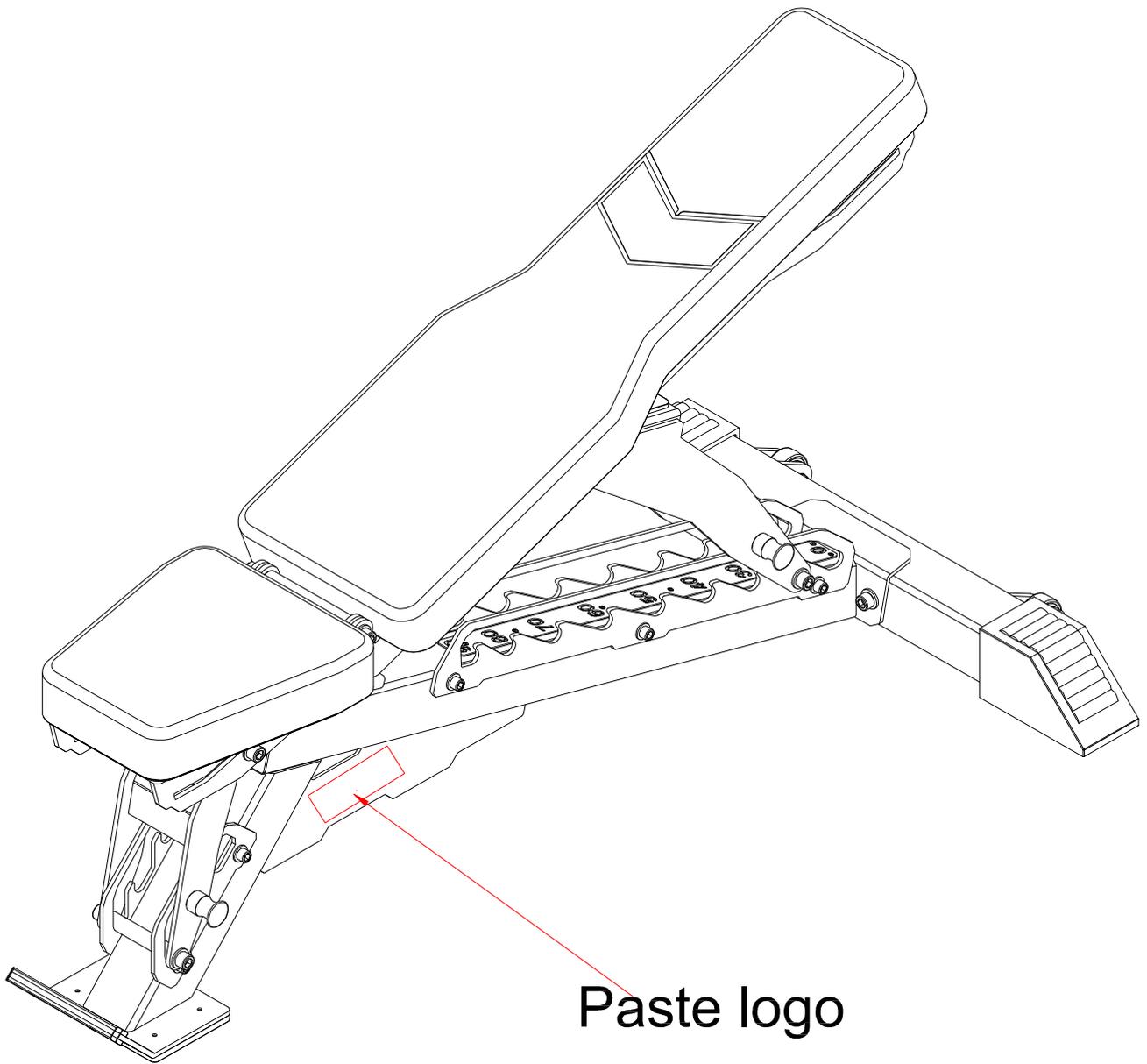
×10 Φ16×Φ8.2mm



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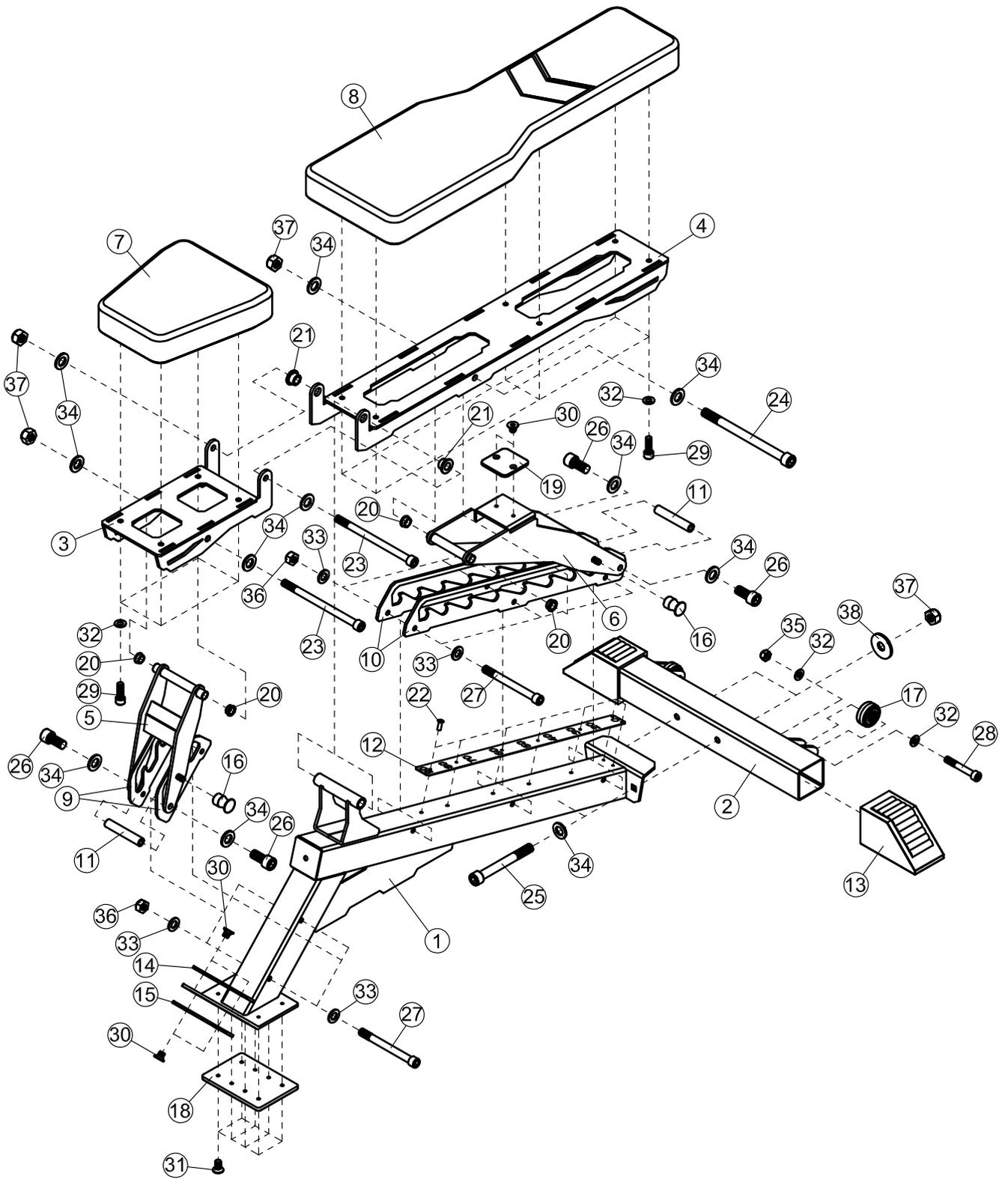


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EXPLOSIVE VIEW



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		1
2	Rear Stabilizer		1
3	Seat Pad Frame		1
4	Backrest Board Frame		1
5	Seat Support		1
6	Backrest Adjustment Support		1
7	Seat Pad	310×280×190×70	1
8	Backrest Board	900×280×200×70	1
9	Adjusting plate	195×85×5	2
10	Adjusting plate	668×85×5	2
11	Axle	Φ18×100	2
12	Angle plate	610×40×1.5	1
13	Floor End Cap	□75	2
14	Rack Liner	170×18×5×110	1
15	Rack Liner	170×18×5×90	1
16	Aluminum alloy handle	Φ25×38×M10	2
17	Wheel	Φ50×28	2
18	Floor End Cap	170×120×8	1
19	Rack Liner	75×75×5	1
20	Bushing bush	Φ19×Φ16×Φ12×8	4
21	Bushing bush	Φ25×Φ18×Φ12.2×13	2
22	Open End Blind Rivet	4×10	7
23	Hexagon socket button head screws	M12×180	2
24	Hexagon socket button head screws	M12×160	1
25	Hexagon socket button head screws	M12×100	2
26	Hexagon socket button head screws	M12×25	4
27	Hexagon socket button head screws	M10×100	5
28	Hexagon socket button head screws	M8×55	2
29	Hexagon socket button head screws	M8×25	10
30	Hex socket counter sunk head screw	M6×8	6
31	Hex socket counter sunk head screw	M6×12	8
32	Washer	8	14
33	Washer	10	10
34	Washer	12	12
35	Aircraft Nut	M8	2
36	Aircraft Nut	M10	5
37	Aircraft Nut	M12	5
38	Washer	Φ38×Φ13×3	2
	Allen Wrench	6#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	2