

# FRENCH FITNESS

FFM-PLCBC / FFN-PLCBC

FRENCH FITNESS MARIN AND NAPA P/L  
ISO-LATERAL CHEST/BACK COMBO

ASSEMBLY MANUAL



OR



## FEATURES

- Paint Color: Black / Silver
- Vinyl Color: Black
- 11 gauge steel
- Steel Tube Dimensions: 50mm x 80mm x 3mm
- Made of superior steels and tubes
- Excellent electrostatic powder coating
- Seats can be adjusted up and down smoothly with superior gas-springs
- Cushions are covered by PU leather
- Handles are covered with high quality rubber
- Noiseless rotating part adopts the durable bearing
- Chest Press Station: Converging Handles. In the starting position, the handles are wide. As the user presses, the motion converges towards the middle
- Back Station: Dispersing / Separating Handles. In the starting position, the handles are close. As the user pulls, the motion separates as the handles get close the chest
- Allows real push and pull exercise for the chest and back
- Space saver
- Back pad is angled 10 degrees on the seat for chest press
- Iso-Lateral motion allows for equal strength development
- California Residents see Prop 65 WARNINGS

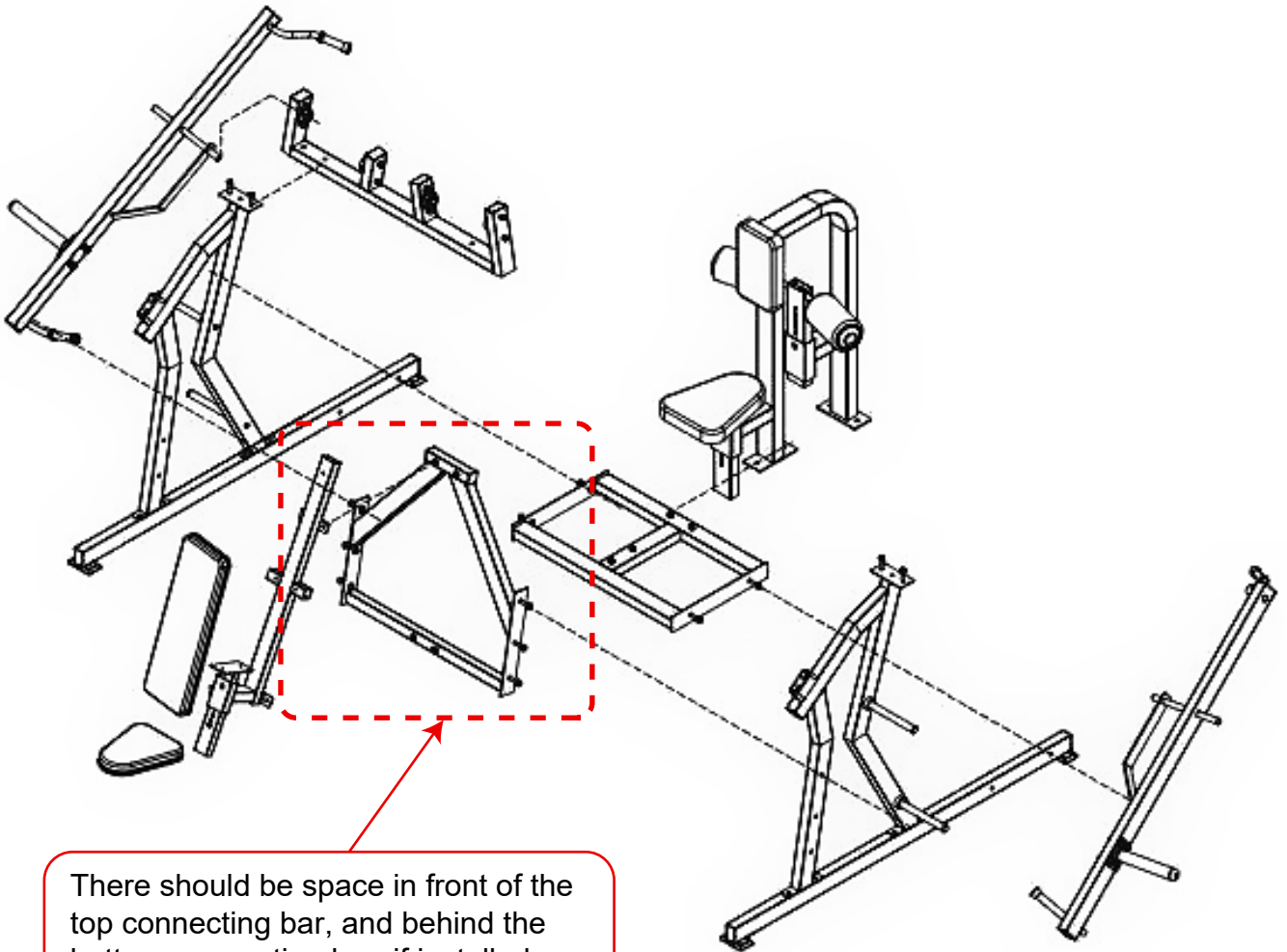
## TECH SPECS

- Dimensions: 81"L x 66.2"W x 78.6"H
- Machine Weight: 441 lb (200 kg)
- Outer Cage Width: 41.5"
- Inner Cage Width: 37.75"
- Weight Horn Length: 12" (Full Horn) / 10.75" (Horn Length for Weight Plates to Sit)

## WARRANTY

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

# ASSEMBLY



There should be space in front of the top connecting bar, and behind the bottom connecting bar, if installed correctly.

