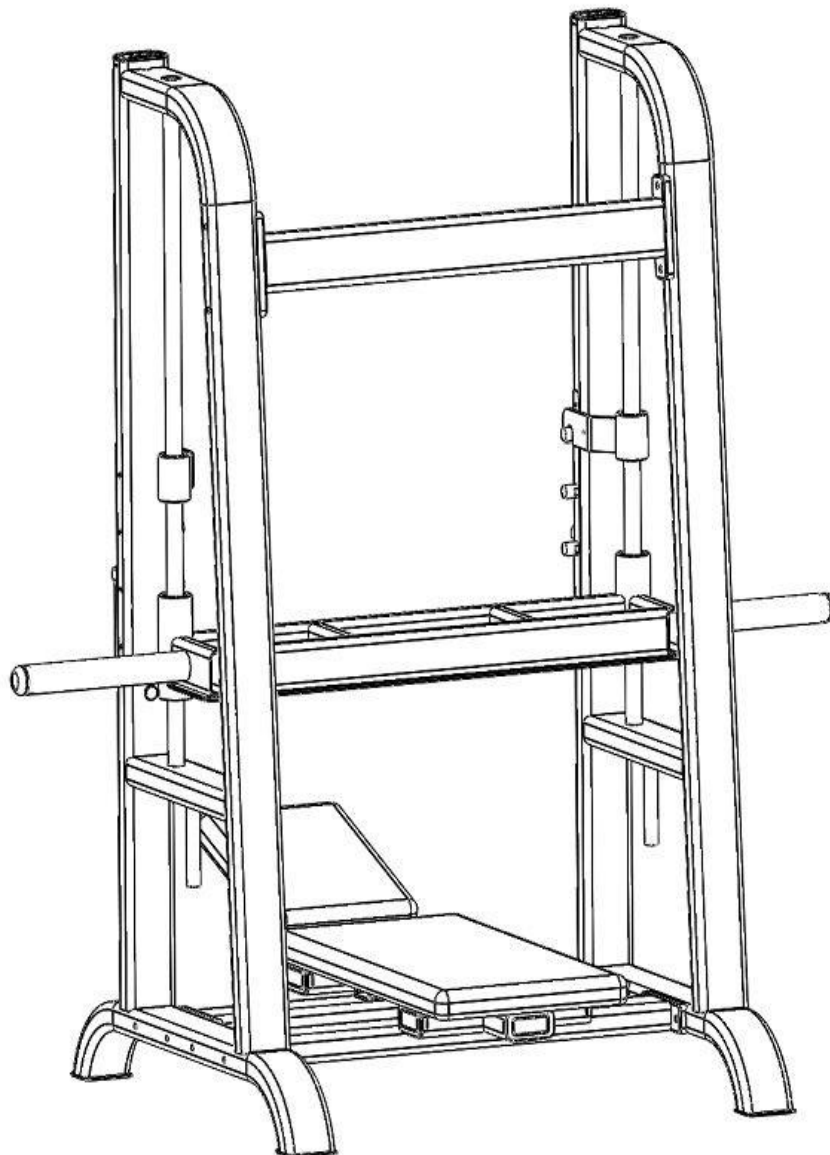


FRENCH FITNESS

FFM-VLP / FFN-VLP

**French Fitness Marin and Napa P/L
Vertical Leg Press Assembly Manual**

ASSEMBLY MANUAL




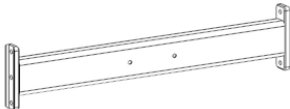

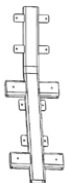




TECH SPECS

- Weight: 273.3lb (124kg)
- Dimensions: 51.1"L x 41.3"W x 70.8"H (1300mm x 1050mm x 1800mm)

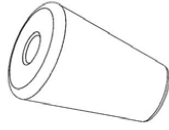

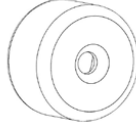

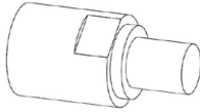


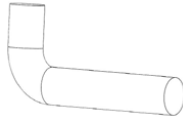

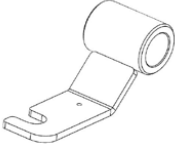
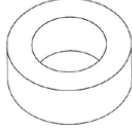
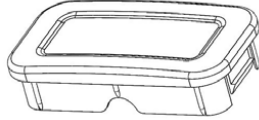

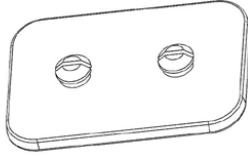

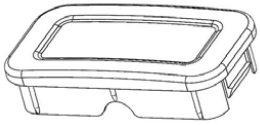
WARRANTY

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

PARTS LIST


Individual packaging					
					
NO 1	Big rack assembly *2 pcs	NO 2	Horizontal support connection components *2 pcs	NO 3	Horizontal connection set *1pc
					
NO 4	Seat assembly *1 pc	NO 5	Trolley assembly *1 pc	NO 6	Aluminum sheet metal *1 pc
					
NO 7	Head cushion *1 pc	NO 8	Back pad *1 pc		

PARTS LIST

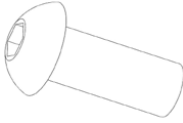
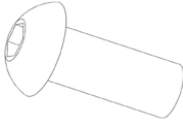
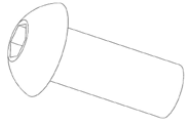

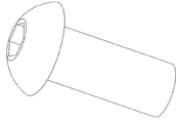
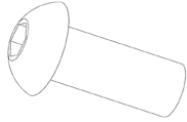



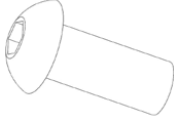

Assembly parts					
					
NO 9	Smith aluminum handle *2pcs	NO 10	Right fuse assembly *1pc	NO 11	Handle cover *4pcs
					
NO 12	Non-Torn piece 1*2 pcs	NO 13	Positioning column * 8pcs	NO 14	Guide rod * 2pcs
					
NO 15	Decorative stainless steel sheet metal*2 pcs	NO 16	Non-Torn *2pcs	NO 17	No. 80 plastic parts * 4pcs
					
NO 18	Left fuse assembly *1pc	NO 19	Guide rod rubber shock absorber X4 *6pcs	NO 20	0606 pipe plug *8pcs
					
NO 21	Lower limit protective cover *4pcs	NO 22	New foot pad *4pcs	NO 23	New foot pad protective cap *4pcs
					
NO 24	0607 Pipe stopper *2pcs				

PARTS LIST

Assembly parts

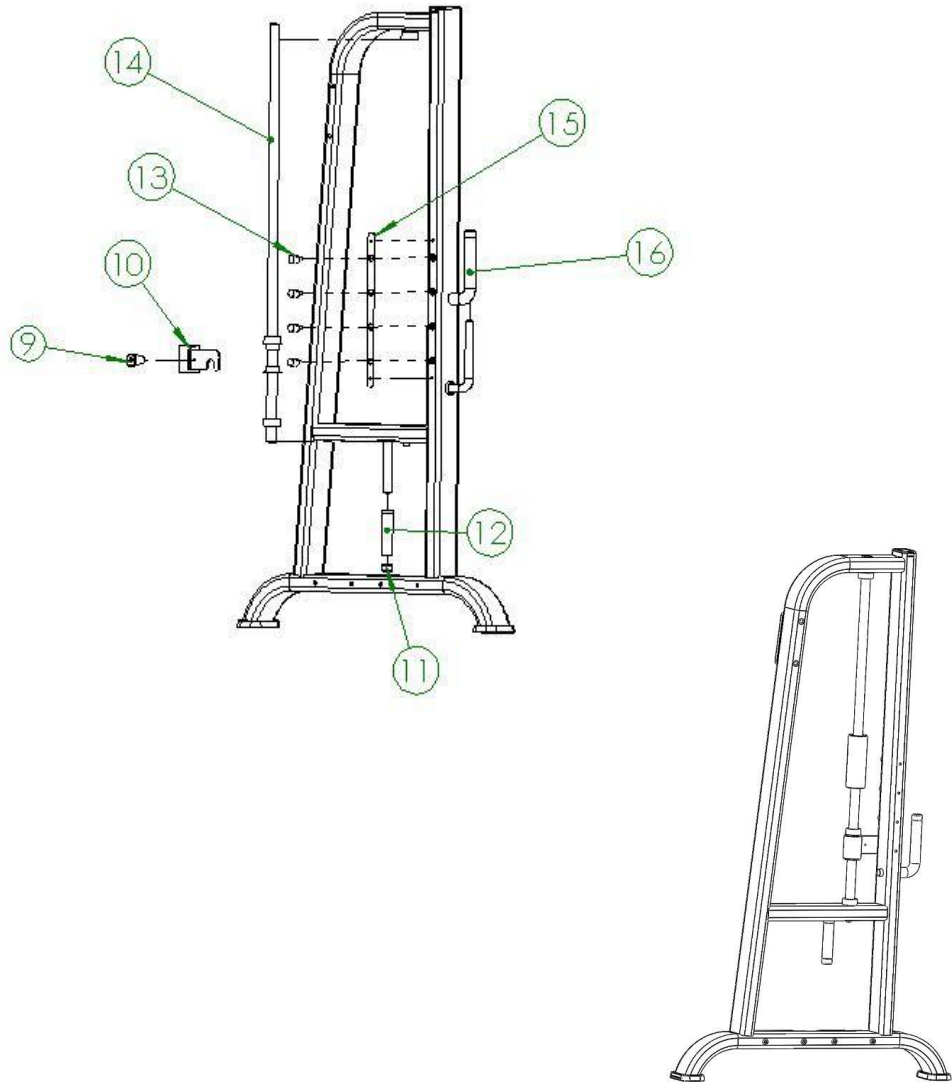
					
NO 25	Rubber sleeve *2pcs				

Blister Pack Screw List-5 (standard parts)

					
A	Hexagon socket flat head screws M8*20	B	Hexagon socket flat head screws M10*70	C	Hexagon socket flat head screws M6*10
					
D	Hexagon socket flat head screws M10*130	E	Hexagon socket flat head screws M6*12	F	Hexagon socket flat head screws M10*20
					
G	Locknut M10	H	Flat gasket M10	I	Flat gasket M8
					
J	Hexagon socket flat head screws M8*60	K	Locknut M8		

MAIN FRAME ASSEMBLY STEPS

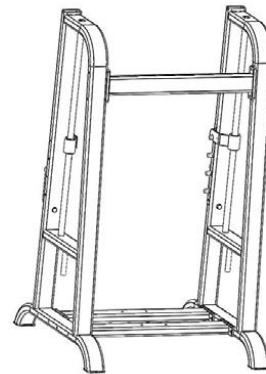
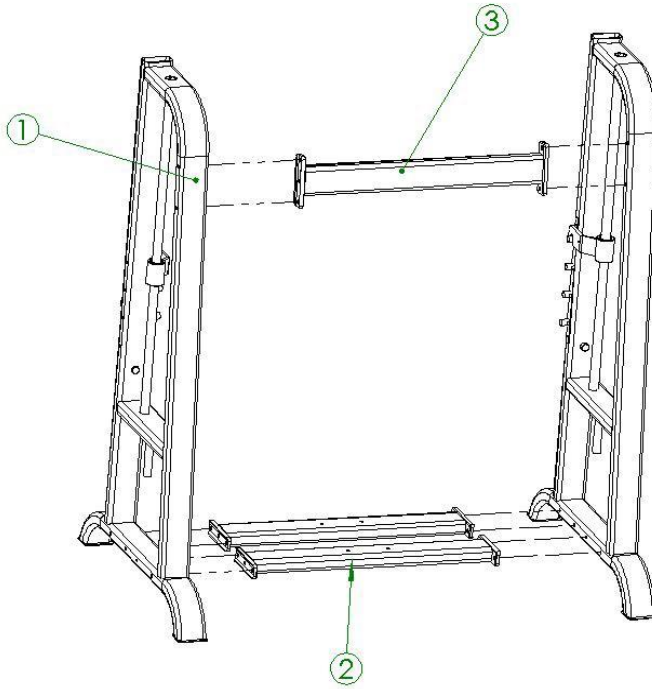
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	NO 9	Smith aluminum handle	1	NO 13	Positioning column	4
	NO 10	Right fuse assembly	1	NO 14	Guide rod	1
	NO 11	Handle cover	1	NO 15	stainless steel sheet metal	1
	NO 12	Non-Torn piece 1	1	NO 16	Non-Torn piece 2	1
Tools/Equipment		6# Inner hexagon screwdriver, wrench				



Note: The guide rod needs to be inserted above after the trolley is put

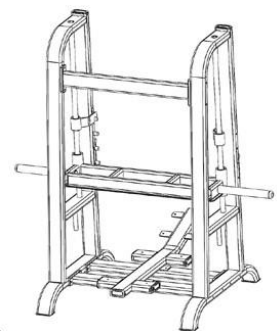
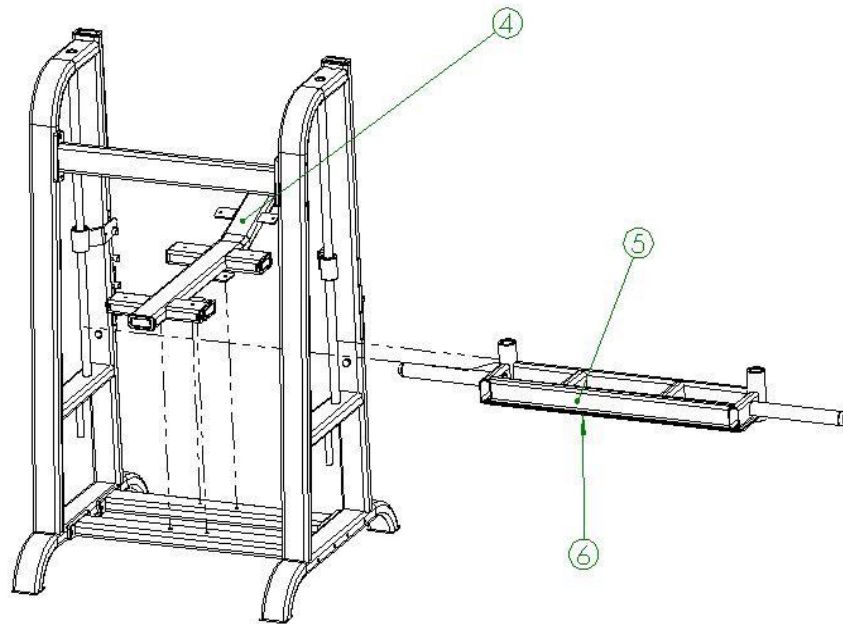
MAIN FRAME ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	NO 1	Big frame assembly	2	H	M10 flat gasket	12
	NO 2	Cross-support connection assembly	2	G	M10 lock nut	12
	NO 3	Horizontal connection group	1			
	D	Hexagon socket flat head screws M10*130	12			
Tools/Equipment		6# Inner hexagon screwdriver, wrench				



MAIN FRAME ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	NO 4	Seat assembly	1		Locknut	
	NO 5	Trolley assembly	1		Flat gasket	
	NO 6	Aluminum sheet metal	1			
		Hexagon socket flat head screws M10*130				
Tools/Equipment						



Note: The guide rod should now be inserted from above the trolley

MAIN FRAME ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 7	Head cushion	1			
4	NO 8	Back pad	1			
	J	Hexagon socket flat head screws M8*60				
Tools/Equipment						

