

FRENCH FITNESS

FFM-LPLR

FRENCH FITNESS MONSTER LAT
PULLDOWN / LOW ROW (NEW)

ASSEMBLY MANUAL



FEATURES

- 11 Gauge Steel
- 75 x 75mm thickness 3mm
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- California Residents see Prop 65 WARNINGS

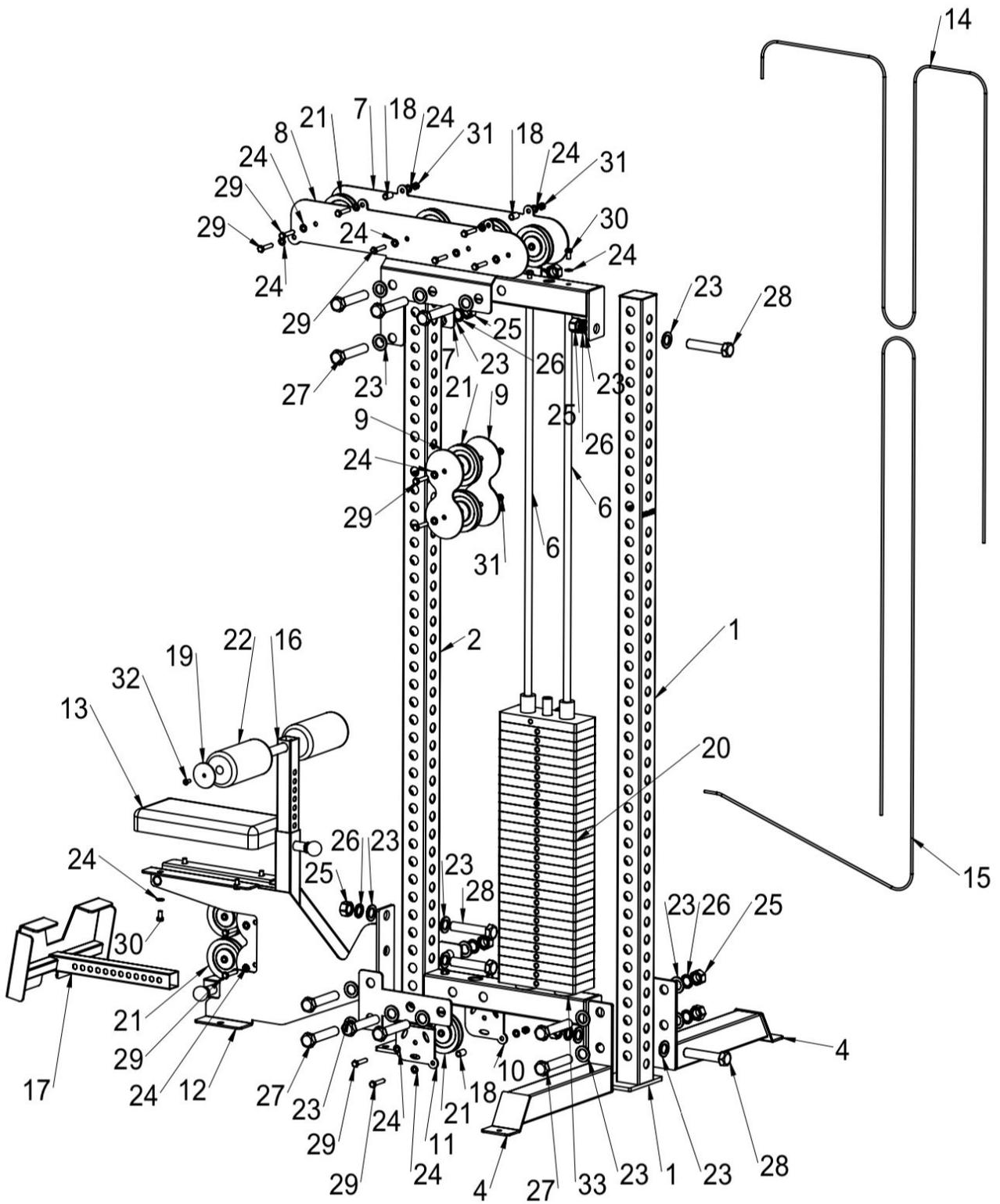
TECH SPECS

- Paint Color: Black
- Vinyl Color: Black
- Lat Bar - Included
- Dimensions: 55.2"L x 44.4"W x 93.7"H (L:140cm, W:112.8cm, H:238cm)
- Weight stack: 300 lb (136 KG)
- Weight to Pulley Ratio: 1:1

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

EXPLODING DIAGRAM



PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Upright 1#	1
2	Upright 2#	1
3	Connecting Tube A	1
4	Base Tube	2
5	Connecting Tube B	1
6	Guiade Rod 2030mm	2
7	Plate L	1
8	Plate R	1
9	Pulley Plate	2
10	Pulley Plate L	1
11	Pulley Plate R	1
12	Seating Frame	1
13	Pad	1
14	1# Rope 3570mm	1
15	2# Rope 3680mm	1
16	Leg Extension Tube	1
17	Footstep	1
18	Bushing	4
19	Big Washer	2
20	select plates 300 lbs	1
21	cp114 Pulley	9
22	Foam	2
23	M24 Washer	27
24	M10 Washer	32
25	M24 Nut	13
26	M24 Spring Washer	13
27	M24X130 Hex Bolt	10
28	M24X120 Hex Bolt	4
29	M10X50 Hex Bolt	13
30	M10X20 Hex Bolt	6
31	M10 Nylon Nut	13
32	M8X20 button-headed screw	2
33	Rubber Pad	2