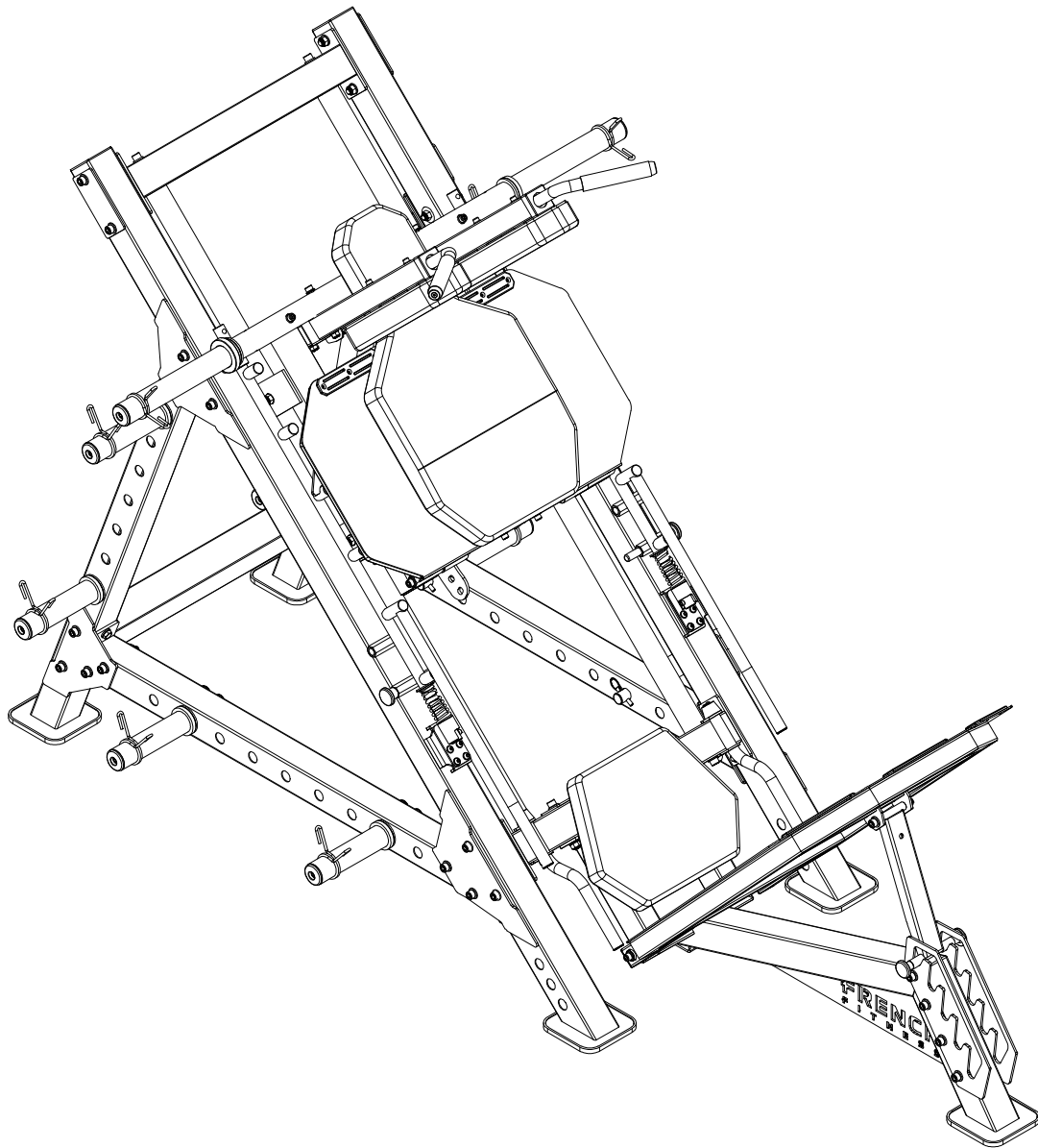


FRENCH FITNESS

OWNER'S MANUAL

FFM-PLHSLP-V2

Monster 45° Leg Press/Hack Squat Combo



CAUTION!

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

20230328-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

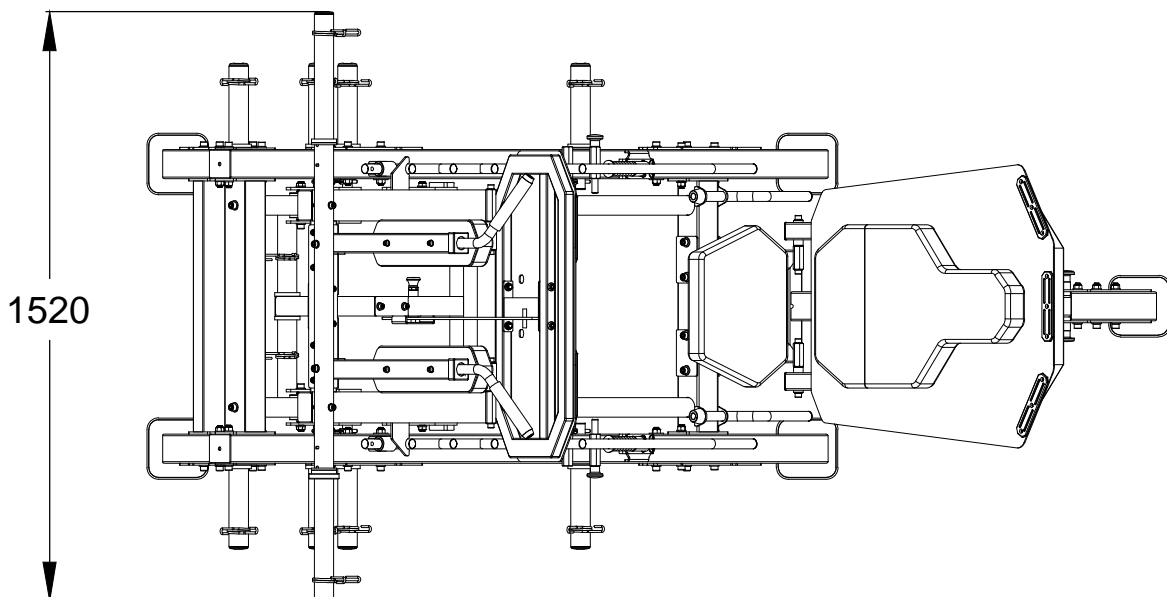
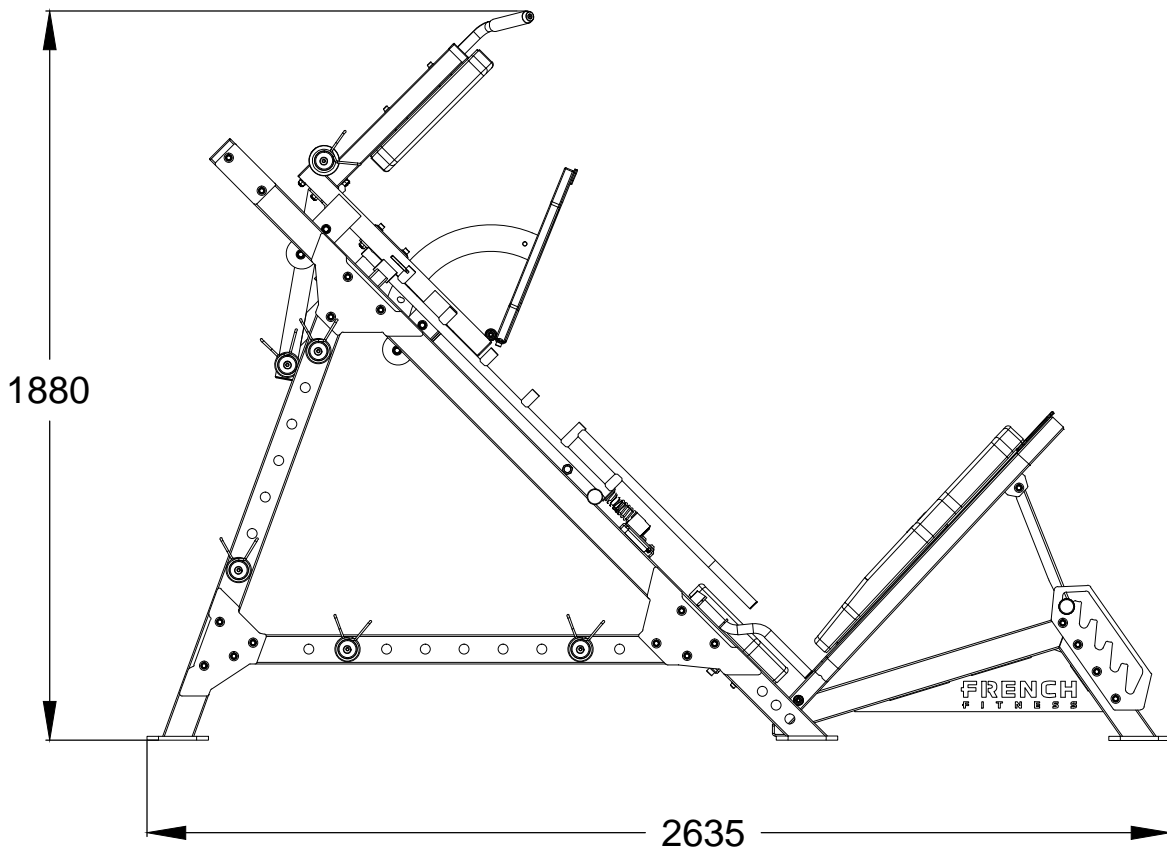
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

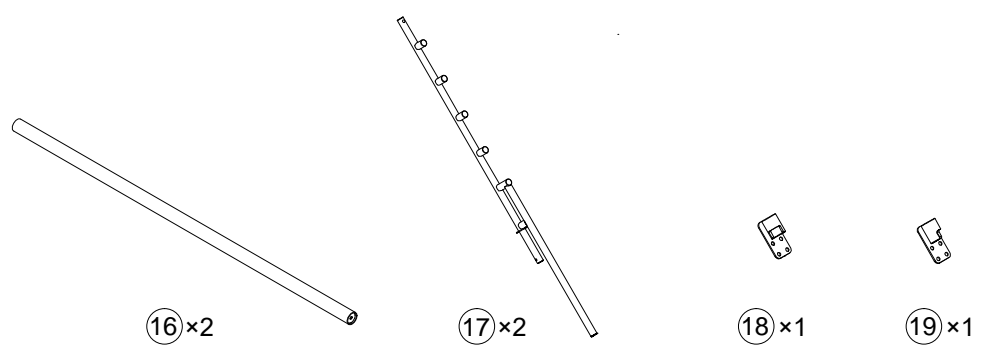
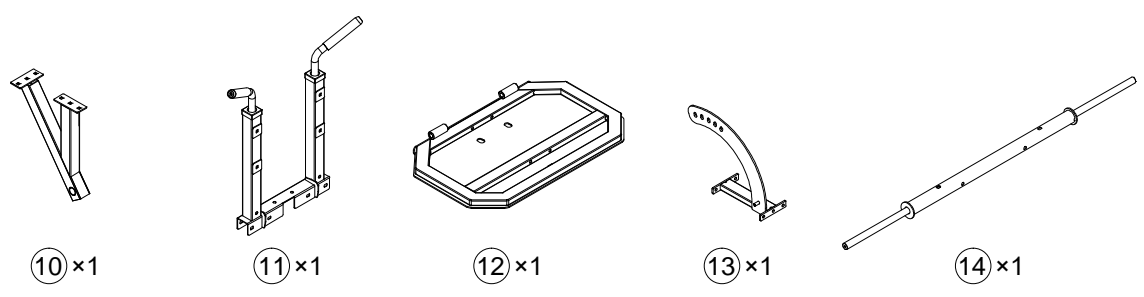
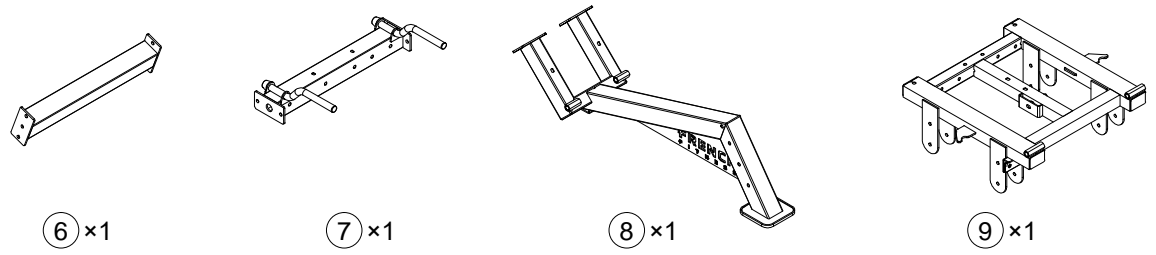
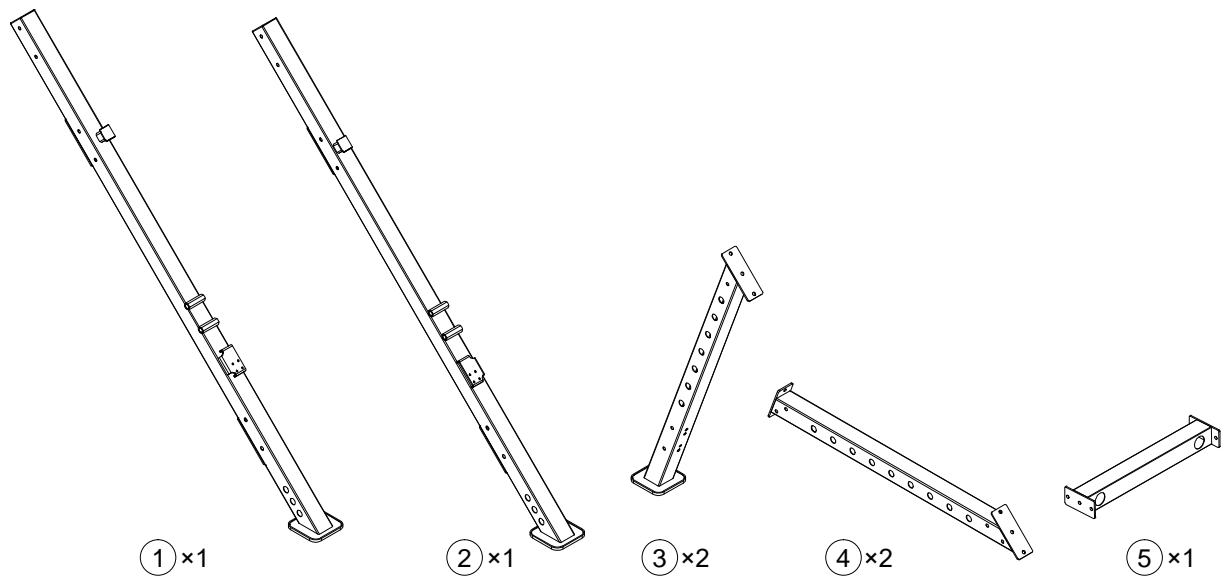
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

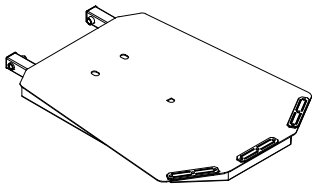
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

Assembled Dimension: 2635mm×1520mm×1880mm



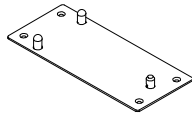




20×1



21×1



22×1



23×2



24×2



25×8



26×1



27×2



28×2



29×2



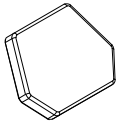
30×2



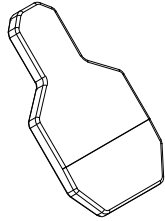
31×2



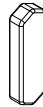
32×1



33×1



34×1



35×2



38×2



39×10



40×2



41×12



45×1



47×2



50×8



53×2



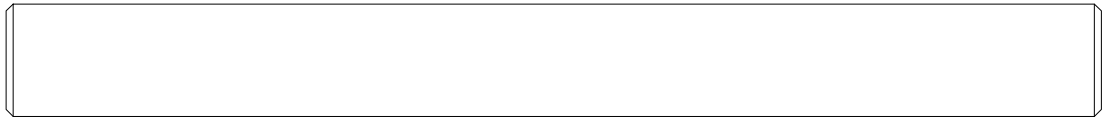
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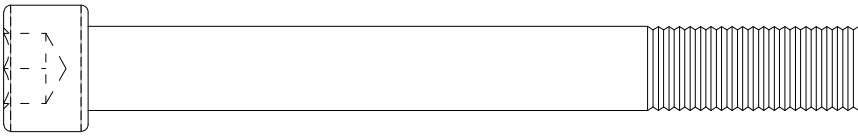
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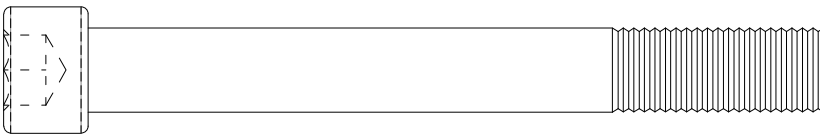
57×1



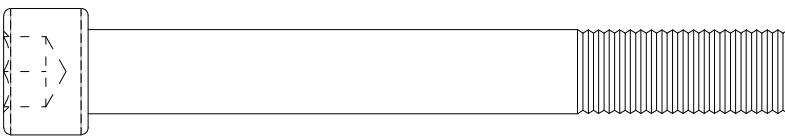
④③ × 2



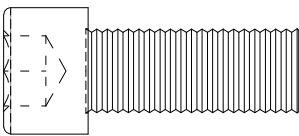
⑤⑧ × 9



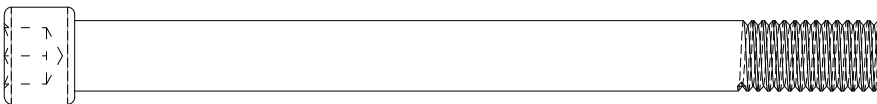
⑤⑨ × 20



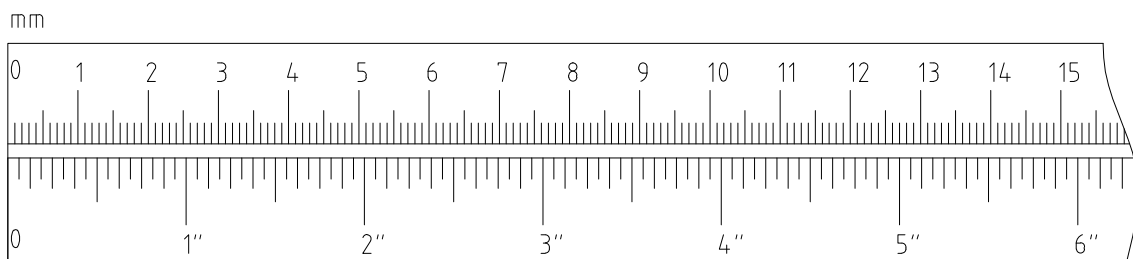
⑥0 × 14



⑥1 × 12

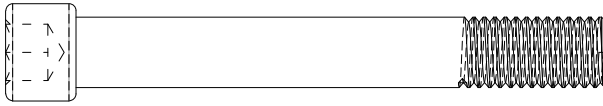


⑥2 × 4

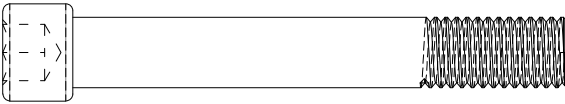




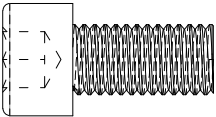
63 × 2



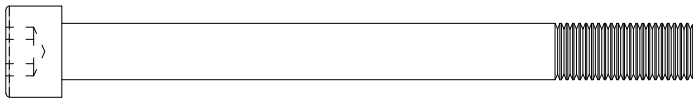
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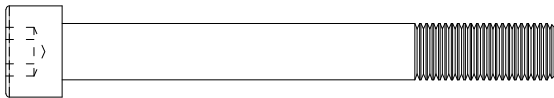
65 × 10



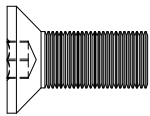
66 × 8



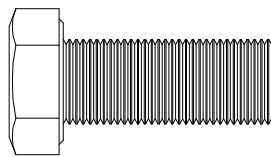
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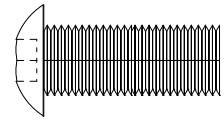
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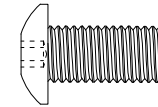
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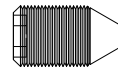
77 × 4



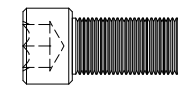
73 × 12



74 × 8

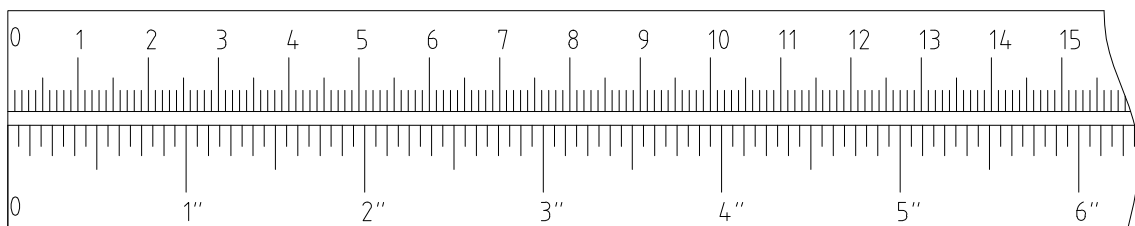


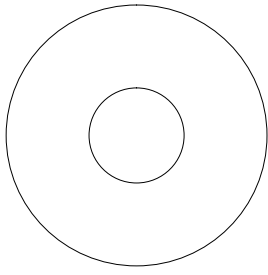
75 × 1



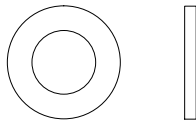
76 × 2

mm

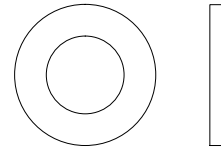




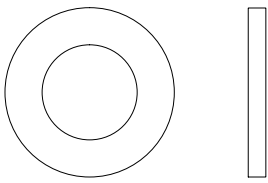
⑦8 × 14



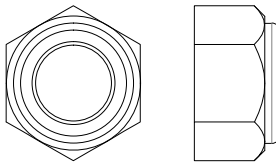
⑦9 × 16



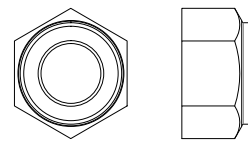
⑧0 × 40



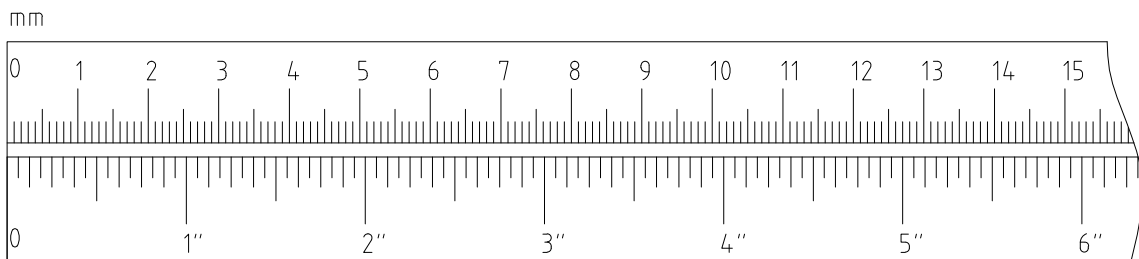
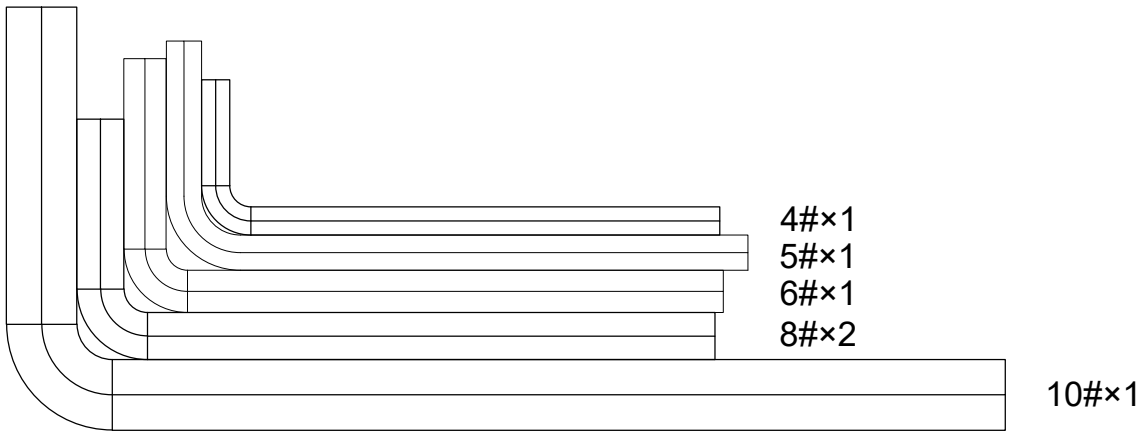
⑧1 × 88

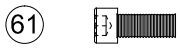


⑧2 × 43



⑧3 × 16





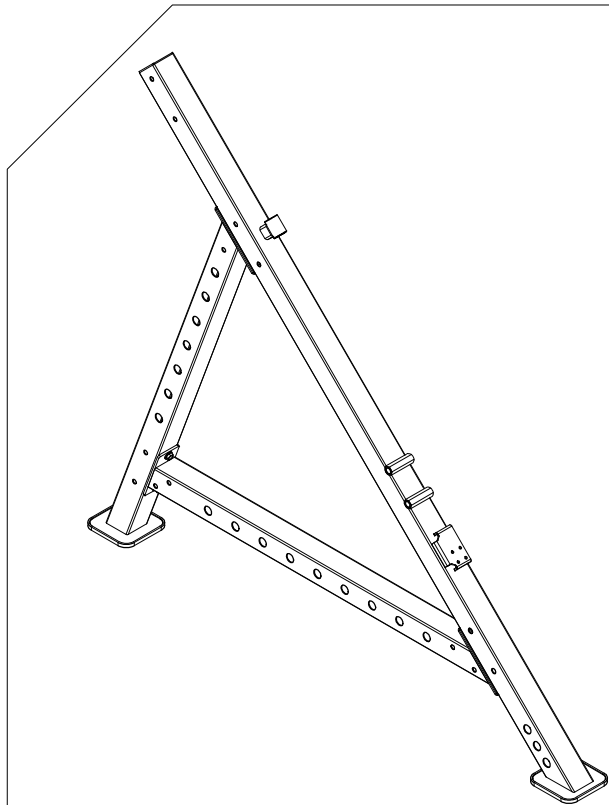
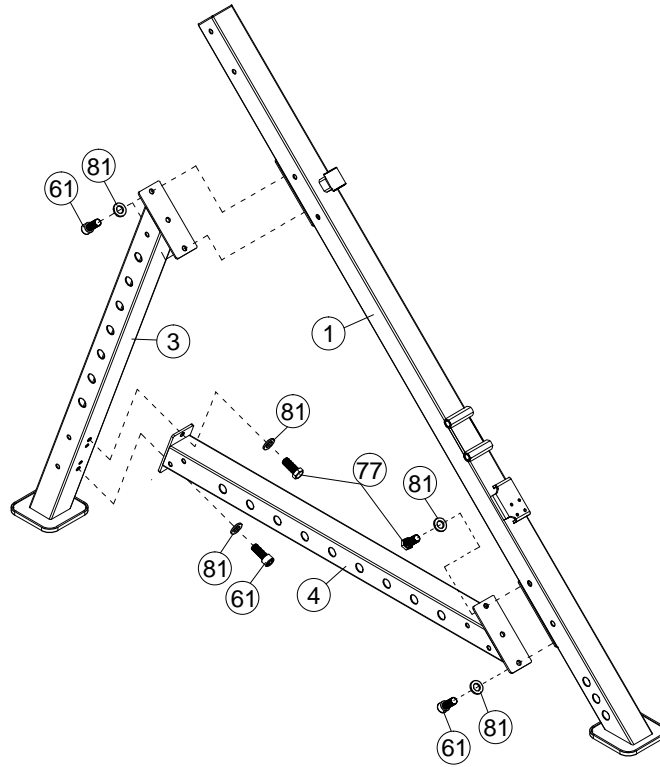
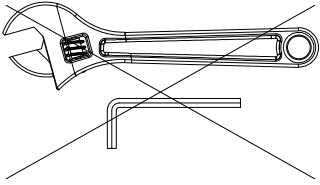
×4 M12×30mm



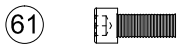
×6 Φ12



×2 M12×30mm



1



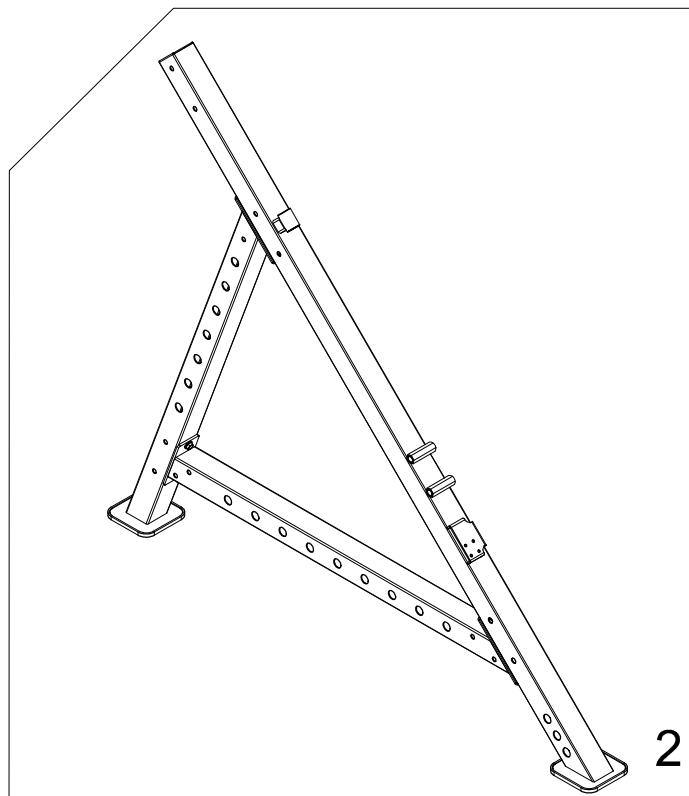
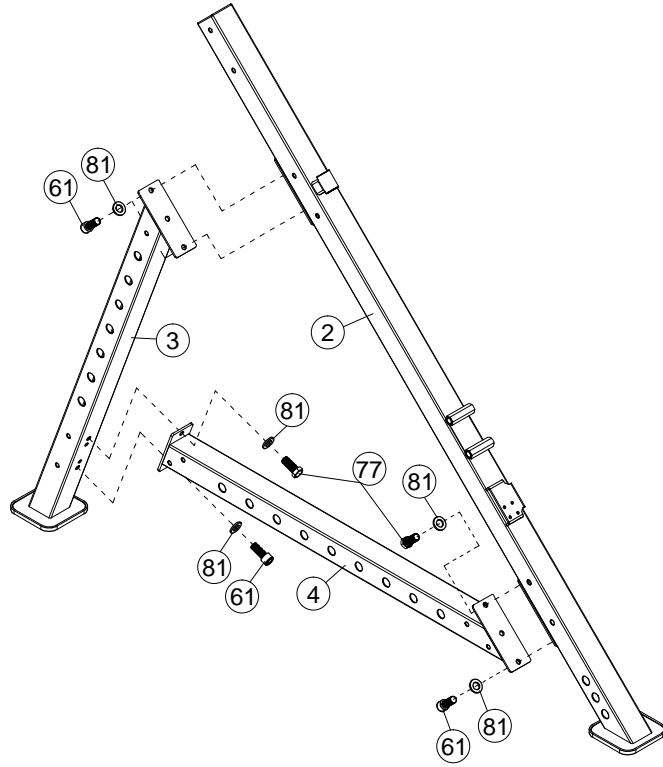
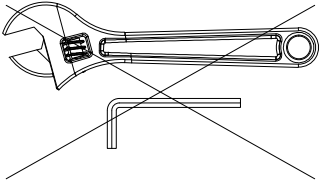
×4 M12×30mm



×6 Φ12



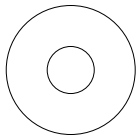
×2 M12×30mm




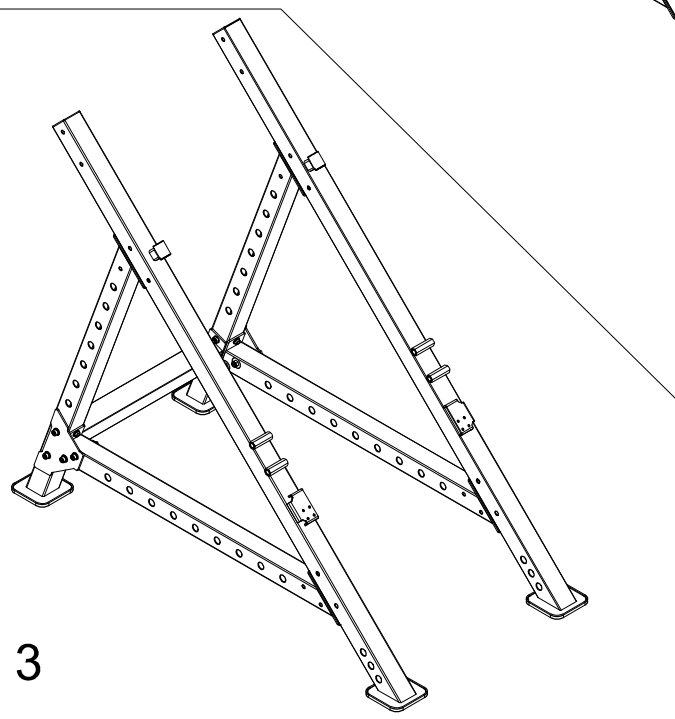
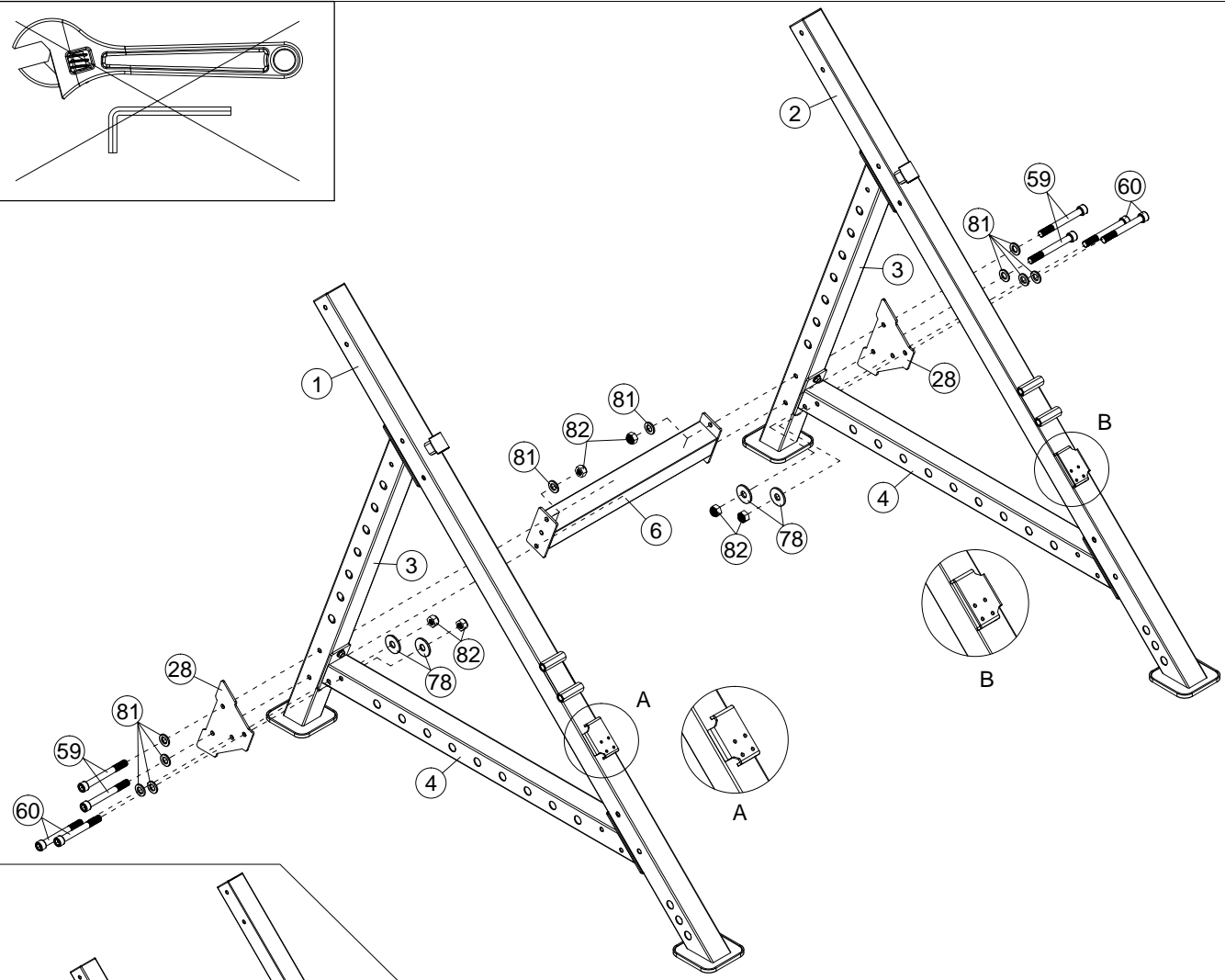
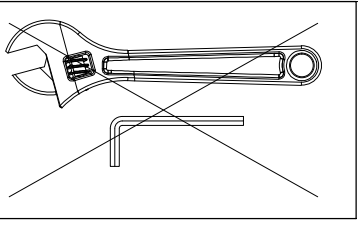
59  ×4 M12×105mm

60  ×4 M12×100mm

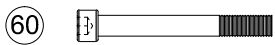
81  ×12 Φ12

78  ×4 Φ37×Φ13.5

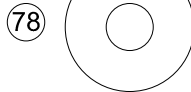
82  ×8 M12



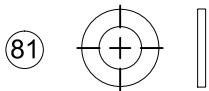
3



×6 M12×100mm



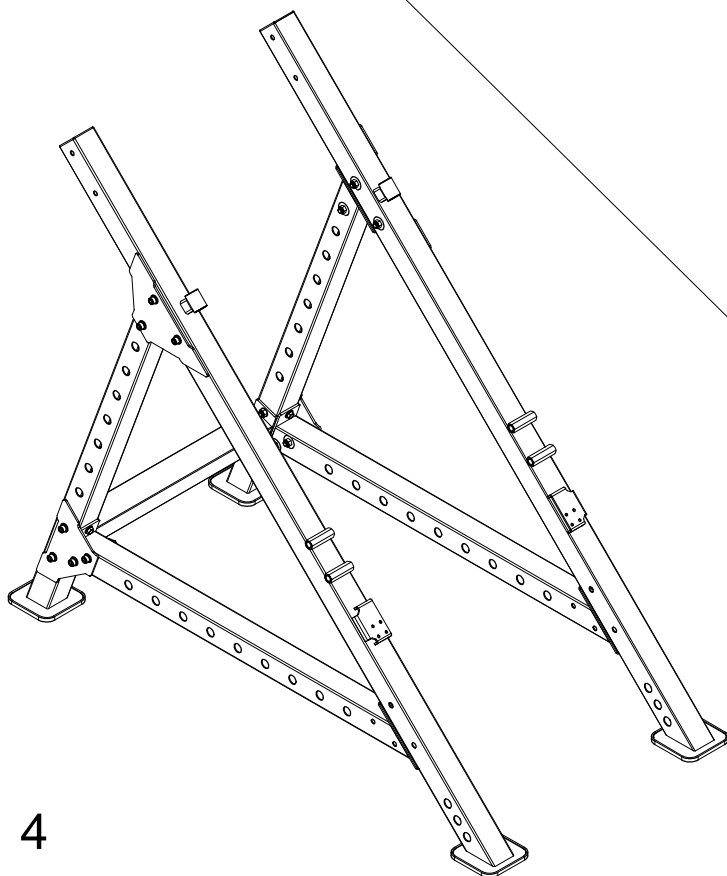
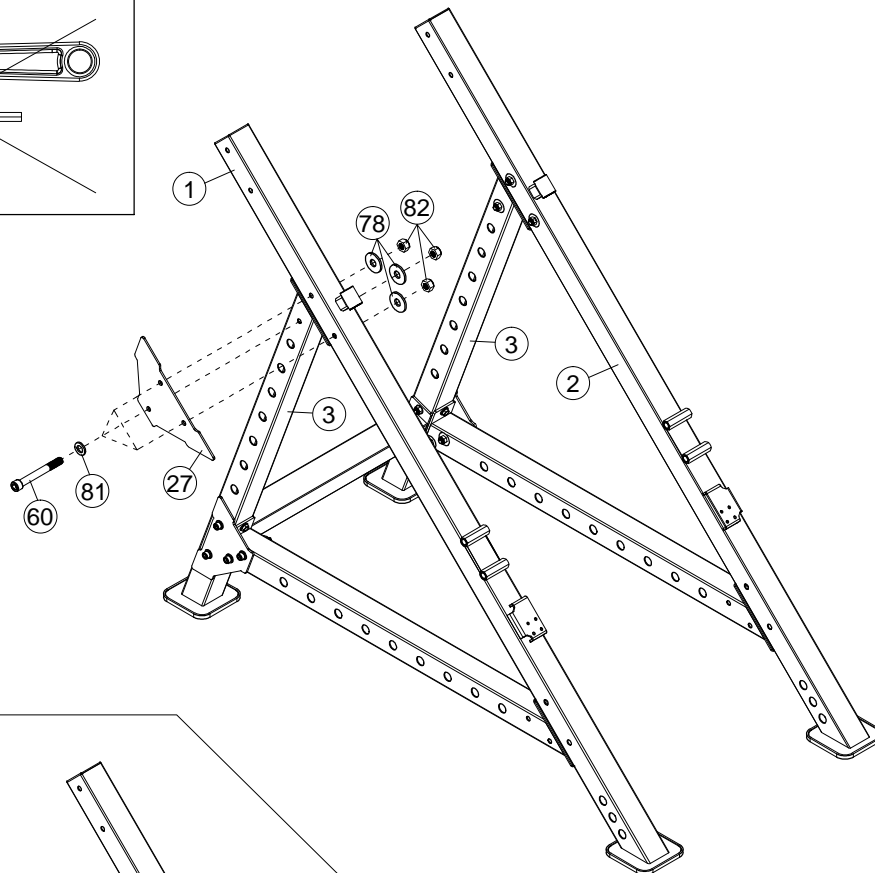
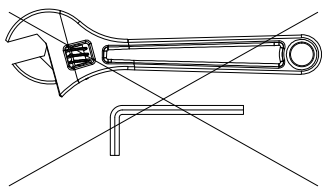
×6 $\Phi 37 \times \Phi 13.5$



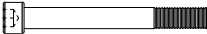


×6 $\Phi 12$

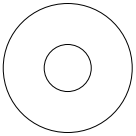
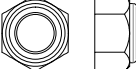


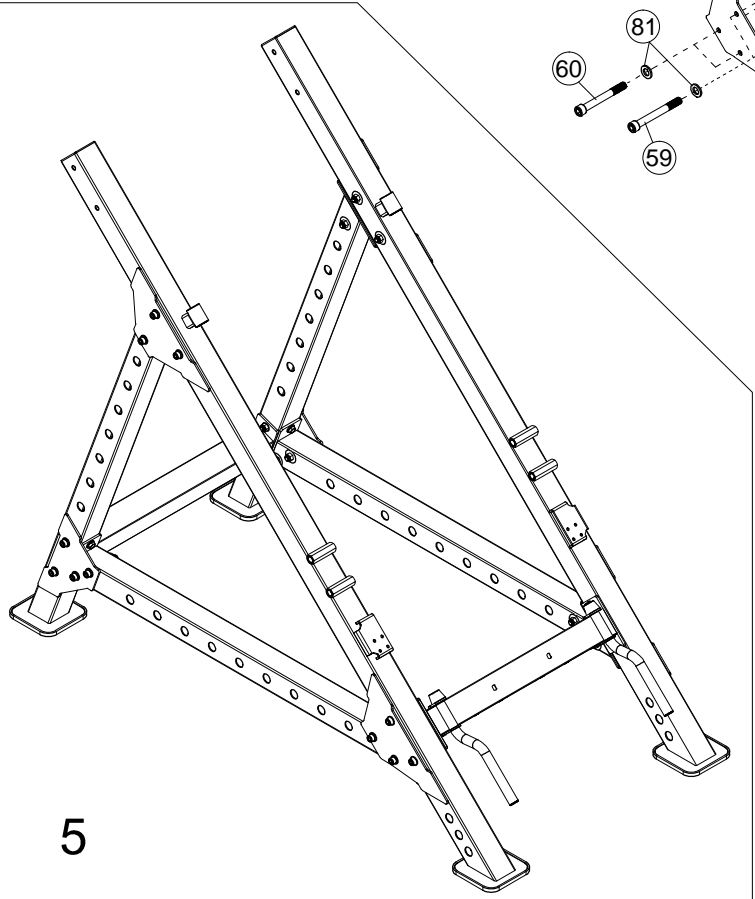
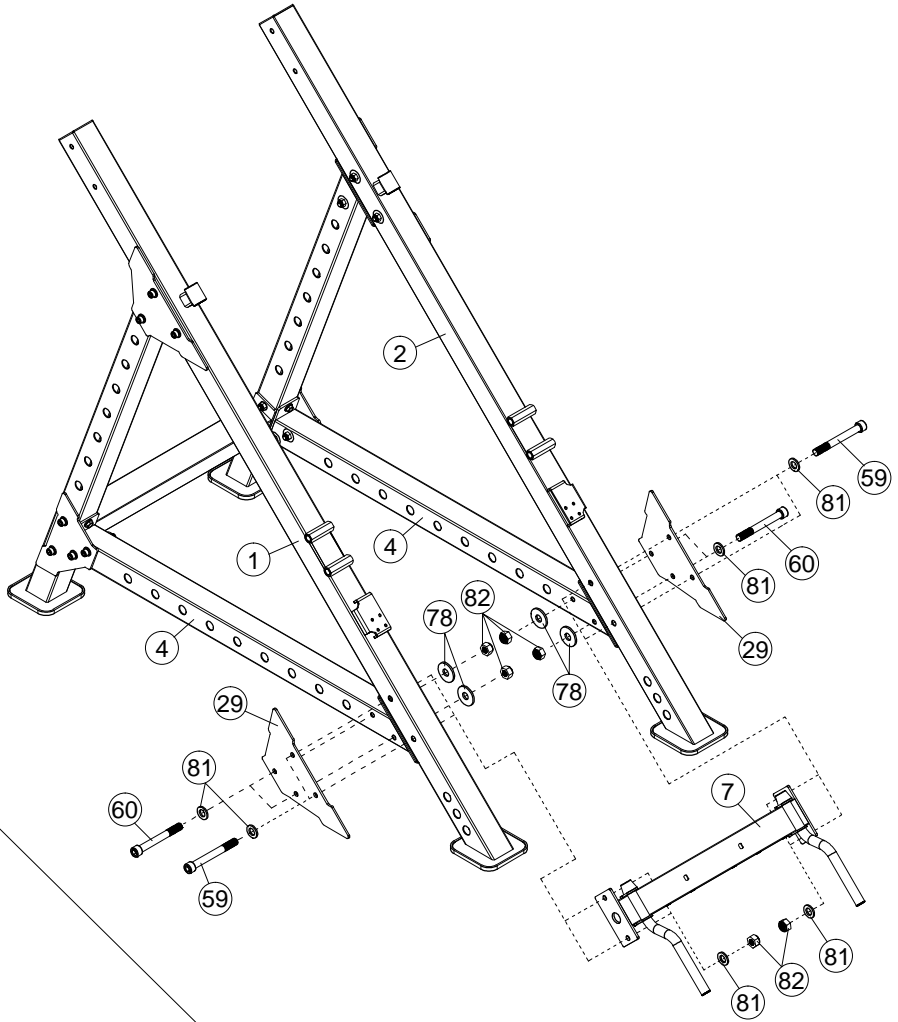
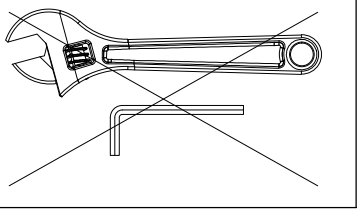
×6 M12

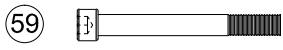


4

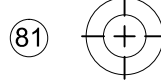
- ⑤⑨  ×4 M12×105mm
- ⑥⑩  ×4 M12×100mm
- ⑧①  ×12 Φ12

- ⑦⑧  ×4 Φ37×Φ13.5
- ⑧②  ×8 M12

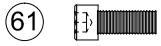




×4 M12×105mm



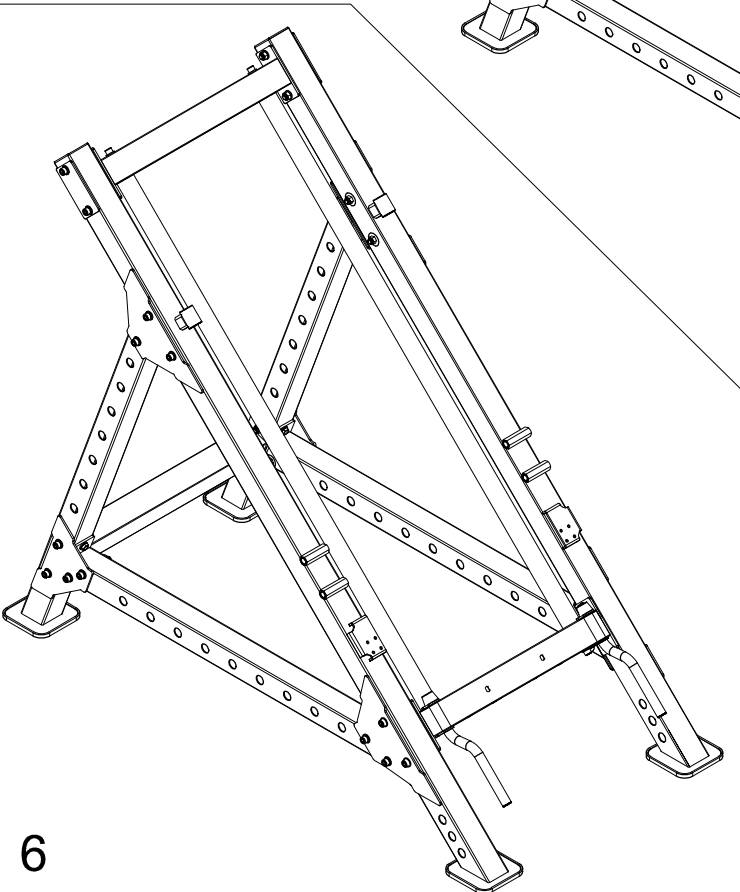
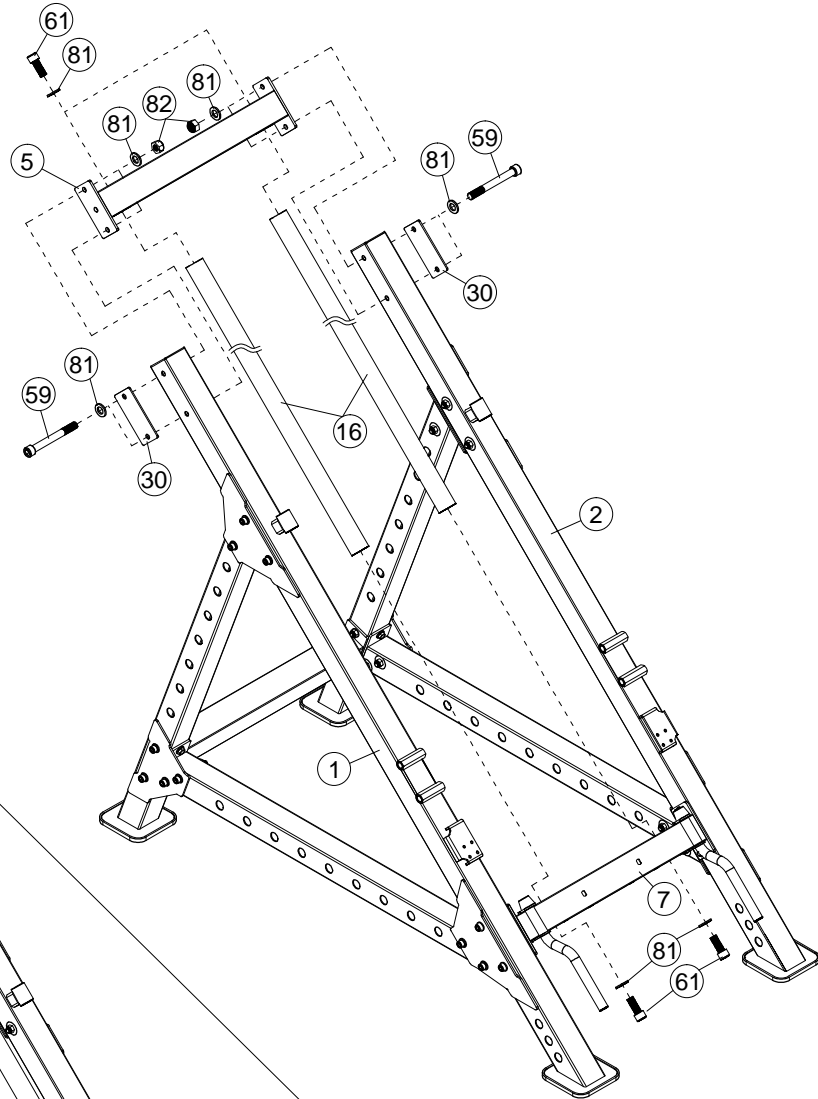
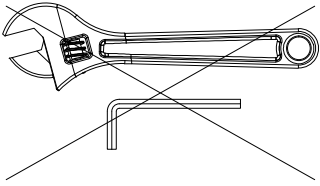
×12 Φ12



×4 M12×30mm



×4 M12

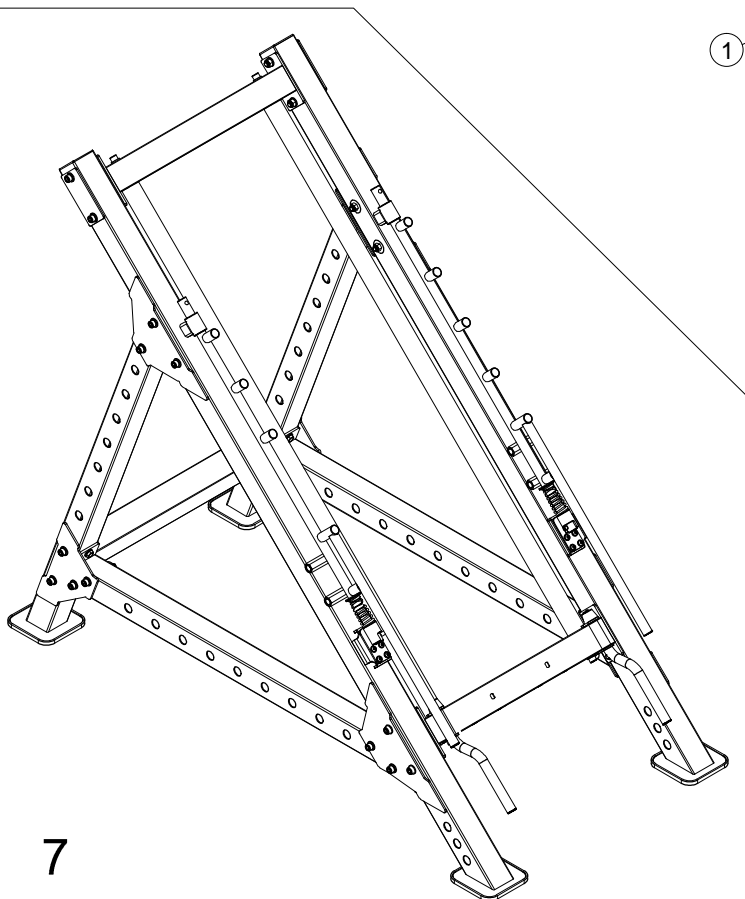
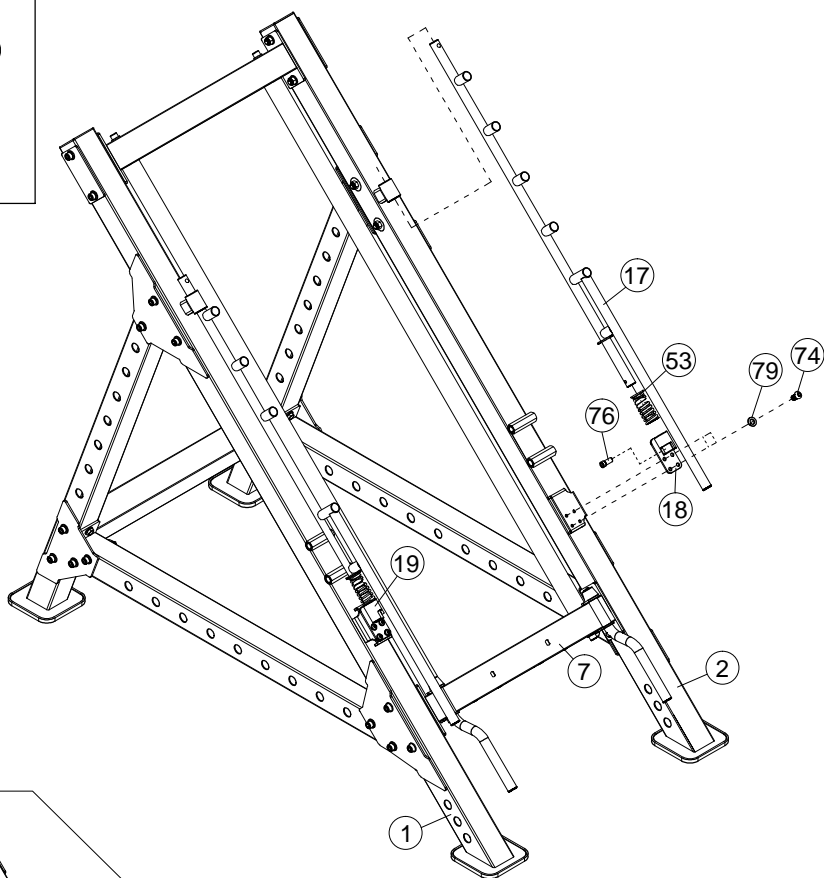
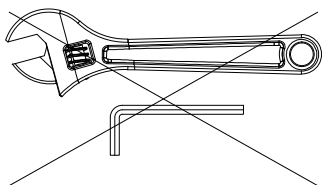


6

74  ×8 M8×16mm

79  ×8 Φ8


76  ×2 M8×16mm

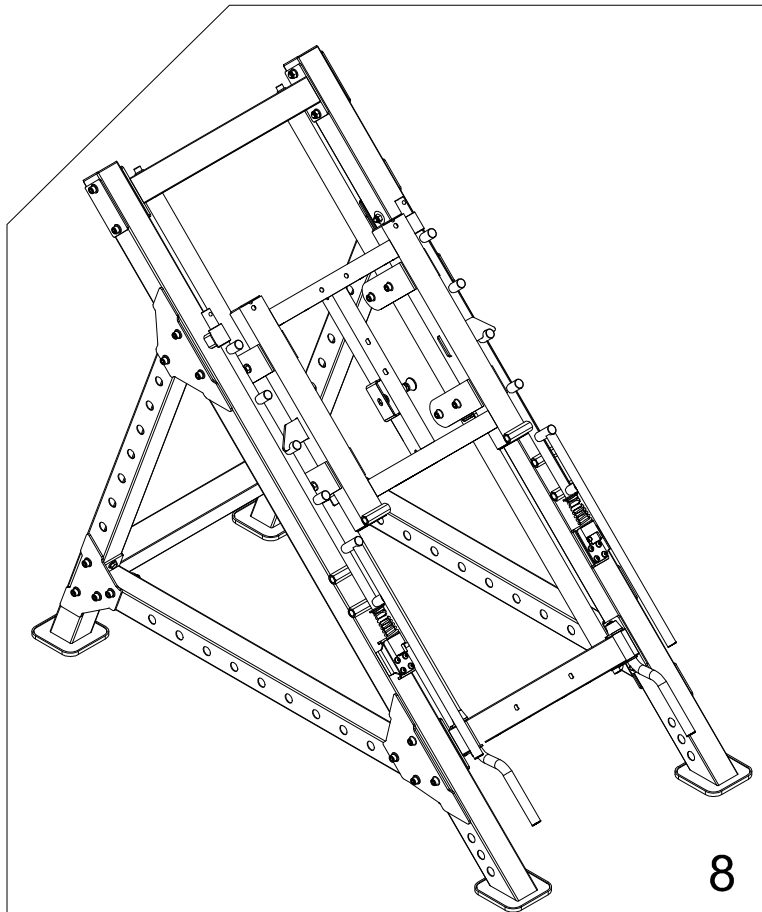
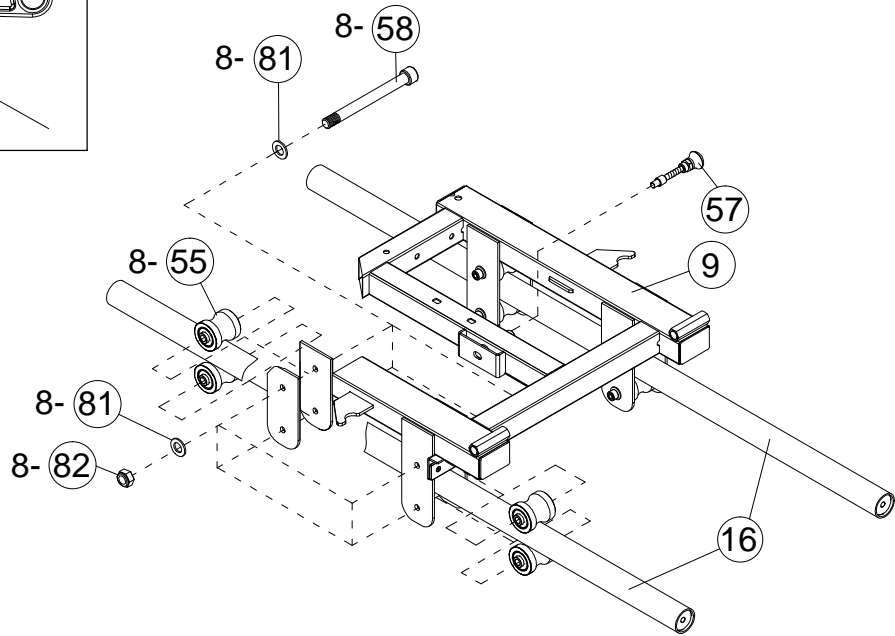
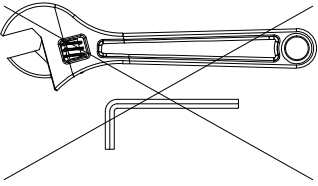


7

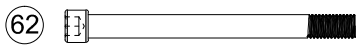
58  ×8 M12×110mm

81  ×16 Φ12

82  ×8 M12



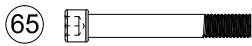
8



×4 M10×115mm



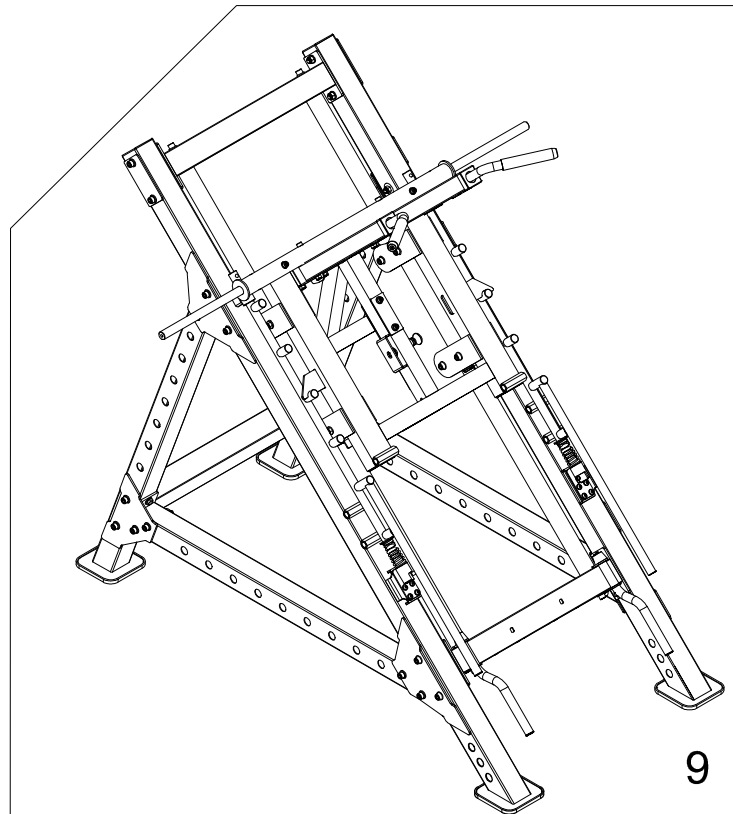
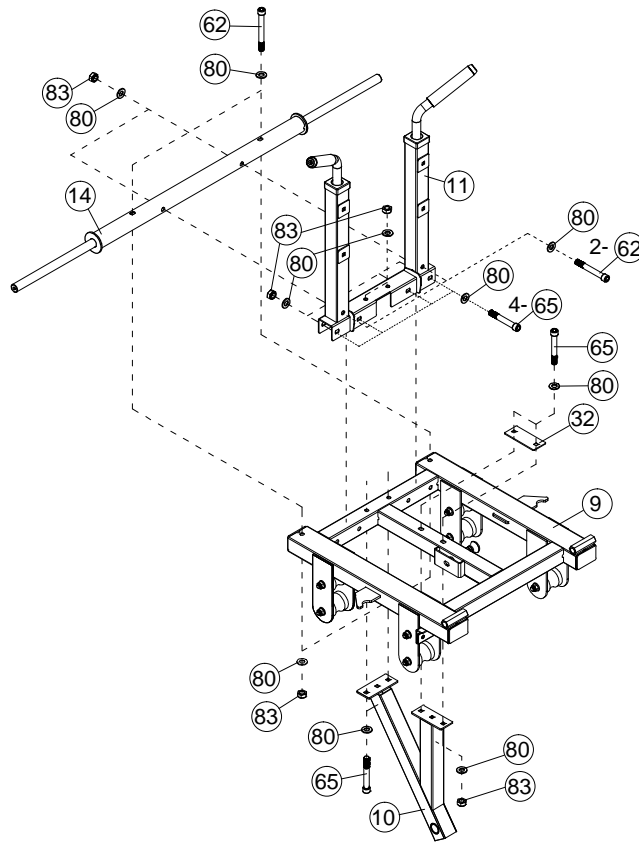
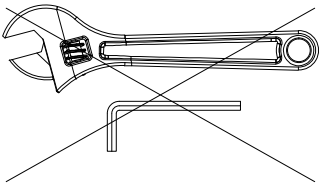
×24 Φ10



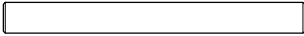




×8 M10×70mm

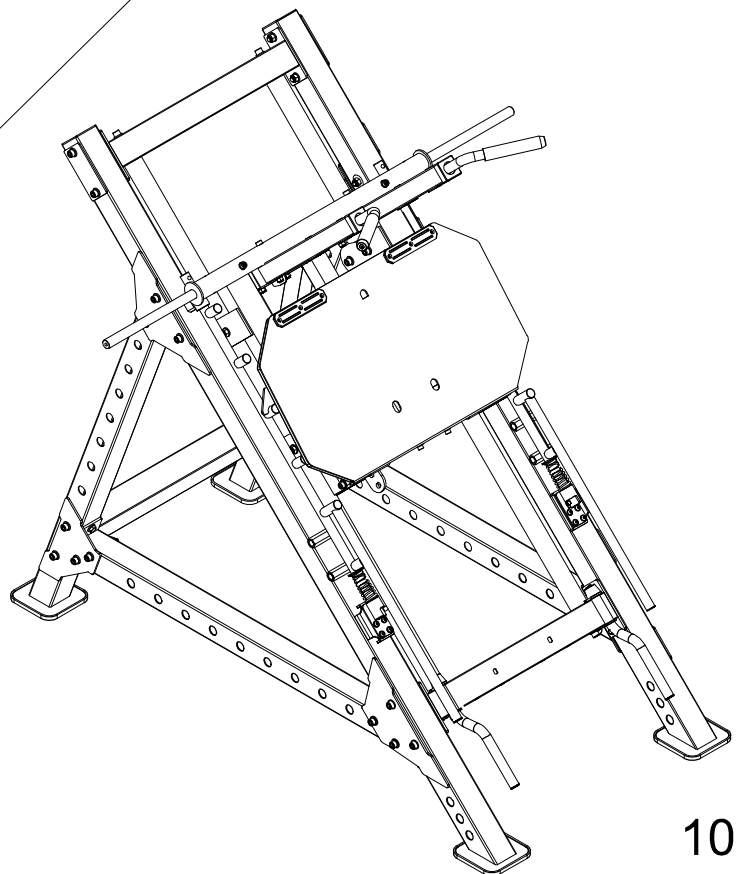
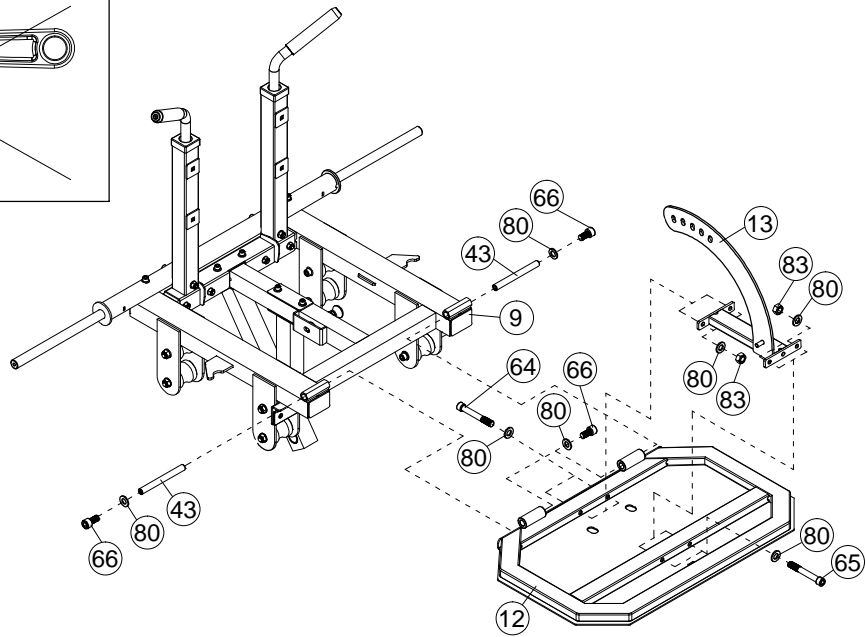
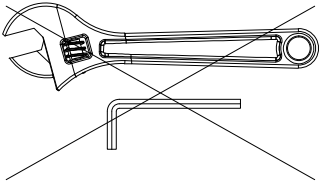


×12 M10



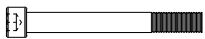
9

- | | | | | | | | |
|----|---|----|---------------|----|---|-----|----------|
| ④3 |  | ×2 | φ16×M10×156mm | ⑥6 |  | ×4 | M10×20mm |
| ⑥4 |  | ×2 | M10×75mm | ⑧0 |  | ×12 | Φ10 |
| ⑥5 |  | ×2 | M10×70mm | ⑧3 |  | ×4 | M10 |



10

59



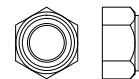
×8 M12×105mm

81

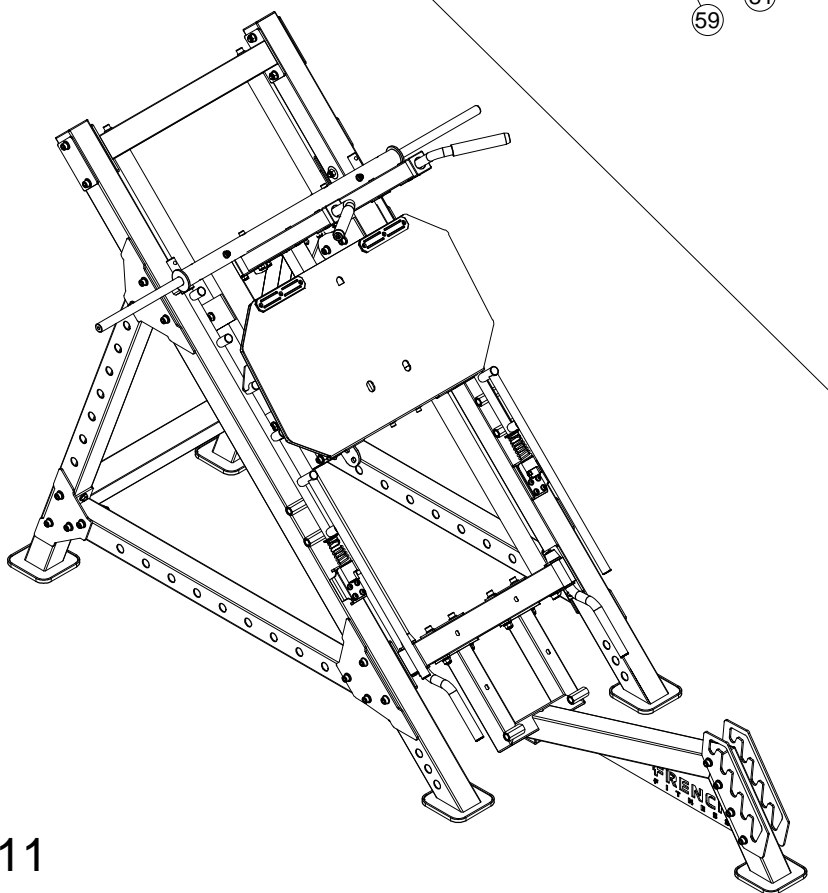
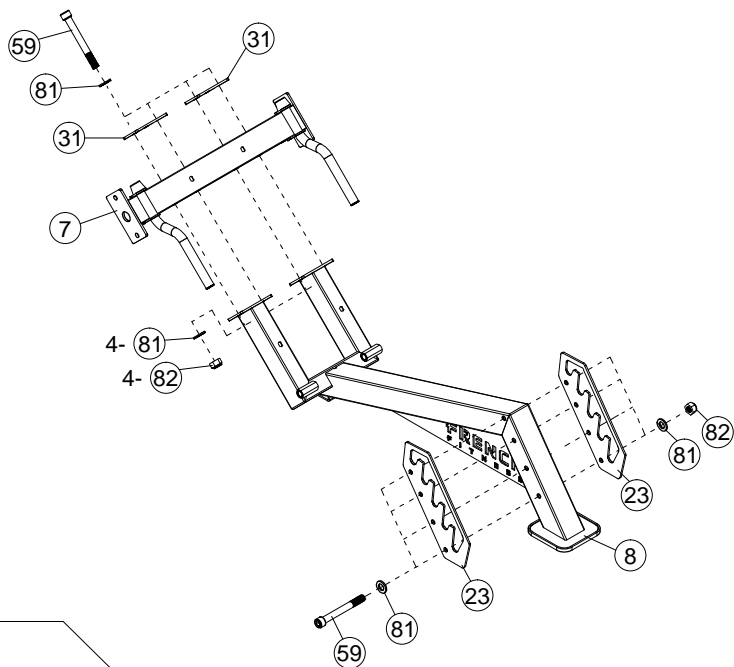
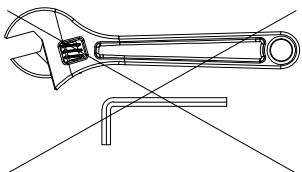


×16 Φ12

82




×8 M12



11

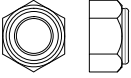
⑤⑧  ×1 M12×110mm

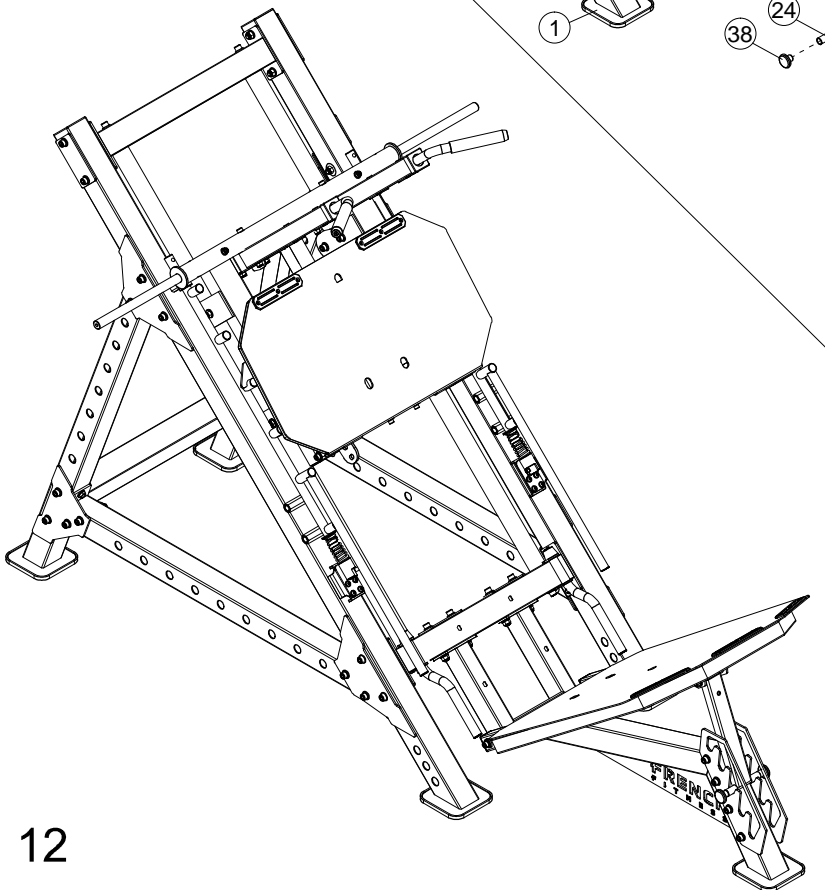
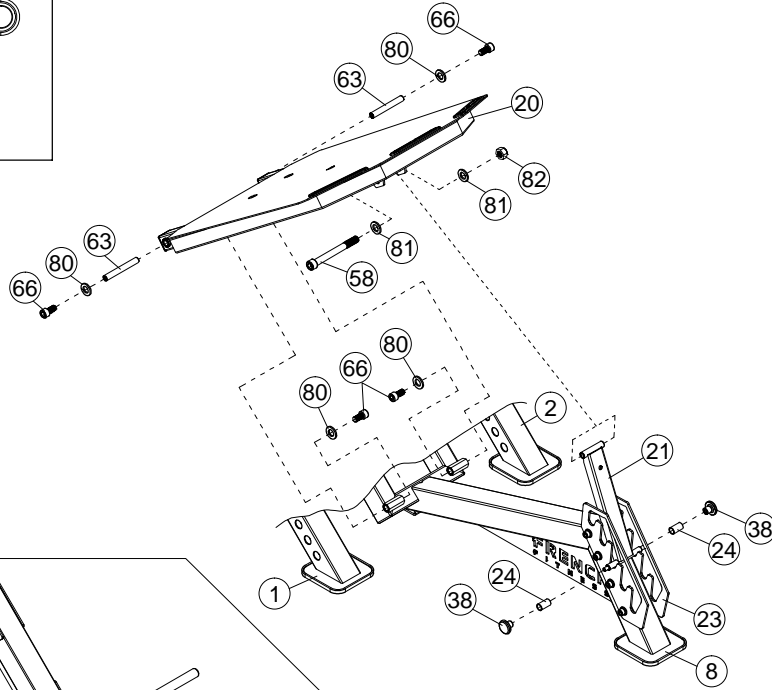
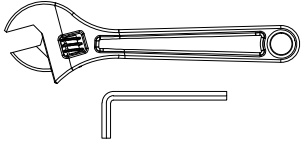
⑧⑩  ×4 Φ10

⑥③  ×2 φ16×M10×127mm

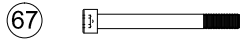
⑧①  ×2 Φ12

⑥⑥  ×4 M10×20mm

⑧②  ×1 M12



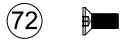
12



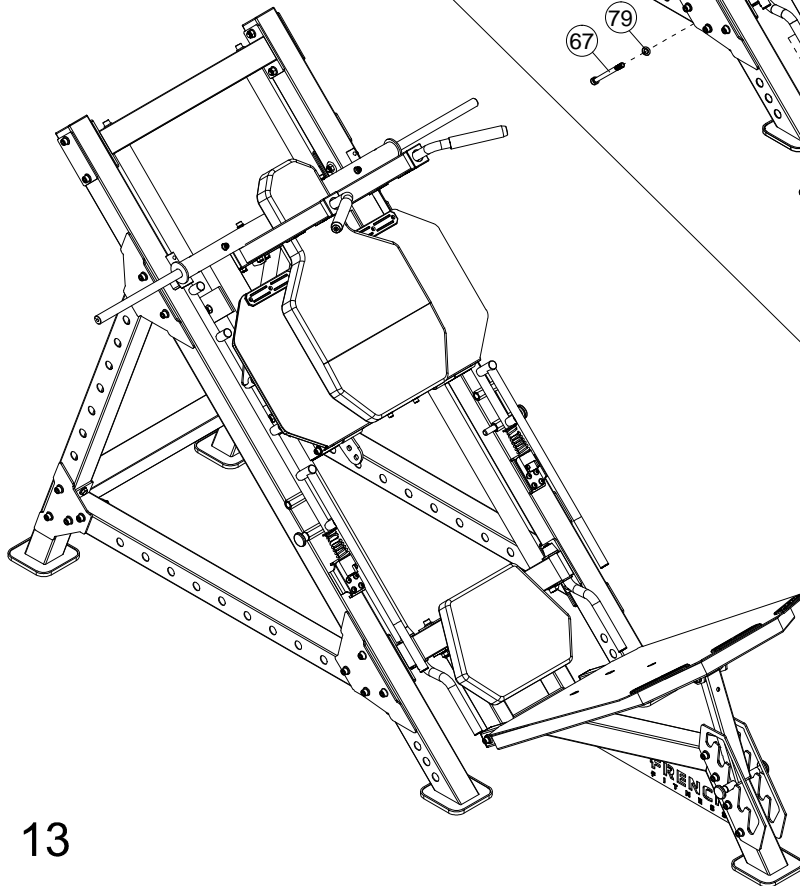
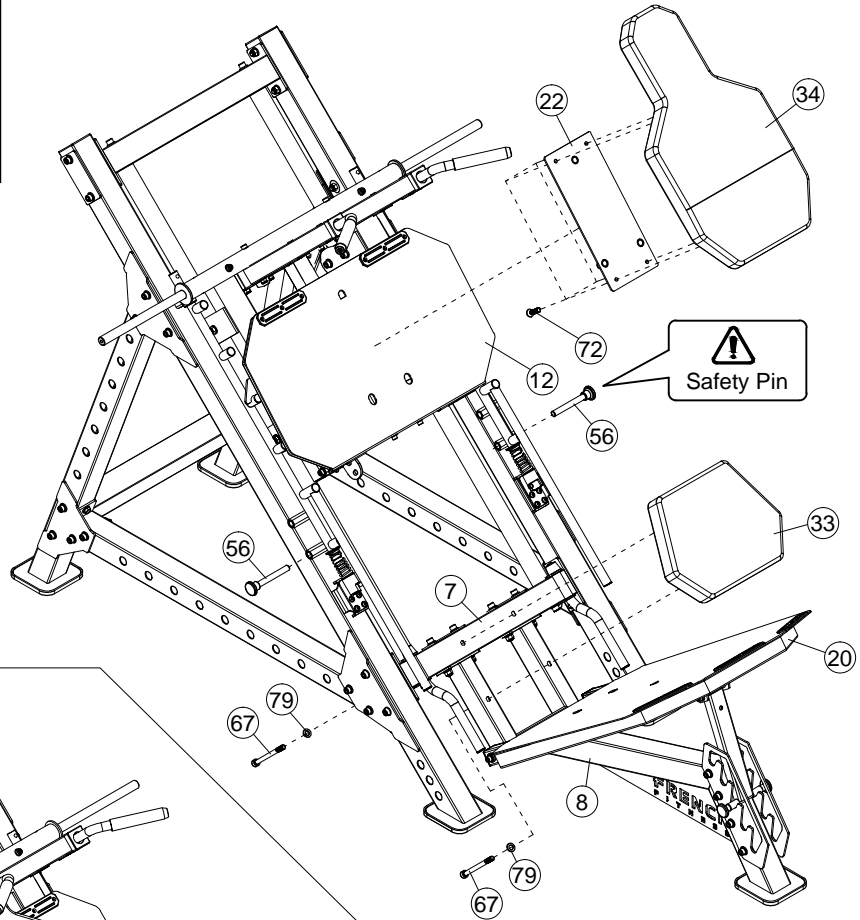
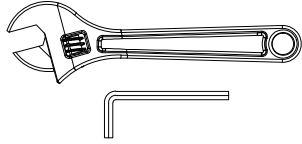
×4 M8×90mm



×4 Φ8

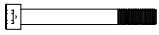


×4 M8×20mm



13

68

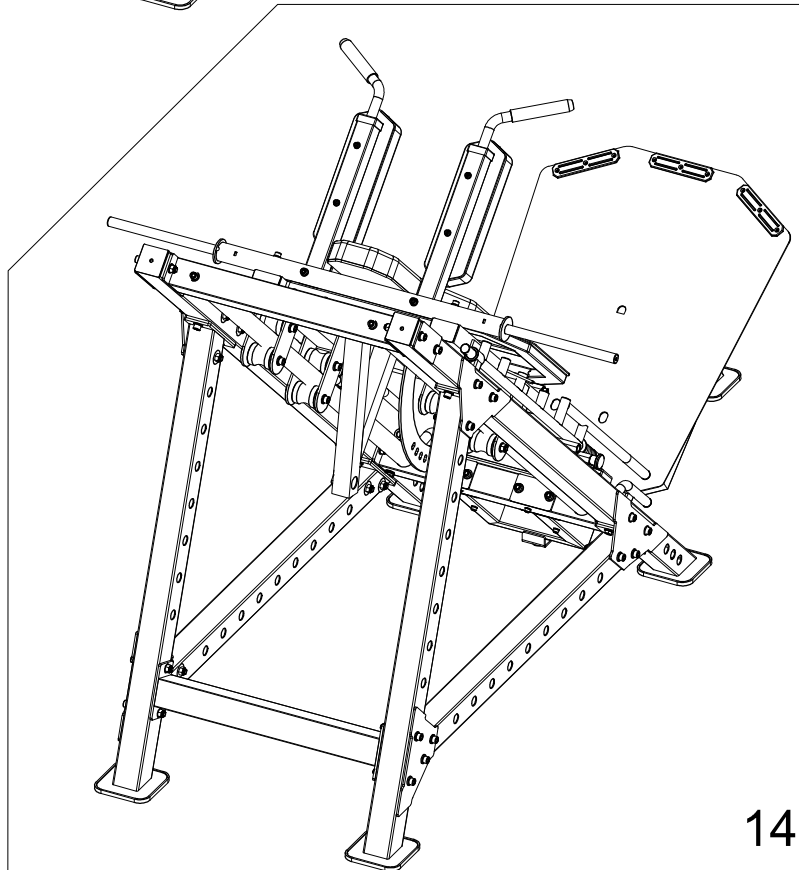
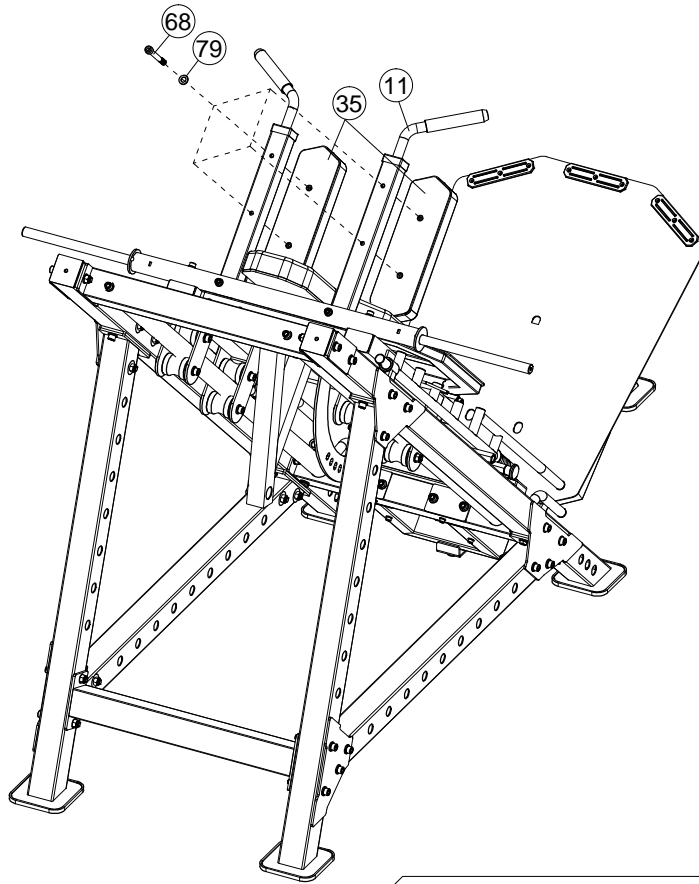
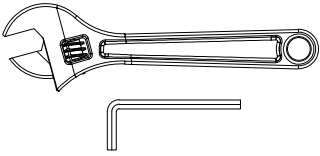


×4 M8×70mm

79



×4 Φ8



14

73

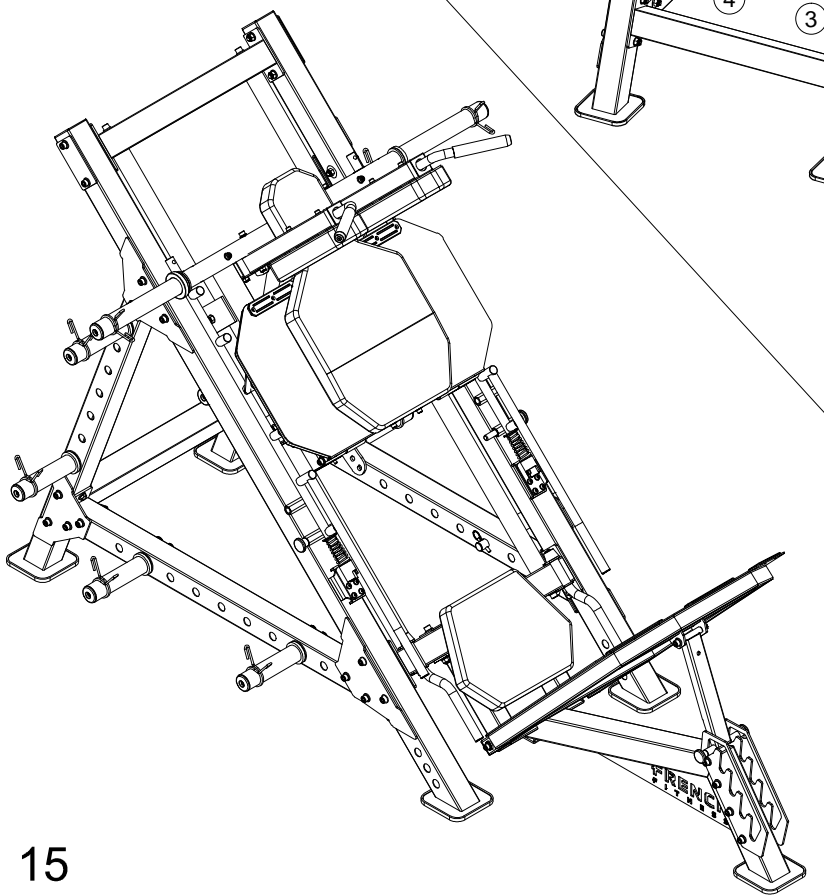
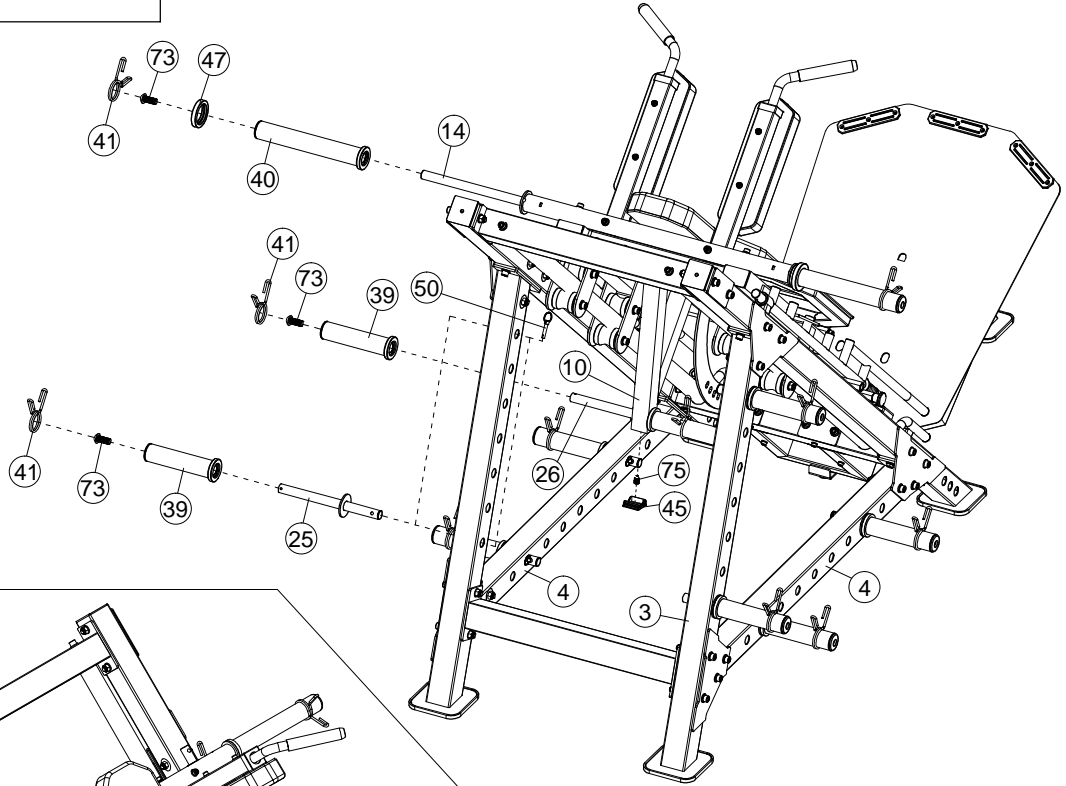
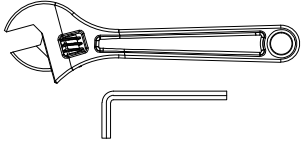


×12 M10×25mm

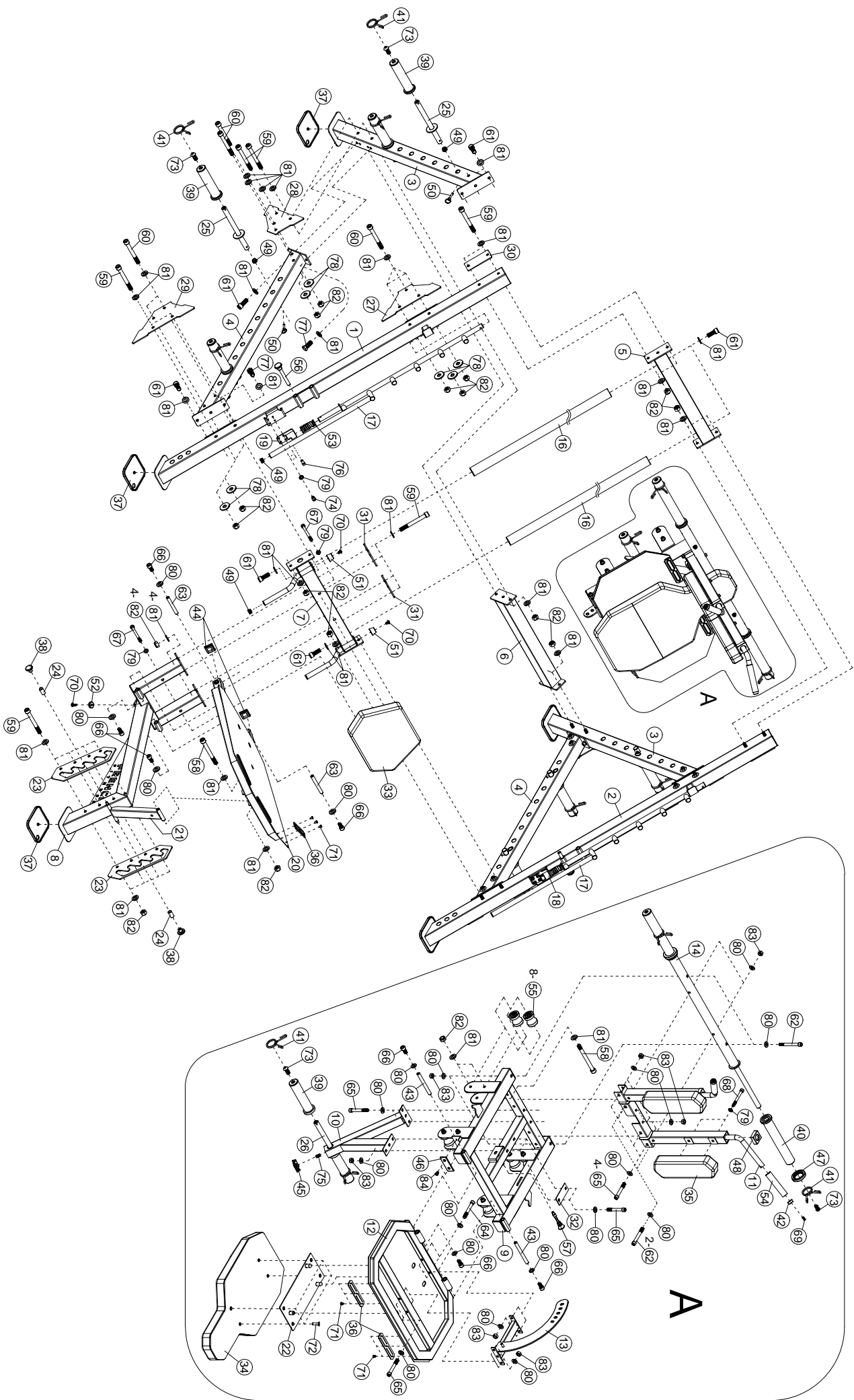
75



×1 M10×16mm



15



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Oblique Beams		1
2	Right Oblique Beams		1
3	Front Frame		2
4	Cross Connection Frame		2
5	Front Upper Connecting Frame		1
6	Front Lower Connecting Frame		1
7	Lower Connecting Frame		1
8	Rear Support Frame		1
9	Sliding Frame		1
10	Lower Weight Carriage		1
11	Shoulder Pad Mount		1
12	Upper Foot Support		1
13	Upper Adjuster		1
14	Upper Weight Carriage		1
16	Guide Rod		2
17	Lock Out		2
18	Lock Out Left		1
19	Lock Out Right		1
20	Lower Foot Support		1
21	Lower Adjuster		1
22	Backrest Pad Mount		1
23	Rear Adjusting Plate	385×132×5	2
24	Stainless Steel Sleeve	φ20×1.5×35	2
25	Barbell Rod		8
26	Long Barbell Bar		1
27	Upper Front Fixing Plate	368×160×5	2
28	Lower Front Fixing Plate	294×160×5	2
29	Lower Fixing Plate	387×160×5	2
30	Bracket	150×75×4	2
31	Bracket	120×75×4	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
32	Bracket	120×50×3	1
33	Seat Pad	320×420×50	1
34	Backrest Pad	750×420×60	1
35	Shoulder Pad	395×120×60	2
36	Handle Liner	180×40×5	5
37	Floor End Cap	158×158×10.5	5
38	Pin Drawing Head	φ40×φ18×M10×30	2
39	Olympic Sleeve	φ50	10
40	Weight Bar Olympic Sleeve	φ50	2
41	Spring Clip	φ49	12
42	Cover Cap	φ30×φ26×12	2
43	Axle	φ16×M10×156	2
44	End Cap	□45	2
45	End Cap	□50	1
46	Rack Liner	105×40×5	2
47	Rubber Bumper	φ78×φ47.5×13	2
48	Sleeve	□50×φ34	2
49	End Cap	φ25	12
50	Ring Bolt		8
51	Bumper	φ40×φ30×25	2
52	Bumper	φ35×φ30×10	1
53	Spring	φ43×φ27×φ8×80	2
54	Grip	Φ23×150	2
55	Rollers		8
56	Magnetic Safety Pin	φ16	2
57	Moving Lock Pin		1
58	Socket Head Allen Bolt	M12×110	9
59	Socket Head Allen Bolt	M12×105	20
60	Socket Head Allen Bolt	M12×100	14
61	Socket Head Allen Bolt	M12×30	12

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
62	Socket Head Allen Bolt	M10×115	4
63	Axle	φ16×M10×127	2
64	Socket Head Allen Bolt	M10×75	2
65	Socket Head Allen Bolt	M10×70	10
66	Socket Head Allen Bolt	M10×20	8
67	Socket Head Allen Bolt	M8×90	4
68	Socket Head Allen Bolt	M8×70	4
69	Socket countersunk head screw	M6×20	2
70	Cross Recess Head Screw	M6×10	3
71	Cross Recessed Countersunk Head Screw	M5×8	15
72	Socket countersunk head screw	M8×20	4
73	Allen Bolt	M10×25	12
74	Allen Bolt	M8×16	8
75	Allen Screw	M10×16	1
76	Socket Head Allen Bolt	M8×16	2
77	Hex Bolt	M12×30	4
78	Washer	φ37×φ13.5×3	14
79	Washer	8	16
80	Washer	10	40
81	Washer	12	88
82	Aircraft Nut	M12	43
83	Aircraft Nut	M10	16
84	Socket countersunk head screw	M6×10	4
	Allen Wrench	10#	1
	Allen Wrench	8#	2
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

PACKAGE LIST

BOX 1:			
Part1 ×1	Part2 ×1	Part4 ×2	Part25 ×8
BOX 2:			
Part14 ×1	Part16 ×2	Part17 ×2	Part26 ×1
Parts Bag 6-1	Parts Bag 6-2	Parts Bag 6-3	Parts Bag 6-4
Parts Bag 6-5	Parts Bag 6-6		
BOX 3:			
Part3 ×2	Part5 ×1	Part6 ×1	Part8 ×1
Part18 ×1	Part19 ×1	Part21 ×1	Part22 ×1
Part23 ×2	Part24 ×2	Part38 ×2	Part41 ×12
Part45 ×1	Part47 ×2	Part50 ×8	Part53 ×2
Part55 ×8	Part56 ×1	Part57 ×1	
BOX4:			
Part7 ×1	Part9 ×1	Part10 ×1	Part12 ×1
Part13 ×1	Part39 ×10	Part40 ×2	
BOX5:			
Part11 ×1	Part20 ×1	Part27 ×2	Part28 ×2
Part29 ×2	Part30 ×2	Part31 ×2	Part32 ×1
Part33 ×1	Part34 ×1	Part35 ×2	Manual