

# FRENCH FITNESS

FFN-PLICP / FFM-PLICP

FRENCH FITNESS NAPA/MARIN P/L  
ISO-LATERAL INCLINE CHEST PRESS

ASSEMBLY MANUAL



OR



## FEATURES

- Paint Color: Silver/Black
- Vinyl Color: Black
- 11 gauge steel
- Iso-Lateral Arms: Each arm moves independently.
- Chest Press Station: Converging Arms. In the starting position, the handles are wide. As the user presses, the motion converges towards the middle.
- High quality steel tube ASTM A36 with 50 x 80 x 3mm
- Tungsten Inert Gas (TIG) welding
- Quality PU leather
- Electrostatic powder coating
- California Residents see Prop 65 WARNINGS

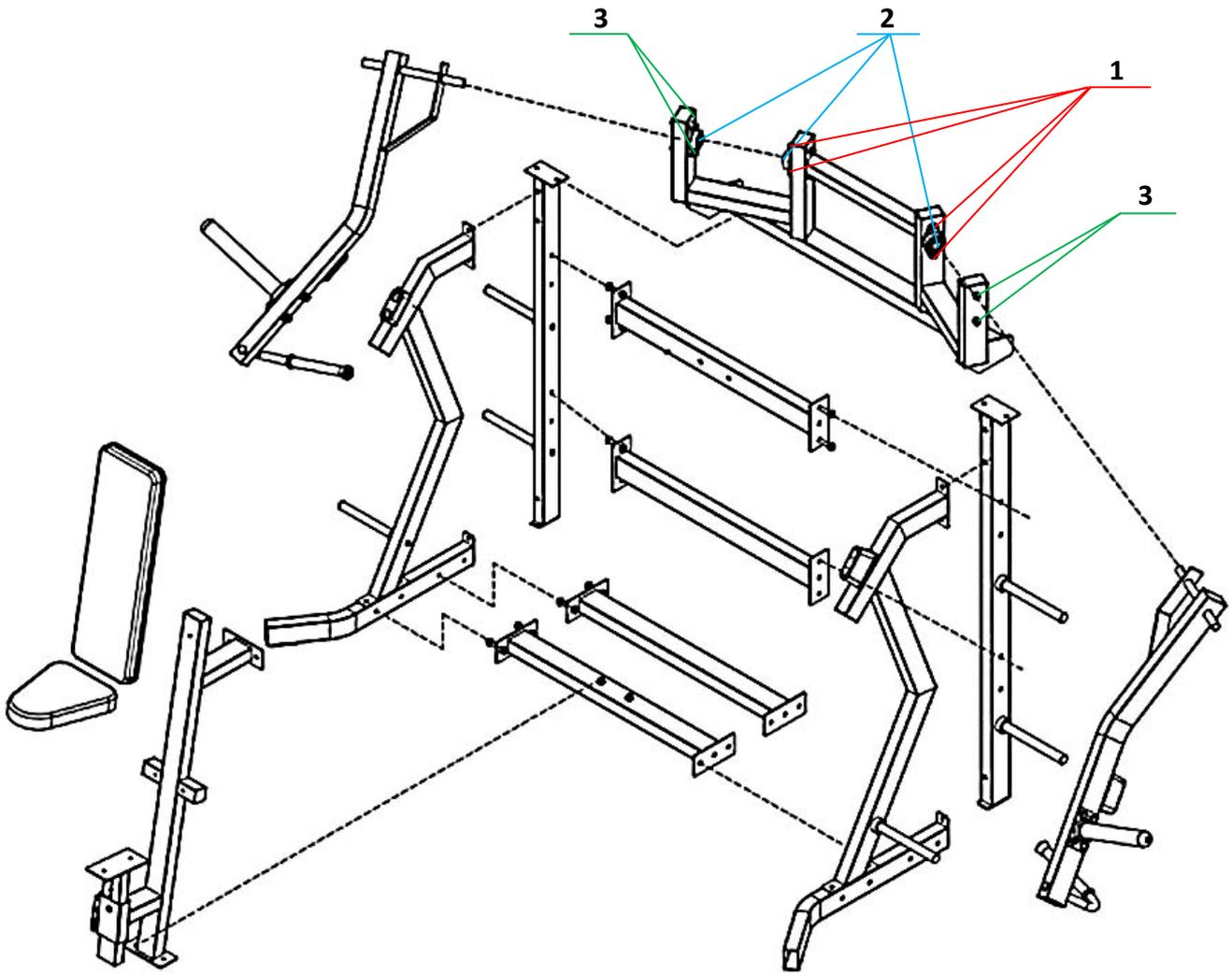
## TECH SPECS

- Weight: 306 lb (139 kg)
- Dimensions: 40"L x 53"W x 76"H (L:1000 mm, W:1330 mm, H:1910 mm)
- User Height Range: 4'11" to 6'5" (149.86 cm to 195.58 cm)

## WARRANTY

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

# EXPLODED VIEW



- The bolts circled in **red (1)** (this is the right side looking at the unit) need to remain loose until the rest is assembled- this is where they adjust the arm overall with the frame. The set screws circled in **blue (2)** could also remain loose- this is where they adjust the arm side to side. The bolts circled in **green (3)** should be tightened first when the arm has been fully adjusted, in this case pushed all the way to the right so that it does not hit the frame when loaded with weight plates.

