

FRENCH FITNESS

FFN-PL4WN / FFM-PL4WN

**FRENCH FITNESS NAPA/MARIN 4-WAY
NECK PLATE LOADED (NEW)**

ASSEMBLY MANUAL



OR



FEATURES

- Paint Color: Silver
- Vinyl Color: Black
- High quality ASTM A36 steel tube
- 50mm x 80mm x 3mm steel
- 11 gauge steel
- Tungsten Inert Gas (TIG) welding
- Electrostatic powder coated
- Effectively targets all neck muscles including left, right, front, and back.
- Includes weight sleeve for additional plate storage
- Large thick padding for comfort
- Ergonomic handles
- Easy adjustments for precise exercise posturing.
- Custom-molded feet provide stability and prevent floor marking.
- Bolted holes on feet enhance overall stability.
- Lower support bar has anti-slip features for varied starting positions.

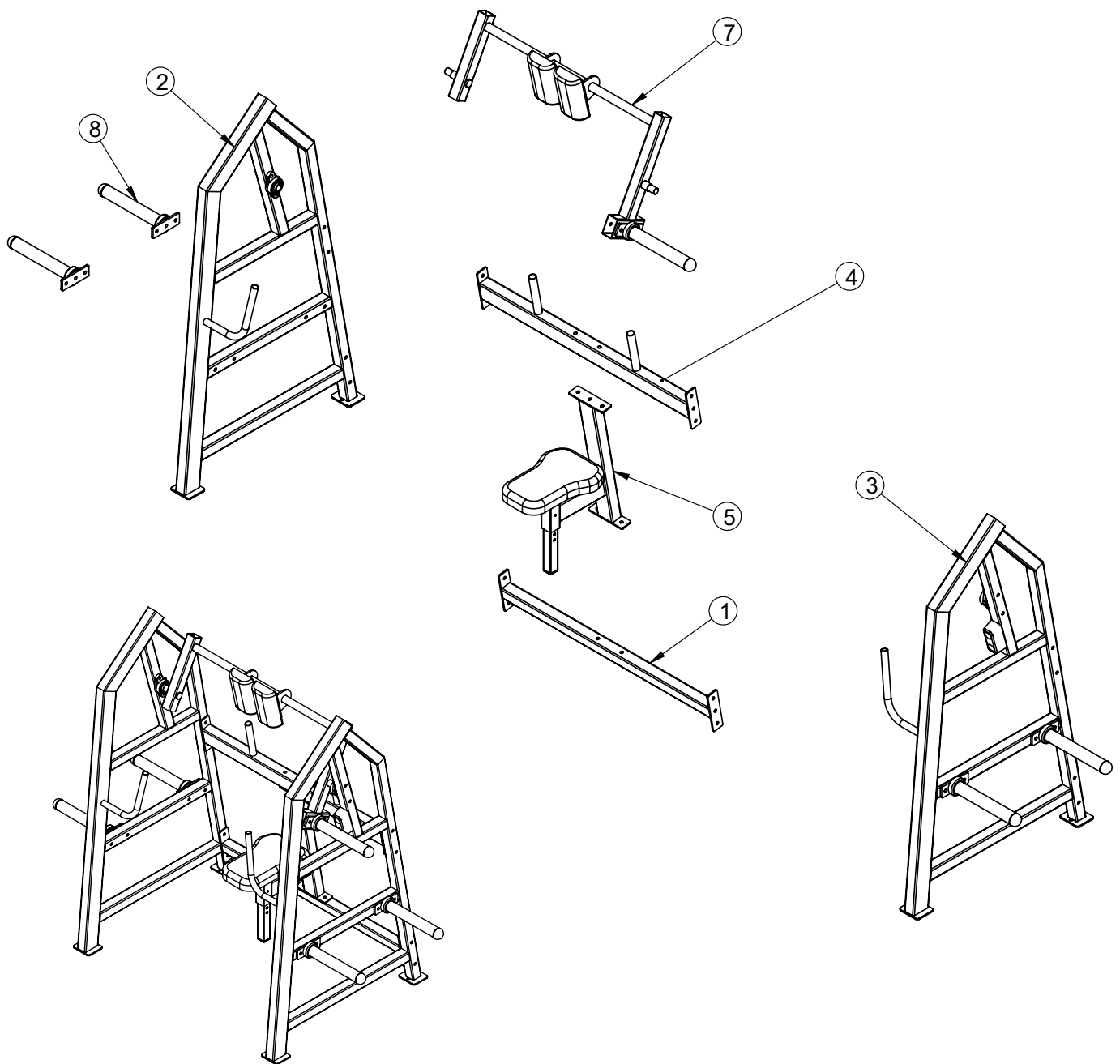
TECH SPECS

- Weight: 396 lbs (180 KG)
- Dimensions: 75"L x 36.8"W x 63.5"H (L:1912 mm, W:937.89 mm, H:1613.16 mm)

WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

EXPLODED VIEW



Item No.	Part No.	Quantity
1	Middle cross-connecting pipe assembly group	1
2	Side frame assembly group-right	1
3	Side frame assembly group	1
4	Middle handle cross-connecting pipe assembly group	1
5	Seat support welding assembly group	1
6	40X60Xt2.5X350 Seat adjustment group assembly-stainless steel-T1-	1
7	0003-ZP	1
8	LF-1016-0500-ZP Barbell rack welding assembly group	4