

FRENCH FITNESS

FF-PLLPLR20

FRENCH FITNESS P/L LAT PULLDOWN / LOW ROW

ASSEMBLY MANUAL



FEATURES

- High quality steel tube Q235 with 50 x 50 x 2mm
- Tungsten Inert Gas (TIG) welding
- Quality PU leather
- Electrostatic powder coating
- Height: 86.6" (2.2m)
- Max loading: 550 lbs (250kg)

TECH SPECS

- Dimensions (L X WH): 55.9" x 38" x 86.6" (142 x 96.5 x 220 cm)
- Weight: 87.30 lb (39.6 kg)

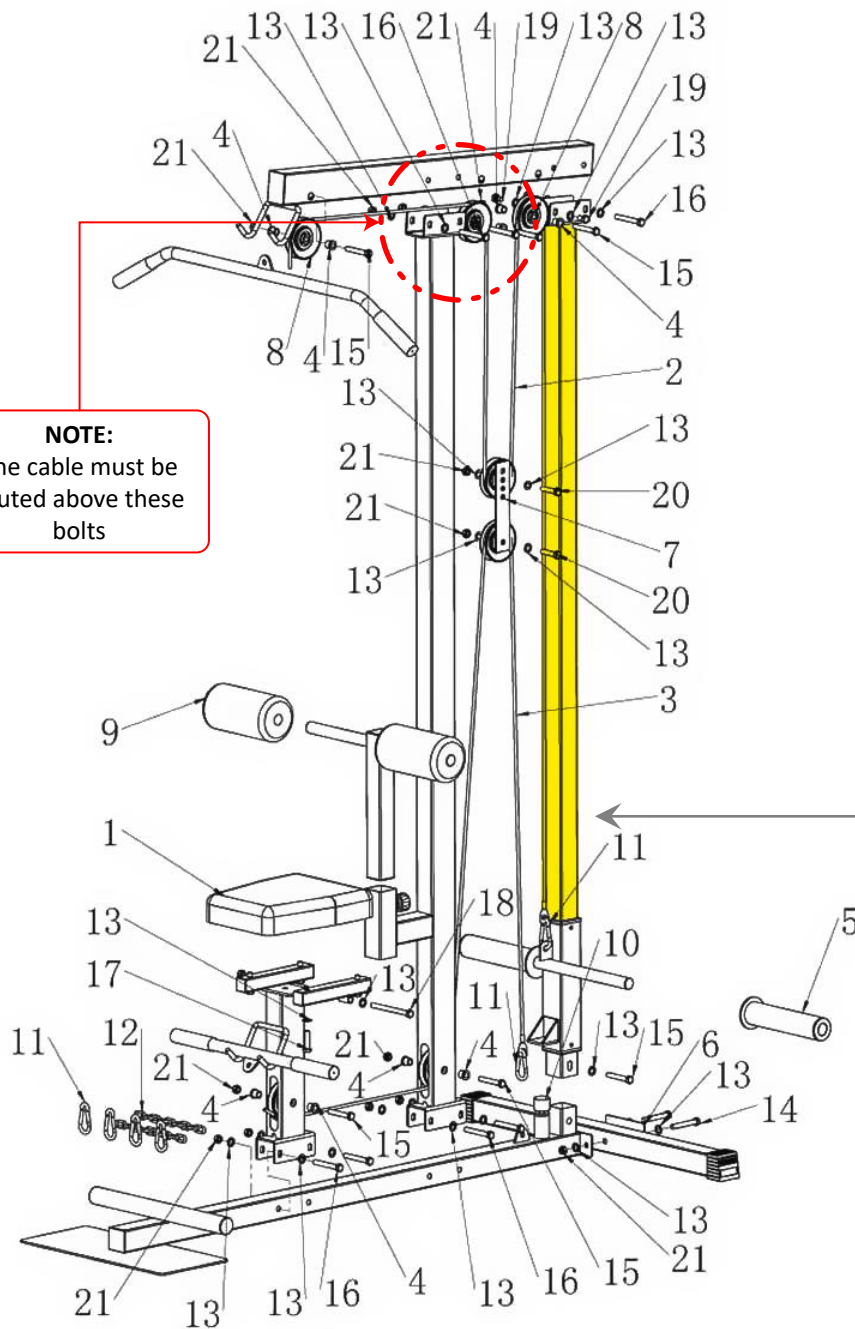
WARRANTY

10 Years Parts, 1 Year Labor (Light Commercial)

PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Pad	1
2	1#Rope 3660mm	1
3	1#Rope 2980mm	1
4	Bushing	10
5	OP casing	2
6	Plate	1
7	Pulley Plate	2
8	Pulley 90mm	7
9	Foam	2
10	Plastic pad	1
11	Buckle	6
12	Chain cp5X200	2
13	M10 Washer	32
14	M10X70 Hex Bolt	2
15	M10X65 Hex Bolt	6
16	M10X75 Hex Bolt	7
17	M10X40 Hex Bolt	4
18	M10X115 Hex Bolt	1
19	M10X16 Hex Bolt	2
20	M10X45 Hex Bolt	2
21	M10 Nylon Nut	18

ASSEMBLY DIRECTIONS



NOTE:
The cable must be routed above these bolts



This part should be cleaned and lubricated prior to installation

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.

Note:

1. Assemble in place according to the drawing, first assemble and then tighten. All screws are installed according to the graphic position. Each screw has two gaskets and one nut.
2. The wire rope should be threaded in accordance with the explosion diagram. It should not be crossed or reversed.
3. Bushings should be added to the round holes on both sides of the connection between pulley and pipe.