

FRENCH FITNESS

FF-PS50

FRENCH FITNESS PS50 PIT SHARK
BELT SQUAT MACHINE

ASSEMBLY MANUAL



FEATURES

1. Belt + Belt Connection Hardware: Included
2. 2.5mm heavy-duty steel tube frame
3. Electrostatically powder-coated finish
4. Wide steel plate with tread grooves
5. 4 (four) adjustable weight horns
6. Multiple adjustable handles
7. Adjustable resistance band anchors
8. Non-marking foot pads
9. Freestanding standalone unit
10. California Residents see Prop 65 WARNINGS

TECH SPECS

11. Maximum Weight Capacity: 661lbs (300kg)
12. Weight: 339.5lbs (154kg)
13. Shipping Weight: 405.6lbs (184kg)
14. Dimensions: 64.1"L x 70.8"W x 60.6"H (L:1630mm, W:1800mm, H:1540mm)
15. Shipping Dimensions: 61.8"L x 71.8"W x 14.3"H (L:1570mm, W:1825mm, H:365mm)

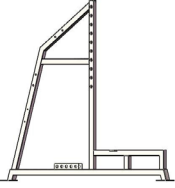
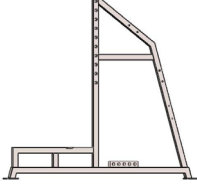
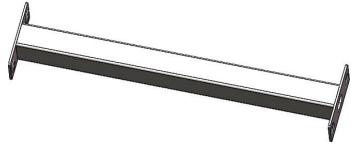
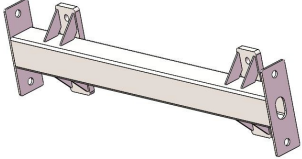
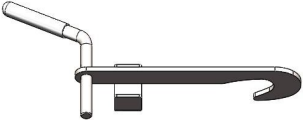
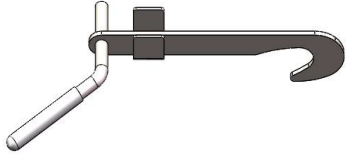
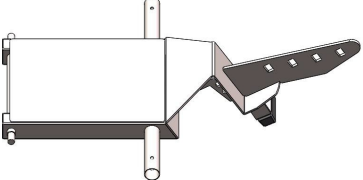

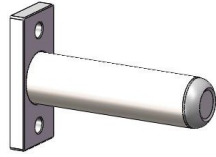
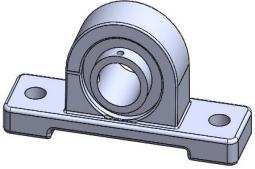






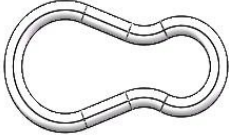
WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

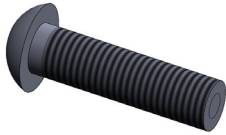

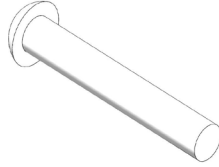
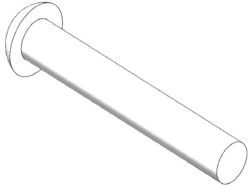
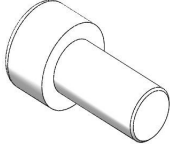
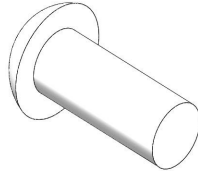
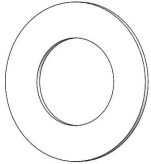
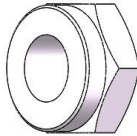
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PARTS LIST (INDIVIDUAL PACKAGING)

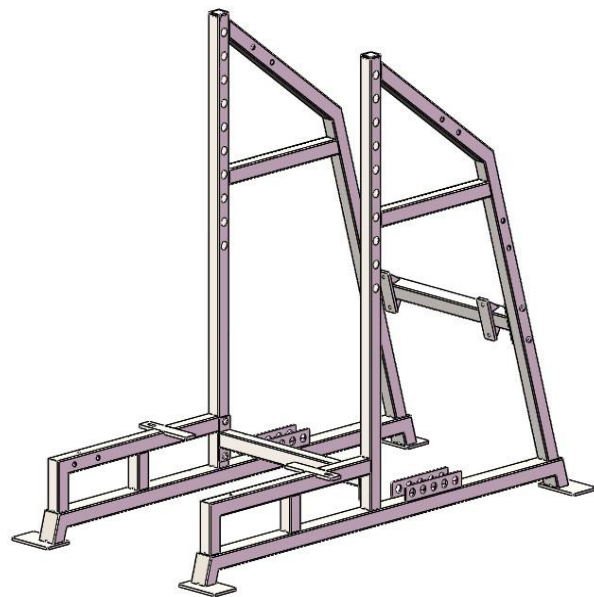
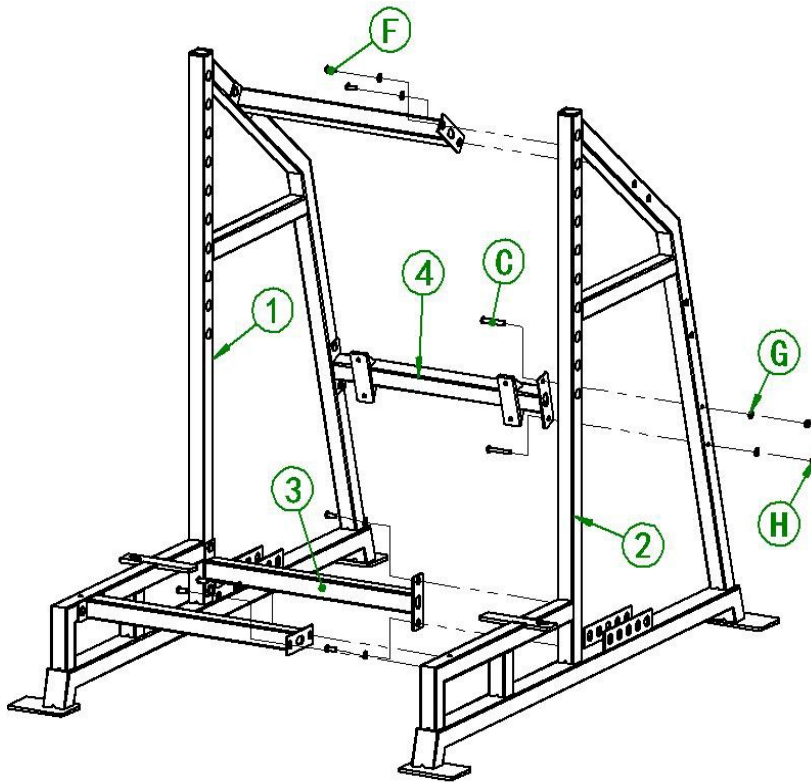
					
No.1	Left bracket assembly*1	No.2	Right bracket assembly*1	No.3	Connecting support components * 3
					
No.4	Rear connecting support assembly*1	No.5	Hook assembly left *1	No.6	Hook assembly right *1
					
No.7	Boom assembly*1	No.8	Handle assembly*4	No.9	Short barrel assembly*4
					
No.10	Bearing seat*2	No.11	Foot pedal*1	No.12	Stainless steel tube*2
					
No.13	Sheath*2	No.14	Stainless steel pipe plug *2	No.15	Belt*1
					
No.16	Chain*1	No.17	Safety hook*2	No.18	

BLISTER PACK SCREWS LIST

					
A	M10X40 flat round head screws *4	B	M10X30 flat round head screws *2	C	M10X65 flat round head screws *4
					
D	M10X70 flat round head screws *4	E	M10X20 cylinder head screws *8	F	M10X25 flat round head screws*12
					
G	Φ10 gasket*26	H	M10 anti-loosening nuts*14	I	

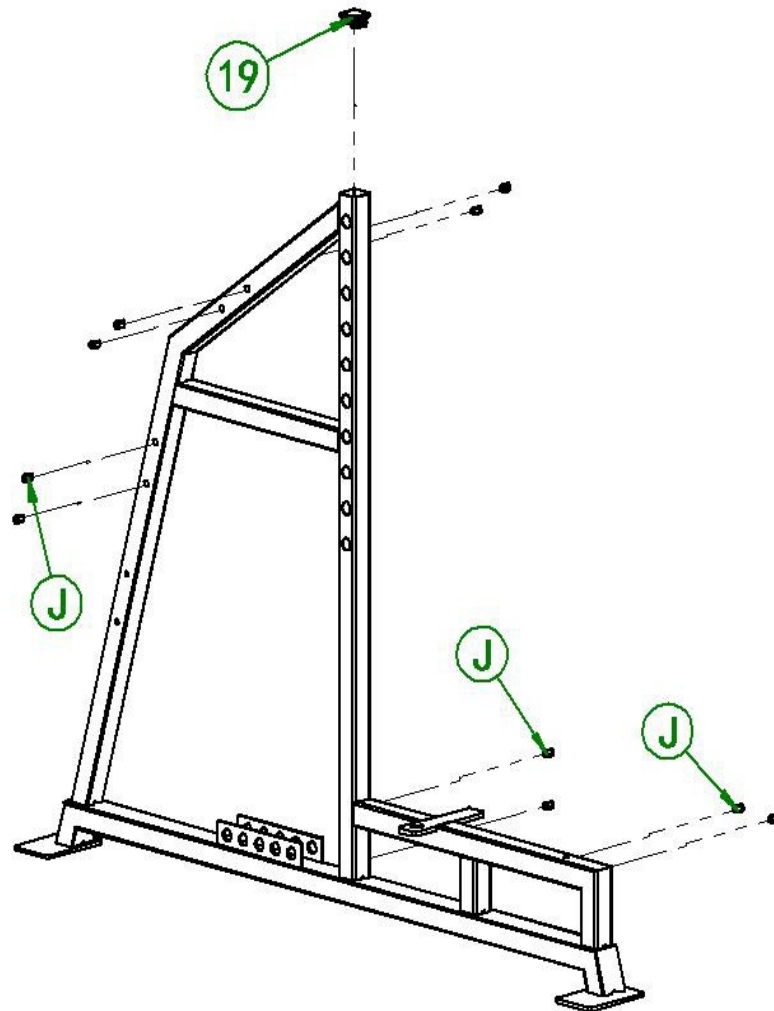
ASSEMBLY STEPS 1

Steps	No.	Name	QTY	No.	Name	QTY
1	No.1	Left bracket assembly	1	No.4	Rear connecting support assembly	1
	No.2	Right bracket assembly	1	F	M10*25 Dome head screw	12
	No.3	Connecting support components	3	H	M10 lock nut	4
	G	Φ10 Gasket	16	C	M10*65 Dome head screw	4



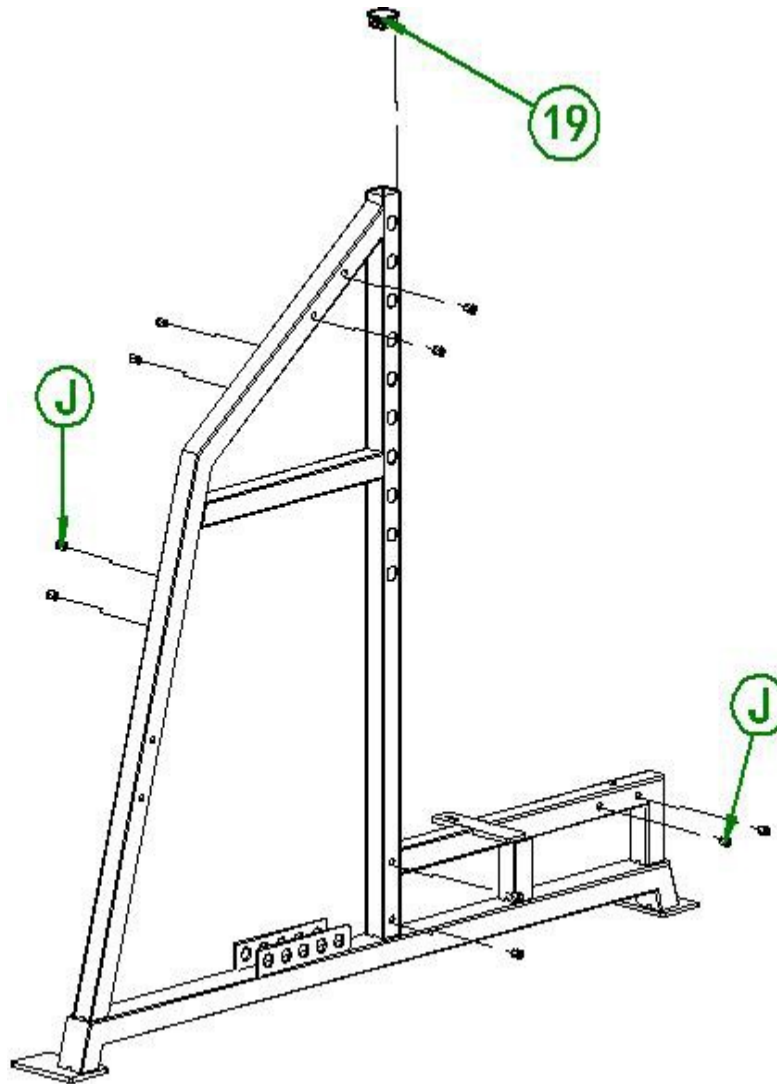
No.1 Left bracket assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.19	50*50 square tube plug	1			
	J	M10 hexagonal rivet	10			



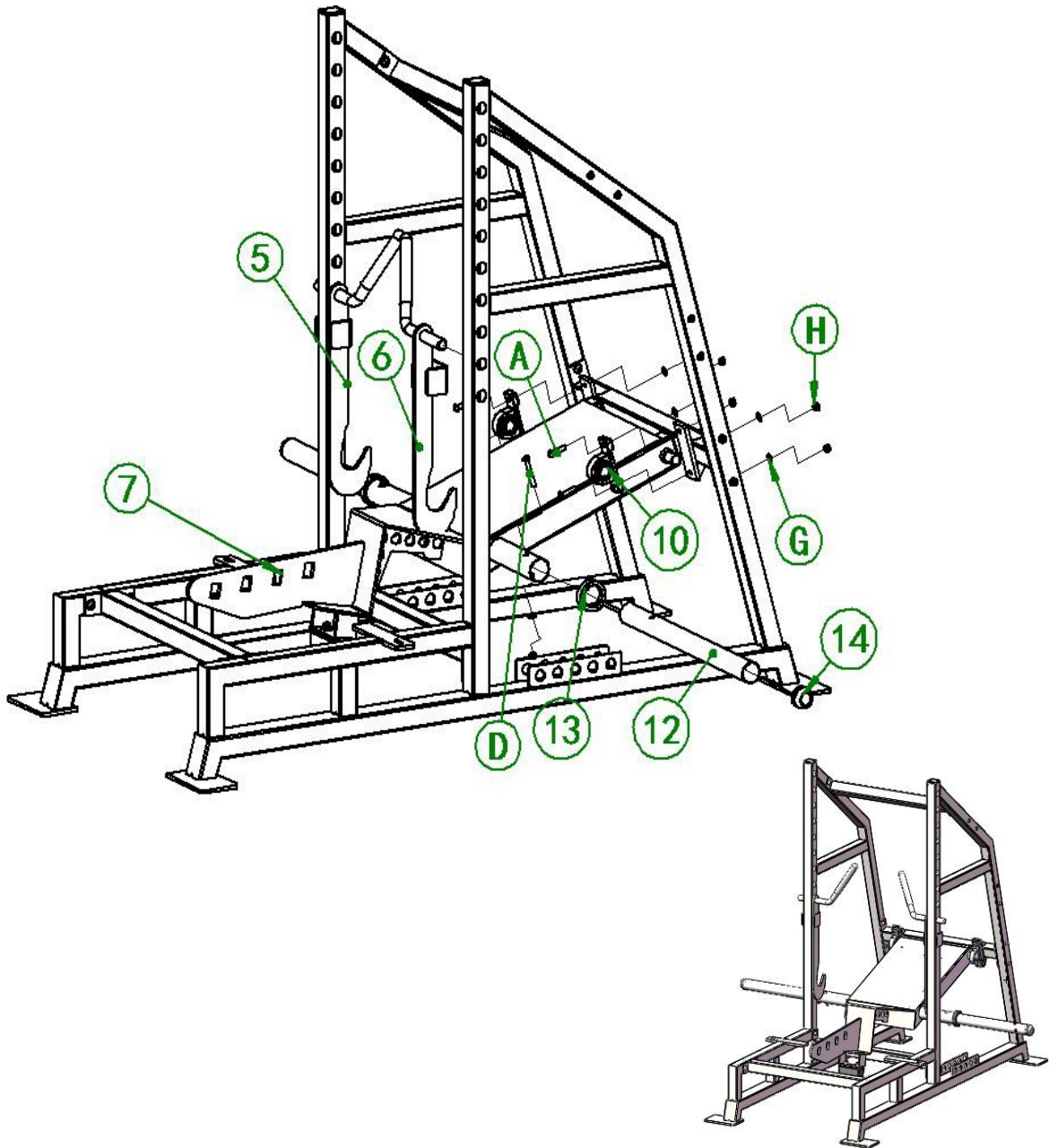
No.2 Right bracket assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	NO.19	50*50 square tube plug	1			
	J	M10 hexagonal rivet	10			



ASSEMBLY STEPS 2

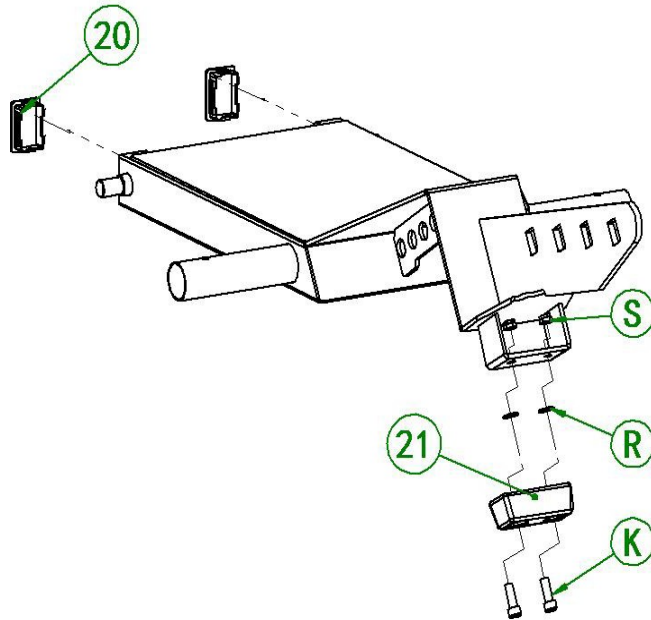
Steps	No.	Name	QTY	No.	Name	QTY
2	A	M10*40 flat round head screw	4	No.6	Hook assembly right	1
	D	M10*70 flat round head screw	2	No.5	Hook assembly left	1
	H	M10 lock nut	6	No.7	Boom assembly	1
	G	Φ10 gasket	6	No.10	Bearing housing	2
				No.12	stainless steel pipe	2
	No.13	jacket	2	No.14	Stainless steel pipe plug	2



ASSEMBLY STEPS 3

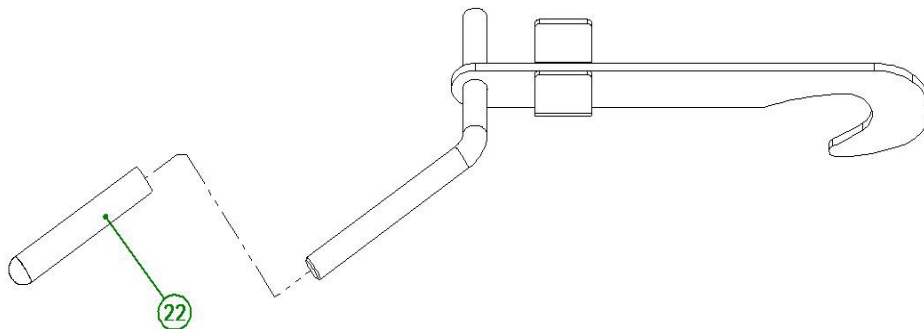
No.7 Boom assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
3	No.20	50*75 Pipe plug	2	S	M12 lock nut	2
	No.21	No. 590 shock pad	1	R	Φ12 Gasket	2
				K	M12*35 cylindrical head screw	2



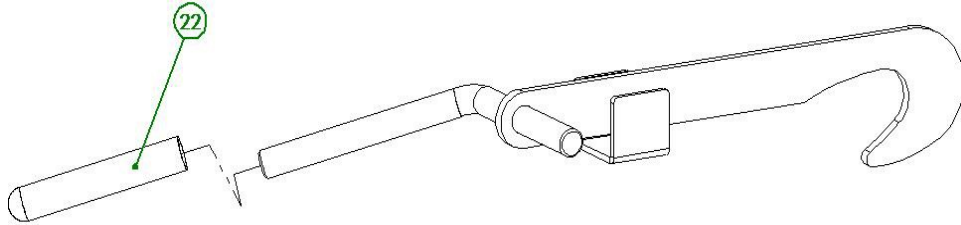
No.5 Hook assembly left*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.22	Blind pipe*170mm	1			



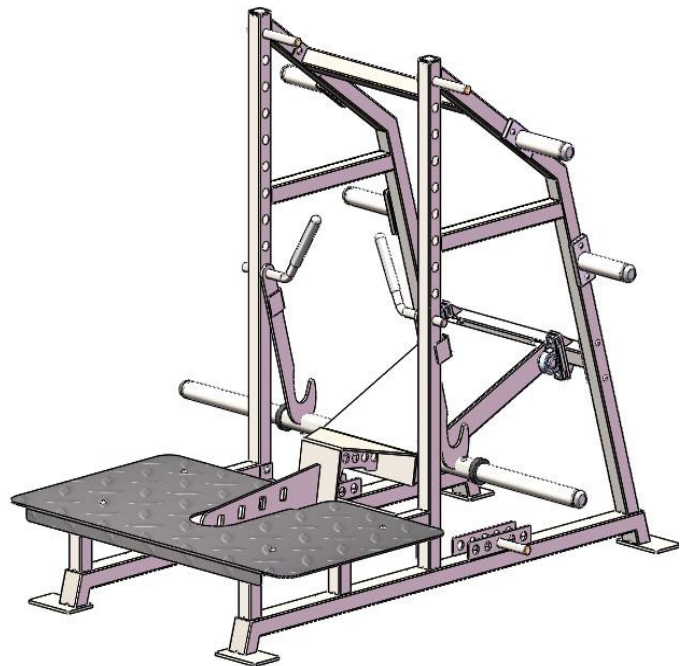
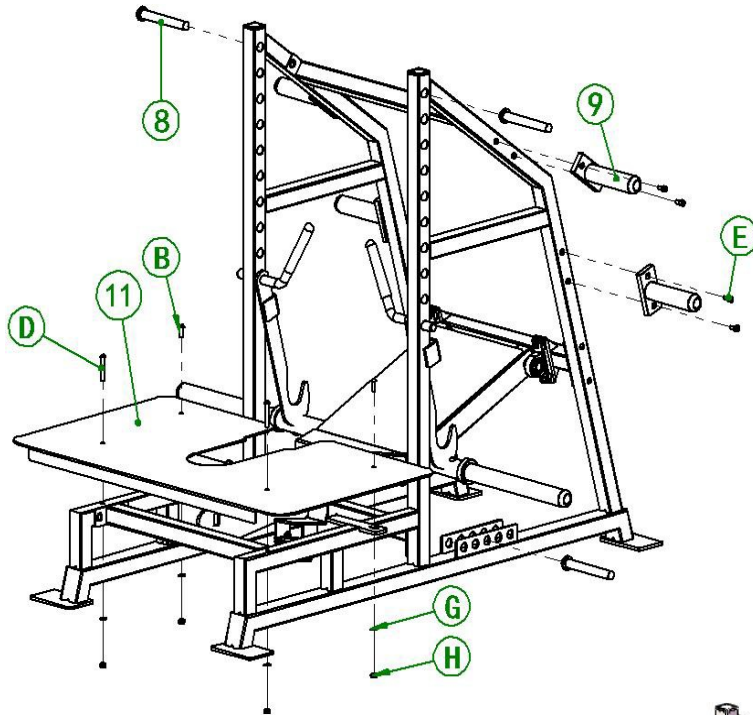
No.6 Hook assembly right*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.22	Blind pipe*170mm	1			



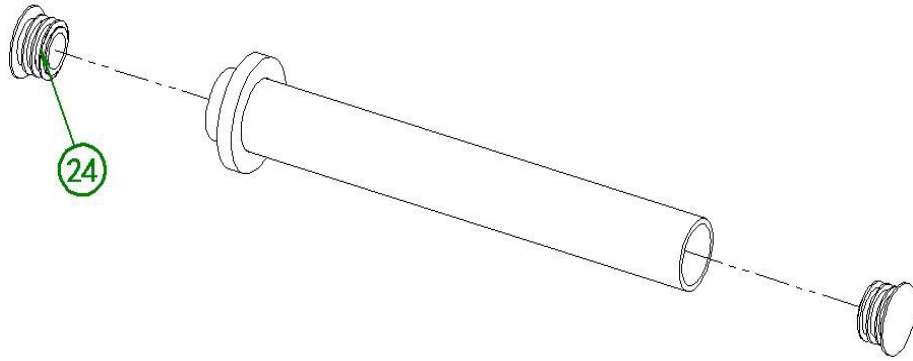
Assembly steps

Steps	No.	Name	QTY	No.	Name	QTY
	No.8	handle assembly	4	D	M10*70 Dome head screw	2
	No.11	foot pedal	1	B	M10*30 Flat head screws	2
	No.9	barrel assembly	4	E	M10*20 Cylinder head screws	8
	H	M10 lock nut	4	G	Φ10 gasket	12



No.8 handle assembly*4pcs

Steps	No.	Name	QTY	No.	Name	QTY
	No.24	Round pipe plug $\Phi 25$	2			



No.9 handle assembly*4pcs

Steps	No.	Name	QTY	No.	Name	QTY
	No.25	Rubber parts	1			
	No.14	Stainless steel pipe plug	1			

