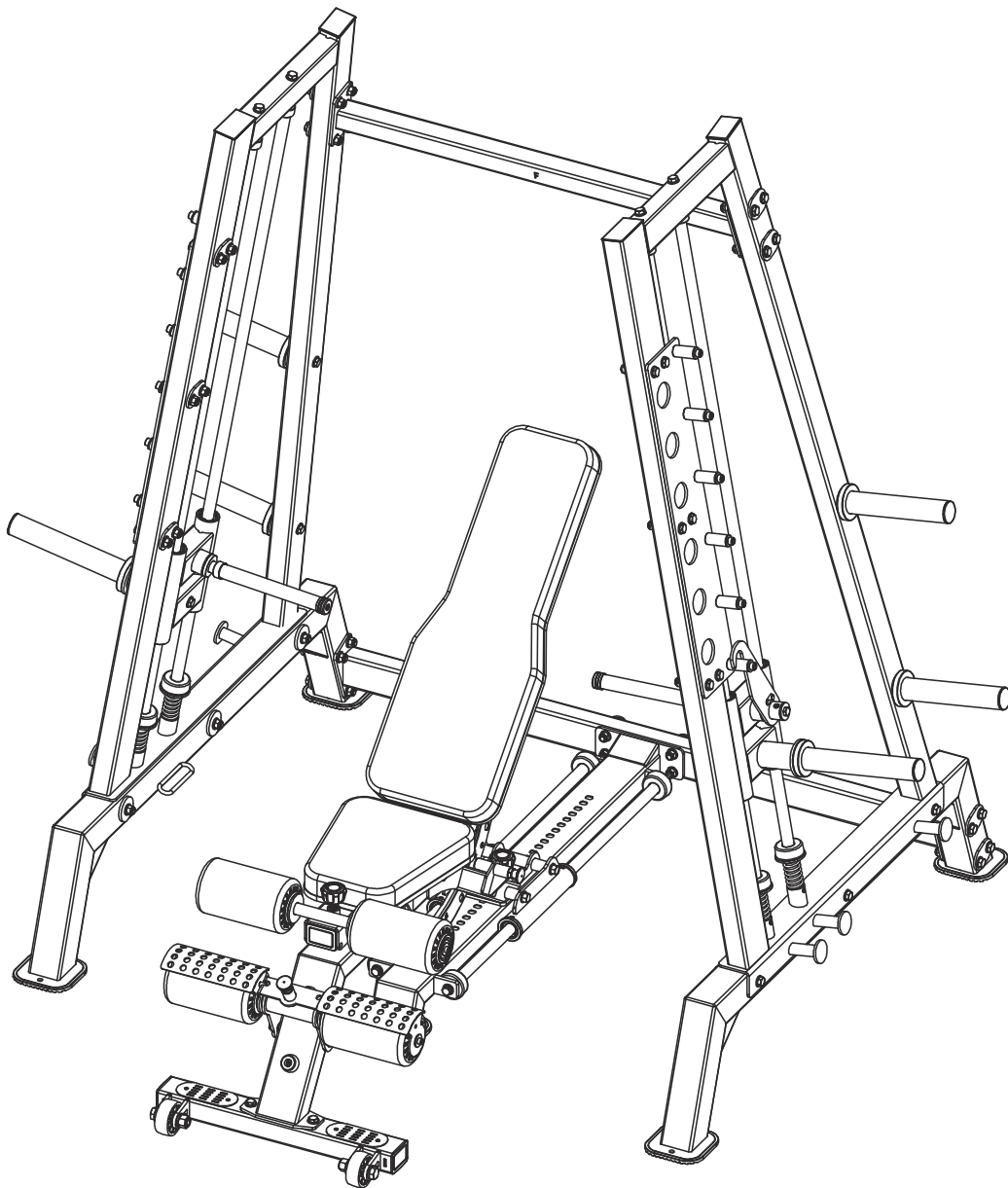


FRENCH FITNESS

ASSEMBLY MANUAL

FF-PLPSDSC



CAUTION!

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

20240801-V1.0

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BEFORE YOU BEGIN

Thank you for selecting the FF-PLPSDSC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

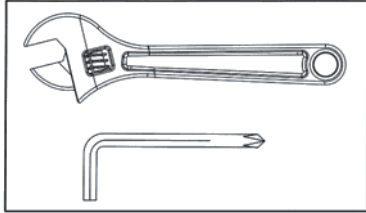
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

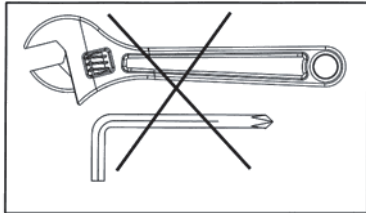
Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

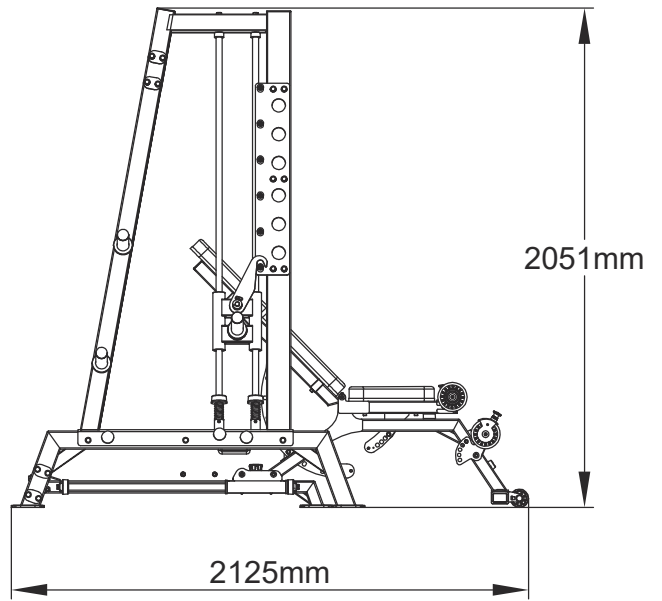
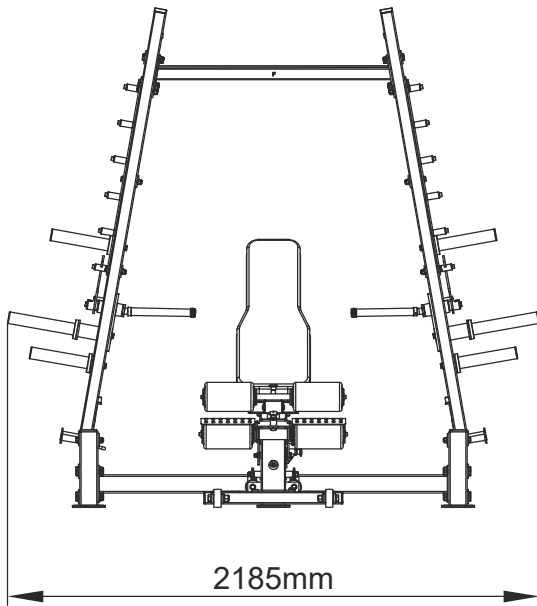
NOTE: Do not over tighten any component with pivoting function.

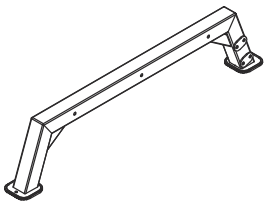
Make sure all pivoting components are able to move freely.



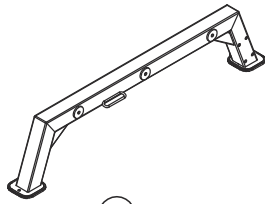
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 2125mm×2185mm×2051mm

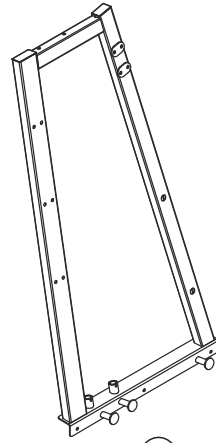




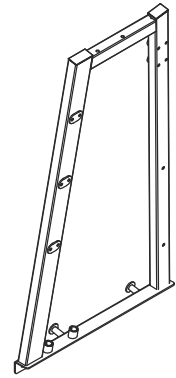
① × 1



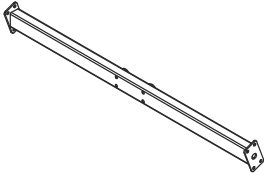
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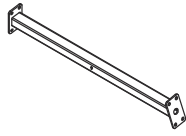
③ × 1



④ × 1



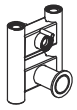
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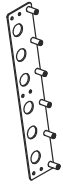
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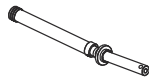
⑦ × 4



⑧ × 2



⑨ × 2



⑩ × 2



⑪ × 1



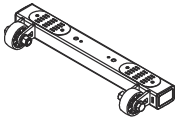
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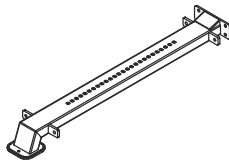
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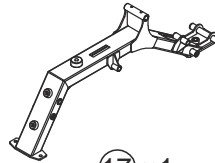
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⑮ × 1



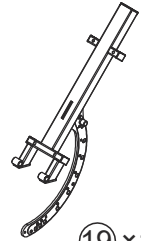
⑯ × 1



⑰ × 1



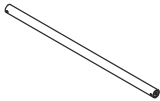
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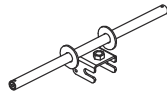
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⑳ × 1



㉑ × 1



㉒ × 1



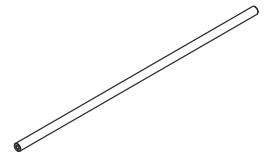
㉓ × 2



㉔ × 1



㉕ × 2



㉖ × 2



⑳ × 1



㉑ × 12



㉒ × 4



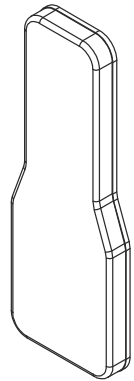
㉔ × 4



㉗ × 4



㉕ × 1



㉖ × 1



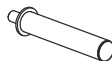
㉘ × 2



㉙ × 2



㉚ × 1



㉛ × 4



㉝ × 4



㉞ × 6



㉟ × 8



㉞ × 2



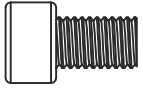
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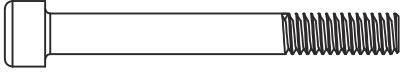
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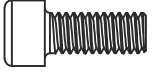
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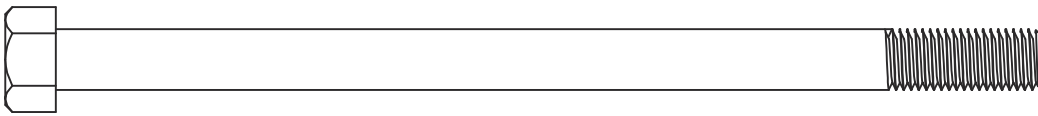
76 × 14



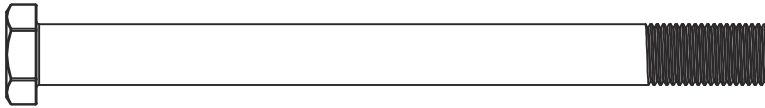
77 × 7



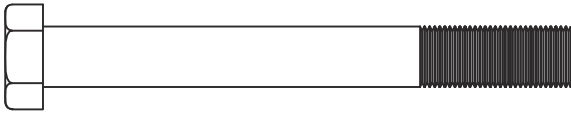
78 × 4



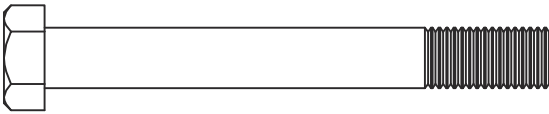
80 × 2



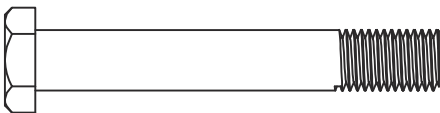
81 × 1



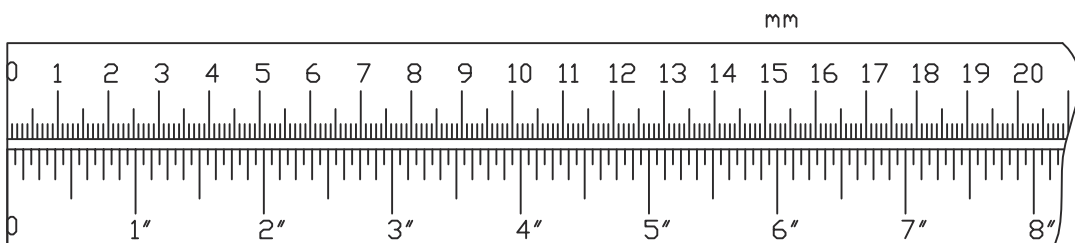
82 × 14

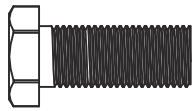


83 × 4



84 × 24





85 × 6



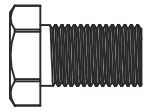
73 × 6



74 × 2



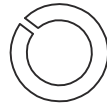
42 × 7



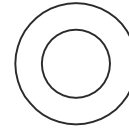
86 × 10



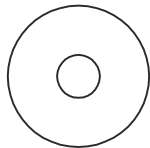
88 × 41



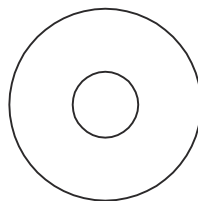
89 × 4



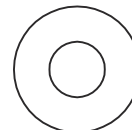
94 × 100



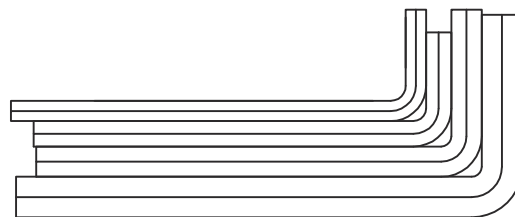
90 × 4



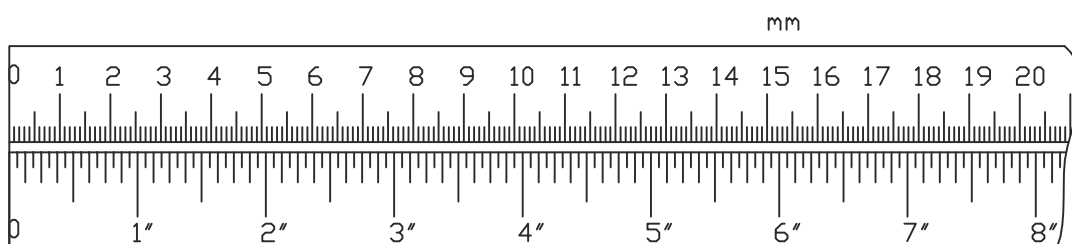
91 × 2



92 × 12



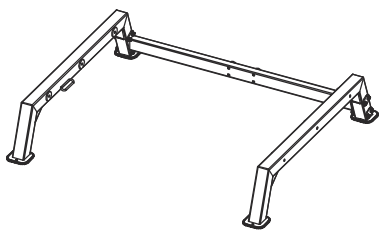
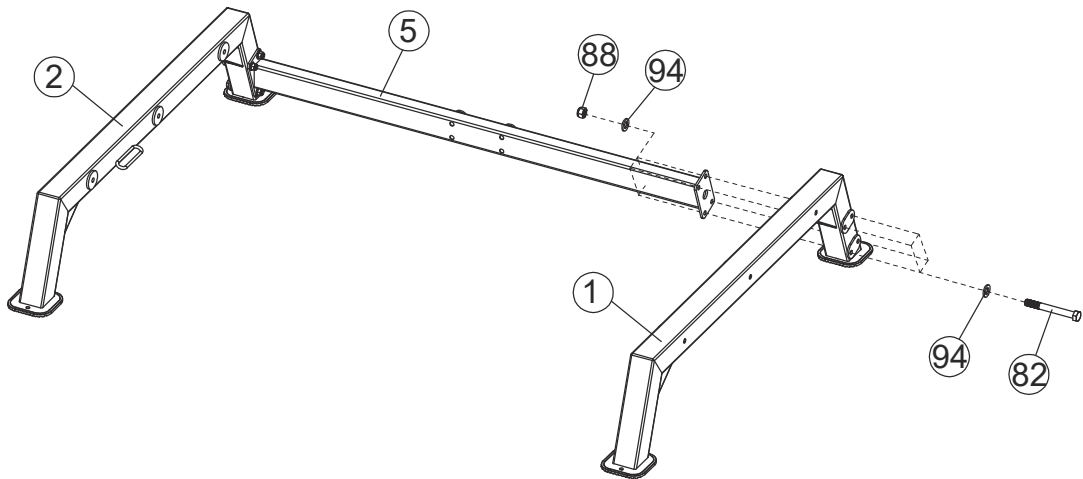
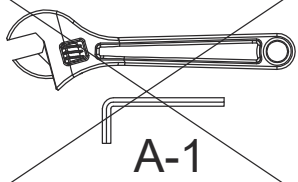
4# 5# 6# 8# × 1



82  ×8 M12×105

88   ×8 M12

94  | ×16 Φ12



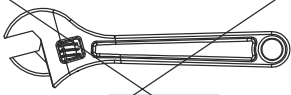
1

⑧2  ×6 M12×105

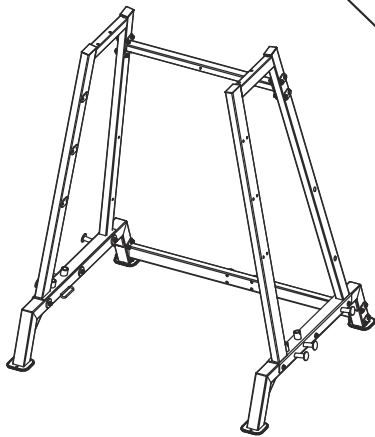
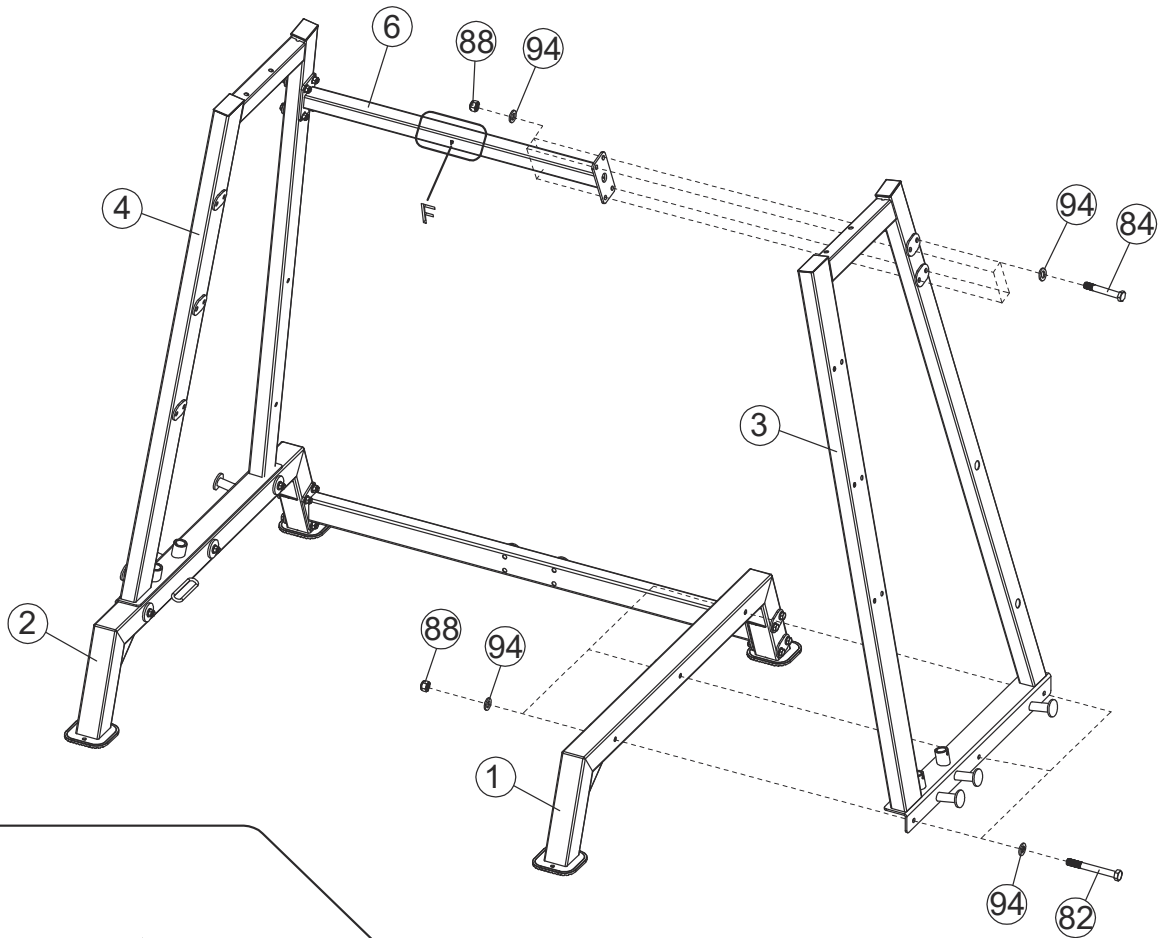
⑧4  ×8 M12×80

⑧8   ×14 M12

⑨4   ×28 Φ12



A-1

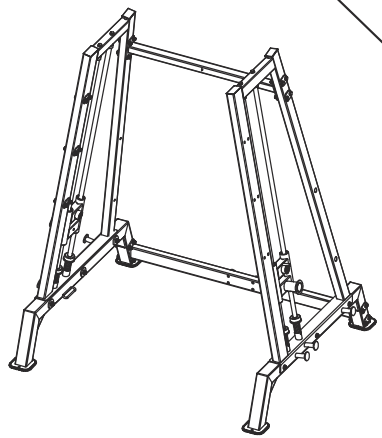
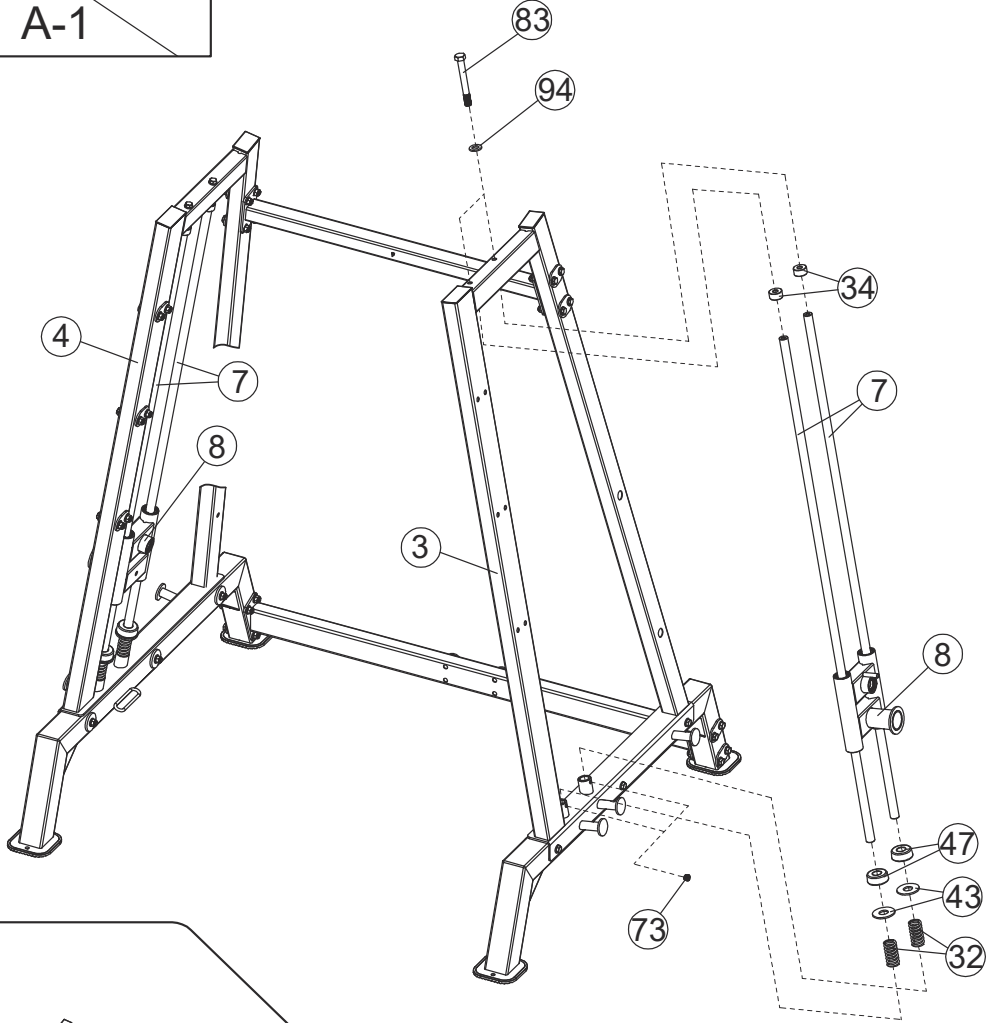
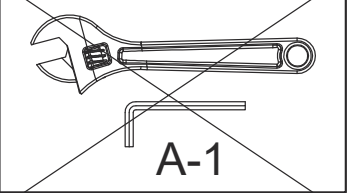


2

73 ■ ×4 M8×6

83  ×4 M12×100


94  | ×4 Φ12



3

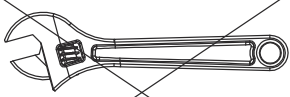
76  ×12 M10×16

84  ×12 M12×80

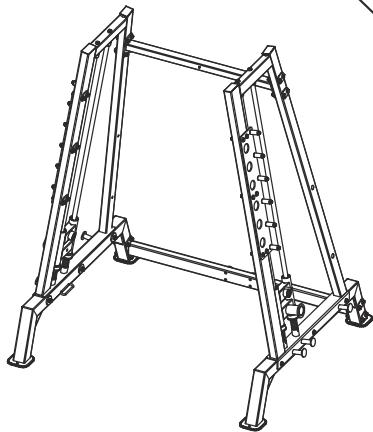
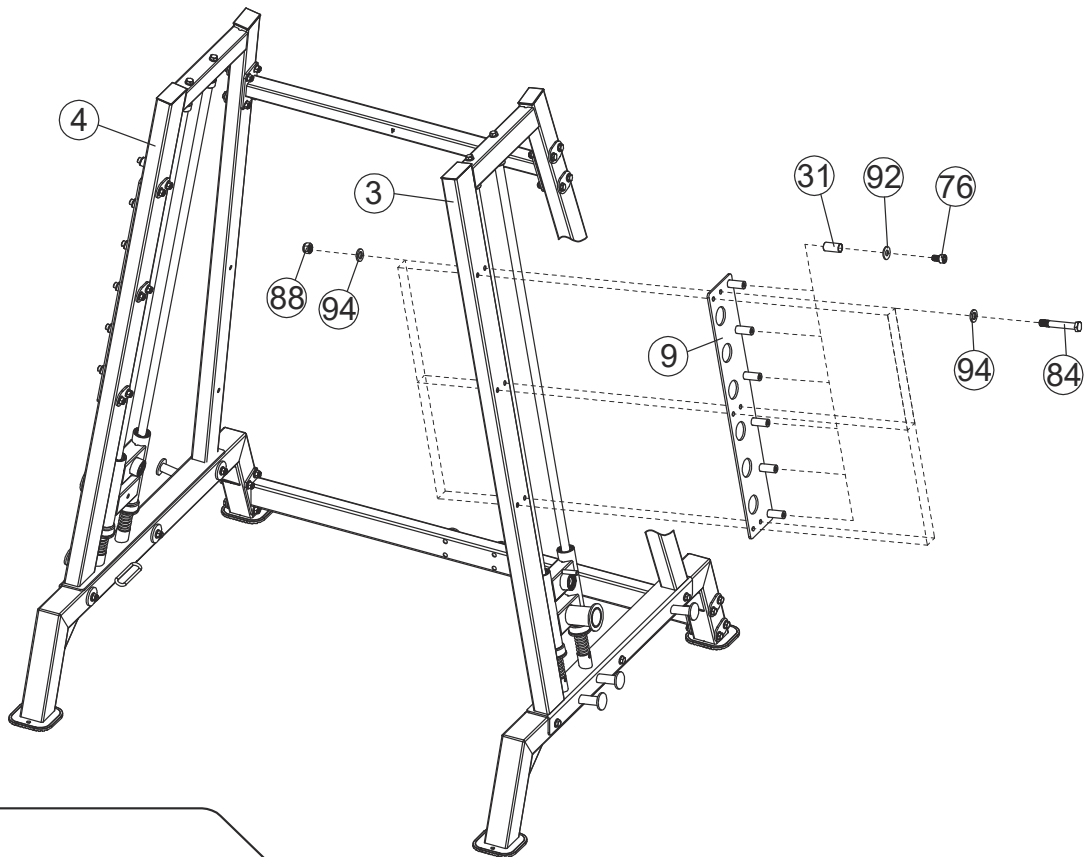
92  | ×12 $\Phi 25 \times \Phi 11 \times 2$

94  | ×24 $\Phi 12$

88   ×12 M12



A-1





4

74  ×2 M10×10

85  ×2 M12×30

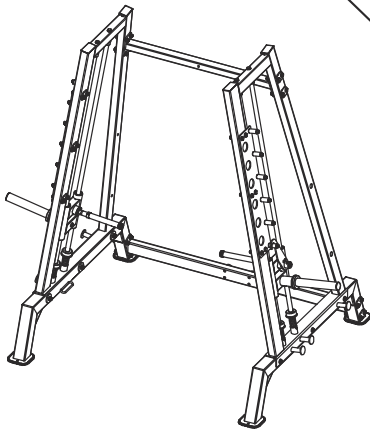
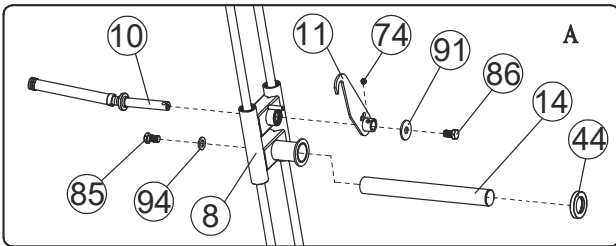
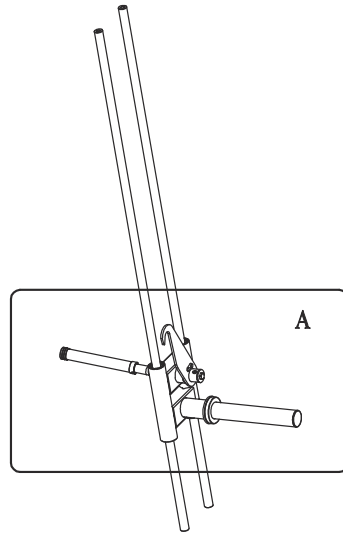
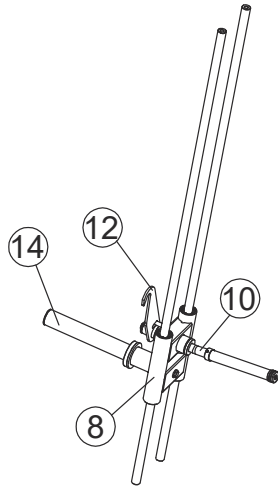
86  ×2 M12×20

91   ×2 $\Phi 38 \times \Phi 13 \times 3$

94   ×2 $\Phi 12$



A-1



5

86



x4 M12x20

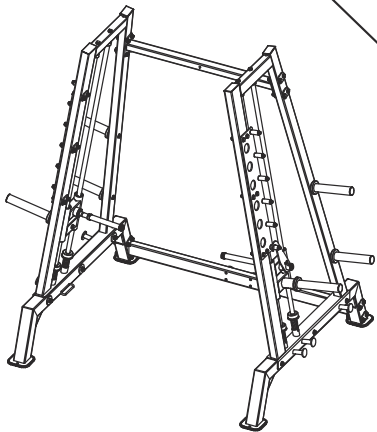
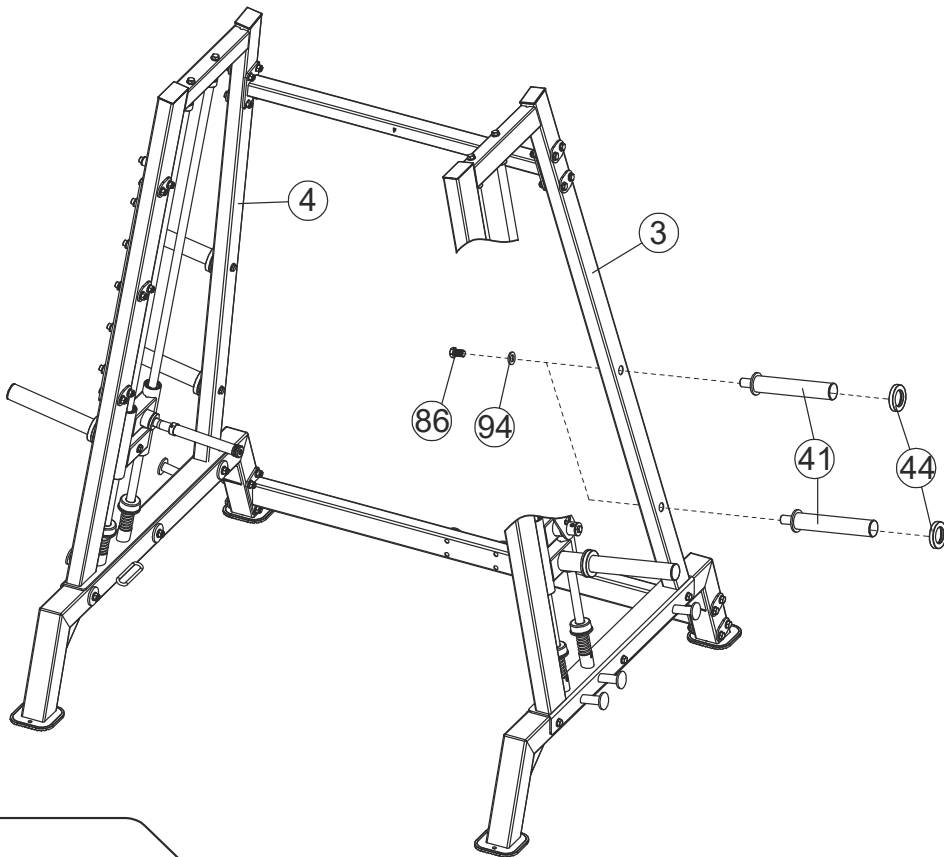
94



x4 $\Phi 12$



A-1

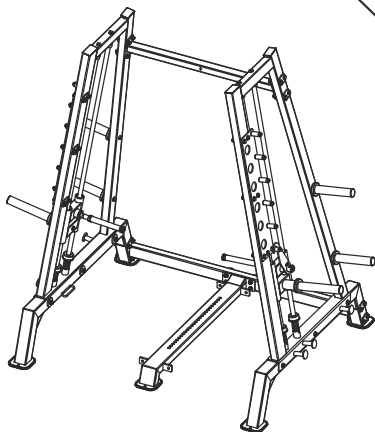
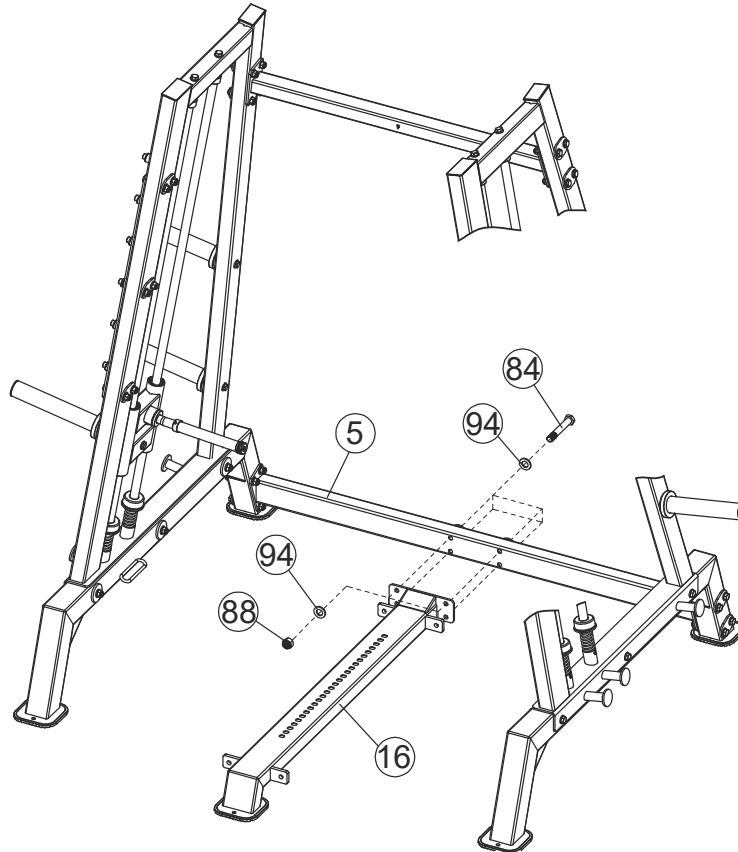
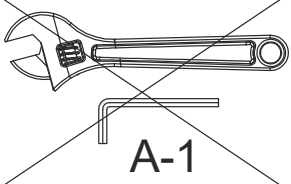


6

84  ×4 M12×80


88   ×4 M12

94  | ×8 Φ12

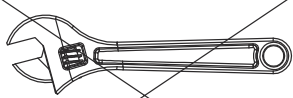


7

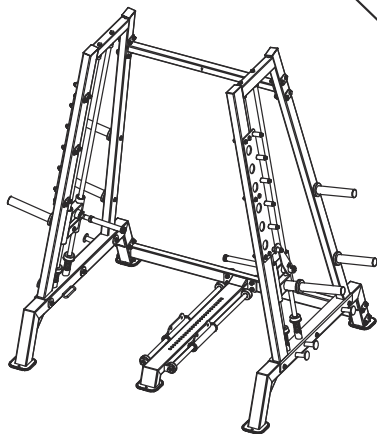
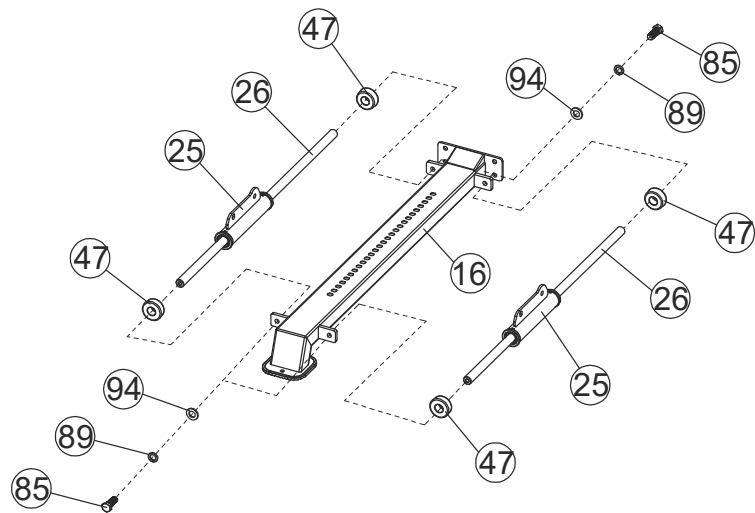
85  ×4 M12×30

89   ×4 12

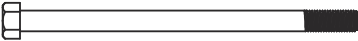




94   ×4 Φ12

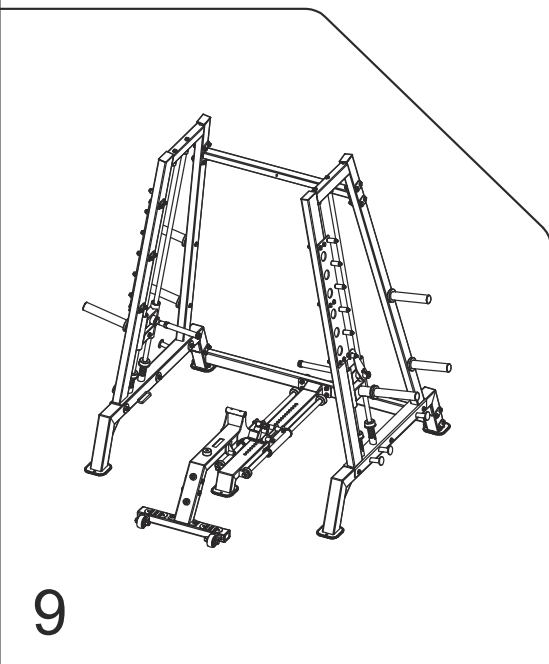
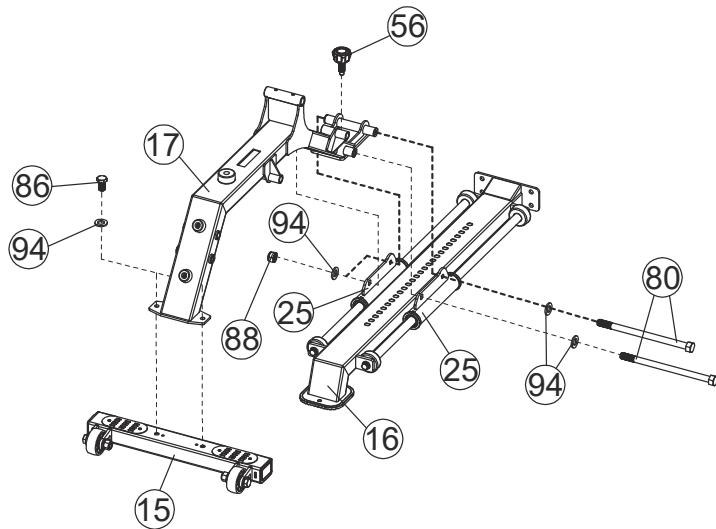
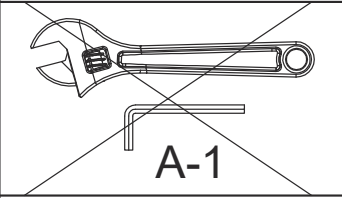


A-1



8

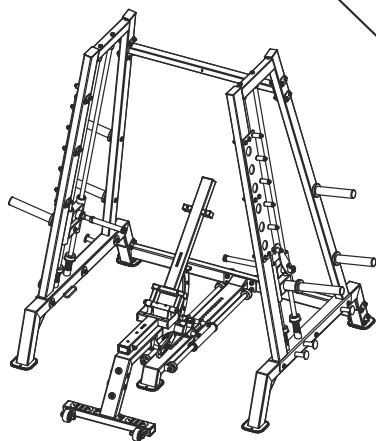
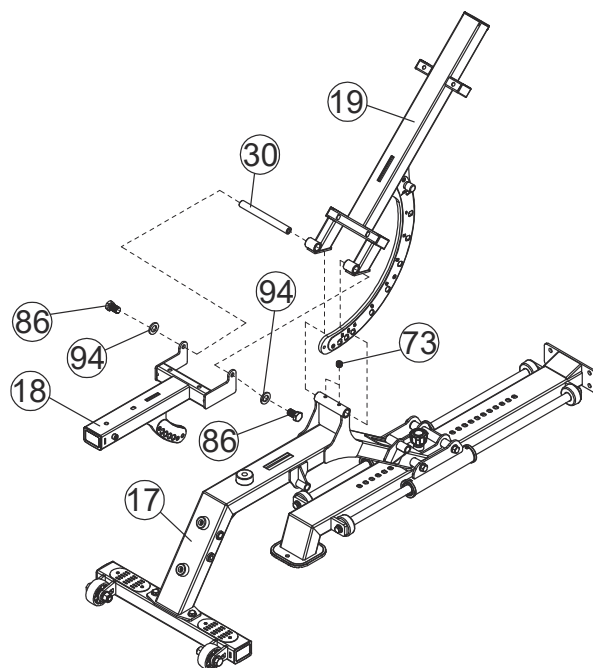
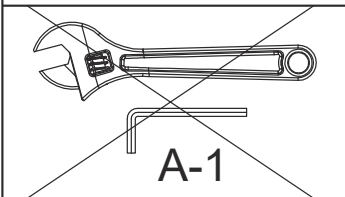
- ⑧⑩  ×2 M12×195
- ⑧⑥  ×2 M12×20
- ⑧⑧   ×2 M12 ⑨④  | ×6 Φ12



73 ■ ×2 M8×6

86  ×2 M12×20

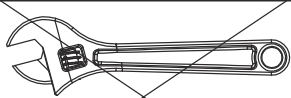
94  | ×2 Φ12



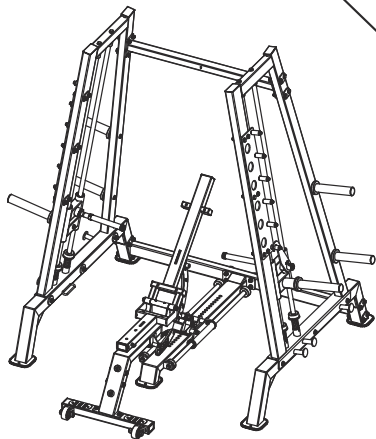
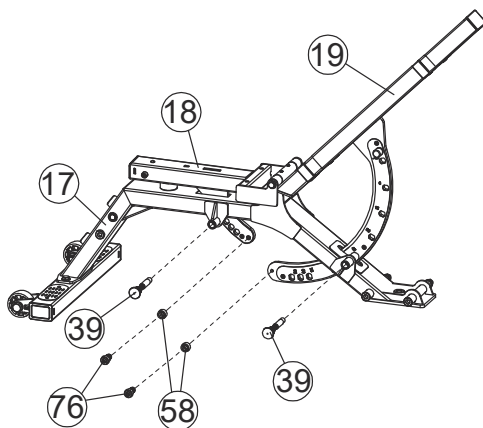
10

76  ×2 M10×16

39  ×2 φ16×127
127



A-1



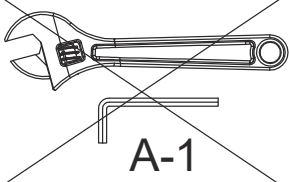
11



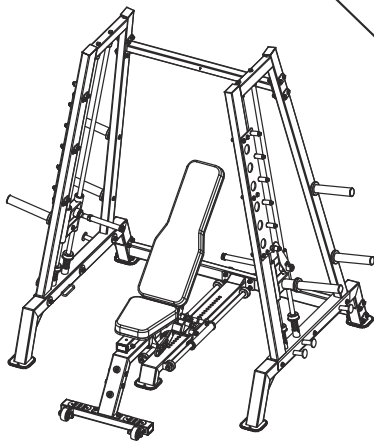
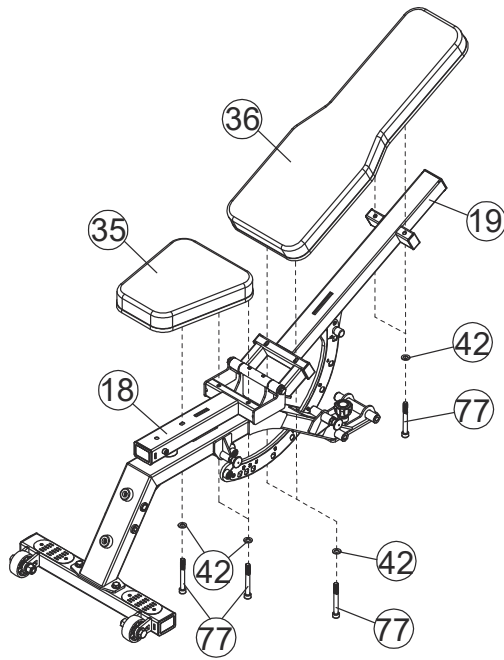
×7 M8×70



×7 Φ8

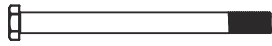


A-1



12

81



x1 M12x145

88



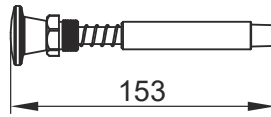
x1 M12

94

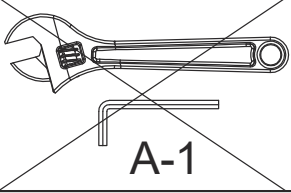


x2 $\Phi 12$

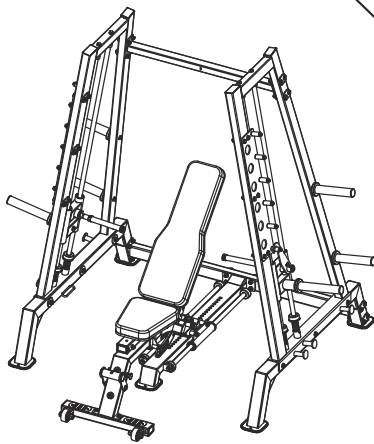
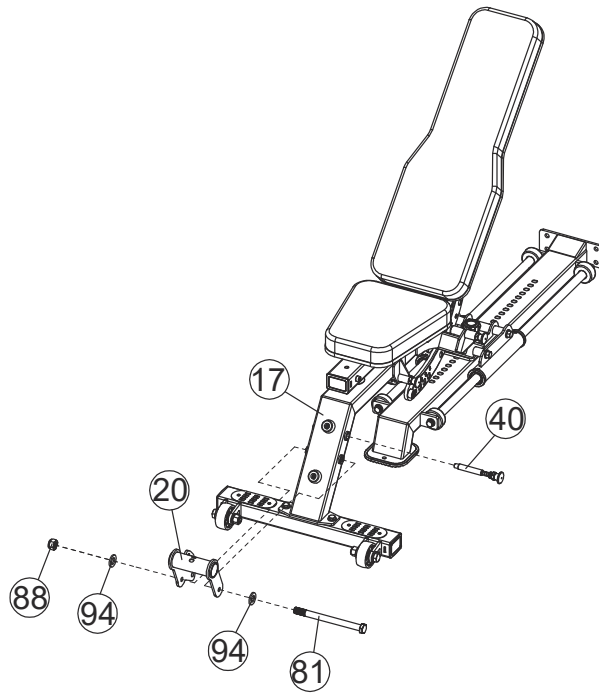
40



x1 $\phi 16 \times 153$



A-1



13

78



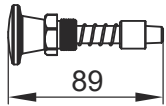
×2 M8×20

90

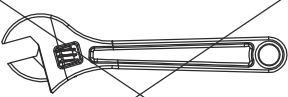


×2 Φ28×Φ8.5×2

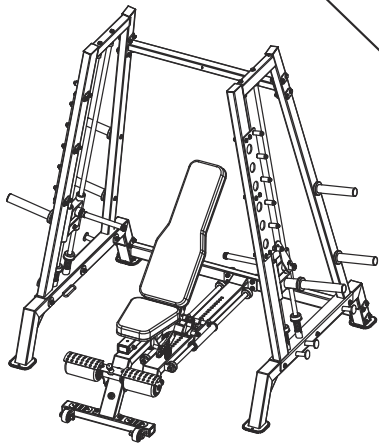
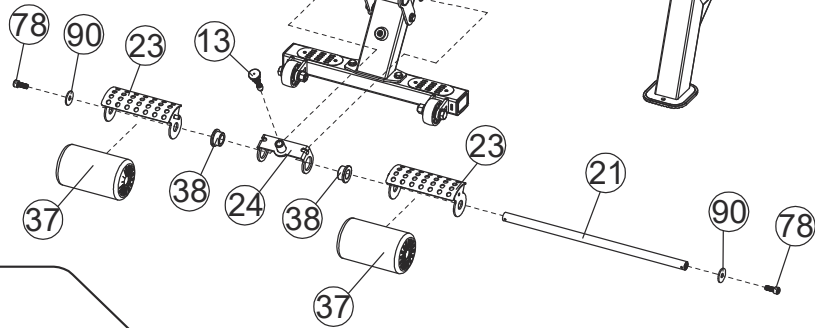
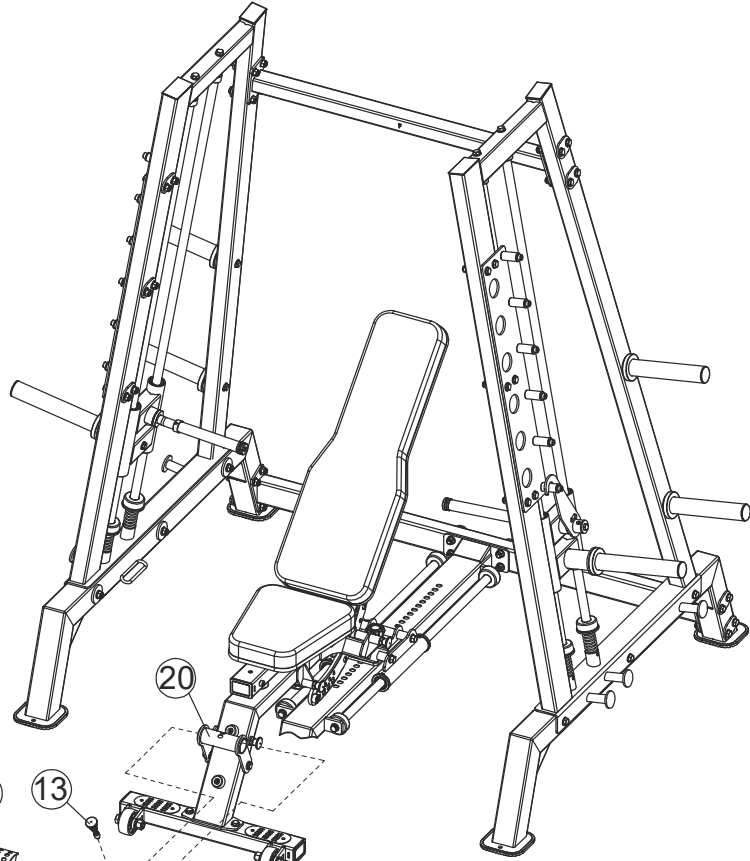
13



×1 φ16×89



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14

78



×2 M8×20

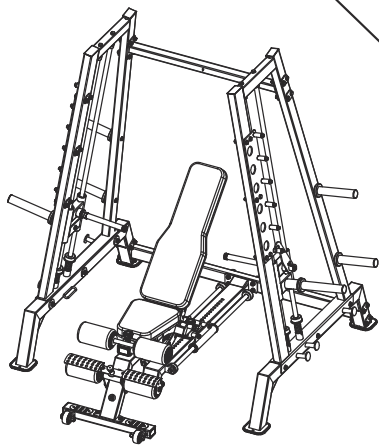
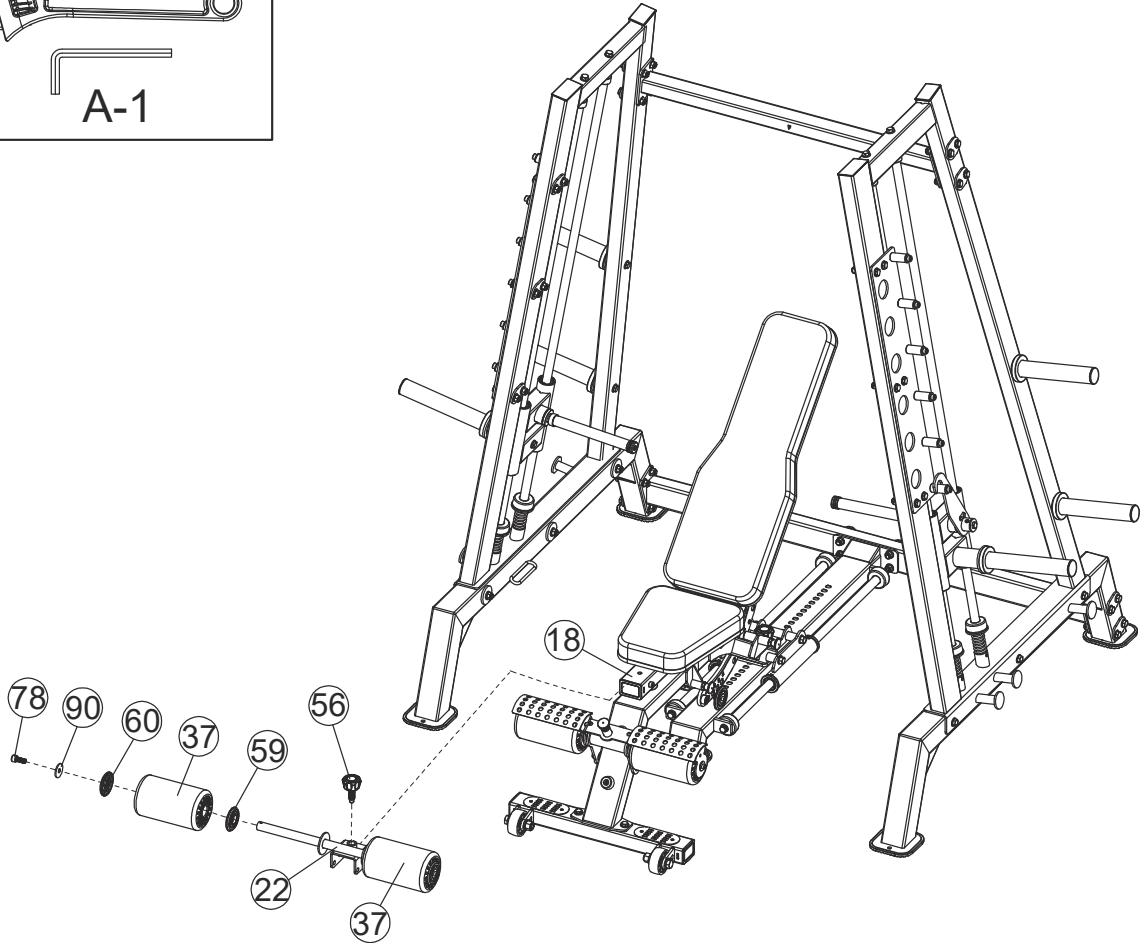
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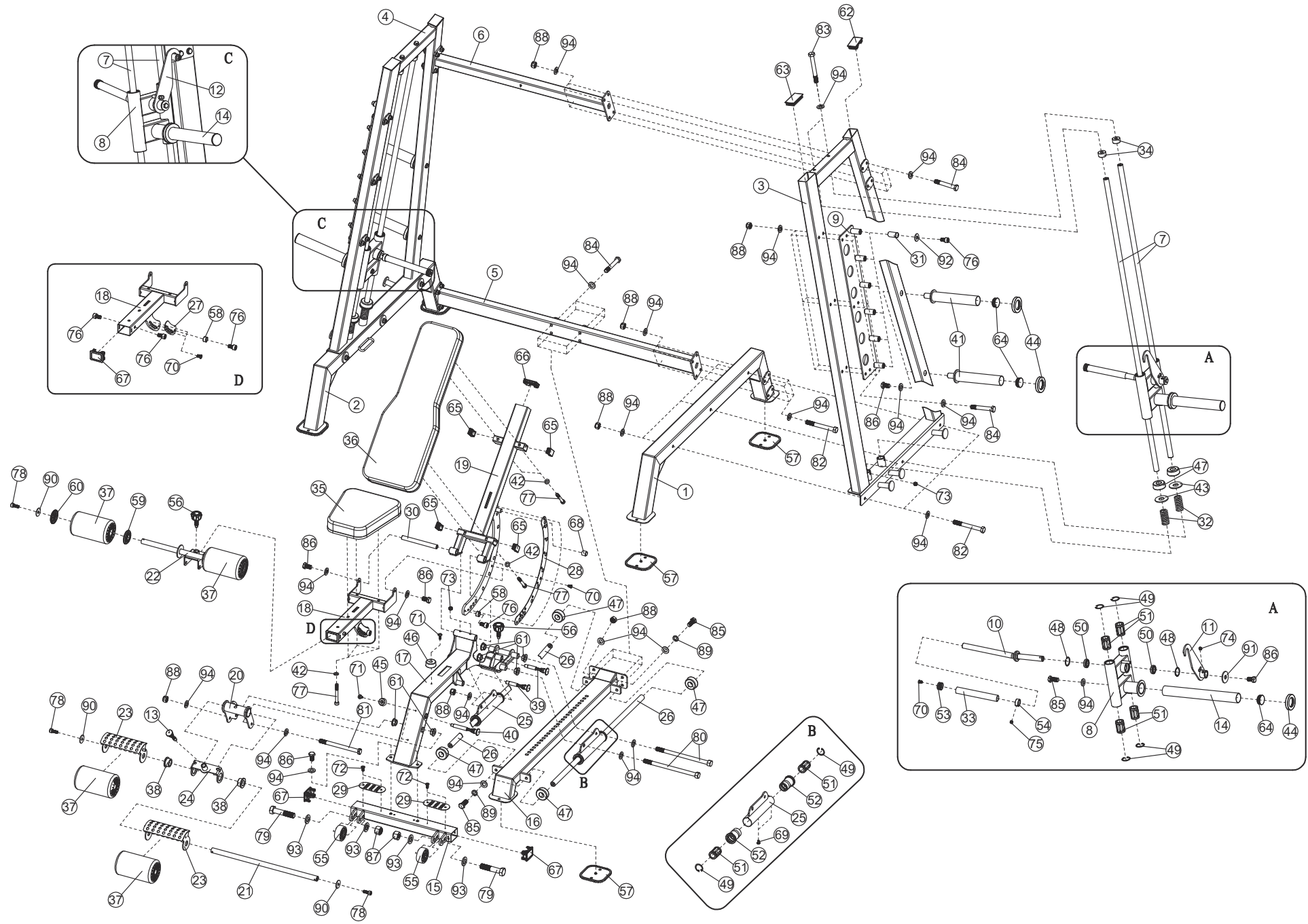
×2 Φ28×Φ8.5×2



A-1



15



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Base Frame		1
2	Right Base Frame		1
3	Left Main Base Frame		1
4	Right Main Base Frame		1
5	Lower Connecting Frame		1
6	Upper Connecting Frame		1
7	Long guide rod	φ25×1635	4
8	Sliding frame		2
9	Hanging Bracket		2
10	Elevate Handle		2
11	Hanging Bar L		1
12	Hanging Bar R		1
13	Moving Lock Pin	φ16×89	1
14	Long Weights Stow Rod		2
15	Front Base Frame		1
16	Middle sliding seat		1
17	Sliding fram		1
18	Seat Support		1
19	Backrest Support		1
20	FOAM Adjusting Frame		1
21	Long FOAM Frame		1
22	Upper FOAM Frame		1
23	Foot Pedal Set		2
24	Connecting Frame		1
25	Lower Sliding frame		2
26	Short guide rod	φ25×950	2
27	Decorative plates	R258×R212×2	1
28	Decorative plates	R328.5×R283.5×2	1
29	Decorative plates	140×60×1.5	2
30	Rotating Shaft	φ20×194	1
31	Spacer	φ25×φ22.2×50	12
32	Spring	φ32×φ5×70	4
33	Rubber Spacer	Φ24.5×3×255	2
34	Guide rod top sleeve	φ38×20	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	Seat Pad	355×335×200×60	1
36	Backrest Board	855×300×220×60	1
37	Foam Roll	φ125×φ22×205	4
38	Connecting Sleeve	φ50×φ39.5×23	2
39	Moving Lock Pin	φ16×127	2
40	Moving Lock Pin	φ16×153	1
41	Short Weights Stow Rod		4
42	Washer	8	7
43	Plate	φ65×φ27×4	4
44	Rubber Bumper	Φ78×Φ47.5×13	6
45	Rubber Bumper	φ38×φ7×15	2
46	Rubber Bumper	φ50×φ48×23	1
47	Rubber Bumper	φ62×φ24.5×25	8
48	Hole circlip	42	4
49	Hole circlip	d0=40	12
50	Bearing	61905	4
51	Linear Motion Bearing	LB254058	12
52	Sliding Rod Guide	φ55×φ46×φ40×73	4
53	Decorative cover	φ34.5×φ6.5×19	2
54	Retaining ring	φ35×φ26.2×14.5×M6	2
55	Wheel	φ76×35	2
56	Lock Knob	M18×φ12	2
57	Floor Cap	□135×135×8	5
58	Cover Cap	φ25×φ11×14	2
59	Foam Inner Baffle	φ70×φ26×9.5	2
60	Foam End Cover	φ70×φ9×8.5	2
61	Bushing	φ25×φ20×φ12.2×10	6
62	End Cap	□50×□75	2
63	End Cap	□50×100	2
64	End Cap	φ48	6
65	End Cap	□30×50	4
66	End Cap	□70×50	1
67	End Cap	□50×70	3
68	Bushing	φ19×18	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
69	Screw	ST4.0×9	4
70	Allenllen Bolt	M6×13	7
71	Pan-head screws	M6×16	3
72	Allenllen Bolt	M4×10	4
73	Set screw	M8×6	6
74	Set screw	M10×10	2
75	Set screw	M6×6	2
76	Hexagon socket button head screws	M10×16	16
77	Hexagon socket button head screws	M8×70	7
78	Hexagon socket button head screws	M8×20	4
79	Hex Bolt	M16×75	2
80	Hex Bolt	M12×195	2
81	Hex Bolt	M12×145	1
82	Hex Bolt	M12×105	14
83	Hex Bolt	M12×100	4
84	Hex Bolt	M12×80	24
85	Hex Bolt	M12×30	6
86	Hex Bolt	M12×20	10
87	Aircraft Nut	M16	2
88	Aircraft Nut	M12	41
89	Spring Washer	12	4
90	Washer	φ28×φ8.5×2	4
91	Washer	φ38×φ13×3	2
92	Washer	φ25×φ11×2	12
93	Washer	16	4
94	Washer	12	100
	Allen wrench	8#	1
	Allen wrench	6#	1
	Allen wrench	5#	1
	Allen wrench	4#	1