

# FRENCH FITNESS

FF-R6

FRENCH FITNESS R6 CROSS  
TRAINING SQUAT STAND

ASSEMBLY MANUAL



## FEATURES

- 14 Gauge Steel
- Main Tube Size: 2" x 2" x 0.11" (60mm x 60mm x 3mm)
- Material: Steel
- Chin-up station: Ergonomic multi-grip chin-up/pull-up station with comfortable knurling. Perform wide-grip, close-grip and ergonomic pull-up variations.
- Barbell storage
- Multi-position safety hook: Multi-position design, barbell hook up and down multi-position adjustment to meet the needs of different users

## TECH SPECS

- Max Weight Load Capacity: 880 lbs
- Product Weight: 177 lbs (80 kgs)
- Product Size: 72" x 47" x 94" (1831.5mm x 1200mm x 2380mm)

## WARRANTY

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

## IMPORTANT SAFETY INFORMATION

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

**NOTE:** Hand tighten bolts and nylon until machine is fully assembled.

### CAUTION !

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

### WARNING !

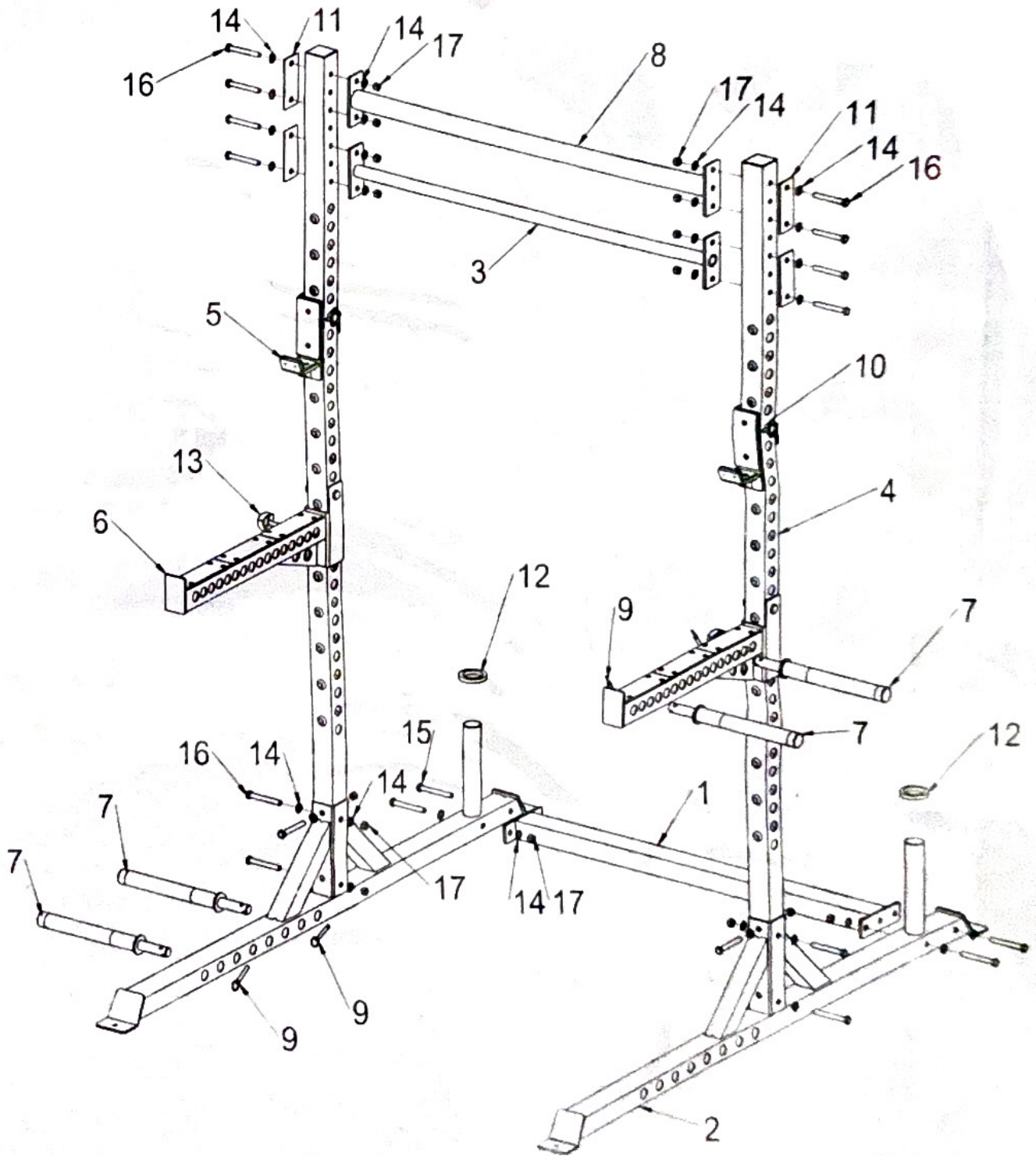
Before using this unit or starting any exercise program, consult your physician, this is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The product LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with safety information and precautions.

### SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. We recommend an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Don't leave children unsupervised near to the unit.

# EXPLODED VIEW



## THE COMPOSING OF ACCESSORIES

<b>PART NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
1	Connecting Assembly	1
2	Foot Assembly	2
3	Connecting Assembly A	1
4	Vertical Assembly	2
5	J-Cup 2.0	2
6	Large Protective Frame	2
7	Handle	4
8	Connecting Assembly B	1
9	M6 Quick Pin	4
10	M8 Quick Pin	2
11	Plate	4
12	Cushion	2
13	Plastic Screw	2
14	M12 Washer	36
15	M12X95 Hex Bolt	4
16	M12X90 Hex Bolt	14
17	M12 Nylon Nut	18