

# FRENCH FITNESS

FF-R8

FRENCH FITNESS R8 HALF CAGE / SQUAT RACK

ASSEMBLY MANUAL



## FEATURES

- 14 Gauge Steel
- Main tube size: 2.95" x 2.95" x .08"
- (6) Horns for Weight Plate Storage
- (12) Upper and lower resistance band anchors
- Adjustable Spotter Arms
- Adjustable J-hooks provide a stable racking platform
- Heavy-duty steel construction with durable coat finish
- Pistol grips on safety spot arms and hook plates for easy adjustments
- Resistance loop band bar use for fresh man and warm up
- Offers multiple grip positions to support effective pull-up and grip training
- California Residents see Prop 65 WARNINGS

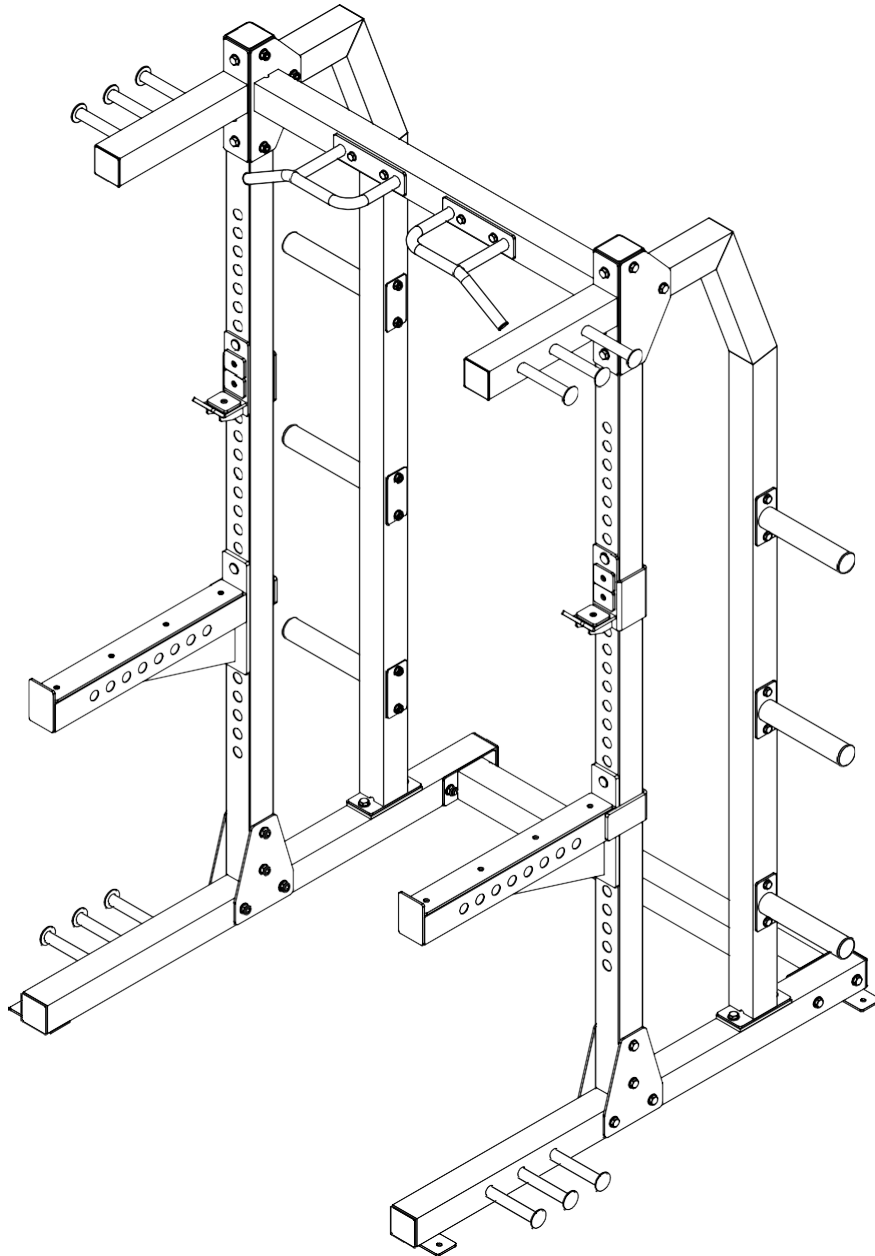
## TECH SPECS

- Weight Horns: 9.84"
- Bar Catches: 23.62"
- Inner Cage Width: 42.32"
- Maximum Weight Capacity: 660 lbs (300 kg)
- Dimensions: 55.51"L x 66"W(if band pegs are installed) x 92.12"H

## WARRANTY

**10 Years Parts, 1 Year Labor (Light Commercial)**

# PARTS LIST



ITEM NO.	DESCRIPTION	Q'TY	ITEM NO.	DESCRIPTION	Q'TY
1R	RIGHT BOTTOM FRAME	1	9L	LEFT SAFETY ARM	1
1L	LEFT BOTTOM FRAME	1	10	BOTTOM CONNECT PLATE	4
2	UPRIGHT FRAME	2	11	WEIGHT PLATE HOLDER	4
3	SUPPORT FRAME	2	12	TOP CONNECT PLATE	2
4R	RIGHT SUPPORT	1	13	HEX BOLT M12*100	22
4L	LEFT SUPPORT	1	14	WASHER φ12	48
5	TOP CONNECT FRAME	1	15	NYLON NUT M12	22
6	REAR CONNECT FRAME	1	16	HEX BOLT M12*20	4
7R	RIGHT CHIN-UP BAR	1	17	HEX BOLT M10*95	12
7L	LEFT CHIN-UP BAR	1	18	WASHER φ10	32
8R	RIGHT SAFETY HOOK	1	19	NYLON NUT M10	16
8L	LEFT SAFETY HOOK	1	20	HEX BOLT M10*100	4
9R	RIGHT SAFETY ARM	1	21	CONNECT PLATE	8

# EXPLODE VIEW

