

# FRENCH FITNESS

FF-RH80

FRENCH FITNESS RH80 REVERSE  
HYPEREXTENSION DONKEY KICK

ASSEMBLY MANUAL



## FEATURES

- 2.5mm heavy-duty steel tube frame
- Electrostatically powder coated finish
- Angled support bars for added stability
- Padded ankle rollers
- Steel foot plate with built-in side handles
- Oversized padded back/chest support
- Non-marking foot pads
- California Residents see Prop 65 WARNINGS

## TECH SPECS

- Paint Color: Black
- Vinyl Color: Black
- Maximum Weight Capacity: 661lbs (300kg)
- Machine Weight: 251lbs (114kg)
- Dimensions: 73"L x 53.1"W x 54.7"H (L:1855mm, W:1350mm, H:1390mm)


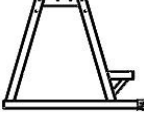
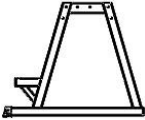
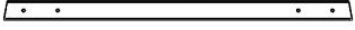


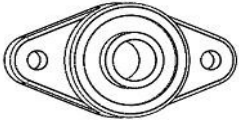
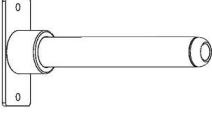
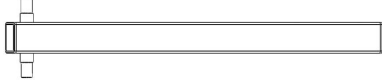
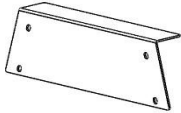

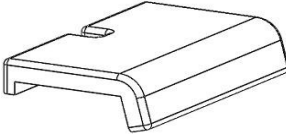
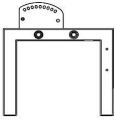
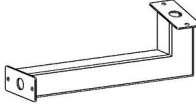
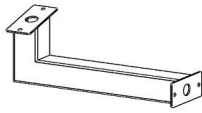
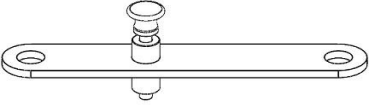


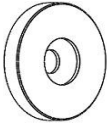
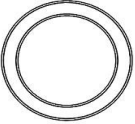
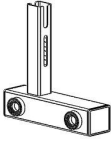
## WARRANTY

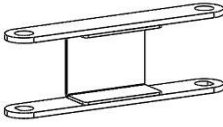
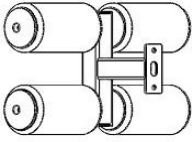
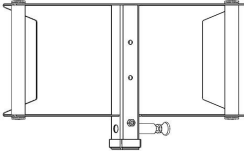
**10 Years Parts, 1 Year Labor (Commercial)**

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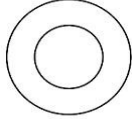

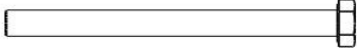

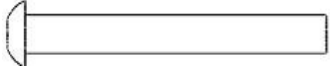
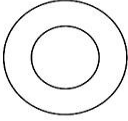

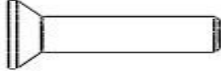

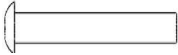
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## PARTS LIST (INDIVIDUALLY PACKAGED)

					
No.1	Post connection welding group*1	No.2	Right frame welding group*1	No.3	left frame welding group*1
					
No.4	lower connection support*1	No.5	Q1014-0009 feet*4	No.6	Shaft fixed welding group*1
					
No.7	UCFL205 bearing seat*2	No.8	Barrel welding group*2	No.9	Hanging combination *1
					
No.10	0005 outer guard plate*2	No.11	Cushion fixed welding group*1	No.12	0004 Cushion*1
					
No.13	Beam frame welding group*1	No.14	Left connection support group*1	No.15	Right connection support group*1
					
No.16	Adjust linkage welding group*1	No.17	0006 Shaft*4	No.18	0803 Linkage board*1
					

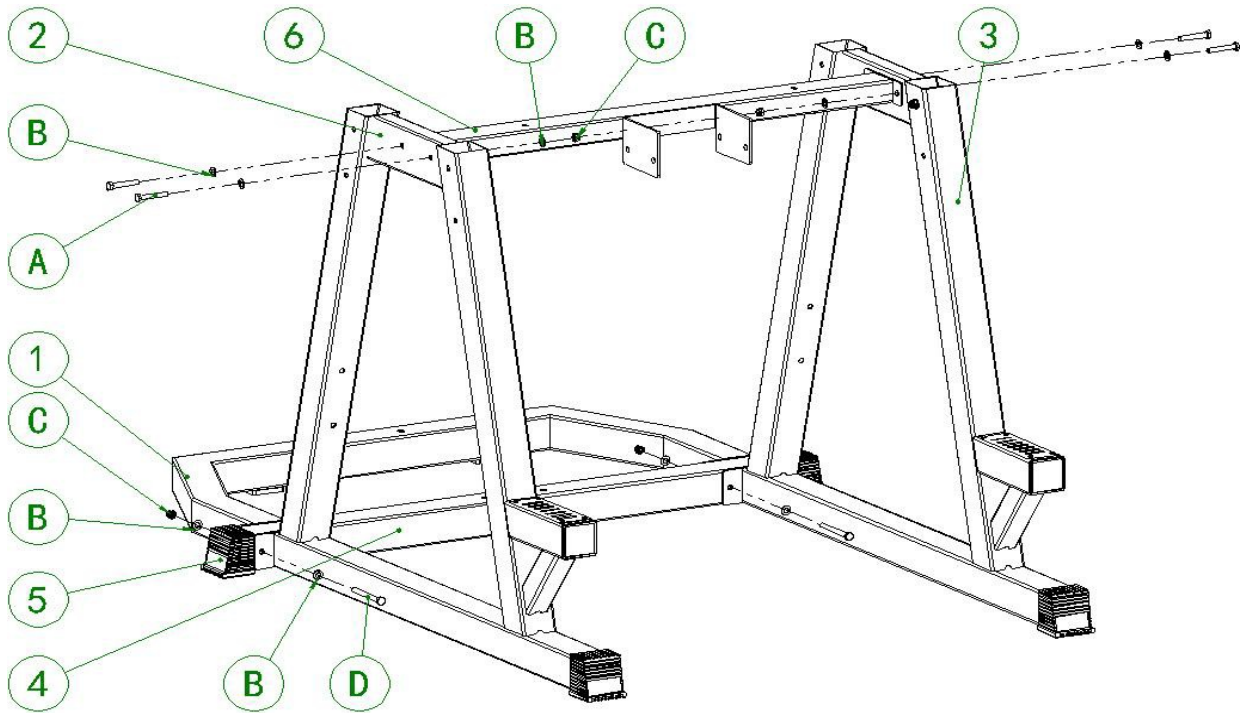
No.19	2004 aluminum alloy flat end cap*8	No.20	GT004 spacer *8	No.21	Adjust welding group*1
					
No.22	Linkage welding group*1	No.23	Leg welding group*1	No.24	Pedal welding group*1

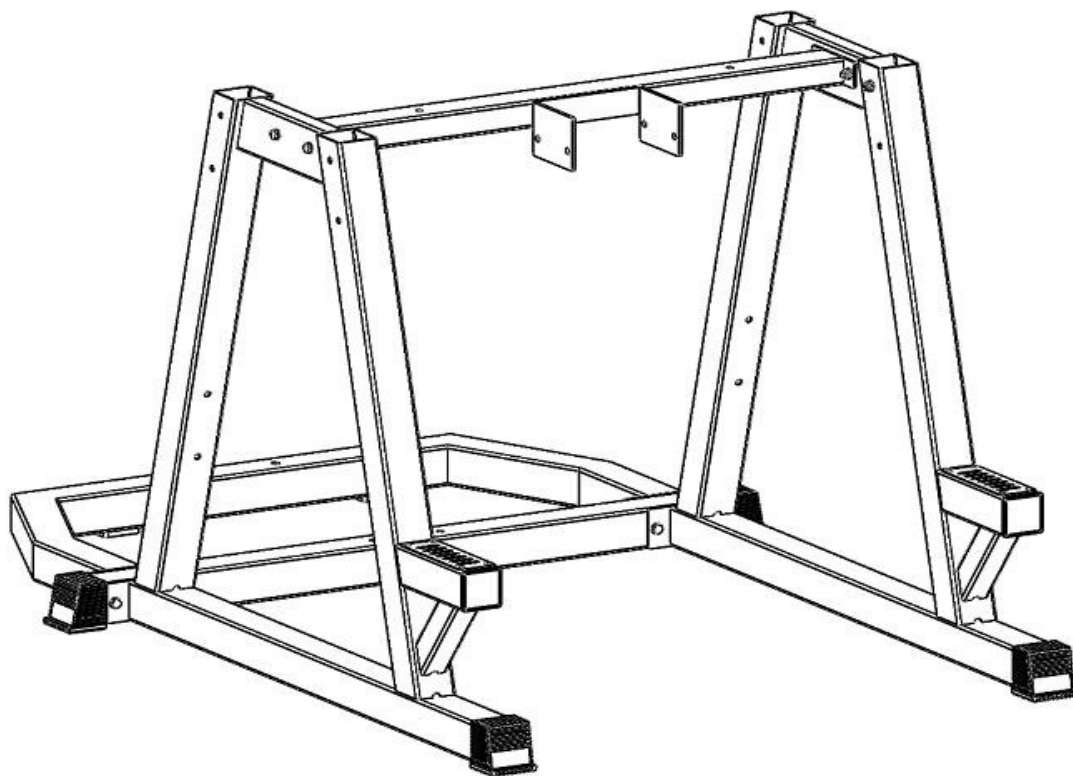
# BLISTER PACK SCREW SCHEDULE

					
A	M10*55 hexagon screw*4	B	Φ10 flat washer*68	C	M10 lock nut*34
					
D	M10*100 hexagon screw*12	E	M10*35 hexagon screw*4	F	M8*70 round head screw*4
					
G	Φ8 flat washer*4	H	M10*95 hexagon screw*12	I	M10*25 flat head screw*8
					
J	M10*70 hexagon screw*2	K	M10*20 round head screw*1		

## ASSEMBLY STEPS

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	1	Post connection welding group	1	A	M10*60 hexagon screw	4
	2	Right frame welding group	1	B	Φ10 flat washer	16
	3	left frame welding group	1	C	M10 lock nut	8
	4	lower connection support	1	D	M10*100 hexagon screw	4
	5	Q1014-0009 feet	2			
	6	Shaft fixed welding group	1			

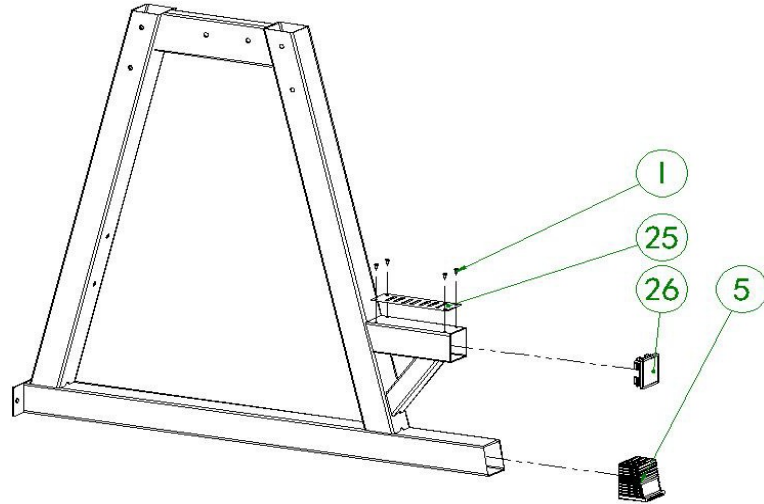






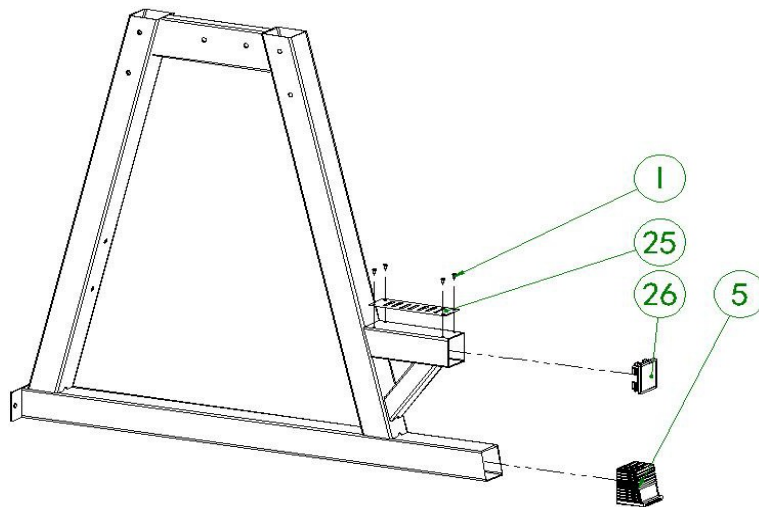
## No. 2 right frame welding group \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.5	Q1014-0009 feet	1	L	M5*8 cross recessed pan head screw	4
	No.25	0003 Tread plate	1			
	No.26	Square tube plug 75*75	1			



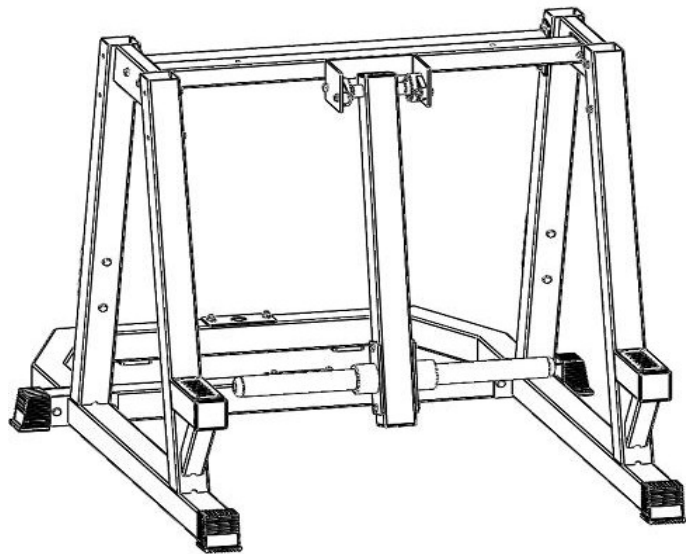
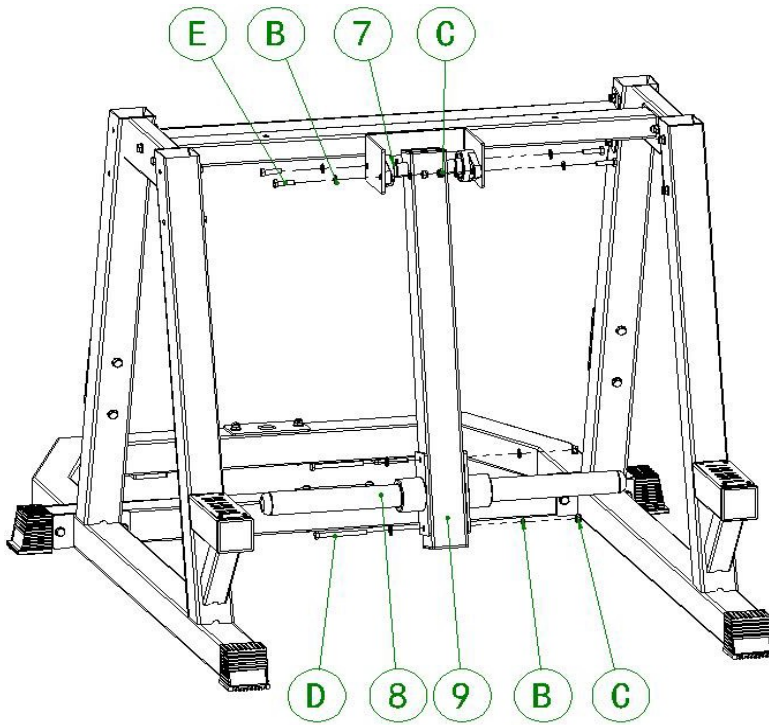
## No. 3 left frame welding group \* 1 piece

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.5	Q1014-0009 feet	1	L	M5*8 cross recessed pan head screw	4
	No.25	0003 Tread plate	1			
	No.26	Square tube plug 75*75	1			



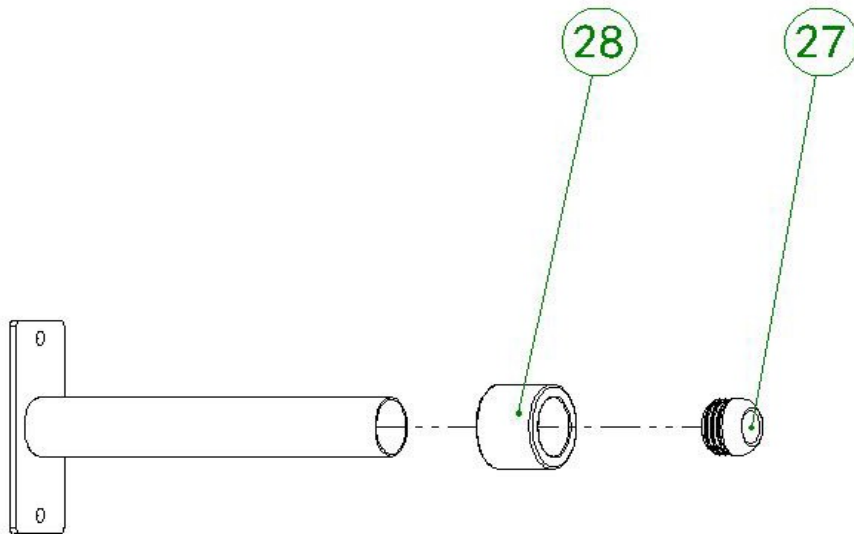
## ASSEMBLY STEPS. NO 2

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	No.7	UCFL205 bearing seat	2	B	Φ10 flat washer	12
	No.8	Barrel welding group	2	C	M10 lock nut	6
	No.9	Hanging combination	1	D	M10*100 hexagon screw	2
				E	M10*35 hexagon screw	4



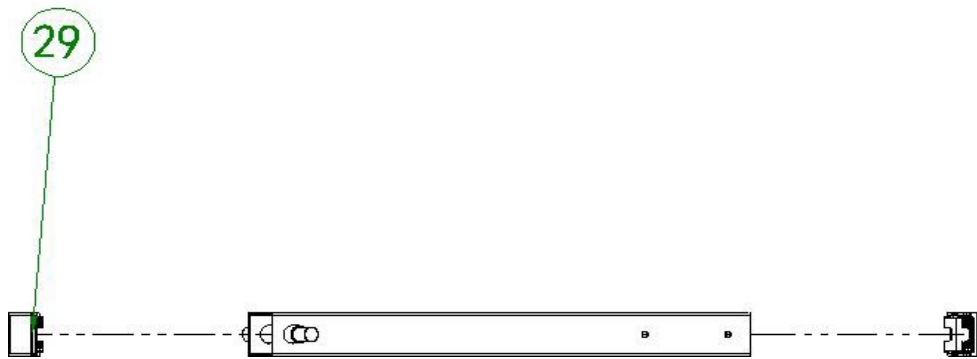
### No. 8 barrel welding group \* 2

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.27	0608 stainless steel pipe plug	1			
	No.28	0609 new sheath	1			



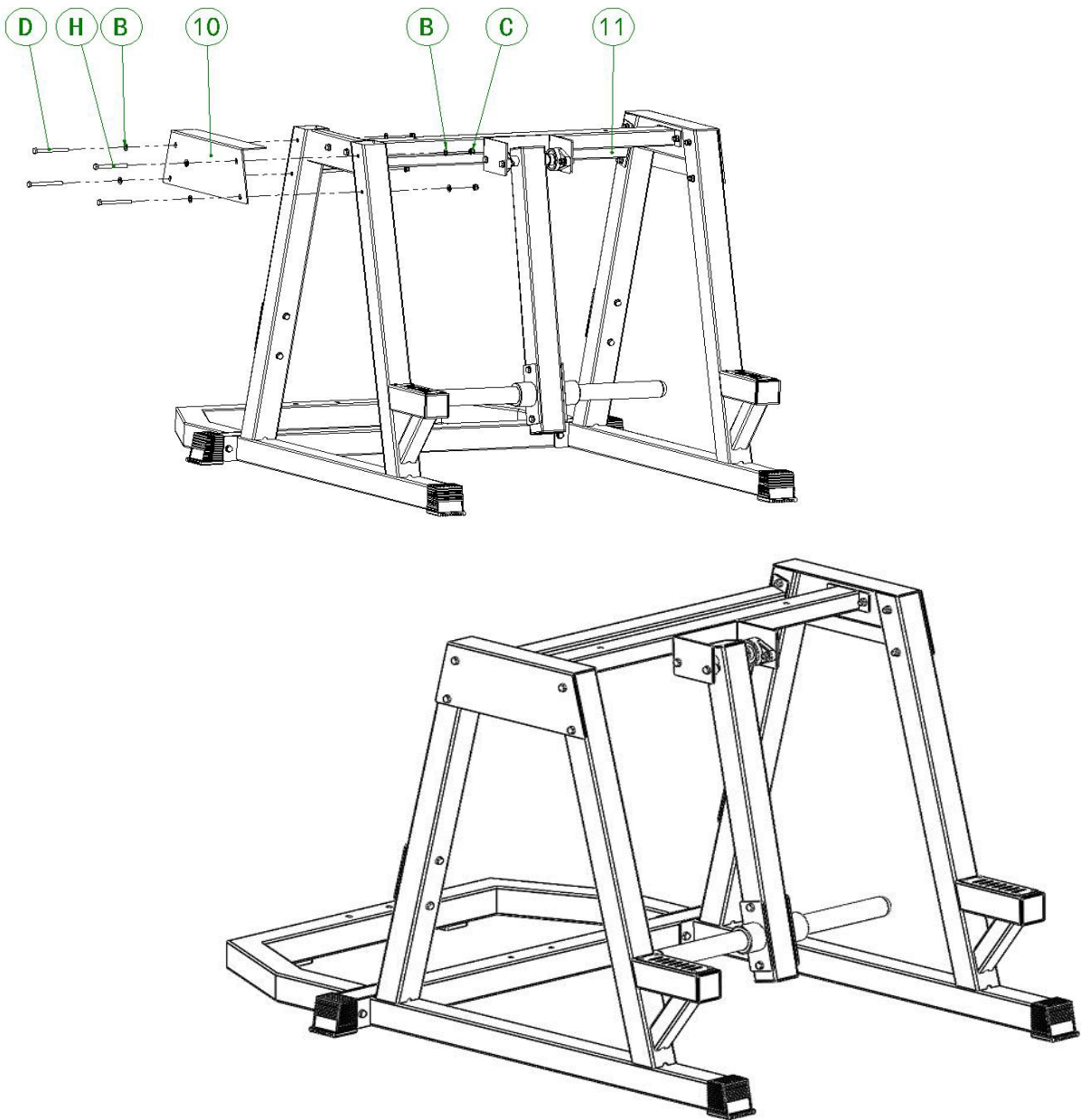
### No. 9 hanging piece combination \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.29	No.600 M10*100 hexagon screw	2			



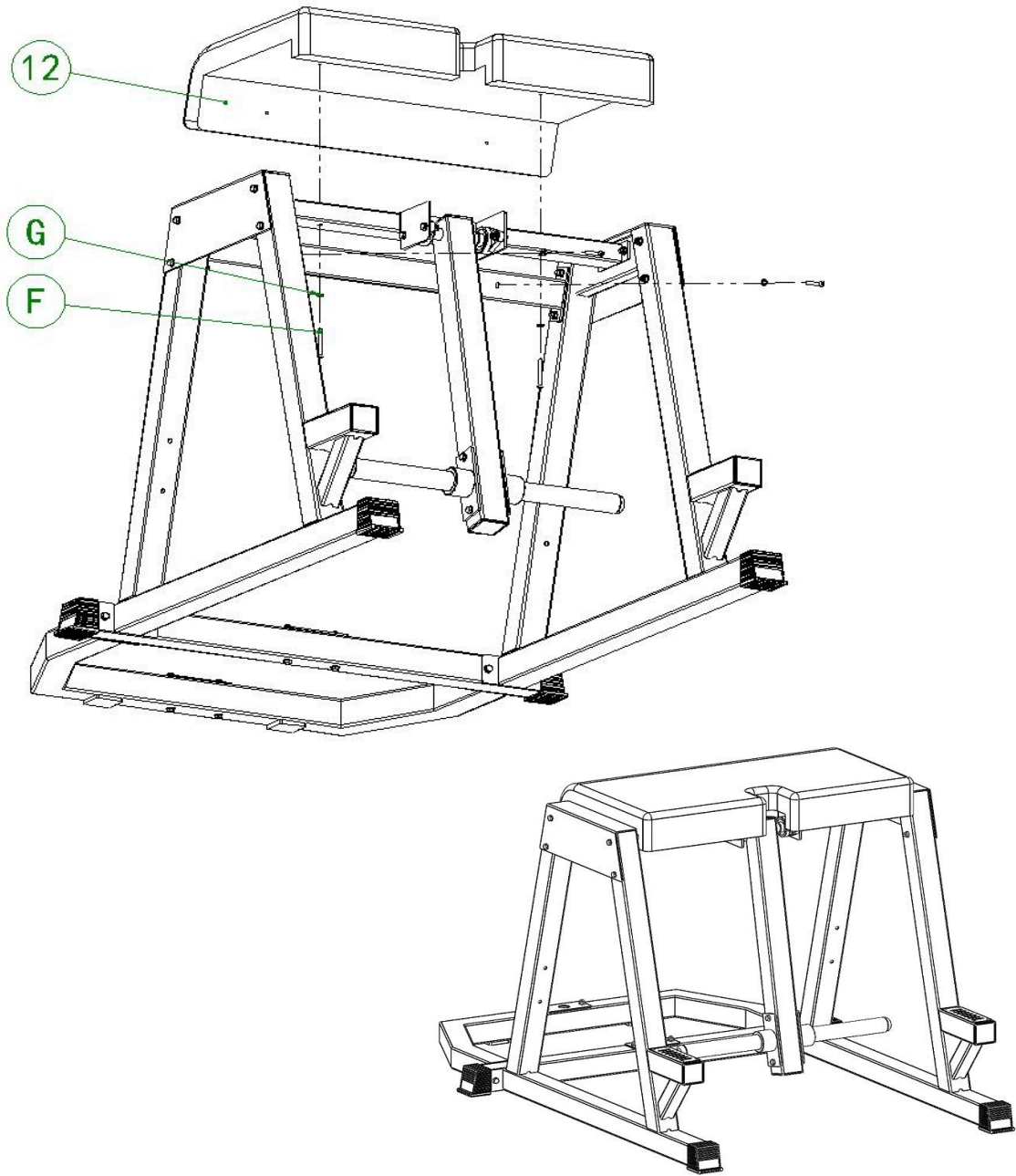
## ASSEMBLY STEPS. NO 3

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
3	No.10	0005 outer guard plate	2	B	Φ10 flat washer	16
	No.11	Cushion fixed welding group	1	C	M10 lock nut	8
				D	M10*100 hexagon screw	8
				H	M10*95 hexagon screw	4



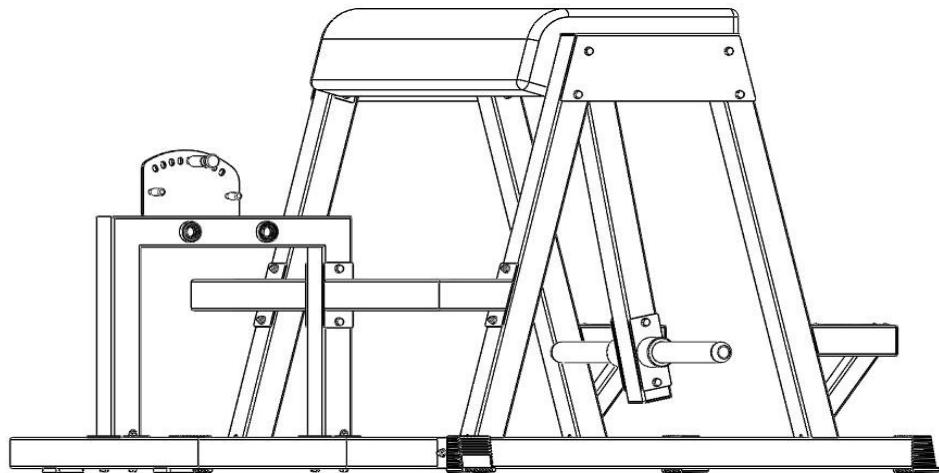
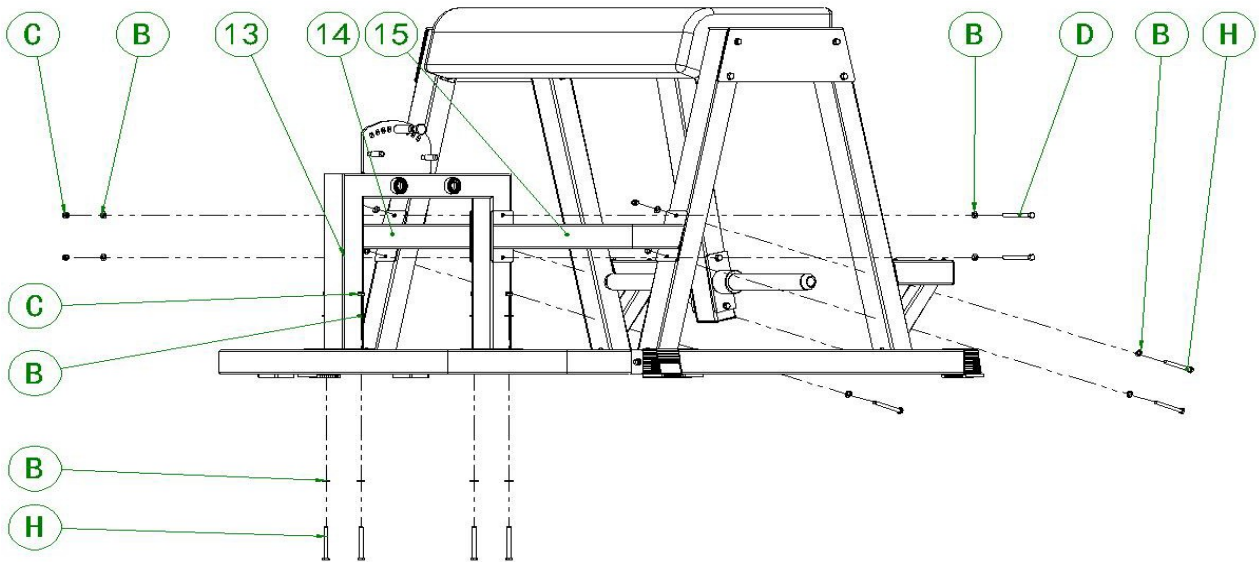
## ASSEMBLY STEPS. NO 4

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
4	No.12	0004 cushion	1	F	M8*70 round head screw	4
				G	Φ8 flat washer	4



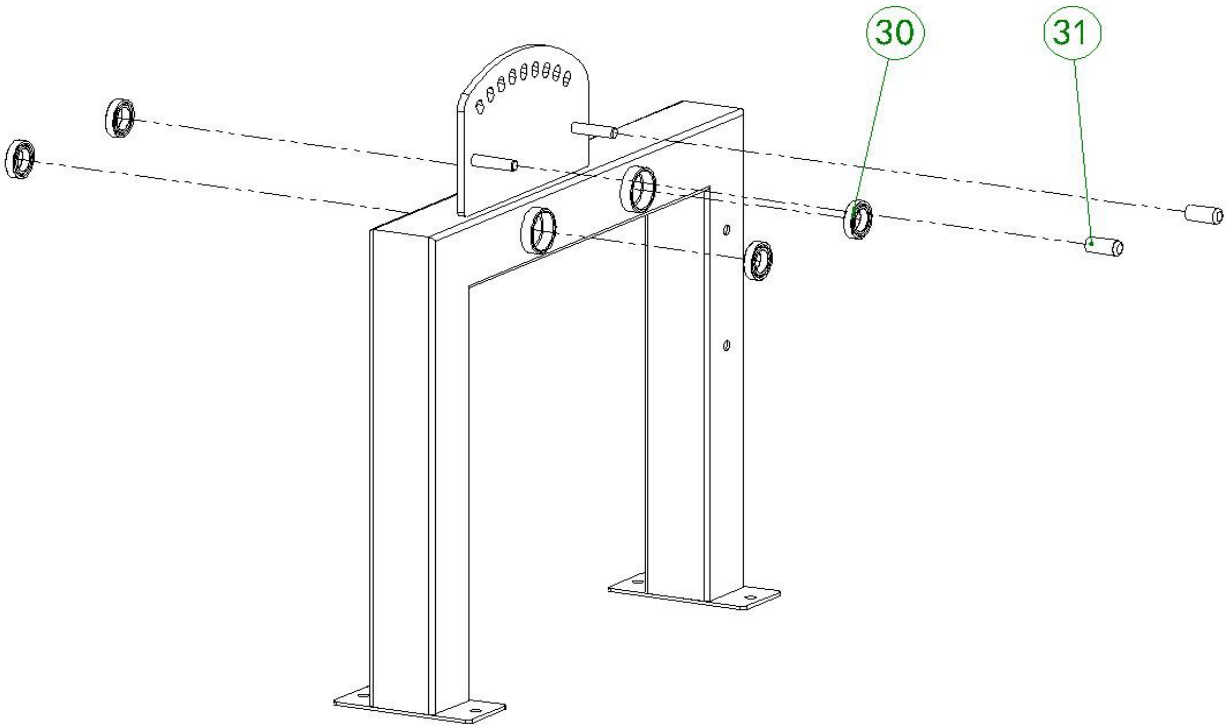
## ASSEMBLY STEPS. NO 5

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
5	No.13	Beam frame welding group	1	B	Φ10 flat washer	20
	Left connection	Left connection support group	1	C	M10 lock nut	10
	No.15	Right connection support group	1	D	M10*100 hexagon screw	2
				H	M10*95 hexagon screw	8



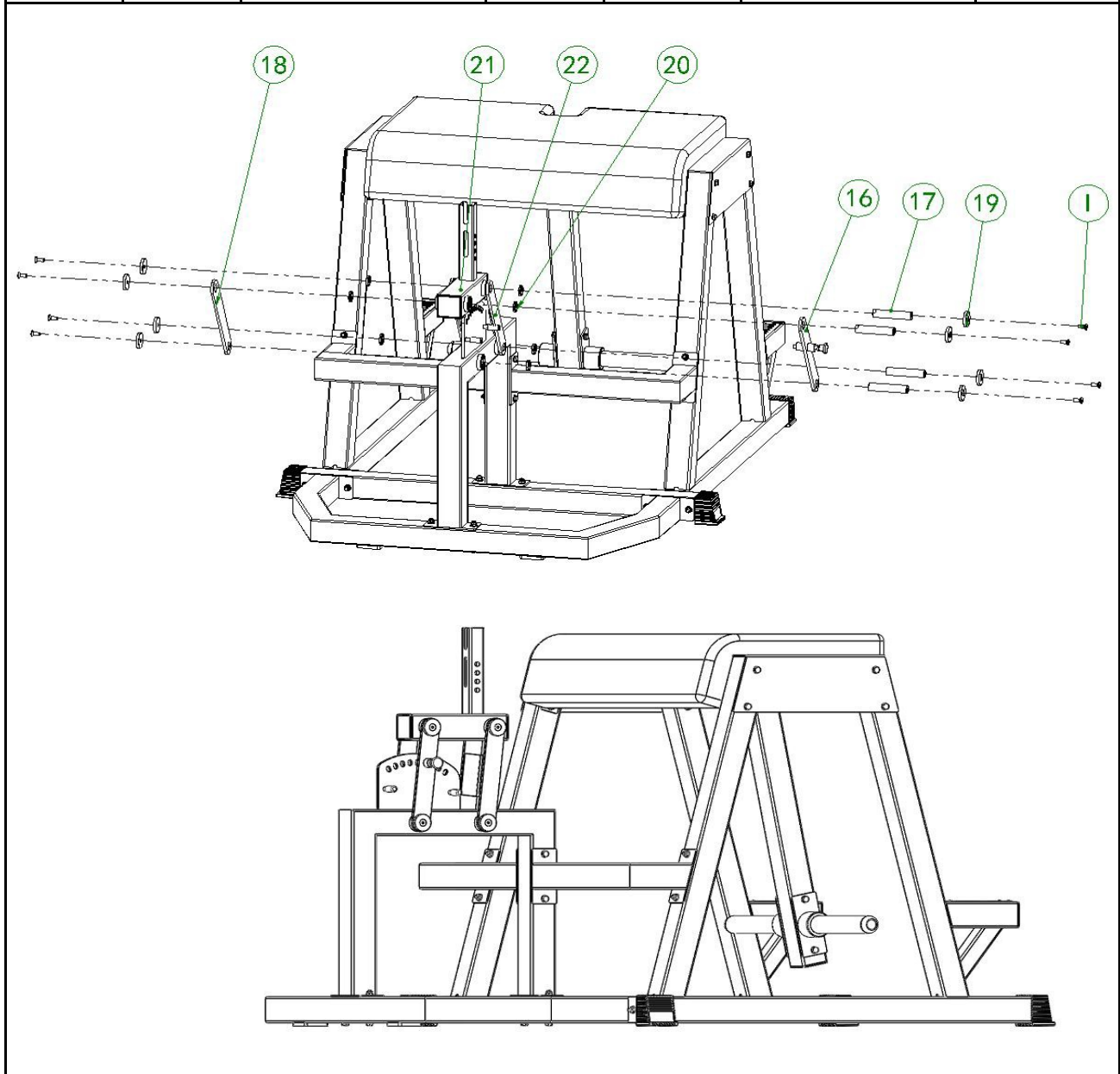
## No. 13 beam frame welding group \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.30	61905 deep groove ball bearing	4			
	No.31	Q1001-5064 limit sleeve polypropylene	2			



## ASSEMBLY STEPS. NO 6

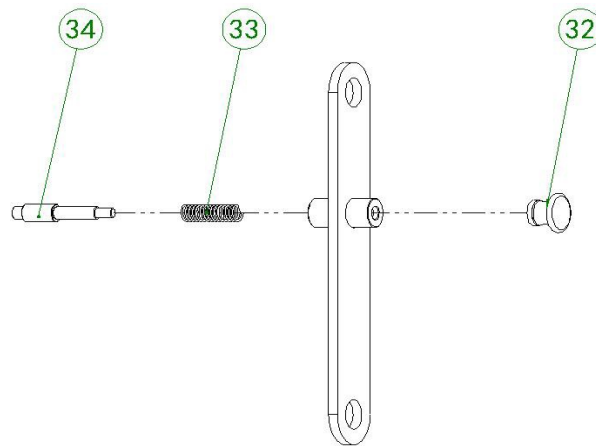
Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
6	No.16	Adjust linkage welding group	1	No.21	Adjust welding group	1
	No.17	0006 Shaft	4	No.22	Linkage welding group	1
	No.18	0803 linkage version	1	I	M10*25 flat countersunk head screw	8
	No.19	2004 aluminum alloy flat end cap	8			
	No.20	GT004 spacer	7			





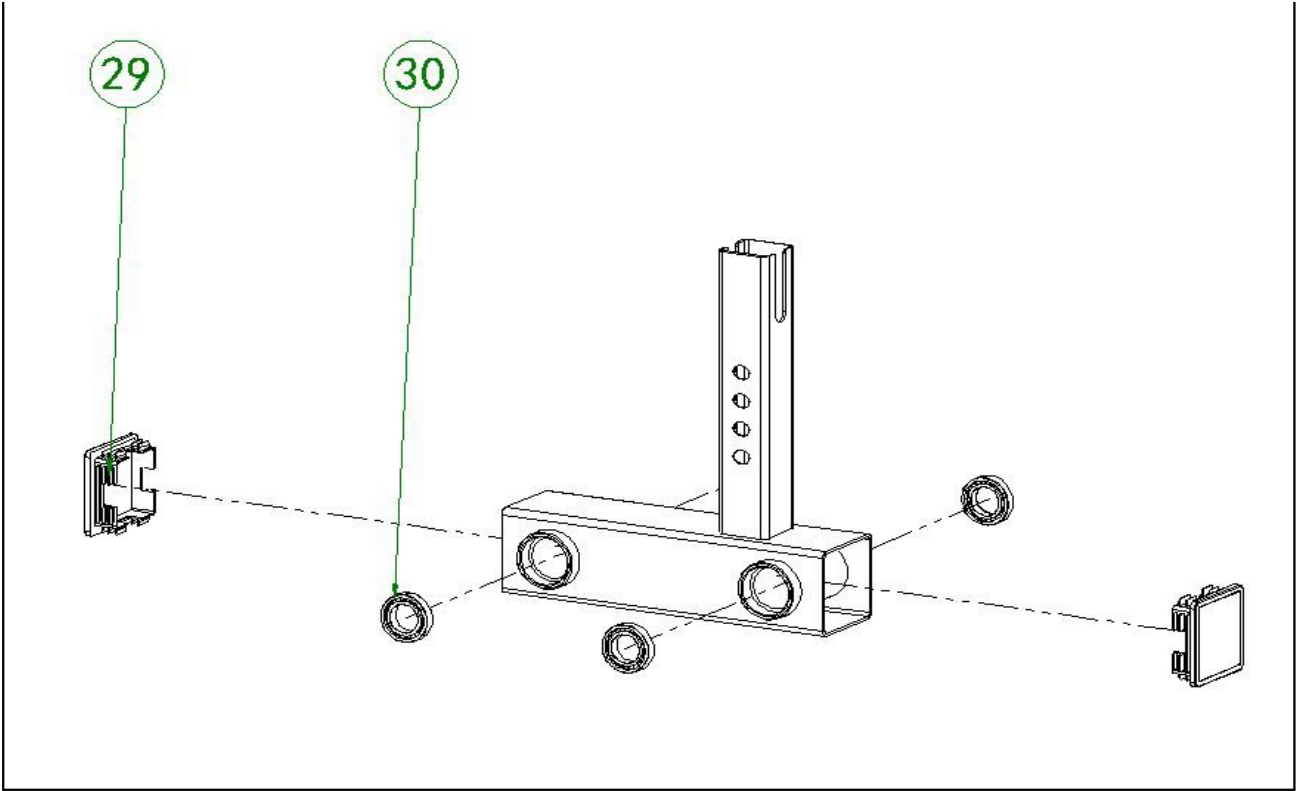
### No. 16 adjustment linkage welding group \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.32	Q1018-5029 aluminum alloy spring pin	1			
	No.33	Q1001-5090 spring	1			
	No.34	Q1021-2012 Pin (galvanized)	1			



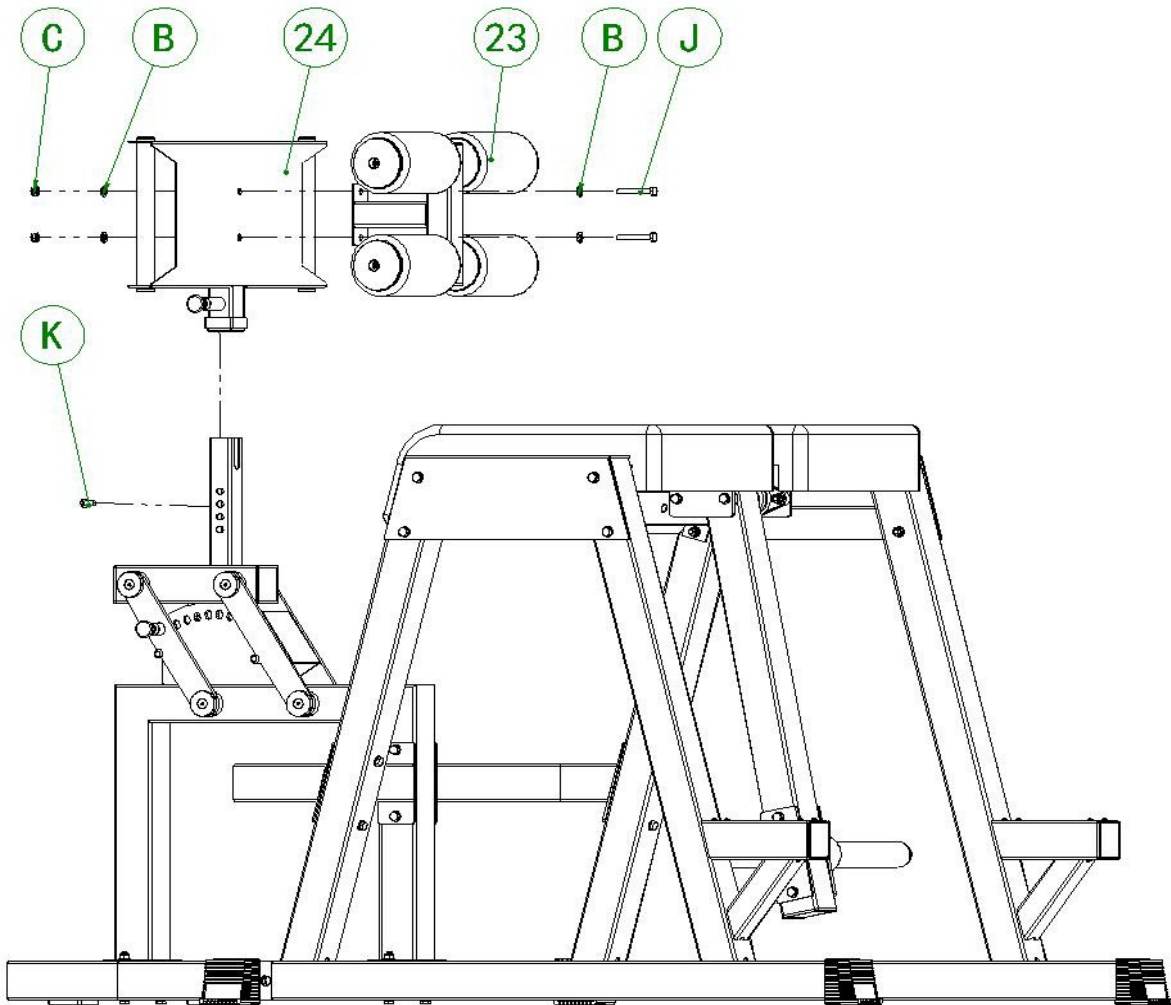
### No. 21 adjustment welding group \* 1

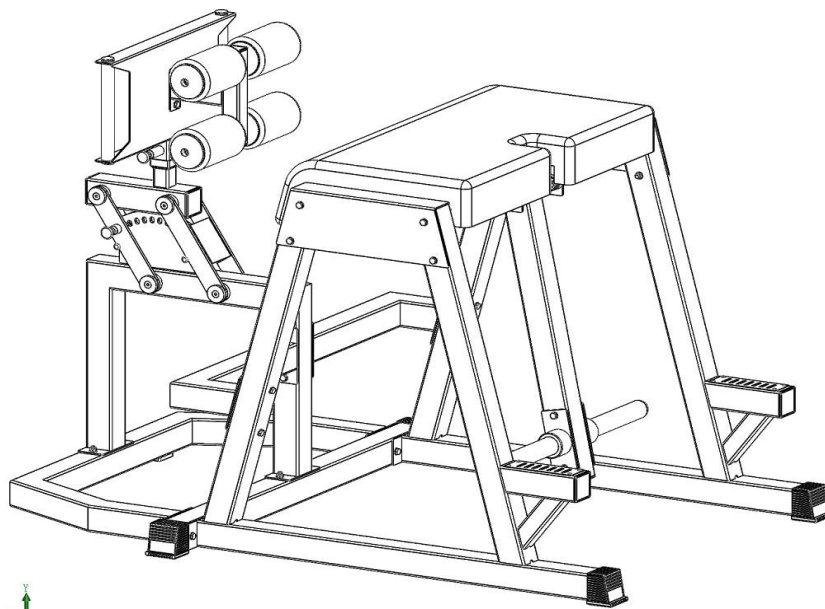
Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.29	No.600 M10*100 hexagon screw	1			
	No.30	61905 deep groove ball bearing	4			



## ASSEMBLY STEPS. NO 7

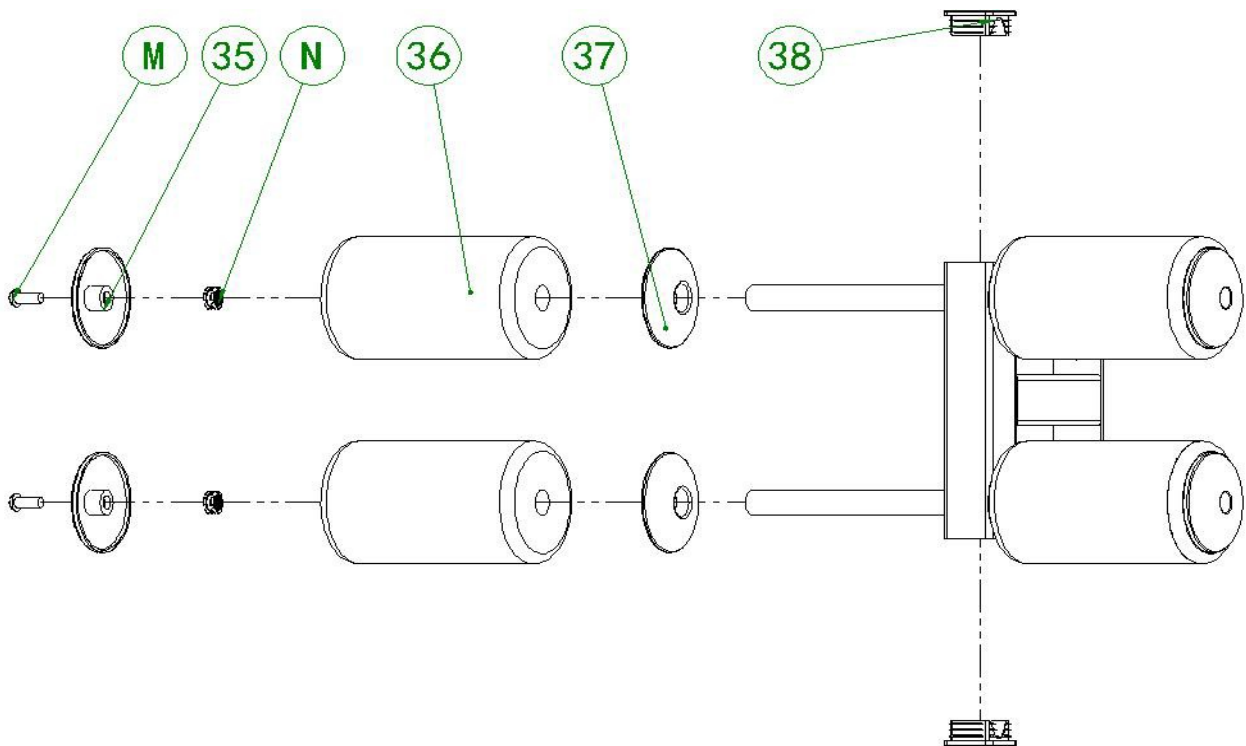
Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
7	No.23	Leg welding group	1	B	Φ10 flat washer	4
	No.24	Pedal welding group	1	C	M10 lock nut	2
				J	M10*70 hexagon screw	2
				K	M10*20 round head screw	1





## No. 23 pressure leg welding group \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.35	0004 foam cover	4	M	M10*25 flat head screw	4
	No.36	0005 Instant Noodle Roller F4	4	N	M10 star nut	4
	No.37	0003 Foam bucket inner cover	4			
	No.38	597 new square pipe plug 50*50	2			



## No. 24 pedal welding group \* 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.32	Q1018-5029 aluminum alloy spring pin	1			
	No.33	Q1001-5090 spring	1			
	No.34	Q1021-2012 Pin (galvanized)	1			
	No.39	7002 round pipe plug $\Phi$ 32	4			
	No.40	2126 sliding sleeve	1			

