

FRENCH FITNESS

FF-RR-LPLW

**FRENCH FITNESS RIG & RACK LAT
PULLDOWN / LOW ROW W/STABILIZER BAR**

ASSEMBLY MANUAL



FEATURES

- Built with commercial-grade steel construction, ensuring durability and longevity.
- Crafted with a powder-coated finish to enhance durability and provide an extra layer of protection.
- Equipped with premium-grade pulley wheels, engineered for outstanding performance and longevity.
- Easy to install and remove, making it suitable for both home and commercial gyms.
- Designed to attach securely to your Rig & Rack system, ensuring stability and safety during exercises.
- Maximizes your workout space by eliminating the need for separate bulky machines.
- Facilitates quick transitions between exercises, optimizing your workout efficiency.
- Provides the benefits of multiple gym machines in one attachment, saving you money compared to purchasing individual equipment.
- Peg Diameter (To Attach to Rig & Rack Pre-Configured Rigs, or Rig & Rack Frame Pieces): 1"
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Tube size: 75mm x 3mm
- Length: 42.5"

WARRANTY

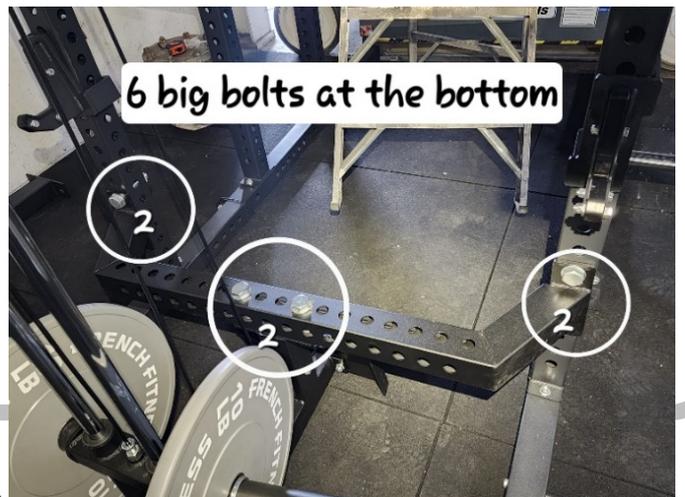
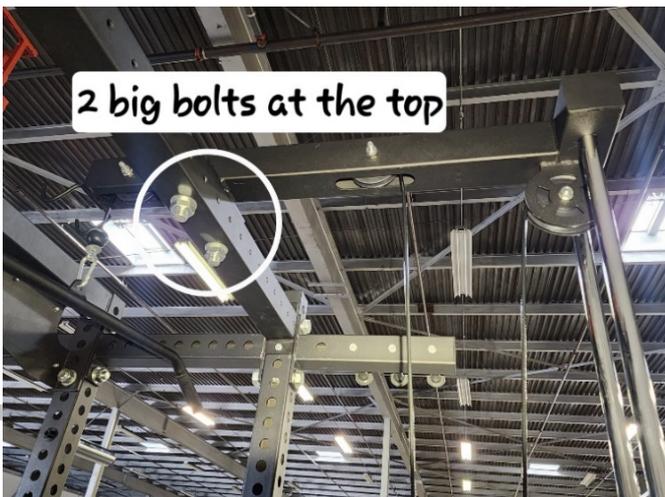
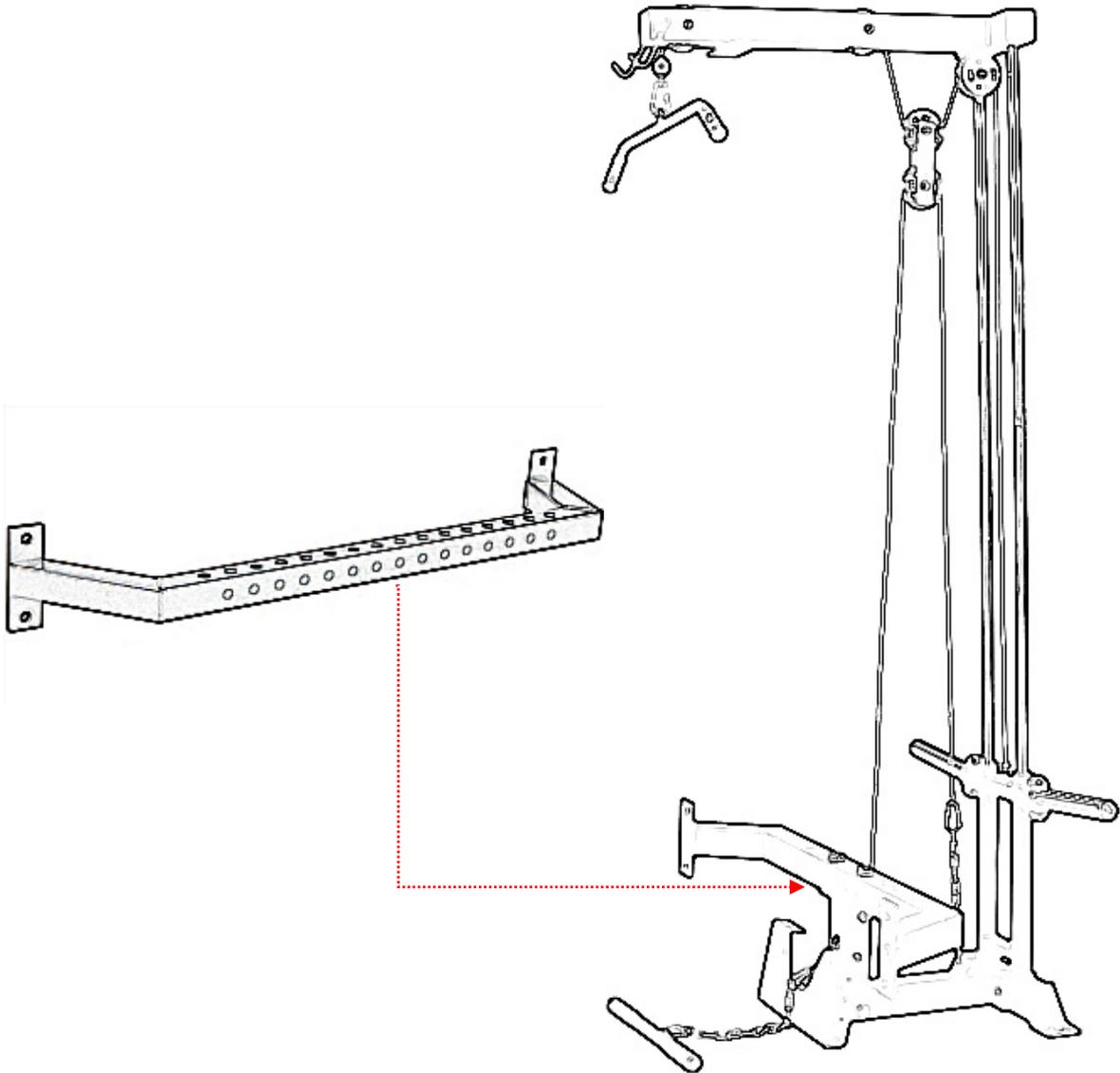
10 Years Parts, 1 Year Labor (Commercial)

STEP 2: PICS SHOWN ON DHR80

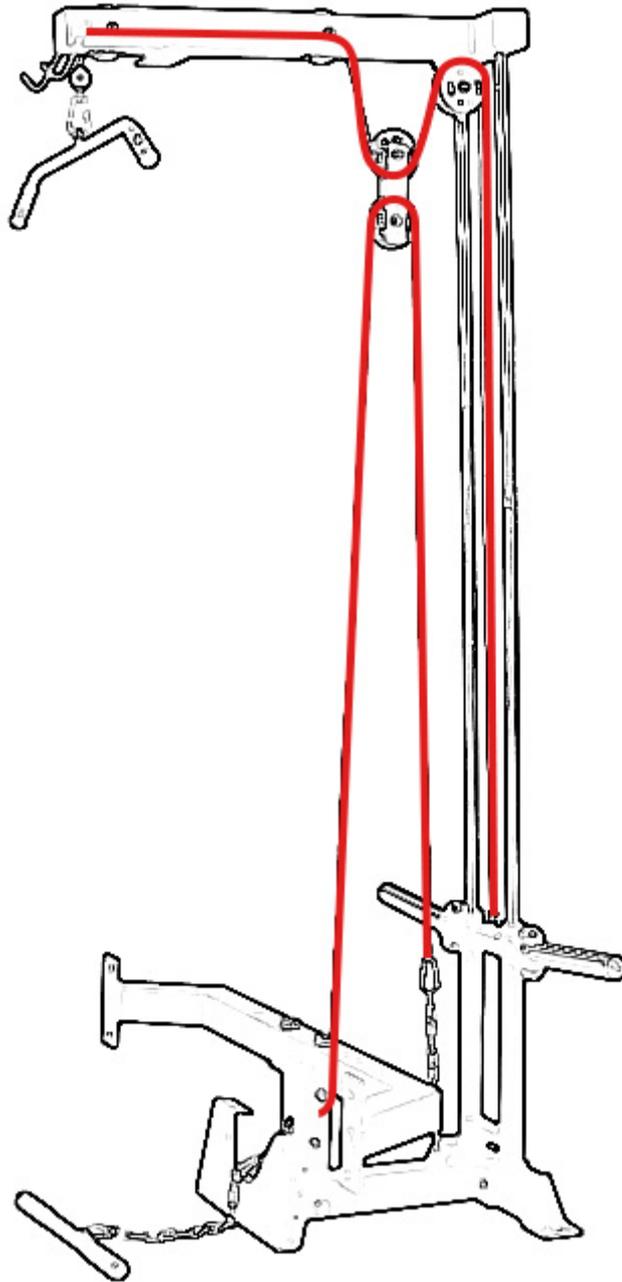


The French Fitness Rack & Rig Low Row / Lat Pulldown Attachment can be installed facing the back of the machine, or the front of the machine.

METAL PARTS ASSEMBLY



STEP 3: CABLE ROUTING



LIST OF COMPATIBLE ITEMS

Product Code	Product Name	Product Image
FFM-R30-RE	French Fitness R30-RE Monster Power Rack (New)	
FFM-R30-3DSMITH	French Fitness R30-3DS Monster 3D Dual Action Smith Rack (New)	
FFM-R30	French Fitness R30 Monster Power Rack (New)	
FF-DHR80	French Fitness DHR80 Double Half Rack / Cage (New)	

FF-RIG20	French Fitness Free Standing Rig & Rack System 20 (New)	
FF-RIG21	French Fitness Free Standing Rig & Rack System 21 (New)	
FF-RIG5	French Fitness Free Standing Rig & Rack System 5 (New)	
FF-RIG6	French Fitness Free Standing Rig & Rack System 6 (New)	
FF-RIG9	French Fitness Free Standing Rig & Rack System 9 (New)	

<p>FF-RIG2</p>	<p>French Fitness Free Standing Rig & Rack System 2 (New)</p>	
<p>FF-RIG3</p>	<p>French Fitness Free Standing Rig & Rack System 3 (New)</p>	
<p>FF-RIG11</p>	<p>French Fitness Free Standing Rig & Rack System 11 (New)</p>	
<p>FF-RIG10</p>	<p>French Fitness Free Standing Rig & Rack System 10 (New)</p>	
<p>FF-SHR80</p>	<p>French Fitness SHR80 Single Half Rack / Cage (New)</p>	