

FRENCH FITNESS

FFS-ACLB / FFT-ACLB

FRENCH FITNESS SHASTA / TAHOE ABDOMINAL
CRUNCH / LOWER BACK (NEW)

ASSEMBLY MANUAL



OR



FEATURES

- 11 Gauge Steel
- 50 x 100 mm, thickness 3 mm
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Standard rear shrouds
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically

locks in place and is connected to stack to prevent loss

- California Residents see Prop 65 WARNINGS

WORKOUT AREA

- Very compact and do not require much extra space for full function; No extra height is needed to operate - other than the users height when on the machine
- The only extra width consideration is enough room for a user to access the unit (the machines do not need any extra width to operate) just for the user to actually get into it
- Add 20" of length out the back of the unit to allow the pad bar to pivot out for back extensions

TECH SPECS

- Dimensions: 46"L x 41"W x 56"H (L:1170mm, W:1020mm, H:1400mm)
- Machine Weight: 408 lbs (185 kg)
- Weight Stack: 212 lbs (96 kg)
- (2) Weight Stack Adapters: 2.5 & 5 lbs. Add to the weight stack when needed so the weight stack can increase the weight stack by 2.5 lb increments.
- (16) Weight Plate, EA 13.23 lbs (6 kg)
- Weight to Pulley Ratio: 1:1
- User Height Range: 4'11" to 6'5" (149.86 cm to 195.58 cm)
- Paint Color: Silver / Black
- Vinyl Color: Black

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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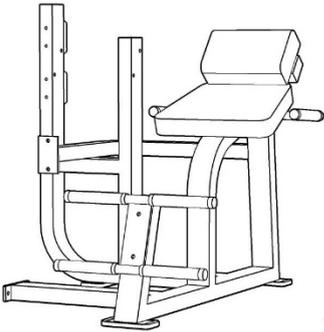
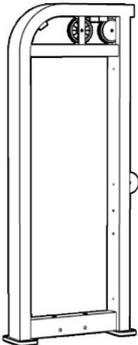
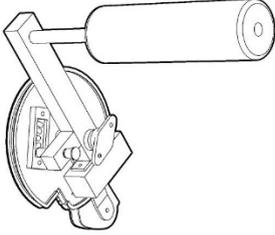
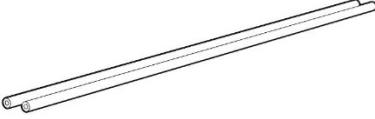
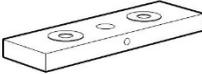
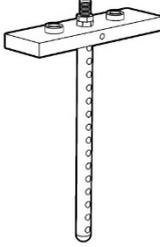
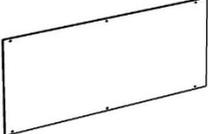
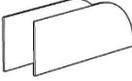
CAUTIONS

Security precautions

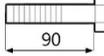
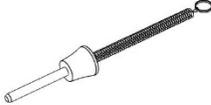
To ensure your safety, please read the following notes before using this product read, study and understand the instructions and all warning labels before use.

1. It is recommended to be familiar with the normal operation and usage of the apparatus before using this product. Relevant information is available on this instruction sheet as well as at local retailers .
2. Be sure to keep this specification and ensure that all warning labels are clear and complete.
3. This product is recommended for installation by more than two people.
4. Ask doctor for advice before you start exercising.
5. Please keep your hands, limbs and clothes stretch so that you can fully and safely use this device.
6. Note any possible signs of mechanical occurrence, including part wear, hardware loosening, and welding cracks. If any of the above signs immediately stop using this device and contact our after-sales service department. You can use a wrench to complete the assembly.
7. The user of this product shall not exceed 150 kg.
8. The right of final interpretation of the product is vested in the Company without prior notice of change.

PFRTS LIST

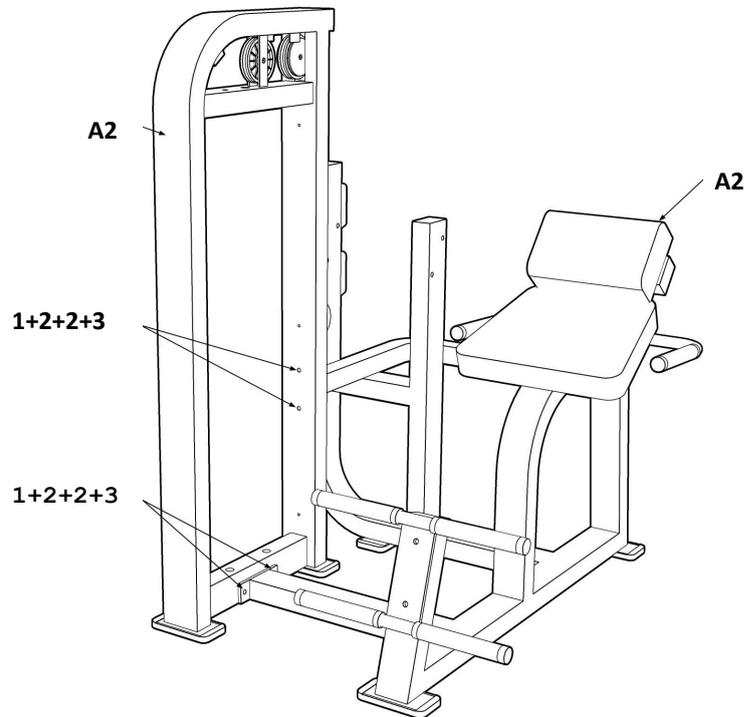
| | | |
|--|--|---|
| A1. MAIN PART  1pc | A2. COUNTERWEIGHT FRAME  1pc | B. TRAINING PART  1pc |
| C1. COUNTERWEIGHT GUIDE ROD  1pair | C2. COUNTERWEIGHT  15pcs | C3. COUNTERWEIGHT HANG ROD GROUP  1pc |
| D1. COUNTERWEIGHT FRAME SAFE BOARD  1pc | D2. SPORTS SIGN  1pair | |

HARDWARE LIST

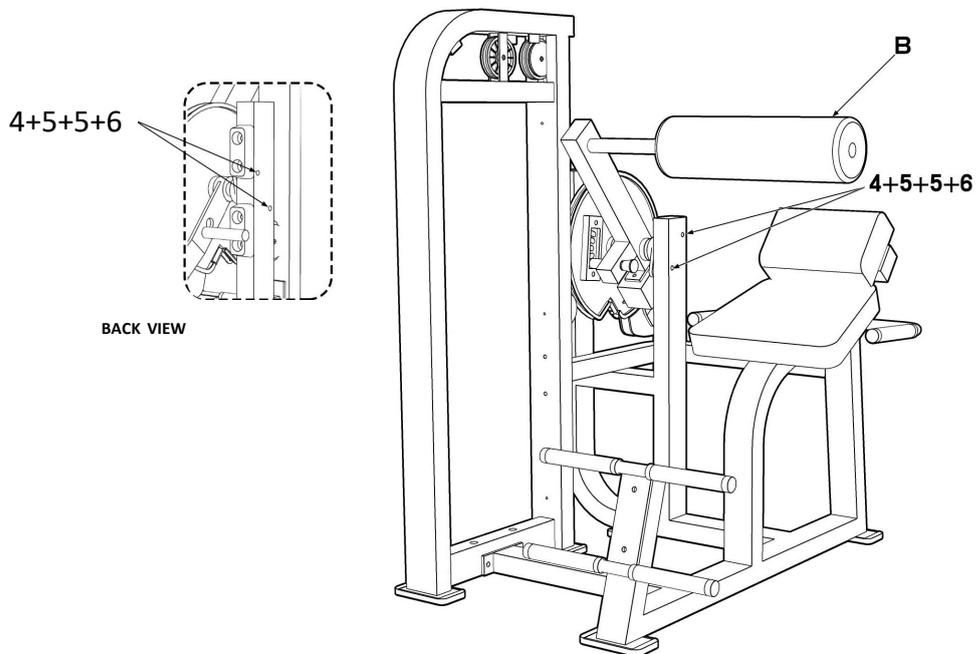
| | | | | | |
|--|---|--|---|--|---|
| 1. BOLT(M10*75)  4pcs | 2. WASHER(M10)  10pcs | 3. LOCKNUT(M10)  4pcs | 4. BOLT(M12*90)  4pcs | 5. WASHER(M12)  8pcs | 6. LOCKNUT(M12)  4pcs |
| 7. SHOCK PAD  2pcs | 8. BOLT(M10*65)  2pcs | 9. COUNTERWEIGHT INSERTED ROD  1pc | 10. CABLE  1pc | | |
| 11. COUNTERWEIGHT FRAME SAFE BOARD SUPPORT  6pcs | 12. BOLT+NUT(M5*20)  6pcs | 13. BOLT(M6*15)  6pcs | | | |

ASSEMBLING STEPS

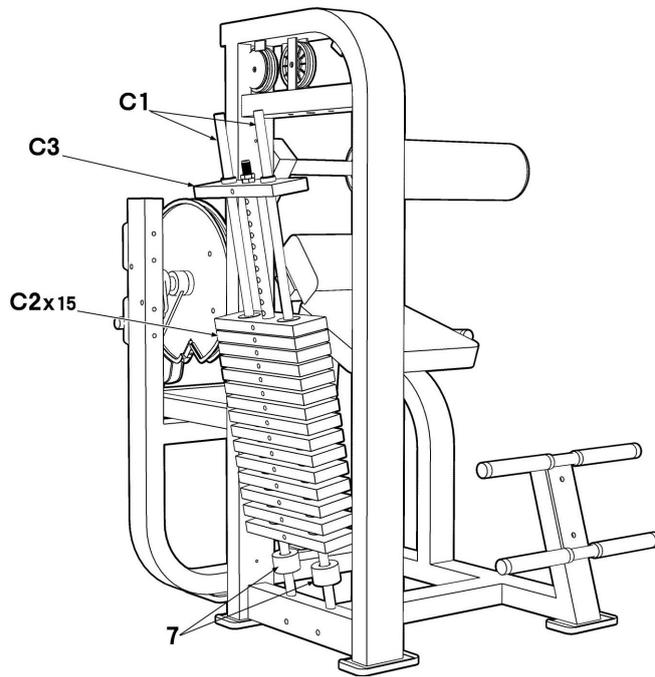
STEP 1. Step 1. Assemble the main part: Connect A1 and A2 with corresponding screws.



STEP 2. Installation Training part:
Align B with the corresponding hole position of A1 and connect with the corresponding screws.

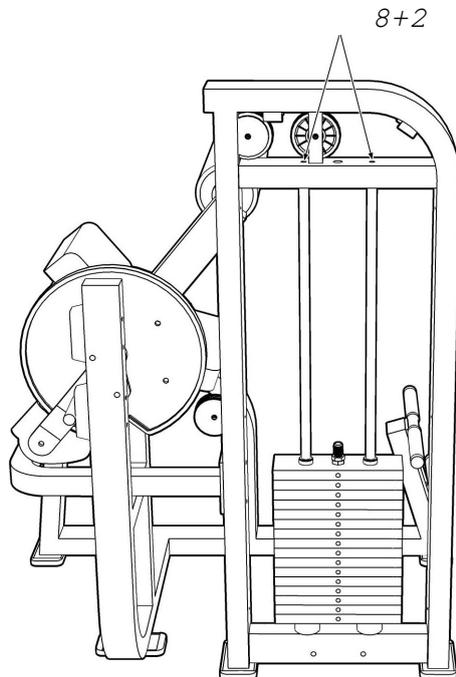


STEP 3. Install the counterweight:
Insert C1 into the hole corresponding to A2, and slide 7, C2 and C3 into C1.



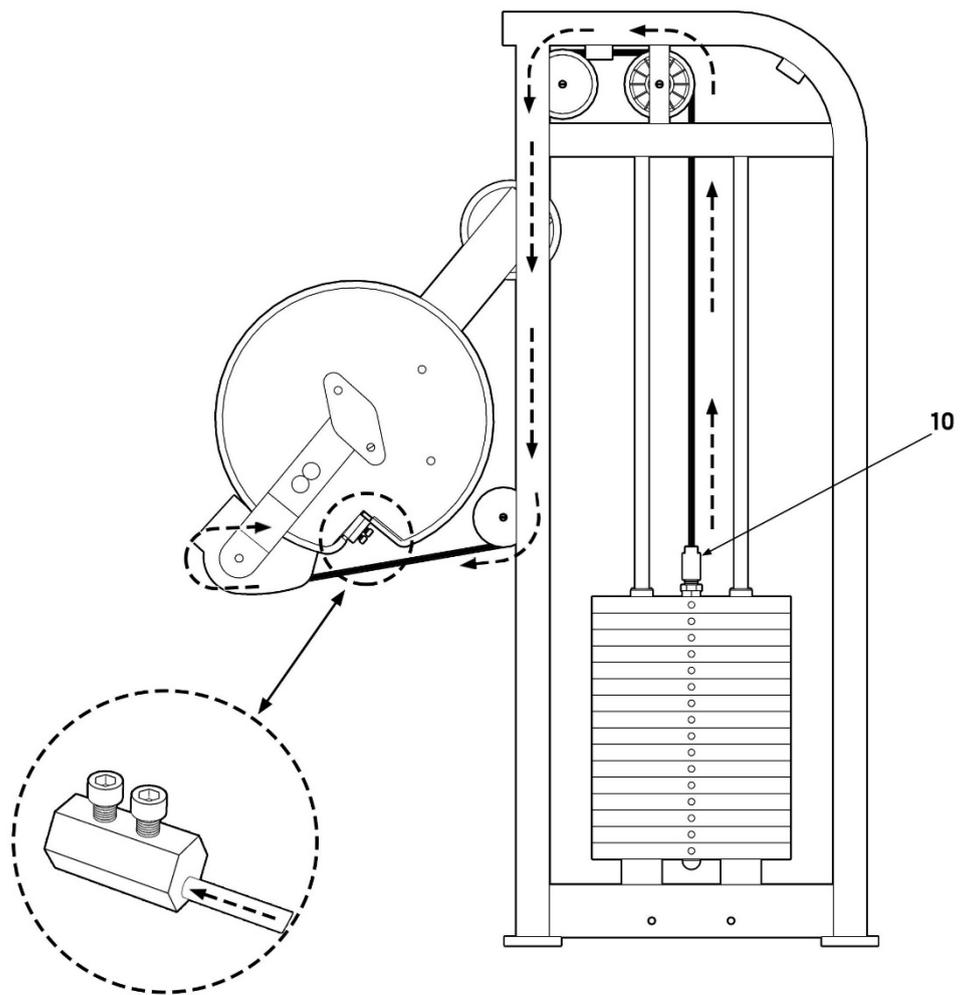
STEP 3-2.

Fix C1 at the corresponding hole position of A2 with corresponding screws.

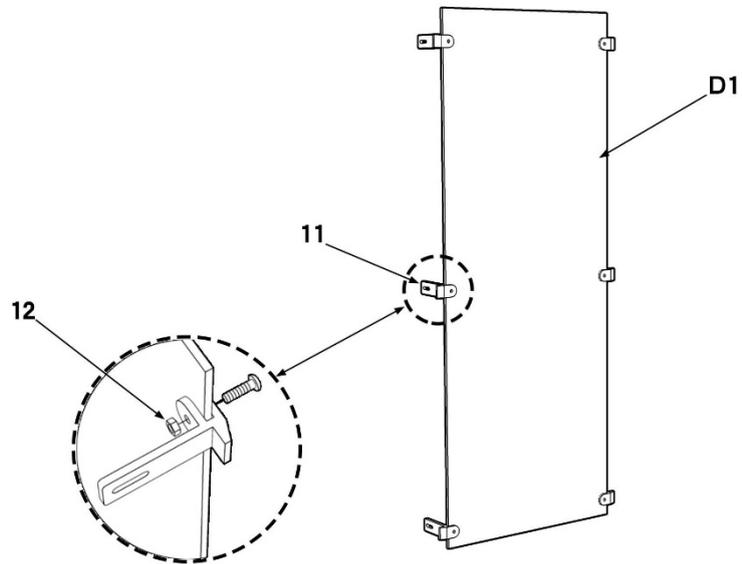


STEP 4. Install the cable

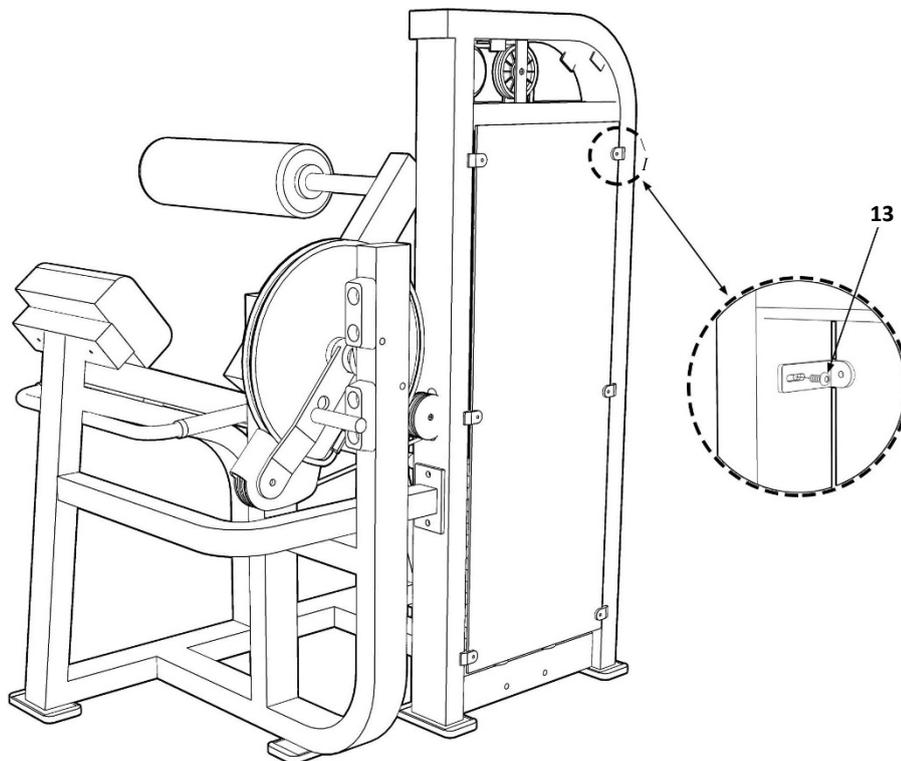
Install 10 on C3, and the other end passes through each pulley in turn, and then insert it into the hole of Bas shown in the figure and lock it with hexagon socket head screws.



STEP 5. Install the counterweight frame safe board :
Install 11 to D1 with corresponding screws at each hole position as shown in the figure.



STEP 5-2. Install the counterweight frame safe board :
Install 11 to D1 with corresponding screws at each hole position as shown in the figure.



STEP 6. Install the sports sign:

Uncover the double-sided adhesive tape on the counterweight frame and stick D2 at the position shown in the figure.

