

# FRENCH FITNESS

FFS-CSMP / FFT-CSMP

**FRENCH FITNESS SHASTA / TAHOE  
CHEST/SHOULDER MULTI PRESS (NEW)**

**ASSEMBLY MANUAL**



OR



## FEATURES

- 11 Gauge Steel
- 50 x 100 mm thickness 3mm Steel tube
- 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
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- 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
- Standard rear shrouds

## TECH SPECS

- (16) Weight Plate, EA 13.23 Lb (6 kg)
- 212 lb Weight Stack (96 kg)
- Top Weight Stack Selector Weights: (2) 5.5 lb (2.5 kg) Selector Plates for Incremental Weight Adjustments.
- Weight to Pulley Ratio: 1:1
- Weight: 476 lb (216 kg)
- Dimensions: 80"L x 55.5"W x 64.25"H
- User Height Range: 4'11" to 6'5" (149.86 cm to 195.58 cm)

## WARRANTY

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

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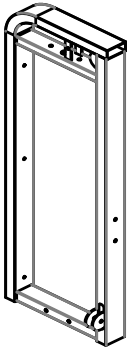
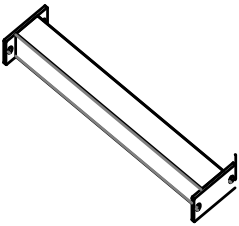
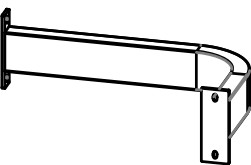
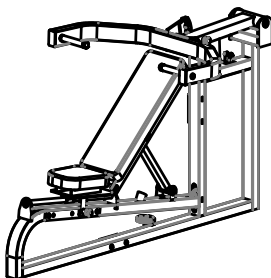
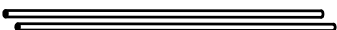
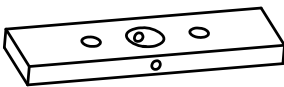
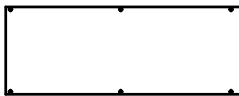
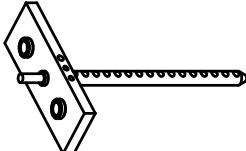
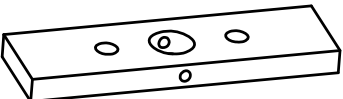

## CAUTIONS

### Security precautions



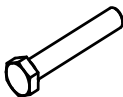
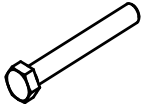
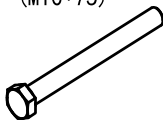
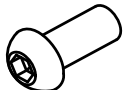
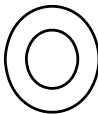


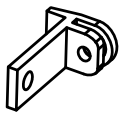
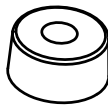


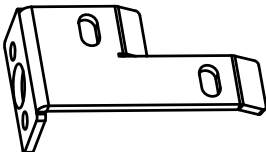
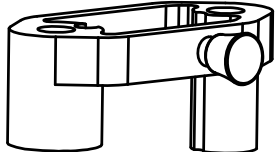
To ensure your safety, please read the following notes before using this product read, study and understand the instructions and all warning labels before use.

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.

# PARTS LIST

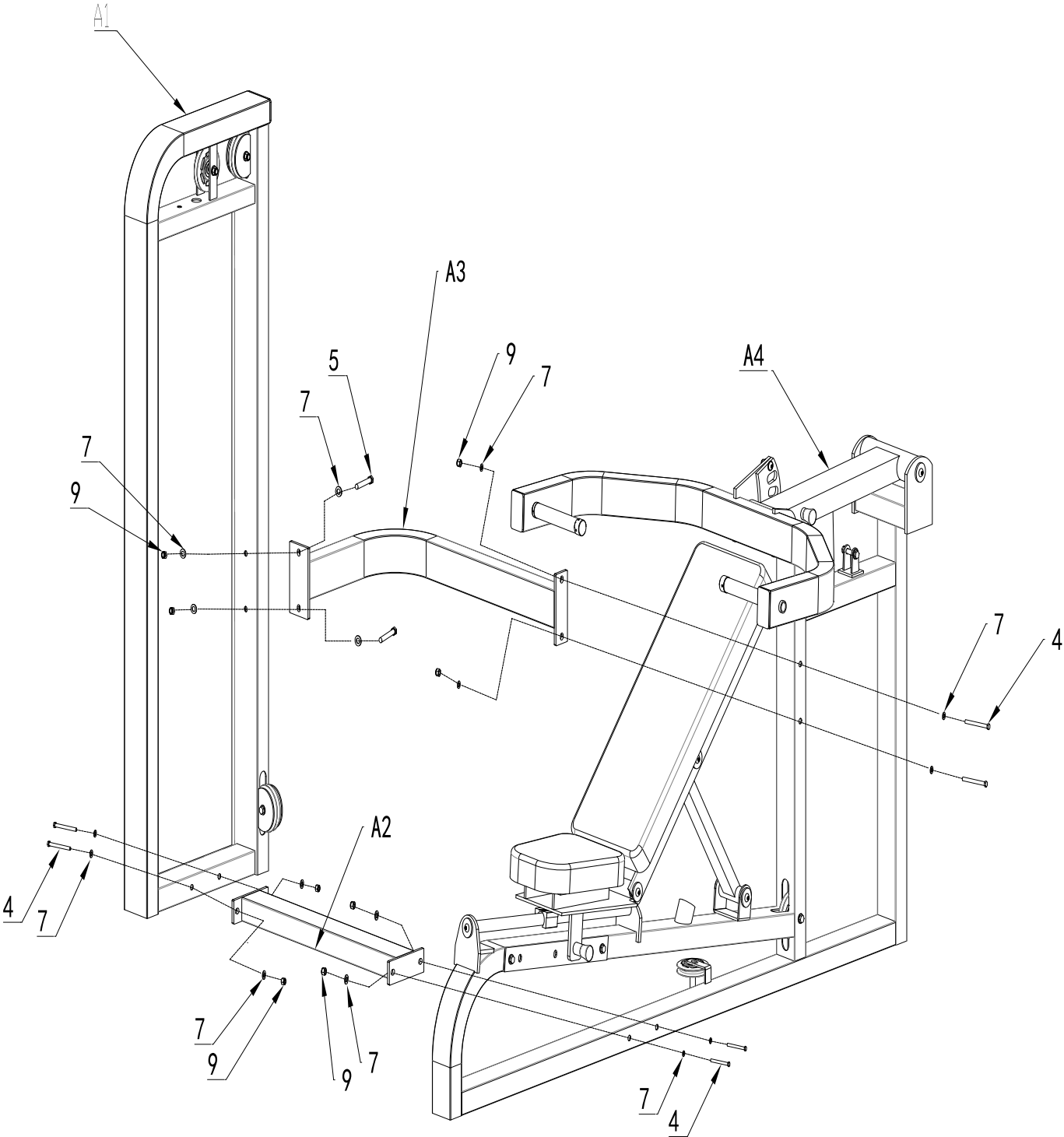
<p>A1. Main frame</p>  <p>1pcs</p>	<p>A2. CONNECTING BEAM</p>  <p>1pcs</p>	<p>A3. CONNECTING BEAM</p>  <p>1pcs</p>	<p>A4. MAIN PART</p>  <p>1pcs</p>
<p>B1. COUNTERWEIGHT GUIDE ROD</p>  <p>1pair</p>	<p>B2. COUNTERWEIGHT-5KG</p>  <p>5pcs</p>	<p>C1. COUNTERWEIGHT FRAME SAFE BOARD</p>  <p>1pcs</p>	
<p>B4. COUNTERWEIGHT HANG ROD GROUP</p>  <p>1pcs</p>	<p>B3. COUNTERWEIGHT-7.5KG</p>  <p>12pcs</p>	<p>C2. SPORTS SIGN</p>  <p>1pair</p>	

## HARDWARE LIST

<p>1. HEX BOLT (M8*15)</p>  <p>6pcs</p>	<p>2. HEX BOLT (M6*20)</p>  <p>6pcs</p>	<p>3. HEX BOLT (M10*50)</p>  <p>2pcs</p>	<p>4. HEX BOLT (M10*105)</p>  <p>6pcs</p>	<p>5. HEX BOLT (M10*75)</p>  <p>2pcs</p>	<p>6. ALLEN BOLT (M6*15)</p>  <p>2pcs</p>
<p>7. WASHER (M10)</p>  <p>18pcs</p>	<p>8. LOCKNUT (M6)</p>  <p>6pcs</p>	<p>9. LOCKNUT (M10)</p>  <p>8pcs</p>	<p>10. COUNTERWEIGHT FRAME SAFE BOARD SUPPORT</p>  <p>6pcs</p>	<p>11. SHOCK PAD</p>  <p>2pcs</p>	<p>COUNTERWEIGHT INSERTED ROD</p>  <p>1pcs</p>
<p>12. CABLE</p>  <p>1pcs</p>		<p>13. TRIMMER PLATE</p>  <p>1pcs</p>		<p>14. FINE BALANCE</p>  <p>2pcs</p>	

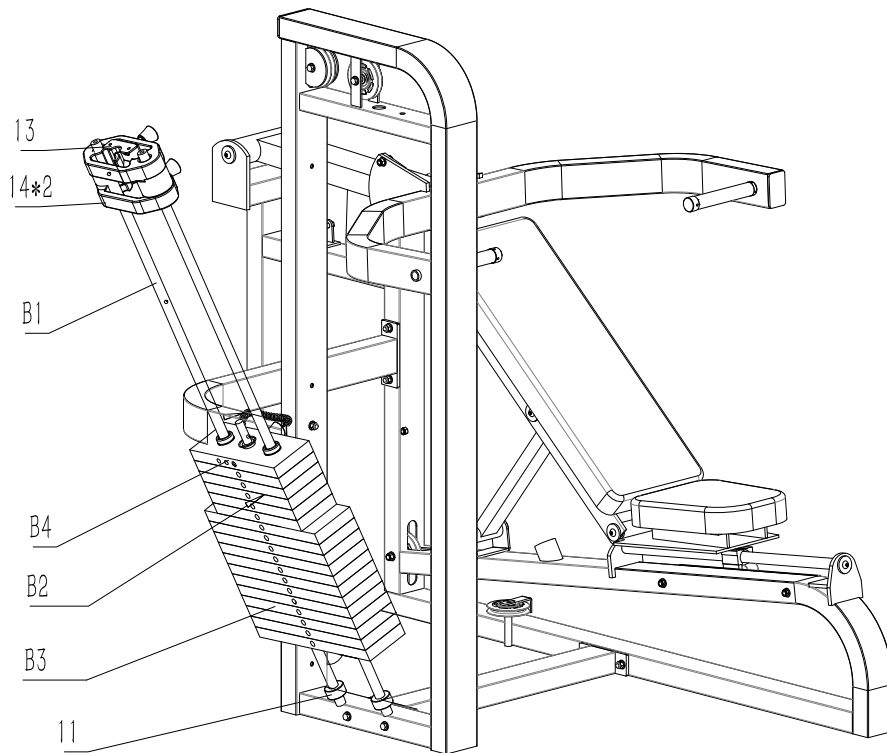
# ASSEMBLY INSTRUCTIONS

**STEP 1.** Assemble the COUNTERWEIGHT FRAME :  
Connect A1, A2, A3 and A4 with corresponding screws



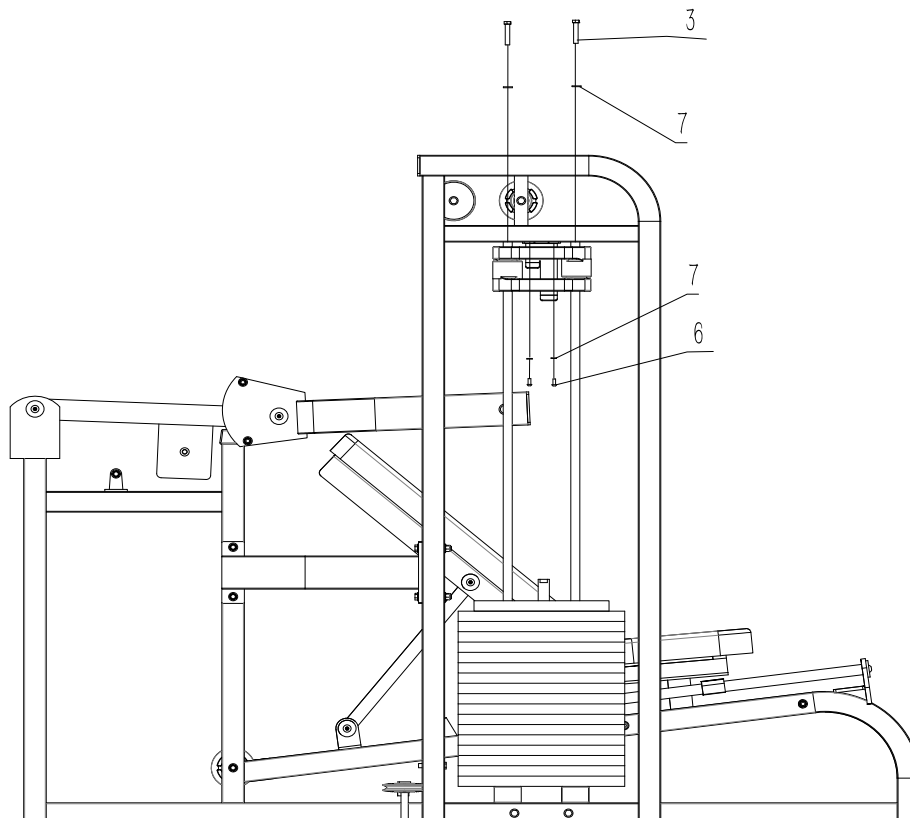
## STEP 2. Install the counterweight:

Insert B1 into the hole corresponding to A1, and slide 10, 11, 12, 13 and B2, B3, B4 into B1



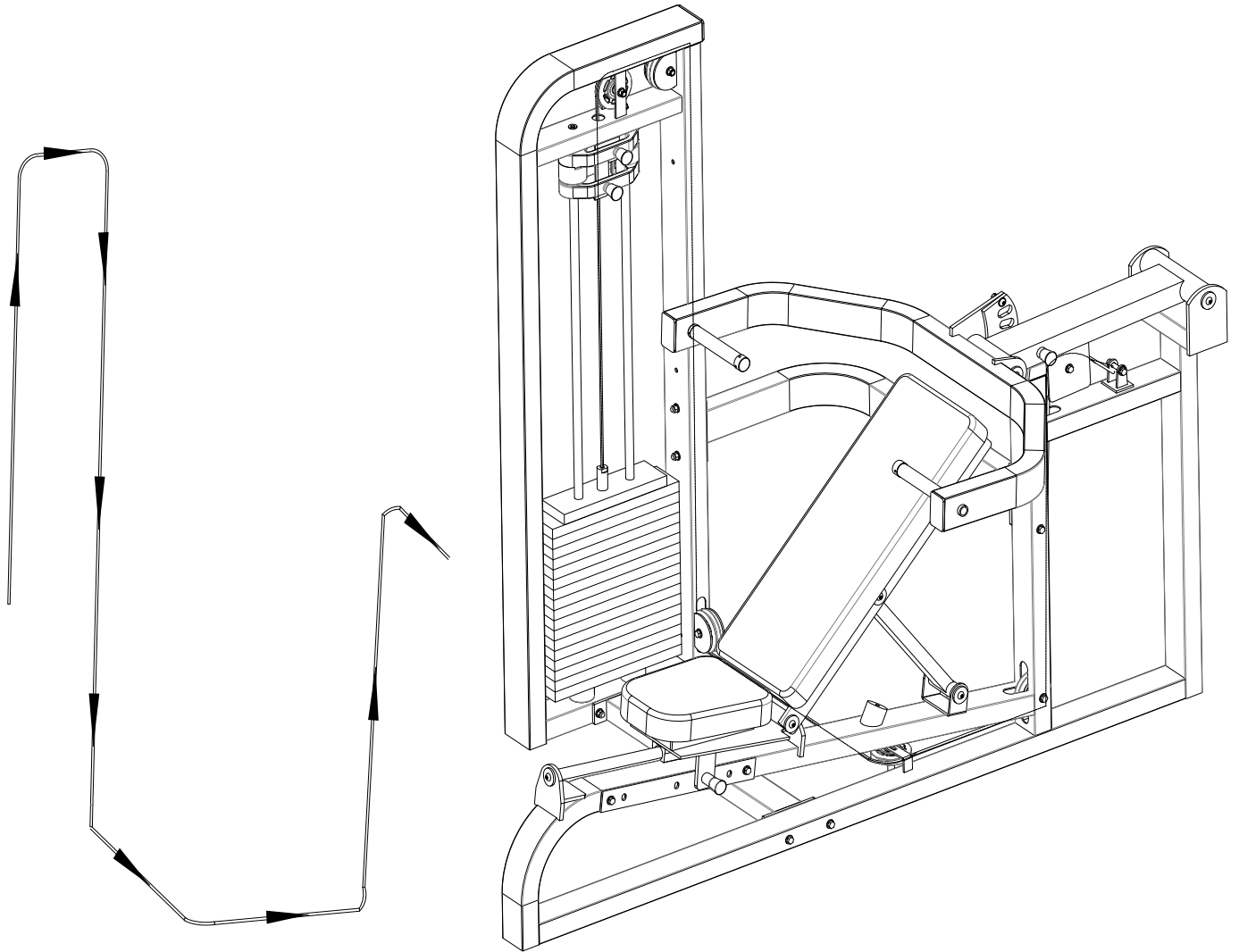
## STEP 3.

Fix B1 at the corresponding hole position of A1 with corresponding screws



## STEP 4. Install the cable

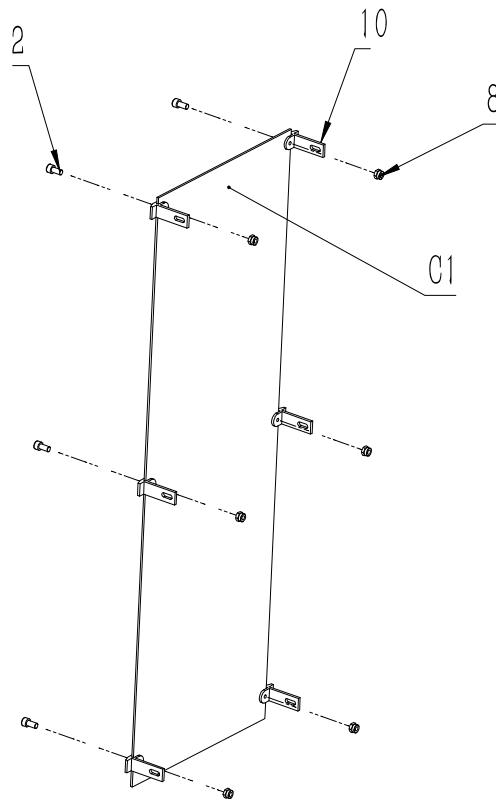
Install 11 on B1, and the other end passes through each pulley in turn, and then insert it into the hole oiB as shown in the figure and lock it with hexagon socket head screws.





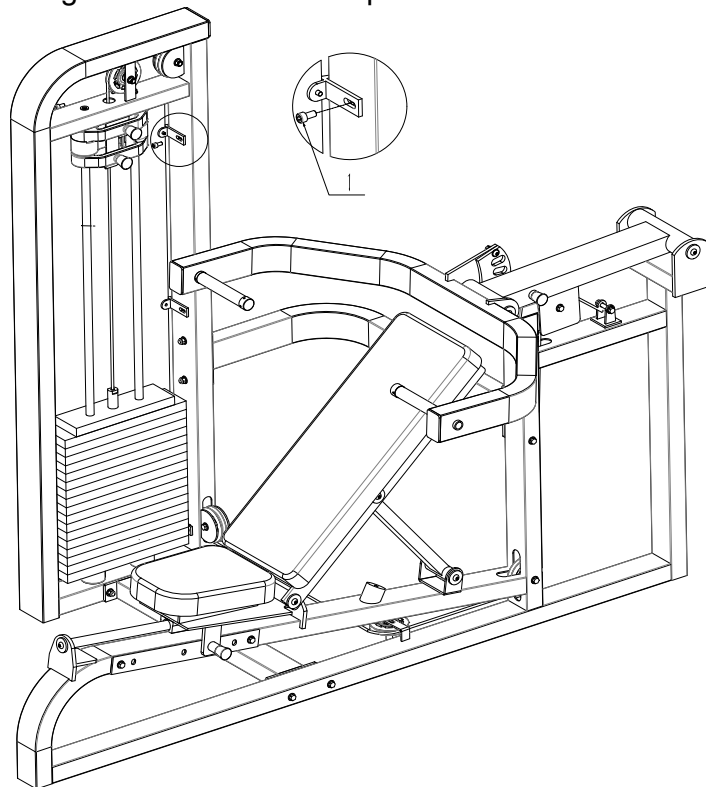
**STEP 5.** Install the counterweight frame safe board:

Install 10 to C1 with corresponding screws at each hole position as shown in the figure



**STEP 6.** Install the counterweight frame safe board

Install 10 to A1 with corresponding screws at each hole position as shown in the figure



**STEP 7.** Install the sports sign:

Uncover the double-sided adhesive tape on the counterweight frame and stick C2 at the position shown in the figure.

