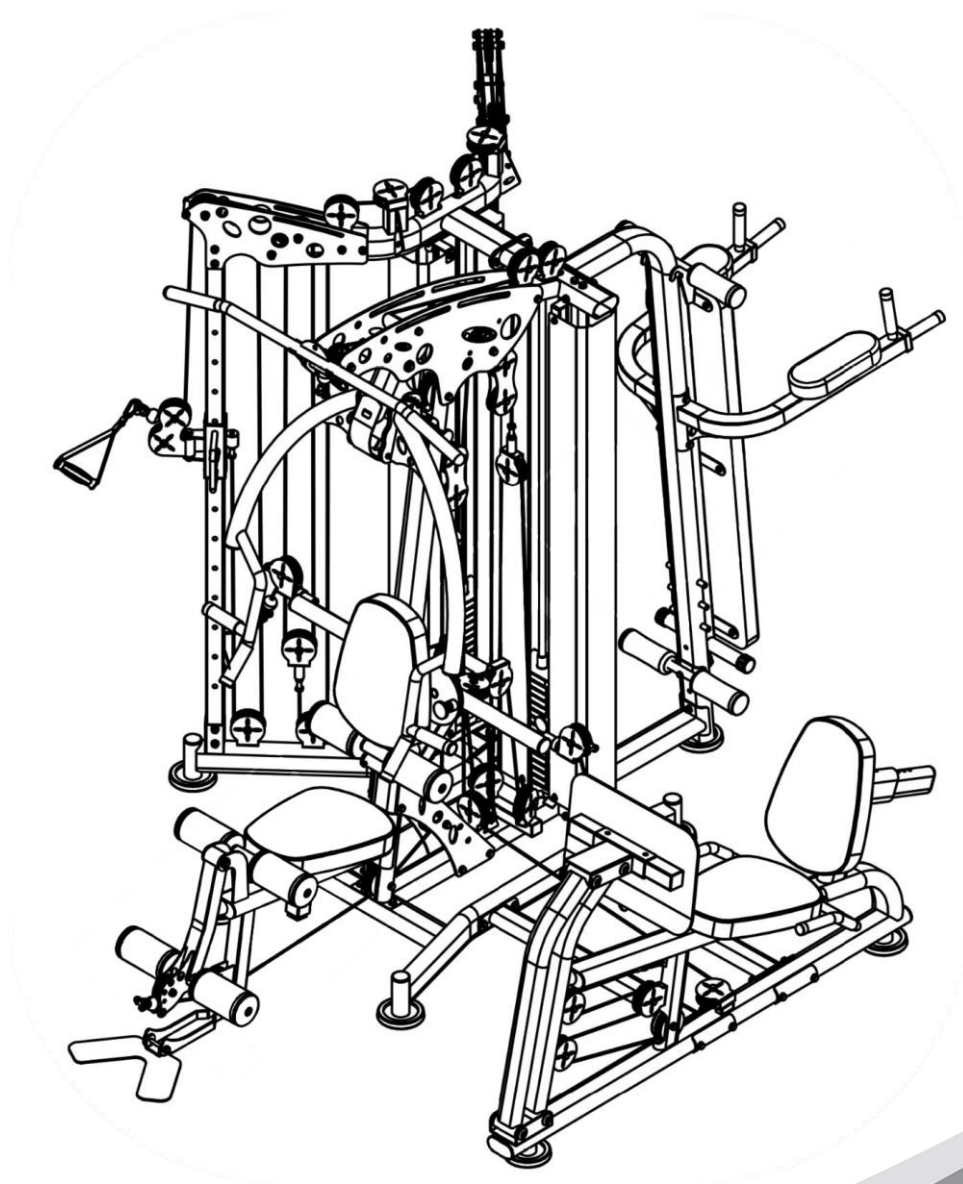


FRENCH FITNESS

FF-X12

**French Fitness X12 4 Station Functional
Trainer & Home Gym System**

ASSEMBLY MANUAL



STATIONS INCLUDED

- **Station 1:** Main Station w/Functional Training Arms (Lat Pulldown, Chest, Shoulder, Abdominal, Seated Rows, Leg Extensions, Standing Leg Curls, Pec Flies, Bicep curls, Triceps)

NOTE: Overall the weight does feel heavy on this and like at least 200 lbs, providing sufficient weight for most exercises for average and even above average lifters. Note that the final pin setting on the seated rows for the maximum extension is not possible because of the way the machine is built.

- **Station 2:** Leg Press (Seated Leg Press & Calf Station)

Leg Press Station: This has a 1:1 ratio, which means that the max weight you can lift is - and will also feel like 200 lbs. The Leg Press will not work well for anyone who lifts medium to heavy weight. It is possible to use multiple Weight Stack Adapter Plate to increase the weight - though that will only go so far.

- **Station 3:** Functional Trainer / Dual Adjustable Pulley (2 Adjustable Cable Columns allow for hundreds of functional training movements)

Single Weight Stack, 200 lbs (Each side is essential 100 lbs) 2:1 ratio (each side will feel like 50 lbs) 104" cable reach

- **Station 4:** VKR (Vertical Knee Raise) / Dip station + Adjustable Ab Bench

TECH SPECS

- 200 lb Weight stacks (90kg) so multiple users can enjoy the machine at the same time
- Weight: 661 lb (300 kg)
- Dimensions: 96" Wide x 122" Depth x 83.4" High

WARRANTY

10 Years Parts, 1 Year Labor (Home)

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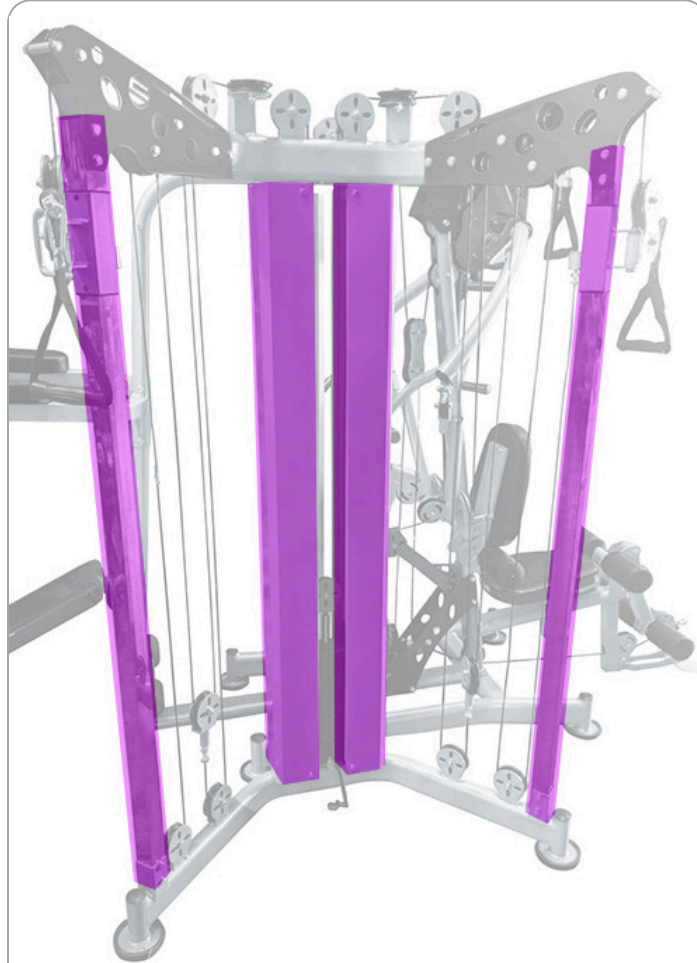
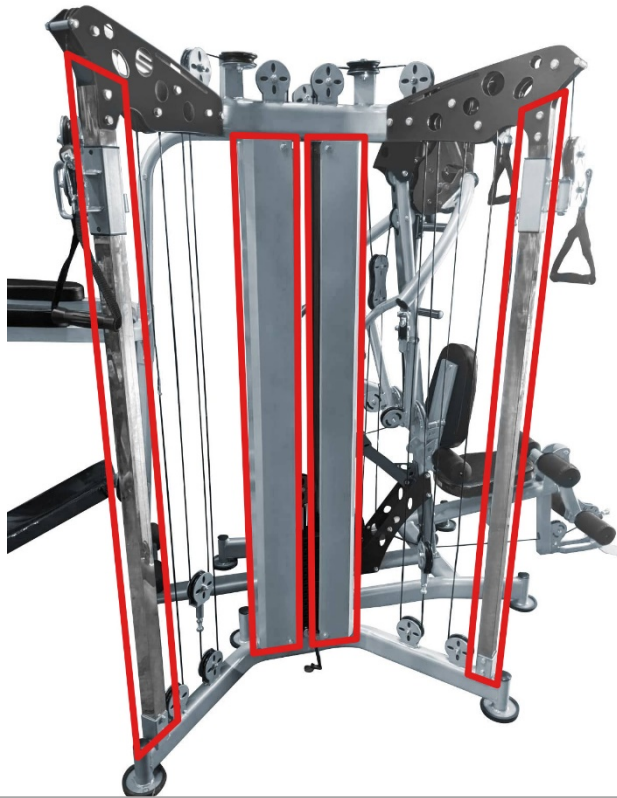
CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

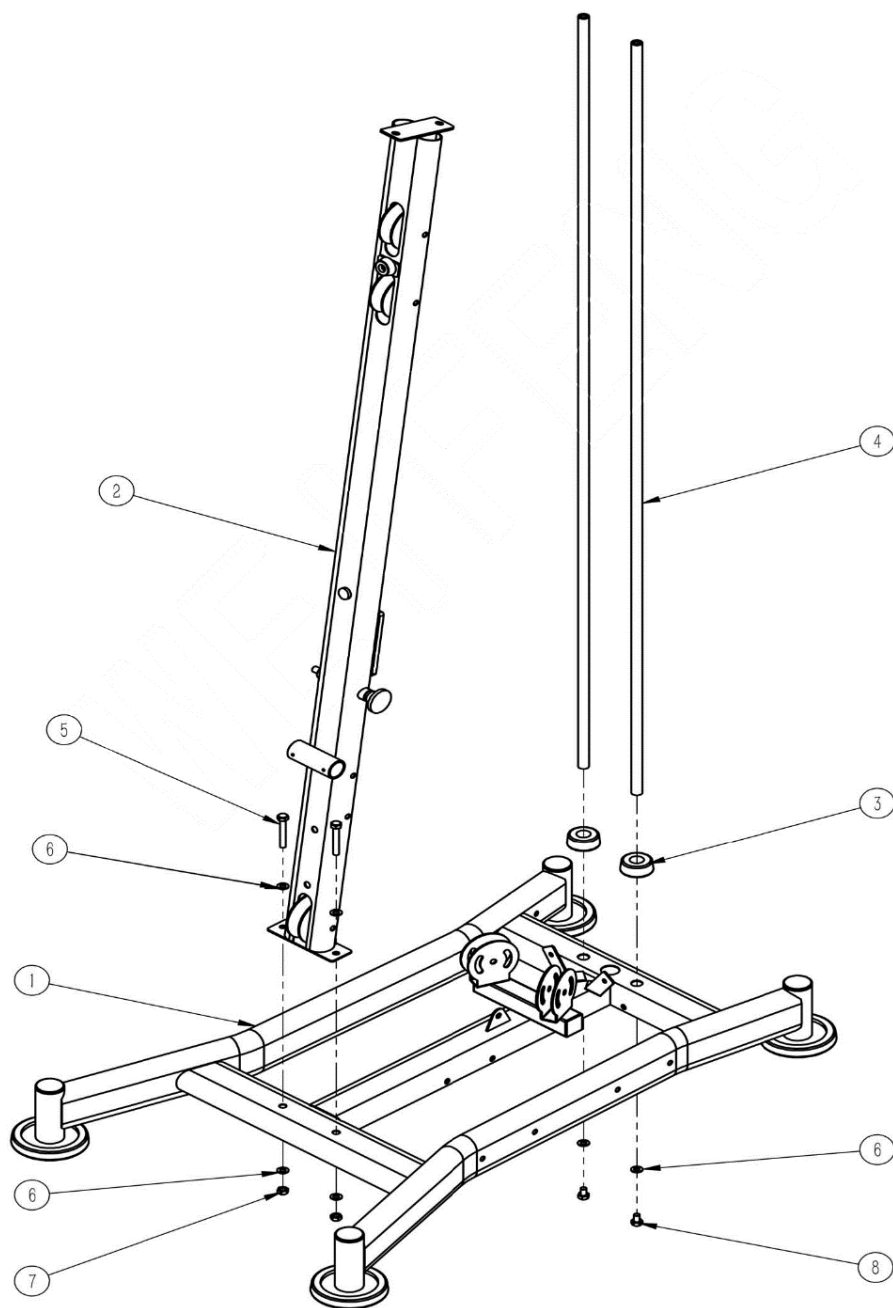
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

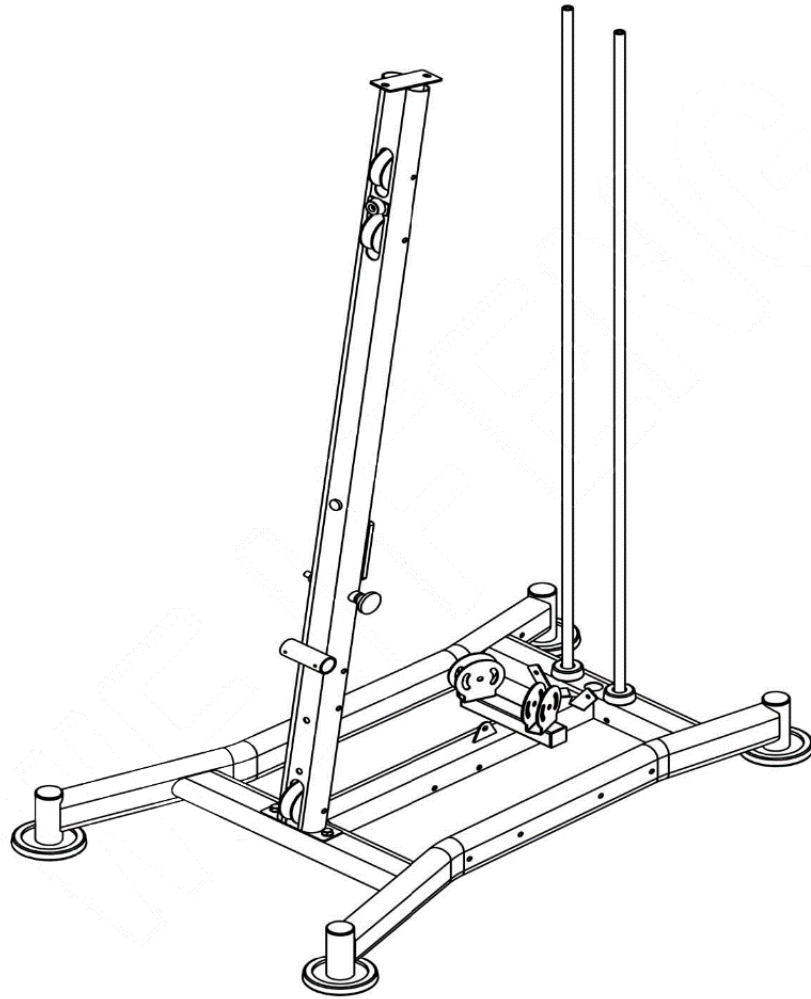
We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade



Installation Step 1. Exploded Diagram



Installation Step 1. Assembly Diagram

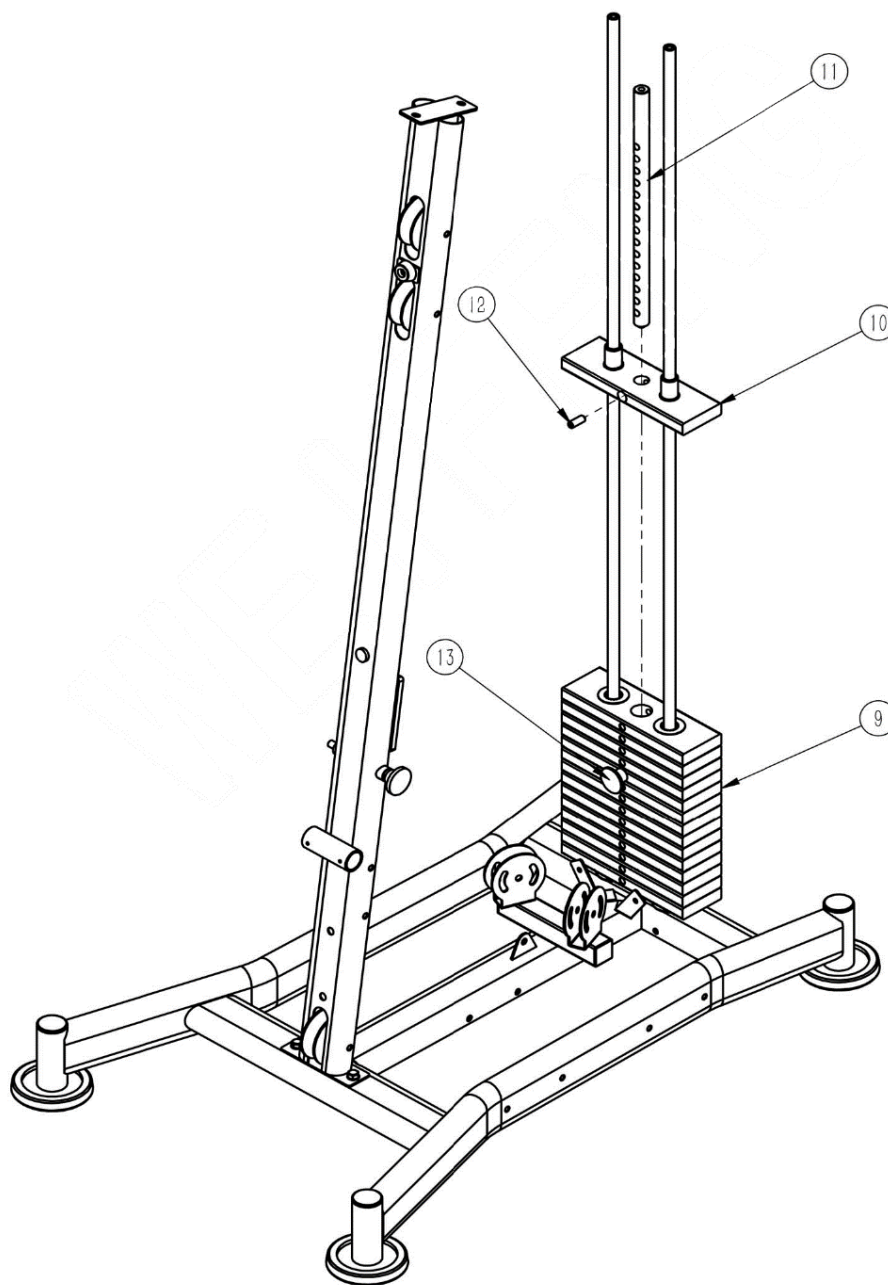


Installation Instruction

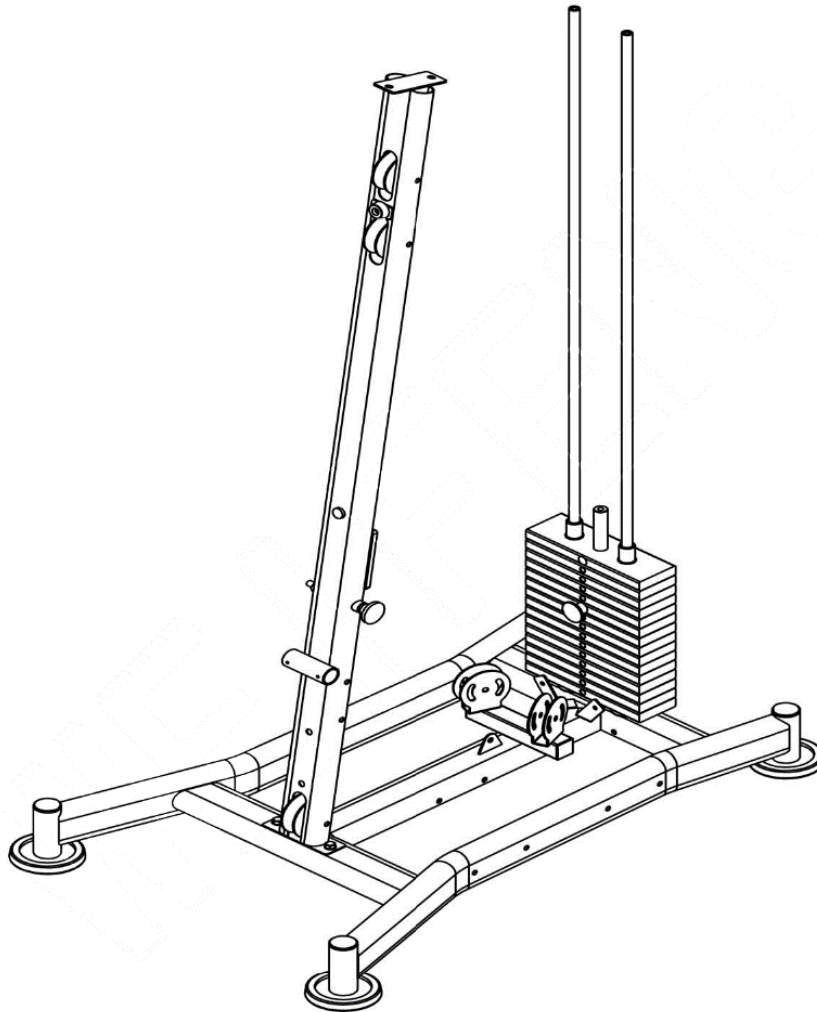
1. Pass M10*70 outer hexagonal bolt (5) through the washer (6), install the main riser (2) on the base (1), and fasten with M10 lock nut (7) and washer (6).
2. Pass the stainless steel pipe (4) through the counterweight damping pad (3) and install it on the base (1), and fasten it with M10*70 outer hexagonal bolt (5) and washer (6)

Note: Outer hexagonal bolts need to be tightened

Installation Step 2. Exploded Diagram



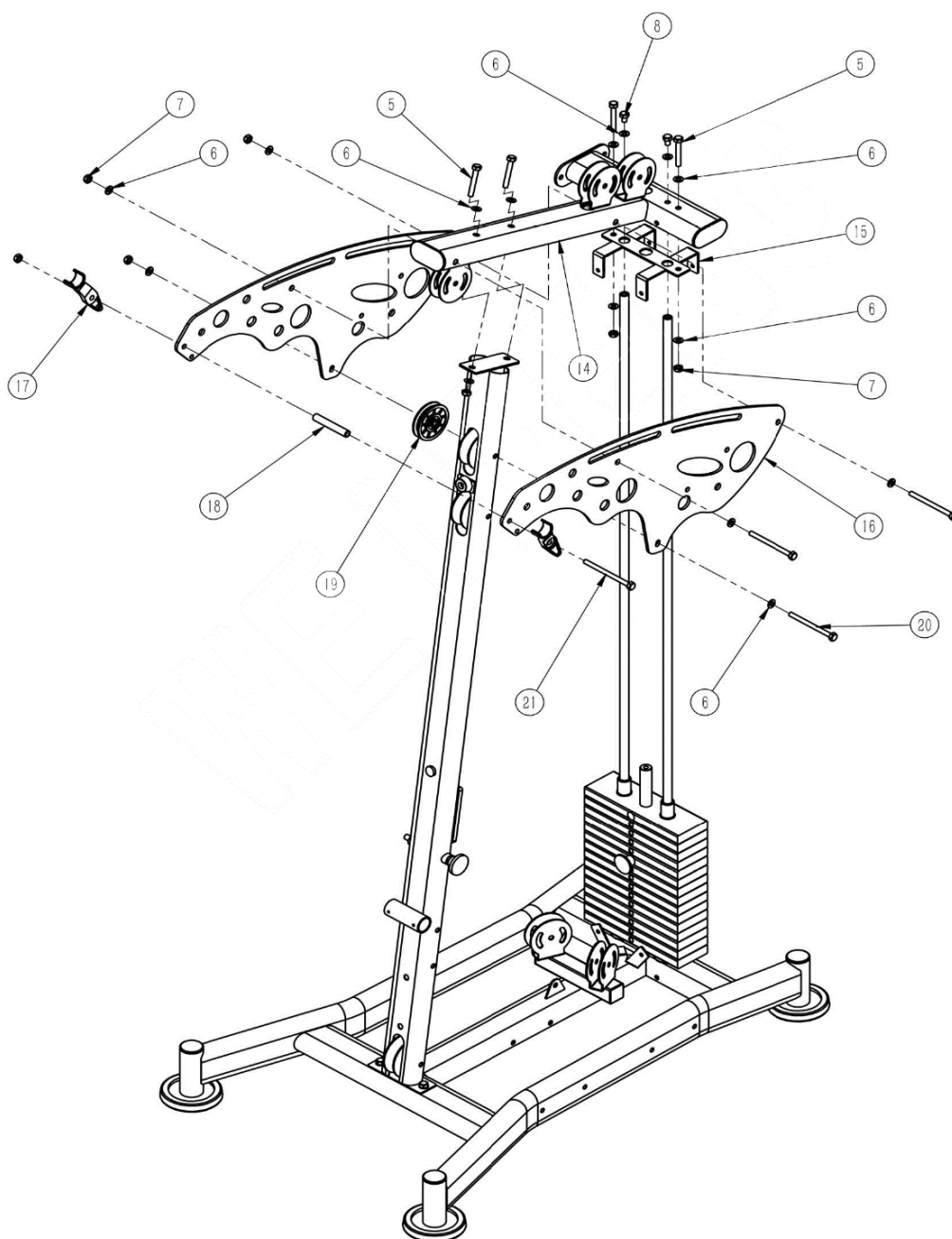
Installation Step 2. Assembly Diagram



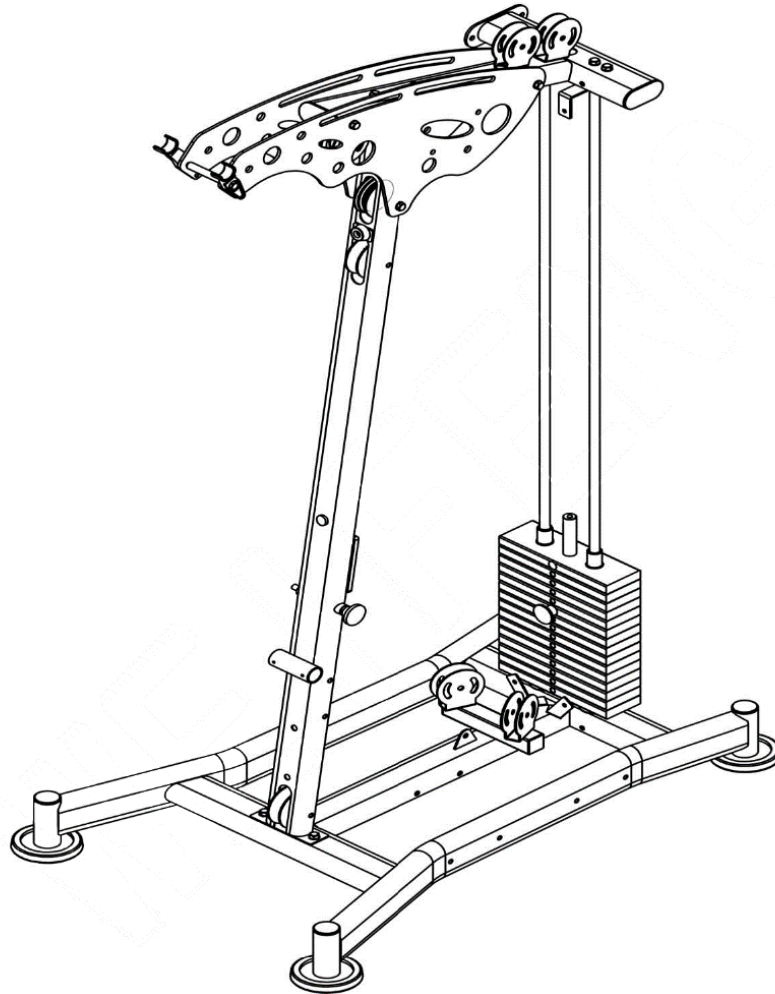
Installation Instruction

1. Install the counterweight (9) on the stainless steel pipe (4). Install the top piece (10) of the counterweight on top of the counterweight (9).
2. Install the lifting rod (11) on the counterweight (9), and fasten the lifting rod (11) with the M12 inner hexagonal screw (12) through the top piece (10) of the counterweight.
3. Install the magnetic plug (13) on the adjustment hole of the counterweight (9).

Installation Step 3. Exploded Diagram



Installation Step 3. Assembly Diagram

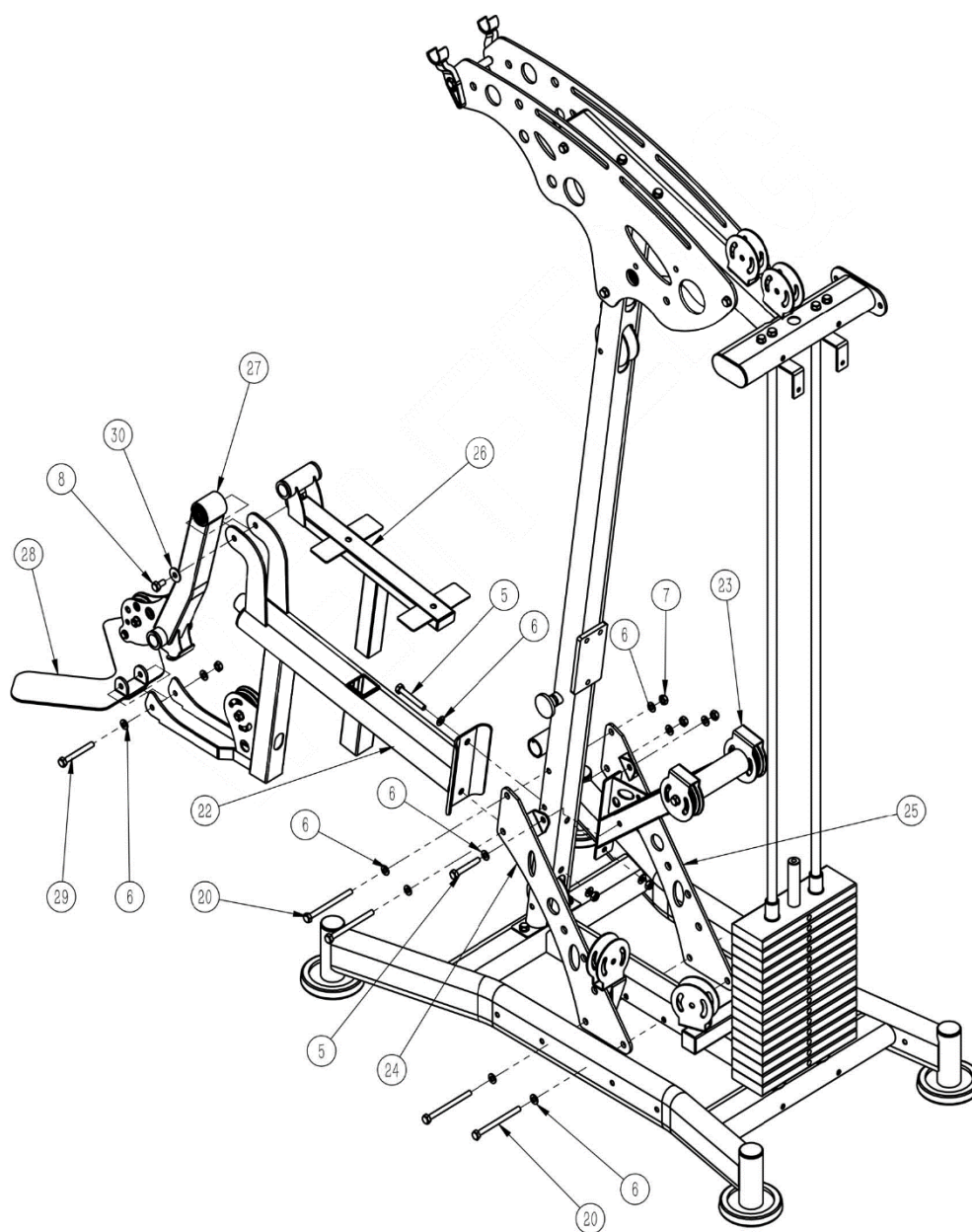


Installation Instruction

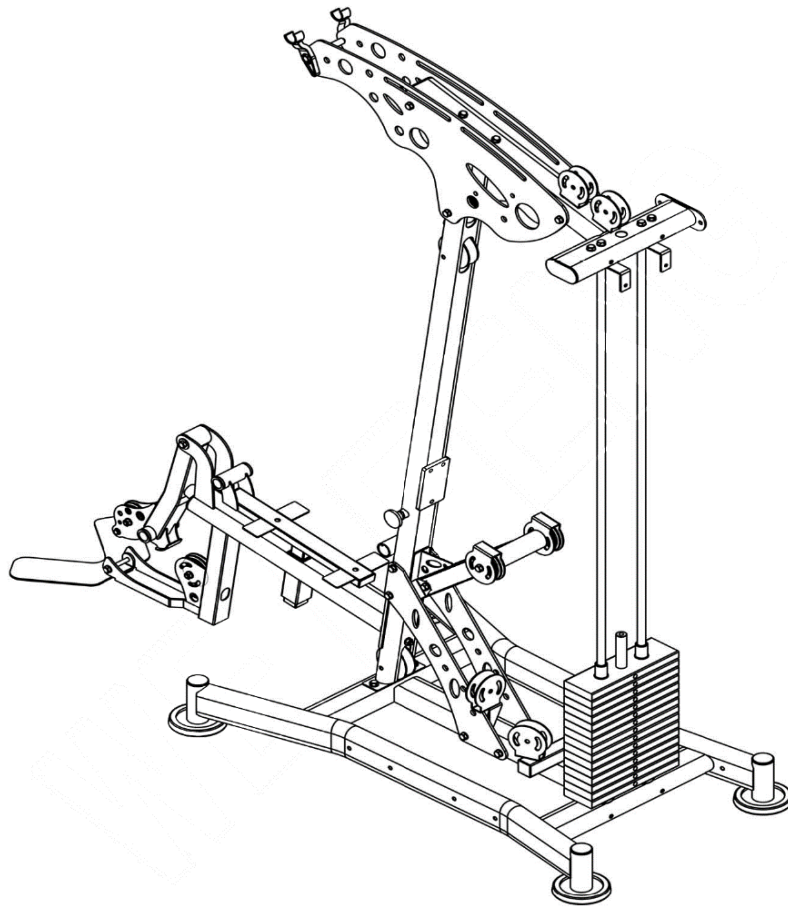
1. Pass M10*70 outer hexagonal bolt (5) through the $\text{O}10$ washer (6), the upper beam tube (14), the guard fixing frame (15), and the washer (6) in sequence, and then fasten with M10 lock nut (7).
2. Put $\text{O}10$ washer (6) over M10*70 outer hexagonal bolt (5), and pass it through the upper beam tube (14) and the top of the main riser (2), and tighten them with M10 lock nuts (7).
3. Put $\text{O}10$ washer (6) over M10*130 outer hexagonal bolt (20), and pass it through the left body decoration board (16), the main riser (2), and the right body decoration board (16), and tighten with M10 lock nuts (7).
4. Put $\text{O}10$ washer (6) over M10*130 outer hexagonal bolt (20), and pass it through the left body decoration board (16), the upper beam tube (14), and the right body decoration board (16), and tighten with M10 lock nuts (7).
5. Pass M10*140 outer hexagonal bolt (21) through the $\text{O}10$ washer (6), the upper lifting rod hook (17), the left decoration board (16), the decoration board connector (18), and the right decoration board (16), and tighten with M10 lock nuts (7).

Note: The outer hexagonal bolts need to be tightened

Installation Step 4. Exploded Diagram



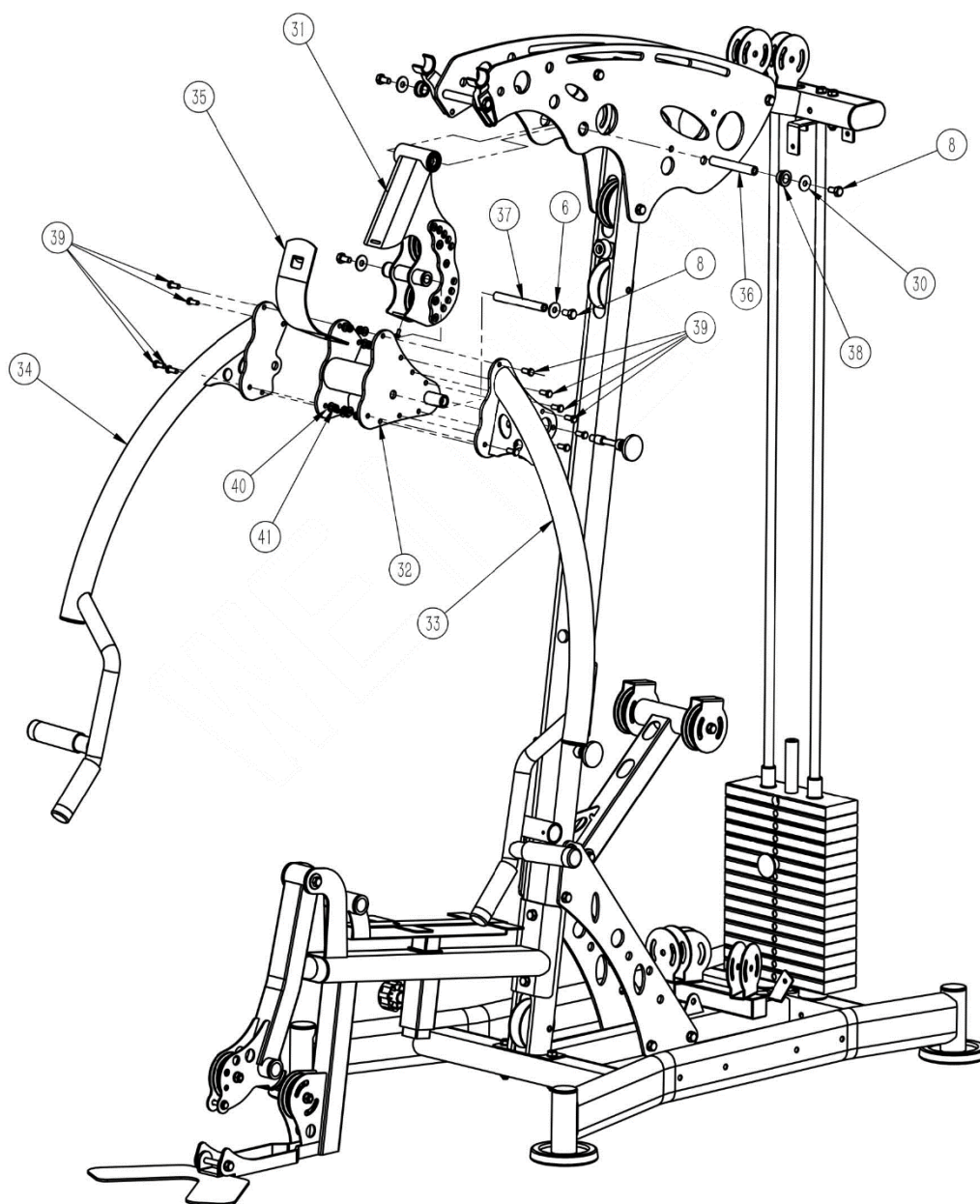
Installation Step 4. Assembly Diagram



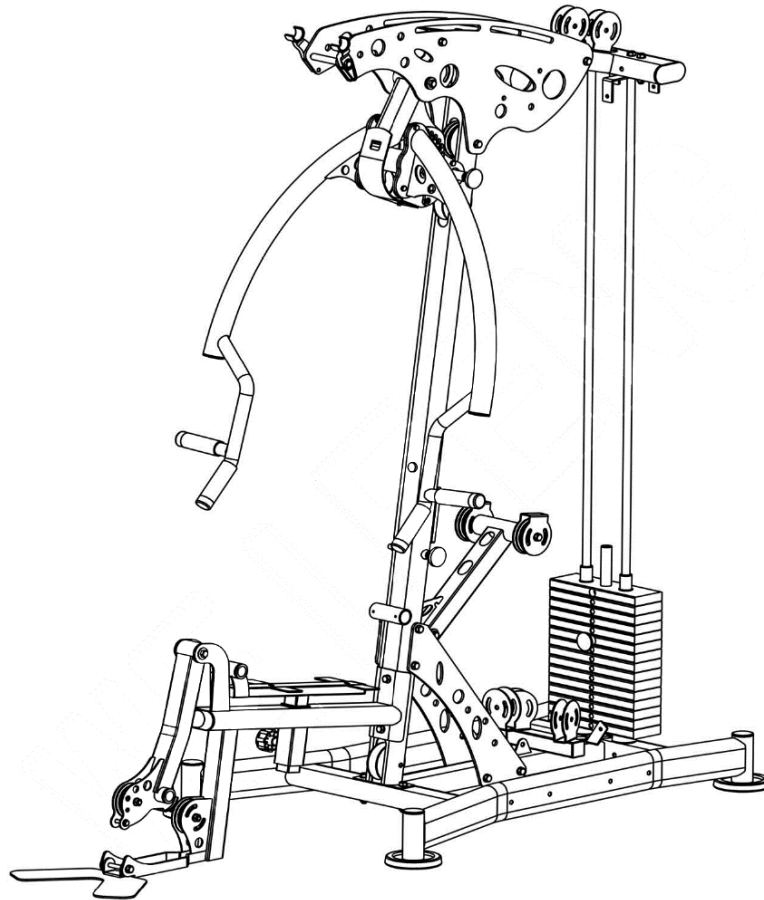
Installation Instruction

1. Install the seat supporting tube (22) on the main riser (2), install the pulley supporting tube (23) on the other side of the main riser (2), and fasten with M10*70 outer hexagonal bolts (5), $\varnothing$ 10 washer (6) and M10 lock nuts (7).
2. Pass M10*70 outer hexagonal bolts (5) and $\varnothing$ 10 washers (6) through the top of the left supporting board (24), the pulley supporting tube (23), and the top of the right supporting board (25) in turn, and tighten with M10 lock nuts (7).
3. Pass M10*130 outer hexagonal bolts (20) and $\varnothing$ 10 washers (6) through the bottom of the left supporting board (24), the base (1), and the bottom of the right supporting board (25) in turn, and tighten with M10 lock nuts (7).
4. Install the front kick tube (27) on the front end of the seat supporting tube (22), and fasten both sides with M10*20 outer hexagonal bolts (8) and $\varnothing$ 10 washers (6).
5. Install the foot pedal (28) on the bottom of the seat supporting tube (22) with M10*85 outer hexagonal bolts (29) and $\varnothing$ 10 washers (6), and tighten with M10 lock nuts (7).
6. Install the adjusting tube (26) on the seat supporting tube (22).

Installation Step 5. Exploded Diagram



Installation Step 5. Assembly Diagram

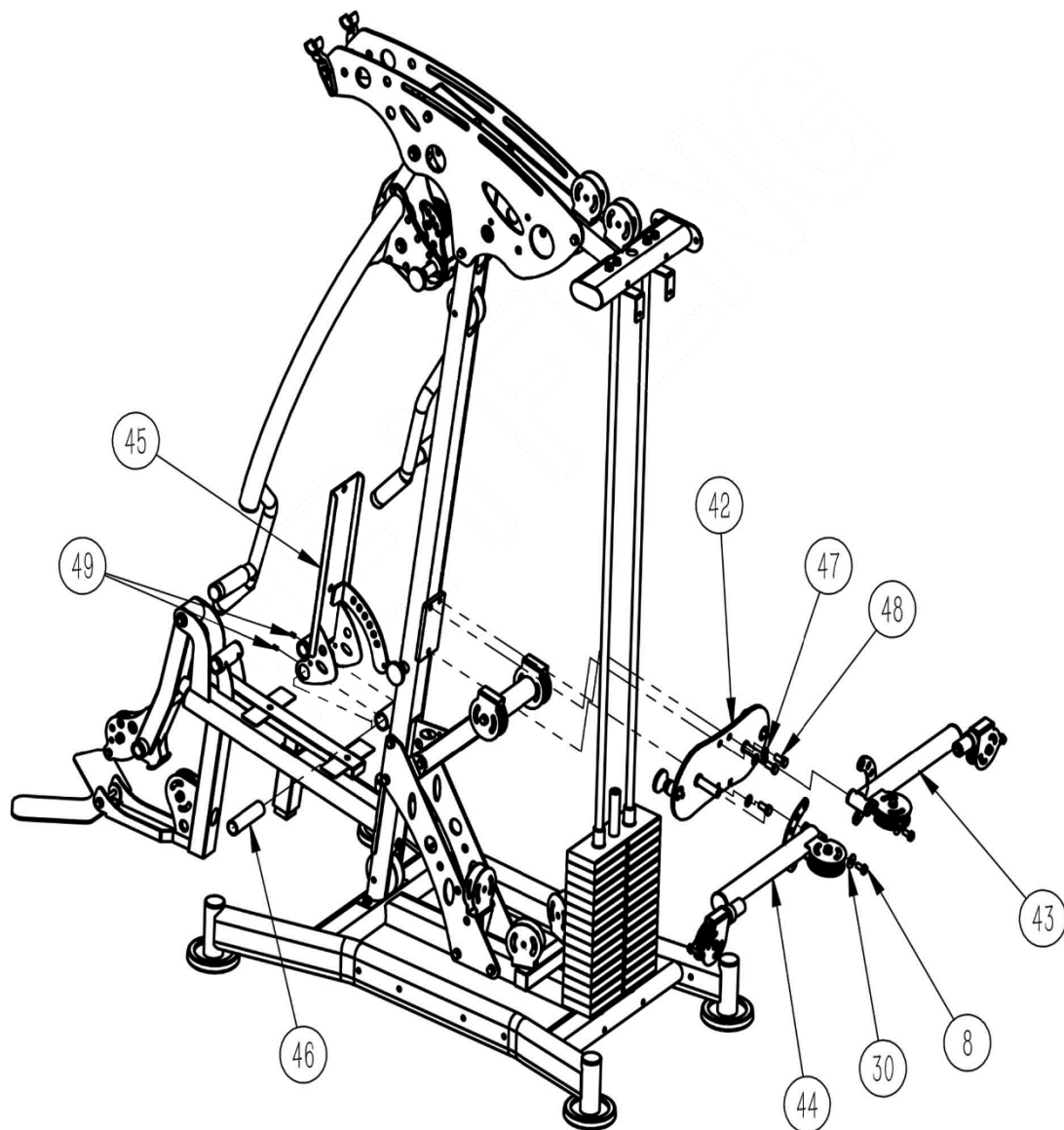


Installation Instruction

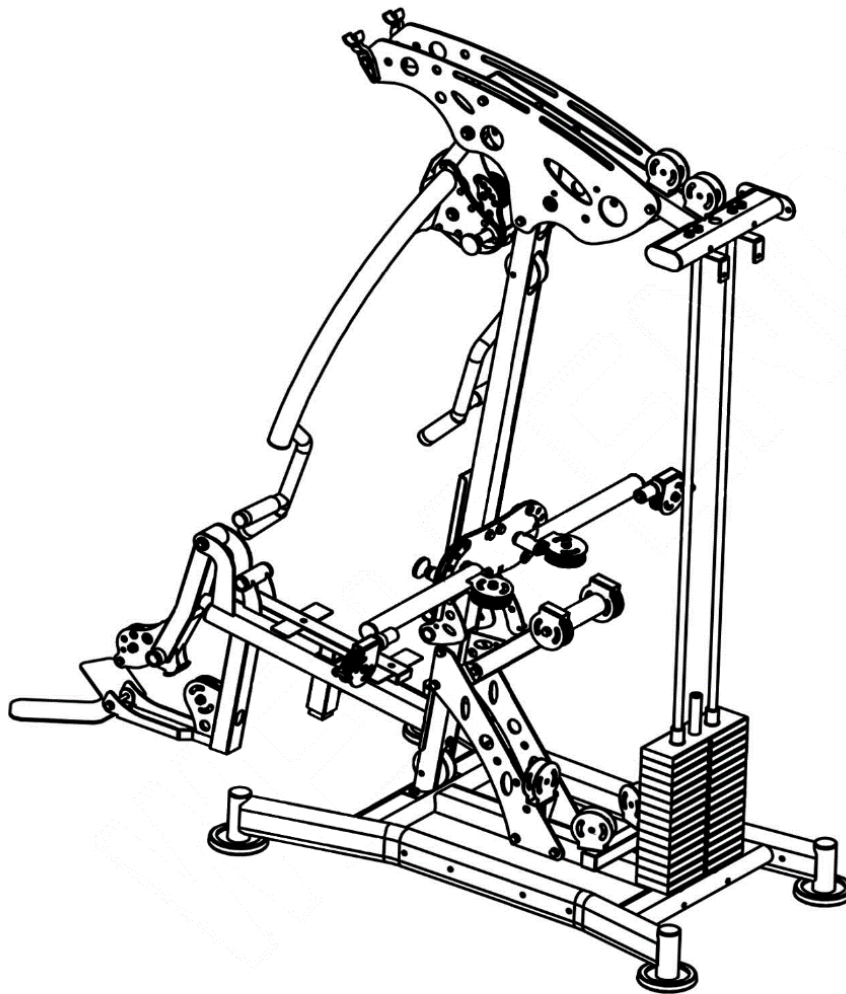
1. Install the upper arm-left (33) and upper arm-right (34) on both ends of the upper arm connecting tube (32) respectively, and fasten with M8*20 outer hexagonal bolts (39), $\text{O} 8$ washers (40), and M8 lock nuts (41).
2. Install the connecting shaft fixer of the upper arm adjusting frame (38) on the main body decoration board (16), install the upper arm adjusting frame (31) on the connecting shaft fixer of the upper arm adjusting frame (38) with the upper arm adjusting frame connecting shaft (36), and fasten both ends with M10*20 outer hexagonal bolts (8) and $\text{O} 10*30$ washers (30).
3. Install the upper arm connecting tube (32) on the upper arm adjusting frame (31) with the upper arm connecting shaft (37), and fasten both ends with M10*20 outer hexagonal bolts (8) and $\text{O} 10*30$ washers (30).
4. Install the nameplate bent board (35) on the upper arm adjusting frame (31).

Note: The outer hexagon bolts need to be tightened

Installation Step 6. Exploded Diagram



Installation Step 6. Assembly Diagram

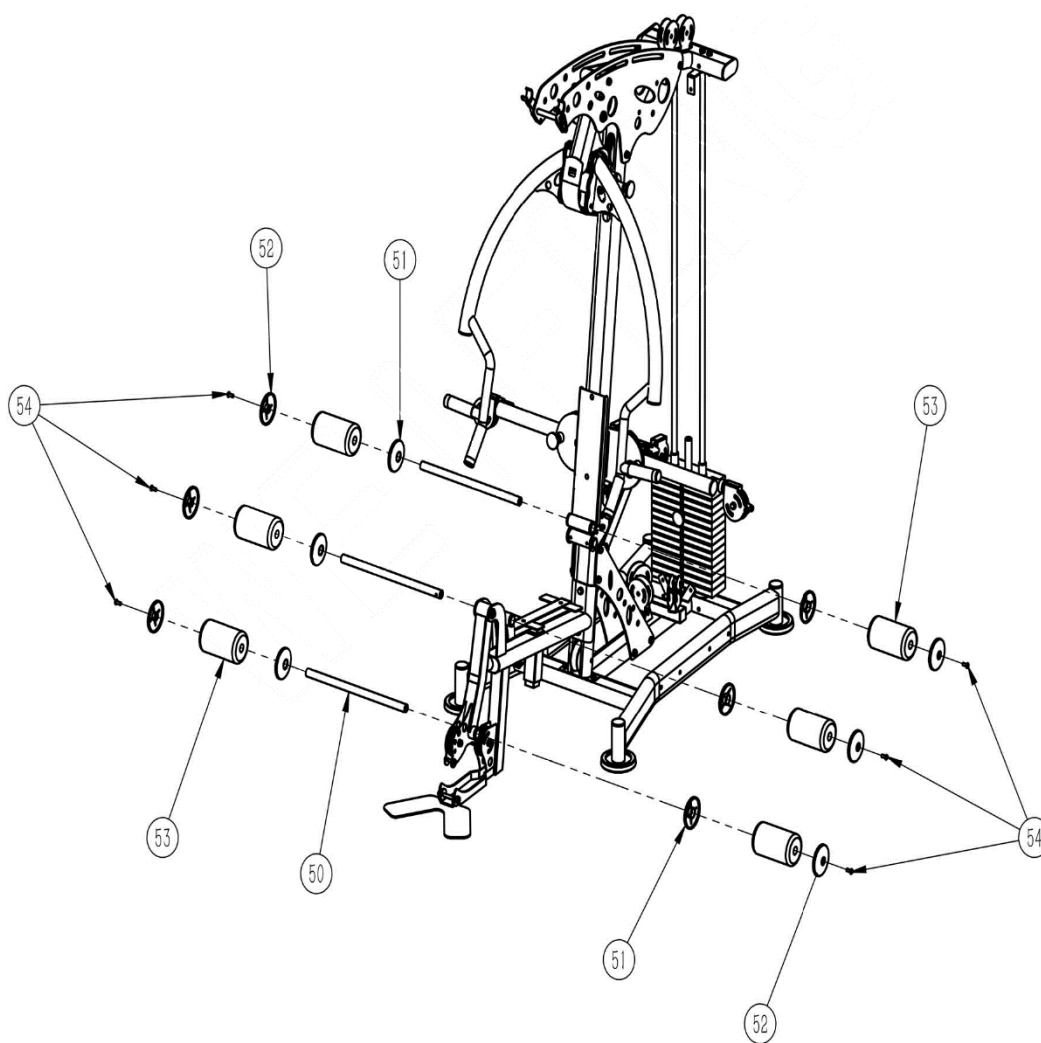


Installation Instruction

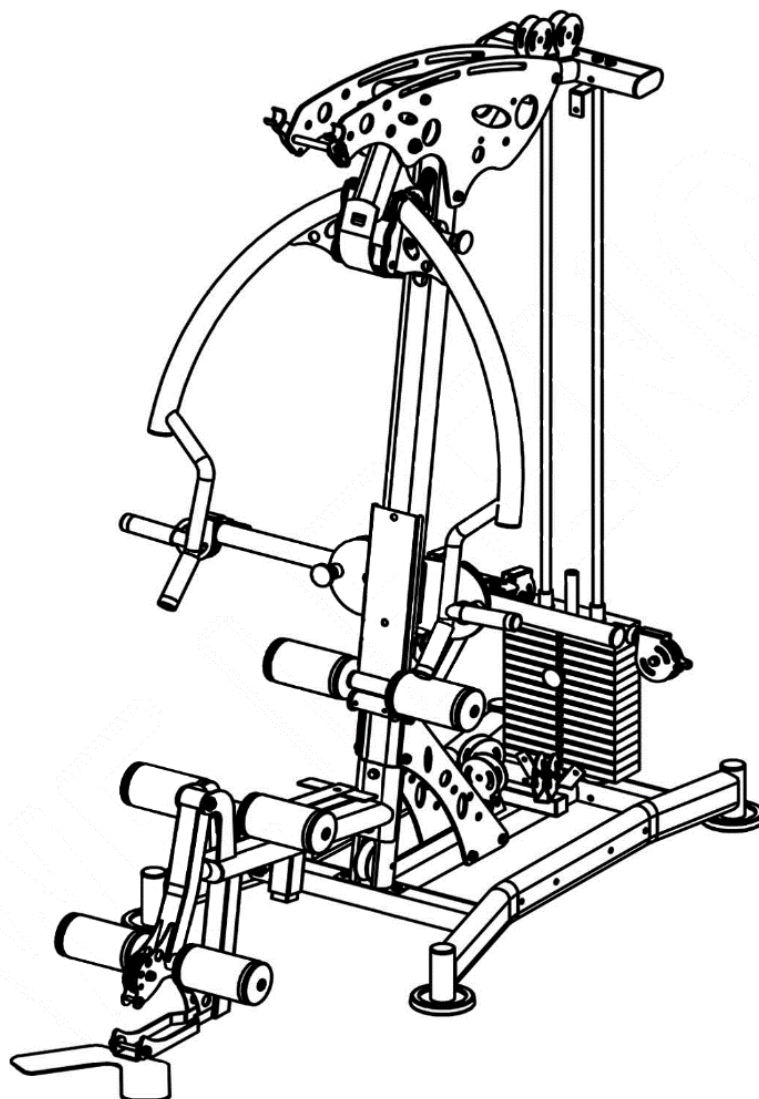
1. Put $\varnothing 12$ washer (47) over M12*25 outer hexagonal bolts (48), and fasten the butterfly arm adjusting board (42) to the main riser (2).
2. Put $\varnothing 10 \times 30$ washer (30) over M10*20 outer hexagonal bolts (8), and fasten the butterfly arm-left (44) and butterfly arm-right (43) to the butterfly arm adjusting board (42) respectively.
3. Install the backrest adjusting board (45) on the main riser (2), install the backrest adjusting tube shaft (46) on the bottom of the backrest adjustment board (43), and fasten with the M6 screw (49).

Note: The outer hexagonal bolts need to be tightened

Installation Step 7. Exploded Diagram



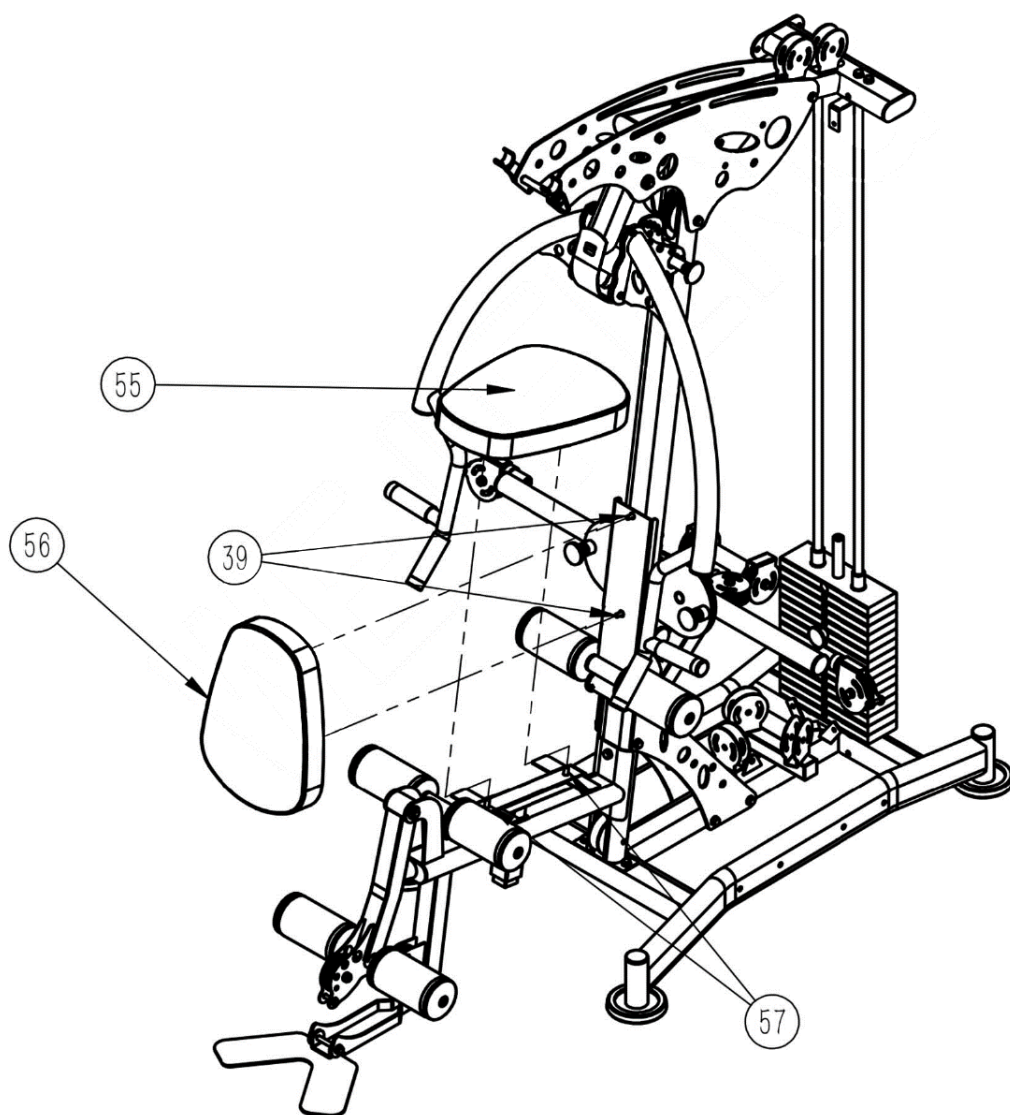
Installation Step 7. Assembly Diagram



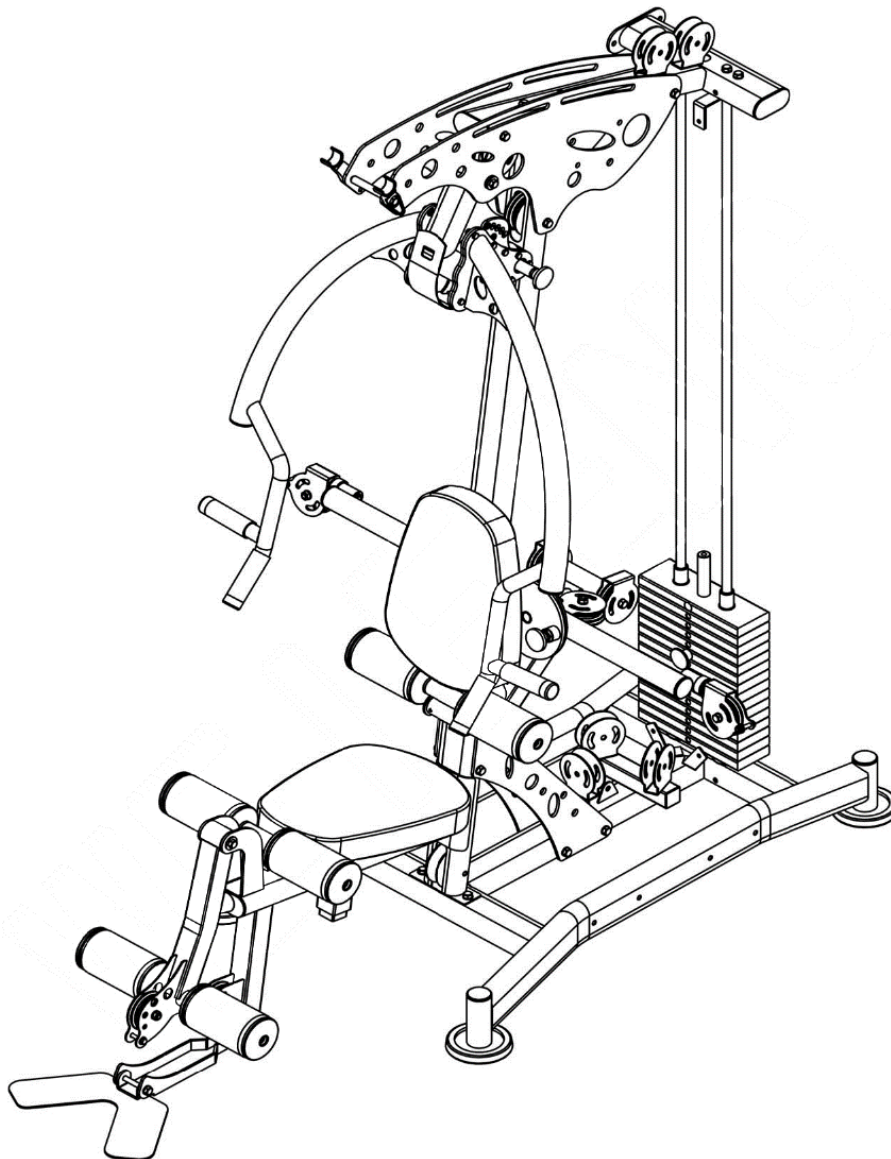
Installation Instruction

1. Install the foam tube (50) on the backrest adjusting board (45), the seat adjusting tube (26), and front kick tube (27) respectively.
2. Install the foam inner cap (51), foam (52), and foam outer cap (53) on the foam tube (50) in turn, and tighten with M8*20 inner hexagonal bolts (54).

Installation Step 8. Exploded Diagram



Installation Step 8. Assembly Diagram

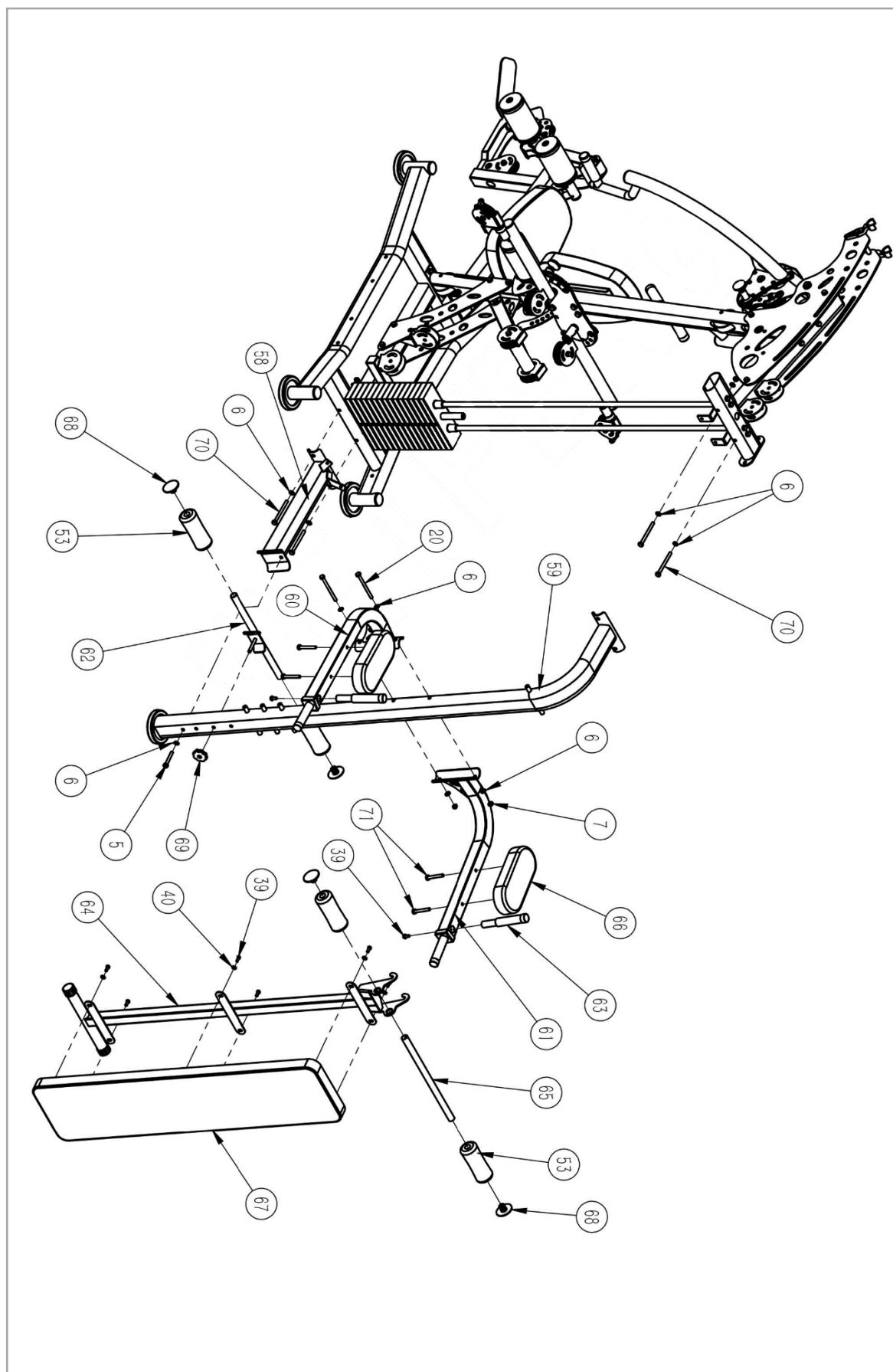


Installation Instruction

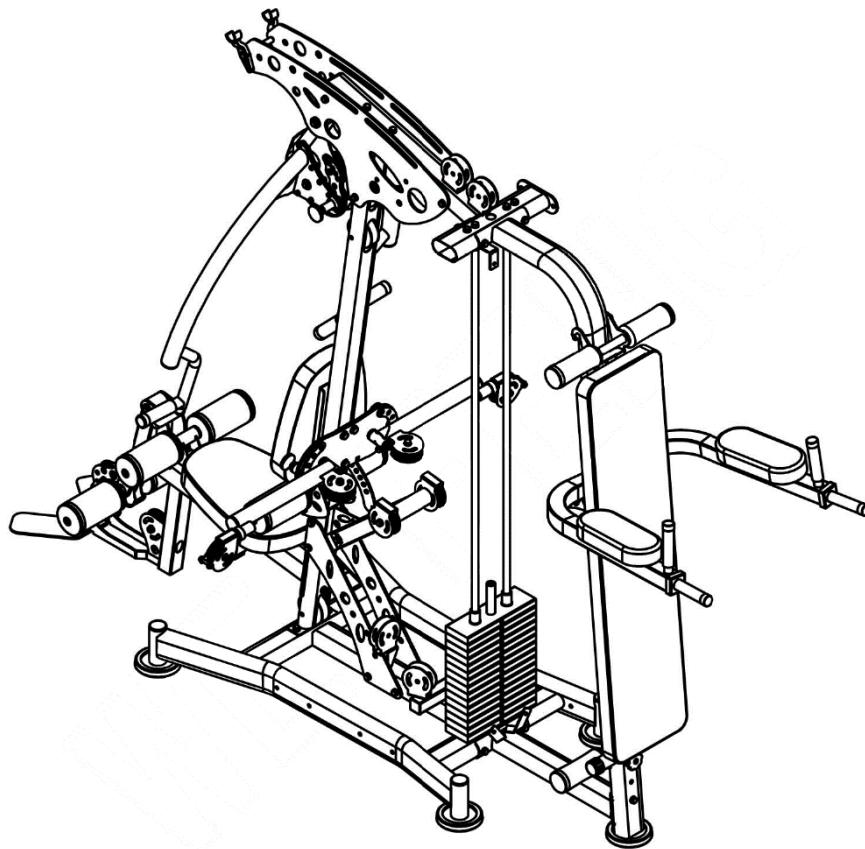
1. Install the seat cushion (55) on the seat adjusting tube (26) and fasten it with M8*45 outer hexagonal bolts (57).
2. Install the backrest cushion (56) on the backrest adjusting board (45) and fasten it with M8*20 outer hexagonal bolts (39).

Note: The outer hexagonal bolts need to be tightened

Installation Step 9. Exploded Diagram



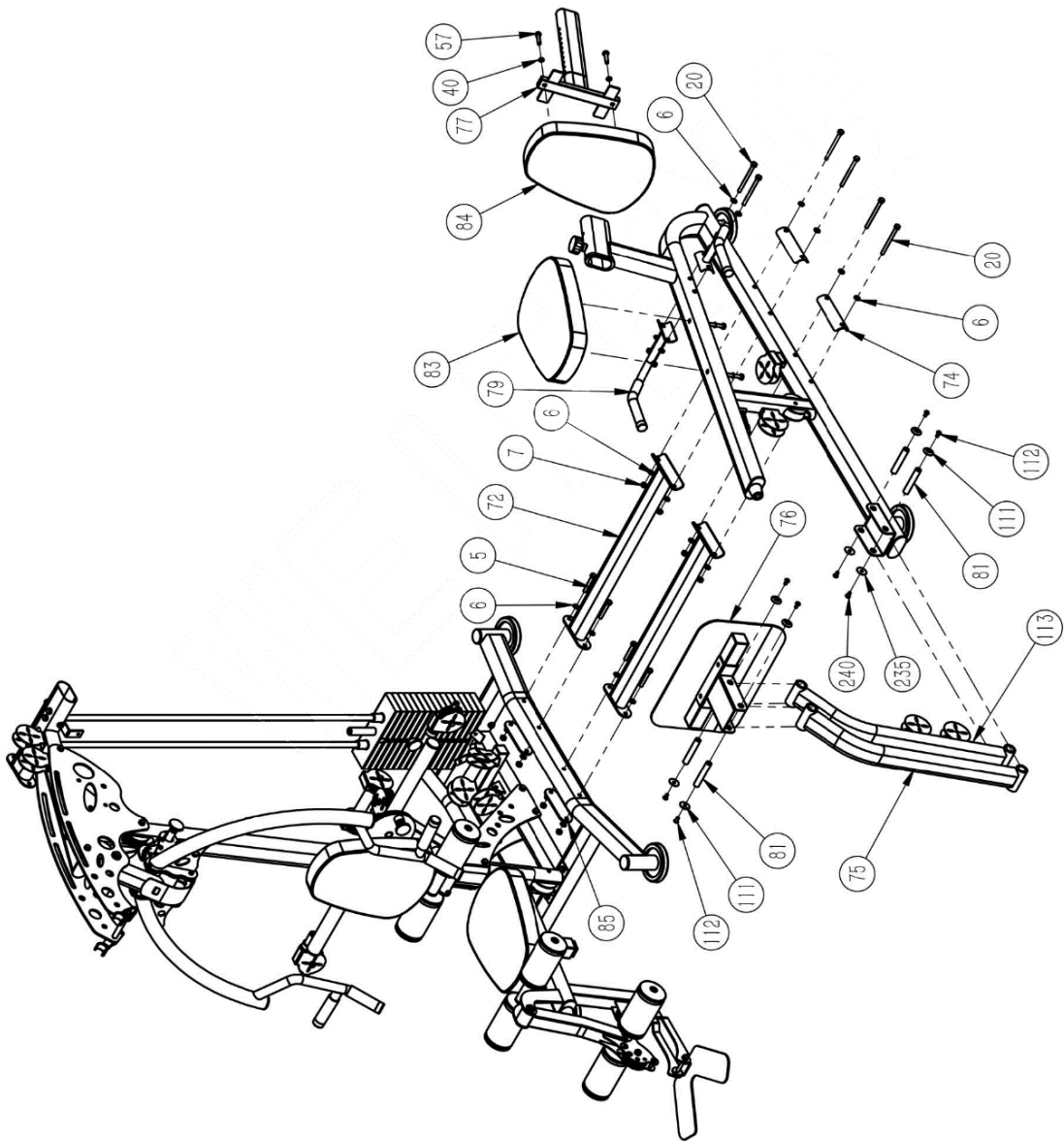
Installation Step 9. Assembly Diagram



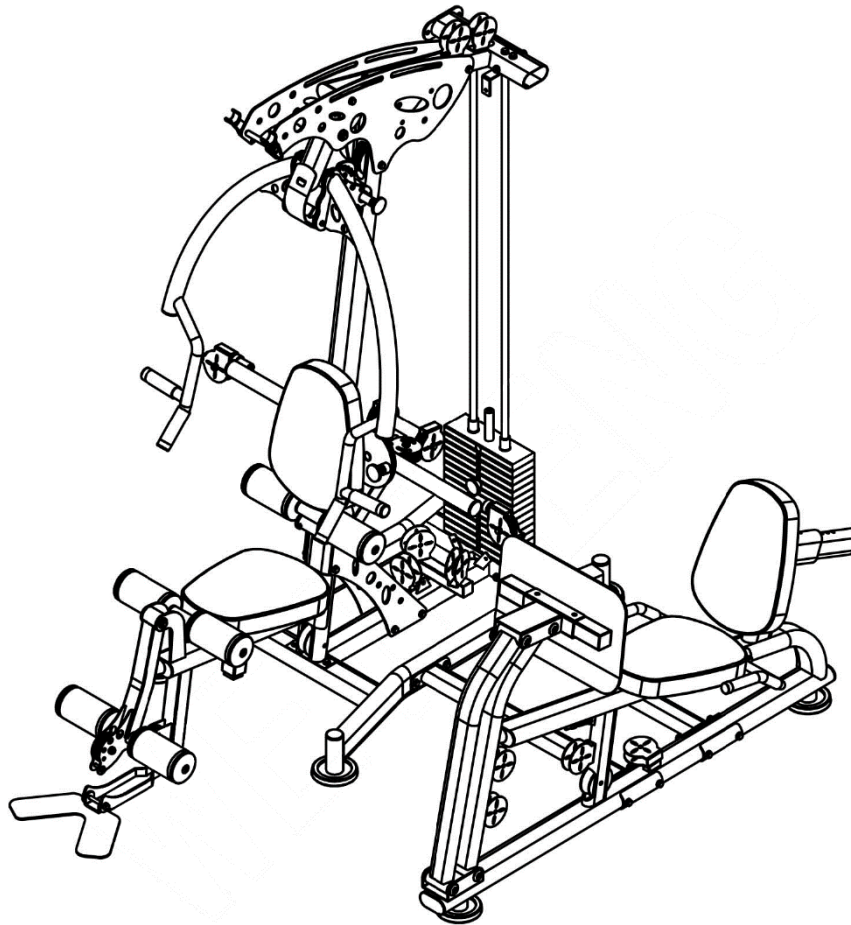
Installation Instruction

1. Put $\Phi 10$ washer (6) over M10*120 outer hexagonal bolt (70), and connect the bottom connecting tube of the parallel bars (58) with the back of the base (1), and fasten with M10 lock nut (7) and $\Phi 10$ washer (6).
2. Put $\Phi 10$ washer (6) over M10*120 outer hexagonal bolt (70), and connect the bent tube of the parallel bars (59) with the upper beam tube of the main body (14), and fasten with M10 lock nut (7) and $\Phi 10$ washer (6). Put $\Phi 10$ washer (6) over M10*70 outer hexagonal bolt (5), and connect the bent tube of the parallel bars (59) with the bottom connecting tube of the parallel bars (58), and fasten with M10 lock nut (7) and $\Phi 10$ washer (6).
3. Put $\Phi 10$ washer (6) over M10*130 outer hexagonal bolt (20), and install the parallel bars-right (61), parallel bars-left (60) on the bent tube of the parallel bars (59), and fasten with M10 lock nut (7) and $\Phi 10$ washer (6). Install the handle tube of the parallel bars (63) on the front ends of the parallel bars-right (61) and the parallel bars-left (60), and fasten with M8*20 outer hexagonal bolts (39).
4. Install the elbow pads of the parallel bars (66) on the parallel bars-right (61) and parallel bars-left (60), and fasten with M8*70 outer hexagonal bolts (71).
5. Install the foam connecting tube of the parallel bars (62) in the bottom adjusting hole of the parallel bars bent tube (59), and tighten with the handle knob (69).
6. Fasten the supine board cushion (67) to the supine board tube (64) with M8*20 outer hexagonal bolts (39). Install the 450mm foam tube (65) on top of the supine board tube (64), and then install the foam (53) and the foam tube plug (63).

Installation Step 10. Exploded Diagram



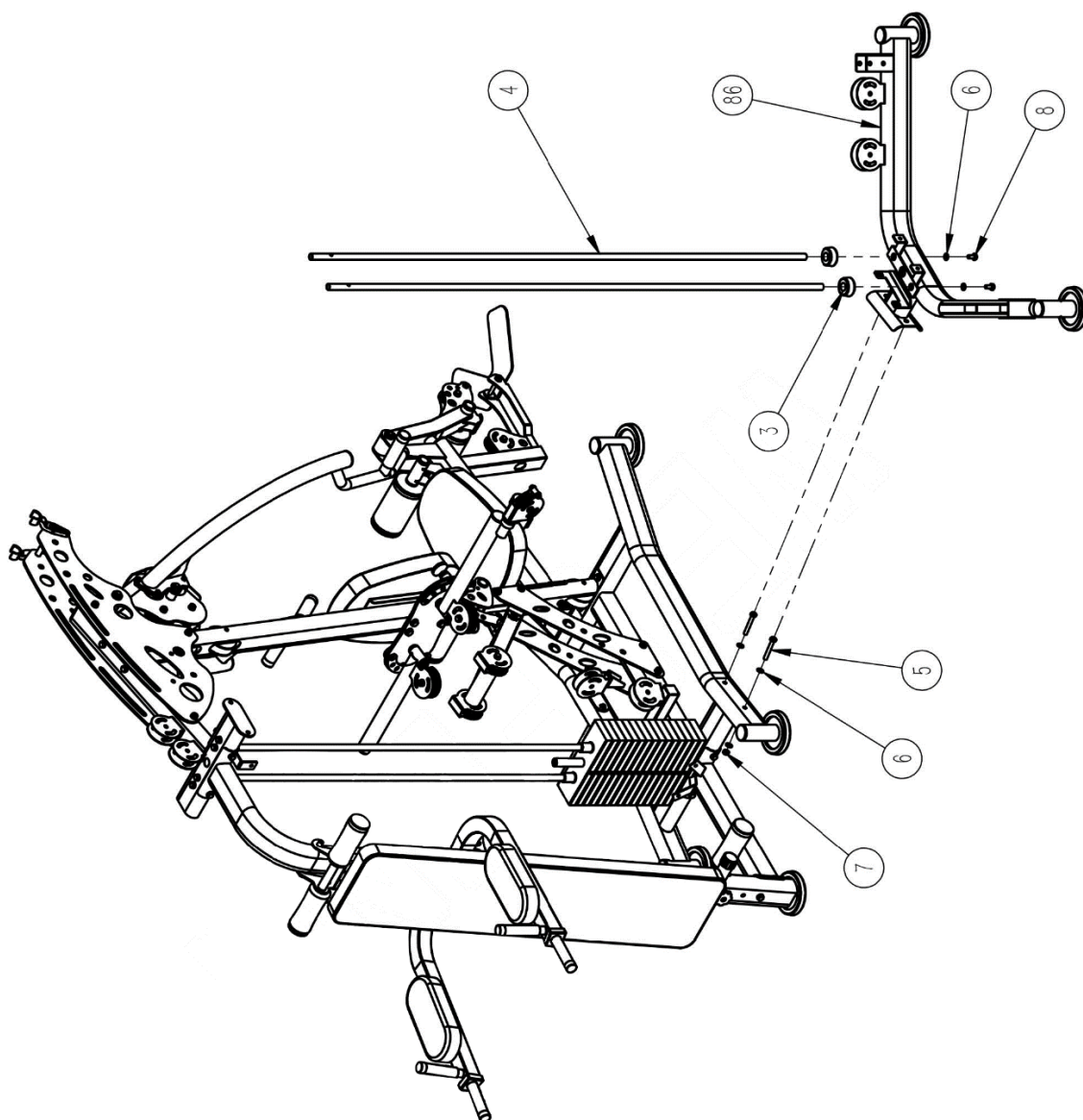
Installation Step 10. Assembly Diagram



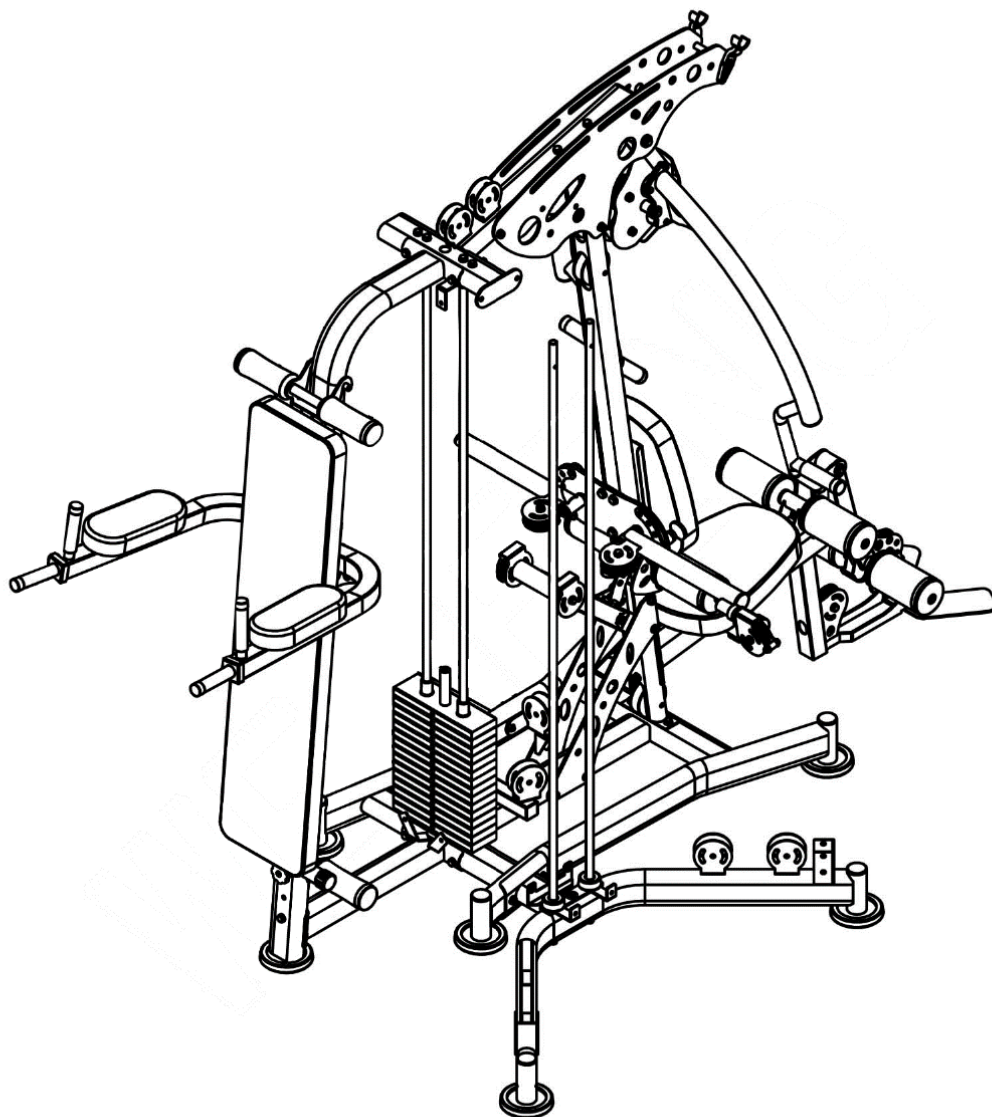
Installation Instruction

1. Install the flat pedal connecting tube (72) on the main base (1) with M10*70 outer hexagonal bolts (5) and $\text{O } 10$ washer (6), and install the flat pedal reinforcing board (85) on the other side and fasten with M10 lock nut (7).
2. Pass M10*130 outer hexagonal bolts (20) through $\text{O } 10$ washer (6) and the arc reinforcing board (74) in turn to install the flat pedal seating tube (73) on the flat pedal connecting tube (72), and fasten with M10 lock nut (7).
3. Install the flat pedal moving tube (75) on the front end of the flat pedal seating tube (73), fix with the flat pedal moving tube connecting shaft (82), and fasten with M10*20 outer hexagonal bolts (8) and $\text{O } 10*30$ washers (30) on both ends.
4. Install the flat pedal (76) on the flat pedal moving tube (75), fix with the flat pedal connecting shaft (81), and fasten with M10*20 outer hexagonal bolts (8) and $\Phi 10*30$ washers (30) on both ends.
5. Install the flat pedal armrest-left (78) and flat pedal armrest-right (79) on both sides of the flat pedal seating tube (73), and fasten with M10*130 outer hexagonal bolts (20), $\Phi 10$ washers (30), and M10 lock nut (7).
6. Install the seat cushion (83) on the seat cushion fixing board (80), connect the seat cushion fixing board (80) with the flat seating tube (73), and fasten with the M10 lock nut (7).
7. Install the backrest cushion (84) on the backrest adjusting tube (77) and tighten with M8*45 outer hexagonal bolts (57) and $\Phi 8$ washers (40), and install the backrest adjusting tube (77) on the flat pedal seating tube (73).

Installation Step 11. Exploded Diagram



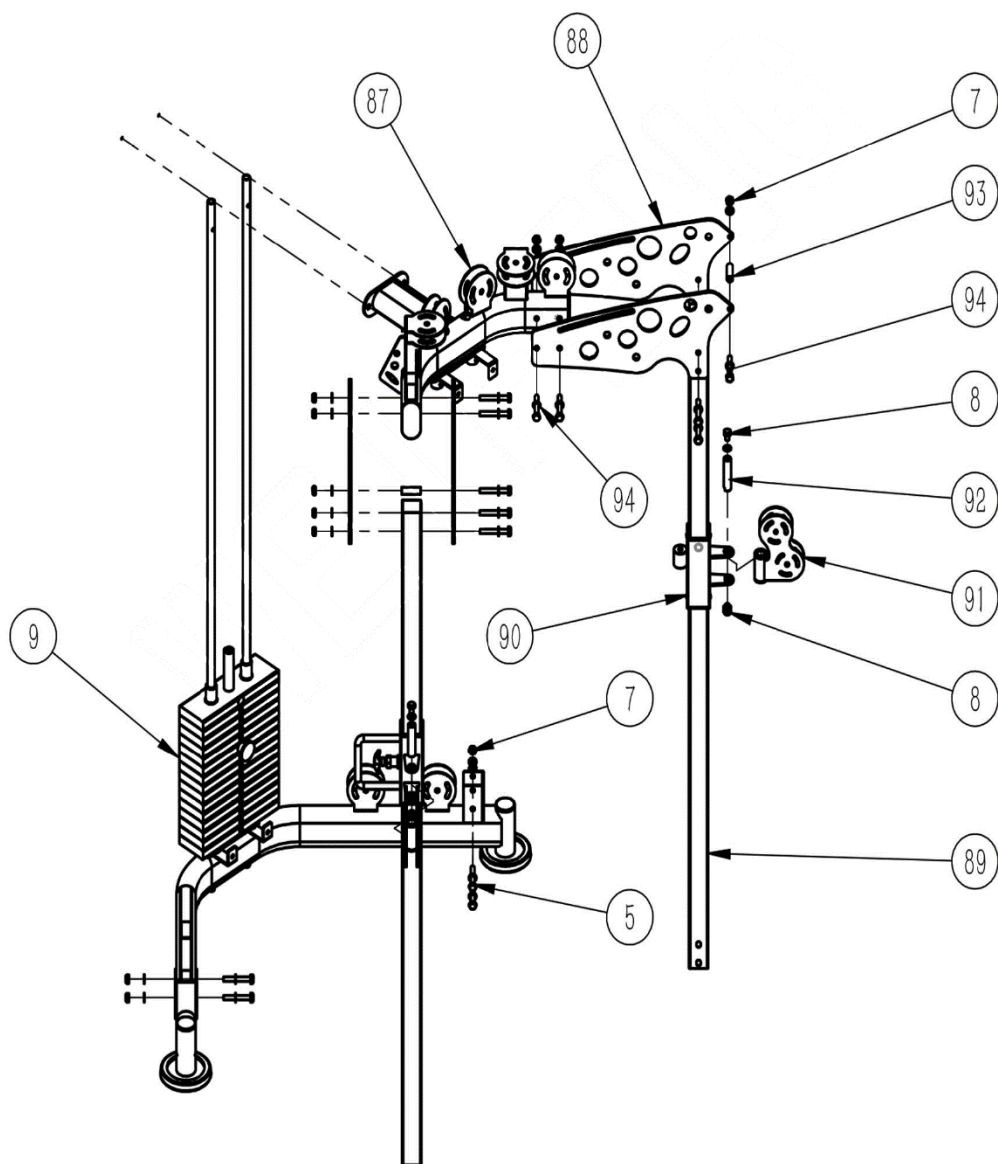
Installation Step 11. Assembly Diagram



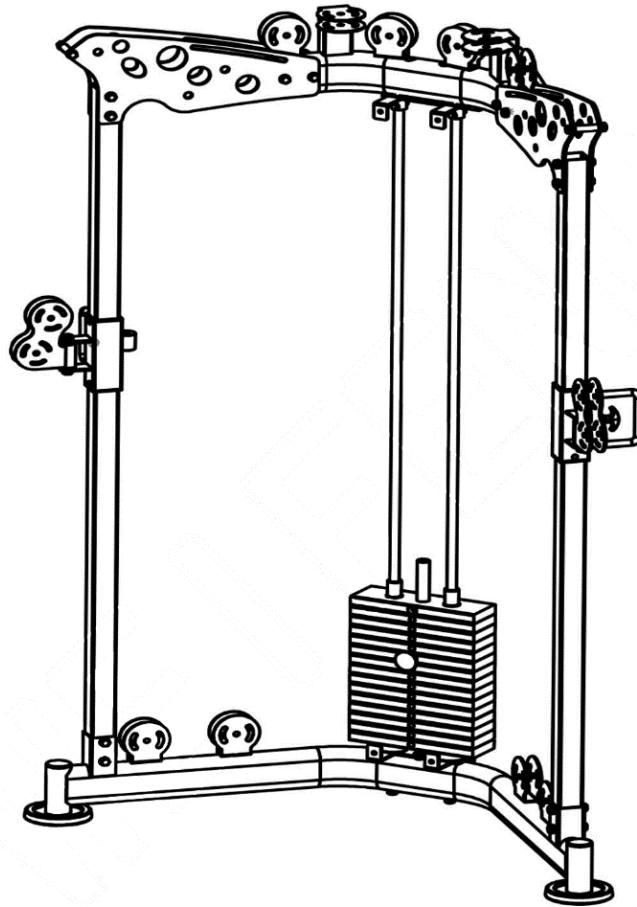
Installation Instruction

1. Connect the Flyes base (86) with the main base (1), and fasten them with M10*70 outer hexagonal bolts (5), Ø 10 washers (6) and M10 lock nuts (7).
2. Pass the stainless steel pipe (4) through the counterweight damping pad (3) and install it on the Flyes base (86), and fasten it with M10 outer hexagon bolts (8) and Ø 10 washers (6).

Installation Step 12. Exploded Diagram



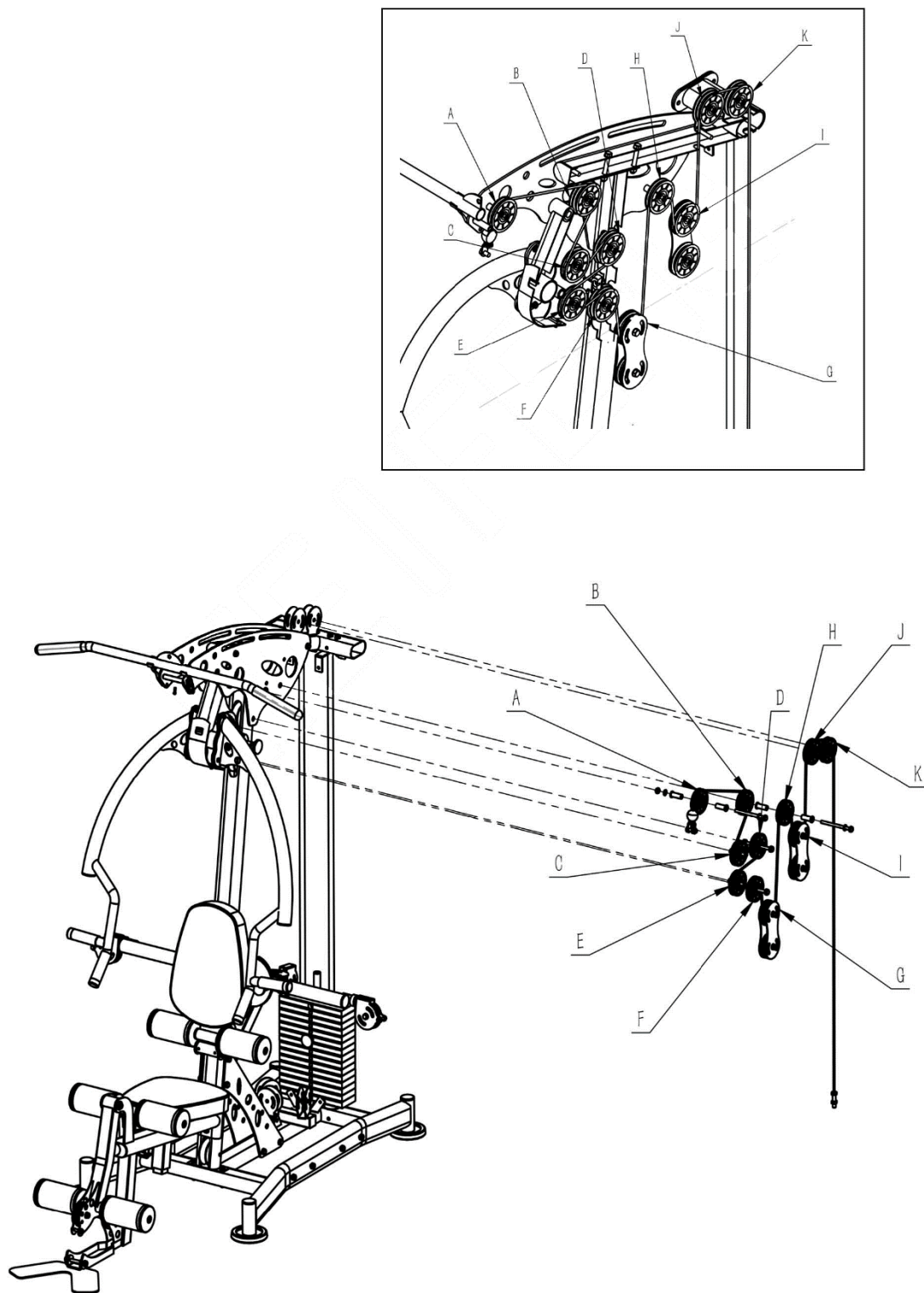
Installation Step 12. Assembly Diagram



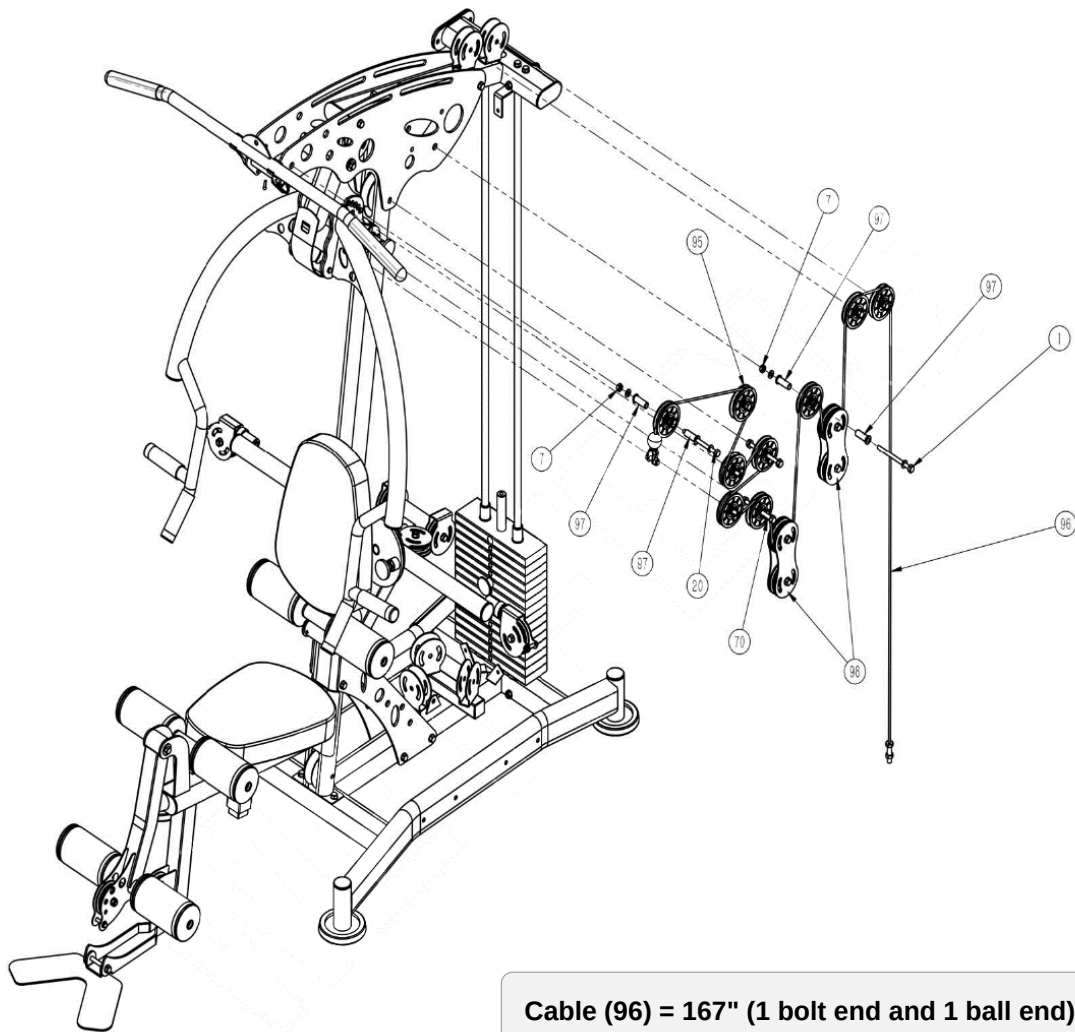
Installation Instruction

1. Install the counterweight (9) on the stainless steel pipe (4).
2. Install the Flyes' upper connecting tube (87) on the stainless steel pipe (4), and connect the other end to the upper beam tube (14) of the main body.
3. Install the Flyes decoration board (88) on both sides of the Flyes' upper connecting tube (87), and fasten it with M10*75 outer hexagonal bolts (94), $\text{Ö } 10$ washers (6) and M10 lock nuts (7).
4. Install the spacer (93) on the front end of the Flyes decoration board (88), and fasten it with M10*75 outer hexagonal bolts (94), $\text{Ö } 10$ washers (6) and M10 lock nuts (7).
5. Install the adjuster (90) to the Flyes adjusting tube (89). Install the Flyes moving wheel frame (91) on the adjuster (90), fix it with the Flyes moving wheel frame connecting shaft (92), and fasten with M10*20 outer hexagonal bolts (8).
6. Install one end of the Flyes adjusting tube (89) on the Flyes base (86), and tighten it with M10*70 outer hexagonal bolts (5), $\text{Ö } 10$ washers (6) and M10 lock nuts (7). Connect the other end with the Flyes decoration board (88), and tightened with M10*75 outer hexagonal bolts (94), $\text{Ö } 10$ washers (6) and M10 lock nuts (7).

Steel Rope Installation. Step 1



Steel Rope Installation. Step 1

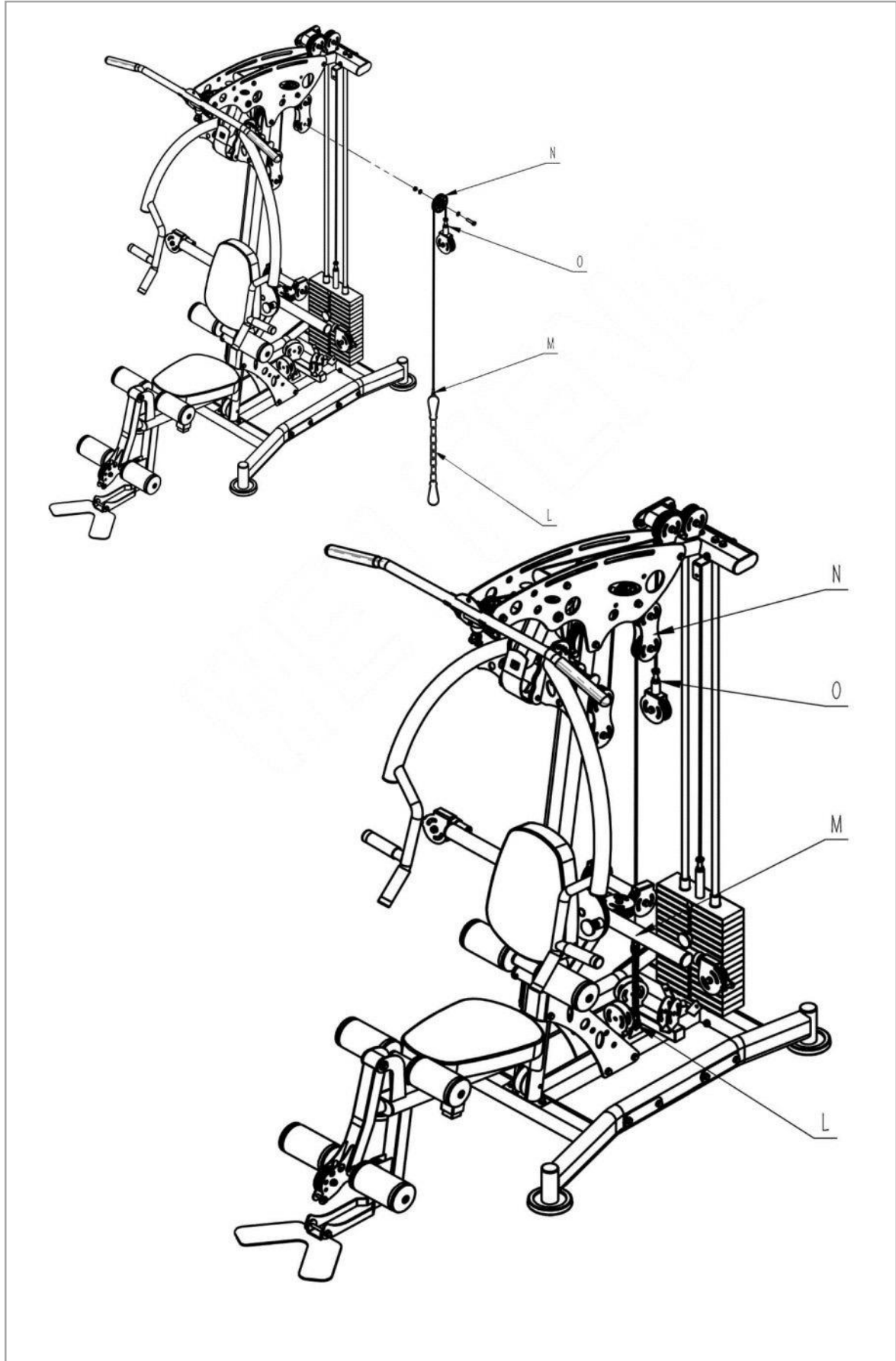


Cable (96) = 167" (1 bolt end and 1 ball end)

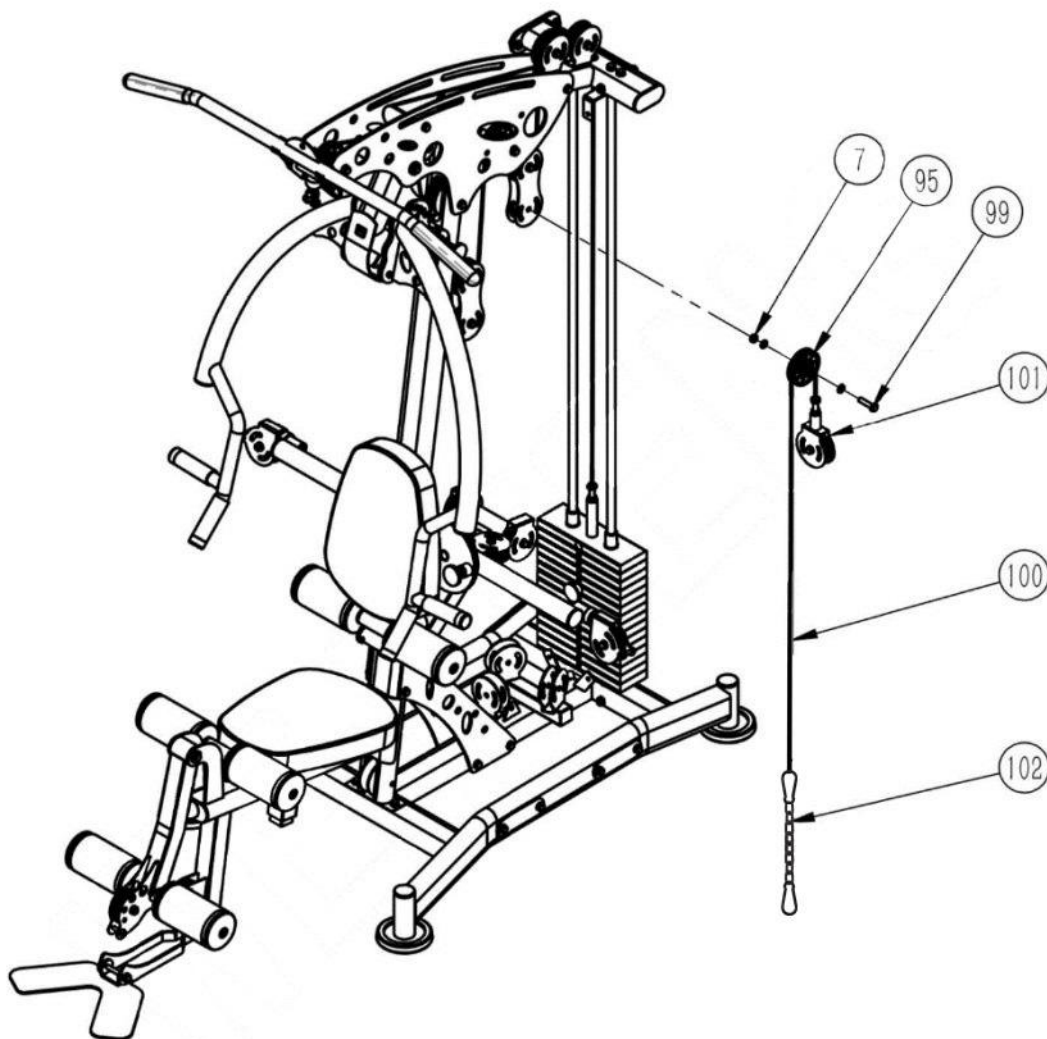
Installation Instruction

1. Pass the bolt ends of the high-tension Gym Cable through points A, B, C, D, E, F, G, H, I, J and K in sequence, and install the bolts on the counterweight lifting rod (11).
2. For the pulleys (95) at point A and H, pass M10*130 outer hexagonal bolts (20) through the pulley spacer (97) and fix the pulleys (95) at the main body decoration board (16), and then fasten with M10 lock nuts (7).
3. For the pulley (95) at point D, pass M10*130 hexagonal bolts (20) through the main body decoration board (16), and the main riser (2), fix the pulley (95), and tighten with M10 lock nut (7).
4. For the pulley (95) at point F, pass M10*120 outer hexagonal bolts (70) through the main riser (2) to fix the pulley (95), and fasten it with M10 lock nut (7).
5. Fix the pulley (95) with M10*45 outer hexagonal bolts (99) at points B, J, and K, and tighten with the M10 lock nuts (7).
6. For the pulleys (95) at point G and I, pass M10*45 outer hexagonal bolts (99) through the double-wheel frame (98) and pulley (95), and tighten the double-wheel frame (98) with M10 lock nuts (7).

Steel Rope Installation. Step 2



Steel Rope Installation. Step 2

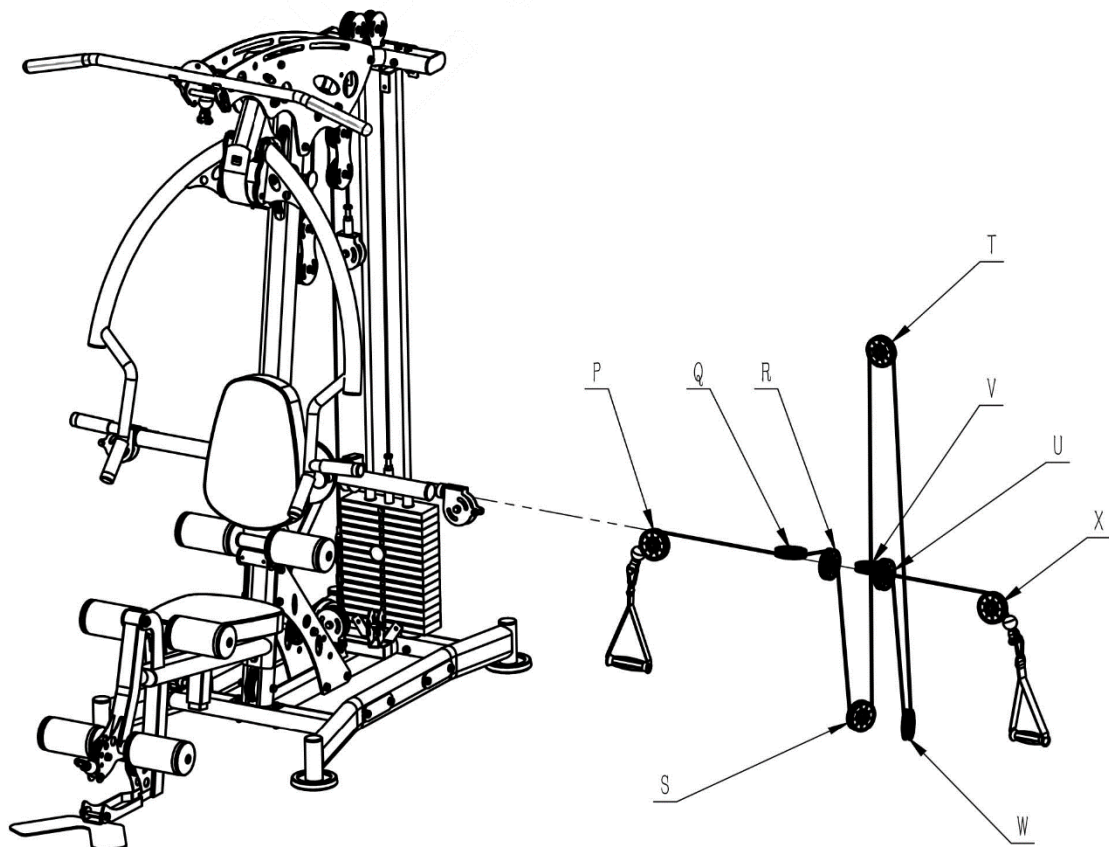
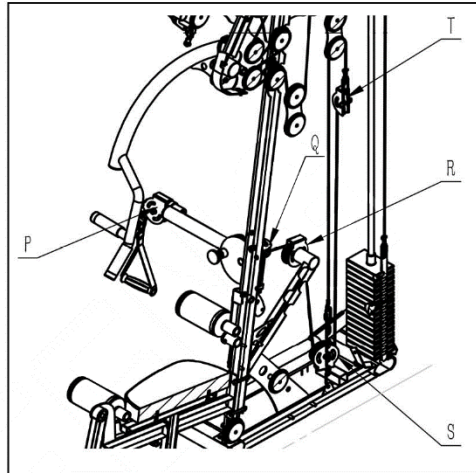


Cable (100) = 57.5" (1 bolt end and 1 hole end)

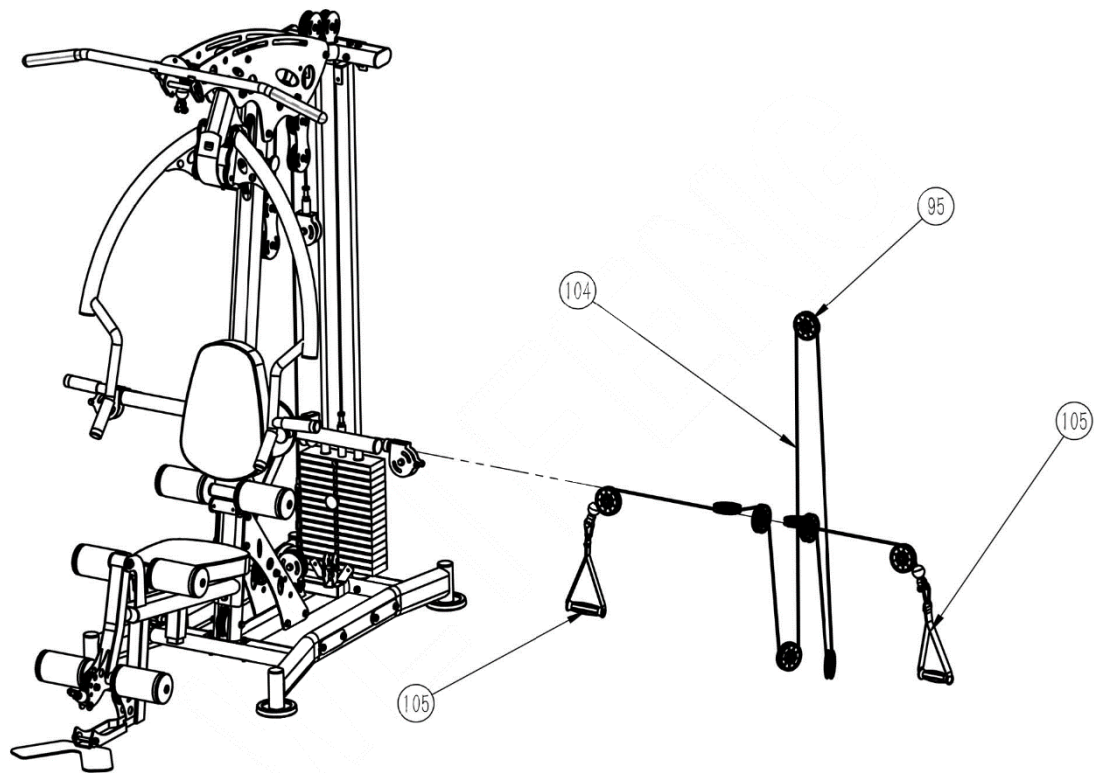
Installation Instruction

1. Connect 8 Link Chain w/Carabiner on each end (102) to the fixing hole at point L of the base (1), and connect the other end to the transitional Gym Cable (100).
2. Pass the bolt end of the transitional Gym Cable (100) through point N, and connect the bolt with the small wheel frame (101).

Steel Rope Installation. Step 3



Steel Rope Installation. Step 3

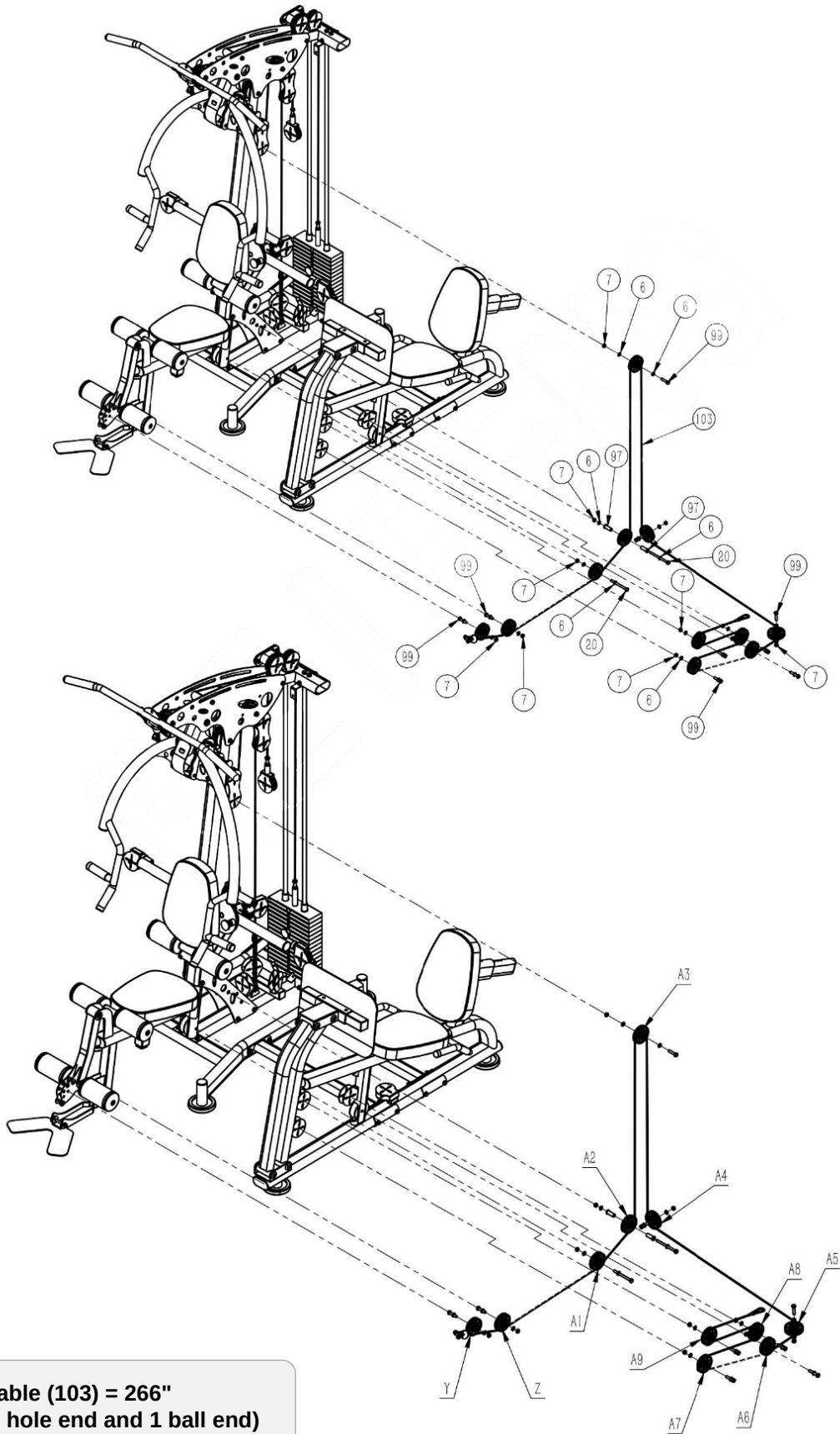


Cable (104) = 203" (2 ball ends)

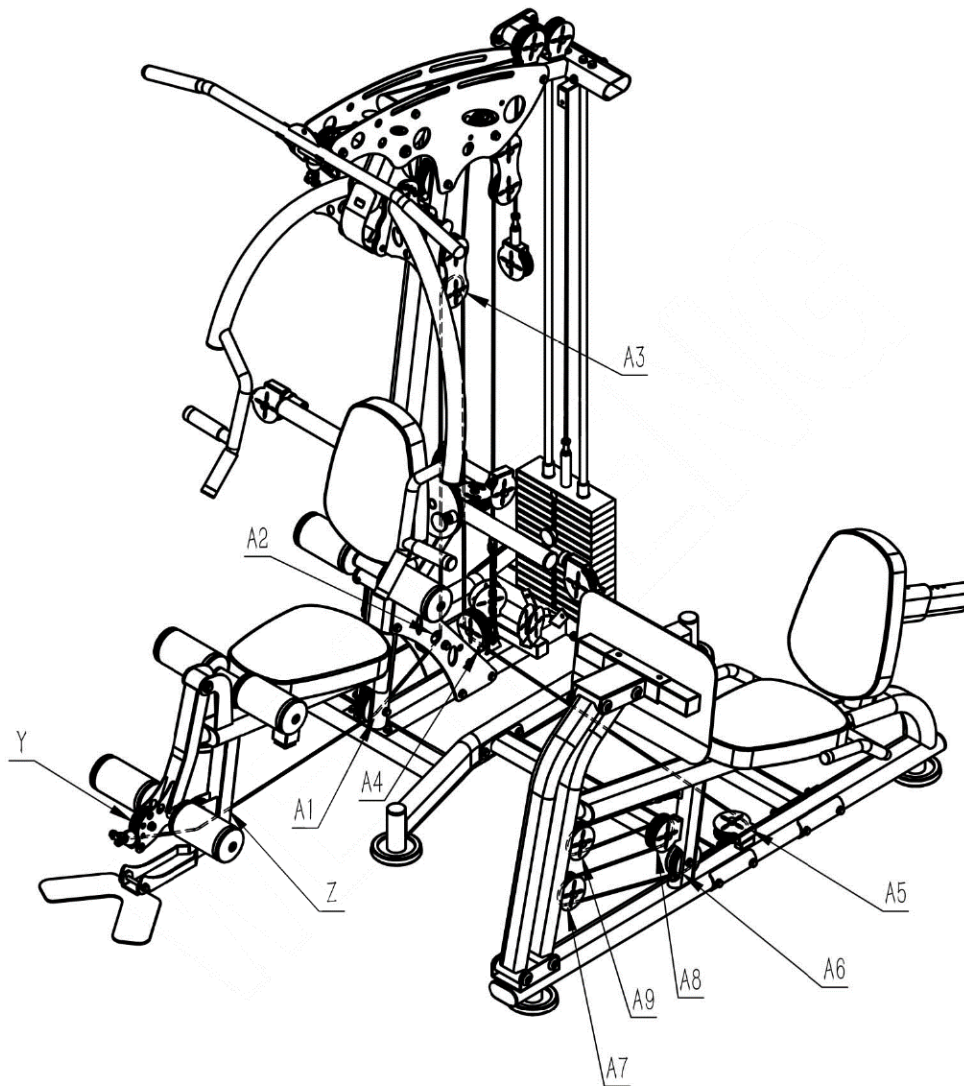
Installation Instruction

1. Install the pulley (95) following points P, Q, R, S, T, U, V, W, X, and fasten it with M10*45 outer hexagonal bolts (99) and M10 lock nuts (7).
2. Pass one end of the upper arm Gym Cable (104) through points P, Q, R, S, T, U, V, W, X in sequence.
3. Install the handle (105) to both ends of the upper arm Gym Cable (104).

Steel Rope Installation. Step 4



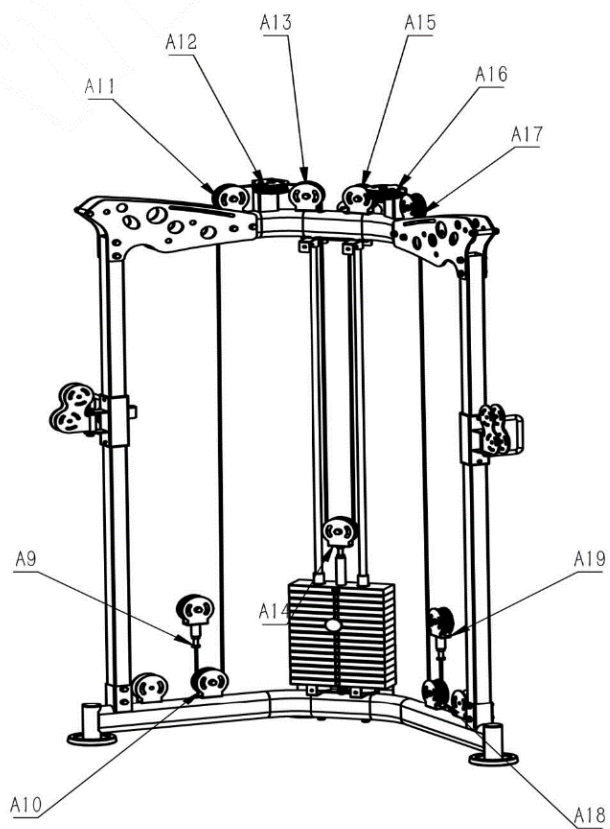
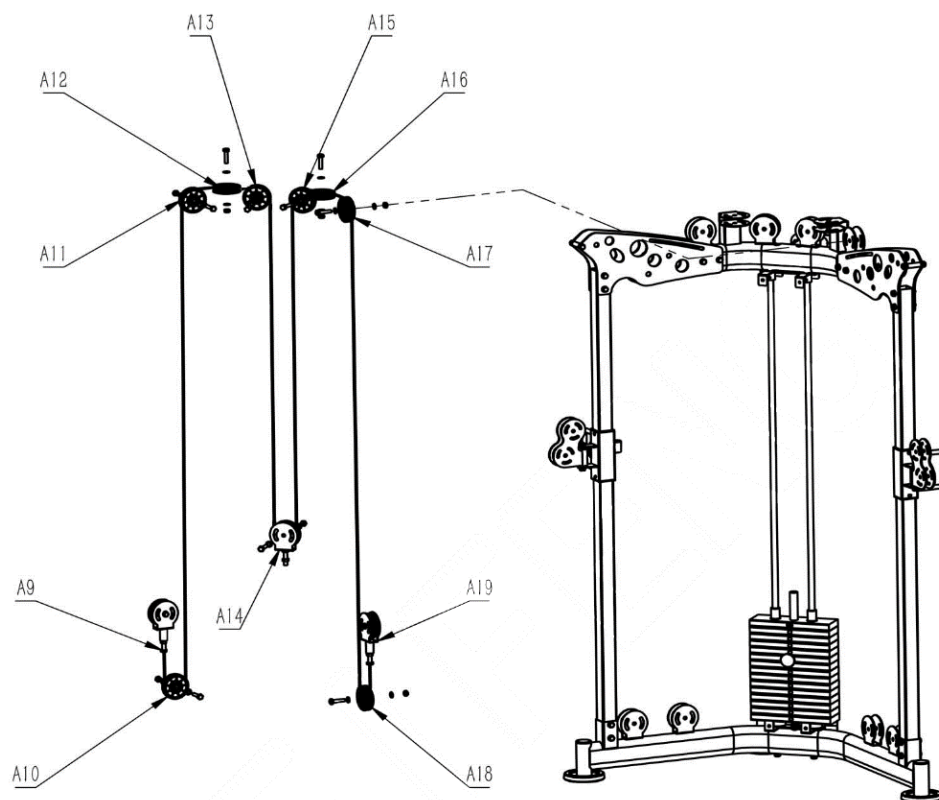
Steel Rope Installation. Step 4



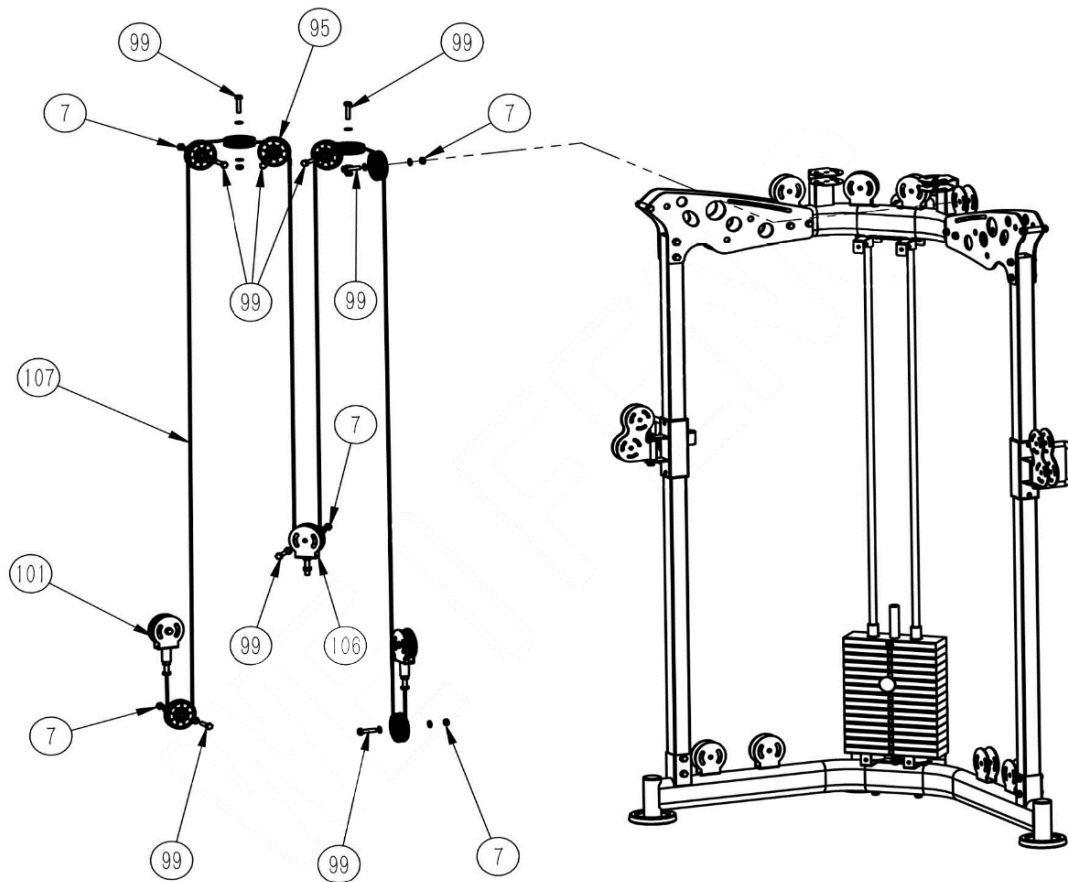
Installation Instruction

1. Install the M8*45 outer hexagonal bolt (57) to the front fixing hole of the front kick tube (27), and fasten it with M8 lock nut (41).
2. Install the pulley (95) following points Y, Z, A1, A2, A3, A4, A5, A6, A7, A8, and fasten it on points Y, Z, A4, A5, A6, A7 with M10*45 outer hexagonal bolts (99) and M10 lock nuts (7).
3. Pass M10*130 outer hexagonal bolt (20) through the main riser (2), and fix the pulley (95) at point A1, and fasten it with M10 lock nut (7).
4. Pass M10*130 outer hexagonal bolt (20) through the pulley spacer (97) and the body supporting boards (24) and (25), to fix the pulley (95) at point A2, and then fasten it with M10 lock nut (7).
5. Pass M10*120 outer hexagonal bolt (70) through the flat seating tube (73), and fix the pulley (95) at point A8, and then fasten it with M10 lock nut (7).

Steel Rope Installation. Step 5



Steel Rope Installation. Step 5

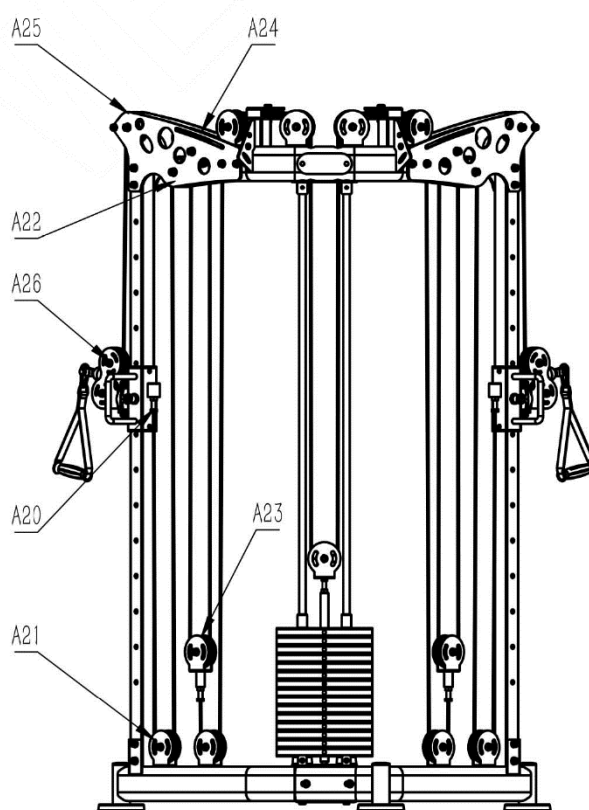
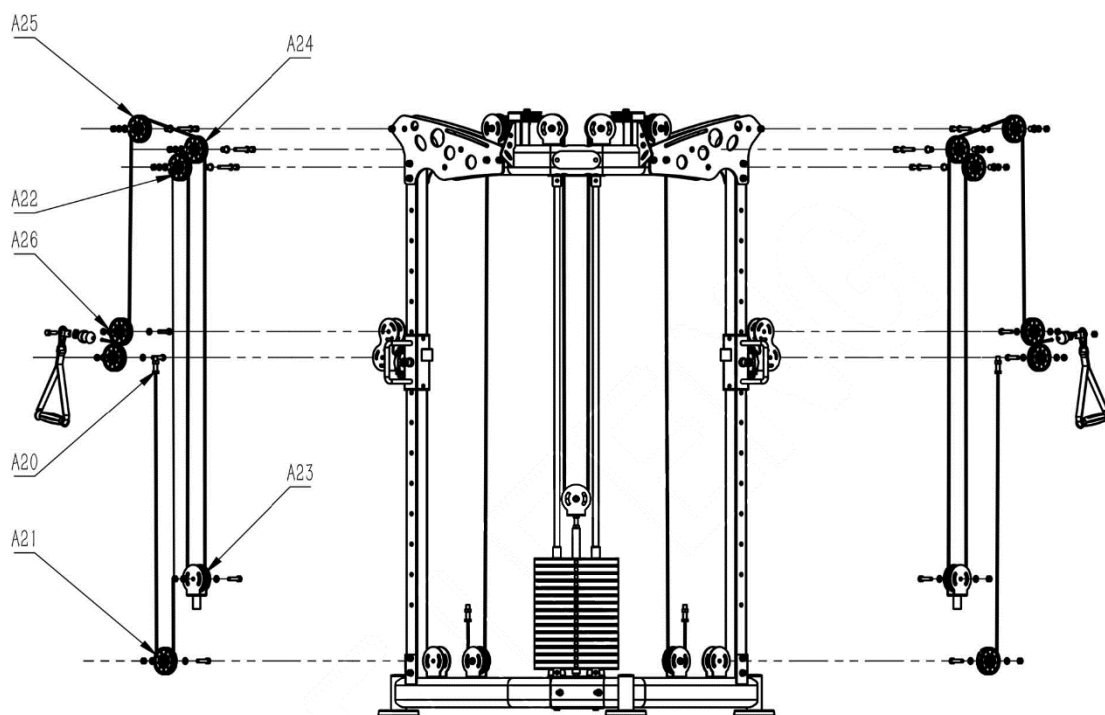


Cable (107) = 300" (2 bolt ends)

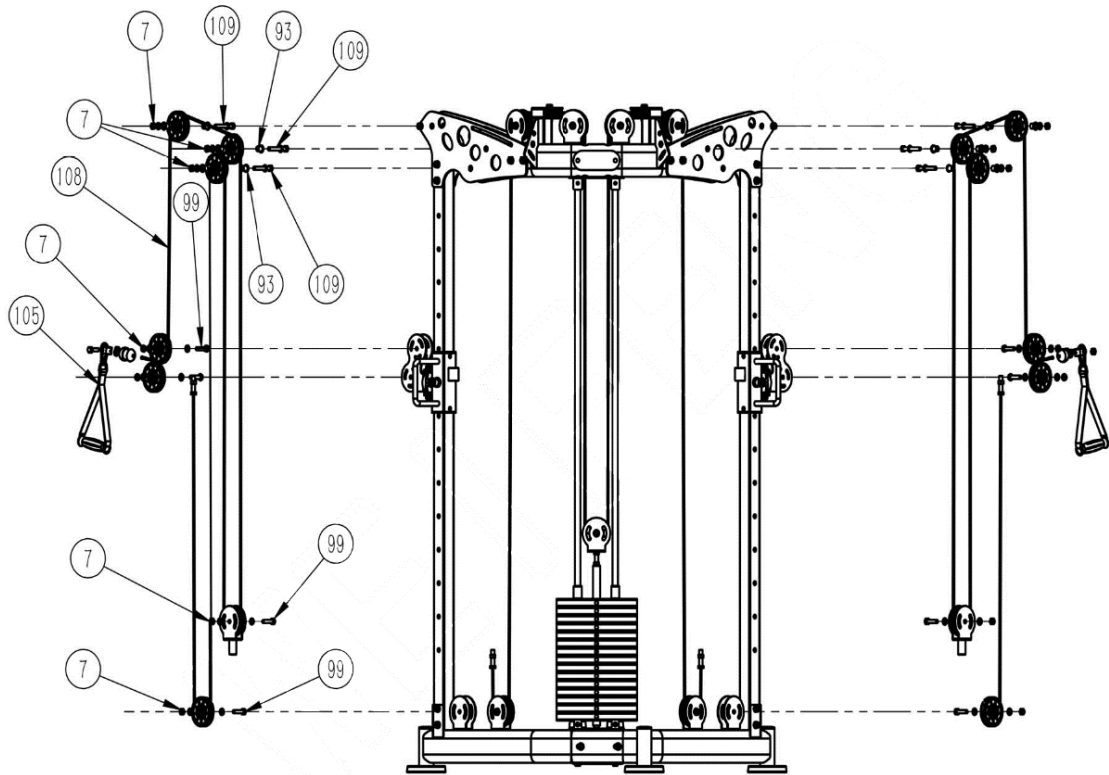
Installation Instruction

1. Pass one end of the Flyes Gym Cable through points A10, A11, A12, A13, A14, A15, A16, A17, A18 in turn, and install the pulley (95) with M10*45 outer hexagonal bolts (99), and then fasten with M10 lock nut (7).
2. Connect the small wheel frame (101) at points A9 and A19.
3. Connect the Flyes wheel frame (106) at point A14.

Steel Rope Installation. Step 6



Steel Rope Installation. Step 6

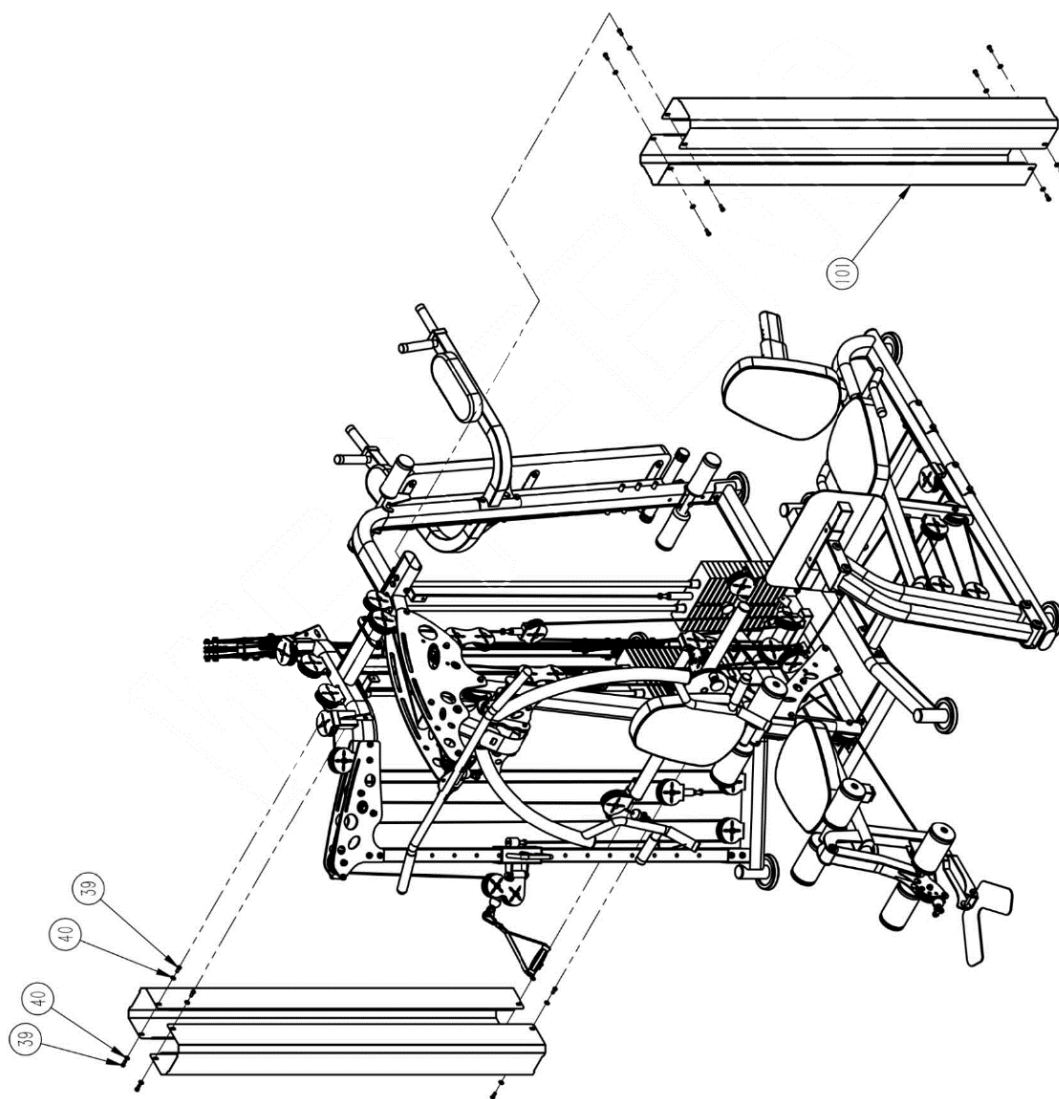


Cable (108) x2 = 277.5" (1 bolt end and 1 ball end)

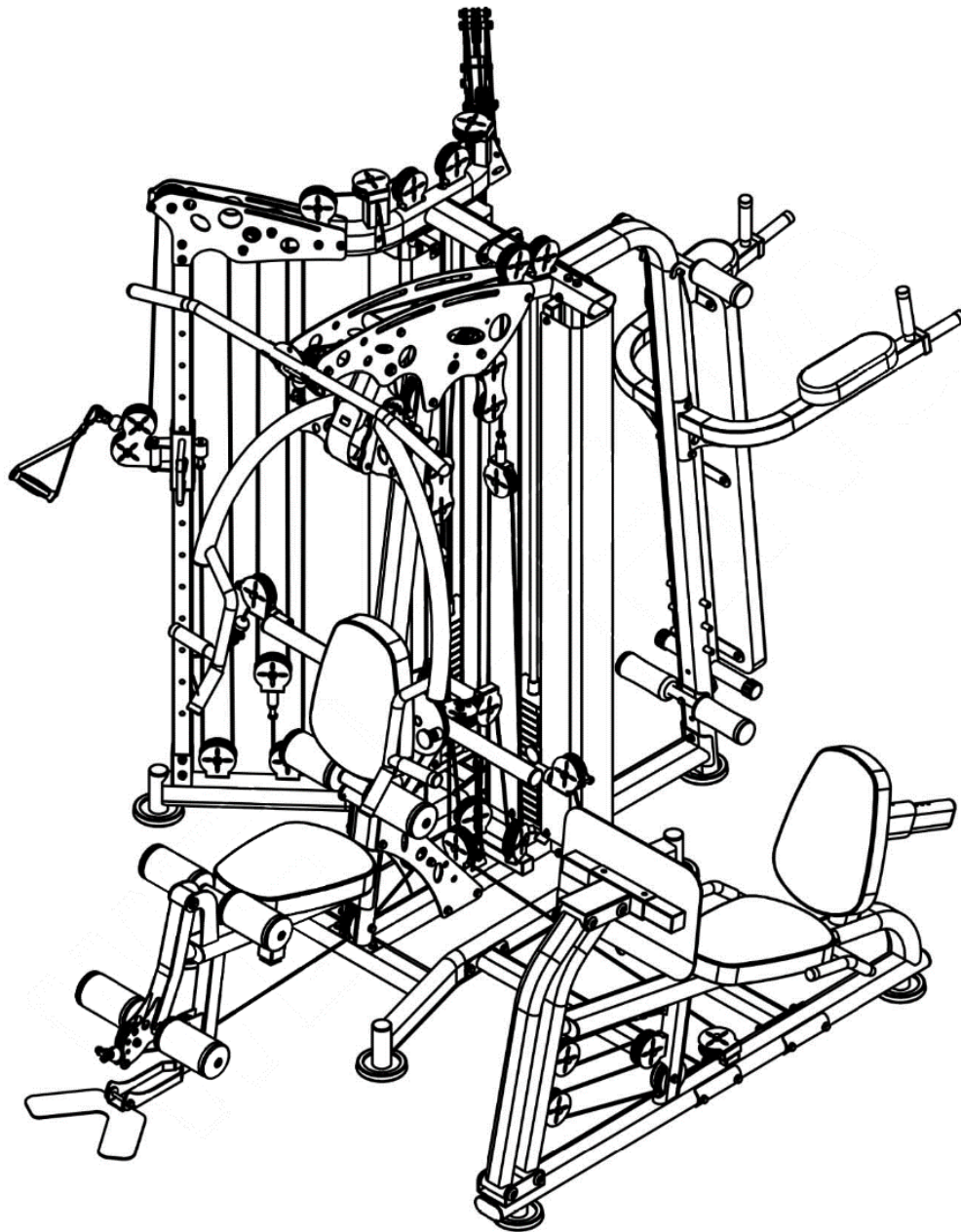
Installation Instruction

1. Install the bolt end of the Flyes Gym Cable (107) to the Flyes adjuster (90).
2. Pass the other end of the Flyes Gym Cable (107) through points A21, A22, A23, A24, A25, A26 in turn.
3. Install the pulley (95) following points A21, A23, and A26, fix it with M10*45 outer hexagonal bolts (99), and fasten it with M10 lock nuts (7).
4. Install the pulley (95) following points A22, A24, and A25, and fix the pulley (95) with M10*45 outer hexagonal bolts (99) through the spacer (93), and then fasten with M10 lock nut (7).
5. Install the handle (105) to the ball end of the Flyes Gym Cable (107).

Installation Step 13. Exploded Diagram



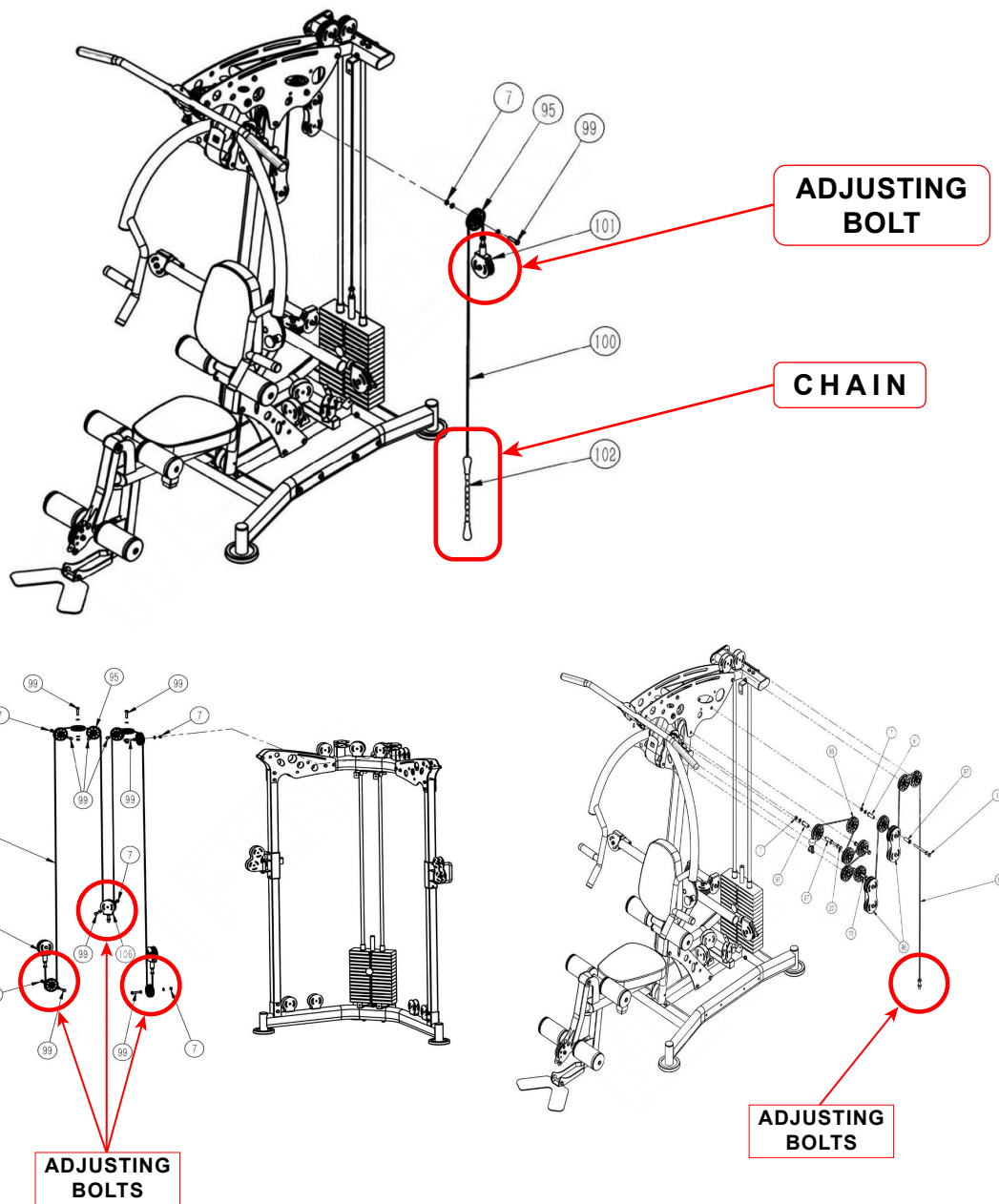
Installation Step 13. Assembly Diagram



Installation Instruction

1. Pass M8*20 outer hexagonal bolts (39) through the washer, and install the guard cover (110).

MAINTENANCE + FINAL ASSEMBLY CHECK: CABLE ADJUSTMENTS



The cables should be installed firm and without loose tension, but not too tight. If the cables are skipping, or don't glide properly, then it is likely because the cables are not installed correctly, and need to be adjusted. Note also that they can loosen over time as cables naturally stretch, and might need to be tightened should they loosen up in the future. Note the various areas to tighten.

- 1) Chain: The chain is meant to be adjusted by adjusting the links to be shorter or longer, and putting the right length into the carabiner. If the cables are very loose, this should be the first thing checked, as, the chain is to make large adjustments. The "Adjusting Bolts" are to make small adjustments
- 2) Adjusting Bolts: These are used to make small adjustments. Just tighten until they feel firm, as mention above, using an adjustable wrench (see pic). There are 5 different cables on the machine, so each adjustment will only effect one cable, so, just be aware of that
- 3) If the tension doesn't fix the smoothness, then something might be obstructing the cable path, or the cable could be torn. In this, send pics of the cable routing and effected areas and our tech support can assist.