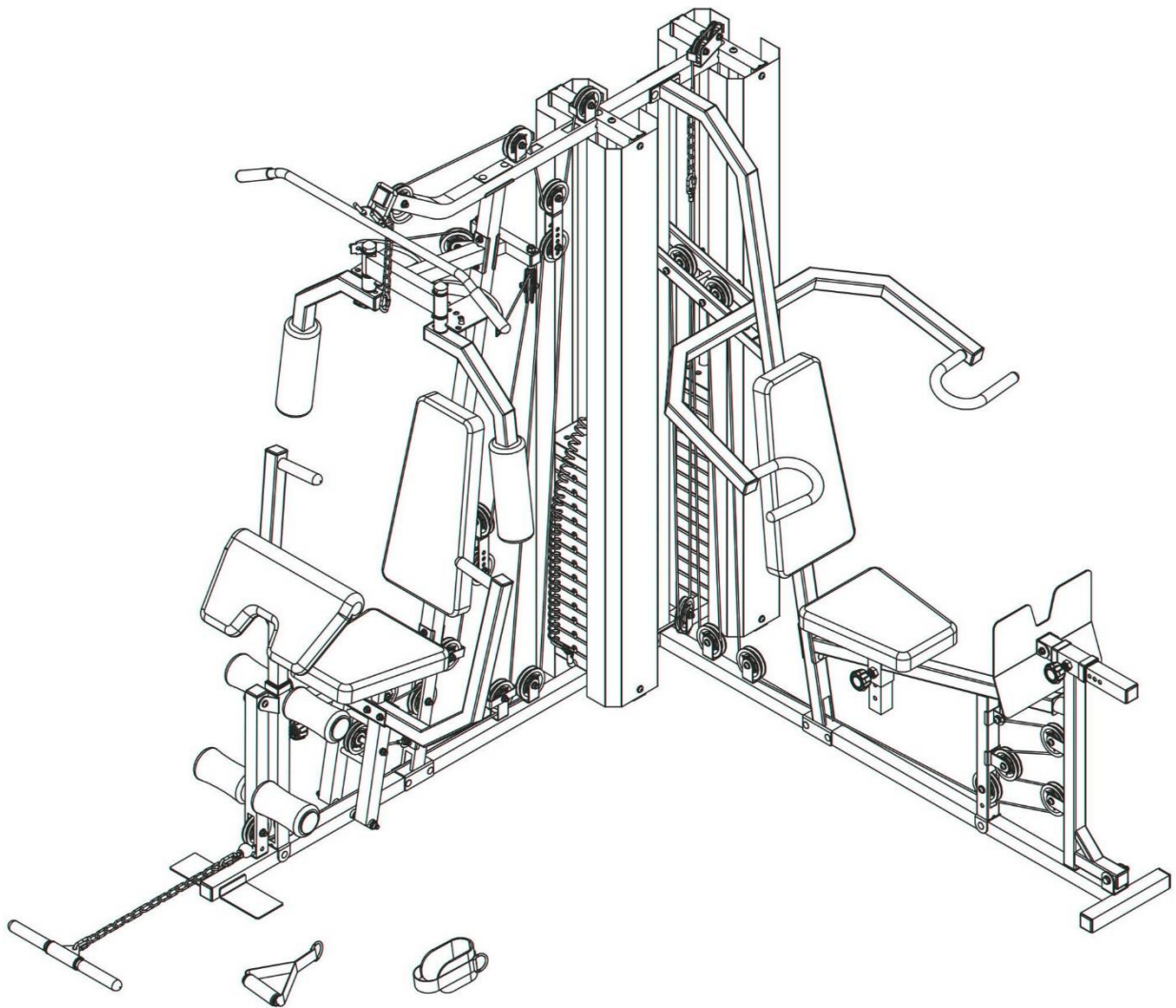


FRENCH FITNESS

FF-X2

FRENCH FITNESS X2 CORNER HOME GYM SYSTEM

ASSEMBLY AND EXERCISE MANUAL



FEATURES

- Leg Press has a 2:1 ratio so it will feel like 300 lbs
- Weight Stack: (2) 150 lb
- Weight Stack Increments: (15) 10 lb plates per side
- Weight: 582 lb (264 kg)
- Steel Tubing: 45mm x 45mm x 2mm and 45mm x 45mm x 1.5mm
- 14 and 16 Gauge Steel
- Dimensions: 91"L (Leg Press Side), 83" Wide (Bench / Leg Ext Side) x 81"H

TOWER 1

Chest Press Station

- Chest Press

Butterfly Station (Adjustable)

- Rear Delt
- Pec Fly

Preacher Curl Station (Adjustable Height)

- Preacher Curls

*Leg Station

- Leg Extensions
- Standing Leg Curls

High Pulley Station

- Lat Pulldown
- Tricep Pushdown
- *Low Pulley Station
- Bent Over Row
- Standing Curl
- Shoulder Shrugs
- One Arm Lat Raise
- One Arm Rear Delt
- One Arm Bicep Curls
- One Leg Lateral Raises
- One Leg Extension
- One Leg Curls

TOWER 2

*Leg Press Station (Adjustable)

- Leg Press
- Calf Raises

*Shoulder Press Station

- Shoulder Press

ACCESSORIES INCLUDED

- Lat Bar
- Ankle Cuff
- Handle Strap
- Straight Bar

WARRANTY

10 Years Part, 1 Year Labor (Home)

TABLE OF CONTENTS

ASSEMBLY INSTRUCTIONS8

PARTS LIST25

WEIGHT RESISTANCE CHART.....29

EXERCISES30

IMPORTANT SAFETY NOTICE

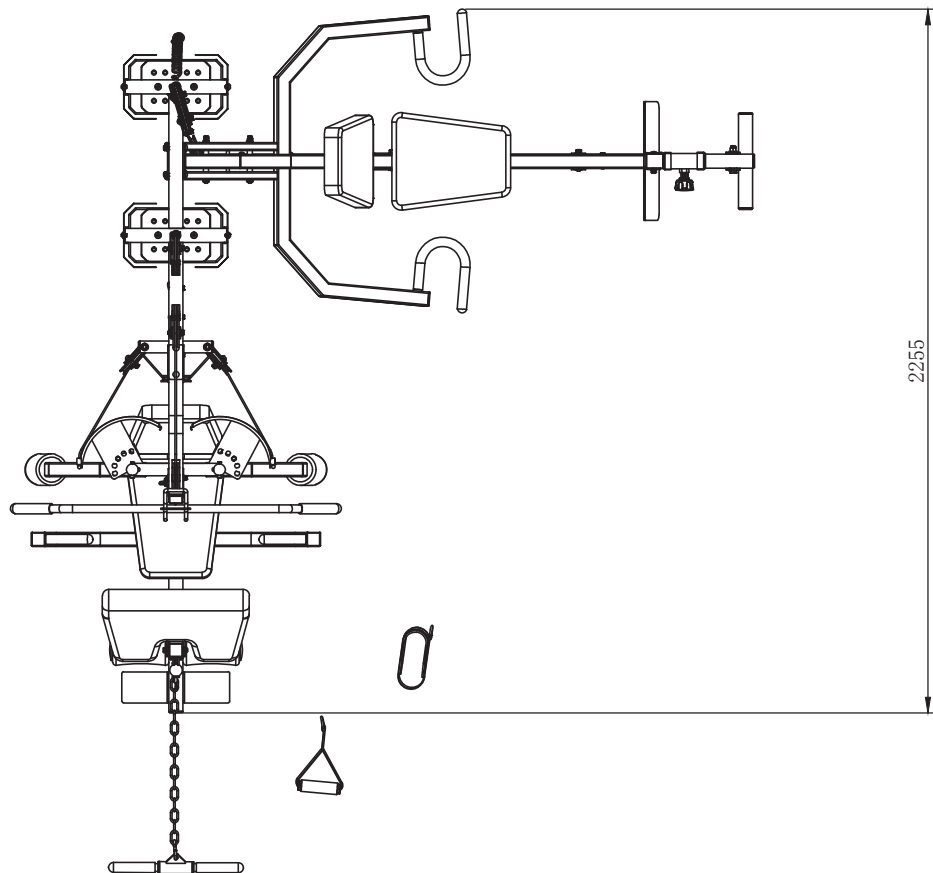
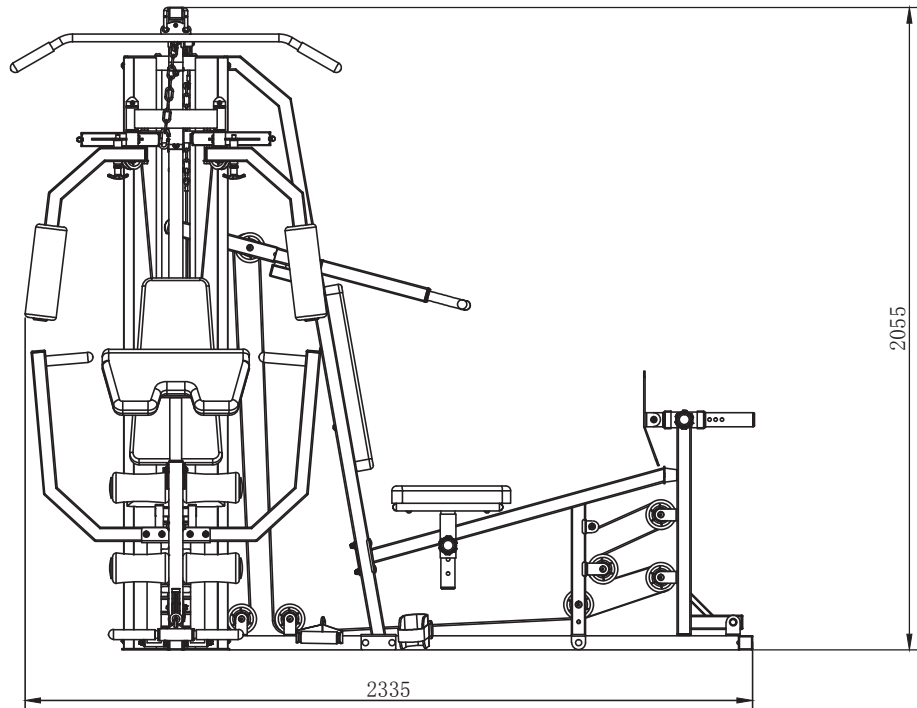
PRECAUTIONS

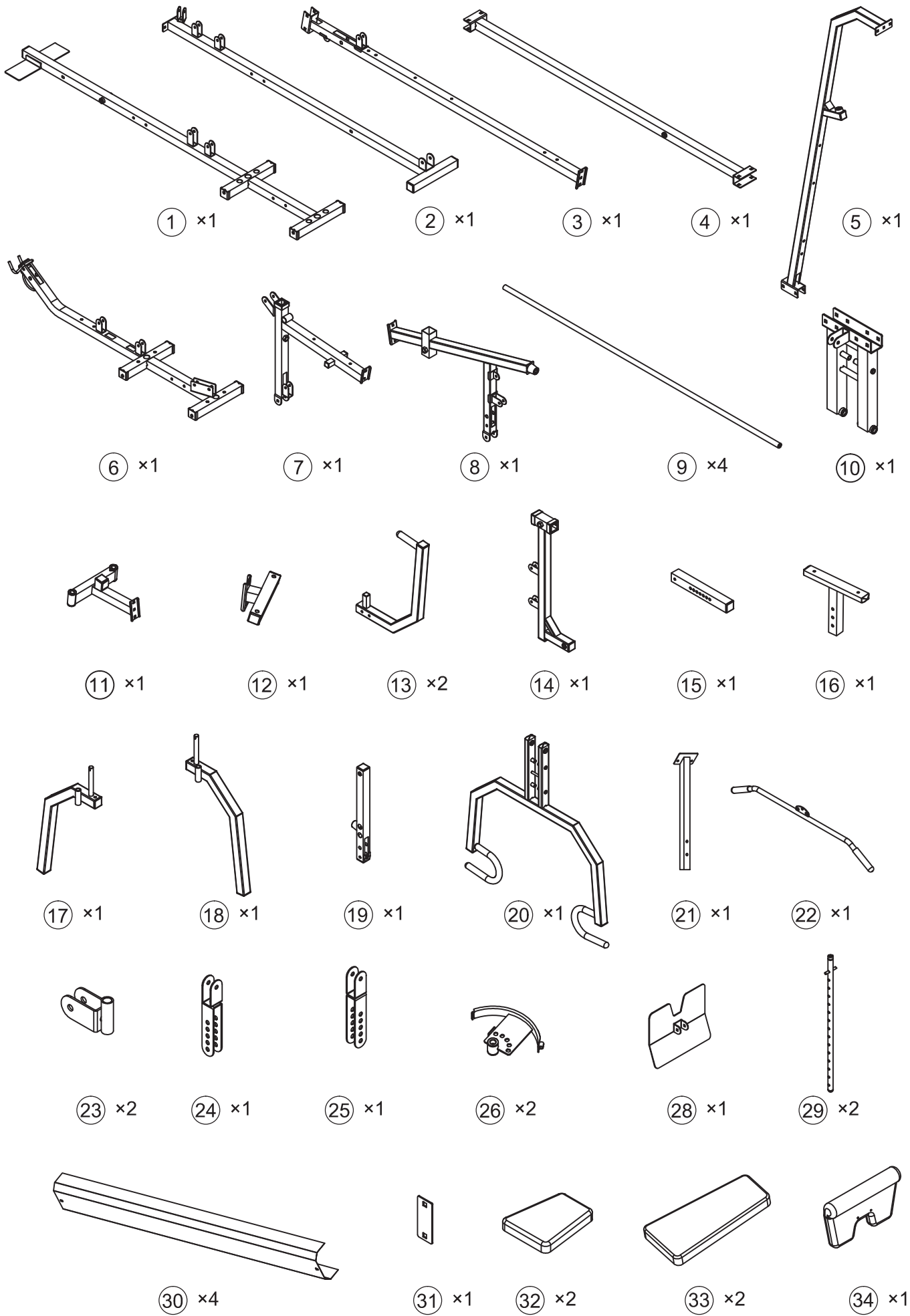
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

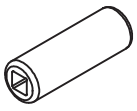
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Can two person at a time use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.







35 x2



36 x1



37 x1



38 x1



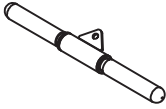
39 x1



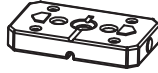
40 x1



41 x2



42 x1



44 x28



45 x2



46 x2



47 x4



50 x2



51 x2



52 x2



56 x26



57 x2



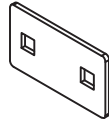
58 x2



61 x3



62 x4



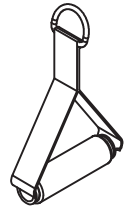
73 x2



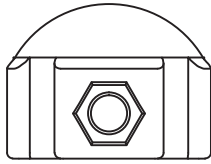
75 x4



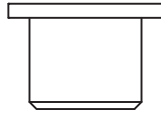
102 x1



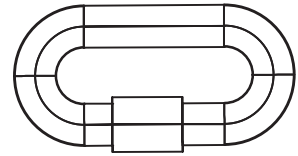
103 x1



53 x2



55 x8



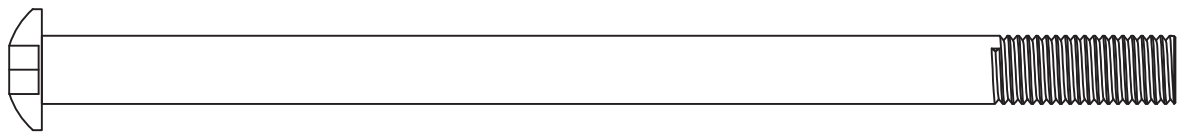
78 x5



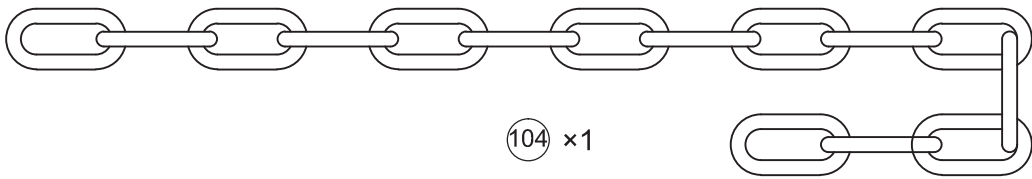
48 x1



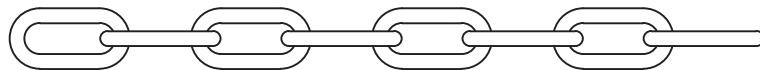
49 x1



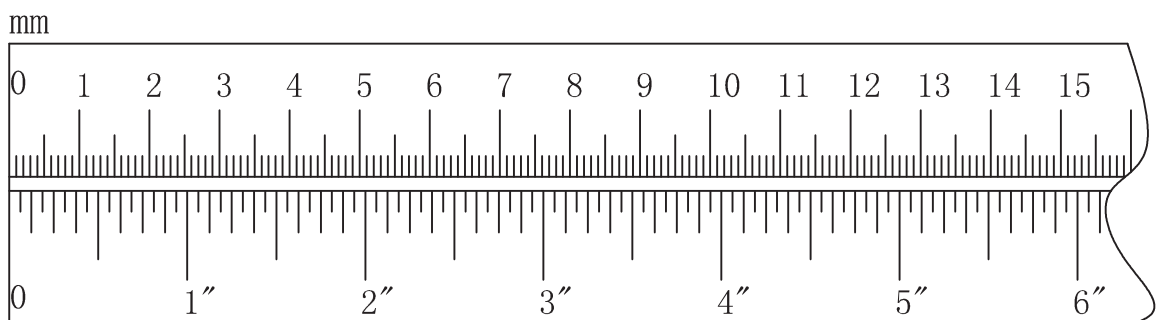
87 x1

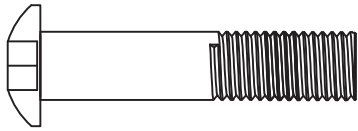


104 x1

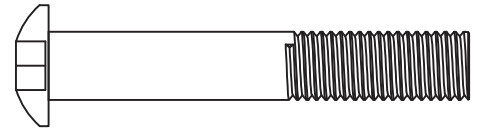


77 x2

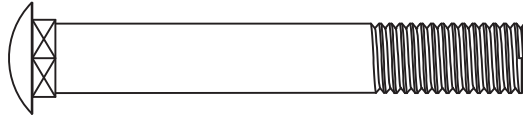




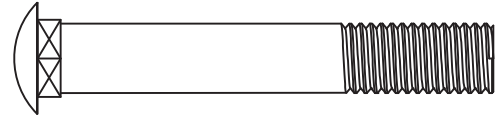
82 x21



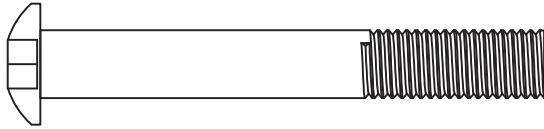
83 x5



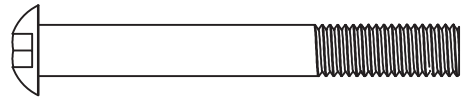
84 x4



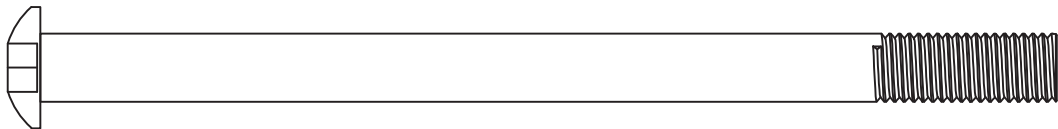
85 x18



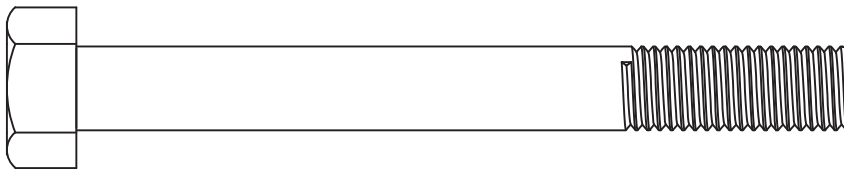
79 x1



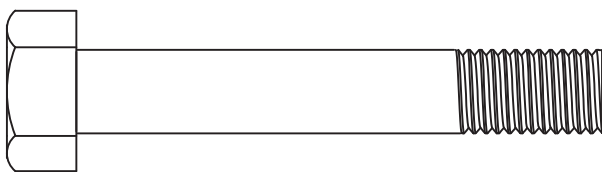
91 x6



86 x2

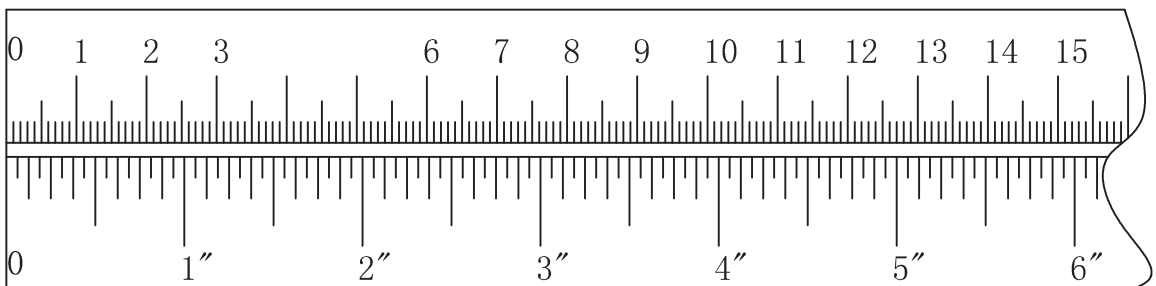


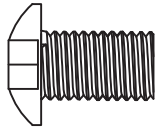
88 x2



89 x1

mm





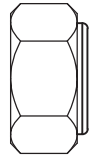
80 × 10



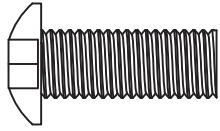
95 × 2



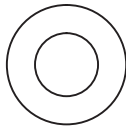
96 × 56



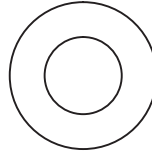
97 × 3



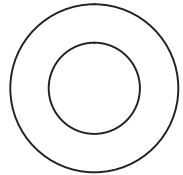
81 × 11



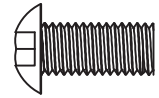
98 × 10



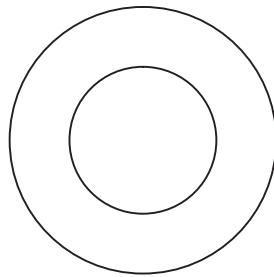
99 × 95



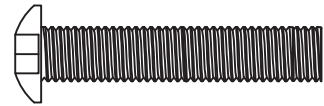
100 × 6



90 × 2



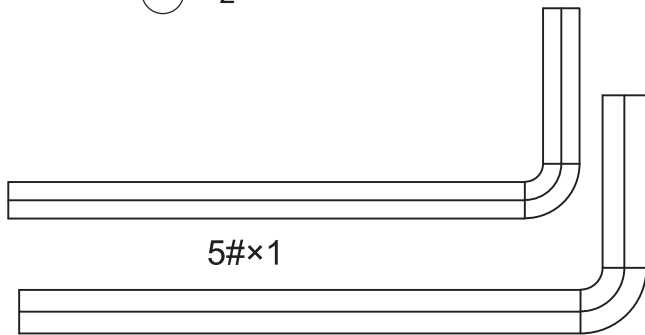
101 × 2



92 × 2

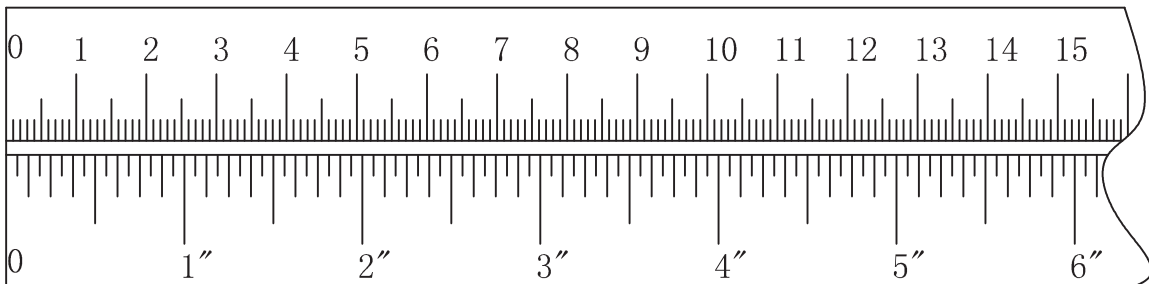


93 × 2

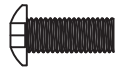


6#×2

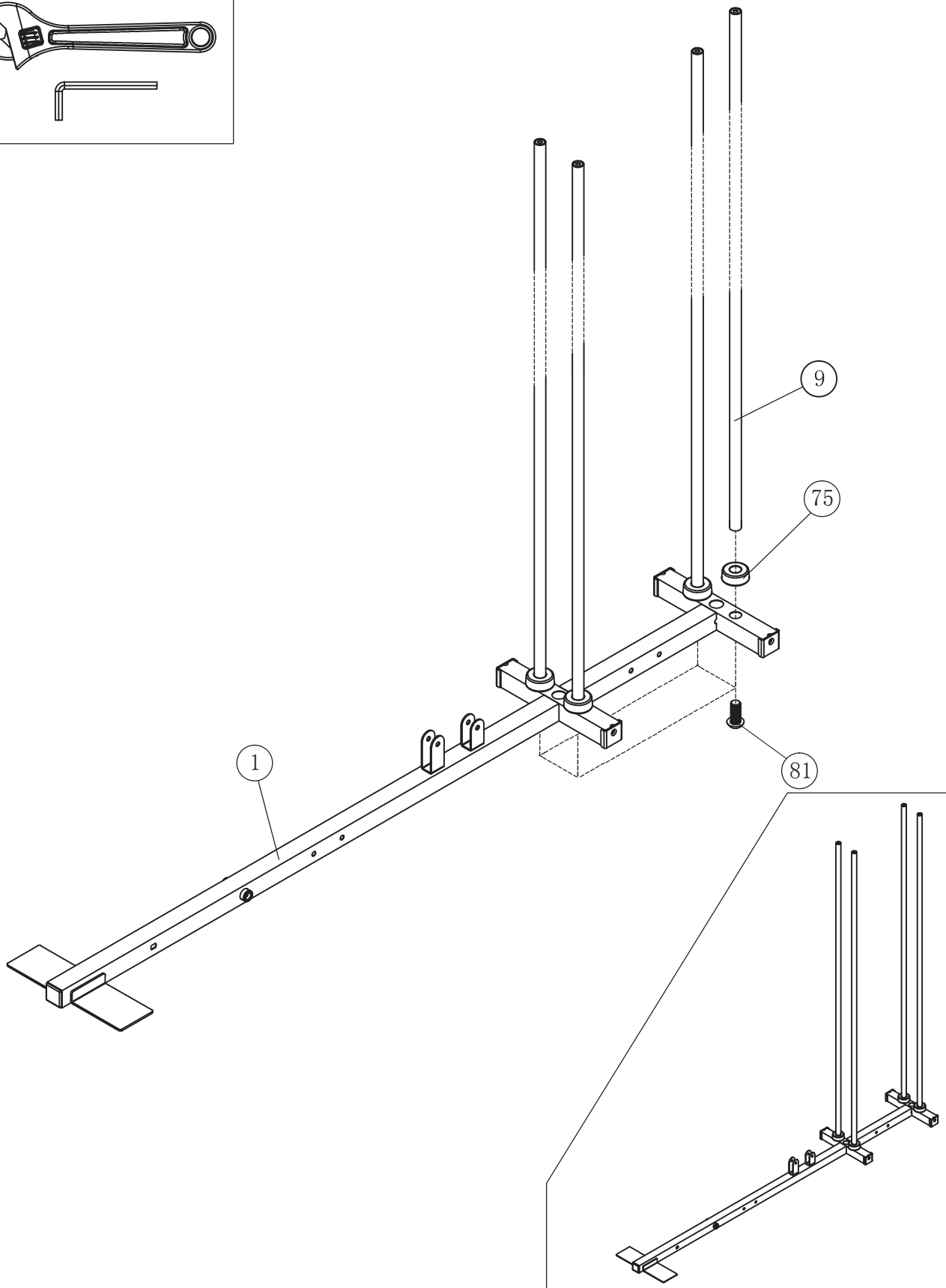
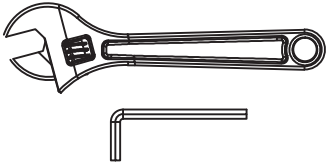
mm



81

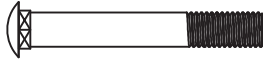


× 4 M10×25



1

84



× 2 M10×70

96

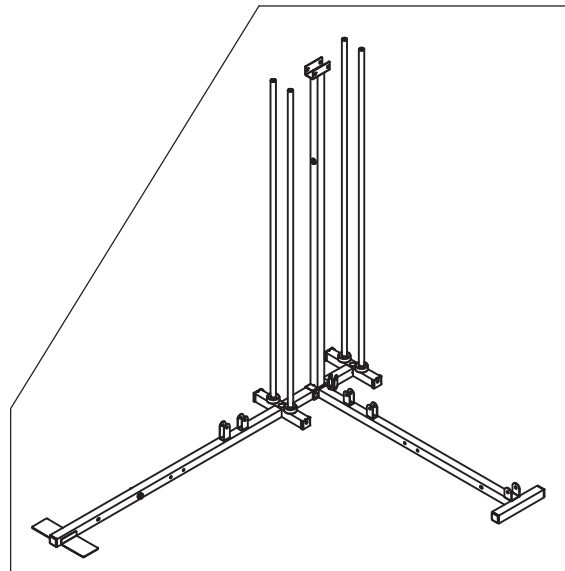
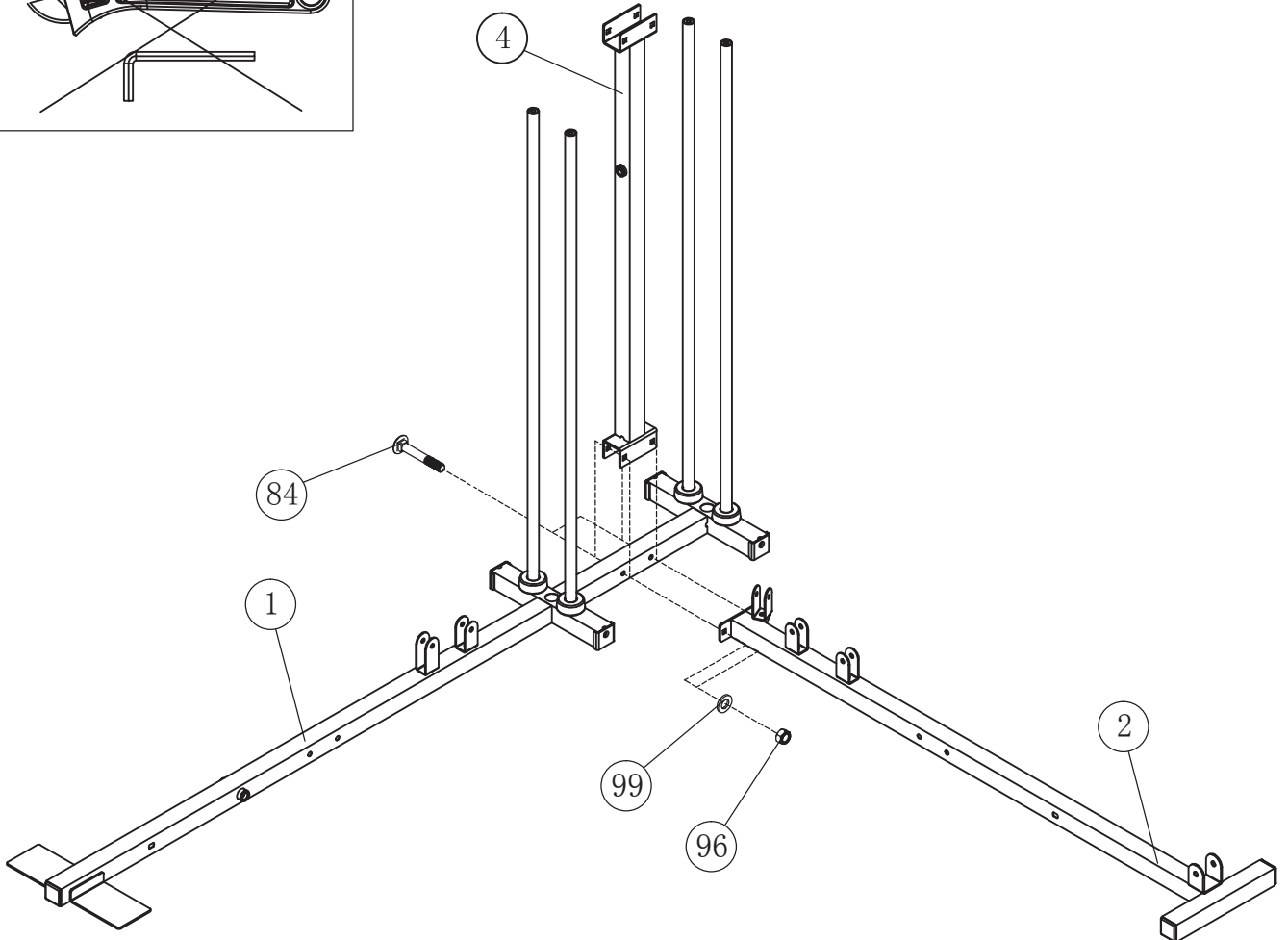
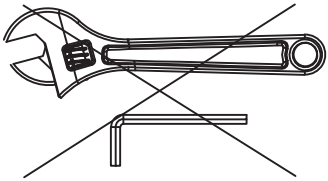


× 2 M10

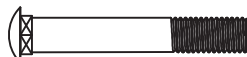

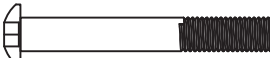


99

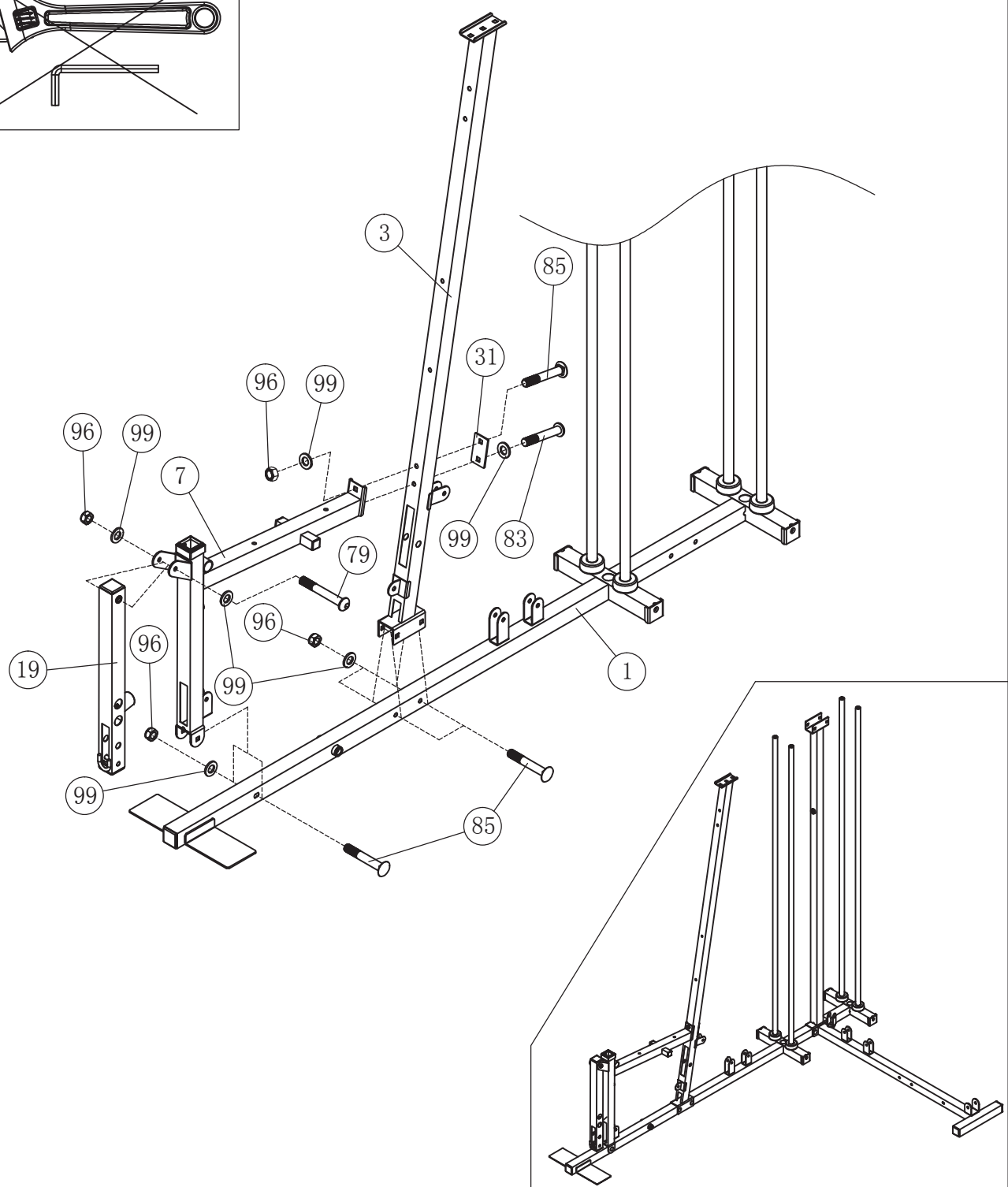
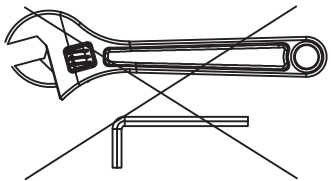


× 2 Φ20




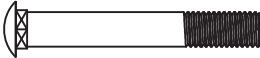


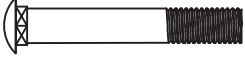


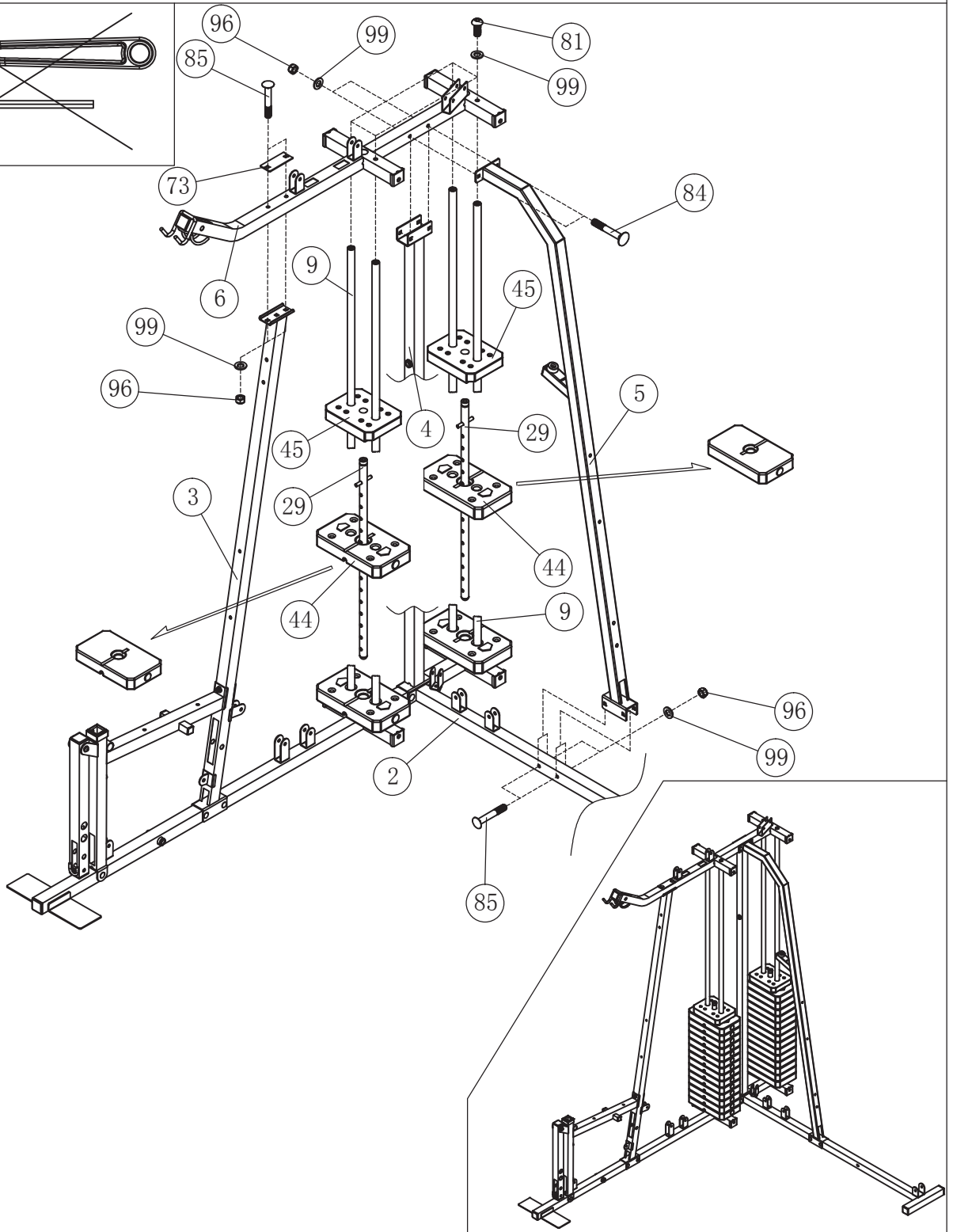
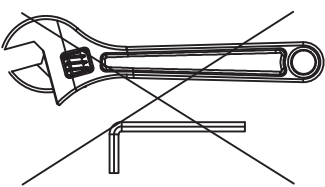
2

- | | | | | | | | |
|----|---|-----|--------|----|---|-----|-----|
| 85 |  | × 4 | M10×65 | 99 |  | × 7 | Φ20 |
| 79 |  | × 1 | M10×72 | 96 |  | × 5 | M10 |
| 83 |  | × 1 | M10×60 | | | | |



3

- | | | | | | | | |
|----|---|-----|--------|----|---|------|-----|
| 81 |  | x 4 | M10x25 | 96 |   | x 6 | M10 |
| 84 |  | x 2 | M10x70 | 99 |   | x 10 | Φ20 |
| 85 |  | x 4 | M10x65 | | | | |



85  × 4 M10×65

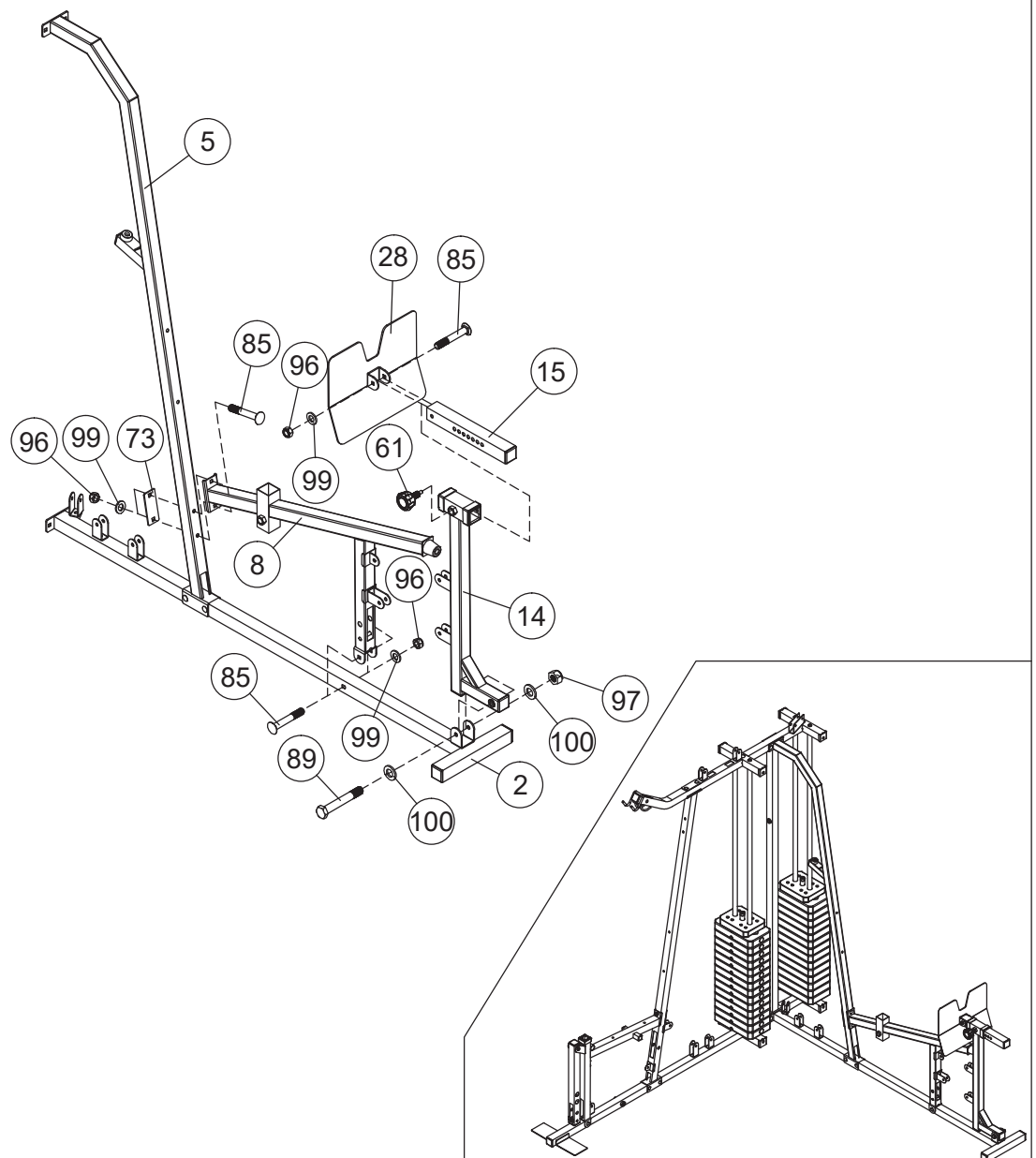
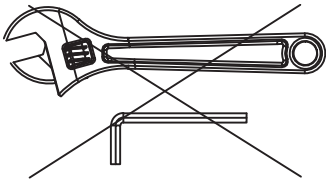
96  × 4 M10

89  × 1 M12×75

99  × 4 Φ20

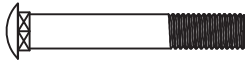
100  × 2 Φ24

97  × 1 M12



5

85



× 4 M10×65

99

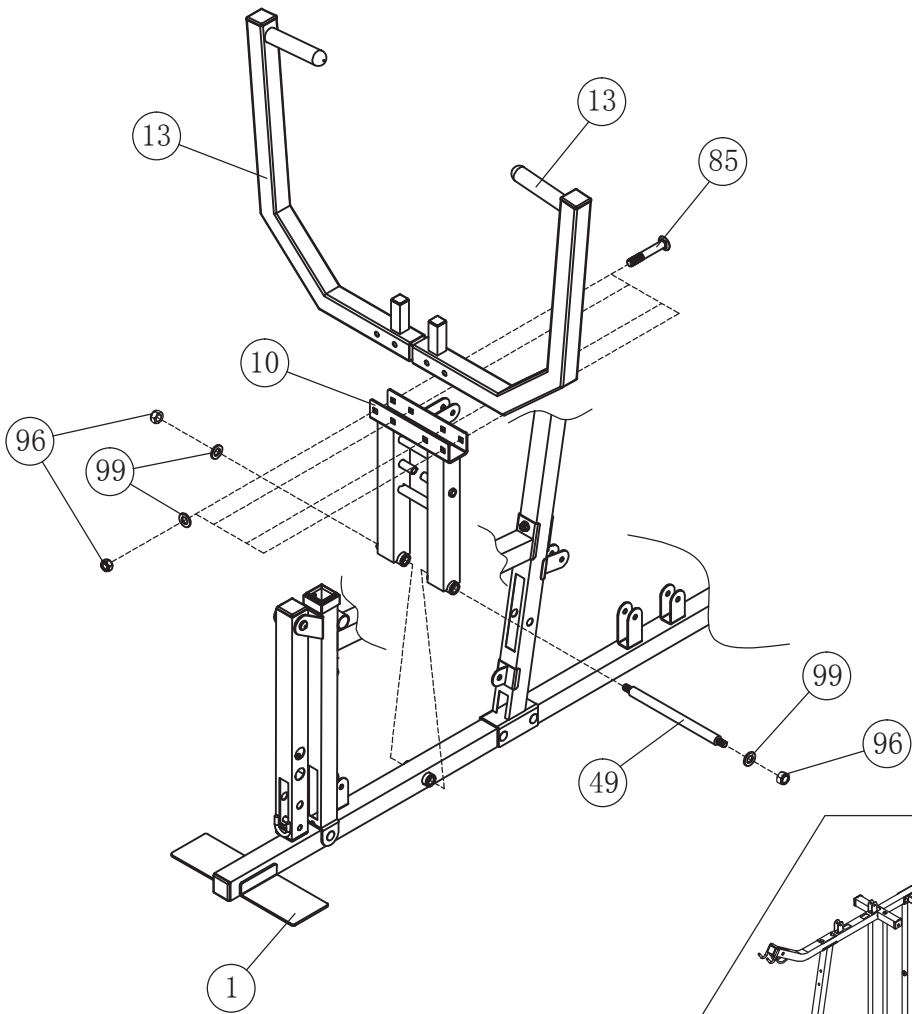
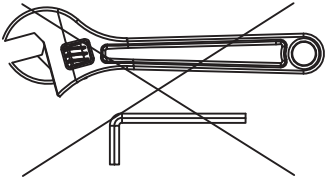


× 6 Φ20

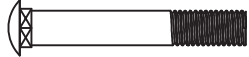

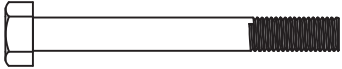






96

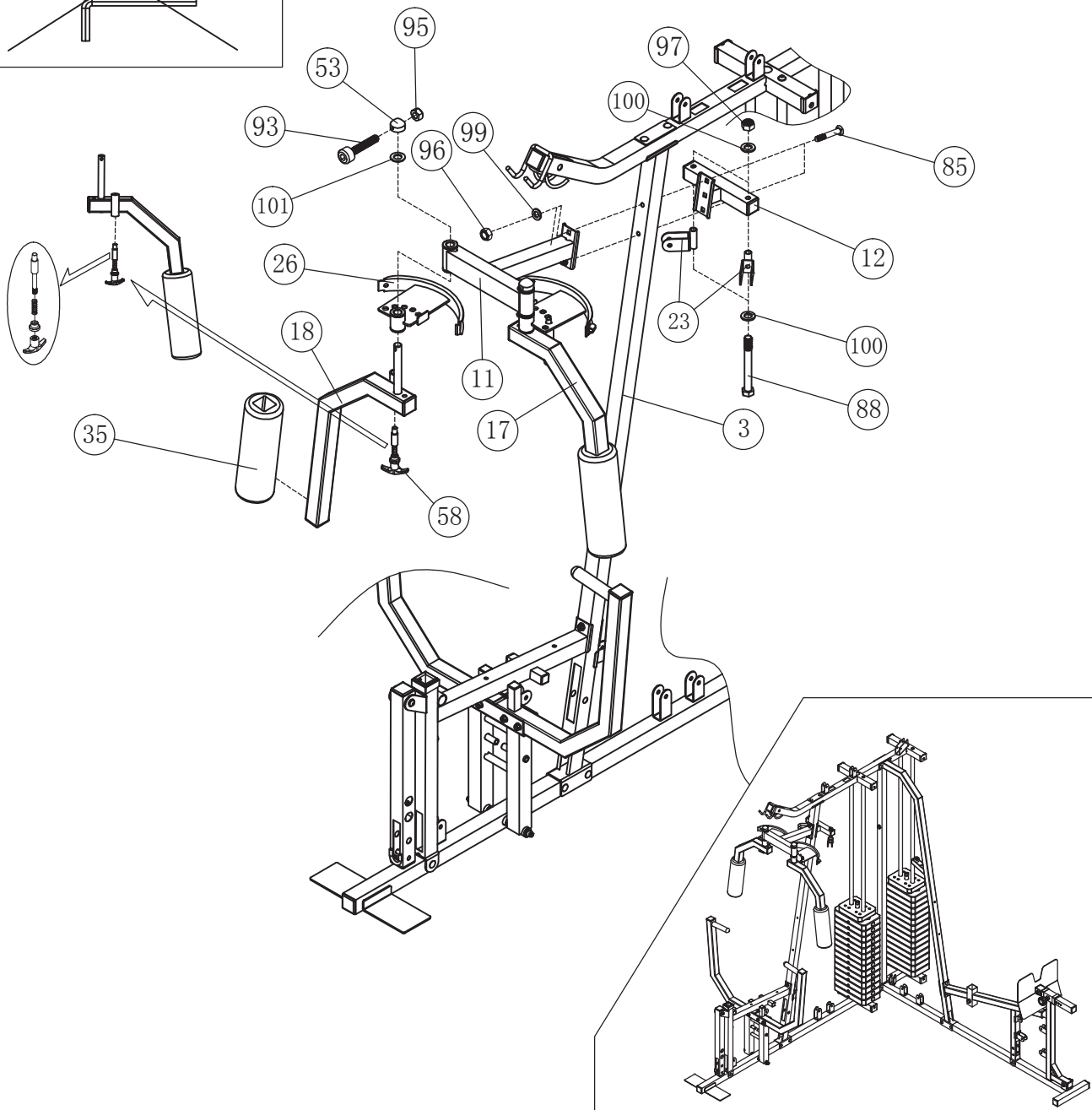
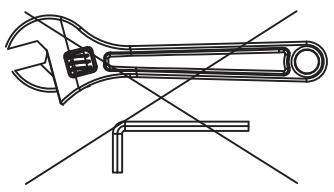


× 6 M10



6

- | | | | | | | | |
|------|---|-----|---------|-------|---|-----|-----|
| (85) |  | × 2 | M10×65 | (97) |  | × 2 | M12 |
| (88) |  | × 2 | M12×110 | (100) |  | × 4 | Φ24 |
| (93) |  | × 2 | M6×33 | (95) |  | × 2 | M6 |
| (99) |  | × 2 | Φ20 | (96) |  | × 2 | M10 |
| | | | | (101) |  | × 2 | Φ38 |



80

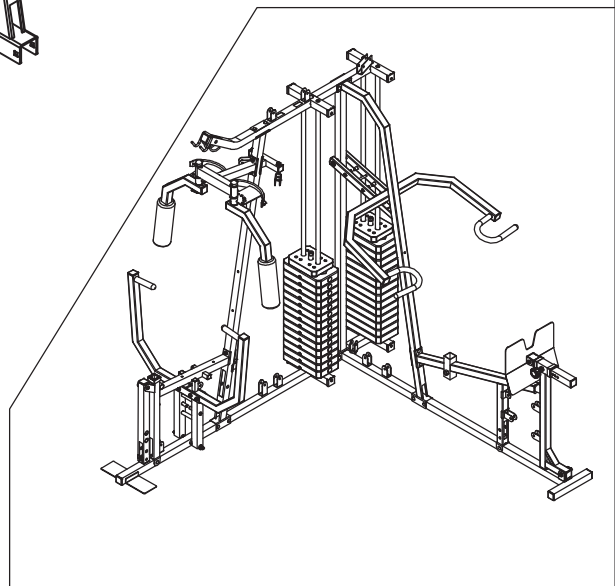
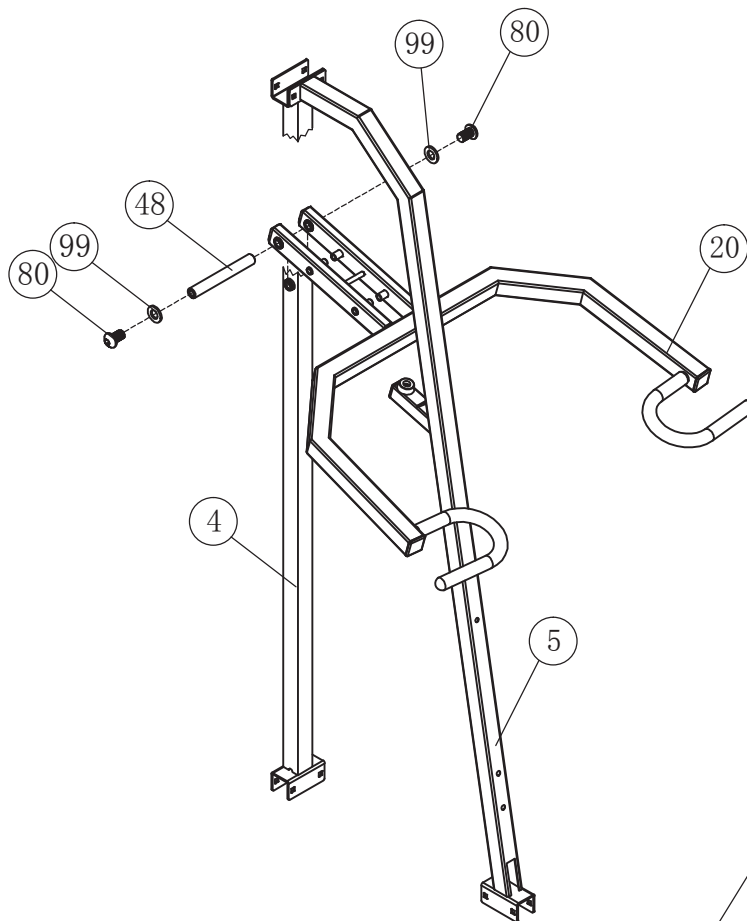
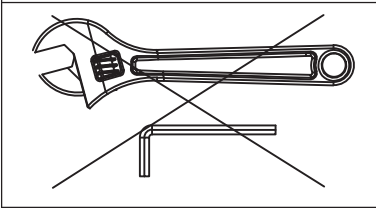


× 2 M10×16

99



× 2 Φ20

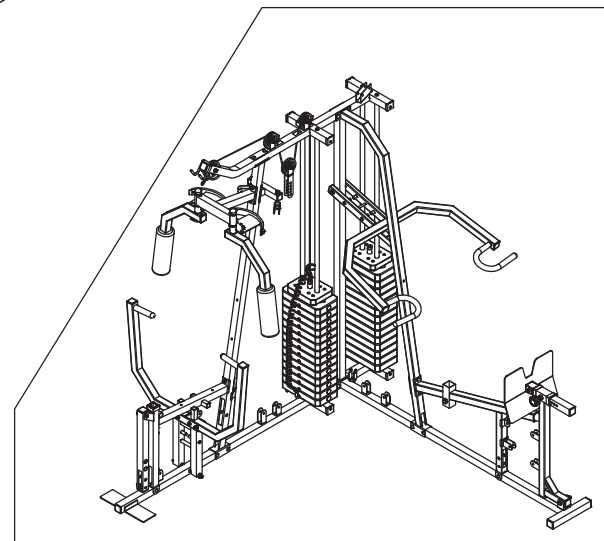
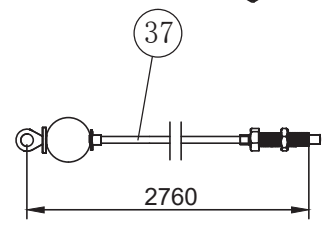
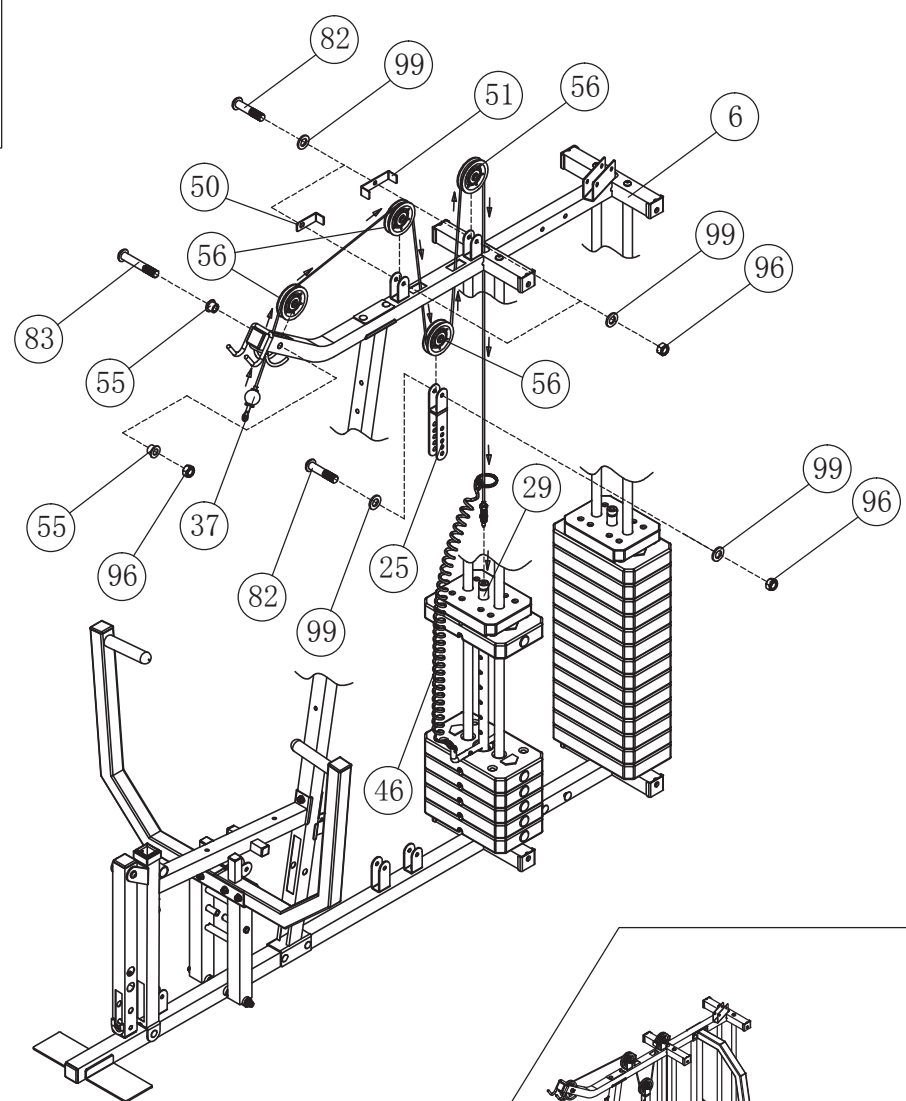
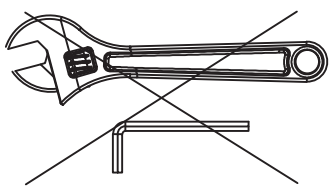


82  × 3 M10×45

96  × 4 M10

83  × 1 M10×60

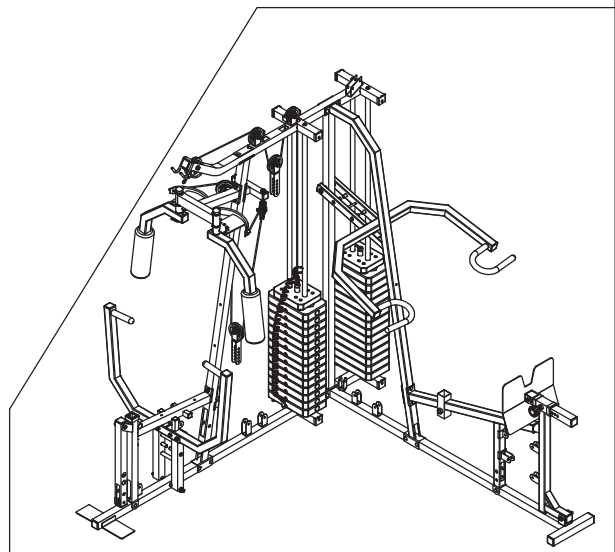
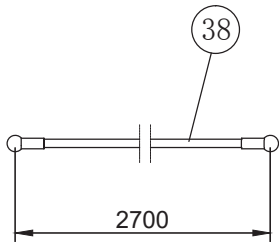
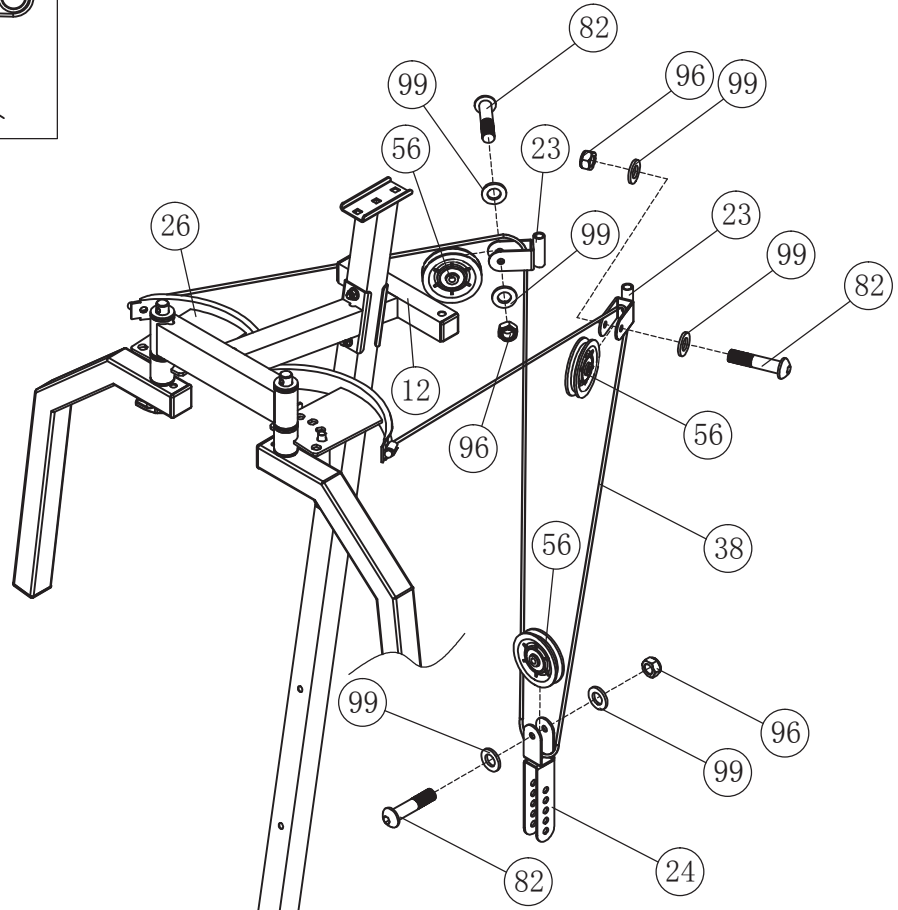
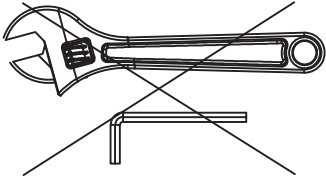
99  × 6 Φ20



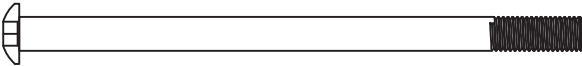
82  × 3 M10×45

99  | × 6 Φ20


96   × 3 M10



10

87  × 1 M10×210

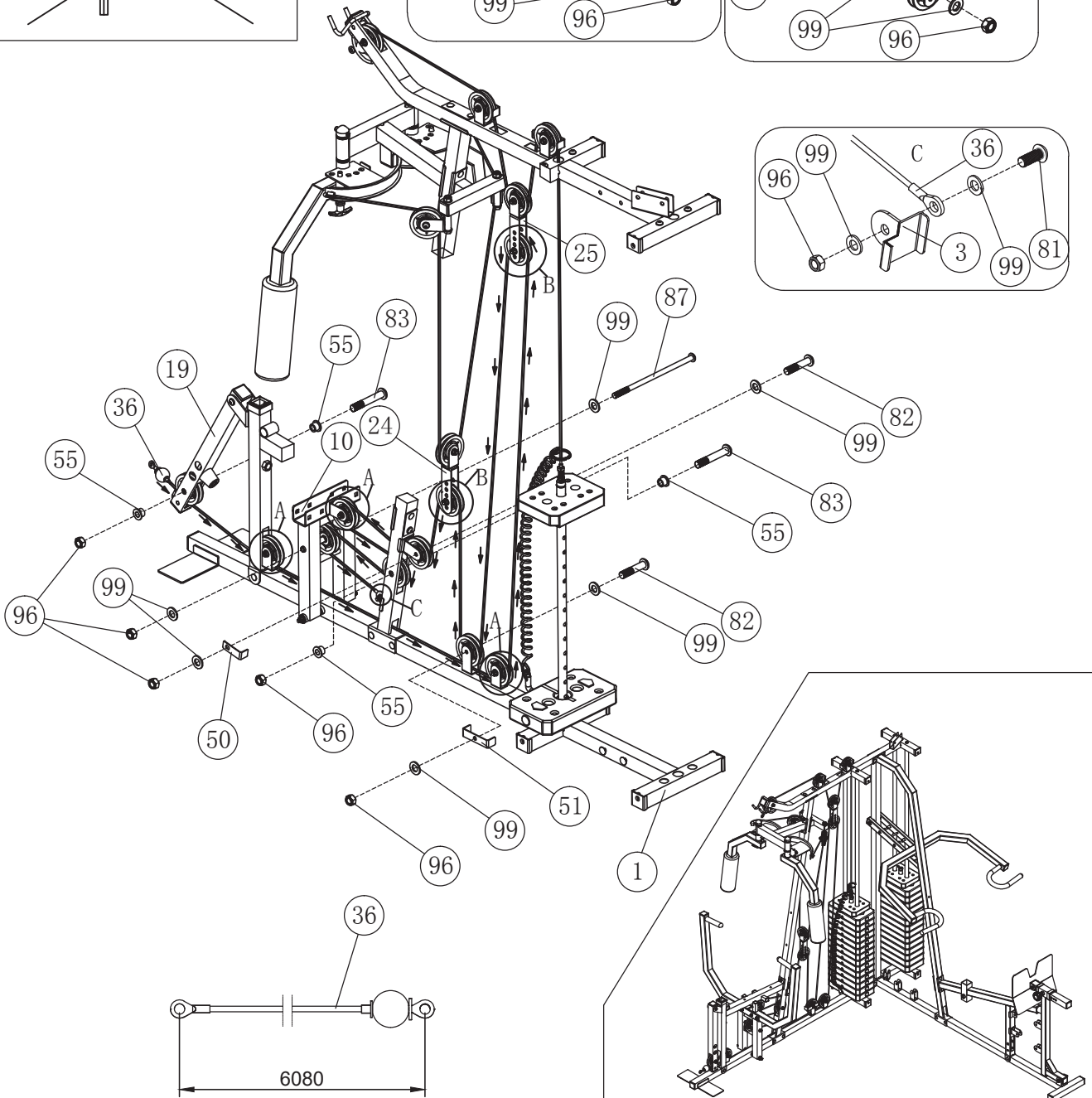
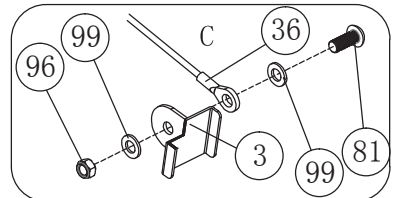
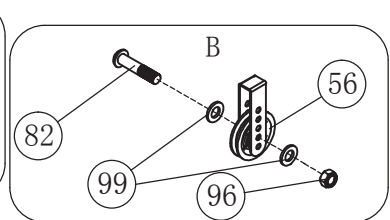
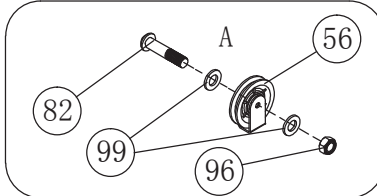
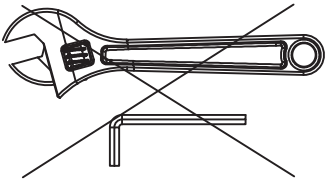
83  × 2 M10×60

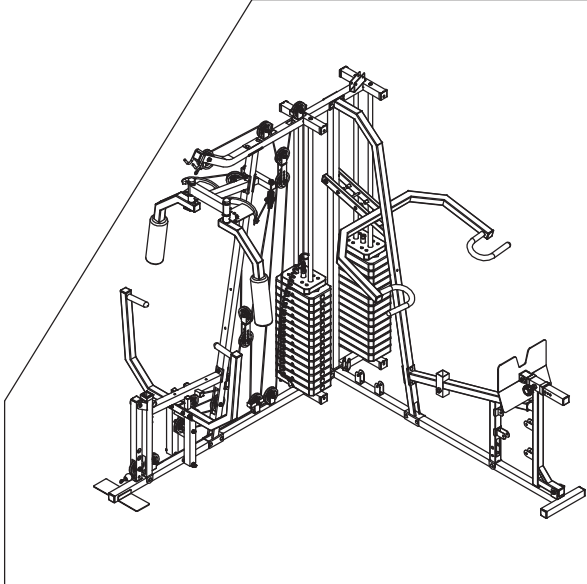
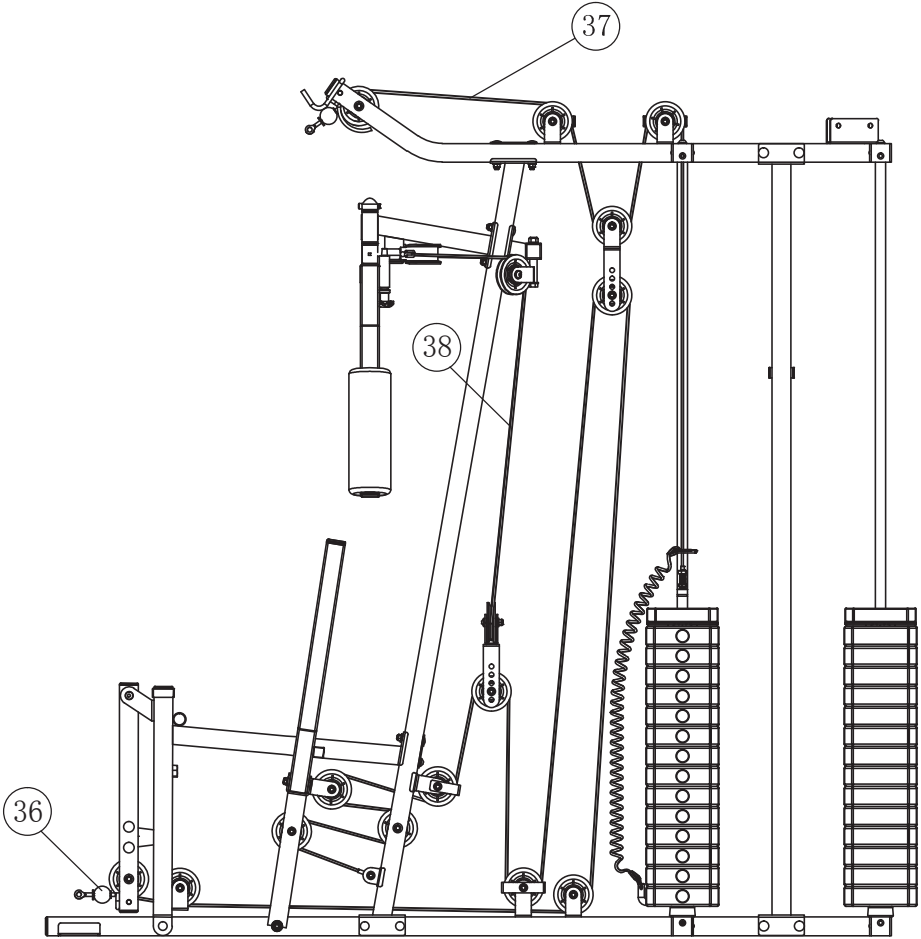
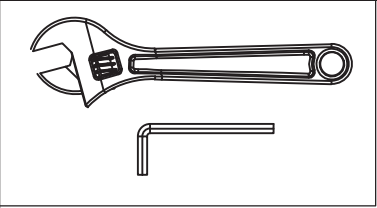
99   × 18 Φ20

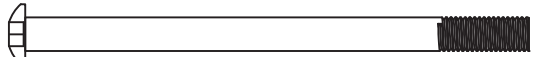
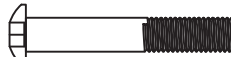




81  × 1 M10×25

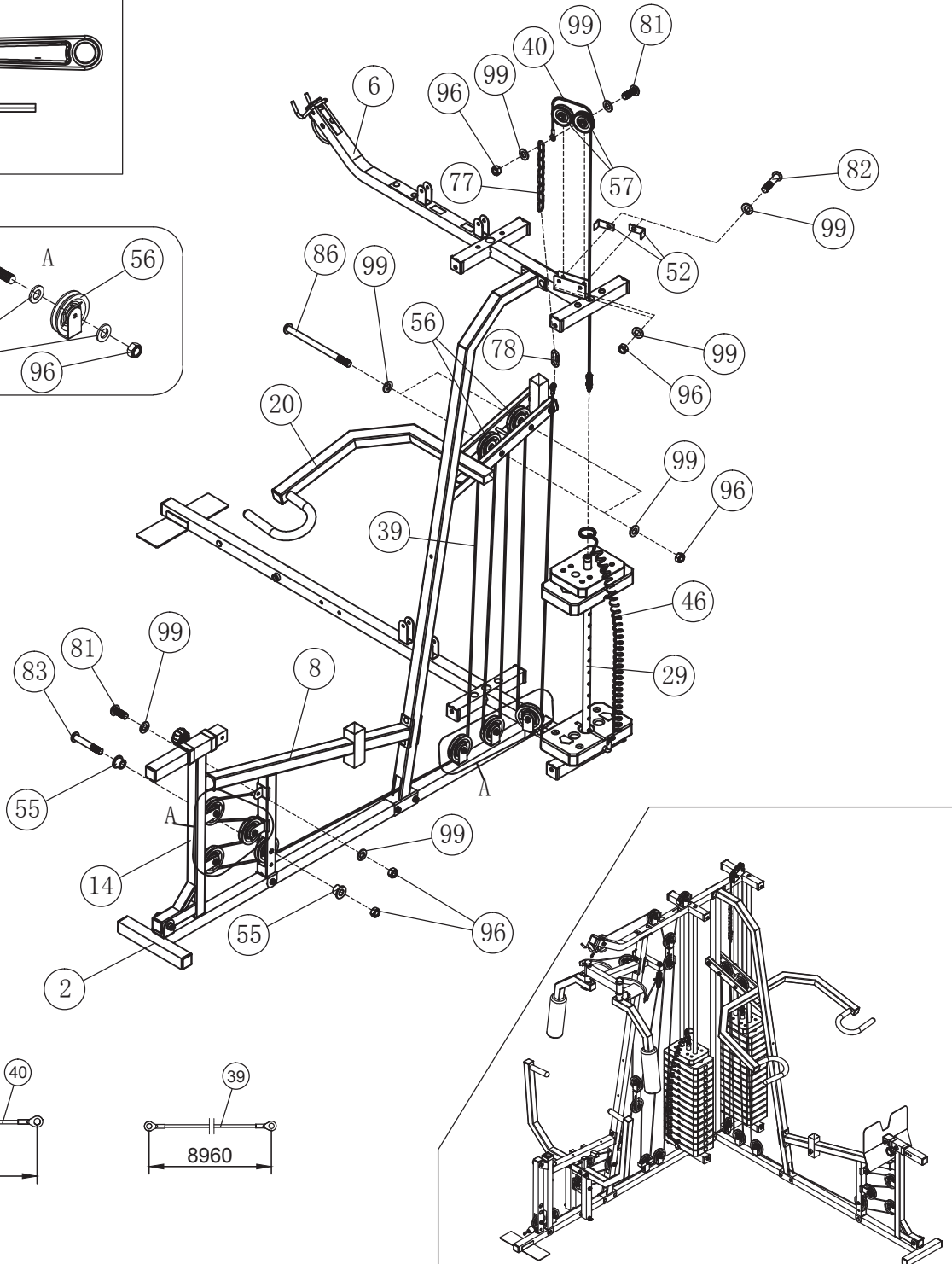
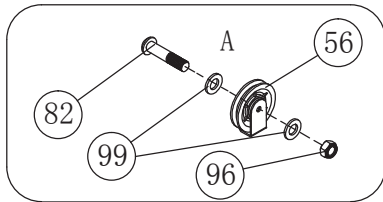
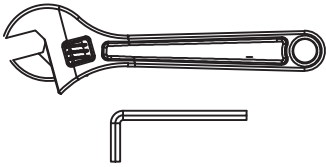
96   × 11 M10

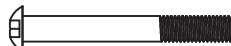


82  × 7 M10×45

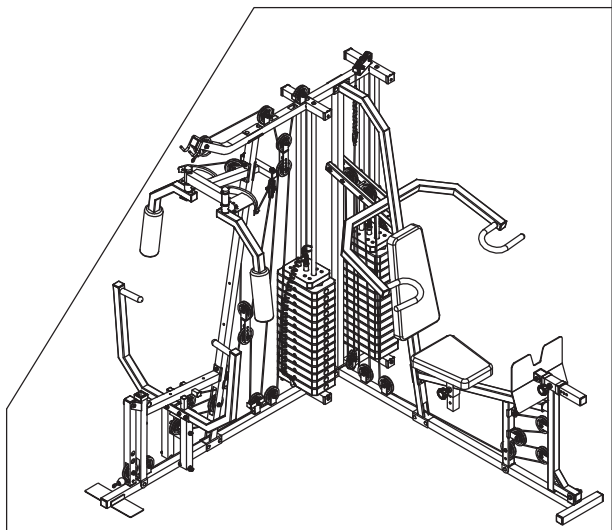
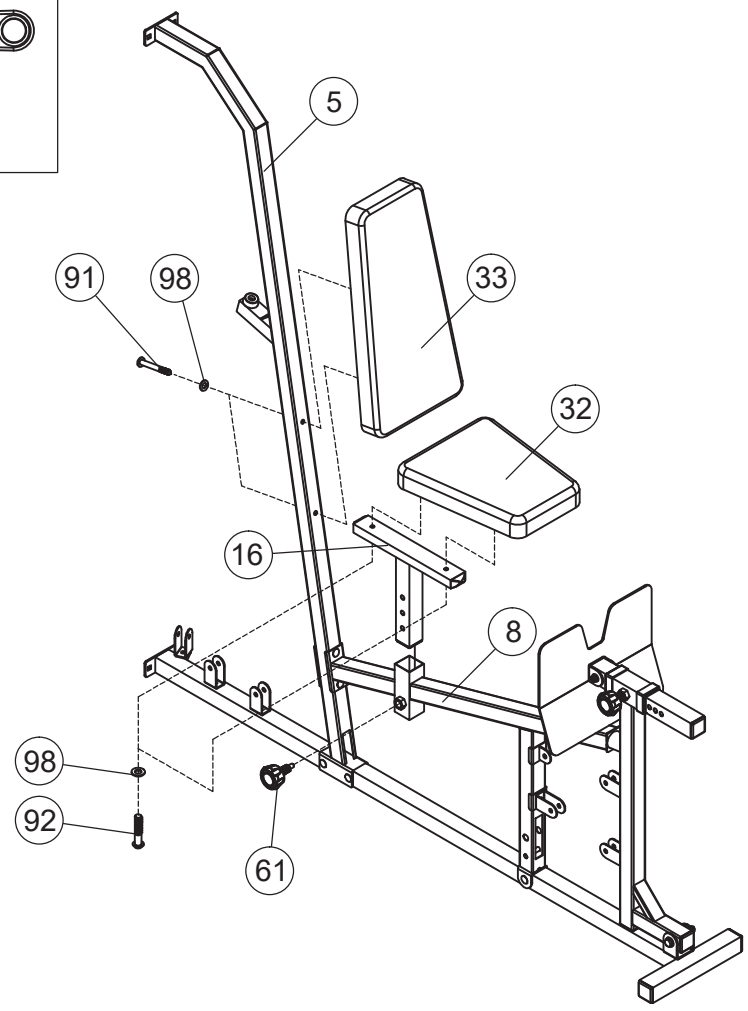
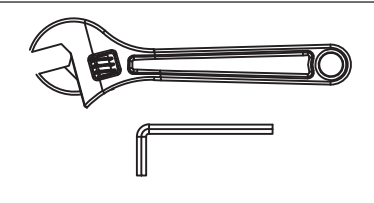




- | | | | | | | |
|----|---|-----|---------|----|--|----------|
| ⑧6 |  | × 2 | M10×145 | | | |
| ⑧3 |  | × 1 | M10×60 | ⑨9 |  | × 24 Φ20 |
| ⑧1 |  | × 2 | M10×25 | ⑨6 |  | × 13 M10 |
| ⑧2 |  | × 8 | M10×45 | | | |



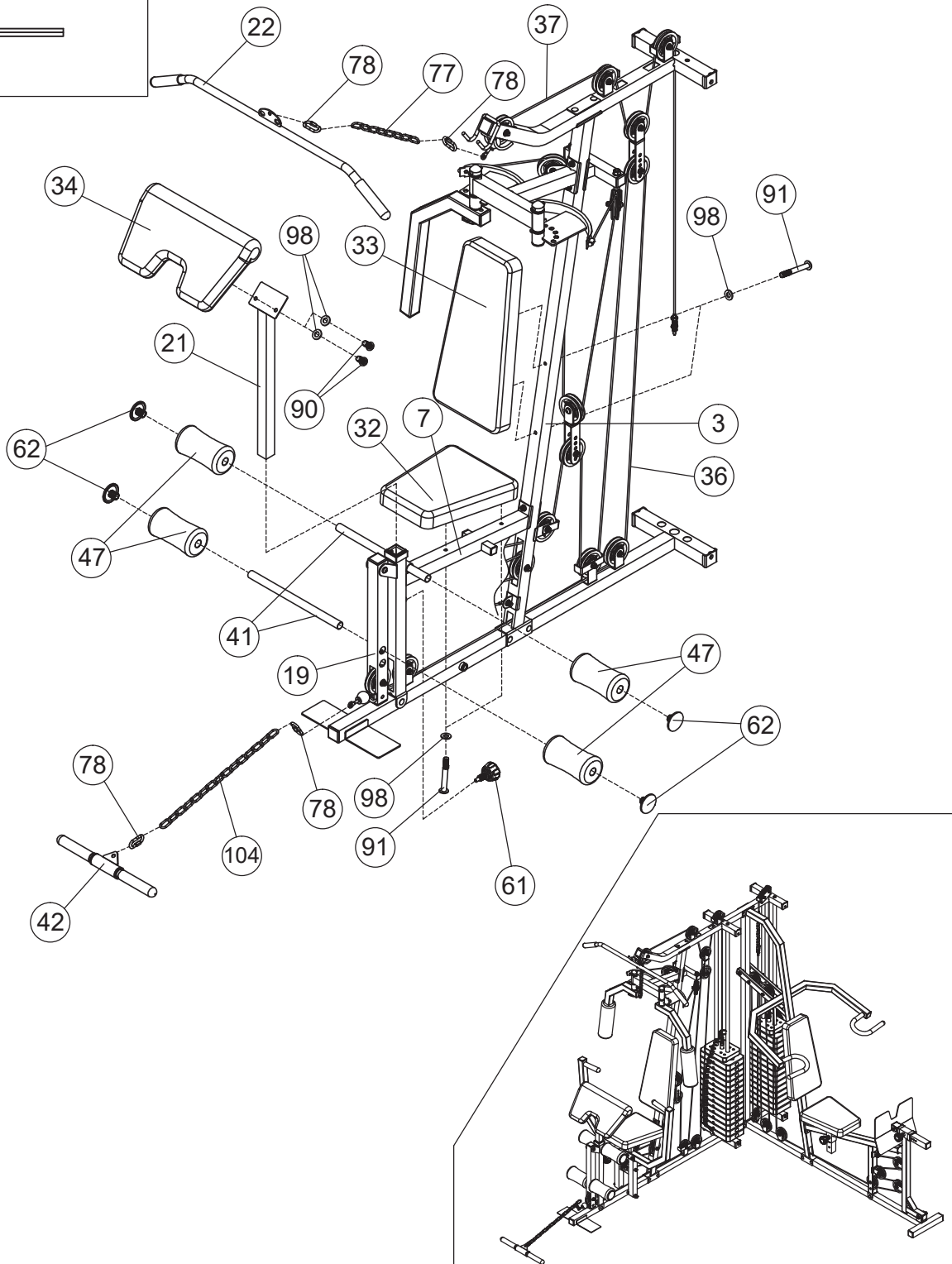
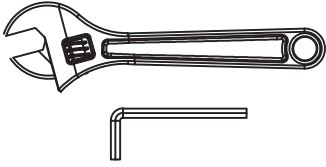
- | | | | | | | | | |
|------|---|-----|-------|------|---|--|-----|-----|
| (91) |  | × 2 | M8×60 | (98) |  | | × 4 | Φ16 |
| (92) |  | × 2 | M8×40 | | | | | |



91  × 4 M8×60

98  | × 6 Φ16

90  × 2 M8×16



80



× 8

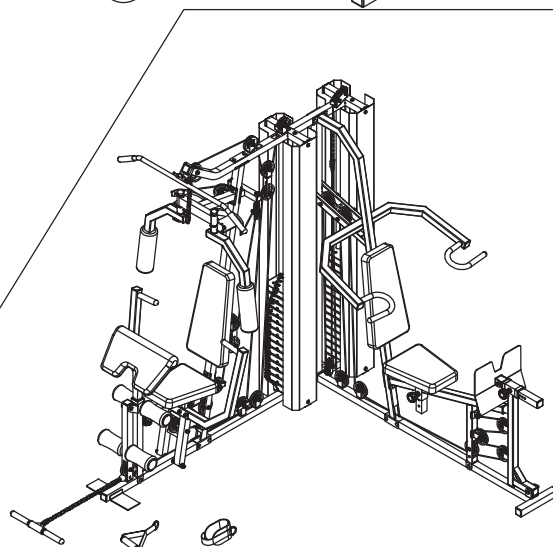
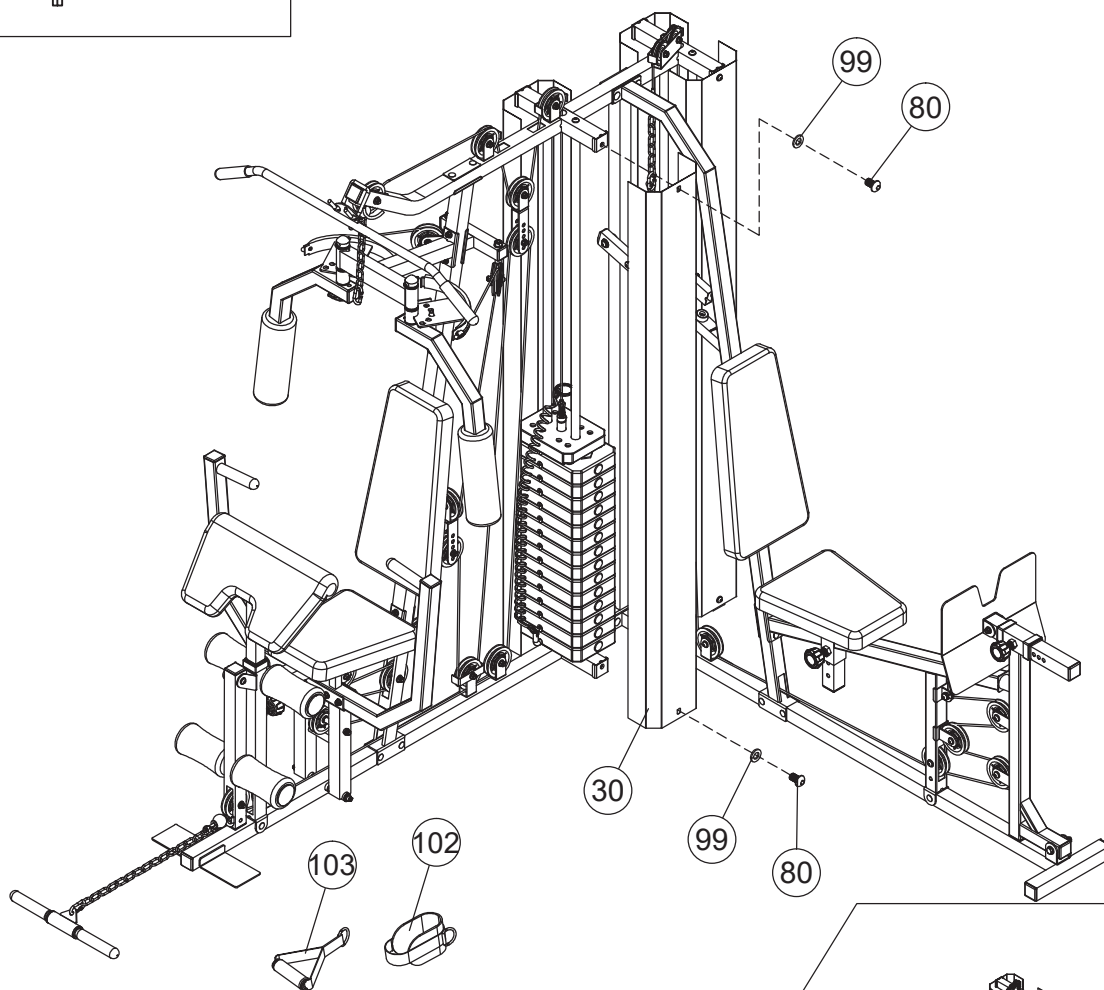
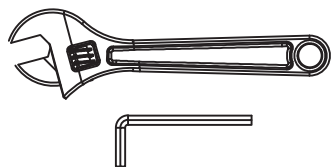
M10×16

99



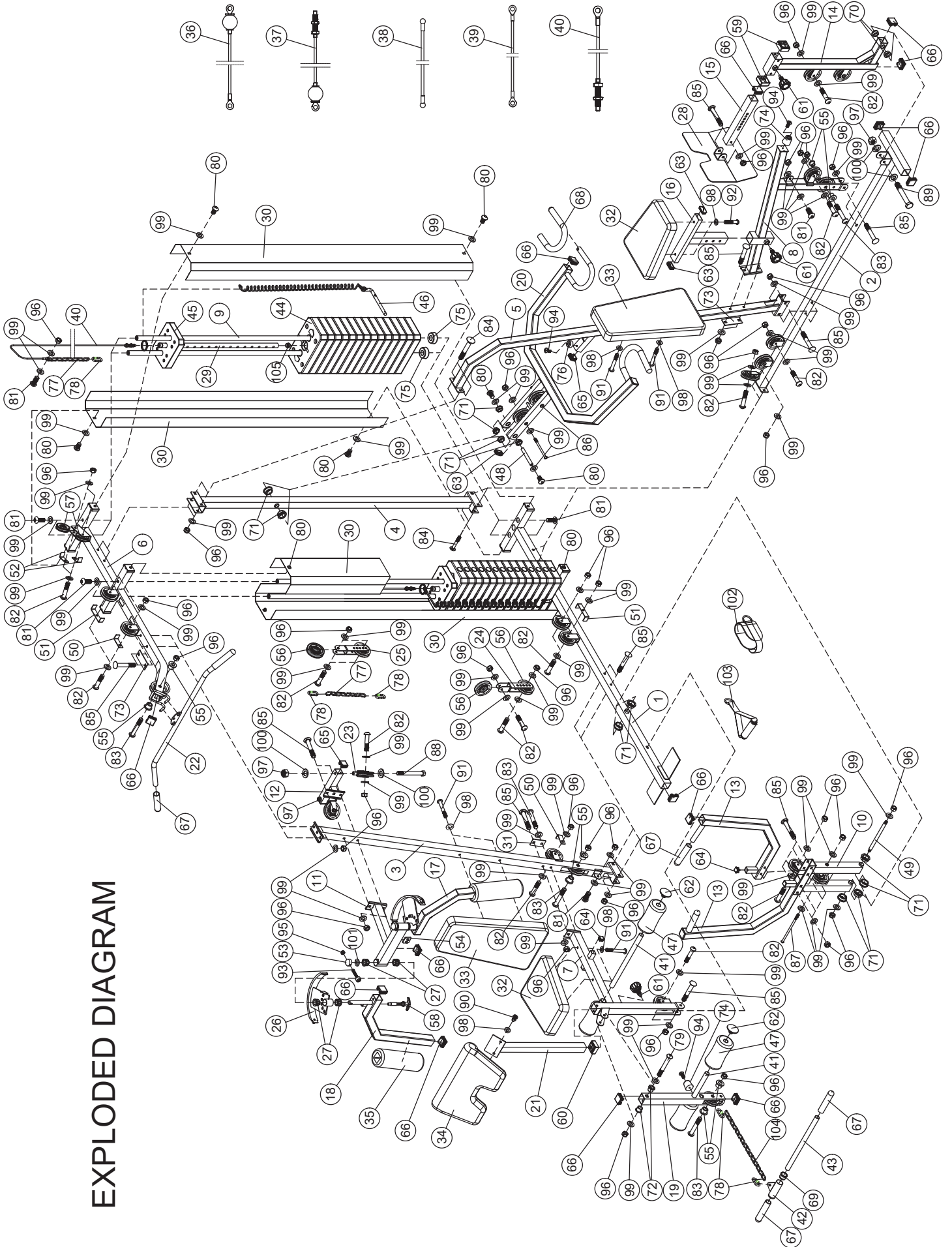
× 8

Φ20



16

EXPLODED DIAGRAM



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Right Base Frame		1
2	Left Base Frame		1
3	Right Vertical Beam		1
4	Rear Vertical Frame		1
5	Left Vertical Beam		1
6	Upper Frame		1
7	Right Seat Support		1
8	Left Seat Support		1
9	Guide Rod		4
10	Front Press Base		1
11	Butterfly Support Frame		1
12	Butterfly Pulley Support		1
13	Front Press Frame		2
14	Leg Press Frame		1
15	Leg Press Adjustment Frame		1
16	Seat Incline Adjustment		1
17	Left Butterfly		1
18	Right Butterfly		1
19	Leg Developer		1
20	Vertical Press Frame		1
21	Arm Curl Stand		1
22	Lat Bar		1
23	Swivel Pulley Bracket		2
24	Angled Double Floating Pulley Bracket		1
25	Flat Double Floating Pulley Bracket		1
26	Butterfly Adjustment Frame		2
27	Bushing	φ38×34×φ20×22	8
28	Leg Press Plate		1
29	Selector Rod		2
30	Weight Stack Cover		4
31	Bracket	80×45×3	1
32	Seat Pad		2
33	Backrest Board		2
34	Arm Curl Pad		1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	Butterfly Arm Pad		2
36	Front Press Cable	L=6080	1
37	Upper Cable	L=2760	1
38	Butterfly Cable	L=2700	1
39	Leg Press Cable	L=8960	1
40	Vertical Press Cable	L=1550	1
41	Foam Tube		2
42	Arm Curl Handle		1
43	Arm Curl Handle Tube		1
44	Weight Plate		28
45	Selector Stem		2
46	Weight Selector Pin		2
47	Foam Roll		4
48	Vertical Press Axle	M10×φ16×124	1
49	Front Press Axle	M10×φ16×235	1
50	L-shaped Pulley Bracket	72×30×25×2.5	2
51	U-shaped Pulley Bracket		2
52	L-shaped Pulley Bracket	60×30×25×2.5	2
53	Lock Ring		2
54	Rubber Bumper	40×40×5	1
55	Pulley Bushing		8
56	Pulley		26
57	Small Pulley		2
58	T-shaped Pull Pin Set		2
59	Sleeve	50	2
60	Sleeve	45	1
61	Lock Knob	M18	3
62	Foam Roll End Cap		4
63	End Cap	50×25	4
64	Square End Cap	25	4
65	Square End Cap	38	3
66	Square End Cap	45	18
67	Handle Grip		6
68	Lat Bar Grip		2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
69	Bushing	φ38×φ27	2
70	Bushing	φ25×φ12.2	2
71	Bushing	φ25×φ16	12
72	Bushing	φ18×φ10.2	2
73	Bracket	110×45	2
74	Rubber Bumper	φ45×40	2
75	Rubber Bumper	φ62×φ24.5×25	4
76	Rubber Bumper	φ38×φ7×15	1
77	Short Chain		2
78	C-clip		5
79	Allen Bolt	M10×72	1
80	Allen Bolt	M10×16	10
81	Allen Bolt	M10×25	11
82	Allen Bolt	M10×45	21
83	Allen Bolt	M10×60	5
84	Carriage Bolt	M10×70	4
85	Carriage Bolt	M10×65	18
86	Allen Bolt	M10×145	2
87	Allen Bolt	M10×210	1
88	Hex Bolt	M12×110	2
89	Hex Bolt	M12×75	1
90	Allen Bolt	M8×16	2
91	Allen Bolt	M8×60	6
92	Allen Bolt	M8×40	2
93	Allen Bolt	M6×33	2
94	Philips Screw	M6×16	3
95	Aircraft Nut	M6	2
96	Aircraft Nut	M10	56
97	Aircraft Nut	M12	3
98	Washer	8	10
99	Washer	10	95
100	Washer	12	6
101	Washer	φ38×φ21×3	2
102	Ankle Strap		1

WEIGHT RESISTANCE CHART

	WEIGHT PLATE						
Station	1	2	3	4	5	6	7
Low Pulley	35	45	55	65	75	85	95
Lat Pull	15	25	35	45	55	65	75
Butterfly	10	17	24	31	38	45	52
Leg Press	60	80	100	120	140	160	180
Front Press	35	50	65	80	95	110	125
Vertical Press	20	30	35	40	45	50	60

	WEIGHT PLATE							
Station	8	9	10	11	12	13	14	
Low Pulley	105	115	125	135	145	155	165	
Lat Pull	85	95	105	115	125	135	145	
Butterfly	73	80	87	94	101	108	115	
Leg Press	200	220	240	260	280	300	320	
Front Press	140	155	170	185	200	215	230	
Vertical Press	70	80	90	100	110	120	130	

*Numbers are approximate. Actual weight may vary.

*Value for butterfly is for each arm.

FRENCH FITNESS

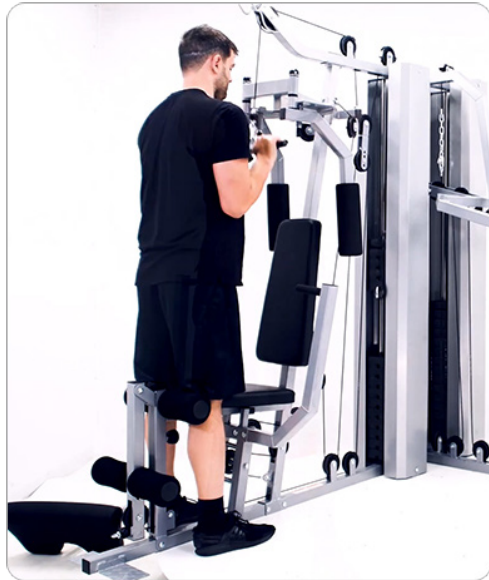
FF-X2

FRENCH FITNESS X2 CORNER
HOME GYM SYSTEM

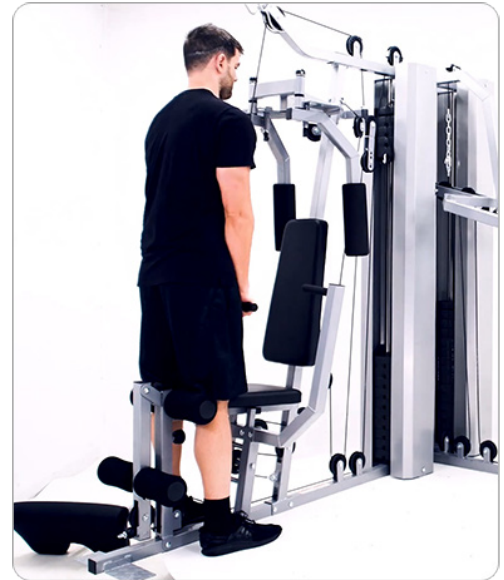
EXERCISES



**TRICEP
PUSHDOWN**

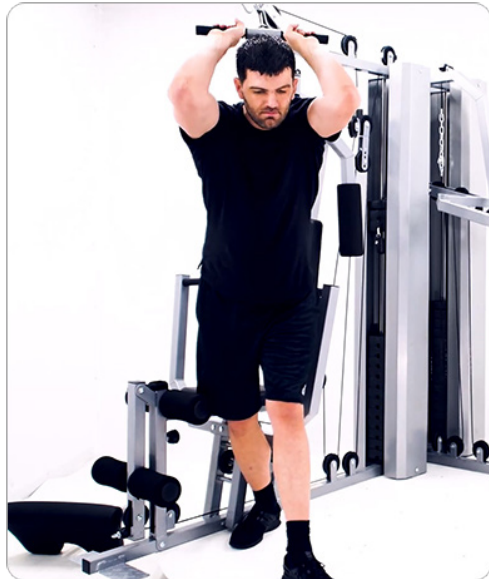


START



END

**TRICEP
KICKBACKS**



START



END

**LAT
PULLDOWNS**



START

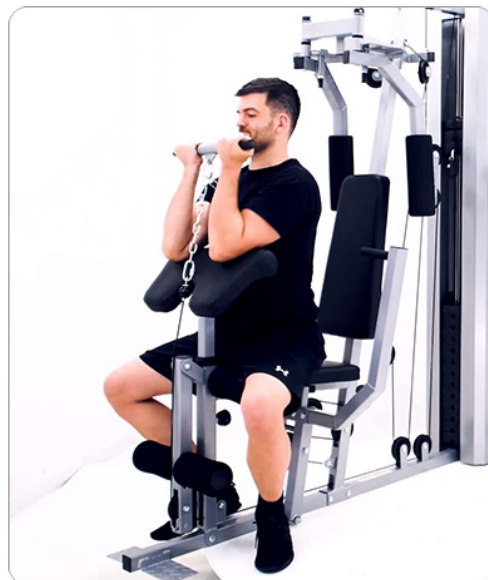


END

PREACHER CURLS

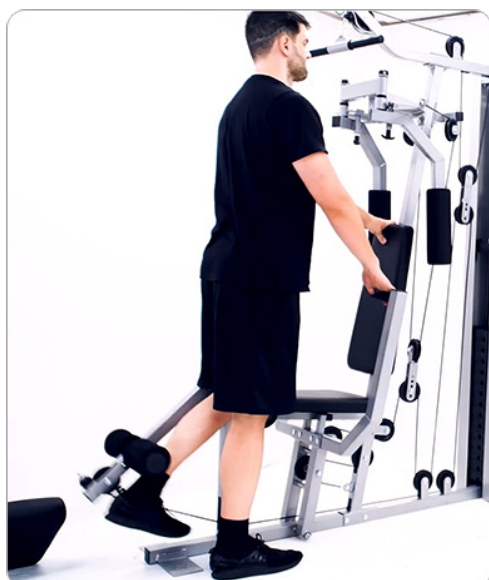


START



END

STANDING ONE LEG CURLS



START



END

LEG EXTENSIONS

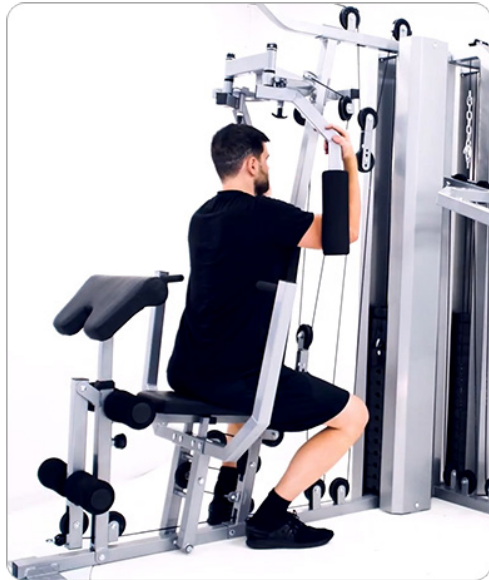


START

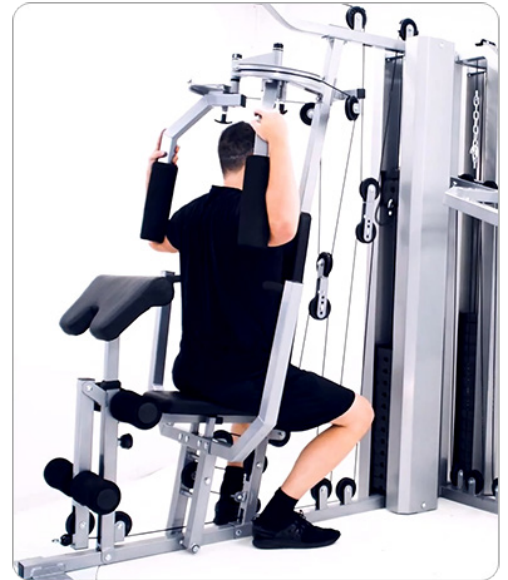


END

REAR DELTS



START



END

CHEST PRESS



START

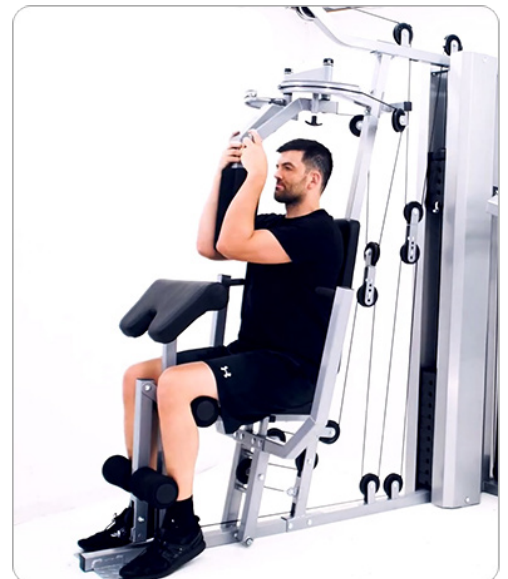


END

PEC FLIES



START



END

STANDING BICEP CURL

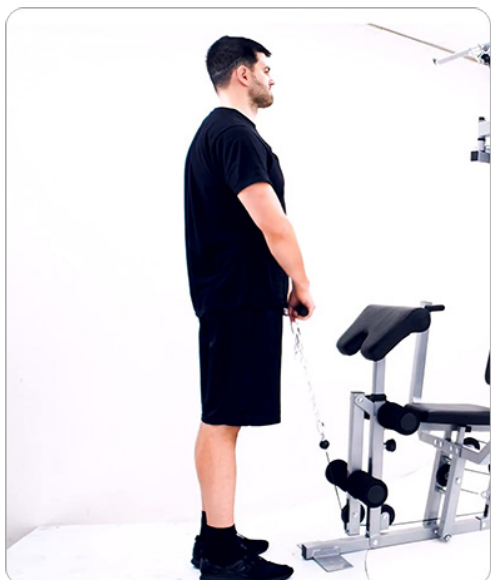


START

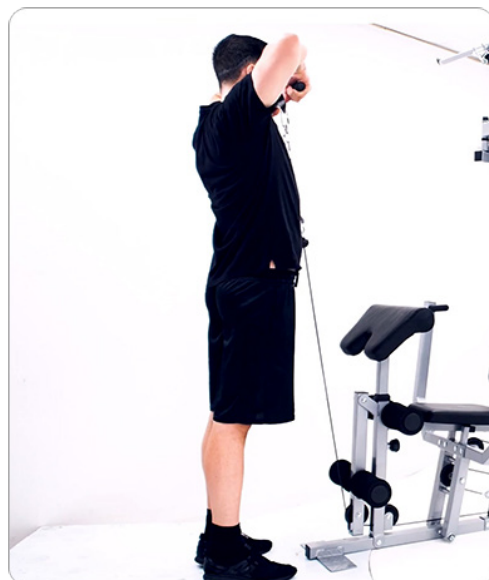


END

UPRIGHT ROWS



START

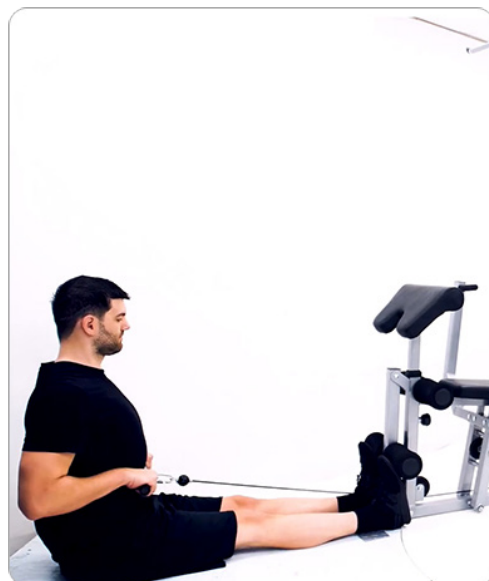


END

SEATED ROWS



START

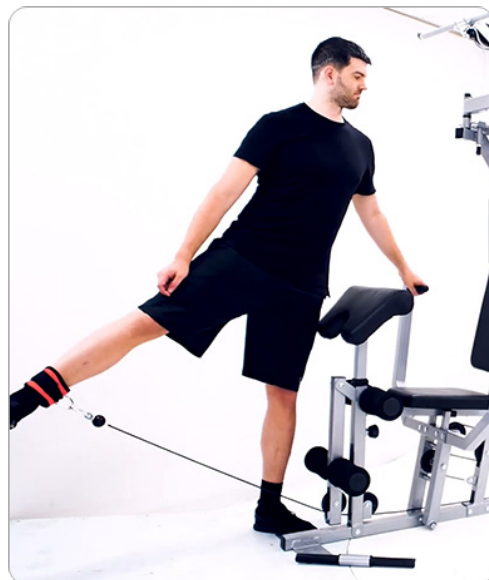


END

**STANDING
LATERAL
LEG RAISES**

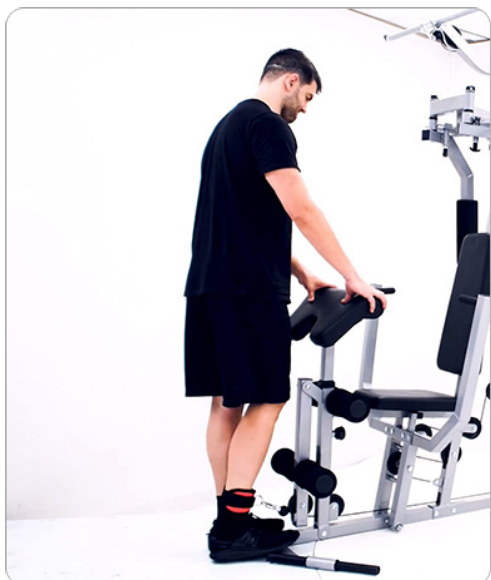


START

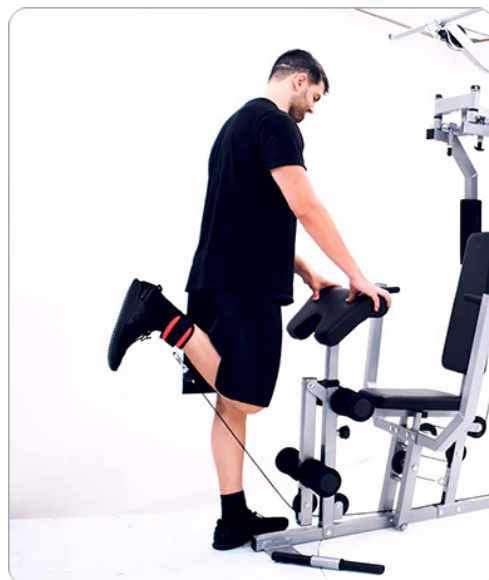


END

**STANDING
ONE LEG
CURLS**



START

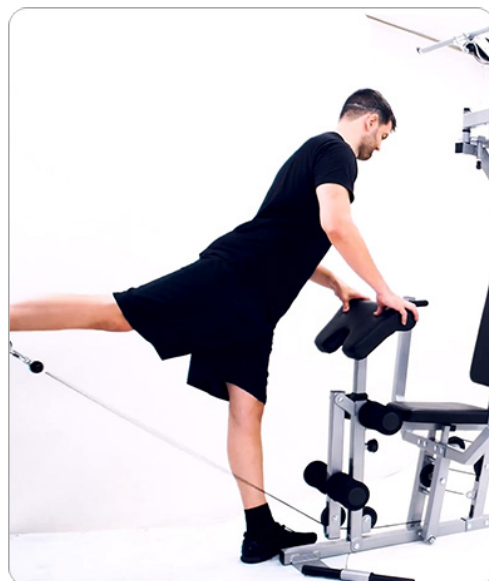


END

**STANDING
ONE LEG
GLUTE
KICKBACKS**



START



END

**STANDING
FRONT LEG
RAISES**



START



END

**ONE ARM
LATERAL
RAISES**



START



END

**ONE ARM
FRONT
SHOULDER
RAISES**



START



END

**ONE ARM
REAR DELT**

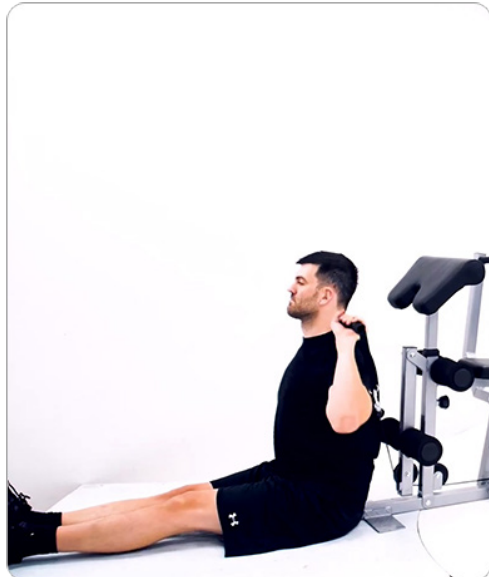


START

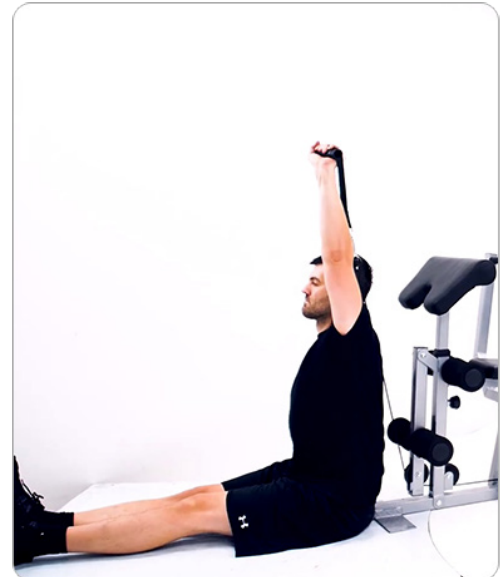


END

**ONE ARM
SHOULDER
PRESS**



START



END

**ONE ARM
STANDING
CURLS**



START



END

CALF RAISES



START



END

SHOULDER PRESS



START



END

LEG PRESS



START



END