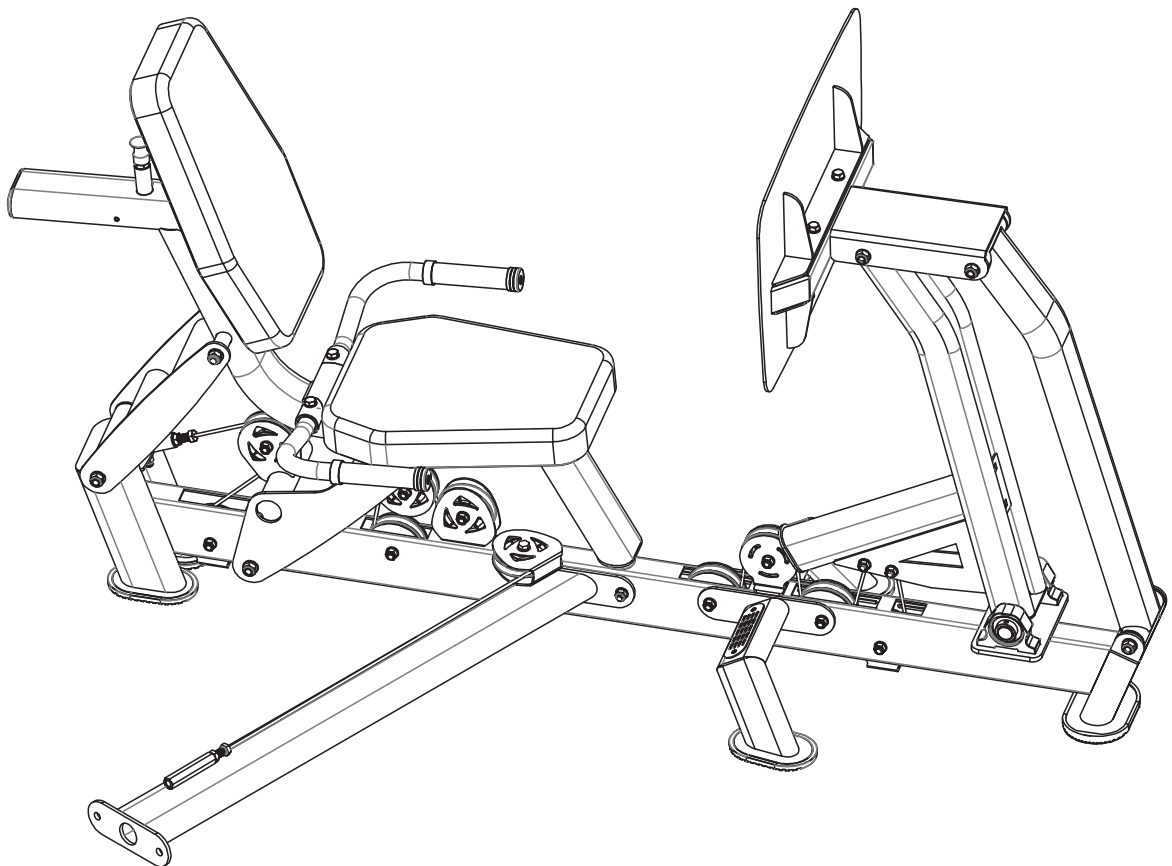


FRENCH FITNESS

ASSEMBLY MANUAL

FF-X10LP (LP)



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20251030-V1.0

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. Only one person at a time should 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.

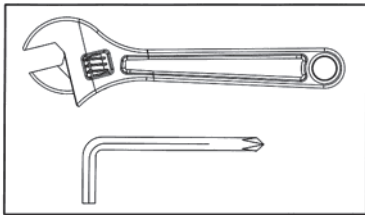
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

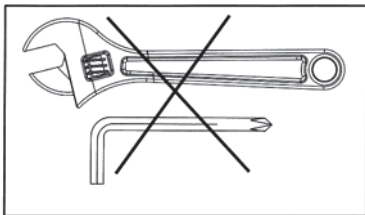
IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts

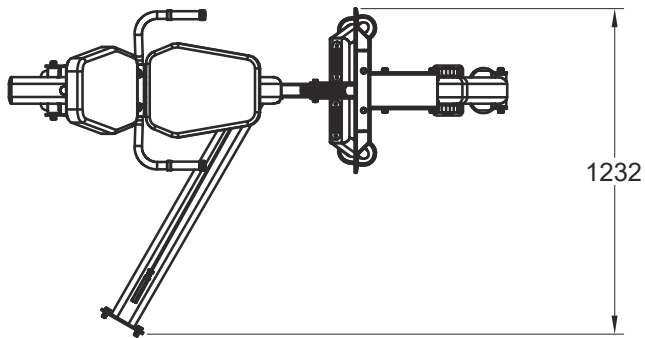
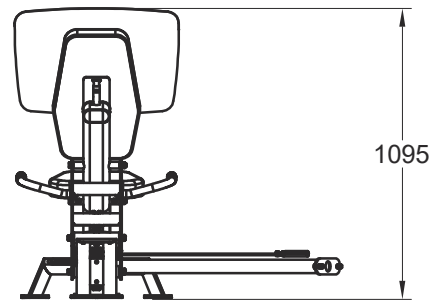
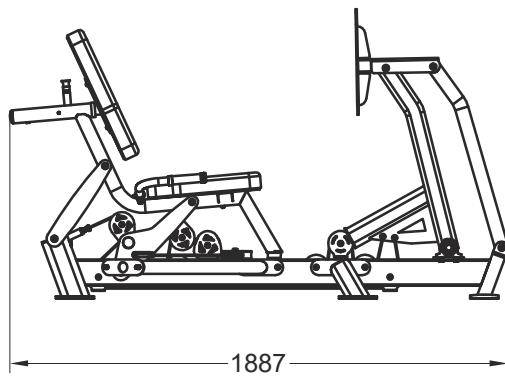


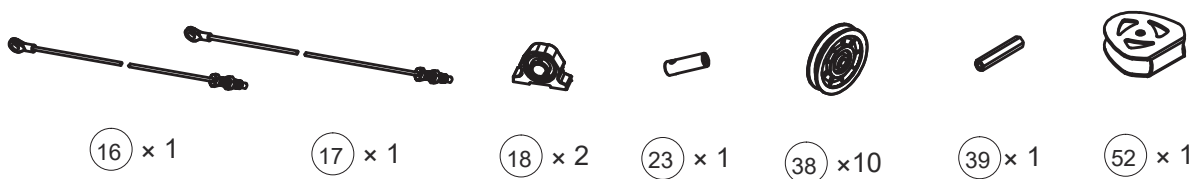
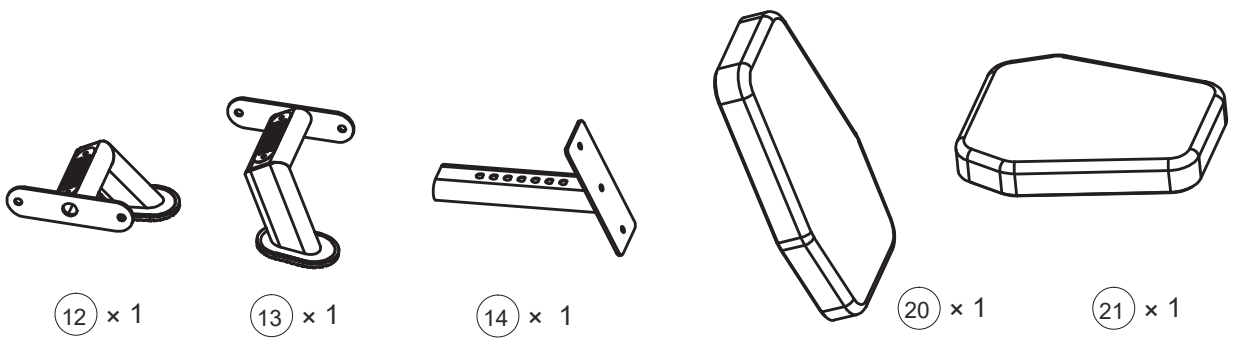
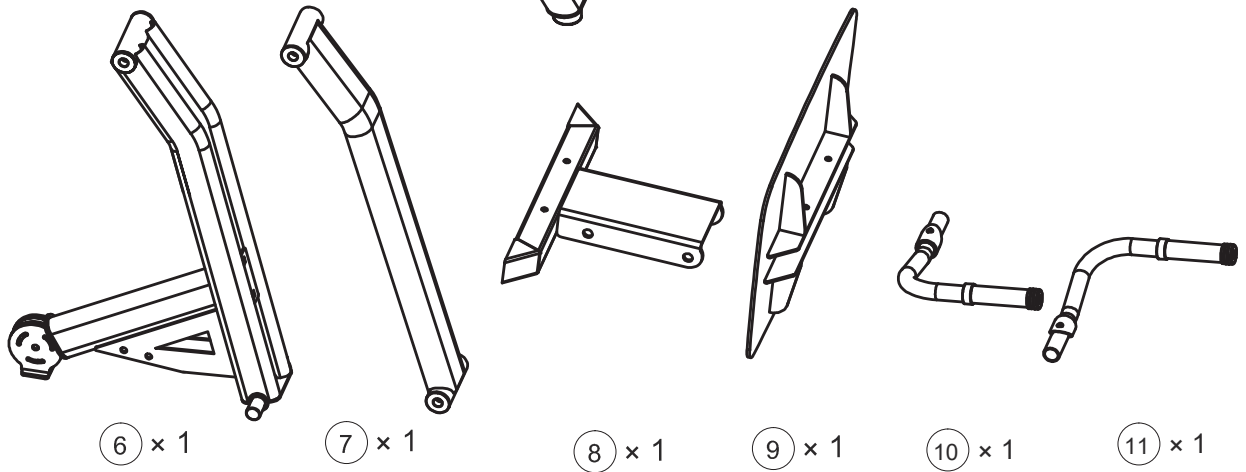
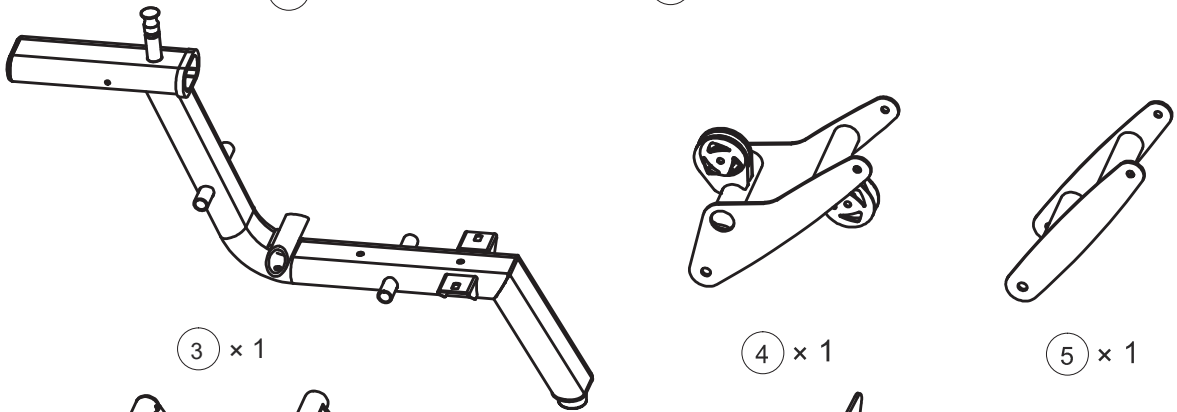
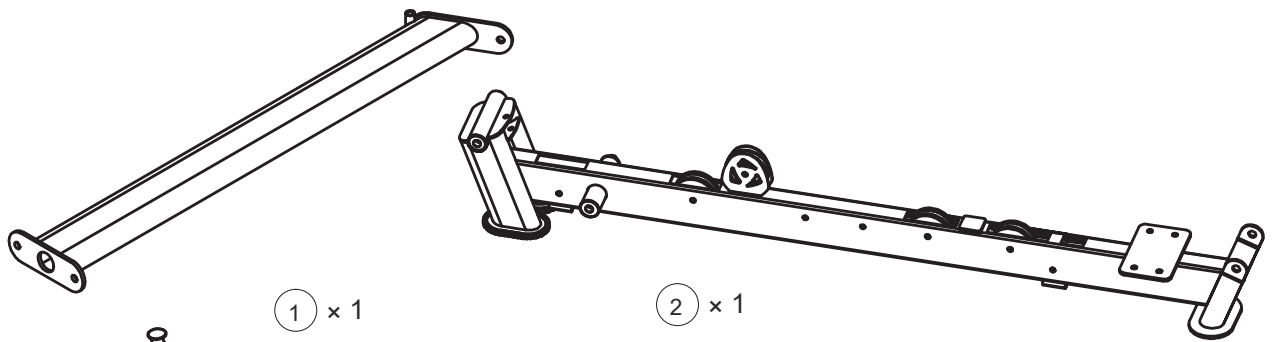
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.

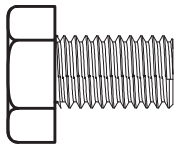


Do not tighten all Nuts and Bolts in this step.

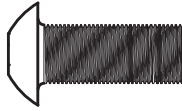
Assembled Dimension: 1887mm x1232mm x1095mm



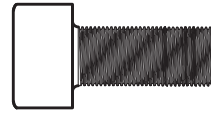




46 × 4



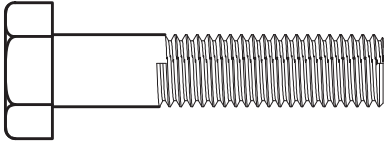
54 × 2



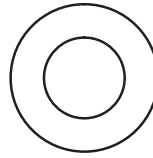
30 × 1



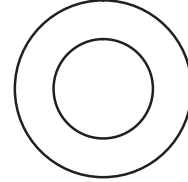
41 × 4



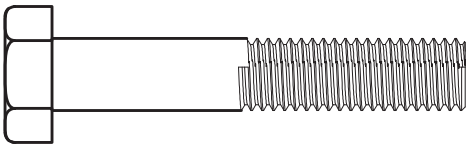
47 × 5



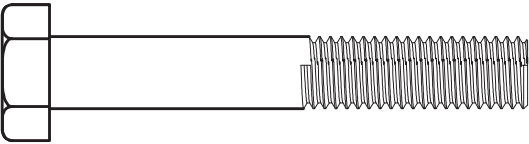
42 × 41



43 × 14



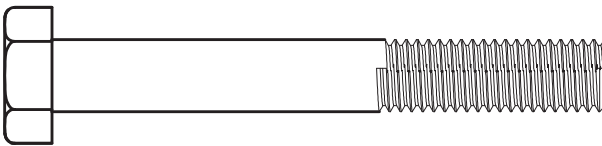
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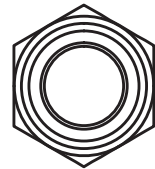
49 × 3



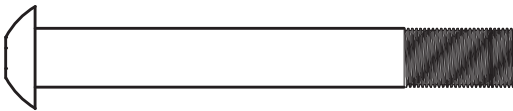
44 × 18



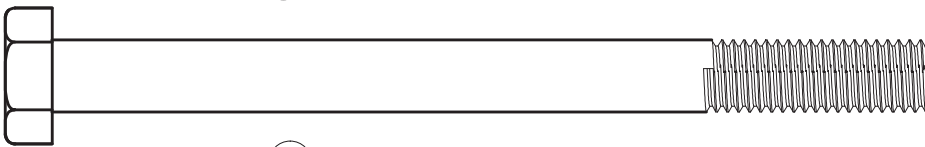
50 × 6



45 × 12

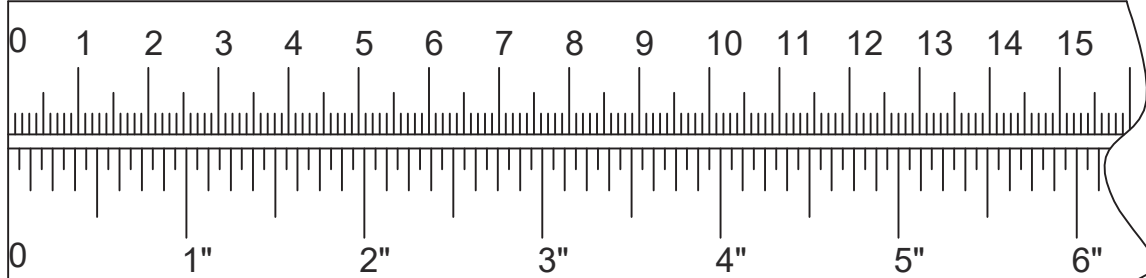


55 × 2



40 × 1

mm

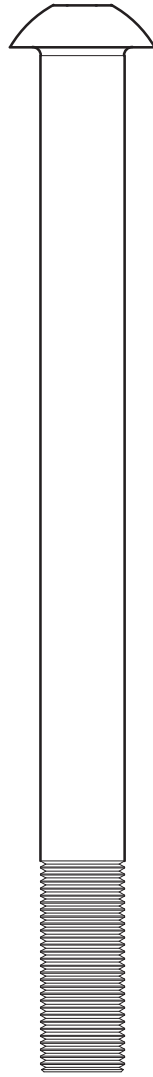




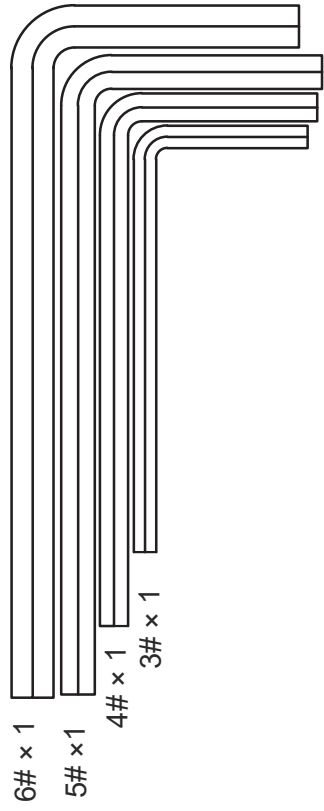
①9 × 2



②2 × 3



⑤3 × 2



6# × 1

5# × 1

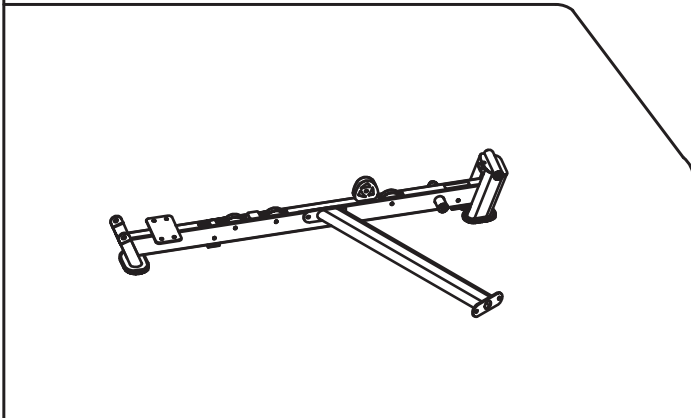
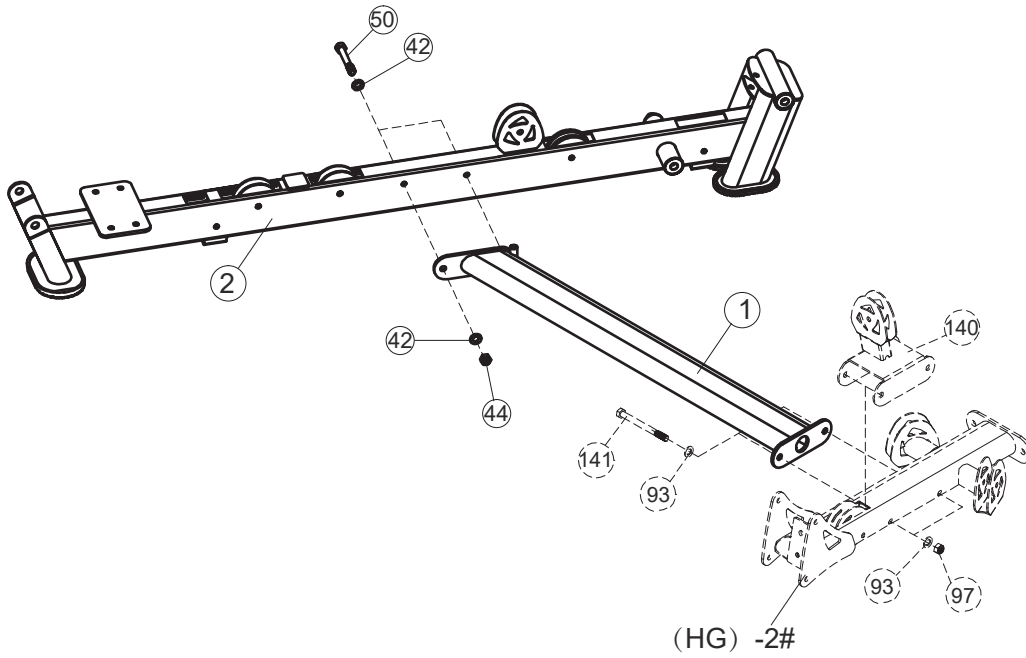
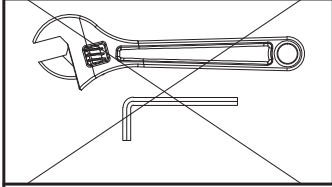
4# × 1

3# × 1

⑤⑩ ×2 M10×75

④② ×3 Φ10

④④ ×1 M10

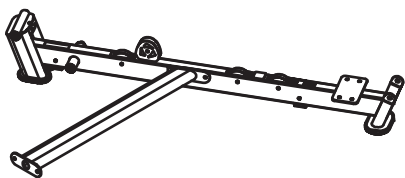
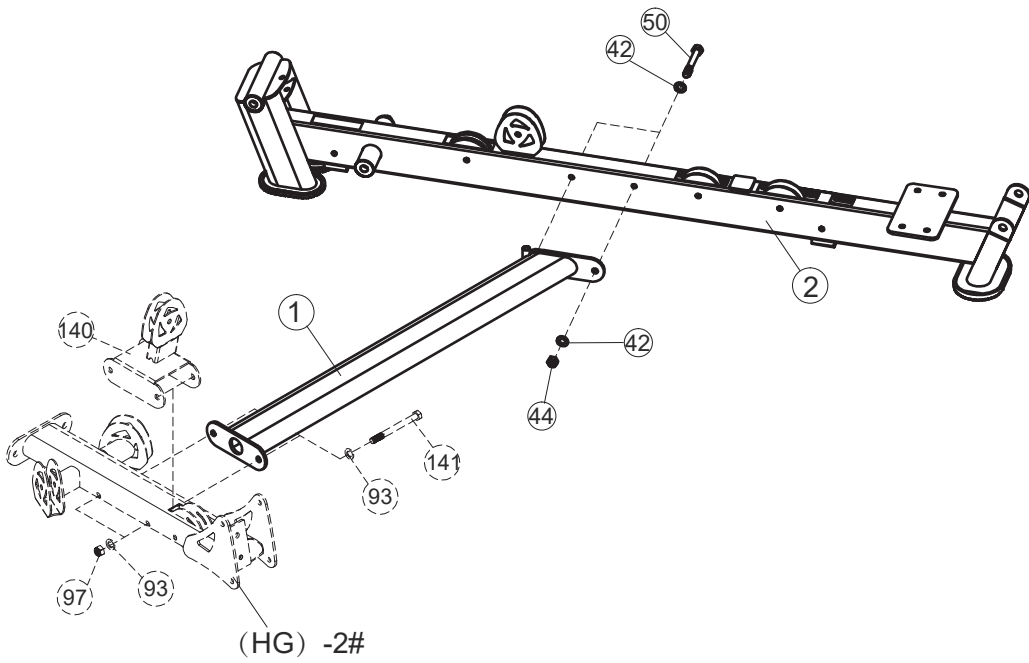
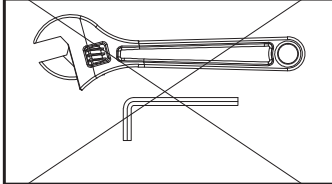


1-R

50  ×2 M10×75

42  ×3 Φ10

44   ×1 M10



1-L

19



× 2 φ16×220×M12

43

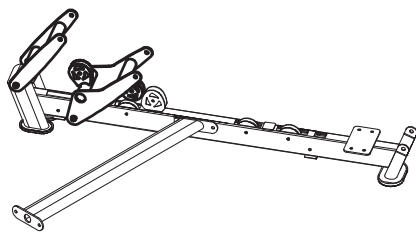
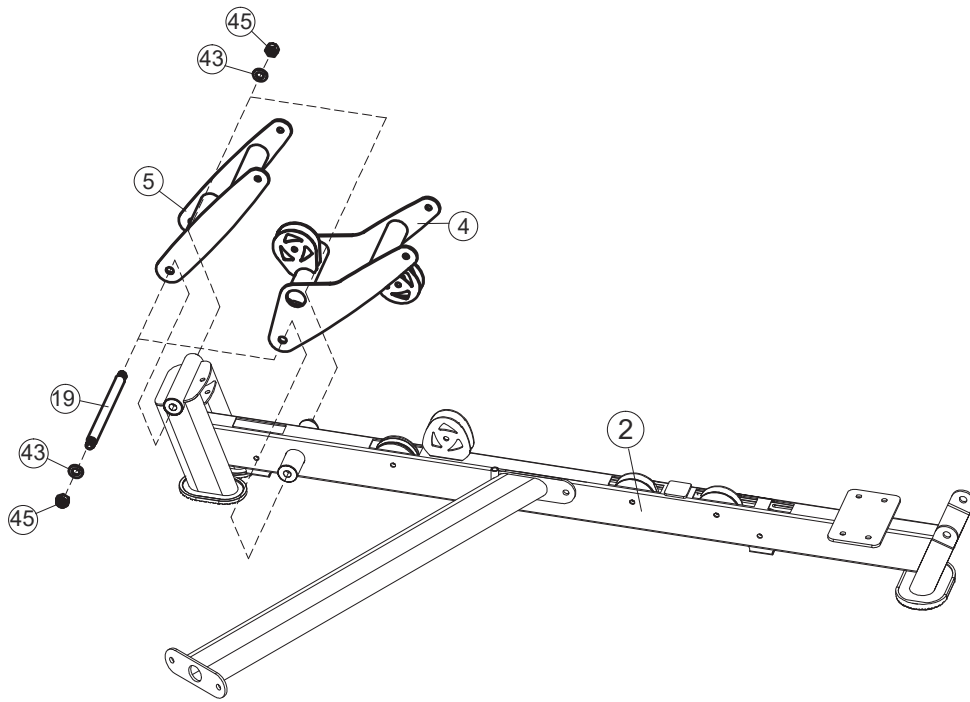
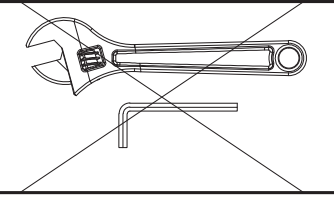


× 4 Φ12

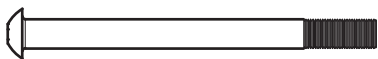
45



× 4 M12



53



×2 M12×210

43

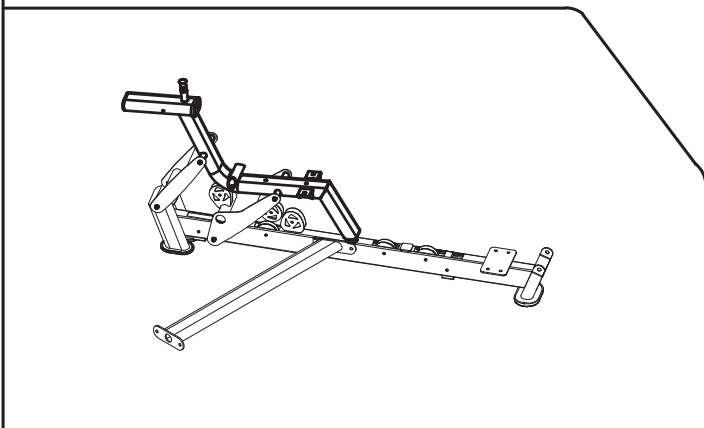
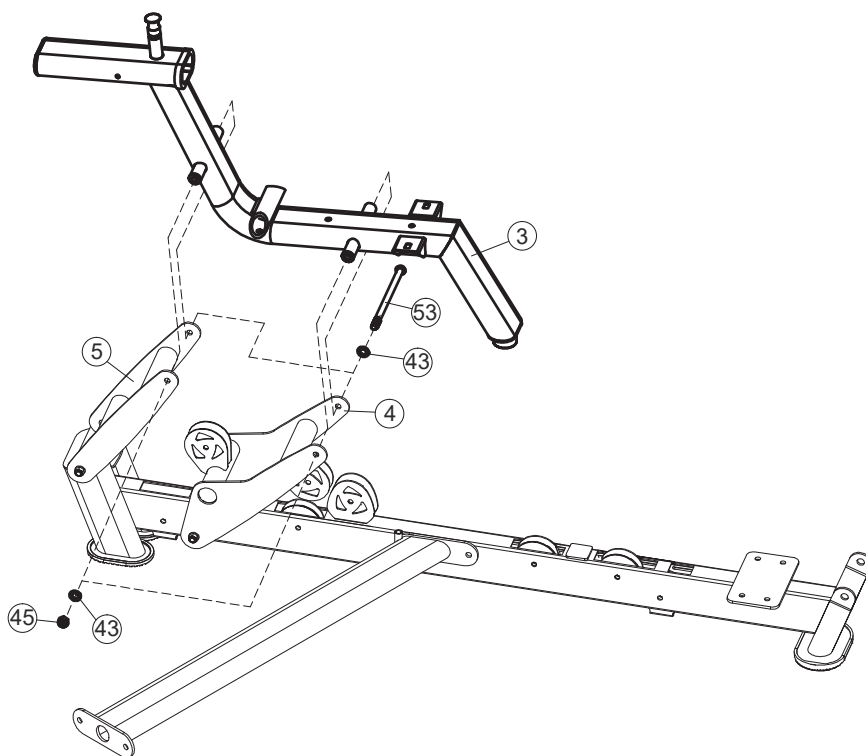
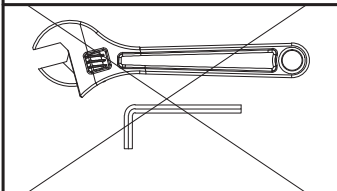


× 4 Φ12

45



× 2 M12



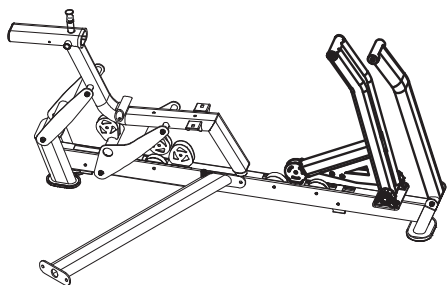
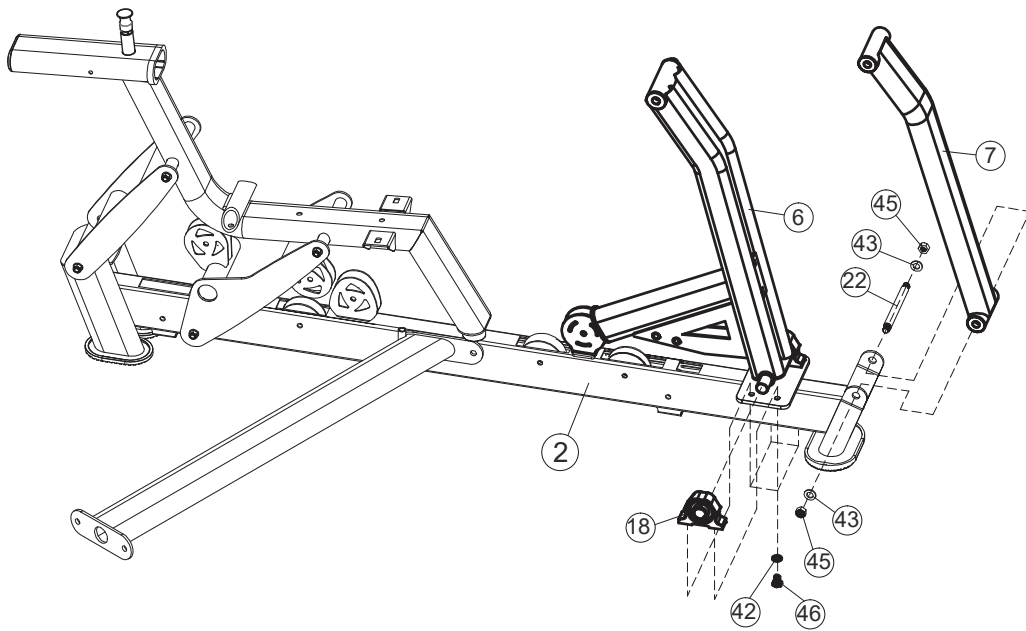
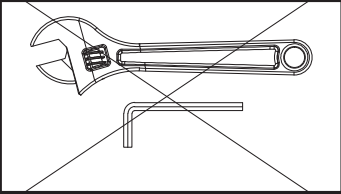
22  × 1 $\phi 16 \times 167 \times M12$

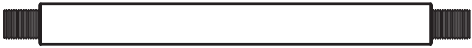
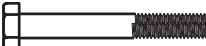




46  × 4 M10×16

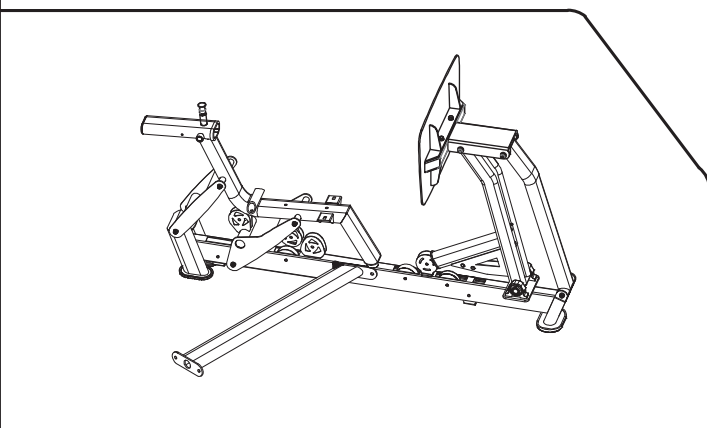
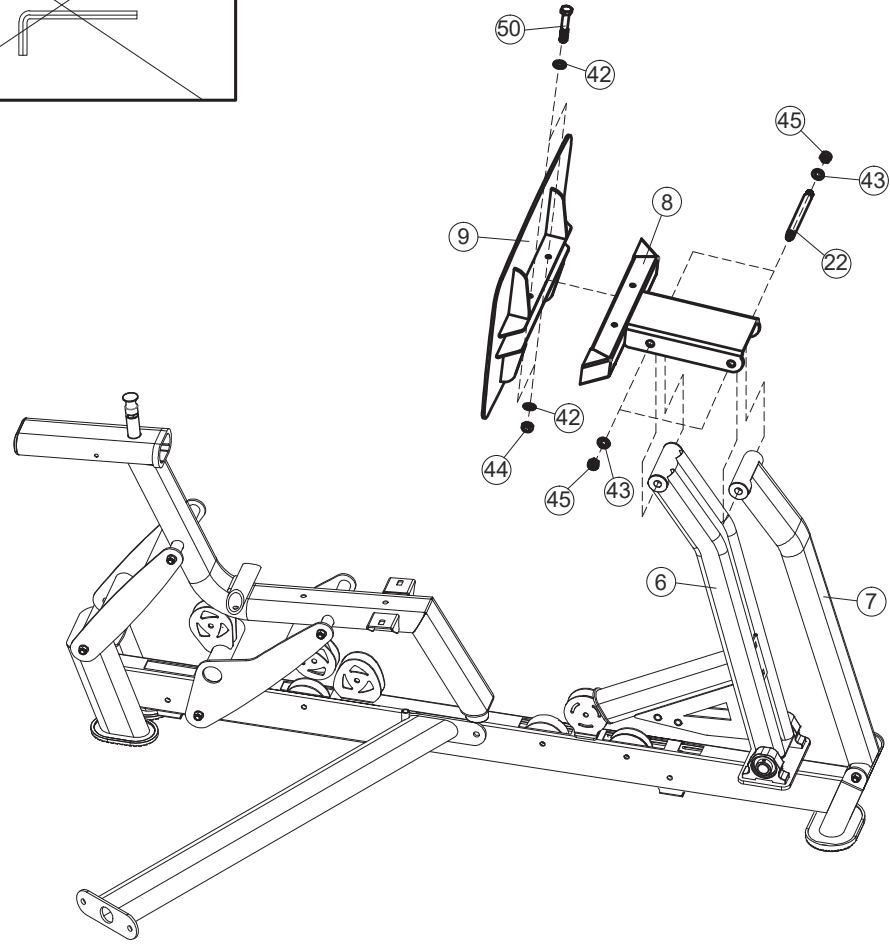
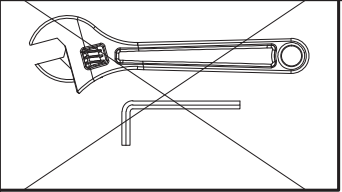
42  | × 4 $\Phi 10$

43  | × 2 $\Phi 12$

45   × 2 M12



- ②②  × 2 φ16×167×M12
- ⑤①  × 2 M10×75
- ④②  × 4 φ10
- ④③  × 4 φ12
- ④④  × 2 M10
- ④⑤  × 4 M12



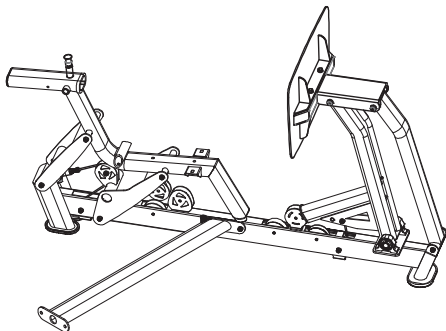
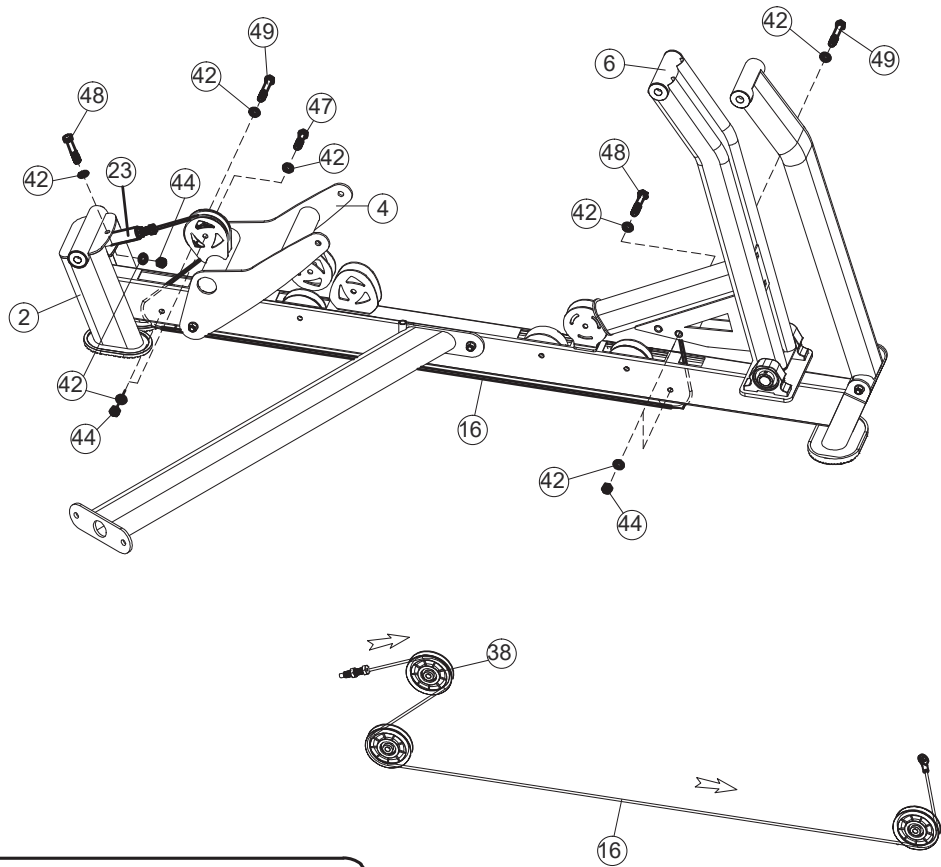
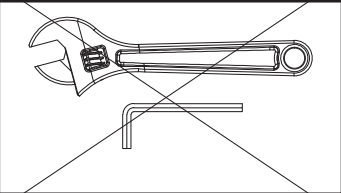
49  ×2 M10×65

48  ×2 M10×55

47  ×1 M10×45

42  ×10 Φ10

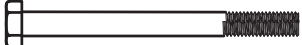
44  ×5 M10



49  ×1 M10×65

50  ×2 M10×75

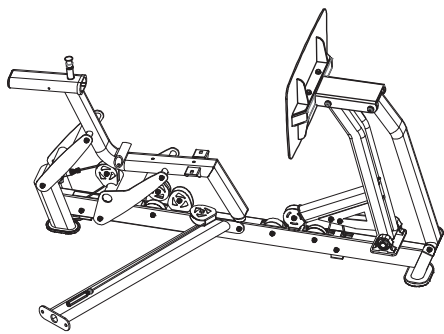
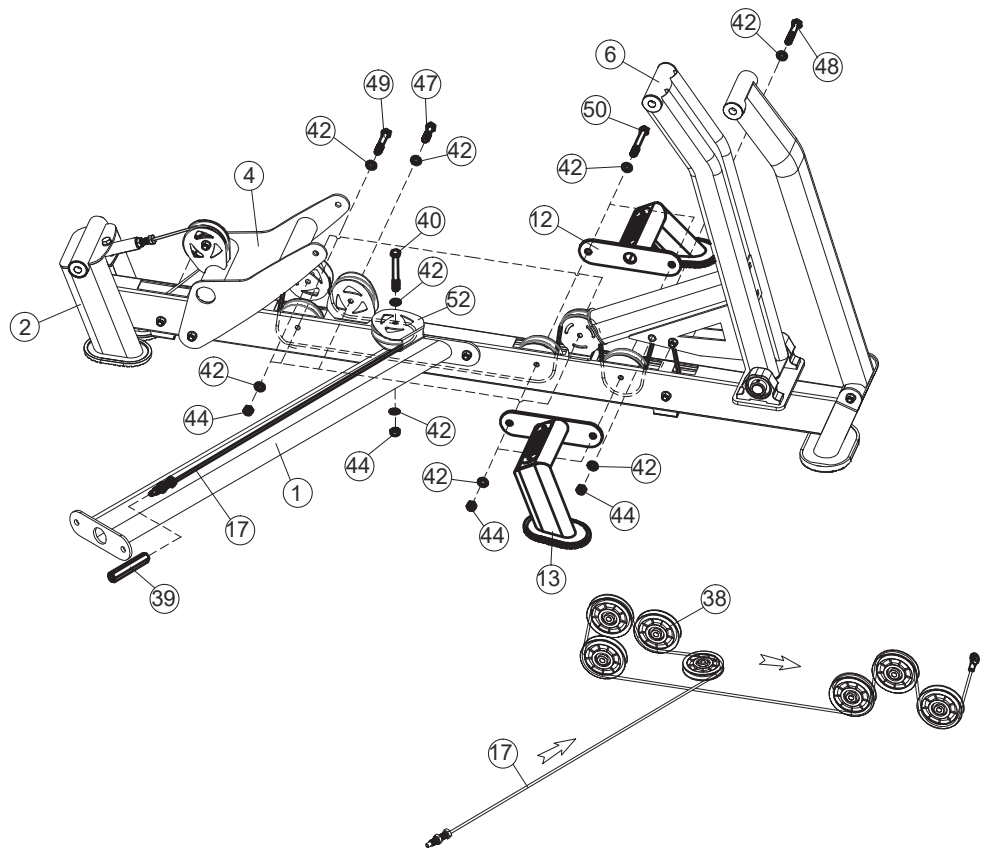
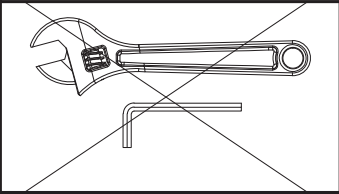
48  ×1 M10×55

40  ×1 M10×120

47  ×3 M10×45

44  ×8 M10

42  ×16 Φ10



④⑧  ×2 M10×55

④①  ×4 Φ8

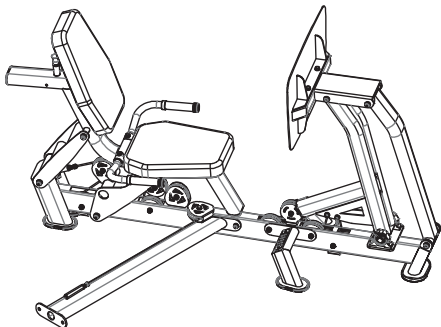
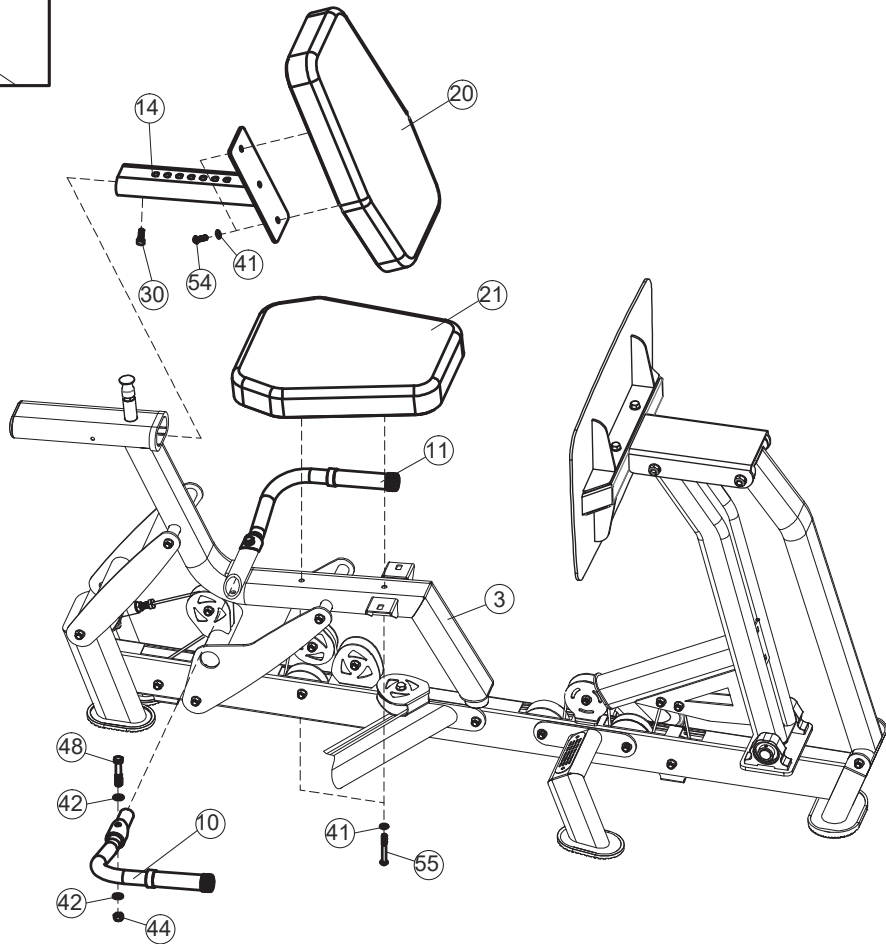
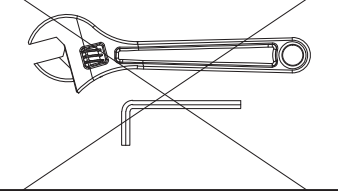
⑤⑤  ×2 M8×65

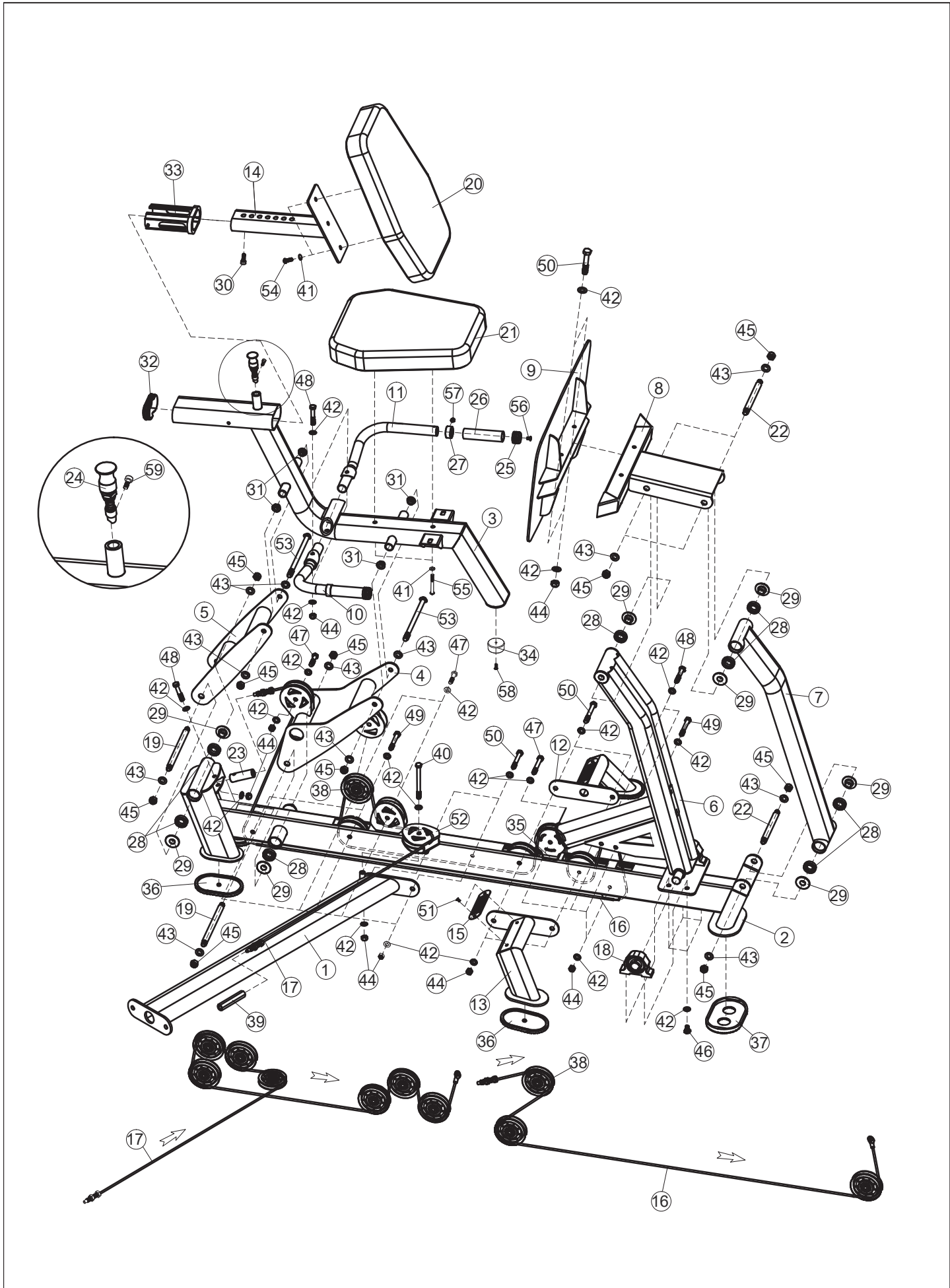
④②  ×4 Φ10

⑤④  ×2 M8×25

⑤⑨  ×1 M8×25

④④  ×2 M10





PARTS LIST

| KEY NO. | | SPEC | QTY |
|---------|------------------------|----------------------|-----|
| 1 | Connecting Frame | | 1 |
| 2 | Base Frame | | 1 |
| 3 | Seat Support | | 1 |
| 4 | Seat Connecting Frame | | 1 |
| 5 | Oscillating Frame | | 1 |
| 6 | Stretcher Cleat | | 1 |
| 7 | Connecting Frame Front | | 1 |
| 8 | Supporting Structure | | 1 |
| 9 | Foot Plate | | 1 |
| 10 | Shiver Bar R | | 1 |
| 11 | Shiver Bar L | | 1 |
| 12 | Foot Plate L | | 1 |
| 13 | Foot Plate R | | 1 |
| 14 | Backrest Support | | 1 |
| 15 | Decorative plate | | 2 |
| 16 | Linkage Cable | L=1900 | 1 |
| 17 | Brive Leg Cable | L=2520 | 1 |
| 18 | Bearing Block | | 2 |
| 19 | Spindle | φ16×220×M12 | 2 |
| 20 | Backrest Board | 329×520×65 | 1 |
| 21 | Seat Pad | 360×250×430×65 | 1 |
| 22 | Spindle | φ16×167×M12 | 3 |
| 23 | Regulating Shaft | φ25×75 | 1 |
| 24 | Moving Lock Pin | | 1 |
| 25 | Decorative cover | φ37.5×φ6.5×19 | 2 |
| 26 | Dips Handle | Φ27.5×3×135 | 2 |
| 27 | Retaining ring | φ38×φ29.2×14.5×M6 | 2 |
| 28 | Bearing | 61904-2RZ | 10 |
| 29 | Bearing Bush | φ42×φ25×φ16×15 | 10 |
| 30 | Allen Bolt | M8×25 | 1 |
| 31 | Bushing | φ25×φ20×φ12.2×10 | 4 |
| 32 | End Cap | PT50×100 | 1 |
| 33 | Slide Guide | PT50×100/PT40×80×147 | 1 |
| 34 | Rubber Stopper | φ50×φ48×23 | 1 |
| 35 | Rubber Stopper | 48×48×5 | 1 |
| 36 | Floor End Cap Floor | PT145×95×9 | 4 |
| 37 | End Cap | PT170×107×15 | 1 |
| 38 | Pulley | φ96 | 10 |
| 39 | Long Nut | 18×100×M12 | 1 |
| 40 | HEX Bolt | M10×120 | 1 |
| 41 | Washer | 8 | 4 |
| 42 | Washer | 10 | 41 |
| 43 | Washer | 12 | 14 |
| 44 | Nut | M10 | 18 |

| KEY NO. | | SPEC | QTY |
|---------|--|---------|-----|
| 45 | Nut | M12 | 12 |
| 46 | HEX Bolt | M10×16 | 4 |
| 47 | HEX Bolt | M10×45 | 4 |
| 48 | HEX Bolt | M10×55 | 5 |
| 49 | HEX Bolt | M10×65 | 3 |
| 50 | HEX Bolt | M10×75 | 6 |
| 51 | Philips Screw | M4×10 | 4 |
| 52 | Pulley Yoke | | 1 |
| 53 | HEX Bolt | M12×210 | 2 |
| 54 | HEX Bolt | M8×25 | 2 |
| 55 | HEX Bolt | M8×65 | 2 |
| 56 | Hexagon socket countersunk head screws | M6×10 | 2 |
| 57 | Set screw | M6×6 | 2 |
| 58 | Philips Screw | M6×16 | 1 |
| 59 | Hexagon socket button head | M5×20 | 1 |
| | Allen wrench | 6# | 1 |
| | Allen wrench | 5# | 1 |
| | Allen wrench | 4# | 1 |
| | Allen wrench | 3# | 1 |