



FFITTECH FSM40B Supported Seated Row Instruction Manual

[Home](#) » [FFITTECH](#) » FFITTECH FSM40B Supported Seated Row Instruction Manual 

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Contents

- [1 SPECIFICATIONS OF THE PRODUCT](#)
- [2 USE OF THE PRODUCT](#)
- [3 PREVENTIVE MAINTENANCE](#)
- [4 SAFETY INFORMATIONS](#)
- [5 ASSEMBLY](#)
- [6 WARRANTY TERM](#)
- [7 Documents / Resources](#)
 - [7.1 References](#)
- [8 Related Posts](#)

SPECIFICATIONS OF THE PRODUCT

Dimension: 1265x1165x1456mm (LxWxH)

Tower height: 1456mm

Weight stack: 100kg 220lbs

Weight gross/net: 215kg/191kg 442/420lbs

Pictures and photos in this manual are merely illustrative. The company reserves the right to change specifications and design without notice. This manual may illustrate optional items which are not part of the equipment purchased. Read all the information applied to the product and the Manual/Guide that comes with it.

USE OF THE PRODUCT

Instruction to use see sticker fixed on top cover of tower weight, as shown in figure. Look at the illustrations and callouts.



SAFETY AND MAINTENANCE STICKER

Safety and maintenance see sticker fixed on the tower.



PREVENTIVE MAINTENANCE

Follow these guidelines to maintain perfect operation of the equipment.

Stations and Machines	Daily	Weekly	Monthly	Quarterly
Be aware of strange noises.	X			
Inspect and review: Steel cables, and terminals throughout its length and all moving parts and weights.	X			
Clean: Seats and handles.	X			
Inspect: Bars, handles, non-slip surfaces and safety labels.		X		
Clean and lubricate: Weight guides, use Vaseline or WD40 for lubrication.		X		
Inspect all screws and fittings, tighten if necessary		X		
Clean pulleys and moving parts of the seats.			X	
Inspect: the entire equipment structure.			X	

Note: For your convenience and quick access, the same information is applied in the product, sticker fixed on tower.

SAFETY INFORMATION

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

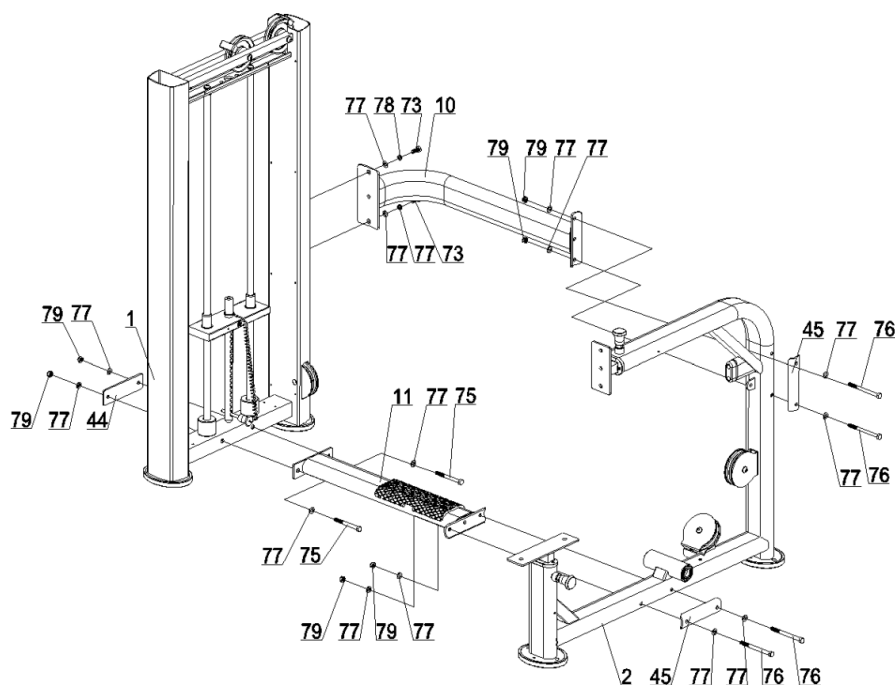
Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty. ers the equipment, which could result in the loss of the product warranty. Replace damaged parts with original parts and regularly carry out preventive maintenance; Replace defective parts immediately and/or take the equipment out of use until it is repaired; Replace damaged labels; For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others; Adjust the required force so that exercises are smooth and uniform; Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened; Never release the anklet, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment; Electrical equipment must be connected to a grounded electrical system. For treadmills use a 16A breaker, at least. Make sure that the installation voltage is the same as the equipment. Regularly ensure that the cables and plugs are in perfect condition. Do not place power cables under carpets or any other object; Keep electrical equipment disconnected from the mains when not in use

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems. Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use. The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety. When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion. Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury. Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose. Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment. When using treadmills the user should not be on the belt when starting the equipment. Hold the handles and place your feet on the side rails and then start the unit. Check the alignment of the belt. The treadmills have a safety switch that is coupled to the monitor and is fastened to one's clothing. If you want to stop the treadmill quickly, remove the switch. Make sure it is working properly. Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty. Heartbeat sensors cannot be used as accurate measurements for clinical use. Use them only as a reference. Wear appropriate ffittech attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear ffittech shoes for exercising. Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises. Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

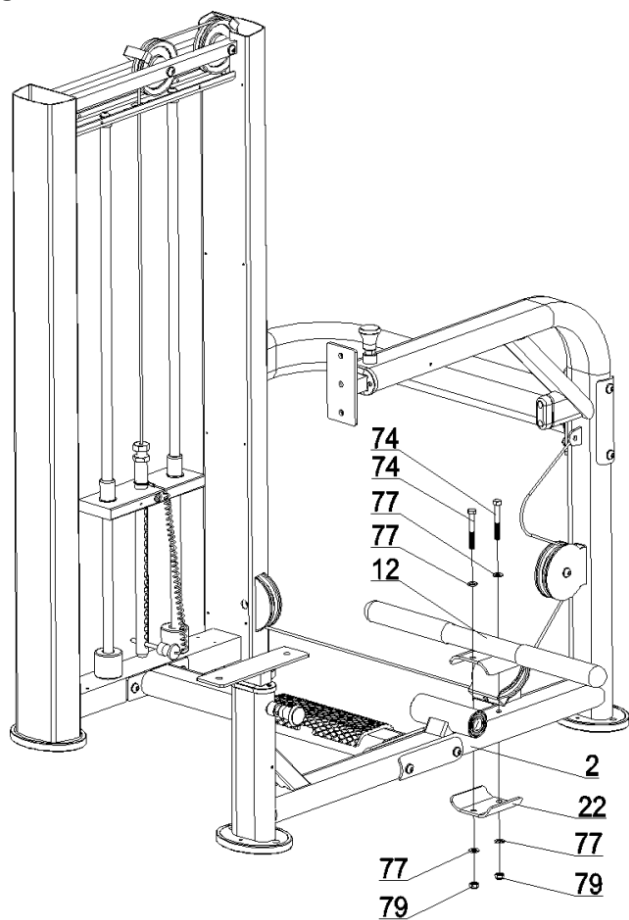
ASSEMBLY



Assemble tower frame (1) to the main frame(2) using connecting tube(11) and connecting tube(10). To fix it, use 14 flat washers(77), 2 spring washers(78), 6 lock nuts hex M10(79), 2 hex head bolts M10x25(73), 2 hex head bolts M10x125(76), 2 hex head bolt M10x100(75), 1 fixing plate(44) and 2 fixing plate(45). First adjust the machine position and then using the right tools tighten bolts and nuts properly.

Nº	English description	Qt
1	TOWER FRAME	1
2	MAIN FRAME	1
10	CONNECTING TUBE	1
11	CONNECTING TUBE	1
44	FIXING PLATE	1
45	FIXING PLATE	2
73	HEX HEAD BOLT M10*25	2
75	HEX HEAD BOLT M10*100	2
76	HEX HEAD BOLT M10*125	4
78	SPRING WASHER	2
77	FLAT WASHER	14
79	LOCK NUT HEX M10	6

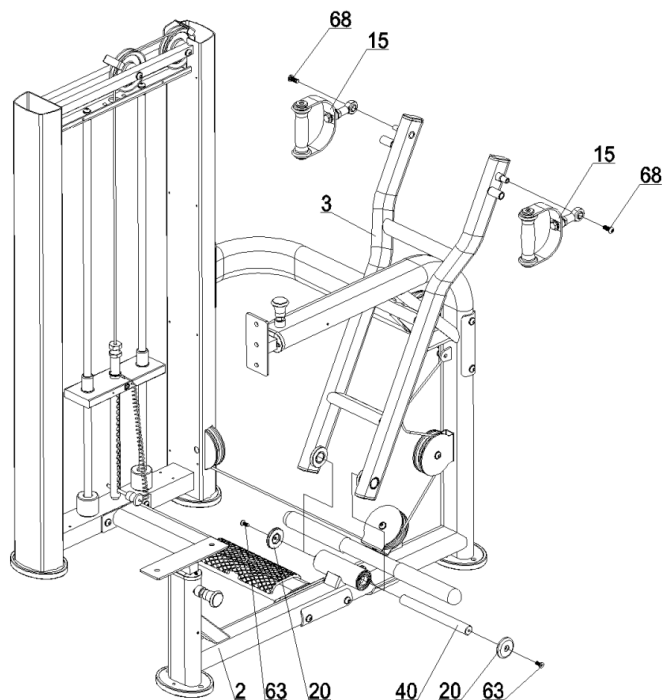
STEP 2



Connect the footrest(12) to the main frame(2) using the connecting plate(22), 4 flat washer(77), 2 hex head bolt M10x75(74) and 2 lock nut hex M10(79). Using the right tools to tighten bolts and nuts properly.

Nº	English description	Qt
2	MAIN FRAME	1
12	FOOTREST	1
22	CONNECTING PLATE	1
74	HEX HEAD BOLT M10*75	2
77	FLAT WASHER	4
79	LOCK NUT HEX M10	2

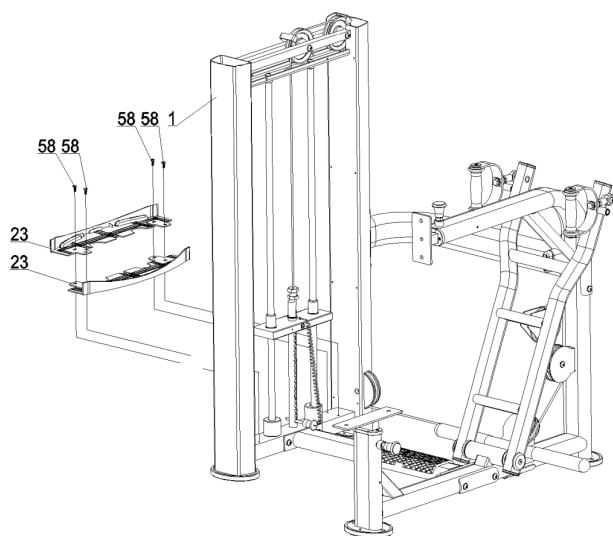
STEP 3



Connect arm frame(3) to the main frame(2) using axis(40). Fix ending cap(20) to the axis(40) using flat head Allen bolt M8x20(63); then fix handle support(15) to the arm frame(3) with pan head Allen bolt M10x25(68). Using the right to tighten ten bolts and nuts properly.

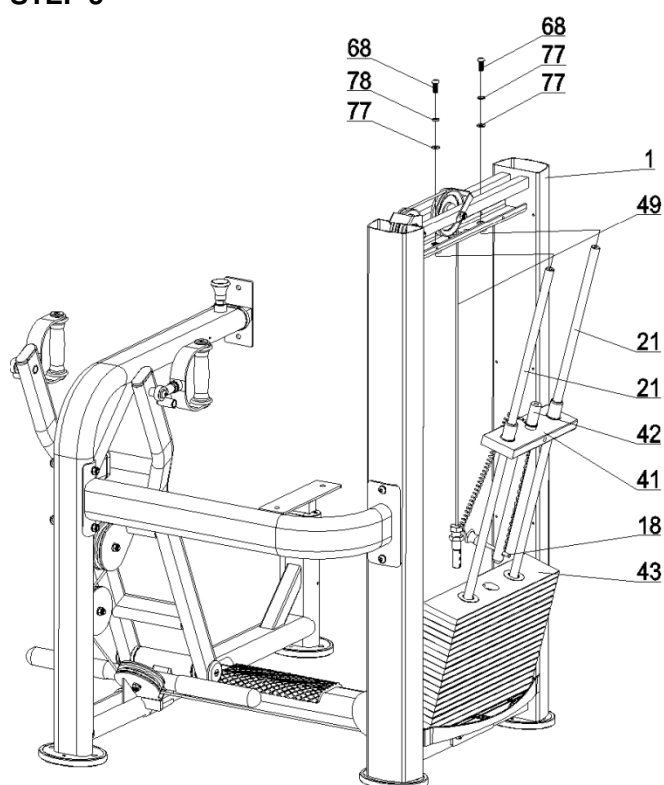
Nº	English description	Qt
2	MAIN FRAME	1
3	ARM FRAME	1
15	HANDLE SUPPORT	2
40	AXIS	1
20	ENDING CAP	2
63	FLAT HEAD, ALLEN BOLT M8*20	2
68	PAN HEAD, ALLEN BOLT M10*25	2

STEP 4



Nº	English description	Qt
1	TOWER FRAME	1
23	BASE COVER	2
58	PAN HEAD PHILLIPS BOLT M6X15	4

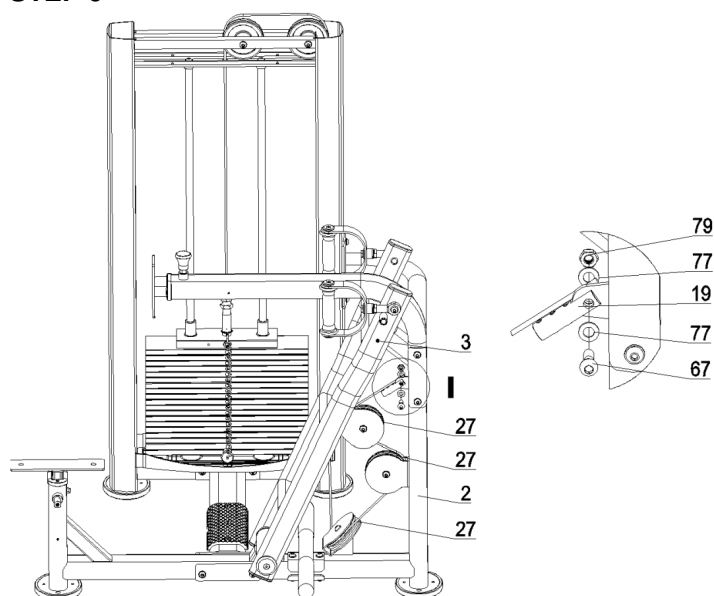
STEP 5



Remove the cable(49) from selector shaft(42). Remove 2 spring washer(77), 2 flat washers(78) and 2 pan head Allen bolt M10x25(68) from guide-rod(21). Incline the guide-rod(21) as shown in the drawing and then remove the combination of the top weight stack(41) and selector shaft(42). Make sure the shock absorber rubber is in the right positions shown in the step 4, then put 19 weight stacks(43) to the guide-rod(21), insert back the combination of the top weight stack(41) and selector shaft(42), assemble the guide-rod(21) to the tower frame(1) using 2 spring washer(77), 2 flat washers(78) and 2 pan head Allen bolts M10x25(68). Connect the cable(49) to the selector shaft(42), using the right tools tighten properly bolts and nuts

Nº	English description	Qt
1	TOWER FRAME	1
49	CABLE	1
43	WEIGHT STACK	19
41	TOP WEIGHT STACK	1
42	SELECTOR SHAFT	1
21	GUIDE-ROD	2
18	WEIGHT SELECTOR PIN	1
68	PAN HEAD, ALLEN BOLT M10*25	2
77	SPRING WASHER	2
78	FLAT WASHER	2

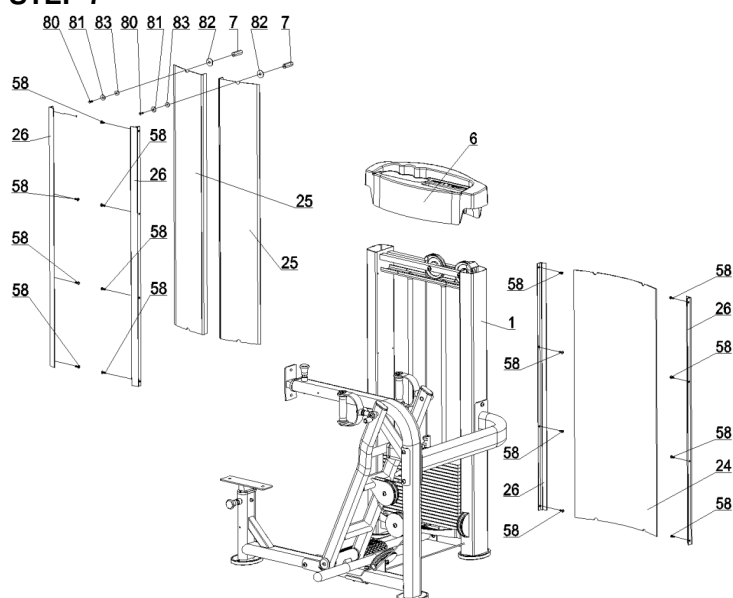
STEP 6



Remove 3 pulley(27) from main frame(2) and arm frame(3), put the cable(20) on the right position then install the 3 pulley (27) back; adjust the cable(20) and fix the terminal(19) to main frame(2) using 2 flat washer(77), 1 pan head Allen bolt M10x35(67) and 1 lock nut hex M10(79). Using the right to tighten bolts and nuts properly.

Nº	English description	Qt
2	MAIN FRAME	1
3	ARM FRAME	1
20	CABLE	1
19	TERMINAL	1
27	PULLEY	1
67	PAN HEAD, ALLEN BOLT M10*35	1
77	FLAT WASHER	2
79	LOCK NUT HEX M10	1

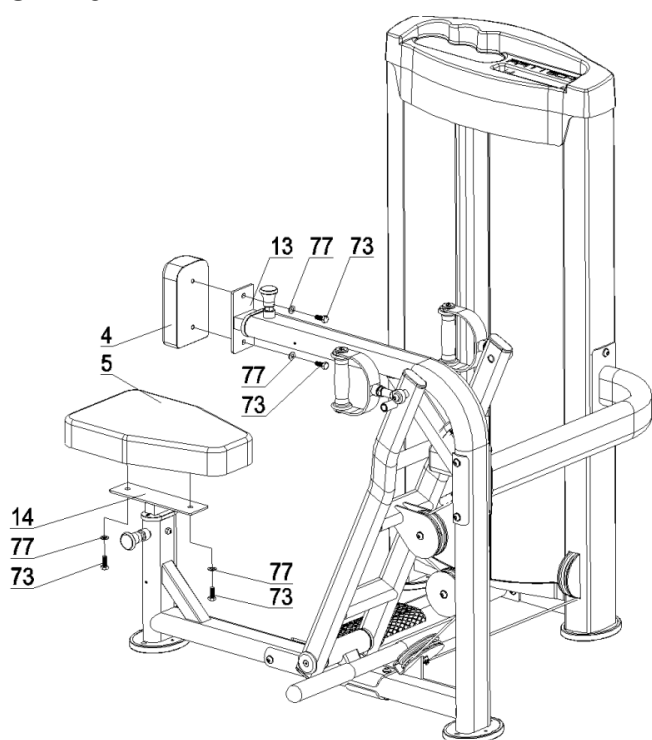
STEP 7



Fix 4 side faces(26) in the tower frame(1) using 16 pan head Phillips bolt M6x15(58), 2 in the front and 2 in the back. Using the right tools tighten bolts properly. Insert 2 front covers (25) and 1 back cover(24) in the tower frame(1). Fix 2 top covers(6) and bolt 60*M6 (7) to tower frame(1), using M6*20 bolt, washer (77), washer (78), and washer(79). Using the right tools tighten bolts properly. Put top cover(39) on the tower frame(1).

Nº	English description	Qt
1	TOWER FRAME	1
6	TOP COVER	2
7	BOLT 60*M6	2
24	BACK COVER	1
25	FRONT COVER	2
26	SIDE FACE	4
58	PAN HEAD, PHILLIP BOLT M6*15	16
80	ALLEN BOLT M6*20	2
81	WASHER 9*24*2	2
82	WASHER 11*34*3	2
83	WASHER 20*6*5	2

STEP 8



Fix cushion(4) to the adjusting tube(13) using 2 flat washers(77) and 2 pan head Allen bolt M10x25(73). Fix seat cushion(5) to seat adjusting tub(14) using 2 flat washer(77) and 2 hex head bolt M10x25(73). Use the right tool tighten the bolts.

Nº	English description	Qt
4	CUSHION	1
5	SEAT CUSHION	1
13	ADJUSTING TUBE	1
14	SEAT ADJUSTING TUBE	1
73	HEX HEAD BOLT M10*25	4
77	FLAT WASHER	4

WARRANTY TERM

General Warranty Terms

A) The warranty will be carried out only upon presentation of the original bill of sale/receipt, and within the time limits set out in this Agreement. The warranty is provided by the Ffittech Network of Authorized Service Centers in the major cities in the country.

B) Repaired or replaced parts under this warranty, does not stop nor extend the originally stipulated warranty period.

C) To utilize this warranty, the equipment must have been installed by the local Ffittech dealer.

D) The warranty does not cover installation services, the cleaning and lubrication of the products.

E) No dealer is authorized to receive the product from a customer to send it to the Ffittech Authorized Service Centers or return it and provide information in the name of Ffittech about the progress of the service. Ffittech or the Ffittech Authorized Technical Service will not be responsible for any damage or delay because of this non-compliance.

F) Lubricants (silicones, greases and oils) that are used should be those recommended by the manufacturer (found in the Ffittech Network of Authorized Service Centers).

G) Ffittech will hold a spare parts inventory and make these available until the termination of the manufacture or import of equipment. If the production or import of any equipment is terminated, Ffittech will supply spare parts for its line of equipment for a reasonable period of time, according to the law.

H) The expenses arising from any freight or transport of the equipment to a Technical Assistance Center will be borne by the buyer, whether or not the equipment is covered by this warranty.

I) The conditions set out in this Agreement are guaranteed to the original purchaser/user of this equipment.

End of Warranty

This warranty will be considered void when:

A) The normal period of its validity.

B) The equipment is delivered for repair by anyone not authorized by Ffittech, are signs of interference of its original features or assembly outside the factory default.

C) Non-use of lubricants (silicones, greases and oils), recommended by the manufacturer.

D) Damage the latter may suffer as a result of misuse, rust originating from external agents, weathering, neglect, modification, improper use of accessories, poor design for the intended application, falls, punctures, use or installation not in accordance with the Instruction Manual or Assembly Guide.

E) The product is used in saunas, water or submerged in use so that this resembles, as well as any use that is not the purpose of the intended application.

F) When electrical product: failure to use properly electric outlet grounded and with a minimum 16A circuit breaker and / or wiring in incorrect voltages or power grids excessive fluctuation or surges, use in places such as heated pool and / or sauna.

Note

A) No dealer or Authorized Service Ffittech is authorized to alter these Terms or commitments on behalf of Ffittech.

B) Ffittech is not responsible for any accidents and their consequences, arising from breach of the original features or assembly outside the factory default of their equipment.

Note: Ffittech reserves the right to make changes without notice this.

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Documents / Resources

 The image shows the cover of the instruction manual for the Ffittech FSM40B Supported Seated Row machine. It features the Ffittech logo at the top, followed by the title in multiple languages: "GUIA DE MONTAGEM DO EQUIPAMENTO", "GUIDE ASSEMBLY PRODUCT", and "GUÍA DE MONTAJE DEL EQUIPO". Below the text is a line drawing of the machine. At the bottom, it says "MODELO: FSM40B" and "MÁQUINA DE FILA SENTADA COM SUPORTE".	<p>FFITTECH FSM40B Supported Seated Row [pdf] Instruction Manual FSM40B Supported Seated Row, FSM40B, Supported Seated Row, Seated Row</p>
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References

-  [FFittech | Gym Equipments](#)
- [User Manual](#)