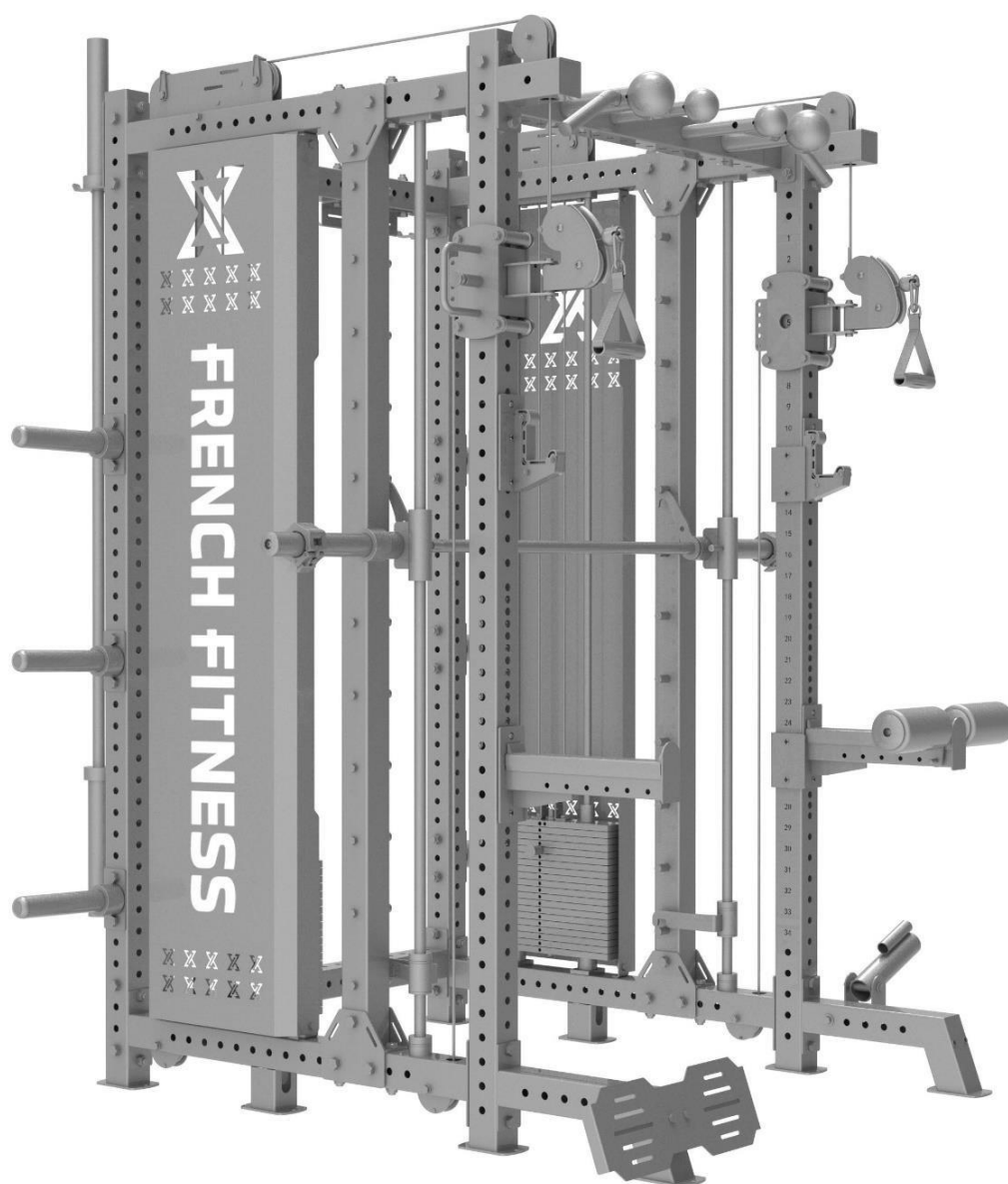


FRENCH FITNESS

FSR100

**French Fitness FSR100 Commercial
Functional Smith Rack System**

ASSEMBLY MANUAL



WARRANTY

- Lifetime Parts and 1 Year Labor Warranty

1. IMPORTANT SAFETY INSTRUCTIONS

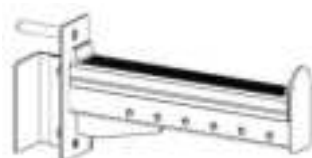
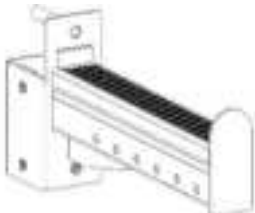
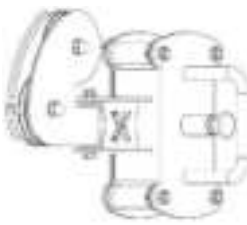
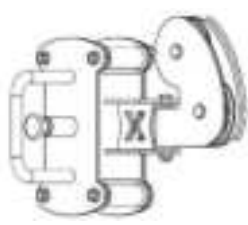
WARNING - Read all instructions before using this machine.

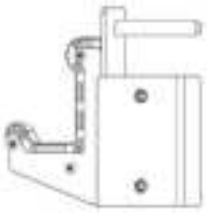
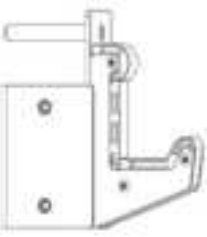
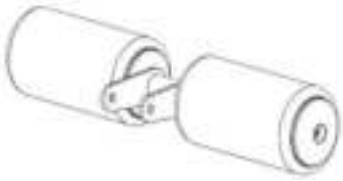
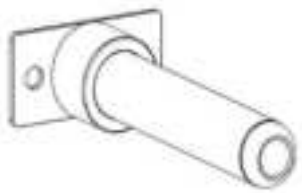
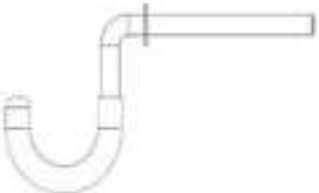
- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- 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.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

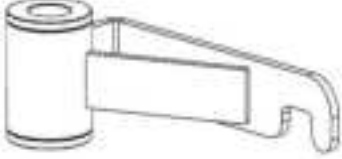
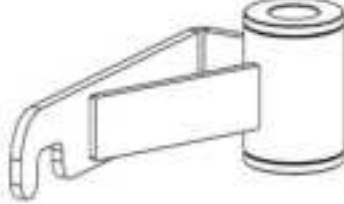
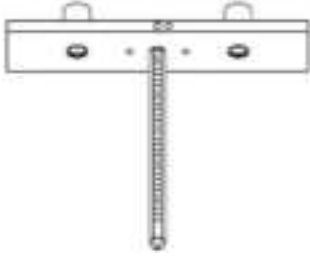
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French Fitness FSR100 Commercial Functional Smith Rack System	4
French Fitness FSR100 Adjustable Bench	41
French Fitness FSR100 Lat Pulldown Low Row Attachment	51

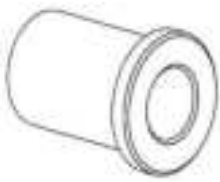
ACCESSORIES LIST 1

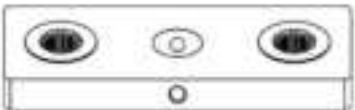
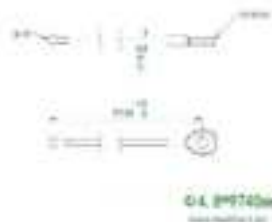
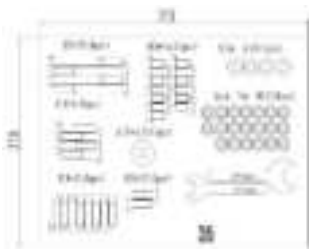
					
#1	Weight stack bottom pipe welding group * 2	#2	Weight Stack top welding group * 2	#3	Hook column stand pipe welding group * 2
					
#4	Push rod *1	#5	Front connection welding group *1	#6	Upper pulley set * 2
					
#7	Front elbow welding group * 2	#8	Rear riser welding group * 2	#9	Front column welding group * 2
					
#10	Lower connection welding group * 2	#11	Foot welding group *1	#12	Left fuse set *1
					
#13	Right fuse set *1	#14	Sliding sleeve welding set left *1	#15	Sliding sleeve welding set right *1

					
#16	Hook welding group left *1	#17	Hook welding group right *1	#18	Press leg welding set *1
					
#19	Hanging rod welding group * 6	#20	Hook welding set * 4	#21	Bottom weight holder *1

					
#22	Lifting welding group *1	#23	Low-stretch welding group *1	#24	High-stretch welding group *1
					
#25	Push rod welding group *1	#26	Smith Insurance Group Left*1	#27	Smith Insurance Group Right*1
					
#28	Small door pulley set * 2	#29	Weight Stack Group * 2	#30	Hook column assembly * 24
					
#31	Optical shaft sleeve welding set * 2	#32	Wire rope joint * 2		

ACCESSORIES LIST 2

					
#34	Φ20*2*1975mm small door guide rod*4	#35	1885mm*627 large guard plate*2	#36	Φ25*1958mm Smith optical axis*2
					
#37	Olympic Bar lock plate * 2	#38	Decorative board 2*8	#39	Card rope pin * 10
					
#40	Weight sheet rubber pad *4	#41	Pulley limit sleeve * 8	#42	Round shock cushion * 4
					
#43	Pulley spacer *12	#44	T-type bolt *1	#45	Olympic Bar 2.2m*1
					
#46	Optical axis fixing seat * 2	#47	Optical axis fixing plate * 2	#48	Barbell card set * 2

					
#49	Φ90 pulley*6	#50	Nylon end cap * 2	#51	Φ50*320 stainless steel pipe*2
					
#52	Thick rubber sleeve*2	#53	Spacer * 2	#54	Nylon sleeve*2
					
#55	Weight Stack *38pieces	#90	Manual *1piece	#91	Cable *2 pieces
					
#92	Weight Stack plug*2	#93	Chain 10 sections * 2	#94	Low pull handle*2
					
#95	Standard safety hook*6	#96	Blister pack*1	#97	Biceps pressing rope*1



#98

weight stack sticker *2

Blister Pack Screw List-3



A

16*100 Outer
Hexagon
Screws*62pcs

B

10*90 Outer Hexagon
Screws*4pcs

C

10*16 Hexagonal
Screws*13pcs

D

10*45 Outer Hexagon
Screw*4pcs

E

10*30 external
hexagonal screws*8pcs

F

M16 lock nuts*62pcs



G

Φ16 gasket*62pcs



H

M10 lock nut*18pcs



I

Φ10 gaskets*14pcs



W

Small hole big cushion
* 1 piece

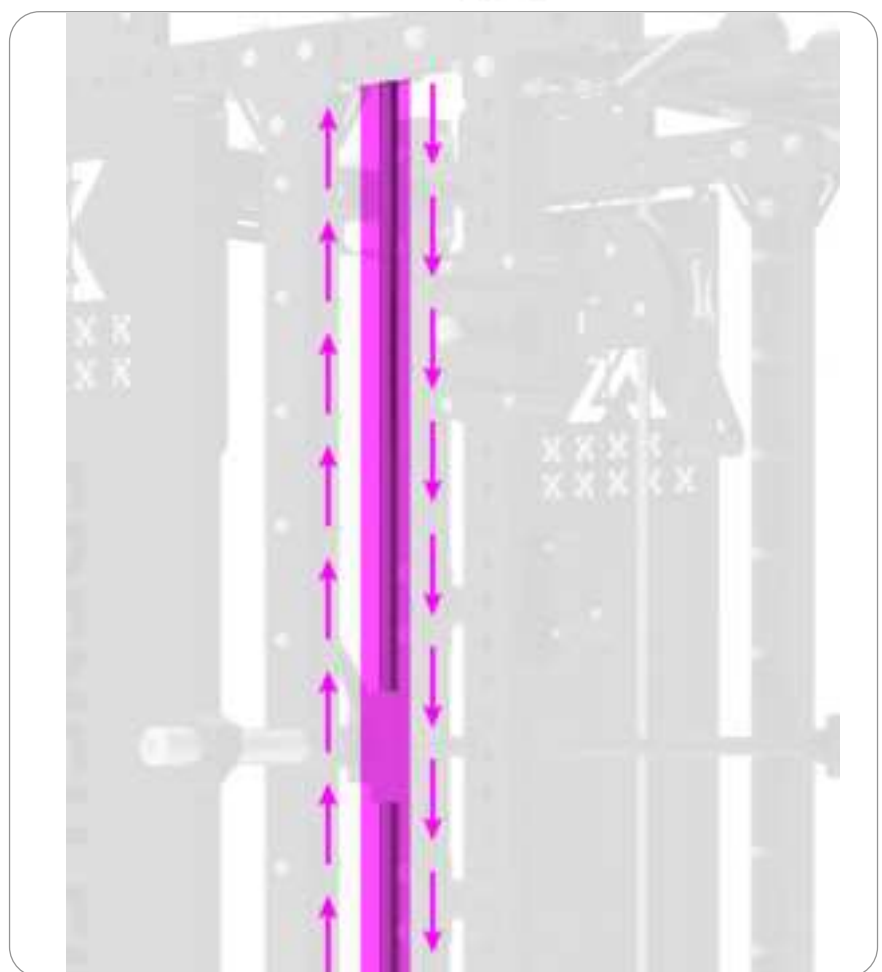
X

M10*25 hex screws
*2pcs

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

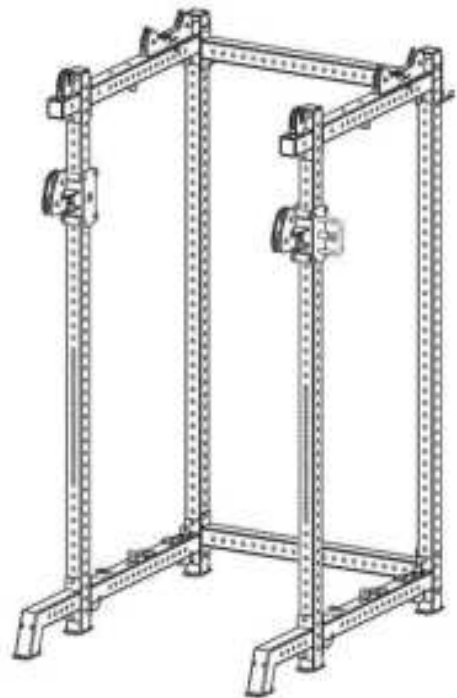
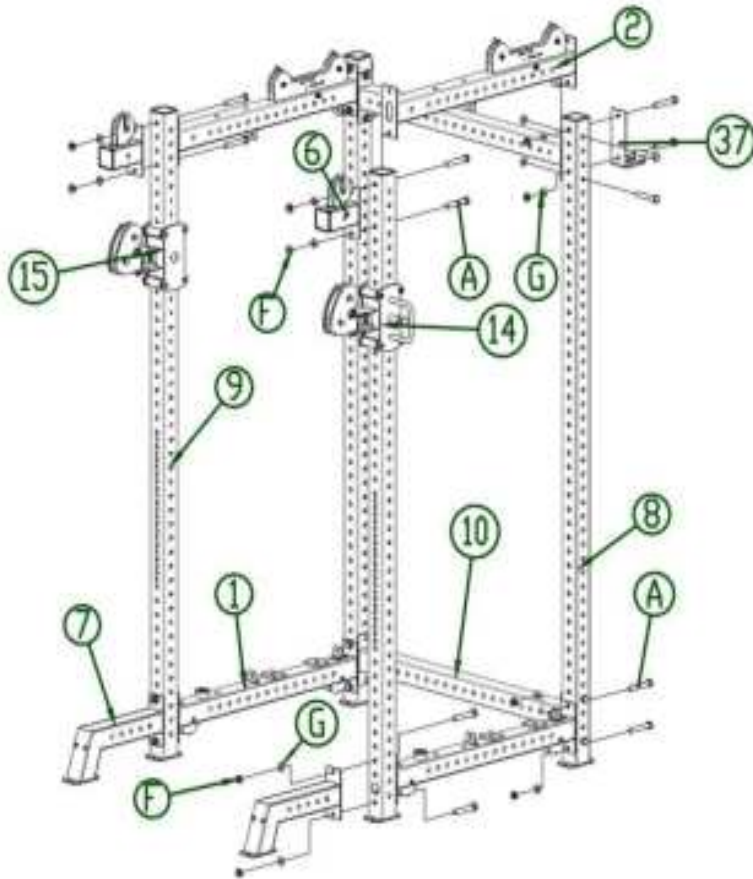
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

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 fiber.



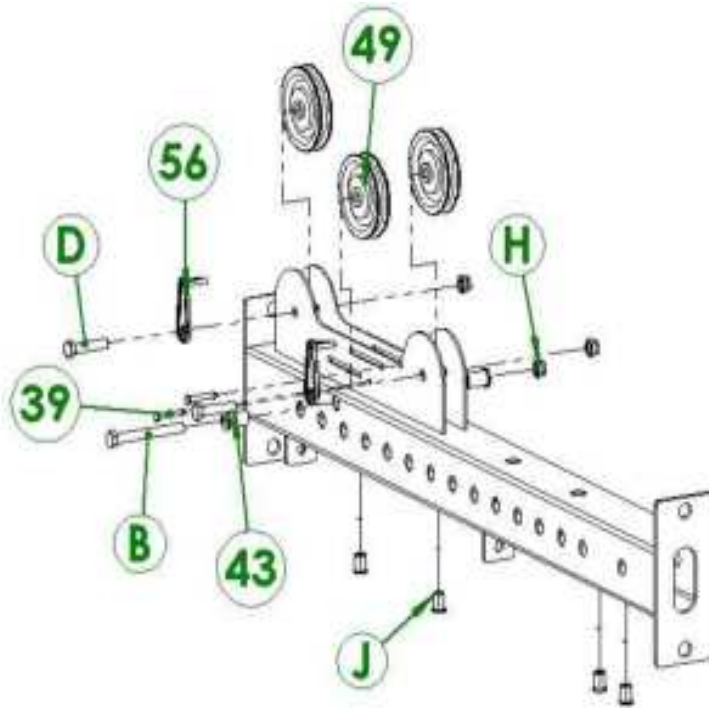
ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	NO 1	Counterweight bottom pipe welding group	2	NO 10	Lower connection components	2
	NO 2	Counterweight top welding group	2	NO 14	Cable crossover combination right	1
	NO 6	Upper support pulley welding group	2	NO 15	Cable crossover combination left	1
	NO 7	Front elbow welding group	2	A	M16*100 Hexagon screw	24
	NO 8	Behind column welding group	2	G	Ø16 Gasket	24
	NO 9	Front column welding group	2	F	M16 Locknut	24
	NO 37	Olympic bar lock plate	2			



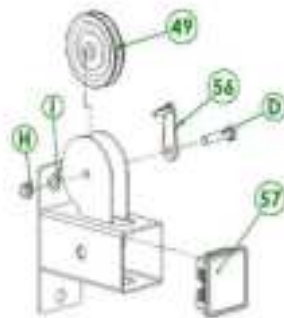
No.2 Counterweight top welding group * 2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 56	Pulley card rope sleeve	2	D	M10*45 Hexagon screw	2
	NO 49	Φ90 pulley	3	B	M10*90 Hexagon screw	1
	NO 43	Pulley spacer	2	J	M10 Pull riveting	4
	NO 39	Clamp pin	2	H	M10 Locknut	3



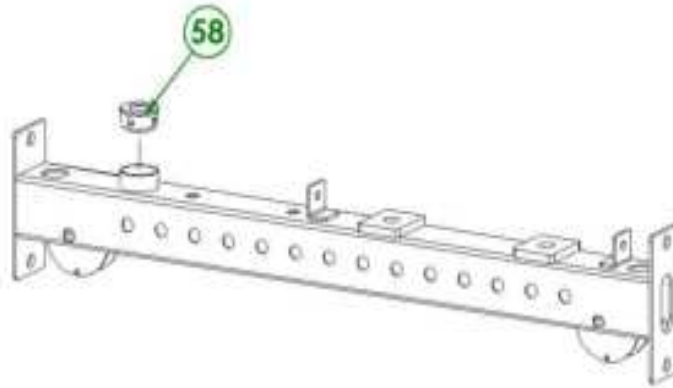
No.6 Upper support pulley welding group * 2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 49	Φ90 pulley	1	H	M10 Locknut	1
	NO 50	Pulley card rope sleeve	1	D	M10*45 Hexagon screw	1
	NO 57	75*75 Square pipe plug	1	I	Ø10 Gasket	1



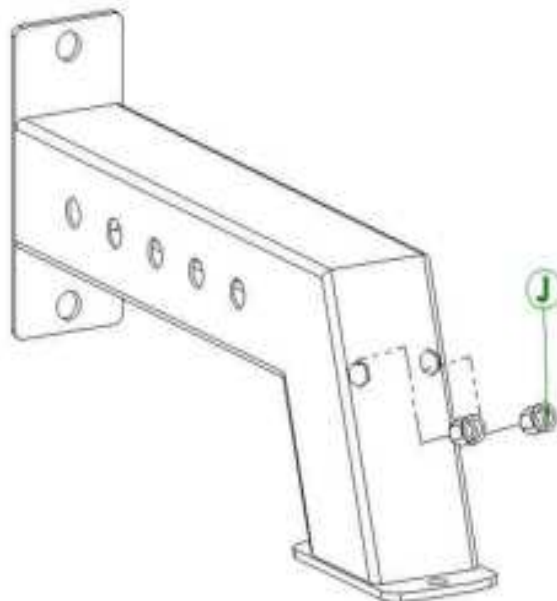
No.1 counterweight bottom pipe welding set * 2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 58	Bottom nylon sleeve	1			



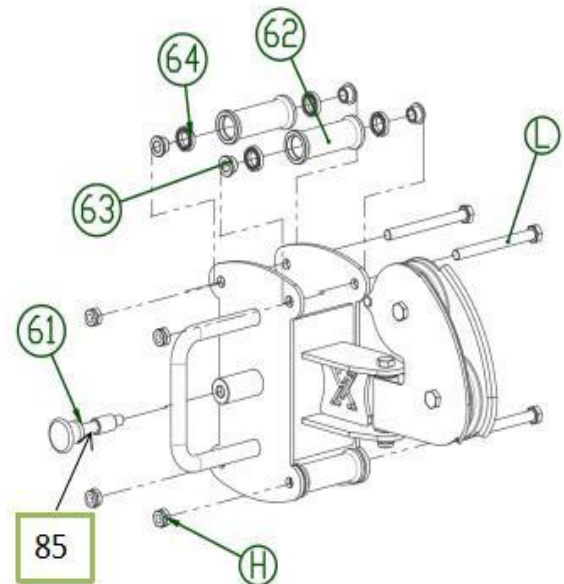
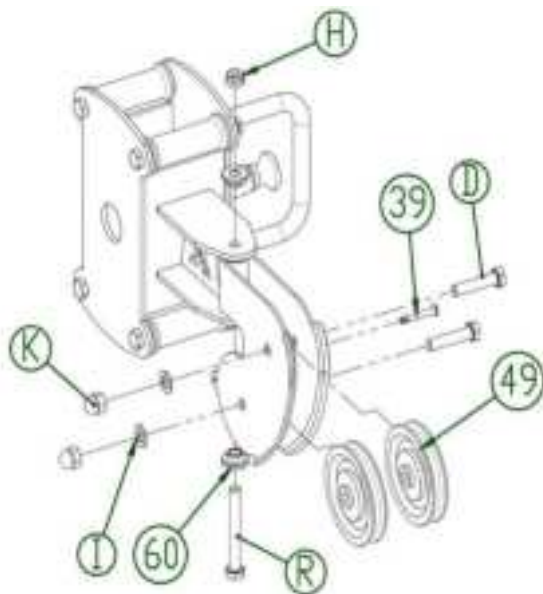
No.7 Front elbow welding group * 2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	J	M10 Blind rivet nut	2			



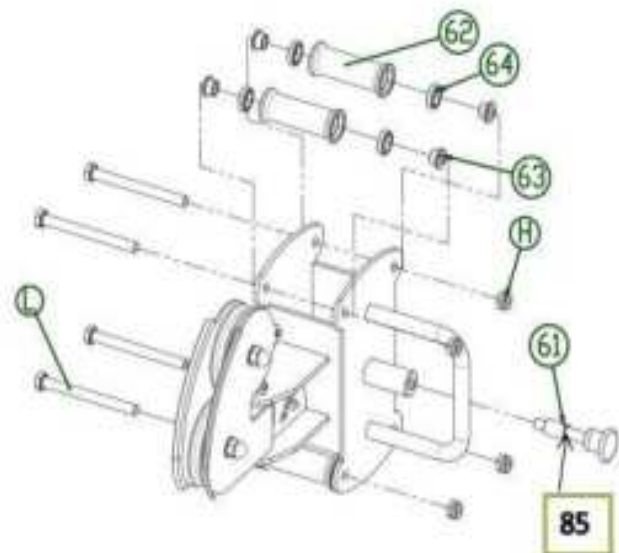
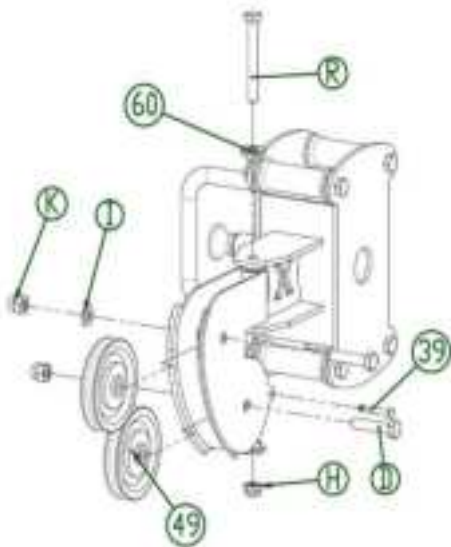
No.14 Cable crossover pulley right*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 49	Φ90 Pulley	2	NO 64	61802 Bearing	8
	NO 30	Clamp pin	1	H	M10 Locknut	5
	NO 60	Cable crossover Nylon sleeve	2	D	M10*45 Hexagon screw	2
	NO 61	Aluminum alloy bolt	1	K	M10 Nut	2
	NO 62	Sliding roller	4	I	Φ10 Gasket	2
	NO 63	Roller spacer	4	R	M10*80 Hexagon screw	1
	NO 85	spring	1	L	M10*110 Hexagon screw	4



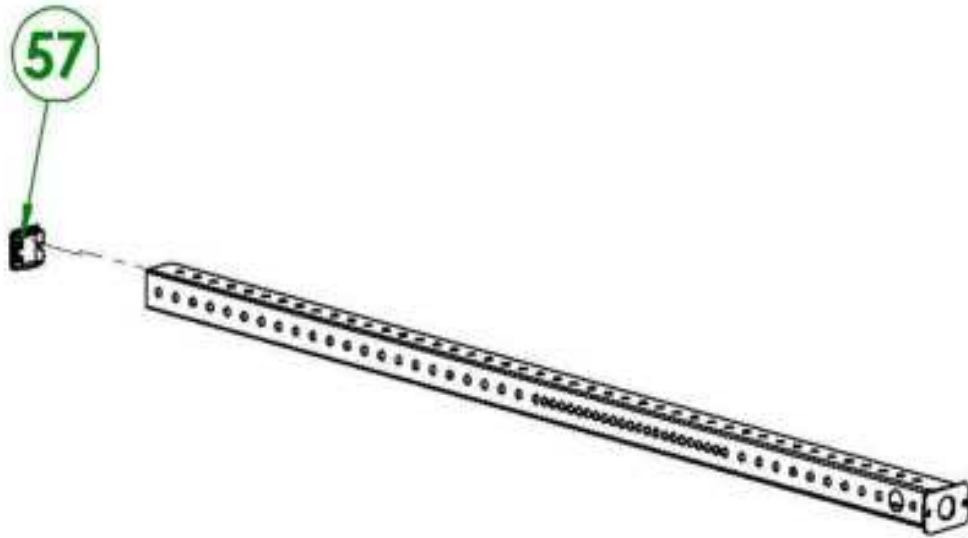
No.15 Cable crossover pulley left *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 49	Φ90 Pulley	2	NO 64	61802 Bearing	8
	NO 39	Clamp pin	1	H	M10 Locknut	5
	NO 60	Cable crossover Nylon sleeve	2	D	M10*45 Hexagon screw	2
	NO 61	Aluminum alloy bolt	1	K	M10 Nut	2
	NO 62	Sliding roller	4	I	Φ10 Gasket	2
	NO 63	Roller spacer	4	R	M10*80 Hexagon screw	1
	NO 85	spring	1	L	M10*110 Hexagon screw	4



No.9 Front pillar welding group * 2 pcs

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 57	75*75 Square pipe plug	1			



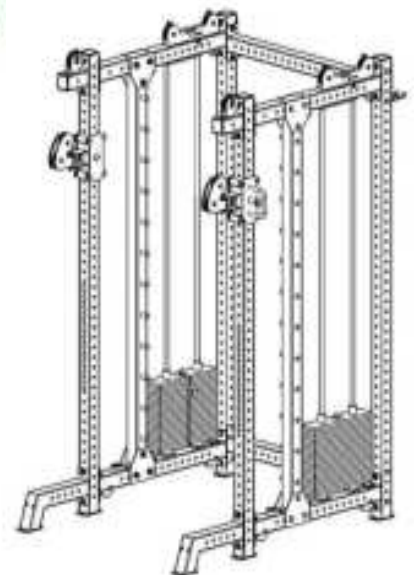
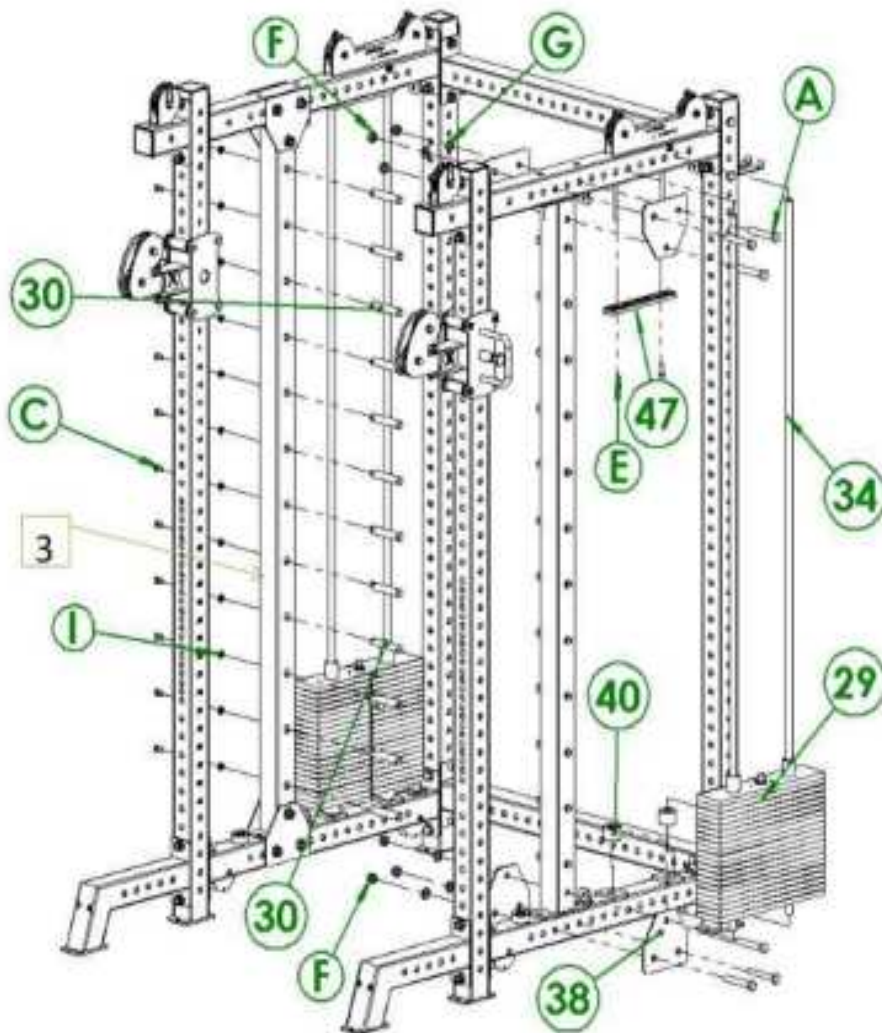
No.8 Behind riser welding group * 2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 57	75*75 Square pipe plug	1			



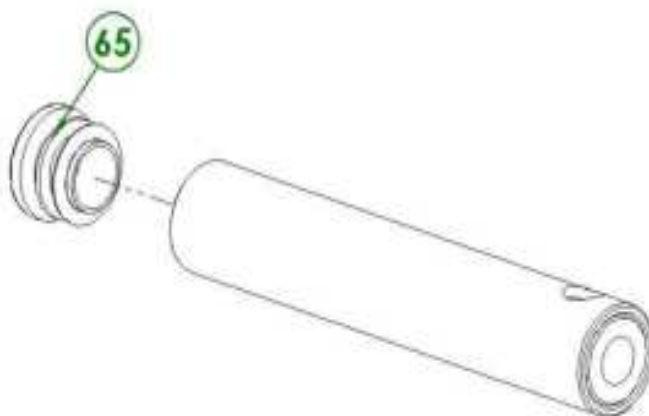
ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	No.29	Weight plate combination	2	I	Φ10 Gasket	24
	No.30	Hook post	24	C	M10*16 Outer hexagon screw	24
	No.47	Optical axis mount	2	E	M10*30 Outer hexagon screw	4
	No.34	Small cover rod	4	F	M16 Locknut	12
	No.38	Decorative board 2	8	G	Φ16 Gasket	12
	No.40	Weight plate rubber mat	4	A	M16*100 Outer hexagon screw	12
	No.3	Hook stand pipe welding group	2			



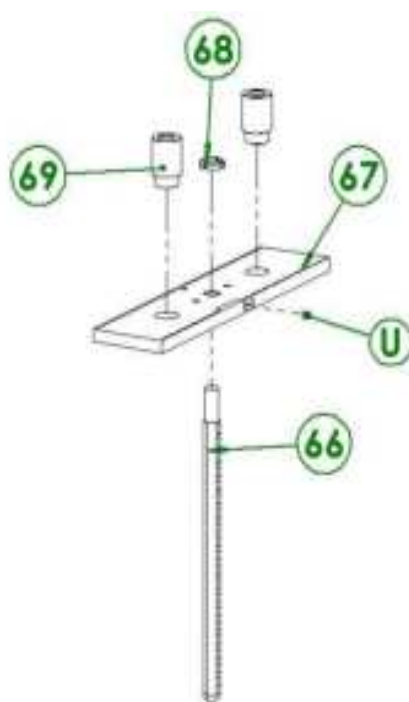
No.30 Hook post assembly*24

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.65	Φ20 Round pipe plug	1			



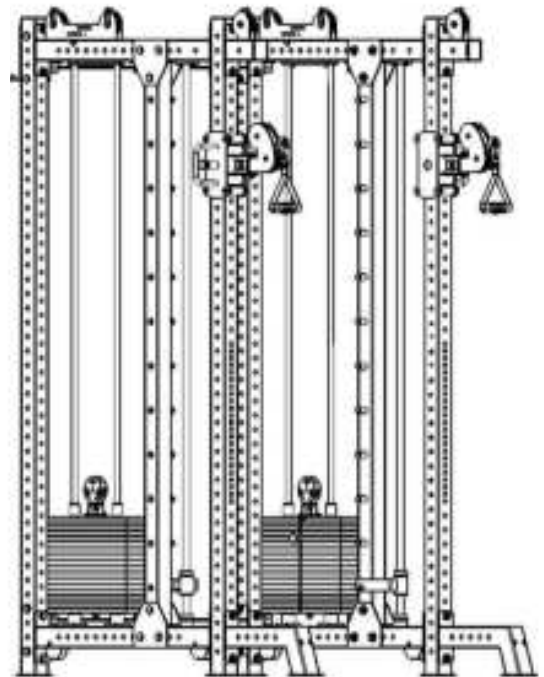
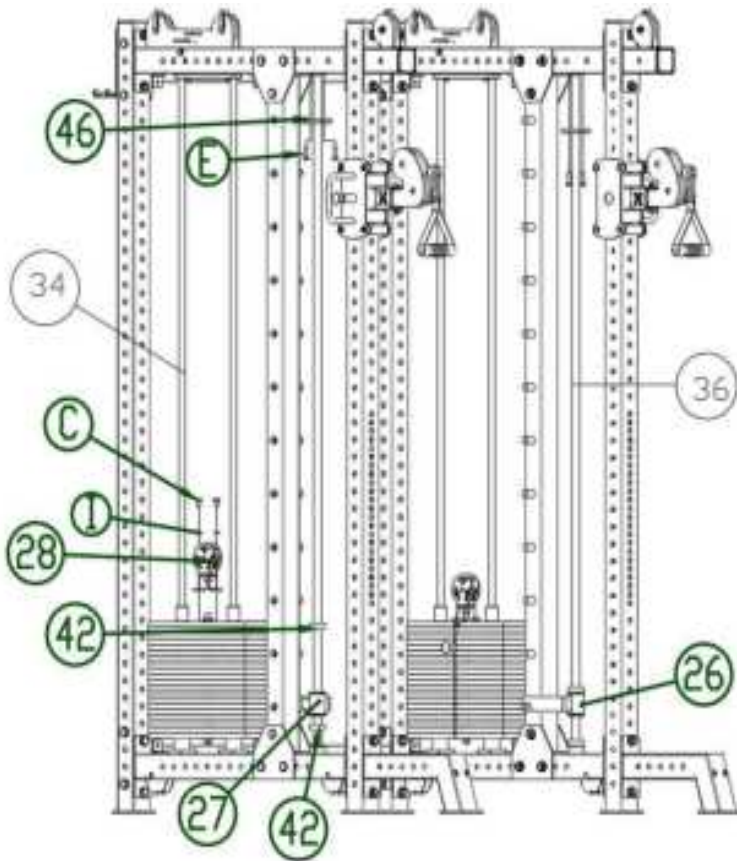
No.29 Weight plate combination*2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.68	Fasten the screw nut	1			
	No.69	090 Weight plate guide sleeve	2			
	No.66	Cebter rod (19 hole)	1			
	No.67	First piece long weight plate	1			
	U	M10*20 Jackscrew	1			



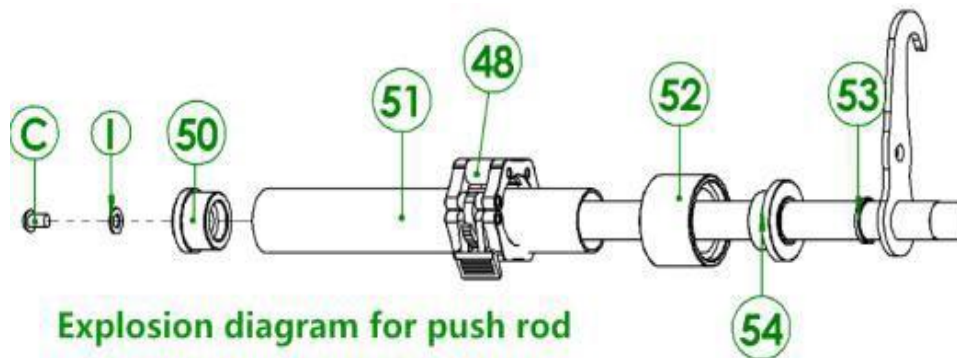
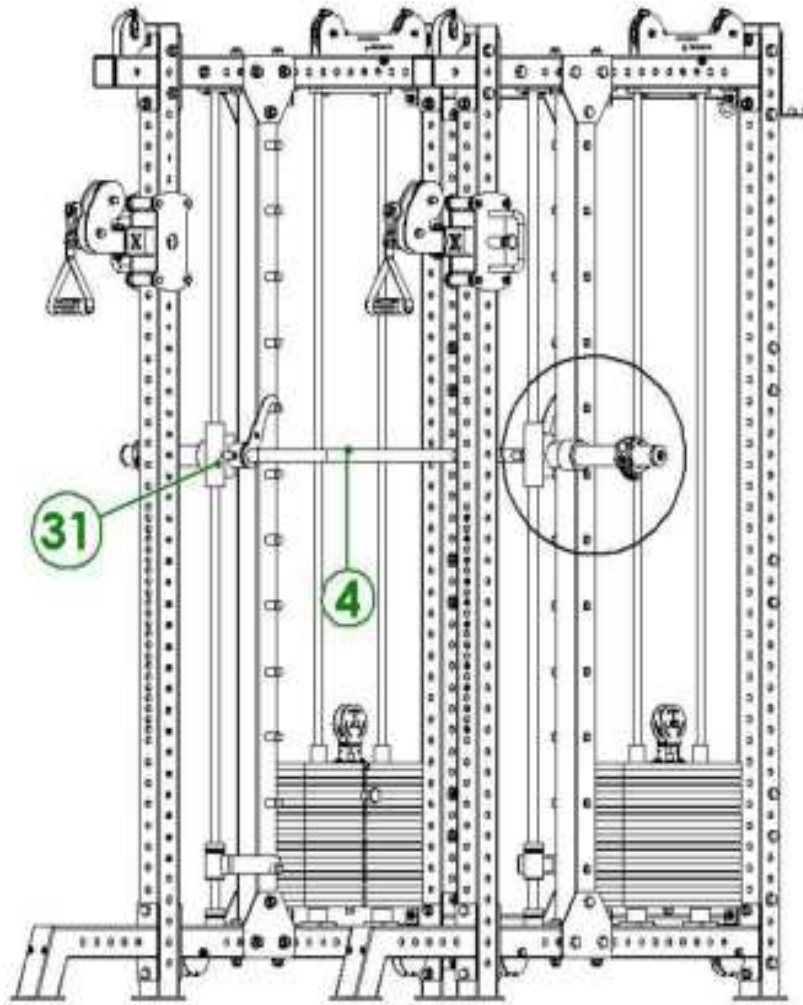
ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	No.46	Optical axis mount	2	No.26	Smith insurance group left	1
	No.42	Round shock cushion	4	C	M10*16 Outer hexagon screw	4
	No.27	Smith insurance group right	1	I	Φ10 Gasket	4
	No.28	Small cover pulley	2	E	M10*30 Outer hexagon screw	4
	No.34	Small cover rod	4	No.36	Smith optical xis	2

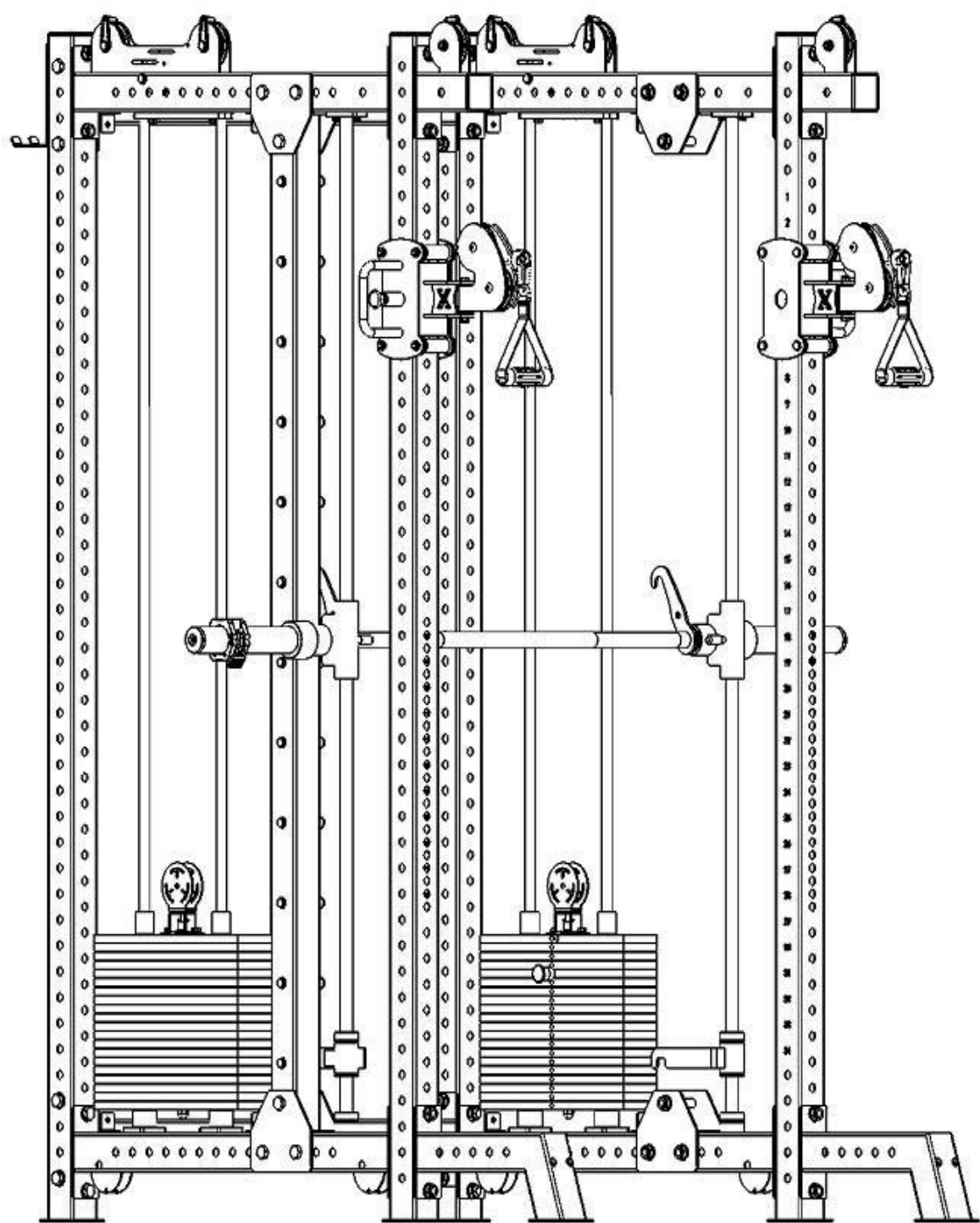


ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	No.4	Push rod combination	1	No.53	Spacer	2
	No.31	Optical shaft sleeve welding group	2	No.54	Nylon sleeve	2
	No.52	Thick rubber sleeve	2	No.48	Barbell lock jaw collar	2
	No.50	End cap	2	C	M10*16 Outer hexagon screw	2
	No.51	Stainless steel pipe	2	I	Ø10 Gasket	2

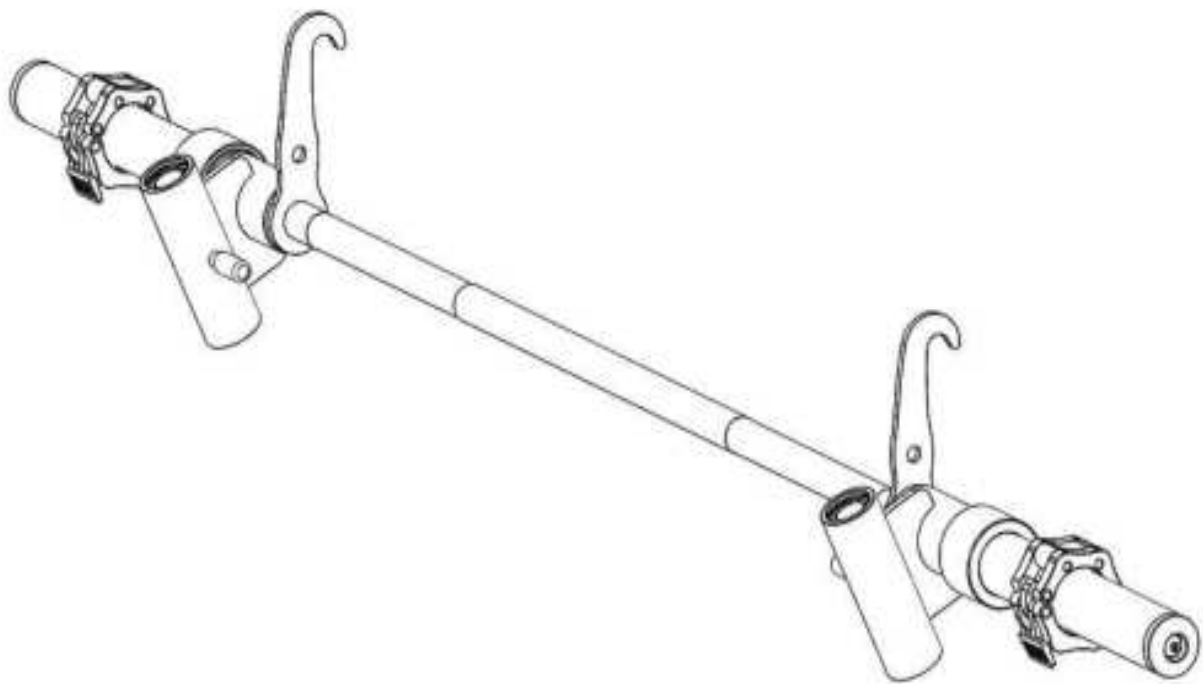
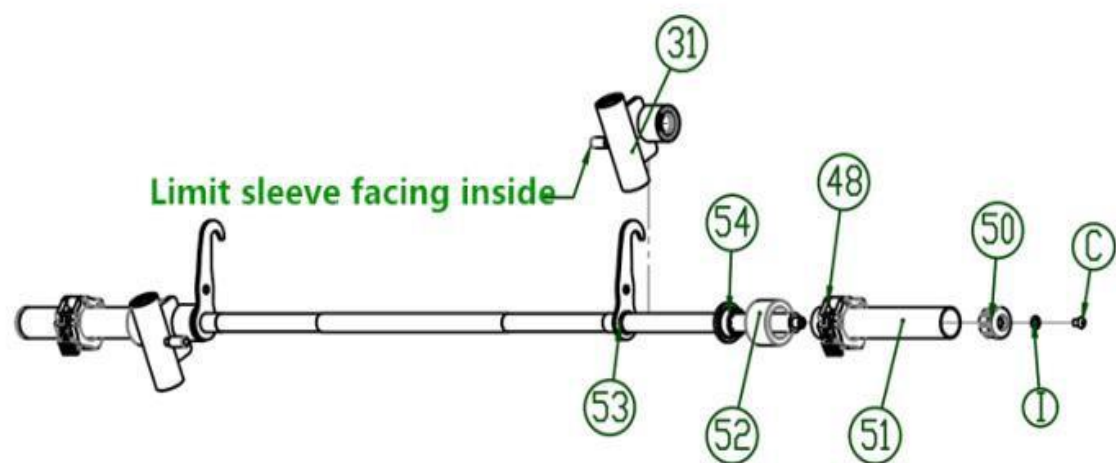


Explosion diagram for push rod



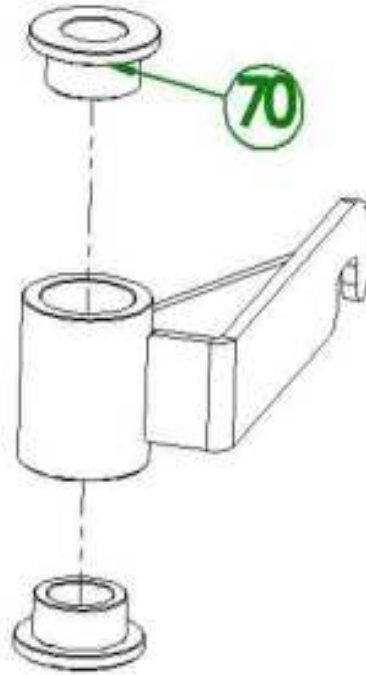
No.4 Push rod combination *1pc

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	No. 31	Optical shaft sleeve welding group	2	No.50	End cap	2
	No.53	Spacer	2	No.54	Nylon sleeve	2
	No.52	Thick rubber sleeve	2	I	Ø10 Gasket	2
	No.51	Stainless steel pipe	2	C	M10*16 Outer hexagon screw	2
	No.48	Barbell lock jaw collar	2			



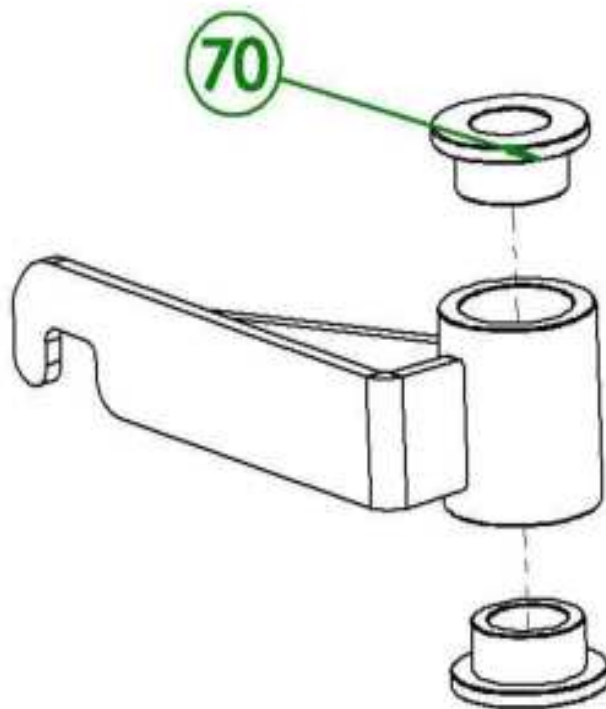
SMITH INSURANCE GROUP RIGHT* 1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 70	Protection guide sleeve	2			



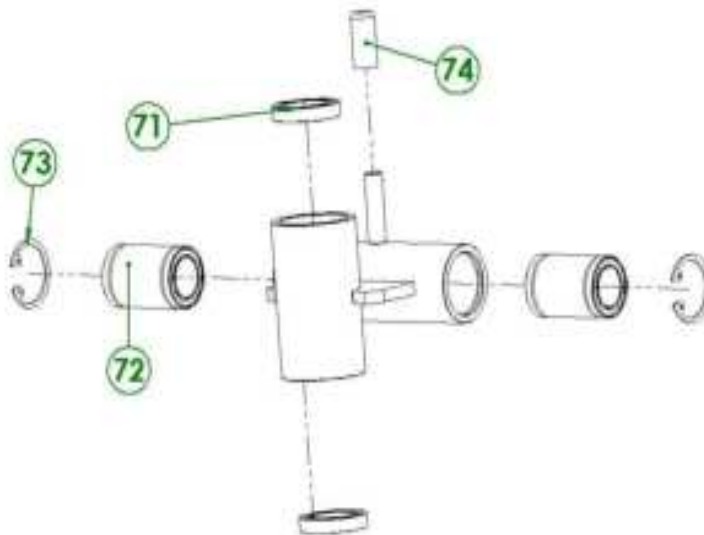
NO.26 Left Smith Insurance Group *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 70	Protection guide sleeve	2			



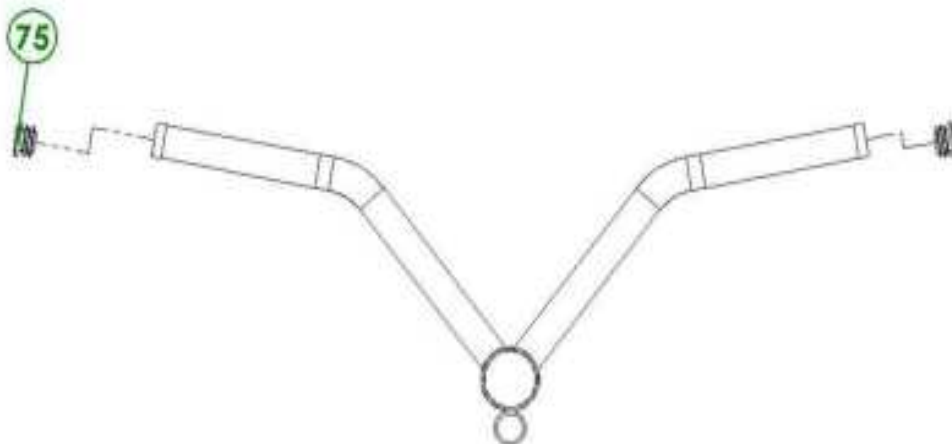
No 31 Optical shaft sleeve welding group*2

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 71	61906 bearing	2			
	NO 72	Linear bearing	2			
	NO 73	Ø40Circlip for hole	2			
	NO 74	Stop collar	1			



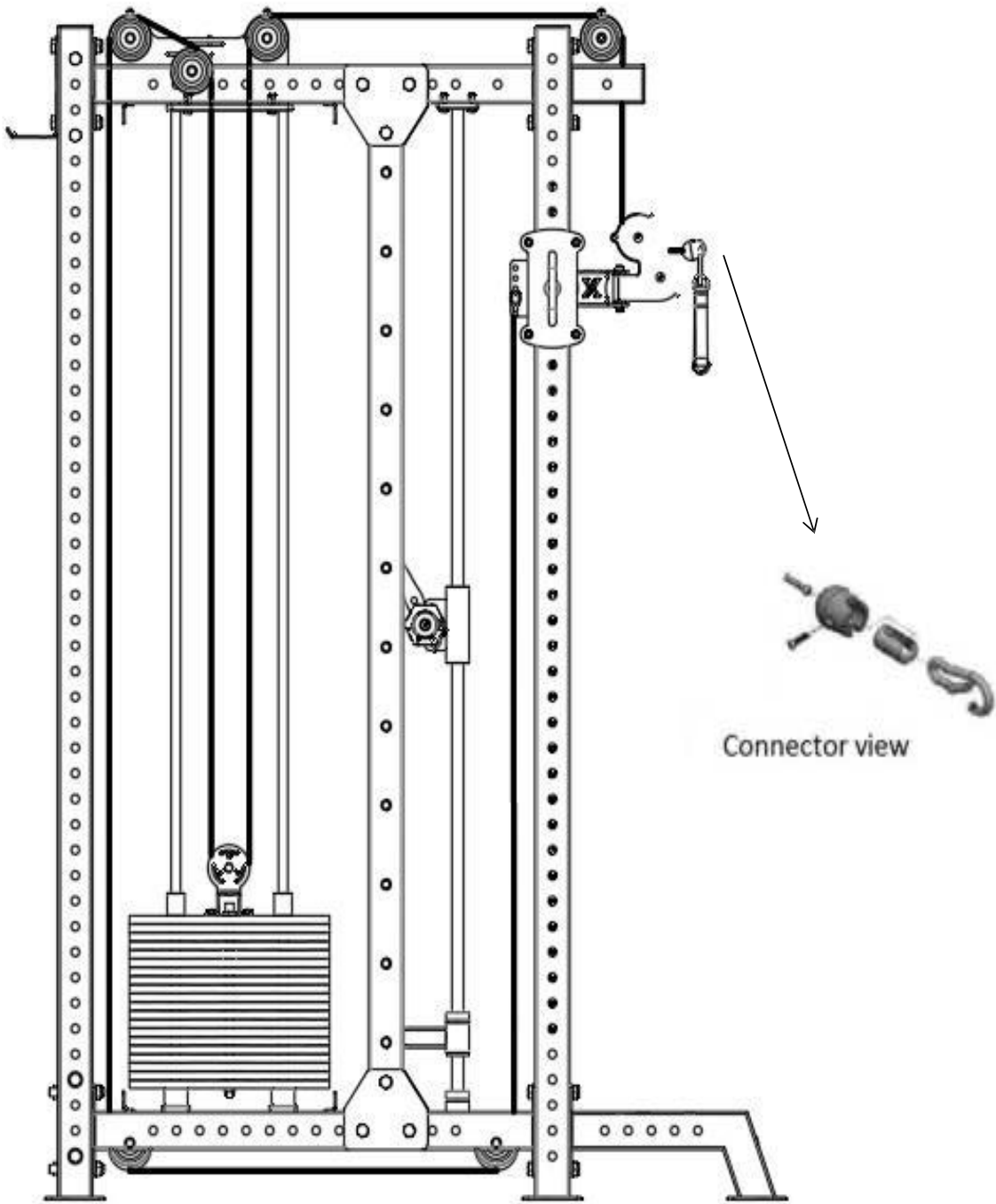
No 22 Lifting welding group * 1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 75	Φ32 Round pipe plug	2			



ASSEMBLY STEPS

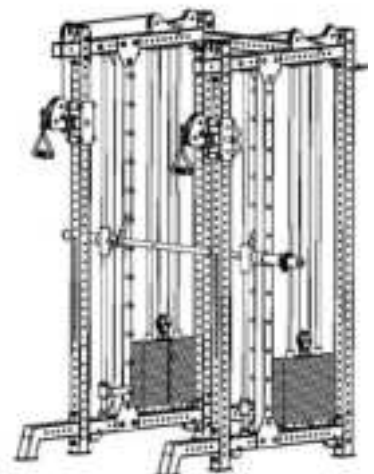
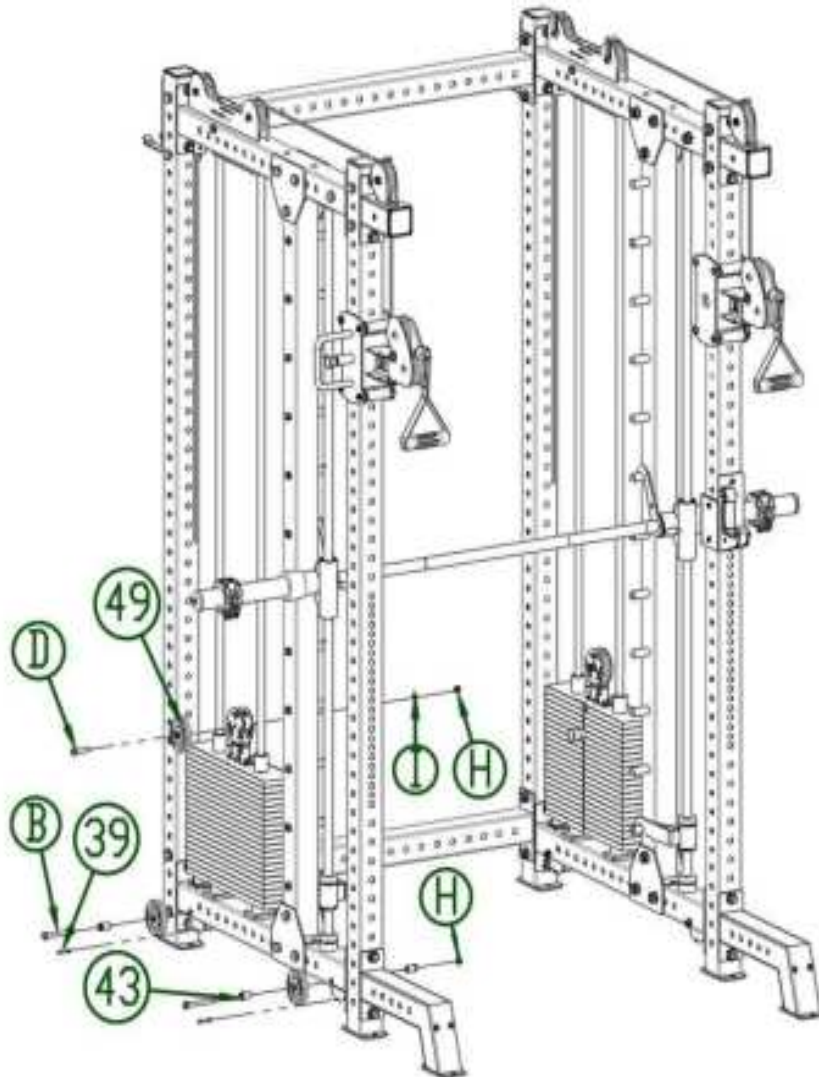
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5						



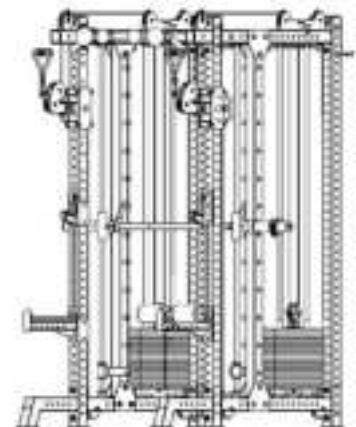
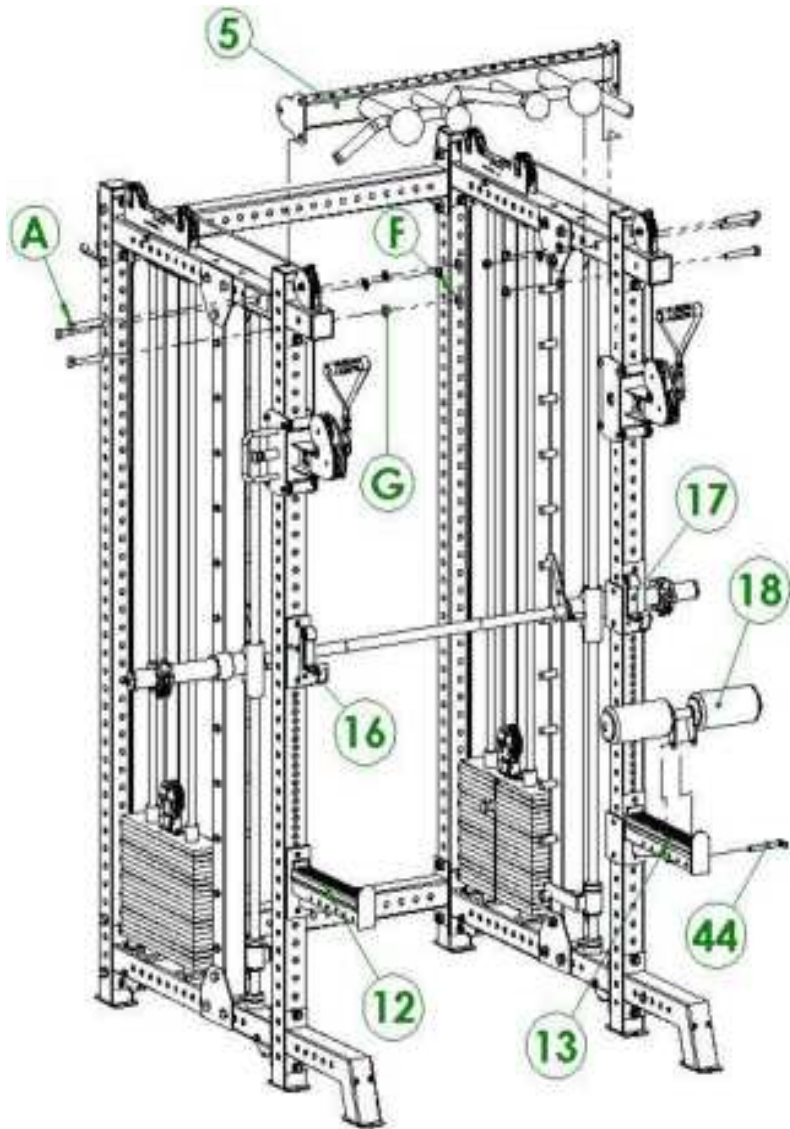
WIRE ROUTING DIAGRAMMATIC SKETCH

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 49	Φ90 Pulley	6	H	M10 Locknut	6
	NO 39	block pin	4	I	Ø10 Flat washer	2
	NO 43	Pully spacer sleeve	8	D	M10*45 Hexagon head screw	2

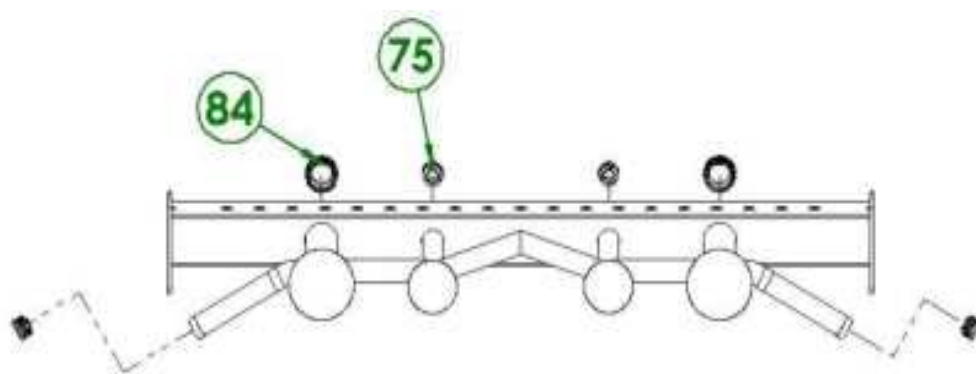


Step NO	Item NO	Name	Qty	Item NO	Name	Qty
7	NO 5	Front connection welding group	1	NO 12	Left side safety frame group	1
	NO 16	Left hook welding group	1	NO 13	Right side safety frame group	1
	NO 17	Right hook welding group	1	NO 44	T bolt	1
	NO 18	Leg press welding group	1	F	M16 Locknut	6
	A	M16*100Hexagon head screw	6	G	Φ16 Flat washer	6



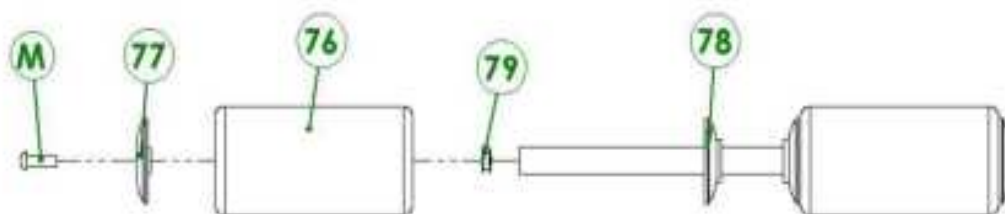
NO 5 Front connection welding group*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 75	Round pipe plugΦ32	4			
	NO 84	Stainless steel pipe plug	2			



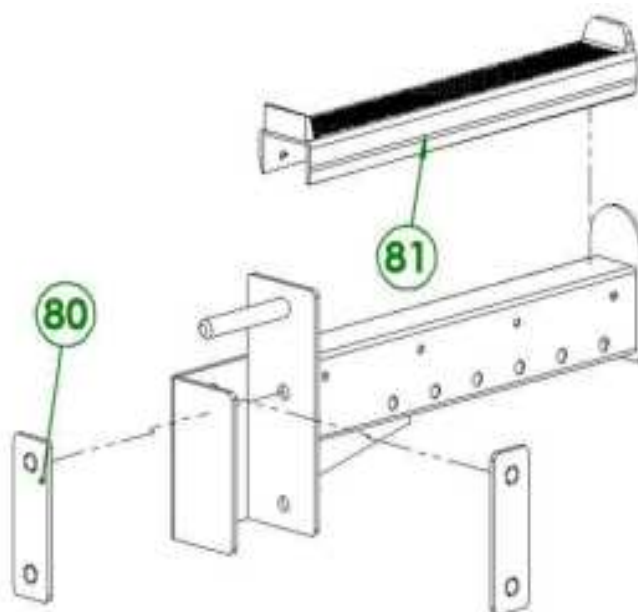
NO 18Leg press welding group*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 76	Foam roller	2	M	Flat round head screws M10*30	2
	NO 77	Foam barrel outer cove	2			
	NO 78	Foam bucket inner lid	2			
	NO 79	Nut	2			



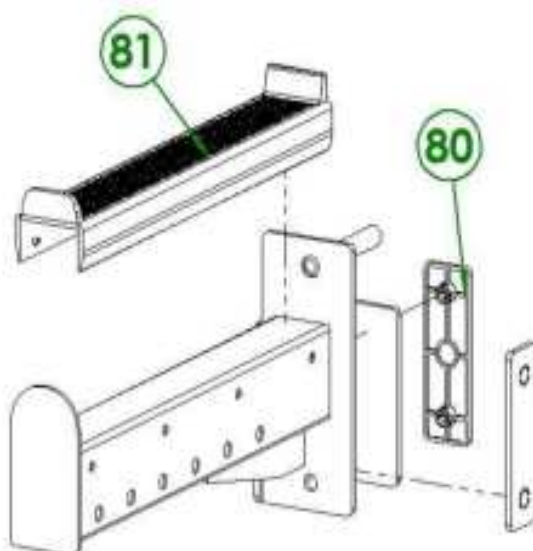
NO 12 Left fuse welding group*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 80	Medium nylon board	2			
	NO 81	Insurance cover	1			



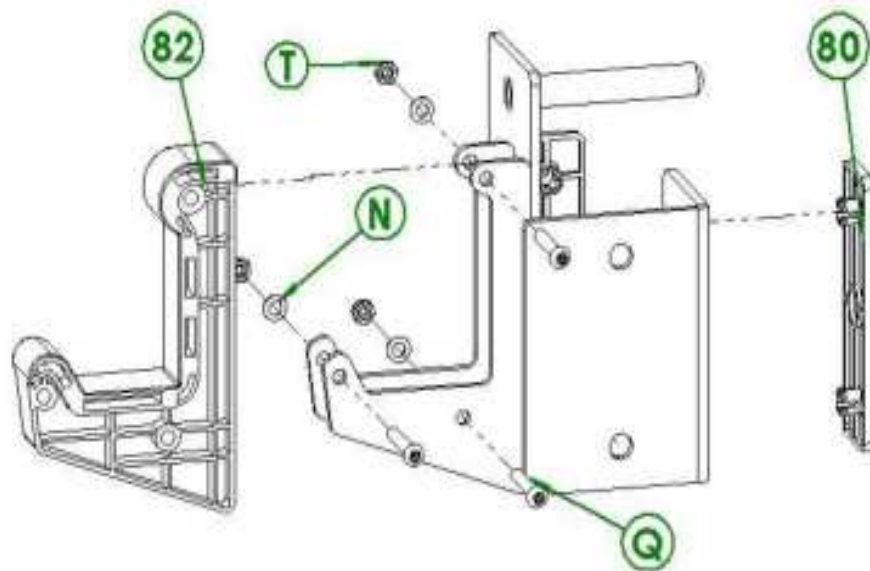
NO 13 Right fuse welding group*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 81	Insurance cover	1			
	NO 80	Medium nylon board	2			



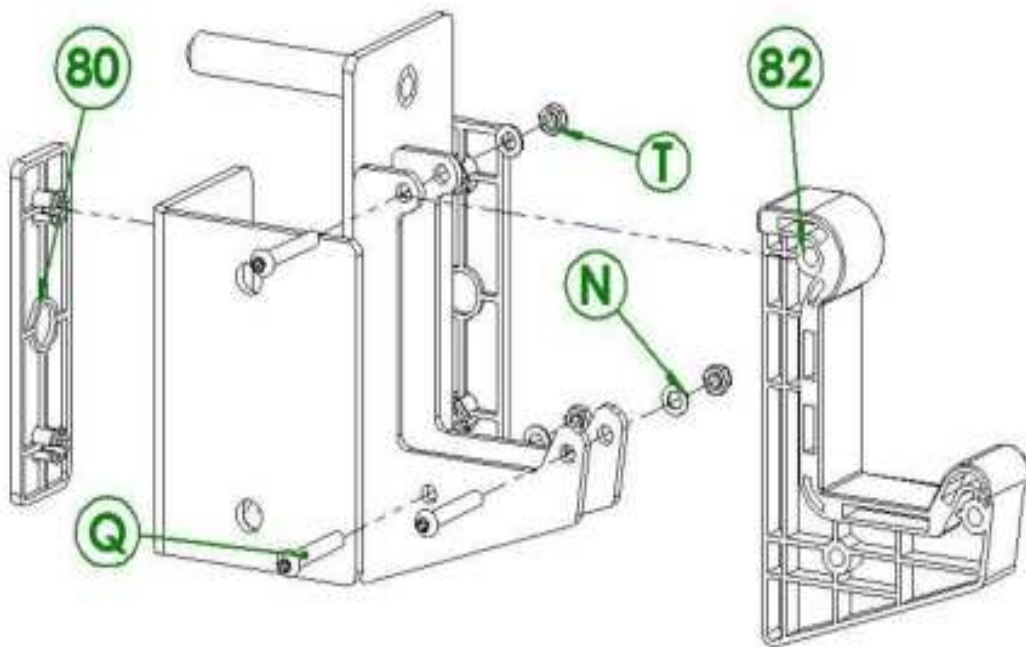
NO 16 Left Hook welding group *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 82	Cushion	1	N	Flat washer Ø 6	3
	NO 80	Medium nylon board	2			
	Q	Hexagon socket head screw M6*40	3			
	T	Anti-loosening screw M6	3			



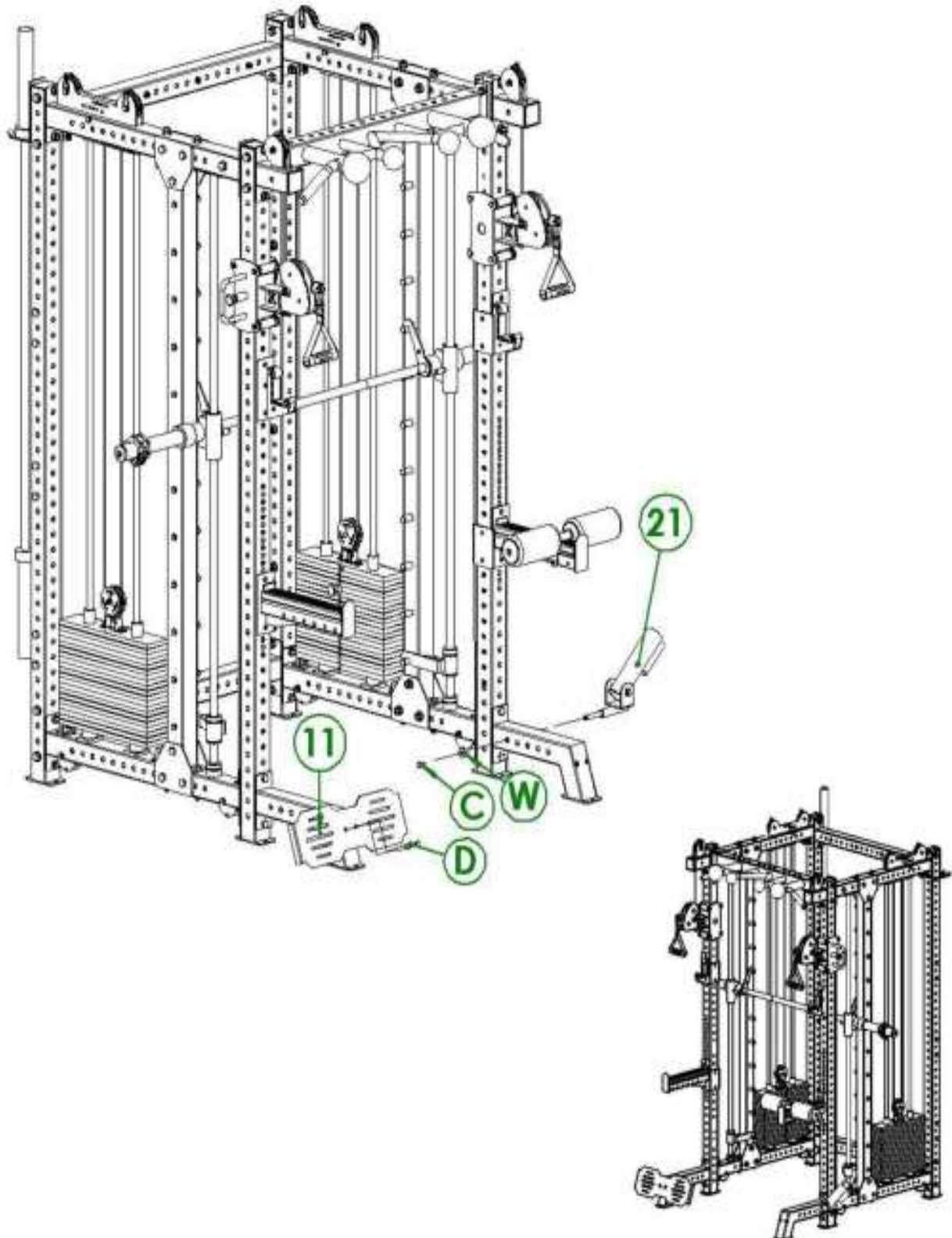
NO 17 Hook welding group right *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 82	Cushion	1	N	Flat washer Ø 6	3
	NO 80	Medium nylon board	2			
	Q	Hexagon socket head screw M6*40	3			
	T	Anti-loosening screw M6	3			



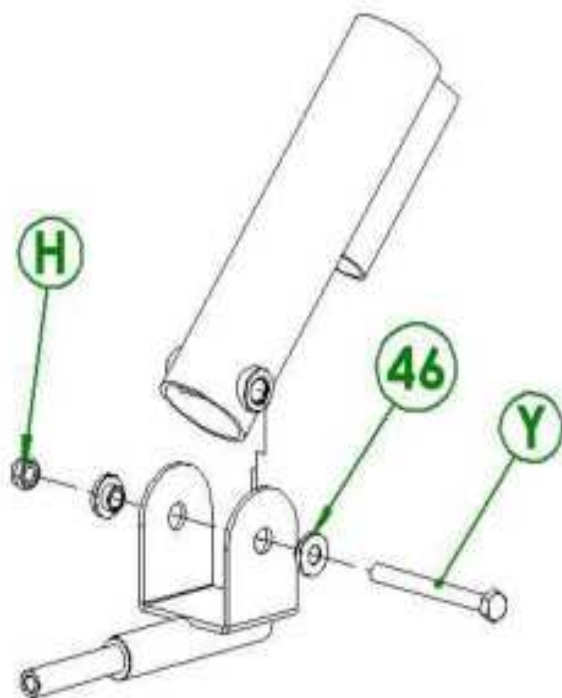
ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	NO 11	Foot components	1	C	Hexagon screw M10*16	1
	NO 21	Landmine	1	W	Small hole big cushion	1
	D	Hexagon screw M10*45	2			



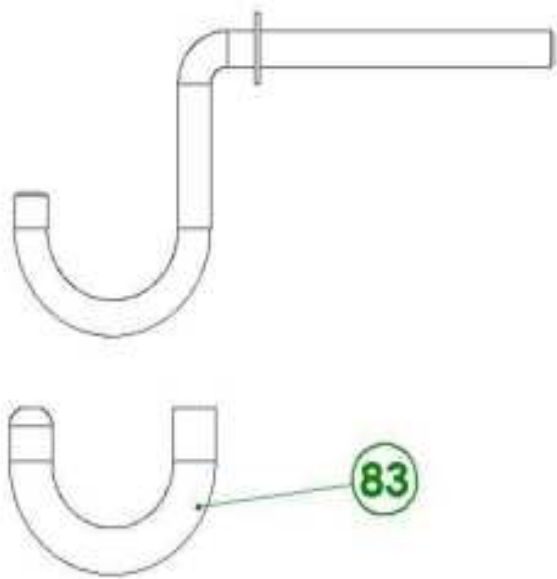
NO 21 Landmine *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	H	Locknut M10	1	NO 46	Nylon sleeve	2
	Y	Hexagon screw M10*100	1			



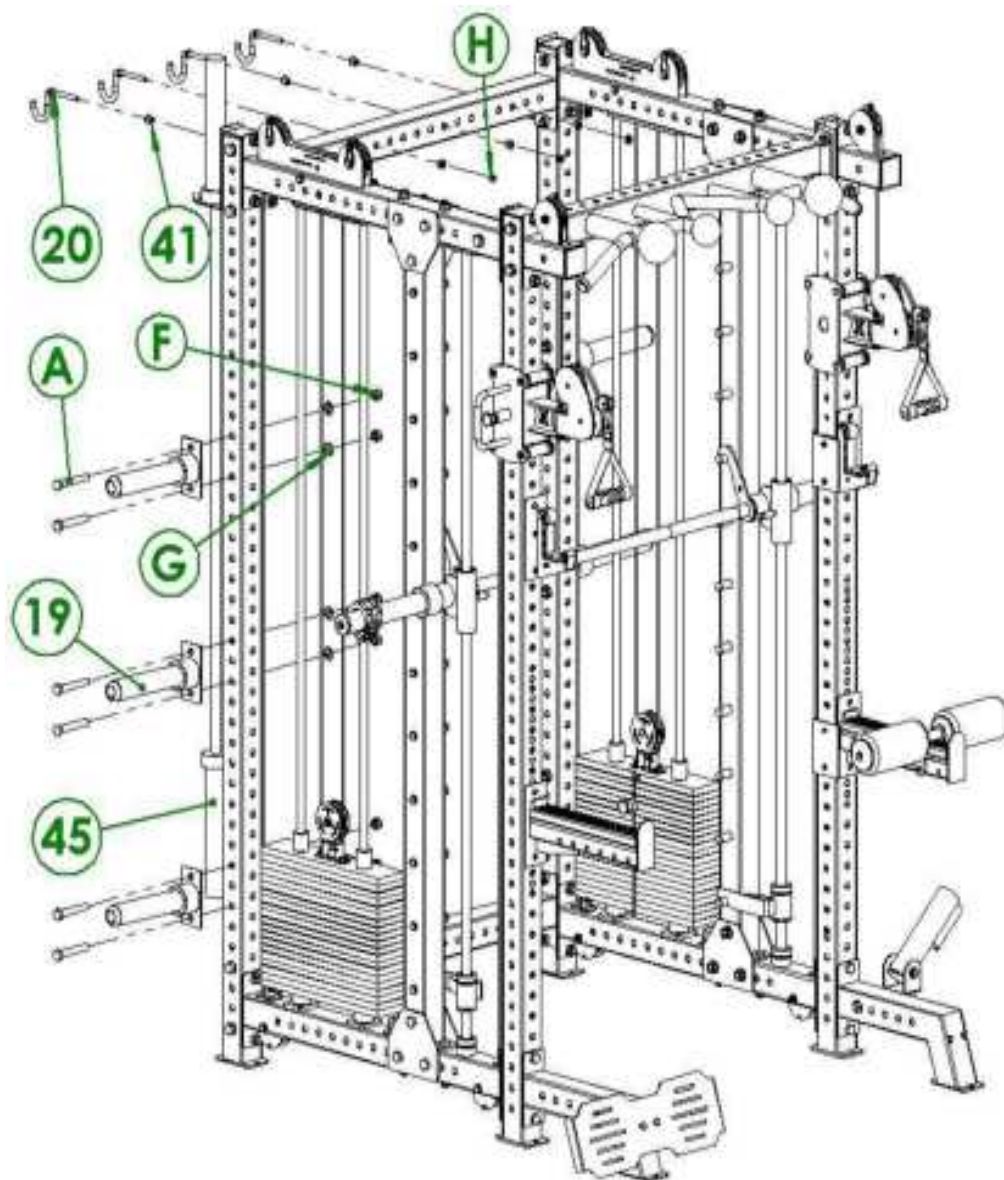
NO 20 Hook Welding *4

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 83	Thumb sleeve	1			



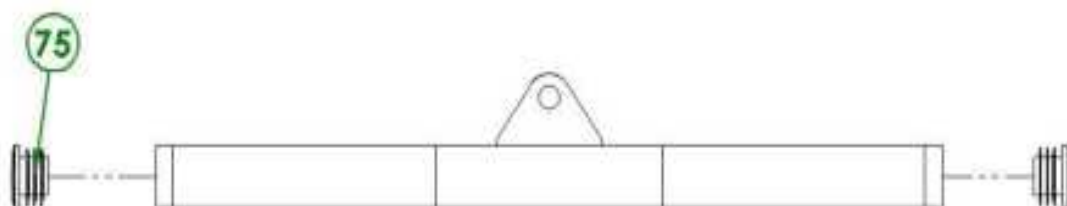
ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
9	NO 20	Hook Welding	4	H	Locknut M10	4
	NO 41	Pulley limit sleeve	8	NO 19	Hanging rod welding group	6
	NO 45	Olympic bar 2.2m	1	A	Hexagon screw M16*100	12
	F	Locknut M16	12	G	Flat washer Ø16	12



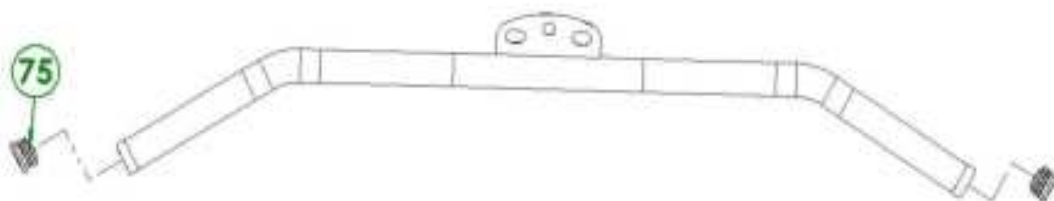
NO 23 Low pull welding group*1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 75	Round pipe plugΦ32	2			



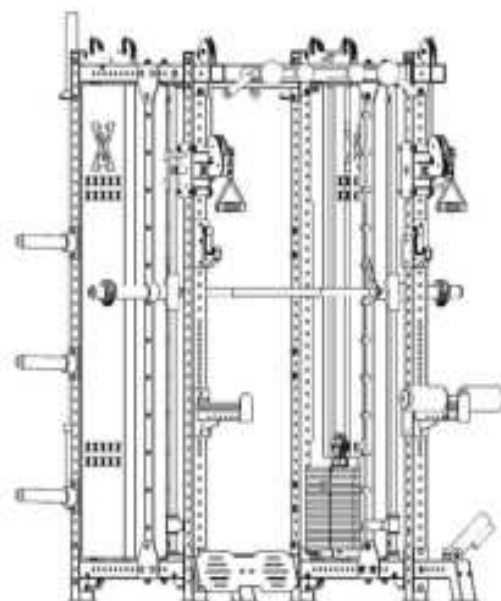
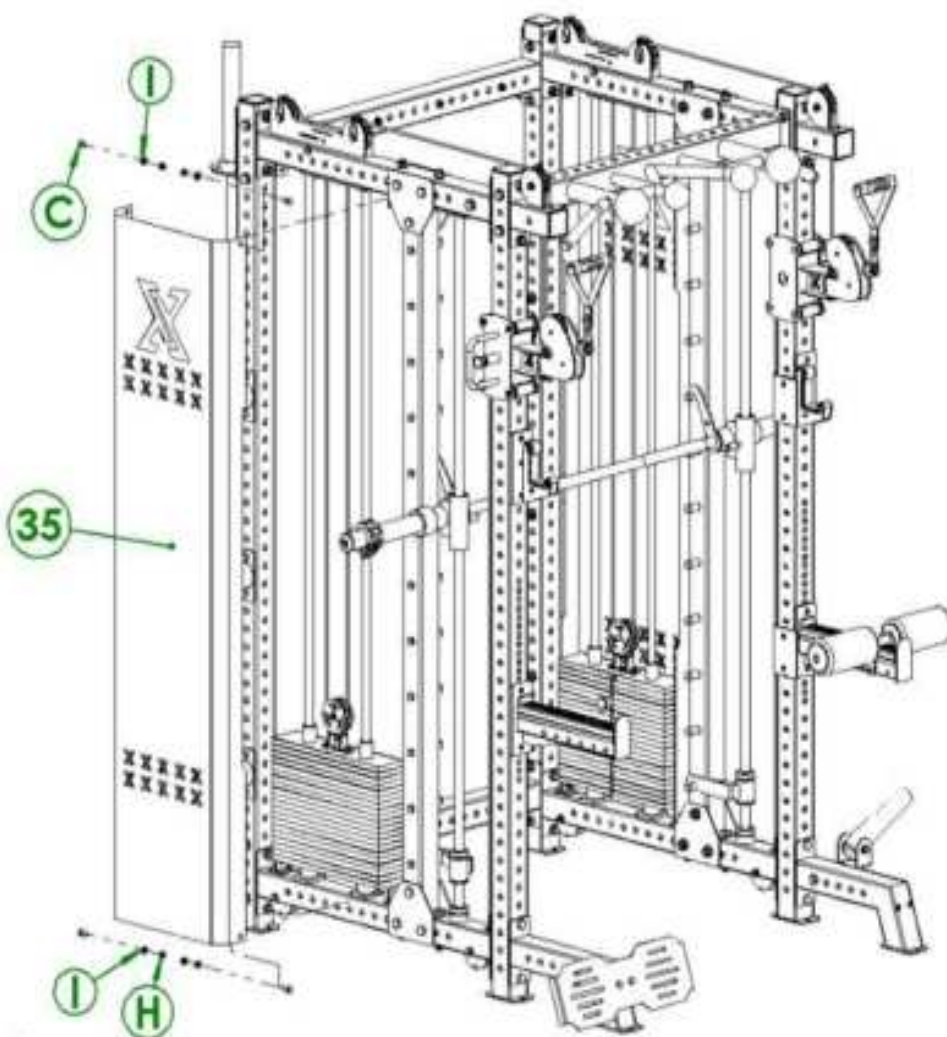
NO 24 Lat Pulldown welding *1

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO 75	Round pipe plugΦ32	2			



ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
10	NO 35	Cover	2	H	Locknut M10	4
	I	Flat washer $\Phi 10$	4			
	C	Hexagon screw M10*16	4			



NO.19 Hanging Rod Welding Group*6

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
	NO.52	Thick rubber sleeve	1			
	NO.54	Stainless steel pipe plug	1			

