

# FRENCH FITNESS

FFB-5SMJG / FFS-5SMJG

**FRENCH FITNESS FFB BLACK / SILVER  
5 STACK MULTI JUNGLE GYM (NEW)**

**ASSEMBLY MANUAL**



OR



## FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- 65 x 114 x 3mm Flat oval steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Standard rear shrouds

### Stations Included (Standard)

- (1) Dual Pulley Lat Pulldown (Weight Stack: 264 lb)

- (1) Dual Pulley Low Row (Weight Stack: 264 lb)
- (2) Adjustable Pulleys (Weight Stack: 198 lb each) - Feels like 99 lbs each because of 2:1 ratio.
- (2) Fixed Tricep Extension (Weight Stack: 198 lb)
- (1) Pull Up Station

### Stations Included (Optional)

- (1) Dual Pulley Lat Pulldown (Weight Stack: 264 lbs)
- (1) Dual Pulley Low Row (Weight Stack: 264 lbs)
- (3) Adjustable Pulleys (Weight Stack: 198 lbs each) - Feels like 99 lbs each because of 2:1 ratio.
- (1) Pull Up Station

### Standard Cable Attachments

- (1) 48" Lat Pulldown Bar
- (1) Seated Row / Chin Bar
- (1) Tricep Rope
- (2) Stirrup Handle

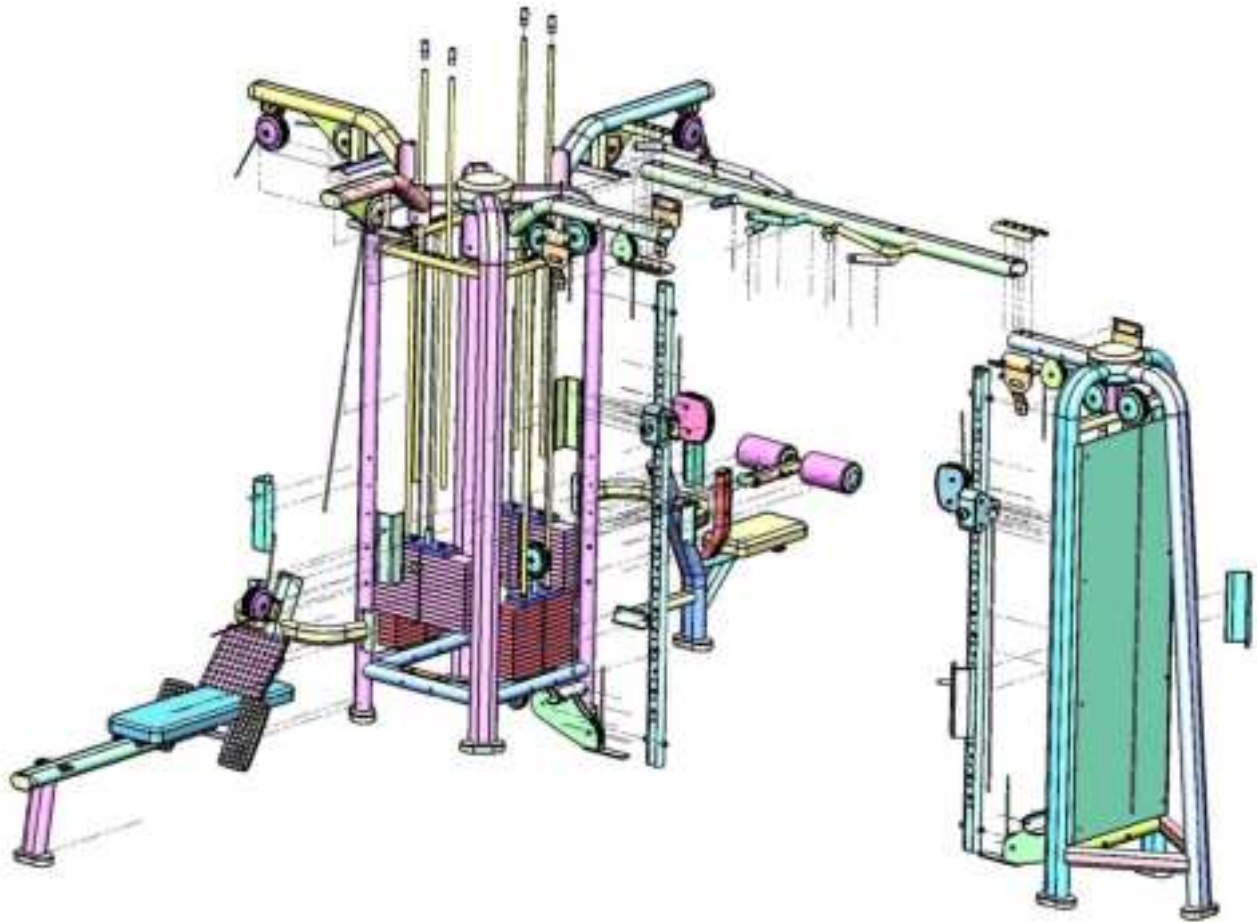
## TECH SPECS

- Vinyl Color: Black
- Cable Reach (Adjustable Pulley Stations): 98"
- Cable Reach (Tricep, Lat, & Row Stations): 49"
- Distance Between Cable Columns: 102"
- Height (Pull Up Bar): 93.75"
- Machine Weight: 1951.09 lb (885 kg)
- Dimensions: 196"W x 143"L x 94.25"H (at Tower)
- Pulleys Swivel 180 Degrees
- Number of Vertical Adjustments: 20
- Distance from Ground to Lowest Pulley Adjustment: 7" (Measured From Center of Pulley)
- Distance from Ground to Highest Pulley Adjustment: 78" (Measured From Center of Pulley)

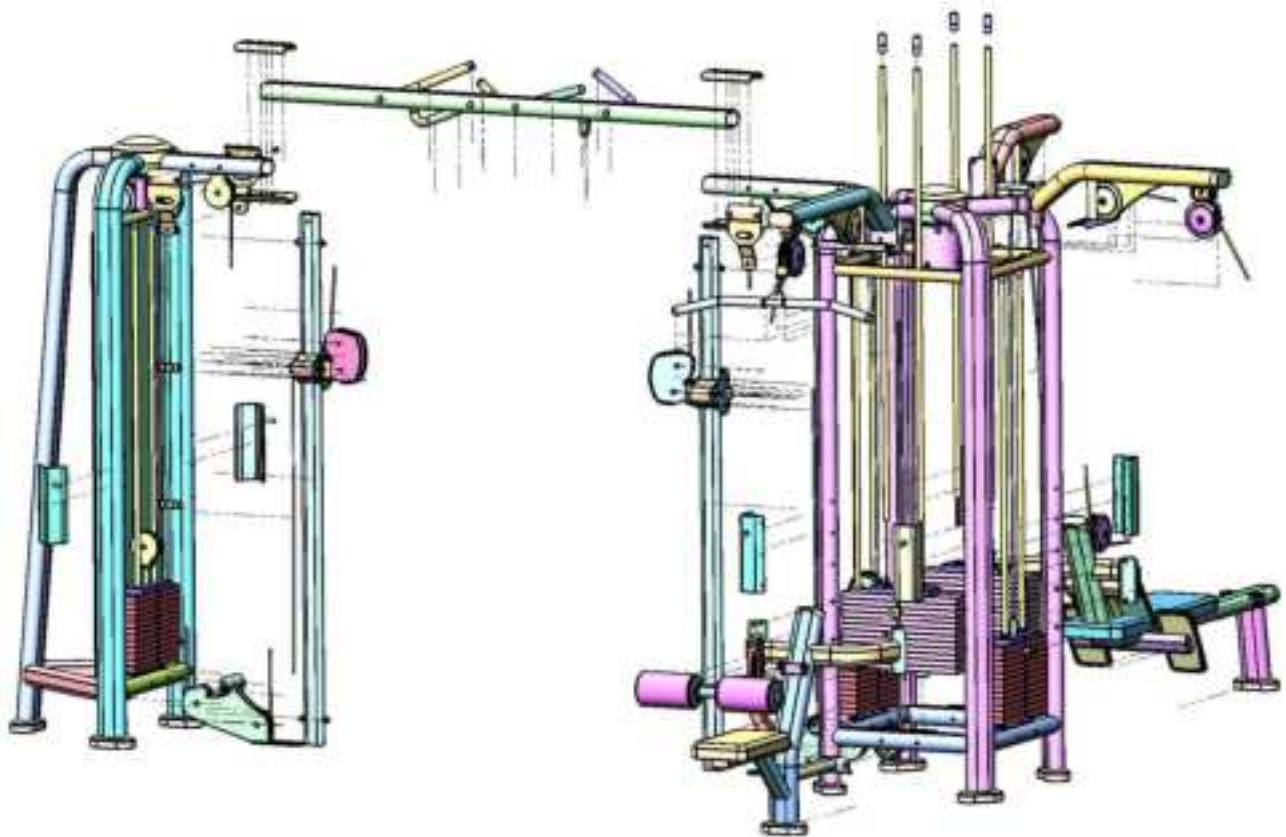
## WARRANTY

**10 Years Parts, 1 Year Labor (Commercial)**

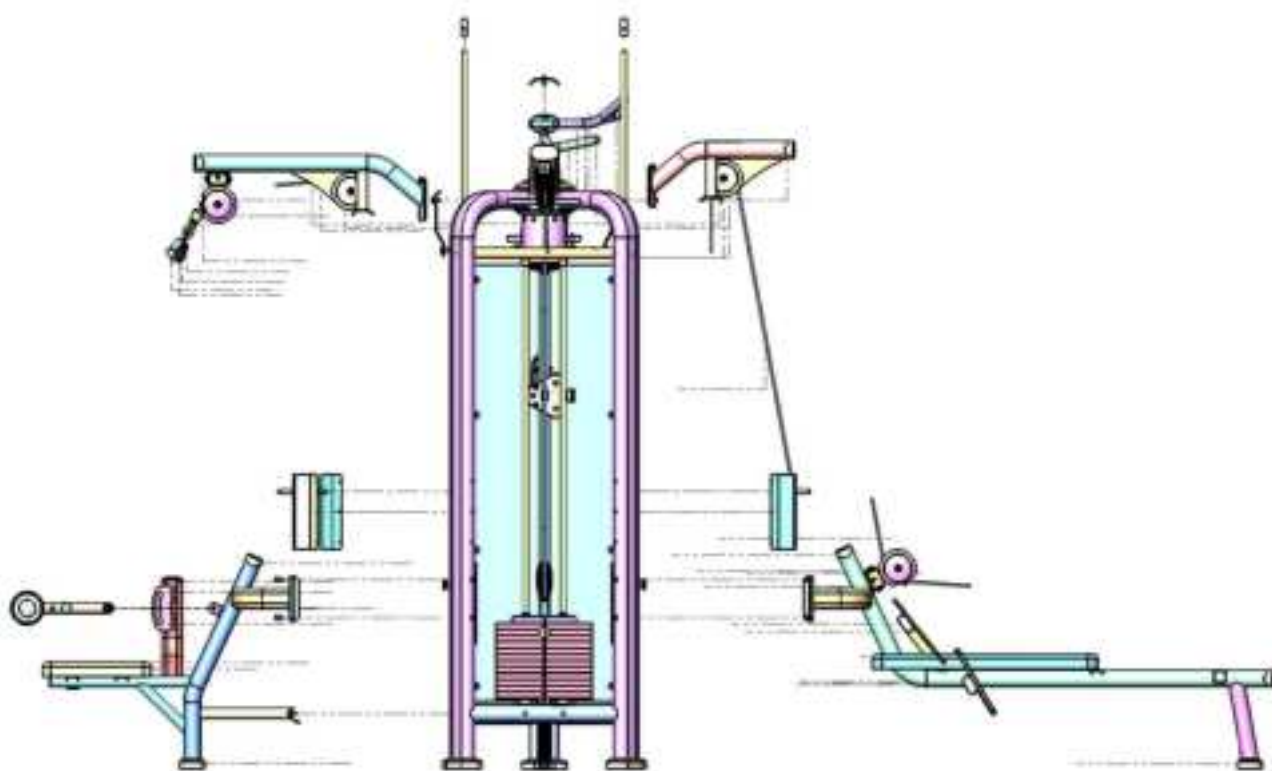
## ASSEMBLY STEPS



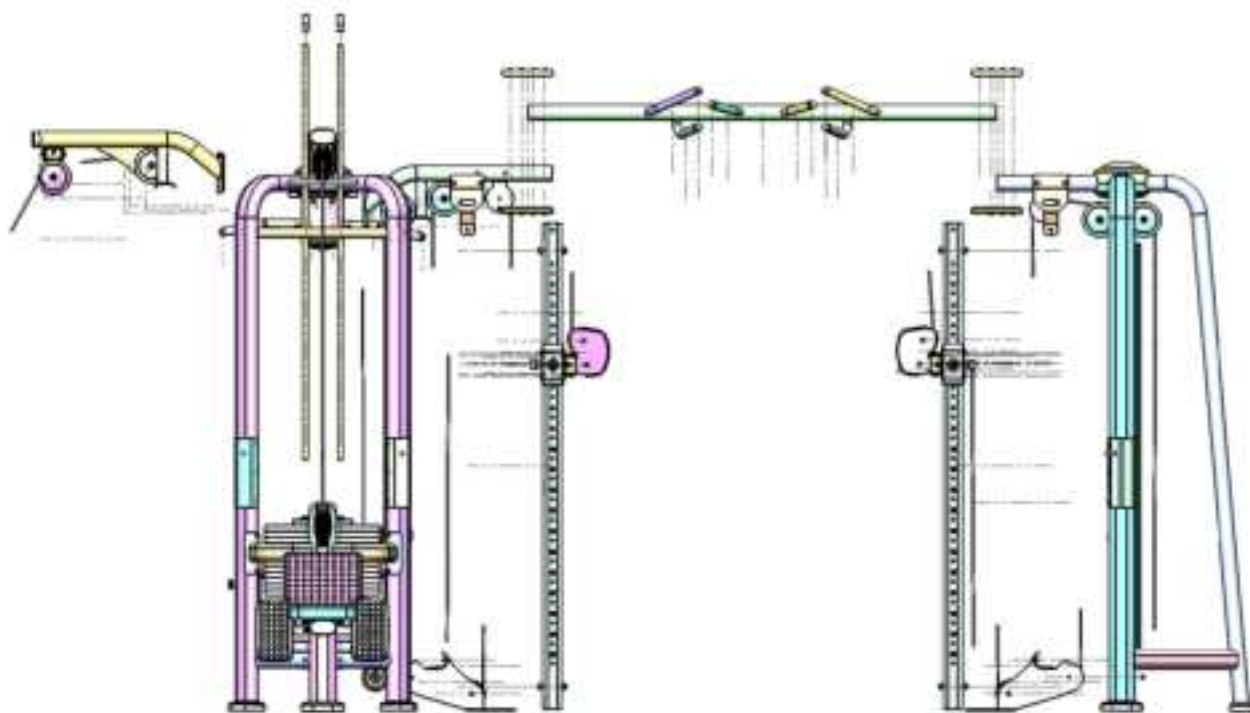
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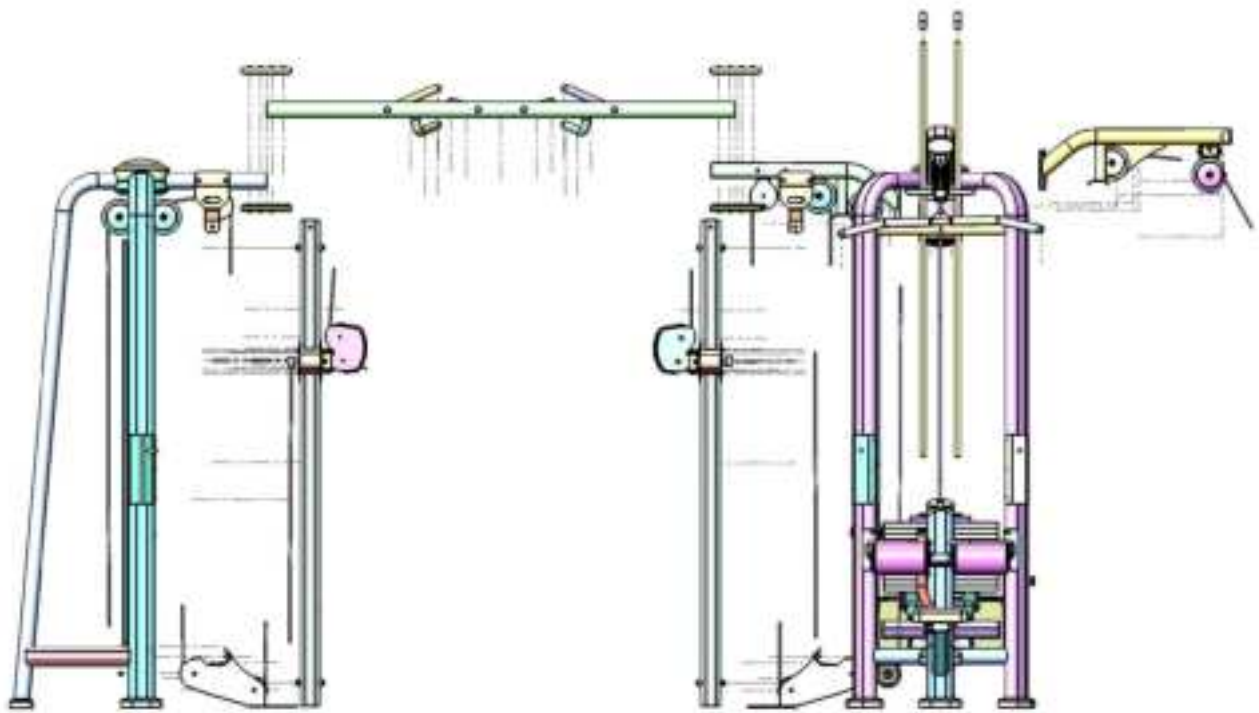
## ASSEMBLY STEPS



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## ASSEMBLY STEPS



## WEIGHT STACK ASSEMBLY



ADJUSTABLE CABLE CROSSOVER



## WEIGHT STACK ASSEMBLY



LAT PULLDOWN

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## WEIGHT STACK ASSEMBLY



LOW ROW

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## WEIGHT STACK ASSEMBLY



TRICEPS PUSHDOWN

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