

FRENCH FITNESS

FFN-LPS / FFM-LPS

**FRENCH FITNESS NAPA & MARIN
SEATED LEG PRESS SLED / CALF RAISE**

ASSEMBLY MANUAL



OR



FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- Steel pipe size: 50mm x 100mm x 3mm
- Secondary pipe: 40mm x 80mm x 3mm
- Urethane-covered handles
- Two layers of anti-static powder coating to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Contoured cushions utilize a molded foam for superior comfort and durability
- Grips retained with aluminum collars, preventing them from slipping during use
- 7x19 strand construction, lubricated, nylon-coated cable
- Easy-to-follow instructions illustrate proper use and muscles trained
- 4-1/2" (11 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings
- Standard rear shrouds
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- 7/16" (11 mm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Movement Style: Sleigh (Seat slides, the leg press plate is fixed)

TECH SPECS

- Max User Weight: 330 lbs (150 kg)
- User Height Range: 4'10" to 6'6" (147.32 cm to 198.12 cm)
- Machine Weight (408 lb Stack Included): 857 lbs (388.7 kg)
- Dimension: 79.1"L x 40.1"W x 71.2"H (L:2010mm, W:1020mm, H:1810mm)

WEIGHT STACKS

- Weight Stack: 408 lb (185.1 kg)
- Weight Stack Increments: (19) 20.7 lb (9.4 kg) Weight Plates + (1) 14.3 lb (6.5kg) Top Plate
- Top Weight Stack Selector Weights: (2) 5.5 lb (2.5 kg) Selector Plates for Incremental Weight Adjustments.

WARRANTY

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

TABLE OF CONTENTS

CLEAN GUIDE RODS	4
POWDER COATED COMPONENTS.....	5
COMPONENT ASSEMBLY	6
SIDE FRAME ASSEMBLY	7
BASE FRAME ASSEMBLY	8
BOTTOM CAM ASSEMBLY	9
SEAT ASSEMBLY	10
SEAT ADJUST ASSEMBLY.....	11
SEAT HANDLE ASSEMBLY	12
ASSEMBLY DIRECTIONS: WEIGHT STACK ASSEMBLY	13
INCREMENT WEIGHT ASSEMBLY.....	18
REAR SHROUD ASSEMBLY.....	19

KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE. English

UPHOLSTERY 1 2 3

Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

FRAME AND WORK ARM COLORS 1 2 3

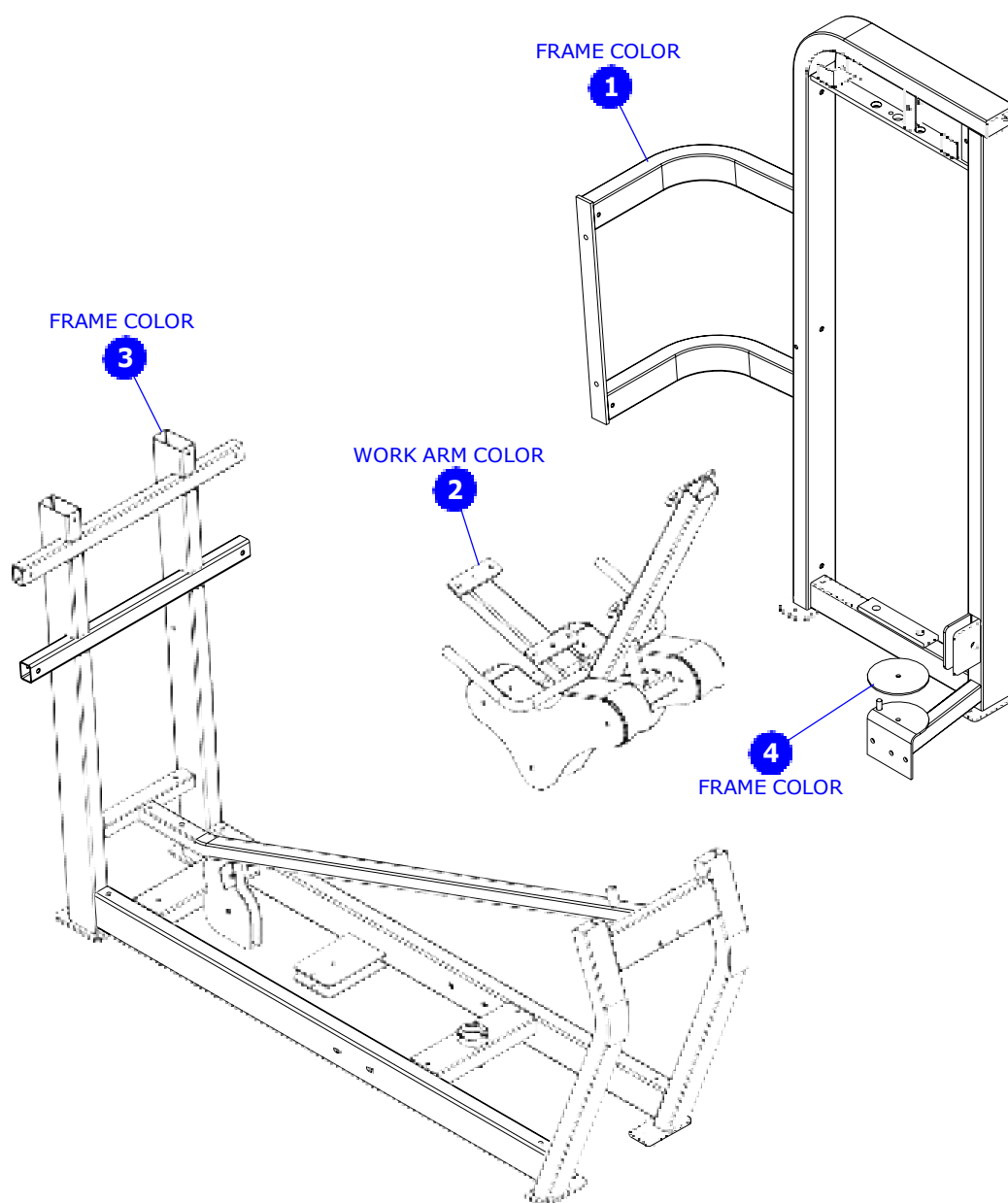
Items with Blue call-outs require the powder coat frame color to be listed within the order notes. Add 'No Clear' after color - IE. Platinum No Clear

CLEAN GUIDE RODS

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.



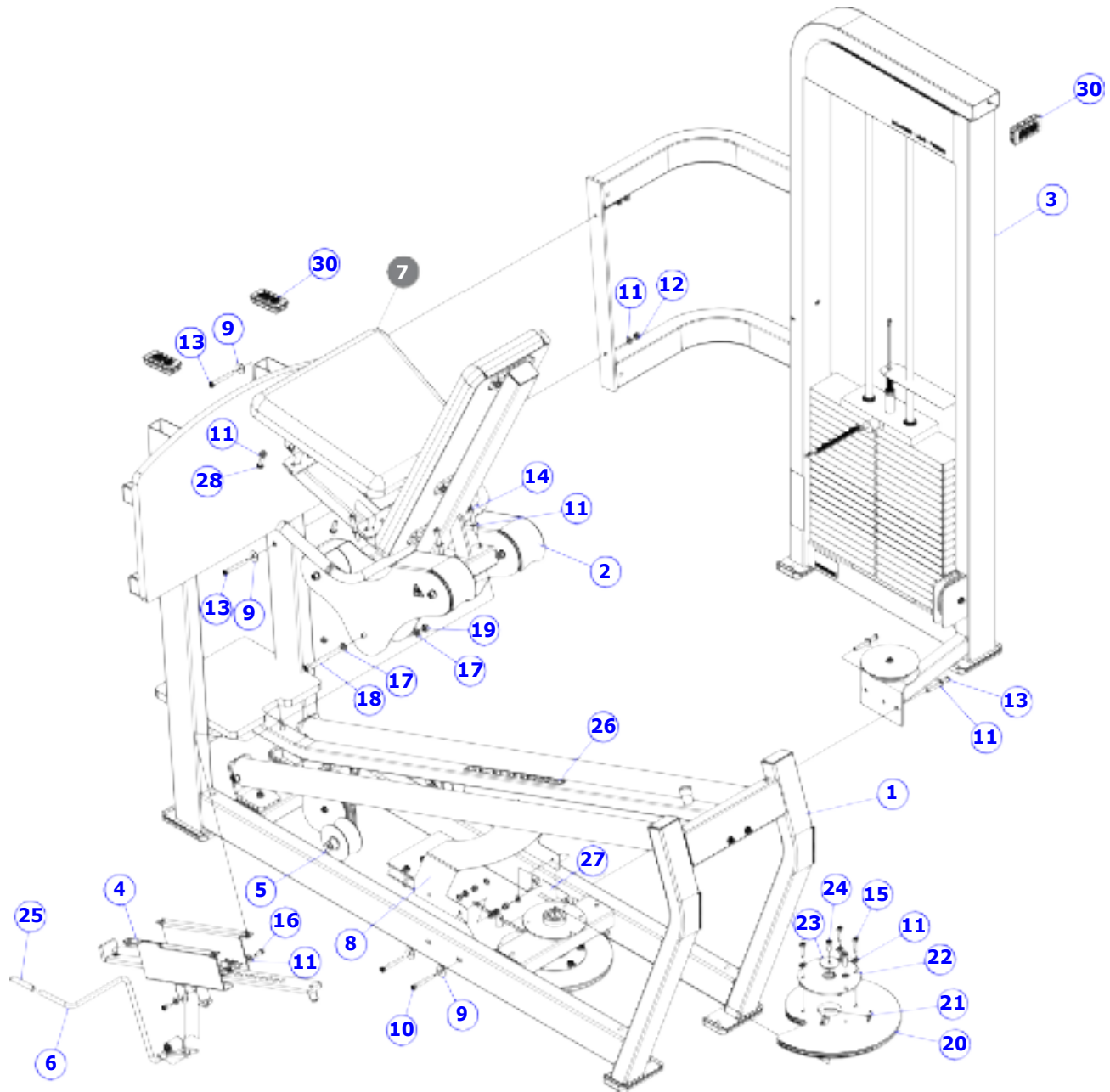
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	POSSIBLE RMA	WLDMT, PSSLP MAIN FRAME
2	1	7448799	WLDMT, PSSLP CARRIAGE
3	1	POSSIBLE RMA	WLDMT, SIDE FRAME
4	1	7301199	PLATE, PULLEY

ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

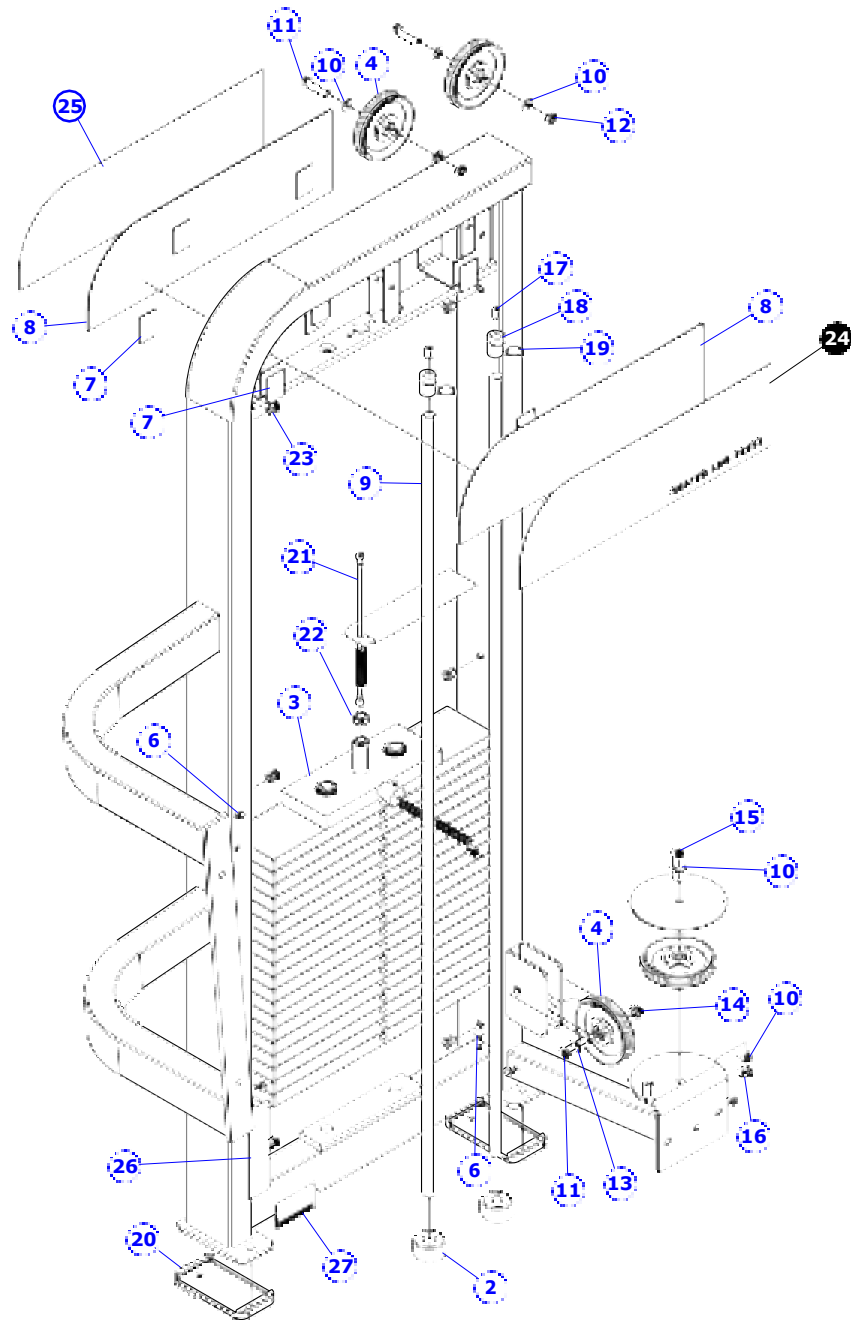
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	-	ASSY, PSSLP BASE FRAME
2	1	-	ASSY, PSSLP SEAT
3	1	-	ASSY, PSSLP SIDE FRAME
4	1	-	ASSY, FZ/PS-SLP SEAT ADJ -SG
5	2	3251501	ROLLER ASSY
6	1	-	ASSY, FZ/PS-SLP SEAT HANDLE -SG
7	1	7399199	PAD, 17 X 18 1/2
8	1	7409895	SHIELD, FZ/PS-SLP CAM -SG
9	4	3236602	WASHER, 3/8 ID X 1.25 OD SS
10	2	3236211	SCREW, M10 X1.5 70MM
11	22	3236601	WASHER, 3/8 SAE SS
12	6	3236801	NUT, M10 HEX NYLOCK SS
13	4	3236212	SCREW, M10 X1.5 75MM
14	4	3236210	SCREW, M10 X1.5 65MM
15	4	3236204	SCREW, M10 X1.5 35MM

ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	2	3236201	SCREW, M10 X1.5 20MM
17	4	3241401	WASHER, FLAT 12MM SS
18	2	3241320	SCREW, M12 X1.75 120MM
19	2	3236803	NUT, M12 HEX NYLOCK SS
20	1	7414501	CAM, FZ/PS-SLP OBLONG
21	1	7342201	PLATE, CABLE END
22	1	7511295	PLATE, FZ/PS-SLP TORQUE -SG
23	1	7322301	PLATE, 1.97 OD X .44 ID 10GA
24	1	3236202	SCREW, M10 X1.5 25MM
25	1	3238502	CAP, 1/2 X 3
26	1	9132601	LABEL, 1-15 STRAIGHT
27	1	8161195	BRKT, FZ/PS-SLP CABLE RETAINER -SG
28	4	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN
30	3	9462701	CAP, HAMMER, END 2 X 4

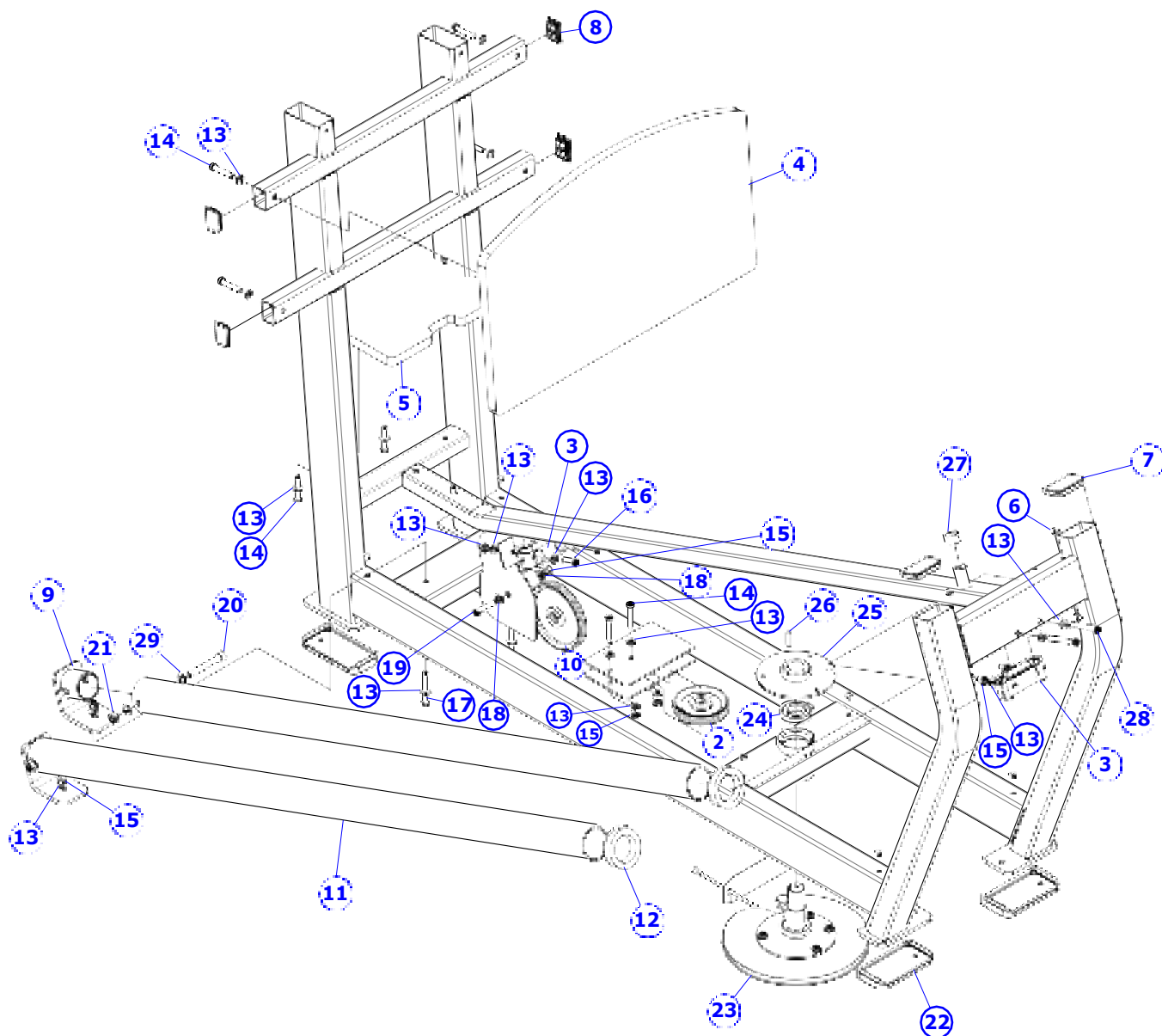
SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	7352101	CUSHION, WEIGHT STACK
3	1	-	ASSY, 390LB STACK
4	4	3237801	PULLEY, 4.5" OD
6	6	3237401	PLUG, 7/16" HOLE
7	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
8	2	9169601	COVER, STACK-PRO2 WIDE
9	2	7328606	GUIDE ROD, .75 OD SOLID 59.63
10	6	3236601	WASHER, 3/8 SAE SS
11	3	3236206	SCREW, M10 X1.5 45MM
12	2	3236901	NUT, HEX JAM M10 X 1.5 SS
13	1	7348101	WASHER, SPACER
14	1	7335401	NUT, M10 X 1.5 SOCKET HEAD
15	1	3236207	SCREW, M10 X1.5 50MM

ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	1	3236801	NUT, M10 HEX NYLOCK SS
17	2	3240501	M10 X 1.5 HXS NO CUP ST BO
18	2	7402301	RETAINER, GUIDEROD
19	2	3232421	RING, BRE .940, 5100-100 ST PP B
20	2	7388201	FOOTPAD, PS RUBBER
21	1	7423721	CABLE, PSSLP-1 145
22	1	3236902	NUT, HEX JAM M16 X 2 SS
23	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
24	1	9470499	LABEL, HS-SLP PLACARD
25	1	9470501	LABEL, HS-SLP LOGO PANEL
26	1	7422004	LABEL, 2" ASTM WARN
27	1	-	LABEL, SERIAL NUMBER, BLANK

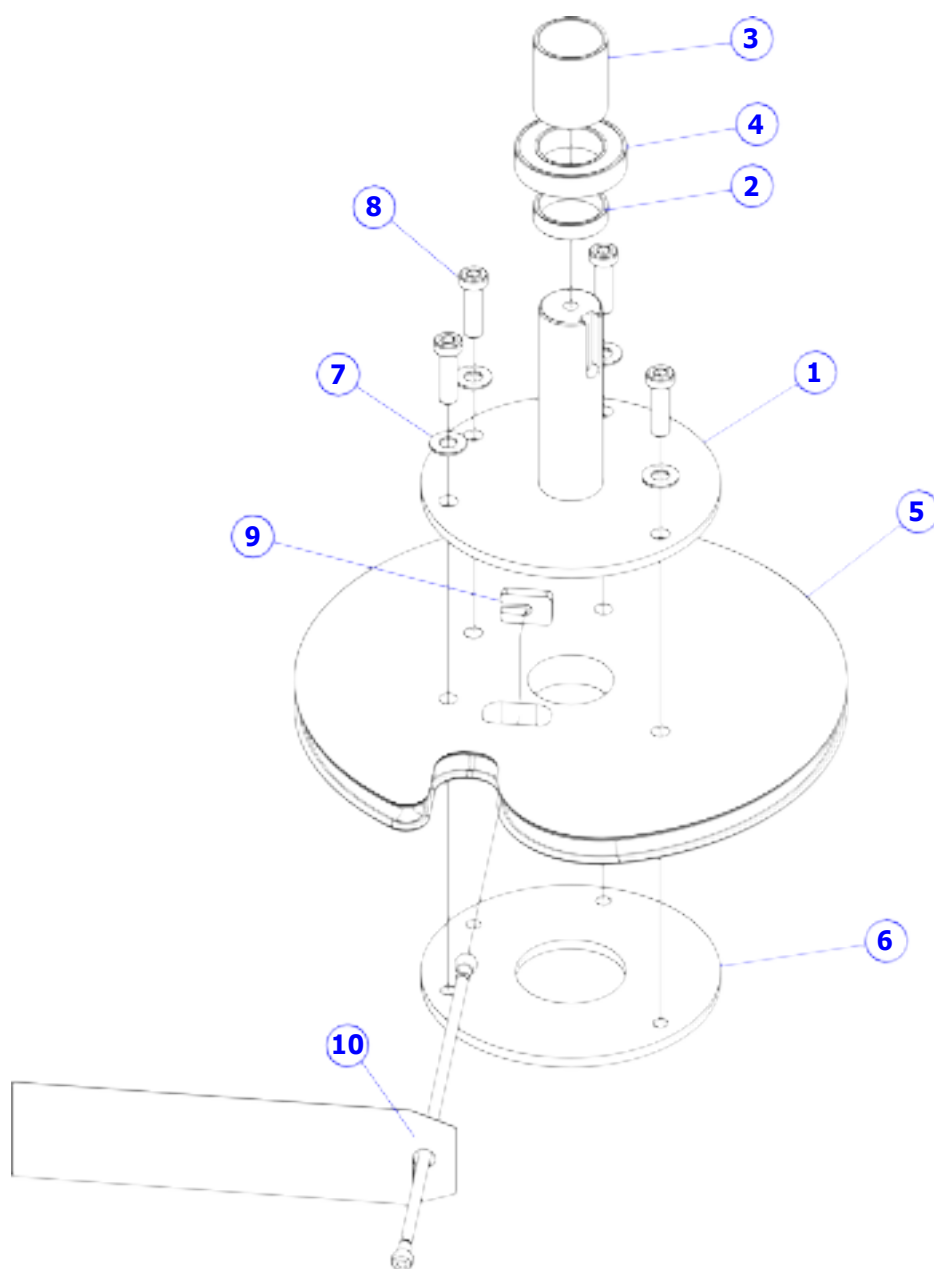
BASE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	3237801	PULLEY, 4.5" OD
3	2	7352001	BUMPER, 2-1/8 X 4-5/8
4	1	7450901	BOARD, PSSLP LINEXED
5	1	7494301	BOARD, PSSLP LINEXED
6	10	3237401	PLUG, 7/16" HOLE
7	2	7352301	CAP, END 2 X 3
8	4	9217401	CAP, 1.5IN X 2IN - 10-14GA, END
9	2	7408895	WLDMT, FZ/PS-SLP RAIL BRKT-SG
10	1	3239601	PULLEY, 6" OD x 10MM ID
11	2	7961101	TUBE, RAIL
12	2	7444601	BUMPER, DONUT
13	23	3236601	WASHER, 3/8 SAE SS
14	9	3236208	SCREW, M10 X1.5 55MM
15	9	3236801	NUT, M10 HEX NYLOCK SS

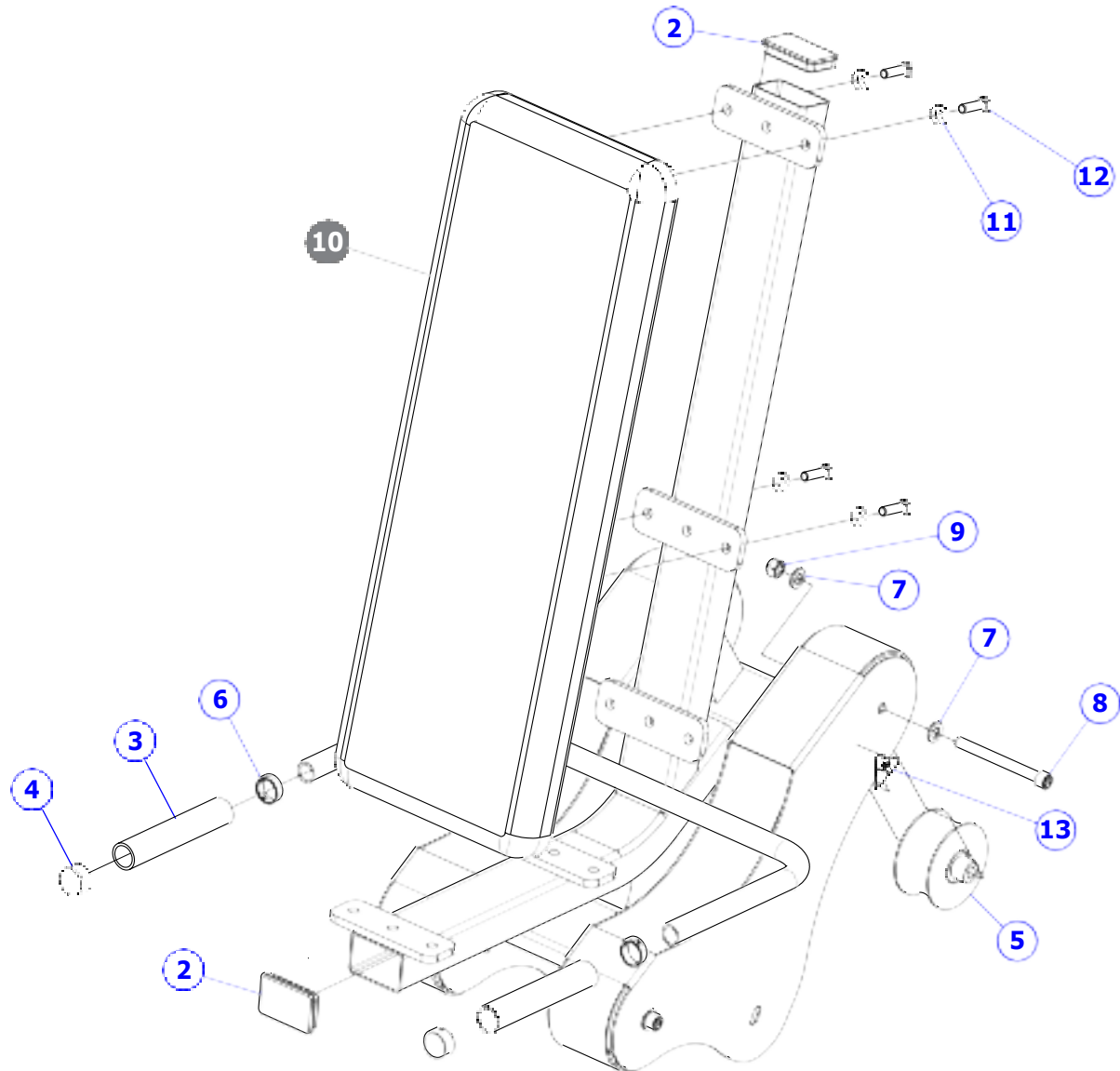
ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	2	3236204	SCREW, M10 X1.5 35MM
17	2	3236212	SCREW, M10 X1.5 75MM
18	2	7348101	WASHER, SPACER
19	1	3236207	SCREW, M10 X1.5 50MM
20	2	3241315	SCREW, M12 X1.75 90MM
21	2	3236803	NUT, M12 HEX NYLOCK SS
22	4	7388201	FOOTPAD, PS RUBBER
23	1	-	ASSY, FZ/PS-SLP RND CAM
24	1	3243201	BEARING, 6007 BALL
25	1	7511395	WLDMT, FZ/PS-SLP HUB -SG
26	1	7511601	KEY, .375 SQUARE X 1.25
27	1	7690101	BUMPER, SLEEVE - 1 INCH DIA
28	2	3236213	SCREW, M10 X1.5 80MM
29	4	3241401	WASHER, FLAT 12MM SS

BOTTOM CAM ASSEMBLY



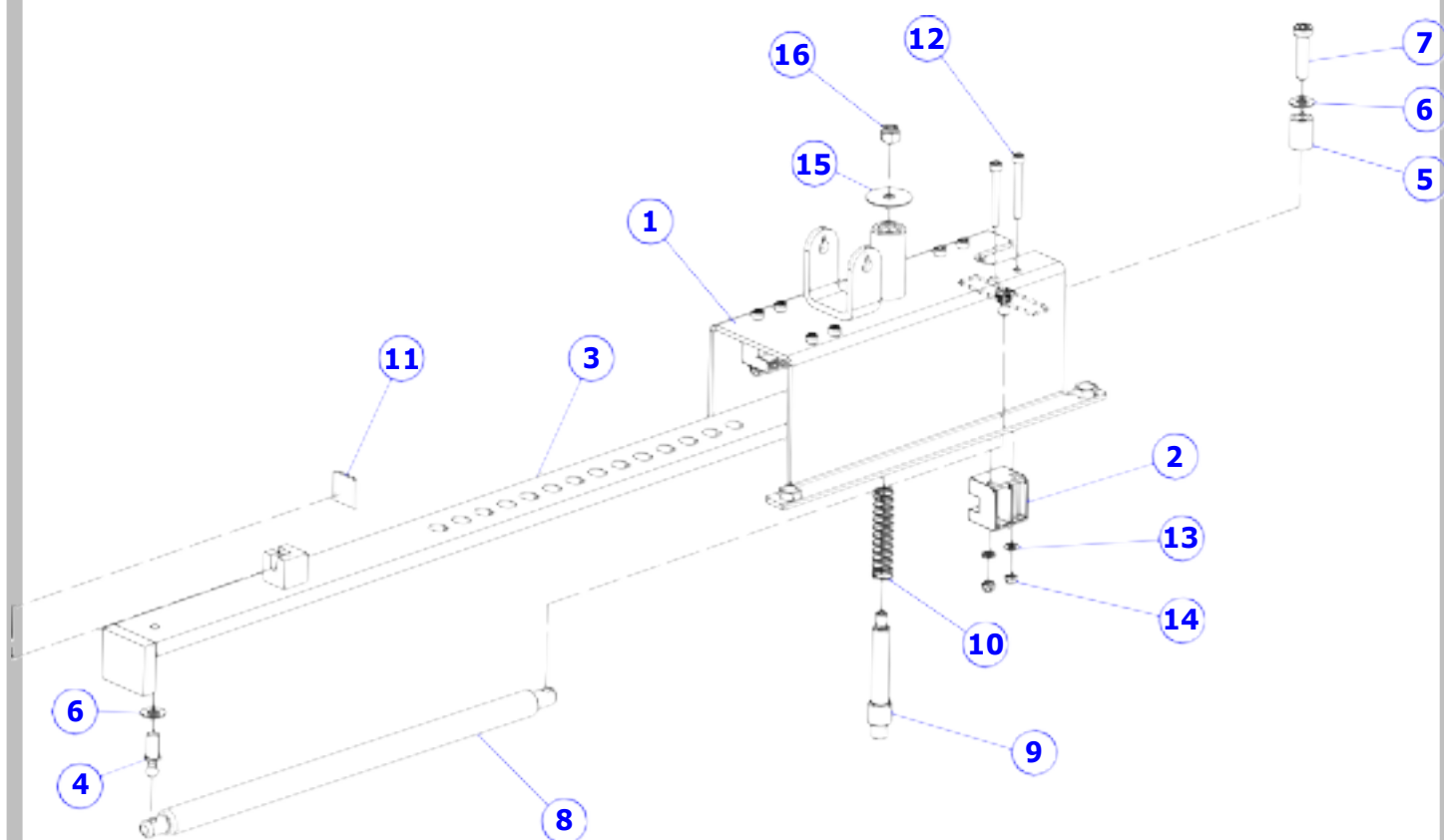
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7511495	WLDMT, FZ/PS-SLP CAM SHAFT SG
2	1	7511501	SPACER, FZ/PS INTERNAL .403
3	1	7511502	SPACER, FZ/PS INTERNAL 1.845
4	1	3243201	BEARING, 6007 BALL
5	1	7414401	CAM, FZ/PS-SLP RND
6	1	7511195	PLATE, FZ/PS-SLP CAM THRD -SG
7	4	3236601	WASHER, 3/8 SAE SS
8	4	3236204	SCREW, M10 X1.5 35MM
9	1	7342201	PLATE, CABLE END
10	1	7423803	CABLE, PSSLP-2

SEAT ASSEMBLY



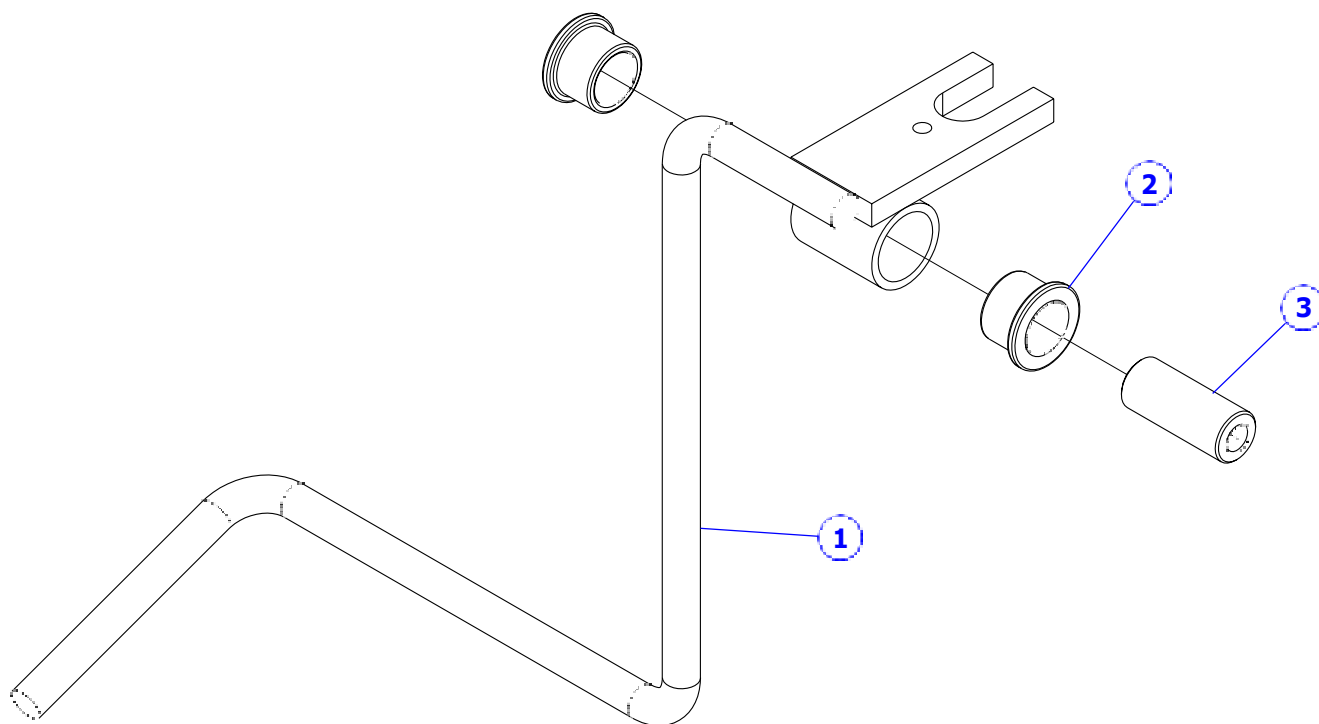
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	7352301	CAP, END 2 X 3
3	2	3235801	GRIP, 1.25 OD OPEN END
4	2	7662901	CAP, GRIP 1.25 OD
5	4	3251501	ROLLER ASSY
6	2	7662801	RING, GRIP 1.25 OD
7	8	3241401	WASHER, FLAT 12MM SS
8	4	3241320	SCREW, M12 X1.75 120MM
9	4	3236803	NUT, M12 HEX NYLOCK SS
10	1	7354099	PAD, BACK 32-1/2 X 11-1/4
11	4	3236601	WASHER, 3/8 SAE SS
12	4	3236204	SCREW, M10 X1.5 35MM
13	2	8039501	LABEL, WARNING, TRIANGLE

SEAT ADJUST ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9064495	WLDMT, FZ/PS-SLP SEAT ADJ -SG
2	4	7778501	BLOCK, FZ/PS-SLP
3	1	9064302	WLDMT, FZ/PS-SPL ADJ
4	1	7414301	STUD, M10 BALL END M10 X 1.5
5	1	7354301	SPACER, 7/16 ID X .75 OD X 1
6	2	3236601	WASHER, 3/8 SAE SS
7	1	3236205	SCREW, M10 X1.5 40MM
8	1	3272301	SPRING, GAS 135N - 350MM
9	1	7351301	PIN, PULL
10	1	7351501	SPRING, PULL PIN LARGE
11	1	6140701	GLIDE 1 X 1
12	8	3241707	SCREW, M6 X1 50MM
13	8	3241801	WASHER, FLAT 6MM SS
14	8	3236802	NUT, M6 HEX NYLOCK SS
15	1	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
16	1	3102802	NUT, NYLOCK 3/8-16

SEAT HANDLE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7412295	WLDMT, FZ/PS-SLP LEVER SG	-
2	2	3104901	.75" ID 1.00" OD BRONZE BUSHING	-
3	1	7324802	SHAFT, TAPPED 0.75 DIA X 1.800	-

ASSEMBLY DIRECTIONS: WEIGHT STACK ASSEMBLY

STEP 1. RUBBER BUMPERS



STEP 2. GUIDE RODS – TILT OUT



STEP 3. WEIGHT PLATES



STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



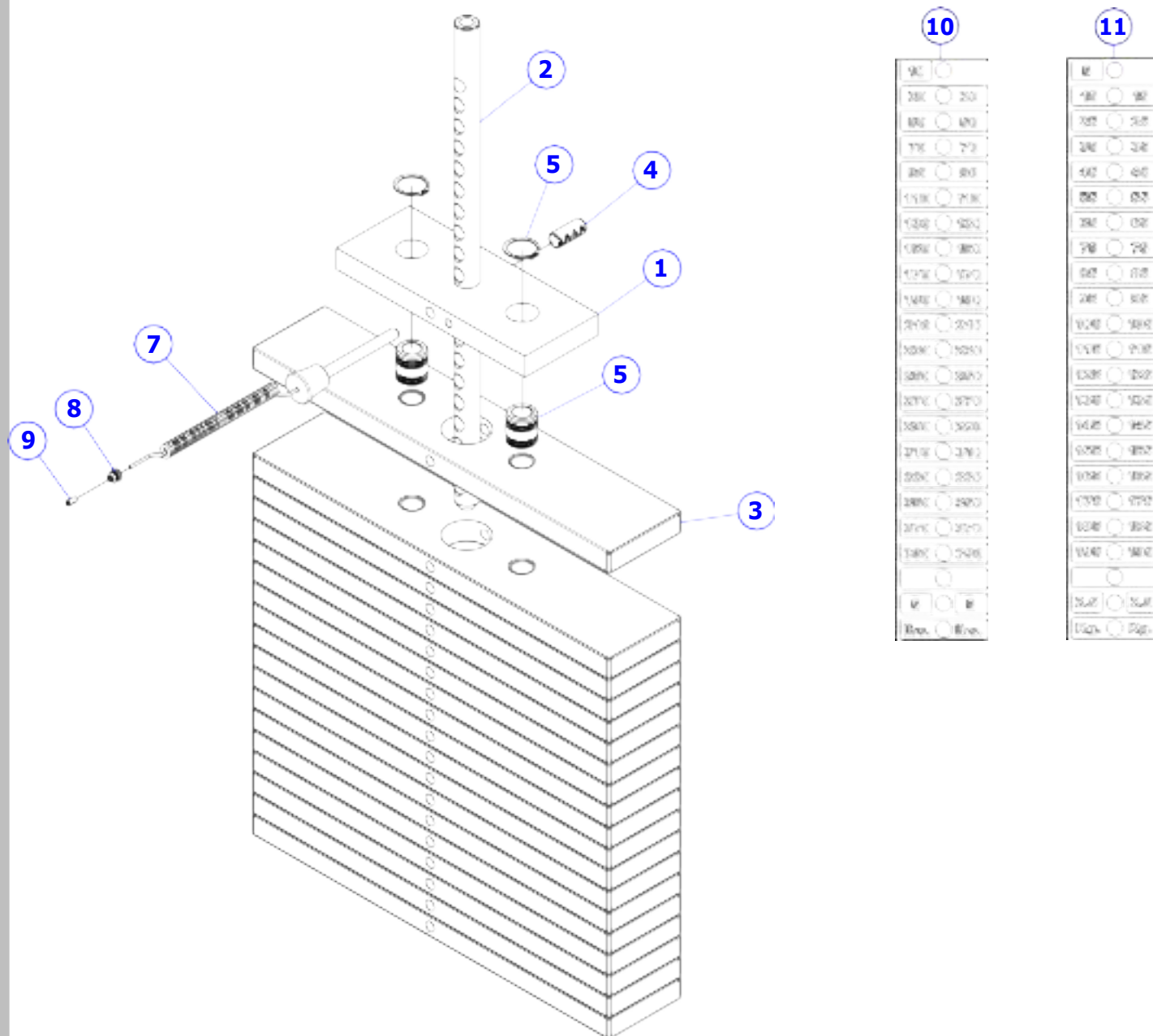
**STEP 5. TILT IN GUIDE RODS –
RAISE THEM IN ORDER TO BOLT THEM IN**



STEP 6. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED

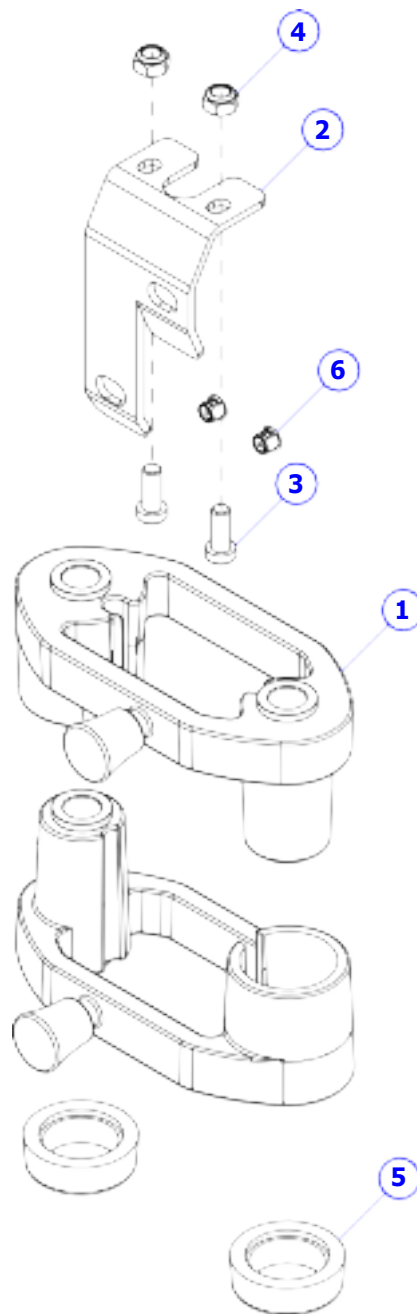


WEIGHT STACK ASSEMBLY



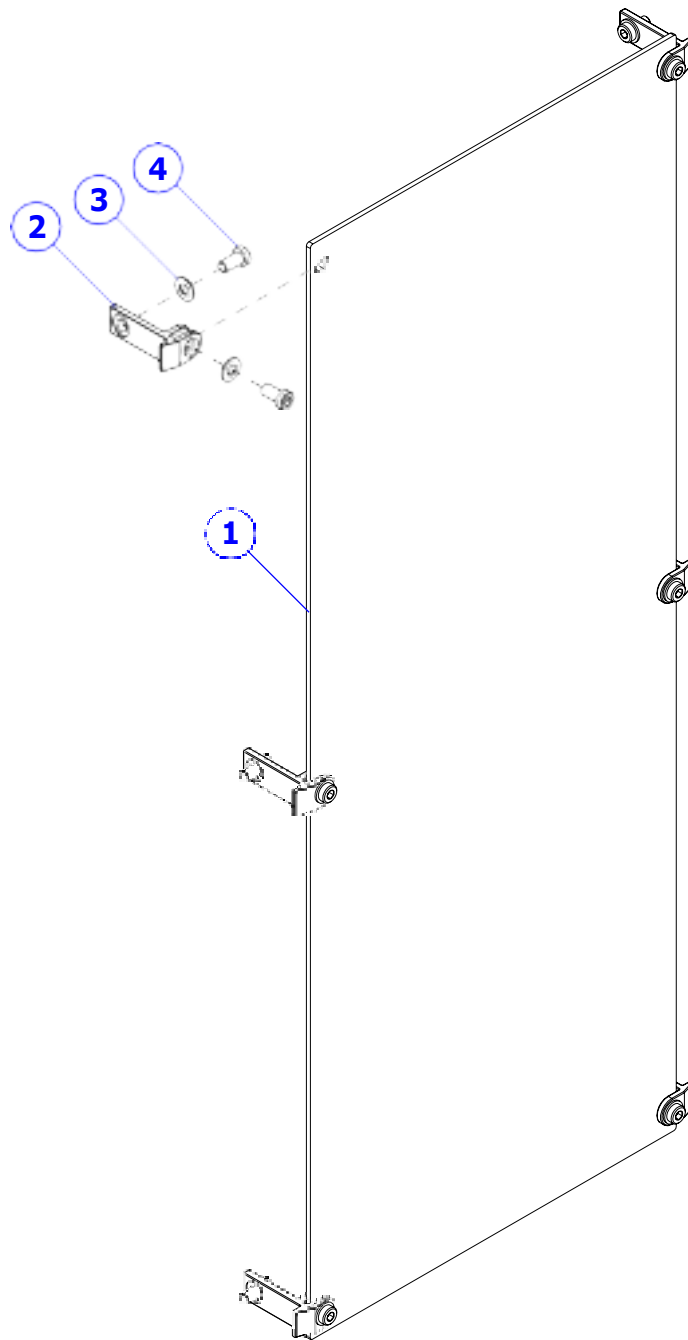
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7356601	STEM, PRO2 19 HOLE
3	19	7328401	WEIGHT PLATE, 20 LB
4	1	3236001	BUSHING, SPRING PIN
5	2	7338001	BUSHING, HEADPLATE
7	1	7353001	ASSY, SELECTOR PIN
8	1	7356501	PLUG, LANYARD ATTACHMENT
9	1	7523601	CRIMP, CABLE
10	1	7927201	LABEL, 390 LB STACK
11		7927301	LABEL, 195 KG STACK

INCREMENT WEIGHT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8047001	ASSY, PS, INCREMENT WEIGHT
2	1	8700801	PLATE, INCREMENT WEIGHT STRIKER
3	2	3236202	M10 X 1.5 X 25 SHCS, LOW HEAD
4	2	3236801	NUT, NYLOCK M10 X 1.5 SS
5	2	7767601	BUMPER, PS INCREMENT
6	2	3237401	PLUG, 7/16" HOLE

REAR SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475705	SHROUD, HS REAR 58.25 X 21.43
2	6	7655301	BRKT, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE STAINLESS STEEL
4	12	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD