

FRENCH FITNESS

FFS-8SMJG-V0 / FFB-8SMJG-V0

**FRENCH FITNESS FFS SILVER & FFB BLACK
8 STACK MULTI JUNGLE GYM V0**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- 65 x 114 x 2.5mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- 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
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings

Stations Included (Standard)

- (2) Dual Pulley Lat Pulldown (Weight Stack: 264 lb)
- (2) Dual Pulley Low Row (Weight Stack: 264 lb)

- (2) Adjustable Pulleys (Weight Stack: 220 lb each) - Feels like 110 lbs each because of 2:1 ratio.
- (2) Fixed Tricep Extension (Weight Stack: 220 lb)
- (1) Pull Up Station

Stations Included (Optional)

- (2) Dual Pulley Lat Pulldown (Weight Stack: 264 lbs)
- (2) Dual Pulley Low Row (Weight Stack: 264 lbs)
- (4) Adjustable Pulleys (Weight Stack: 220 lbs each) - Feels like 110 lbs each because of 2:1 ratio.
- (1) Pull Up Station

Standard Cable Attachments

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

TECH SPECS

- Vinyl Color: Black
- Distance Between Cable Columns: 102"
- Machine Weight: 3400 lbs (1542 kg)
- Dimensions: 224"L x 149"W x 95"H (567 cm x 378 cm x 240.6 cm)
- 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)

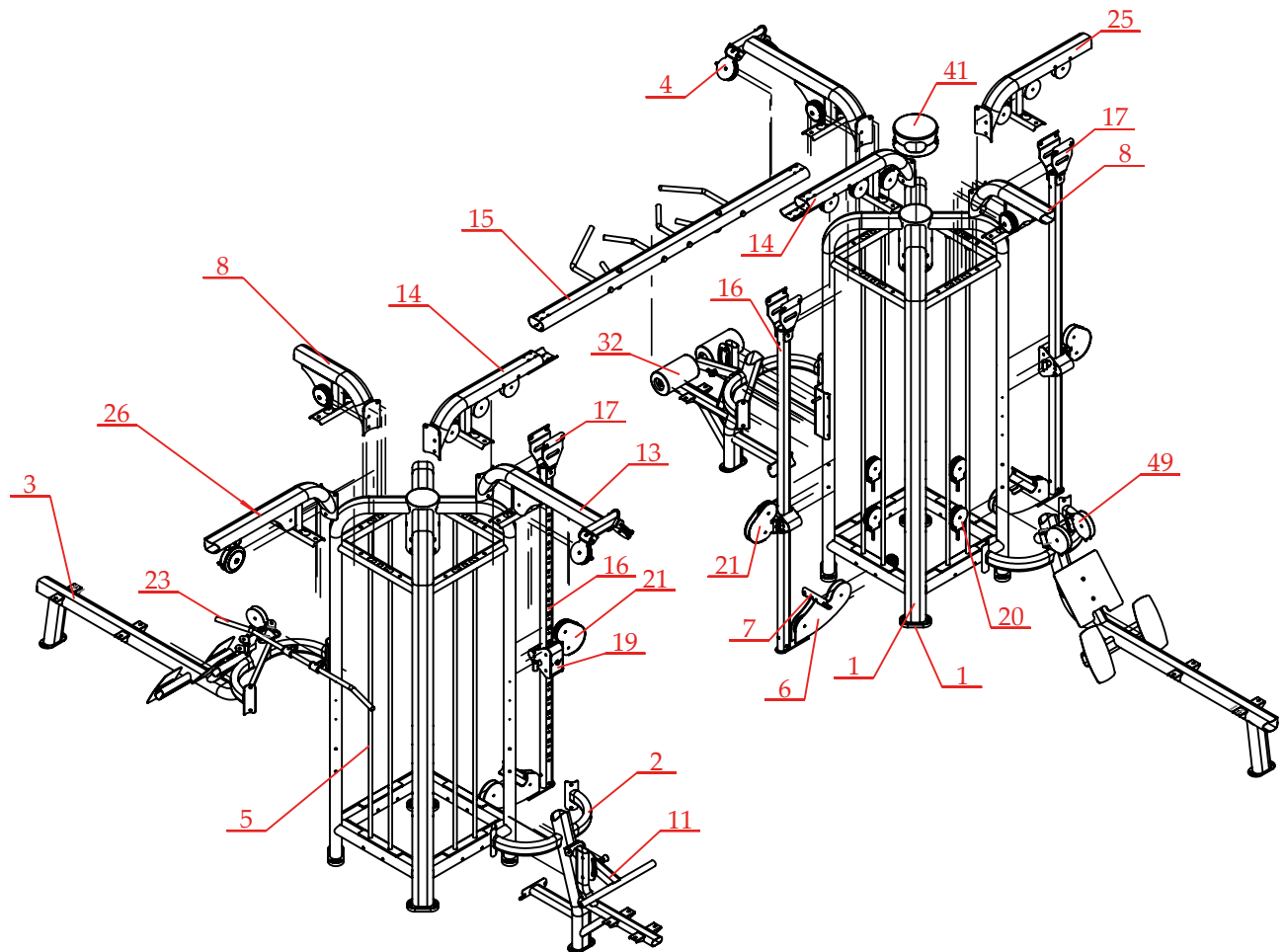
WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

ASSEMBLY STEPS

Technical requirements

1. The dimension tolerances not specified are in accordance with GB/T 1804-2000m grade.
2. Chamfer C1 not specified.
3. Sharp corners are blunted.

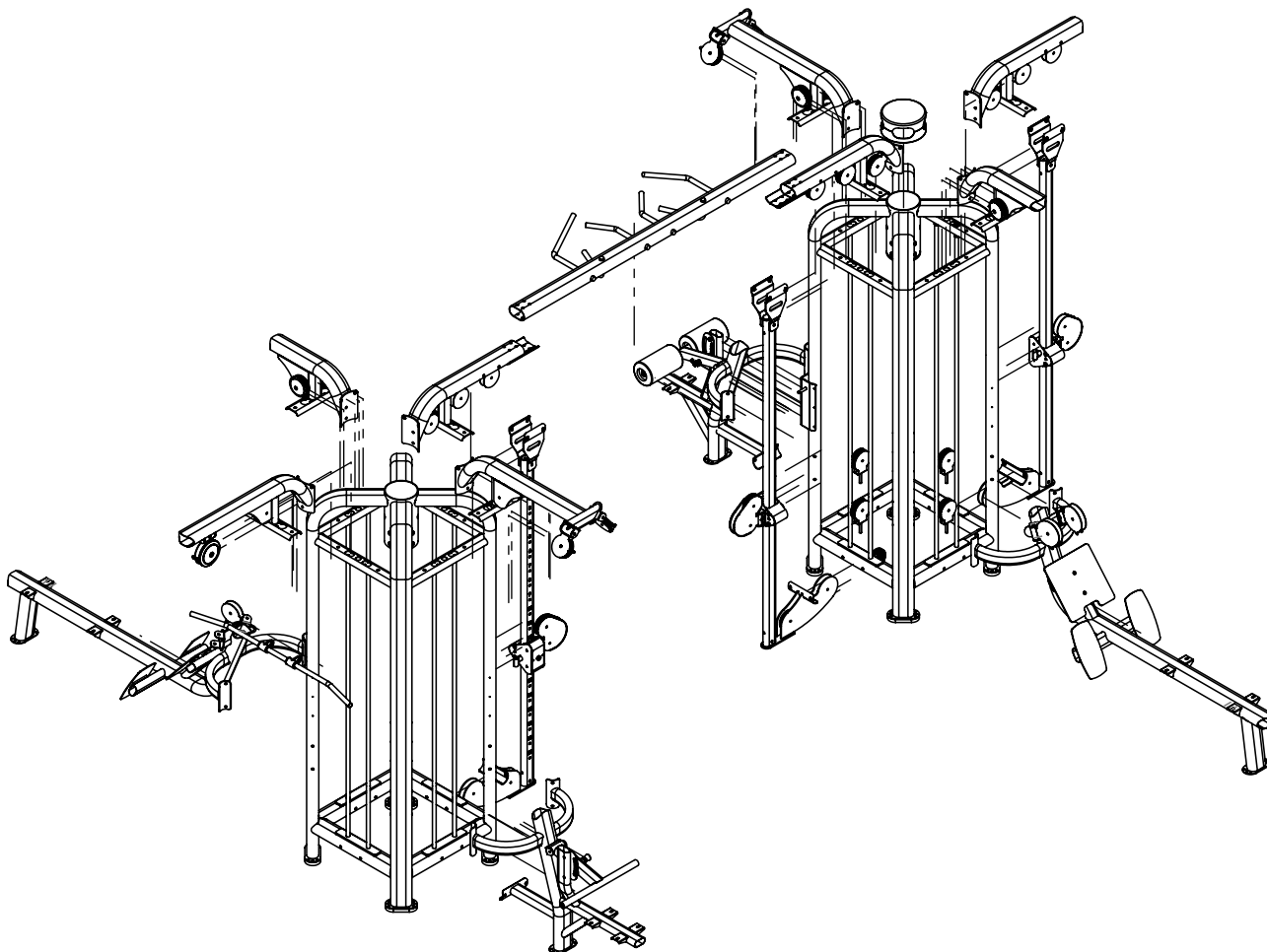


Item No.	Drawing No.	Material	Quantity	Remarks
1.	J04-005-2 pieces	Q235A	2	
2.	J03-007-2 pieces		2	
3.	J03-010-2 pieces		2	
4.	J04-002	Ordinary carbon steel	5	
5.	J04-007-16 pieces		16	
6.	J03-002-3 pieces		2	
7.	J04-004 (mold already opened)		3	
8.	J04-003		2	
9.	Pulley		22	
10.	Pulley cover		6	
11.	J03-011		2	

ASSEMBLY STEPS

Item No.	Drawing No.	Material	Quantity	Remarks
12.	J03-008		2	
13.	J04-001		2	
14.	J03-004-2 pieces		2	
15.	J03-015		1	
16.	J04-004-3 pieces		3	
17.	J03-014		6	
18.	Mirror J03-002-3 pieces		1	
19.	J04-008-3 pieces		3	
20.	movable pulley		4	
21.	movable side pulley		3	
22.	guard plate		1	
23.	J03-012	aluminum rod LY12	1	
24.	J03-013		2	
25.	J03-005-1 piece		1	
26.	J03-003		1	
27.	32-25L45	fixed sleeve Material <unspecified>	2	
28.	Instrument 7A-2-03	aluminum rod LY12	2	
29.	circlips for shaft--type a large gb		2	
30.	pull rope		1	
31.	deep groove ball bearing 6202-2RZ	standard part	3	
32.	leg press round pad		2	
33.	hexagon head bolts--product grade c gb		2	
34.	hexagon bolts M10X120	0.08	1	
35.	GB/T 70.1-2008 [Hexagon socket head screws M10×100]	stainless steel	1	
36.	hexagon nuts grade c gb		1	
37.	M20 knurled shaft ordinary carbon	steel	2	Surface chrome plating
38.	round tube bottom cover		1	
39.	cold drawing rod ordinary carbon	steel	1	
40.	protective cover (1)		1	
41.	GB/T 896-1986 [Open retaining ring 12]		3	
42.	40-80 end cover	ABS	1	
43.	Housing-4		1	
44.	Compression spring		1	
45.	Pull pin cap		1	
46.	150 round pulley housing		1	
47.	J04-002 (changed)	ABS	1	
48.	J04-002 (changed in 20241105) Ordinary carbon	steel	1	
49.	Mirror J04-002 (changed in 20241105)		1	

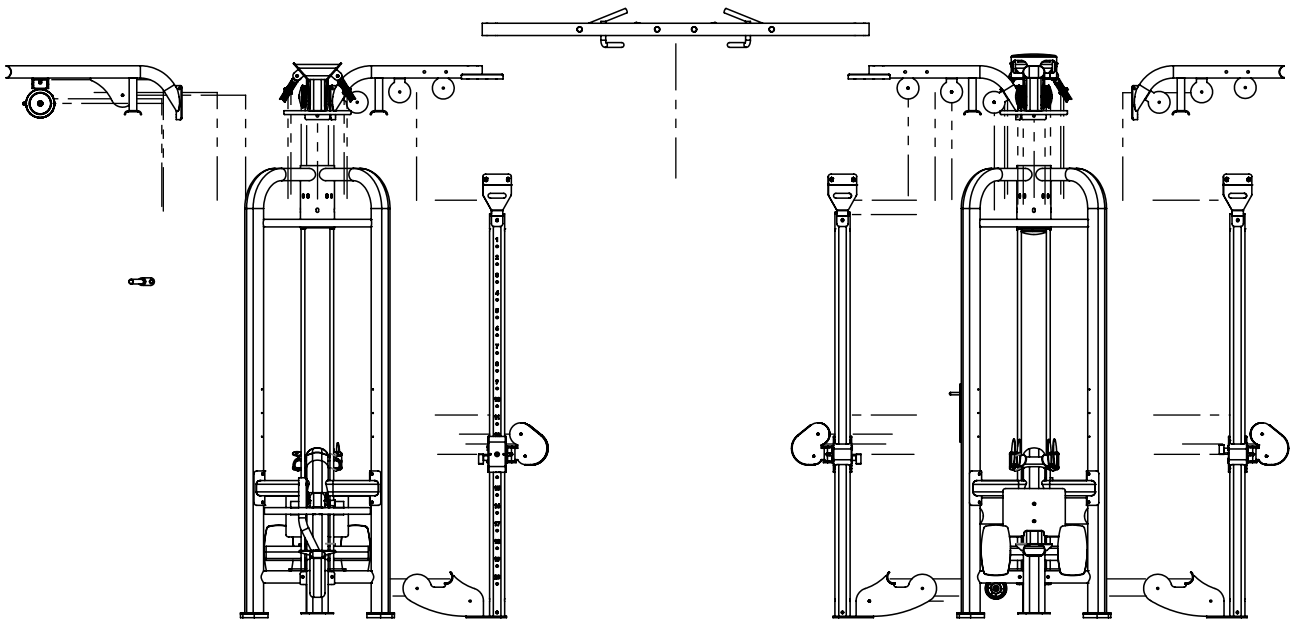
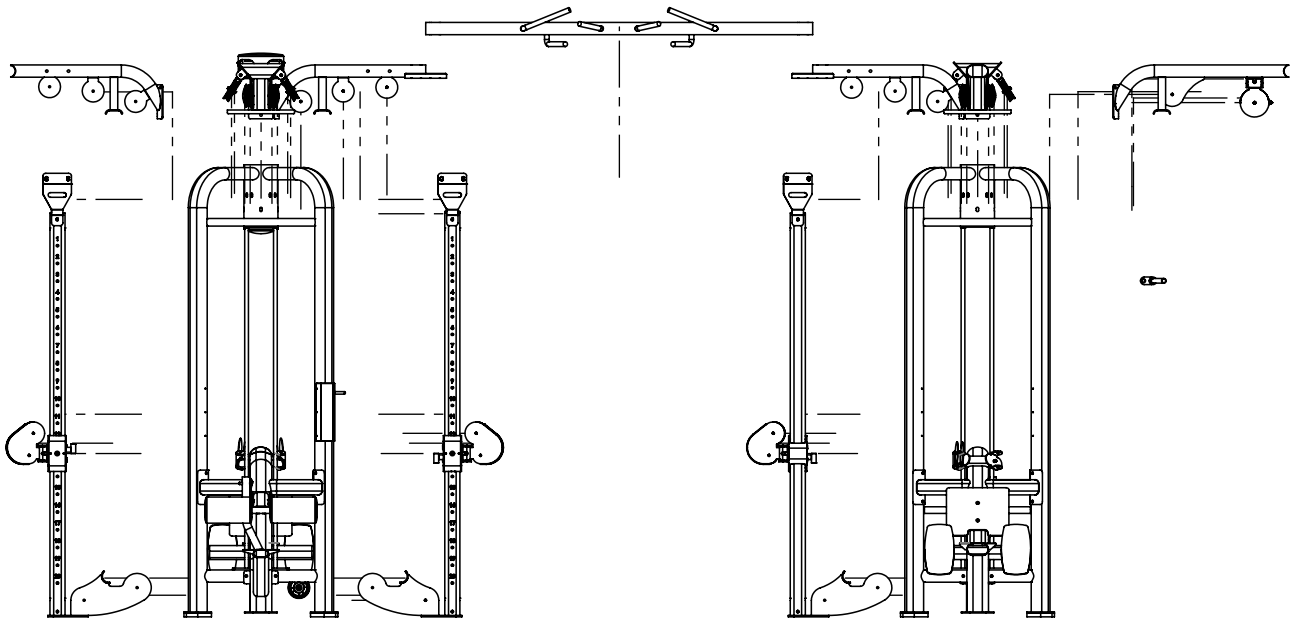
ASSEMBLY STEPS



Technical requirements

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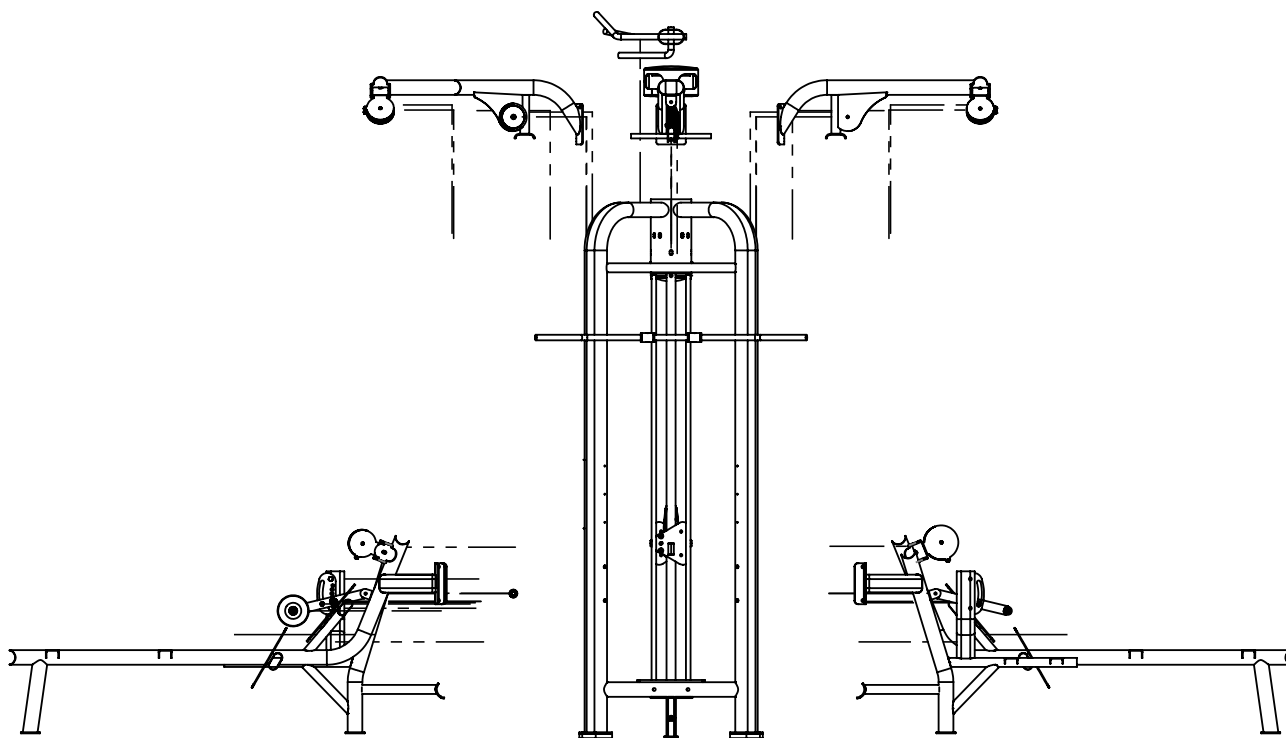
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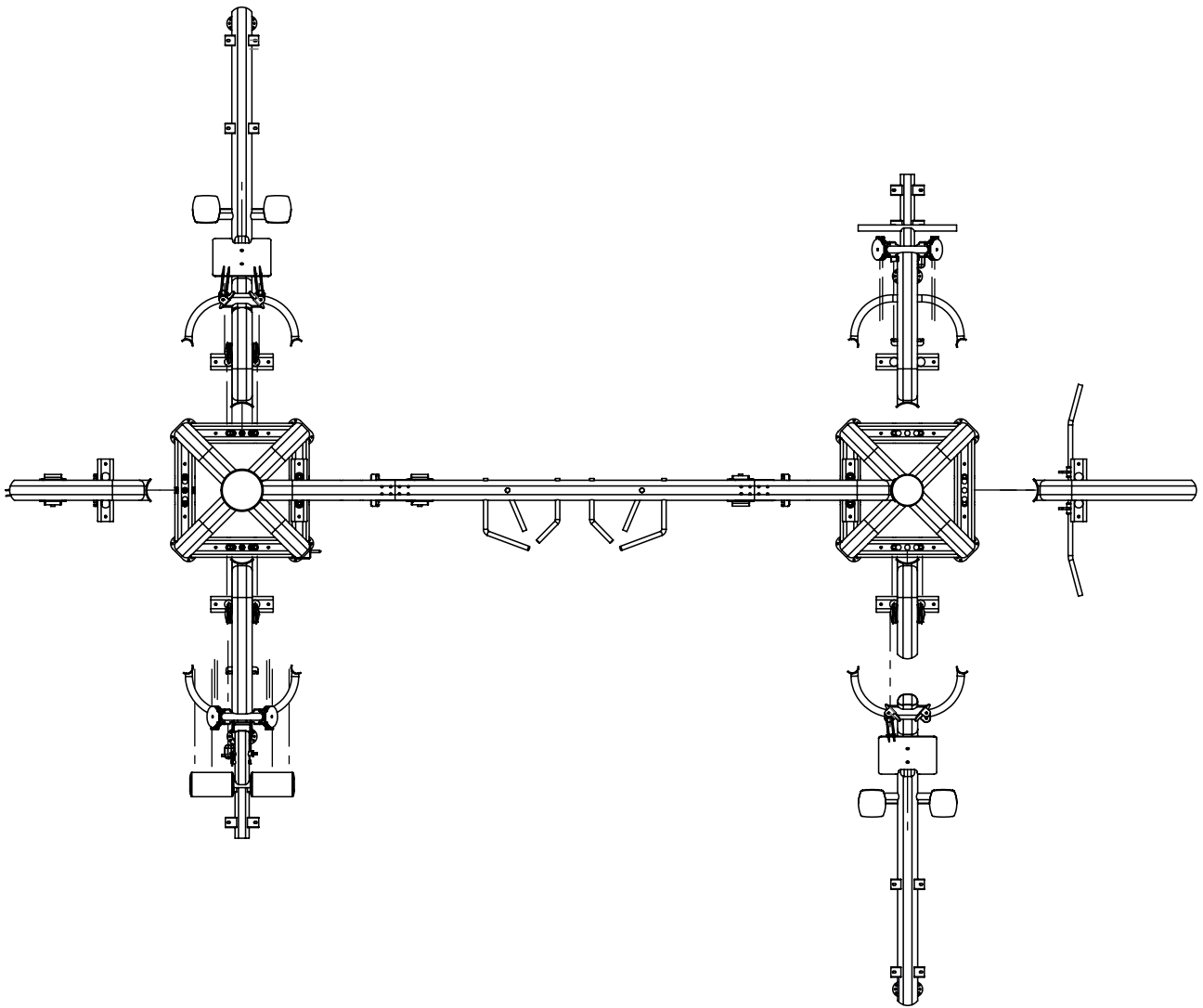
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WEIGHT STACK ASSEMBLY



ADJUSTABLE CABLE CROSSOVER

WEIGHT STACK ASSEMBLY



LAT PULLDOWN

WEIGHT STACK ASSEMBLY



LOW ROW

WEIGHT STACK ASSEMBLY



TRICEPS PUSHDOWN
