

# FRENCH FITNESS

FF-ST100

**FRENCH FITNESS ST100 SLAT BELT  
COMMERCIAL TREADMILL (NEW)**

**ASSEMBLY MANUAL**



## FEATURES

- Crawler Belt Material: Aluminum and Elastic Polyurethane
- Crawler Strip Size: 22.12" x 2.4" (56.2 cm x 6.09 cm)
- Crawler Strip Thickness: 1.26" (32 mm)
- Neoprene Multi-Ribbed Belt
- Slope Range: 0 to 15%
- Speed Range: 1 to 20 kph (0.62-12.42 mph)
- Resistance Level: 1-10 levels
- Resistance Value: 900W 180 rpm
- Function: Manual and Electric
- Motor Power: 3HP continuous high-power motor output
- Power Requirement: 110V

### Console Features

- HD LED Console
- Display: Lap, Time, Slope, Mode, Heart Rate, Calories, Distance, Speed

## TECH SPECS

- Color: Black
- Max User Weight: 440 lbs (200 kg)
- Product Weight: 513.7 lbs (233 kg)
- Dimension: 81.3"L x 37"W x 67.7"H (206.5cm x 94cm x 172cm)
- Shipping Weight: 630.5 lbs (286 kg)
- Shipping Dimension: 76.4"L x 37.4"W x 30.7"H (194cm x 95cm x 78cm)

## WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

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## SAFETY INSTRUCTIONS

**Safety Tips: This safety manual contains important safety information, please read it carefully before use.**

- To avoid the risk of electric shock, please unplug the power plug before cleaning or servicing this equipment; when using it, the power cord should be connected to a grounded socket.
- Do not use this equipment outdoors or in places with high humidity. There should be no debris, including equipment, walls, furniture, etc., within 2m\*1m behind the treadmill.
- Children, disabled persons and those who use this device for the first time must be trained under the supervision of professionals.
- When using the device, please wear rubber-soled or high-friction shoes. It is strictly forbidden to use this device with high-heeled shoes, spiked shoes, and sliding-soled shoes.
- Before use, please fasten the emergency stop rope tightly on the user, and confirm that the emergency stop rope can be used normally.
- Be careful not to let shoelaces, towels and other substances touch the rotating parts during use. Do not touch the bottom parts and rotating parts with your hands during the operation of the instrument.
- If the treadmill has abnormal sound or the treadmill does not work due to water ingress, etc., please contact our professional staff for repair.
- When the treadmill is in operation, it is not allowed to leave or board the treadmill, and it is not allowed to run after falling on the treadmill.
- If the user is running on the treadmill belt and the body becomes unstable due to an accident, please hold on to the handrails and pull down the emergency stop switch if necessary.
- After exercise, press the stop button to stop the treadmill operation, and unplug the plug from the socket.
- For the operation of the control panel, please refer to the instruction of the control panel at the back.
- Product size: 2065\*940\*1720 (L\*W\*H); product weight: 233KG
- Maximum user weight: 200KG

# ASSEMBLY INSTRUCTIONS

**Warning: You need an assistant to assist in assembling this equipment. Do not try to assemble it alone.**

**Steps for preparing to assemble the treadmill:**

Ask your assistant to help place the shipping wooden box near your location where you plan to use the treadmill.

**Warning:** Due to the large size of the treadmill, the assembly site should be where the treadmill will be placed and ensure sufficient space around .

Place all parts of the treadmill in the clearance area and remove all packaging materials. Do not discard the packaging materials until the assembly is completed. All bolts must be tightened during assembly, unless otherwise indicated. And fasten all bolts after assembly is completed. When assembling the treadmill, make sure that all parts are assembled as shown in the assembly diagram. To avoid injury and damage to the machine, ask your assistant for help before removing the equipment from the tray. With the help of as many assistants as possible, remove the treadmill from the tray and gently to the floor. Make sure that the power switch is turned off: Check the on/ off status of the power switch in front of the treadmill, place the switch in the OFF state. Make sure that the treadmill is not plugged into the power supply.

Note: Please do not connect the treadmill to the power supply.

Put your hands on both sides behind the running belt of the treadmill to lift the equipment so that the treadmill can move to the use area with the help of the rolling front wheel.

**Before starting, check if you receive the following components:**




- 1) Base frame assembly
- 2) Left and right foam handrails
- 3) Handrail assembly and handrail plastic shell
- 4) Hardware kit
- 5) Gauge outfit part
- 6) Upper and lower cover of instrument



**Installation requirements:**



Power socket at the treadmill installation position must provide a suitable voltage (default voltage of 110V), separate branch circuits above 18A, grounding wires following national standards and electrical specifications.




**Note: Do not use ungrounded sockets or transformers. Electrical damage may occur if the treadmill is connected to the wrong electrical supply.**



## Hardware



Step 1			
	Name	abbreviated drawing	quantity
①	M10 * 20 Cylindrical head inner-hexagon screws		8
②	M10 flat gasket		8
③	M10 spring washer		8





Step 2			
	Name	abbreviated drawing	quantity
①	M8 * 20 Half round head inner-hexagon screws		8
②	M8 flat gasket		8

Step 3			
	Name	abbreviated drawing	quantity
①	ST3. 9 * 16 cross shaped self tapping screw		13
②	M4 * 10 half round head cross screw		4

Step 4			
	Name	Sketch	Quantity
①	M8 * 60 hexagon socket head screw		4
②	M8 * 20 hexagon socket head screw		3
③	M8 * 10 hexagon socket head screw		4

Step 5			
	Name	Sketch	Quantity
①	M4 * 10 half round head cross screw		2
②	ST3. 9 * 16 cross shaped self tapping screw		11

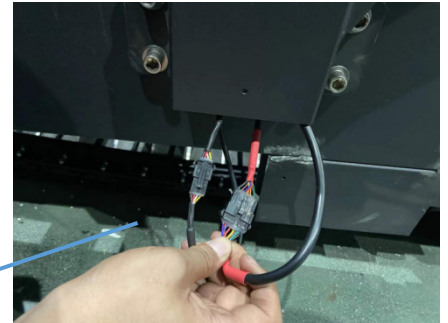
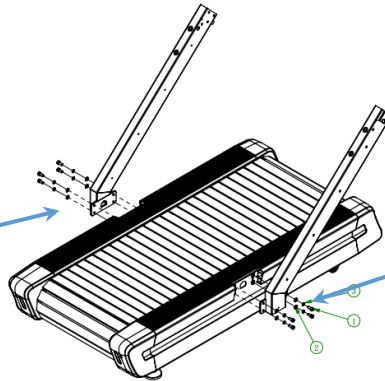
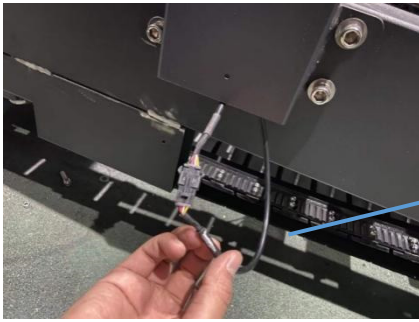
Step 6			
	Name	Sketch	Quantity
①	M4 * 10 half round head cross screw		2
②	ST3. 9 * 16 cross shaped self tapping screw		26

Tools			
	Name	Sketch	Quantity
①	8mm Allen wrench		1
②	6mm Allen wrench		1
③	5mm Allen wrench		1
④	Cross screwdriver		1

# START ASSEMBLY

**Note:** make sure the treadmill is not connected to any power supply before doing the following. There is an opening on both sides of the left and right handrail side frame tubes of the treadmill. The following figure shows the cable channel position of the side frame tube.

## Step 1



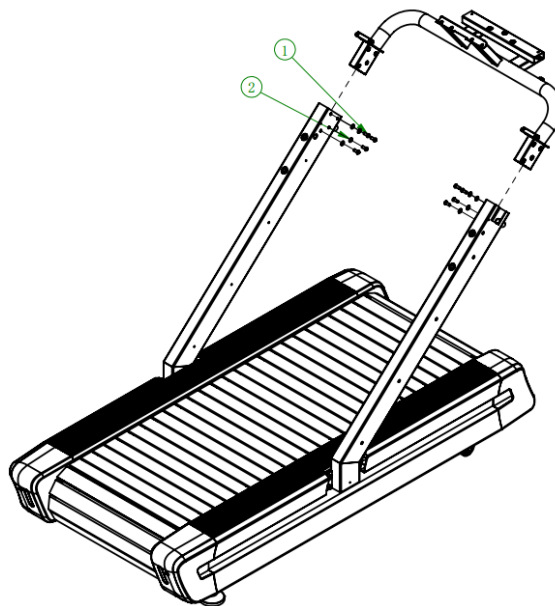
Both the large frame and the side frame have an opening, and a wire comes out of the opening. Thread the wire into the lower opening of the side frame and butt with the wire coming out of the side frame (as shown in the figure)

① in the figure shows M10 \* 20 hexagon socket head screws, quantity 8 pieces; ② M10 flat gasket, quantity 8 pieces; ③ M10 spring shim quantity 8 pieces.

1) Insert the line from the large frame and the line from the column into the opening at the bottom of the side frame pipe and come out at the arrow position in Figure 1 (both sides).

2) Use four ①, ② and ③ to fix the side frame handle into the side frame (both sides).

## STEP 2

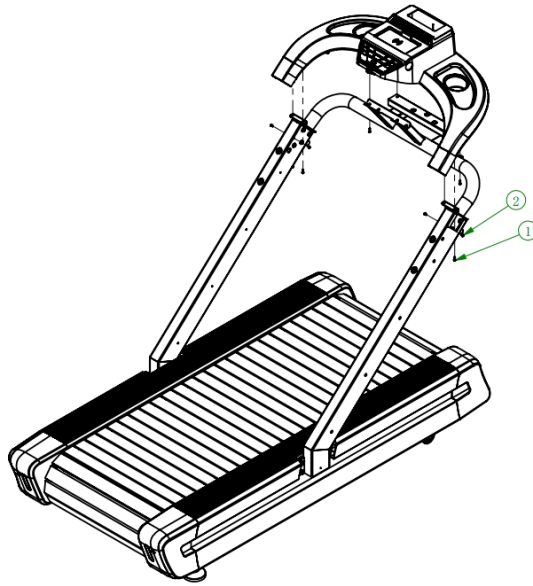


In the figure ① M8\*20 Round head screw, 8pcs; ② M8 Flat gasket, 8pcs.

1) Use 8pcs of round head screws and 8pcs of flat gasket to tighten the shelf to the posts on both sides.

## START ASSEMBLY

### STEP 3



**NOTE :** In the figure ① 3.9\*16 Phillips tapping screws,13pcs ; ② 4\*10 Round head Phillips screw, 4pcs

- 1) Install the upper shell to the upper frame with 13pcs of Phillips tapping screws lock the inner and outer sides with 4pcs of Round head Phillips screw lock.

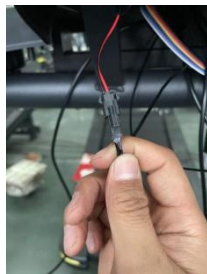


# START ASSEMBLY

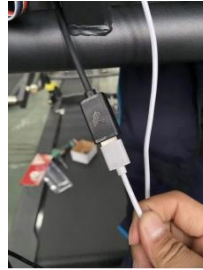
## STEP 4



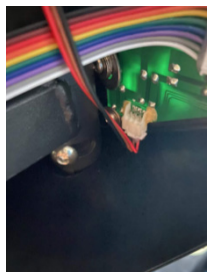
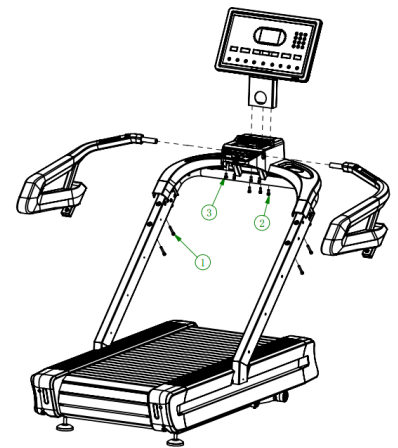
line fan line



Cable USB wireless charging Line



Heart rate



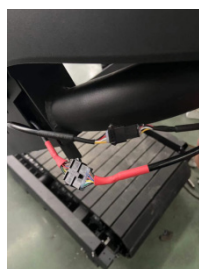
Holding speed



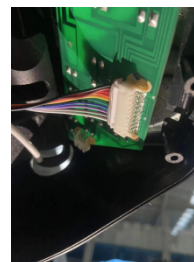
the lifting line Holding the line Emergency stop line



Rear Small



light line panel



Rear light line and signal line control line

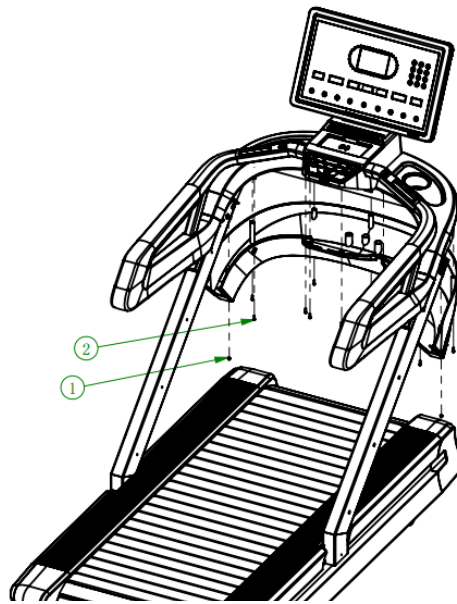
After fixing the meter head and handle, press the connector to insert the wire into the corresponding connector and small key board

Note: figure ① 8\*60 Hexagon socket head screw 4pcs; figure ② 8\*20 cylindrical head hexagon 3pcs; figure ③ 8\*10 Cylinder head hexagon 4pcs.

- 1) Put the meter head into the opening of the case, Use 3pcs of cylindrical head hexagonal locks below
- 2) Insert the handles on both sides into the round holes on the side of the upper shell, and then lock the screw holes under the column with four cylinder-head hexagon socket screws and lock the upper part with four cylinder-head hexagon socket screws.

## START ASSEMBLY

### STEP 5

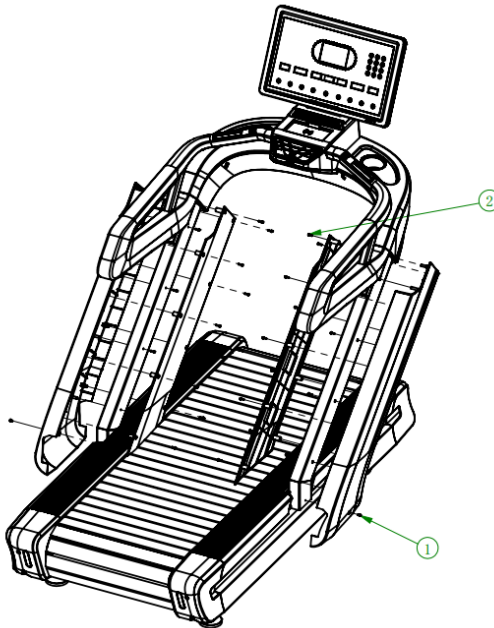


**Note:** figure ① 4 \* 10 half  
② 3.9 \* 16 cross shaped  
1) After buckling the  
11pcs of Phillips self-  
round head Phillips

**round head cross screw 2pcs;  
self tapping screws 11pcs.**

lower shell to the upper shell, use  
tapping screws and 2pcs of half-  
screws to tighten one by one.

### STEP 6



**Note:** figure ① 4 \* 10 half round head cross screw, 2pcs; ② 3.9 \* 16 cruciform self tapping, 26pcs.

- 1) Use 1pc of half-round head Phillips screw to lock the inner side of the outer shell cover of the column, and lock it with 4pcs of Phillips self-tapping screws (both sides).
- 2) Cover the inner shell and lock it with 9pcs of cross-pattern self-tapping threads.

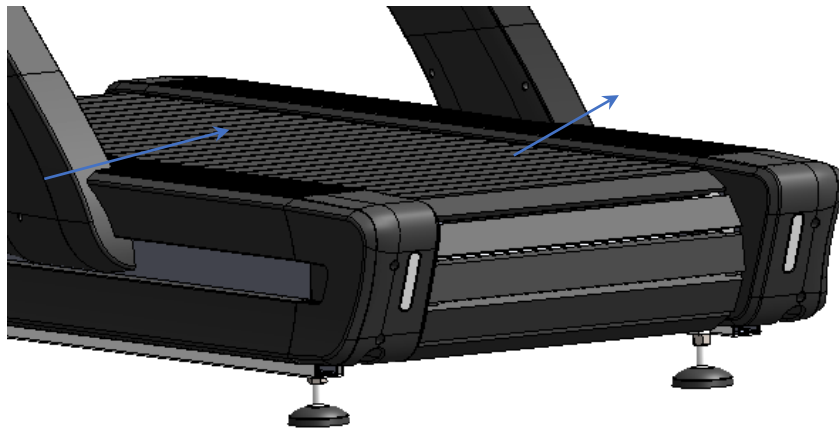
### Leveling Treadmill

It is important to level the treadmill correctly after each move.

**Warning** make sure the adjustable foot is in firm contact with the ground. And ensure equipment is on a stable surface. Adjusting the foundation of equipment can not solve the problem of uneven surface.

The adjusted supporting feet can not solve the problem of ground and unevenness. If you cannot ensure a smooth and stable running surface, please move the treadmill to a more stable position.

Use wrench to loosen the lock nut on the foot and make slight adjustments as needed to level the treadmill. Then re-tighten the lock nut.

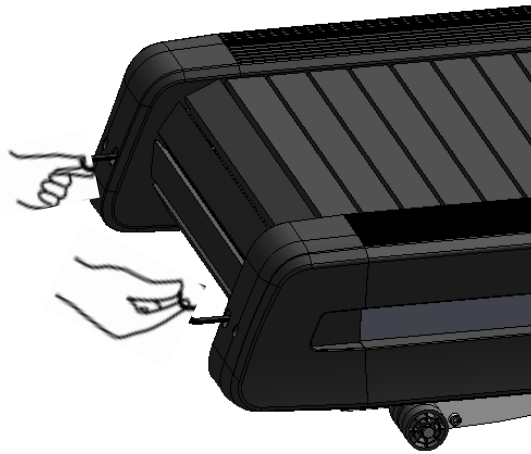


**Adjust Running Belt, Use this procedure to adjust and align the running belt.**

User turns on the treadmill and adjusts the running speed below 4km / h. If the running belt is dragged to the ground or the rear drum makes abnormal noise, the running belt needs to be adjusted.

If there is no abnormal condition, please do not adjust the running belt.

Adjustment method: use an 8mm hex wrench behind the treadmill (as shown in the figure below) and make slight adjustment as needed.





8. Slope -: Adjust the slope and reduce the value of the selected item (slope, time, distance, heat).

9. Speed shortcut key: quickly select speed 3/6/9

10. Slope shortcut key: Quickly select slope 3 / 6 / 9

11. Enter key:

(1) After selecting the fixed program, press enter to confirm the program.

Press enter in the motion parameter value to confirm.

12. Reset key

(1) In run mode, press and hold this key for 5 seconds, and the LED will be fully on.

(2) During parameter setting, press this key to return to the previous level.

13. Numeric keypad clear key

(1) Press this key to delete the value in the speed window, and the window returns to the original speed value.

(2) This key has no effect in resistance mode.

14. Numeric keypad 0-9

(1) Only integer is allowed for speed value.

(2) 0-9 operation: after directly selecting the number, the speed window displays the entered value, and press enter to confirm. If the entered value is not confirmed after 3S, "beep" returns to the original speed value.

(3) 10 the above operations are as follows: directly select the two digit value and press enter to confirm. After entering the value whose speed value is not within the reasonable range, it is determined to be invalid, accompanied by two beeps to return to the original speed value.

15. Numeric key enter

(1) After entering the speed value, press enter to confirm the value. The Enter key on the numeric keypad can only confirm the input speed.

(2) After the input speed value is within the reasonable range, press enter to display and execute the input speed value in the window; if the input value is not within the reasonable range, it is determined to be invalid and return to the original speed value.

16. Key: Press Key to turn off the LED. Press again if necessary. Press the key to restart. In the non motion state, when there is no key for 5 minutes, it enters sleep, Automatically turn off the backlight and display, and press any key to wake up.

17. Key:

(1) This key controls the fan switch and adjusts the fan speed. The fan has three gears in total.

(2) When the fan is off, press this key to turn on the fan; when the fan is on and in gear 1, press this key to adjust to gear 2, then press this key to adjust to gear 3, and then press this key to turn off the fan; and so on.

18. Mode, the window displays the number of running circles. The distance per lap is 0.4km/0.25mile. Finish a lap

The DM window displays "laps 01" in the middle, continues to complete one cycle, continues to accumulate, and recalculates when 99 cycles are reached.

19. The breathing lamp displays blue when it is not moving; Green in motion; Sleep displays red;

3、 Program mode

1. Countdown to time

(1) Press the program key to select the time countdown mode, and the time window flashes "20:00", with a range of 5-99 minutes. After modification, press the start key to start directly or press the Enter key to set the distance. Press the rest key to return to the previous level.

(2) Press the start key to run, and the treadmill starts running at the lowest speed. Press the speed key to select the speed. The time window displays the countdown. When the time is "0:00", the treadmill

stops running.

#### **Reciprocal distance**

(1) Press the program key to select the distance countdown mode, the distance window flashes "1.0", the range is 1-999 kilometers, press SPD+, SPD- or INC+, INC- to adjust the distance.

(2) Press the start key to run, and the treadmill starts running at the lowest speed. Press the speed key to select the speed, and the distance window displays the countdown. When the distance is displayed as "0", the treadmill stops running.

#### **Reciprocal heat**

(1) Press the program key to select the heat countdown mode, and the heat window flashes "100", with the range of 1-999 calories. Press the SPD +, SPD - or Inc +, Inc - keys to adjust the calories.

(1) Press the start key to run, and the treadmill starts running at the lowest speed. Press the speed key to select the speed, and the heat window displays the countdown. When the heat is displayed as "0", the treadmill stops running.

### **4、 Heartbeat test**

When the controller detects the hand held heartbeat, the heart rate window displays the corresponding heartbeat value. (display range 40-220)

### **5、 Parameter setting**

#### **1、 Control panel parameter settings**

NO.	SPECIFICATION	UNIT	DEFAULTS	REMARK
1	Minimum Speed Top speed Maximum slope value Minimum resistance Highest resistance	Km/h	1	
2	Maximum Speed	Km/h	20	
3	Maximum Slope	Degree	15	
4	Minimum Resistance	N	0	
5	Maximum Resistance	N	10	

## 2、Lifting calibration

Press the emergency stop switch, press the start key and stop key on the display board at the same time, the emergency stop switch will reset and the factory key will be displayed. After pressing the start key, the hoisting will start self inspection; CHL is displayed during self-test.

## 3、Program form

FIXED PROGRAM	P1		P2		P3	
LEVEL	SPEED	SLOPE	SPEED	SLOPE	SPEED	SLOPE
1	4.0	8	5.5	4	7.0	7
2	4.0	7	6.0	5	7.5	6
3	4.5	6	6.5	6	8.0	5
4	4.5	5	7.0	7	8.0	4
5	5.0	9	7.5	8	9.5	5
6	5.0	8	8.0	9	10.0	5
7	5.5	7	8.5	4	11.0	6
8	5.5	6	9.0	5	12.0	5
9	6.0	5	9.5	6	13.0	5
10	6.0	4	6.5	7	12.0	6
11	6.5	6	7.0	8	10.0	5
12	4.5	5	7.5	6	8.0	5
13	4.5	9	8.0	7	8.0	4
14	5.0	8	8.5	8	9.5	5
15	5.0	7	9.0	9	10.0	5
16	5.5	6	9.5	4	11.0	6
17	5.5	5	10.0	5	12.0	5
18	4.0	4	10.0	6	13.0	5
19	4.0	5	9.5	7	12.0	6
20	4.5	6	9.0	8	10.0	4
21	4.5	7	8.5	9	8.0	5
22	5.0	8	8.0	4	12.0	6
23	5.0	9	3.0	5	11.0	4
24	5.5	4	1.0	6	10.0	5

FIXED PROGRAM	P4		P5	
	SPEED	SLOPE	SPEED	SLOPE
1	8.0	7	8.0	7
2	9.0	6	10.0	6
3	10.0	5	12.0	5
4	11.0	6	14.0	4
5	12.0	5	16.0	4
6	13.0	6	12.0	5
7	14.0	4	16.0	4
8	13.0	6	14.0	5
9	12.0	5	12.0	6
10	14.0	4	10.0	7
11	12.0	5	8.0	8
12	10.0	5	12.0	5
13	11.0	6	14.0	4
14	12.0	5	16.0	4
15	13.0	6	12.0	5
16	14.0	4	16.0	4
17	13.0	6	14.0	5
18	12.0	5	12.0	6
19	14.0	4	10.0	7
20	12.0	5	8.0	8
21	10.0	6	10.0	7
22	8.0	7	12.0	6
23	12.0	6	14.0	5
24	14.0	5	16.0	4



#### 4. Frequency converter error message :

	Fault code	Fault meaning	Treatment countermeasures
	E01H	Undervoltage fault	<ol style="list-style-type: none"> <li>1. Check whether the power plug, socket and switch connecting wire are loose and fall off.</li> <li>2. After cutting off the power supply for 2 minutes, power on again.</li> <li>3. Check whether the power supply voltage is too low.</li> <li>4. If it cannot work normally, please contact the after-sales personnel</li> </ol>
	E02H	Temperature detection fault	<ol style="list-style-type: none"> <li>1. Turn off the power supply for 2 minutes and then turn it on again.</li> <li>2. Check whether the NTC plug of frequency converter falls off.</li> <li>3. If it cannot work normally, please contact the after-sales personnel.</li> </ol>
	E04H	Current fault	<ol style="list-style-type: none"> <li>1. Turn off the power supply for 5 minutes and then turn it on again.</li> <li>2. Whether the load is overweight.</li> <li>3. Check whether the running belt is short of oil, whether the back of the running belt is worn, and whether the transmission mechanism is abnormal.</li> <li>4. If it cannot work normally, please contact the after-sales personnel.</li> </ol>
	E06H	Inverter overvoltage	<ol style="list-style-type: none"> <li>1. Confirm whether the power supply voltage is normal.</li> <li>2. After 2 minutes of power failure, power on and start again. If it cannot return to normal, please contact after-sales personnel.</li> </ol>
	E50H	Communication timeout	<ol style="list-style-type: none"> <li>1. Check whether the electronic meter cable is loose or detached from the electronic meter.</li> <li>2. Check whether the electronic meter cable and the frequency converter are loose and fall off.</li> <li>3. Check whether the electronic meter is in good contact with the lower end.</li> <li>4. Switch off the power supply for 2 minutes, and then switch on the power again.</li> </ol>
	E08H	The ground protection	<ol style="list-style-type: none"> <li>1. Disconnect the power supply for 2 minutes and power it on again.</li> <li>2. Ensure that the motor and its cables are well insulated.</li> <li>3. Check whether the running belt is short of oil, whether the back of the running belt is worn, and whether the transmission mechanism is abnormal.</li> <li>4. If the fault persists, contact after-sales personnel.</li> </ol>
	E09H	Over temperature protection of frequency converter	<ol style="list-style-type: none"> <li>1. Clean the heat sink of the frequency converter and improve the ventilation of the equipment space.</li> <li>2. Replace the frequency converter.</li> <li>3. If it cannot work normally, please contact the after-sales personnel.</li> </ol>
	E0AH	Motor overload fault	<ol style="list-style-type: none"> <li>1. Confirm whether it is overweight or overloaded.</li> <li>2. Check whether the running belt is short of oil, whether the back of the running belt is worn, and whether the transmission mechanism is abnormal.</li> </ol>
	E0BH	Inverter overload fault	<ol style="list-style-type: none"> <li>1. Confirm whether it is overweight or overloaded.</li> <li>2. Check whether the running belt is short of oil, wear the back of the running belt and wear the transmission mechanism.</li> </ol>
	E0DH	Motor wire break detected	<ol style="list-style-type: none"> <li>1. Check whether the connecting line and joint of the motor and frequency converter are loose.</li> <li>2. The motor is not connected.</li> </ol>

EOEH	Dynamic brake protection	1. Power on the device 2 minutes after the power-off. 2. Replace the frequency converter.
E21H	Flash exception protection	1. Power on the device 2 minutes after the power-off. 2. Replace the frequency converter.
E23H	Low voltage alarm	1. Confirm whether the input power supply voltage is normal. 2. Check if plug connection is loose.
SF	Emergency stop	1. Check whether the emergency switch is off or off. 2. Do the above table to the frequency converter line loose?
E29H	High temperature display	This function is off by default (F-070=0)
E5	Lift control anomaly	1. Check whether the lifting VR line is connected properly. 2. If you touch lightly the lifting motor is hot, it is very hot and can not touch, try not to adjust the lift or power down for about 5 minutes. When the heating temperature goes back to normal temperature, then power up again.
E-52H	Abnormal lift control	1. Check whether the lifting VR cable is properly connected. 2. Gently touch the lifting motor if it is too hot to touch. Try not to adjust the lifting or power off for about 5 minutes, and then power on again when the lifting temperature returns to normal temperature.