

FRENCH FITNESS

FF-CT90

**FRENCH FITNESS CT90 MANUAL CURVE
TREADMILL W/ALUMINUM BELT**

ASSEMBLY MANUAL



Read all instruction carefully before use this product.
Retain this owner's manual for the future's reference

FEATURES

- Superior Design and Specifications - Crafted with a sleek and compact design, making it suitable for both home and commercial use. With dimensions measuring 80" in length, 36" in width, and 62.7" in height, this treadmill offers a perfect balance of functionality and space efficiency. Its sturdy frame and durable construction ensure stability, even during high-intensity workouts. The treadmill is equipped with a curved nylon belt, providing a responsive and comfortable running experience that minimizes joint impact.
- Maximize Your Workout Potential with Front and Side Handles - The front handles offer a secure grip for exercises such as sled pushes. With the ability to adjust the sled to different positions, including high, medium, and low, users can target different muscle groups and intensify their workouts. Sled pushes in the high position emphasize lower body strength and power, while the medium and low positions focus on glutes, quads, and hamstrings, respectively. The side handles provide stability and support during exercises like cross-over lateral hops. These lateral movements involve hopping from side to side while holding onto the side handles for balance. The side handles allow users to maintain stability and proper form as they engage the lower body and work on agility and coordination.
- Customizable Gear Adjustment - Users have the flexibility to tailor their workout intensity. The treadmill offers a gear adjustment system with 1-6 gear display options. This feature allows users to modify the resistance level, accommodating a wide range of fitness levels and training preferences. Whether you're a beginner starting at a lower gear or an experienced athlete pushing yourself at a higher gear, this treadmill ensures a challenging and personalized workout.
- Effortless Resistance Adjustment - Features a magnetron resistance adjustment mechanism. This technology allows users to easily modify the resistance level during their workout. With a simple turn of the adjustment knob, users can increase or decrease the resistance, providing an extra challenge or a recovery phase as needed. This intuitive resistance adjustment ensures a seamless and efficient training session.
- Comprehensive Display and Tracking - Equipped with a user-friendly screen display that provides essential workout metrics. Users can monitor their time, speed, and calorie expenditure, allowing them to track their progress and set achievable fitness goals. Whether you're aiming for a specific time target, striving to increase your speed, or monitoring your calorie burn, the clear display keeps you informed and motivated throughout your workout.
- Impressive Weight Capacity and Stability - Built to accommodate a maximum user weight of 400 lbs. This robust weight capacity ensures that users of varying sizes and fitness levels can confidently engage in their workouts without compromising safety or performance. The treadmill's solid construction, reinforced by its net weight of 326 lbs, guarantees stability and durability even during vigorous exercise sessions. Offers an outstanding fitness solution for users seeking a challenging and effective workout experience. With its superior design, customizable gear adjustment, effortless resistance modification, comprehensive display, and impressive weight capacity, this treadmill caters to a wide range of fitness goals and user needs.
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Cup Holder: Included
- Tube Size: 3mm
- Belt Width: 18.8"
- Running Belt: Curved aluminum belt
- Running Machine Plastic: ABS plastic
- Exercise Mode: Magnetron resistance adjustment
- Displays: Time, Speed (Km/h), Distance (Km), Calories, Level (1-6)
- Resistance Levels: 6 Levels
- Weight: 326.2 lbs (148 KG)
- Shipping Weight: 370.3 lbs (168 KG)
- Max User Weight: 400 lbs
- Dimensions: 80"L x 36"W x 62.7"H
- Width: 36" (Frame is 35.5" + 0.5" extra for cup holder)
- Step up height 13.5" to 16.5" (13.5" middle, 16.5" at end)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger-To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work

- 1) Install the treadmill on a flat level surface
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill, if it has, please must under the your adults and coaches eyes.
- 6) When running, keep hands away from all moving parts.
- 7) The counter sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 8) Use handrails provided; they are for your safety.
- 9) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 10) Allowed temperature: 5 to 40 degrees.

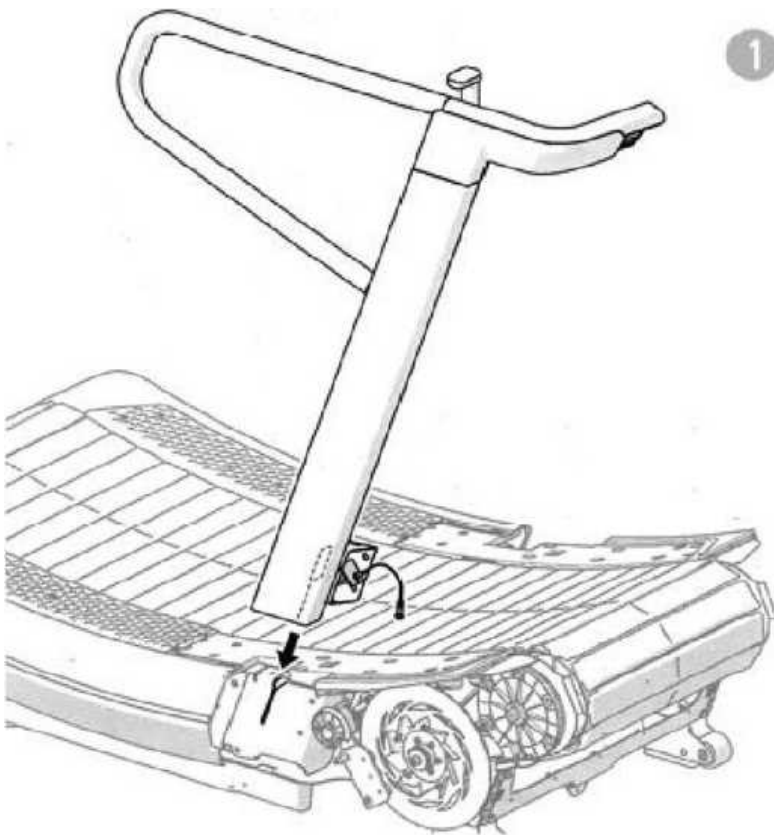
IMPORTANT OPERATION INSTRUCTIONS

Be sure to read the entire manual before operating your machine.

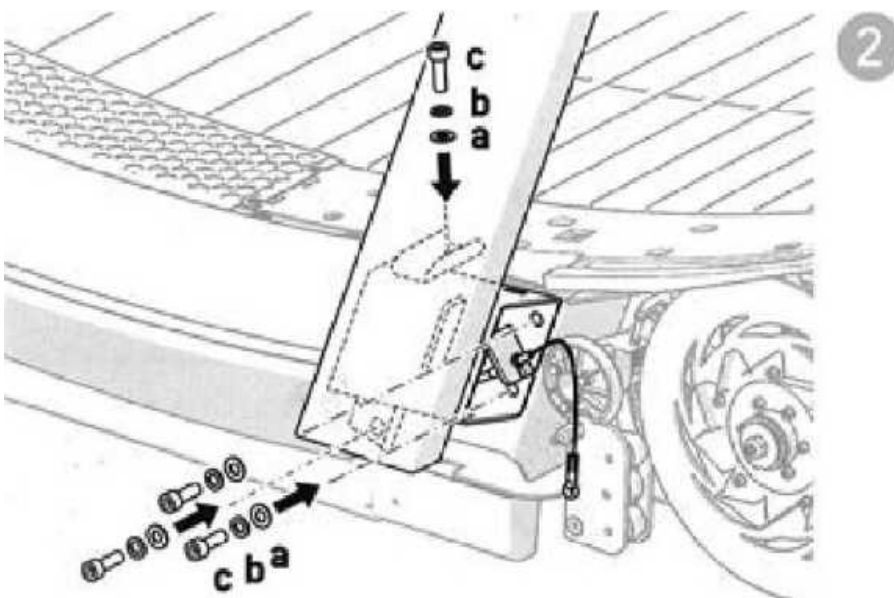
- 1) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- 2) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 3) Always hold on to handrail while making control changes.
- 4) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 5) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breasting period.
- 6) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 7) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification.

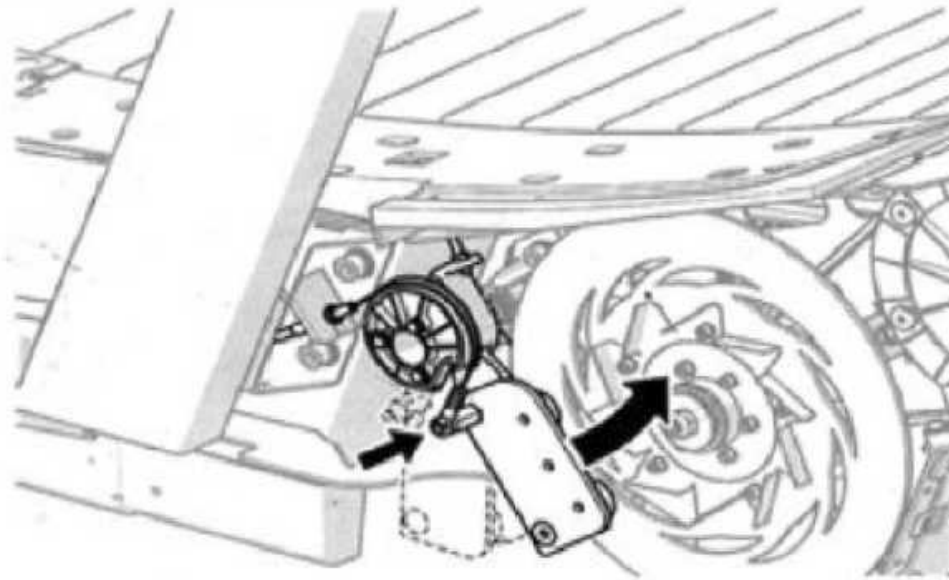
ASSEMBLY INSTRUCTIONS



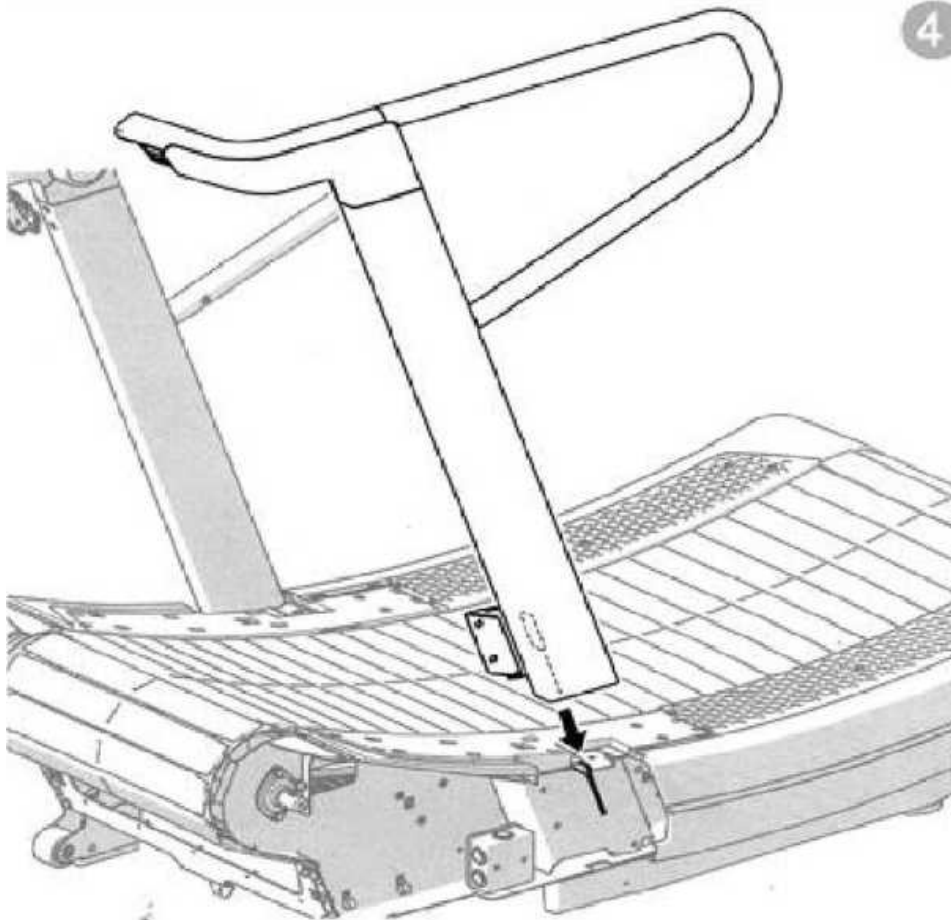
Step 2: Treadmill magnetic system



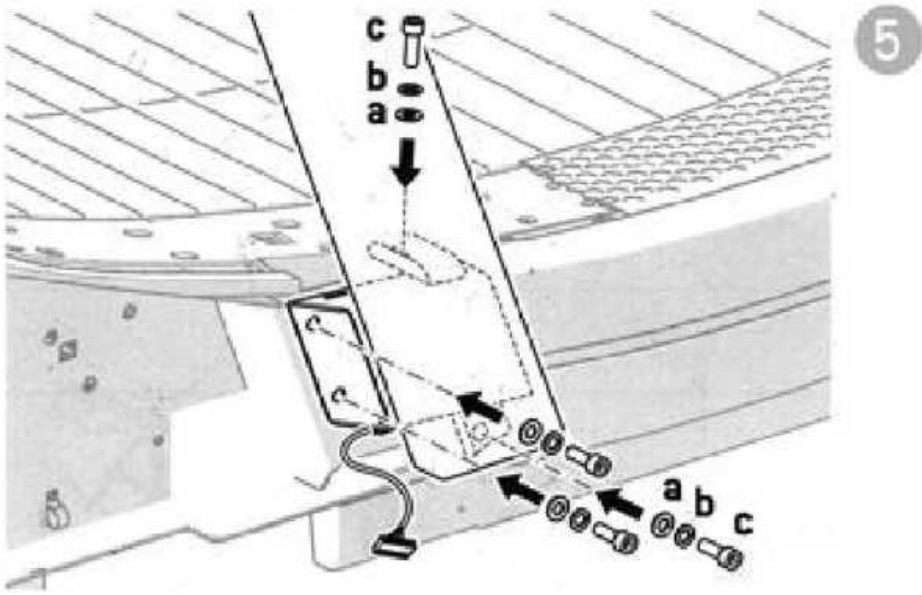
Step 3: Put the Magnetic system under the flywheel and choose a right position.



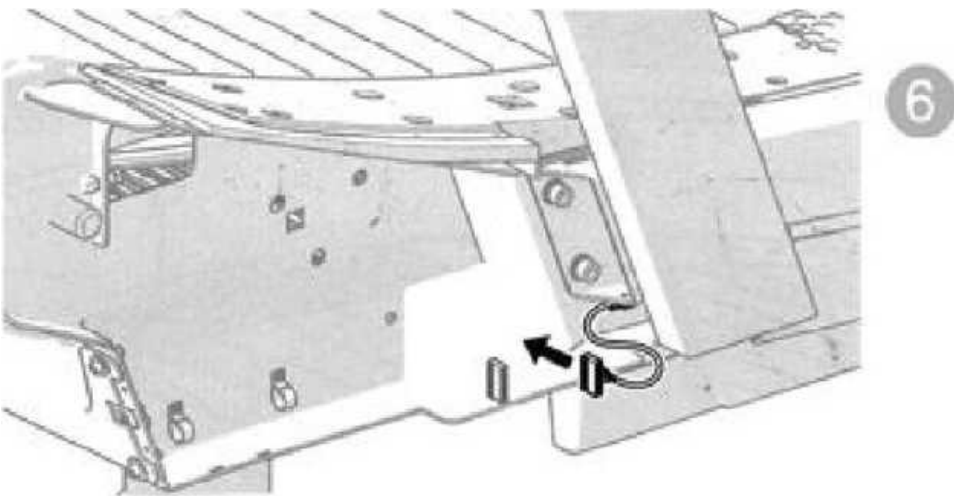
Step 4: Assembly the other side of the treadmill column



Step 5: Assembly the bottom of other side treadmill column



Step 6:



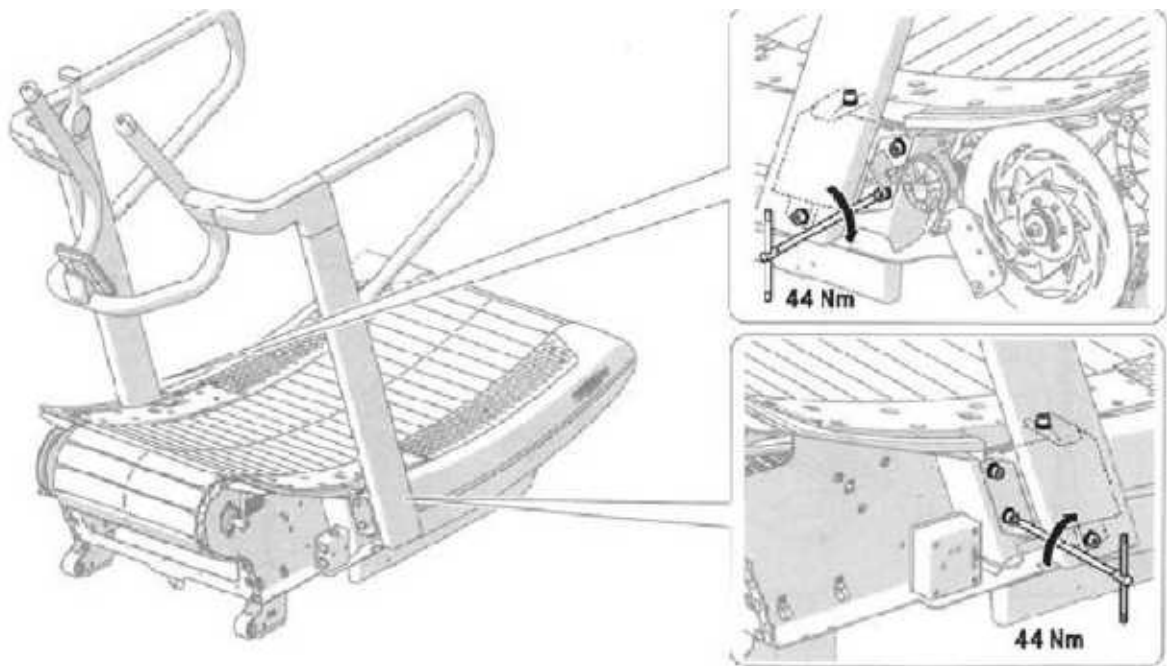
Step7: Assembly the counter

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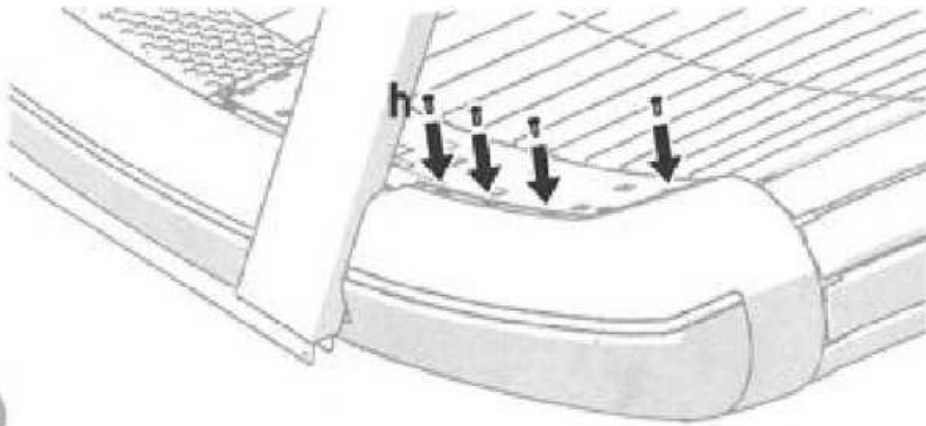


Step 8: Fix and Tied the Treadmill Column

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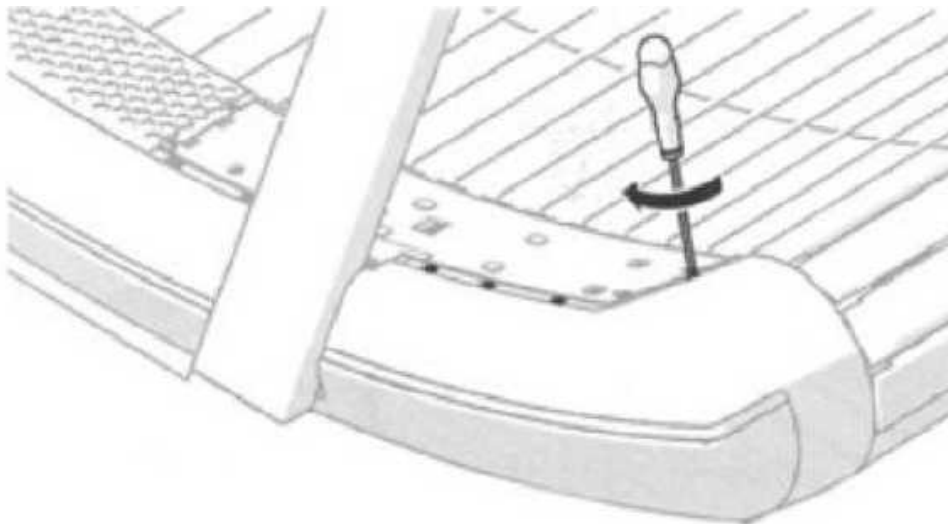


Step 9; Assembly the treadmill side covers from front to back. All screws will do at the same time.



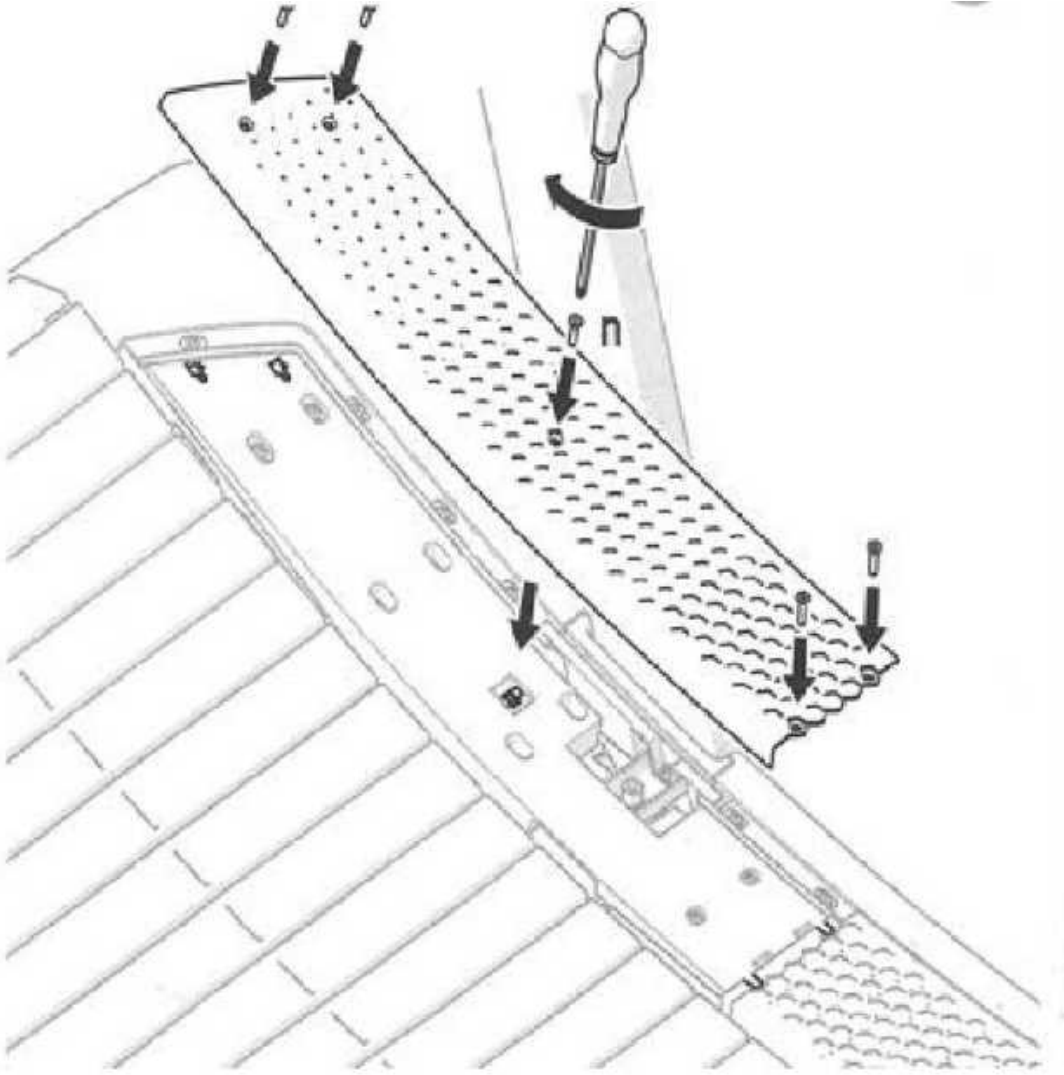
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Step 10:

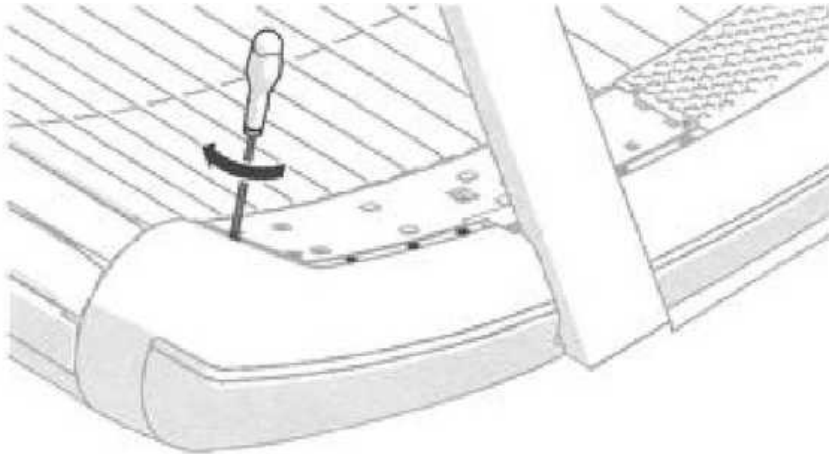


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Step 11:

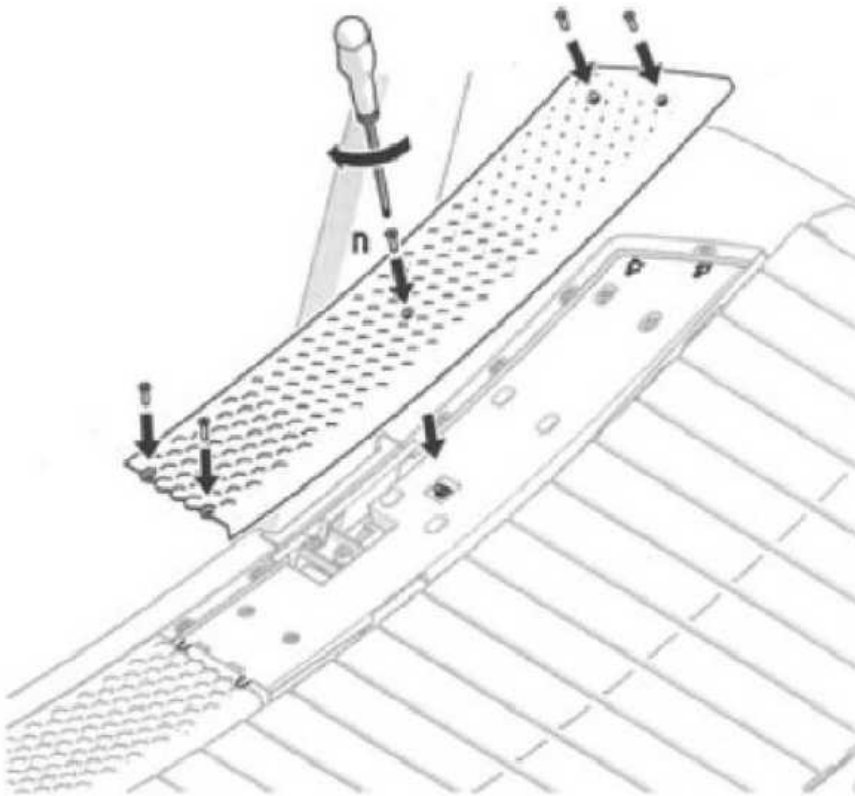


Step12:



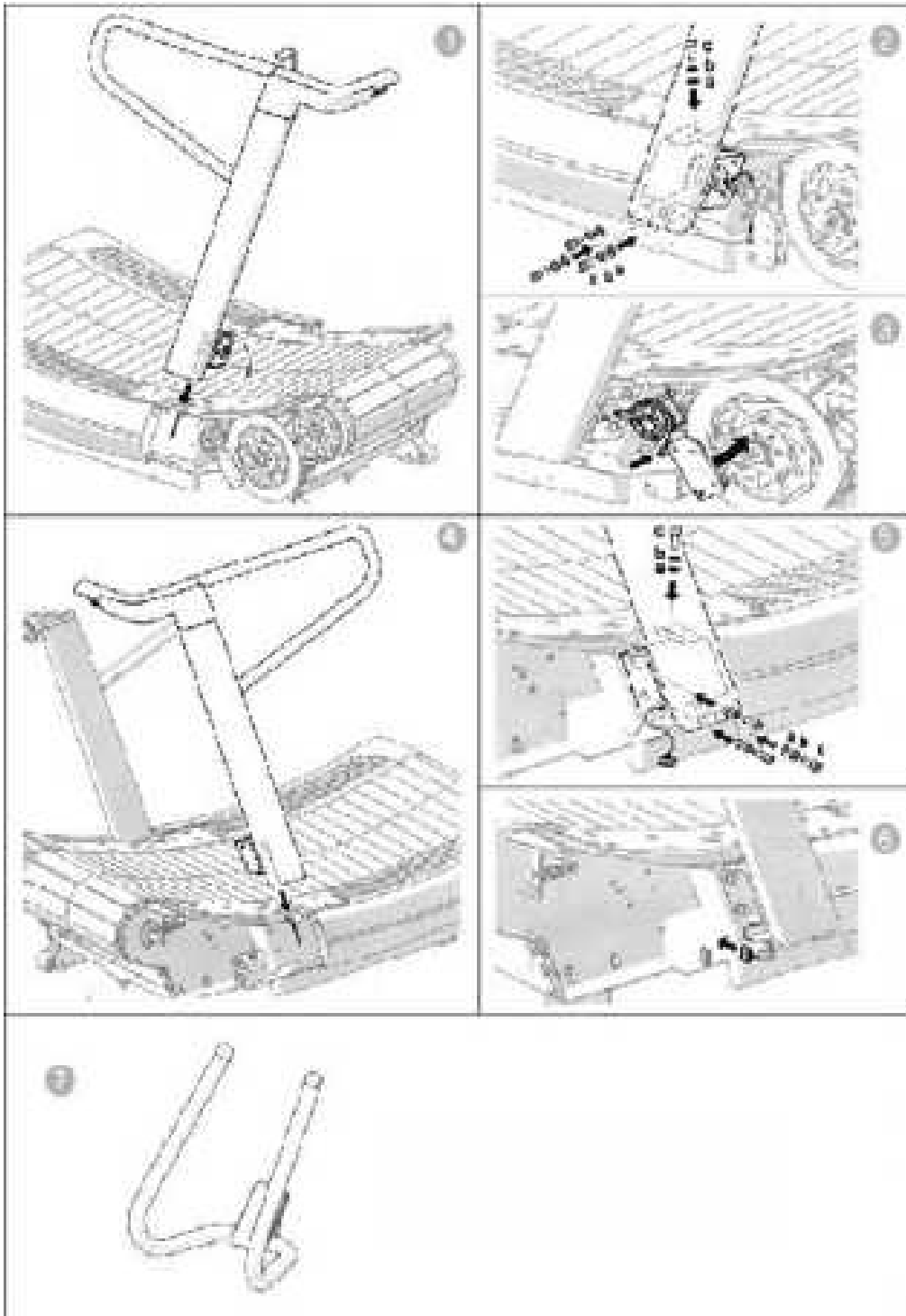
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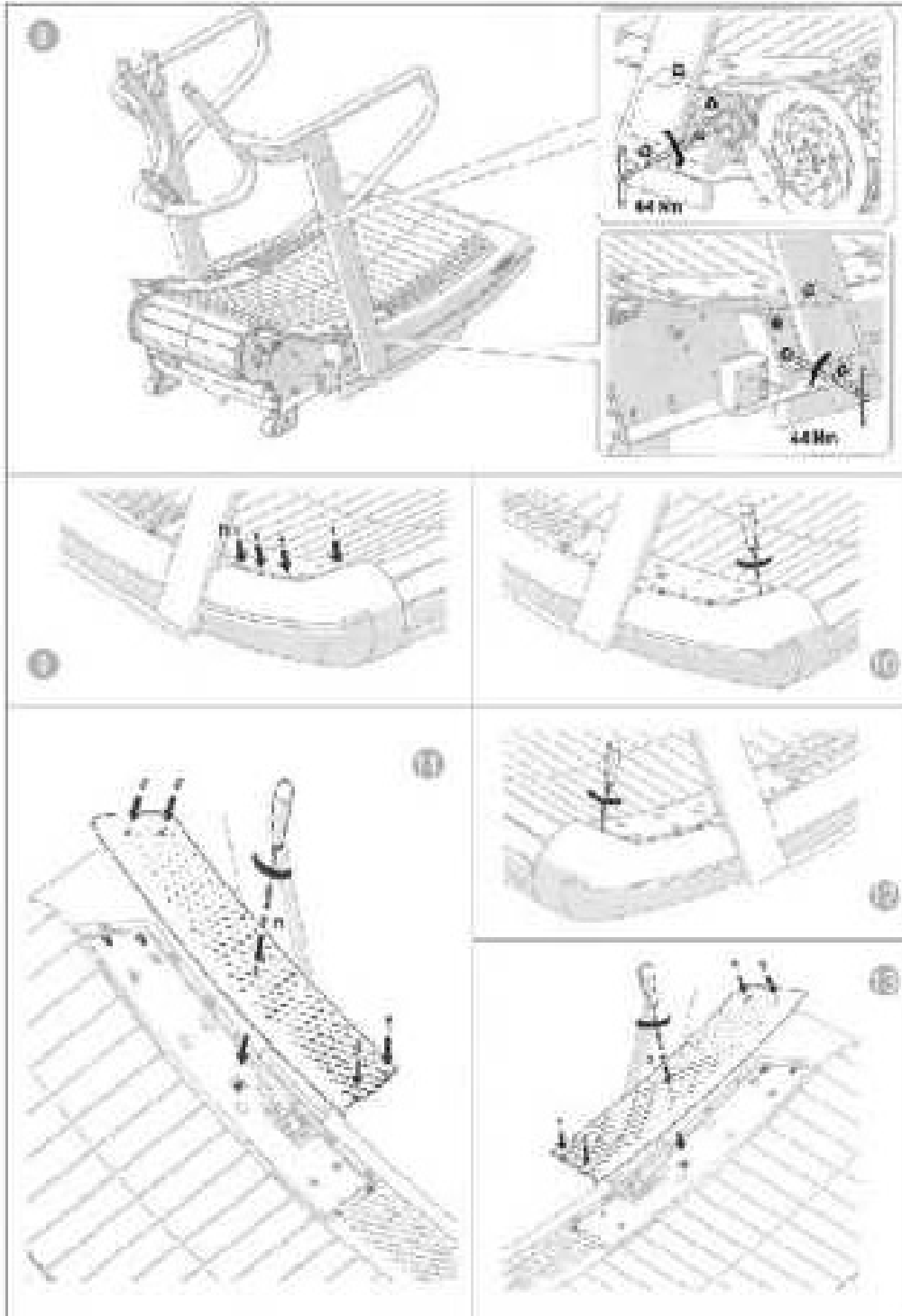
Step13:



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ASSEMBLY EXPLODING





THE EXERCISE COMPUTER



SPECIFICATIONS

Specifications:

TIME... .. 00 : 00-99:59 MIN:SEC
SPPED -----0.0-999.9KM/H OR ML/H
DISTANCE..... 0.00-99.99KM OR ML
CALORIES- .. -..... 0.0-999.9KCAL

KEY FUNCTIONAL

MODEL: To select the functional you want, hold the key for 4 seconds to have all function values reset except the ODOMETER(TOTAL).

SET (if have):to input the target value by the key except the ODOMETER(TGTAL).

RESET/CLEAR (if have) to let the value reset except the ODOMETER(TOTAL).

Operational procedures:

Auto ON /OFF. The monitor will be automatically shut off if there is no signal coming in for 4 minutes, the monitor will be auto-powered when start exercise or press key.

FUNCTIONAL

<1 >TIME(TMR) Auto-memorize the workout time while exercising.

<2>SPEED(SPD) Display the current speed.

<3>DISTANCE (DST) Accumulate the distance while exercising

<4>CALO RIES (CAL) Auto-memorizethecalories amo u nt wh ii e exe rcis ing.

BATTERY if there is possibility to see an improper display on the monitor please replace the battery to have a good result, this is monitor uses two'AA' or one 'AAA¹' battery or one 1.5V button battery, you can replace the battery at the same time.

EXERCISE INSTRUCTIONS

/ARM UP STAGE

if you are over 35 years old, or not very healthy, also it s your first time exercise, please consult with your doctor or professional person.

EXERCISE STAGE

Learn how to adjust the resistance. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes, if walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby. You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity .you can follow the instruction
Speed 1-3.0KM/H not well physical Speed 3.0-4.5KIWH less movement and workout
Speed 4.5-6.0KM/H normal walking Speed 6.0-7.5KM/ H Fast wal ki n g
Speed 7.5-9.0KM/H Jogging Speed 9.0-12.0KM/H intermediate speed walking Speed
12.0-14.5M/H well experiences of running Speed 14.5-16.0KM/H excellent runner

Attention: The velocity of movement <6KM/H , the normal walking; The velocity of movement ≥ 8.0KM/H ,the runner.

WARM- UP INSTRUCTION

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

2. Hamstring stretch: sitting on the clean seat, put one leg straight inward close to the other leg to make it close to the inside leg straight, hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

A quadriceps stretch: the left hand wall or table Fu master balance, and then stretched his right hand back

5.Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).

