

FRENCH FITNESS

FF-T600

**FRENCH FITNESS T600 TREADMILL W/7"
BLUE LCD SCREEN (NEW)**

ASSEMBLY MANUAL



1. Please read this manual carefully before assembly and using. In his manual, you can know how to assemble and use this treadmill correctly. When you use this treadmill, we think you already read this manual.
2. The user manual should be kept properly for easy viewing.

FEATURES

- Suitable for heavy users aiming to lose weight, improve cardiovascular health, or stay active, the French Treadmill is a great investment.
- Equipped with a low-noise continuous AC motor, operates quietly, making it ideal for home gyms or apartments.
- Accommodates the needs of both beginners and advanced runners with a generous speed range, allowing users to select their preferred intensity level for a tailored workout experience.
- Real-time feedback is displayed on the LED screen, allowing users to track progress and customize workouts.
- Provides a diverse selection of workout options, including high-intensity interval training (HIIT) and endurance training.
- Foam Handrails Padding
- Speed Range: 1 - 12.5 mph
- Speed Increments: 0.1 mph
- Incline Range: 1-20%
- CE, EMC, SGS, EN957

CONSOLE FEATURES

- 7" Blue LCD Screen
- Multi-window LED display screen
- Function: Time, distance, speed, slope, Calories, and heart rate
- All treadmill operations can be performed under the main interface: Distance, Time, & Calorie

POWER SOURCE

- Rated Voltage: AC110V + 10% (50Hz/60Hz)
- Motor Power: 3HP (2200W/h), Peak 7HP
- Overload Protector: 13A
- Power Cord Specification: 16A AC 250V

TECH SPECS

- Steel Tube Thickness: 3 mm
- Roller Diameter: 3.46 in (8.8 cm)
- Max User Weight: 440 lbs (200 kg)
- Running Board Size: 53" L x 24.4" W (134.5 cm x 62 cm)
- Running Board Thickness: 1" (25 cm)
- Running area: 61" x 21.6" (155 cm x 55 cm)
- Dimensions: 89.7" L x 37.4" W x 66.9" H (228 cm x 95 cm x 170 cm)
- Shipping Dimensions: 90.5" L x 39.3" W x 25.9" H (230 cm x 100 cm x 66 cm)
- Product Weight: 432 lbs (196 kg)
- Shipping Weight: 476.2 lbs (216 kg)

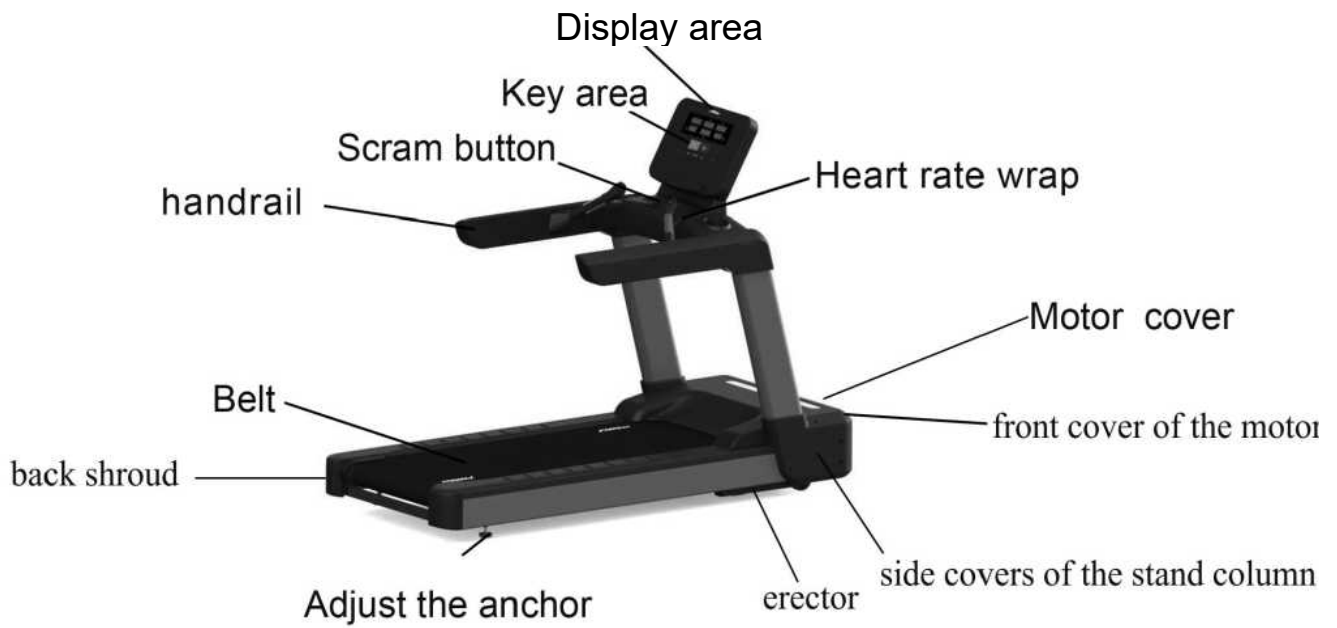
WARRANTY

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

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DIAGRAM



PACKING LIST

NO.	Name	Quantity	Remark
1	Platform		1
2	the stand columns on the right and the left		2
3	Electronic watch rack		1
4	Tool kit		1

NO.	Name	Quantity	Remark
1	power line		1
2	silicone oil		1
3	cross screwdriver		1
4	alien wrench	M6	1
5	alien wrench	M8	1
6	Manual		1

TECHNICAL SPECIFICATION

Input power voltage: AC 110V+ 10% (50Hz/60Hz)

Motor rated power: 3.0HP (2.2Kw)

Electric machine max power: 7HP

Work environment temperature: 0-40°C

Speed range: 1.0-12.5 MPH

Time range: 0:00-99:59 (min: sec)

Distance range: 0.00-99.9(miles)

Heat range: 0-999(Kcal)

Heart rate range: 50-256

Incline degree: (0—20) %

Overload protector specification: 13A

Power cord specification: 16A AC 250V

Size : 89.7"L x 37.4"W x 66.9"H

Net weight: 432 lbs

ASSEMBLY INSTRUCTION

1. Open the package and put the platform in a proper place.
2. Depart the upper motor cover and side stand column covers with cross screwdriver.
3. Depart the screws on the right stand column and get communication lines through the holes.
Fix the right stand column with the departed screws by Allen wrench(8mm).



4. Depart the screws in the holes of the left stand columns, and install the left column. Fix it with the screws by Allen wrench(8mm).

5. Take out of the electrical meter. Depart the screws which connect he columns fix the electrical to the left and right stand columns, then connect the communication line of the right stand column. Fix the electrical meter to the right and left columns with Allen wrench(8mm).



6. Fix tightly the upper and lower screws of the stand columns.

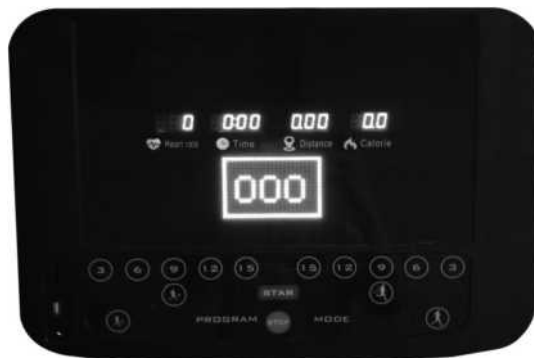
7. Install the departed upper motor cover and side stand column covers with cross screwdriver.

8. Assembly completion.





OPERATING INSTRUCTIONS(LED)



Operation instructions

LED window displays the followings:

- A. Speed window: displaying the speed. Range: 1.0-12.5 MPH
- B. Incline window: displaying the incline. Range:0-20 segments
- C. Time window: displaying the time. Range: 0:00 99:59(min:sec)
- D. Window: displaying distance. Range: 0.00-99.9 miles.
- E. Calorie/heart rate window: displaying calorie/heart rate. Calorie Range: 10.0-999 Kilocalorie. heart rate range: 50-200, for reference only. It is prior to display the heart rate when sensing the heartbeat, while default displaying calorie in standby status.
- F. Dot matrix window: In the standby mode, the dynamic running is displayed. In the common mode, the 400-meter running circle is displayed. In program mode, the dot matrix displays the program speed and the incline chart.

2.Function buttons: start, stop, program, mode, speed+/-,

incline+/- 3.Instructions of the function buttons:

- A. Program: In the stop condition, press this key and select" P01 P02 P03 P04 P05 P06 ".....
- B. Mode: In the stop condition, pressing the "mode" can make a cyclic selection of the programs: manual program—time countdown—distance countdown—calorie countdown
- C. Start: the motor is started from the stop mode
- D. Stop: it can stop the motor in operation
- E. Speed+/-: In certain mode, pressing them will add or reduce the speed when the motor is in operation.
- F. Incline+/- In certain mode, pressing them will add or reduce the incline when the motor is in operation.

1 .Program instruction:

A. A manual mode includes: the common mode, time countdown, calorie countdown, distance countdown.

B. 12 fixed programs: P1,P2.... PI2.

2.Start instruction:

A. Stick the safety sticker in the place of the safety lock.

B. Press the “Start”, the dot matrix will display: 3-2-1, and the buzzer is sounded with every minus, then the motor is started.

The manual mode:

1 .How to enter the manual mode:

A. Turn on the power and enter the common mode

B. In the stop status, pressing the “Mode” can enter the common mode

2.Three setting functions in the manual mode: time setting, distance setting and calorie setting

A. When entering the manual mode, the window displays the time: 0:00

B. In the manual mode, pressing the ”mode” to enter into the time countdown. The time window displays time and flickers. The initial time is 15:00. The time countdown can be set by pressing “Speed+/-“ or “Incline+/-“. The range of time setting is 5:00-99:00.

C. In the time countdown mode, pressing the “mode” can enter the mode of calorie countdown. It displays 50.0Kc at the initial. Pressing the “Speed+/-“ or “Incline+/-“can set the range from 10.0 to 999kc. It adds or reduces 1kc with every pressing.

D. In the calorie countdown mode, pressing the “mode” can enter the mode of distance countdown. It displays 1.00 miles at the initial and the distance can be set by pressing “speed+/- “ or “Incline+/-“. The setting range is 0.5-99.9miles, with 0.1miles change each pressing.

- A. Pressing “Start”, the motor start within 3 seconds and the initial speed is 1.0 MPH
- B. Press “Speed+/-” can change the speed of running
- C. Press “Incline+/-” can change the incline of treadmill
- D. The middle button can instantly set the speed
- E. The middle button can instantly set the incline
- F. Press “Stop” can make the treadmill slow down to stop
- G. When the setting time/ calorie/distance is reduced to 0, the buzzer is sounded like “Bi Bi Bi”, and the dot matrix displays “End”. After 5 second, the machine returns to “stop”, and the buzzer is sounded like “Bi Bi”

Fixed program mode

I. The initial time setting is 10 minutes and only time can be set. The range is 5:00—99:00. The setting number can be adjusted by pressing the “Speed+/-” or “Incline+/-”

Pressing “Start”, the motor starts and the speed gradually adds to the first segment which the automatic program marks (more details in the program table).

Formula		Time	Setting time/10=operation time per period									
			1	2	3	4	5	6	7	8	9	10
P1	Sneed	2	4	3	4	3	5	4	2	5	3	
	Incline	1	2	3	3	1	2	2	3	2	2	
P3	Sneed	2	5	4	5	4	5	4	2	3	2	
	Incline	1	2	2	3	1	2	2	2	2	1	
P4	Sneed	3	6	7	5	8	5	9	6	4	3	
	Incline	2	2	3	3	2	2	4	6	2	2	
P5	Sneed	3	6	7	5	8	6	7	6	4	3	
	Incline	1	2	4	3	2	2	4	5	2	1	
P6	Sneed	2	8	6	4	5	9	7	5	4	3	
	Incline	2	2	6	2	3	4	2	2	2	1	
P7	Sneed	2	6	7	4	4	7	4	2	4	2	
	Incline	4	5	6	6	9	9	10	12	6	3	
P8	Sneed	2	4	6	8	7	8	6	2	3	2	
	Incline	3	5	4	4	3	4	4	3	3	2	
P9	Sneed	2	4	5	5	6	5	6	3	3	2	
	Incline	3	5	3	4	2	3	4	2	3	2	
P10	Sneed	2	3	5	3	3	5	3	6	3	3	
	Incline	4	4	3	6	7	8	8	6	3	3	
P11	Sneed	2	6	7	4	4	7	4	2	4	2	
	Incline	4	5	6	6	9	9	10	12	6	3	
P12	Sneed	2	5	5	4	4	6	4	2	3	4	
	Incline	3	5	6	7	12	9	11	11	6	3	

The display range of data

Initial setting the initial data setting range display range

Time (min:sec)

Speed (MPH)

Incline(segments)

Distance (Miles)

Calorie (Kilocalorie)

The function of the safety lock“

In any mode, pull the safety lock and the LED window displays “SAFE”. The buzzer is sound as “Bi Bi Bi ”.If the motor is in operation , it will stop immediately. The pressing does not work one the safety lock falls down.

The power saving mode

The system is power-saving. With 10minutes in the “waiting status”, the system will enter into the power saving mode if there is no direction inserted. The display is automatically turned down and the system can be awakened again by pressing any button.

Turning off

Precautions:

- 2.1 Check whether the power is loaded before exercise; Check if the security lock is valid.
- 2.2 If there is any abnormal situation during the exercise, the safety lock can be pulled off, and the running will slow down until total stop quickly; Then put in the safety lock, reset the device and wait for input instructions.
- 2.3 If there is any problem with the machine, please contact the dealer. Non-professional personnel, please do not try to dismantle or repair the machine to avoid damage.

3. Calorie calculation method:

$70.3 \times t \times V \text{ (MPH)} \times (1 + ? \%)$

At zero ascension, 70.3 calories are burned per kilometer running

OPERATING INSTRUCTIONS (TOUCH SCREEN)

1. brief introduction:

This treadmill apply the Android 4 core system with same operates method as traditional treadmill. But in terms of entertainment, the Android system is fully embodied, and more playable, making your exercise not boring!

2. Interface Introduction:

This kind treadmill mainly consists of 9 operating interfaces: 1. The main interface. (2) model (distance, time, calories) 3. The language interface 4. Quick start interface 5. Software application interface 6. Reporting interface 7. 8. Imaging simulation interface program interface 9. Set the interface 1 .The main interface

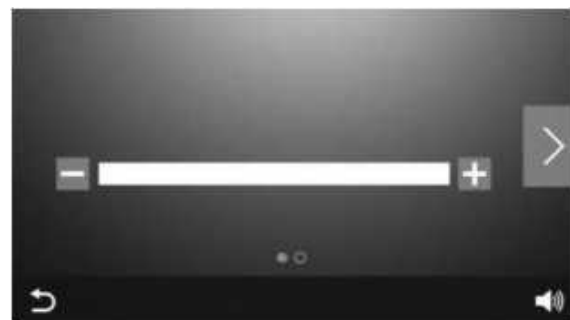
When the treadmill is switched on and starts completely, it will enter the main interface . A s shown below





All treadmill operations can be performed under the main interface model (distance, time, calories)





When the user presses one of the three modes of the treadmill under the main interface, it will enter one of the three modes of the treadmill. As shown in the figure below:







Distance: It indicates the distance model of the traditional treadmills. The system default distance is 01 miles and the maximum limits is 99 miles. The users can choose the suitable movement distance according to their needs by adjusting the  

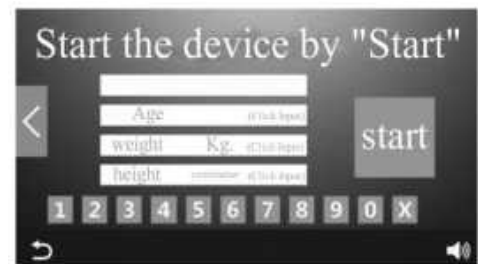



Time: It indicates the time model of the traditional treadmills. The system default time is 30 minutes and the maximum limits is 99 minutes. The users can choose the suitable movement time according to their needs by adjusting the  





Calorie: It indicates the calorie model of the traditional treadmills. The system default calorie is 50 kilocalorie and the maximum limits is 999 kilocalorie. The users can choose the suitable expenditure of energy according to their needs by adjusting the  

When the users adjust the parameters according to their own situation, press on the right side of the screen. As shown below:



The first item is based on the users to set the parameters which can not re-enter the input. The following age, weight, height system has the default parameters, and the  users can also re-enter. When the set-up has no problems, click the

 to start.


 It indicates return.

It indicates the volume adjustment.

3. Click the  button on the main interface and then you can see the language set-up interface. AS shown below:



The default of the system is: Simplified Chinese, English two kinds of operation on the interface. If you need multiple languages, you need to communicate with the manufacturer.

After the set-up, click  to return to the main interface and according to the user set the language to operate system display.

4. Quick Start Interface;

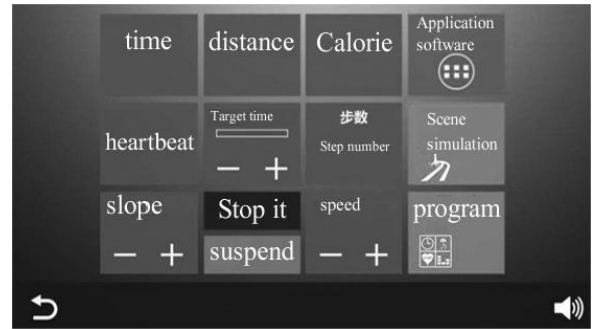
Click the **start** button on the main interface and you can see the quick start interface. As shown below:

Note: the distance mode, time mode, calorie mode and the quick start interface use the same interface. In the process of starting, it is useless to click You must click the pause button and then you can return.

The function of the two buttons is the same as the function on the

Main   Interface.


In the process of running the user is too boring, and the function of the two button is to increase the sport of entertainment. The introduction of the two is bellowed: When the users complete this cycle movement, click the **Stop it** button and then there will be an interface of statistics. As shown below:



The system here will count the sports time, distance, average speed, average slope and the calorie you consume. Click the button and return to the main interface



5. Utility software interface_Q


On the main interface, click the  button and you'll see the utility software interface. There is APK software which can watch movies and listen to music online. About the software, some come with the system and the users' own downloaded software will be also saved here. There is no need to return to the



main interface when you start the treadmill. As shown below:


When you scan the software, you can start or stop the treadmill directly. And you also can adjust the treadmill lifting and speed.

6. Report interface_Q


On the main interface click the  button and you'll see the report interface. As shown below:



Note: The data under the report interface is all the movement data of the last movement cycle recorded in this treadmill without power failure. There is no data when the treadmill powers off or to start a not worked treadmill.

Click  and return to the main interface

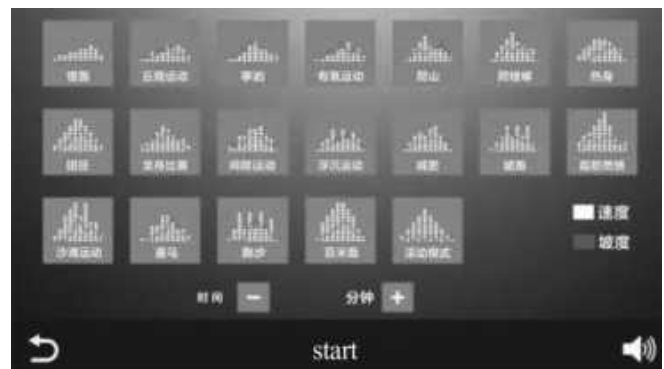
7. Real scene simulation interface_c

this button  at the main interface to enter the live simulation interface The main function is to increase the user's sense of entertainment while running

8. When you press this button on the main screen, enter the program interface.

As shown in the following figure:

The treadmill system has a total of 19 fixed procedures, the system default movement time is 30 minutes, through the adjustment The maximum limit is 99 minutes



The user selects the program of good movement according to his own condition and sets the movement time, then starts the "fast start" interface and starts the treadmill. Press back to main interface 9. System settings

interface and enter the system setup interface of the treadmill. But in order to ensure the stability of the system, we added the secret in here, so that neither the manager or owner of this machine cannot access the settings interface, as shown in the following figure:

Note: password 006688, six digit password. After the input is correct, click "confirm" to enter the system settings interface. As shown in the following figure:



System settings: common settings for Android systems. Such as WIFI switches, brightness, sound, etc.

Self-test function: not open to ordinary users, please do not try

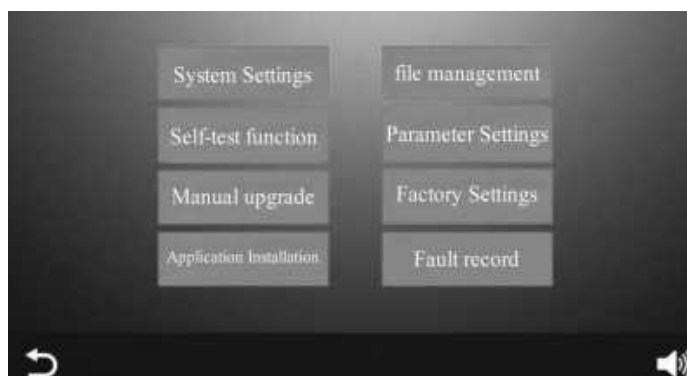
Manual upgrade: not open to ordinary users, please do not try

Application installation: click here when a user installs software with an external storage device

File management: ordinary users do not try, this file contains the system files

Parameter settings: factory parameters have been adjusted to the best state, ordinary users do not tamper with

Factory settings: not open to ordinary users, please do not try



ERROR DISPLAY AND HANDING METHOD (LED)

1. Er1 power supply error (undervoltage)

treatment method: in the case of heavy load, the running machine input voltage is too low, it is recommended to add voltage regulator at the end of the power supply. If MITSUBISHI inverter treadmill display Er1, press MODE converter, the rotary knob display Errol, press SET from 0 to 1, and then press MODE to confirm the exit, off 3 minutes after the restart can work normally

2. Er2 overcurrent protection method: (1) check whether the card to the motor pulley treadmill treadmill frame, if the card into the frame, the fixed screw is adjusted below the motor proper clearance, if there is no card, hand rotating motor inertia wheel to check whether the resistance or check the electrical insulation resistance is greater than 20M, if resistance or motor insulation resistance is less than 20M. Or resistance is 0, you need to replace the motor, or replacement of the inverter.(2) Er2 another case is being outside the treadmill static high pressure through the display communication line board the breakdown current detection sensor Holzer inverter, caused by overcurrent protection at this point need to replace the inverter, treadmill electrostatic breakdown voltage produced by our company is 8000V, after the treadmill was installed, it must be well grounded. If not connected to the ground, the frequency converter will easily be damaged by static electricity, which will cause inconvenience

3. Er4 overload protection method: when the treadmill shows Er4, you need to add 10-20 ml of lubricating oil between the running belt and the running plate, evenly spread between the running belt and the running board to reduce the friction between the running belt and the running plate.If a Er4 is added to the lubricant, replacing a transducer can work

4. Er5 overheating protection treatment method: when the treadmill shows Er5, check whether the fan of the inverter is rotating, if you do not switch to replace the fan, if you do not turn the fan after you replace it, you need to replace the inverter. It is recommended that customers regularly turn on the running machine motor cover on a weekly basis during the treadmill and dust the dust inside the vacuum cleaner to prevent dust from clogging the fan

DEBUG

5. Er6 communication error processing method: to detect whether the inverter communication line interface is loose or bad contact, if it is to re plug the inverter communication line, if not loose or bad contact, you need to replace the inverter
- 6.SAFE emergency stop switch off treatment method: check the emergency stop switch line if it is broken or emergency stop switch is bad , change the emergency stop line or emergency stop switch

1. Please confirm the power supply voltage is normal before power on, confirm the ground wire is good, hand drive belt running flexible, whether or not abnormal sound, whether or not the resistance is abnormal
2. Turn on the red power switch at the front of the machine, switch on the power and touch the screen. Enter the standby state after 3 seconds. Press "quick start" button, ready to enter the treadmill three seconds, "task" interface running, running speed of 1MPH (LED:, press the start button, press 1 MPH to run the treadmill). At this point, please observe whether the running parts of the running machine are running normally
3. Press the buttons on the touch screen to see if each button corresponds to the indicated function, whether the button is valid and the handle is good.
4. Press the safety switch, observe whether the screen touch screen will display "please check the safety lock" emergency stop action prompt character (LED screen display for SAFE). Will the running treadmill stop.
5. shake the armrest of the machine by hand and confirm whether the machine is stable or not
6. the tightness of the running belt of the machine during the commissioning, see the daily maintenance of the running machine”

ROUTINE MAINTENANCE

The treadmill is equipped with nylon composite running belt which is processed by unique production technique. Its advantages include low friction coefficient, high stretching intensity and low noise. The running board has particular double shock-absorbing system, of which the top layer is made of urea resin with high smooth surface and excellent durability, bringing better exercise experience

1. Increase in friction (between running board and running belt) coefficient and load output power may result from dirty matters or lack of lubricating oil, which may get the running belt surface badly worn and cause severe damage to the whole driving system (motor, inverter, roller, motor belt, etc.). This damage is beyond the scope of warranty

2. Inspection of the lubrication condition between running board and running belt must be carried out at least once a week. Please oil the machine based on actual operating frequency. (If it works 6h or more each day, 10~20ml lubricating oil will be needed once every 10 days; if it works less than 6h each day, 10~20ml lubricating oil will be needed every 15 days.) Note: No excessive lubricating oil! Reasonable amount is important for prolonging service life of the machine

3. How to judge friction

Dirtiness and oil reduction can both lead to increase in friction between running board and running belt and may cause damage to motor and inverter. The following phenomena come along with high friction force: 1. When the power is cut off, it's hard or even unable to pedal the running belt. 2. The machine works normally under no-load condition while moves significantly slower or stops disorderly under load. 3. Increased friction may cause damage to running belt, running board, motor control board, or lead to overload protection and inverter protection.

Hence, the machine must be cleaned according to actual condition 4. Off-center problem with running belt Adjustments should be made to the running belt before delivery and after installation. After a period of operation, off-center problem may occur due to the following reasons: The machine is not placed stably.

Users have not been standing on the center of the running belt during exercise

5. If it's caused by human error, it can be fixed by keeping the machine working under no-load condition for 2~3 min. If it fails, take the equipped tool (T-Allen wrench (10mm)) and turn both adjustment screws in adjustment holes on the rear end caps 1/4 turn each time

6. Adjustment methods: If the running belt is off-center to the left, turn screw on the left clockwise or screw on the right counterclockwise; if the running belt is off-center to the right, turn screw on the right clockwise or screw on the left counterclockwise; it's recommended to turn 1/4 turn each time (Adjusting should be on working status and speed above 12 MPH) Off-center problem with running belt is beyond warranty and mainly fixed by the owners. It may cause severe damage to running belt, so it must be found out and solved in time.

7. Running belt tension adjustment: If the running belt is loose, the user may slip; if it's too tight, the power outputs of inverter and motor will be greatly increased. Adjustment needs to be made under these methods. (Adjusting should be on working status and speed above 12 MPH) Tighten: Turn adjustment screws in adjustment holes on rear end caps clockwise 1/4 of circle each time (same angle for both screws) with the equipped tool (T-Allen wrench (10mm)) Loosen: Turn adjustment screws in adjustment holes on rear end caps counterclockwise 1/4 turn each time (same angle for both screws with the equipped tool (T-Allen wrench (10mm)))

8. Diagram (running belt tension adjustment)

SAFFTY NOTICES

Please carefully read this manual and pay attention to the following safety notices before usage

- 1 .This machine must be well grounded and it is prohibited to use it without grounding
- 2.It should be placed indoors and kept away from moisture.No water or any other liquid is allowed to be splashed onto it,nor is any foreign object allowed to be put on or inserted into it
- 3.It must be kept away from combustibile and explosive objects in case the static electricity produced on moving pares during operation may cause danger
- 4.Make sure that it's located stably with four feet completely in contact with the floor and a clearance of 2000mmx1000mm maintained
- 5.Other facilities should be avoided on the same circuit as this machine
- 6.Sports suit and shoes are advocated while bare feet are prohibited during exercise
7. Two or more persons are not allowed to use the same unit at the same time. The maximum user weight is 440lbs.
8. No standing on the running belt while starting the machine! Stand on foot rails, grip the handrails and then start the machine and have workouts
- 9.Inaccurate results maybe caused by multiple factors as heart rate sensor is not medical equipment, so the data is only for your reference. (Generally a fairly precise result can be acquired in 30s.)
- 10.This machine is primarily used for professional fitness clubs and secondarily for fitness centers in residential communities and companies
- 11 .Exercise instruction A.Running is a good exercise to consume energy, improve cardiopulmonary function, blood circulation and physical quality as well as lose weight and shape your body B.Stand on side rails with both feet prior to starting exercise, and then step onto the running belt when it moves slowly. Clench your fists, swing your arms naturally and look straight ahead during exercise. Do not step onto the running belt edges. It's necessary to grip the handrails to keep balance if it's the first try C.Adjust speed or incline slowly with small margin D. Do not get off the machine until it stopscompletely

12. Insert the power plug with which the machine is equipped into corresponding power socket in the front part of machine
13. All regulating devices must be tight
14. This machine must be used in supervised areas; it is prohibited for children under 12, the old, the disabled, and cardiac patients to use it; the juveniles must use it under professional guidance
15. Please turn off the power supply after use (by pressing the red Power Switch in the front part of machine)
16. Incorrect or overload training may damage the motor or the controller, speed the aging of driving system, or even cause physical injury
17. No touching any moving parts when the machine is in operation
18. Users with long hair should pay extra attention to your safety
19. Please stop immediately and consult a physician if you feel any discomfort or abnormality during exercise
20. The emergency stop device is in middle part of the front handrail. In case of any emergency, press the EMERGENCY STOP button to stop the machine swiftly
21. Inspection of transmission parts must be carried out by professional staff before each use; the loose parts must be tightened or replaced in time
22. An obvious sign that tells it's suspended should be put near the machine when it's under repair
23. The power cord must be unplugged and well kept by professional staff in case of use without permission
24. This machine is categorized as Class SC per EN 9