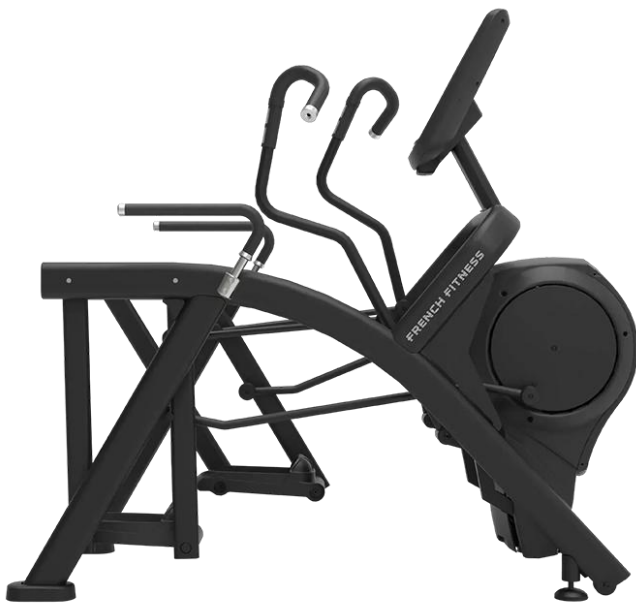


FRENCH FITNESS

FFB-AET50 / FFS-AET50

FRENCH FITNESS BLACK / SILVER
ARC ELLIPTICAL TRAINER

ASSEMBLY MANUAL



OR

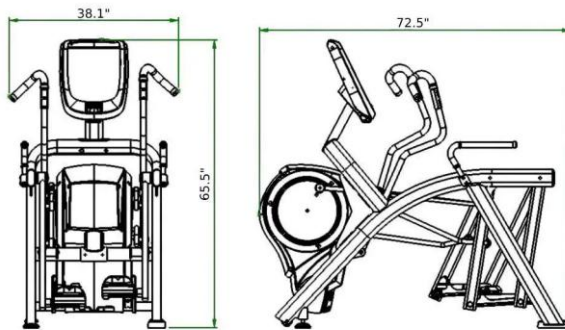


FEATURES

- Brand: French Fitness
- Moving Arms
- USB mobile charger
- Console: LED
- Programs: Elliptical, Skiing, Climbing, Manual mode + Automatic mode
- Heart Rate: Touch (Hand Grips)
- Heart Rate Display Range: 50-256 (times/minutes)

TECH SPECS

French Fitness Black Arc Elliptical Trainer:



- Moving Arms
 - USB mobile charger
 - Programs: Elliptical, Skiing, Climbing, Manual mode + Automatic mode
 - Heart Rate: Touch (Hand Grips)
 - Heart Rate Display Range: 50-256 (times/minutes)
 - Resistance: 900W 180 rpm
- Power Requirements: 110V
 - Motor Rated Power: 0-300 (w)
 - Working Environment Temperature: 0-40 C
 - Speed Display Range: 1.0-20.0 (km/h)
 - Time Display Range: 0:00-99:59 (min:sec)
 - Distance Display Range: 0.00-99.9 (km)
 - Heat Display Range: 0-999 (Kcal)
 - Step Adjustment Range: 0-15 (segment)
 - Resistance Adjustment Range: 0-20 (Section)
 - Voltage: 12V
 - Incline Levels: 20
 - Stride Length: 25"
 - Step Up Height: 7" (179 mm)
 - Product Weight: 366 lbs (166 kg)
 - Maximum User Weight: 330 lbs (150 kg)
 - Ceiling Height Requirement: 7'1"
 - Dimensions: 72.5" L x 38.2" W x 65.5" H (184.2cm x 97cm x 166.4cm)
 - Frame Height: 65.5" (166.4cm)
 - Frame Width: 38.2" (97cm) (33.2" disassembled) (Note it cannot fit through a door under 33.2")

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

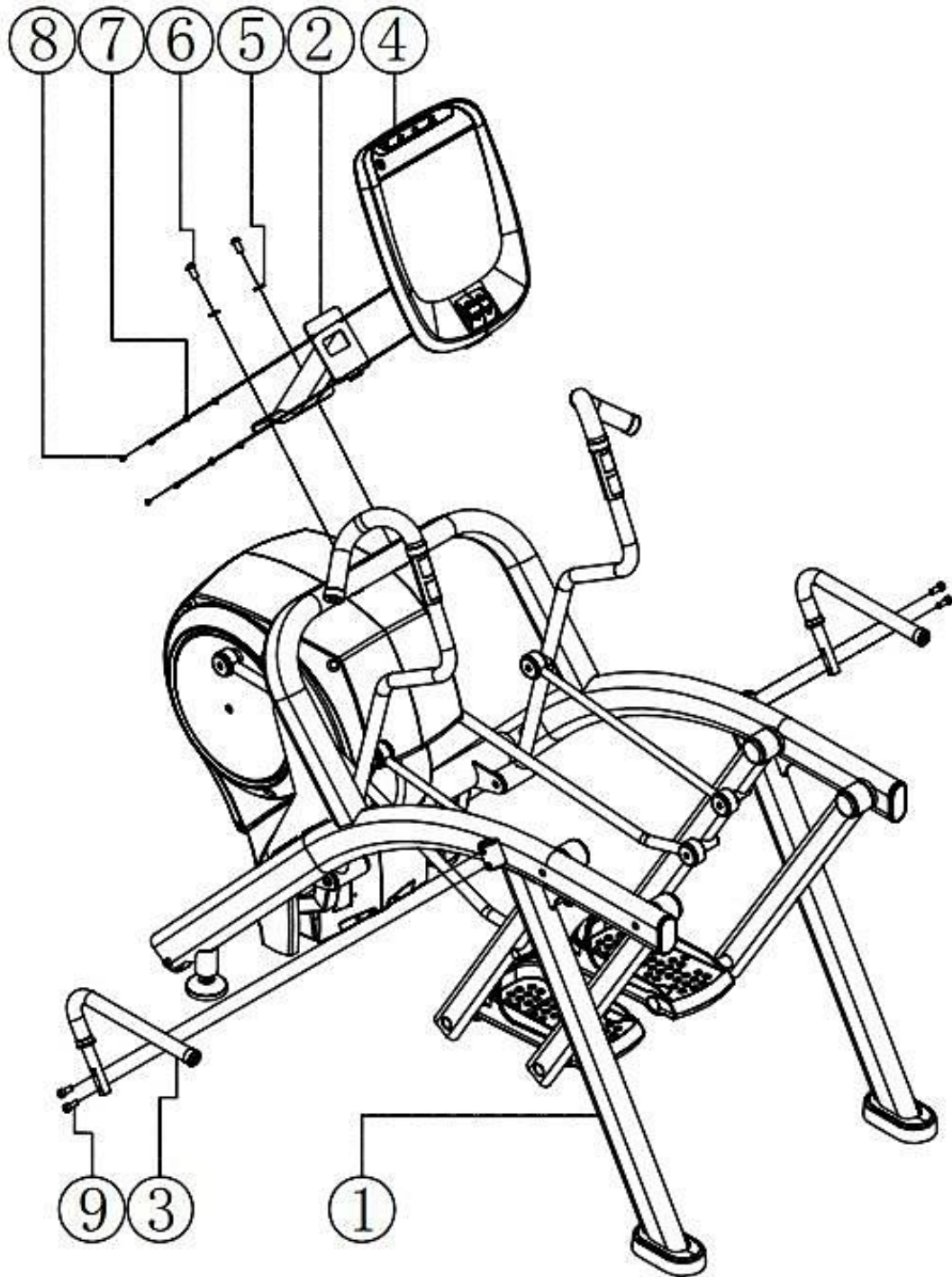
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SAFETY INSTRUCTIONS4


PRECAUTIONS

1. Read this manual carefully before assembling and exercising. The information can help you understand how to install and use the instrument correctly. When you use this instrument, we think you have read this manual.
2. After you purchase the products, please carefully keep the bills of the instruments you purchase, so as to ensure that we can provide you with high-quality services more conveniently.
3. With the continuous improvement and perfection of the products, the contents of the manual will be amended without further notice.
4. In the process of continuously updating and optimizing the product sketch, please refer to the assembly diagram.
5. Use manuals should be properly preserved so that they can be viewed at any time.

ASSEMBLY DIAGRAM OF THE WHOLE UNIT



PACKING LIST BOM

Item No.	Item name	Qty	
1	Main Frame	1	
2	Front screen holder	1	
3	Handle assembly	2	
4	Screen	1	Screw kit
5	Flat gasket ϕ 12	2	
6	Semicircular head socket hex bolt M12*25	2	
7	Flat gasket ϕ 6	4	
8	Cylindrical head socket hex bolt M6*10	4	
9	Cylindrical head socket hex bolt M10*25	4	
Tools	5mm L type socket hex bolt wrench	1	
	8mm L type socket hex bolt wrench	1	
		1	

TECHNICAL PARAMETER

- Driving mode: self-generator Motor rated power: 0-300 (w)
- Working environment temperature: 0-40 C Speed display range: 1.0-20.0 (km/h) Time display range: 0:00-99:59 (min:sec) Distance display range: 0.00-99.9 (km) Heat Display Range: 0-999 (Kcal)
- Heart rate display range: 50-256 (times/minutes) Step adjustment range: 0-15 (segment) Resistance Adjustment Range: 0-20 (Section) Voltage: 12V
- Coverage: 1880 (L)*970 (W)*1660 (H)
- Net weight: 195 kg

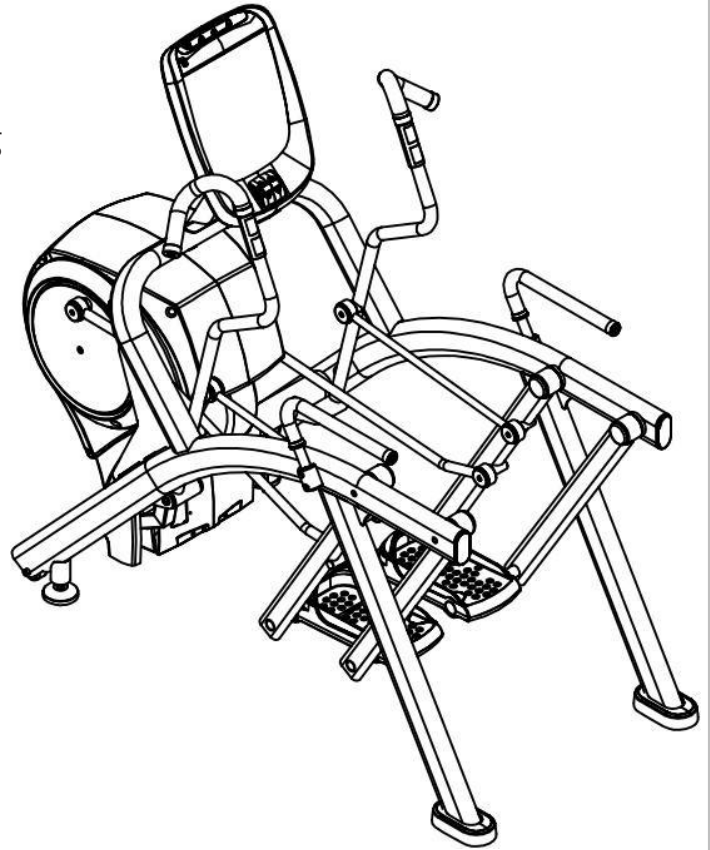
ASSEMBLY INSTRUCTIONS AND PROCEDURES

The purpose of this section of the user manual is to ensure that the self-generating arc trainer can be assembled easily and correctly. As long as you assemble the program according to the user's manual, the assembly will go smoothly.

Since the size of the device is large, the assembly site should be chosen where the device will be placed and enough space should be ensured around it.

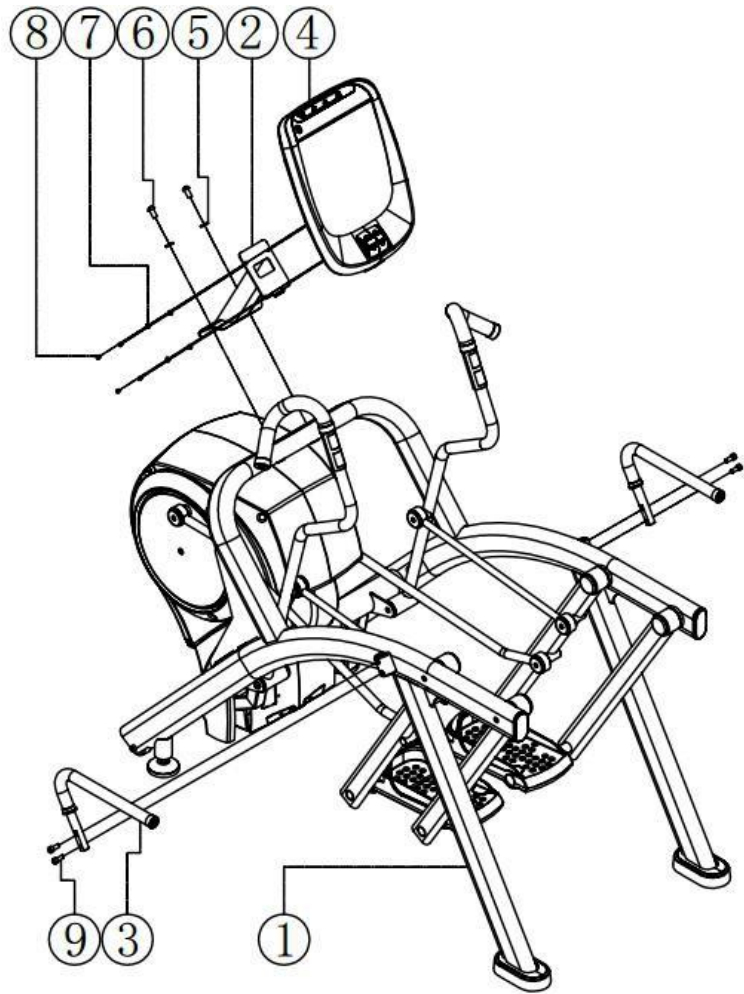
Place all parts of the device in the empty area and remove all packaging materials. Do not discard the packaging materials until the assembly work is completed.

Unless otherwise specified during assembly, all bolts must be tightened and tightened after assembly. When assembling the device, ensure that all parts are assembled according to the assembly diagram.



ASSEMBLY STEPS: (REFERING TO RIGHT PICTURE)

1. Place the whole machine rack ① in the suitable area to be used to remove the bubble wrapping film.
2. Take out the parts ② ③ ④ carefully, avoid surface bump or scratch, and place them beside the rack for installation.
3. With L-type 5 mm inner hexagonal wrench, install the reference right picture of two left and right arm on the rack ① on the corresponding pedal component axis (screw and gasket, end cover has been installed on the pedal arm axis).
4. With L-shaped 5 mm inner hexagonal wrench and ⑦⑧ screw gasket, the support frame of electronic watch ② and the electronic watch ④ are connected and fixed together. The three electronic wires on the electronic watch pass through the middle of the fixing frame of the watch head.
5. Refer to the present position of the right picture, connect the table head bracket with ① rack. It should be noted



ASSEMBLY STEPS: (REFERING TO RIGHT PICTURE)

that the position of the rack connection port has three line terminals corresponding to the electronic meter, which are inserted directly, and use ⑤⑥ Screws and gaskets are tightened.

6. Fix the ③ trumpeter handle on the rack with the ⑨ and tighten it.
7. After all parts are installed, check whether they are locked, leveling the front foot to make the whole device move smoothly, and lock the foot screw with 22-24 wrench, wipe clean, and assemble the device.

FUNCTIONAL OPERATION INSTRUCTIONS

I. Keyboards and Their Functions

1. **Quickstart:** Start running. (Get the pedal up before you start training, turn on the meter and press the start button.)
2. **Program keys:** Select the reciprocal of time (Complete setup), select the fixed program (Choose programs) P1, P2, P3, P4, P5
3. **Regulation +:** Increase the value of selected items (time, weight, training level).
4. **Regulation - :** Reduce the value of selected items (time, weight, training level).
5. **Slope +:** Adjust the gradient and increase the selected gradient value
6. **Slope - :** Adjusting the slope to reduce the selected resistance value
7. **Resistance +:** Adjust the gradient and increase the selected resistance value.
8. **Resistance - :** Quick Selection of Slope
9. **Shortcut keys for time, weight and grade:** Quickly select the parameters you want ;

FUNCTIONAL OPERATION INSTRUCTIONS

II. Procedural Model

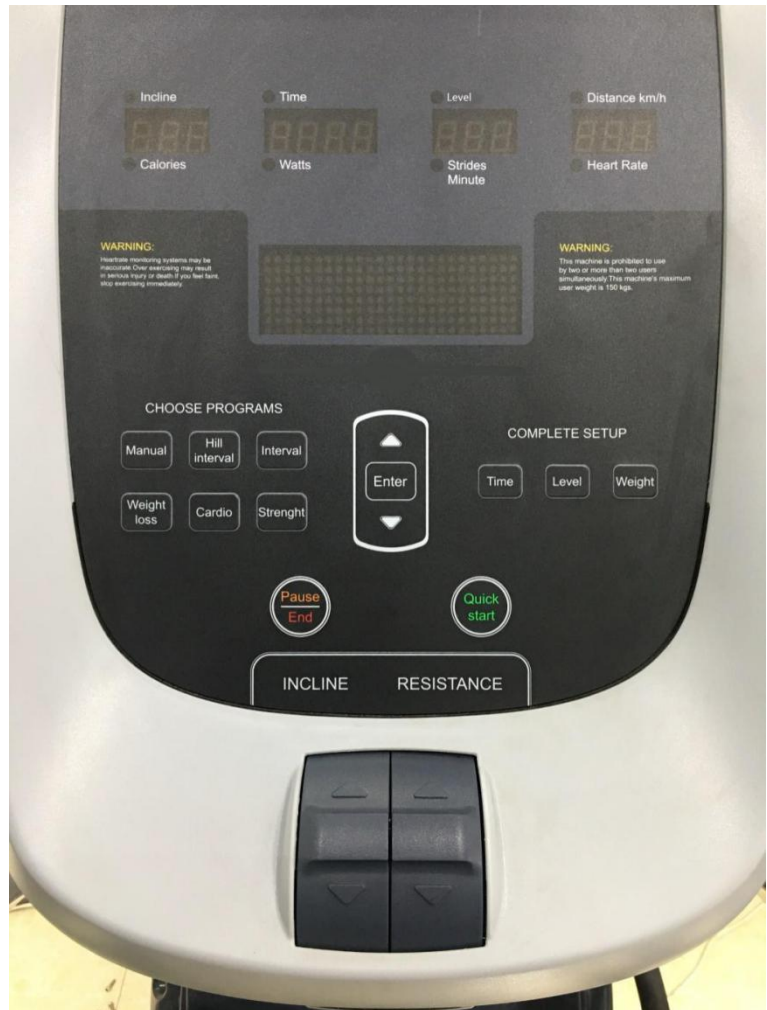
1. Quick Start

1.1 Users press START KEY in IDLE MODE, starting at 0:00.

Other data also start from zero and resistance start from 1.

2. Manual

2.1 In IDLE MODE, select the mode according to MANUAL and display "MIN" to "KGS", and display the default value for USER to modify, modify and complete the confirmation by pressing START KEY and execute the program.



FUNCTIONAL OPERATION INSTRUCTIONS

2.2 Select the modification time according to ENTER KEY, the TIME window flickers to display 20 (indicating the time setting). According to ARROW +/- the modification time, the modification is completed directly by START KEY confirmation and execution program or ENTER KEY jumps to the next project setting.

2.3 Modify weight according to ENTER KEY selection, time window flickering display 68 (indicating weight setting), according to ARROW +/- can modify weight, modify the completion of direct confirmation according to START KEY and execute the program.

3. Program Introduction

3.1 There are five PRESET PROGRAM: HILL INTERVAL, INTERVAL, WEIGHT LOSS, CARDIO, STRENGTH.

3.2 Select PROGRAM MODE according to the corresponding PROGRAM KEY, DM displays the default PROFILE, and ENTER KEY enters the setting mode. Or do not make any changes to the default value, start directly by START KEY; or press END KEY to return to IDLE MODE.

3.3 According to ENTER KEY modification time, TIME window flickers to display 20, DM shows MIN, according to ARROW +/- modification value, modification is completed according to START KEY execution program or STOP KEY return to the previous project settings.

FUNCTIONAL OPERATION INSTRUCTIONS

3.4 Modify weight according to ENTER KEY, TIME window flickers to show 68, DM shows KGS, according to ARROW

+/- to modify the value, modify and complete the execution procedure according to START KEY or return to the previous project settings according to STOP KEY.

3.5 According to ENTER KEY to modify the difficulty of training, TIME window flickers to display 1, DM shows LVL, according to ARROW +/- to modify the value, the modification is completed according to START KEY execution program or STOP KEY to return to the previous project settings.

4. Program Profile

4.1 **HILL INTERVAL** is a 4-minute one-stage program designed for moderate intensity training. In this stage, the program simulates two climbs with the interval of moderate resistance and elevation. The resistance increases and the altitude becomes steeper. Then the resistance returns.

The primary level and core program repeat themselves in the next interval. See the table below.

FUNCTIONAL OPERATION INSTRUCTIONS

Hill Interval											
Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30	
	Warm Up				Program Segments		Cool Down				
Resistance	1	2	3	4	1	2	1	2	3	4	
10	20	25	30	35	40	60	35	30	25	20	
9	20	25	30	35	40	50	35	30	25	20	
8	15	20	25	30	35	45	30	25	20	15	
7	15	20	25	30	35	40	30	25	20	15	
6	15	15	20	25	30	35	25	20	15	15	
5	15	15	20	25	30	25	25	20	15	15	
4	10	10	15	20	25	30	20	15	10	10	
3	10	10	15	20	25	25	20	15	10	10	
2	10	10	10	15	20	20	15	10	10	10	
1	10	10	10	10	15	15	10	10	10	10	
Elevation	1	2	3	4	1	2	1	2	3	4	
10	6	8	10	12	12	20	12	10	8	6	
9	6	6	8	10	10	20	10	8	6	6	
8	6	6	8	10	10	18	10	8	6	6	
7	6	6	6	8	8	18	8	6	6	6	
6	6	6	6	8	8	16	8	6	6	6	
5	6	6	6	6	6	16	6	6	6	6	
4	6	6	6	6	6	14	6	6	6	6	
3	4	4	6	6	6	14	6	6	4	4	
2	4	4	6	6	6	12	6	6	4	4	
1	4	4	6	6	6	12	6	6	4	4	

4.2 **INTERVAL** is a two-minute one-stage training program, using a 1:1 exercise relaxation ratio. In order to improve aerobic and anaerobic capacity, users will face a high level of resistance for 1 minute, then a one minute recovery

FUNCTIONAL OPERATION INSTRUCTIONS

4.3 **WEIGHT LOSS** is a 5-minute training phase designed for medium and low intensity training. In this stage, the user resistance from low intensity to high resistance of the short burst, at the same time in two minutes, the height increased by 50%, increased the training intensity, but not excessive fatigue.

Weight Loss													
Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
Resistance	Warm Up				Program Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	5	10	15	20	25	45	45	25	45	20	15	10	5
9	5	10	15	20	25	40	40	25	40	20	15	10	5
8	5	10	15	20	25	35	35	25	35	20	15	10	5
7	5	5	10	15	25	40	40	25	40	15	10	5	5
6	5	5	10	15	25	35	35	25	35	15	10	5	5
5	5	5	10	15	25	30	30	25	30	15	10	5	5
4	5	5	5	10	15	25	25	15	25	10	5	10	8
3	5	5	5	10	15	20	20	15	20	10	5	10	8
2	5	5	5	5	5	15	15	5	15	5	4	3	3
1	5	5	5	5	5	10	10	5	10	5	4	3	3
Elevation	Warm Up				Program Segments					Cool Down			
	1	2	3	4	1	2	3	4	5	1	2	3	4
10	8	8	8	8	8	12	12	8	8	8	8	8	8
9	8	8	8	8	8	12	12	8	8	8	8	8	8
8	6	6	6	6	6	12	12	6	6	6	6	6	6
7	6	6	6	6	6	8	8	6	6	6	6	6	6
6	6	6	6	6	6	8	8	6	6	6	6	6	6
5	6	6	6	6	6	8	8	6	6	6	6	6	6
4	4	4	4	4	4	6	6	4	4	4	4	4	4
3	4	4	4	4	4	6	6	4	4	4	4	4	4
2	4	4	4	4	4	6	6	4	4	4	4	4	4
1	4	4	4	4	4	6	6	4	4	4	4	4	4

FUNCTIONAL OPERATION INSTRUCTIONS

4.4 **CARDIO**, this program is a four-minute stage, the first two minutes of high resistance, low elevation, the second two minutes of medium resistance, low elevation. The purpose of this training is to improve the user's aerobic ability and exercise the heart and lungs.

Cardio										
Time	:30	:30	:30	:30	2:00	2:00	:30	:30	:30	:30
	Warm Up				Program Segments		Cool Down			
Resistance	1	2	3	4	1	2	1	2	3	4
10	30	35	45	55	80	60	55	45	35	30
9	25	35	45	55	75	55	55	45	35	25
8	25	30	40	45	70	50	45	40	30	25
7	20	25	35	40	65	45	40	35	25	20
6	15	20	30	35	60	40	35	30	20	15
5	15	20	25	30	55	35	30	25	20	15
4	10	15	20	25	50	30	25	20	15	10
3	5	10	15	20	45	30	20	15	10	5
2	0	5	10	15	40	25	15	10	5	0
1	0	0	5	10	35	20	10	5	0	0
Elevation	1	2	3	4	1	2	1	2	3	4
10	6	8	10	12	10	16	12	10	8	6
9	6	6	8	10	10	16	10	8	6	6
8	6	6	8	8	10	14	8	8	6	6
7	6	6	8	8	8	14	8	8	6	6
6	6	6	6	8	8	12	8	6	6	6
5	6	6	6	6	8	12	6	6	6	6
4	4	4	4	6	6	10	6	4	4	4
3	4	4	4	6	6	10	6	4	4	4
2	4	4	4	4	4	8	4	4	4	4
1	4	4	4	4	4	8	4	4	4	4

FUNCTIONAL OPERATION INSTRUCTIONS

4.5 Strength, this program is designed to improve the user's lactic acid threshold, the training phase using a 1:3 ratio of high intensity relaxation intensity, 15 seconds for an interval.

Strength														
Time	:30	:30	:30	:30	:15	:15	:15	:15	:30	:30	:30	:30		
Resistance	Warm Up				Program Segments				Cool Down					
		1	2	3	4	1	2	3	4	1	2	3	4	
	10	25	30	40	45	100	35	35	35	30	25	20	15	
	9	25	30	35	40	95	35	35	35	30	25	20	15	
	8	25	30	35	40	90	35	35	35	30	25	20	15	
	7	25	30	35	40	85	30	30	30	25	20	20	15	
	6	20	25	30	35	80	30	30	30	25	20	20	15	
	5	20	25	30	35	75	30	30	30	25	20	15	10	
	4	20	25	30	35	70	25	25	25	20	20	0	0	
	3	20	20	25	30	65	25	25	25	20	20	0	0	
	2	15	20	25	30	60	20	20	20	15	0	10	5	
1	15	15	20	25	55	20	20	20	15	0	10	5		
Elevation	Warm Up				Program Segments				Cool Down					
		1	2	3	4	1	2	3	4	1	2	3	4	
	10	10	12	16	18	20	20	20	20	18	16	12	10	
	9	10	12	16	18	20	20	20	20	18	16	12	10	
	8	10	12	14	16	18	18	18	18	16	14	12	10	
	7	10	12	14	16	18	18	18	18	16	14	12	10	
	6	10	12	14	16	18	18	18	18	16	14	12	10	
	5	8	10	12	14	16	16	16	16	14	12	10	8	
	4	8	10	12	14	16	16	16	16	14	12	10	8	
	3	8	10	12	14	16	16	16	16	14	12	10	8	
	2	6	8	10	12	14	14	14	14	12	10	8	6	
1	6	8	10	12	14	14	14	14	12	10	8	6		

FUNCTIONAL OPERATION INSTRUCTIONS

5. Engineering Mode:

Lifting Calibration: Hold down WEIGHT and ARROW - 3 seconds when standby, enter calibration, start calibration according to START, and return to standby screen automatically after calibration.

6. Daily maintenance:

Daily inspection

Every day you need to perform the following tasks to maintain the equipment and keep it running smoothly:

- Clean facing material.
- Clean the shield.
- Clean and check the rack.
- Check the connection rotating fastener.
- Check whether the machine is running abnormally. Clean Finishing Material

Clean the finishing material with a spray bottle filled with neutral soap solution every day to remove dirt and sweat from the surface.

Gently spray detergent on the facing material and dry it with a clean cloth.

IMPORTANT INFORMATION: Cleaner products containing any of the following ingredients should not be used when cleaning the guard plate: solvents, alcohol, Ammonia or gasoline etc.

should be cleaned with mild detergent.