

FRENCH FITNESS

FF-CT-100

**FRENCH FITNESS CT100 MANUAL CURVE
TREADMILL W/ALUMINUM BELT (NEW)**

ASSEMBLY MANUAL



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

FEATURES

- Brand: French Fitness
- Superior Design and Specifications
- Secure Front and Side Handles
- Customizable 6 Resistance Levels
- No Resistance: Run
- ABS plastic parts
- Low Resistance: Power Walk
- Medium Resistance: Lateral Shuffle
- High Resistance: Low Push
- Exercise Mode: Magnetron resistance adjustment

Note About Low Push: *It is of medium difficulty, and not of high difficulty. Please note this is not a powerlifter sled push setting.*

CONSOLE FEATURES

- Displays: Time, Speed (MPH), Distance (Mile), Calories, Level (1-6)
- User-friendly screen display
- Shows essential workout metrics: time, speed, and calorie expenditure
- Allows progress tracking and goal setting
- Keeps users informed and motivated throughout workouts

TECH SPECS

- Steel Tube Size: 3 mm
- Cup Holder: Included
- Max User Weight: 396.8 lbs (180 kg)
- Running Belt Area: 51" L x 18.8" W (130 cm x 47.8 cm)
- Running Belt: Curved aluminum belt
- Dimensions: 70.9" L x 38.2" W x 64.2" H (180 cm x 97 cm x 163 cm)
- Shipping Dimensions: 75.2" L x 37.4" W x 25.6" H (191 cm x 95 cm x 65 cm)
- Product Weight: 355 lbs (161 KG)
- Shipping Weight: 399 lbs (181 KG)

WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	4
IMPORTANT OPERATION INSTRUCTIONS	5
ASSEMBLY INSTRUCTIONS	6
THE EXERCISE COMPUTER	16
EXERCISE INSTRUCTIONS	18
WARM-UP INSTRUCTION	20

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

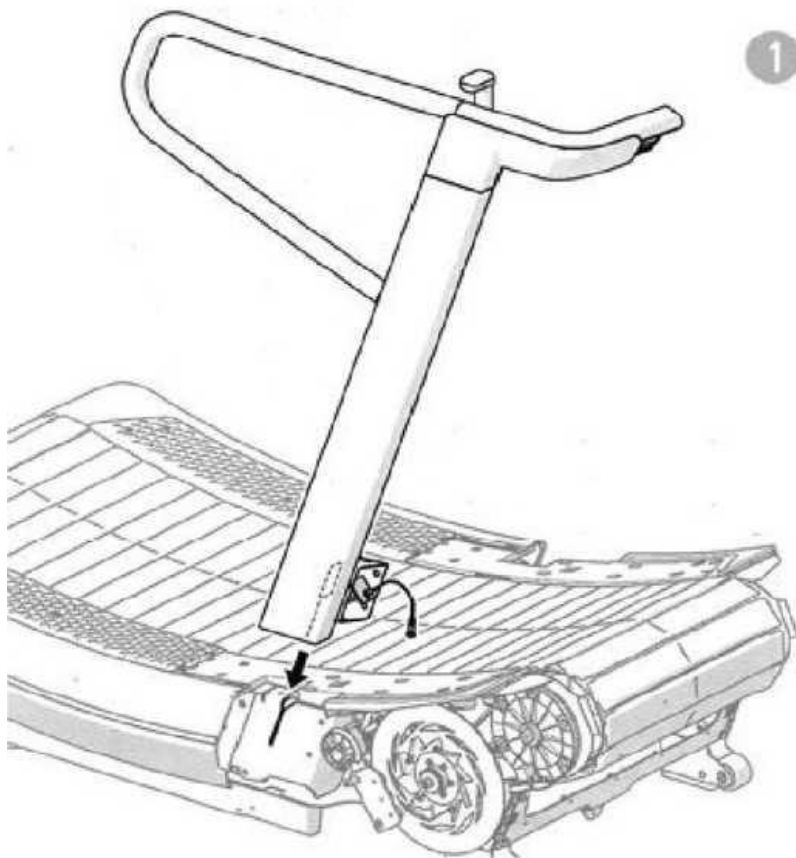
Be sure to read the entire manual before operating your machine.

- 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.

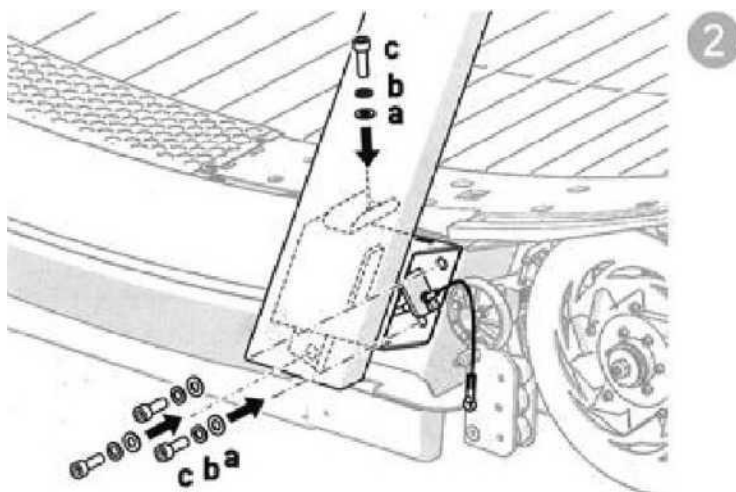
Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification.

ASSEMBLY INSTRUCTIONS

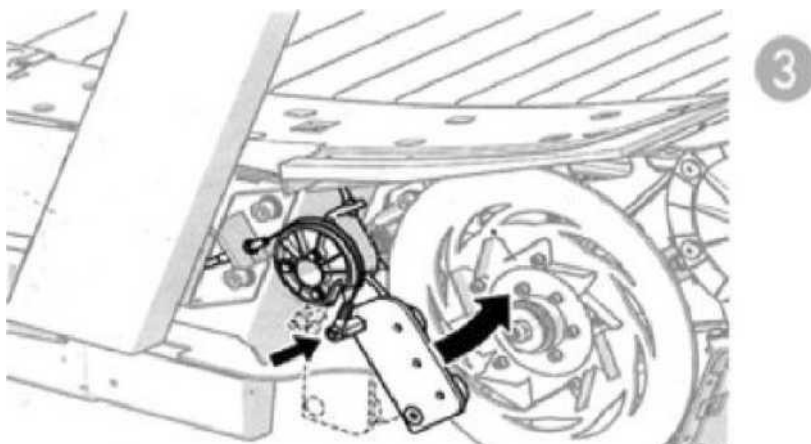
Step 1: Assembly the Treadmill column



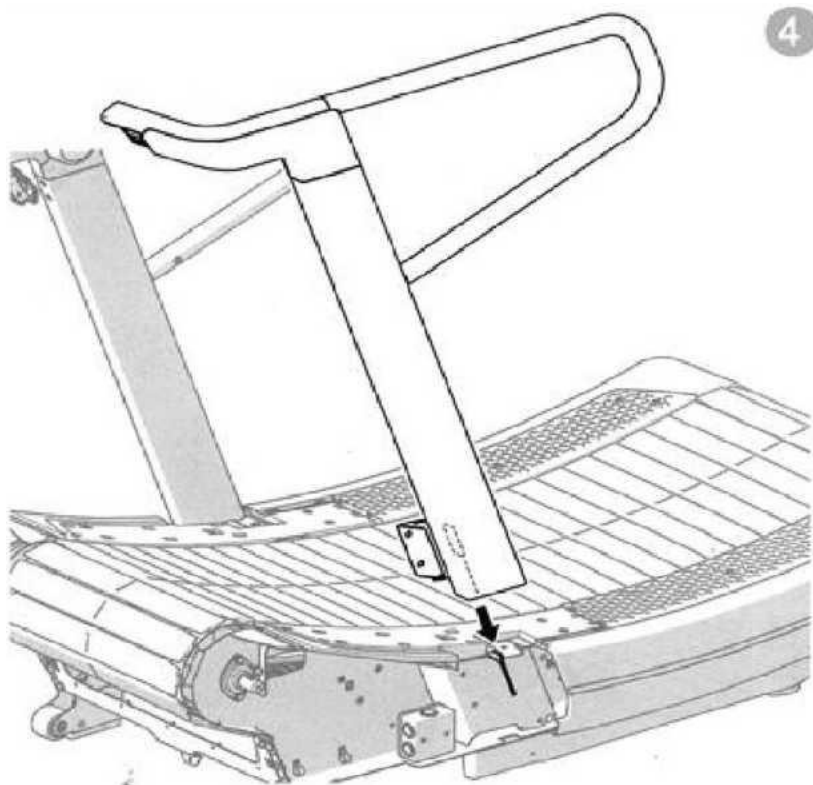
Step 2: Treadmill magnetic system



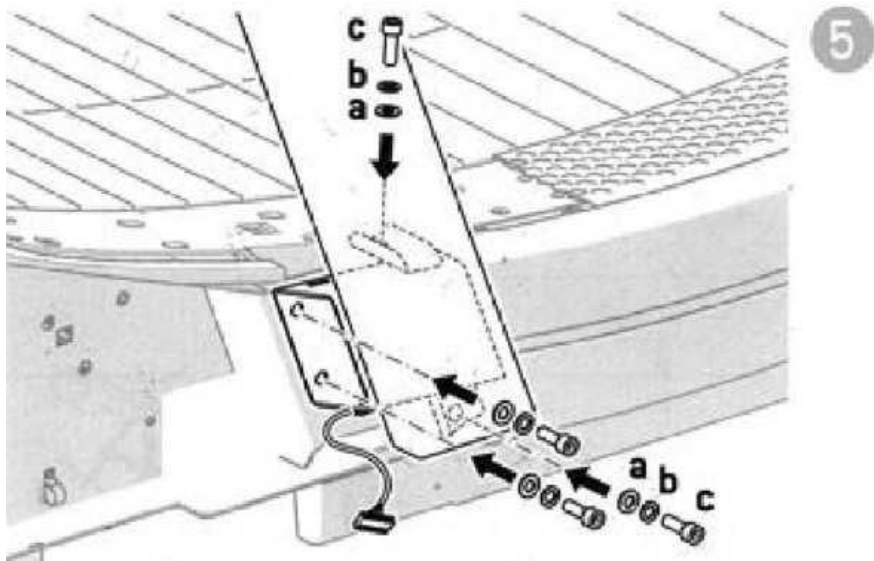
Step 3: Put the Magnetic system under the flywheel and choose a right position.



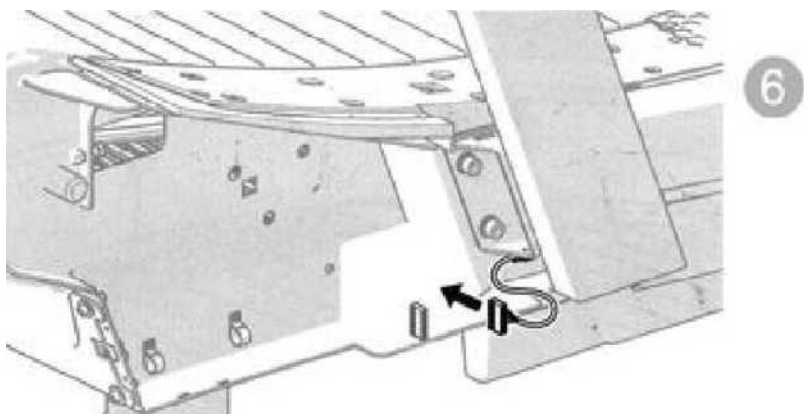
Step 4: Assembly the other side of the treadmill column



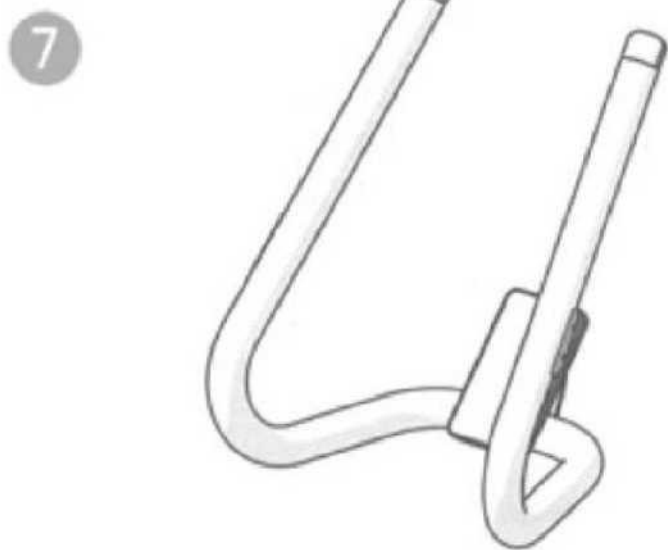
Step 5: Assembly the bottom of other side treadmill column



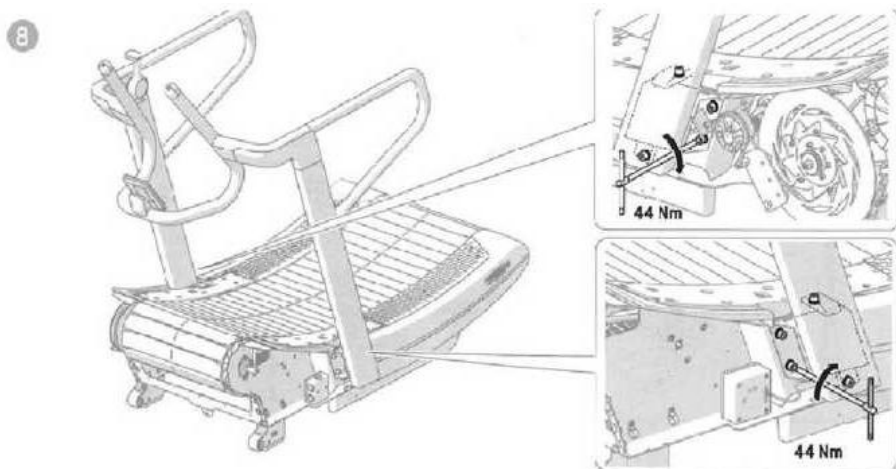
Step 6:



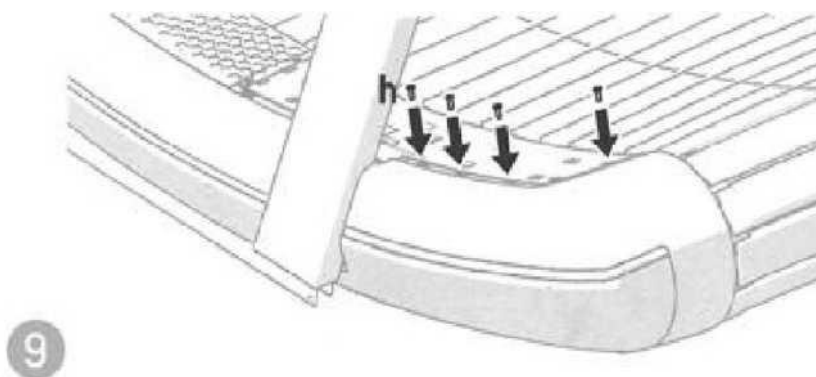
Step7: Assembly the counter



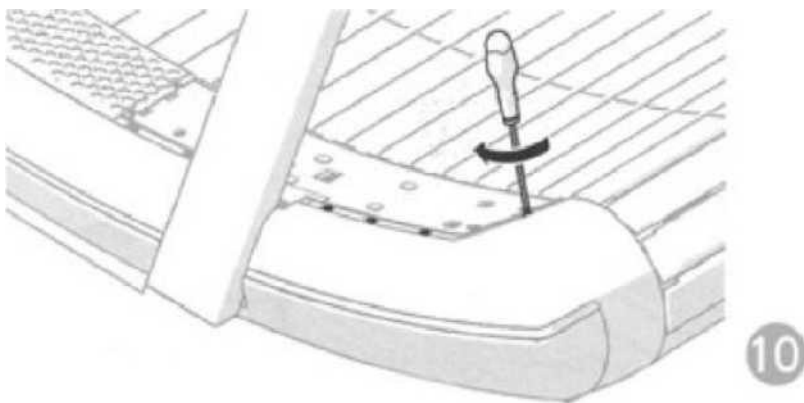
Step 8: Fix and Tied the Treadmill Column



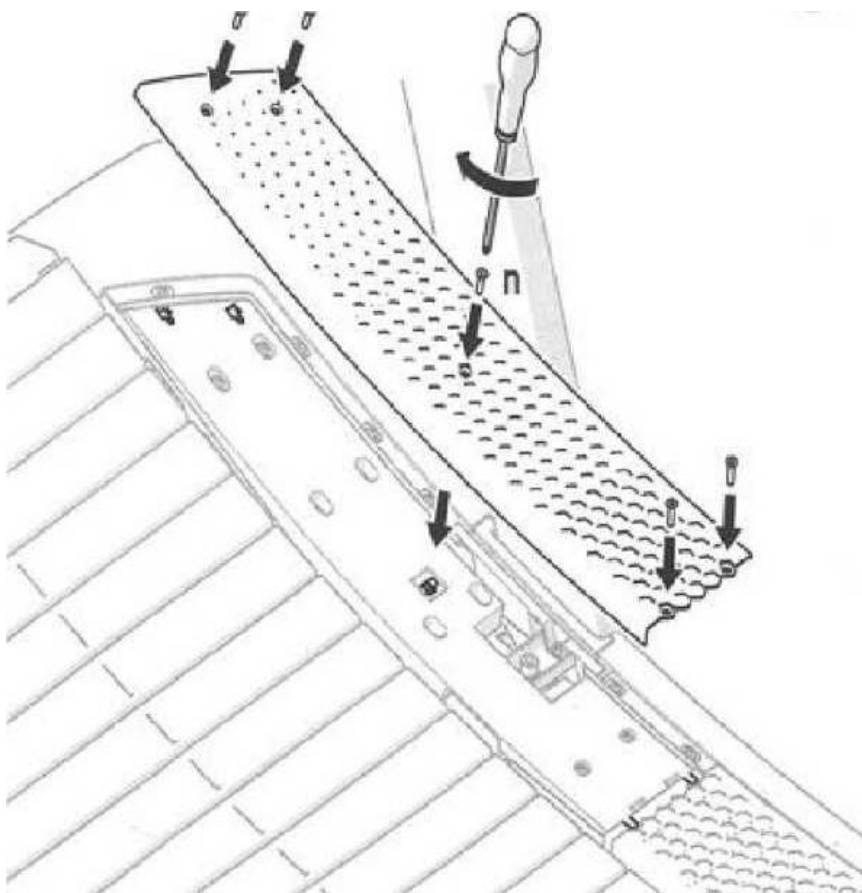
Step 9: Assembly the treadmill side covers from front to back. All screws will do at the same time.



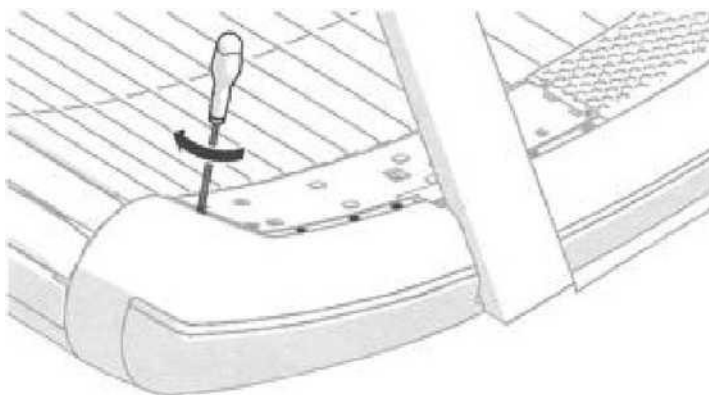
Step 10:



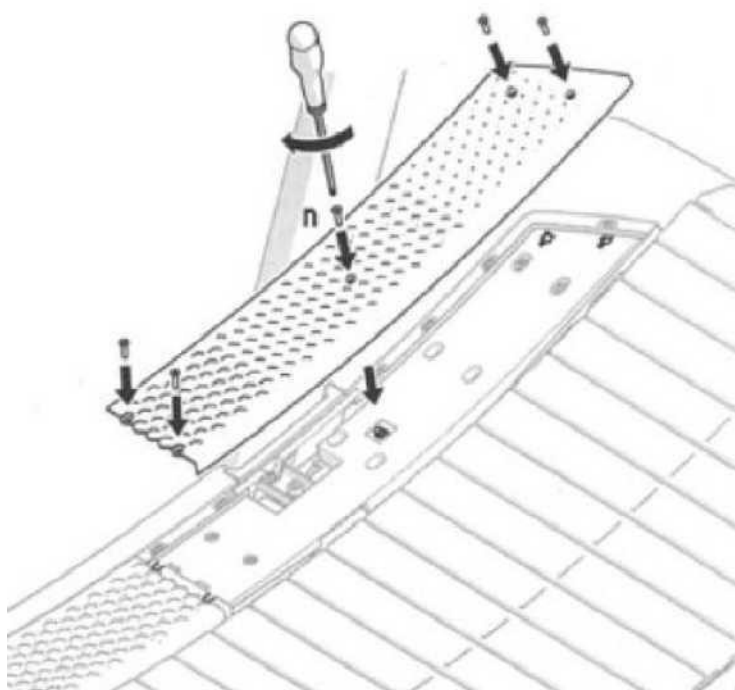
Step 11:

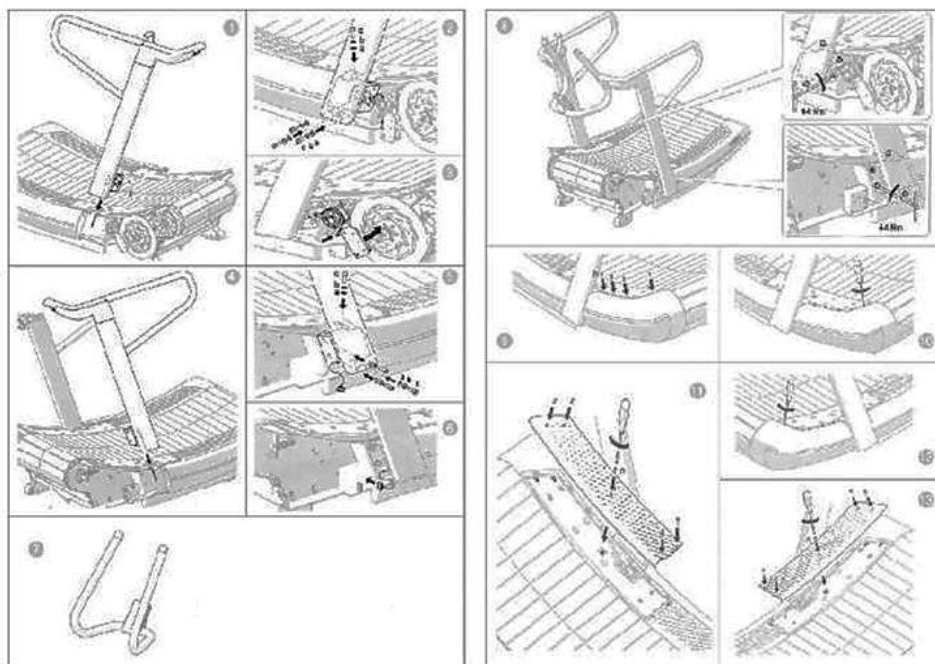


Step12:



Step13:





THE EXERCISE COMPUTER



Specifications:

- TIME 00: 00-99:59 MIN:SEC
- SPEED..... 0.0-999.9KM/H OR ML/H
- DISTANCE0.00-99.99KM 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(TOTAL).

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>CALORIES (CAL) Auto-memorize the calories amount while exercising.

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 'AAA' battery or one 1.5V button battery, you can replace the battery at the same time.

EXERCISE INSTRUCTIONS

WARM 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 0.62 mile at stable velocity and write down the time, it will take you about 15-25 minutes, if walk at 3 mph, it will take you about 12 minutes in 0.62 mile. If you feel comfortable at 1 he 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 3 mph in 2 minutes, then add the speed to 3.3 mph and keep walking in 2 minutes, then add to 3.6 mph and walk in 2 minutes After that, add up 0.18 mph in each 2 minutes, until rapid breath but not feel comfortable.

EXERCISE FREQUENCY

The cycle time: 3-5 times/Week, 15-60 mins/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 0.62 - 1.8 mph not well physical Speed 1.8 - 2.8 mph less movement and workout

Speed 2.8 - 3.7 mph normal walking Speed 3.7 - 4.6 mph Fast walking

Speed 4.6 - 5.6 mph Jogging Speed 5.6 - 7.5 mph intermediate speed walking

Speed 7.5 - 9.0 mph well experiences of running Speed 9.0 - 9.9 mph excellent runner

Attention: The velocity of movement 3.7 mph the normal walking;

The velocity of movement 4.9 mph 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).
4. 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).

