

FRENCH FITNESS

FF-E300 / FF-E310

**FRENCH FITNESS E300 / E310
ELLIPTICAL TRAINER W/LED CONSOLE**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- Commercial-grade French Fitness elliptical trainer
- Multi-color LED display with real-time performance tracking
- EMS-controlled magnetic resistance system
- Bluetooth connectivity with i-Console+ Training app compatibility
- 12 preset workout programs
- 6 watt control programs
- Heart rate control (H.R.C.) training modes
- Dual-action handlebars for full-body training
- Integrated fan for user comfort
- USB charging port for mobile devices
- Built-in speakers for audio playback
- Plug-in power design

TECH SPECS

FF-E300

Console & Electronics

- Display Type: LED
- Display Metrics: Time, Distance, Scan, Speed, Calories, Pulse
- Programs: 12 preset programs
- Training Modes: Heart Rate Control (H.R.C.), 6 watt programs
- Connectivity: Bluetooth
- App Compatibility: i-Console+ Training app
- Additional Console Features: Built-in fan, USB charging port, integrated speakers

Resistance & Drive System

- Resistance Type: EMS-controlled magnetic resistance
- Resistance Levels: 32 levels
- Watt Control Range: 70 RPM up to 380 watts
- Flywheel Weight: 26 lbs (11.7 kg)

Ergonomics & Motion

- Stride Length: 21" (53.34 cm)
- Crank Length: 10" (26.7 cm)
- Handlebars: Dual-action handlebars for upper and lower body engagement
- Pulse Sensors: Integrated grip pulse sensors

Power Requirements

- Power Source: Plug-in
- Voltage Compatibility: 110V~240V

Dimensions & Capacity

- Assembled Dimensions: 86"L x 37"W x 73"H (217.5 cm x 93 cm x 185 cm)
- Product Weight: 267 lbs (121 kg)
- Maximum User Weight: 353 lbs (160 kg)

FF-E310

Console & Electronics

- Display Type: LED
- Display Metrics: Time, Distance, Scan, Speed, Calories, Pulse
- Programs: 12 preset programs
- Training Modes: Heart Rate Control (H.R.C.), 6 watt programs
- Connectivity: Bluetooth
- App Compatibility: i-Console+ Training app
- Additional Console Features: Built-in fan, USB charging port, integrated speakers

Resistance & Drive System

- Resistance Type: Magnetic, self-powered generator
- Resistance Levels: 40 levels
- Watt Control Range 70 RPM up to 400 watts
- Flywheel Weight: 31 lbs (14 kg)

Ergonomics & Motion

- Stride Length: 21" (53.34 cm)
- Crank Length: 10" (26.7 cm)
- Handlebars: Dual-action handlebars for upper and lower body engagement
- Pulse Sensors: Integrated grip pulse sensors

Power Requirements

- Power Source: Cordless (Self-Powered Generation System)

Dimensions & Capacity

- Assembled Dimensions: 86"L x 37"W x 73"H (217.5 cm x 93 cm x 185 cm)
- Product Weight: 267 lbs (121 kg)
- Maximum User Weight: 353 lbs (160 kg)

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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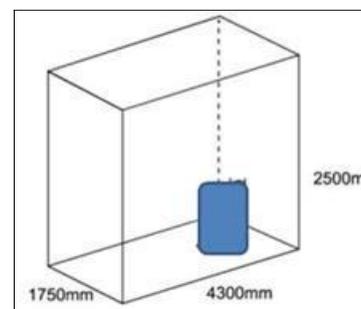
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SAFETY INSTRUCTIONS

Thank you for purchasing this fitness machine. This fitness machine is designed for health, aerobic or cardio exercise. Anyone using this product should consult a physician before they start their exercise program. This is especially important for persons over 35 or those with pre-existing health conditions. If at any time during their workout exercisers experience chest pains, nausea, dizziness, or shortness of breath, they should stop exercising immediately and consult their physician before starting again.

When using an electrical product, basic precautions should always be followed to reduce the risk of burns, fire, electrical shock or injury to persons. Use of the wrong power supply may cause damage to the fitness machine and /or entertainment device. Please notice always unplug this equipment from the electrical outlet immediately after using and before cleaning. Use standing posture to exercise in this machine.

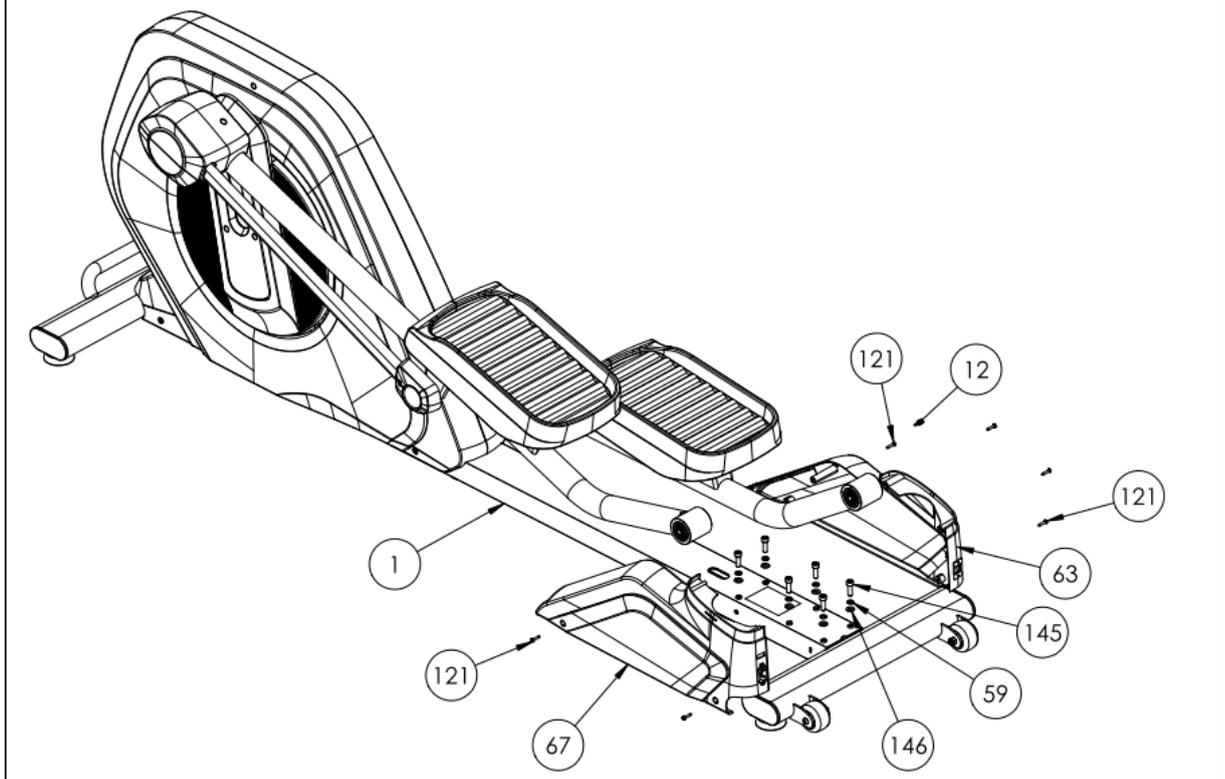
1. Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The fitness machine is intended for use solely in the manner described in this manual.
2. The maximum loading weight of the fitness machine is 160 Kgs.
3. Do not operate the fitness machine on deeply padded, plush or shag carpet. Damage to both carpet and machine may result. Do not use the fitness machine outdoors, near swimming pools or in areas of high humidity. Keep the area around the fitness machine clear of any obstructions, including walls and furniture. Keep the area around L430xW175x250cm to exercise for safety area as figure.
4. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your fitness machine. Quality athletic shoes are recommended to avoid leg fatigue. Keep all loose clothing, shoelaces, and towels away from the fitness machine pedals.
5. Make sure that all components are fastened securely. Never operate the fitness machine if it has a damaged cord or plug. If the fitness machine is not working properly, call your dealer.
6. To disconnect, turn all controls to the off position, then remove the plug from the outlet. Use caution when mounting or dismounting the fitness machine. While exercising, always hold onto the user arms or stationary handlebar. Generally, come to machine from the left side and place right leg at the first step.
7. Keep children away from the fitness machine. There are obvious pinch points and other caution areas that can cause harm. Always make sure the machine is stable on the ground.
8. Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
9. Never drop or insert any object into any openings. Do not remove the plastic shrouds from the machine. Service should be performed only by an authorized service representative. Moving parts contained under the shrouds can be extremely dangerous when not covered.
10. 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. Any changes or modifications to this fitness machine could void the product warranty. Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.
11. The fitness machine is speed independent for exercise, data for reference only.
12. Maintenance for a period of time is necessary. You can conduct with the dealer for information.



ASSEMBLY STEPS

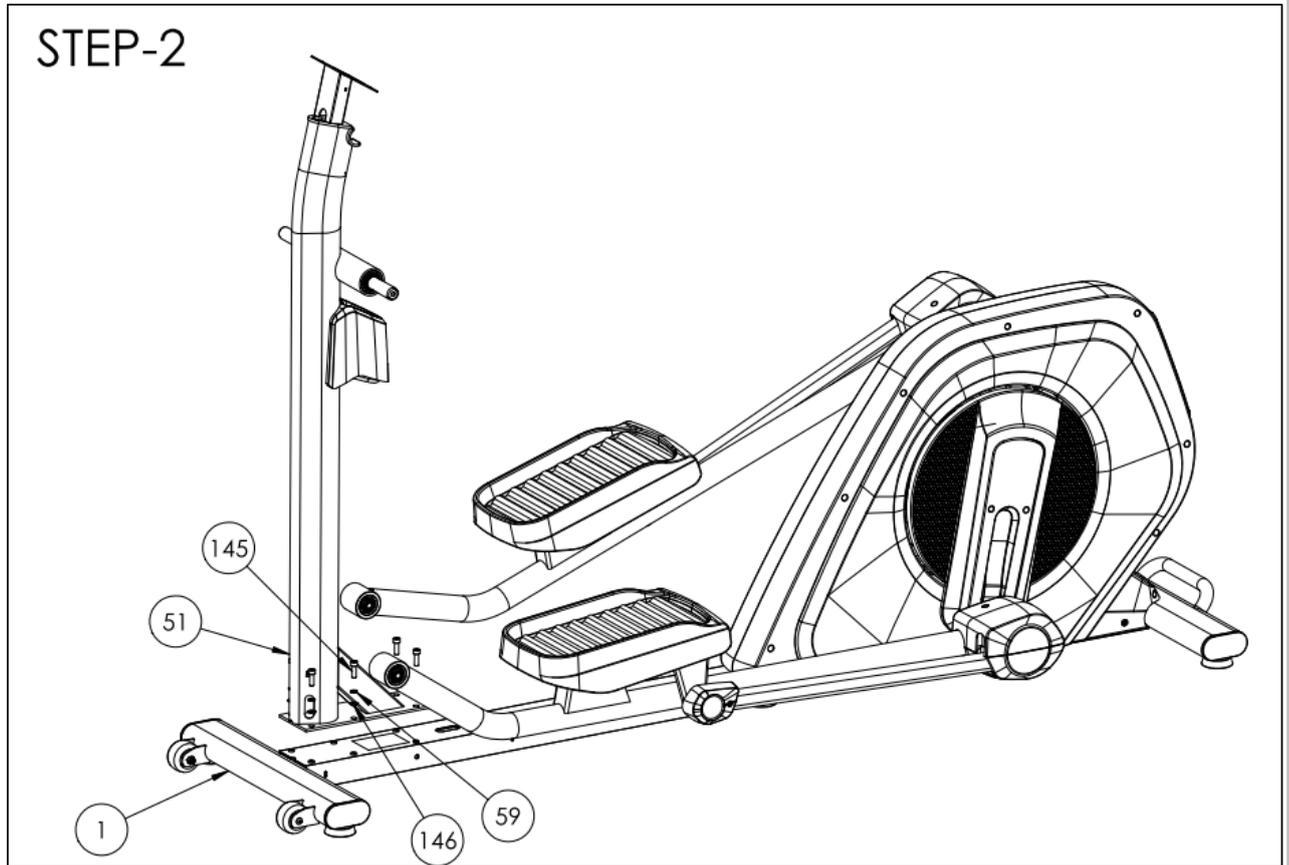
12 Cross Truss Head Screw & 121 Cross Truss Head Screw removed umbrella word. The # 63 Front Shroud -Left and # 67 Front Shroud -Right away from the frame # 1.
The #145 Truss Head Hex Bolt & #59 Spring Washer #145 Washer Take Out

STEP-1



ASSEMBLY STEPS

1. the #51 Central Post riser into the #1 frame.
2. Hexagon plate hand. The hexagonal screws in the #145 Truss Head Hex Bolt and the #59 Spring Washer and the #146 Washer locked in the direction of the clock

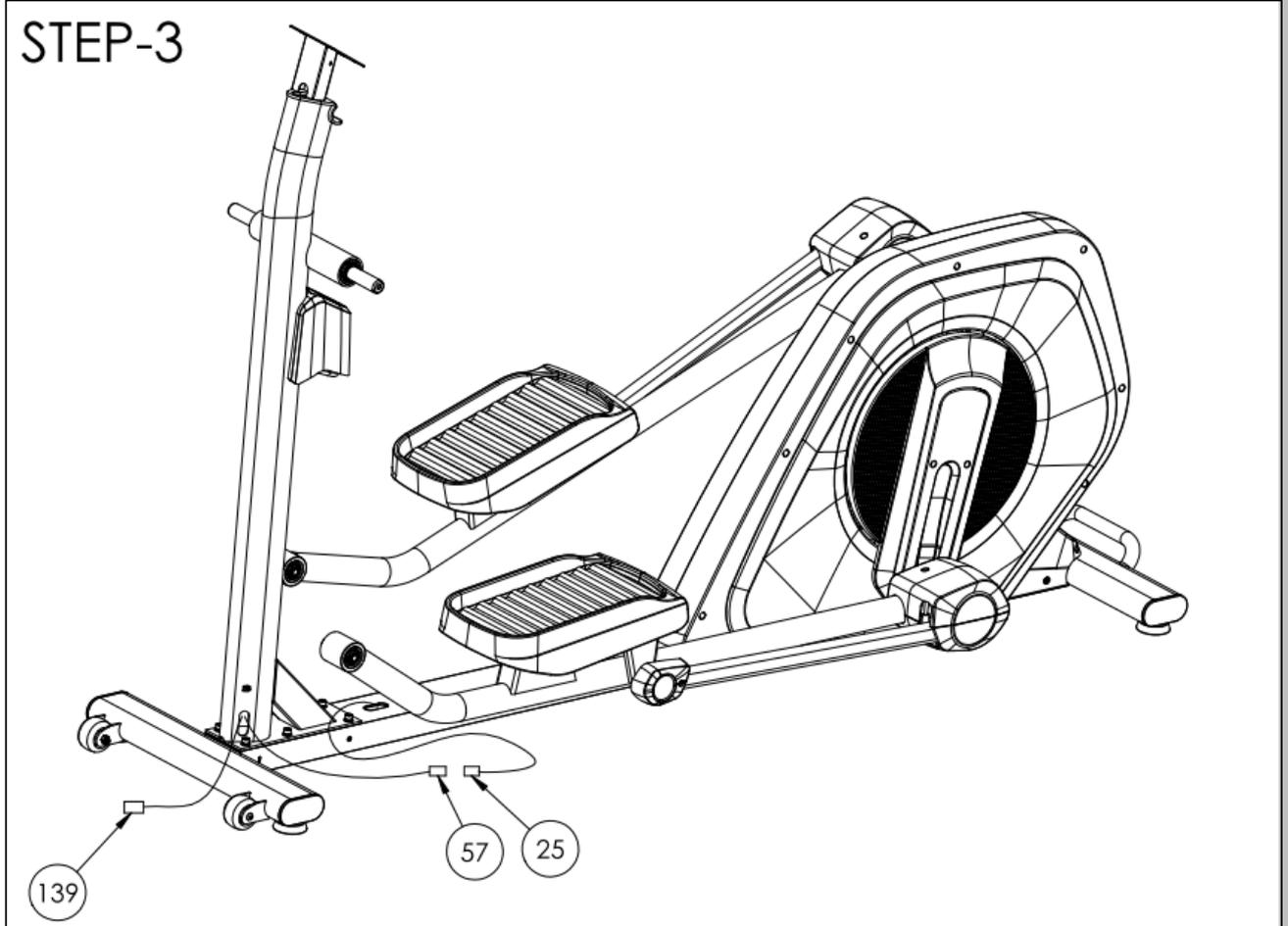


ASSEMBLY STEPS

1:#57 Upper CableLower Cable connection

2:#139Web route (UP)#63Front Shroud -Left Network connector

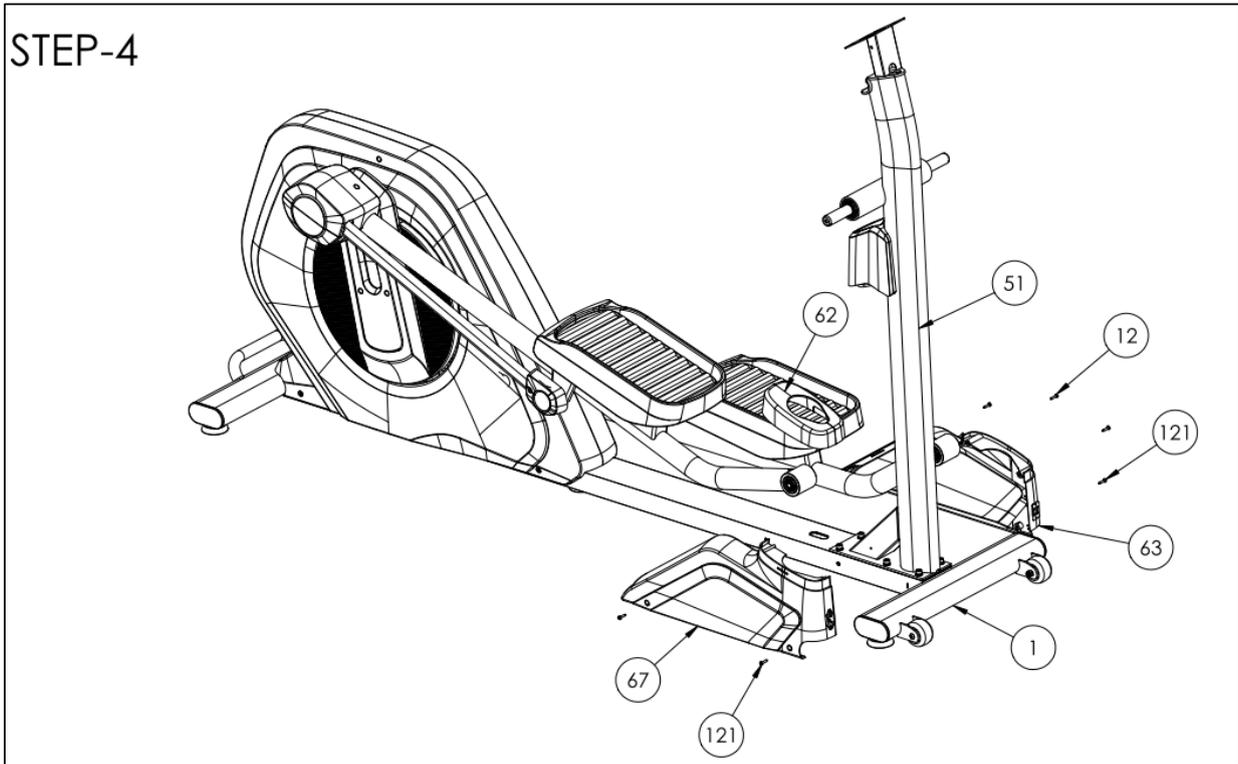
STEP-3



ASSEMBLY STEPS

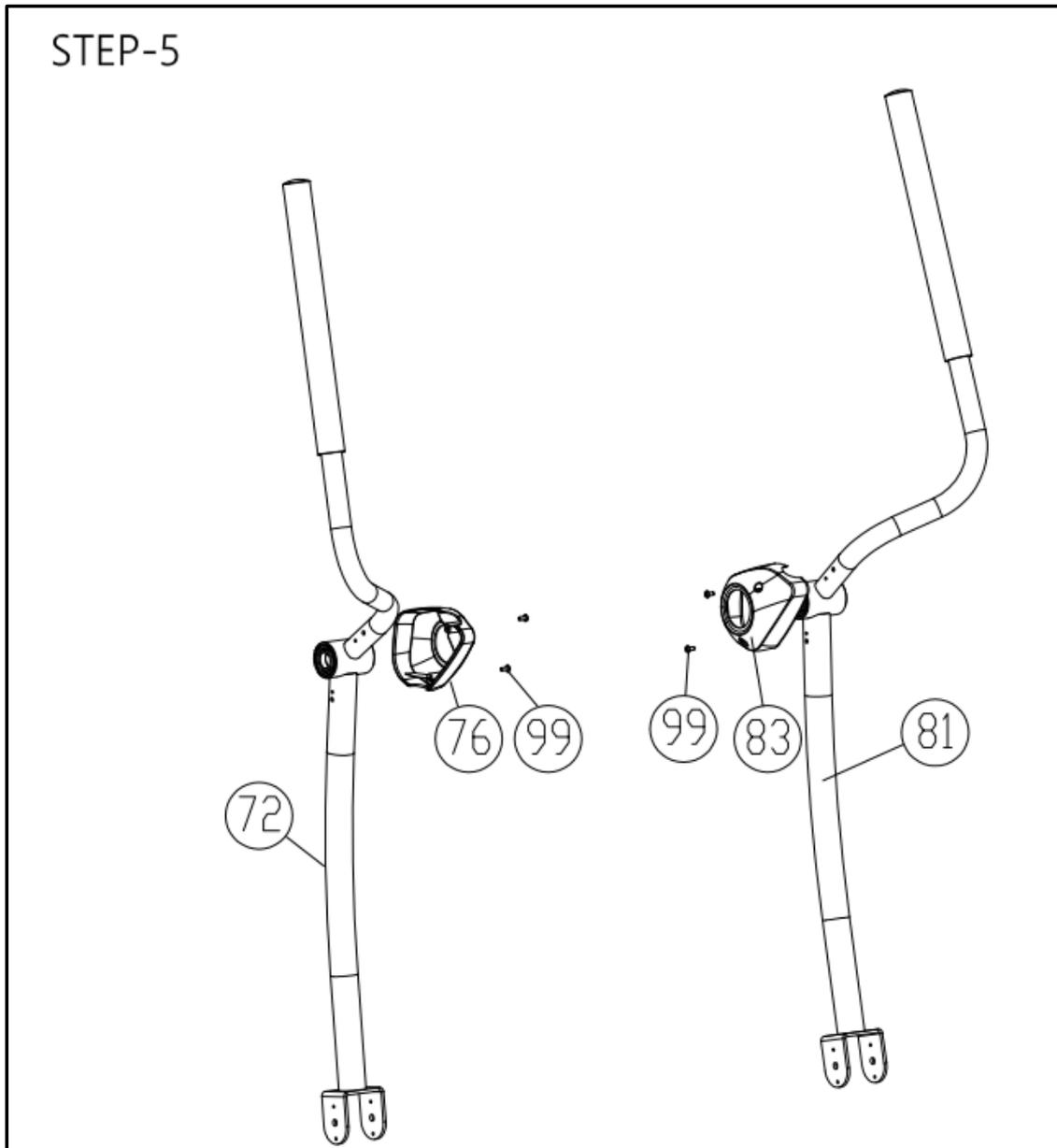
- 1:With # 121 Cross Truss Head Screw# 67 Front Shroud -Right main frame # 1.
- 2:Lock the #63 left front cover with a 121 and #12 parachute Head cross screws #1 the main frame and the #67 Front Shroud -Right
- 3.the #147 Post Cover is installed in the #51 Central Post.

STEP-4



ASSEMBLY STEPS

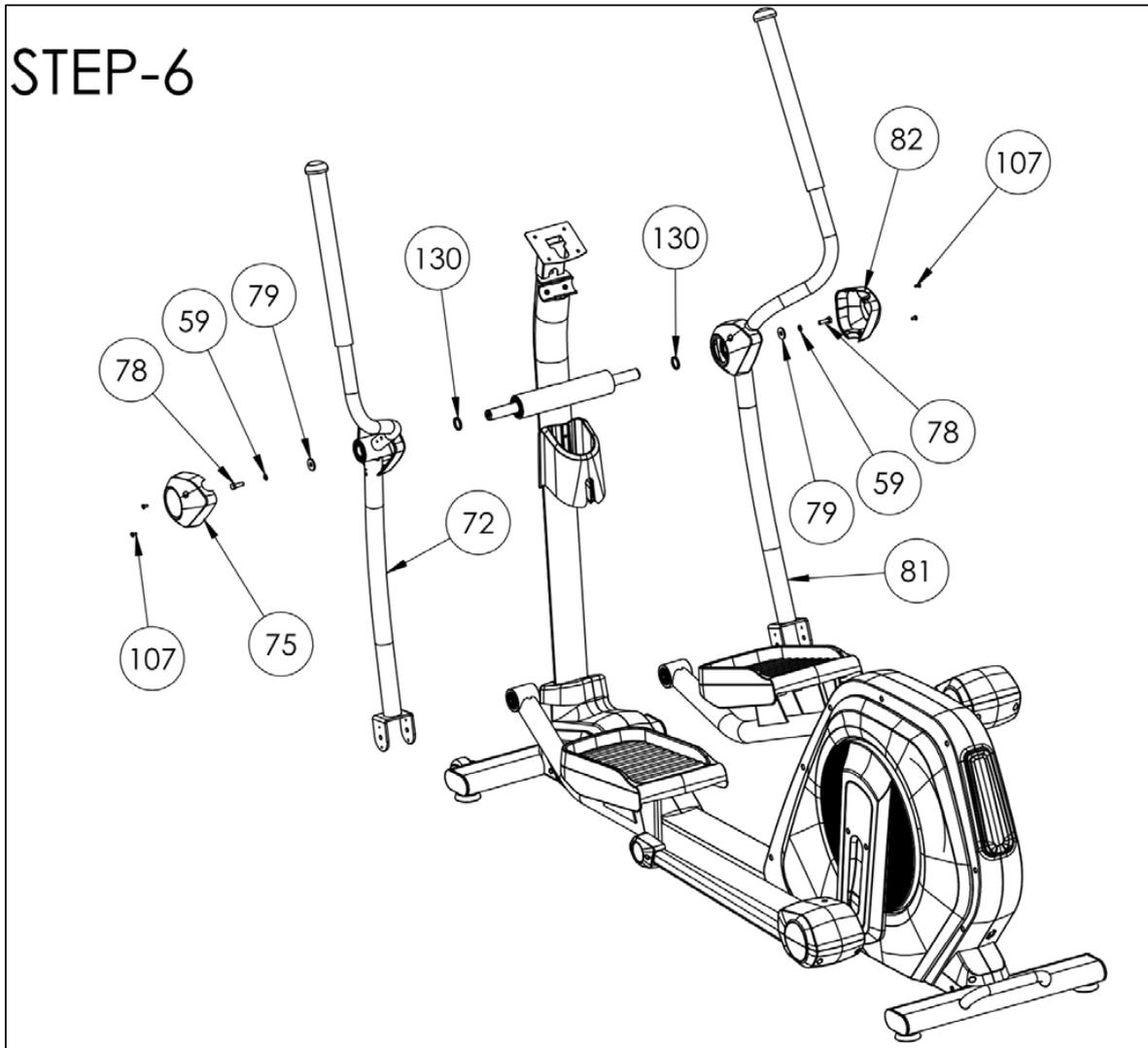
Use no.99 Cross Round Head Screw to fix no.76 Left Handle Cover and no.83 Right Handle Cover on no.72 Left and no.81 Right Handle Posts.



ASSEMBLY STEPS

Group # 130 sequentially armrest left spindle hub 72 # 81 # 79 # to right armrest flat washer - # spring washers 59 - # 78 hex head cap screws fixing the left and right armrest, finally using # 107 locks (# 75 left # 82 right upper arm exterior cover).

STEP-6

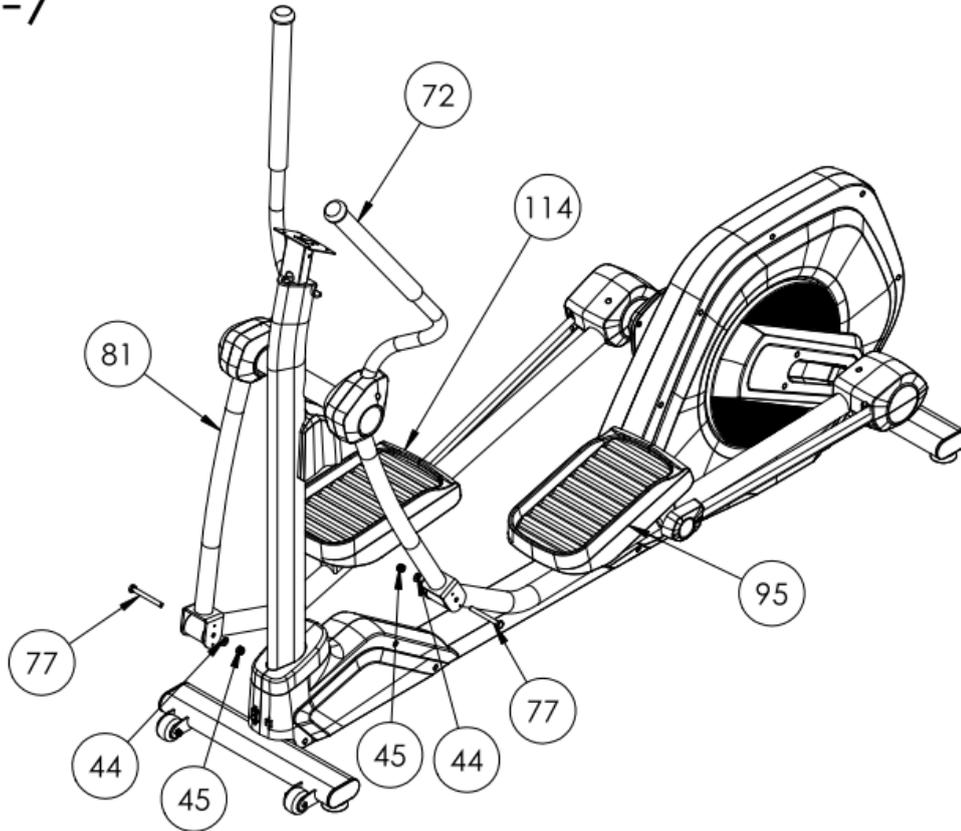


ASSEMBLY STEPS

Use no.77 M10 Hex Head Bolt, no.44 M10 Flat Washer and no.45 M10 Nylon Nut to connect no.95 Left and no.114 Right Pedal Frames and no.72 Left and no.81 Right Handle Posts.

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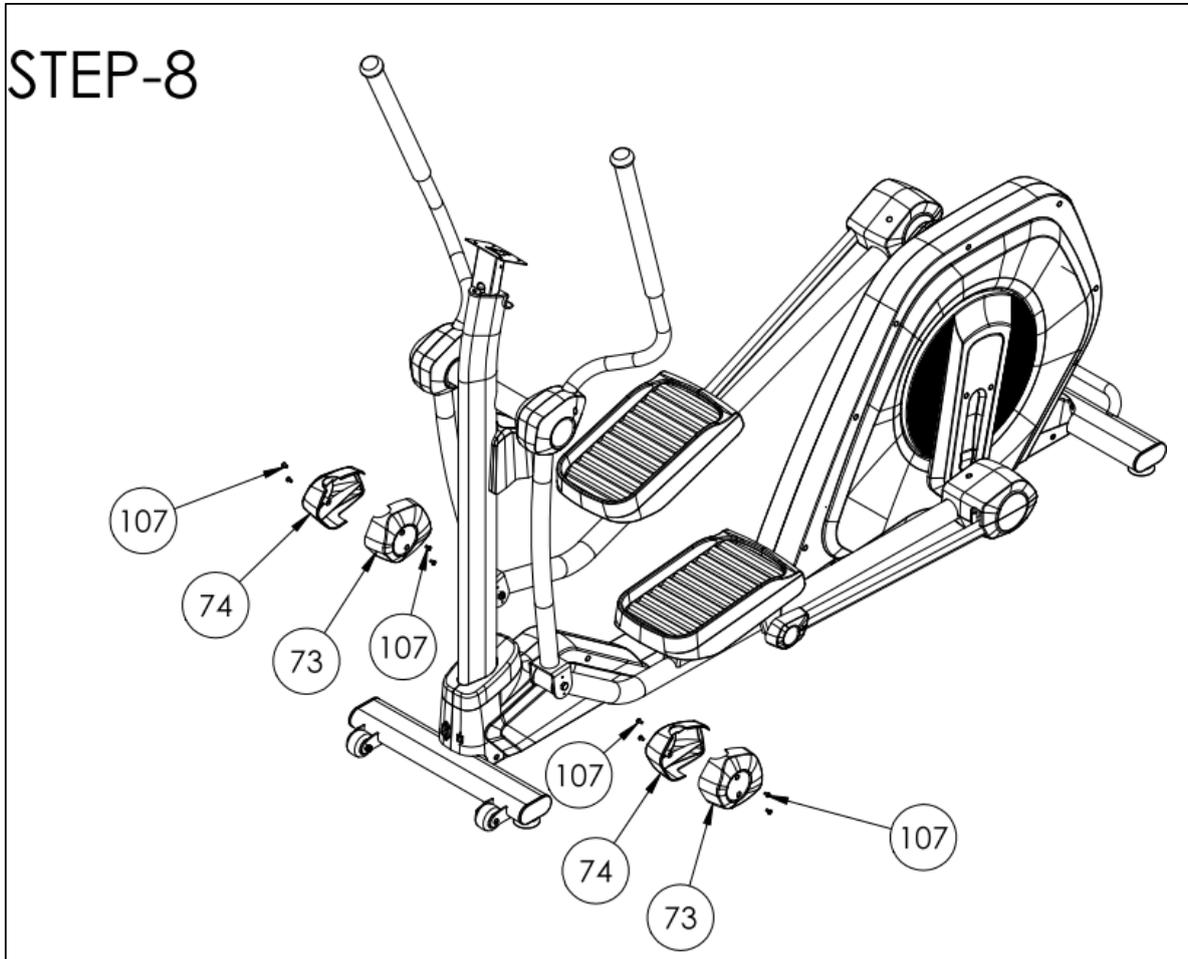
STEP-7



ASSEMBLY STEPS

Use no.107 M5 Cross Truss Head Screws to fix no.73 Left and no.74 Right Linkage Covers on two lower brackets of handle posts.

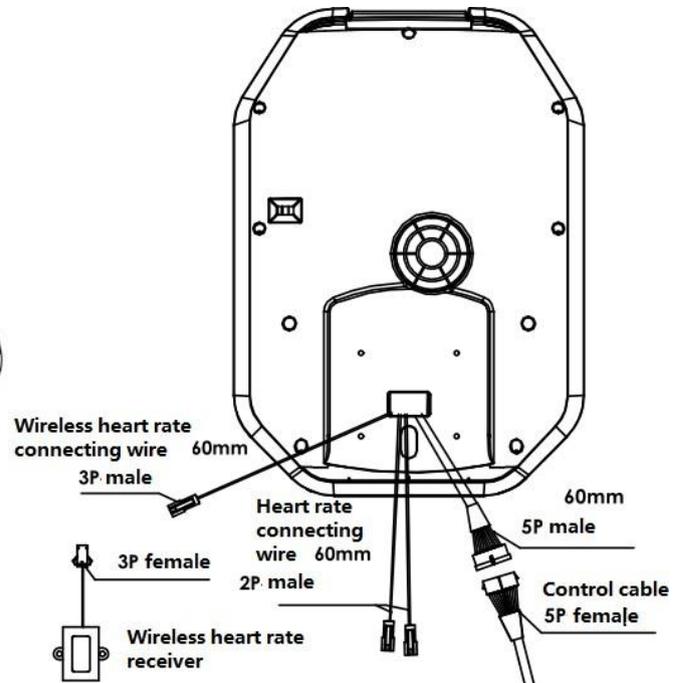
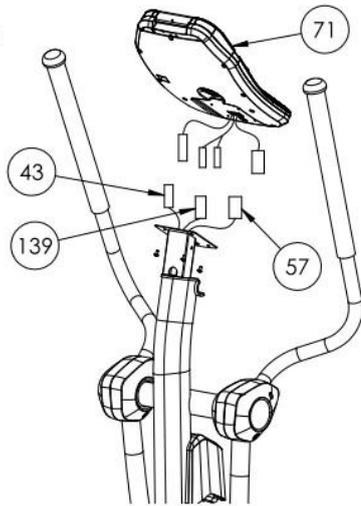
STEP-8



ASSEMBLY STEPS

Release M5 screw on the back of no.71 Computer, connect no.57 Upper Cable and wire of no.43 Wireless Receiver with wires of no.71 Computer.

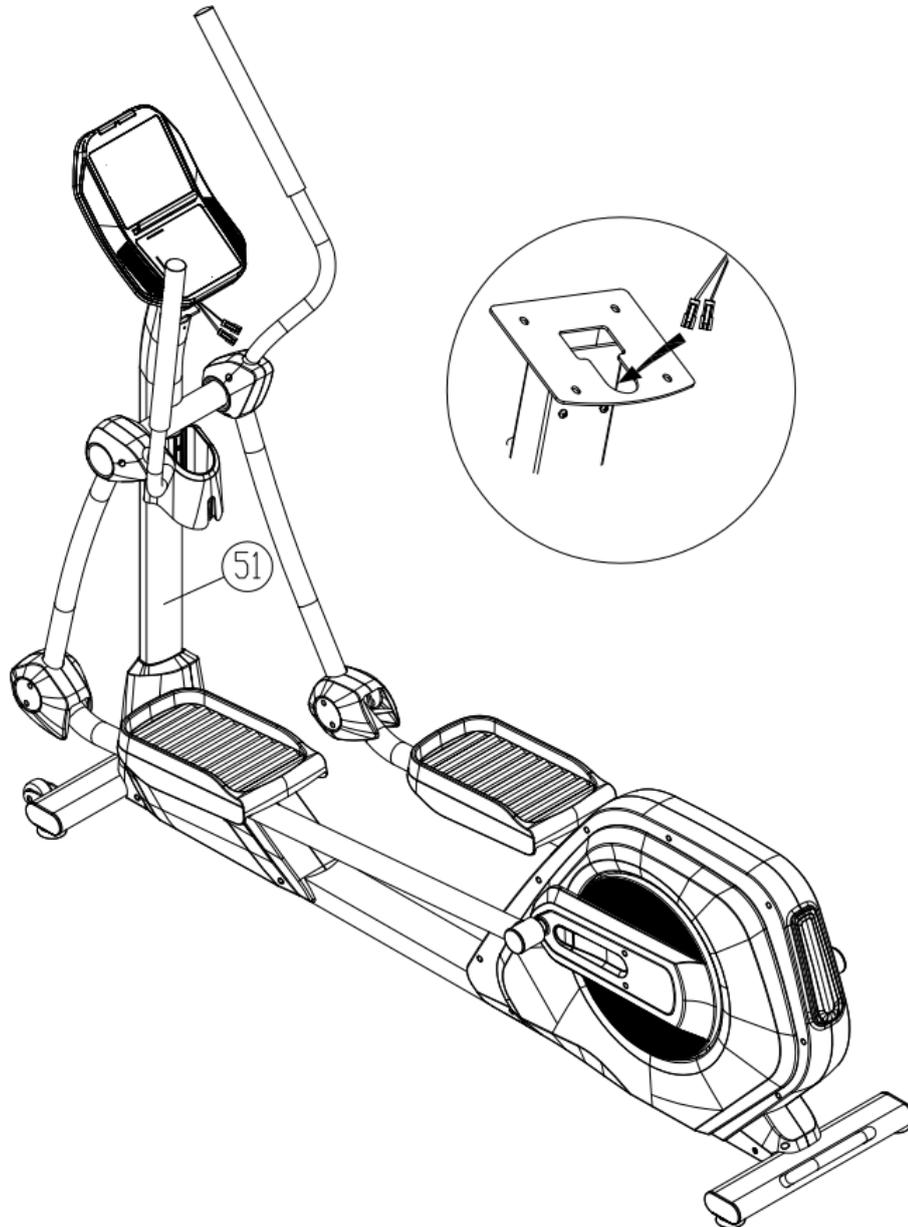
STEP-9



ASSEMBLY STEPS

Insert two pulse wires of computer into the hole on console plate of the central post and leave there preparing to connect with the front handle. Then use M5 screws to fix the computer on the post.

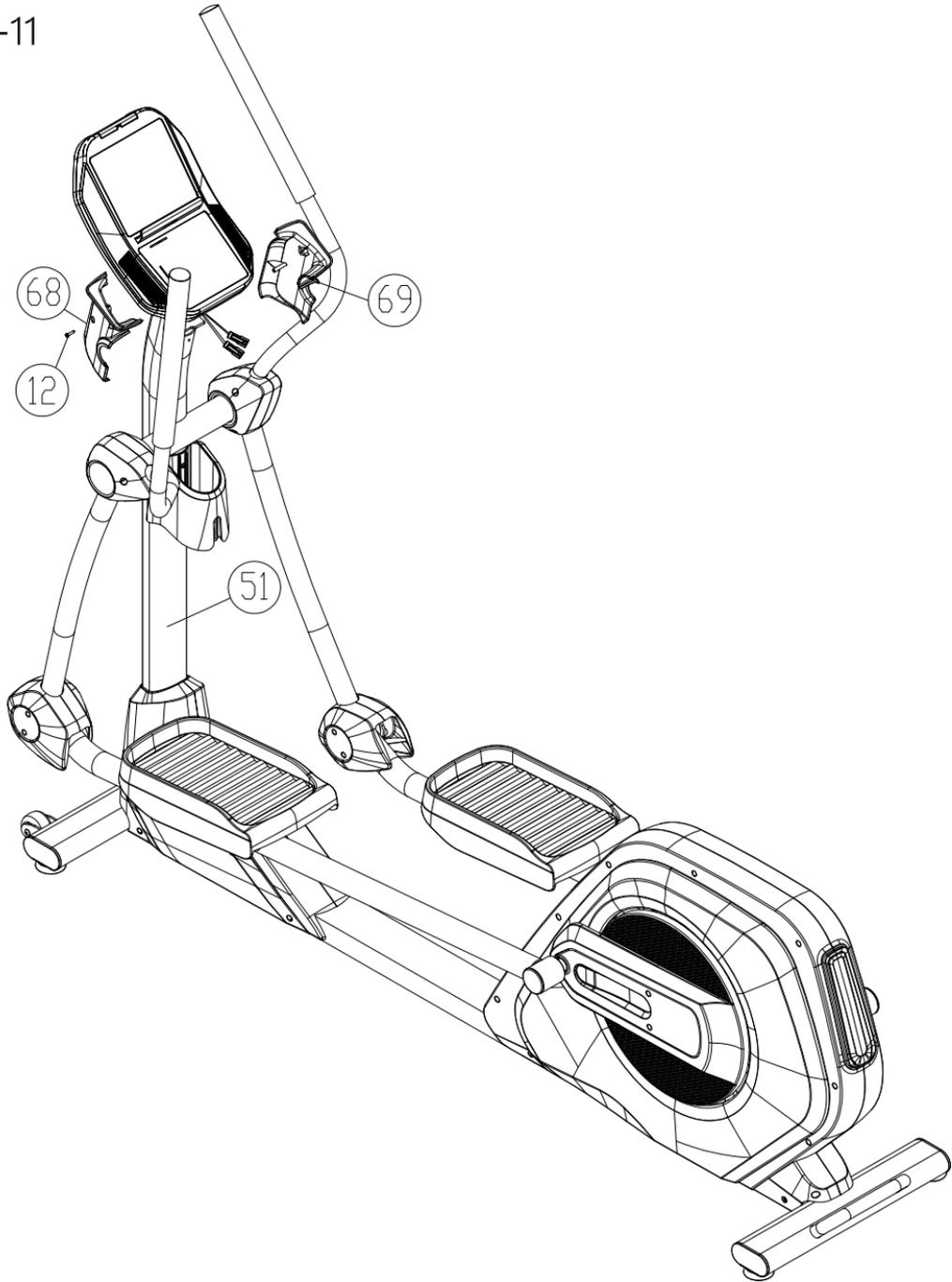
STEP-10



ASSEMBLY STEPS

Assemble no.68 Left and no.69 Right Post End Covers with no.12 Cross Trust Head Screw (M4*20) on no.51 Central Post.

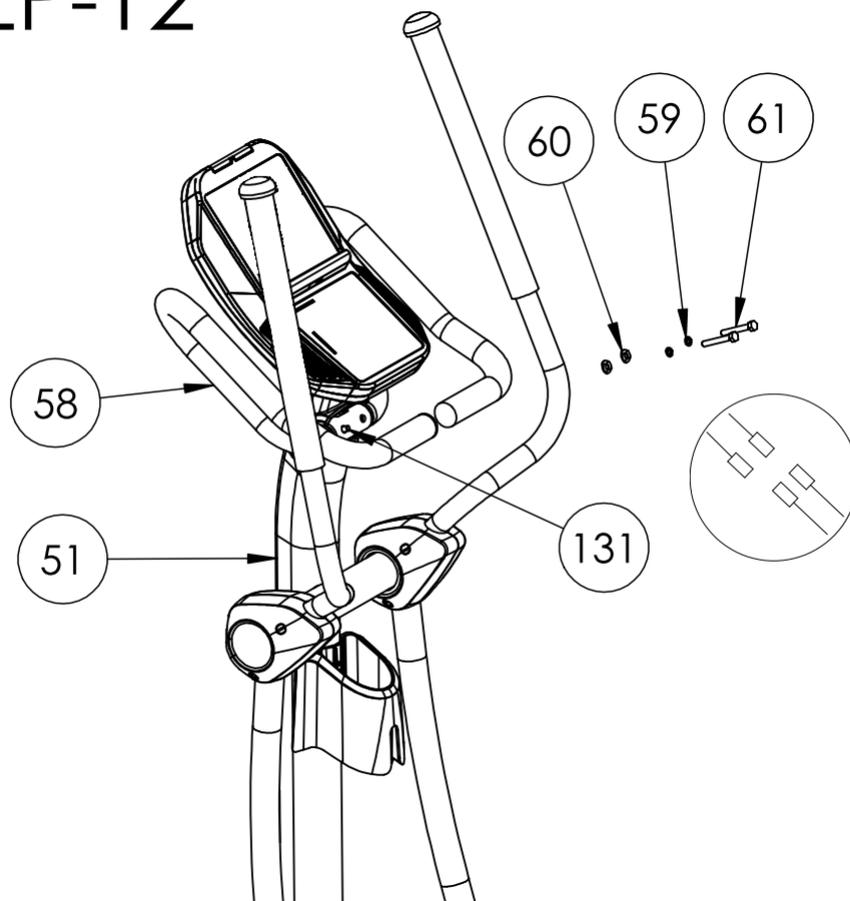
STEP-11



ASSEMBLY STEPS

Then connect hand pulse wires of computer with hand pulse wire of no.58 Front Handle as illustration. Use M5 Allen Key to fix no.131 M8 Headless Socket Screw on one hole for handle fixing plate of no.51 Upright. Then align and place no.58 Front Hand on position as illustration. Use one set of no.60 M8 Curve Washer, no.59 Spring Washer, no.61 Hex Head Bolt to fix no.58 Front Handle on no.51 Upright.

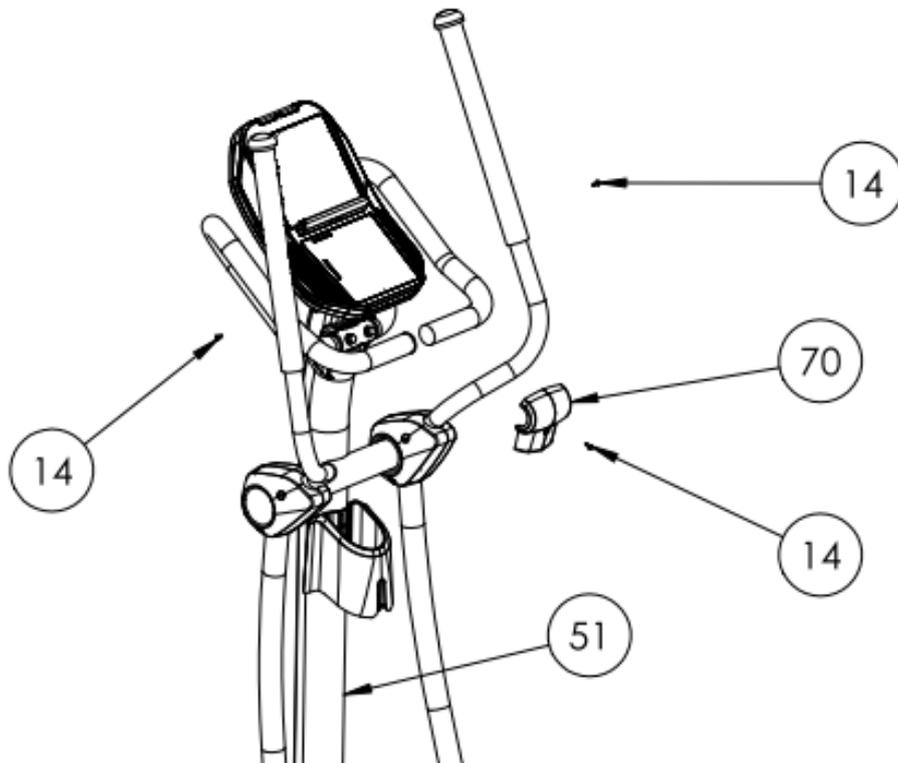
STEP-12



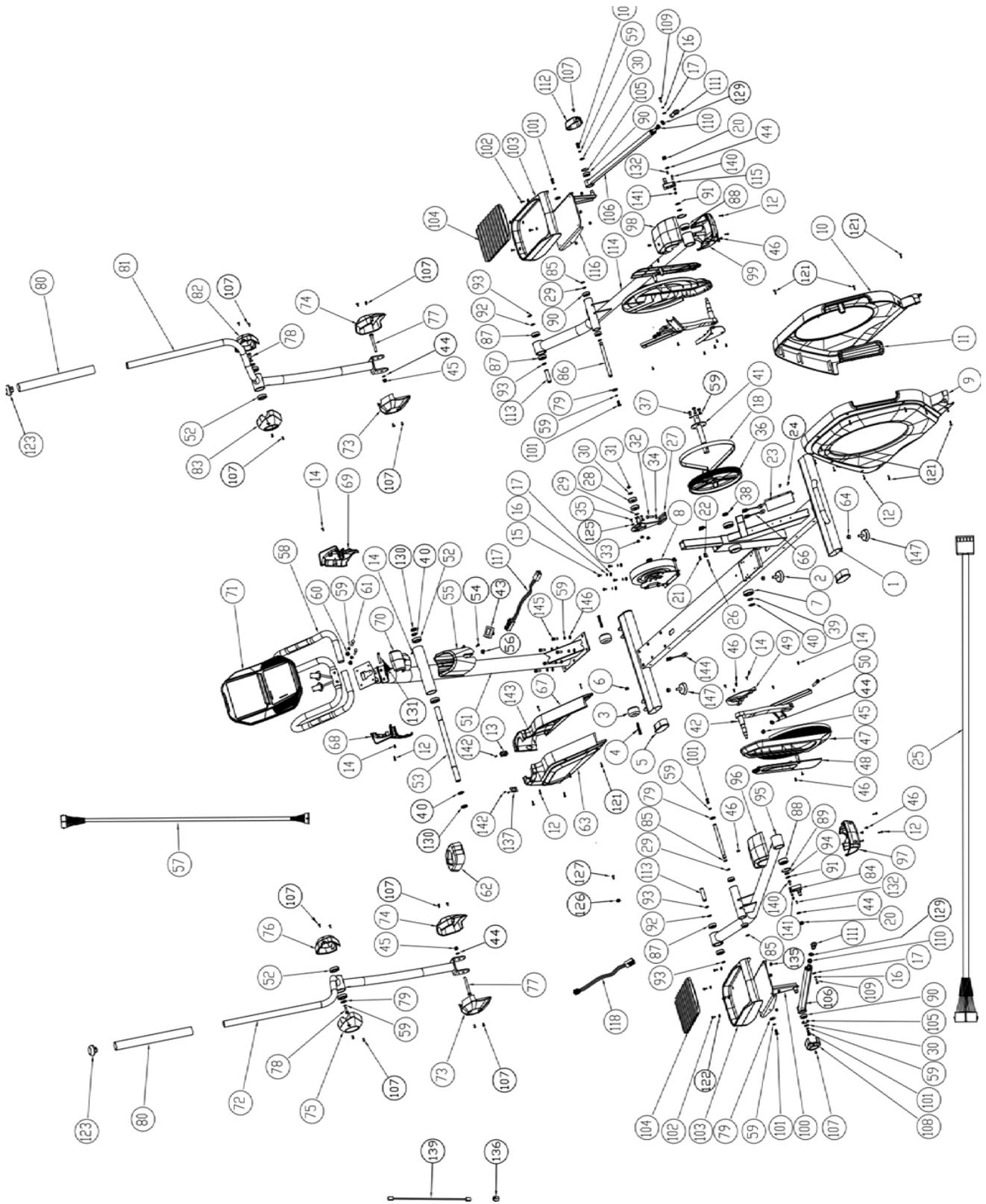
ASSEMBLY STEPS

Fix post end cover set on no.51 Upright with no. 14 Cross Trust Head Screws. Place excess wires into space of end covers. And fix no.70 Rear Post End Cover with no. 14 Cross Trust Head Screw.

STEP-13



EXPLODE DRAWING



PARTS LIST

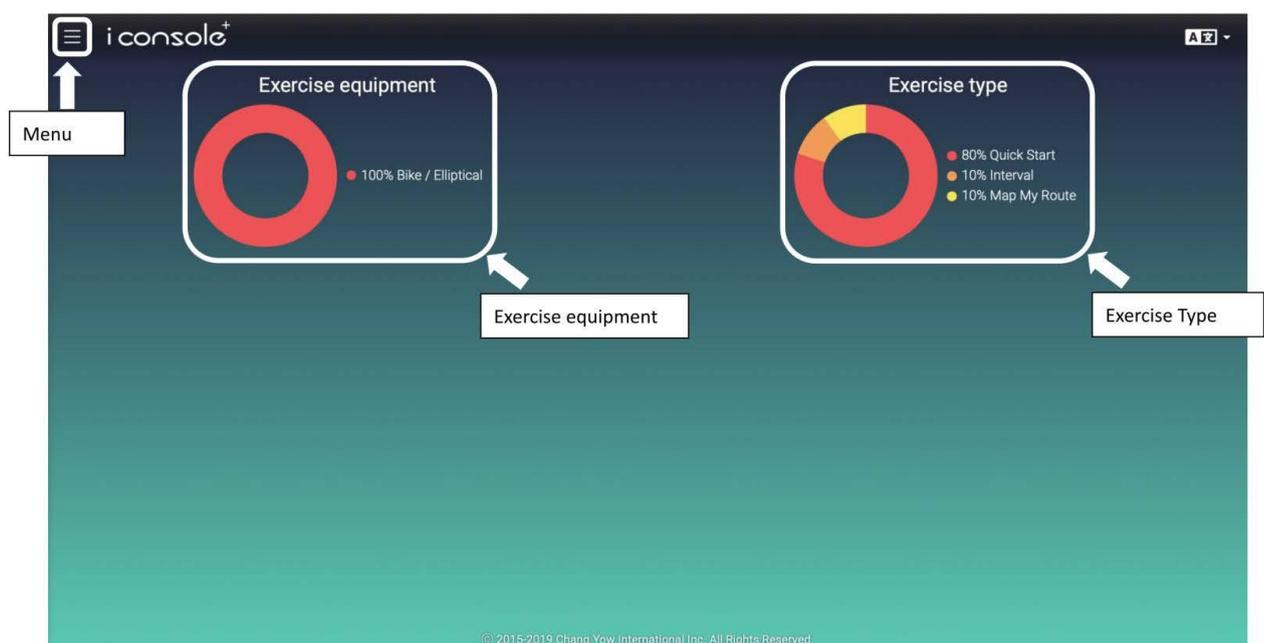
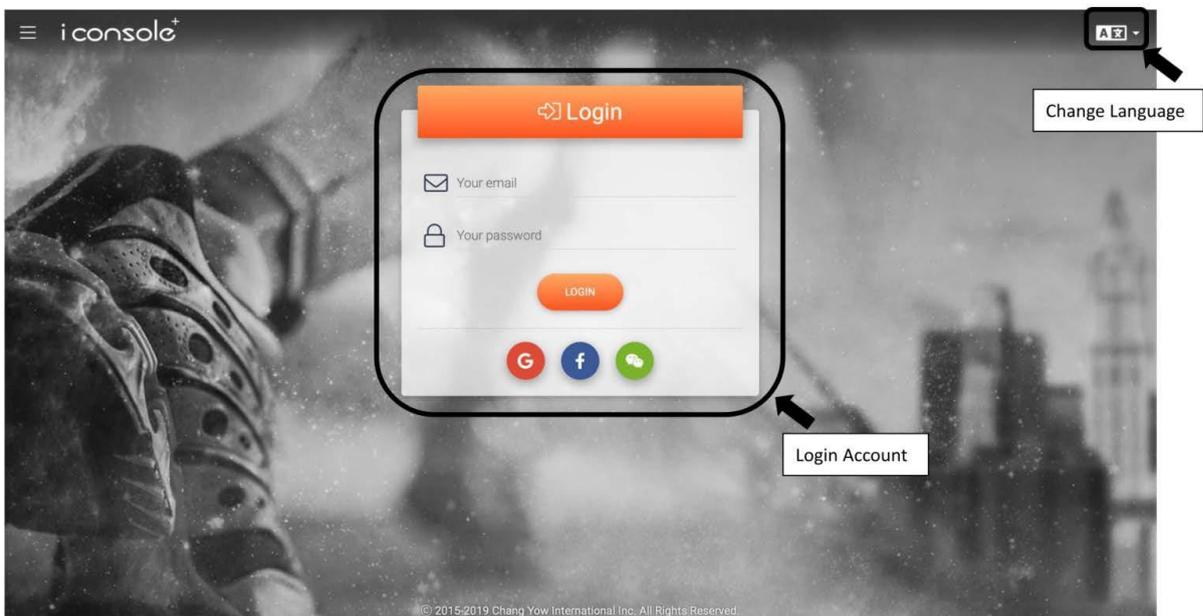
NO.	Description	Qty	Unit
1	Main Frame	1	PCS
2	Foot Pad	4	PCS
3	Wheel	2	PCS
4	Truss Head Hex Bolt-M8x60	2	PCS
5	End Cap	4	PCS
6	Nylon Nut-M8	2	PCS
7	Bearing 6205	2	PCS
8	Flywheel Set (Dual)	1	PCS
9	Left Shroud	1	PCS
10	Right Shroud	1	PCS
11	Rear Trim Cap	1	PCS
12	Cross Truss Head Screw-M4x20	11	PCS
13	socket	1	PCS
14	Cross Truss Head Screw-M4x12	13	PCS
15	Hex Head Bolt-M6x16	4	PCS
16	Spring Washer-M6	6	PCS
17	Washer-M6xφ16	6	PCS
18	Ribbed Belt	1	PCS
20	Washer-6*13*1	3	PCS
21	Tri-lobe Tapping Screw-M4x10	2	PCS
22	Sensor Bracket	1	PCS
23	Control Board	1	PCS
24	Cross Truss Head Screw	2	PCS
25	Lower Cable -2150mmL	1	PCS
26	Sensor Wire	1	PCS
27	Guide Crank	1	PCS
28	Bearing 6302	2	PCS
29	Wave Washer φ 15	3	PCS
30	Washer-M8xφ22	3	PCS
31	Nylon Nut-M8	1	PCS
32	Hex Head Bolt-M8x45	1	PCS
33	Crank Bushing	3	PCS
34	Washer-M8xφ19	1	PCS
35	Cross Truss Head Screw-M6x16	3	PCS
36	Drive Pulley	1	PCS
37	Hex Head Bolt-M8x14	3	PCS
38	Handel Axle Bushing	1	PCS

NO.	Description	Qty	PCS
39	Wave Washer φ 25	1	PCS
40	C-Ring S-25	3	PCS
41	Axle Set	1	PCS
42	Crank Set	2	PCS
43	Wireless Receiver Wire	1	PCS
44	Flat Washer-M10	4	PCS
45	Nylon Nut-M10	4	PCS
46	Cross Round Head Screw-M5	12	PCS
47	Crank Set Shroud	2	PCS
48	Crank Cover	2	PCS
49	Crank Trim Cap	2	PCS
50	Round Head Hex Bolt-M10x50	2	PCS
51	Central Post	1	PCS
52	Bearing 6005	6	PCS
53	Handle Axle	1	PCS
54	Cross Round Head Screw-M5	2	PCS
55	Water Bottle Tray	1	PCS
56	Wire Socket	1	PCS
57	Upper Cable1150mmL	1	PCS
58	Handle Bar	1	PCS
59	Spring Washer-M8	19	PCS
60	Curve Washer-M8	2	PCS
61	Hex Head Bolt-M8x55	2	PCS
62	Post Cover	1	PCS
63	Front Shroud -Left	1	PCS
64	Hex Nut M10	5	PCS
66	CONNECTING	2	PCS
67	Front Shroud -Right	1	PCS
68	Post End Cover -Left	1	PCS
69	Post End Cover -Right	1	PCS
70	Post End Cover -Rear	1	PCS
71	Computer	1	PCS
72	Left Handle post	1	PCS
73	Linkage Cover -Left	2	PCS
74	Linkage Cover -Right	2	PCS
75	Handle Cover-Left Outer	1	PCS
76	Handle Cover-Left Inner	1	PCS

CONSOLE BACK END ADMINISTRATION

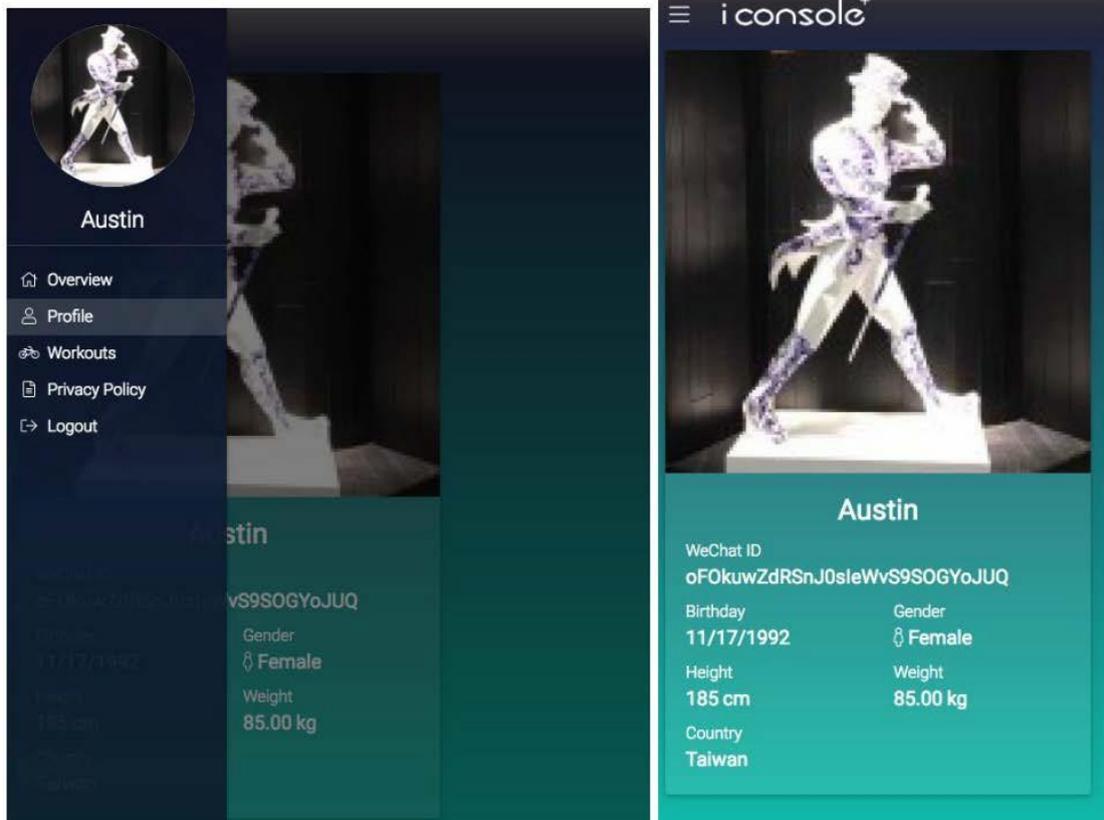
iConsole Back End Administration

1. User can type **https://web.iconsole.plus** on browser to enter iConsole back end page.
2. Log in with user's account and password. User may also log in with Facebook, Gmail and WeChat account.
3. User can click the icon which is in the upper right side to switch language as English, Chinese, Deutsch or Russian.
4. User will enter iConsole homepage after logging in.
5. The homepage will shows the exercise equipment you used and exercise type you chose in previous workout.
6. User can click icon which is in upper left side to enter menu.



CONSOLE BACK END ADMINISTRATION

7. Menu includes options like overview, profile, workouts, privacy policy and logout.



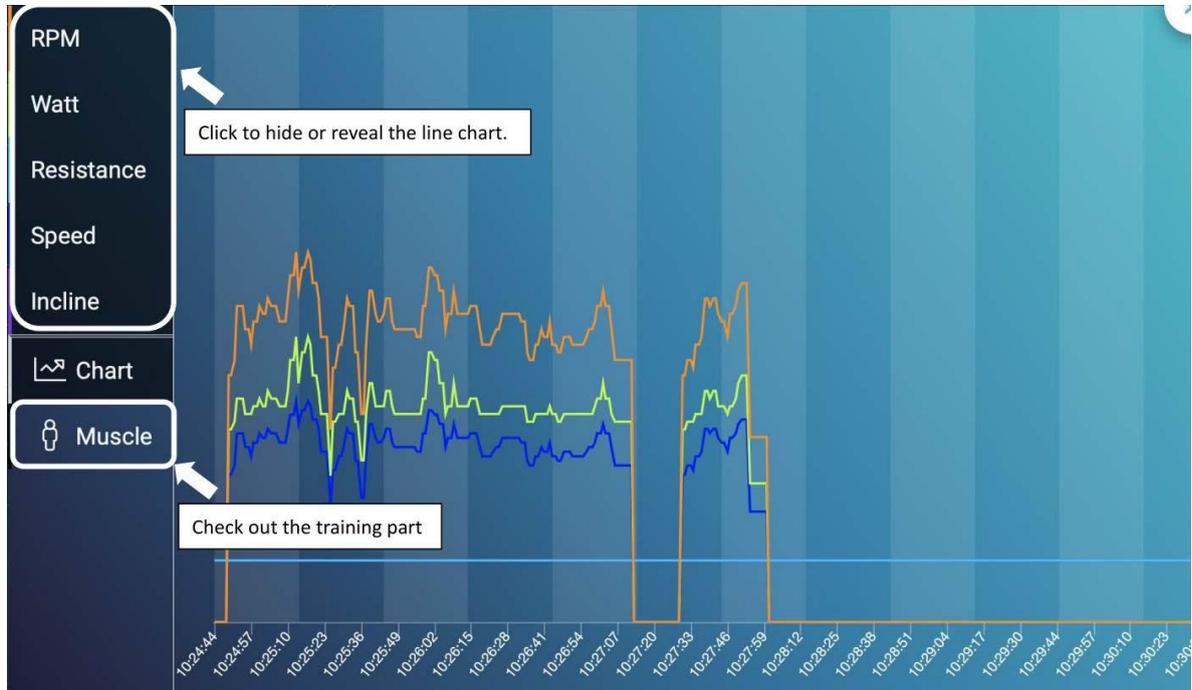
8. User can click Workouts to check workout history, the information includes date, exercise equipment, exercise type, duration, calories, distance, average heart rate, BAI, points, and details.

9. User can click detail icon to check the single workout detail.

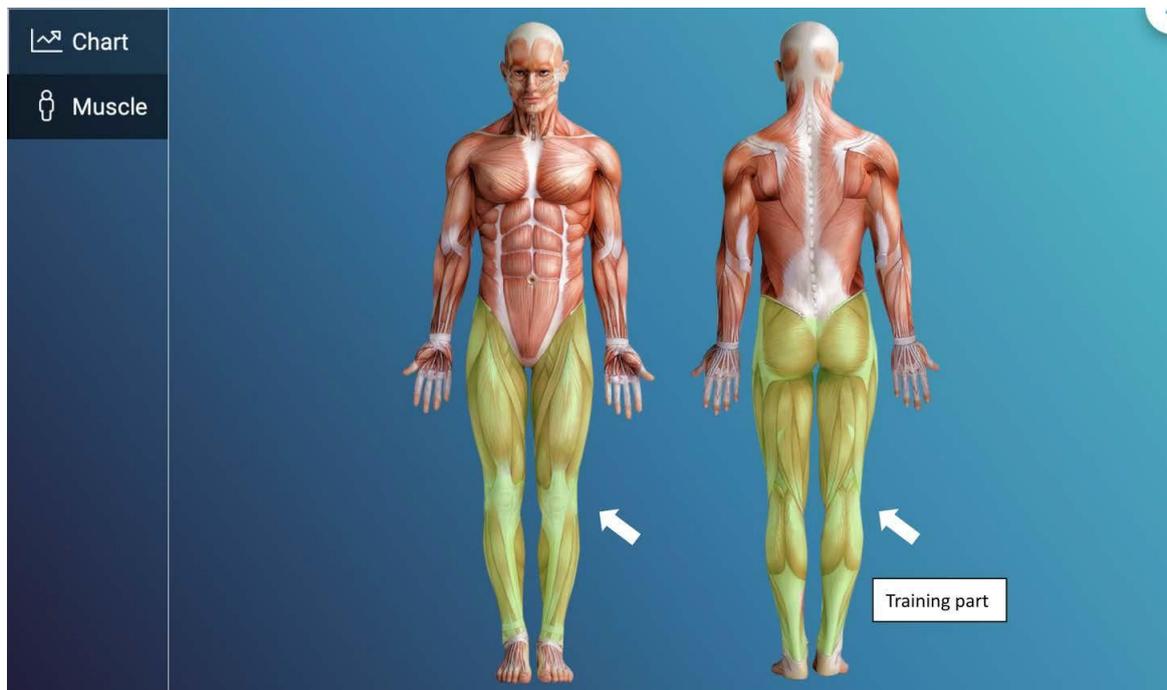


CONSOLE BACK END ADMINISTRATION

10. In detail page, user can the indexes like RPM, WATT, Resistance, Speed, and Incline in workout time. Clicking the item can hide or reveal index line.
11. User can click Muscle to check which part of muscle was trained in this time workout.



12. The muscle which was trained will be mark as yellow color.



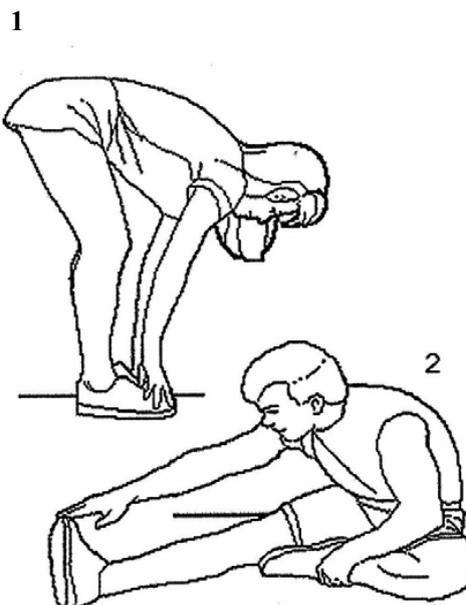
QUICK START GUIDE

Stretch exercise

No matter how you do sports, please do some stretch at first, The warm muscle will extend easily, so warm up yourself with 5-10minutes, Then We suggest the following stretch exercise, five times.10counts for each time or longer do these exercise again after sports.

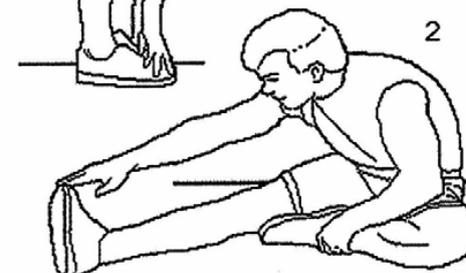
1、Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. And then relax, repeat 3 times.(picture 1)



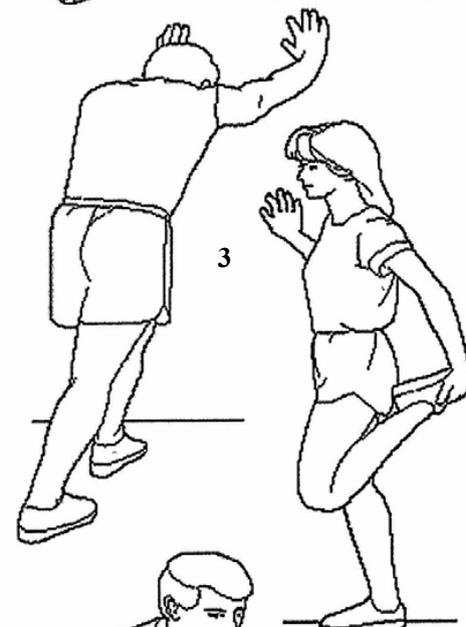
2、Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend .Then relax and repeat 3 times for each leg.. (picture 2)



3、Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts .Then relax and repeat 3 times for each leg(picture 3)



4、Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up .Bring your heel as close to your buttocks. hold for 10-15counts,relax.Repeat three times for each foot.(picture 4).



5、Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.Then relax and repeat 3 times.

