

FRENCH FITNESS

FF-E400 / FF-E420T

**FRENCH FITNESS E400 ELLIPTICAL
W/LED / W/10" TOUCH CONSOLE**

ASSEMBLY MANUAL



Before using this product, read all instructions in the document provided with our exercise equipment, including all assembly guides, user guides, and owner's manuals, before installation of this device.

FEATURES

- Brand: French Fitness
- LED Display / 10.1" TFT Touch Screen Display
- Resistance System: Magnetic
- Resistance Levels: 1-25 levels
- Heart rate: Touch Heart Rate Hand Sensors (Handlebars)
- Multiple position handrails
- Handlebars: Moving and stationary
- Steel Tube Size: 50x150mm
- Quick Control: Quick adjustment of the armrests
- Console display: Resistance Level Speed, Rotations Per Minute, Average Speed, Calories, Heart Rate, Distance, Time, Frequency, Power Ration, Remaining Time, Elapsed Time
- Programs: 6 - Warm Up, Fat Burning, Training, Rolling Hills, Challenge, Interval
- Step Up Height: 10.24" (260 mm)
- Stride size: 21" (540 mm)
- Pedal Center Distance: 10" (255 mm)
- Console Function: USB, Headphone, Bluetooth Audio Output
- Power Requirements: 110V
- With cup holders, accessory holder, mobile and tablet holder
- Wheels for easy transport

TECH SPECS

- Maximum User Weight: 330 lbs (150 kg)
- Product Weight: 410 lbs (185 kg)
- Product Dimensions: 85.24"L x 33"W x 68.11"H (216.5 cm x 84 cm x 173 cm)
- Active Dimensions: 87.5"L x 28.35"W

WARRANTY

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

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



Read all instructions in the documentation provided with your exercise equipment. This product is intended for commercial use.

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IMPORTANT SAFETY INSTRUCTIONS



WARNING

Save these instructions for future reference.



WARNING

Make sure all users see a physician for a complete physical examination before they begin any fitness program, particularly if they have high blood pressure, high cholesterol or heart disease; have a family history of any of the preceding condition; are over the age of 35; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instruction in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- Do not allow Children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Place the unit on a level surface, there should be 1 meter

of clearance from each side. Treadmill, there should be 2 meters of clearance from each side.

- Incorrect or excessive training can result to injuries to health.
- The moving part cannot be stopped immediately due to there is no free wheel equipped.
- When mounting on the machine, assure sit on the machine and then put the foot on the pedal. Put down the foot on the floor and then stand up while getting off the machine.
- The owner shall provide the user with all warnings and instructions.

OTHER IMPORTANT SAFETY INSTRUCTIONS

- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, If it is not working properly, or if it has been dropped, damaged, or exposed to water, call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the maintenance section of the owner's manual. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- Equipment Weight Restrictions: Do not use the unit if you weigh more than 180kg.
- Use the Equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended. Such attachments many cause injuries.
- Do not operate the equipment where aerosol(spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in the owner's manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- The plug should be accessible after installation.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Warning: Heartbeat system may be inaccurate; the excessive exercise may lead to hurt or death. If you feel uncomfortable, please stop exercise immediately.



Caution: Do not remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact customer support if the equipment need servicing.

ASSEMBLY INSTRUCTIONS

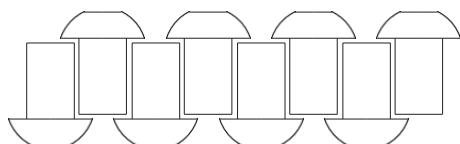


DANGER!

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

- Read all instructions in this guide before installing.
- Assemble and operate your equipment on a hard, level surface in the area intended for use.
- Open the box and assemble the components in the sequence presented in this guide.
- Attach all fasteners and partially tighten them. Do not fully tighten fasteners until instructed to do so.
- Do not attempt to move equipment by yourself.
Have at least one other person help you, and use safe lifting techniques. Do not grasp any plastic parts of the unit while lifting or moving the unit.
The plastic parts are non-structural covers and are not capable of supporting the weight of the unit.

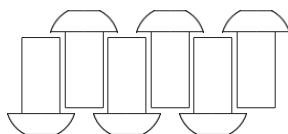
HARDWARE PACK



M10×25 Button Head Cap Screw (8pcs)



Flat Head Cap Screw
M8×20 (pcs4)



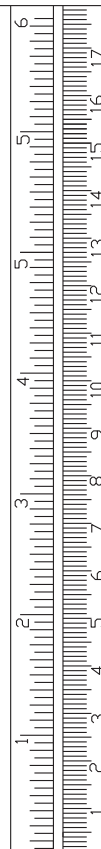
M8×16 Button Head
Cap Screw (6pcs)



Φ8 Arc Washer (pcs4)



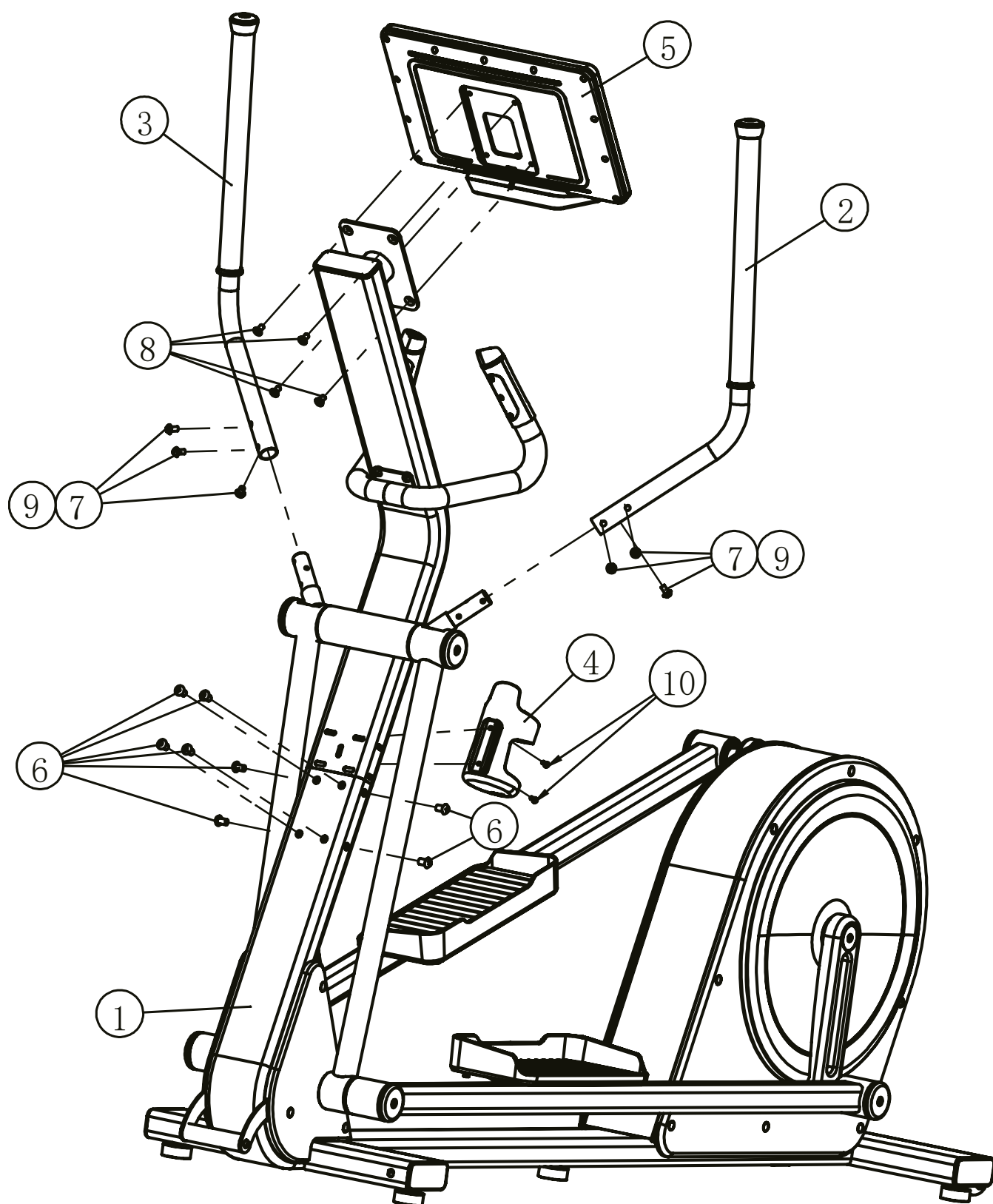
M5×12 Cross Recessed
Pan Head Screw (pcs2)



SPARE PARTS LIST

Items	Part Name	Specification	Qty
1	Body Assembly		1
2	Left Armrest Assembly		1
3	Right Armrest Assembly		1
4	Water rack	100×106×180.3	1
5	D console assembly		1
6	Hex socket head cap screws	M10×16	8
7	Hex socket head cap screws	M8×16	6
8	Hex socket countersunk screw	M8×16	4
9	Curved washer	Φ8.5×Φ16×1.5×R23.5	6
10	Cross recessed pan head screw	M5×12	2

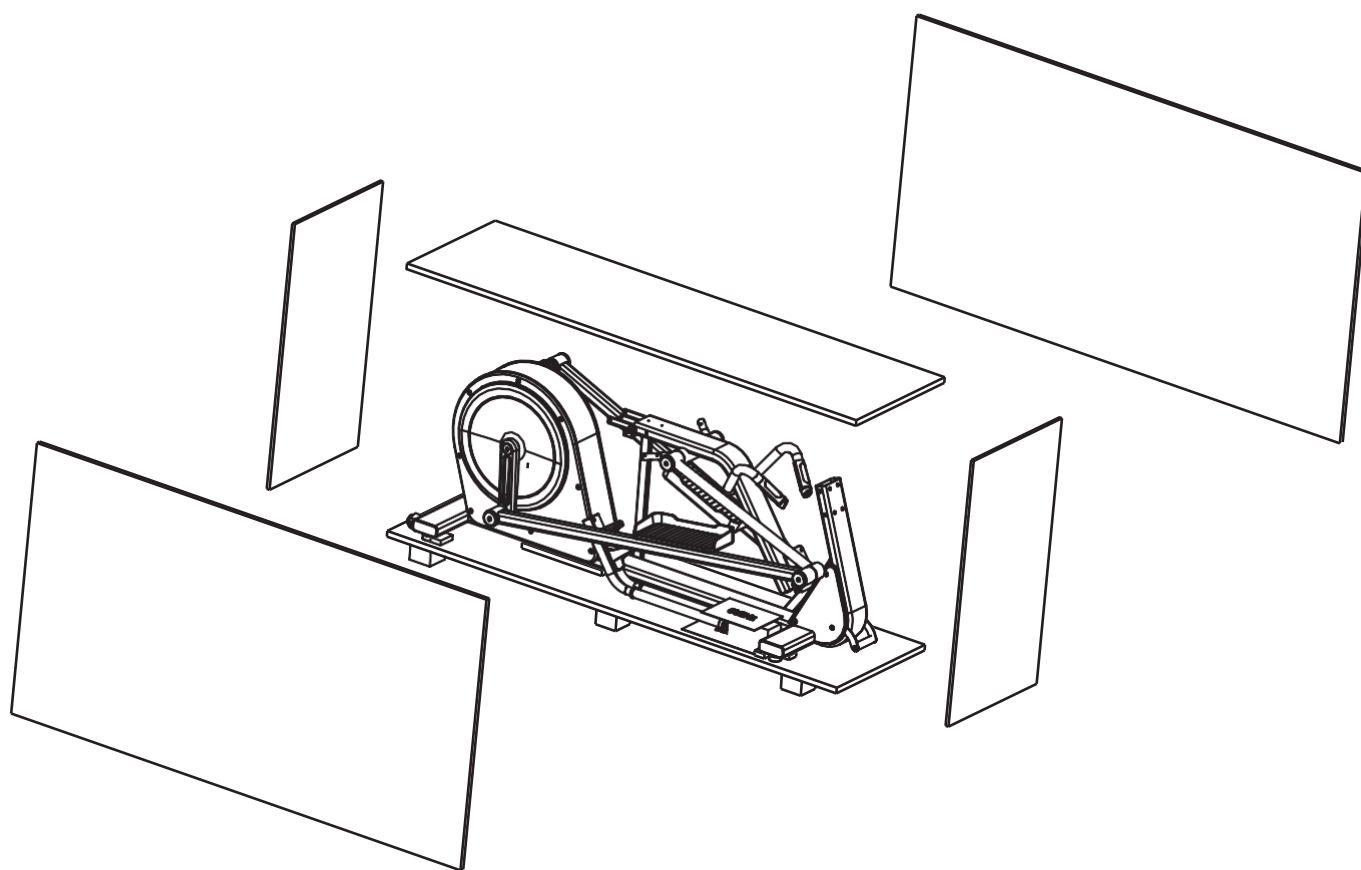
EXPLODED VIEW



ASSEMBLY STEPS

Step 1

- ① Open the wooden box.

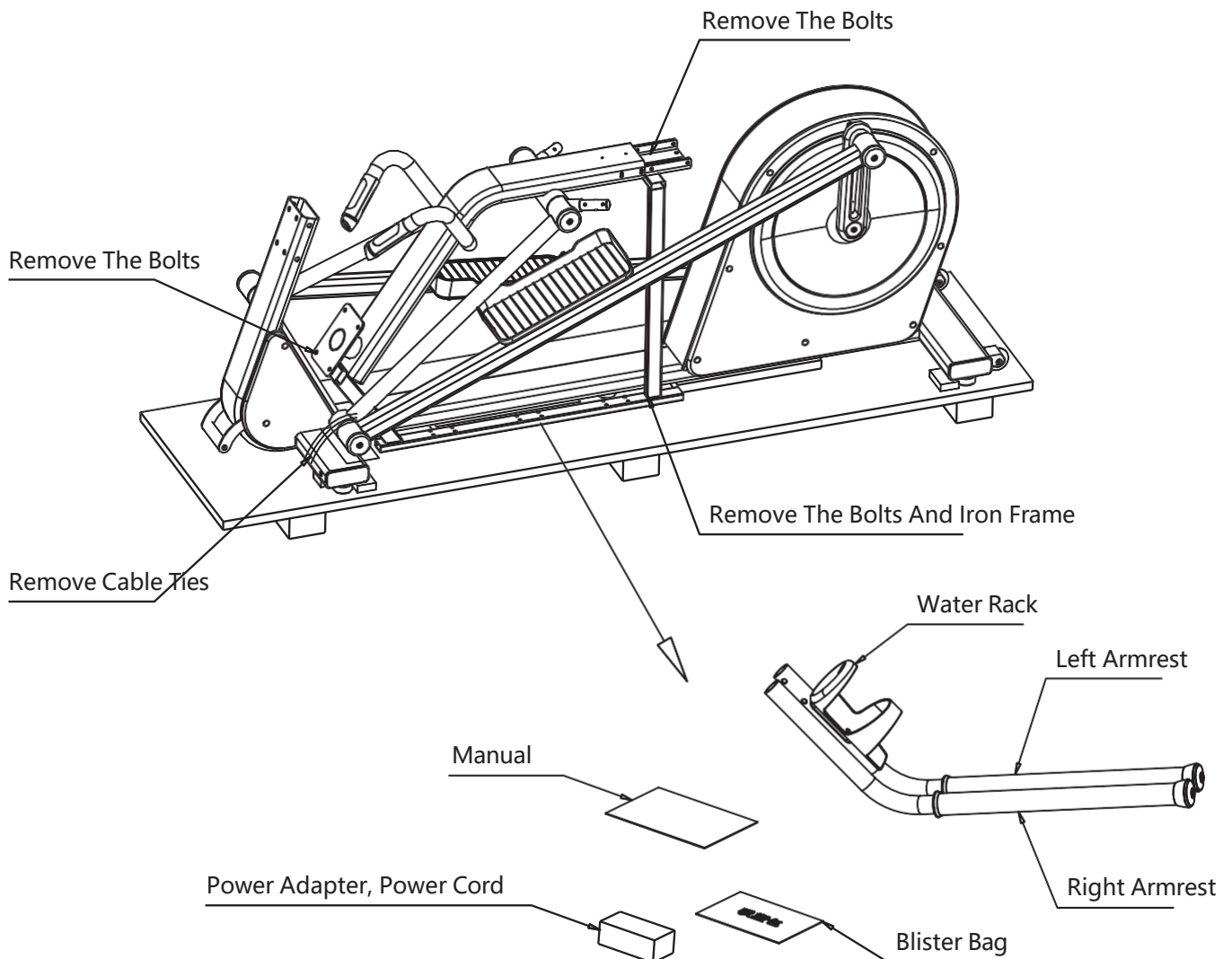


ASSEMBLY STEPS

Step 2

- ① Remove each component as shown in the diagram.
- ② Following the diagram, first remove the cable ties, then remove the bolts and metal frame.

Note: Be careful not to pinch your hand or touch the machine's plastic casing.

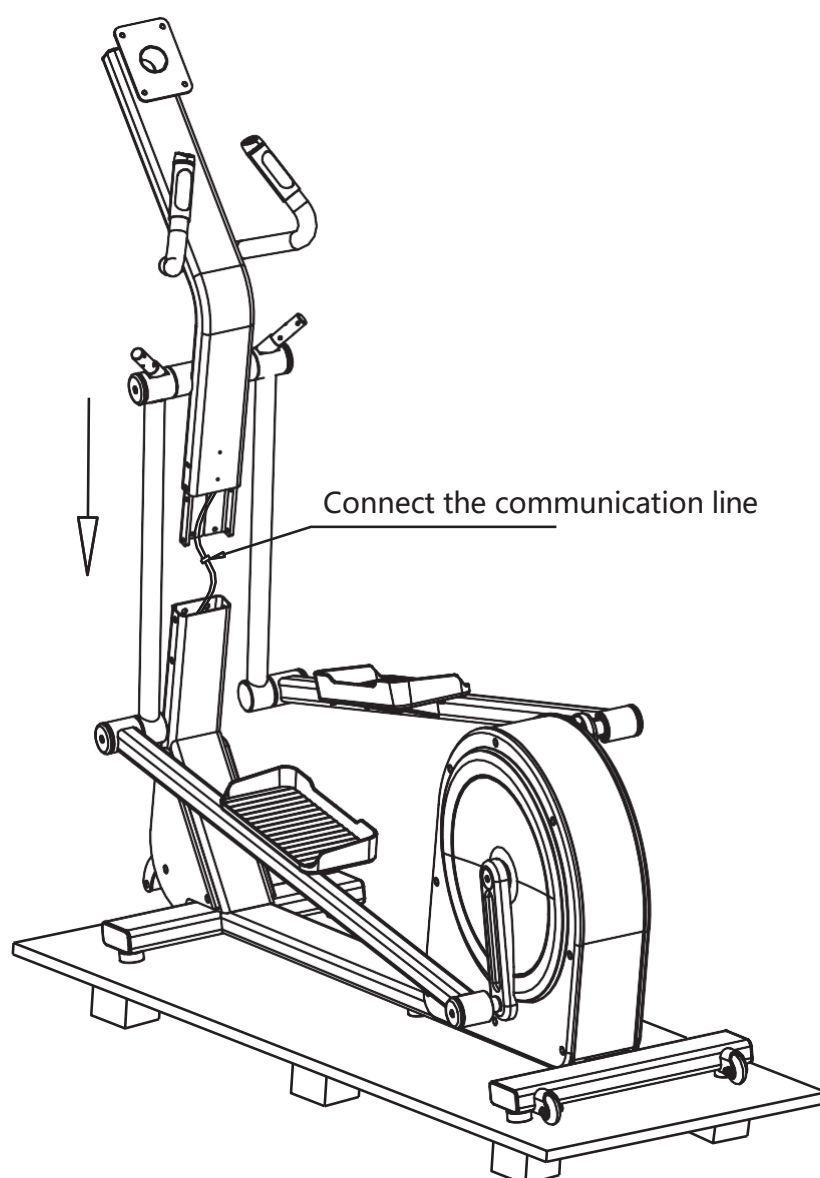


ASSEMBLY STEPS

Step 3

- ① Connect the communication cable according to the position shown in the diagram, and then insert the column into the main unit tube.
- ② Remove the machine from the tray.

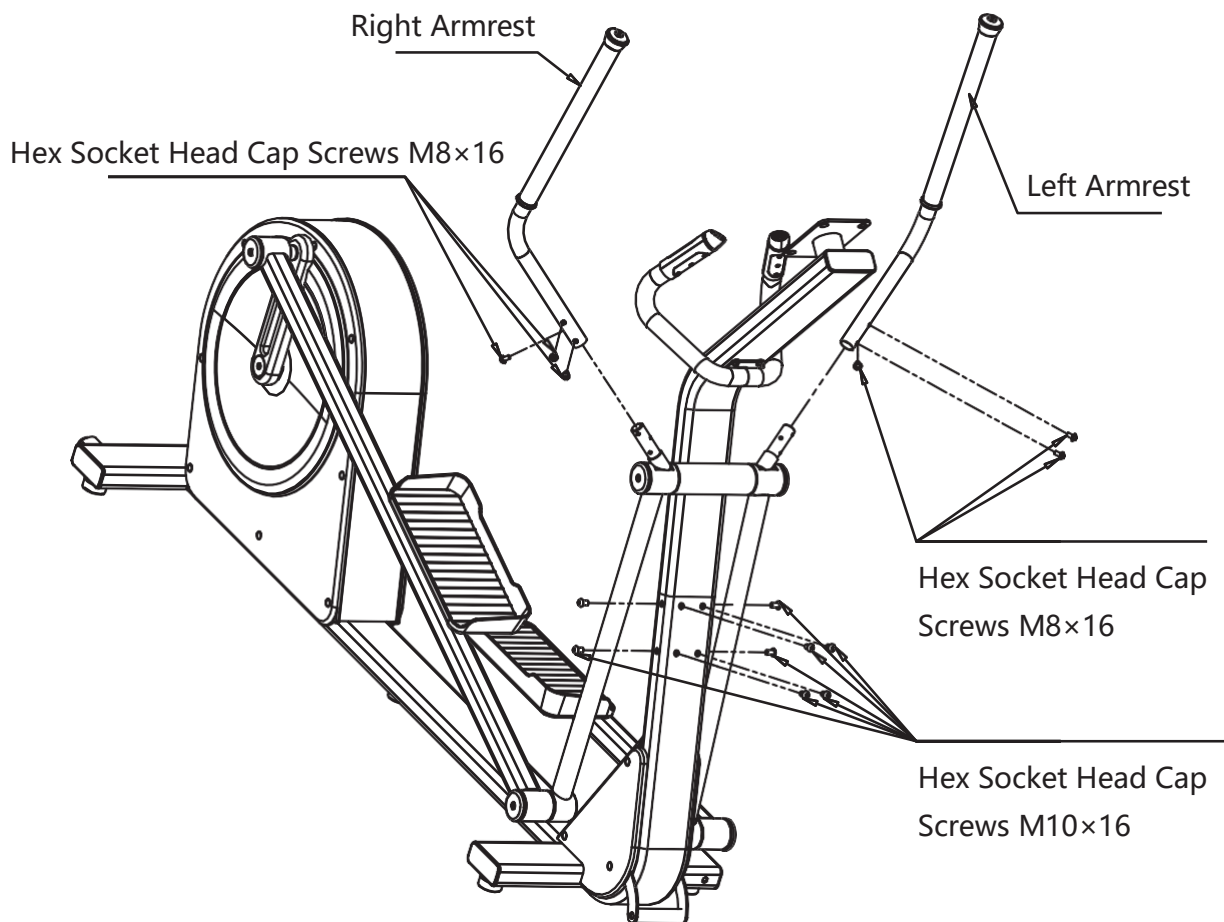
Note: Be careful not to pinch your hand or touch the machine's plastic casing.



ASSEMBLY STEPS

Step 4

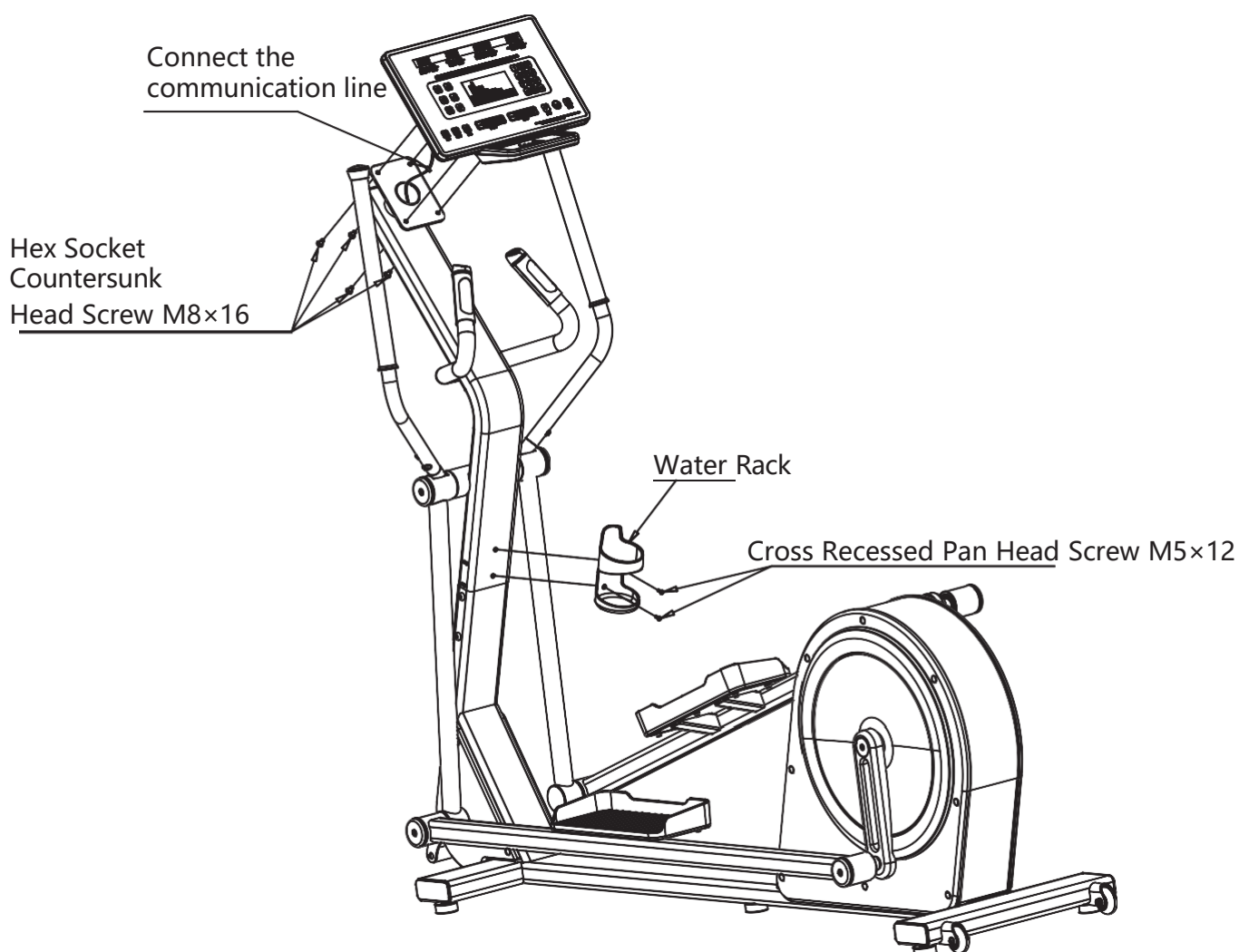
- ① First, secure the uprights with eight M10x16 hex socket head cap screws.
- ② Then, secure the left and right handrails with three M8x16 hex socket head cap screws each, as shown in the diagram.



ASSEMBLY STEPS

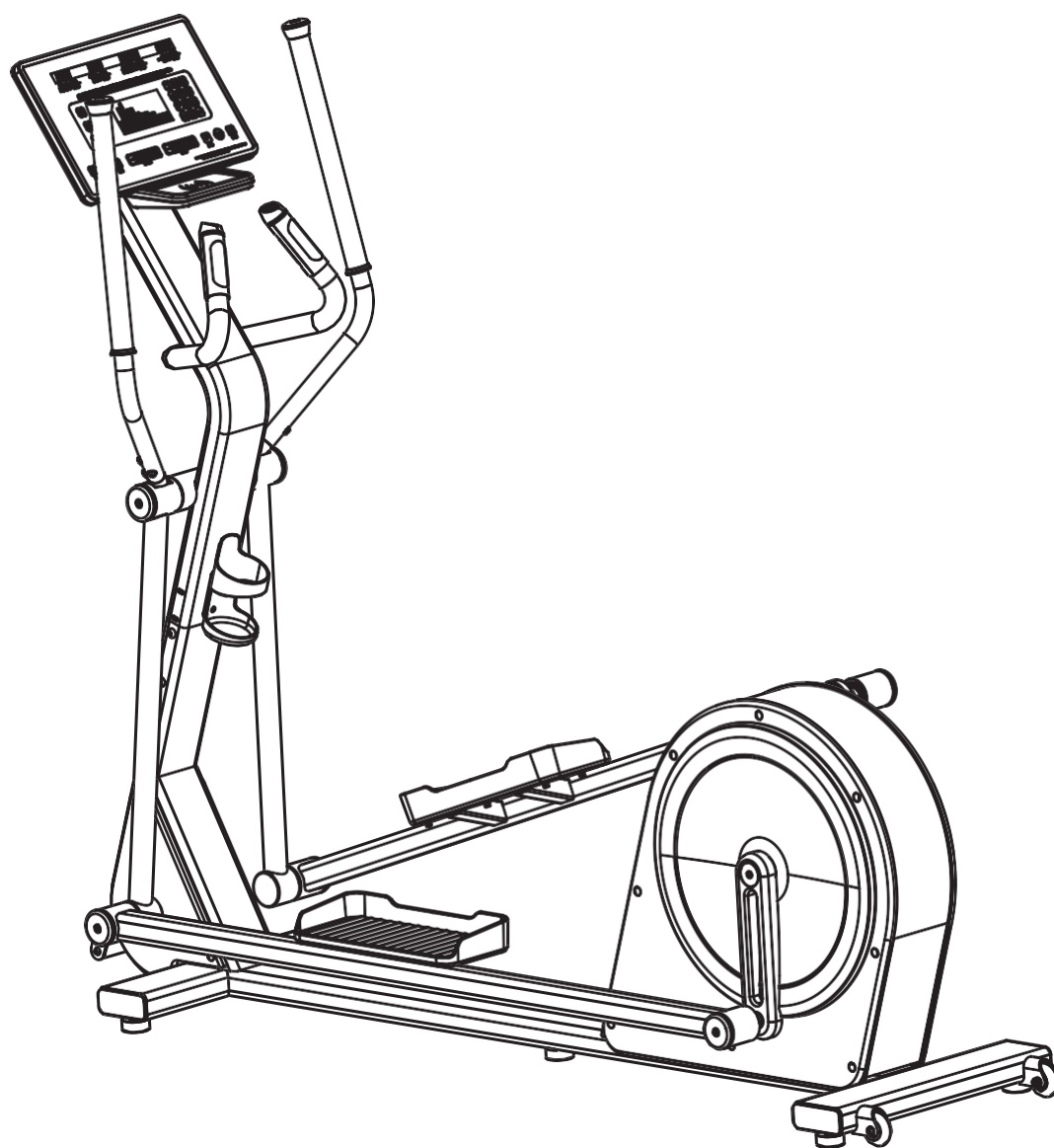
Step 5

- ① Connect the electronic watch to the communication cable as shown in the diagram, then secure it with bolts.
- ② Secure the water cup holder as shown in the diagram.



ASSEMBLY STEPS

Finished product rendering



CONSOLE DESCRIPTION

Display

LED display console, show us following information:





Time(S): display range "00:00-99:59"; the default time is positive counting, incremented by 1s, after exceeding the range, it will return to 0 and start from the new time.

Distance(Km): display range "0-9.99"; default distance in all modes is positive counting, incremented by 0.01KM, after exceeding the range, it will return to 0 and start counting again. **Calorie (Koal):** display range "0-99.9"; default calorie in all modes is positive counting, incremented by 0.1Kcal, and restart counting after exceeding the range.

Speed (Km/h): display range "0-100km/h"; incremented by 0.1km/h.



Intensity: Display range "1-20"; unit is 1.

CONSOLE DESCRIPTION

Number	Name	Details
①	Start/Stop	When unit stopped, press this button to start. When unit running, press this button to stop.
②	Level	Press - + adjust exercise intensity
③	Distance Heart Rate Frequency	Use  button to change
④	Calories Cal/min METS	Use  button to change
⑤	Time Elapsed Time Remaining Total Prog Time	Use  button to change
⑥	Speed AVG Speed RPM	Use  button to change
⑦	Preset Training Modes	Six training modes, press "start" to begin
⑧	Numeric Keypad	Used for quick input of distance, calories, time and other sport values. After input the number, press the "OK" key to confirm.
⑨	Scan	The system will automatically save the exercise data at the end of the exercise, and click Scan to display the result data of the exercise.
⑩	Target	Training goal setting with time, distance, calories
⑪	User Program	Set up a self-programmed training program, set the resistance level for each segment and time
⑫	LED Display	Information about training

OPERATING INSTRUCTIONS

Quick start

- Press  button, all data starts counting, The bottom line of display bright. display lights and intensity adjustment linkage; press buttons - + to adjust intensity, the data can be switched.
- Press  button, to clear all the data, display remind "ANYKEY TO CONTINUE OR PRESS OK TO QUIT".

Preset program starting up



WARM UP



FAT BURNING



TRAINING








ROLLING HILLS












CHALLENGE



INTERVAL






- Choose any program when LED display "START OR PRESS OK TO SET UP" Press  button, to start preset program, default time 30 min, level linkage adjustment. Press  button, to set program:
1, Age Setting(10-90): display remind "Enter your age"(input your age) default "35", press - + to choose or input your age directly, press  to next step 2, weight Setting(30-180): display remind "Enter your weight(input your weight) default "65", press - + to choose or input your weight directly, press  to next step; 3, Time Setting(5-99): display remind "ENTER TIME"(input time) default "30min "press - + to choose or input time directly,  " PRESS START press to TO BEGIN."

Target program starting up

- Press  button, display remind "SET TIME OR ENTER THE NEXT TARGET" same time, Time Window Flashes. Default time 30min; setting interval 5:00-99.00; adjust with - + button, 1min each press or use numeric keypad to setting detail time, press  , display remind "PRESS START TO BEGIN", press  to start the unit.
- Press  button, display remind "SET DISTANCE OR ENTER THE NEXT TARGET" Same Time, Distance window flashes. Default setting 1.0Km, setting interval 1-99; setting with - + button, 1km each press, or use numeric keypad to setting detail distance, After press  , display remind "PRESS START TO BEGIN", press  button to start.
- Press  button, display remind "SET CALORIES OR ENTER THE NEXT TARGET" same time, Calories window flashes, default setting 50Kcal; Setting interval 50-990; setting with - + button, 10Kcal each press, or use numeric keypad to setting detail calories, press  button, display remind "PRESS START TO BEGIN", press  button to start.

OPERATING INSTRUCTIONS

Self-Editing program starting up

- Press  Button, display remind "USER PROGRAM" After the information finished, the first line of display is displayed. The first light flashes, setting with - +, each press 1lvl, or use numeric keypad to setting details, press  to next step, when finish last step, press , display remind "ENTER TIME" press  display remind "PRESS START TO BEGIN", press  to begin exercise.

Exercise Instructions

Medical research results show that, Certain exercise can promote the recovery of our cardiopulmonary system and muscle tissue. At the same time, it is safe and effective to control the exercise intensity to 60%-85% of the maximum heart rate during fitness exercise. Because this interval can fully achieve the effect of different needs, And it does not cause damage caused by excessive exercise, etc.

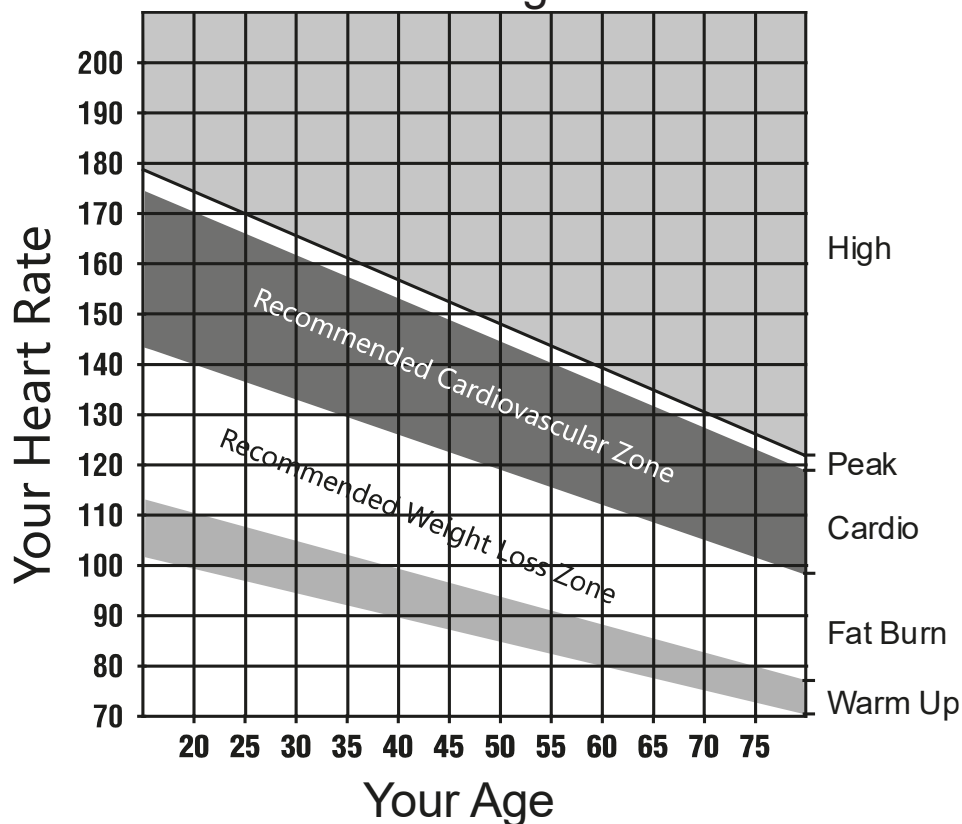
Maximum heart rate and exercise heart rate interval

Please use the following formula to calculate the maximum heart rate and exercise interval(Taking 35 years old as an example):

Max heart rate=220-age(220-35=185/min)

Exercise heart rate upper limit=max heart rate*85%(185*85%=157times/min) Exercise heart rate lower limit=max heart rate*60%(185*60%=111times/min) Then the exercise heart rate interval is 111-157 times / minute

Heart Rate Target Zones



WARNING

To reduce the risk of electrical shock, always unplug the equipment from its power source before cleaning it or performing any maintenance tasks.

Cleaning console and screen

- Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coating. Never pour water or spray liquids on any part of the equipment.

- Avoid any corrosive chemicals on console and screen
- Water to dampen a soft cloth and then clean the screen.
Make sure to spray the cleaning solution on the soft cloth, not console.
- Do not use a hard cloth to clean