



FRENCH FITNESS

FF-E600

**FRENCH FITNESS E600 ELLIPTICAL
W/LED CONSOLE (NEW)**

ASSEMBLY MANUAL



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

FEATURES

- Brand: French Fitness
- Self-powered operation (no outlet required); console powers up when pedaling
- 25 resistance levels with 350W resistance brake power
- LED console (6-window + dot-matrix)
- Readouts: speed, time, distance, calories, RPM, heart rate
- 7 workout programs (manual, interval-style, HR-based, and target modes)
- 21" stride length for a natural elliptical motion
- Cushioned gel pedals + 1" pedal spacing
- Heart rate monitoring: contact + telemetry
- Handlebar controls with ergonomic ABS + TPU coating
- Accessory storage: Yes

TECH SPECS

- Product Name: French Fitness E620T Elliptical w/ 15.6" TFT Touchscreen Console (New)
- Product Code: E620T
- Certification: CE
- Max User Weight: 160 kg / 352 lbs
- Electrical Receptacle & Plug: 220V-240V
- Power Supply: 60W
- Brake Type: Self-Powered Hybrid Brake
- Resistance Brake Power: 350W
- Resistance Levels: 25
- Stride Length: 533 mm / 21"
- Pedals: Pedal with cushioned gel pads
- Pedal Spacing: 1"
- Step-Up Height: 190 mm / 7.5"
- Handlebar Control: Handlebar control; ABS + TPU coated handlebars
- Console Display: 15.6" TFT
- Console Readouts: Resistance, time, distance, calories, HR, RPM
- Languages: EN / CN / FR / DE / ES / PT / IT / RU / JP / KR
- Metric / English: Metric & English
- Entertainment: Multiple built-in apps
- Programs: 5
- HR Monitor: Contact & Telemetry
- Accessory Storage: Yes
- USB Data Exchange: Yes
- Multi-Language Display: Yes
- Net Weight: 118 kg / 260.1 lbs
- Gross Weight: 174.9 kg / 385.6 lbs
- Product Dimensions: 742 x 2113 x 1610 mm / 29.2" x 83.2" x 63.4"

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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Important Safety Instructions

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

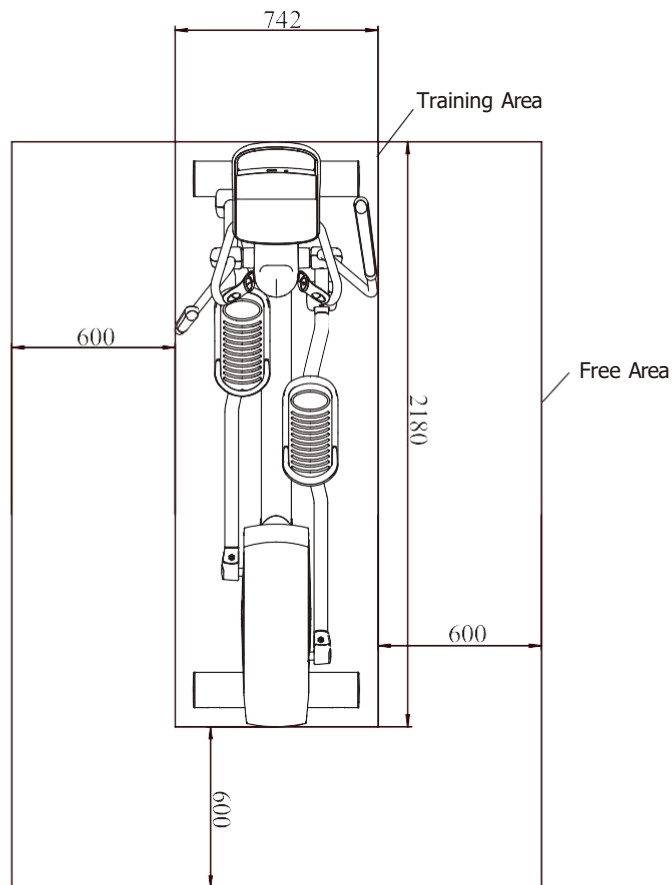
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

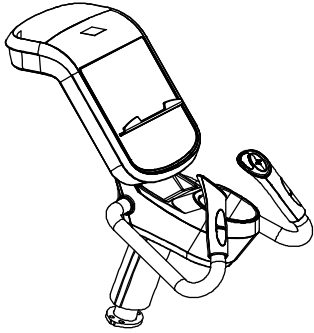
Class: SB

Maximum User Weight: 160kg/ 353lbs

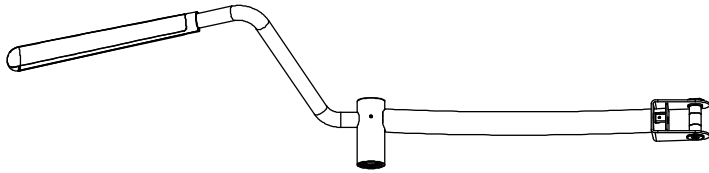
Product Total Surface: 2180*742mm

Product Total Mass: 118kg/ 260lbs

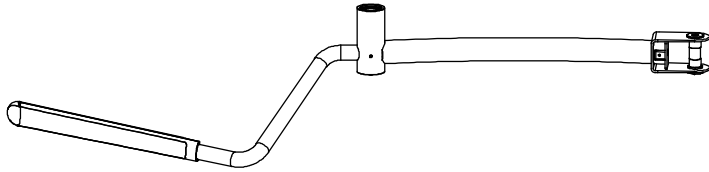
Subassembly Parts List



Console Assy



Right Handle Bracket Assy



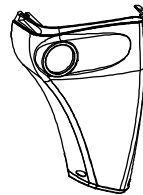
Left Handle Bracket Assy



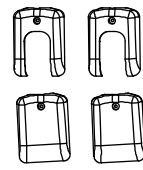
Front Top Cover



Left Top Cover



Right Top Cover



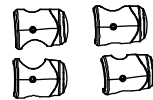
Rear and Front Cover



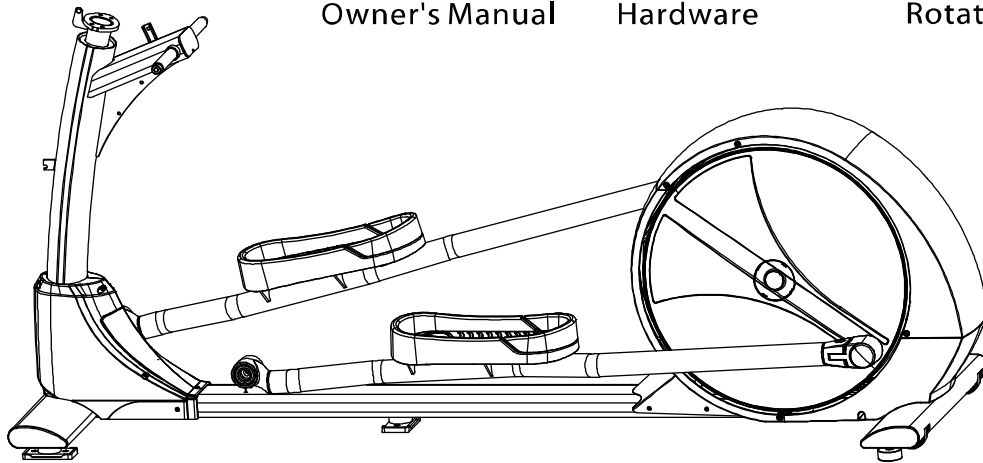
Owner's Manual



Hardware

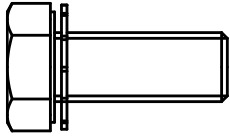


Rotating Cover

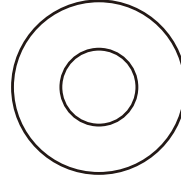


Main Frame Assy

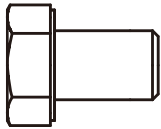
Hardware List



four Hex Head Bolt W/Serrated
Loch Washer M10*25 (#15)



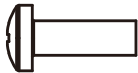
two $\Phi 11 * \Phi 25 * 2$ Washer (#19)



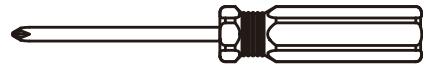
two M10*15 Hex Head Bolt (#18)



one S=6 Hex Key



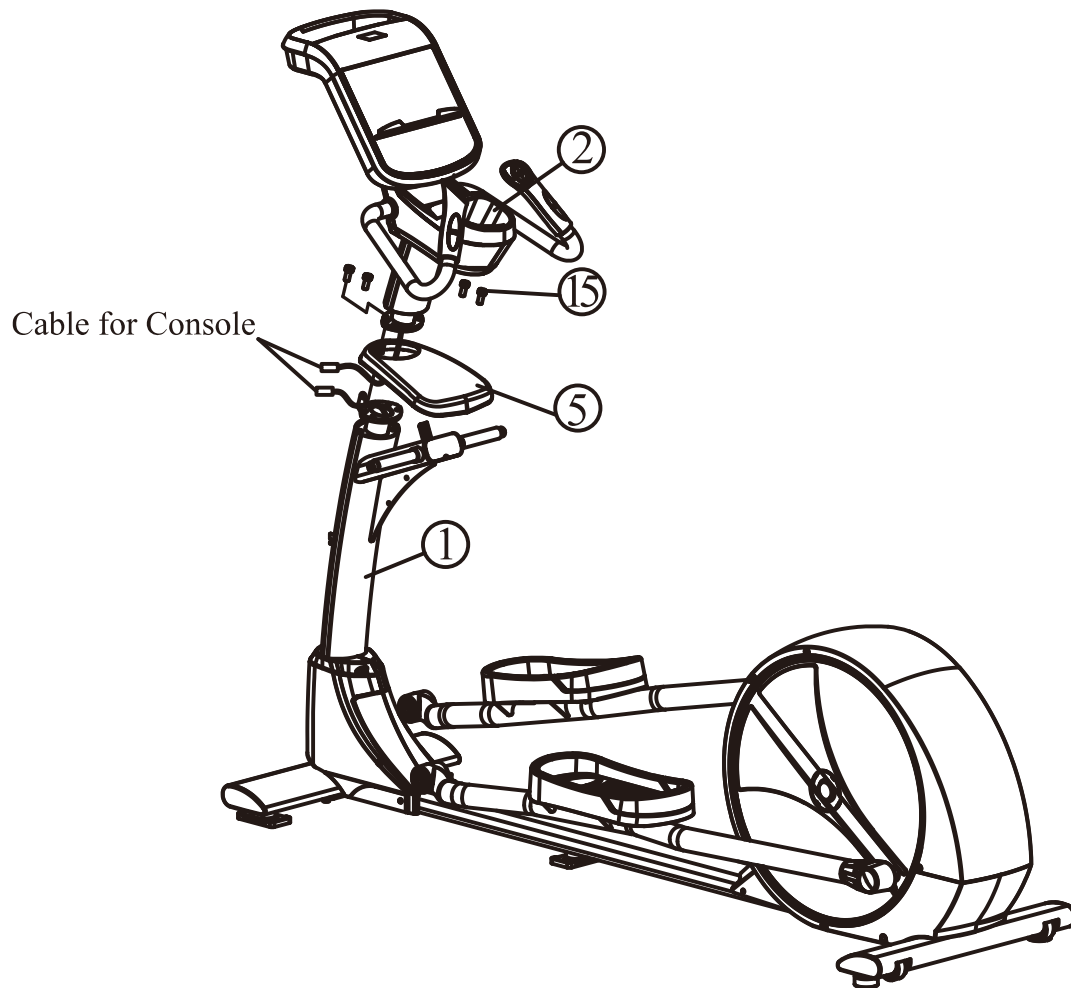
thirteen M5*15 Screw (#16)



one Screw Driver

Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly

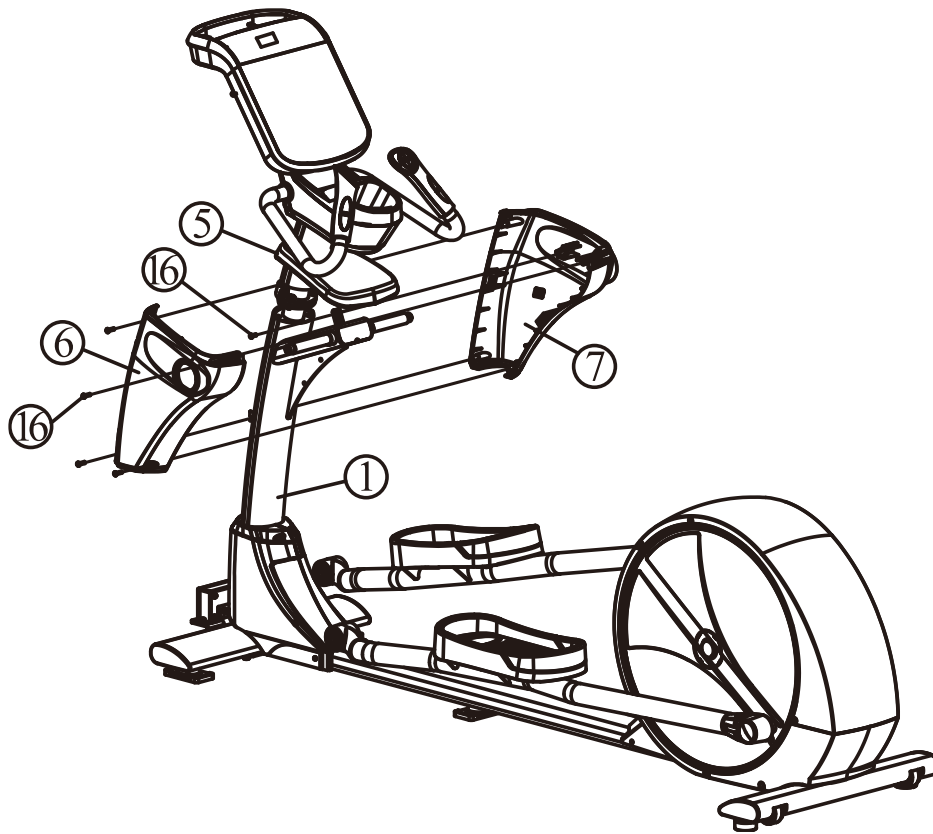


Step 1

1. Attach Front Top Cover (#5) to Console ASSY (#2).
2. Connect the Cable for Console.
3. Attach Console ASSY (#2) to Main Frame ASSY (#1), using:
four Hex Head Bolt W/Serrated Loch Washer M10*25 (#15)

NOTE: Be careful not to pinch any wires while attaching the Upright Frame.

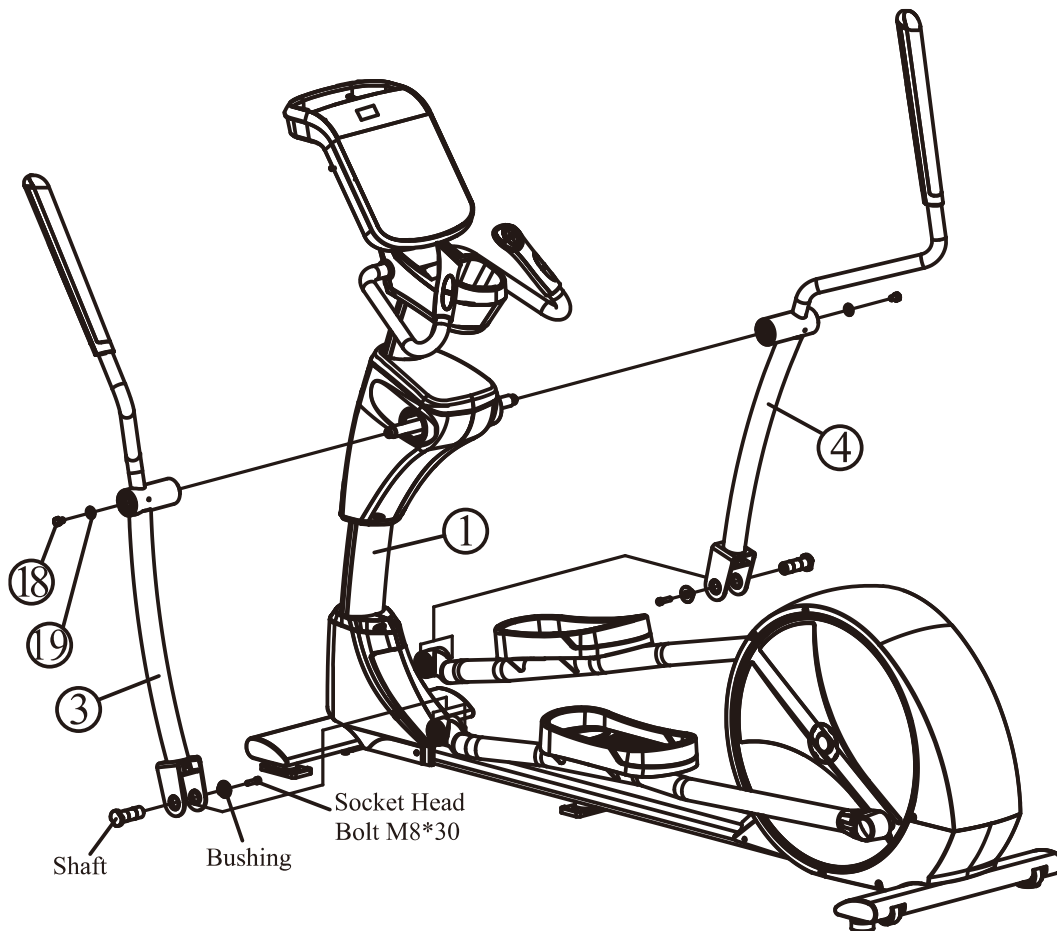
Assembly



Step 2

1. Attach Right Top Cover (#7) to Main Frame Assy, using:
one M5*15 Screw (#16)
2. Attach Left Top Cover (#6) to Main Frame Assy, using:
four M5*15 Screw (#16)
3. Attach Front Top Cover (#5) to Right Top Cover (#7) and
Left Top Cover (#6).

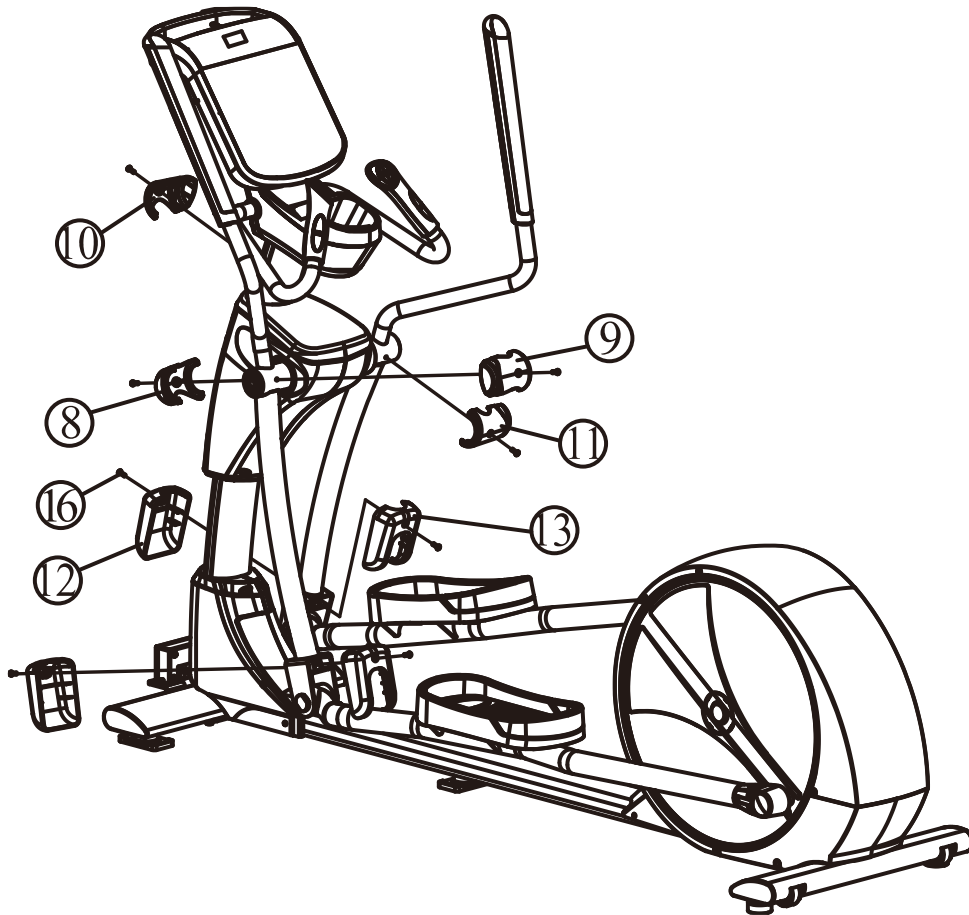
Assembly



Step 3

1. Take apart Shaft, Bushing, Socket Head Bolt from Left Handle Bracket ASSY (#3).
2. Attach Left Handle Bracket ASSY (#3) to Main Frame ASSY, using:
 - one M10*15 Hex Head Bolt (#18)
 - one $\Phi 11*\Phi 25*2$ Washer (#19)
 - one Shaft
 - one Bushing
 - one M8*30 Socket Head Bolt
3. Take apart Shaft, Bushing, Socket Head Bolt from Right Handle Bracket ASSY (#4).
4. Attach Right Handle Bracket ASSY (#4) to Main Frame ASSY, using:
 - one M10*15 Hex Head Bolt (#18)
 - one $\Phi 11*\Phi 25*2$ Washer (#19)
 - one Shaft
 - one Bushing
 - one M8*30 Socket Head Bolt

Assembly

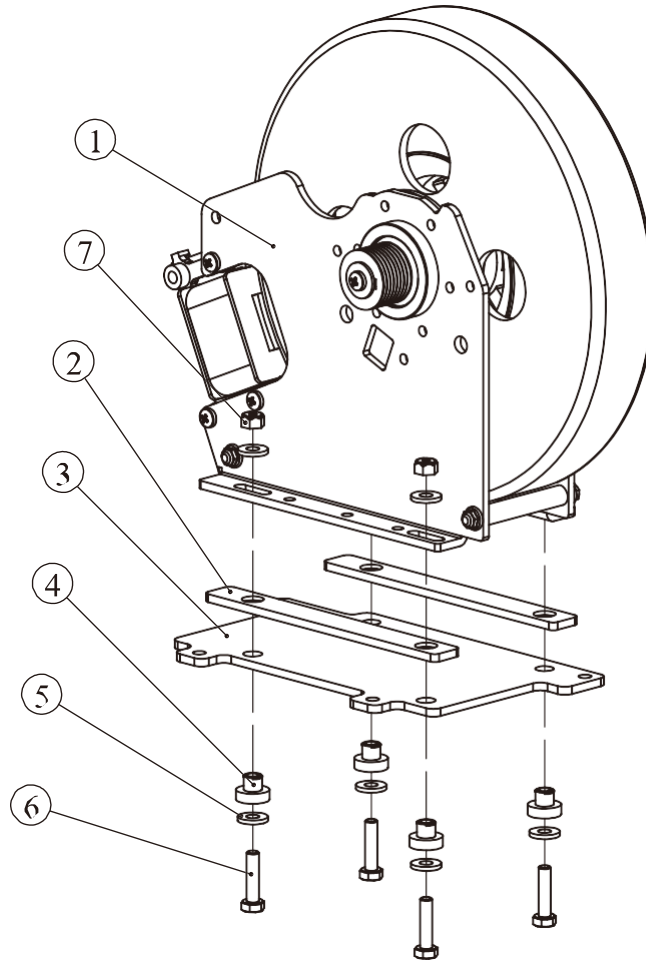


Step 4

1. Attach Left Rotating Cover1 (#8) and Left Rotating Cover2 (#9) to Left Handle Bracket ASSY, using:
two M5*15 Screw (#16)
2. Attach Front Cover (#12) and Rear Cover (#13) to Left Handle Bracket ASSY, using:
two M5*15 Screw (#16)
3. Attach Right Rotating Cover1 (#10) and Right Rotating Cover2 (#11) to Left Handle Bracket ASSY, using:
two M5*15 Screw (#16)
4. Attach Front Cover (#12) and Rear Cover (#13) to Right Handle Bracket ASSY, using:
two M5*15 Screw (#16)

Exploded View and Parts List

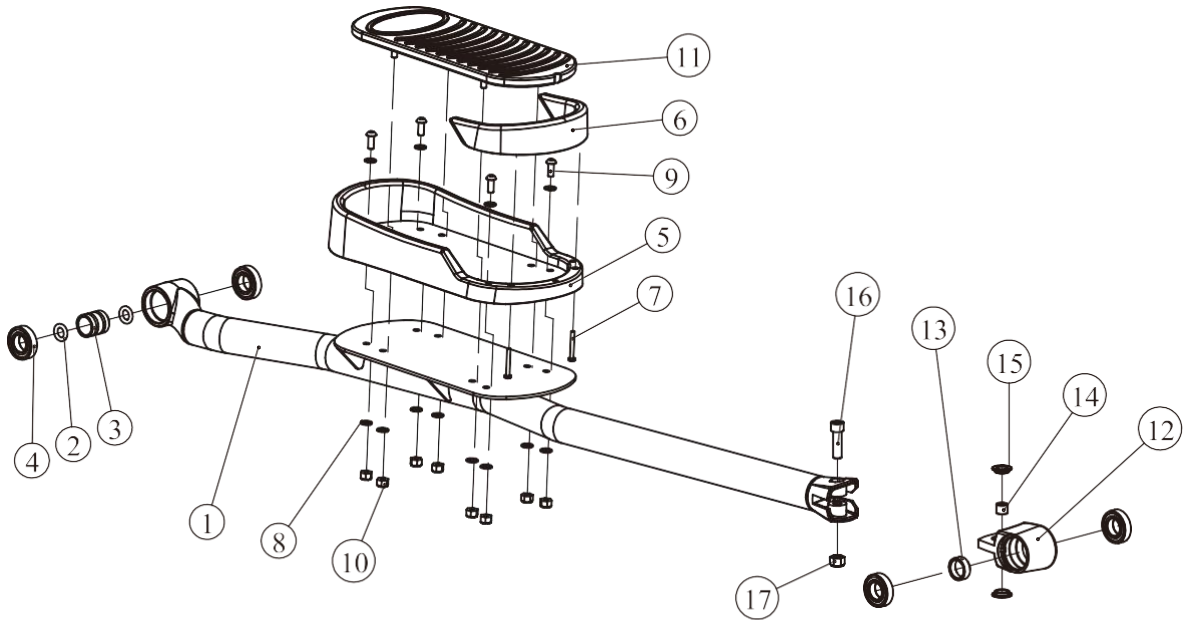
Brake ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.15.1	D75V1-1500-MC	Brake	1
2	I.15.2	U7B3700	Insulation Plate:Brake	2
3	I.15.3	PE350D9500	Transition Plate	1
4	I.15.4	U7B3800	Insulation Space:Brake	4
5	I.15.5	DQ6DS2A	Washer $\Phi 6.6*\Phi 15*2$	8
6	I.15.6	GB5781M6*25DS20	Hex Head Bolt M6*25	4
7	I.15.7	NM6DS2	Nylon Insert Lock Nut M6	4
8	I.15.8	LI500AL9396-3-3-MC	Wire For Generator	1
9	I.15.9	LI500STDCY2F-AI9396-2-MC	Wire For Braker	1

Exploded View and Parts List

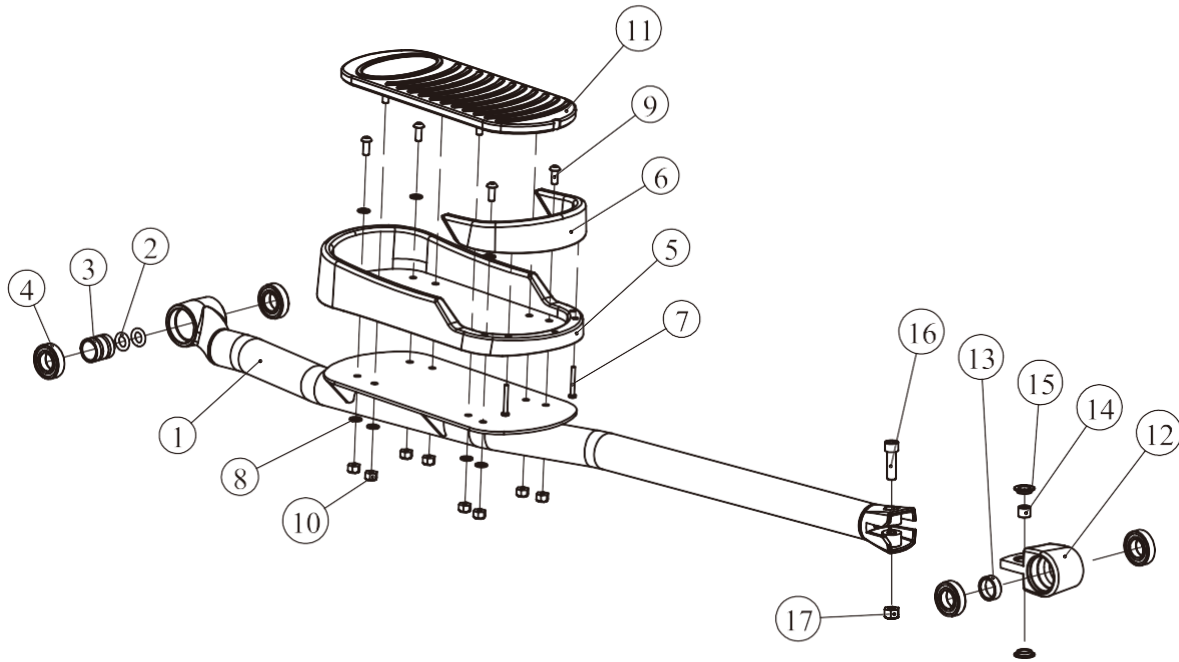
Left Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.48.1	RE3000300	Left Pedal Bracket	1
2	I.48.2	GB3452.125*5.3	Rubber Sealing Ring $\Phi 25*5.3$	2
3	I.48.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	I.48.4	GB2766005-2RSC3NBK	Bearing 6005	4
5	I.48.5	RE7004200	Pedal	1
6	I.48.6	RE7004300	Holder For Pedal	1
7	I.48.7	GB818M5*40DS2	Screw M5*40	2
8	I.48.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	I.48.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	I.48.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	I.48.11	RE7005700	Pedal Forming	1
12	I.48.12	RE500C8100	Bearing Housing	1
13	I.48.13	RE500C8000	Sleeve $\Phi 32*\Phi 26*11.3$	1
14	I.48.14	TBT1400	Bushing $\Phi 16*13$	1
15	I.48.15	TBT5500	Plastic Bushing	2
16	I.48.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	I.48.17	NMI2DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

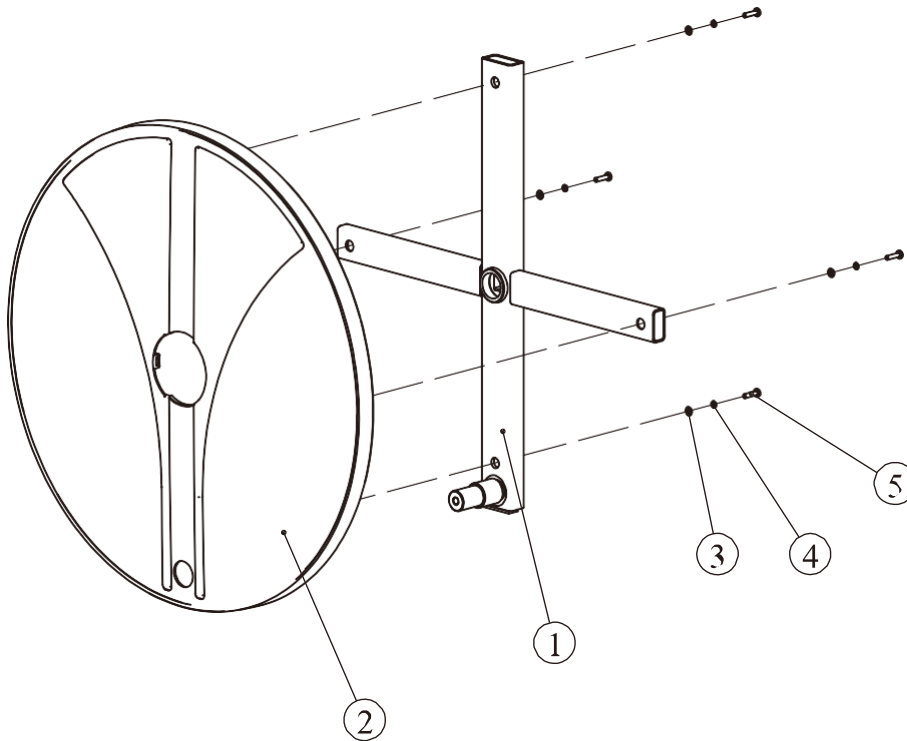
Right Pedal Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.49.1	RE3000400	Right Pedal Bracket	1
2	I.49.2	GB3452.125*5.3	Rubber Sealing Ring $\Phi 25*5.3$	2
3	I.49.3	PE350D9700	Sleeve $\Phi 32*\Phi 26*34$	1
4	I.49.4	GB2766005-2RSC3NBK	Bearing 6005	4
5	I.49.5	RE7004200	Pedal	1
6	I.49.6	RE7004300	Holder For Pedal	1
7	I.49.7	GB818M5*40DS2	Screw M5*40	2
8	I.49.8	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	12
9	I.49.9	PNLM8*20DS20	Button Head Bolt M8*20	4
10	I.49.10	NM8DS2	Nylon Insert Lock Nut M8	8
11	I.49.11	RE7005700	Pedal Forming	1
12	I.49.12	RE500C8100	Bearing Housing	1
13	I.49.13	RE500C8000	Sleeve $\Phi 32*\Phi 26*11.3$	1
14	I.49.14	TBT1400	Bushing $\Phi 16*13$	1
15	I.49.15	TBT5500	Plastic Bushing	2
16	I.49.16	GB70M12*40DHS20	Socket Head Bolt M12*40	1
17	I.49.17	NM12DHS2	Nylon Insert Lock Nut M12	1

Exploded View and Parts List

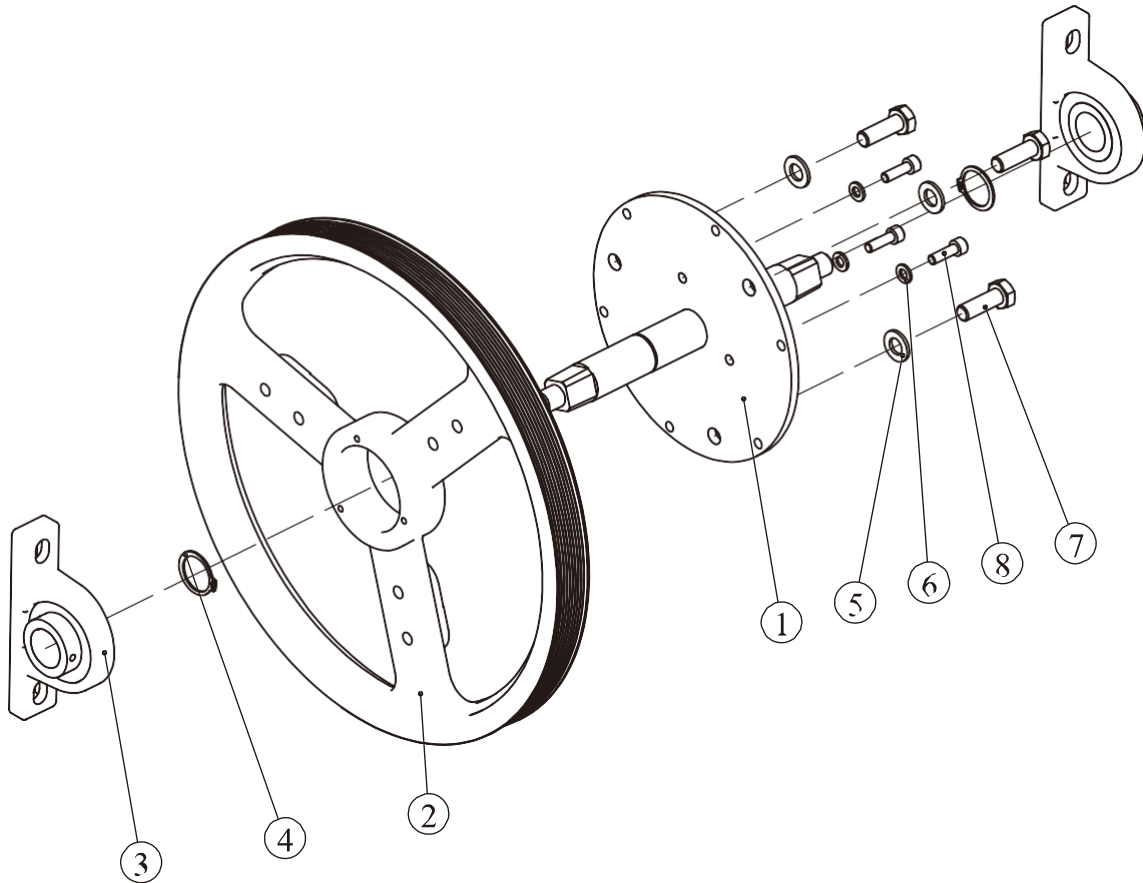
Cross Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.42.1	RE500C0900	Cross Bracket	1
2	I.42.2	RE7003200	Disk Cover	1
3	I.42.3	GB955DS2	Washer $\Phi 5.3 \times \Phi 10 \times 1$	4
4	I.42.4	GB935DS12	Spring Washer $\Phi 5$	4
5	I.42.5	GB818M5*20DHS2	Screw M5*20	4

Exploded View and Parts List

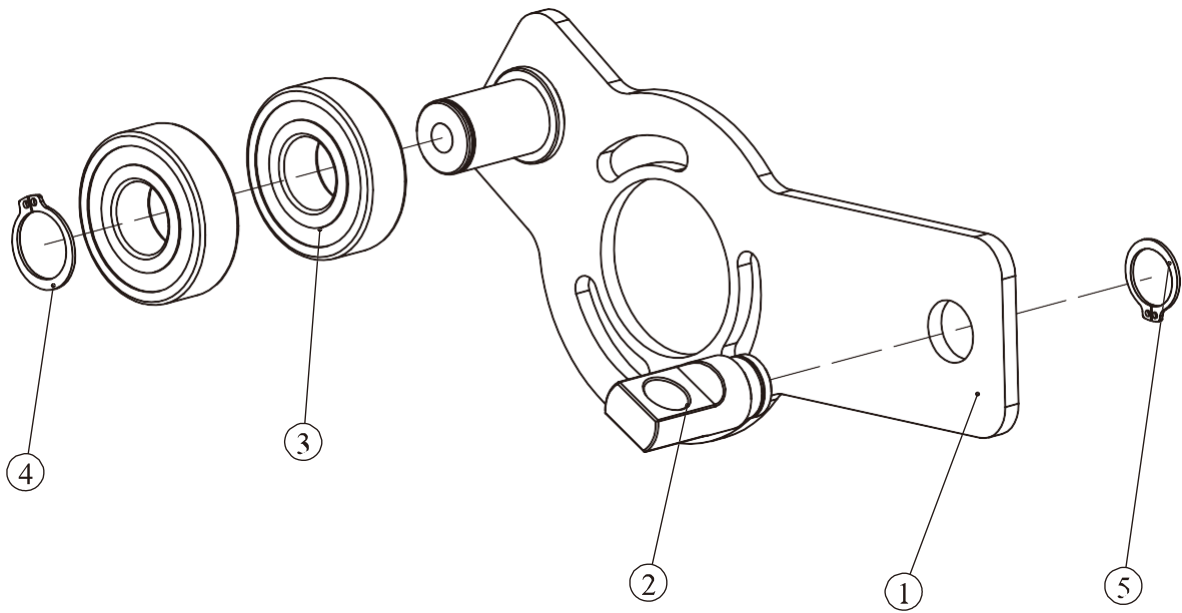
Shaft ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.23.1	RE7000800	Shaft	1
2	I.23.2	RE7001200	Belt Pully	1
3	I.23.3	UP205	Pillow Block Bearing	2
4	I.23.4	GB894.125FH12	External Retaining Ring $\Phi 25$	2
5	I.23.5	GB9510DHS2	Washer $\Phi 11*\Phi 20*2$	3
6	I.23.6	GB956DS2	Washer $\Phi 6.6*\Phi 12*1.6$	3
7	I.23.7	GB5781M10*30DS20NL	Hex Head Bolt M10*30	3
8	I.23.8	GB70M6*20DS4NL	Socket Head Bolt M6*20	3

Exploded View and Parts List

Tightener ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.19.1	RE500C1100	Tightener	1
2	I.19.2	PE350D10200	Tension Shaftadjustable Axle	1
3	I.19.3	GB2766204-2RSC3TPI	Bearing 6204	2
4	I.19.4	GB894.120FH12	External Retaining Ring Φ 20	1
5	I.19.5	GB894.117FH12	External Retaining Ring Φ 17	1

Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	RE900B0100	Main Frame	1
2	1.2	ECU7P3500	Nut,PA6	11
3	1.3	CG60007700	Foot	3
4	1.4	GB41M10DS2	Nut M10	4
5	1.5	PE3001700	Adjustbale Foot	2
6	1.6	RE3004800	Wheel	2
7	1.7	GB70M10*50DS20	Socket Head Bolt M10*50	2
8	1.8	RE7002600	Plug 1	2
9	1.9	RE7002700	Plug 2	2
10	1.10	L35000XHB-SMA-12	Lower Cable Of Console	1
11	1.11	RE7005200	Square Nut	2
12	1.12	GB9510DS2	Washer $\Phi 11 * \Phi 20 * 2$	10
13	1.13	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2
14	1.14	GB5781M10*40DS20	Hex Head Bolt M10*40	2
15	1.15	D75V1-1500ASSY	Brake ASSY	1
16	1.16	GB956DS2	Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
17	1.17	GB936DS12	Spring Washer $\Phi 6$	4
18	1.18	GB70M6*15DS4	Socket Head Bolt M6*15	4
19	1.19	RE500C11ASSY	Tightener ASSY	1
20	1.20	RU7004800	Busing	3
21	1.21	GB935DS12	Spring Washer $\Phi 5$	3
22	1.22	GB70M5*20DS20	Socket Head Bolt M5*20	3
23	1.23	RE30005ASSY	Shaft ASSY	1
24	1.24	DXD510J8A	Poly-V Belt	1
25	1.25	GB70M10*80DHS20	Socket Head Bolt M10*80	4
26	1.26	NM10DS2	Nylon Insert Lock Nut M10	4
27	1.27	TBT0800	Tightening Nut	1
28	1.28	GB70M8*25DS20	Socket Head Bolt M8*25	1

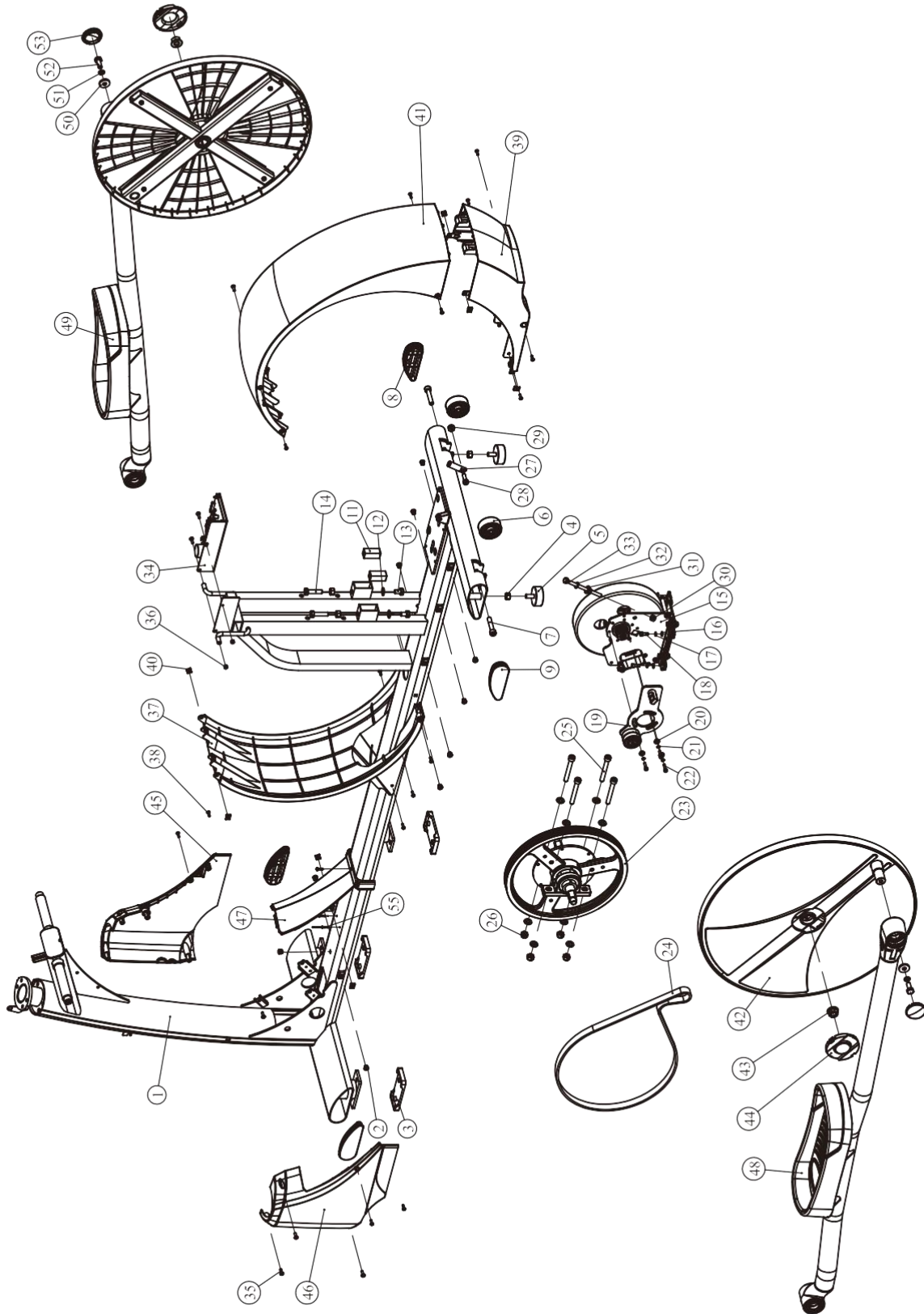
Exploded View and Parts List

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
29	1.29	NM8DS2	Nylon Insert Lock Nut M8	1
30	1.30	GB41M8DS2	Hex Nut M8	1
31	1.31	U7B4000	Insulation Spacer	1
32	1.32	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	1
33	1.33	GB5780M8*120*45DS20	Hex Head Bolt M8*120	1
34	1.34	C66	Controller	1
35	1.35	GB818M5*15DHS2	Screw M5*15	8
36	1.36	GB41M5DS2	Hex Nut M5	2
37	1.37	RE7003600	Mid Rear Cover 3	1
38	1.38	GB845ST4.2*16DHS	Screw ST4.2*16	19
39	1.39	RE7003500	Mid Rear Cover 2	1
40	1.40	B306700	Screw Clip	8
41	1.41	RE7003400	Mid Rear Cover 1	1
42	1.42	RE500C09ASSY	Cross Bracket ASSY	2
43	1.43	GB6187M14DY2	Flange Nut M14*1.5	2
44	1.44	RE7003300	Little Disk Cover	2
45	1.45	RE7003900	Right Front Bottom Cover	1
46	1.46	RE7003800	Left Front Bottom Cover	1
47	1.47	RE3002400	Bottom Cover	1
48	1.48	RE500C03ASSY	Left Pedal Bracket ASSY	1
49	1.49	RE500C04ASSY	Right Pedal Bracket ASSY	1
50	1.50	DQ10DHS2E	Washer $\Phi 28*\Phi 10.5*5$	2
51	1.51	GB9310DS12	Spring Washer $\Phi 10$	2
52	1.52	GB5781M10*25DS20NL	Hex Head Bolt M10*25	2
53	1.53	RE7004100	Plug	2
54	1.54	08-0077	Magnet Cord	1
55	1.55	GB126183.2*15N11	Blind Rivets	2

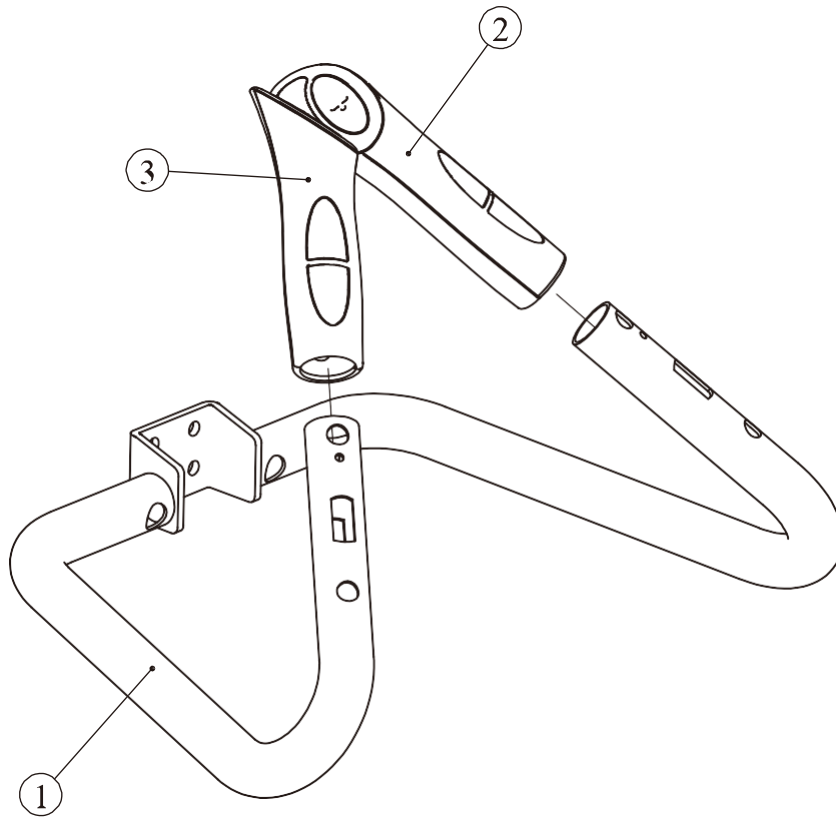
Exploded View and Parts List

Main Frame ASSY



Exploded View and Parts List

Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.2.1	RE3000800	Handle Bracket	1
2	2.2.2	X13V1	Pulse Plate	1
3	2.2.3	X12V1	Pulse Plate	1
4	2.2.4	LI000XHP-XHP-4	Switching Cable	1
5	2.2.5	LI000ST0-XHB-4	Handle Pulse Cable	1

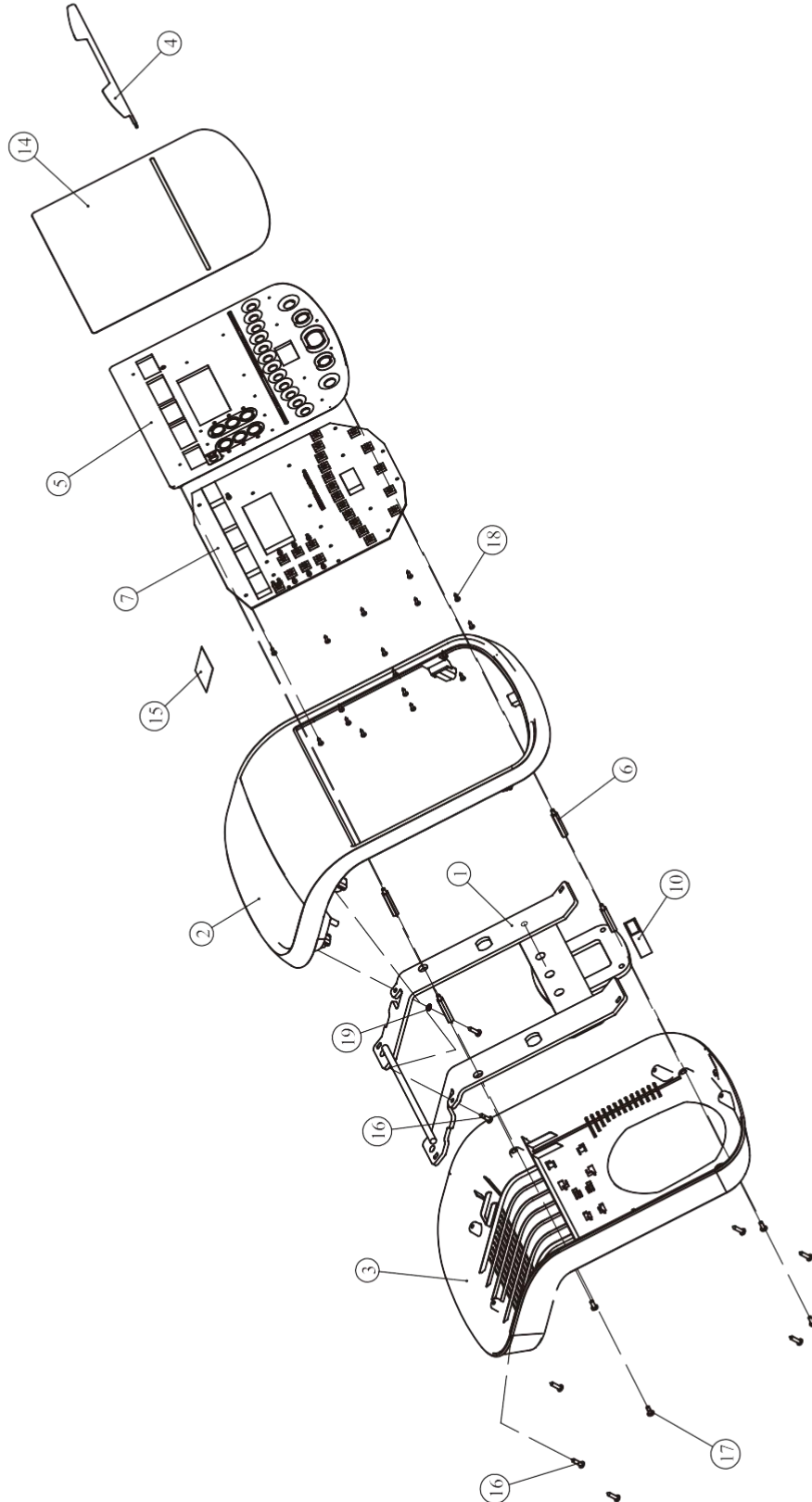
Exploded View and Parts List

Console

Item No.	Grade No.	Part No.	Description	QTY
1	2.3.1	RU900B0700	Console Bracket	1
2	2.3.2	RU700DZB01	Console Top Cover	1
3	2.3.3	RU700DZB02	Console Bottom Cover	1
4	2.3.4	RU700DZB03	Console Cabinet	1
5	2.3.5	RU700DZB04	Circuit Board Frame	1
6	2.3.6	PR3003000	Support Pillar	4
7	2.3.7	B147	PCB	1
8	2.3.8	DQSWXT01-S	Handle Pulse PCB	1
9	2.3.9	DQXTJS02	Wireless Receiver	1
10	2.3.10	RU5004400	Acceptor Cover	1
11	2.3.11	L350XHB_XHB-3	Hand Pulse Cable To Console	1
12	2.3.12	08-0077	Magnet Cord	2
13	2.3.13	K1NF-55(N)	Magnet Cord	3
14	2.3.14	RE700BMM01	Console Overlay	1
15	2.3.15	IMPULSETZ51	LOGO	1
16	2.3.16	GB845ST4.2*16DHS	Screw ST4.2*16	8
17	2.3.17	GB818M4*10DHS2	Screw M4*10	4
18	2.3.18	GB845ST2.9*9.5DS	Screw ST2.9*9.5	17
19	2.3.19	GB862.24DS12	Washer D=4	1

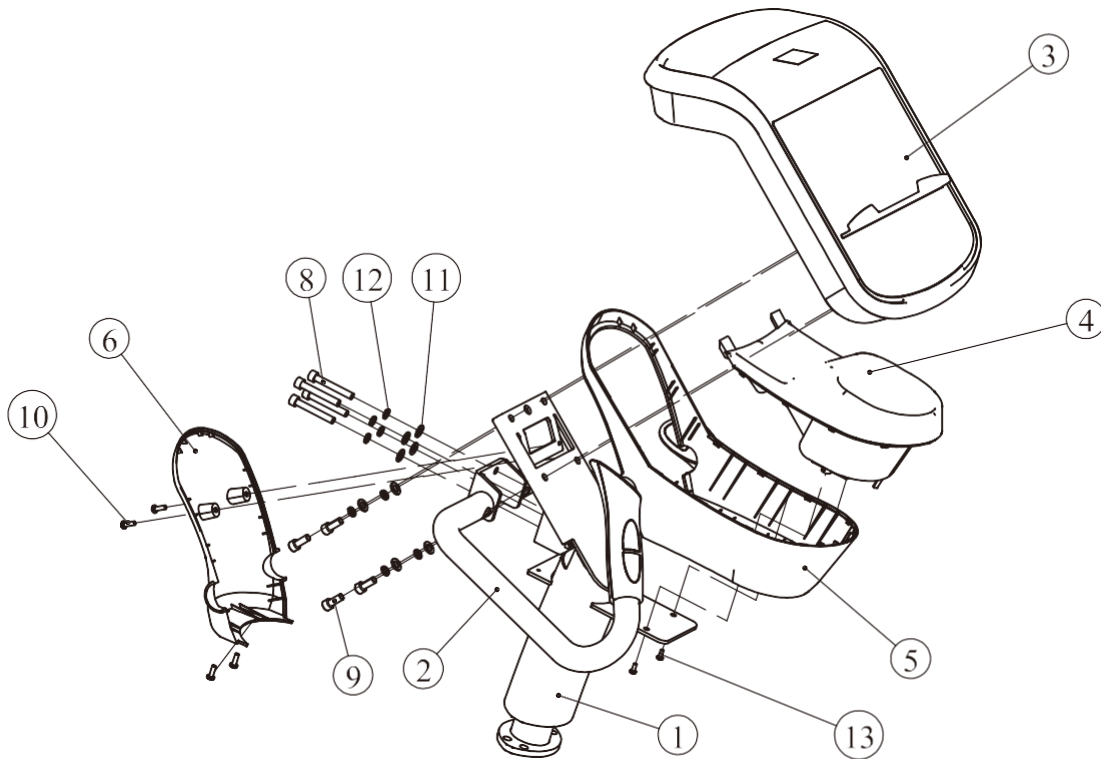
Exploded View and Parts List

Console



Exploded View and Parts List

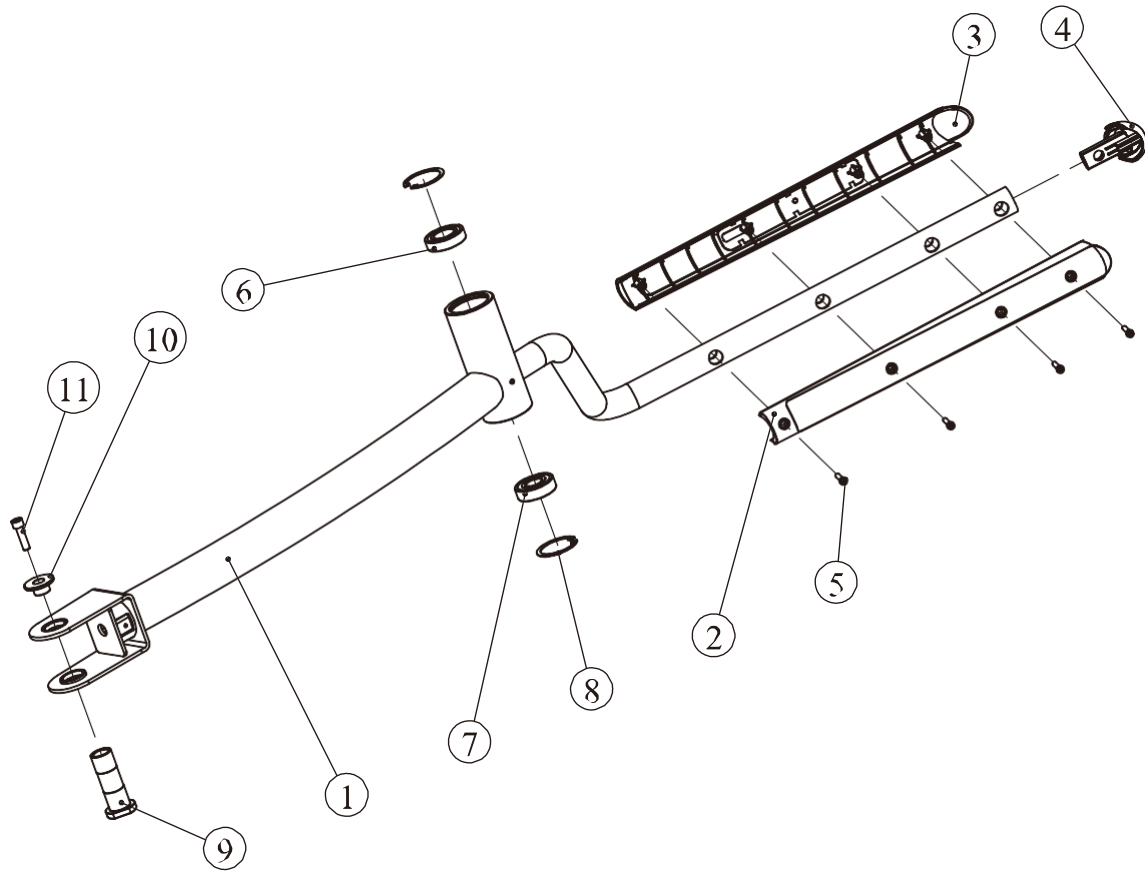
Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	RE900B0200	Upright Frame	1
2	2.2	RE700C03ASSY	Handle Bracket ASSY	1
3	2.3	RE700C-WXDZB	Console	1
4	2.4	RE3002500	Water Bottle Holder	1
5	2.5	RE3002600	Water Bottle Holder Bracket	1
6	2.6	RE3002700	Cover For Water Bottle Holder	1
7	2.7	L800XHB_SMY-I2A	Upper Cable Of Console	1
8	2.8	GB70M8*55DS20	Socket Head Bolt M8*55	4
9	2.9	GB70M8*20DS20	Socket Head Bolt M8*20	4
10	2.10	GB818M5*15DHS2	Screw M5*15	4
11	2.11	GB958DS2	Washer $\Phi 9 * \Phi 16 * 1.6$	8
12	2.12	GB938DS12	Spring Washer $\Phi 8$	8
13	2.13	GB818M4*10DHS2	Screw M4*10	2

Exploded View and Parts List

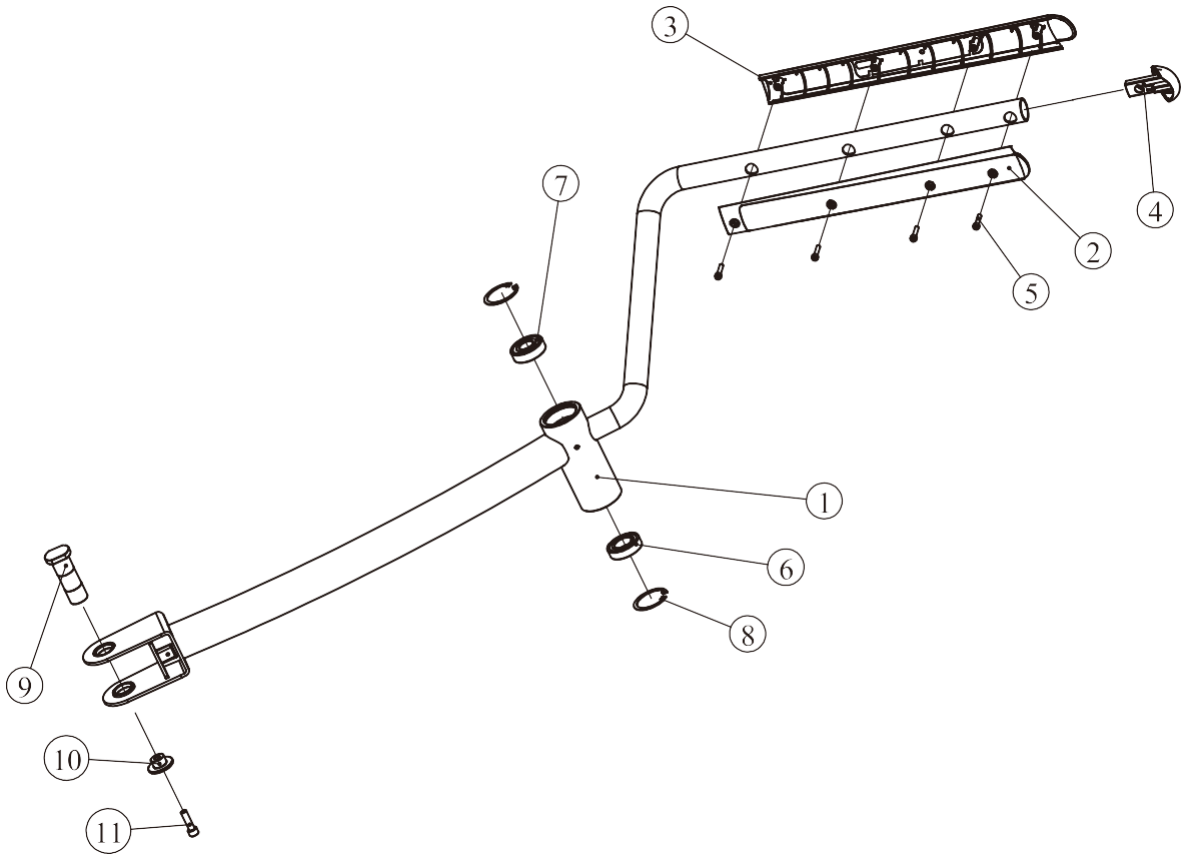
Left Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	RE900B0300	Left Handle Bracket	1
2	3.2	RE7005400V1	Front Handle	1
3	3.3	RE7005500V1	Back Handle	1
4	3.4	RE7005600	Plug Of Handle	1
5	3.5	GB70M5*25N19	Socket Head Bolt M8*25	4
6	3.6	GB2766005-2RSC3NBK	Bearing 6005	1
7	3.7	GB2766204-2RSC3NBK	Bearing 6204	1
8	3.8	GB893.147FH12	Internal Retaining Rings Φ 47	2
9	3.9	PE350D9800	Shaft	1
10	3.10	PE350D9900	Bushing	1
11	3.11	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

Exploded View and Parts List

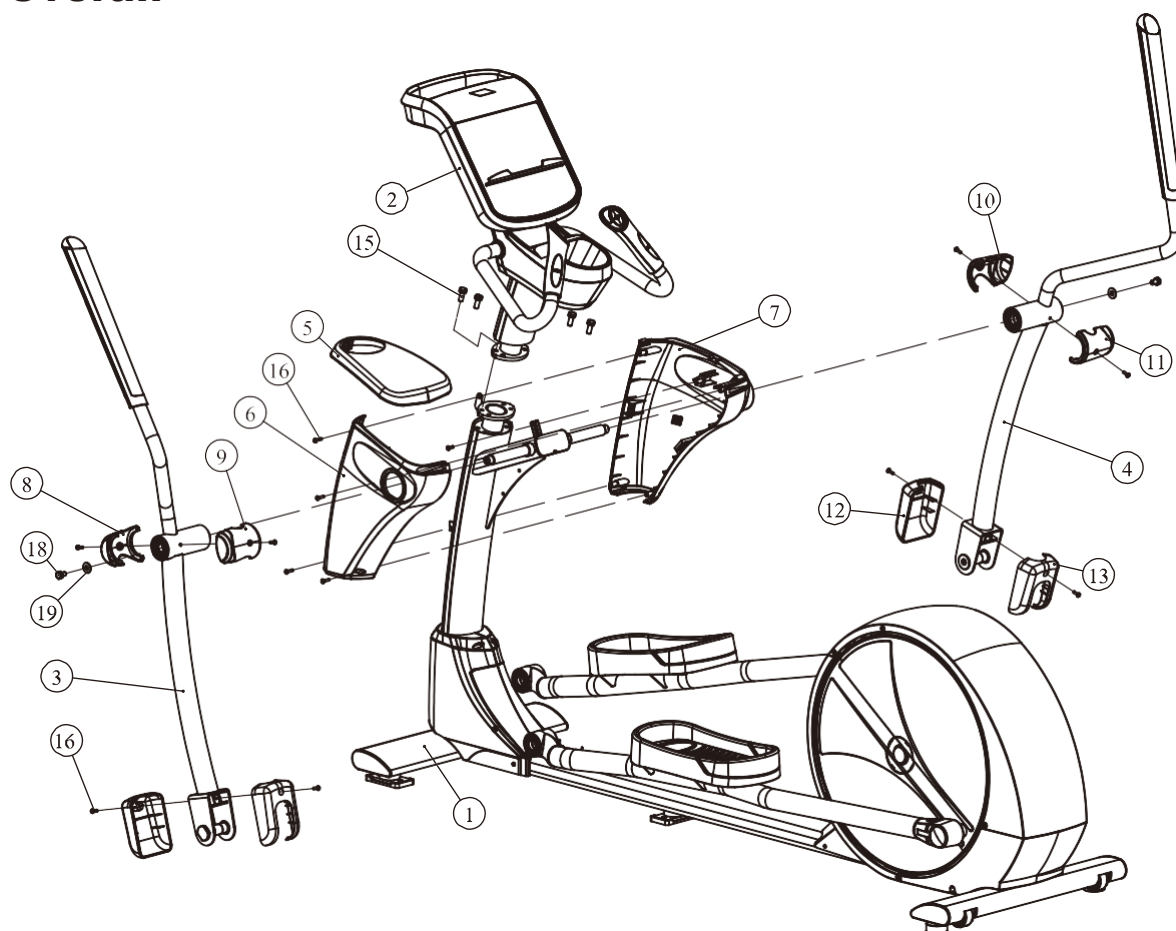
Right Handle Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	RE900B0400	Right Handle Bracket	1
2	4.2	RE7005400V1	Front Handle	1
3	4.3	RE7005500V1	Back Handle	1
4	4.4	RE7005600	Plug Of Handle	1
5	4.5	GB70M5*25N19	Socket Head Bolt M8*25	4
6	4.6	GB2766005-2RSC3NBK	Bearing 6005	1
7	4.7	GB2766204-2RSC3NBK	Bearing 6204	1
8	4.8	GB893.147FH12	Internal Retaining Rings Φ 47	2
9	4.9	PE350D9800	Shaft	1
10	4.10	PE350D9900	Bushing	1
11	4.11	GB70M8*30FH21NL	Socket Head Bolt M8*30	1

Exploded View and Parts List

Overall



Item No.	Part No.	Description	QTY
1	RE700C01ASSY	Main Frame ASSY	1
2	RE700C02ASSY	Console ASSY	1
3	RE900B03ASSY	Left Handle Bracket ASSY	1
4	RE900B04ASSY	Right Handle Bracket ASSY	1
5	RE500C1700	Front Top Cover	1
6	RE500C1800	Left Top Cover	1
7	RE500C1900	Right Top Cover	1
8	RE3002000	Left Rotating Cover1	1
9	RE3002100	Left Rotating Cover2	1
10	RE3002200	Right Rotating Cover1	1
11	RE3002300	Right Rotating Cover2	1
12	RE3002800	Front Cover	2
13	PE3502700P11C	Rear Cover	2
15	GB9074.16M10*25DS20	Hex Head Bolt W/Serrated Loch Washer M10*25	4
16	GB818M5*15DHS2	Screw M5*15	13
18	GB5781M10*15DS20NL	Hex Head Bolt M10*15	2
19	DQ10DS2B	Washer $\Phi 11*\Phi 25*2$	2