



FRENCH FITNESS

FF-T300

**FRENCH FITNESS T300
COMMERCIAL TREADMILL (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- Aluminum Footboard and Frame - Durability and Elegance
- Sensor-less AC Motor - Detects each footfall from different user for custom output
- One piece forming Handrail
- Composite Deck - High Durability
- 24" Wide Running Surface
- Multi Stand - Extra Storage Compartment
- 10 Pre-set Programs
- 3 Goal Training
- 2 Customized Workout

TECH SPECS

- Display: Orange LED + dot matrix LED
- Readouts: Time, speed, distance, calories, pulse
- Programs: 15 total (10 preset, 3 goal, 2 custom)
- Heart Rate: Contact HR + built-in receiver (wireless HR listed as 5kHz/BT)
- USB: USB charging – Yes
- Fan: Yes
- Safety Key: Yes
- Speed Range: 0.5–15.5 MPH (0.8–25 km/h)
- Incline Range: 0–15 levels
- Running Surface: 24" W x 64" L (60 x 163 cm)
- Running Belt: Pre-waxed belt; 0.10" thick (2.5 mm)
- Running Deck: Commercial reversible deck
- Rollers: 3.0" front / 3.0" rear (76 mm / 76 mm)
- Max User Weight: 397 lb (180 kg)
- Product Weight (Net): 388 lb (176 kg)
- Assembled Dimensions: 87" L x 36" W x 64" H (221 x 91 x 163 cm)
- Motor: AC 4.0 HP continuous / 5.0 HP treadmill duty
- Power requirements (USA): 110V / 60Hz, 15A
- Max power consumption: 1650W
- Plug type: NEMA 5-15P

WARRANTY

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

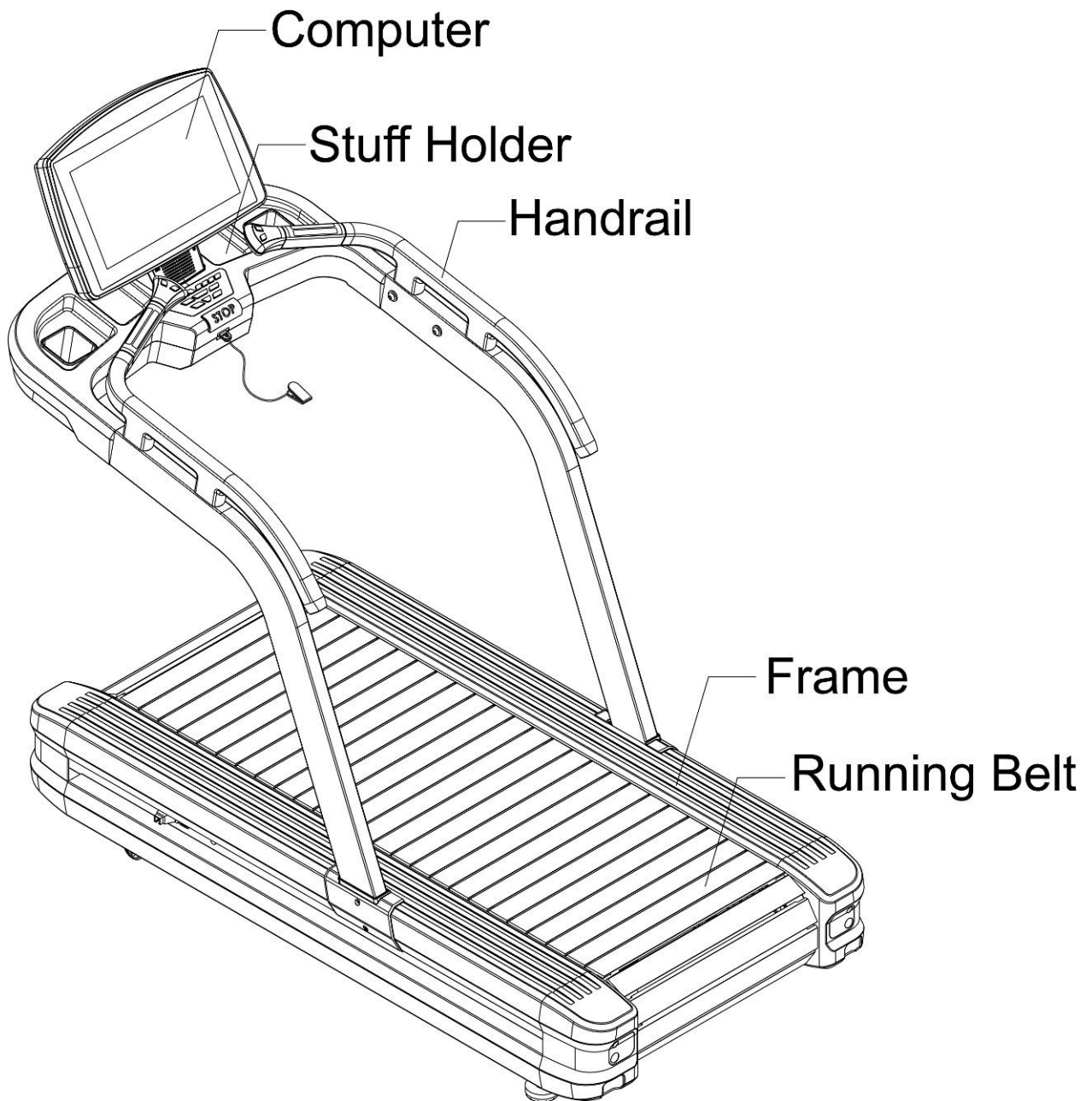
*What is covered? See complete [French Fitness Warranty](#) details.

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OVERVIEW DRAWING

1. OVERVIEW DRAWING



SAFETY INSTRUCTION

2. SAFETY INSTRUCTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

■ **DANGER – To reduce the risk of electric shock:**

- 1 Always unplug this product from the electrical outlet immediately after using and before cleaning.

■ **WARNING – To reduce the risk of burns, fire, electric shock, or physical injury:**

- 1 The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
- 2 Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
- 3 Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
- 4 Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
- 5 Do not carry this product by the supply cord or use the cord as a handle.
- 6 Keep the cord away from hot surfaces or ground.
- 7 Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
- 8 Never drop or insert any objects into any openings.
- 9 Do not use or operate outdoors.
- 10 Do not operate where aerosol (spray) products are being used or where oxygen is

SAFETY INSTRUCTION

thin.

- 11 Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
- 12 Connect the product to a properly grounded outlet only.
- 13 If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.
- 14 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.
- 15 Incorrect or excessive training may cause injuries t health may results.
- 16 The equipment shall be installed on stable base and properly leveled.
- 17 A shall be safety area of 2,000mm x 1,000mm behind the equipment.
- 18 Maximum user weight is 180 Kgs.
- 19 When this treadmill is being used, it can not be folded at the same time.
Required to confirm the device completely stopped before folding
- 20 The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 21 Any of the adjustment devices that could interfere with the user's movement should not be left projecting.

SAFETY INSTRUCTION

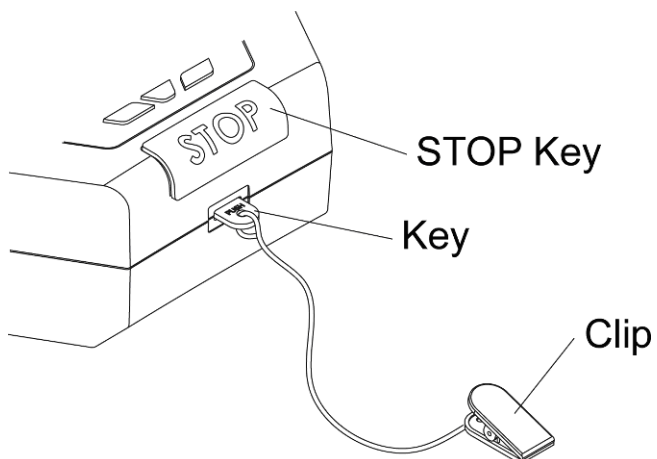
22 Users correct ergonomic position on the equipment shown in Figure



23 When you are ready for running, please do not stand on the running belt. Before starting the machine, turn on the power. Put your hands on the side handrail and stand on the protection bar at both sides. And then press “START”, when the motor is working in low speed, move your feet to the running belt to start running.

Please do not start the machine with high speed and do not jump to the machine, when there is an emergency, please hold the front handrail or side handrail and jump your feet from running belt to the side protection bar.

If there is any emergency, there are two emergent stop systems for you to stop the machine.



SAFETY INSTRUCTION

(a) Key and clip:

When you are running, please clip the clip to your cloth on the waist. If there is any danger, pull out the key with the cable to stop the machine.

(b) STOP key:

Press downwards the STOP key to make the key withdraw from the control box and the running belt will stop.

※ **Notice: Pull back the key to the control box to make the machine back to the standby status.**

24 Before using this product, you should step on it then turn on the product. Do not turn on the treadmill before step on it.

25 Running surface Width dimensions 560*1475mm

26 Customer Address

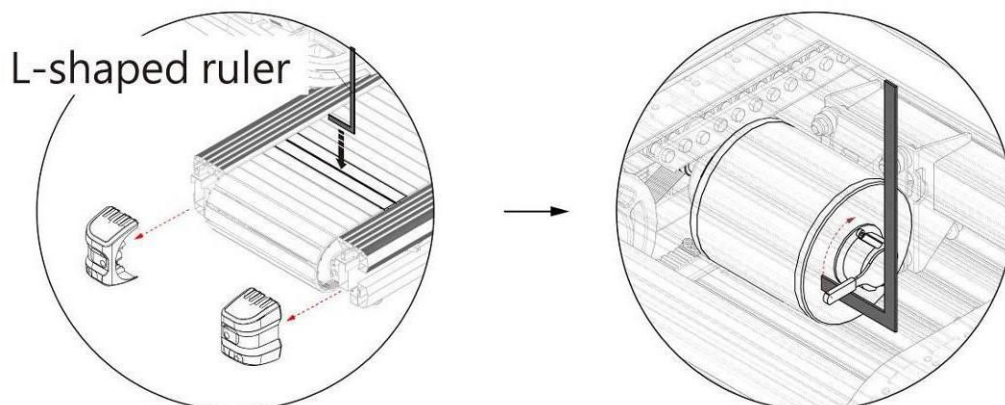
APPLY LUBRICANT GREASE

2.1. Apply lubricant grease to the toothed and side surfaces of the AR series belt.

When the treadmill has noise, please check the toothed area of timing belt to see if there is any grease left. If lubrication is needed, please use the SL-41031 lubricant grease specified by the manufacturer.

STEP 1

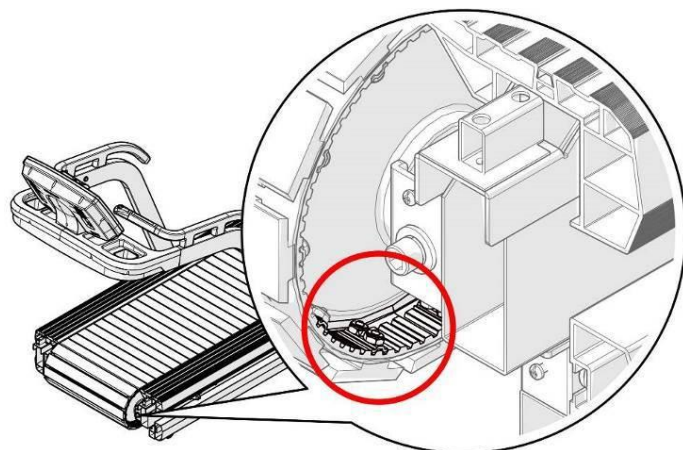
Please remove the adjusting covers on both sides at the front, and pull up red lever at the back of the motor to loosen the running belt.



STEP 2

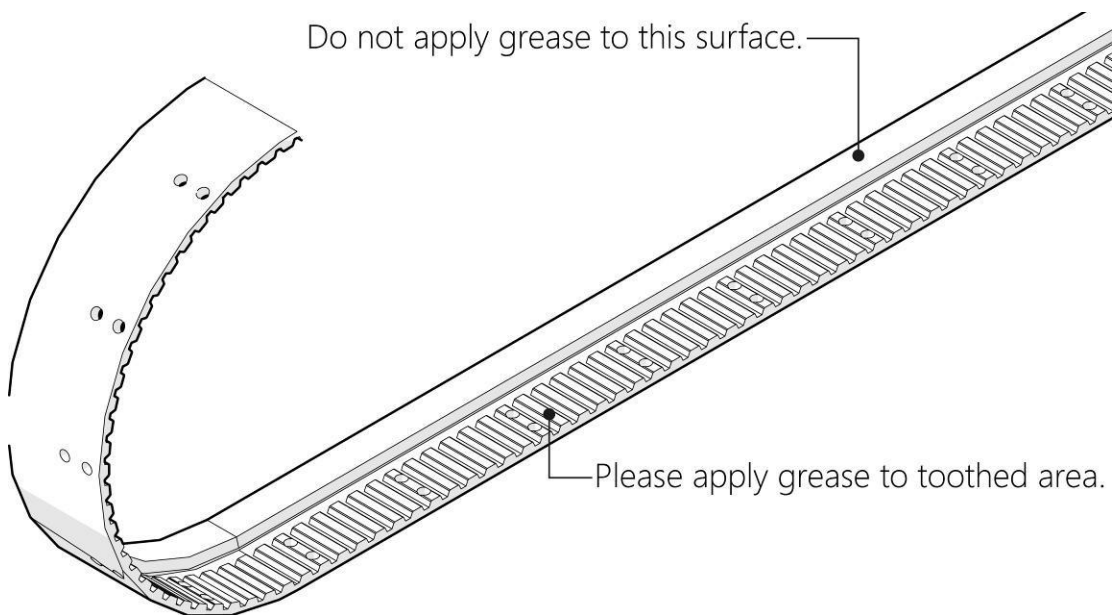
Please move the belt slowly by hands and check the toothed area marked in the red circle to see if it still has grease.

If there is no grease left, please apply a thin layer of solid grease.

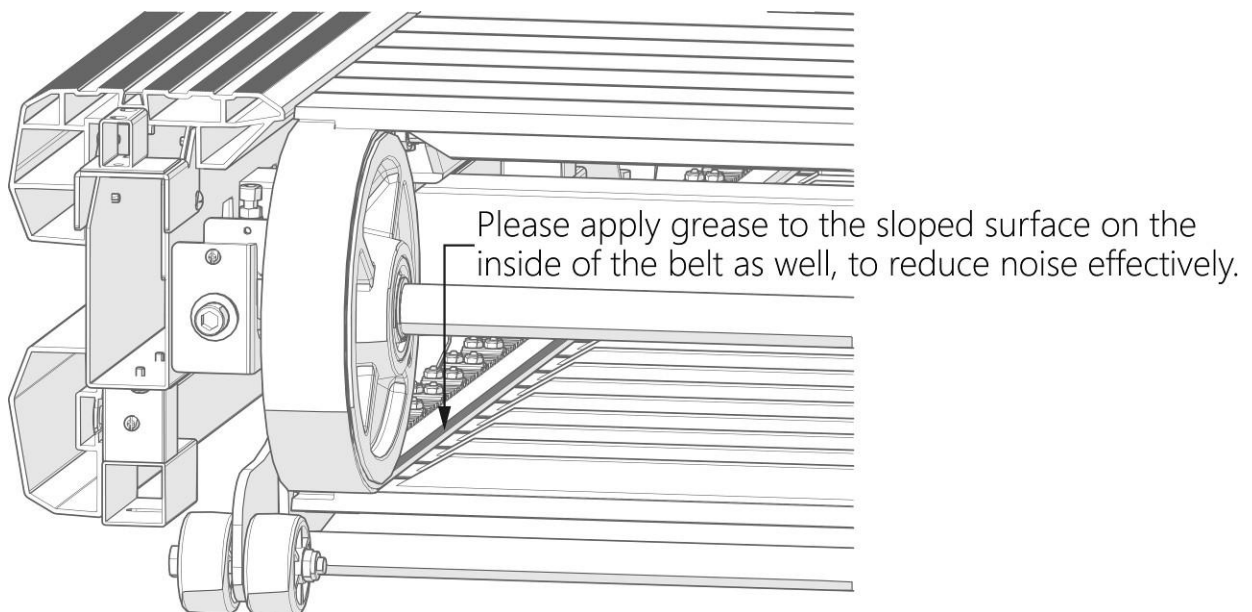


APPLY LUBRICANT GREASE

STEP 3



STEP 4



POWER REQUIREMENT

2.2. Power Requirement

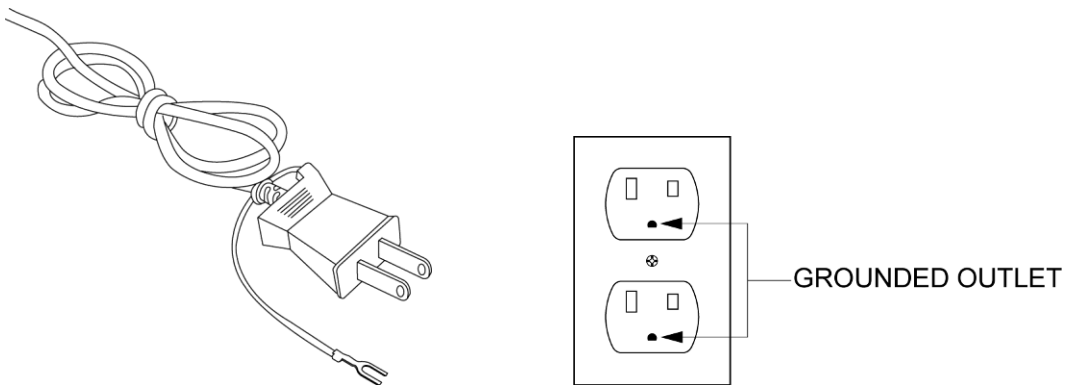
■ This treadmill needs special power supply:

Power Voltage (V)	Frequency (HZ)	Rated Current (A)
100	50/60	15
120	50/60	15
200	50/60	8
220	50/60	8
230	50/60	8
240+	50/60	8

Wirings should be transported according to the electric law of the local country. High pressure wires, low pressure wires and underground wires should be transported separately and can't connect with or twist other wires.

Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Figure
Grounding methods



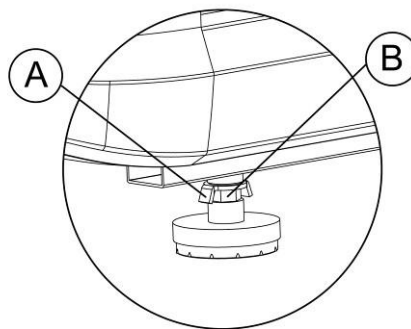
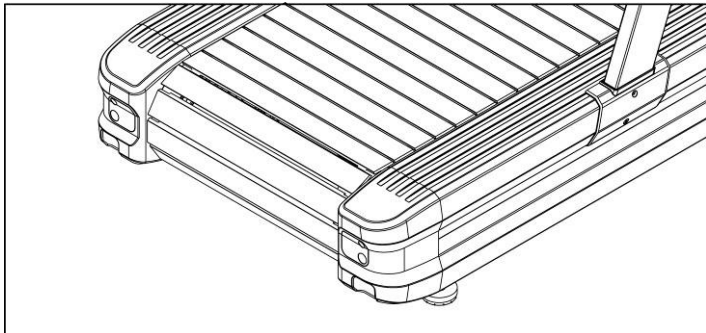
LEVEL ADJUSTMENT

2.3. Level Adjustment

The treadmill will wobble during workout and the incline angles will be affected if it is placed on uneven ground.

The level adjustment method is as follows:

- 1 Turn A counter-clockwise to loosen it
- 2 Adjust B to the proper height
- 3 Turn A clockwise to tighten it.
- 4 The left side adjustment method is the same with the right side



2.4. Power Switch

The Power Switch is on the bottom panel of the treadmill. 1 means on, 0 means off.

RUNNING BELT ADJUSTMENT

2.5. Running Belt Adjustment

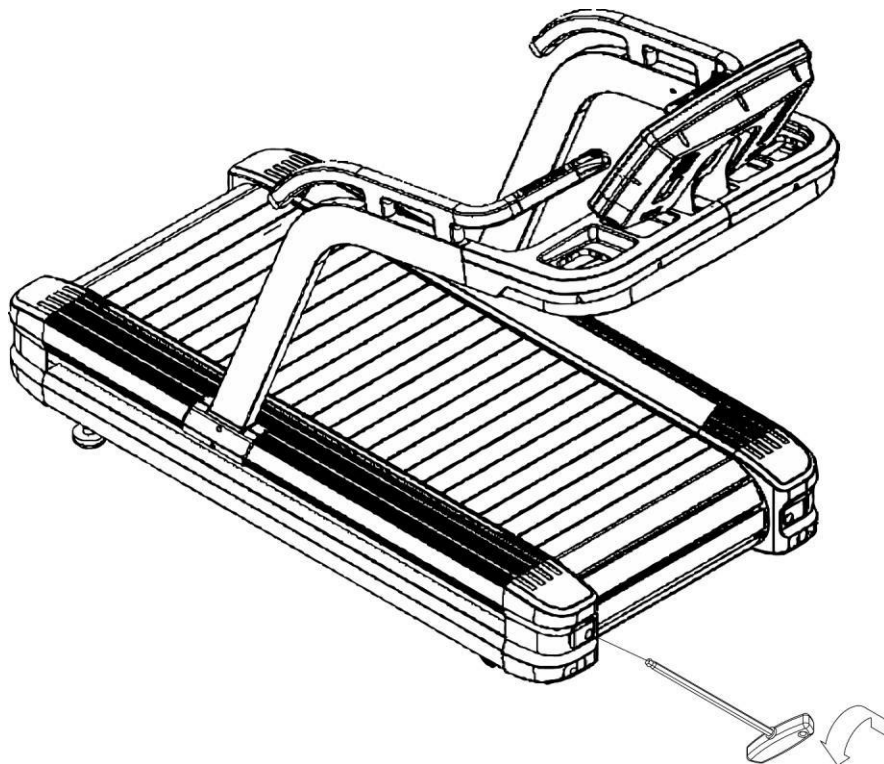
If you need to adjust the running belt tightness, please follow these steps:

- 1 After assembling and stabilizing the treadmill, check whether the running belt is running properly.

First, determine that the power supply meets the requirements. After the power is plugged in, start the treadmill, press the QUICK START button, and then press the up-speed key to increase the speed to 4.0 miles per hour (MPH), or 6.4 k km/h (KPH).

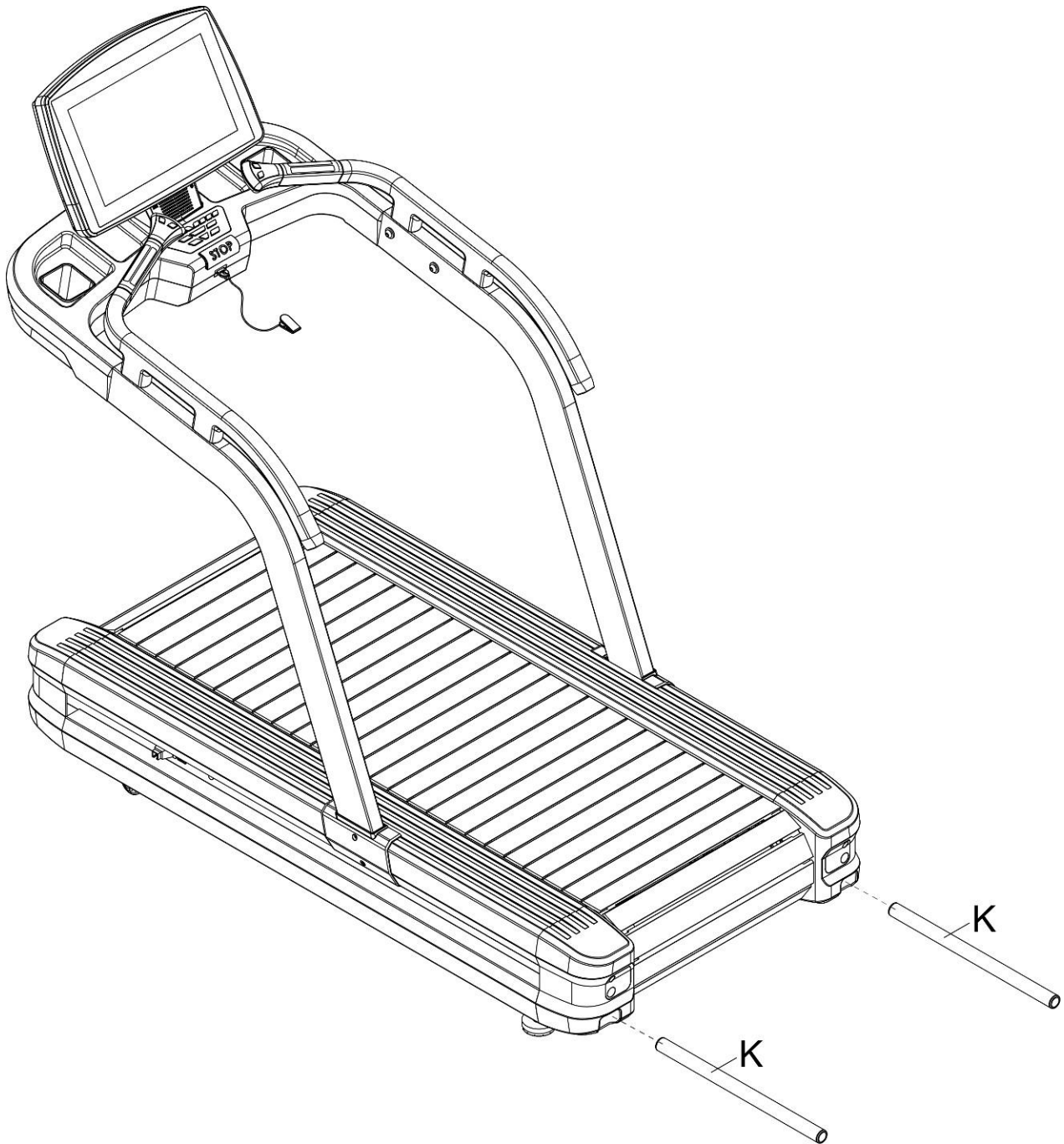
- 2 When you need to tighten it, rotate both sides by 1/4 turn clockwise.

When you need to loosen, rotate both sides by 1/4 turn counterclockwise.



MACHINE MOVEMENT

2.6. Machine movement



When the machine is moving, you can put the handling tube (K) into the back of the box to move the machine.

ASSEMBLY INSTRUCTIONS

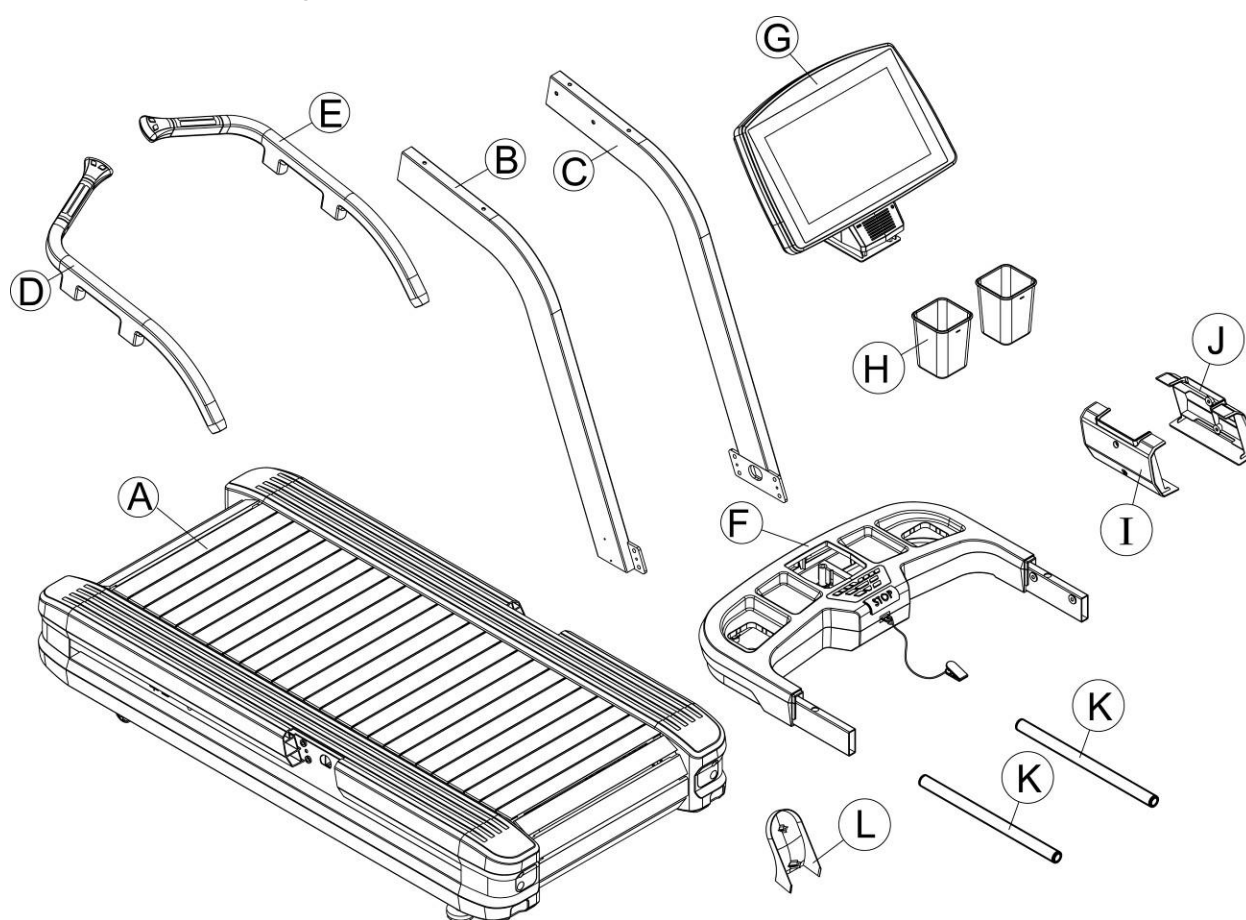
3. Assembly Instructions

Ready the operation instructions carefully before use, then choose a flat position to assemble.



This treadmill also can use other way to account the HRC. When in fitness, user can wear the chest pulse belt and the HRC will show in Pulse windows.

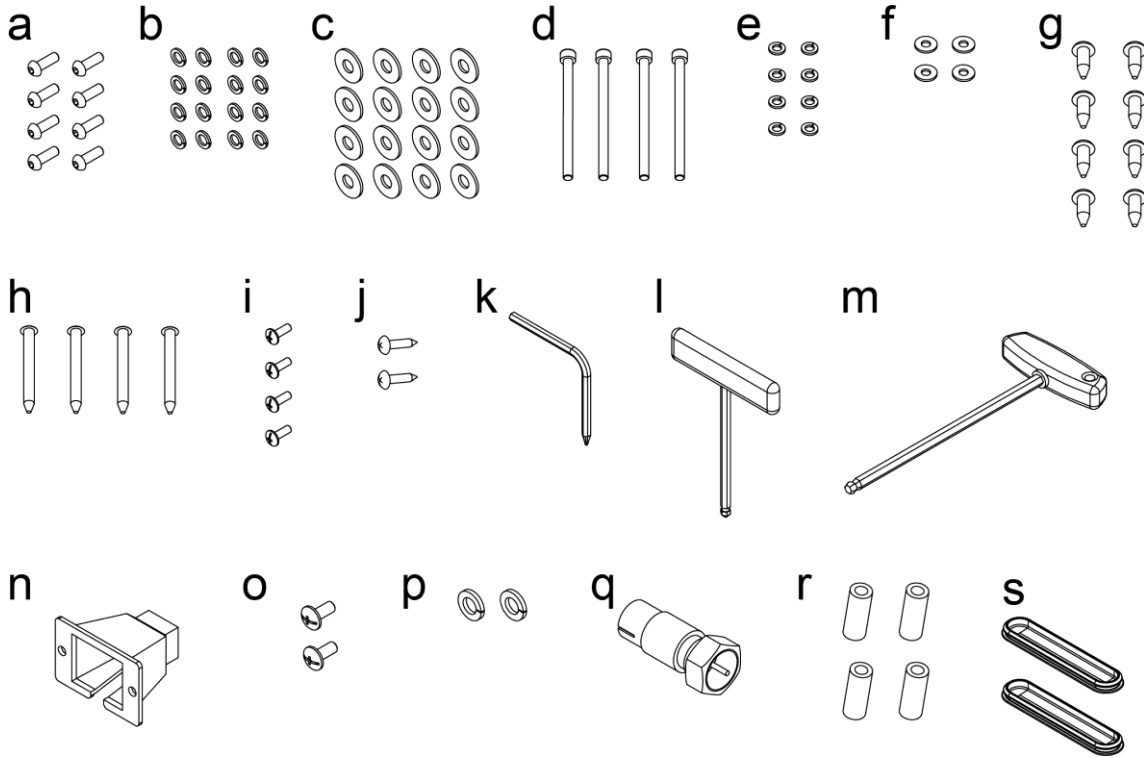
3.1. Pre-Assembly Check List



ITEM	Description	Qty	ITEM	Description	Qty
A	Treadmill frame	1	G	Electronic meter	1
B	Treadmill's hand-stand pipe (left)	1	H	Water cup	2
C	Treadmill's hand-stand pipe (right)	1	I	Stand pipe decorative cover (left)	1
D	Handrail pipe (left)	1	J	Stand pipe decorative cover (right)	1
E	Handrail pipe (right)	1	K	Transporting pipe	2
F	Water cup frame	1	L	Electronic meter decorative cover	1

ASSEMBLY INSTRUCTIONS

3.2. Hardware Pack



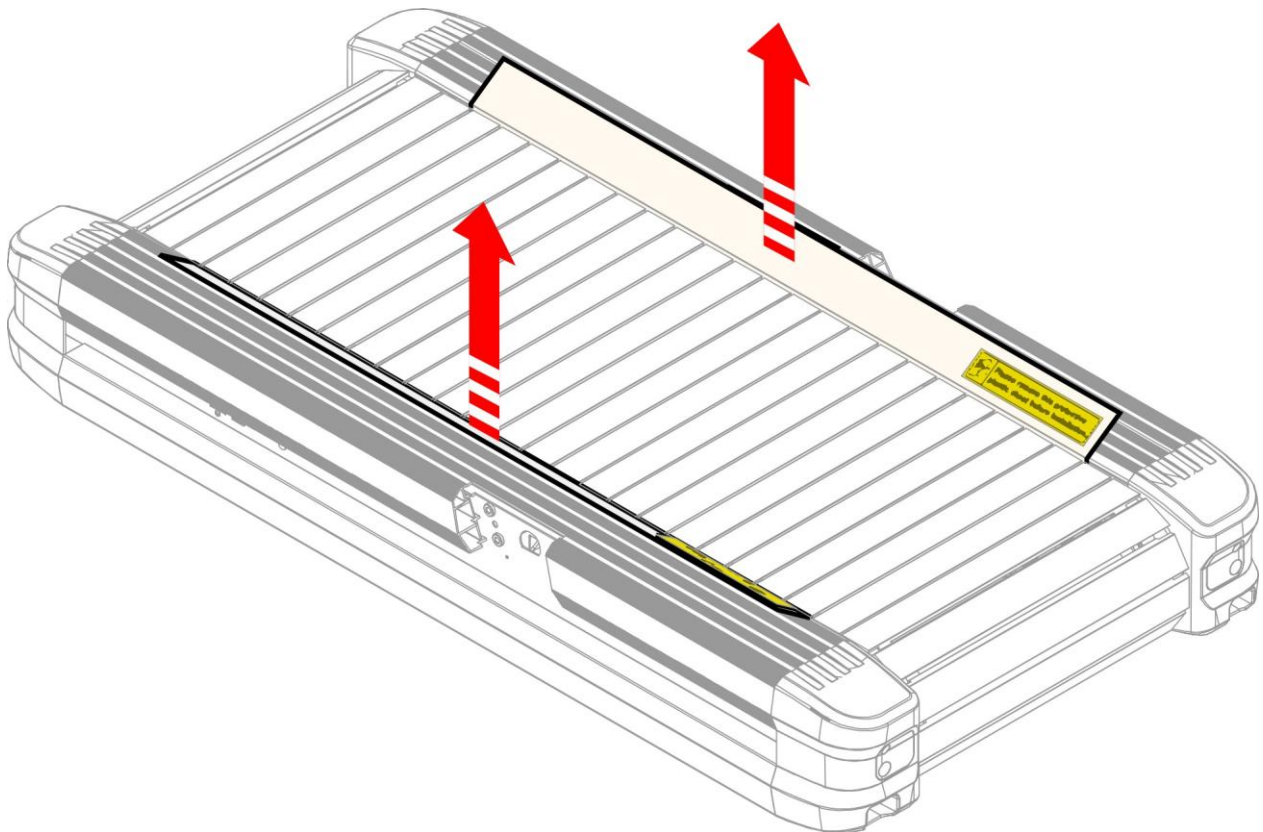
ITEM	Description	Qty	ITEM	Description	Qty
a	Inner hexagon steel screw M10x25 of umbrella head	8	k	Type L hexagon wrench + crossed screwdriver 5x35x115mm	1
b	Spring washer M10	16	l	Type T wrench 6mm	1
c	Washer $\phi 10 \times \phi 25 \times 2.0t$	16	m	Type T wrench 10mm	1
d	Inner hexagon steel screw M8x100 of socket head	4	n	Power cord switch sleeve	1
e	Spring washer M8	8	o	Umbrella head crossed screw M4x10	2
f	Washer $\Phi 8 \times \Phi 19 \times 2.0t$	4	p	Spring washer M4	2
g	Inner hexagon screw M10x20 of umbrella head, stainless steel	8	q	CABLE adapter	1
h	Inner hexagon steel screw M8x75 of umbrella head	4	r	Bushing	4
i	Umbrella head crossed screw (tail cutting) M5x15	4	s	Oval rubber cap	2
j	Umbrella head crossed screw (tail cutting) M4x15	2			

ASSEMBLY INSTRUCTIONS

3.3. Assembly steps



Please remove this protective plastic sheet before installation.

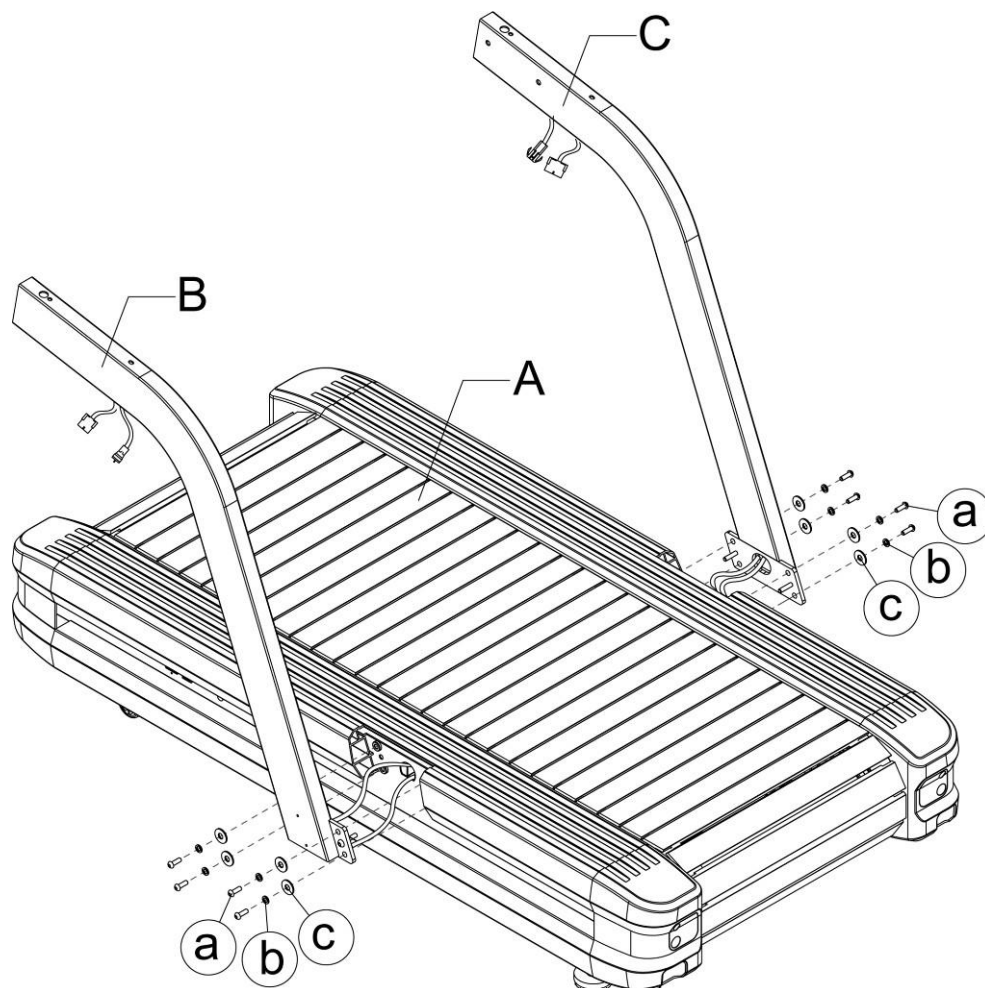


ASSEMBLY INSTRUCTIONS



In case of danger, the machine assembly must be jointly carried out by two or more people and do not assemble alone.

■ STEP 1

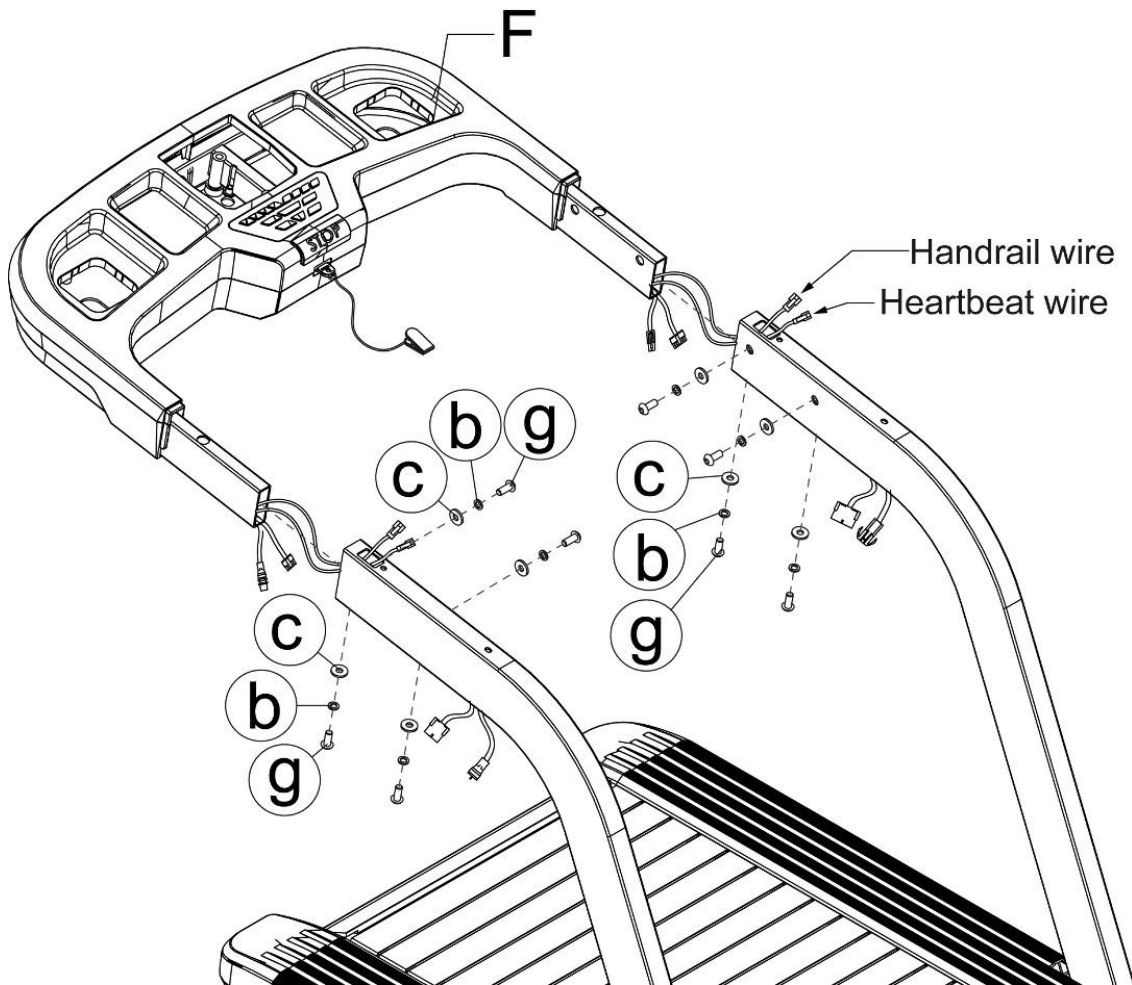


- 1 Use the magic belt attached to the left and right treadmill's hand-stand pipes (B, C) to tighten the wires on both sides of the platform, Pull through the square hole under the left and right pipes to the exit hole under the pipe.
- 2 Fix the left and right treadmill's hand-stand pipes (D, E) by screw (A), spring (b) and washer (C) without fastening.

※ **Please be careful not to clip the wire when assembling**

ASSEMBLY INSTRUCTIONS

STEP 2

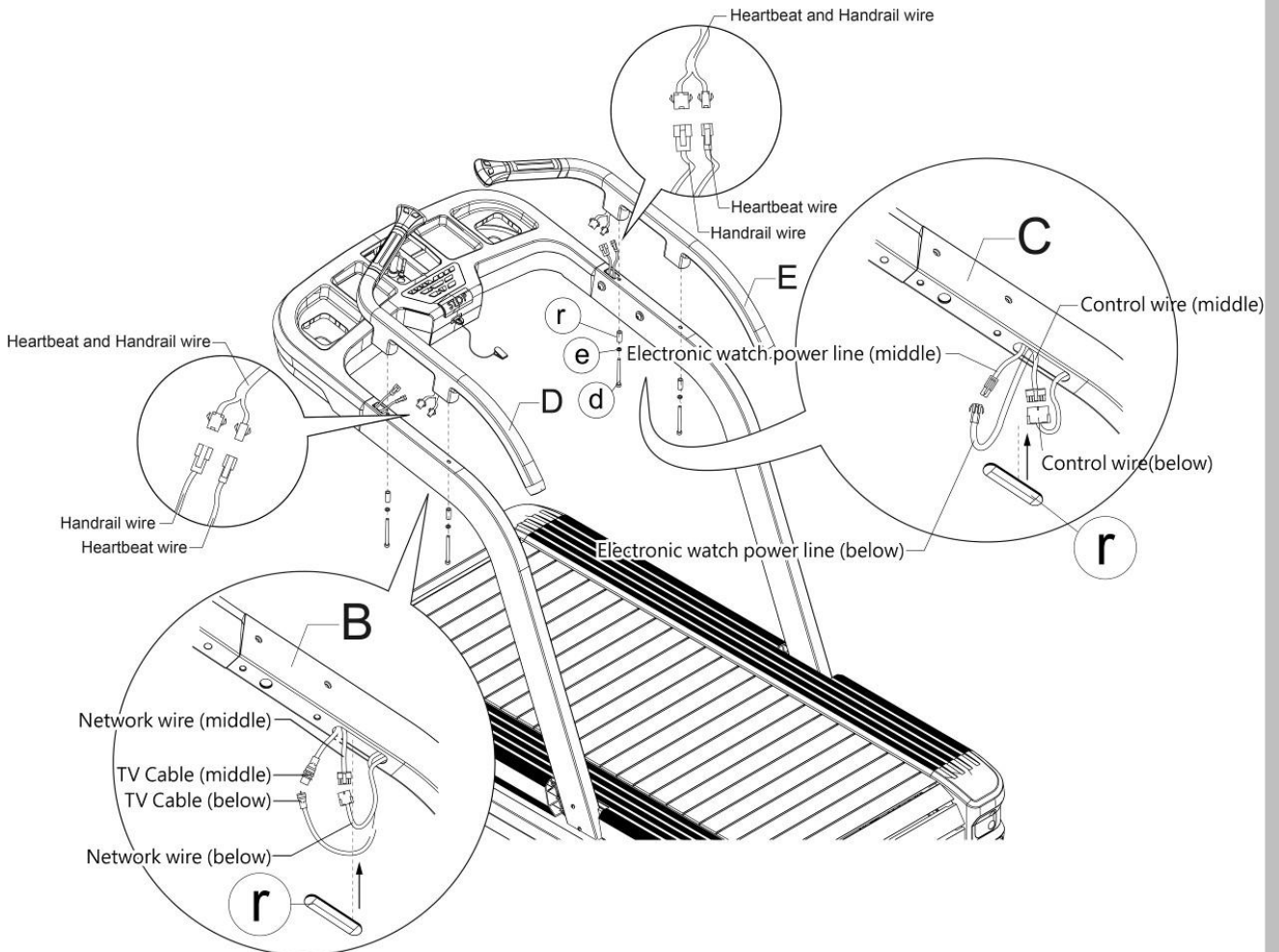


- 1 Place the water cup frame (F) on the left and right treadmill's hand-stand pipes, and pull the handrails and heartbeat wires of the water cup frame out through the holes above the left and right treadmill's hand-stand pipes.
- 2 Lock again with screws (g) and Washers (b, c) but do not lock. Make sure that the screws of the water cup frame (F) and the left and right treadmill's hand-stand pipes can all be locked at the same time before you can use the tool to lock all screws.

※ **Please be careful not to clip the wire when assembling**

ASSEMBLY INSTRUCTIONS

STEP 3

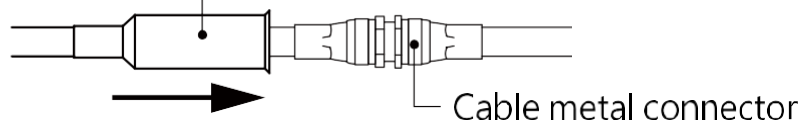


- 1 Connect the wire of the water cup frame with the wire of the left and right handrail tube group (D, E), then arrange the wire and plug the wire into the left and right handrail tube group (D, E).
- 2 Fasten the left and right handrail tube group (D, E) to the left and right treadmill's hand-stand pipes with screws (d), spring Washers (e), and Bushing (r) as shown.
- 3 Connect the wire of the water cup frame to the wire of the left and right treadmill's hand-stand pipes (B, C) as shown in the figure, then arrange the wire and plug the wire into the left and right treadmill's hand-stand pipes (B, C). Finally, place the oval rubber tube plug (s) into the left and right treadmill's hand-stand pipes (B, C).

※ **Please be careful not to clip the wire when assembling**

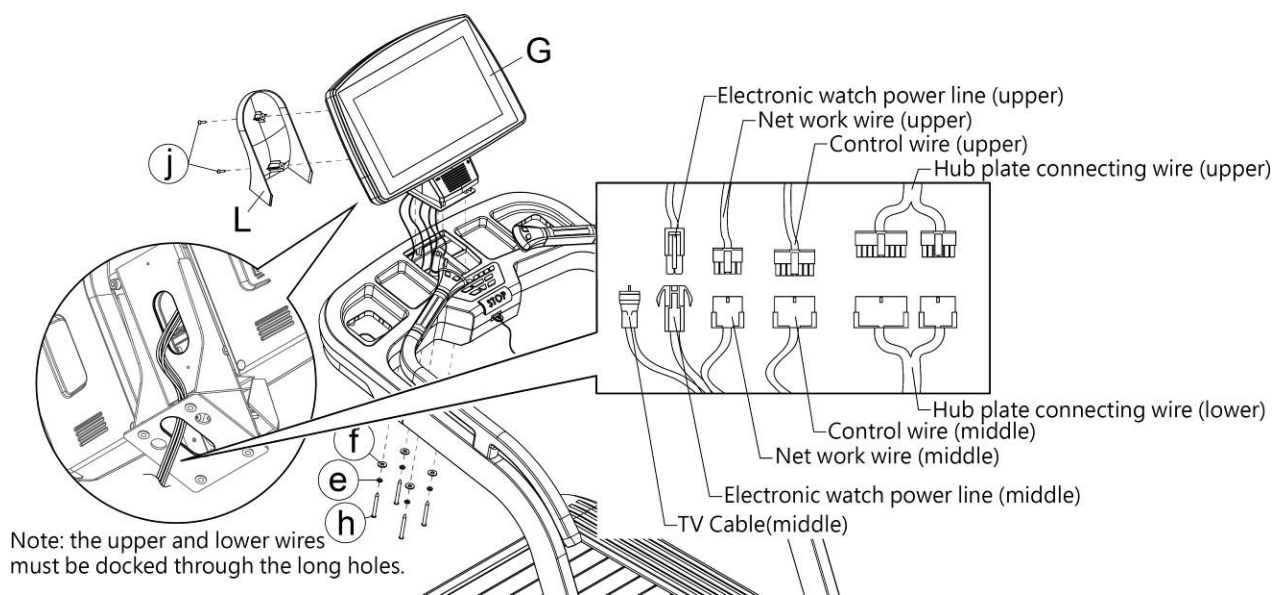
※ **After connecting Cable, the Cable (middle) plastic sleeve shall be inserted into the Cable metal connector.**

Cable (middle) plastic sleeve



ASSEMBLY INSTRUCTIONS

STEP 4



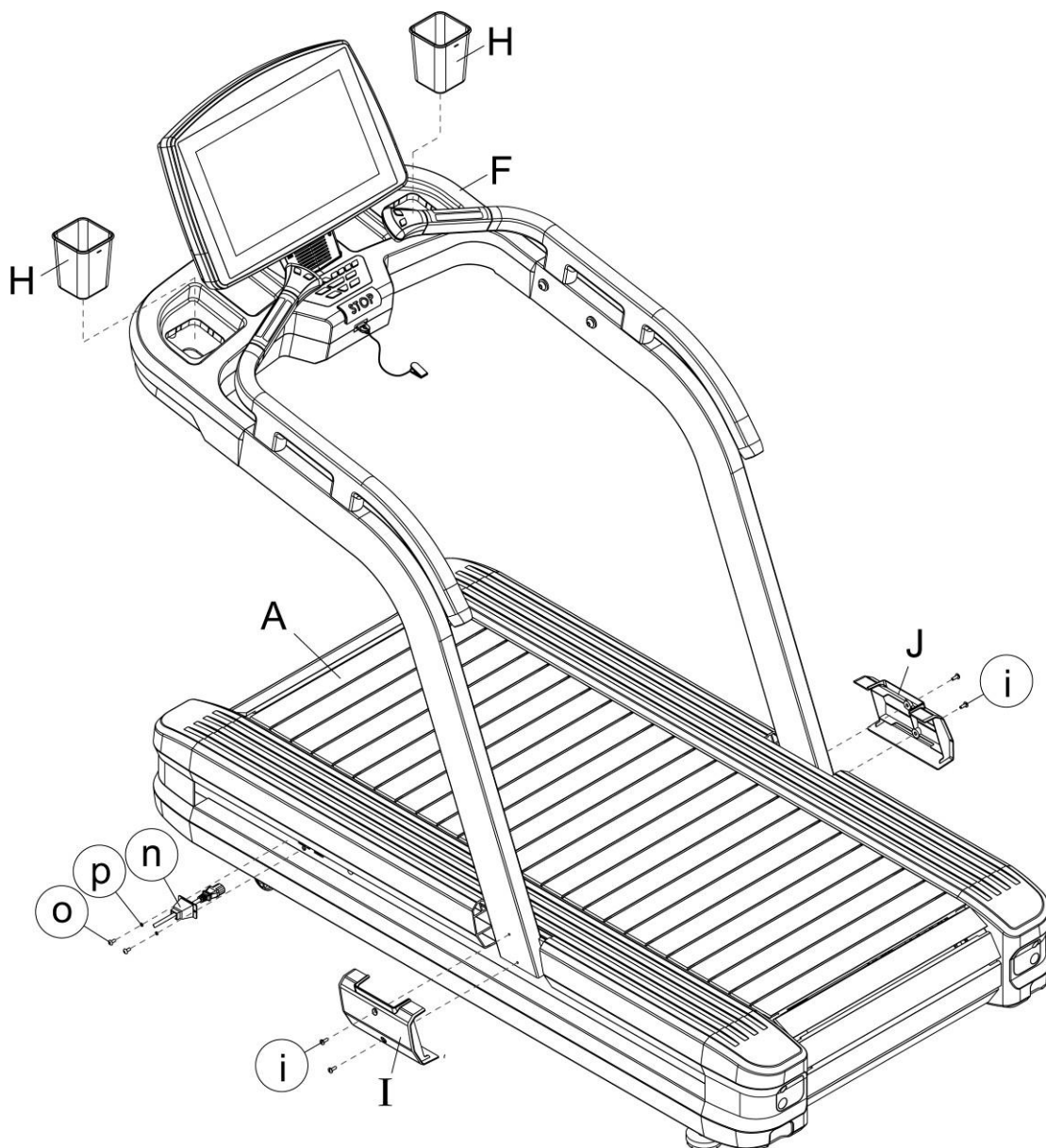
- 1 Cover the Electronic meter decorative cover (L) and lock it tightly with the screw (j), and pay attention that the cover should not be pressed on the wire.
- 2 Connect the wire of the water cup frame to the wire of the Electronic meter.
- 3 Put the Electronic meter (G) on the water cup frame previously assembled. Use the screw (h) and washer (e, f) to lock Electronic meter tightly and fix it on the water cup frame.

※ Please be careful not to clip the wire when assembling.

※ Cable is reserved for TV system, which is not needed in this model.

ASSEMBLY INSTRUCTIONS

■ STEP 5



Cover the left and right stand pipe decorative covers (I, J), and tighten them with screws (i). Insert the power cord into the power cord socket according to the figure position. Cover the power cord switch sleeve (n) and lock it tightly with screws (o) and spring washer (p). Finally, put the water cup (H) into the rack frame.