



FRENCH FITNESS

FF-T300

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

OWNER'S 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.

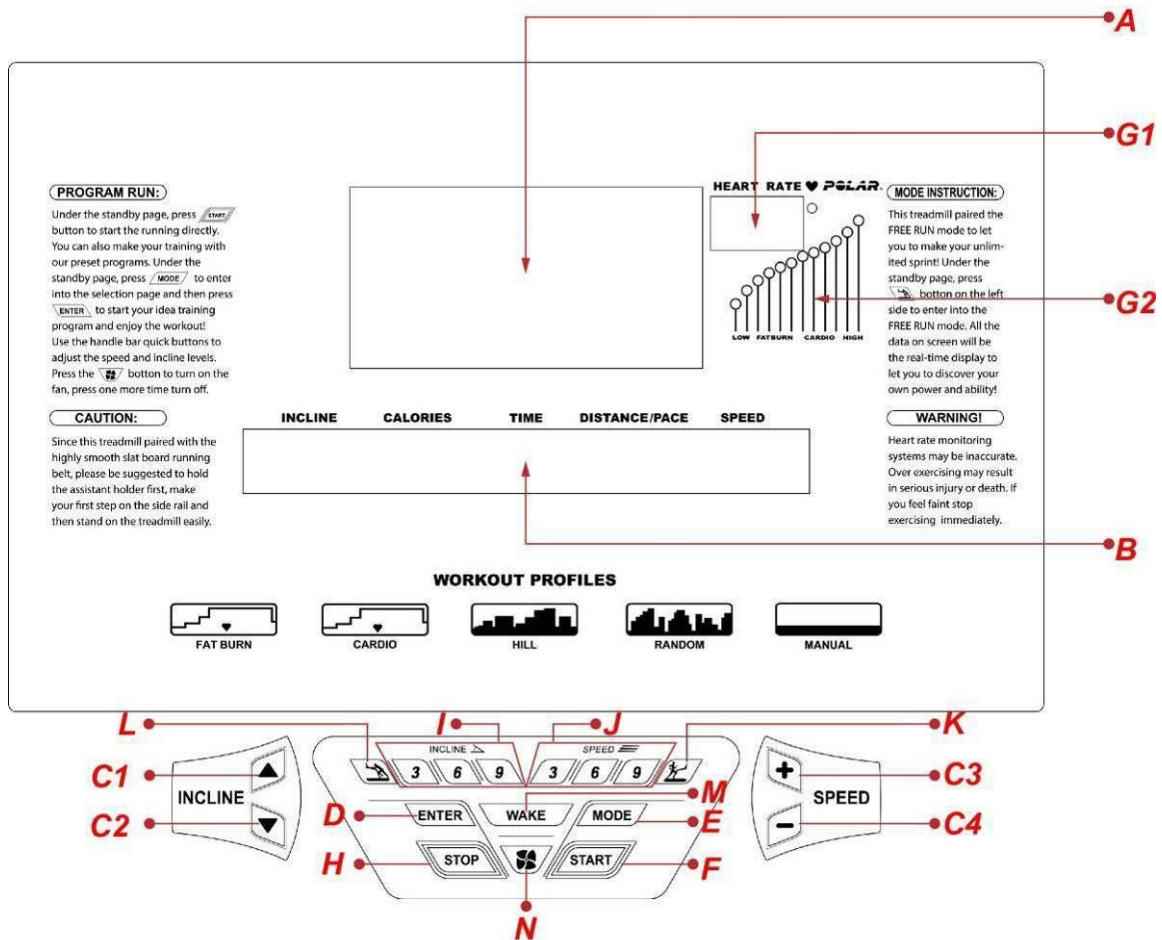
TABLE OF CONTENTS

1. COMPUTER CONSOLE OPERATION INSTRUCTION	4
1.1. COMPUTER CONSOLE CONSTRUCTION	4
2. SECTIONAL HEARTBEAT RATIO TRAINING.....	7
2.1. SECTIONAL HEART RATE TRAINING.....	7
2.2. HEART RATE MONITOR SYSTEM.....	8
3. EXERCISE PROGRAM.....	10
4. MALFUNCTION ELIMINATION.....	26
5. UNIT SWITCH BETWEEN E&C.....	29
6. BLUETOOTH MODULE MANUAL ANDAPP(IOS)INSTALLATION INSTRUCTION.....	31

COMPUTER CONSOLE OPERATION INSTRUCTION

1. COMPUTER CONSOLE OPERATION INSTRUCTION

This treadmill provides a convenient computer console, and users can input the personal information into the console and set the goal of the exercises.





1.1. Computer console construction

A	WORKOUT PROFILE WINDOW	Show the incline changes during the exercise, the height of the cursor means the percentage of the incline.
B	MESSAGE CENTER	Show the operation steps of all the programs and the relative information about all the control and conduction program operation, such as calorie, distance/stride, time, incline and speed.
C1	During exercise to	During exercise to increase incline angle, max is 20% (10% for

COMPUTER CONSOLE OPERATION INSTRUCTION

	increase incline angle	pushing mode), STEP 0.1%. (Under PROGRAM to set LEVEL program, during exercise, this key is invalid.)
C2	During exercise to decrease incline angle	During exercise to decrease incline angle, minimum is 0% , STEP 0.1%. (Under PROGRAM to set LEVEL program, during exercise, this key is invalid.)
C3	During exercise press this key to increase speed	During treadmill mode, press this key to increase speed, max is 15.6mph (25km), STEP 0.1. During pushing mode, press this key to increase pushing power, minimum is THRUST LEVEL 15 , STEP 1.
C4	During exercise press this key to decrease speed	During treadmill mode, press this key to decrease speed, minimum is 0.3mph(0.5km) , STEP 0.1. During pushing mode, press this key to decrease pushing power, minimum is THRUST LEVEL 0 , STEP 1.
D	ENTER	Confirm the digital number for program setting or specific case selection, such as exercise time, speed, weight, distance, exercise target, gender, and target heart ratio and so on. Use SPEED"+", "-" to input information, press ENTRE to confirm.
E	MODE	Selection of PROGRAM theme, include GOAL · HRC · PHYSICAL TEST · PROGRAM · TRAINING · FIT TEST. Under pushing mode, only GOAL,HRC, Thrust INTERVAL, Thrust INTERVAL CUSTOM is valid.
F	QUICK START	Press this key to get fast entrance to the user preset mode, no need to choose program setting, during program execution process,

COMPUTER CONSOLE OPERATION INSTRUCTION

		<p>use direction key or digit key to adjust incline and speed (pushing power).</p> <p>The initial speed is 0.6mph(1km).</p>
G1	Heartbeat ratio display	Show the heartbeat ratio when the user use sensor or breast band heart rate belt.
G2	Sectional heartbeat ratio panel	Input the user's age to calculate according to the formula and then take the result to show the current heartbeat ratio sectional display, this function cannot be valid unless the age is input.
H	Pause/stop	During exercise, press this key once to enter into pause status, press again to back to standby status.
I	Incline 3,6,9 fast key	<p>During treadmill mode and pushing mode, press this key, incline will do 3, 6, 9 fast switch.</p> <p>(Under PROGRAM to set LEVEL program, during exercise, this key is invalid.)</p>
J	Speed 3,6,9 fast key	<p>During treadmill mode, press this key, speed will do 3, 6, 9 fast switch.</p> <p>Under pushing mode, press this key, pushing power will do 3, 6, 9 fast switch.</p>
K	 Treadmill mode	<p>Press this key, after start, enter into the treadmill functions. Under standby, the treadmill can switch between the pushing exercise mode and treadmill mode.</p>
L	 Pushing exercise mode	<p>Press this key, after start, enter into the pushing mode. Under standby, the treadmill can switch between the pushing exercise mode and treadmill mode.</p>
M	Wake	Energy-saving mode: if no usage for the treadmill lasting for 5

SECTIONAL HEARTBEAT RATIO TRAINING

		minutes, the machine will enter into energy saving mode, at that time, the screen of the computer console has no display. Press WAKE key to wake up the computer console.
N	Fan start/stop key	Control the fan start and stop.
O	USB charge	This hole is for iOS device or Android device charge, and the output current is 5V/1A

2. SECTIONAL HEARTBEAT RATIO TRAINING

According to research, keeping a stable heart rate to exercise is the best training method to monitor exercise intensity and realize highest intensity. And this treadmill can meet this demand.

2.1. Sectional heart rate training

Set the ideal heart range or section to do aerobic exercise and strengthen the heart vascular function. The diagram on the right shows the age and relative target heartbeat times.

1 kinds of mode for section heart rate training

- Hill Heart Rate
- Interval Heart Rate
- Intensive Heart Rate

Heartbeat ratio interval

The advantages of each function are different, the details will be introduced in chapter 7.

Notice: it is suggested to consult with the fitness instructor before exercise to fine the suitable exercise plan for yourself.

SECTIONAL HEARTBEAT RATIO TRAINING

	<u>AGE</u>	<u>65%</u>	<u>80%</u>
	10	136	168
High intensity: interval training	20	130	160
Low intensity: mainly for fat burn	30	123	152
The suggested target heart rate as % of max ACSM heart rate range:	40	117	144
55%-90%	50	110	136
	60	104	128
SUGGESTED TARGET HEART RATE AS % OF MAX ACSM HEART RATE RANGE: 55% - 90%	70	97	120
	80	91	112
	90	84	104
	100	78	96

2.2. Heart rate monitor system

■ A. Hand grip sensor system

It means the heart rate monitor system, during exercise, by hand gripping the stainless steel sensor in the front handrail. There are two sensors for each handrail, and these four sensors all should be gripped during the exercise. So you can get the heartbeat signal in the control board, and it will show the heart rate change after 20-30 seconds.

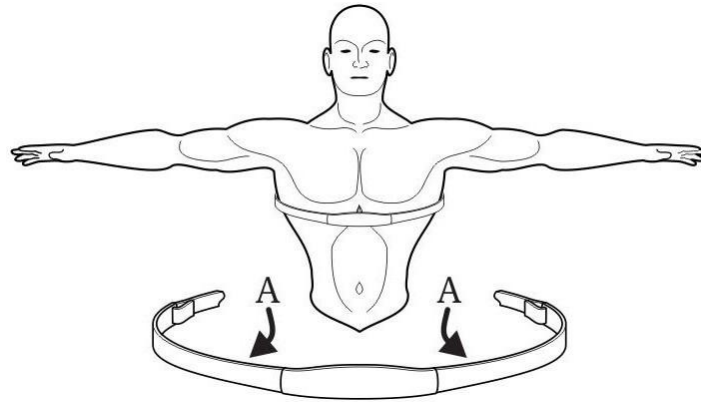
When the speed is higher than 4.5mph (7.2KPH), you should use the breast band heart rate belt instead of the hand grip sensor.

■ B. Breast band heart rate belt

The breast band heart rate belt is to stick sensor plate to the body and transmit the heart rate to the control board by remote detection technology. The belt is not the accessory for the machine, so the users can buy it according to personal demand.

Image: the sensor plate of the belt and the way to wear

SECTIONAL HEARTBEAT RATIO TRAINING



The image above show the position of the belt and the way to wear. The sensor section A is in the groove in two sides. The sensor section should be wet during the usage, otherwise the signal to the receiver will not be exact enough.

The belt should be worn below the pectorals, and you should adjust the belt to make the breath is smooth. If the sensor section touches the skin directly, the effect will be best, but wet cloth can also get the effect.

If you want to dampen the sensor section, you can hold the middle of the belt to drive out the belt to dampen the sensor section.

When setting heart rate exercise, user needs to set the start speed of the treadmill. If system detects no chest belt pulse monitor, the max speed is 4.5mph (7.2Km). If system detects chest belt pulse monitor, the maximum speed is 15.5mph (25Km).

※ **Breast band heart rate belt (wireless belt) is the accessory.**

EXERCISE PROGRAM

3. EXERCISE PROGRAM

Exercise Program Summary

The following programs are preset in factory :

■ QUICK START

When the treadmill is turn on, press QUICK START key to start it, then is the operate manual. To make calories consumption exact, make sure the weight of the user, inclination and speed. The preset inclination is 0% and you can adjust it by pressing incline up/down key or incline instant key and adjust speed by pressing speed up/down key and speed instant key.

■ GOAL

- Time Goal

Set the target time according to the target distance, when the target is achieved, the program will stop running.

Setting Range: Time Preset: 20min Range: 10-95

- Distance Goal

This program serves to test the endurance of the user. When the user completes the set miles within limited time and reaches the goal, the program will stop operation automatically.

● Setting Range: Distance Preset: 5KM Range 1-99

- Calories Goal

This program serves to lose and control weight. When certain quantity of the calories is exhausted within limited time, the program will stop operation automatically.

Setting Range: Calories Preset:200 Range 40-600

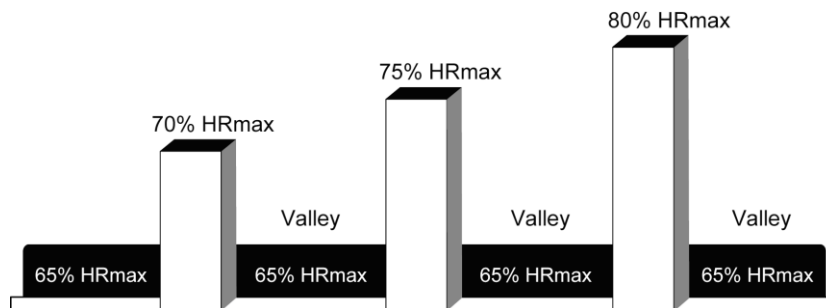
■ HRC

- Hill Heart Rate Control

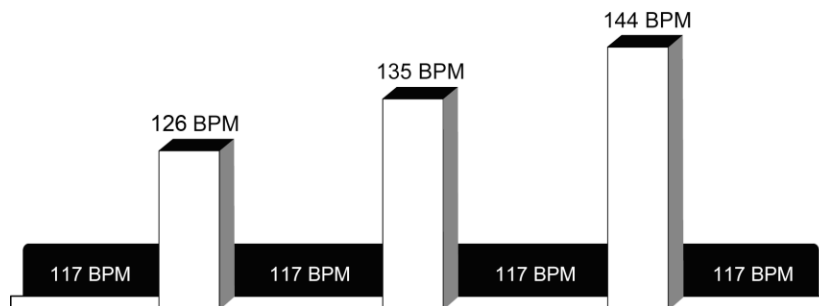
The preset heart rate goal is 80% of the maximum, which could be reset according to the personal condition. The column height represents the percentage of the maximum heart rate. There are totally seven heart rate goals in the program, among which, three

EXERCISE PROGRAM

goals are varied, respectively being 70%, 75% and 80%. The rest goals maintain 65% as the bottom limit. (See the following picture) .After three minutes' standard warm-up exercises, the heart rate will increase until 70%. Keep this rate in the running for one minute and then reduce the incline to reduce the rate to 65% for one minute. Each heart rate shall keep for one minute. Do the exercises in the program operation term and when the operation period is terminated, the program enters the cooling stage. During the operation period, if the heart rate is 45 seconds more than the maximum value, the running machine will be suspended automatically whereas if the heart rate does not meet with the goal and wonders between the two goals, the display will give prompt to increase or lower the speed.。 If the first heart rate goal is reached, the program will not skip to next goal. In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly. Otherwise, the program will not run normally.



Heart rate control display image



Corresponding targeted heart beat times

Take a 40-year old user for instance, the heartbeat goal is 80% of the maximum heart beat times:

$$(220 - 40) \times 80\% = 144$$

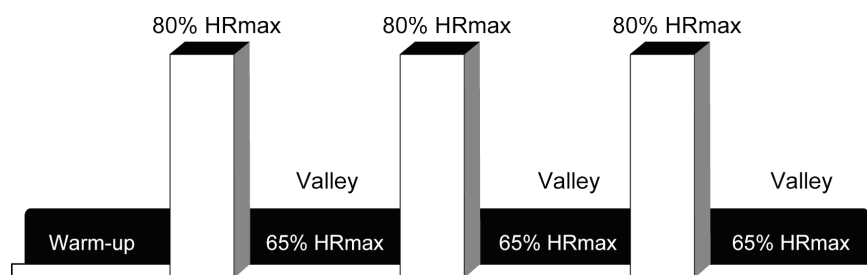
EXERCISE PROGRAM

- Interval Heart Rate Control

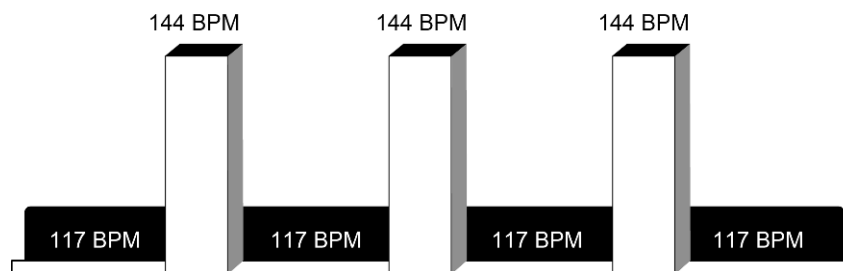
The interval heart rate control is similar to the heart rate control program and the differences are: firstly, the heart rate goals are 80% of the maximum heart rate.

- Secondly, the maintaining time of each heart rate goal is 3 minutes.

- In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly. Otherwise, the program will not run normally.



Interval heart rate control display image



Corresponding targeted heart beat times

Take a 40-year old user for instance, the heartbeat goal is 80% of the maximum heart beat times:

$$(220 - 40) \times 80\% = 144$$

- Intensive Heart Rate

Intensive heart rate program (applicable to the experienced users who will break the general health level and challenge the limit). In the running process, the heart rate changes rapidly between two heart rate goals (65%-85%), similar to the changes in short-distance racing. In the running period, confirmation shall be made that the breast belt sensor is correctly worn or the heart rate sensor on the handle is grasped tightly.

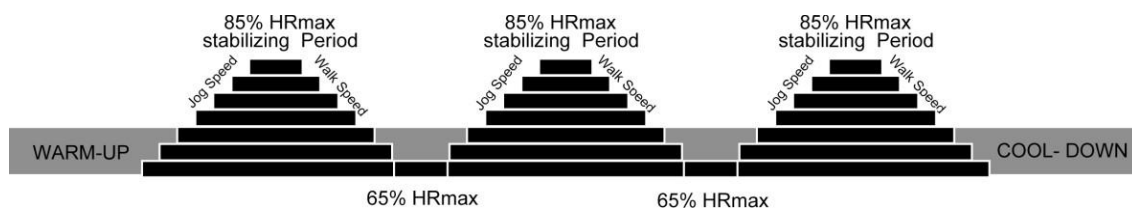
Otherwise, the program will not run normally.

EXERCISE PROGRAM

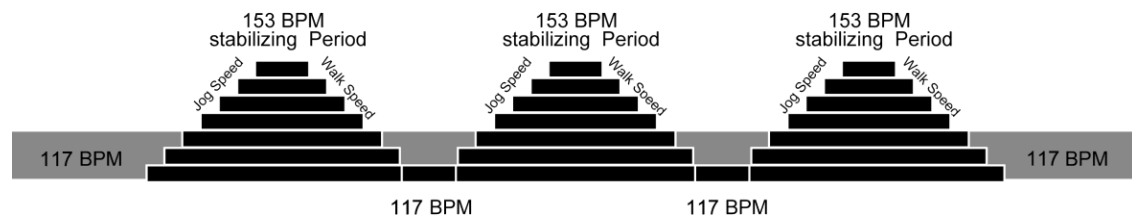
Note: if the running speed of the user exceeds 4.5miles/hours, remember to wear the breast belt sensor, however, it's not necessary to grasp the heart rate sensor on the handler.

Set the program to determine the heart rate goal and choose the walk speed and jog speed. After three minutes' preparation (warm-up exercise), the electronic meter of the running machine increases to the job speed and raises the incline of the running platform to make the heart rate of the user reach 85% HR max. After keeping steady for a period of time, the electronic meter reduces the incline to the 0 degree and the speed is reduced to the walk speed, the heart rate is 65% HR max, which is the minimum heart rate goal. After keeping steady for a period of time, the electronic meter expedites and increases the incline and repeated the above operation until the end of the set program time.

If the user does not reach the two heart rate goals, after 5 minutes, the information display screen will give prompt for acceleration or deceleration and the detailed situation is determined by the current stage. If the first heart rate goal is reached, the program will not skip to next goal.



Limit HR display image



Heart beat value goal

Take a 40-year old user for instance, the heartbeat goal is 85% of the maximum heart beat times:

$$(220 - 40) \times 85\% = 153$$

EXERCISE PROGRAM

■ PHYSICAL TEST

- SUPERIOR PHYSICAL TEST

Test pulmonary function, the muscle endurance and angiopathy function (applied in the US soldiers)

- EXTREME PHYSICAL TEST

Test the physical fitness of the navy, requiring the 1.5 miles running within stipulated time and measuring the aerobic metabolism (navy).

- ENDURANCE PHYSICAL TEST

Marine Corps Physical Fitness Test (US soldiers)

- GERKIN PROTOCOL

GERKIN PROTOCOL is applied by the International Fire Protection Association to judge whether the soldiers are qualified for the fire control tasks and the marks rely on the time to finish the test. Except the GERKIN PROTOCOL, other tests are all performed after finishing the stipulated miles. The program enters the cooling stage and the time of cooling relies on the test time. If the test time is less than 5 minutes, the cooling time is 1 minute, if between 5 to 15 minutes, the cooling time is 3 minutes and if higher than 15 minutes, the cooling time is 5 minutes. After cooling (if the user requires to check the test result, press the STOP key or CLEAR key), the electronic meter displays the test marks and grade.

- PHYSICAL EFFICIENCY BATTERY

Physical fitness training with the test miles of 1.5 miles (2.4KM), applied in the US Federal Law Enforcement Training Center, FBI and other federal organizations supporting and maintaining the federal work.

EXERCISE PROGRAM

PROGRAM

- MANUAL

Manual is a continuous exercise program and user can set incline or speed at will during workout.

Pulse panel will display heart rate calculated by user's age.

- RANDOM

The interval training of the user who continuously change the incline of the running platform and therefore giving over 100 heart rate landform effect diagram.

- HILL

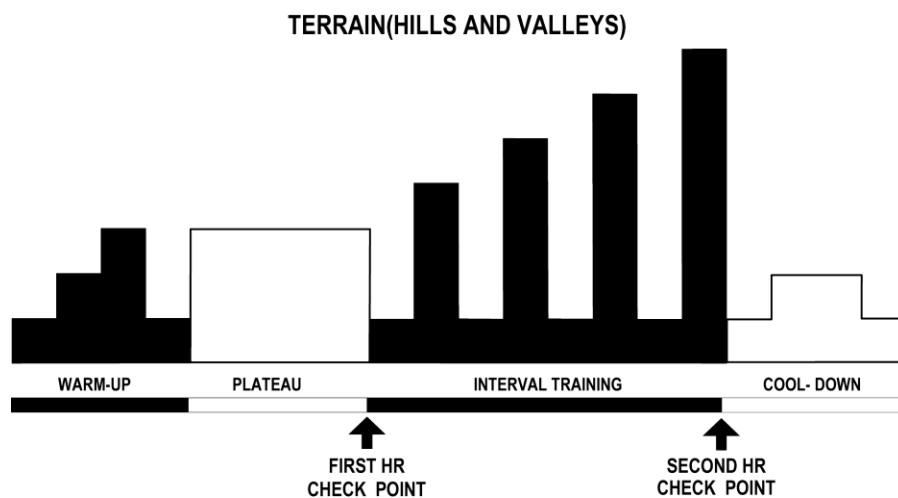
The interval exercise effect analysis diagram is the interval exercise program controlled by the computer, which could improve the cardio-pulmonary function better than the steady training program. The whole program is divided into four stages, each stage represents different exercise intensity and the program window displays the operation status.

The heart rate test shall firstly choose the transitional stages for two areas to check the heart rate changes in the transitional stages. The two triangles in the picture is the heart rate check point. This program is the exercise program to combine the cardio-pulmonary function training, fat burning and regional heart rate training and is not the program to test the heart rate. Therefore, there is no prompt displayed to test the heart rate. In the running period, the user shall wear the breast belt sensor or grasp the heart rate sensor on the handler.

Warm-up	Gradually increase the exercise intensity by changing the incline and speed to make the heart rate reach the minimum heart rate goal, intensify the breathing and promote the blood circulation.
Plateau	Slowly increase the exercise intensity and maintain to make the heart rate reach the minimum heart rate goal and then check the actual heart rate
Interval Training	Regularly increase the exercise intensity and then recover the heart

EXERCISE PROGRAM

	rate. Make the rate reach the maximum heart rate goal and check the actual heart rate for the second time.
Cool-Down	The relaxation stage after exercise. Lactic acid is generated from the muscle in the oxidization process and the time and intensity of the cooling time rely on the execution time, speed, incline and heart rate of the program.



Each light column represents an interval and the whole program is composed by 20 intervals. The operation period of the program determines the program every 95 minutes. The default time setting is 10 minutes with the range from 10 to 95 and the STEP is 5 minutes.

10-19 minutes	The total time of the program is 10 minutes, the interval time is set to be 30 seconds. If the program time is 15 minutes, the interval time is set to be 45 seconds.
20-95 minutes	The pre-design duration of each distant is 60 sec., if the users extent the time of each distance, it is more than 60 sec. The time period of each interval is the result from the setting training time divide 20 sections, for example, if the setting time is 80 minutes, then the time period for each interval is 4 minutes.

- SPEED INTERVAL

EXERCISE PROGRAM

Press the continuously flashing PROGRAM key on the electronic meter to shift the default jogging and running speed (once set, the value will not be changed at will). Press SPEED ARROW key to adjust other speed. The press to shift the PROGRAM key from current jogging to running speed will adjust the speed to the default value.

- FAT BURN

The low intensity exercise program is mainly featured by burning the fat and makes the heart rate of the user keep at 65% HRmax, namely the heart rate goal. In this process, it's necessary to wear the breast belt sensor or grasp the heart rate sensor on the handler. If the previous actions fail, the program window will display a heart shape for prompt and the information display screen will give the prompt to grasp the heart rate sensor on the handler. The electronic meter controls and displays the heart rate and automatically adjusts the inclination of the running machine to keep the heart rate as the targeted rate. This program is for warming up exercise and will not accept severe exercises.

(Heart beat times goal= $(220 - \text{age}) * 0.8$, namely the 80% of the HRmax)

Notice: the computer console only change the incline not the speed.

- CARDIO

The best training methods refer to the oxygenation exercises or the training to increase the angiocardy functions.

While doing exercises, it's necessary to wear the breast belt sensor or grasp the heart rate sensor on the handler, and then the program will automatically adjust the running platform inclination and keep the heart rate goal according to the actual rate.

Note: The heart beat times goal for FAT BURN training program is calculated on the basis of the 65% HRmax and the CARDIO and HEART RATE HILL is calculated on the basis of the 80% HRmax.

The above programs all require the determination of the weight of the user. When the running machine enters this PROGRAM, use SPEED UP DOWN KEY or digit key to input the weight.

EXERCISE PROGRAM

- TRAINING

FITNESS TRAINING 5K

FITNESS TRAINING 10K

This product shall include the 5km and 10km self-challenging program. By setting different inclines, the program forms a corresponding landform picture in the operation process. The incline represents the difficulty of the exercise. 1.5% incline belongs to flat ground running and 0% and below incline belongs to the downhill tendency. The sustained time of each incline ranges from 30 seconds to 60 seconds and when the goal is reached, the program stops the operation.

- FIT TEST

The fit test provides 6 programs to test the angiocardy fitness of different ages and genders. It's applied to test the angiocardy function and supervise the improvement of the angiocardy every four and six weeks. As the test result is calculated according to the heart rate input to the computer, therefore, in the test process, the user must wear the breast belt sensor or handle the sensor. When the program is in the 5% incline for continuous five minutes, the controller (computer) will immediately read the heart rate of the user, calculate the test result and show the test mark on the screen.

The FIT TEST is to test the function of the heart to supply the aerated blood to the muscle tissue by measuring the oxygen capacity in the blood and to test how the muscle tissue effectively absorbs the oxygen from the blood supply. The physicians and physiologists commonly believe this is a wonderful means to test the aerobic metabolism capacity.

EXERCISE PROGRAM

■ TEST SETTING

- Press the FIT TEST key, the screen will display the FIT TEST choices and then press the Enter key.
- The screen gives prompt to determine the weight, age and gender. Input the user's weight, age, gender by digit key or UP-DOWN key and then press Enter.
- Lastly the screen gives prompt to determine the grade of the speed (2 MPH—4.5 MPH). Refer to the following table and choose the corresponding speed grade according to the user's age, gender and activity. In 5 minutes after finishing the test, the system will display the test result.

Comparison table of the activity degree and corresponding speed

	Not active	Active	Very active
Fitness grade	2-3 miles/hour	3-4 miles/hour	3.5-4.5 miles/hour
	3.2-4.8 km/hour	4.8-6.4 km/hour	5.6-7.2 km/hour

The incline of the running machine will automatically increase to 5% after warming up exercises.

When setting the FIT TEST, it shall rely on this comparison table and make the heart rate of the user maintain within the 60%—85% of the HR max.

Activity degree and fitness group

The activity degree is lower than the medium value	The activity degree is higher than the medium value
Senior people	Young people
Tend to be thin	Tend to be plump*
Tend to be short	Tend to be high

For the super plump people, they shall choose the activity degree below the medium value. In addition, the following information will not be accepted by the computer:

- Heart rate less than 52 BPM, more than 200 BPM
- The weight is less than 34kg and more than 180kg(400LBS)

EXERCISE PROGRAM

- The age is less than 10 and more than 99.
- The input value exceeds the maximum potentiality of the human-being.

If the input information proves to be incorrect, press CLEAR key to clear and input again, press ENTER to confirm. The test must be taken under constant condition as the heart rate relies on the factors from many aspects.

- Sleep status (suggested being at least 7 hours)
- Test time selected
- How long will be waited to test after meals (it's suggested to wait at least 2 to 4 hours)
- How long will be waited to test after taking the drinks containing caffeine and alcohol and smoking (it's suggested to wait at least 4 hours)
- The interval from the last training (suggested being at least 6 hours)

In order to make the test correct, the user shall test for continuous three days and once a day.

Then take the average of the three values as the final test result.

VO2 MAX TEST

Female (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

EXERCISE PROGRAM

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

Table Reference: The Physical Fitness Specialist Certification Manual, The Cooper Institute for Aerobics Research, Dallas TX, revised 1997 printed in Advance Fitness Assessment & Exercise Prescription, 3rd Edition, Vivian H. Heyward, 1998.p48

Note: To gain the appropriate testing report, heart rate should maintain within 60%—85% of maximum range during workout

- Running machine program operation range

While setting the HILL, RANDOM 5km and 10km trainings, the incline shall be selected, this is divided into 20 levels.

As figure

EXERCISE PROGRAM

LEVEL	% Incline	LEVEL	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

The electronic meter displays the above information in the form of column graph. The height of the column means the height of the incline, and the level could be modified by the UP-DOWN key or digit key.

■ The instruction of the program under the pushing power operation thrust mode

- Time Goal

Set the target time according to the target distance, when the target is achieved, the program will stop running.

Setting Range: Time Preset: 20min Range: 10-95

- Distance Goal

This program serves to test the endurance of the user. When the user completes the set miles within limited time and reaches the goal, the program will stop operation automatically.

- Setting range: (treadmill mode) distance preset 5 km/ range 1-99

- (pushing operation thrust mode) distance preset 1 km/ range 1-99

EXERCISE PROGRAM

- Calories Goal

This program serves to test the endurance of the user. When the user completes the set miles within limited time and reaches the goal, the program will stop operation automatically.










Setting Range: Calories Preset: 200/Range 40-600

■ HRC

- Heart Rate Control(only used by pushing operation thrust mode)

HRC function: (this function cannot be executed unless match with breast heartbeat band)

This program is aimed for training, during usage process, when the heartbeat reaches to the preset data, the angle will keep stable to make the heartbeat maintain within the range to get the training effect.

1. **AGE** setting, press  or  key to adjust age and then press  to enter into next program, age preset: 30, setting range: 10-99, step is 1.
2. **PULSE** setting, the program will ask you to input your heartbeat data, this data will change according to the age, please refer to the appendix chart for details and choose your suitable data from the chart. Press  or  to adjust the heartbeat data, if you have no change, press  and then the program will start execution abiding by the preset data and enter into the next program.
3. **TIME** setting, the program will ask you to input time data, press  or  to set, or press  directly, the time will be in countdown way. (*time data range: 10~95 min, preset data is 10 minutes, step is 1 minute.)

EXERCISE PROGRAM

**The below is the comparison chart between the age of the HRC function and the heartbeat data (preset data):

AGE	BPM			AGE	BPM			AGE	BPM			AGE	BPM		
	H	default	L		H	default	L		H	default	L		H	default	L
10	197	124	124	33	178	112	112	56	156	98	98	79	134	90	85
11	197	124	124	34	177	112	112	57	155	98	98	80	133	90	84
12	197	124	124	35	176	111	111	58	154	97	97	81	132	89	84
13	197	124	124	36	175	110	110	59	153	97	97	82	131	89	83
14	196	124	124	37	174	110	110	60	152	96	96	83	130	89	83
15	195	123	123	38	173	109	109	61	151	95	95	84	129	89	82
16	194	122	122	39	172	109	109	62	150	95	95	85	128	89	82
17	193	122	122	40	171	108	108	63	149	94	94	86	127	89	81
18	192	121	121	41	170	107	107	64	148	94	94	87	126	89	81
19	191	121	121	42	169	107	107	65	147	93	93	88	125	89	80
20	190	120	120	43	168	106	106	66	146	92	92	89	124	89	80
21	189	119	119	44	167	106	106	67	145	92	92	90	123	89	89
22	188	119	119	45	166	105	105	68	144	91	91	91	122	88	89
23	187	118	118	46	165	104	104	69	143	91	91	92	121	88	88
24	186	118	118	47	164	104	104	70	143	90	90	93	120	88	88
25	185	117	117	48	163	103	103	71	142	90	89	94	119	88	87
26	184	116	116	49	162	103	103	72	141	90	89	95	118	88	87
27	183	116	116	50	162	102	102	73	140	90	88	96	117	88	86
28	182	115	115	51	161	101	101	74	139	90	88	97	116	88	86
29	181	115	115	52	160	101	101	75	138	90	87	98	115	88	85
30	181	114	114	53	159	100	100	76	137	90	86	99	114	88	85
31	180	113	113	54	158	100	100	77	136	90	86				
32	179	113	113	55	157	99	99	78	135	90	85				

- Thrust INTERVAL(only used by pushing operation thrust mode)
- Under PROGRAM setting, the pushing power LEVEL can be set (once set, it cannot be changed during execution at random). After the program start, the pushing level can be switched by SPEED “+”、“-” key to the preset jogging pushing power LEVEL and fast running LEVEL.

EXERCISE PROGRAM

Thrust INTERVAL program process

press PROGRAM key

press digit key to choose the program

Set weight: preset data 70, set range 34-181KG, STEP 1

Set time: preset data 10 minutes, set range 10-95 minutes, STEP 1 minute

Set age: preset data 30, set range 10-99, STEP 1

Set INCLINE: set range 0-10%, STEP 0.1

Set jogging Thrust: preset data 3, range Thrust LEVEL1-15, STEP 1

Set fast running Thrust: preset data 6, range Thrust LEVEL1-15, STEP 1

start the execution of the program

- Thrust INTERVAL CUSTOM only used by pushing operation thrust mode)
- Under PROGRAM setting, the jogging and fast running LEVEL can be set (once set, it cannot be changed during execution at random). After the program start, the pushing power LEVEL cannot be changed, the program will switch the resistance between jogging and fast running pushing power LEVEL according to the LEVEL time, when do switch, the letters will show JOG Thrust and RUN Thrust reminding letters, until reach to the setting Thrust circle times (which will show in the big dot screen) and then end the PROGRAM.

Thrust INTERVAL CUSTOM program process

press PROGRAM key

press digit key to choose the program

Set weight: preset data 70, set range 34-181KG, STEP 1

Set age: preset data 30, set range 10-99, STEP 1

Set INCLINE: set range 0-10%, STEP 0.1

Set jogging Thrust time: preset data 10 seconds, range 0:05-9:59 minutes, STEP 1 second

MALFUNCTION ELIMINATION

Set fast running Thrust time: preset data 20 seconds, range 0:05-9:59 minutes, STEP 1 second

Set jogging Thrust: preset data 3, range Thrust LEVEL1-15, STEP 1

Set fast running Thrust: preset data 6, range Thrust LEVEL1-15, STEP 1

Set jogging Thrust, Set fast running Thrust preset data 10 range 5-99, STEP 1

start the execution of the program

4. MALFUNCTION ELIMINATION

error code	Possible reasons	Rectification measurements	Remark
No power for computer console	1 The power switch if off	turn on power switch	
	2 The power switch signal light is off	check whether the power socket has power with ammeter	(110/220V) Check whether the current supply is (110/220V) or not
	3. No DC 12V power output from transducer	change transducer	
	4. control wire malfunction	change control wire	
	5. computer console malfunction	change computer console	
	6. energy-saving small board malfunction	change energy-saving small board	
	7. WAKE key malfunction	change key board or wires	

MALFUNCTION ELIMINATION

E01	low voltage from the transducer power	change filter, choke, transducer	Check whether the current supply is (110/220V) or not
E02	abnormality for transducer temperature sensor	change transducer	
E04	overcurrent output from the transducer	add lubrication oil to bearing, change transducer	
E06	overvoltage from the transducer	change transducer brake electrical resistance	
E08	abnormality for the falling of the transducer	change transducer	
E09	overheat of the transducer	add lubrication oil to bearing, change transducer	
E10	abnormality for overload of transducer motor	change motor, transducer	
E11	abnormality for overload of transducer	add lubrication oil to bearing, change transducer	
E12	abnormality for	change transducer	

MALFUNCTION ELIMINATION

	overload of transducer system		
E13	transducer motor off line	change motor, transducer	
E14	malfunction for transducer brake	change transducer brake electrical resistance	
E33	malfunction for adapter Flash	change adapter	
E34	malfunction for transducer Flash	change transducer	
E35	transducer low voltage warning display	change filter, choke, transducer	Check whether the current supply is (110/220V) or not
E37	transducer emergency shutdown display	change transducer, control wire, computer console	
E41	transducer high heat display	add lubrication oil to bearing, change transducer	
E77	abnormality for transducer communication	change transducer, control wire, computer console	
E78	abnormality for key buttons	change key and computer console	

UNIT SWITCH BETWEEN E&C

5. UNIT SWITCH BETWEEN E&C

1. The standby page is as the following



2. Press STOP+ENTER key for 8 seconds to enter into engineer mode



3. Press ENTER key two times to enter into unit switch page

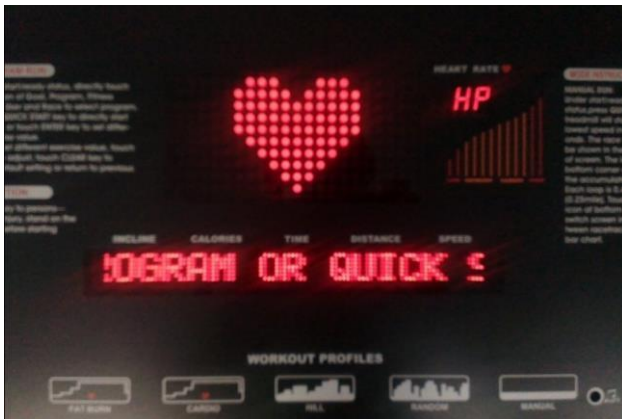


UNIT SWITCH BETWEEN E&C

4. Switch unit by SPEED"+", "-" key



5. Press ENTER key four times to back to standby mode.



BLUETOOTH MODULE MANUAL

6. BLUETOOTH MODULE MANUAL AND APP(IOS) INSTALLATION INSTRUCTION



Equipment required:

1. Computer consoler set with GEM BT4.0 module is required.



2. GEM BT4.0 module can be used in Apple iOS 11 and above versions and Android 6.0 and above versions, and APP need be compatible with FE-C, FTMS PROTOCOL software treaty, then you can connect.

※GEM BT4.0 module can be normal used mainly with APP” Gymtrakr”, others as ZWIFT/VIRTUAL RUNNER /KINOMAP APP pls refer to APP suppliers’ operation manual to see if it is suitable.

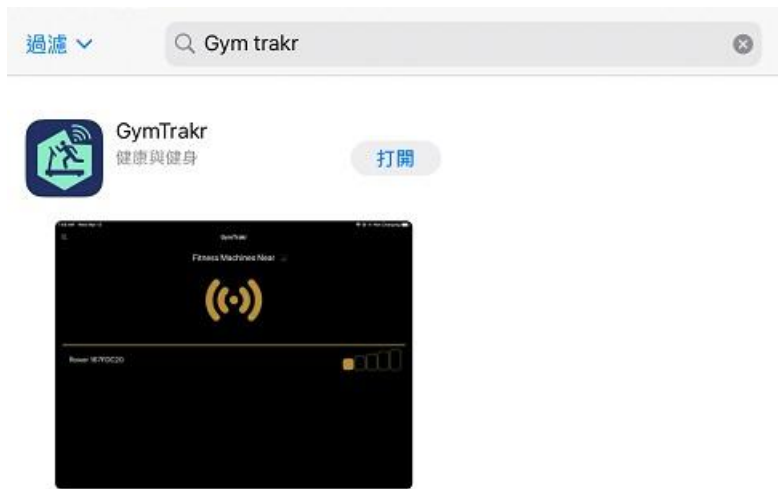
For iPhone Gymtrakr APP Connecting example For iPhone Gymtrakr APP

1. APP download:

Connect you IPhone into iTunes Store OR Googie play Store, then input ” Gymtrakr” in the searching page to search, when find the one, choose assemble to download and assemble it, after it successfully assembled, the home page will appear the APP ”

BLUETOOTH MODULE MANUAL

Gymtrakr™.



2. Enter App, and make BT unit pair:

STEP. 2-1

Enter the system setting page of iPhone, open BT function, and check to see if there's BT mark at the top of the page.



STEP. 2-2

Enter the system setting page of iPhone, use 3G/4G mobile net, or open Wi-Fi function to connect the phone to the usable net source.

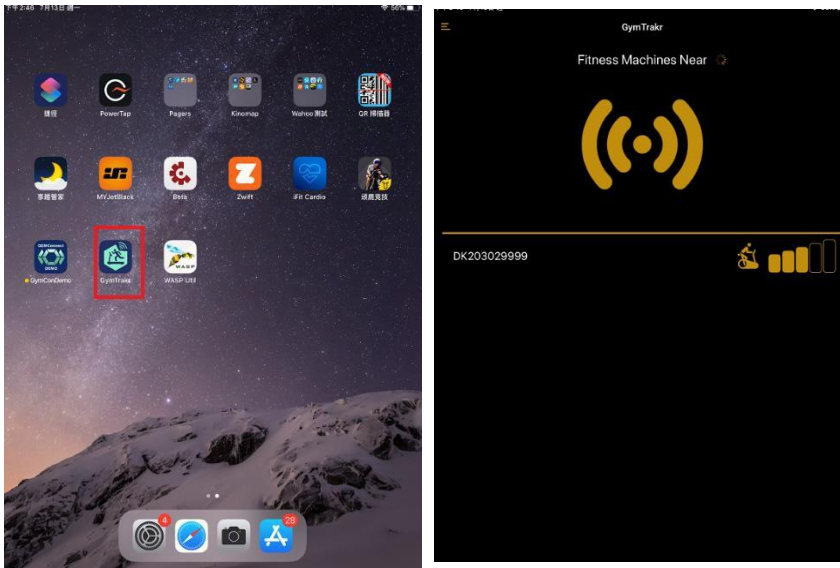
STEP. 2-3

Put iPhone to the place at the front of the computer console.

STEP. 2-4

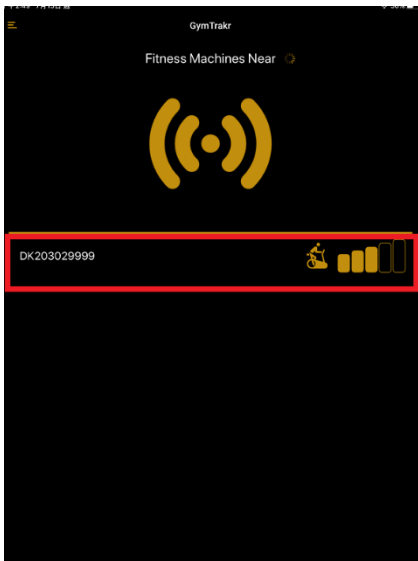
Click the downloaded App, open "Gymtrakr" APP, when entering, APP would search all the BT ID that meet the requirement automatically as below

BLUETOOTH MODULE MANUAL



STEP. 2-5

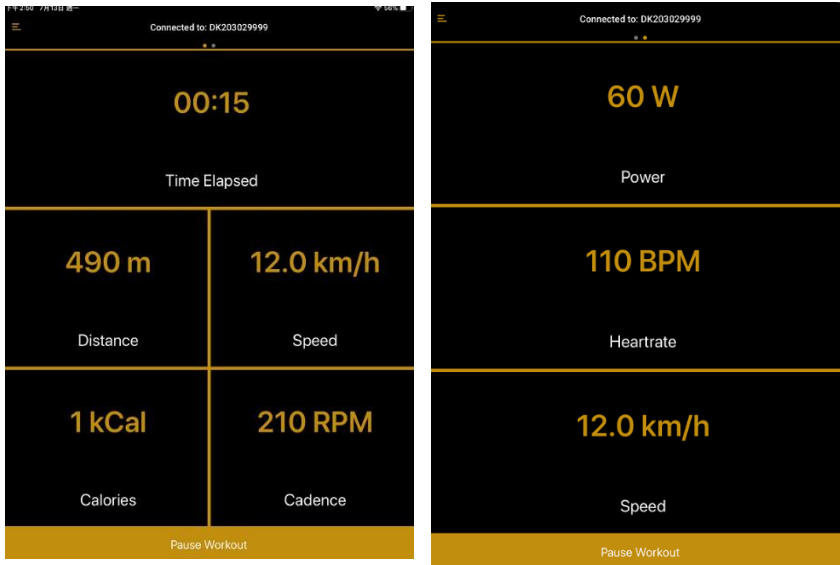
After entering into the searching screen, click BT ID to pair, pls select the " display format DK+YEAR+SERIAL_NO(such as:DK203029999)" for connecting.



STEP. 2-6

When pairing is successful, APP will be into the operation page, press the START button to begin the operation, and the operation page will show your movement data.

BLUETOOTH MODULE MANUAL



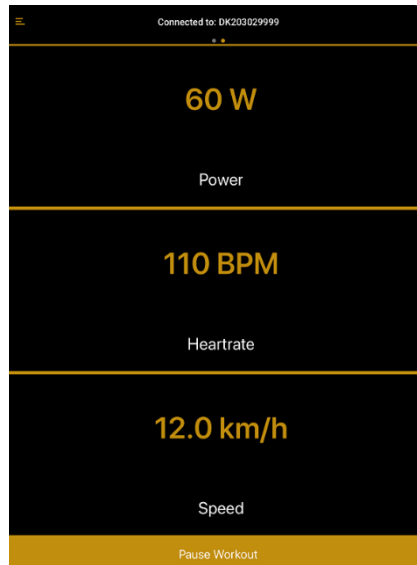
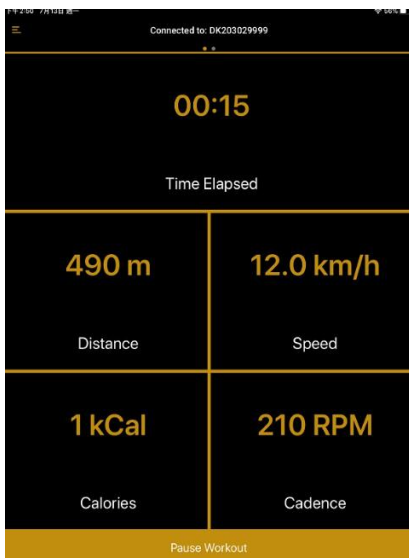
Note : For inside BT module, every machine has a unique equipment fixing the BT ID, you must choose your belonged ID when pairing, since you can detect BT ID within 10 meters, if there are more than one machine within this area, you may misconnect to other machine, at this time, you should stop the pairing, and change to another ID.

BLUETOOTH MODULE MANUAL

3. Begin APP Operation:

STEP. 3-1

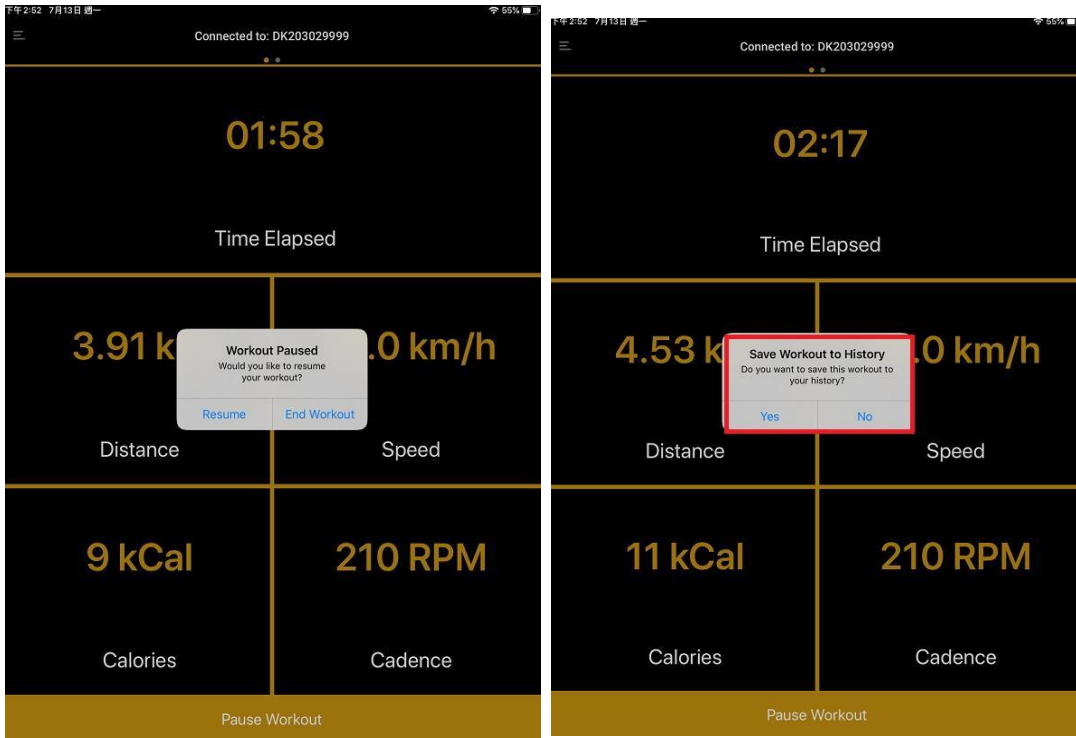
Per APP guideline, press the START button, APP will begin synchronize with the machine, with all the information movement time, speed, accumulative distance and calories, and heartrate included as below



STEP. 3-2

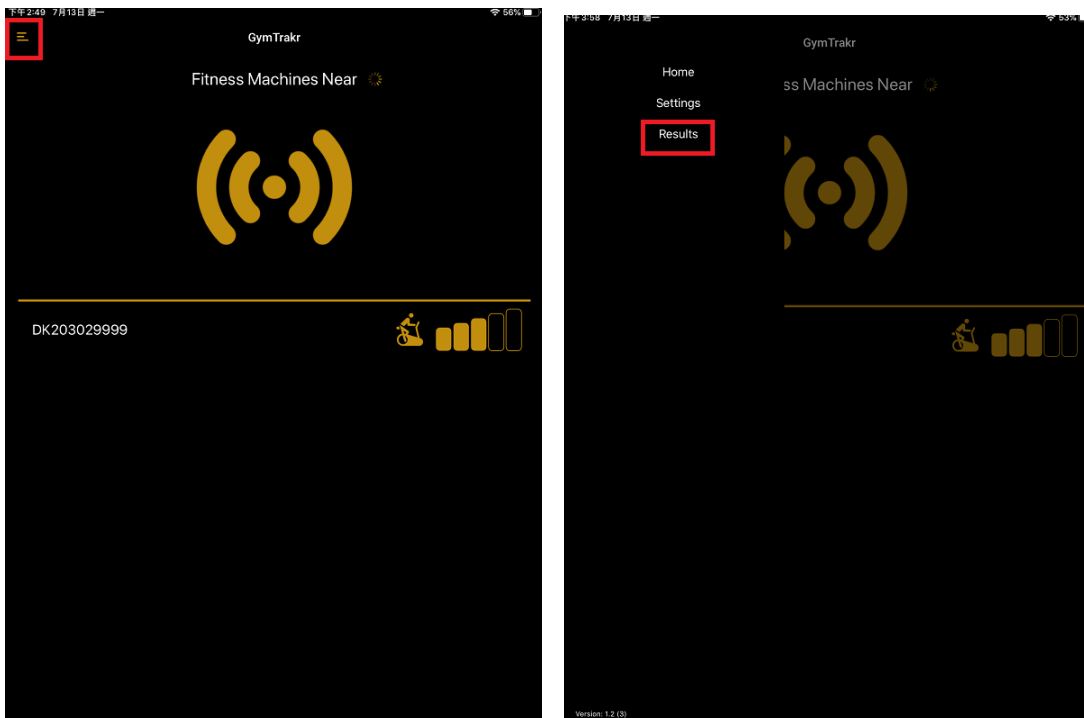
Press STOP button when in operation, it will pause, press START button again, it will be back to the speed before it stop. You can also choose SAVE to record the movement data. After movement finished, disconnect the BT, APP will return be the usual operation screen.

BLUETOOTH MODULE MANUAL

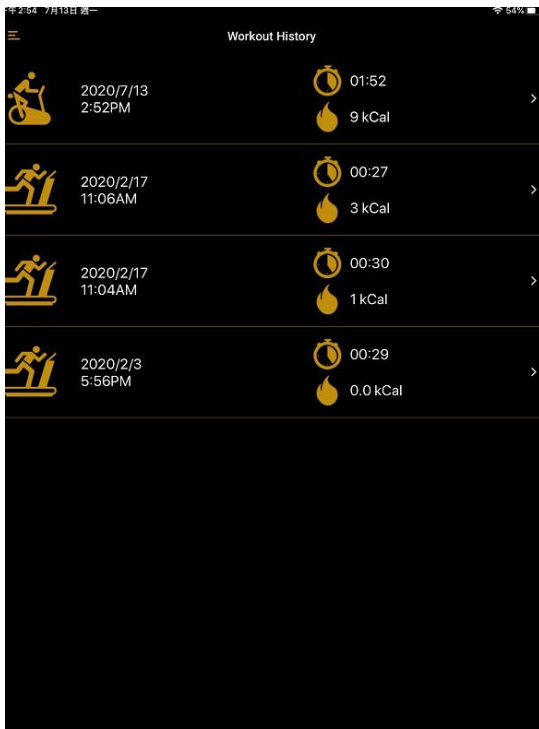


STEP. 3-3

When it back to the home page, click the mark at the top left to see the movement record by SAVE as below



BLUETOOTH MODULE MANUAL



■ Note

- APP is to connect with the machine via BT, so pls make sure the machine is with BT function.
- When pairing succeeds, pls operate APP within 2 mins, if not or the distance of your pad and the machine exceeds 2 meters, BT will cancel the connection automatically, then pls repeat the above steps.
- APP will not switch between metric system and british system, when the system is not same in APP and Console, pls adjust it by hand.
- Software would update unscheduled, pls pay attention to the download page.
- User must open mobile web or Wi-Fi to use the preinstalled APP”
Gymtrakr” in this manual

BLUETOOTH MODULE MANUAL

■ Below situation may cause APP automatically stop or crash:

When using APP and synchronously using other programmers, such as music and photos, pls do not commute too much or open too many programmers, it might disconnect due to pad resource allocation and selfprotection.

■ When APP cannot use normally, pls reconnect following below steps:

STEP.1

Delete all the memory in the APP.

STEP.2

Entering into the setting articles of the iPhone, delete the BT unit name.

STEP.3

Turn off BT function in iPhone setting page.

STEP.4

Turn off the machine power, then 10 seconds later turn on again.

STEP.5

Repeat step 2-1~3-4

- If still abnormal, pls check if the pairing BT ID belong to the machine incase connecting to another machine. If ID right, pls make your iPhone power off for a while, it might be caused by the crash of iPhone itself.