

FRENCH FITNESS

FF-T400

FRENCH FITNESS T400 COMMERCIAL TREADMILL W/LED CONSOLE (NEW)

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
- Powerful 5HP Motor: Reliable motor delivers smooth and consistent operation
- LED Console: Clear, responsive display with multiple training modes
- Customizable User Programs: Adjustable routines for speed, incline, and time
- Automatic Programs: Warm-up, Weight Loss, Professional Training, Mountain Climbing, Challenge, Cardio
- Forbo Running Belt: High-quality belt for durability and traction
- Double-Sided Phenolic Resin Deck: Long-lasting deck surface with smooth performance
- Heavy-Gauge Steel Frame: Built for stability and long-term durability
- Cushioning System: Double-layer multi-point damping reduces joint stress
- Automatic Lubrication: Maintenance-free for long-term reliability
- Wireless Charge & Bluetooth Audio: Modern console features for convenience
- Shock Absorption: Double-layer Multi-Point Damping System
- Lubrication: Automatic, Maintenance-Free
- Safety Features: Emergency stop, side rails
- Accessories: Water bottle holder, accessory tray
- Power Requirements: 110V

CONSOLE FEATURES

- Visual Screen Size: 10.6" x 18.8" (27 cm x 47.8 cm)
- Training Modes: Countdown by time, distance, calories
- User Programs: Customizable speed, incline, and time setups
- Built-in Auto Programs: Warm-up, Weight Loss, Professional Training, Mountain Climbing, Challenge, Cardio
- Multimedia Programs: Music and video playback, Virtual Scene, Real Scene Mode
- Heart Rate Monitoring: Contact & Bluetooth HR
- Wireless Charge: Yes
- Bluetooth Headphone Output: Yes
- Built-in Speaker: Yes
- USB Port: Yes
- WiFi: 2.4GHz / 5GHz
- Languages: Chinese, English, German

TECH SPECS

- Color: Black
- Motor Power: 5HP
- Motor Wheel Diameter: 45mm
- Belt Wheel Diameter: 215mm
- Roller Diameter: 88mm
- Speed Range: 1 – 14.9 mph
- Incline Range: DC Incline 0 – 15%
- Drive Ratio: 1:2.45
- Max User Weight: 396.8 lbs (180 kg)
- Product Weight: 451.9 lbs (205 kg)
- Running Area: 63" L x 22.8" W (160 cm x 58 cm)
- Belt Size: 136.5" L x 24.4" W x 0.08" H/Thickness (346.8 cm x 62 cm x 2 mm)
- Deck Size: 58" L x 23.4" W x 1" H/Thickness (147.5 cm x 59.6 cm x 2.5 cm)
- Dimensions: 86.7" L x 32.3" W x 64.2" H (210 cm x 82 cm x 163 cm)

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.

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 may 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.



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 needs servicing.

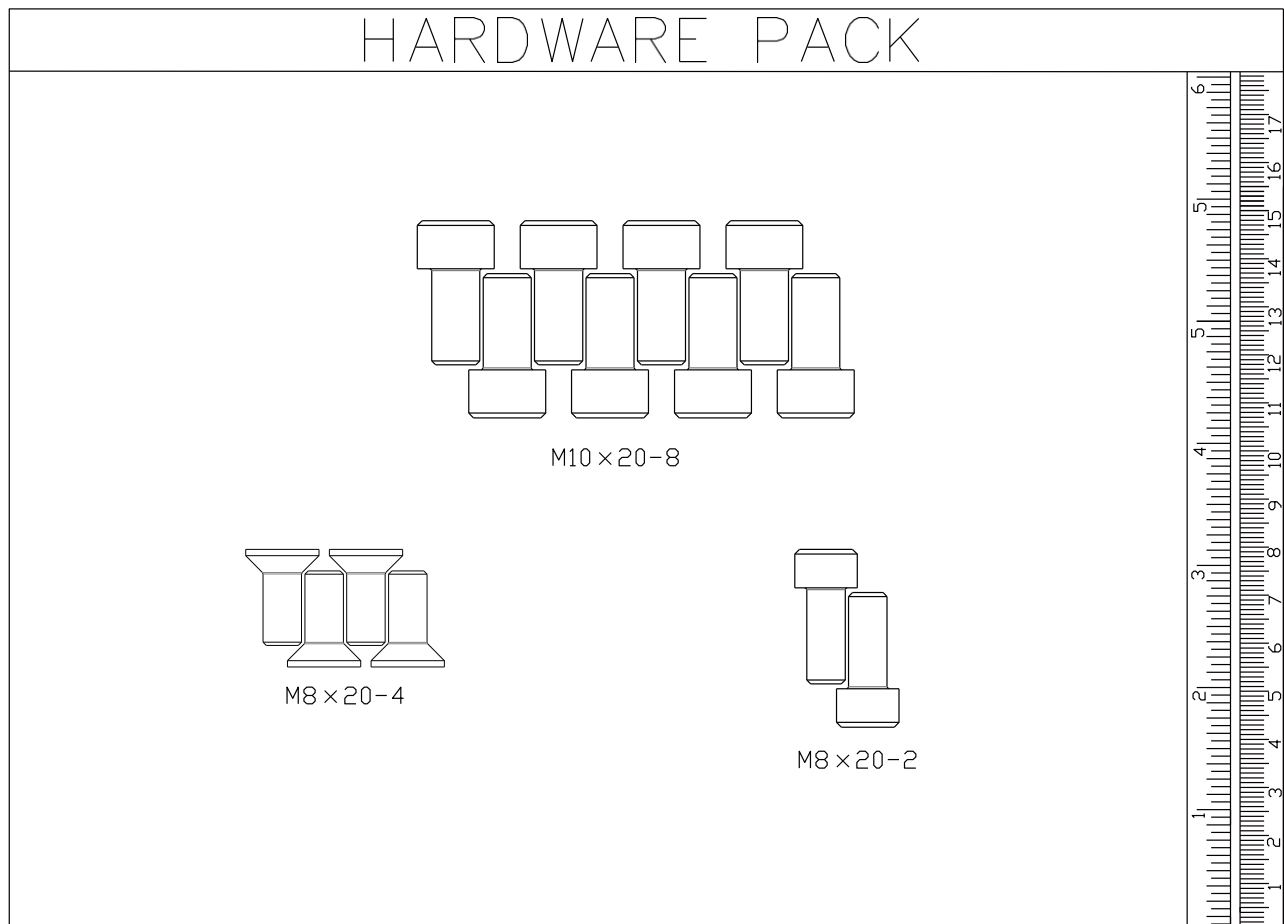
ASSEMBLY INSTRUCTIONS

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.

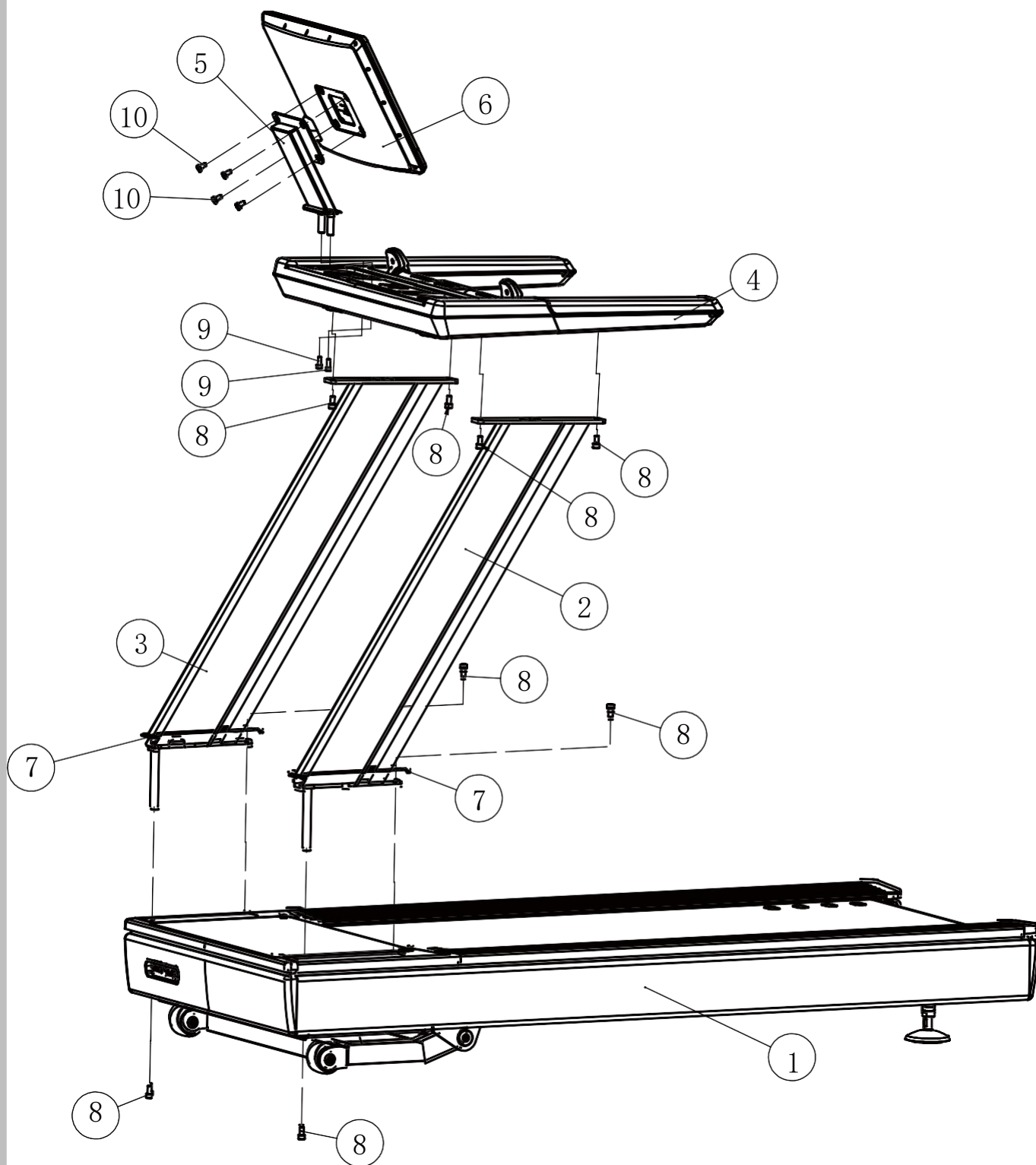
Hardware Kit



SPARE PARTS LIST

Items	Part Name	Specification	Qty
1	Lower Frame Assembly		1
2	Left Column Welding Assembly		1
3	Right Column Welding Assembly		1
4	Handrail Assembly		1
5	Console Support Assembly		1
6	C Console Assembly		1
7	Column Decoration Pad	315.4x69.4x4	2
8	Hexagon Socket Head Bolts	M10X20	8
9	Hexagon Socket Head Bolts	M8×20	2
10	Hexagon socket head screws	M8X20	4

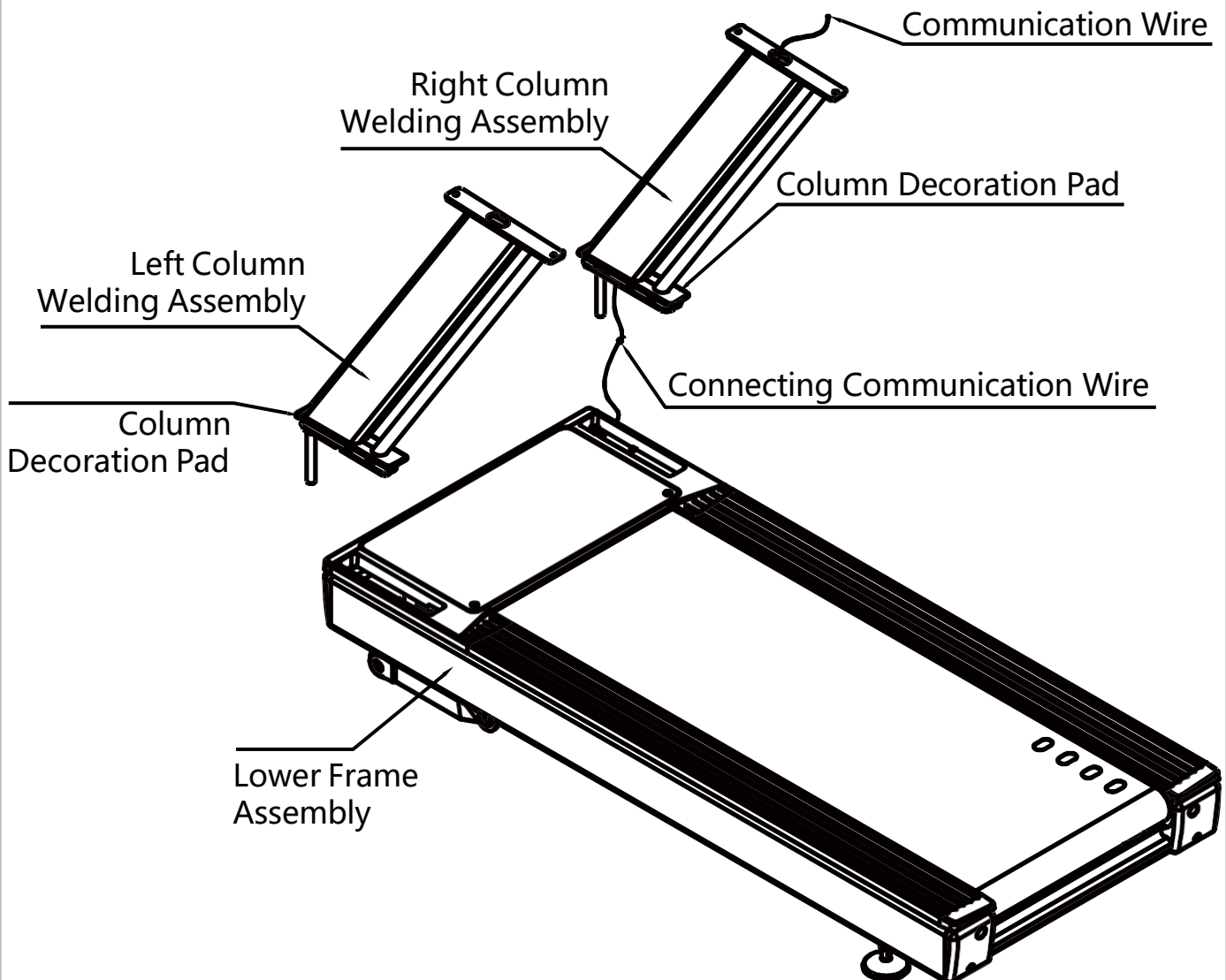
EXPLODED VIEW



ASSEMBLY STEPS

Step 1

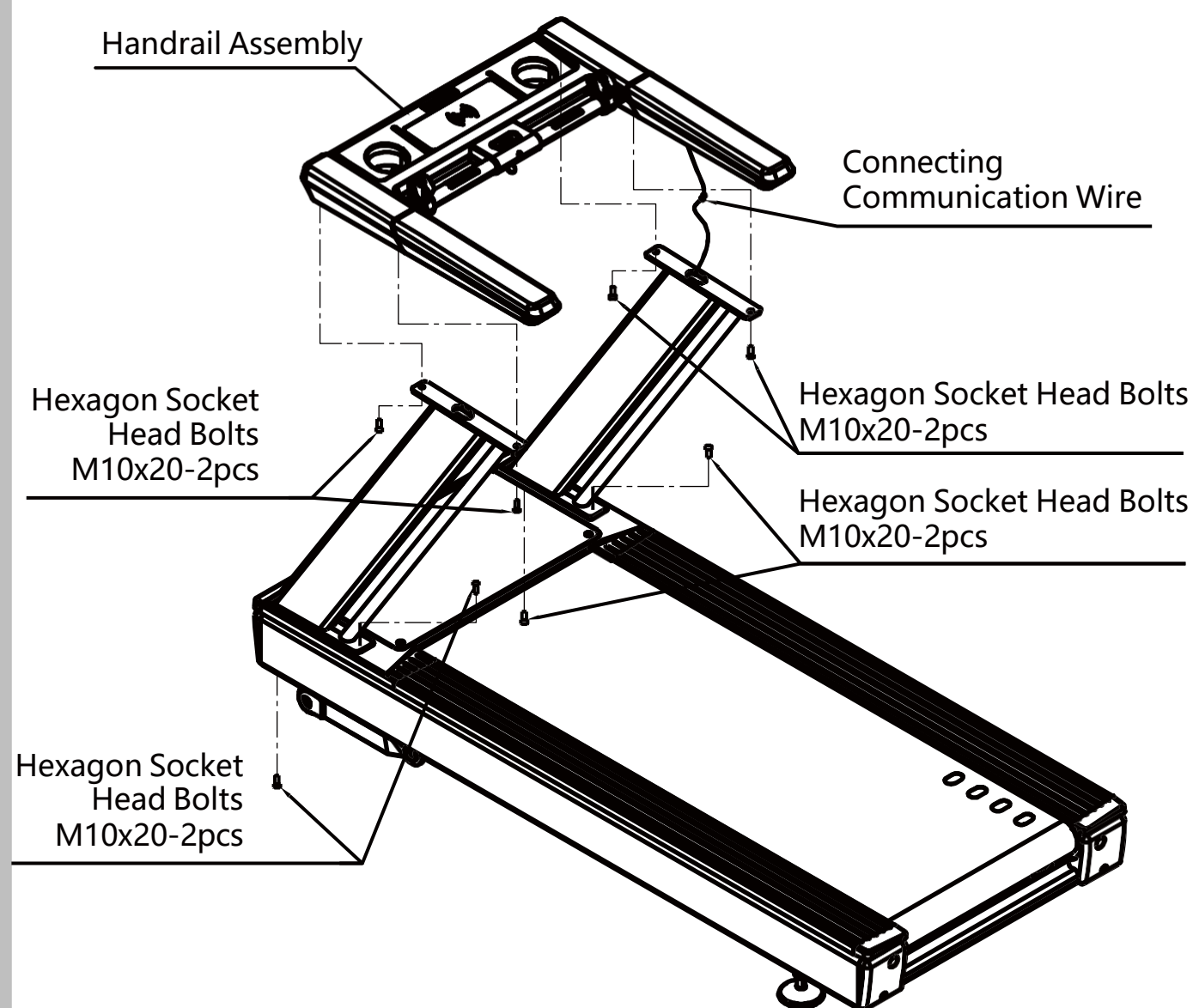
- ① Start by slipping the #7 Column Decoration Pad over the #2/#3 Left/Right Column Welding Assembly as shown.
- ② Connecting the wire in #3 Right Column Welding Assembly to the wire of #1 Lower Frame Assembly.
- ③ Pass the communication wire through the #3 Right Column Welding Assembly as shown in the figure.
- ④ Assemble the #2/#3 Left/Right Column Welding Assembly on the #1 Lower Frame Assembly.



ASSEMBLY STEPS

Step 2

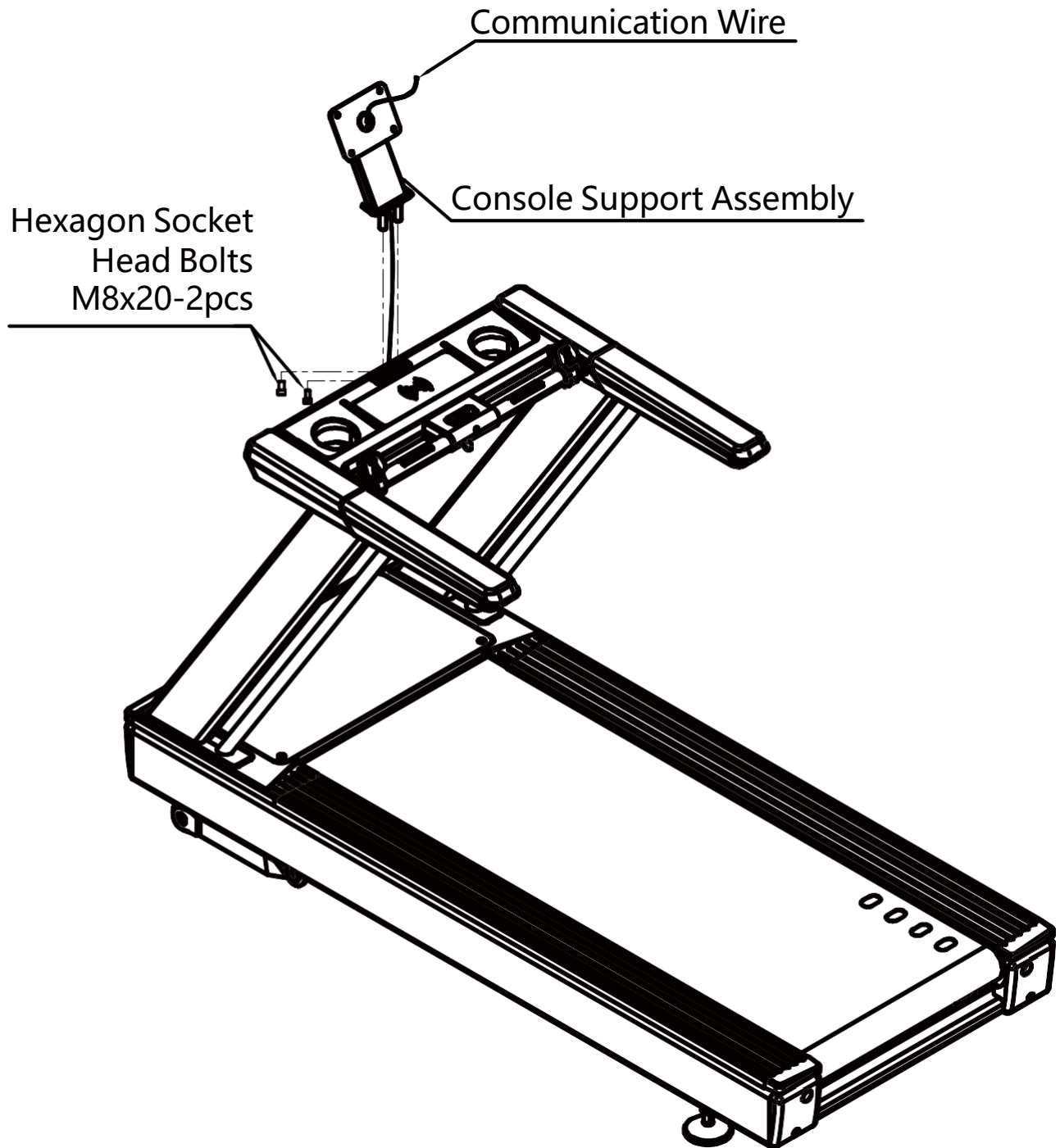
- ① Connecting the wire in #3 Right Column Welding Assembly to the wire of #4 Handrail Assembly.
- ② Assemble the #4 Handrail Assembly to the position as the figure shown.
- ③ Fix the bolts for #4 Handrail Assembly first, and then fix the bolts for #2/#3 Left/Right Column Welding Assembly.



ASSEMBLY STEPS

Step 3

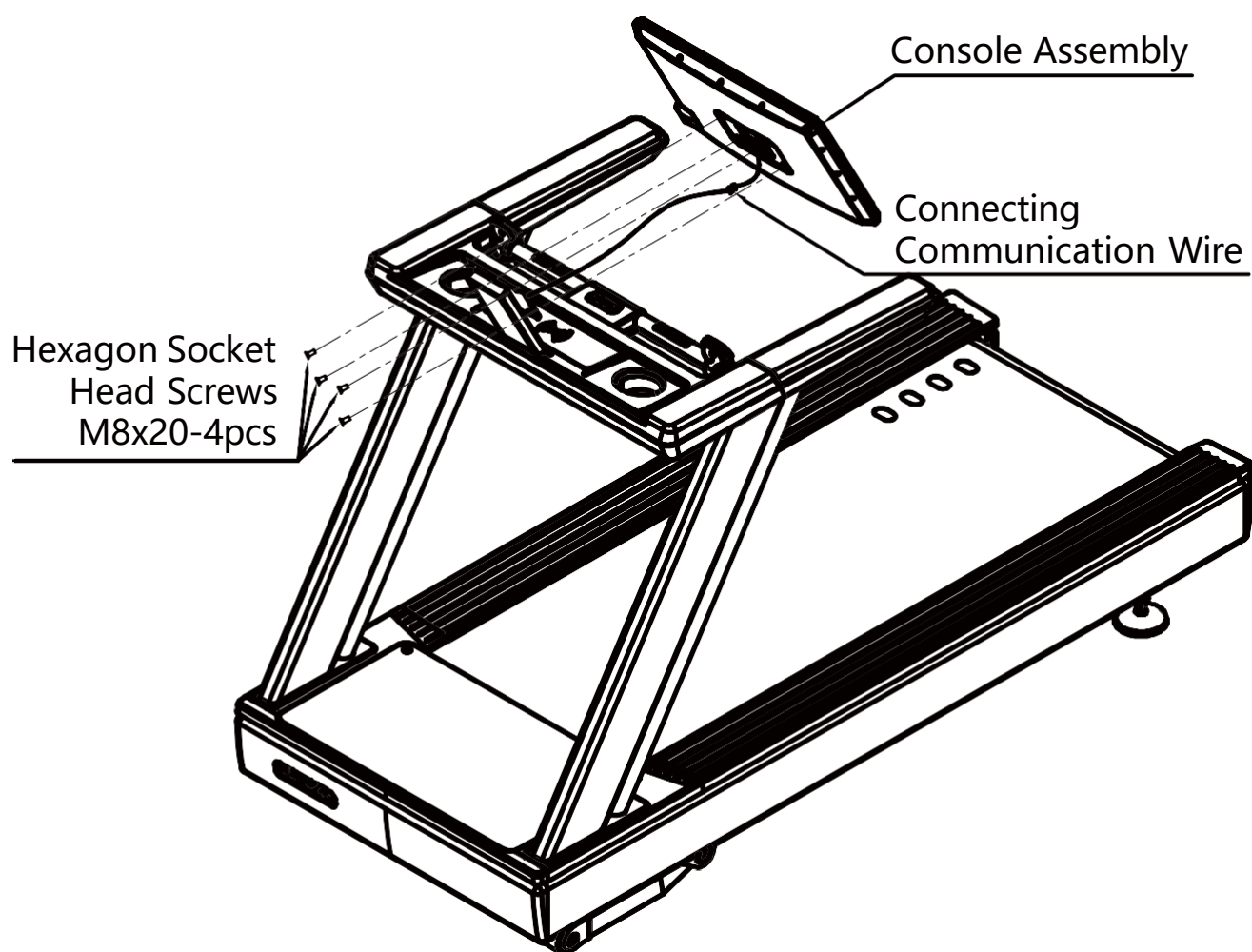
- ① Pass the communication wire through the #5 Console Support Assembly as the figure shown.
- ② Fix the #5 Console Support Assembly with bolts as the figure shown.



ASSEMBLY STEPS

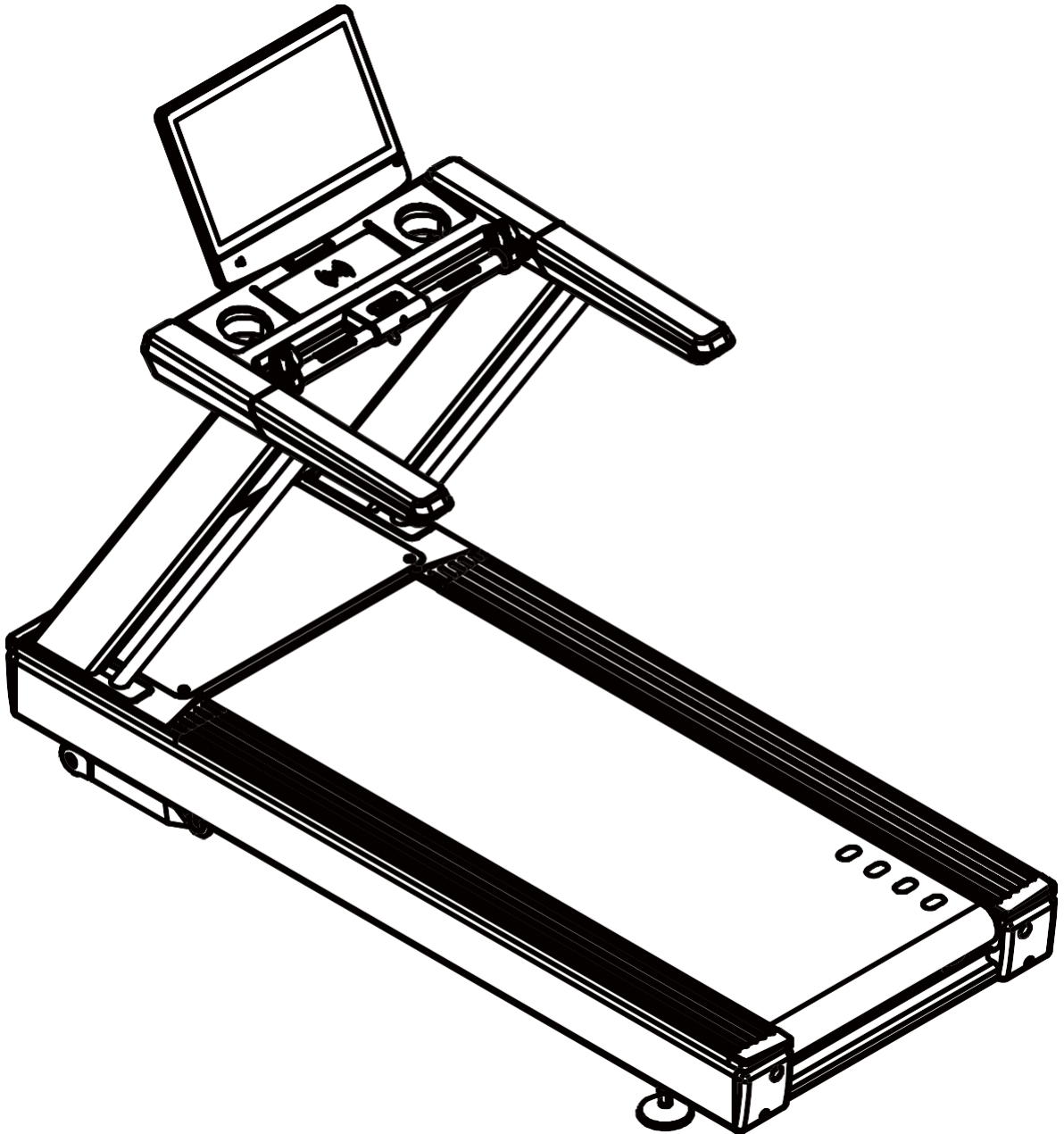
Step 4

- ① Connecting the communication wire of #6 Console with the wire of the body as the figure shown.
- ② Assemble the #6 Console with bolts as the figure shown.



ASSEMBLY STEPS

Finished product rendering



CONSOLE DESCRIPTION

Display

LCD display console, show us following information:

Time(S): Display from "00:00-99:59" ; Default time for positive timing, Increment with each 1 second

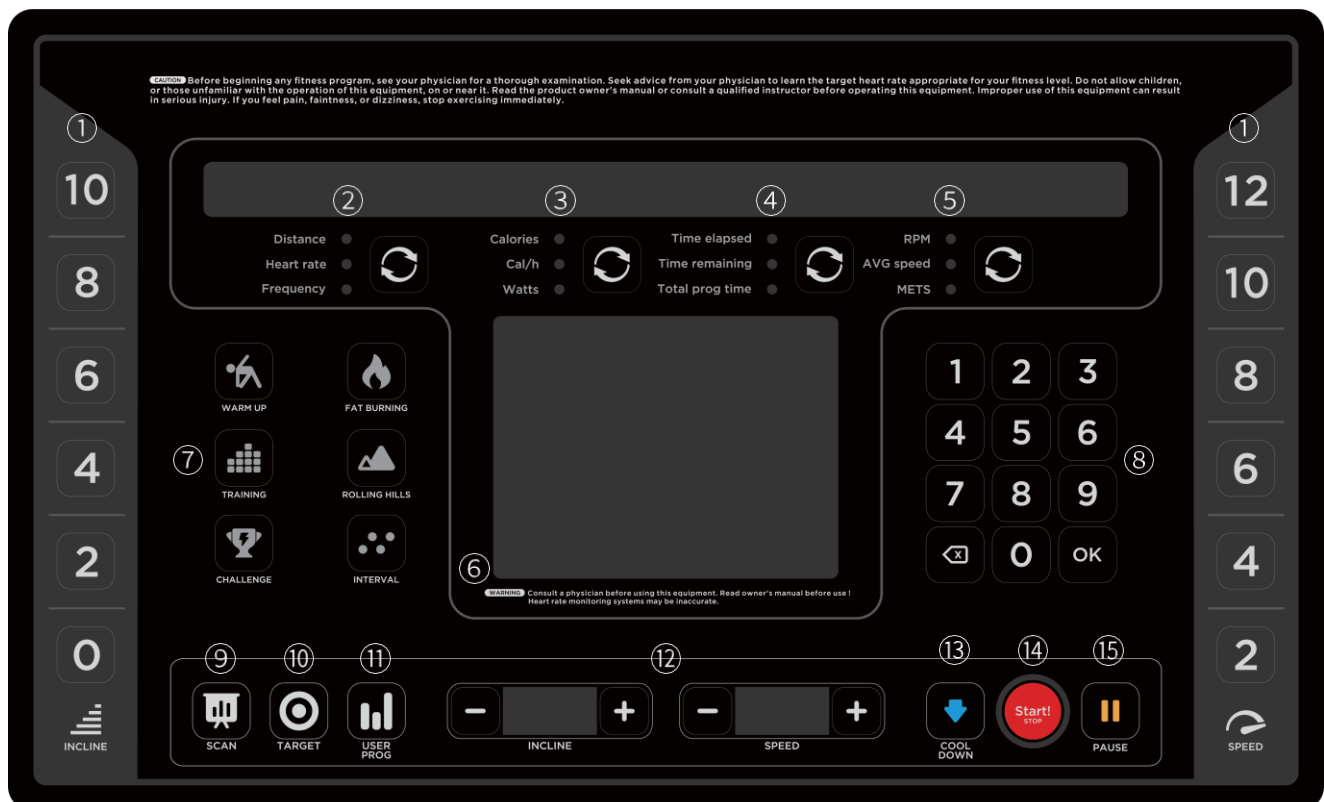
Distance(Km): Display from "0-99.9" ; Default distance is positive timing, increment with each 0.1Km

Calorie (Kcal): Display from "0-99.9" default Calorie is positive timing, Increment with each 0.1 Kcal.

Speed (Km/h): Display from "0-100km/h" Increment with each 0.1km/h

Incline: Display from "1-15";

Functional Recognition



CONSOLE DESCRIPTION

No.	Part Name	Detail information
①	Speed, Incline shortcut	Speed shortcut : 2、4、6、8、10、12 Slope shortcut : 0、2、4、6、8、10
②	Distance Heart rate Frequency	Use  Arrow toggles the item to display
③	Calories Calories/Time Efficiency	Use  Arrow toggles the item to display
④	Elapsed time Remaining time Program time	Use  Arrow toggles the item to display
⑤	PRM Average speed METS	Use  Arrow toggles the item to display
⑥	Dot matrix display	Display dot matrix graphic information about exercise schedule
⑦	Exercise mode	6 preset exercise modes, one button start
⑧	Numeric keypad	Used to enter numeric information such as age, weight and password. Press  to clear the deleted number. After entering the number on this numeric keypad, press "OK"
⑨	View	After the end of the exercise, the system will automatically save the current exercise data, click on the view to display the current exercise result
⑩	Target mode	Training goal setting, including time, distance, calories
⑪	Self-editing mode	Set up a self-programming training program
⑫	Incline, Speed adjustment	Press   Adjust slope and speed
⑬	Cool Down	When the speed is greater than seven kilometers, the speed is changed to seven kilometers by the slow stop button, and then one kilometer per minute is dropped until it stops. When the speed is less than 7 km, press the slow stop button and the speed will drop 1 km per minute until it stops.
⑭	Start / Stop	When the instrument is stopped, press this button to start running; in the running state of the instrument, press the button to stop the motor.
⑮	Pause	The data is retained and the data continues to run after the restart.

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", press any key to continue use the unit, press  button 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 to  "PRESS START 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.

EXERCISE INSTRUCTIONS

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.

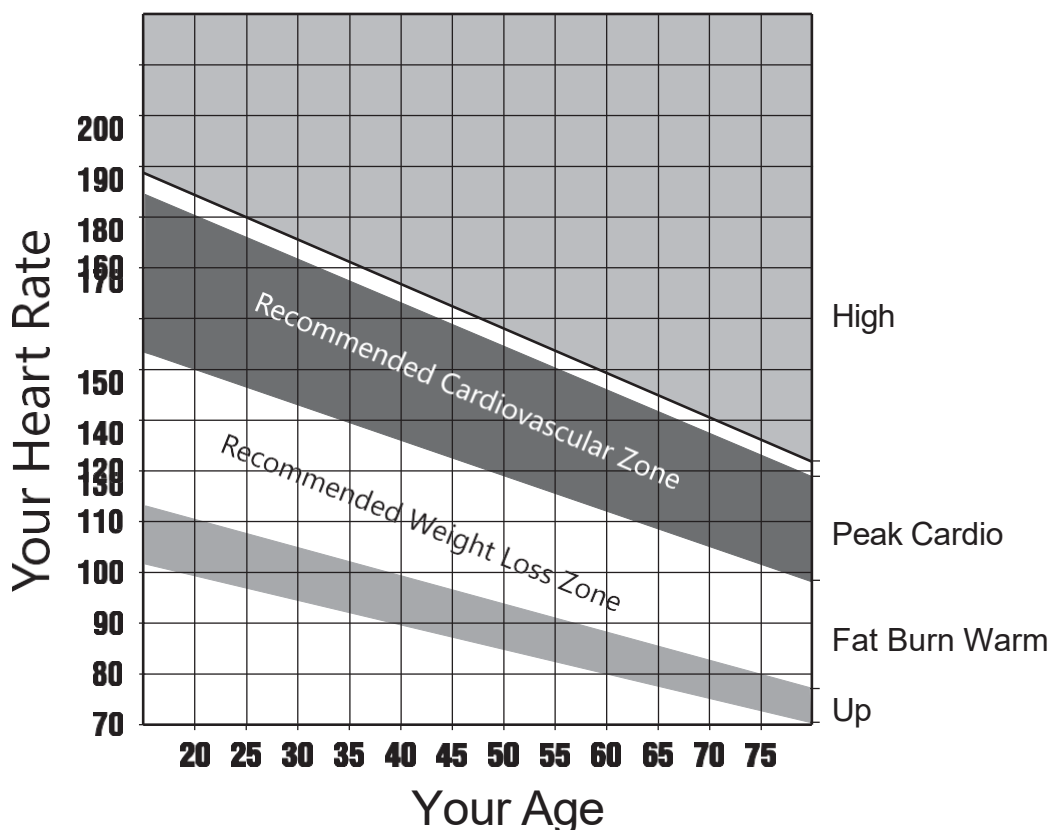
Maximum heart rate and exercise heart rate interval

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



MAINTENANCE



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