

FRENCH FITNESS

FF-T800

**FRENCH FITNESS T800
COMMERCIAL TREADMILL**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- LED display screen: Multi-window LED display screen
- Console upright: Aluminum alloy
- Sliding rail: Hardened high-strength PVC
- Handrail: Once formed PU foam
- Heart rate sensor chip: Injection molded; never slips
- Running belt: 3.0T (Germany FORBO SINGLING none Daub Silicon Oil Running Belt)
- Running board: High-strength, 25T
- Max static load capacity: 400lbs (180kg)
- Safety Key feature for emergency stop, ensuring your workout is both safe and secure.
- Water bottle holder: Personal belongings such as water bottles, mobile phones, and portable music players can be put here.
- Elevator motor: Voltage 110 - 120V; Speed 1475 r/min; Frequency 50HZ; Output power 60W; Insulation Grade B
- Main motor: Rated power 3.0HP; Max power 7.0HP
- Transport wheel: Integrated double wheels system with big span; effectively improves the stability of the machine.
- iPad: NO
- Media player: Available for digital television signal, high definition television signal, and cable television signal.
- Readouts: Time, Distance, Calories, Power, Heart rate, Speed
- Heart rate monitoring: The heart rate sensor is inside a fixed handle; it increases precision and makes it suitable for users of all body shapes.
- Heart rate display: Heart rate is displayed in real-time. After age and weight are input, it effectively helps users to have cardiorespiratory exercise and lose weight when programs like "Fat burn", "Cardio exercise" or "Target" is running.
- Heart rate range: 50 - 256 (times/min)
- Calories range: 0 - 999 Calories (0-999 kcal)
- Distance Range: 0.00 - 62 Miles (0.00 - 99.9 km)
- Time range: 0:00 - 99:59
- Speed range: 1.0 - 12.5 mph (1.6 - 20.0 km/h) in 0.1 mph Increments
- Incline range: 0 - 15%
- Max user weight: 400 lbs (180 kg)

CONSOLE FEATURES

- Touch control: When a key is pressed, it produces a sound with a click.
- Preset program (LED): P1, P2, P3, P4, P5, P6, P7, P8
- Language: English; Spanish; Chinese; Russian; etc.

POWER SOURCE

- Power source: External power supply; AC 120V, 15AMP (60Hz)
- Power cord: AC 120V, 15AMP
- Working temperature: 32 - 104 °F (0 - 40 °C)

TECH SPECS

- Dimensions: 89"L x 38" x 69"H (2250mm x 965mm x 1750mm)
- Running Surface: 61" x 23" (1550mm x 590mm)
- Running Belt: 23" (585mm) Width, 136" (3460mm) Perimeter
- Step-Up Height: 10.75" (27.3 cm)
- Distance between Handrails: 30.37" (77.15 cm)
- Machine Weight: 406lbs (184kg)
- Packing Size: 89" x 40" x 26" (2270 x 1020 x 650mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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CAUTION

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

1. The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
2. The machine must be reliable grounding, forbidden without grounding line using the treadmill.
3. To avoid the risk of electric shock, unplug the power cord before cleaning or servicing the machine.
4. Located indoors and in a treadmill is appropriate, avoid to be affected with damp be affected with damp, do not allow the water or other liquid splashes on the treadmill, are not allowed to place on the treadmill or insert any foreign body
3. Machine in the running process, the moving parts will produce electrostatic, stay away from flammable items
4. Use the treadmill should ensure its 4 feet on the ground, and placed a smooth, reliable, and the treadmill should retain the fuselage behind the safety of the 2000 mm * 1000 mm space.
5. Recommend the use of running machine wear sportswear and proper sports shoes, The first time you use this device, you must have professional guidance. In the event of an emergency, you need to stop the machine immediately.
6. It is forbidden to stand in treadmill running on direct start, run before should be standing on the two side, hold the handrail after start to use the computer
7. During the running process, the treadmill is not allowed to leave or board the treadmill. It is not allowed to run and walk backwards on the treadmill.
8. Don't allow two or more than two people at the same time on the treadmill exercise, this tester Max users weight is 170 kg.
9. The heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate detection, test results are for reference only. (30 seconds later will have a more ready to heart rate value).
10. The action guidance:
 - A. Running: energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, improve human quality, achieve weight loss, toning.
 - B. Feet to stand on the treadmill before you start on both sides of the side bar, running and began to work again on a run. In the process of running, half against their hands, arms swing naturally, visual ahead, try not to step on your feet running belt edge. If it is used for the first time, need to holding the handrail, to keep the balance of the body
 - C. Adjust speed and slope, be sure to adjust slowly, adjustment as far as possible.
 - D. People walk down the treadmill after the belt stop
- totally. The action guidance:
11. With the power cord with the treadmill, insert it to the the plug in front of treadmill
12. Any part of treadmill can not be in loose status.
13. Please turn off the power in time when the machine is used. (The red power switch on the front of the fuselage, when the switch hits "O", the power is off; when the power switch is "-", the power is on)

14. Incorrect or overload training may cause the damage of the motor and controller, accelerate the aging transmission system, even bodily injuries.
15. Never touch any parts of running treadmill with your finger
16. People with long hair should pay attention to the safety of hair when using.
17. When you feel uncomfortable and unusual, pls stop at once and consult to the doctor.
18. There is the emergency button in the middle of front handle .If there are something emergency , pls press it quickly and the machine will stop at once.
19. When stop use the machine , take away the power cord and keep it well, in case someone use it without agreement.
21. There must be the mark of stopping using when the machine is in maintenance.
22. When stop use the machine , take away the power cord and keep it well, in case someone use it without agreement.
23. If the treadmill has abnormal sound or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or seek professional help.
24. This machine is confirmed to the type of CS in EN 957-6.

The Parameter of Technology:

Input power voltage: AC 120V±10% 15 amp (50Hz Or 60Hz)

Motor rated power : 3.0HP (2.2Kw)

The Max motor Power: 7HP

Temperature range : 0—40°C

Speed: 1.0—20.0 (km/h)

Time: 0: 00—99.59 (min:sec)

Distance: 0.00—99.59 (km)

Calories: 0—999 (kcal)

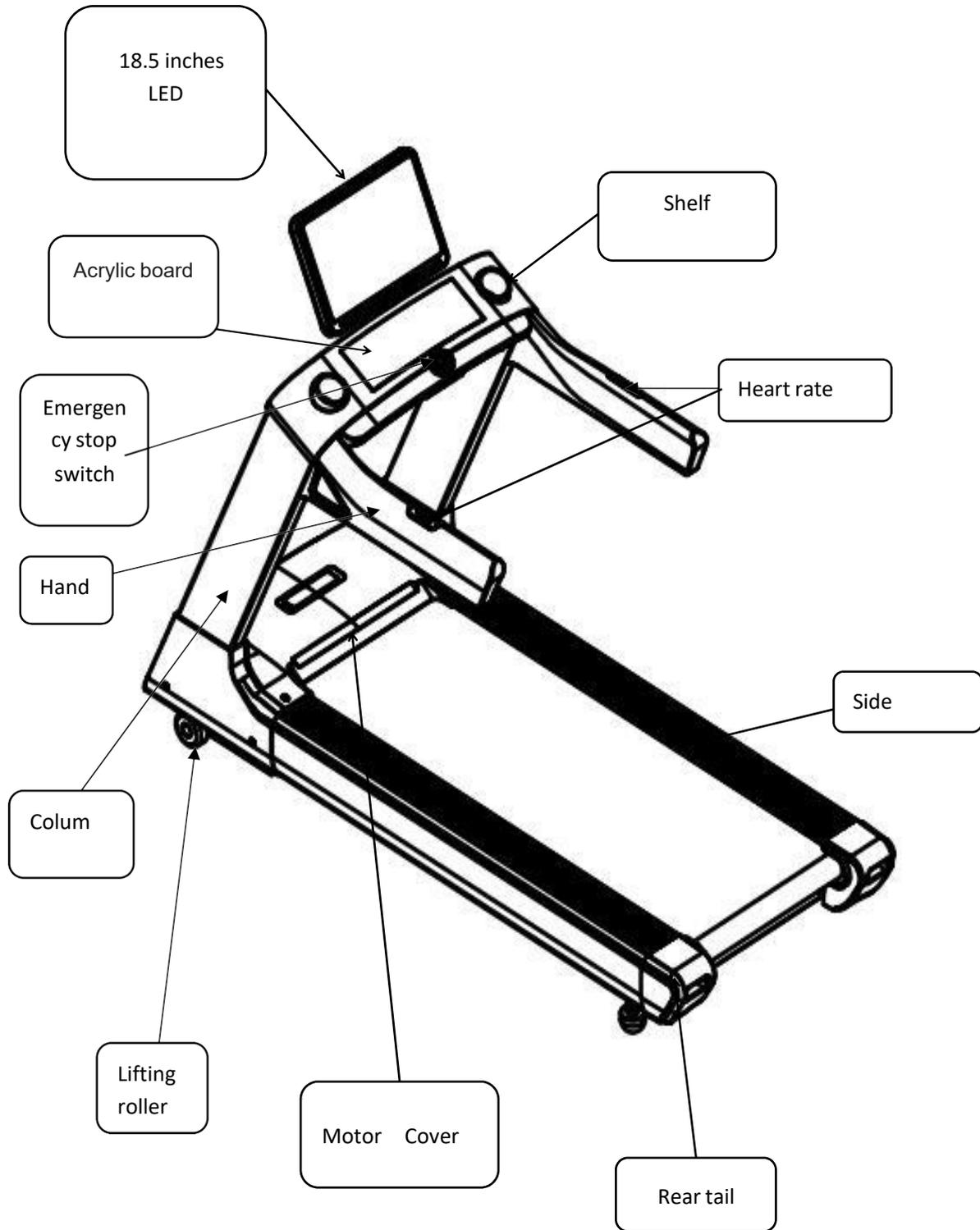
Heart rate : 50—256 (Times/Min)

Incline : (0—20) %

Specification of overload protector : 13A

Specification of wire : 10A AC250V

DRAWING

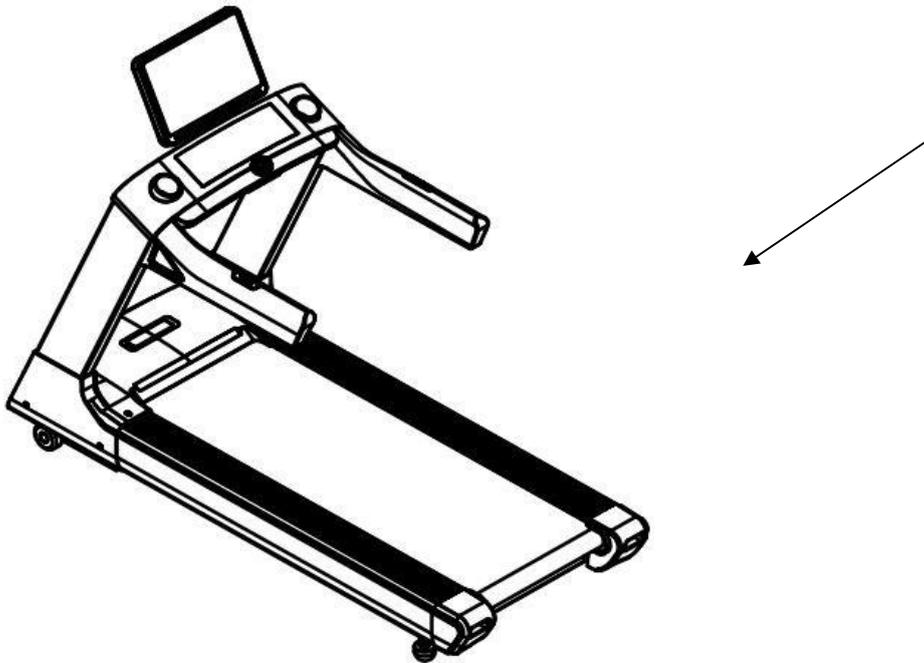


ASSEMBLY INSTRUCTION

Make the assembly work easier.

This section of User Manual only to ensure that the treadmill can be assembled correctly and easily. In fact, if you assemble the Treadmill base on the user manual, the work will finish smoothly.

- Since this Treadmill size is big, so please choose a big place to install the treadmill to ensure you have enough space.
- All parts of the treadmill will be placed in empty area and remove all packing materials before assembly work unfinished, do not discard the packaging material.
- During assembly, if no noted, all bolts must be tightened, and after assembly is completed please do Tighten test for all bolts.
- When assembling electric treadmill, make sure all parts are assembled according to the assembly diagram.



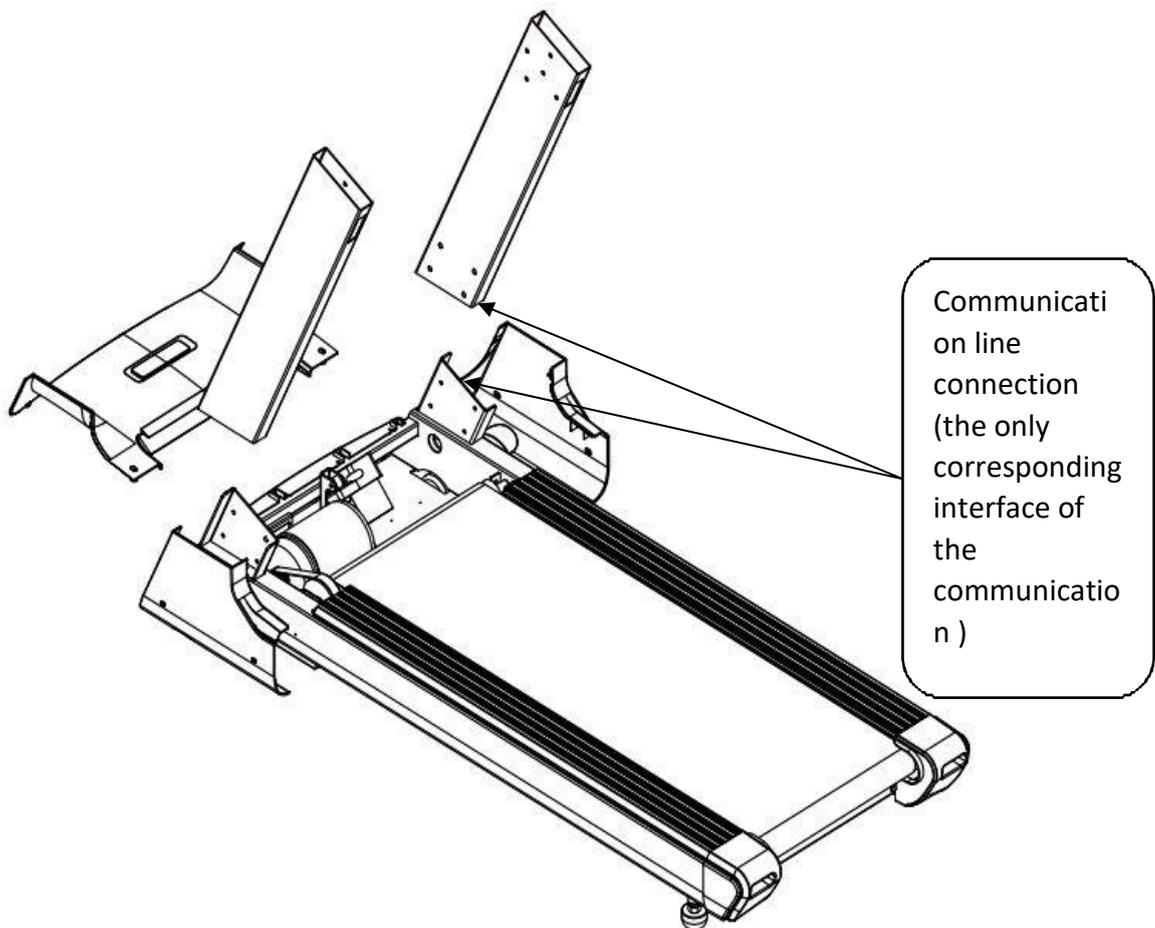
STEP 1

Connect to communication line and assembly support

Instruction:

- 1) Take down the packing material of support
- 2) Fix the support on the frame as the picture

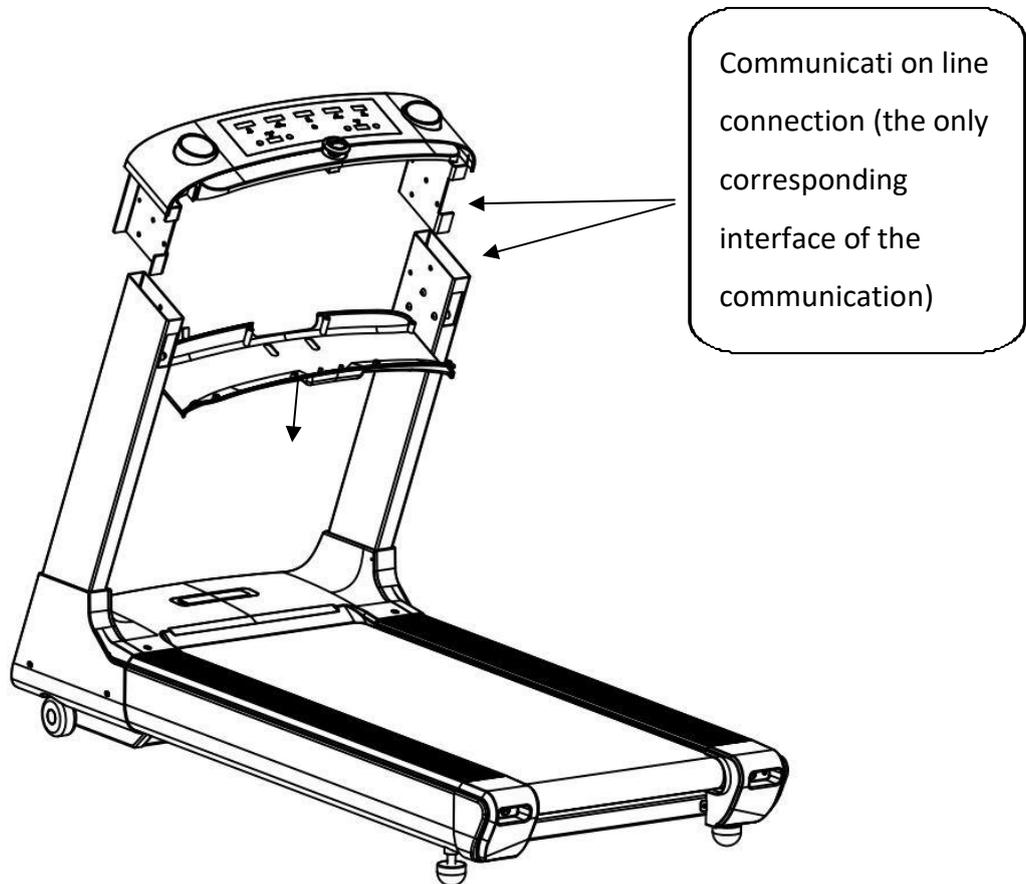
Attention: Connect the communication line below.



STEP 2

Connect the communication line and heart rate line,leave interspace to put hear rate line, communication line and power line , assemble the table frame: Assembly instructions:

- 1) butt joint communication lines in support and frame
- 2) Fix the case to the corresponding position of the column, and fasten the combination of the table frame and the column connection bolt.

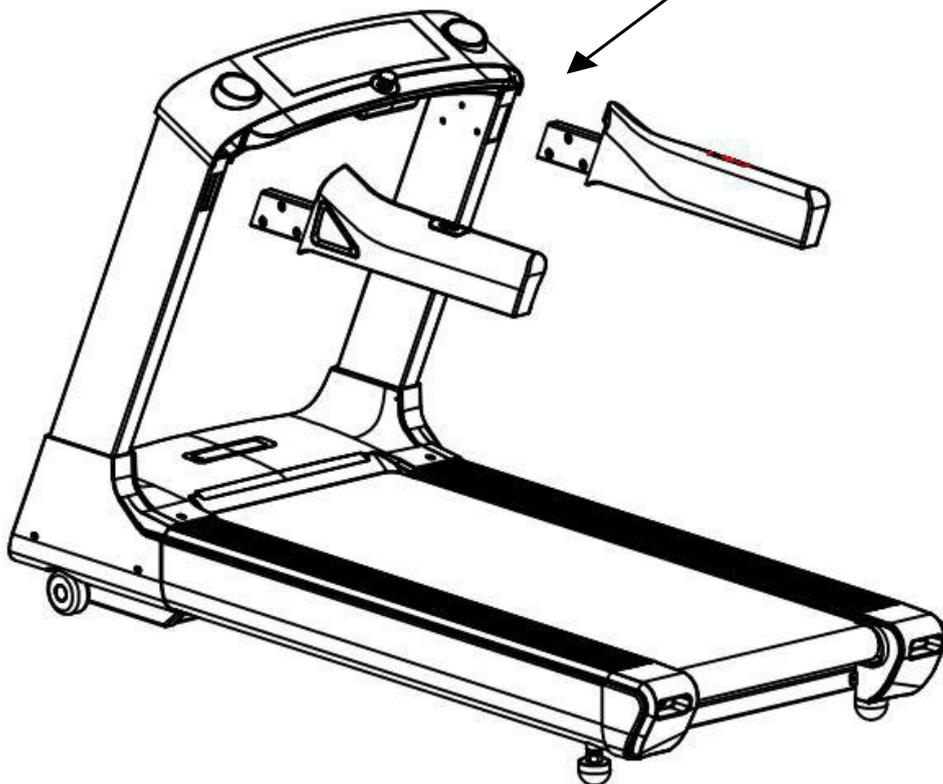


STEP 3

Assembling the left and right handrails and laying the heart rate line

- 1) Remove the left and right handrails and assemble the left and right handrails;
- 2) cloth the heart rate line;

Place the
heart rate
cord in
the dial
holder



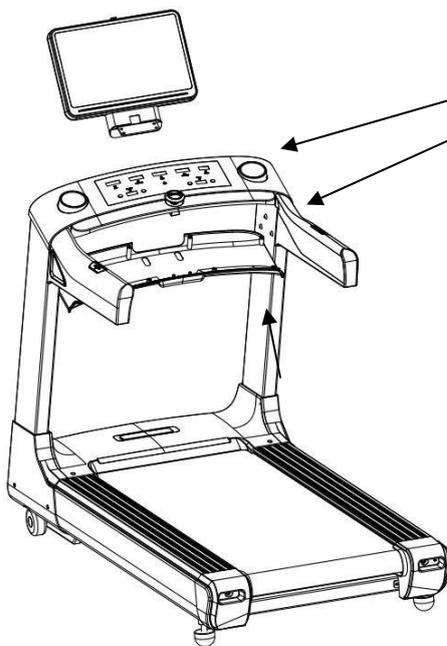
STEP 4

Assembling the head; connecting the communication line and the heart rate line, assembling the lower case of the dial

- 1) Pull the meter out of the communication line, and connect the heart rate line to the table frame combination communication line and heart rate line.
- 2) After docking the communication line and the heart rate line, place the meter head and the combination of the table frame and fasten it (as shown);
- 3) Connect the power supply and turn on the power switch on the front of the machine to confirm whether the power is on.



- 4) Press the function button  area button to start the treadmill and observe whether the machine is running normally.
- 5) The machine runs normally, assemble the lower case of the dial, all the bolts are fastened in place, and the treadmill is assembled;



The communication line is connected with the heart rate line (the communication line and the heart rate line have the only corresponding interface and the heart rate line does not distinguish

TREADMILL OPERATION INSTRUCTIONS

The treadmill panel adopts the capacitive touch principle, and the user can use only one touch at a time, and the touch effect is comparable to that of the mobile phone screen. The surface of the panel is made of acrylic, which is wear-resistant and durable, and has a beautiful color and beautiful appearance. It fully guarantees that there will be no problems such as wear and tear on the paint after a long time of use.



First, the window definition:

1. "TIME" window: Display the movement time. The positive timing will be from 0:00-99:59. When it is timed to 99:59, it will be cleared and restarted.
2. "DISTANCE" shows the moving distance. The positive count is from 0.00-99.9, the overflow is cleared and the positive count is started from 0.
3. "CAL" window: display the calorie value of the athlete;
4. "PULSE" window: display the athlete's heart rate;
5. "SPEED" window: display the current speed value
6. "INCLINE" window: display the current slope value;
7. "STEP" window: shows the number of running steps of the athlete on the treadmill;
8. "central dot matrix display area window" This area is WELCOME display area, program process map, etc.;
9. The "green display tube above" is a circular runway with a circle of 400 meters;
10. "Left LED display area window" This area displays the current motion mode indicator;

Second, the button function:

1. "PRO" is the program key: in the standby mode, press this button to cycle through

“BIM”, “TIME COUNT”, “DISTANCE COUNT”, “CALORIES COUNT”, “Heart Rate”, “MANUAL MODE”, “ALPINE” PASS”, “5K LOOP”, “TRAINING TOOLS”, “FOREST WALK”, “TRAILBLAZER”, “10K LOOP”, “RANDOM HILL”.

2. “REST” is the return key: press this key to return to the standby interface; “START/STOP”: If the power is switched on and safe lock is ok, the treadmill can be started or stopped by pressing this key at anytime

4. “SPEED+” and “SPEED-” are speed addition and subtraction keys: standby state, used to adjust the set value. It is used to adjust the speed after starting, and its adjustment range is

0.1 km/time.

5, “INCLINE ↑”, “INCLINE ↓” is the slope plus or minus button: standby state, used to adjust the set value. It is used to adjust the slope after starting, and the adjustment range is 1 segment/time.

6, “1, 2, ... 9, 0, Delete, ok” for speed, slope shortcuts.

Third, quick start (manual mode):

1. Turn on the power switch and properly attach the magnetic safety lock to the safety lock position below the panel.

2. Press “START” to start the stop button, the system will enter the 3 second countdown, the buzzer sounds, and the “Central dot matrix display area window” window displays the countdown number. After the 3 seconds countdown, the treadmill will be at 1 km/h. start operation.

3. After starting, use the “SPEED+” and “SPEED -” keys to adjust the speed of the treadmill. Use the “INCLINE↑” and “INCLINE ↓” keys to adjust the gradient of the treadmill.

Fourth, the operation during the movement:

1. Press the deceleration button to decrease the running speed of the treadmill.

2. Press the accelerator button to increase the running speed of the treadmill.

3. Press the slope button to decrease the slope of the treadmill.

4. Press the slope button to increase the slope of the treadmill.

7. Press the stop button to slow down the running opportunity until it stops running.

8. When the athlete holds the heartbeat handle with both hands, the heartbeat data is displayed for about 5 seconds.

Fifth, manual mode:

In the standby mode, press the “START/STOP” button directly, the treadmill starts running at 1.0 km/h speed and slope 0; other windows start counting from 0, press “INCLINE↑”, “INCLINE ↓”, “The SPEED+”, “SPEED -” keys change the slope and speed.

After using “SPEED+” and “SPEED-” to modify the speed, use the numeric keypad to set the corresponding speed shortcut; after using “INCLINE↑” and “INCLINE↓” to modify the slope, use the numeric keypad to set the corresponding gradient shortcut. . The Delete button is the undo button and Ok is the confirmation button.

Sixth, built-in automatic program:

In the standby state, press the “PROGRAM” button to enter the editable countdown mode. The “TIME” window displays “30:00” and flashes. Press the “SPEED+” and “SPEED -” buttons to set the exercise time. The range is from 5:00 to 99:00.

The system has 8 built-in automatic programs, and displays the corresponding program map in the “Central Dot Matrix Display Area”. At the same time, the “TIME” window

flashes; the preset time is 30:00, press "SPEED+", "SPEED -" to set the required exercise time, then press "START/STOP" to start the built-in program. The built-in program is divided into 10 Segment, each movement time = set time/10. When entering the next paragraph, if the speed or slope will change, the system will give a "Bi-Bi- Bi-" 3 sound prompt, the speed and slope of the system will change with the block change, during which you can press "INCLINE↓", " The INCLINE ↑", "SPEED+", and "SPEED -" keys change the speed and slope, butwhen the program enters the next segment, it will return to the speed and slope of the segment. After running a program, the system will issue "B iB i- B The 3" prompts of i", the treadmill steadily slows down and stops running.

Seventh, program description and program diagram

SPEED stands for speed and INCLINE stands for slope. Each program divides the exercisetime into 24 equal parts, each with a corresponding speed and slope. (Because the last one is a random pattern, you cannot attach a program diagram)

the range of numerical values:

numb er / progr ma	1		2		3		4		5		6		7		8		9		10	
	sp ee d	gr a di e nt	sp ee d	gr ad ie nt																
P1	2	0	3	0	5	3	8	3	9	5	9	5	1	5	1	3	1	3	1	3
P2	1	1	2	2	3	3	4	3	5	1	6	2	7	2	8	3	9	2	1	2
P3	3	1	4	3	5	5	7	7	9	7	1	5	9	3	7	1	6	1	5	1
P4	3	0	3	0	4	0	4	0	6	3	6	3	8	3	8	3	6	0	6	0
P5	1	0	2	2	3	2	4	5	5	5	6	5	7	3	8	3	9	2	1	2
P6	1	1	2	2	3	3	4	3	5	1	6	2	7	2	8	3	9	2	1	2

numb er / progr ma	11		12		13		14		15		16		17		18		19		20	
	sp ee d	gr a di e nt	sp ee d	gr ad ie nt																
P1	1	6	1	6	1	6	13	6	1	6	1	3	1	3	1	3	9	3	9	2
P2	1	1	1	2	1	3	11	3	1	1	9	2	8	2	7	3	6	2	5	2

	1		3		3				0											
P3	4	2	4	2	5	3	7	3	9	4	10	4	11	5	12	5	11	6	10	6
P4	5	0	5	0	8	3	8	3	6	3	6	3	8	3	8	2	6	2	6	2
P5	11	2	13	1	2	1	3	1	4	1	5	2	6	2	7	3	8	2	9	2
P6	11	1	13	2	13	3	11	3	10	1	9	2	8	2	7	3	6	2	5	2
number program	21		22		23		24													
	speed	gradient	speed	gradient	speed	gradient	speed	gradient												
P1	8	2	5	1	3	1	2	1												
P2	4	2	3	3	2	2	1	2												
P3	9	7	7	7	5	1	4	1												
P4	4	2	4	1	3	1	3	1												
P5	10	2	11	3	12	2	6	2												
P6	4	2	3	3	2	2	1	2												

Program settings:

parameter	initial value	Setting range	Display range
time(min:sec)	30:00	5:00-99:00	0:00—99:59
gradient (segment)	0	0-15	0-15
speed (KM/H)	1.0	1.0-20	1.0-20
distance(kM)	5.0	0.5-99.0	0.00—99.9
Heart rate(times/min)	N/A	N/A	50-200
calorie(KCAL)	100	10-990	0—999

MACHINE DEBUGGING PROCESS

Safety lock function:

In any state, pull off the safety lock can be emergency stop the operation of the treadmill, when treadmill emergency stop, will hear a long buzzing, window display "safe". At this time, the treadmill can not do any operate except shutdown. After correct installation of the safety lock, treadmill back into the standby state, waiting for a command input.

Turn Off

The treadmill can be turned off by shutting down the power switch at any time, it won't be damaged.

Adjustment Instructions

1. Before the supply Make sure that voltage is normal, make sure the ground line is good, use hands to promote the running belt if it is flexible operation, with or without abnormal noise, resistance work good.

2. Turn on the power, turn the red power switch on the front end of the treadmill, electronic table display after three seconds into the standby mode, press the "Start / Pause" button, the treadmill running, running speed is 1km / h, then please observe the running ministries machine is working properly.

3. Press all buttons on electronic form, to see if each of its labeled function keys corresponding to the key is valid and feel is good.

4. Press the safety switch, observe whether the electronic table matrix screen and the time window will display (Emergency Action) prompt characters. Whether the running treadmill stops.

5. Use hands to shake the machine armrest, confirm the whole machine is stable.

6. Tightness in commissioning the machine running belt, see "treadmill routine maintenance."

Daily maintenance:

The electric treadmill adopts special imported running belt, which is made of special production technology of cotton composite material. It has the advantages of small friction coefficient, high tensile strength and low noise. The running board adopts a unique double damping system. The top layer of urea-formaldehyde resin has high surface finish and super wear resistance, making the movement more comfortable and smooth!

1. When the machine has a lot of dirt or the lubricant is reduced, the friction coefficient of the running board and the running belt will increase, and the load output power will increase. As a result, the running board may be caused and the running belt surface is severely worn. (Motor, inverter, roller, motor belt, etc.) The entire drive system is seriously damaged. This damage is not covered by the warranty.

2. At least one inspection of the running condition of the running board and the running belt must be carried out every week. Please increase the oil according to the actual frequency of the treadmill of the fitness club. (If the frequency of each machine is 6 hours or more per day, add oil every 10 days or so, each time is increased by about 50ml each time. If the

frequency of each machine is less than 6 hours per day, every 15 days Add oil to the left and right, each time adding about 50ml each time.

Remember: Do not use oil excessively. It's not right that the more lubricant, the better. Reasonable lubrication is an important factor to improve the service life of the treadmill.

3. Lubricating oil increase method:

- Use oil cans and tubing to add lubricating oil from both sides of the running belt to the standing area of the user's feet;
- Start the treadmill, the treadmill runs slowly at a speed of 1KM/, and the user walkson the running belt so that the lubricating oil can be evenly spread on the running belt.

Remember:

- Do not use lubricant excessively. The more lubricant, the better.

Reasonable lubrication is an important factor to improve the service life of the treadmill.

- Be sure to run at low speed after adding lubricating oil, avoid running the belt to break the lubricating oil into the motor during high-speed operation, causing the motor to short-circuit and damage the motor;

4. Determine the amount of friction:

Uncleaness or reduced lubricant can cause increased friction between the running board and the running belt, and may cause damage to the motor and the inverter. The friction is too large and has the following characteristics:

(1) In the power-off state, using the foot to move the running belt, it feels verydifficult, even unable to move.

(2) The treadmill is unloaded normally, and the speed is obviously slow or irregularlystopped during load.

(3) The frictional force increases, which may cause wear of the running belt, themotor control board is damaged, the overload protector operates, and the inverter protects.

5. Running belt deviation adjustment:

The treadmill should be adjusted before and after the installation. After using for a period of time, the running belt may run off. The reasons for this phenomenon are as follows:

(1) The main unit is not placed smoothly.

(2) When the user is exercising, the feet are not in the center area of the running belt.

6. The phenomenon of deviation caused by man-made can resume normal after two to three minutes of no-load operation. For the deviation phenomenon that cannot be automatically recovered, apply the special tool (M8L type wrench) that is equipped with the adjustment screw in the rear screw hole in units of a quarter turn (ninety degrees).

7. Specific adjustment method: If the running belt is biased to the left, adjust the adjusting screw on the left clockwise or adjust the adjusting screw on the right counterclockwise. If the running belt is biased to the right, adjust the adjusting screw on the right or counterclockwise. Adjust the adjustment screw on the left and recommend adjusting it to ninety degrees (one quarter turn) each time.

The running belt deviation is not covered by the warranty. It is mainly maintained by the user. The running belt will seriously damage the running belt. It must be discovered in time and corrected in time

8. The overall elastic adjustment method of the running belt: If the running belt is loose overall, the user may have "slip phenomenon during running, or the running belt is too tight

(the power output of the inverter and the motor will be greatly increased) Need to adjust the running belt accordingly.

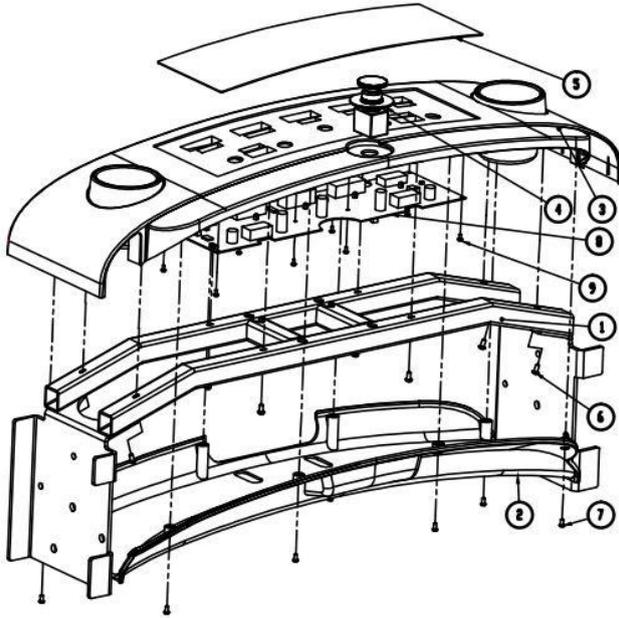
(1) Tightening: Adjust the adjusting screw in the left and right adjustment holes of the rear end cover clockwise with the special tool (M8L type wrench) equipped with a special one-quarter turn (90 degrees). (The adjustment speed is the same on both sides)

(2) Adjusting the looseness: Adjust the adjustment screw in the left and right adjustment holes of the rear end cover counterclockwise with the special tool equipped with the special tool (the adjustment of the left and right sides is the same).

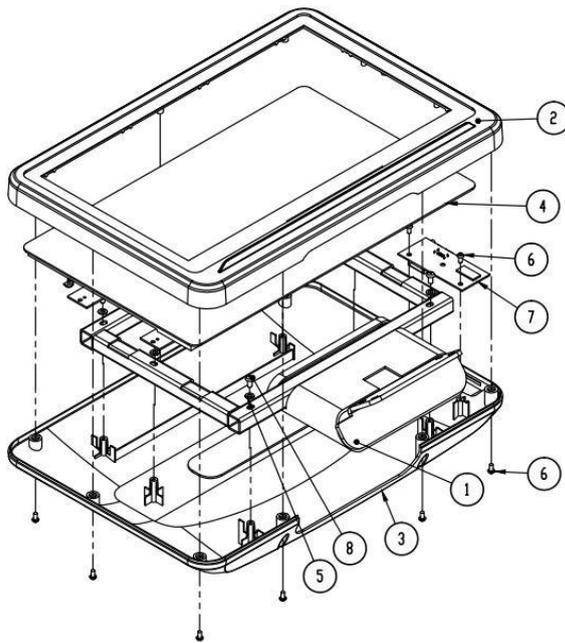
9. Running belt adjustment diagram:



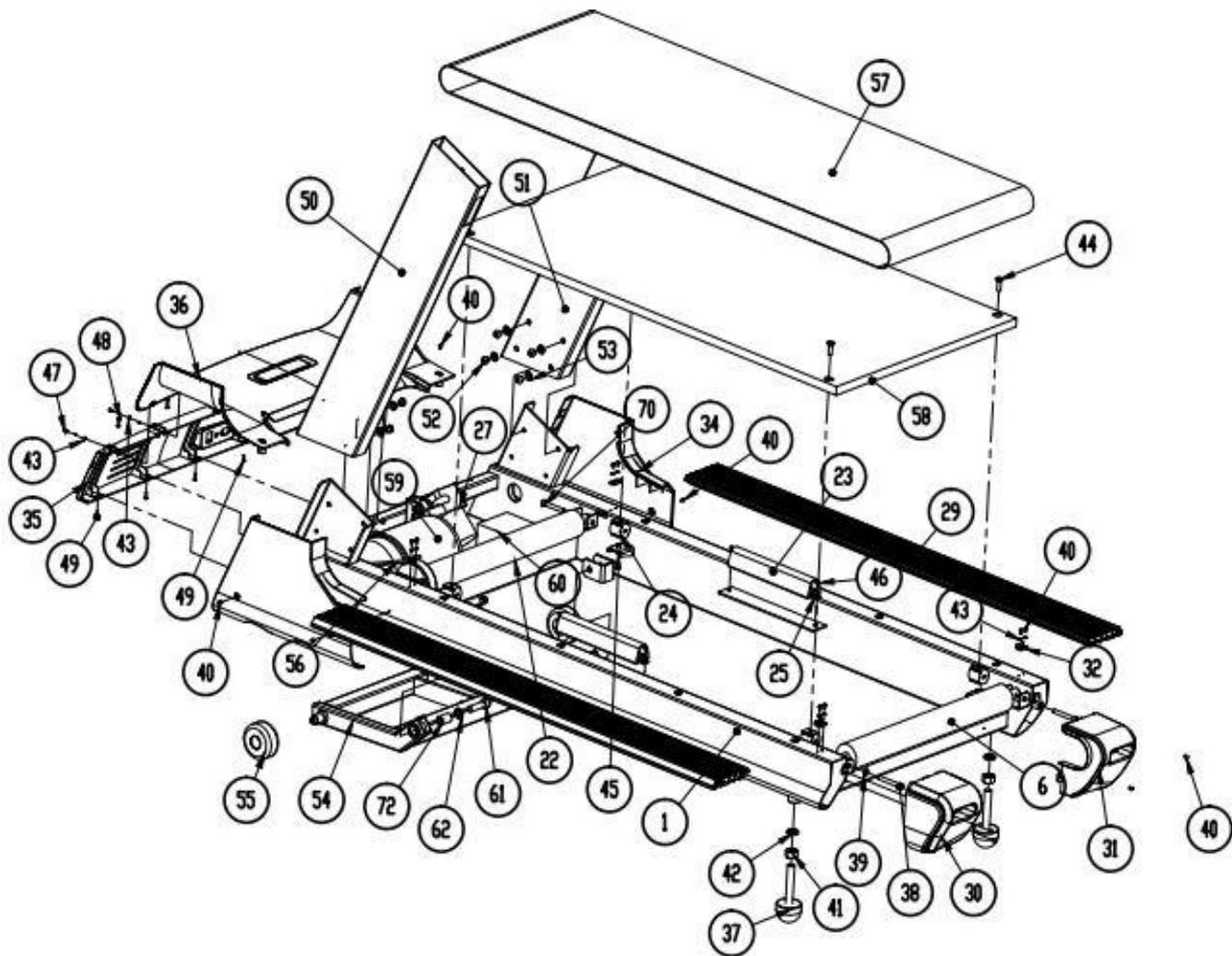
EXPLODE VIEW



NO	DESCRIPTION	Q'TY
1	TZ01-SP04-0300	2
2	TZ06-SP04-0605	1
3	TZ06-SP04-0606	1
4		1
5	TZ06-SP04-0607	1
6	M5X12-M1	8
7	M4X10-M1	8
8	TZ-SP04	1
9	M3X8L-M1	8

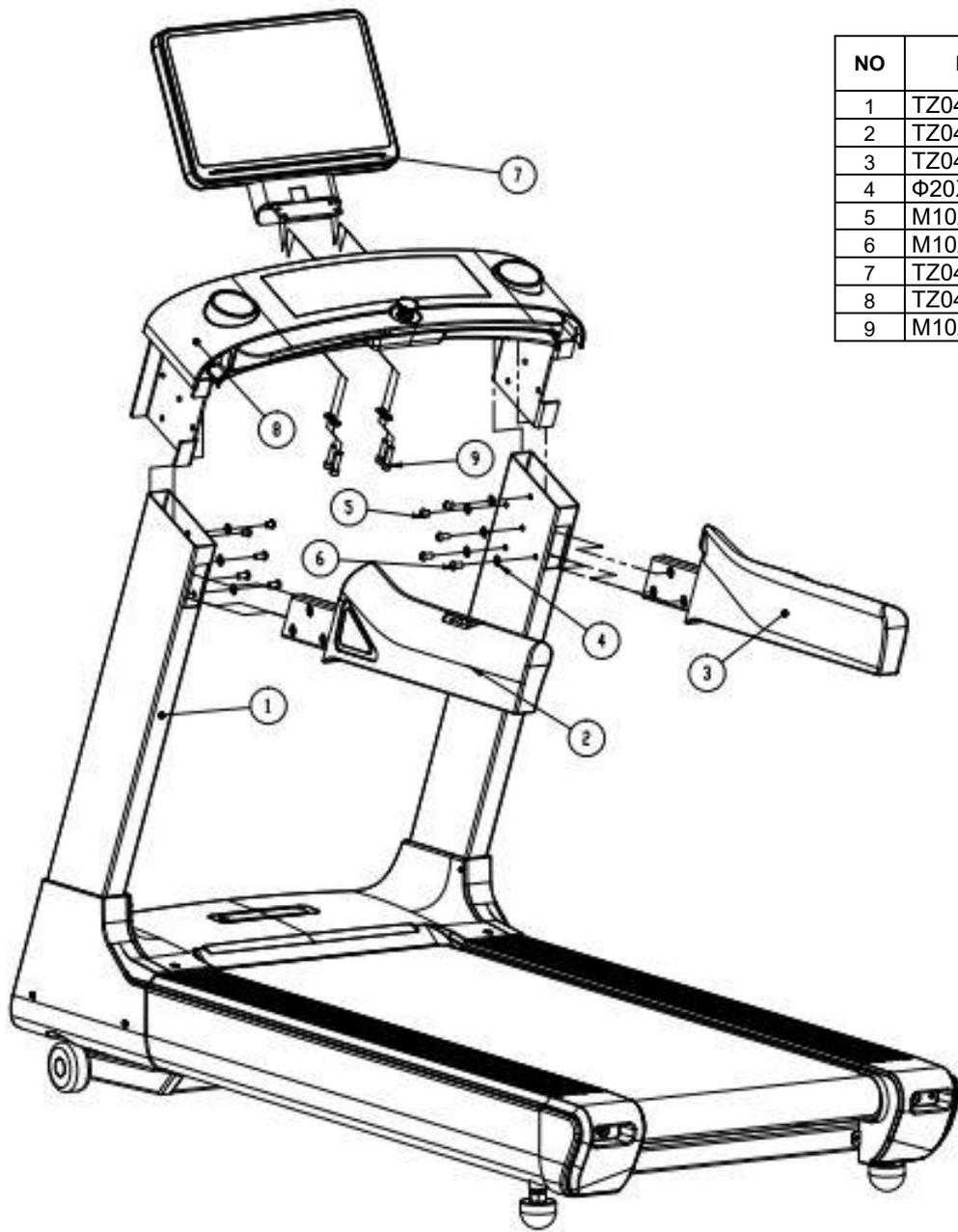


NO	DESCRIPTION	Q'TY
1	TZ04-SP04-0500	2
2	TZ06-SP04-0603	1
3	TZ06-SP04-0602	1
4		1
5	Φ10XΦ5.5X1.0t-C1	6
6	H4X10L-M1	11
7	USB-PCB	1
8	M5X12L-M1	6



NO	DESCRIPTION	Q'TY
1	TZ01-SP04-0100	1
22		1
23		2
24		4
26		2
27	TZ 7000	1
29	TZ06-SP04-0604A	2
30	TZ06-SP04-0615	1
31	TZ06-SP04-0616	1
32	TZ02-SP04-0003	4
33	TZ06-SP04-0613	1
34	TZ06-SP04-0614	1
35	TZ06-SP04-0612	1
36	TZ06-SP04-0611	1
37	TZ06-SP04-0620	2
38	M10X75L-N1	2
39	Φ20XΦ11X1.0t-C1	10
40	H4X8L-A1	18
41	Φ20XΦ18t-S2	2
42	Φ30XΦ21X5.0t-C3	2
43	Φ0XΦ4.5X1.0t-C1	28
44	M10X35L-N3	4
45	M10X15L-N1	4

NO	DESCRIPTION	Q'TY
46	H4X10L-A1	6
47	H4X10L-M1	6
48	H4X12L-A1	8
49	K4X15L-A1	4
50	TZ01-SP04	1
51	TZ01-SP04-0002	1
52	M12X12L-N2	8
53	Φ24XΦ13X1.0t-C1	8
54	TZ04-SP04-0400	1
55		2
56	TZ-7000	1
57	TZ-SP05	1
58		1
59		1
60		1
61	H16X55L-M1	2
62	Φ30XΦ17X2.0t-C1	2
70	M10X70L-N1	1
71	M10X80L-N1	1
72	TZ-SP01-03	2



NO	DESCRIPTION	Q'TY
1	TZ04-SP04-0100S	1
2	TZ04-SP04-0200	1
3	TZ04-SP04-0200	1
4	Φ20XΦ11X1.0t-C1	14
5	M10X12L-N2	4
6	M10X20L-N2	6
7	TZ04-SP04-0500S	1
8	TZ04-SP04-0300S	1
9	M10X40L-N1	4