

FRENCH FITNESS

FF-T900

FRENCH FITNESS T900 TREADMILL
W/18.5" TOUCHSCREEN

ASSEMBLY MANUAL

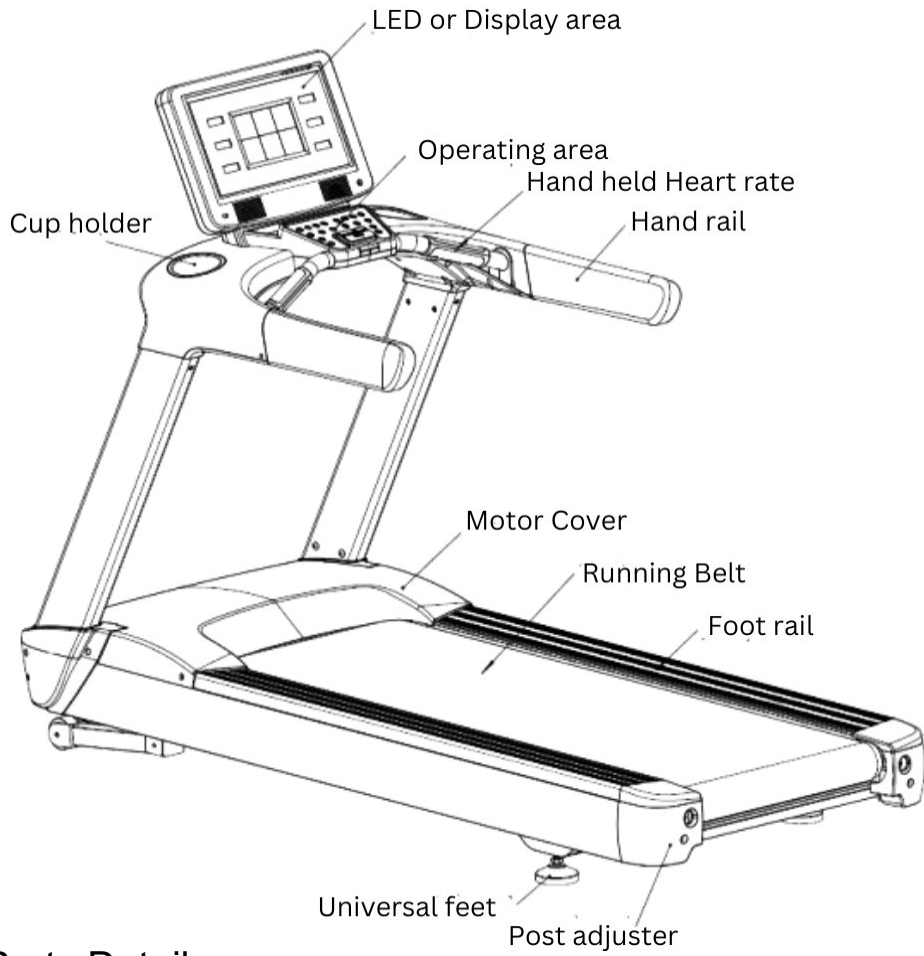


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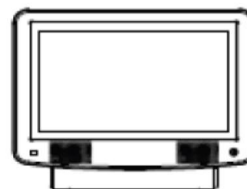
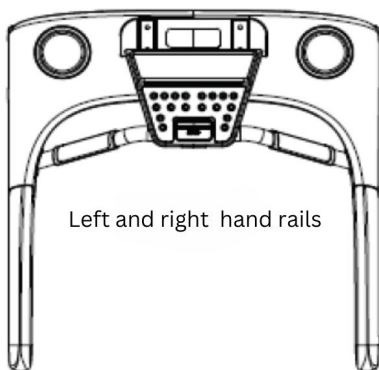
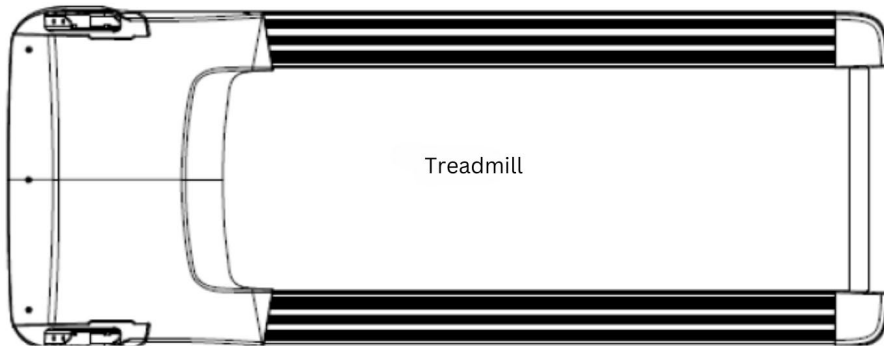
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You are welcome to join the ranks of users of our products, and practice will prove that your choice is correct. The main spare parts of this treadmill have been strictly inspected and tested to maximize the quality of the product. Referring to this manual, it can correctly guide you to install, use and daily maintenance of this treadmill, and in the process of using, if there is a failure, you can get good service. Thanks!

TREADMILL COMPONENTS SCHEMATIC



Treadmill Parts Details



Single table display

WARNING AND SAFETY INSTRUCTIONS



HAZARD



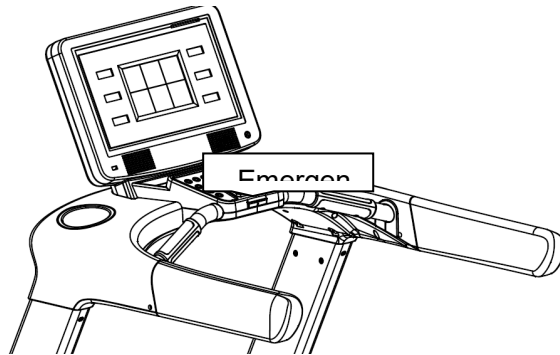
WARNING

Follow these instructions to prevent potential harm to you and others.

- I. Please be sure to read the entire contents of this User's Manual before operating and using the machine.
- II. Do not use the heart rate device together with other wireless heart rate devices. Otherwise, it may cause interference with electrical parts.

Please do not move the machine when you open the outer box with strapping to avoid damage to the machine or yourself.

When running in an emergency, please press the emergency stop switch to stop the machine running (as shown in the picture).



- A. Please consult your health care provider before exercising.
- B. Please wear suitable sportswear and sports shoes for exercise (soft-soled shoes are prohibited for running, otherwise the sole debris will be involved in the motor and control system, resulting in malfunctioning of the machine)
- C. Keep the room clean and tidy to avoid debris being adsorbed by static electricity into the motor and control system, which may cause the machine to malfunction.
- D. The weight of the user should not exceed 400 lbs (180kg).

Keep children away from this machine;

Do not use the machine if the power cord is damaged;

Use the handrail when getting on and off the machine;

Do not get off the machine when it has not come to a complete stop;

Do not operate the machine when the user is using oxygen equipment or when aerosols are being used in the vicinity of the machine;

Maintain good ventilation of the machine. All vents of the machine should be kept clean and free of dirt;

To maintain proper functioning of the machine, do not install any accessories on the machine that are not supplied by the original manufacturer;

Must keep all parts of the machine installed tightly.

Before using the machine, first lubricate the machine, often maintaining good lubrication can extend the service life of the machine.



CAUTION

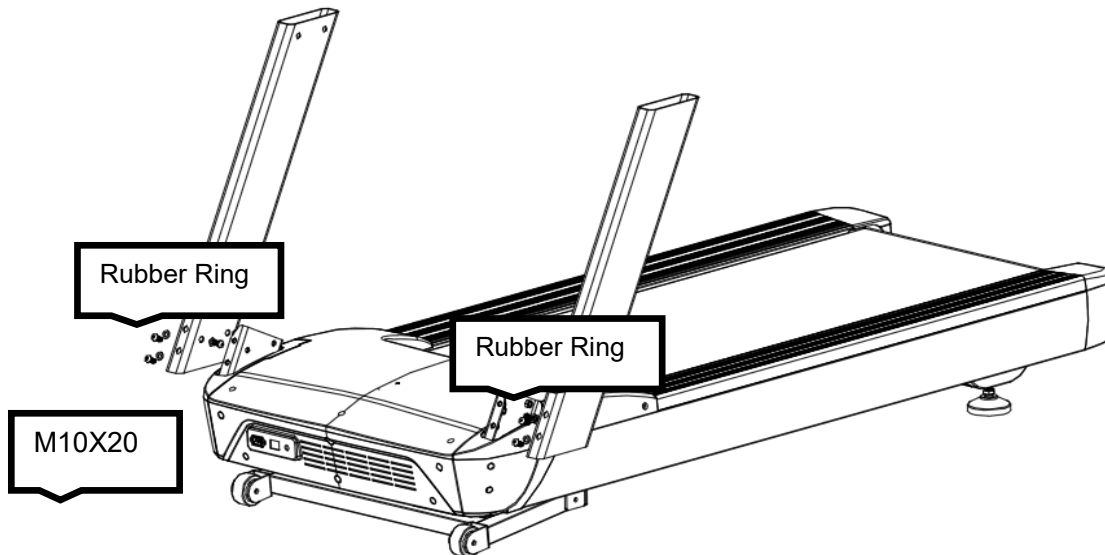
Precautions for Safe Handling

1. Before using this machine for exercise, please be sure to consult your doctor if you have any of the following conditions; history of heart disease, high blood pressure, diabetes, chronic respiratory disease, high blood fat, other chronic diseases or complications;
2. If you are over 35 years of age or have a high body weight, please consult your doctor before exercising;
3. Pregnant women should consult their doctor before exercising;
4. If you feel dizziness, nausea, chest pain or other discomfort during exercise, stop exercising immediately and consult your physician;
5. If you use the machine for more than 20 minutes, you should get enough water.

TREADMILL INSTALLATION PROCEDURE

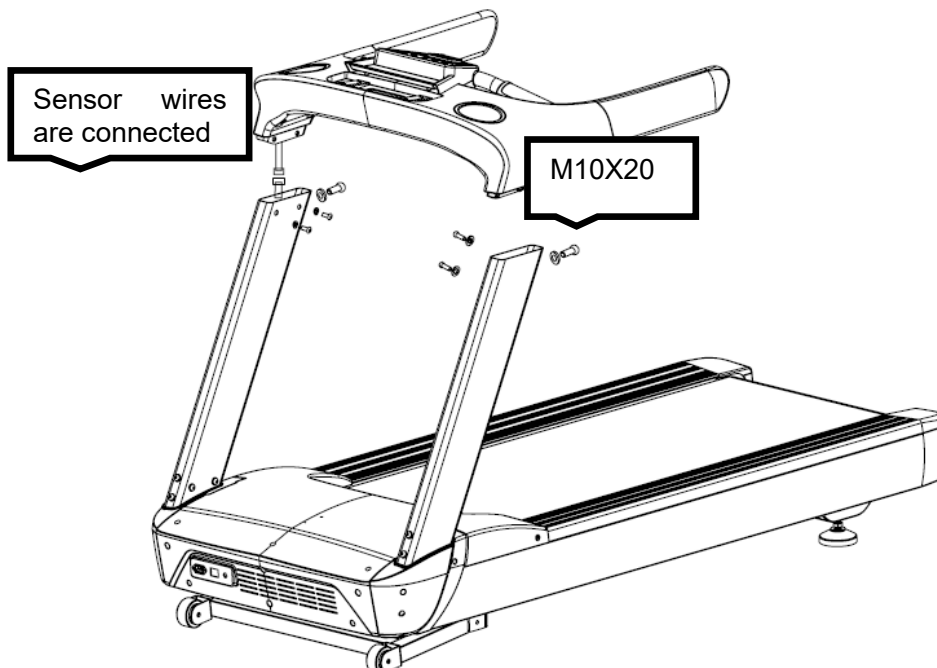
Step 1 : Installation of left and right columns and threading of sensor wires

As shown in the diagram, after taking out the running platform, install the left and right columns on top of the running platform according to the tips shown in the diagram, and when installing the right column, pass the sensor wire through the center of the column. Use M10*20 hexagon socket head screws and $\phi 10$ spacers to screw on. **(Note that the screws should not be fixed first, just twist on)**, and then install the protective rubber ring in accordance with the position shown in the diagram.



Step 2 : Installation of the electronic platform and left and right hand rails

As shown in the diagram, take out the electronic platform as seen in the diagram to be inserted into the left and right column. Before inserting the right column, look for the sensor line connector docks, pay attention to the alignment as the direction should be precise. After docking the sensor, you may now insert the electronic platform into the columns. Do not squeeze the sensor line. Use M10*20 hexagon socket head screws and $\phi 10$ spacers to fix on the columns, make sure the bolts are locked and fixed.



SCHEMATIC DIAGRAM OF THE ELECTRONIC SURFACE PLATE

Step 3 : Small Electronic Meter Installation

Place the small electronic device with the large electronic platform as shown in the diagram. Pay attention to the wire of the small electronic device and plug it properly with the large electronic platform. When connecting the wires, check that the plugs are completely and properly inserted. After connecting the wires, use 4 M8*20 hexagon socket head screws and 4 ϕ 8 gaskets to fix the electronic device.

Install the bolts
after plugging in
the wires first



Schematic Diagram of the Electronic Surface Plate



1. Hardware Specifications

1. 18.5" TFT Colored Screen
2. TFT Display Screen, with capacitive touch screen
3. With 1 USB interface and 1 audio headphone port
4. Supports online music, video, and wireless internet access.
5. It is advised to put the wireless router and treadmill in the same room to ensure a strong WIFI signal connection.

2. Display Interface Features

2.1 Standby Mode

After powering up, the electronic display enters the standby mode, as follows:

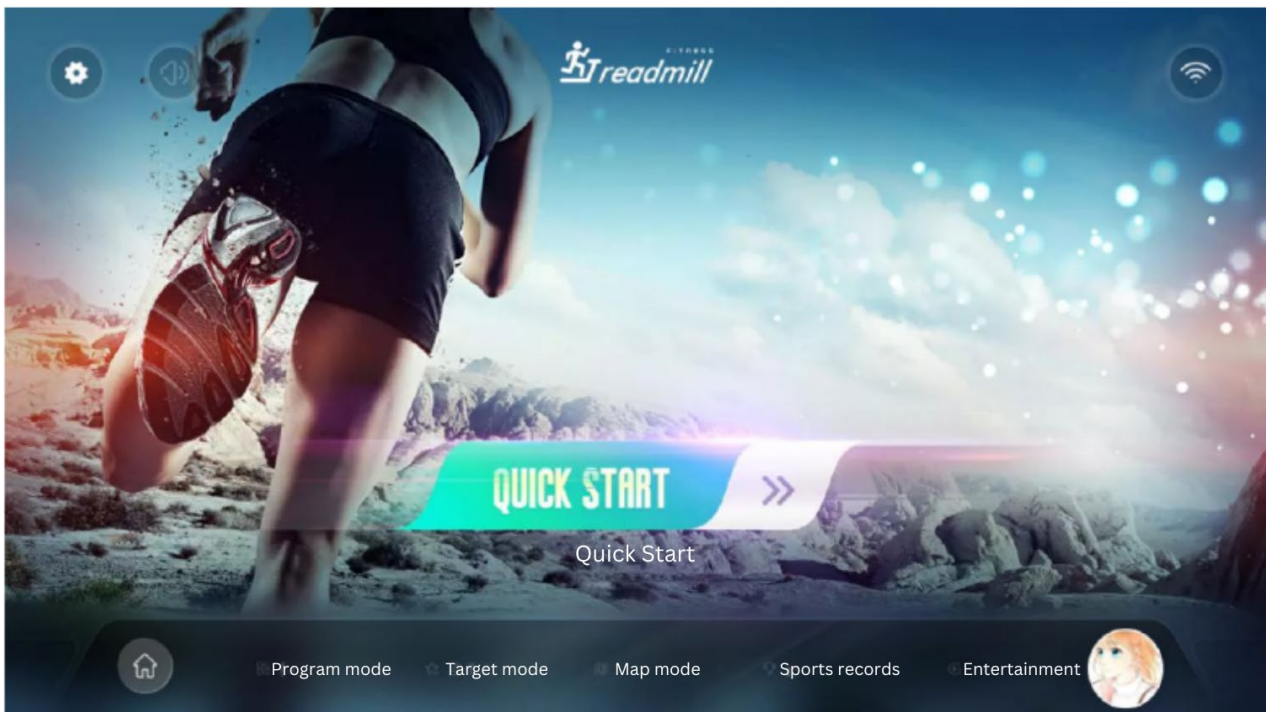


Figure-1 Standby Page

Operation instructions:

1. The top right corner of the screen shows the WIFI connection status, and the top left corner is the setting button and volume control button;
2. In the middle of the default home page is the quick start button, when clicked it will start the movement of the treadmill in quick start mode;
3. At the bottom is the menu navigation bar, which are: Home, Program Mode, Target Mode, Map Mode, Sports Records, Entertainment, User Information;
4. Through the above function keys, you can enter into different function modules;
5. Treadmill Logo is displayed at the top center

2.2 User Login Page

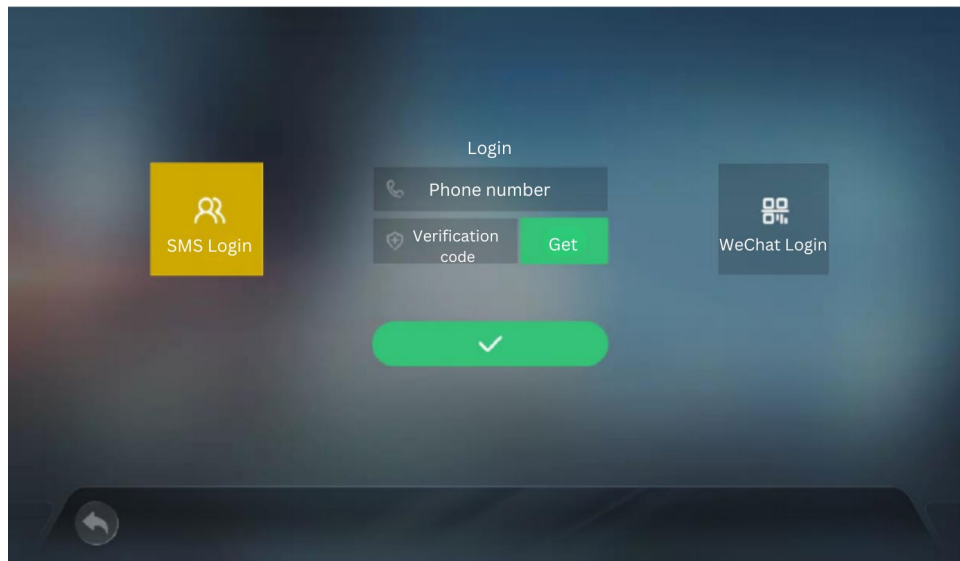


Figure-2 User login page

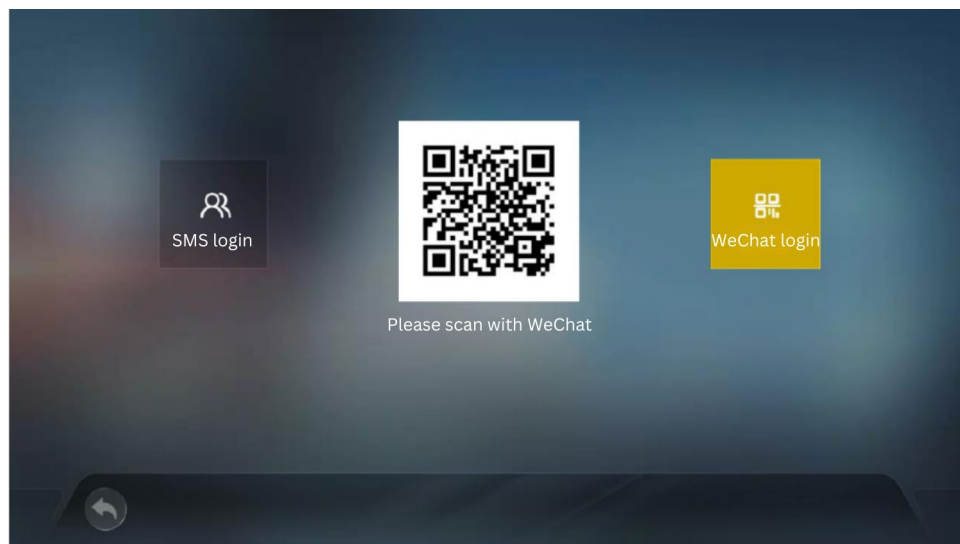


Figure-3 WeChat login page

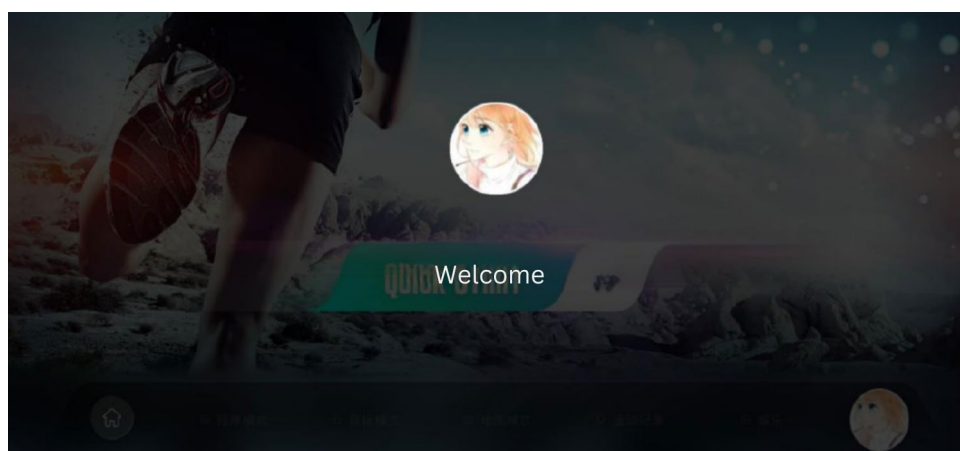


Figure-4 Enter user information (Welcome page)

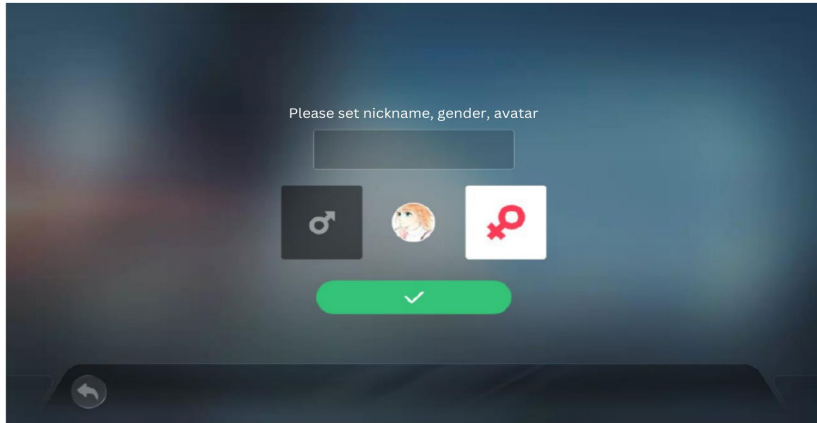


Figure-5 Complete user information (nickname, gender)

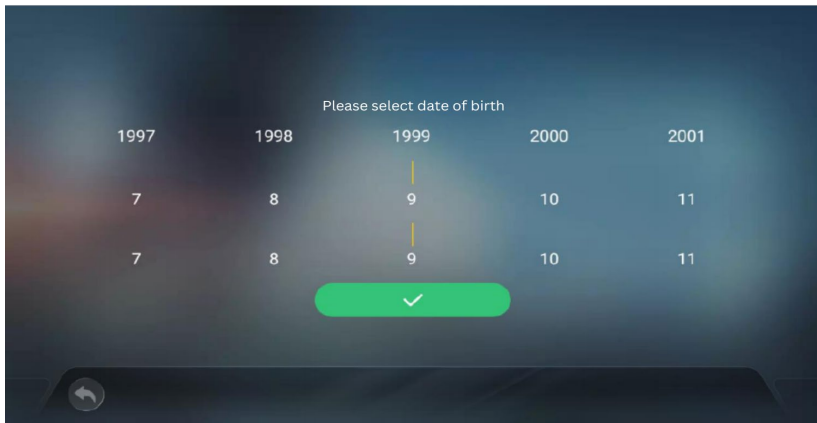


Figure-6 Complete user information (age)

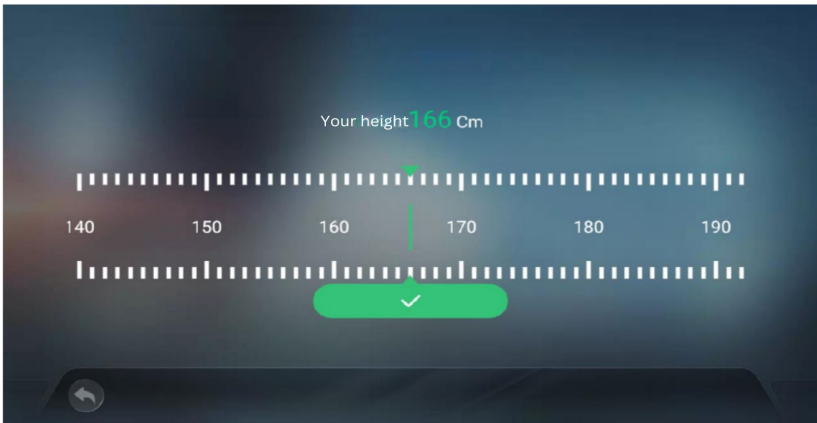


Figure-7 Complete user information (height)

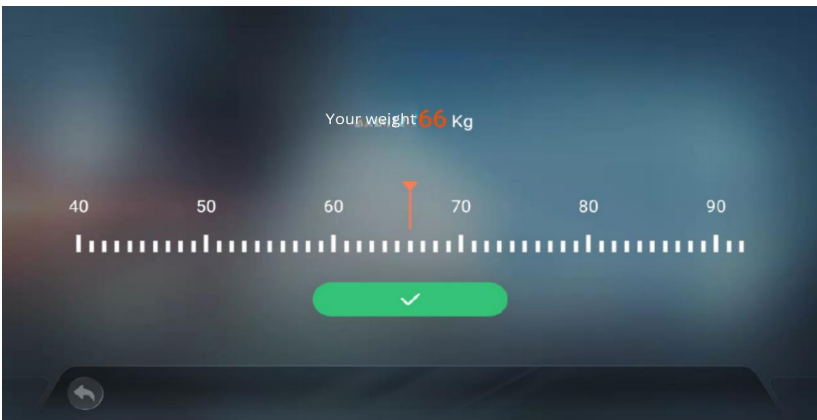


Figure-8 Improve user information (weight)

Operation instructions:

1. SMS Login - Enter your cell phone number, click the “Get” button, enter the received SMS verification code, and click the login button below to complete the login process, as in Figure-2;
2. WeChat Login - Click the “WeChat Login” icon button on the right side, scan the QR code on the screen with the WeChat Scan function of your cell phone, and complete the following steps on your cell phone to complete the login process, as shown in Figure-3;
3. Complete User Information - the first time users need to login the system to complete the user information, follow to the prompts to fill in the nickname, gender, avatar, date of birth, height, weight, and then click the “Finish” button to complete, as shown in Figure-5 to Figure-8;

2.3 Settings

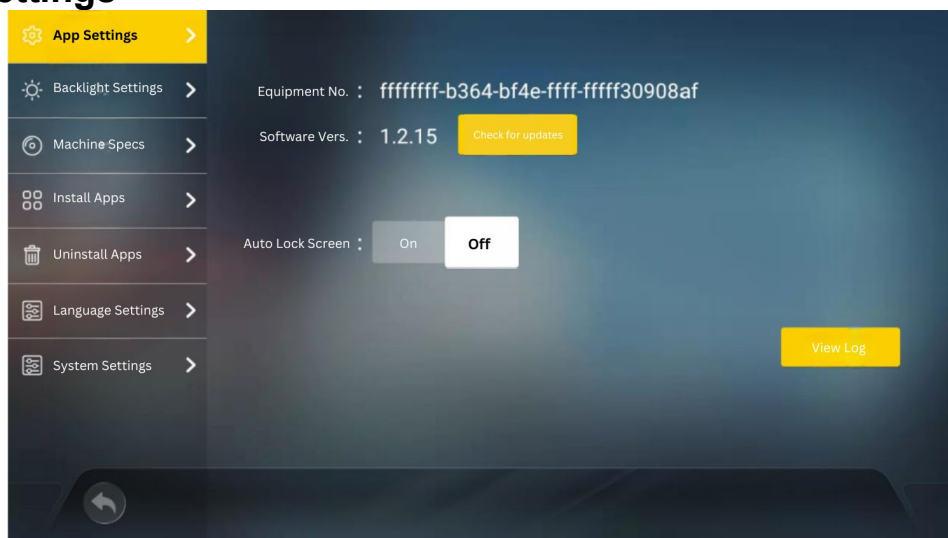


Figure-9 Settings Interface



Figure-10 Language Settings

Operation instructions:

1. Click the “Settings” button on the upper left corner and enter the password to access the settings page;

- There are 7 settings: Application Setting, Backlight, Machine Specs, Install Apps, Uninstall Apps, Language, System Settings, as shown in Figure-9. Language option includes: Simplified Chinese, English, Spanish, Portuguese, Thai, as shown in Figure-10.

3. Campaign Page Access & Operating Instructions

3.1 Quick Start Mode

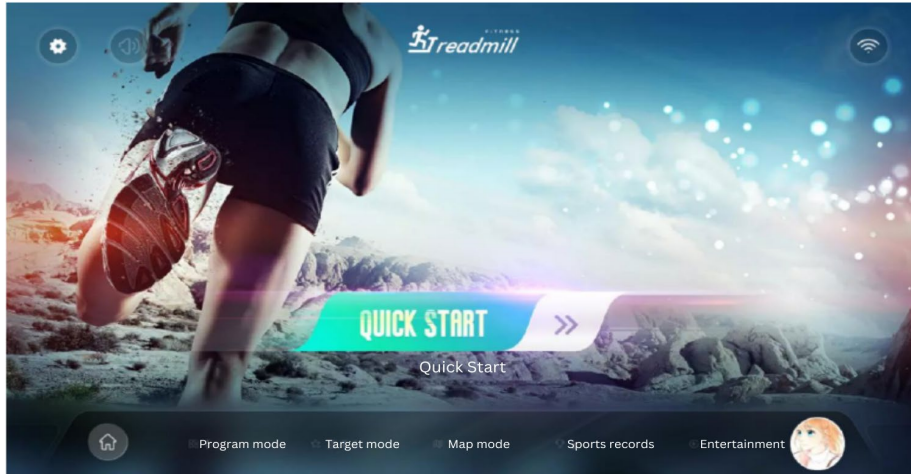


Figure-11 Quick Start

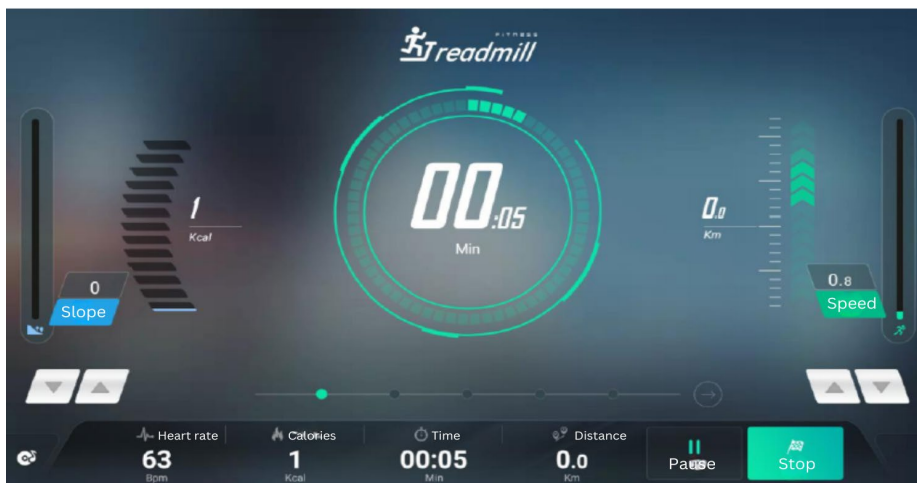


Figure-12 Exercise page (time, distance, calories)

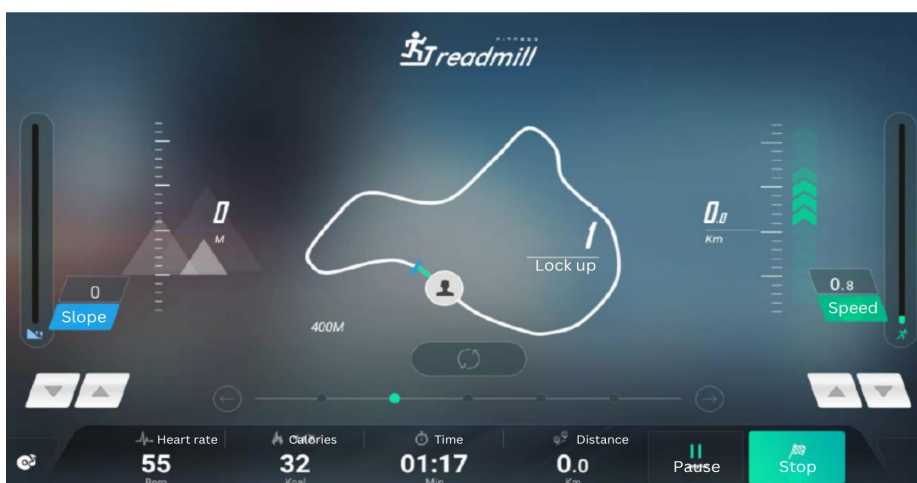


Figure-13 Sports page (track display mode)



Figure-14 Motion page (parameter display mode)

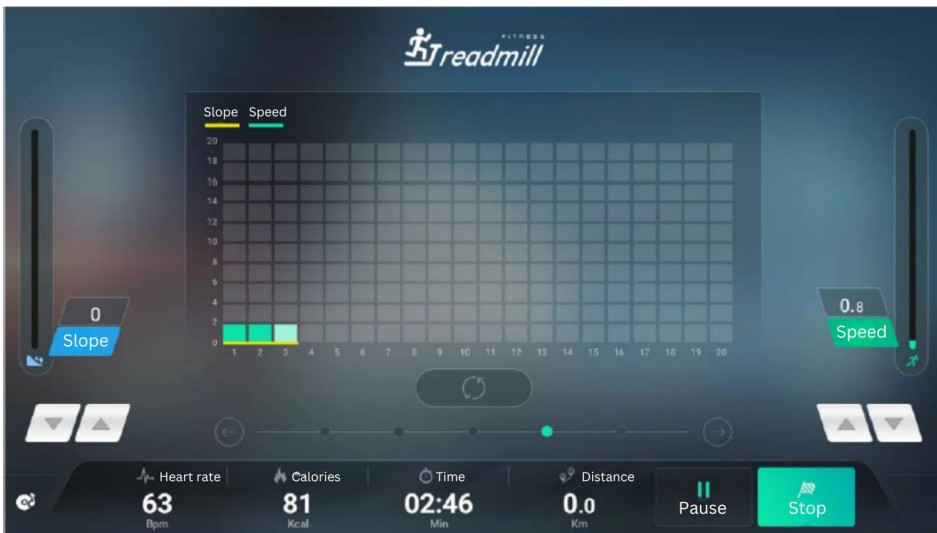


Figure-15 Sports page (slope speed display mode)

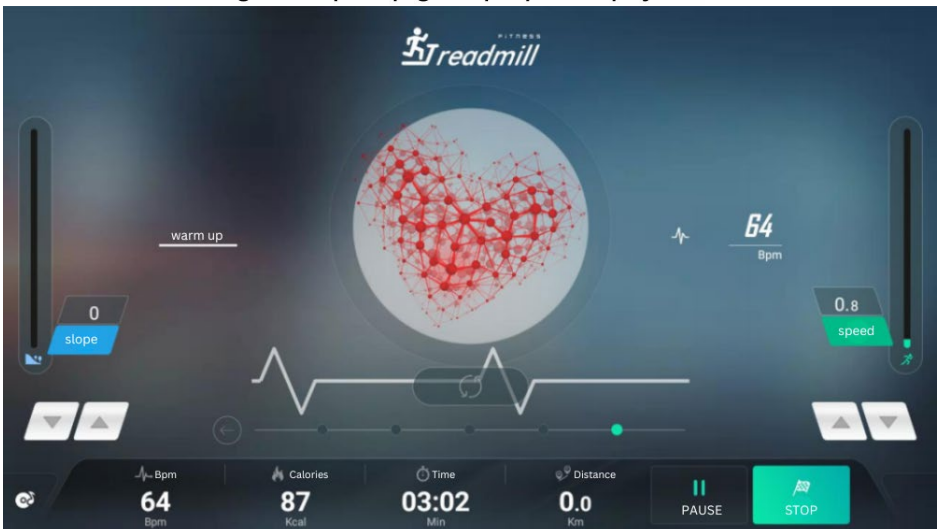


Figure-16 Exercise Page (Heart Rate Display Mode)



Figure-17 Sports Page (Speed Adjustment)



Figure-18 Sports Page (Slope Adjustment)

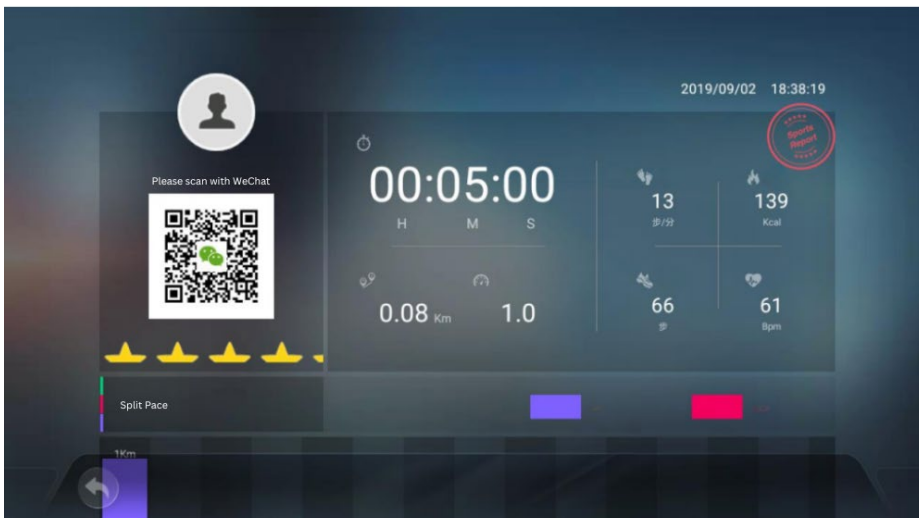


Figure-19 Sports Result Page

Operation instructions:

In the standby page, tap the home button on the leftmost side of the bottom navigation bar to enter the quick start page, and then tap the card in the middle of the screen to open the sport page. Tap the card in the center of the screen, the system will enter the sport state in quick start mode and open the sports page. When the movement starts, the system will enter into the Exercise page. There are 5 different display modes in the Exercise page, which can be switched by the left and right arrows, and the 5 display modes are automatically rotated by default.

1. Dial Display Mode - The center displays the exercise time, the left side displays the calories burned, and the right side displays the distance, as shown in Figure -12;
2. Runway display mode - the left side displays the climbing height of the treadmill, and the right side displays the virtual 400 meters runway, as in Figure-13;
3. Parameter display mode - displaying data such as exercise time, distance, average speed, calories, average incline, average heart rate, etc., Figure-14;
4. Speed incline display mode - display the graph of speed and incline changes by time segments, as in Figure-15;
5. Heart Rate Display Mode - displays the curve of heart rate change by time, as Figure-16;
6. Speed Adjustment - Click on the bottom of the speed plus or minus button to pop up the speed adjustment interface, slide on the interface to quickly adjust the speed, and automatically hide it if not operated for 5 seconds, as in Figure-17;
7. Slope Adjustment-Click the bottom slope plus or minus button to pop up the slope adjustment interface, slide on the interface to adjust the slope quickly, and hide it automatically after 5 seconds of inactivity, as shown in Figure-18;
8. Exercise results - pop up automatically after the end of exercise. The results include exercise time, distance, calorie consumption, average speed, step frequency, number of steps, average heart rate, segmented speed and other data. Use a cell phone to scan the left QR code to complete the sharing operation, such as Figure-19.

3.2 Target Mode

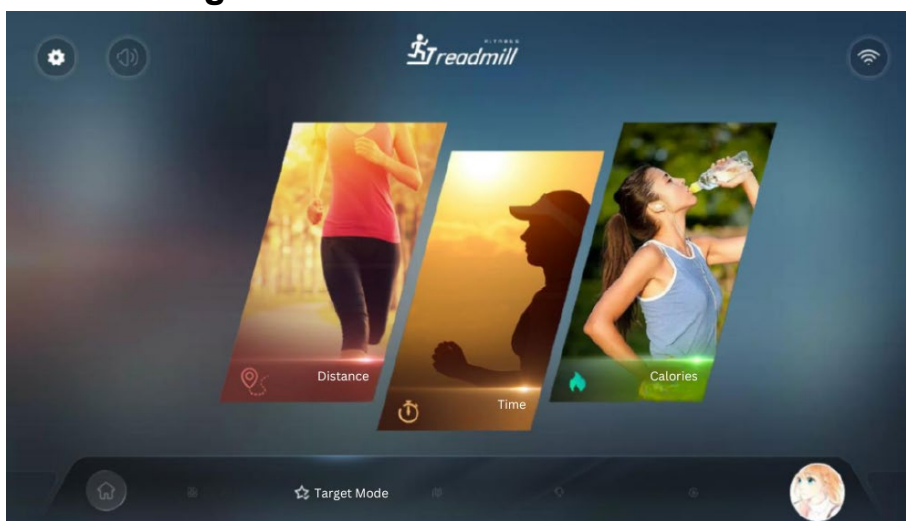


Figure-20 Target Mode Selection Page

Operation instructions:

Click the "Target Mode" button in the navigation bar at the bottom of the standby page to enter the target mode selection page. The target mode includes three modes of operation, namely time target mode, distance target mode and calorie target mode. As shown in Figure-20.

3.2.1 Time

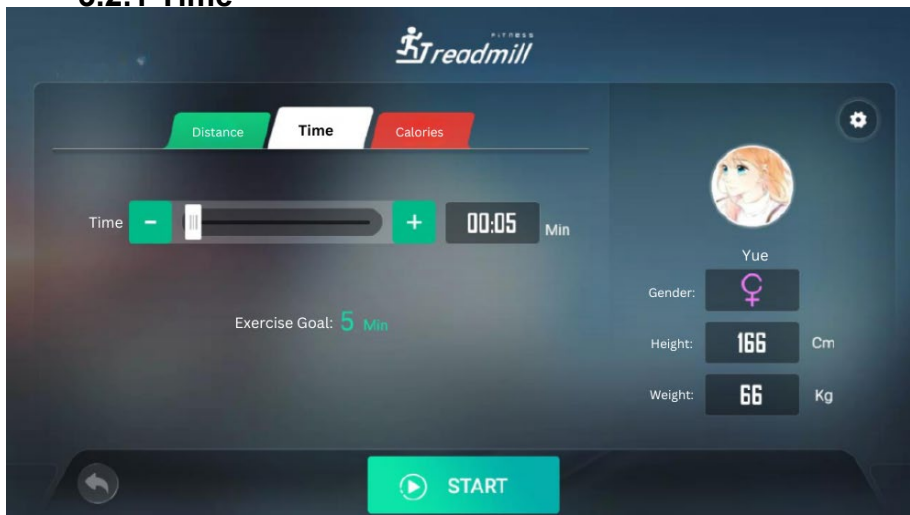


Figure-21 Target Mode - Time

Operation instructions:

1. The movement started in time mode will end automatically when the movement time reaches the target value, or you can also press the stop button to terminate the exercise beforehand;
2. The initial value of the time target is 40 minutes, and the setting range is 5 ~ 99 minutes.
3. Swipe left and right to select the time target;
4. The target information at the bottom will be updated automatically with the changes of user's selection;
5. When not logged in, by scanning the QR code on the right side of WeChat, users can actively select age, height, weight and gender for more accurate calculation of exercise consumption.
6. Click the Start button to start exercising, and enter the exercise page in time target mode;
7. You can manually adjust the speed and incline value during exercise.

3.2.2 Distance

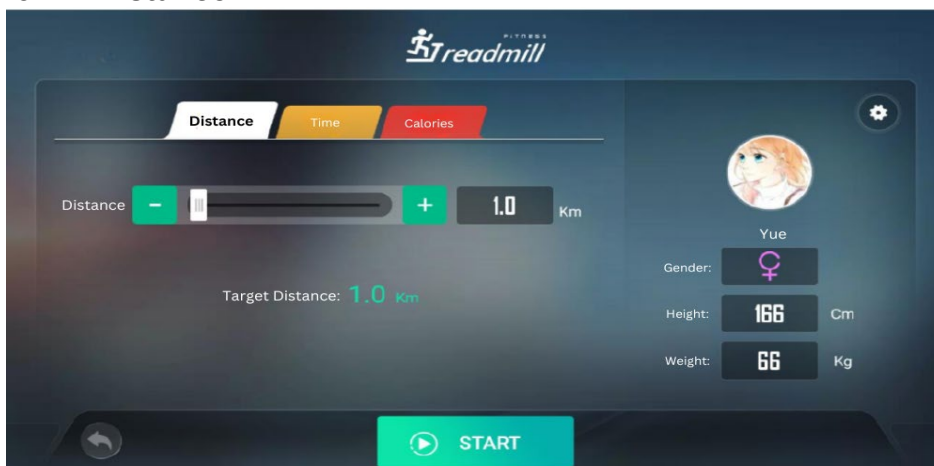


Figure-22 Target Mode - Distance

Operation instructions:

1. The movement started in distance mode will end automatically when the movement distance reaches the target value, or you can also press the stop button to terminate the exercise beforehand;
2. The initial value of time target is 31 Km, and the setting range is 1~99.9 Km;
3. Swipe left and right to select the distance target;
4. The target information at the bottom will be updated automatically with the changes of user's selection;
5. When not logged in, by scanning the QR code on the right side of WeChat, users can actively select age, height, weight and gender for more accurate calculation of exercise consumption.
6. Click the start button to start exercising and enter the exercise page in distance target mode;
7. You can manually adjust the speed and incline value during exercise.

3.2.3 Calorie

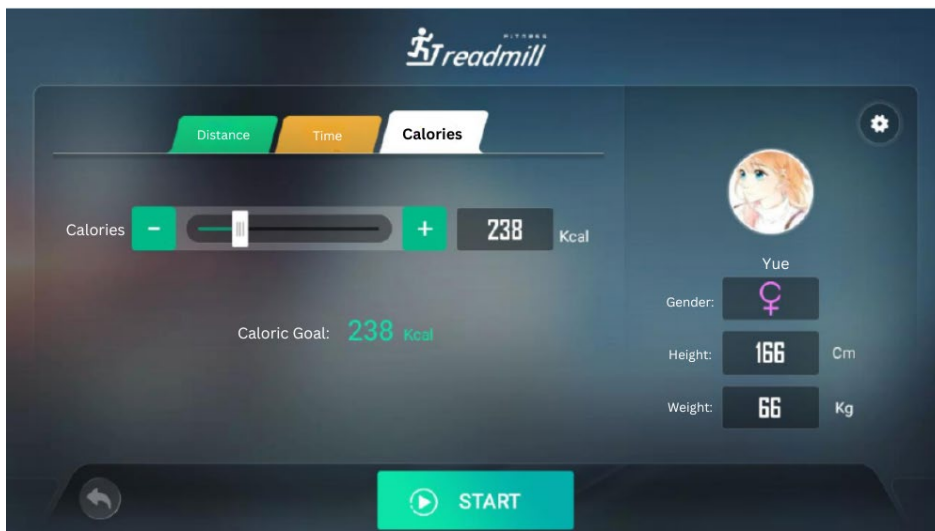


Figure-23 Target Mode - Calories

Operation instructions:

1. Exercise started in calorie mode will automatically end when the number of calories burned in the exercise reaches the target value, or you can also press the stop button to terminate the exercise beforehand;
2. The initial value of the time target is 9 Kcal, and the setting range is 9~999 Kcal;
3. Slide left and right to select calorie target;
4. The exercise target information at the bottom will be updated automatically according to the change of user's choice;
5. When not logged in, by scanning the QR code on the right side of WeChat, users can actively select age, height, weight and gender for more accurate calculation of exercise consumption.
6. Click the start button to start exercise and enter the exercise page in calorie target mode;
7. You can manually adjust the speed and incline value during exercise.

3.3 Program Mode

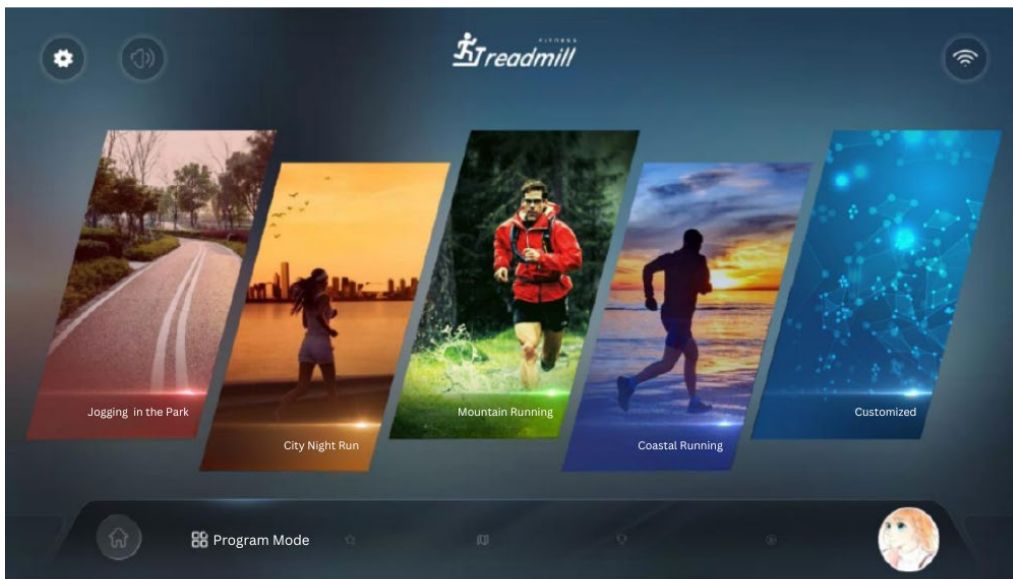


Figure-24 Fitness Program Mode

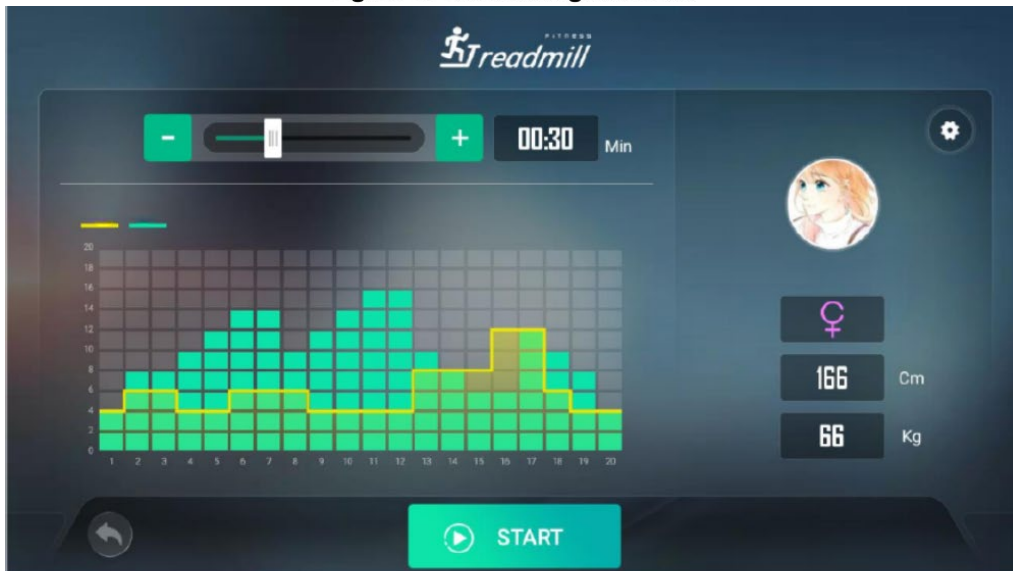


Figure-25 Park Jogging Mode

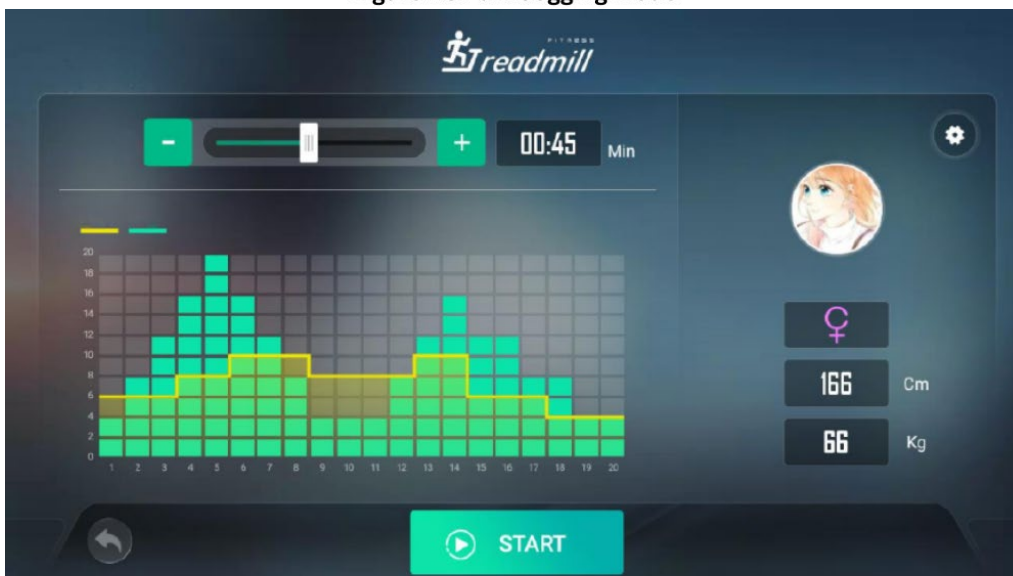


Figure-26 City Night Running Mode

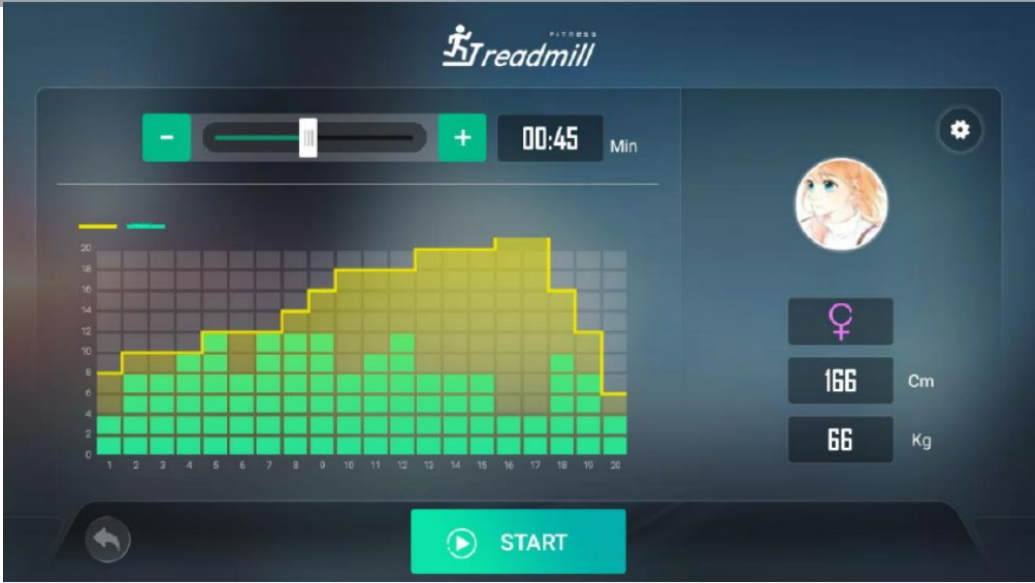


Figure-27 Mountain Running Mode

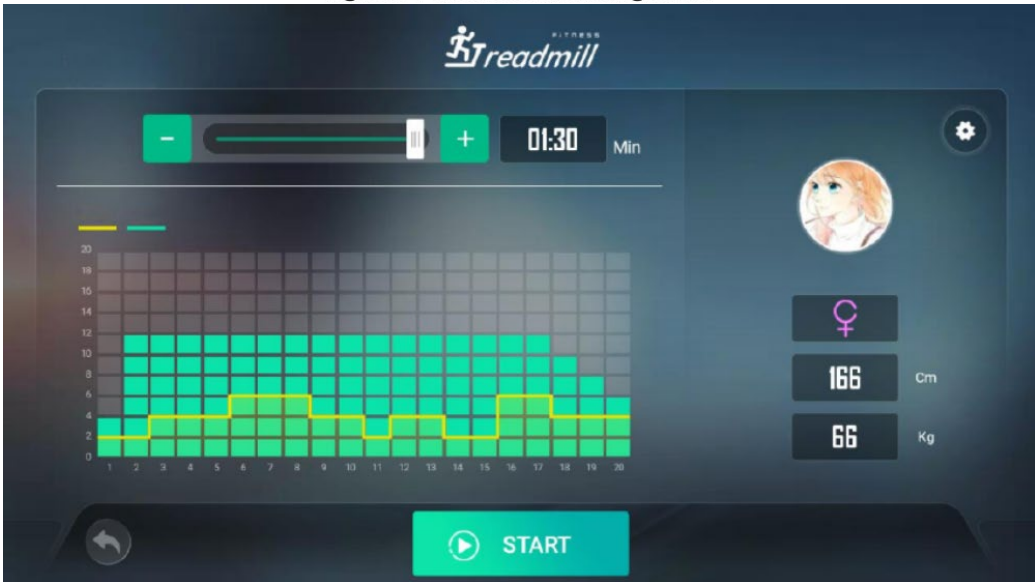


Figure-28 Coastal Running Mode

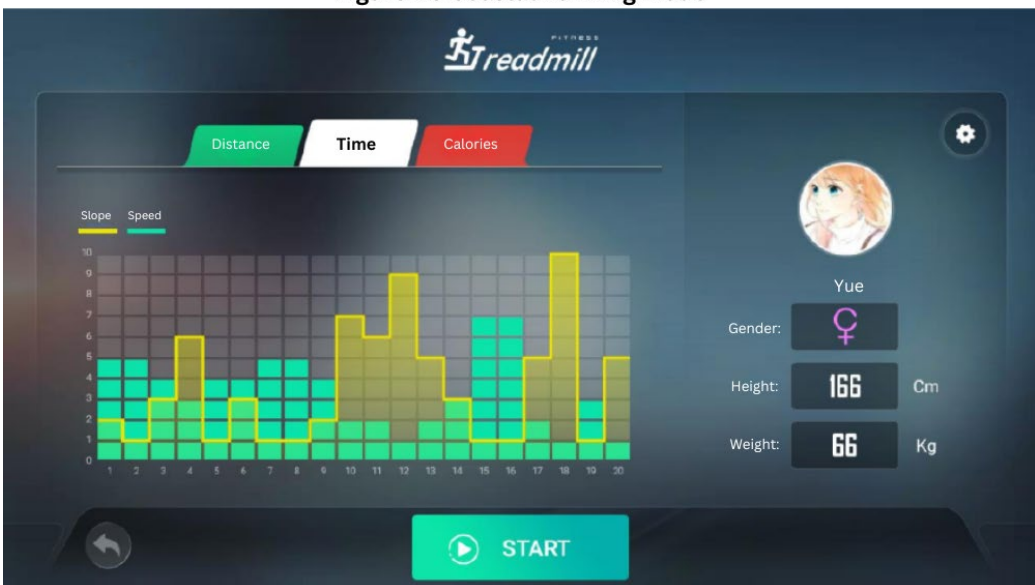


Figure-28 to Figure-31 Custom Mode

Operation instructions:

1. The program mode is to set the speed and slope segment values and set the target time of the movement before the start of the movement, and the system will automatically adjust the movement speed and slope according to the pre-set speed and slope segment values at the right time after the movement starts. The system automatically adjusts the speed and slope at the right time according to the pre-set speed and slope segment values after the movement starts, and automatically stops the movement when the movement time reaches the target value. The system will automatically adjust the speed and incline according to the pre-set speed and incline values after the exercise starts, and stop the exercise automatically after the exercise time reaches the target value. Of course, the user can also click the stop button to terminate the exercise in advance;
2. The system provides 5 kinds of preset program classifications, which are Park Jogging, City Night Running, Mountain Running, Coastal Running and Customized;
3. The range of exercise time is 5~90 minutes, and the duration of each exercise period is: between settings / 20;
4. You can still actively adjust the speed and incline value during exercise;
5. Customized mode does not provide any preset values at all, you need to actively set the speed and incline segment values to start the exercise;
6. As shown in Figure-22 to Figure-31.

3.4 Map Mode

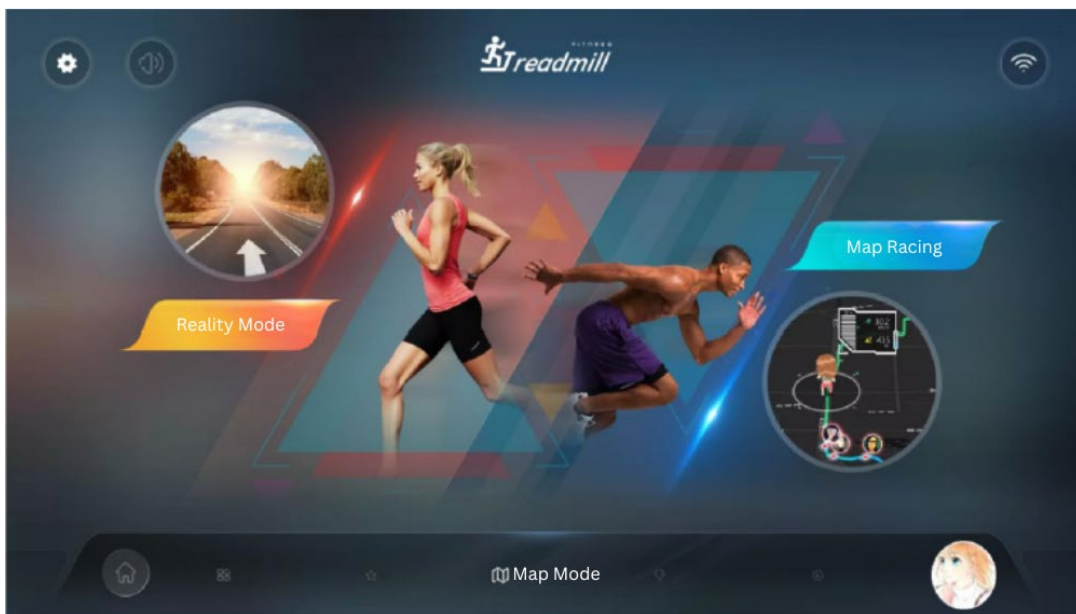


Figure-32 Map Racing Mode

Operation instructions:

Click the "Map Mode" button in the navigation bar at the bottom of the standby page. Map Mode includes two modes of operation, namely Reality Mode and Map Racing Mode, which correspond to the movement mode aiming at Live Mode and Map Race, as shown in Figure-32.

3.4.1 Reality Mode

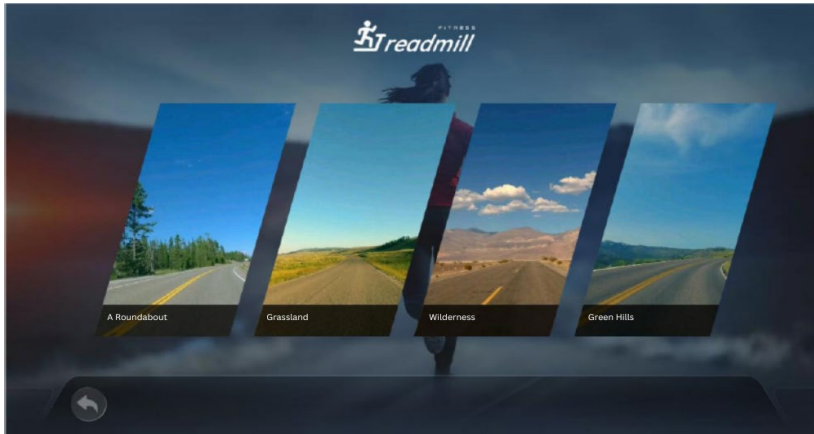


Figure-33 Reality Mode

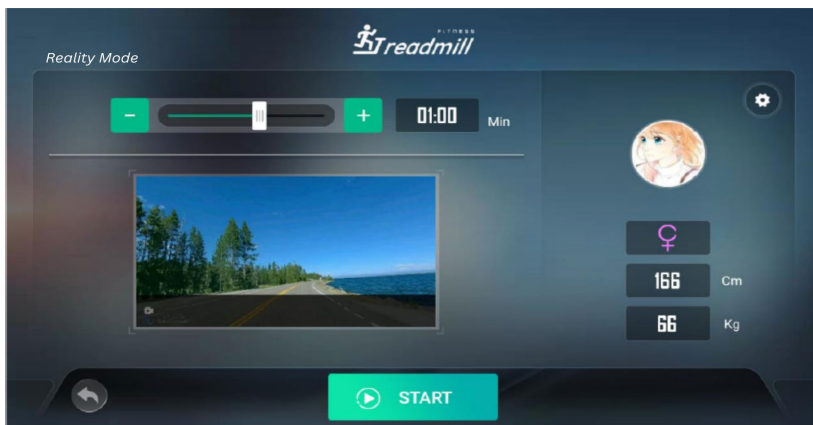


Figure-34 Island Mode

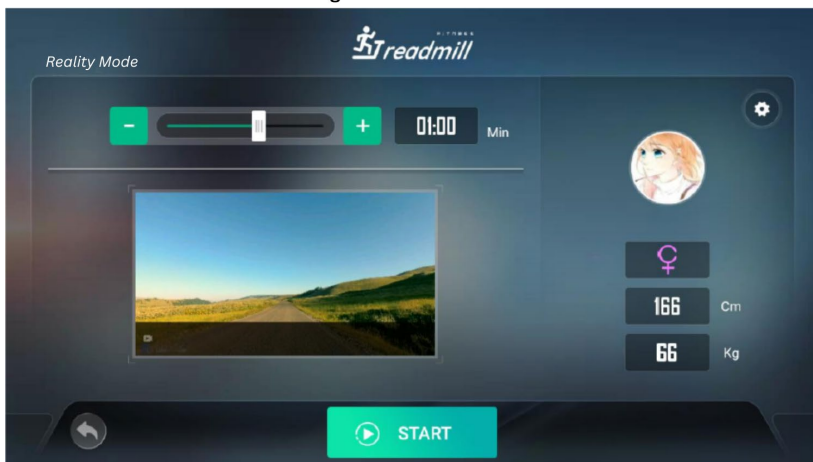


Figure-35 Grassland Mode

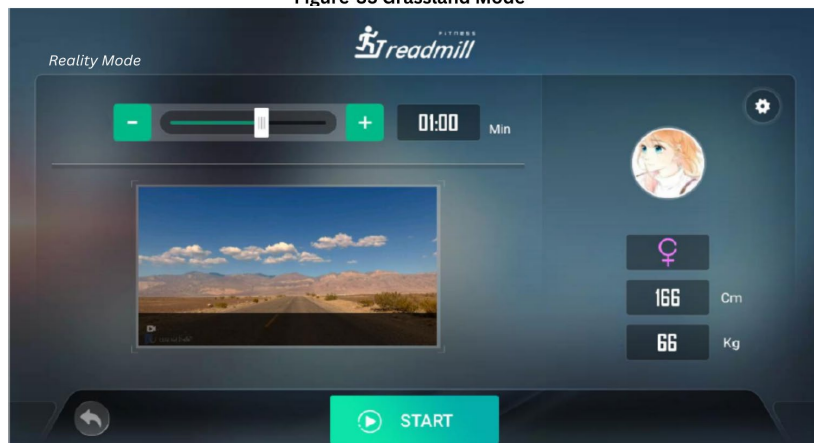


Figure-36 Wilderness Mode

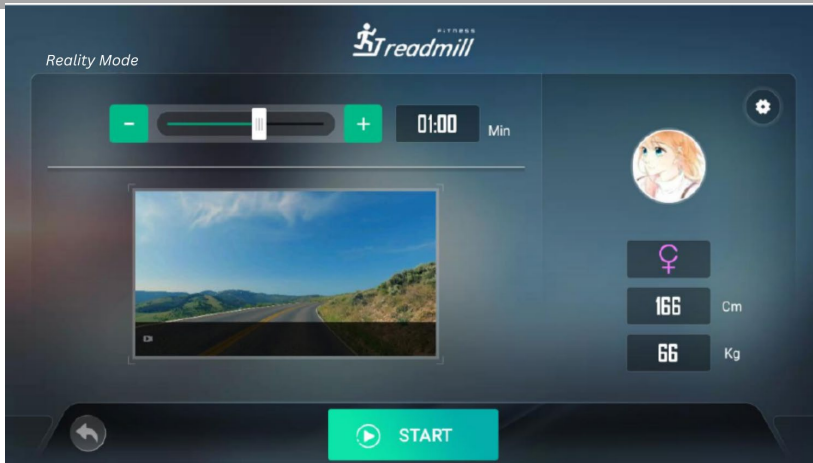


Figure-37 Mountain Mode

Operation instructions:

1. Click the "Reality Mode" button on the map mode page to enter the reality mode selection page;
2. The system provides 4 preset program categories, which are Island Mode, Grassland Mode, Wilderness Mode and Mountain Mode;
3. The default time is 60 minutes, and the range of exercise time is 5~99 minutes;
4. You can still adjust the speed and slope value actively during the exercise;
5. As in Figure-33 to Figure-37.

3.4.2 Map Racing

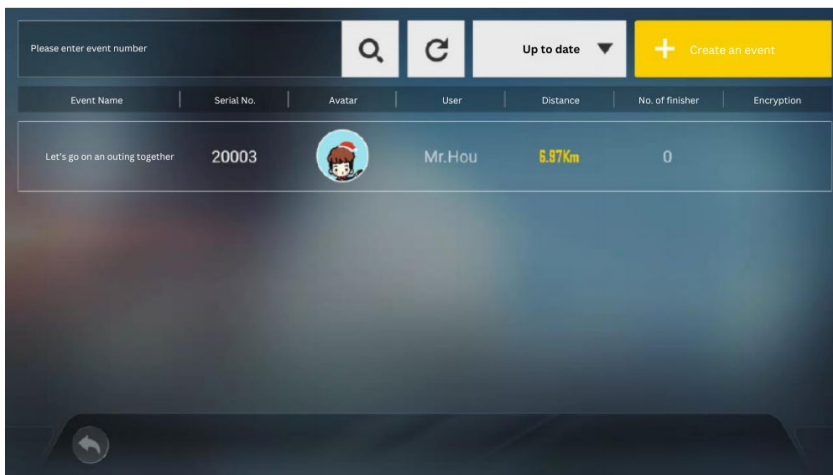


Figure-38 Room List

Operation instructions:

1. Click on the "Map Mode" button in the navigation bar at the bottom of the standby page, then click on the Map Racing tab to enter the Race List;
2. Click the "Create My Race" button in the upper right corner to create your own race;
3. Enter the race number in the Event No. input box above to find the race according to the event number;
4. Click on the "Up to date" button to sort the list;
5. Click on a tournament entry in the list below to enter the tournament details page.

3.4.3 Creating a Tournament

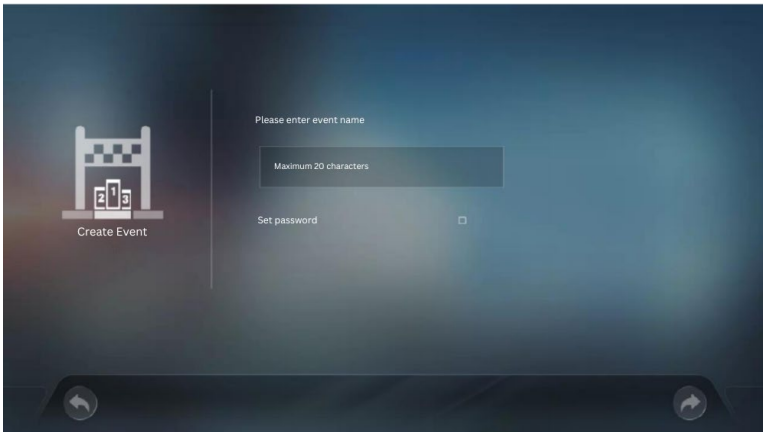


Figure-39 Create Event - Event Name

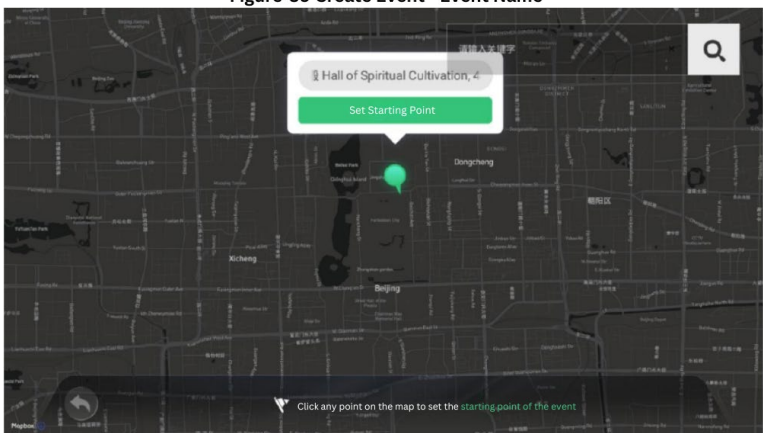


Figure-40 Create Event - Set Starting Point

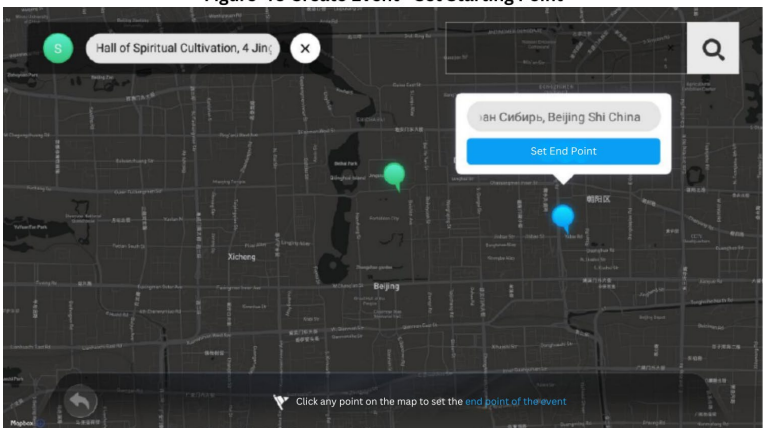


Figure-41 Create Event - Set End Point



Figure-42 Create Event - Confirm

Operation instructions:

To create an event, you need to complete the following steps:

1. Input event name and password;
2. Set Starting Point - search for the location you want to locate, then long press any point on the map, when the green start icon appears, finish setting up starting point;
3. Set End Point - search for the location you want to locate, then long press any point on the map, when the red finish icon appears, finish setting up the end point;
4. After finishing the finish line setting, the interface will pop up a confirmation page, displaying the complete information of the race path, starting point, end point and the total distance of the race, click "Finish" button to complete the event creation;
5. The event can be created by clicking the "Finish" button.
6. As shown in Figure-39 to Figure-42.

3.4.4 Campaigns Page

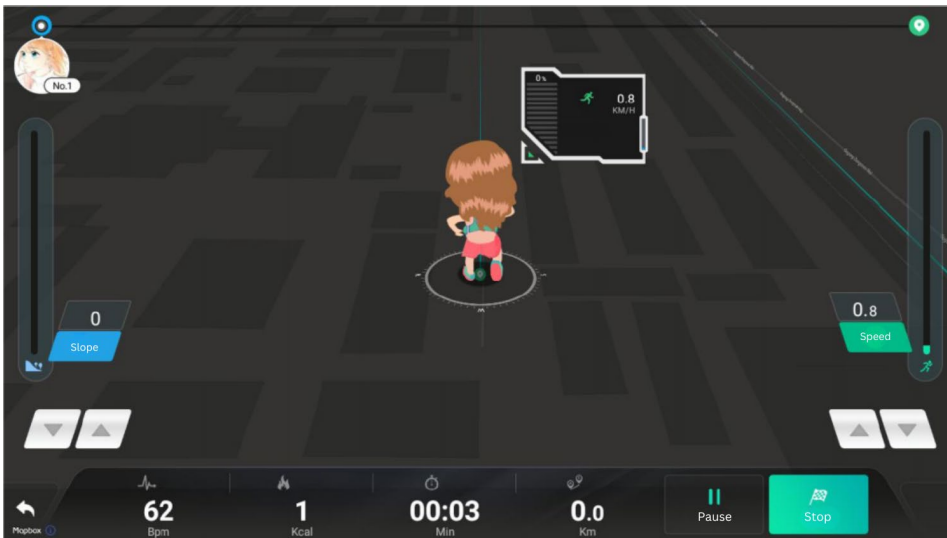


Figure-43 Map Competition - Sports Page

Operation instructions:

1. After entering the event details page, click on the campaign start button to start campaign in event mode;
2. A preview of the event progress is shown at the top, the current user's progress is indicated by the user's avatar, and other users are indicated by red dots.
3. The cartoon character in the middle of the screen shows the current movement status, the compass shows the current direction of the map, and the character moves with the road on the map.
4. Users can actively adjust the speed and slope of the movement to participate in the race.
5. After completing the specified distance of the race, the movement will be terminated automatically, and the user can also press the stop button to terminate the race in advance, and the results of the early termination will not be counted in the ranking.

3.5 Entertainment Page

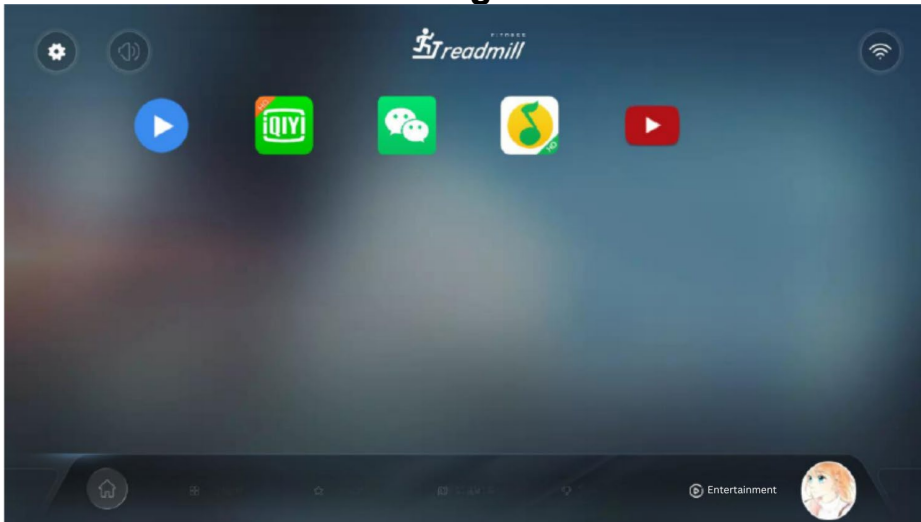


Figure-44 Entertainment Mode

Operation instructions:

1. Select the "Entertainment" button in the navigation bar at the bottom of the homepage to enter the entertainment mode.
2. Entertainment mode will show the third-party apps pre-installed in the current device (the app icons here will be different according to the system pre-installed, there is no mandatory restriction);
3. The app icon can directly access the third-party apps.

3.6 Sports Data Center

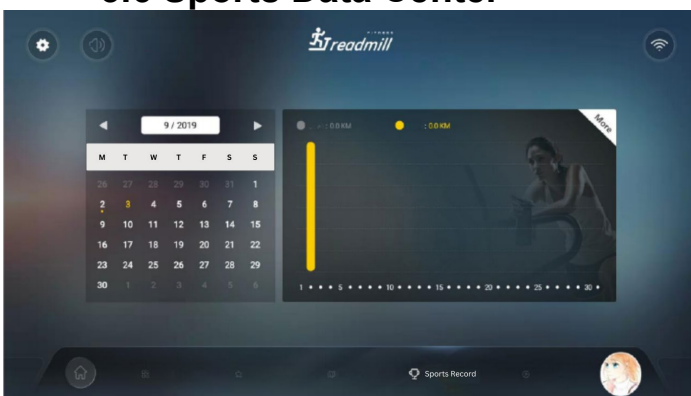


Figure-45 Sports Data Center

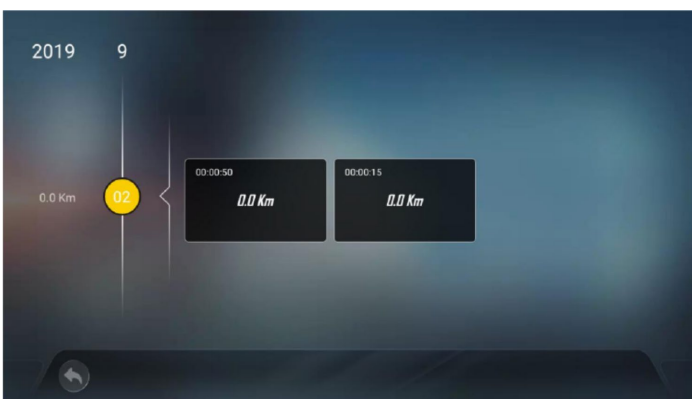


Figure-46 Sports Data Center - List

Operation instructions:

1. Select "Sports Data Record" in the navigation bar of the home page to enter the Sports Data Center page. The chart on the right shows the comparison between the current month and the previous month's data by day, which will be switched according to the month selected by the user;
2. Click the left circular number button to switch the date, and the right side will list all the exercise records of the selected date, and make a thumbnail display;
3. Click on the right side of the thumbnail display of the exercise records, you can enter the exercise results details page to view the details of the exercise information, such as Figure-46.

4. Description

This product does not provide download and installation functions other than the automatic update resources provided by our company.

5. Notes

1. Please check whether the treadmill has been reliably grounded before using this product;
2. Check whether the power is loaded before exercise; check whether the safety lock is effective;
3. If there is any abnormal situation during exercise, you can pull off the safety lock and the treadmill will decelerate quickly to a stop;
4. Please contact the dealer if there is any problem with the machine. For non-professionals, please do not try to disassemble or repair to avoid damage to the equipment.

FUNCTIONAL USE OF TREADMILLS

Running Exercise

1. It enhances physical fitness, reduces fat, and strengthens the function of heart, lungs and circulatory system.
2. Running exercise can increase the secretion of hormones, which can eliminate the feeling of stress in people.

Exercise Tips

Notes before working out

This machine should not be used continuously for more than 8 hours a day, and the weight of the user should not exceed 400 lbs (180kg);

You should first stand with your feet apart on the pedals on both sides, hold the handrail to keep your body balanced, and when the running belt starts to move carefully step on it and start exercising.

Fitness Guide

Anyone who is over 35 years old, or who is not over 35 years old but has a heavier body weight, should consult a doctor before starting any fitness exercise program, while users who suffer from diabetes, hypertension, family history of heart disease, high blood fat, or who have not exercised for a long time, should arrange to do a medical checkup and a tension test by a professional before the start of the fitness program for the sake of insurance.

Medical research results show that a certain amount of exercise can promote the recovery of our cardiopulmonary system function and muscle tissue, while in the fitness exercise to control the exercise intensity in the maximum heart rate of 60% -85% of the most safe and effective, because this interval can achieve the effect of different needs of the workout, and do not have to produce excessive exercise and other injuries brought about.

Maximum Heart Rate vs Exercise Heart Rate Interval

- Use the following formula to calculate the maximum heart rate and exercise interval (using 35 years of age as an example)
Maximum heart rate = $220 - \text{actual age}$ ($220 - 35 = 185$ beats per minute)
- Upper Exercise Heart Rate = Maximum Heart Rate * 85% ($185 * 85\% = 157$ beats per minute)
- Lower limit of exercise heart rate = Maximum heart rate * 60% ($185 * 60\% = 111$ beats per minute)

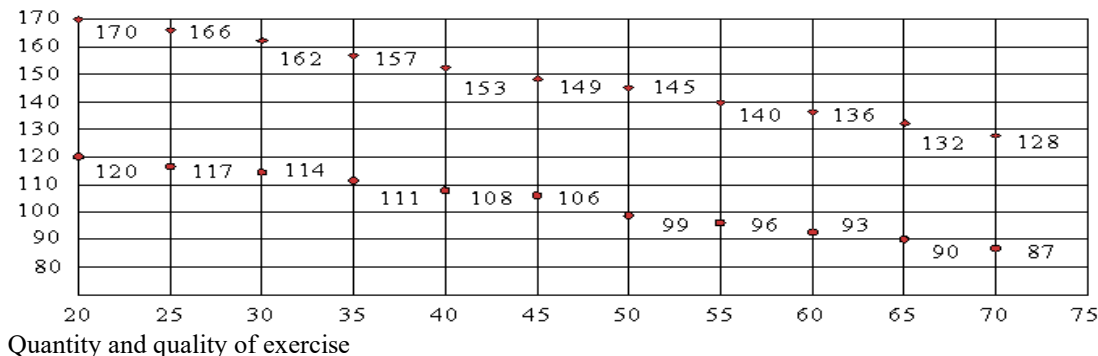
Then the exercise heart rate range is 111-157 beats per minute.

ROUTINE MAINTENANCE

Heart Rate Comparison Chart (Table I)

(Safe heart rate zones for different age groups)

Heart Rate Counts



The following is the amount of exercise recommended by the American College of Sports Medicine for healthy adults aimed at improving and maintaining cardiorespiratory fitness:

- Perform large muscle group, sustained, rhythmic aerobic activity;
- To 20-60 minutes of uninterrupted aerobic activity;
- Exercise 3-5 times per week;
- Exercise at an intensity that stays in the workout zone of 60-80% of maximum heart rate;
- In addition to aerobic workouts, fitness programs should also include moderate-intensity strength exercises 2 times per week.

Routine Maintenance

Maintenance Issues

1. Before starting maintenance, unplug the power supply;
2. Check for possible loose parts and tighten them;
3. Clean the outside surface of the machine and the operating panel with a damp cloth, never use any alkane products to clean any part of the machine;
4. Clean the surface of the running board with a clean lint-free cloth.

Maintenance of Running Boards and Belts

Although it is difficult to predict exactly when lubrication is required, it is usually time for maintenance when the user feels a slight shudder or a short pause when stepping on the running belt, please refer to the following maintenance guidelines:

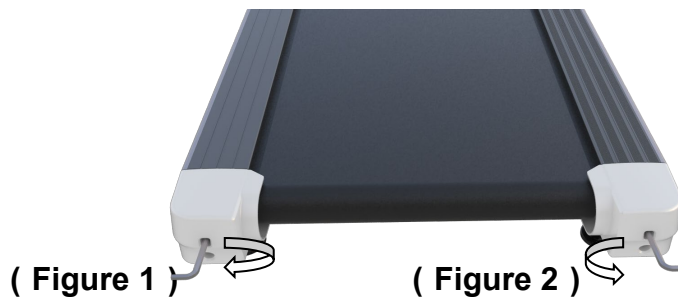
1. Wipe the entire running board with a clean, lint-free cloth;
2. Spray silicone lubricant evenly, the quantity is about 5~10 ml/m² (please use medium grade lubricant or above);

Maintenance of Running Boards and Belts

- a. Under normal use (2 hours of daily use), maintenance should be performed again 1 month after the last lubrication;
- b. Pull up the running belt and lubricate between the belt and the running surface, do not overdo it to avoid excess lubricant spillage when the belt is running.

Belt Adjustment

Proper running belt adjustment is extremely important for the safe operation and smoothness of the running platform. If the running belt is too loose, you will feel a slight shiver when you step on the running belt (if such a thing happens, see Maintenance of Running Boards and Running Belts for lubrication and maintenance in the first place). Adjust the running belt as follows: tighten it clockwise (see Fig. 1) and loosen it counterclockwise (see Fig. 2).



MAINTENANCE TERMS & CONDITIONS

Other Instructions:

The running belt adjustment screw is located on the end cap at the back of the running belt, both sides of the screw must be evenly tensioned, usually encountered running belt slippage, must be clockwise tensioned 1/8 turn, and then observe whether it slips, if it still slips and then tighten 1/8 turn until no longer slippage. Remember: Tension the belt only 1/8 turn at a time to ensure that it is not over-tensioned, as over-tensioned rollers can cause considerable damage to the running surface.

If the running belt deviates to any side of the running surface, please loosen the other side of the screw 1/8 turn counterclockwise, and then idling at 6KM/H for about 2 minutes, observe whether the running belt is in the center, if not, repeat the above steps.

Maintenance Terms & Conditions

The Company entrusts its regional agents with the responsibility for the maintenance of electric walkers, which are subject to the condition that they are subject to failure of material or workmanship under normal use, i.e., the Company is responsible for the maintenance or replacement of any defective parts at no cost to the original purchaser, subject to the following conditions:

Beneficiary

This warranty benefits, and is non-transferable, the individual or legal person named on the warranty card by the Company or the agent.

Warranty registration

The questionnaire is valid only if the completed questionnaire (including the body number and factory number of the unit) is returned for registration within 15 days of purchase.

If the questionnaire has not yet been registered, it is necessary to submit a proof of purchase issued by the Company's designated dealer, otherwise the Company will not consider any repair matters.

Warranty Coverage

Rack - Lifetime;
Electronic instruments - 12 months;
Mechanical parts - 12 months;
Drive motor - 24 months;
Running belt and running board - 12 months;
Wear parts - 12 months;
Free labor - 6 months.

No Warranty Coverage

- Any private opening of the motor cover of the electronic meter or electrical control section.
- Any arbitrary alteration, modification, misuse, abuse, accident, improper maintenance or loss, alteration or damage of the body number label, the Company is not responsible for the repair of part or the whole machine. If the unit is to be returned to us for repair, the user must pack it properly to avoid damage during transportation.

COMMON SYSTEMS PROBLEMS & TROUBLESHOOTING

Parts and Services

- Please contact the dealer or the Company.
- The Company is not responsible for extended service arranged by the merchant.

Common Systems Problems & Troubleshooting

Problem	Possible Cause	Troubleshooting
After turning on the power switch, no display	- The power plug is not plugged in properly - The fuse is blown out	- Re-plug - Disconnect power and replace fuse
Self-stopping , normal display	Automatic System Protection	Press Start to restart
The running belt is not running properly, normal display, and there is a humming sound	Input voltage is too low	Input voltage as required
Normal when unloaded, stalls when people walk	Check if running belt is too loose	Adjust the elasticity of the running belt correctly
The display is not normal, or does not show Invalid Key operation	- Due to external interference - Disturbances in the operation of the electronic meter	Turn off the power switch, then turn on again after 1 minute
Lift button operation is not working; The lift motor stays in the temperature hold; The lift motor stays in the last operated position of the temperature protection switch	- The lift motor runs for a long time - The temperature rises to 125°C, the temperature protection switch is activated and automatically cuts off the power	- Turn off all power sources - Deactivate for about 25 minutes and allow temperature to drop and then turn back on again for use

QUESTIONNAIRE

Customer Name :

Date of Purchase :

Age :

Sex:

Customer Address :

Contact Phone No.:

Cell Phone:

Dealer Name:

Contact Person:

Dealer Address:

Dealer Contact Phone No.:

Machine Model No.:

Factory No.:

Body No.:

Marital Status :

Single		Married		with Children		Other	
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How often do you exercise?

Every 2 days		Every 3 days		Weekly		Bi-Monthly		Monthly		Longer	
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Where do you usually work out?

Gym		Home		Parks		Schools		Others	
-----	--	------	--	-------	--	---------	--	--------	--

What kind of gym equipment fo you usually use?

Motorize d Treadmill		Mechanical Treadmill		Exercise Bike		Walker	
Elliptical Machine		Strength Trainers		Bar Dumbbells		Others	

How did you find out about the gym?

Sports Expo		Boutique Display		Shopping Malls		Gym Use	
Television Ads		Newspaper/ Magazine Ads		Referral from friends		Others	

Please fill in the following deciding factors that determined your purchase of fitness equipment :

Factor	Very Important	More Important	Average	Not Important
Reputation of the company				
Sense of value				
Price				
Quality				
Structure				
Appearance/Color				
Comfort/Fitness				
Gym Recommendation				
Recommended by friends				
Recommended by dealers				

MACHINE SPECIFICATIONS

- Maximum load: 400 lbs (180kg);
- Power supply: 110V AC, 50Hz;
- Rated power: AC3.0KW;
- Line control: PWM drive control contains built-in safety protection device;
- Electronic meter: LED display screen
- Running board: 1425×690×25mm, multi-point shock absorption design;
- Incline range: 0-18%;
- Speed range: 1-24 kilometers per hour;
- Heart rate test: hand held sensor to test heart rate;
- Running belt specification: 3340×540×2.5mm;
- Armrest foam: PU;
- Running surface size: 160×60cm;
- Designed for: commercial use;
- **Load continuous running time: ≤ 8 hours.**