

# FRENCH FITNESS

FF-CT80

FRENCH FITNESS CT80 MANUAL CURVE  
TREADMILL W/RESISTANCE

ASSEMBLY MANUAL



## FEATURES

- Transport Wheels in front & Handles in rear for easy transportation
- Non- motorized Zero- energy consumption
- Pure green energy treadmill
- Creative crawler belt without running board design ensures that the running belt has no sideways deviation and waxing.
- Fully shock- absorbing, safe and comfortable
- Creative precision bearing transmission system, smooth, zero drag and stick
- Lower noise, power consumption, failure rate and maintenance cost
- Eliminates the slippage of traditional running belts
- Accurate speed, no block or cover of running area, wider field of vision, easier for gait analysis

## TECH SPECS

- 8 Resistance Levels
- Run at no resistance
- Jog at low resistance
- Walk / Push at medium resistance
- Sled Push at high resistance
- Non- motorized
- Power: Cordless (Self Generated); Display uses batteries
- Speed: Resistance adjustment by a rotary knob
- Console Readouts: Time, Distance, Calories, and Speed
- Running belt size (L x W) : 67 in x 18 in (1700 mm x 440 mm)
- Weight: 346 lb (157 kg)
- Dimensions (L x W x H): 78 in x 34 in 59.5 in (1981 mm x 864 mm x 1511 mm)

## WARRANTY

**10 Years Parts, 1 Year Labor (Commercial)**

# TABLE OF CONTENTS

SAFETY CAUTIONS .....	4
TECHNICAL STANDARD.....	6
MACHINE DIAGRAM .....	7
INSTALLATION, STEP 1: ASSEMBLY OF TREADMILL BODY.....	8
INSTALLATION, STEP 2: CALIBRATING RESISTANCE .....	10
INSTALLATION, STEP 3: CONNECTING + INSTALLING CONSOLE.....	11
OPERATION GUIDE .....	13
PACKING LIST .....	15
EXPLOSIVE VIEW .....	16
PARTS LIST .....	17
TREADMILL MAINTENANCE .....	22

## SAFETY CAUTION

**Please read all precautions and instructions in this manual before using this equipment.**

1. This Curve treadmill is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
2. This Curve treadmill is suitable for indoor use, do not use it outdoors or in high humidity situation. Do not splash water or any other liquid on the treadmill. Do not put or insert any abnormal things on the treadmill.
3. Please ensure its 4 feet on the ground when using it and placed it smoothly. There should retain 2000 mm \* 1000 mm of safety space behind the treadmill.
4. When using the treadmill, please wear appropriate sportswear and sports shoes. For the exerciser who use the treadmill for the first time, professional guidance will be needed. In the event of an emergency, stop the machine immediately.
5. It is forbidden to let two or more people stand on the treadmill at the same time, the maximum load weight is 170 kg.
6. The heart rate sensor is not professional medical equipment, there are many reasons which can cause inaccurate detection, test results are for reference only.(Hold the heart of the handrail with both hands, several seconds later, to get a relatively accurate heart rate).
7. The action guidance:
  - A. Aerobic exercise : energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, enhance physical fitness, loss weight.
  - B. When using this treadmill for the first time, exerciser needs to hold the handrail to keep the balance.
  - C. People can only walk down the treadmill after after safety confirmation.
8. Any part of treadmill can not be in loose status.
9. Never touch any parts of running treadmill with your finger.
10. People with long hair should pay attention to the safety of hair when using this treadmill.

11. When you feel uncomfortable when using this treadmill, please stop immediately and consult to the doctor.
12. Please check and make sure every bolt and screw was locked tight every time before you start to use the treadmill. If any of them is loose, please change or fixed it.
13. There must be the mark of “Stop” in maintenance.
14. If there is abnormal noise or other abnormal situation of the treadmill, please stop running immediately and contact our after-sales department immediately, or seek professional help.
15. This treadmill is coincident to the type of SC in EN 957-6.

## TECHNICAL STANDARDS

**Input supply voltage:** four-cell dry battery

**Time:** 0:00 — 99.59

**Distance:** 0.00 — 99.99 (km)

**Calories:** 0 — 999 (kcal)

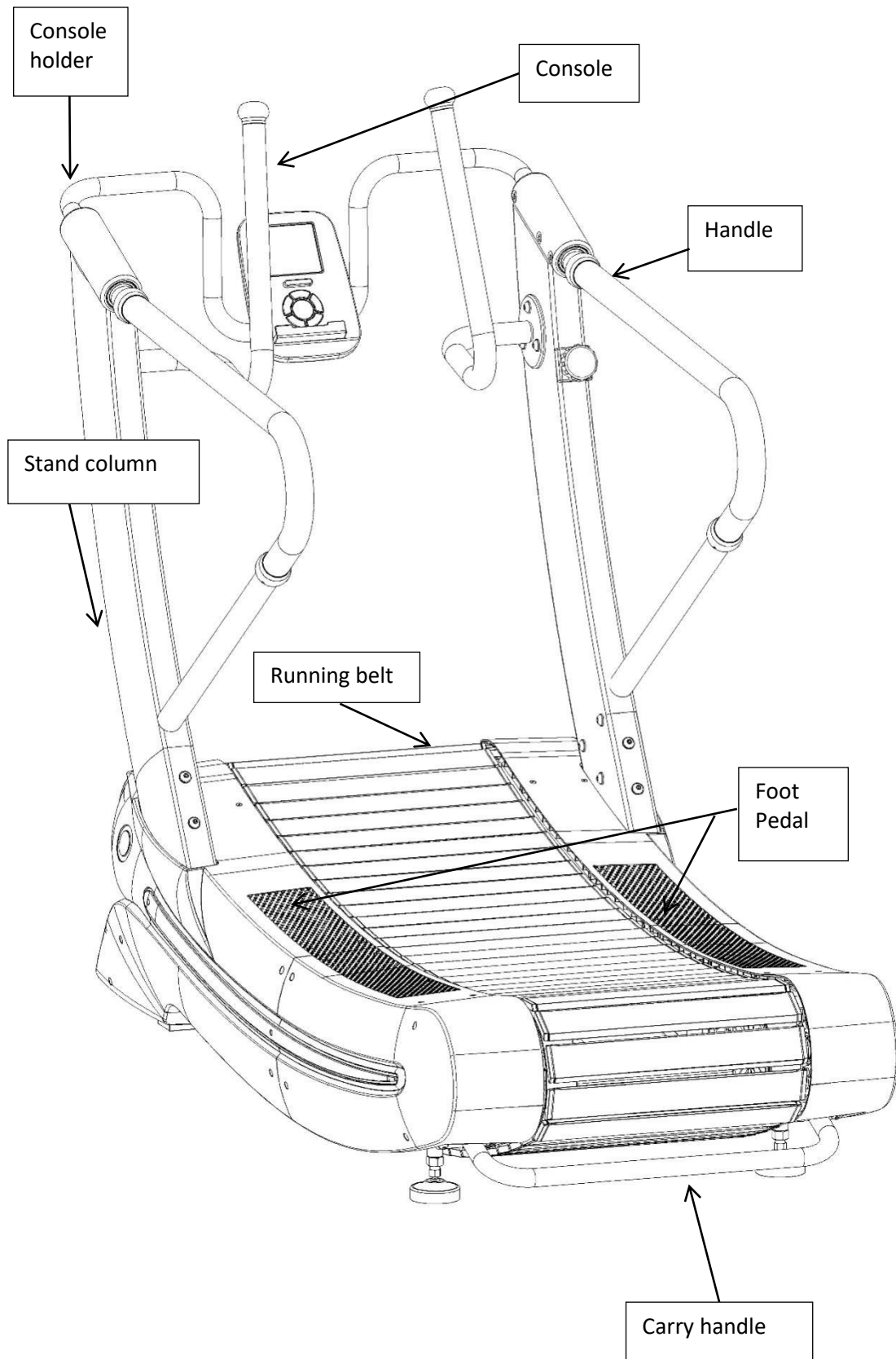
**Heart rate:** 60 — 300 (beats/min)

**Rotating speed:** 0 — 90 (KM/H)

**Resistance adjustment level:** 1 — 8

(at 1, the resistance is 0, at 8, the resistance is maximum)

# MACHINE DIAGRAM



## INSTALLATION, STEP 1: ASSEMBLY OF TREADMILL BODY

Taking easy-assembly as the principle:

User Manual of this section is designed to ensure that the treadmills can be assembled correctly and easily.

- Considering the big size of the treadmill, please select the location where the treadmill will be placed and ensure there is enough space around it.
- Place all parts of the treadmill in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.
- All bolts must be tightened during the assembly process unless otherwise stated, and all bolts must be tightened when the assembly work is completed.
- When assembling the treadmill, please make sure all parts are assembled according to the assembly drawing.



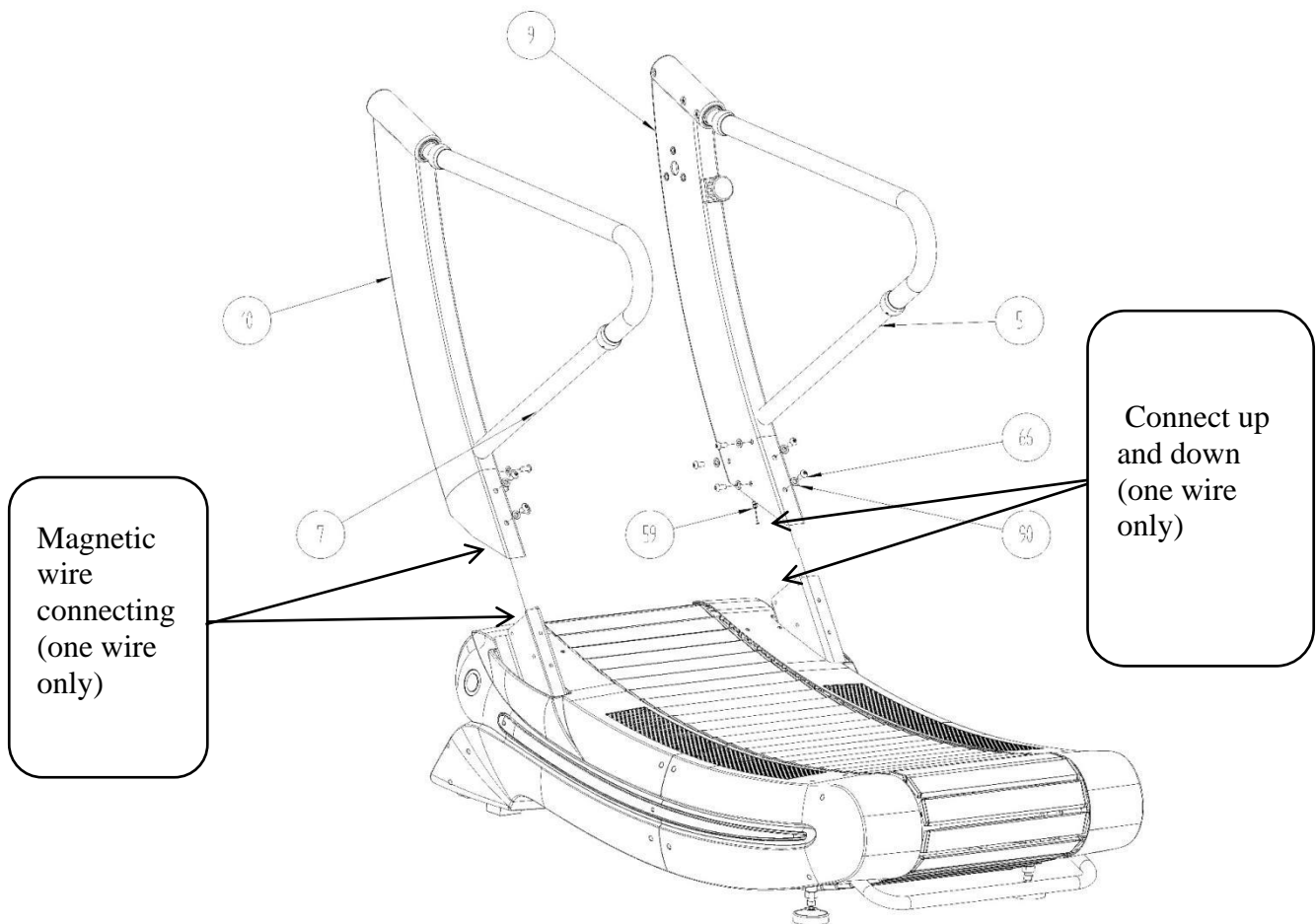
### Assembly step one:

Connect the magnetic induction line and assemble the stand column.

Assembly instructions:

- 1) Remove the packing materials on both sides of the stand column.
- 2) Fix the stand column to the corresponding position of the main frame as shown in the picture below.

Note: Connect the magnetic line below.



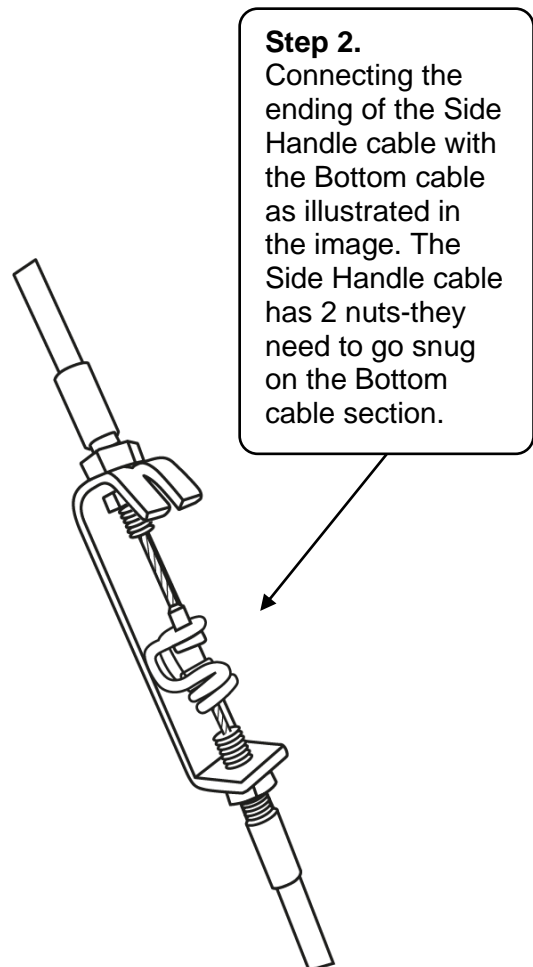
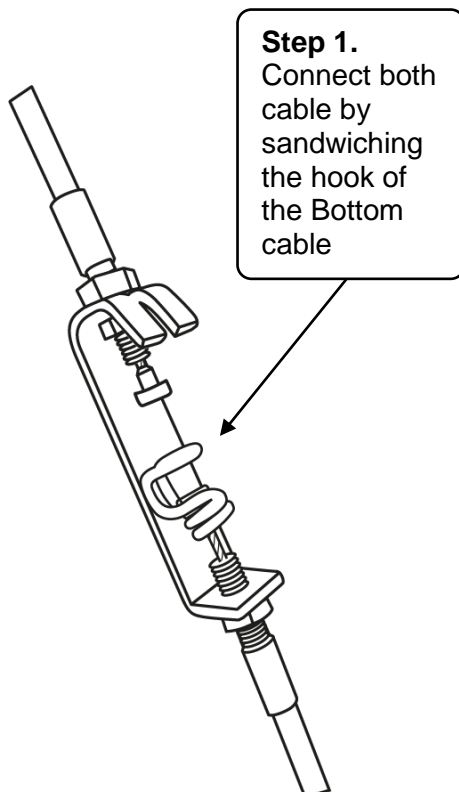
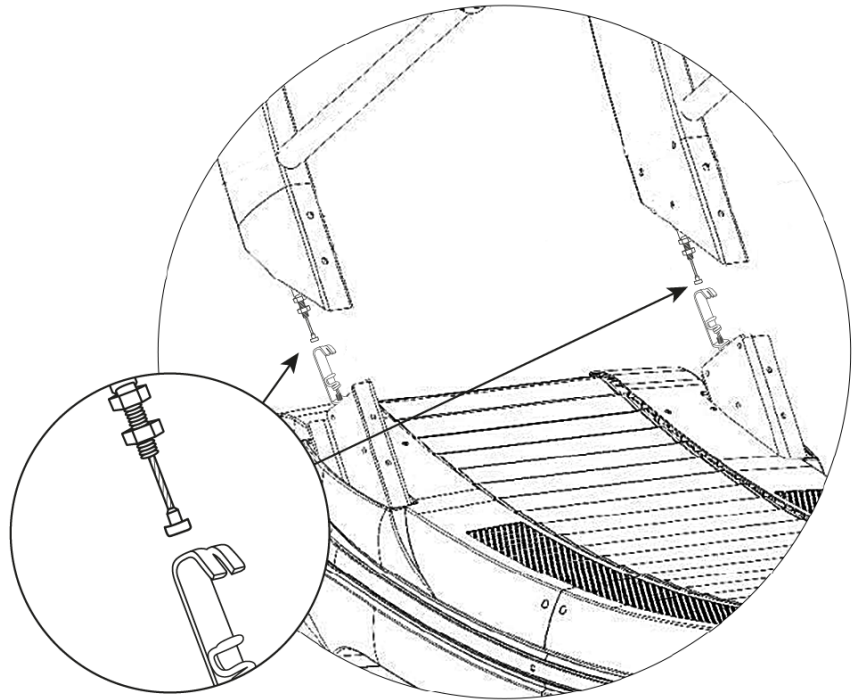
## INSTALLATION, STEP 2: CALIBRATING RESISTANCE

### Connecting and Adjusting Resistance:

Connecting please see steps 1 and 2 below.

### Adjusting:

The nut on the Side Handle cable can be either moved up or down on the thread. The 2 nuts must always sandwich the hook firmly otherwise the cable can move out of the adjustment and resistance will not be changed.



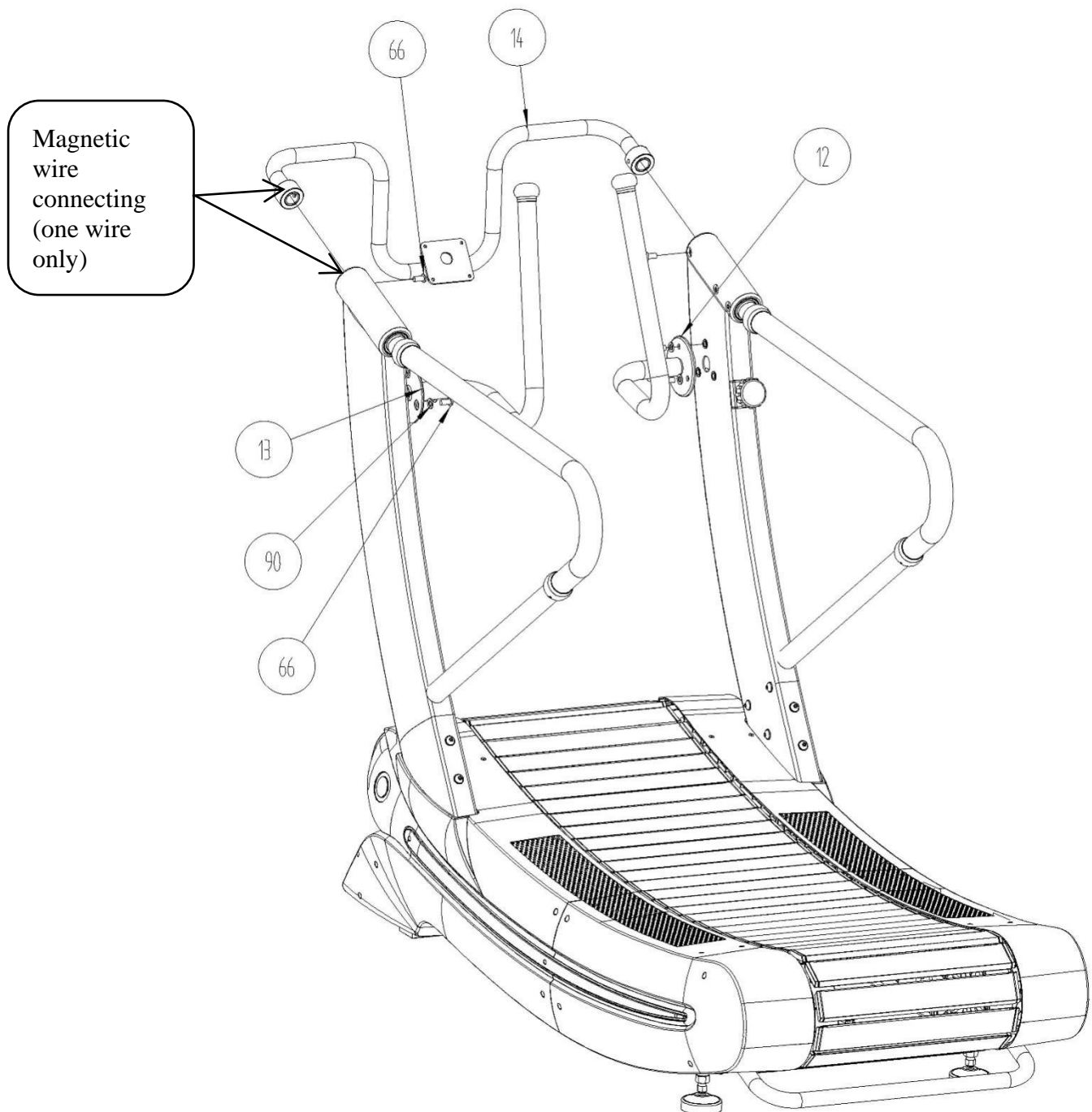
## INSTALLATION, STEP 3: CONNECTING + INSTALLING CONSOLE

### Assembly step two:

Connect the magnetic induction line, assemble the console holder and handrail


Assembly instructions:

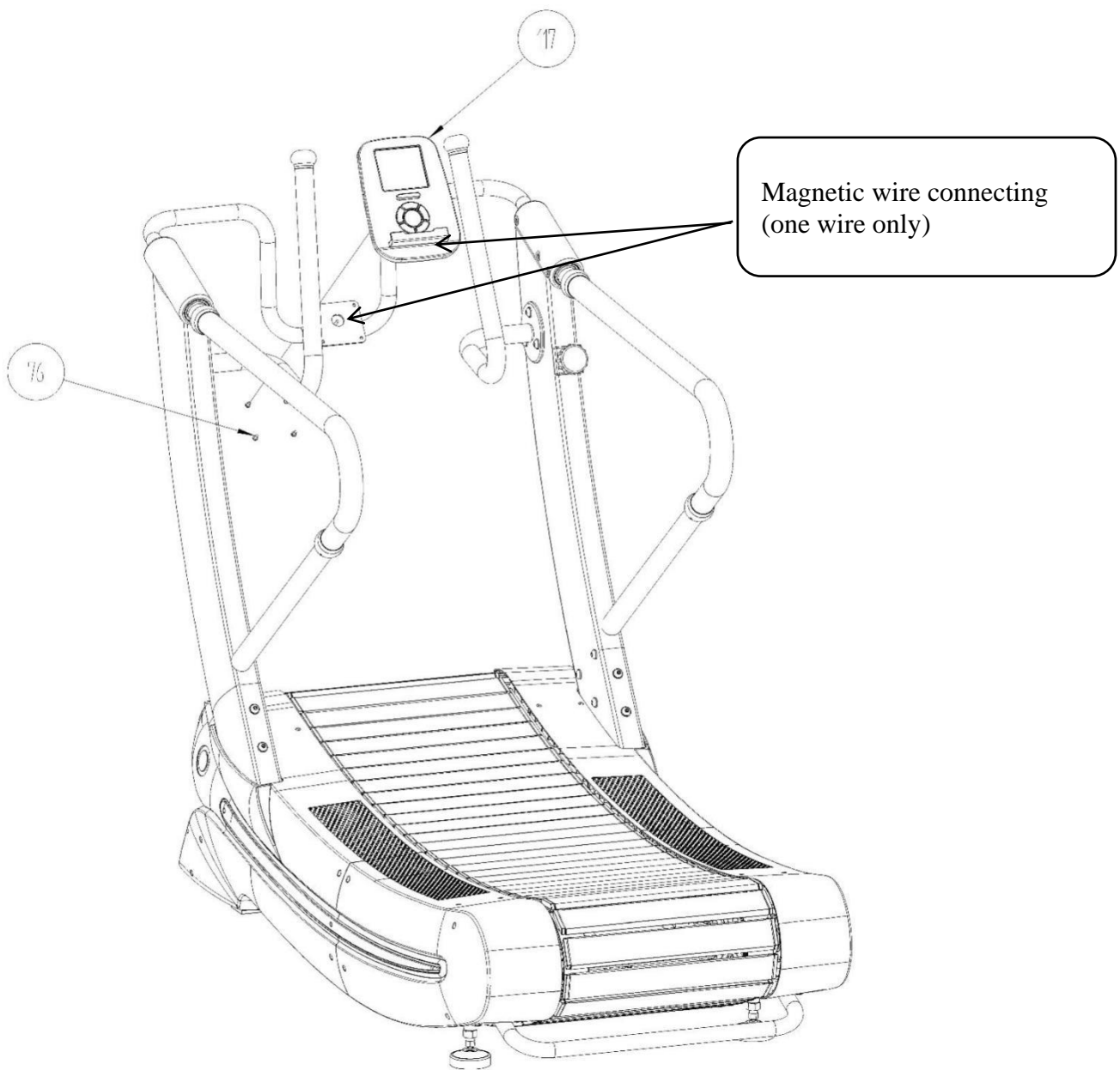
- 1) Connect the magnetic induction line of the console holder to those in the stand column.
- 2) Fix the console holder tightly with the stand column as shown in the picture below, using 2 pcs of (27).
- 3) Fix the handrail tightly with the stand column as shown in the picture below



**Assembly step three:**

Assembling the console; connecting the magnetic line

- 1) Connecting the magnetic line of the console with the line in the holder console holder.
- 2) After connected the magnetic line, place the console at the joint of console holder and fasten it (as shown), using 4pcs of (13) and 4pcs of (14).
- 3) Stepping on the running belt run it, and press the button  to start the treadmill, check the machine is running normally or not, the console data display is comprehensive and accurate or not.
- 4) If the machine runs normally, all bolts are tightened in place, then, the treadmill is assembled;



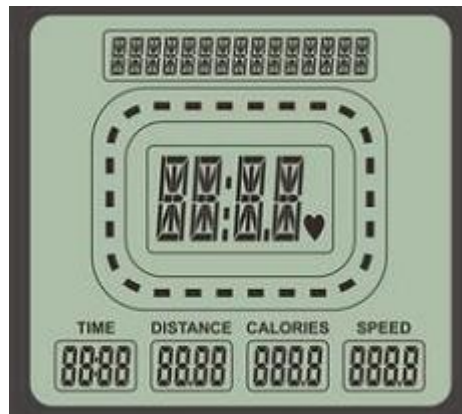
# OPERATION GUIDE

## Console Introduction:

This treadmill adopts console model, four dry battery power supply, low power consumption, no external power supply required;

This treadmill interface has only one main interface, with six buttons to achieve the purpose of use, the specific operation methods of the treadmill are as follows:


### 1. Home page








The main interface is used to display device name, time, distance, calories, speed,

### 2. Six button



(1)  Start/Stop button. In standby mode, all data will start counting only when you click this button. Click this key while running, and all data will stop counting.

(2)  Numerical plus key: For numerical addition on numerical setting interface, growing rate: +1

- (3)  Numerical minus key: For numerical reduction on numerical setting interface, reduction rate: -1
- (4)  Program setting key: Click this key to start program setting, consist of body fat test; time reciprocal, distance reciprocal, calories reciprocal and heart rate monitoring five kinds of procedures;
- (5)  Reset key: Touch this button (no more than 3s) to back step.; Long press this key (more than or equal to 3s) to return to the initial interface, all data will be reset.
- (6)  Confirm key: Confirm key for data and program selection. numerical modification confirmation;

#### **Resistance knob operation instruction:**

This treadmill uses a knob to adjust the resistance of the wire. As shown in the picture it is divided into 1-8 gears from left to right, and the resistance increases gradually



## PACKING LIST

- |                                     |           |
|-------------------------------------|-----------|
| 1. Main frame assembly              | one piece |
| 2. Right side stand column handrail | one piece |
| 3. Left side stand column handrail  | one piece |
| 4. Console welding assembly         | one piece |
| 5. Console                          | one piece |
| 6. Whole Screw                      | one piece |

# EXPLOSIVE VIEW





## PARTS LIST

Item	Description	QTY
1	TZ04-SP03-0402 Left side cover	1
2	TZ04-SP03-0403 Running belt rack	1
3	TZ04-SP03-0407 Right side support group	1
4	TZ04-SP03-0408 Carry handle	1
5	TZ04-SP03-0411 Right handle group	1
6	TZ04-SP03-0415 Left side support group	1
7	TZ04-SP03-0416 Left handle group	1
8	TZ04-SP03B-0417 Right side cover	1
9	TZ04-SP03-0410 Right side stand column welding part	1
10	TZ04-SP03-0414 Left side handle welding part	1
11	TZ04-SP03B-0420 Belt pulley rack	1
12	TZ04-SP03B-0421 handrail group	1
13	TZ04-SP03B-0422 handrail group	1
14	TZ04-SP03B-0423 condole welding group	1
15	TZ06-SP03-0603 Back axle	2
16	TZ03-SP03-0614 Footing	2
17	M16 Footing	2
18	TZ06-SP03-0612 Front wheel	4
19	TZ02-SP03-0236 bearing holder	1
20	TZ-5013-0211 Small round baffle	4
21	TZ03-SP03-0308 Small bearing spacer	94
22	TZ03-SP03-0311 Adjustable aluminum wheels	15
23	TZ03-SP03-0307 Big bearing spacer	32
24	Front wheel	2
25	Running belt unit	60
26	TZ02-SP03-0235 Running belt fixed sheet metal	120
27	601 Plastic part	2

<b>Item</b>	<b>Description</b>	<b>QTY</b>
28	TZ03-SP03-0309 inside bearing spacer	4
29	Probe fixing piece	1
30	Probe	1
31	TZ02-SP03-0239 Counter fixing piece	1
32	608 Bearing	128
33	TZ10-SP03-1002 Foam tape	4
34	TZ03-7039-0324 Handle spacer (aluminum	4
35	TZ02-SP03B-0244 Ventilated aluminum pan	1
36	TZ02-SP03B-0246 Magnet fixed sheet metal	1
37	TZ02-SP03B-0247 Magnet fixed sheet metal	1
38	TZ02-SP03B-0250 Aluminum plate fixed sheet metal	1
39	TZ03-SP03B-0333 Set screw	1
40	TZ03-SP03B-0328 Small pulley	1
41	TZ03-SP03B-0327 Big pulley	1
42	TZ03-SP03B-0331 Support column	3
43	TZ03-SP03B-0332 Spacer nylon sleeve	1
44	TZ10-SP03B-1006 Strong magnetism	8
45	TZ02-SP03B-0251 Wire drawing sheet metal	1
46	TZ-7022-0123E	1
47	TZ-7022-0202 Flywheel shaft	1
48	TZ-7022-0123D	1
49	TZ03-SP03B-0008 Aluminum handle	2
50	039 Shock-absorbing positioning block	1
51	TZ03-SP03-0326 Reinforced casing	8
52	GT009	2
53	FL005 Bearing pedestal	4
54	6205 Bearing	1
55	TZ05-7037-0120 Tension spring	1

<b>Item</b>	<b>Description</b>	<b>QTY</b>
56	TZ10-SP03-1003 Foam tape	2
57	TZ17-SP03-1701 Running belt	2
58	5039 Soft spring	1
59	TZ10-SP03B-1004 Pull up Line	1
60	TZ10-SP03B-1005 Pull down line	1
61	φ 30	2
62	8PJ420 Belt	1
63	M8X40L-N1 Hexagon socket cap screws	94
64	Φ 8 Gasket	169
65	M8X7t-S1 Lock nut	136
66	M10X20L-N2 Hexagon socket screw	22
67	8X25 Flat key	4
68	Φ 22X φ 13X1.5t-C1 Washer	2
69	M12X30L-N1 Hexagon socket cap screws	2
70	M6X8L-J1 Set screw	12
71	M8X16L-N2 Hexagon round screw	8
72	M10X100L-N1 Hexagon socket cap screws	2
73	8X14 Flat key	2
74	M10X15L-N2 Hexagon round screw	4
75	M8X45L-N1 Hexagon socket cap screws	14
76	M5X10L-A1 Cross plate circular bolt	32
77	M4X12L-M1 Cruciform slotted screw	6
78	M8X50L-N1 Hexagon socket cap screws	2
79	M16X14.8 Nut	2
80	M5X12L-A1 Cross plate circular bolt	240
81	M5X20L-N3 Hexagon countersunk head screw	20
82	M10X60L-N1 Hexagon socket cap screws	8
83	M10X9t-S1 fasten the screw nut	8

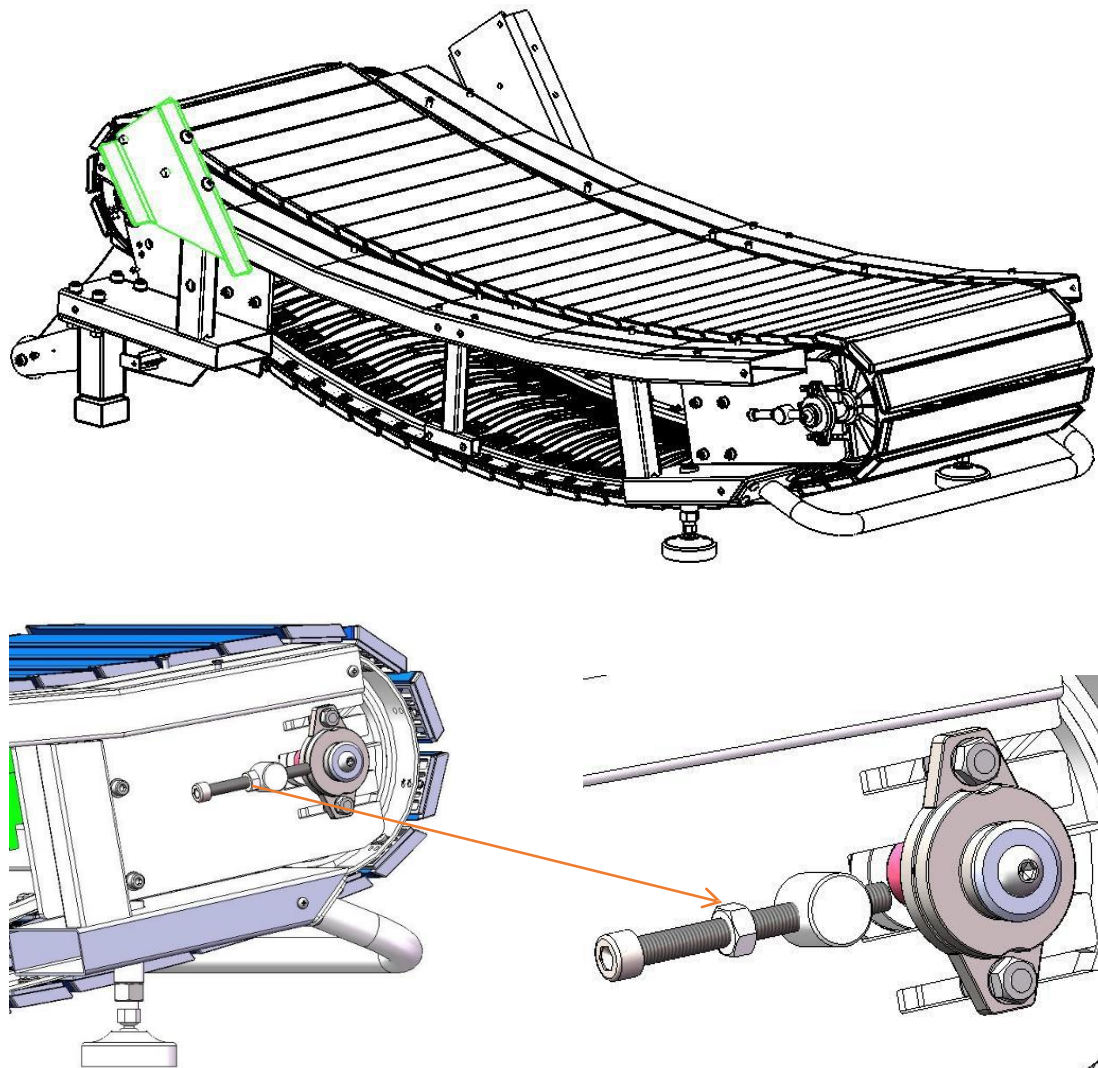
<b>Item</b>	<b>Description</b>	<b>QTY</b>
84	M8X55 Carriage bolts	2
85	M8X25 Carriage bolts	6
86	M6X14L-N2 Hexagon round screw	1
87	M6 Nut	1
88	M5X8L-J1 Set screw	8
89	M10x8t-S2 Nut	3
90	Φ 20 X Φ11 X 1.0t-C1 washer	32
91	M8X25L-N1 Hexagon socket cap screws	16
92	M4X10L-A1 Cross plate circular bolt	1
93	M4X15L-A1 Cross plate circular bolt	2
94	M6X16L-N3 Hexagon countersunk head screw	8
95	M8X16L-N1 Hexagon socket cap screws	7
96	M10X50 Set screw	1
97	8X20-N Set screw	1
98	Φ 12 X Φ6.6 X 1.0t-C1 Washer	8
99	M6X50L-N1Hexagon socket cap screws	1
100	M6X6t-S1 locknut	1
101	6001 Bearing	2
102	M8X16L-N3 Hexagon countersunk head screw	1
103	M6X15L-N1Hexagon socket cap screws	5
104	M12X35 Set screw	1
105	M8X35L-N1 Hexagon socket cap screws	1
106	M10 Hexagonal Ram	6
107	Φ 10 X Φ5.5 X 1.0t-C1 Washer	240
108	M8X40L-N3 Hexagon countersunk head screw	2
109	M6X10L-N2 Hexagon round screw	1
110	TZ06-SP03-0603 right front cover	1
111	TZ06-SP03-0604 right behind cover	1

Item	Description	QTY
112	TZ06-SP03-0605 Right side trim strip	1
113	TZ06-SP03-0606 Right side protecting case	1
114	TZ06-SP03-0611 Decorative ring	2
115	TZ06-SP03-0607 left front cover	1
116	TZ06-SP03-0608 left back cover	1
117	TZ06-SP03-0616 Console	1
118	TZ06-SP03-0609 Left side trim strip	1
119	TZ06-SP03-0610 Left side protecting case	1
120	φ40 rubber	2
121	Counter magnet	1

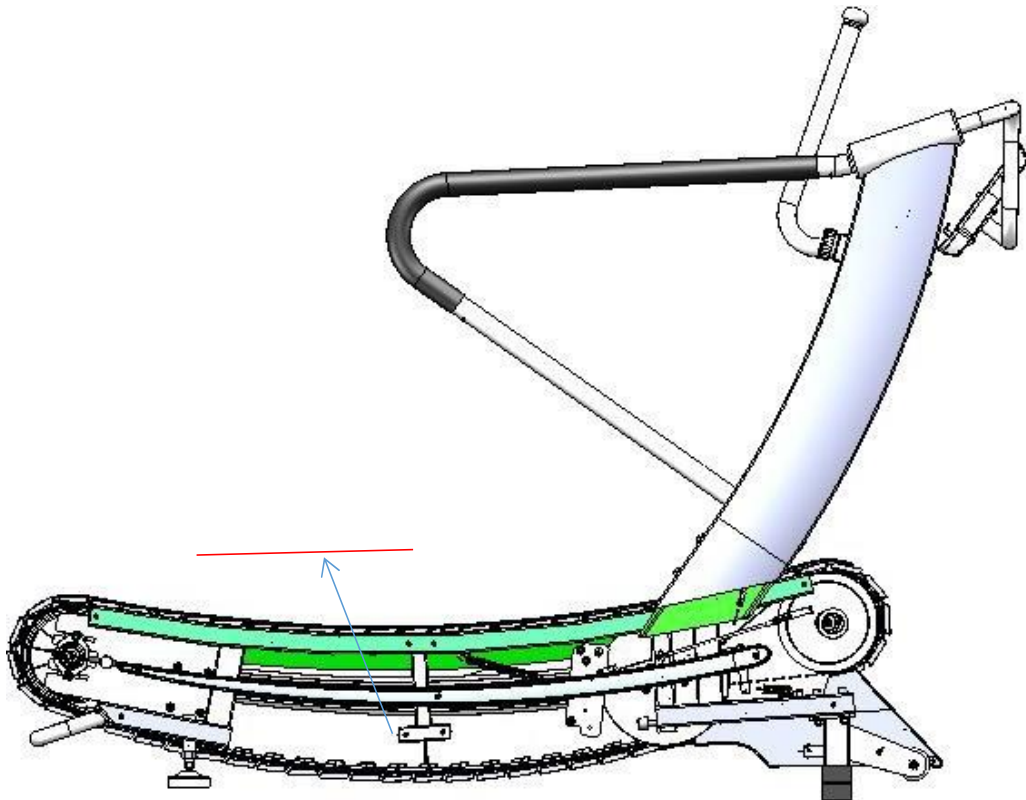
## TREADMILL MAINTENANCE

For gym, after about 2 months of use, please tighten the running belt. For home, after about 6 months of use, pls tighten the running belt. Usually when the running belt is loose, pls adjust it.

The operation is as follows:



Loosen the nut here and turn the screw forward to debug the loosening of the running belt, and then lock the nut. (On the contrary, loosen the nut and turn the screw backward to debug the problem of running belt tightness)



The distance between the running track and the ground is adjusted to 11 cm (the upper and lower tolerances are 1 cm)