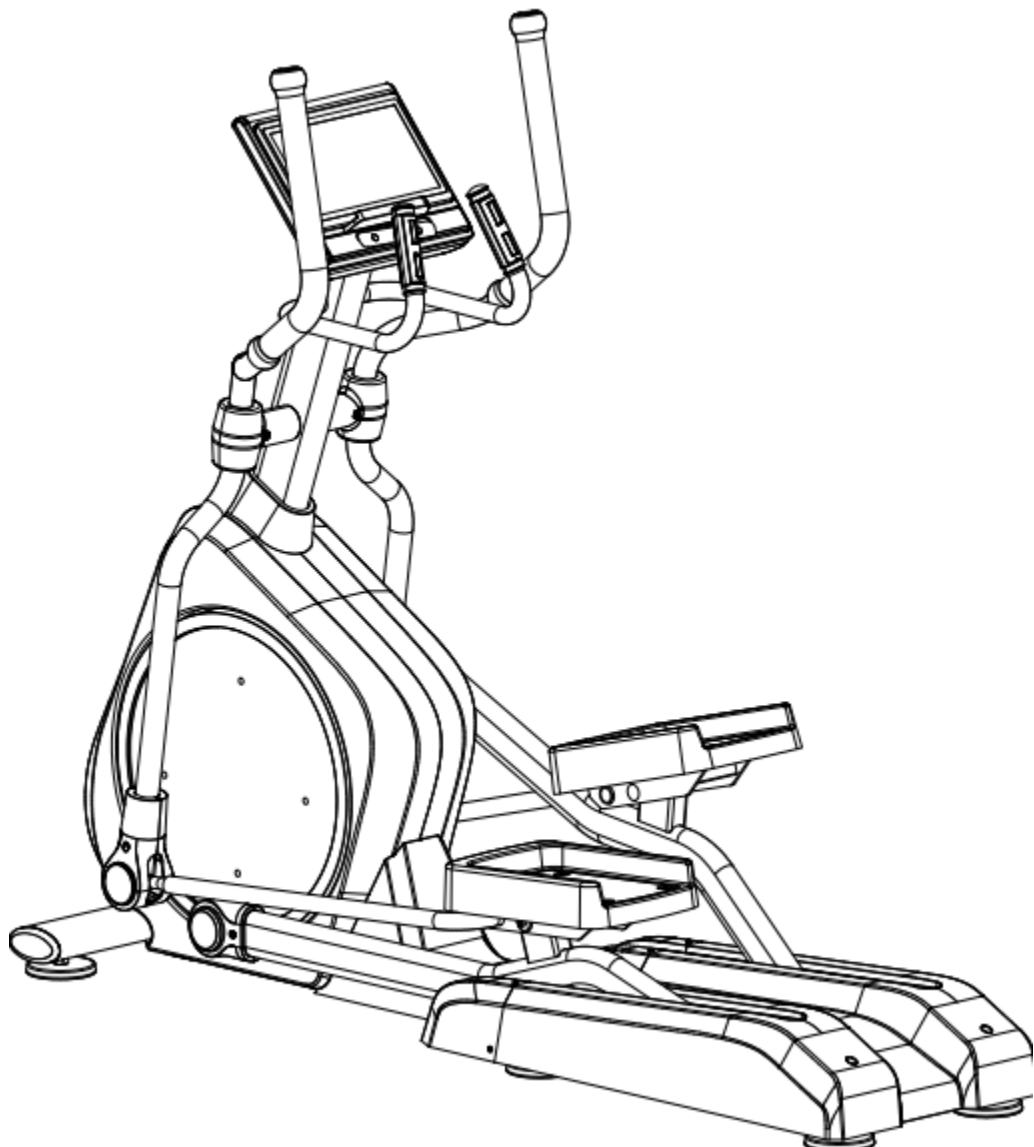


FRENCH FITNESS

FF-E200

FRENCH FITNESS E200 COMMERCIAL ELLIPTICAL

ASSEMBLY MANUAL



FEATURES

- LED Display
- Input Power : 50W
- Range of resistance: 20 levels
- Heart rate: Touch Heart Rate Sensors
- Console display: Numerical Value, Time, Distance, Calorie, Speed, Resistance, Heart Rate
- Programs : 8 preset programs + 4 target programs
- Stride size: 20" (510mm)
- Foot distance: 3" (75mm)

TECH SPECS

- Weight : 253lb (115kg)
- Dimensions: 80"L x 26"W x 69"H (2030mm x 660mm x 1750mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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SAFETY PRECAUTIONS

Safety Tips: This safety manual lists important safety information. Please read it carefully before use.

1. The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
2. The elliptical machine should be placed indoors. Do not use it outdoors or in a place with high humidity. Do not allow water or other liquid to splash on the elliptical machine. Do not place or insert any foreign objects on the elliptical machine.
3. The elliptical machine should be used to ensure that the four corners are placed on the ground and placed stably and reliably. And the safety space of 2000mm*1000mm should be kept behind the elliptical machine body.
4. When using the device, please wear appropriate sportswear and 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.
5. It is not allowed to move two or more people on the elliptical machine at the same time. The maximum weight of the machine is 170 kg.
6. The heart rate sensor is not a medical device. Due to various factors (the sweat of the exerciser's palm, etc.), the measurement result is biased, and the measurement result is only for reference. (Hands hold the heart rhythm handrail and display a more accurate heart rate value after a few seconds).
7. Action guidance:
 - A. Aerobic exercise: It can consume energy, improve heart and lung function, speed up blood circulation, improve the overall quality of the human body, and achieve the purpose of losing weight and body sculpting.
 - B. The first time you use an elliptical machine, you need to hold the armResets with both hands to maintain your balance.
 - C. When adjusting the resistance, you must adjust it slowly, and the adjustment should be as small as possible.
 - D. The user must be able to walk down the treadmill if safety is confirmed.
8. Any device above the fuselage cannot be in a slack state.
9. Incorrect or overload training may cause damage to the motor and controller, accelerate the aging of the transmission system, and even cause personal injury.
10. It is strictly forbidden to touch any part of the elliptical machine in operation by hand.

11. Long hair users should pay attention to the safety of hair during the use of elliptical machines.
12. If you feel any discomfort or abnormal condition during use, stop exercising immediately and consult a doctor.
13. Before each use, please check the transmission parts for fastening. If it is loose, please tighten or replace it in time.
14. Elliptical machine During the maintenance and repair process, the machine accessories should have obvious suspension of use of the identification plate.
15. If the elliptical machine has abnormal noise or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or seek professional help.
16. This machine complies with the SC type in EN 957-6.

TECHNICAL STANDARD

Input supply voltage: DC15V±10%, 3A

Time display range: 0:00—99.59

Distance display range: 0.00—99.99Km

Heat display range: 0—999 (Kcal)

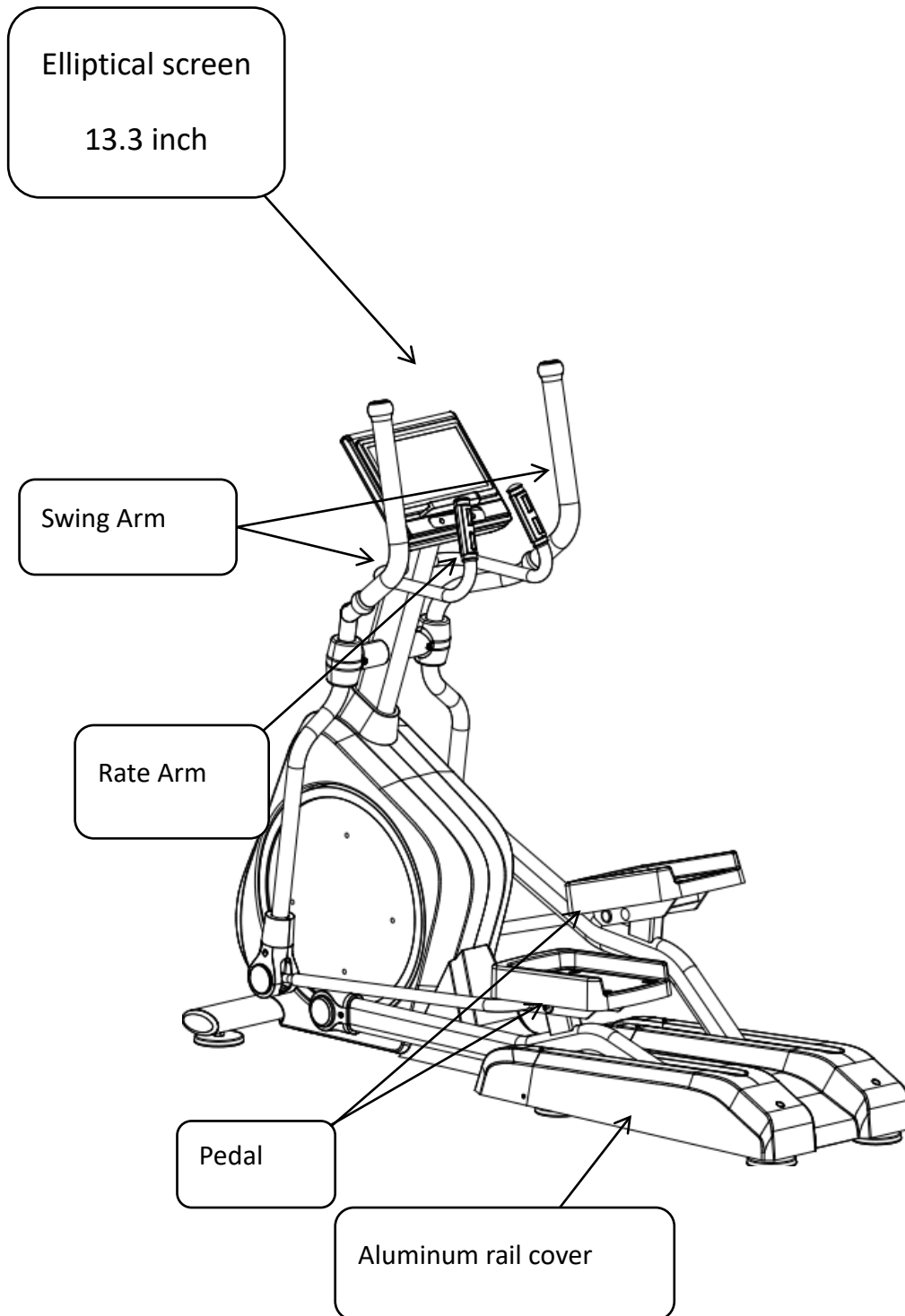
Heart rate display range: 50—256 (times/minute)

Resistance display range: 0—20

Speed display range: 0.0—99.99

Power cord specification: 10A AC250V

MACHINE DIAGRAM



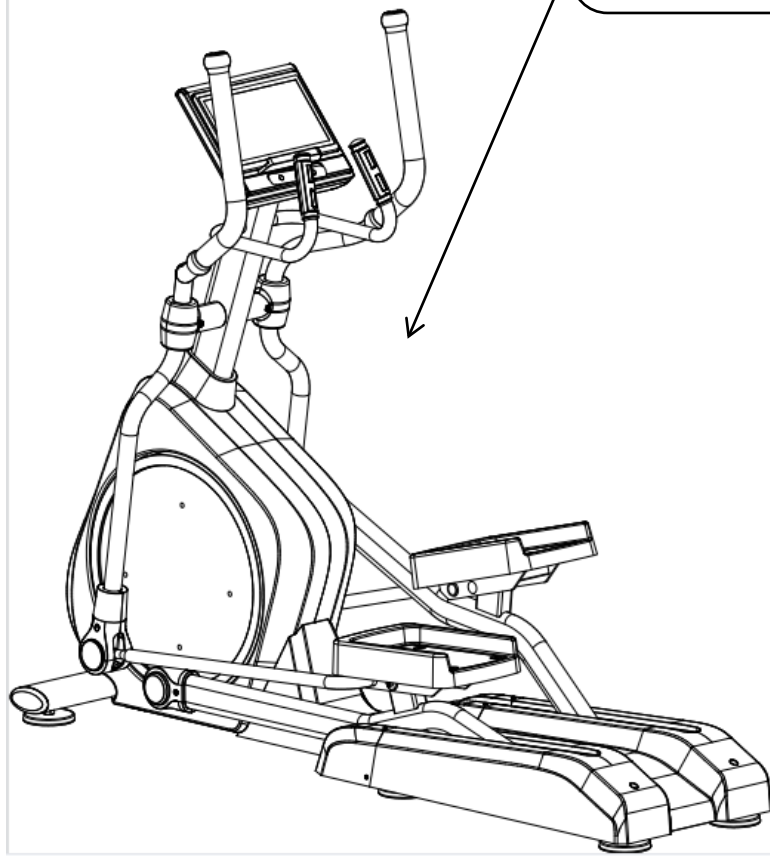
ASSEMBLY INSTRUCTIONS

Assembly easily is the principle

User Manual All of this section is intended to ensure that the elliptical machine can be assembled correctly and easily. According to the user manual assembly procedure, the assembly work will be very smooth.

- Due to the large size of the elliptical machine, please select the assembly location where the elliptical will be placed and ensure there is enough space around the elliptical machine.
- Place all parts of the elliptical machine in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.
- During the assembly process, unless otherwise stated, all bolts must be tightened and all bolts checked for tightness after assembly work is completed.
- When assembling the elliptical, make sure all parts are assembled according to the assembly drawing.

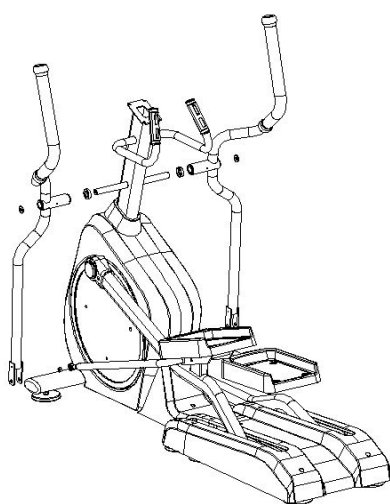
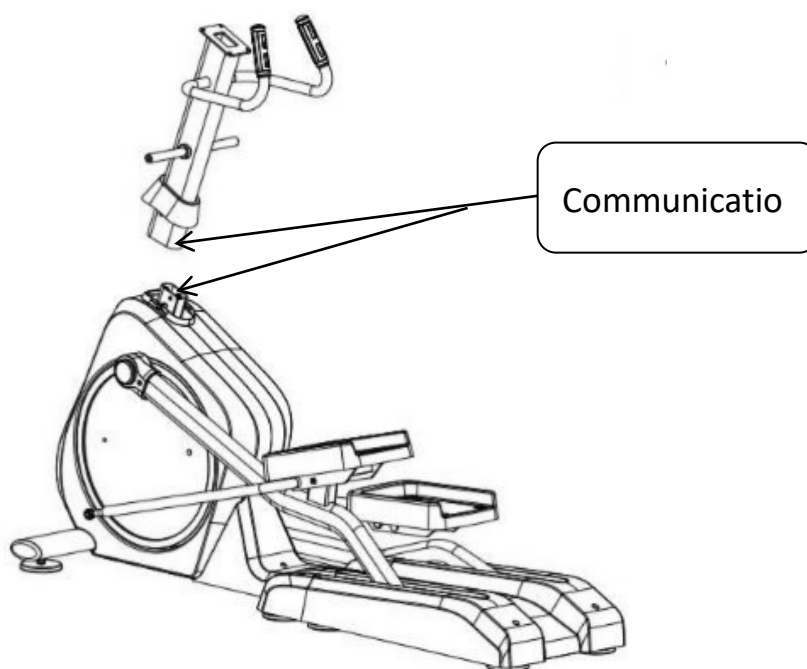
Assembly completed
overall rendering



Assembly step one

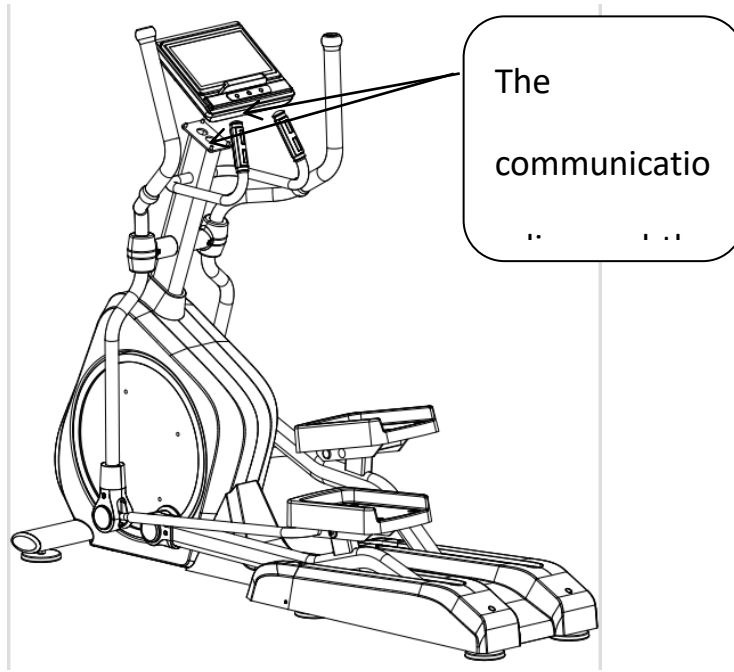
Disassemble the whole machine package, assemble the left and right swing arm and the fixed display combination, as shown in the figure

- (1) Assembling fixed display combination, communication line link, screw fixing;
- (2) Assembling the left and right swing arms and fixing



Assembly step two

Assemble the meter head, connect the heart rate line and the communication line, the heart rate line does not distinguish between the left and right, tighten all the screws



After the assembly is completed, tighten all the screws, after the power is turned on, turn on the pedal, run the elliptical machine, click the screen to run the logo, click to start, click to increase the resistance, test whether the elliptical function is used, whether the operation exists or not. Abnormal sound

MACHINE DEBUGGING PROCESS

LED display 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/DISTANCE" window: display the movement time and distance. The time is positive from 0:00-99:59. When it is timed to 99:59, it will be cleared and Resetarted. The distance is from 0-99.99. (KM), the overflow is cleared and starts counting from 0, and the time is switched once with the distance interval 3S.
2. "CAL" window: display the calorie value of the exerciser, positive count 0.0 - 999.9 (KJ);
3. "PULSE/SPEED" window: display the heart rate and speed of the athlete, and switch the time and distance interval 3S once;
4. "Central dot matrix display area window" This area is WELCOME display area,

program process map, etc.;

5. The “green display tube above” is a circular runway with a circle of 400 meters;
6. "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", "FOReset WALK", "TRAILBLAZER", "10K LOOP", "RANDOM HILL".
 2. "Reset" is the return key: press this key to return to the standby interface;
 3. “START/STOP” is the start button and stop button: When the power is turned on and the safety lock is closed, press this button at any time to start and pause the treadmill.
 4. “+”、“-”shows resistance plus or minus: Standby state, to adjust the setpoint. Used to adjust the resistance after starting, its adjustment amplitude value is 1/times.
- “1, 2,9, 0, Delete,ok”shows speed, gradient shortcut keys

Machine Commissioning Process

1. Trample the elliptical machine, the electronic watch shows all three seconds after



entering the standby state, press " " Key elliptical machine began to run, the resistance of the operation is 0, at this time, please observe all parts of elliptical machine are working normally.

2. Press all the keys on the electronic watch to see if each key corresponds to the function it is labeled, whether the key is effective and the handle is good.

Shake the armReset of the machine by hand to confirm the machine is stable

ROUTINE MAINTENANCE

Maintenance

1, Cleaning everyday

Advises you to clean the equipment before and after each training. To remove dust from the equipment, use a soft cloth to infiltrate the following cleaning agent and then wipe all exposed surfaces;

Note: Before using any detergent to clean the fitness equipment, read and follow the manufacturer's instructions, especially the dilution instructions. Do not use concentrated concentrates directly, or any acidic detergent, which corrode the protective layer of the equipment. It is forbidden to spill or splash water or liquids on any part of the equipment. Wait for the equipment to be completely dry before using the equipment.

Frequent use of vacuum cleaners the floor below prevents dust buildup affecting the operation of the equipment. Use soft nylon scrub brush to clean the grooves and pedals of the equipment.

2, Check everyday

Check equipment at least once a day to check whether the equipment has

the following problems:

Belt slippage

fastener loosening

noise abnormality

Any other indication that the equipment may need to be repaired.

3, Maintenance every week

perform the following maintenance tasks every week:

(1) Clean the tracks and wheels with water or a licensed cleaning agent.

(2) Clean the floor under the equipment with a vacuum cleaner or a wet mop.

(3) Test all the functions of the console, including the heart rate monitoring function.

(4) Check whether the equipment is stationary on the floor. All the feet of the equipment should be firmly in contact with the floor, the equipment should not be shaking or shaking when used. If this is not the case, please re-leveling.

4, Move Equipment

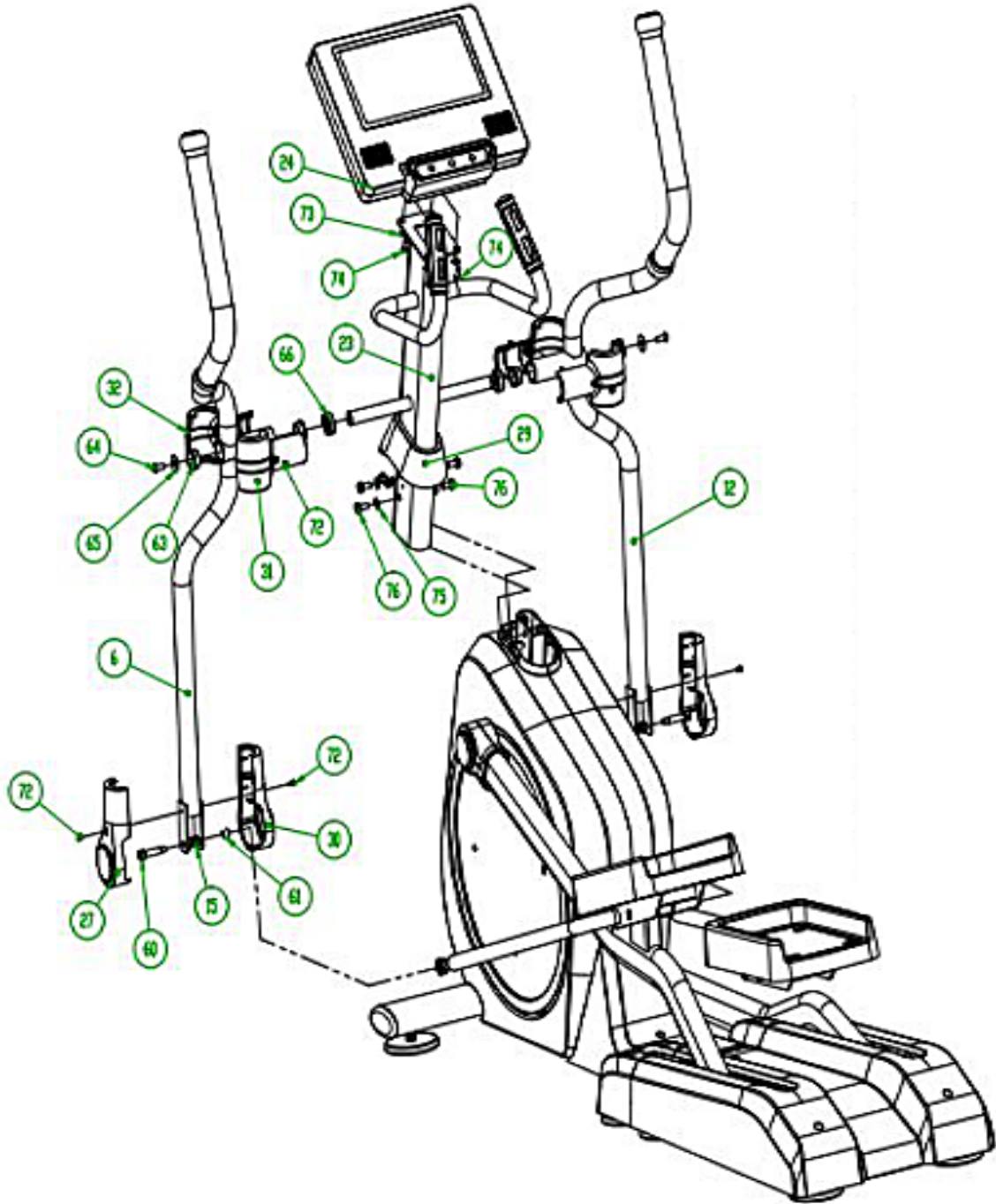
equipment is very heavy. If you are going to move machine to a new location, look for adult assistance and use the correct lifting techniques.

If you have a wheel on one end of the device, you can use a wheel to relieve your and assistant's load. It is recommended to use a four-wheel trolley to move.

5, long-term storage

If you do not want anyone to use the equipment for a long time, do the following tasks to save: put the equipment properly for fear that damaged, and do not interfere with others or other equipment.

EXPLOSION MAP



PARTS LIST

Serial number	Part Name	Number
6	TZ04-T039-0500A	1
12	1Z04-7039-0500	1
15	TZ03-7039-0317	4
23	TZ04-7039-0000	1
24	TZ-7039	1
27	1Z06-7039-0612	2
29	TZ067039-0639	1
30	TZ067039-0613A	2
31	TZ067039-0617	2
32	TZ067039-0618	2
60	Ø12x40	2
61	M10x9t-S1	2
63	M-2532-15	4
64	M1020L-M2	2
65	Ø30x105x20t-C2	2
66	TZ03-7039-0327	2
72	M5x3L-A1	8
73	Ø15x9x14	4
74	M8x20L-M2	4
75	Ø20x100t-CL	6
76	M020L-V1	6