

# FRENCH FITNESS

FF-SM200

FRENCH FITNESS SM200 STAIR  
MILL CLIMBER

ASSEMBLY MANUAL



## FEATURES

- California Residents see Prop 65 WARNINGS

## TECH SPECS

- Display Readouts: Calories (0-999 (Kcal))
- Total Number of Steps Climbed (0-9999)
- Total Height Traveled (0-999.9 Meters)
- Running Speed (24 Steps / Minute to 164 Steps / Minute)
- Current Resistance Level (0-15)
- Time Display Range: 0:00 - 99:59
- Contact Heart Rate Sensors
- Number of Resistance Levels: 15
- Power Cord Included: Standard 110V, 3 Prong Outlet
- Step Height: 8.25"
- Step Depth: 9.25"
- Step Width: 22"
- Max Load Weight : 440lbs (200kg)
- Weight: 452 lbs (205kg)
- Dimensions: 57"L x 34.6"W x 84.2"H (L:1450mm, W:880mm, H:2140mm)

## WARRANTY

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

# TABLE OF CONTENTS

CAUTION .....	4
TECHNICAL STANDARDS .....	5
THE WHOLE MACHINE DIAGRAM.....	6
THE INSTALLATION PROCESS.....	7
STAIR CLIMBER OPERATING INSTRUCTIONS.....	12
ROUTINE MAINTENANCE .....	14

## 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 stair climber is suitable for indoor use, not for outdoor or high humidity, does not allow water or other liquids to be splashed on the machine, does not allow the placement or insertion of any foreign objects on the stair climber
3. Use the Stair climber should ensure its 4 feet on the ground, and placed a smooth, reliable, and the stair climber should retain the fuselage behind the safety of the 2000 mm \* 1000 mm space.
4. 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.
5. 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.
6. The action guidance:
  - A. Aerobic exercise : energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, improve human quality, achieve weight loss, toning.
  - B. If it is the first time use stair climber, need to holding the handrail, to keep the balance of the body.
  - C. Adjust resistance, be sure to adjust slowly, adjustment as far as possible.
  - D. People walk down the stair climber in case of confirming safety.
7. Any part of treadmill can not be in loose status.
8. Incorrect or overload training may cause the damage of the motor and controller, accelerate the aging transmission system, even bodily injuries.
9. Never touch any parts of stair climber with your finger
10. People with long hair should pay attention to the safety of hair when using.
11. When you feel uncomfortable and unusual, pls stop at once and consult to the doctor.
12. Before each use, ask the professional to check whether the transmission parts are fastened, if there is loosening, please fasten or replace in a timely manner. 12. There must be the mark of stoping using when the machine is in maintenance. 13. 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.
14. In the lower right corner of the stair climber installed with a photoelectric switch, if the object is detected to block, the staircase will immediately stop, pay attention to safe use;
15. Before each use of the stair climber, to confirm whether the brakes have been the brake motor, the detection method is: No click to start the case, under the stair climber pedal stair machine, if the steps will not continue to move, then the brakes have no problem can be used, if the steps continuous movement, it is strictly prohibited to use and contact us to change brake.

16. The stair climber is strictly prohibited to be used under the condition of less than ac180v and voltage instability, to ensure that the voltage is ac110± 10%, otherwise the need to install the regulator to maintain the voltage in the demand voltage; 17. This machine is confirmed to the type of CS in EN 957-6.

### Technical Standards:

Input power supply voltage: AC1100V±10%

Time display range: 0:00 - 99:59

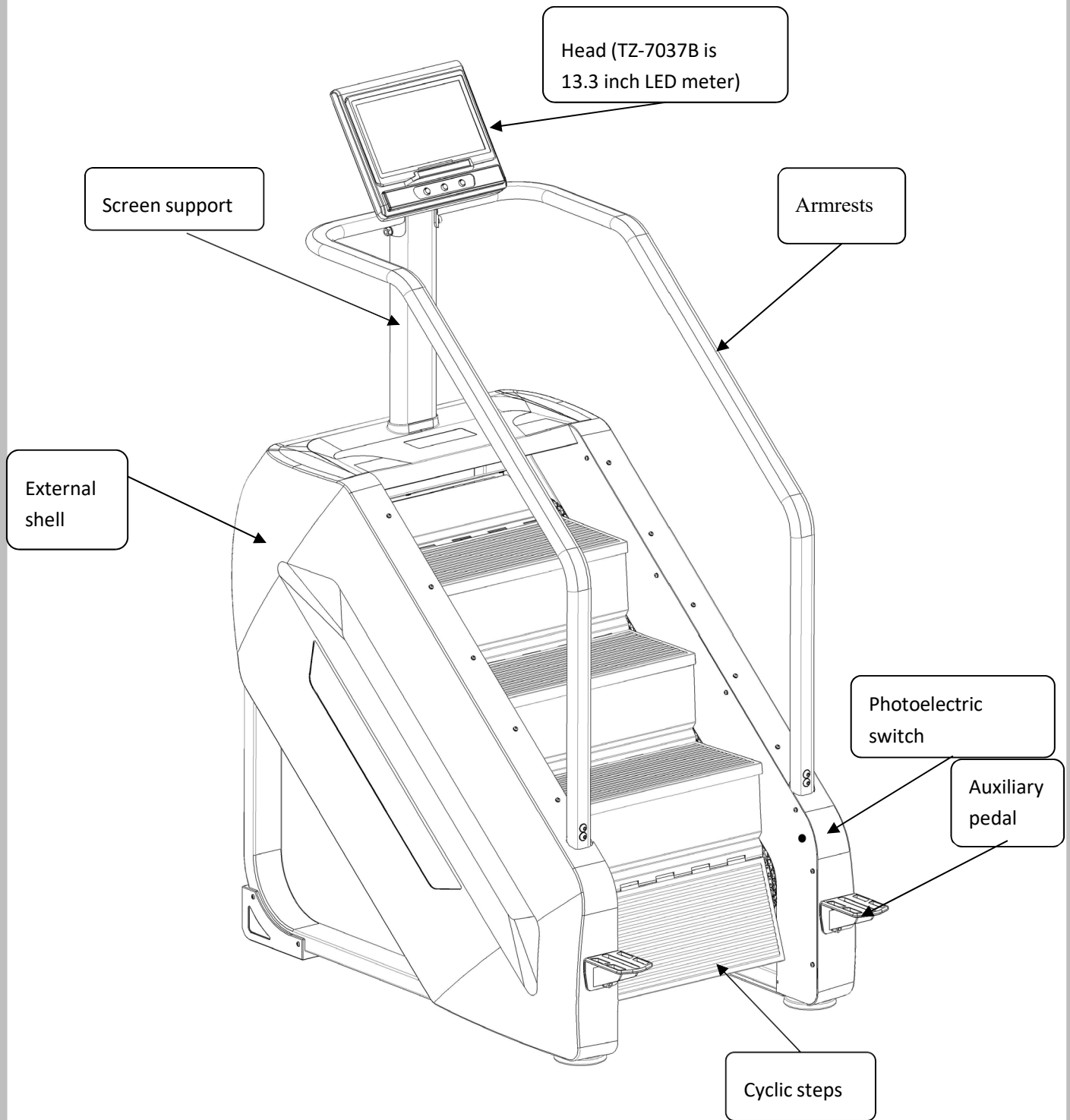
Height display range: 0.00—999.9m  
Heat display range: 0-999 (Kcal)

Level display range: 0 - 15

Step number display range: 0 - 9999  
Power cord specification: 10A AC250V

Running speed: 24 steps / minute - 164 steps / minute

# THE WHOLE MACHINE DIAGRAM



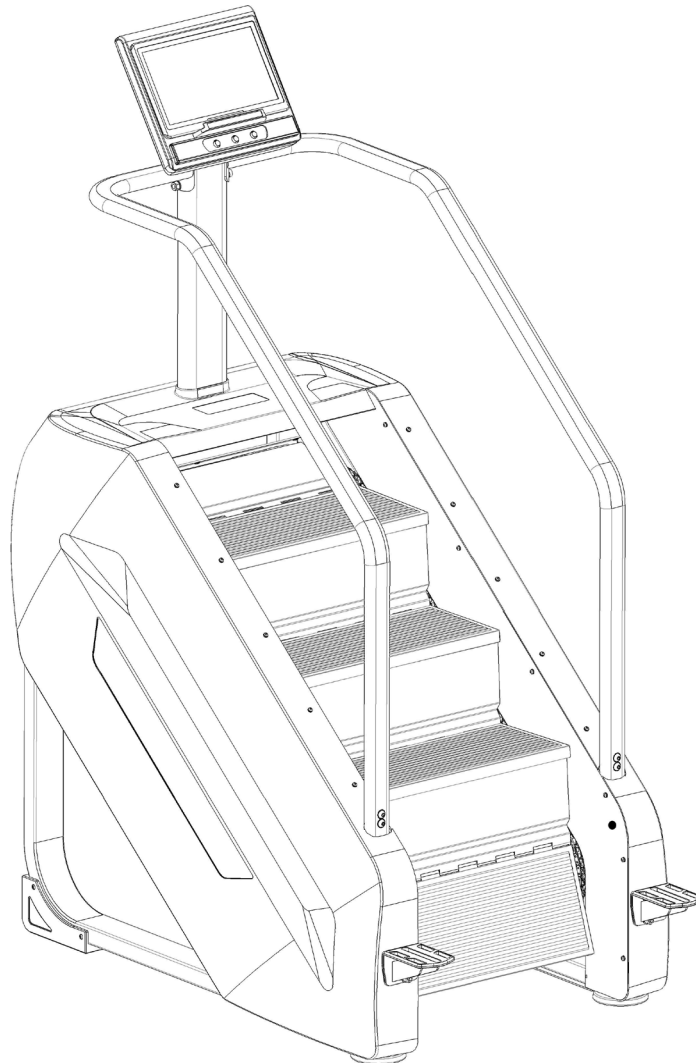
## THE INSTALLATION PROCESS

Assembly instructions:

So that assembly is the principle

All of this section is intended to ensure that the stair machine can be assembled correctly and easily.

- Because the size of the stair machine is large, please select the assembly location where the stair machine will be placed and ensure there is enough space around the stair machine.
- Place all parts of the stair machine 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 after the assembly work is completed.
- When assembling the stair machine, make sure all parts are assembled according to the assembly drawing



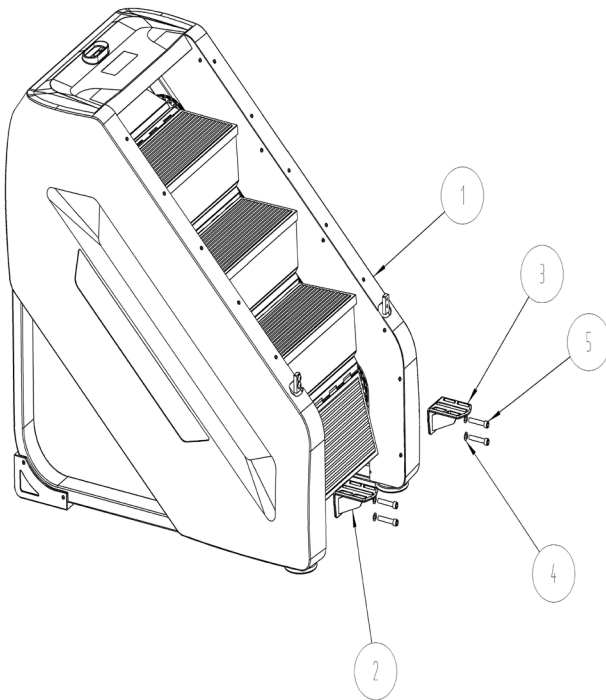
## Step 1

### Fixed auxiliary pedal

#### Assembly instructions:

- (1) Remove the left and right auxiliary pedal packaging materials
- (2) Fix the auxiliary pedal in the position shown in the figure, pay attention to distinguish between left and right pedals.

NO.	ITEMS NO.	Amount
1	TZ06-7037-0703 Left Cover	1
2	TZ04-7037-1000 Right Stepper	1
3	TZ04-7037-1100 Left Stepper	1
4	$\Phi 22 \times \Phi 13 \times 151$ -E1 Gasket	4
5	M12X65L-N1 Hexagon Socket Head Screw	4



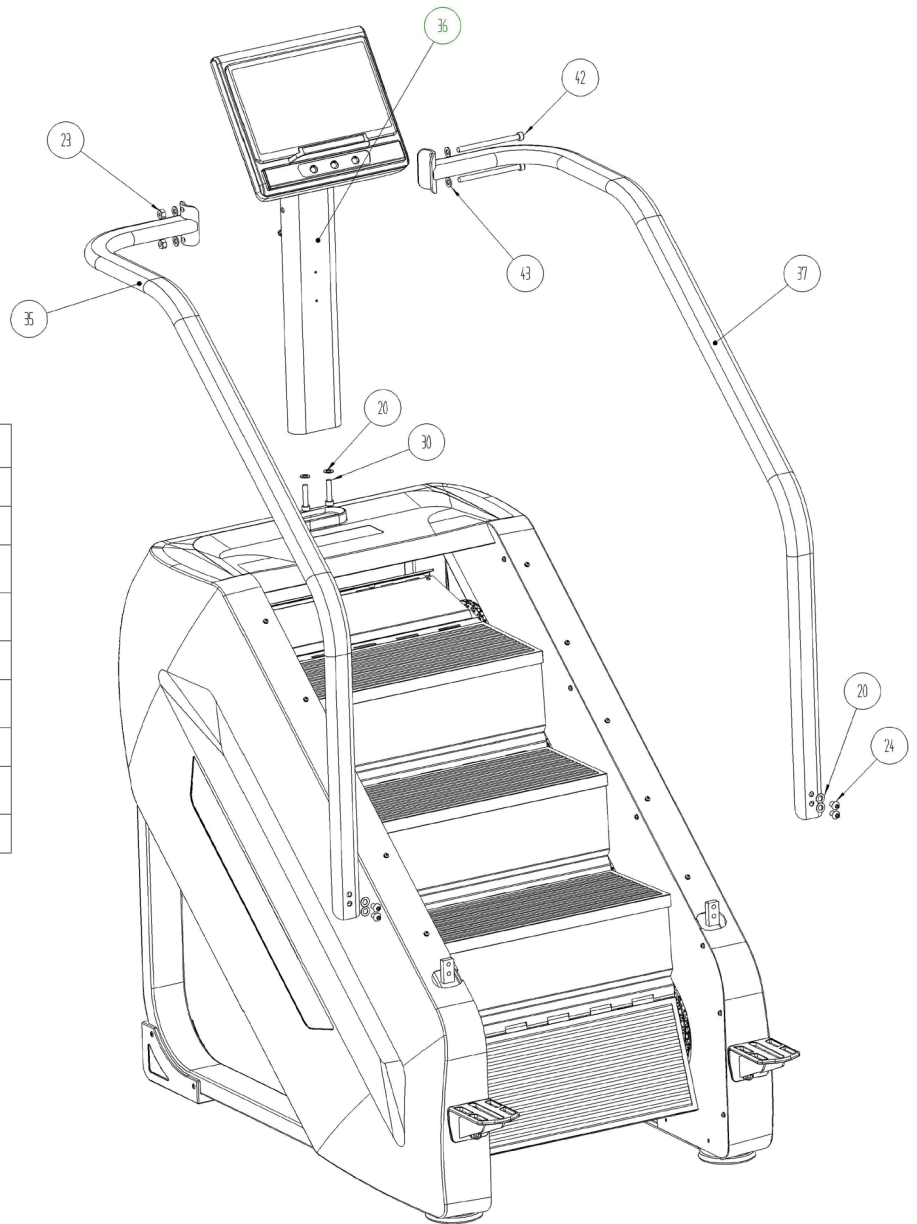


## Step 2

Connecting communication lines, assembling armrests

Assembly instructions:

- (1) docking the screen support tube communication line with the stair plane main frame communication line
- (2) Fix the screen support tube to the corresponding position on the main frame.
- (3) Fix the left and right handrails in the corresponding positions

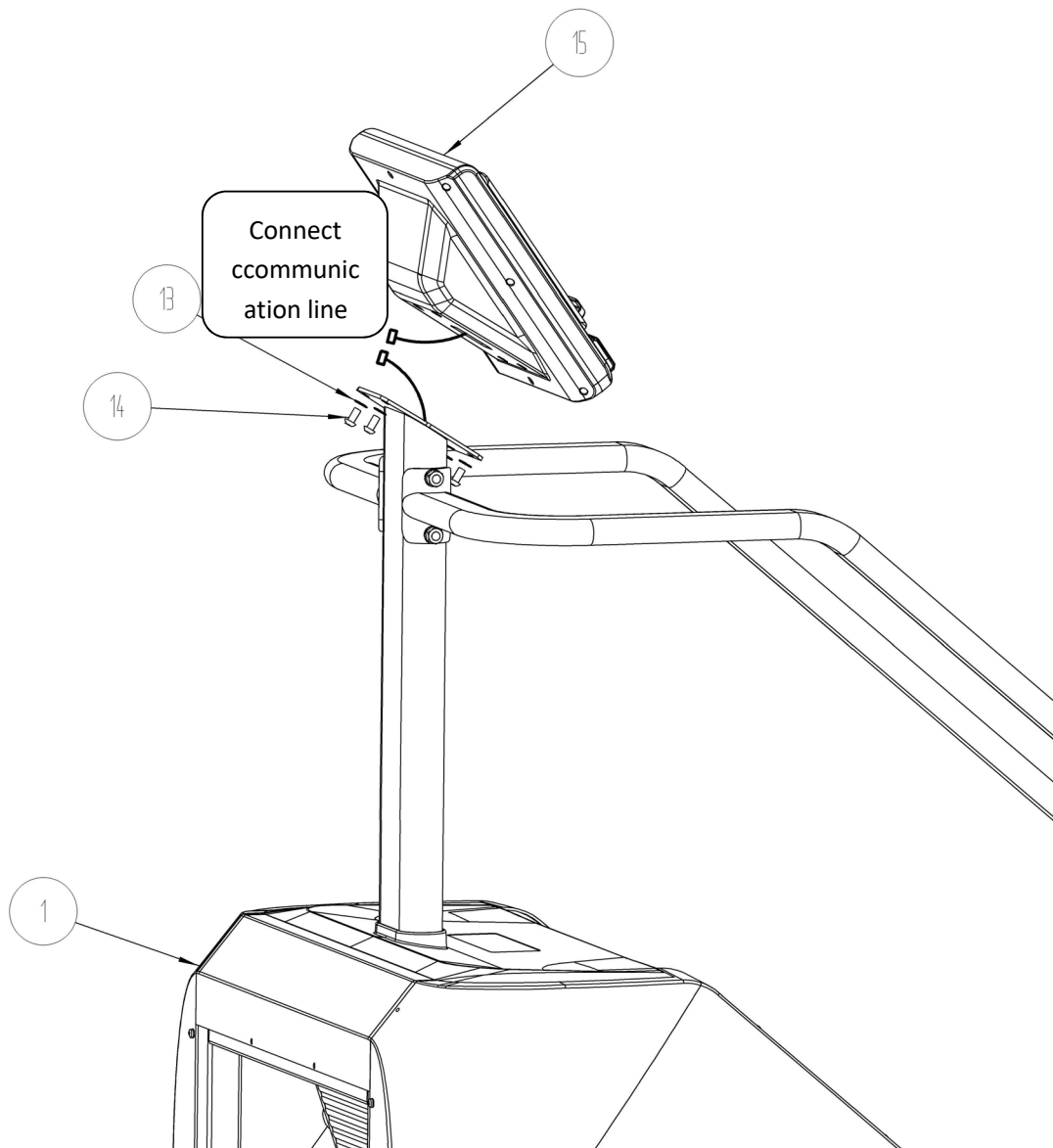


NO.	Spare Parts NO.	Notes	QTY
20	Φ20 X Φ11 X 101-C1 Gasket		31
23	M10X9H-S1 Locknut		18
24	Hexagon Socket Button Head Screws		4
30	M10X45L-N1 Hexagon Socket Cap Screws		3
35	TZ04-7037-0600 Handles		1
36	TZ04-7037-0500 Display Support Module		1
37	TZ04-7037-0700 Right Handles		1
42	M10X145L-N1 Hexagon Socket Head Screws		2
43	Φ20 X Φ10.5 X 15J-C1 Gasket		4

### Step 3

Assemble monitor and connect communication line  
Assemble details:

- (1) Connect the screen support tube communication line to the display communication line
- (2) After docking the communication line, place the meter on the joint with the support frame and fasten it.

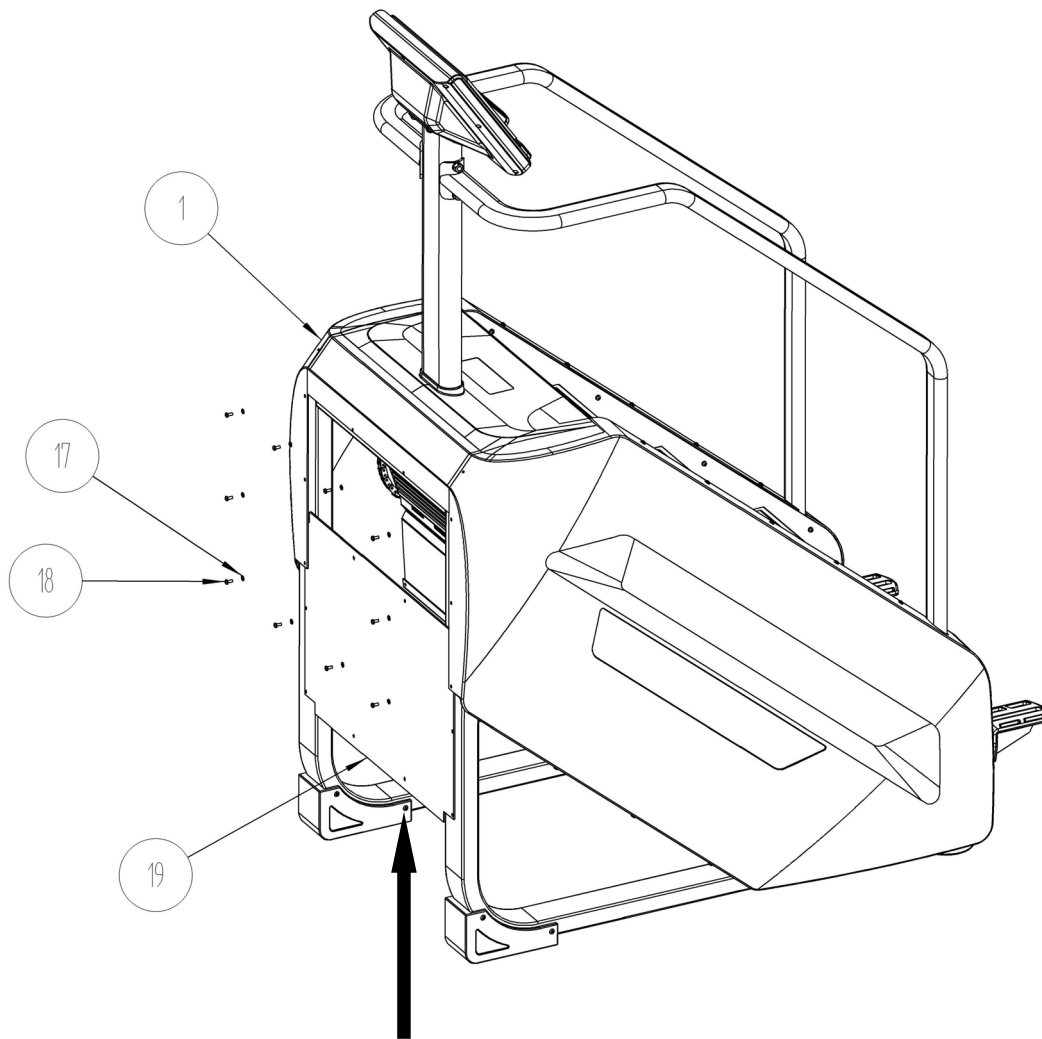


## Step 4

Fixed rear cover

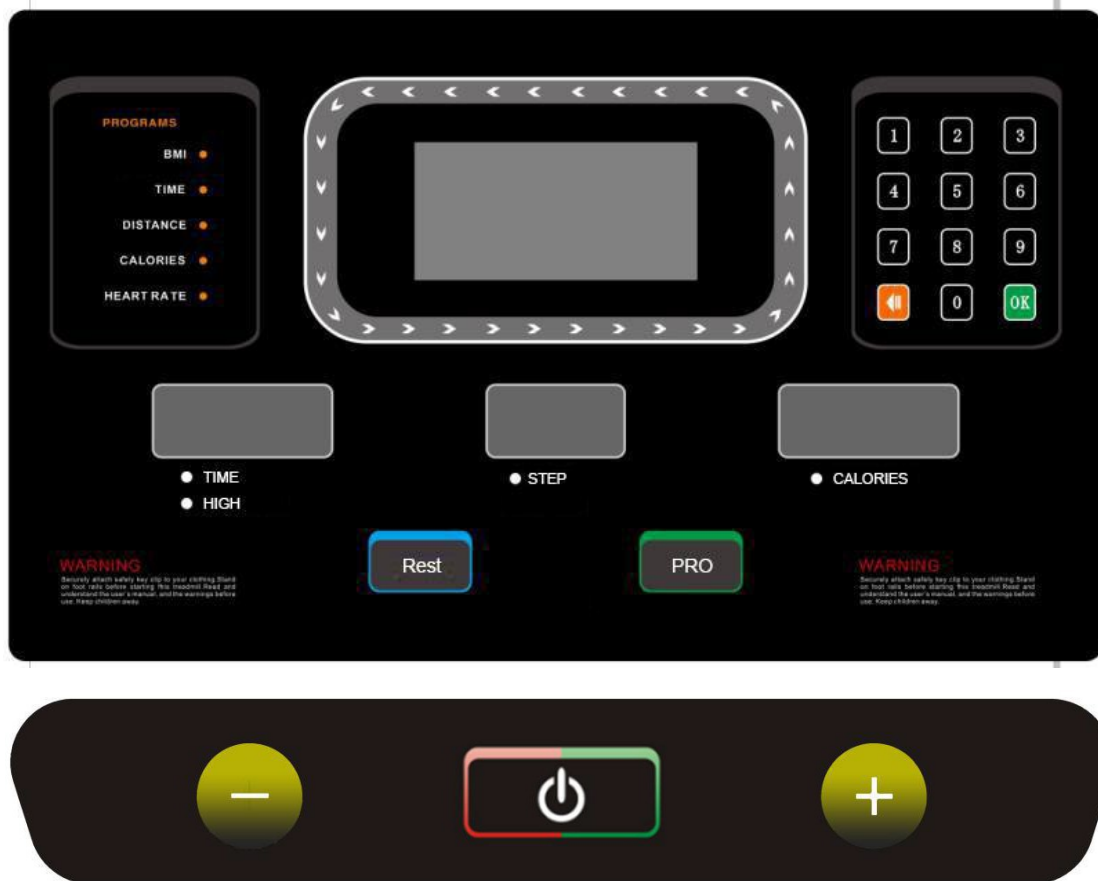
Assemble details:

After the head is fixed, all the wires are fixed in place, and it is judged that there is no obstruction in operation. Then, the back cover of the stair machine is inserted into the inner side from the bottom up, so that the two sides of the casing are pressed against the back cover and fastened by screws.



# STAIR CLIMBER OPERATING INSTRUCTIONS

The stair machine panel adopts the capacitive touch principle, and the user can use only one touch at a time, and the touch effect is comparable to 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, Windows:

1. "TIME/HIGH" window: display the movement time and climb height. The time is positive from 0:00-99:59. When it is timed to 99:59, it will be cleared and restarted. The climb height is from 0.0 to 999.9, counting Cleared to 999.9 and restarted counting;
2. "CAL" window: displays the calorie value of the athlete, counting from 0.00 - 999.9, will be cleared and restarted when counting to 999.9;
3. "STEP" window: display the number of steps of the athlete, the positive count is 0-999, and will be cleared when the count reaches 999.;
4. "Central dot matrix display area window" This area is WELCOME display area, level and program progress chart, etc.;
5. "The green display tube above" is a circular runway with a circle of 400 meters.;

9. 6."Left LED display area window" This area displays the current motion mode indicator;

10. 7. "Right number key" is the level direct selection button, you can directly input the required level, click to confirm.;

### **Second, Keyboard Function:**

11. 1."PRO" is the program key: in standby mode, press this button to cycle through "BIM", "TIME COUNT", "DISTANCE COUNT" "CALORIES COUNT", "Heart Rate" ;

12. 2."REST" is the return button: press this button to return to the standby interface;

13. 3. "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

14. "+" and "-" are the level addition and subtraction keys; the standby state is used to adjust the set value. It is used to adjust the level after starting, and the adjustment range is 1/time.

15. "1, 2, ... 9, 0, Delete, ok" is a level shortcut.

### **Third, Machine debugging process:**

1. Shake the handrail of the machine by hand to confirm that the machine is stable.

2. Turn on the power, energize the machine, step on the stair machine, press all the buttons on the electronic watch, observe whether each button corresponds to the function it indicates, whether the button is valid and the hand feels good;



3. Press the " " key to start the operation of the stair machine, the running level is 1, then check whether the components of the stair machine are running normally.

### **Fourth, Manual mode:**

In the standby state, directly press the "START/STOP" button, the stair machine runs at level 1 speed, other windows start counting from 0, click "+" "-" button to change the running level, and the running level can also be clicked. The numeric keys are directly input; the Delete button is the undo button, and Ok is the confirmation button;

### **Fifth, Photoelectric switch description**

The photoelectric switch is placed in the lower right corner of the step. When the object is blocked, the stair machine will stop immediately, which is used for safety assurance. When using, ensure that the photoelectric switch has no problem; in non-emergency situations, the photoelectric opening should not be used to achieve the purpose of shutdown;

# ROUTINE MAINTENANCE

## **1, clean every day**

It is recommended that you clean the equipment before and after each training session. To remove dust from the equipment, use a soft cloth to wet the following cleaning agents and then wipe all exposed surfaces; Note: Before using any cleaning agent to clean the fitness equipment, read and follow the manufacturer's instructions, especially the dilution instructions. Do not use a strong concentration of concentrate, or any acidic cleaner; this type of cleaner will corrode the protective layer of the equipment. Do not spill or spray water or liquid onto any part of the equipment. Wait until the equipment is completely dry before using the equipment. Frequent use of the vacuum cleaner to clean the floor underneath the equipment can prevent dust accumulation from affecting the operation of the equipment. Use a soft nylon brush to clean the device recesses and foot pedals.

## **2, daily inspection**

Check the equipment at least once a day for the following problems:

Belt slip

Loose fasteners

Abnormal

noise

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

## **3, weekly maintenance**

Perform the following maintenance tasks weekly:

(1) Use water or approved cleaning agents to clean the tracks and wheels.

(2) Use a vacuum cleaner or wet mop to clean the floor under the equipment.

(3) Test the console's features, including heart rate monitoring.

Check that the equipment is stationary on the floor. All feet of the equipment should be in firm contact with the floor and the equipment should not be shaken or shaken when in use. If not, please re-level.

## **4, mobile equipment is very heavy.**

If you plan to move your equipment to a new location, look for adult help and use the right lifting techniques. If there is a roller on one end of the device, you can use the wheel to relieve the load on you and your assistant.

It is recommended to use a four-wheeled trolley to move.

## **5, long-term preservation when not in use**

If you do not want anyone to use the equipment for a long time, perform the following tasks to save:

Place the equipment properly to avoid damage and do not interfere with other people or other equipment.