

FRENCH FITNESS

FF-VC200

FRENCH FITNESS VC200 VERTICAL
CLIMBING CLIMBER MACHINE (NEW)

ASSEMBLY MANUAL



FEATURES

- Drive Mode: Magnetic Power Motor
- Resistance Value: 20 Levels
- Arm Movement Range: 29.5" (75 cm)
- Leg Movement Range: 15.7" (40 cm)
- Climb Angle: 75 Degrees
- Speed/Distance Display: in meters
- Power Requirement: 220V
- Console Display: Time, Speed/Distance, Height, Steps, Calories, Resistance
- Safe Max User Weight: 264 lbs (120 kg)

TECH SPECS

- Dimensions: 41.4"L x 43.3"W x 98.4"H (105.1 cm x 110 cm x 250 cm)
- Net Weight: 210 lbs (95 kg)

WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

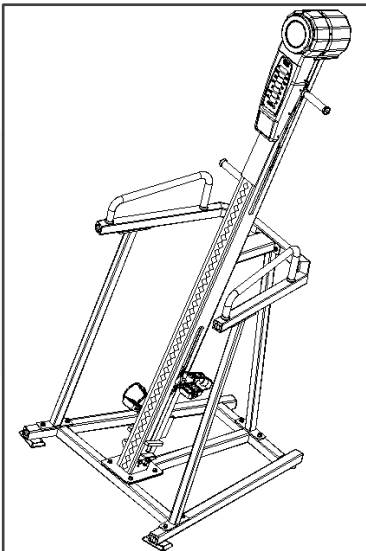
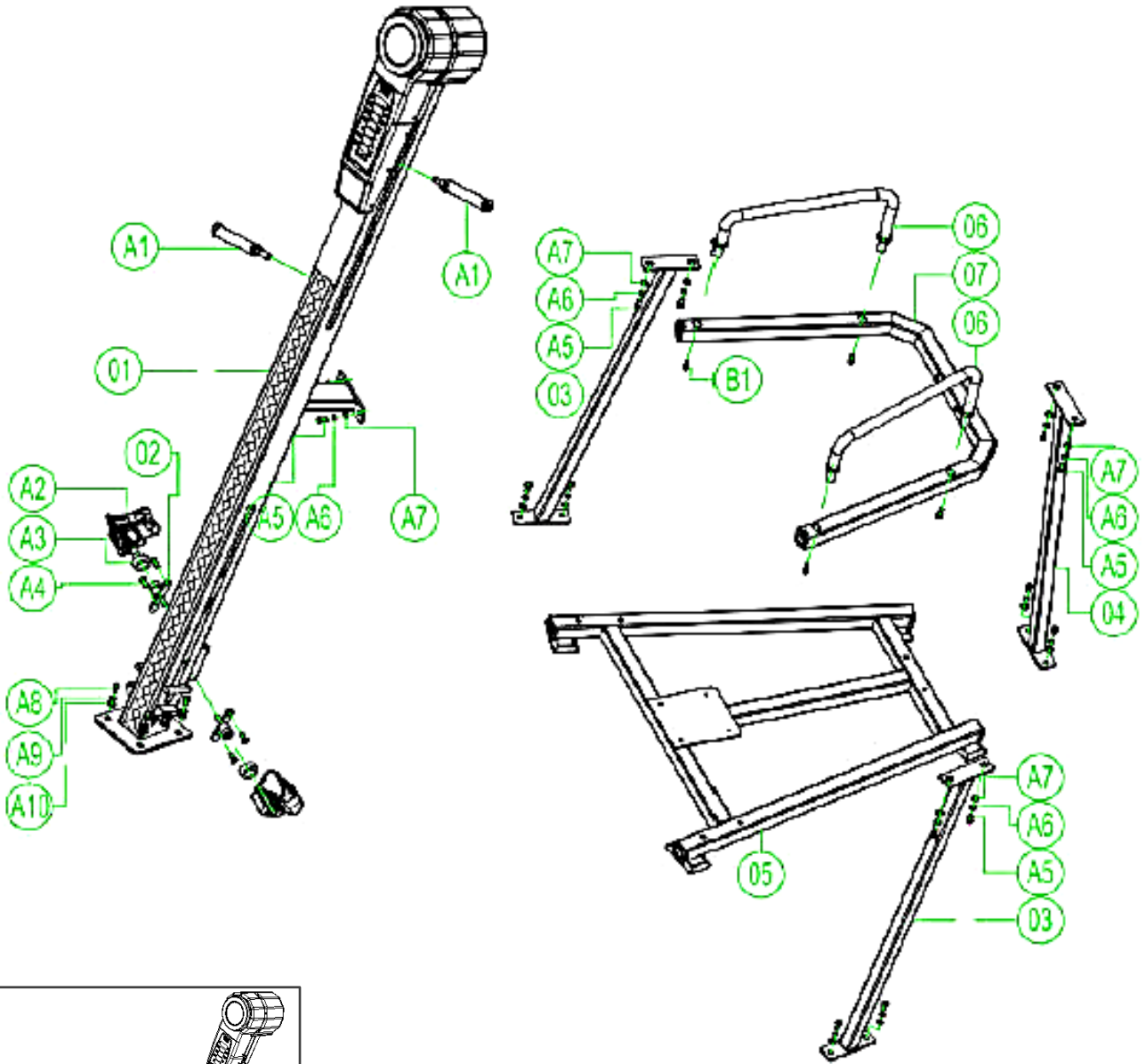
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PRECAUTIONS

1. Please read this manual carefully before assembly and exercise. The information can help you understand how to properly install and use the device. When you use this device, we believe that you have read this manual.
2. After you purchase the product, please carefully keep the bills of the equipment you purchased to ensure that we can provide you with better service.
3. As the product continues to improve and improve, the contents of the manual will be revised, we will not be notified.
4. The product schematic is continuously updated and optimized. Please refer to the assembly diagram.
5. The manual should be kept for easy viewing.

MACHINE ASSEMBLY DIAGRAM



PACKING LIST OF MATERIALS

01 track assembly	*1
02 pedal fixing components	*2
03 front oblique link component	*2
04 after connecting components	*1
05 base assembly	* 1
06 upper armrest assembly	*2
07 upper handrail elbow	*1
A1 handle	*2
A2 pedal	*2
A3 guide pad	*2
A4 flat countersunk head socket head cap screws m10*25	*4
A5 hex head screw m12*25	*14
A6 spring septum	*14
A7 flat gasket	*14
A8 hex head screw	*4
A9 spring septum	*4
A10 flat gasket	*4
B1 cylindrical hexagon socket screw	*4
Tool:	
8mm L type hexagonal wrench	*1
10mm L type hexagonal wrench	*1
Tool	*1

TECHNICAL PARAMETERS

Drive mode: magnetic powder motor

Motor rated power: 0-300 (w)

Working environment temperature: 0 - 40 °C

Time display range: 0:00 - 99:59 (min: sec)

Distance display range: 0.00 - 99.9 (km)

Heat display range: 0 - 999 (K cal)

Resistance adjustment range: 0-20 (segment)

Voltage: 220V

Site area: 1095 (L) * 1051 (W) * 2490 (H)

Net weight: 170kg

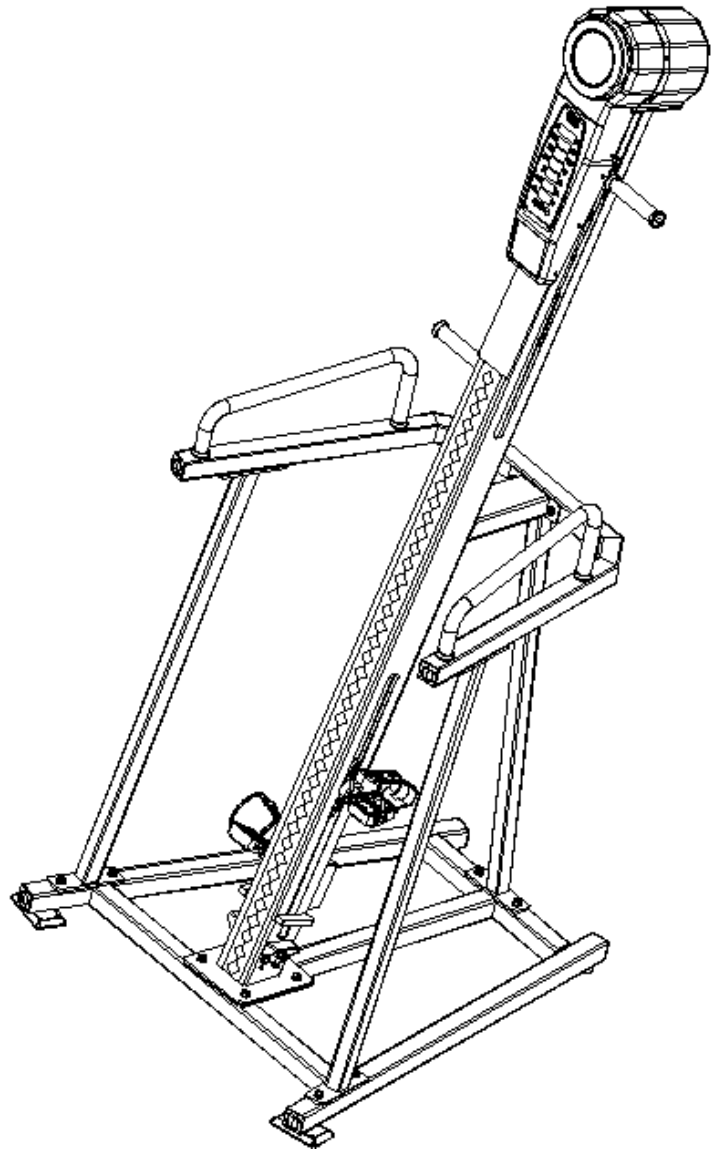
ASSEMBLY INSTRUCTIONS AND STEPS

This section of the user manual is intended to ensure that the climber trainer can be easily assembled correctly. As long as you assemble the program according to the user manual, the assembly work will be smooth.

Due to the large size of the device, the assembly location should be chosen where the device will be placed and there is sufficient space around it to assist the installation.

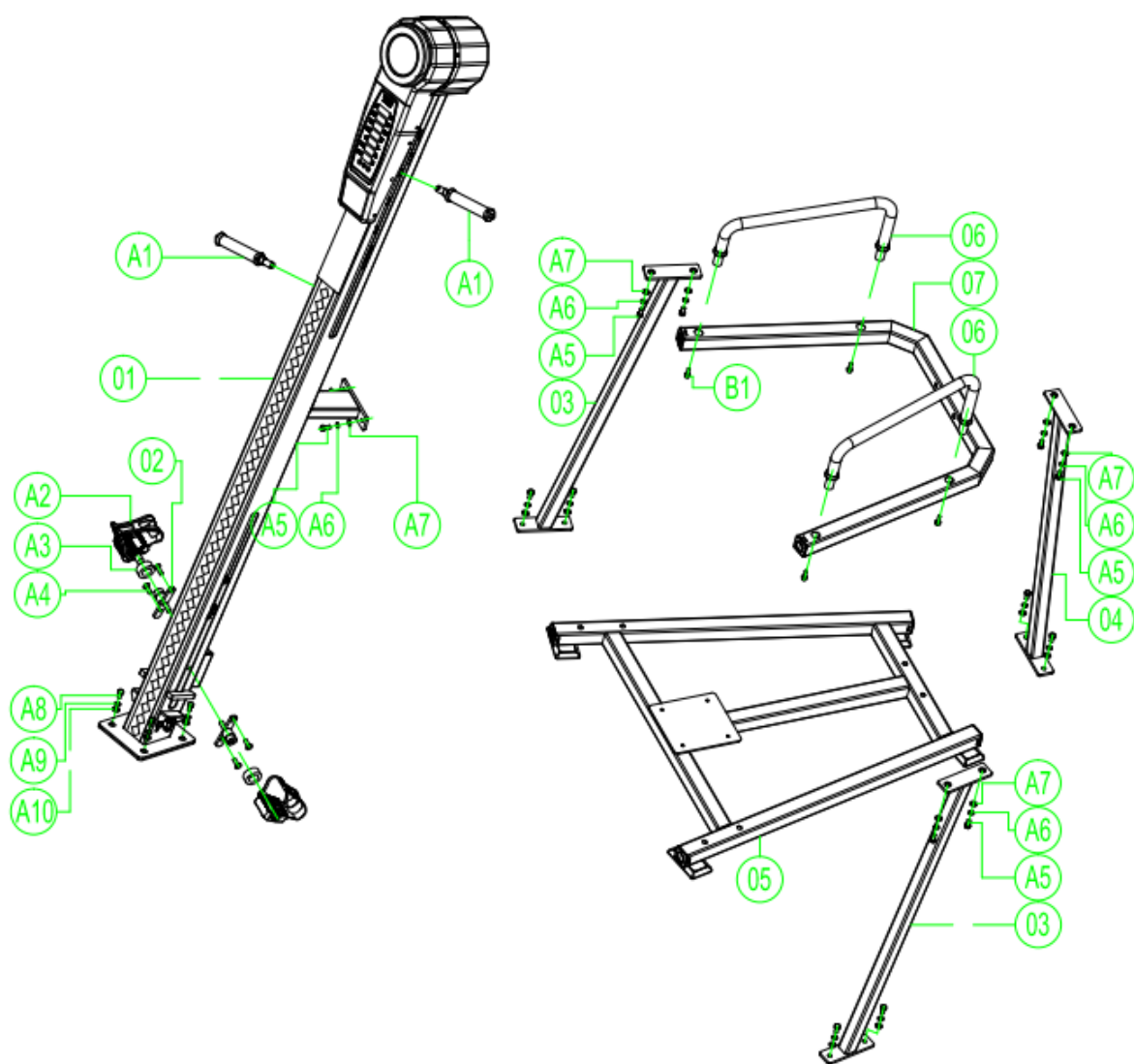
Place all parts of the instrument in the empty area and remove all packing materials. Do not discard the packaging material until the assembly work is completed.

During the assembly process, unless otherwise stated, all bolts must be tightened and all bolts must be tightened after the assembly work is completed. When assembling the instrument, make sure all parts are assembled as shown in the assembly diagram.



ASSEMBLY STEPS

- 1). Place the No. 5 chassis in the appropriate area to be used, and remove the bubble wrap film from the outer packaging of the chassis.
- 2). Carefully remove the components of serial number 123467 to avoid surface bumps or scratches, and place them next to the chassis for installation.
- 3). Use the 17 flat wrench and A8, A9, A10 screw washers to install the serial number 1 rail shelf on the bottom frame.
- 4). Connect the No. 347 front oblique joint assembly, the rear connecting assembly, the upper handrail elbow to the underframe and the track assembly with a 19 flat wrench and A5, A6, A7 screw washers.
- 5). As shown in the figure on the right, use the 10MM L-type wrench and B1 screw to install the 6-armrest assembly on the 7-hand arm elbow.
- 6). Secure the 2 foot pedals to the rail assembly with the A4 screws and tighten.
- 7). After all the components are installed and checked for tightness, wipe clean and the instrument is assembled.



FUNCTIONAL OPERATION INSTRUCTIONS

First, the button and its function

1. "START/STOP": start/stop button, in the stop state, start the climbing machine; in the running state, stop the climbing machine, the user can press and return to the standby state;
- 2, "+": resistance plus key, in the running state, each press is 5KG, and long press is continuous;
- 3, "-": resistance decrement button, in the running state, each press is decremented by 5KG, long press is continuously decreasing;

Second, the window description

1. Time (TIME): Display the user's exercise time, display "PAUS" when the motion is paused.
2. Speed (SPEED): Shows the speed at which the user climbs, in meters per minute.
3. Height (HEIGHT): Shows the height the user climbs in meters
4. STEP HIGH: Shows the height of the user's movement in centimeters.
- 5, the number of steps (STEP): shows the number of steps of user movement
- 6, consumption of energy (Calories): display the energy consumed by the user's movement
7. Resistance (KG): shows the resistance of the user's movement



THE TRAINING MODES OPERATION INSTRUCTIONS

The user presses the START button to start the exercise, and uses the "+" and "-" to adjust the training difficulty that suits you.

The user can pause the movement by pressing "START/STOP" or no movement for 10 seconds. The meter pauses itself (long press "START/STOP" The key device stops working).

Daily maintenance:

Check daily

You need to perform the following tasks each day to maintain your device and keep it running:

- Clean the finish material.
- Clean the shield.
- Clean and inspect the rack.
- Check the connection armrest assembly.

Cleaning finish:

The facing material is cleaned daily with a spray bottle containing a neutral aqueous soap solution to remove dirt and sweat from the surface.

Gently spray the cleaner onto the facing material and dry with a clean cloth.

Important: Do not use cleaning products that contain any of the following ingredients when cleaning the device: solvent, alcohol,

Ammonia or gasoline should be used instead of a mild detergent.