



FRENCH FITNESS

Commercial Treadmill w/LED Console

FF-T850



110 V 18Q Rev H

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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! CAUTION

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Important Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Important Safety Instructions

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS GROUNDING

INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 110 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service person.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

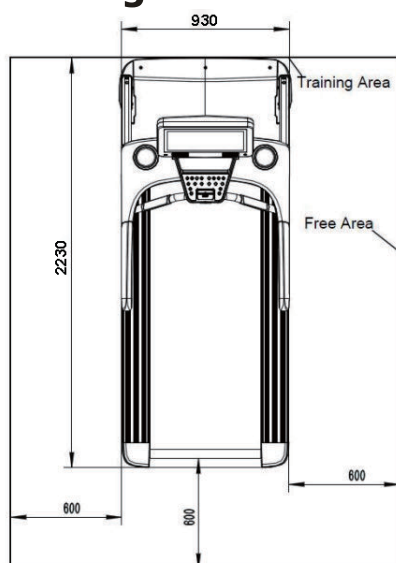
WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill.
Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Training Area and Free Area



Specifications

Specifications

Class:SB

Maximum User Weight: 180kg/ 396lbs

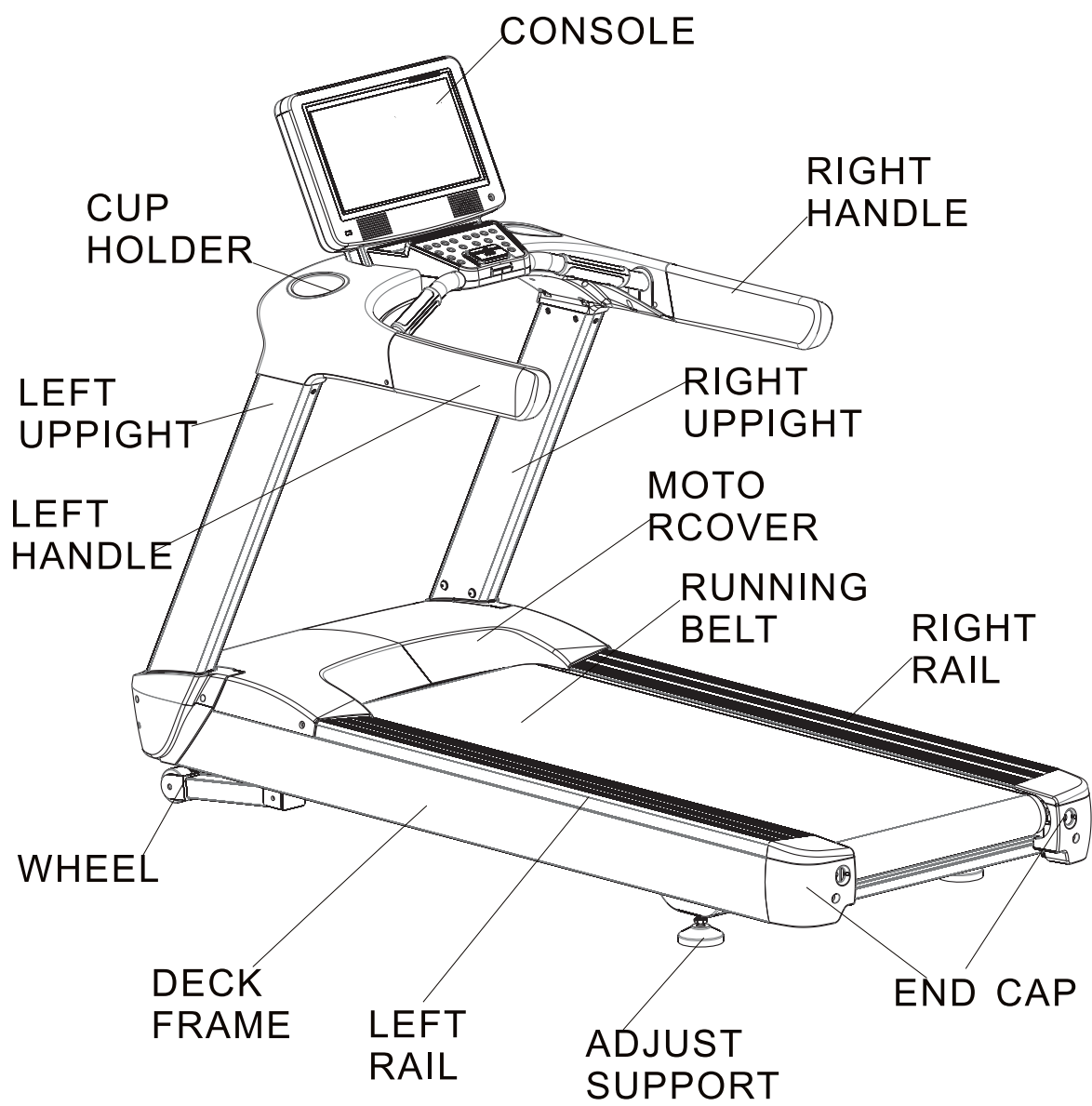
Product Total Surface: 2230×920mm

Product Total Mass: 215kg/474lbs

Noise around the treadmill using.

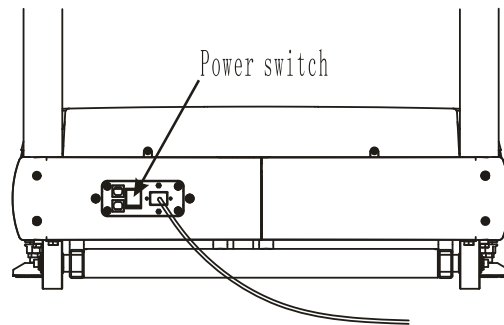
Noise emission under load is higher than without load.

Main parts list



Warning

Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

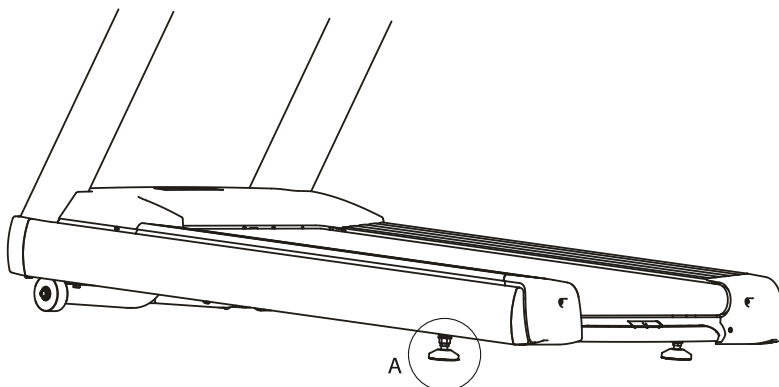


WARNING

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.



Using Method

Please read carefully and using follow the functions:

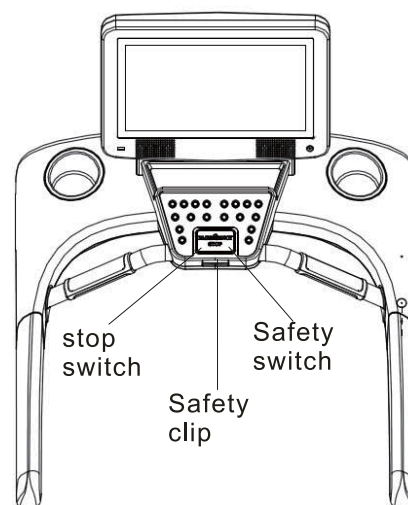
1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time: Exercise time: 30minuates----Normal;
Exercise frequency : Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will triger the safety switch to step.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

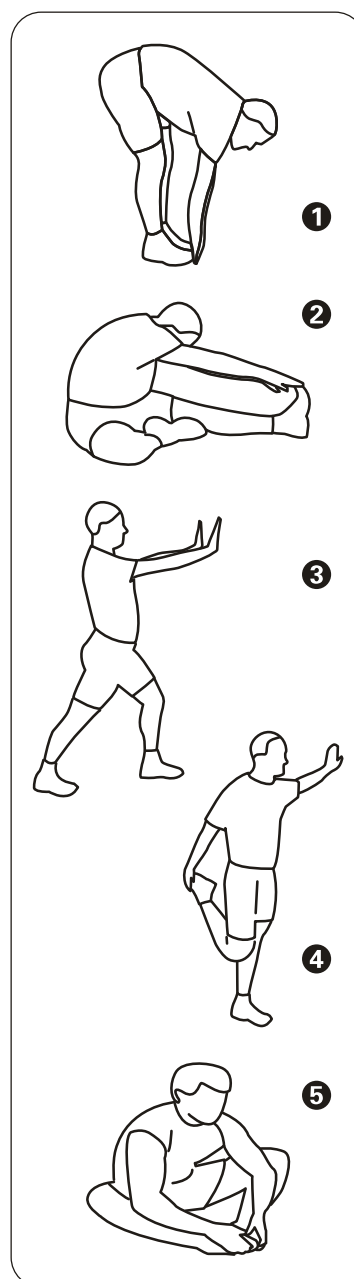
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

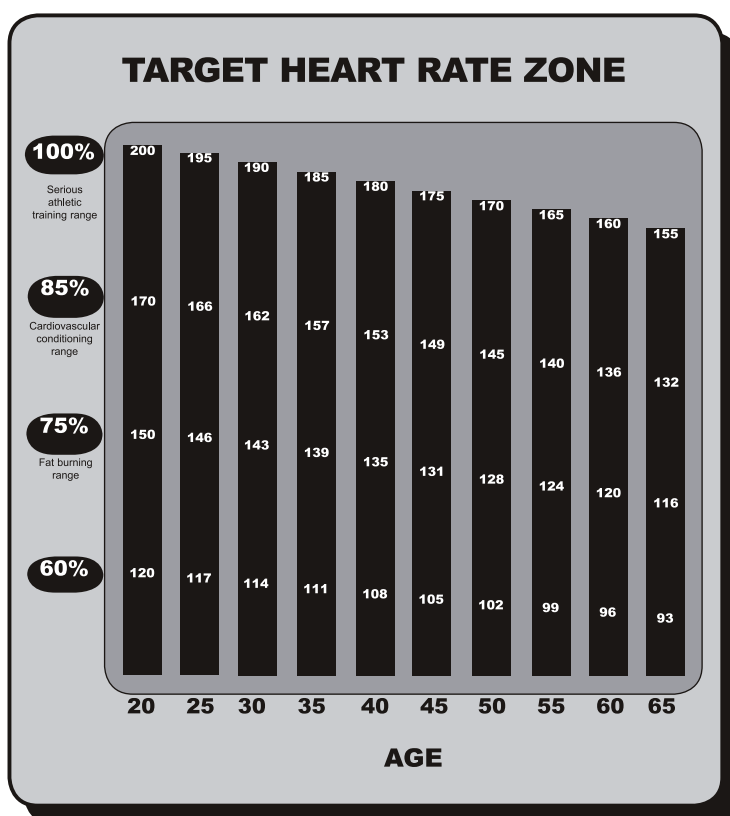
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



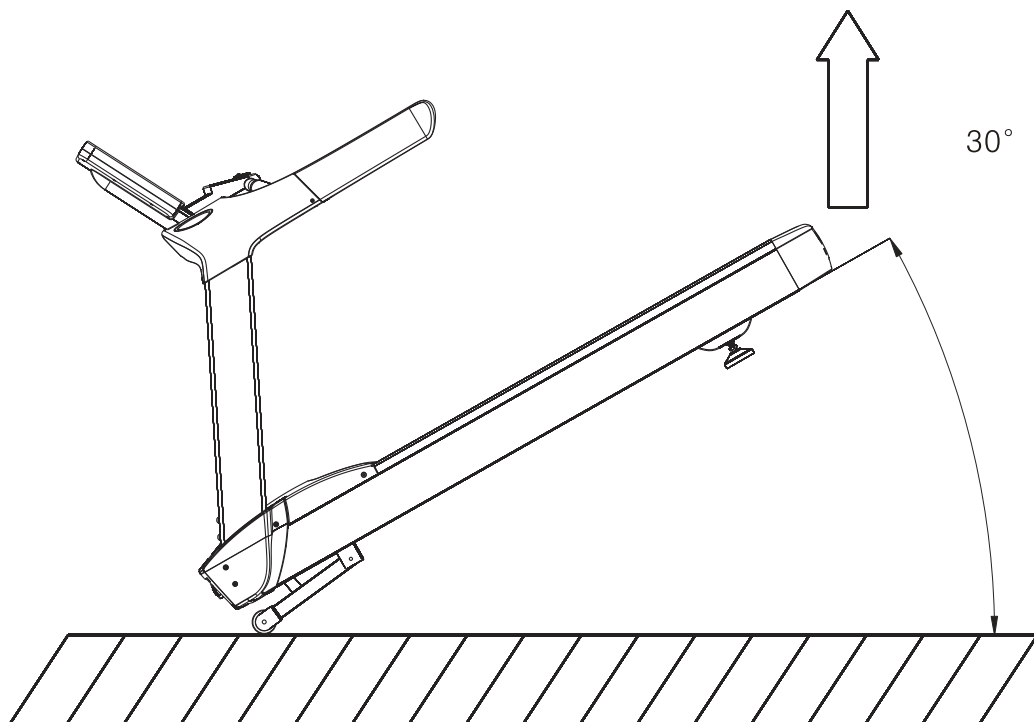
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

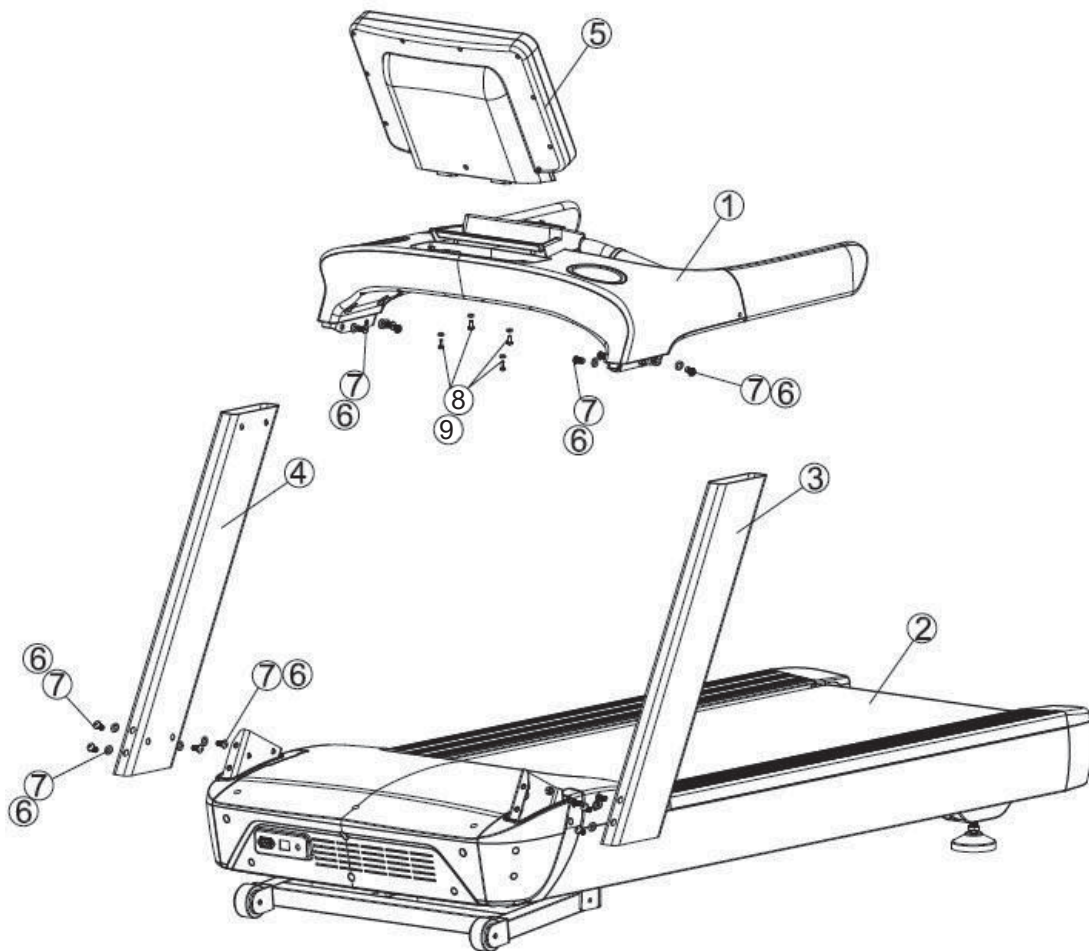
Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.



Parts List and Exploded View

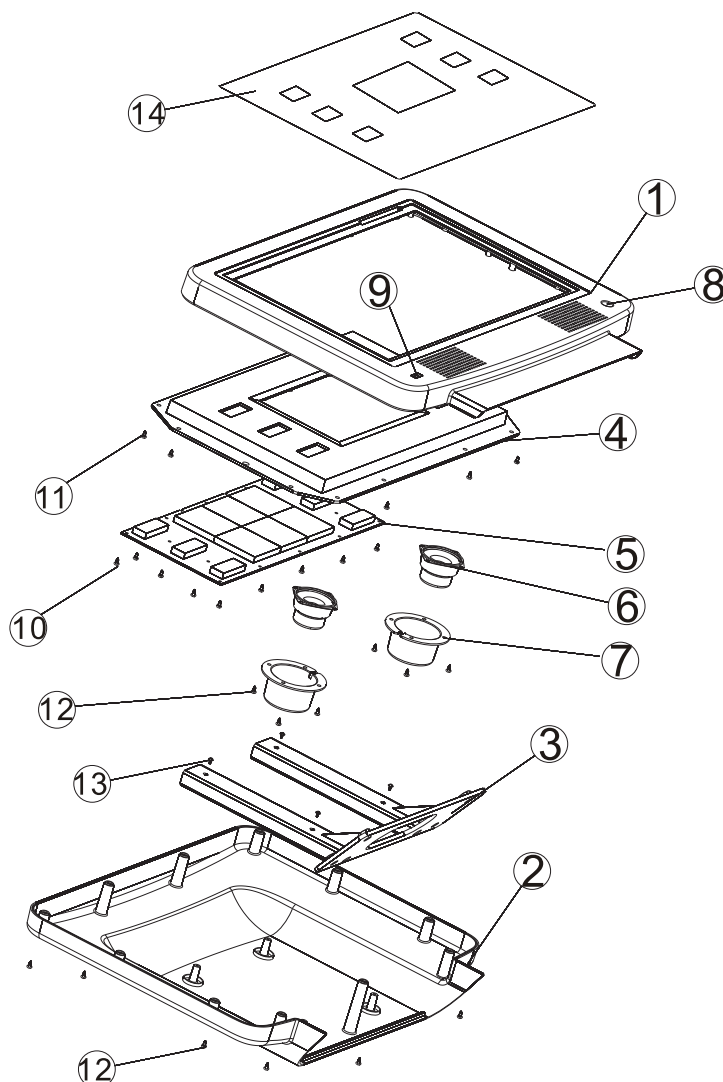
Installation Instructions



LETM NO	Name	Specifications	QTY
1	Console assembly		1
2	Running Part		1
3	Left upright		1
4	Right upright		1
5	LED display		1
6	Umbrella- head hexagonal bolts	M10*20	14
7	washer	Φ 10	14
8	Umbrella- head hexagonal bolts	M8*20	4
9	Washer	Φ 8	4

Parts List and Exploded View

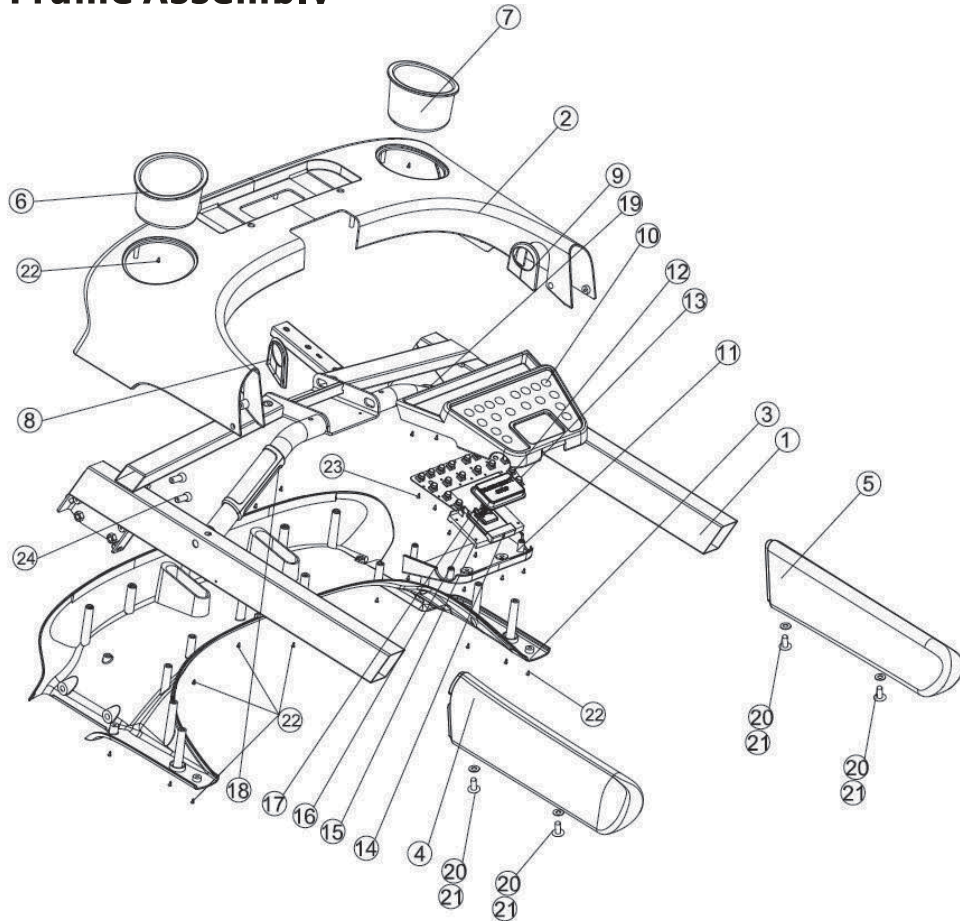
Console Component



LETM NO	Name	Specifications	QTY
1	Uper console cover		1
2	Lower console cover		1
3	Console fixed rack		1
4	LED plate		1
5	LED PCB		1
6	Speaker		2
7	Speaker Cover		2
8	Mp3 interface		1
9	USB interface		1
10	Crcss recessed pan head self - tapping screw	ST3X8	14
11	recessed large flat self-tapping screw	ST4X12	12
12	recessed large flat self-tapping screw	ST3X12	19
13	recessed large flat self-tapping screw	ST4X15	4
14	Console Mask		1

Parts List and Exploded View

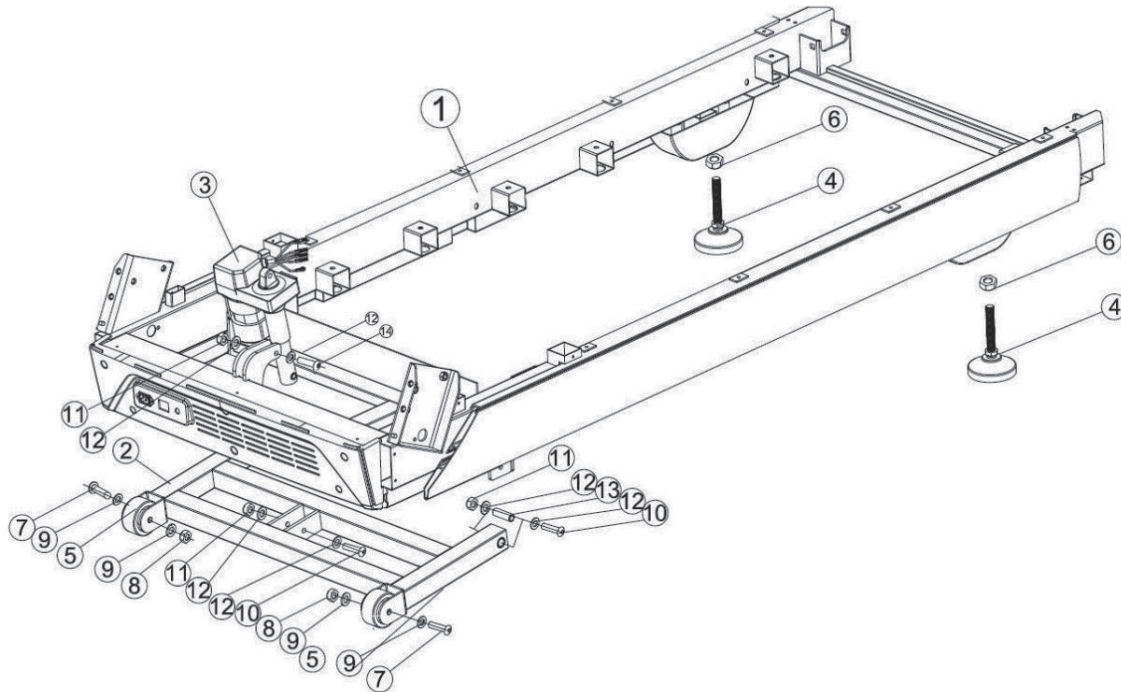
Console Frame Assembly



LETM NO	Name	Specifications	QTY
1	(L&R) Handrail assembly welding		1
2	Upper console cover		1
3	Lower console cover		1
4	Left handrail		1
5	Right handrail		1
6	Left bottle seat		1
7	Right bottle seat		1
8	Left handrail décor		1
9	Right handrail décor		1
10	Upper button cover		1
11	Lower button cover		1
12	Safety key		1
13	Console PCB		1
14	Safety key pull seat		1
15	Safety key base seat		1
16	Compression spring		1
17	Touch switch		1
18	Left handpulse assembly		1
19	Right handpulse assembly		
20	Cross recessed umbrella head screw	M6X20	4
21	Washer	Φ6	4
22	Cross recessed umbrella head self - tapping screw	ST4X15	35
23	Cross recessed pan head self - tapping screw	ST3X8	28
24	Umbrella- head hexagonal bolts	M10X20	4

Parts List and Exploded View

Deck Frame and Inverter Frame Assembly



LETM NO	Name	Specifications	QTY
1	Base frame welding assembly		1
2	Incline frame welding assembly		1
3	Incline motor		1
4	Ground foot		2
5	Move wheel		2
6	Flat nut	M16	2
7	Umbrella- head hexagonal bolts	M12X70	2
8	Nut hat	M12	2
9	Washer	Φ12X24X1.5	4
10	Round head hexagon bolt	M10X75	3
11	Nut hat	M10	2
12	Washer	Φ10X20X1.5	4
13	Shaft Sleeve	Φ16XΦ16X49	2
14	Round head hexagon bolt	M10X50	1

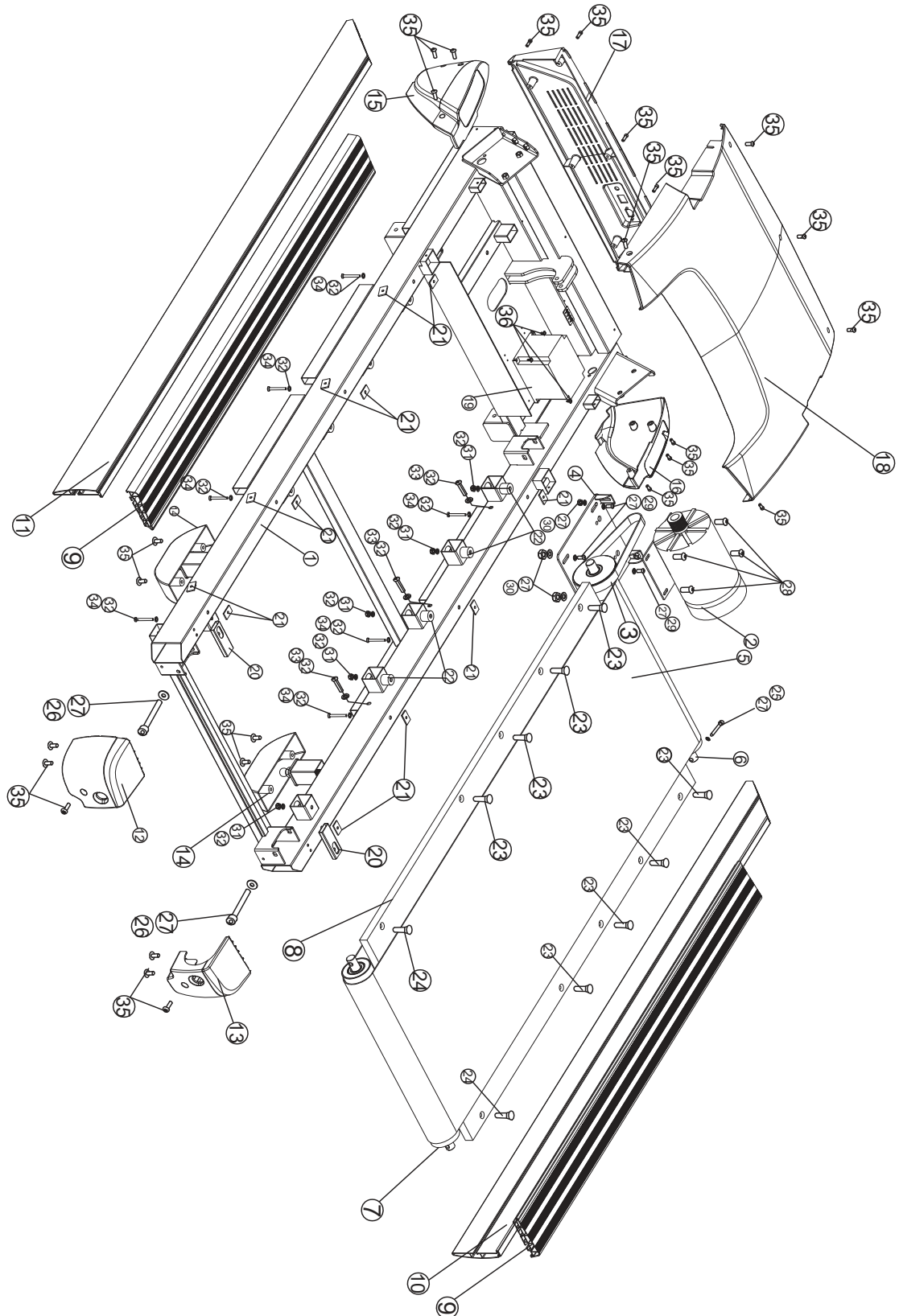
Parts List and Exploded View

Mainframe

LETM NO	Name	Specifications	QTY
1	Base frame welding assembly		1
2	Motor	AC2.2KW	1
3	Transmission belt	280J10	1
4	Motor fixed seat		1
5	Running belt	3450*600*2.5	1
6	Front roller	$\Phi 88 * \Phi 125 * \Phi 25$	1
7	Rear roller	$\Phi 88 * \Phi 25$	1
8	Runing deck	1460*755*25	1
9	Upper siderail	147.5*34.4*1458	2
10	Right siderail	158.4*29*1925	1
11	Left siderail	158.4*29*1925	1
12	End cap (L)	185*152*146	1
13	End cap (R)	185*152*146	1
14	Ground foot cover	248*85*75	2
15	Upright cover (L)	339*237*85	1
16	Upright cover (R)	339*237*85	1
17	Front motor cover	800*163*75	1
18	Motor cover	903*669*91	1
19	Transducer	AC2.2KW	1
20	Support tube	J12.7*38.1*1.5*100	2
21	Siderail fixed plate	35*22*3	16
22	Rubber cushion	$\Phi 25 * 25 * M8$	8
23	Hexagon socket head screw	M8*35	8
24	Hexagon socket head screw	M8*40	2
25	Round head hexagon bolt	M10*80	1
26	Round head hexagon bolt	M10*100	2
27	Washer	$\Phi 10 * \Phi 20 * 1.5$	
28	hexagon head bolt	M12*40	4
29	Round head hexagon bolt	M10*50	4
30	Nut hat	M10	4
31	Nut hat	M8	10
32	Washer	$\Phi 8 * \Phi 16 * 1$	10
33	Round head hexagon bolt	M8*65	8
34	Round head hexagon bolt	M*120	8
35	Round head hexagon bolt	M6*15	28
36	Cross recessed large flat self-tapping screws	ST4*15	4

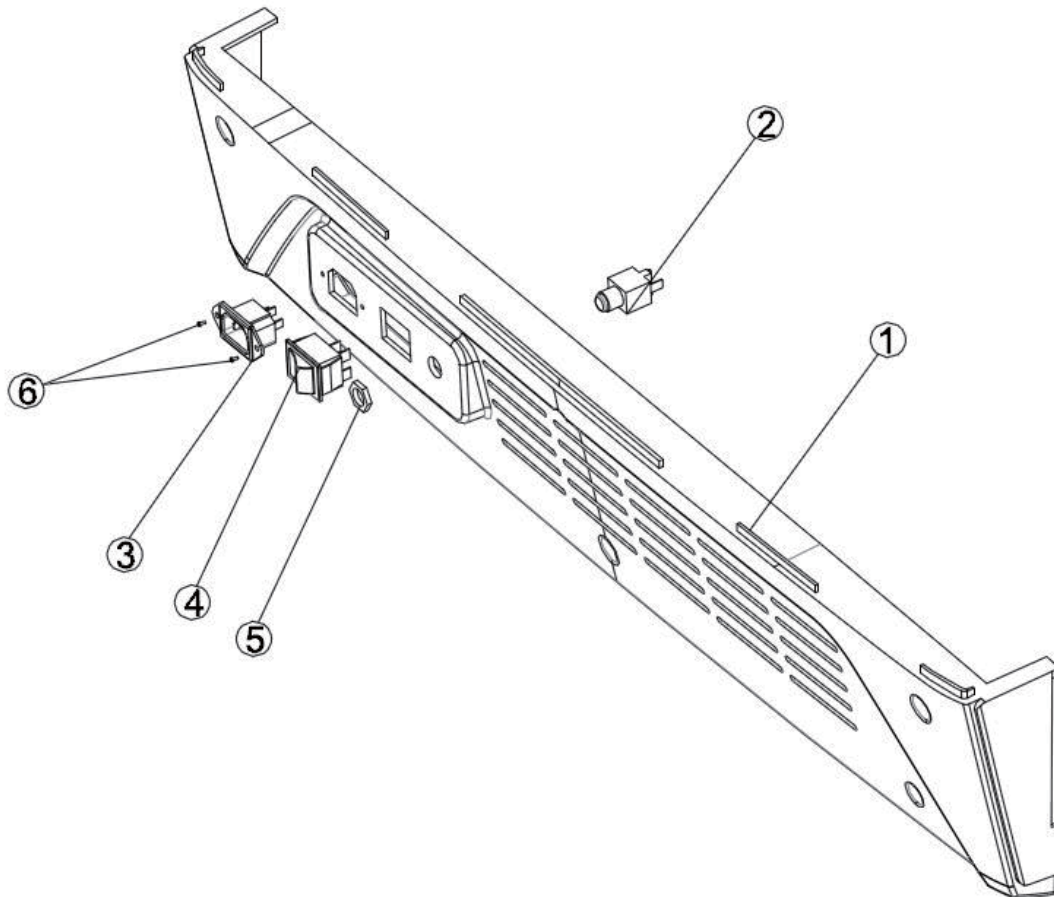
Parts List and Exploded View

Mainframe



Parts List and Exploded View

Switch Cover Assembly



ITEM NO	Name	Specifications	QTY
1	Front motor cover	800*163*75	1
2	Leakage protector		1
3	Power socket		1
4	Power switch		1
5	Plastic nut		1
6	Cross recessed countersunk head self-tapping screw	ST4*15	2

Console Panel Functions



Adjusting And Testing

Warning: Incorrect connection of the equipment's ground cable may increase the risk of lightning stroke; before commissioning power supply, inspection should be made to check whether the voltage is appropriate, and whether the plug grounding line is well connected.

1. When the installation is completed, inspection should be made to check whether the supply voltage is appropriate, and whether the grounding cables are well connected. Pull the running belt by hand to check whether the running is smooth with no abnormal noise.
2. Press "Start" button, the treadmill starts to run at a low speed (1.0km/h), and check whether the operation of the treadmill and display panel is normal.
3. Press "Speed +" and "Speed -" button, and check whether the speed adjustment is normal. And press "Incline +" and "Incline -" button, and check whether the incline adjustment is normal.

Peration Instructions

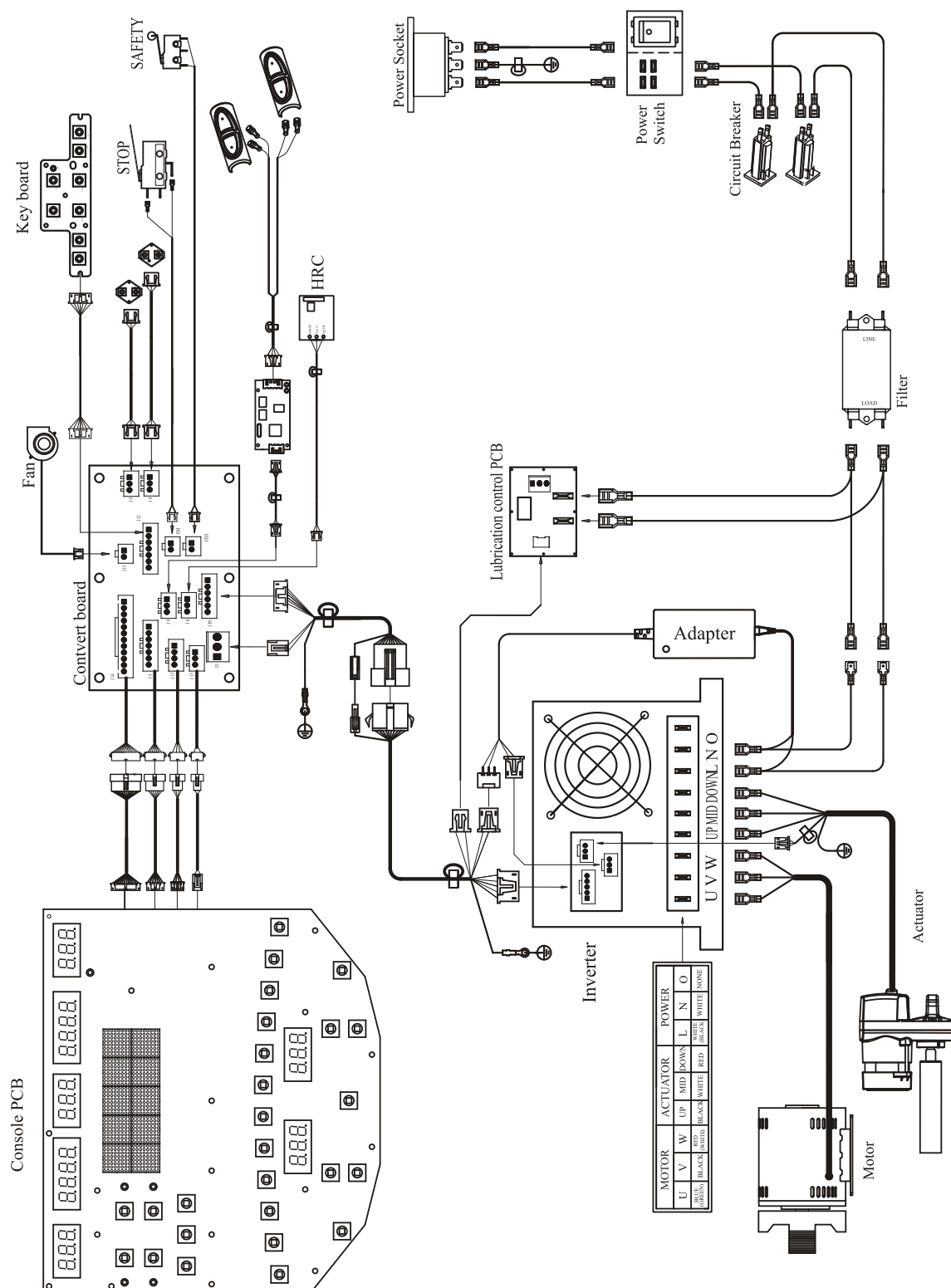
Warning: Read all instructions before using this treadmill
Never start the treadmill while you are standing on the running belt.
The speed should be adjusted in a gradual way, and abrupt changes of speed must be avoided.

1. Insert the power plug into the AC 110V power socket. Reset the safety key according the arrow. Turn on the power switch, the console will display 0, the treadmill is on STANDBY mode.
2. Press the "START" key, the system will begin running slowly. Press the "SPEED+ /SPEED-" key to adjust the the running speed. The maximum speed is 24km/h. Press the "STOP" key, the system will slow down to stop.
3. Adjusting the incline: Press Incline+/- to adjust the incline.
4. Manual program: In STANDBY mode, press MODE key, the TIIME、DISTANCE window will twinkle, then press Speed +/- to setting the operating parameter. User can setting the TIME and DISTANCE at same time.
5. Auto program: In STANDBY mode, press PROG key, the LED display will show the Speed Program graph on the right side. And the left side will show the Incline Program graph. There are 15 programs, every program is 30 mins.
6. Speed directly selection: There are 4 speed short key. When the machine starting, you can press the short key to adjust the speed directly.
7. incline directly selection: There are 4 incline short key. When the machine starting, you can press the short key to adjust the incline directly.
8. handle pulse test: Knead your hands before exercising, close upon the sensor of the pulse then the Console display will show the pulse statistics. The pulse sensors are not medical devices.

Matters Needing Attention

- 1.Before using this product, please check whether the treadmill is reliably grounded;
 - 2.Check whether the power supply is loaded before exercise; Check whether t safety lock is valid;
 - 3.If abnormal conditions occur during the exercise, the safety lock can be pulled off, and the running opportunity will slow down to stop quickly;
 - 4.If there is any problem with the machine, please contact the dealer.
- Non-professional personnel, please do not attempt to dismantle or repair the machine to avoid damage to the equipment.

Electrical Connection



Belt Adjustment and Maintenance

1. Running Belt Adjustment

Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.). Speed of Running Belt don't exceed 4KMH, during adjustment.

1.1 Adjust Running Belt in center of treadmill

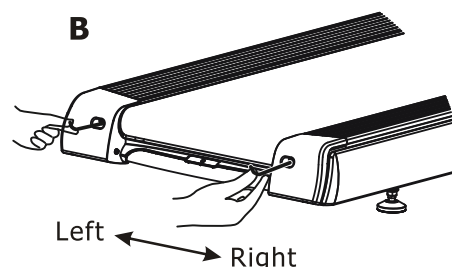
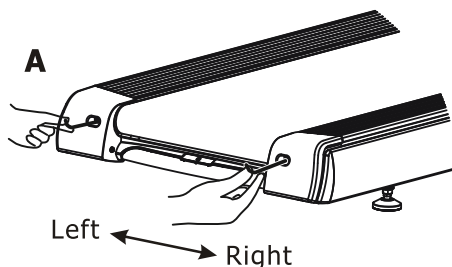
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with an 8 mm Allen wrench as below figure.

B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with an 8 mm Allen wrench as below figure.

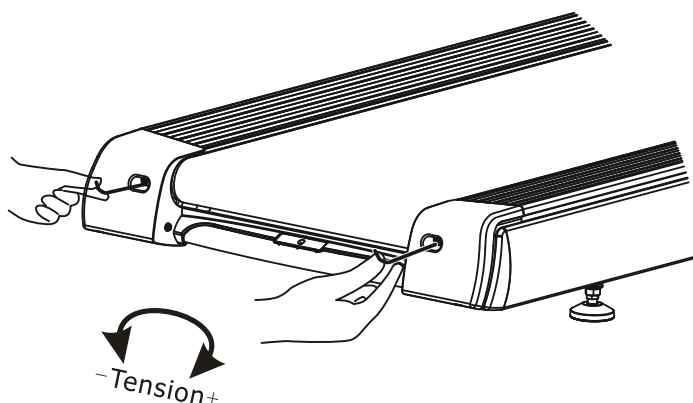


1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time. Tension both the Allen bolts of rear roller **1/4 TURN** as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN the roller bolts more than 1/4 turn at one times.**

Perfect tension of running belt is 0.9~1.1 lbs.

Belt Adjustment and Maintenance



2 CLEANING

Routine cleaning of your unit will extend the life of your unit.

Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration after each Workout.

Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Emergency Button</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>V Belt</i>				Clean	Inspect	
<i>Lubricator Reservoir and filter element</i> (for including the structure of the product)			Inspect		Clean	
<i>Running Deck</i>			Re-Lubricating and inspect			Flip (not include AC2970C)
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		

Trouble shooting

Problems	Possible Reason	Measures
Running belt is off-center	Running belt will be off-center after using a period of time and this is may be resulted from the reasons that the power of both feet is not well distributed.	Detail see user's manual. (MAINTENANCE)
Noise when running it.	1. There are some foreign body between running belt and running board. 2. screw loose	1. Remove the foreign body. 2. If noise from the bottom of the treadmill, fasten the screw between running board and frame. If noise from front of the treadmill, please fasten the screw of pillar.
The running is not smooth and stop.	Please check if the running belt is too loose.	Please adjust the two adjustment screws at same time.
Treadmill always stop without regular, or running is not normal.	1. Voltage is too low 2. Electrostatic interference. Treadmill without grounding. Grounding continuity is not good.	1. Input voltage must be within the range of AC110V $\pm 10\%$ 2. Treadmill must be reliably grounded, fasten the screw of the pillar.
Monitor displays nothing.	1. Power cord is not plugged. 2. The monitor's plug is not plugged.	1. Replug the power cord. 2. Replug the monitor's plug.
Peculiar smell from the motor side, and running is not smooth and stop.	Motor overload, temperature is too high, so that the motor is damaged.	1. Spread lubrication oil between running belt and running board. 2. Adjust the running belt in an appropriate tightness.
Incline is not working, or the slope is only rise not fall.	1. The connection of the control line (between the PCB and the monitor) is not good. 2. The connection of the incline motor is not good.	1. Replug the connection of the control line. 2. Repulg the connection of the incline motor.
Motor heating, inverter protection does not work	Over current protection.	Detail see user's manual. (MAINTENANCE-Lubrication)
E01	Communication Error	Check the signal wire, and reconnect the plug.
E02	Inverter overcurrent	1. User exceeds the allowable weight range. 2. Adjust the running belt in an appropriate tightness
E04	Inverter overvoltage	Check whether the external environment provides insufficient voltage or a voltage instability, attempts to shut down power and wait 30 seconds, if the error is still reported, please contact the professional personnel to adjusting the voltage to the standard value.
E05	Inverter overheating	1. Smear the lubrication oil between the running belt and running board to reduce the frication. 2. Adjust the running belt in an appropriate tightness