

FRENCH FITNESS

FF-AFB

FRENCH FITNESS FF-AFB AIR FAN
BIKE (NEW)

ASSEMBLY MANUAL



FEATURES

- **Enhanced Resistance:** Our Air Fan Bike is designed for elite performance. It adjusts resistance as you increase your speed, providing a challenging workout. You can engage both the upper and lower body or isolate them, and the bike allows pedaling forward or backward for workout variety.
- **LCD Performance Display:** Stay on top of your fitness journey with our LCD display. Accurately monitor your heart rate in real time by using a wireless strap. You'll have access to classic time, distance, and calorie goal programs.
- **Train at Home with Precision:** Elevate your home workouts with the French Fitness Air Fan Bike. We've integrated sealed cartridge bearings into every pivot and moving part, totaling an impressive twenty. This ensures durability and smooth operation.
- **Motivating Console:** Our Air Bike Classic console is programmed to push you to your limits. Choose from seven on-board programs tailored to your mood. Whether it's an intense Tabata interval session or a customized workout based on calories, distance, time, or heart rate, you have more choices for maximum motivation.
- **Personalized Resistance:** We understand that every athlete is unique. The French Fitness Air Fan Bike automatically adjusts resistance as you increase your effort. Whether you're pushing, pulling, or pedaling with more speed and force, this bike provides virtually limitless workout possibilities. Get ready to meet your match in fitness!

TECH SPECS

- **Dimensions:** 51"L x 23"W x 48"H (1293 mm x 592 mm x 1229 mm)
- **Max User Weight:** 330 lbs (150 kg)

WARRANTY

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

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IMPORTANT SAFETY INFORMATION

WARNING! using this unit or starting any exercise program consult your physician.

This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the owner's
2. Manual and are familiar with warnings and safety precautions.
3. This unit has a user maximum capacity of 330 pounds (150 Kilograms)
4. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur.
5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is use.
7. Do not attempt to perform dip movements on handlebars.
8. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
9. Wear comfortable, good-quality walking or running shoe and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
10. Always examine your unit before using to ensure all parts are in working order.
11. Allow the unit to fully stop before dismounting.
12. Pets should never be allowed near the unit.
12. Do not leave children unsupervised near or on the unit.
13. Never operate the unit where oxygen is being administered, or where aerosol products are being used
14. Never insert any object or body parts into any opening.
15. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
16. Service to your unit should only be performed by an authorized service representative , unless authorized and/or instructed by the manufacturer.
17. Failure to follow these instructions will void the unit warranty.

BEFORE YOU START

Thank you for purchasing this new AIR BIKE!! This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.

Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 year, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.

ASSEMBLY INSTRUCTION

FIGURE 3 Pedals Assembly and Seat Pad Assembly

STEP1:

Thread the Right Pedal (G11) into the hole of Right Crank (E05). Secure in the place by turning it clockwise to tighten.

Note :Right Pedal (G11) is marked with an ^{UR}M

STEP2:

Thread the Left Pedal (G10) into the hole of Left Crank (E04). Secure in place by turning it clockwise to tighten.

Note :Left Pedal(G10)is marked with an “L”

STEP3:

Fix the Seat Pad (G12) with the Seat Fixing Rod(E06) by using one Allen Wrench to turn the Locknuts beside of Seat Pad to tighten.

FIGURE 4 Monitor & Water bottle Holder Assembly

STEP1:

Lead the Sensor Wire (H02) which is out from the Main Frame(A01) to get through the Console Mast(A11) till the top opening of Console Mast(A11) Assemble Console Mast (A11) onto the Main Frame (A01) with two Screws (B06) and two Washers (D03) as show as below picture .

STEP2:

Connect the Sensor Wire(H02)to the cable of Console (H01),then fix the Console(H01)onto the Console Mast (A11)per four Screws(B03).

STEP3:

Then fix the Water Bottle Holder (G14) to Console Mast (A11) with two Screws(B15).

EXPLODED VIEW



