

FRENCH FITNESS

FF-MIC3

FRENCH FITNESS MIC3 MAGNETIC
COMMERCIAL INDOOR CYCLE

OWNERS & ASSEMBLY MANUAL



FEATURES

- 4KG flywheel
- Commercial use
- Belt Driven
- Magnetic resistance system
- Heavy-duty flywheel
- Non-slip, multi-position handlebar
- Pull resistant way for emergency brake
- Anti-perspiration cover prevents sweat from dropping on cast wheel, to extend operating life.
- Driving System: Belt
- Brake System: Magnetic Brake
- Handle and seat adjustment: 250mm
- Wheel Material: Aluminium
- Console (Optional): Time, Speed, Distance, Calories and Heart rate
- Console is powered by CR 2032 battery
- Power Requirements: Self Powered, Cordless. It uses an Alternator and Battery for Power

TECH SPECS

- Wheel Weight: 7.7lb (3.5kg)
- Weight: 116.8lb (53kg)
- Dimensions: 55.1"L x 22"W x 51.1"H (L:1400mm, W:560mm, H:1300mm)
- Shipping Weight: 127.8lb (58kg)
- Shipping Dimensions: 52.3L" x 10.6W" x 33.4H" (L:1330mm, W:270mm, H:850mm)

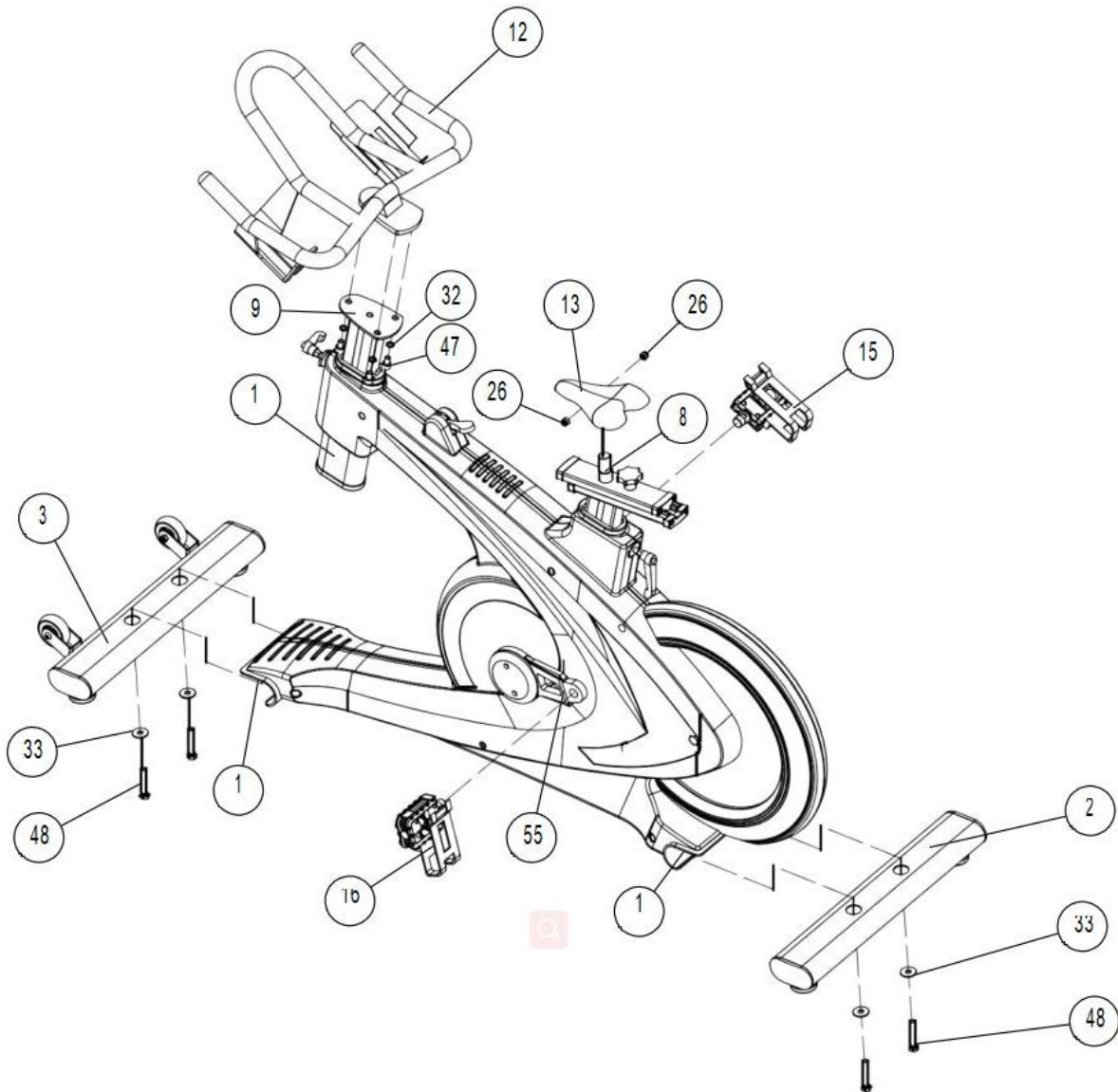
WARRANTY

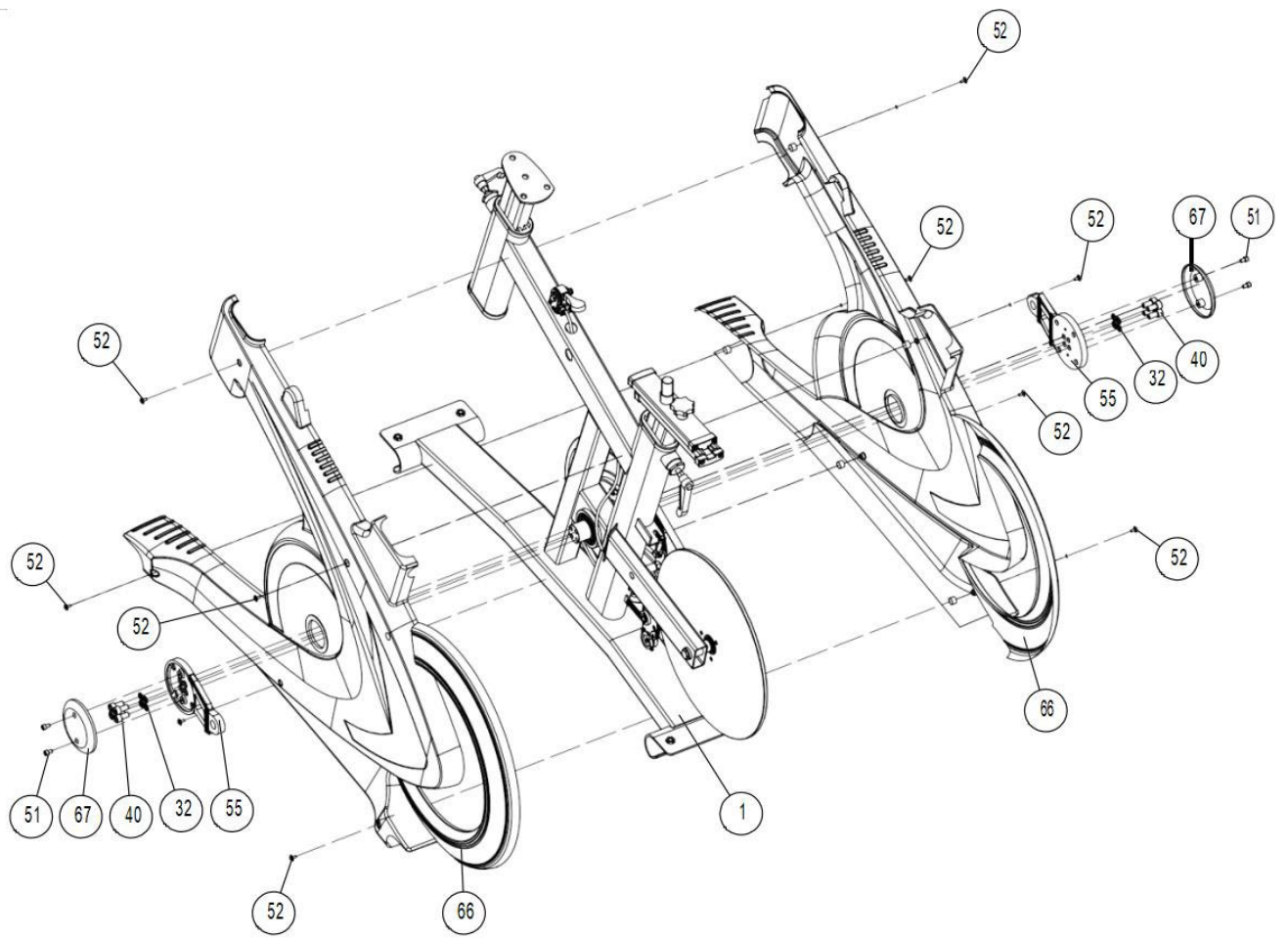
10 Years Parts, 1 Year Labor (Commercial)

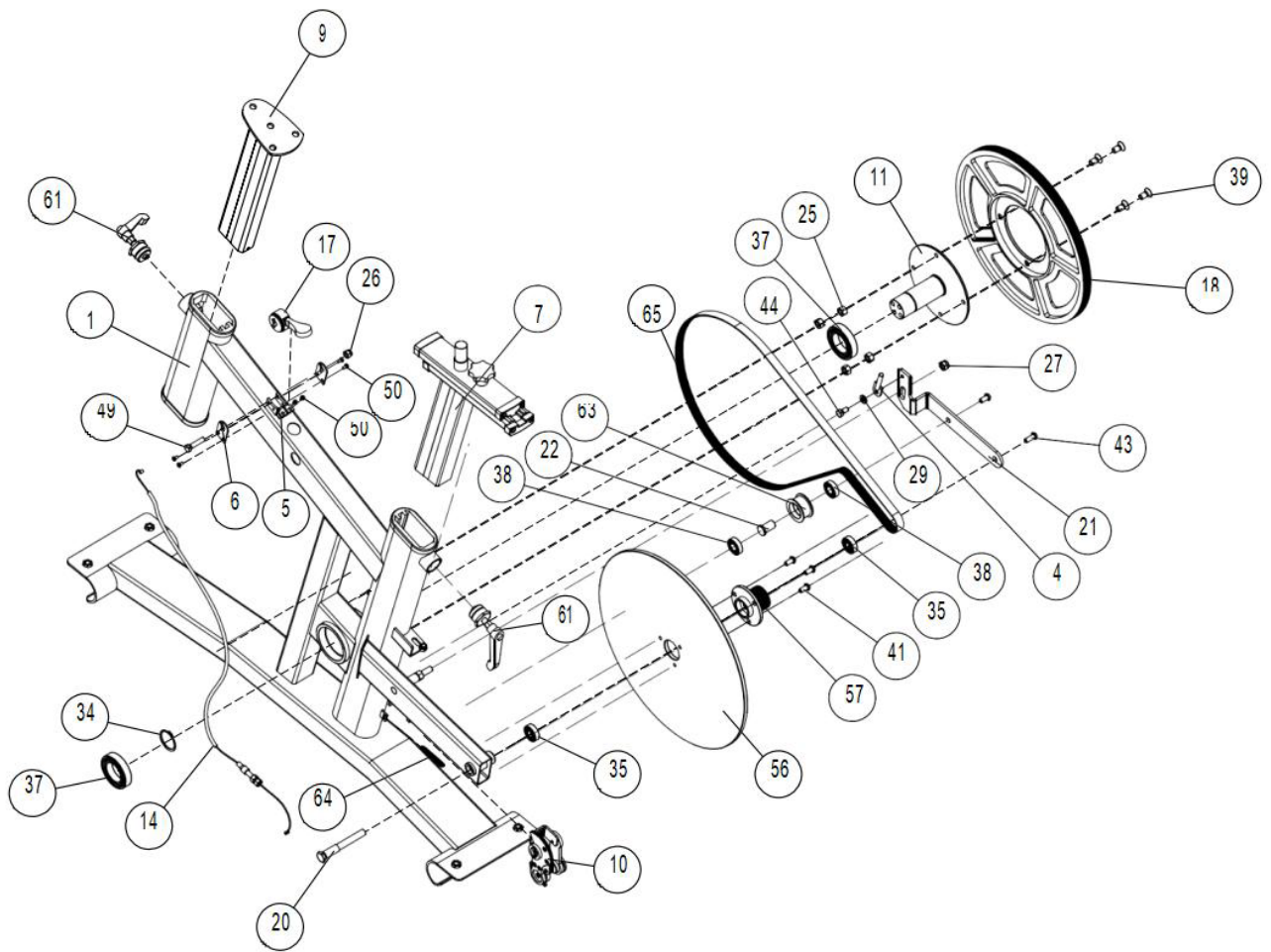
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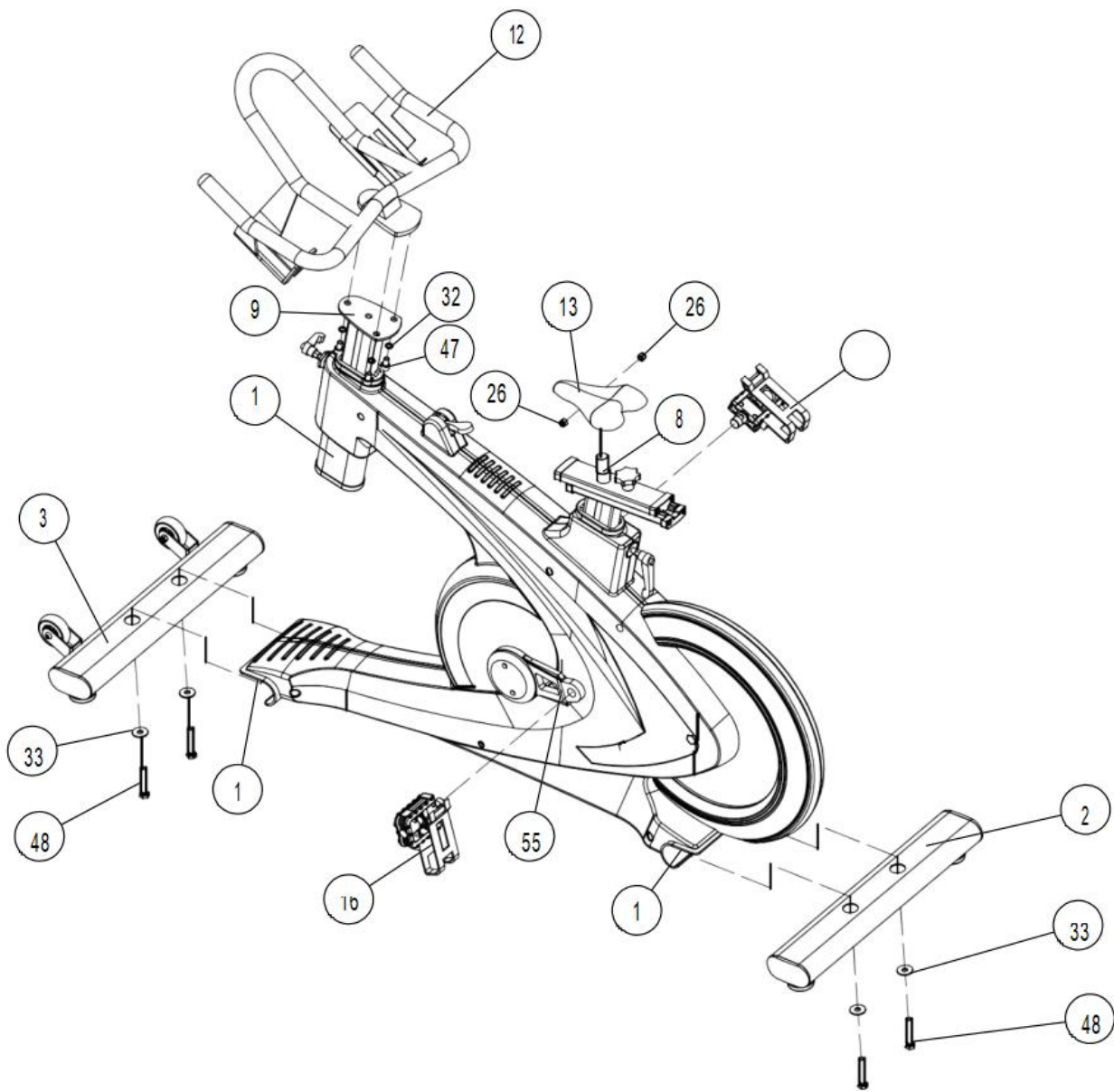
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EXPLODED VIEW





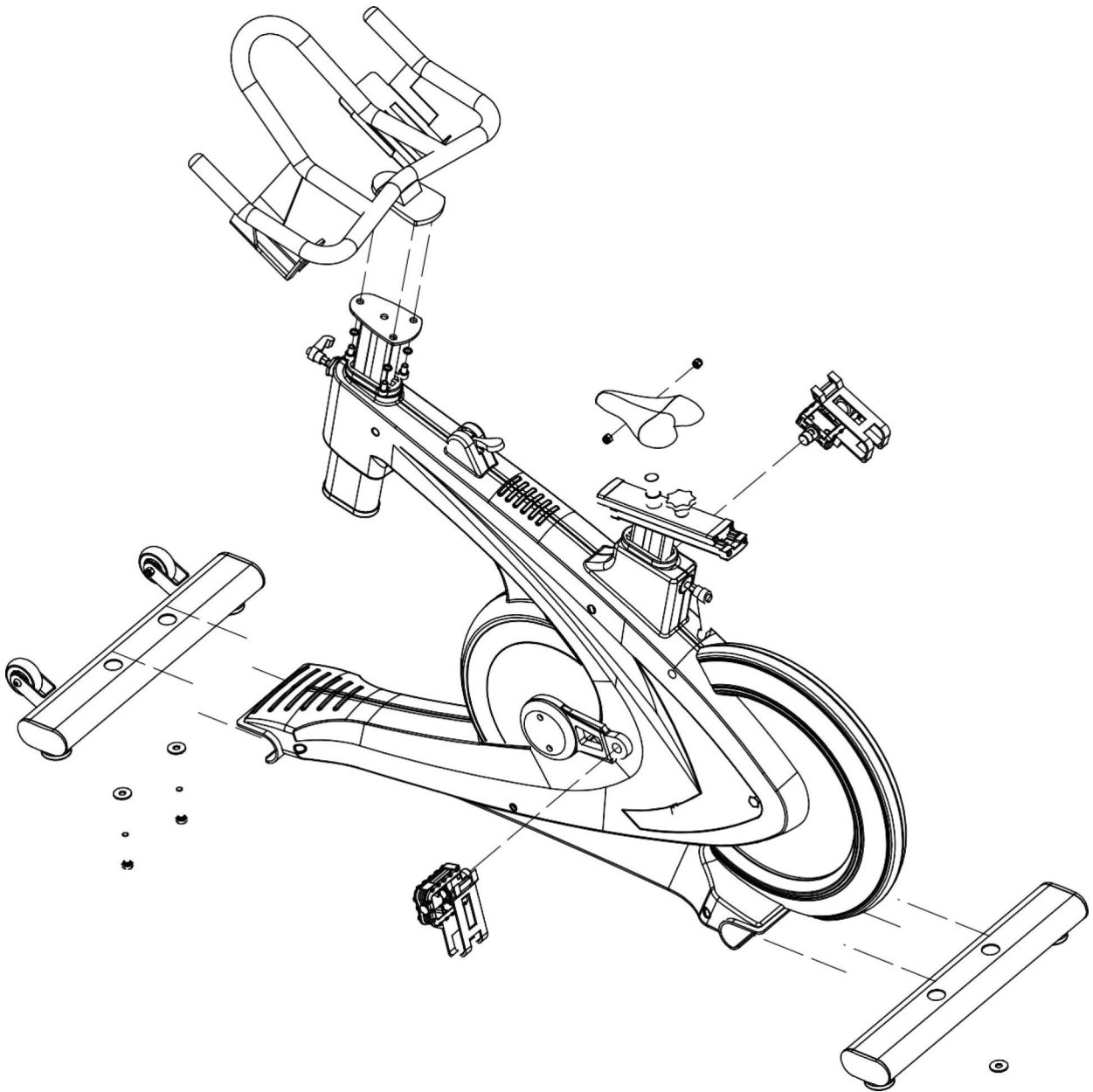




USER MANUAL



INSTALLATION STEPS



Installation steps:

1. Use M10*60 hexagon head bolts (48) and M10 large washers (33), respectively, to install and fix the rear foot set (2) and the front foot set (3) to the mounting holes on the main frame (1).
 2. Use the M12 hex bolt (47) and spring washer (32) to fix the handlebar (12) to the handlebar adjuster (9).
 3. Use the M8 hexagonal lock nut (26) to insert the seat (13) into the seat mounting group (8) and install it securely.
 4. Install the pedals (15) and (16) on the left and right cranks (55).
- Installed

1 Verification of completion of assembly

- (1) All assembly parts are connected normally, and all adjustment handles are tightened without looseness.
- (2) Handle assembly and cushion assembly are fixed firmly without relative shaking.
- (3) The foot is fixed without looseness.

Note: tighten the screws and nuts before use to prevent loosening.

Instructions

2 Adjustment of brake resistance adjuster

Before use, please follow your own tolerance, Adjust the brake resistance to the best position.

Note: the "+" on brake resistance adjuster "12" is an increase.

Add resistance, "-" is the decreasing resistance. If you want to stop the movement, first turn the brake resistance adjuster to the "+" direction (increasing resistance) rotates until when the crank stops, the trainer can get off the bike. Come down.



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3 Adjustment of the position of handle and seat

Before exercise, adjust the handlebars and The position of the seat. Loosen when turning the adjusting handle anticlockwise Open the parts and fix the zero when turning the adjusting handle clockwise Pieces.

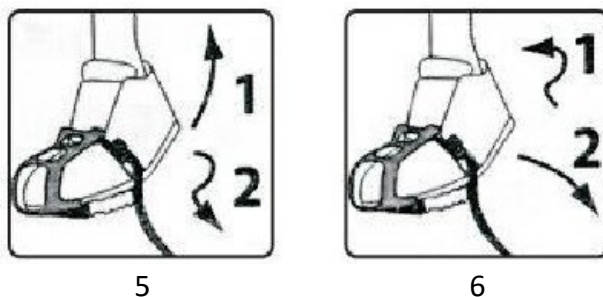
The seat and handle can be adjusted in the direction shown in Figure 2,3.

Note: when adjusting the up and down positions of handlebars and seats, their highest positions The setting cannot exceed the horizontal line under "stop" as shown in Figure 4.



4 Fastening and loosening of safety belt on foot

- (1) Put the foot in the pedal, tighten the safety belt upward, and adjust Just go to the right place.
See Figure 5.
- (2) When getting off, first press and hold the safety button, and then re lease the safety button upward Full band.
As shown in Figure 6



5 Training precautions

To train in the right way, for example, When riding a bicycle, do not release the handlebars with both hands at the same time and Stand up and train. As shown in Figure 7.

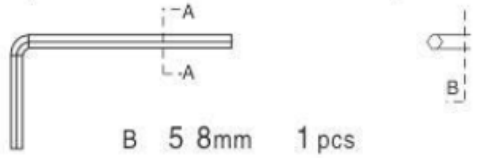
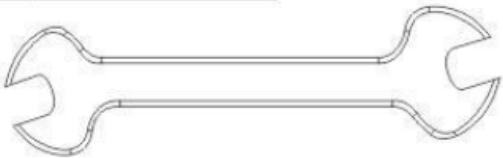


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6 How to stop training

The inertia wheel of this spinning bike has a large mass. Do not get off the bike directly while the crank is still rotating. Otherwise, the trainee may be thrown forward, causing unnecessary injury. If you want to stop the movement, you should first turn the brake resistance adjuster to "+" direction (increase resistance), until the crank stops moving, the trainer can get off the bicycle.

Assembly tool

1	 B 5.8mm 1 pcs	
3	Open end wrench	
		13 16 14 17 1 pcs 17-19mm 1 pcs

SAFETY INSTRUCTIONS

Warning: this manna! contains important safety information. Please read the safety instructions carefully before using the device.

- ◆ The training equipment is only suitable for use in the field of organizing training. such as sports associations, educational institutions, hotels, clubs and gyms. When using the equipment, it must be supervised and guided by professional personnel.
This training device can only be used in a supervised place, and the first user must have professional guidance.
Children and disabled people are not allowed to approach or use the device when there is no supervision.
- ◆ Before training, please pay attention to the safely warning and exercise guidance on the equipment. [f you feel unwell during the exercise, please stop the training Immediately and consult the doctor.
- ◆ Incorrect or over training may damage your health
- ◆ The instrument shall be inspected and maintained regularly to ensure the integrity and firmness of all parts on the instrument.
- ◆ Pay attention to the inspection and maintenance of vulnerable parts on the instrument.
- ◆ In case of any damage or abnormal sound to the parts of the device, please stop using until it is repaired.
- ◆ The device shall be installed in a stable place and leveled.
- ◆ Before use, please adjust the device according to personal conditions, such as resistance, cushion position, etc.
- ◆ Maximum user weight: 150kg.
- ◆ length: 1400mm; width: 560mm; height: 1300mm.
- ◆ weight: 53kg.
- ◆ The minimum use space of the device: 3000x1200x2400mm (LxWxH)