

FRENCH FITNESS

FF-UB200

FRENCH FITNESS UB200
COMMERCIAL UPRIGHT BIKE

ASSEMBLY MANUAL



FEATURES

- LED Display
- Input Power : 50W
- Range of resistance: 20 levels
- Heart rate: Touch Heart Rate Sensors
- Console display: Numerical Value, Time, Distance, Calorie, Speed, Resistance, Heart Rate
- Programs : 8 preset programs + 4 target programs

TECH SPECS

- Weight: 137.5lb (62.4kg)
- Dimensions: 43.3"L x 47.4"W x 66.1"H (1100mm x 1206mm x 1680mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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1. SAFETY PRECAUTIONS

Safety Tips: This safety manual lists important safety information. Please read it carefully before use.

1. The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
2. The Upright bike machine should be placed indoors. Do not use it outdoors or in a place with high humidity. Do not allow water or other liquid to splash on the upright bike machine. Do not place or insert any foreign objects on the upright bike.
3. The elliptical machine should be used to ensure that the four corners are placed on the ground and placed stably and reliably. And the safety space of 2000mm*1000mm should be kept behind the elliptical machine body.
4. When using the device, please wear appropriate sportswear and 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. It is not allowed to move two or more people on the elliptical machine at the same time. The maximum weight of the machine is 170 kg.
6. The heart rate sensor is not a medical device. Due to various factors (the sweat of the exerciser's palm, etc.), the measurement result is biased, and the measurement result is only for reference. (Hands hold the heart rhythm handrail and display a more accurate heart rate value after a few seconds)
7. Action guidance:
 - A. Aerobic exercise: It can consume energy, improve heart and lung function, speed up blood circulation, improve the overall quality of the human body, and achieve the purpose of losing weight and body sculpting.
 - B. The first time you use upright bike, you need to hold the armrests with both hands to maintain your balance.
 - C. When adjusting the resistance, you must adjust it slowly, and the adjustment should be as small as possible.
 - D. The user must be able to walk down the treadmill if safety is confirmed.
8. Any device of fuselage is not in a state of relaxation.
9. Incorrect or overload training may cause damage to the motor and controller, accelerate the aging of the transmission system, and even cause personal injury.
10. It is strictly forbidden to touch any part of the upright bike in operation by hand.

11. Long hair users should pay attention to the safety of hair during the use of elliptical machines.
12. If you feel any discomfort or abnormal condition during use, stop exercising immediately and consult a doctor.
13. Before each use, please check the transmission parts for fastening. If it is loose, please tighten or replace it in time.
14. Upright bike during the maintenance and repair process, the machine accessories should have obvious suspension of use of the identification plate.
15. If the elliptical machine has abnormal noise or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or seek professional help.
16. This machine complies with the SC type in EN 957-6.

2. TECHNICAL STANDARDS

Time display range: 0:00 - 99:59

Distance display range: 0.00-99.99Km

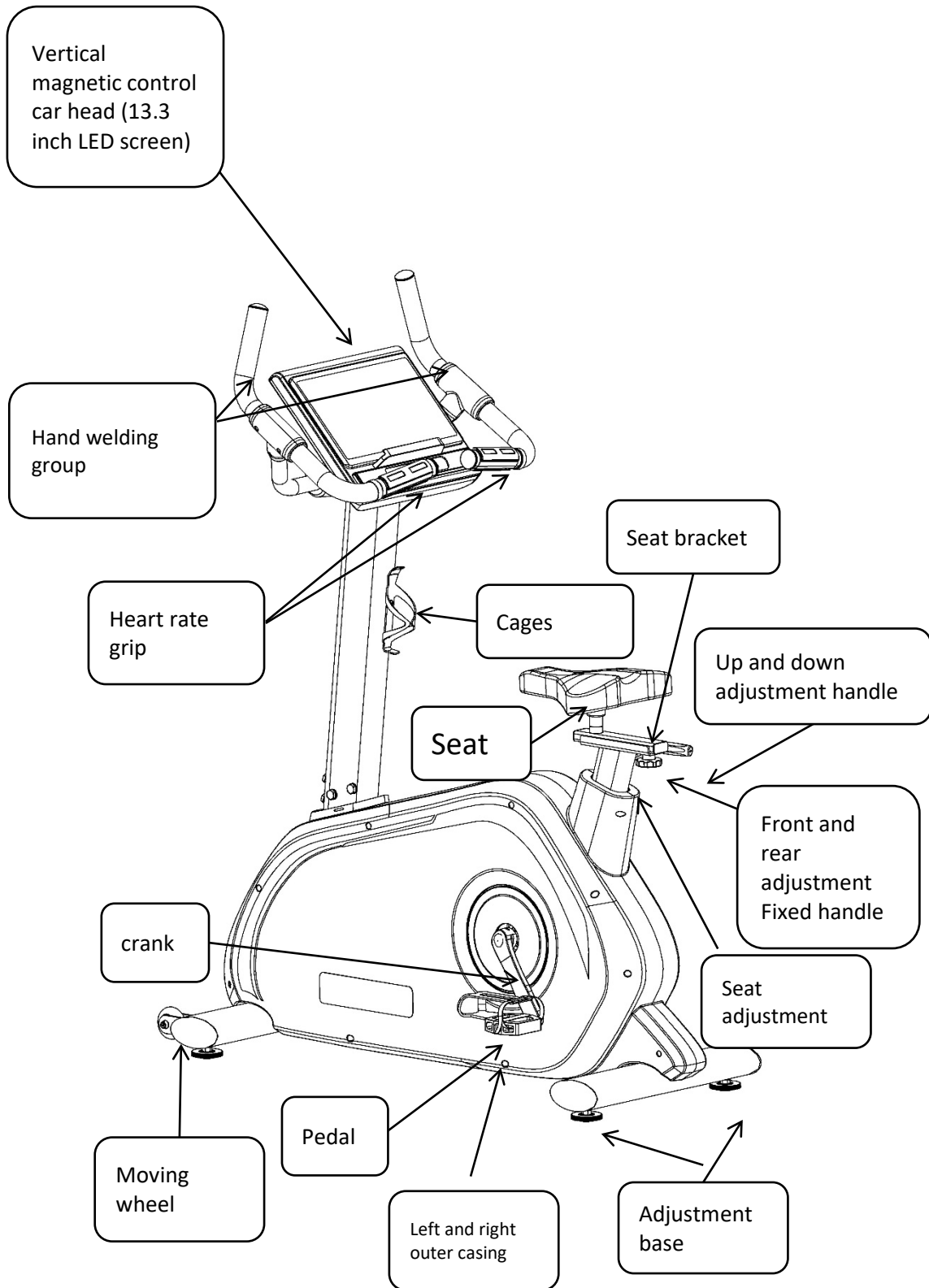
Heat display range: 0 - 999.9 (Kcal)

Heart rate display range: 50 - 256 (times / minute)

Resistance display range: 0-20

Speed display range: 0.0 - 99.99 (km / h)

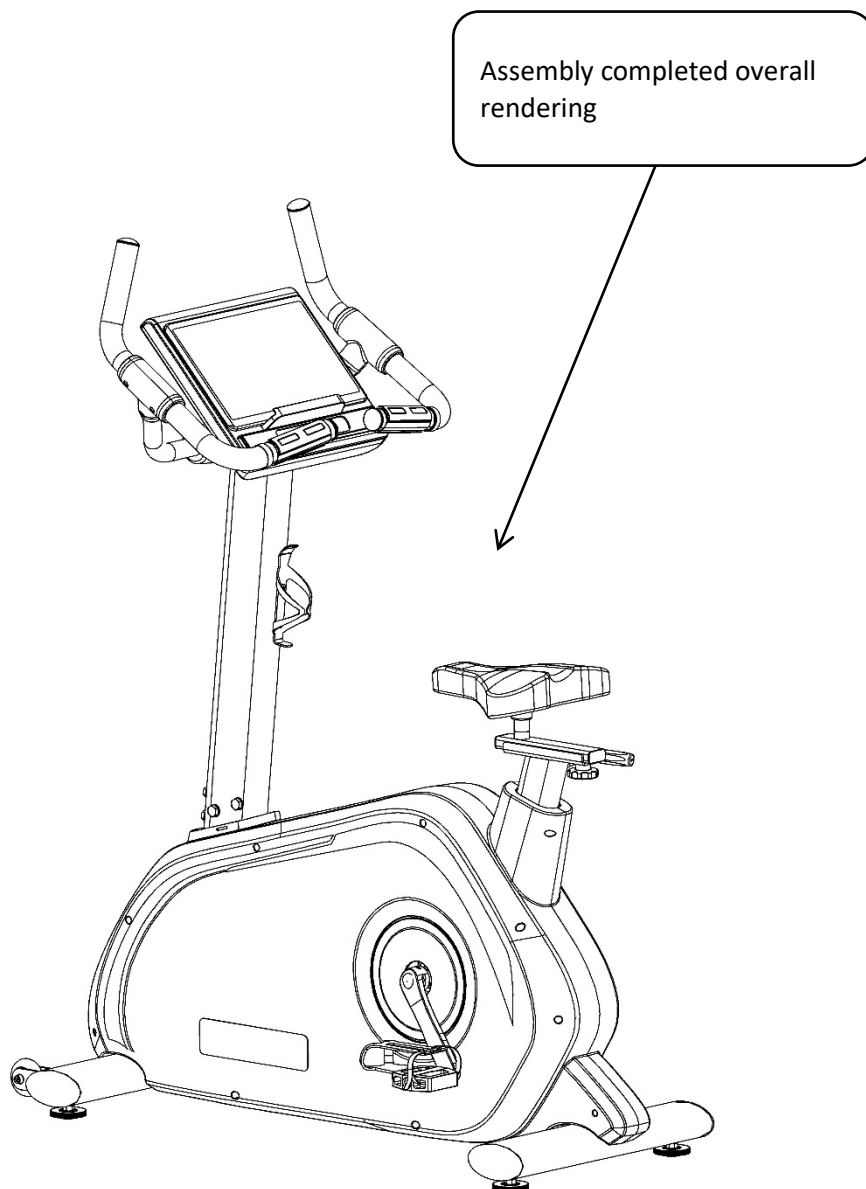
3. THE WHOLE MACHINE DIAGRAM



4. THE ASSEMBLY INSTRUCTIONS

Easy to install as a principle

- User Manual All of this section is intended to ensure that the vertical magnetron can be assembled correctly and easily. According to the user manual assembly procedure, the assembly work will be very smooth.
- Because the size of the vertical magnetron is large, please select the assembly location where the vertical magnetron will be placed and ensure there is enough space around the vertical magnetron
- Place all parts of the vertical magnetron in the empty area and remove all packaging materials. Do not discard the packaging 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 a vertical magnetron, make sure that all parts are assembled according to the assembly drawing.

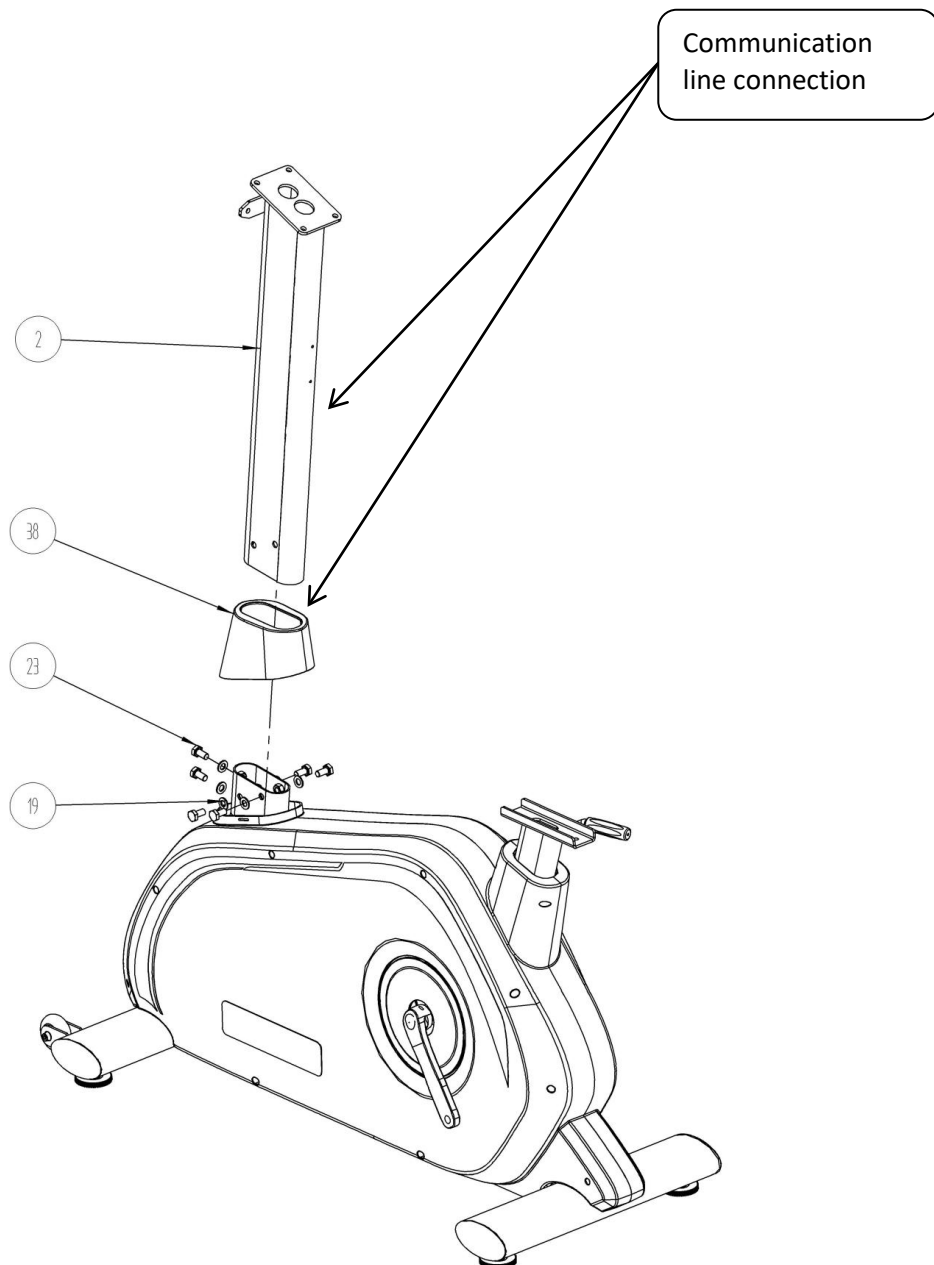


Step 1

Open the plywood box, assemble support column and main frame, like below picture

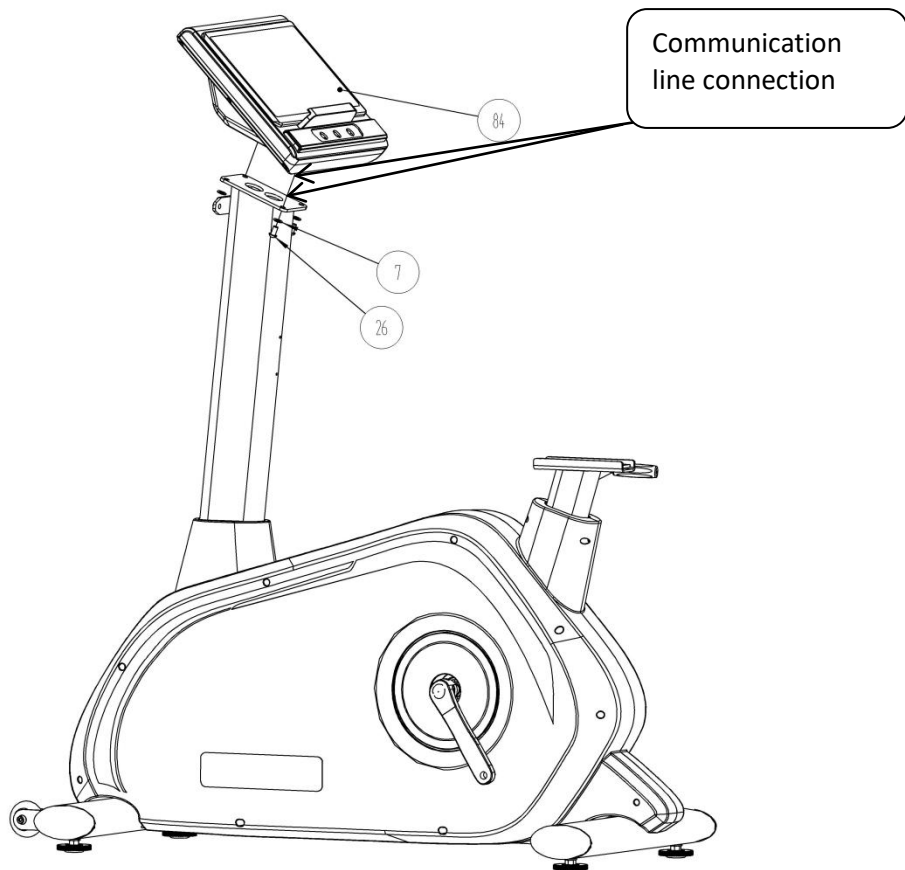
1) Put cover on support column

2) Connect communication line, fix support column and main frame by screws, tight screws, combine covers



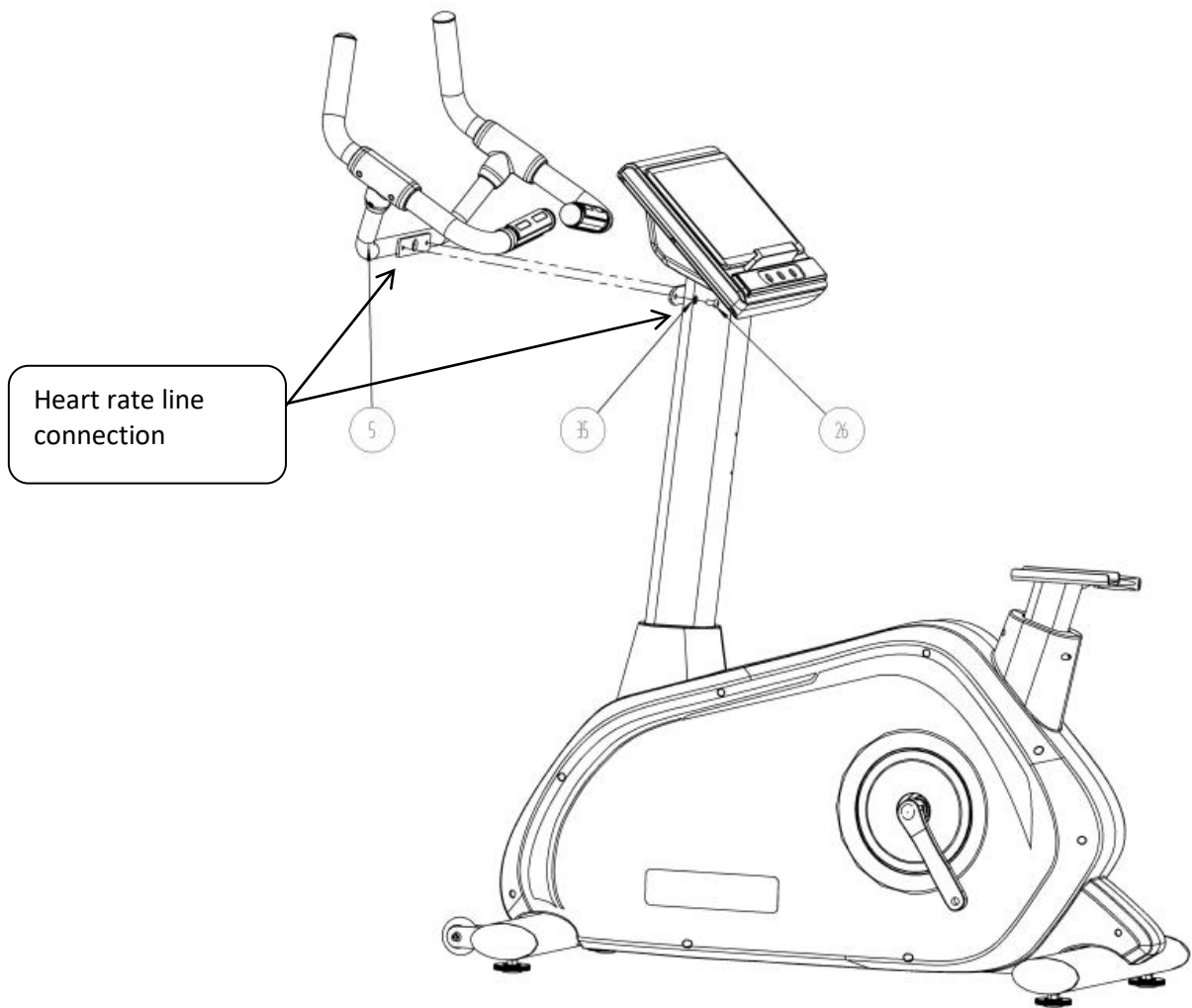
Step 2

Assemble screen, connect communication, tight all screws



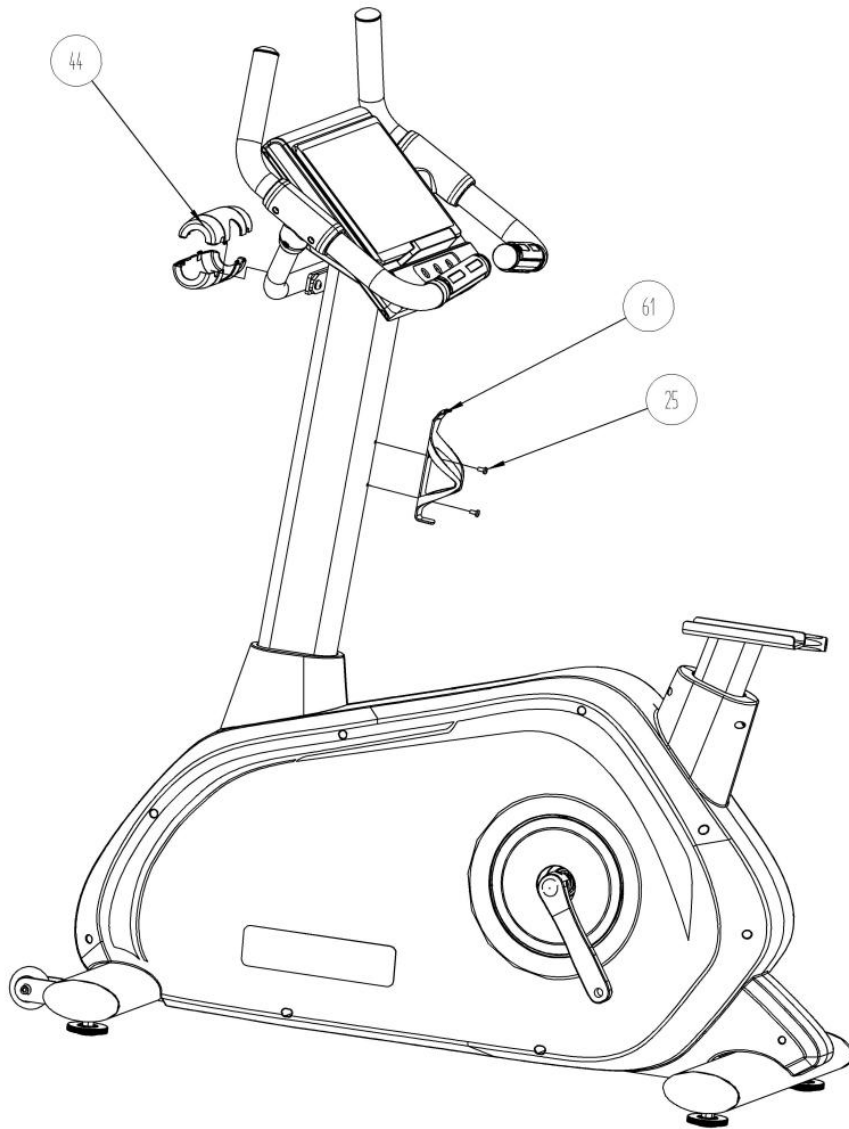
Step 3

Assemble handle, connect heart rate line (left and right are same), tight all screws



Step 4

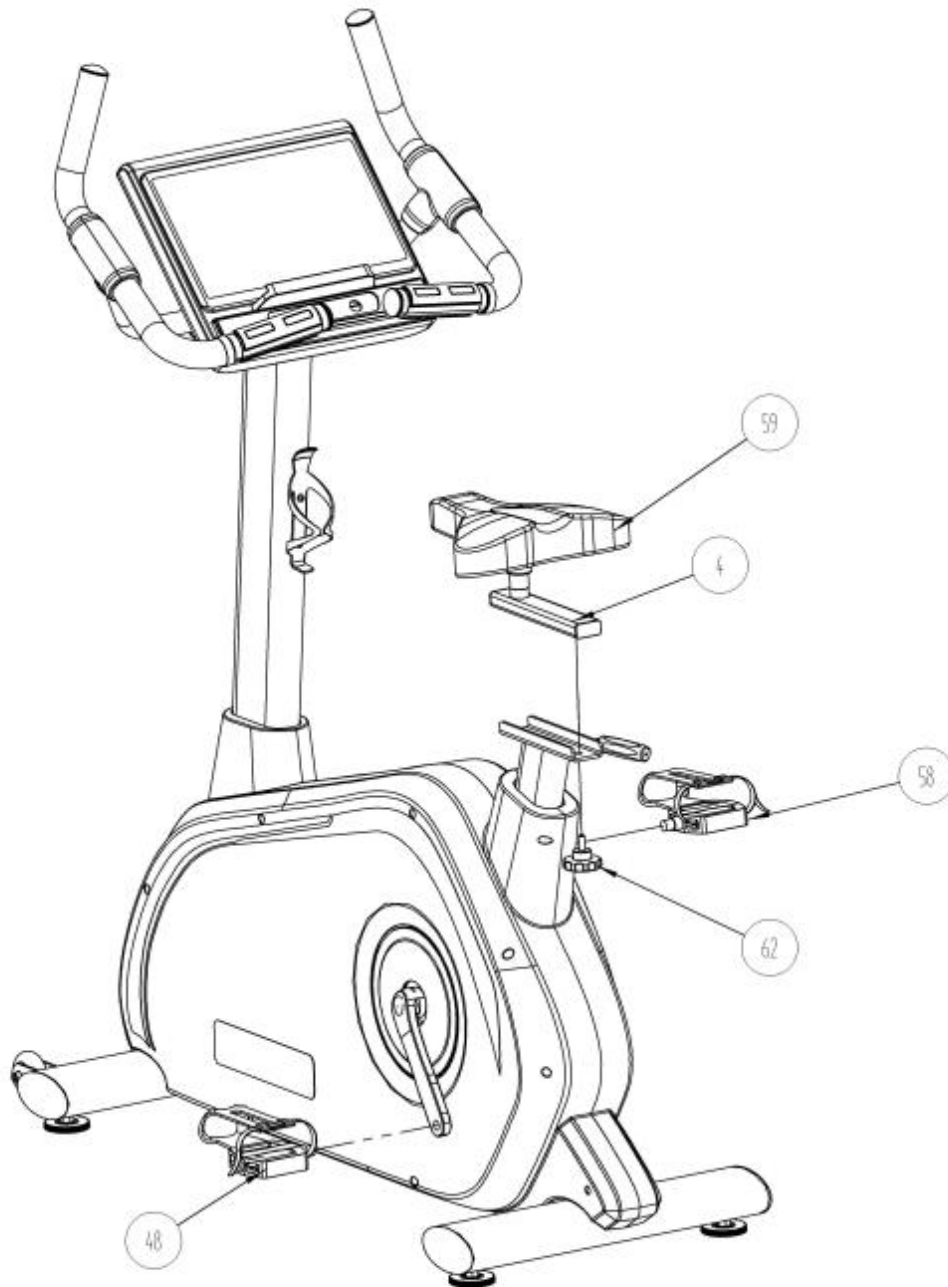
Assemble bottle holder and handle protector, tight all screws



Step 5

Assemble both pedal and seat

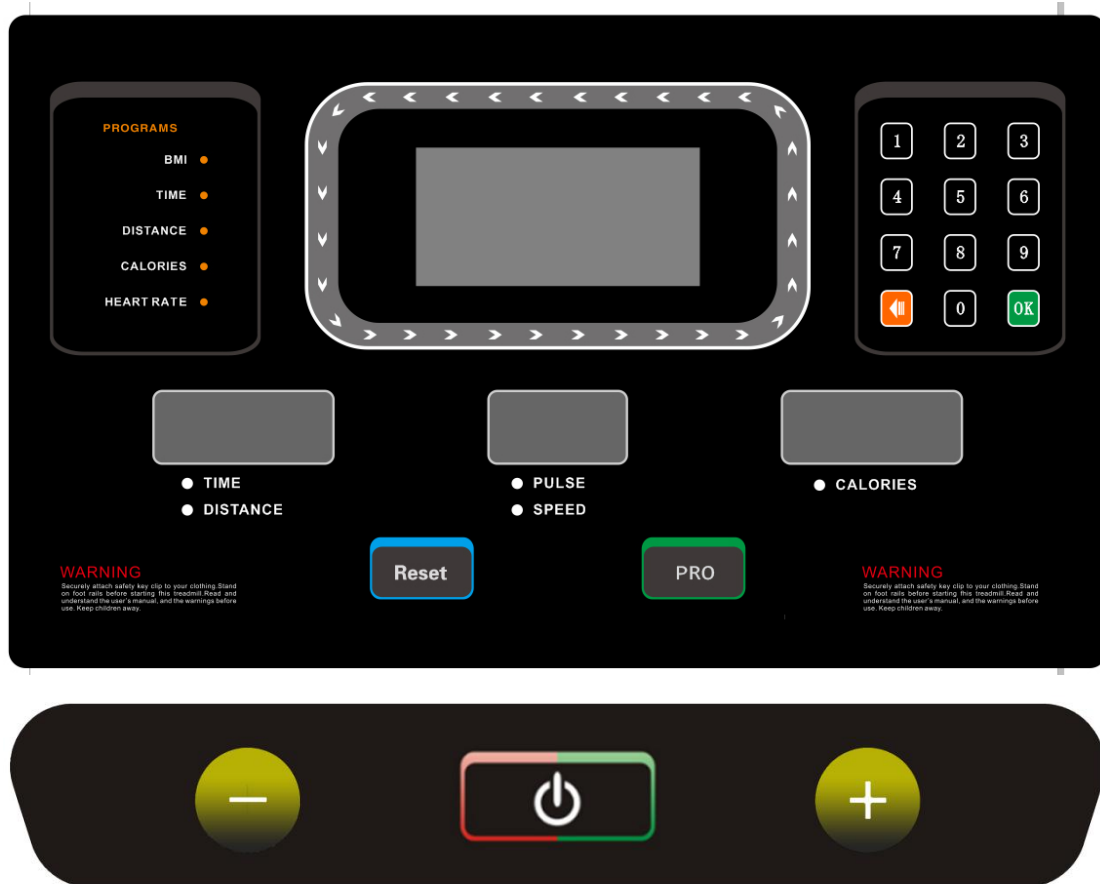
- 1) tight both pedal with M14 open-ended spanner
- 2) fix seat



5. INSTRUMENT OPERATION GUIDE

Vertical magnetic control car LED display operating instructions

The vertical bike magnetic control panel adopts the capacitive touch principle, Users only need to click it when they use it, Touch effects are comparable to mobile screens. The surface of the panel is made of acrylic that is wear-resistant and durable, and has a beautiful color and beautiful appearance.. Fully ensure that there will be no problems such as wear and tear on the paint after a long time of use.



1. The window definition:

1. TIME/DISTANCE window: Shows the time and distance of the exercise. Time positive timing from 0:00-99:59, when the time is up to 99:59, the overflow will be cleared and restarted, The distance is positive from 0-99.99 (KM), the overflow is cleared and the positive count is started from 0, Switch between time and distance interval 3S.

2. "CALORIES" window: shows the calorie value of the exerciser, positive count 0.0 - 999.9 (KJ) ;

3. "PULSE/SPEED" window: display the heart rate and speed of the athlete, and switch the time and distance interval 3S once;

4. "Central dot matrix display area window" This area is the WELCOME display area, program process map and resistance level, etc. The resistance level is expressed by "L+number", for example, L01 is the resistance level 1. L12 is the resistance level 12;

5. "The green display tube above" is a circular runway with a circle of 400 meters;

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

2. Keyboard function:

1. "PRO" is the mode selection button: when in standby state, press this button to make a circular selection "BIM", "TIME COUNT", "DISTANCE COUNT", "CALORIES COUNT", "Heart Rate", "MANUAL MODE", "ALPINE PASS", "5K LOOP", "TRAINING TOOLS", "FOReset WALK", "TRAILBLAZER", "10K LOOP", "RANDOM HILL".

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

3. "START/STOP" is start & stop button: When user movement and the screen been light up, Press this button to start and suspend the work of the vertical bike.

4. "+", "-" is the resistance adjustment button: the standby state is for set the resistance rate. After start, it is used to adjust resistance, and its adjustment range is 1/time.

5. "1, 2,9, 0, Delete,ok" is the keyboard shortcut for resistance level.

Machine debugging process:

1. Stepping on the vertical bike, the electronic meter shows that it is in standby state after



three seconds, pressing the " " button, then the vertical bike will start to work, running resistance is 1 now. at this time, please observe whether the vertical bike works properly. Press all the buttons on the electronic watch, and observe whether each button corresponds to its function, whether the button is valid and whether it feels good.

2. Shake the handrail of the machine by hand to confirm the stability of the machine.

6. ROUTINE MAINTENANCE

1. Clean everyday

It is recommended that you clean the equipment before and after each training. To remove dust from the equipment, use a soft cloth to soak the following cleaning agent and then wipe all exposed surfaces.

Note: Read and follow manufacturer's instructions, especially dilution instructions, before using any detergent to clean fitness equipment. Do not use concentrated liquid of high concentration or any acid cleaner directly; such cleaner will corrode the protective layer of the equipment. It is forbidden to spray water or liquid on any parts of the equipment. Wait until the equipment is completely dry before using it.

Frequent use of vacuum cleaner to clean the floor under the equipment can prevent dust accumulation from affecting the operation of the equipment. Use soft nylon brush to clean grooves and pedals.

2. Daily inspection

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

Slipping of belt

Flexibility of fasteners

Abnormal noise

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

3. Weekly Maintenance

Weekly maintenance tasks are as follows:

- (1) Use water or a cleaning agent to clean the tracks and wheels.
- (2) Use a vacuum cleaner or wet mop to clean the floor under the equipment.
- (3) Testing all functions of the console, including heart rate monitoring function.

(4) Check whether the equipment is stationary on the floor. All supporting feet of the equipment should firmly touch the floor, and the equipment should not shake or shake when used. If not, please adjust it again.

4. Mobile equipment

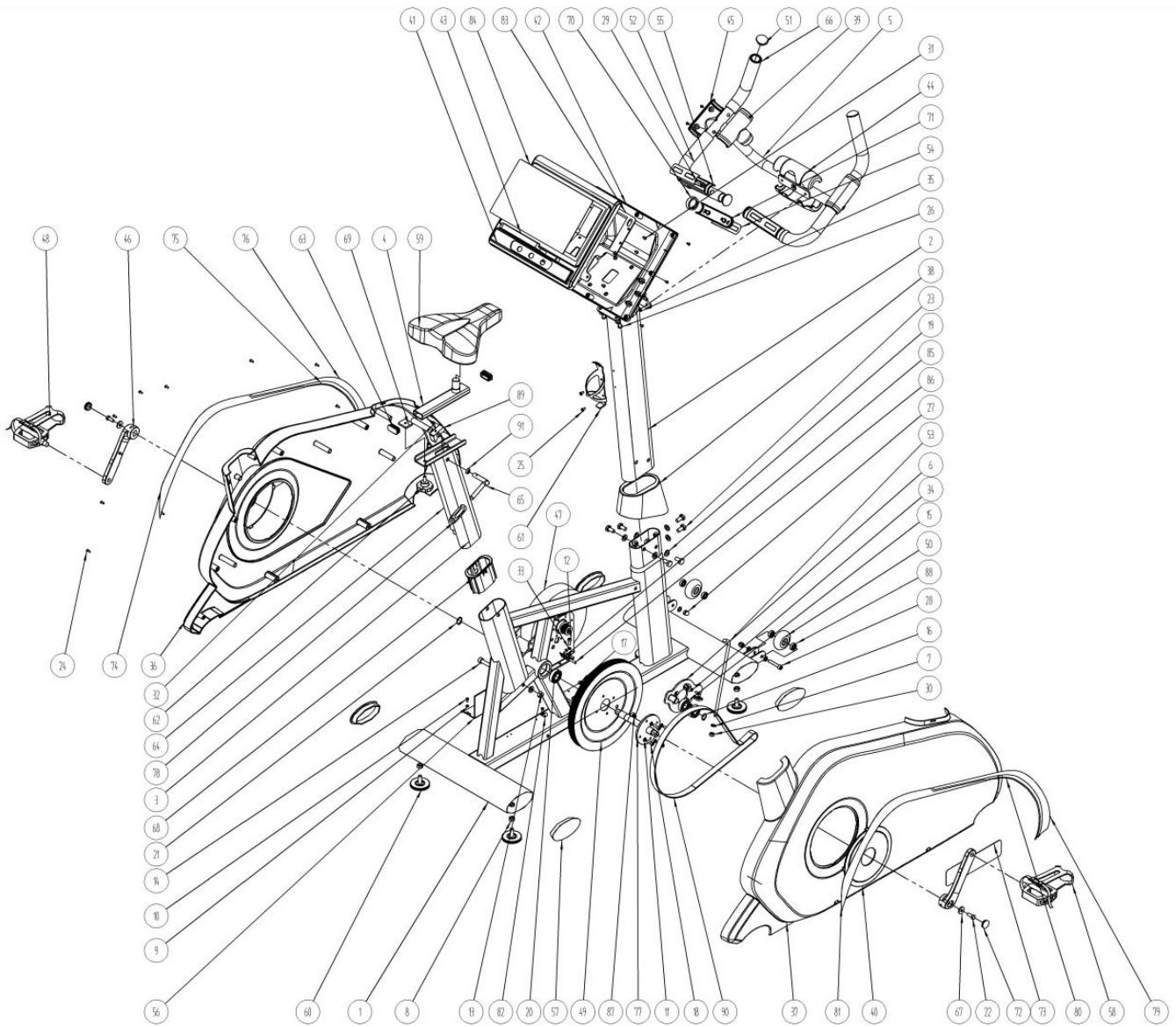
The equipment is very heavy. If you plan to move your equipment to a new location, look for adult help and use the right lifting techniques. If there is a roller on one end of the device, you can use the wheel to relieve the load on you and your assistant.

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 not interfere with other people or other equipment.

7. INTEGRAL EXPLOSION CHART OF INSTRUMENTS AND SPARE PARTS LIST



8. PARTS LIST

ITEM	SPECIFICATION AND NAME	QUANTITY
1	TZ04-2030-0100Frame Welding Group	1
2	TZ04-2030-0200Pillar Welding Group	1
3	TZ04-2030-0300Welding group for seat adjustment	1
4	TZ04-2030-0400Seat Bracket Welding Group	1
5	TZ04-2030-0700Hand Welding Group	1
6	TZ04-7039-0800 Tension Wheel Welding Unit	1
7	Φ16 X Φ9 X 1.0t-C1 Shim	9
8	M10x8t-S2 Nut	4
9	Φ9 X Φ4.5 X 1.0t-C1 Shim	2
10	M4X10L-A1 Cross disk round head bolt	9
11	Φ12 X Φ6.6 X 1.0t-C1 Shim	12
12	M6X15L-N1 Inside hexagonal cylindrical head screw	4
13	M10X9t-S1 Lock nut	1
14	M10X50L-N1 Inside hexagonal cylindrical head screw	1
15	6203-Z1 Bearing	2
16	φ17Elastic baffle type A for shaft	1
17	M6X6t-S1 Lock nut	4
18	M6X20L-N1 Inside hexagonal cylindrical head screw	4
19	Φ20 X Φ11 X 1.0t-C1 Shim	8
20	6004-Z1 Bearing	2
21	φ20Elastic baffle type A for shaft	1
22	M8X20L-Full Thread of Hexagonal Head Bolt	2
23	M10X20L-W1 Hexagon headed bolt	6
24	M4×12L Cross grooved round head wood screw	23
25	M5X10L-A1 Cross grooved disc head screw	2
26	M8X15L-N2 Inside hexagonal flat head screw	6
27	M8Blind hole nut	2
28	M8X45L-N1 Inside hexagonal cylindrical head screw	2
29	M5X25L-Cross grooved round head wood screw	4
30	M8X7t-S1 Lock nut	1
31	M4X13L-Yellow self-tapping	6
32	M5X12L-A1 Crosshead bolt	4

33	M6Spring washer	8
34	Φ10 X Φ5.5 X 1.0t-C1 Shim	3
35	M8 Spring washer	2
36	TZ06-2030-0601 Left side shell	1
37	TZ06-2030-0602 Right shell	1
38	TZ06-2030-0603 Split shell	1
39	TZ06-2030-0606 Handlebar Shell	2
40	TZ06-2030-0607 crank disk	2
41	TZ06-7037-0701 Display front case	1
42	TZ06-7037-0702 Display back cover	1
43	TZ06-7037-0703 Small support housing	1
44	TZ06-2030-0604 Handle disassembly and assembling shells	2
45	TZ06-2030-0605 Handlebar Shell Outside	2
46	TZ10-2030-0002 Pedal crank	2
47	Magnetron	1
48	Left foot pedal	1
49	TZ80-7039-8001 Pulley	1
50	PU wheel	2
51	TZ06-7039-0003 Buckle Cap (30 Pipe Blockage)	4
52	Rubber handle	2
53	TZ03-2030-0003 tension screw	1
54	Heart rate slice (7000)	4
55	TZ06-7039-0615 Heart Rate Hand Upper Cover	2
56	TZ-7039 Aluminum plate for electrical appliances	1
57	016 End plug 60x120	4
58	Right foot pedal	1
59	Seat	1
60	TZ10-2030-0001 Footing	4
61	Kettle rack	1
62	TZ10-2030-0005 Locking handle	1
63	TZ10-2030-0007 Pipe plug	2
64	TZ10-2030-0009 Gas spring	1
65	TZ03-2030-0010 Adjusting handle	1
66	Rubber handle	2
67	TZ-7020-0304 Crank gasket	2
68	424 Flat oval Plastic parts	1

69	TZ02-2030-0006 Seat locking sheet metal	1
70	81 Plastic parts	2
71	TZ06-7039-0615 Heart rate handle lower cover	2
72	Crank cap	2
73	trademark	2
74	TZ21-2030-0016 Left side blue label	1
75	TZ21-2030-0015 Left gray label 2	1
76	TZ21-2030-0014 Left gray label 1	1
77	TZ10-2030-0013 Central disk	1
78	067 Yellow handle	1
79	TZ21-2030-0017 Right gray label 1	1
80	TZ21-2030-0018 Right gray label 2	1
81	TZ21-2030-0019 right side blue label	1
82	Line card	2
83	TZ04-7039-0900 Fixed Display Panel Combination	1
84	Display	1
85	Probe fixer	1
86	Probe	1
87	magnet	1
88	608 Bearing	4
89	TZ10-2030-0012 Adjustment block	1
90	Multi wedge belt PJ480	1
91	Decorative aprons	1