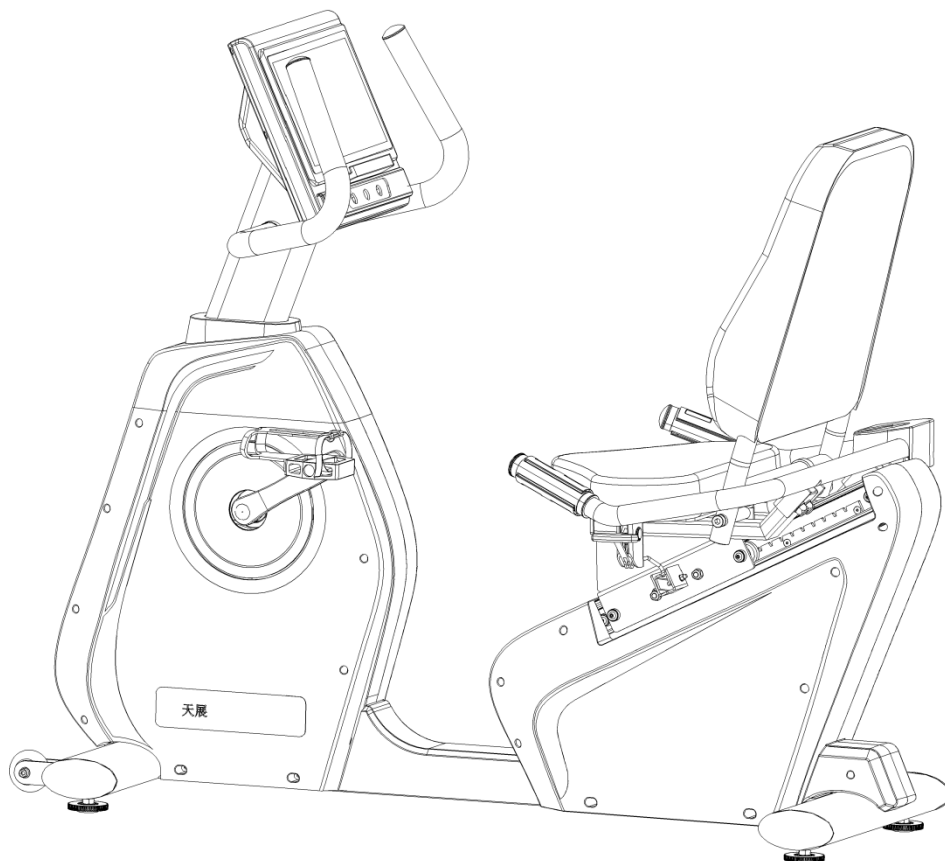


# FRENCH FITNESS

FF-RB200

French Fitness RB200  
Commercial Recumbent 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: 229.2lb (104kg)
- Dimensions: 79.9"L x 25.9"W x 68.8"H(2030mm x 660mm x 1750mm)

## WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**

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# I. SAFETY CAUTION

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

1. The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
2. The Commercial recumbent bike should be placed indoors. Do not use it outdoors or in high humidity. Avoid to be affected with damp be affected with damp, do not allow the water or other liquid splashes on the recumbent bike are not allowed to place on the recumbent bike or insert any foreign body
3. Use recumbent bike should ensure that its four corners land, stable and reliable. And the horizontal space of the recumbent bike should retain a safe space of 2000mm\*1000mm.
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 recumbent bike 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. (When you hold the heart rhythm with both hands, the heart rate value is displayed 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 weight loss and body sculpting.
  - B. The first time you use a recumbent bike, you need to hold the armrests with both hands to maintain your balance.
  - C. When adjusting the resistance, it must be adjusted slowly, and the adjustment range should be as small as possible.
  - D. The user must be able to walk down the recumbent bike if the safety is confirmed.
8. Any device above the fuselage cannot be in a slack state.
9. Incorrect or overload training may cause damage to the generator 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 running recumbent bike with your hand.
11. Long hair users should pay attention to the safety of hair during the use of recumbent bike
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. recumbent bike During the repair process, the machine accessories should have obvious suspension of use of the identification plate.
15. If the commercial recumbent bike 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.

## II. TECHNICAL STANDARD

Time display range: 0:00 - 99:59

Distance display range: 0.00-99.99Km

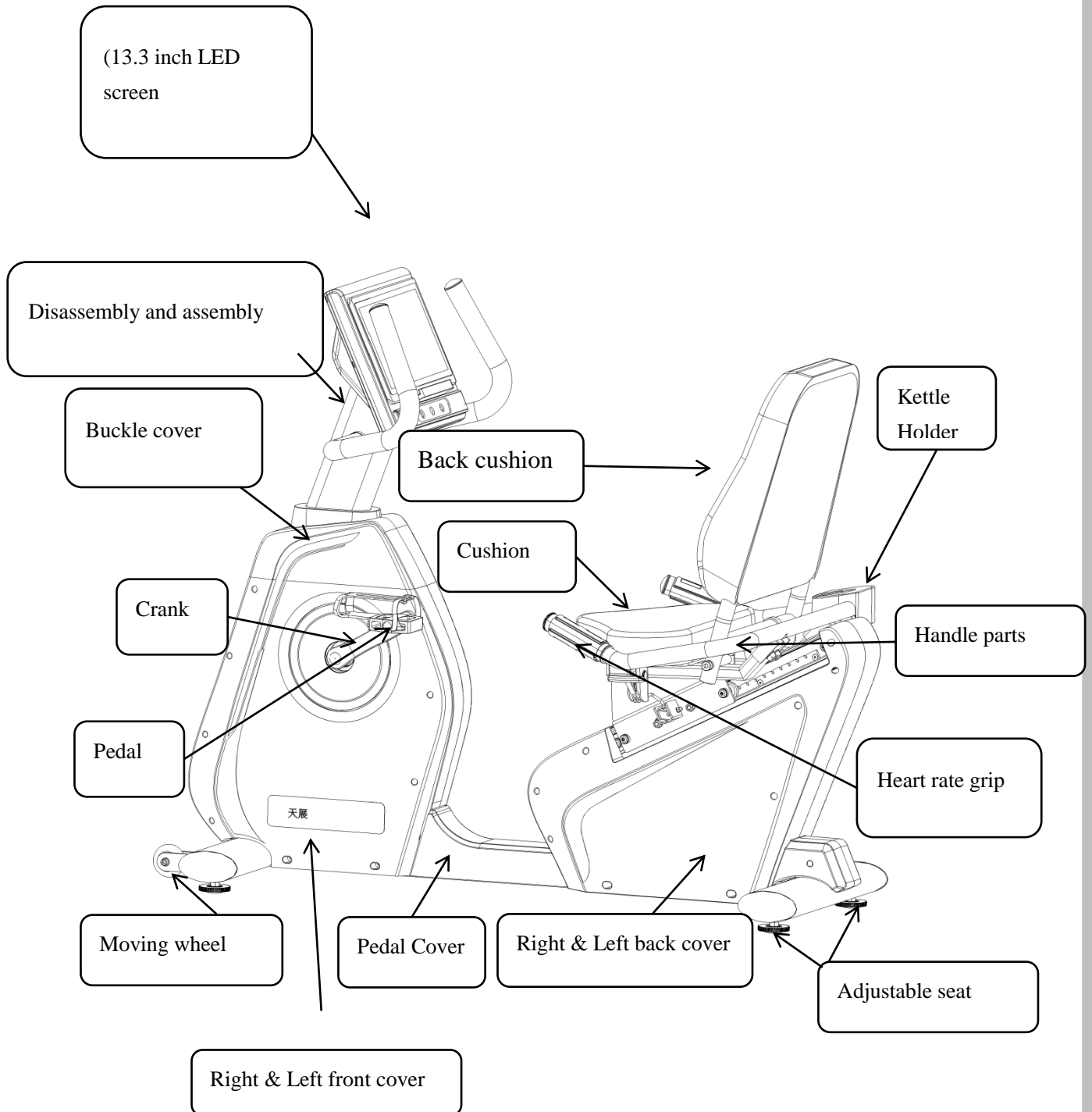
Heat display range: 0 - 999.9 (Kcal)

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

Resistance display range: 0-20

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

### III.THE WHOLE MACHINE DIAGRAM



## IV. THE ASSEMBLY INSTRUCTIONS

The principle is to easy assemble,

User Manual All of this section is intended to ensure that magnetic recumbent bike 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 magnetic recumbent bike is large, please select the assembly location where the recumbent bike will be placed and ensure that there is enough space around the recumbent bike.
- Place all parts of the recumbent bike and remove all packing materials. Do not discard the packing 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 recumbent bike, make sure that all parts are assembled according to the assembly drawing.



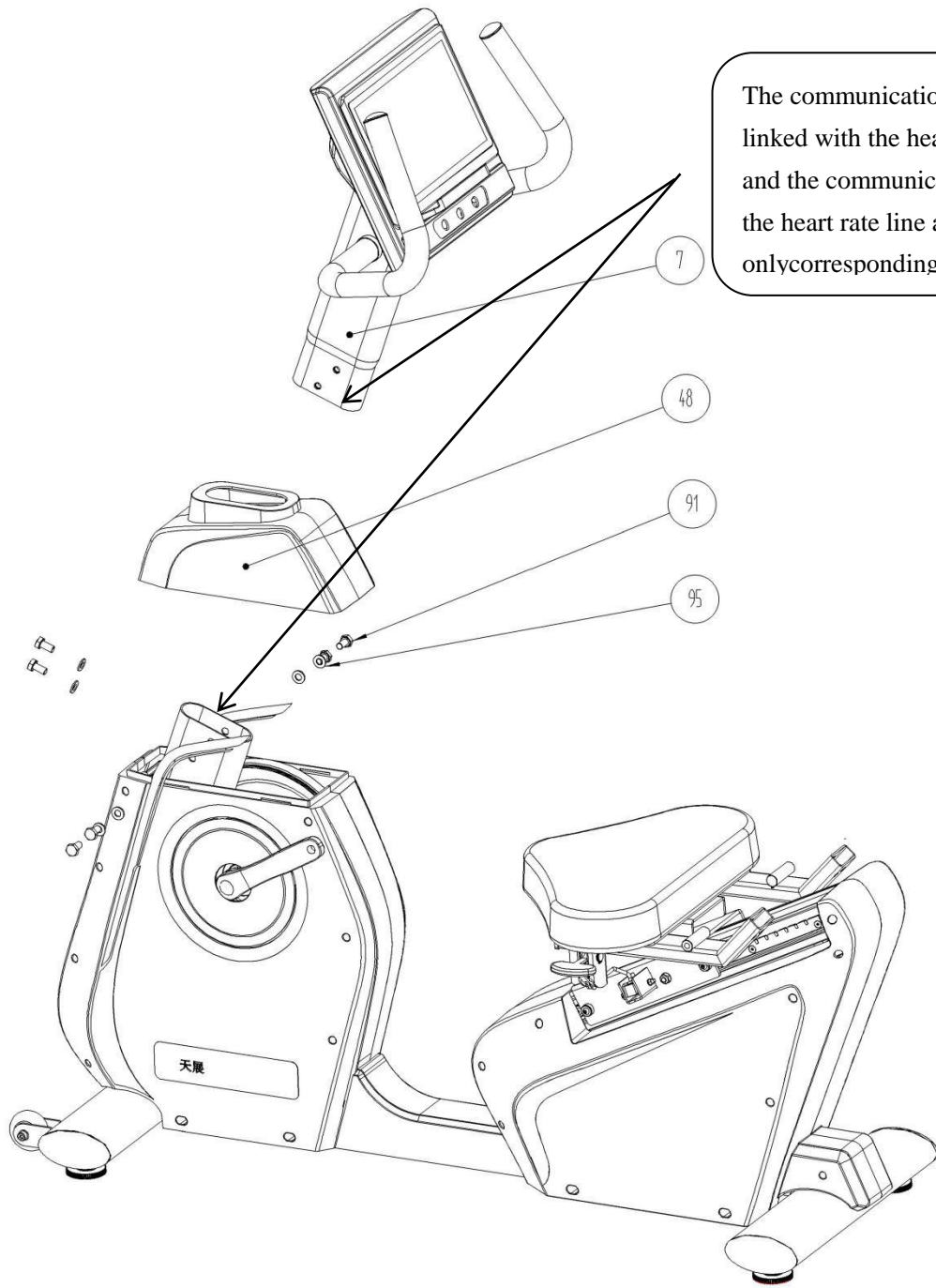
Oveall effect



### 1.Assembly step one

Disassemble the whole machine package, assemble the disassembly components, as shown in the figure

- (1) slid the cover shell over the assembly assembly;
- (2) connecting the communication line and the heart rate line, fixing the disassembly assembly and the main assembly by screws, and fastening the buckle cover to the left and right front shells;

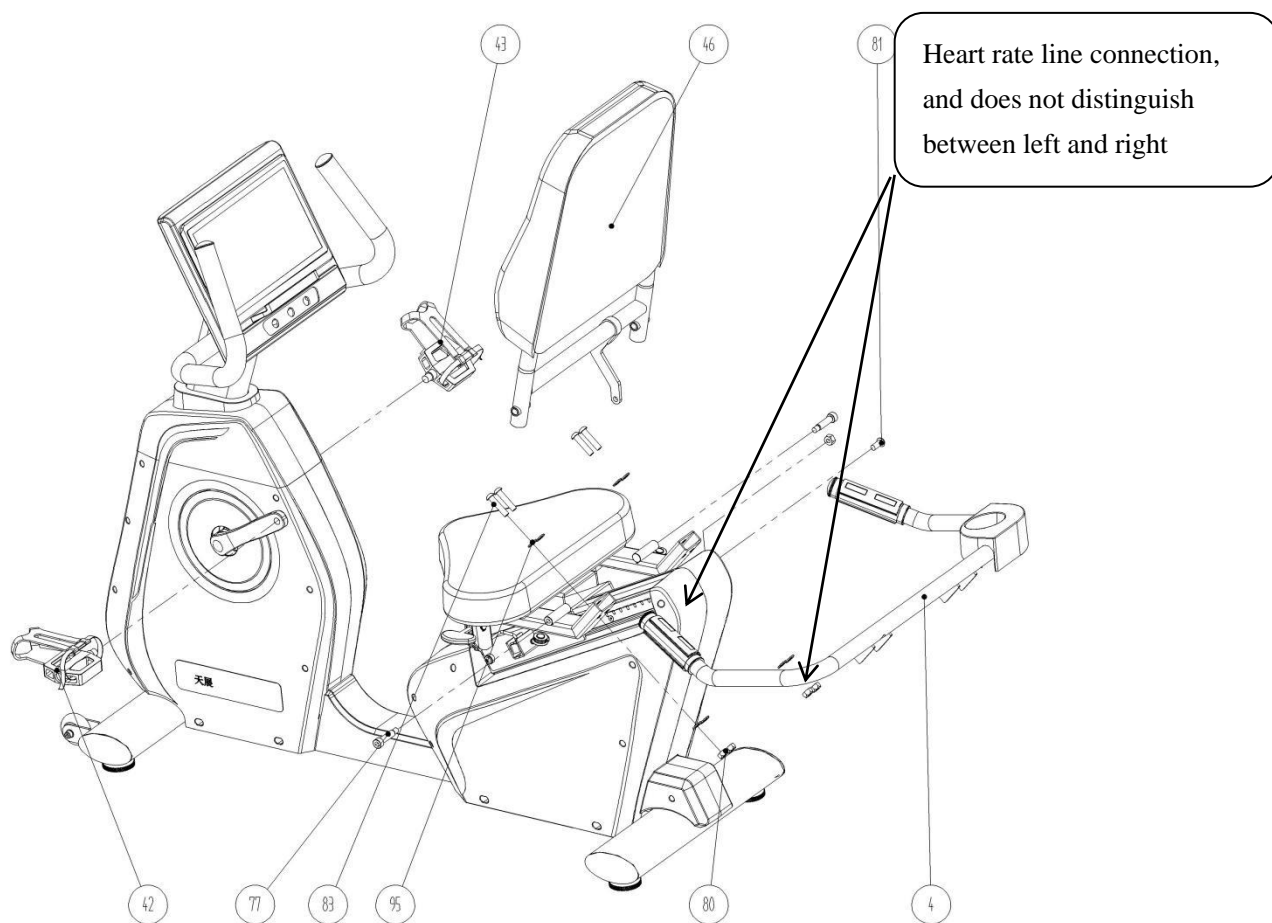


The communication line is linked with the heart rate line, and the communication line and the heart rate line are the only corresponding interfaces.

## 2.Assembly step two

Assembling the pedal, backrest pad and handle assembly, connecting the heart rate cord, tightening all the screws, and assembling

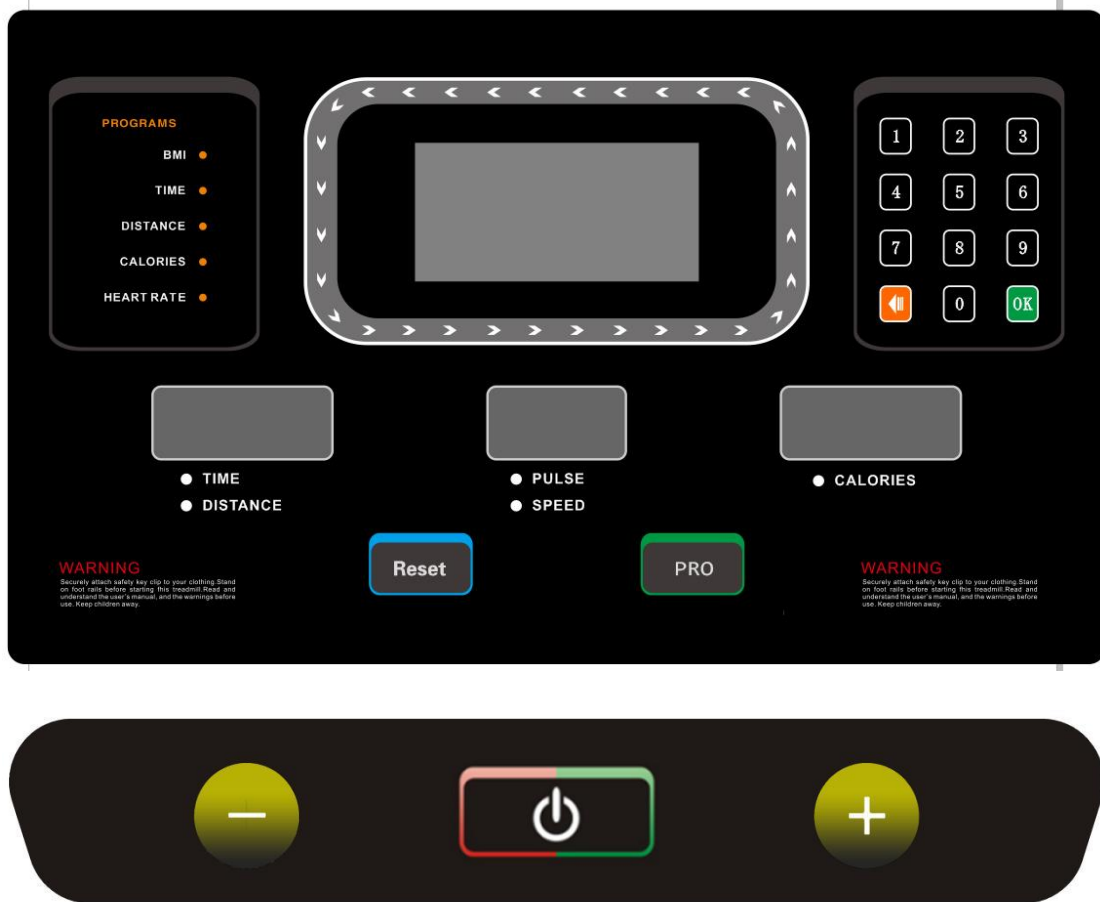
- (1) Use the M14 open end wrench to fix the left and right foot pedals;
- (2) fixing the back cushion;
- (3) connecting the heart rate line and fixing the handle assembly;



# INSTRUMENT OPERATION GUIDE

## LED DISPLAY OPERATING INSTRUCTIONS

The horizontal magnetic control panel adopts the capacitive touch principle, and the user can use only one touch when using the touch effect, and the touch effect is comparable to the mobile phone screen. The surface of the panel is made of acrylic, which is wear-resistant and durable, and has a beautiful color and beautiful appearance. It fully guarantees that there will be no problems such as wear and tear on the paint after a long time



### First, the window definition:

1. "TIME/DISTANCE" window: display the movement time and distance. The time is positive 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 starts counting from 0, and the time is switched once with the distance interval 3S.
- 2, "CALORIES" window: display the calorie value of the exerciser, the positive count

is 0.0 - 999.9 (KJ);

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

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

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

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

### **Second, the button function:**

1. "PRO" is the program key: In the standby state, press this button to cycle through "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 key: press this key to return to the standby interface;

3. "START/STOP" is the start button and stop button: press this button to start and pause the operation of the horizontal magneto-controlled car when stepping on the illuminated display.

4. "+", "-" is the resistance plus or minus button: standby state, used to adjust the set value. It is used to adjust the resistance after starting, and the adjustment range is 1/time.

5, "1, 2, ... 9, 0, Delete, ok" are the resistance level shortcut.

# MACHINE DEBUGGING PROCESS

1. Stepping on the recumbent bike, the electronic watch will display standby after



three seconds, push the “” button then the bike will start working,

The resistance to running is 1, At this time, please observe whether the various

parts of the horizontal magnetic control car are working normally. ◦

2. Press all the buttons on the electronic watch to see if each button corresponds to its

marked function, whether the button is valid and the feel is good.

3. Shake the handrail of the machine by hand to confirm that the machine is stable.

# ROUTINE MAINTENANCE

## **1.Clean every day**

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

Note: Before using any cleaning agent to clean your fitness equipment, read and follow the manufacturer's instructions, especially the dilution instructions. Do not use strong concentrations of concentrate or any acid cleaner directly; this type of cleaner will corrode the protective layer of the equipment. Do not spill or spray water or liquid onto any part of the equipment. Wait until the equipment is completely dry before using the equipment.

Frequent use of the vacuum cleaner to clean the floor underneath the equipment can prevent dust accumulation from affecting the operation of the equipment. Use a soft nylon brush to clean the device recesses and foot pedals.

## **2.Check daily**

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

Belt slip

Loose fasteners

Abnormal noise

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

## **3.Weekly maintenance**

Perform the following maintenance tasks weekly:

- (1) Use water or approved cleaning agents to clean rails and wheels
- (2) Use a vacuum cleaner or wet mop to clean the floor under the equipment
- (3) Test all the features of the console, including heart rate monitoring
- (4) Check that the equipment is securely fastened on the floor. All feet of the equipment should be in firm contact with the floor, and the equipment should not be shaken or shaken when in use. If not, please re-level

#### **4. Move 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. Save when not in use for a long time**

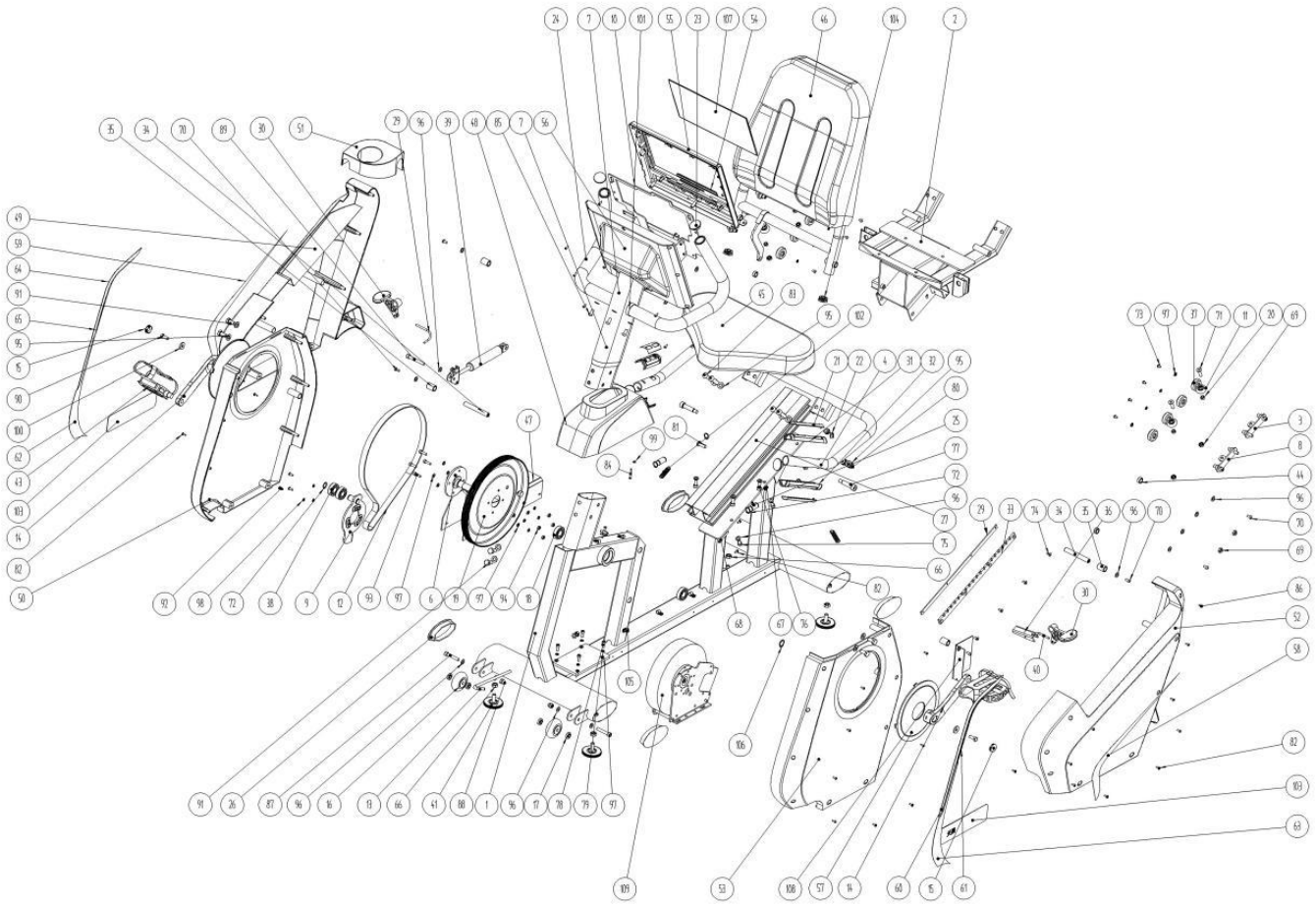
If you do not want anyone to use the equipment for a long time, perform the following tasks to save:

Place the equipment properly to avoid damage and not interfere with other people or other equipment.



# EXPLOSIVE VIEW

## Overall explosion diagram of the device and spare parts list



## PARTS LIST

| NO. | Part No.                                     | Quantity |
|-----|--|----------|
| 1   | TZ04-2020-0100 Body component                | 1        |
| 2   | TZ04-2020-0200 Seat assembly                 | 1        |
| 3   | TZ04-2020-0300 Pulley assembly               | 2        |
| 4   | TZ04-2020-0400 Handle assembly               | 1        |
| 5   | TZ04-2020-0500 Backrest assembly             | 1        |
| 6   | TZ10-2020-0017 Central axis                  | 1        |
| 7   | TZ04-2020-0700 Disassembly and assembly      | 1        |
| 8   | TZ04-2020-0300A Pulley block                 | 2        |
| 9   | TZ04-7039-0800 Tension wheel welding group   | 1        |
| 10  | TZ04-7039-0900 Fixed display combination     | 1        |
| 11  | TZ10-2020-0003 Guide wheel                   | 4        |
| 12  | PJ450( 45 inches) Belt                       | 1        |
| 13  | TZ03-2020-0011 Adjustment screw (galvanized) | 1        |
| 14  | TZ10-2030-0002 Pedal crank                   | 2        |
| 15  | Crank cap                                    | 2        |
| 16  | Bicycle PU wheel                             | 2        |
| 17  | 608 Bearing                                  | 4        |
| 18  | 6004-Z1 Bearing                              | 2        |
| 19  | TZ80-7039-8001 Belt pulley                   | 1        |
| 20  | TZ03-SP03-0307 Large bearing spacer          | 4        |
| 21  | (Old) 7000 Heart rate iron                   | 4        |
| 22  | Guard sleeve                                 | 2        |
| 23  | TZ06-7039-0003 Buckle cap (30 pipe plug)     | 4        |
| 24  | Φ30 Handle protective cover                  | 2        |

| <b>NO.</b> | <b>Part No.</b>                                 | <b>Quantity</b> |
|------------|---|-----------------|
| 25         | TZ03-2020-0012 Handle shaft (galvanized)        | 2               |
| 26         | 016 End plug 60x120                             | 4               |
| 27         | TZ01-2020-0004 Aluminum slide                   | 1               |
| 28         | TZ02-2020-0005 Slide connecting plate           | 3               |
| 29         | TZ02-2020-0006 Fixed gear plate                 | 1               |
| 30         | 105# plastic parts                              | 2               |
| 31         | TZ06-7039-0615 Upper Heart rate armrest cover   | 2               |
| 32         | TZ06-7039-0616 Under Heart rate armrest cover   | 2               |
| 33         | TZ02-2020-0007 Gear sheet metal (chrome plated) | 1               |
| 34         | TZ03-2020-0008 Limit shaft (galvanized)         | 2               |
| 35         | TZ03-2020-0009 Nylon sleeve                     | 4               |
| 36         | TZ02-2020-0010 Gear dial                        | 1               |
| 37         | TZ03-2020-0001 Small wheel                      | 8               |
| 38         | 6203-Z1 Bearomg                                 | 2               |
| 39         | TZ10-2020-0014 Gas Spring                       | 1               |
| 40         | TZ10-2020-0013 Brake line                       | 2               |
| 41         | TZ10-2030-0001 Foot margin                      | 4               |
| 42         | JD-1A-B9/16 Left Pedal                          | 1               |
| 43         | JD-1A-B9/16 Right Pedal                         | 1               |
| 44         | TZ03-7039-0317 Back ring                        | 5               |
| 45         | TZ07-2020-0015 Cushion                          | 1               |
| 46         | TZ07-2020-0016 Horizontal backrest              | 1               |
| 47         | TZ06-2020-0604 Foot shell                       | 1               |
| 48         | TZ06-2020-0601 Buckle cover                     | 1               |
| 49         | TZ06-2020-0605 Right rear shell                 | 1               |

| <b>NO.</b> | <b>Part No.</b>                                 | <b>Quantity</b> |
|------------|---|-----------------|
| 50         | TZ06-2020-0603 Right front shell                | 1               |
| 51         | TZ06-2020-0607 Right bottle cage                | 1               |
| 52         | TZ06-2020-0606 Left rear shell                  | 1               |
| 53         | TZ06-2020-0602 Left front shell                 | 1               |
| 54         | TZ06-7037-0703 Small bracket shell              | 1               |
| 55         | TZ06-7037-0701 Display front case               | 1               |
| 56         | TZ06-7037-0702 Display back case                | 1               |
| 57         | TZ06-2030-0607 Crank plate                      | 2               |
| 58         | TZ21-2020-2104 Left blue label 2                | 1               |
| 59         | TZ21-2020-2108 Right blue label 2               | 1               |
| 60         | TZ21-2020-2102 Left gray label 1                | 1               |
| 61         | TZ21-2020-2103 Left gray label 2                | 1               |
| 62         | TZ21-2020-2105 Right blue label 1               | 1               |
| 63         | TZ21-2020-2101 Left blue label 1                | 1               |
| 64         | TZ21-2020-2106 Right gray label 1               | 1               |
| 65         | TZ21-2020-2107 Right gray label 2               | 1               |
| 66         | M10X8t-S2 Nut                                   | 4               |
| 67         | M5X5t-S1 Fasten screw nut                       | 1               |
| 68         | M5X40L-N1 Hexagon socket head cap screw         | 1               |
| 69         | M8X7t-S1 Fasten screw nut                       | 8               |
| 70         | M6X12L-N2 Hexagon socket head cap screws        | 8               |
| 71         | M8X30L-N3 Hexagon socket countersunk head screw | 4               |
| 72         | Φ16 Shaft circlip type A                        | 5               |
| 73         | M5X8L-N2 Hexagon socket head cap screws         | 8               |
| 74         | M5X12L-N3 Hexagon socket countersunk head screw | 10              |

| NO. | Part No.                                  | Quantity |
|-----|---|----------|
| 75  | M8X15L-N1 Hexagon socket head cap screw   | 6        |
| 76  | M8X25L-N1 Hexagon socket head cap screw   | 4        |
| 77  | Φ12X40 Stud bolt                          | 2        |
| 78  | M6X15L-N1 Hexagon socket head cap screw   | 4        |
| 79  | M6 Spring washer                          | 8        |
| 80  | M10X9t-S1 Fasten the screw nut            | 5        |
| 81  | M10X25L-N2 Hexagon socket head cap screws | 1        |
| 82  | M4X10L-A1 Swash plate round head bolt     | 22       |
| 83  | M10x45L-N2 Hexagon socket head cap screws | 4        |
| 84  | M4X35L-A1 Swash plate round head bolt     | 1        |
| 85  | M8X16L-N1 Hexagon socket head cap screws  | 4        |
| 86  | M4X13L-M1 Cross self-tapping              | 15       |
| 87  | M8X45L-N1 Hexagon socket head cap screw   | 2        |
| 88  | M8 Blind mother                           | 2        |
| 89  | M8X60L-N1 Hexagon socket head cap screw   | 1        |
| 90  | M8X20 Hex bolts                           | 2        |
| 91  | M10X20L-N Tornillo hexagonal              | 6        |
| 92  | M5X12L-N2 Hexagon socket head cap screws  | 3        |
| 93  | M6X20L-N1 Hexagon socket head cap screw   | 4        |
| 94  | M6 Fasten the screw nut                   | 4        |
| 95  | Φ20 X Φ10.5 X 1.0t-C1 Gasket              | 16       |
| 96  | Φ16 X Φ9 X 1.0t-C1 Gasket                 | 27       |
| 97  | Φ12 X Φ6.6 X 1.0t-C1 Gasket               | 12       |
| 98  | Φ10 X Φ5.5 X 1.0t-C1 Gasket               | 5        |
| 99  | Φ9 X Φ4.5 X 1.0t-C1 Gasket                | 2        |

| NO. | Part No.                   | Quantity |
|-----|----------------------------|----------|
| 100 | TZ-7020-0304 Crank washer  | 2        |
| 101 | NO.81 Plastic parts        | 2        |
| 102 | 5031-02 spring             | 2        |
| 103 | TZ LOGO (or customer LOGO) | 2        |
| 104 | NO.601 Plastic parts       | 2        |
| 105 | Line card                  | 8        |
| 106 | Φ20 Shaft circlip          | 1        |
| 107 | Display header             | 1        |
| 108 | Lower control board        | 1        |
| 109 | Magnetron motor            | 1        |