

FRENCH FITNESS

FF-AR

FRENCH FITNESS FF-AR AIR ROWER

OWNER'S MANUAL



FEATURES

- Brand: French Fitness
- Display information: Time, Frequency, Distance, Calories, Total Distance
- Resistance: 10 Levels
- Performance Monitor
- Flywheel and Damper
- Low Profile
- Wheels for easy transportation and storage
- Adjustable Footrests and Ergonomic Handle
- Nickel-Plated Steel Chain
- Easy Assembly
- Durable construction that's easy to maintain
- Power Requirement: Takes (4) AA batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life.
- Construction: Aluminum front legs, steel rear legs
- Monitor Arm: ABS plastic. Pivots for storage and to adjust monitor height. Monitor angle can also be adjusted.
- Finish: Powder coat
- Color Scheme: Light gray or black
- Saddle Type: Foot fixed, slide rail saddle
- Storage: Detach the Slide Rail from the Flywheel, and keep them separated when stored.

TECH SPECS

- Seat Height: 14 in (36 cm)
- Maximum User Weight: 500lbs (227kg)
- Weight: 68lbs (31kg)
- Shipping Weight: 83.7lbs (38kg)
- Dimensions: 95.2"L x 24.4"W x 41.7"H (L:2420mm, W:620mm, H:1060mm)
- Shipping Dimensions: 56"L x 16.5"W x 21.6"H (L:1420mm, W:420mm, H:550mm)

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

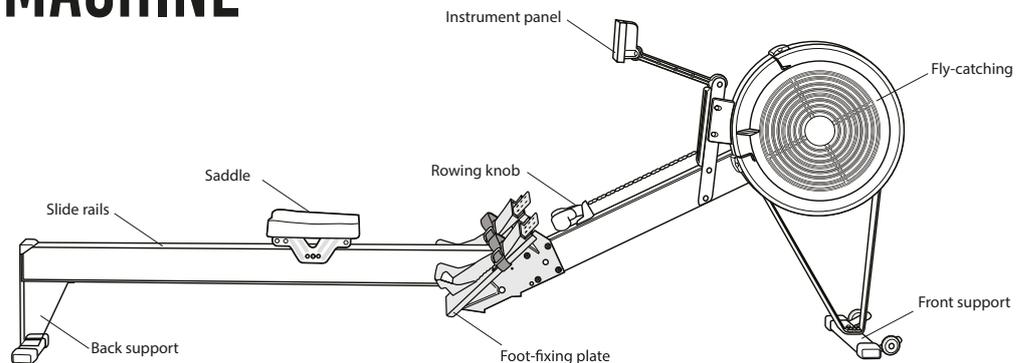
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PRODUCT INFORMATION AND PARTS

ROWING MACHINE

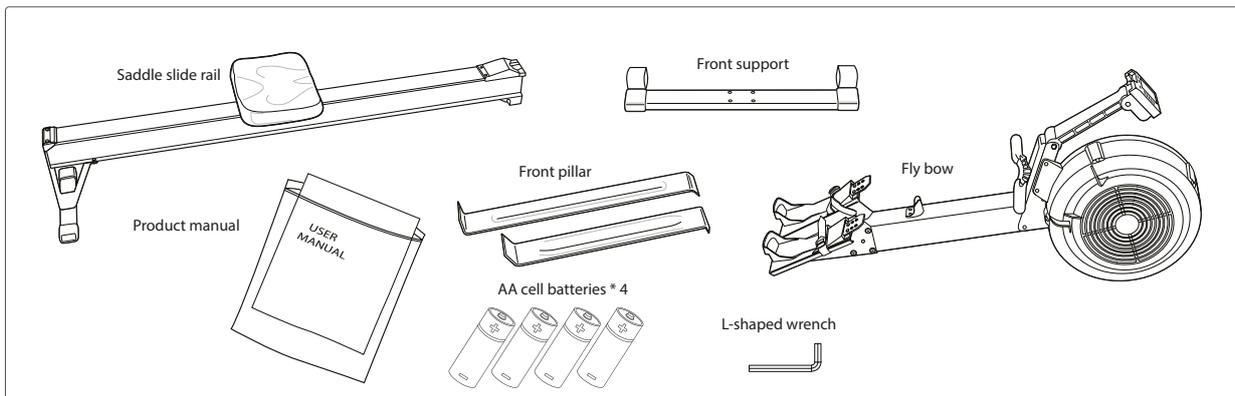
Name of each part



Product information

Saddle type	Foot fixed, slide rail saddle
Display information	Time, Frequency, Distance, Calories, Total Distance
Exercise intensity control	Steps 1 to 10
Product Size (mm)	2420(L) * 620 (W) * 1060 (H)
Box size (mm)	1420(L) * 420 (W) * 550 (H)
Product weight	N.W: 32KG / G.W: 38KG
color	black
Proper user experience	130Kg

Configurator



Preparation before installation / Safety precautions

- Please clean up the surroundings before installation.
 - If the surrounding area is cluttered, it may be difficult to identify the part.
 - It is convenient to assemble if necessary parts are removed before installation
 - In addition to the enclosed assembly tools, you can use the household tools (electric drill, spanner) to assemble more easily and quickly
- As soon as you purchase a fitness equipment, make sure that the parts are free of blood or sharp edges.
 - Accidental injury to the sharp part may occur when the child is injured by the appliance damage during exercise or playing around the furniture
- The exercise equipment should be placed on a flat surface and the small exercise equipment should be kept in a separate place that is not accessible to children.
 - Children, such as dumbbells and babies, can cause fractures in children, and the equipment on high ground can roll over and get hurt.
- When you exercise, clean up your surroundings and do your own workout.
 - It may fall from the exercise equipment and cause accidents to hit nearby furniture.
- Immediately contact the manufacturer or distributor if defects are found
 - If a product defect is found, contact the manufacturer and deal with it immediately, and if the consumer is expected to be harmed, report it to the Korea Consumer Agency
- Please do not use this product for several people at the same time.

! Caution Failure to observe this precaution could result in personal injury or damage to property or health.

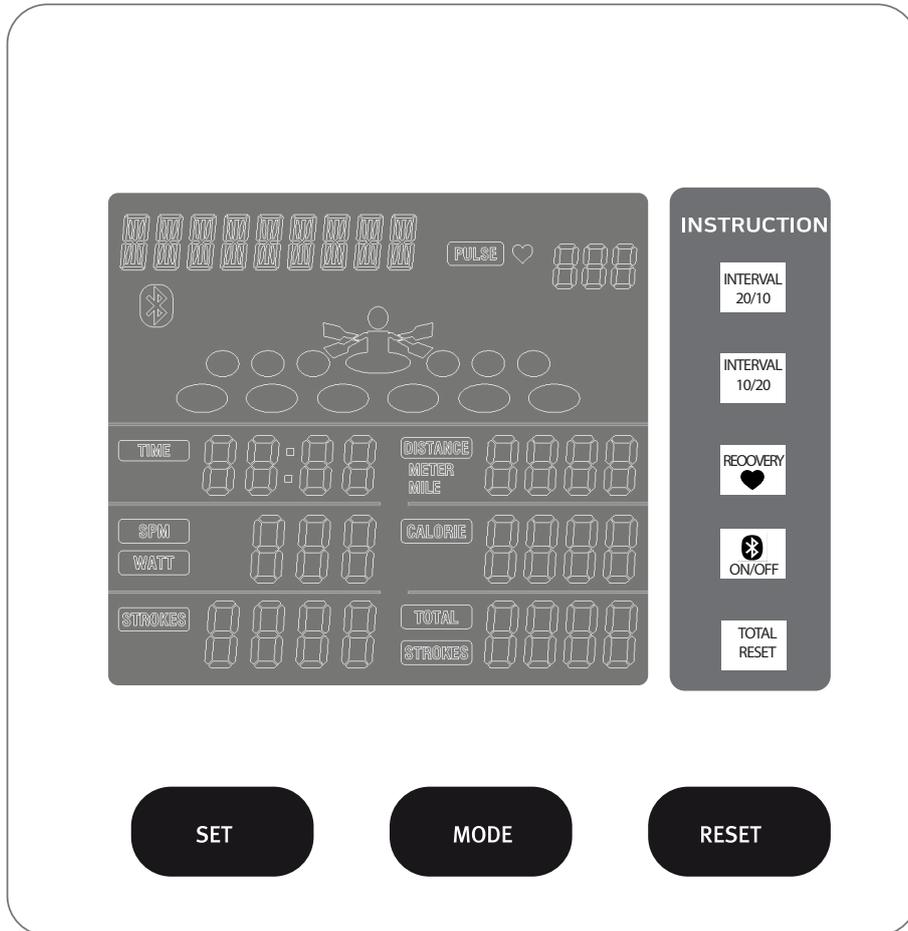
- Prevent children and companions from approaching the workout.
 - The child has access to the running treadmill or indoor cycle in which the child is running, and the belt is fingered with accidents.
- Before and after the exercise, we check the power state of the instrument and the state of the product.
 - After exercise, be sure to turn off the power of the appliance to prevent accidents caused by the equipment in operation.
 - Whether the product has been fixed well, whether the screw of the product is well fixed (it does not shake) Please make sure after exercise.
 - Before using the product, please check again that your ankles are well secured.
- Do not exercise too suddenly.
 - If you have low exercise, do not exercise too suddenly.
 - Work out after 40 minutes.
- If you are uncomfortable with your body, you need to be sensitive and careful.
 - When using patients and children with disabilities, pregnant women and the elderly, it is always safe to use products under the supervision of the guardian.

! Warning If you experience any symptoms such as dizziness, vomiting, heart attack or cold sweating during exercise, stop exercising immediately and consult with your healthcare provider.

Disclaimer

- We assume liability for damages caused by use in case of earthquake, lightning, storm and flood and topic of liability of our company, act by third party, other accidents, consumer intention or negligence, misuse, not.
- We are not responsible for any incidental damages (loss of business profits, interruption of business, etc.) resulting from the use or inability to use this product.
- We will not be liable for damage caused by failure to observe the contents of the instruction manual.

INSTRUMENT DESCRIPTION



Detail of function

■ Auto-power off

When you start a workout, press any button to turn on the instrument panel. If you do not use it for 4 minutes, the instrument panel will turn off automatically.

■ Initialization

You can resume your device by associating the battery or by pressing and holding the reset key for 3 seconds.

■ Mode

If you press the MODE button momentarily, you can select the number of times, distance, etc. by hand.

■ Time

Shows the total time that you have begun to play silver.

■ Number of times

Visa displays the number of times.

■ Distance

Displays the distance of silver.

■ Number of times

Displays the cumulative number of species.

Button Function

■ Select (SET)

Select time, number of times, distance, and calories.

■ Mode (MODE)

You can select the desired function. Press and hold for 3 seconds to initialize the instrument cluster.

■ Initialization (RESET)

Initialize each function except the total count (time, frequency, distance, calories).

battery

■ 4 AA batteries

Four AA batteries are inserted into the instrument panel.

Show meter

Time 0:00 ~ 99:59

0-9999 times

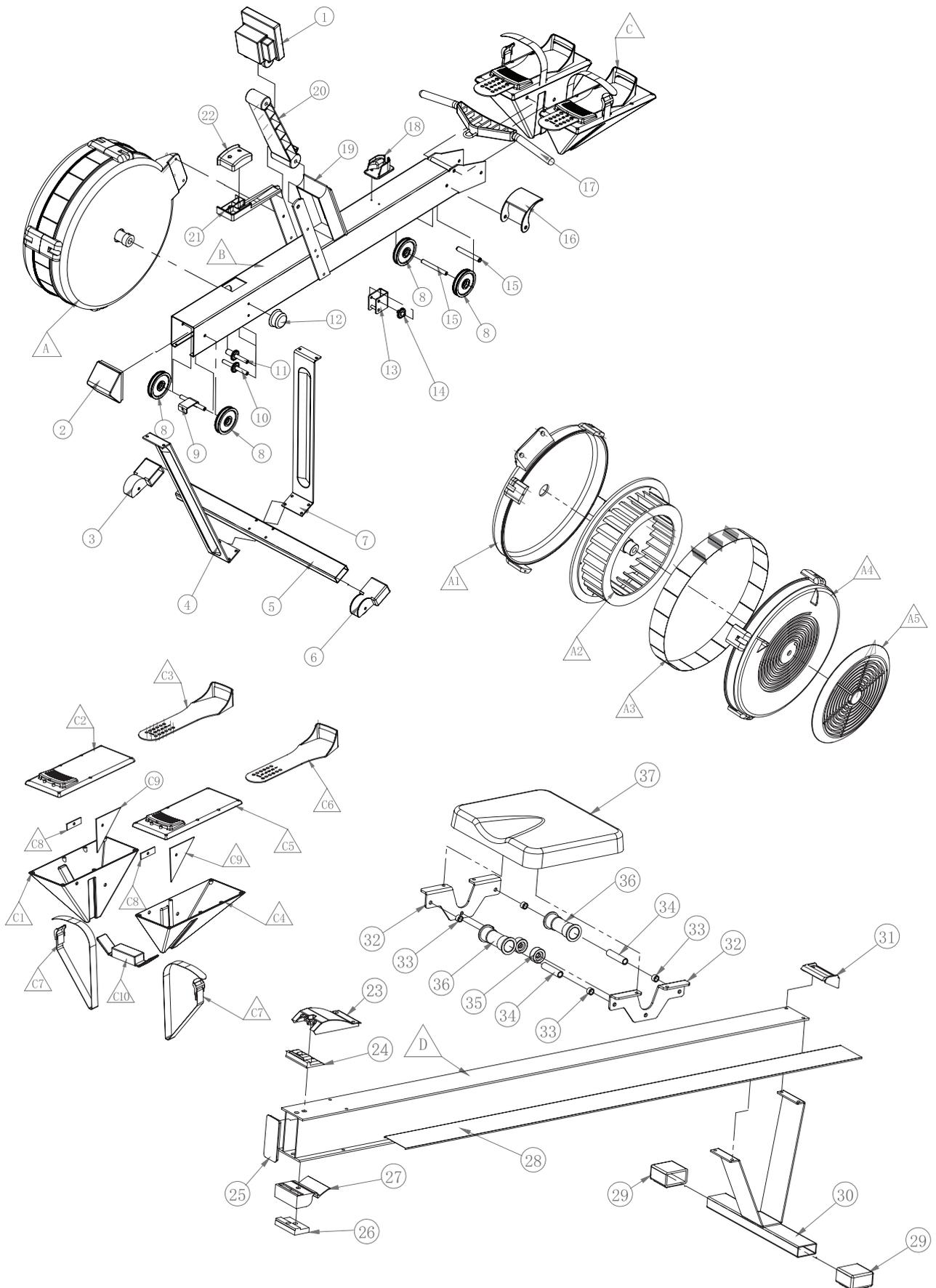
Distance 0.0-999.9 Km

Calorie 0.0-999.9 KCAL

0.0-9999 total times

PRODUCT EXPLODED VIEW

This page is for replacement parts and A / S.



ATTACHED LIST

This page is for replacement parts and A / S.

NO	Part Name	QTY	NO	Part Name	QTY
1	display unit	1	D	slider	1
2	end cap frame	1	A	resistance control unit	1
3	wheel end cap right	1	A1	fan base	1
4	foot tube support front	1	A2	fan	2
5	foot tube front	1	A3	resistance controller	1
6	wheel end cap left	1	A4	flow controller	1
7	foot tube support rear	1	A5	fan cover	1
8	idler belt	4	B	frame assembly	1
9	idler bracket	1	C	pedal assembly	1
10	gear assembly b	1	C1	pedal base right	1
11	gear assembly a	1	C2	pedal cover right	1
12	cap fan shaft	1	C3	foot pad right	1
13	chain holder	1	C4	pedal base left	1
14	gear	1	C5	Small ribbon wheel	1
15	pedal shaft	2	C6	Ribbon axle	1
16	frame connection cover	1	C7	Hand pull pipe	2
17	handle assembly	1	C8	Ribbon fixed seat left	2
18	handle holder	1	C9	Ribbon fixed seat right	2
19	display holder bracket lower	1	C10	Ribbon fixed pin	1
20	display holder bracket upper	2			
21	speed sensor holder bottom	1			
22	speed sensor holder top	1			
23	frame connection holder up	1			
24	frame connection bracket up	1			
25	end cap slider	1			
26	frame connection bracket down	1			
27	frame connection holder down	1			
28	slider pad	1			
29	end cap foot tube rear	2			
30	foot tube assembly rear	1			
31	back cover slider	1			
32	cushion bracket	2			
33	inner bushing short	6			
34	inner bushing long	2			
35	tension wheel down	2			
36	tension wheel up	2			
37	cushion	1			

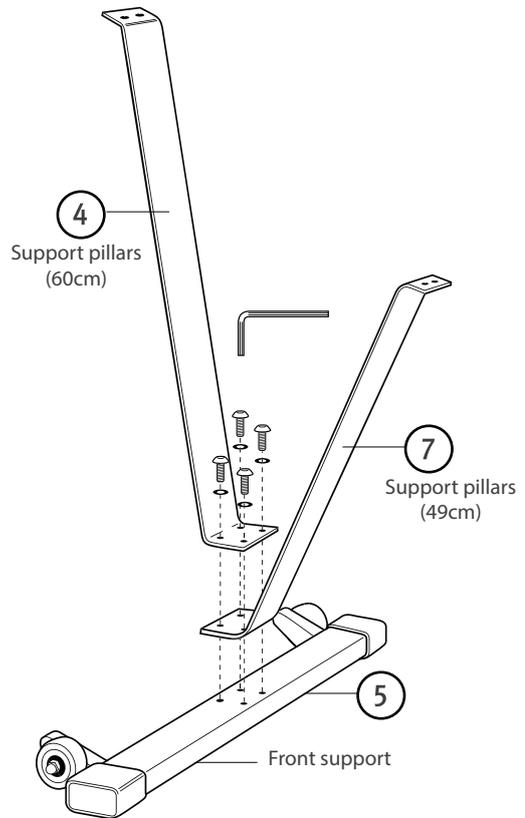
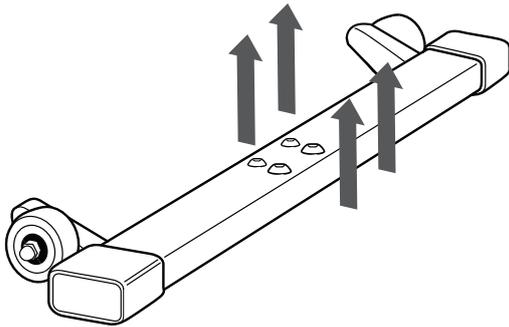
A FRONT / FRONT SUPPORT

1 Remove bolts and washers from front support

The bolts and nuts used for assembly are attached to the front support (5).
Remove bolt and washer from front support (5).

2 Front support first combination

On the groove of the front support (5), connect the short support (7) column and the long support (4) column with bolts, washers and wrenches as shown.

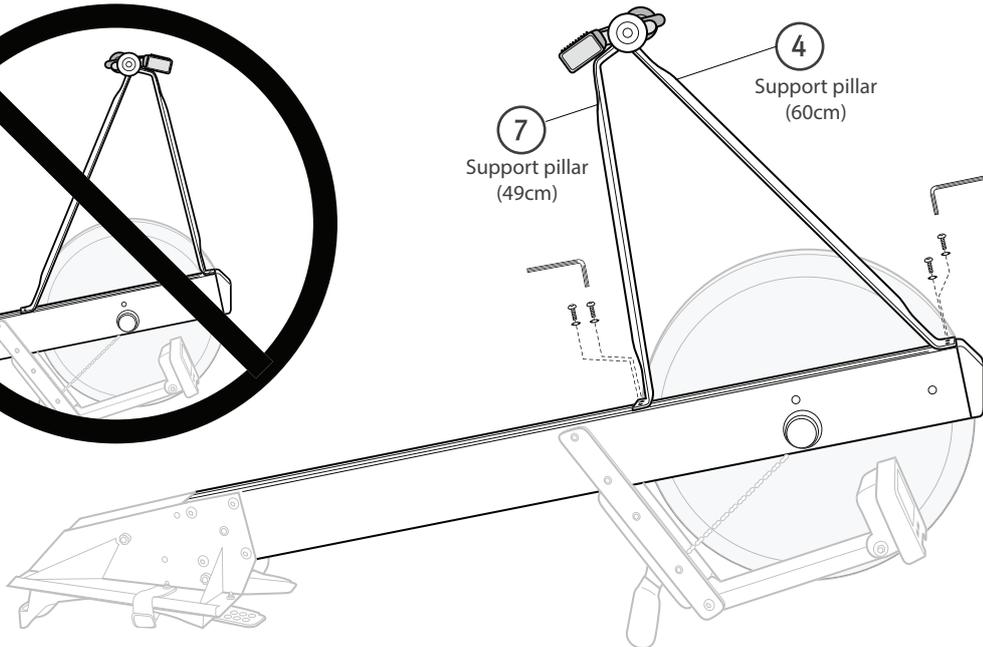


3 Remove the bolt and washer from the body heel

The bolts and nuts used for assembly are attached to the body holes.
Remove the bolt and washer from the main body.

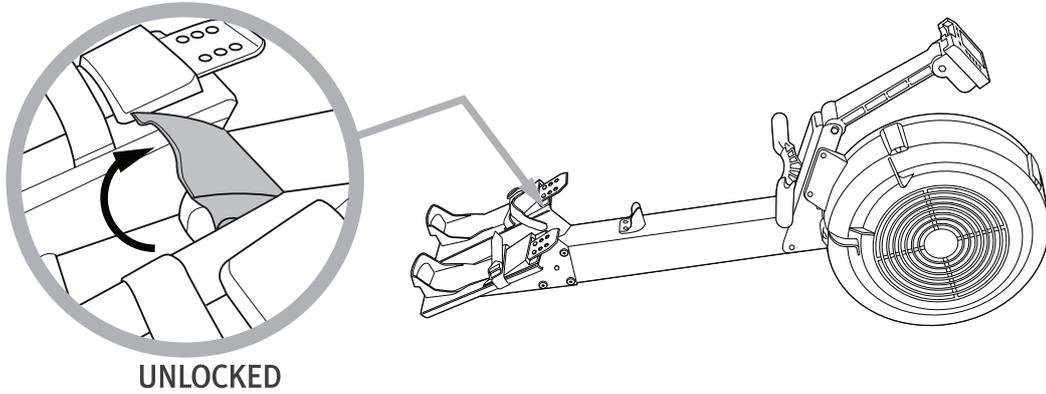
4 Combine front support and body

Combine the front support with the bolt, washer and wrench.

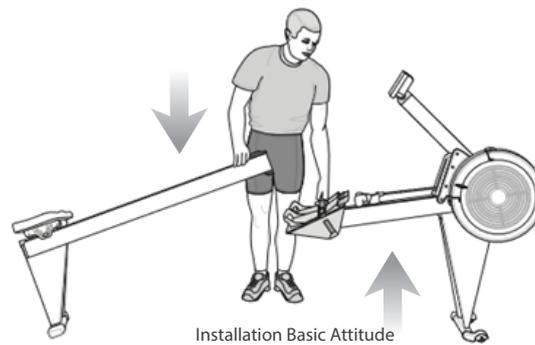


B CONNECTING SADDLE SLIDE RAILS AND FLY

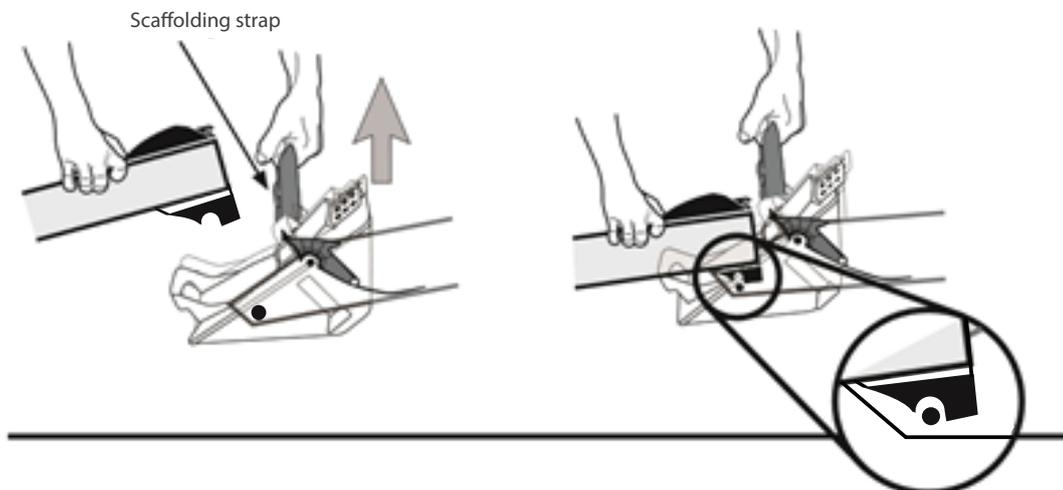
- 1 Open the fly-heel safety cap**
Between the feet of the assembled flywheel, the safety cap opens up to make the sound of the driver.



- 2 Fly-fill and slide-lift**
Hold the foot strap of the opened fly's hand with your safety cap and hold the saddle slide with your right hand.



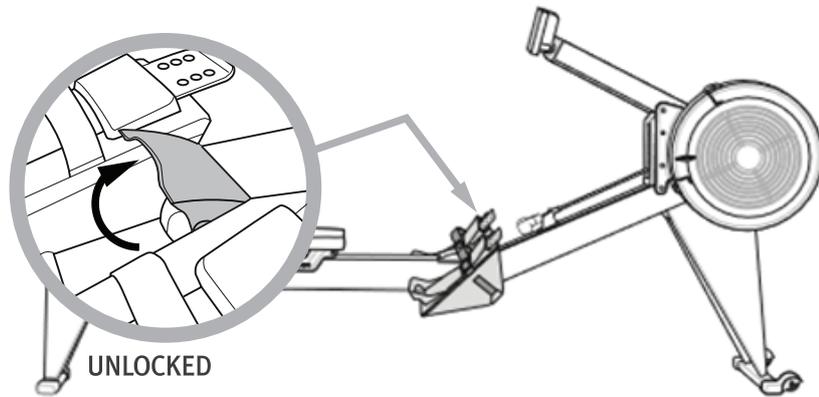
- 3 Fly white and slide connection**
Insert the saddle slide into the groove on the inside of the fly iron safety cap, and close the safety cap so that the sound of the driver is heard.



C SEPARATE SADDLE RAIL AND BODY HEEL

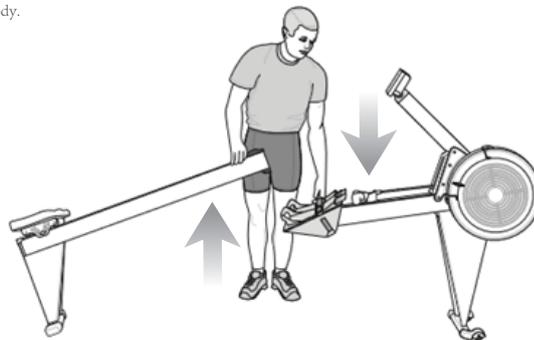
1 Open the flywheel safety cap

Between the feet of the assembled flywheel, open the safety cap so that it clicks up.



2 Lift the slide

Lift the slide slightly and remove it from the main body.



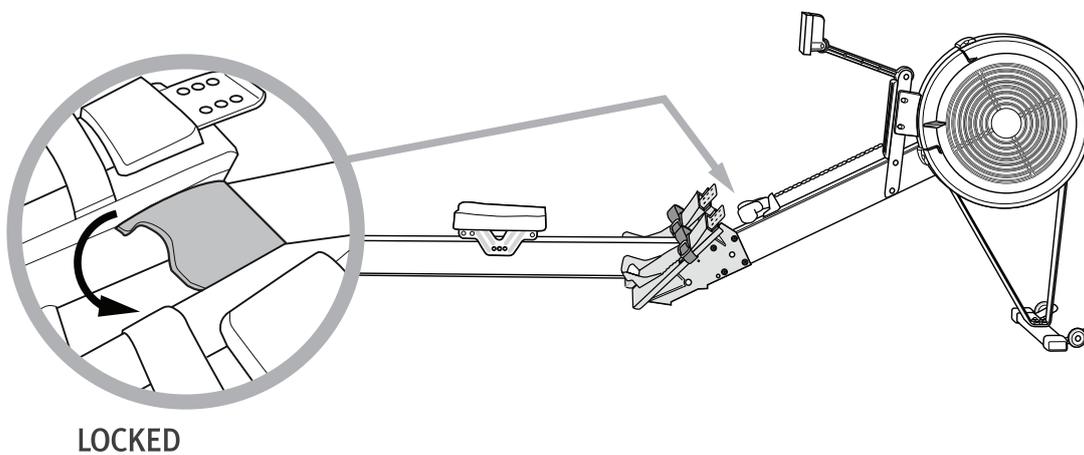
Caution

* Always keep the safety cap locked when the flywheel and slide rail are connected. If it is not locked, it may get hurt or lifted.

D Using aerials

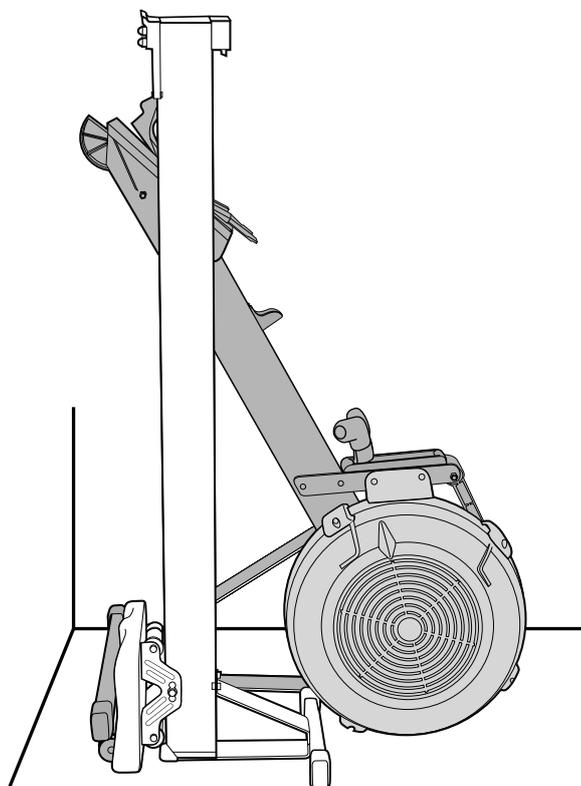
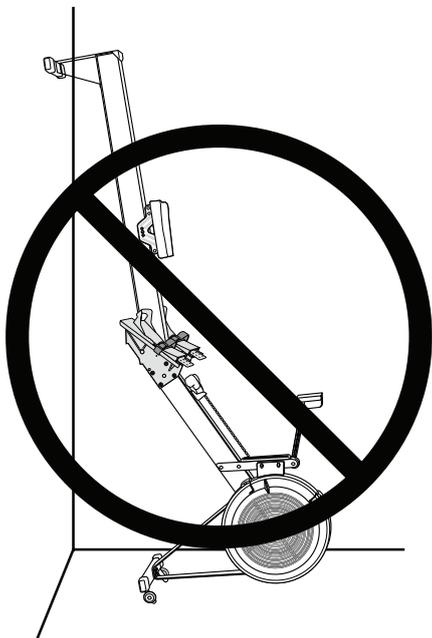
1 Close the fly wheel safety cap and use aerodynamics.

Close the safety cap and exercise safely



E ROWING MACHINE STORAGE METHOD

Be sure to separate the slide rail and fly wheel and place them as shown in the picture. Keep the flywheel down and keep it from shaking.



caution

* Please do not keep the product in your hands.
Be sure to keep it separate



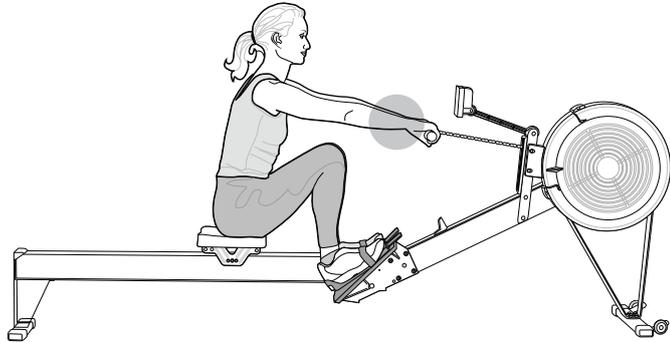
caution

* Worn or weakened parts such as chains, sprockets, rotating connectors, handle U bolts or shock cords may cause injury to the user.
* When not in use, the seat can be pulled to the front of the monorail.

ROWING MACHINE MOVEMENT POSTURE

1. The first step of the lever (CATCH) posture adjustment:

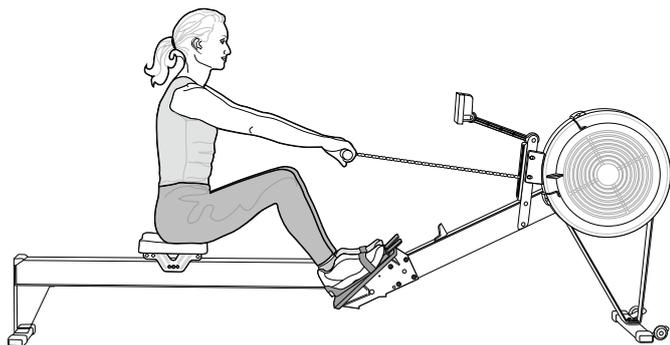
Do not straighten the spine, bend it below 30 degrees, and comfortably grasp the handle with one wrist.



2. Medium (MIDDLE) posture

Intermediate posture

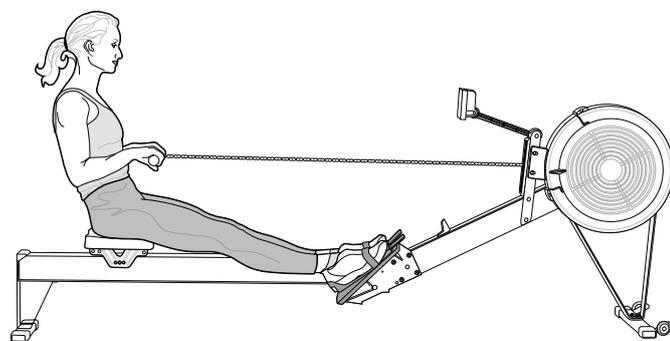
Use your leg muscles to hold the foot while keeping your arms straight. When the leg is about half stretched, it slides back.



3. FINISH Posture

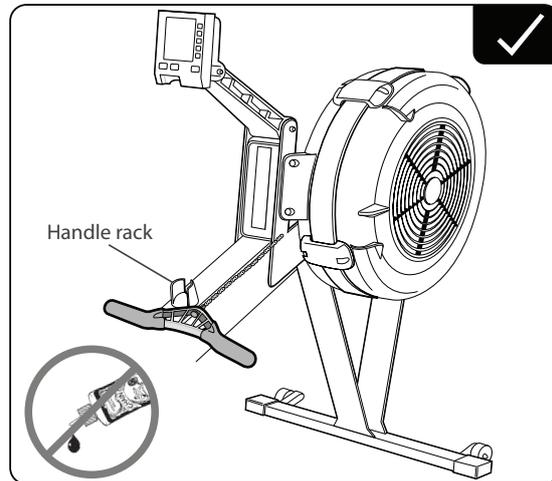
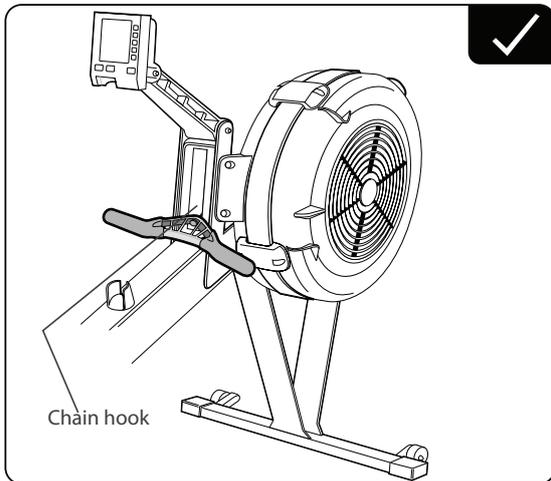
Stretch your legs with your leg muscles and pull the accelerated handle to the middle of your abdomen.

Re-do the cover action



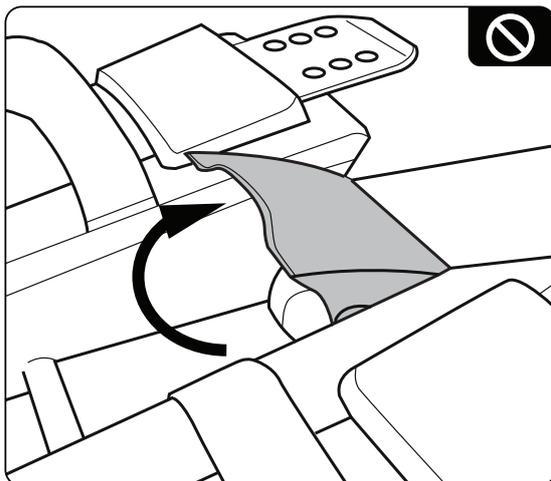
NOTES ON USING ROWING MACHINES

After you finish the rowing exercise, please hang the handle on the handle or the chain hook.

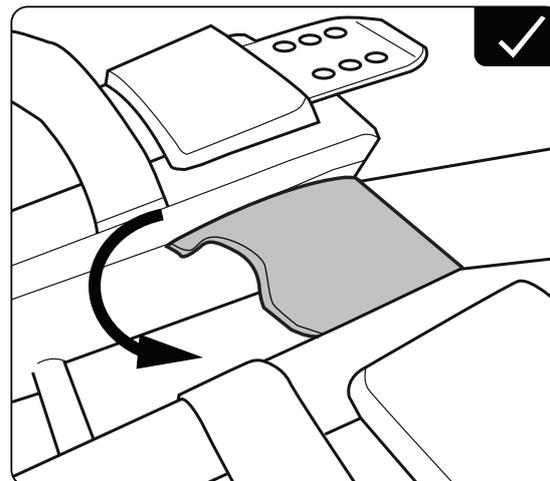


Oil does not need to be injected into the handle chain.

Always use the heel shaft lock mode when moving or using the rowing

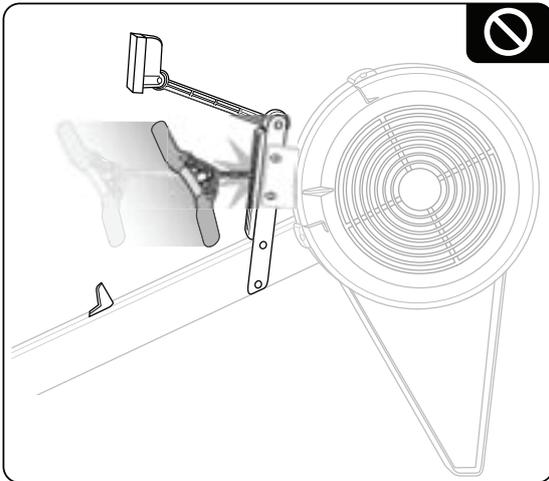


UNLOCKED

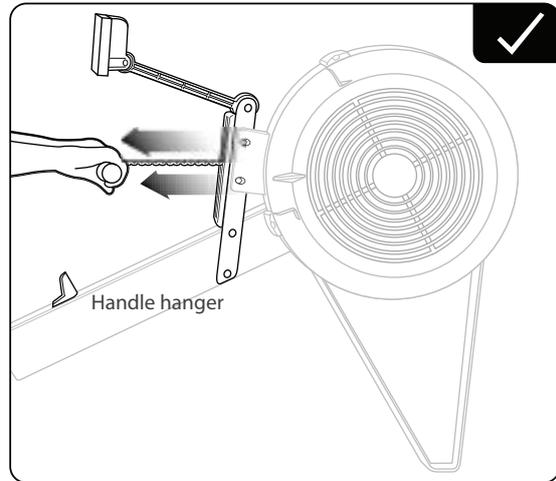


LOCKED

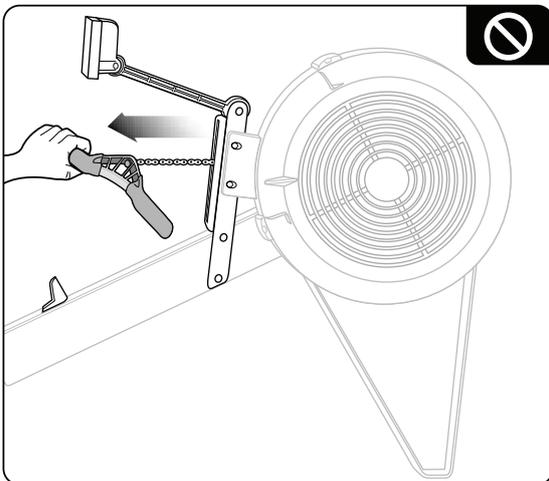
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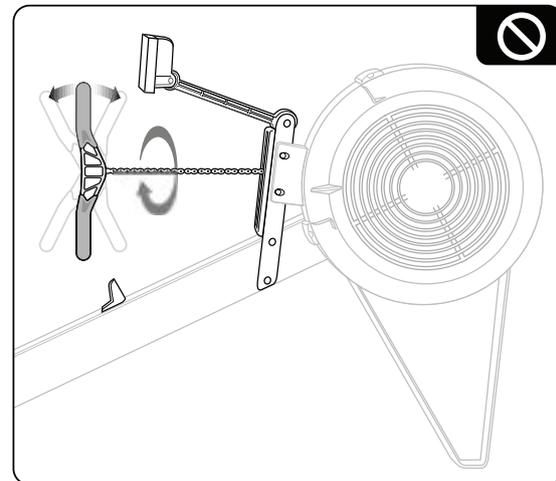
Don't suddenly undo the handle.
May cause damage or failure.



Hold the handle with both hands and pull with
even force.

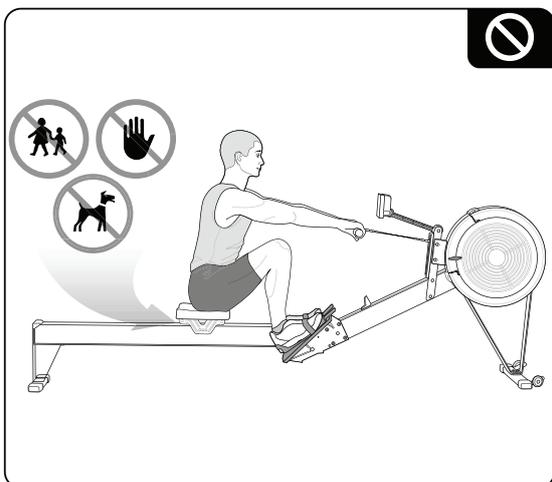


Do not pull the handle with one hand.
Incorrect use of the chain may result in injury.

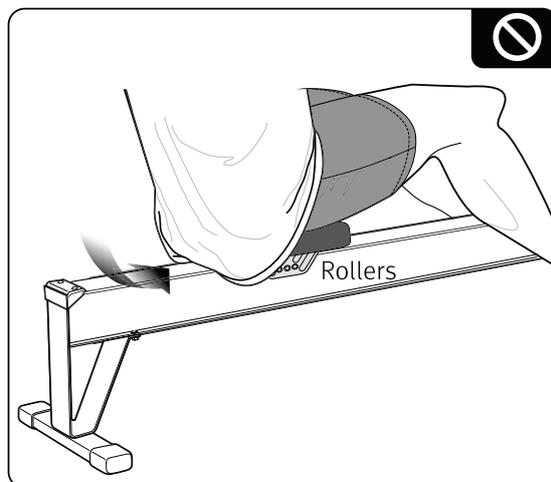


Never turn off the handle or pull the handle to
the left or right.

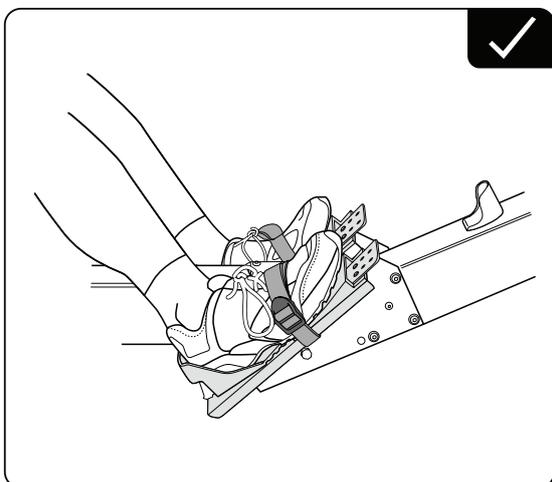
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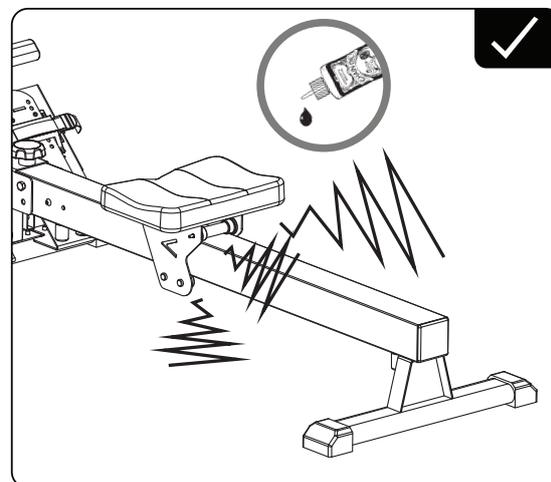
Do not allow children, companion animals, or fingers to touch the saddle during the rowing workout. Saddle injuries may result.



Be careful not to get your clothes between the saddles.



Always wear sneakers and fasten your instep with your straps when you're working on a rowing machine.



If you hear noise from the saddle during exercise, if you inject grease into the lower saddle roller, noise may be reduced.