

FRENCH FITNESS

FF-RB600

FRENCH FITNESS RB600 RECUMBENT
BIKE W/LED CONSOLE

ASSEMBLY MANUAL



! CAUTION

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

FEATURES

- Brand: French Fitness
- KOPS (Knee Over Pedal Spindle) Biomechanics
- Self Powered Hybrid Brake
- Accessory Storage
- Console lights stay on for 120 seconds after a few pedals
- Extra wide, dual-sided pedals with easy adjustable straps
- Ergonomic side handles with contact heart rate grips on-your-finger-tips control

TECH SPECS

- Console: LED (6 Windows + Dot Matrix with Polar System)
- Console Readouts: Distance, Time, Speed, Watt, Calories, Heart Rate
- Programs: 7 Built-in Programs
- Language: English
- HR Monitor: Contact & Telemetry (Polar)
- Max User Weight: 396 lbs (180 kg)
- Resistance Brake Power: 450W
- Resistance Levels: 25
- Crank: Oversized
- Pedal: Oversize Dual-Sided Pedals With Integrated Straps
- Flywheel weight: 20 lbs (9 kg)
- Dimensions: 65"L x 25"W x 54"H (165 cm x 63 cm x 137 cm)
- Product Weight: 183 lbs (83 kg)

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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IMPORTANT SAFETY INSTRUCTIONS

WARNING! The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

LOCATION

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

OPERATION

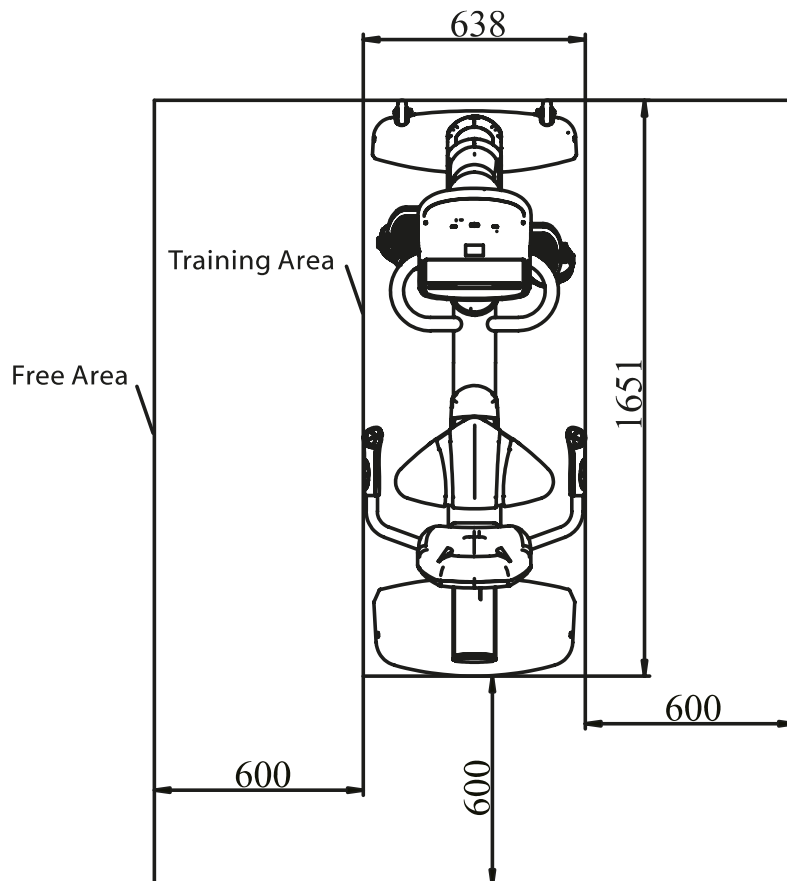
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.

IMPORTANT SAFETY INSTRUCTIONS

8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 180Kg/ 400lbs

Product Total Surface: 638*1651mm

Product Total Mass: 83kg/ 183lbs

WARM UP EXERCISES

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

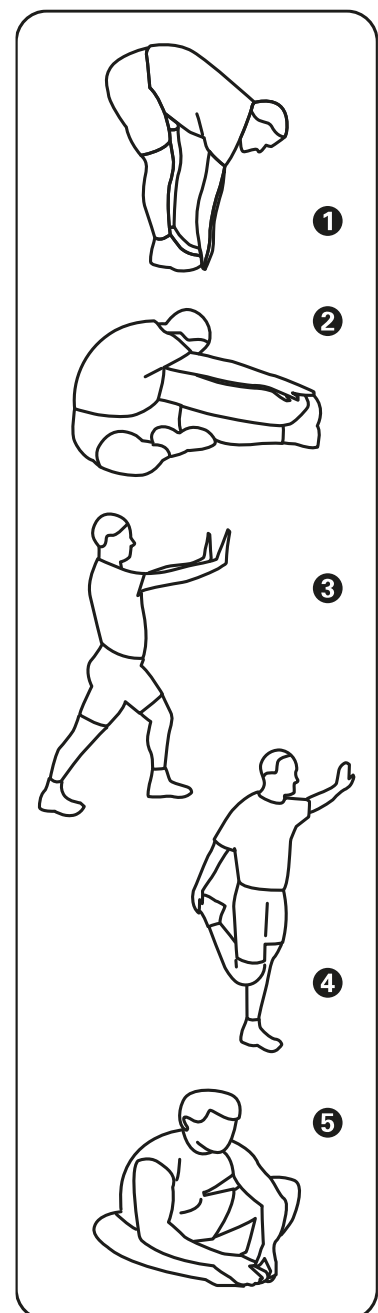
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

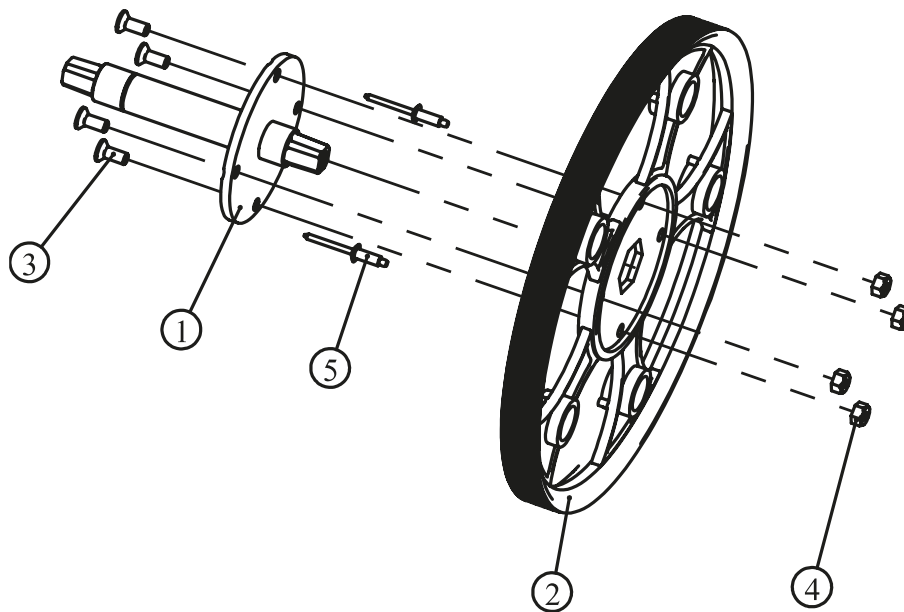
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



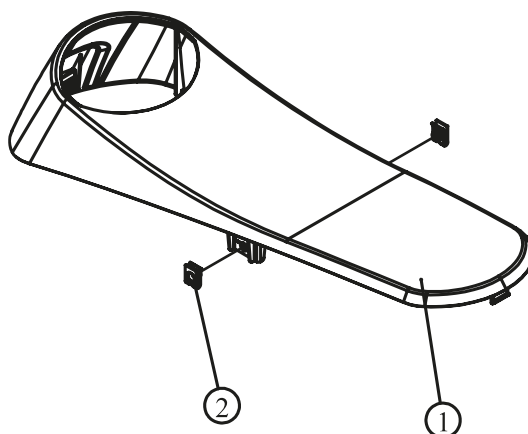
PARTS LIST AND EXPLODED VIEW

Shaft ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.5.1	RU7002900	Shaft	1
2	I.5.2	PU3002600	Pulley	1
3	I.5.3	CNLM6*15DHS20	Screw,M6*15	4
4	I.5.4	NM6DS2	Nut,M6	4
5	I.5.5	GBI26185*13N11	Rivet,Φ5*13	2

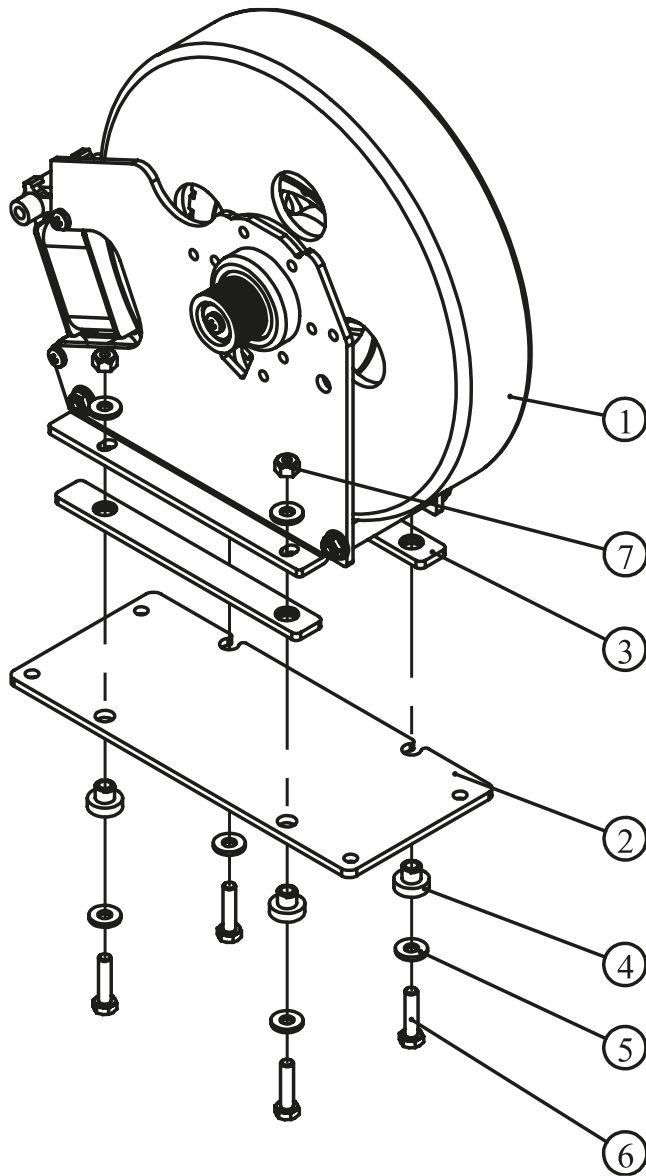
Top Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.35.1	RR7002200	Top Cover	1
2	I.35.2	STDP5500	Nut,M5	2

PARTS LIST AND EXPLODED VIEW

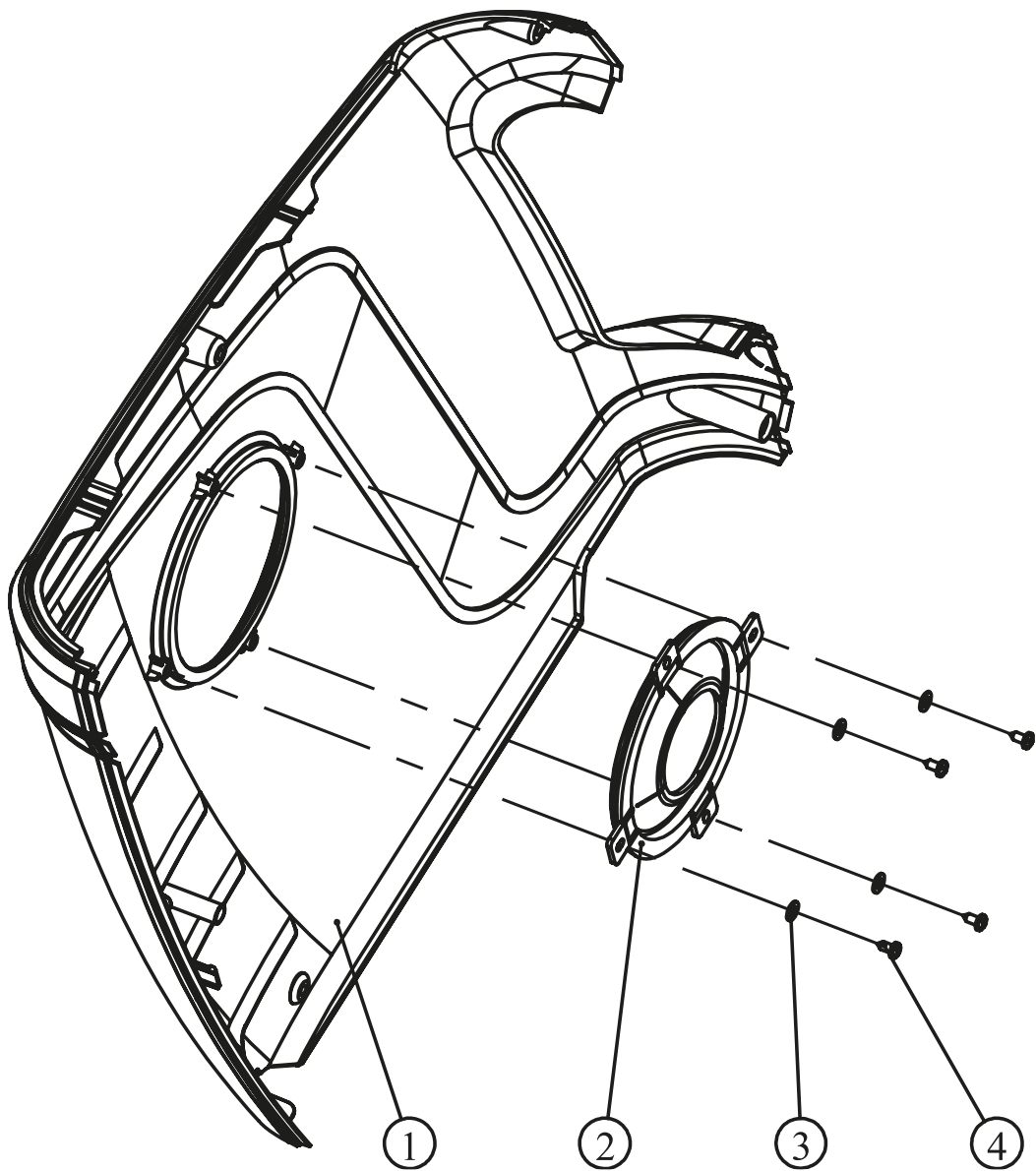
Brake ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.8.1	D82	Brake	1
2	I.8.2	CG611100	Plate,Steel	1
3	I.8.3	U7B3700	Plate,Isolation	2
4	I.8.4	U7B3800	Spacer,Isolation	4
5	I.8.5	DQ6DS2A	Washer,Φ6.6*Φ15*2	8
6	I.8.6	GB5781M6*25DS20	Hex Head Bolt,M6*25	4
7	I.8.7	NM6DS2	Nut,M6	4
8	I.8.8	L800AL9396-3-3	Cable,For Lower PCB	1
9	I.8.9	L800STDCY2F_AI9396-2	Cable,For Break	1

PARTS LIST AND EXPLODED VIEW

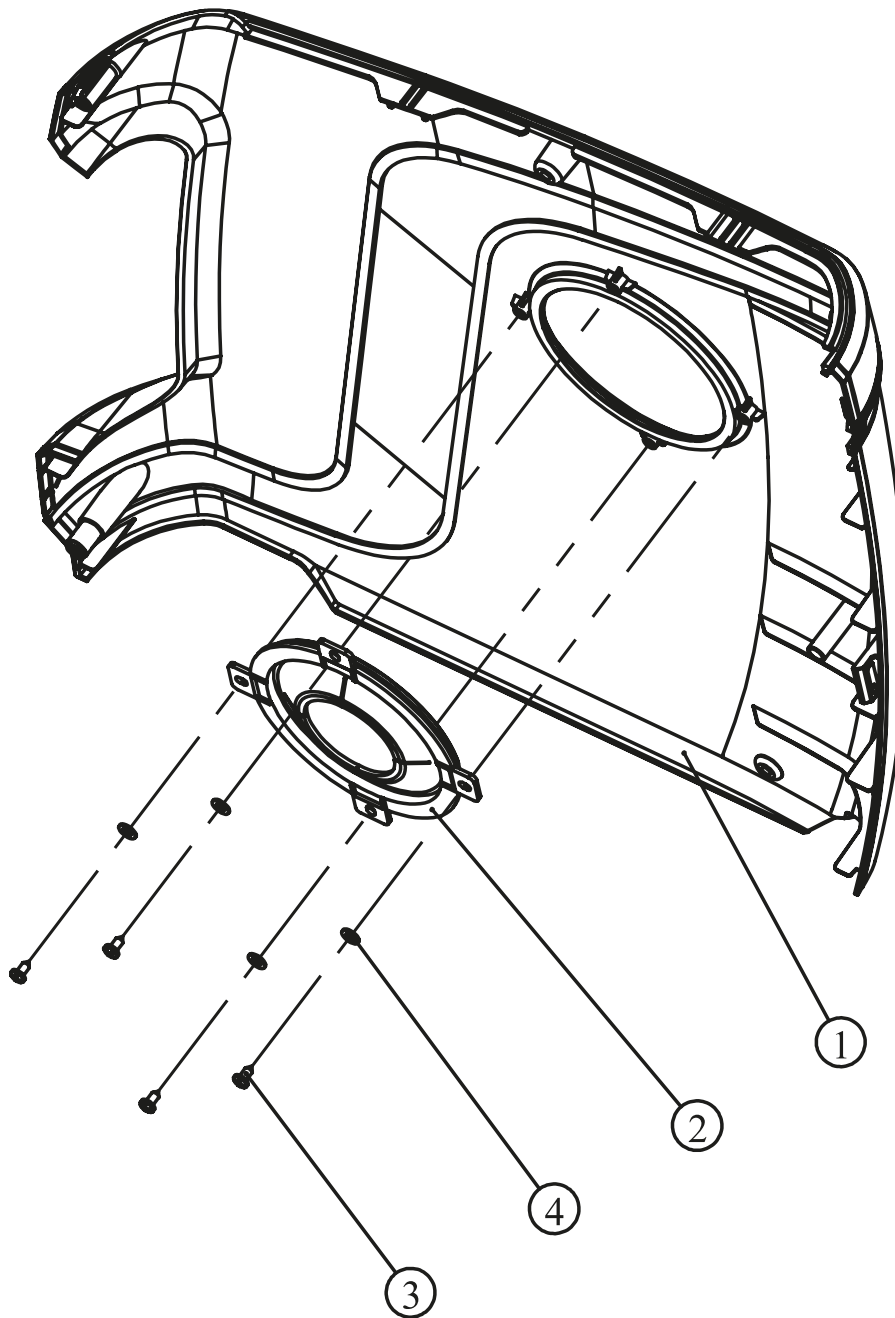
Left Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.33.1	RR7002000	Left Cover	1
2	I.33.2	RU7001300	Crank Cover	1
3	I.33.3	GB955DS2	Washer, $\Phi 5.5 * \Phi 10 * 1$	4
4	I.33.4	GB845ST4.2*9.5DS	Screw, ST4.2*9.5	4

PARTS LIST AND EXPLODED VIEW

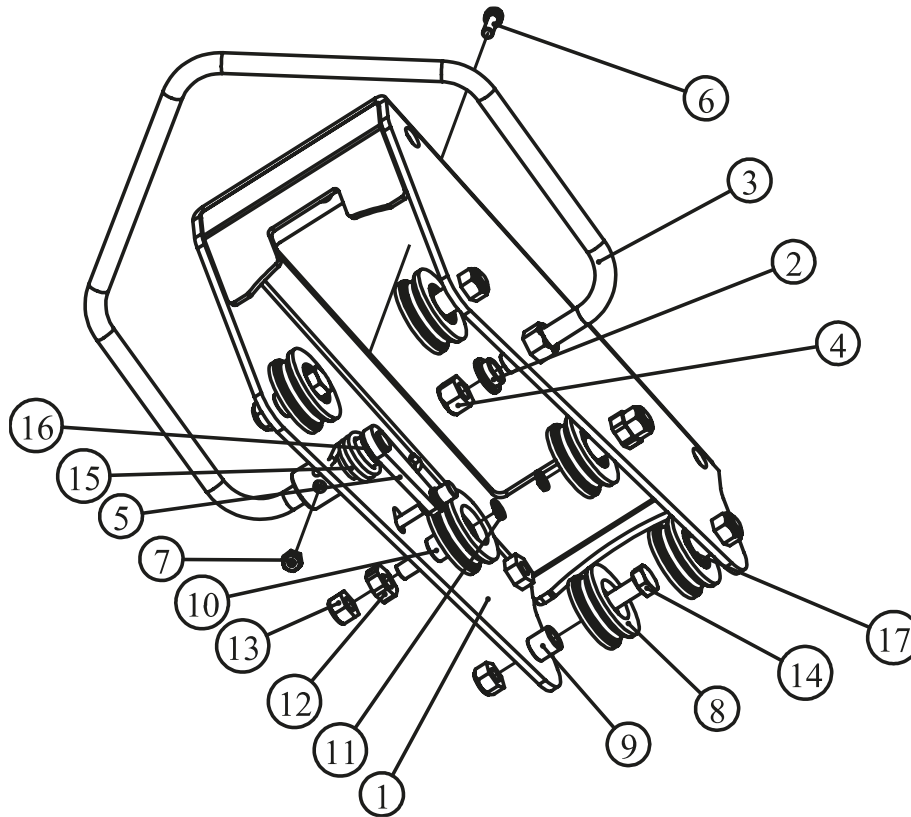
Right Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.34.1	RR7002100	Right Cover	1
2	I.34.2	RU7001300	Crank Cover	1
3	I.34.3	GB845ST4.2*9.5DS	Screw,ST4.2*9.5	4
4	I.34.4	GB955DS2	Washer,Φ5.5*Φ10*1	4

PARTS LIST AND EXPLODED VIEW

Seat Carriage ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	I.45.1	RR7000300V1	Seat Carriage	1
2	I.45.2	C150C4000	Bushing	1
3	I.45.3	RR7000700	Adjusting Handlebar	1
4	I.45.4	NM12DHS2	Nut,M12	2
5	I.45.5	RR7000800	Stopper Frame	1
6	I.45.6	GB70M6*25N19	Socket Head Bolt M6*25	1
7	I.45.7	NM6N19	Nut,M6	1
8	I.45.8	RR7000900	Nylon Idler Wheel	6
9	I.45.9	RR7001000	Spacer	4
10	I.45.10	RR7001400V1	Adjusting Shaft	2
11	I.45.11	GB894.110FH12	Ring,Φ10	2
12	I.45.12	RR7001500V1	Adjusting Plate	2
13	I.45.13	NM10DHS2	Nut,M10	6
14	I.45.14	GB5780M10*40DHS20	Hex Head Bolt M10*40	4
15	I.45.15	RR7001300V1	Spring	1
16	I.45.16	DQ12DHS2H	Washer,Φ12.2*Φ20*0.2	2
17	I.45.17	TBT12000	Washer,Φ20*Φ10*0.5	6

PARTS LIST AND EXPLODED VIEW

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	I.1	RR900B0100	Main Frame	1
2	I.2	GB2766204-2RSC3TPI	Bearing,6204	2
3	I.3	RR7001600	End Cover,For Bearing,6204	2
4	I.4	CNLM6*15DHS20	Flat Head Cap Screw,M6*15	11
5	I.5	RU70029ASSY	Pulley Assy	1
6	I.6	GB894.120FH12	Ring,Φ20	2
7	I.7	B304400	Wave Washer,Φ20	1
8	I.8	D82ASSY	Brake Assy	1
9	I.9	DQ6DS2A	Washer,Φ6.6*Φ15*2	5
10	I.10	GB936DS12	Spring Washer,Φ6	4
11	I.11	GB5781M6*15DS20	Hex Head Bolt,M6*15	4
12	I.12	RR500C4300	Tightener Frame	1
13	I.13	GB2766203-2RSC3TPI	Bearing,6203	2
14	I.14	GB894.117FH12	Ring,Φ17	1
15	I.15	DQ17DHS2	Washer,Φ17.2*Φ23*0.35	2
16	I.16	RU7004800	Spacer,For Tightener	3
17	I.17	GB70M5*15DS20	Socket Head Bolt M5*15	3
18	I.18	GB41M6DS2	Hex Nut,M6	1
19	I.19	GB41M8DS2	Hex Nut,M8	1
20	I.20	GB70M6*20DHS20	Socket Head Bolt,M6*20	1
21	I.21	TBT0800	Tread Bushing	1
22	I.22	GB5780M8*130*50DS20	Hex Head Bolt,M8*130	1
23	I.23	GB9512DS2	Washer,Φ13*Φ24*2.5	1
24	I.24	U7B4000	Spacer,For Isolation	1
25	I.25	GB958DS2	Washer,Φ9*Φ16*1.6	1
26	I.26	TBT1800	Spring	1
27	I.27	DXD380J8A	Belt,380J8	1
28	I.28	C66	Lower PCB	1
29	I.29	GB818M5*15DHS20	Screw,M5*15	10

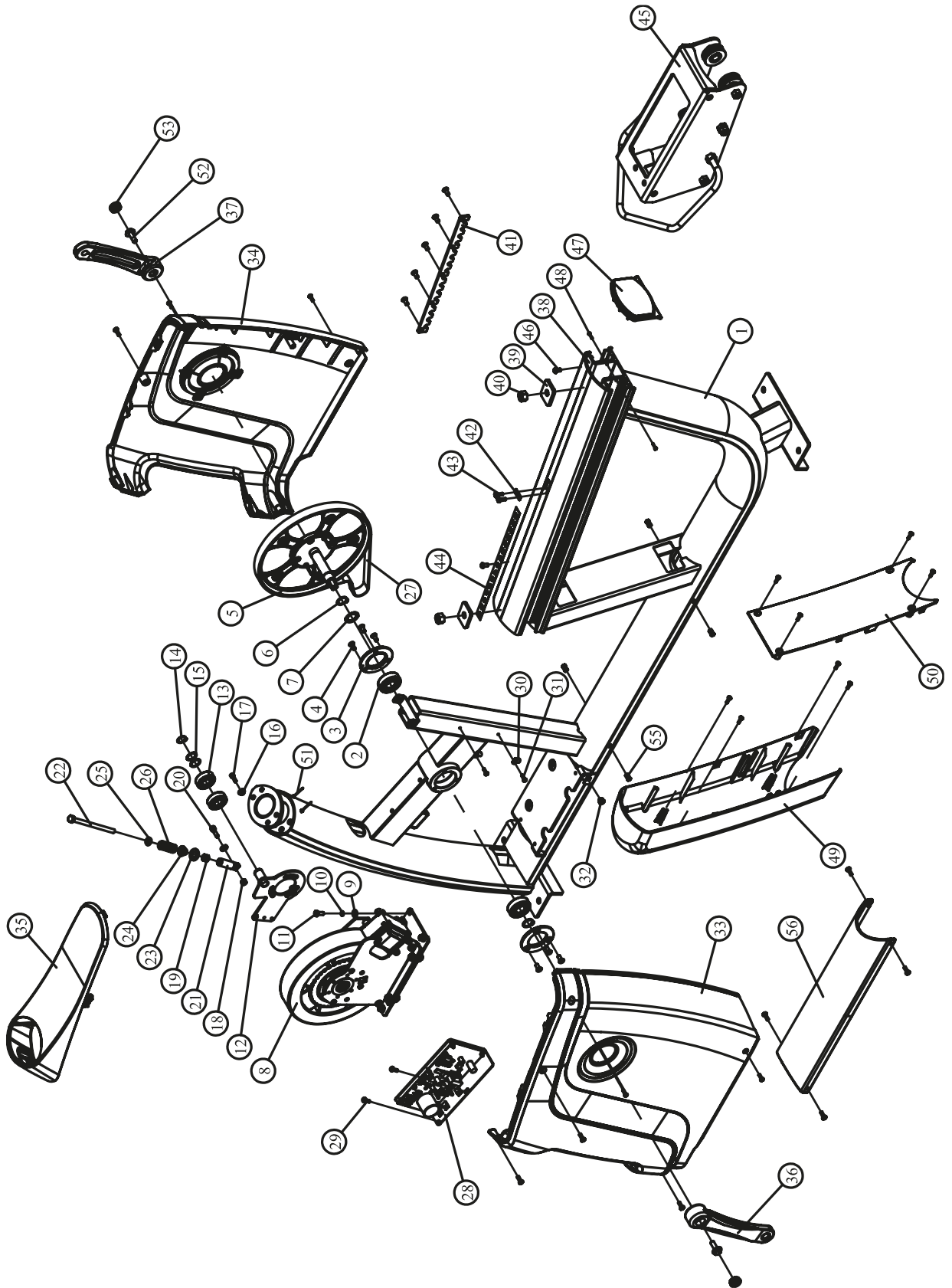
PARTS LIST AND EXPLODED VIEW

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
30	1.30	DQXK14	Cable Clip	2
31	1.31	GB845ST4.2*16DHS	Screw,ST4.2*16	14
32	1.32	ECU7P3500	Nut,ST4.2	4
33	1.33	RR70020ASSY	Left Cover Assy	1
34	1.34	RR70021ASSY	Right Cover Assy	1
35	1.35	RR90022ASSY	Top Cover Assy	1
36	1.36	HA18LL-L	Right Crank	1
37	1.37	HA18LL-R	Left Crank	1
38	1.38	RR7000600V1	Leader	1
39	1.39	V20303	Washer,Square	2
40	1.40	NM12DHS2	Nut,M12	2
41	1.41	RR7001100	Tooth Plate	1
42	1.42	B508700	Press Plate	1
43	1.43	GB818M5*15N19	Screw,M5*15	2
44	1.44	RR700TZ01	Mask,Graduation	1
45	1.45	RR70003V1ASSY	Seat Carriage Assy	1
46	1.46	PNLM6*12N19	Button Head Bolt,M6*12	2
47	1.47	RR7002500	Plug	1
48	1.48	GB845ST2.9*16DS	Screw,ST2.9*16	2
49	1.49	RR7002300	Front Cover	1
50	1.50	RR7002400	Rear Cover	1
51	1.51	GB126183.2*15N11	Rivet,Φ3.2*15	2
52	1.52	BR18006500	Hexagon Flange Bolts,M8*25	2
53	1.53	RU7003700	Crank End Cap	2
54	1.54	08-0077	Magic Ring	1
55	1.55	GB17880.3M5*13DS17	Rivet Nut,M5	4
56	1.56	RR7002600	Prevent Stepped Covering	1
57	1.57	L1100XHB-SMA-12	Lower Cable,For Console	1
58	1.58	L3400XHB-SMA-7	Lower Cable,For Brake And Pulse	1

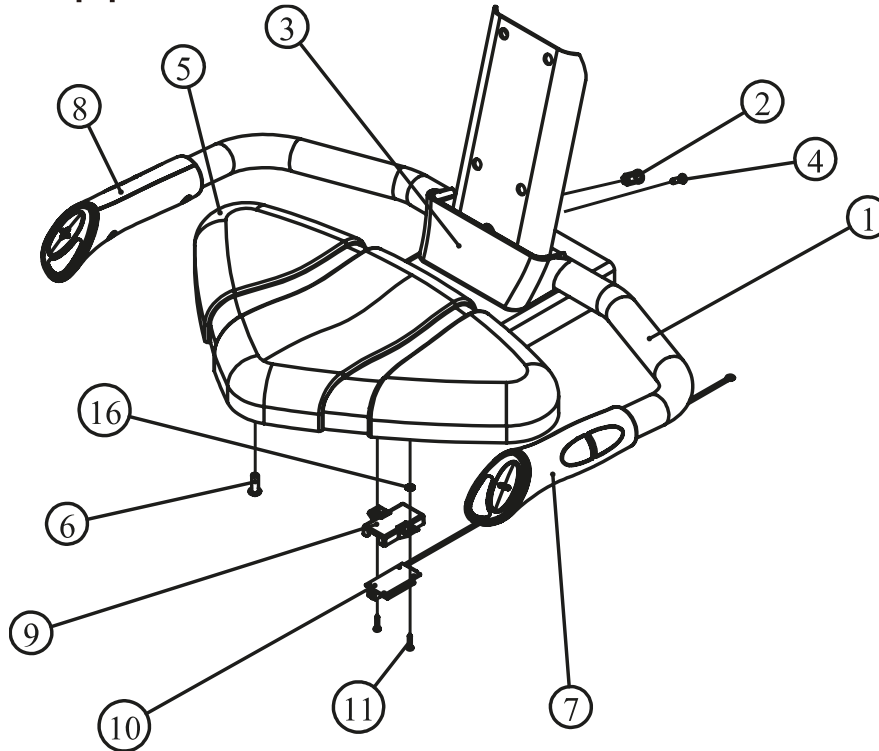
PARTS LIST AND EXPLODED VIEW

Main Frame ASSY



PARTS LIST AND EXPLODED VIEW

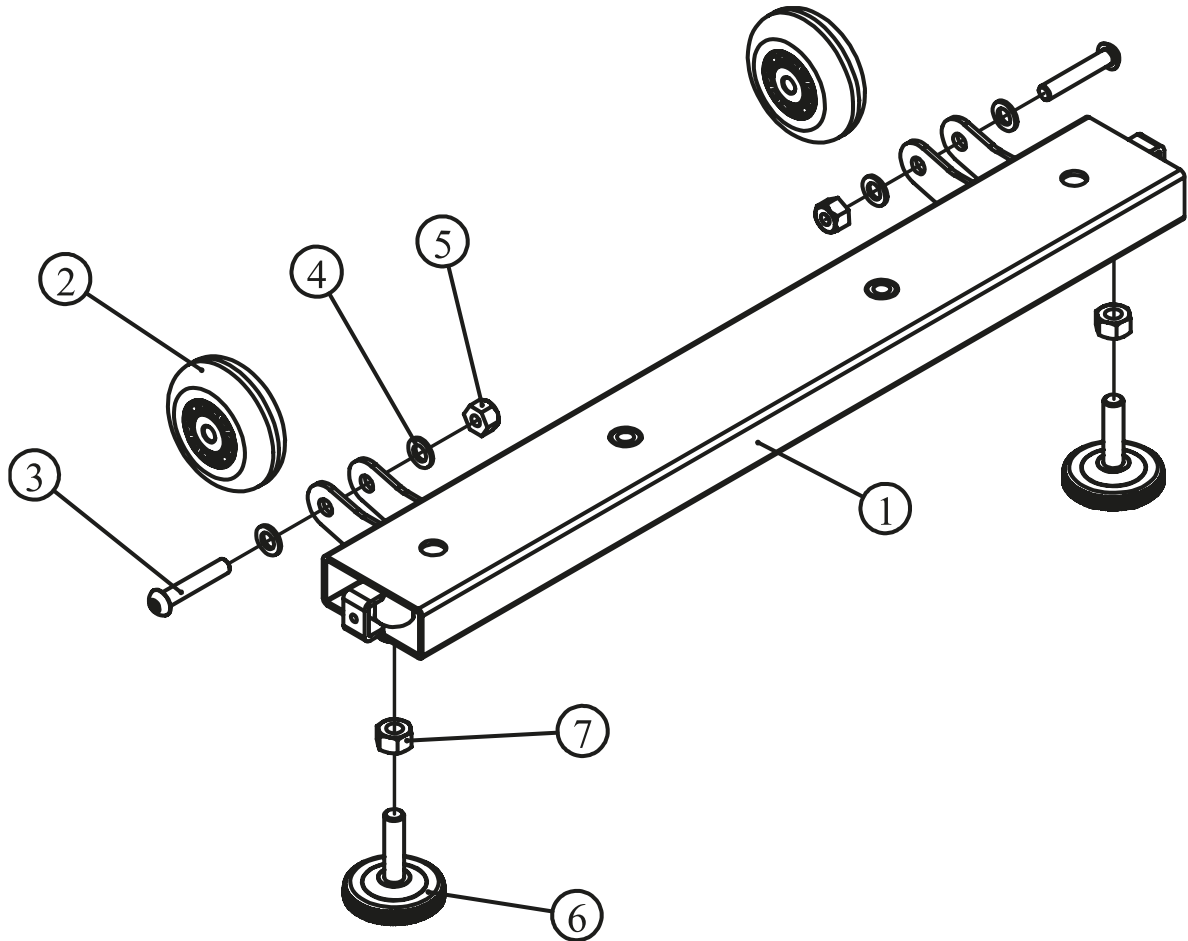
Seat Support ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	RR7000400V1	Seat Support Frame	1
2	2.2	GB17880.5M6*16.5DS17	Rivet Nut,M6	1
3	2.3	RR7002800	Decoration Cover	1
4	2.4	GB845ST4.2*16DHS	Screw,ST4.2*16	1
5	2.5	PR3001200	Seat Pad	1
6	2.6	YPNL0.25*20*19DS2	Button Head Bolt,1/4"-20UNC*19	4
7	2.7	X12V1	Heart Rate ,Steelless	1
8	2.8	X13V1	Heart Rate ,Steelless	1
9	2.9	RR7002900	Box,For Fixing Heart Rate Board	1
10	2.10	DQSWXT01-S	Heart Rate Board	1
11	2.11	GB845ST2.9*16DS	Screw,ST2.9*16	2
12	2.12	L700XHP_SMA-2	Cable,For Break	1
13	2.13	L700XHP_SMY-2	Cable,For Break	1
14	2.14	LI000ST0-XHB-4	Cable,For Pulse	1
15	2.15	KINF-55(N)	Magic Ring	2
16	2.16	GB862.24DS12	Serrated Washer,Φ4	1

PARTS LIST AND EXPLODED VIEW

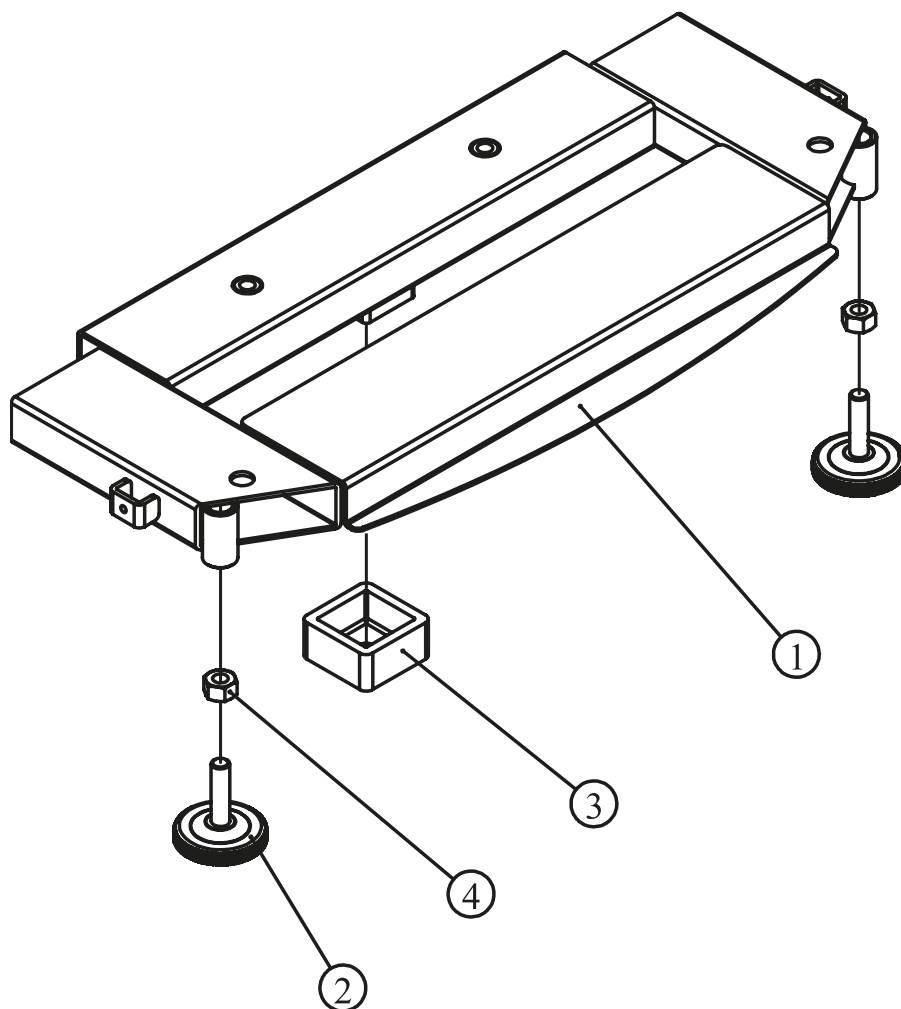
Front Base ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	RU7000300	Front Base Frmae	1
2	5.2	DP86703100V1	PU,Wheel	2
3	5.3	PNLM8*45DHS2	Button Head Cap Screw,M8*45	2
4	5.4	GB958DHS2	Washer,Φ9*Φ16*1.6	4
5	5.5	NM8DHS2	Nut,M8	2
6	5.6	ASCENT2900	Leveler Foot	2
7	5.7	GB41M10DS2	Hex Nut,M10	2

PARTS LIST AND EXPLODED VIEW

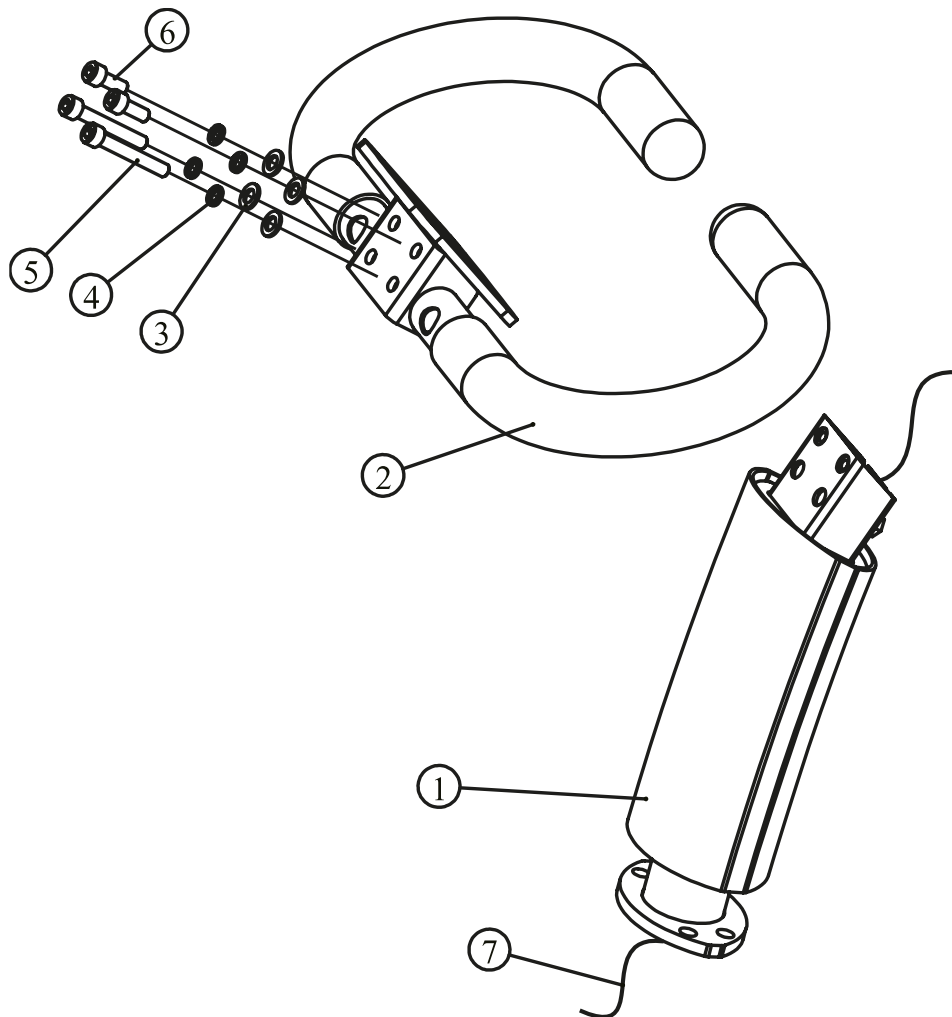
Rear Base ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	6.1	RU7000400	Rear Base Frame	1
2	6.2	ASCENT2900	Leveler Foot	2
3	6.3	G439506700	Pipe Box	1
4	6.4	GB41M10DS2	Hex Nut,M10	2

PARTS LIST AND EXPLODED VIEW

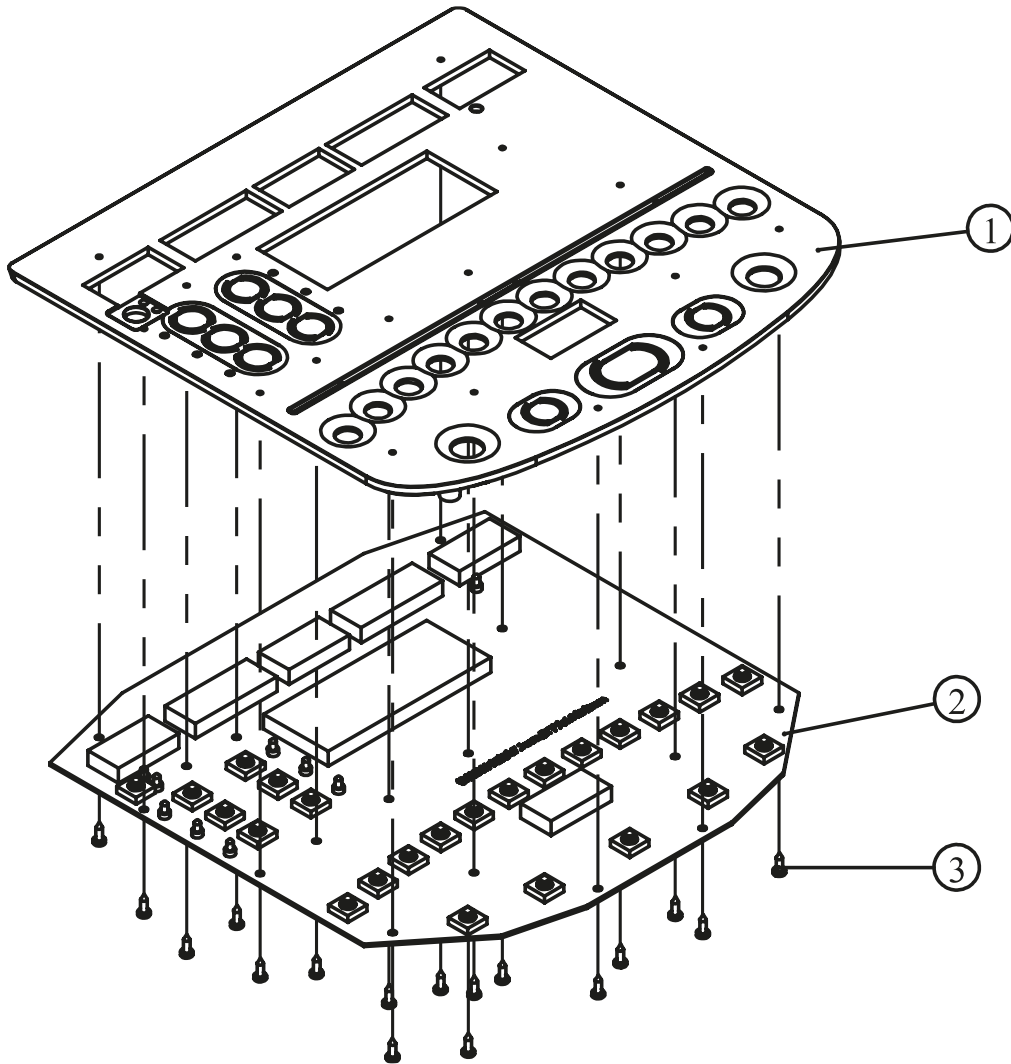
Upright & Handlebar Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	RR7000200V1	Upright Frame	1
2	7.2	RR900B0500	Handlebar	1
3	7.3	GB958DHS2	Washer, $\Phi 9 * \Phi 16 * 1.6$	4
4	7.4	GB938DS12	Spring Washer, $\Phi 8$	4
5	7.5	GB70M8*55DS20	Socket Head Bolt, M8*55	2
6	7.6	GB70M8*20DS20	Socket Head Bolt, M8*20	2
7	7.7	ZX1*2	Guiding Wire	1.1

PARTS LIST AND EXPLODED VIEW

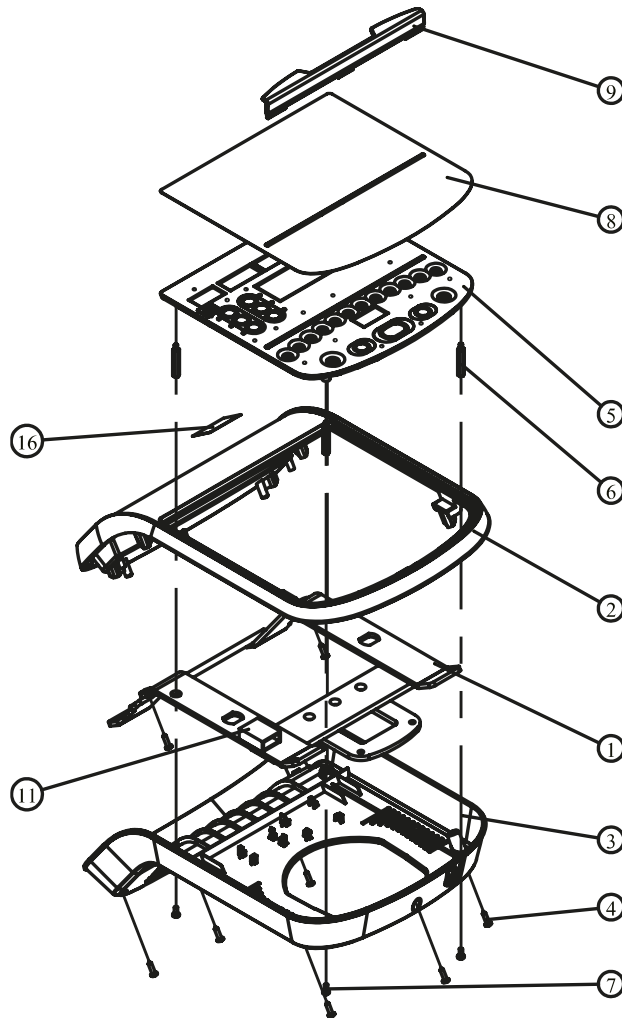
Omnibus Pcb ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	8.5.1	RU700DZB04	Pcb,Frame	1
2	8.5.2	B146	Pcb	1
3	8.5.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	17

PARTS LIST AND EXPLODED VIEW

Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	8.1	RU900B0700	Console Support Frame	1
2	8.2	RU700DZB01	Upper Cover,For Console	1
3	8.3	RU700DZB02	Lower Cover,For Console	1
4	8.4	GB845ST4.2*16DHS	Screw,ST4.2*16	8
5	8.5	RU700CDZB04ASSY	Pcb,Frame Assy	1
6	8.6	PR3003000	Support Post,For Pcb	4
7	8.7	GB818M4*10DHS2	Screw,M4*10	4
8	8.8	RU700MM01	Console Overlay	1
9	8.9	RU700DZB03	Frame,For Books	1
10	8.10	DQXTJS02	Chest Pulse Receiver	1
11	8.11	RU5004400	Receiver Cover	1
12	8.12	08-0077	Magic Ring	2
13	8.13	L300XHB-SMY-7	Uper Cable,For Brake And Pulse	1
14	8.14	L300XHP-SMY-12	Upper Cable,For Console	1
15	8.15	K1NF-55(N)	Magic Ring	1
16	8.16	IMPULSETZ51	LOGO	1

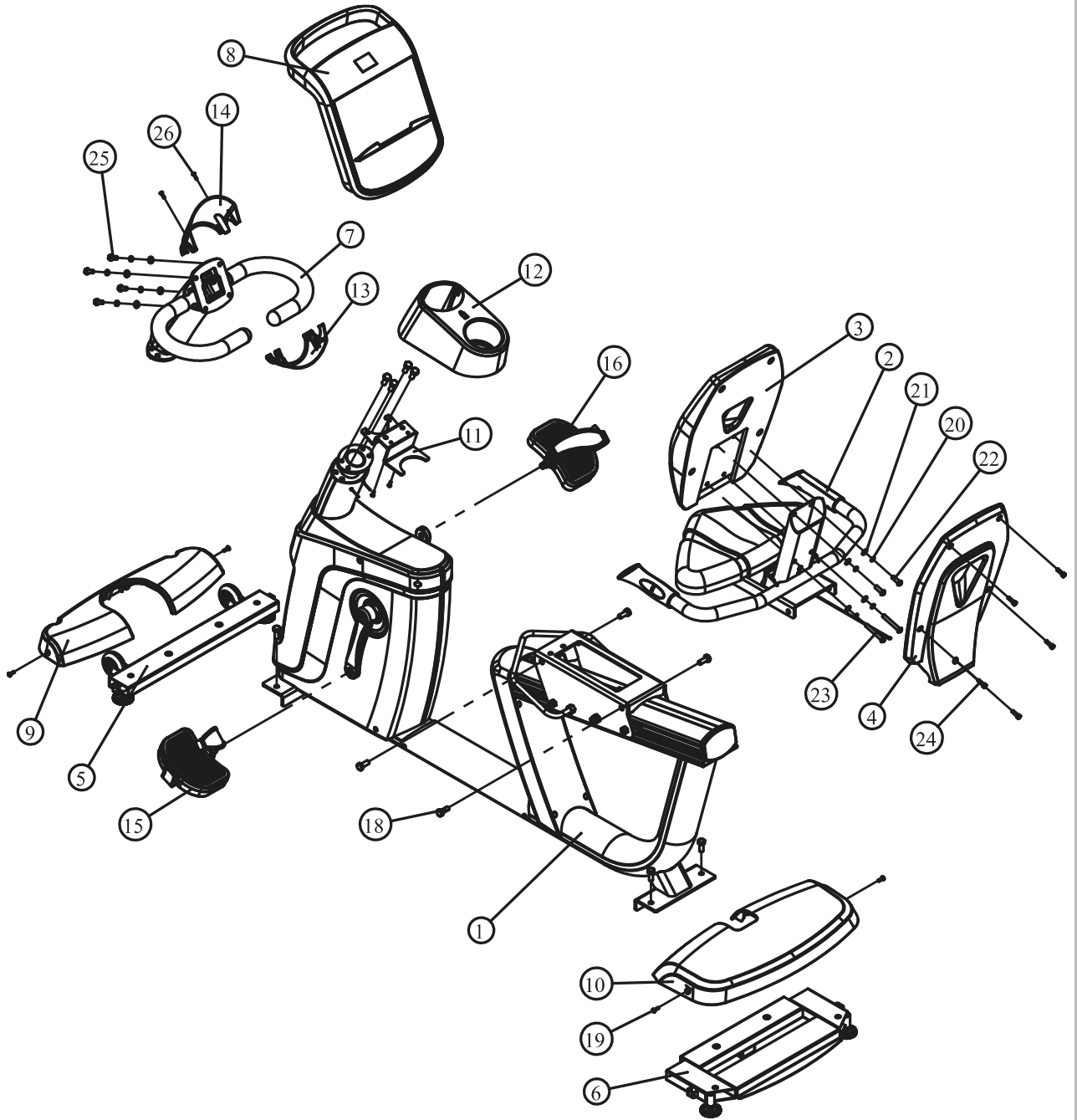
PARTS LIST AND EXPLODED VIEW

OVER RALL

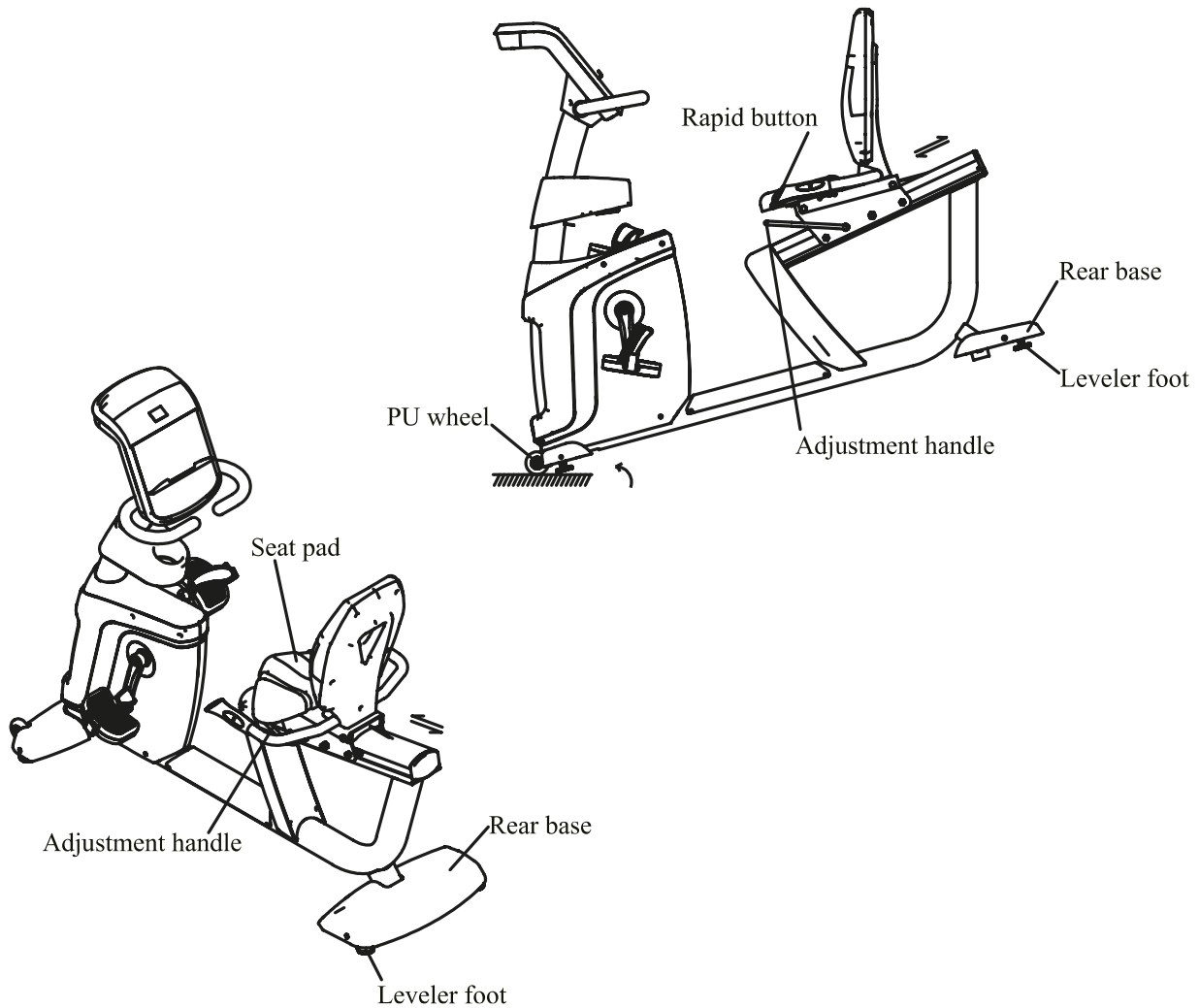
Item No.	Part No.	Description	QTY
1	RR700C01ASSY	Main Frame Assy	1
2	RR500C04ASSY	Seat Support Assy	1
3	RR7001200	Back Pad	1
4	RR7002700	Rear Cover For Back Pad	1
5	RU70003ASSY	Front Base Assy	1
6	RU70004ASSY	Rear Base Assy	1
7	RR900B02ASSY	Upright&Handlebar Frame Assy	1
8	RR700CDZBASSY	Console Assy	1
9	RU7000800	Front Base Cover	1
10	RU7000900	Rear Base Cover	1
11	RU7007500	Bottle Support Frame	1
12	RU7001400	Water Bottle Bracket	1
13	RU700DZB09	Rear Scarf	1
14	RU700DZB08	Front Scarf	1
16	JD-59A-R-PU415	Right Pedal	1
15	JD-59A-L-PU415	Left Pedal	1
18	GB9074.16M10*25DS20	Hex Head Bolt W/Serrated Loch Washer M10*25	12
19	GB818M5*15DHS20	Screw,M5*15	4
20	GB938DS12	Spring Washer,Φ8	8
21	GB958DS2	Washer,Φ9*Φ16*1.6	8
22	PNLM8*25DS20	Button Head Bolt,M8*25	2
23	PNLM8*60DS20	Button Head Bolt,M8*60	2
24	GB70M6*20DHS20	Socket Head Bolt,M6*20	5
25	GB5781M8*20DS20	Hex Head Bolt, M8*20	4
26	GB845ST4.2*16DHS	Screw,ST4. 2*16	4

PARTS LIST AND EXPLODED VIEW

OVER ROLL



USAGE AND MAINTENANCE



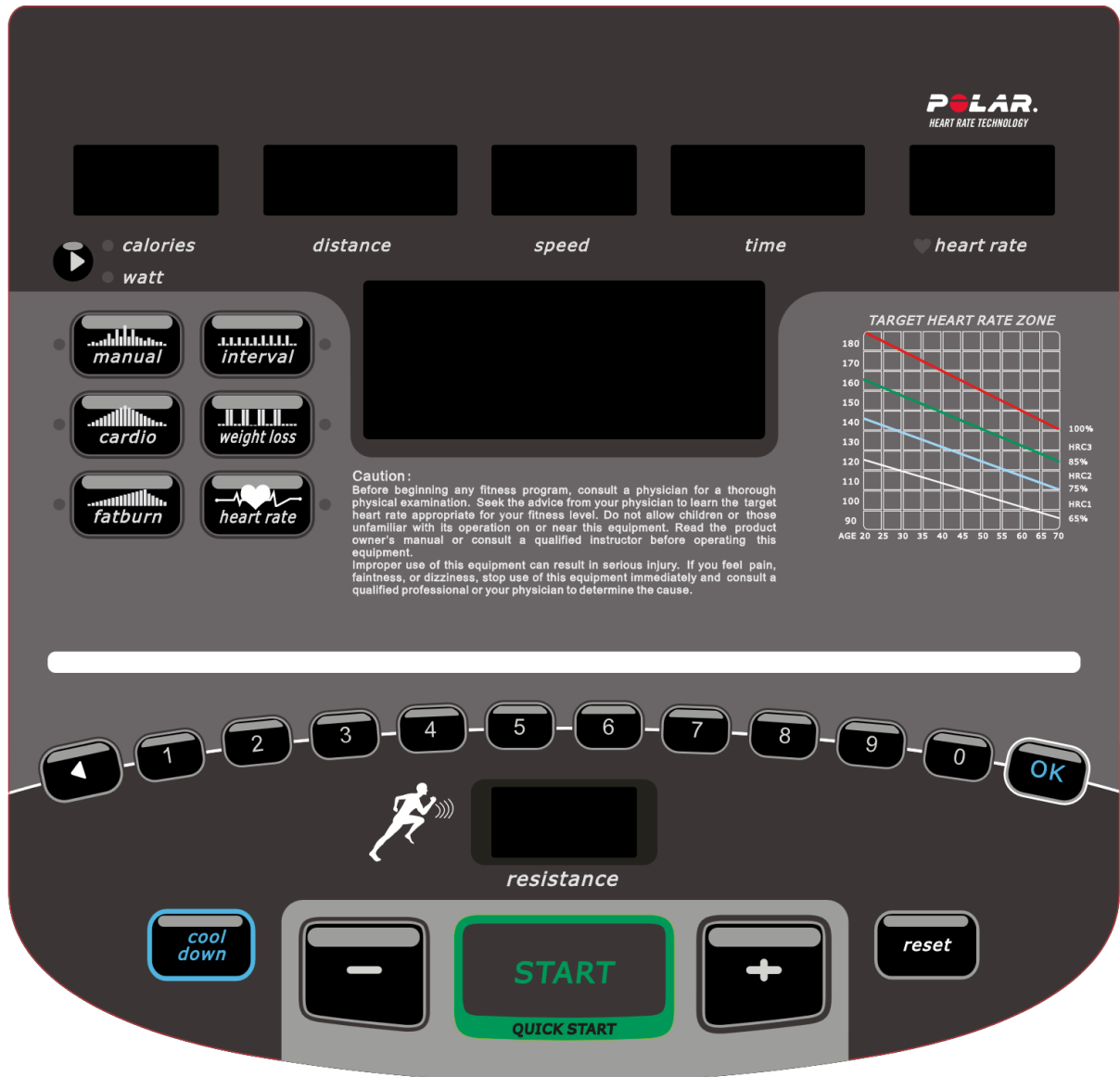
Instruction

1. When moving the machine, grab the Rear Base to lift, then move it.
2. When using the machine, you must ensure it stand steadily on the ground.
If it isn't steady, you must adjust the Leveler Foot.
3. Adjusting the Seat Pad of the machine. Front and back, you must pull up the Adjustable Handle, and move the Seat Pad down along the tube of the machine. When it is ok, you can release the handle.
4. When adjusting the resistance, you can also use the rapid button, the "-" is down, the "+" is up.
5. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

CONSOLE PANEL FUNCTIONS



CONSOLE PANEL FUNCTIONS

CONSOLE PANEL FUNCTIONS

1. CALORIES WINDOW

Indicates estimated calories burned, based on user's weight, speed, resistance, and time.



2. WATT WINDOW

Indicates user's current power (Watt).



3. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

distance

4. SPEED WINDOW

Indicates workout laps per minute on pedal.

speed

5. TIME WINDOW

Indicates elapsed time after press Start in minutes and seconds (0-99minutes, 0-59seconds).

time

6. HEART RATE WINDOW

Indicates user's current heart rate (BPM).

heart rate

7. RESISTANCE WINDOW

Indicates workout in degree of force L1—L20 in 1 increments.



resistance

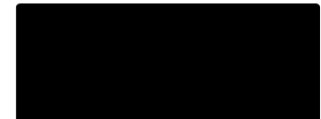
8. DOT MATRIX

8.1 Indicates Welcome message when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.

8.4 Indicates workout 400m track when manual.



CONSOLE BUTTONS

1. START

This button is used to start the current program.



2. RESET

This button is used to stop the current program.



3. + and -

These buttons are used to adjust the degree of Resistance of the machine during workout.

These buttons are also used to adjust the values when entering up your workout.



CONSOLE PANEL FUNCTIONS

4. COOL DOWN



This button is used to select workout "cool down mode".

5. NUMERIC KEYPAD



These buttons are used to enter values.

6. OK



This button is used to confirm user selection.

7. SELECTION BUTTON



This button is used to delete value entered.

8. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

9. INTERVAL ONE TOUCH

This button is used to select workout "interval mode".

10. FAT BURN ONE TOUCH

This button is used to select workout "fat burn mode".

11. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

12. WEIGHT LOSS ONE TOUCH

This button is used to select workout "weight loss mode".

13. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".



CONSOLE OPERATION

1. QUICK START/MANUAL MODE

1.1 Start the pedal

1.2 Indicates "PRESS QUICKSTART OR SELECT PROGRAM", "ENTER WEIGHT" in dot matrix, '68' will flash in degree of force window. Use degree of force + or – button to adjust user's weight.

1.3 Press "OK", indicates "PRESS QUICK START OR SELECT PROGRAM" in dot matrix.

- (1) If press QUICK START button through manual mode;
- (2) If press FAT BURN button through fat burn mode;
- (3) If press INTERVAL button through interval mode;
- (4) If press CARDIO button through cardio mode;
- (5) If press HEART RATE button through heart rate mode;
- (6) If press WEIGHT LOSS button through weight loss mode.

1.4 If press RESET button will be reset.

CONSOLE PANEL FUNCTIONS

2. PROGRAM MODE

2.4 PROGRAM

2.4.1 FAT BURN

Press FAT BURN button

- (1) Indicates FAT BURN MODE in dot matrix, Time window will flash "30:00". Use degree + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS QUICK START in dot matrix after press OK button.

2.4.2 INTERVAL

Press INTERVAL button

- (1) Indicates INTERVAL MODE in dot matrix, Time window will flash "30:00". Use degree + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS QUICK START in dot matrix after press OK button.

2.4.3 CARDIO

Press CARDIO button

- (1) Indicates CARDIO MODE in dot matrix, Time window will flash "30:00".
Use degree + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS QUICK START in dot matrix after press OK button.

2.4.4 HEART RATE

User must wear chest belt when through HEART RATE mode;

HR1: Target pulse is 65% of Max. pulse;

HR2: Target pulse is 75% of Max. pulse;

HR3: Target pulse is 85% of Max. Pulse.

CONSOLE PANEL FUNCTIONS

2.4.4.1 HEART RATE 1

Press HEART RATE button to cycle through HEART RATE 1, HEART RATE 2, HEART RATE 3

- (1) Indicates HEART RATE 1 in dot matrix, Time window will flash "30:00".
Use degree + or – button to adjust value;
- (2) Indicates ENTER TIME in dot matrix after 5 seconds;
- (3) Indicates ENTER AGE in dot matrix after press OK button, Pulse window will show target pulse;
- (4) Indicates PRESS QUICK START after press OK button.

2.4.4.2 HEART RATE 2 - HEART RATE 3

Press HEART RATE button to cycle through HR2, HR3, the same with HR1.

2.4.5 WEIGHT LOSS

Press WEIGHT LOSS button

- (1) Indicates WEIGHT LOSS PROGRAM in dot matrix, Time window will flash "30:00". Use degree + or – button to adjust value;
- (2) Indicates workout curve after 5 seconds;
- (3) Indicates ENTER TIME after 5 seconds;
- (4) Indicates PRESS QUICK START in dot matrix after press OK button.

TROUBLESHOOTING GUIDE

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

ELECTRICAL CONNECTION

