



FRENCH FITNESS

FF-UB620T

**FRENCH FITNESS UB620T UPRIGHT BIKE
W/15" TOUCH CONSOLE (NEW)**

ASSEMBLY MANUAL



! CAUTION

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

FEATURES

- Brand: French Fitness
- 15.6" TFT touchscreen with multiple built-in apps
- 25 resistance levels with a listed max brake power of 450W
- USB data exchange: listed as included
- Multi-language display: listed as included
- 3 grip positions with fingertip controls + contact heart rate grips
- Heart rate: contact grips + telemetry compatibility
- Max user weight: 396 lb (180 kg)

TECH SPECS

- Model: FF-UB620T
- Certification: CE
- Max user weight: 396 lb (180 kg)
- Electrical receptacle & plug: 110V
- Brake type: Self-powered hybrid brake
- Resistance levels: 25
- Resistance brake power: 450W
- Crank: Oversized
- Pedals: Oversized dual-sided pedals with integrated straps
- Flywheel weight: 19.8 lb (9 kg)
- Handlebar control: 3 riding positions with contact heart rate grips and fingertip control
- Console display: 15.6" TFT
- Console readouts: Resistance, time, distance, calories, HR, RPM
- Languages (listed): English, Chinese, French, German, Spanish, Portuguese, Italian, Russian, Japanese, Korean
- Units: English + Metric
- Entertainment: Multiple built-in apps
- Programs: 5
- HR monitor: Contact + Telemetry
- Accessory storage: Yes
- USB data exchange: Yes
- Multi-language display: Yes
- Product dimensions (L x W x H): 43.0" x 23.5" x 59.3" (1092 x 597 x 1505 mm)
- Net weight: 148.8 lb (67.5 kg)
- Gross weight: 193.6 lb (87.8 kg)

WARRANTY

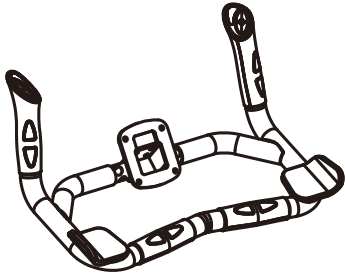
- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

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

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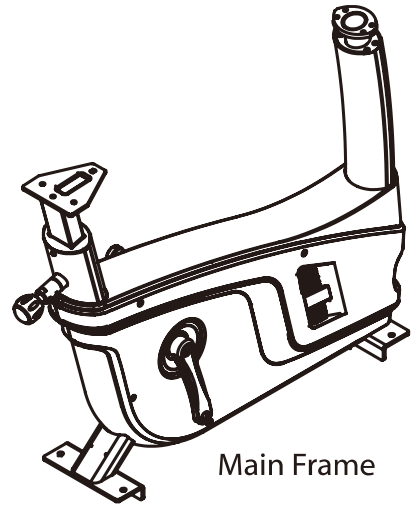
SUBASSEMBLY PARTS LIST



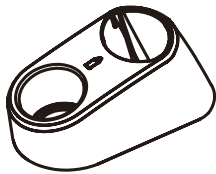
Handlebar Assy



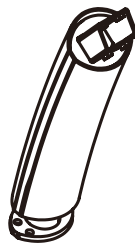
Console Assy



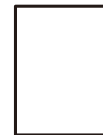
Main Frame



Water Bottle Holder



Upright Frame



Hardware



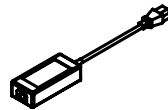
Manual



Neck Cover



Adaptor



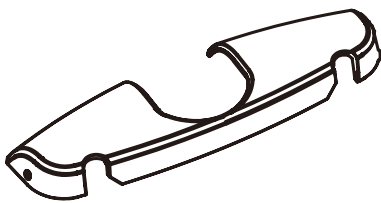
Filter Components



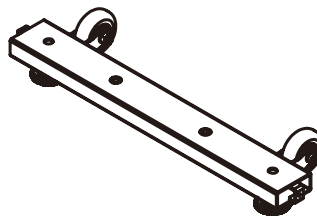
Power Cable



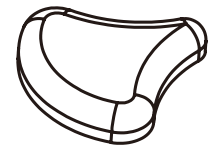
Water Bottle Holder Bracket



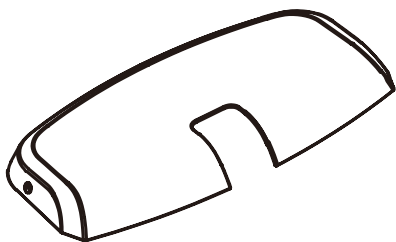
Front Base Cover



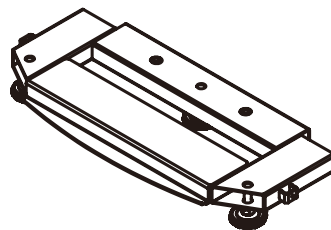
Front Base



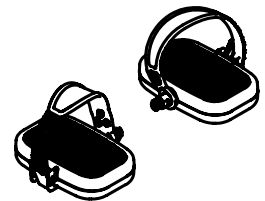
Seat Pad



Rear Base Cover

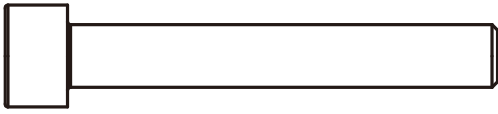


Rear Base

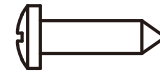


Pedal

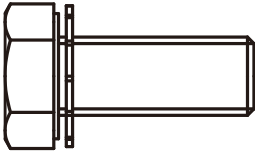
HARDWARE LIST



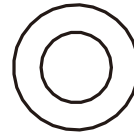
two M8*55 Socket Head Cap Screw (#22)



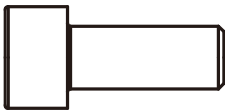
four ST4.2*16 Screw (#18)



eight M10*25 Hexagon head bolt and external serrated lock washer assy (#19)



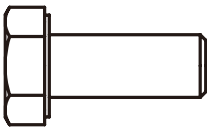
eight $\Phi 9 * \Phi 16 * 1.6$ Washer (#24)



two M8*20 Socket Head Cap Screw (#21)



eight $\Phi 8$ Spring Washer (#20)



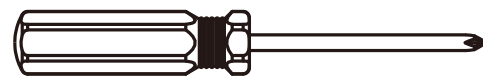
four M8*20 Hex Head Bolt (#25)



one S=6 hex Key



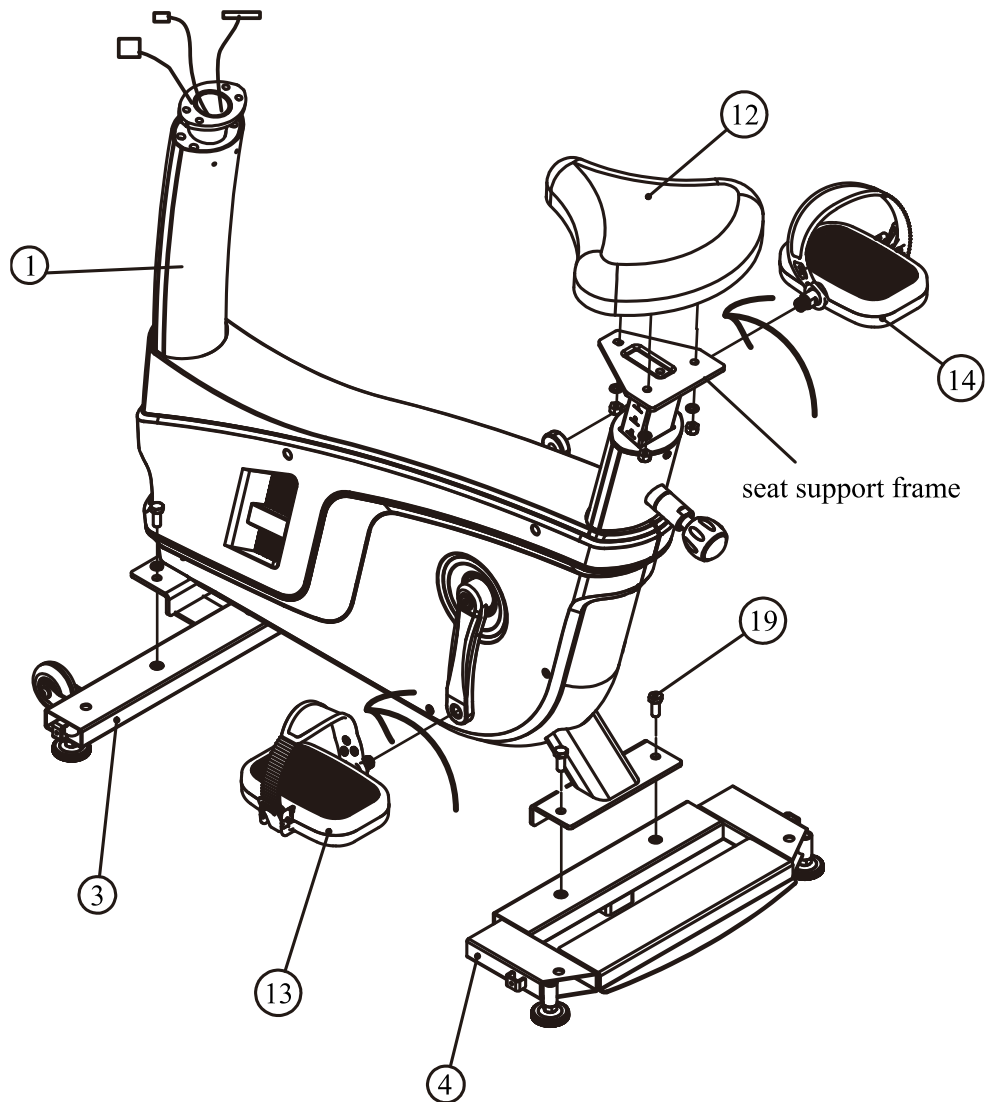
four M5*15 Screw (#23)



Screwdriver

Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

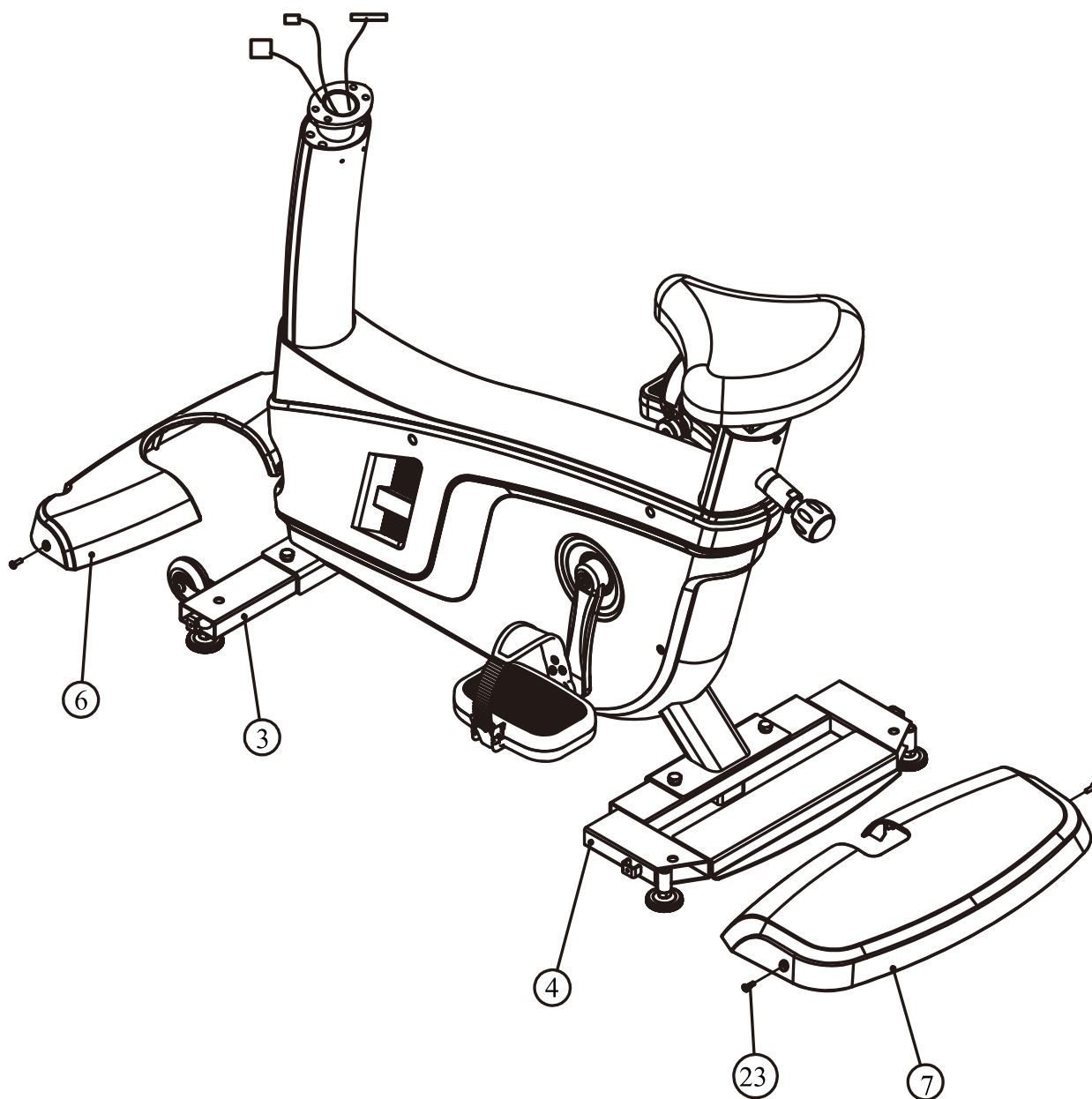
ASSEMBLY STEPS



Step 1

1. Attach front base (#3) and rear base (#4) to main frame (#1) using:
 - four M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
2. Attach the seat pad (#12) to the seat support frame using:
 - three $\Phi 9 \times \Phi 16 \times 1.6$ washer
 - three M8 nut
3. Attach left pedal (#13) and right pedal (#14) to the main frame (#1) lock tightly.

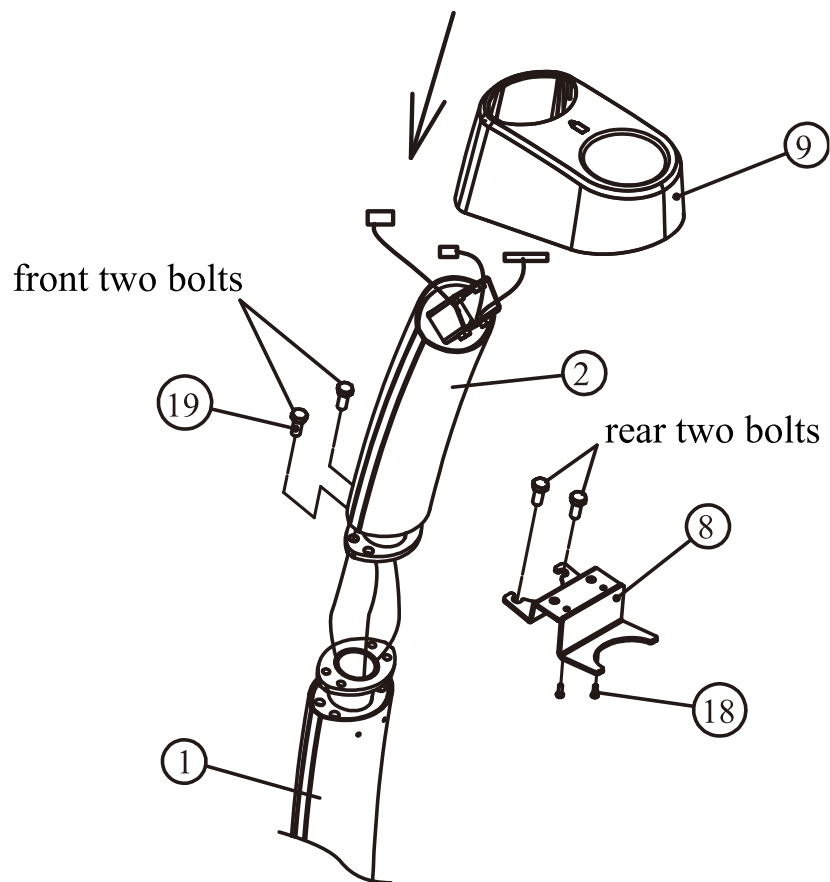
ASSEMBLY STEPS



Step 2

Attach front base cover (#6) and rear base cover (#7) to front base (#3) and rear base (#4) using: four M5*15 screw (#23)

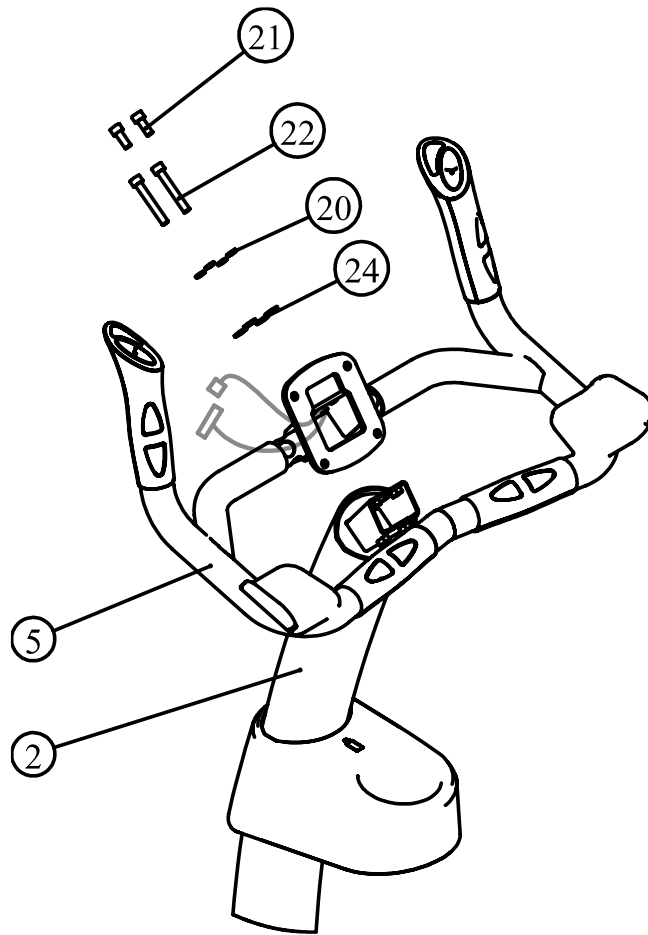
ASSEMBLY STEPS



Step 3

1. Three cables totally, put three cables through upright frame (#2) using the leading wire.
2. Attach upright frame (#2) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
lock front two bolts
3. Fixing bottle support frame (#8) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
lock rear two bolts
4. Put water bottle holder (#9) through upright frame (#2), fix it using:
two ST4.2*16 screw (#18)

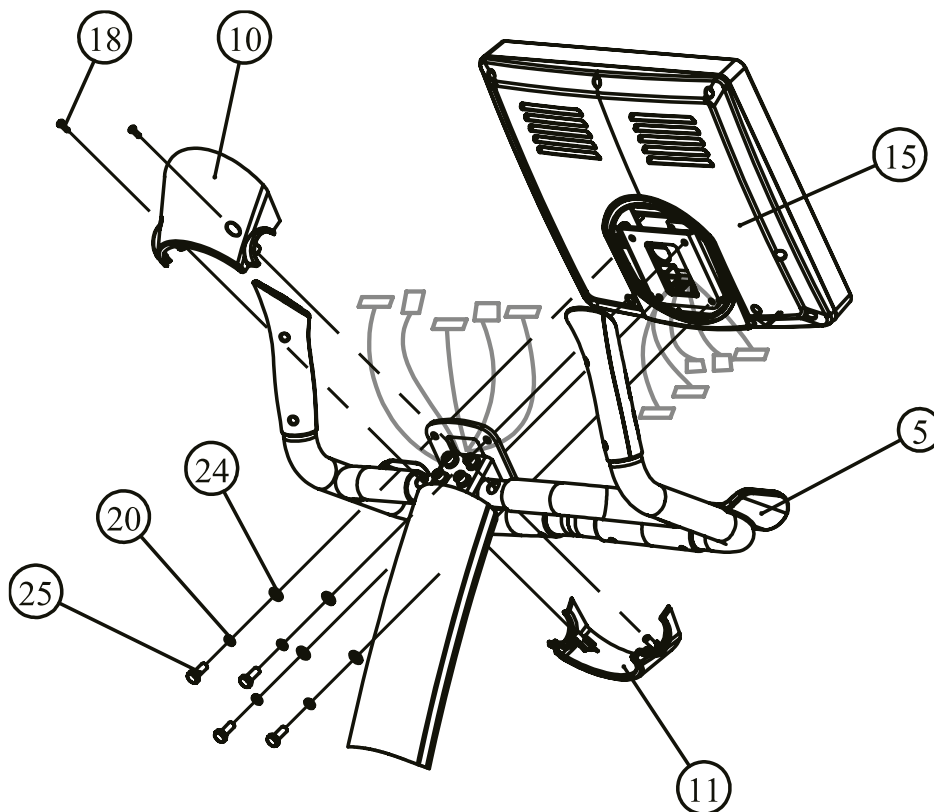
ASSEMBLY STEPS



Step 4

Attach handlebar (#5) to upright frame (#2) using:
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#24)
four $\Phi 8$ spring washer (#20)
two M8*20 socket head cap screw (#21)
two M8*55 socket head cap screw (#22)

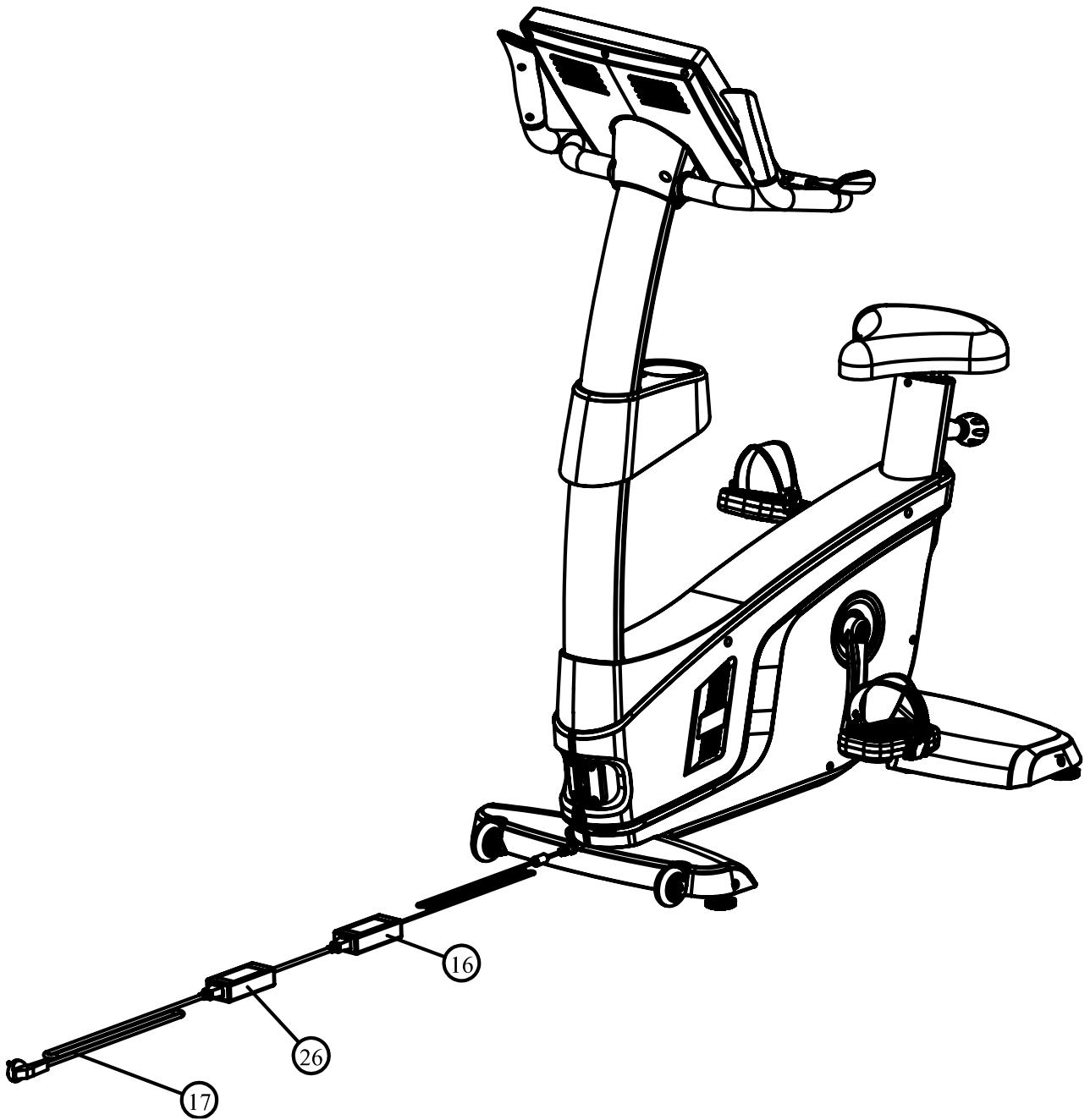
ASSEMBLY STEPS



Step 5

1. Attach console assy (#15) to handlebar (#5) using:
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#24)
four $\Phi 8$ spring washer (#20)
four M8*20 hex head bolt (#25)
2. Attach five cables plug correctly put extra lines into the console cover, keep cables in order.
3. Attach front scarf (#10) and rear scarf (#11) to handlebar (#5) using:
two st4.2*16 screw (#18)

ASSEMBLY STEPS



Step 6

Attach adaptor (#16) and filter components (#26) and power cable (#17).