

FRENCH FITNESS

FF-MIC4

FRENCH FITNESS MIC4 MAGNETIC
INDOOR COMMERCIAL CYCLE

ASSEMBLY MANUAL



Noting: This Training Device Meets the standard of EN957-10 Class S

FEATURES

- Electromagnetic control, self generating system: 32 section resistance adjustment
- Leg is chrome plated
- Handrail is with PU foaming
- Aviation aluminum alloy slider adjust up to 250mm
- Kettle holder
- Transmission mode: Belt
- 8.8 lb large wheel
- Heart Rate Hand Grips
- CONSOLE: Track Time, Distance (KM), Calories, Pulse (Heart Rate), RPM, and Speed
- (2) Cup Holders
- Resistance Knob
- 2 Seat Adjustments: Forward / Back + Up / Down
- Handlebar Adjustments: Up / Down
- Window Display: shows time, speed, distance, pulse, calorie. It can test body fat percentage according to sex, height, weight, and age.
- Handlebar attachments
- Magnetic Resistance system
- Made of superior steels and tubes
- Self-powering console which features your workout gear level, time, distance, calories and much more - A very detailed console!
- Belt driven for an authentic outdoor ride feel, near zero maintenance, and a quiet ride

TECH SPECS

- Height: 51" (130cm)
- Width: 21" (53cm)
- Length: 50" (127cm)
- Item weight: 112 lbs (51 kg)
- Max user weight: 350 lbs (159 kg)
- User size range: 4'11 to 6'8 (150 to 203 cm) tall

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

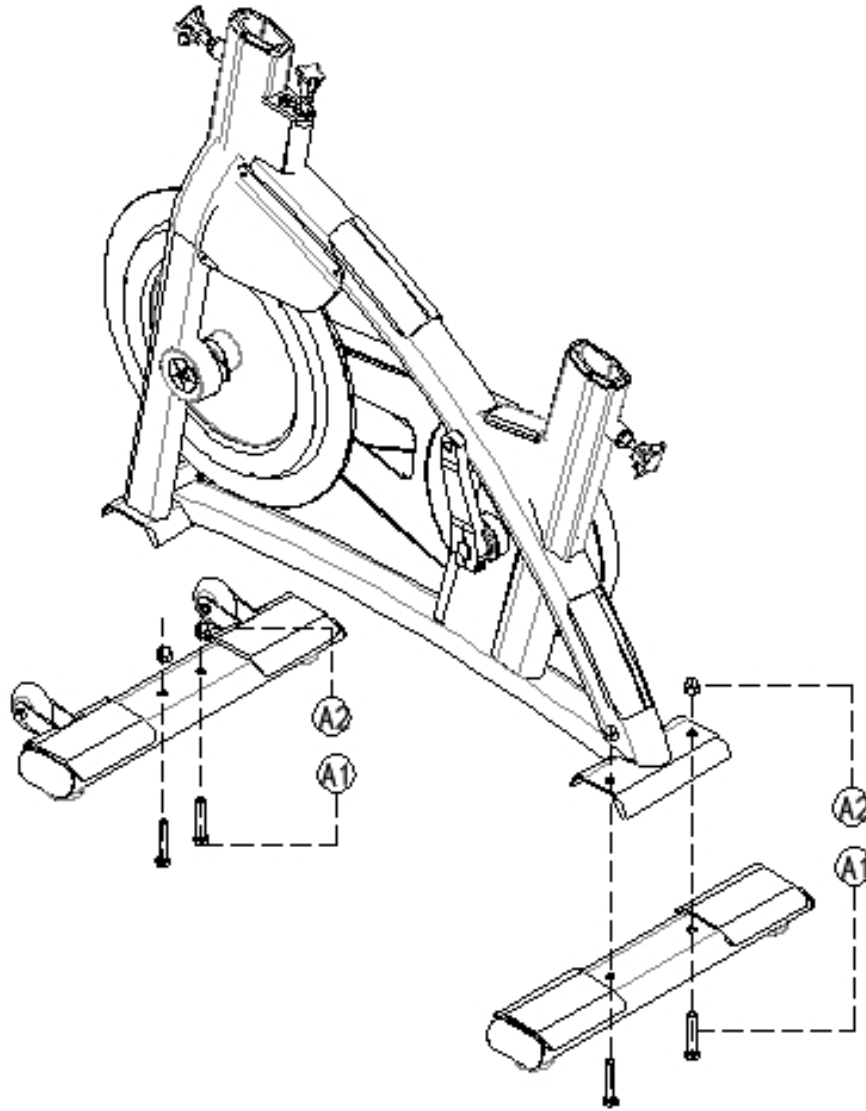
SAFETY INSTRUCTION

WARNING: This manual contains important safety information, please read it carefully before using the equipment

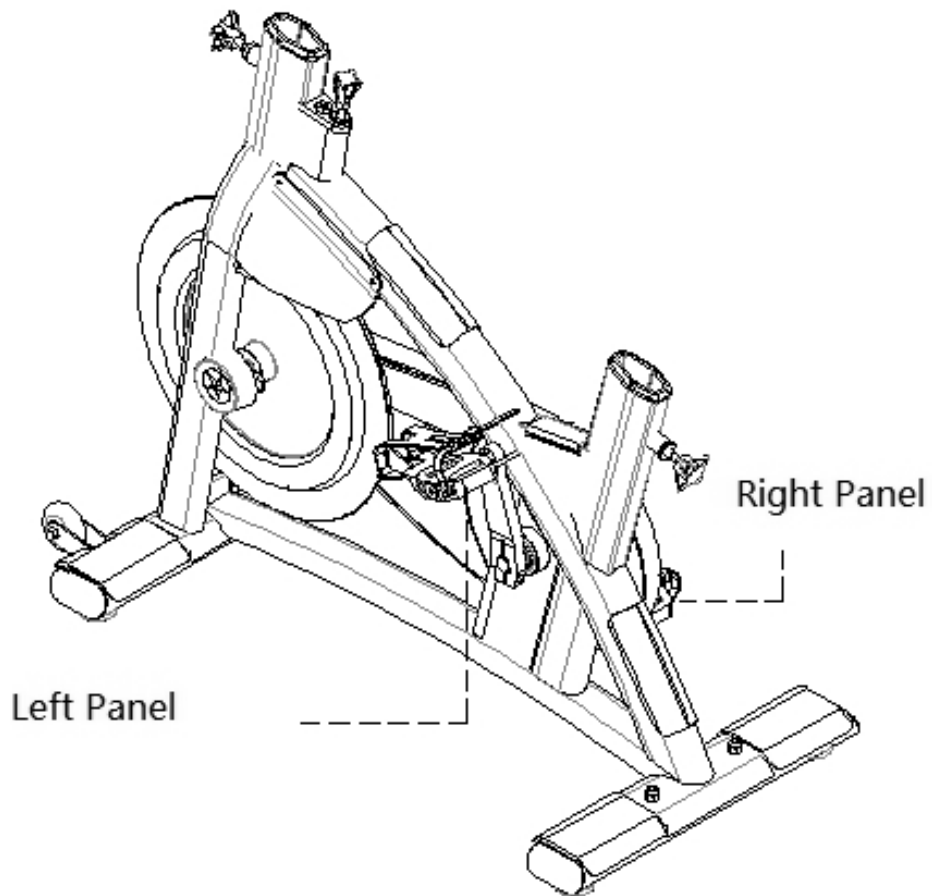
1. Children and the disabled cannot approach or use this device when unsupervised.
2. Before training, please pay attention to the safety warnings and exercise instructions on the equipment. If you feel unwell during exercise, please stop training immediately and consult a doctor.
3. Incorrect or over training may harm your health.
4. Inspect and maintain the equipment regularly, and ensure the integrity and firmness of all Steps on the equipment.
5. Pay attention to the inspection and maintenance of vulnerable Steps on the equipment.
6. If the equipment Steps are damaged or abnormal sound occurs, please stop using it immediately until repaired
7. The instrument should be installed in a stable place and leveled.
8. Before use, please adjust the equipment according to your personal situation, such as resistance, seat cushion position, etc.
9. Maximum user weight: 120kg (265LBS)
10. Minimum use space for this device: 3000x1200x2400mm (LxWxH)

ASSEMBLY STEPS

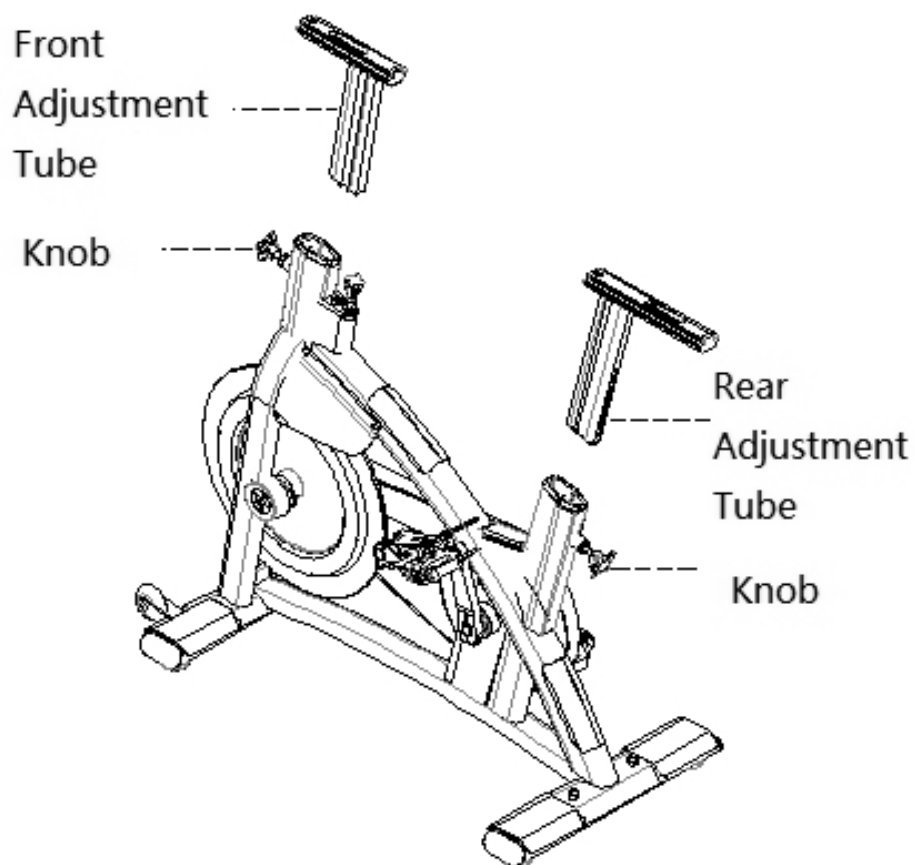
Step 1: Use A1 screws and A2 nuts to install the front and rear feet and the main frame together.



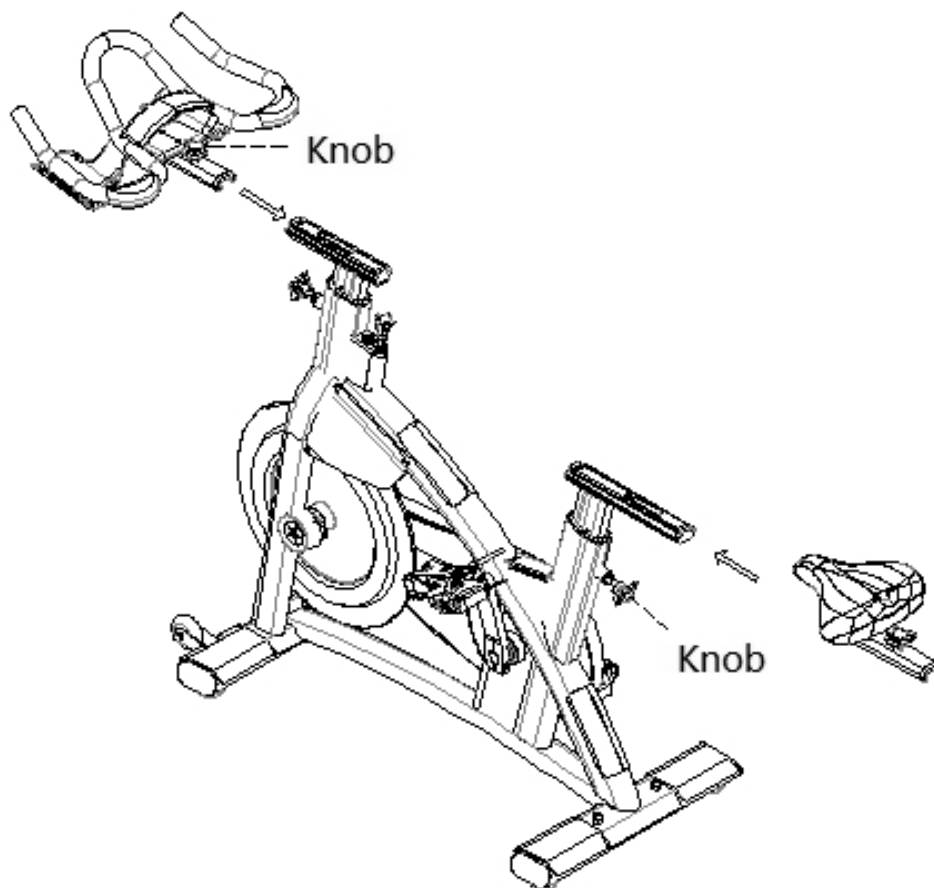
Step 2: Install the pedal, the left pedal is counterclockwise for tightening, the right pedal is clockwise for tightening



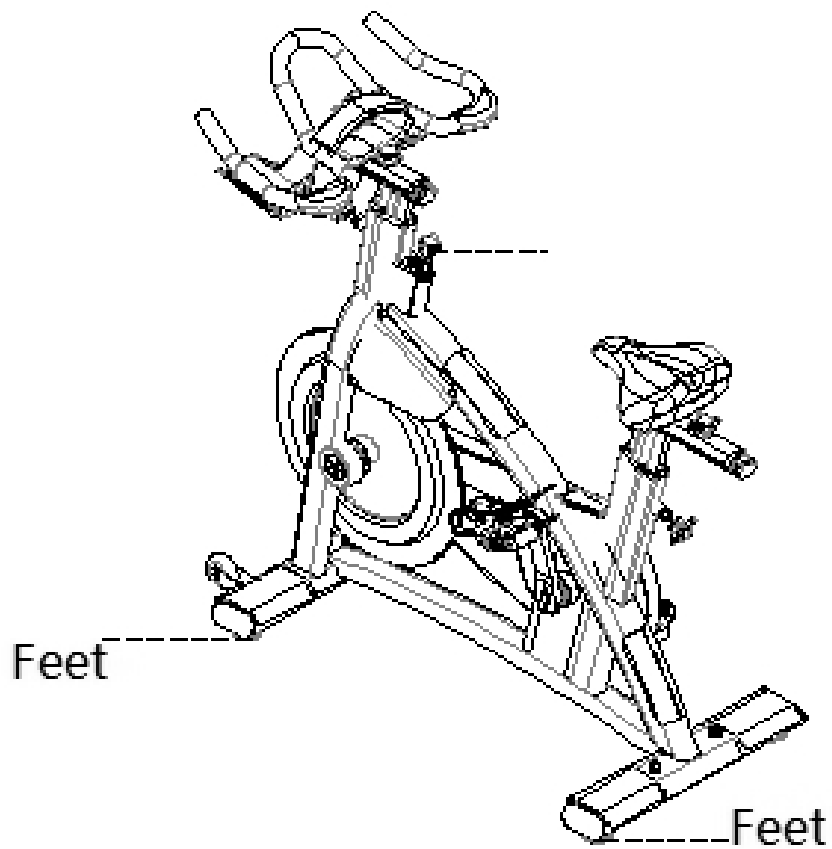
Step 3: Install the front and rear adjustment tubes, turn the knob counterclockwise and pull the knob outwards, and insert the front and rear adjustment tubes into the large frame at the same time, turn the knob clockwise to tighten.



Step 4: Install the handlebar and seat. Push the handlebar and seat forward and backward according to the arrow direction. Turn the knob clockwise to tighten and counterclockwise to loosen. Adjust distance between the handlebar and seat according to your height.



Step 5: After the installation is complete, the 4 feet are leveled. The reluctance knob rotates clockwise to increase resistance, and counterclockwise to decrease resistance. According to your height, adjust the height of the front and rear adjustment tubes, and adjust the distance between the handlebar and the seat according to your height.



VERIFY AFTER ASSEMBLY

- 1) The assembly Parts are properly connected, and the adjustment handles are tightened, and there is no looseness.
- 2) The handle assembly and the cushion assembly are firmly fixed, and there is no sign of relative shaking.
- 3) The pedals are fixed and there is no looseness.
- 4) The brake is properly connected and used normally.
- 5) During use, the movement is smooth and there is no obvious abnormal sound.

Note: Please tighten the screws and nuts before use in case loosening