



FRENCH FITNESS

FF-UB600

**FRENCH FITNESS UB600 UPRIGHT BIKE
W/LED CONSOLE (NEW)**

ASSEMBLY MANUAL



! CAUTION

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

FEATURES

- Brand: French Fitness
- Self-powered operation (no outlet required); console powers up when pedaling
- 25 resistance levels with 300W resistance brake power rating
- LED console with 6-window + dot-matrix display
- Readouts: distance, time, speed, watts, calories, heart rate
- 7 workout programs (includes manual, interval-style, weight-loss, and heart-rate modes)
- Multi-grip handlebars + fingertip resistance control + contact heart rate grips
- Heart rate monitoring: contact + telemetry (Polar-compatible telemetry listed on factory sheet)
- Oversized dual-sided pedals with integrated straps

TECH SPECS

- Model: FF-UB600
- Certification: ETL / CE / EN957
- Max user weight: 396 lb (180 kg)
- Electrical: No outlet required (self-powered)
- Brake type: Self-powered hybrid brake
- Resistance brake power: 300W
- Resistance levels: 25
- Crank: Oversized
- Pedals: Oversized dual-sided with integrated straps
- Flywheel: 9 kg (19.8 lb)
- Handlebar control: 3 riding positions; contact HR grips; fingertip control
- Console display: 6 windows + dot matrix
- Console readouts: Distance, Time, Speed, Watt, Calories, Heart Rate
- Units: Metric / English
- Programs: 7
- HR monitor: Contact + Telemetry (Polar listed)
- Accessory storage: Yes
- Net weight: 147.4 lb (67.0 kg)
- Gross weight: 186.6 lb (84.8 kg)
- Product dimensions (L x W x H): 43.0" x 23.7" x 58.8" (1093 x 602 x 1493 mm)
- Packing size: 45.7" x 15.9" x 34.3" (1160 x 405 x 870 mm)

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

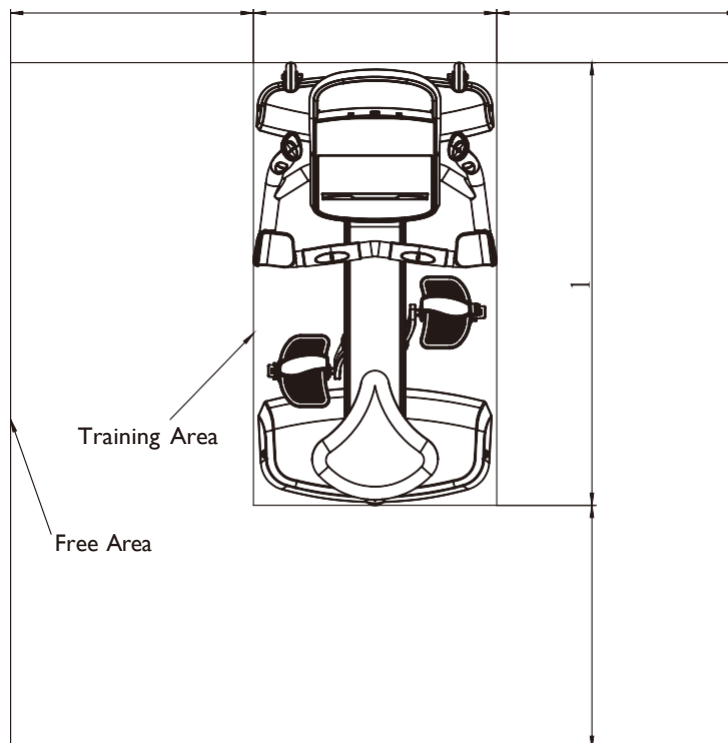
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not 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: 602*1093mm

Product Total Mass: 67kg/ 148lbs

SUBASSEMBLY PARTS LIST



Console & Handlebar



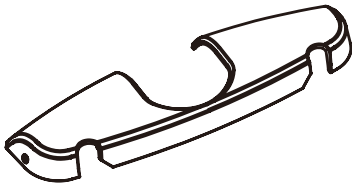
Upright Frame



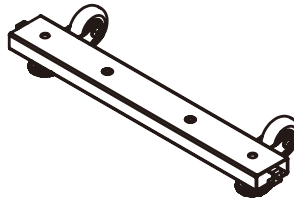
Water Bottle Holder



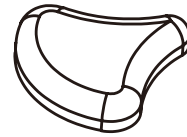
Water Bottle Holder Bracket



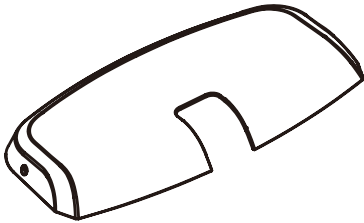
Front Base Cover



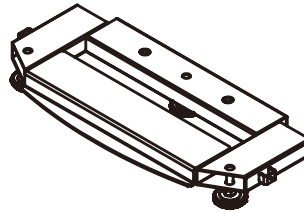
Front Base



Seat Pad



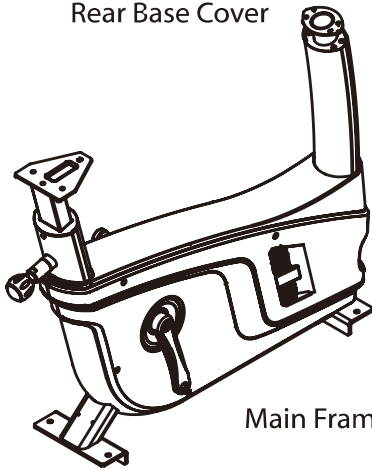
Rear Base Cover



Rear Base



Pedal



Main Frame

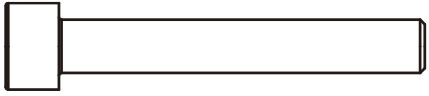


Hardware

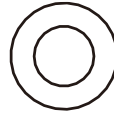


Manual

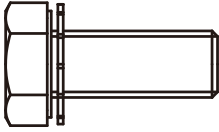
HARDWARE LIST



two M8*55 Socket Head Cap Screw (#23)



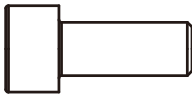
four $\Phi 9 * \Phi 16 * 1.6$ Washer (#21)



eight M10*25 Hex Head Bolt W/
Serrated Loch Washer (#27)



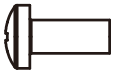
four $\Phi 8$ Spring Washer (#22)



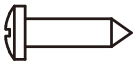
two M8*20 Socket Head Cap Screw (#24)



one S=6 Hex Key

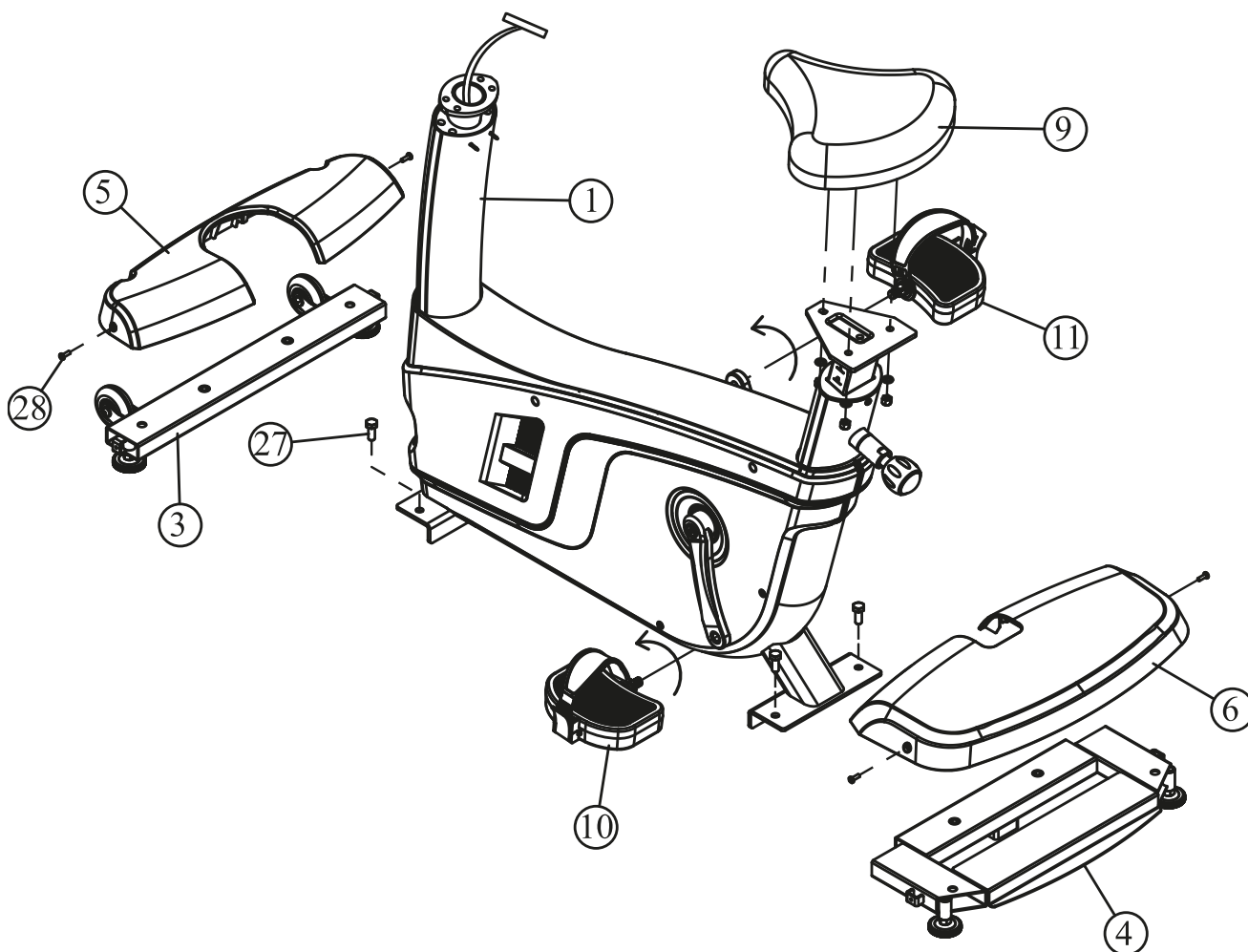


four M5*12 Screw (#28)



four ST4.2*16 Screw (#25)

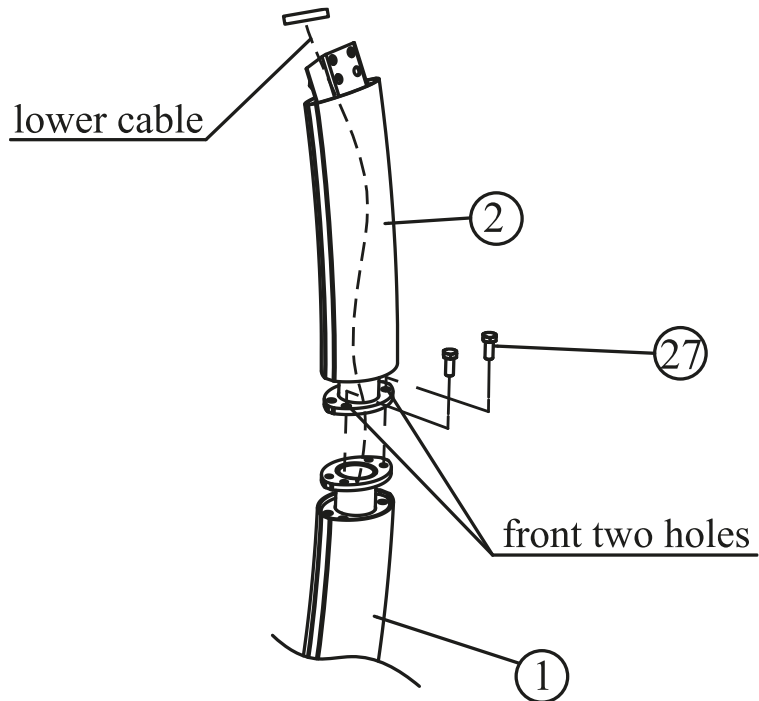
ASSEMBLY STEPS



Step 1

1. Attach front base (#3) and rear base (#4) to main frame (#1) using:
four M10*25 Hex Head Bolt W/Serrated Loch Washer (#27)
2. Attach seat pad (#9) to seat support frame using:
three $\Phi 9 \times \Phi 16 \times 1.6$ washer
three M8 nut
3. Attach left pedal (#10) and right pedal (#11) to crank.
Notice locking direction.
4. Attach front base cover (#5) and rear base cover (#6) to front base (#3) and rear base (#4) using:
four M5*15 screw (#28)

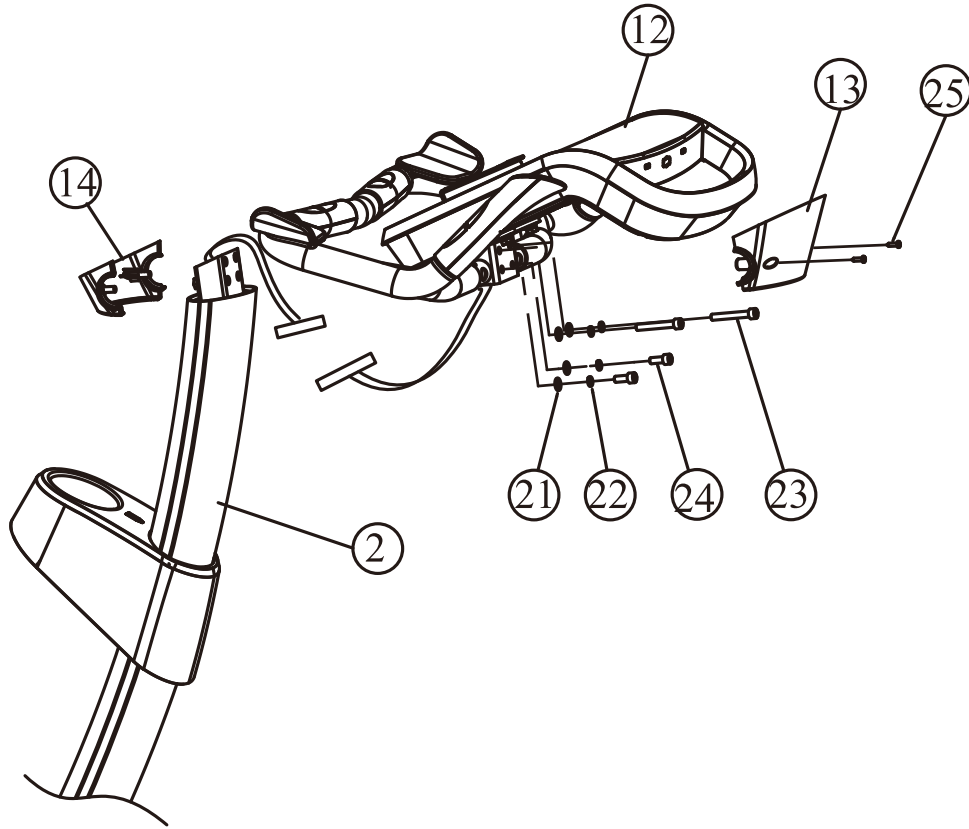
ASSEMBLY STEPS



Step 2

1. Put lower cable, for console through upright frame (#2) using leading wire.
2. Attach upright frame (#2) to main frame (#1) using:
two M10*25 Hex Head Bolt W/
Serrated Lock Washer (#27)
lock front two holes.

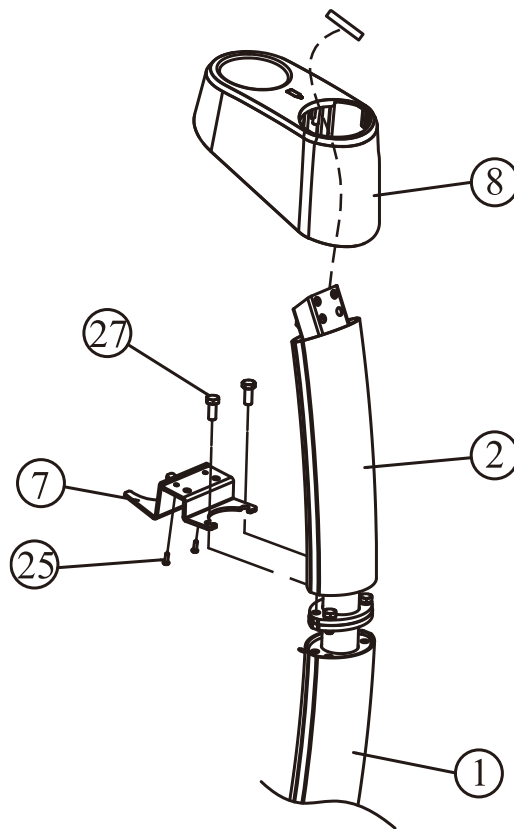
ASSEMBLY STEPS



Step 4

1. Attach lower cable and upper cable together.
2. Attach console assy (#12) to upright frame (#2) using:
 - two M8*55 socket head cap screw (#23)
 - two M8*20 socket head cap screw (#24)
 - four Φ8 spring washer (#22)
 - four Φ9*Φ16*1.6 washer (#21)
3. Attach front scarf (#13) and rear scarf (#14) to handlebar using:
 - two ST4.2*16 screw (#25)

ASSEMBLY STEPS

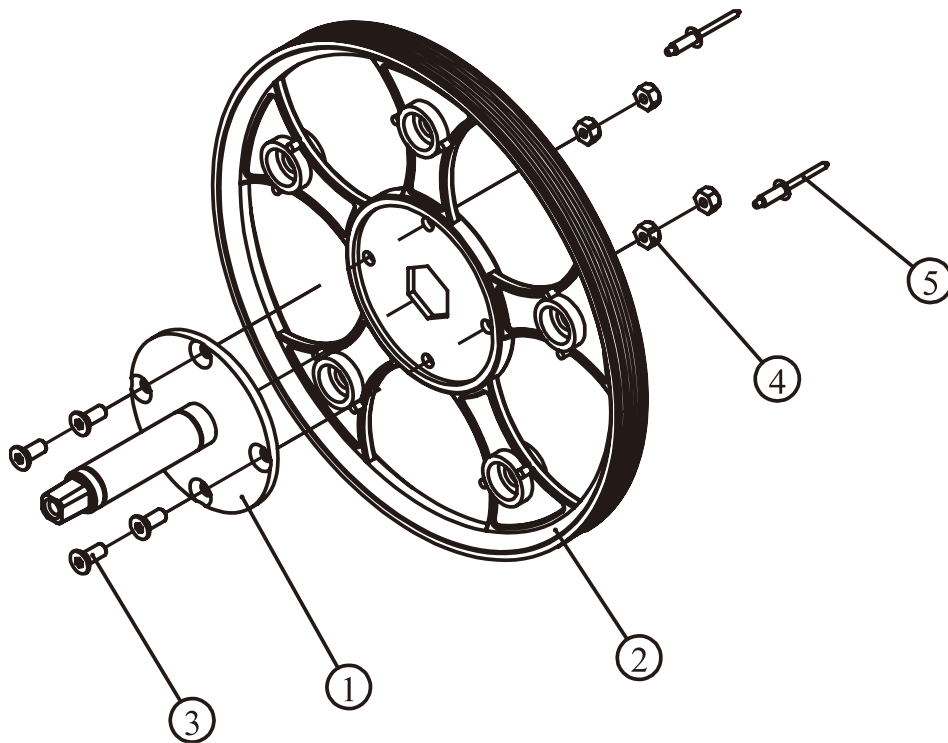


Step 3

1. Attach bottle support frame (#7) to upright frame (#2) using:
two M10*25 Hex Head Bolt W/
Serrated Loch Washer (#27)
2. Put water bottle holder (#8) through upright frame (#2).
Attach water bottle holder (#8) to bottle support frame (#7) using:
two ST4.2*16 screw (#25)

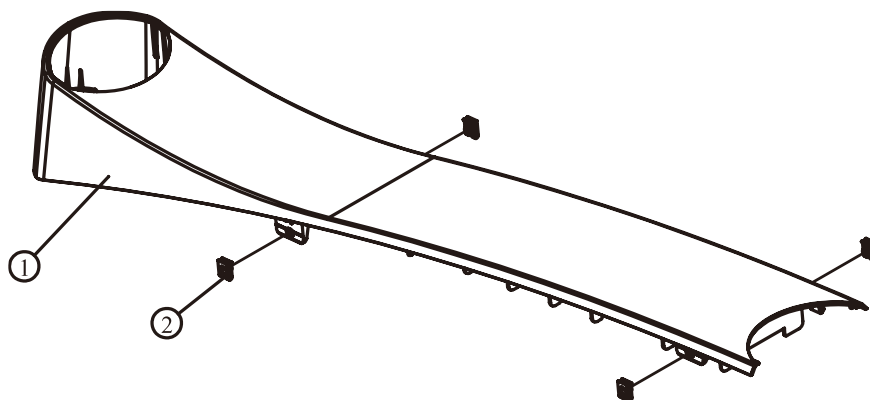
PARTS LIST AND EXPLODED VIEW

Pulley Assy



Item No.	Grade No.	Part No.	Description	QTY
1	1.9.1	RU7002900	Shaft	1
2	1.9.2	KM1930A4500	Pulley	1
3	1.9.3	CNLM6*15DHS20	Screw,M6*15	4
4	1.9.4	NM6DS2	Nut,M6	4
5	1.9.5	GB126185*13N11	Rivet,Φ5*13	2

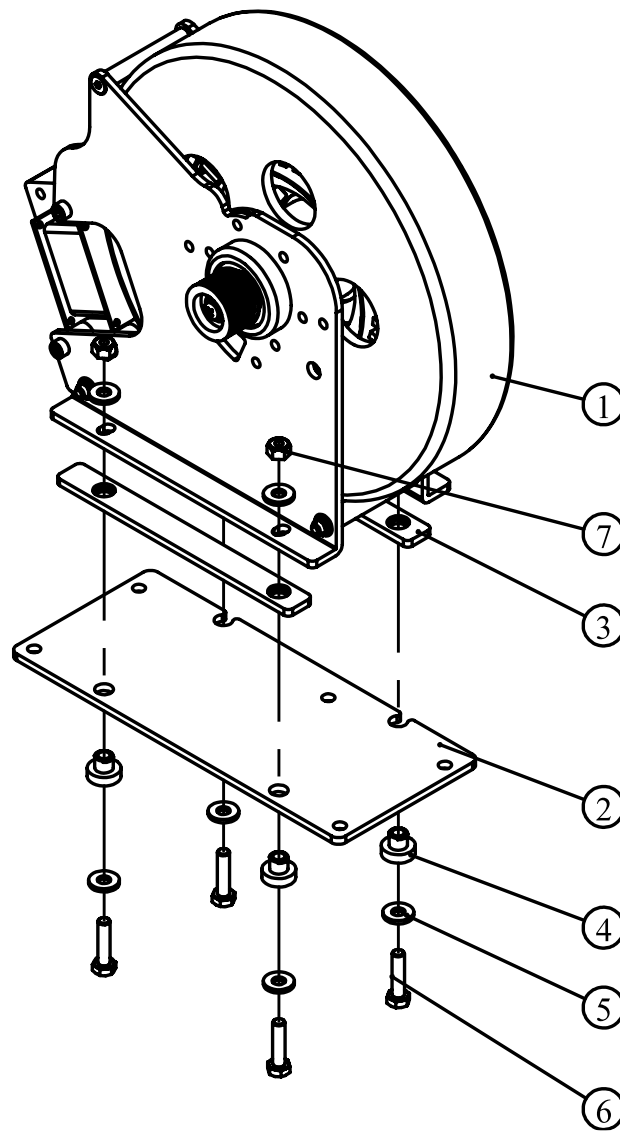
Top Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.39.1	RU7001200	Top Cover	1
2	1.39.2	STDP5500	Nut,M5	4

PARTS LIST AND EXPLODED VIEW

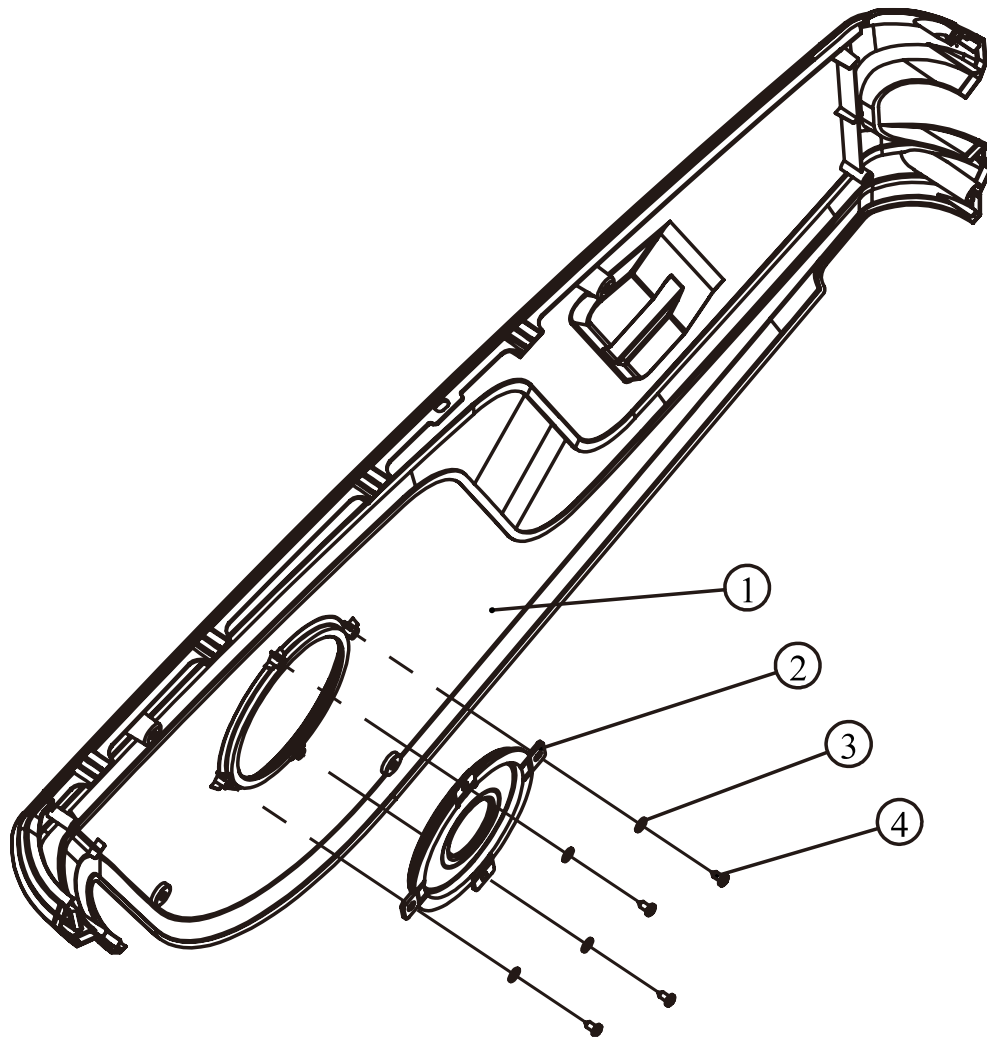
Brake ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.12.1	D82-MC	Brake	1
2	1.12.2	CG611100	Plate,Steel	2
3	1.12.3	U7B3700	Plate,Isolation	4
4	1.12.4	U7B3800	Spacer,Isolation	8
5	1.12.5	DQ6DS2A	Washer,Φ6.6*Φ15*2	4
6	1.12.6	GB5781M6*25DS20	Hex Head Bolt,M6*25	4
7	1.12.7	NM6DS2	Nut,M6	1
8	1.12.8	L800AL9396-3-3-MC	Cable,For Lower PCB	1
9	1.12.9	L800STDCY2F-AL9396-2-MC	Cable,For Break	1

PARTS LIST AND EXPLODED VIEW

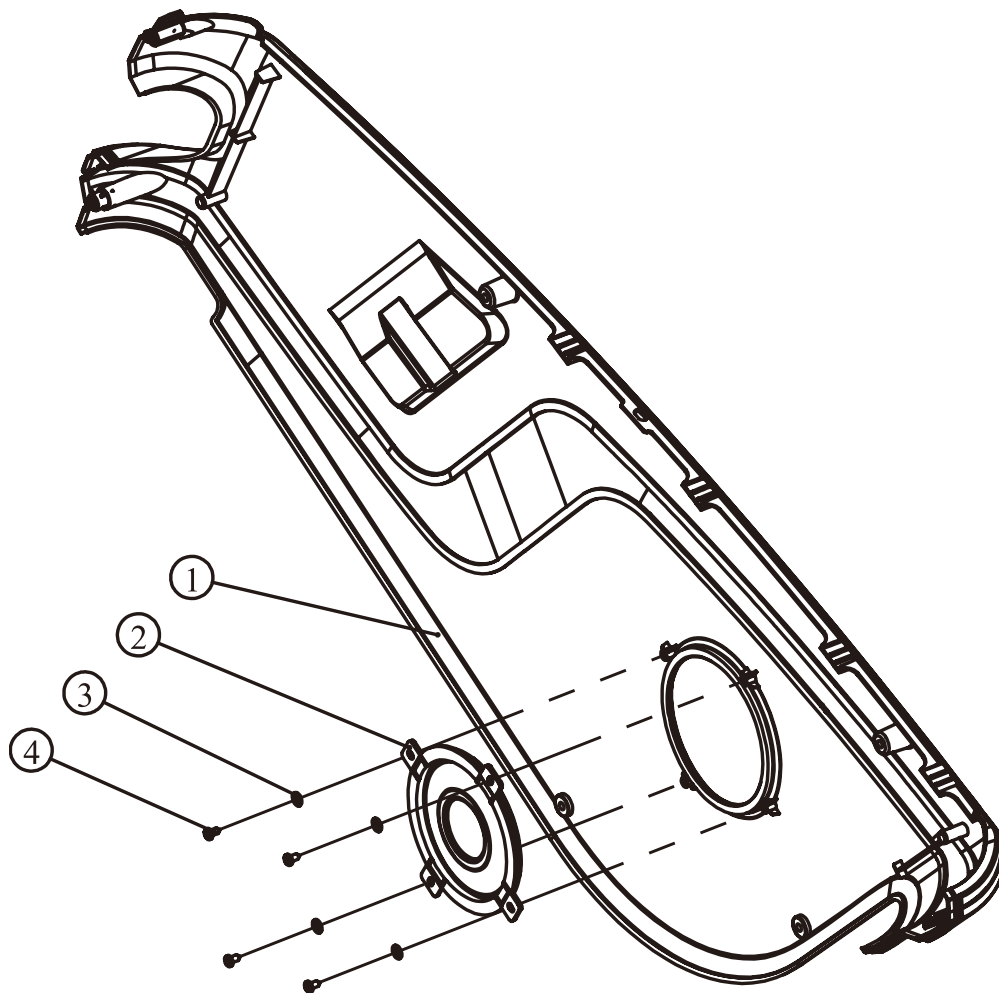
Left Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.37.1	RU7001000	Left Cover	1
2	1.37.2	RU7001300	Crank Cover	1
3	1.37.3	GB955DS2	Washer, $\Phi 5.5 \times \Phi 10 \times 1$	4
4	1.37.4	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	1.38.1	RU7001100	Right Cover	1
2	1.38.2	RU7001300	Crank Cover	1
3	1.38.3	GB955DS2	Washer, $\Phi 5.5 * \Phi 10 * 1$	4
4	1.38.4	GB845ST4.2*9.5DS	Screw, ST4.2*9.5	4

PARTS LIST AND EXPLODED VIEW

Main Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	RU500C0100	Main Frame	1
2	1.2	RU7001700	Sleeve	1
3	1.3	RU7001900	Pop Pin Assy	1
4	1.4	GB818M5*15N19	Screw,M5*15	2
5	1.5	GB2766204-2RSC3TPI	Bearing,6204	2
6	1.6	RR7001600	End Cover,For Bearing,6204	2
7	1.7	CNLM6*15DHS20	Flat Head Cap Screw,M6*15	6
8	1.8	ECU7P3500	Nut,ST4.2	4
9	1.9	RU70029ASSY	Pulley Assy	1
10	1.10	GB894.120FH12V1	Ring,Φ20	2
11	1.11	B304400	Wave Washer,Φ20	1
12	1.12	D82-MCASSY	Brake Assy	1
13	1.13	DQ6DS2A	Washer,Φ6.6*Φ15*2	5
14	1.14	GB936DS12	Spring Washer,Φ6	4
15	1.15	GB5781M6*15DS20	Hex Head Bolt,M6*15	4
16	1.16	RU7004300V1	Tightener Frame	1
17	1.17	GB2766203-2RSC3TPI	Bearing,6203	2
18	1.18	DQ17DHS2	Washer,Φ17.2*Φ23*0.35	2
19	1.19	GB894.117FH12	Ring,Φ17	1
20	1.20	RU7004800	Spacer,For Tightener	3
21	1.21	GB70M5*15DS20	Socket Head Cap Screw,M5*15	3
22	1.22	GB41M6DS2	Hex Nut,M6	1
23	1.23	GB41M8DS2	Hex Nut,M8	1

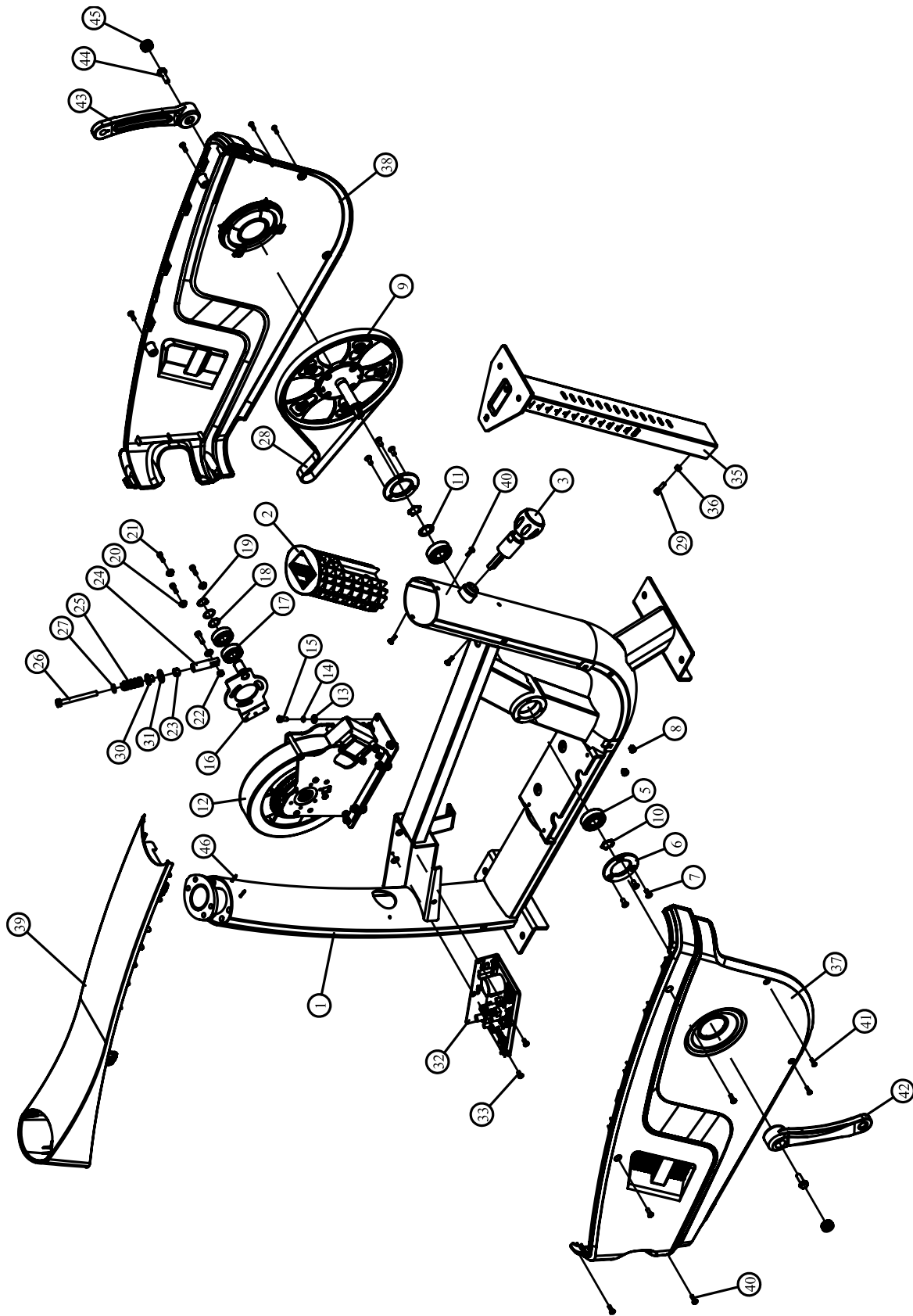
PARTS LIST AND EXPLODED VIEW

Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
24	1.24	TBT0800	Tread Bushing	1
25	1.25	TBT1800	Spring	1
26	1.26	GB5781M8*80DS2	Hex Head Bolt,M8*80	1
27	1.27	GB958DS20	Washer,Φ9*Φ16*1.6	1
28	1.28	DXD420J8A	Belt,420J8	1
29	1.29	GB70M6*20DHS20	Socket Head Cap Screw,M6*20	2
30	1.30	U7B4000	Spacer,For Isolation	1
31	1.31	GB9512DS2	Washer,Φ13*Φ24*2.5	1
32	1.32	C66	Lower PCB	1
33	1.33	GB818M5*10DS2	Screw,M5*10	2
34	1.34	L1100XHB-SMA-12	Lower Cable,For Console	1
35	1.35	RU7000500	Seat Support Frame	1
36	1.36	IN-D10134700	Spacer	1
37	1.37	RU70010ASSY	Left Cover Assy	1
38	1.38	RU70011ASSY	Right Cover Assy	1
39	1.39	RU90012ASSY	Top Cover Assy	1
40	1.40	GB818M5*15DHS20	Screw,M5*15	7
41	1.41	GB845ST4.2*16DHS	Screw,ST4.2*16	4
42	1.42	HA18LL-L	Left Crank	1
43	1.43	HA18LL-R	Right Crank	1
44	1.44	GB5787AM8*25DHS20NL	Hexagon Flange Bolts,M8*25	2
45	1.45	RU7003700	Crank End Cap	2
46	1.46	GB126183.2*15N11	Rivet,Φ3.2*15	2
47	1.47	08-0077	Magnetic Ring	1

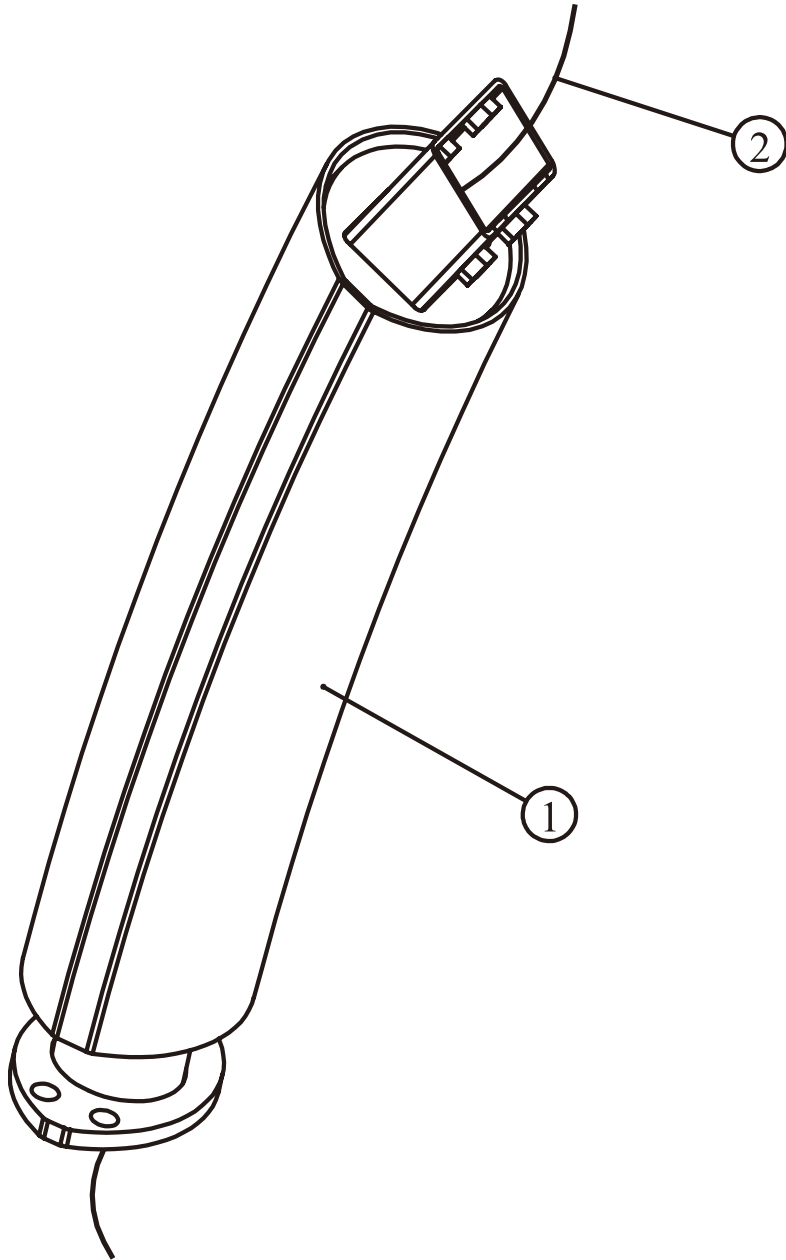
PARTS LIST AND EXPLODED VIEW

Main Frame ASSY



PARTS LIST AND EXPLODED VIEW

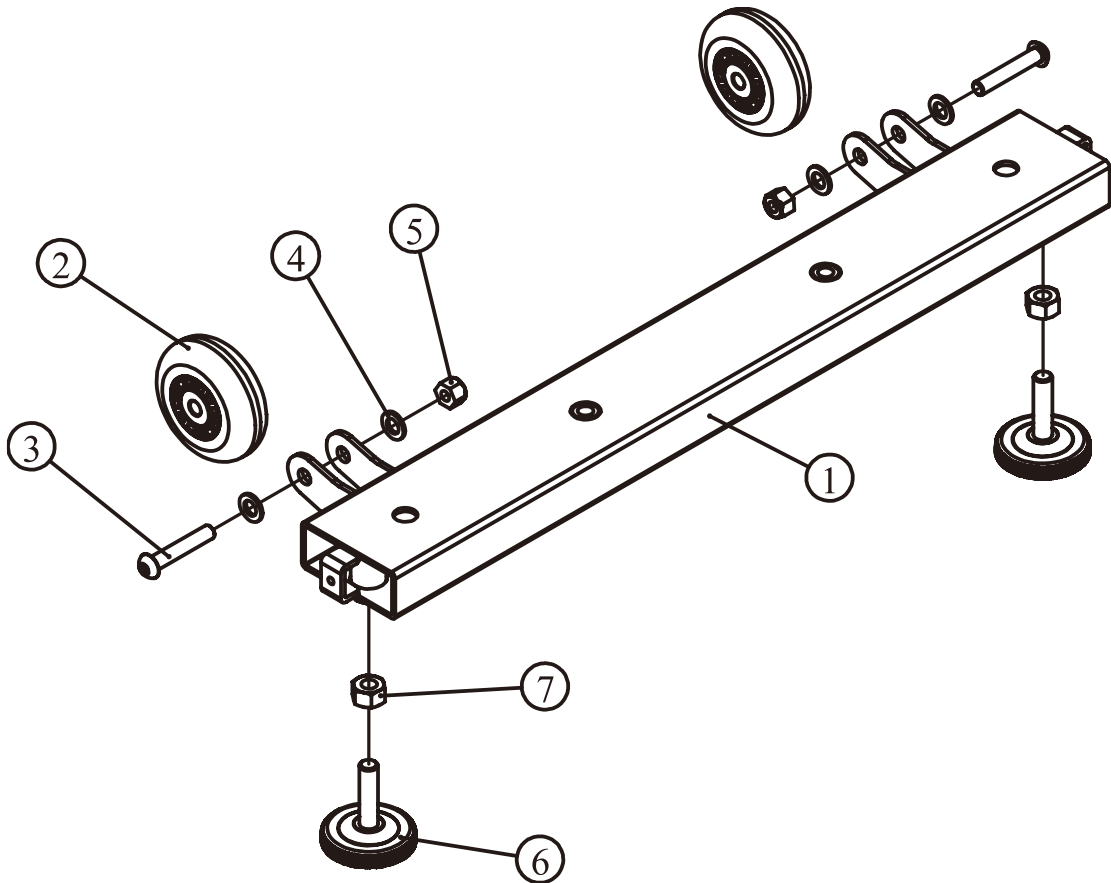
Upright Frame Assy



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	RU7000200V2	Upright Frame	1
2	2.2	ZX1*2	Leading Wire	0.6

PARTS LIST AND EXPLODED VIEW

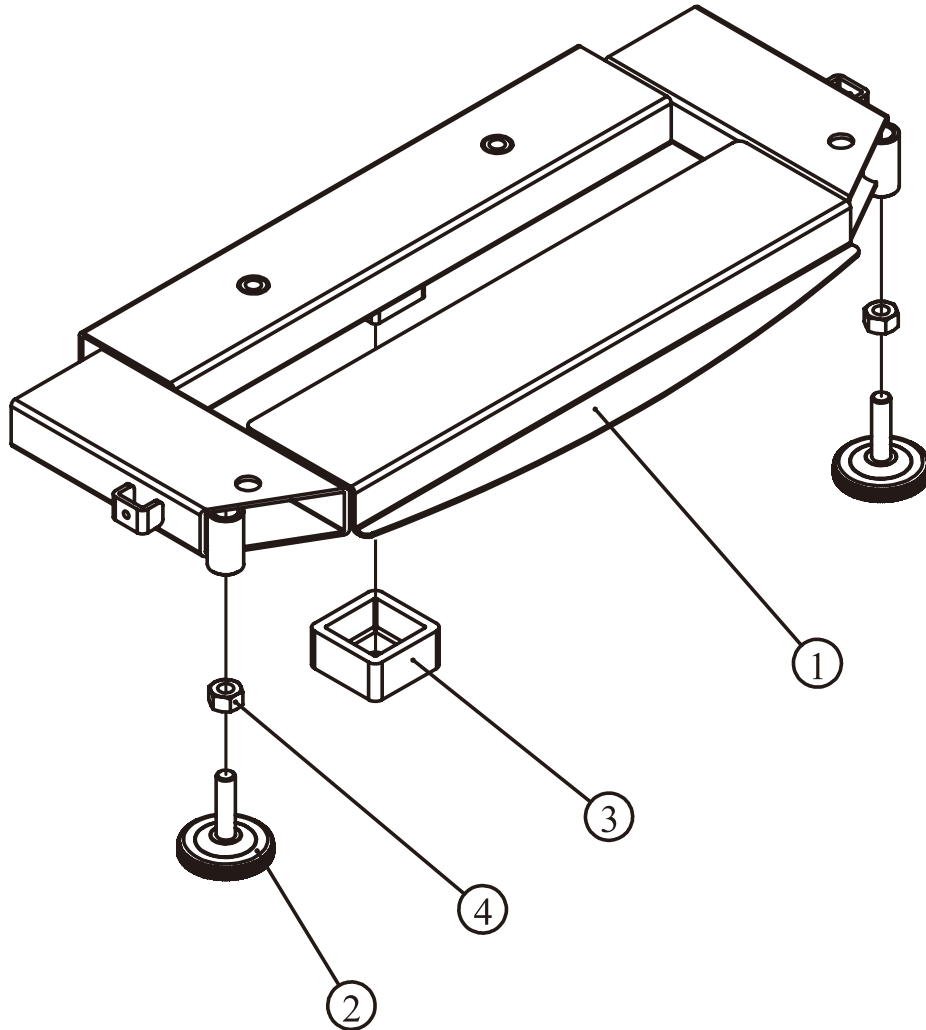
Front Base ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	RU7000300	Front Base Frmae	1
2	3.2	DP86703100V1	PU,Wheel	2
3	3.3	PNLM8*45DHS2	Button Head Cap Screw,M8*45	2
4	3.4	GB958DHS2	Washer,Φ9*Φ16*1.6	4
5	3.5	NM8DHS2	Nut,M8	2
6	3.6	ASCENT2900	Leveler Foot	2
7	3.7	GB41M10DS2	Hex Nut,M10	2

PARTS LIST AND EXPLODED VIEW

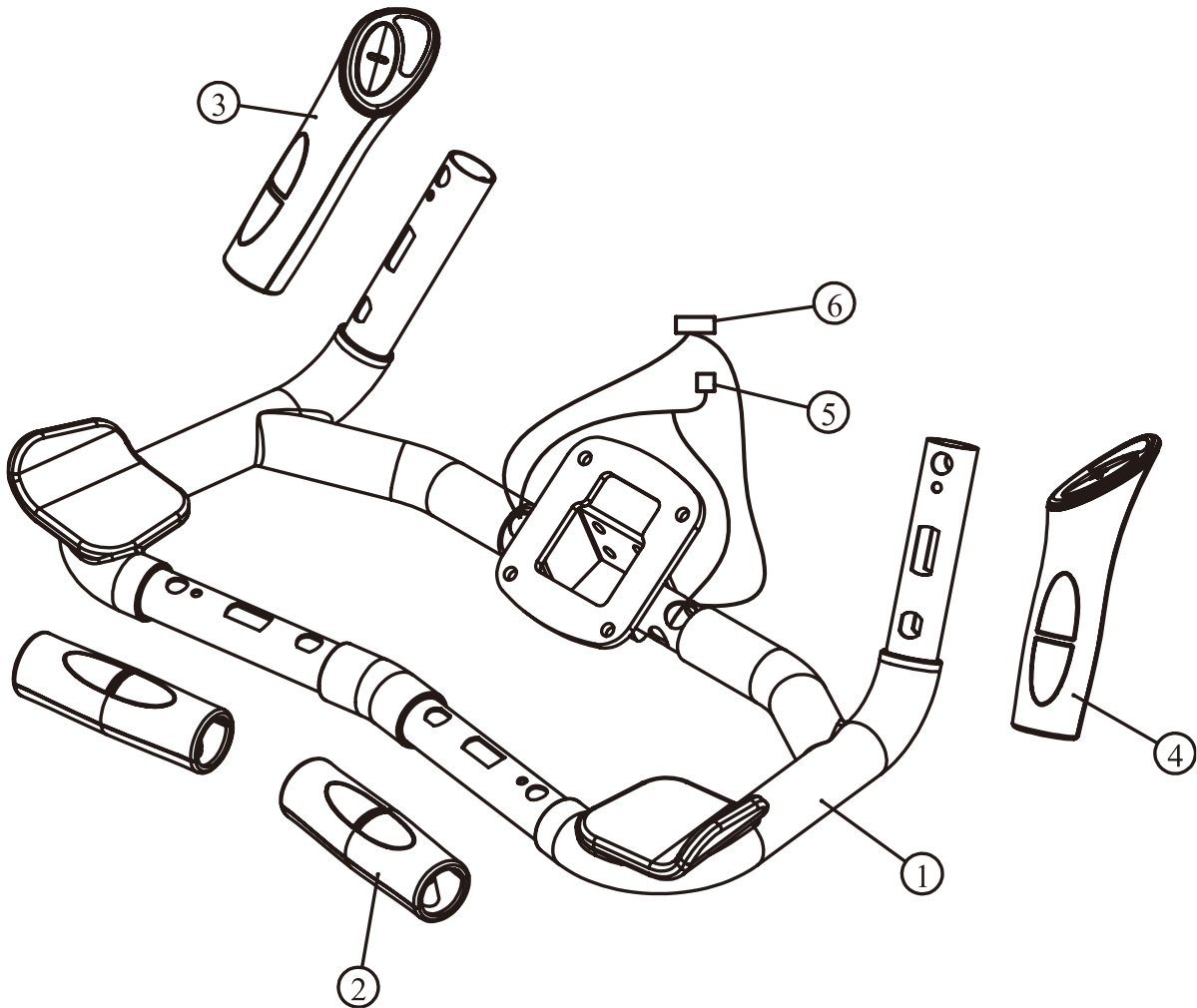
Rear Base ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	RU7000400	Rear Base Frame	1
2	4.2	ASCENT2900	Leveler Foot	2
3	4.3	G439506700	Pipe Box	1
4	4.4	GB41M10DS2	Hex Nut,M10	2

PARTS LIST AND EXPLODED VIEW

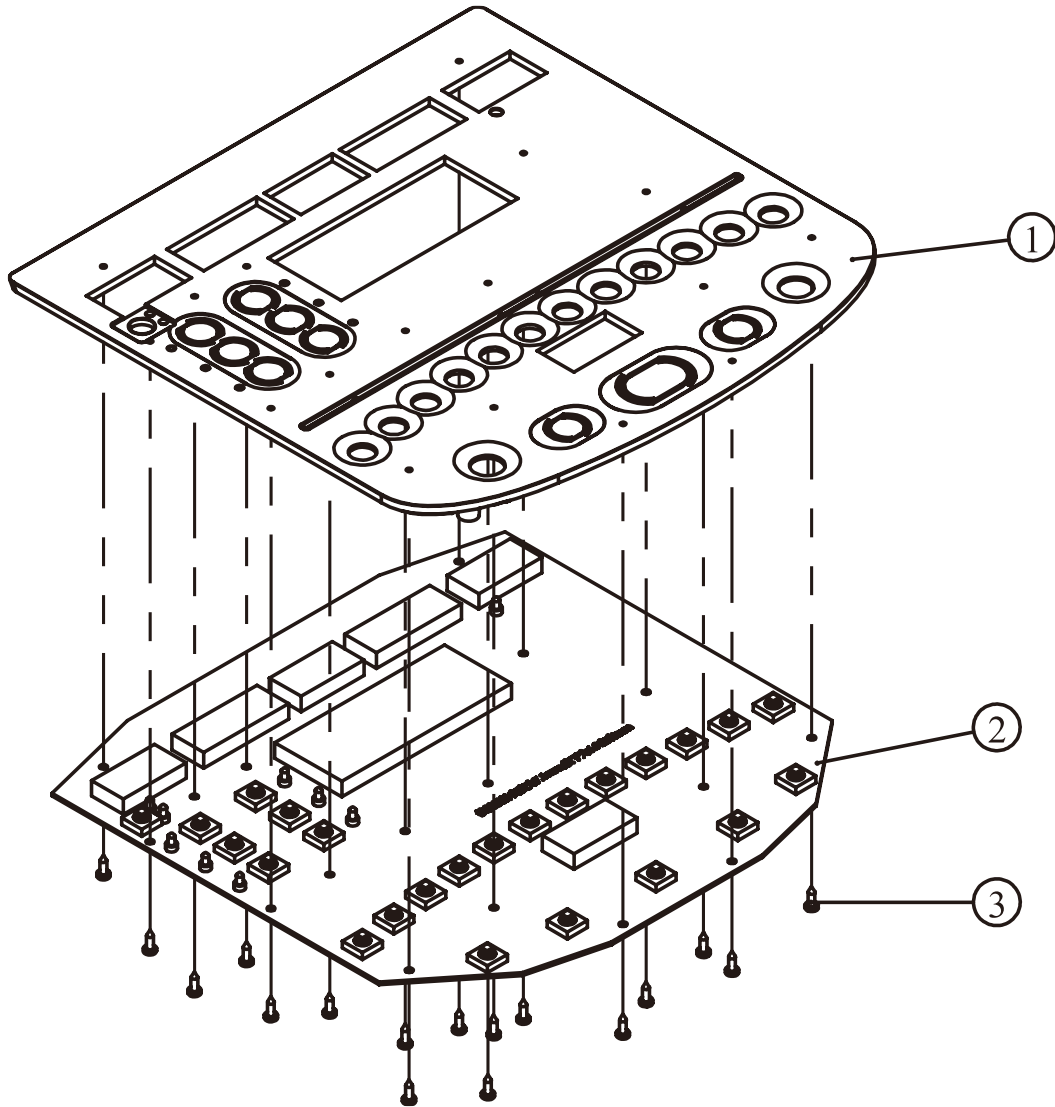
Handlebar ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	12.1.1	RU900B0600	Handlebar,Dip	1
2	12.1.2	X10V1	Heart Rate Assy	2
3	12.1.3	X12V1	Heart Rate Assy	1
4	12.1.4	X13V1	Heart Rate Assy	1
5	12.1.5	L750ST0_XHB-8	Cable,For Pulse	1
6	12.1.6	L850XHP_XHP-4	Cable,For Break	1

PARTS LIST AND EXPLODED VIEW

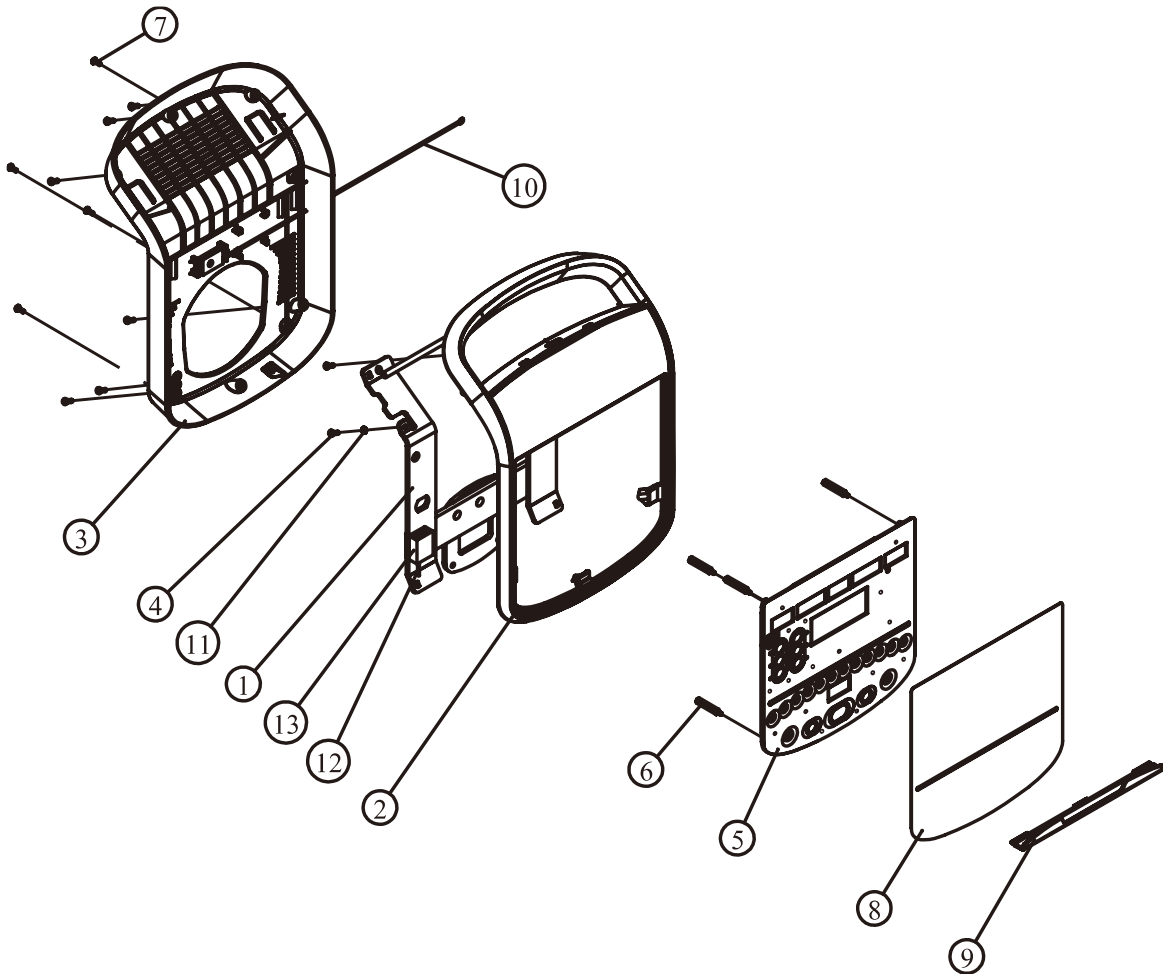
Pcb, Frame Assy



Item No.	Grade No.	Part No.	Description	QTY
1	12.2.5.1	RU700DZB04	Pcb,Frame	1
2	12.2.5.2	B146	Pcb	1
3	12.2.5.3	GB845ST2.9*9.5DS	Screw,ST2.9*9.5	17

PARTS LIST AND EXPLODED VIEW

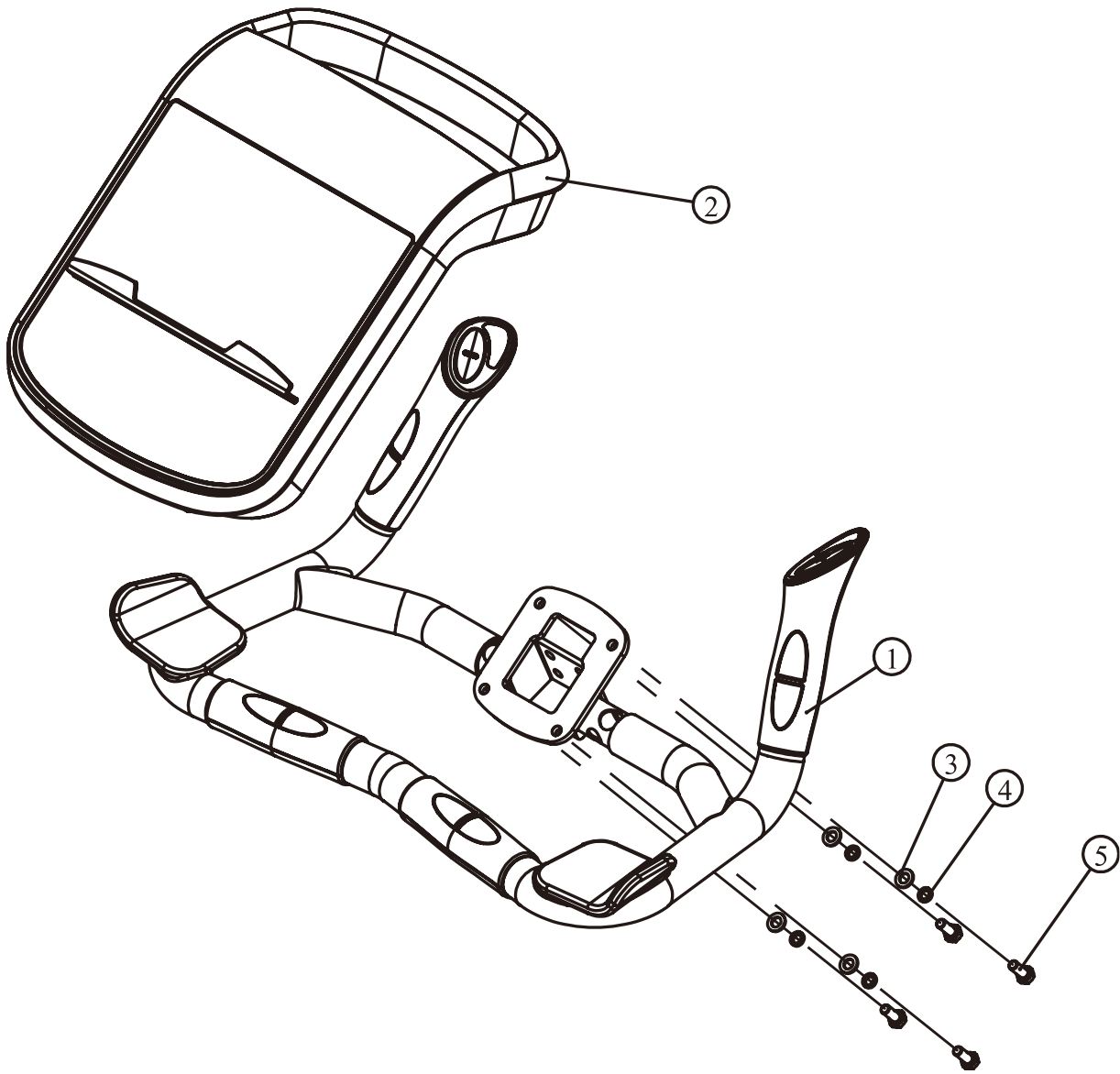
Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	12.2.1	RU900B0700	Console Support Frame	1
2	12.2.2	RU700DZB01	Upper Cover,For Console	1
3	12.2.3	RU700DZB02	Lower Cover,For Console	1
4	12.2.4	GB845ST4.2*16DHS	Screw,ST4.2*16	8
5	12.2.5	RU700CDZB04ASSY	Pcb,Frame Assy	1
6	12.2.6	PR3003000	Support Post,For Pcb	4
7	12.2.7	GB818M4*10DHS2	Screw,M4*10	4
8	12.2.8	RU700MM01	Console Overlay	1
9	12.2.9	RU700DZB03	Frame,For Books	1
10	12.2.10	DQSWXT01-S	Heart Rate Board	1
11	12.2.11	GB862.24DS12	Serrated Washer,Φ4	1
12	12.2.12	DQXTJS02	Chest Pulse Receiver	1
13	12.2.13	RU5004400	Receiver Cover	1
14	12.2.14	L350XHB_XHB-3	Cable,From Pulse To Console	1
15	12.2.15	L300XHP-SMY-12	Upper Cable,For Console	1
16	12.2.16	K1NF-55(N)	Magnetic Ring	3
17	12.2.17	08-0077	Magnetic Ring	2

PARTS LIST AND EXPLODED VIEW

Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	12.1	RU700C06ASSY	Handlebar Assy	1
2	12.2	RU700CDZBASSY	Console Assy	1
3	12.3	GB958DS20	Washer,Φ9*Φ16*1.6	4
4	12.4	GB938DS12	Spring Washer,Φ8	4
5	12.5	GB5781M8*20DS20	Hex Head Bolt,M8*20	4

PARTS LIST AND EXPLODED VIEW

OVER RALL

Item No.	Part No.	Description	QTY
1	RU700C01ASSY	Main Frame Assy	1
2	RU500C02ASSY	Upright Frame Assy	1
3	RU70003ASSY	Front Base Assy	1
4	RU70004ASSY	Rear Base Assy	1
5	RU7000800	Cover,For Front Base	1
6	RU7000900	Cover,For Rear Base	1
7	RU7007500	Bottle Support Frame	1
8	RU7001400	Water Bottle Bracket	1
9	B14033000	Bottle Support Frame	1
10	JD-59AV1-L-PU415	Water Bottle Bracket	1
11	JD-59AV1-R-PU415	Right Pedal	1
12	RU700C07ASSY	Console Assy	1
13	RU700DZB08	Front Scarf	1
14	RU700DZB09	Rear Scarf	1
21	GB958DS20	Washer,Φ9*Φ16*1.6	4
22	GB938DS12	Spring Washer,Φ8	4
23	GB70M8*55DS20	Socket Head Cap Screw,M8*55	2
24	GB70M8*20DS20	Socket Head Cap Screw,M8*20	2
25	GB845ST4.2*16DHS	Screw,ST4.2*16	4
27	GB9074.16M10*25DS20	Hex Head Bolt W/Serrated Loch Washer M10*25	8
28	GB818M5*15DHS20	Screw,M5*15	4

PARTS LIST AND EXPLODED VIEW

OVER ROLL

