



# FRENCH FITNESS

FF-UB600

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

**OWNER'S 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

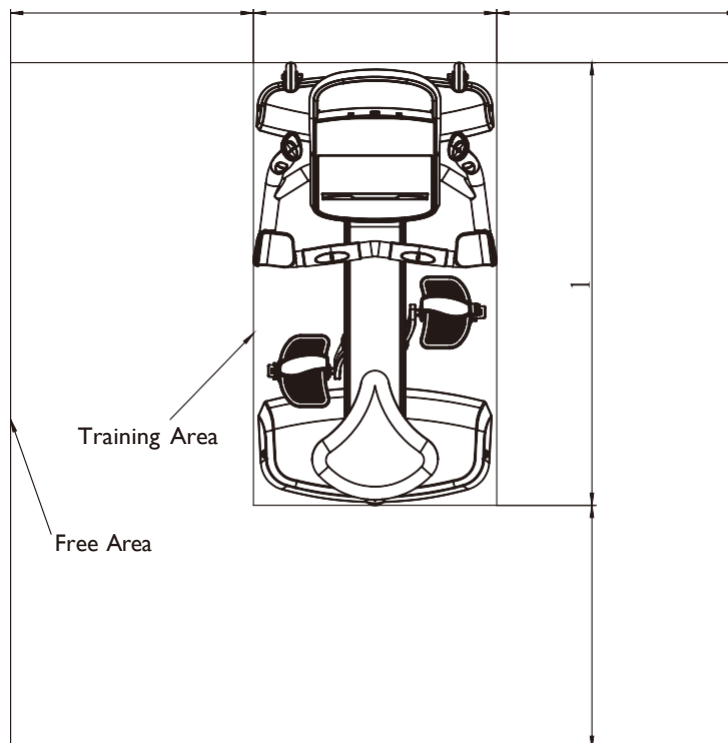
1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit, and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not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

# 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

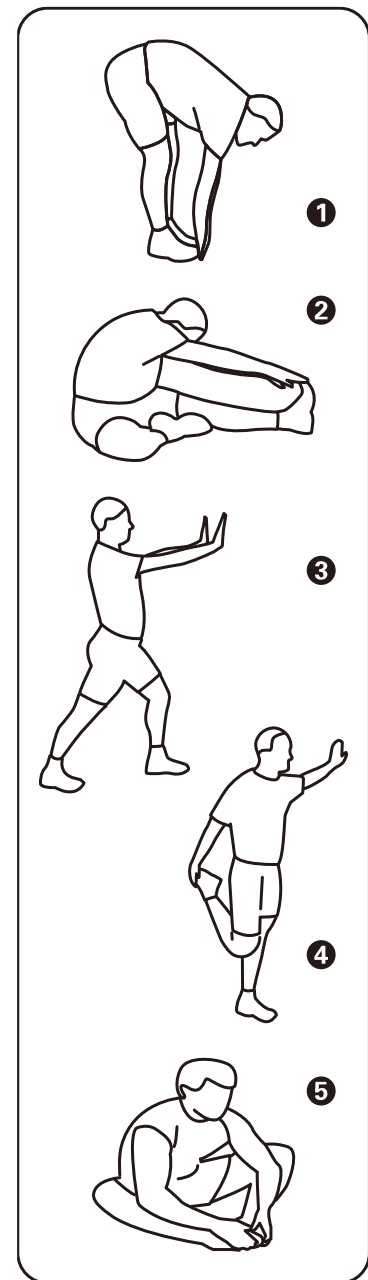
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon,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

## QUADRICEPS STRETCH

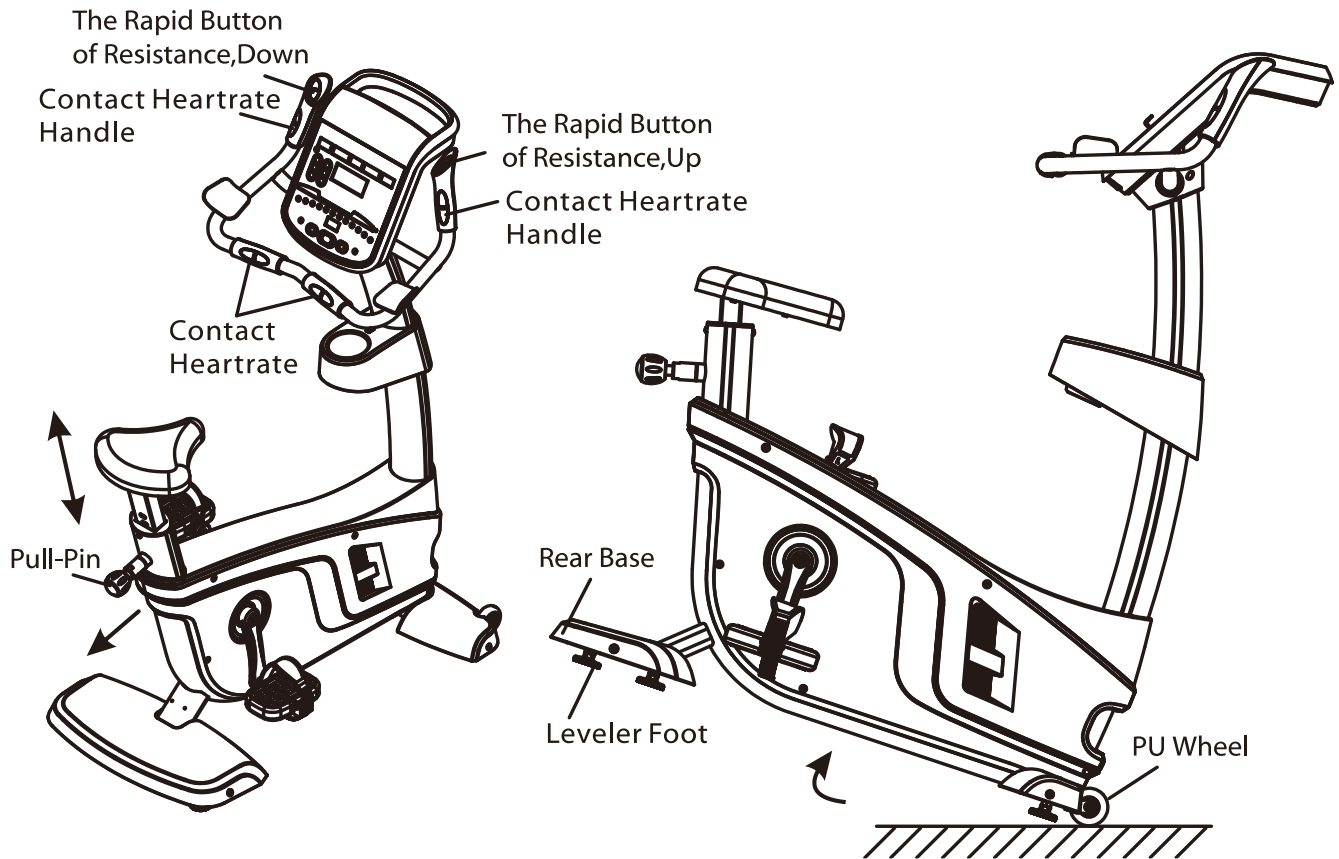
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

## 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.



# USAGE AND MAINTENANCE



## Instruction

1. When moving the machine, grasp the Rear Base, you can move it by the PU Wheel.
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. You can adjust the height of the seat by the Pull-Pin.
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 HRI.

### 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

