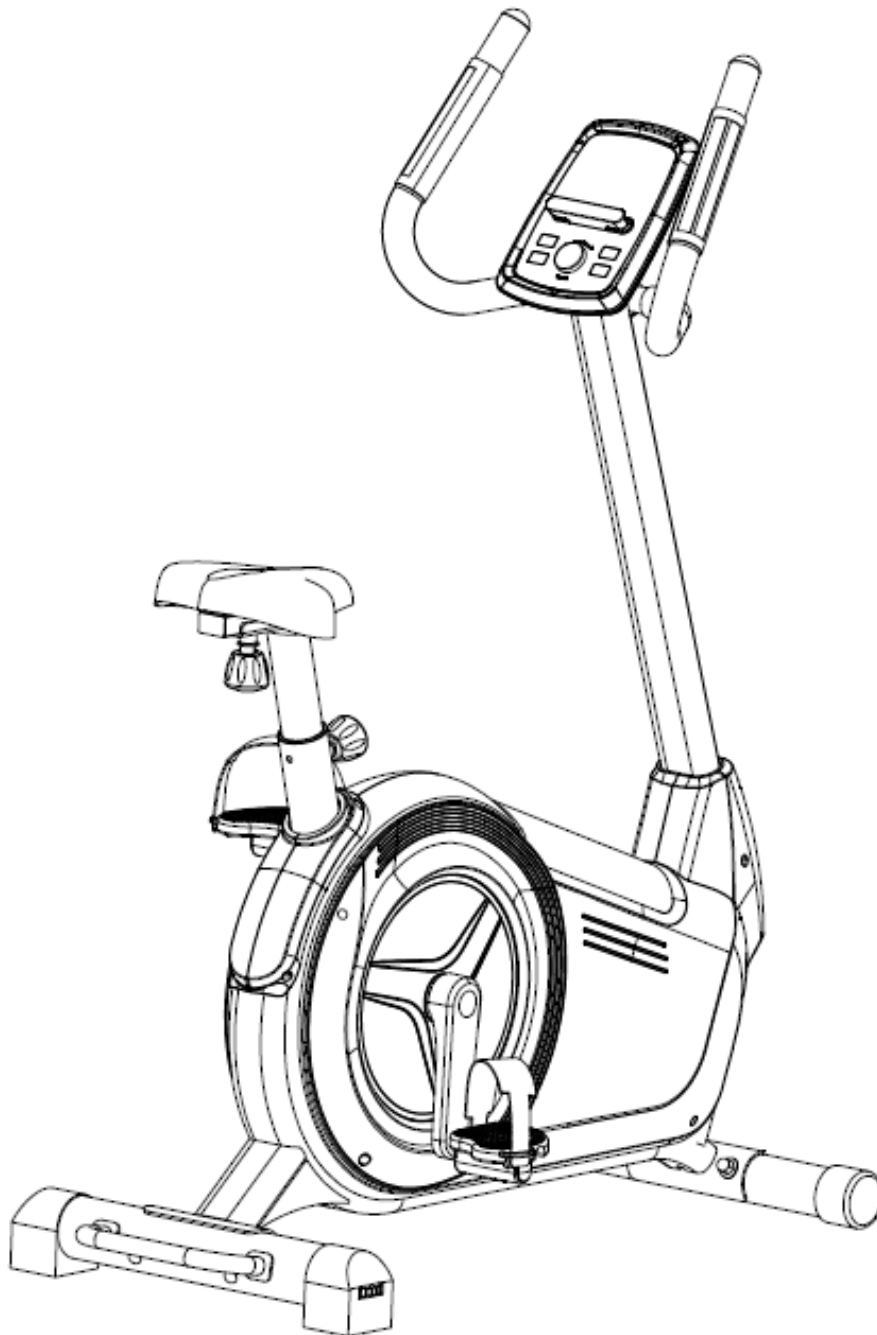


# **JF600 PRO UPRIGHT BIKE™**

## **INSTRUCTION MANUAL**



**Please read this book thoroughly before operating the bike.**

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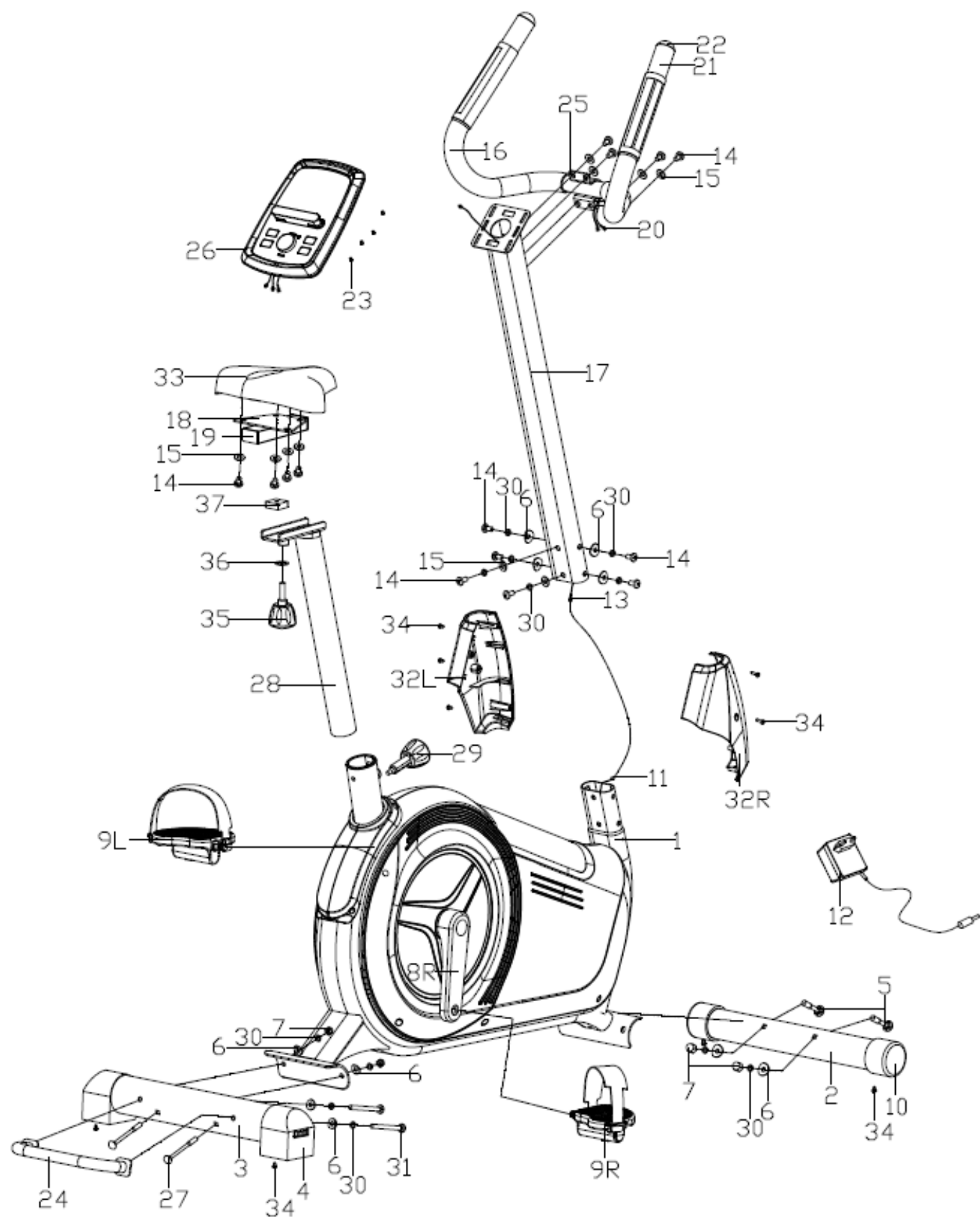
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# EXPLODED DIAGRAM



# PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Mainframe	1	20	Pulse wire	2
2	Front stabilizer	1	21	Handlebar foam grip	2
3	Rear stabilizer	1	22	Round end cap	2
4	Rear stabilizer cap	2	23	Cross pan head screw	4
5	Square neck bolt M8x74	2	24	Handle for moving	1
6	Curve washer $\Phi$ 8x1.5x $\Phi$ 25	10	25	Handlebar	1
7	Cap nut M8	4	26	Console	1
8L/R	Crank	1/1	27	Square neck bolt M8x93	2
9 L/R	Pedal	1/1	28	Saddle post	1
10	Front stabilize cap	2	29	Spring knob	1
11	Sensor wire	1	30	Spring washer D8	12
12	Adapter	1	31	Hex socket head screw M8xL93	2
13	Extension wire	1	32 L/R	Handlebar cover	1/1
14	Hex socket head screw M8x15	14	33	Saddle	1
15	Flat washer D8x $\Phi$ 16x1.5	10	34	Cross socket head tapping screw ST4.2x18	9
16	Handlebar foam grip	2	35	Knob	1
17	Handlebar post	1	36	Flat washer D10x $\Phi$ 25x2	1
18	Saddle support	1	37	Square nut	1
19	Square end cap	2			

# 1 Safety Instructions

Please pay attention to the following instructions before operating this bike.

## **IMPORTANT SAFETY INFORMATION**

---

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

9. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
10. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.

## **USER SAFETY PRECAUTIONS**

---

### **PRIOR TO USE**

- Assemble the bike according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 135kg/ 21 St.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

### **DURING USE**

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.
- **This upright bike has not been designed to be used as an Indoor Cycling Bike. It is not suitable for cycling classes or studio workouts, it has been designed for domestic use and to be used while seated and not stood up. An upright bike is not capable of handling the intense workouts and cadence of a studio bike.**

## **EXERCISE SAFETY PRECAUTIONS**

---

- Use sports clothes and gym shoes.
- DO NOT use with bare feet.
- This model has been designed for domestic purposes only.

## FACILITY SAFETY PRECAUTIONS

---

- DO NOT operate in damp or wet locations.
- Use caution when getting on or off the bike.
- Check the bike for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
- Maintain regularly. Refer to *Preventive Maintenance* chapter.
- DO NOT use the bike if: (1) the bike is not working adequately or (2) the bike has been dropped or damaged.
- DO NOT use the bike outdoors.
- Read the instruction manual completely before using the bike.
- Ensure all users wear appropriate footwear on JLL® equipment.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your bike is clear of walls, equipment and other hard surfaces.
- DO NOT modify the bike in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

## WARNING STICKERS

---

Warning stickers indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury. Carefully read the following caution and warning labels before using the unit.

### **WARNING**

It is strictly forbidden to touch any moving parts of the bike.

### **WARNING**

Keep small children and pets a safe distance from bike when in use.



# 2 Assembly

## PREPARING SITE

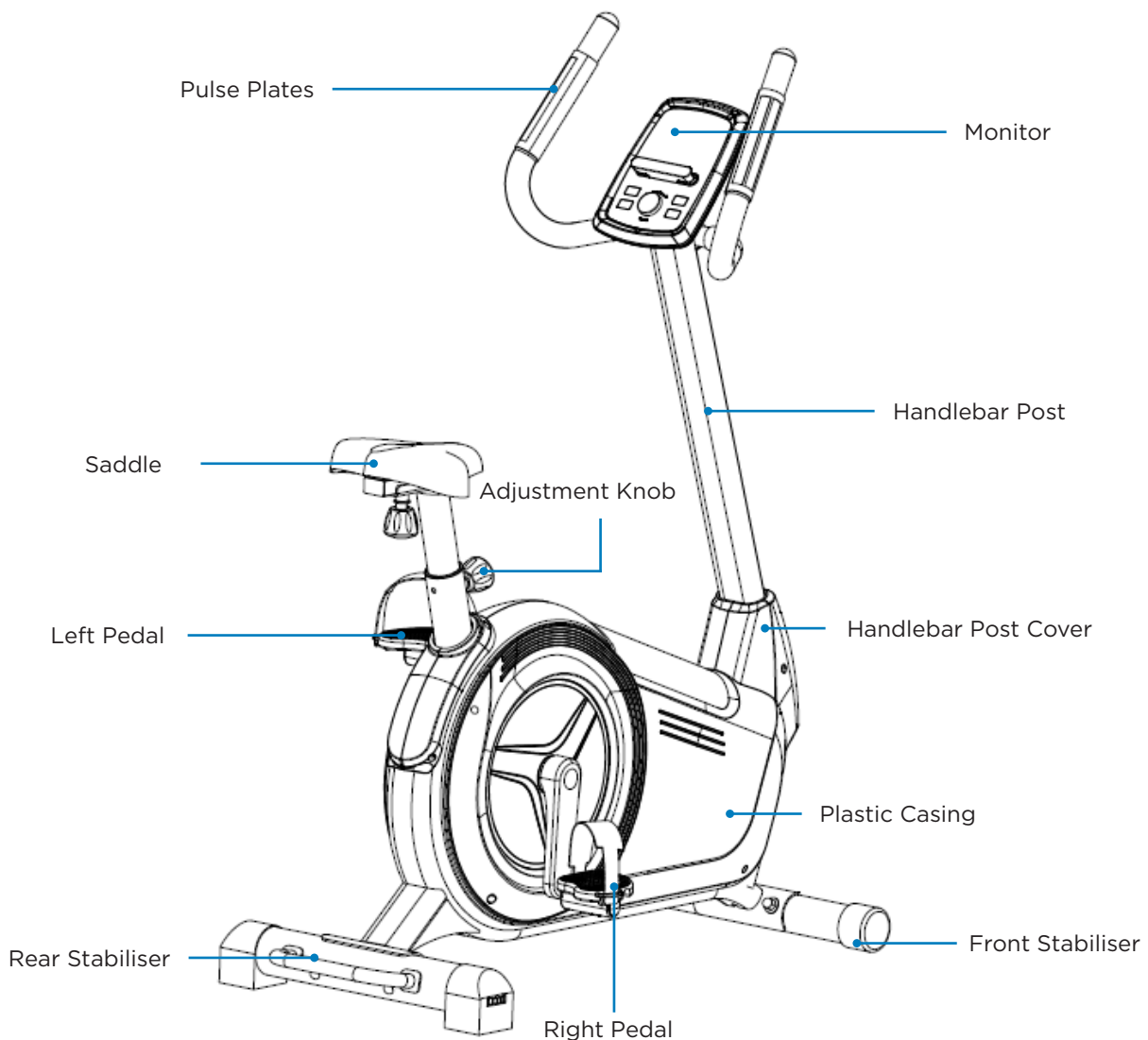
---

To find the ideal location to set up this bike, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The bike is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

## DIAGRAM

---

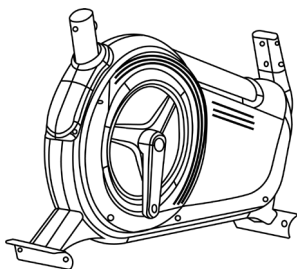


## CONTENT LISTING

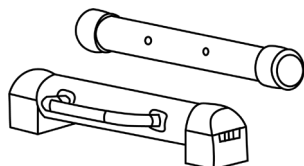
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See diagram (left) and content listing (below) for exercise bike box contents. See *Customer Service* chapter for contact information if any parts are missing.

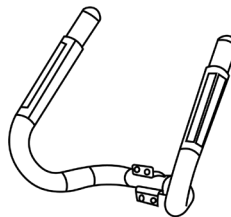
### BOX CONTENTS



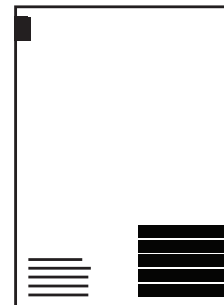
Bike Main Base



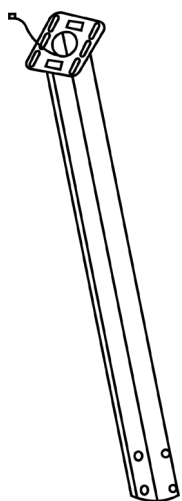
Stabilisers x2



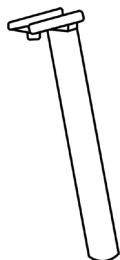
Handles



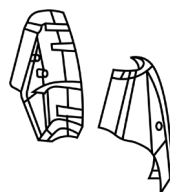
Manual



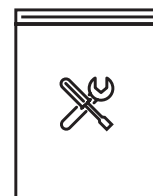
Handlebar Post



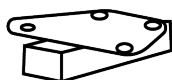
Verticle Seat Post



Handlebar Post Covers



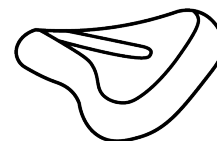
Tools Pack<sup>2</sup>



Horizontal Seat Post



Pedals R/L



Saddle

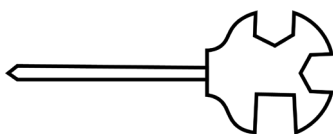


Monitor



Plug

### <sup>2</sup> TOOLS PACK



Multi-Tool  
x1



Hex Allen Key  
x1

## JF600 PRO ASSEMBLY

---


The bike has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Multi-Tool, Washers and Bolts). See previous page.

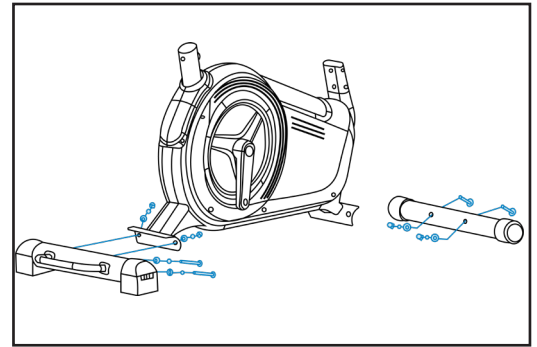
To assemble your JLL JF600 PRO please follow these easy steps:

### STEP 1

Attach the front and rear stabilisers to the main base using four M8 square neck bolts, four arc washers, four spring washers and four M8 domed nuts.

Tighten using the multi-tool.

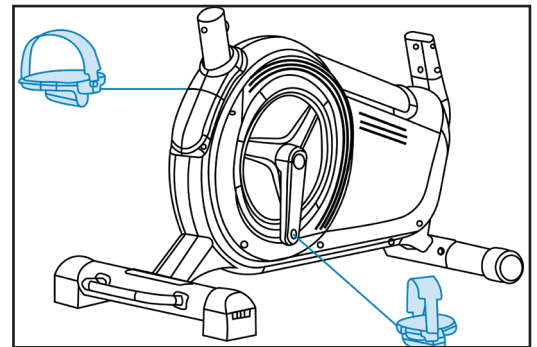
 **NOTE:** The front stabiliser will be the shorter one and is attached using the shorter bolts.



### STEP 2

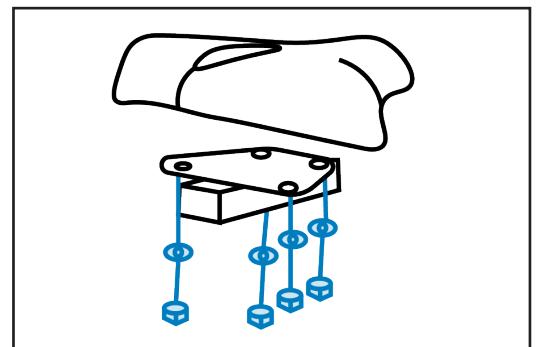
Attach the pedals to the base, each pedal will be labeled L and R.

The right pedal must be threaded clockwise and the left anti-clockwise.



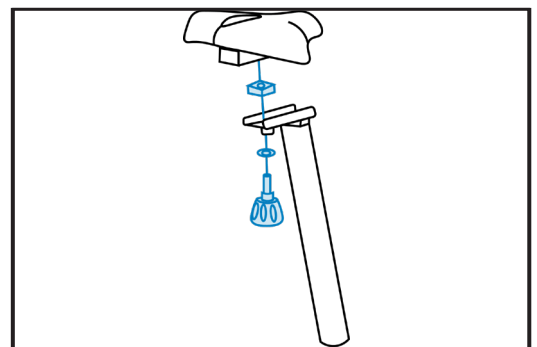
### STEP 3

First attach the saddle to the horizontal seat post using four M8 hex socket head screws and four flat washers.



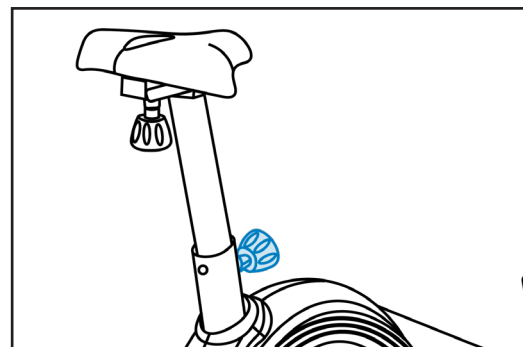
### STEP 4

Next, attach the saddle to the verticle seat post using an adjustment knob, D10 flat washer and square nut.



## STEP 5

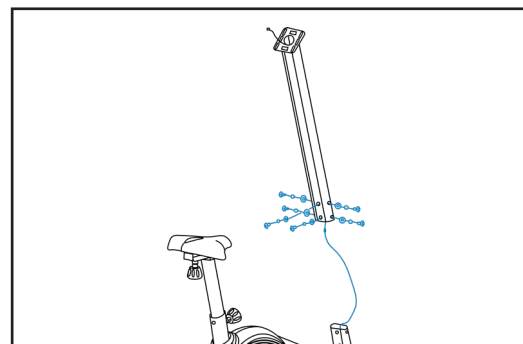
Slide the seat post into the main frame using another adjustment knob to lock it in place.



## STEP 6

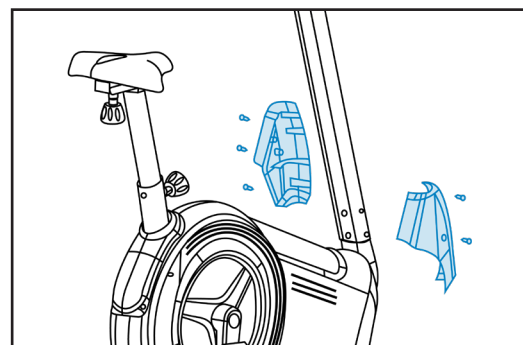
Connect the wires from the handlebar post to the main frame, making sure the pins are aligned and you hear a click.

Then, secure the handlebar post to the main frame using six M8 hex socket head screws, six spring washers and six arc washers.



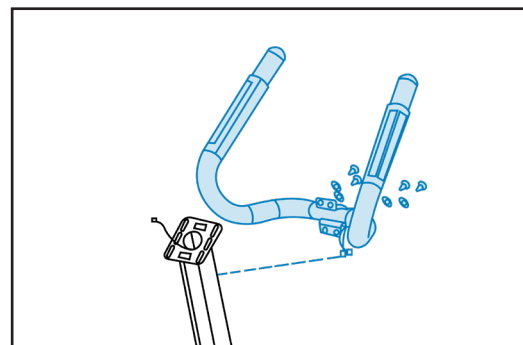
## STEP 7

Remove the five tapping screws from the covers and slot around the post, then re-attach the screws to secure in place.



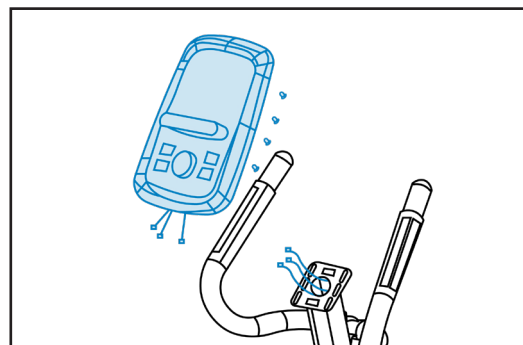
## STEP 8

Thread the pulse wires from the handlebars through the back of the handlebar post and pull them up through the monitor bracket. Then, fix the handlebars using four M8 hex socket head screws and four flat washers.



## STEP 9

Connect the pulse wires from the handlebar post to the monitor, again making sure your pins are aligned. Then, secure the monitor to the bracket using the four screws found in the back of the monitor.



## ADJUSTING THE SEAT

The seat can be adjusted forwards, back, up and down to suit the users leg length. The adjustment knobs are both spring loaded allowing them to be pulled out to change the height and locked back into place.

## MONITOR CONFIGURATION



1	Main Display	5	Recovery Button
2	Tablet Holder	6	Body Fat Button
3	Reset Button	7	Resistance Dial and Mode Button
4	Start/Stop Button		

## TESTING THE BIKE OPERATION

---

Use the following instructions to test the full resistance of the bike and to check the machine for proper operation.

1. Sit on the bike and start pedaling, change the levels of resistance and check to make sure you feel a difference in difficulty.
2. As you are pedalling make sure you don't feel any wobble in your machine.
3. As you pedal on your bike check that there are no unusual noises.
4. Finally check the monitor to make sure the digits are changing on each setting to record your workout correctly.

## SPECIFICATIONS

---

<b>Display</b>	Time, Speed, Distance, Heart Rate, Body Fat, Recovery Heart Rate, RPM Calories and Watts
<b>Crank</b>	Detachable 3 piece system
<b>Resistance</b>	Magnetic resistance
<b>Seat</b>	Adjustable seat height
<b>Handlebars</b>	Stationary handlebars with pulse plates built in
<b>Storage</b>	Built-in wheels.
<b>Maximum User Weight</b>	135 kg / 21 St
<b>Occupying Area</b>	147cm (Length) x 52.5cm (Width) x 113cm (Height)
<b>Packaging Dimensions</b>	107.5cm (Length) x 28cm (Width) x 72cm (Height)
<b>Gross Weight</b>	42kg
<b>Net Weight</b>	37.5kg

# 3 Operation

Read all instructions, warnings and safety procedures located in the *Safety* chapter before using the bike.

## HEART-RATE SENSORS

---

Hold the sensor plates on the handlebars ensuring that your hands are clean. A heart-rate reading will show on the display. Factors that interfere with pulse signal are:

- Hand lotions, oils or body powder.
- Excessive dirt.
- Excessive movement.

## DATA READOUTS

---

As you exercise, the bike keeps track of the following data:

- **Time:** The total time you have been working out or time remaining. Display time as *hours: minutes*.
- **Speed:** Your current speed, displayed in kilometres per hour (km/h).
- **Distance:** The total accumulated distance, in kilometres during your workout.
- **Calories:** The total accumulated calories burned during your workout.
- **Heart-rate:** Your current heart-rate. Heart-rate will appear when a pulse signal is detected. Use the sensor plates on the handlebars to display your heart-rate.
- **Heart Rate Recovery:** Your average pulse measurement between resting and just after intense exercise.
- **Body Fat:** Using the data input in your user profile and analysing pulse the monitor will calculate an approx body fat%.
- **RPM:** The amount of revolutions you complete per minute with the pedals.
- **Watts:** The current power you are generating in watts.

## OPERATION PROCEDURE

---

Plug in the power supply and the monitor will display every segment on the LCD screen for 2 seconds.

Then you can begin to enter the users details, you can select up to four different users. Displayed as U1-U4.

Set the sex, age height and weight and confirm by pressing the mode dial.

When complete the console will come to the main menu.

## WORKOUT SELECTION

Use the dial to select a workout: M(Manual) - P(Program 1-12) - (H.R.C) - W (Watts) - U (User).

## **MANUAL MODE**

Press start in the main menu, this may already start the workout in manual mode.

1. If not, use the dial to select the workout program M and press mode.
2. Use the dial to adjust the resistance level, the preset will be 1.
3. Use the dial to set the time, distance, calories and pulse and press mode to confirm each time.
4. Press start/stop key to start the workout. During the workout the user can adjust the level using the dial. The resistance level also shares the same window as watt, with no adjustment after 3 seconds it will switch to display watt.
5. Press start/stop key to pause a workout and press reset to revert back to the main menu.

## **PROGRAM MODE**

1. Use the dial to select P (Program), choose P01, P02, P03.....P12. Then press mode to select.
2. Use the dial to adjust the resistance level, the preset being 1.
3. Use the dial to set the time.
4. Press start/stop key to start the workout, during the workout the user can adjust the resistance level using the dial.
5. Press start/stop key to pause a workout and press reset to revert back to the main menu.

## **H.R.C MODE**

1. Use the dial to select (H.R.C), then press mode to select.
2. Use the dial to select 55%, 75%, 90% and TH (Target Heart Rate), use the dial again to set a value between 30~230.
3. Use the dial to set a workout time.
4. Press start/stop key to start or stop a workout. Press the reset button to revert back to the main menu.

## **WATT MODE**

1. Use the dial to select W (Watt) program and press mode to select.
2. Use the dial to set the watt target, the default will be 120.
3. Use the dial to set the time.
4. Press start/stop key to start the workout, during the workout the resistance level will change automatically based on the users training status. The user can adjust the watt level.
5. Press start/stop key to pause a workout and press reset to revert back to the main menu.



## **USER PROGRAM MODE**

1. Use the dial to select the workout program U and press mode to select.
2. Use the dial to create a user profile. When creating a workout there are a total of eight columns, the user can adjust each columns resistance level. The user can hold down the mode button to quit this action.
3. Use the dial to set the time.
4. Press start/stop key to start a workout, during the workout the user can also adjust the resistance level by using the dial.
5. Press start/stop key to pause a workout and press reset to revert back to the main menu.

## **RECOVERY**

After exercising for a period of time, keep your hands on the pulse plates and press recovery. All of the functions will stop displaying except for time, which will start counting down from 60 secs. The screen will display your heart rate recovery status with F1-F6, F1 being the best and F6 being the worst. The user may keep exercising to improve the heart rate recovery status.

## **BODY FAT**

1. When the stop key has been pressed, then press the body fat key to start the measurement.
2. The console will display U1 and start measuring.
3. During the measurement the user will need to keep both hands on the pulse plates. The measurement will take approx eight seconds.
4. The console will display BMI (B), Fat % (F) and Body Fat Advice (+).
5. Error messages may be:

\*The LCD displays “----”, “----” This may mean the users hands may not be properly placed on the pulse plates.

\*E-1 There is no heart rate signal detected.

\*E-4 Occurs when Fat % and BMI result is below 5 or exceeds 50.



## ICONSOLE APP

This monitor is equipped with Bluetooth which is designed to connect to the iConsole app. Once connected the monitor will power off and all readings will be displayed within the app.



## ICONSOLE APP INSTRUCTIONS

# 4 Maintenance

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

## PREVENTIVE MAINTENANCE ACTIVITIES

---

Every JLL® bike that comes from the factory is already maintained, however, you just need to follow simple steps to keep it in fully working condition. Keeping the bike in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. During maintenance, disconnect the power cable. Contact JLL® Customer Service on +44 (0)800 6123 988 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Vacuum

### **WARNING**

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the bike.
2. Be careful not to spill or get excessive moisture between the edge of the monitor, as this might create an electrical hazard or cause failure of the electronics.

### **WARNING**

1. Use only JLL® replacement parts.
2. If you allow your machine to become rusty, this will affect your warranty.

Depending on where the bike is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your bike you may experience a shock due to the build-up of static electricity on your body and the discharge path of the bike. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

## **EXERCISE BIKE CLEANING**

---

After every workout use a neat, dry cloth for cleaning the bike and the handlebars to prevent the machine of corrosion. Wipe away any sweat that may have dripped onto the monitor or handlebars. Avoid scratching the display by using a soft cloth.

Contaminants, such as hand lotions, oils or body powder, may come off on the sensor plates. These can reduce sensitivity and interfere with the pulse signal. It is recommended that the user has clean hands when making contact with the sensor plates. Clean the handles using a cloth dampened with water. Do not use abrasive or chemical cleaning agents.

Vacuum or sweep the floor underneath and around the bike to prevent any dust going into the machine. A treadmill mat can help to reduce dust.

## **EXERCISE BIKE BALANCE**

---

Place the bike on a level floor to avoid it being off-balance.

Check if the bike is balanced:

1. Without being on the bike, place your hands on the handlebars.
2. Gently try to rock the machine from side to side.
3. If you feel any vibrations, adjust the dial located on the side of the stabilisers.

### **⚠ WARNING: EQUIPMENT HAZARD**

To avoid serious injury or death:

- Replace worn or damaged components immediately and do not use until repair is completed.

# 5 Additional Information

## CONTACT INFORMATION

---

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **INFO@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

## DISCLAIMER

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- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this exercise bike.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your exercise bike. Failure to follow these directions may result in your warranty being void.

**WWW.JLLFITNESS.COM**

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