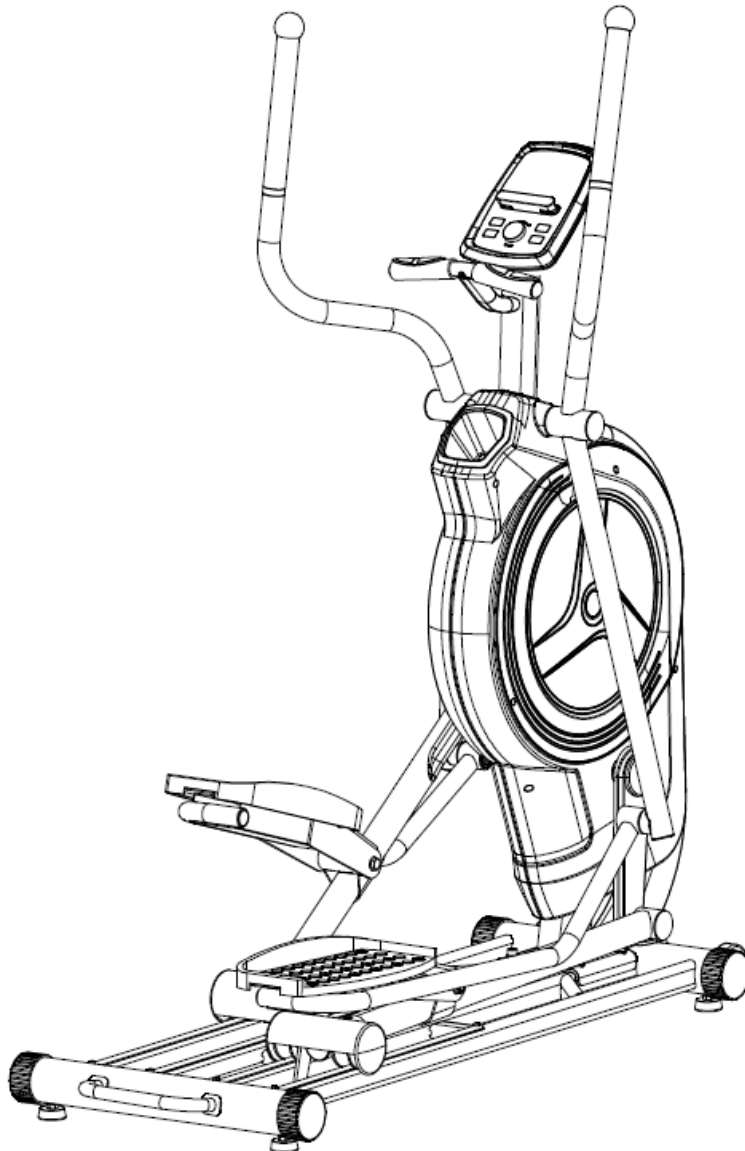


CT600 PRO CROSS TRAINER™

INSTRUCTION MANUAL

Please read this book thoroughly before operating the cross trainer



Scan the QR code for a step-by-step video guide on how to assemble your cross trainer.

Scan the QR code to view our support center for more technical resolutions and FAQ's about your item.



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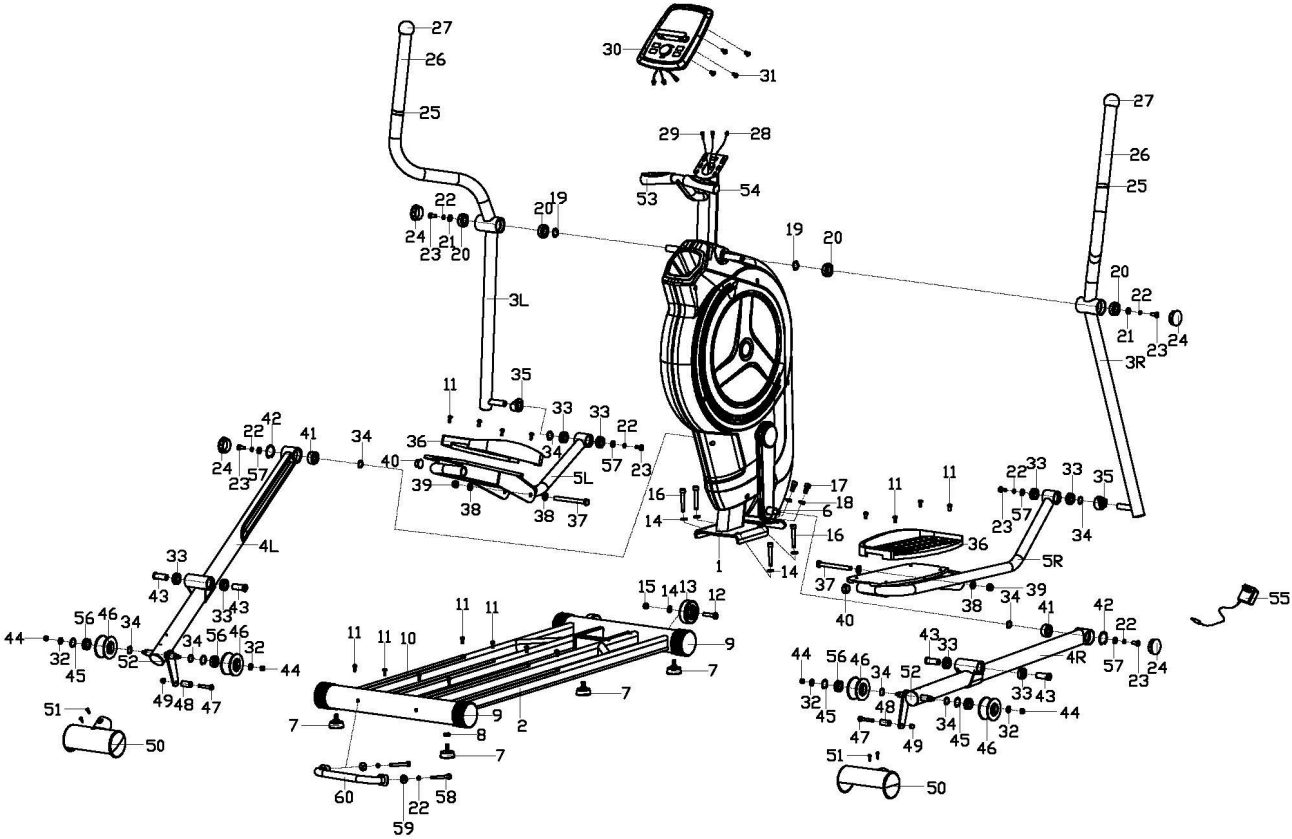
Contact information

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EXPLODED DIAGRAM



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Mainframe	1	31	Cross pan head screw	4
2	Bottom frame	1	32	Flat washer D8xØ20x2	4
3L/R	Swing bar	1pr	33	Bearing 6003Z	8
4 L/R	Wheel frame	1pr	34	Corrugated washer D17	8
5 L/R	Pedal bar	1pr	35	Plastic bush	2
6	Crank	2	36	Pedal	2
7	Adjustable foot pad	4	37	Hex bolt M12x125	2
8	Hex nut M10	4	38	Flat washer D12xØ24x2.0	4
9	Stabilizer end cap	4	39	Nylon nut M12	2
10	Aluminum decoration cover	4	40	Round end cap	2
11	Cross pan head screw M6x15	16	41	Bearing 2203	2
12	Inner hex pan head screw M10x45	2	42	Hole spring collar D40	2
13	Wheel	2	43	Flange bush	4
14	Flat washer D10xØ20x2	6	44	Nylon nut M8	4
15	Nylon nut M10	2	45	Hole spring collar D34	4
16	Hexagon socket head bolt M10xL65	4	46	Guiding wheel	4
17	Hexagon socket head boltt M10x20	2	47	Inner hex pan head screw M8xL50	2
18	Curve washer D10xØ20x2	2	48	Limit bush	2
19	Corrugated washer D21	2	49	Cap nut M8	2
20	Bearing 6004Z	4	50	Wheel cover	2
21	Flat washer D8xØ25x2	2	51	Cross pan head tapping screwST4.2x18	4
22	Spring washer D8	8	52	Round end cap	2
23	Inner hex pan head screw M8x20	6	53	Foam grip	2
24	Hole cover	4	54	Round end cap	2
25	Aluminum bush	2	55	Adapter	1
26	Foam grip	2	56	Bearing 6002Z	4
27	End cap	2	57	Flat washer D8xØ22x2.0	4
28	Sensor wire	1	58	Inner hex pan head screw M8xL93	2
29	Pulse wire	2	59	Curve washer D8xØ25x1.5	2
30	Console	1	60	Lift handle	1

1 Safety Instructions

Please pay attention to the following instructions before operating this cross trainer.

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. No children under the age of 12yrs may use this machine, it has been designed for adult use only. Children above the age of 12yrs are recommended to be supervised at all times.
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. The maximum weight capacity of this unit is 135 kg.
10. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
11. 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.
12. This equipment is designed for indoor home use only, it is not intended for commercial use.
13. Do not remove any of the stickers attached to the machine.

USER SAFETY PRECAUTIONS

PRIOR TO USE

- Assemble the cross trainer 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.

EXERCISE SAFETY PRECAUTIONS

- Use sports clothes and gym shoes.
- This model should only be used at home, DO NOT use for commercial purposes.

FACILITY SAFETY PRECAUTIONS

- DO NOT operate this machine in damp or wet locations.
 - Use caution when getting on or off the cross trainer.
 - Check the machine 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 cross trainer if: (1) the machine is not working adequately or (2) the machine has been dropped or damaged.
 - DO NOT use the cross trainer outdoors.
-

- Read the instruction manual completely before using the cross trainer.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the machine on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your machine is clear of walls, equipment and other hard surfaces.
- DO NOT modify the unit in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

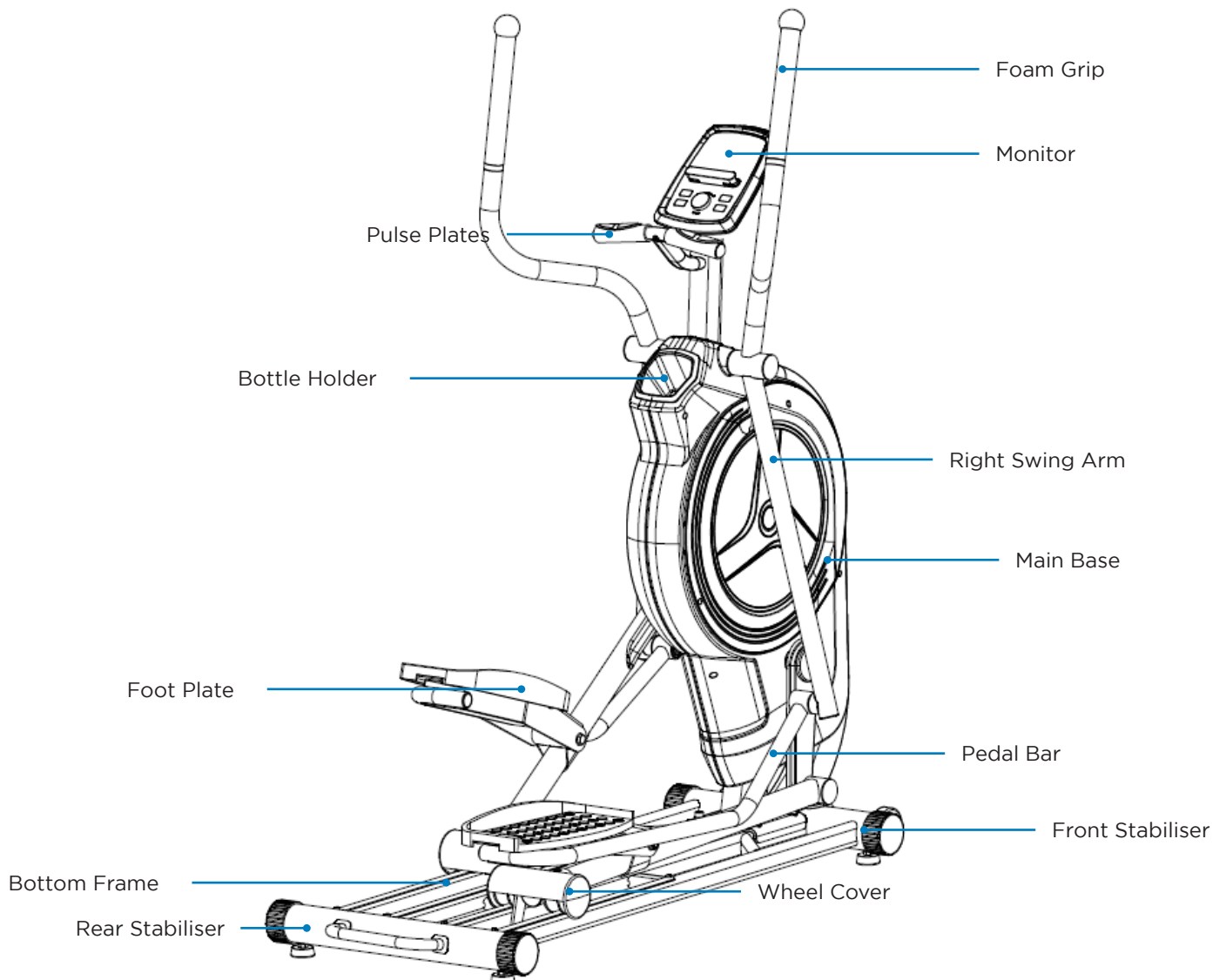
Assembly

PREPARING SITE

To find the ideal location to set up this cross trainer, 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 cross trainer 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.

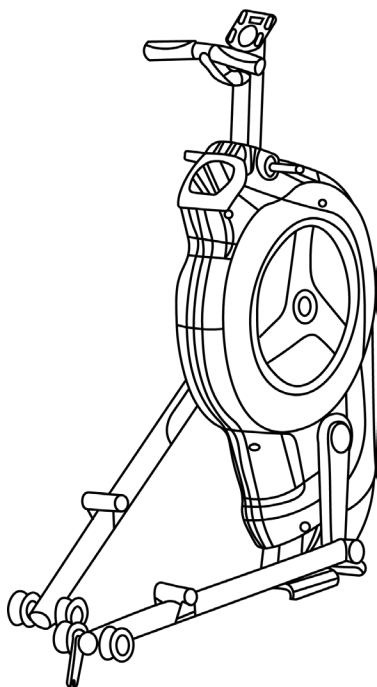
DIAGRAM



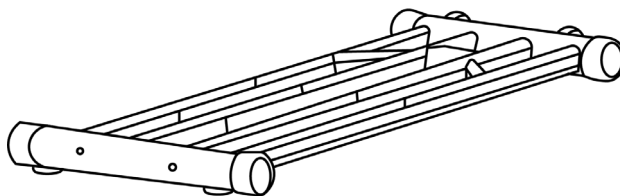
CONTENT LISTING

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

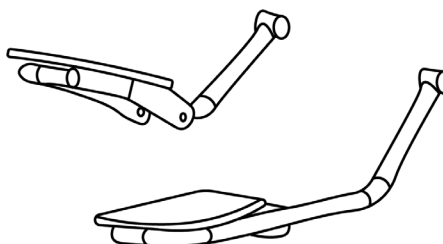
BOX CONTENTS



Main Frame



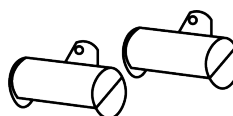
Bottom Frame



Pedal Bars
L/R



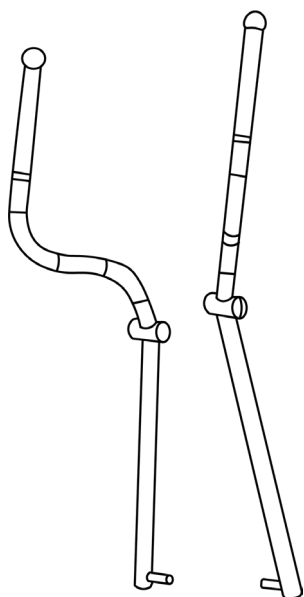
Pedals
R/L



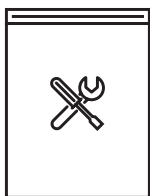
Wheel Covers



Hole Covers



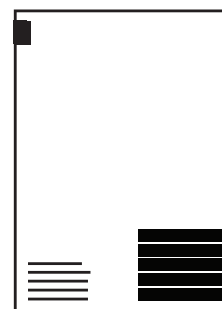
Swing Arms
L/R



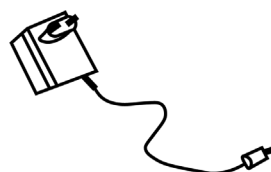
Tools Pack²



Monitor

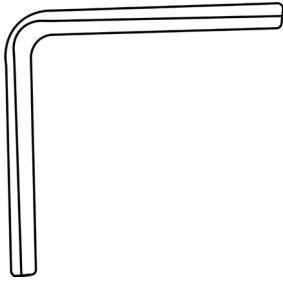


Manual



Plug

2 TOOLS PACK



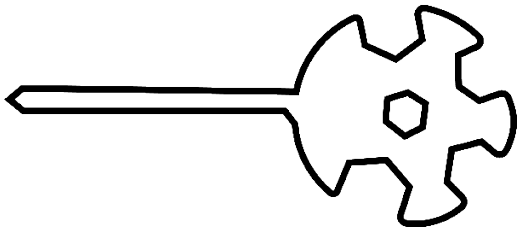
Hex Allen Key
x1



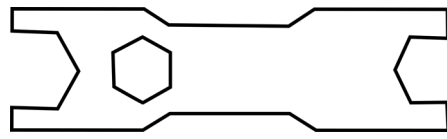
Hex Allen Key
x1



Hex Allen Key
x1



Multi-Tool
x1



Hex Spanner
x2

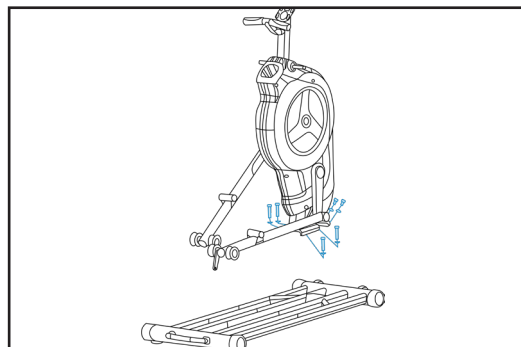
CT600 PRO ASSEMBLY

The cross trainer 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, Spanner, Washers and Bolts). See previous page.

To assemble your JLL CT600 PRO please follow these easy steps:

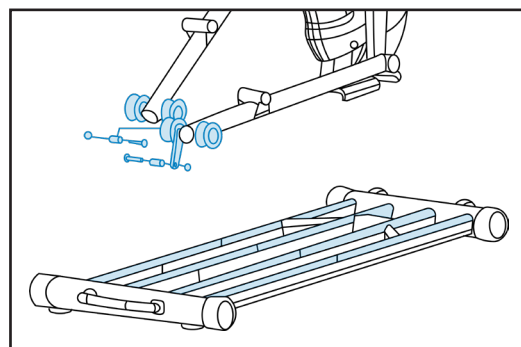
STEP 1

Start by fixing the main frame to the bottom frame using four hex socket head bolts (M10*65) and four flat washers (D10) on the center. Use two hex socket head bolts (M10*20) and two arc washers (D10) on the front. (All these bolts will be found in the bottom frame)



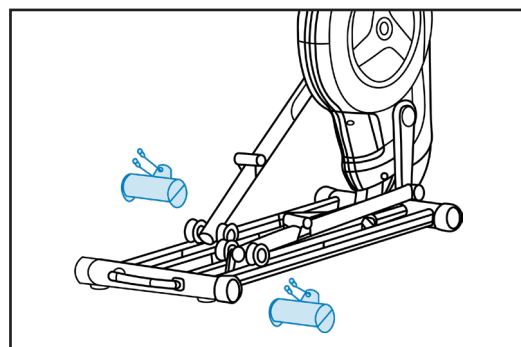
STEP 2

Place the wheels onto the grooves along the bottom frame and make sure the L shaped piece fits under the rail.



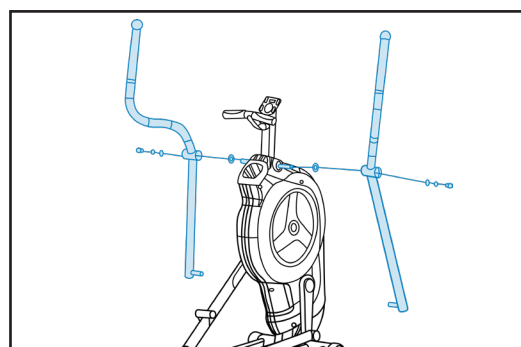
STEP 3

Attach the wheel covers using two tapping screws on either side.



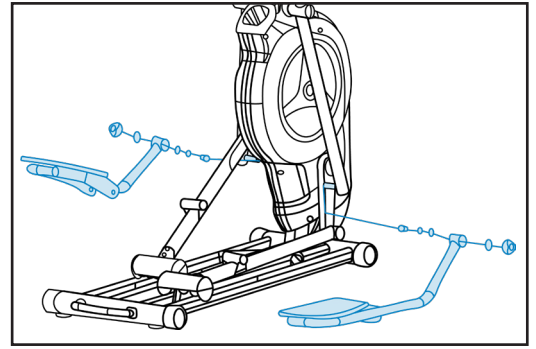
STEP 4

Fix the swing bars to the shaft on the main frame using the bolts found on the end of the shafts. Then add the hole covers over the top.



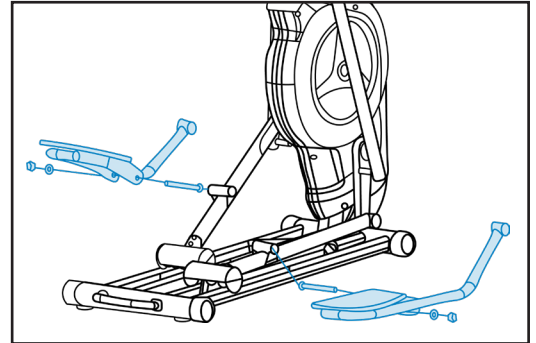
STEP 5

Attach the pedal bars to the bottom of the swing arms using an inner hex pan head screw (M8*20), spring washer (D8), flat washer (D8), plastic bushing and corrugated washer (D17) on each side. (All these bolts will be found in the frame)



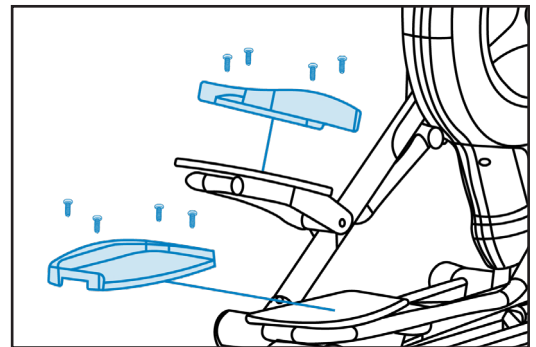
STEP 6

Attach the pedal bars to the wheel frames using a hex bolt (M12), flat washer (D12) and nylon nut (M12) on each side.



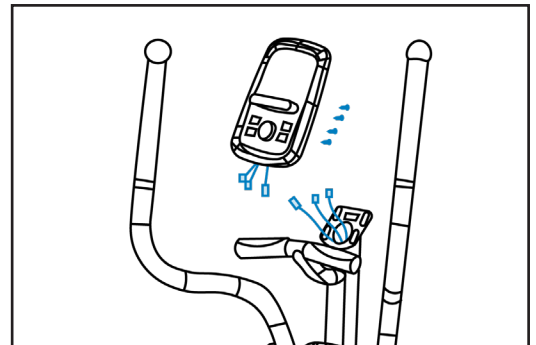
STEP 7

Fix the pedals to the pedal bars using four cross pan head screws (M6*15) on each side.



STEP 8

Connect the sensor wires from the monitor bracket to the monitor, making sure the pins are aligned and you hear a click. Then, secure the monitor using four screws found in the back of the monitor. Lastly, to power on the machine insert the end of the power cable into the front of the main base.



MOVING THE MACHINE

To move the machine, take hold of the lift handle on the bottom frame and tilt the machine onto its front stabiliser. Now use the transport wheels to move the machine to the desired location.

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 CROSS TRAINER OPERATION

Use the following instructions to test the full resistance of the cross trainer.

1. Stand on the machine and place your feet on the footplates, gently complete a few rotations.
2. Check the monitor to make sure the digits are changing.
3. Change the resistance from lowest to highest and check to feel a difference in the difficulty of resistance.
4. As you are performing each rotation make sure the swing arms are moving freely.
5. Also make sure there are no unusual noises coming from the machine and no wobble during your workout.

SPECIFICATIONS

Display	Time, Speed, Distance, Heart Rate, Body Fat, Recovery Heart Rate, RPM Calories and Watts
Resistance	Magnetic resistance
Pedals	Wide platform pedals
Handlebars	Both swing arms and stationary pulse plate handlebars
Colour	Silver/Grey
Maximum User Weight	135 kg / 21 St
Packaging Dimensions	153cm (Length) x 55.5cm (Width) x 73cm (Height)
Net Weight	83kg
Gross Weight	93kg

3 Operation

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

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

Keeping the cross trainer 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. 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 cross trainer.
2. Be careful not to spill or get excessive moisture between the edge of the display panel, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.

Depending on where the cross trainer 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 machine you may experience a shock due to the build-up of static electricity on your body and the discharge path of the cross trainer. 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.

⚠ WARNING

1. Use only JLL® replacement parts.
2. Keep water and liquids away from electrical parts.
3. If you allow your machine to become rusty, this will affect your warranty.

3 EASY STEPS TO CLEAN YOUR CROSS TRAINER

Recommendation (these are just a guideline):

- Use a clean cloth to wipe down the whole machine.
- Vacuum or sweep the floor underneath and around the cross trainer to prevent any dust going into the machine. A treadmill mat can help to reduce dust.
- Use a vacuum cleaner or a soft damp cloth to clean machines entire cover area. When not using product for an extended period of time the product should be folded and stored in a suitable environment.

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

- 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 cross trainer.
- 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 cross trainer. Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.COM

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