

If you have any further queries please contact our customer service team on 0121 328 7507 or email at 'contact@jllfitness.co.uk'

## **FOLDING AN R200 INSTRUCTIONS**

There are no tools required for folding your R200

## **INSTRUCTIONS**



Start by unscrewing the knob closest to the base of the machine



Pull the adjustment knob on the side of the slideway



Fold the slideway up until you hear a click



Reattach the knob on the underside of the slideway



Remove the knob on top of the black stand



Fold down the stand and screw the knob back into the frame