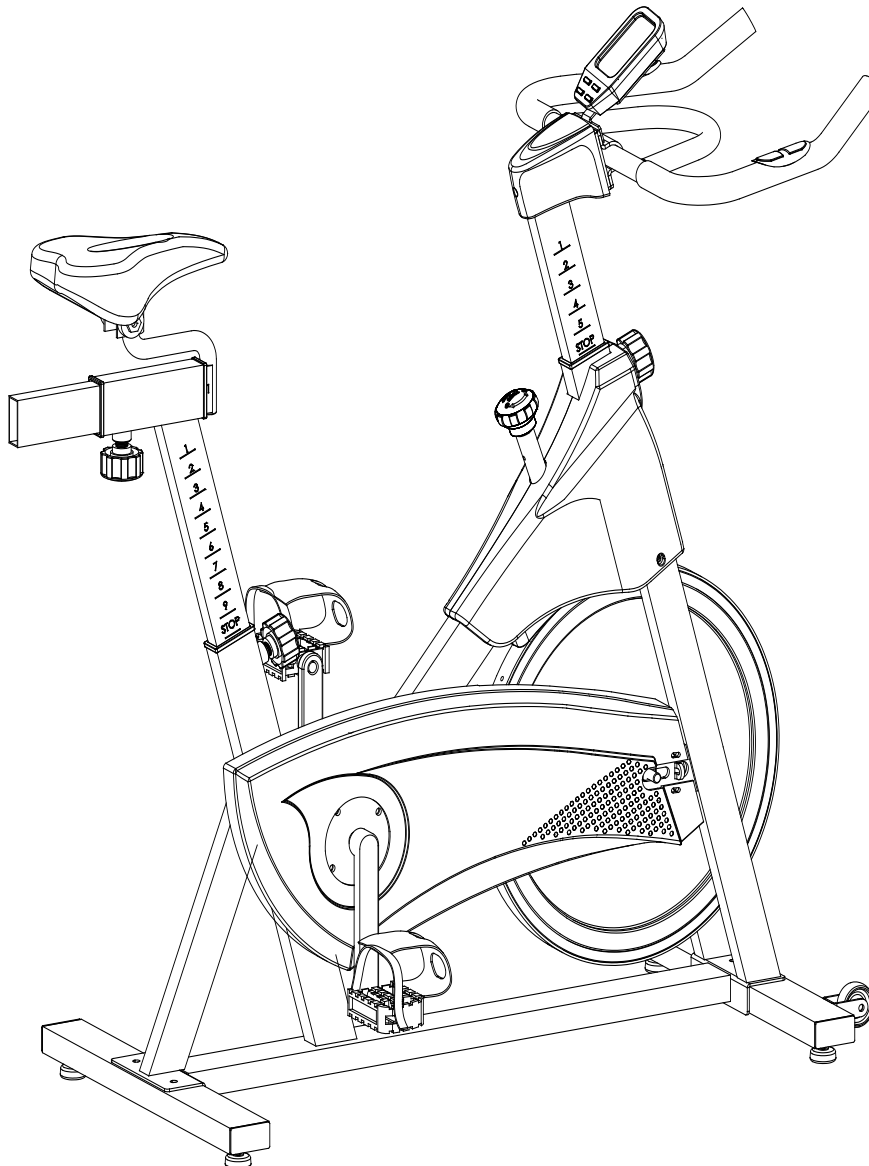


IC300 PRO INDOOR CYCLING™

INSTRUCTION MANUAL

Please read this book thoroughly before operating the bike



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

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



CONTENTS

Exploded diagram	p. 4
Parts list	p. 5

1. SAFETY INSTRUCTIONS

User safety precautions	p. 7
Prior to use	p. 7
During use	p. 7
Exercise safety precautions	p. 7
Facility safety precautions	p. 8
Warning stickers	p. 8

2. ASSEMBLY

Preparing the site	p. 9
Diagram	p. 9
Content listing	p. 10
Box contents	p. 10
Tools pack	p. 10
IC300 PRO assembly	p. 11
Monitor configuration	p. 13
Testing the bike operation	p. 14
Specifications	p. 14

3. OPERATION

Emergency stop function	p. 15
Data readouts	p. 15
Monitor instructions	p. 15
Scan mode	p. 15
Main display	p. 15
Target programs	p. 15
Recovery Function	p. 16
Resetting your monitor	p. 16

4. MAINTENANCE

Preventive maintenance activities	p. 17
Exercise bike cleaning	p. 18
Bike balance	p. 18

5. ADDITIONAL INFORMATION

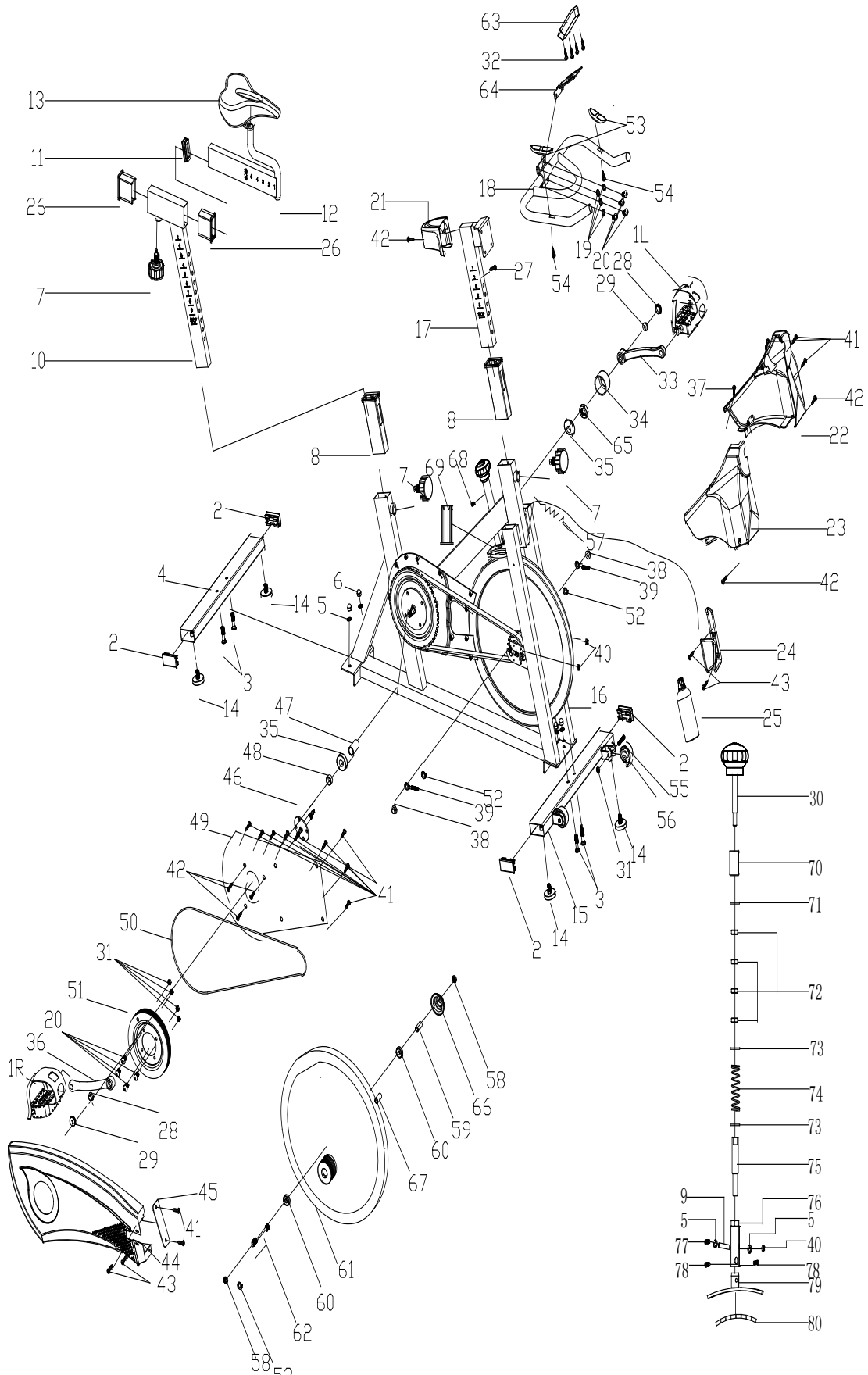
Contact information

p. 19

Disclaimer

p. 19

EXPLODED DIAGRAM



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	5	60*30*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*42
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	6	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8
7	SPRING ADJUSTMENT KNOB	3	φ57*62 (M16*1.5)
8	PLASTIC SLEEVE	2	53.5*23.5*1.5 60*30*1.5
9	The trachea	1	φ7.5*φ6*28
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	1	53.5*23.5*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-6619
14	STOPPER	4	φ32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	GB/T 859-1987 8
20	BOLT	8	GB/T 70.2-2000 M8*16
21	HANDLEBAR COVER	1	115*89*75 (60g)
22	LEFT PROTECT COVER	1	330*82*258 (110g)
23	RIGHT PROTECT COVER	1	330*83*258 (110g)
24	BOTTLE HOLDER	1	φ6
25	BOTTLE	1	φ73*215 600ML
26	PLASTIC SLEEVE1	2	53.5*23.5*1.5 60*30*1.5
27	SCREW 6	2	GB/845-85 ST4.8X13
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	KNOB	1	φ60*113
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	SCREW 4	4	GB/T 5780-2000 M5*10
33	LEFT CRANK	1	170*27 (9/16")
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27 (9/16")
37	SCREW 4	1	ST2.9*9.5
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25
39	FIXING BOLT	2	M6*54
40	NUT	3	GB/T 889.1-2000 M6

NO	NAME	QUANTITY	SPEC
41	SCREW 1	14	GB/T 845-1985 ST4.2*19
42	SCREW 2	5	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	4	GB/845-85 ST4.8x13
44	OUTER CHAIN COVER	1	714*301*60
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	395*259*2.5 (250g)
50	BELT	1	5PK52
51	BELT WHEEL	1	φ200*24
52	FLAT WASHER	3	GB/T 95-2002 12
53	PULSE	2	
54	SCREW 5	2	GB/845-85 ST4.2X25
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ50*23
57	SENSOR	1	SR-202 45mm
58	FIXING NUT 2	2	M12X1.25 H=6
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*29 (18KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	COMPUTER	1	ST-6519
64	COMPUTER HOLDER	1	δ2.5
65	NUT	1	M20*1.0
66	FLYWHEEL COVER	1	φ59*35
67	FIXING TUBE	1	φ16*φ12.2*56.5
68	BOLT 1	1	GB/T77-2007 M6*6
69	The brake guide sleeve	1	18*18*1.2 25*25*1.5
70	Twist The Fixings	1	φ20*34
71	WASHER 2	1	M10
72	NUT	4	GB/T 41-2000 M10
73	WASHER 2	2	φ20*φ14*2.0
74	SPRING 1	1	φ18*62
75	Screw rod	1	φ13.5*80
76	The brake connection assembly	1	18*18*1.2
77	BOLT1	1	GB/T 70.1-2000 M6*35
78	BOLT1	2	GB/T 70.1-2000 M6*12
79	The brake block assembly	1	WELDING
80	High magnetic	8	28*20*10

1 Safety Instructions

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

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 130kg/ 20.4 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.
- DO NOT jump onto the exercise bike.

WARNING

- Keep water and liquids away from electrical parts.

EXERCISE SAFETY PRECAUTIONS

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

FACILITY SAFETY PRECAUTIONS

- DO NOT operate this bike in damp or wet locations.
- Use caution when getting on or off the bike.
- Check the exercise 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 (3) the bike has been dropped or damaged.
- DO NOT use the exercise bike outdoors.
- Read the instruction manual completely before using the bike.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the bike 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 exercise bike is clear of walls, equipment and other hard surfaces.
- Modifications can be made to the bike if necessary however, they must not damage the original bike itself. Any queries can be answered by our customer service team on 0121 328 7507 - 0800 6123 988.
- 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.

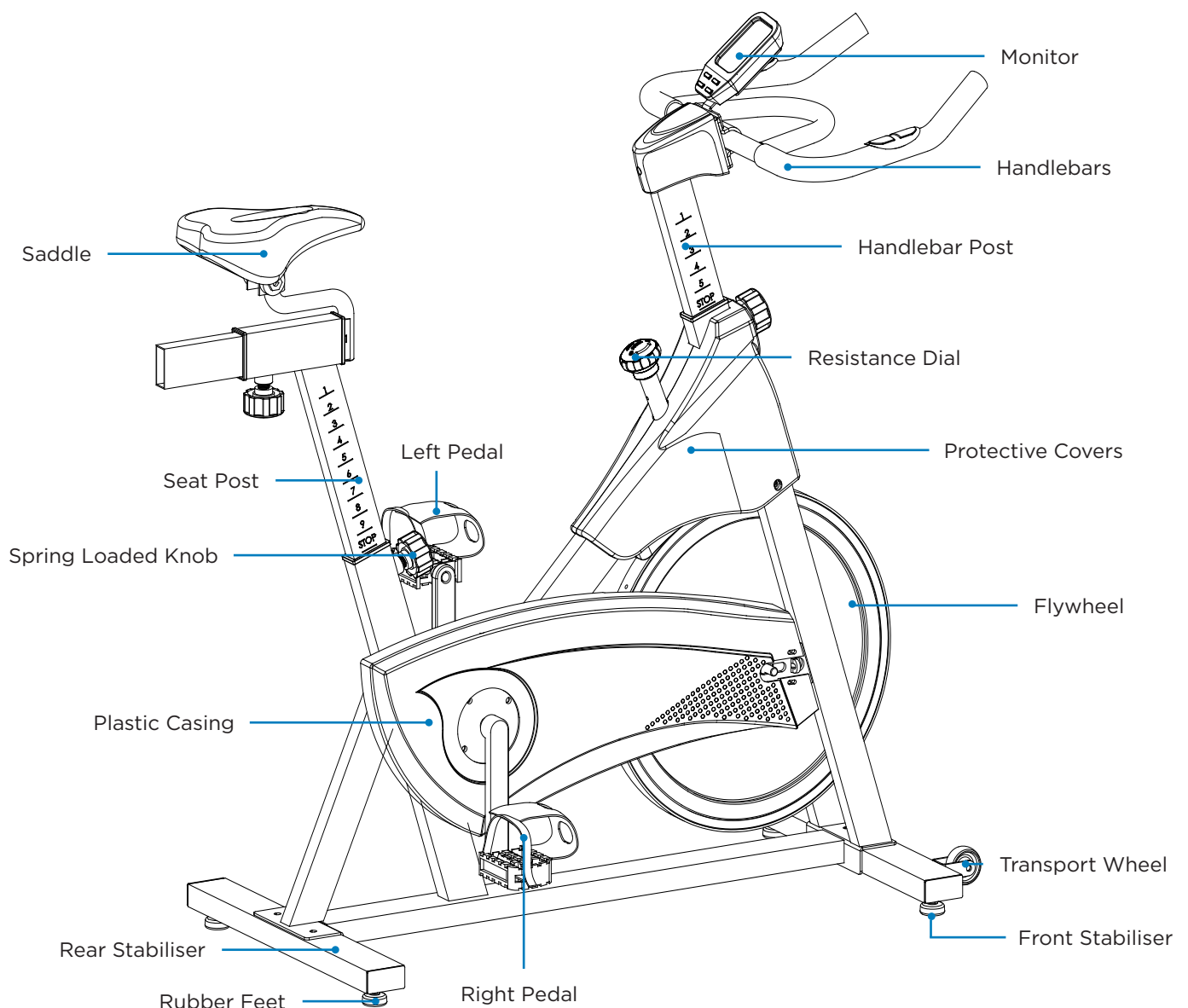
2 Assembly

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.

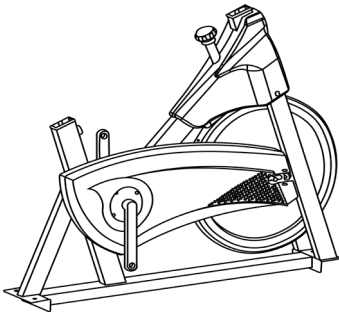
DIAGRAM



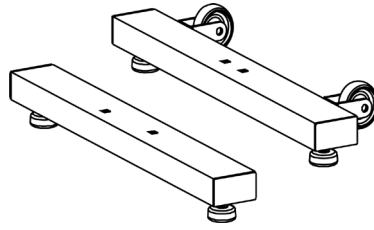
CONTENT LISTING

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

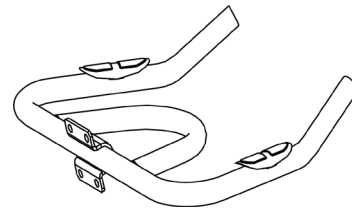
BOX CONTENTS



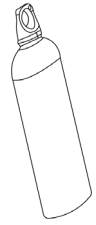
Exercise Bike Base



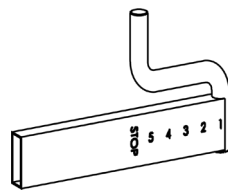
Front and Rear Stabilisers



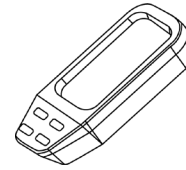
Handlebars



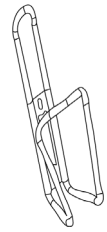
Bottle



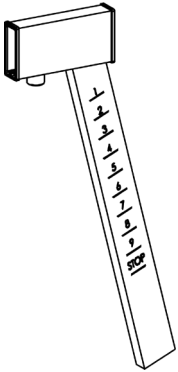
Horizontal Seat Post



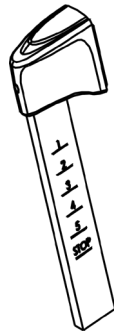
Monitor



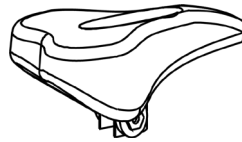
Bottle Holder



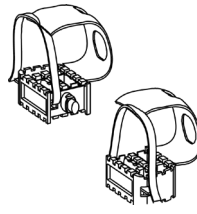
Verticle Seat Post



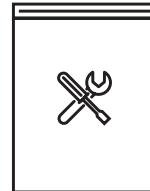
Handlebar Post



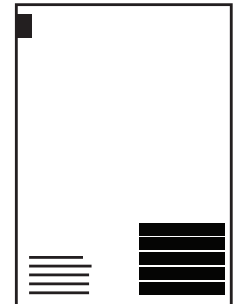
Saddle



Pedals x2

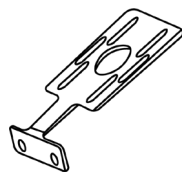


Tools Pack²



Manual

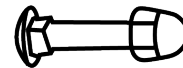
² TOOLS PACK



Monitor Bracket
x1



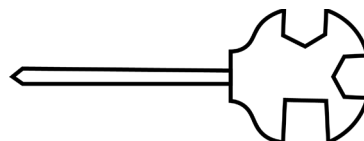
Spring Loaded Knob
x3



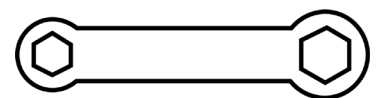
M8*42 Carriage Bolts
and M8 Domed Nuts
x4



Hex Allen Key
x1



Multi-tool
x1



Wrench
x1

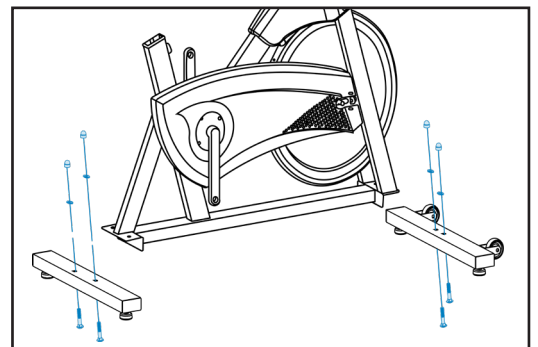
IC300 PRO ASSEMBLY

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 IC300 PRO please follow these easy steps:

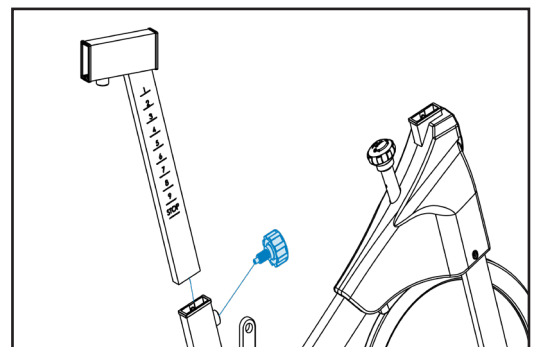
STEP 1

Attach the front and rear stabilisers to the main frame using 4 x M8*42 carriage bolts, 4 x flat washers and 4 x M8 domed nuts.



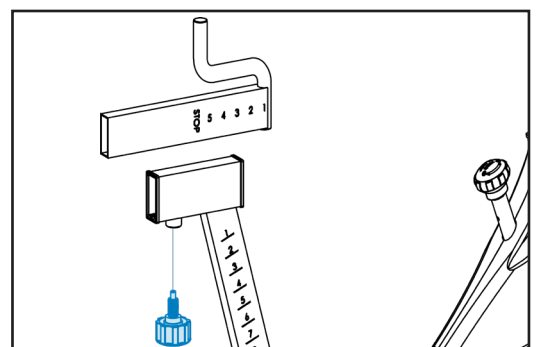
STEP 2

Slide the verticle seat post into the frame and secure using the spring loaded knob.



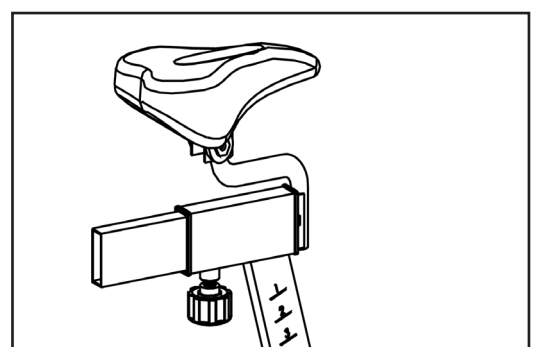
STEP 3

Attach the horizontal seat post to the verticle seat post and secure using another spring loaded knob.



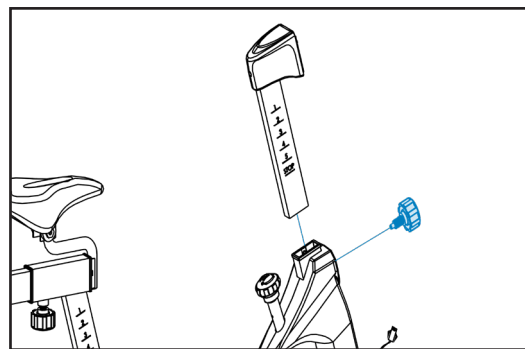
STEP 4

Attach the saddle to the seat post and tighten both sides using the mutli-tool and wrench.



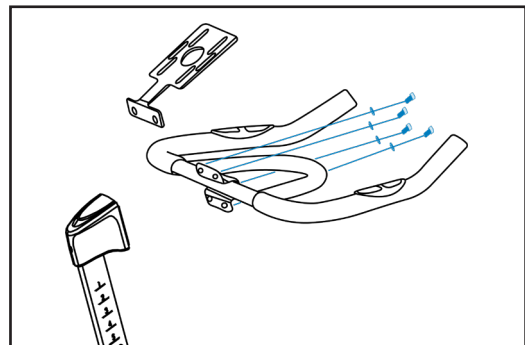
STEP 5

Slide the handlebar post into the frame and secure using the spring loaded knob.




STEP 6

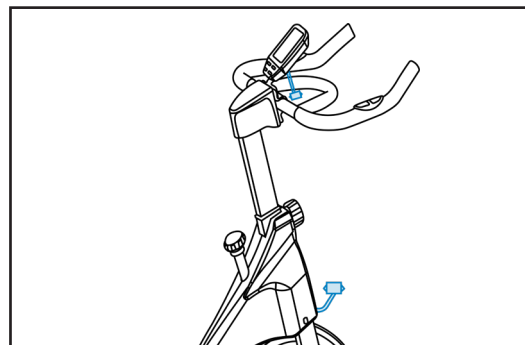
Hold the monitor bracket to the back of the handlebars, making sure the bracket is pointing away from the bike. Feed the four Allen head bolts and four spring washers through the handlebars and secure to the handlebar post. Tighten using the Allen key.



STEP 7

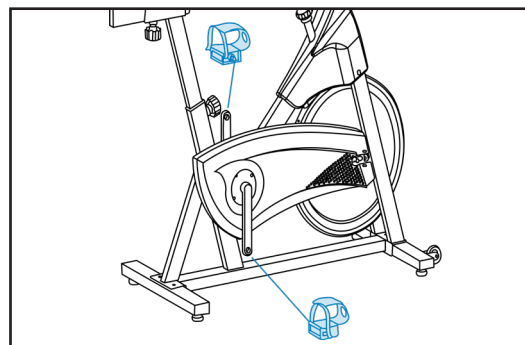
Attach the monitor onto the bracket using the screws found in the back of the monitor and connect the sensor wire.

 NOTE: Make sure the pins within the wires are straight.



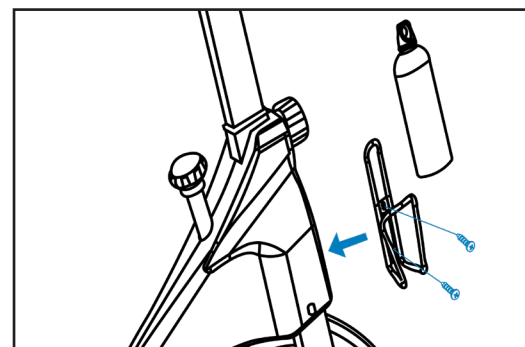
STEP 8

Connect the pedals to their appropriate cranks. The right pedal should be threaded clockwise and the left pedal anti-clockwise.



STEP 9

Finally, attach the bottle holder to the frame using the two screws already found on the left hand side of the bike. Use the end of your multi-tool.



⚠ WARNING: HEAVY EQUIPMENT

- It is recommended that at least two people lift, move and assemble the bike.
- Use safe lifting methods.

MONITOR CONFIGURATION



1	LCD Main Display	3	Buttons
2	Individual Function Screens		

TESTING THE BIKE OPERATION

Use the following instructions to test the resistance and correct operation of the bike.

1. Without anyone on the bike, turn the resistance dial both clockwise and anti-clockwise and check to see if the magnets moves closer or further away from the flywheel.
2. Now sit on the bike and begin to pedal, again turn the resistance dial in both directions and check to feel the difficulty of pedalling changing.
3. Whilst pedalling press down the resistance dial to check the emergency stop function.
4. Whilst pedalling on the bike make sure there are no noise issues or wobbling coming from the bike.

SPECIFICATIONS

Display	LCD Displays: Time, distance, calories, RPM, pulse, speed and scan mode.
Transport	Built-in wheels.
Flywheel	20kg flywheel which allows a smooth ride for beginners or a challenging and tough workout for serious athletes.
Resistance	Magnetic resistance offers a tough but smooth and quiet workout.
Safety	Emergency stop feature.
Crank	3 piece crank system on the pedals making it stronger and more reliable.
Seat	Padded seat for your comfort.
Pedals	Fitted pedals with secure foot cage.
Handlebars	Ergonomic adjustable handlebars can be moved vertically.
Maximum User Weight	130kg, 20.4 St or 286.6 lb
Occupying Area	131 cm (Length) x 51 cm (Width) x 112 cm (Height)
Packaging Dimensions	108 cm (Length) x 19.5 cm (Width) x 84 cm (Height)
Gross Weight	49.9kg
Net Weight	45kg

3 Operation

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

EMERGENCY STOP FUNCTION

The resistance dial also functions as the emergency stop. In an emergency situation, press down firmly on the dial, this will cause the flywheel to come to a stop.

DATA READOUTS

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

- **Time:** The total time you have been working out. Display time as *hours: minutes*.
- **Speed:** Your current speed, displayed in miles per hour (mph).
- **Distance:** The total accumulated distance, in miles during your workout.
- **Calories:** The total accumulated calories burned during your workout.
- **RPM:** The number of revolutions being completed on average within a minute.
- **Pulse:** Calculates your current heart rate during your workout.
- **Scan Mode:** Displays each function continuously one after another.

MONITOR INSTRUCTIONS

SCAN MODE

When you first power on the monitor it will be set in a scan mode, displaying all your data every few seconds. There will be a scan graphic in the top left corner to indicate this, to exit scan mode press the mode button.

MAIN DISPLAY

Out of scan mode, continually press the mode button to change what function is displayed in the top display box. In each other section the text icon will flash to indicate which function is being displayed currently.

TARGET PROGRAMS

With the IC300 Pro monitor you are able to set a target time, distance, calories and pulse. Press the mode button until the function you want to set is flashing, then press the set button until the digits begin to flash. Continually press set to increase the digits. Once you've set your target, you can either set another by pressing the mode button to move onto the next setting or start pedalling to begin your workout.

RECOVERY FUNCTION

After exercising for a period of time, keep your hands on the pulse plates, stop pedalling 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.

RESETTING YOUR MONITOR

To reset the digits on your monitor press and hold the reset button, this will return everything to zero.

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 maintain it. 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. 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.
3. Direct spraying could cause damage to the electronics and may void the 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.

⚠ 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.

EXERCISE BIKE CLEANING

Keep the pedals free of dust and debris for smooth running and preventing injuries. Dust/debris may cause damage to the chain and other moving parts.

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

Vacuum or sweep the floor underneath and around the bike. A treadmill mat can help to reduce dust.

For further cleaning, use a soft cloth or paper towel dampened with water. Do not use abrasive or chemical cleaning agents.

EXERCISE BIKE BALANCE

Place the bike on a level floor to avoid it being off-balance. If that is not possible, level the bike by adjusting the rubber feet located underneath the stabilisers.

Check if the bike is balanced:

1. Stand in front of the unit with your hands on the handlebars.
2. Gently rock the bike from side to side checking for any movement.

⚠ 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 **CONTACT@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 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 bike. Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.COM

Follow us on Facebook and Twitter [@JLLFitness](#)

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