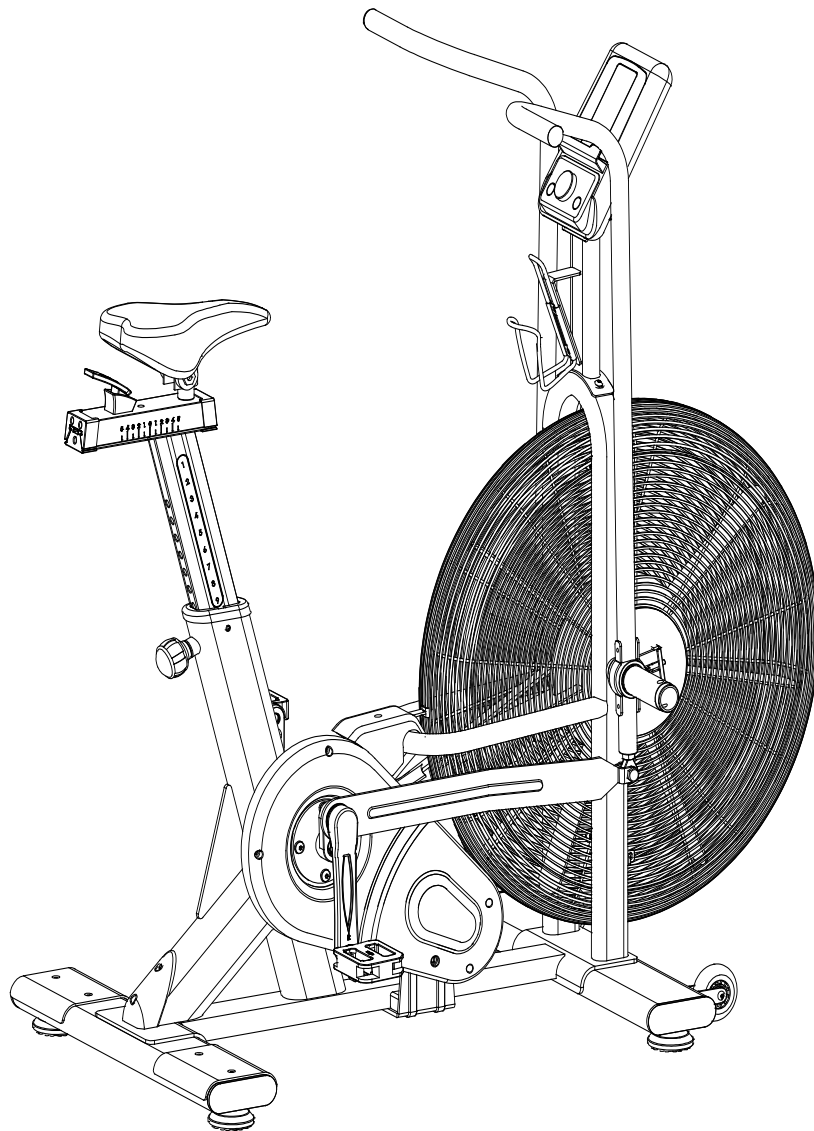


SONIC 1 AIR BIKE

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.



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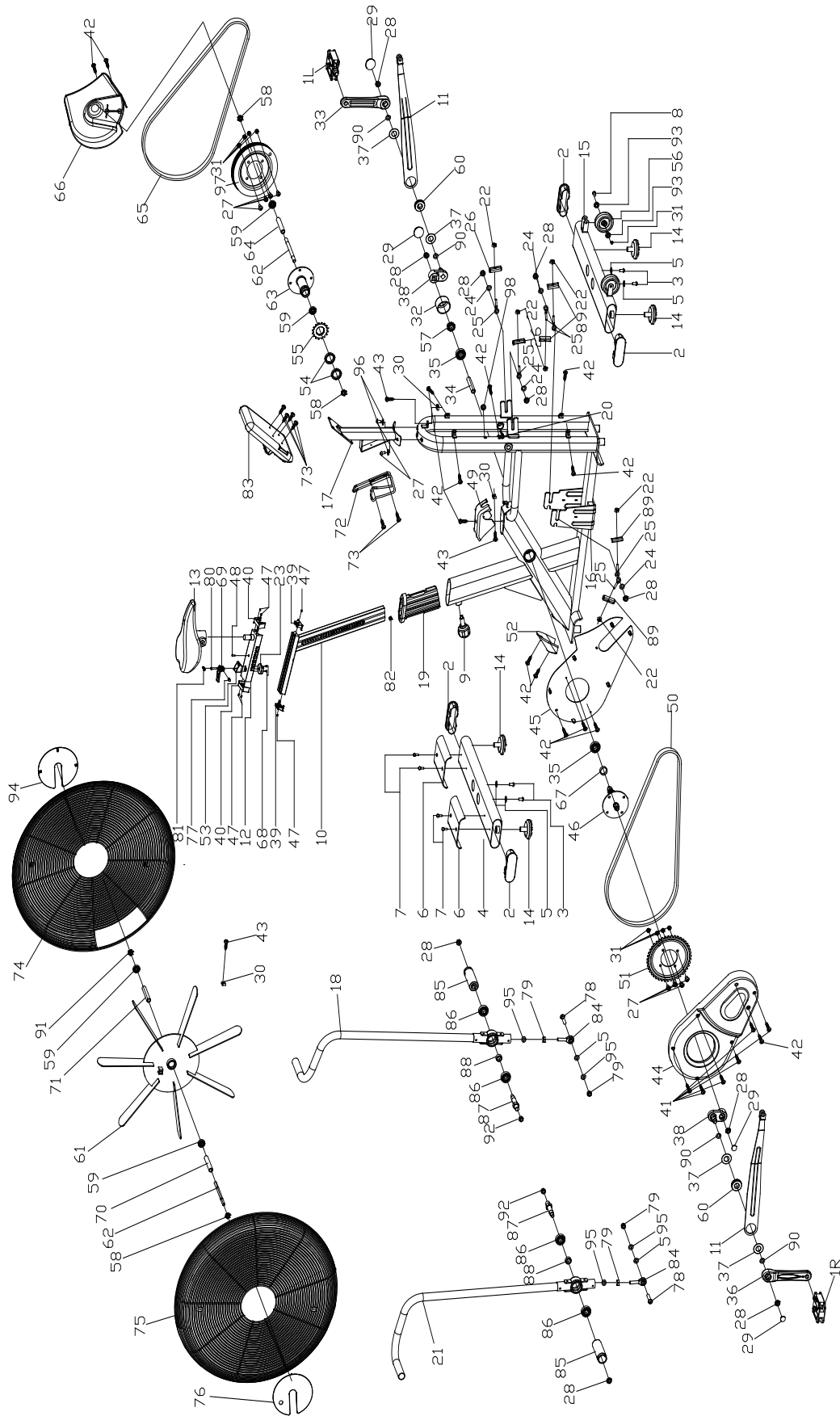
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EXPLODED DIAGRAM



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-304V (9/16")
2	END CAP3	4	120*40*35
3	BOLT 1	4	M10*30
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	6	10
6	FRONT COVER	2	160*128*3
7	BOLT 1	4	GB/845-85 ST4.8X19
8	BOLT 2	2	M8*40
9	SHAPE KNOB	1	φ50*91 (M16*35)
10	VERTICAL SEAT POST	1	WELDING
11	Drive assembly	2	WELDING
12	SEAT POST	1	WELDING
13	SEAT	1	VL-6038E
14	STOPPER	4	φ70*41/(M16X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	Electronic watch connecting assembly	1	WELDING
18	The left handlebar assembly	1	WELDING
19	PLASTIC SLEEVE	1	103*53.5*178
20	SENSOR	1	SR-202
21	Right handlebar assembly	1	WELDING
22	NUT	6	M6
23	FIXING NUT 2	1	φ44.8*16.5
24	FLAT WASHER	4	12
25	FIXING BOLT	6	M6*58
26	Pull out the fixed piece	2	53
27	BOLT 1	10	M8*16
28	NUT	10	M12X1.25
29	CRANK END CAP	4	φ28*6.5
30	Sprocket buckle	6	δ1
31	NUT	10	GB/T 889.1-2000 M8
32	PLASTIC RING	1	φ56*28
33	LEFT CRANK	1	170*15
34	LONG FIXING TUBE	1	φ25*φ20.2*41.2
35	BEARING	2	6004ZZ (NBK)
36	RIGHT CRANK	1	170*15
37	Outer spring	4	42
38	Crank drive assembly	2	80*65
39	COVER	2	56*23.6*24.6
40	COVER	2	58*36.3*22.7
41	SCREW 1	6	GB/T 845-1985 ST4.2*19
42	SCREW 2	14	GB/T 845-1985 ST4.2*19
43	SCREW 3	6	GB/845-85 ST4.8X19
44	CHAIN COVER 1	1	478*270*60
45	CHAIN COVER 2	1	469*241*23
46	AXIS	1	φ20*162
47	BOLT 7	6	M4*12
48	BOLT 8	1	M5*18
49	CHAIN COVER	1	146*65*73

NO	NAME	QUANTITY	SPEC
50	SHORT CHAIN WHEEL	1	P=12.7, 66
51	BELT WHEEL	1	P=12.7,Z=52T
52	FRONT COVER	1	122*56*45
53	Handle base	1	41.5*30*30
54	LOCK NUT	2	M33*1*4
55	CHAIN WHEEL 1	1	A7K-16 1/2**1/8" 16T (1.37")
56	WHEEL	2	φ75*24
57	FIXING NUT	1	M20*1.0
58	FIXING NUT 2	3	M12X1.25 H=6
59	BEARING	4	6001ZZ
60	BEARING	2	6004ZZ
61	Rim assembly	1	φ640*69
62	FLYWHEEL SHAFT	2	φ12*160
63	Double drive assembly	1	φ110*107
64	Double drive inner sleeve	1	φ16*φ12.2*91.1
65	BELT	1	5PK1346
66	CHAIN COVER 3	1	248*269*80
67	SHORT FIXING TUBE	1	φ25*φ20.5*9
68	BOLT 1	2	GB/845-85 M4*12
69	Handle	1	79*32*32.6
70	Flywheel outer tube	1	φ16*φ12.2*35
71	Flywheel inner casing	1	φ16*φ12.2*53.1
72	BOTTLE HOLDER	1	φ6
73	SCREW 3	2	GB/T 5780-2000 M5*10
74	The left wheel cover	1	φ690*55
75	Right wheel cover	1	φ690*55
76	Fan baffle	1	φ170*10
77	Handle rotary copper sleeve	1	φ12*20
78	BOLT 3	2	M10*45
79	NUT	4	GB/T 889.1-2000 M10
80	BOLT 16	1	M6*35
81	Handle cover	1	φ16.4*10.3*5.5
82	LITTLE RUBBER	1	19.6*15.6*13.7
83	COMPUTER	1	SI-8210
84	Universal joint	2	70*28 (M10)
85	Foot lever	2	φ38*110(M16*1.5)
86	BEARING	4	6203ZZ
87	Foot lever	2	φ22*110(M16*1.5)
88	Foot lever bushing	2	φ24*φ17.2*11.1
89	Small retaining plate	4	δ3
90	corrugated gasket	4	φ20
91	FIXING NUT 1	1	M12X1.25 H=10
92	NUT	2	GB/T 889.1-2000 M16 H=12
93	BEARING	4	608ZZ
94	Fan baffle	1	φ170*10
95	SPRING WASHER	4	GB/T 859-1987 10
96	SPRING WASHER 2	2	GB/T 859-1987 8
97	BELT WHEEL	1	φ200*24
98	Plastic plug	1	φ14*14

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.
- 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.

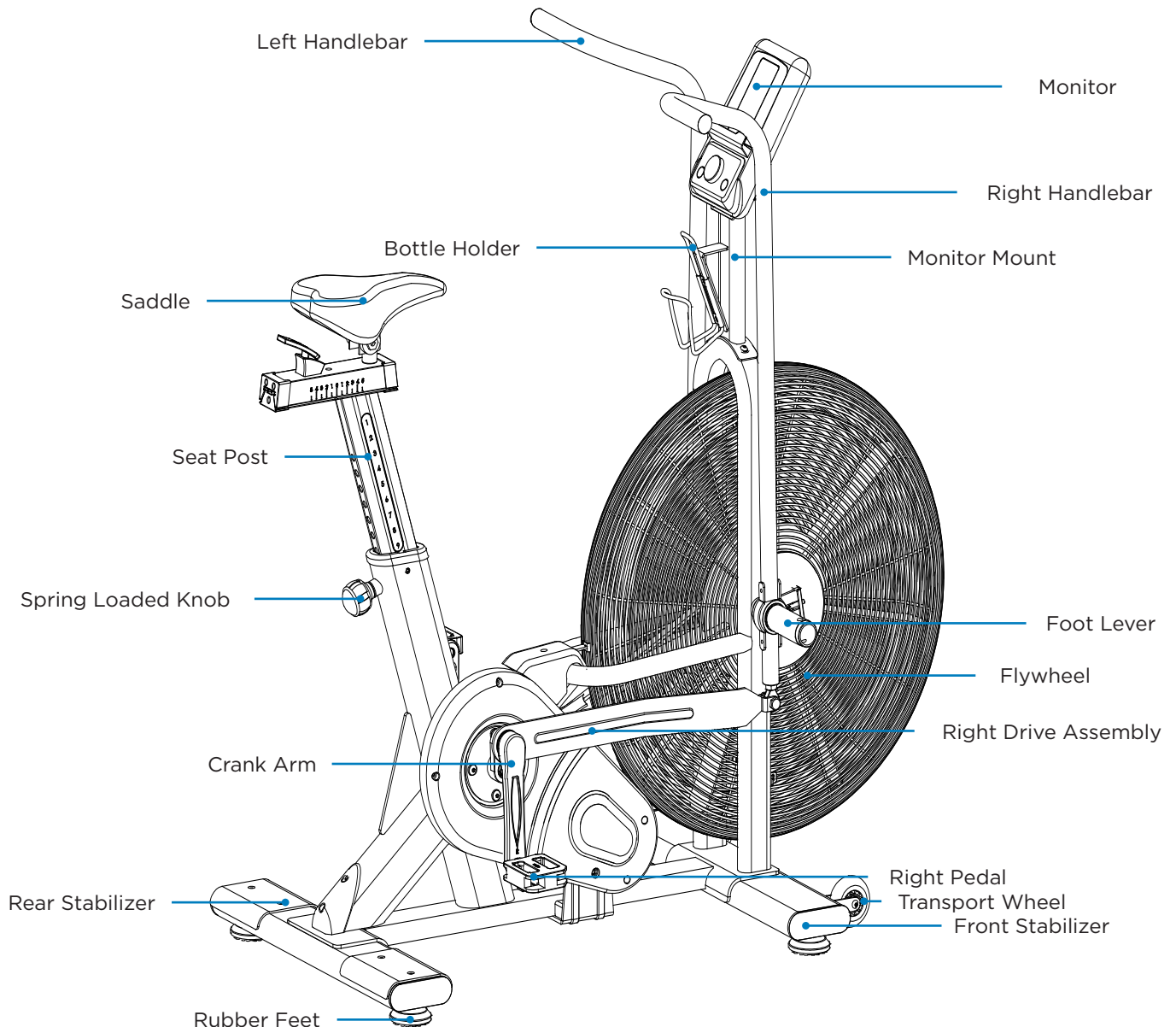
2 Assembly

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.

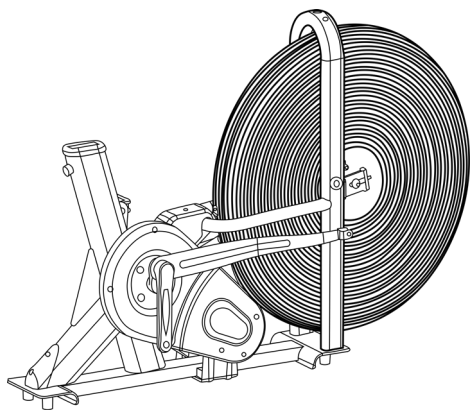
DIAGRAM



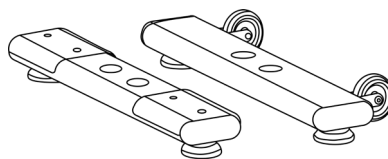
CONTENT LISTING

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.

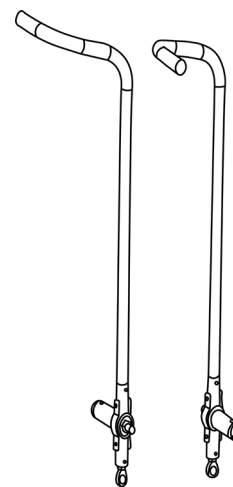
BOX CONTENTS



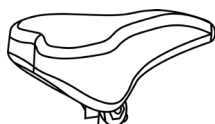
Exercise Bike Base



Front and Rear Stabilizers



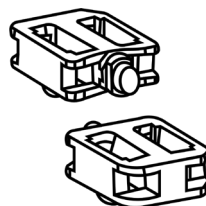
Handlebars



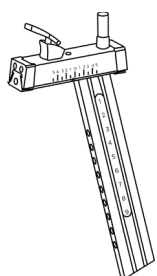
Saddle



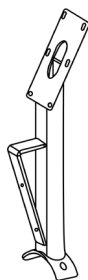
Oil Bottle x2



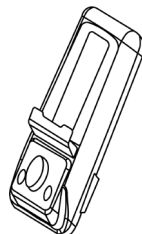
Pedals x2



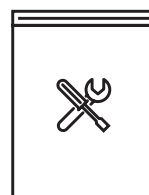
Seat Post



Monitor Stand



Monitor



Tools Pack²

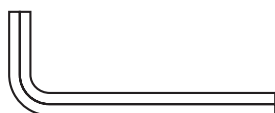


Manual

² TOOLS PACK



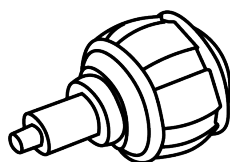
3mm Allen Key
x1



4mm Allen Key
x1



6mm Allen Key
x1



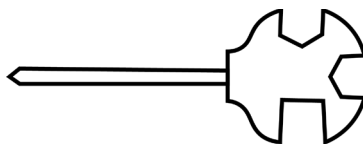
Spring Loaded
Knob
x1



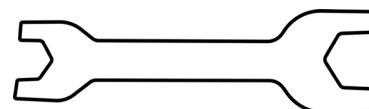
Flat Washer
x4



M10 Allen
Head Bolt
x4



Multi-tool
x1



Wrench
x2

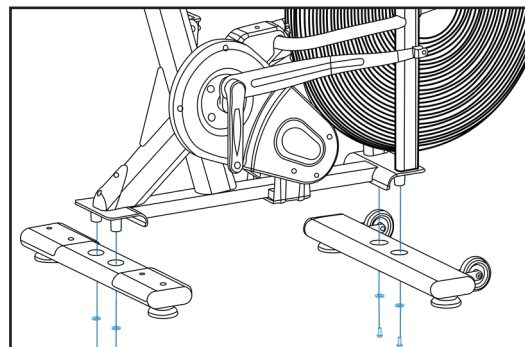
SONIC 1 ASSEMBLY

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 SONIC 1 please follow these easy steps:

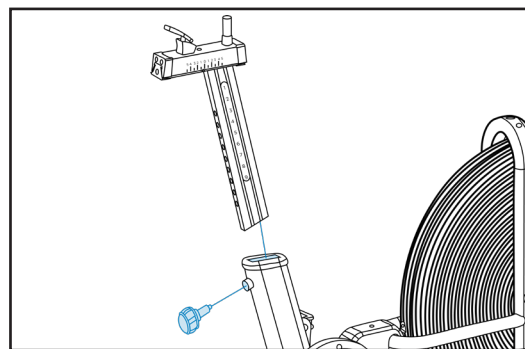
STEP 1

Attach the front and rear stabilizers to the main frame using 4 x flat washers and 2 x bolts (Bolt 1).



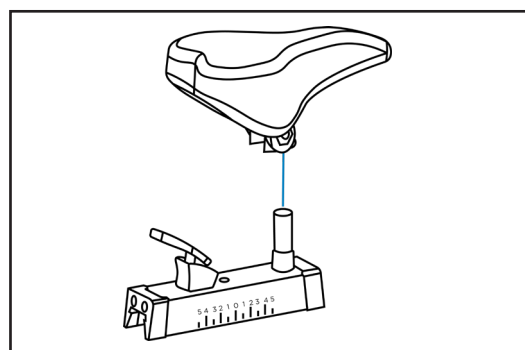
STEP 2

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



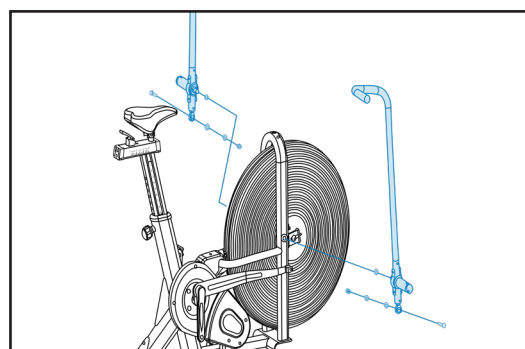
STEP 3

Fix the saddle to the seat post by placing it on top and tightening the bolts on either side.



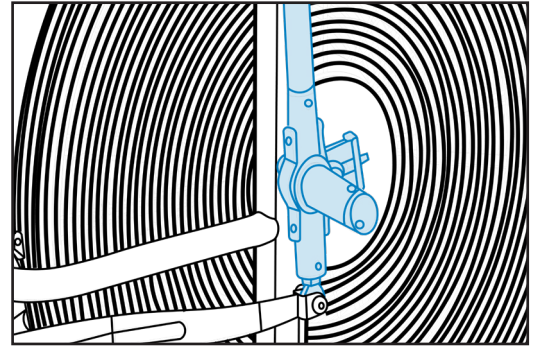
STEP 4

Attach the right and left handlebars to the main frame by lifting up the drive assembly, aligning the holes to the ball joint at the bottom of the handlebars. Insert 1 x hex bolt (Bolt 3), add 1 x spring washer and 1 x flat washer to the other side and secure with a hex nut.




STEP 5

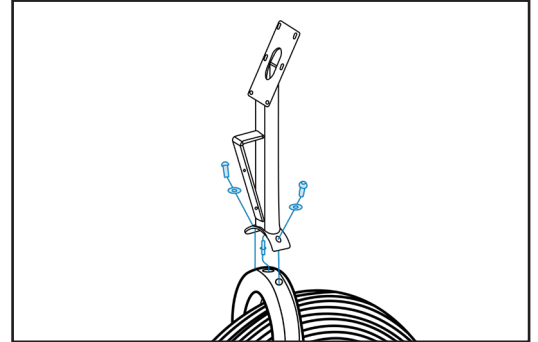
Screw the foot lever on either side towards the front of the bike to secure the handlebars.



STEP 6

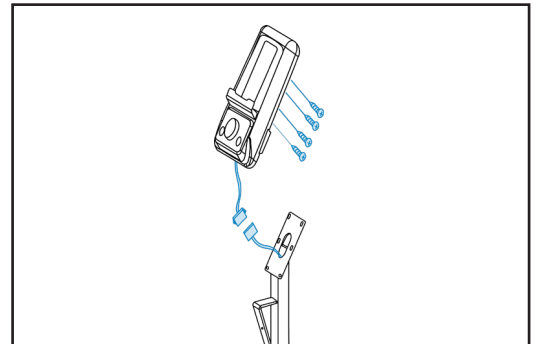
Clip together the connection wire from the main frame to the monitor stand. Then attach the monitor stand to frame using 2 x Allen head bolts and 2 x washers.

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



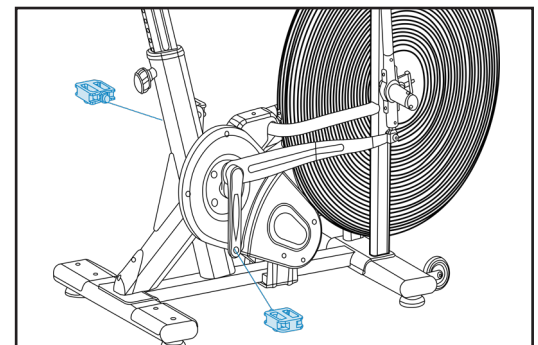
STEP 7

Clip together the connection wire from the monitor to the frame then, attach the monitor to the monitor stand using the four screws in the back of the monitor.



STEP 8

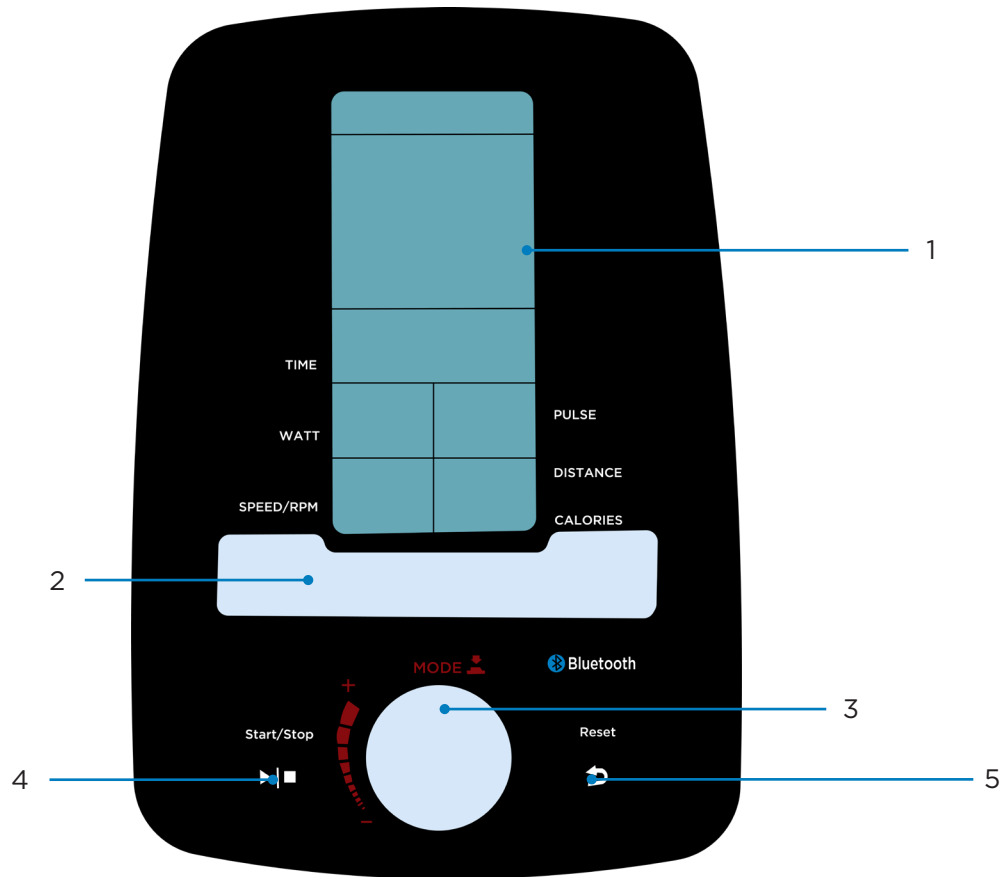
Connect the pedals to their appropriate cranks. The right pedal should be threaded clockwise and the left pedal anti-clockwise.



⚠ 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 display	4	Start/Stop Button
2	Tablet Holder	5	Reset Button
3	Dial/Mode Button		

TESTING THE BIKE OPERATION

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

1. Sit on the bike and begin to pedal, check to feel the difficulty of pedalling changing the faster you go.
2. Whilst pedalling on the bike make sure there are no noise issues or wobbling coming from the bike.

SPECIFICATIONS

Display	LCD Displays: Time, speed, distance, calories, RPM, Watt and scan mode.
Transport	Built-in wheels.
Flywheel	Fan based flywheel
Resistance	Levels of resistance change with air flow.
Safety	Secure cage around the fan.
Working Temperature	5° C - 40° C
Crank	3 piece crank system on the pedals making it stronger and more reliable.
Seat	9 levels of verticle adjustment, 5 levels of horizontal adjustment
Pedals	Fitted pedals
Handlebars	Long L shaped handlebars for comfort and power control
Maximum User Weight	130kg, 20.4 St
Occupying Area	139 cm (Length) x 67 cm (Width) x 124 cm (Height)
Packaging Dimensions	Box 1 - 132 cm (Length) x 27.5 cm (Width) x 89 cm (Height) Box 2 - 63 cm (Length) x 35 cm (Width) x 19.5 cm (Height)
Gross Weight	Box 1 - 49.5kg Box 2 - 11.5kg
Net Weight	Box 1 - 43kg Box 2 - 10.5kg

3 Operation

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

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:** Displays the revolutions per minute.
- **Watt:** Displays the power consumption during your workout.
- **Scan Mode:** Displays each function continuously one after another.

Please Note: The pulse function on the monitor is only active when used in conjunction with a heart rate band / smart watch and is used whilst in the iConsole app. (Heart rate band / smart watch are not provided)

SETUP

POWER ON

Insert the batteries into the back of the monitor, this will initiate the power along with a buzzer sound. All the LCD segments will be shown then you will be able to go to the user setting mode. After 4 minutes of no activity the monitor will power off.

USER DATA SETTINGS

Use the silver dial to select a user group from 1-4, press the dial to select. From then on you can set the gender, age, height (in) and weight (kg).

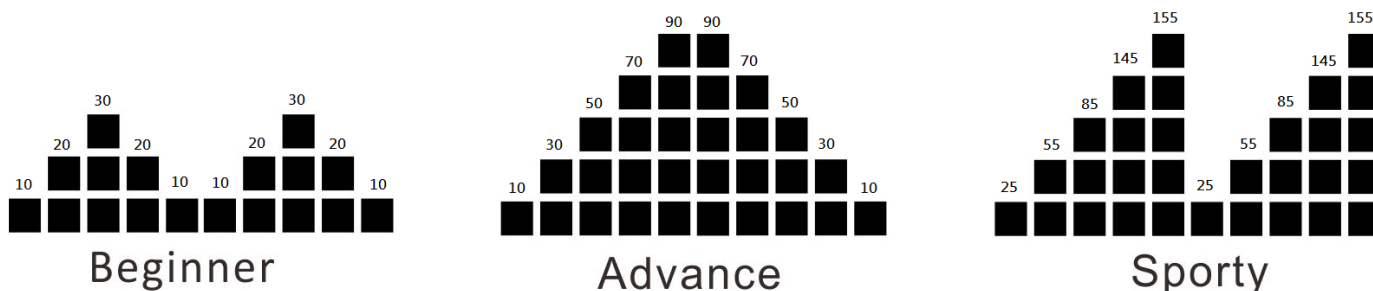
WORKOUT MODE SELECTION

After entering the data settings use the dial to select the workout mode. You can target time, distance, calories, heart rate, watt and watt program. Press the start/stop button to begin the workout.

WATT PROGRAM

Use the dial to select: Beginner, Advance or Sporty

Next set the duration of your workout, when you begin all the other settings will display accordingly. The graphic will also show both you and a coach going head to head in a race simulation.



BLUETOOTH FUNCTION

This monitor is equipped with Bluetooth which is designed to connect to the iConsole app which can be downloaded from the app store or google play on your device.

Bluetooth also allows you to connect to a heart rate band or smart watch should you have one.



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 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 stabilizers.

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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