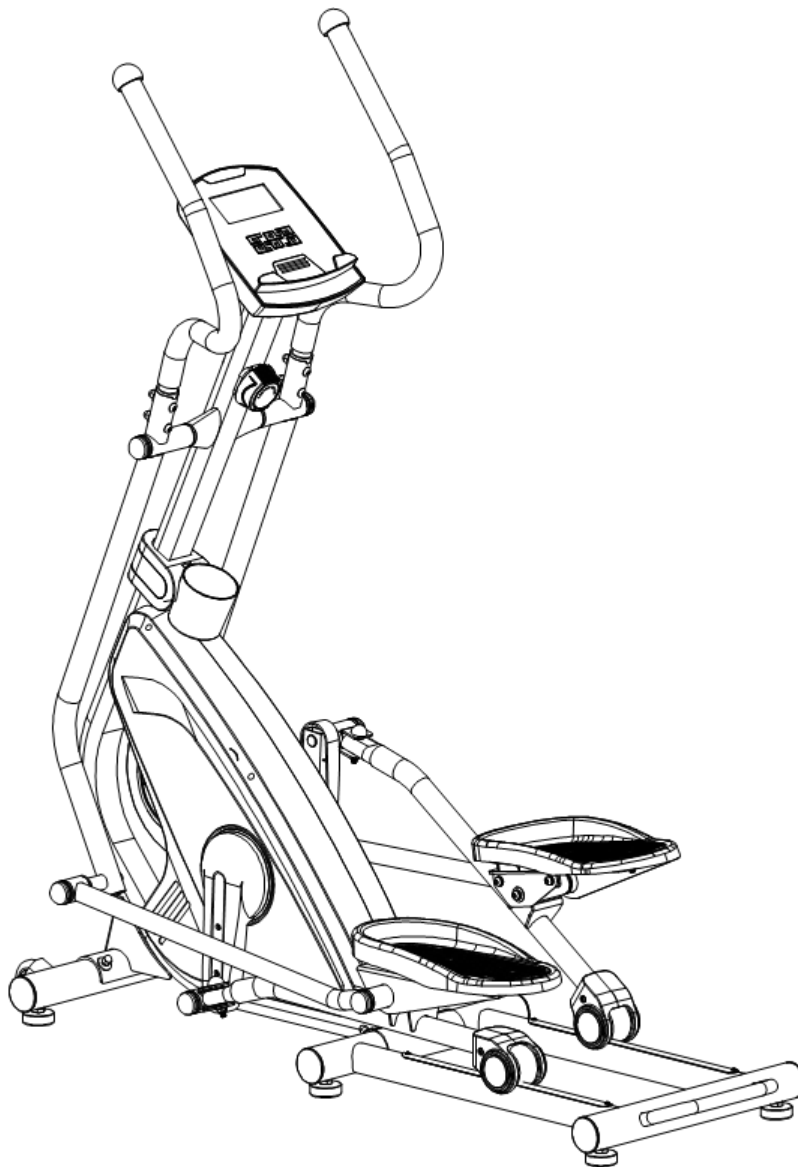


# **CT500** CROSS TRAINER

## **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.

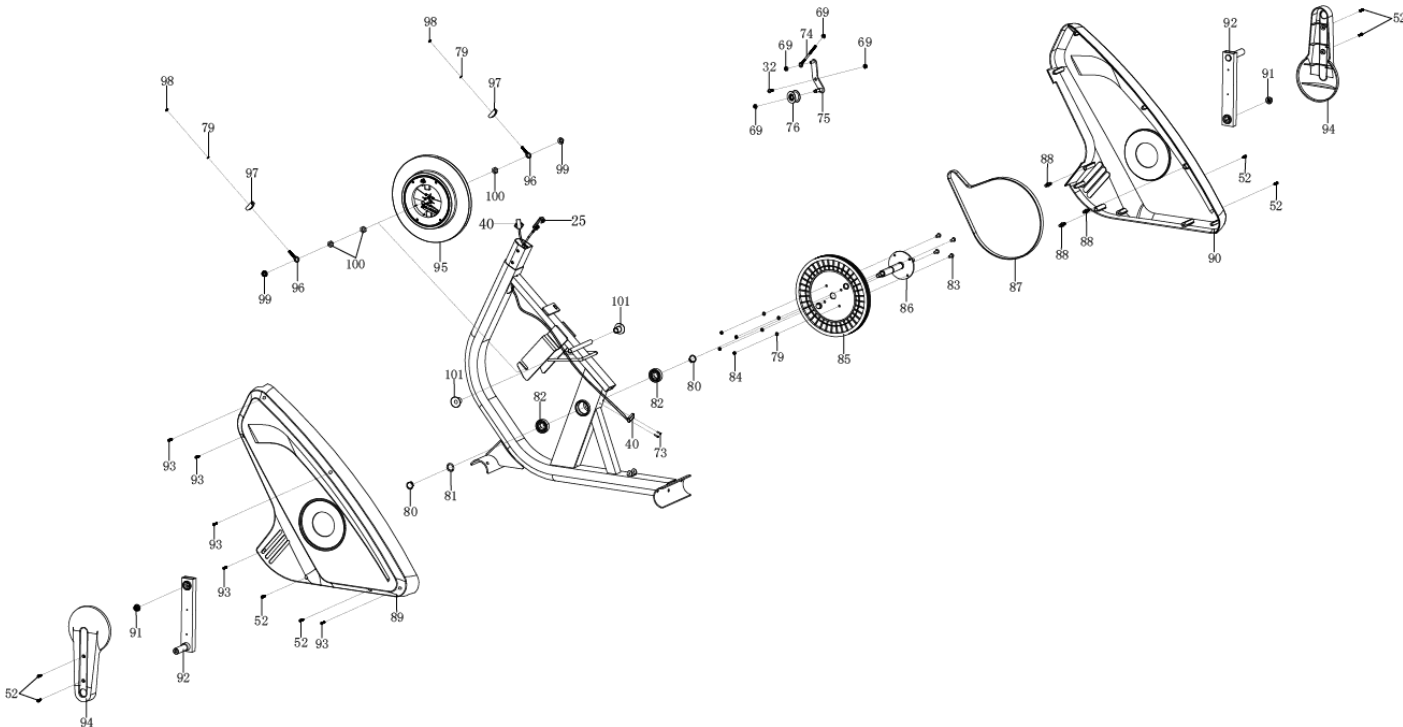
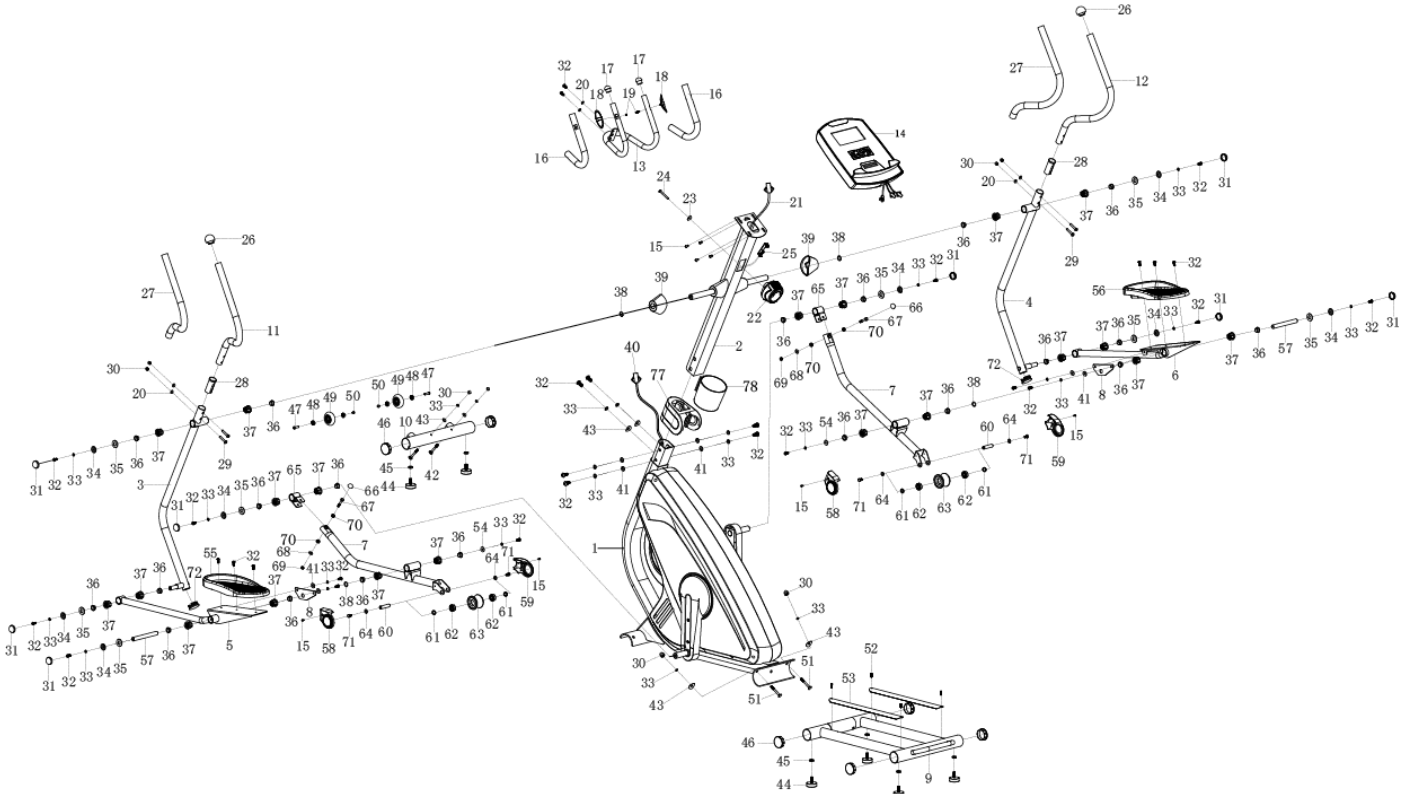


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# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	031	Cap Nut Ø38	8
002	Front Post	1	032	Bolt M8*20	29
003	Left Swing Tube	1	033	Spring Washer Ø8	24
004	Right Swing Tube	1	034	Washer Ø8* Ø33*2.0	8
005	Left Foot Tube	1	035	Big Washer Ø19* Ø38*3.0	8
006	Right Foot Tube	1	036	POM Bushing Φ27*11	20
007	Drive Tube	2	037	Plastic Bushing Ø38x24	20
008	Foot Tube Connect Patch	2	038	Wave Spring Washer Ø19* Ø26*0.3	4
009	Rear Main Frame	1	039	Shaft Sleeve	2
010	Front Stabilized	1	040	Sensor Wire L=750mm	1
011	Left Handrail Arm	1	041	Big Washers Ø8* Ø20*2.0	8
012	Right Handrail Arm	1	042	Bolt M8*75	2
013	Handlebar	1	043	Big Wave Washer Ø8* Ø20*2.0	6
014	Computer	1	044	Foot Pad M10*30	6
015	Screw M5*10	8	045	Nut M10	6
016	Handlebar Foam Grip Ø24* Ø31*450	2	046	Circular Tube Plug Ø60*1.5	6
017	End Cap for Handlebar Ø25*1.5	2	047	Bolt Ø8*32	2
018	Hand Pulse Sensor with WireL=750mm	2	048	Bearing608	4
019	Screw ST4.2*20	2	049	Roller wheel Ø71*24	2
020	Arc Washer Ø8* Ø16*1.5	6	050	Bolt M6*12	2
021	Extension Sensor WireL=900mm	1	051	Bolt M8*80	2
022	Tension Control Knob	1	052	Self-tapping screw ST4.2*20	12
023	Big Washer Ø5* Ø15*1.0	1	053	Aluminium Bar 530*42*2.1	2
024	Bolt M5*50	1	054	Big Washers Ø8* Ø25*2.0	2
025	Tension Cable L=700mm	1	055	Left Foot Pedal	1
026	End Cap for Handlebar Ø50	2	056	Right foot Pedal	1
027	Handlebar Foam Grip Ø31*Ø37*700	2	057	Bushing Ø19* 174	2
028	Bushing	2	058	Left Roller cover	2
029	Bolt M8*49	4	059	Right Roller cover	2
030	Cap Nut M8	8	060	Roller connecting shaft	2

No.	Description	Qty	No.	Description	Qty
061	Roller Spacing	4	091	Nut M 10x1.25	2
062	Bearing 6202	4	092	Crank Assembly	2
063	Pulley	2	093	Screw ST4.2*25	7
064	Washer Ø10	4	094	Crank Cover Cap	2
065	Foot Turn Tube Assembly	2	095	Flywheel	1
066	Nut Cap S13	2	096	Adjust Bolt M6*36	2
067	Bolt M8*50	2	097	U-bracket 31*30*δ1.0	2
068	Washer Ø8* Ø16*1.5	3	098	Bolt M6 S10	2
069	Lock Nut M8	5	099	Nut M 10*1.0*6	2
070	Rod Small End Bushing	4	100	Nut M 10	3
071	Bolt M8*16	4	101	Limit File Piece	2
072	Circular Tube Plug	2			
073	Screw ST2.9*12	2			
074	Adjust Bolt M8*110	1			
075	Idle Wheel Bracket	1			
076	Press Wheel	1			
077	Bottle Holder-A	1			
078	Bottle Holder-B	1			
079	Spring Washer Ø6	6			
080	Circlip Ø20*1.0	2			
081	Wave Washer Ø20* Ø24*0.3	1			
082	Bearing 6004-2Z	2			
083	Bolt M6*15	4			
084	Nut M6	4			
085	Belt Pulley	1			
086	Straight Spindle Assembly	1			
087	Belt	1			
088	Plastic Bolt Φ8*32	3			
089	Left Cain Cover	1			
090	Right Cain Cover	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. 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 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 110 KG / 17.3 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.
- 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 cross trainer.
- Check the cross trainer 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 cross trainer is not working adequately or (2) the cross trainer 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.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your cross trainer is clear of walls, equipment and other hard surfaces.
- DO NOT modify the cross trainer 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 cross trainer.

### **WARNING**

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



# 2 Assembly

## PREPARING SITE

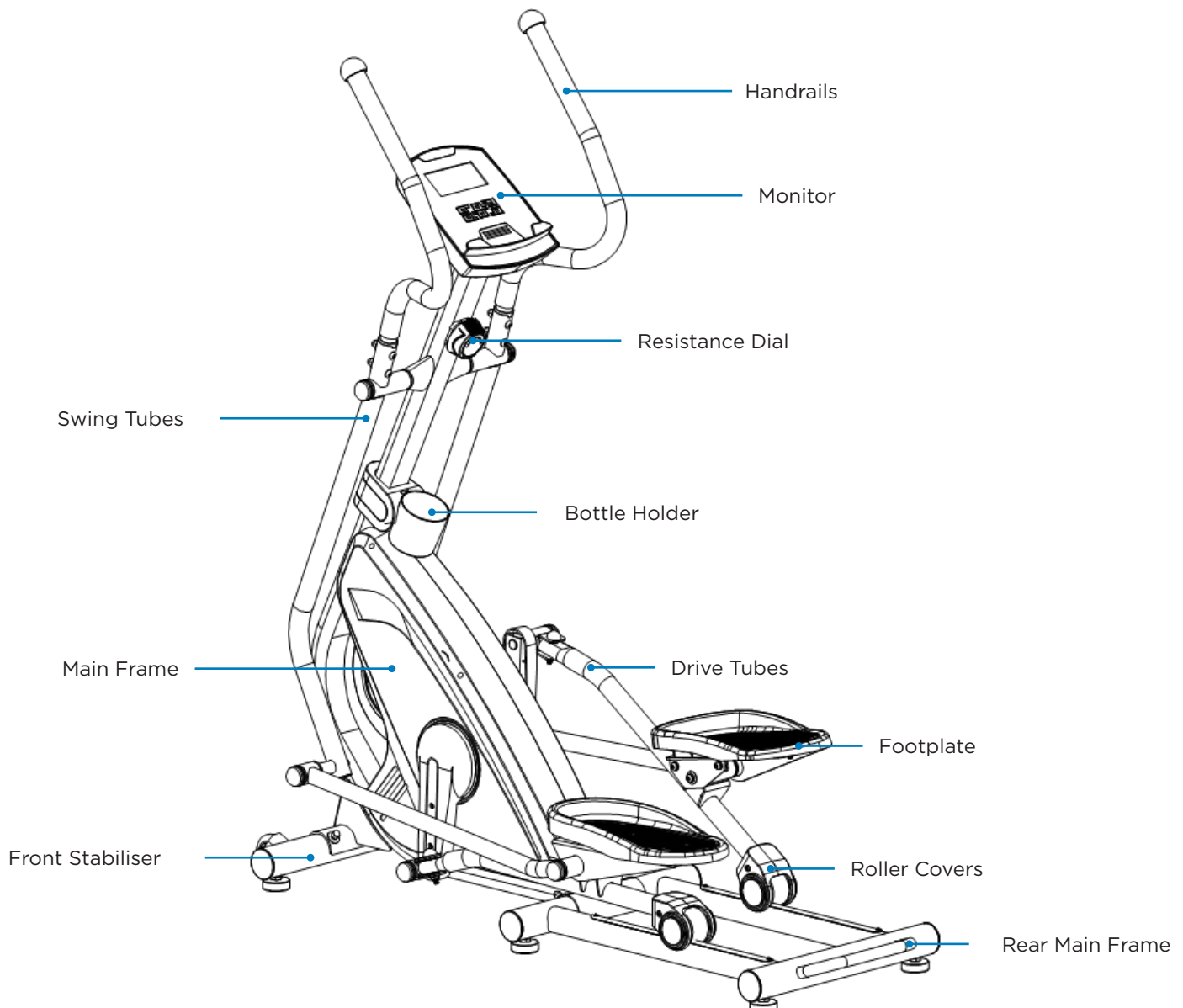
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To find the ideal location to set up this cross trainer, ensure that:

- 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

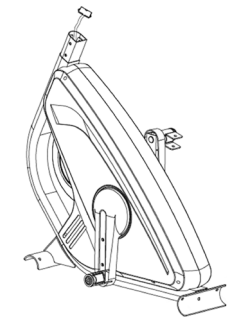
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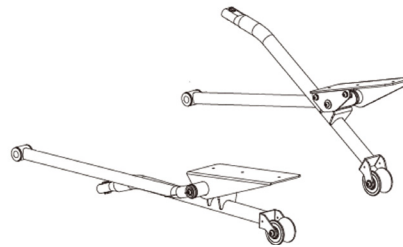
# CONTENT LISTING

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

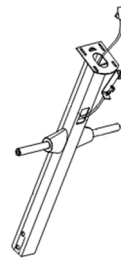
## BOX CONTENTS



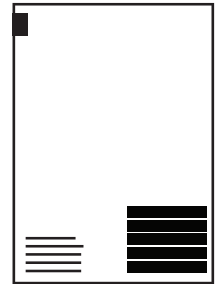
Cross Trainer Main Base



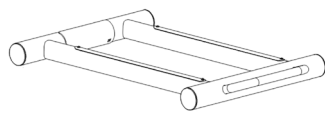
R/L Drive Tubes



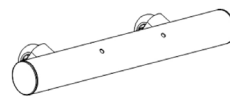
Front Post



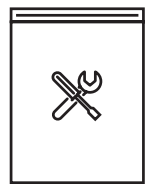
Manual



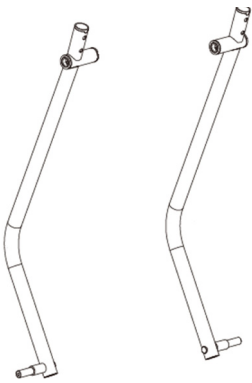
Rear Main Frame



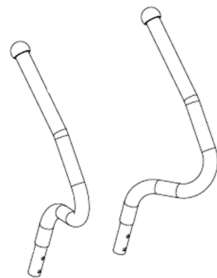
Front Stabiliser



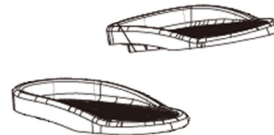
Tools Pack<sup>2</sup>



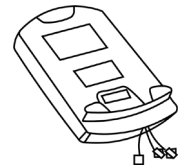
R/L Swing Tubes



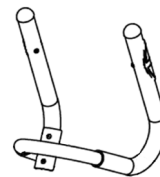
R/L Handrails



R/L Footplates



Monitor



Handlebar



Roller Covers



Resistance Dial



Bottle Holder Part B

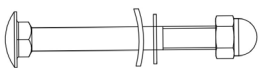


Bottle Holder Part A

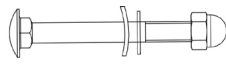


Foot Pads

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



M8x80 Bolt x2  
Arc Washer x2  
Spring Washer x2  
M8 Nut x2



M8x75 Bolt x2  
Arc Washer x2  
Spring Washer x2  
M8 Nut x2



M8x49 Bolt x4  
Arc Washer x4  
M8 Cap Nut x4



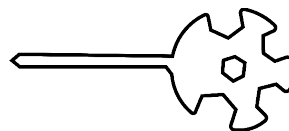
Cap Nut S13 x2



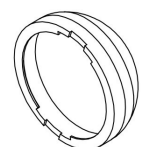
Hex Allen Key 6mm x1



Wrench x2



Multi-Tool x1



Cap Nut S38 x8

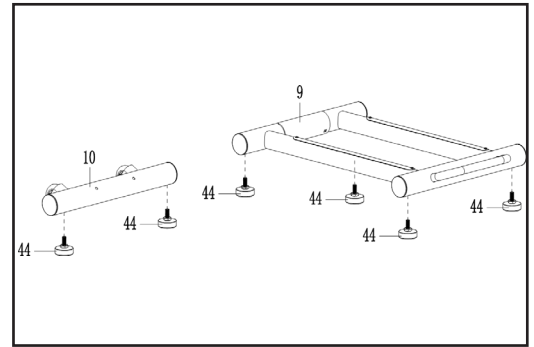
## CT500 ASSEMBLY

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, Multi-Tool, Washers and Bolts). See previous page.

To assemble your JLL CT500 please follow these easy steps:

### STEP 1

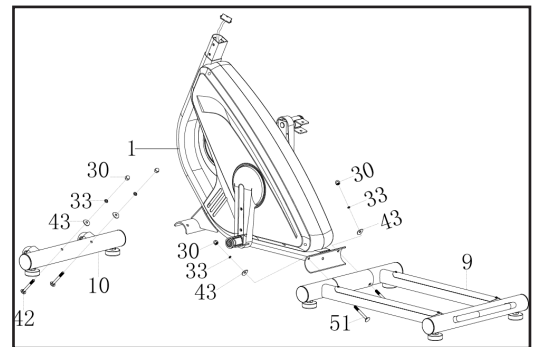
Attach the foot pads to the bottom of the front stabiliser and rear main frame.



### STEP 2

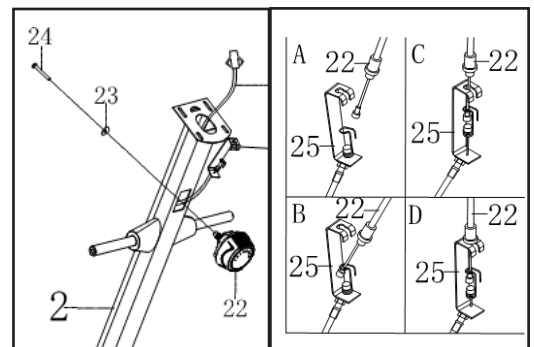
Attach the rear main frame to the main frame using two M8x80 bolts, two arc washers, two spring washers and two nuts.

Attach the front stabiliser to the main frame using M8x75 bolts, two arc washers, two spring washers and two nuts.



### STEP 3

Next, remove the M5x50 bolt and arc washer from the back of the front post. Attach the cable from the tension control knob to the spring hook on the front post and secure the tension control knob using the bolt and washer removed from earlier.

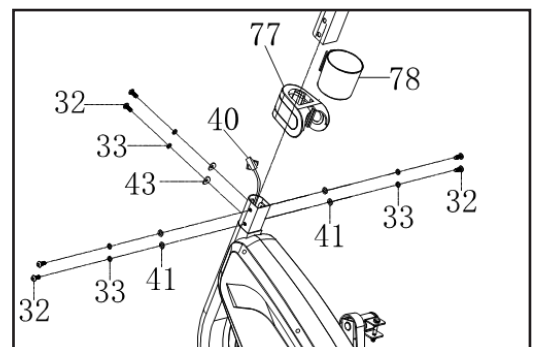


### STEP 4

Remove the six M8x20 bolts, spring washers and arc washers from the main frame.

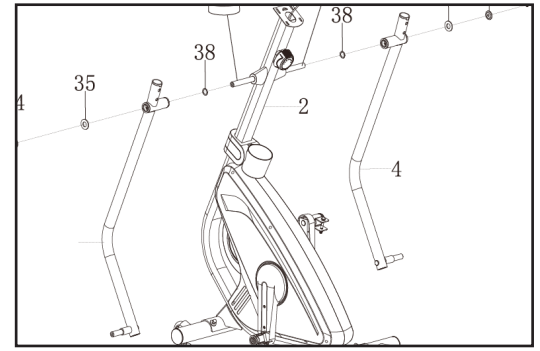
Then, connect the bottle holder part A to part B and slide onto the main frame.

Connect the sensor wire and tension cable from the front post to the main frame and secure using the bolts and washers removed from earlier.



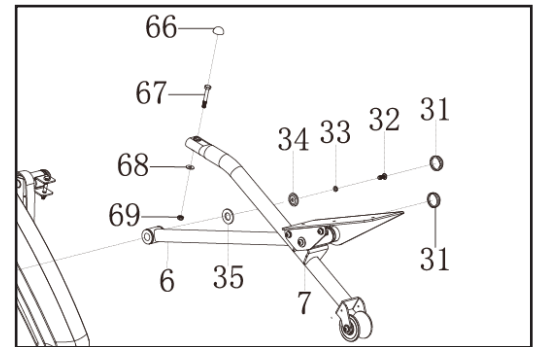
### STEP 5

Remove the two M8x20 bolts, spring washers, flat washers and large washers from the front post. Attach the right and left swing tubes to the front post using the bolts and washers which were removed. Then, attach the cap nuts over the top afterwards.



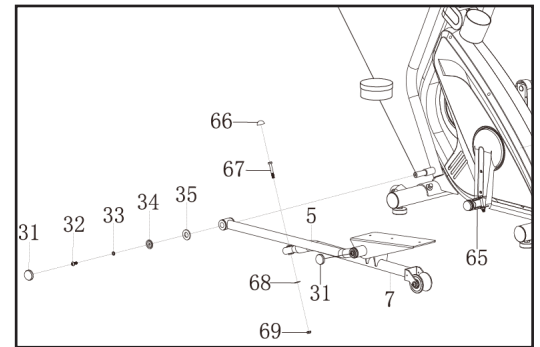
### STEP 6

Connect the right and left drive tubes to the right and left foot tubes using one M8x50 bolt, one flat washer and nut cap for each. These bolts and washers are found in the drive tubes.



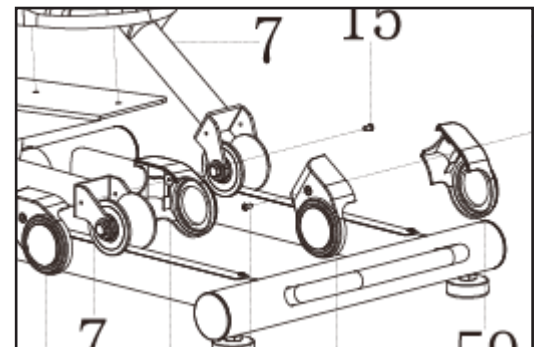
### STEP 7

Attach the foot tubes to the swing tubes with one M8x20 bolt, one spring washer, one flat washer and one large washer for each. These bolts and washer are found in the swing tubes. Add the two cap nuts on afterwards.



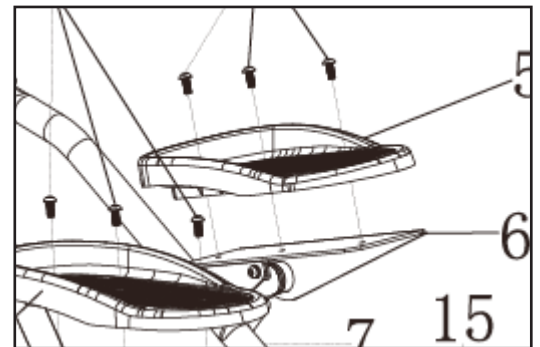
### STEP 8

Remove four M5x10 screws from the drive tubes and attach two sets of roller covers.



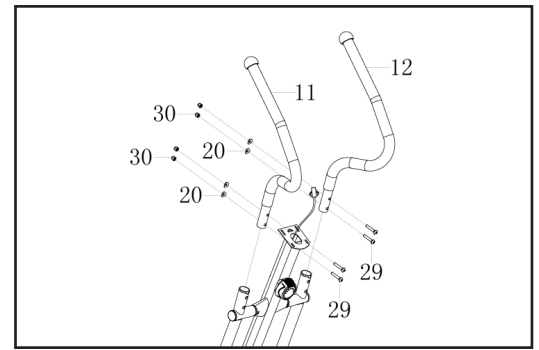
### STEP 9

Attach the right and left foot plates using three M8x20 bolts for each side. These bolts are found on the foot tubes.



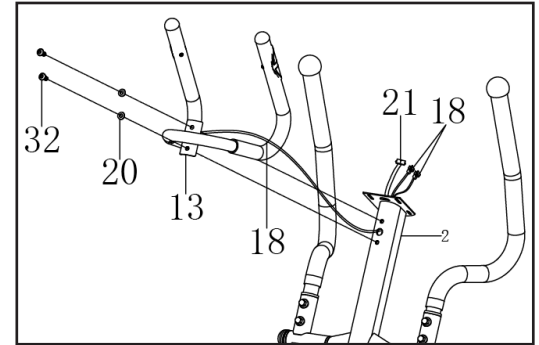
### STEP 10

Attach the right and left handrails to the swing tubes using two M8x49 bolts, two arc washers and two cap nuts for each.



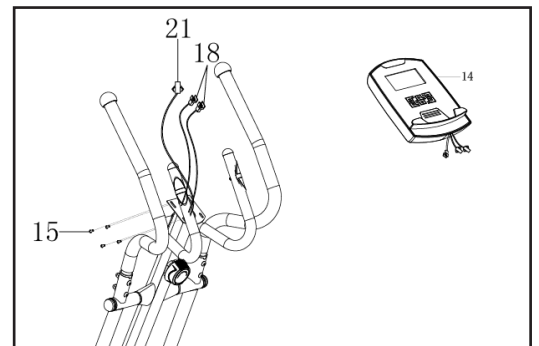
### STEP 11

Remove two M8x20 bolts and two curve washers from the back of the front post. Insert the pulse wires from the handlebar into the front post and pull them up and out of the top. Then, secure the handlebar using the bolts and washers removed from earlier.

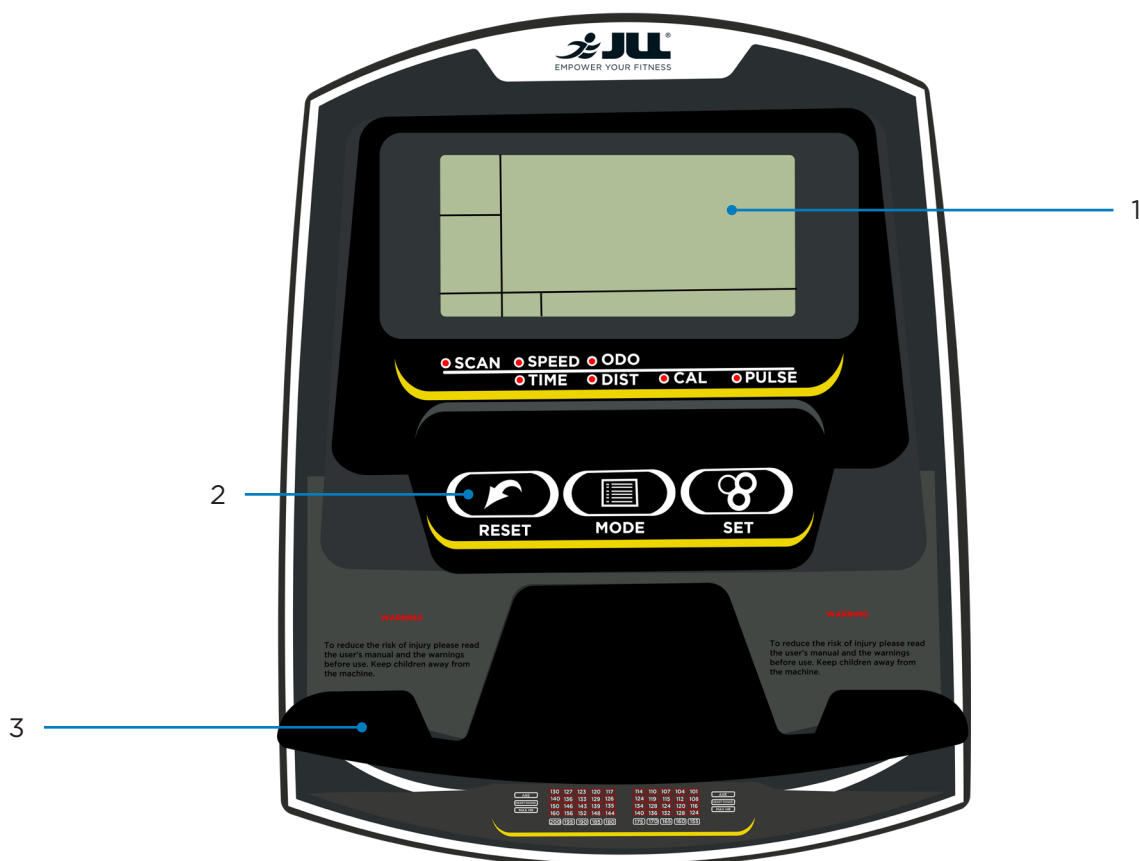


### STEP 12

Connect the sensor wires from the front post to the monitor. Secure the monitor to the bracket using four screws found in the back of the monitor.



## MONITOR CONFIGURATION



<b>1</b>	Main Display	<b>3</b>	Tablet Holder
<b>2</b>	Buttons		

## TESTING THE CROSS TRAINER OPERATION

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

1. Stand on the cross trainer and start pedaling, change the levels of resistance and check to make sure you feel a difference in difficulty.
2. As you are pedaling make sure you don't feel any wobble in your machine, if so you may need relocate the cross trainer to a more level surface or adjust the foot pads under the machine.
3. As you pedal on your cross trainer 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>	Displays: Time, speed, distance, calories, odometer and pulse
<b>Flywheel</b>	7 KG Flywheel
<b>Crank</b>	Strong 1 piece crank
<b>Resistance</b>	12 levels of resistance
<b>Handlebars</b>	With in built pulse sensor plates
<b>Storage</b>	Built-in wheels.
<b>Maximum User Weight</b>	110 KG / 17.3 St
<b>Occupying Area</b>	152.4 cm (Length) x 57.8 cm (Width) x 169.4 cm (Height)
<b>Packaging Dimensions</b>	111.5 cm (Length) x 44 cm (Width) x 89 cm (Height)
<b>Gross Weight</b>	62.5kg
<b>Net Weight</b>	53.5kg

# 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.

 NOTE: Heart-rate is calculated by BPM (beats per minute).

## DATA READOUTS

---

As you exercise, the cross trainer 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. Measured in BPM (Beats Per Minute).
- **Odometer:** The total accumulated distance, in kilometers since the cross trainer has been first used.
- **Scan:** Automatically scans through each mode in sequence every six seconds.

## 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 large display box.



## **TARGET PROGRAMS**

With the CT500 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 showing, then press the set button continually 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.

## **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® cross trainer 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 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. 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 cross trainer.
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 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 cross trainer 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.

## **CROSS TRAINER CLEANING**

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After every workout use a neat, dry cloth for cleaning the cross trainer 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 cross trainer to prevent any dust going into the machine. A treadmill mat can help to reduce dust.

### **⚠ 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

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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

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



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