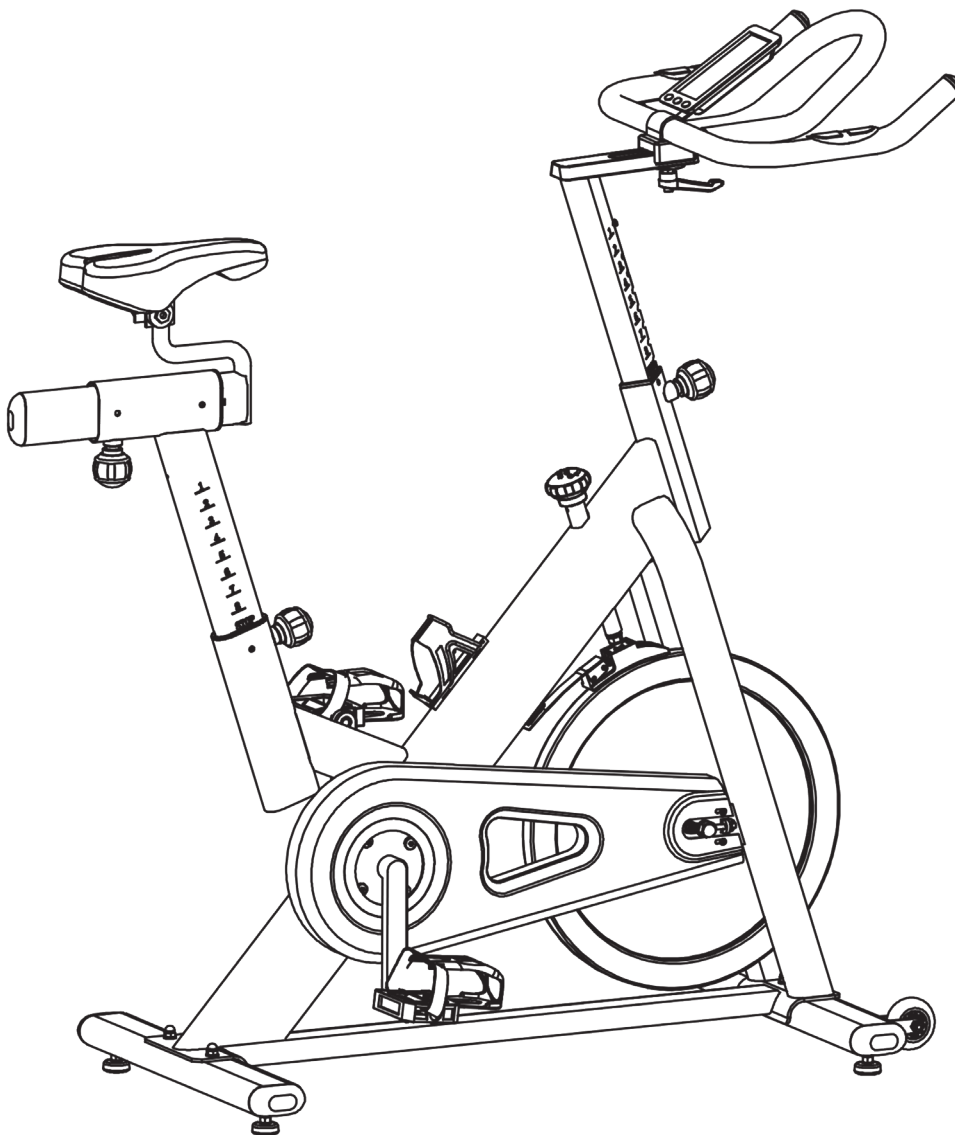


# IC400 ELITE INDOOR CYCLING™

## 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 centre for more technical resolutions and FAQ's about your item.



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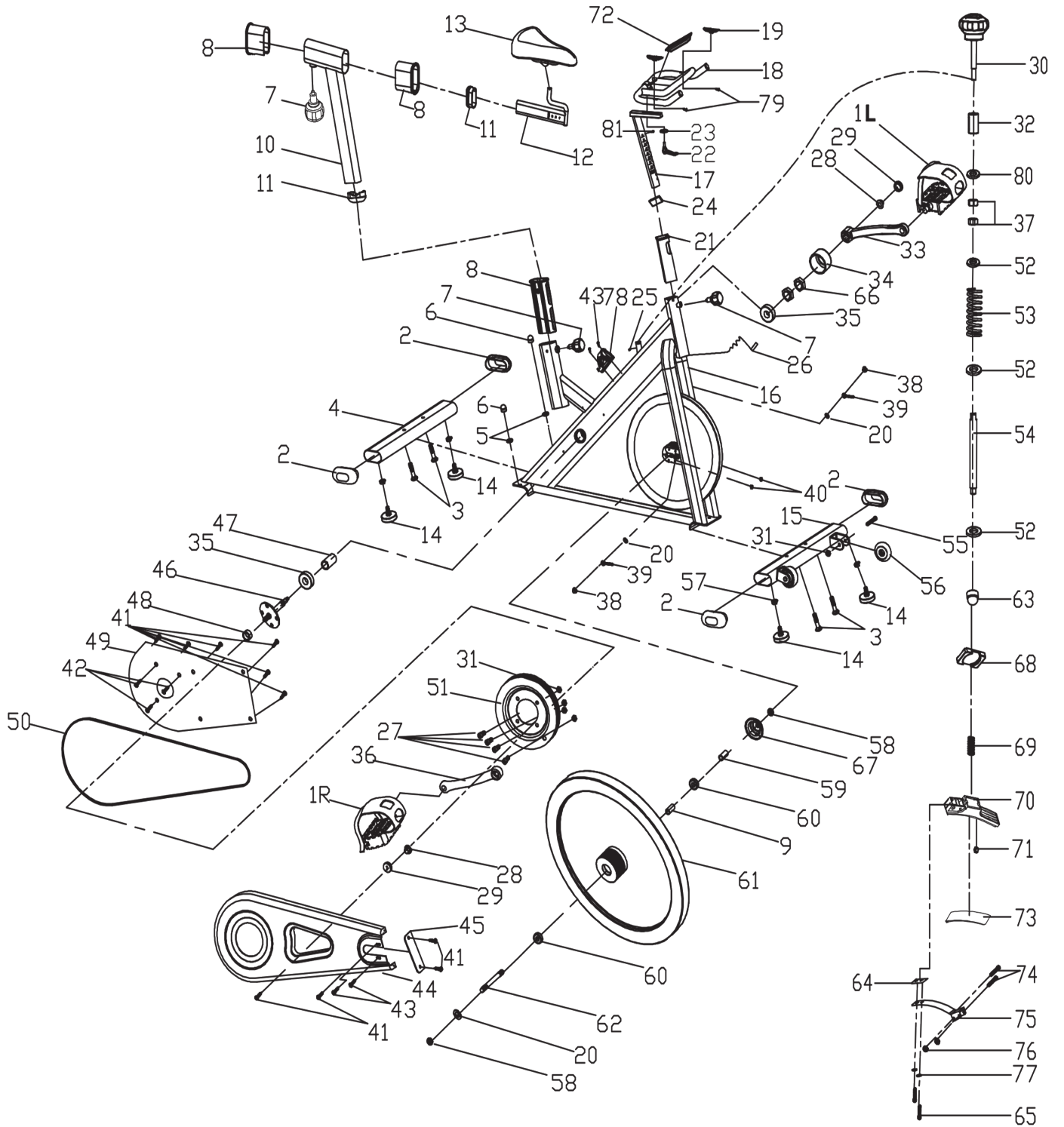
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# EXPLODED DIAGRAM



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	4	80*40*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	3	φ50*82
8	PLASTIC SLEEVE 1	2	80*40*1.5
9	FIXING TUBE	1	φ16*φ12.2*56.2
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	2	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD27-1
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	PULSE	2	
20	FLAT WASHER	3	GB/T 95-2002 12
21	PLASTIC SLEEVE 2	1	45*45*1.5
22	L SHAPE KNOB	1	M10*25
23	FLAT WASHER 1	1	φ45*φ10.5*4
24	END CAP 3	1	38*38*2.0
25	BOLT 3	1	GB/T77-2007 M6*6
26	SENSOR	1	SR-202
27	BOLT	4	GB/T 70.2-2000 M8*16
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10X1.25
29	CRANK END CAP	2	φ23*7.5
30	KNOB	1	φ60*113
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	Twist The Fixings	1	φ20.5*34
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27
37	NUT	2	φ1.5
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	2	GB/T 889.1-2000 M6

NO	NAME	QUANTITY	SPEC
41	SCREW 1	13	GB/T 845-1985 ST4.2*19
42	SCREW 2	3	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49
45	LITTLE CHAIN COVER	1	108*37*3
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	454*288*6
50	BELT	1	5PK53
51	BELT WHEEL	1	φ200*24
52	WASHER 2	1	φ20*φ14*2.0
53	SPRING 1	1	φ18*62
54	Screw rod	1	Φ13.5*160
55	BOLT	1	GB/T 2672-2000 M8*40
56	PU WHEEL	2	φ50*23
57	NUT	2	GB/T 41-2000 M8
58	FIXING NUT 2	1	M12X1.25 H=6
59	FIXING TUBE	1	φ16*φ12.2*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*29
62	FLYWHEEL SHAFT	1	φ25*160
63	DOMED NUT	1	GB/T 95-2002 M10
64	FLAT WASHER2	1	35*20*2.0
65	BOLT 2	1	GB/T 5780-2000 M5*10
66	FIXING NUT	3	M20*1
67	FLYWHEEL COVER	1	φ59*35
68	SPRING COVER	2	32*23*2
69	SPRING 3	1	φ2.2
70	PLASTIC FRAME	1	116*30*32
71	LITTLE PLASTIC	1	14*9*14
72	COMPUTER	1	JY-81577
73	WOOLLY BLOCK	4	113*25*8
74	BOLT 1	4	GB/T 5780-2000 M5*30
75	SPRING BRAKE	4	δ1.0
76	LOCK NUT	2	GB/T 889.1-2000 M5
77	SPRING WASHER 1	2	GB/T 859-1987 5
78	BOTTLE HOLDER	8	117*85*90
79	SCREW 5	1	GB/845-85 ST4.2X25
80	WASHER 2	2	M10

# 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 150kg/ 23.62 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

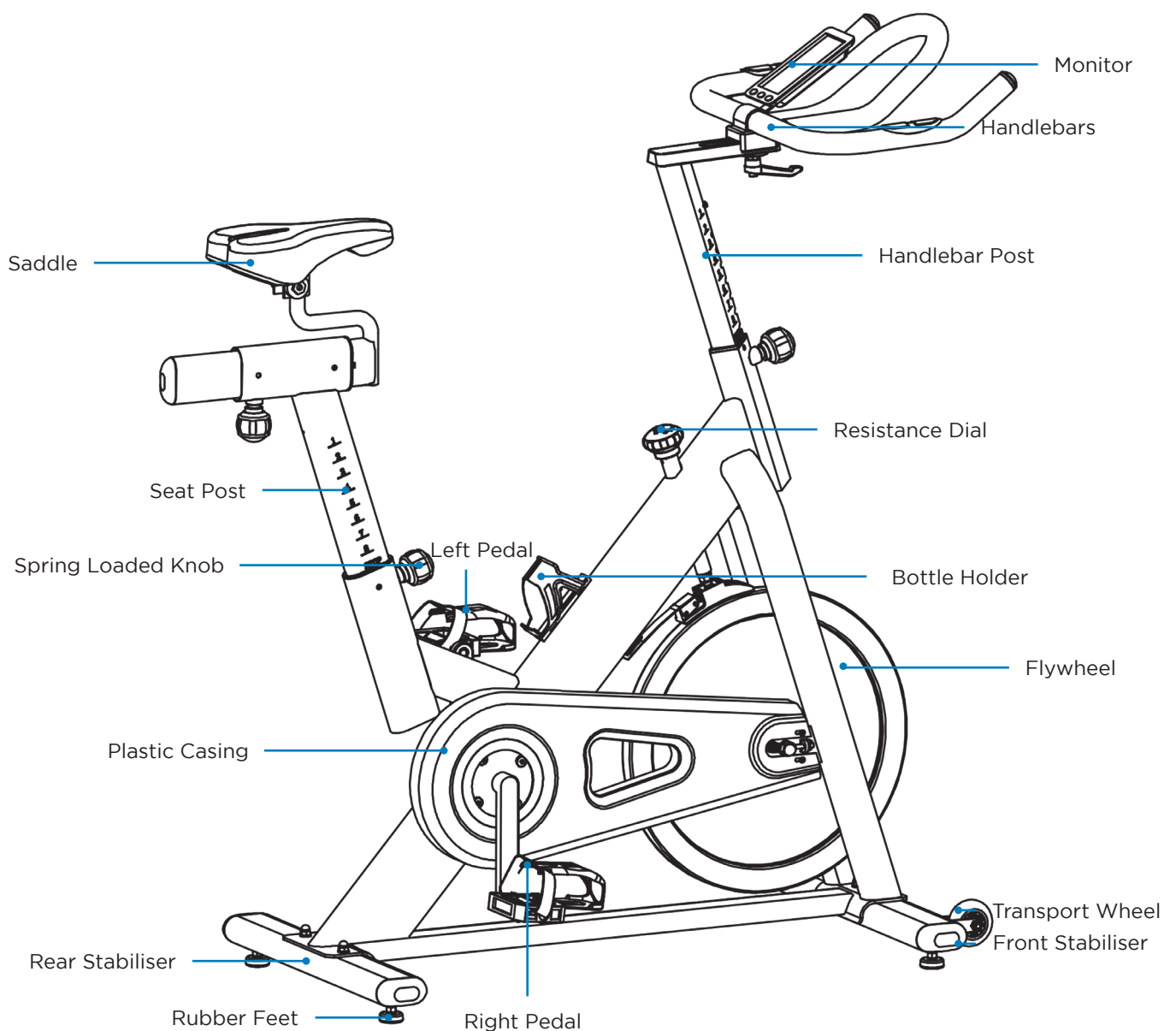
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To find the ideal location to set up this bike, ensure that:

- 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

---



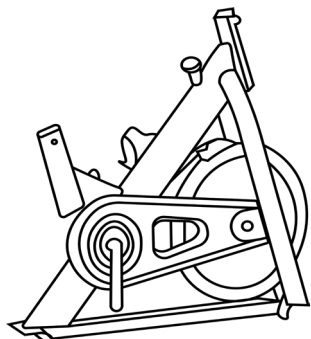


## CONTENT LISTING

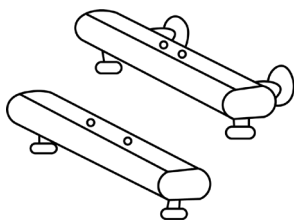
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See diagram (left) and content listing (below) for the exercise bike box contents. See *Customer Service* chapter for contact information if any parts are missing.

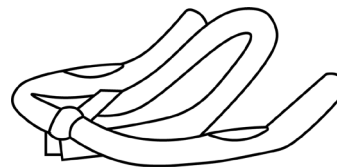
### BOX CONTENTS



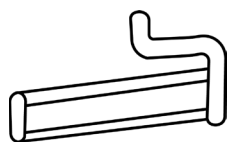
Exercise Bike Base



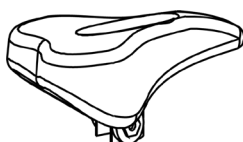
Front and Rear Stabilisers



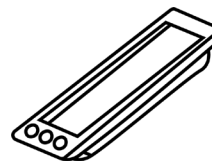
Handlebars



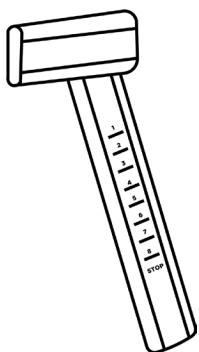
Horizontal Seat Post



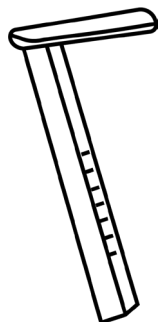
Saddle



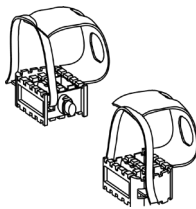
Monitor



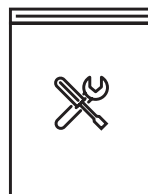
Vertical Seat Post



Handlebar Post



Pedals x2

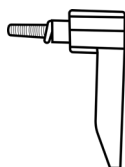


Tools Pack<sup>2</sup>

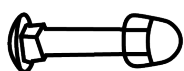


Manual

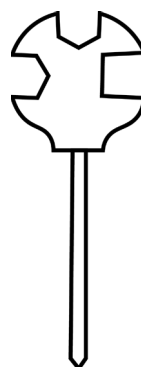
### <sup>2</sup> TOOLS PACK



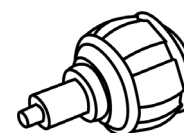
L Shaped Knob  
x1



M8\*52 Carriage Bolts,  
M8 Domed Nuts and  
Flat Washers  
x4



Multi-tool  
x1



Spring Loaded Knob  
x3

## IC400 ASSEMBLY

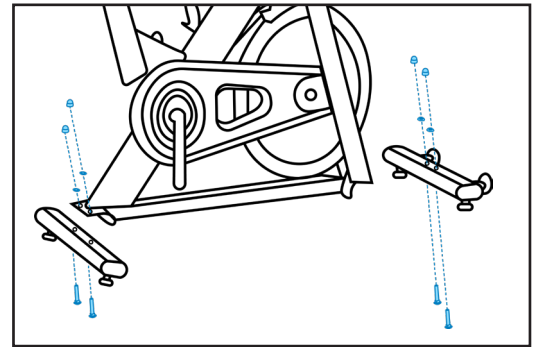
---

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 IC400 please follow these easy steps:

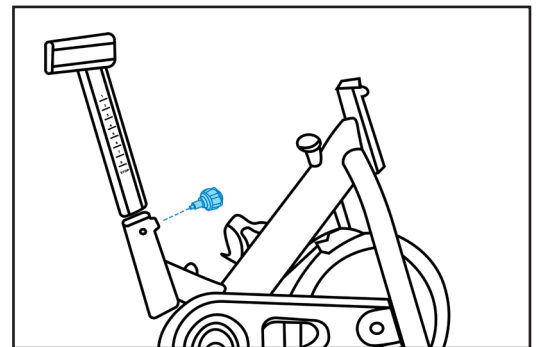
### STEP 1

Attach the front and rear stabilisers to the main frame using 4 x M8\*52 carriage bolts, 4 x flat washers and 4 x M8 domed nuts.



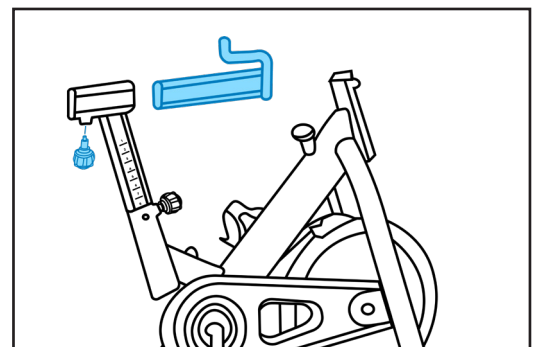
### STEP 2

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



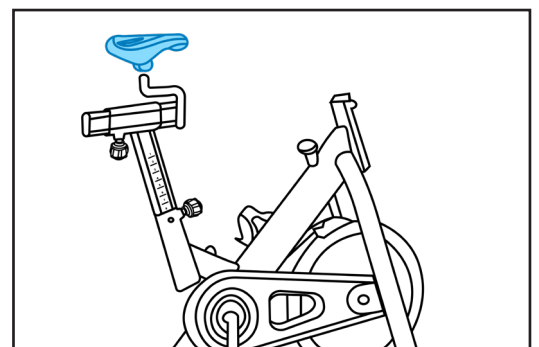
### STEP 3

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



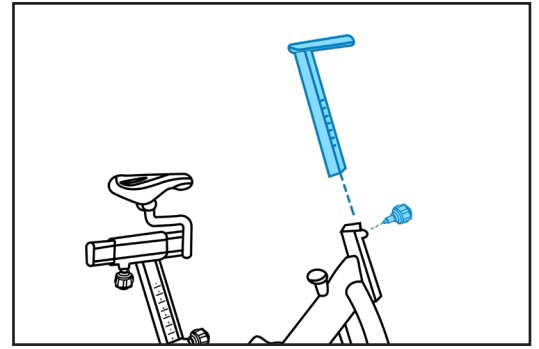
### STEP 4

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



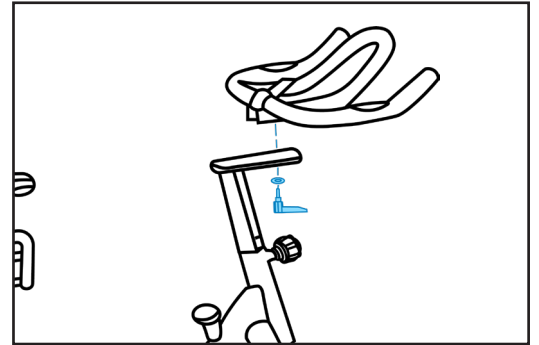
### STEP 5

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




### STEP 6

Attach the handlebars to the post using one large flat washer and the L shaped knob.



### STEP 7

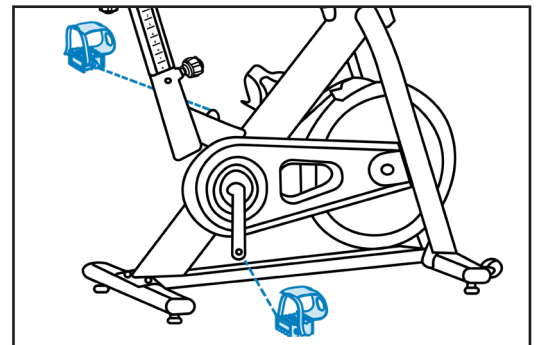
Slide the monitor onto the bracket and connect the sensor wire.

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



### STEP 8

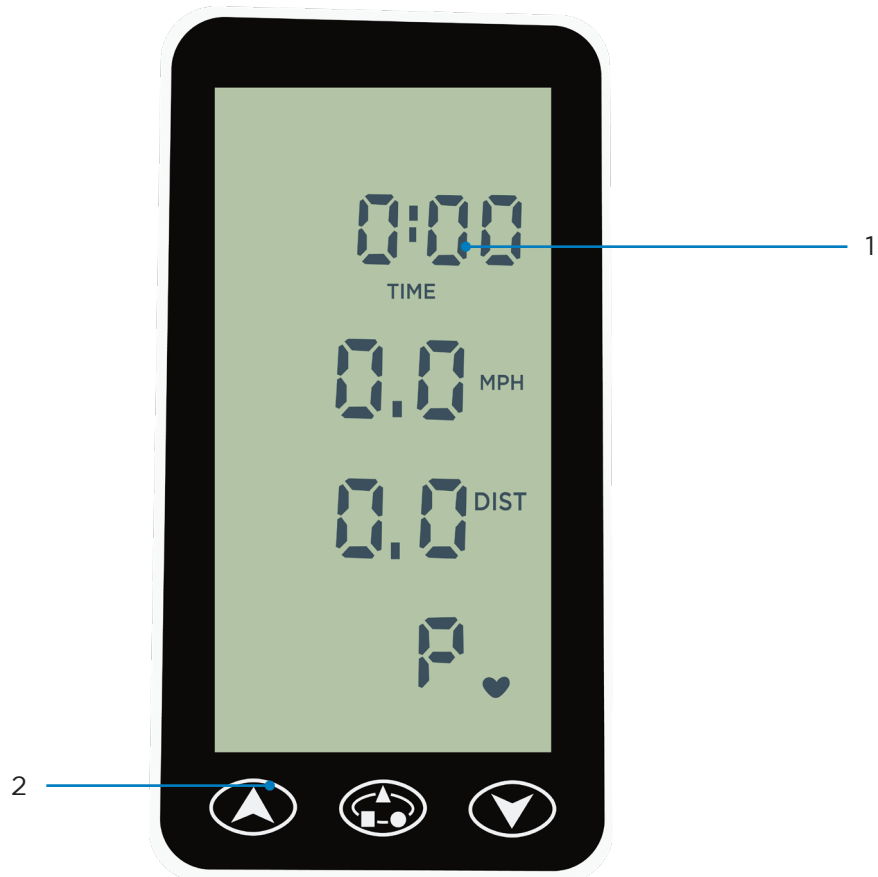
Connect the pedals to their appropriate cranks. The right pedal should be threaded clockwise and the left pedal anti-clockwise.



**⚠ WARNING: HEAVY EQUIPMENT**

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

**MONITOR CONFIGURATION**



<b>1</b>	Main Display	<b>2</b>	Increase, Decrease and Main Buttons

## 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 brake pad 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

---

<b>Display</b>	LCD Displays: Time, Distance, Calories, Speed, RPM (Revolutions Per Minute), Target Heart Rate and Pulse.
<b>Transport</b>	Built-in wheels.
<b>Flywheel</b>	20kg flywheel which allows a smooth ride for beginners or a challenging and tough workout for serious athletes.
<b>Resistance</b>	Adjustable levels of tension/resistance. Tension easily adjusts with the turn of a knob.
<b>Safety</b>	Emergency stop feature.
<b>Crank</b>	3 piece crank system on the pedals making it stronger and more reliable.
<b>Seat</b>	Fully adjustable seat can be moved up and down or forwards and backwards.
<b>Pedals</b>	Fitted pedals with secure foot cage.
<b>Handlebars</b>	Ergonomic adjustable handlebars can be moved vertically.
<b>Maximum User Weight</b>	150 kg, 23.62 St or 330 lb
<b>Occupying Area</b>	130 cm (Length) x 54 cm (Width) x 133 cm (Height)
<b>Packaging Dimensions</b>	Box 1 - 107.5cm (length) x 19.5cm (width) x 93cm (height), Box 2 - 55.5cm (length) x 24.5cm (width) x 11.5cm (height)
<b>Gross Weight</b>	48.5kg

# 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 *Minutes : Seconds*.
- **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.
- **Pulse:** Calculates your current heart rate during your workout.
- **RPM:** Calculates your average revolutions per minute.
- **Target Heart Rate:** Can be set to achieve your personal results from your workout.

## CHANGING THE DISPLAY MEASUREMENTS

---

When you first power on the monitor it will automatically be set to show time, speed, distance and pulse.

Press either the up or down arrows to change the display to also show time, RPM, calories and target heart rate.

\*Please Note: There is a speedometer graphic found curving round the top left corner of the monitor giving you a visual of how fast you are pedalling.

## TARGET PROGRAMS

---

With the IC400 monitor you are able to set time, distance, calories and target heart rate.

To set a function make sure the pedals are stationary, press the centre button on the monitor. The time function should be the first to flash, use the up or down arrows to set your target time. To move to the next setting continue to press the centre button. Once you have set your figures simply start pedalling to begin your target workout.

## RESETTING YOUR MONITOR

---

To reset the digits on your monitor press and hold the centre 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

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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 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.CO.UK**

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

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