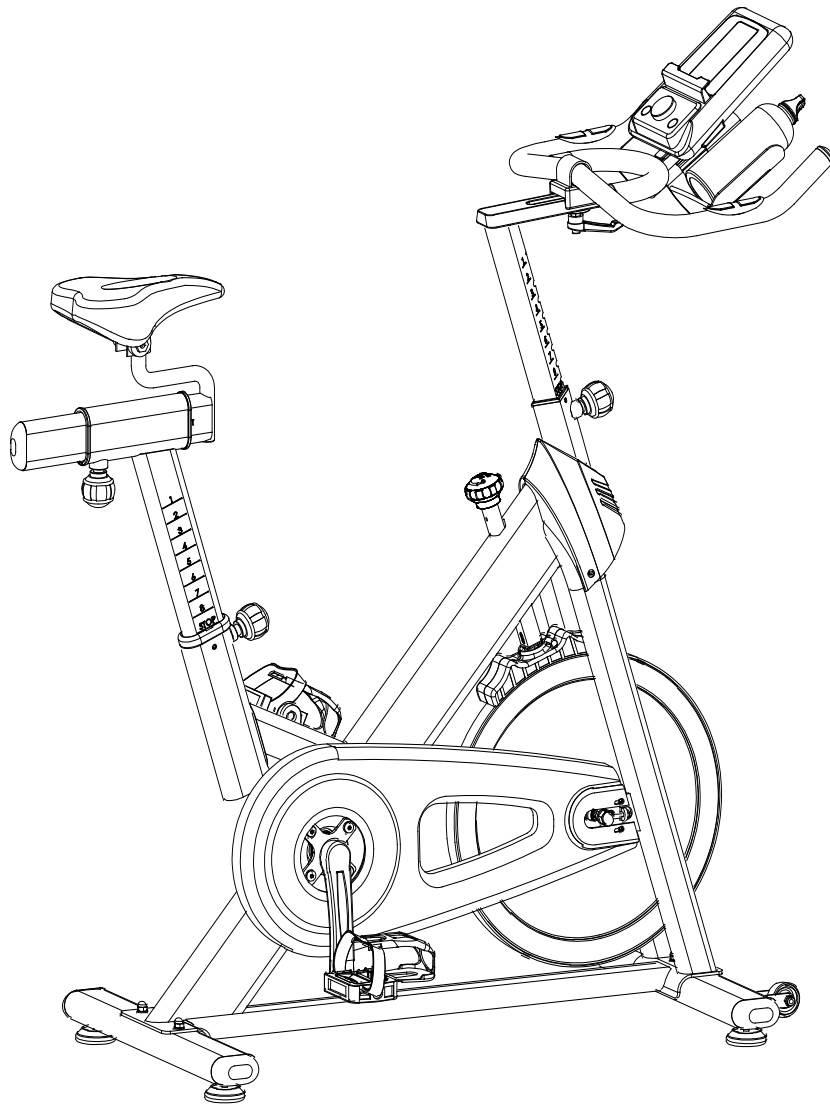


# IC400 PRO INDOOR CYCLING™

## 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.



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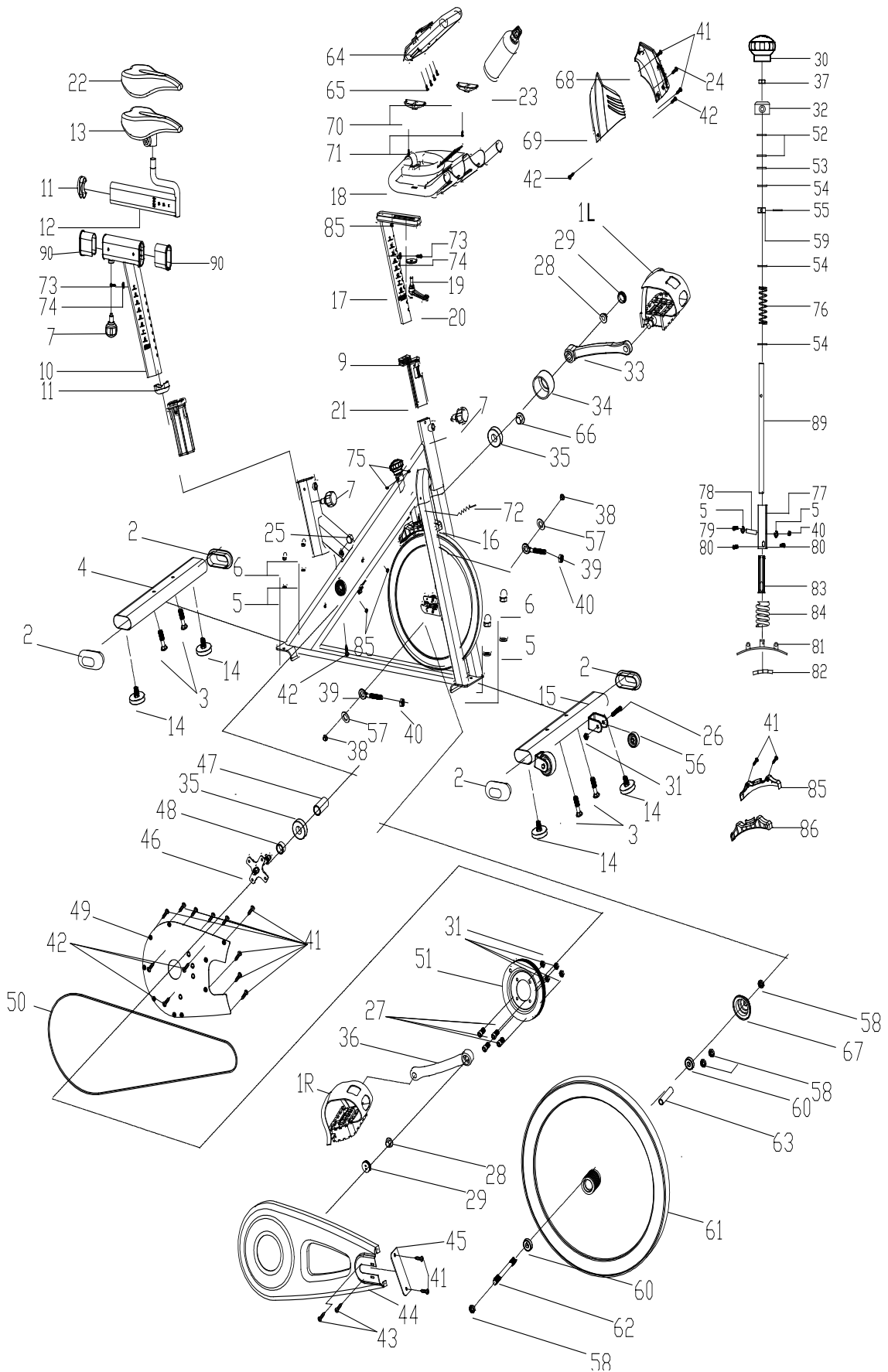
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# EXPLODED DIAGRAM



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301V (9/16") SPD
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	6	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	2	φ50*82 (M16*1.5)
8	PLASTIC SLEEVE 1	1	70*30*1.5
9	END CAP 3	1	38*38*1.5
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	1	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ52*39/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	FLAT WASHER 1	2	φ45*φ10.5*4
20	L SHAPE KNOB	2	M10*25
21	PLASTIC SLEEVE 2	1	38*38*1.5
22	Silicone cushion cover	1	SP-8
23	BOTTLE	1	φ73*215
24	SCREW 5	1	ST2.9*12
25	END CAP1	1	φ22*1.5
26	BOLT	2	GB/T 5780-2000 M8*40
27	BOLT	4	GB/T 70.2-2000 M8*16
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	Twist The Fixings	1	φ20*34
33	LEFT CRANK	1	170*15
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15
37	NUT	4	GB/T 41-2000 M10
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	3	GB/T 889.1-2000 M6
41	SCREW 1	15	GB/T 845-1985 ST4.2*19
42	SCREW 2	6	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)

NO	NAME	QUANTITY	SPEC
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*10.5
49	INNER CHAIN COVER	1	451*260*2 (250g)
50	BELT	1	5PK52
51	BELT WHEEL	1	φ200*24
52	WASHER 2	3	φ20*φ14*2.0
53	SPRING 1	1	18*70
54	Screw rod	1	φ13.5*145
55	WASHER 2	1	M10
56	WHEEL	2	φ50*23
57	FLAT WASHER	2	GB/T 95-2002 12
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*27(22KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	FIXING TUBE	1	φ16*φ12.2*56.1
64	COMPUTER	1	SI-8210
65	BOLT 3	4	GB/T 5780-2000 M5*10
66	NUT	1	M20*1.0
67	FLYWHEEL COVER	1	φ59*35
68	LEFT PROTECT COVER	1	209*164*88
69	RIGHT PROTECT COVER	1	209*164*83
70	PULSE	2	
71	SCREW 5	2	GB/845-85 ST4.2X25
72	SENSOR	1	SR-202
73	SCREW 4	2	GB/845-85 ST4.8X13
74	SPRING WASHER 1	2	GB/T 859-1987 5
75	BOLT 1	1	GB/T77-2007 M6*6
76	Brake spring	1	φ2*15
77	The brake connection assembly	1	18*18*1.2
78	The trachea	1	φ7.5*φ6*28
79	BOLT 6	1	GB/T 70.1-2000 M6*35
80	BOLT 7	2	GB/T 70.1-2000 M6*12
81	The brake block assembly	1	WELDING
82	High magnetic	5	28*20*3
83	The brake guide sleeve	1	18*18*1.2
84	Corrugated casing	1	φ60*φ42*90
85	The left front magnetic control brake decoration cover	1	192*30*51
86	The right front brake magnetic control decorative cover	1	192*36*51
87	PLASTIC RING	2	φ20*φ9*3
88	END CAP1	3	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 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

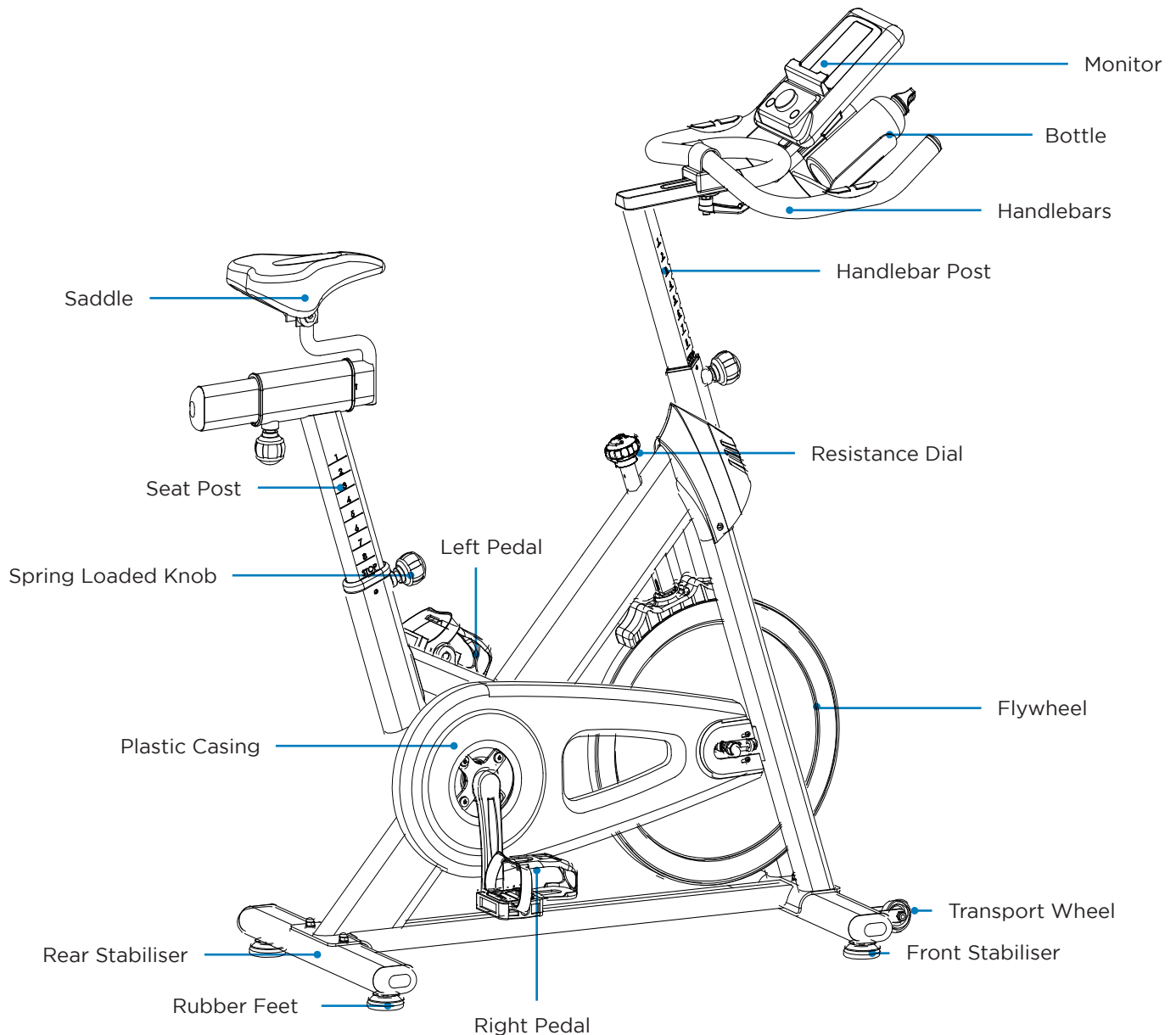
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To find the ideal location to set up this bike, ensure that:

- 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

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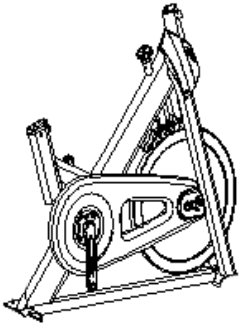


## CONTENT LISTING

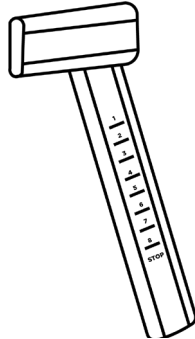
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See diagram (left) and content listing (below) for the exercise bike box contents. See *Customer Service* chapter for contact information if any parts are missing.

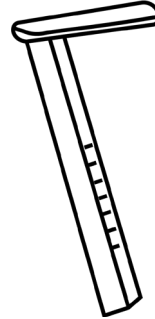
### BOX 1 CONTENTS



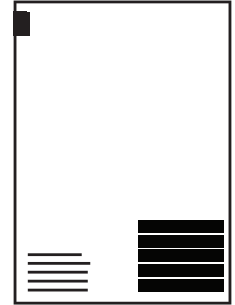
Exercise Bike Base



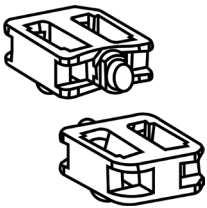
Vertical Seat Post



Handlebar Post



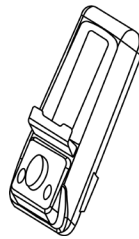
Manual



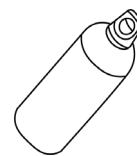
Pedals x2



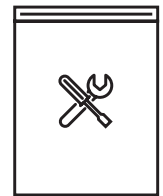
Saddle



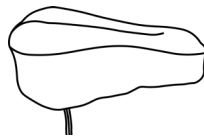
Monitor



Bottle

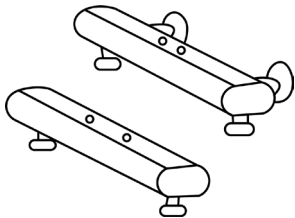


Tools Pack<sup>2</sup>

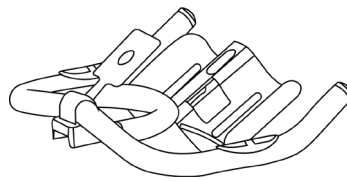


Gel Seat Cover

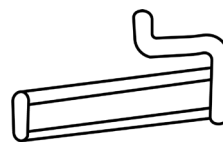
### BOX 2 CONTENTS



Front and Rear Stabilisers



Handlebars

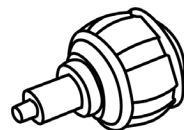


Horizontal Seat Post

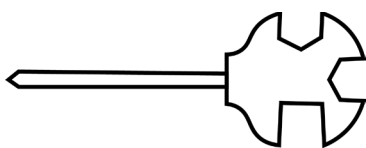


Heart Rate Band

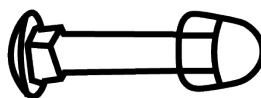
### <sup>2</sup> TOOLS PACK



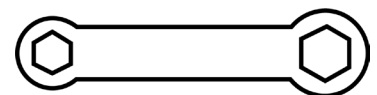
Spring Loaded Knob  
x3



Multi-tool  
x1



M8\*52 Carriage Bolts  
x4



Wrench  
x1

## IC400 PRO ASSEMBLY

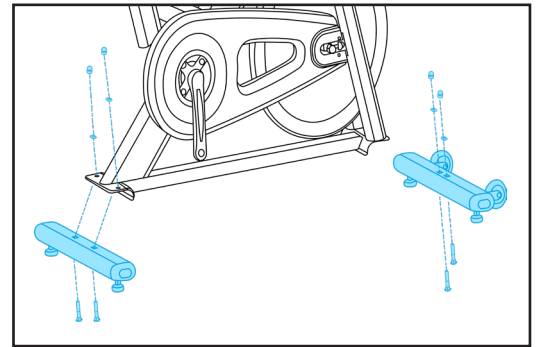
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The bike has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Multi-tool, Washers and Bolts). See previous page.

To assemble your JLL IC400 PRO please follow these easy steps:

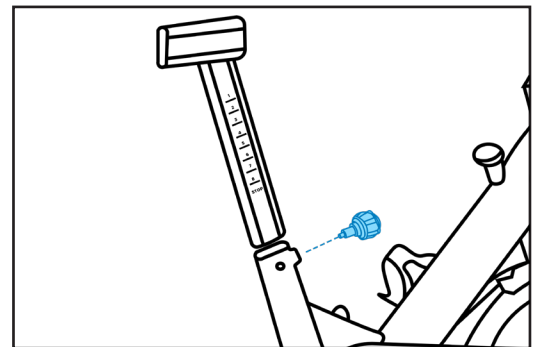
### STEP 1

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.



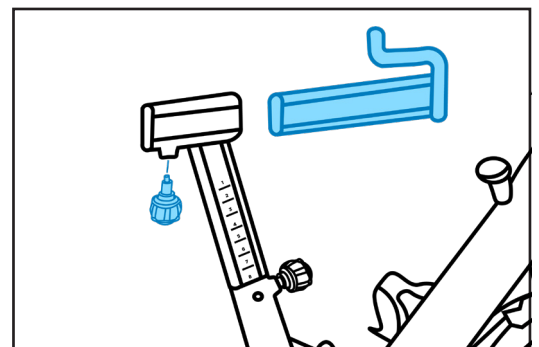
### STEP 2

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



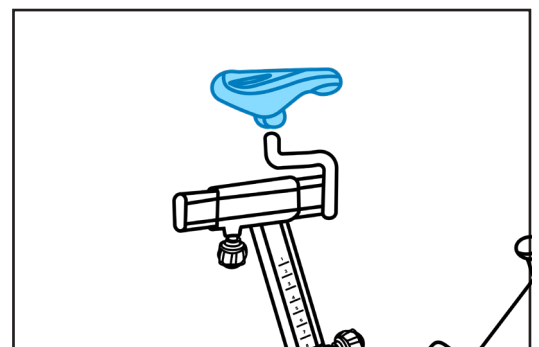
### STEP 3

Attach the horizontal seat post to the vertical seat post and secure using a spring loaded knob and large washer.



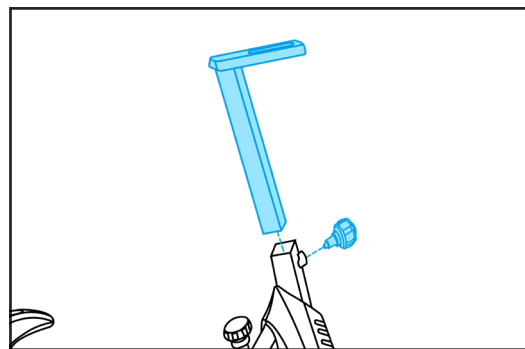
### STEP 4

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

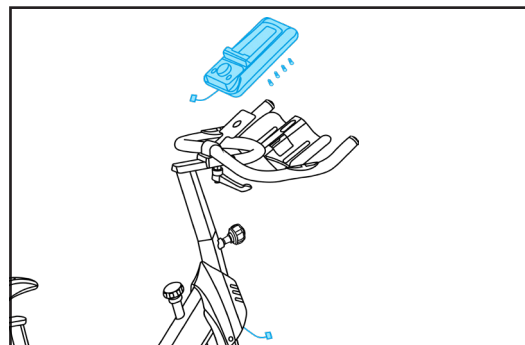
Attach the handlebars to the post using one large flat washer and the L shaped knob.



### STEP 7

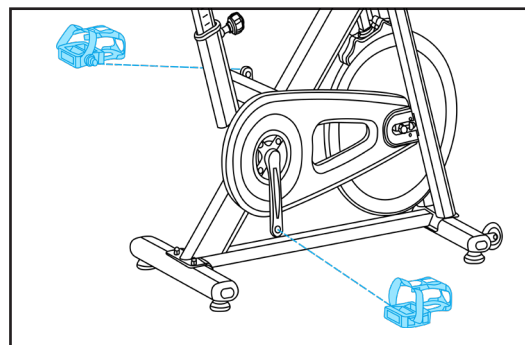
Slide the monitor onto the bracket and secure using the four screws found in the back of the monitor. Also, connect the sensor wire.

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



### STEP 8

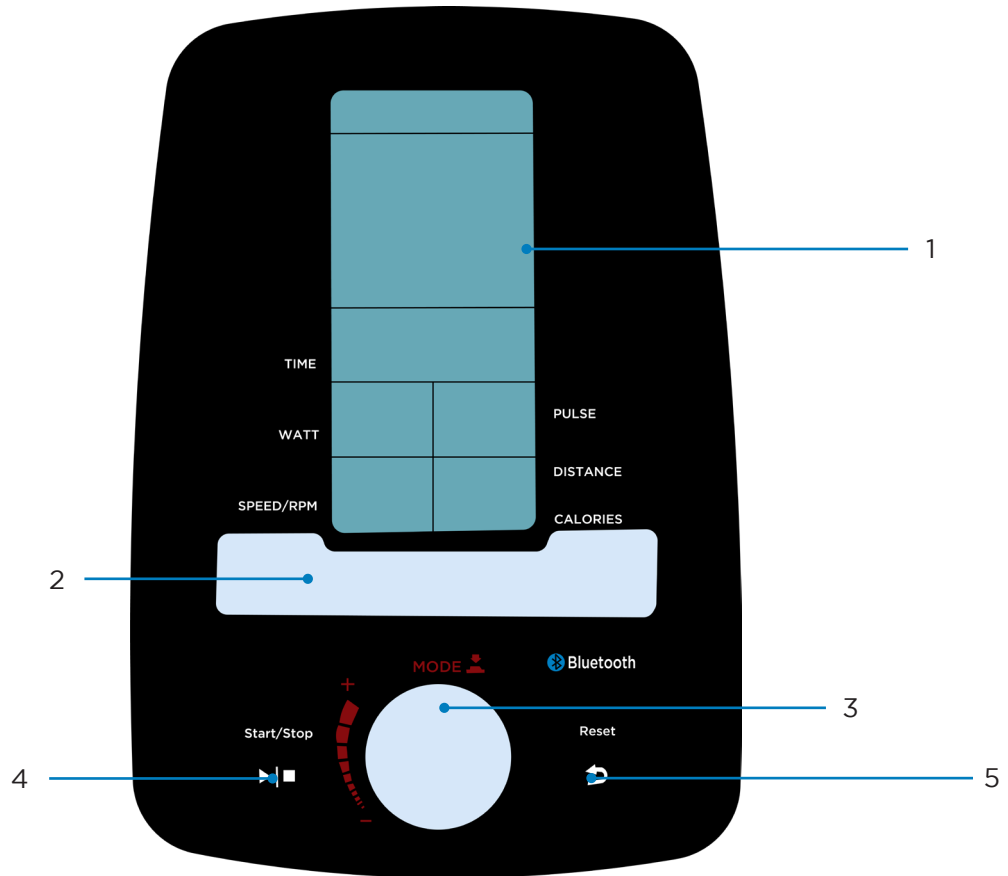
Connect the pedals to their appropriate cranks. The right pedal should be threaded clockwise and the left pedal anti-clockwise.



**⚠ 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>	LCD display	<b>4</b>	Start/Stop Button
<b>2</b>	Tablet Holder	<b>5</b>	Reset Button
<b>3</b>	Dial/Mode Button		

## 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

---

<b>Display</b>	LCD Displays: Time, Speed, Distance, Calories, RPM, Watt, Pulse and Scan
<b>Transport</b>	Built-in wheels.
<b>Flywheel</b>	22kg flywheel which allows a smooth ride for beginners or a challenging and tough workout for serious athletes.
<b>Resistance</b>	Adjustable levels of resistance. 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>	SPD compatible pedals.
<b>Handlebars</b>	Ergonomic adjustable handlebars can be moved vertically and horizontally.
<b>Maximum User Weight</b>	150 kg, 23.62 St or 330 lb
<b>Occupying Area</b>	125.5cm (Length) x 54cm (Width) x 141.5cm (Height)
<b>Packaging Dimensions</b>	Box 1 - 107.5cm (length) x 19.5cm (width) x 93cm (height), Box 2 - 55cm (length) x 36.5cm (width) x 16.5cm (height)
<b>Gross Weight</b>	Box 1: 59kg Box 2: 10kg
<b>Net Weight</b>	Box 1: 53kg Box 2: 9kg

# 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 *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.
- **RPM:** Displays the revolutions per minute.
- **Watt:** Displays the power consumption during your workout.
- **Pulse:** Displays your current heart rate in PPM (pulsations per minute).
- **Scan Mode:** Displays each function continuously one after another.

## MONITOR INSTRUCTIONS

---

### 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).

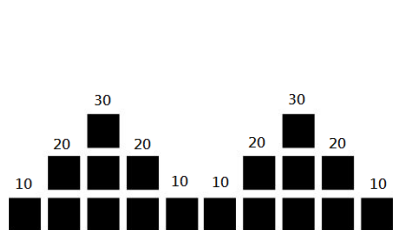
### WORKOUT MODE SELECTION

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. The preset value for target time is 10:00, the value for distance is 5.0, the value for calories is 100 and the value for heart rate is also 100. All other functions will display as normal once the program has been started. It is invalid to press the reset or silver dial during the workout.

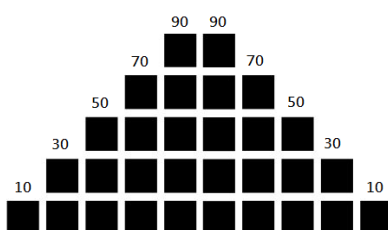
## WATT PROGRAM

Use the dial to select: Beginner, Advance or Sporty

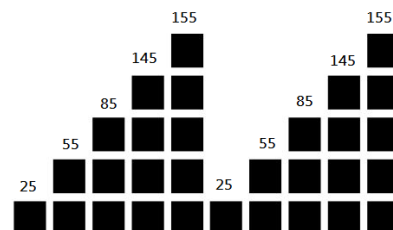
Next set the duration of your workout, when you begin all the other settings will display accordingly. The graphic will also show both you and a coach going head to head in a race simulation.



Beginner



Advance



Sporty

## 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.

## HEART RATE BAND

The heart rate band must be placed tightly around your chest with the sensor having skin contact consistently throughout any workout. Align the sensor approximately with your diaphragm. There is no on/off switch, the band will connect automatically to the monitor once a pulse signal is read.



### 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**

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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

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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 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.

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