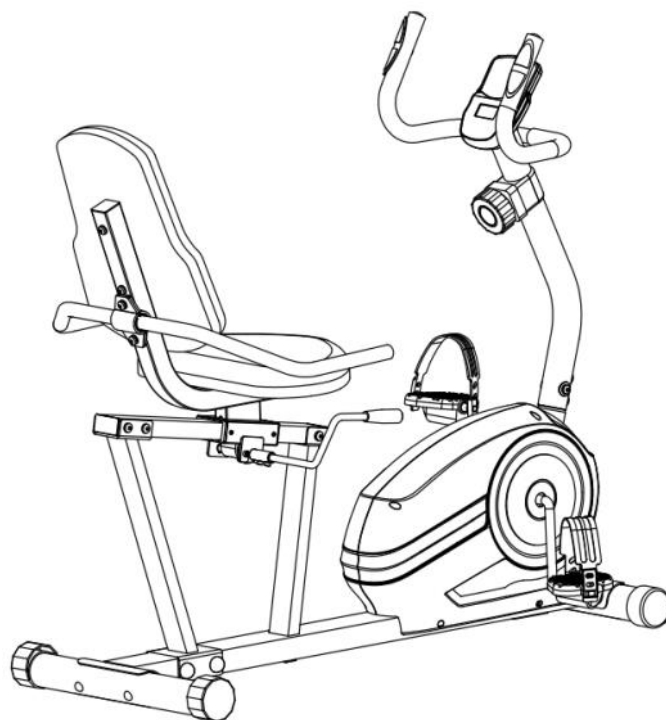




# User Manual



## Essential Interactive Series Recumbent Bike

**JL-RB422003**

EN

**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

## **Important Safety Information**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. 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 properly. 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 your physician 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. Your physician'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, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician 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 (60 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 and do not use until the problem has been rectified.
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. The maximum weight capacity of this unit is 220 lbs (100 kg).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

## **Statement Of Purpose**

The recumbent bike is a cardio workout machine that provides full body exercise at various speeds and levels of resistance.

## **Waste Disposal**



JLL products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

## **EU Declaration Of Conformity**

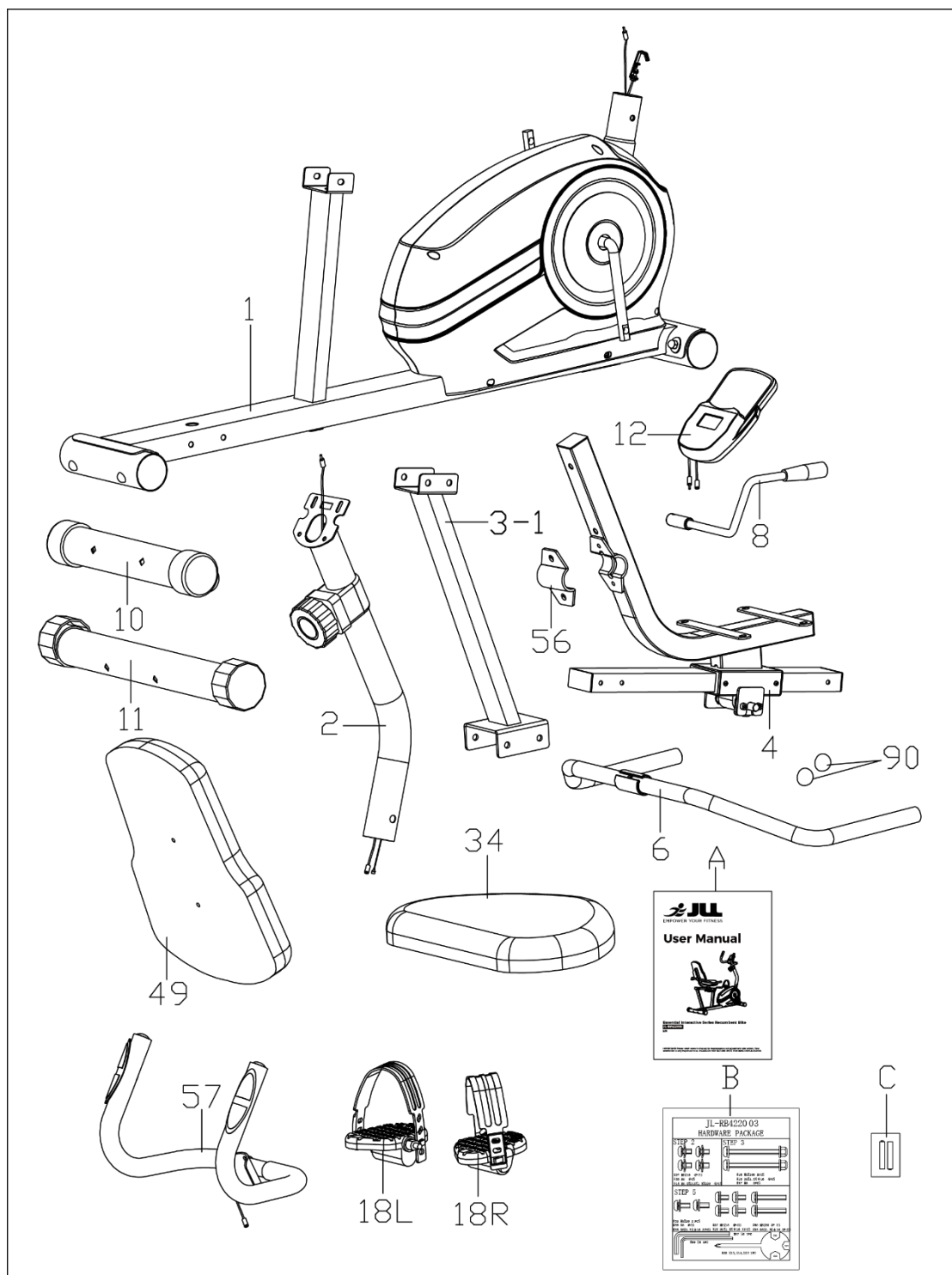
You can find the declaration of conformity at the following link:  
<https://jllfitness.co.uk/pages/declaration-of-conformity>

## **Technical Data**

Connectivity: Bluetooth LE  
Frequency Range: 2400~2483.5 Mhz  
Transmitting Power: 0 dBm

## Pre-Assembly Check List

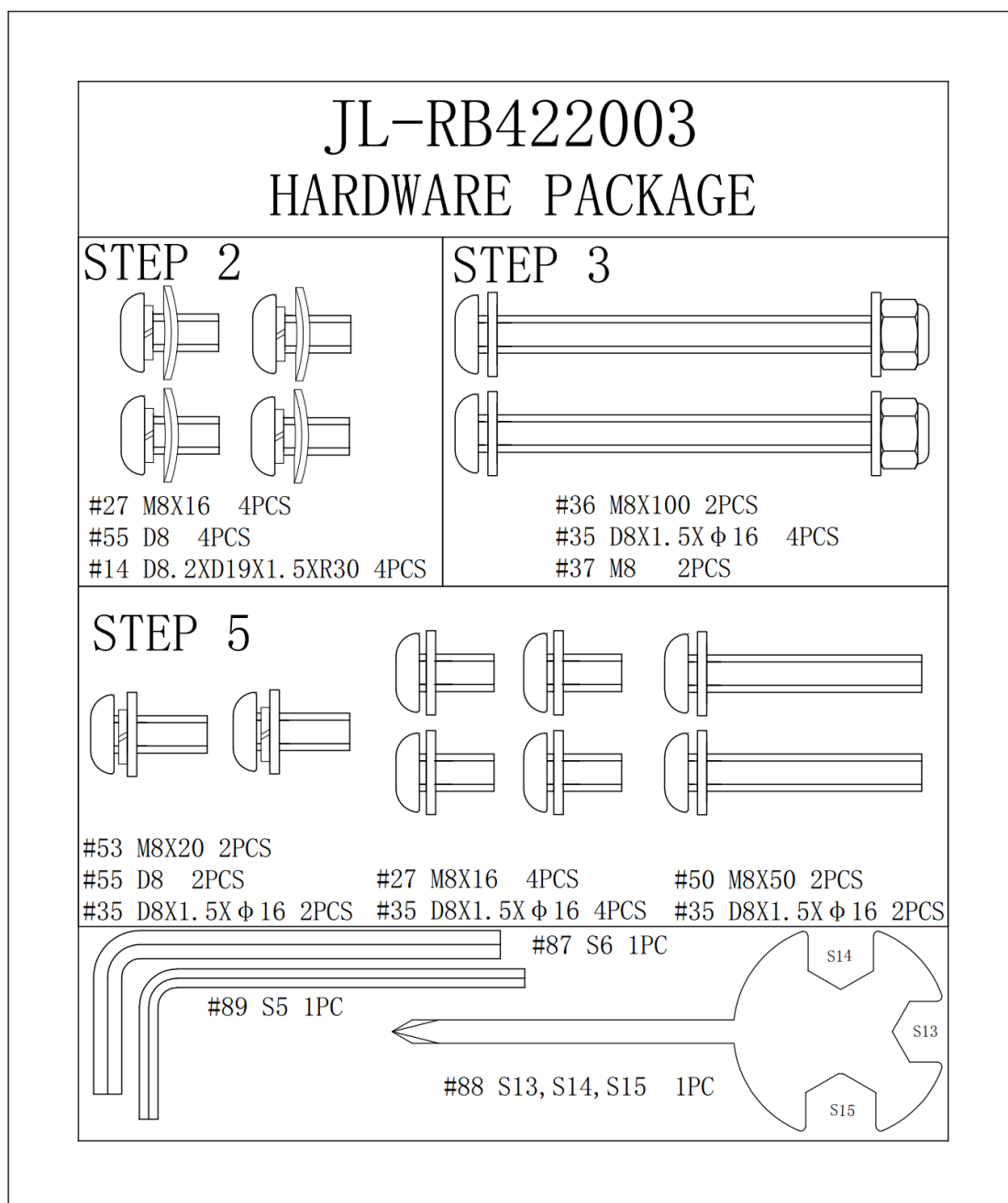
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3-1	Rear Support Tube		1
4	Slide Rail		1
6	Handlebar		1
8	Adjustment Handle		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Meter	BJHT060	1
18L	Left Pedal	YH-30X	1

No.	Description	Spec.	Qty.
18R	Right Pedal	YH-30X	1
34	Seat	KX4806	1
49	Backrest	KX4806	1
56	Rear Fixing Plate		1
57	Armrest		1
90	Cap	S13	2
A	Manual		1
B	Hardware Package		1
C	Battery	AAA	2

## Hardware Package



### Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

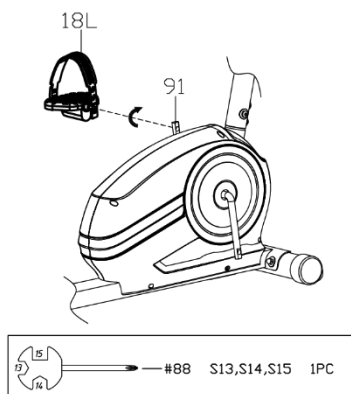
- ✓ The model number
- ✓ The product name
- ✓ The part number

Please contact us at [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk) or +44 (0) 800 6123 988.

# Warning Labels

L

## Pedal Installation & Maintenance Guide



L

Before installation, please make sure you have the **Left Pedal (No. 18L)** in hand. Align the **Left Pedal (No. 18L)** with the left side of the **Crank (No. 91)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 18L)** **counter-clockwise** as tightly as you can with your hand, then use **Spanner (No. 88)** to tighten securely.

NOTE: Reverse pedaling may loosen the pedals and damage the threads. Always check the pedals to ensure that they're secured tightly. If the pedals have loosened, secure the threads with the provided spanner to ensure safety.

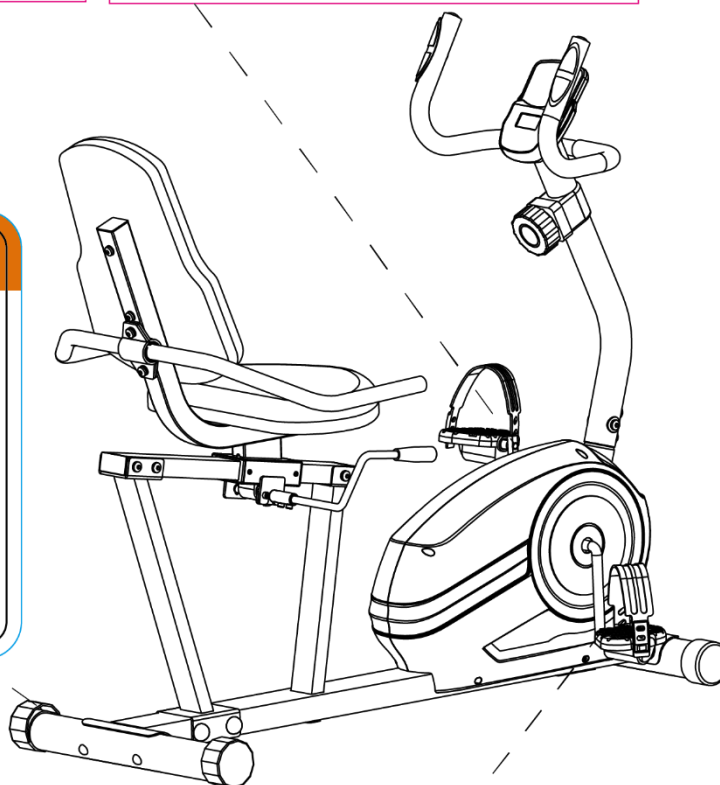


## WARNING

**220LBS/100KG Weight Capacity**

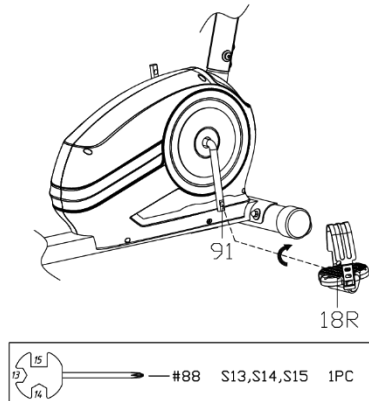
**Keep children and pets away from equipment when in use.**

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk).



R

## Pedal Installation & Maintenance Guide



R

Before installation, please make sure you have the **Right Pedal (No. 18R)** in hand. Align the **Right Pedal (No. 18R)** with the right side of the **Crank (No. 91)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 18R)** **clockwise** as tightly as you can with your hand, then use **Spanner (No. 88)** to tighten securely.

NOTE: Reverse pedaling may loosen the pedals and damage the threads. Always check the pedals to ensure that they're secured tightly. If the pedals have loosened, secure the threads with the provided spanner to ensure safety.

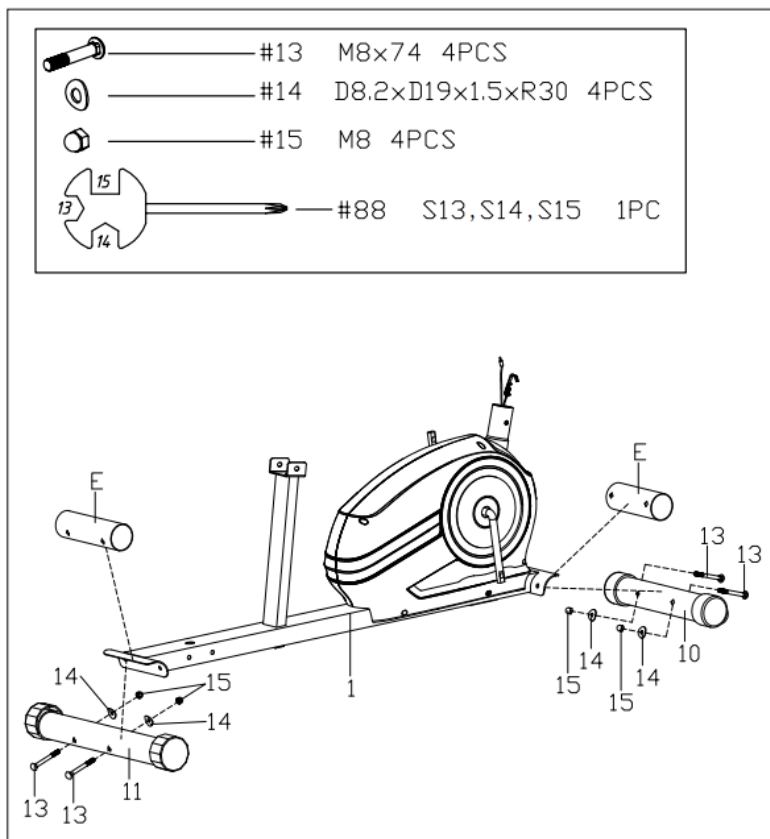
## Assembly Instructions

We value your experience using JLL products. For assistance with parts or troubleshooting, please contact us at [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk) or +44 (0) 800 6123 988.

### STEP 1:

Remove the 4 preassembled **Carriage Bolts (No. 13)**, 4 **Arc Washers (No. 14)** and 4 **Cap Nuts (No. 15)** from 2 **Paper Tubes (No. E)** with **Spanner (No. 88)**.

Attach the **Front Stabilizer (No. 10)** and the **Rear Stabilizer (No. 11)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 13)**, 4 **Arc Washers (No. 14)** and 4 **Cap Nuts (No. 15)** that were just removed. Tighten and secure with the **Spanner (No. 88)**.



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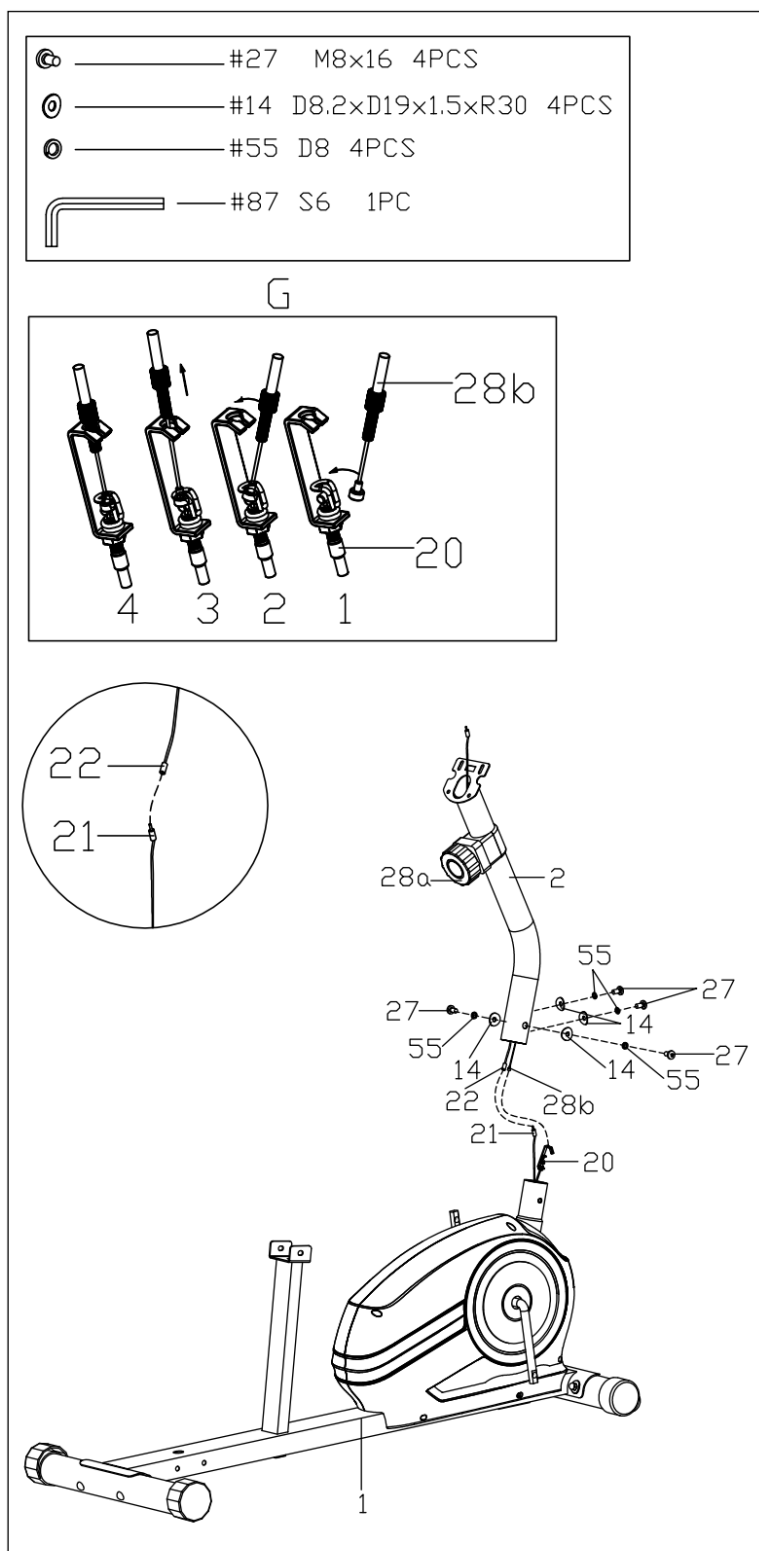
## STEP 2:

**NOTE:** Make sure the **Tension Controller (No. 28a)** is at the lowest level before you connect the cable. This ensures the cables are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 2)**. This will make the connection easier when you are attaching **Tension Hook (No. 20)** to the **Tension Cable (No. 28b)**.

Attach the **Tension Cable (No. 28b)** into the lower metal bracket of **Tension Hook (No. 20)** as shown in Diagram G-1. Then pull **Tension Cable (No. 28b)** upward and insert it into the slot on the upper metal bracket of **Tension Hook (No. 20)** as shown in Diagram G-3. Make sure the metal fitting on the **Tension Cable (No. 28b)** is secured in the metal bracket. Connect the **Sensor Wire (No. 21)** to the **Sensor Extension Wire (No. 22)**.

Insert the **Handlebar Post (No. 2)** into the post of the **Main Frame (No. 1)**, secure with 4 **Arc Washers (No. 14)**, 4 **Spring Washers (No. 55)** and 4 **Screws (No. 27)**. Tighten and secure with **Allen Wrench (No. 87)**.

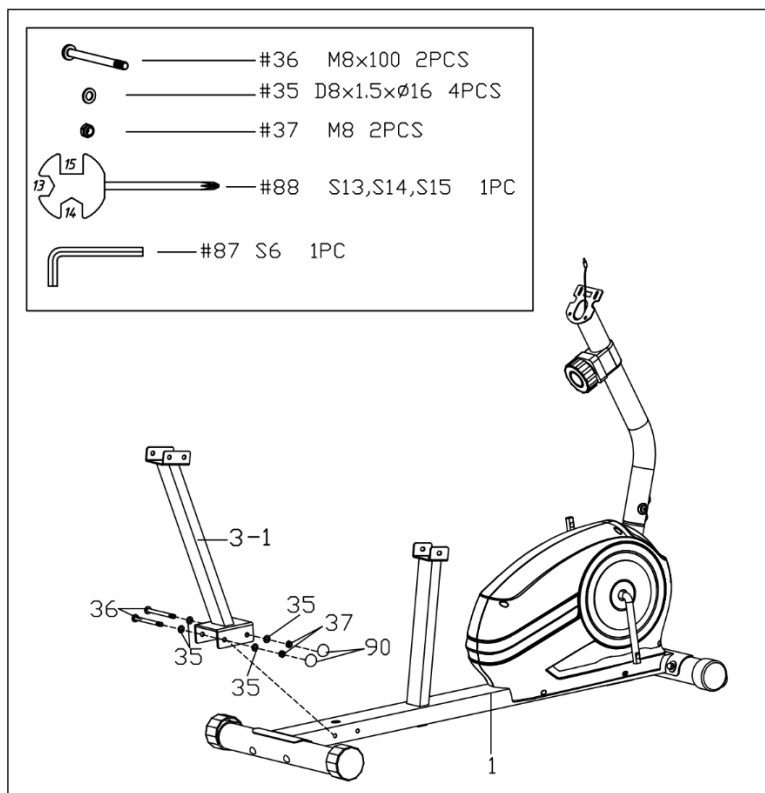
**NOTE:** Do not cut or pinch any wires when attaching the **Handlebar Post (No. 2)**. Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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### STEP 3:

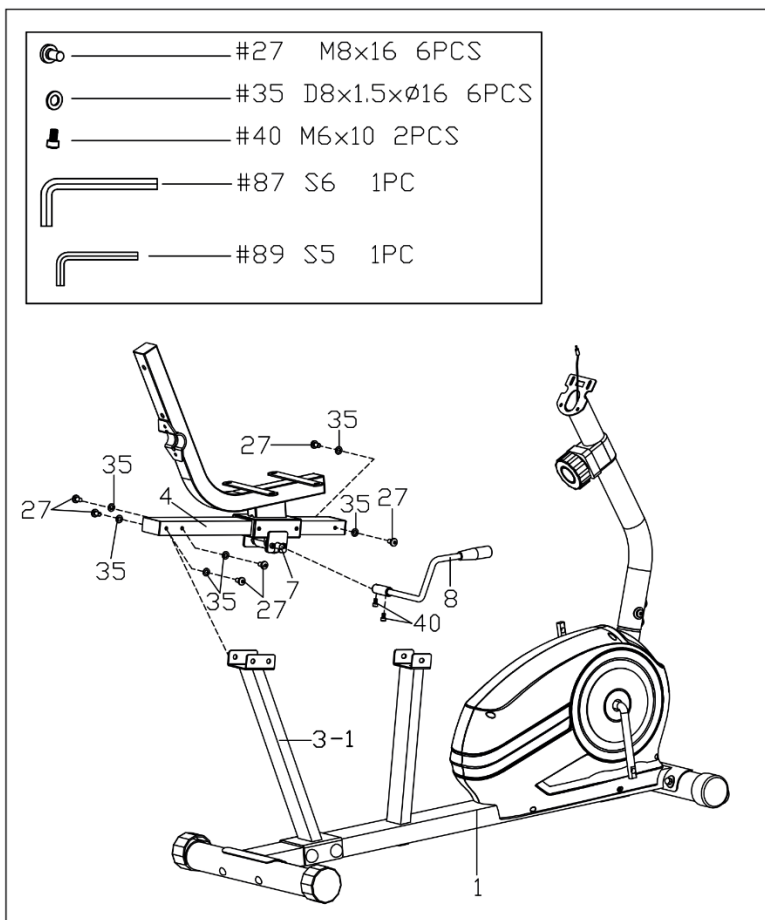
Lock the **Rear Support Tube (No. 3-1)** to the **Main Frame (No. 1)** with 2 **Hex Socket Pan Head Screws (No. 36)**, 4 **Flat Washers (No. 35)** and 2 **Nylon Nuts (No. 37)**. Tighten and secure with the **Spanner (No. 88)** and **Allen Wrench (No. 87)**. Then cover with 2 **Caps (No. 90)**



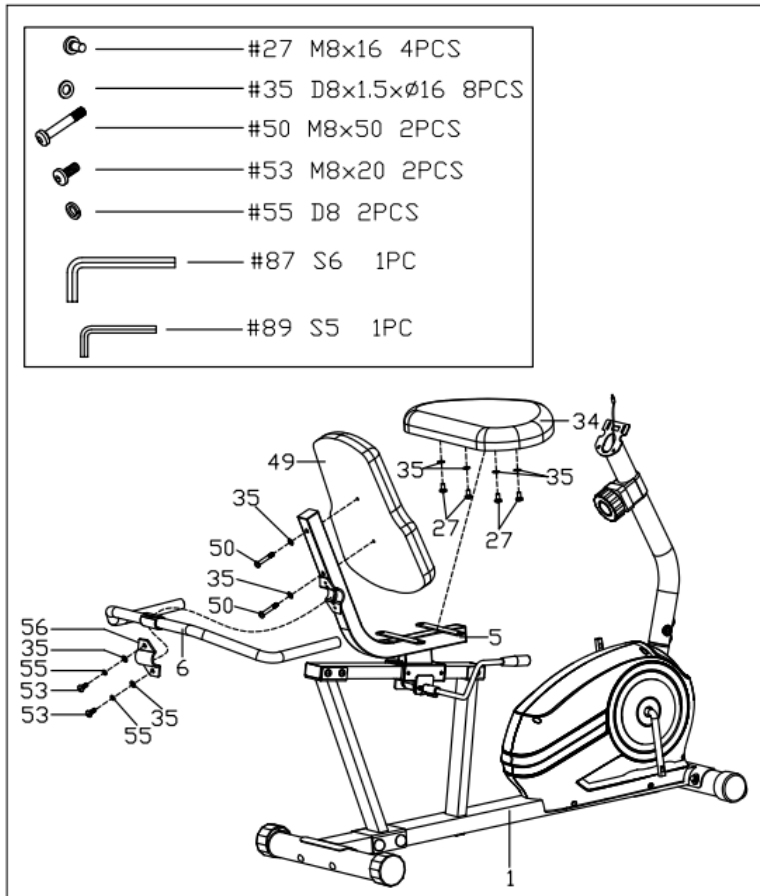
### STEP 4:

Remove 6 **Screws (No. 27)** and 6 **Flat Washers (No. 35)** from the **Slide Rail (No. 4)** using the **Allen Wrench (No. 87)**. Then lock the **Slide Rail (No. 4)** to the **Rear Support Tube (No. 3-1)** and the **Main Frame (No. 1)** with 6 **Screws (No. 27)** and 6 **Flat Washers (No. 35)** that were just removed using the **Allen Wrench (No. 87)**.

Remove 2 **Screws (No. 40)** from the **Adjustment Handle (No. 8)** using the **Allen Wrench (No. 89)**, then lock the **Adjustment Handle (No. 8)** to the **Adjustment Block Axle (No. 7)** with 2 **Screws (No. 40)** using the **Allen Wrench (No. 89)**.



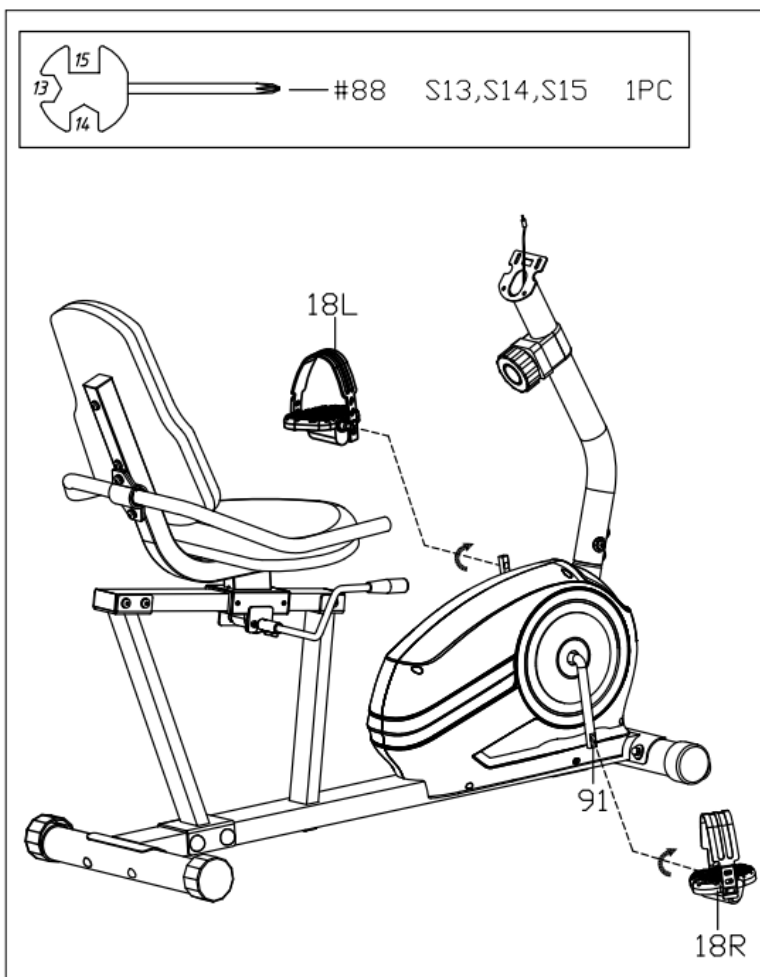




#### STEP 5:

Lock the **Handlebar (No. 6)** to the **Seat Bracket (No. 5)** with 2 **Screws (No. 53)**, 2 **Spring Washers (No. 55)**, 2 **Flat Washers (No. 35)** and **Rear Fixing Plate (No. 56)** using the **Allen Wrench (No. 87)**.

Lock the **Backrest (No. 49)** to the **Seat Bracket (No. 5)** with 2 **Hex Socket Pan Head Screws (No. 50)** and 2 **Flat Washers (No. 35)** using the **Allen Wrench (No. 89)**. Lock the **Seat (No. 34)** to the **Seat Bracket (No. 5)** with 4 **Screws (No. 27)** and 4 **Flat Washers (No. 35)** using the **Allen Wrench (No. 87)**.



#### STEP 6:

Align the **Left Pedal (No. 18L)** with the left side of the **Crank (No. 91)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 18L)** counter-clockwise as tightly as you can with your hands, then use **Spanner (No. 88)** to tighten securely.

Align the **Right Pedal (No. 18R)** with the right side of the **Crank (No. 91)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 18R)** clockwise as tightly as you can with your hands, then use **Spanner (No. 88)** to tighten securely.

**NOTE:** **Left Pedal (No. 18L)** is marked with "L" on the pedal, while **Right Pedal (No. 18R)** is marked with "R" on the pedal. Attaching the **Left & Right Pedals (No. 18L & No. 18R)** to the wrong side of the **Crank (No. 91)** or turning them with the wrong direction will damage the **Crank (No. 91)**.

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## STEP 6:

Remove 2 **Screws (No. 27)**, 2 **Spring Washers (No. 55)** and 2 **Arc Washers (No. 14)** from the **Handlebar Post (No. 2)** using **Allen Wrench (No. 87)**.

Insert the **Pulse Wire (No. 26)** into the front hole of the **Handlebar Post (No. 2)** and pull out from the hole on the top of the **Handlebar Post (No. 2)**.

Attach the **Armrest (No. 57)** to the **Handlebar Post (No. 2)** with 2 **Screws (No. 27)**, 2 **Spring Washers (No. 55)** and 2 **Arc Washers (No. 14)** that were just removed using **Allen Wrench (No. 87)**.

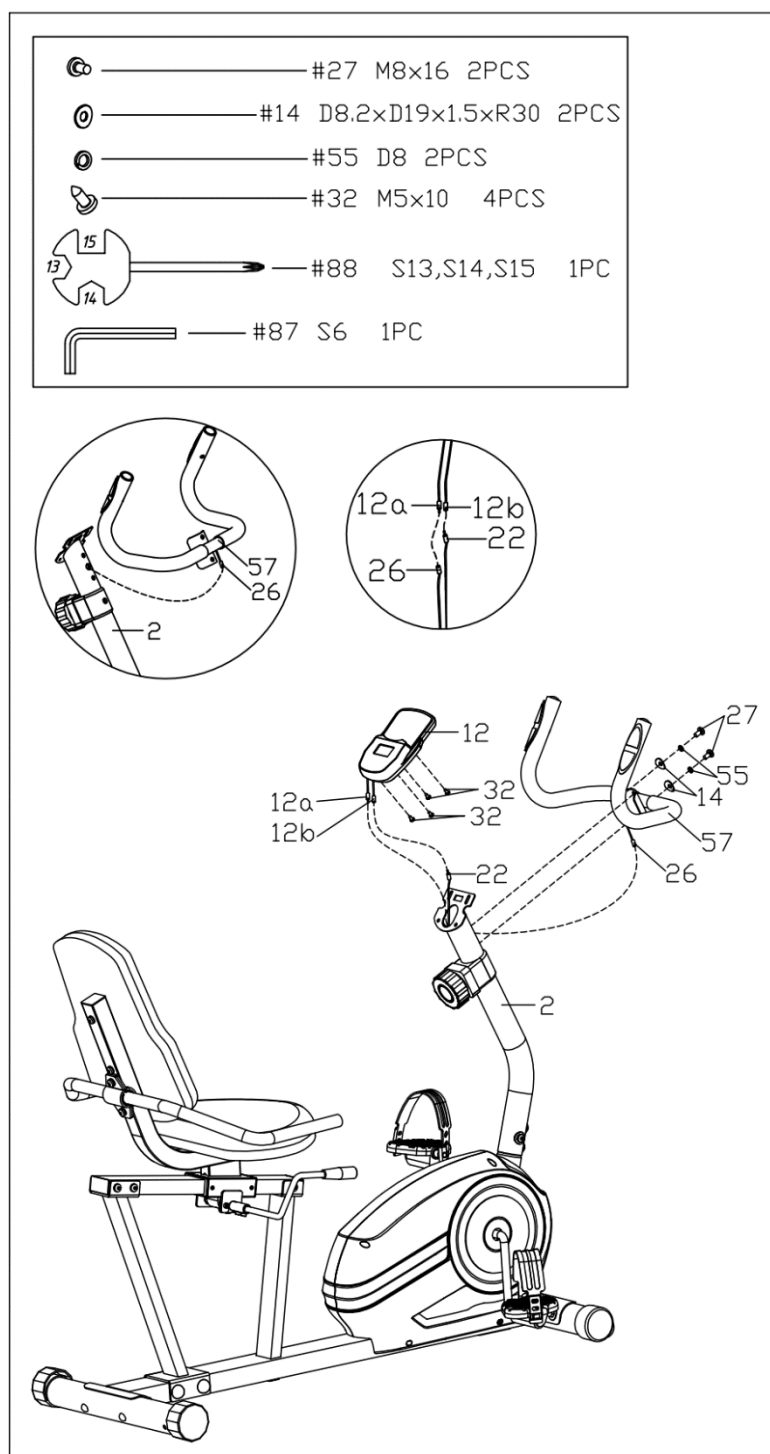
Remove 4 **Screws (No. 32)** from the **Meter (No. 12)** using the **Spanner (No. 88)**.

Connect the **Pulse Wire (No. 26)** to the **Meter Wire A (No. 12a)** and connect the **Sensor Extension Wire (No. 22)** to the **Meter Wire B (No. 12b)**.

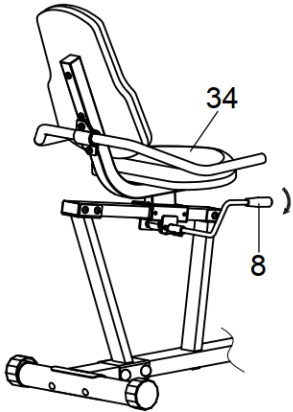
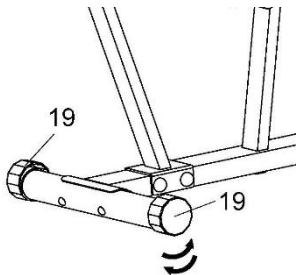
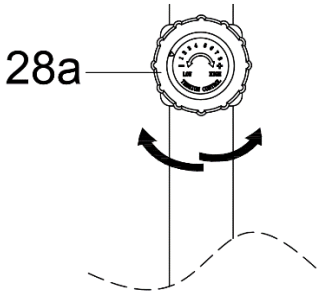
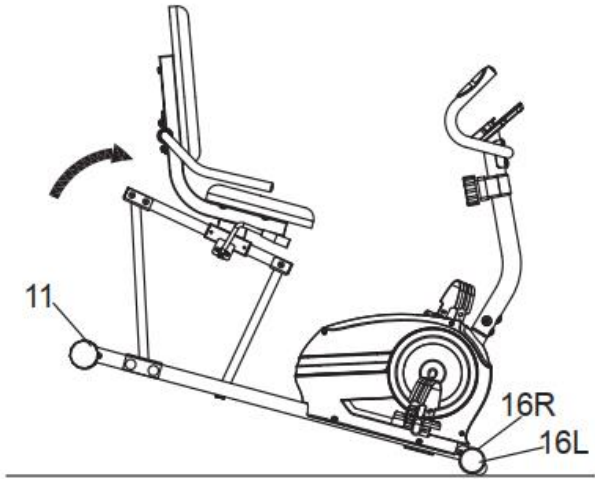
**NOTA:** To avoid damaging the wires, please insert them into the **Handlebar Post (No. 2)** before securing the **Meter (No. 12)** onto the bracket.

Attach the **Meter (No. 12)** to the bracket of the **Handlebar Post (No. 2)** with 4 **Screws (No. 32)** that were just removed using **Spanner (No. 88)**.

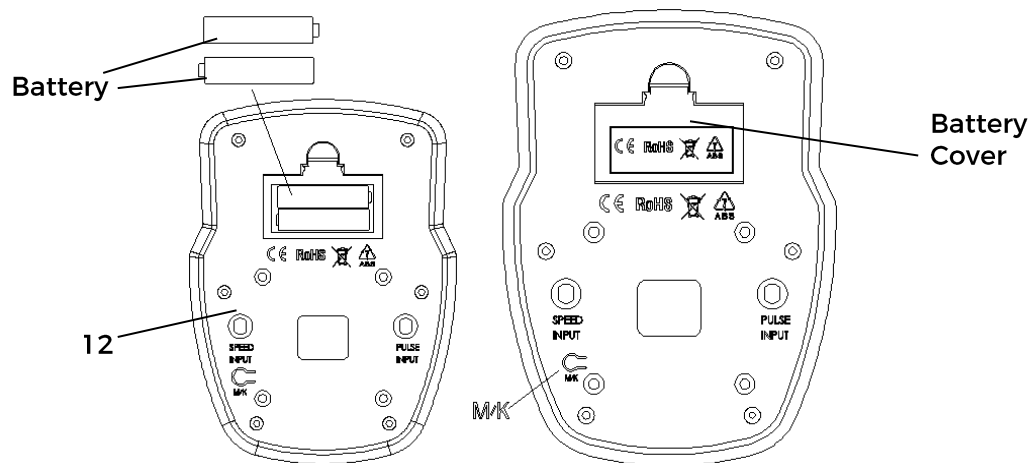
**THE ASSEMBLY IS COMPLETE!**



## Adjustment Guide

	<p><b>ADJUSTING THE SEAT POSITION</b></p> <p>To move the <b>Seat (No. 34)</b> forward or backward, while seated on the bike, put your feet on the floor. Shift the <b>Adjustment Handle (No. 8)</b> down to loosen. Move the <b>Seat (No. 34)</b>. Shift the <b>Adjustment Handle (No. 8)</b> up to secure.</p>
	<p><b>ADJUSTING THE LEVEL</b></p> <p>If at any point the bike does not feel level, you can adjust the <b>Rear End Caps (No. 19)</b>.</p>
	<p><b>ADJUSTING THE TENSION</b></p> <p>Adjust the tension by rotating the <b>Tension Controller (No. 28a)</b> <u>clockwise</u> to increase the level of resistance. Rotate the <b>Tension Controller (No. 28a)</b> <u>counter-clockwise</u> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p><b>MOVING THE BIKE</b></p> <p>Lift the bike by the <b>Rear Stabilizer (No. 11)</b> until the transportation wheels on the <b>Left &amp; Right Front End Caps (No. 16L No. 16R)</b> touch the floor. You can now move the bike to your desired location with ease.</p>

## **Battery Installation & Replacement**



### **Battery Installation:**

1. Take out 2 AAA batteries from the meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 12)** then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 12)**. Pay attention to the battery + and - poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 12)**.

*The installation is complete!*

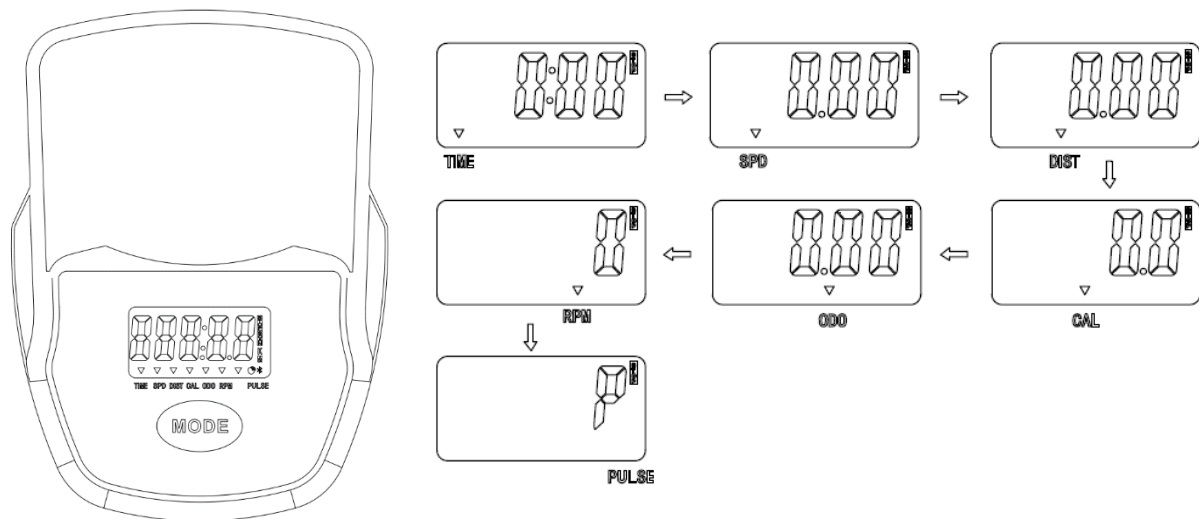
### **Battery Replacement:**

1. Press the buckle of battery cover on the back of the **Meter (No. 12)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 12)**. Pay attention to the battery + and - poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 12)**.

*The replacement is complete!*

**NOTE:** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

## Exercise Meter



### 1. KEY FUNCTION

- This key lets you select and lock on to a particular function you want.  
SCAN→TIME→SPD (SPEED)→DIST (DISTANCE)→CAL (CALORIES)→ODO (TOTAL DISTANCE)→RPM  
→PULSE
- Pressing and hold for 3 seconds to reset the value to zero except ODO (TOTAL DISTANCE) when Bluetooth is not connected.

### 2. SLEEP MODE

- The system turns off automatically if no activity or no keys are pressed for approximately 4 minutes when Bluetooth is not connected.
- The system turns on when the MODE key is pressed or activity is signaled.

### 3. FUNCTION

- SCAN: Meter will rotate through all functions every 6 seconds.
- TIME: Counts the total time from start to finish.
- SPD (SPEED): Displays the current speed.
- DIST (DISTANCE): Counts the distance of an exercise from start to finish.
- CAL (CALORIES): Counts total calories burned during exercise from start to finish.
- ODO (TOTAL DISTANCE): Counts the total distance from start to finish. If the batteries are replaced, the value returns to zero.
- RPM: The average number pedal revolutions per minute.
- PULSE: The current pulse rate.

### 4. BLUETOOTH



- The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
- The Bluetooth icon will stay on when it is connected.

### 5. WIRELESS HEART RATE

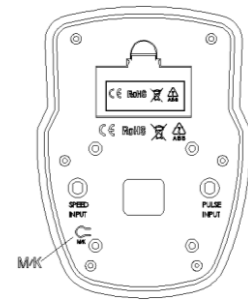


- The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- The wireless heart rate icon will stay on when the heart rate monitor is connected.

**NOTE:** The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.

## 6. SWITCH BETWEEN IMPERIAL AND METRIC SYSTEM

Press the M/K button on the back of meter to switch between imperial and metric system.



## 7. SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	00:00~999:59 (M :S)
	SPD (SPEED)	0.00~999.99 MPH (KM/H)
	DIST (DISTANCE)	0.00~9999.9 MILE (KM)
	ODO (TOTAL DISTANCE)	0.00~9999.9 MILE (KM)
	CAL (CALORIES)	0.0~9999.9 CAL
	SPM	0~299
	PULSE	40~240 BPM
BATTERY		SIZE-AAA, 2PCS
OPERATING TEMPERATURE		0~40°C (32°F-104°F)
STORAGE TEMPERATURE		-10~60°C (14°F -140°F)

**NOTE:** The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. The information is provided for reference purposes only and should not be used for medical or dietary purposes.

### APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

### App Troubleshooting:

- If you are having trouble connecting your smart equipment, visit [www.sunnyfit.com/guide](http://www.sunnyfit.com/guide) or scan the QR code below:



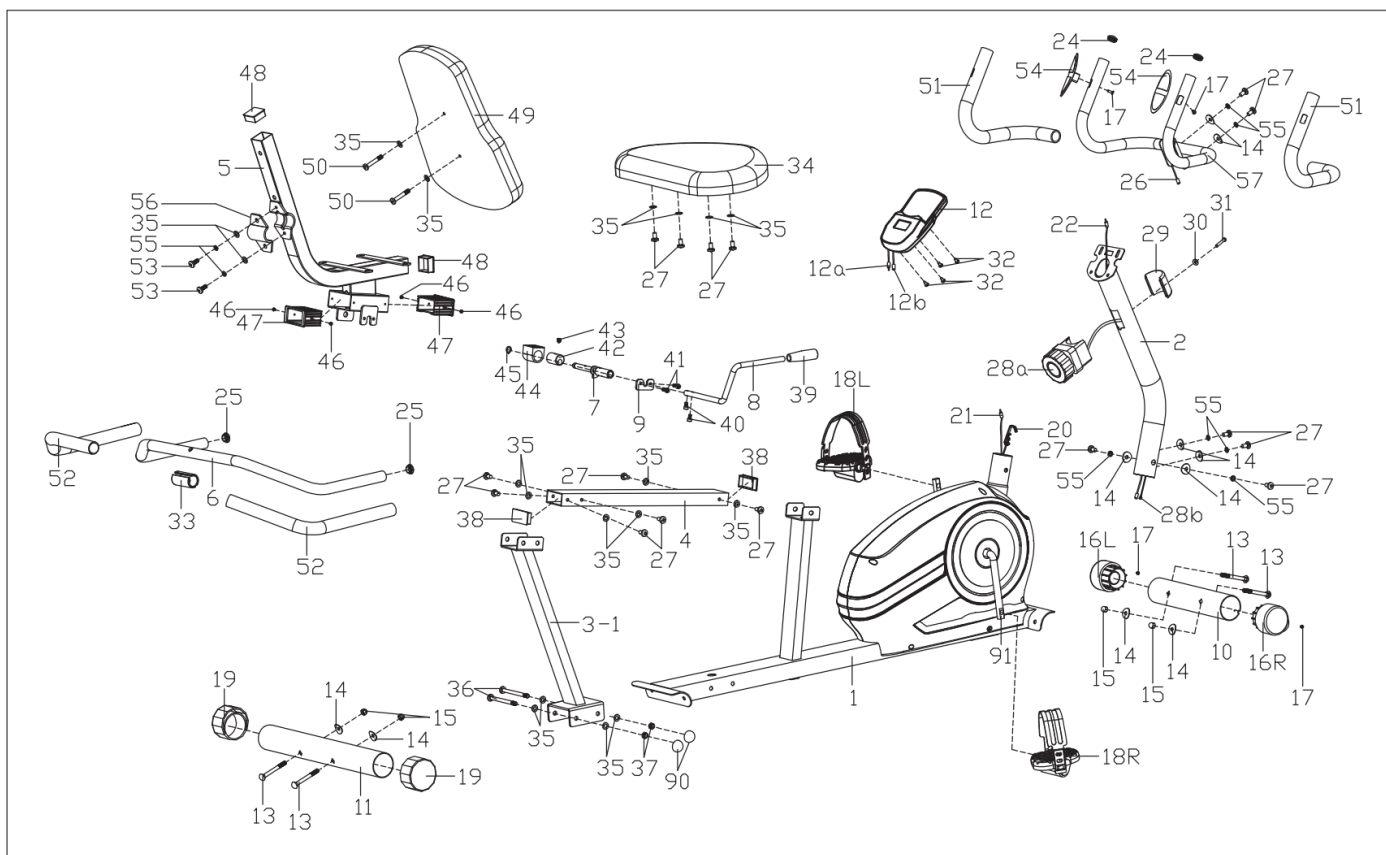
- If you require additional support, please contact [support@sunnyfit.com](mailto:support@sunnyfit.com).

## Parts List

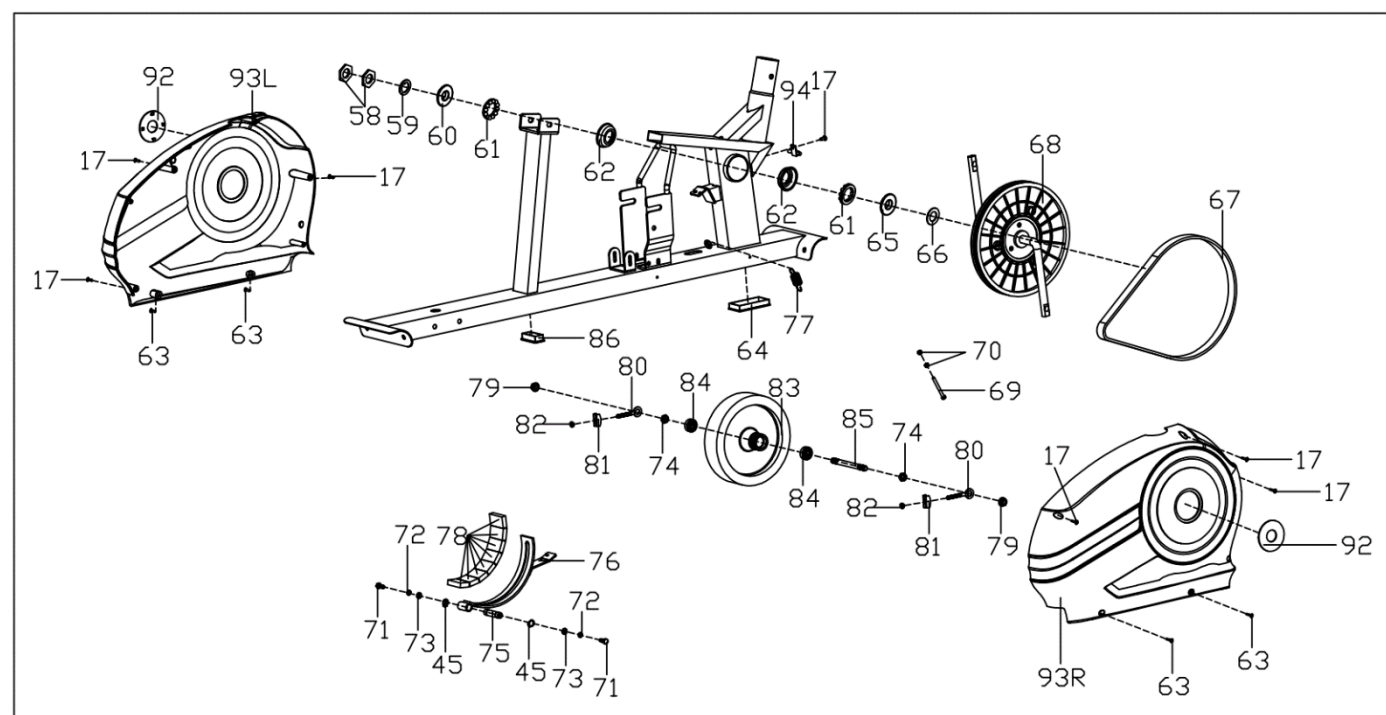
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3-1	Rear Support Tube		1
4	Slide Rail		1
5	Seat Bracket		1
6	Handlebar		1
7	Adjustment Block Axle		1
8	Adjustment Handle		1
9	Fixed Plate		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Meter	BJHT060	1
12a	Meter Wire A	100mm	1
12b	Meter Wire B	100mm	1
13	Carriage Bolt	M8x74	4
14	Arc Washer	D8.2xD19x1.5xR30	10
15	Cap Nut	M8	4
16L	Left Front End Cap	Φ60	1
16R	Right Front End Cap	Φ60	1
17	Cross Pan Head Self-Drilling Screw	ST4.2x18	11
18L	Left Pedal	YH-30X	1
18R	Right Pedal	YH-30X	1
19	Rear End Cap	Φ60	2
20	Tension Hook	860mm	1
21	Sensor Wire	400mm	1
22	Sensor Extension Wire	650mm	1
23	N/A		-
24	Round Plug	Φ25x1.5	2
25	Round Plug	Φ25x3	2
26	Pulse Wire	700mm	1
27	Screw	M8x16	16
28a	Tension Controller	8 levels	1
28b	Tension Cable		1
29	Rear Cover		1
30	Flat Washer	D5	1
31	Screw	M5x50	1
32	Screw	M5x10	4
33	Plastic Spacer	Φ32.7xΦ25.3x60	1
34	Seat	KX4806	1
35	Flat Washer	D8x1.5xΦ16	18
36	Hex Socket Pan Head Screw	M8x100	2
37	Nylon Nut	M8	2
38	Square Cap	60x30x2.0	2
39	Fixed Handlebar Glove		1
40	Screw	M6x10	2
41	Screw	M6x16	2
42	Eccentric Wheel		1
43	Screw	M8x10	1
44	Upper Block	38x34x36.2	1
45	Axle Spring Washer	D12	3

No.	Description	Spec.	Qty.
46	Cross Pan Head Self-Drilling Screw	ST3.5x8	4
47	Bushing	80x40x1.5	2
48	Square Bushing	38x38x1.5	2
49	Backrest	KX4806	1
50	Hex Socket Pan Head Screw	M8x50	2
51	Foam Grip	Φ23xΦ32x460	2
52	Foam Grip	Φ23xΦ32x520	2
53	Screw	M8x20	2
54	Pulse Plate		2
55	Spring Washer	D8	8
56	Rear Fixing Plate		1
57	Armrest		1
58	Nut	M33x1	2
59	Washer	Φ22.6xΦ28x2.5	1
60	Locking Nut-L	Φ45xH3.5	1
61	Open Face Bearing	Φ45.8x8.8	2
62	Bearing Housing	2.5x76x76	2
63	Hex Socket Pan Head Screw	ST5x20	4
64	Square Plug	80x40x1.5	1
65	Locking Nut-R	Φ45xH3.5	1
66	Big Flat Washer	Φ25.2xΦ38x2	1
67	Belt	360PJ6	1
68	Belt Pulley	Φ240	1
69	Hex Bolt	M5x60	1
70	Hex Screw	M5	2
71	Hex Bolt	M6xL15	2
72	Spring Washer	Φ6	2
73	Flat Washer	D6	2
74	Conical Thin Nut	M10x1	2
75	Magnetic Board Axle	Φ12xL15	1
76	Magnetic Board		1
77	Tension Spring	Φ15xΦ1.6xL54	1
78	Square Magnet	40x25x10	8
79	Flange Nut	M10x1	2
80	Adjustment Belt Bolt	M6x50	2
81	Adjustment Belt U Mat	3x30x20	2
82	Hex Screw	M6	2
83	Flywheel	Φ190x42	1
84	Bearing	6000	2
85	Flywheel Axle	Φ10xL116	1
86	Square Plug	50x25x1.5	1
87	Allen Wrench	S6	1
88	Spanner	S13,S14,S15	1
89	Allen Wrench	S5	1
90	Cap	S13	2
91	Crank	L140xW220	1
92	Crank Cover		2
93L	Left Belt Cover		1
93R	Right Belt Cover		1
94	Sensor Seat		1

## Exploded Diagram 1



## Exploded Diagram 2



Version: 1.1



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