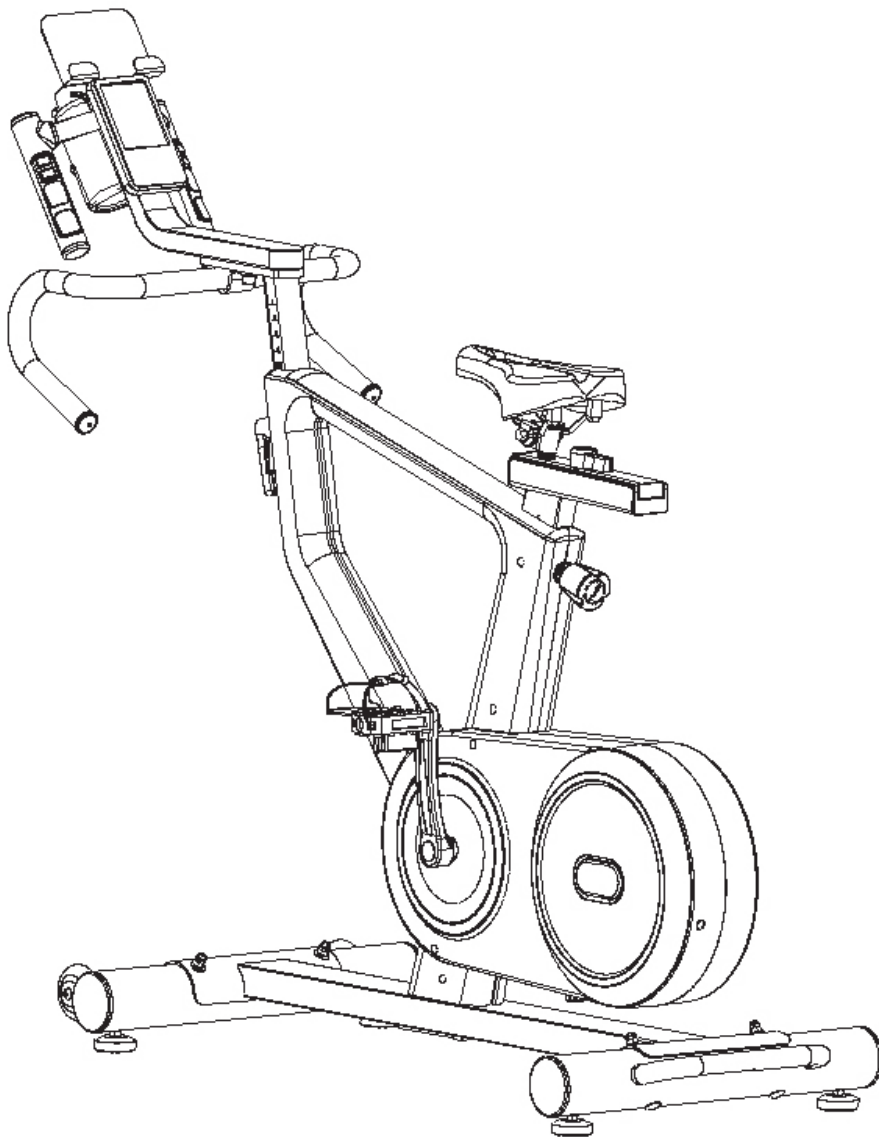


VELOX 2 ROAD TRAINING BIKE

INSTRUCTION MANUAL

Please read this book thoroughly before operating the bike



Scan the QR code for a step-by-step video guide on how to assemble your exercise bike.

Scan the QR code to view our support center for more technical resolutions and FAQ's about your item.



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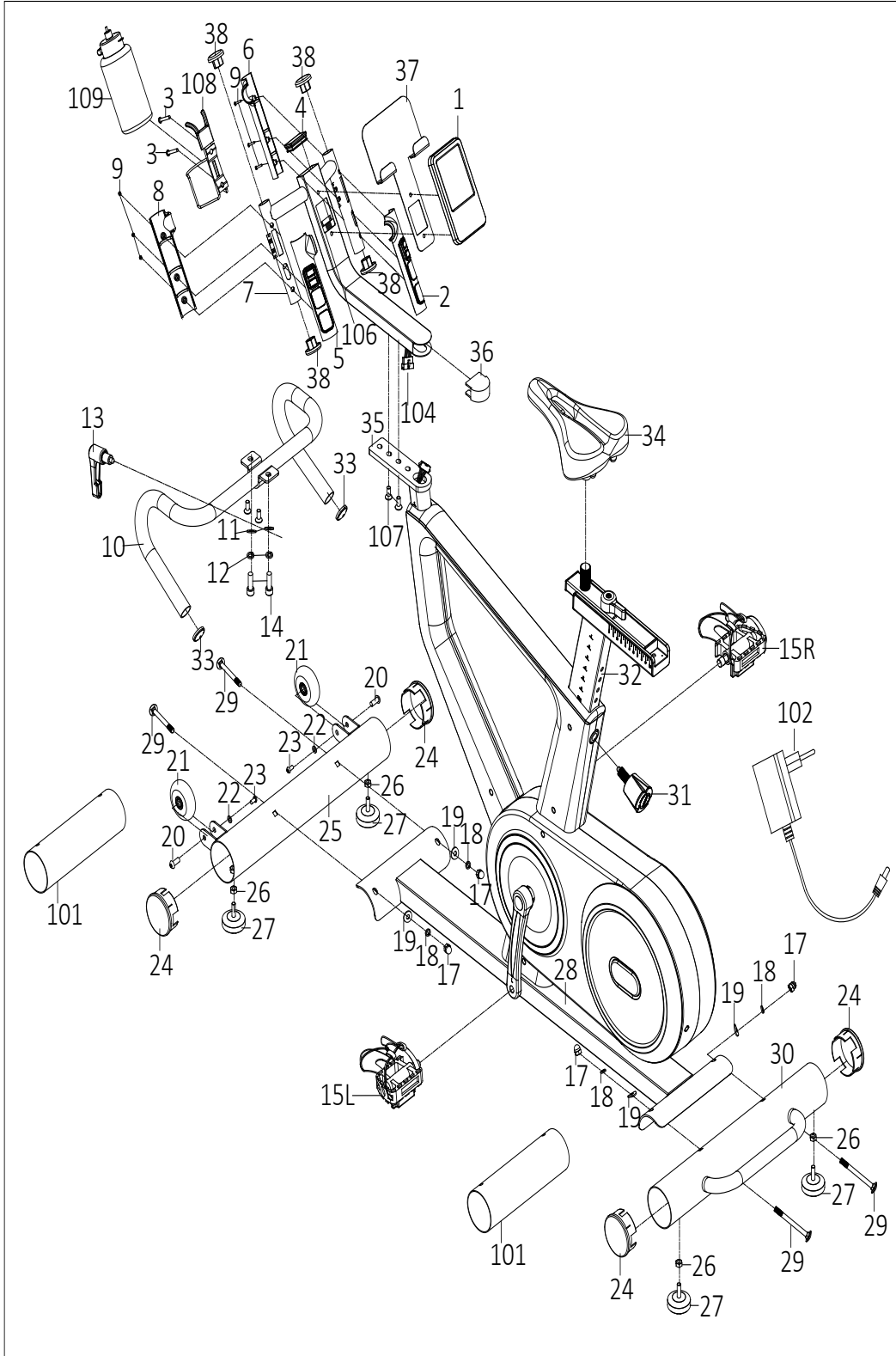
4. MAINTENANCE

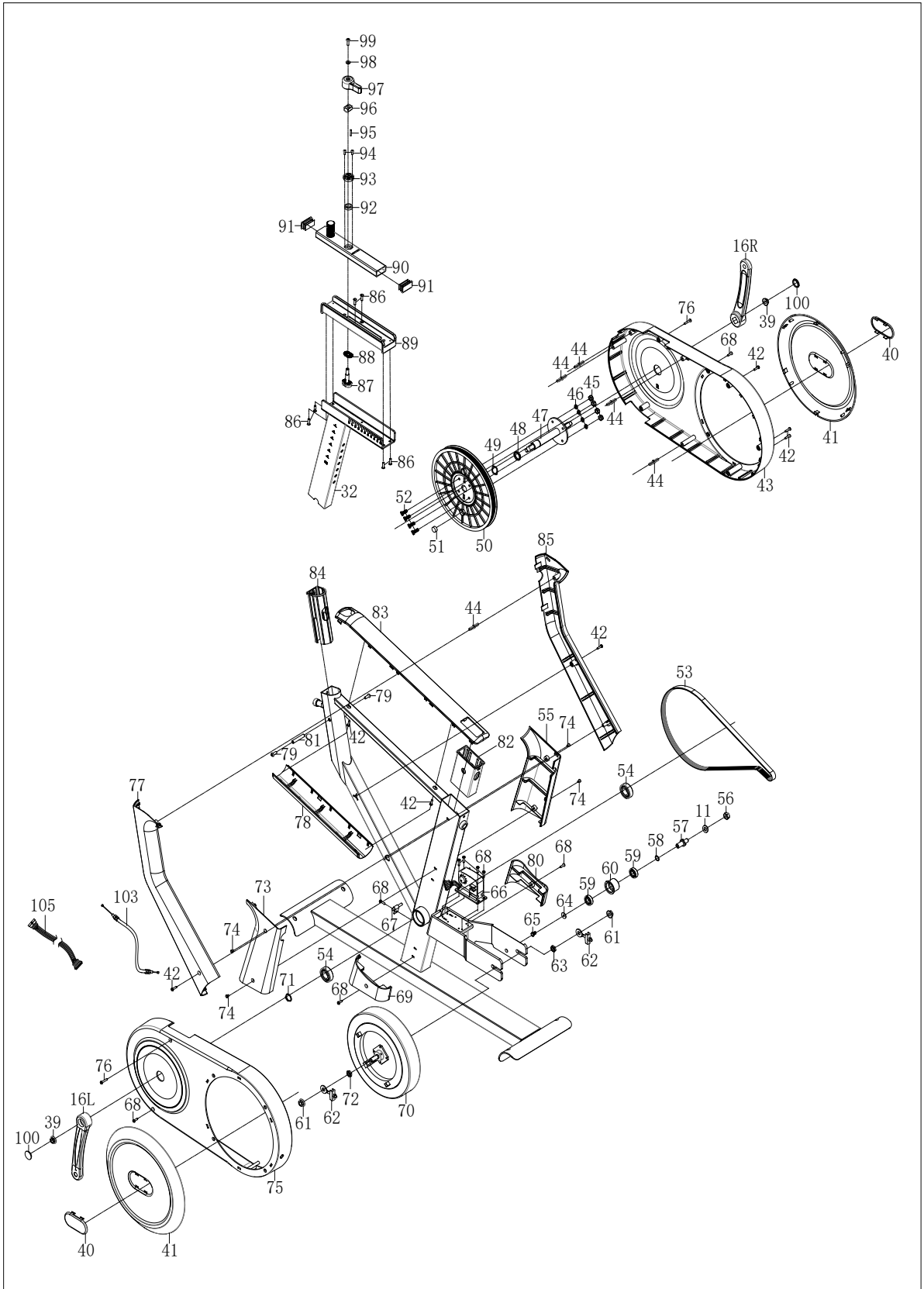
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EXPLODED DIAGRAM





PARTS LIST

NO.	Description	Qty	NO.	Description	Qty
1	Display	1	43	Right chain cover	1
2	Right handle top cover	1	44	Connection bar	5
3	Cross pan head screw M5*35	4	45	Nylon nut	4
4	Square end cap J50	1	46	Spring washer D6	4
5	Right handle bottom cover	1	47	Middle shaft	1
6	Left handle top cover	1	48	Middle shaft spacer	1
7	Display post	1	49	Corrugated washer d20* 26*0.3	1
8	Left handle bottom cover	1	50	Belt wheel	1
9	Cross recessed pan head tapping screws ST3*16* 5.6	6	51	Round magnet	1
10	Handlebar	1	52	Bolt M6*16*S10	4
11	Washer d10* 20*2.0	3	53	Multi-V belt	1
12	Spring washer d10	2	54	Bearing	2
13	L-shaped knob	1	55	Saddle post top right cover	1
14	Hexagon socket head screw	2	56	Nylon nut M10*H9.5*S17	1
15	Pedal		57	Free wheel shaft	1
16	Crank		58	Corrugated washer d12* 15.5*0.3	1
17	Cap nut	4	59	Bearing	2
18	Washer d8	4	60	Free wheel	1
19	Arc washer d8* 20*2*R38	4	61	Flange nut M10*1*H8*S15	2
20	Inner hex pan head bolt 7.8*30*M6*15*S5	2	62	Adjustable chain bolt	2
21	Transportation wheel	2	63	Conical nut M10*1*H5*S17	1
22	Washer d6* 12*1.5	2	64	Washer d6* 16*1.5	1
23	Inner hex pan head bolt M6*12*S5	2	65	Bolt M6*10*S10	1
24	Round end cap 76	4	66	Motor	1
25	Front stabilizer	1	67	Sensor	1
26	Nut M8*H5.5*S14	4	68	Cross pan head screw ST4.2*16* 8	9
27	Adjustable levelling knob	4	69	Saddle post bottom left cover	1
28	Mainframe	1	70	Flywheel	1
29	Square neck bolt M8*90*20*H5	4	71	Snap ring d20	1
30	Rear stabilizer	1	72	Thin nut M10*1*H5*S17	1
31	Spring knob	1	73	Saddle post top left cover	1
32	Saddle post	1	74	Cross pan head screw ST4.2*6* 8	4

33	End cap D28	2	75	Left chain cover	
34	Saddle	1	76	Cross pan head self-drilling screw ST4.2*25* 8	
35	Handlebar post	1	77	Left handlebar post cover	
36	Square end cap	1	78	Bottom cover	
37	iPad holder	1	79	Cross pan head screw M5*10* 10	
38	Round end cap	2	80	Saddle post bottom right cover	
39	Flange nut M10*1.25*H7.5*S14	2	81	Limitation shaft	
40	Decoration cover for plastic plate	2	82	Bush	
41	Plastic plate	2	83	Top cover	1
42	Cross pan head screw ST4.2*19* 8	7	84	D-shaped bush	2
85	Right handlebar post cover	1	99	Cross pan head bolt M5*16* 10	1
86	Cross countersunk screws- M5*18* 8	1	100	Crank cover	2
87	Locking block	2	101	Package tube	2
88	Rubber band	1	102	Adaptor	1
89	Bottom slider	1	103	Resistance wire	1
90	Saddle seat	1	104	Extension wire 1	1
91	Square end cap J40	2	105	Extension wire 2	1
92	Rubber pad	1	106	Pulse wire	1
93	Limitation seat	1	107	Hexagon socket counter-sunk head bolts	2
94	Cross pan head screw M4*12* 7	2	108	Aluminium bottle holder	1
95	Limitation pin	1	109	Bottle	1
96	Lock core	1	A	Allen wrench S8	1
97	Locking knob	1	B	Multi-function wrench S13-14-15	1
98	Washer d5* 14*2	1	C	Allen wrench S5	1

1 Safety Instructions

Please pay attention to the following instructions before operating this bike.

USER SAFETY PRECAUTIONS

PRIOR TO USE

- Assemble the bike according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 130kg/ 20.47 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.

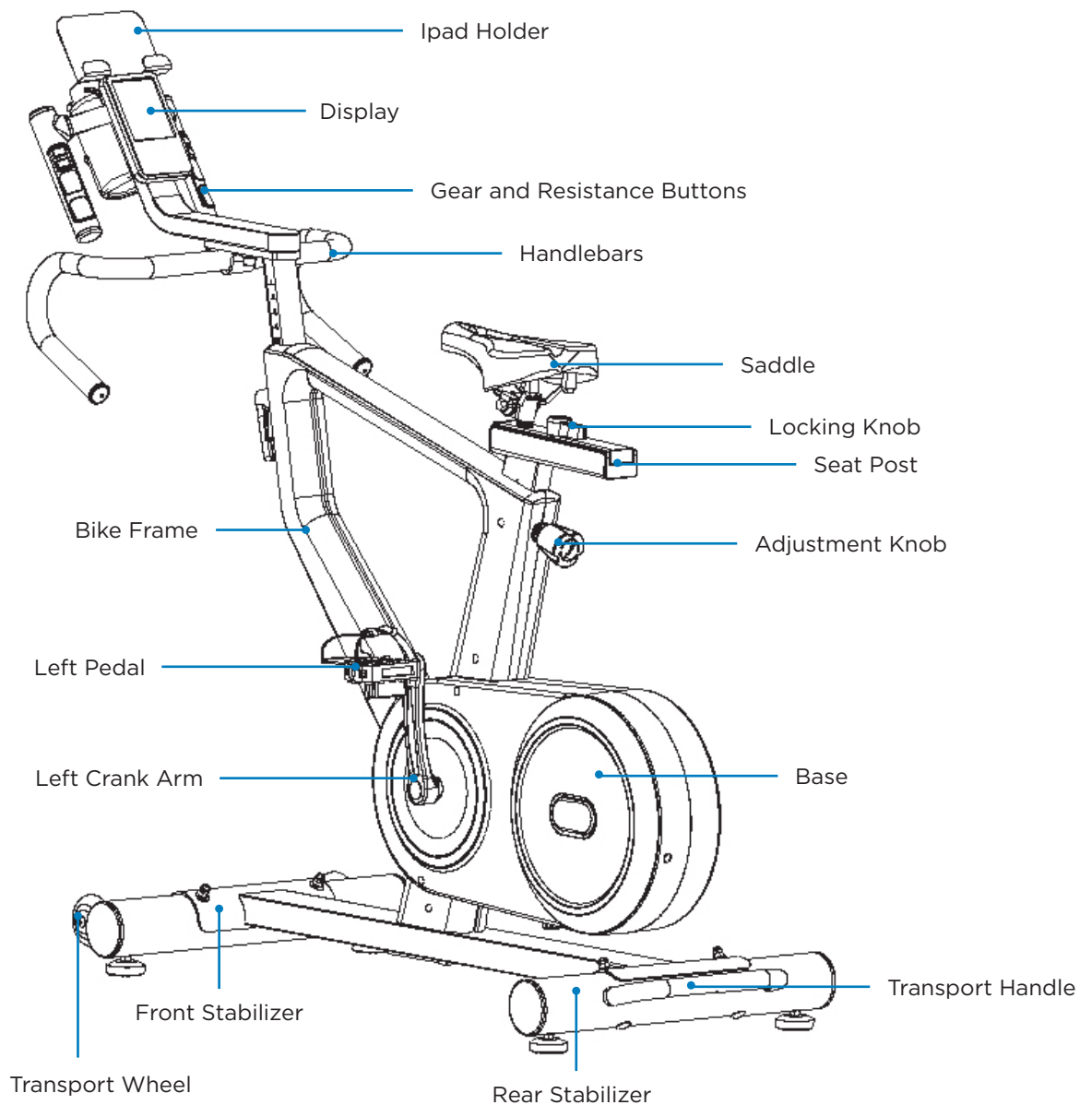
2 Assembly

PREPARING SITE

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

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The bike is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.


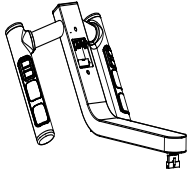
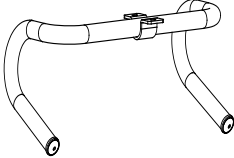

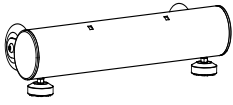
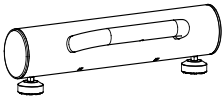

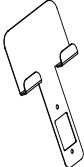
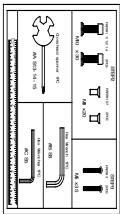
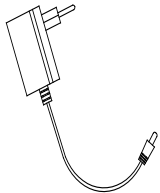
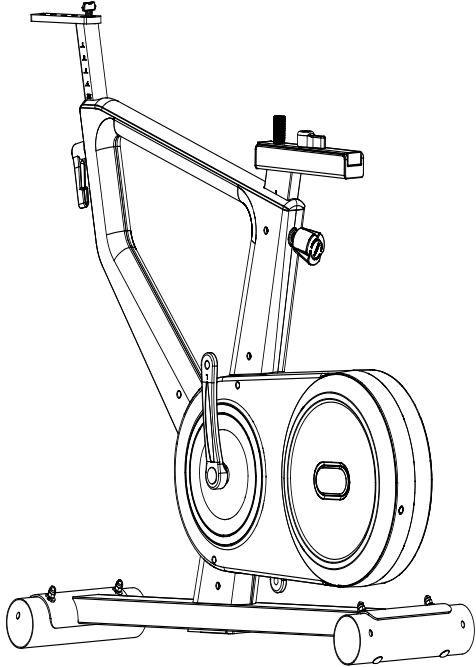

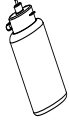
DIAGRAM



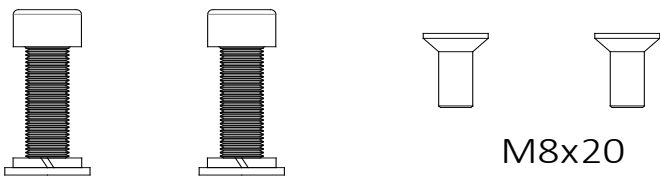
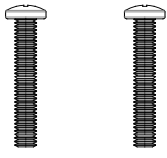
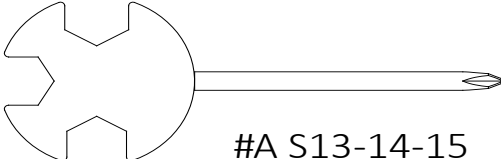



CONTENT LISTING

See diagram (pg.9) and content listing (below) for the exercise bike box contents. See *Customer Service* chapter for contact information if any parts are missing.

BOX CONTENTS

		
#1 Display 1PC	#7 Display Post 1PC	#10 Handlebar 1PC
		
#15 Pedal 1pair	#25 Front Stabilizer Assembly 1PC	#30 Rear Stabilizer Assembly 1PC
		
#34 Saddle 1PC	#37 Ipad holder 1PC (Optional)	Bilster Card 1PC
		
#102 Adaptor 1PC		
		
#108 aluminum bottle holder 1PC		
		
#109 bottle 1PC	#28 Mainframe 1PC	

TOOLS PACK CONTENTS

<p>STEP2</p> <p>PART#11/12/14 2 PCS PART#107 2 PCS</p>  <p>M10 x 30 M8x20</p>		<p>STEP3</p> <p>PART#3 2 PCS</p>  <p>M5x35</p>
<p>Crosshead spanner 1 PC</p>  <p>#A S13-14-15</p>	<p>Hex Wrench 1PC</p>  <p>#B S8</p> <p>Hex Wrench 1PC</p>  <p>#C S5</p>	
		

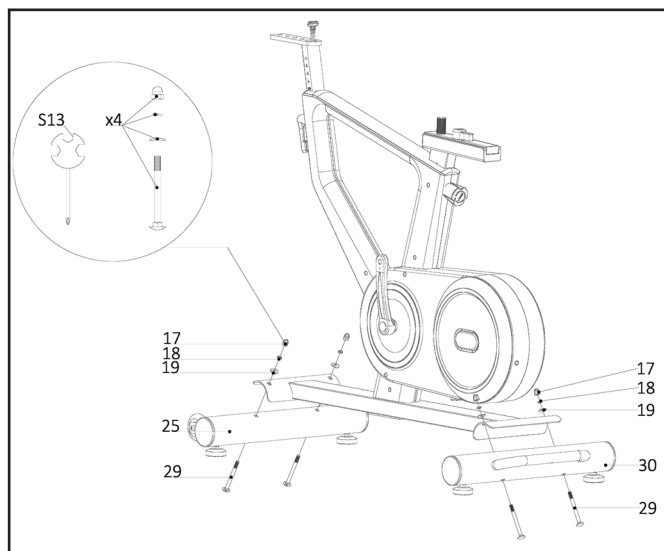
Velox 2 ASSEMBLY

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 Velox 2 please follow these easy steps:

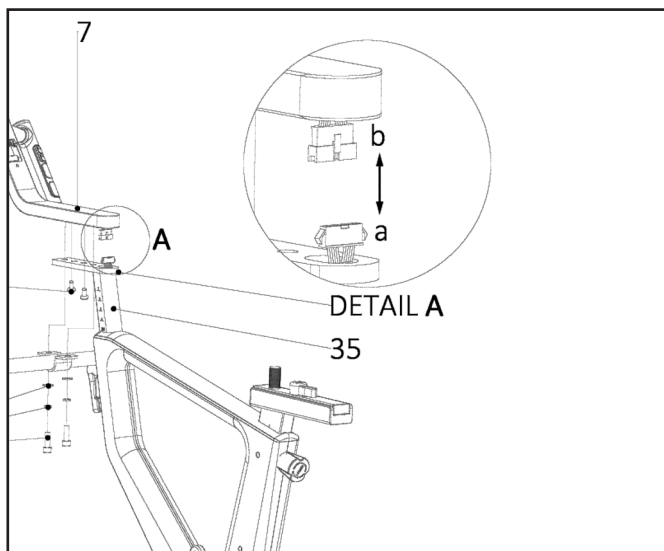
STEP 1

Attach the front and rear stabilisers to the main frame using 4 x carriage bolts, 4 x flat washers and 4 x domed nuts found in the frame.



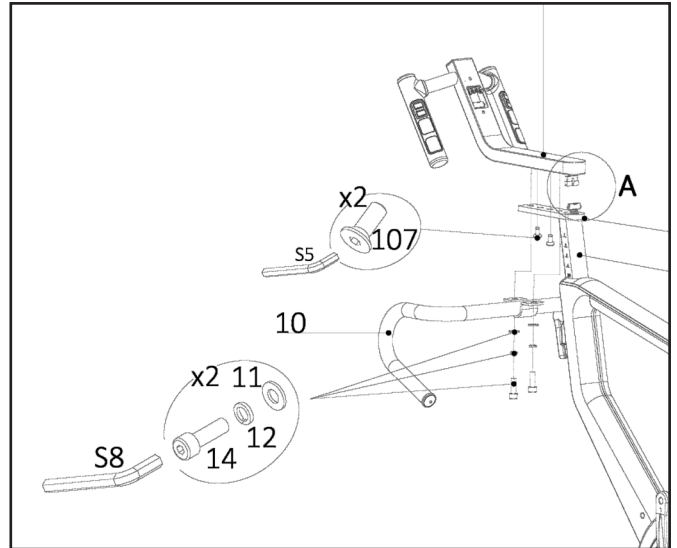
STEP 2

Connect the sensor wire between the handlebar post and display post.
Do not trap these wires in the frame.



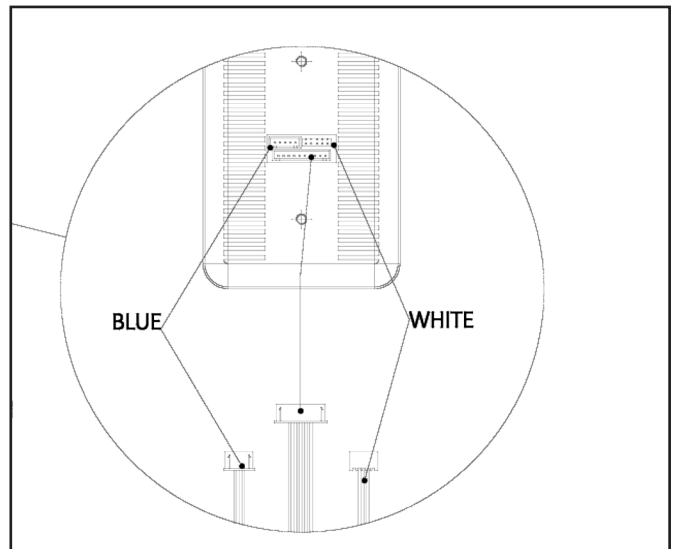
STEP 3

Secure the display post to the handlebar post using two M8x20 screws.
Next, attach the handlebars to the handlebar post using two M10x30 bolts, two spring and two flat washers.



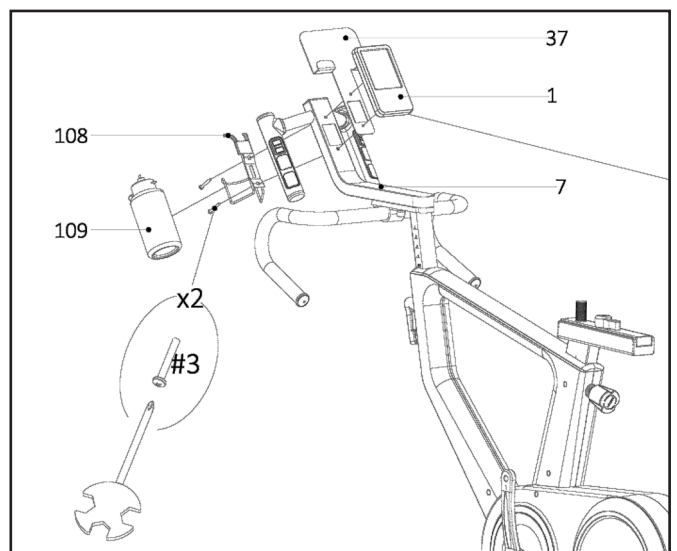
STEP 4

Connect the sensor wires from the display post to the monitor, feeding them through the iPad holder. Ensure you hear a click for each cable and feed the excess into the post.



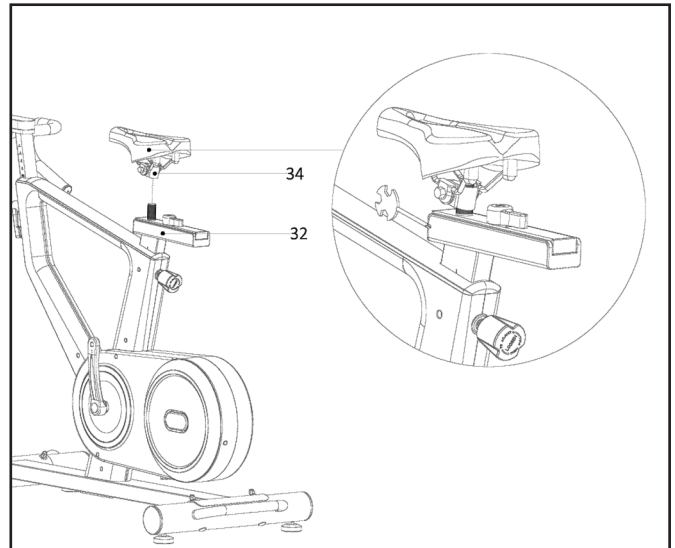
STEP 5

Secure the bottle holder and monitor to the display post using two M5x35 screws.



STEP 6

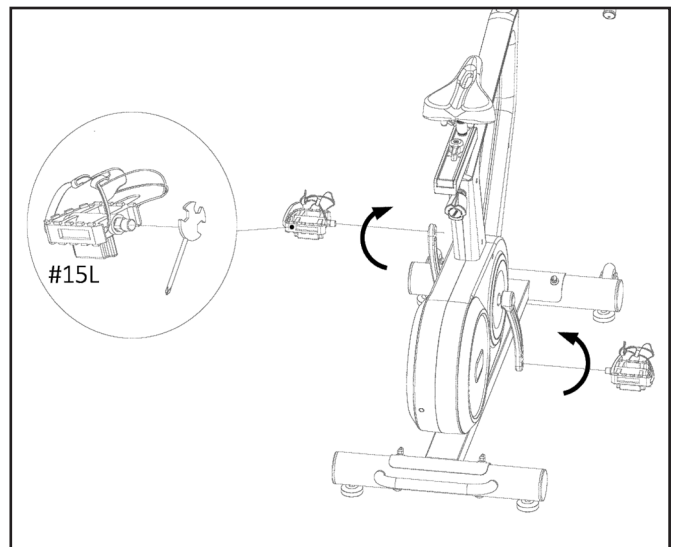
Attach the saddle to the seat post, remembering to tighten the bolts on both sides.



STEP 7

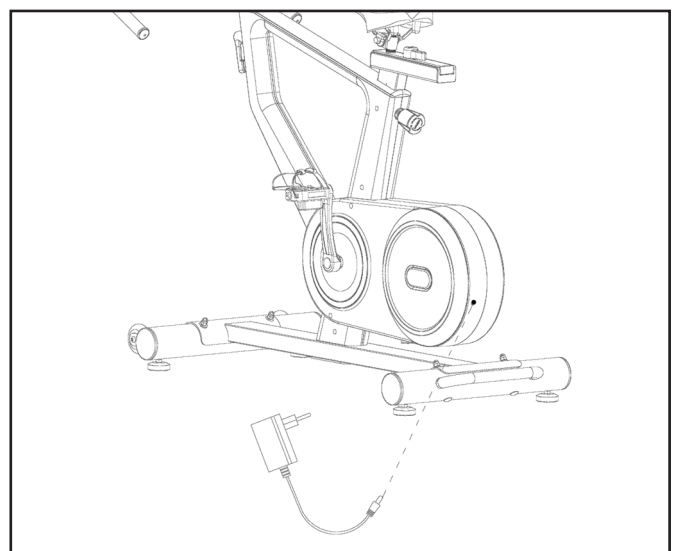
Next, attach the right and left pedals to the corresponding cranks. Each will be labelled 'R' or 'L'.

PLEASE NOTE: To avoid cross threading turn the right pedal clockwise and the left anti-clockwise. Make sure the threads are aligned straight and they are screwed all the way in! Ensure you do not wear down the thread. This can cause the pedals to fall off, if assembled incorrectly.



STEP 8

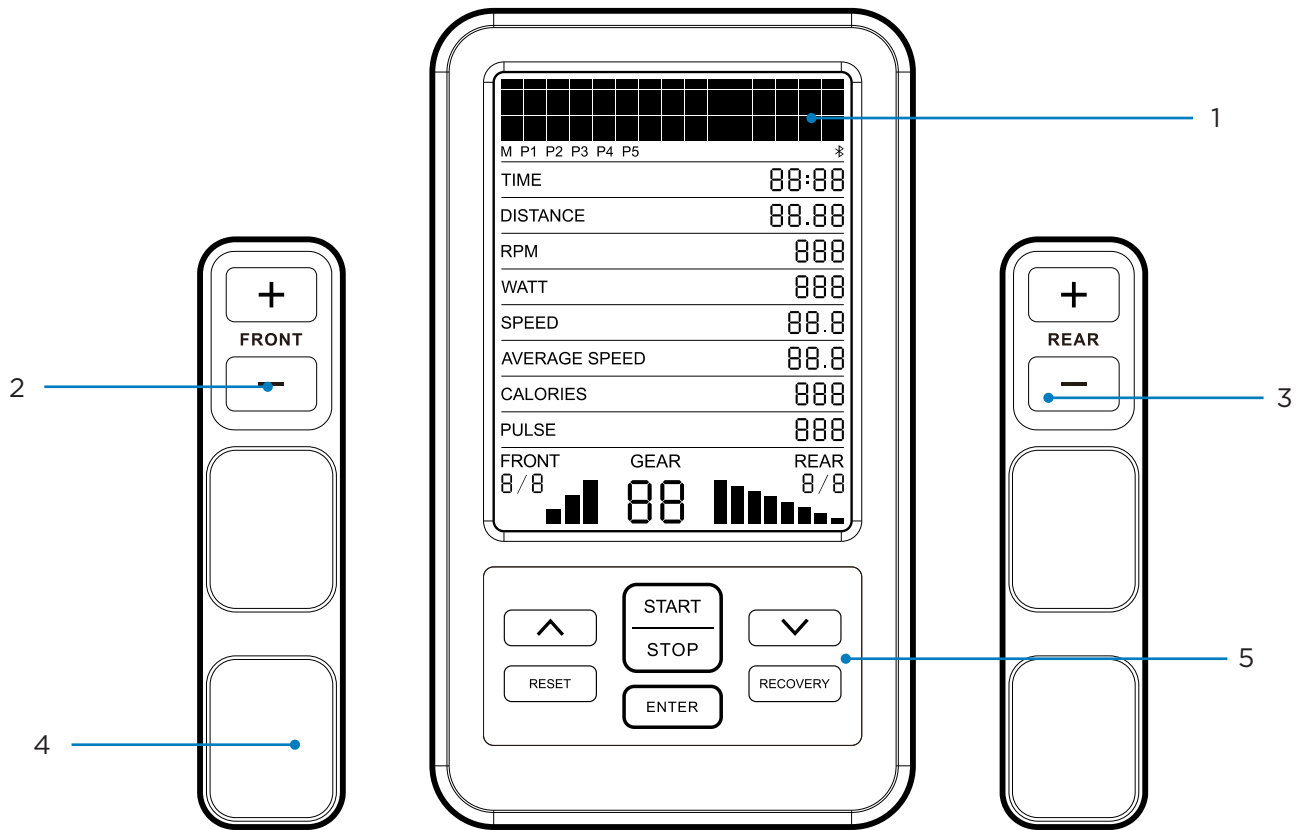
Lastly, connect the power cable to the back of the base and plug into an earthed socket.



⚠ WARNING: HEAVY EQUIPMENT

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

MONITOR CONFIGURATION



1	LCD display	4	Pulse Plates
2	Front Gears	5	Control Buttons
3	Rear Gears		

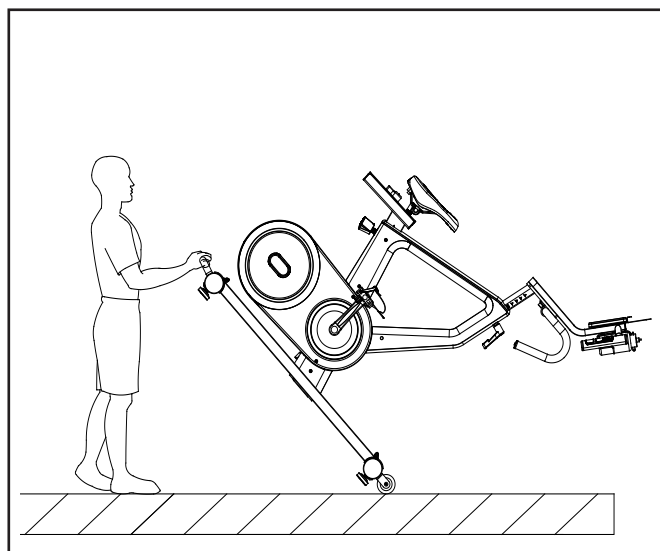
TESTING THE BIKE OPERATION

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

1. Plug in your Velox 2 to your mains and switch on. You should hear a beep from the monitor.
2. Check that your pedals are securely on, flush to the crank and not angled. If the thread is worn from numerous attempts to attach the pedal, or placed angled, you are at risk of the pedal falling off.
3. Now sit on the bike and begin to pedal, increase and decrease the front and rear gears and you should feel a change in resistance.
4. Whilst pedalling on the bike make sure there are no loud noise issues or wobbling coming from the bike. If there is a loud noise, please contact our Customer Service Team. If the bike is wobbling, please refer to 'Levelling The Bike'.

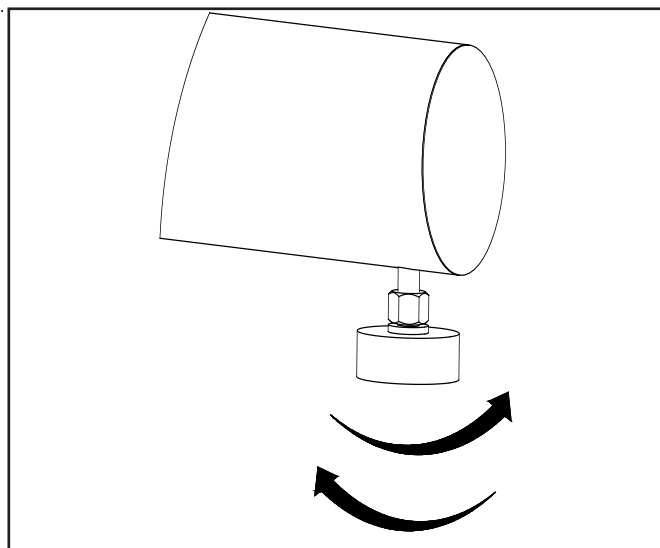
TRANSPORTING THE BIKE

Unplug the machine and using the transport handle on the back stabilizer lift the bike until the wheels touch the ground. Carefully push the bike to your desired location.



LEVELLING THE BIKE

If you are exercising on an uneven surface use the rubber feet under the stabilisers to adjust the height of the bike. Once all four rubber feet are secure on the ground with no wobble from the bike tighten the silver nuts up to the stabilizer to secure in place.



SPECIFICATIONS

Display	LCD Displays: Time, Speed, Average Speed, Distance, Calories, RPM, Pulse and Wattage.
Transport	Built-in wheels.
Flywheel	9KG One Way Flywheel
Resistance	Electronic magnetic resistance controlled by front and rear gears.
Crank	3 piece crank system on the pedals making it stronger and more reliable.
Seat	Fully adjustable seat can be moved up and down or forwards and backwards.
Pedals	Secure pedals with adjustable strap and toe cage.
Handlebars	Ergonomic adjustable handlebars can be moved vertically.
Maximum User Weight	130 kg, 20.47 St or 286 lb
Occupying Area	137cm (Length) x 51cm (Width) x 127cm (Height)
Packaging Dimensions	Box 1 - 112cm (length) x 27cm (width) x 93cm (height)
Gross Weight	Box 1: 47kg
Net Weight	Box 1: 40.9kg

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 *hours: minutes*.
- **Speed:** Your current speed, displayed in kilometres per hour (km/h).
- **Average Speed:** Your average speed whilst exercising, 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.
- **RPM:** Displays the revolutions per minute.
- **Watt:** Displays the power consumption during your workout.
- **Pulse:** Displays your heart rate during your workout.

Time Display Range	0:00 - 99:59	Speed Range	0.0 - 99.9 km/h
Distance Range	0 - 99.99 km	Average Speed Range	0.0 - 99.9 km/h
Heart-Rate Display Range	40 - 240 bpm	RPM Range	0 - 999 rpm
Calorie Display Range	0 - 999 Kcal	Rear Gear Range	1 - 8
Watt Range	0 - 899 W	Front Gear Range	1 - 3

OPERATION PROCEDURE

Plug in the power supply and the monitor will display every segment on the LCD screen. You will see a flashing M in the top left indicating the monitor is automatically in manual mode.

WORKOUT SELECTION

Use the up or down arrow keys to select a workout: M(Manual) - P(Program 1-6) - FAT (Body Fat) - (H.R.C) - U (User 1-4).

MANUAL MODE

1. Press enter to set targets such as time, distance, calories and even input age.
Once you've set one of these press the start button to begin, the digits will then begin to count down.
2. During the workout you can change the resistance by using the gears.
Right = Rear and Left = Front
Left = Big Changes and Right = Fine Tuning on Hill Simulations
3. Press start/stop key to pause a workout and press reset to revert back to the main menu.

PROGRAM MODE

1. When the M icon is flashing you will be on the main screen, use the up arrow button to scroll through the programs P1-P6.
2. Press enter to set targets such as time, distance, calories and even input age.
Once you've set one of these press the start button to begin, the digits will then begin to count down.
3. The gears throughout the workout will be pre-set however, you can manually change them if you wish.
4. Press start/stop key to pause a workout and press reset to revert back to the main menu.

H.R.C MODE

1. From the main screen use the up arrow to scroll through the programs to reach the heart rate program.
2. Press enter to set targets such as time, distance, calories and pulse.
Once you've set one of these press the start button to begin, the digits will then begin to count down.
3. Your hands must either be constantly on the pulse plates or have the heart rate band attached securely around your torso.
4. Press start/stop key to start or stop a workout. Press the reset button to revert back to the main menu.

BODY FAT

1. From the main screen use the up arrow to scroll through the programs to reach the fat program. This test should be done when your heart rate is calm.
2. Press enter to bring up each data entry, these are gender, height, weight and age.
Gender will be shown by a little 'M' or 'F' in the top left corner, height will be in cm, weight in KG and age in years.
3. Press start and either hold the pulse plates or have the heart rate band attached.
You will see the loading icons appear across the top of the monitor, if the bike cannot detect a heart rate an error code will appear at the top 'E2'.

- Once completed the monitor will display your body fat %, BMR (basal metabolic rate) and BMI (body mass index) along with a body type figure at the top.

BMI (Body Mass Index)

Type	Thin	Normal	Slightly Overweight	Overweight	Obese
Male ≤ 30	< 14	14 ~ 20	20.1 ~ 25	25.1 ~ 35	> 35
Male > 30	< 17	17 ~ 23	23.1 ~ 28	28.1 ~ 38	> 38
Female ≤ 30	< 17	17 ~ 24	24.1 ~ 30	30.1 ~ 40	> 40
Female > 30	< 20	20 ~ 27	27.1 ~ 33	33.1 ~ 43	> 43

Body Fat %

Gender	Low	Medium	Medium/High	High
Male	< 13%	13% - 25.9%	26% - 30%	> 30%
Female	< 23%	23% - 35.9%	36% - 40%	> 40%

Body Type

B1	B2	B3	B4	B5	B6	B7	B8	B9
Extremely thin	Thin	Relatively thin	Below normal	Normal	Above normal	Over-weight	Obese	Extremely obese

USER PROGRAM MODE

- From the main screen use the up arrow to scroll through the programs to reach one of the user programs.
- Press enter to set targets such as time, distance and calories. You can also set the resistance level for each column at the top of the screen. Once you've set these press the start button to begin.
- You can still change the resistance as you exercise. You can set up to four different users.
- Press start/stop key to start or stop a workout. Press the reset button to revert back to the main menu.

RECOVERY

After exercising for a period of time, keep your hands on the pulse plates or have the heart rate band attached and press the recovery button. All of the functions will stop displaying except for time, which will start counting down from 60 secs. The screen will display your heart rate recovery status with F1-F6, F1 being the best and F6 being the worst. The user may keep exercising to improve the heart rate recovery status.

F1 = 1.0	Optimum
1.0 < F2 < 2.0	Good
2.0 < F3 < 2.9	Relatively good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Relatively poor
F6 = 6.0	Poor

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. This product is compatible with standard 5.3Khz heart rate detector.



FITSHOW APP

This monitor is equipped with Bluetooth which is designed to connect to the Fitshow app. Once connected the monitor will power off and all readings will be displayed within the app.



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

- 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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