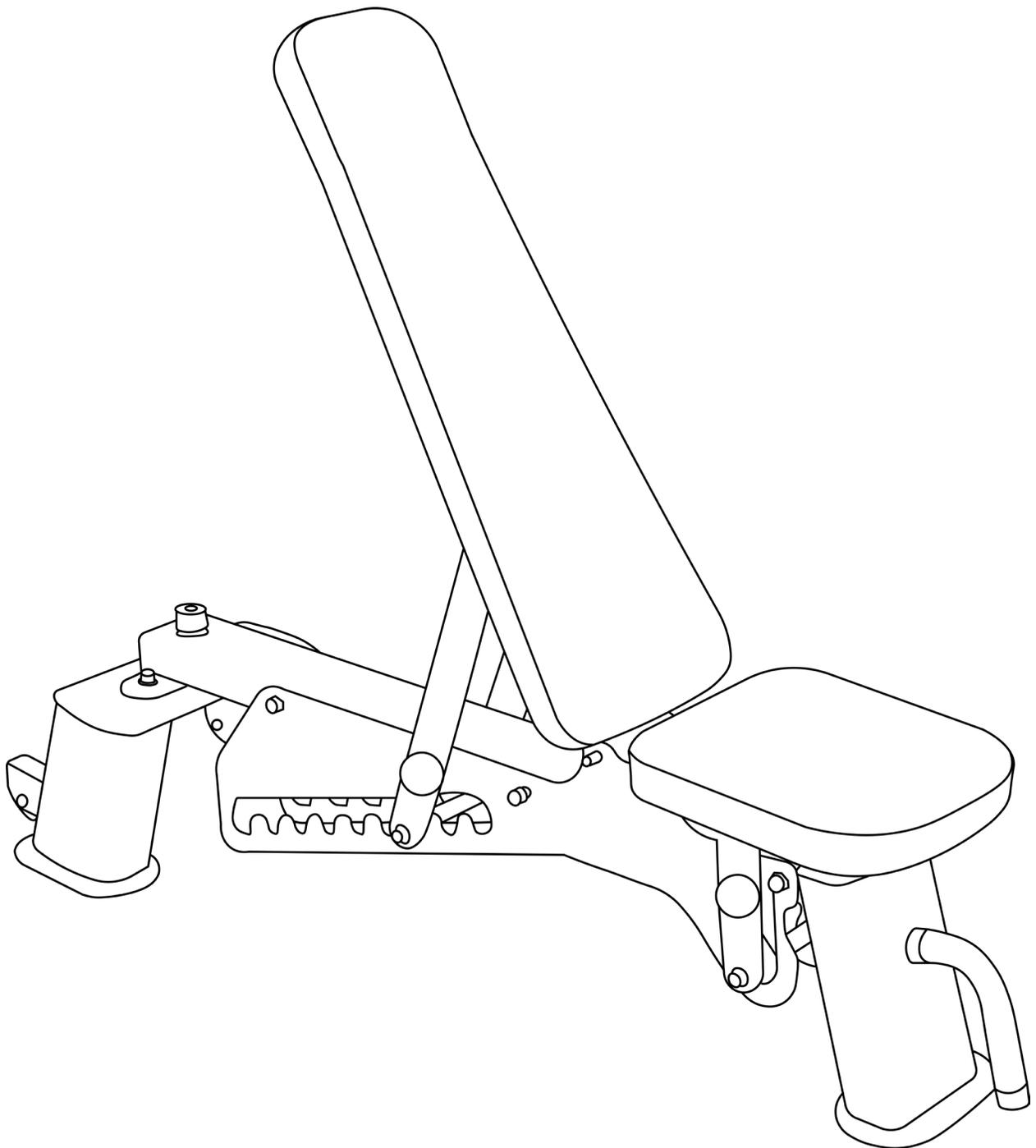


B300 WEIGHT BENCH

INSTRUCTION MANUAL



Please read this book thoroughly before using the bench.

CONTENTS

1. SAFETY INSTRUCTIONS

Important safety information	p. 3
User safety precautions	p. 4
Prior to use	p. 4
During use	p. 4
Exercise safety precautions	p. 4
Facility safety precautions	p. 5
Warning stickers	p. 5

2. ASSEMBLY

Preparing the site	p. 6
Diagram	p. 6
Content listing	p. 7
Box contents	p. 7
Tools pack	p. 7
B300 assembly	p. 8
Testing the bench operation	p. 8
Specifications	p. 9

3. OPERATION

Adjusting the back rest and seat	p. 10
Transporting the bench	p. 10

4. MAINTENANCE

Preventive maintenance activities	p. 11
Bench cleaning	p. 12
Bench balance	p. 12

5. ADDITIONAL INFORMATION

Contact information	p. 13
Disclaimer	p. 13

1 Safety Instructions

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

IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, light-headedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

9. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
10. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.

USER SAFETY PRECAUTIONS

PRIOR TO USE

- Assemble the bench 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 190kg/ 29.9 St.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

DURING USE

- DO NOT attach straps or other devices.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.

EXERCISE SAFETY PRECAUTIONS

- Use sports clothes and gym shoes.
- DO NOT use with bare feet.
- This model has been designed for commercial use.

FACILITY SAFETY PRECAUTIONS

- DO NOT operate in damp or wet locations.
- Check the bench for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
- Maintain regularly. Refer to *Maintenance* chapter.
- DO NOT use the bench if: The bench has been dropped or damaged.
- Read the instruction manual completely before using the bench.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Be sure your bench is clear of walls, equipment and other hard surfaces.
- DO NOT modify the bench in any way. Any modifications will void the warranty.

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 bench.

⚠ WARNING

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

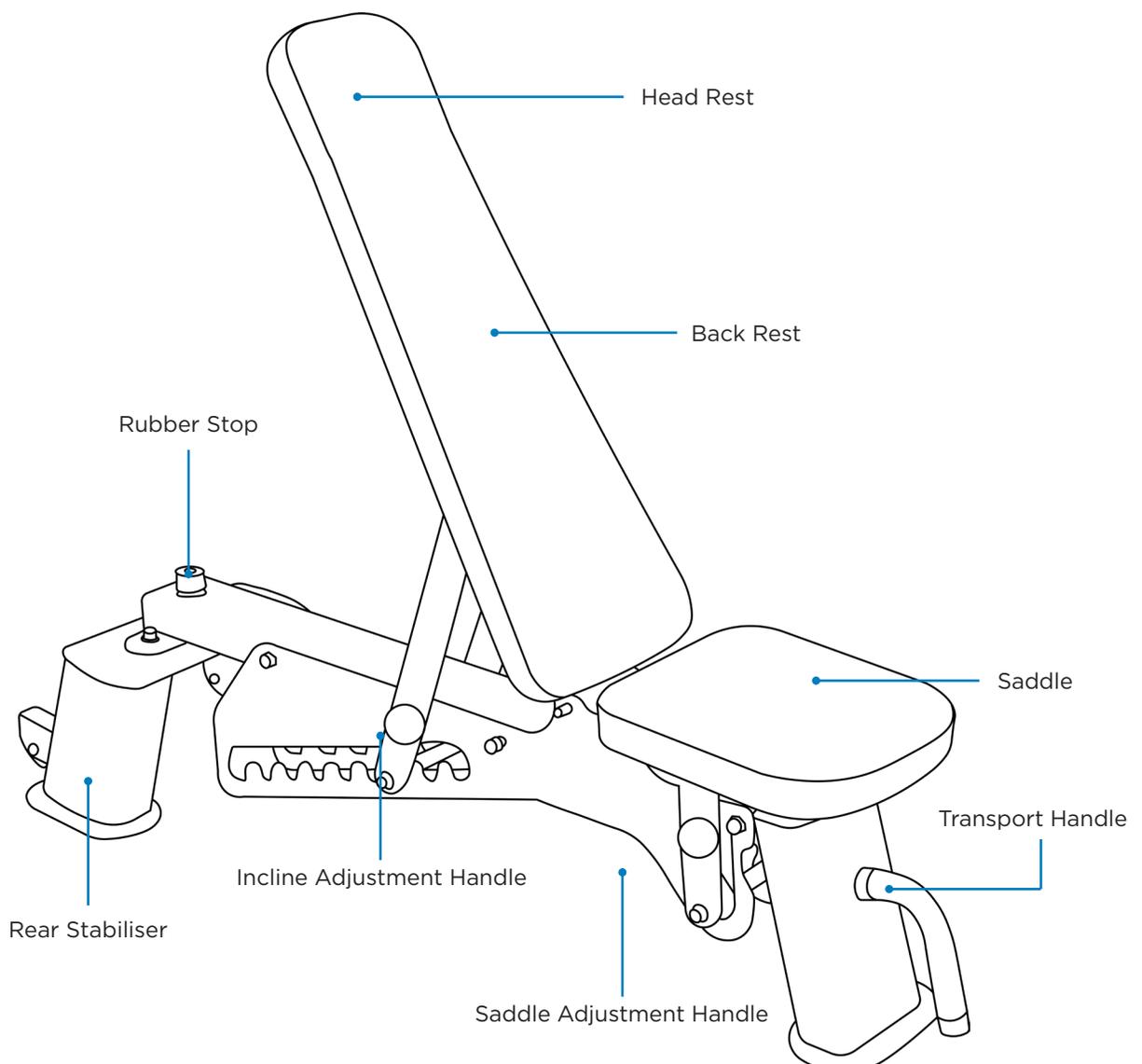
2 Assembly

PREPARING SITE

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

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the bench. If it is possible, keep an approx 2ft clear space around the bench.
- The bench 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 item.

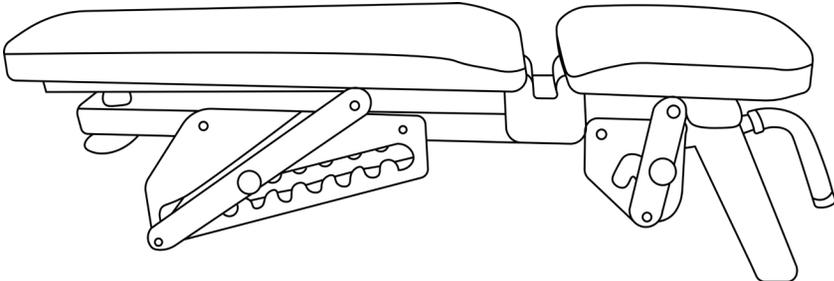
DIAGRAM



CONTENT LISTING

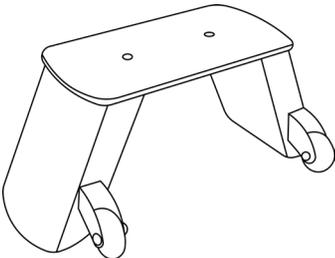
See diagram (left) and content listing (below) for weight bench box contents. See *Customer Service* chapter for contact information if any parts are missing.

BOX 1 CONTENTS



Bench Main Base

BOX 2 CONTENTS

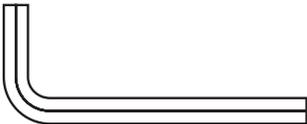


Stabilizer x1



Tools Pack²

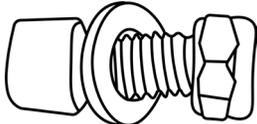
TOOLS PACK



Hex Allen Key
x1



Wrench
x1



Allen Head Bolts
x2

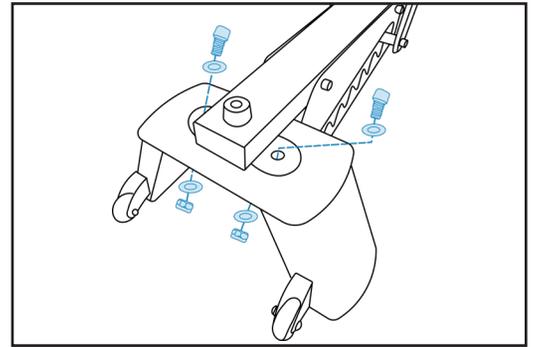
B300 ASSEMBLY

The bench 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, Wrench, Washers and Bolts). See previous page.

To assemble your JLL B300 please follow these easy steps:

STEP 1

Attach the rear stabilizer to the main base using the two bolts, four flat washers and two hex nuts from your tools pack. Tighten using both the Allen key and wrench.



TESTING THE BENCH OPERATION

Use the following instructions to test the item for proper operation.

1. Pull up the back rest to a 90 degree angle and drop back down using the knob on the side, make sure this action is fluid and there is nothing obstructing the teeth under the bench.
2. Place both hands on the cushion of the bench and gently try to rock from side to side, there should be no wobble from the bench. If so make sure the bench is on a level surface and all the bolts are fully secure.

SPECIFICATIONS

Material	Foam filled leather and metal frame
Adjustments	9 Back Rest Levels and 2 Seat Levels
Transport	Built-in wheels.
Maximum User Weight	190kg, 29.9 St or 418 lb.
Occupying Area	136 cm (Length) x 48 cm (Width) x 115 cm (Height)
Packaging Dimensions	Box 1: 139 cm (Length) x 34 cm (Width) x 45 cm (Height) Box 2: 54 cm (Length) x 23.5 cm (Width) x 29.5 cm (Height)
Gross Weight	Box 1: 43kg Box 2: 11kg
Net Weight	Box 1: 38kg Box 2: 9.5kg

3 Operation

Read all instructions, warnings and safety procedures located in the *Safety* chapter before using the bench.

ADJUSTING THE BACK REST AND SEAT

To adjust the back rest:

- Take hold of the back rest cushion and pull upwards until it reaches your desired angle.
- There are nine levels to choose from.
- To drop the back rest back down, grab each of the red knobs either side under the cushion and pull slightly towards you until the bar lifts out from the teeth. Then simply slide down.

To adjust the seat:

- Take hold of the seat cushion and pull upwards.
- There are only two levels to choose from.
- To drop the seat back down, grab each of the red knobs either side under the cushion and pull slightly towards you until the bar lifts out from the teeth. Then simply slide down.

TRANSPORTING THE BENCH

Stand in front of the bench and grab the handle, tilt it backwards until the transport wheels touch the floor. Then simply roll to your desired location. Take care when lifting the bench as it is quite heavy.

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® bench that comes from the factory is already maintained, however, you just need to follow simple steps to keep it in fully working condition. Keeping the bench 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

WARNING

Only use warm soapy water as harsh chemicals may damage the leather over time.

WARNING

1. Use only JLL® replacement parts.
2. If you allow your item to become rusty, this will affect your warranty.

Depending on where the bench 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 bench you may experience a shock due to the build-up of static electricity on your body and the discharge path of the bench.

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 item regularly for rust. If rust starts to appear on the bolts 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 item.

WEIGHT BENCH CLEANING

After every workout use a neat, dry cloth for cleaning the bench. Wipe away any sweat that may have dripped onto the leather or frame. Avoid scratching the leather by using a soft cloth.

Clean the bench using a cloth dampened with water. Do not use abrasive or chemical cleaning agents.

WEIGHT BENCH BALANCE

Place the bench on a level floor to avoid it being off-balance.

Check if the bench is balanced:

1. Without being on the bench, place your hands on the seat.
2. Gently try to rock the item from side to side.
3. If you feel any vibrations, move the bench to a more level surface.

⚠ WARNING: EQUIPMENT HAZARD

To avoid serious injury:

- 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 more information & 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 weight bench.
- 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 weight bench. Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.COM

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

© JLL Fitness Ltd . All Rights Reserved.