

If you have any further queries please contact  
our customer service team on 0121 328 7507  
or email at 'contact@jllfitness.co.uk'

## CT300 RESISTANCE INSTRUCTIONS

### TOOLS



1 X MULTI TOOL



1 X MULTI TOOL SPANNER



1 X CRANK REMOVAL TOOL

**Please Note:** These instructions are to tighten the resistance, if you wish to slacken the resistance make sure to turn the bolts anticlockwise up the thread.

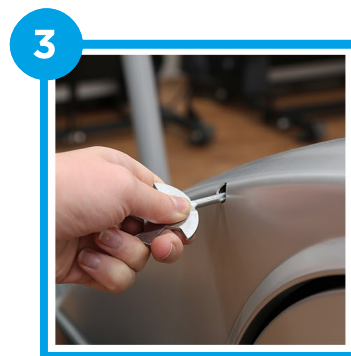
### INSTRUCTIONS



Start by removing the left  
side bolt securing the  
swing arm



Remove the left rear  
stabilizer bolt



Remove all the screws  
from the left side

4



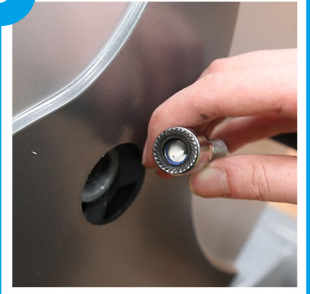
Once the casing is off  
remove the cap from  
the center of the wheel

5



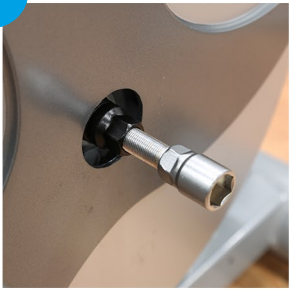
Using the crank removal  
tool insert the silver  
end

6



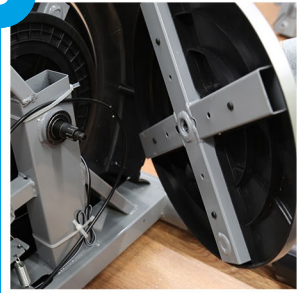
Turn the tool  
anticlockwise

7



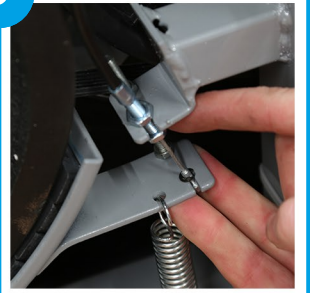
Insert the black end  
and turn clockwise

8



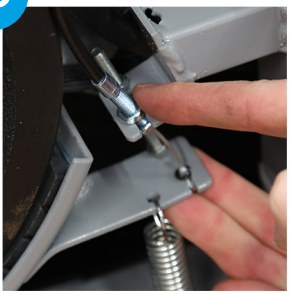
Remove the left side  
wheel

9



Push up the magnets  
and screw the bottom  
nut clockwise down  
the thread

10



Now screw the top nut  
clockwise down the  
thread

## ADVICE

Make sure to remove the left swing arm before removing the casing.

If you are finding it difficult to turn the bolts then a pair of pliers should be used.

The pliers and crank removal tool are not a part of the assembly kit.