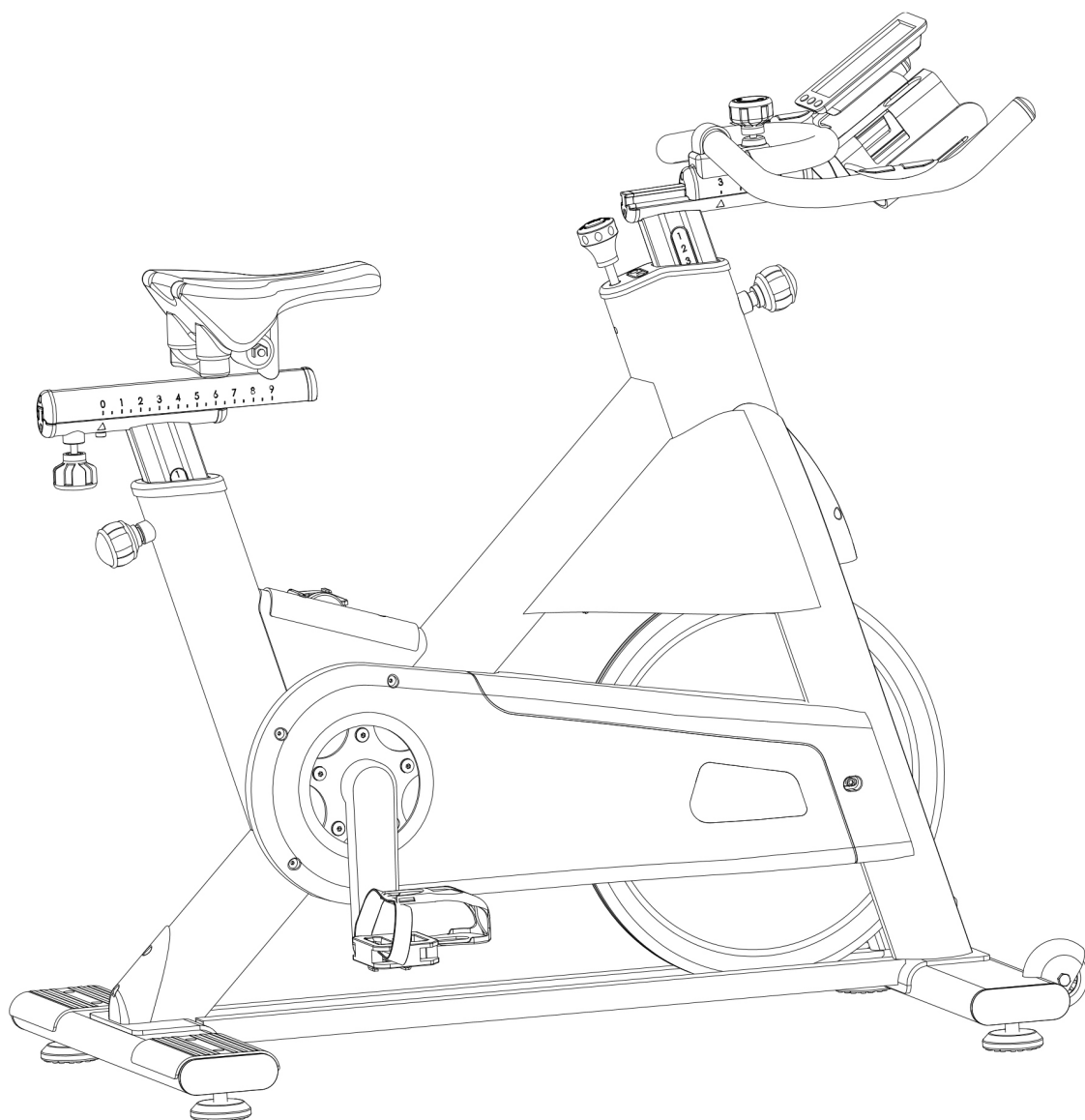


# **IC600 INDOOR CYCLING™**

## **INSTRUCTION MANUAL**



**Please read this book thoroughly before operating the bike.**

**Scan for additional support on assembly and technical resolutions**

# CONTENTS

<b>Exploded diagram</b>	p. 3
<b>Parts list</b>	p. 4

## 1. SAFETY INSTRUCTIONS

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<b>User safety precautions</b>	p. 6
Prior to use	p. 6
During use	p. 6
<b>Exercise safety precautions</b>	p. 6
<b>Facility safety precautions</b>	p. 7
<b>Warning stickers</b>	p. 7

## 2. ASSEMBLY

---

<b>Preparing the site</b>	p. 8
<b>Diagram</b>	p. 8
<b>Content listing</b>	p. 9
Box contents	p. 9
Tools pack	p. 9
<b>IC600 assembly</b>	p. 10
<b>Monitor configuration</b>	p. 11
<b>Testing the bike operation</b>	p. 12
<b>Specifications</b>	p. 12

## 3. OPERATION

---

<b>Emergency stop function</b>	p. 13
<b>Data readouts</b>	p. 13
<b>changing the display measurements</b>	p. 13
<b>Target Programs</b>	p. 13
<b>Resetting your monitor</b>	p. 14

## 4. MAINTENANCE

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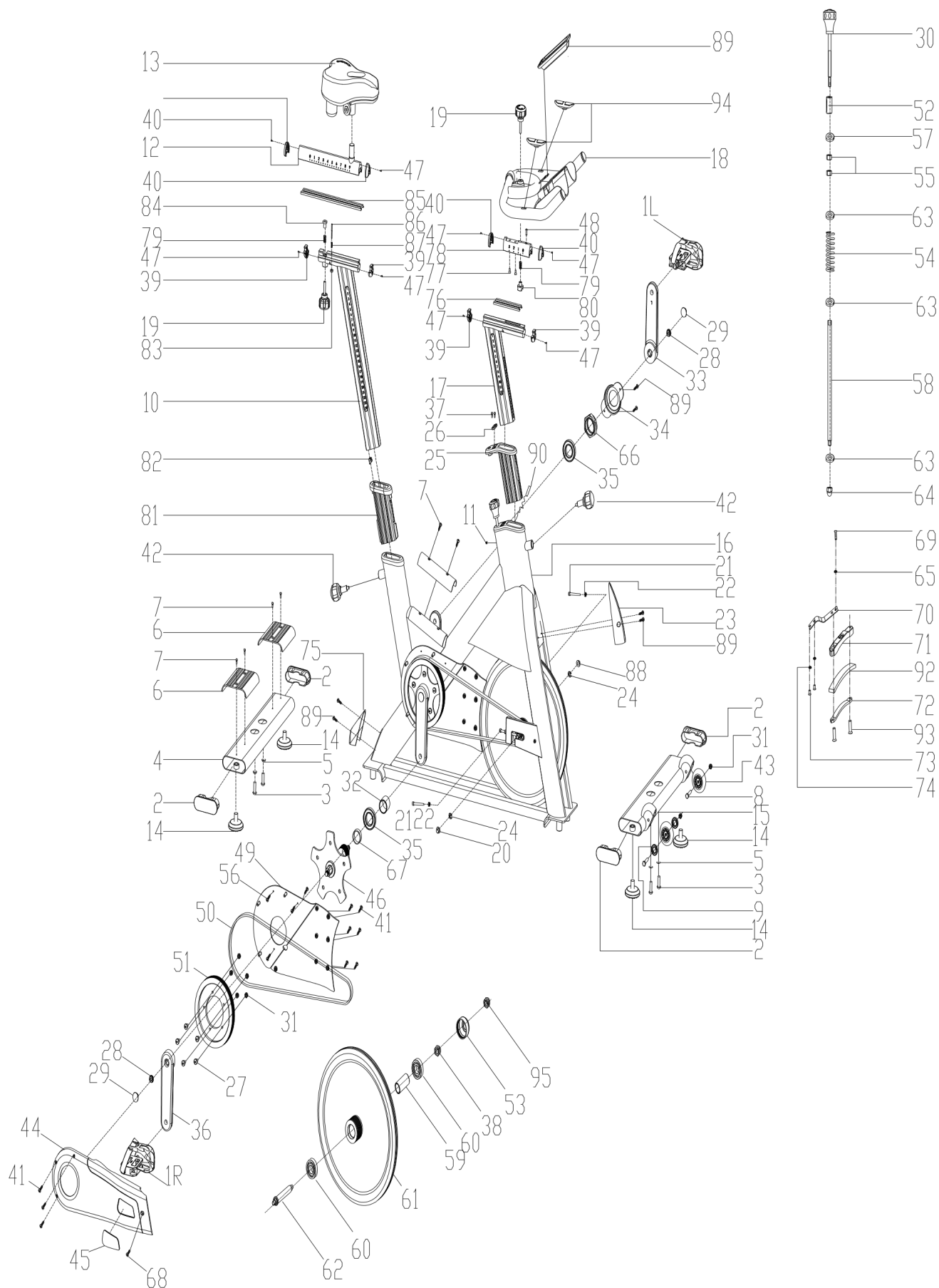
<b>Preventive maintenance activities</b>	p. 15
<b>Exercise bike cleaning</b>	p. 16
<b>Bike balance</b>	p. 16

## 5. ADDITIONAL INFORMATION

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<b>Contact information</b>	p. 18
<b>Disclaimer</b>	p. 18

# EXPLODED DIAGRAM



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-304V (M18*1.5) , SPD
2	END CAP3	4	120*40*35
3	BOLT 1	4	GB/T 12-1988 M10*30
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 10
6	FRONT COVER	2	160*128*3
7	BOLT 1	6	GB/845-85 ST4.8X19
8	BOLT 2	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	BOLT 8	1	GB/T77-2007 M6*6
12	SEAT POST	1	WELDING
13	SEAT	1	VL-6038E
14	STOPPER	4	φ70*41
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SHAPE KNOB	2	φ50*75
20	NUT	1	M12X1.25 H=6
21	BOLT 1	2	GB/T 70.1-2000 M6*60
22	NUT	2	GB/T 889.1-2000 M6
23	FRONT COVER	1	181*84*40.5
24	FLAT WASHER	2	GB/T 95-2002 12 (H=2)
25	PLASTIC SLEEVE	1	154*54*208
26	PLASTIC SLEEVE	1	40*16*7
27	BOLT 1	5	GB/T 70.2-2000 M8*18
28	NUT	2	GB/T 6177.2-2000 M12*1.25
29	CRANK END CAP	2	φ28*6.5
30	KNOB	1	φ45*170
31	NUT	7	GB/T 889.1-2000 M8
32	PLASTIC RING	1	φ40*φ35.2*37.2
33	LEFT CRANK	1	MT-338
34	CRANK COVER	1	135.5*19
35	BEARING	2	6007ZZ
36	RIGHT CRANK	1	MT-338
37	BOLT 2	2	GB/845-85 ST4.2X25
38	NUT	1	M20*1.0
39	COVER	4	35*34*13
40	COVER	4	40*36*13
41	BOLT 6	10	GB/T 845-1985 ST4.2*19
42	SHAPE KNOB	2	M16X30
43	PU WHEEL	2	φ69*23
44	OUTER CHAIN COVER	1	798*269*89
45	LITTLE CHAIN COVER	1	139*68*18
46	AXIS	1	φ35*174
47	BOLT 7	8	GB/T 70.1-2000 M4*12
48	BOLT 8	1	GB/T 70.1-2000 M5*18

NO	NAME	QUANTITY	SPEC
49	INNER CHAIN COVER	1	445*259*44
50	BELT	1	5PK56
51	BELT WHEEL	1	φ200*24
52	Twist The Fixings	1	φ20*34
53	FLYWHEEL COVER	1	φ59*35
54	SPRING 1	1	φ18*62
55	NUT	2	GB/T 41-2000 M10
56	BOLT 6	3	GB/845-85 ST4.8X13
57	WASHER 2	1	M10
58	Screw rod	1	Φ13.5*245
59	FIXING TUBE	1	φ25*φ20.2*48.2
60	BEARING	2	6004ZZ
61	FLYWHEEL	1	φ453*34
62	FLYWHEEL SHAFT	1	φ25*160
63	WASHER 2	3	φ20*φ14*2.0
64	DOMED NUT	1	GB/T 802-1988 M10
65	FLAT WASHER 1	1	GB/T 859-1987 6
66	FIXING NUT 1	1	M35*1.0
67	SHORT FIXING TUBE	1	φ40*φ35.5*14
68	BOLT 10	1	GB/T 70.1-2000 M6*12
69	BOLT 8	2	GB/T 70.1-2000 M6*12
70	ADJUSTING METAL	1	δ1.5
71	BLOCK	1	161*21*19
72	WOOLLY BLOCK	1	153*16*4
73	BOLT 14	2	GB/T 5780-2000 M5*10
74	SPRING WASHER 1	2	GB/T 859-1987 5
75	FRONT COVER	1	122*56*45
76	SHORT SLIDING SLEEVE	2	φ8.2*5.9*135
77	BOLT 15	2	GB/T 70.1-2000 M8*12
78	HANDLEBAR UP POST	1	38*34.5*136
79	SPRING	2	φ1.2*15
80	FIXING NUT 2	1	φ26.8*22
81	PLASTIC SLEEVE	1	103*53.5*178
82	LITTLE RUBBER	1	19.6*15.6*13.7
83	ROUND NUT	1	φ12*5
84	FIXING NUT 3	1	φ19.5*18
85	LONS SLIDING SLEEVE	2	φ8.2*5.9*315
86	LITTLE AXIS	1	φ4*40
87	LONS SPRING	1	φ0.2*20
88	NUT	1	GB/T802-1988 M12X1.25
89	BOLT 16	6	GB/T 845-1985 ST4.2*19
90	COMPUTER	1	JY-81577
91	SENSOR	1	SR-202
92	EVA paddle	1	95*16*13
93	BOLT 2	2	GB/845-85 M6*16
94	PULSE	2	
95	NUT 2	1	M20*1.0

# 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

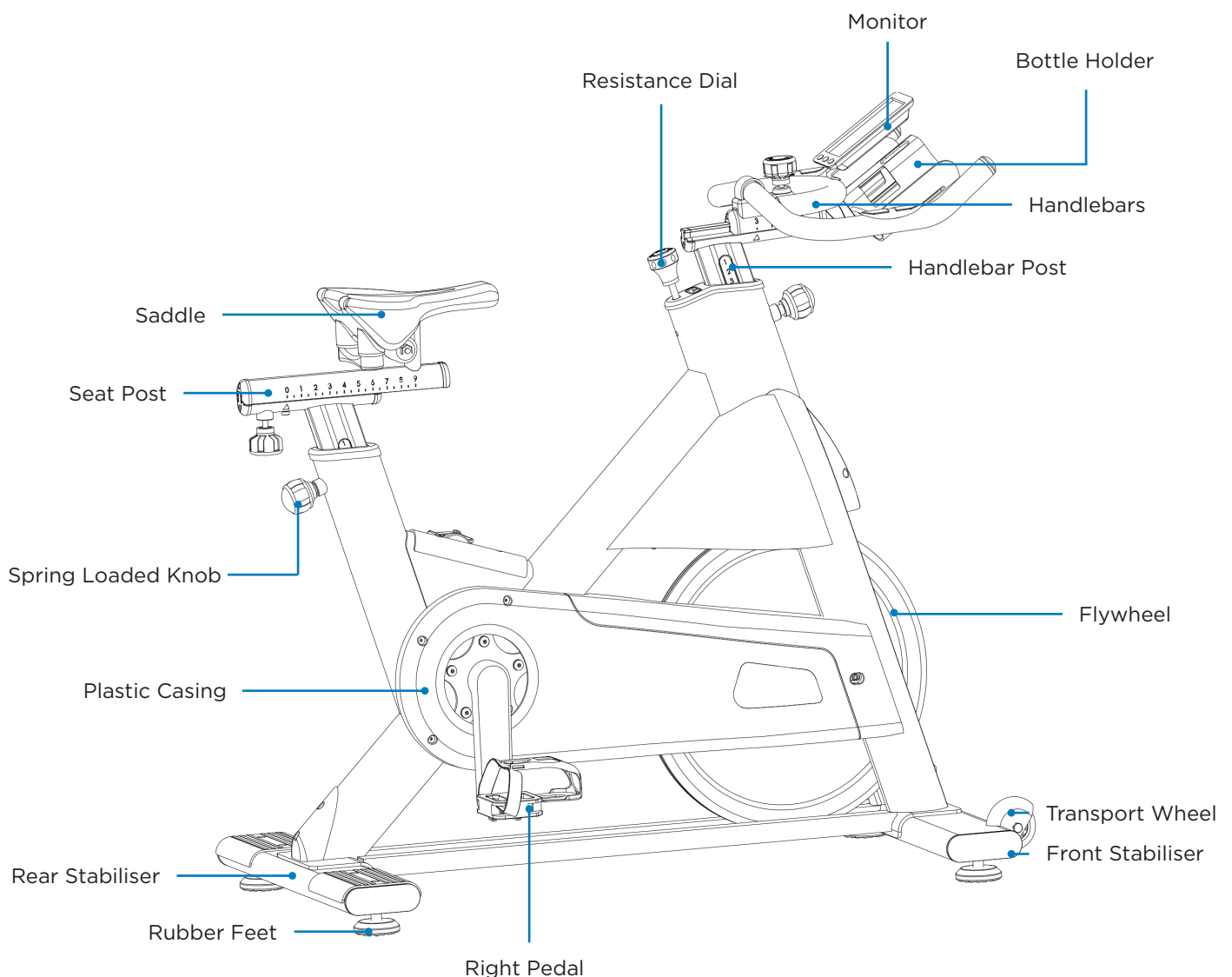
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To find the ideal location to set up this bike, ensure that:

- 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

---

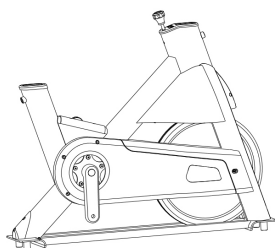


## CONTENT LISTING

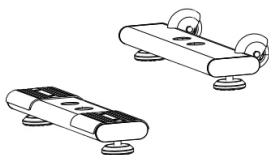
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See diagram (left) and content listing (below) for the exercise bike box contents. See *Customer Service* chapter for contact information if any parts are missing.

### BOX CONTENTS



Exercise Bike Base



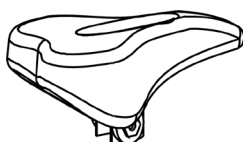
Front and Rear  
Stabilisers



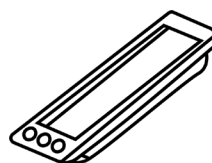
Handlebars



Horizontal Seat Post



Saddle



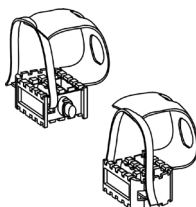
Monitor



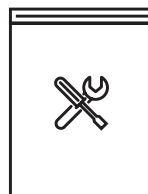
Verticle Seat Post



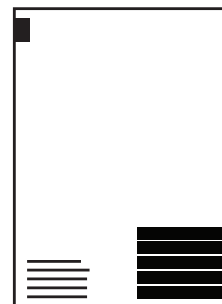
Handlebar Post



Pedals x2



Tools Pack<sup>2</sup>

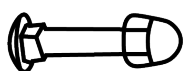


Manual

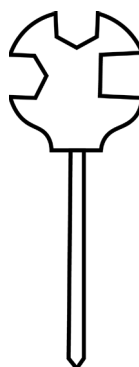
### <sup>2</sup> TOOLS PACK



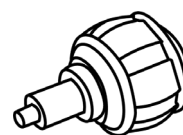
Shape Knob  
x1



M10\*30 Carriage  
Bolts, Domed Nuts  
and Flat Washers  
x4



Multi-tool  
x2



M16\*30 Shape Knob  
x2

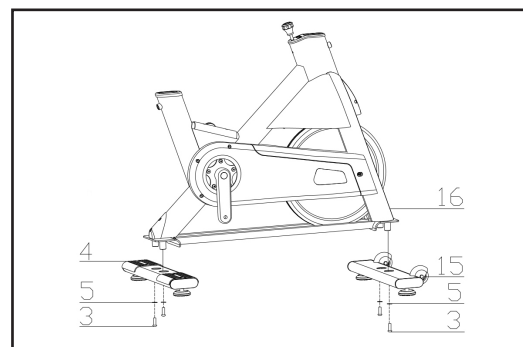
## IC600 ASSEMBLY

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 IC600 please follow these easy steps:

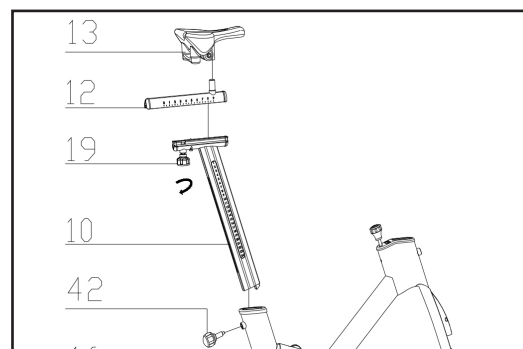
### STEP 1

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



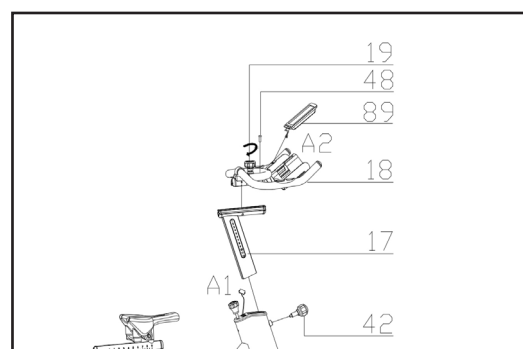
### STEP 2

Slide the verticle seat post into the frame and secure using the spring loaded knob. Attach the horizontal seat post to the verticle seat post and secure in position using a smaller adjustment knob. Then lastly add the saddle on top and tighten the nuts on both sides.



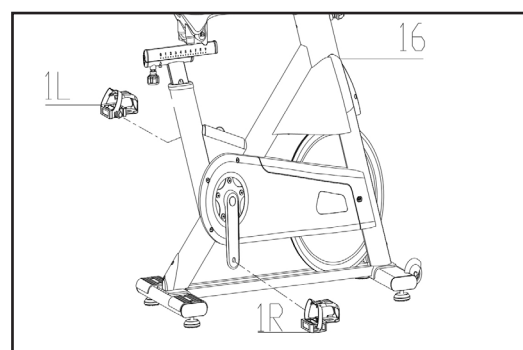
### STEP 3

Slide the handlebar post into the base and secure using another spring loaded knob. Next, attach the handlebars on top and secure using the knob attached. Lastly, connect the wires from the monitor to the base and slide the monitor onto the bracket.



### STEP 4

Finally, attach the right and left pedals to their corresponding cranks, each will be labelled. Turn the right pedal clockwise and the left anti-clockwise to avoid cross threading.



**⚠ 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>	Main Display	<b>2</b>	Increase, Decrease and Main Buttons

## 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 brake pad 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, distance, calories, speed, odometer and pulse.
<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 tension/resistance.Tension 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>	Fitted pedals with secure foot cage.
<b>Handlebars</b>	Ergonomic adjustable handlebars can be moved vertically.
<b>Maximum User Weight</b>	150 kg, 23.62 St or 330 lb
<b>Occupying Area</b>	112 cm (Length) x 61 cm (Width) x 122 cm (Height)
<b>Packaging Dimensions</b>	114cm (length) x 28cm (width) x 95cm (height)
<b>Gross Weight</b>	77.5KG
<b>Net Weight</b>	70.5KG

# 3 Operation

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

## EMERGENCY STOP FUNCTION

The resistance dial also functions as the emergency stop. In an emergency situation, press down firmly on the dial, this will cause the flywheel to come to a stop.

## 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 miles per hour (mph).
- **Distance:** The total accumulated distance, in kilometres during your workout.
- **Calories:** The total accumulated calories burned during your workout.
- **Pulse:** Calculates your current heart rate during your workout.
- **RPM:** Calculates your average revolutions per minute.
- **Target Heart Rate:** Can be set to achieve your personal results from your workout.

## CHANGING THE DISPLAY MEASUREMENTS

---

When you first power on the monitor it will automatically be set to show time, speed, distance and pulse.

Press either the up or down arrows to change the display to also show time, RPM, calories and target heart rate.

\*Please Note: There is a speedometer graphic found curving round the top left corner of the monitor giving you a visual of how fast you are pedalling.

## TARGET PROGRAMS

---

With the IC600 monitor you are able to set time, distance, calories and target heart rate.

To set a function make sure the pedals are stationary, press the centre button on the monitor. The time function should be the first to flash, use the up or down arrows to set your target time. To move to the next setting continue to press the centre button. Once you have set your figures simply start pedalling to begin your target workout.

## RESETTING YOUR MONITOR

---

To reset the digits on your monitor press and hold the centre button, this will return everything to zero.

# 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

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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

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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.



**WWW.JLLFITNESS.COM**

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