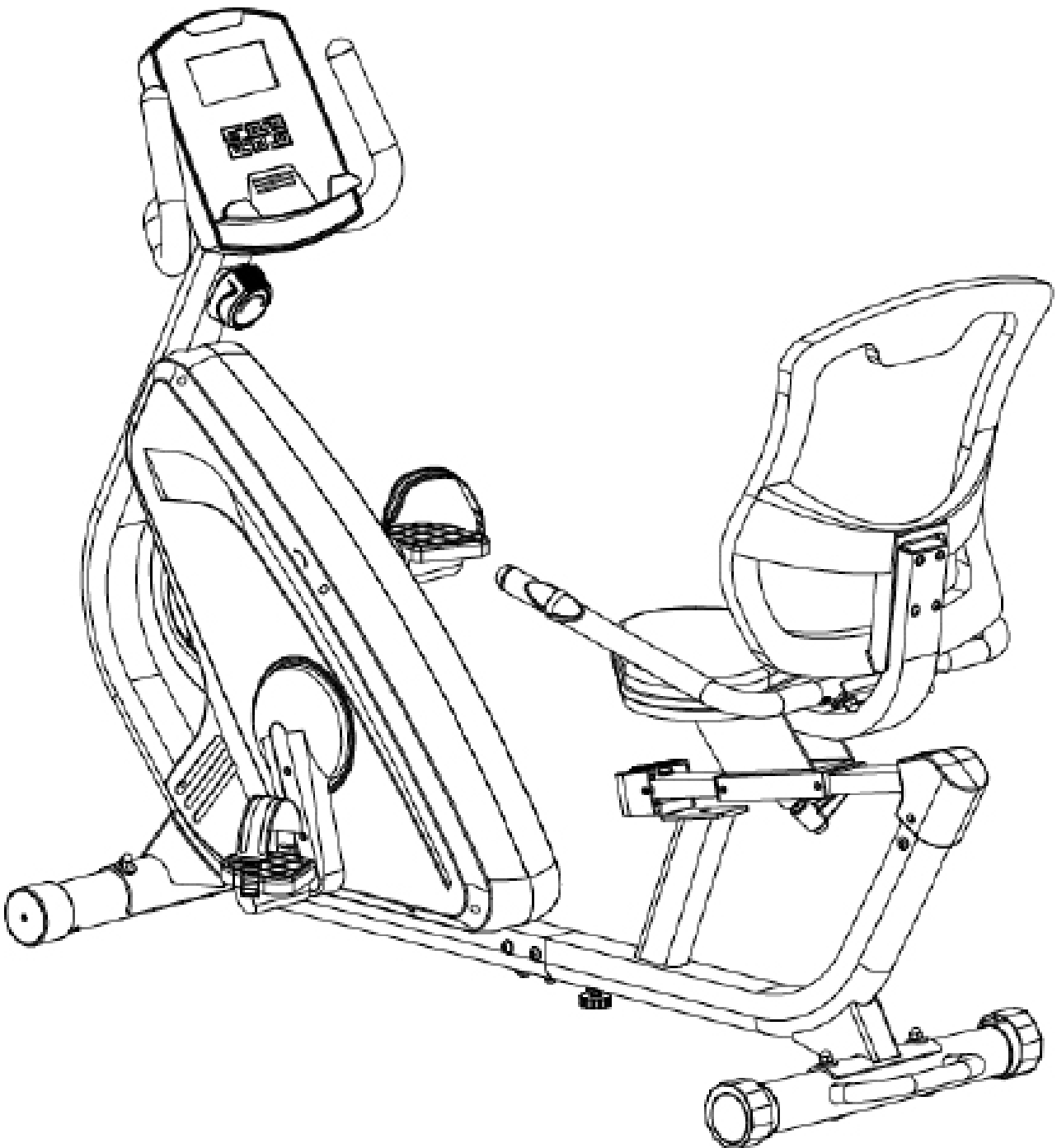


# **RE500** RECUMBENT BIKE

## INSTRUCTION MANUAL



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

# CONTENTS

---

<b>Exploded diagram</b>	p. 3
<b>Parts list</b>	p. 4
<b>1. SAFETY INSTRUCTIONS</b>	
<hr/>	
<b>Important safety information</b>	p. 5
<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
<b>2. ASSEMBLY</b>	
<hr/>	
<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>RE500 assembly</b>	p. 10
<b>Monitor configuration</b>	p. 12
<b>Testing the bike operation</b>	p. 13
<b>Specifications</b>	p. 13
<b>3. OPERATION</b>	
<hr/>	
<b>Heart-rate sensors</b>	p. 14
<b>Data readouts</b>	p. 14
<b>Monitor instructions</b>	p. 14
Scan mode	p. 14
Main display	p. 14
Target programs	p. 15
Resetting your monitor	p. 15
<b>4. MAINTENANCE</b>	
<hr/>	
<b>Preventive maintenance activities</b>	p. 16
<b>Bike cleaning</b>	p. 17
<b>5. ADDITIONAL INFORMATION</b>	
<hr/>	
<b>Contact information</b>	p. 18
<b>Disclaimer</b>	p. 18

# EXPLODED DIAGRAM



# PARTS LIST

Qty	Description	Qty	Qty	Description	Qty
801	Front Right Frame	1	801	Column 2000	1
802	Front Left Frame	1	802	Cast Cable 2000	1
803	Handicap	1	803	Cast Cable 25	4
804	Lock Switch 1/2	1	804	Coiling Master 200	4
805	Head 18 1/4-204	1	805	Front Pulse Sensor with 1/2" x 1/2" x 1/2" mounting	1
806	Rolling Inlet	1	806	Flare Rolling Tube-Cover Left	1
807	Control Wheel	1	807	Flare Rolling Tube-Cover Right	1
808	Roll/Back Support/Bracket	1	808	Flare RT4 2000	4
809	Flare Handicap	1	809	Flare RT4 2000	1
810	Handicap Foam Grip (2000) 2nd 200	2	810	Front Rolling Tube Cover	1
811	Flangeless Round End Cap	2	811	Roll RT4 18	8
812	Flare Pulse Sensor (1 of 2) 2000	2	812	Roll RT4 2000	1
813	Flare RT4 2000	4	813	Adjustable End post RT4 200	1
814	Flare Plug RT4 1	2	814	Flare Rollless End Cap	2
815	Roll RT4 18	2	815	Roll RT4 25	1
816	Big Flange 2000-2000-2 1/2	8	816	Front Rollless End Cap	2
817	Flange 2000-2000-2 1/2	11	817	Flare Pulse Sensor with 1/2" x 1/2" x 1/2" mounting	1
818	Cap RT4 18	8	818	Adjustable End post L-Flange	1
819	Flange End Cap RT4 2000 1/2	2	819	Lock End RT4 18	1
820	Roll Cushion	1	820	Roll End Model	1
821	Roll Cushion	1	821	Roller Control Knob	1
822	Roller 2000-2000-2 1/2	8	822	Roller Guide L-Flange	1
823	Roll RT4 18	8	823	Roll RT4 2000-2000-2 1/2	1
824	Roll RT4 25	4	824	Roll RT4 25	4
825	Roll RT4 2000	4	825	Roller	1
826	Coiling Master 200	4	826	Roll RT4 2000	4
827	Flange 2000-2000-2 1/2	4	827	Flangeless Round End Cap RT4 18	2
828	Rolling	2	828	Flangeless Round End Cap RT4 18	2
829	Control Wheel	4	829	Flangeless Round End Cap RT4 18	1
830	Cylinder RT4 2000	1	830	Roll RT4 25	2

Qty	Description	Qty	Qty	Description	Qty
831	Roll RT4 18	2	831	Roll RT4	4
832	Lock End RT4 18	1	832	Roll	1
833	Coiling Master 200	1	833	Roll Back Stop	2
834	Roll RT4 2 1/2	2	834	Roller 2 1/2	2
835	Roll RT4 25	2	835	Roller Cover	1
836	Roll RT4 2000-2000-2 1/2	1	836	Roller Cover	1
837	Roll RT4 2000	1	837	Roller Cover	1
838	Roll RT4	1	838	Roller Cover	1
839	Roll RT4	1	839	Roller Cover	1
840	Roll RT4	1	840	Roller Cover	1
841	Roll RT4	1	841	Roller Cover	1
842	Roll RT4	1	842	Roller Cover	1
843	Roll RT4	1	843	Roller Cover	1
844	Roll RT4	1	844	Roller Cover	1
845	Roll RT4	1	845	Roller Cover	1
846	Roll RT4	1	846	Roller Cover	1
847	Roll RT4	1	847	Roller Cover	1
848	Roll RT4	1	848	Roller Cover	1
849	Roll RT4	1	849	Roller Cover	1
850	Roll RT4	1	850	Roller Cover	1
851	Roll RT4	1	851	Roller Cover	1
852	Roll RT4	1	852	Roller Cover	1
853	Roll RT4	1	853	Roller Cover	1
854	Roll RT4	1	854	Roller Cover	1
855	Roll RT4	1	855	Roller Cover	1
856	Roll RT4	1	856	Roller Cover	1
857	Roll RT4	1	857	Roller Cover	1
858	Roll RT4	1	858	Roller Cover	1
859	Roll RT4	1	859	Roller Cover	1
860	Roll RT4	1	860	Roller Cover	1
861	Roll RT4	1	861	Roller Cover	1
862	Roll RT4	1	862	Roller Cover	1
863	Roll RT4	1	863	Roller Cover	1
864	Roll RT4	1	864	Roller Cover	1
865	Roll RT4	1	865	Roller Cover	1
866	Roll RT4	1	866	Roller Cover	1
867	Roll RT4	1	867	Roller Cover	1
868	Roll RT4	1	868	Roller Cover	1
869	Roll RT4	1	869	Roller Cover	1
870	Roll RT4	1	870	Roller Cover	1
871	Roll RT4	1	871	Roller Cover	1
872	Roll RT4	1	872	Roller Cover	1
873	Roll RT4	1	873	Roller Cover	1
874	Roll RT4	1	874	Roller Cover	1
875	Roll RT4	1	875	Roller Cover	1
876	Roll RT4	1	876	Roller Cover	1
877	Roll RT4	1	877	Roller Cover	1
878	Roll RT4	1	878	Roller Cover	1
879	Roll RT4	1	879	Roller Cover	1
880	Roll RT4	1	880	Roller Cover	1

# 1 Safety Instructions

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

## **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, lightheadedness, 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 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 110kg/ 17.3 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.

## **EXERCISE SAFETY PRECAUTIONS**

---

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

## FACILITY SAFETY PRECAUTIONS

---

- DO NOT operate in damp or wet locations.
- Use caution when getting on or off the bike.
- Check the 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 (2) the bike has been dropped or damaged.
- DO NOT use the bike outdoors.
- Read the instruction manual completely before using the bike.
- Ensure all users wear appropriate footwear on JLL® equipment.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your bike is clear of walls, equipment and other hard surfaces.
- DO NOT modify the bike in any way. Any modifications will void the warranty.
- 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

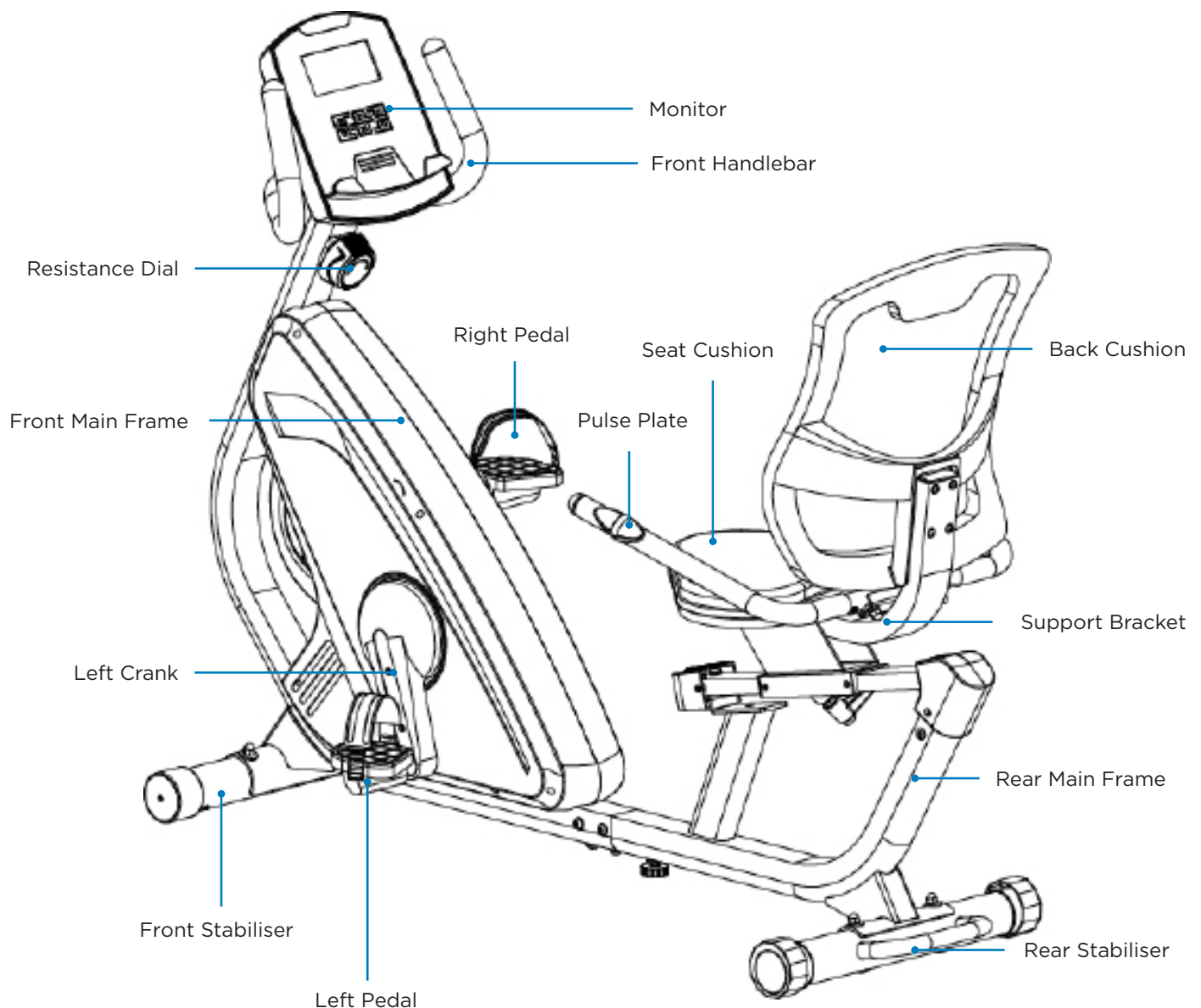
---

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

---

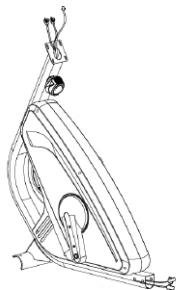




## CONTENT LISTING

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

### BOX CONTENTS



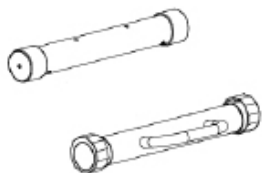
Bike Main Base



Rear Main Frame



Back/Seat Support Bracket



Stabilizers x2



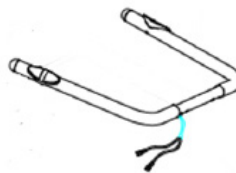
Front Handlebar



Sliding Tube



Front Sliding Tube Cover



Rear Handlebar



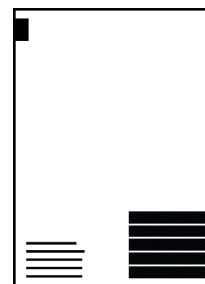
Back Cushion



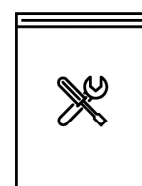
Seat Cushion



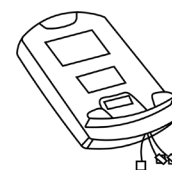
Rear Sliding Tube Cover



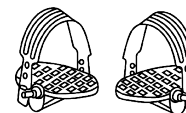
Manual



Tools Pack<sup>2</sup>

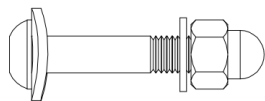


Monitor

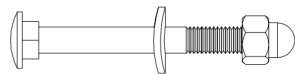


Pedals R/L

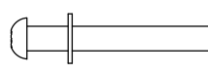
### <sup>2</sup> TOOLS PACK



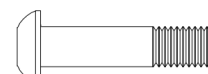
M8x45 Bolt x2  
Flat Washer x2  
Arc Washer x2  
M8 Cap Nut x2



M8x70 Bolt x4  
Arc Washer x4  
M8 Cap Nut x4



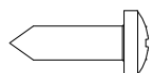
M6 Bolt x4  
Flat Washer x4



M8x35 Bolt x4



Flat Washer x4



Screw ST4.2x15 x1



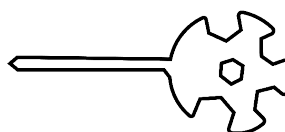
Screw ST4.2x20 x4



Hex Allen Key S6 x1



Hex Allen Key S5 x1



Multi-Tool x1



Spring Washer x4


## RE500 ASSEMBLY

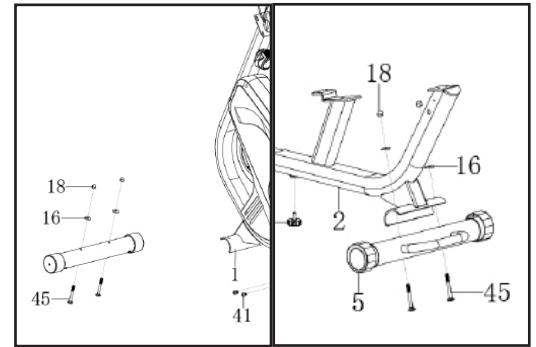
The bike has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Multi-Tool, Washers and Bolts). See previous page.

To assemble your JLL RE500 please follow these easy steps:

### STEP 1

Attach the front and rear stabilizers to the main frames using four M8x70 bolts, four arc washers and four M8 cap nuts. Tighten using the multi-tool.

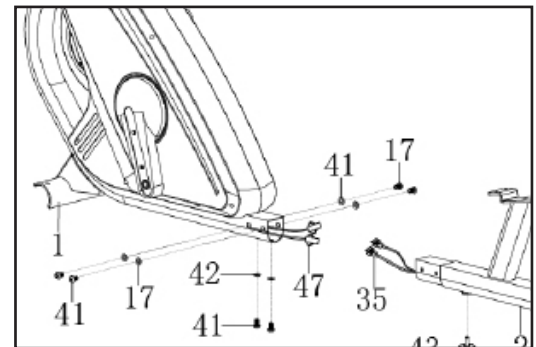
 NOTE: The rear stabilizer will be the one with the handlebar attached.



### STEP 2

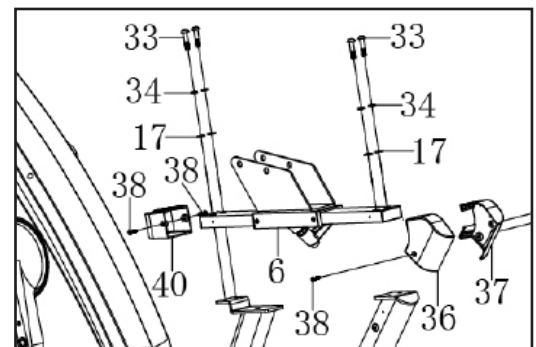
Next, remove the six M8 bolts and flat washers from the front main frame and connect the sensor wires from the front to the rear main frame.

Connect the front and rear main frames using the six bolts and washers removed from before.



### STEP 3

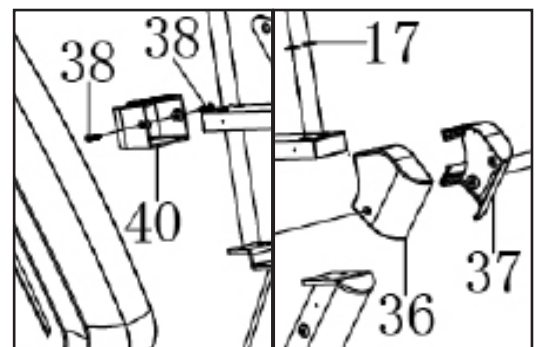
Attach the sliding tube to the rear main frame using four M8x35 bolts, four flat washers and four spring washers.



### STEP 4

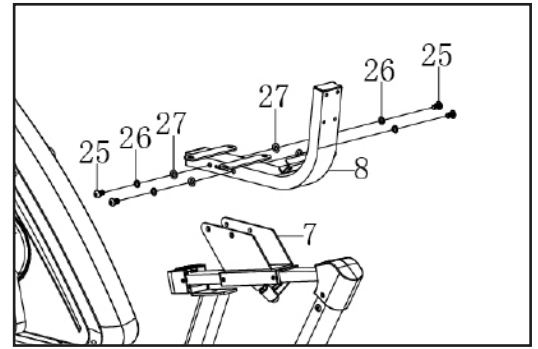
Attach the front tube cover using two ST4.2x20 screws.

Attach the rear tube cover using two ST4.2x20 screws and one ST4.2x15 screw.



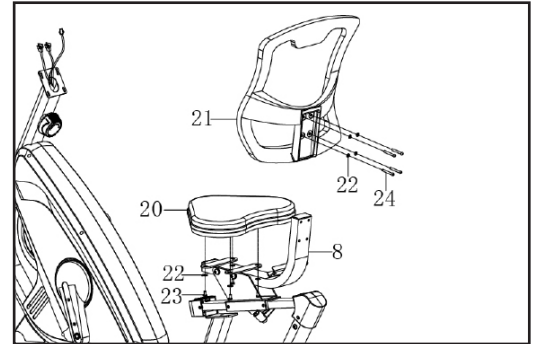
### STEP 5

Secure the support bracket to the cushion sleeve using the four M10 bolts and 8 washers found already in the support bracket.



### STEP 6

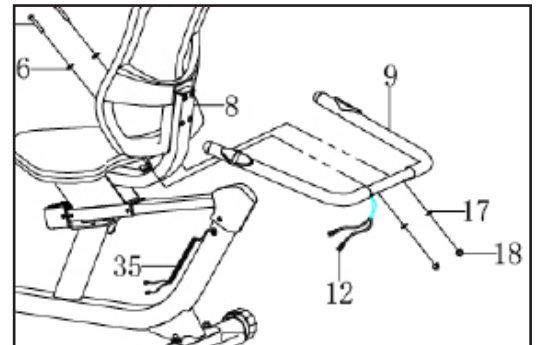
Attach the seat and back cushions to the support bracket using the four M6 bolts and four washers found in the back of the seat and within your tools pack.



### STEP 7

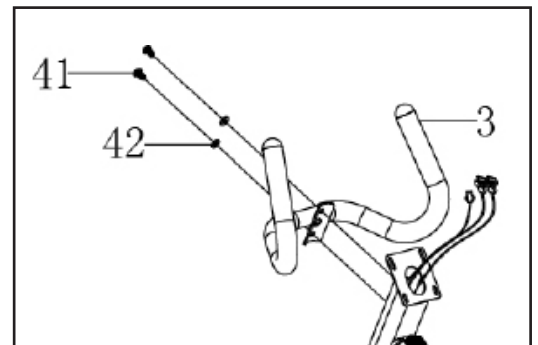
Attach the rear handlebar to the back of the support bracket using two M8x45 bolts, two arc washers and two flat washers.

Then connect the pulse wires from the handlebar to the rear main frame.



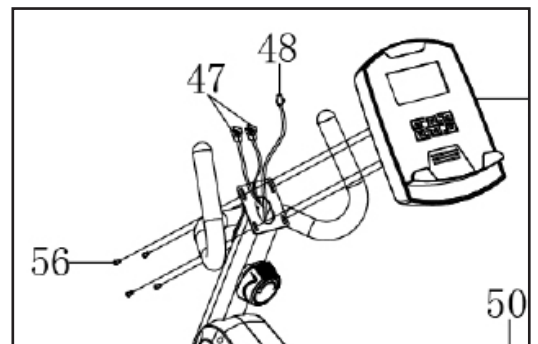
### STEP 8

Secure the front handlebar to the front main frame using the two M8 bolts and two arc washers found in the frame.



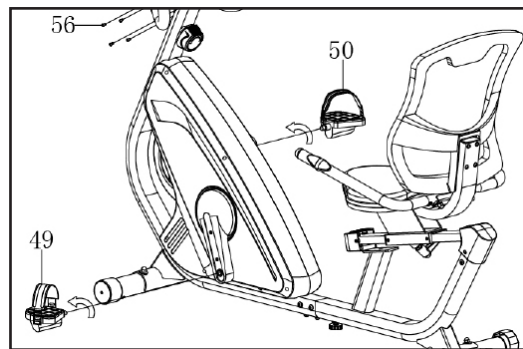
### STEP 9

Connect the three wires from the front main frame to the monitor and secure it to the frame using the four screws found in the back of the monitor.

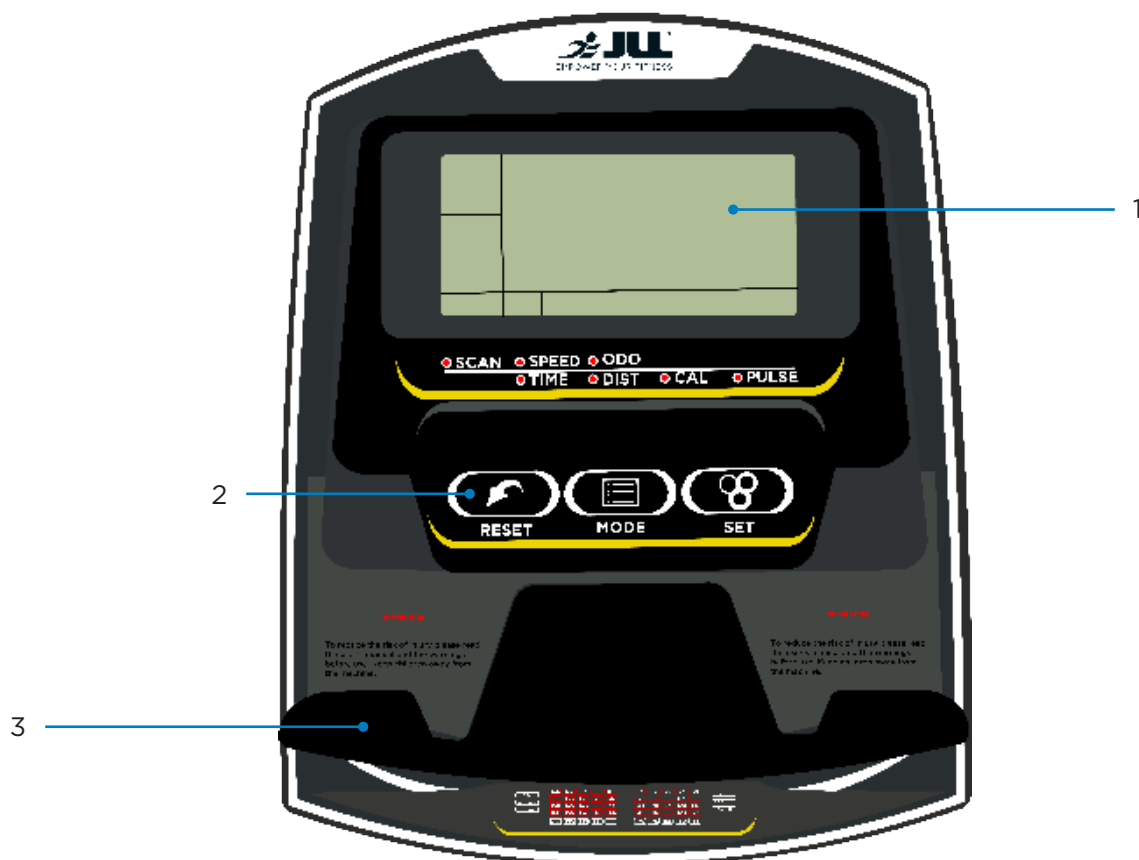


## STEP 10

Attach the pedals to the corresponding cranks. Each crank and pedal will be marked with an R or L. Turn the right pedal clockwise and left pedal anti-clockwise.



## MONITOR CONFIGURATION



<b>1</b>	Main Display	<b>3</b>	Tablet Holder
<b>2</b>	Buttons		

## TESTING THE BIKE OPERATION

---

Use the following instructions to test the full resistance of the bike and to check the machine for proper operation.

1. Sit on the bike and start pedaling, change the levels of resistance and check to make sure you feel a difference in difficulty.
2. As you are pedaling make sure you don't feel any wobble in your machine, if so you may need relocate the bike to a more level surface.
3. As you pedal on your bike check that there are no unusual noises.
4. Finally check the monitor to make sure the digits are changing on each setting to record your workout correctly.

## SPECIFICATIONS

---

<b>Display</b>	Displays: Time, speed, distance, calories, odometer and pulse
<b>Flywheel</b>	7 KG Flywheel
<b>Crank</b>	Strong 1 piece crank
<b>Resistance</b>	12 levels of resistance
<b>Seat</b>	Adjustable seat position
<b>Handlebars</b>	With in built pulse sensor plates
<b>Storage</b>	Built-in wheels.
<b>Maximum User Weight</b>	110 kg / 17.3 St
<b>Occupying Area</b>	148.8 cm (Length) x 57 cm (Width) x 108.5 cm (Height)
<b>Packaging Dimensions</b>	84 cm (Length) x 37 cm (Width) x 102 cm (Height)
<b>Gross Weight</b>	44.5kg
<b>Net Weight</b>	40kg

# 3 Operation

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

## HEART-RATE SENSORS

---

Hold the sensor plates on the handlebars ensuring that your hands are clean. A heart-rate reading will show on the display. Factors that interfere with pulse signal are:

- Hand lotions, oils or body powder.
- Excessive dirt.
- Excessive movement.

 NOTE: Heart-rate is calculated by BPM (beats per minute).

## DATA READOUTS

---

As you exercise, the bike keeps track of the following data:

- **Time:** The total time you have been working out or time remaining. Display time as *hours: minutes*.
- **Speed:** Your current speed, 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.
- **Heart-rate:** Your current heart-rate. Heart-rate will appear when a pulse signal is detected. Measured in BPM (Beats Per Minute).
- **Odometer:** The total accumulated distance, in kilometers since the bike has been first used.
- **Scan:** Automatically scans through each mode in sequence every six seconds.

## MONITOR INSTRUCTIONS

---

### SCAN MODE

When you first power on the monitor it will be set in a scan mode, displaying all your data every few seconds. There will be a scan graphic in the top left corner to indicate this, to exit scan mode press the mode button.

### MAIN DISPLAY

Out of scan mode, continually press the mode button to change what function is displayed in the large display box.

## **TARGET PROGRAMS**

With the RE500 monitor you are able to set a target time, distance, calories and pulse. Press the mode button until the function you want to set is showing, then press the set button continually to increase the digits. Once you've set your target, you can either set another by pressing the mode button to move onto the next setting or start pedalling to begin your workout.

## **RESETTING YOUR MONITOR**

To reset the digits on your monitor press and hold the reset 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**

---

Every JLL® bike 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 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. During maintenance, disconnect the power cable. 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.

### **WARNING**

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

## **EXERCISE BIKE CLEANING**

---

After every workout use a neat, dry cloth for cleaning the bike and the handlebars to prevent the machine of corrosion. Wipe away any sweat that may have dripped onto the monitor or handlebars. Avoid scratching the display by using a soft cloth.

Contaminants, such as hand lotions, oils or body powder, may come off on the sensor plates. These can reduce sensitivity and interfere with the pulse signal. It is recommended that the user has clean hands when making contact with the sensor plates. Clean the handles using a cloth dampened with water. Do not use abrasive or chemical cleaning agents.

Vacuum or sweep the floor underneath and around the bike to prevent any dust going into the machine. A treadmill mat can help to reduce dust.

### **⚠ 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 exercise bike. 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.