



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

## S300 MONITOR ADJUSTMENT INSTRUCTIONS

### TOOLS



1 X ALLEN KEY

### INSTRUCTIONS



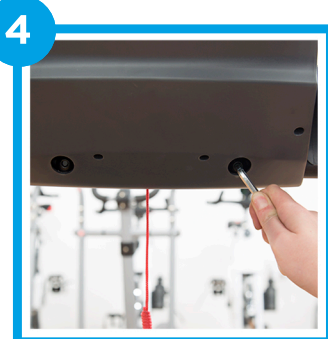
The monitor will arrive  
flat packed



To lift the monitor push  
the plastic from  
underneath and pull it  
up



If you struggle, then  
loosen the two bolts  
under the monitor



Once the monitor is  
up, tighten them using  
the allen key