

# Reebok

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**Dear Customer,**

We are pleased, that you have chosen a Reebok Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training,

Your Reebok – Team

## **Warranty**

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### **Limited Warranty – UK Only**

RFE International Ltd. (RFE), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of (2) two years for parts and labour. This warranty extends only to the original purchaser. RFE's obligation under this warranty is limited to replacing or repairing, at RFE's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by RFE. This warranty does not extend to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a RFE authorized service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by RFE.

RFE is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

This warranty gives you specific legal rights.

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### Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Modelname:

Serialnumber:

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### Waste Disposal



**Reebok** products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

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### Contact

RFE INTERNATIONAL LTD  
THE PERFORMANCE CENTRE  
MAIDSTONE RD  
KINGSTON  
MILTON KEYNES MK10 0BD  
head office tel: 0044 (0) 1908 793020  
head office fax: 0044 (0) 1908 793021  
e-mail: [info@rfeinternational.com](mailto:info@rfeinternational.com)  
web: [www.reebokfitness.co.uk](http://www.reebokfitness.co.uk)

*Technical support:*

tel: 0044 (0) 800 440 2459  
e-mail: [techsupport@rfeinternational.com](mailto:techsupport@rfeinternational.com)

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### Advice

The owner's manual is only for the customer reference. **Reebok** can not be held responsible for mistakes occurring due to translation or change in technical specification of the product.

## Precautions

Before assembling or using the treadmill, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

- **Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 100 kilograms.
- **Product-Performance:** This treadmill is tested to the European Standard EN 957-1/6 HB. The equipment is not suitable for therapeutic training.
- **Product-Scope: Noise compliance:** This treadmill meets the requirements of the noise pollution standards.
- **Product-Performance:** The noise creation of treadmill is under 70db.
- **Product-Maintenance:** For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.
- **Product-Maintenance: Search for noisy parts:** If you should notice unusual noises, like grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the treadmill is not used until after repairs have been made.
- **Product-Feature:** The speed can be changed by the computer.
- **Use-Safety: The function of the immobilization method:** The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the Safety Key from the console, unclipping it from the cord and putting it in a non-accessible place
- **Use-Safety: The emergency dismount:** Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation: 1. Grip handrails for support 2. Step onto the lateral platform 3. Pull the Safety key off the console.
- **Use-Safety: The function of the emergency stop:** The Safety Key functions as the emergency stop. In an emergency situation, remove the Safety Key from the console and the treadmill will come to a stop.

- **Use-Scope:** The exerciser may not be used by persons with a weight of over 100 kg.
- **Use-Scope:** This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
- **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- **Use-Environment:** Ensure that sufficient space is available to use the home exerciser with 2m long x 1m wide of clearance behind it and 1m of clearance for its flanks.
- **Use-Environment:** Place the home exerciser on an even, non-slippery surface.
- **Use-Environment:** Please ensure that liquids or perspiration never enter the electronic.

- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage, covered patio or near water. If stored in this location your warranty will be affected.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Reebok parts as delivered (see checklist).
- Product-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Product-Preparation: We suggest using an equipment mat to prevent damage on the ground.
- Use-Instruction: Please follow the advice as per correct training technique as detailed in the instructions.
- Use-Instruction: Do not use the home exerciser without shoes or with loose fitting footwear.
- Use-Safety: Be aware of the position and proper fixation of adjustable or moving parts while mounting or dismounting the home exerciser.
- Use-Safety: Allow the belt to fully stop before dismounting.
- Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
- Use-Safety: Attach the emergency stop cord to your clothing before starting the treadmill. The Treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden. In case of any emergency, hold on tightly to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).
- Use-Safety: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the unit is plugged into the appropriate power supply (observe markings) has been connected properly.

- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the user should refrain from using the equipment until this has been done.
- Product-Maintenance: Only use original Reebok replacement parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician/mechanic or the advise of the Technical Support team is sought firstly
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

Check List

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301

X2



610

X2



302

X2



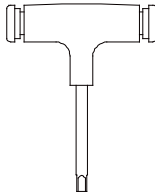
A

X1



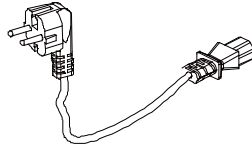
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C

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D

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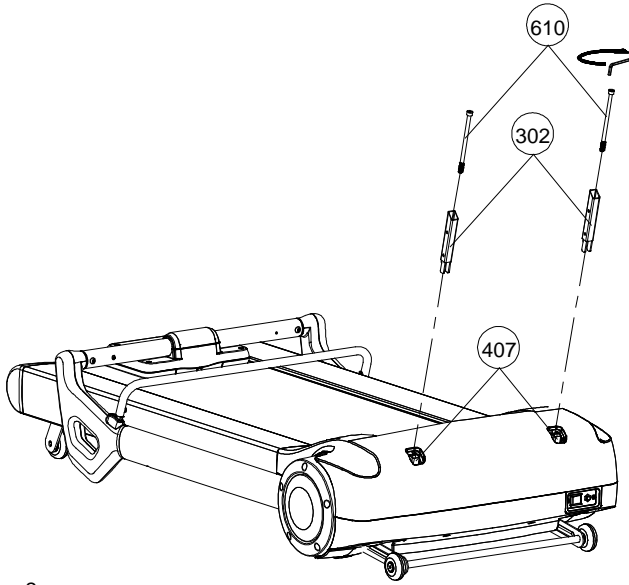
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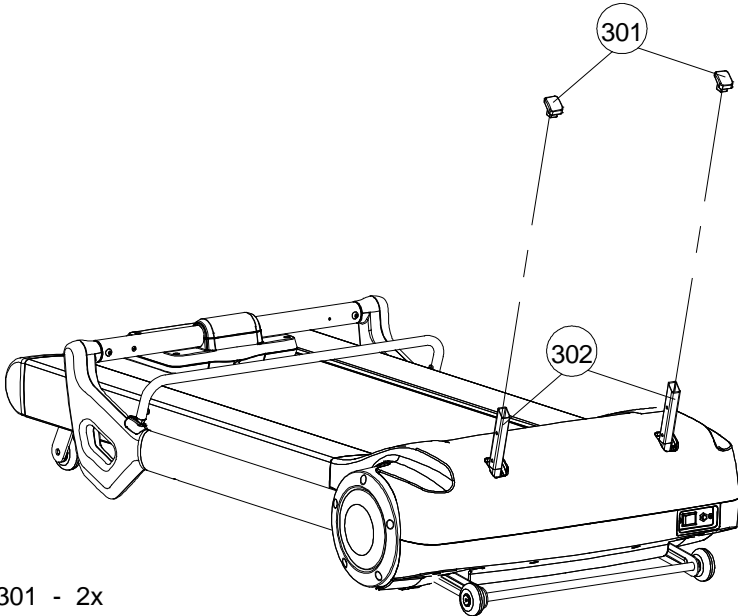
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610 - 2x

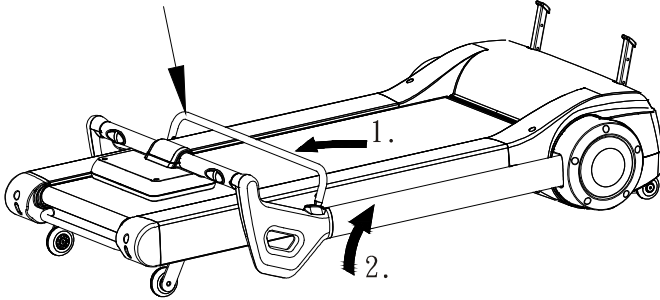
302 - 2x

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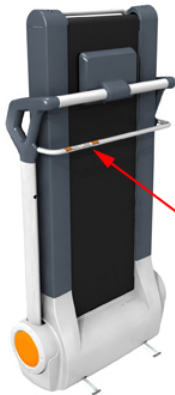
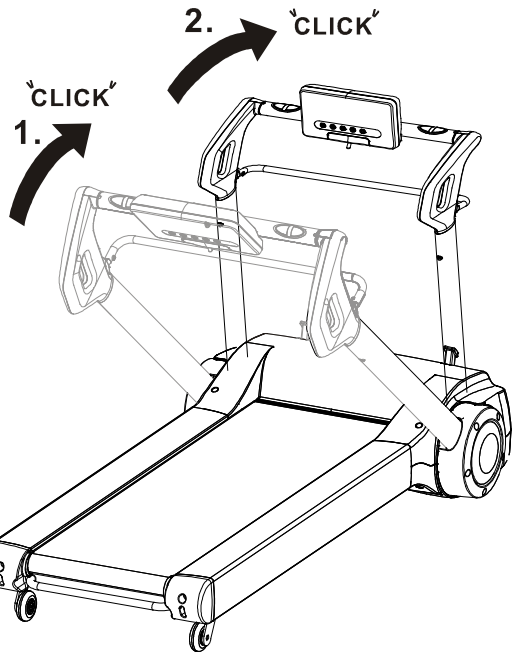


301 - 2x

3.

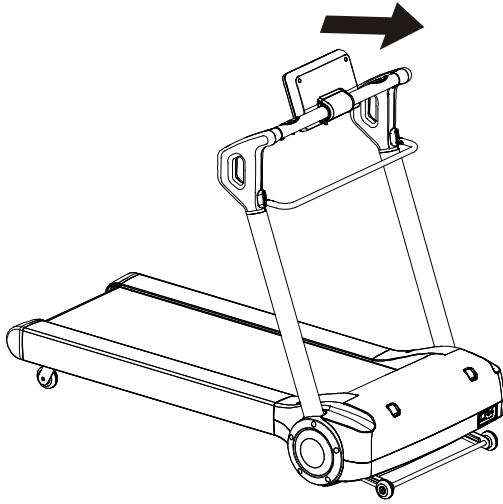


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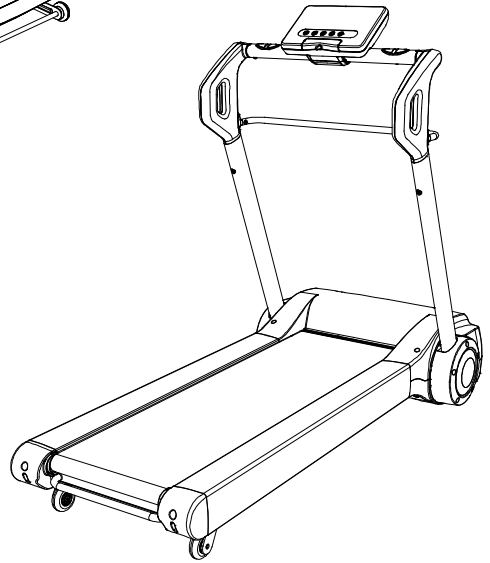


 <b>WARNING</b>	Confirm the Handlebars reach their end position and are securely locked by first pulling back on them.		Vergewissern Sie sich, dass der Handgriff vollständig aufgeklappt und sicher eingerastet ist, indem Sie ihn erst fest heranziehen.	 <b>ACHTUNG</b>
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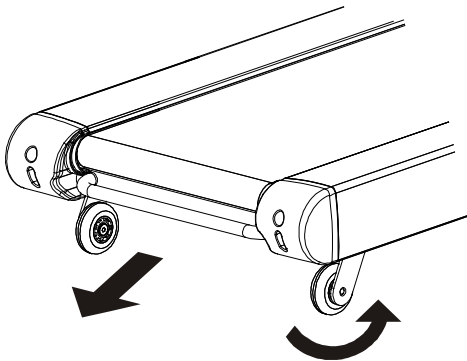
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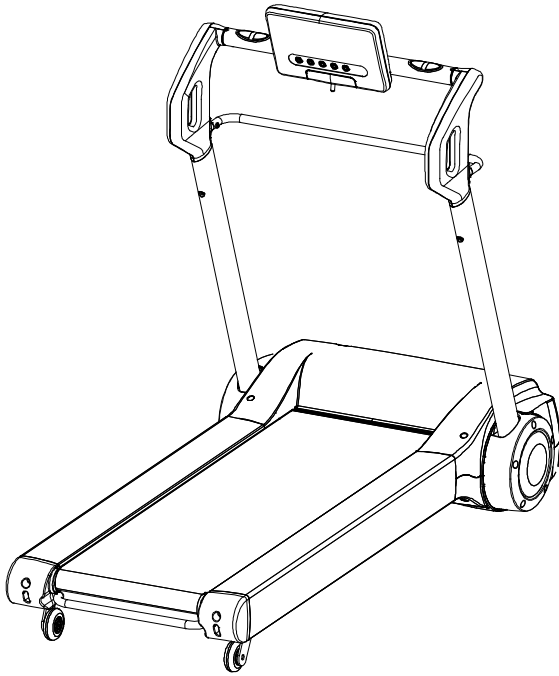
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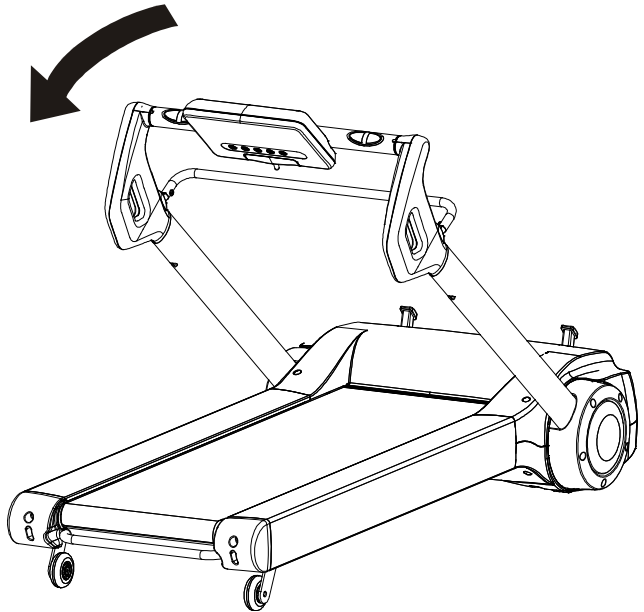
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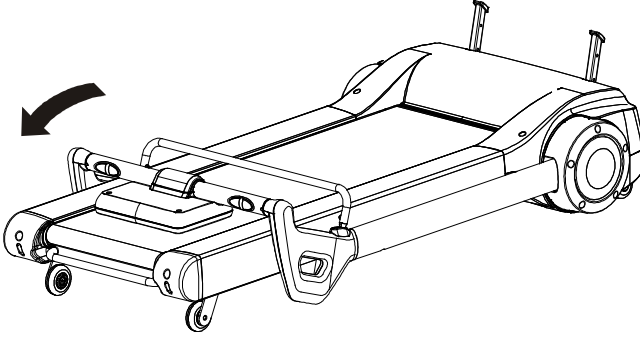
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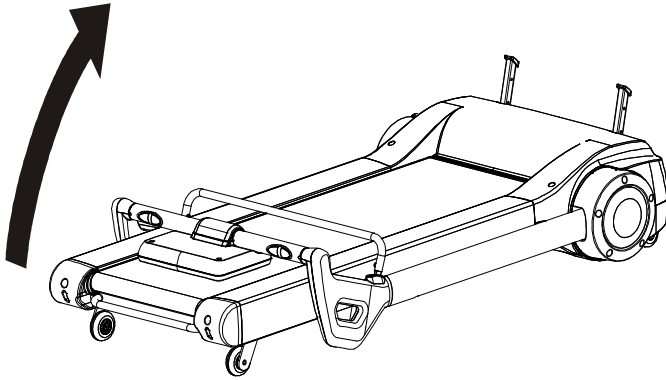
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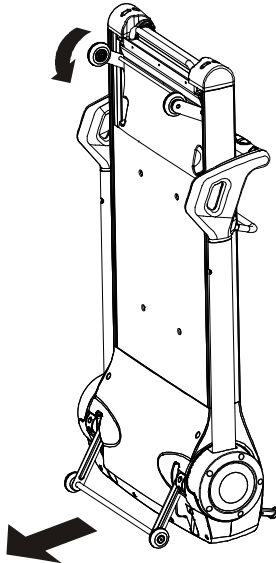
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11.



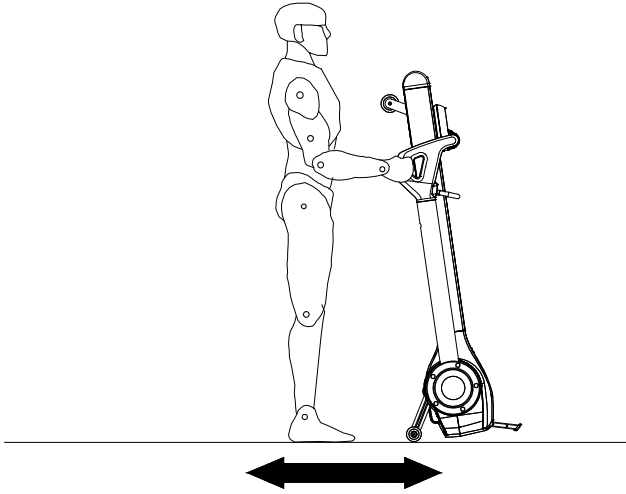
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Transport

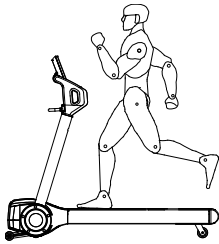
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## Correct Use

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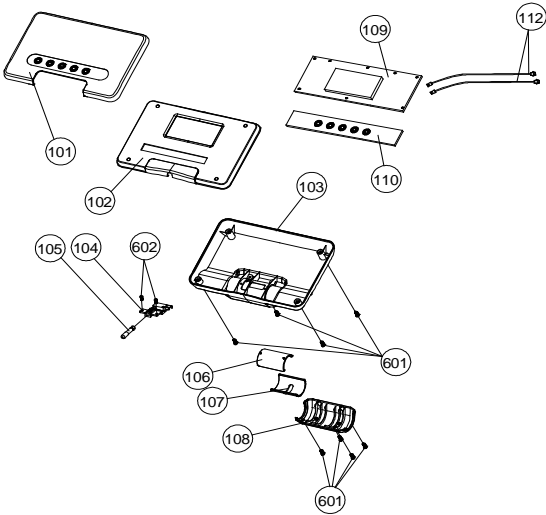
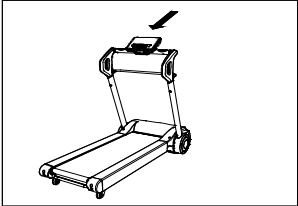
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**Correct biomechanical position:** Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

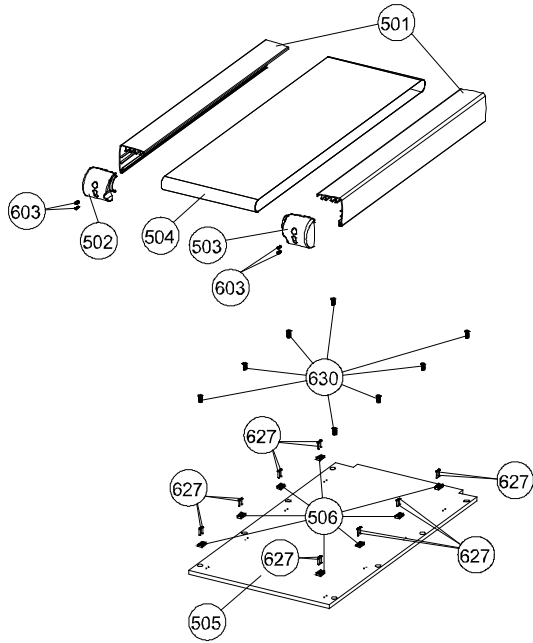
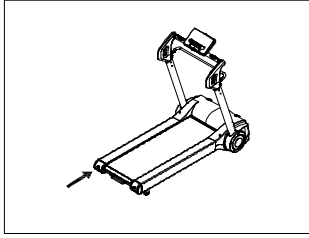
**Major exercise type:** This equipment focuses on your lower body, and it can train your thigh and shank muscles

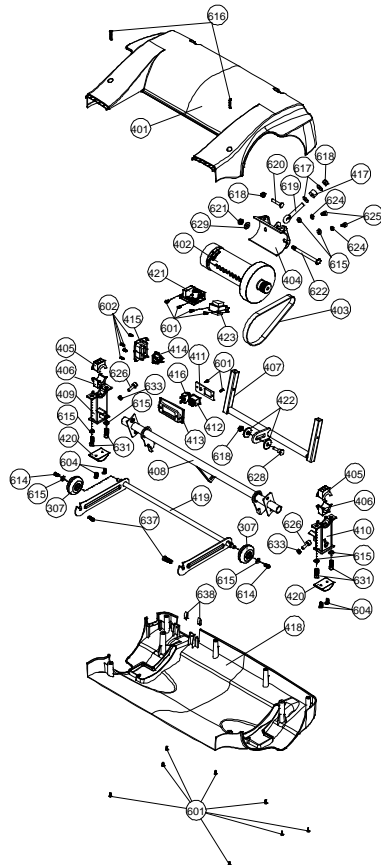
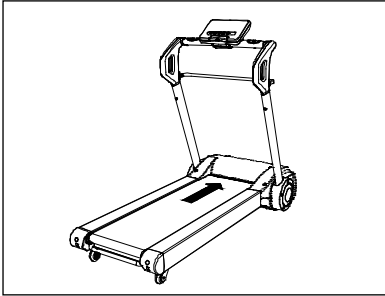
**Important:** Incorrect/excessive training can cause health injuries.

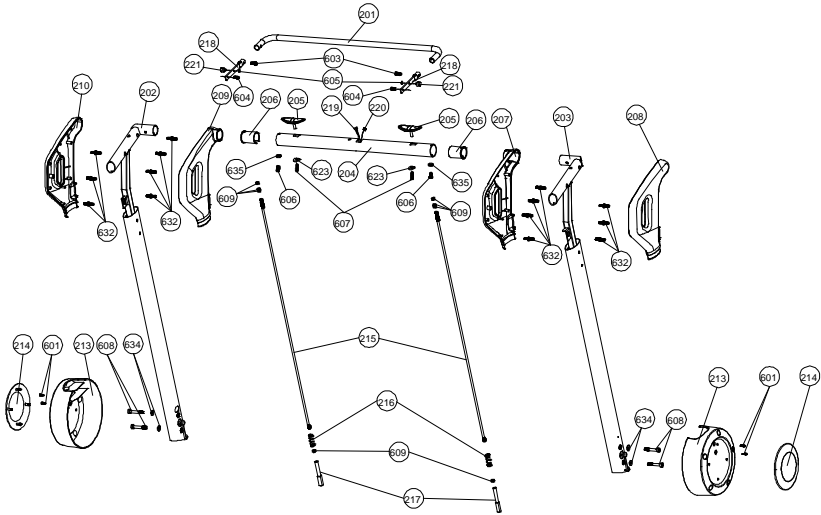
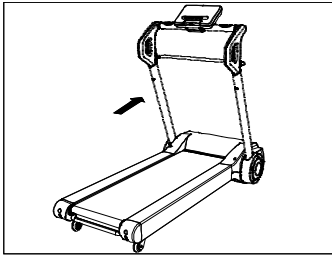
Exploded view

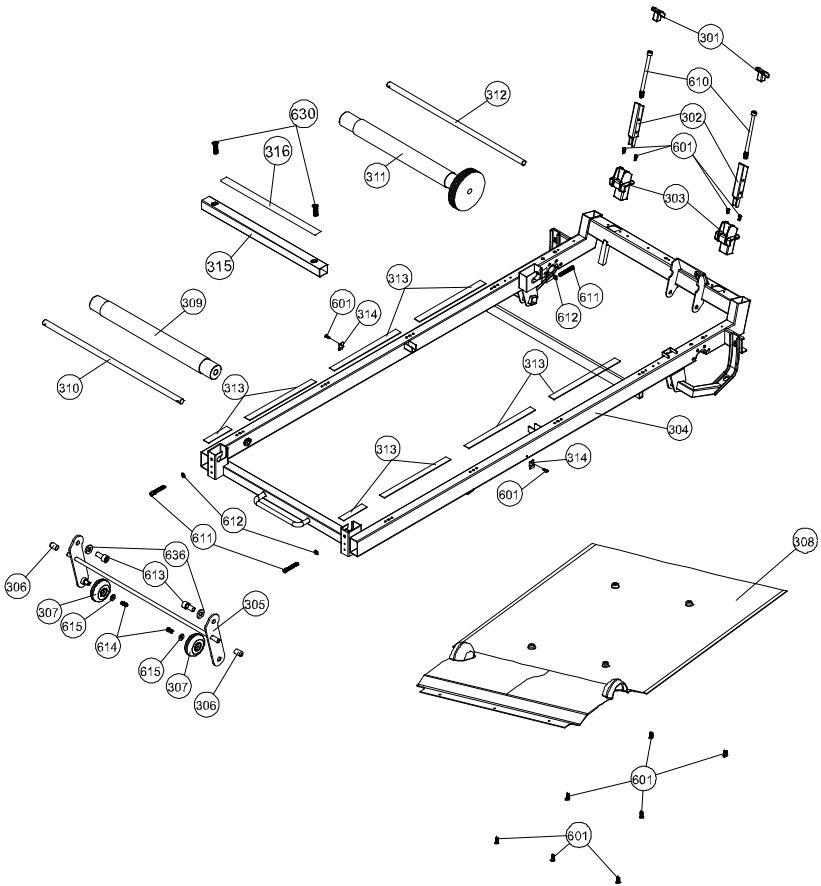
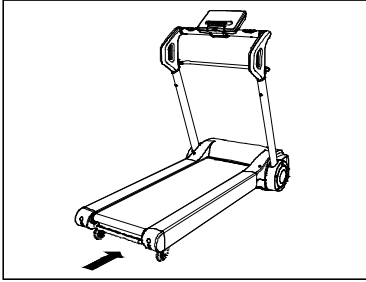












### Spare Part List

Part No.	Part name	Quantity
i-run-s-101	Console button plate	1
i-run-s-102	Console housing -upper	1
i-run-s-103	Console housing -lower	1
i-run-s-104	Safety Key base	1
i-run-s-105	Safety Key	1
i-run-s-106	Console housing holder-upper	1
i-run-s-107	Console housing holder-lower	1
i-run-s-108	Console fix lower cover	1
i-run-s-109	Computer main board	1
i-run-s-110	Button board	1
i-run-s-112	Pulse sensor wire-upper	2
i-run-s-201	Fold up grip	1
i-run-s-202	Upright -left	1
i-run-s-203	Upright -right	1
i-run-s-204	Heart rate handle bar	1
i-run-s-205	Pulse sensor set	2
i-run-s-206	Console support tube bushing	2
i-run-s-207	Handlebar cover right -inner	1
i-run-s-208	Handlebar cover right -outside	1
i-run-s-209	Handlebar cover left -inner	1
i-run-s-210	Handlebar cover left -outside	1
i-run-s-213	Upright lower cover	2
i-run-s-214	Side cover	2
i-run-s-215	Fold up grip connect rod	2
i-run-s-216	Spring	2
i-run-s-217	Upright lock pin	2
i-run-s-218	Fold up grip connector	2
i-run-s-219	Safety key wire -lower	1
i-run-s-220	5 pin computer wire -lower	1
i-run-s-221	Fold up grip axle	2
i-run-s-301	Fold up foot cover	2
i-run-s-302	Fold up foot	2
i-run-s-303	Front foot base	2
i-run-s-304	Main frame	1
i-run-s-305	Rear transport wheel bracket	1
i-run-s-306	Rear transport axle cap	1
i-run-s-307	Transportation wheel	4
i-run-s-308	Belt cover- bottom	4
i-run-s-309	Rear roller tube	1
i-run-s-310	Rear roller shaft	1
i-run-s-311	Front roller tube	1
i-run-s-312	Front roller shaft	1
i-run-s-313	9X30X2 Foam cushion	8
i-run-s-314	Side rail fix bracket	2
i-run-s-315	Frame cross bar	1
i-run-s-316	Cross bar foam tube	1
i-run-s-401	Motor hood	1
i-run-s-402	DC driving Motor	1
i-run-s-403	Driving Belt	1
i-run-s-404	Motor holder	1
i-run-s-405	Motor holder bracket end cap -upper	2
i-run-s-406	Motor holder bracket end cap -lower	2

Part No.	Part name	Quantity
i-run-s-407	Front foot bracket	1
i-run-s-408	Motor holder bracket locate plate	1
i-run-s-409	Motor holder bracket base -left	1
i-run-s-410	Motor holder bracket base -right	1
i-run-s-411	Switch board	1
i-run-s-412	Switch	1
i-run-s-413	Switch board holder	1
i-run-s-414	Electric outlet	1
i-run-s-415	Electric outlet holder	1
i-run-s-416	Electric protector	1
i-run-s-417	PU cushion	1
i-run-s-418	Motor cover -lower	1
i-run-s-419	Transport wheel bracket	1
i-run-s-420	Main frame foot cover	2
i-run-s-421	Motor control board	1
i-run-s-422	Plastic insert	17
i-run-s-423	Transformer	1
i-run-s-501	Side rail	2
i-run-s-502	Rear end cap -left	1
i-run-s-503	Rear end cap -rihgt	1
i-run-s-504	Running belt	1
i-run-s-505	Running deck	1
i-run-s-506	Side rail guider	8
i-run-s-601	M4x15 mm Screw	23
i-run-s-602	3x8 mm Screw	6
i-run-s-603	M5X14 mm screw	4
i-run-s-604	M4X10 mm screw	8
i-run-s-605	Ø4x9x1 washer	2
i-run-s-606	M8x18 mm allen bolt	2
i-run-s-607	4x30 mm screw	2
i-run-s-608	M8x50 mm bolt	4
i-run-s-609	M6 Nut	8
i-run-s-610	M8x130 screw	2
i-run-s-611	M6x45 mm screw	3
i-run-s-612	Ø13 washer	3
i-run-s-613	M12x25 mm cap allen head bolt	2
i-run-s-614	M6x15 screw	4
i-run-s-615	Ø 8x17 washer	10
i-run-s-616	M4X35 screw	2
i-run-s-617	Φ9x35 washer	2
i-run-s-618	M8x13x8 nut	3
i-run-s-619	M8X78 bolt	1
i-run-s-620	M8X48 bolt	1
i-run-s-621	M10 Nut	1
i-run-s-622	M10X120 mm screw	1
i-run-s-623	Φ8 plate washer	10
i-run-s-624	Ø8 spring	2
i-run-s-625	M8x12 allen head bolt	2
i-run-s-626	M8 bump bolt	2
i-run-s-627	4x19 Screw	18
i-run-s-628	M8 special bolt	1
i-run-s-629	Ø10.5 washer	4
i-run-s-630	M10x25 allen head bolt	8

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Part No.	Part name	Quantity
i-run-s-631	M8x30 allen head bolt	4
i-run-s-632	Plastic insert	14
i-run-s-633	M8 Nut	2
i-run-s-634	Φ8X23X2 Washer	4
i-run-s-635	Φ8.2X15X1.5 Washer	2
i-run-s-636	Φ12X25X3 Washer	2
i-run-s-637	M10x30 Screw	2
i-run-s-638	Screw hole clip	2
i-run-s-001	Hardware Set	1
i-run-s-002	Computer Instruction	1
i-run-s-003	Assembly Instruction	1

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**Reebok**