

Reebok®

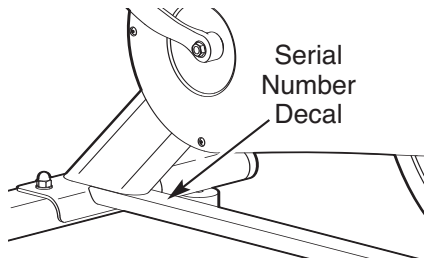


TOMAHAWK

Model No. CEX1006ST.0

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above for future reference.

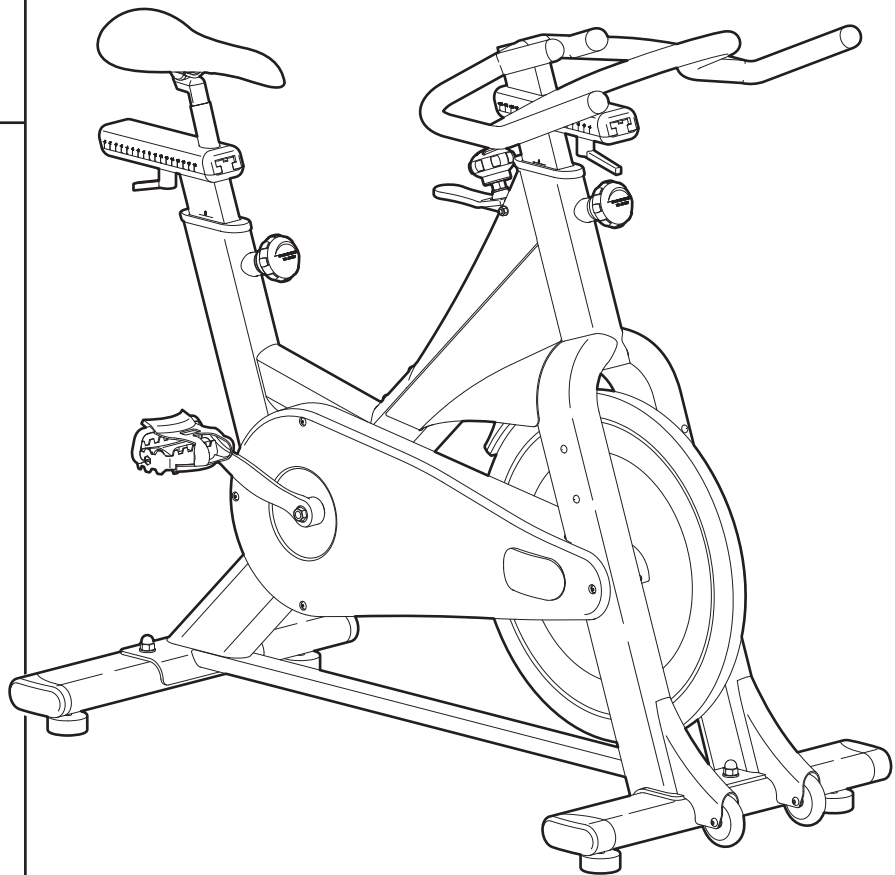


QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



USER'S MANUAL

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TOMAHAWK is a registered trademark of Cytech, GmbH.



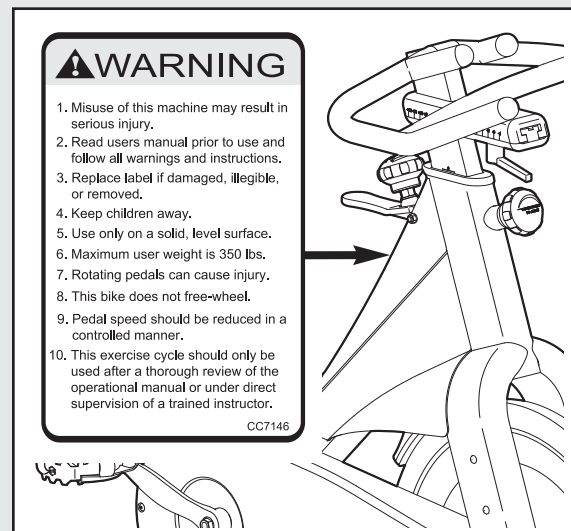
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and information before operating the indoor studio cycle.

1. It is the responsibility of the owner to ensure that all users of the indoor studio cycle are adequately informed of all warnings and precautions.
2. Operate the indoor studio cycle only as described in this manual.
3. Do not operate the indoor studio cycle until it is properly assembled (see page 6).
4. Keep the indoor studio cycle indoors, away from moisture and dust. Do not place the indoor studio cycle in a garage or covered patio or near water.
5. Place the indoor studio cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the indoor studio cycle. Make sure that there is adequate room around the indoor studio cycle to mount, dismount, and operate it.
6. Regularly inspect and properly tighten all parts of the indoor studio cycle.
7. Keep children under the age of 14 and pets away from the indoor studio cycle at all times.
8. The indoor studio cycle must not be used by persons weighing more than 350 pounds.
9. Always wear appropriate athletic clothes and shoes while operating the indoor studio cycle. Do not wear loose clothes that could become caught on the indoor studio cycle.
10. To stop the flywheel, pull the emergency brake handle upward. The flywheel should quickly come to a complete stop (see RESISTANCE ADJUSTMENT on page 11).
11. The indoor studio cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops. Reduce pedaling speed in a controlled way.
12. Always regulate the flywheel resistance so that your pedaling motion is controlled.
13. Keep your back straight while using the indoor studio cycle; do not arch your back.
14. If you feel pain or dizziness while exercising, stop immediately and cool down.
15. If replacement parts are needed, use only manufacturer-supplied parts.
16. The decal shown below has been placed on the indoor studio cycle. If the decal is missing or illegible, call the toll-free telephone number on the back cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

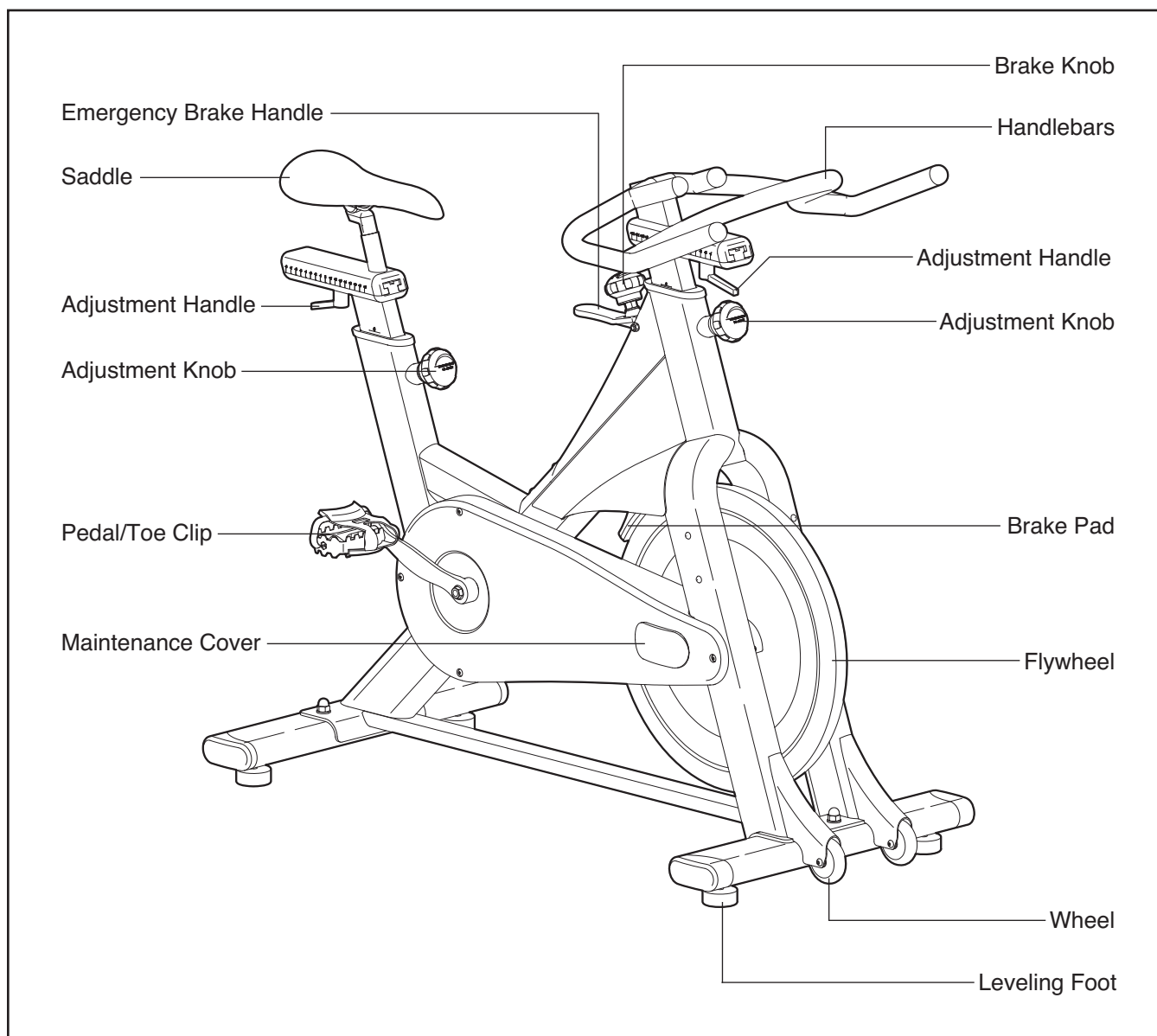
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® TOMAHAWK indoor studio cycle. The REEBOK TOMAHAWK indoor studio cycle offers an impressive array of features designed to enhance cardiovascular fitness, tone muscles, and develop endurance. Whether users are beginners or experienced athletes, the indoor studio cycle offers workouts that will help users to reach their individual fitness goals.

IMPORTANT: Read this manual carefully before assembling or using the indoor studio cycle. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



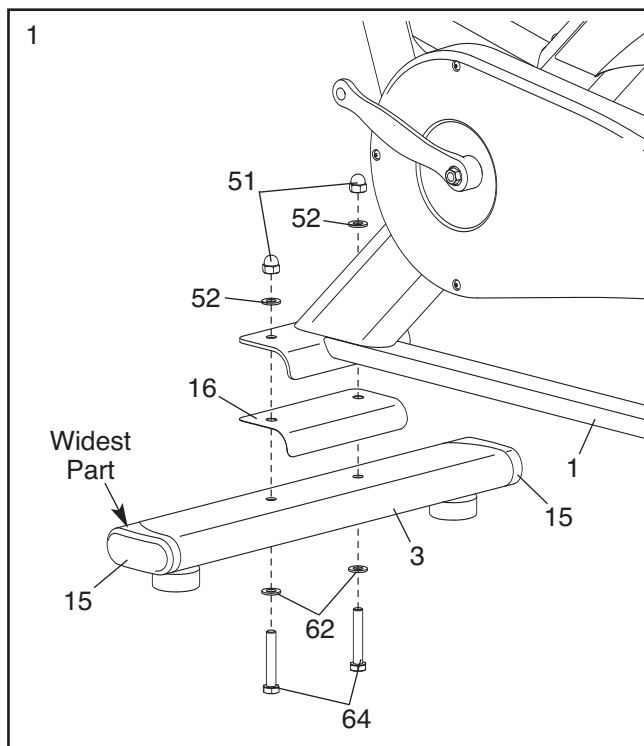
HOW TO ASSEMBLE THE INDOOR STUDIO CYCLE

Due to the weight of the indoor studio cycle, it is recommended that two persons assemble it. Set the indoor studio cycle in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed.

Note: The numbers in parentheses in the assembly steps are the key numbers of the parts, from the PART LIST on page 18.

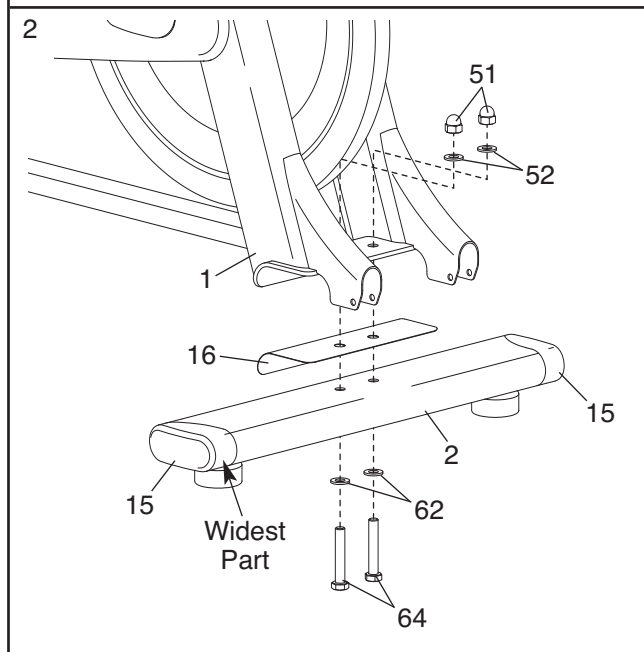
1. Identify the Rear Stabilizer (3). (Note: The two bolt holes in the Rear Stabilizer are farther apart than the two bolt holes in the Front Stabilizer [not shown]). Orient the Rear Stabilizer so the widest parts of the Stabilizer Endcaps (15) are at the rear.

Have a second person lift the rear of the Frame (1). Attach the Rear Stabilizer (3) to the Frame with two M10 x 60mm Bolts (64), two M10 Washers (62), a Stabilizer Gasket (16), two Plastic Washers (52), and two M10 Acorn Nuts (51) as shown. **To avoid damaging the Rear Stabilizer, do not over-tighten the Acorn Nuts.**



2. Orient the Front Stabilizer (2) so the widest parts of the Stabilizer Endcaps (15) are at the front.

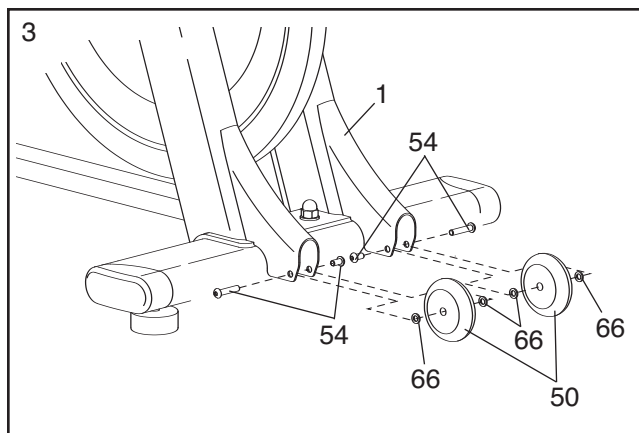
Have a second person lift the front of the Frame (1). Attach the Front Stabilizer (2) to the Frame with two M10 x 60mm Bolts (64), two M10 Washers (62), a Stabilizer Gasket (16), two Plastic Washers (52), and two M10 Acorn Nuts (51). **To avoid damaging the Front Stabilizer, do not overtighten the Acorn Nuts.**



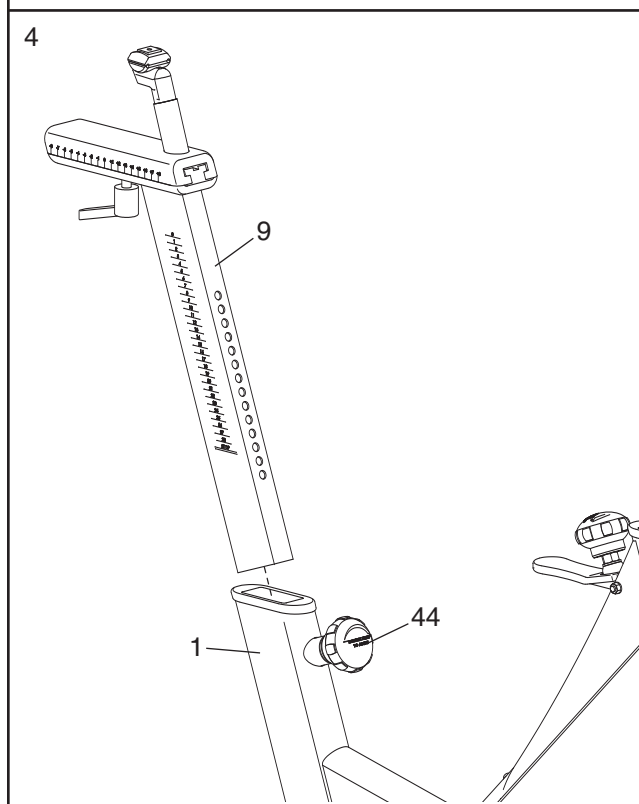
3. Remove the two M6 x 30mm Union Bolts (54) and the two packing spacers (not shown) from the front of the Frame (1). Discard the packing spacers.

Attach a Wheel (50) to one side of the Frame (1) with an M6 x 30mm Union Bolt (54) and two M5 Washers (66) as shown.

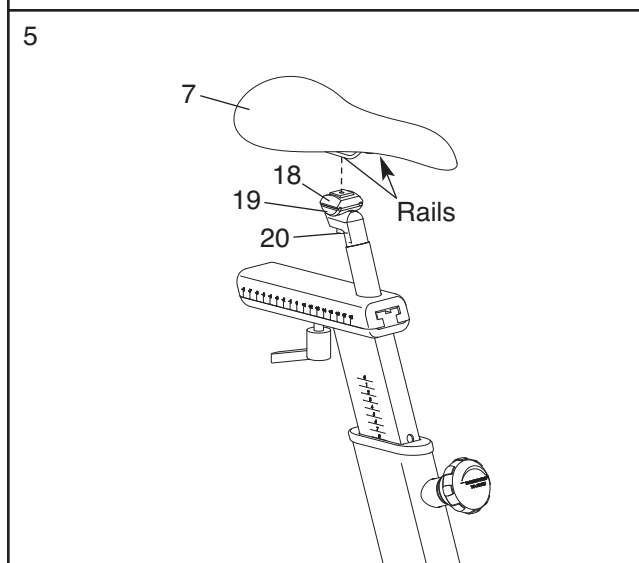
Attach the other Wheel (50) to the other side of the Frame (1) in the same way.



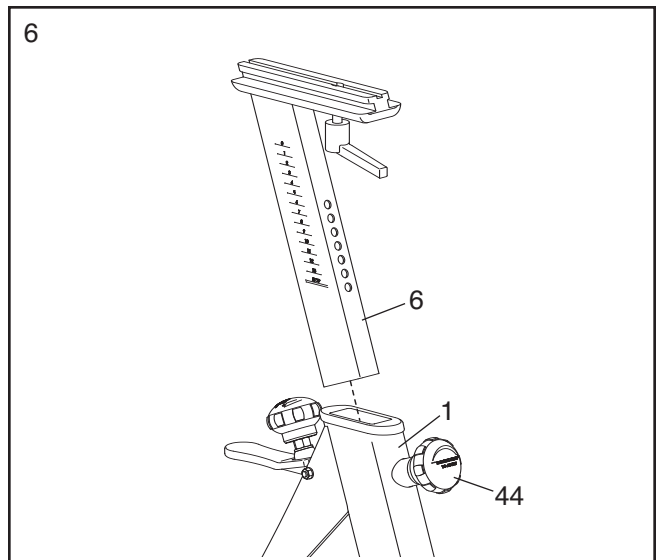
4. Turn the rear Adjustment Knob (44) counterclockwise one half of a turn. Pull the Adjustment Knob and insert the Saddle Post (9) into the Frame (1). Slide the Saddle Post to the desired height, release the Adjustment Knob, and move the Saddle Post up or down slightly until the Adjustment Knob snaps into one of the adjustment holes in the Saddle Post. Then, retighten the Adjustment Knob until it is snug; **do not overtighten the Adjustment Knob.**



5. Loosen the M8 x 48mm Bolt (20) several turns without removing it. Next, turn the Upper Saddle Clamp (18) one quarter of a turn, and set the rails of the Saddle (7) in the grooves of the Lower Saddle Clamp (19). Then, lift the Upper Saddle Clamp, turn it back to its original position, and set it on the rails. Ensure that the Saddle is level and all the way forward on its rails. Firmly retighten the Bolt.



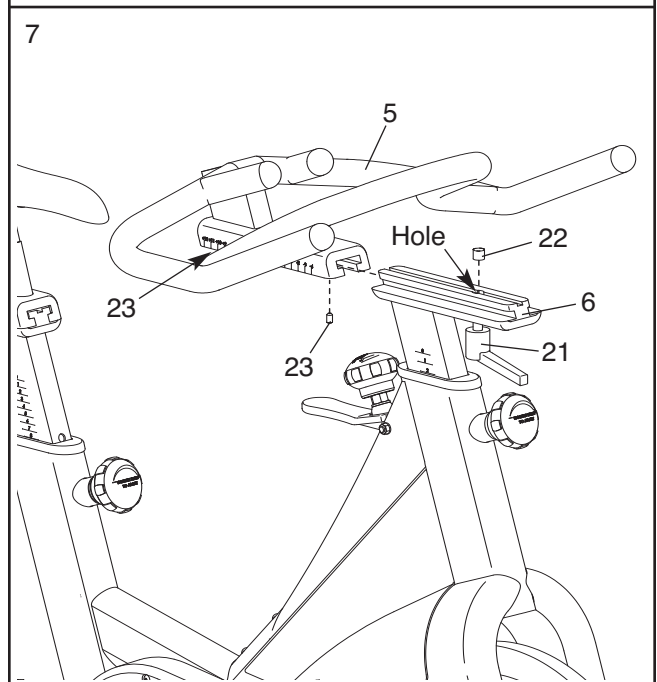
6. Turn the front Adjustment Knob (44) counterclockwise one half of a turn. Pull the Adjustment Knob and insert the Handlebar Post (6) into the Frame (1). Slide the Handlebar Post to the desired height, release the Adjustment Knob, and move the Handlebar Post up or down slightly until the Adjustment Knob snaps into one of the adjustment holes in the Handlebar Post. Then, retighten the Adjustment Knob until it is snug; **do not over-tighten the Adjustment Knob.**



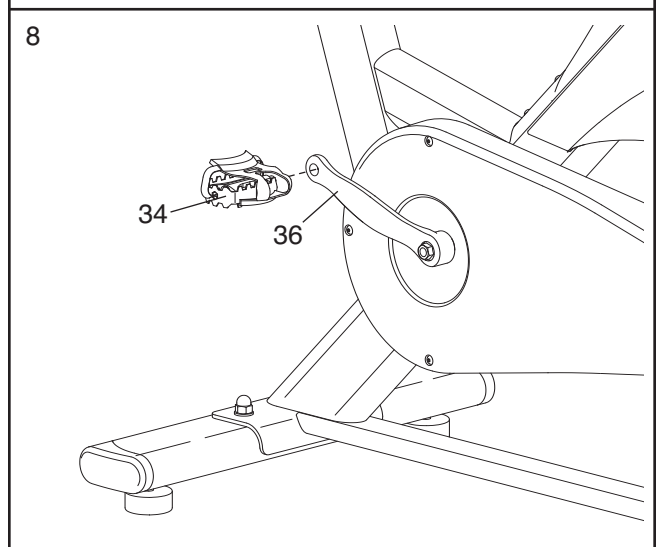
7. Set the Lock Bushing (22) in the indicated hole in the Handlebar Post (6). Next, loosen the Adjustment Handle (21) in the Handlebar Post. Note: The Adjustment Handle functions like an end wrench. To loosen the Adjustment Handle, turn it as far as possible, pull it downward, turn it in the opposite direction, push it upward, and then turn it again.

Remove the front M6 x 8mm Set Screw (23) from the Handlebar (5). Slide the Handlebar onto the Handlebar Post (6) until it stops. Next, tighten the front Set Screw into the Handlebar. Then, slide the Handlebar backward until it stops and tighten the rear M6 x 8mm Set Screw (23).

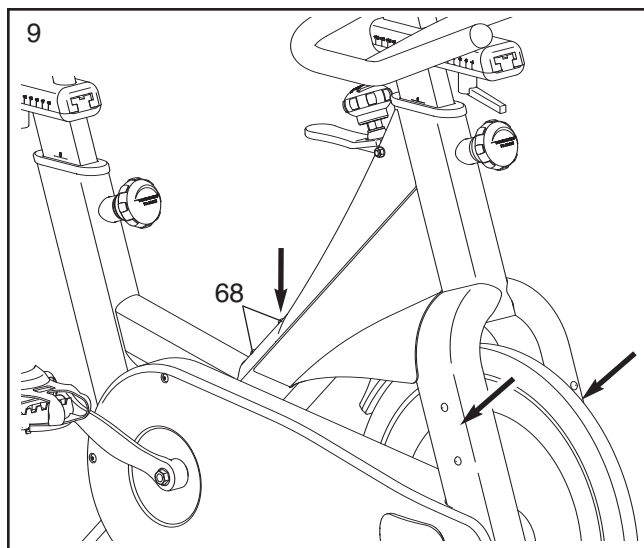
Slide the Handlebar (5) to the desired position, and retighten the Adjustment Handle (21).



8. Identify the Right Pedal (34). Using a 15mm pedal wrench, firmly tighten the Right Pedal **clockwise** into the Right Crank Arm (36). Tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown). **To avoid damaging the indoor studio cycle, use only a 15mm pedal wrench to attach the Pedals.**



9. The Water Bottle Holder (not shown) can be attached to the indoor studio cycle in any of the three locations indicated by the arrows at the right. Attach the Water Bottle Holder in the desired location with the two M5 x 15mm Screws (68).



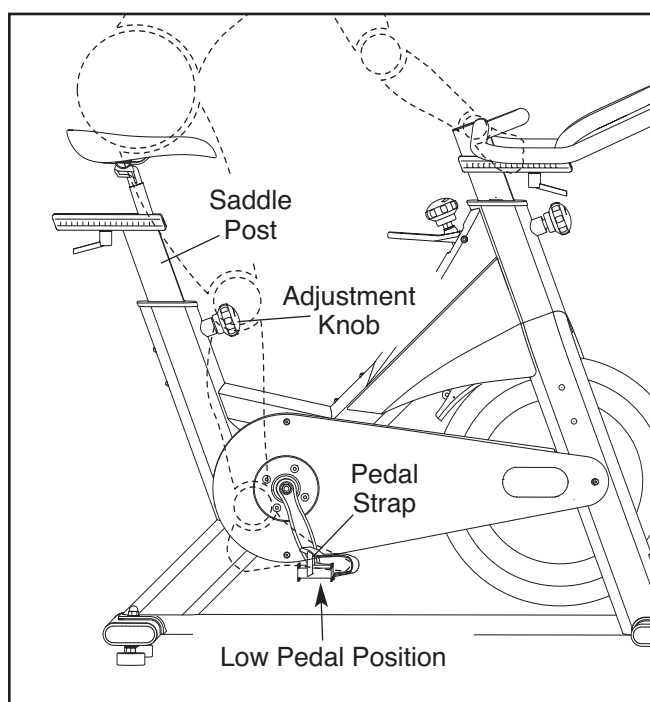
10. **Make sure that all parts are properly tightened before the indoor studio cycle is used.** To protect the floor or carpet, place a mat under the indoor studio cycle. To purchase a REEBOK indoor studio cycle mat (model number RBSD6105.0), see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

HOW TO ADJUST THE INDOOR STUDIO CYCLE

The indoor studio cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the indoor studio cycle; you may choose to adjust the indoor studio cycle differently. Note: It may be helpful to have another person check your position while you adjust the indoor studio cycle.

PEDAL STRAP ADJUSTMENT

Sit on the saddle and position your feet on the pedals, with the balls of your feet directly above the spindles of the pedals (see the drawing below). Adjust the pedal straps so the toe clips are snug but not too tight.



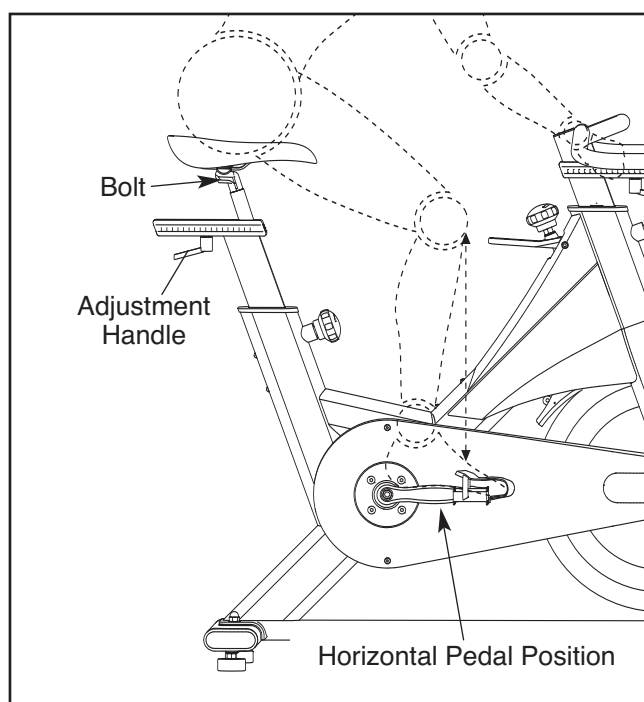
Note: The pedals feature toe clips on one surface and SPD® cleats on the opposite surface. Use the SPD® cleats with compatible cycling shoes rather than the toe clips if you desire.

SADDLE ADJUSTMENT

Sit on the saddle and slowly pedal. When the pedals are in the lowest position (see the drawing above), your knees should be slightly bent. **To avoid hyperextending your knees, make sure that your legs are not completely straight.** To adjust the height of the saddle, dismount the indoor studio cycle. Next, turn the rear adjustment knob counterclockwise one half of a

turn, pull the adjustment knob, slide the saddle post up or down, and then release the adjustment knob. Move the saddle post up or down slightly to ensure that the knob is engaged in one of the adjustment holes in the saddle post. Then, retighten the knob.

Next, adjust the horizontal position of the saddle. Sit on the saddle and move the pedals until the crank arms are horizontal (see the drawing below). In this position, your forward kneecap should be directly above the spindle of the pedal. To adjust the horizontal position of the saddle, dismount the indoor studio cycle. Next, loosen the rear adjustment handle, slide the saddle forward or backward, and then retighten the handle.

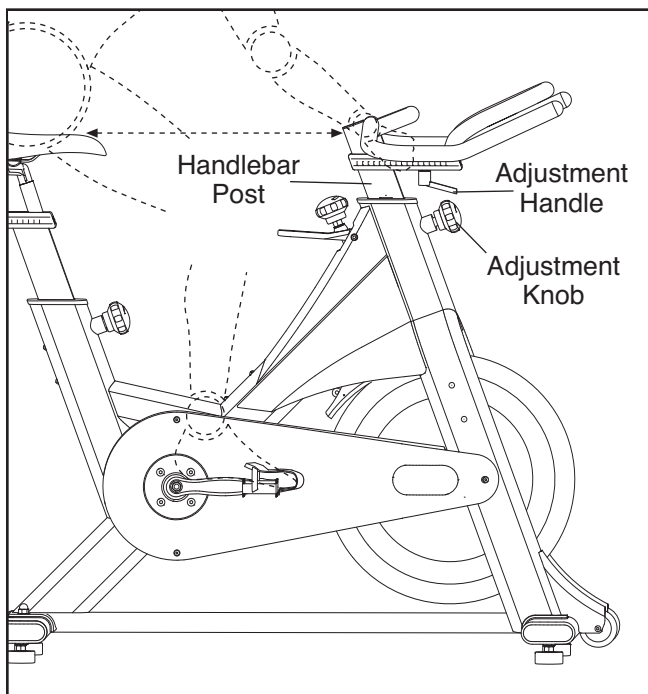


For additional horizontal saddle adjustment, loosen the bolt located beneath the saddle, slide the saddle forward or backward, and then retighten the bolt.

Next, adjust the angle of the saddle. Begin with a level saddle. If you experience discomfort while pedaling for extended periods of time, try tilting the front of the saddle slightly upward or downward. To adjust the angle of the saddle, dismount the indoor studio cycle. Next, loosen the bolt located beneath the saddle, adjust the angle of the saddle, and then retighten the bolt.

HANDLEBAR ADJUSTMENT

Begin with the top of the handlebars at the same height as the top of the saddle (see the drawing below). If your knees touch the handlebars or if you experience back discomfort while pedaling for extended periods of time, you can adjust the height of the handlebars. Dismount the indoor studio cycle. Next, turn the front adjustment knob counterclockwise one half of a turn, pull the adjustment knob, slide the handlebar post up or down, and then release the adjustment knob. Move the handlebar post up or down slightly to ensure that the knob is engaged in one of the adjustment holes in the handlebar post. Then, retighten the knob.

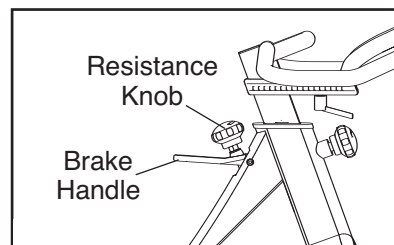


Next, adjust the horizontal position of the handlebars. If the handlebars are too close to the saddle, your breathing may feel restricted; if the handlebars are too far from the saddle, you may experience back discomfort. To adjust the horizontal position of the handlebars, dismount the indoor studio cycle. Next, loosen the front adjustment handle, slide the handlebars forward or backward, and then retighten the handle.

The handlebars offer a wide variety of hand positions. By changing your hand position, you can change the angle of your back, neck, and arms. To minimize the stress on your muscles during workouts, change your hand position frequently.

RESISTANCE ADJUSTMENT

You can regulate the resistance of the braking system in fine increments. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counterclockwise.



To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counterclockwise.

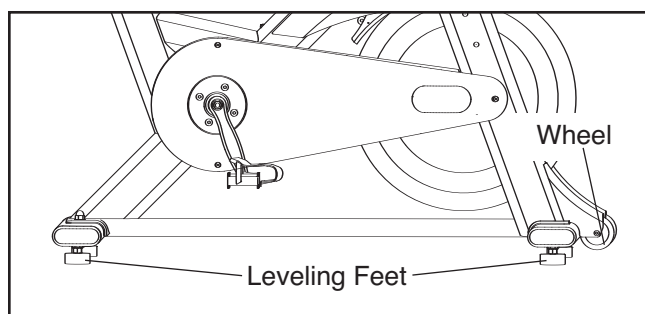
IMPORTANT: When pedaling the indoor studio cycle, never pedal backward. Pedaling backward can loosen the pedals and cause them to detach.

To stop the flywheel, pull the emergency brake handle upward. The flywheel should quickly come to a complete stop.

⚠ WARNING: The indoor studio cycle does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce pedaling speed in a controlled way.

HOW TO MOVE THE INDOOR STUDIO CYCLE

Due to the weight of the indoor studio cycle, it is recommended that two persons move it. Have a second person lift the back of the indoor studio cycle. Firmly hold the handlebars and tip the indoor studio cycle forward until it rolls on the wheels. Carefully move the indoor studio cycle to the desired location and then lower it. **CAUTION: To reduce the risk of injury, use extreme caution while moving the indoor studio cycle. Do not attempt to move it over uneven surfaces.**



If the indoor studio cycle rocks on your floor, turn the leveling feet located beneath the front or rear stabilizer until the rocking motion is eliminated.

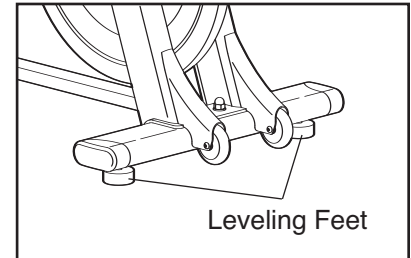
PREVENTIVE MAINTENANCE

Regular maintenance must be performed on the indoor studio cycle for optimal performance and longevity. Please read and follow all instructions below. If the indoor studio cycle is not maintained as described, components may wear excessively and the indoor studio cycle may become damaged. If you have questions about maintenance, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Note: Many maintenance procedures require maintenance spray. FreeMotion Fitness recommends CRC Food Grade Silicone. CRC Food Grade Silicone is available at many industrial supply and hardware stores.

DAILY MAINTENANCE

1. Make sure that the indoor studio cycle is level. If the indoor studio cycle rocks on your floor, turn the leveling feet located beneath the front or rear stabilizer until the rocking motion is eliminated.



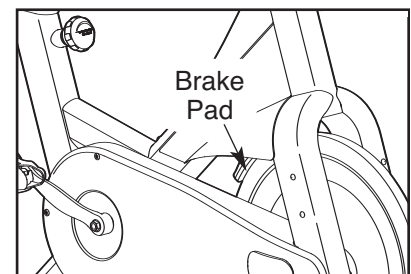
2. After each user finishes exercising, the indoor studio cycle should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to the handlebars and the saddle. Using a lint-free cloth, dry the handlebars and the saddle. Next, apply a small amount of disinfectant to a lint-free cloth and clean the adjustment knobs and the adjustment handles.

WEEKLY MAINTENANCE

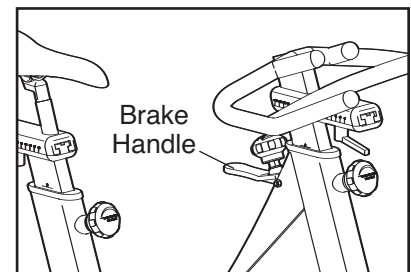
1. Apply a small amount of CRC Food Grade Silicone maintenance spray to a lint-free cloth and thoroughly clean the frame and the plastic parts of the indoor studio cycle.

BIWEEKLY MAINTENANCE

1. For optimal performance of the braking system, and to minimize wear on the brake pad, CRC Food Grade Silicone maintenance spray should be applied to the brake pad. If fuzz or lint appears on the brake pad, the brake pad has become too dry—maintenance spray should be applied more frequently. Thoroughly soak both sides of the brake pad from end to end with maintenance spray. Then, wipe the excess spray off the flywheel.



2. While sitting on the saddle and pedaling, test the brake by pulling the emergency brake handle upward. The flywheel should quickly come to a complete stop.

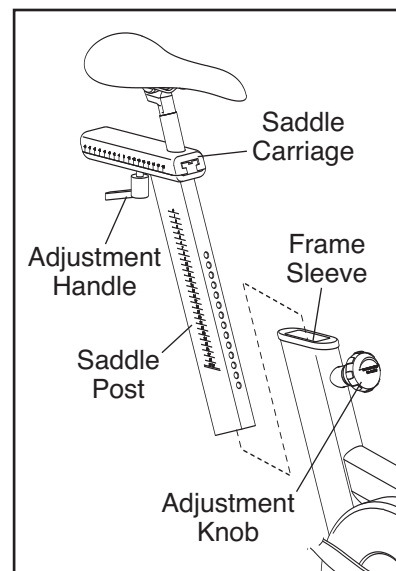


3. To maintain the easy adjustability of the saddle post, the saddle post should be cleaned and lubricated.

Turn the rear adjustment knob counterclockwise one half of a turn, pull the adjustment knob, and slide the saddle post out of the frame. Apply a small amount of CRC Food Grade Silicone maintenance spray to a lint-free cloth and clean the saddle post.

Next, apply a small amount of maintenance spray to the inside of the rear frame sleeve. Then, reinsert the saddle post into the frame and adjust it to the desired height.

Next, loosen the rear adjustment handle and slide the saddle carriage as far backward as possible. Apply a small amount of CRC Food Grade Silicone maintenance spray to a lint-free cloth and clean the top of the saddle post. Then, slide the saddle carriage as far forward as possible and clean the top of the saddle post. Finally, adjust the saddle to the desired position.

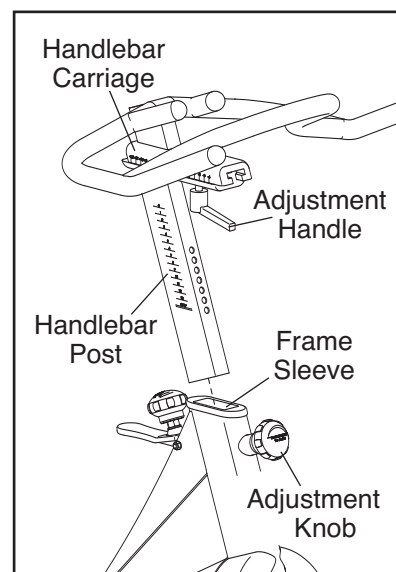


4. To maintain the easy adjustability of the handlebar post, the handlebar post should be cleaned and lubricated.

First, turn the front adjustment knob counterclockwise one half of a turn, pull the adjustment knob, and slide the handlebar post out of the frame. Apply a small amount of CRC Food Grade Silicone maintenance spray to a lint-free cloth and clean the handlebar post.

Next, apply a small amount of CRC Food Grade Silicone maintenance spray inside of the front frame sleeve. Then, reinsert the handlebar post into the frame and adjust it to the desired height.

Next, loosen the front adjustment handle and slide the handlebar carriage as far backward as possible. Apply a small amount of CRC Food Grade Silicone maintenance spray to a lint-free cloth and clean the top of the handlebar post. Then, slide the handlebar carriage as far forward as possible and clean the top of the handlebar post. Finally, adjust the handlebar to the desired position.

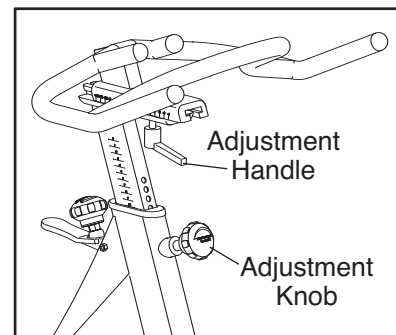


MONTHLY MAINTENANCE

1. To maintain the easy adjustability of the adjustment knobs and the adjustment handles, the threads on the adjustment knobs and the adjustment handles should be lubricated.

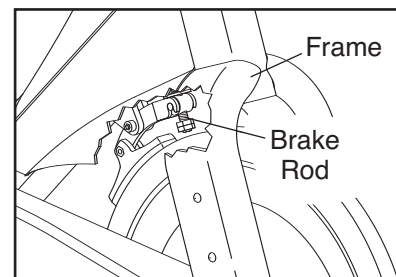
First, turn the front adjustment knob and the front adjustment handle counterclockwise about eight full turns. Next, apply a small amount of CRC Food Grade Silicone maintenance spray to the threads on the adjustment knob and the adjustment handle. Then, retighten the parts.

Lubricate the rear adjustment knob and the rear adjustment handle in the same way.



2. To maintain the easy adjustability of the resistance knob, the threads on the lower end of the brake rod should be lubricated.

First, turn the resistance knob clockwise until it stops. Next, look under the right or left side of the frame and locate the brake rod, which has two jamnuts on its lower end. Apply a small amount of synthetic grease to the threads on the brake rod above the two jamnuts. Then, turn the resistance knob counterclockwise until it stops.

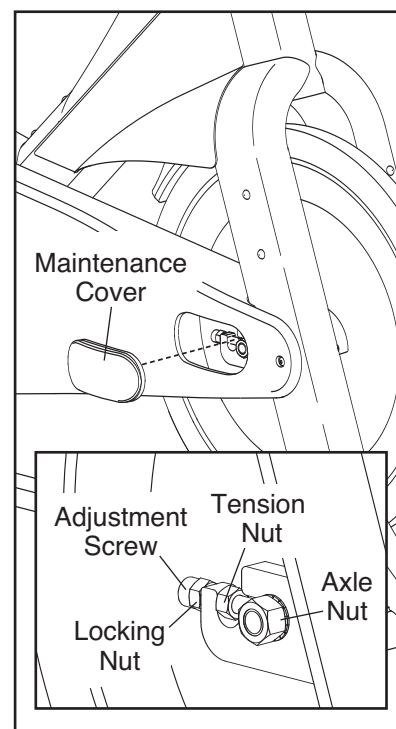


3. Check the amount of play in the chain. To do this, first sit on the saddle, place your feet on the pedals, and move the pedals until the crank arms are horizontal. Next, pull the emergency brake handle upward and hold it. Then, stand on the pedals and rock forward and backward. There should be no more than 0.1 inch (2 to 3 mm) of play in the chain.

If there is too much play in the chain, or if the chain makes a clicking noise, remove the right and left maintenance covers.

See the inset drawing. Loosen the axle nut on each end of the flywheel axle two full turns. Next, loosen the locking nut on the adjustment screw on each side of the flywheel. These locking nuts are located outside the axle support brackets.

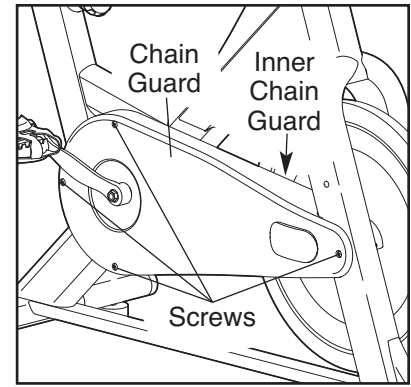
Adjust the tension using the tension nuts. These tension nuts are located to the inside of the axle support brackets, close to the flywheel axle. Turn both tension nuts **one quarter of a turn at a time** until the chain is properly adjusted. **Make sure to turn both tension nuts exactly the same amount.** Visually check the alignment of the flywheel to ensure that it is not crooked compared with the chain ring, and then tighten the locking nuts on the adjustment screws. Finally, retighten the axle nuts and reattach the maintenance covers. **Do not tighten the axle nuts with a torque of more than 15 foot-pounds.**



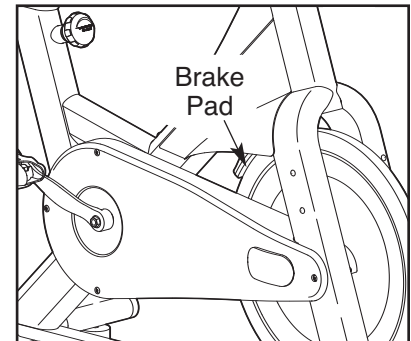
Check the amount of play in the chain as described at the beginning of this step. Unusual noises or vibrations are indications that the chain has been overtightened or that the flywheel is at an angle. If necessary, readjust the chain.

4. Check the chain for proper lubrication. To do this, first remove the four screws from the right side of the chain guard. Next, remove the screw from the left side of the inner chain guard. Then, remove the outer chain guard.

Next, run your fingers along the chain (not shown). If the chain feels dry, **slowly** turn the flywheel with one hand while applying a small amount of CRC Food Grade Silicone maintenance spray along the chain. **To avoid injuring your hands, keep them away from the flywheel sprocket and the chain ring.** Wipe the excess spray off the chain with a lint-free cloth and then reattach the outer chain guard.



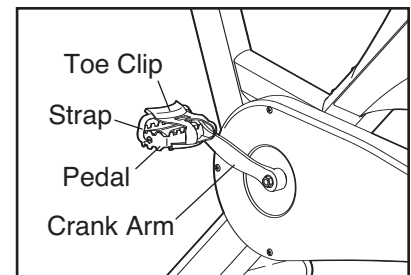
5. The brake pad may become worn as a result of repeated use. **The indoor studio cycle should not be used if there is no resistance against the flywheel or if the braking system is not working properly.** To check the braking system, first turn the resistance knob counter-clockwise until it stops. When you pedal, you should be able to feel a slight amount of resistance. If the brake pad functions properly, pull the emergency brake handle to stop the flywheel. Next, check the brake pad for signs of wear. If the brake pad does not show signs of excessive wear, thoroughly soak both sides of the brake pad from end to end with CRC Food Grade Silicone maintenance spray, and then wipe the excess spray off the flywheel.



6. Some parts of the indoor studio cycle may become loose as a result of repeated use. Check both pedals, toe clips, and pedal straps, and make sure that they are properly tightened. Also, use a 14mm socket wrench to make sure that the crank arms are securely tightened.

Next, check all exposed screws, bolts, and nuts, and make sure that they are properly tightened.

Finally, check the saddle to make sure that it is not damaged.



LIMITED WARRANTY

Limited Warranty on Commercial Equipment

FreeMotion Fitness, Inc. warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming effective on the date of original installation. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only.

Terms and Conditions of Coverage

1. Warranty applies only while:
 - (A) it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - (B) it has not been subject to accident, misuse, abuse, improper service, or modification, and
 - (C) claims are made within the warranty period.
2. All coverage is provided by specific Product according to the guidelines listed below.
3. If the Product or any covered part must be returned to a service facility for repairs, we, FreeMotion Fitness, Inc., will pay all transportation and insurance charges for the first year. We must approve transportation and insurance previous to shipping. You are responsible for transportation and insurance charges during the remaining years.
4. We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.
5. This warranty does not cover damage or equipment failure caused by failure to provide reasonable and necessary maintenance as outlined in this manual. Any failures or damage caused by unauthorized service, misuse, accident, negligence or improper assembly or installation; debris resulting from any destruction activities in the Product's environment; rust or corrosion as a result of the Product's location; alterations or modifications made without written authorization; or failure on your part to use, operate, and maintain the Product as set forth in this manual will void this warranty. **All terms of this warranty are void if the Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized FreeMotion Fitness representative.**
6. FreeMotion Fitness, Inc. Limited Warranty service can be obtained by calling Customer Care toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. to 5 p.m. Mountain Time.
7. The product limited warranty is void when the Product is installed in a country other than where sold.

Limited warranty does not apply to:

1. Repairs performed on the Product with missing, altered, or defaced serial numbers.
2. Repair pick-up, delivery, or freight charges other than those specified above.
3. Labor costs.

Limited Warranty

Parts are warranted to be free from defects in materials and workmanship for the duration of the warranty period as described below.

- 5 years: Frame Construction and Bottom Bracket
- 3 years: Mechanical Components
- Each indoor studio cycle includes the following extra Wear Items: 1 extra Chain, 1 extra Saddle, 1 extra pair of Pedal Toe Straps, and 2 extra Brake Pads
- There is no Labor Warranty

Your Responsibility

Retain proof of purchase; use, operate, and maintain the Product as specified in this manual; notify Customer Care of any defect within 10 days after discovery of the defect; and, if instructed, return any defective part for replacement, or, if necessary, return the entire Product for repair.

User's Manual

It is very important that you read this manual before operating the Product. Remember to perform the regular maintenance requirements specified in this manual to ensure proper operation and your continued satisfaction.

Receipt of Parts

Simply call Customer Care toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. to 5 p.m. Mountain Time, and give your name, address, and the serial number of your Product. A representative will tell you how to get a replacement part. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Care.
2. Securely pack your defective part.
3. Write the RA# on the outside of the carton.
4. Insure the defective part.
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe that the service is covered by warranty.

Exclusive Warranty

FreeMotion Fitness, Inc. 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 or installation, or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. 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. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

Unauthorized Changes to Warranty

No one is authorized to change, modify, or extend the terms of this limited warranty.

State Laws

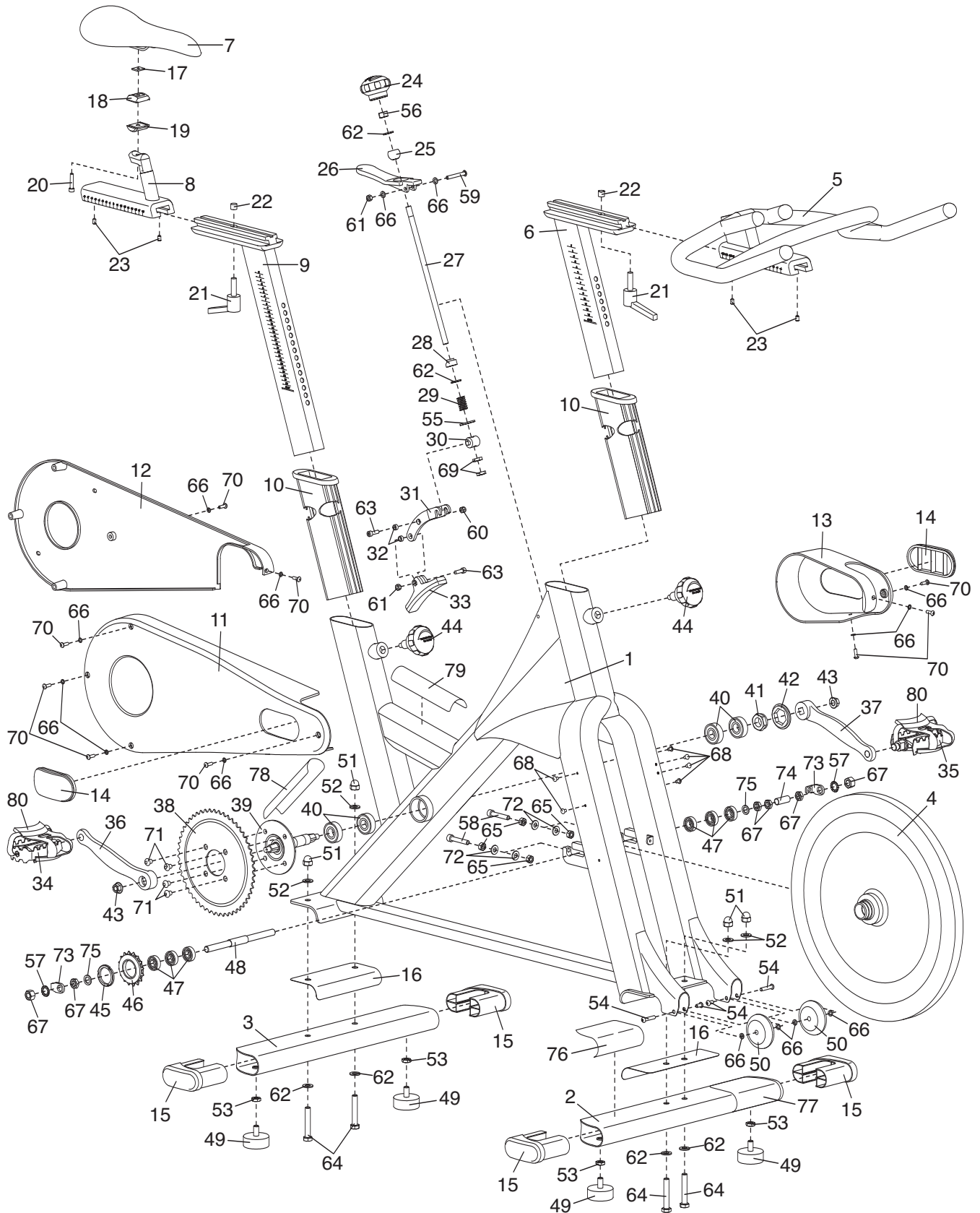
This warranty gives you specific legal rights and you may have other rights which vary from state to state.

PART LIST—MODEL NO. CEX1006ST.0

R0507A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	2	M10 Flange Nut
2	1	Front Stabilizer	44	2	Adjustment Knob
3	1	Rear Stabilizer	45	1	Lock Ring
4	1	Flywheel	46	1	Flywheel Sprocket
5	1	Handlebar	47	6	Flywheel Bearing
6	1	Handlebar Post	48	1	Flywheel Axle
7	1	Saddle	49	4	Leveling Foot
8	1	Saddle Carriage	50	2	Wheel
9	1	Saddle Post	51	4	M10 Acorn Nut
10	2	Frame Sleeve	52	4	Plastic Washer
11	1	Chain Guard	53	4	M10 Jamnut
12	1	Inner Chain Guard	54	2	M6 x 30mm Union Bolt
13	1	Hub Cover	55	1	M10 Fender Washer
14	2	Maintenance Cover	56	1	M10 Nylon Locknut
15	4	Stabilizer Endcap	57	2	M12 Lock Washer
16	2	Stabilizer Gasket	58	2	M8 x 45mm Adjustment Screw
17	1	Saddle Clamp Nut	59	1	M6 x 45mm Bolt
18	1	Upper Saddle Clamp	60	1	M6 Nylon Locknut
19	1	Lower Saddle Clamp	61	2	M6 Nut
20	1	M8 x 48mm Bolt	62	6	M10 Washer
21	2	Adjustment Handle	63	2	M6 x 20mm Bolt
22	2	Lock Bushing	64	4	M10 x 60mm Bolt
23	4	M6 x 8mm Set Screw	65	4	M8 Nut
24	1	Resistance Knob	66	15	M5 Washer
25	1	Socket Ball	67	6	M12 Axle Nut
26	1	Emergency Brake Handle	68	6	M5 x 15mm Screw
27	1	Brake Rod	69	2	M10 x 1mm Jamnut
28	1	Brake Bushing	70	9	M5 x 16mm Screw
29	1	Brake Spring	71	4	M10 x10mm Screw
30	1	Brake Pivot	72	4	M8 Washer
31	1	Brake Tension Arm	73	2	Capture Nut
32	2	Lever Bushing	74	1	Flywheel Spacer
33	1	Brake Pad	75	2	M12 Washer
34	1	Right Pedal	76	1	Right Stabilizer Shield
35	1	Left Pedal	77	1	Left Stabilizer Shield
36	1	Right Crank Arm	78	1	Lower Frame Shield
37	1	Left Crank Arm	79	1	Upper Frame Shield
38	1	Chain Ring	80	2	Pedal Toe Strap
39	1	Bottom Bracket Spindle	#	1	Roll Ring
40	4	Bottom Bracket Bearing	#	1	Chain
41	1	Bottom Bracket Locknut	#	1	Water Bottle Cage
42	1	Locknut Cover	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. **If replacement parts are needed, or if parts are missing, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.**



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the phone number or address listed below:

1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time
FreeMotion Fitness, Inc., 1096 Elkton Drive, Suite 600, Colorado Springs, CO 80907

When contacting Customer Care, please be prepared to provide the following information:

- the MODEL NUMBER of the product (CEX1006ST.0)
- the NAME of the product (REEBOK® TOMAHAWK indoor studio cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual for the location)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of each needed part (see the PART LIST and the EXPLODED DRAWING on pages 18 and 19).



FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907