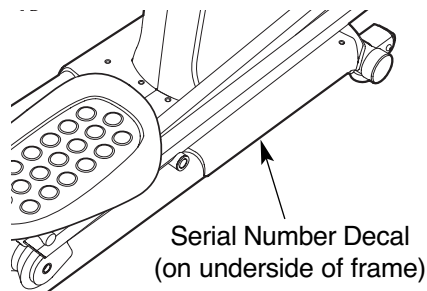


Reebok[®] RL 10.0

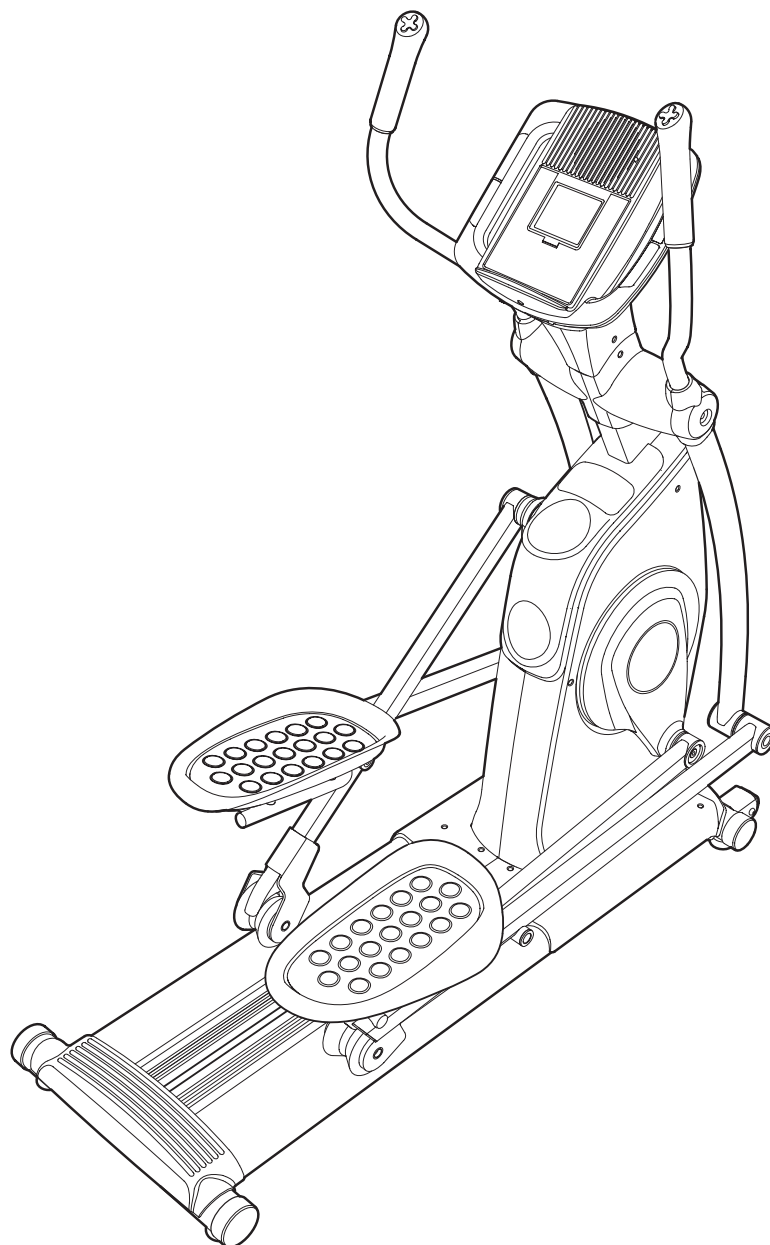
Model No. RBEL66807.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us.

CALL TOLL-FREE:

1-877-994-4999

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.reebokservice.com

CAUTION

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



Visit our website at

www.reebokhomefitness.com

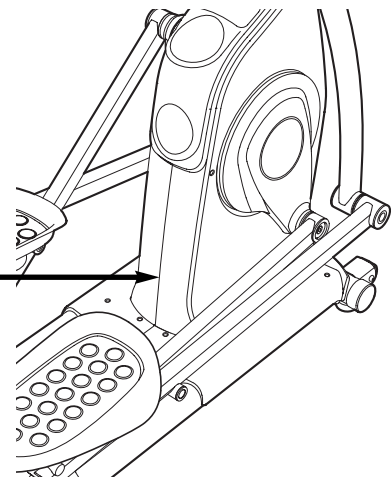
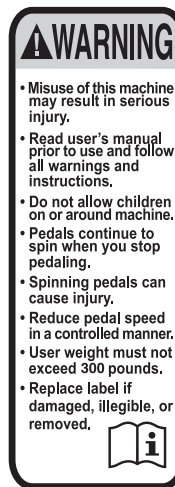
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the elliptical exercise only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 300 lbs. (136 kg).
9. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
10. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Keep your back straight while using the elliptical exerciser; do not arch your back.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. When you stop exercising, allow the pedals to slowly come to a stop.

BEFORE YOU BEGIN

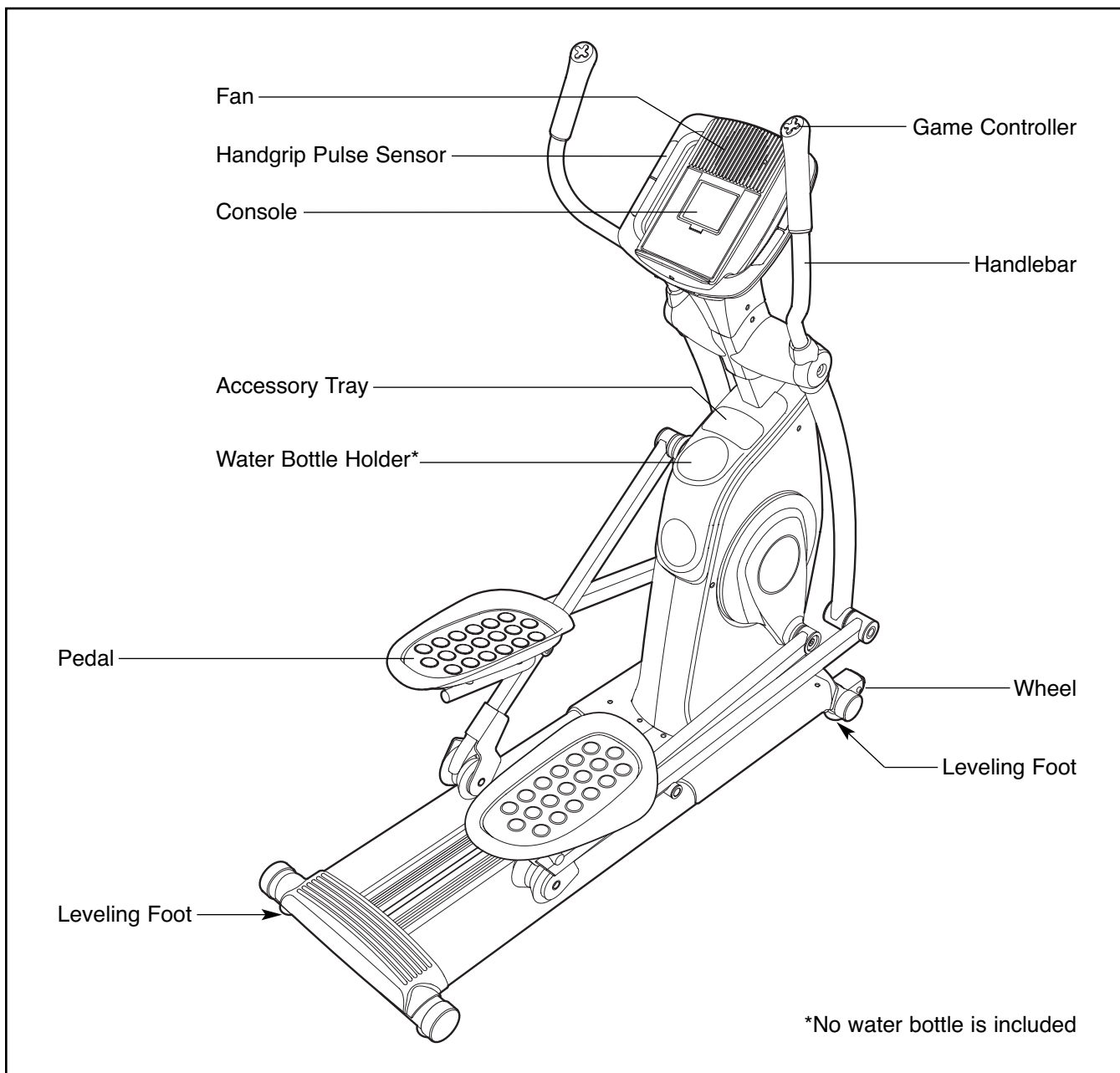
Thank you for selecting the revolutionary REEBOK® RL 10.0 elliptical exerciser. The RL 10.0 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before con-

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

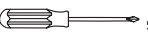

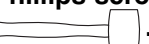
To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.reebokservice.com/registration.

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


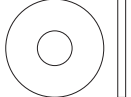

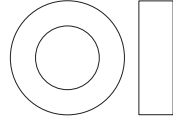
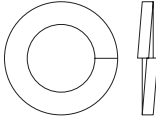
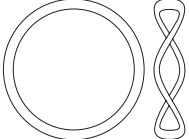
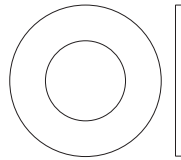
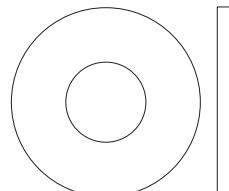
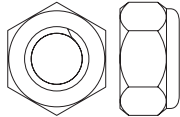
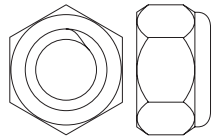
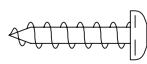
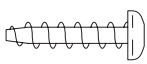
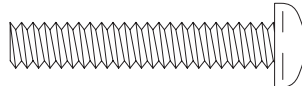
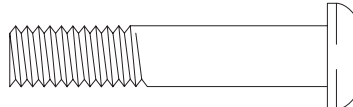
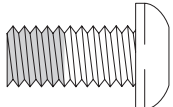
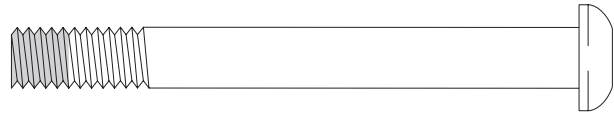
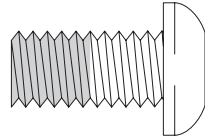
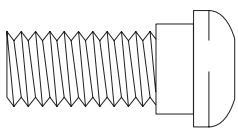
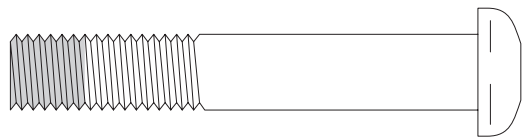
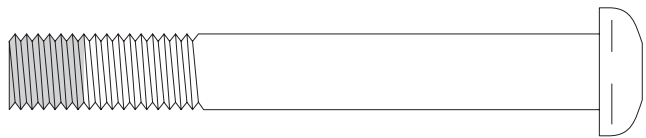


ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , and **a rubber mallet** .

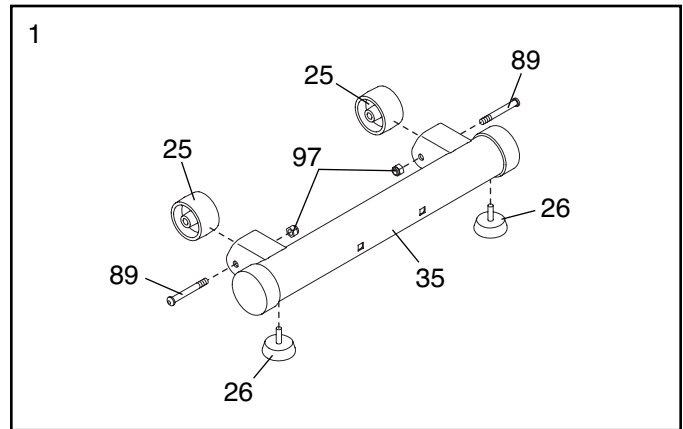
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**

					
Star Washer (100)-3	M4 x 13mm Washer (93)-2	M6 Split Washer (88)-8	M8 x 15mm x 4.5mm Washer (99)-4	M8 Split Washer (72)-4	Wave Washer (98)-8
					
M10 x 20mm x 1mm Washer (81)-2	M10 x 25mm Washer (94)-10	M8 Nylon Locknut (96)-4	M10 Nylon Locknut (97)-2		
					
M4 x 16mm Self-tapping Screw (79)-16	M4 x 16mm Screw (86)-8	M6 x 35mm Phillips Screw (87)-8	M8 x 42mm Bolt (71)-4	M8 x 16mm Patch Screw (82)-3	
					
M8 x 75mm Patch Screw (107)-4	M10 x 20mm Patch Screw (91)-10	M10 x 23mm Shoulder Screw (80)-2			
					
M10 x 62mm Patch Bolt (89)-2	M10 x 78mm Patch Screw (90)-2				

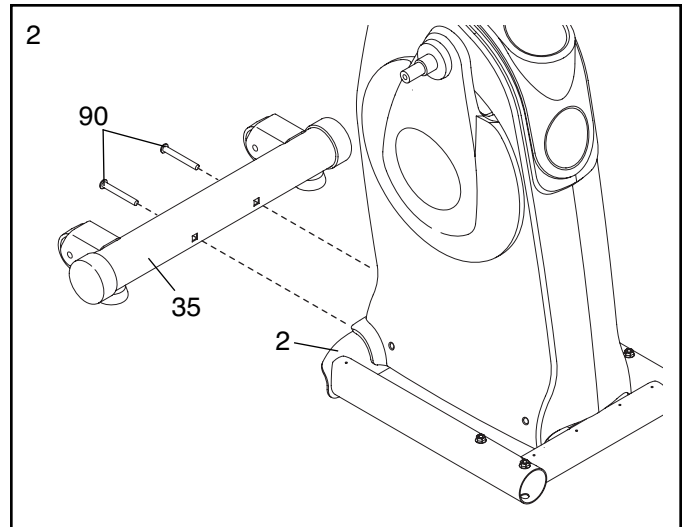
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Orient the Front Stabilizer (35) as shown. Attach the two Wheels (25) to the Front Stabilizer with two M10 x 62mm Patch Bolts (89) and two M10 Nylon Locknuts (97).

Attach two Leveling Feet (26) to the underside of the Front Stabilizer (35).

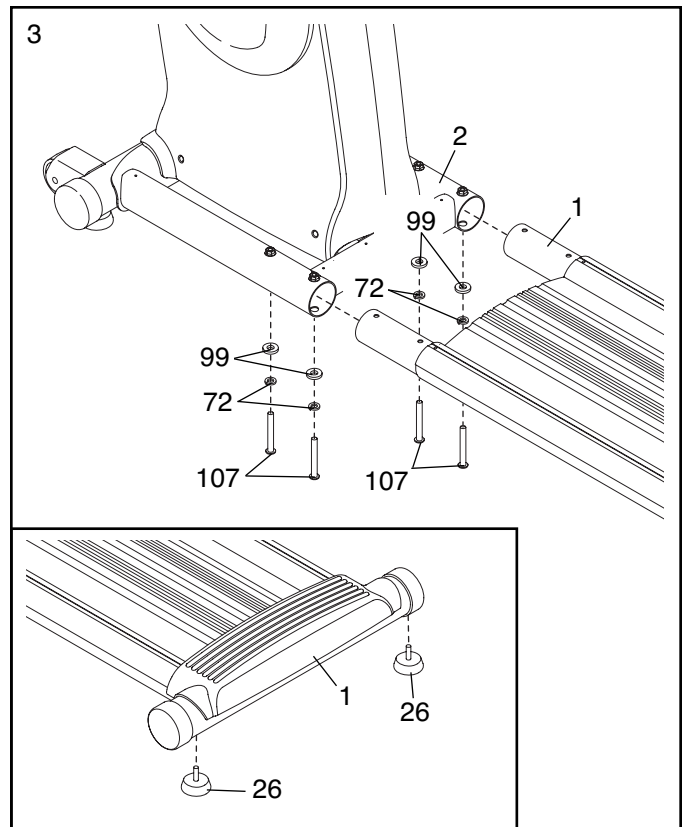


2. Have a second person tip the Frame (2) backward. Attach the Front Stabilizer (35) to the Frame with two M10 x 78mm Patch Screws (90).

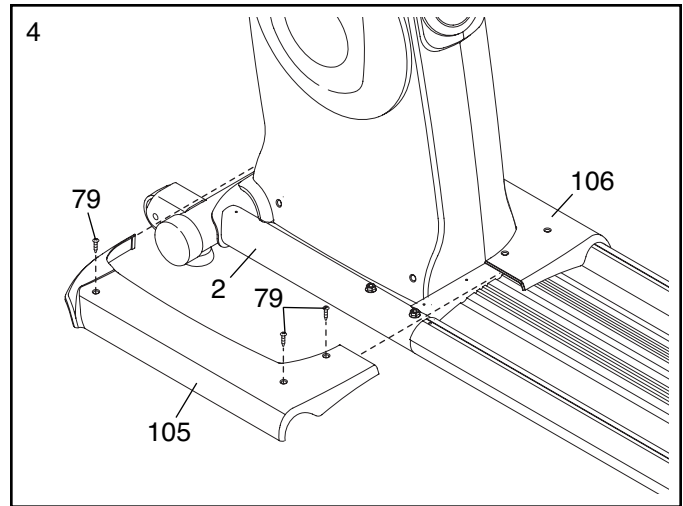


3. Position the Base (1) near the Frame (2) as shown. **See the inset drawing.** Attach two Leveling Feet (26) to the underside of the Base.

Have a second person tip the Frame (2) forward. Insert the Base (1) into the Frame. Attach the Base with four M8 x 75mm Patch Screws (107), four M8 Split Washers (72), and four M8 x 15mm x 4.5mm Washers (99).



- Hook the front ends of the Frame Covers (105, 106) together. Attach each Frame Cover to the Frame (2) with three M4 x 16mm Self-tapping Screws (79).

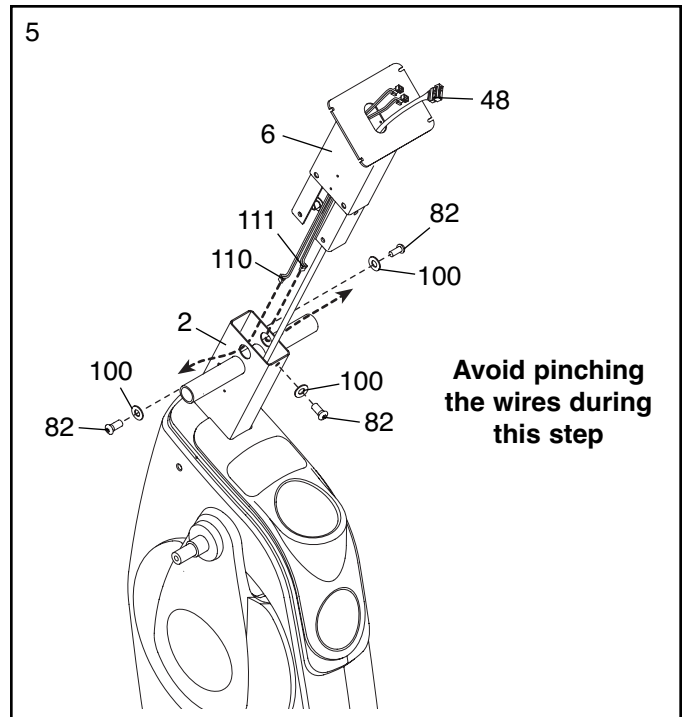


- Have a second person hold the Upright (6) near the Frame (2) as shown.

Pull the Wire Harness (48) out of the Frame (2) and insert it upward through the Upright (6). Do not let the Wire Harness or the Controller Wires (110, 111) fall into the Upright; use a piece of tape or an elastic band to hold the wires in place until step 15.

Insert the Left and Right Controller Wires (110, 111) downward into the Frame (2). Pull the Right Controller Wire, which has a tag attached, out of the right side of the Frame. Then, pull the Left Controller Wire out of the left side of the Frame.

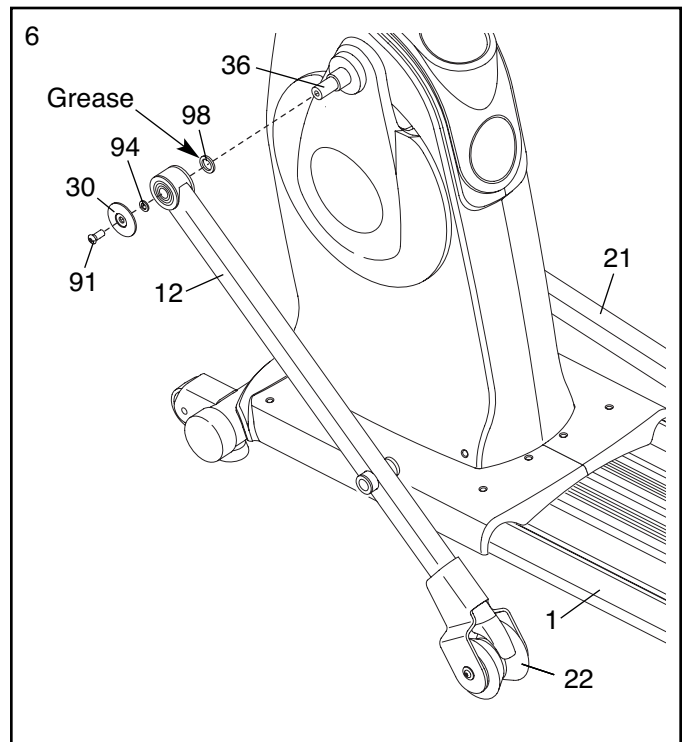
Insert the Upright (6) into the Frame (2). Attach the Upright with three M8 x 16mm Patch Screws (82) and three Star Washers (100). **Avoid pinching the Wires (48, 110, 111) between the Upright and the Frame.**



6. Orient the Left Roller Leg (12), which is marked with a “Left” sticker, near the left Crank Arm (36) as shown.

Apply a small amount of the included grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the end of the left Crank Arm (36). Next, slide the Left Roller Leg (12) onto the Crank Arm and set the Roller (22) on the Base (1). Attach the Left Roller Leg with an M10 x 20mm Patch Screw (91), a Crank Axle Cap (30), and an M10 x 25mm Washer (94).

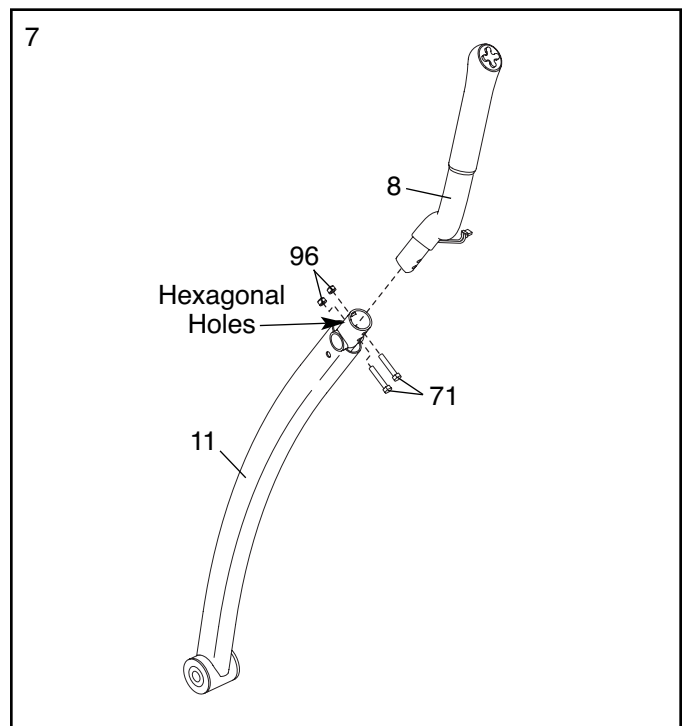
Repeat this step to attach the Right Roller Leg (21) to the right Crank Arm (not shown).



7. Identify the Left Handlebar (8), which is marked with a “Left” sticker. Insert the Left Handlebar into one of the Handlebar Legs (11) as shown.

Attach the Left Handlebar (8) with two M8 x 42mm Bolts (71) and two M8 Nylon Locknuts (96). **Make sure that the Nylon Locknuts are inside the hexagonal holes.**

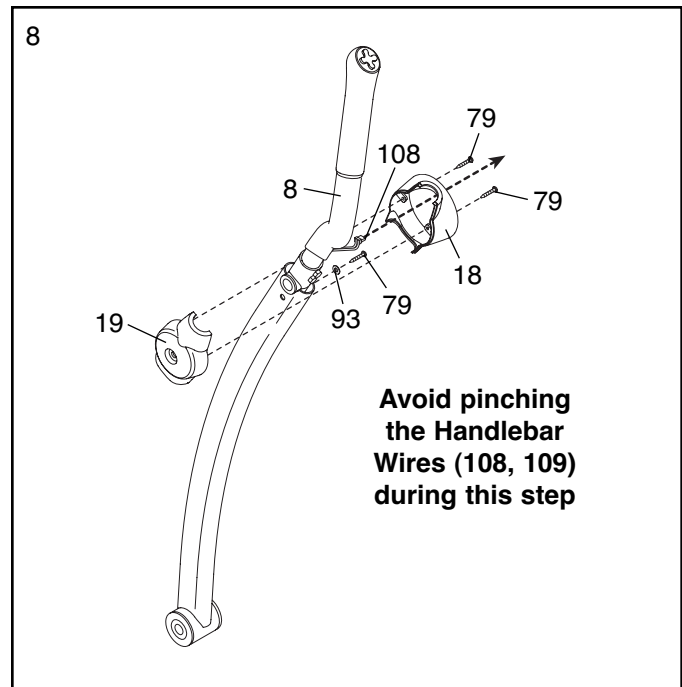
Assemble the Right Handlebar and the other Handlebar Leg (not shown) in the same way.



8. Position an Inner Handlebar Cover (18) and an Outer Handlebar Cover (19) around the Left Handlebar (8) as shown. Then, pull the Left Handlebar Wire (108) out of the Left Handlebar and insert it through the Inner Handlebar Cover.

Attach the Inner and Outer Handlebar Covers (18, 19) with three M4 x 16mm Self-tapping Screws (79) and an M4 x 13mm Washer (93). **Start all three Self-tapping Screws before tightening any of them. Avoid pinching the Left Handlebar Wire (108) during this step.**

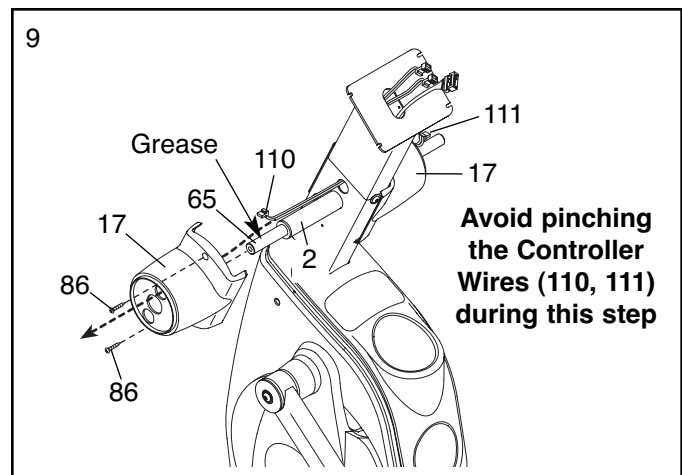
Repeat this step for the Right Handlebar and the Right Handlebar Wire (not shown).



9. Apply a generous amount of grease to the Pivot Axle (65) and insert it into the Frame (2).

Pull the Left Controller Wire (110) through the left Frame Cover (17), and then pull the Right Controller Wire (111) through the right Frame Cover.

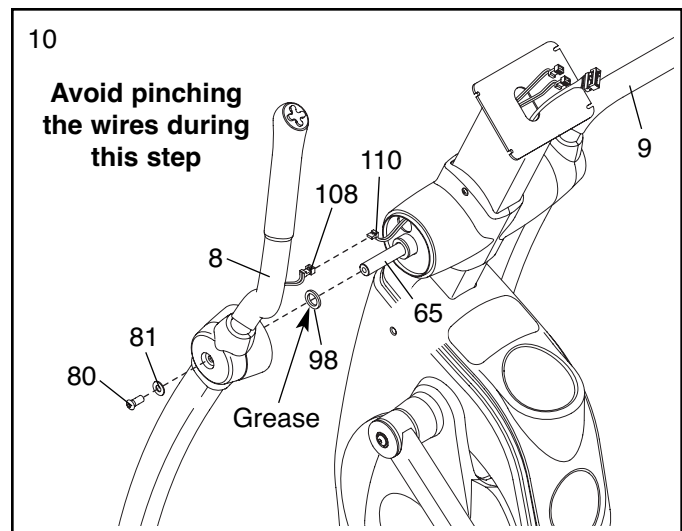
Attach each Frame Cover (17) to the Frame (2) with two M4 x 16mm Screws (86). **Avoid pinching the Controller Wires (110, 111) during this step.**



10. Connect the Left Handlebar Wire (108) to the Left Controller Wire (110). Insert the excess wire into the Left Handlebar (8).

Apply a small amount of grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the left side of the Pivot Axle (65). Next, slide the Left Handlebar (8) onto the Pivot Axle as shown. Attach the Left Handlebar with an M10 x 23mm Shoulder Screw (80) and an M10 x 20mm x 1mm Washer (81). **Avoid pinching the wires during this step.**

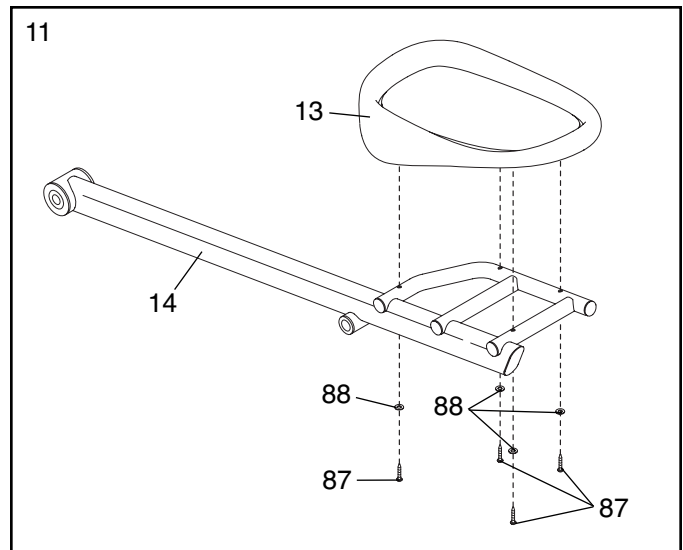
Repeat this step for the Right Handlebar (9).



11. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with “Left” stickers, and orient them as shown.

Attach the Left Pedal (13) to the Left Pedal Leg (14) with four M6 x 35mm Phillips Screws (87) and four M6 Split Washers (88). **Start all four Phillips Screws before tightening any of them.**

Repeat this step to attach the Right Pedal to the Right Pedal Leg (not shown).



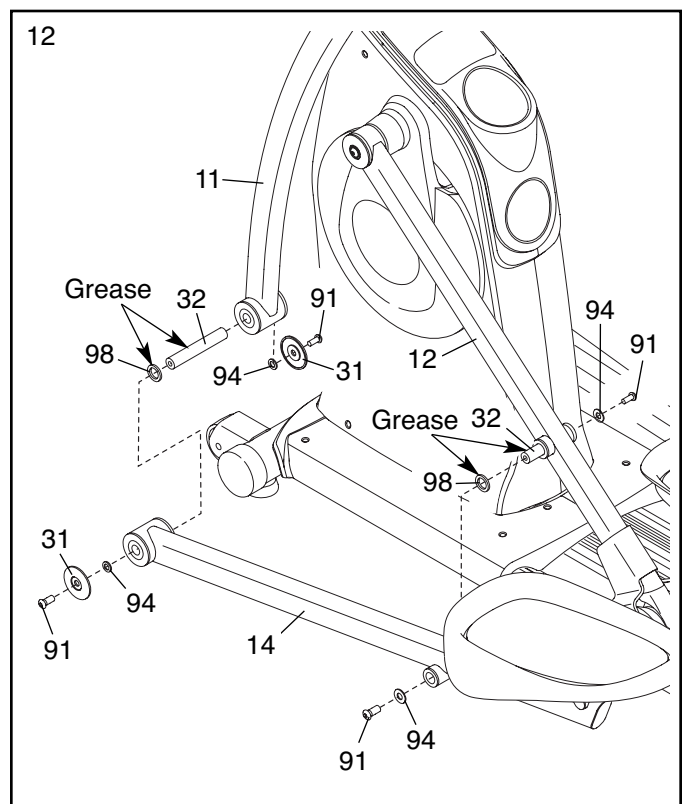
12. Apply a generous amount of grease to two Pedal Leg Axles (32). Insert one Pedal Leg Axle into the bottom of the Left Handlebar Leg (11). Insert the other Pedal Leg Axle into the Left Roller Leg (12).

Apply a small amount of grease to both sides of two Wave Washers (98). Place a Wave Washer on each Pedal Leg Axle (32).

Orient the Left Pedal Leg (14) as shown, and slide it onto the Pedal Leg Axles (32). Attach the Left Pedal Leg to the left Handlebar Leg (11) with two M10 x 20mm Patch Screws (91), two Axle Caps (31), and two M10 x 25mm Washers (94).

Attach the Left Pedal Leg (14) to the Left Roller Leg (12) with two M10 x 20mm Patch Screws (91) and two M10 x 25mm Washers (94); **do not overtighten the Patch Screws**. The Legs (11, 14, 12) must pivot freely.

Repeat this step for the Right Pedal Leg (not shown).



13. The Console (5) requires four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. Make sure that the batteries are oriented as shown at the right. Then, reattach the battery cover.

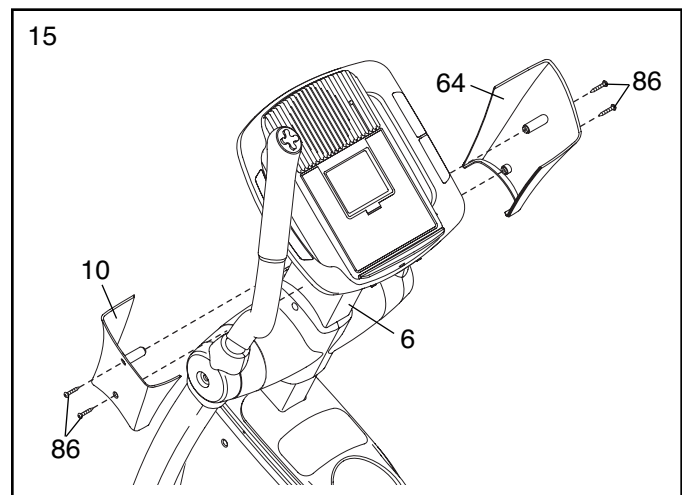
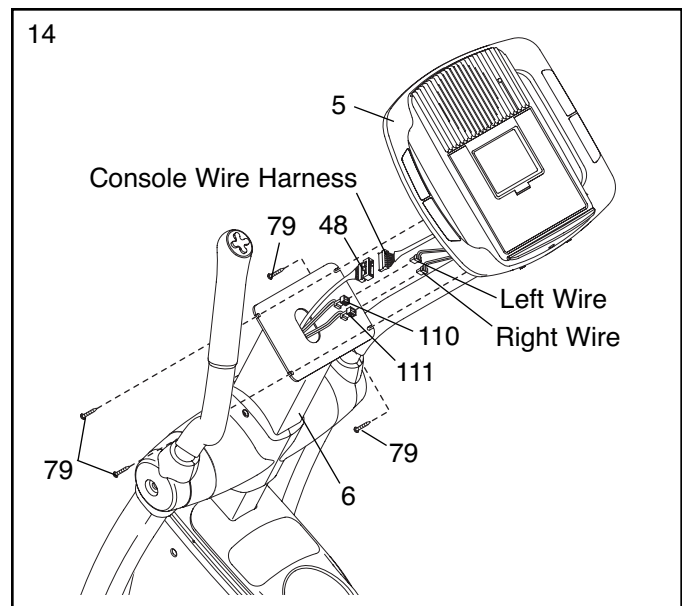
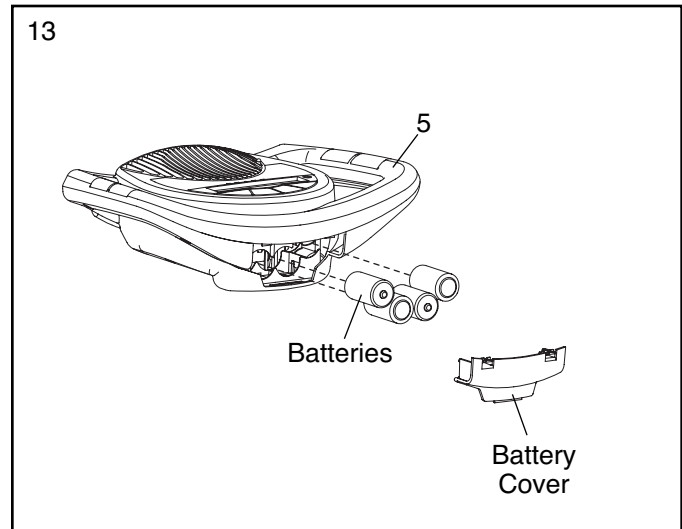
Note: The Console (5) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack at the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

14. Have a second person hold the Console (5) near the Upright (6) as shown. Connect the console wire harness to the Wire Harness (48).

Connect the right wire, which has a tag attached, to the Right Controller Wire (111), which has a tag attached. Then, connect the left wire to the Left Controller Wire (110). Insert the excess wire downward into the Upright (6).

Attach the Console (5) to the Upright (6) with four M4 x 16mm Self-tapping Screws (79).

15. Attach the Left and Right Upright Covers (10, 64) to the Upright (6) with four M4 x 16mm Screws (86).

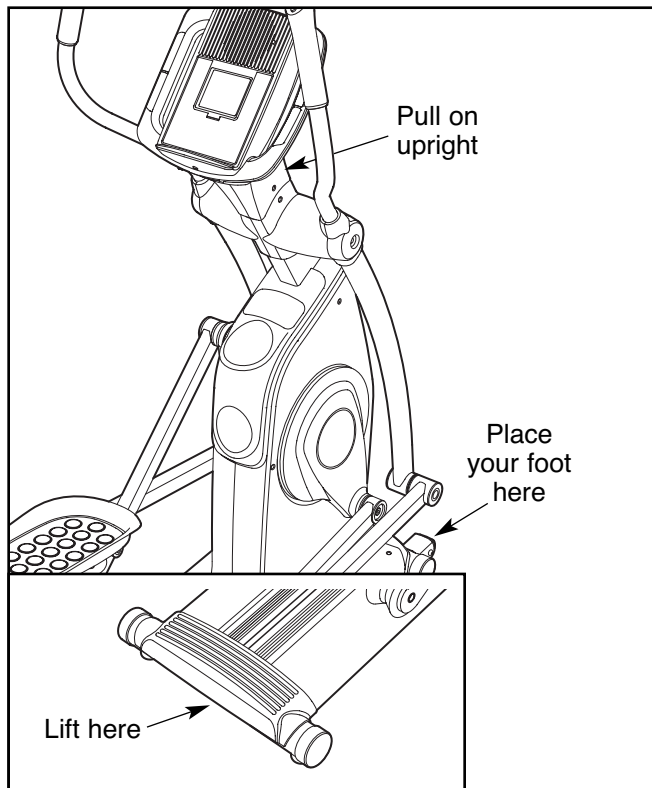


16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

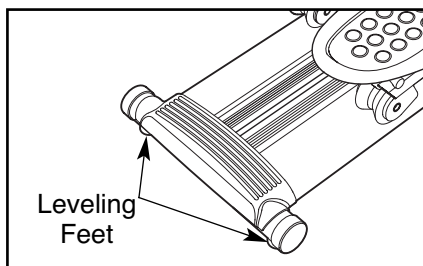
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



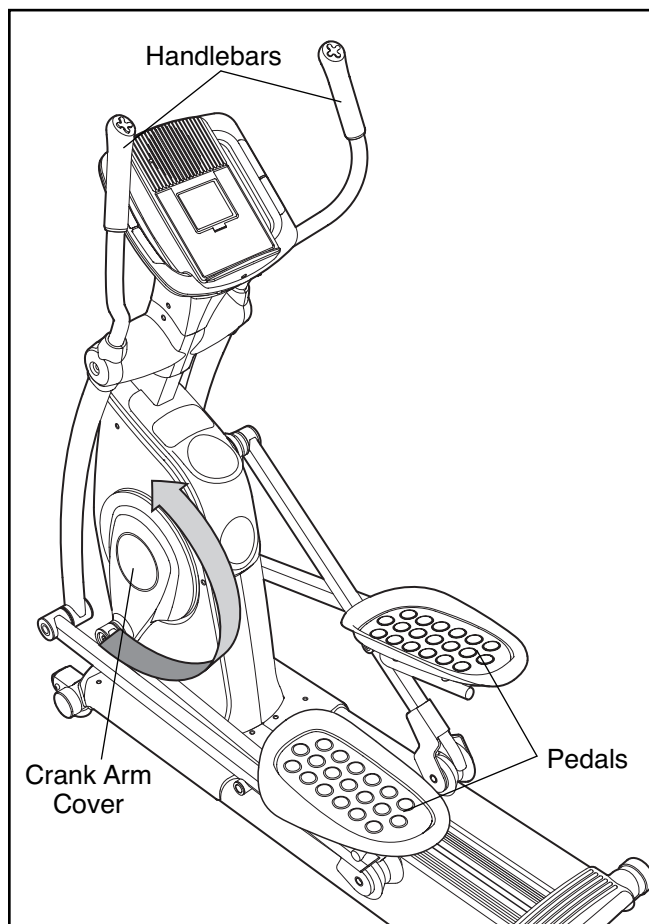
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or beneath the front stabilizer until the rocking motion is eliminated.

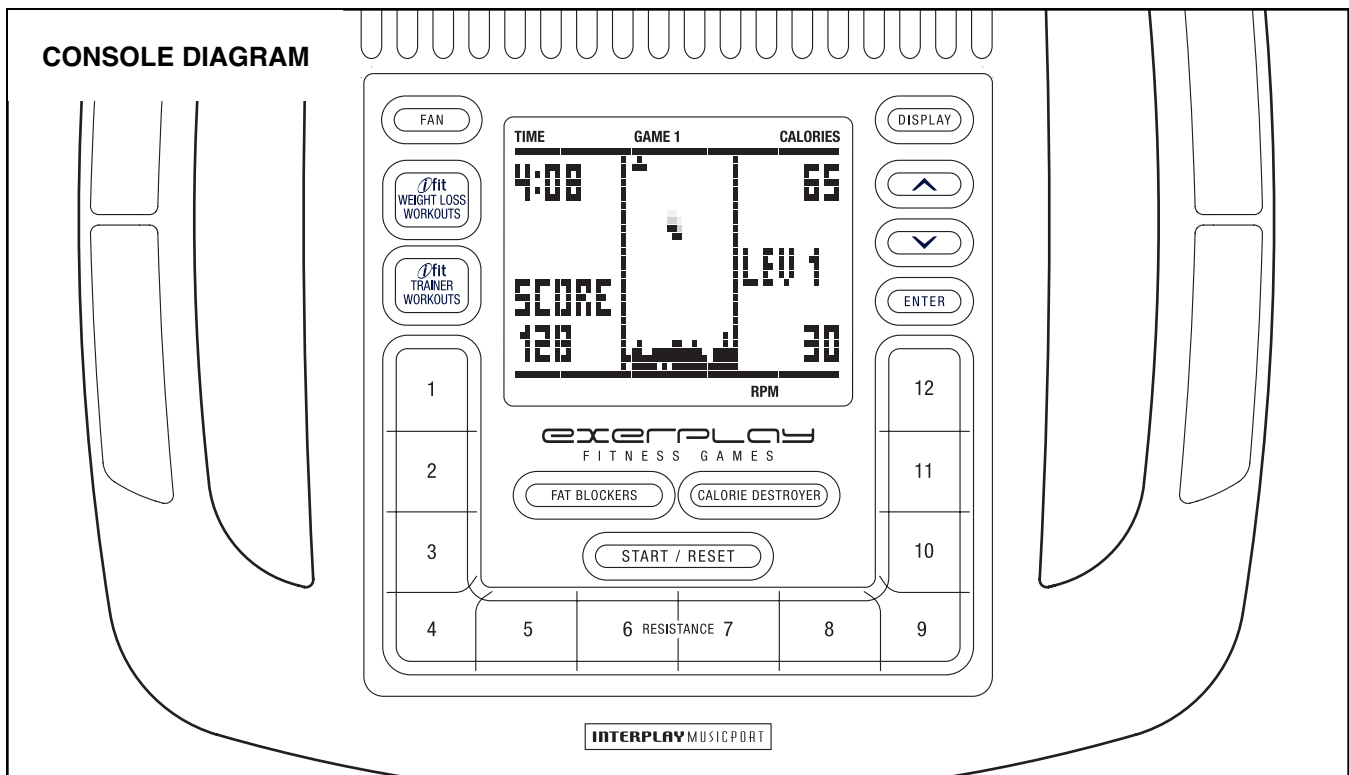


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow below; however, for variety, you can turn the crank arm covers in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

Weight Loss Workouts

The console offers four weight loss workouts designed to help you burn 300, 400, or 500 calories and lose unwanted pounds. The weight loss workouts automatically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

Trainer Workouts

In addition, the console offers twenty trainer workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

Interactive Games

The console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

Stereo Sound System

You can even connect your MP3 player or CD player to the console's stereo sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a weight loss workout**, see page 15. **To use a trainer workout**, see page 17. **To play the Fat Blocker game**, see page 18. **To play the Calorie Destroyer game**, see page 19. **To use the stereo sound system**, see page 20.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing either of the Workouts buttons repeatedly until the word MANUAL appears in the lower left corner of the display.



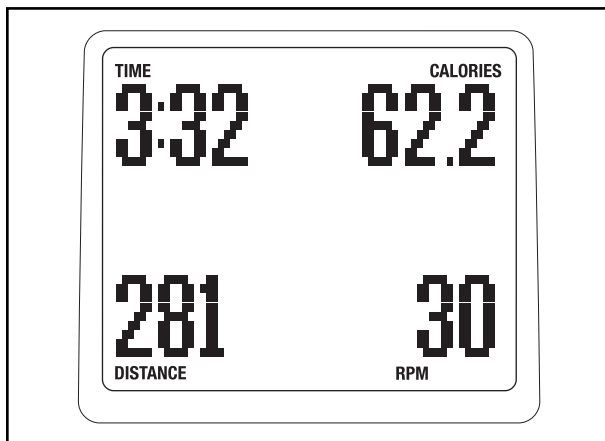
3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing any of the Resistance buttons numbered 1 through 12. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



4. **Follow your progress with the display.**

The upper left corner of the display will show the elapsed time. Note: When a trainer workout is selected, the display will show the time remaining in the program instead of the elapsed time.



The lower left corner of the display will show the distance, in total revolutions, you have pedaled.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor (see step 5 on page 15).

The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

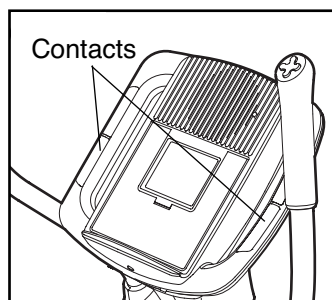
The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information. To reset the display information, press the Start/Reset button.

The console has three backlight options. The “On” option keeps the backlight on while the console is on. To conserve the batteries, the “Auto” option keeps the backlight on only while you are pedaling. The “Off” option turns the backlight off. To select a backlight option, first press and hold down the Trainer Workouts button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Trainer Workouts button to save your selection.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A WEIGHT LOSS WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, the display will light.

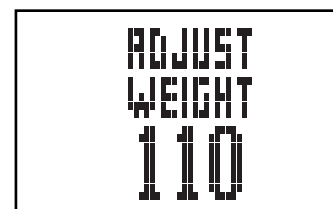
2. Select a weight loss workout.

To select one of the four weight loss workouts, press the Weight Loss Workouts button repeatedly until the name of the desired workout appears in the display. The number of calories to be burned and a profile of the resistance levels for the workout will also appear in the display.



3. Enter your weight.

After a few seconds, the words ADJUST WEIGHT will appear in the display. Press the increase and decrease buttons repeatedly to enter your weight; hold down the increase and decrease buttons to change the weight setting in increments of 5. Then, press the Enter button.

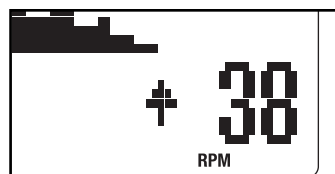


4. Begin pedaling or press the Start/Reset button to start the workout.

One resistance level and one target rpm (pace) setting are programmed for each segment of the workout. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing on page 15). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or the target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the numbered Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling. To reset the workout, press the Start/Reset button.

5. Follow your progress with the display.

The upper right corner of the display will count down the approximate number of calories you have burned until you reach the calorie goal for the workout.

The other areas of the display will work as described in step 4 on page 14.

6. Measure your heart rate if desired.

See step 5 on page 15.

7. Turn on the fan if desired.

See step 6 on page 15.

8. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

HOW TO USE A TRAINER WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

2. **Select a trainer workout.**

To select one of the twenty trainer workouts, press the Trainer Workouts button repeatedly until the name of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.

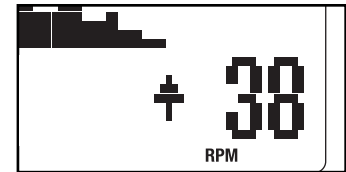


3. **Begin pedaling or press the Start/Reset button to start the workout.**

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for consecutive segments.

The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the numbered Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling. To reset the display information for the workout, press the Start/Reset button.

4. **Follow your progress with the display.**

See step 4 on page 14.

5. **Measure your heart rate if desired.**

See step 5 on page 15.

6. **Turn on the fan if desired.**

See step 6 on page 15.

7. **When you are finished exercising, the console will turn off automatically.**

See step 7 on page 15.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

- 1. Begin pedaling or press any button on the console to turn on the console.**

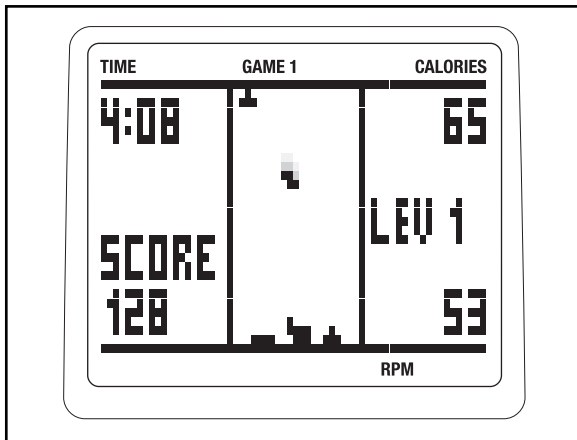
A moment after you begin pedaling or press a button, the display will light.

- 2. Select the Fat Blocker game.**

To select the Fat Blocker game, press the Fat Blockers button. The words FAT BLOCKER will appear at the top of the display.

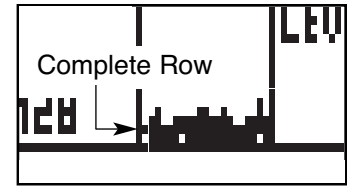
- 3. Pedal to start the game.**

When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena.



Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

- 4. Follow your progress with the display.**

While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

- 5. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 15.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling or press any button on the console to turn on the console.**

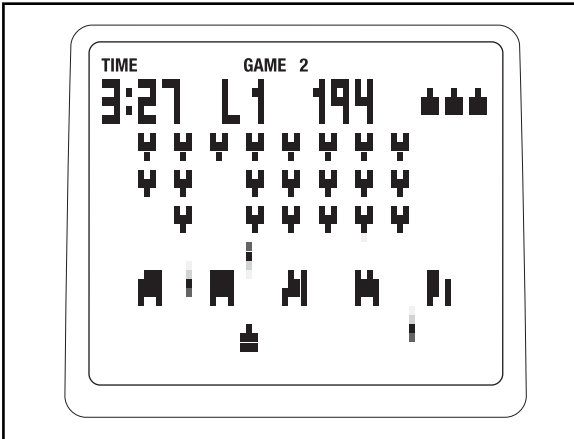
A moment after you begin pedaling or press a button, the display will light.

2. **Select the Calorie Destroyer game.**

To select the Calorie Destroyer game, press the Calorie Destroyer button. The word DESTROYER will appear at the top of the display.

3. **Pedal to start the game.**

When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

5. **When you are finished exercising, the console will turn off automatically.**

See step 7 on page 15.

HOW TO USE THE STEREO SOUND SYSTEM

To play your own music or audio books through the console's stereo sound system while you exercise, first locate the jack under the ledge on the console. Plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the track on which the rollers ride. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

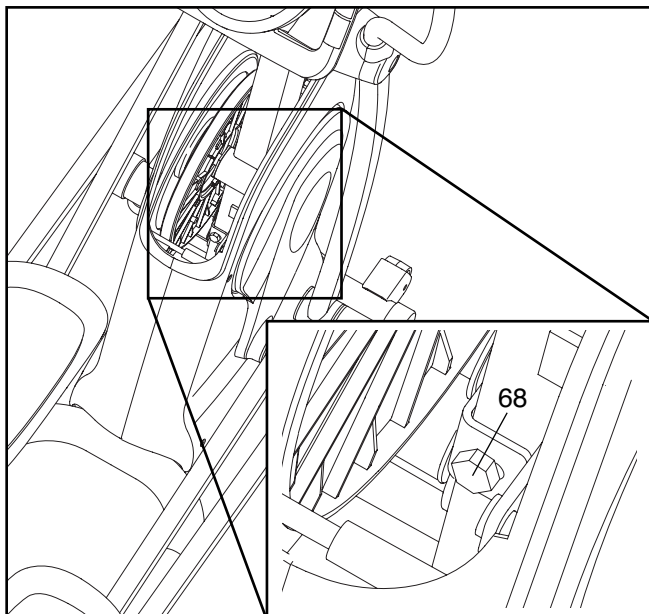
CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 13 on page 11 for replacement instructions.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first remove the screws from the left and right side shields (not shown). Note: There are two different sizes of screws in the side shields. Be sure to note the location of each screw. Then, gently pull the side shields apart and remove the convenience tray.

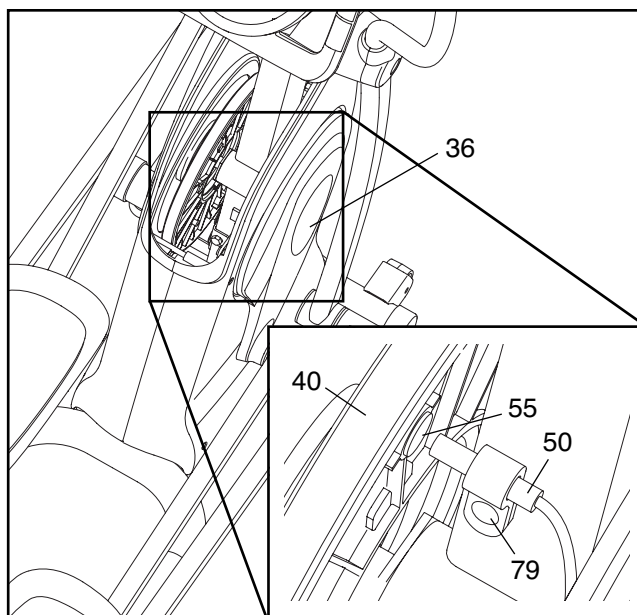
Next, locate the Idler Screw (68) and loosen it one half turn. Step onto the elliptical exerciser and move the pedals. If the pedals continue to slip, turn the Idler Screw another half turn and test the pedals again. Continue in this way until the pedals no longer slip. Then, replace the convenience tray and reattach the side shields.



HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first remove the screws from the left and right side shields (not shown). Note: There are two different sizes of screws in the side shields. Be sure to note the location of each screw. Then, gently pull the side shields apart and remove the convenience tray.

Next, see the drawing below and locate the Reed Switch (50). Loosen, but do not remove, the indicated M4 x 16mm Self-tapping Screw (79). Slide the Reed Switch slightly toward or away from the Magnet (55) on the Pulley (40).



Then, retighten the Screw. Turn one of the Crank Arms (36) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, replace the convenience tray and reattach the left and right side shields.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

EXERCISE GUIDELINES

⚠ 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.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

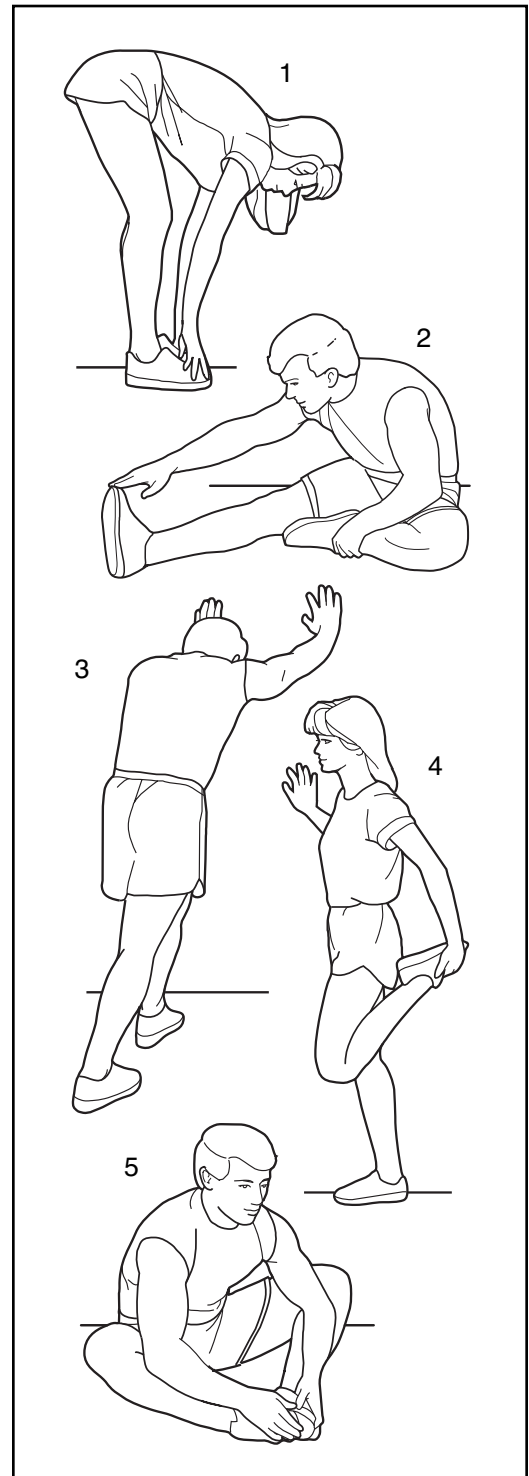
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. RBEL66807.1

R1207A

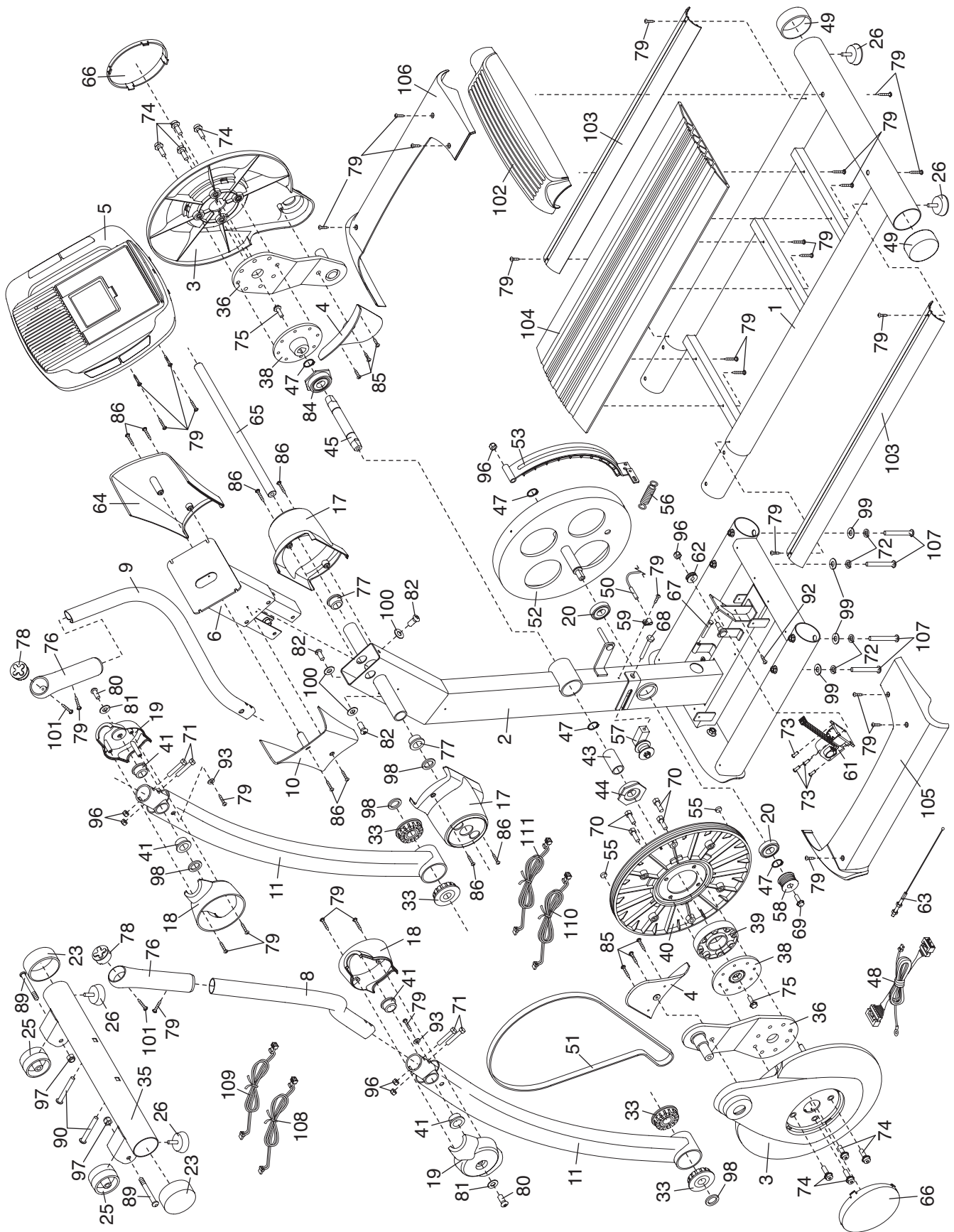
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	2	Outer Crank Arm Cover	53	1	“C”-magnet
4	2	Inner Crank Arm Cover	54	2	Outer Bearing Set
5	1	Console	55	2	Magnet
6	1	Upright	56	1	Spring
7	2	Roller Cover	57	1	Idler
8	1	Left Handlebar	58	1	Flywheel Pulley
9	1	Right Handlebar	59	1	Clamp
10	1	Left Upright Cover	60	2	Inner Bearing Set
11	2	Handlebar Leg	61	1	Motor
12	1	Left Roller Leg	62	1	Resistance Cable Pulley
13	1	Left Pedal	63	1	Resistance Cable Set
14	1	Left Pedal Leg	64	1	Right Upright Cover
15	1	Right Pedal	65	1	Pivot Axle
16	1	Right Pedal Leg	66	2	Hub Cover
17	2	Frame Cover	67	1	Stop Screw
18	2	Inner Handlebar Cover	68	1	Idler Screw
19	2	Outer Handlebar Cover	69	1	M8 Flange Screw
20	2	Axle Bearing	70	4	M8 x 35mm Screw
21	1	Right Roller Leg	71	4	M8 x 42mm Bolt
22	2	Roller	72	4	M8 Split Washer
23	2	Stabilizer Endcap	73	4	M4 x 12mm Flange Screw
24	2	Roller Axle	74	8	M8 x 25mm Screw
25	2	Wheel	75	2	3/8" Flange Screw
26	4	Leveling Foot	76	2	Control Grip
27	4	Wheel Bearing	77	2	Pivot Bushing
28	1	Left Side Shield	78	2	Game Controller
29	1	Right Side Shield	79	37	M4 x 16mm Self-tapping Screw
30	2	Crank Axle Cap	80	2	M10 x 23mm Shoulder Screw
31	4	Axle Cap	81	2	M10 x 20mm x 1mm Washer
32	4	Pedal Leg Axle	82	7	M8 x 16mm Patch Screw
33	8	Axle Bushing	83	4	M8 x 25mm Washer
34	4	Roller Bushing	84	1	Right Crank Bearing Set
35	1	Front Stabilizer	85	10	M4 x 12mm Screw
36	2	Crank Arm	86	10	M4 x 16mm Screw
37	1	Convenience Tray	87	8	M6 x 35mm Phillips Screw
38	2	Crank Hub	88	8	M6 Split Washer
39	1	Pulley Spacer	89	2	M10 x 62mm Patch Bolt
40	1	Pulley	90	2	M10 x 78mm Patch Screw
41	12	Axle Bushing	91	10	M10 x 20mm Patch Screw
42	2	Pedal Leg Endcap	92	1	M4 x 12mm Bright Screw
43	1	Crank Sleeve	93	2	M4 x 13mm Washer
44	1	Left Crank Bearing Set	94	10	M10 x 25mm Washer
45	1	Crank	95	—	Not Used
46	8	Round Inner Cap	96	6	M8 Nylon Locknut
47	4	Snap Ring	97	2	M10 Nylon Locknut
48	1	Wire Harness	98	8	Wave Washer
49	2	Base Endcap	99	4	M8 x 15mm x 4.5mm Washer
50	1	Reed Switch/Wire	100	3	Star Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M4 x 10mm Screw	108	1	Left Handlebar Wire
102	1	Rear Base Cover	109	1	Right Handlebar Wire
103	2	Side Base Cover	110	1	Left Controller Wire
104	1	Center Base Cover	111	1	Right Controller Wire
105	1	Left Frame Cover	*	–	Hex Key
106	1	Right Frame Cover	*	–	Grease Packet
107	4	M8 x 75mm Patch Screw	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

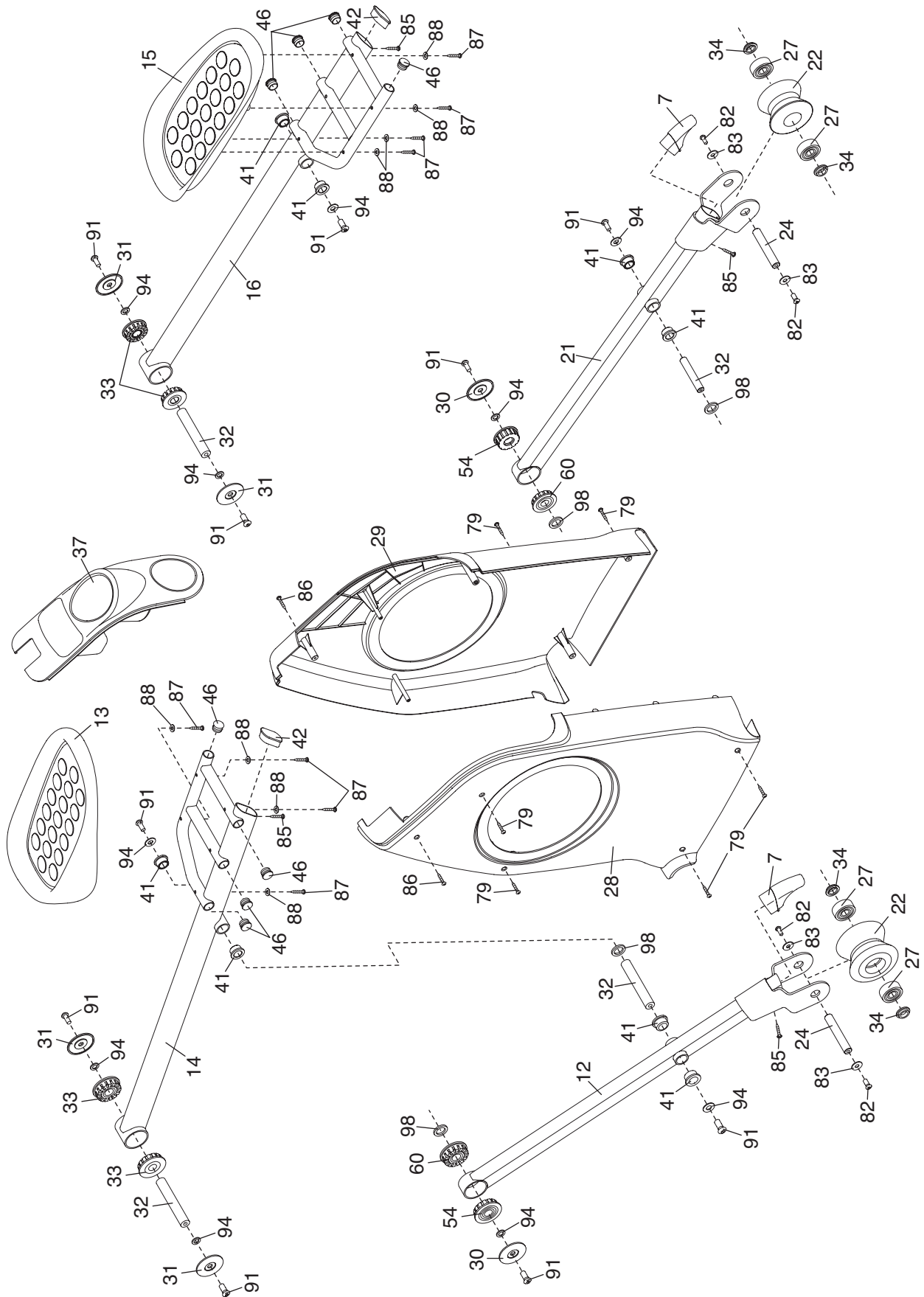
EXPLODED DRAWING A—Model No. RBEL66807.1

R1207A



EXPLODED DRAWING B—Model No. RBEL66807.1

R1207A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a ten (10) year warranty on the resistance mechanism. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; 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 ICON.

ICON 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.

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

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