

Reebok[®]

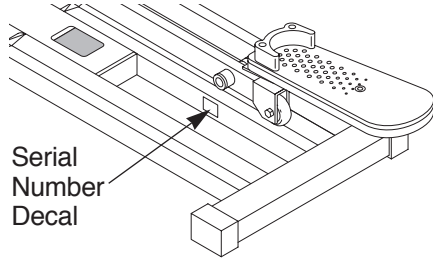


ELLIPTICAL CROSSTRAINER

USER'S MANUAL

Model No. RBEL68083

Serial No. _____



Serial
Number
Decal

QUESTIONS?

If you have questions, or if there are missing or damaged parts, please call direct to our toll-free Customer Hot Line. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



U.S. Patent No. 5,573,480
Other patents pending

CAUTION

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




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

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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 ninety (90) days from the date of purchase. 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. 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, to products used for commercial or rental purposes, or to 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, 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.

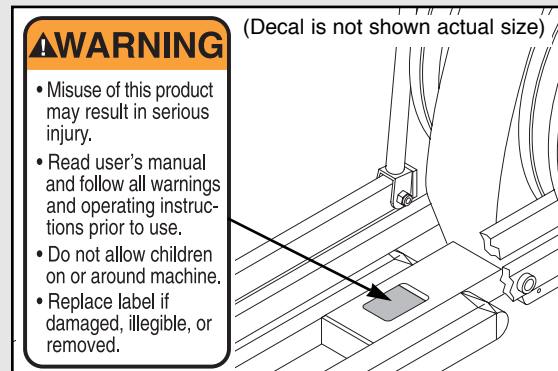
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON Health & Fitness, Inc. 1500 S. 1000 W., Logan, UT 84321-9813

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the REEBOK elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the elliptical crosstrainer at all times.
6. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handlebars when mounting, dismounting, or using the elliptical crosstrainer. Make sure to step onto and off the pedal that is in the lowest position when mounting and dismounting.
9. Each time you stop exercising, allow the pedals to slowly come to a stop.
10. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The elliptical crosstrainer is intended for in-home use only; do not use it in any commercial, rental, or institutional setting.
13. The decal shown below is found on the elliptical crosstrainer. If the decal is missing, or if it is not legible, call toll-free 1-800-999-3756 to 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

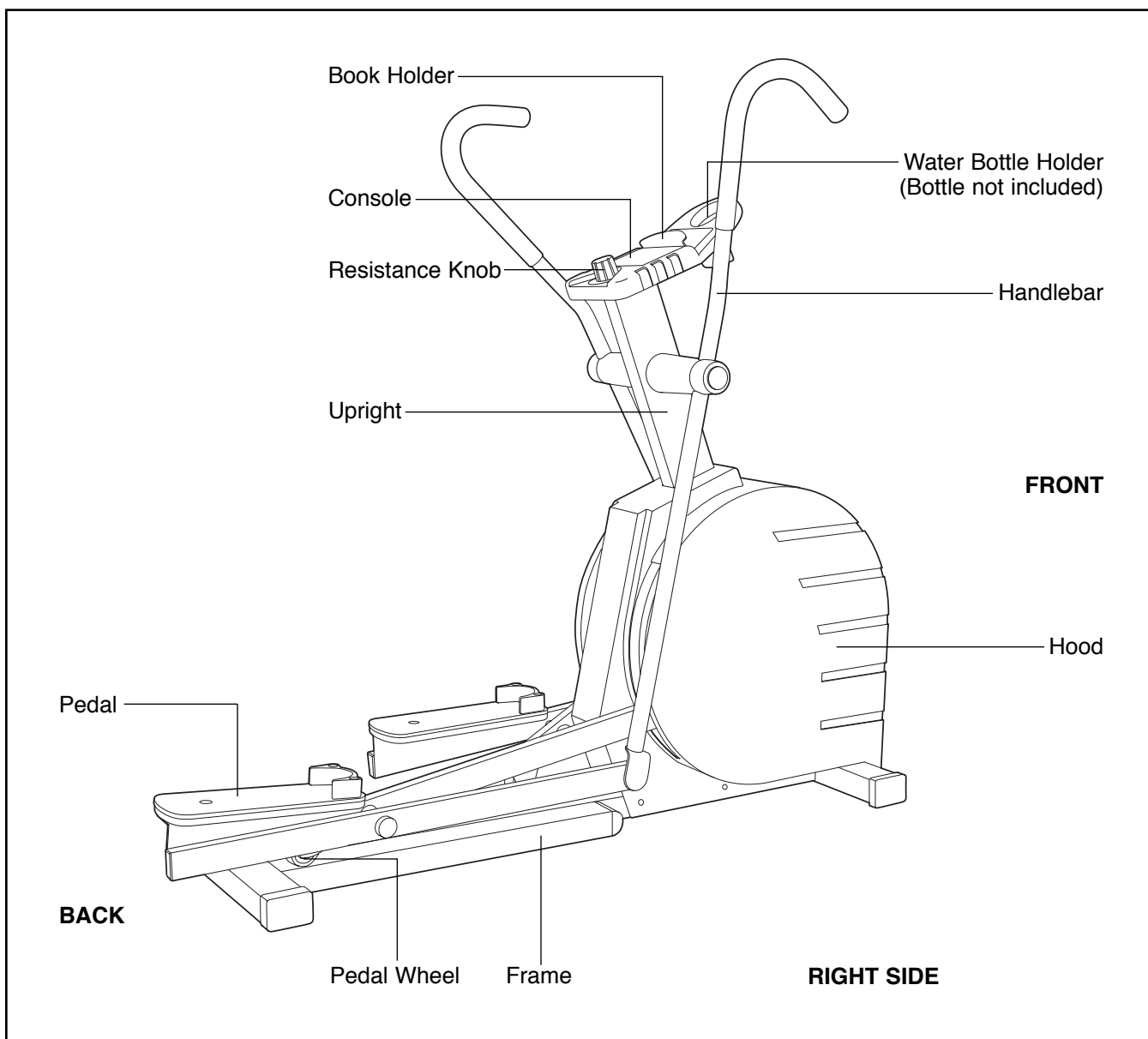
BEFORE YOU BEGIN

Congratulations for selecting the REEBOK® elliptical crosstrainer. The REEBOK® elliptical crosstrainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the REEBOK® elliptical crosstrainer features both upper-body and lower-body exercise, adjustable resistance, and motivational electronics to help you get the most from each workout. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the REEBOK® elliptical crosstrainer. If you

have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is RBEL68083. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

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



PART IDENTIFICATION CHART

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on page 14. The number after the dash indicates the

quantity needed for assembly. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

<p>#8 x 1/2" Screw (64)–6 (packaged with console)</p>	<p>3/8" Lock Washer (66)–3</p>	
<p>5/16" Nylon Jam Nut (62)–2</p>	<p>3/8" Nylon Locknut (85)–2</p>	<p>3/8" Flange Nut (88)–2</p>
<p>3/8" Button Head Screw (65)–5</p>	<p>5/16" x 1 3/4" Carriage Bolt (61)–2</p>	<p>3/8" x 1 3/4" Bolt (84)–2</p>
<p>5/8" Push Nut (60)–4*</p>	<p>3/4" Spacer (58)–2</p>	<p>5/8" Washer (59)–2</p>

*Extra 5/8" Push Nuts may be included

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included allen wrench  **and push nut tool**  , **and your own phillips screwdriver**  **rubber mallet**  **and two adjustable wrenches** .

1. Attach a Wheel Bracket (82) to the front of the Frame (1) with a 3/8" Button Head Screw (65) and a 3/8" Flange Nut (88). Attach a Wheel (83) to the Wheel Bracket with a 3/8" x 1 3/4" Bolt (84) and a 3/8" Nylon Locknut (85). Make sure that the Wheel turns after you have tightened these parts. Attach the other Wheel Bracket and Wheel to the Frame in the same way.

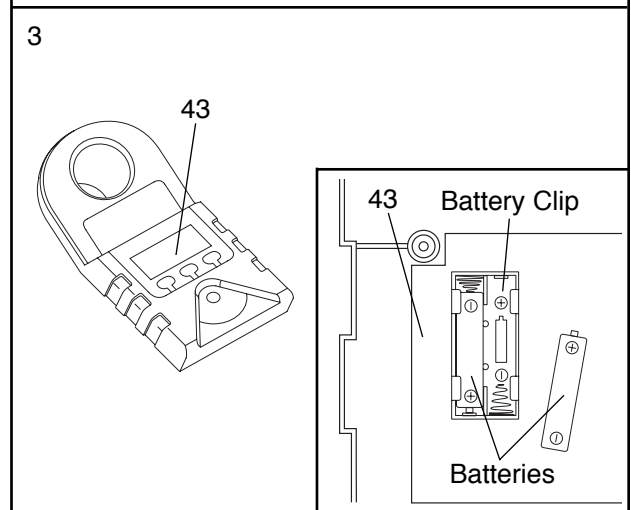
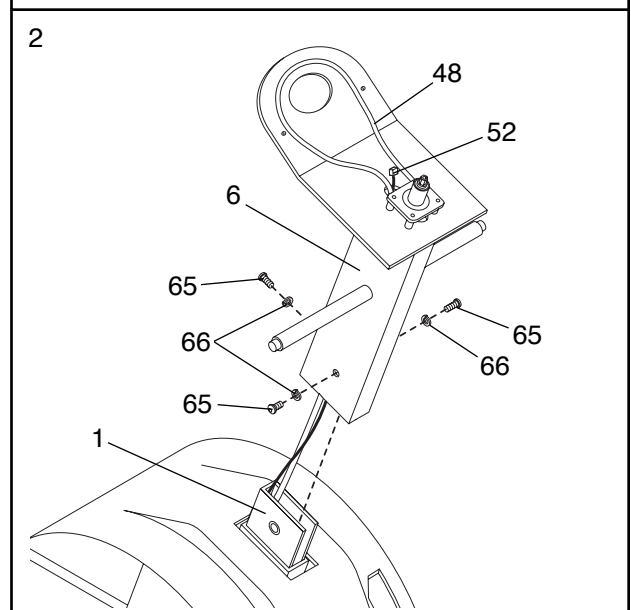
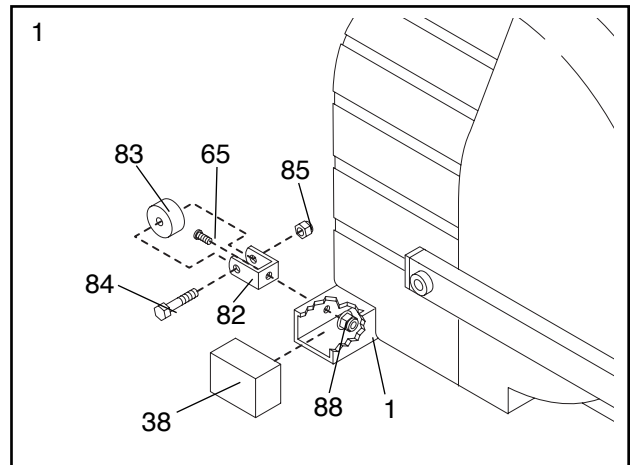
Press two 2" x 3" Caps (38) onto the front of the Frame (1). Press the other two 2" x 3" Caps onto the back of the Frame (not shown).

2. Hold the Upright (6) in the position shown. Carefully pull the Resistance Control Wire (48) and the Reed Switch Wire (52) up through the Upright until there is no slack between the Upright and the Frame (1).

Slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the Resistance Control Wire (48) and the Reed Switch Wire (52).** Tighten a 3/8" Button Head Screw (65) and a 3/8" Lock Washer (66) into the front of the Upright and the Frame. Next, tighten two 3/8" Button Head Screws and 3/8" Lock Washers into the sides of the Upright and the Frame. Note: It may be necessary to loosen the front Button Head Screw slightly in order to attach the other two Button Head Screws. **Firmly tighten all three Button Head Screws.**

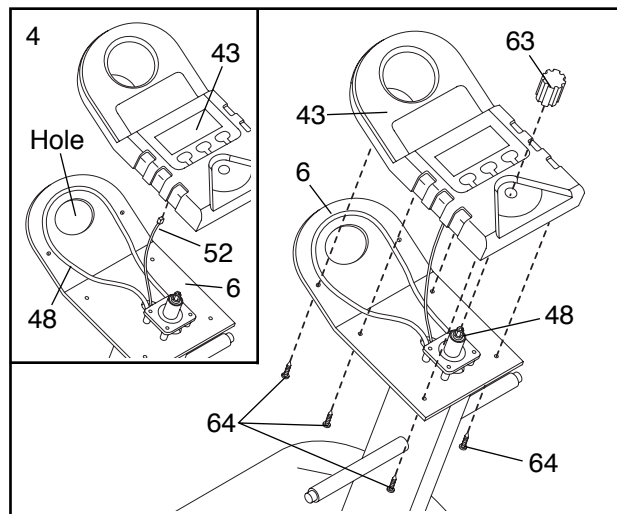
3. The Console (43) requires two "AA" batteries (not included). Alkaline batteries are recommended.

To install batteries, turn over the Console (43) (see the inset drawing). Insert two batteries into the battery clip. **Make sure that the negative ends of the batteries (marked "-") are touching the springs in the battery clip.**



- Refer to the inset drawing. Detach the Reed Switch Wire (52) from the Resistance Control Wire (48). Plug the Reed Switch Wire into the back of the Console (43). Next, route the Resistance Control Wire on top of the Upright (6) so that it will fit beneath the Console (43). **Make sure that the Resistance Control Wire is not kinked and that it does not block the indicated hole.**

Place the Console (43) on top of the Upright (6). Attach the Console with six #8 x 1/2" Screws (64). Press the Resistance Knob (63) firmly onto the Resistance Control (48).



- Slide a 3/4" Spacer (58) onto the left side of the Upright (6). Make sure that the open side of the Spacer is facing the Upright. Next, press a Plastic Washer (55) into a Large Pivot Cover (54). Make sure that the Plastic Washer is turned so it is flush with the Large Pivot Cover. Slide the Plastic Washer and the Large Pivot Cover onto the Upright.

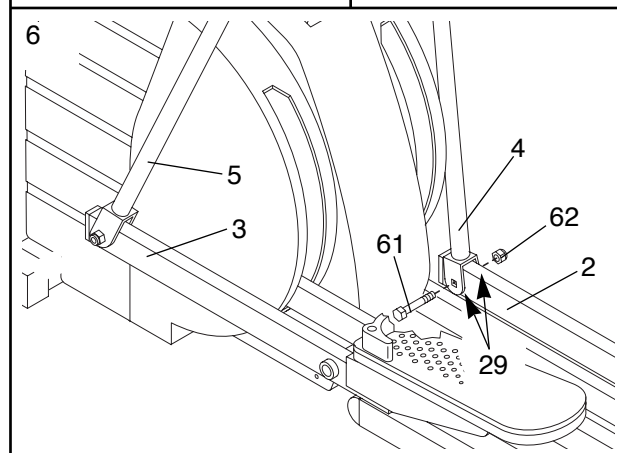
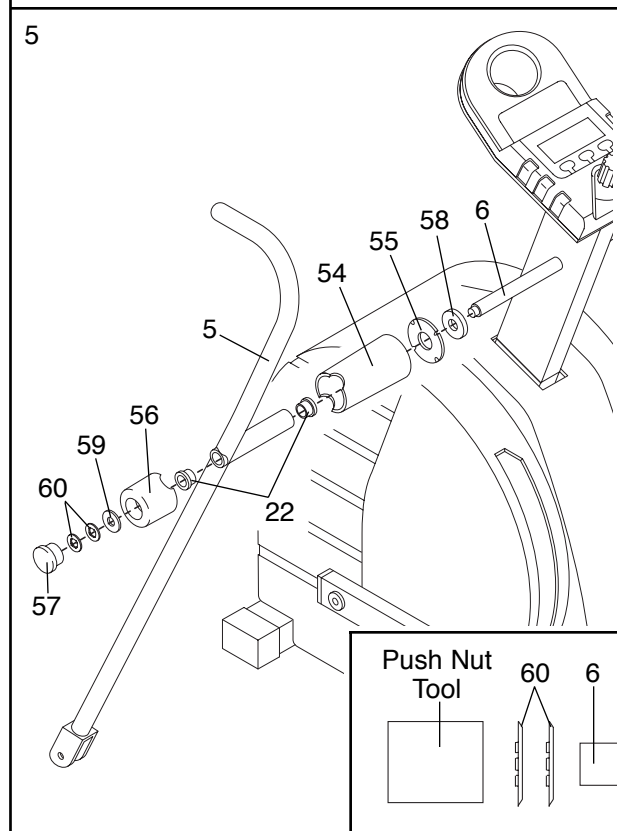
Make sure that there are two Bushings (22) in the Left Handlebar (5). Slide the Left Handlebar onto the Upright (6).

Slide a Small Pivot Cover (56) and a 5/8" Washer (59) onto the Upright (6). Using the included push nut tool, tap two Push Nuts (60) onto the Upright (see the inset drawing). When assembling the Push Nuts (60), you will need to let go of the push nut tool in order to tap the Push Nuts on completely. The Push Nuts are tightened correctly when the Left Handlebar (5) cannot be moved toward the Upright (6) or toward the Push Nuts (60). Press a Pivot Cap (57) into the Small Pivot Cover.

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

- Make sure that there are two 3/8" Bushings (29) in the front end of the Right Outer Leg (2). Attach the Right Handlebar (4) to the Right Outer Leg with a 5/16" x 1 3/4" Hex Bolt (61) and a 5/16" Nylon Jam Nut (62). Make sure that the head of the Carriage Bolt is in the square hole in the Right Handlebar.

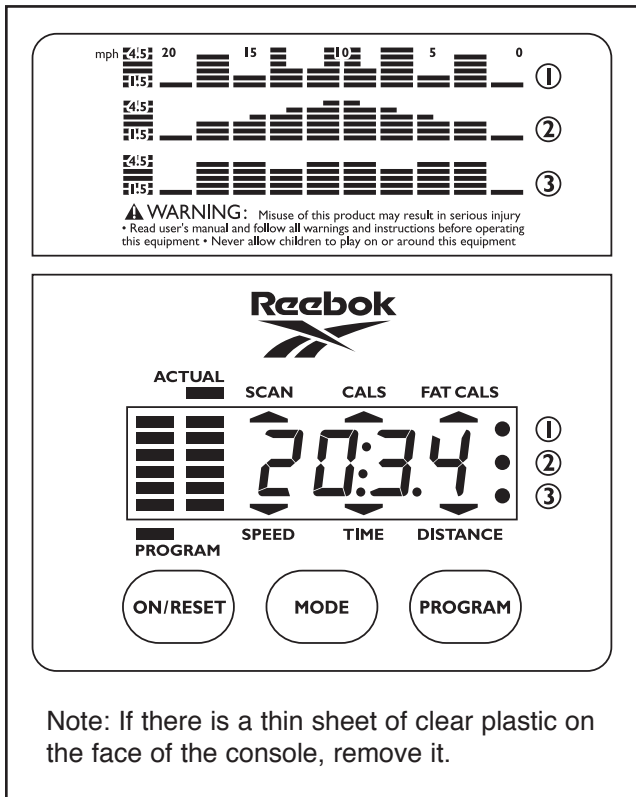
Attach the Left Handlebar (5) to the Left Outer Leg (3) in the same way.



- Make sure that all parts of the elliptical crosstrainer are properly tightened.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

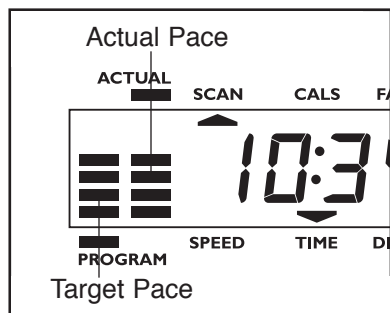
DESCRIPTION OF THE CONSOLE



The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve your exercise goals by pacing your exercise. The console also features six monitor modes that provide continuous exercise feedback.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace, which is determined by the program you have selected; the right column will show your actual pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace**



may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.

The three graphs on the console show how the target pace will change during the pacer programs (see the drawing at the left). Each graph is divided into ten columns, and each column represents a two-minute time period. The bars in each column show what the target pace will be during that two-minute period. For example, in the first column of graph 1, there is one bar. This shows that during the first two minutes of program 1, the target pace will be about 1.5 miles per hour (see the scale at the left end of the graph). In the second column, there are five bars. This shows that during the second two-minute period, the target pace will be almost 4.5 mph. Each pacer program is twenty minutes long.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

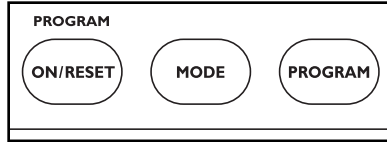
- **Speed**—This mode shows your pace, in miles per hour.
- **Time**—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.
- **Distance**—This mode shows the distance you have completed, in miles.
- **Fat calories (FAT CALS)**—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.)
- **Calories (CALC)**—This mode shows the approximate number of calories you have burned. (This number includes both fat calories and carbohydrate calories.)
- **Scan**—This mode displays the calories, fat calories, speed, time, and distance modes, for five seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two “AA” batteries must be installed. (See assembly step 3 on page 6 for installation instructions.) Follow the steps below to operate the console.

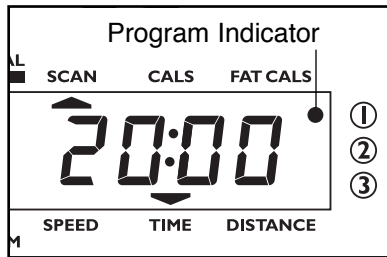
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the elliptical crosstrainer. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.



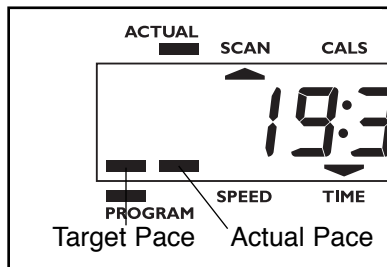
2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1, program 2, program 3, manual mode.



3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is about

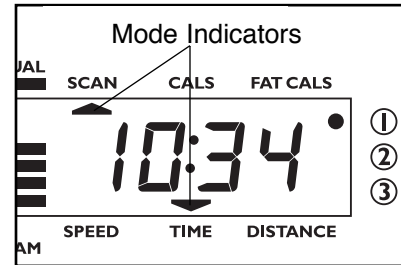


1.5 miles per hour. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height.

Remember, the target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.

4 Follow your progress with the monitor modes

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.



If desired, you can select the speed, time, distance, fat calories, or calories mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

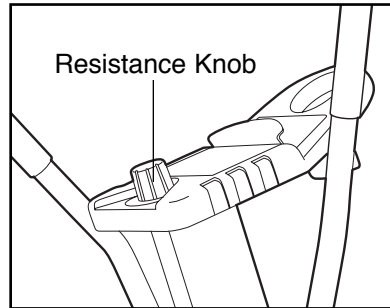
If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

HOW TO ADJUST THE RESISTANCE OF THE PEDALS

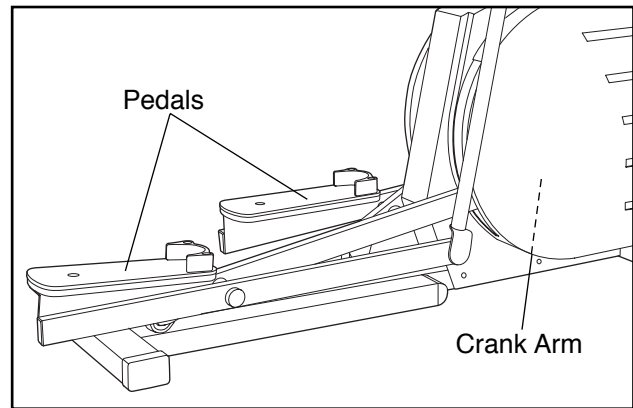
To adjust the intensity of your exercise, the resistance of the pedals can be adjusted. To increase the resistance, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebars and step onto the pedal that is in the lowest position (see the drawing at the right). Next, step onto the other pedal. Center your feet on the pedals. Push the pedals until they begin to move with a continuous

motion. **Note: The crank arms beneath the hood can turn in either direction; turn the crank arms in the direction that is the most comfortable for you.**

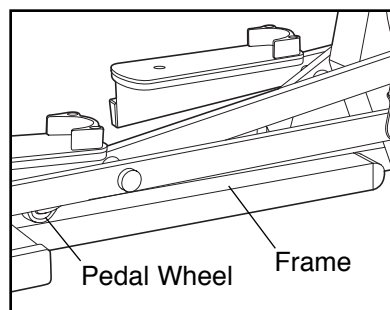


To dismount the elliptical crosstrainer, allow the pedals to slowly come to a stop. **CAUTION: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately. To prevent damage to the console, keep liquid away from the console, keep the console out of direct sunlight, and remove the batteries when storing the elliptical crosstrainer.

The elliptical crosstrainer can be cleaned with a soft, damp cloth. **Be sure to keep the frame clean where the pedal wheels move.**

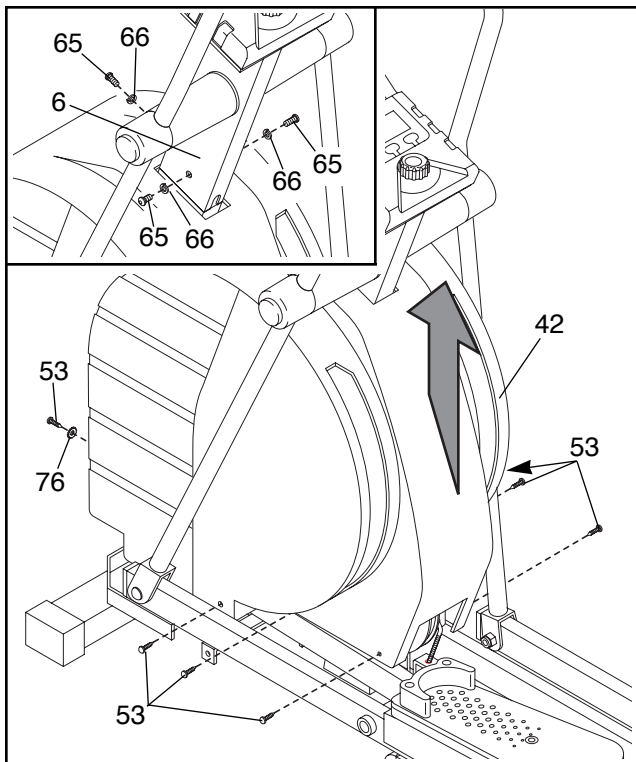


BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. Refer to assembly steps 3 and 4 on pages 6 and 7. Remove the resistance knob, remove the six screws attaching the console, and turn the console over. Insert two new batteries into the battery compartment. Make sure that the reed switch wire is connected to the console. Reattach the console and the resistance knob.

HOW TO RAISE THE HOOD

Before the trouble-shooting steps on this page can be performed, the Hood (42) must be raised. Refer to the inset drawing below. Remove the three 3/8" Button Head Screws (65) and the three 3/8" Lock Washers (66) from the Upright (6).

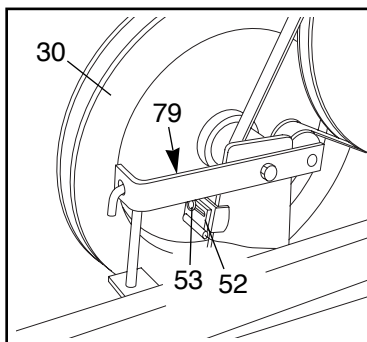


Next, remove the #8 x 3/4" Screws (53) and the Star Washer (76) attaching the Hood (42). Raise the Hood as far as possible.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the Reed Switch (52) should be adjusted. To adjust the Reed Switch, first raise the hood (see HOW TO RAISE THE HOOD above).

While another person holds the hood, locate the Reed Switch (52) on the right side of the frame. Turn the Flywheel (30) until the Magnet (79) is aligned with the Reed Switch. Loosen, but do not

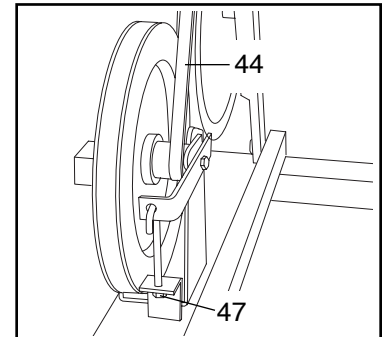


remove, the indicated #8 x 3/4" Screw (53). Slide the Reed Switch slightly closer to or farther away from the Magnet. Make sure that the Magnet will not hit the Reed Switch. Retighten the Screw. Turn the Flywheel for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the hood.

HOW TO ADJUST THE V-BELT

If the V-belt (44) slips as you exercise, it should be adjusted. To adjust the V-belt, first raise the hood (see HOW TO RAISE THE HOOD at the left).

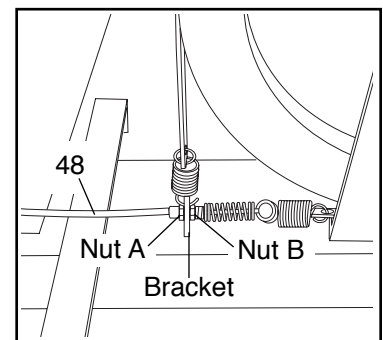
While another person holds the hood, locate the V-belt (44). To tighten the V-belt, turn the 5/16" Hex Nut (47) slightly; be careful not to overtighten the V-belt. When the V-belt is properly adjusted, reattach the hood.



HOW TO ADJUST THE RANGE OF RESISTANCE

If the resistance of the pedals is too high when the resistance knob is adjusted to the lowest setting, the Resistance Control Cable (48) should be adjusted. To adjust the Cable, first raise the hood (see HOW TO RAISE THE HOOD at the left).

While another person holds the hood, locate the end of the Resistance Control Cable (48) below the flywheel. To decrease the resistance of the pedals, loosen nut A one or two turns and then tighten nut B against the bracket. Repeat until the range of resistance is adjusted as desired. Then, reattach the hood.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140
85	118–144	114–139

Burning Fat

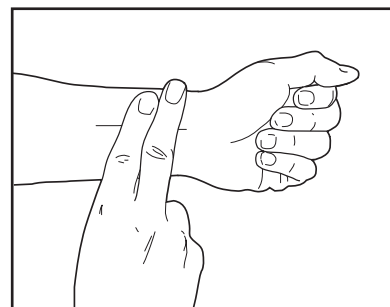
To burn fat effectively, you must exercise at the proper intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, keep your heart rate in the lower half of your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For effective aerobic exercise, keep your heart rate in the higher half of your training zone as you exercise. Note: During the first few weeks of your exercise program, it is recommended that you keep your heart rate in the lower half of your training zone as you exercise.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

A proper workout includes the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases the body temperature, heart rate, and circulation in preparation for exercise.

A cardiovascular exercise period, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching after exercise is also very effective for increasing flexibility.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. 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

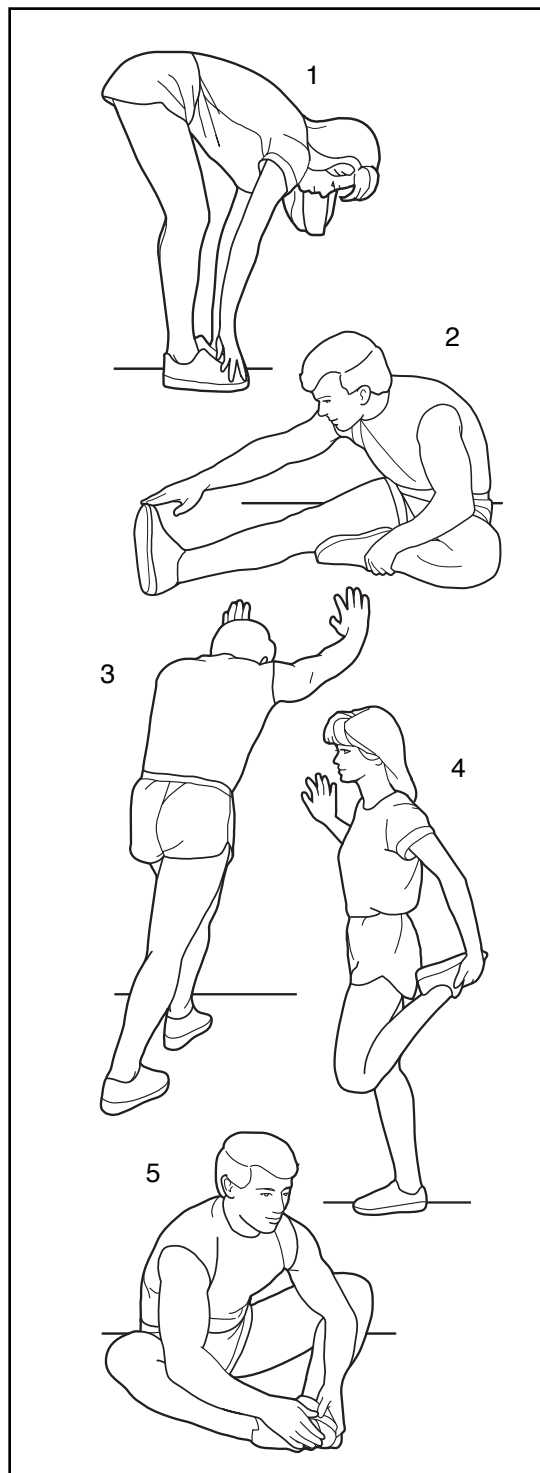
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. RBEL68083

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	Resistance Control Assembly
2	1	Right Outer Leg	49	2	Extension Spring
3	1	Left Outer Leg	50	1	Resistance Belt
4	1	Right Handlebar	51	1	Cable Clip
5	1	Left Handlebar	52	1	Reed Switch/Wire
6	1	Upright	53	17	#8 x 3/4" Screw
7	1	Right Inner Leg	54	2	Large Pivot Cover
8	1	Left Inner Leg	55	2	Plastic Washer
9	2	Crank Arm	56	2	Small Pivot Cover
10	1	Pulley	57	2	Pivot Cap
11	1	Idler Bracket	58	2	3/4" Spacer
12	1	Idler Pulley	59	2	5/8" Washer
13	2	Bearing	60*	2	5/8" Push Nut
14	2	3/8" Spacer	61	2	5/16" x 1 3/4" Hex Bolt
15	1	3/8" Axle Cap	62	2	5/16" Nylon Jam Nut
16	5	Retaining Ring	63	1	Resistance Knob
17	4	3/4" Washer	64	6	#8 x 1/2" Screw
18	2	3/4" Bushing	65	5	3/8" Button Head Screw
19	2	5/16" Washer	66	3	3/8" Lock Washer
20	2	3/8" x 3/4" Nylon Screw	67	1	Zip Tie Anchor
21	2	Pulley Bearing	68	1	Resistance Screw
22	8	Bushing	69	10	1/4" Washer
23	2	Pedal Wheel	70	1	5mm Nut
24	4	Wheel Bearing	71	4	Zip Tie
25	2	Shoulder Bolt	72	6	1/4" Nylon Jam Nut
26	4	5/16" Black Washer	73	4	Toe Stop Spacer
27	2	1/4" Nylon Jam Nut	74	2	Toe Stop
28	4	Brace Clamp	75	1	Return Spring
29	4	3/8" Bushing	76	1	Star Washer
30	1	Flywheel w/Hub	77	4	1/4" x 2" Screw
31	2	3/8" Lock Washer	78	2	Crank Spacer
32	2	Flywheel Bearing	79	1	Magnet
33	1	Flywheel Axle	80	2	1/4" x 3/4" Screw
34	2	3/8" Washer	81	1	Right Wire Brace
35	2	3/8" Nylon Jam Nut	82	2	Wheel Bracket
36	2	V-cap	83	2	Wheel
37	4	1 1/4" Round Cap	84	2	3/8" x 1 3/4" Bolt
38	4	2" x 3" Cap	85	2	3/8" Nylon Locknut
39	2	1" x 2" Cap	86	4	#10 x 1/4" Screw
40	1	2" x 4" Cap	87	1	Left Wire Brace
41	2	Pedal	88	2	3/8" Flange Nut
42	1	Hood	#	1	Allen Wrench
43	1	Console	#	1	Push Nut Tool
44	1	V-belt	#	1	User's Manual
45	2	Foam Grip			
46	1	J-hook			
47	1	5/16" Hex Nut			

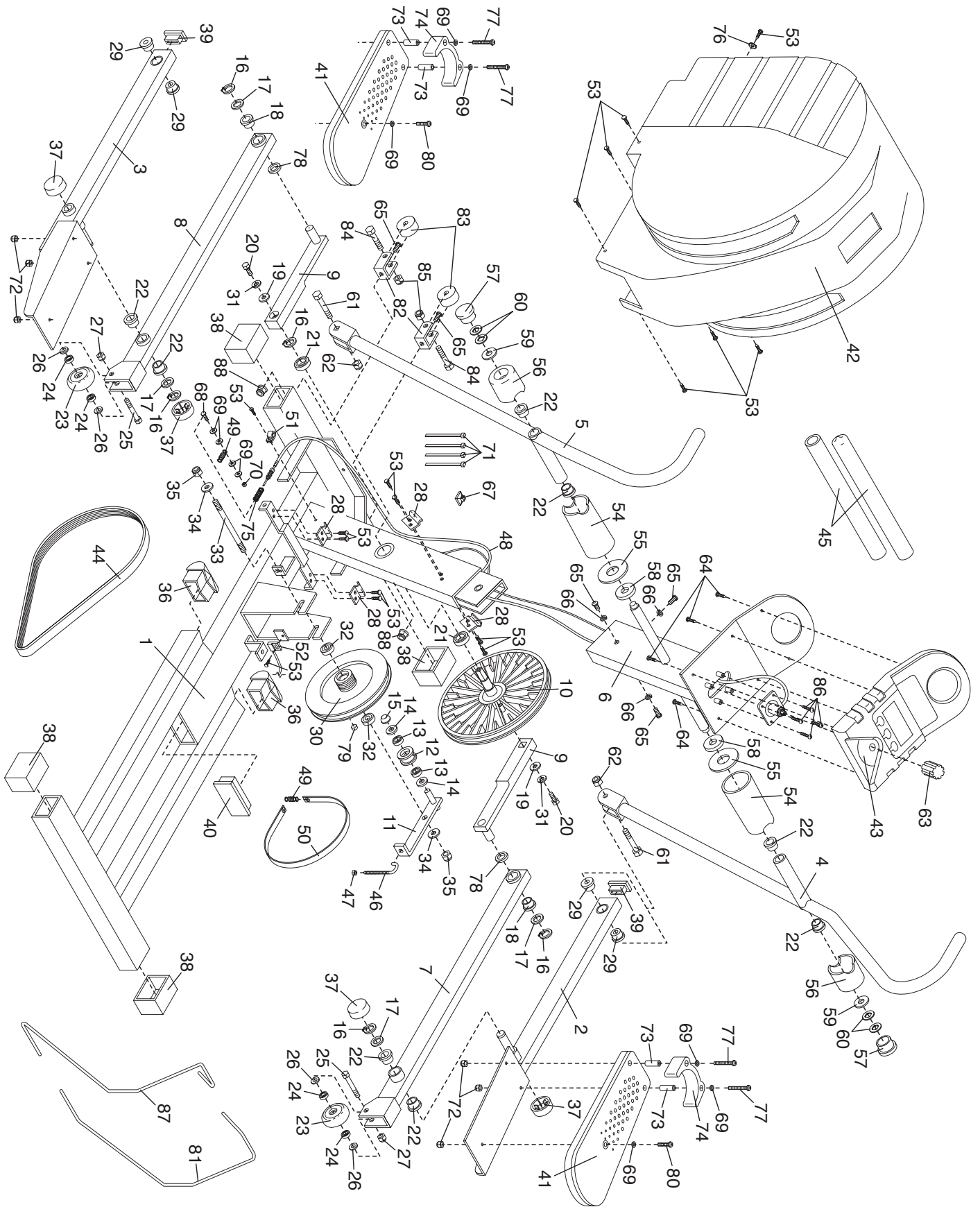
* Extra 5/8" Push Nuts may be included

These parts are not illustrated

Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING – Model No. RBEL68083

R0799A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (RBEL68083).
- The NAME of the product (REEBOK® elliptical crosstrainer).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.