

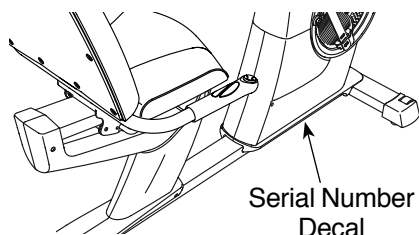
Reebok® *TRAINER* RX 3.5

www.reebokfitness.com

Model No. RBEX13911.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

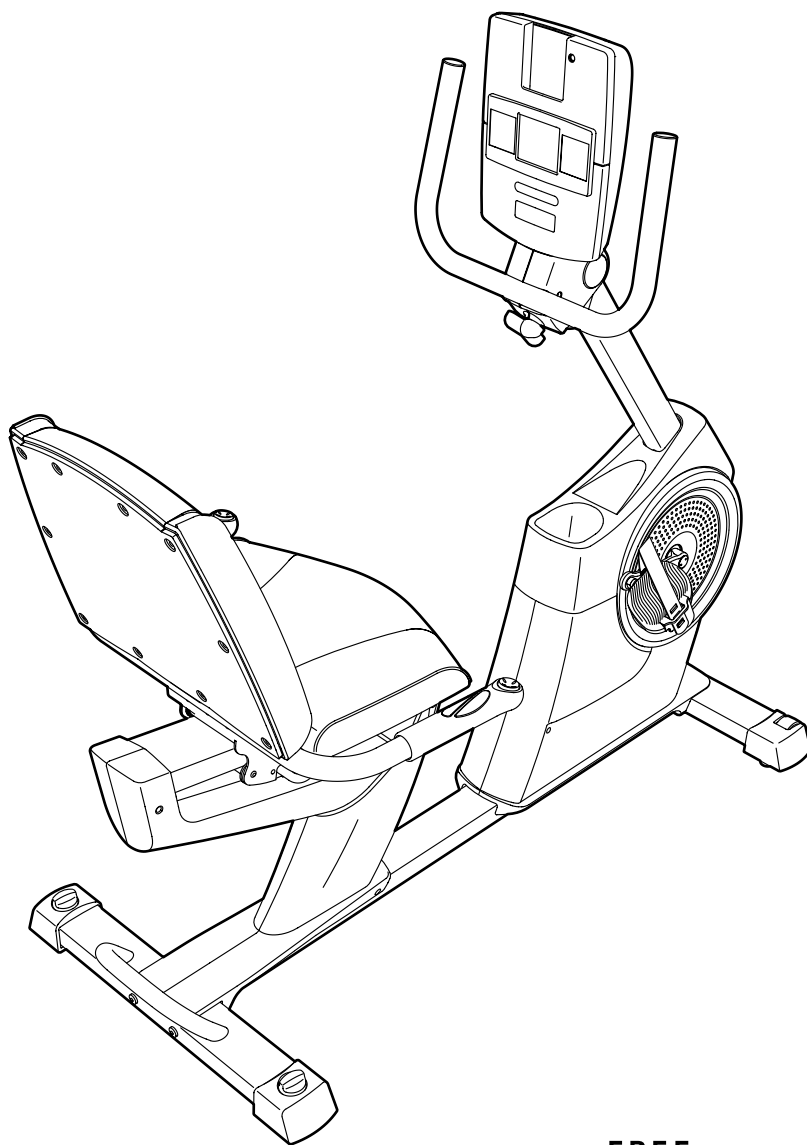
1-877-994-4999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

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.

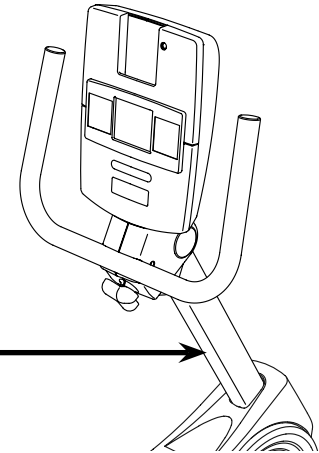
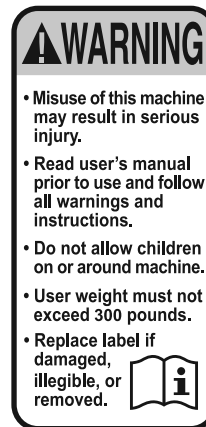


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) 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 exercise bike before using your exercise bike. 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 age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

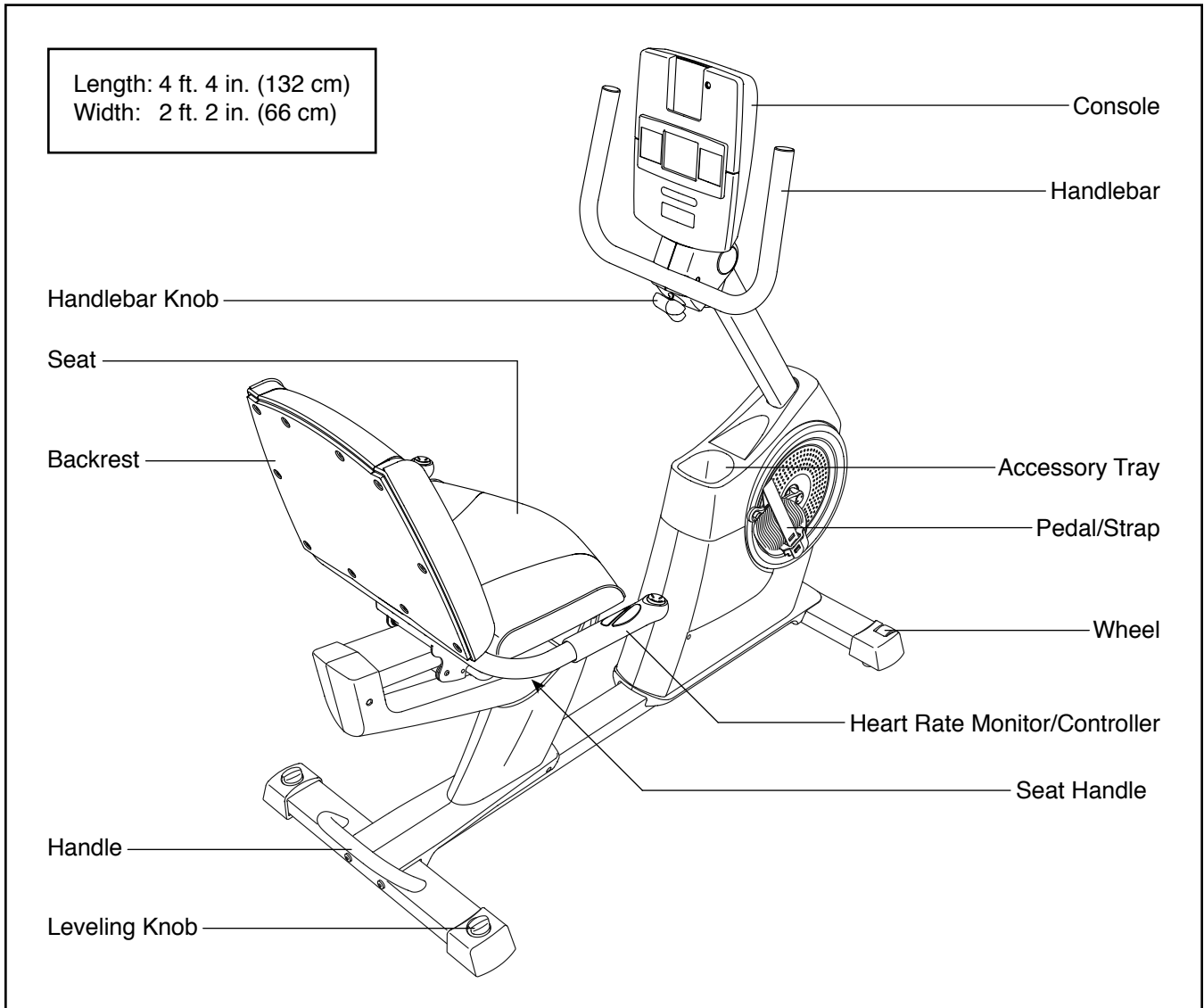
BEFORE YOU BEGIN

Thank you for selecting the revolutionary REEBOK® TRAINER RX 3.5 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The TRAINER RX 3.5 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

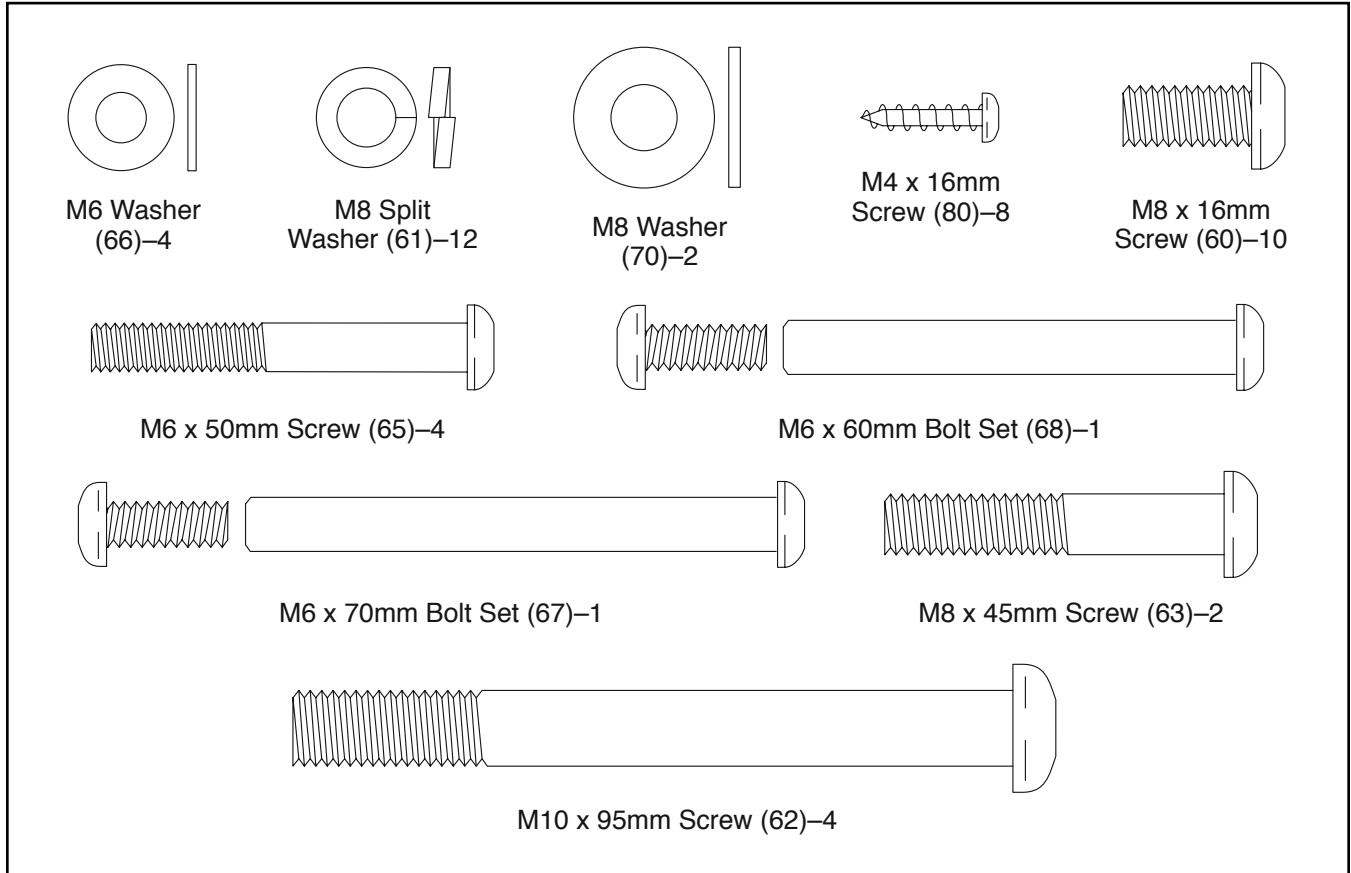
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. 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 key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

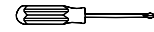


ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5

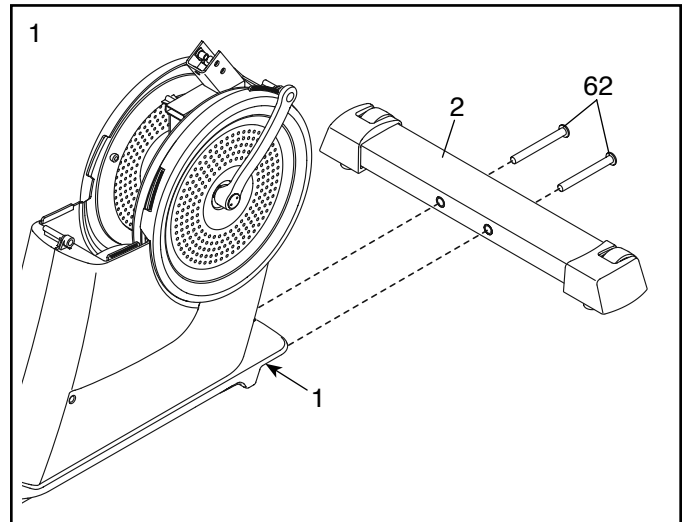
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver

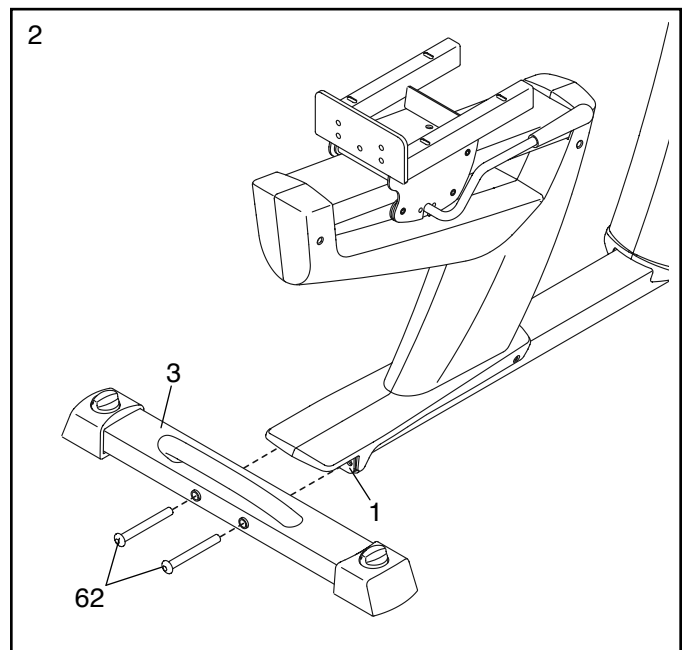


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 95mm Screws (62).



2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 95mm Screws (62).

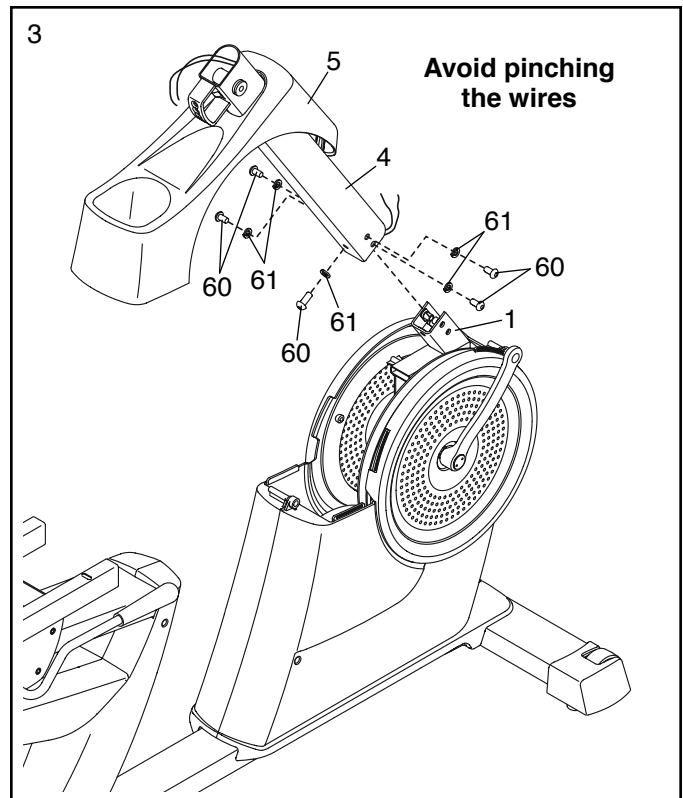


- Slide the Shield Cover (5) upward onto the Upright (4).

Have a second person hold the Shield Cover (5) around the Upright (4) until you complete step 4.

Tip: Avoid pinching the wires inside the Frame (1). Slide the Upright (4) onto the Frame.

Attach the Upright (4) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

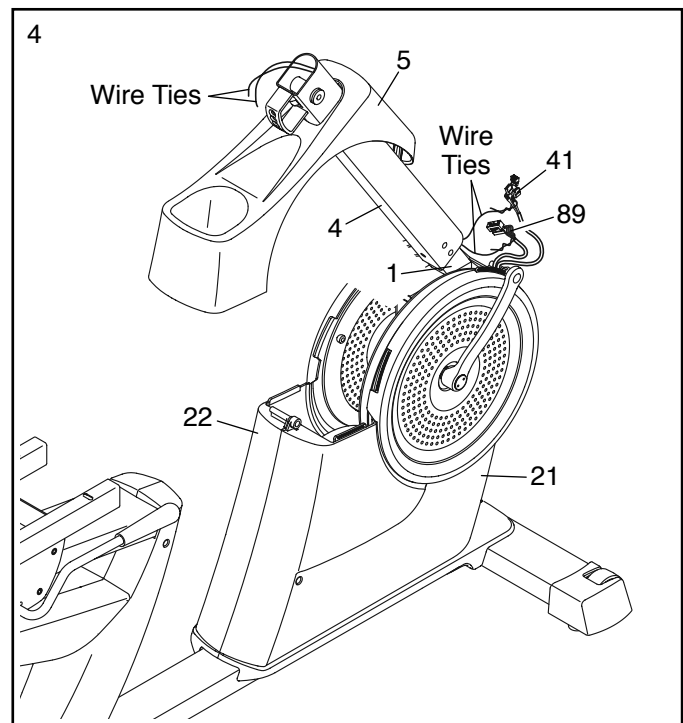


- Locate the two wire ties inside the Upright (4). Next, locate the Main Wire Harness (89) and the Upper Wire Harness (41) inside the Frame (1).

Tie the lower end of one wire tie to the Main Wire Harness (89). Tie the lower end of the other wire tie to the Upper Wire Harness (41).

Next, pull the upper end of the first wire tie upward until the Main Wire Harness (89) is routed through the Upright (4). Then, pull the upper end of the other wire tie upward until the Upper Wire Harness (41) is routed through the Upright.

Then, slide the Shield Cover (5) downward and press it onto the Right and Left Front Shields (21, 22).

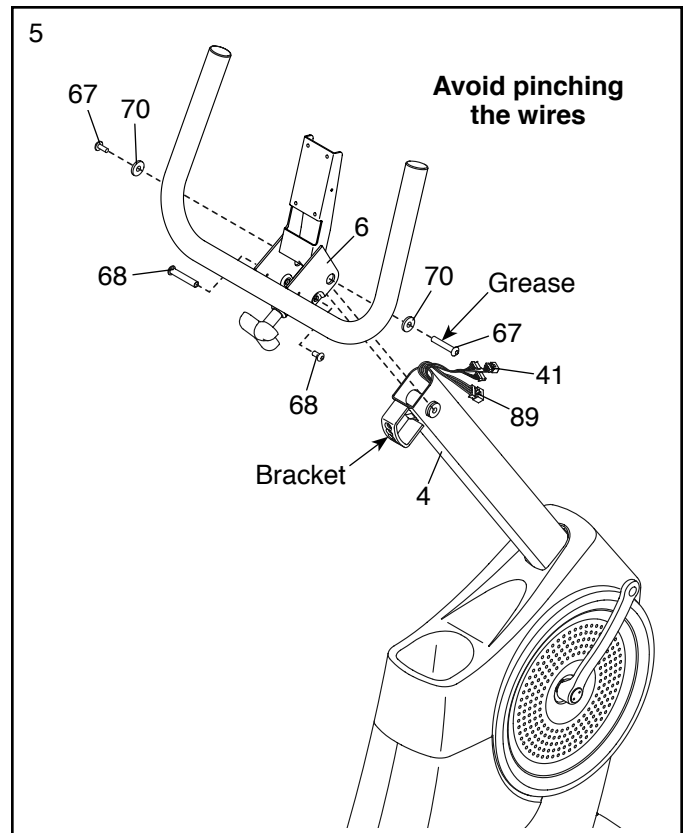


5. **Make sure that the Main Wire Harness (89) and the Upper Wire Harness (41) are in the location shown.**

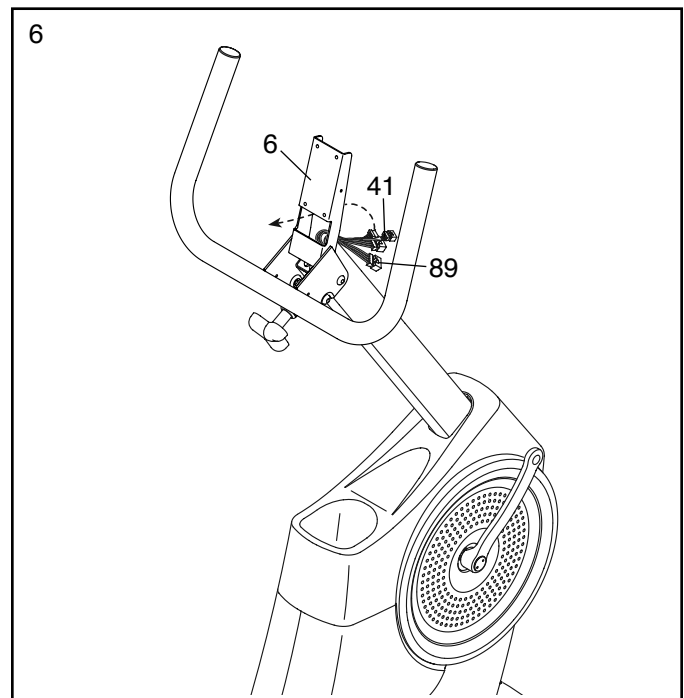
Using a small plastic bag to keep your fingers clean, apply a coat of the included grease to an M6 x 70mm Bolt Set (67).

Tip: Avoid pinching the wires. Attach the Handlebar (6) to the Upright (4) with the M6 x 70mm Bolt Set (67) and two M8 Washers (70).

Then, attach an M6 x 60mm Bolt Set (68) through the bracket on the Handlebar (6). **Make sure that the Bolt Set is inside the bracket.**

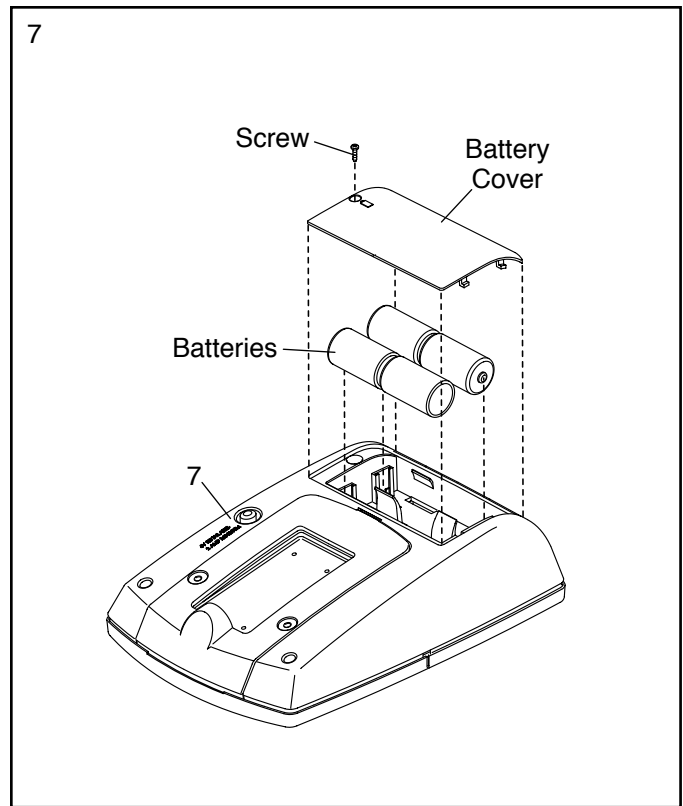


6. Insert the Main Wire Harness (89) and the Upper Wire Harness (41) upward through the indicated opening in the Handlebar (6).



7. The Console (7) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw and the battery cover, and insert batteries into the battery compartment; **orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

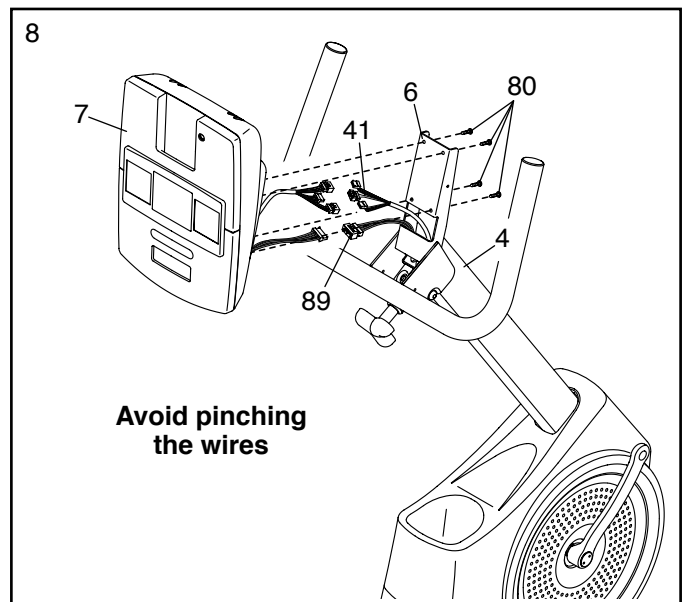
To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle on the back of the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. While another person holds the Console (7) near the Handlebar (6), connect the wires on the Console to the Main Wire Harness (89) and the Upper Wire Harness (41).

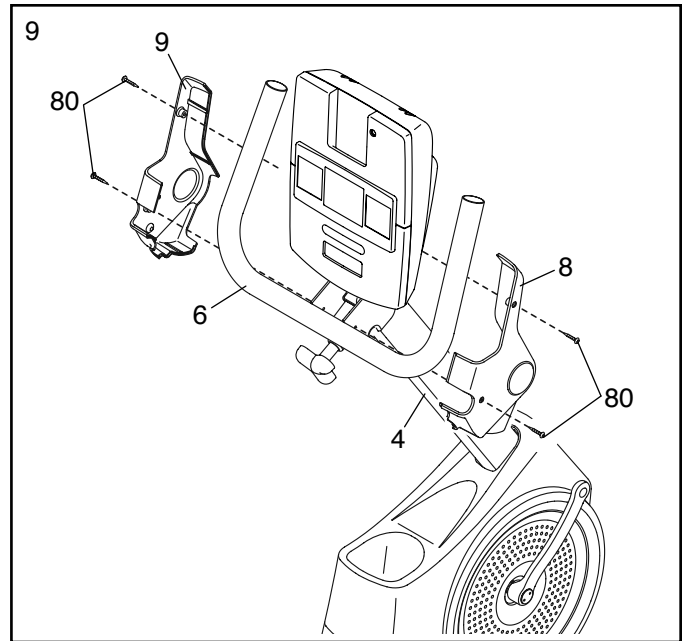
Insert the excess wire into the Upright (4) or into the Console (7).

Tip: Avoid pinching the wires. Attach the Console (7) to the Handlebar (6) with four M4 x 16mm Screws (80).

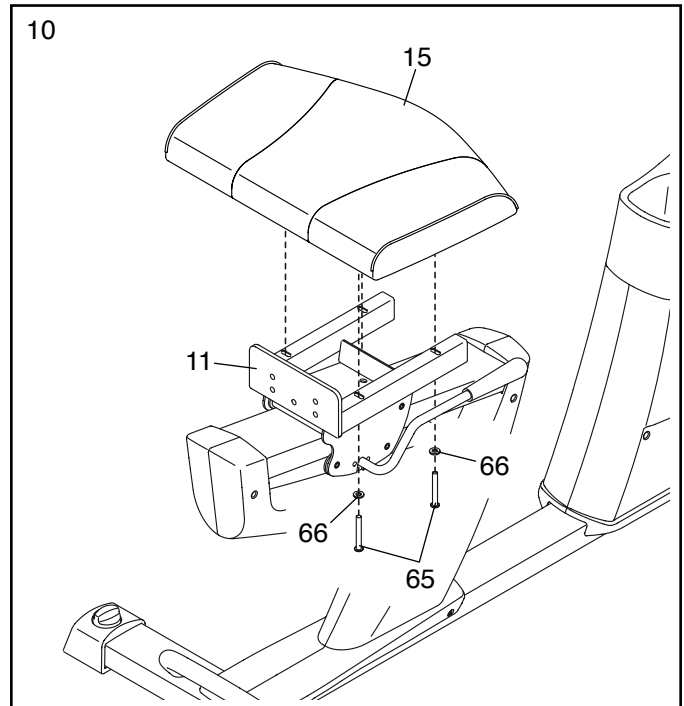


9. Identify the Right and Left Handlebar Covers (8, 9), which are marked with “Right” and “Left” stickers.

Attach the Right and Left Handlebar Covers (8, 9) around the Handlebar (6) and the Upright (4) with four M4 x 16mm Screws (80).

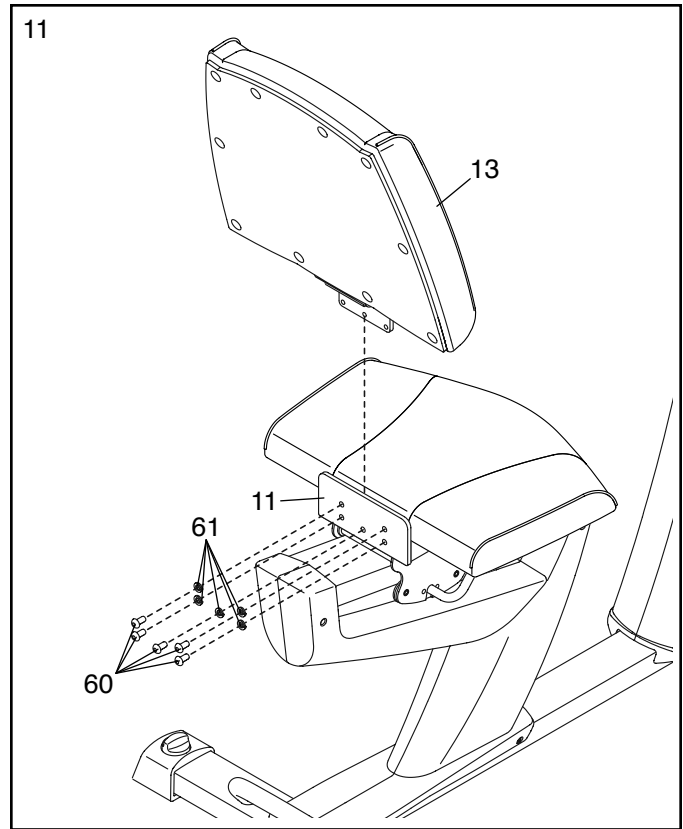


10. Attach the Seat (15) to the Seat Carriage (11) with four M6 x 50mm Screws (65) and four M6 Washers (66) (only two of each are shown).
Note: The Screws and Washers may be pre-attached to the underside of the Seat.



11. Attach the Backrest (13) to the Seat Carriage (11) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

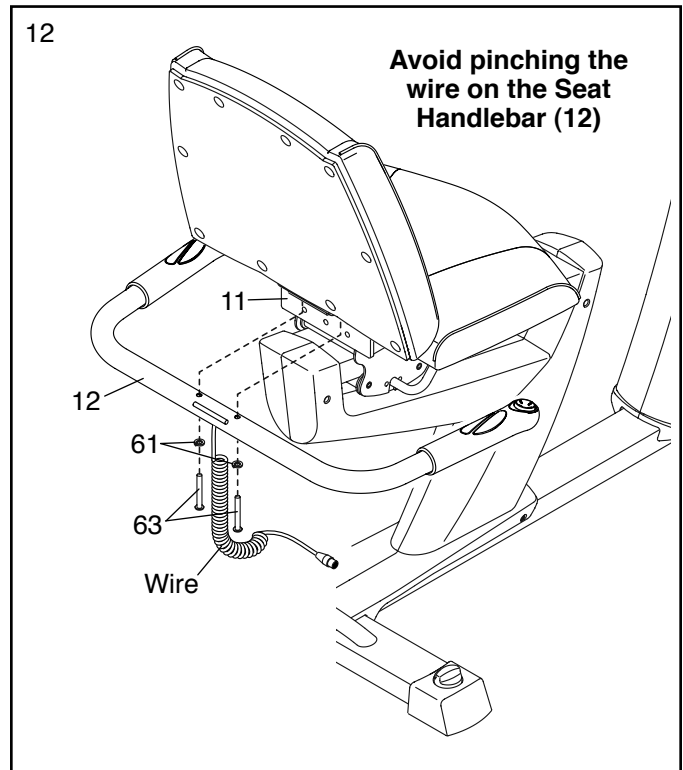
Tip: It may be helpful to adjust the seat during this step. See **HOW TO ADJUST THE SEAT** on page 13.



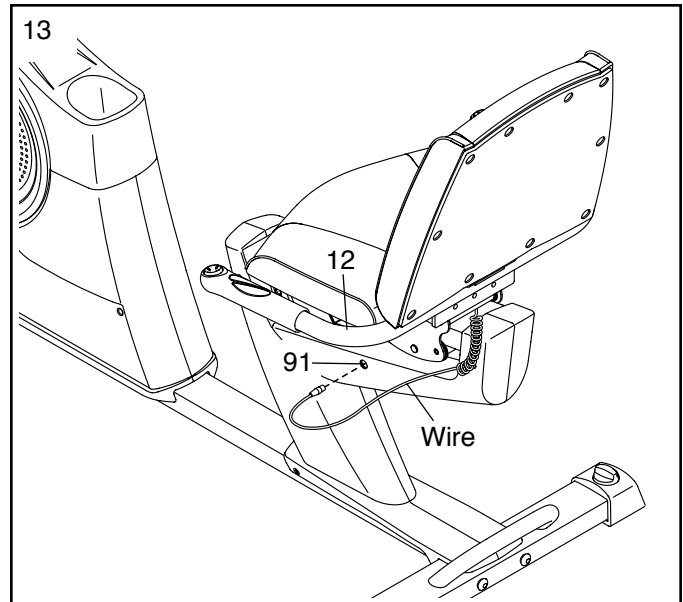
12. Orient the Seat Handlebar (12) as shown.

Tip: Avoid pinching the wire on the Seat Handlebar (12). While a second person holds the Seat Handlebar, attach it to the Seat Carriage (11) with two M8 x 45mm Screws (63) and two M8 Split Washers (61).

Tip: It may be helpful to adjust the seat during this step. See **HOW TO ADJUST THE SEAT** on page 13.



13. Plug the wire on the Seat Handlebar (12) into the indicated Receptacle (91).

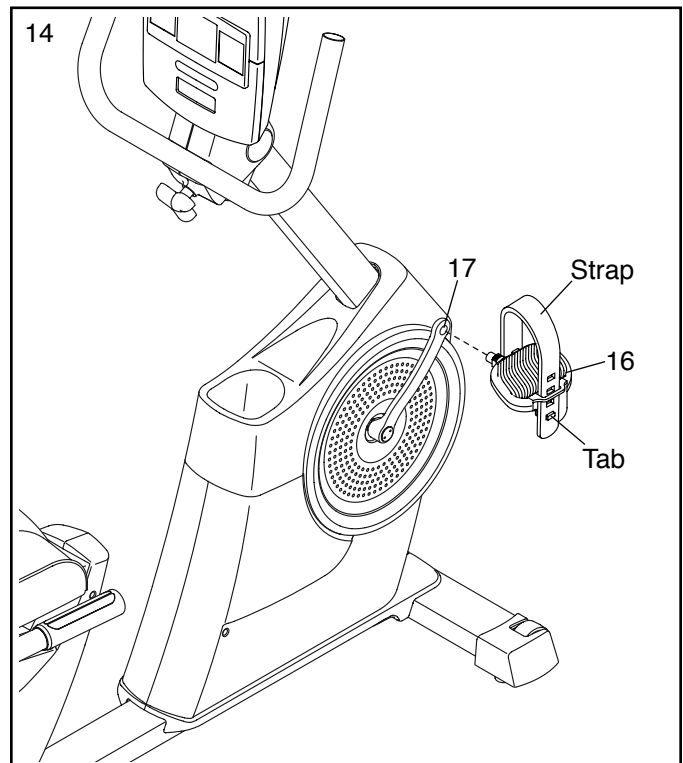


14. Identify the Right Pedal (16), which is marked with an "R."

Using an adjustable wrench, **firmly tighten** the Right Pedal (16) **clockwise** into the Right Crank Arm (17).

Firmly tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

Adjust the right strap to the desired position, and press the ends of the strap onto the tabs on the Right Pedal (16). **Adjust the strap on the Left Pedal (not shown) in the same way.**

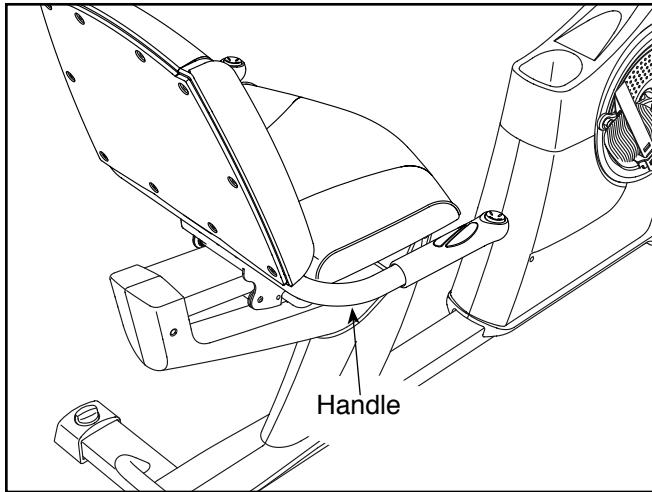


15. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

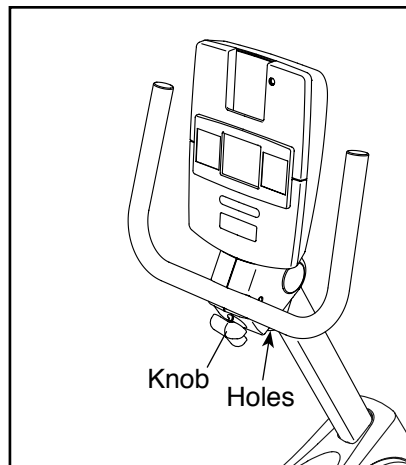
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the seat handle, slide the seat to the desired position, and then pull upward on the seat handle to lock the seat in place.



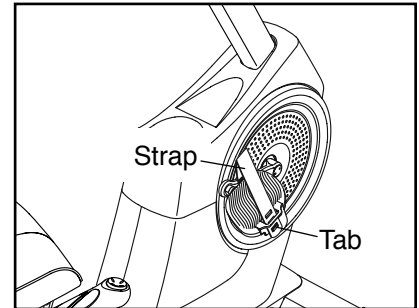
HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, first loosen the knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.



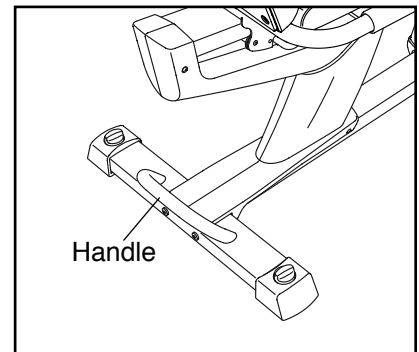
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



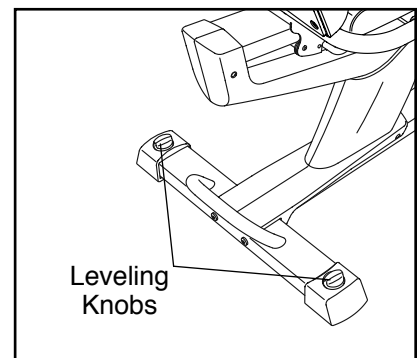
HOW TO MOVE THE EXERCISE BIKE

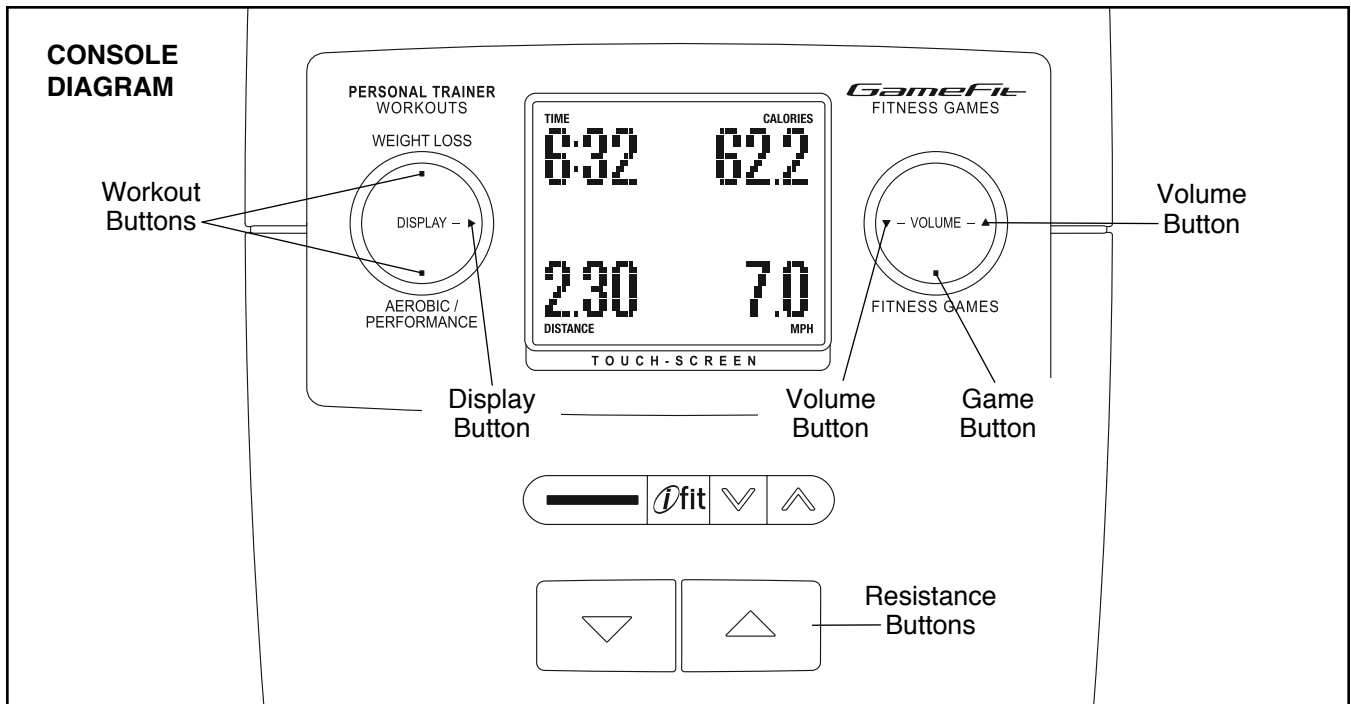
To move the exercise bike, hold the handle on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer until the rocking motion is eliminated.





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 even measure your heart rate using the handgrip heart rate monitor.

The console also offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

The console also features four 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 your advantage! Or, use your wits and the interactive touch screen to win credits while playing the classic card game of Blackjack or Texas Hold 'Em.

The console also features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

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

To use the manual mode, see page 15. **To use a preset workout**, see page 17. **To play the Fat Blocker game**, see page 18. **To play the Calorie Destroyer game**, see page 19. **To play the Blackjack game**, see page 21. **To play the Texas Hold 'Em game**, see page 22. **To use an iFit workout**, see page 23. **To use the sound system**, see page 23. **To change the console settings**, see page 24.

Note: Before using the console, make sure that batteries are installed (see assembly step 7 on page 9). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

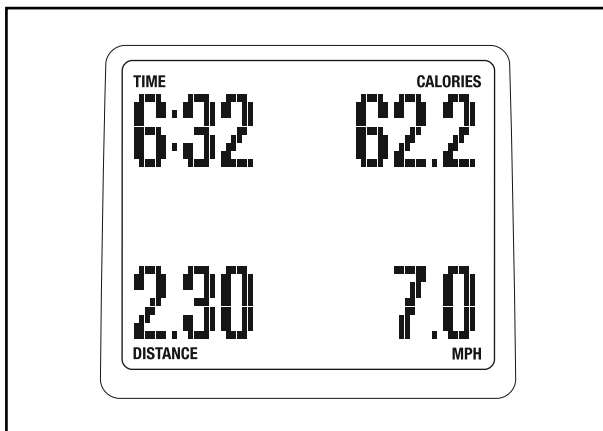
1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected.

If you have selected a workout, press any of the Workouts buttons or the Fitness Games button (see the drawing on page 14) repeatedly until zeros appear in the display.



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

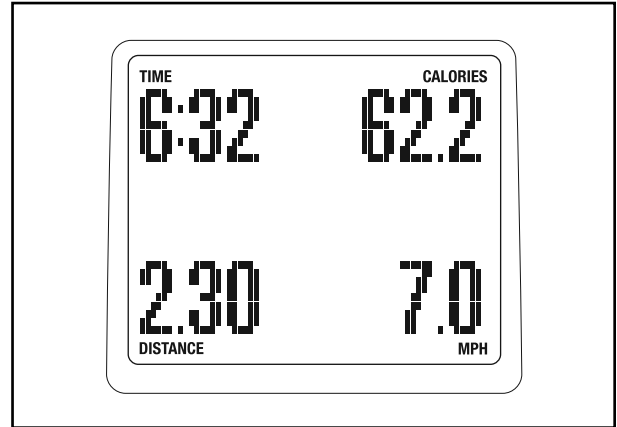
As you pedal, change the resistance of the pedals by pressing the resistance increase and decrease buttons (see the drawing on page 14) repeatedly. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



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

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button (see the drawing on page 14) repeatedly to select the desired display mode.

The display can show the following workout information:



Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

Speed—This display will show your pedaling speed, in miles per hour (MPH) or kilometers per hour (KM/H).

Distance—This display will show the distance you have pedaled, in miles or kilometers.

Calories—This display will show the approximate number of calories you have burned.

Watts—This display will show your approximate power output in watts.

Pulse—This display will show your heart rate when you use the handgrip heart rate monitor (see step 5 on page 16).

Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

Profile—When a workout is selected, this display will show a profile of the resistance settings for the workout.

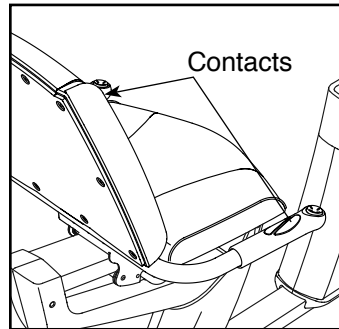
Display Settings—The console offers a display settings mode that can be entered when the words HOLD DISPLAY FOR SETTINGS appear in the display. To change the display settings, see HOW TO CHANGE THE CONSOLE SETTINGS on page 24.

Change the volume level of the console by pressing the Volume increase and decrease buttons.

Note: The console can show pedaling speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, see step 3 of HOW TO CHANGE THE CONSOLE SETTINGS on page 24.

5. Measure your heart rate if desired.

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



When your pulse is detected, dashes will appear in the display, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.** Note: If you continue to hold the handgrip heart rate monitor, 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 tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

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 PRESET WORKOUT

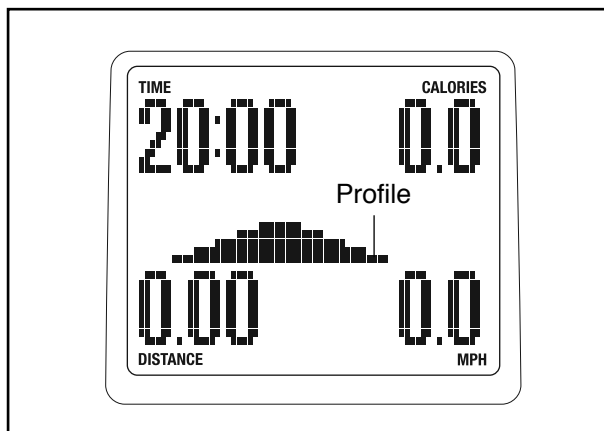
1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select a preset workout.

To select a preset workout, press the Weight Loss or the Aerobic/Performance button repeatedly until the profile of the desired workout appears in the display.

The workout time and a profile of the resistance levels for the workout will appear in the display.



3. Begin pedaling to start the workout.

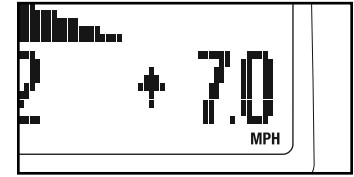
Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. 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. The resistance level and the target speed will also appear in the display.

If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or the target speed 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 speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your speed. When a downward-pointing arrow appears in the display, decrease your speed. When no arrows appear, maintain your current speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to exercise at a speed 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 resistance buttons.

IMPORTANT: When the current segment of the workout 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, the console will pause, and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

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

See step 6 on page 16.

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 seat 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.

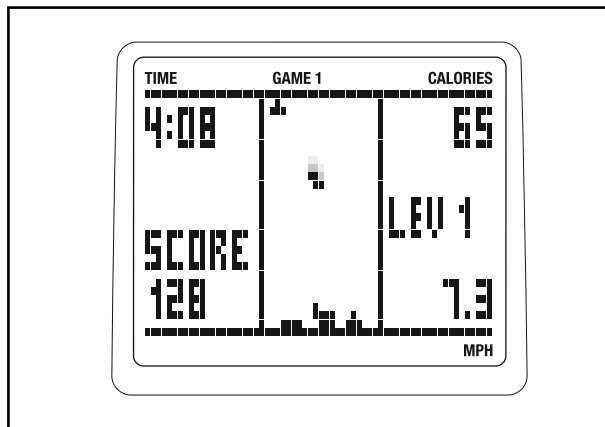
When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the Fat Blocker game.

To select the Fat Blocker game, press the Fitness Games button (see the drawing on page 14) repeatedly until the words FAT BLOCKER appear in the display.

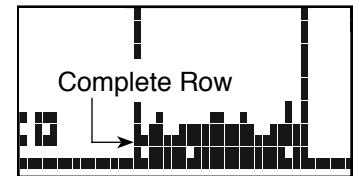
3. Begin pedaling or press a button on either controller to start the game.

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. Blocks come in 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 speed 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 speed. 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 press a button on either controller.

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

See step 6 on page 16.

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 seat 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.

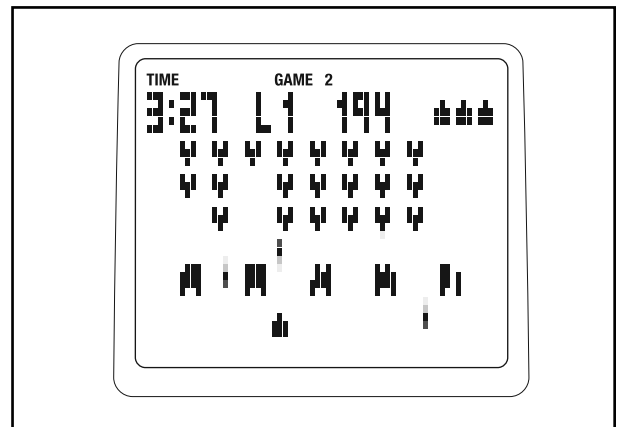
When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the Calorie Destroyer game.

To select the Calorie Destroyer game, press the Fitness Games button (see the drawing on page 14) repeatedly until the word DESTROYER appears in the display.

3. Press a button on either controller 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 press a button on either controller.

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

See step 6 on page 16.

HOW TO PLAY THE BLACKJACK GAME

Blackjack is a casino-style card game in which you compete against the dealer to win credits. Your goal during each hand of the game is to have the highest point total that does not exceed 21 points. You will use the interactive touch screen on the display to play the game. Follow the steps below to play Blackjack.

Note: For detailed instructions on how to play Blackjack, consult a card game rule book or other card game resource.

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the Blackjack game.

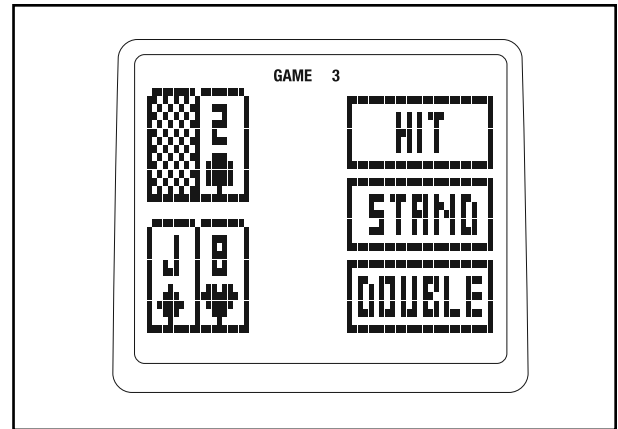
To select the Blackjack game, press the Fitness Games button (see the drawing on page 14) repeatedly until the word BLACKJACK appears in the display.

3. Tap the screen to start the game.

As you pedal, tap the screen to begin the Blackjack game. After a moment, the words PLACE YOUR BET will appear in the display. Tap the screen to select the amount you want to bet on this hand.

Note: You begin each game with 500 credits. As you win or lose credits during the game, your current total will be shown in the upper right corner of the display.

After you place a bet, a representation of a game table will appear in the display (see the drawing at the right). The dealer's cards will appear in the upper left corner of the display. Your cards will appear in the lower left corner of the display. The game options will appear in three boxes on the right side of the display.



Count the point total of your cards and tap the screen to select a game option. You can choose to HIT, STAND, or DOUBLE. Repeat this action as necessary until the hand ends.

When the hand ends, the result and the point totals for you and the dealer will appear in a box on the right side of the display. To continue the game, tap the center of the screen.

The game will continue in this way indefinitely or until you have no credits available to bet. If you have no credits to bet, the words GAME OVER and the game time will appear in the display. To play Blackjack again, tap the prompt box on the screen.

4. Follow your progress with the display.

While you pedal and play the Blackjack game, the upper left corner of the display will show the elapsed time. To view additional exercise information, press the Display button repeatedly.

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

See step 6 on page 16.

HOW TO PLAY THE TEXAS HOLD 'EM GAME

Texas Hold 'Em is a popular poker game in which you compete against other players to win credits. Your objective is to form the best five-card poker hand from your two hole cards and the five community cards shared by all the players. You will use the interactive touch screen on the display to play the game. Follow the steps below to play Texas Hold 'Em. **Note: For detailed instructions on how to play Texas Hold 'Em, consult a card game rule book or other card game resource.**

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

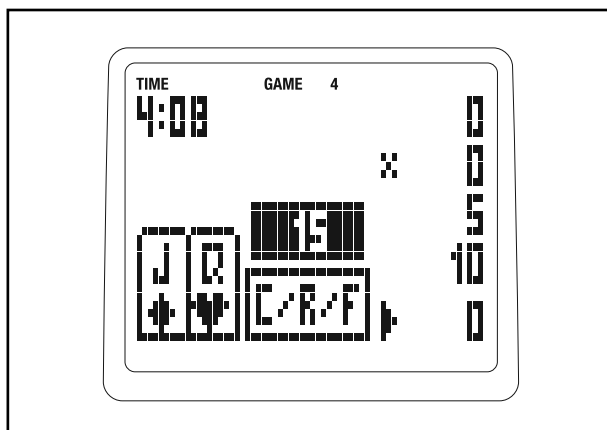
When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the Texas Hold 'Em game.

To select the Texas Hold 'Em game, press the Fitness Games button (see the drawing on page 14) repeatedly until the words TEXAS HOLD 'EM appear in the display.

3. Tap the screen to start the game.

As you pedal, tap the screen to begin the Texas Hold 'Em game. After you start the game, a representation of a game table will appear in the display. Your hole cards will be shown in the lower left corner of the display. The number of credits in the pot will be shown in the black box in the center of the display. The amount bet by each player will be shown along the right side of the display. A game option box will be shown below the pot.



During the game, player information will appear along the right side of the display. Your player information is located in the lower right corner of

the display. The black X in the display indicates the location of the dealer button. The black arrow indicates which player's turn it is.

When it is your turn, assess your cards and tap the C/R/F game option box to make a betting decision; you can choose to CALL, RAISE, or FOLD. You can also tap the CARDS box to view your cards and any community cards on the table before making a decision. Note: In some circumstances, you can choose to CHECK instead of CALL.

If you decide to RAISE, tap the upward and downward arrow boxes to select the desired number of credits, and then tap the OK box.

After you make your betting decision, play will continue with the other players. Continue to make betting decisions throughout the betting rounds and the deals. When the flop is dealt, three cards will appear in the upper left area of the display. Additional cards will appear in this area when the turn and river are dealt. Assess these cards and make betting decisions as before. During the game, the other players may fold, bust, or continue to a showdown.

The player with the best five-card hand in any combination of hole and community cards will win the showdown.

After the showdown, the word WINS: will appear in the center of the display. The number of credits won by each player will be shown along the right side of the display. To view the cards held by the other players, tap the number of credits won by each player.

The game will continue in this way until you win all the other players' credits or until you have no credits available to bet.

4. Follow your progress with the display.

While you pedal and play the Texas Hold 'Em game, the upper left corner of the display will show the elapsed time. To view additional exercise information, press the Display button repeatedly.

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

See step 6 on page 16.

HOW TO USE AN IFIT WORKOUT

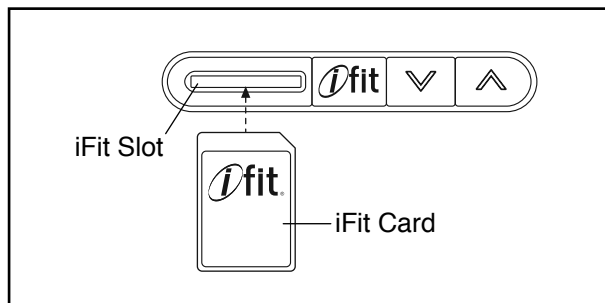
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 starting on page 17.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug one end of your audio cable into the jack on the console. Plug the other end into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume increase and decrease buttons on the console.

When not in use, unplug your audio cable from the jack on the console.

HOW TO CHANGE THE CONSOLE SETTINGS

The console features a display settings mode that allows you to select a backlight option, to select a unit of measurement for the console, and to turn the game sounds on or off. Follow the steps below to change the console settings.

1. Enter the display settings mode.

To enter the display settings mode, first press the Display button repeatedly until the words HOLD DISPLAY FOR SETTINGS appear in the display.

Then, press and hold the Display button until the display settings information appears in the display.

2. Select a backlight option if desired.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

An X will appear next to the currently selected backlight option. To change the backlight option, press the resistance increase and decrease buttons to choose the desired backlight option.

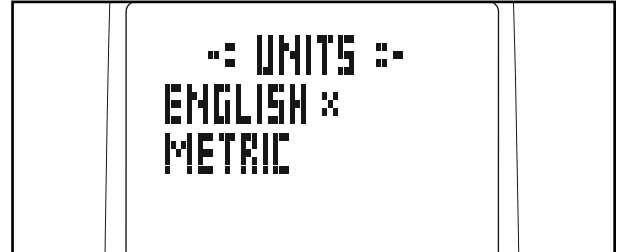


Then, press the Display button to proceed to the next option.

3. Select a unit of measurement if desired.

The console can show pedaling speed and distance in either miles or kilometers.

The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display. An X will appear next to the currently selected unit of measurement.



To change the unit of measurement, press the resistance increase and decrease buttons to choose the desired unit of measurement.

Then, press the Display button to proceed to the next option.

4. Turn the game sounds on or off if desired.

The console game sounds can be turned on or turned off. The words OFF and ON will appear in the display. An X will appear next to the currently selected option.

To change the option, press the resistance increase and decrease buttons to choose ON or OFF.

5. Exit the display settings mode.

Press the Display button to save your settings and exit the display settings mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

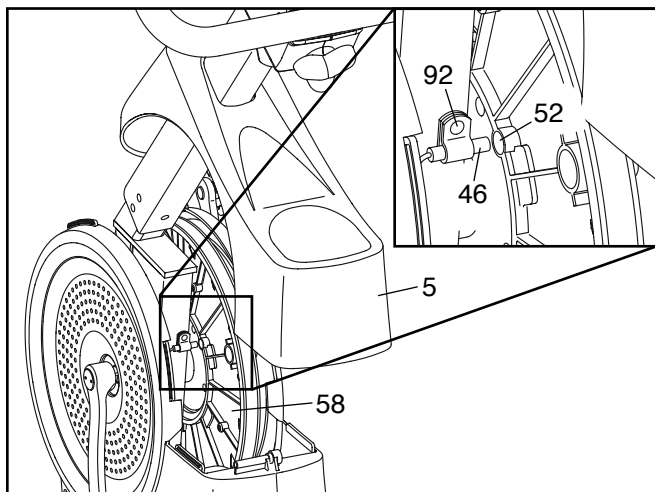
Most console problems are the result of low batteries. See assembly step 7 on page 9 for battery replacement instructions.

If the handgrip heart rate monitor does not function properly, see step 5 on page 16.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

If you are using the optional power adapter, unplug it. Using a flat screwdriver, release the tabs on the Shield Cover (5) and pull the Shield Cover upward.



Locate the Reed Switch (46). Turn the Pulley (58) until a Magnet (52) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 13mm Flange Screw (92). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Pulley for a moment.

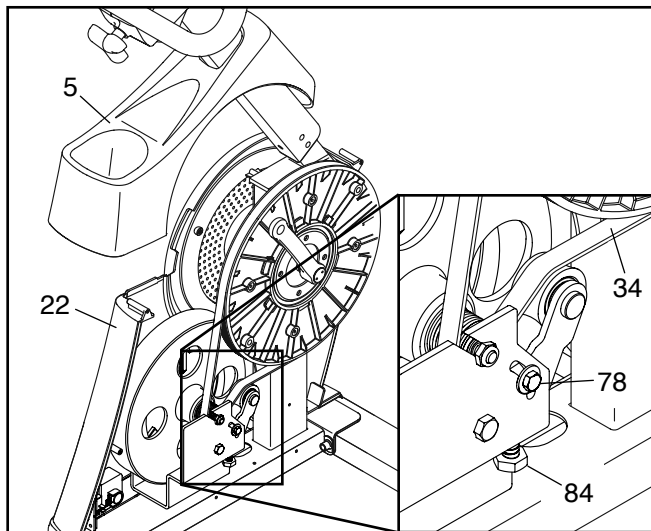
Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the shield cover.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

If you are using the optional power adapter, unplug it. Next, using an adjustable wrench, turn the right pedal counterclockwise and remove it.

Using a flat screwdriver, release the tabs on the Shield Cover (5) and slide the Shield Cover upward.



Remove all of the screws from the Left Front Shield (22) and the Right Front Shield (not shown); **there are three sizes of screws—note which size of screw you remove from each hole.** Then, gently pull the Right Front Shield away from the frame.

Next, loosen the M6 x 20mm Hex Screw (78). Tighten the M10 x 50mm Hex Screw (84) until the Drive Belt (34) is tight. Then, tighten the M6 x 20mm Hex Screw.

Finally, reattach the front shields, the shield cover, and the right pedal.

EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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

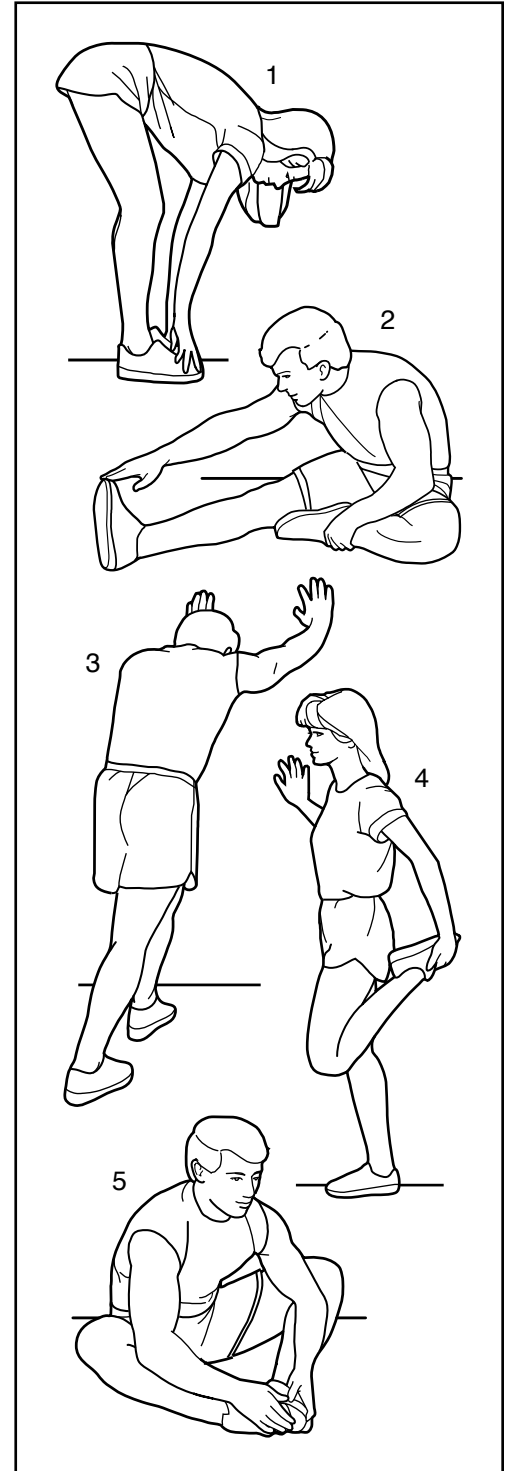
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

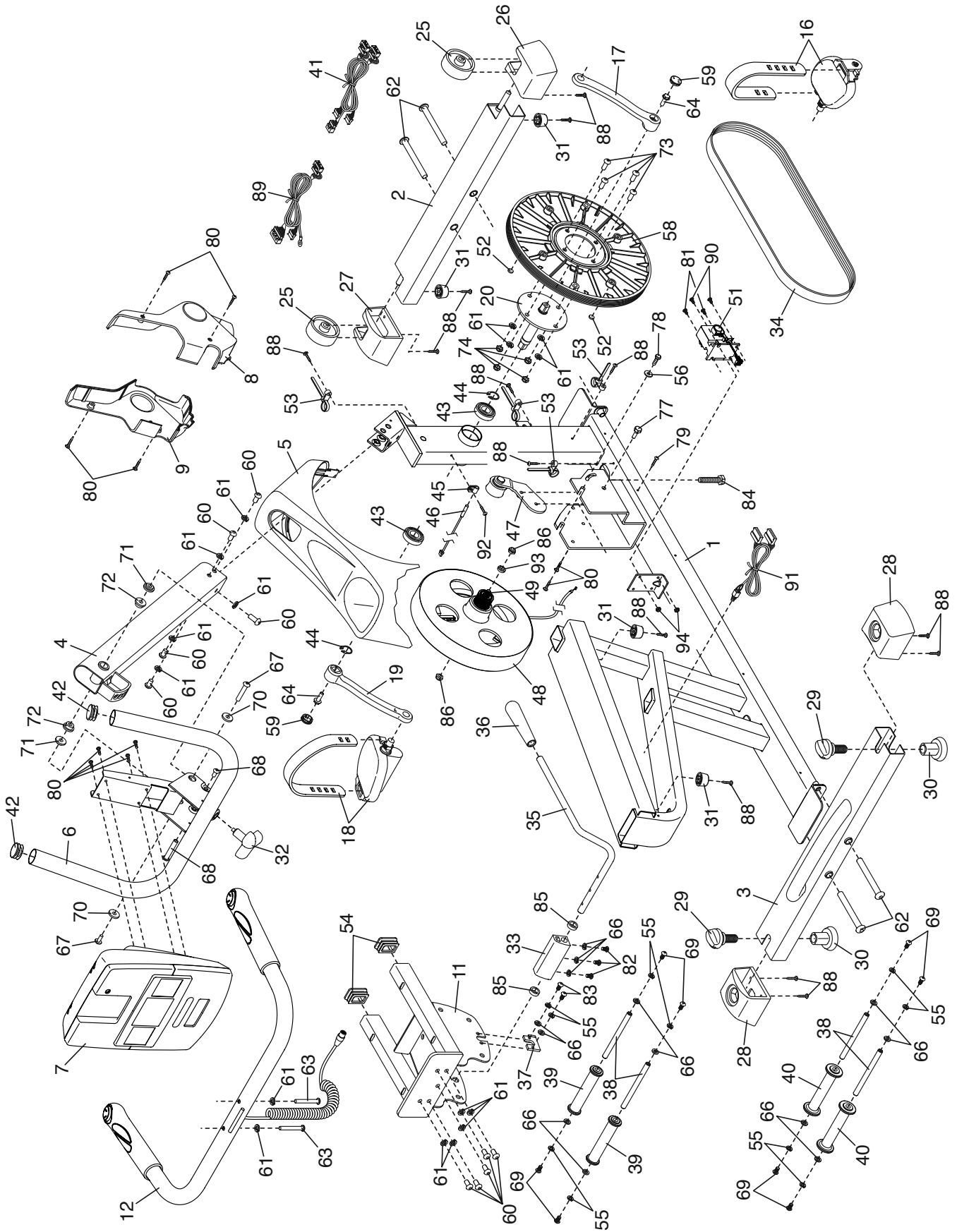
Model No. RBEX13911.0 R0212A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	M4 x 16mm Phillips Screw
2	1	Front Stabilizer	51	1	Resistance Motor
3	1	Rear Stabilizer	52	2	Magnet
4	1	Upright	53	4	Wire Clamp
5	1	Shield Cover	54	2	Seat Carriage Cap
6	1	Handlebar	55	10	M6 Split Washer
7	1	Console	56	1	M6 x 18mm Washer
8	1	Right Handlebar Cover	57	1	Snap Fastener
9	1	Left Handlebar Cover	58	1	Pulley
10	1	Backrest Bracket	59	2	Crank Arm Cap
11	1	Seat Carriage	60	10	M8 x 16mm Screw
12	1	Seat Handlebar	61	16	M8 Split Washer
13	1	Backrest	62	4	M10 x 95mm Screw
14	1	Backrest Cover	63	2	M8 x 45mm Screw
15	1	Seat	64	2	5/16" Flange Screw
16	1	Right Pedal/Strap	65	4	M6 x 50mm Screw
17	1	Right Crank Arm	66	17	M6 Washer
18	1	Left Pedal/Strap	67	1	M6 x 70mm Bolt Set
19	1	Left Crank Arm	68	1	M6 x 60mm Bolt Set
20	1	Crank	69	8	1/4" x 16mm Screw
21	1	Right Front Shield	70	2	M8 Washer
22	1	Left Front Shield	71	2	Handlebar Bushing
23	1	Right Rear Shield	72	2	Upright Bushing
24	1	Left Rear Shield	73	4	M8 x 20mm Bolt
25	2	Wheel	74	4	M8 Locknut
26	1	Right Front Stabilizer Cap	75	3	M4 x 25mm Screw
27	1	Left Front Stabilizer Cap	76	4	M6 x 20mm Flat Head Screw
28	2	Rear Stabilizer Cap	77	1	M6 x 15mm Shoulder Screw
29	2	Leveling Knob	78	1	M6 x 20mm Hex Screw
30	2	Leveling Foot	79	1	M4 x 13mm Screw
31	4	Foot/Bumper	80	10	M4 x 16mm Screw
32	1	Handlebar Knob	81	2	M4 x 12mm Flange Screw
33	1	Seat Brake	82	3	M6 x 16mm Screw
34	1	Drive Belt	83	2	1/4" x 14mm Screw
35	1	Seat Lever	84	1	M10 x 50mm Hex Screw
36	1	Seat Handle	85	2	Brake Spacer
37	1	Seat Lever Bracket	86	2	M8 Jam Nut
38	4	Roller Axle	87	10	Fastener
39	2	Upper Roller	88	28	M4 x 19mm Screw
40	2	Lower Roller	89	1	Main Wire Harness
41	1	Upper Wire Harness	90	2	M4 x 13mm Flange Bolt
42	2	Handlebar Cap	91	1	Lower Wire Harness/Receptacle
43	2	Bearing	92	1	M4 x 13mm Flange Screw
44	2	Snap Ring	93	1	Mechanism Spacer
45	1	Clamp	94	2	M4 Nut
46	1	Reed Switch/Wire	95	2	M3.5 x 13mm Screw
47	1	Idler	*	–	User's Manual
48	1	Mechanism	*	–	Assembly Tool
49	1	Flywheel Axle	*	–	Grease Packet

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

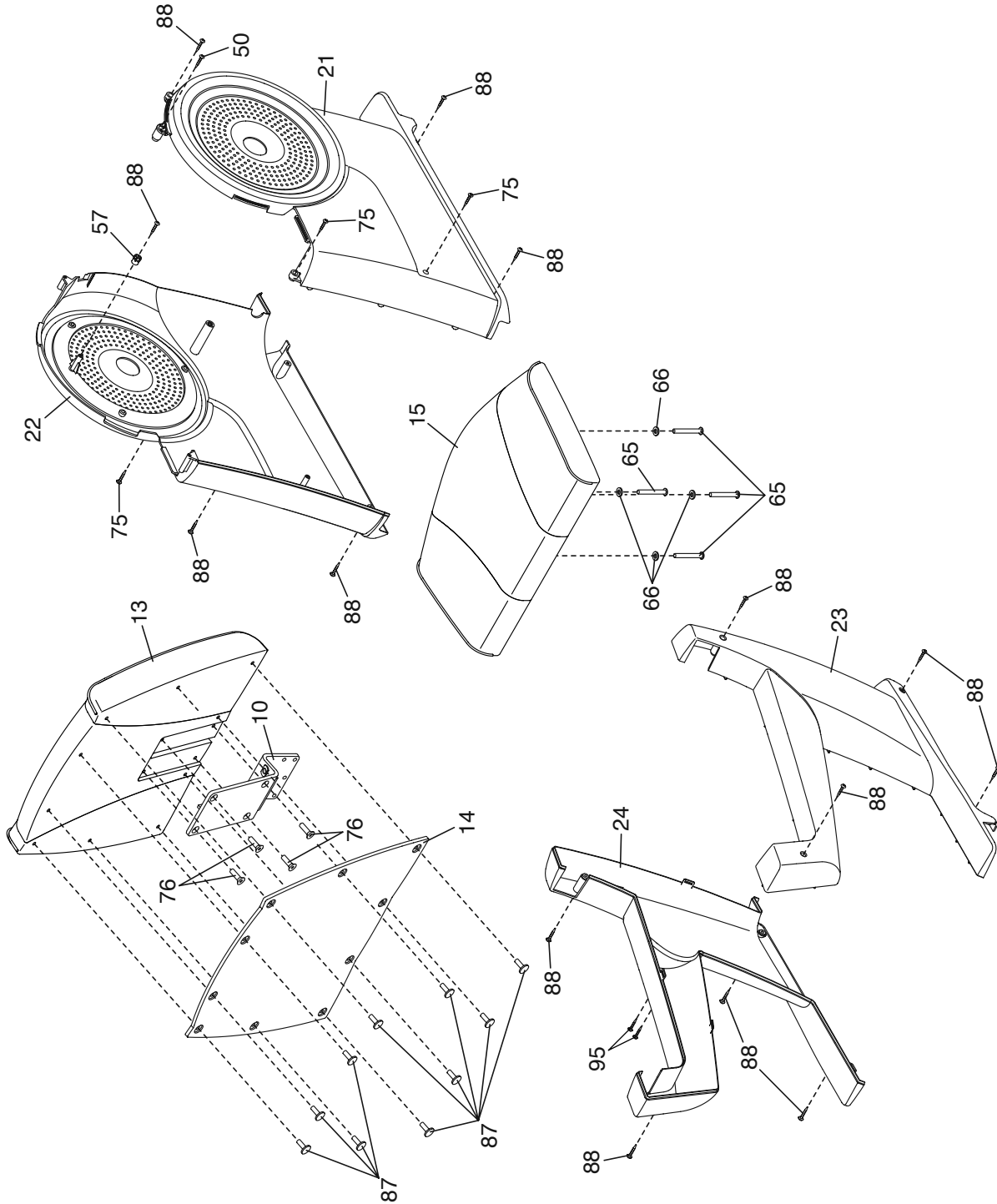
EXPLODED DRAWING A

Model No. RBEX13911.0 R0212A



EXPLODED DRAWING B

Model No. RBEX13911.0 R0212A



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

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.reebokservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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