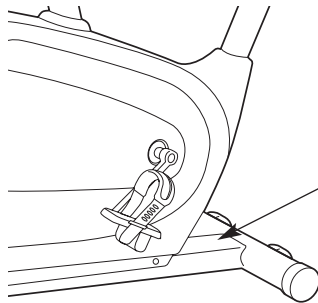


Model No. RBEX29011



Model
Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

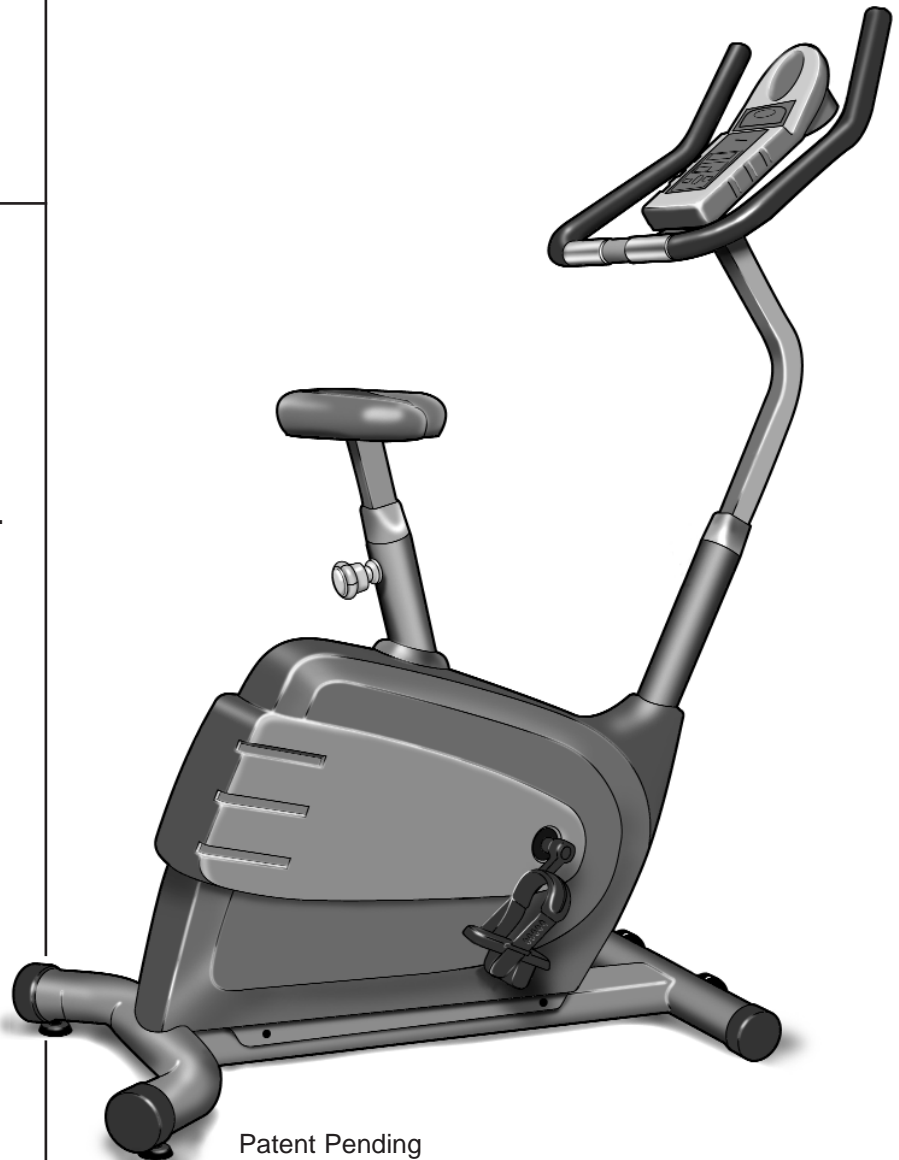
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

USER'S MANUAL



Patent Pending



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www.reebokhomefitness.com

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

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes when using the exercise cycle.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The warnings shown below are found on the console. Familiarize yourself with the warnings before using the exercise cycle.

⚠ WARNING: • Misuse of this equipment may result in serious injury.
• Read user's manual and follow all warnings and operating instructions.
• Never allow children to play on or around this equipment.

⚠ 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.

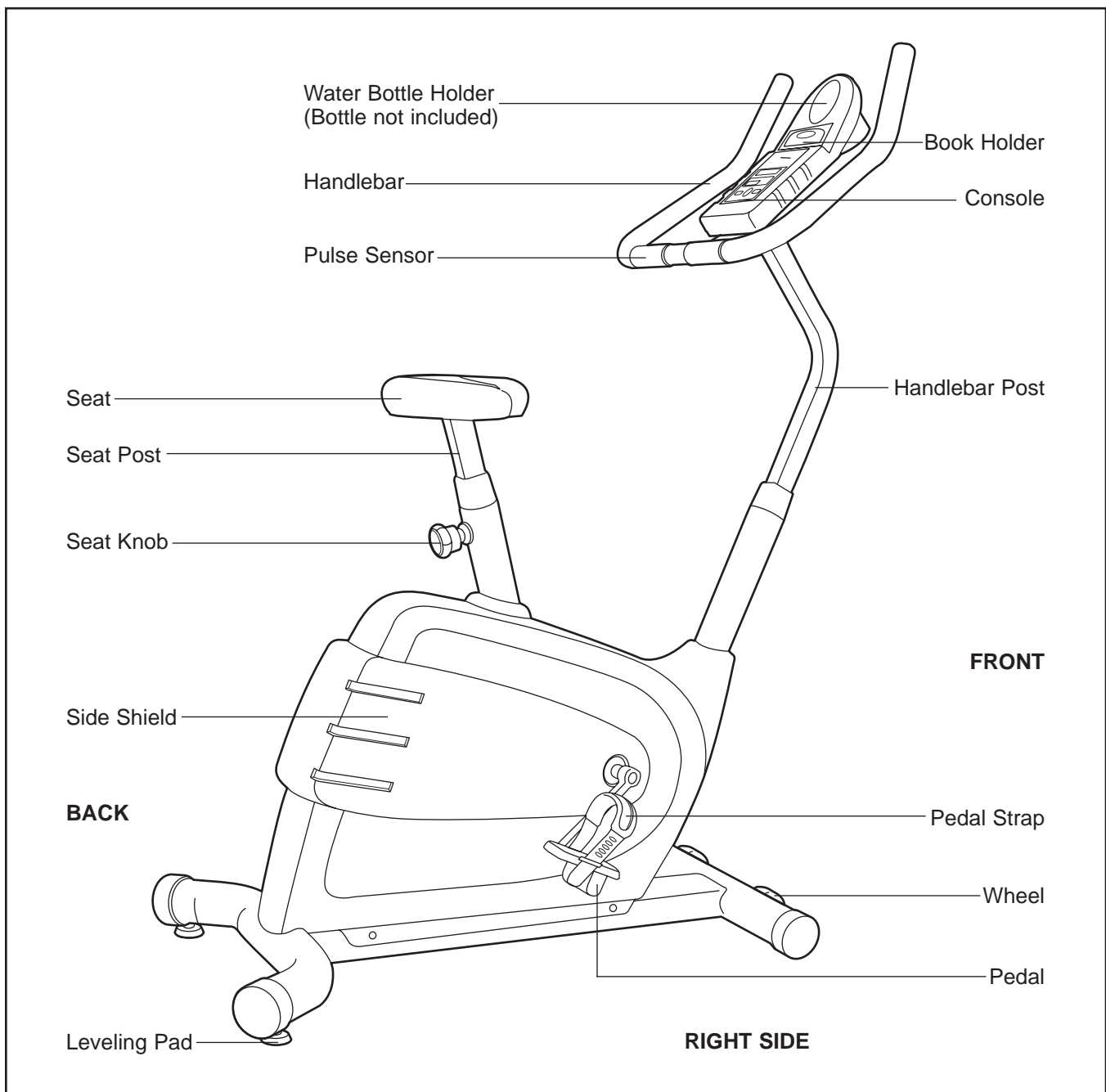
BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® CYC10 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance and toning the entire body. The REEBOK® CYC10 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, 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 mention the product model number when calling. The model number is RBEX29011. The model number can also be found on a decal attached to the exercise cycle (see the front cover of this manual).

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



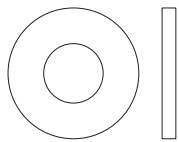
ASSEMBLY

Place all parts of the exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

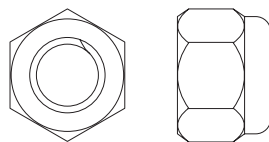
Assembly requires the included tools and your own adjustable wrench  .

PART CHART

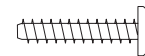
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



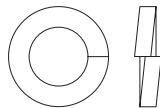
M8 Washer (18)–4



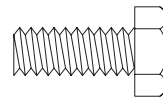
M10 Nylon Locknut (48)–4



M4 x 16mm Screw (21)–4



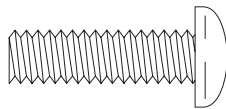
M8 Split Washer (28)–7



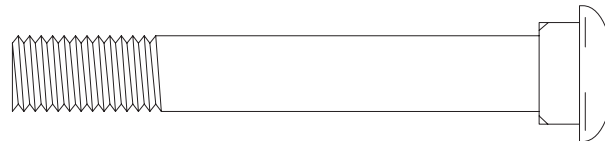
Seat Screw (29)–4



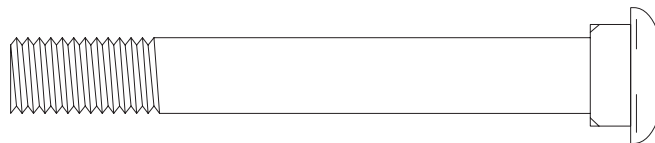
M6 x 8mm Screw (26)–2



M8 x 25mm Button Screw (19)–7

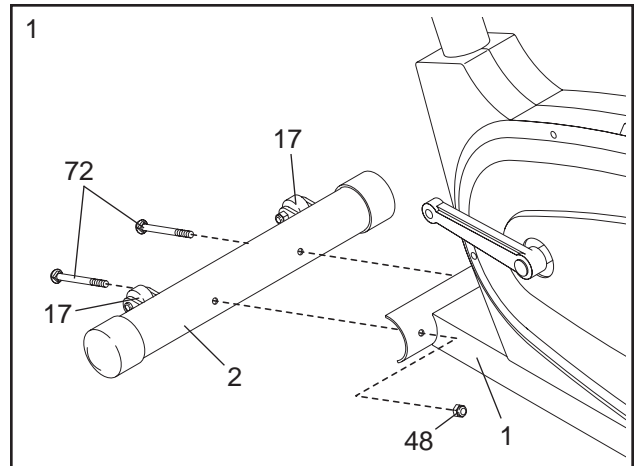


M10 x 75mm Carriage Bolt (72)–2

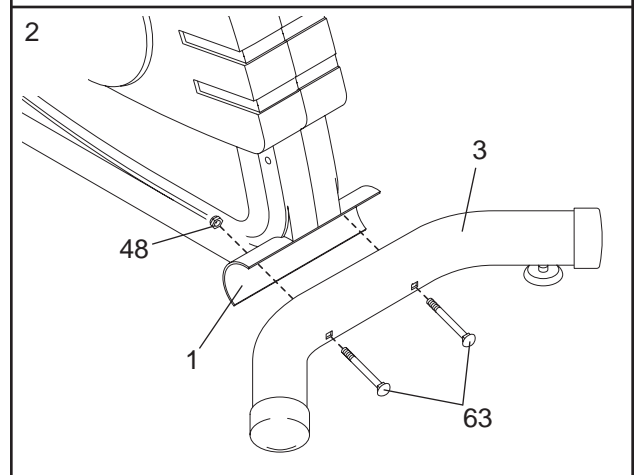


M10 x 82mm Carriage Bolt (63)–2

1. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 75mm Carriage Bolts (72) and two M10 Nylon Locknuts (48). **Make sure that the Front Stabilizer is turned so the Wheels (17) are not touching the floor.**



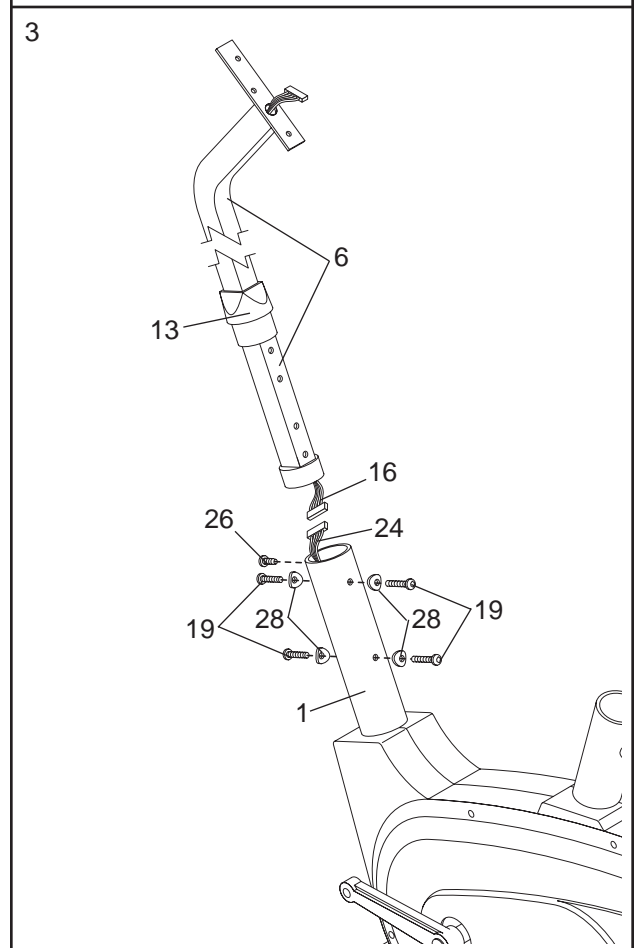
2. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 82mm Carriage Bolts (63) and two M10 Nylon Locknuts (48).



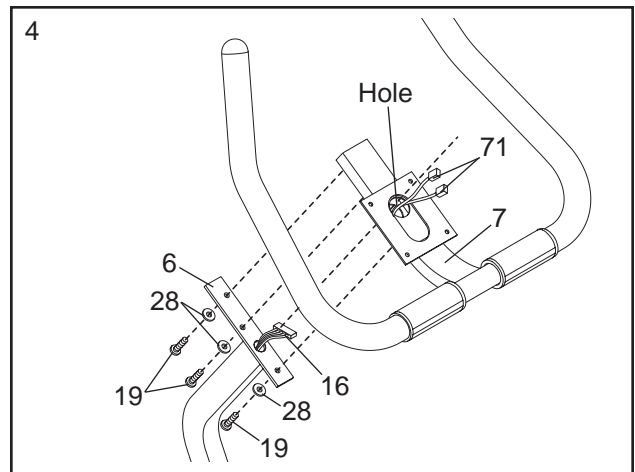
3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (16) to the Lower Wire Harness (24). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and insert the Handlebar Post into the Frame. **Be careful not to pinch the Wire Harnesses.**

Slide the Round Collar (13) down the Handlebar Post (6) and press it into the Frame (1). Secure the Round Collar with an M6 x 8mm Screw (26).

Note: There are two sets of holes in the Handlebar Post (6) so that it can be attached at either of two heights. Secure the Handlebar Post to the Frame (1) at the desired height with four M8 x 25mm Button Screws (19) and four M8 Split Washers (28).

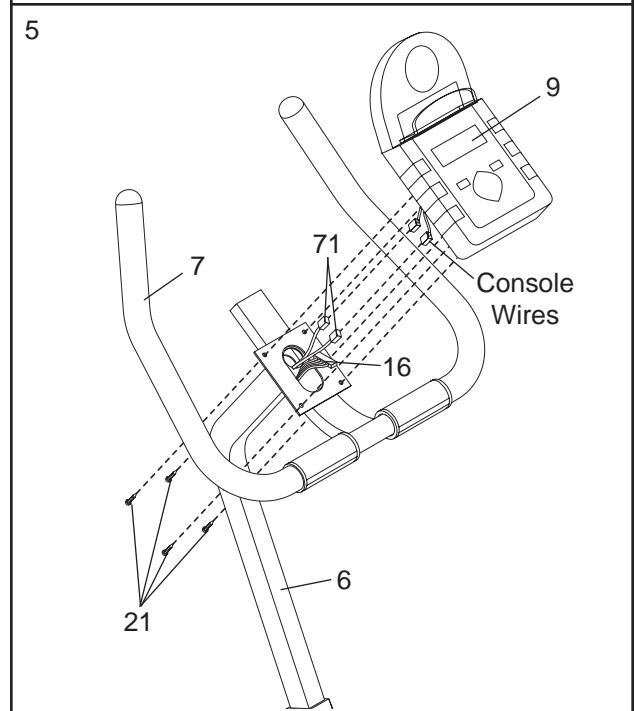


- Attach the Handlebar (7) to the Handlebar Post (6) with three M8 x 25mm Button Screws (19) and three M8 Split Washers (28). **Make sure to feed the Upper Wire Harness (16) and the Pulse Sensor Wires (71) through the indicated hole in the Handlebar.**



- While another person holds the Console (9) near the Handlebar (7), connect the Pulse Sensor Wires (71) to the console wires. Next, plug the Upper Wire Harness (16) into the socket in the back of the Console.

Insert all excess wiring down into the Handlebar Post (6). Attach the Console (9) to the Handlebar (7) with four M4 x 16mm Screws (21). **Be careful to avoid pinching the Pulse Sensor Wires (71) or the Upper Wire Harness (16).**

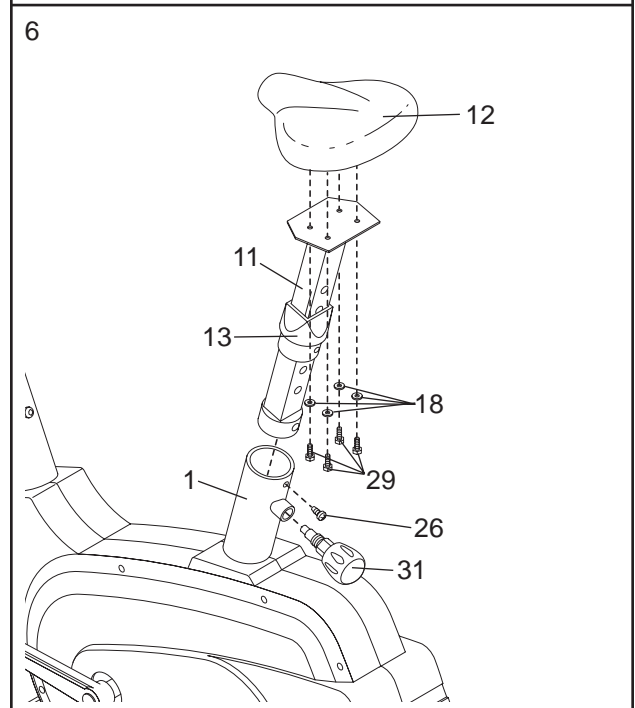


- Attach the Seat (12) to the Seat Post (11) with four Seat Screws (29) and four M8 Flat Washers (18). **Note: The Seat Screws and Flat Washers may be pre-attached to the Seat.**

Using an adjustable wrench, remove the Seat Knob Assembly (31) from the Frame (1).

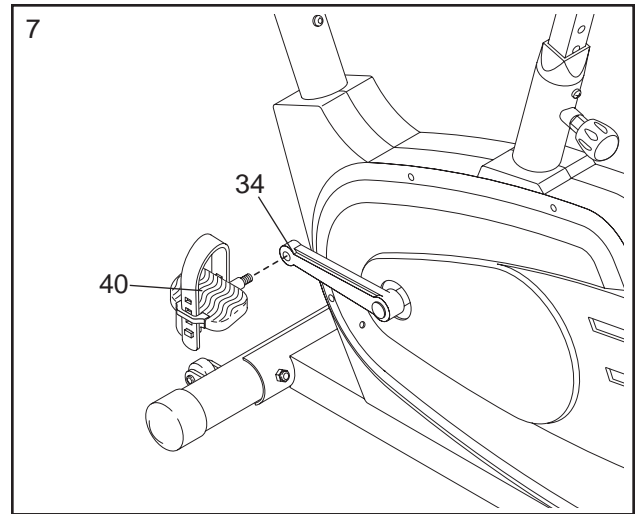
Insert the Seat Post (11) into the Frame (1). Slide the Round Collar (13) down the Seat Post and press it into the Frame. Secure the Round Collar to the Frame with an M6 x 8mm Screw (26).

Reattach the Seat Knob Assembly (31) to the Frame (1).



7. Identify the Left Pedal (40); the threaded shaft on each Pedal is marked with an "L" for "left" or an "R" for "right." Using an adjustable wrench, tighten the Left Pedal counterclockwise into the Left Crank Arm (34). Tighten the Right Pedal (not shown) clockwise into the Right Crank Arm (not shown). **Tighten both Pedals as fully as possible.**

Important: After using the exercise cycle for one week, retighten the pedals. For best performance, the pedals must be kept properly tightened.



8. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

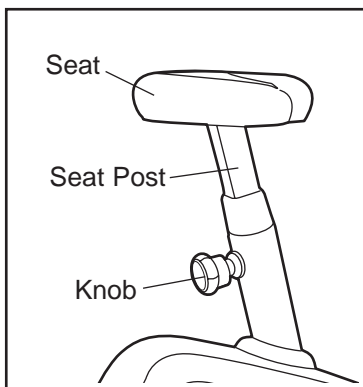
EXERCISE CYCLE OPERATION

HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

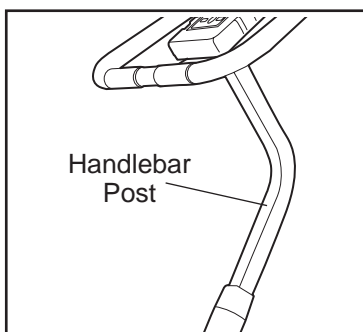
To adjust the seat, first turn the seat knob counterclockwise several turns to loosen it. Next, pull back the knob, slide the seat post up or down as desired, and then release the knob.

Move the seat post up or down slightly to make sure that it locks into place. Finally, turn the knob clockwise to retighten it.



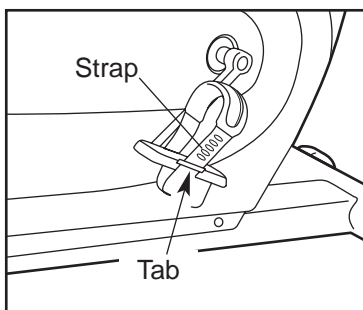
HOW TO ADJUST THE HANDLEBARS

The handlebars can be adjusted to either of two heights. To adjust the height, see assembly step 3 on page 5.

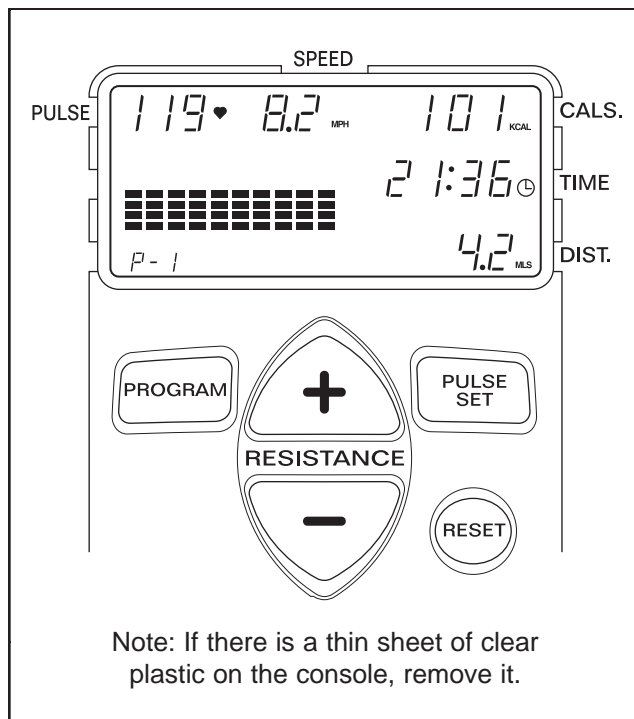


HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.



DESCRIPTION OF THE CONSOLE



The innovative console offers an array of features designed to help you get the most from your workouts. When the manual program is selected, the pedaling resistance can be adjusted with a touch of a button. As you exercise, the console will display your pedaling speed, the approximate number of Calories you have burned, the elapsed time, and the distance you have pedaled. The console will also display your heart rate when you use the built-in pulse sensor.

The console also offers five preset workout programs. Each program automatically changes the pedaling resistance as it guides you through an effective workout.

Note: Before the resistance buttons can be operated, you must pedal at a pace of at least 12 miles per hour.

HOW TO USE THE MANUAL PROGRAM

1 Begin pedaling to activate the console.

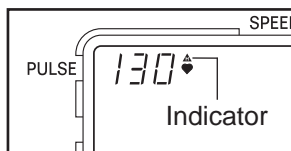
The exercise cycle requires no batteries or external power source. Instead, power is supplied by a generator as you pedal. To activate the console, begin pedaling. After a few seconds, the entire display will appear for a moment. The console will then be ready for use. **Note: Before the resistance buttons can be operated, you must pedal at a pace of at least 12 miles per hour.**

2 Set a heart rate goal, if desired.

If you do not wish to set a heart rate goal for your workout, go to step 3.

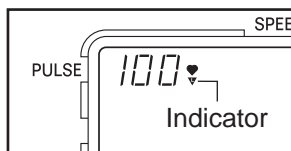
To set a maximum heart rate goal,

first press the Pulse Set button. The High (H) indicator will appear in the display. Next, press the Resistance + and – buttons to set a maximum heart rate goal, in beats per minute (refer to EXERCISE GUIDELINES on page 13). Each time a button is pressed, the goal will change by 5 beats per minute. Five seconds after you set a goal, the High indicator will disappear.



To set a minimum heart rate goal,

press the Pulse Set button twice. The Low (L) indicator will appear. Next, press the Resistance + and – buttons to set a minimum heart rate goal, in beats per minute (refer to EXERCISE GUIDELINES on page 13). Each time a button is pressed, the goal will change by 5 beats per minute. Five seconds after you set a goal, the Low indicator will disappear.

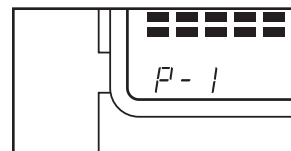


If you set a maximum or minimum heart rate goal, the console will sound a tone to alert you and the High or Low indicator will flash if your heart rate is above your maximum goal or below your minimum goal when you use the pulse sensor. **Important: Always make sure to exercise at a pace that is comfortable for you.**

To cancel a heart rate goal, first press the Pulse Set button until the High or Low indicator appears. Then, press the Reset button.

3 Select the manual program.

Each time the power is turned on, the manual program will automatically be selected, as shown by the “P-1” in the display. (P-1 is the manual program.) If you have selected a different program, select the manual mode again by pressing the Program button repeatedly until the “P-1” reappears.

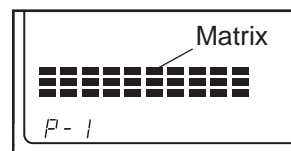


4 Adjust the resistance of the pedals as desired.

As you exercise, press the Resistance + and – buttons to adjust the resistance of the pedals. There are eight resistance settings. Note: After the buttons are pressed, it may take a moment for the pedals to reach the selected resistance setting.

5 Follow your progress with the console display.

As you exercise, the matrix on the left side of the display will show your progress. During the first minute that you pedal, the first column of the matrix will flash. During the second minute, the second column will flash, and so forth, until the tenth column is flashing. After you have pedaled for ten minutes, the first column will again flash.



The matrix will also show the resistance level of the pedals. Each time you press the Resistance + or – button, the height of the columns in the matrix will increase or decrease.

In addition to the matrix, the display will show your pedaling speed, the number of Calories you have burned, the elapsed time, and the distance you have pedaled. The display will also show your heart rate when you use the pulse sensor (refer to the first step 6 on page 10).

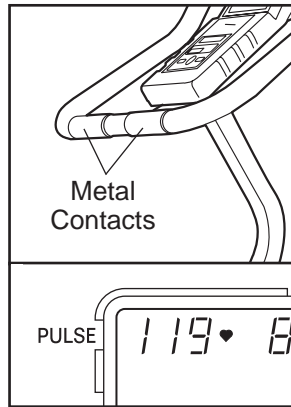
Note: The console can display speed and distance in either miles or kilometers. The letters “MPH” or “KMH” will appear in the display to show which unit of measurement is selected. To change the unit of measurement, refer to HOW TO SELECT MILES OR KILOMETERS on page 11.

To reset the display, press the Reset button for three seconds.

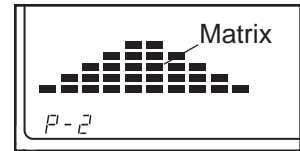
6 Measure your heart rate, if desired.

Note: If the metal contacts on the pulse sensor are covered with thin sheets of plastic, remove the plastic.

To use the pulse sensor, place your hands on the metal contacts. Your palms must be touching the contacts closest to you and your fingers must be touching the opposite contacts. **Avoid moving your hands or squeezing the contacts too tightly.** After a moment, the heart indicator in the display will begin to flash and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

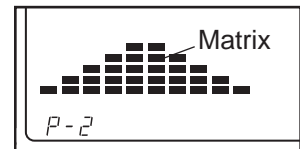


As you select each preset program, the matrix will show the resistance settings of the program you have selected. If you select program 2, for example, the matrix will show that the resistance will gradually increase during the first half of the program and then gradually decrease during the last half of the program.



4 Follow your progress with the console display.

As you exercise, follow your progress with the matrix on the left side of the display. During the first minute of the program, the first column of the matrix will flash. During the second minute, the second column will flash, and so forth. In addition, the resistance of the pedals will automatically change according to the height of the flashing column—the higher the column is, the greater the resistance will be. After ten minutes, the program will be completed. If you continue exercising, the first column will again flash.



Note: If the program is too easy or too difficult, press the Resistance + or – button to adjust the intensity level of the program. Each time you press a button, the height of all of the columns in the matrix will increase or decrease.

In addition to the matrix, the display will show your pedaling speed, the number of Calories you have burned, the elapsed time, and the distance you have pedaled. The display will also show your heart rate when you use the pulse sensor.

7 When you are finished exercising, turn off the power

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

HOW TO USE A PRESET PROGRAM

1 Begin pedaling to activate the console.

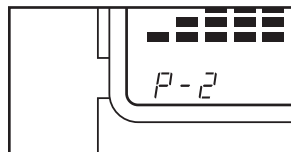
Refer to step 1 on page 9.

2 Set a heart rate goal, if desired.

Refer to step 2 on page 9.

3 Select one of the preset workout programs

Each time the power is turned on, the manual program will be selected. To select one of the preset programs, press the Program button repeatedly until a “P-2,” “P-3,” “P-4,” “P-5,” or “P-6” appears in the display.



5 Measure your heart rate, if desired.

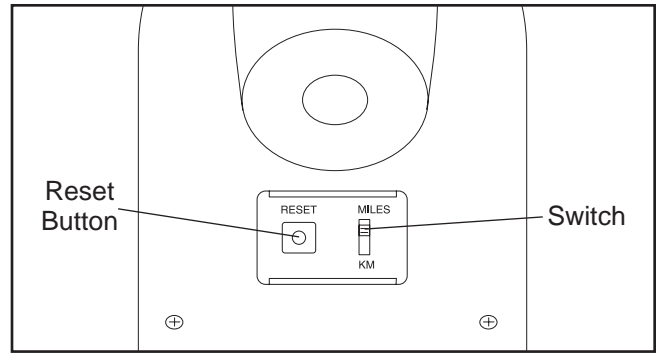
Refer to step 6 at the left.

6 When you are finished exercising, turn off the power.

Refer to step 7 at the left.

HOW TO SELECT MILES OR KILOMETERS

The console can display speed and distance in either miles or kilometers. The letters "MPH" or "KMH" will appear in the display to show which unit of measurement is selected. To change the unit of measurement, first remove the access door from the back of the console. Locate the Reset button and the switch inside the console. Slide the switch up or down to select miles or kilometers, and then press the Reset button. Reattach the access door to the back of the console.



MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

For best performance, regularly tighten both pedals.

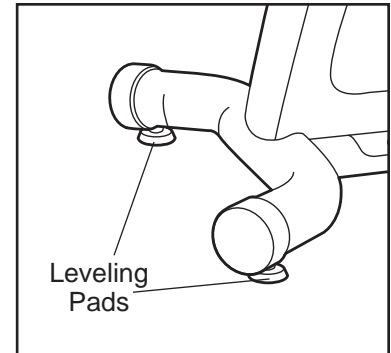
CONSOLE TROUBLESHOOTING

If the console display flickers while you are changing the resistance setting, increase your pedaling pace.

If the console does not display your heart rate when you use the pulse sensor, refer to step 6 at the top of page 10.

HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle does not sit flat on the floor, turn one or both of the leveling pads until the exercise cycle is level.



EXERCISE GUIDELINES

⚠ 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.
- 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.

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

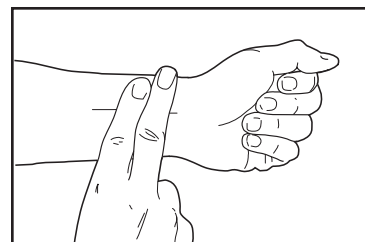
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic 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

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

your training zone in the table below. Training zones are listed according to age and physical condition. During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

To measure your heart rate, use the built-in pulse sensor. You can also measure your pulse by placing two fingers on your wrist as shown.



Stop exercising and take a six-second heartbeat count. 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 well-rounded workout includes three important parts:

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

Training zone exercise, consisting of 20 to 40 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

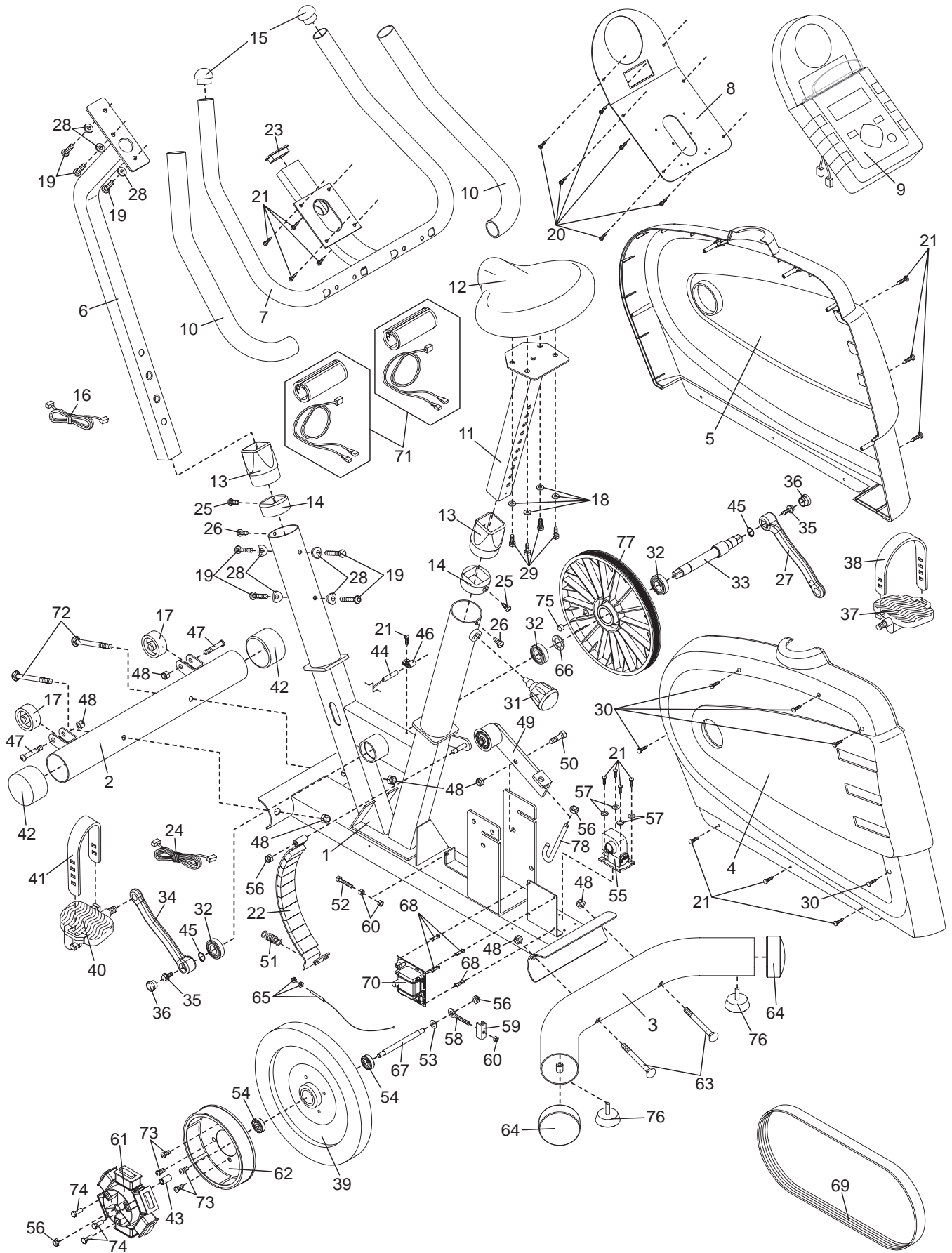
EXERCISE FREQUENCY

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. **Make sure to progress at your own pace and avoid overdoing it.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	2	Front Stabilizer Endcap
2	1	Front Stabilizer	43	1	Generator Spacer
3	1	Rear Stabilizer	44	1	Reed Switch/Wire
4	1	Left Side Shield	45	2	Snap Ring
5	1	Right Side Shield	46	1	Reed Switch Clamp
6	1	Handlebar Post	47	2	M10 x 45mm Button Bolt
7	1	Handlebar	48	7	M10 Nylon Locknut
8	1	Console Plate	49	1	Idler Arm Assembly
9	1	Console	50	1	M10 x 25mm Bolt
10	2	Handlebar Foam	51	1	Spring
11	1	Seat Post	52	1	M6 x 25mm Bolt
12	1	Seat	53	1	Flywheel Washer
13	2	Round Collar	54	2	Flywheel Bearing
14	2	Round Bushing	55	1	Resistance Motor
15	2	Handlebar Endcap	56	4	M8 Nylon Locknut
16	1	Upper Wire Harness	57	4	M5 Washer
17	2	Wheel	58	1	Adjustment Bracket
18	4	M8 Flat Washer	59	1	Eyebolt
19	7	M8 x 25mm Button Screw	60	3	M6 Nylon Locknut
20	6	Console Screw	61	1	Armature
21	15	M4 x 16mm Screw	62	1	Generator Housing
22	1	"C" Magnet	63	2	M10 x 82mm Carriage Bolt
23	1	1" x 2" Endcap	64	2	Rear Stabilizer Endcap
24	1	Lower Wire Harness	65	1	Resistance Cable
25	2	M4 x 12mm Screw	66	1	Thrust Washer
26	2	M6 x 8mm Screw	67	1	Generator Axle
27	1	Right Crank Arm	68	4	Fastener
28	7	M8 Split Washer	69	1	Belt
29	4	Seat Screw	70	1	Control Board
30	5	M4 x 38mm Screw	71	2	Pulse Sensor Assembly
31	1	Seat Knob Assembly	72	2	M10 x 75mm Carriage Bolt
32	3	Crank Bearing	73	4	M8 x 14mm Button Screw
33	1	Crank	74	3	5/16" x 14mm Hex Screw
34	1	Left Crank Arm	75	1	Magnet
35	2	Crank Screw	76	2	Leveling Pad
36	2	Crank Cap	77	1	Pulley
37	1	Right Pedal	78	1	J-bolt
38	1	Right Pedal Strap	#	1	User's Manual
39	1	Flywheel	#	1	Allen Wrench
40	1	Left Pedal	#	2	Assembly Tool
41	1	Left Pedal Strap			


Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, 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:

- The MODEL NUMBER of the product (RBEX29011)
- The NAME of the product (REEBOK® CYC10 exercise cycle)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual)

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