Reebok ⟨⟩ RL545

Patent Pending

Model No. RBEL59040
Serial No. _____

Serial Number
Decal (on top
of the frame)
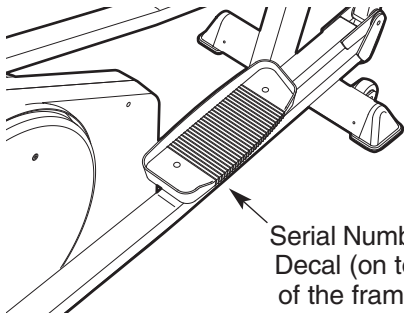
QUESTIONS?

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.
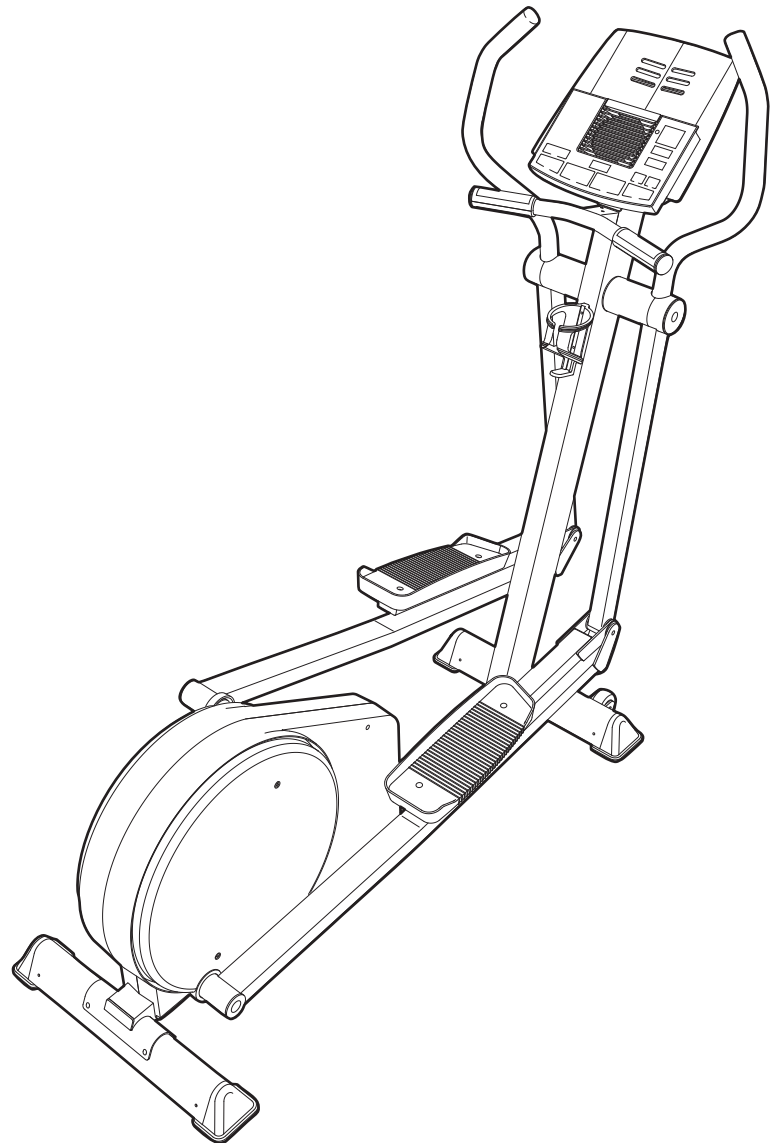
CUSTOMER HOT LINE:

1-877-994-4999
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

Visit our website at

www.reebokhomefitness.com
new products, prizes, fitness tips, and much more!

Reebok RL545

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.

8. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.

9. Always hold the handlebar when mounting or dismounting the elliptical exerciser.

Always hold the handlebar or the upper body arms when using the elliptical exerciser.

10. Keep your back straight when using the elliptical exerciser; do not arch your back.

11. If you feel pain or dizziness while exercising, stop immediately and cool down.

12. 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.

13. When you stop exercising, allow the pedals to slowly come to a stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

14. The decal shown on page 4 has been placed on the elliptical exerciser in the indicated location. If the decal is missing or illegible, call our Customer Service Department toll-free at 1-877-994-4999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, and order a free replacement decal. Apply the replacement 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.
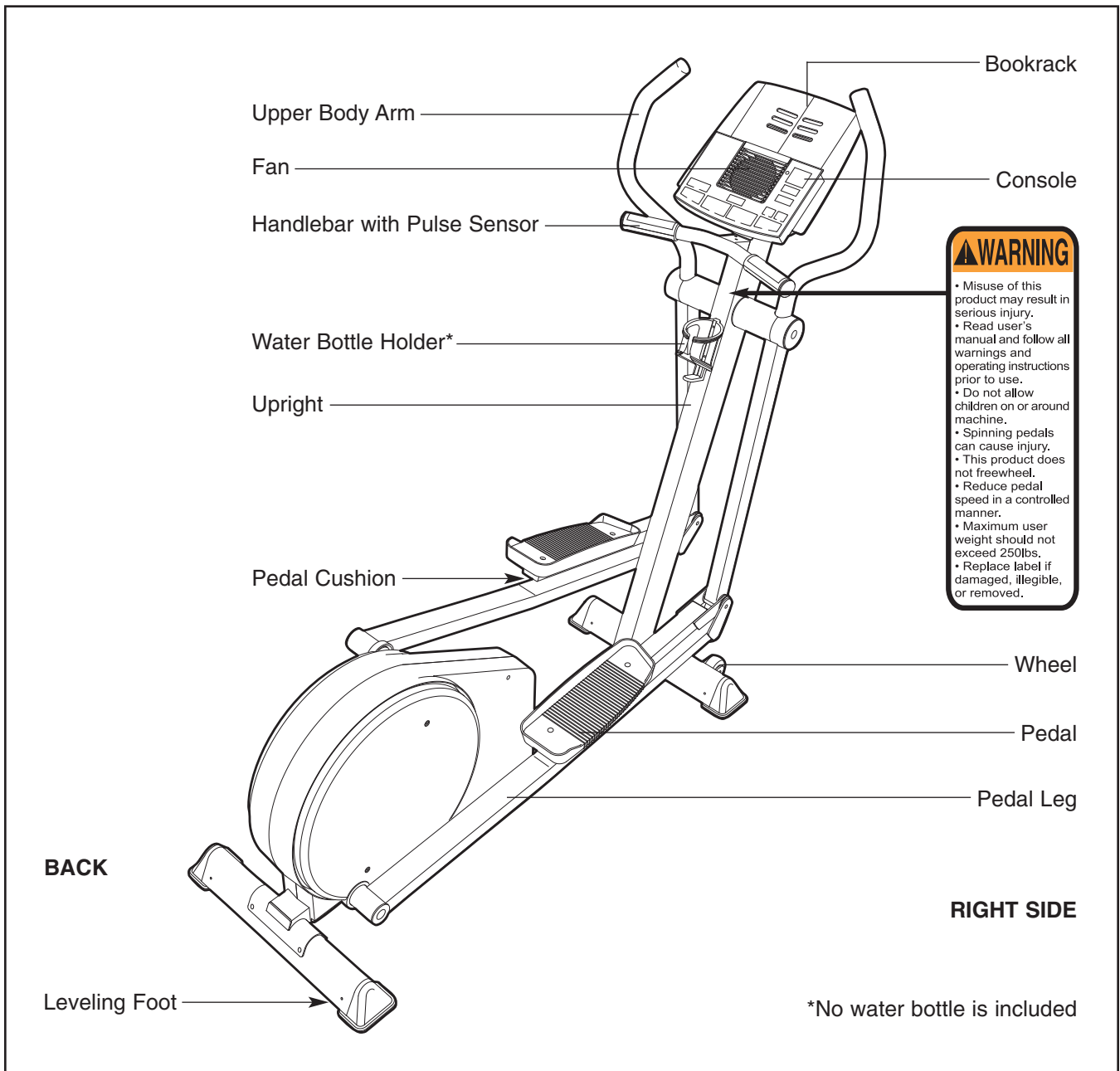
3

BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® RL 545 elliptical exerciser. The RL 545 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique RL 545 features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from REEBOK.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

tions after reading this manual, please call our Customer Service Department toll-free at 1-877-994-4999, 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 and serial number when calling. The model number is RBEL59040. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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

Upper Body Arm

Fan

Handlebar with Pulse Sensor

Water Bottle Holder*

Upright

Pedal Cushion

Bookrack

Console

⚠ WARNING

• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Spinning pedals can cause injury.
• This product does not freewheel.
• Reduce pedal speed in a controlled manner.
• Maximum user weight should not exceed 250lbs.
• Replace label if damaged, illegible, or removed.

Wheel

Pedal

Pedal Leg

BACK

RIGHT SIDE

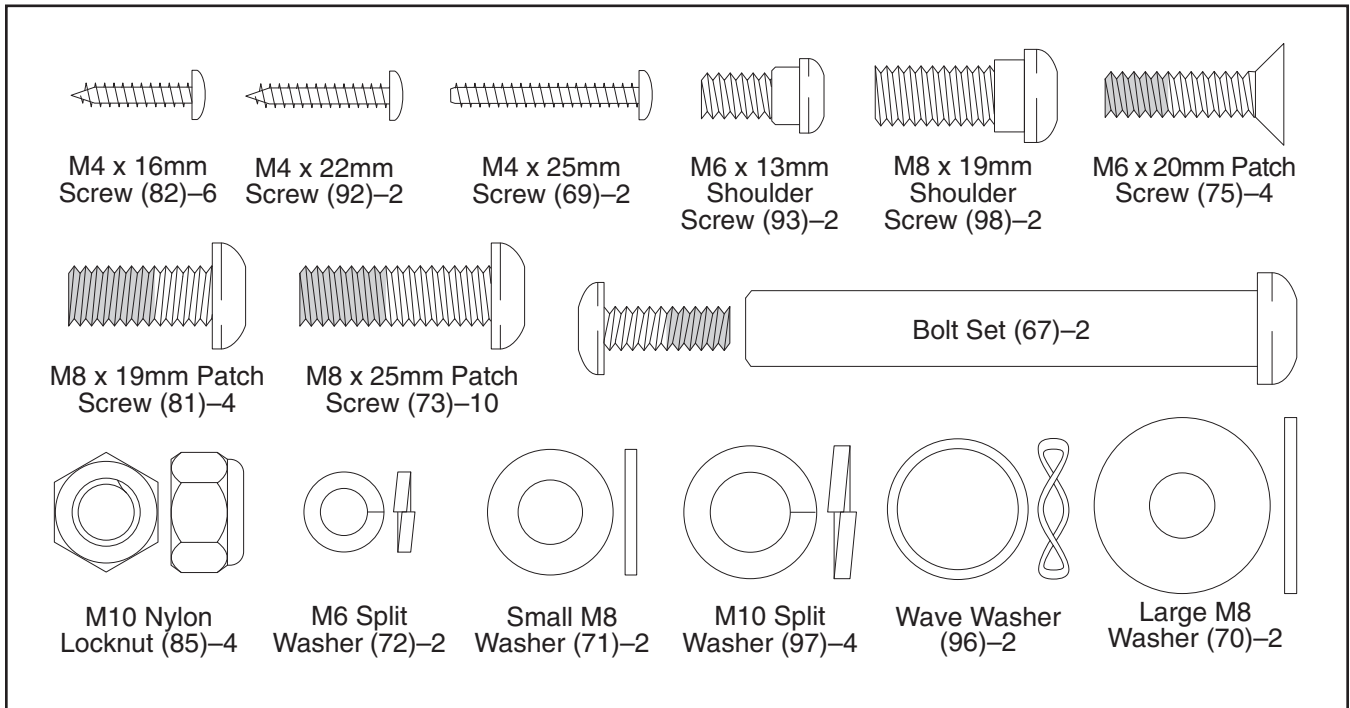Leveling Foot

*No water bottle is included

ASSEMBLY

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

In addition to the included tools, assembly requires an adjustable wrench ⌀🔧 **and a rubber mallet** 🔨 **.**

See the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 25; the number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**

M4 x 16mm Screw (82)–6	M4 x 22mm Screw (92)–2	M4 x 25mm Screw (69)–2	M6 x 13mm Shoulder Screw (93)–2	M8 x 19mm Shoulder Screw (98)–2	M6 x 20mm Patch Screw (75)–4
M8 x 19mm Patch Screw (81)–4	M8 x 25mm Patch Screw (73)–10		Bolt Set (67)–2		
M10 Nylon Locknut (85)–4	M6 Split Washer (72)–2	Small M8 Washer (71)–2	M10 Split Washer (97)–4	Wave Washer (96)–2	Large M8 Washer (70)–2

1. Identify the Front Stabilizer (63), which has Wheels (27) attached to one side. Attach the Front Stabilizer to the front of the Frame (1) with four M8 x 25mm Patch Screws (73).
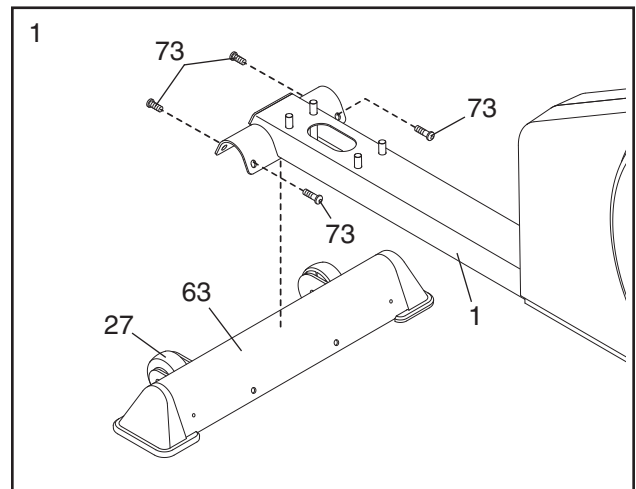
2. Attach the Rear Stabilizer (24) to the rear of the Frame (1) with four M8 x 25mm Patch Screws (73).
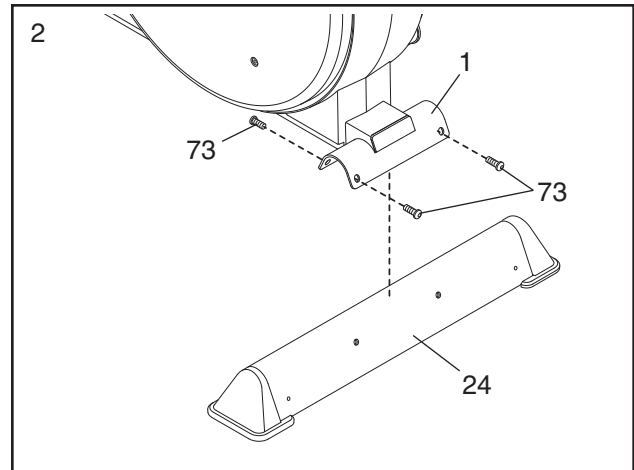
3. Remove the four M10 Nylon Locknuts (85) and the four M10 Split Washers (97) from the welded bolts near the front of the Frame (1).

   While a second person holds the Upright (2), connect the Upper Wire Harness (15) to the Lower Wire Harness (39).

   Align the holes in the bracket on the lower end of the Upright (2) with the welded bolts on the Frame (1). Lower the Upright, **feeding the Upper Wire Harness (15) and the Lower Wire Harness (39) up into the Upright,** until the welded bolts are fully inserted into the bracket. **Be careful to avoid pinching and damaging the Wire Harnesses.**

   Place the four M10 Split Washers (97) onto the welded bolts on the Frame (1). Then, tighten the four M10 Nylon Locknuts (85) onto the welded bolts.
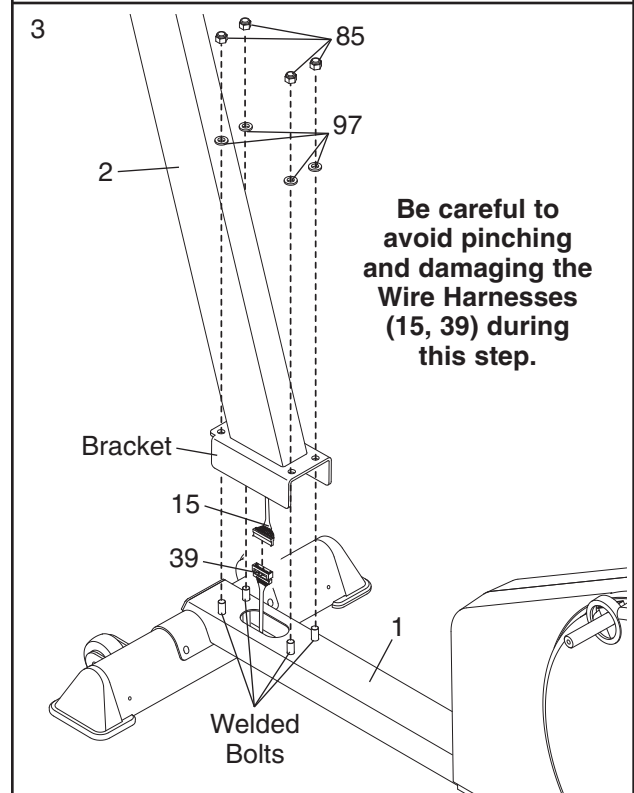
4. Feed the Upper Wire Harness (15) up through the indicated hole in the Console Bracket (3). Attach the Console Bracket to the Upright (2) with four M8 x 19mm Patch Screws (81). **Be careful to avoid pinching and damaging the Upper Wire Harness.**

   Attach the Water Bottle Holder (13) to the Upright (2) with two M4 x 22mm Screws (92). Note: The water bottle holder is designed to be used with your own water bottle.

Be careful to avoid pinching and damaging the Wire Harnesses (15, 39) during this step.

6
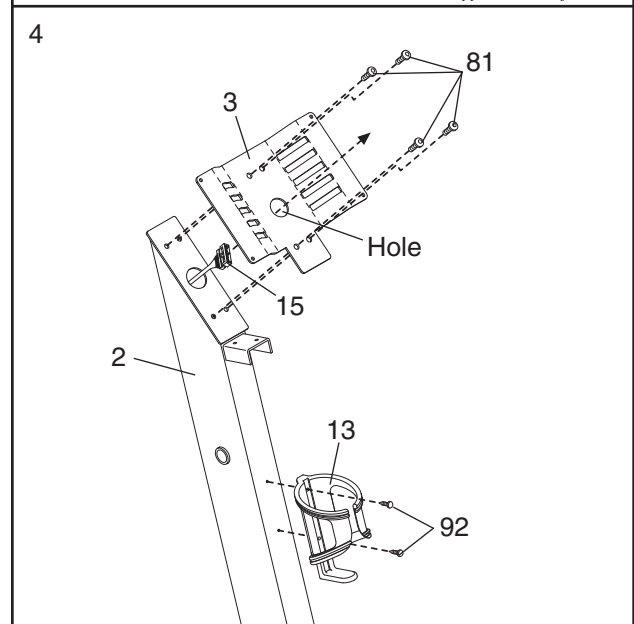
5. While another person holds the Handlebar (4) near the Upright (2), feed the Pulse Sensor Wire (14) into the Upright and out of the indicated hole in the Console Bracket (3). Attach the Handlebar to the Upright with two M6 x 13mm Shoulder Screws (93) and two M6 Split Washers (72). **Be careful to avoid pinching and damaging the Pulse Sensor Wire.**
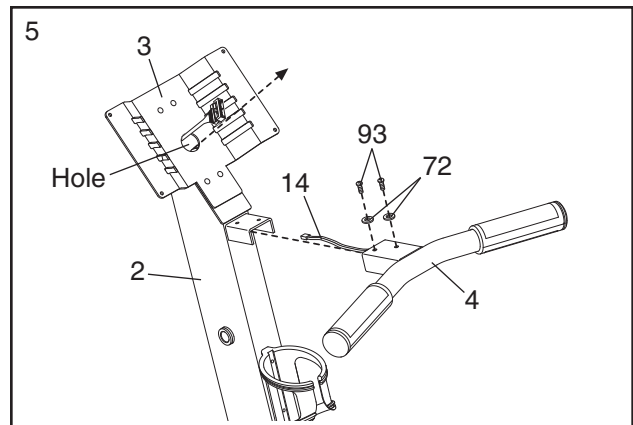
6. The Console (8) requires four "D" batteries (not included); alkaline batteries are recommended. Press the indicated tab on the battery cover and remove the cover. Press four batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips.** Then, reattach the battery cover.
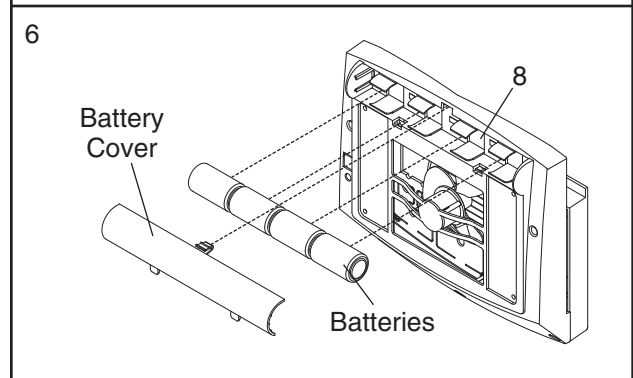
7. Insert the Bookrack (7) into the slots in the Console (8). Attach the Bookrack to the Console with two M4 x 25mm Screws (69). **Be careful to avoid pinching and damaging the wires in the Console.**
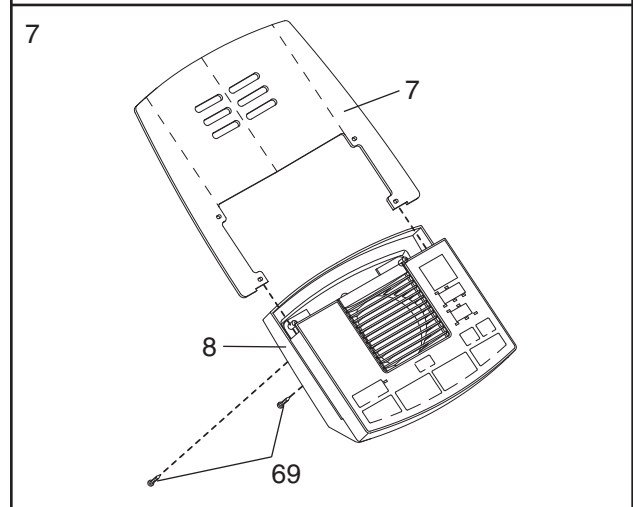
8. While another person holds the Console (8) near the Console Bracket (3), connect the Pulse Sensor Wire (14) and the Upper Wire Harness (15) to the corresponding wires on the Console.

   Insert all excess wiring down into the Upright (2). Attach the Console (8) to the Console Bracket (3) with four M4 x 16mm Screws (82). **Be careful to avoid pinching and damaging the Pulse Sensor Wire (14) and the Upper Wire Harness (15).**

7
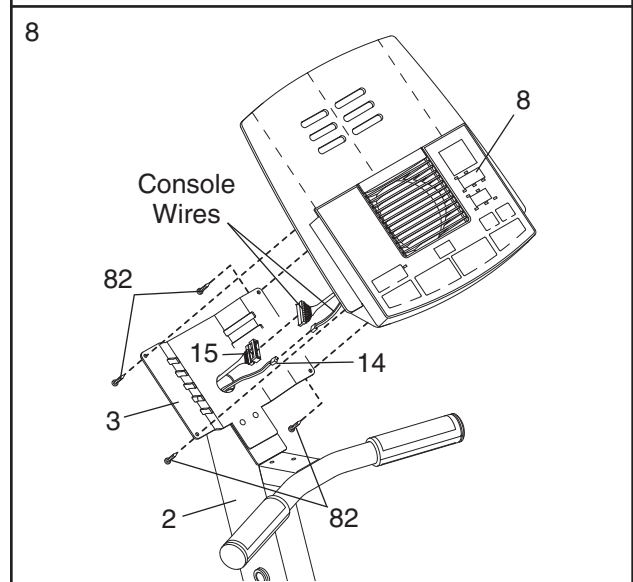
9. Insert the Pivot Axle (21) into the Upright (2), and center the Pivot Axle. Apply a generous amount of the included grease to both ends of the Pivot Axle and to the flat side of an Upright Bushing (20).

Identify the Left Upper Body Arm (5), which is marked with a decal. Insert the Upright Bushing (20) into an Upright Spacer (19). Turn the Upright Spacer so that the semicircular cutout is at the top, and slide the Upright Spacer onto the post on the Left Upper Body Arm.

Slide the Left Upper Body Arm (5) onto the Pivot Axle (21). Attach a Pivot Spacer (17) to the Left Upper Body Arm with an M4 x 16mm Screw (82). Turn a Pivot Endcap (16) so that the rectangular cutout is at the bottom. Using a rubber mallet, tap the Pivot Endcap into the Pivot Spacer.

Slide a Small M8 Washer (71) onto an M8 x 19mm Shoulder Screw (98), and finger tighten the Shoulder Screw into the Pivot Axle (21).

Attach the Right Upper Body Arm (6) in the same manner. Tighten both M8 x 25mm Patch Screws (73).
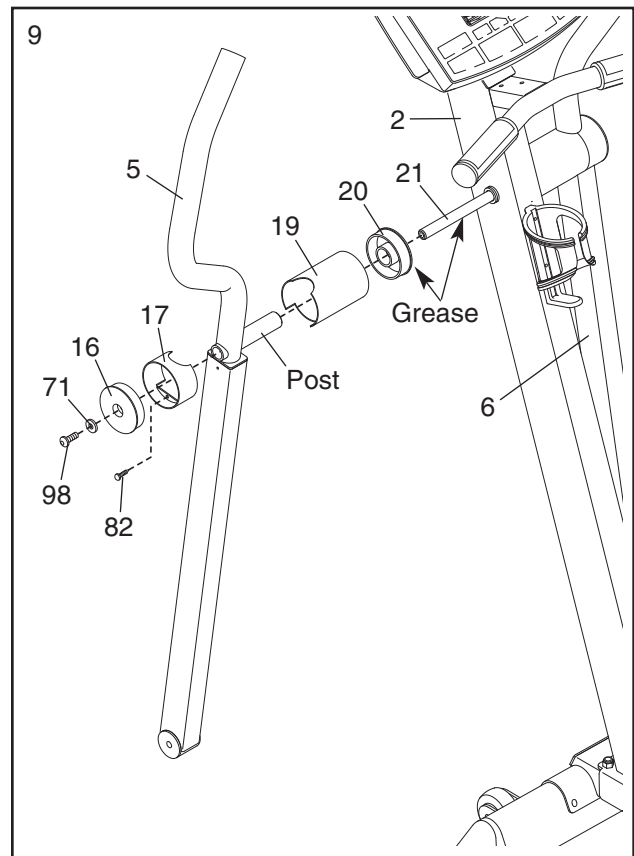
10. Apply a small amount of grease to the axle on the left Crank Arm (40).

Identify the Left Pedal Leg (28), which is marked with a decal. Slide the Left Pedal Leg onto the axle on the left Crank Arm (40). Slide a Wave Washer (96) and a Large M8 Washer (70) onto an M8 x 25mm Patch Screw (73), and tighten the Patch Screw into the axle. **Make sure that the Wave Washer is on the end of the axle before tightening the Patch Screw.**
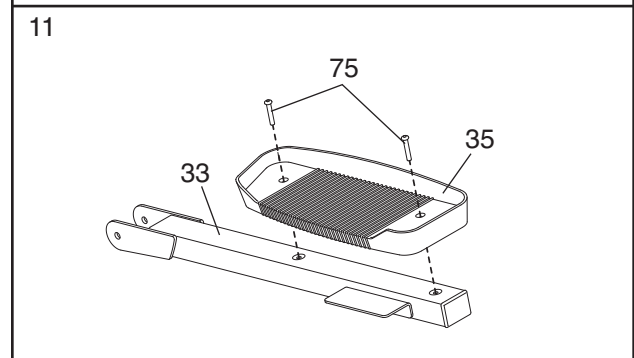
Snap a Pedal Cushion (74) around the Left Pedal Leg (28) onto a Cushion Bracket (46). Make sure that the arrow on the Pedal Cushion is pointing to one of the numbers on the Left Pedal Leg and that the number shows through the window in the Cushion Bracket.

Assemble the Right Pedal Leg (not shown) in the same way.
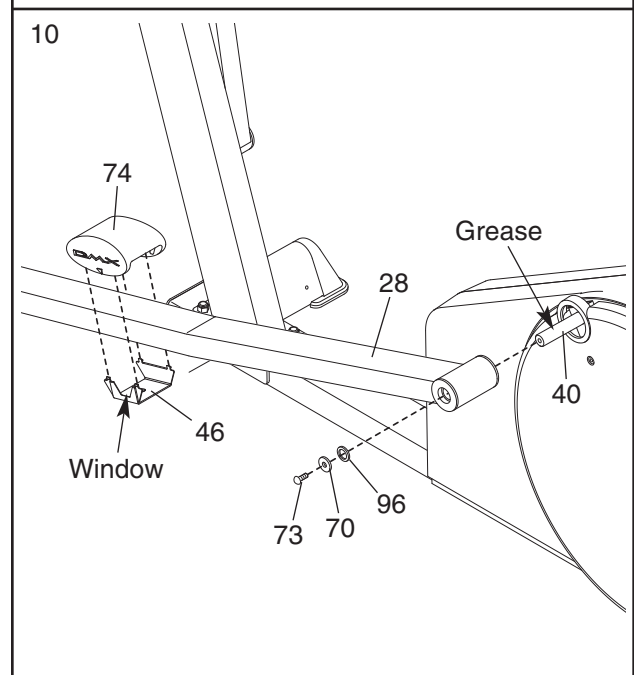
11. Identify the Left Pedal Arm (33), which is marked with a decal. Attach the Left Pedal (35) to the Left Pedal Arm with two M6 x 20mm Patch Screws (75) as shown.

**Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.**

8

12. Set the Left Pedal Arm (33) on the left Pedal Cushion (74), and hold the end of the Left Pedal Arm inside of the bracket on the Left Pedal Leg (28).

Hold a Plastic Pedal Arm Spacer (65) between the Left Pedal Leg (28) and the Left Pedal Arm (33). Insert the long part of a Bolt Set (67) through the Left Pedal Leg, the Plastic Pedal Arm Spacer, and the Left Pedal Arm.

Lift the Left Pedal Leg (28), and hold the lower end of the Left Upper Body Arm (5) inside of the bracket on the Left Pedal Arm (33). Insert the long part of the Bolt Set (67) through the Left Upper Body Arm. Hold another Plastic Pedal Arm Spacer (65) between the Left Pedal Arm and the Left Pedal Leg, and insert the long part of the Bolt Set through these parts. Tighten the short part of the Bolt Set into the long part.

Attach the Right Pedal Arm (32) in the same way.
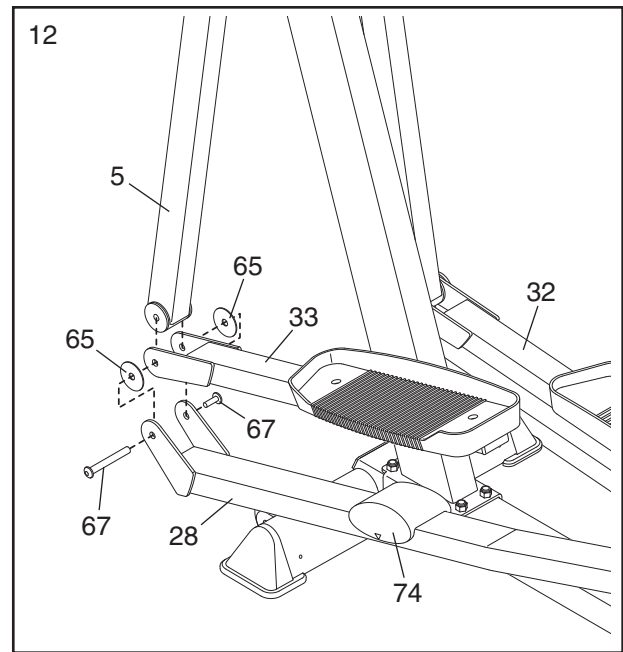
13. **Make sure that all parts are properly tightened before you use the elliptical exerciser. Note: Some hardware may be left over after assembly is completed.**

**HOW TO INSTALL THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR**

The elliptical exerciser is now fully assembled. If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.

1. See assembly step 7 on page 7, and remove the two M4 x 25mm Screws (not shown) and the Bookrack (7).

Next, look under the Console (8) and locate the three indicated screws (not shown). Remove the three screws. **Do not remove the screws attaching the Console to the Console Bracket (not shown).**

2. Carefully lift the top of the Console (8) as shown. Using the two small screws included with the chest pulse sensor, attach the receiver to the indicated plastic posts on the Console. **Make sure that the receiver is turned exactly as shown.** Connect the wire on the receiver to the indicated wire on the Console.

See step 1 above. Lower the top of the Console (8). **Make sure that no wires are pinched.** Reattach the top of the Console with the three screws removed in step 1. See assembly step 7 on page 7, and reattach the Bookrack (7) with the two M4 x 25mm Screws (not shown). Note: The remaining wires included with the chest pulse sensor may be discarded.

9
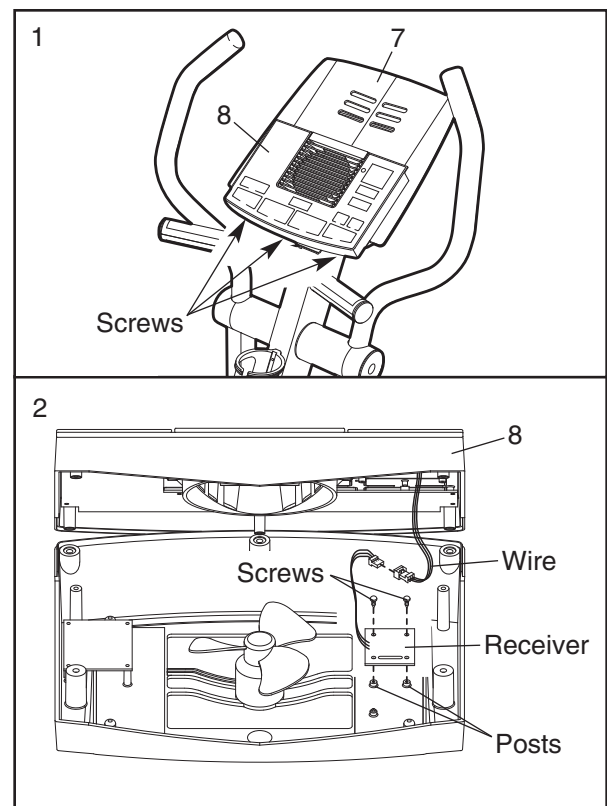
ELLIPTICAL EXERCISER OPERATION

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebar and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you can turn the pedal disks in the opposite direction.**
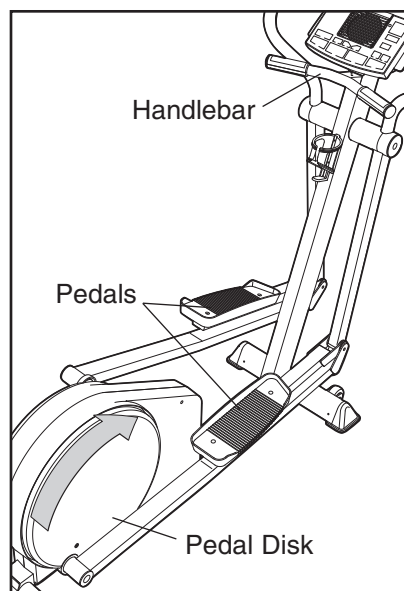
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

(Figure labels: Handlebar, Pedals, Pedal Disk)

HOW TO USE THE UPPER BODY ARMS

To add upper-body exercise to your workouts, push and pull the upper body arms as you exercise.

To exercise only your lower body, hold the handlebar as you exercise.

(Figure label: Upper Body Arms)
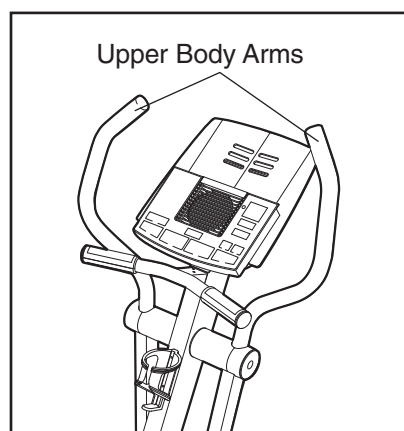
HOW TO ADJUST THE PEDAL CUSHIONS

The feel of the pedals is affected by the positions of the pedal cushions. The farther back the pedal cushions are placed, the firmer the pedals will feel. To move the pedal cushions, lift the pedal arms and slide the pedal cushions to the desired positions. **Make sure that both pedal cushions are in the same position.**

(Figure labels: Pedal Arm, Pedal Cushion (under the pedal))
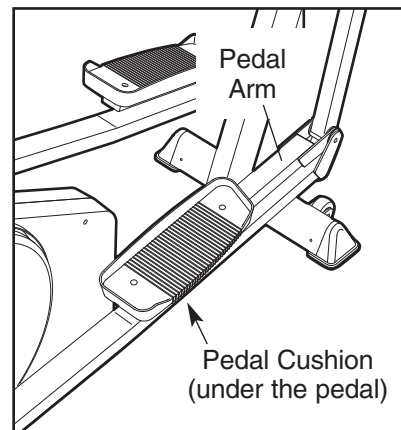
HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebar firmly, and tip the elliptical exerciser until it can be moved on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **Due to the weight of the elliptical exerciser, use extreme caution when moving it.**
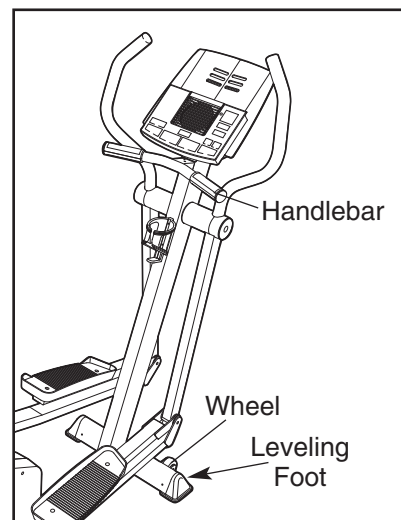
After the elliptical exerciser has been moved, make sure that the ends of both stabilizers are touching the floor. If the elliptical exerciser rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

(Figure labels: Handlebar, Wheel, Leveling Foot)

10

HEARTRATE
CONTROL

Enter age.

H1 ▭▭▭▭ to 85% max.
H2 ▭▭▭▭ self select

Enter target heart rate.

RESISTANCE / RPM PROGRAMS

P1
P2
P3
P4
P5
P6

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

iFIT.com Personal Training

RPM

too slow   too fast

TIME   RESISTANCE

24:53

TOTAL REVS.   SCAN

HEART RATE

87.9

CALS.   RPM   SCAN

MODE   MODE

VARIABLE
SPEED FAN

PROGRAM SELECT

RESISTANCE   ─   +

AGE/RATE SET

PROGRAM START

ENTER

FEATURES OF THE CONSOLE

The advanced console offers a selection of features
designed to make your workouts more enjoyable and
effective. When the manual mode of the console is
selected, the resistance of the pedals can be changed
with the touch of a button. As you exercise, the con-
sole will provide continuous exercise feedback. You
can even measure your heart rate using the handgrip
pulse sensor. **Note: See page 21 for information
about an optional chest pulse sensor.**

The console also offers six preset programs. Each pro-
gram automatically changes the resistance of the ped-
als and prompts you to increase or decrease your pace
as it guides you through an effective workout.

In addition, the console features two heart rate pro-
grams that automatically change the resistance of the
pedals and prompt you to vary your pace to keep your
heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technol-
ogy. Having iFIT.com interactive technology is like hav-

ing a personal trainer in your home. Using the included
audio cable, you can connect the elliptical exerciser to
your home stereo, portable stereo, computer, or VCR
and play special iFIT.com CD and video programs
(iFIT.com CDs and videocassettes are available sepa-
rately). iFIT.com CD and video programs automatically
control the resistance of the pedals and prompt you to
vary your pace as a personal trainer coaches you
through every step of your workout. High-energy music
provides added motivation. **To purchase iFIT.com CDs
and videocassettes, call toll-free 1-877-994-4999.**

With the elliptical exerciser connected to your comput-
er, you can also go to our Web site at www.iFIT.com
and access programs directly from the internet.
Explore www.iFIT.com for more information.

To use the manual mode of the console, see page
12. **To use a preset program,** see page 14. **To use a
heart rate program,** see page 15. **To use an
iFIT.com CD or videocassette,** see page 20. **To use
a program directly from our Web site,** see page 21.

11

HOW TO USE THE MANUAL MODE

1 **Begin pedaling to activate the console.**

To activate the console, begin pedaling or push any button on the console. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.
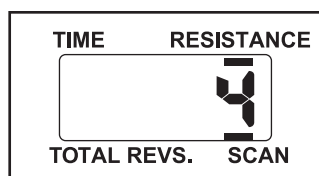
2 **Select the manual mode.**

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, select the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.
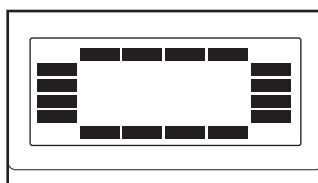
3 **Begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

TIME   RESISTANCE
4
TOTAL REVS.   SCAN

4 **Monitor your progress with the matrix and the two displays.**

The matrix— When the manual mode or the iFIT.com mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators around the track will light, one at a time, until the entire track is lit. The track will then darken and a new lap will begin.
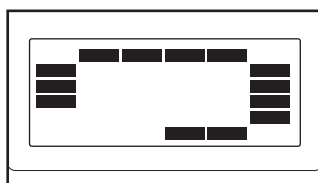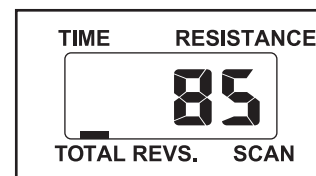
The upper display—The upper display will show the elapsed time and the total number of revolutions you have ped-

TIME   RESISTANCE
24:53
TOTAL REVS.   SCAN

aled. The display will change from one number to the next every few seconds, as shown by the indicators in the display. Note: When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time. Each time the resistance of the pedals changes, the display will show the resistance level.
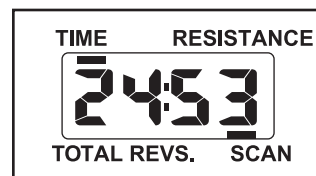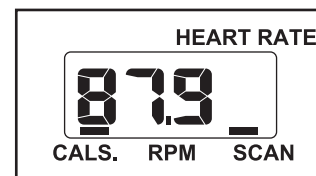
If desired, you can select a single mode for continuous display. Press the left Mode button repeatedly until the desired mode indi-

TIME   RESISTANCE
85
TOTAL REVS.   SCAN

cator is lit; make sure that the Scan indicator is not lit.

The lower display—The lower display will show the approximate number of calories you have burned and your pedaling

HEART RATE
87.9
CALS.   RPM   SCAN

pace, in revolutions per minute (RPM). The display will change from one number to the next every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

If desired, you can select a single mode for continuous display. Press the right Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.

12

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

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor. Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are thin sheets of plastic on the metal con- tacts on the handgrip pulse sensor, peel off the plastic. To measure your

Contacts

heart rate, hold the contacts; your palms must be resting on the contacts closest to you, and your fingers must be touching the opposite contacts. **Avoid moving your hands.**

When your pulse is detected, the heart-shaped indi- cator in the lower display will flash each time your heart beats, and

HEART RATE

137 ♥

CALS.   RPM   SCAN

your heart rate will be shown. For the most accu- rate heart rate reading, hold the contacts for at least 15 seconds.
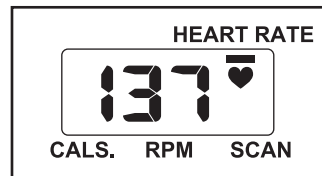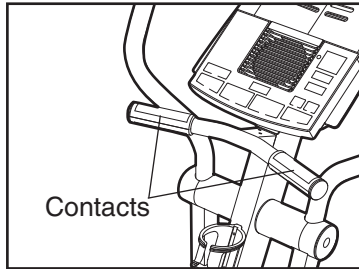
Note: If you continue to hold the pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

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

To turn on the fan at low speed, press the Variable Speed Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatical- ly turn off.

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

If the pedals are not moved for a few seconds, a tone will sound, the console will pause, and the upper display will begin to flash.

If the pedals are not moved for about five min- utes, the console will turn off and the displays will be reset.

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HOW TO USE PRESET PROGRAMS

1 **Begin pedaling to activate the console.**

See step 1 on page 12.

2 **Select one of the six preset programs.**

When the power is turned on, the manual mode will be selected. To select a preset program, press the Program Select button repeatedly until "P1," "P2," "P3," "P4," "P5," or "P6" appears in the lower display.
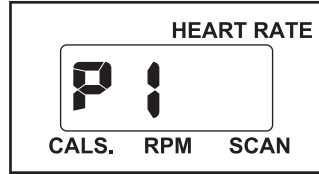

When a preset program is selected, the matrix will show the first six resistance settings of the program.

3 **Press the Program Start button or begin pedaling to start the program.**

Each program is divided into several time segments of different lengths. One resistance setting is programmed for each segment. (The same resistance setting may be programmed for two or more consecutive segments.)

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. The resistance settings for the next five segments will be shown in the columns to the right.
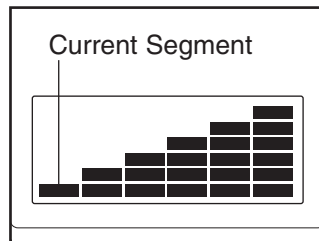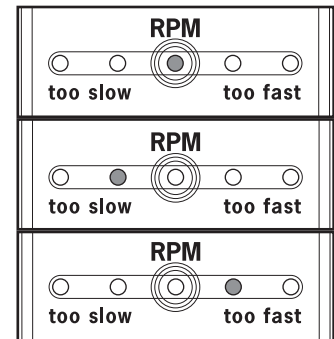

Current Segment

When only three seconds remain in the first segment of the program, a series of tones will sound; *all resistance settings will then move one column to the left.* The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change to the resistance setting for the second segment.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program.

Note: During the program, you can override the resistance setting for the current segment by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4 **Use the pace (RPM) guide.**

During preset programs, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the indicators on the left side of the pace guide lights, increase your pace; when one of the indicators on the right side lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace settings of the program are intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

5 **Monitor your progress with the two displays.**

See step 4 on page 12.

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

See step 5 on page 13.

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

See step 6 on page 13.

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

See step 7 on page 13.

14

HOW TO USE HEART RATE PROGRAMS

Heart rate program 1 is designed to keep your heart rate between 60% and 85% of your *estimated maximum heart rate* while you exercise. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 (220 – 30 = 190).

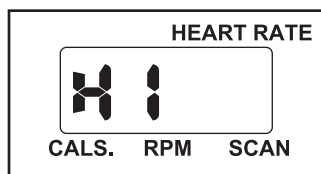Heart rate program 2 will keep your heart rate near a target heart rate that you select.

Follow the steps below to use a heart rate program.

1 Begin pedaling to activate the console.

See step 1 on page 12.

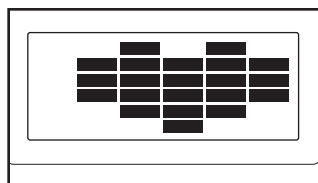**2 Select one of the heart rate programs.**

To select a heart rate program, press the Program Select button repeatedly until "H1" or "H2" appears in the lower display.

If you selected heart rate program 1, the matrix will show the first eight target heart rate settings of the program.

If you selected heart rate program 2, a heart symbol will appear in the matrix.

**If you selected heart rate program 1, go to step 3. If you selected heart rate program 2, go to step 4.**

3 Enter your age.

When heart rate program 1 is selected, you must enter your age. If you have already entered your age, press the Enter (Program Start) button and go to step 5. If you have not entered your age, press the + or – button repeatedly to enter your age, and then press the Enter button. Note: Once you have entered your age, it will be saved in memory.
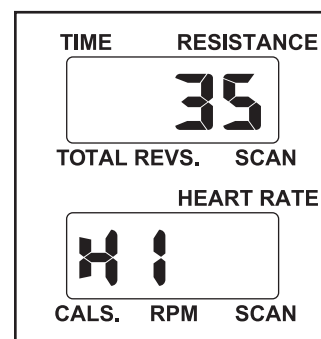
4 Enter a target heart rate.

When heart rate program 2 is selected, you must enter a target heart rate. (See the heart rate chart on page 23 for heart rate guidelines.) To enter a target heart rate, press the + or – button repeatedly, and then press the Enter button.
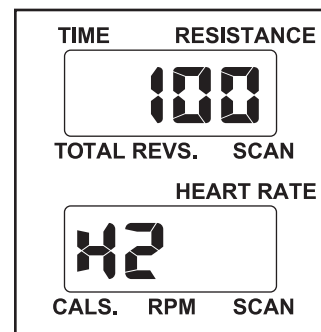
5 Hold the handgrip pulse sensor or wear the optional chest pulse sensor.

To use a heart rate program, you must hold the handgrip pulse sensor or wear the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the lower display instead of your heart rate.

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6 **Begin pedaling.**

Each heart rate program is divided into 30 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for two or more consecutive segments. If heart rate program 2 is selected, the same target heart rate is programmed for all segments.

If heart rate program 1 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column
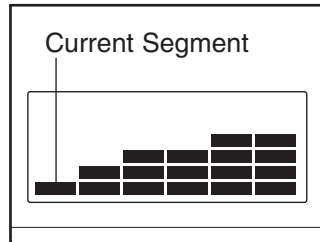
Current Segment

of the matrix. The target heart rate settings for the next seven segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the time will flash in the right display. When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

If heart rate program 2 is selected, the same target heart rate is programmed for all segments; therefore, the target heart rate settings will not be shown in the matrix. When only three seconds remain in the first segment of the program, a series of tones will sound and the time will flash in the right display.

As you pedal, the console will regularly compare your heart rate to the target heart rate. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to being your heart rate closer to the target heart rate.

The pace guide will help you to maintain a constant pace during the program. When one of the indicators on the left side of the pace guide lights, increase your pace; when one of the indicators on the right

RPM too slow too fast

RPM too slow too fast

RPM too slow too fast
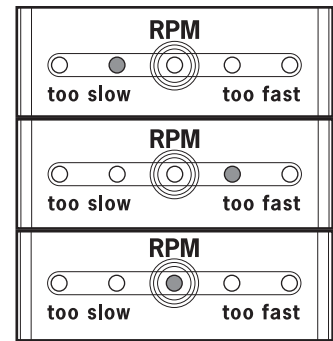
side lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace settings of the program are intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

The program will continue until no time remains in the right display.

Note: During the program, you can manually change the resistance setting, if desired, by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate, the resistance may automatically change. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

7 **Monitor your progress with the two displays.**

See step 4 on page 12.

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

See step 6 on page 13.

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

See step 7 on page 13.

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HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 17 and 18 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 19 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 18 for connecting instructions.
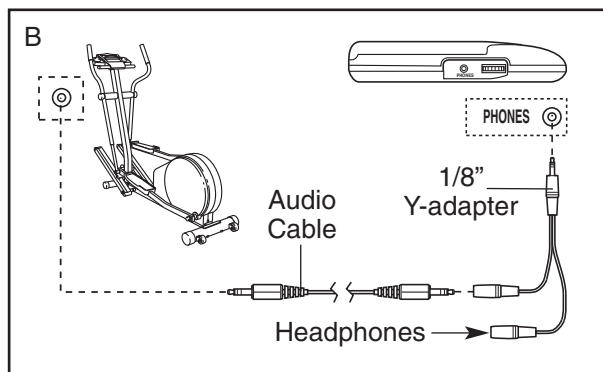
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
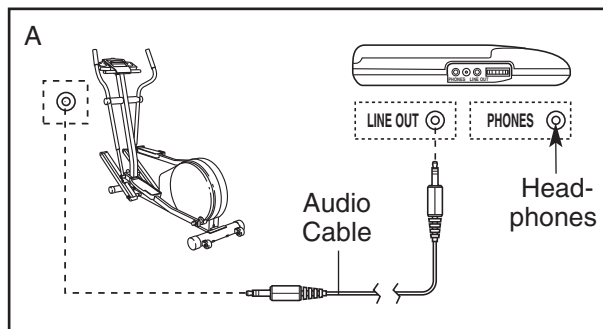
B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.
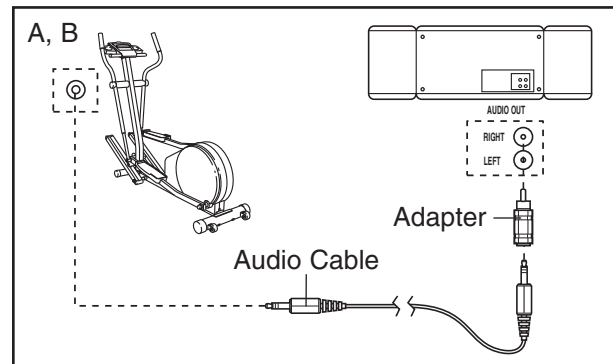
C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
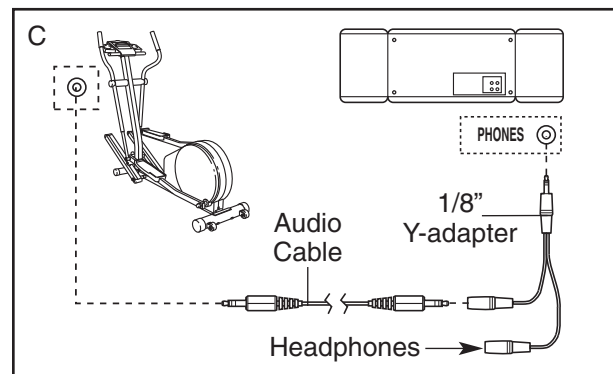

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HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.
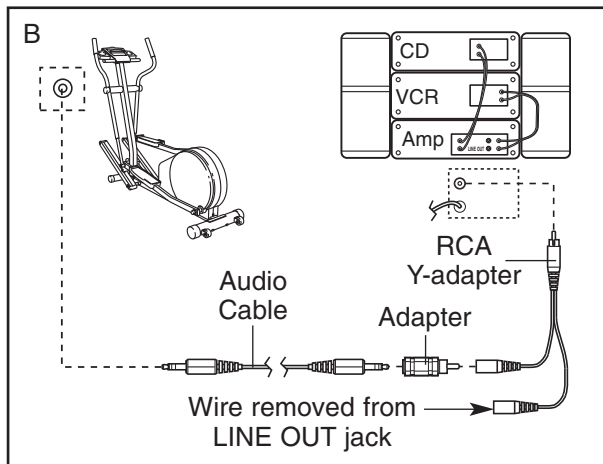
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.
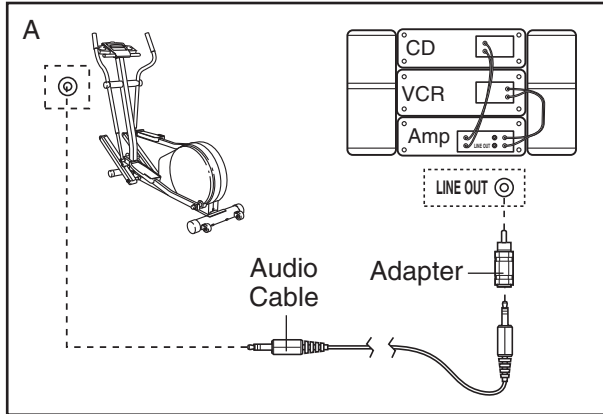

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.


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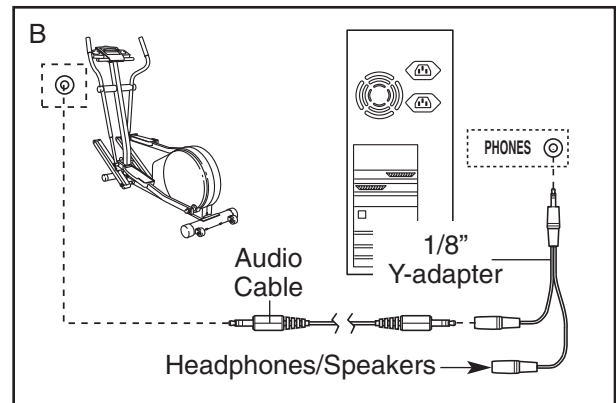
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.
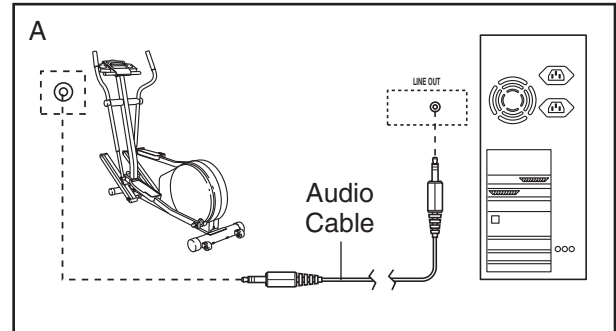

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.
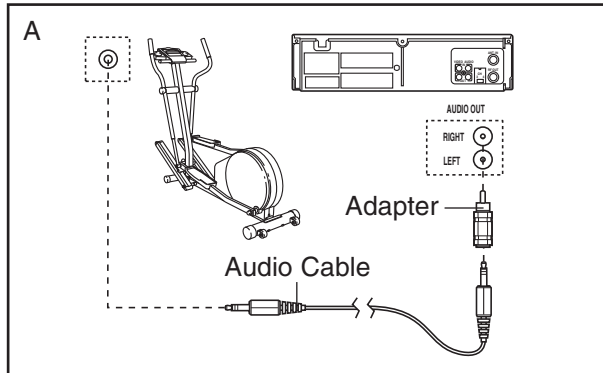

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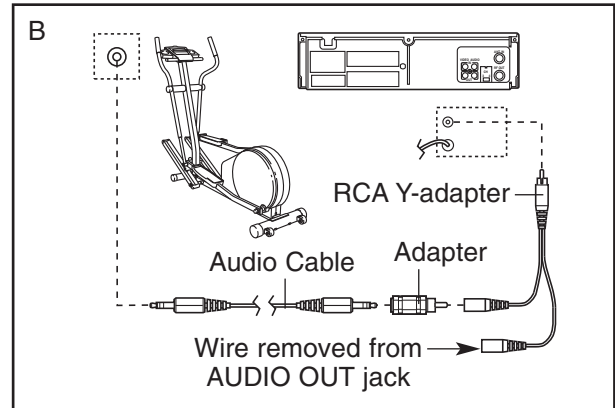
HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 17 to 19. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-877-994-4999.**

Follow the steps below to use an iFIT.com CD or video program.

1 Begin pedaling to activate the console.

See step 1 on page 12.

2 Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see steps 3 and 4 on page 14). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the target pace is about to change.

Note: If the resistance of the pedals and/or the target pace does not change when a "chirp" is heard:

• **Make sure that the indicator above the iFIT.com button is lit.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Monitor your progress with the two displays.

See step 4 on page 12.

6 Measure your heart rate if desired.

See step 5 on page 13.

7 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

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Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Begin pedaling to activate the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light.

3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical exerciser and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see steps 3 and 4 on page 14). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the target pace is about to change.

8 **Monitor your progress with the two displays.**

See step 4 on page 12.

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

See step 5 on page 13.

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

See step 6 on page 13.

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

See step 7 on page 13.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-877-994-4999.**

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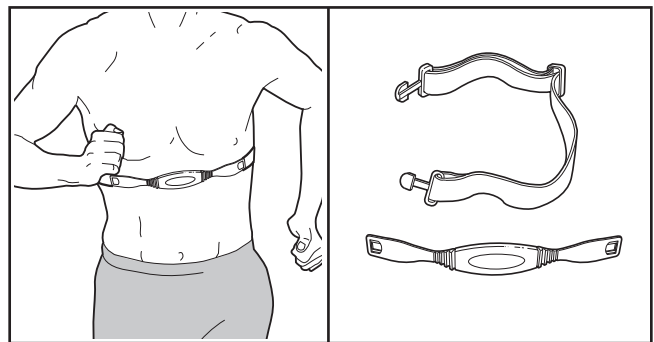
MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. The elliptical exerciser 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 becomes dim, the batteries should be replaced. See assembly step 6 on page 7 for replacement instructions. If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 13.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser does not sit flat on the floor, turn one or both of the leveling pads until the elliptical exerciser is level.
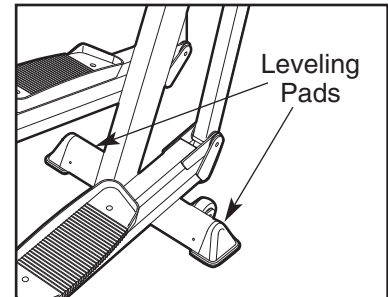
Leveling Pads

⚠ 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.**

The following guidelines will help you to plan your exercise program. Remember that 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, 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. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low 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 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 or the middle number in 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 aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three 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 30 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown below. 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.
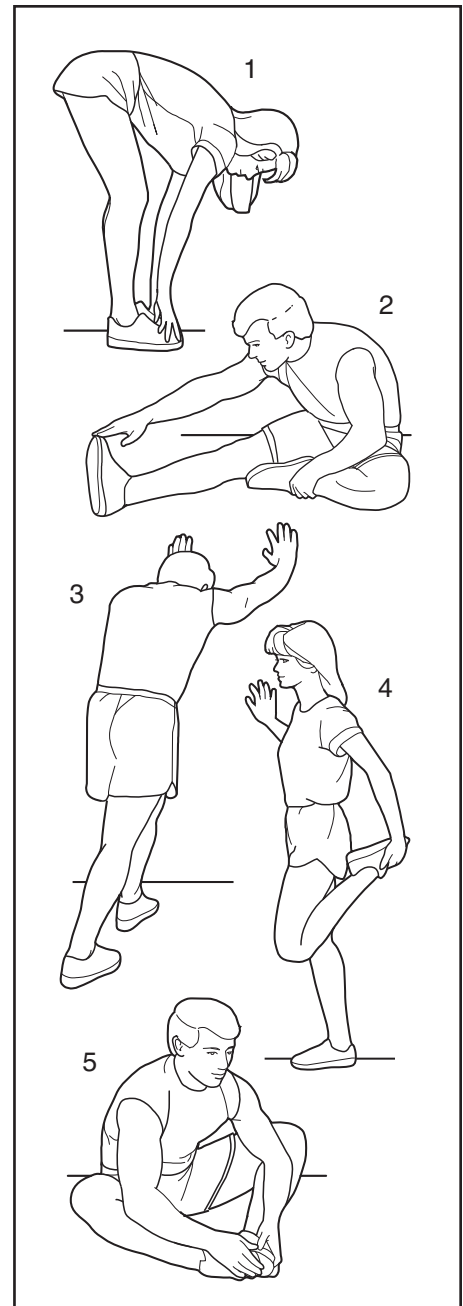
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	1	Flywheel Axle
2	1	Upright	53	1	"C" Magnet
3	1	Console Bracket	54	1	Magnet Bracket
4	1	Handlebar	55	1	Eyebolt
5	1	Left Upper Body Arm	56	1	Adjustment Bracket
6	1	Right Upper Body Arm	57	1	Belt
7	1	Bookrack	58	1	Reed Switch Bracket
8	1	Console	59	1	Reed Switch Clamp
9	2	Pedal Disk	60	1	Reed Switch/Wire
10	1	Left Side Shield	61	1	Magnet Spring Bracket
11	1	Right Side Shield	62	2	Bumper
12	2	Foam Grip	63	1	Front Stabilizer
13	1	Water Bottle Holder	64	1	Idler Bolt
14	1	Hand Pulse Sensor/Wire	65	4	Plastic Pedal Arm Spacer
15	1	Upper Wire Harness	66	2	M6 x 14mm Bolt
16	2	Pivot Endcap	67	2	Bolt Set
17	2	Pivot Spacer	68	2	Flange Bolt
18	6	Pivot Bushing	69	2	M4 x 25mm Screw
19	2	Upright Spacer	70	2	Large M8 Washer
20	2	Upright Bushing	71	4	Small M8 Washer
21	1	Pivot Axle	72	2	M6 Split Washer
22	2	Upper Body Endcap	73	10	M8 x 25mm Patch Screw
23	4	Upper Body Bushing	74	2	Pedal Cushion
24	1	Rear Stabilizer	75	4	M6 x 20mm Patch Screw
25	4	Stabilizer Endcap	76	2	M6 x 16mm Bolt
26	4	Foot	77	1	Spring
27	2	Wheel	78	4	M5 x 16mm Bolt
28	1	Left Pedal Leg	79	2	M10 x 51mm Button Bolt
29	4	Pedal Leg Bushing	80	2	M8 Nylon Locknut
30	4	Pedal Arm Endcap	81	4	M8 x 19mm Patch Screw
31	2	Pedal Leg Endcap	82	28	M4 x 16mm Screw
32	1	Right Pedal Arm	83	2	M6 Nut
33	1	Left Pedal Arm	84	4	M6 Nylon Locknut
34	1	Right Pedal	85	7	M10 Nylon Locknut
35	1	Left Pedal	86	2	M8 Nylon Jam Nut
36	1	Idler Arm	87	4	M5 x 16mm Screw
37	1	"J" Bolt	88	1	Right Pedal Leg
38	2	Frame Endcap	89	4	M5 Washer
39	1	Lower Wire Harness	90	4	M5 Nylon Locknut
40	2	Crank Arm	91	1	M6 x 38mm Bolt
41	1	Pulley/Crank	92	2	M4 x 22mm Screw
42	1	Crank Washer	93	2	M6 x 13mm Shoulder Screw
43	2	Crank Bearing	94	1	M4 x 63mm Screw
44	1	Crank Spacer	95	4	M5 x 28mm Screw
45	2	Selector Plate	96	2	Wave Washer
46	2	Cushion Bracket	97	4	M10 Split Washer
47	1	Resistance Motor	98	2	M8 x 19mm Shoulder Screw
48	1	Resistance Cable	#	4	Allen Wrench
49	1	Flywheel	#	1	Grease
50	1	Magnet	#	1	User's Manual
51	2	Flywheel Bearing			

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.

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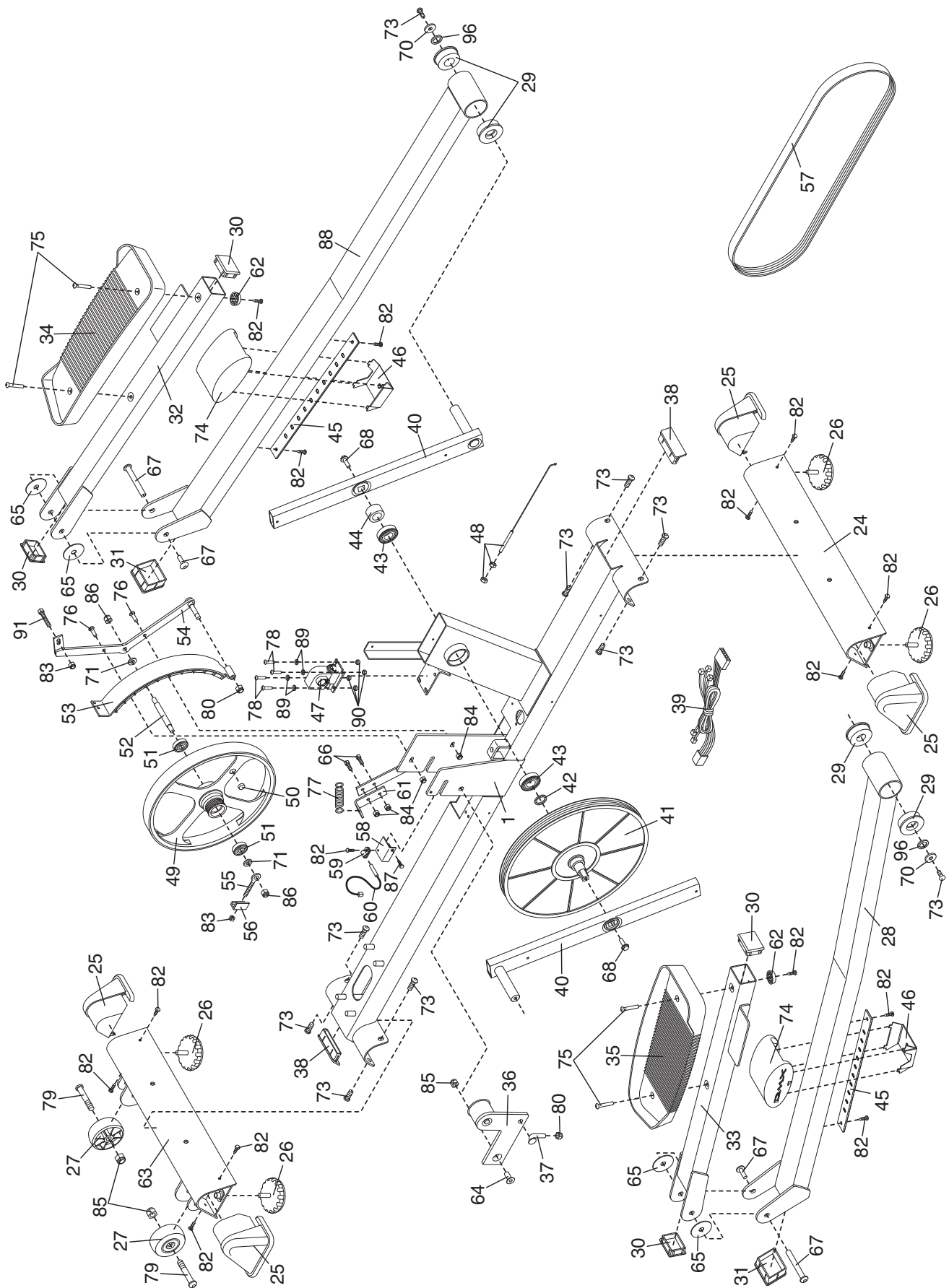
ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-877-994-4999, 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 (RBEL59040)

• The NAME of the product (REEBOK® RL 545 elliptical exerciser)

• The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 25)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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