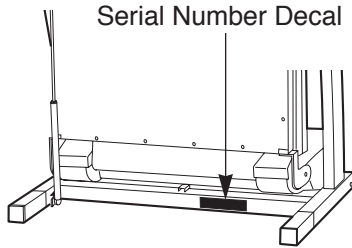


Model No. RBTL09500

Serial No. \_\_\_\_\_

Find the serial number in the location shown below. Write the serial number in the space above for reference.



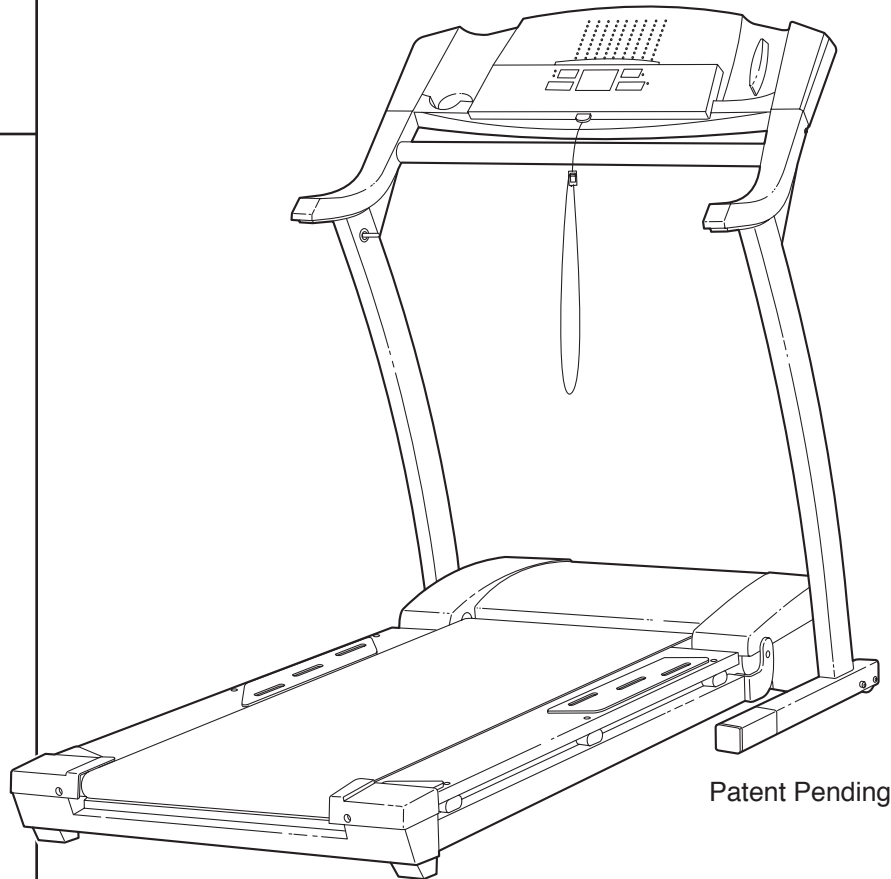
# USER'S MANUAL

## QUESTIONS?

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

TO AVOID UNNECESSARY 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



Patent Pending

## CAUTION

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



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[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

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



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Note: An EXPLODED DRAWING is attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 20.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
18. Do not change the incline of the treadmill by placing objects under the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

21. When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.

23. Inspect and tighten all parts of the treadmill regularly.

24. Never insert or drop any object into any opening.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**! 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.

## SAVE THESE INSTRUCTIONS

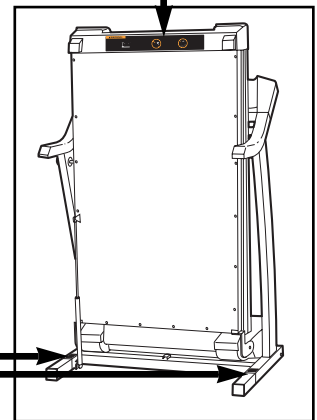
The decals shown below have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department toll-free to order a free replacement decal (see HOW TO ORDER REPLACEMENT PARTS on page 31). Apply the decal in the location shown.

**! WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.



Note: This decal is shown at 38% of actual size.



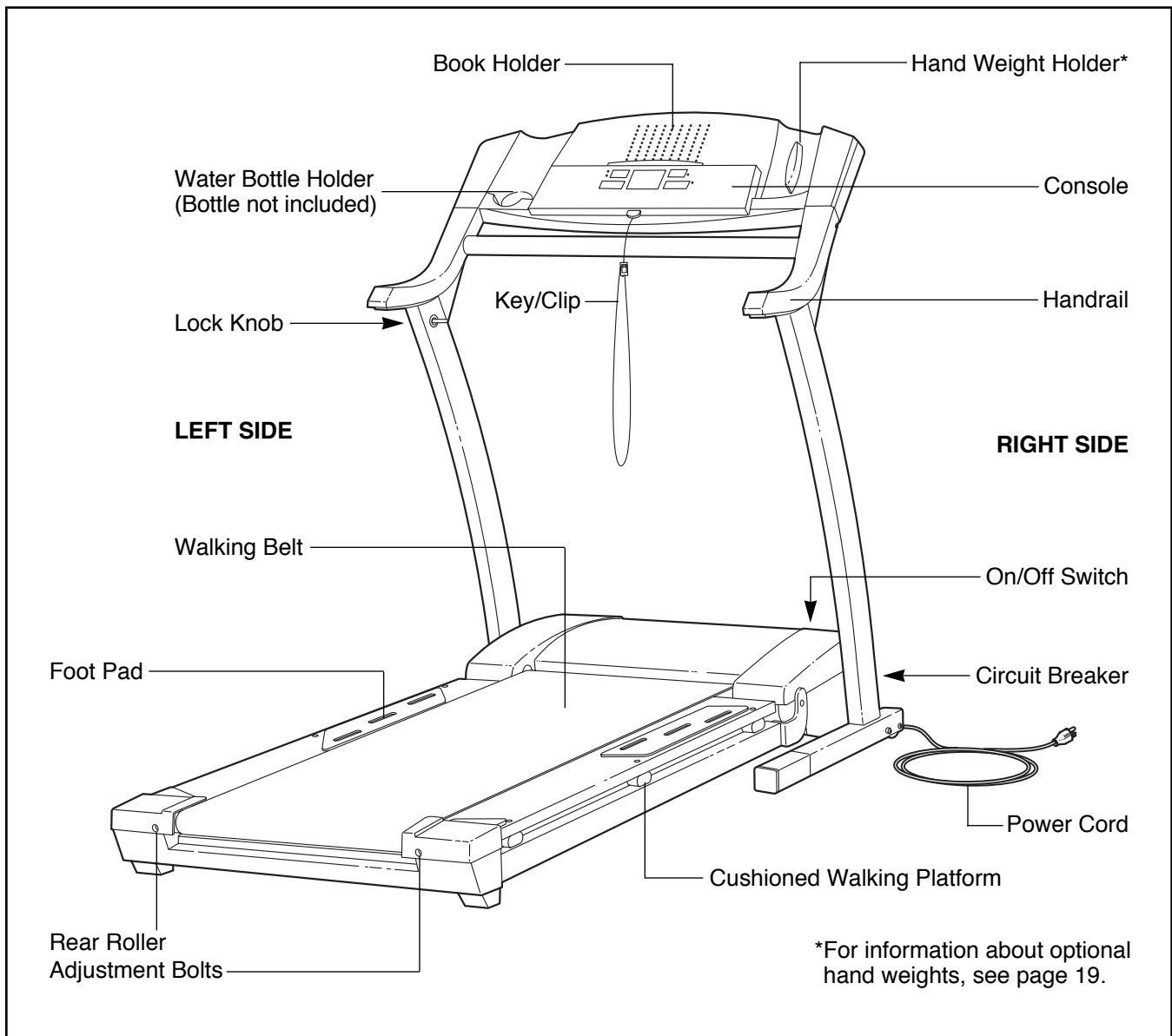
## BEFORE YOU BEGIN

Thank you for selecting the new REEBOK® RTX 455 treadmill. The RTX 455 treadmill combines advanced technology with innovative design to let you enjoy an effective form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique RTX 455 can be folded up, requiring less than half the floor space of other treadmills.

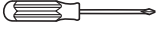

**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free

at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is RBTL09500. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# Assembly

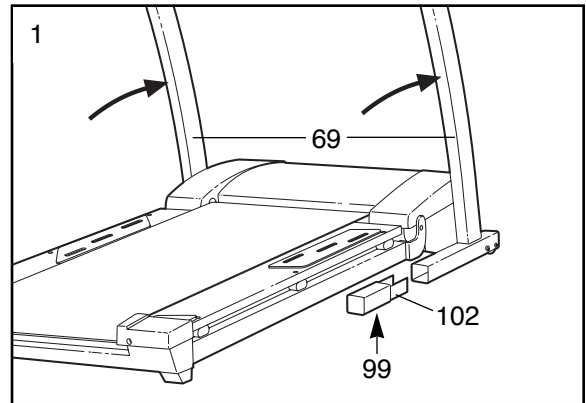
**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires your own Phillips screwdriver**  **and rubber mallet** .

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the Uprights (69) until the treadmill is in the position shown.

Insert one of the Extension Legs (102) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (99) is on the bottom. Note: It may be helpful to tip the Uprights (69) forward as you insert the Extension Leg.

Insert the other Extension Leg (not shown) in the same way.

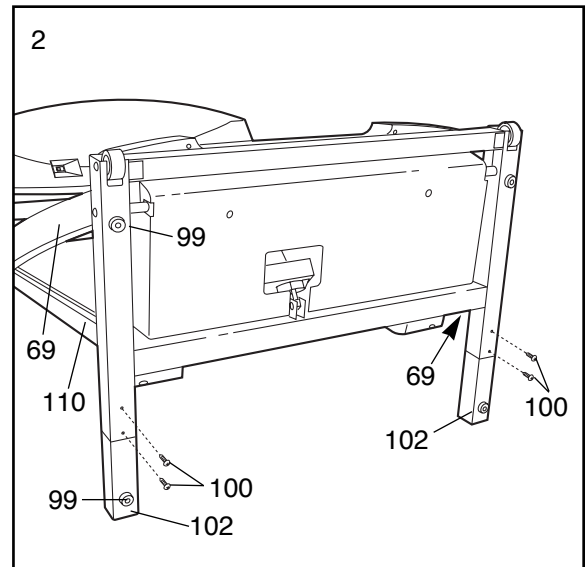


2. With the help of a second person, carefully tip the Uprights (69) down as shown. **Make sure that the Extension Legs (102) remain in the Uprights.**

Attach each Extension Leg (102) with two of the four 3/4" Screws (100). If there are square rubber bumpers on the bottom of the Uprights (69), remove them.

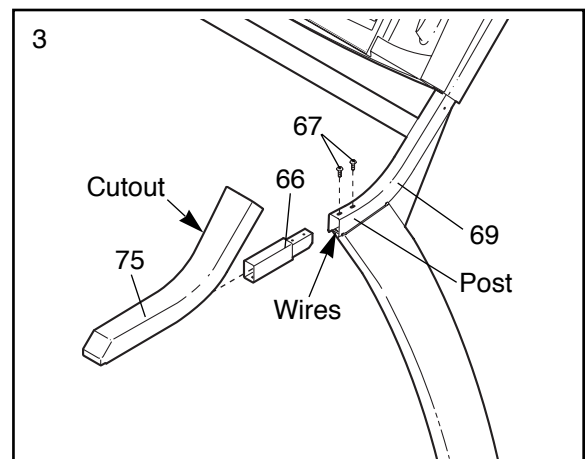
With the help of a second person, carefully tip the Uprights (69) back to the vertical position.

Note: One replacement Base Pad (99) may be included. If a Base Pad becomes worn and needs to be replaced, use the replacement Base Pad.



3. Remove the Handrail Extension (66) from the Right Foam Grip (75), which has a **large** cutout in the left side. Insert the Handrail Extension into the post on the right Upright (69) as shown. **Note: Be careful not to pinch the wires in the Upright.** Make sure the wires in the post are centered. Align the holes in the Handrail Extension with the holes in the post. If necessary, tap the Handrail Extension with a rubber mallet to fully insert it. Next, attach the Handrail Extension by tightening **two** Small Screws (67) into the indicated holes.

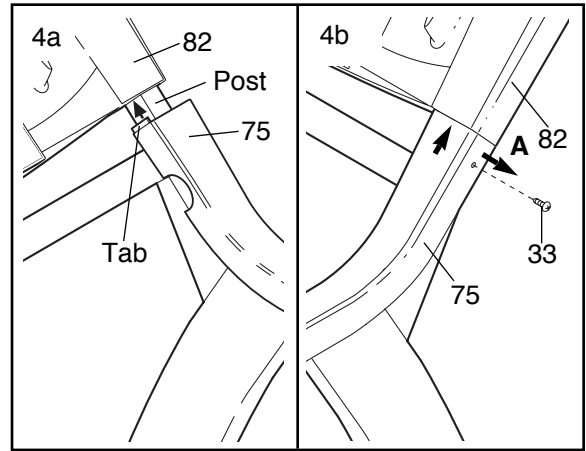
Slide the Right Foam Grip (75) as far as possible onto the post on the right Upright (69). It may be helpful to apply soapy water to the Handrail Extension (66).



4. Refer to drawing 4a. Be sure the tab on the Right Foam Grip (75) is inserted in the slot between the post and Console Base (82).

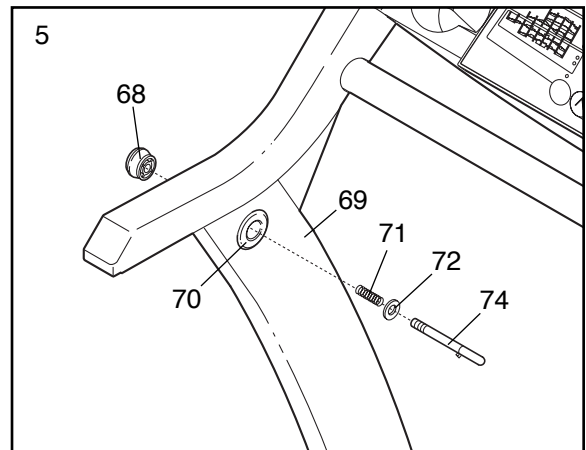
Refer to drawing 4b. Make sure that the front edge of the Right Foam Grip (75) is under the Console Base (82) as shown. Tighten one of the two Foam Grip Screws (33) into the side of the Right Foam Grip as shown. Note: It may be necessary to pull the Foam Grip out (see arrow A) to align the Screw with the hole in the post.

Attach the other Handrail Extension and Left Foam Grip (not shown) as described in step 3 and this step.



5. Press the Lock Knob Sleeve (70) into the left Upright (69).

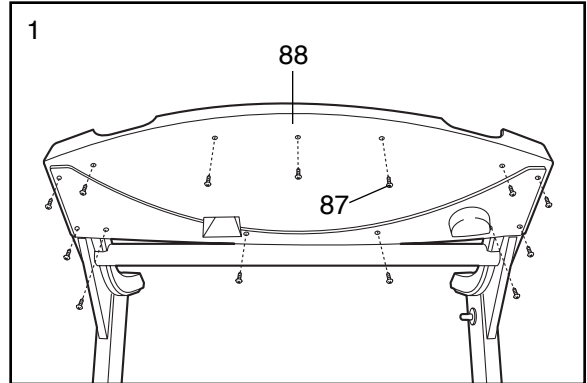
Make sure that the Lock Pin Collar (72) and the Spring (71) are on the Lock Pin (74). Insert the Lock Pin into the left Upright (69) and tighten the Lock Knob (68) onto the Lock Pin.



6. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 23). To protect the floor or carpet from damage, place a mat under the treadmill.

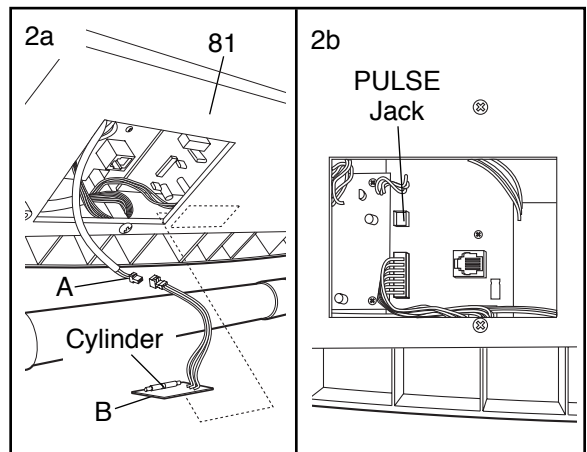
If you purchase the optional chest pulse sensor (see page 19), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated Screws (87) from the back of the Console Base (88).



2. Connect the Short Jumper Wire (A) to the wire on the Receiver (B). Connect the other end of the Jumper Wire to the PULSE jack on the back of the Console (see drawing 2b). Next, peel the paper off the pad on the bottom of the Receiver (B). **Turn the Receiver so the cylinder is on the side shown**, and press the Receiver into the bottom of the Console Base (81) in the location indicated by the dotted line. Note: The included Long Jumper Wire is not needed and can be discarded.

**Make sure that no wires are pinched.** Reattach the back of the Console Base (88) with the Screws (87) (see step 1 above).





# TREADMILL OPERATION

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

**IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

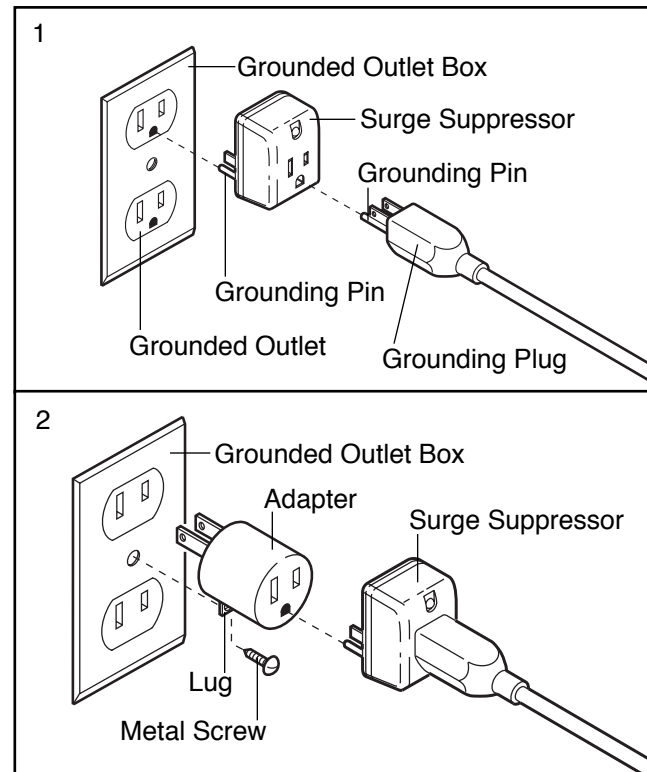
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

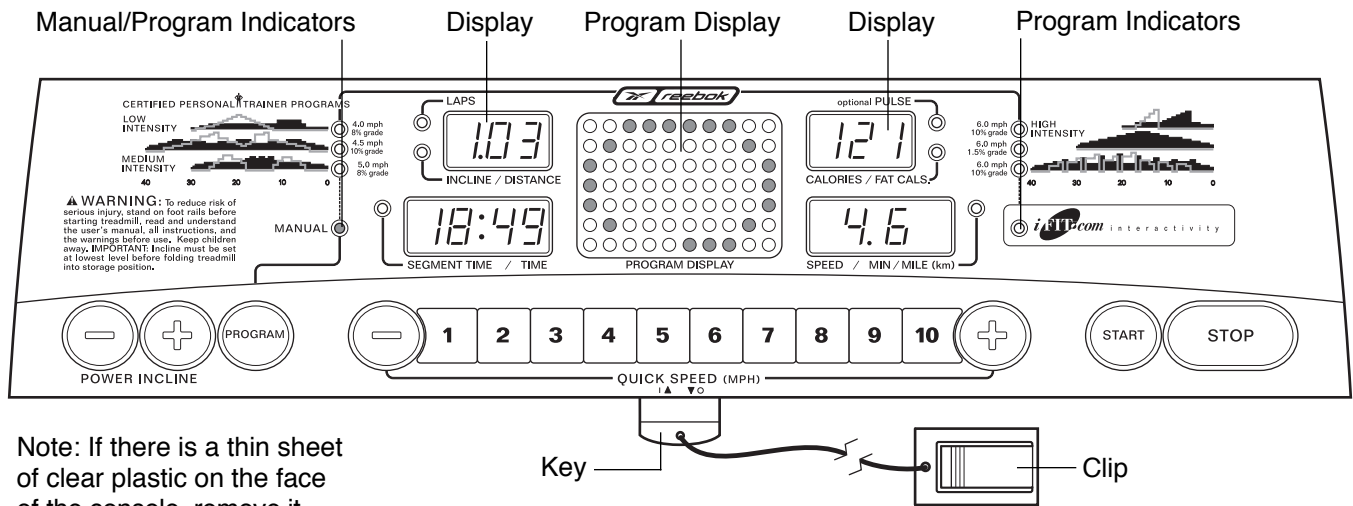
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## CONSOLE DIAGRAM



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

### **CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the optional chest pulse sensor. See page 19 for information about the optional chest pulse sensor.

Six certified personal trainer programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective low-, medium-, or high-intensity workout.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

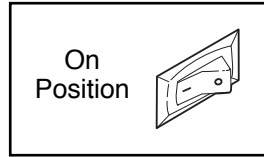
With the treadmill connected to your computer, you can also go to our new internet site at [www.iFIT.com](http://www.iFIT.com) and access basic programs, audio programs, and video programs directly from the internet. And by adding an optional upgrade module to the treadmill, you can use virtually endless features from our internet site. See [www.iFIT.com](http://www.iFIT.com) for complete details. **To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768. To purchase an optional iFIT.com module, call toll-free 1-800-884-0620.**

**To use the manual mode of the console, follow the steps beginning on page 11. To use a personal trainer program, see page 12. To use an iFIT.com CD or video program, refer to page 16. To use an iFIT.com program directly from our internet site, see page 18.**

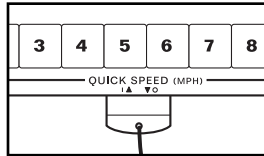
## HOW TO TURN ON THE POWER

**1** Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 9).

**2** Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.



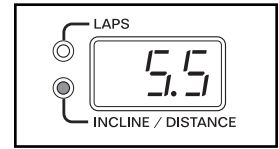
**3** Stand on the foot pads of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**



To stop the walking belt, press the Stop button. The Time/Segment Time display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

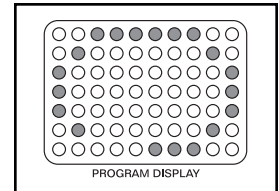
**4** Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. The incline range is 1.5% to 10%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



**5** Follow your progress with the LED track and the displays.

**The LED Track**—When the manual mode or the iFIT.com mode is selected, the program display will show an LED track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have completed 1/4 mile. A new lap will then begin.



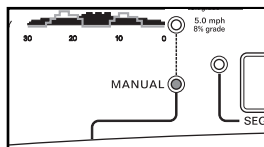
## HOW TO USE THE MANUAL MODE

**1** Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

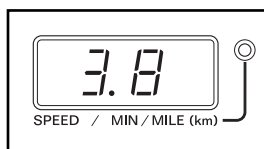
**2** Select the manual mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. If a program has been selected, press the Program button repeatedly to select the manual mode.

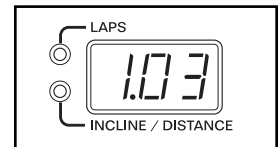


**3** Press the Start button or the Speed + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons.



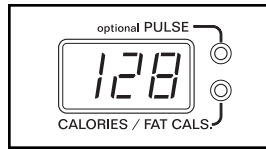
**Distance/Incline/Laps display**—This display shows the distance that you have walked, the incline level of the treadmill, and the number of 1/4-mile laps you have completed. The display will change from one number to the next every seven seconds. The Incline indicator or the Laps indicator will light when the incline level or the number of laps is shown. Note: Each time the Incline buttons are pressed, the display will show the current incline setting for several seconds.



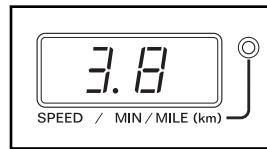
**Time/Segment Time display**—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a personal trainer program is selected, the display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every seven seconds. The Segment Time indicator will light when the segment time is shown.



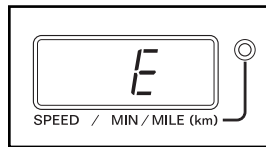
**Calories/Fat Calories/  
Pulse display**— This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 27). Every seven seconds, the display will change from one number to the other. The Fat Cals. indicator will light when the number of fat calories is shown. This display will also show your heart rate when the optional chest pulse sensor is used.



**Speed/Min-Mile  
display**— This display shows the speed of the walking belt and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other. The Min/Mile indicator will light when your pace is shown.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.  
**Note: For simplicity, all instructions in this manual refer to miles.**



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

## 6 When you are finished exercising, remove the key.

Step onto the foot pads, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 19 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

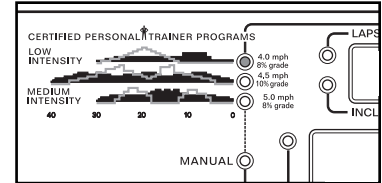
## HOW TO USE PERSONAL TRAINER PROGRAMS

### 1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the personal trainer programs.

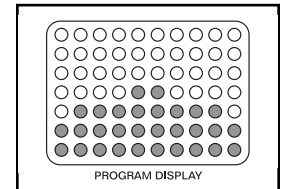
When the key is inserted, the manual mode will be selected and the Manual indicator will light. To select



one of the personal trainer programs, press the Program button repeatedly until one of the six personal trainer program indicators lights.

The console features two low-intensity programs, one medium-intensity program, and three high-intensity programs. The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers beside the profiles show the maximum speed and incline settings for the programs. For example, the upper left profile shows that the treadmill will reach a maximum speed of 4 mph and a maximum incline of 8% during the first program.

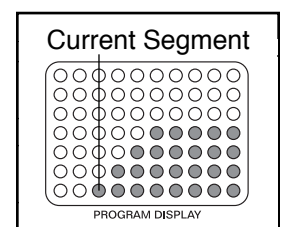
The program display will show a simplified profile of the program you have selected. The Time/Segment Time display will show how long the program will last.



### 3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The Time/Segment Time display shows both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be



shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next seven segments will be shown in the seven 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 all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and no time remains in the Time/Segment Time display. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move one column to the left, if all of the indicators in the Current Segment column are lit, the speed settings will move downward so that only the highest indicators in the columns will appear in the program display. When the speed settings move to the left again and not all of the indicators in the Current Segment column are lit, the speed settings will move back up.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. If any of the columns to the right of the

Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. Note: If you manually adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the program display will not move downward as described above. **When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

#### **4 Follow your progress with the displays.**

Refer to step 5 on page 11.

#### **5 When the program is completed, remove the key from the console.**

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 19 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

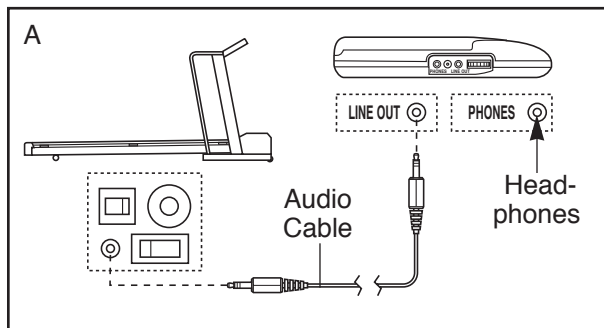
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 16 for connecting instructions. To use **iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 15 for connecting instructions.

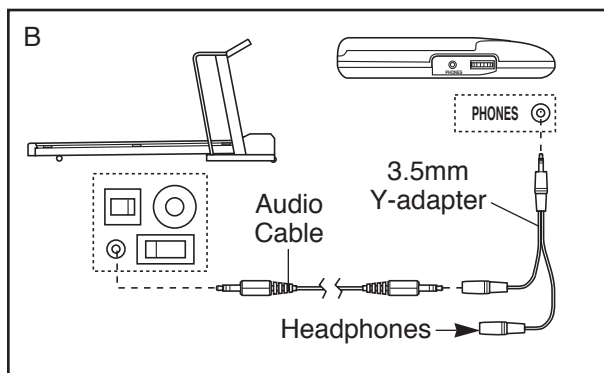
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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 on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



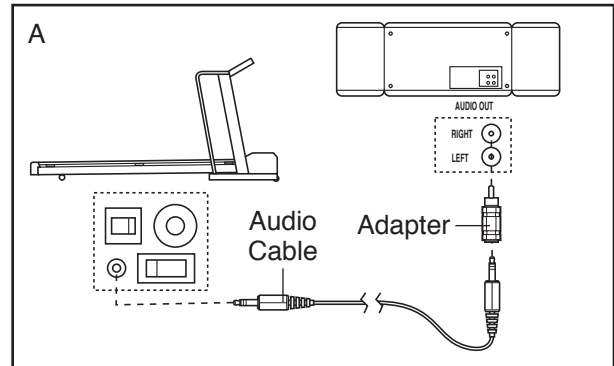
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



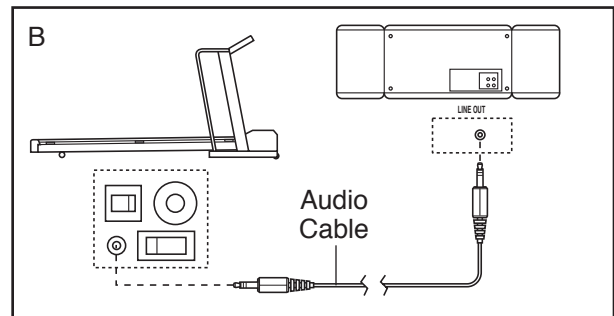
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

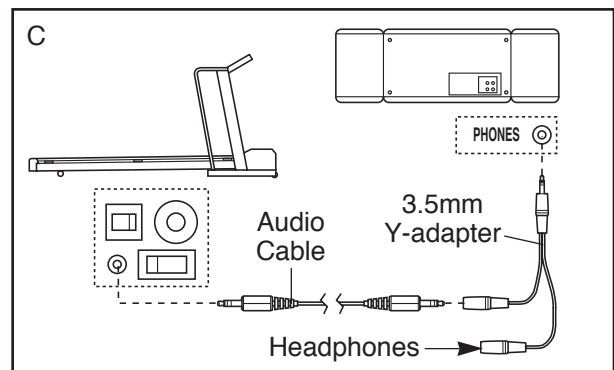
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



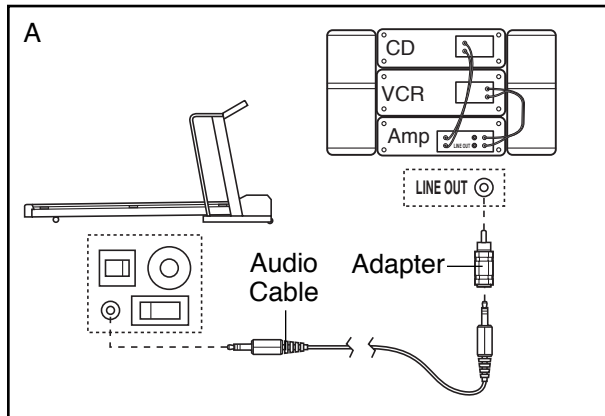
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



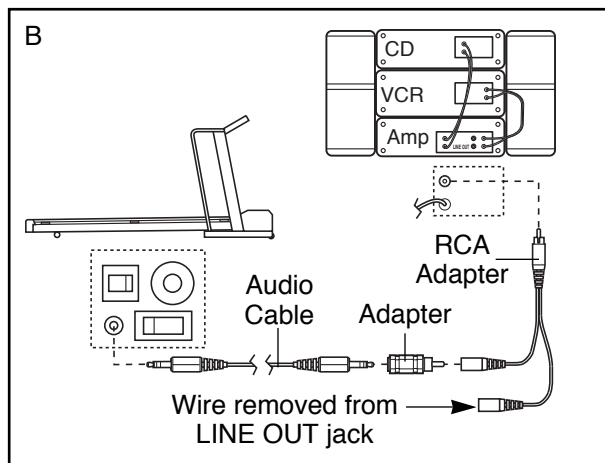
## HOW TO CONNECT YOUR HOME STEREO

**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 on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



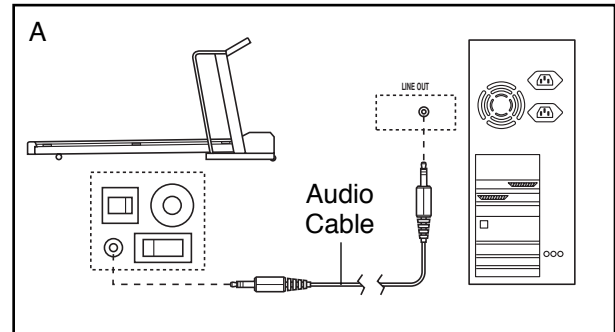
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **RCA adapter**. Plug the **RCA adapter** into the **LINE OUT** jack on your stereo.



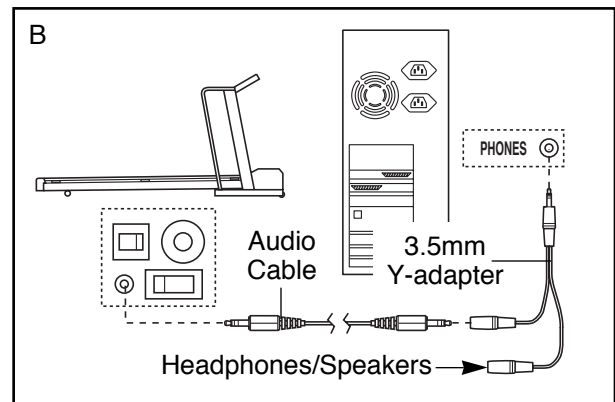
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm 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 on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



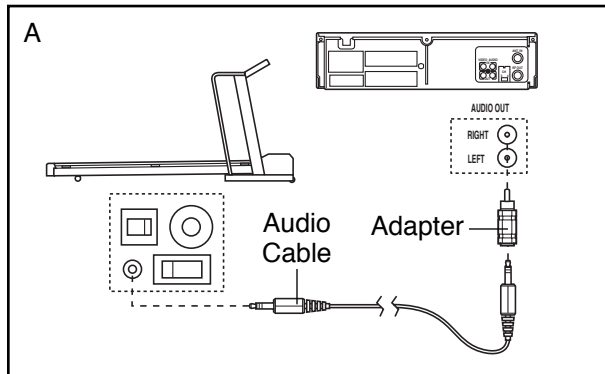
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



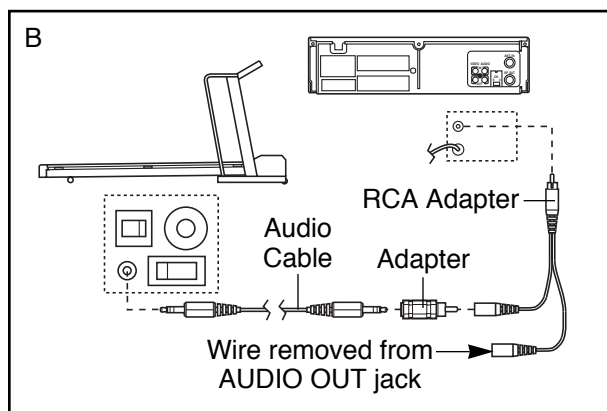
## HOW TO CONNECT YOUR VCR

**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 15.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA 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 RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note:** To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.

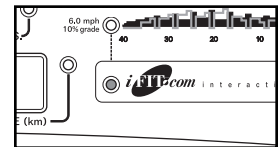
Follow the steps below to use an iFIT.com CD or video program.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To use iFIT.com CD's or videocassettes, press the Program button repeatedly until the iFIT.com indicator lights.



### 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 button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Segment Time display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program when the Time/Segment Time display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**



If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 16.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:**

- **make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. If the Time/Segment Time display is flashing, press the Start button or the Speed + button on the console**

- **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, that it is fully plugged in, and that it is not wrapped around a power cord**
- **if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

**5** Follow your progress with the LED track and the displays.

See step 5 on page 11.

**6** When the program is completed, remove the key.

See step 5 on page 13.

**⚠ CAUTION:** Always remove iFIT.com CD's and videocassettes from your CD player or VCR when you are finished using them.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at [www.iFIT.com](http://www.iFIT.com) allows you to access a selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features on our internet site. Explore [www.iFIT.com](http://www.iFIT.com) for details. To purchase an optional iFIT.com module, call toll-free 1-800-884-0620.

To use programs from our internet site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

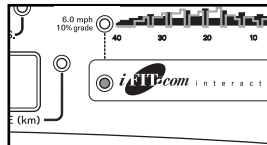
Follow the steps below to use a program from our internet site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To use a program from our internet site, press the Program button repeatedly until the iFIT.com indicator lights.



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

### 4 Start your web browser, if necessary, and go to our internet site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our internet 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 treadmill and stand on the foot pads. Find the clip attached to the key and slide the key onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the LED track and the displays.

See step 5 on page 11.

### 9 When the program has ended, remove the key.

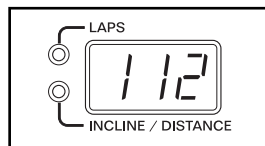
See step 5 on page 13.

## THE INFORMATION MODE/DEMO MODE

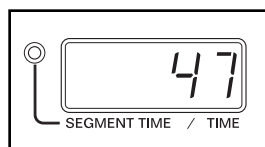
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

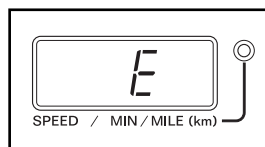
The Distance/Incline/Laps display will show the total number of miles that the walking belt has moved.



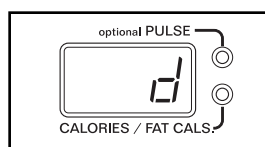
The Time/Segment Time display will show the total number of hours the treadmill has been used.



An "E," for english miles, or an "M," for metric kilometers, will appear in the Speed/ Min-Mile display. Press the Speed + button to change the unit of measurement.



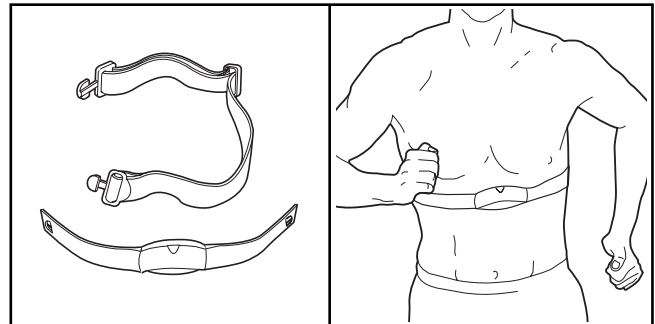
**IMPORTANT: The Calories/Fat Calories/Pulse display should be blank.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Calories/Fat Calories/Pulse display when the information mode is selected, press the Speed – button so the Calories/Fat Calories/Pulse display is blank.**



To exit the information mode, remove the key from the console.

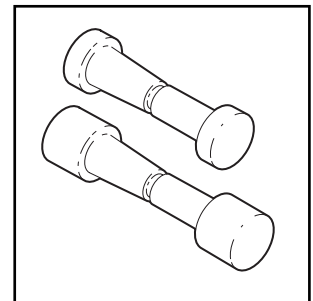
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the chest pulse sensor, call toll-free 1-800-274-5473.**



## OPTIONAL HAND WEIGHTS

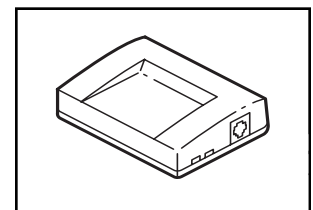
Hand weights let you exercise your upper-body while you walk on the treadmill. The hand weights fit into convenient holders in the console. **To purchase hand weights, call toll-free 1-800-999-3756.**



**⚠ WARNING:** Do not use the hand weights at speeds higher than a walk. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using hand weights should be attempted only by experienced users.

## THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the treadmill, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your programs. **For information about purchasing the optional iFIT.com module, call toll-free 1-800-884-0620.**



# HOW TO FOLD AND MOVE THE TREADMILL

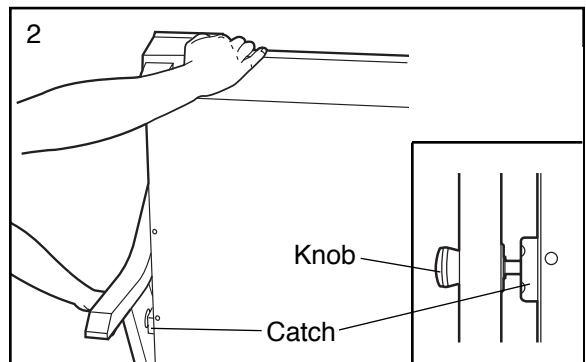
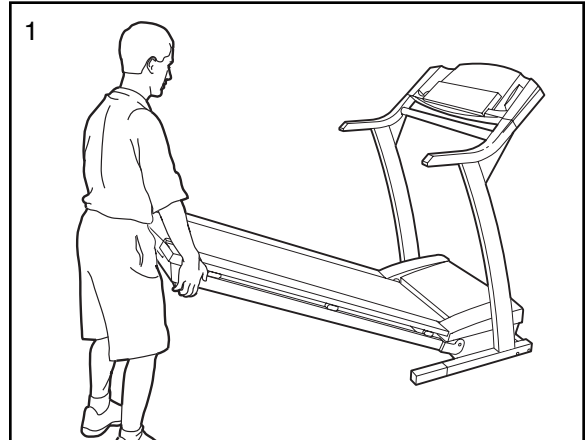
## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

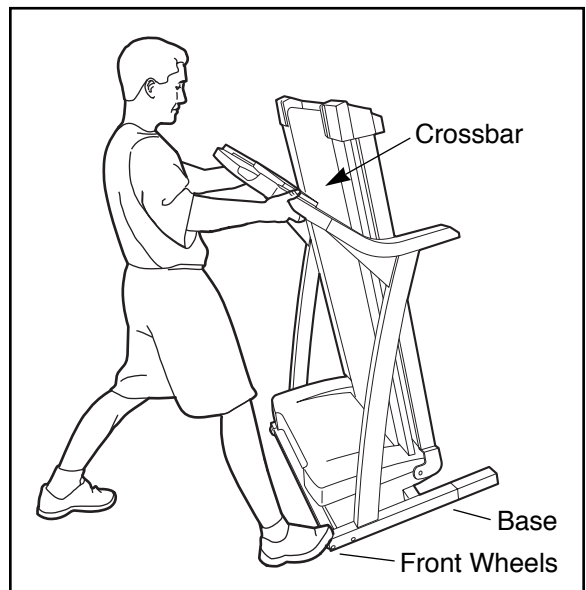
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

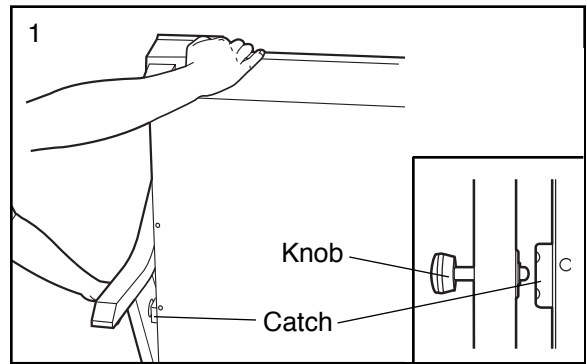
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is inserted into the slot in the catch.**

1. Hold the handrails as shown and place one foot against a wheel. It may be helpful to grab the crossbar as you tip the treadmill.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

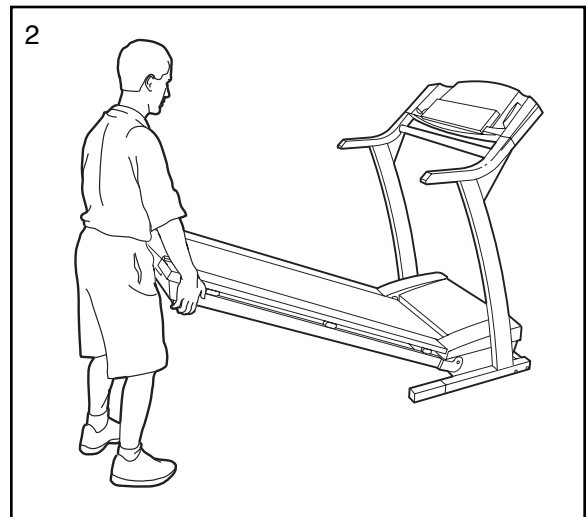


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin. Slowly release the latch knob.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLE-SHOOTING

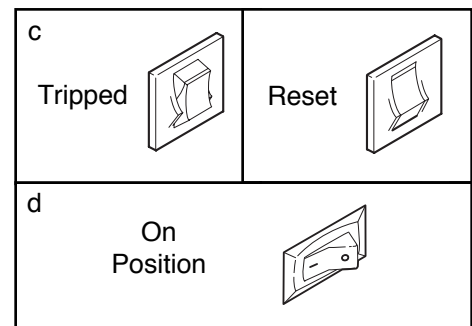
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**PROBLEM: The power turns does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.

**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

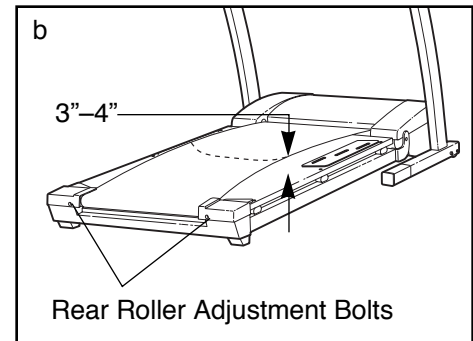
**PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CD's and videos are played**

**SOLUTION:** a. With the key inserted into the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

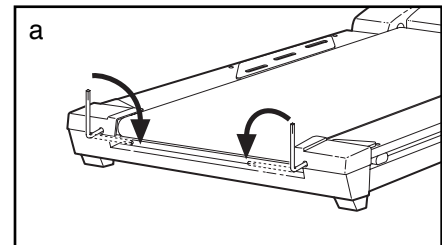
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



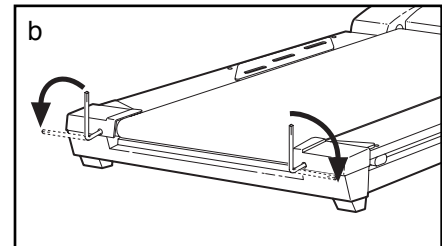
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

**PROBLEM: The walking belt is off-center**

**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

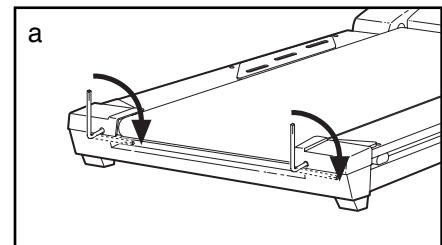


b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



**PROBLEM: The walking belt slips when walked on**

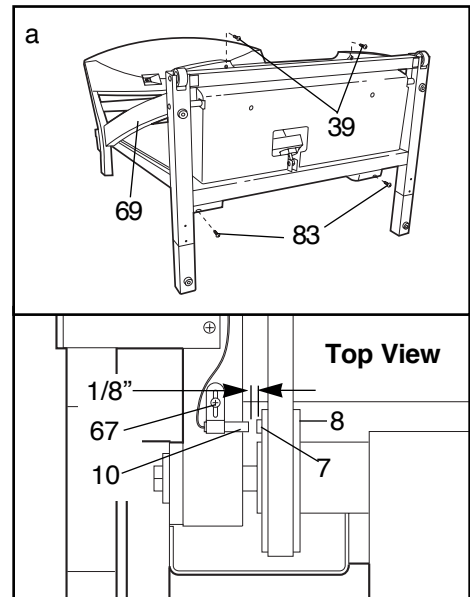
**SOLUTION:** a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **unplug the power cord**. Carefully tip the treadmill down as shown in drawing a. Remove the Screws (39, 83) from the hood. Raise the Uprights (69) and carefully remove the hood.

Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the 1/2" Screw (67) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



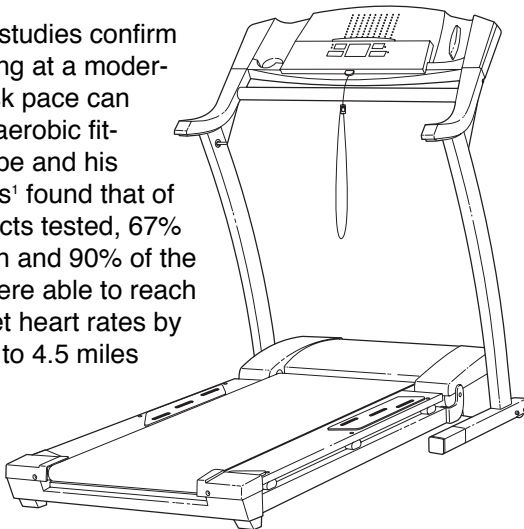


Reebok University was launched in 1993 to fulfill a vision to establish a "university without walls" that develops quality, researched, state-of-the-art fitness programming for the fitness industry throughout the world.

Working with the world's best professionals, Reebok University has created a host of original programs, such as Step Reebok<sup>®</sup>, Walk Reebok<sup>SM</sup>, Slide Reebok<sup>SM</sup> and Reebok City Jam<sup>SM</sup>. The industry has adopted Reebok programming as the "gold" standard. Our guidelines and terminology are used by fitness professionals and participants around the world, and our exceptional programming has been approved in the United States by AFAA and ACE for continuing education credits.

## WALKING AND CARDIORESPIRATORY ENDURANCE

Scientific studies confirm that walking at a moderate to brisk pace can enhance aerobic fitness. Rippe and his colleagues<sup>1</sup> found that of 500 subjects tested, 67% of the men and 90% of the women were able to reach their target heart rates by walking 4 to 4.5 miles per hour.



Pollock and his colleagues<sup>2</sup> found that middle-aged men who walked at a pace of 3.5 to 4.5 miles per hour for 40 minutes four times per week had the same cardiovascular improvements as men the same age who jogged for 30 minutes three times per week. Although the intensity of exercise was lower for the walkers than the runners, the increased duration and frequency of walking provided the walkers with similar aerobic benefits as the runners.

On the basis of current research, it seems clear that walking at a moderate to brisk pace can be an excellent aerobic activity.

## WALKING AND REDUCED RISK FOR CARDIOVASCULAR DISEASE

Several studies have found that regular walking at any speed can increase HDL-C cholesterol (a high-density lipoprotein which removes excess cholesterol from the body) and can lower concentrations of blood triglycerides (a storage form of fat), thus reducing the risk for cardiovascular disease.

Duncan and his colleagues<sup>3</sup> concluded that exercise does not have to be vigorous to reduce cardiovascular risk factors. In other words, people who choose to stroll rather than walk briskly can reduce their risk for cardiovascular disease.

After studying the physical activity patterns of 17,000 Harvard alumni over a 20-year period, Paffenbarger and his colleagues<sup>4</sup> concluded that walking as little as five city blocks per day can reduce the risk of cardiovascular disease, and walking 2 miles per day can reduce the risk of a heart attack by 28% or more. Therefore, while walking at a fast pace will improve aerobic fitness, walking at any speed (slow or fast) can reduce a person's risk for heart disease.

## WALKING AND WEIGHT REDUCTION

Walking is an excellent activity for burning calories. The steeper the incline and/or the faster the speed, the more calories are burned. For example, a 150-pound person walking at 3.5 miles per hour on flat ground will burn about 300 calories per hour. This same person will burn 400 calories per hour on a gentle 4% incline and 500 calories per hour on a steeper 10% incline. If this person speeds the pace up to 4 miles per hour on level ground, 350 calories will be burned in one hour.<sup>5</sup>

It should be noted that participants who do not wish to walk at faster speeds can burn a comparable number of calories by walking for longer periods of time.

## WALKING AND BONE DENSITY

Osteoporosis is a major health problem in the United States, affecting an estimated 15 to 30 million people. An age-related disorder, osteoporosis reduces the density of bones. This disease can be life-threatening since many older people die as a result of complications suffered from broken bones. Adequate calcium in the diet and weight-bearing exercises seem to reduce the risk of osteoporosis.

Several studies have reported that regular walking at moderate to brisk speeds appears to increase bone density. Specifically, Fradin and his colleagues<sup>6</sup> found that 70-year-old subjects who walked at least 30 minutes per day had higher bone mineral content than subjects who walked less than 30 minutes per day. Jones and his colleagues<sup>7</sup> reported that sedentary women (aged 30 to 61 years old) who began a regular walking program and continued for one year increased their bone density.

Since walking can be comfortably performed by people of any age, walking appears to be practical and effective in reducing a person's risk for developing osteoporosis.

## WALKING AND STRESS REDUCTION

There are many stressors in today's society, including economic concerns, work-related pressures and the need to balance career goals with home responsibilities. People who are unable to cope with these types of stressors are often tense and anxious, and may even become physically or psychologically ill.

Researchers have found that exercise is one way to help people reduce stress. For example, subjects who engaged in a regular aerobic conditioning program and who altered their diets experienced significant gains in self-concept, feelings of well-being and reduced depression.<sup>8</sup>

Cramer and his colleagues<sup>9</sup> specifically examined the effect of brisk walking on mildly obese sedentary women and found that walking improved general psychological well-being. Walking therefore appears to be an effective tool for improving psychological well-being.

## WALKING AND INJURIES

Walking is often associated with a low injury rate. Walking is considered to be a "low impact" activity because one foot remains in contact with the ground at all times. Walking at speeds of 3 miles per hour produces vertical impact forces that are around 1.25 times body weight, whereas running at 7 miles per hour increases vertical impact forces to more than 2.5 times body weight.

During a 24-week study, not one of 59 participants who walked five days a week at speeds between 3 and 5 miles per hour sustained a walking-related injury that necessitated consulting with a physician. Carroll and his colleagues<sup>10</sup> reported that 14% of the elderly subjects participating in a walking study suffered training-related orthopedic injuries, mostly to the lower leg and foot. The majority of injuries occurred in the group assigned to "fast walking."

It is important to note that all forms of exercise have some degree of risk associated with the activity. Generally, the less mechanical stress on the musculoskeletal system, the less risk of becoming injured. Because of the low-impact nature of walking, the incidence of injury appears to be low when compared to other high-impact activities.

## REFERENCES

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6. Fradin, K. Grimby, G., et. al. "Walking habits and health-related factors in a 70-year-old population," *Gerontology*, 1991, 37(5):281-8.
7. Jones, P., Hardman, A., et. al. "Influence of brisk walking on the broadband ultrasonic attenuation of the calcaneus in previously sedentary women aged 30-61 years." *Calcified Tissue International*, 1991, 49(2):112-5.
8. Blair, S., Collingwood, T., et. al. "Health Promotion for Educators: Impact on Health Behaviors, Satisfaction, and General Well-Being," *American Journal of Public Health*, 1984, 74:147-49.
9. Cramer, S., Nieman D., et. al. "The effects of moderate exercise training on psychological well-being and mood state in women." *Journal of Psychosomatic Research*, 1991, 35(4-5):437-49.
10. Carroll, J., Pollack, M., et. al. "Incidence of injury during moderate and high intensity walking in the elderly." *Journal of Gerontology*, 1992, 47(3):M61-6.

# 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 following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## 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 and aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	113	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended 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 does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

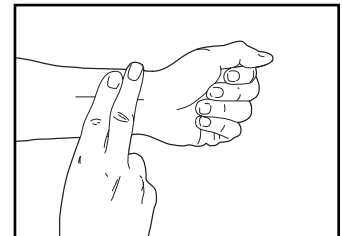
For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

## 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 speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

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



## WORKOUT GUIDELINES

Each workout should include the following three parts:

### A Warm-up

Start each workout with 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

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (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

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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 be-

tween workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

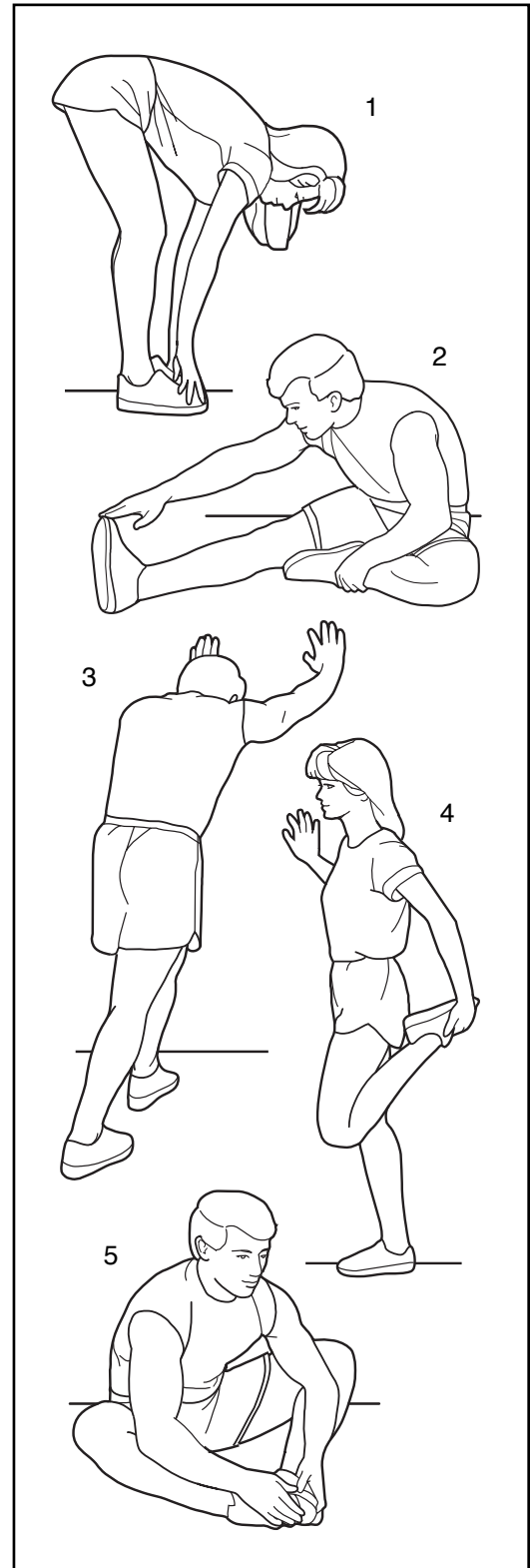
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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





# PART LIST—MODEL NO. RBTL09500

R1100A

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Foot Pad (Left)	47	4	Isolator	92	1	8" Cable Tie
2	1	Deck Pad (Left)	48	4	Isolator Screw	93	2	Lift Pivot Bolt
3	1	Foot Pad (Right)	49	16	Fastener	94	2	Wheel Bolt
4	1	Deck Pad (Right)	50	1	Belly Pan	95	2	Wheel
5	2	Frame Pivot Bolt	51	2	Endcap Spacer	96	1	Right Endcap Insert
6	2	Frame Pivot Spacer	52	1	Walking Platform	97	1	Grommet
7	1	Magnet	53	6	Platform Screw	98	1	Upright Wire Harness
8	1	Front Roller/Pulley	54	4	Rear Platform Screw	99	4	Thick Base Pad
9	8	Frame Pivot Nut	55	2	Rear Isolator	100	6	3/4" Screw
10	1	Reed Switch/Sensor Wire	56	5	Ground Screw/Controller Screw	101	1	Motor Washer
11*	1	Latch Assembly	57	1	Ground Wire	102	2	Extension Leg
12	1	Reed Switch Clip	58	1	Rear Endcap	103	2	Extension Cap
13	1	Lift Frame	59	2	Rear Roller Adj. Bolt	104	2	Incline Warning Decal
14	3	Star Washer	60	1	Warning Decal	105	1	Shock
15*	1	Motor Assembly	61	1	Allen Wrench	106*	2	Extension Leg Assembly
16	1	Motor	62	1	Rear Roller	107**	2	Hand Weight
17	1	Pulley/Flywheel/Fan	63**	1	Optional Chest Pulse Strap	108	1	Book Holder
18	1	Motor Belt				109	1	Power Cord Grommet
19	1	Motor Pivot Nut	64**	1	Optional Chest Pulse Sensor	110	1	Frame
20	1	Motor Tension Nut				111	2	Catch Screw
21	1	Motor Tension Bolt	65	1	Left Foam Grip	112	1	Catch
22	1	Motor Pivot Bolt	66	2	Handrail Extension	113	1	Audio Wire
23	1	Hood	67	8	1/2" Screw	114	1	Walking Belt
24	2	Incline Motor Bolt	68	1	Lock Knob	115	1	15" Wire Harness
25	4	Plastic Stand-off	69	1	Upright	116	1	20" Wire Harness
26	1	Power Board	70	1	Lock Knob Sleeve	117	2	Cage Nut
27	5	Screw	71	1	Spring	#	1	12" White Wire, M/F
28	1	Choke	72	1	Lock Pin Collar	#	1	8" White Wire, 2F
29	1	Controller	73	1	Pin Clip	#	1	14" Blue Wire, 2F
30	1	Electronics Plate	74	1	Lock Pin	#	1	4" Blue Wire, 2F
31	1	8" Wire Harness	75	1	Right Foam Grip	#	1	4" Black Wire, 2F
32	1	Front Roller Adj. Bolt	76**	1	iFIT.com Module	#	1	12" Green Wire, 2/Ring
33	6	1 1/4" Screw	77**	1	iFIT.com Videocassette	#	1	8" Green Wire, F/Ring
34	9	Roller Washer/Platform Washer	78**	1	iFIT.com CD	#	1	User's Manual
35	1	Front Roller Nut	79	2	Upright Endcap			
36	1	Incline Motor	80	4	Belly Pan Screw			
37	1	Incline Motor Stop	81	1	Console Base			
38	1	Belly Pan	82	1	Console			
39	2	Belly Pan Screw (Long)	83	16	Console Screw			
40	2	Static Decal	84	1	Key/Clip			
41	1	Circuit Breaker	85	1	10' iFIT.com Wire			
42	1	Power Cord	86	1	Jack			
43	1	On/Off Switch	87	10	Console Back Screw			
44	1	Left Endcap Insert	88	1	Console Back			
45	4	Belt Guide Screw	89	1	Releaseable Tie			
46	1	Belt Guide	90	1	Cable Tie Screw			
			91	1	Cable Tie Clamp			

\* Includes all parts shown in box  
 \*\*For information about the optional chest pulse sensor and hand weights, see page 19. For information about the iFIT.com module, call toll-free 1-800-884-0620. For information about iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.

# These parts are not illustrated

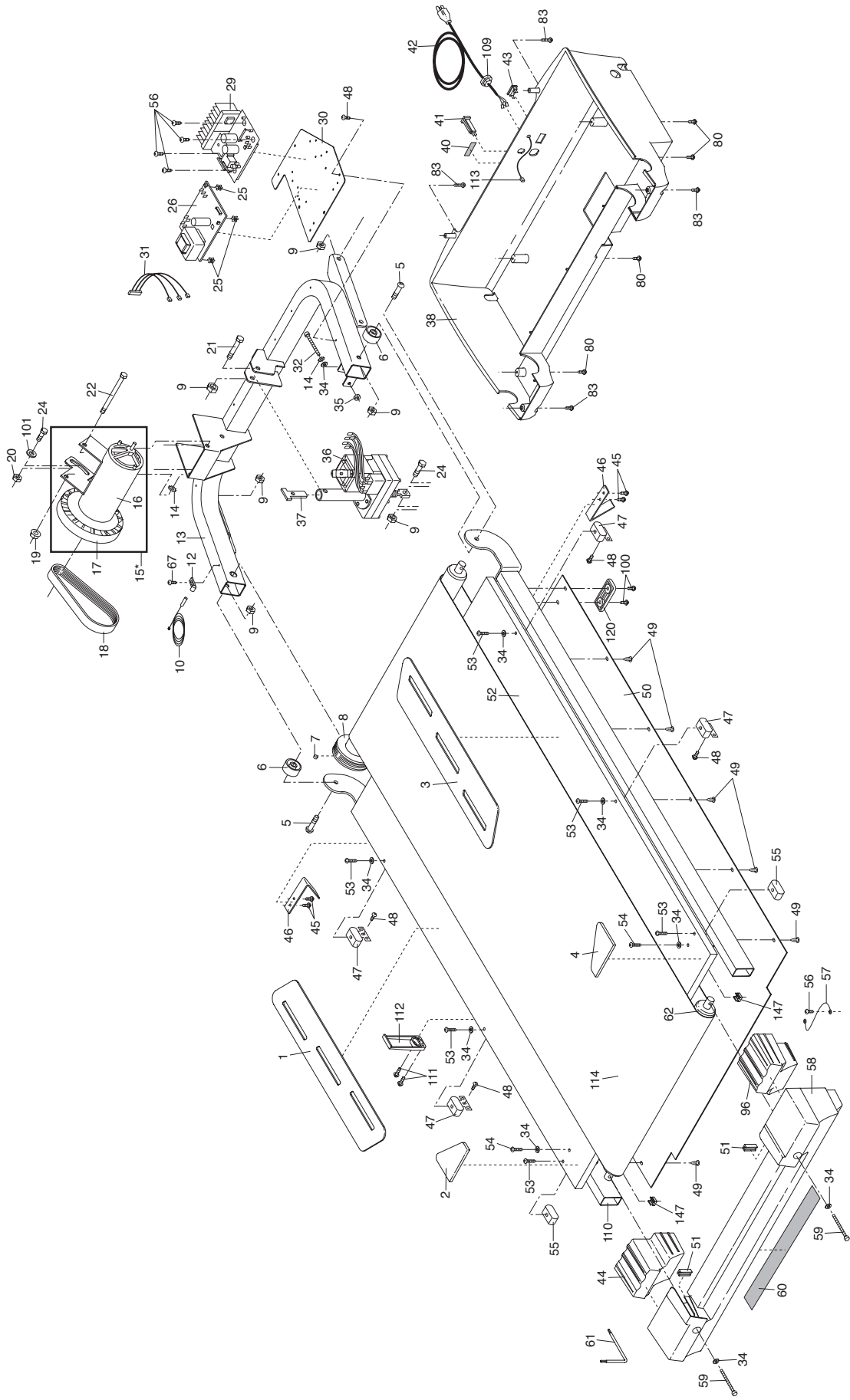
# HOW TO ORDER REPLACEMENT PARTS

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 (RBTL09500)
- The NAME of the product (REEBOK® RTX 455 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 30).

# EXPLODED DRAWING—MODEL NO. RBTL09500

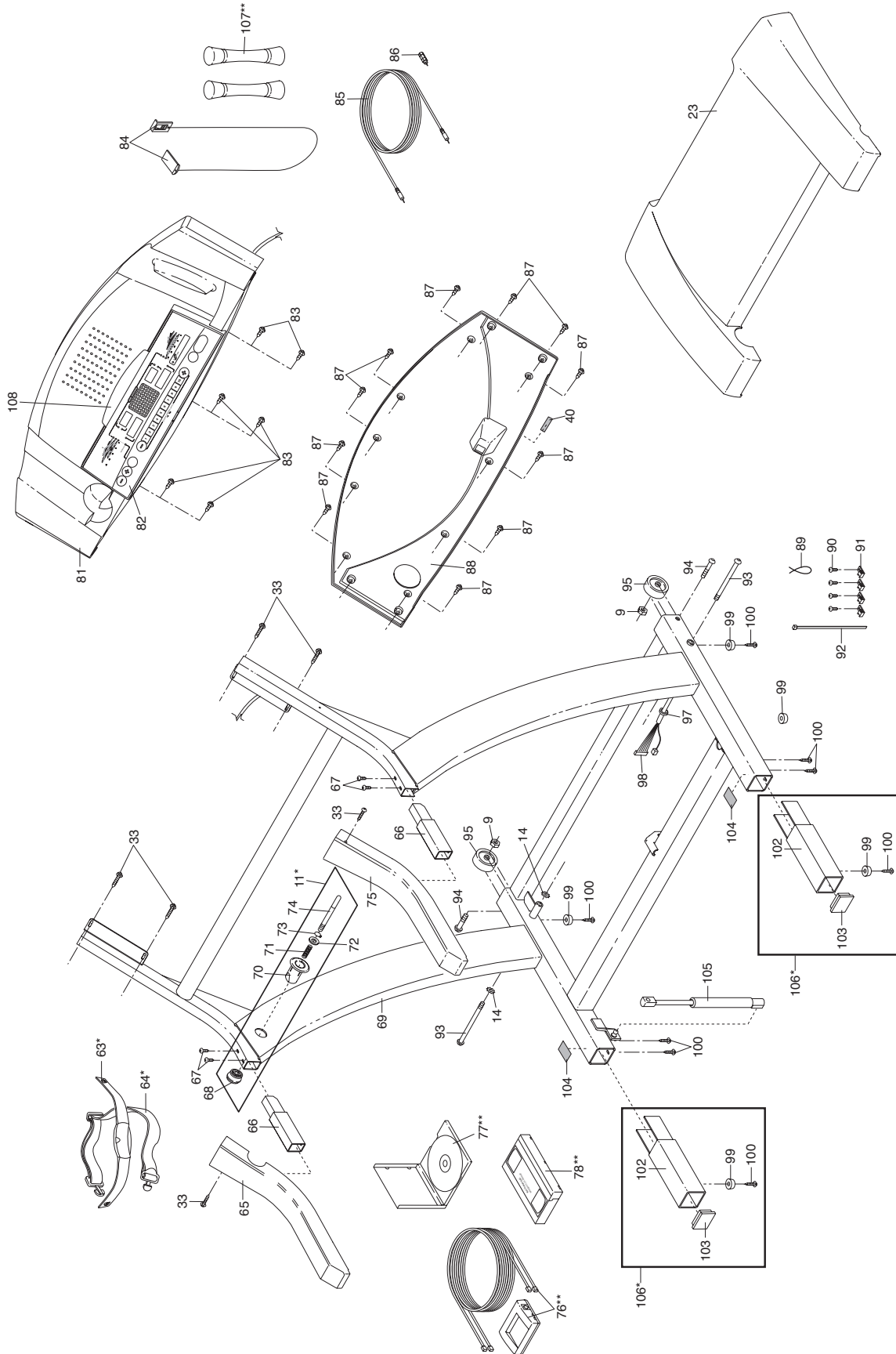
R1100A





# EXPLODED DRAWING—MODEL NO. RBTL09500

R1100A



# LIMITED WARRANTY

**WHAT IS COVERED**—The entire REEBOK® RTX 455 (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the motor for three years after the date of purchase. The belt and deck are covered for two years after the date of purchase. All mechanical components are covered for two years after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

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

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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