

Reebok

User Manual



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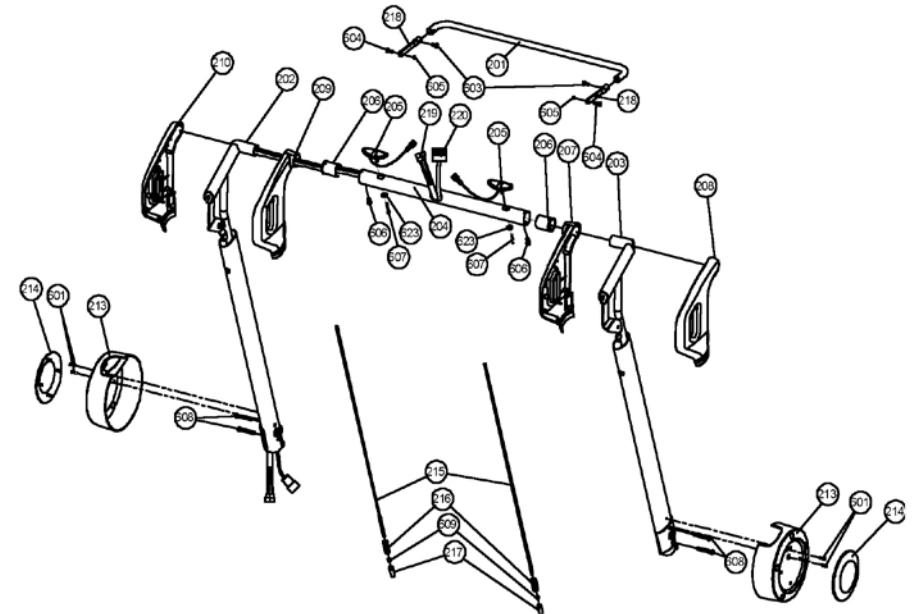
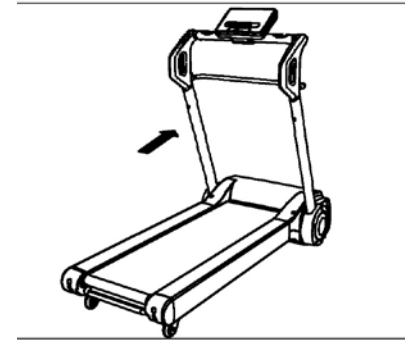
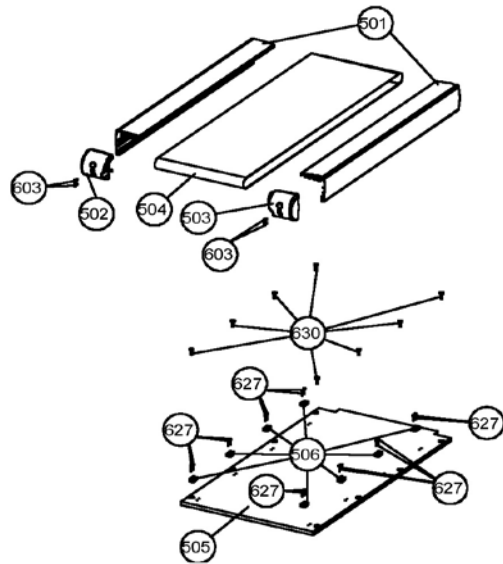
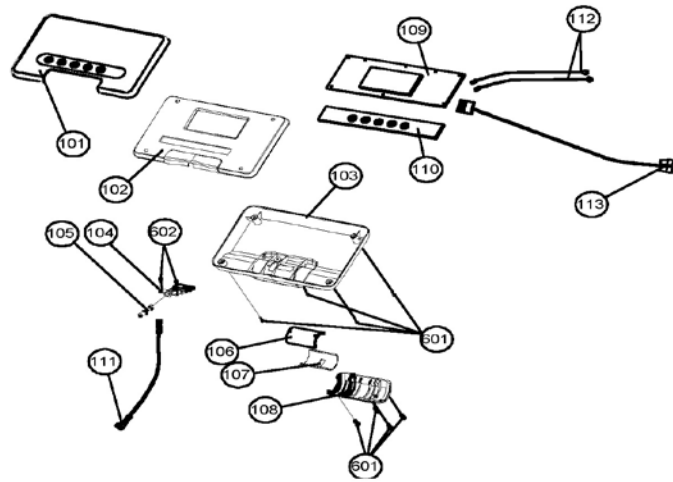
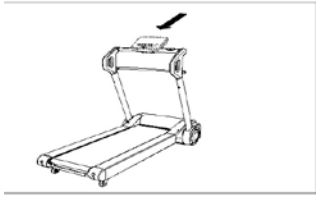
PRECAUTIONS

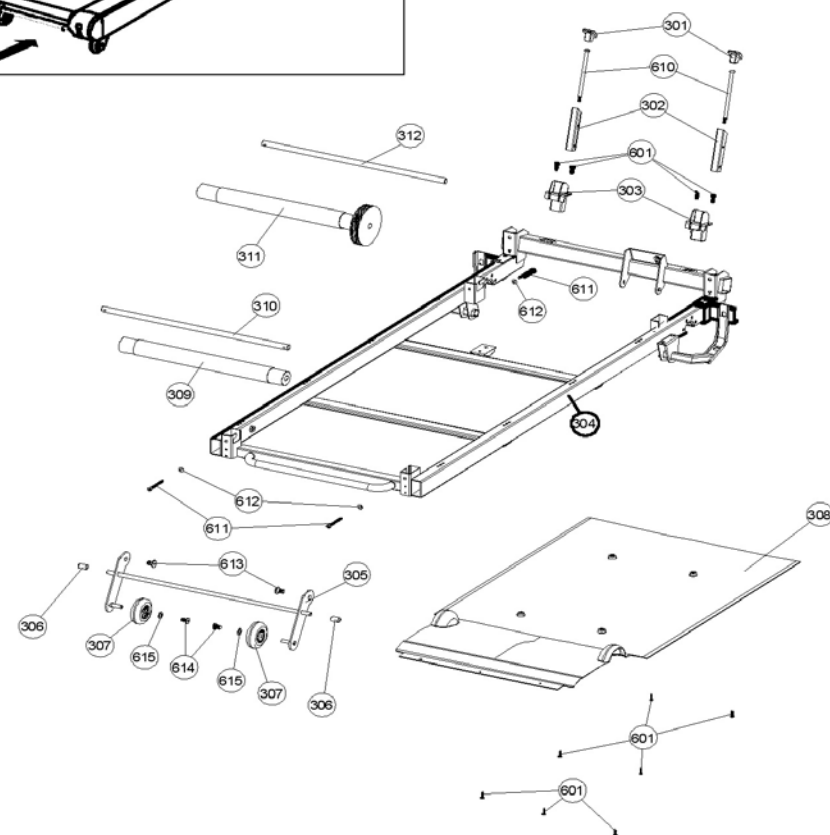
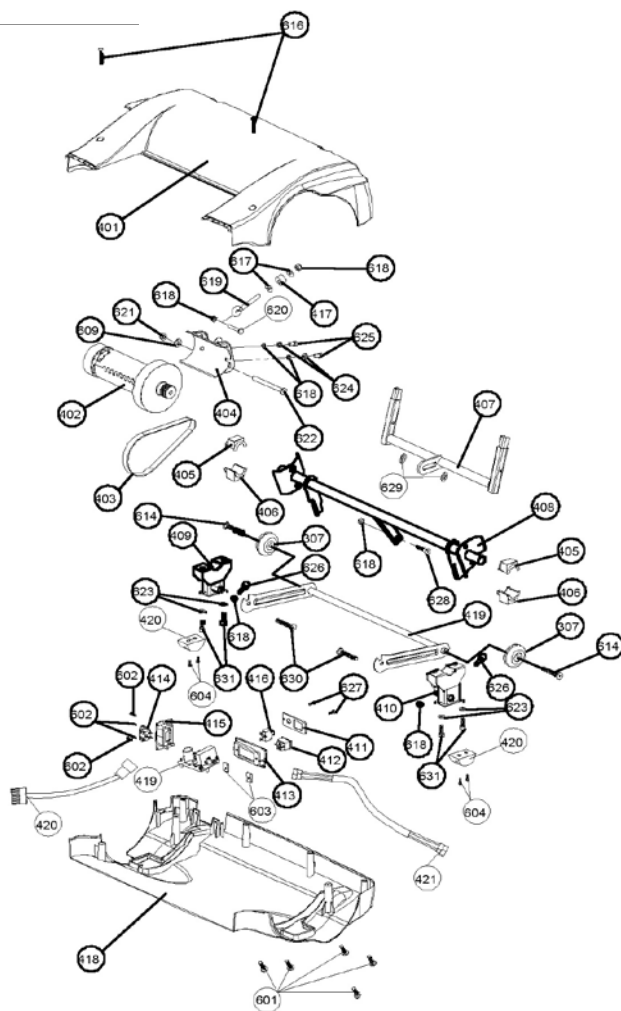
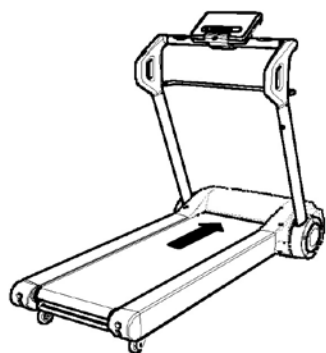
WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

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 in this manual.
3. Place on a level surface, with 2m of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
4. When choosing a location for the treadmill make sure that the location and position permit access to a plug.
5. Keep the treadmill indoors, away from moisture or dust. Do not put the treadmill in a garage or covered patio, or near water. Failure to do this will invalidate your warranty.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 100kg.
9. Never allow more than one person on the treadmill at a time.
10. 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.
11. When connecting the power cord, plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS 1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
12. If you need an extension cord, use only 14 gauge cord of 1.5m or less in length.
13. Keep the power cord away from heated surfaces.
14. 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.
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it's properly assembled. Do not change the incline of the treadmill by placing objects under the treadmill.
20. Inspect and tighten all parts of the treadmill regularly.
21. Never drop or insert any object into any opening in/on the treadmill.
22. Only use an original power cord supplied with the machine. If a replacement is required contact RFE international Ltd directly.

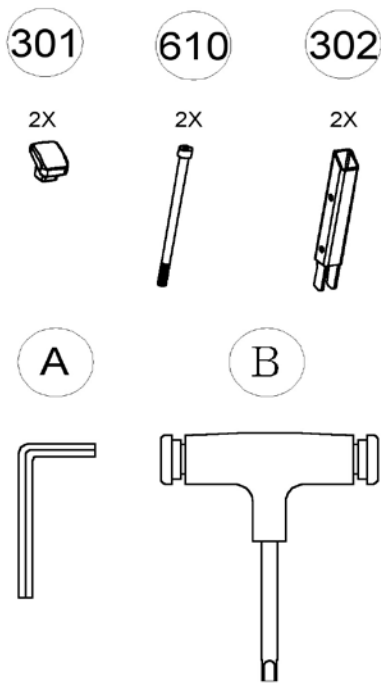
Parts List

Part no.	Part name	Quantity			
IR-101	Console button plate	1	IR-409	Motor holder bracket base -left	1
IR-102	Console housing -upper	1	IR-410	Motor holder bracket base -right	1
IR-103	Console housing -lower	1	IR-411	Switch board	1
IR-104	Safety Key base	1	IR-412	Switch	1
IR-105	Safety Key	1	IR-413	Switch board holder	1
IR-106	Console housing holder-upper	1	IR-414	Electric outlet	1
IR-107	Console housing holder-lower	1	IR-415	Electric outlet holder	1
IR-108	Console fix lower cover	1	IR-416	Electric protector	1
IR-109	Computer main board	1	IR-417	PU cushion	1
IR-110	Button board	1	IR-418	Motor cover -lower	1
IR-111	Safety key wire	1	IR-419	Transport wheel bracket	1
IR-112	Pulse sensor wire-upper	2	IR-420	Main frame foot cover	2
IR-113	5 pin computer wire-upper	1	IR-501	Side rail	2
IR-201	Fold up grip	1	IR-502	Rear end cap -left	1
IR-202	Upright -left	1	IR-503	Rear end cap -right	1
IR-203	Upright -right	1	IR-504	Running belt	1
IR-204	Heart rate handle bar	1	IR-505	Running deck	1
IR-205	Pulse sensor set	2	IR-506	Side rail guider	8
IR-206	Console support tube bushing	2	IR-601	M4x14 mm Screw	22
IR-207	Handlebar cover right -inner	1	IR-602	3x10 mm Screw	6
IR-208	Handlebar cover right -outside	1	IR-603	M5X14 mm screw	2
IR-209	Handlebar cover left -inner	1	IR-604	M4X10 mm screw	8
IR-210	Handlebar cover left -inner	1	IR-605	M5 nut	4
IR-213	Upright lower cover-left	2	IR-606	M8×18 mm allen bolt	2
IR-214	Side cover	2	IR-607	4×40 mm screw	2
IR-215	Fold up grip connect rod	2	IR-608	M8×52 mm bolt	4
IR-216	Spring	2	IR-609	Ø10 washer	5
IR-217	Upright lock pin	2	IR-610	M8×130 screw	2
IR-218	Fold up grip connector	2	IR-611	M6×45 mm screw	3
IR-219	Safety key wire -lower	1	IR-612	Ø10 washer	3
IR-220	5 pin computer wire -lower	1	IR-613	M12x25 mm cap allen head bolt	2
IR-301	Fold up foot cover	2	IR-614	M6×14 screw	4
IR-302	Fold up foot	2	IR-615	M6 washer	4
IR-303	Front foot base	2	IR-616	M4X35 screw	2
IR-304	Main frame	1	IR-617	26 washer	2
IR-306	Rear transport axle cap	1	IR-618	M8 nut	5
IR-307	Transportation wheel	4	IR-619	M8X85 bolt	1
IR-308	Belt cover- bottom	4	IR-620	M8X48 bolt	1
IR-309	Rear roller tube	1	IR-621	M10 nut	1
IR-310	Rear roller shaft	1	IR-622	M10X116 mm screw	1
IR-311	Front roller tube	1	IR-623	8 plate washer	10
IR-312	Front roller shaft	1	IR-624	Ø8 spring	2
IR-401	Motor hood	1	IR-625	M8×12 allen head bolt	2
IR-402	DC driving Motor	1	IR-626	M8 bump bolt	2
IR-403	Driving Belt	1	IR-627	4×19 Screw	18
IR-404	Motor holder	1	IR-628	M8 special bolt	1
IR-405	Motor holder bracket end cap -lower	2	IR-629	Ø8 washer	2
IR-406	Motor holder bracket end cap -lower	2	IR-630	M10×25 allen head bolt	2
			IR-631	M8×30 allen head bolt	4



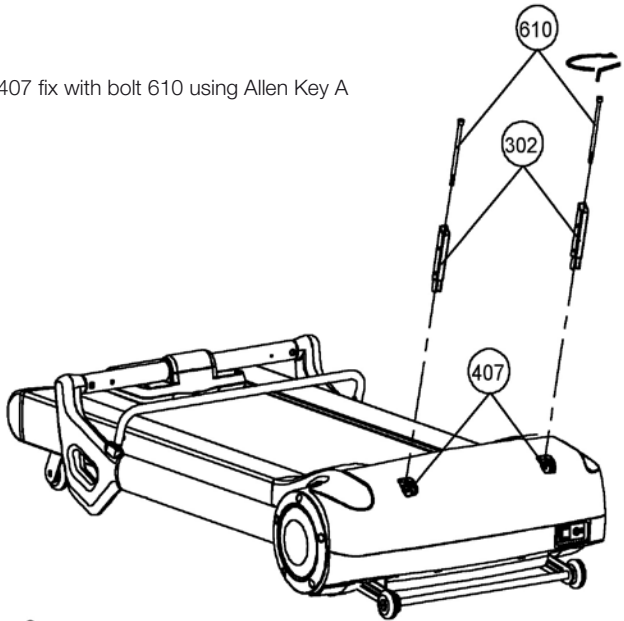


Hardware Pack



Assembly Step 1:

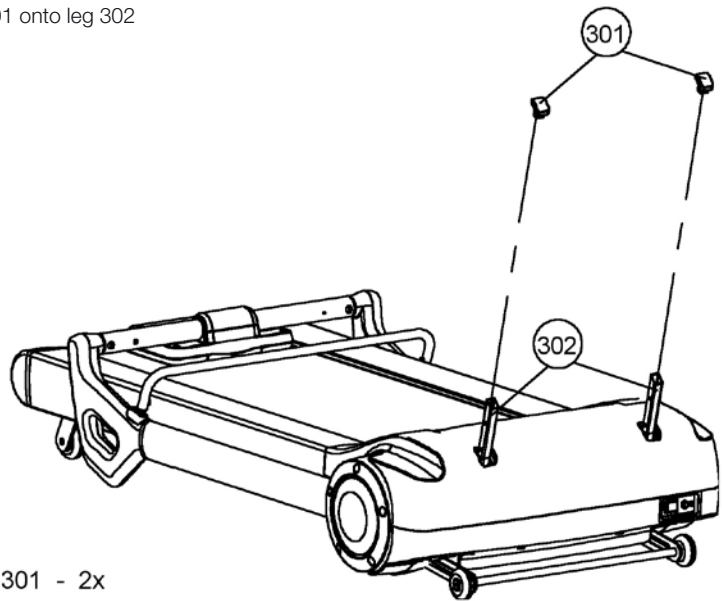
Insert leg 302 into leg bracket 407 fix with bolt 610 using Allen Key A



610 - 2x
302 - 2x

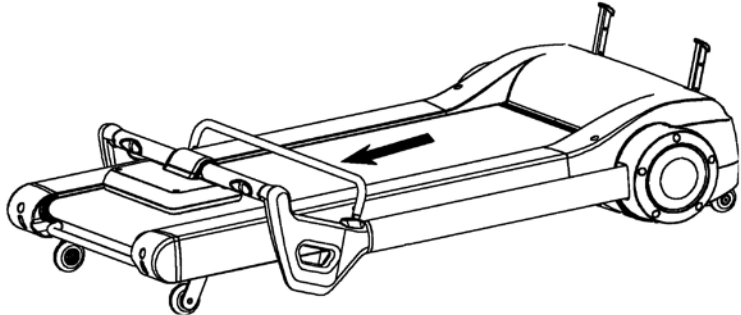
Step 2:

Push Feet 301 onto leg 302



Step 3:

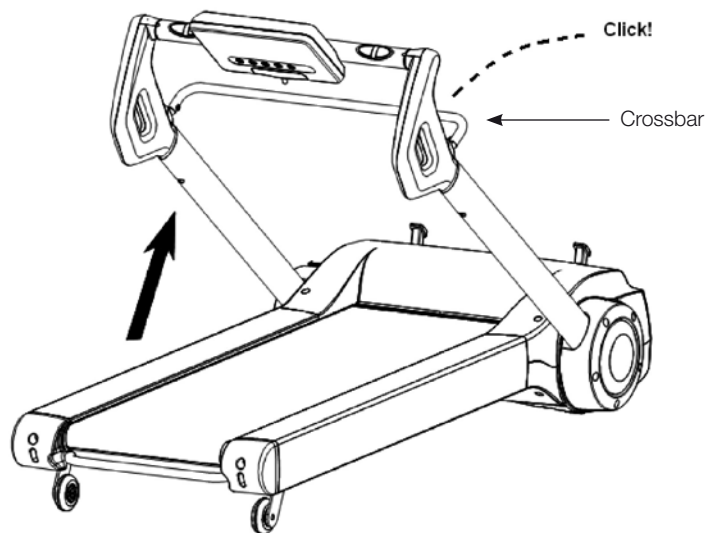
Unit assembled



Step 4:

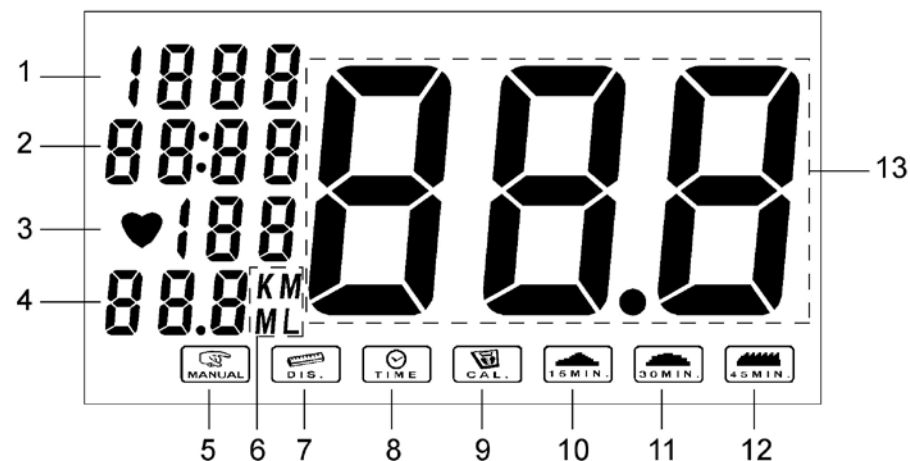
Unfolding unit

To unfold, unlock cross bar by pulling upwards towards console. Now rotate uprights towards motorhood. The uprights need to click twice when un-folding for the first time.



When un-folded please rotate the console around console support tube.

Display



- CALORIES (1) The calories display range is from 0 to 999.
TIME (2) The TIME display range is from 0:00 to 99:00. The initial TIME is "32:00"
PULSE (3) The range of the PULSE display is from 0 to 199 BPM.
DISTANCE (4) The DISTANCE display range is from 0.0 to 99 km/h; Mph.

- PROGRAM – MANUAL (5)
MEASURE in km/miles (6)
PROGRAM – DISTANCE (7)
PROGRAM – TIME (8)
PROGRAM – CALORIES (9)
PROGRAM – 15 Minutes (10)
PROGRAM – 30 Minutes (11)
PROGRAM – 45 Minutes (12)

- SPEED (13) The range of the Speed is from 0.0 to 99.9 km/h; Mph.

Button Functions

Start Button



Press the button to start the computer or start the program.
The initial speed of 0.8 km/h / 0.5 mph

STOP / ENTER button



Press to confirm a program and preset function values under setting mode.
Press to quit preset program and function values after completing a single program.
Setting procedure: returns to beginning of setting mode before pressing the START key.
Press to stop exercise during workout time.



SPEED Up button

Press the button to increase the speed or set the program.



SPEED Down button

Press the button to decrease the speed or set the program.

POWER ON

After connecting the power cord switch the power button on. The LCD screen will light up.



SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout.

If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue set the speed controller to stop and then reinsert the safety key into the console, then press start.

SLEEP MODE

When the power is ON the computer will automatically enter POWER OFF MODE if it is left idle for 5 minutes, press any button to return to the power on status when the computer is in the POWER OFF MODE.

COMPUTER OPERATION

Power on – “P1” (manual) will flash in the LCD display. Press SPEED UP / DOWN keys for desired program. Please refer to the following instructions for different program options.



QUICK START

Press the START key directly to start exercise without a function value.

PROGRAM 1 – MANUAL

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.
DISTANCE: Accumulates and displays workout distance from start of exercise.
CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.

PROGRAM 2 – DISTANCE

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired distance by pressing UP/DOWN and confirm with STOP/ENTER
4. Press START to begin your exercise.

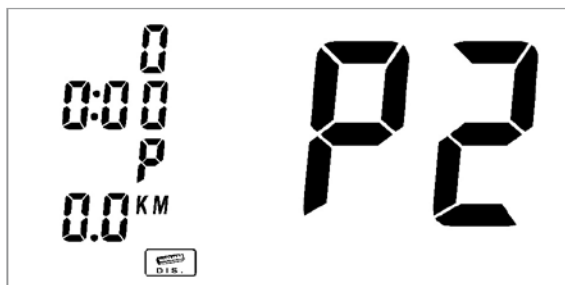
DISTANCE: Press SPEED UP/ DOWN to preset the distance target values and press START. The distance will count down from preset target value. While distance counts down to 0 (zero), speed goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).

TIME: Accumulates and displays workout time from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 3 – TIME

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired time by pressing the UP/DOWN button, press STOP/ENTER to confirm
4. Press START to begin your exercise.

TIME: Press SPEED UP / DOWN keys to preset time target value and press START. The time will count down from preset target value when starting exercise. While time counts down, the speed goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 4 – CALORIES Select the desired program by pressing the UP/DOWN button.

1. Press STOP / ENTER to confirm the program.
2. Adjust your desired calories by pressing the UP/DOWN button, press STOP/ENTER to confirm
3. Press START to begin your exercise.

CALORIES: Press SPEED UP / DOWN keys to preset calories target value and press START. Calories will count down from preset target value. While the distance counts down to 0 (zero), the speed goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 5 – 15 MINUTES PRESET SPEED

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

PULSE: Detects and displays current heart rate.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 6 – 30 MINUTES PRESET SPEED

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

PULSE: Detects and displays current heart rate.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



PROGRAM 7 – 45 MINUTES PRESET SPEED

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the “START” button. To stop the program press the STOP/ENTER button twice.



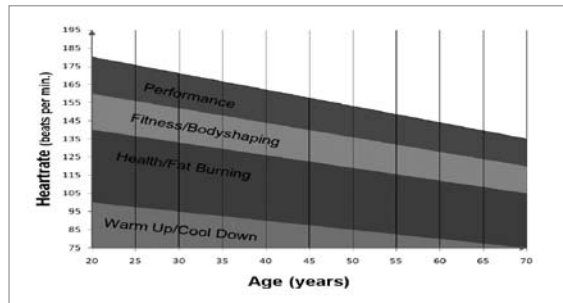
Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table below is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	50 – 70% of your max. heartrate
Fitness/Bodyshaping:	70 – 80% of your max. heartrate
Performance:	80 - 90% of your max. heartrate

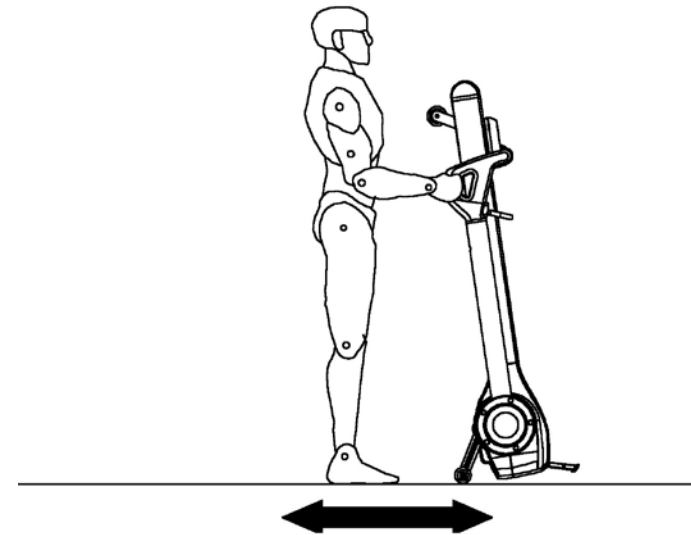
Example: You are 25 years old and want to train for the target Fitness:
 $220 - 25 = 195$
 $70\% \text{ of } 195 = 136,5$
 $80\% \text{ of } 195 = 156$

Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

Transportation

To move your I run. Fold the unit by dis-engaging the crossbar then fold the uprights to the deck. Now grasp the grip bar at the back of the tread and tilt upright. Grasp the handles and tilt onto the transport wheels.

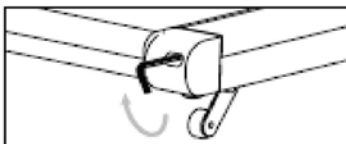


MAINTENANCE

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage. Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other predictable reasons could cause the belt to shift off centre resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to its proper position please follow the directions below. When the running belt is not centred and is shifted to the right or to the left, it is possible to adjust its position. Remove the Safety Key and unplug the power cord. Use the Allen wrench and turn both rear roller adjustment bolts clockwise, not more than 90 degrees. Remove the Allen wrench, insert the Safety Key and plug in the power cord. Run the treadmill a few minutes and observe if WARNING: Do not over tighten rollers! This will cause premature roller bearing failure!



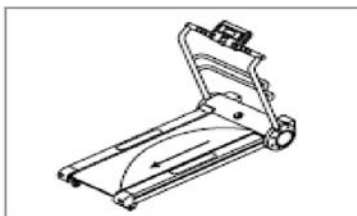
CLEANING

Routine cleaning of your treadmill will extend the product's life. **WARNING:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

- Never use abrasive or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use. Every 30 days or 30 hours of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below. Please use a non-petroleum based silicone.

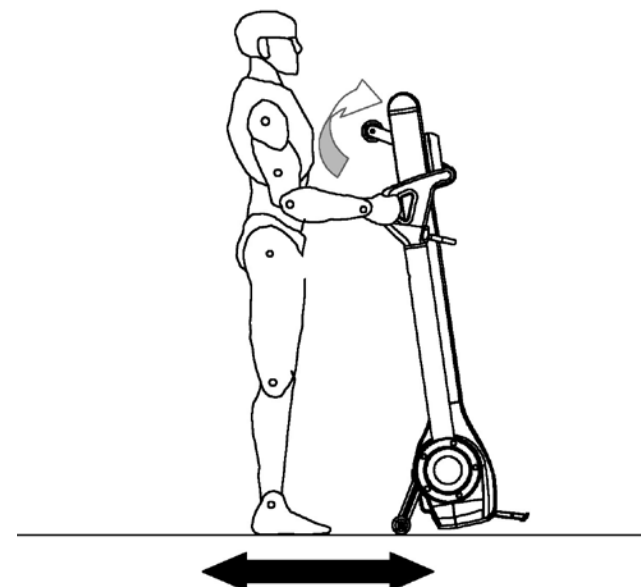


ADJUSTING INCLINE WHEELS

Your machine has 2 levels of incline – 1% or 4%

To adjust the incline on your I-run simply move the bar that attaches the 2 rear wheels backwards or forwards. When the wheels are pushed inwards towards the machine the running surface will be at a 4% incline. When the wheels are fully extended the incline level will be 1%.

*please note 1% incline level is the lowest point available for the I-run Machine.



Warranty

RFE International Ltd. (RFE), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of (2) two years for parts and labour, (10) ten years for the motor (parts only) and lifetime for the frame from the date of purchase. This warranty extends only to the original purchaser. RFE's obligation under this warranty is limited to replacing or repairing, at RFE's option, the product through one of its authorized service centres. All repairs for which warranty claims are made must be pre-authorized by RFE. This warranty does not extend to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a RFE authorized service centre, 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 RFE.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In the case of claim please contact your specialist dealer.

The warranty period starts at the date the product was purchased (please carefully retain your sales receipt).

Reebok quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of in-home use. This product is tested to the European Standard EN 957

Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Model name:

Serial number:

Spare Part Order:

If you require any parts for your machine please contact Technical Support on 0871 4742614. Please have your machine serial number and production date to hand

Waste Disposal



Contact

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