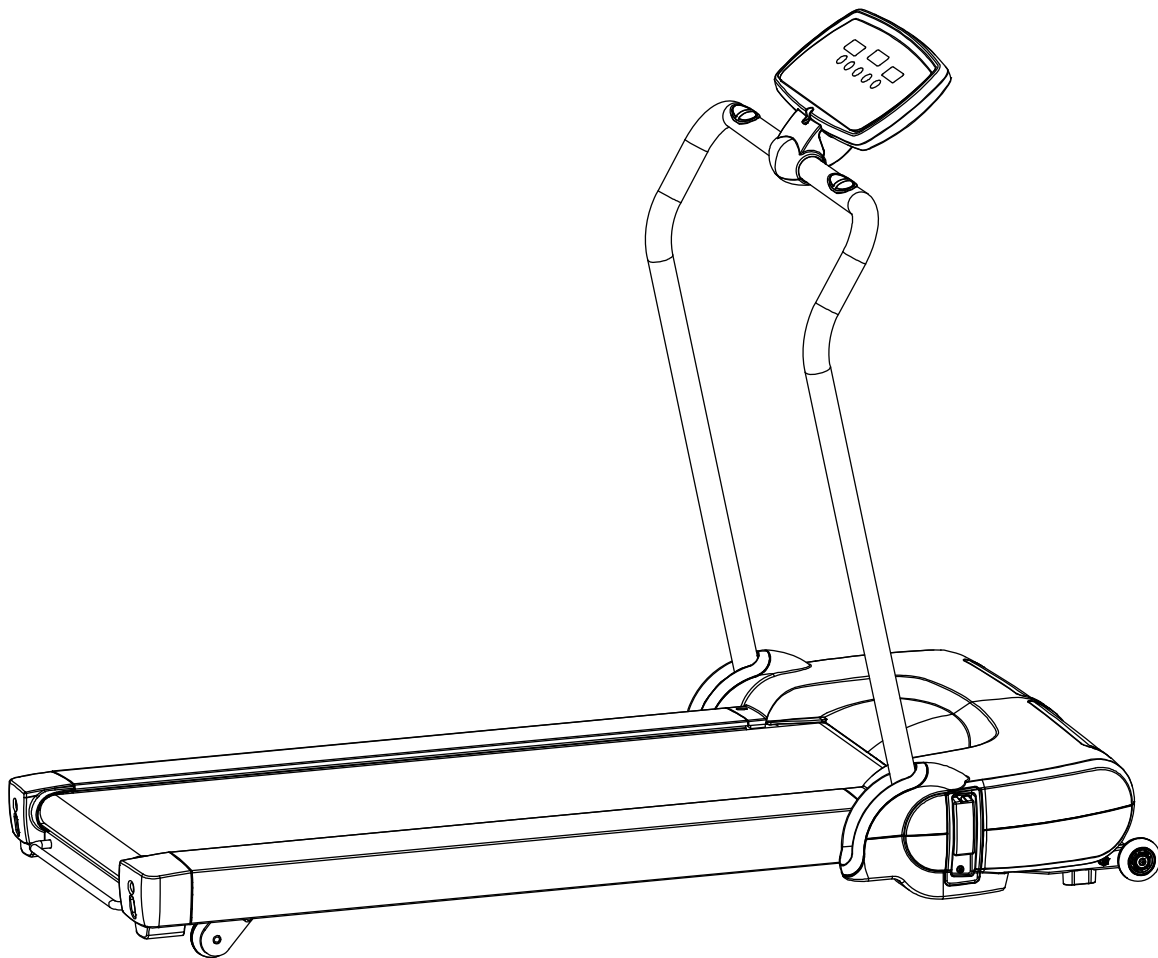


Reebok

ICE treadmill



USER MANUAL REEBOK-ICE Treadmill -20081021

POLAR
heart rate technology

PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Reebok ICE treadmill.

Name: _____ Phone Number: _____ Receipt:

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. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) 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.
- When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than 110kgs.
- Never allow more than one person on the treadmill at a time. 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.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

Never leave the treadmill unattended while it is running.

PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to check all of the parts that are included in the boxes. If you are missing any parts or have any assembly questions call the Technical Support Team on 0874 474 2614.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

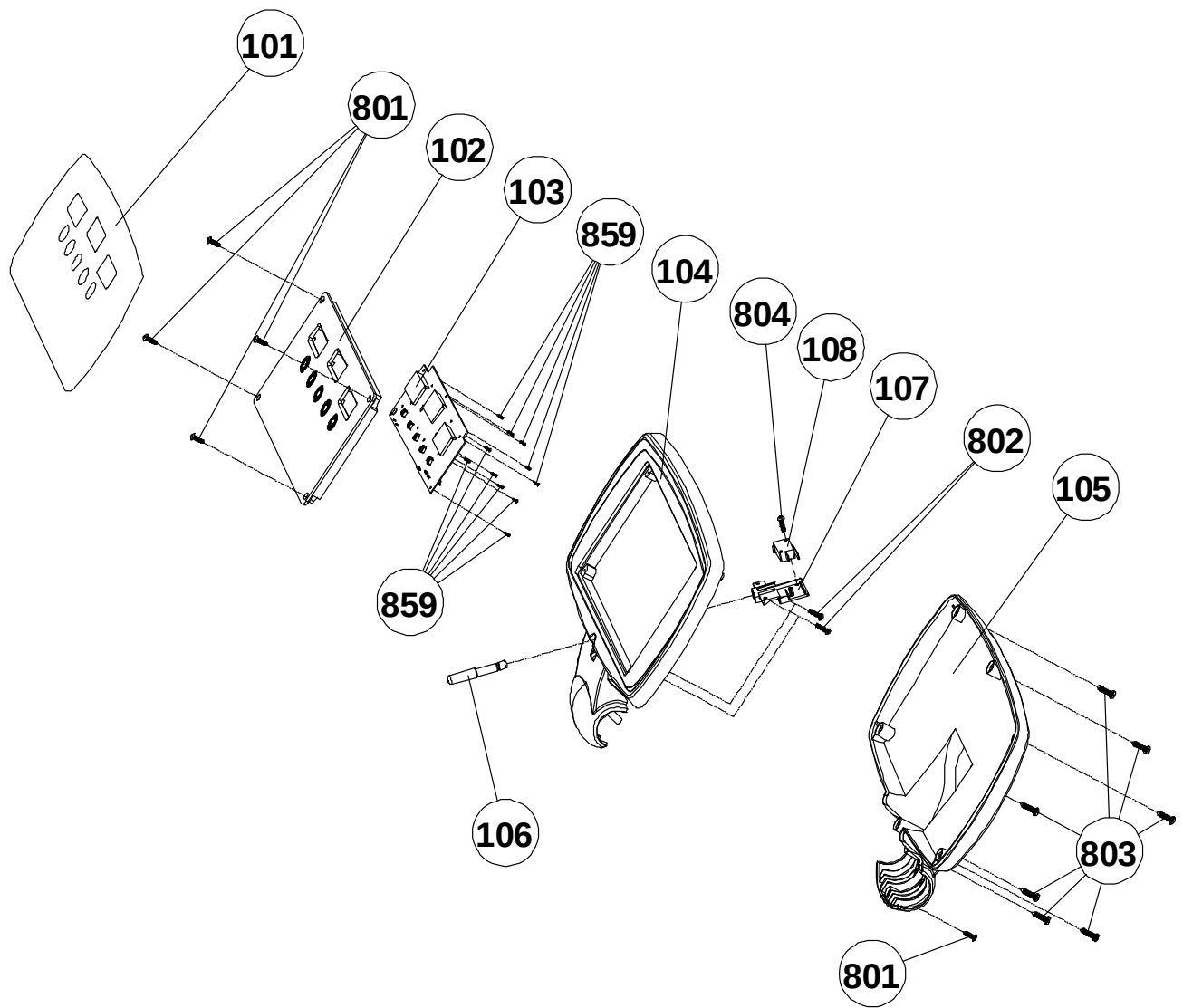
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 110kgs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit. FAILURE TO COMPLY WITH THIS WILL INVALIDATE THE PRODUCTS WARRANTY

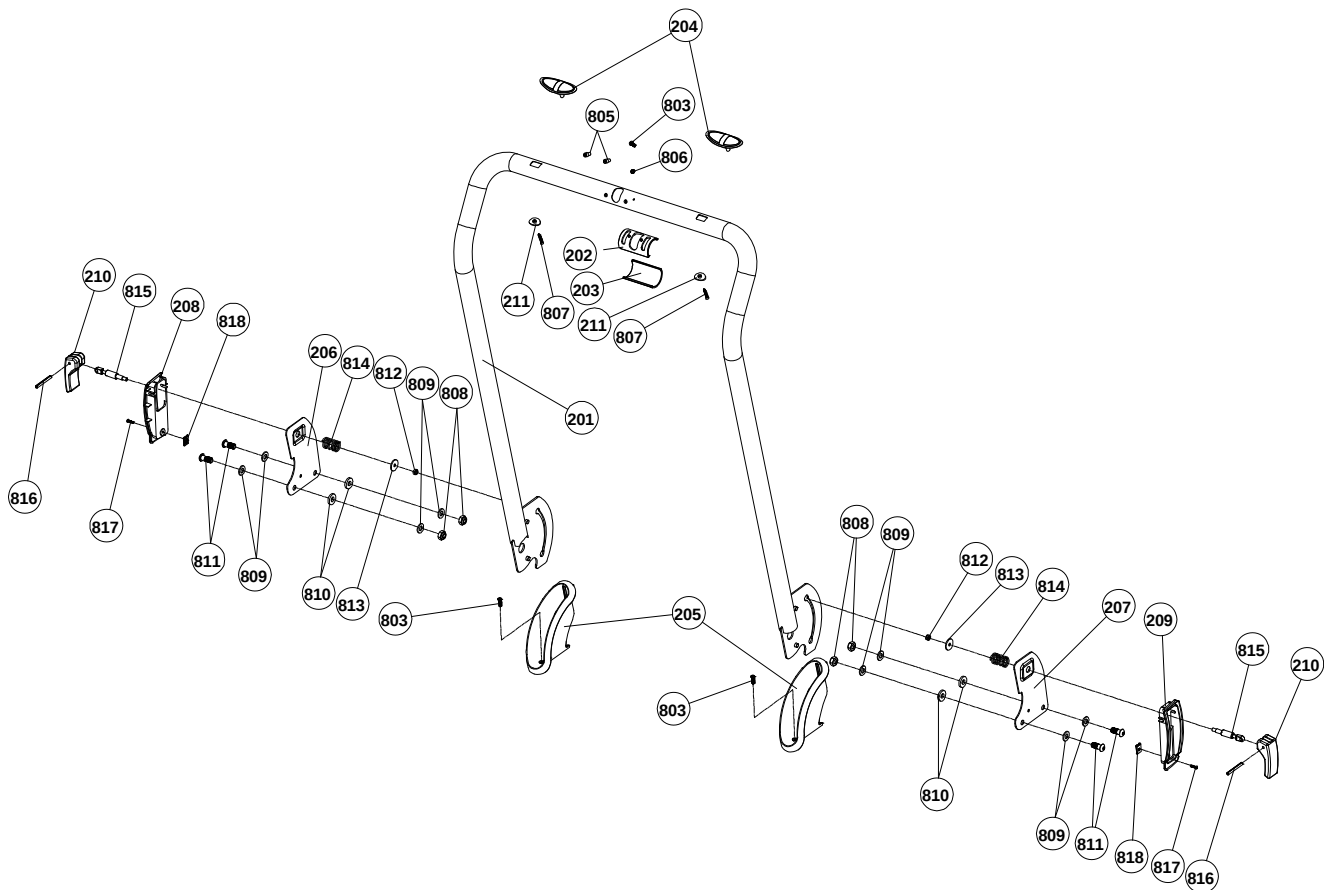
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



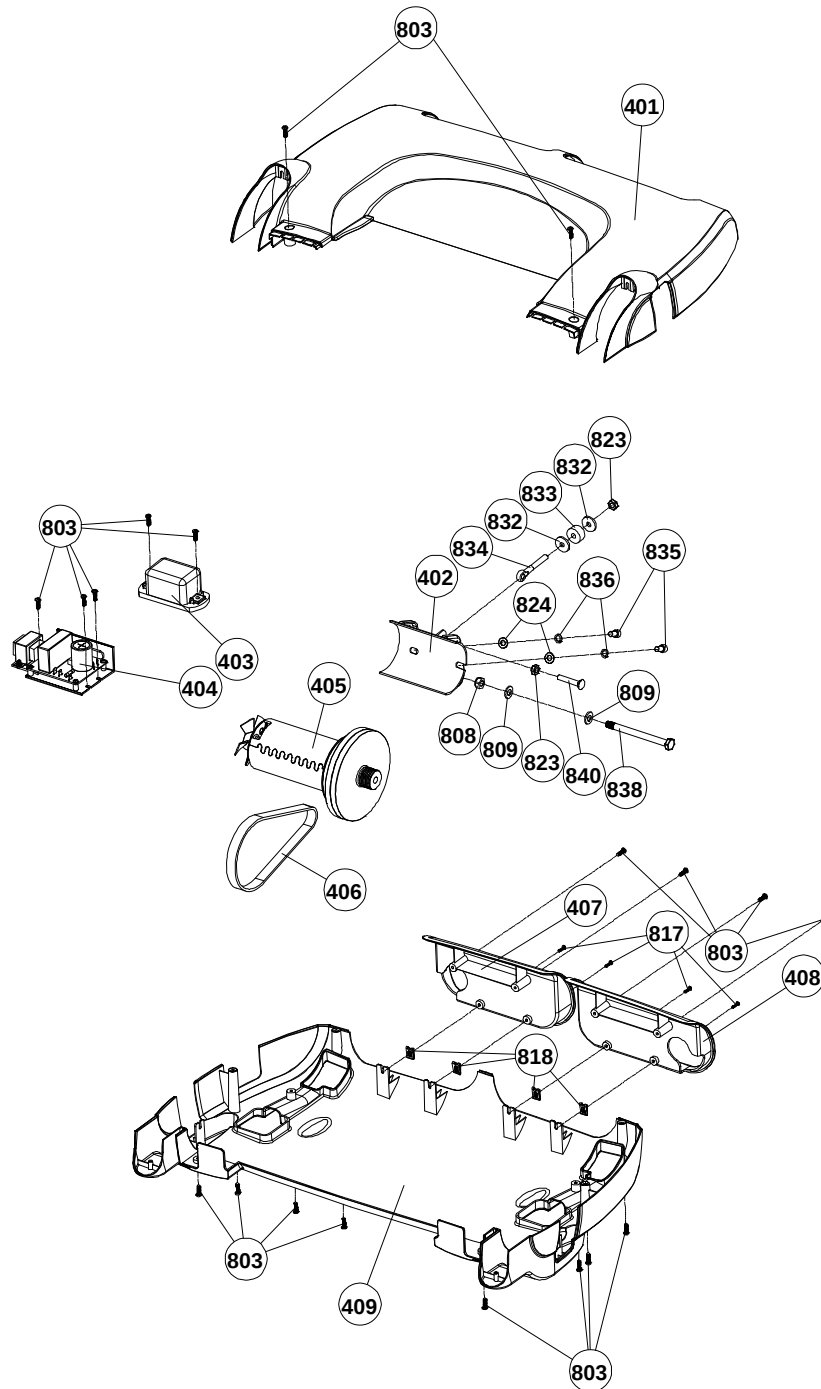
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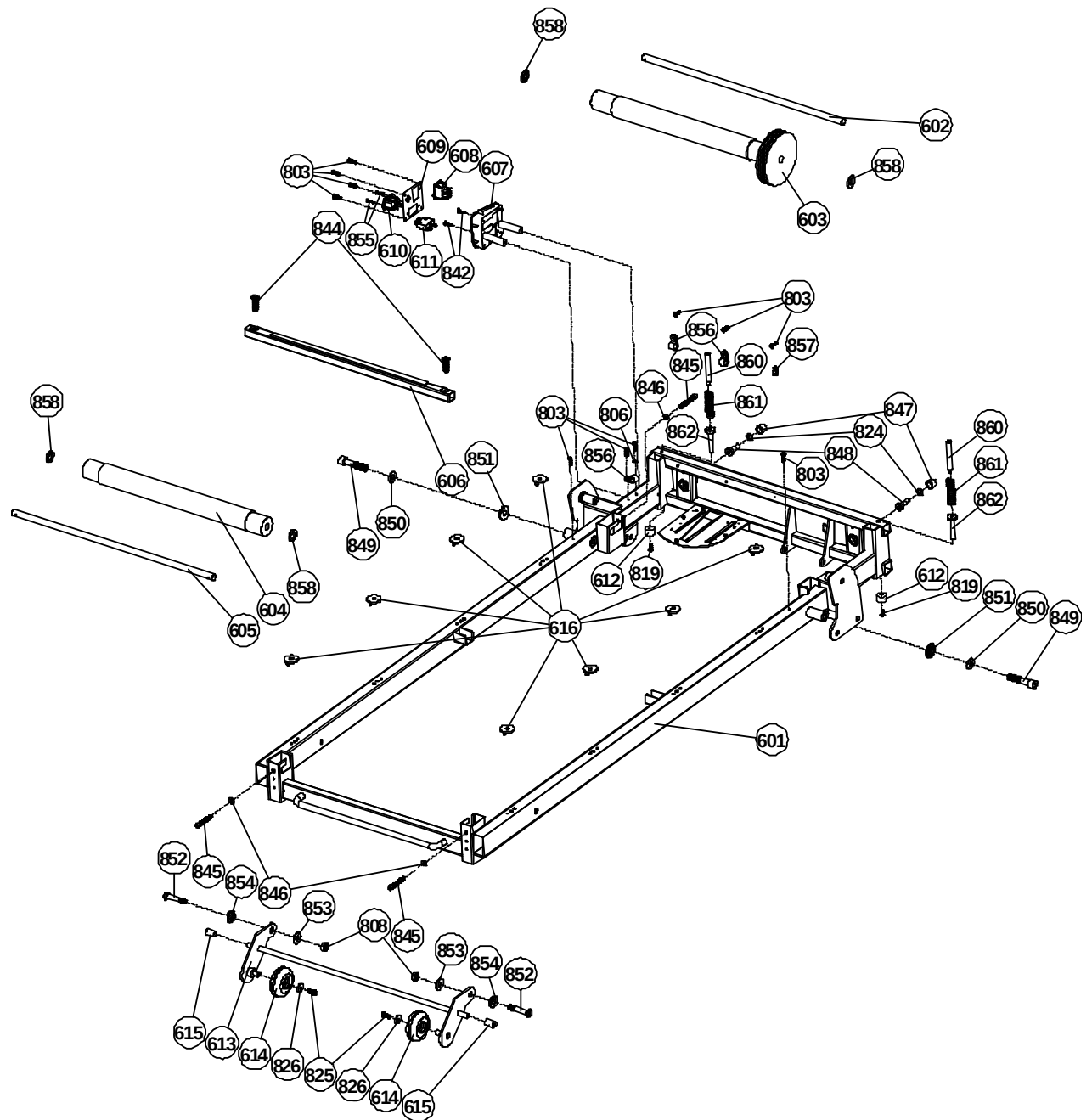
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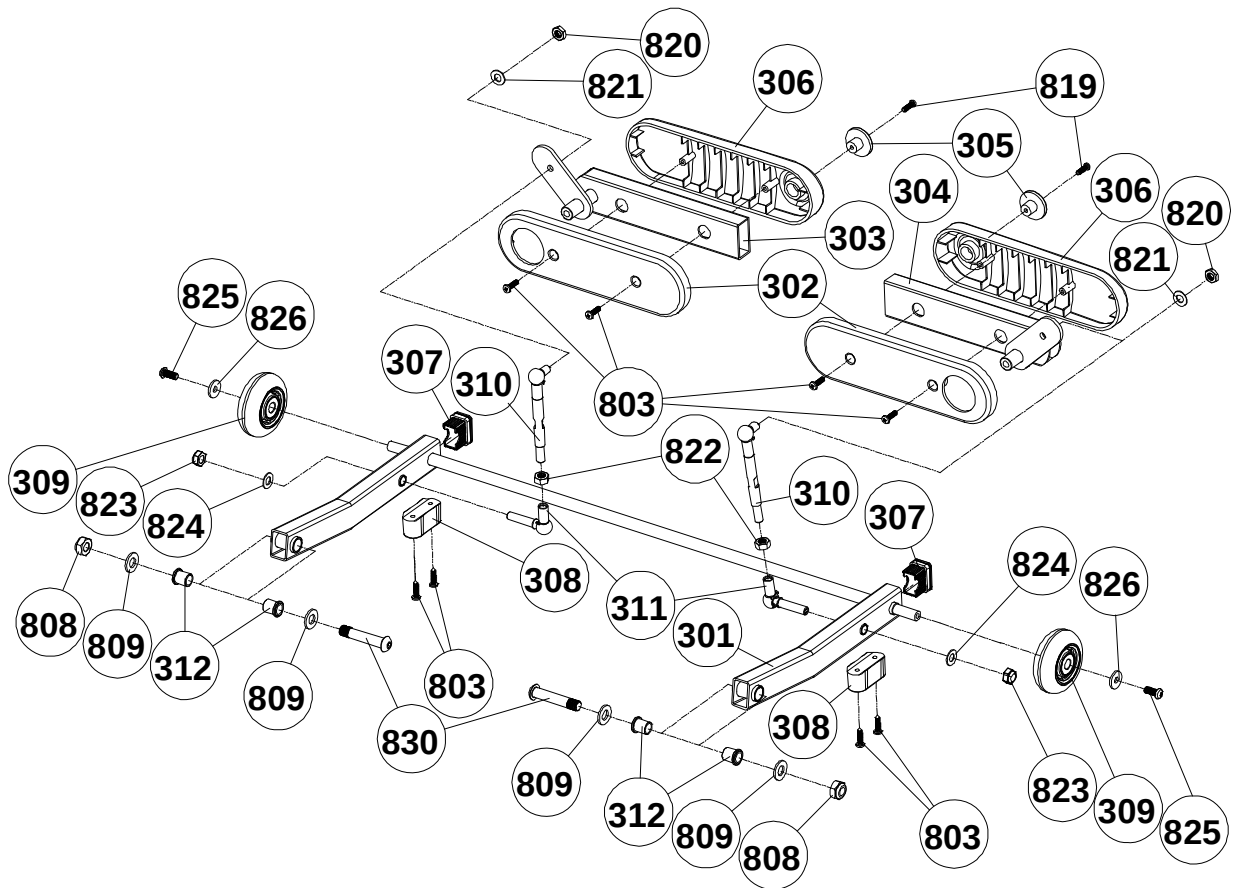
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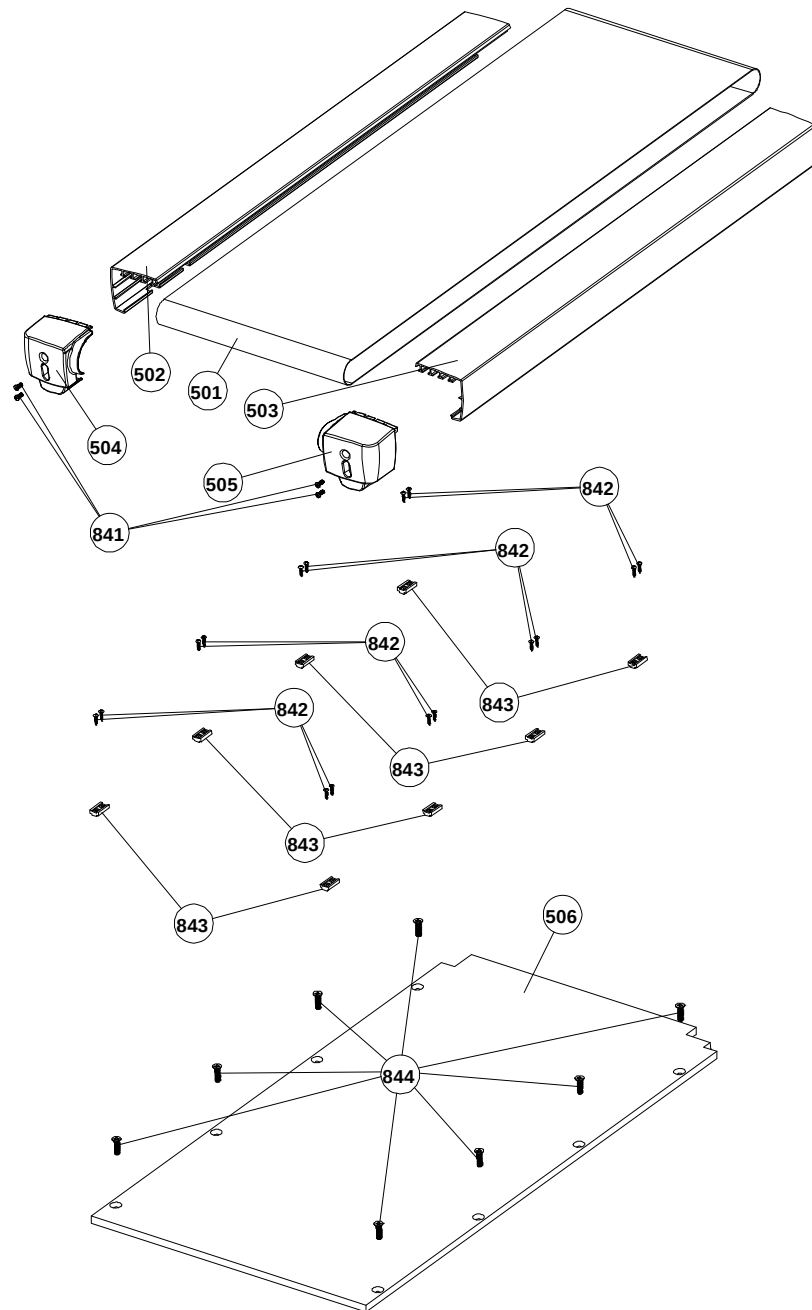
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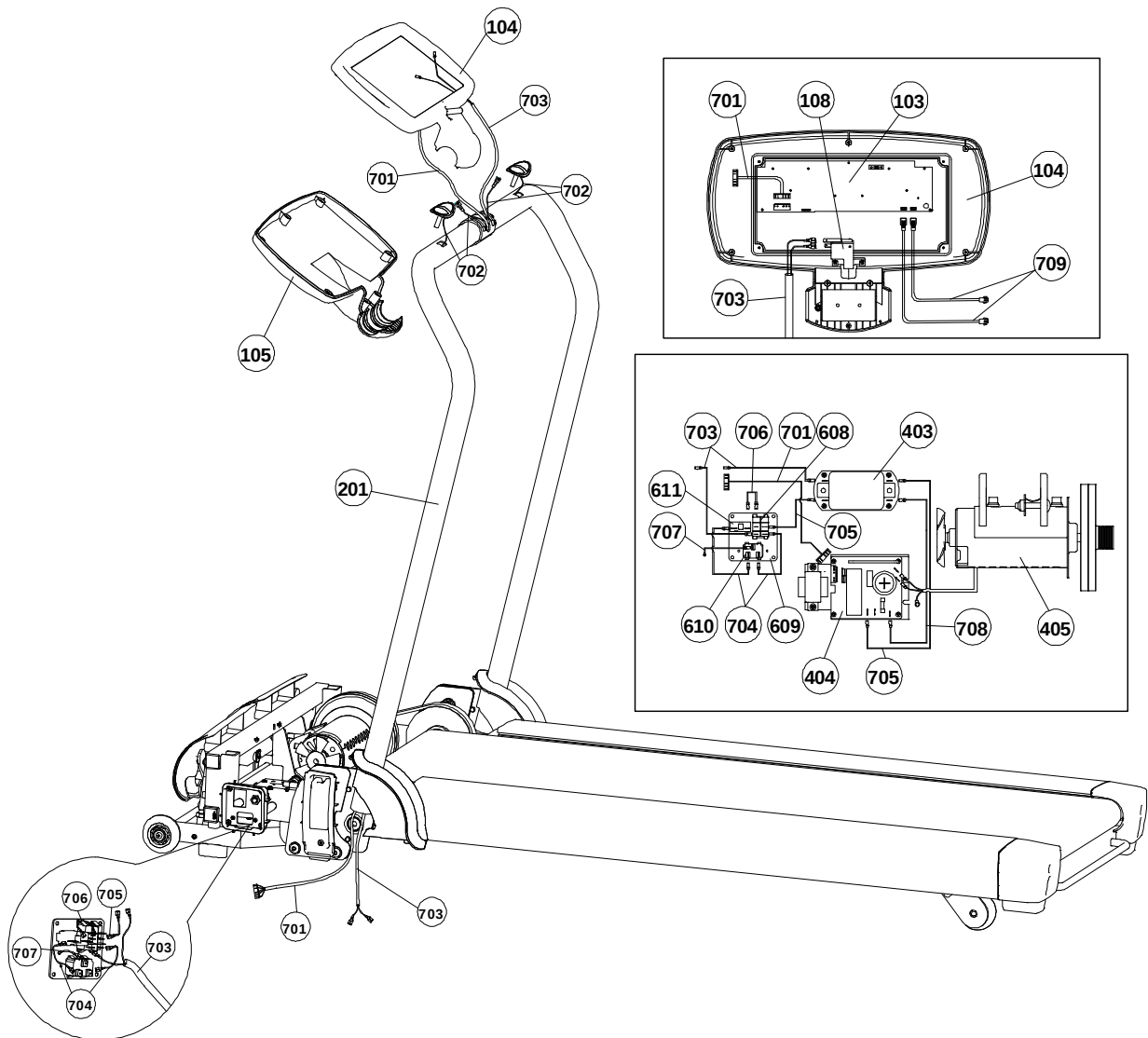
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PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



ASSEMBLY INSTRUCTIONS

FOLLOW THESE INSTRUCTIONS TO ASSEMBLE YOUR REEBOK ICE TREADMILL:

1. Remove your treadmill from the carton as shown in FIG 1.

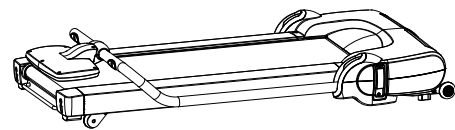


FIG 1.

2. Release the fold locker to Raise the handlebar into the upright position as shown in FIG 2.

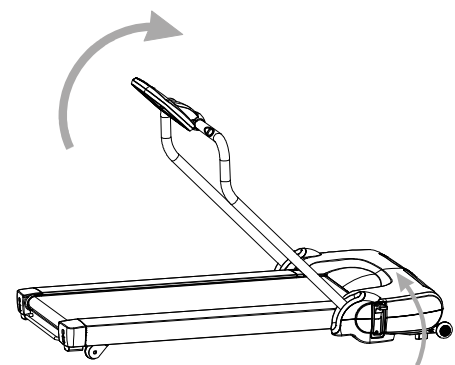


FIG 2.

3. Rotate the console to a desired position as shown in FIG 3. and press the fold locker to lock the upright . Your treadmill is now ready for use.

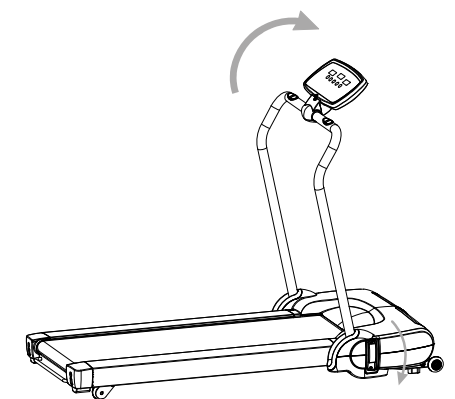


FIG 3.

ADJUSTING THE INCLINE:

The treadmill has two levels of inclination: 0% (horizontal) and 6%. The level can be changed by adjusting the inclination leg. Use the handle **(B)** to lift the treadmill with one hand and adjust the inclination leg with the other hand as shown in FIG 4.

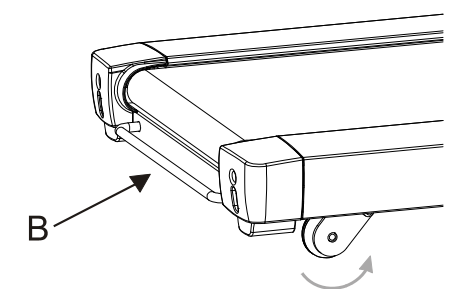


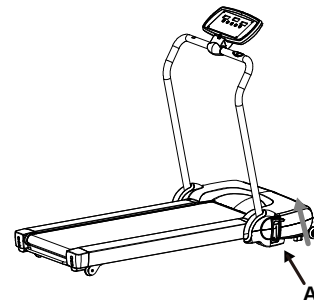
FIG 4.

FOLDING INSTRUCTIONS

FOLLOW THESE INSTRUCTIONS TO FOLD UP YOUR TAPI TREADMILL:

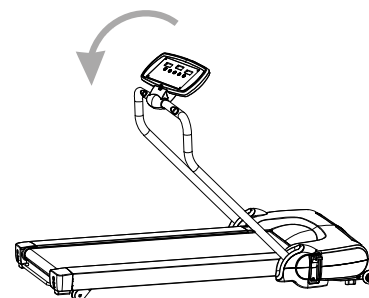
ATTENTION! Before folding up the treadmill be sure that the power cord is unplugged.

1. Hold the handlebar with both hands. Use your foot to push the release the fold locker (**A**) to unlock the upright.



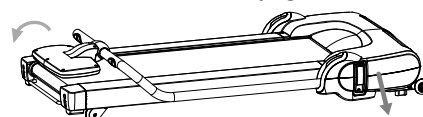
1. Release the fold locker.

2. Lower the handlebar until it is parallel with the running deck.



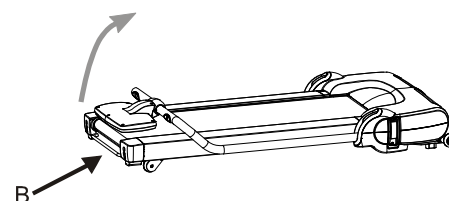
2. Fold down upright .

3. Turn the console towards the top of the running deck.



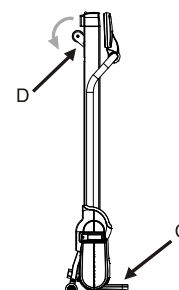
3. Turn down console.

4. Hold the end of the running deck (**B**) with both hands and lift it up to the vertical position.



4. Lift to vertical.

5. Steady the treadmill and turn the front foot (**C**) 90 degrees counterclockwise until it is perpendicular with the bottom of the running deck. Fold the inclination wheels (**D**) away in the bottom of the running deck.



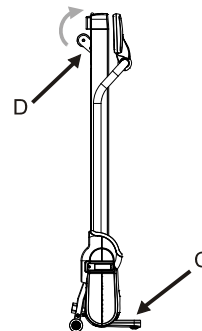
5. Turn out front foot when fold up and fold down wheels.

UNFOLDING INSTRUCTIONS

FOLLOW THESE INSTRUCTIONS TO UNFOLD YOUR TAPI TREADMILL:

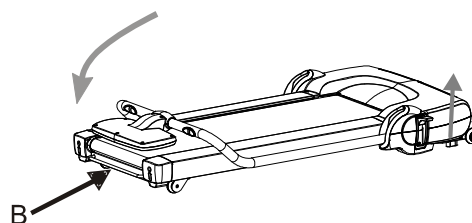
ATTENTION! To avoid injury be sure the treadmill is steady and secure before attempting to unfold.

1. Bring the inclination wheels **(D)** all the way up.



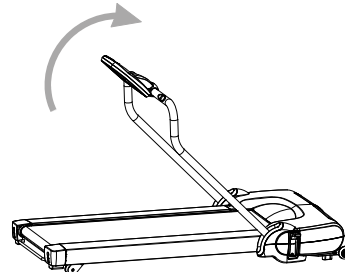
1. Fold out wheels and turn in front foot when fold down .

2. Hold the end of the running deck **(B)** with both hands and lower it to the horizontal position.



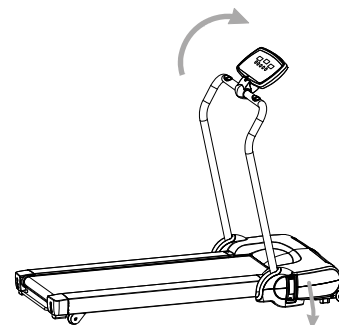
2. Lower to horizontal.

3. Push the release fold locker **(A)** to unlock the upright. Lift the upright to the right position.



3. Push release knob and lift up upright.

4. Rotate the console up to the desired position.



4. Turn up console.

TRANSPORTATION INSTRUCTIONS

FOLLOW THESE INSTRUCTIONS TO TRANSPORT YOUR REEBOK ICE TREADMILL:

1. Before moving the treadmill follow the **FOLDING INSTRUCTIONS** to fold it down to the position shown in FIG 1.

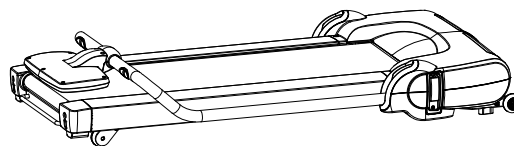


FIG 1.

2. When moving the treadmill lift the rear handle (**B**) with both hands as shown in FIG 2.

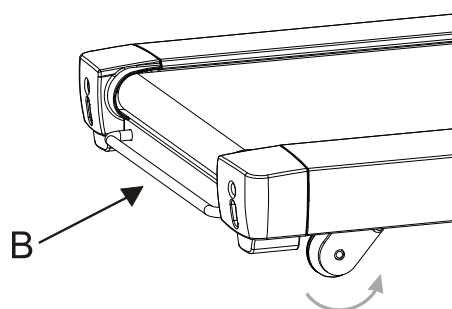


FIG 2.

3. Raise the treadmill until it rolls freely on the inclination wheels. Carefully move the treadmill to the desired location.

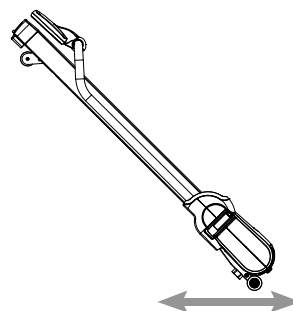
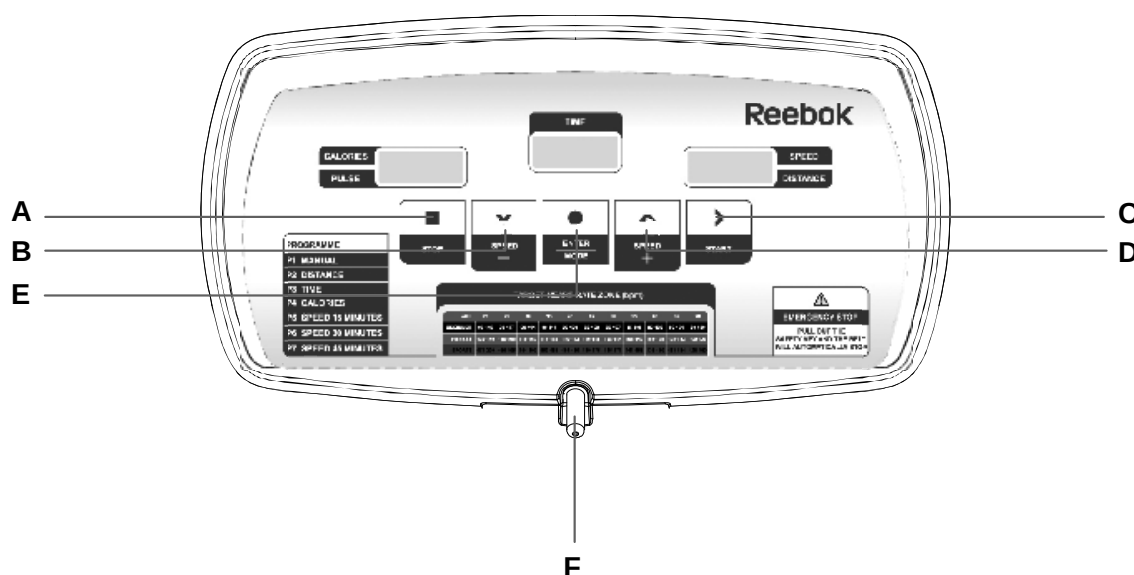


FIG 3.

COMPUTER INSTRUCTION



STOP	A	B	SPEED DOWN
START	C	D	SPEED UP
ENTER/MODE	E	F	SAFETY KEY

BUTTONS

START

Press to start exercise initial speed 0.8 km/0.5 ml.

STOP / ENTER

1. Press to confirm program and preset function values under setting mode.
2. Press to quit preset program and function value after complete single program.
3. Setting procedure: returns to beginning of setting mode before pressing the START key.
4. Press to stop exercise during workout time.

SPEED UP / DOWN

1. Press to increase/decrease exercise speed by 0.1km/ml.
 2. Hold the button to increase/decrease rapid speed by 0.5km/ml per second and release the button to stop the function .
- Press to select programs and preset related function value.

IMPORTANT

- The console display will turn itself off automatically about five minutes after the belt has stopped moving.
- The pulse function is for reference only, and not to be used for medical purposes.

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 waist before beginning your workout.

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

COMPUTER OPERATION

COMPUTER OPERATION

When the machine is switched on and the Safety Key is inserted. . **P1** manual will blink in the upper right window, press **SPEED UP/DOWN** keys for desired program. Press **ENTER/MODE** to confirm selected program or press the **START** key directly to start exercising immediately. .

Please see instructions for different program options.

PROGRAM 1 – MAUAL

1. Press **ENTER/MODE** to confirm the program and press **START** key to start exercise.
 2. Press **ENTER/MODE** before starting exercise to run preset procedure, with **P1** blinking.
- 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 consume during workout time.
 - SPEED: Displays current speed.

PROGRAM 2 – DISTANCE

1. Press **ENTER/MODE** to confirm the program.
- Press **ENTER/MODE** before starting exercise to run preset procedure, with **P2** blinking.

- DISTANCE: Press **SPEED UP/DOWN** keys to preset the distance target values and press **START**
- DISTANCE: Count down from preset target value. While distance counts down to zero, speed goes down to zero by 0.5km per second (preset target reached).
- TIME: Accumulates and displays workout time from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

PROGRAM 3 – TIME

1. Press **ENTER/MODE** to confirm the program and press **START** key to start exercise.
2. Press **ENTER/MODE** before starting exercise to run preset procedure, with **P3** blinking.

- TIME: Press **SPEED UP/DOWN** keys to run preset time target value and press **START**.
- TIME: Count down from preset target value. While time counts down to zero, the speed goes down to zero by 0.5km per second (preset target reached).
- DISTANCE: Accumulates and displays workout distance from start of exercise.
- CALORIES: Accumulates and displays calories consume during workout time.
- SPEED: Displays current speed.

PROGRAM 4 – CALORIES

1. Press **ENTER/MODE** to confirm the program and press **START** key to start exercise.
 2. Press **ENTER/MODE** before starting exercise to run preset procedure, with **P4** blinking.
- CALORIES: Press **SPEED UP/DOWN** keys to run preset calories target value and press **START**.
 - CALORIES: Count down from preset target value. While calories counts down to zero, the speed goes down to zero by 0.5km per second (preset target 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.

COMPUTER OPERATION

PROGRAM 5 – 15 MINUTES PRESET SPEED

1. Press **ENTER/MODE** to confirm the program.
2. Press **START** key to start the exercise, or press **ENTER/MODE** before starting exercise to run preset procedure with **P5** blinking.

-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 consume during workout time.
-SPEED: Displays current speed.

PROGRAM 6 – 30MINUTES PRESET SPEED

1. Press **ENTER/MODE** to confirm the program.
2. Press **START** key to start exercise or press **Enter/MODE** before starting exercise to run preset procedure with **P6** blinking.

-TIME: Accumulates and displays workout time from start of exercise.
-DISTANCE: Accumulates and displays workout distance from start of exercise.
-PULSE: Detect and displays current heart rate.
-CALORIES: Accumulates and displays calories consume during workout time.
-SPEED: Displays current speed.

PROGRAM 7 – 45 MINUTES PRESET SPEED

Press **ENTER/MODE** to confirm the program. Press **START** key to start exercise or press **ENTER/MODE** before starting exercise to run preset procedure with **P7** blinking.

-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 consume during workout time.
-SPEED: Displays current speed.

SHIFT PROGRAMS AMONG PROGRAM 5, PROGRAM 6 AND PROGRAM 7

If you want to change programmes after you confirmed the selection with **ENTER/MODE** key, press **STOP** key then original program e.g. **P5**, **P6** or **P7** blinking, and press **UP/DOWN** key to choose the desired program then press **ENTER/MODE** to confirm it, Press start to begin.

MAINTENANCE

HOW TO MAINTAIN THE REEBOK ICE TREADMILL:

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.

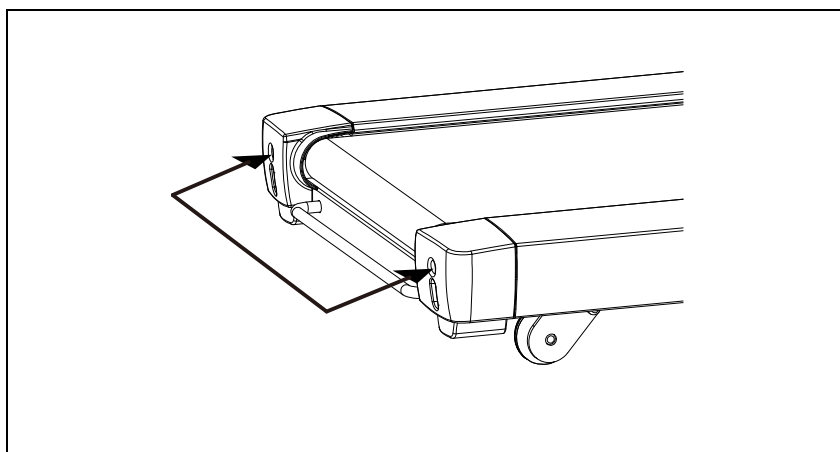
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight. Always wipe perspiration from the machine as the may damage the internal parts.
- Inspect and tighten all parts of the treadmill regularly. 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 unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- When the running belt is not centered and is shifted to the right or to the left, it is possible to adjust it's position. Remove the "Safety Key" and unplug the power cord. Use the Allen wrench and turn both rear roller adjustment bolts clockwise. Not more then 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 the problem is solved. If not repeat this procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

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.
- **Important:** Never use abrasives 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.

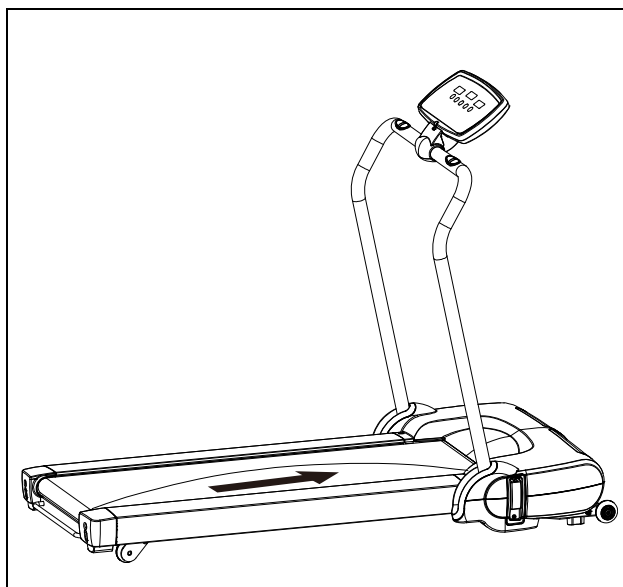
DECK LUBRICATION:

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.

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
 - Begin your training program slowly with realistic goals that have been set by you and your doctor.
 - Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
 - Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.
-

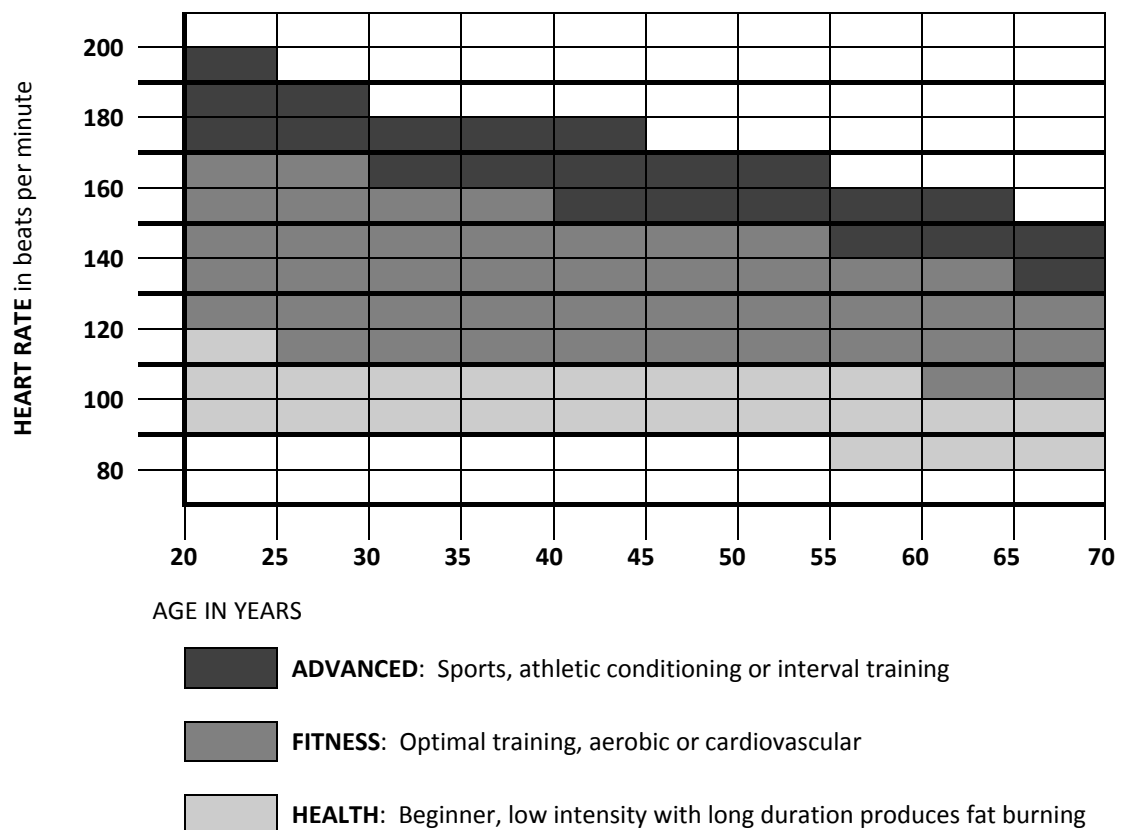
TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE



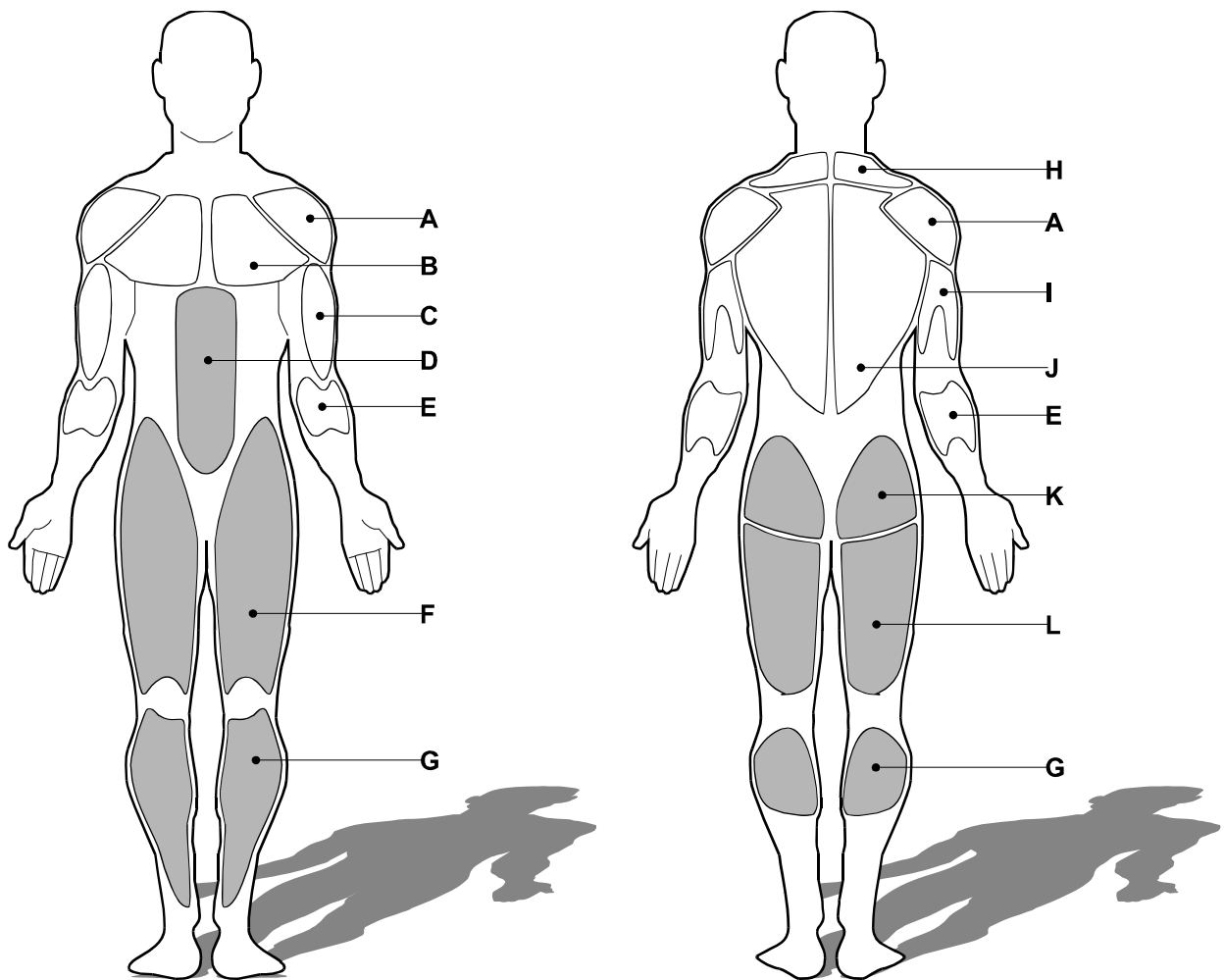
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	A	B	Pectoral muscles
Bicep muscle	C	D	Abdominal muscles
Forearm muscles	E	F	Quadricep muscles
Calf muscles	G	H	Trapezius muscles
Tricep muscles	I	J	Back muscles
Gluteal muscles	K	L	Hamstring muscles

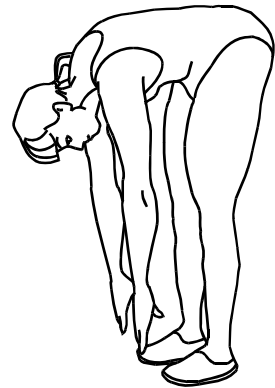
STRETCHING ROUTINE

Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Head Roll:

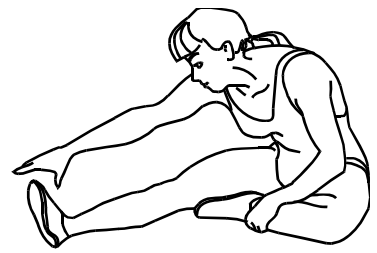
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



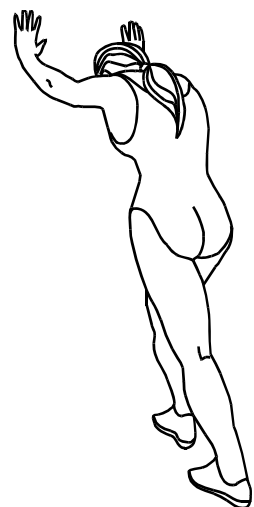
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Spare Part List

Part No.	Part name	Quantity
101	overlay	1
102	computer insert	1
103	PC board	1
104	console housing -Top	1
105	console housing -lower	1
106	safety key	1
107	safety key box	1
108	Microswitch	1
201	upright	1
202	top console locate	1
203	lower console locate	1
204	pulse sensor	2
205	upright lower cover	2
206	upright adjustment bracket-left	1
207	upright adjustment bracket-right	1
208	fold locker cover -left	1
209	fold locker cover -right	1
210	fold locker	2
211	plastic washer	2
301	Front transport wheel frame	1
302	front foot cover inner	2
303	Front foot bracket-left	1
304	Front foot bracket-right	1
305	front foot front cushion	2
306	front foot cover outer	2
307	Front transport frame end cap 20X30	2
308	Front transport frame lower cushion	2
309	Transportation wheel	2
310	front foot Connect tube upper	2
311	front foot Connect tube lower	2
312	Front transport frame bushing	4
401	motor cover top	1
402	motor holder	1
403	Filter	1
404	motor control board	1
405	DC motor	1
406	driving belt	1
407	Front motor cover -left	1
408	Front motor cover -right	1
409	motor cover -lower	1
501	running belt	1
502	side rail -left	1
503	side rail -right	1
504	rear end cap -left	1
505	rear end cap -right	1
506	Running deck	1
601	Main frame	1
602	front roller shaft	1
603	front roller	1
604	rear roller	1
605	rear roller shaft	1
606	main frame cross bar	1
607	power plate cover	1
608	power switch	1
609	power plate	1
610	power plug	1

Spare Part List

Part No.	Part name	Quantity
611	Power protector	1
612	D20X13 round cushion	2
613	Rear transport braket	2
614	Transport wheel	2
615	Transport braket end cap	2
616	Deck cushion	8
801	3X14 mm screw	5
802	M3X8 mm screw	2
803	M4X15 mm screw	46
804	3X14 mm screw	1
805	M6X10 mm washer	2
806	Φ4 washer	2
807	M4X35 mm screw	2
808	M10 nut	9
809	Φ10X20X2mm washer	14
810	Φ10X23X4mm washer	4
811	M10x25X15mm allen bolt	4
812	M6 nut	2
813	Φ6X24X2 mm washer	2
814	spring 2x34	2
815	M12X79 mm bolt	2
816	5X50 mm lock pin	2
817	4X14 mm screw	6
818	U type metal sheet	6
819	M4X12mm screw	4
820	M8X13X4mm nut	2
821	Φ8X16X1 mm washer	2
822	M8X13X6.5 nut	2
823	M8 nut	4
824	Φ8X16X2 washer	6
825	M6X10 mm washer	4
826	Φ6X23X2 washer	4
832	Φ8x26x3mm washer	2
833	8X26X13 PU cushion	1
834	M8X78.6 bolt	1
835	M8X14 allen bolt	2
836	Φ8X14X1.6 spring washer	2
838	M10X120X20 bolt	1
840	M8X48 bolt	1
841	M5X14 bolt	4
842	M4X19 mm washer	18
843	side rail guider	8
844	M8X30mm bolt	10
845	M6X45 bolt	3
846	Φ6X12X1.5 washer	3
847	bearing	2
848	M16X33.5 bolt	2
849	M12X55X30 bolt	2
850	Φ12X24X2 washer	2
851	Metal bushing	2
852	M10X52X14 mm	2
853	Φ10X25X2 mm washer	2
854	metal bushing 10x7.5	2
855	M3X8mm	2
856	R8 wire clip	3
857	R5 wire clip	1
858	roller locate washer	4

Spare Part List

Part No.	Part name	Quantity
859	M2X6 screw	11
860	spring axle	2
861	spring	2
862	8X55-M6X15-M4X15 connector	2

Reebok