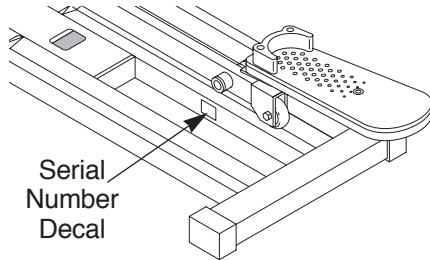


Reebok REL5

ELLIPTICAL CROSS TRAINER

Model No. RBEL73580

Serial No. _____



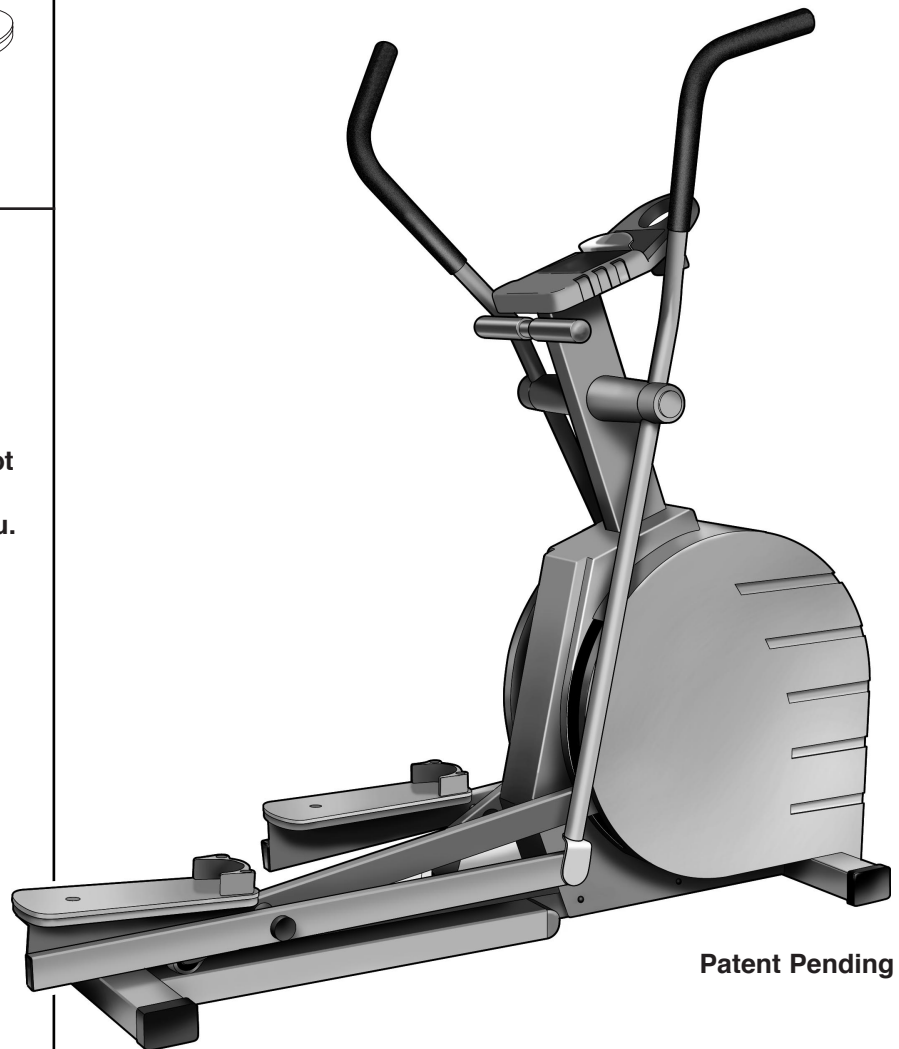
QUESTIONS?

If you have questions, or if there are missing or damaged parts, 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. Keep this manual for future reference.

USER'S MANUAL

Reebok REL5

E L L I P T I C A L C R O S S T R A I N E R

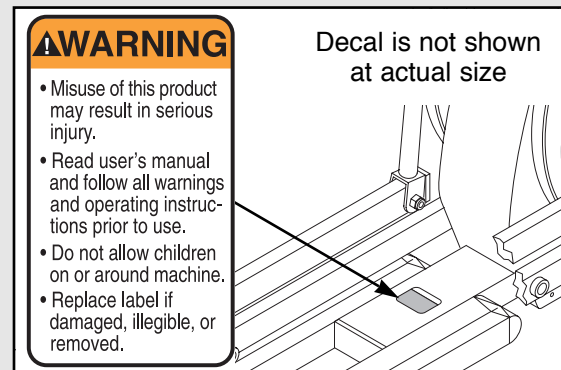
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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the REEBOK® REL5 elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the elliptical crosstrainer at all times.
6. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handlebars when mounting, dismounting, or using the elliptical crosstrainer. Make sure to step onto and off the pedal that is in the lowest position when mounting and dismounting.
9. Each time you stop exercising, allow the pedals to slowly come to a stop.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The pulse sensor may give readings lower than your actual heart rate, especially at fast striding speeds. Stop exercising and cool down if you feel faint or dizzy.
12. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
13. The elliptical crosstrainer is intended for in-home use only; do not use it in any commercial, rental, or institutional setting.
14. The decal shown below is found on the elliptical crosstrainer. If the decal is missing, or if it is not legible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

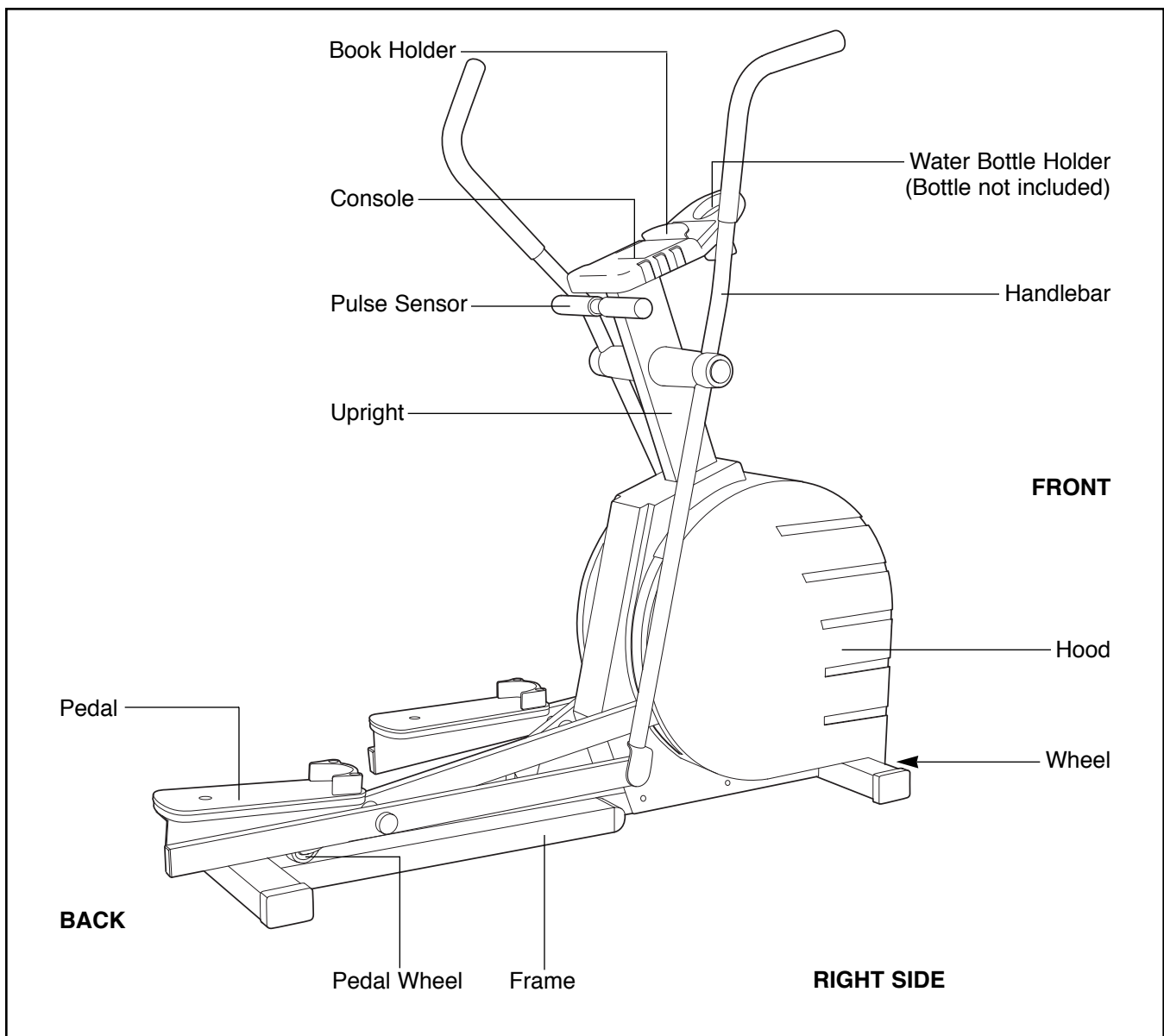
Congratulations for selecting the REEBOK® REL5 elliptical crosstrainer. The REEBOK® REL5 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the REEBOK® REL5 features both upper-body and lower-body exercise, adjustable resistance, and a multi-function electronic console to help you get the most from each workout. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the REEBOK® REL5 elliptical crosstrainer.

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 note the product model number and serial number before calling. The model number is RBEL73580. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

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



ASSEMBLY

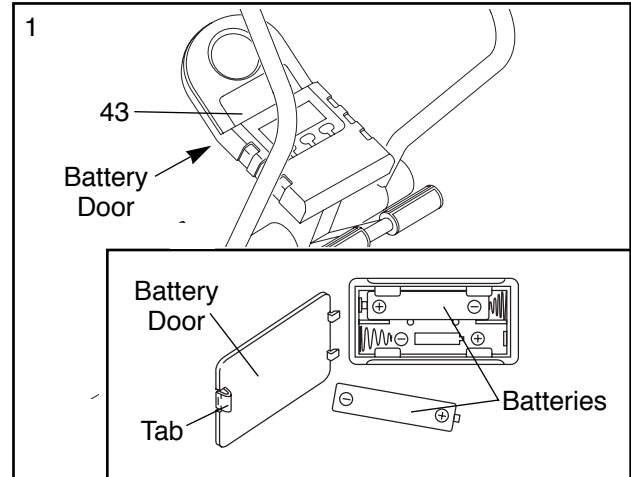
Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included allen wrench  **and two adjustable wrenches of your own** .

1. The Console (43) requires two “AA” batteries (not included). Alkaline batteries are recommended.

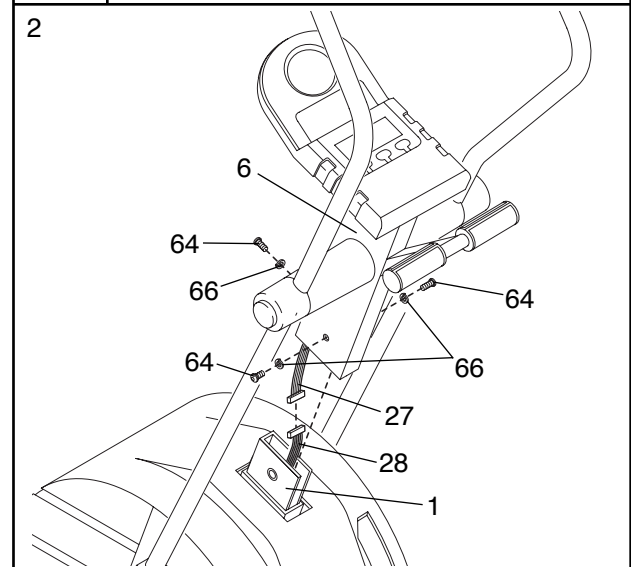
To install batteries, look under the Console (43) and locate the battery door. Refer to the inset drawing. Press the tab on the battery door and remove the battery door. Insert two batteries into the Console.

Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console. When the batteries are correctly installed, re-attach the battery door.



2. While another person holds the Upright (6) in the position shown, connect the Upper Wire Harness (27) to the Lower Wire Harness (28).

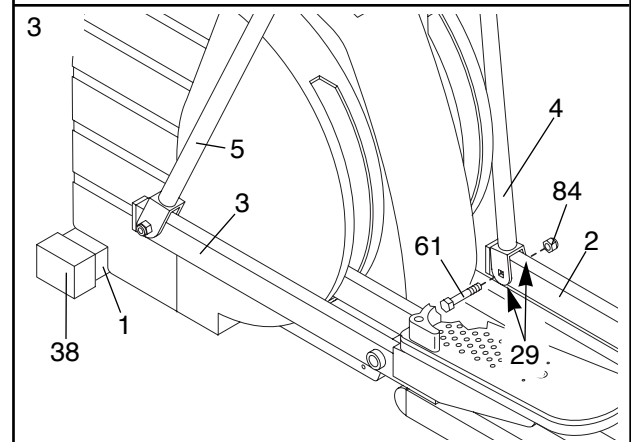
Carefully slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (27 and 28).** Tighten a 3/8” Button Head Screw (64) with a 3/8” Lock Washer (66) into the front of the Upright and the Frame. Next, tighten two 3/8” Button Head Screws (64) with 3/8” Lock Washers (66) into the sides of the Upright and the Frame. Note: It may be necessary to loosen the front Button Head Screw slightly in order to attach the other two Button Head Screws. **Firmly tighten all three Button Head Screws.**



3. Make sure that there are two 5/16” Bushings (29) in the front end of the Right Outer Leg (2). Attach the Right Handlebar (4) to the Right Outer Leg with a 5/16” x 1 3/4” Hex Bolt (61) and a 5/16” Nylon Jam Nut (84). Make sure that the head of the Bolt is on the inside of the Right Handlebar as shown.

Attach the Left Handlebar (5) to the Left Outer Leg (3) in the same way.

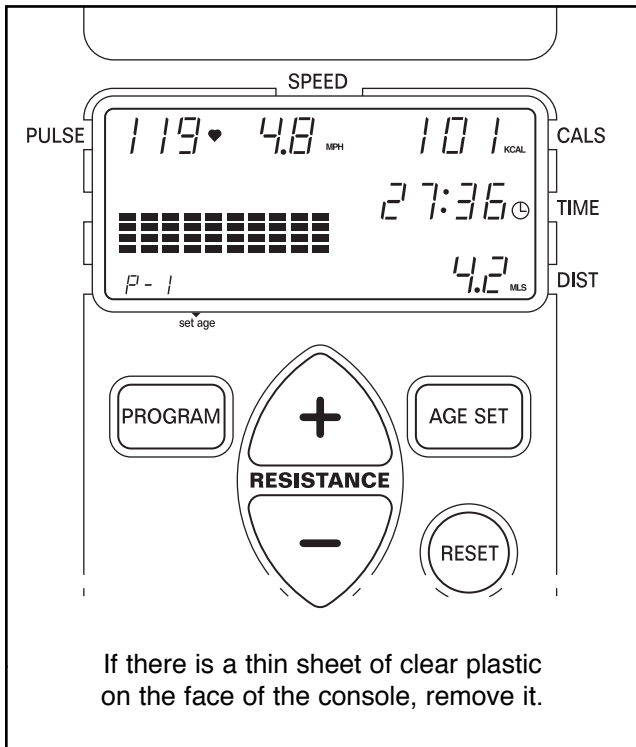
Push the four 2” x 3” Endcaps (38) onto the Frame (1).



4. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

DESCRIPTION OF THE CONSOLE



The innovative console offers an impressive array of features to help you get the most from your workouts.

When the manual program is selected, you can adjust the resistance of the pedals with a touch of a button. As you exercise, the console will display your striding speed, the number of Calories you have burned, the elapsed time, and your total distance. You can even measure your heart rate using the built-in pulse sensor.

The console also offers ten preset workout programs. Five programs automatically change the resistance of the pedals as they guide you through effective workouts, and five programs automatically adjust the resistance of the pedals to keep your heart rate near pre-selected levels during your workouts.

Note: Before the console can be operated, two “AA” batteries must be installed. See assembly step 1 on page 5 for instructions.

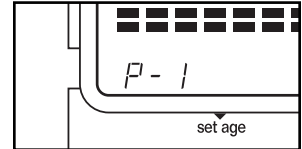
HOW TO USE THE MANUAL PROGRAM

1 Turn on the power

To turn on the power, press any button on the console or simply begin exercising. Note: If batteries were just installed, the power will already be on.

2 Select the manual program

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

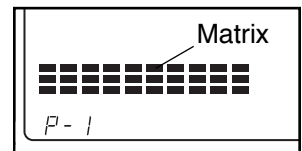


3 Begin pedaling and adjust the resistance of the pedals as desired

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

4 Follow your progress with the console display

As you exercise, the matrix on the left side of the display will show your progress. During the first minute that you exercise, the first column of the matrix will flash; during the second minute, the second column will flash; during the third minute, the third column will flash, and so on, until the tenth column is flashing. After you have exercised for ten minutes, the matrix will reset and the first column will begin to flash again.

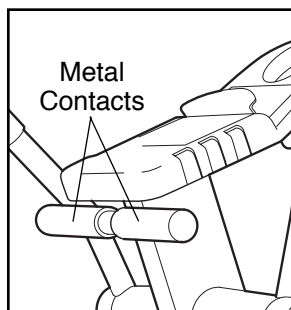


The matrix will also show the resistance level of the pedals. As you press the resistance + or – button, the height of the columns in the matrix will increase or decrease.

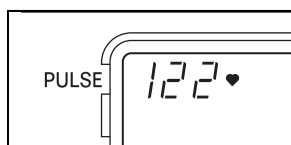
In addition to the matrix, the display will show your striding speed, the number of Calories you have burned, the elapsed time, and your total distance. The display will also show your heart rate when the pulse sensor is used (see step 5). **Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

5 Measure your heart rate if desired

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.**



After a moment, the heart-shaped indicator in the display will begin to flash and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. **WARNING: The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**



Note: If your heart rate is not shown, press the reset button to reset the pulse sensor. In addition, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or squeeze the metal contacts too tightly.

6 When you are finished exercising, turn off the power

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

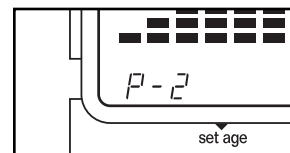
HOW TO USE A RESISTANCE PROGRAM

1 Turn on the power

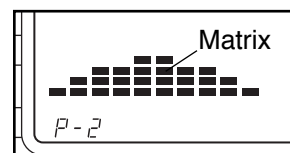
To turn on the power, press any button on the console. Note: If batteries were just installed, the power will already be on.

2 Select one of the resistance programs

Each time the power is turned on, the manual program will be selected, as shown by the "P-1" in the display. To select one of the resistance programs, press the program button repeatedly until a "P-2," "P-3," "P-4," "P-5" or "P-6" appears in the display.



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



3 Begin exercising and follow your progress with the console display

As you exercise, follow your progress with the matrix on the left side of the display (refer to the drawing above). During the first minute of the program, the first column of the matrix will flash; during the second minute, the second column will flash; during the third minute, the third column will flash. In addition, the resistance of the pedals will automatically change according to the height of the flashing column—the higher the column is, the greater the resistance will be. After ten minutes, the program will be completed.

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

In addition to the matrix, the display will show your striding speed, the number of Calories you have burned, the elapsed time, and your total distance. The display will also show your heart rate when the pulse sensor is used (see step 4).

4 Measure your heart rate if desired

Refer to step 5 on page 7. **Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

5 When you are finished exercising, turn off the power

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

HOW TO USE A HEART RATE PROGRAM

Each heart rate program automatically adjusts the resistance of the pedals to keep your heart rate near a certain level while you exercise.

Programs 7 and 8 are low-intensity fat burning programs. To burn fat, you must exercise at a low intensity level for a sustained period of time. As you exercise, stride at a relatively slow speed; the resistance of the pedals will increase or decrease as needed to keep your heart rate at the proper level.

Programs 9, 10, and 11 are moderate-intensity aerobic programs. For aerobic exercise, you must exercise at a moderate intensity level for a prolonged period of time. As you exercise, stride at a moderate speed; the resistance of the pedals will increase or decrease as needed to keep your heart rate at the proper level.

WARNING: The pulse sensor may give readings lower than your actual heart rate, especially at fast striding speeds. Stop exercising and cool down if you feel faint or dizzy.

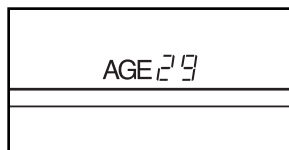
Follow the steps below to use a heart rate program.

1 Turn on the power

To turn on the power, press any button on the console. Note: If batteries were just installed, the power will already be on.

2 Enter your age into the console

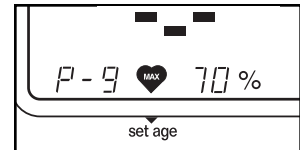
Before you use a heart rate program, you must enter your age into the console. First, press the age set button. The let-



ters "AGE" and the current age setting will appear at the bottom of the display. Press the resistance + or - button to enter your age. After you have entered your age, the display will change back to the main display in about five seconds.

3 Select one of the heart rate programs

Each time the power is turned on, the manual program will be selected, as shown by the "P-1" in the display. To select one of the heart rate programs, press the program button repeatedly until a "P-7," "P-8," "P-9," "P10" or "P11" appears in the display.

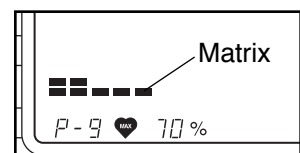


Each heart rate program is designed to keep your heart rate near a certain percentage of your maximum heart rate while you exercise. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your maximum heart rate is 190.)

Program 7 (P-7) will keep your heart rate near 50% of your maximum heart rate while you exercise; P-8 will keep your heart rate near 60% of your maximum heart rate; P-9 will keep your heart rate near 70% of your maximum heart rate; P10 will keep your heart rate near 80% of your maximum heart rate; and P11 will keep your heart rate near 90% of your maximum heart rate.

4 Begin exercising and follow your progress with the console display

As you exercise, follow your progress with the matrix on the left side of the display. During the first ten seconds of the program, the first column of the matrix will flash.



After ten seconds, the column will move to the right and the first column will continue to flash. At the end of every ten seconds, all columns will move to the right and the first column will continue to flash. Note: As the resistance level of the pedals changes (see step 5 on page 9), the height of the flashing column will also change.

In addition to the matrix, the display will show your striding speed, the number of Calories you have burned, the elapsed time, and your total distance.

Note: When a heart rate program is used, the resistance buttons will not function.

5 Measure your heart rate regularly

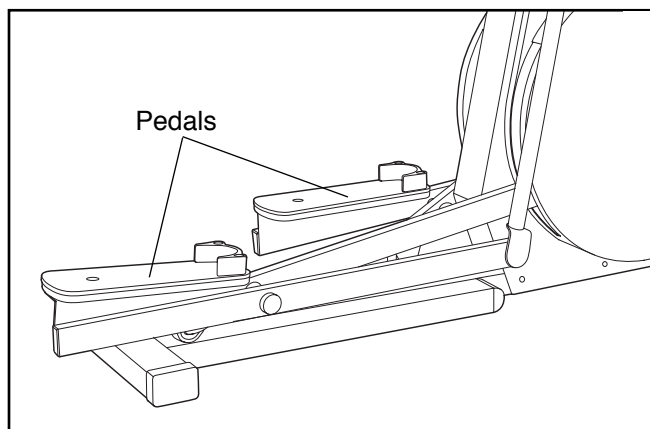
During the program, **slow your striding speed briefly and measure your heart rate regularly** (refer to step 5 on page 7). Each time you measure your heart rate, the resistance of the pedals will automatically increase or decrease, if necessary, to keep your heart rate near the preselected percentage of your maximum heart rate. It is not necessary to keep your hands on the metal contacts when you are not measuring your heart rate. **Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

6 When you are finished exercising, turn off the power

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

HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Center your feet on the pedals. Push the pedals until they begin to move with a continuous motion. Note: The pedals can turn in either direction; turn the pedals in the direction that is the most comfortable for you.

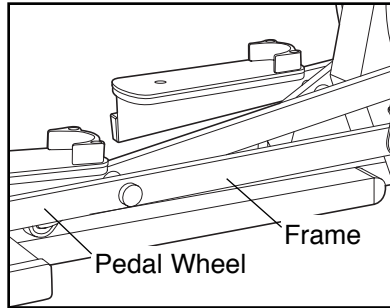


To dismount the elliptical crosstrainer, allow the pedals to slowly come to a stop. **CAUTION: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately. To prevent damage to the console, keep liquid away from the console, keep the console out of direct sunlight, and remove the batteries when storing the elliptical crosstrainer.

The elliptical crosstrainer can be cleaned with a soft, damp cloth. **Be sure to keep the frame clean where the pedal wheels move.**



BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. Refer to assembly step 1 on page 5 for battery replacement instructions.

PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- If your heart rate is not shown when the pulse sensor is used, press the reset button to reset the pulse sensor.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

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.

WARNING: The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

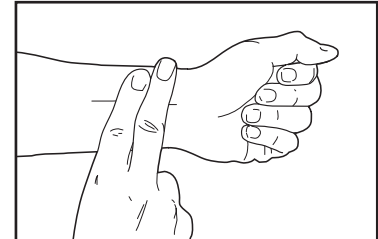
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

To measure your heart rate, use the built-in pulse sensor. You can also measure your pulse by placing two fingers on your wrist as shown. Stop exercising and take a six-second heartbeat count.

Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

A well-rounded workout includes three important parts:

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

Training zone exercise, consisting of 20 to 40 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

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

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown 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

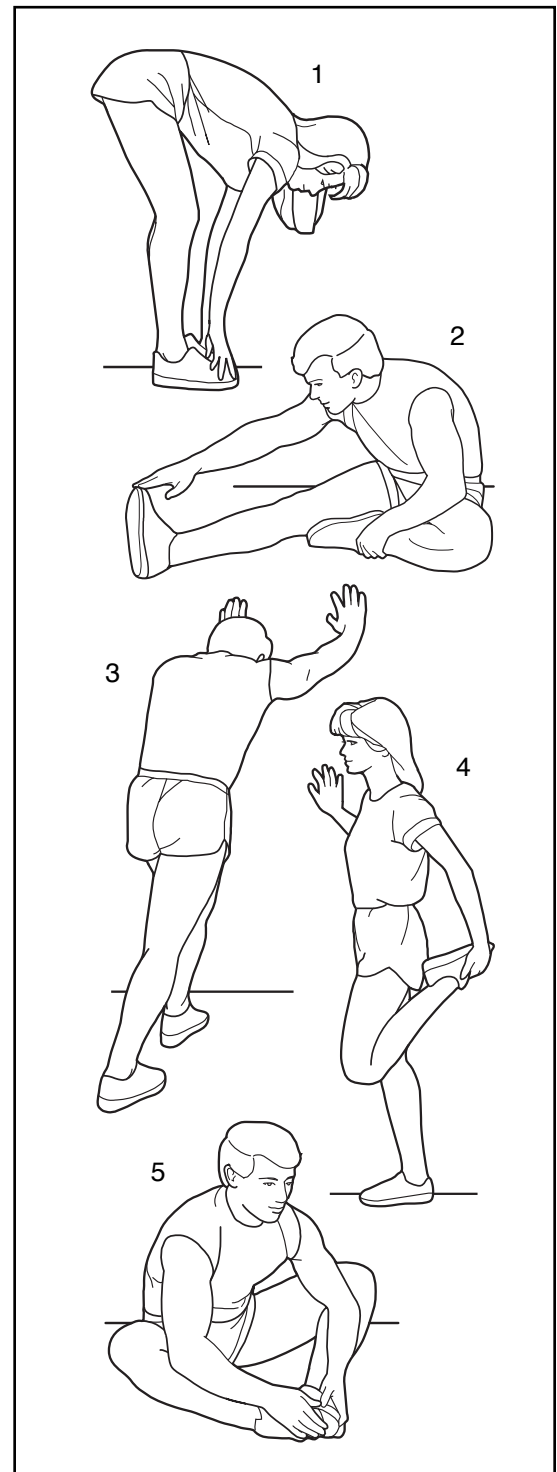
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. RBEL73580

R0499A

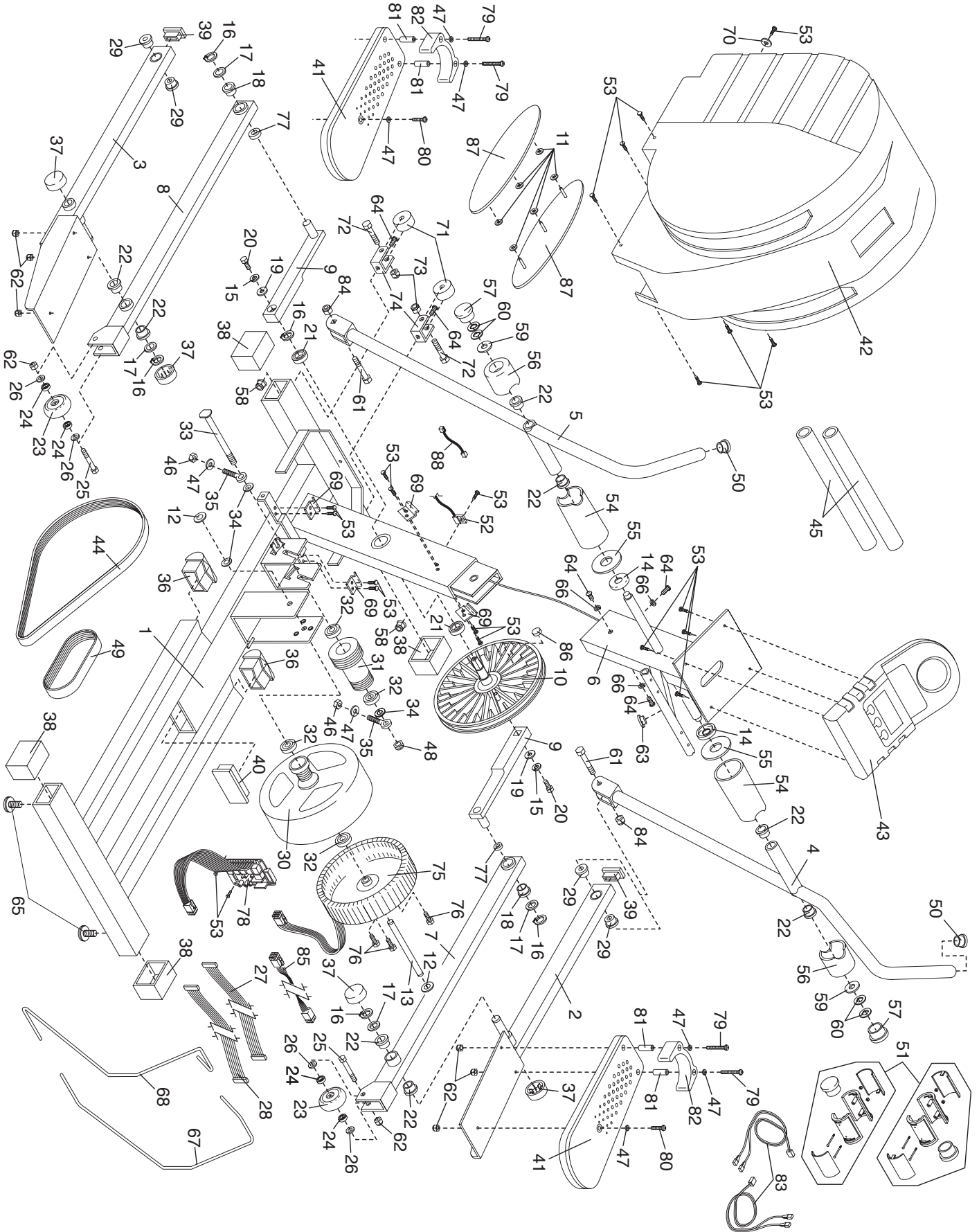
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	3/8" Nylon Jam Nut
2	1	Right Outer Leg	49	1	Short Belt
3	1	Left Outer Leg	50	2	1 1/4" Internal Cap
4	1	Right Handlebar	51	2	Pulse Grip Assembly
5	1	Left Handlebar	52	1	Reed Switch/Wire
6	1	Upright	53	22	#8 x 3/4" Screw
7	1	Right Inner Leg	54	2	Large Pivot Cover
8	1	Left Inner Leg	55	2	1 5/16" Plastic Washer
9	2	Crank Arm	56	2	Small Pivot Cover
10	1	Pulley	57	2	Pivot Cap
11	6	Small push Nut	58	2	3/8" Flange Nut
12	2	10mm Retaining Ring	59	2	5/8" Washer
13	1	Generator Axle	60	4	5/8" Push Nut
14	2	3/4" Spacer	61	2	5/16" x 1 3/4" Hex Bolt
15	2	3/8" Lock Washer	62	8	1/4" Nylon Jam Nut
16	5	Retaining Ring	63	1	1" Hole Plug
17	4	3/4" Washer	64	5	3/8" Button Head Screw
18	2	3/4" Bushing	65	2	Leveler
19	2	5/16" Washer	66	3	3/8" Lock Washer
20	2	3/8" x 3/4" Nylon Screw	67	1	Right Wire Brace
21	2	Pulley Bearing	68	1	Left Wire Brace
22	8	Bushing	69	4	Clamp
23	2	Pedal Wheel	70	1	#8 Star Washer
24	4	Wheel Bearing	71	2	Wheel
25	2	Shoulder Bolt	72	2	3/8" x 1 3/4" Bolt
26	4	5/16" Black Washer	73	2	3/8" Nylon Locknut
27	1	Upper Wire Harness	74	2	Wheel Bracket
28	1	Lower Wire Harness	75	1	Generator
29	4	5/16" Bushing	76	3	M8 x 16mm Generator Bolt
30	1	Generator Housing	77	2	3/4" x 1 1/4" Spacer
31	1	Reduction Pulley	78	1	Power Board
32	2	Bearing	79	4	1/4" x 2" Screw
33	1	Reduction Axle	80	2	1/4" x 3/4" Screw
34	3	Metal Spacer	81	4	Toe Stop Spacer
35	2	Eyebolt	82	2	Toe Stop
36	2	V-cap	83	2	Pulse Wire
37	4	1 1/4" Round Cap	84	2	5/16" Nylon Jam Nut
38	4	2" x 3" Cap	85	1	Generator/Power Board Wire
39	2	1" x 2" Cap	86	1	Magnet
40	1	2" x 4" Cap	87	2	Name Plate
41	2	Pedal	88	1	3" Extension Wire
42	1	Hood	#	1	Allen Wrench
43	1	Console	#	1	Warning Decal
44	1	Long Belt	#	1	User's Manual
45	2	Foam Grip			
46	2	1/4" Nylon Locknut			
47	8	1/4" Flat Washer			

Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—MODEL NO. RBEL73580


R0499A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 when calling:

- The MODEL NUMBER of the product (RBEL73580).
- The NAME of the product (REEBOK® elliptical crosstrainer).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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