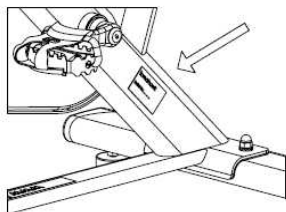


Production Code?

The production code number is found in the location shown below.

Production Code:



QUESTIONS?

At Reebok, we are committed to providing complete customer satisfaction. If you have any questions, please contact your local distributor or refer to our website: www.rbkfitness.com or www.rbkfitness.de



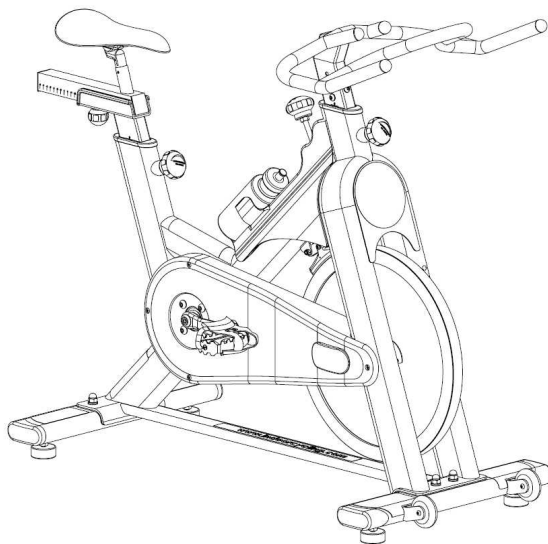
CAUTION!

Read all precautions and instructions in this manual before you begin using this equipment. Please keep this manual for future reference.

Improper assembly, use or maintenance can void the warranty terms.

B4.5s

RE-13210



Germany / Austria
Green Fitness GmbH
Am Schlag 5, 65549 Limburg a.d.Lahn
e-mail: service@green-fitness.de

UK
RFE International Ltd
DSV House, Maidstone rd, Kingston, Milton
Keynes MK10 0AJ
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Technical specifications:

The Reebok Indoor Bike is according to EN 957 a Class H product and is built to highest standards for home fitness use.

Foot print:	55 x 115 cm / 22 x 46 inch
Weight of Bike:	50 KG / 110 Lbs
Max saddle height:	110 cm / 43,5 inch
Max handlebar height:	110 cm / 43,5 inch
Max user weight:	100 KG / 220 Lbs

Designed to accommodate most users from 150cm to 201cm (4'11" to 6' 6") body height.

This Product is not designed or guaranteed for commercial or semi/light commercial use.

IMPORTANT PRECAUTIONS

WARNING !

To reduce the risk of serious injury, read the following important precautions and information before operating the indoor cycle.

1. It is the sole responsibility of the owner to ensure that all users of the indoor cycle are informed of all warnings and precautions.
2. Operate and maintain the indoor cycle only as described in this manual and after proper assembly and functionality check as described in this manual.
3. Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle in a garage or covered patio or near water.
5. Place the indoor cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the indoor cycle. Make sure that there is adequate room around the indoor cycle to mount, dismount, and operate it.
6. Regularly inspect and properly tighten all parts of the indoor cycle as recommended in this manual. Please replace defective parts immediately and do not use the Bike until repair is performed. Only use original parts from the manufacturer.
7. Children under the age of 16 should only be allowed use of the indoor cycle with parental approval and supervision.
8. The indoor cycle should not be used by persons weighing more than 220 lbs/100 kg.
9. Always wear appropriate athletic clothes and shoes while operating the indoor cycle. Do not wear loose clothes that could become caught on the indoor cycle or shoes with loose laces.
10. Before using the indoor cycle, make sure that you are familiar with the set-up/operation of the indoor cycle.
11. The indoor cycle does not have an independently moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops.
12. Always regulate the flywheel resistance so that your pedalling motion is controlled.
13. Keep your back straight while using the indoor cycle; do not arch your back.
14. If you feel pain or dizziness while exercising, stop immediately, rest and cool down and consult a physician.
15. If replacement parts are needed, use only manufacturer supplied parts.



WARNING:

Before beginning 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. Be aware that incorrect or extensive training may result in serious health injuries. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

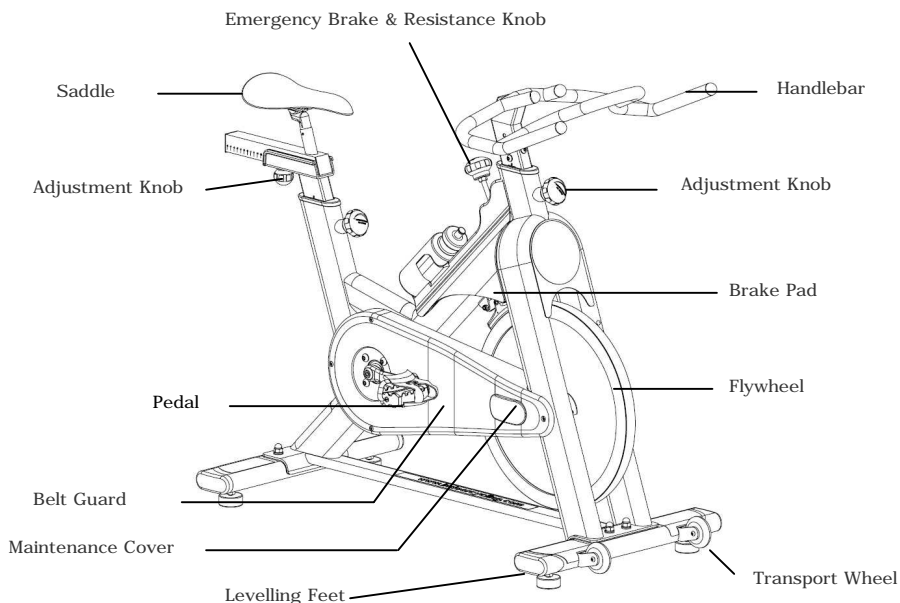
Dear customer,

Congratulations for selecting the Reebok Indoor Cycle. The Reebok Indoor Cycle offers an impressive array of features designed to enhance your cardiovascular fitness, tone muscles, and develop endurance. Whether you're a beginner or an experienced athlete, the Indoor Cycle offers workouts that will help you to reach your individual fitness goals.

IMPORTANT: Read this manual carefully before assembling or using the indoor cycle. If you have questions after reading this manual, please contact your local distributor or refer to the website www.rbkfitness.com or www.rbkfitness.de. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Tools needed for assembly:

open end spanner: 17/19mm, 13/15mm,
Allen key: 3mm, 6mm

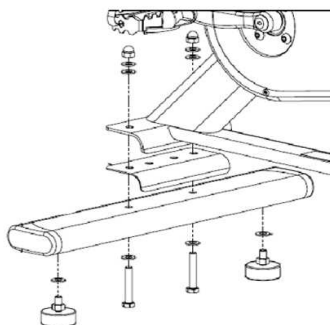


HOW TO ASSEMBLE THE INDOOR CYCLE

Due to the weight of the indoor cycle, it is recommended that two persons perform the assembly. Set the studio cycle in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed.

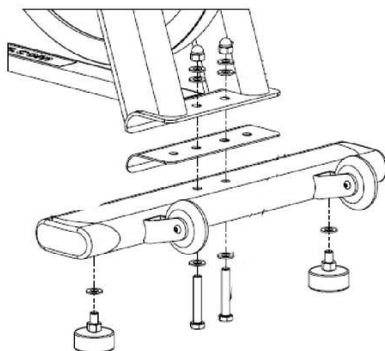
1. Identify the Rear Stabilizer. While a second person lifts the rear of the frame, attach the Rear Stabilizer to the Frame with two M10 x 60mm Bolts, four M10 Washers, a Stabilizer Gasket, two Plastic Washers, and two M10 Cap Nuts as shown.

1



2. Support the Front Stabilizer while a second person lifts the front of the Frame. Attach the Front Stabilizer to the Frame with two M10 x 60mm Bolts, four M10 Washers, a Stabilizer Gasket, two Plastic Washers and two M10 Cap Nuts.

2



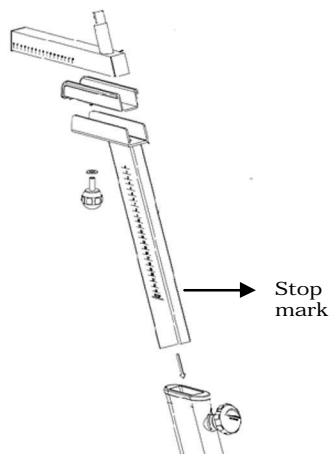
3. Turn the rear Adjustment Knob counter clockwise and pull the adjustment knob to insert the Saddle Post into the Frame. Next, bring the Saddle Post to the desired height, release the adjustment knob so the pin engages into the holes of the saddle post. Then turn the Adjustment Knob clockwise to retighten until it is snug.

Mount saddle to the horizontal saddle post as shown in picture 4. Finally, firmly retighten the saddle mounting clamp and make sure that the saddle is mounted in its most horizontal position at the middle of the rail.

To adjust the horizontal saddle position, turn the small adjustment knob counter clockwise to adjust desired horizontal saddle position and retighten until it is snug.

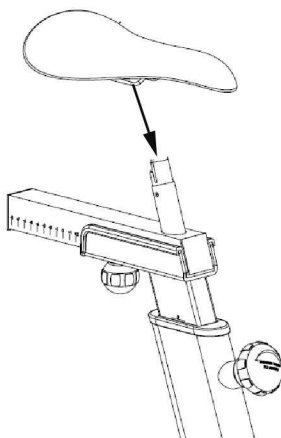
Please don't adjust the height of the vertical saddle support beyond the stop mark to avoid instability.

3



Do not over tighten the Adjustment Knob. Make sure the pin of the adjustment knob is fully engaged and Saddle Post does not slide while riding.

4



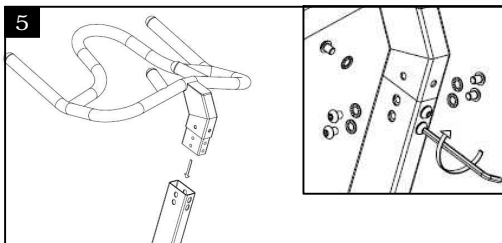
5. Collect the parts needed to assemble the Handlebar. Slide upper part of the handlebar into the handlebar stem and connect the 2 pieces with the 7 Allen bolts provided.

Make sure that the connecting Allen Bolts are appropriately tightened and Handlebar does not wobble because of a loose connection.

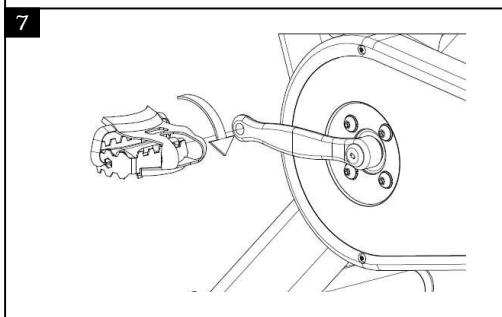
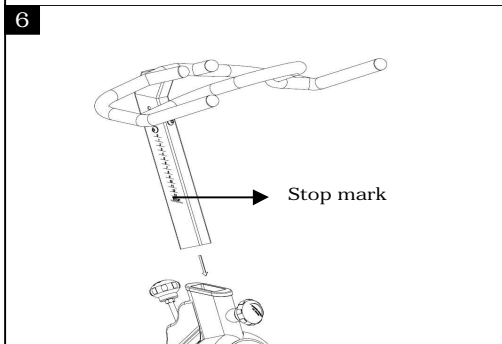
6. Turn the front Adjustment Knob counter clockwise, and pull the adjustment knob to insert the Handlebar Post into the Frame. Next, bring the Handlebar Post to the desired height, release the adjustment Knob so pin engages with the holes of the vertical stem and turn the Adjustment Knob clockwise to retighten until it is secure.

Please don't adjust the height of the vertical saddle support beyond the stop mark to avoid instability

7. Identify the Right Pedal. Using a 15mm pedal wrench, firmly tighten the Right Pedal clockwise into the Right Crank Arm. Repeat the same procedure for the Left Pedal but in a counter Clockwise motion.



Do not over tighten the connecting bolts. Make sure the pop pin adjustment knob is fully engaged and the Handlebar Post does not slide while riding.



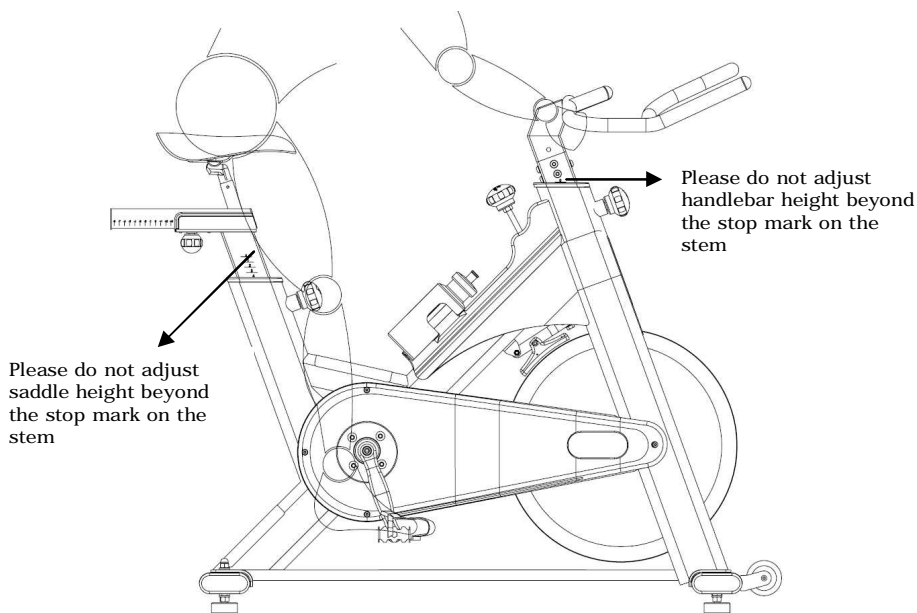
8. Make sure that all parts are properly tightened and that the brake pad is thoroughly soaked with lubricant before the indoor cycle is used. This precaution will avoid extensive wear on the brake pad. To protect the floor or carpet, place a mat under the Indoor Cycle.

HOW TO ADJUST THE INDOOR CYCLE

The Indoor Cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the Indoor Cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the Indoor Cycle differently.

PEDAL STRAP ADJUSTMENT

Sit on the saddle and position your feet on the pedals, with the balls of your feet directly above the spindles of the pedals (see the drawing below). Adjust the pedal straps so the toe clips (cages) are snug but not too tight.



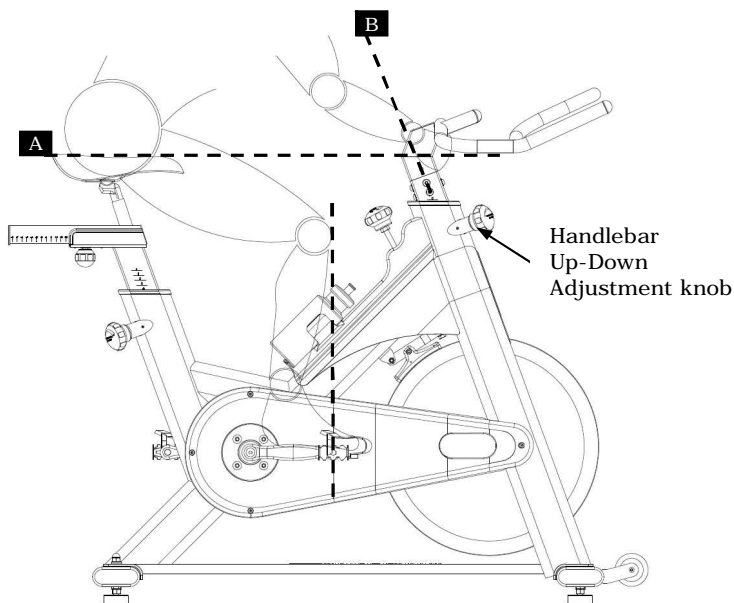
SADDLE HEIGHT ADJUSTMENT

Sit on the saddle and slowly pedal until the right pedal is in the lowest position. Your knees should be slightly bent without a dropping of the hips. To avoid hyper extending your knees, make sure that your legs are not completely straight.

SADDLE HORIZONTAL ADJUSTMENT

Proper horizontal adjustment of the saddle is very important in avoiding injury to the knees. Sit on the saddle and move the pedals until the crank arms are in horizontal position.

Using your forward most leg as a marker, your kneecap should be directly above the center of the pedal so that a straight line is created between knee and center of the pedal (see the dotted line in image below). To adjust the horizontal position of the saddle, first dismount the indoor cycle. Next, loosen the rear adjustment knob, slide the saddle forward or backward as required, and then retighten the knob.



HANDLEBAR ADJUSTMENT

Begin with the top of the handlebar at relatively the same height or just slightly higher than the top of the saddle (dotted horizontal line A in the drawing below) and at a neutral fore/aft position (see dotted vertical line B in drawing below). If your knees touch the handlebars or if you experience back discomfort while pedalling for extended periods of time, the height of the handlebars can be adjusted. First, dismount the indoor cycle. Next, turn the front adjustment knob counter clockwise, slide the handlebar post up or down, and then retighten the adjustment knob.

Changing your hand position can change the angle of your back, neck, and arms. To minimize the stress on your muscles during your workouts, change your hand position frequently.

HOW TO OPERATE THE INDOOR CYCLE

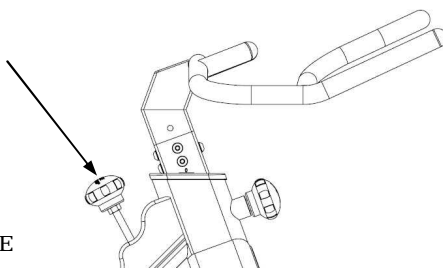
RESISTANCE ADJUSTMENT

The preferred level of difficulty in pedalling (resistance) can be regulated in fine increments by use of the resistance knob. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counter clockwise.

IMPORTANT: To stop the flywheel (wheel) while pedalling, push down on the red brake knob. The flywheel should quickly come to a complete stop. Please make sure your shoes are fixed into the toe clip or in case cycling shoes are used your shoe cleat is connected to the pedal binding while ridding.

WARNING: The Indoor Cycle does not have a free moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red emergency break knob. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. **Push the red knob down = emergency stop**

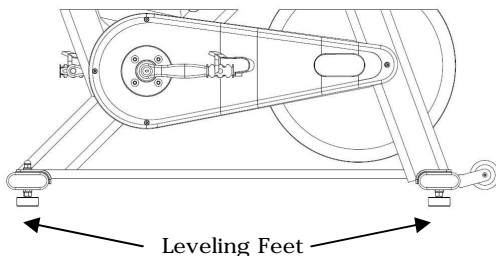
Red Resistance Knob
Emergency Brake



HOW TO MOVE THE INDOOR CYCLE

Due to the weight of the Indoor Cycle, it is recommended that two persons move it. While one person lifts the back of the indoor cycle, the second person firmly holds the handlebar and tips the indoor cycle forward until it rolls on the wheels. Carefully move the Indoor Cycle to the desired location and then lower it. **CAUTION:** To reduce the risk of injury, use extreme caution while moving the indoor studio cycle. Do not attempt to move it over uneven surfaces and make sure there's a safety space of 20 inch (minimum) to the nearest equipment is (recommended).

If the Indoor Cycle rocks on the floor after being set down, turn the levelling feet underneath the front or rear stabilizer until the rocking motion is eliminated. Important: Please do not unscrew the levelling feet more than ½ inch !



PREVENTIVE MAINTENANCE

Regular maintenance must be performed on the Indoor Cycle for optimal performance and longevity. Please read and follow all instructions below. If the Indoor Cycle is not maintained as described, components may wear excessively and the Indoor Cycle may become damaged. Improper maintenance will void the warranty terms. If you have questions about maintenance, contact your local distributor.

Note: Many maintenance procedures require lubricant spray. Manufacturer recommends WD40, Brunox or a similar solvent free lubricant.

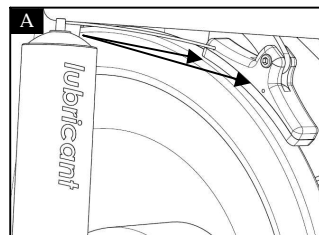
DAILY MAINTENANCE

1. Make sure that the Indoor Cycle is level. If the indoor cycle rocks on your floor, turn the levelling feet underneath the front or rear stabilizer until the rocking motion is eliminated.
2. After exercising, the Indoor Cycle should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to the handlebars and the saddle. Using a lint-free cloth, dry the handlebars and the saddle. Next, apply a small amount of disinfectant to a lint-free cloth and clean the adjustment knobs and the adjustment handles. Avoid using strong detergents on the Indoor Cycle frame.

WEEKLY MAINTENANCE

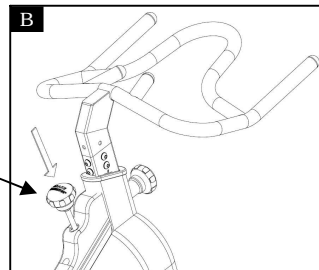
1. Apply a small amount of the lubrication spray to a lint-free cloth, and thoroughly clean the frame, the handlebar slider and seat sliders the flywheel and the plastic parts of the Indoor Cycle.

2. (Picture A) For optimal performance of the resistance system, and to minimize wear on the brake pad, the solvent free lubricant spray should be applied to the brake pad using the lubrication holes on the plastic part of the brake pad. If fuzz or lint appears on the brake pad, the brake pad has become too dry—lubricant spray should be applied more frequently. Make sure the brake pad is thoroughly soaked from end to end with lubricant spray. Then, wipe the excess off.



BI-WEEKLY MAINTENANCE

1. (Picture B) The Indoor Cycle should not be used if the Emergency Brake System is not working properly. While sitting on the saddle and pedalling, test the brake by pushing down the brake knob. The flywheel should come to a quick and complete stop.



3. Belt driven Bike

Important: A loose belt as well as an over-tightened belt will cause damage to the belt and drive system.

Checking Belt Tension:

To check for a loose belt, sit on the saddle, place your feet on the pedals, move the pedals until the crank arms are horizontal. Next, push down the emergency brake handle and hold it. Then, stand on the pedals and rock forward and backward. There should be no more than 1/8th inch (2–3 mm) of play in the belt. If there is too much play in the belt, this indicates that the belt is too loose.

Correcting Belt Tension:

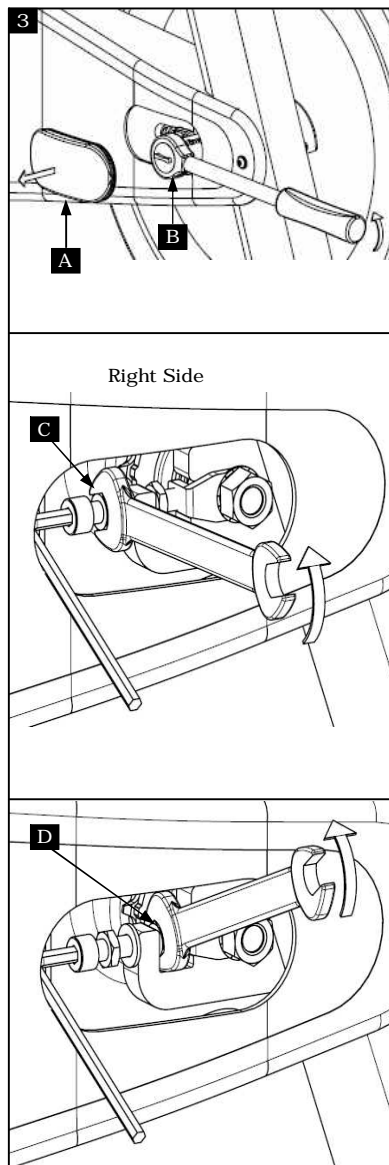
To correct a loose belt: To adjust the belt, pull off the right and the left maintenance covers (A). Loosen the axle nut (B) on both ends of the flywheel axle two full turns.

Loosen the Outer Adjustment Nut (C) facing the head of the Allen bolt on each side of the flywheel. Then, turn both (right and left sides) of the Inner Adjustment Nuts (D) on the inside of the flywheel bracket 1/4 of a turn at a time (upward on the R side and downward on L side) until the belt is properly adjusted. Make sure to turn both adjustment screws exactly the same amount to avoid misalignment of the flywheel. Re-check the amount of play in the belt as described at the beginning of this step. If necessary, readjust the belt.

Finally, retighten the two Outer Adjustment Nuts (C) and the two axle nuts (B), and reattach the maintenance covers.

To avoid damage to the flywheel bearings, do not over tighten the axle nuts (B). Unusual noises or vibrations are indications that the belt has been over tightened or that the flywheel is at a wrong angle.

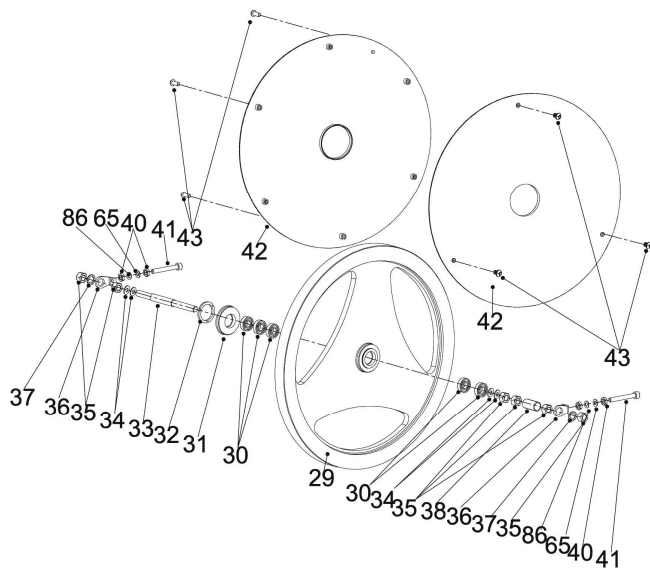
Below graphics shows the right side of the Bike (ridding position)

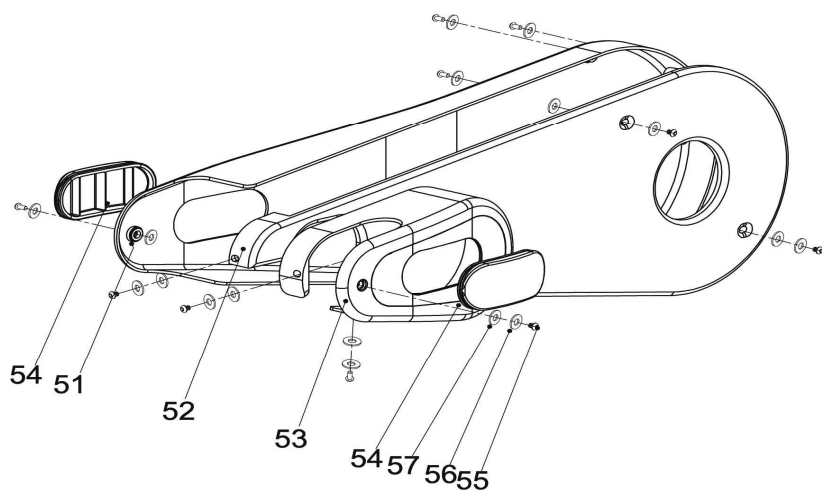
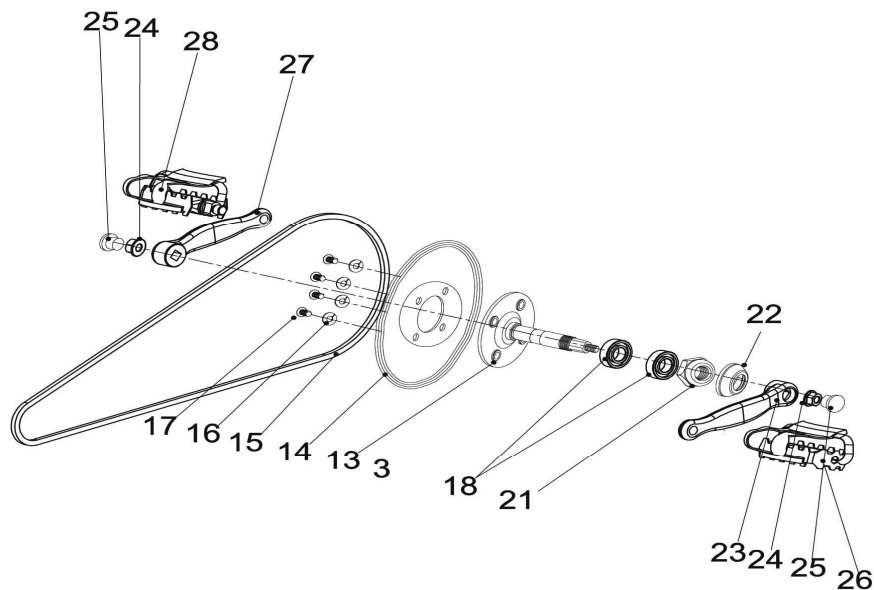


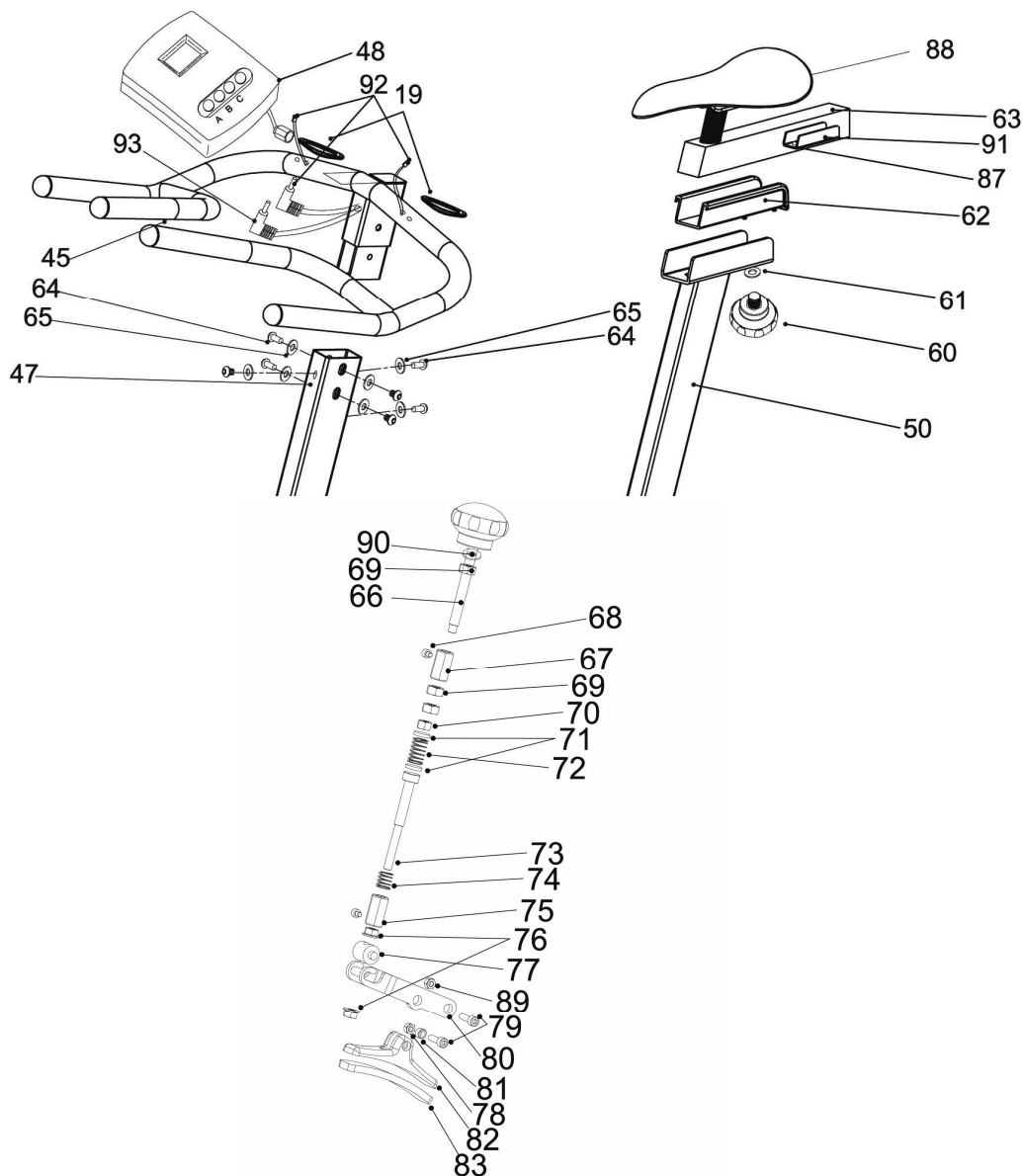
Maintenance Activity Required Schedule

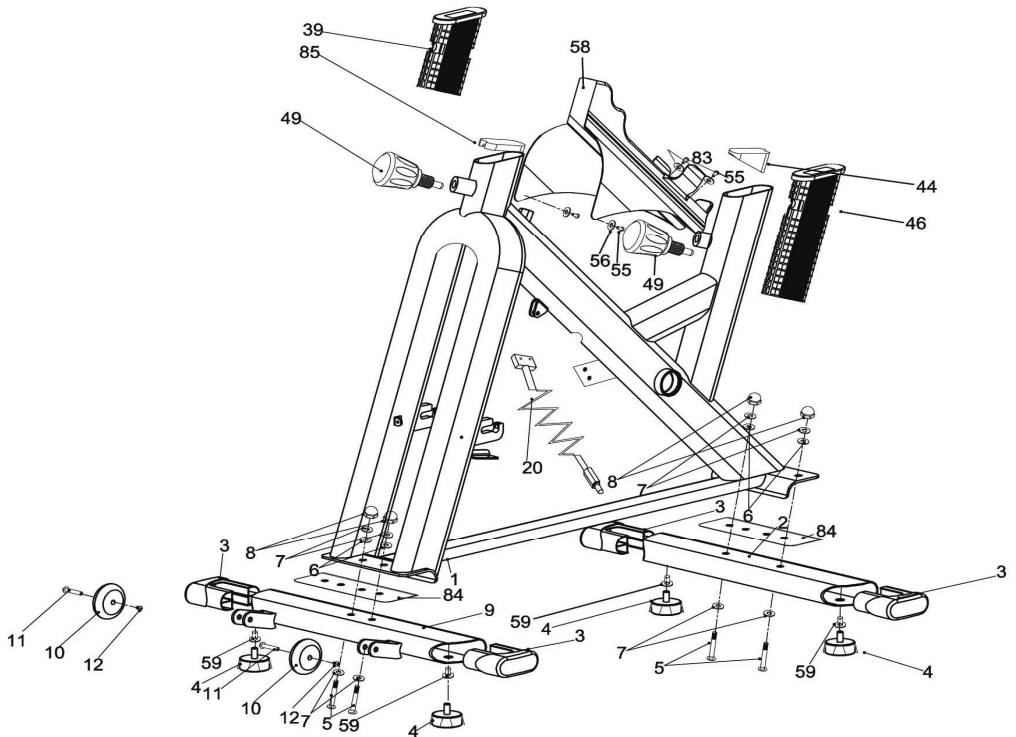
Activity	Daily	Weekly	Bi - weekly	Monthly
Feet leveling, disinfection and cleaning of the bike	X			
Servicing brake pads, detailed cleaning of the entire bike		X		
Check emergency brake function			X	
Clean and lubricate saddle and handlebar sliders / posts			X	
Check adjustment knobs				X
Check brake system, lubricate				X
Check belt play				X
Check brake pad for signs of wear				X
Check pedals, toe clip and straps for signs of wear				X
Check all connections and fixings if they are secure and correctly tighten				X

SPARE PARTS









NO	PART NAME	SIZE	Q'TY	NO	PART NAME	SIZE	Q'TY
1	MAIN FRAME		1	48	COMPUTER CONSOL	J006	1
2	REAR STABILIAER	40*97*2.0*498	1	49	ADJUSTMENT KNOB		2
3	END COVER	40*97 ABS	4	50	VERTICAL SADDLE SUPPORT STEM	30*60*1.8	1
4	RUBBER FOOT	M8	4	51	OUTER CHAIN GUARD	709*261	1
5	BOLT	M10*60	4	52	INNER CHAIN GUARD	715*269	1
6	NYLON WAHSER	10*26*2	4	53	LEFT COVER	248*138 ABS	1
7	WASHER	10*26*2	8	54	PLASTIC COVER FOR CHAIN GUARD	53.5*118/TPR	2
8	HEXAGONAL NUT	M10	4	55	BOLT	5*16	14
9	FRONT STABILIZER	40*97*2.0*498	1	56	WASHER	5*9	14
10	TRANSPORT WHEEL	Φ57*22	2	57	NYLON WASHER	6*12	7
11	BOLT	8*30*M6	2	58	SWEATGUARD	367*187*164 ABS	1
12	BOLT	M6*12	2	59	NUT	M8	4
13	AXLE PULLEY	25*134	1	60	ADJUSTMENT KNOB	M10*30	1
14	IRON PULLEY	Φ210	1	61	WASHER	10*19*1.5	1
15	BELT	550EL	1	62	NYLON SLIDING BLOCK	59*3*158	1
16	SPRING WASHER	Φ10	4	63	SEAT SLIDING BLOCK		1
17	BOLT	10*15	4	64	BOLT	M8*15	7
18	BEARING	6004ZZ NBK	2	65	WASHER	8*19*1.5	9
19	HANDLE PULSE	PE18	2	66	BRAKE ROD	10*133	1
20	SENSOR WIRE	SPRING	1	67	BRAKE NUT 1	16.8*16.8*31	1
21	NYLOCK NUT	M20*P1.0	1	68	BOLT	M5*5 DIN	2
22	NYLOCK NUT COVER		1	69	NUT	M10*P1.5	2
23	CRANK (L)	170 SPINBIKE	1	70	NUT	M8	1

NO	PART NAME	SIZE	Q'TY	NO	PART NAME	SIZE	Q'TY
24	FLANGE NUT		2	71	ROUND PLATE	16.8*3	2
25	CRANK COVER		2	72	SPRING	2*16*30	1
26	PEDAL (L)	VP386	1	73	BRAKE AXLE BOLT	10*101.5	1
27	CRANK (R)	170 SPINBIKE	1	74	SPRING 2	1.5*15*25	1
28	PEDAL (R)	VP386	1	75	BRAKE NUT 2	16.8*16.8*25	1
29	FLYWHEEL	13KG Φ450*28	1	76	FLANGE NUT	M8*P1.25	2
30	BEARING	6001ZZ NBK	4	77	BRAKE ADJUSTMENT DRUM	20*30	1
31	FRONT PULLEY		1	78	NYLOCK NUT	M6	1
32	LOCK RING	Φ42.5*4 SPHC	1	79	BOLT	M6*20	2
33	ALXE OF FLYWHEEL	14*185 SCM415	2	80	BELL CRANK FOR BRAKE PAD	30*3*66.5	1
34	WASHER	12.2*16.6*1	4	81	SPACER	Φ6.2*Φ10*6.2	2
35	NUT	M12*P1.5	6	82	BRAKE PAD	25*112	1
36	BRACKET	19*4	2	83	PAD	25*7*115	1
37	FLANGE WASHER	13*20*2	2	84	PVC GASKET	176*59*1.5 PVC	2
38	SLEEVE FOR FLYWHEEL AXLE	12.25*16*11	1	85	RUBBER STOP INSERT FOR HANDLEBAR TUBE	12*92	1
39	INSERT SLEEVE FOR HANDLEBAR		1	86	WASHER	Φ8*Φ18*1.0	2
40	NUT	M8*P1.25	4	87	NUT	M10	1
41	BOLT	M8*50*P1.25	2	88	SADDLE	DD6801	1
42	FLYWHEEL PLATE	390*2 PP	2	89	NUT	M6	1
43	BOLT	M4*12	6	90	WASHER	Φ11*Φ21*1.5	1
44	RUBBER STOP INSERT	8*92	1	91	MOVE SLOT		1
45	HANDLEBAR		1	92	PUSLE WIRE	600mm	1
46	INSERT SLEEVE FOR SADDLE	36*93*259	2	93	MIDDLE WIRE		1
47	HANDELBAR SUPPORT STEM	30*60*1	1	94			

Computer consol

SPECIFICATIONS:

TIME.....	00:00-99:59	Heart rate	40-240BPM
CNT/MIN.....	0-9999	CALORIES (CAL)	0.0-9999KCAL
COUNT (CNT)	0-9999		

KEY FUNCTION:

SELECT: This key lets you to select and lock on to a particular function you want.

RESET: Reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. AUTO NO / OFF

The system turns on when any key is pressed or when it receives an input from the speed sensor. The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing the batteries or pressing the RESET key for 3seconds.

3. FUNCTIONS:

TIME: The time of exercise will be displayed by pressing SELECT key until corresponding triangle appear.

CNT/MIN: Current speed will be shown by pressing SELECT key until corresponding triangle appear.

COUNT: The distance of each workout will be displayed by pressing SELECT key until corresponding triangle appear.

PULSE: Users' current heart rate is displayed in beats per minute (BPM) by pressing SELECT key until corresponding triangle appear. Place the palms of your hands on both of the contact beds and wait for 30 seconds for the most accurate reading.

CALORIES: The calories burned will be displayed by pressing SELECT key until corresponding triangle appear.

SCAN: Automatic display of the following functions in the order shown:

TIME-CNT/MIN-COUNT-PULSE -CALORIES

CAUTION:

1. Don't expose to direct sunlight too long.
2. Protect from water and strong shock.
3. While installing the batteries, the computer's LCD is out of order. Please reinstall the batteries again.

TERMS AND CONDITIONS OF WARRANTY

1. The expressed warranty is provided according to the guidelines listed below and applies on the Indoor Bike only while:
 - a) proper assembly and maintenance as required in the Care and Maintenance Manual has been followed. (Important note: Improper assembly of the Product or improper maintenance will void the warranty terms)
 - b) it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - c) it has not been subject to accident, misuse, abuse, improper service or modification, and
 - d) claims are made within the warranty period
2. If a legitimate warranty claim is determined the local Product distributor will deliver or ship to you any new or rebuilt replacement part or component, or, at the option of the manufacturer, replace the Product. Any shipment cost incurred by the commercial client for the purpose of inspection of part by the local Product distributor will only be reimbursed after legitimacy of the claim is established by the manufacturer. Method of shipment must be approved in writing by local Product distributor prior mailing. In the case of non-legitimate claims the purchaser carries the cost of the replacement parts and the shipping.
3. This warranty does not cover damage or equipment failure caused by failure to provide required maintenance as outlined in this manual. Any failures or damage caused by unauthorized service, misuse, accident, negligence or improper assembly or installation; debris resulting from any construction or repair activities in the Product's environment; rust or corrosion as a result of the Product's location; alterations or modifications made without written authorization; or failure on your part to use, operate, and maintain the Product as set forth in this manual will void this warranty. **All terms of this warranty are void if the Product is moved beyond the country to which it was originally sold and are then subject to the terms provided by that country's local authorized Reebok representative.**
4. Reebok. Limited Warranty service can be obtained by contacting your local Product distributor. You can also reach us directly for support at www.rbkfitness.com.
5. Product limited warranty is void when Product is installed in a country other than where sold.

Your Responsibility

The purchaser is obligated to examine the goods immediately on delivery, for defects, otherwise the goods are considered approved and accepted. Retain proof of purchase; install, use, operate, and maintain the Product as specified in this manual; notify Customer Service of any defect within 10 days after discovery of the defect; and, if instructed, return any defective part for replacement, or, if instructed, return the entire Product for repair.

Placing a Warranty Claim

Simply contact your local Product distributor, provide them your name, address, and the serial number of your Product. A representative will assess the situation and take appropriate measures. If applicable you will be told how to get a replacement part.

Exclusive Warranty

Reebok nor its distributors are 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 or installation, or other consequential damages of whatsoever nature. **Unauthorized Changes to Warranty**

The terms of this Limited Warranty cannot be changed, modified, or extended by anyone including local Product distributors without the signed acceptance by Reebok.

Country Laws

This warranty gives you specific legal rights according to European regulations and you may have other rights which vary from country to country. Some countries may 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.