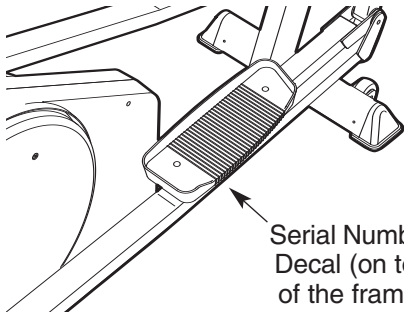


# Reebok RL 725

Model No. RBCCEL79022

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



Serial Number  
Decal (on top  
of the frame)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

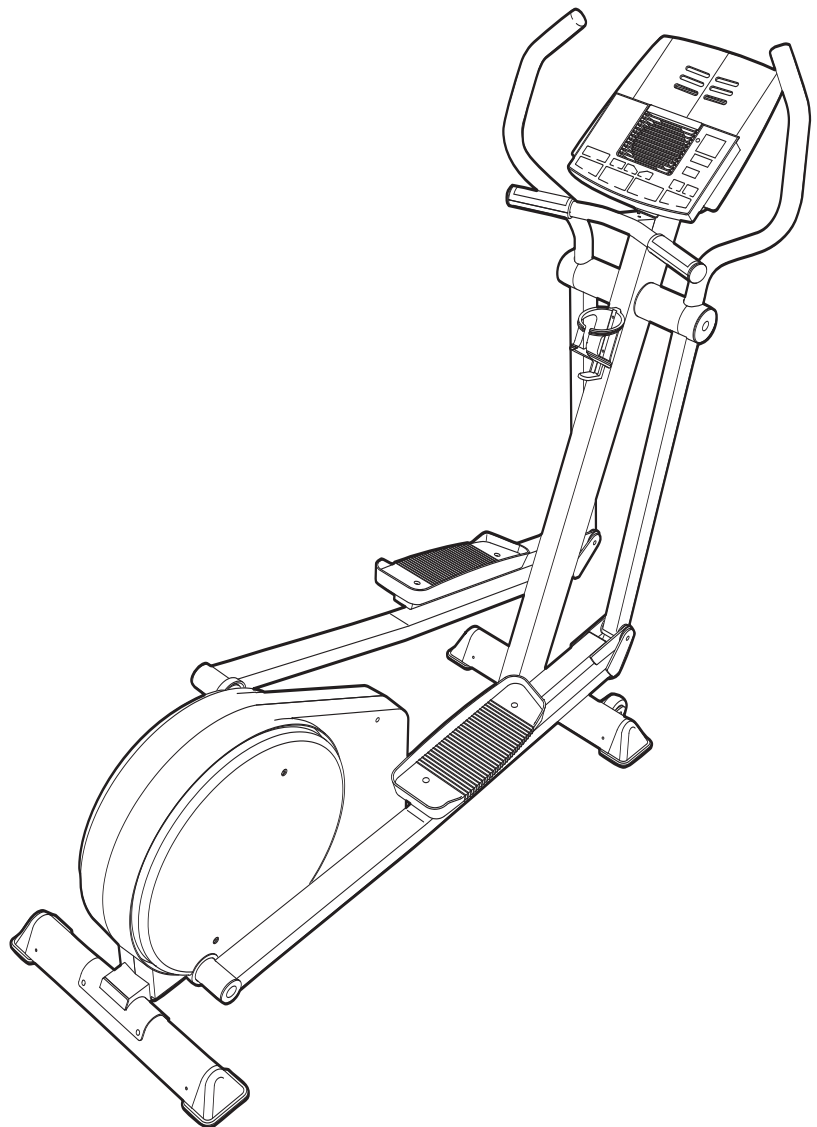
**1-888-936-4266**

Monday through Friday from  
8h00 to 17h00 EST (excluding  
holidays).

## CAUTION

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

## USER'S MANUAL




Visit our website at

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

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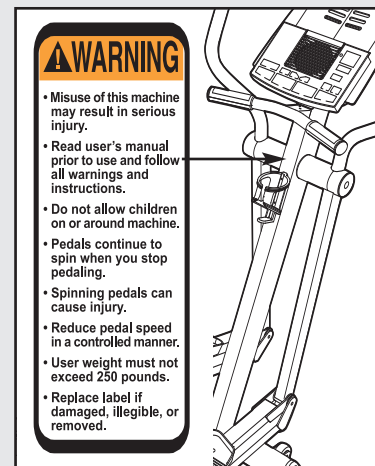
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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs.).
8. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.
9. Always hold the handlebar when mounting or dismounting the elliptical exerciser. Always hold the handlebar or the upper body arms when using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. 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.
13. When you stop exercising, allow the pedals to slowly come to a stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.
14. The decal shown at the right has been placed on the elliptical exerciser in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 17h00 Eastern Time (excluding holidays), and order a free replacement decal. Apply the replacement 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.

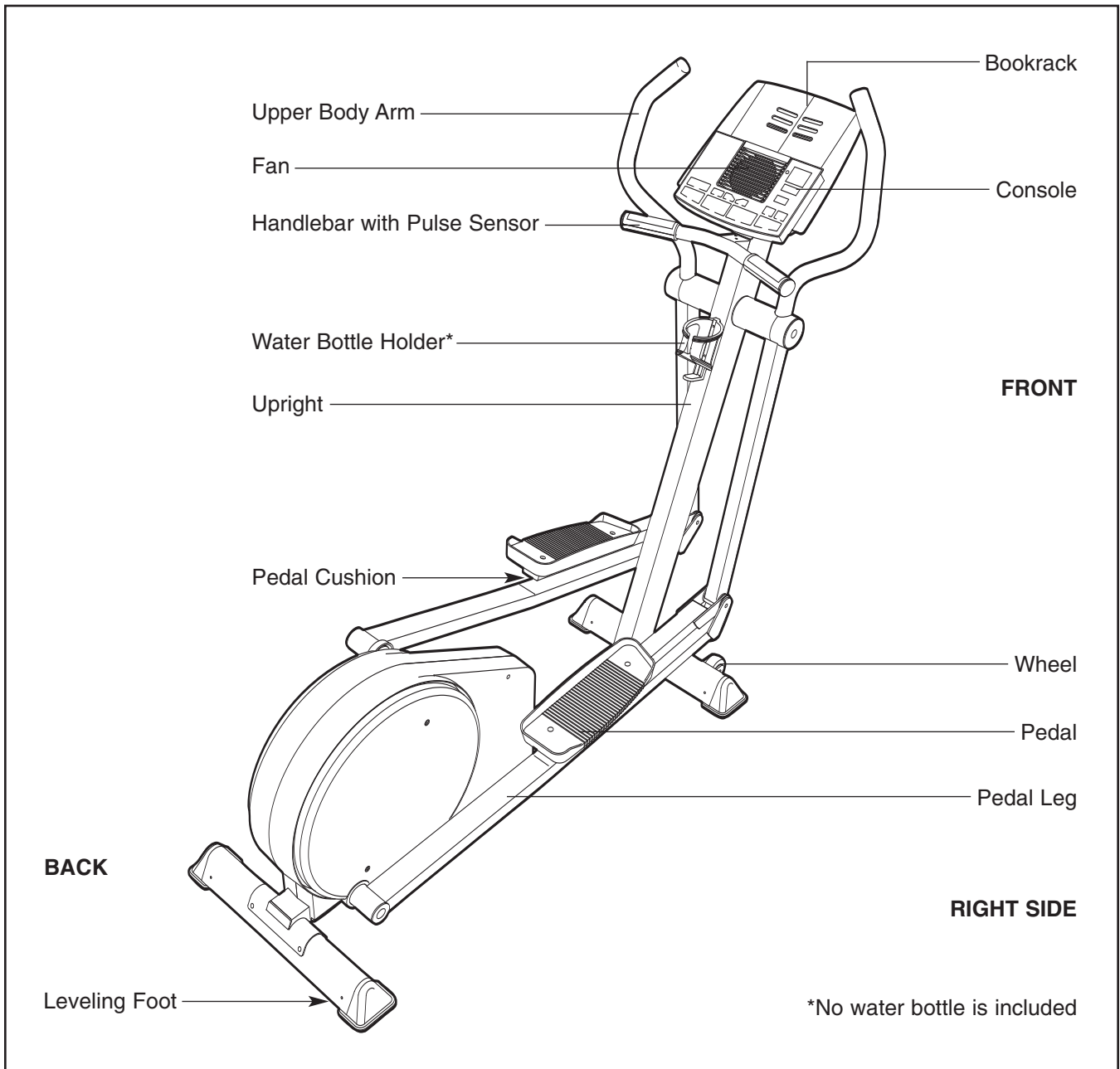
# BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® RL 725 elliptical exerciser. The RL 725 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique RL 725 features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from REEBOK.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have ques-

tions after reading this manual, please call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Friday, 8h00 until 17h00 Eastern Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is RBCCEL79022. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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

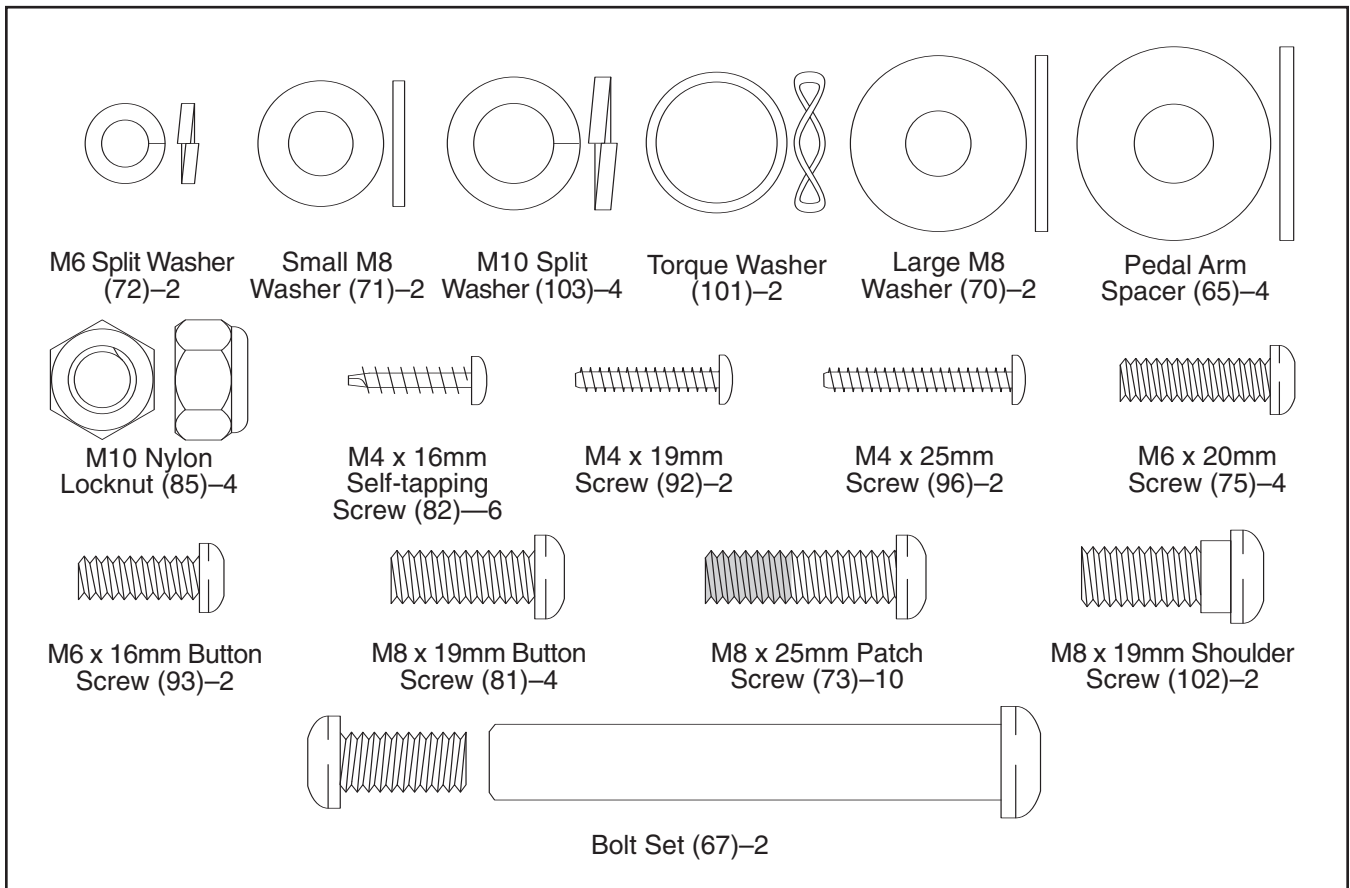


# ASSEMBLY

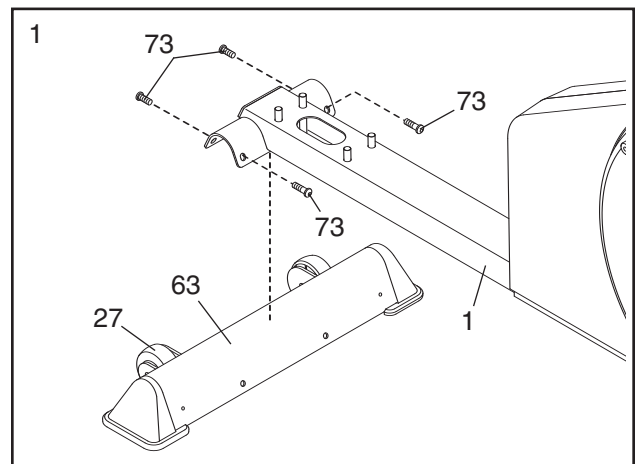
Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

In addition to the included tools, assembly requires an adjustable wrench  and a rubber mallet .

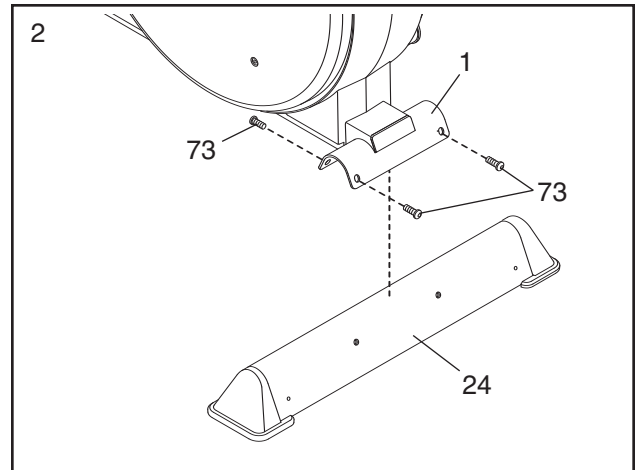
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 29. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Front Stabilizer (63), which has Wheels (27) attached to one side. Attach the Front Stabilizer to the front of the Frame (1) with four M8 x 25mm Patch Screws (73).



2. Attach the Rear Stabilizer (24) to the rear of the Frame (1) with four M8 x 25mm Patch Screws (73).

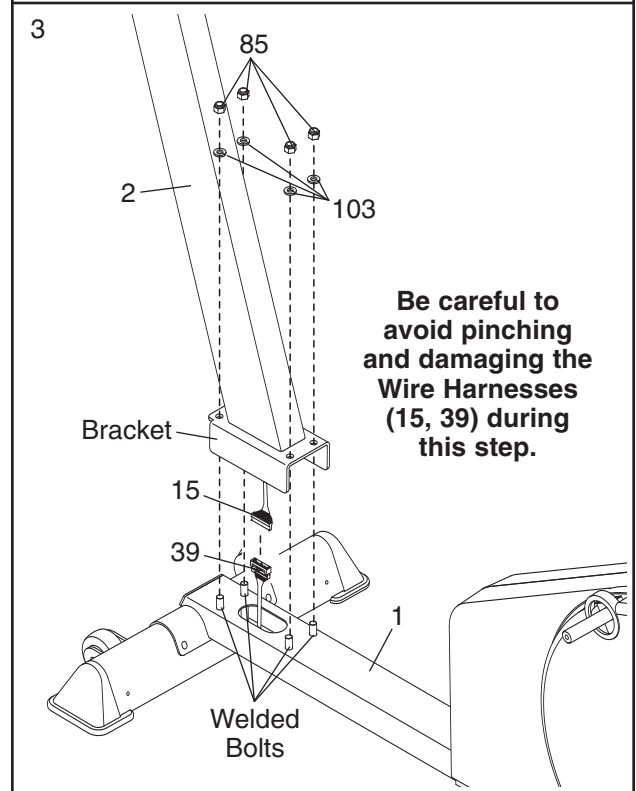


3. Remove the four M10 Nylon Locknuts (85) and the four M10 Split Washers (103) from the welded bolts near the front of the Frame (1).

While a second person holds the Upright (2), connect the Upper Wire Harness (15) to the Lower Wire Harness (39).

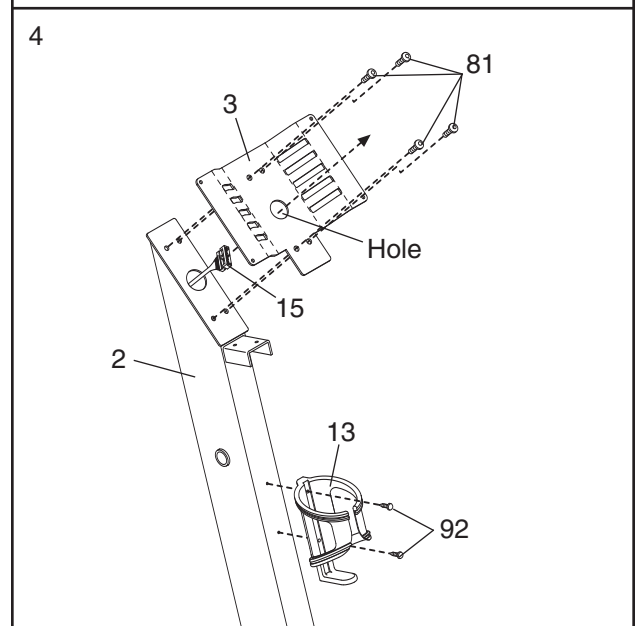
Align the holes in the bracket on the lower end of the Upright (2) with the welded bolts on the Frame (1). Lower the Upright, **feeding the Upper Wire Harness (15) and the Lower Wire Harness (39) up into the Upright**, until the welded bolts are fully inserted into the bracket. **Be careful to avoid pinching and damaging the Wire Harnesses.**

Place the four M10 Split Washers (103) onto the welded bolts on the Frame (1). Tighten the four M10 Nylon Locknuts (85) onto the welded bolts.

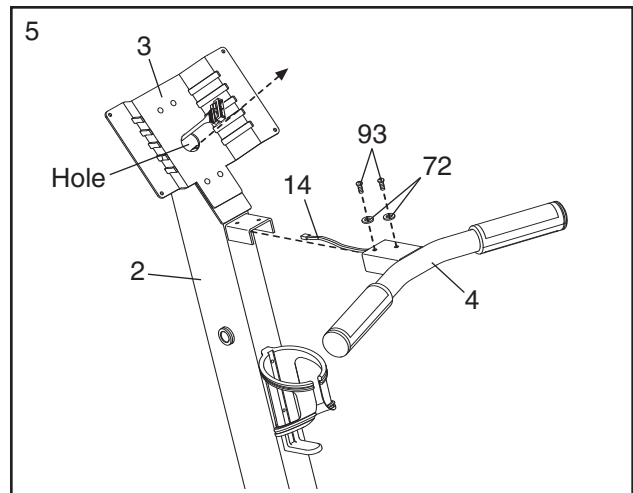


4. Feed the Upper Wire Harness (15) up through the indicated hole in the Console Bracket (3). Attach the Console Bracket to the Upright (2) with four M8 x 19mm Button Screws (81). **Be careful to avoid pinching and damaging the Upper Wire Harness.**

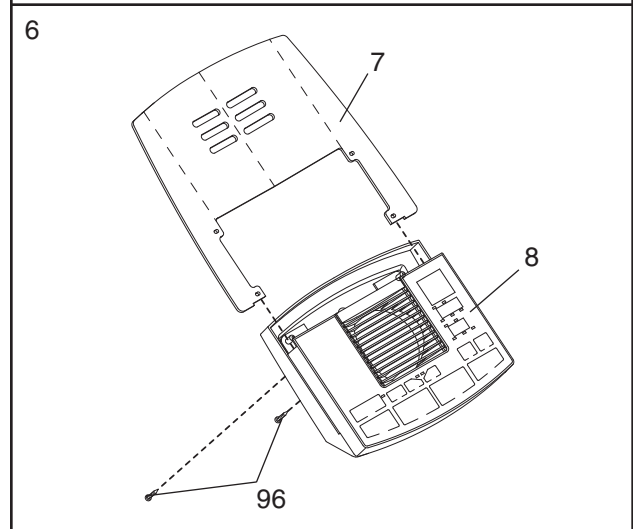
Attach the Water Bottle Holder (13) to the Upright (2) with two M4 x 19mm Screws (92). Note: The water bottle holder is designed to be used with your own water bottle.



- While another person holds the Handlebar (4) near the Upright (2), feed the Pulse Sensor Wire (14) into the Upright and out of the indicated hole in the Console Bracket (3). Attach the Handlebar to the Upright with two M6 x 16mm Button Screws (93) and two M6 Split Washers (72). **Be careful to avoid pinching and damaging the Pulse Sensor Wire.**

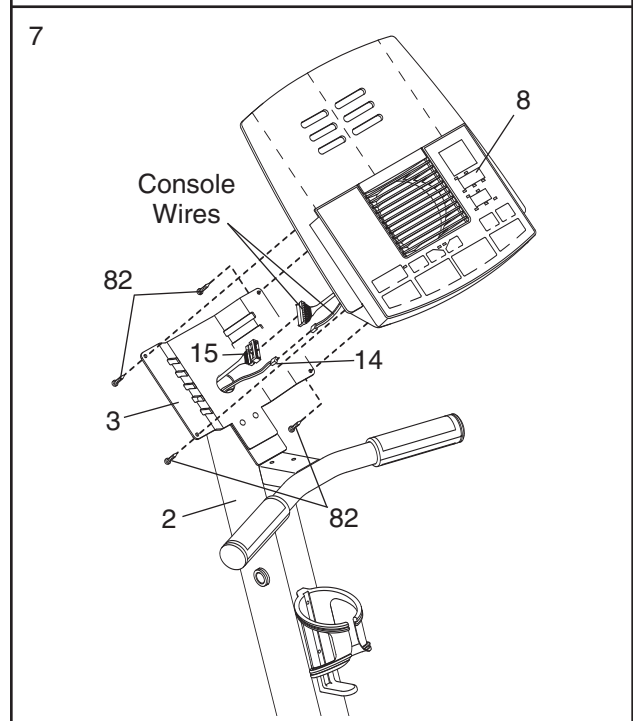


- Insert the Bookrack (7) into the slots in the Console (8). Attach the Bookrack to the Console with two M4 x 25mm Screws (96). **Be careful to avoid pinching and damaging the wires in the Console.**



- While another person holds the Console (8) near the Console Bracket (3), connect the Pulse Sensor Wire (14) and the Upper Wire Harness (15) to the corresponding wires on the Console.

**Insert all excess wiring down into the Upright (2).** Attach the Console (8) to the Console Bracket (3) with four M4 x 16mm Self-tapping Screws (82). **Be careful to avoid pinching and damaging the Pulse Sensor Wire (14) and the Upper Wire Harness (15).**



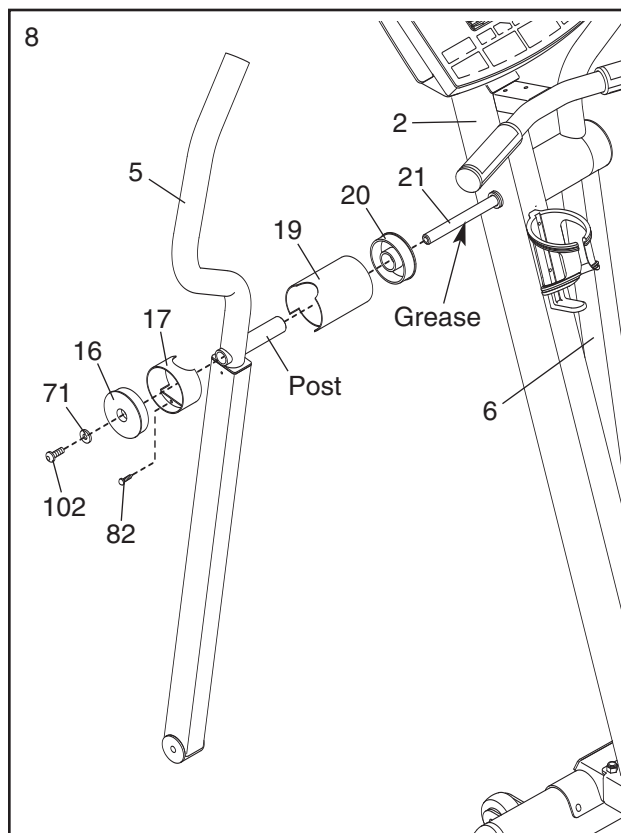
8. Insert the Pivot Axle (21) into the Upright (2), and center the Pivot Axle. Apply a small amount of the included grease to both ends of the Pivot Axle.

Identify the Left Upper Body Arm (5), which is marked with a decal. Insert an Upright Bushing (20) into an Upright Spacer (19). Turn the Upright Spacer so that the semicircular cutout is at the top, and slide the Upright Spacer onto the post on the Left Upper Body Arm.

Slide the Left Upper Body Arm (5) onto the Pivot Axle (21). Attach a Pivot Spacer (17) to the Left Upper Body Arm with an M4 x 16mm Self-tapping Screw (82). Turn a Pivot Endcap (16) so that the rectangular cutout is at the bottom. Using a rubber mallet, tap the Pivot Endcap into the Pivot Spacer.

Slide a Small M8 Washer (71) onto an M8 x 19mm Shoulder Screw (102), and tighten the Shoulder Screw into the Pivot Axle (21).

**Attach the Right Upper Body Arm (6) in the same way.**

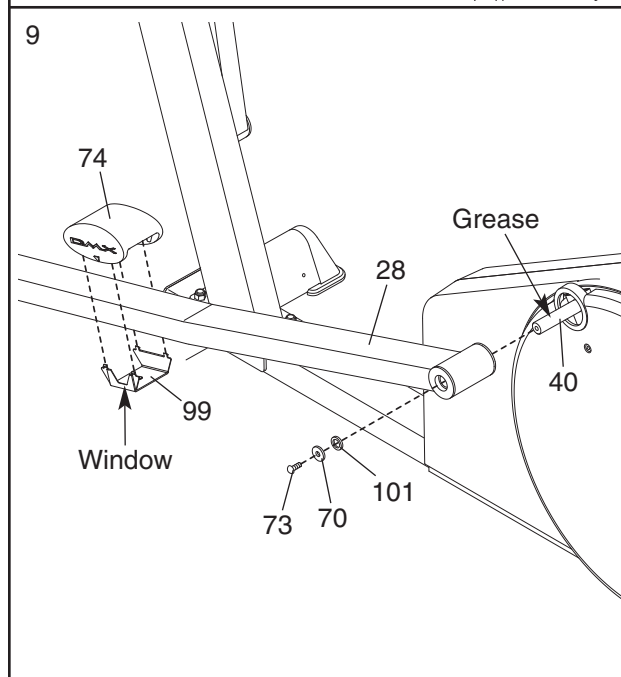


9. Apply a small amount of grease to the axle on the left Crank Arm (40).

Identify the Left Pedal Leg (28), which is marked with a decal. Slide the Left Pedal Leg onto the axle on the left Crank Arm (40). Next, slide a Wave Washer (101) onto the end of the axle. Then, slide a Large M8 Washer (70) onto an M8 x 25mm Patch Screw (73), and tighten the Patch Screw into the axle.

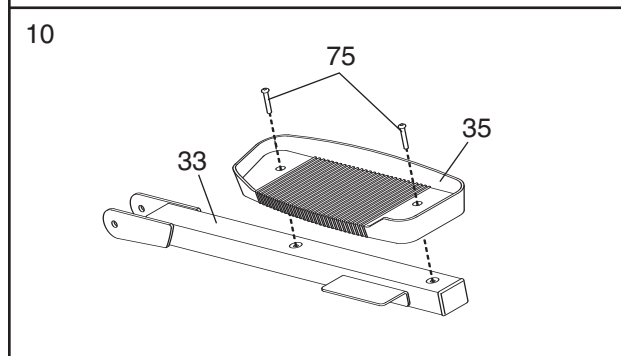
Snap a Pedal Cushion (74) around the Left Pedal Leg (28) onto a Cushion Bracket (99). Make sure that the arrow on the Pedal Cushion is pointing to one of the numbers on the Left Pedal Leg and that the number shows through the window in the Cushion Bracket.

**Assemble the Right Pedal Leg (not shown) in the same way.**



10. Identify the Left Pedal Arm (33), which is marked with a decal. Attach the Left Pedal (35) to the Left Pedal Arm with two M6 x 20mm Screws (75) as shown.

**Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.**



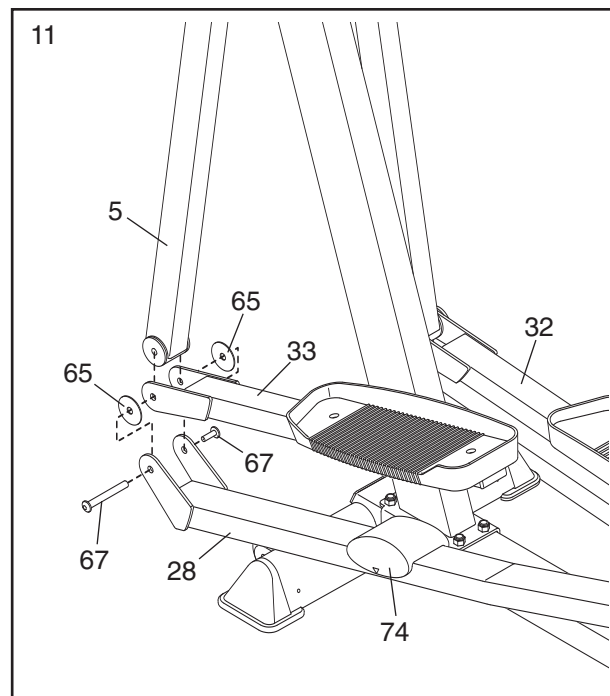


11. Set the Left Pedal Arm (33) on the left Pedal Cushion (74), and hold the end of the Left Pedal Arm inside of the bracket on the Left Pedal Leg (28).

Hold a Pedal Arm Spacer (65) between the Left Pedal Leg (28) and the Left Pedal Arm (33). Insert the long part of a Bolt Set (67) through the Left Pedal Leg, the Pedal Arm Spacer, and the Left Pedal Arm.

Lift the Left Pedal Leg (28), and hold the lower end of the Left Upper Body Arm (5) inside of the bracket on the Left Pedal Arm (33). Insert the long part of the Bolt Set (67) through the Left Upper Body Arm. Hold another Pedal Arm Spacer (65) between the Left Pedal Arm and the Left Pedal Leg, and insert the long part of the Bolt Set through these parts. Tighten the short part of the Bolt Set into the long part.

**Attach the Right Pedal Arm (32) in the same way.**



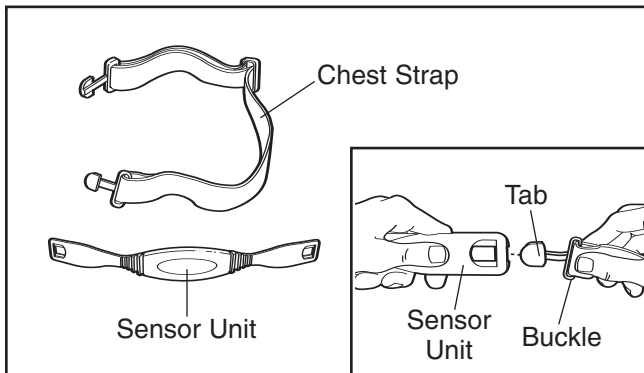
12. **Make sure that all parts are properly tightened before you use the elliptical exerciser. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

# HOW TO USE THE CHEST PULSE SENSOR

To get the best performance from the chest pulse sensor, please read the instructions below.

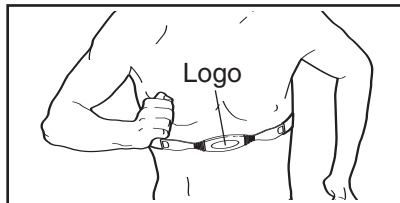
## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

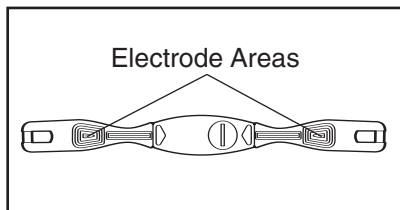


**1** See the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Then, press the end of the sensor unit under the buckle on the chest strap.

**2** Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.



**3** Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline



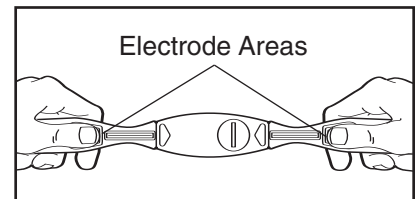
solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR TROUBLESHOOTING

**If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the steps below.**

- Make sure that the chest pulse sensor is worn exactly as described in step 2 at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing in step 3 below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the elliptical exerciser.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

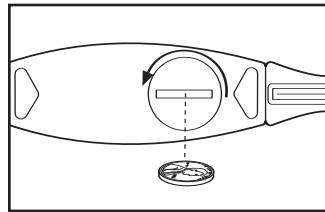
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.



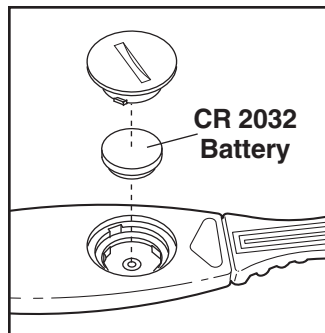
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.



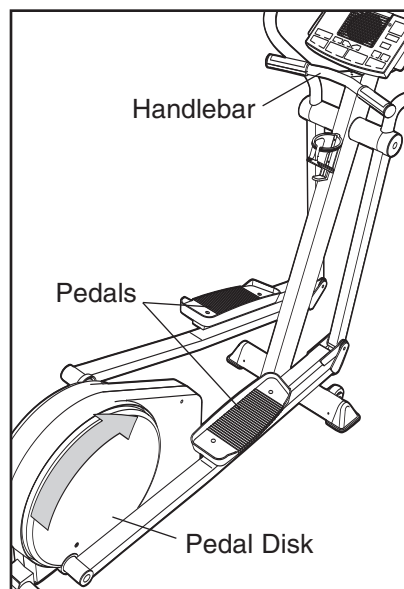
## CHEST PULSE SENSOR CARE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

# ELLIPTICAL EXERCISER OPERATION

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebar and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** The pedal disks can turn in either direction. It is recommended



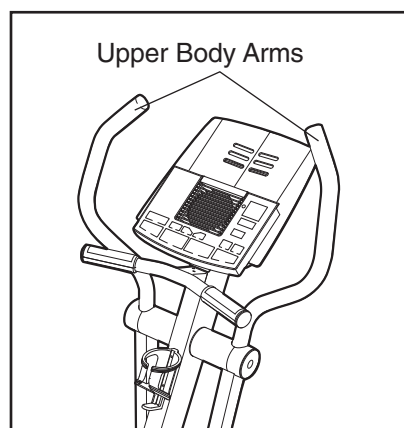
that you move the pedal disks in the direction shown by the arrow; however, for variety, you can turn the pedal disks in the opposite direction.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; 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.

## HOW TO USE THE UPPER BODY ARMS

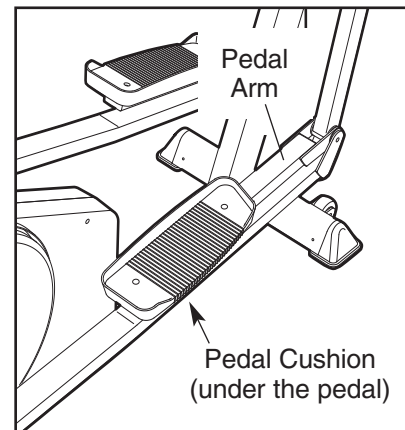
To add upper-body exercise to your workouts, push and pull the upper body arms as you exercise.

To exercise only your lower body, hold the handlebar as you exercise.



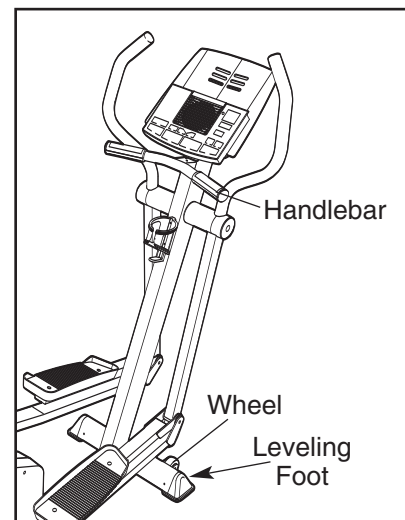
## HOW TO ADJUST THE PEDAL CUSHIONS

The feel of the pedals is affected by the positions of the pedal cushions. The farther back the pedal cushions are placed, the firmer the pedals will feel. To move the pedal cushions, lift the pedal arms and slide the pedal cushions to the desired positions. **Make sure that both pedal cushions are in the same position.**

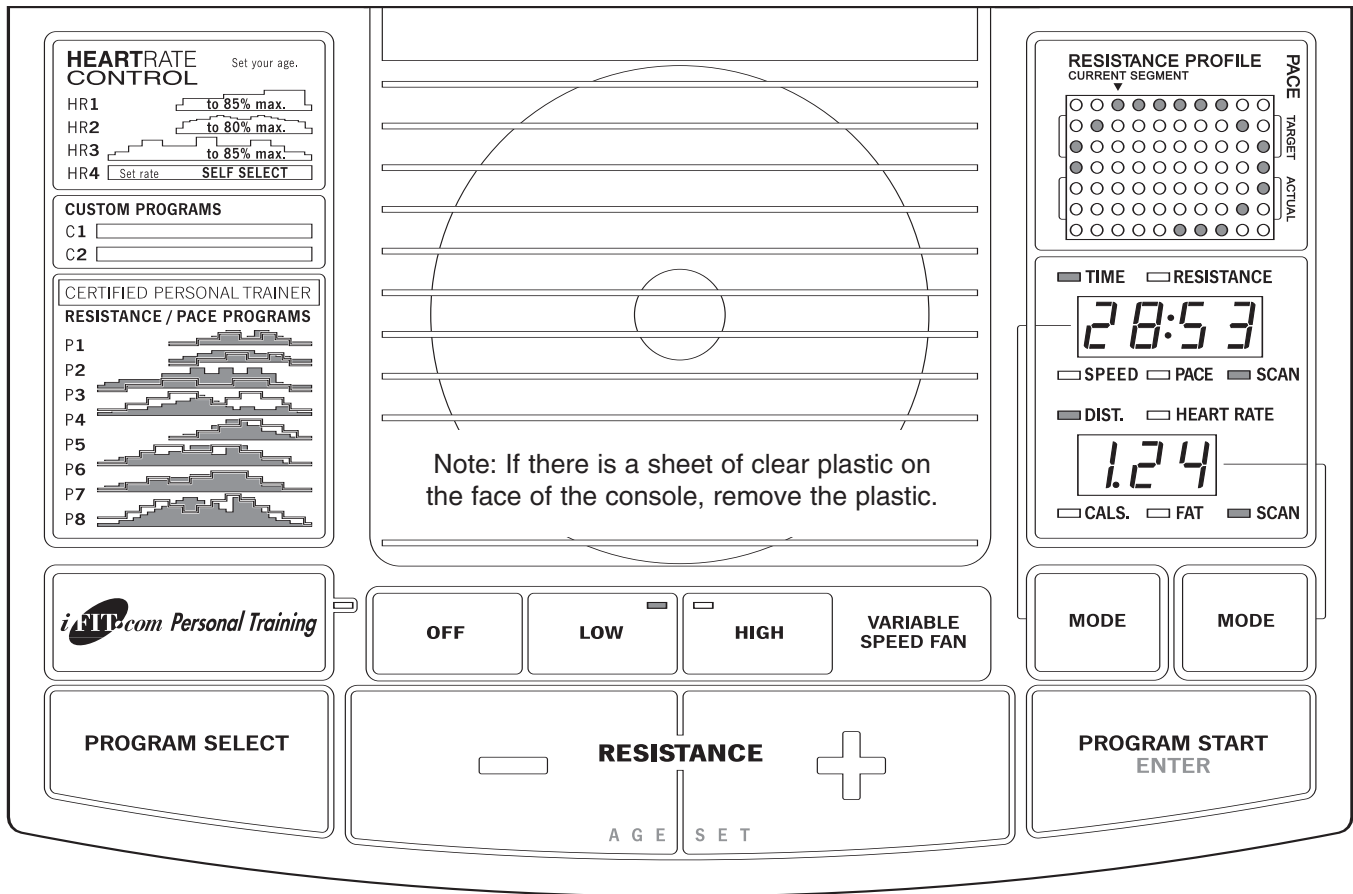


## HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebar firmly, and tip the elliptical exerciser until it can be moved on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **Due to the weight of the elliptical exerciser, use extreme caution when moving it.**



After the elliptical exerciser has been moved, make sure that the ends of both stabilizers are touching the floor. If the elliptical exerciser rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical exerciser and the angle of the ramp can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. **Note: For information about an optional chest pulse sensor, see page 21.**

The console also offers six resistance and pace programs. Each program automatically changes the resistance of the elliptical exerciser and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that automatically change the resistance of the elliptical exerciser and prompt you to vary your pace to

keep your heart rate near a target level as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the elliptical exerciser and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-963-4266.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **Explore [www.iFIT.com](http://www.iFIT.com) for more information.**

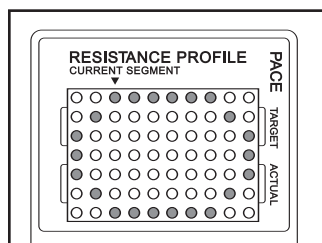
## HOW TO USE THE MANUAL MODE

### 1 Begin pedaling to activate the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied to the elliptical exerciser by a generator while you are pedaling. To activate the console, begin pedaling at a speed of about 3 miles per hour or faster. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

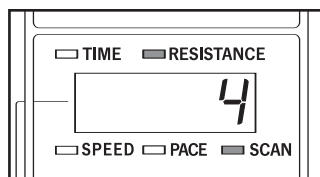
### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, select the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.



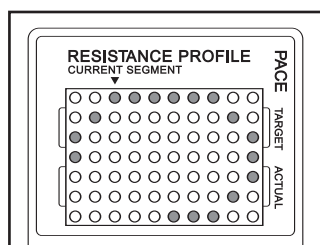
### 3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the elliptical exerciser to reach the selected resistance level. **Make sure to continue pedaling while changing the resistance.**



### 4 Monitor your progress with the matrix and the two displays.

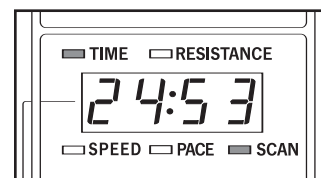
**The matrix**—When the manual mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators



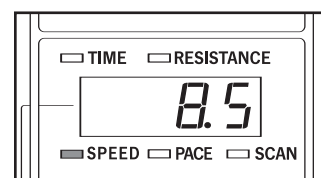
around the track will light, one at a time, until the entire track is lit. The track will then darken and a new lap will begin.

#### The upper display

The upper display will show the elapsed time, the resistance level of the elliptical exerciser, your pedaling speed, and your pedaling pace (measured in *minutes per mile*). The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time.

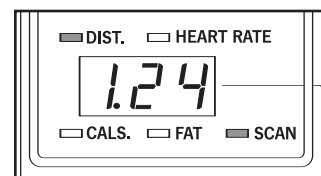


If desired, you can select a single mode for continuous display. Press the left Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.



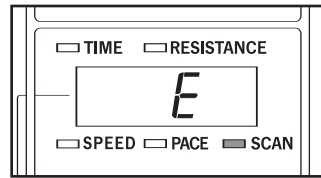
#### The lower display

The lower display will show the distance that you have pedaled and the approximate numbers of *calories* and *fat calories* you have burned (see **FAT BURNING** on page 27). The display will change from one number to the next every few seconds, as shown by the indicators around the display. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor. Note: Each time the resistance of the pedals changes, the display will show the resistance level.

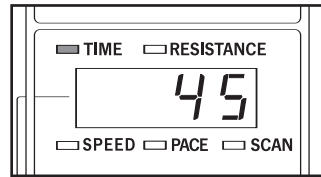


If desired, you can select a single mode for continuous display. Press the right Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, you must select the console's user mode. Hold down the Program Select button for about three seconds. The letter "E" for English miles or the letter "M" for metric kilometers will appear in the upper display. To change the unit of measurement, press the + button.



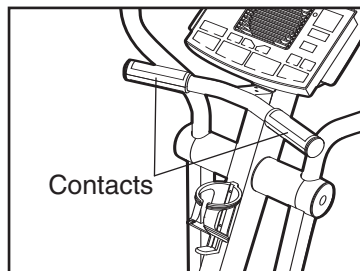
While the user mode is selected, press the left Mode button. The upper display will then show the total number of hours that the elliptical exerciser has been used. Press the left Mode button again. The upper display will then show the total number of miles pedaled. To exit the user mode, press the Program Select button again.



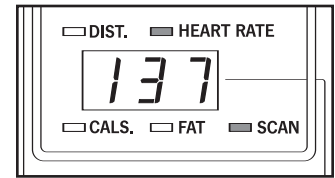
## 5 Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the chest pulse sensor. **Note:** If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console may not display your heart rate accurately.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the Heart Rate indicator above the lower display will light, one or two dashes (—) will appear in the lower display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



Note: If you continue to hold the pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Do not move your hands excessively or squeeze the metal contacts too tightly. For optimal performance, regularly clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

## 6 Turn on the fan if desired.

To turn on the fan at low speed, press the Low button. To turn on the fan at high speed, press the High button. To turn off the fan, press the Off button. **Note: The fan will operate only while you are pedaling.**

## 7 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the upper display will begin to flash.

If the pedals are not moved for up to one minute, the matrix and the displays will darken; however, the displays will not be reset. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE PERSONAL TRAINER PROGRAMS

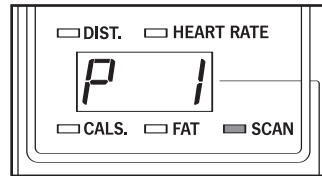
### 1 Begin pedaling to activate the console.

See step 1 on page 14.

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

When the power is turned on, the manual mode will be selected. To select a personal trainer program, press the Program

Select button repeatedly until a "P 1," "P 2," "P 3," "P 4," "P 5," "P 6," "P 7," or "P 8" appears in the lower display.

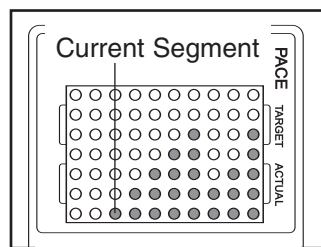


When a personal trainer program is selected, the matrix will show the first ten resistance settings of the program.

### 3 Press the Program Start button or begin pedaling to start the program.

Each program is divided into several time segments of different lengths. One resistance setting is programmed for each segment. (The same resistance setting may be programmed for two or more consecutive segments.)

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. The resistance settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change to the resistance setting for the second segment.

Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings will move downward* so that only the highest indicators appear in the matrix.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program.

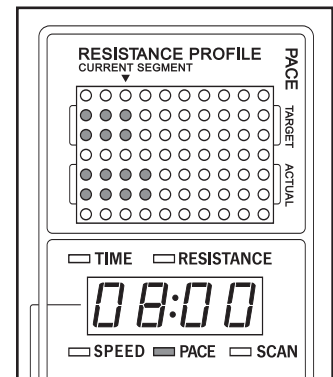
Note: During the program, you can override the resistance setting for the current segment by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

### 4 Use the console's pace function if desired.

During personal trainer programs, the console can prompt you to increase or decrease your pace as it guides you through your workout.

To use the pace function, press the left Mode button repeatedly until the Pace indicator is lit; make sure that the Scan indicator is not lit. Two horizontal bars will appear in the matrix. The upper bar represents a target pace, and the

lower bar represents your actual pace. During the program, the length of the upper bar will periodically change. When the upper bar changes in length, adjust your pace so that both bars are the same length. **Important: The pace settings of the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**





**5 Monitor your progress with the two displays.**

See step 4 on page 14.

**6 Measure your heart rate if desired.**

See step 5 on page 15.

**7 Turn on the fan if desired.**

See step 6 on page 15.

**8 When the program is finished, the console will automatically turn off.**

See step 7 on page 15.

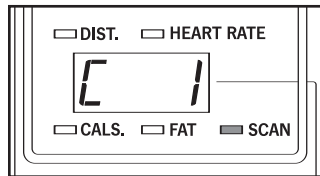
**HOW TO CREATE A CUSTOM PROGRAM**

**1 Begin pedaling to activate the console.**

See step 1 on page 14.

**2 Select one of the two custom programs.**

When the power is turned on, the manual mode will be selected. To select a custom program, press the Program Select button repeatedly until a "C 1" or "C 2" appears in the lower display.

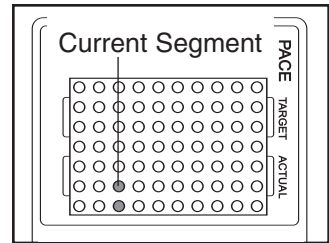


**Note: If the custom program has not yet been defined, one to three columns of indicators will be lit in the matrix. If more than three columns of indicators are lit, see HOW TO USE CUSTOM PROGRAMS on page 18.**

**3 Press the Program Start button or begin pedaling to start the program, and program the desired settings.**

Each custom program is divided into one-minute segments. One resistance setting and one target

pace can be programmed for each segment. The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. To program a resistance setting for the first segment, simply adjust the resistance of the pedals by pressing the Resistance buttons. Every few times a Resistance button is pressed, an additional indicator will light or darken in the Current Segment column. To program a target pace for the first segment, simply pedal at the desired pace.



When the first segment of the program is completed, the current resistance setting and your current pace will be saved in memory. *The columns of indicators will then move one column to the left, and the resistance setting for the second segment will be shown in the flashing Current Segment column. Program a resistance setting and a target pace for the second segment as described above. Note: After the third segment is completed, the columns of indicators in the matrix will no longer move to the left. Instead, each time a segment is completed, the flashing Current Segment column will move one column to the right. If the Current Segment column reaches the right side of the matrix, when the current segment is completed all columns of indicators in the matrix will move three columns to the left.*

Continue exercising for up to sixty minutes. When you are finished with your workout, the resistance settings and the target pace settings that you have programmed and the number of segments completed will be saved in memory.

**4 When the program is finished, the console will automatically turn off.**

See step 7 on page 15.

## HOW TO USE CUSTOM PROGRAMS

### 1 Begin pedaling to activate the console.

See step 1 on page 14.

### 2 Select one of the two custom programs.

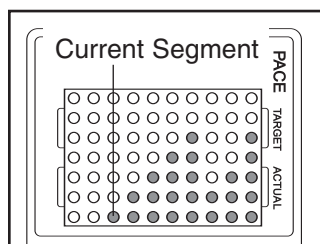
See step 2 on page 17.

When a custom program is selected, the matrix will show the first ten resistance settings of the program. **Note: If only three columns of indicators are lit in the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 17.**

### 3 Press the Program Start button or begin pedaling to start the program.

Each custom program is divided into one-minute segments. One resistance setting is programmed for each segment.

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. The resistance settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the pedals will automatically change to the second resistance setting that you programmed previously.

The program will continue until the resistance setting for the last segment is shown in the Current

Segment column of the matrix and no time remains in the program.

Note: If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

### 4 Use the console's pace function if desired.

See step 4 on page 16.

### 5 Change the program if desired.

If desired, you can change the program while using it. **To change the resistance setting for the current segment**, simply press the Resistance buttons. When the current segment is completed, the new resistance setting will be saved in memory. **To change the target pace for the current segment**, simply change your pedaling pace. When the current segment is completed, your pace will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Program Start button and program resistance settings and target pace settings for as many additional segments as desired. **To decrease the length of the program**, simply stop pedaling before the program is completed. If the pedals are not moved for five minutes, all unused segments will be deleted from the program.

### 6 Monitor your progress with the two displays.

See step 4 on page 14.

### 7 Measure your heart rate if desired.

See step 5 on page 15.

### 8 Turn on the fan if desired.

See step 6 on page 15.

### 9 When the program is finished, the console will automatically turn off.

See step 7 on page 15.

## HOW TO USE HEART RATE PROGRAMS

Each heart rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. Note: 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 ( $220 - 30 = 190$ ).

Heart rate programs 1 and 3 are designed to keep your heart rate between 50% and 85% of your maximum heart rate while you exercise; heart rate program 2 is designed to keep your heart rate between 50% and 80% of your maximum heart rate; heart rate program 4 is designed to keep your heart rate near a target heart rate that you choose.

Follow the steps below to use a heart rate program.

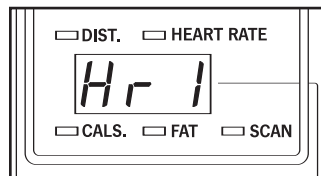
### 1 Begin pedaling to activate the console.

See step 1 on page 14.

### 2 Select one of the four heart rate programs.

When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program

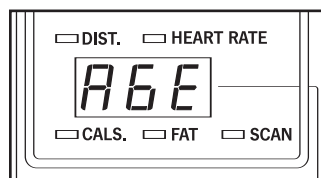
Select button repeatedly until an "Hr 1," "Hr 2," "Hr 3," or "Hr 4" appears in the lower display.



### 3 Enter your age.

After a heart rate program is selected, the word "AGE" and the current age setting will flash in the lower display.

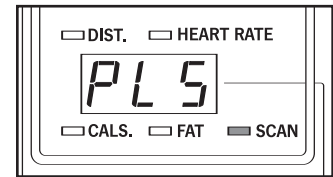
You must enter your age to use a heart rate program. If you have already entered your age, press the Enter (Program Start) button and go to step 4. If you have not entered your age, press the + or – (Resistance) button repeatedly to enter your age, and then press the Enter button. Note: Once you have entered your age, it will be saved in memory.



### 4 Enter a target heart rate.

If heart rate program 1, 2, or 3 is selected, you do not need to enter a target heart rate. Go to step 5.

If heart rate program 4 is selected, the letters "PLS" and a target heart rate will flash in the lower display. Press the + or – (Resistance) button repeatedly to change the target heart rate, if desired.



### 5 Hold the handgrip pulse sensor or wear the chest pulse sensor.

To use a heart rate program, you must hold the handgrip pulse sensor or wear the chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the lower display instead of your heart rate.

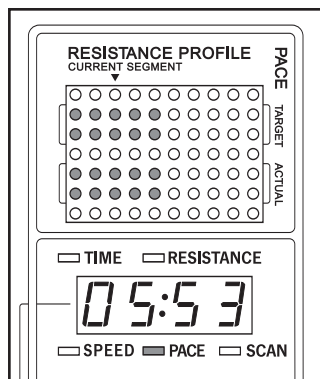
### 6 Press the Program Start button or begin pedaling to start the program.

Heart rate programs 1, 2, and 3 are divided into several one-minute segments. One resistance setting and one target heart rate are programmed for each segment. (The same resistance setting and/or target heart rate may be programmed for consecutive segments.) **Heart rate program 4** is sixty minutes long (you may choose to use only part of the program). The same resistance setting and target heart rate are programmed for the entire program.

If heart rate program 1, 2, or 3 is selected, the resistance of the pedals will periodically change to keep your heart rate near the target heart rate. Note: If the resistance is too high or too low, you can adjust the resistance by pressing the Resistance buttons. However, when the current segment is completed, the resistance may automatically change. **If heart rate program 4 is selected**, the resistance will not change unless the target heart rate is changed. Pressing the + and – buttons will change the target heart rate.

During the program, the two horizontal bars in the matrix will help you to keep your heart rate near the target heart rate.

Note: If the horizontal bars do not appear in the matrix, press the left Mode button repeatedly until the Pace indicator is lit; make sure that the Scan indicator is not lit.



The upper bar in the matrix represents a target pace, and the lower bar represents your actual pace. When you hold the handgrip pulse sensor or wear the chest pulse sensor, the console will compare your heart rate to the target heart rate for the current segment. If your heart rate is too far below or above the target heart rate, the upper bar will then change in length to prompt you to increase or decrease your pace. When the upper bar changes in length, adjust your pace so that both bars are the same length. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few**

**months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

The program will continue until no time remains in the program.

Note: If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

## 7 Monitor your progress with the two displays.

See step 4 on page 14. Note: During heart rate programs, the upper display will show only your current pace. If you select a different mode by pressing the left Mode button, the matrix will show only a graphic that represents your pulse. For heart rate programs to function properly, it is recommended that you leave the pace mode selected so that the two horizontal bars appear in the matrix.

## 8 Turn on the fan if desired.

See step 6 on page 15.

## 9 When the program is finished, the console will automatically turn off.

See step 7 on page 15.

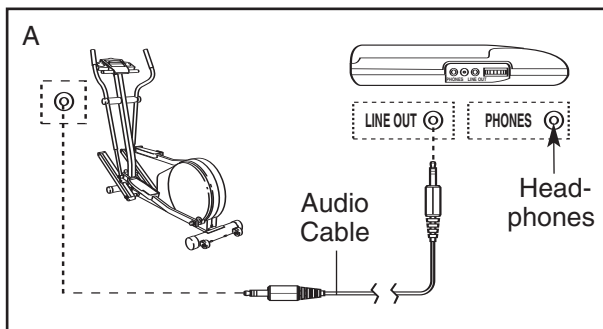
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 21 and 22 for connecting instructions. To use **iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 23 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 22 for connecting instructions.

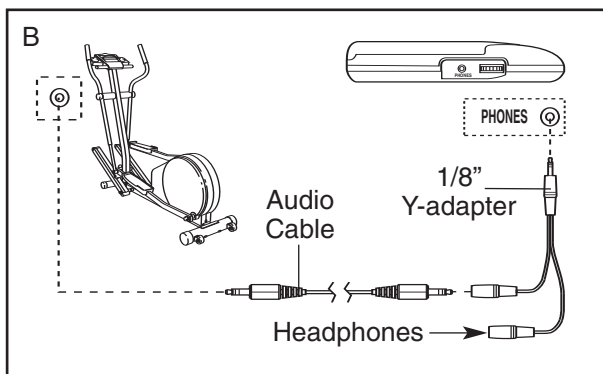
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



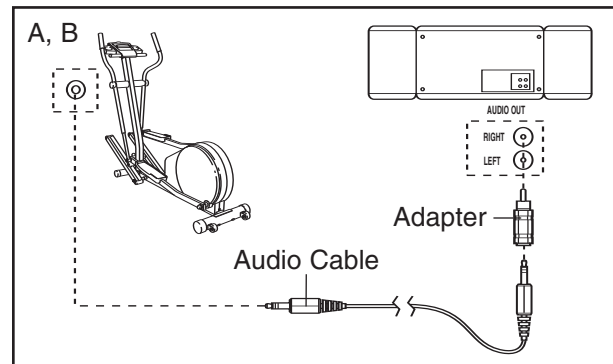
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



## HOW TO CONNECT YOUR PORTABLE STEREO

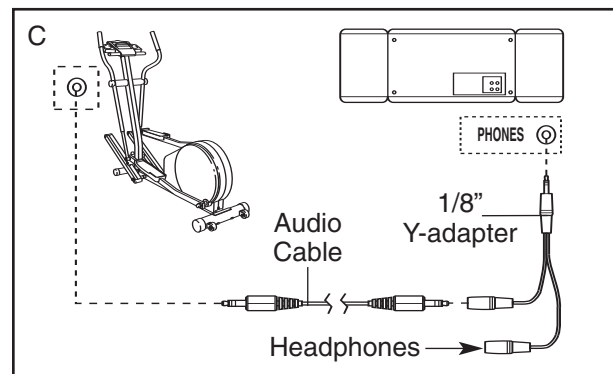
**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo. Do not use the adapter.

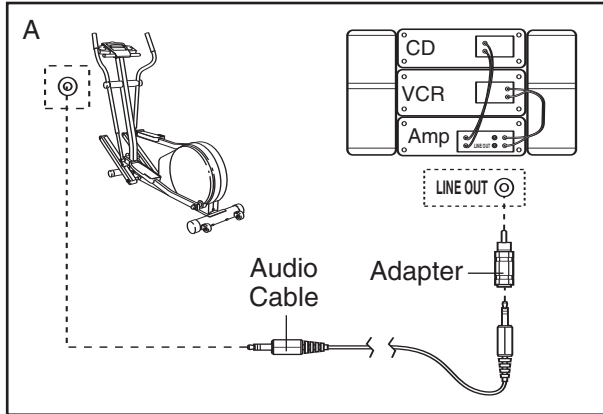
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



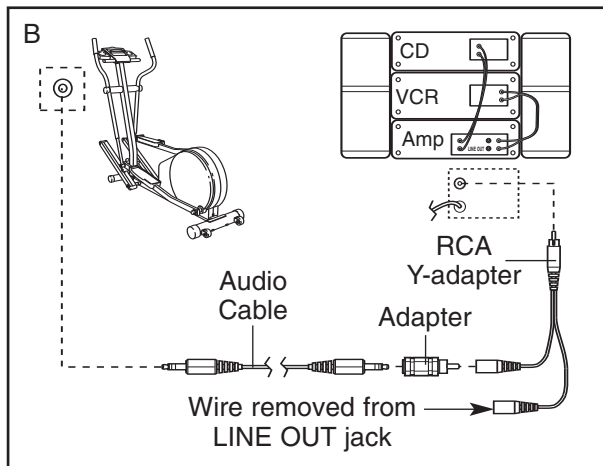
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



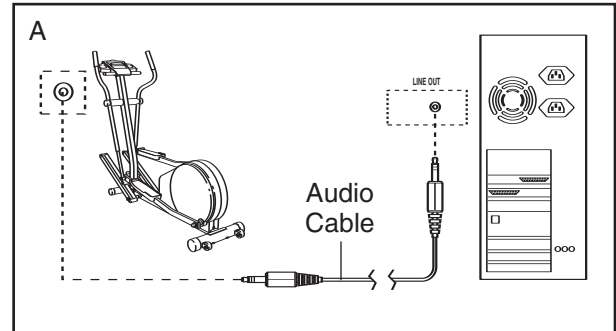
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the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



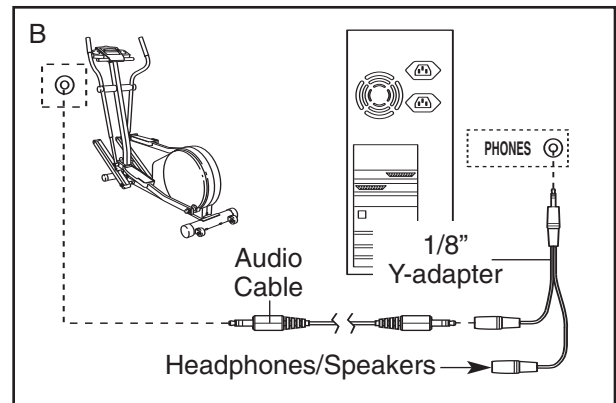
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **1/8" LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your computer.



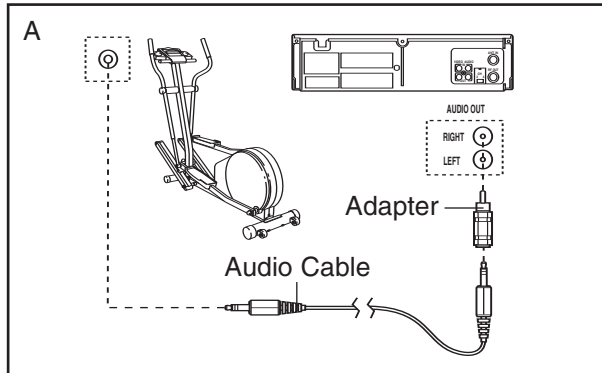
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a **1/8" Y-adapter** (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



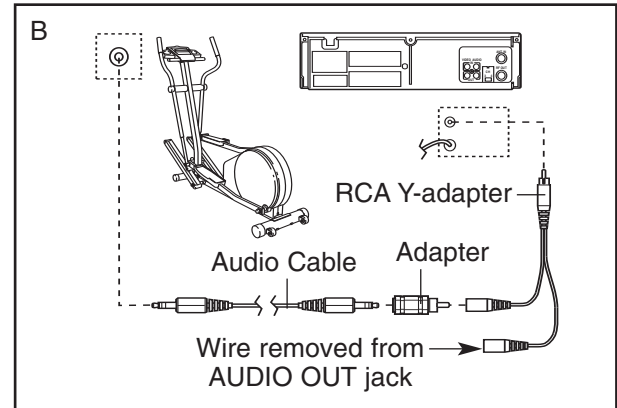
## HOW TO CONNECT YOUR VCR

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 22.**

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



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

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 21. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-936-4266.**

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

### **1** Begin pedaling to activate the console.

See step 1 on page 14.

### **2** Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button.

The indicator above the button will light.



### **3** Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### **4** Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through

your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a personal trainer program (see steps 3 and 4 on page 16). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the target pace is about to change.

**Note: If the resistance of the pedals and/or the target pace does not change when a "chirp" is heard:**

- **Make sure that the indicator above the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

### **5** Monitor your progress with the two displays.

See step 4 on page 14.

### **6** Measure your heart rate if desired.

See step 5 on page 15.

### **7** Turn on the fan if desired.

See step 6 on page 15.

### **8** When the program is finished, the console will automatically turn off.

See step 7 on page 15.



## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 22. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

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

### **1** Begin pedaling to activate the console.

See step 1 on page 14.

### **2** Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button.



The indicator above the button will light.

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

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

### **5** Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### **6** Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### **7** Return to the elliptical exerciser and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a personal trainer program (see steps 3 and 4 on page 16). However, an electronic “chirping” sound will alert you when the resistance of the pedals and/or the target pace is about to change.

### **8** Monitor your progress with the two displays.

See step 4 on page 14.

### **9** Measure your heart rate if desired.

See step 5 on page 15.

### **10** Turn on the fan if desired.

See step 6 on page 15.

### **11** When you are finished exercising, the console will automatically turn off.

See step 7 on page 15.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. The elliptical exerciser can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## TIGHTENING THE PEDALS

For best performance, regularly tighten both pedals.

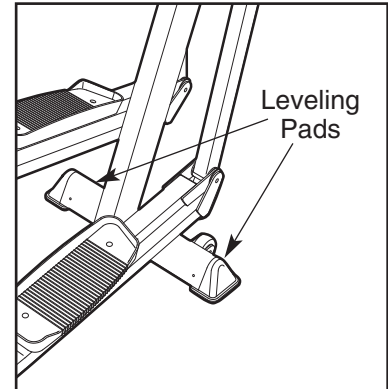
## CONSOLE TROUBLESHOOTING

If the console displays flicker or darken, increase your pedaling pace.

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 15. If the console does not display your heart rate when you use the chest pulse sensor, see CHEST PULSE SENSOR TROUBLESHOOTING on pages 10 and 11.

## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser does not sit flat on the floor, turn one or both of the leveling pads until the elliptical exerciser is level.



# EXERCISE GUIDELINES

## ⚠ WARNING:

- Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.
- The 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.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### WORKOUT GUIDELINES

Each workout should include the following three 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 30 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. 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 below. 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

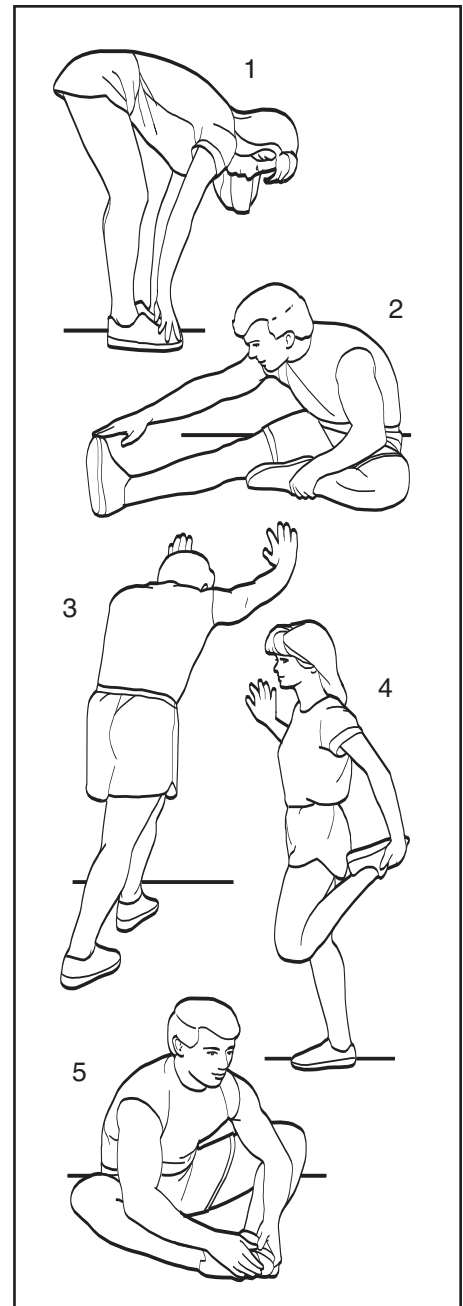
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



## ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 17h00 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (RBCCEL79022)
- The NAME of the product (REEBOK® RL 725 elliptical exerciser)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 29)

## LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

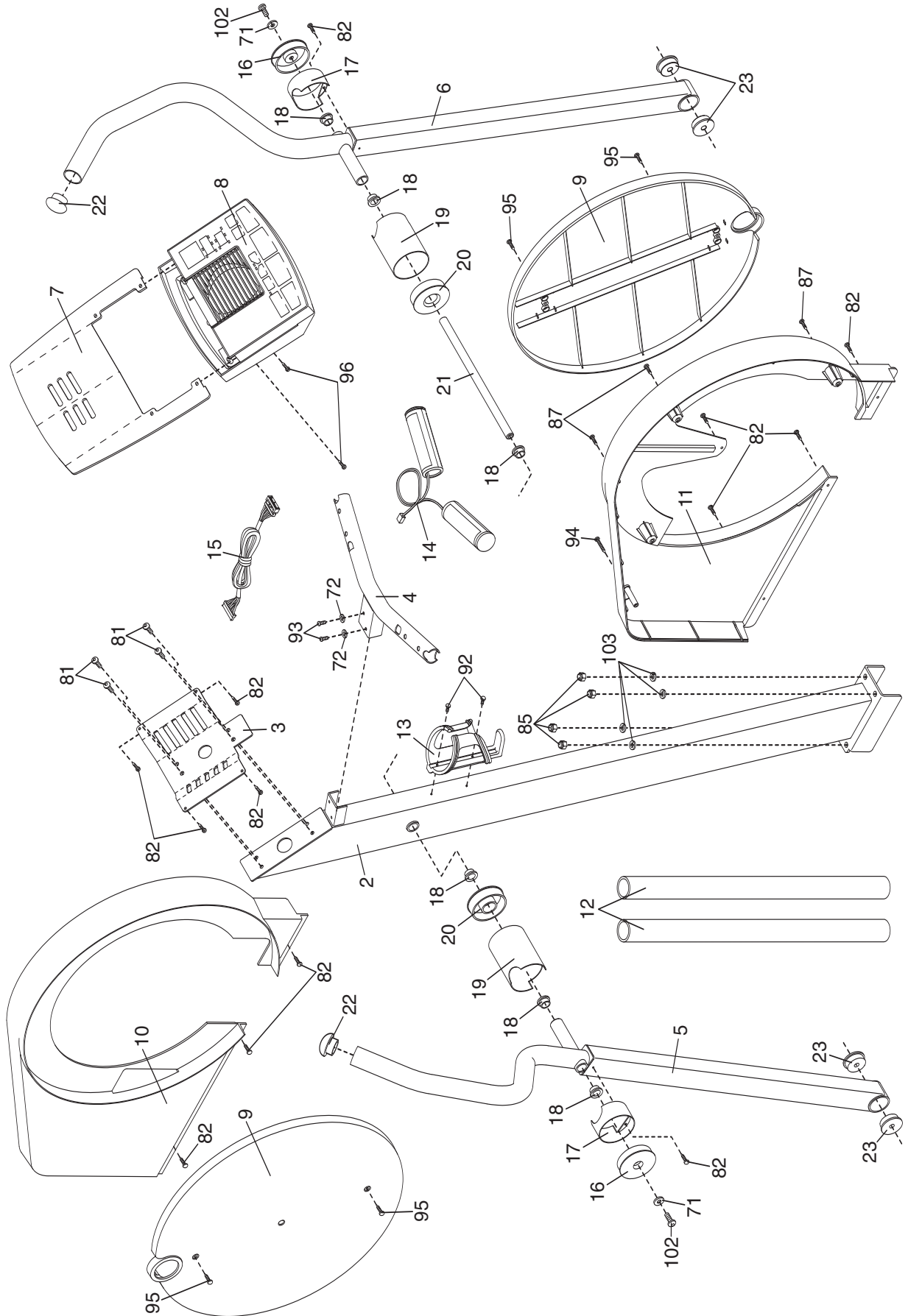
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts.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

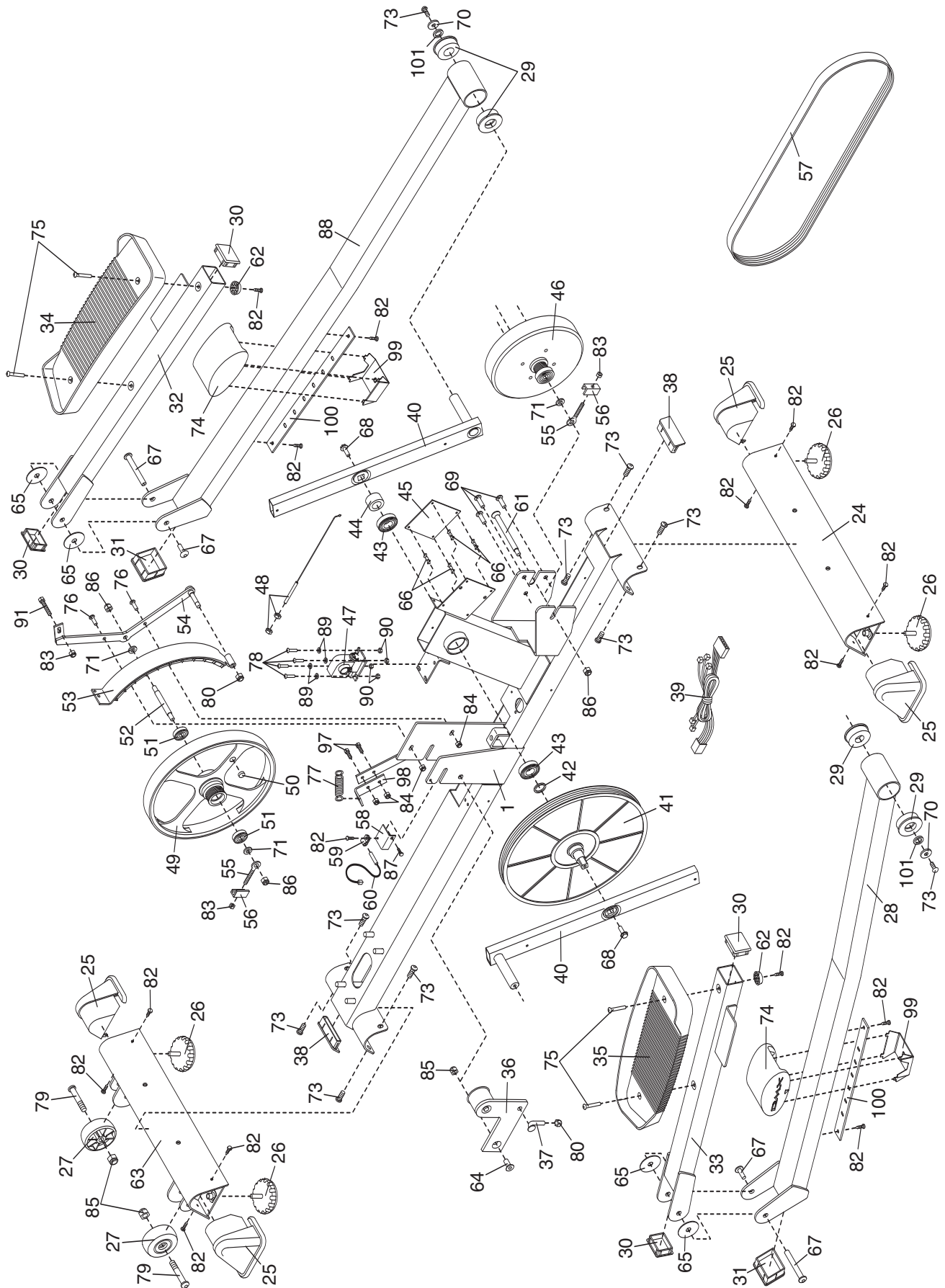
This warranty gives you specific legal rights. You may also have other rights which vary from province to province.

**ICON OF CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	54	1	Magnet Bracket
2	1	Upright	55	2	Eyebolt
3	1	Console Bracket	56	2	Adjustment Bracket
4	1	Handlebar	57	1	Belt
5	1	Left Upper Body Arm	58	1	Reed Switch Bracket
6	1	Right Upper Body Arm	59	1	Reed Switch Clamp
7	1	Bookrack	60	1	Reed Switch/Wire
8	1	Console	61	1	Generator Axle
9	2	Pedal Disk	62	2	Bumper
10	1	Left Side Shield	63	1	Front Stabilizer
11	1	Right Side Shield	64	1	Idler Bolt
12	2	Foam Grip	65	4	Pedal Arm Spacer
13	1	Water Bottle Holder	66	4	Stand-off
14	1	Hand Pulse Sensor/Wire	67	2	Bolt Set
15	1	Upper Wire Harness	68	2	Flange Bolt
16	2	Pivot Endcap	69	3	5/16" x 13mm Screw
17	2	Pivot Spacer	70	2	Large M8 Washer
18	6	Pivot Bushing	71	5	Small M8 Washer
19	2	Upright Spacer	72	2	M6 Split Washer
20	2	Upright Bushing	73	10	M8 x 25mm Patch Screw
21	1	Pivot Axle	74	2	Pedal Cushion
22	2	Upper Body Endcap	75	4	M6 x 20mm Screw
23	4	Upper Body Bushing	76	2	M6 x 16mm Bolt
24	1	Rear Stabilizer	77	1	Spring
25	4	Stabilizer Endcap	78	4	M5 x 16mm Bolt
26	4	Foot	79	2	M10 x 56mm Bolt
27	2	Wheel	80	2	M8 Nylon Locknut
28	1	Left Pedal Leg	81	4	M8 x 19mm Button Screw
29	4	Pedal Leg Bushing	82	28	M4 x16mm Self-tapping Screw
30	4	Pedal Arm Endcap	83	3	M6 Nut
31	2	Pedal Leg Endcap	84	4	M6 Nylon Locknut
32	1	Right Pedal Arm	85	7	M10 Nylon Locknut
33	1	Left Pedal Arm	86	3	M8 Nylon Jam Nut
34	1	Right Pedal	87	4	M5 x 16mm Screw
35	1	Left Pedal	88	1	Right Pedal Leg
36	1	Idler Arm	89	4	M5 Washer
37	1	"J" Bolt	90	4	M5 Nylon Locknut
38	2	Frame Endcap	91	1	M6 x 38mm Bolt
39	1	Lower Wire Harness	92	2	M4 x 19mm Screw
40	2	Crank Arm	93	2	M6 x 16mm Button Screw
41	1	Pulley/Crank	94	1	M4 x 63mm Screw
42	1	Crank Washer	95	4	M5 x 25mm Screw
43	2	Crank Bearing	96	2	M4 x 25mm Screw
44	1	Crank Spacer	97	2	M6 x 14mm Bolt
45	1	Control Board	98	1	Magnet Spring Bracket
46	1	Generator	99	2	Cushion Bracket
47	1	Resistance Motor	100	2	Selector Plate
48	1	Resistance Cable	101	2	Wave Washer
49	1	Flywheel	102	2	M8 x 19mm Shoulder Screw
50	1	Magnet	103	4	M10 Split Washer
51	2	Flywheel Bearing	#	4	Allen Wrench
52	1	Flywheel Axle	#	1	Grease
53	1	"C" Magnet	#	1	User's Manual

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.





Note: To identify parts shown on the EXPLODED DRAWING, see page 29.



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