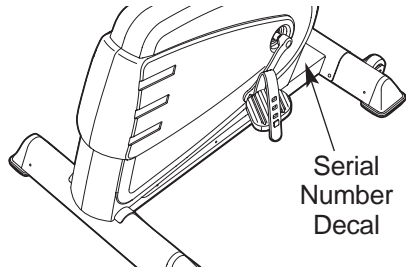


Reebok

RT 445

Model No. RBEX49020

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

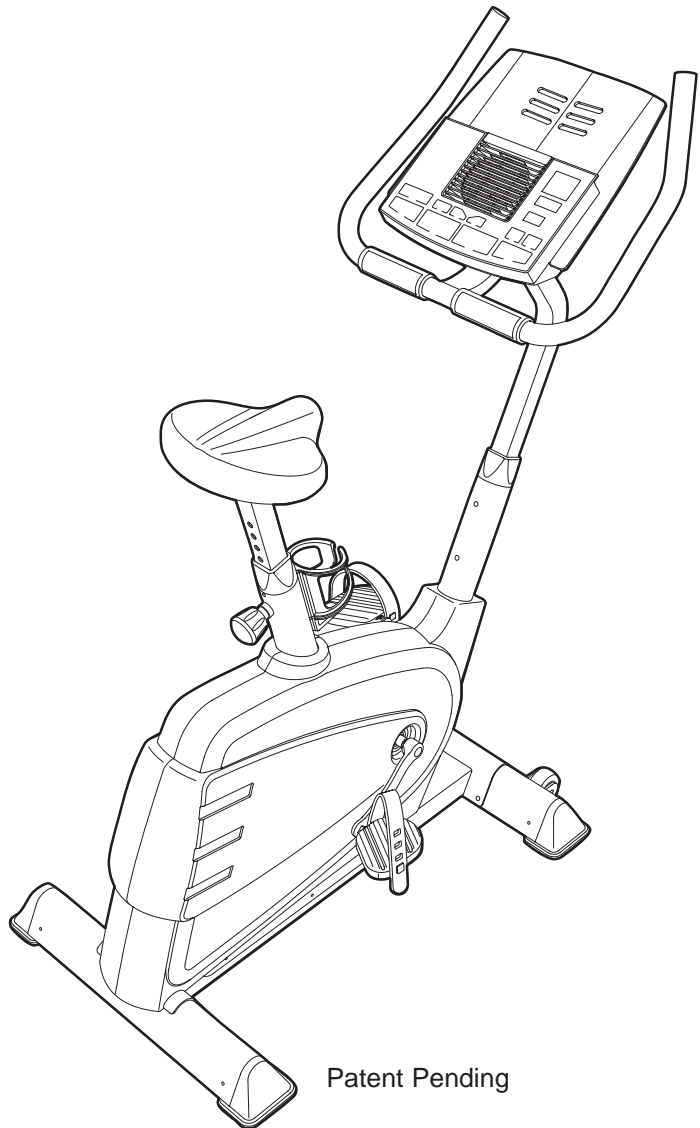
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

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.reebokhomefitness.com

new products, prizes,
fitness tips, and much more!

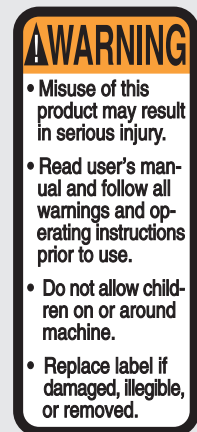
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes.
11. 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.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The decal shown at the right has been placed on the exercise cycle in the location shown on page 3. If the decal is missing or illegible, call toll-free 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to 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.

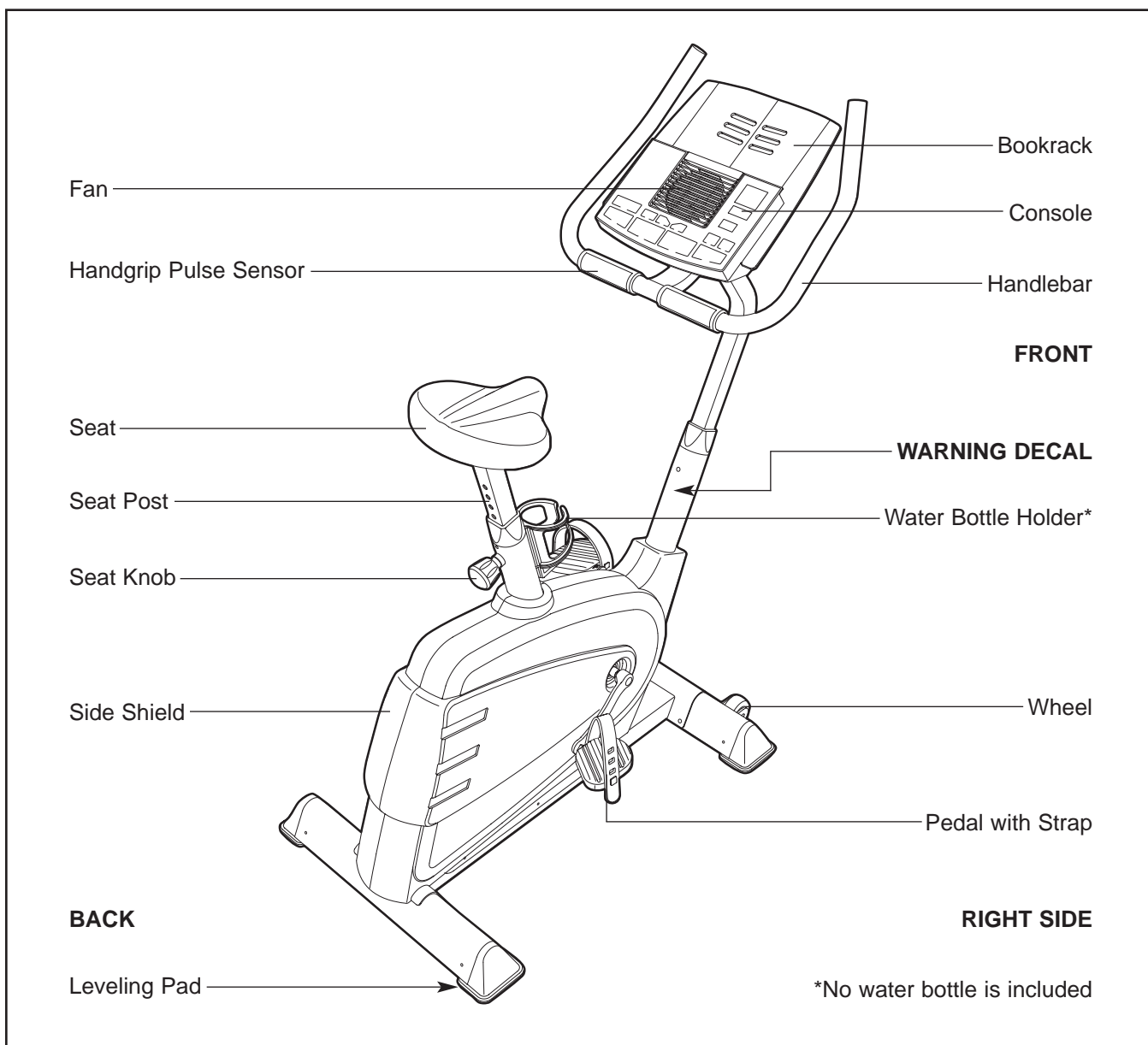
BEFORE YOU BEGIN

Congratulations for selecting the new REEBOK® RT 445 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The REEBOK® RT 445 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer


Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is RBEX49020. The serial number can be found on a decal attached to the exercise cycle (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 exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

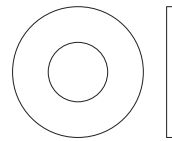
Assembly requires the included tools and your own adjustable wrench .

PART CHART

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 22. 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.**



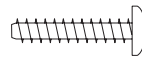
M8 Split Washer (28)–11



M8 Flat Washer (18)–4



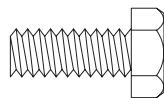
M6 x 8mm Screw (26)–2



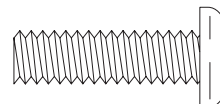
M4 x 16mm Screw (21)–6



M4 x 25mm Screw (20)–2

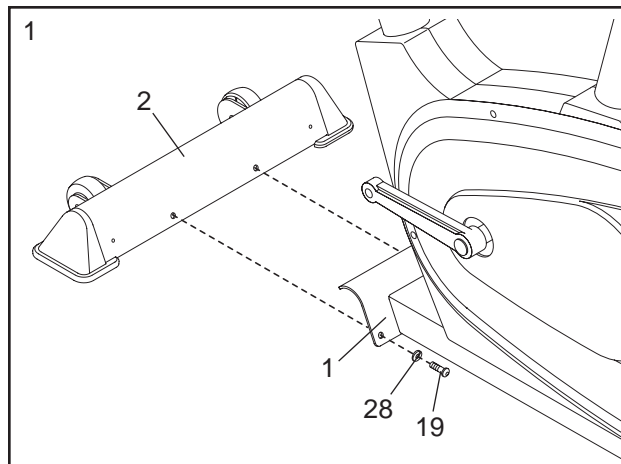


Seat Screw (29)–4

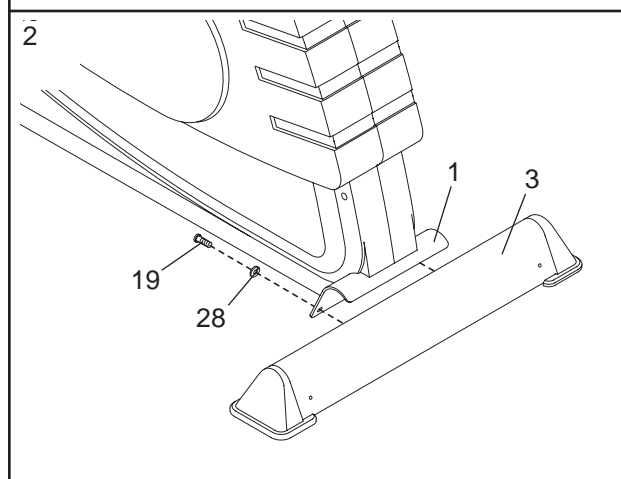


M8 x 25mm Button Screw (19)–11

1. Attach the Front Stabilizer (2) to the Frame (1) with two M8 x 25mm Button Screws (19) and two M8 Split Washers (28).



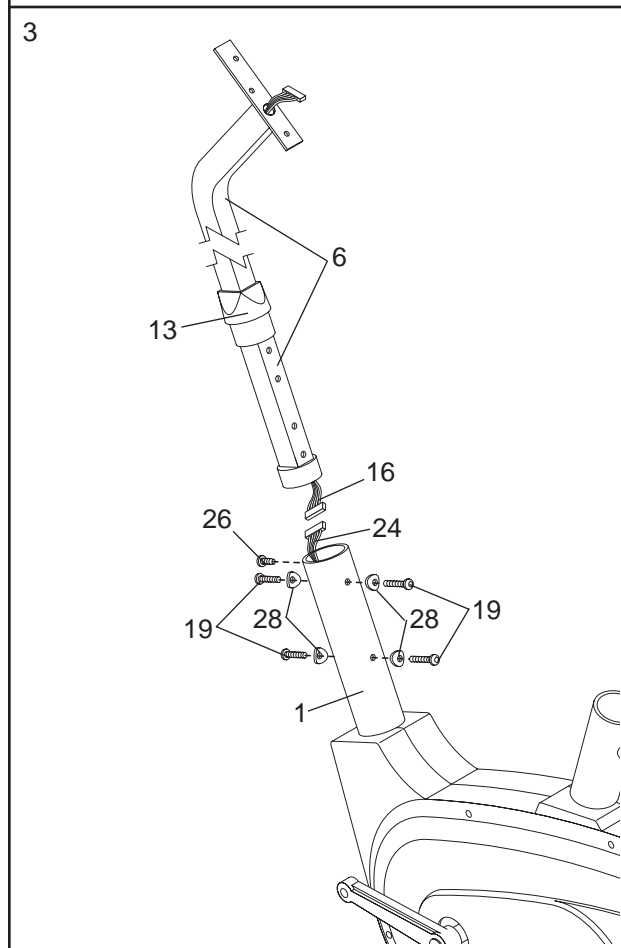
2. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 25mm Button Screws (19) and two M8 Split Washers (28).



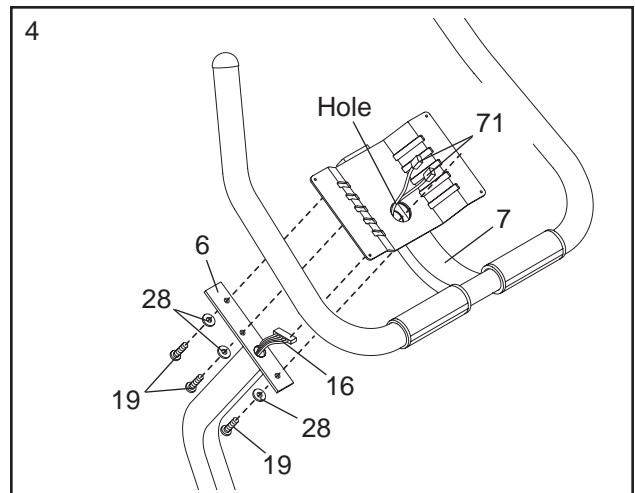
3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (16) to the Lower Wire Harness (24). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and insert the Handlebar Post into the Frame. **Be careful not to pinch the Wire Harnesses.**

Slide the Round Collar (13) down the Handlebar Post (6) and press it into the Frame (1). Attach the Round Collar with an M6 x 8mm Screw (26).

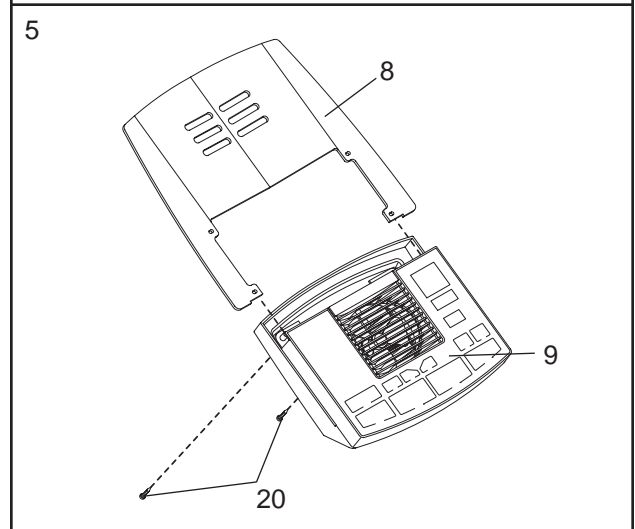
Note: There are two sets of holes in the Handlebar Post (6) so that it can be attached at either of two heights. Attach the Handlebar Post to the Frame (1) at the desired height with four M8 x 25mm Button Screws (19) and four M8 Split Washers (28).



4. While another person holds the Handlebar (7) near the Handlebar Post (6), feed the Upper Wire Harness (16) and the Pulse Sensor Wires (71) up through the indicated hole in the Handlebar. Attach the Handlebar to the Handlebar Post with three M8 x 25mm Button Screws (19) and three M8 Split Washers (28).

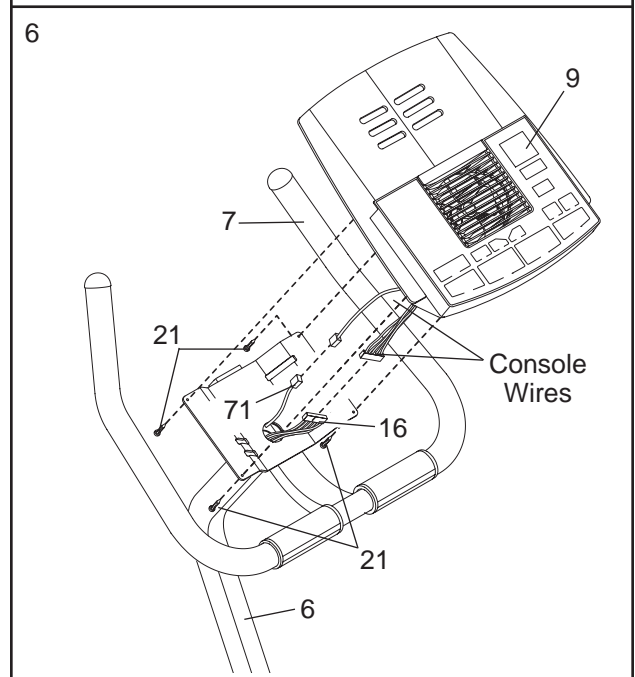


5. Insert the Bookrack (8) into the slots in the Console (9). Attach the Bookrack to the Console with two M4 x 25mm Screws (20). **Be careful not to pinch the wires in the Console.**



6. While another person holds the Console (9) near the Handlebar (7), connect the Pulse Sensor Wire (71) and the Upper Wire Harness (16) to the corresponding wires on the Console.

Insert all excess wiring down into the Handlebar Post (6). Attach the Console (9) to the Handlebar (7) with four M4 x 16mm Screws (21). **Be careful not to pinch the Pulse Sensor Wires (71) or the Upper Wire Harness (16).**

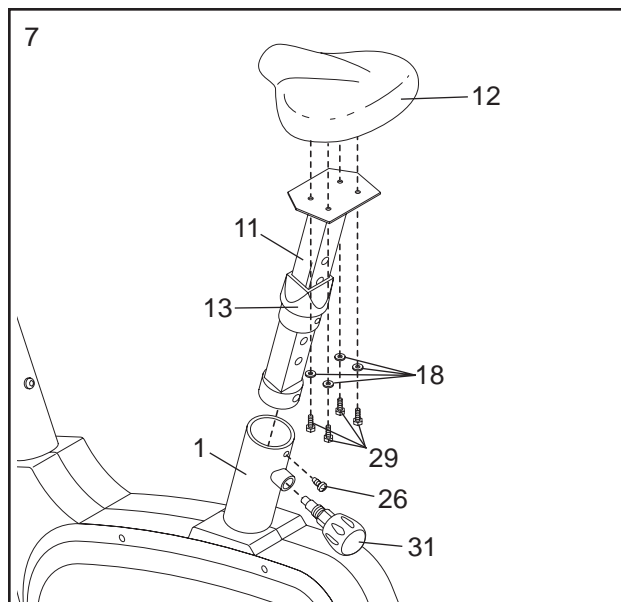


7. Attach the Seat (12) to the Seat Post (11) with four Seat Screws (29) and four M8 Flat Washers (18).
Note: The Seat Screws and Flat Washers may be pre-attached to the Seat.

Using an adjustable wrench, remove the Seat Knob Assembly (31) from the Frame (1).

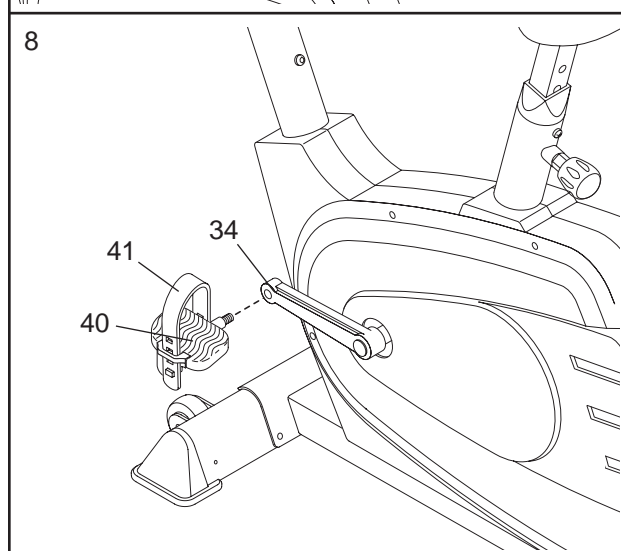
Insert the Seat Post (11) into the Frame (1). Slide the Round Collar (13) down the Seat Post and press it into the Frame. Attach the Round Collar to the Frame with an M6 x 8mm Screw (26).

Reattach the Seat Knob Assembly (31) to the Frame (1).

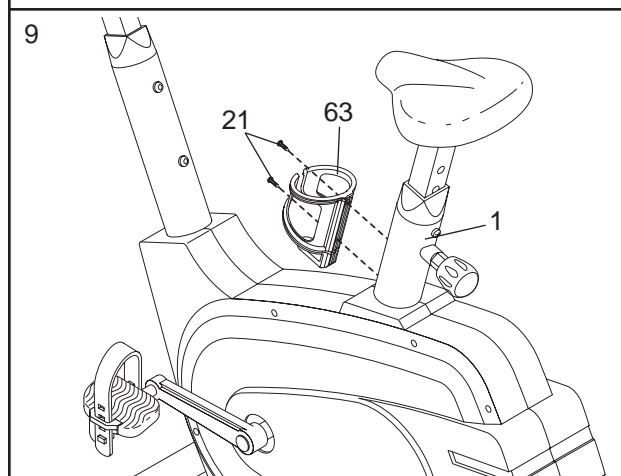


8. Identify the Left Pedal (40); the threaded shaft on each Pedal is marked with an "L" for "left" or an "R" for "right." Using an adjustable wrench, **firmly tighten** the Left Pedal counterclockwise into the Left Crank Arm (34). Tighten the Right Pedal (not shown) clockwise into the Right Crank Arm (not shown). **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Identify the Left Pedal Strap (41), which is marked with an "L." Attach the Left Pedal Strap to the Left Pedal (40), and adjust the Left Pedal Strap to the desired position. Attach and adjust the Right Pedal Strap (not shown) in the same way.



9. Attach the Water Bottle Holder (63) to the Frame (1) with two M4 x 16mm Screws (21). Note: The water bottle holder is designed to be used with your own water bottle.



10. **Make sure that all parts are properly tightened before you use the exercise cycle. 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 INSTALL THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (see page 19), follow the steps below to install the receiver included with the chest pulse sensor.

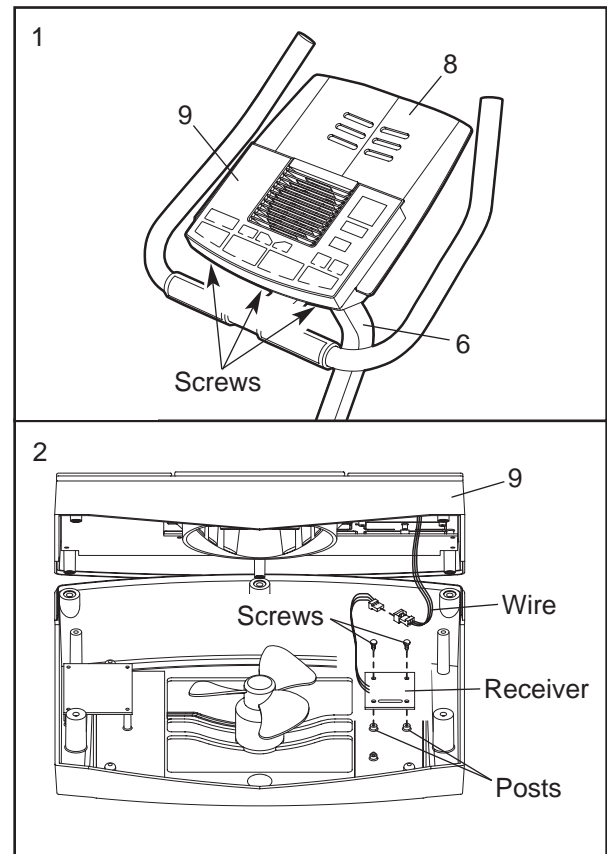
1. Refer to assembly step 5 on page 6, and remove the two M4 x 25mm Screws (not shown) and the Bookrack (8).

Next, look under the console and locate the three indicated screws (not shown). Remove the three screws.

Do not remove the screws attaching the Console to the Handlebar Post (6).

2. Carefully lift the top of the Console (9) as shown. Using the two small screws included with the chest pulse sensor, attach the receiver to the indicated plastic posts on the Console. **Make sure that the receiver is turned exactly as shown.** Connect the wire on the receiver to the indicated wire on the Console.

Refer to step 1 above. Lower the top of the Console (9). **Make sure that no wires are pinched.** Reattach the top of the Console with the three screws removed in step 1. Refer to assembly step 5 on page 6, and reattach the Bookrack (8) with the two M4 x 25mm Screws (not shown). Note: The remaining wires included with the chest pulse sensor may be discarded.



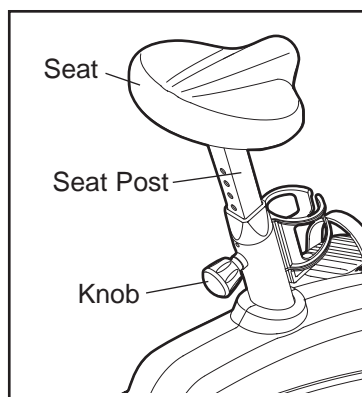
EXERCISE CYCLE OPERATION

HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first turn the seat knob counter-clockwise several turns to loosen it.

Next, pull the knob, slide the seat post up or down as desired, and then release the knob.

Move the seat post up or down slightly to make sure that it locks into place. Turn the knob clockwise to retighten it.

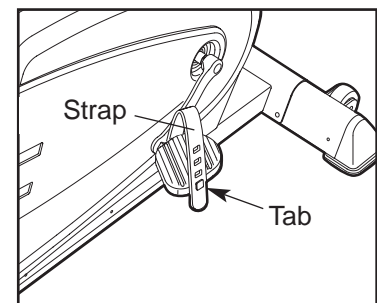


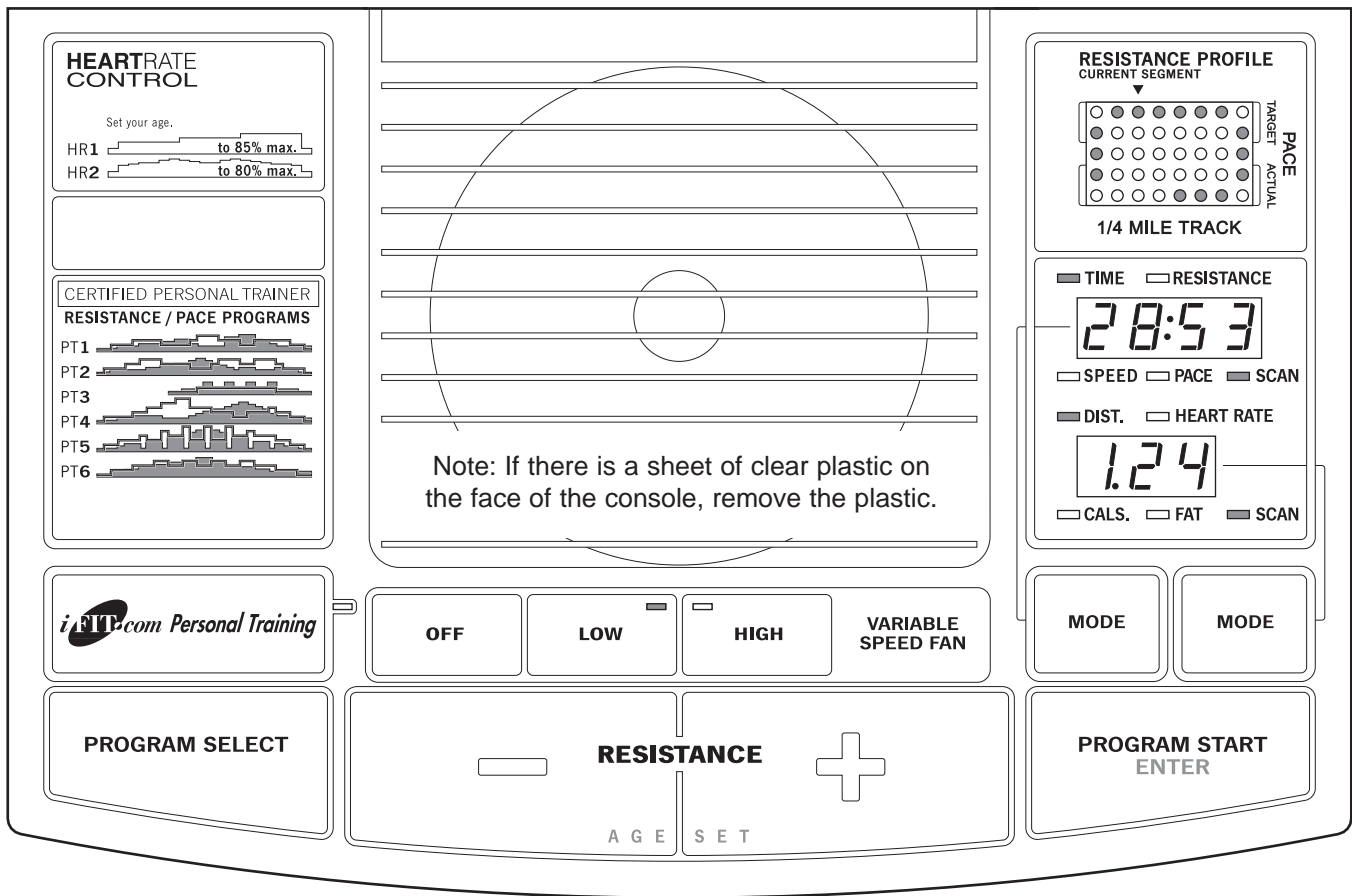
HOW TO ADJUST THE HANDLEBARS

The handlebars can be adjusted to either of two heights. To adjust the handlebars, see assembly step 3 on page 5.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.





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 pedals 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: See page 19 for information about an optional chest pulse sensor.**

The console also offers six personal trainer programs. Each program automatically changes the resistance of the pedals 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 pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using the included audio cable, you can connect the exercise cycle to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the resistance of the pedals 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. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the exercise cycle to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, and add scenic video for your enjoyment. **To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.**

With the exercise cycle connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. Explore www.iFIT.com for details.

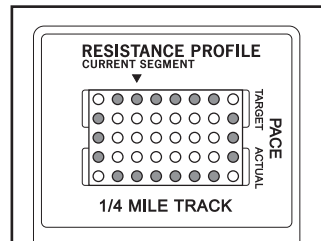
HOW TO USE THE MANUAL MODE

1 Begin pedaling to activate the console.

The exercise cycle requires no batteries or external power source. Power is supplied to the exercise cycle 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.

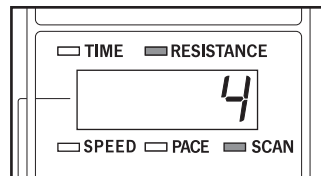
2 Select the manual mode.

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.



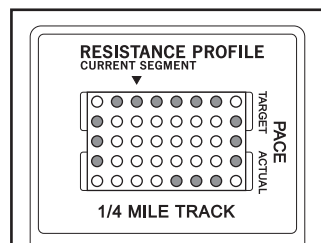
3 Begin pedaling and change the resistance of the pedals as desired.

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 pedals 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

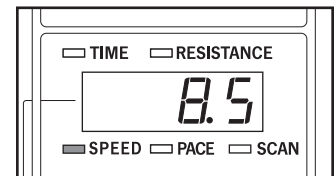


around the track will light, one at a time, until the entire track is lit. The track will then darken and a new lap will begin.

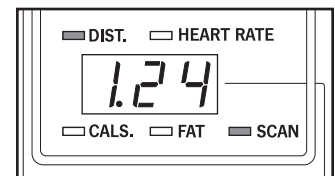
The upper display—The upper display will show the elapsed time, the resistance level of the pedals, your pedaling speed, and your pedaling pace (measured in minutes per mile). The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When 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.

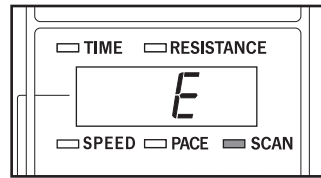


The lower display—The lower display will show the distance that you have pedaled and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 21). The display will change from one number to the next every few seconds, as shown by the indicators around the display. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the resistance of the pedals changes, the display will show the resistance level.

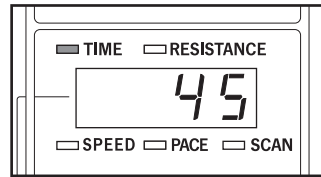


If desired, you can select a single mode for continuous display. Press the right Mode button repeatedly until the desired mode indicator is lit; make sure that the Scan indicator is not lit.

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.



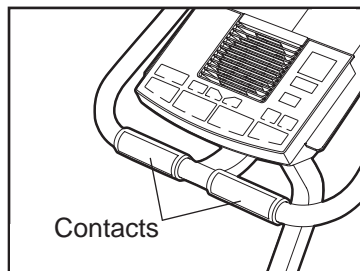
While the user mode is selected, press the left Mode button. The upper display will then show the total number of hours that the exercise cycle has been used. Press the left Mode button again. The upper display will then show the total number of miles pedaled. To exit the user mode, press the Program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



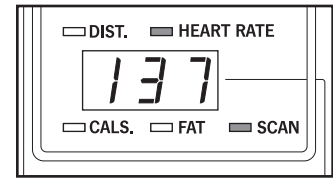
5 Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional 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 contacts closest to you, and your fingers must be touching the opposite 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. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically 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

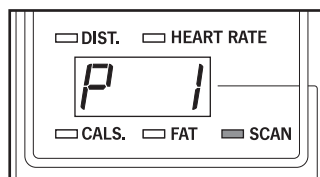
1 Begin pedaling to activate the console.

See step 1 on page 10.

2 Select one of the six 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," or "P 6" appears in the lower display.

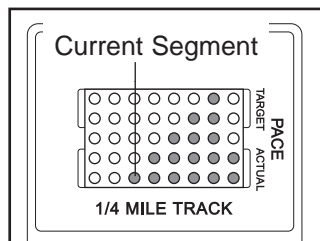


When a personal trainer program is selected, the matrix will show the first eight resistance settings of the program.

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.

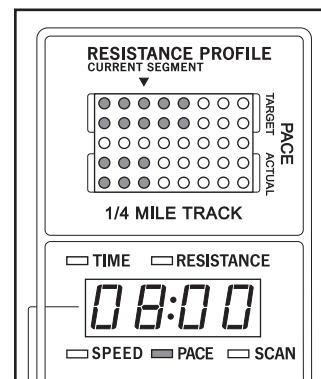
Note: During the program, you can override the resistance setting for the current segment by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for 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 10.

6 Measure your heart rate if desired.

See step 5 on page 11.

7 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

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 program 1 is 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.

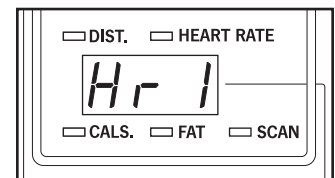
Follow the steps below to use a heart rate program.

1 Begin pedaling to activate the console.

See step 1 on page 10.

2 Select one of the two heart rate programs.

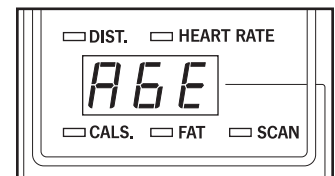
When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until an "Hr 1" or "Hr 2" appears in the lower display.



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 Hold the handgrip pulse sensor or wear the optional chest pulse sensor.

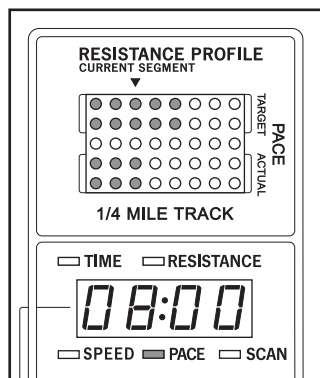
To use a heart rate program, you must hold the handgrip pulse sensor or wear the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **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.

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

Each heart rate program is 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.)

During the program, 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.

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 optional 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.

6 Monitor your progress with the two displays.

See step 4 on page 10. 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.

7 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

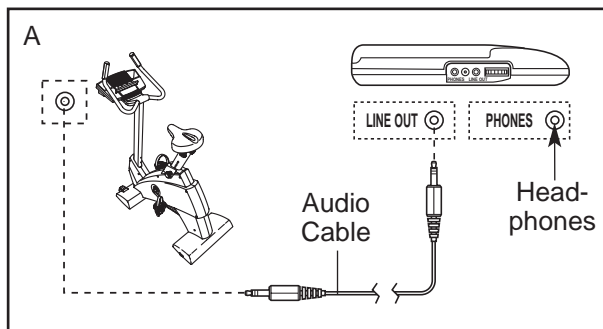
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 and 16 for connecting instructions. To use **iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 17 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 16 for connecting instructions.

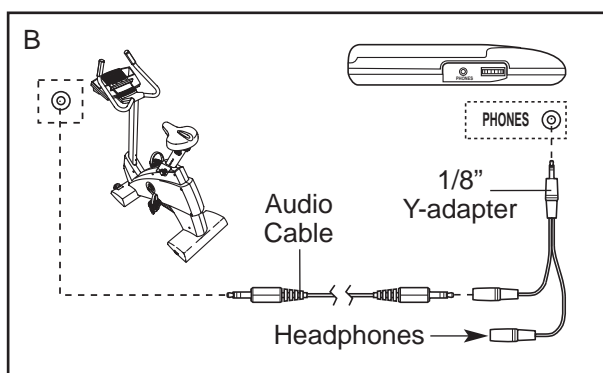
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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.



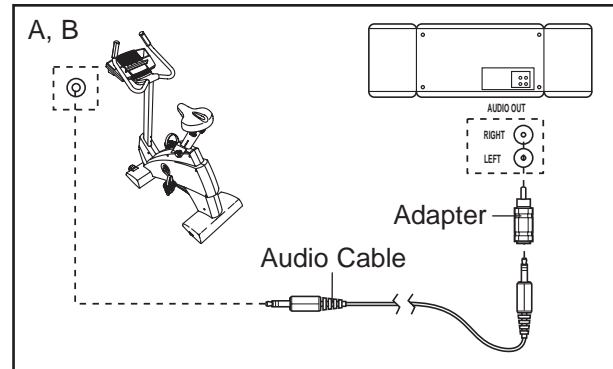
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

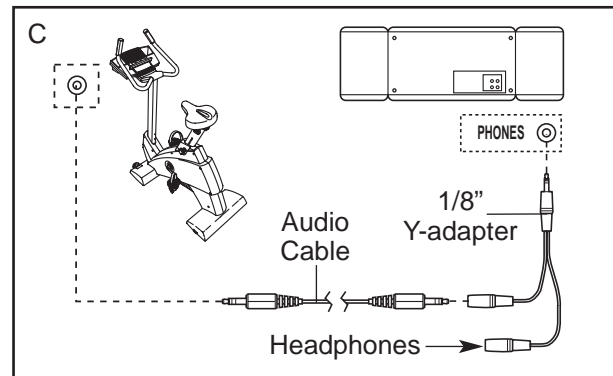
Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- 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.

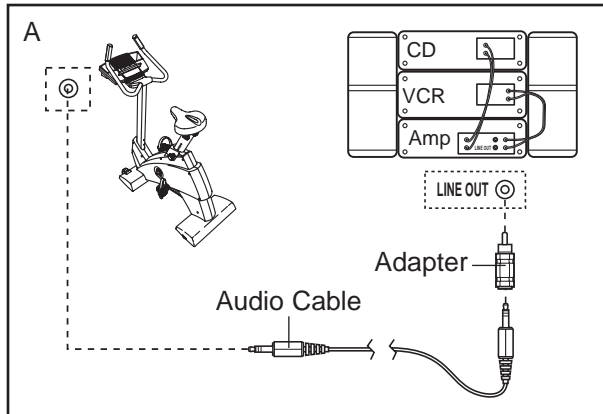
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



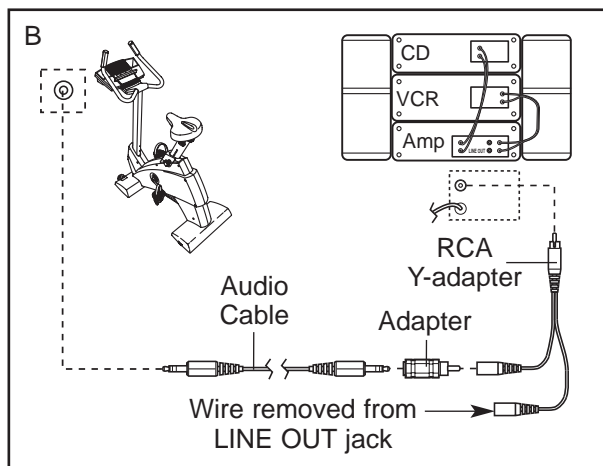
HOW TO CONNECT YOUR HOME STEREO

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.



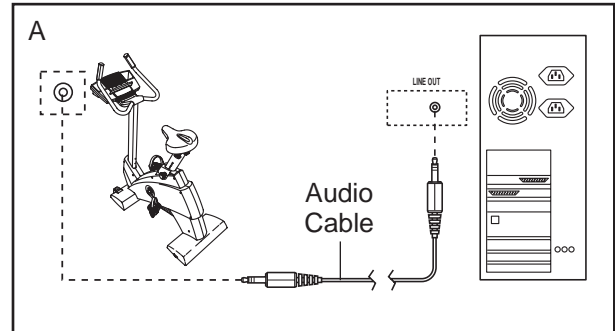
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the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



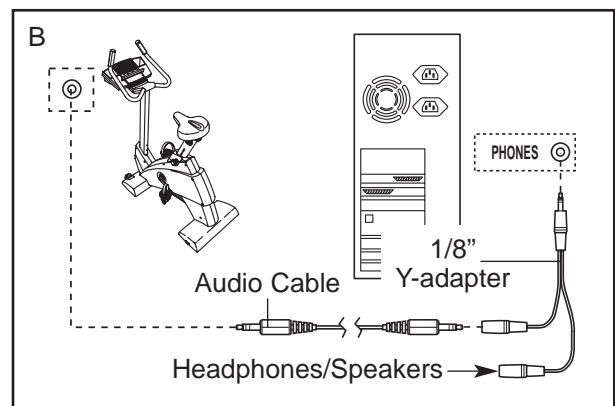
HOW TO CONNECT YOUR COMPUTER

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.



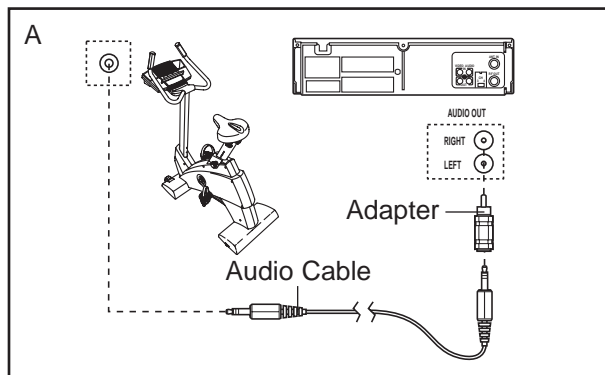
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a **1/8" Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



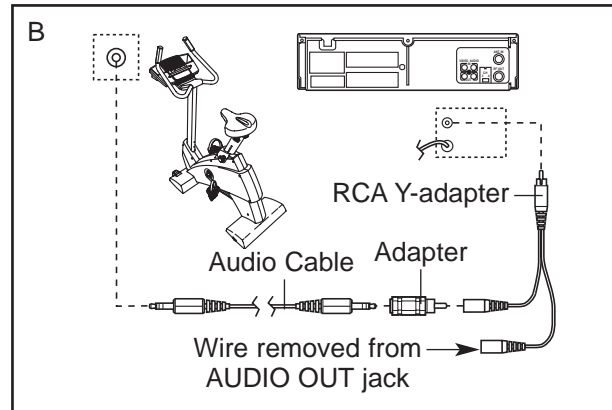
HOW TO CONNECT YOUR VCR

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 16.

- 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 CD's or videocassettes, the exercise cycle 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 15. **To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.**

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 10.

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 12). 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 10.

6 Measure your heart rate if desired.

See step 5 on page 11.

7 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at 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 exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 16. 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 10.

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.

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 exercise cycle 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 12). 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 10.

9 Measure your heart rate if desired.

See step 5 on page 11.

10 Turn on the fan if desired.

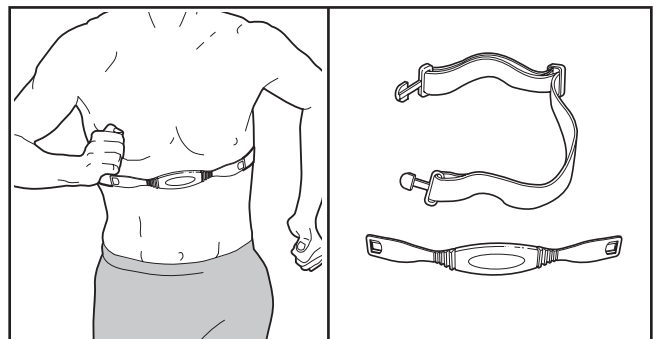
See step 6 on page 11.

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

See step 7 on page 11.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle 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

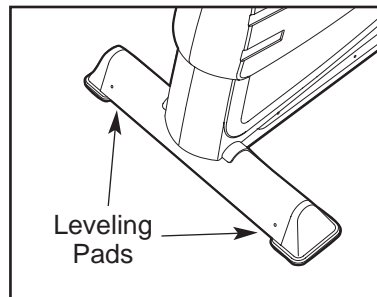
For best performance, regularly tighten both pedals.

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, refer to step 5 on page 11.

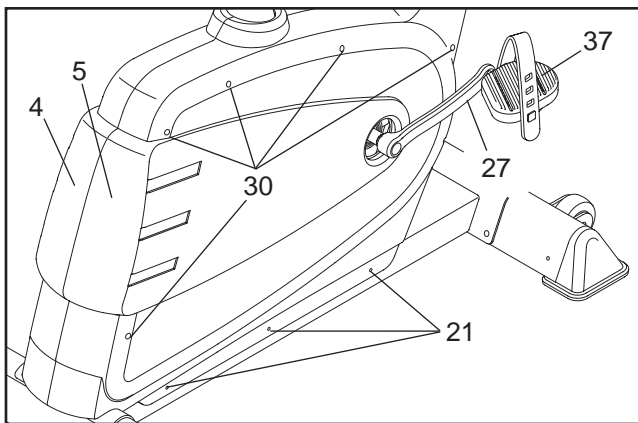
HOW TO LEVEL THE EXERCISE CYCLE

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



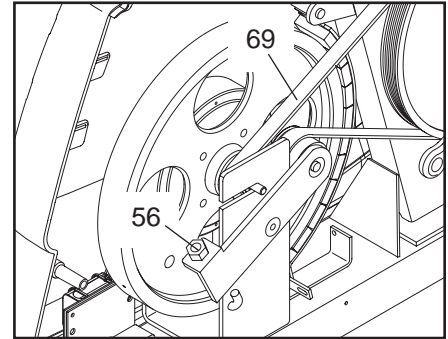
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the Drive Belt (not shown) may need to be adjusted. To adjust the Drive Belt, the Right Side Shield (5) must first be removed. Remove the indicated M4 x 38mm Screws (30) and M4 x 16mm Screws (21) from the



Right Side Shield. Using an adjustable wrench, turn the Right Pedal (37) counterclockwise and remove it. Next, turn the Right Crank Arm (27) so that it is pointing toward the front of the exercise cycle, and then slide off the Right Side Shield.

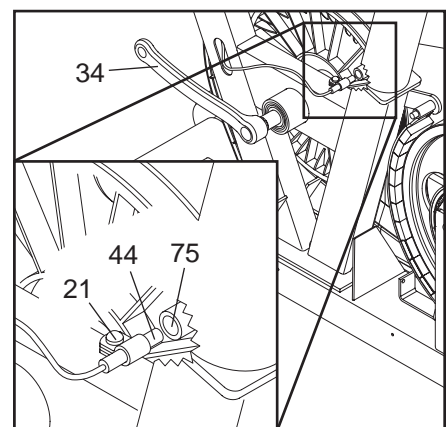
Next, turn the indicated M8 Nylon Locknut (56) until the Drive Belt (69) is properly tightened. Then, reattach the right side shield and the right pedal.



HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. Refer to HOW TO ADJUST THE DRIVE BELT at the left. Remove the indicated M4 x 38mm Screws (30) from the Right Side Shield (5) and the M4 x 16mm Screws (not shown) from the Left Side Shield (4). Using an adjustable wrench, turn the Left Pedal (not shown) clockwise and remove it. Turn the Left Crank Arm (34) so that it is pointing toward the front of the exercise cycle, and then slide off the Left Side Shield.

Locate the Reed Switch (44). Turn the Left Crank Arm (34) until the Magnet (75) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (21). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Left Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



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	♥
<hr/>							
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.)

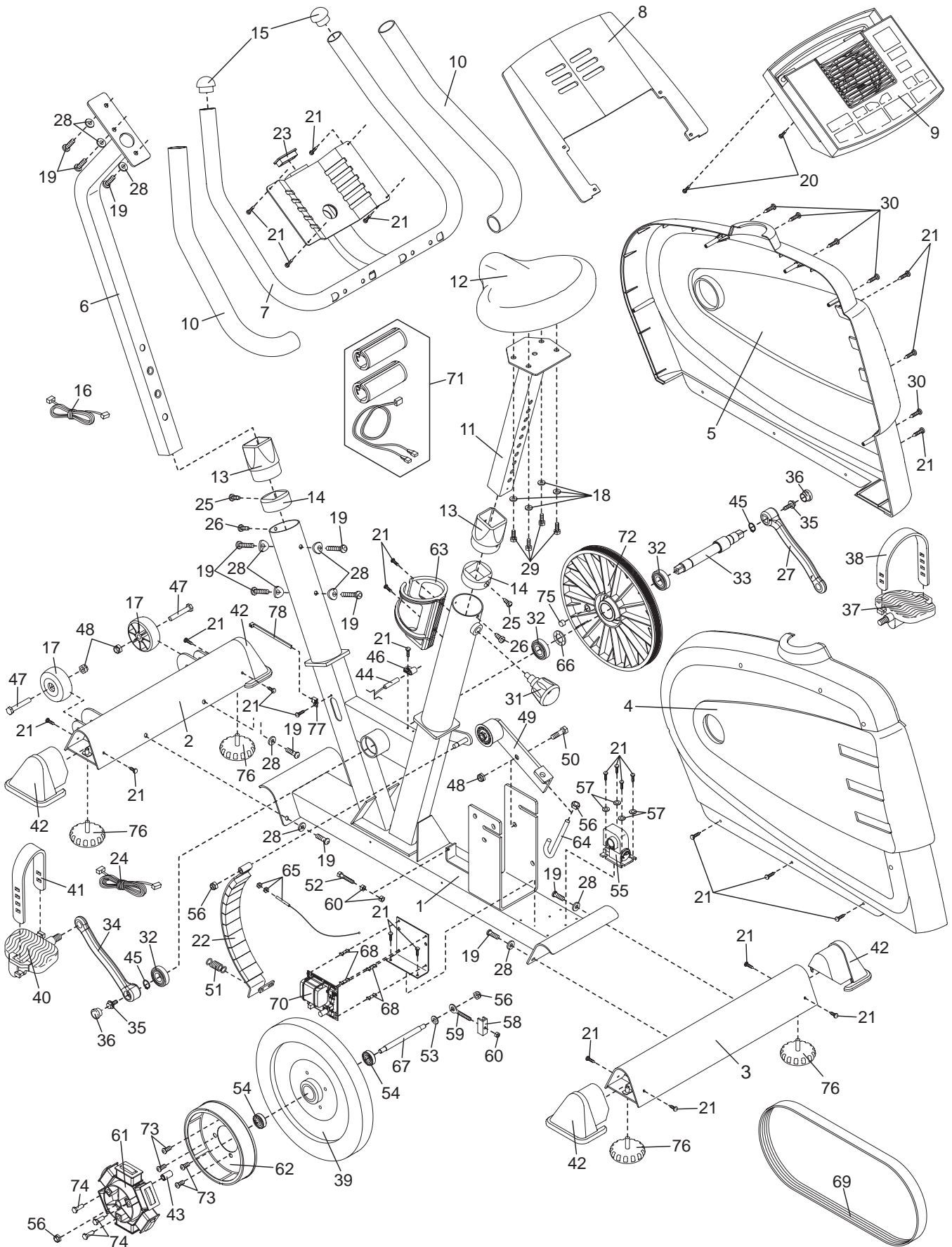
A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

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.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	4	Stabilizer Endcap
2	1	Front Stabilizer	43	1	Generator Spacer
3	1	Rear Stabilizer	44	1	Reed Switch/Wire
4	1	Left Side Shield	45	2	Snap Ring
5	1	Right Side Shield	46	1	Reed Switch Clamp
6	1	Handlebar Post	47	2	M10 x 56mm Button Bolt
7	1	Handlebar	48	3	M10 Nylon Locknut
8	1	Bookrack	49	1	Idler Arm Assembly
9	1	Console	50	1	M10 x 25mm Bolt
10	2	Handlebar Foam	51	1	Spring
11	1	Seat Post	52	1	M6 x 25mm Bolt
12	1	Seat	53	1	Flywheel Washer
13	2	Round Collar	54	2	Flywheel Bearing
14	2	Round Bushing	55	1	Resistance Motor
15	2	Handlebar Endcap	56	4	M8 Nylon Locknut
16	1	Upper Wire Harness	57	4	M5 Washer
17	2	Wheel	58	1	Adjustment Bracket
18	4	M8 Flat Washer	59	1	Eyebolt
19	11	M8 x 25mm Button Screw	60	3	M6 Nylon Locknut
20	2	M4 x 25mm Screw	61	1	Armature
21	28	M4 x 16mm Screw	62	1	Generator Housing
22	1	"C" Magnet	63	1	Water Bottle Holder
23	1	1" x 2" Endcap	64	1	J-bolt
24	1	Lower Wire Harness	65	1	Resistance Cable
25	2	M4 x 12mm Screw	66	1	Thrust Washer
26	2	M6 x 8mm Screw	67	1	Generator Axle
27	1	Right Crank Arm	68	4	Nylon Standoff
28	11	M8 Split Washer	69	1	Belt
29	4	Seat Screw	70	1	Control Board
30	5	M4 x 38mm Screw	71	1	Pulse Sensor Assembly
31	1	Seat Knob Assembly	72	1	Pulley
32	3	Crank Bearing	73	4	M8 x 13mm Button Screw
33	1	Crank	74	3	5/16" x 13mm Hex Screw
34	1	Left Crank Arm	75	1	Magnet
35	2	Crank Screw	76	4	Leveling Pad
36	2	Crank Cap	77	1	Wiring Anchor
37	1	Right Pedal	78	1	Nylon Zip Tie
38	1	Right Pedal Strap	#	1	User's Manual
39	1	Flywheel	#	1	Allen Wrench
40	1	Left Pedal	#	2	Assembly Tool
41	1	Left Pedal Strap			


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.



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (RBEX49020)
- The NAME of the product (REEBOK® RT 445 exercise cycle)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22 of this manual)

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LIMITED WARRANTY

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