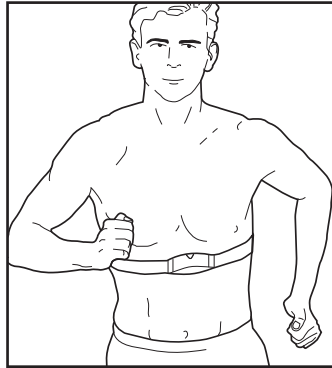


# REEBOK® CHEST PULSE SENSOR

Model No.  
RBMC11980


Congratulations for selecting the state-of-the-art REEBOK® chest pulse sensor. The REEBOK® chest pulse sensor is designed to let you continuously monitor your heart rate as you exercise on your treadmill. If you have a REEBOK® ACD2 treadmill, the chest pulse sensor also enables you to use the console's two pulse programs.



through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). Please mention model number RBMC11980 when calling.

**WARNING:** If you have an implanted medical device such as a pacemaker, check with your physician before using the chest pulse sensor. If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

**Please read this manual before using the chest pulse sensor. If you have questions after reading this manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday**

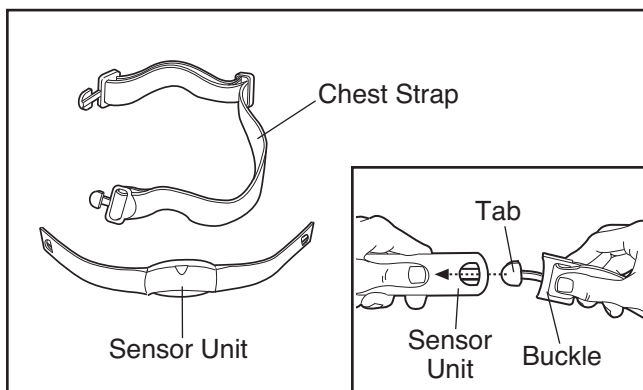
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## HOW TO PUT ON THE CHEST PULSE SENSOR

The unique chest pulse sensor is specially designed for accuracy, comfort, and durability. To get the best performance from the chest pulse sensor, please read the instructions below.

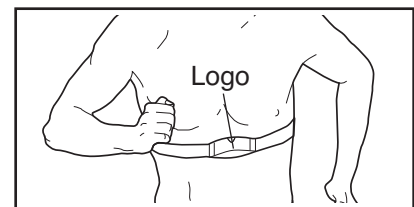
### HOW TO PUT ON THE CHEST PULSE SENSOR

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.



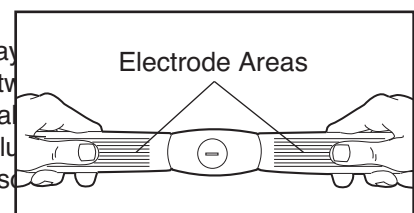
- 1** Refer to the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Make sure to press the end of the sensor unit under the buckle on the chest strap.

- 2** Wrap the chest pulse sensor around your chest. Attach the other end of the chest



strap to the sensor unit as described at the left. 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 and locate the two



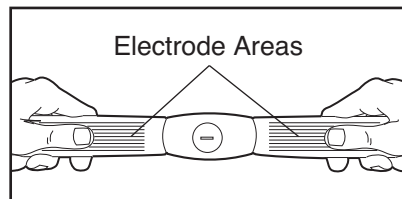
side. Using a soft contact lens solution, clean the electrode areas. Return the sensor to your chest.

## CHEST PULSE SENSOR TROUBLE-SHOOTING

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

- Make sure that the chest pulse sensor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the chest pulse sensor does not function when positioned as described, try moving it slightly lower or higher on your chest.
- Make sure that the logo on the sensor unit is facing forward and is right-side-up.
- 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 below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, make sure that you are near the center of the walking belt and 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 treadmill.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

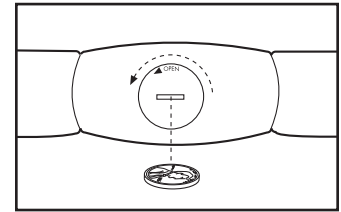
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.



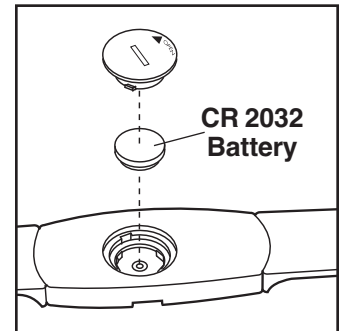
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- 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.

# HOW TO USE THE CHEST PULSE SENSOR

## HOW TO USE THE CHEST PULSE SENSOR WITH THE REEBOK® ACD1 TREADMILL

If you have a REEBOK® ACD1 treadmill, the chest pulse sensor will continuously monitor your heart rate during your workouts.

To use the chest pulse sensor, first put it on as described on the front cover of this manual. **Make sure that you have read the information on page 2 of this manual before using the chest pulse sensor.**

Next, follow the instructions in your treadmill user's manual to operate the treadmill. As you exercise, your heart rate will be shown in the PULSE display on the console.



## HOW TO USE THE CHEST PULSE SENSOR WITH THE REEBOK® ACD2 TREADMILL

If you have a REEBOK® ACD2 treadmill, the chest pulse sensor will continuously monitor your heart rate as described above. In addition, the chest pulse sensor will enable you to use the console's two pulse programs. Both programs automatically control the speed and incline of the treadmill to keep your heart rate near a preset level based on your age. **To use a pulse program, follow the instructions below.**

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11 of your treadmill user's manual.

### 2 Enter your weight, your age, and a maximum heart rate setting.

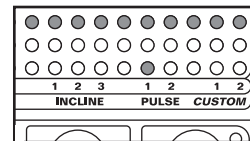
If you enter your weight into the console, the CALS/FAT CALS display will be more accurate. **To use a pulse program, you must enter your age and a maximum heart rate setting.** See HOW TO ENTER USER INFORMATION on page 11 of your treadmill user's manual.

### 3 Put on the chest pulse sensor.

The chest pulse sensor must be worn when a pulse program is used. Note: A pulse program can be started without a heart rate reading; however, the speed and/or incline of the treadmill will automatically decrease if your heart rate is not detected during the program.

### 4 Select the desired program.

When the key is inserted, the MANUAL mode will be selected. To select a pulse program, press the MODE button repeatedly until one of the pulse program indicators lights. The first thirteen settings of the program you have selected will appear in the LED matrix (the LED matrix will be explained in step 5).

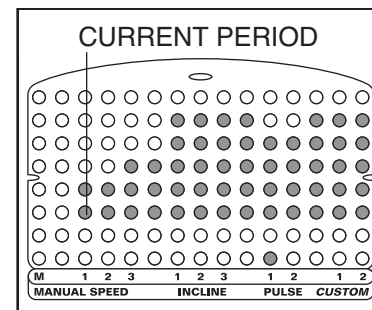


### 5 Press the START button or the SPEED + button to start the program.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and carefully begin walking.

Each pulse program consists of thirty, one-minute periods. One heart rate setting is programmed for each period. The heart rate settings will be shown in the LED matrix.

The heart rate setting of the first period will be shown in the flashing CURRENT PERIOD column. The settings of the next twelve periods will be shown in the twelve columns to the right.



When only three seconds remain in the first period, both the CURRENT PERIOD column and the column to the right will flash and three tones will sound. All heart rate settings will then move one column to the left. The heart rate setting of the second period will then be shown in the CURRENT PERIOD column.

As the program progresses, the speed and/or incline of the treadmill will change at any time to keep your heart rate near the setting shown in the CURRENT PERIOD column. The program will continue until the heart rate setting of the last period is shown in the CURRENT PERIOD column and the TIME display counts down to zero. The walking belt will then slow to a stop.

If your heart rate is not detected during the program, the letters "PLS" will flash in the PULSE display and the speed and/or incline of the treadmill will automatically decrease. (See CHEST PULSE SENSOR TROUBLE-SHOOTING on page 2.)

While the program is in progress, minor adjustments can be made to the speed or incline of the treadmill with the SPEED or INCLINE buttons. However, if you *increase* the speed, the incline will automatically *decrease*; if you *decrease* the speed, the incline will *increase*. If you *increase* the incline, the speed will *decrease*; if you *decrease* the incline, the speed will *increase*. *The console will always attempt to keep your heart rate near the heart rate setting shown in the CURRENT*

*PERIOD column.* Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

## **6** When you are finished exercising, remove the key.

Make sure that the incline of the treadmill is at the lowest setting. **The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Remove the key from the console and put it in a secure place. In addition, move the on/off switch to the off position and unplug the power cord.

## LIMITED WARRANTY

**WHAT IS COVERED**—The REEBOK® Chest Pulse Sensor ("product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, or, at our option, we will replace the product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your user's manual ("manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display models.

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the product as specified in the manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER'S MANUAL**—It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the product. Remember to do the maintenance requirements specified in the manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your product. They will tell you how to get a part replaced, or advise you how to ship the product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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 states 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 states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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