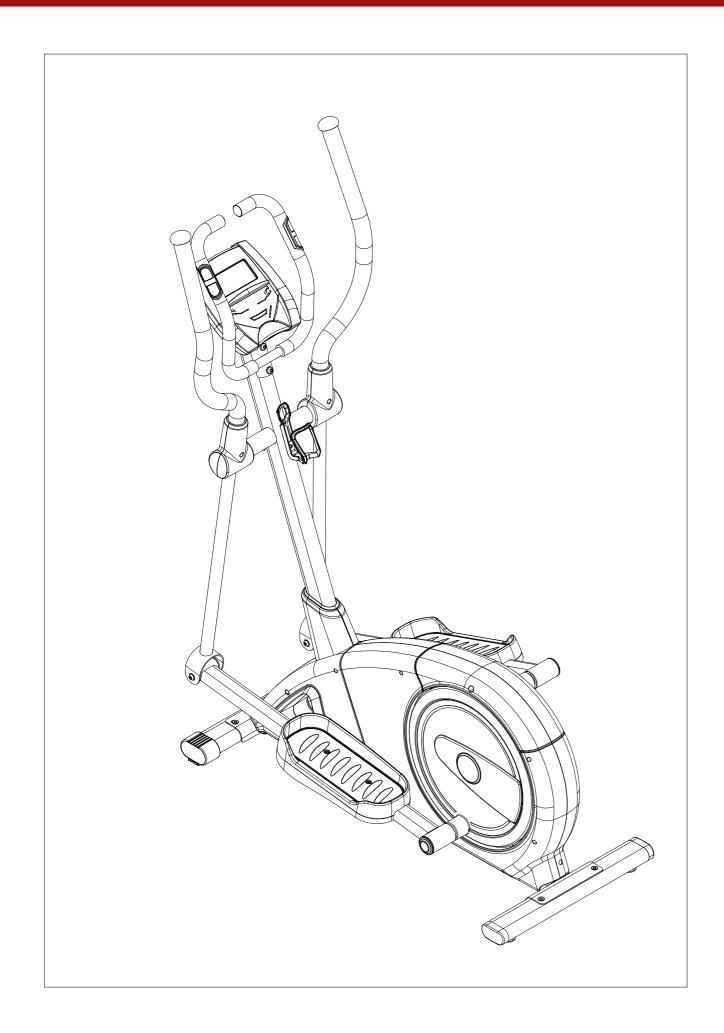
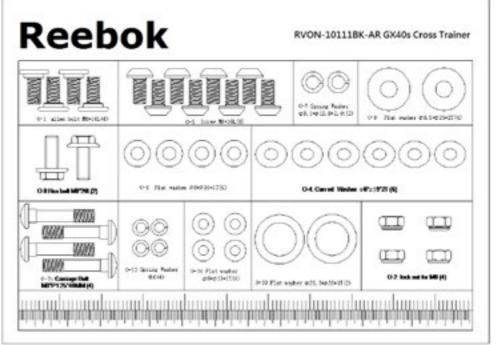
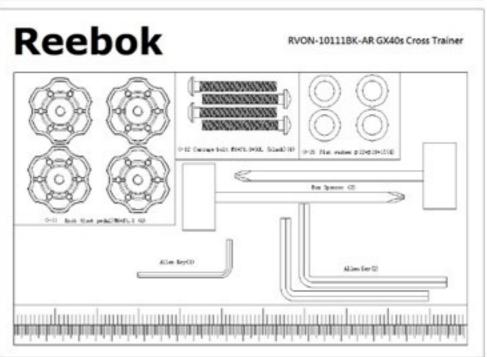


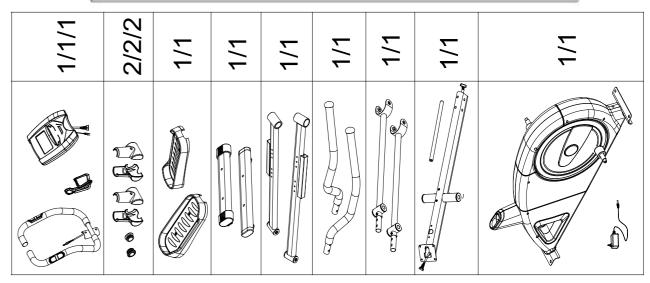
GX40s ELLIPTICAL ASSEMBLY GUIDE

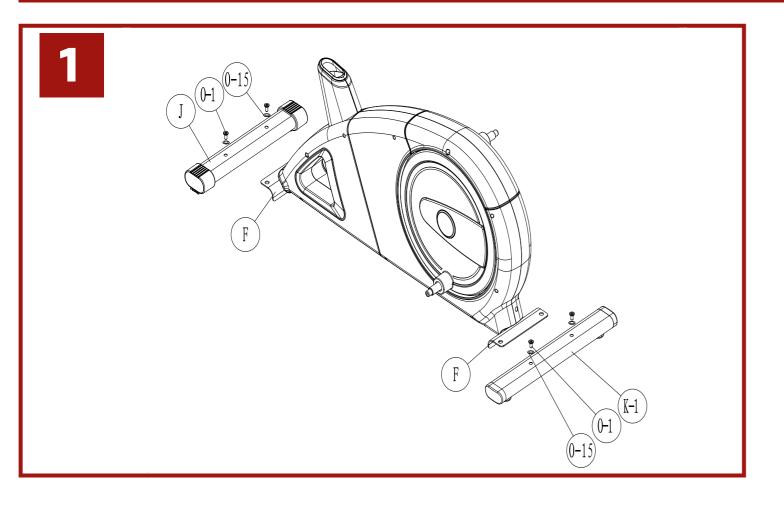
Reebok
ONE SERIES

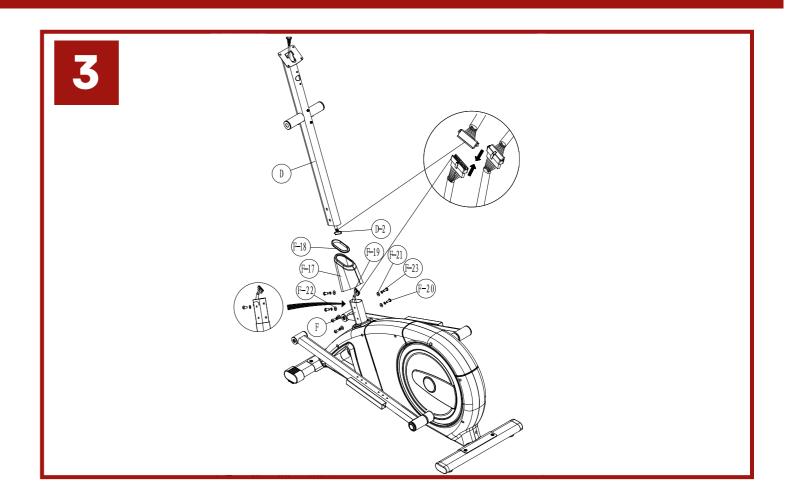


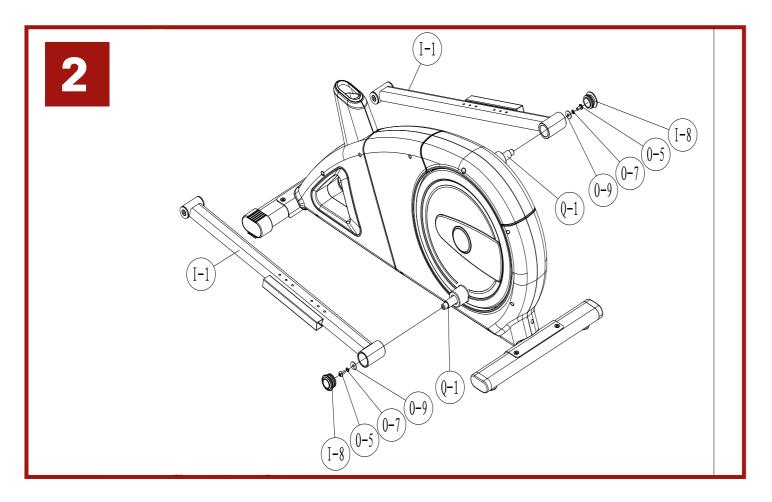


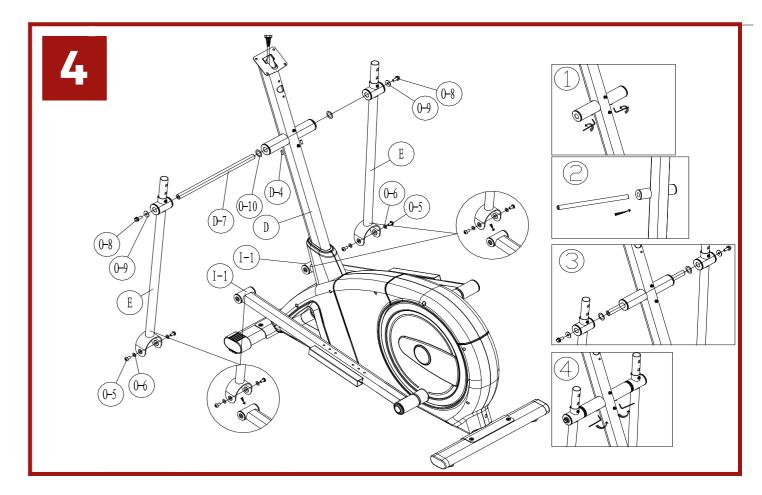


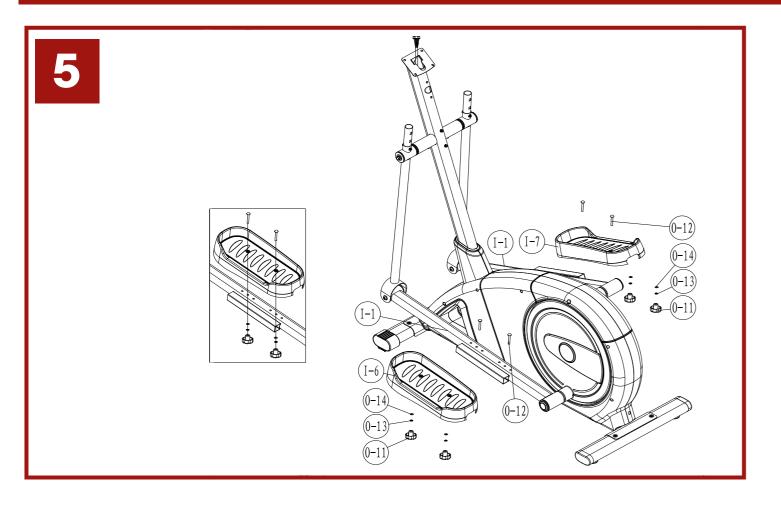


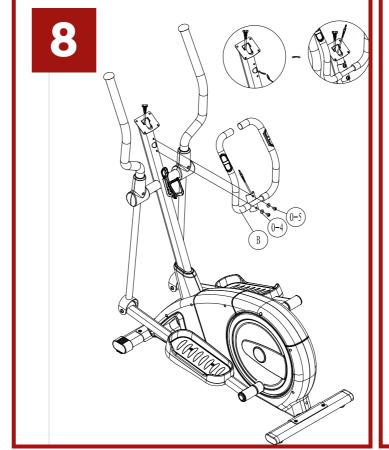


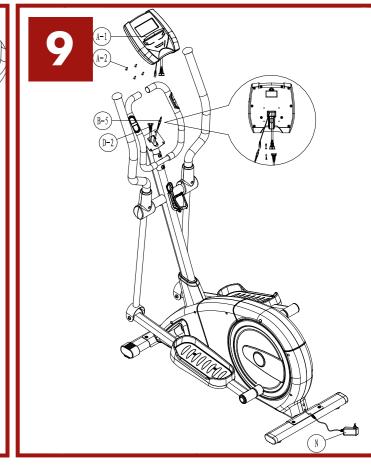


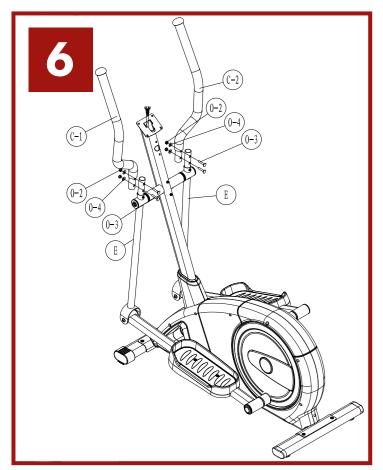


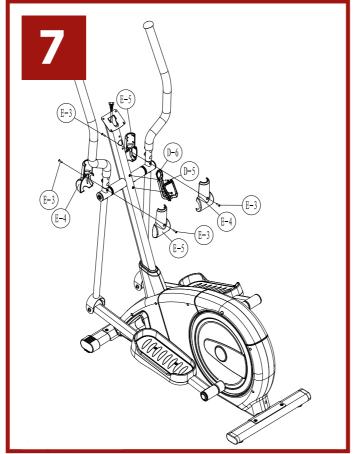


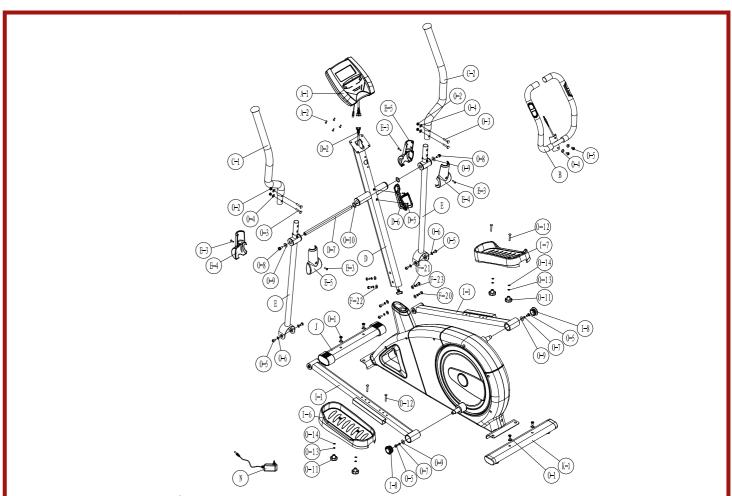


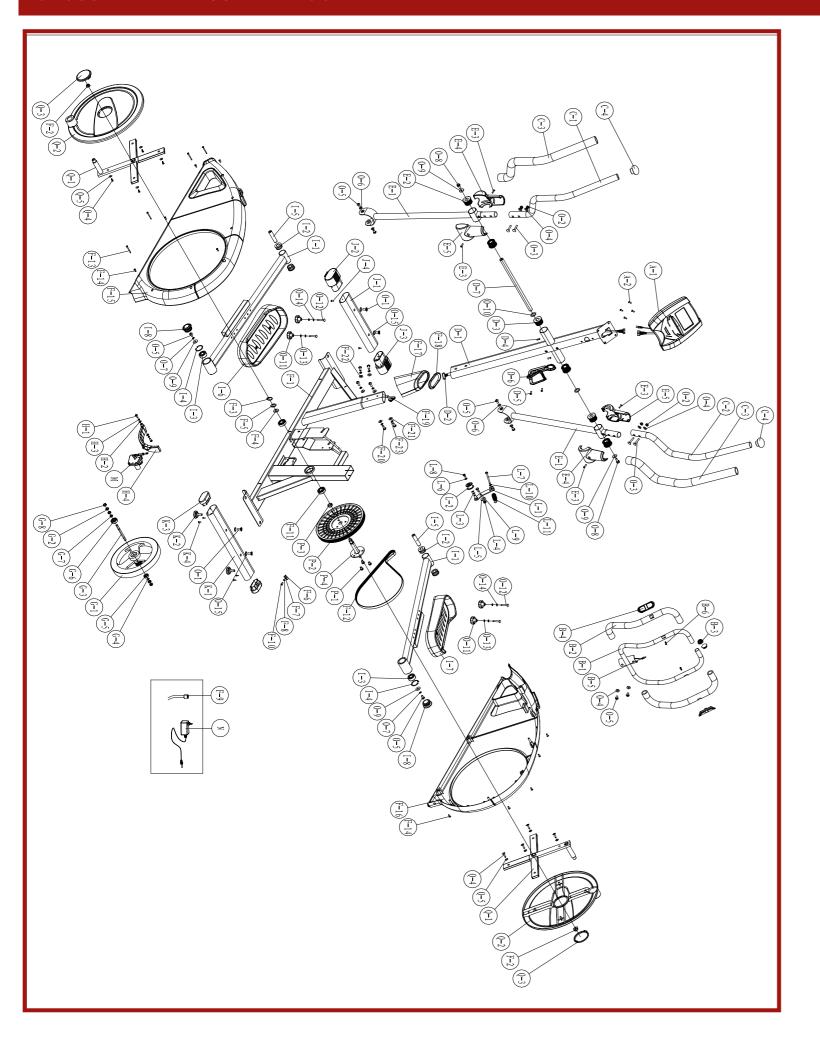












TEM						
A-2 Screw M6*10	ITEM	DESCRIPTION	Unit	ITEM	DESCRIPTION	Unit
B	A-1	GX40s Console SM2705-67	1	H-2	Flat washer	2
B-1	A-2	Screw M5*10	4	H-3	Spring washer	2
B-2 Foam grip 2 1-1 Pedal tube 2 B-4 Hand pulse set 2 1-2 Bushing 4 B-5 Hand pulse wire 1 1-4 Washer 2 B-6 Screw M4*20L 2 1-5 Fixed axie of lower handlebar 2 B-7 Semi washer 2 1-6 Left pedal 1 C-1 Upper handlebar set 1 1-7 Right pedal 1 C-1 Upper handlebar set 1 1-7 Right pedal 1 C-2 Upper handlebar right 1 1-8 End cap op pedal tube 2 C-2 Upper handlebar right 1 J-7 Front stabilizer set 1 1 C-4 End cap 2 J-1 Front stabilizer set 1 1 D-1 Handlebar post set 1 J-3 Pad 1 1 D-2 Wire 1 K-8 Rear stabilizer set 1 1 2	В	Front handlebar set	1	H-4	Magent	1
B-3 End dap 2 I-2 Bushing 4 B-4 Hand pulse wire 1 I-4 Washer 2 B-5 Hand pulse wire 1 I-4 Washer 2 B-6 Screw M4*20L 2 I-5 Fixed axis of lower handlebar 2 B-7 Semi washer 2 I-6 Left pedal 1 C Upper handlebar set 1 I-7 Right pedal 1 C-1 Upper handlebar left 1 I-8 End cap opedal tube 2 C-2 Upper handlebar left 1 J-7 Right pedal 1 C-3 Foam drip 2 J-1 Front stabilizer set 1 C-3 Foam drip 2 J-1 Front stabilizer 1 D-1 Handlebar post set 1 J-3 Pad 1 D-1 Handlebar post set 1 J-4 Screw M6 2 K-2 Small pad 1 D-2 <t< td=""><td>B-1</td><td>Front handlebar</td><td></td><td>I</td><td>Pedal tube set</td><td></td></t<>	B-1	Front handlebar		I	Pedal tube set	
B-4 Hand pulse set 2 I-3 Bearing 2 B-6 Screw M4*20L 2 I-5 Fixed axle of lower handlebar 2 B-7 Seni washer 2 I-6 Left pedal 1 C Upper handlebar set 1 I-7 Right pedal 1 C-1 Upper handlebar set 1 I-7 Right pedal 1 C-1 Upper handlebar right 1 J-8 End cap of pedal tube 2 C-2 Upper handlebar right 1 J-7 Front stabilizer set 1 C-3 Foem grip 2 J-1 Front stabilizer set 1 D-4 Handlebar post 1 J-3 Pad 1 D-1 Handlebar post 1 L-3 Pad 1 D-2 Wire 1 K Rear stabilizer 1 D-3 Bushing of handlebar axle 2 K-2 Small pad 2 D-5 Screw M6 2 <td< td=""><td>B-2</td><td>Foam grip</td><td></td><td>I-1</td><td>Pedal tube</td><td></td></td<>	B-2	Foam grip		I-1	Pedal tube	
B-6 Hand pulse wire	B-3	End cap		I-2	Bushing	
B-6 Screw M4-20L 2 I-5 Fixed axile of lower handlebar 2 I-6 Left pedal 1 C Upper handlebar set 1 I-7 Right pedal 1 C Upper handlebar set 1 I-7 Right pedal 1 I-8 End cap of pedal tube 2 C Upper handlebar right 1 J Front stabilizer set 1 I-8 End cap of pedal tube 2 I-7 Front stabilizer set 1 I-8 End cap of pedal tube 2 I-7 Front stabilizer set 1 I-8 End cap of pedal tube 2 I-7 Front stabilizer set 1 I-8 End cap of pedal tube 2 I-8 I-8 End cap I-8	B-4	Hand pulse set	2	I-3	Bearing	2
B-7 Semiwasher	B-5	Hand pulse wire	1	I-4	Washer	2
C Upper handlebar set 1 I-7 Right pedal 1 C-1 Upper handlebar left 1 I-8 End cap of pedal tube 2 C-2 Upper handlebar ight 1 J-Front stabilizer set 1 C-3 Foam grip 2 J-1 Front stabilizer set 1 C-4 End cap 2 J-1 Front stabilizer 1 D Handlebar post set 1 J-3 Pad 1 D-1 Handlebar post 1 J-3 Pad 1 D-1 Handlebar post 1 J-3 Pad 1 D-1 Handlebar post 2 K-2 Small pad 2 L-2 D-2 Wire Lower brottle cage 1 K-4 Screw 3/16 4 4 D-7 Shaft of handlebar 1 L L (Ider set 1 1 L	B-6	Screw M4*20L	2	I-5	Fixed axle of lower handlebar	2
C-1 Upper handlebar left	B-7	Semi washer	2	I-6	Left pedal	1
C-2 Upper handlebar right	С	Upper handlebar set	1	I-7	Right pedal	1
C-3 Foam grip 2 J-1 Front stabilizer 1 C-4 End cap 2 J-2 Pad 1 D-1 Handlebar post set 1 J-3 Pad 1 D-1 Handlebar post 1 J-3 Pad 1 D-1 Handlebar post 1 J-4 Screw 3/16' 2 D-2 Wire 1 K Rear stabilizer set 1 D-3 Bushing of handlebar axle 2 K-3 End cap 2 D-5 Screw M5 2 K-3 End cap 2 D-6 Water bottle cage 1 K-4 Screw M-6 2 L-3 D-7 Shaft of handlebar exte 2 L-1 Idler set 1 L-1 Idler set 1 E-2 Lower handlebar exte 2 L-1 Idler wheel 1 1 E-2 Bushing of handlebar axle 2 L-3 Hut M8 1 1	C-1	Upper handlebar left	1	I-8	End cap of pedal tube	2
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D-1 Handlebar post	C-4		2	J-2	Pad	1
D-2 Wire	D	Handlebar post set	1	J-3		
D-3 Bushing of handlebar axle 2 K-1 Rear stabilizer 1 D-4 Screw M6 2 K-2 Small pad 2 2 2 5 5 5 5 5 2 5 5	D-1		1	_		2
D-4 Screw M6			_			
D-5 Screw M5						
D-6 Water bottle cage						
D-7 Shaft of handlebar 1						
E Lower handlebar set 2 L-1 Idler 1 E-1 Lower handlebar 1 L-2 Idler wheel 1 E-2 Bushing of handlebar axle 2 L-3 Wave washer 2 E-3 Screw M5 2 L-4 Nut M8 1 E-4 Front cover of upper handlebar 2 L-5 Flat washer 1 E-5 Rear cover of upper handlebar 2 L-8 Hex screw M6 1 F-2 Nut M10 2 L-9 Hex screw M6 1 F-2 Nut M10 2 L-9 Hex screw M8 1 F-3 C- clip 1 L-10 Flat washer 2 F-4 Wave washer 1 L-10 Flat washer 2 F-5 Flat washer 1 M Servo motor set 1 F-6 Sensor wire 1 N Switching power adapter 1 F-7 Sensor fixed bracket 1 O-5				_		_
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E-2 Bushing of handlebar axle 2 L-3 Wave washer 2 E-3 Screw M5 2 L-4 Nut M8 1 E-4 Front cover of upper handlebar 2 L-5 Flat washer 1 E-5 Rear cover of upper handlebar 2 L-8 Hex screw M6 1 F-2 Nut M10 2 L-9 Hex screw M8 1 F-2 Nut M10 2 L-9 Hex screw M8 1 F-3 C- clip 1 L-10 Flat washer 2 F-4 Wave washer 1 L-11 Flat washer 2 F-5 Flat washer 1 M Serow motor set 1 F-7 Sensor fixed bracket 1 O Screw M8 4 F-7 Sensor fixed bracket 1 O Screw M8 4 F-9 Dc wire 1 O-1 Screw M8 4 F-12 Belat washer 1 O-2 Nut M8 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
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F-17 Cover of handlebar post 1 O-10 Flat washer 2 F-18 Ring of handlebar post 1 O-11 Knob of pedal 4 F-19 Motor wire 1 O-12 Carriage screw M6 4 F-20 Screw M8 6 O-13 Spring washer 4 F-21 Flat washer 4 O-14 Flat washer 4 F-22 Semi-washer 2 O-15 Flat washer 4 F-22 Semi-washer 6 P Axle set 1 G-2 Spring washer 6 P Axle set 1 G-1 Flywheel set 1 P-1 Hex screw M8 3 G-1 Flywheel 1 P-2 Pulley 1 G-2 Nut 3/8' 3 P-3 Bushing 1 G-3 Flywheel axle 1 P-4 Axle 1 G-4 Flat washer 1 Q Disc crank 2						
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G-7 Bushing of flywheel 1 Q-3 Disc cap 2 G-8 Nut 3/8' 2 Q-4 Screw M4 8 H Magnet set 1 Q-5 Flat washer 8	G-5	Bearing 6000RS	1	Q-1	Disc crank	2
G-8 Nut 3/8' 2 Q-4 Screw M4 8 H Magnet set 1 Q-5 Flat washer 8	G-6	Bearing 6300RS	1	Q-2	Disc	2
G-8 Nut 3/8' 2 Q-4 Screw M4 8 H Magnet set 1 Q-5 Flat washer 8	G-7	Bushing of flywheel	1	Q-3	Disc cap	2
H Magnet set 1 Q-5 Flat washer 8	G-8	Nut 3/8'	2			8
				Q-5	Flat washer	8
	H-1	Screw M6	2			



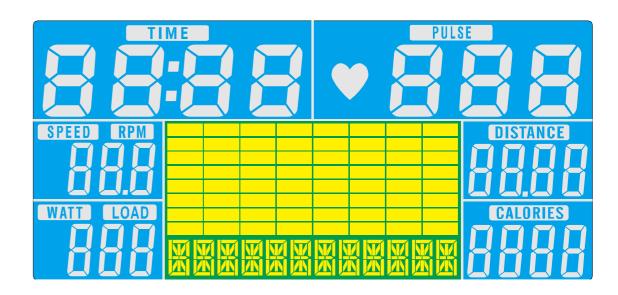
GB40s / GX40s CONSOLE GUIDE

Reebok ONE SERIES

OPERATION PROCEDURE

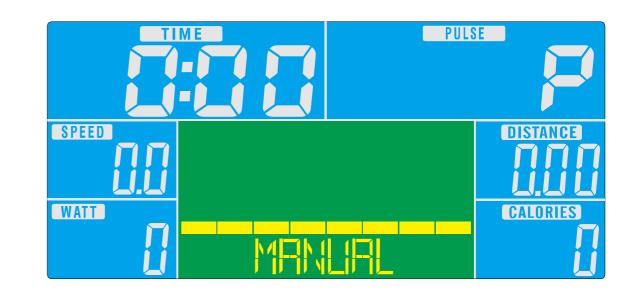


When the power supply is connected to the machine the computer will powe on with a long beep sound. All segments of the lcd display will light ip for 2 seconds and the wheel diameter 78" will be dosplayed as below.





The Main menu will be displayed. The user can press **START** to begin immediately in the manual mode. All values (SPEED, DISTANCE, TIME) will count up from zero. Resistance level can be changed at any time during exercise by pressing **UP** or **DOWN**,





COMPUTER FUNCTIONS

A Enter / Mode

D Up

B Recovery

Down

C Reset

Start / Stop

BUTTON FUNCTIONS

ENTER / MODE

When in a program used as a enter button to confirm settings

RECOVERY

To test heart rate recivery

RESET

Used to reset the functions at any time.
Please note **STOP** must be pressesd before **RESET**

UP

To select training mode and adjust funtion value up

DOWN

To select training mode and adjust function value down

START / STOP

To start or stop exercise





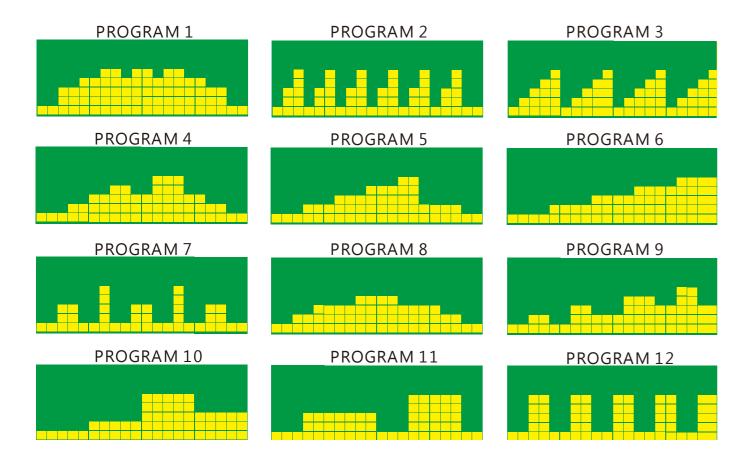
Before beginning the manual exercise the user can set the desired workout for TIME, DISTANCE, CALORIES, and PULSE.

From main menu press **UP/DOWN** buttons to highlight **MANUAL** on the screen.

Press **ENTER** to highlight the required selection, use **UP/DOWN** to alter the setting. Press **START** to begin when details have been inputted. The inputted data will now count down from the entered information.

4 Program

- In Main menu press **UP/DOWN** to highlight program function.
- Press Enter, P1 will be displayed.
- Use UP/DOWN to select program P1 P12.
- Press ENTER to enter the program.
- Use UP/DOWN to change the workout duration.
- Press START to begin.
- Program level can be adjusted during exercise by pressing UP/DOWN



5 H.R.C (Heart Rate Control) 55%, 75%, 90% and TAG

- In Main menu press UP/DOWN to highlight H.R.C
- Press ENTER to select
- Age will be displayed press **UP/DOWN** to change
- press **ENTER** to select
- Select **H.R.C** program
- Press **ENTER**
- Use **UP/DOWN** to change workout duration.
- Press **START** to begin.
- If user selects **H.R.C. TAG** preset PULSE value "100" will be shown in flashing text and then user can press the **UP/DOWN** button to adjust target range from **30 230**
- Press ENTER
- Use UP/DOWN to change workout duration.
- Press **START** to begin



Maximum users heart rate is worked out as 220 – age = total **TARGET HEART RATE**. This is the maximum your heart rate (MHR) should be. You can then work out at 55%, 75% or 90% of this. For example: 220 – 25 (users age) =

195 MHR, from here you can work out at the desired %.

- Computer will record the TARGET HEART RATE and allow the user to work out within this.
 The resistance level will automatically be changed.
- If no heart rate is being recorded the below will be displayed on the screen.
 In this instance ensure that both hands are securely holding the pulse sensors.

6 Watt

- In Main menu press UP/DOWN to highlight Watt
- Press **ENTER** to confirm.
- Press **UP/DOWN** to set target WATTS. (10 350)
- Press **ENTER** to confirm.
- Press **UP/DOWN** to set TIME.
- Press START to begin your workout.



During workout, system will adjust LOAD level automatically based on **WATT** Target value and workout status.

6





User can create own workout profile.

- In main menu press UP/DOWN to select USER.
- Program profile will be displayed
- Press UP/DOWN to alter resistance level in the first segment of the profile.
- Press **MODE** to move to the next segment.
- Continue the above for all columns.
- Press **START** to begin exercise once complete.

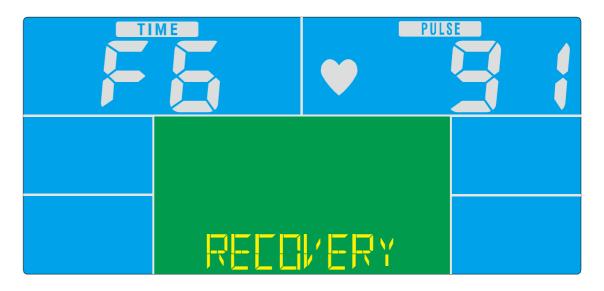
8 Recovery

At any time during workout RECOVERY button can be pressed to record recovery level.

- Press RECOVERY button.
- Place both hands on the pulse sensors.
- Computer will count down from 0.60 seconds and display the PULSE as below. DO NOT REMOVE YOUR HAND FROM THE PULSE SENSORS OR THE READING WILL NOT BE GIVEN.



• After the computer has counted down for 0.60 seconds a **RECOVERY** level reading will be given.



Recovery Fitness Grades

- F1 Excellent
- F2 Very Good
- F3 Good
- F4 Satisfactory
- F5 Below Average
- F6 Poor

Notes

- This computer is powered with a 9V power adaptor. DO NOT USE ANY OTHER ADAPTOR WITH THE MACHINE.
- If the computer is inactive for approximately 4 minutes it will shut down automatically and the resistance motor will reset. Press any button to turn the computer back on.
- If at any time the computer does not function correctly remove the power supply and reconnect it to restart.