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## Reebok RE1-11800BK

# Reebok ZR8 Bike Instruction Manual

Model: RE1-11800BK

## 1. IMPORTANT SAFETY INFORMATION

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Before operating the Reebok ZR8 Bike, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- The maximum user weight for this bike is 120 kg (264 lbs). Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Place the bike on a stable, level surface. Ensure adequate space around the bike for safe operation.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike for loose or worn parts before each use. Do not use if any damage is detected.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened after assembly and checked periodically.

## 2. SETUP AND ASSEMBLY

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The Reebok ZR8 Bike requires assembly. Please refer to the separate assembly guide provided with your product for detailed, step-by-step instructions. Ensure all components are present before beginning assembly.

### 2.1. Unpacking and Component Check

Carefully remove all parts from the packaging. Lay them out and compare them against the parts list in your assembly guide to ensure nothing is missing or damaged. Keep packaging materials until assembly is complete.

### 2.2. Placement

Choose a location for your bike that is on a firm, level surface. Ensure there is sufficient clear space around the bike for safe entry, exit, and operation. Connect the power cord to a suitable electrical outlet.

### 2.3. Adjustments

- **Seat Adjustment:** The seat can be adjusted both vertically and horizontally. Loosen the adjustment knob, move the seat to the desired position, and securely tighten the knob. Ensure your knees have a slight bend at the bottom of the pedal stroke.
- **Handlebar Adjustment:** Adjust the handlebars to a comfortable height and angle. Loosen the adjustment mechanism, position the handlebars, and tighten securely.
- **Pedal Straps:** Adjust the pedal straps to secure your feet firmly to the pedals.
- **Floor Level Adjustment:** Use the floor level adjusters on the bike's base to ensure stability and prevent wobbling.

### 3. OPERATING INSTRUCTIONS

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Familiarize yourself with the console and its functions before beginning your workout.



Image: The Reebok ZR8 Bike console, showing the LCD display and control buttons for mode, reset, start/stop, and resistance adjustment.

### 3.1. Console Functions

The ZR8 Bike features a 12.6 x 5.7 cm LCD display that shows various workout metrics:

- **Speed:** Current cycling speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate detected by hand pulse sensors.
- **RPM (Revolutions Per Minute):** Pedaling cadence.
- **Watts:** Power output during your workout.

### 3.2. Resistance Levels

The bike offers 32 levels of electronic resistance. Use the 'UP' and 'DOWN' buttons on the console to adjust the resistance during your workout. Higher numbers indicate greater resistance.

### 3.3. Workout Programs

The ZR8 Bike includes a variety of pre-set programs to diversify your training:

- **12 Pre-set Programs:** Designed with varying resistance profiles.
- **4 Target Programs:** Allows setting targets for time, distance, calories, or heart rate.
- **Watts Control Program:** Maintains a consistent power output.
- **User Defined Program:** Customize your own workout profile.
- **Recovery Program:** Measures your heart rate recovery after exercise.

To select a program, press the 'MODE' button to cycle through options, then use 'UP'/'DOWN' to adjust settings or 'START/STOP' to begin.

### 3.4. Hand Pulse Sensors

Grip the hand pulse sensors on the handlebars to display your heart rate on the console. Ensure both hands are firmly on the sensors for an accurate reading.



Image: A man demonstrating proper posture while exercising on the Reebok ZR8 Bike.

#### 4. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your Reebok ZR8 Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a clean, dry environment away from extreme temperatures and direct sunlight.

## 5. TROUBLESHOOTING

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If you encounter issues with your Reebok ZR8 Bike, refer to the following common troubleshooting tips:

- **Console Not Displaying:** Ensure the power adapter is securely plugged into both the bike and a working electrical outlet. Check for any tripped circuit breakers.
- **No Resistance Change:** Verify that the power adapter is connected. If the issue persists, contact customer support.
- **Unusual Noises:** Check for any loose bolts or components. Ensure the bike is on a level surface. If noises persist, discontinue use and contact support.
- **Inaccurate Pulse Reading:** Ensure your hands are firmly gripping both pulse sensors. Dry hands or excessive movement can affect accuracy.

For issues not covered here, please contact Reebok customer support.

## 6. SPECIFICATIONS

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Feature	Specification
Model Number	RE1-11800BK
Resistance System	Electronic Brake Adjustment
Resistance Levels	32
Flywheel Weight	9 kg
Display Type	LCD (12.6 x 5.7 cm)
Displayed Functions	Speed, Time, Distance, Calories, Pulse, RPM, Watts
Programs	12 Preset, 4 Target, Watts Control, User Defined, Recovery
Adjustments	Vertical and Horizontal Seat, Pedal Straps, Handlebar, Floor Level
Set Up Dimensions (LxWxH)	102 x 48 x 132 cm
Max User Weight	120 kg
Item Weight	31.8 kg
Power Source	Corded Electric
Drive System	Belt

## 7. WARRANTY AND SUPPORT

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### 7.1. Warranty Information

The Reebok ZR8 Bike comes with a **1 Year Parts & Labor** warranty from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage resulting from improper assembly, misuse, neglect, accidents, or unauthorized modifications.

### 7.2. Customer Support

For technical assistance, warranty claims, or any questions regarding your Reebok ZR8 Bike, please contact Reebok customer support. Refer to your product packaging or the official Reebok website for the most current contact information.