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› Reebok Titanium TT1.0 Treadmill User Manual

Reebok RVTT-10121WH

Reebok Titanium TT1.0 Treadmill

USER MANUAL

Model: RVTT-10121WH

1. INTRODUCTION

Important Safety Information

Please read this entire manual carefully before assembling or operating your Reebok Titanium TT1.0 Treadmill. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Always consult with a physician before starting any new exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing during use.
- Use the safety key at all times.

Product Overview

The Reebok Titanium TT1.0 Treadmill is designed for home fitness, offering a robust motor, varied incline levels, and multiple workout programs. Its Tripleflex cushion system provides a comfortable running experience while reducing impact.



Figure 1: The Reebok Titanium TT1.0 Treadmill, showcasing its overall design and running deck.

2. SETUP AND ASSEMBLY

Unpacking

- Carefully remove all components from the packaging.
- Check the packing list to ensure all parts are present.
- Keep packing materials until assembly is complete in case of missing parts.

Assembly Instructions

Assembly typically requires two people. Follow the steps below for proper setup.



Figure 2: Side view of the treadmill, illustrating its profile and frame structure.

1. Attach the uprights to the base frame using the provided bolts and washers.
2. Secure the console mast to the top of the uprights.
3. Mount the console onto the console mast, ensuring all cables are properly connected.
4. Attach the handlebars and any other accessories as per the diagram.
5. Tighten all bolts and nuts securely.

Placement and Power Connection

- Place the treadmill on a level surface, ensuring at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Connect the power cord to a grounded electrical outlet.
- Ensure the power switch is in the OFF position before plugging in.

3. OPERATING YOUR TREADMILL

Console Overview

The treadmill features a user-friendly console with a 5-inch LCD display and i-Drive system for easy navigation.



Figure 3: Close-up of the treadmill console, showing the LCD display, i-Drive system, and control buttons.

- **LCD Display:** Shows time, distance, speed, incline, calories, and heart rate.
- **i-Drive System:** Rotary dial for quick selection and adjustment of settings.
- **Instant Incline Buttons:** Quickly adjust incline to preset levels (e.g., 0, 5, 10, 15).
- **Instant Speed Buttons:** Quickly adjust speed to preset levels (e.g., 6, 8, 10, 12 km/h or mph).
- **Start/Stop Buttons:** Initiate or end a workout.
- **Safety Key Slot:** Essential for operation; treadmill will not start without the safety key inserted.

Starting a Workout

1. Ensure the power cord is plugged in and the power switch is ON.
2. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
3. Step onto the treadmill deck, placing your feet on the side rails.
4. Press the **START** button. The belt will begin to move at a low speed.
5. Adjust speed and incline using the i-Drive system or instant buttons.

Workout Programs

The Reebok Titanium TT1.0 Treadmill offers 14 motivating pre-set programs designed to target various fitness goals, including fat burn, endurance, and interval training. Select a program using the i-Drive system and follow the on-screen prompts.

Heart Rate Monitoring

Monitor your heart rate using the integrated hand grip sensors located on the handlebars. For continuous and more accurate monitoring, the treadmill is equipped with a wireless receiver compatible with an optional chest strap (not included).

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

Cleaning

- After each use, wipe down the console and other surfaces with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Vacuum underneath the treadmill regularly to prevent dust buildup.

Lubrication

- The running deck requires periodic lubrication to reduce friction and extend belt life.
- Refer to the specific lubrication instructions provided with your treadmill's lubricant kit. Typically, this involves applying silicone lubricant under the running belt every few months, depending on usage.

Belt Adjustment

- **Belt Tension:** If the running belt slips during use, it may need to be tightened. Use the provided Allen wrench to turn the rear roller adjustment bolts clockwise in small increments until the slipping stops.
- **Belt Alignment:** If the running belt drifts to one side, it needs to be re-centered. Turn the adjustment bolt on the side the belt is drifting towards clockwise, and the opposite side counter-clockwise, in small increments until the belt is centered.



Figure 4: The treadmill in its folded position, demonstrating its space-saving design for storage or maintenance access.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not inserted; Power switch OFF; Circuit breaker tripped.	Ensure power cord is secure; Insert safety key; Turn power switch ON; Reset circuit breaker.
Running belt slips.	Belt tension too loose; Belt worn out.	Adjust belt tension (see Maintenance section); Contact customer support for belt replacement.
Console display is blank or erratic.	Loose cable connection; Power issue.	Check all cable connections to the console; Verify power supply.
Unusual noise during operation.	Lack of lubrication; Loose parts; Motor issue.	Lubricate running deck; Check and tighten all bolts; Contact customer support.

6. TECHNICAL SPECIFICATIONS

Key specifications for the Reebok Titanium TT1.0 Treadmill:

Feature	Value
Brand	Reebok
Model Number	RVTT-10121WH
Motor Horsepower	2.5 HP (Continuous Duty)
Maximum Speed	18 kph (11.8 mph)
Incline Levels	16 Digital Incline Levels
Running Area (L x W)	140 cm x 50 cm (55.1" x 19.7")
Cushion System	Tripleflex Cushion System
Console Display	5-inch LCD Display
Programs	14 Pre-set Programs
Heart Rate Monitoring	Hand Grip Sensors, Wireless Receiver (chest strap optional)
Maximum User Weight	350 Pounds
Item Weight	92000 Grams
Dimensions (LxWxH)	72.83 x 34.37 x 54.96 inches

7. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your purchase or visit the official Reebok fitness equipment website. Keep your proof of purchase for any warranty claims.

If you require technical assistance or have questions not covered in this manual, please contact Reebok customer support. Contact details can typically be found on the Reebok website or your purchase documentation.

