Reebok SL8.0

Reebok SL8.0 Exercise Bike User Manual

Model: SL8.0 (RVSL-10801)

Introduction

Thank you for choosing the Reebok SL8.0 Exercise Bike. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.





The Reebok SL8.0 Exercise Bike, a robust and feature-rich home fitness solution.

Safety Information

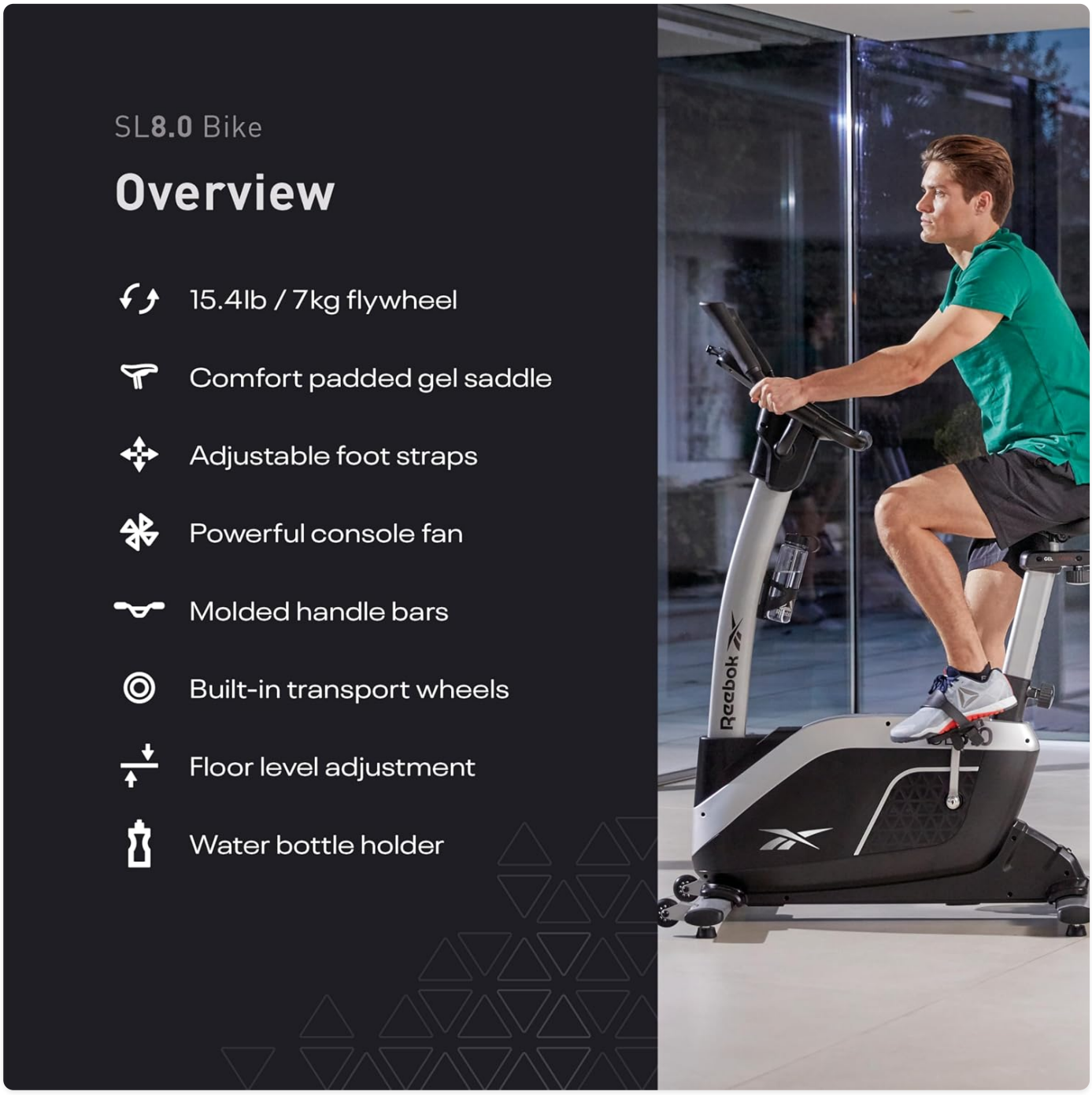
Always consult with a healthcare professional before starting any new exercise program. Ensure all parts are securely fastened before each use. Keep children and pets away from the equipment during operation. Do not exceed the maximum user weight of 130 kg (286.6 lbs).

- Place the bike on a stable, level surface.
- Wear appropriate exercise attire and footwear.
- Do not operate the bike if it is damaged.
- Keep hands and feet clear of moving parts.

Setup and Assembly

The Reebok SL8.0 Exercise Bike requires some assembly. Follow these general steps. Refer to the detailed assembly guide included in your product packaging for specific instructions and diagrams.

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened securely (left pedal is reverse-threaded).
4. Assemble the seat post and handlebars, adjusting to your preferred height and angle.
5. Connect the console cables and mount the console.



Front view of the Reebok SL8.0 Exercise Bike, illustrating its sturdy construction and design.

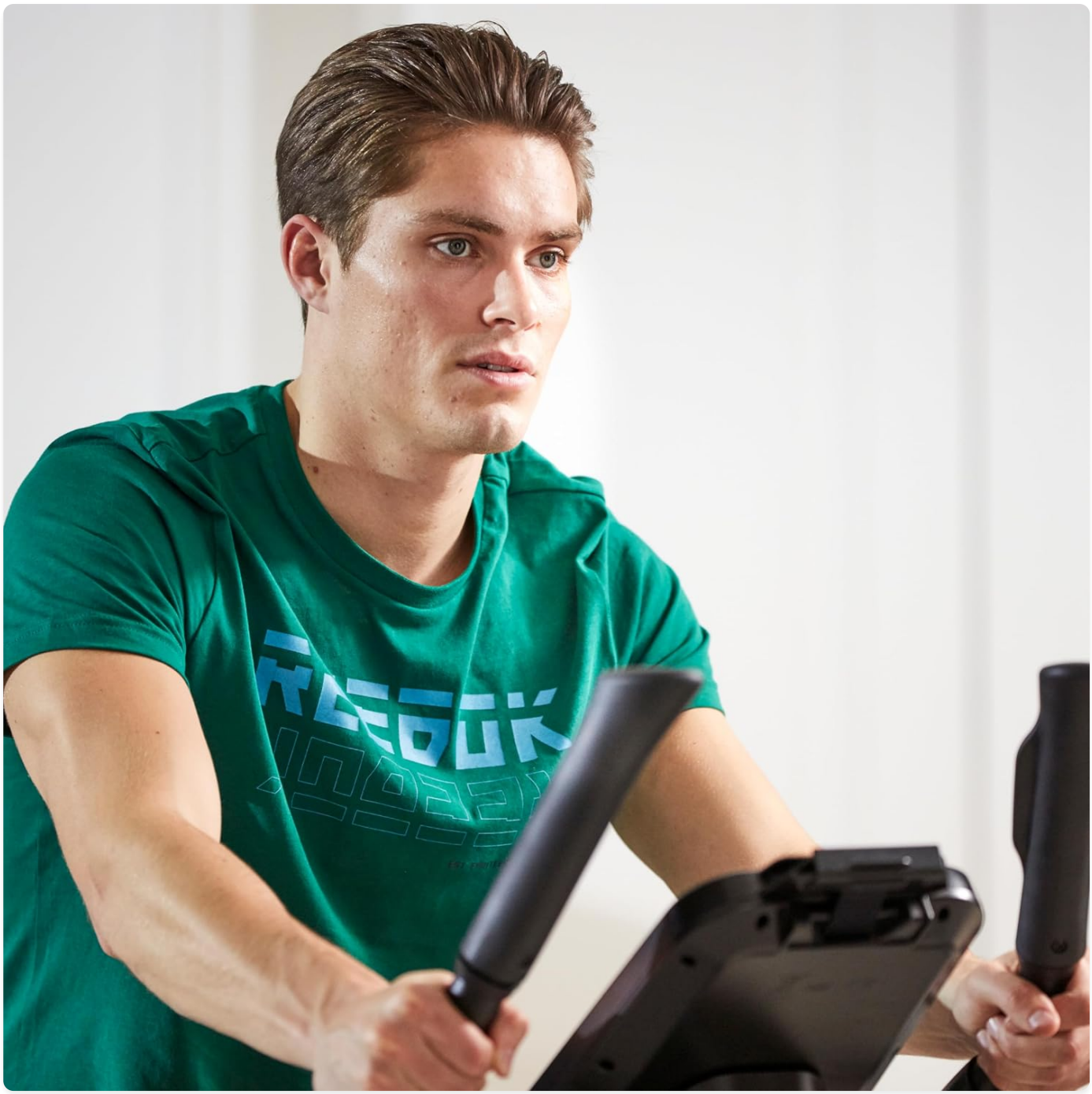
Adjusting the Bike

- **Seat Adjustment:** The densely padded, gel-filled soft saddle can be adjusted both vertically and horizontally to provide optimal riding posture. Loosen the adjustment knob, slide the seat to the desired position, and re-tighten.
- **Handlebar Adjustment:** Adjust the handlebar angle for comfort.
- **Floor Level Adjustment:** Use the 4-way floor adjustment feet on the stabilizers to ensure the bike is stable and level on any surface.

Operating the Exercise Bike

The SL8.0 features an intuitive console and various training programs to enhance your workout experience.

Console Functions



Detailed view of the SL8.0 console, highlighting its 6-window LED display and various features.

The 6-window LED console provides real-time feedback on your workout data:

- **Speed:** Current cycling speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate detected by integrated hand pulse sensors.
- **Watts:** Power output during your exercise.
- **RPM:** Revolutions per minute.



A user interacting with the console, demonstrating the ease of access to controls and data.

Resistance Levels and Programs

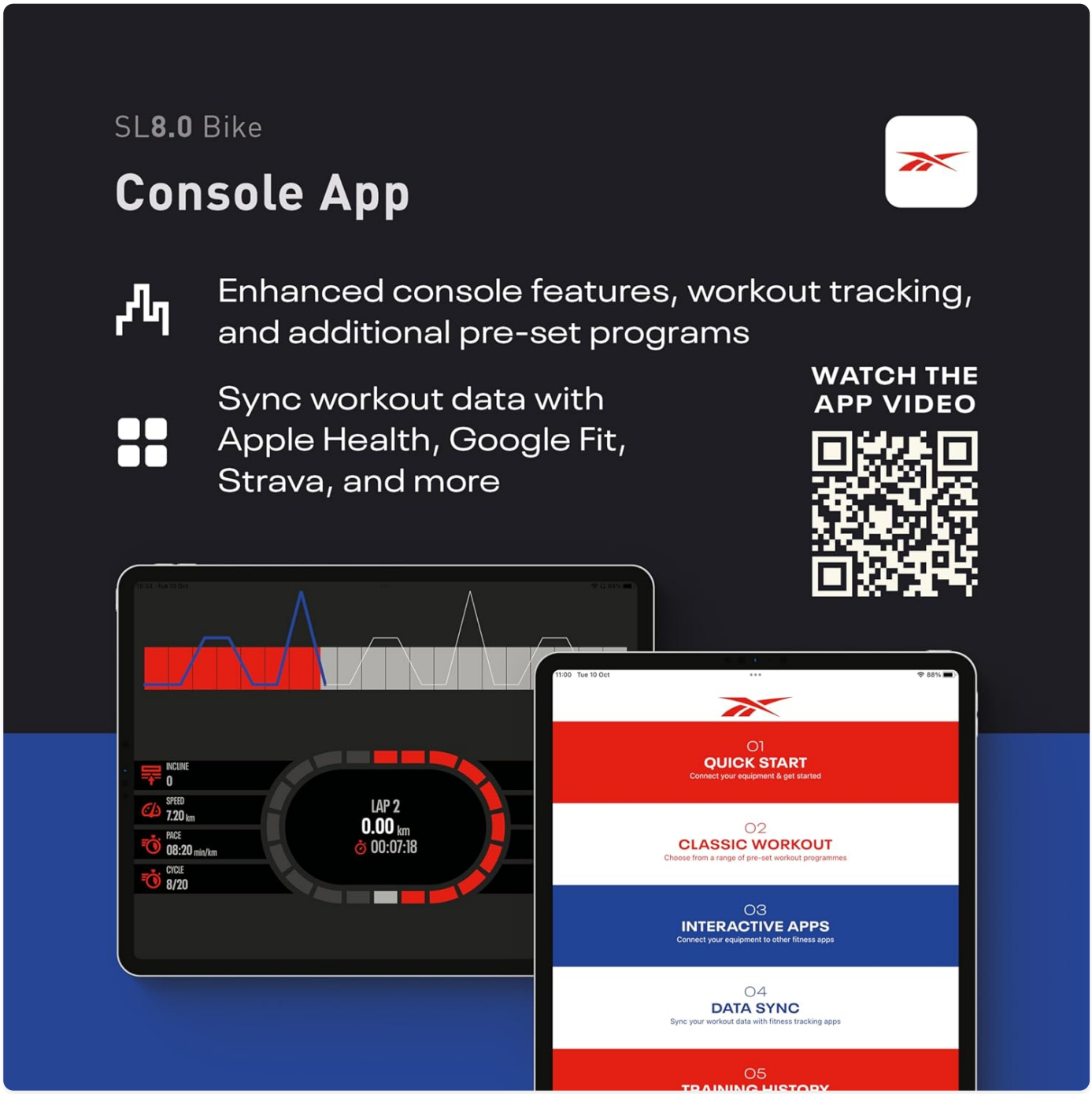
The SL8.0 offers 24 electronic resistance levels and a variety of programs:

- **24 Electronic Resistance Levels:** Adjust the intensity of your workout with precision.
- **12 Motivational Pre-set Programs:** Diverse workout routines designed to challenge and motivate.
- **4 User-defined Programs:** Create and save your personalized workout routines.
- **3 Target Programs:** Focus on specific goals such as time, distance, or calories.
- **Watt Control Function:** Maintain a consistent power output during your training.
- **Recovery Function:** Assess your fitness level after a workout.

Reebok Fitness App Compatibility

Enhance your training experience by connecting your SL8.0 bike with the Reebok Fitness App. The app offers additional

challenges, bonus features, and the ability to track your workouts from your mobile device. You can even ride virtual routes via Google Maps and Street View.



The Reebok Fitness App interface, showing enhanced console features and workout tracking capabilities.

Kinomap Integration

The SL8.0 is compatible with Kinomap, allowing you to navigate the world with thousands of videos. Train indoors on your equipment and let the app adjust the incline level and resistance settings automatically to match your chosen outdoor route.



The Kinomap app interface, showcasing its features for interactive indoor training.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Reebok SL8.0 Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** No specific lubrication is required for the internal magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The integrated heavy-duty transport wheels make it easy to move the bike for storage.

Troubleshooting

If you encounter issues with your Reebok SL8.0, refer to the following common solutions:

Problem	Possible Cause	Solution
Console not displaying data	Loose cable connection, low battery.	Check all cable connections. Replace console batteries if applicable.
Unusual noise during operation	Loose bolts, friction from moving parts.	Inspect and tighten all assembly bolts. Ensure no foreign objects are near moving parts.
Resistance not changing	Console malfunction, internal mechanism issue.	Restart the console. If the problem persists, contact customer support.

For issues not listed here or if solutions do not resolve the problem, please contact Reebok customer support.

Specifications

Key technical specifications for the Reebok SL8.0 Exercise Bike:

Feature	Specification
Model Name	SL8.0
Model Number	RVSL-10801
Color	Silver & Black
Flywheel Weight	7 kg (15.4 lbs)
Resistance Levels	24 Electronic
Max User Weight	130 kg (286.6 lbs)
Material Type	Alloy Steel, Rubber, Plastic
Power Source	Battery Powered
Product Dimensions (L x W x H)	113.51 x 56.01 x 146.51 cm (44.7 x 22.1 x 57.5 inches)
Item Weight	41.5 kg (91.49 lbs)
Resistance Mechanism	Magnetic



Diagram illustrating the dimensions of the Reebok SL8.0 Exercise Bike.

Warranty and Support

The Reebok SL8.0 Exercise Bike comes with a quality guarantee, ensuring reliable performance and peace of mind. For specific warranty terms and conditions, please refer to the documentation included with your purchase or visit the official Reebok fitness equipment website.

Customer Support

If you require assistance with assembly, operation, maintenance, or have any questions regarding your product, please contact Reebok customer support. Contact details can typically be found on the Reebok fitness website or in your product packaging.

For more information and product registration, visit:www.reebokfitness.com

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question