

Reebok GT40S

Reebok GT40S One Series Treadmill User Manual

Model: GT40S

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Reebok GT40S One Series Treadmill. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear.
- Use the safety key clip at all times. In case of emergency, the safety key will stop the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- The maximum user weight for this treadmill is 110 kg.

2. PRODUCT OVERVIEW

The Reebok GT40S One Series Treadmill is designed for home use, offering a comprehensive cardio workout. Key features include a powerful motor, adjustable speed and incline, and a user-friendly console.



Image 2.1: The Reebok GT40S One Series Treadmill in its operational state.

Key Components:

- **Running Deck:** The main surface for walking or running.
- **Console:** Displays workout data and controls speed, incline, and programs.
- **Handrails:** Provide support and house pulse sensors.
- **Safety Key:** Essential safety device to stop the treadmill.
- **Folding Mechanism:** Allows for space-saving storage.

3. SETUP AND ASSEMBLY

The Reebok GT40S Treadmill requires assembly. All necessary tools and detailed instructions are included in the packaging. It is recommended to have two people for assembly.

3.1 Unpacking and Preparation

1. Carefully remove all components from the packaging.
2. Place all parts on a clear, flat surface.

3. Verify that all components listed in the included manual are present.

3.2 Assembly Steps

Refer to the separate assembly manual provided with your treadmill for detailed, step-by-step instructions.

Key assembly areas typically include:

- Attaching the uprights to the base.
- Mounting the console to the uprights.
- Connecting all necessary cables.

Note: Free installation assistance may be available. Contact customer support for details.

3.3 Power Connection

Connect the treadmill to a grounded electrical outlet. Ensure the power cord is not pinched or damaged. A 4kVA stabilizer is included for power protection.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the console and controls before beginning your workout.

4.1 Console Overview



Image 4.1: Close-up view of the Reebok GT40S treadmill console, showing the 5-inch LCD display and control buttons.

- **5-inch LCD Display:** Shows time, distance, speed, incline, calories, and pulse.
- **Start/Stop Buttons:** To begin and end your workout.
- **Speed Controls:** Adjust running speed from 1 to 16 kph. Quick speed buttons are available.
- **Incline Controls:** Adjust incline levels up to 12%. Quick incline buttons are available.
- **Program Buttons:** Select from 36 pre-set programs, 3 user-defined programs, and 3 target programs.
- **Pulse Sensors:** Integrated into the handrails for heart rate monitoring.
- **Auxiliary Audio Jack & Speakers:** Connect your smartphone or tablet to play audio through the built-in 3W speakers.
- **Bottle Holder & Mobile Holder:** Convenient storage for your water bottle and mobile device.

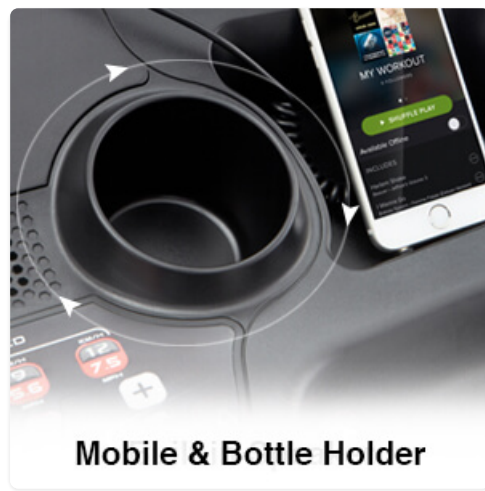


Image 4.2: Details of the console features including the LCD display, mobile/bottle holder, and built-in speaker.



Image 4.3: A smartphone connected to the treadmill's auxiliary audio jack, demonstrating media playback capability.

4.2 Starting a Workout

1. Ensure the treadmill 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 designated slot on the console. The display will illuminate.
3. Step onto the side rails of the treadmill. Do not stand on the running belt.
4. Press the **START** button. The belt will begin to move at a low speed after a short countdown.
5. Carefully step onto the running belt and begin walking.
6. Adjust speed and incline using the respective buttons on the console or quick keys.

4.3 Adjusting Speed and Incline

- **Speed:** Use the **SPEED +** and **SPEED -** buttons to increase or decrease the belt speed. The speed range is 1-16 kph. Quick speed buttons (e.g., 3, 6, 9, 12 kph) allow for rapid adjustments.
- **Incline:** Use the **INCLINE +** and **INCLINE -** buttons to raise or lower the running deck. There are 12 levels of power incline. Quick incline buttons (e.g., 4, 8, 12%) are available.

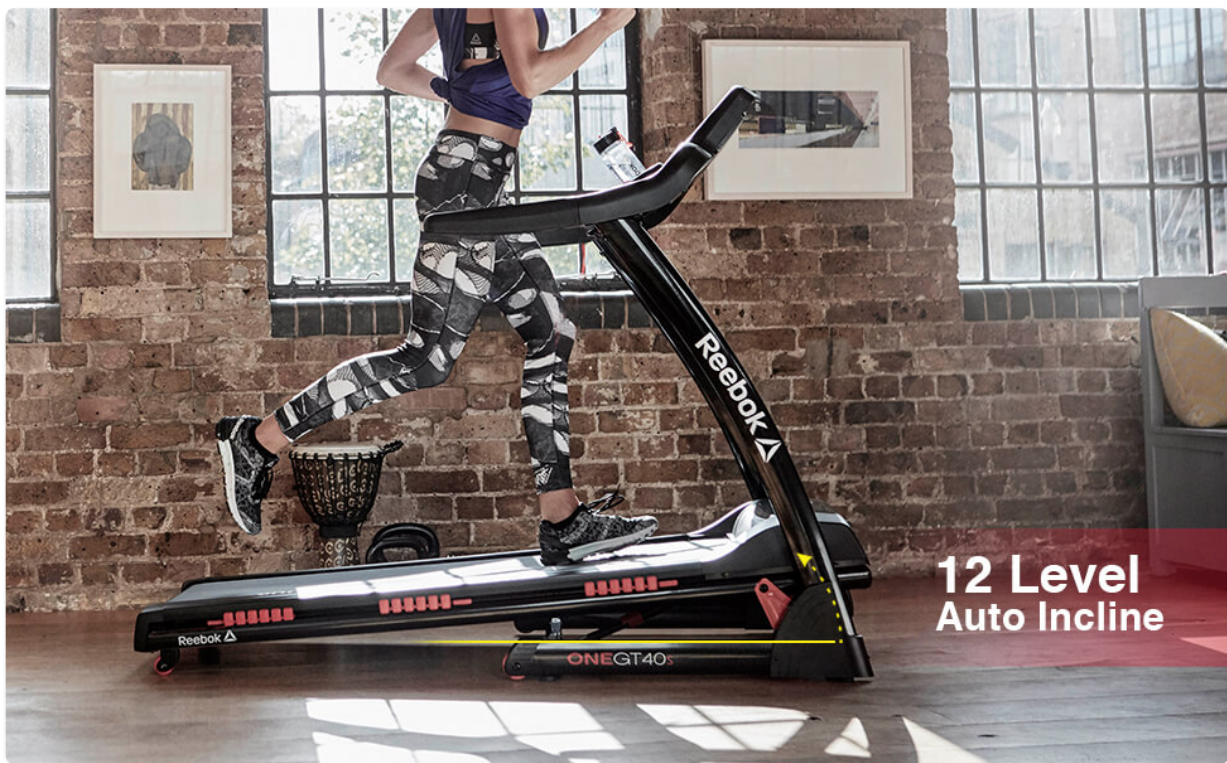


Image 4.4: A user running on the treadmill, illustrating the 12 levels of automatic incline adjustment.

4.4 Using Workout Programs

The GT40S offers 36 pre-set programs, 3 user-defined programs, and 3 target programs. Consult the console's specific instructions for navigating and selecting programs.

- Press the **PROGRAMS** button to cycle through available programs.
- Follow the on-screen prompts to set program parameters (e.g., time, distance, calories).
- Press **START** to begin the selected program.

4.5 Monitoring Heart Rate

Grasp the hand pulse sensors on the handrails to display your heart rate on the LCD screen. Ensure both hands are firmly on the sensors for an accurate reading.

4.6 Stopping a Workout

- Press the **STOP** button to gradually slow down and stop the treadmill.
- Alternatively, pull the safety key from the console for an immediate emergency stop.
- Once the belt has completely stopped, step off the treadmill.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Reebok GT40S Treadmill.

5.1 Cleaning

- After each use, wipe down the console and other surfaces with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust buildup from affecting motor performance.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions in your assembly manual for the recommended lubricant type and application frequency. Typically, this is done every few months depending on usage.

5.3 Belt Tension and Alignment

Over time, the running belt may require adjustment for tension or alignment. If the belt slips or drifts to one side, consult the assembly manual for instructions on how to adjust the tension and center the belt. Incorrect tension can lead to premature wear or unsafe operation.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. For problems not listed here, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; safety key not inserted.	Check power cord connection; ensure power switch is on; insert safety key fully.
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension as per manual; lubricate the running deck.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for loose bolts and tighten; lubricate belt; if noise persists, contact support.
Heart rate monitor not reading.	Hands not firmly on sensors; dry hands.	Ensure firm contact with both sensors; moisten hands slightly if too dry.

7. SPECIFICATIONS

Detailed technical specifications for the Reebok GT40S One Series Treadmill.

Feature	Detail
Model Name	GT40S
Motor Horsepower	2 HP
Speed Range	1 - 16 Kilometers per Hour (0.5 - 10 mph)
Incline Levels	12 levels (Automatic Power Incline)
Running Area (L x W)	132 cm x 44 cm (52 inches x 17.3 inches)
Display Type	5-inch LCD Display
Workout Programs	36 Pre-set, 3 User-defined, 3 Target

Feature	Detail
Heart Rate Monitoring	Hand Pulse Sensors
Audio Connectivity	Auxiliary Audio Jack, Built-in 3W Speakers
Maximum User Weight	110 Kilograms
Folding Mechanism	Soft Drop Hydraulic Folding
Product Dimensions (LxWxH)	168 x 85 x 133 Centimeters
Item Weight	75 Kilograms
Material	Alloy Steel
Power Source	Corded Electric
Included Components	Treadmill, Manual, Tool Kit, 4kVA Stabilizer
Country of Origin	China

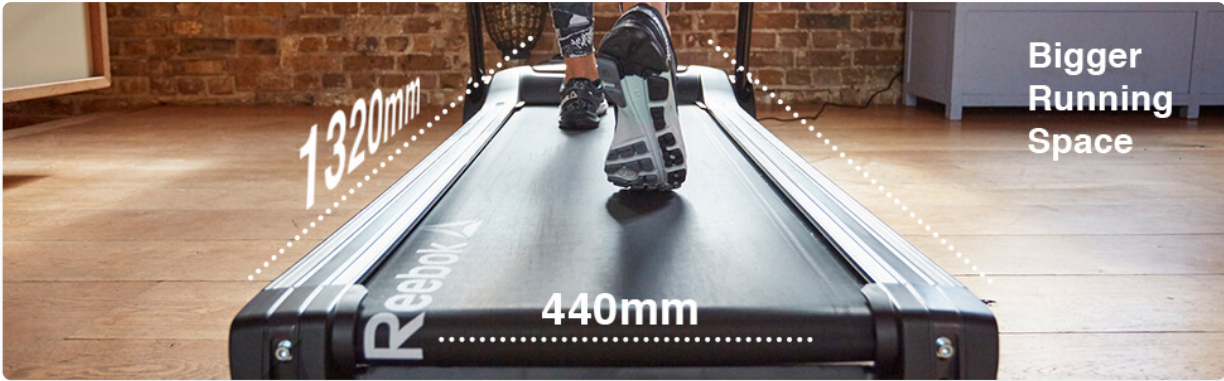


Image 7.1: Illustration of the running area dimensions (1320mm x 440mm).



Image 7.2: Visual representation of the 3 key cushioning zones and the 2 HP motor.

8. STORAGE

The Reebok GT40S Treadmill features a soft drop hydraulic folding mechanism for convenient, space-saving storage.

1. Ensure the treadmill is turned off and unplugged.
2. Carefully lift the running deck until it locks into the upright position. The hydraulic system will assist in this process.
3. To unfold, gently release the locking mechanism and allow the deck to lower slowly.









Image 8.1: The Reebok GT40S Treadmill in its folded, space-saving storage position.

9. CUSTOMER SUPPORT

For assistance with assembly, operation, maintenance, or any other inquiries, please contact the manufacturer or importer.

- **Manufacturer:** REEBOK, REF INTERNATIONAL
- **Importer:** S AND T WELCARE EQUIPMNETS P LTD
- **Importer Phone:** 9842993755
- **Installation Assistance:** Free installation assistance is available. Please contact the importer for scheduling.

Related Documents - GT40S

	<p>Reebok GX40s Cross Trainer User Manual</p> <p>Discover the Reebok GX40s Cross Trainer with this comprehensive user manual. Learn about safe operation, assembly, console features, and various workout modes for an effective home fitness experience.</p>
	<p>Reebok SL8.0 DC Treadmill User Manual: Setup, Operation, Safety & Maintenance</p> <p>Download the official user manual for the Reebok SL8.0 DC treadmill (RVSL-10821). Includes setup guides, important safety instructions, button functions, maintenance tips, and technical specifications for your home fitness equipment.</p>
	<p>Reebok GB40s Bike User Manual</p> <p>Comprehensive user manual for the Reebok GB40s Bike, covering assembly, operation, safety instructions, and maintenance for home fitness.</p>
	<p>Reebok JET300+ Treadmill User Manual & Bluetooth Guide</p> <p>Comprehensive user manual for the Reebok JET300+ treadmill, covering assembly, operation, safety, maintenance, and Bluetooth connectivity. Essential guide for owners.</p>
	<p>Reebok GB40s / GX40s Console Guide: User Manual</p> <p>This guide provides essential information for operating the Reebok GB40s and GX40s fitness equipment console. Learn about display functions, workout modes, and operational procedures for a versatile training experience.</p>
	<p>Reebok i-Run S Treadmill User Manual and Warranty Information</p> <p>Comprehensive guide for the Reebok i-Run S Treadmill, including assembly instructions, safety precautions, usage guidelines, maintenance tips, and warranty details. Learn how to operate and care for your treadmill for optimal performance and longevity.</p>

