

Reebok RVJF-20721GDBT

Reebok RVJF-20721GDBT Fitness Jet 300+ Series Bluetooth Treadmill User Manual

Model: RVJF-20721GDBT

1. INTRODUCTION

Thank you for choosing the Reebok RVJF-20721GDBT Fitness Jet 300+ Series Bluetooth Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill and retain it for future reference.

1.1 Safety Information

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times. Attach the clip to your clothing before starting a workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity is 140 kg. Do not exceed this limit.

2. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received the following items:

- 1 x Reebok Fitness Jet 300+ Series Bluetooth Treadmill (main unit)
- User Manual (this document)
- Assembly Hardware Kit (bolts, washers, tools, etc.)
- Safety Key
- Power Cord

3. ASSEMBLY

Assembly of the Reebok RVJF-20721GDBT Treadmill is required. It is recommended that two people perform the assembly due to the size and weight of the components. Please follow these general steps:

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clear, flat surface. Verify all parts are present against the package contents list.
2. **Attach Uprights:** Secure the console uprights to the base frame using the provided hardware.
3. **Mount Console:** Carefully attach the console to the top of the uprights, ensuring all cables are connected correctly.
4. **Install Accessories:** Attach any remaining accessories such as the tablet holder and bottle holder.
5. **Final Checks:** Ensure all bolts are tightened securely. Plug in the power cord and perform a quick test run without anyone on the belt.



Figure 3.1: The Reebok Jet 300+ Series Treadmill fully assembled and ready for use.

4. PRODUCT FEATURES

The Reebok RVJF-20721GDBT Fitness Jet 300+ Series Treadmill is equipped with advanced features designed for an effective workout:

- **Powerful Motor:** Features a 2.5 HP motor for smooth and consistent performance.
- **Speed Range:** Adjustable speed up to a maximum of 20 km/h.
- **Incline Levels:** 15 gradient levels for varied intensity workouts.
- **Spacious Tread:** A generous running surface of 150 x 51 cm.
- **Air Motion Cushioning:** Integrated cushioning system to reduce impact on joints.
- **Folding Mechanism:** Convenient folding design for space-saving storage.
- **Advanced Console:** InterAct 2.0 Console with a 10.1-inch touchscreen display.

- **Workout Programs:** Includes 27 pre-installed programs and 10 custom programs.
- **Bluetooth Connectivity:** For connecting to compatible fitness apps and devices.
- **Entertainment:** MP3 input with built-in speakers and a tablet holder.
- **Monitoring:** Hand pulse sensors for heart rate tracking.
- **Convenience:** Direct buttons for speed and incline adjustment, USB port, fan, safety key, transport wheels, and bottle holder.



Figure 4.1: The Reebok Jet 300+ Series Treadmill in its folded position, demonstrating the space-saving design.



Figure 4.2: Detail of the Air Motion cushioning system along the side of the treadmill belt, designed to enhance comfort and reduce impact.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

1. **Power On:** Plug the treadmill into a grounded electrical outlet. The console will illuminate.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The treadmill will not operate without the safety key in place.
3. **Stand on Side Rails:** Always stand on the side rails before starting the treadmill.
4. **Start Workout:** Press the "START" button on the console. The belt will begin to move at a low speed.

5.2 Console Overview (InterAct 2.0)

The 10.1-inch touchscreen display provides access to all treadmill functions and workout data. Navigate through menus by tapping the screen.

- **Display:** Shows time, distance, speed, incline, calories burned, and heart rate.
- **Quick Speed/Incline Buttons:** Use the direct buttons on the console to quickly adjust speed and incline to

preset levels.

- **Manual Adjustment:** Use the '+' and '-' buttons for fine-tuning speed and incline.

5.3 Workout Programs

The treadmill offers a variety of workout options:

- **Pre-installed Programs:** Select from 27 built-in programs designed for various fitness goals. Follow the on-screen prompts to choose and start a program.
- **Custom Programs:** Create and save up to 10 personalized workout routines. Refer to the console's on-screen guide for creating custom programs.
- **Virtual Active Running Routes:** Explore 3 virtual active running routes for an immersive experience.

5.4 Bluetooth Connectivity

Your treadmill features Bluetooth connectivity for enhanced functionality:

- **Pairing:** Access the Bluetooth settings on the console to pair with compatible fitness applications or devices.
- **Data Sync:** Sync your workout data with your preferred fitness apps for tracking progress.

5.5 Audio and USB

- **MP3 Input:** Connect your MP3 player or smartphone to the console's audio input to play music through the built-in speakers.
- **USB Port:** Use the USB port for charging devices or for specific console updates (refer to console settings).

5.6 Stopping the Treadmill

- **Normal Stop:** Press the "STOP" button on the console. The belt will gradually slow down and stop.
- **Emergency Stop:** Pull the safety key from the console. The treadmill will stop immediately.
- **Power Off:** After your workout, turn off the treadmill at the main power switch and unplug it from the wall outlet.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication. Refer to the specific instructions in your console's digital manual or contact customer support for guidance on lubrication frequency and type.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the console's digital manual or contact customer support.
- **Motor Cover:** Periodically vacuum under the motor cover to remove dust and debris. Ensure the treadmill is unplugged before performing this.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common solutions:

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
|---------|----------------|----------|

| Problem | Possible Cause | Solution |
|---|--|--|
| Treadmill does not power on. | Power cord not plugged in; circuit breaker tripped; safety key not inserted. | Ensure power cord is securely plugged in. Check household circuit breaker. Insert safety key fully. |
| Running belt stops or slips. | Belt tension too loose; belt requires lubrication; motor overload. | Adjust belt tension (refer to digital manual). Lubricate belt. Reduce user weight or intensity. |
| Console display is blank or unresponsive. | Loose cable connection; software glitch. | Check all console cable connections. Power cycle the treadmill (unplug, wait 30 seconds, plug back in). |
| Unusual noise during operation. | Loose parts; belt rubbing; motor issue. | Inspect for loose bolts and tighten. Check belt alignment. If noise persists, discontinue use and contact support. |

If the problem persists after attempting these solutions, please contact Reebok customer support.

8. SPECIFICATIONS

| Feature | Detail |
|------------------------|--------------------------------------|
| Model Number | RVJF-20721GDBT |
| Motor Power | 2.5 HP |
| Maximum Speed | 20 km/h |
| Tread Surface | 150 x 51 cm |
| Incline Levels | 15 |
| Cushioning System | Air Motion Cushioning |
| Console Display | 10.1-inch Touchscreen (InterAct 2.0) |
| Pre-installed Programs | 27 |
| Custom Programs | 10 |
| Connectivity | Bluetooth, MP3 input, USB port |
| Heart Rate Monitoring | Hand Pulse Sensors |
| Folding Mechanism | Yes |
| Item Weight | 140 kg |
| Maximum User Weight | 140 kg |
| Material | Metal |
| Dimensions (Package) | 192 x 143.5 x 86 cm |

9. WARRANTY AND SUPPORT

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

If you require technical assistance, spare parts, or have any questions regarding your Reebok RVJF-20721GDBT Fitness Jet 300+ Series Bluetooth Treadmill, please contact Reebok customer support through their official channels. Contact details can typically be found on the Reebok Fitness website or on your product packaging.