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› Reebok FR20z Floatride Treadmill User Manual

Reebok RVFR-10121BKZ120

Reebok FR20z Floatride Treadmill User Manual

Model: FR20z Black (RVFR-10121BKZ120)

Brand: Reebok

PRODUCT OVERVIEW

The Reebok FR20z Floatride Treadmill is designed for home fitness, offering a blend of performance, comfort, and connectivity. It features a quiet eco-kinetic motor, extensive incline options, and advanced cushioning technology for a smooth workout experience. Integrated Bluetooth connectivity allows for seamless integration with fitness apps and entertainment.



Figure 1: Front view of the Reebok FR20z Floatride Treadmill.

SETUP AND ASSEMBLY

The Reebok FR20z Floatride Treadmill requires assembly. Follow these steps carefully to ensure proper setup and safe operation.

Unboxing and Preparation

Ensure you have enough clear space around the treadmill for assembly. Lay out all components and hardware as per the packing list.

REEBOK FR20z TREADMILL

KINOMAP
COMPATIBLE

*Kinomap subscription required



Run all over the world with 1000s of real routes



Workouts, coaching & interval training



Challenge your friends with multiplayer mode

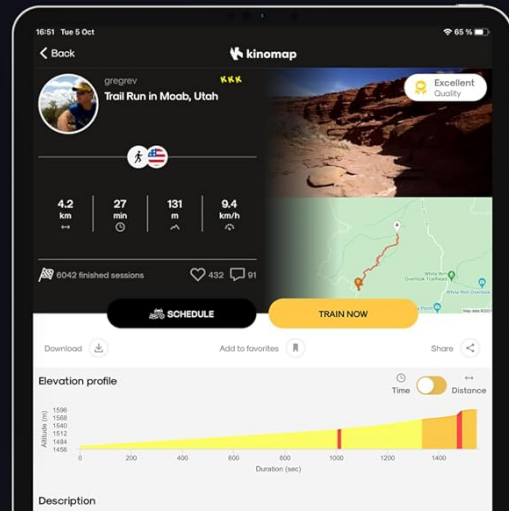


Figure 2: Treadmill setup dimensions, showing length, width, and height.

Attaching the Arms

Carefully attach the upright arms to the main base. Ensure all wiring connections are secure and tucked away to prevent pinching.

Console Installation

Connect the console to the upright arms. Ensure all electrical connections are properly seated before securing the console with the provided bolts.



Figure 3: Close-up of the treadmill console displaying various features and controls.

OPERATING INSTRUCTIONS

Powering On and Initial Use

Plug the treadmill into a grounded outlet. The LED touch response display will illuminate. Press the 'Start' button to begin a quick workout or select from pre-set programs.

Adjusting Speed and Incline

Use the quick speed and incline keys located on the hand rests or the console to adjust your workout intensity. The treadmill offers 15 levels of power incline and a maximum speed of 11.2 mph.

REEBOK FR20z TREADMILL

SETUP SETUP



Fixed running deck creates a stronger more stable platform, similar to a gym treadmill



Spacious running area: 140 x 46cm



Figure 4: A user interacting with the treadmill's console to adjust settings during a workout.

Pre-set Programs and Connectivity

The FR20z comes with 24 pre-set fitness programs. Connect your device via Bluetooth to utilize the integrated speakers or compatible training apps like Zwift and Kinomap for an immersive experience. The rotatable device holder accommodates tablets up to 15.6 inches.

REEBOK FR20z TREADMILL

CONSOLE APP



Enhanced console features, workout tracking, and additional pre-set programs



Sync workout data with Apple Health, Google Fit, Strava, and more

WATCH THE APP VIDEO



Figure 5: The treadmill's built-in tablet holder, designed for optimal viewing angle during workouts.

Cushioning Technology

The Floatride+ cushioning technology is strategically placed along the running deck to reduce impact strain and absorb energy, providing a smooth and gentle experience on joints during intense running sessions.



Figure 6: Detail of the Floatride+ cushioning technology integrated into the treadmill's running deck.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Reebok FR20z Floatride Treadmill.

Cleaning

Wipe down the treadmill surfaces, including the console and handrails, with a damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the finish.

Belt Lubrication

Periodically check the running belt for proper lubrication. Refer to the detailed instructions in the full manual for specific lubrication procedures and recommended lubricants.

Belt Tension and Alignment

Ensure the running belt is properly tensioned and centered. An improperly tensioned or aligned belt can affect performance and safety. Adjust as needed following the guidelines in the comprehensive manual.

TROUBLESHOOTING

This section provides solutions to common issues you might encounter with your treadmill.

Treadmill Not Starting

- Check if the power cord is securely plugged into a grounded outlet.
- Ensure the safety key is properly inserted into the console.
- Verify that the main power switch (usually located near the power cord inlet) is in the 'ON' position.

Running Belt Slipping or Sticking

- The running belt may require lubrication. Refer to the Maintenance section for instructions.
- Check the belt tension. If too loose, it may slip. Adjust according to the full manual.
- Ensure the belt is properly aligned.

Unusual Noises

- Inspect the treadmill for any loose parts or debris that might be causing the noise.
- Ensure the treadmill is on a level surface.
- If the noise persists, contact customer support.

PRODUCT SPECIFICATIONS

Feature	Specification
Brand	Reebok
Model Name	FR20z Floatride Treadmill - 120V
Model Number	RVFR-10121BKZ120
Motor Horsepower	2.25 Horsepower
Maximum Speed	11 Miles per Hour
Maximum Incline Percentage	12
Deck Length	55.12 Inches

Deck Width	18.11 Inches
Maximum Weight Recommendation	264.6 Pounds
Product Dimensions (D x W x H)	69.69"D x 27.17"W x 45.28"H
Item Weight	157 Pounds
Material	Metal
Number of Programs	24
Display Type	LCD
Power Source	Corded Electric
Included Components	Power Cord
Metrics Measured	Speed, Calories Burned, Time, Distance
Special Features	Built-In Speaker, Bluetooth, Shock Absorbent, Preloaded Workout, Auto Incline, Compact Design, Touch Response LED Screen, Water Bottle Holder, Wheeled, Heart Rate Monitor
Target Audience	Adult
UPC	885652023863

WARRANTY AND SUPPORT

Warranty Information

The Reebok FR20z Floatride Treadmill comes with a 2-year manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please contact Reebok customer support. You can find contact information on the official Reebok website or through your retailer.

For purchases made through Amazon, customer support is also available via the Amazon platform. The product is sold by SOLE FITNESS.

For more information, visit [the Reebok Store on Amazon](#).