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## Reebok FR20

# Reebok FR20 Fitness Upright Exercise Bike Instruction Manual

Brand: Reebok | Model: FR20

## 1. PRODUCT OVERVIEW

The Reebok FR20 Fitness Upright Exercise Bike is designed to provide a smooth and effective indoor cycling experience. Featuring Bluetooth connectivity, 8 resistance levels, and multiple training programs, this stationary bike is suitable for various fitness levels. Its ergonomic design includes an adjustable saddle with a gel pad for comfort and hand pulse sensors for heart rate monitoring.



**Image:** Side view of the Reebok FR20 Fitness Upright Exercise Bike, showcasing its sleek black design and overall structure.

### **Key Features:**

- **Smooth Cycling Experience:** Equipped with a 13.2 lb flywheel and 8 resistance levels for consistent cadence.
- **Adjustable Comfort:** Features an adjustable saddle (height range 24.02" - 34.25") and handles for a

personalized fit.

- **User-Friendly Console:** Touch LED screen with a tablet/phone holder for entertainment and workout apps.
- **Heart Rate Monitoring:** Integrated hand pulse sensors to track your heart rate during cardio sessions.
- **Convenient & Portable:** Includes transport wheels and floor level adjustment for easy movement and stability.
- **Maximum User Weight:** 120 Kilograms (approximately 264.5 lbs).
- **Product Dimensions:** 43.31"D x 21.65"W x 57.09"H.

## REEBOK FR20 BIKE

# SETUP



**Image:** Diagram showing the dimensions of the Reebok FR20 bike: 57 inches (145 cm) height, 43 inches (110 cm) depth, and 22 inches (55 cm) width.

## 2. SETUP AND ASSEMBLY

Before using your Reebok FR20 Exercise Bike, ensure it is properly assembled. Follow the steps outlined in the official assembly guide video below for a smooth setup process.

Your browser does not support the video tag.

**Video:** Official Reebok FR20 Bike Assembly Guide. This video provides step-by-step visual instructions for unboxing, preparing parts, building the base, connecting the upright, attaching the console, pedals, bottle holder, handlebars, and saddle, and securing final covers.

## Assembly Highlights:

- **Unboxing and Preparation:** Carefully remove all components from the packaging and verify against the parts list.
- **Building the Base:** Attach the front and rear base sections to the main frame using the provided bolts and Allen key.
- **Connecting the Upright:** Secure the upright post to the main frame, ensuring all electrical wires and the resistance cable are properly connected and tucked away.
- **Console, Pedals & Bottle Holder:** Attach the console to the upright, connect the electrical wires, and secure the bottle holder and pedals. Ensure pedals are finger-tightened first, then fully tightened with the spanner.
- **Attaching the Handlebars:** Secure the handlebars to the upright using the adjustment screw. Connect the pulse wires.
- **Attaching the Saddle:** Adjust the saddle upright height, then attach the saddle to the slider and secure it.
- **Final Covers:** Place and secure all decorative covers.



**Image:** A close-up view of the bike's base and pedals, highlighting the sturdy construction and pedal straps.

### **3. OPERATING INSTRUCTIONS**

#### **Adjusting the Bike:**

- **Saddle Height:** Adjust the saddle height to ensure a comfortable and efficient pedaling position. The adjustable saddle height ranges from 24.02" to 34.25".
- **Saddle Position:** The saddle can also be adjusted horizontally for optimal comfort and biomechanics.
- **Handlebars:** Adjust the handlebar angle for a comfortable grip during your workout.
- **Pedal Straps:** Secure your feet in the pedal straps to prevent slipping and ensure proper form.



**Image:** Illustration of the adjustable saddle, showing its vertical and horizontal adjustment capabilities for user comfort.

### **Console and Programs:**

The Reebok FR20 features a touch LED screen console. It offers 8 resistance levels and 12 training programs to customize your workout intensity. Hand pulse sensors on the handlebars monitor your heart rate.

- **Power On/Off:** Press the power button to turn the console on or off.
- **Program Selection:** Use the console buttons to navigate and select from the 12 pre-set training programs.
- **Resistance Adjustment:** Manually adjust the resistance level using the knob on the upright post or through the console controls.

- **Bluetooth Connectivity:** The bike supports Bluetooth connectivity. Refer to your device's manual for pairing instructions.
- **Tablet/Phone Holder:** A built-in holder allows you to place your tablet or phone for entertainment or to use compatible workout apps. Note that larger devices may obstruct the console display.



**Image:** The bike's console featuring a touch LED screen and a dedicated holder for a tablet or smartphone.

### **Pedaling Direction:**

The bike is designed for forward pedaling to engage the resistance mechanism and provide an effective workout. While it is possible to pedal backward, this will not engage the resistance and therefore will not

contribute to your workout intensity.

## 4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Reebok FR20 Exercise Bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose components.
- **Cable Inspection:** Inspect the resistance cable and electrical wires for any signs of wear or damage. Contact support if damage is found.
- **Battery Replacement:** If the console requires batteries, replace them as needed. Battery life varies depending on usage.

## 5. TROUBLESHOOTING

If you encounter any issues with your Reebok FR20 Exercise Bike, refer to the following common troubleshooting tips:

- **No Power to Console:** Ensure the power adapter is securely plugged into both the bike and a working electrical outlet. If battery-powered, check and replace batteries.
- **Resistance Not Changing:** Verify that the resistance cable is correctly connected as shown in the assembly video. Ensure the resistance knob is functioning properly.
- **Unstable Bike:** Use the floor level adjustment feet located on the base stabilizers to ensure the bike is stable on uneven surfaces.
- **Bluetooth Connection Issues:** Ensure your device's Bluetooth is enabled and the bike's console is in pairing mode. Try restarting both devices.

For further assistance, please contact customer support.

## 6. SPECIFICATIONS

Feature	Specification
Brand	Reebok
Model Name	FR20 Exercise Bike
Special Feature	Bluetooth connectivity

Color	Black
Power Source	Corded Electric
Recommended Uses	Indoor
Item Weight	71.2 Pounds
Material	Plastic
Resistance Mechanism	Magnetic
Product Dimensions	43.31"D x 21.65"W x 57.09"H
Maximum Weight Recommendation	120 Kilograms
Number of Resistance Levels	8
Drive System	Belt

## 7. WARRANTY INFORMATION

The Reebok FR20 Exercise Bike comes with the following warranty:

- **Frame:** 10 years
- **Parts:** 180 days
- **Labor:** 90 days

Please retain your proof of purchase for warranty claims.

## 8. SUPPORT

For additional support, troubleshooting, or to inquire about parts, please visit the official Reebok Fitness support website:

[www.reebokfitness.info/bike-support](http://www.reebokfitness.info/bike-support)

If you are stuck during assembly, please contact our support team. RFE International is not responsible for any damages caused by following this guide.