User**manual**

i-Run 3.0 Assembly Guide

RFE International Ltd
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Customer Support
0800 440 2459
techsupport@rfeinternational.com

reebokfitnessequipment.info

Reebok

Reebok

Welcome from Reebok Fitness

Thank you for choosing Reebok. Before you get started, please read these instructions carefully. If you experience any difficulties, our support team will be happy to help – or check out our website at **reebokfitnessequipment.com**

Important note:

Consult your doctor before starting any exercise programme. If you feel any sickness, chest pain, dizziness or breathlessness during your training, stop exercising and consult your doctor immediately.

If you have any further queries please contact our customer support team on the details provided either at the foot of this page or on the back of the manual.

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Assembly

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Assembly

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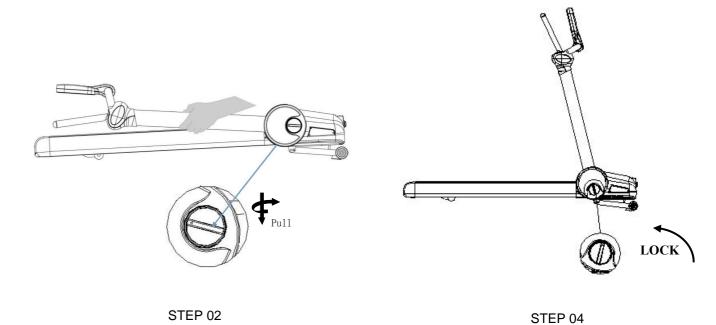
UPDATE INFORMATION
Assembly

Pull

STEP 02

LOCK

STEP 04

Parts List

Reebok i-Run 3.0

Reebok i-Run 3.0
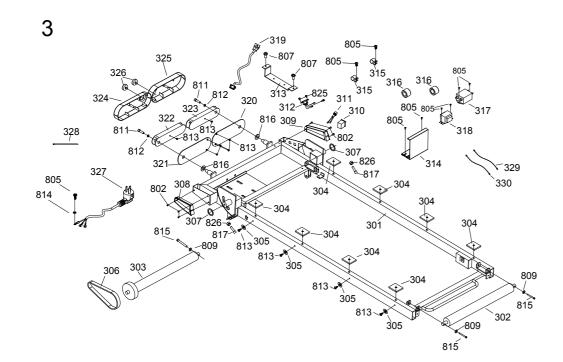
PART NO.	PART DESCRIPTION	QTY
101	Console Housing (Upper)	1
102	Console Housing	1
103	Rotators Plate	1
104	Rotators Plate	1
105	Safety Key	1
106	Mp3 Connect Wire	1
107	Overlay	1
201	Upright Post (L)	1
202	Upright Post (R)	1
203	Computer Frame	1
204	Handle Pulse	2
205	Main Cable	1
206	Stand Post Cable	1
207	Handle Bar Right	1
208	Handle Bar Right	1
209	Handle Bar Left	1
210	Handle Bar Left	1
211	Ezfit Tension Knob	2
212	Bolt Stator	2
213	Spring	2
214	Stationary Shaft Set	2
215	Upright Post Cover(L)	1
216	Upright Post Cover(R)	1
217	Handle	2
218	Turnbuckle	2
219	Spring 14.6×1.8×20	2
220	Flat Head Screws	2
221	Ellipse End Cap	2
222	Foam	2
223	Round Bushings	2
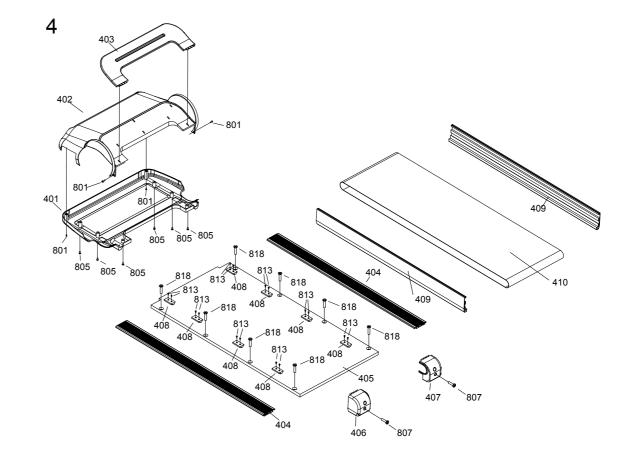
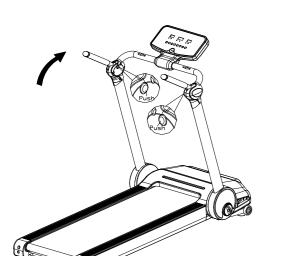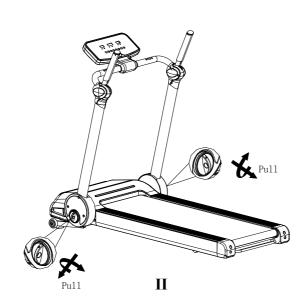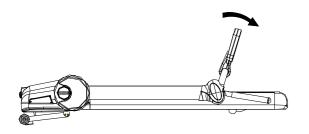| PART NO.	PART DESCRIPTION	QTY
301	Platform frame	1
302	Rear roller	1
303	Front roller	1
304	Square cushion	8
305	Round guider	8
306	Motor belt	1
307	Column cushion	2
308	Cable tray(l)	1
309	Cable tray(r)	1
310	Switch	1
311	Rest switch	1
312	Base for power cord	1
313	Controller fixing plate	1
314	Controller	1
315	Wire guider	2
316	Ferrite	2
317	Filter(if with ce)	1
318	Choke (if with ce)	1
319	Wire	1
320	Supporting foot cover(l)	1
321	Supporting foot cover(r)	1
322	Bracing tube frame(l)	1
323	Bracing tube frame(r)	1
324	Supporting foot(l)	1
325	Supporting foot(r)	1
326	Foot plug	1
327	Power cord	1
328	Wiring	5
329	Wire (red)	1
330	Wire (black)	1
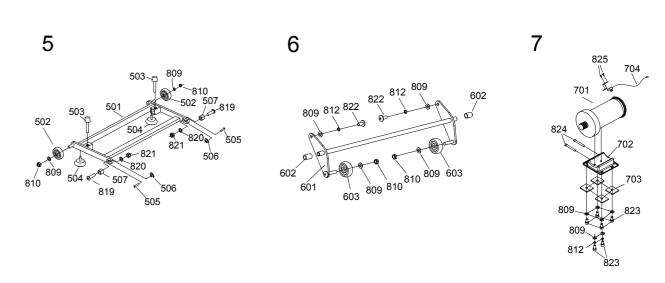
PART NO.	PART DESCRIPTION	QTY
401	Motor COVER(LOWE)	1
402	Motor cover(up)	1
403	Decorated cover	1
404	Side rail	2
405	Running deck	1
406	Rear cover(L)	1
407	Rear cover(R)	1
408	T shape slider	6
409	Central side rail	2
410	Running belt	1
501	Incline frame	1
502	Wheel62	2
503	Shock absorber	2
504	Foot pad	2
505	Pivot pin	2
506	Clamp spring	2
507	Metal plug	2
601	Manual Incline frame	1
602	Bushings	2
603	Wheel 46	2
701	Motor base frame	1
702	Motor	1
703	Square cushion	4
704	Speed sensor	1
801	Philips C.K.S.self-tapping	13
802	Philips C.K.S.self-tapping	14
803	Philips C.K.S.self-tapping	4
804	Allen socket head full	2
805	Philips C.K.S. full thread screw M4*10	12

PART NO.	PART DESCRIPTION	QTY
806	Philips full thread screw	2
807	Philips C.K.S. full THREAD	10
808	Allen C.K.S half THREAD	2
809	Flat Washer 8	13
810	Hex self-fix nut M8	4
811	Allen socket full THREAD	2
812	Spring washer 8	4
813	Philips self-tapping	38
814	Washer 5	1
815	Allen socket full THREAD	3
816	Flat washer 14	2
817	Allen socket head full	2
818	Philips full thread screw	8
819	Allen socket head half	2
820	Flat washer 10	4
821	Hex self-fix nut M10	4
822	Allen C.K.S full thread	2
823	Allen socket full thread	6
824	Allen socket full thread	2
825	Philips self-tapping screw	4
826	Hex nut M8	2
827	Hex nut M6	2

I

II

Pull

Pull

III

IV

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User manual

iRun 3.0 Console Guide

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Reebok

Model name: **Reebok i-Run 3.0**

Serial number: . . . .

These details can be located on the main frame towards the front of your product.

These instructions are intended to provide important information for use and maintenance of the equipment as well as for your personal safety. Keep this user manual in a safe place for future reference.

WARNING! ⚠️

This product is made for home use only and tested up to a maximum body weight of 100kg.

RFE International Ltd. assumes no responsibility for personal injury or property damage sustained by or through the use of this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.

SCOPE

- Maximum user weight of 100kg.
- This product is designed for physical exercise by adults. This product is not suitable for use by persons under 14 years of age.
- Never allow more than one person on the equipment at a time.

ENVIRONMENT

- Ensure that those present are aware of possible hazards e.g. moveable parts during training.
- Ensure that sufficient space is available to use the product.
- Please ensure that liquids or perspiration are wiped off the product.
- This product is designed to be used and stored indoors. Do not store the product outside, or in damp/dusty environments.
- The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.

USER HEALTH

- Consult your doctor before starting any exercise programme to receive advice on the optimal training.
- Ensure the product is on a flat, level surface with at least 0.5m of clear area surrounding the product.
- Incorrect/excessive training can cause health injuries.
- If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your doctor.

PRODUCT PREPARATION

- Ensure that training only starts after correct assembly, adjustment and inspection of the product.
- Follow the steps of the assembly instructions carefully.
- Only use suitable tools for assembly and ask for assistance if necessary.
- Only use original Reebok parts as delivered (see checklist).

SAFETY CHECKS (Before Every Use) ⚠️

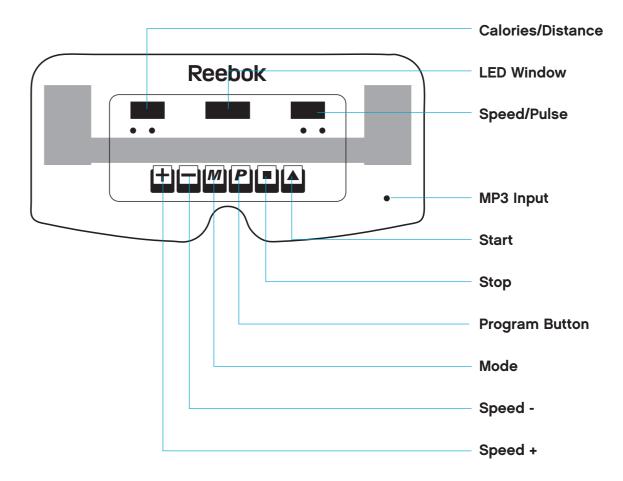- Tighten all adjustable parts to prevent sudden movement while training.
- Tighten all nuts and bolts.
- Check that the tension knob is secure.
- Ensure the product is on a flat, level surface.
- Do not use the product without shoes or with loose shoes.
- Be aware of non-fixed or moving parts whilst mounting or dismounting the product.
- Do not wear loose or poorly fitting clothing that may become trapped in the product.

Computer Functions

- Calories/Distance
- LED Window
- Speed/Pulse
- MP3 Input
- Start
- Stop
- Program Button
- Mode
- Speed -
- Speed +

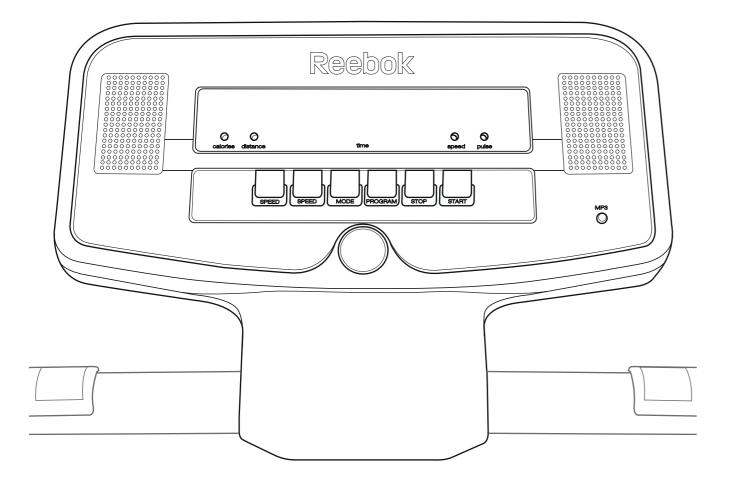## BUTTON OPERATION

Program P

Selects the desired program (P01-P12, FAT, Manual). See computer programs below.

Mode M

Used to select/confirm settings within a program. See computer programs below.

Start ▲

Will commence a program/workout

Stop ▣

To stop machine at any time during a workout

Speed ➕

Increases speed during a workout

Speed ➖

Decreases speed during a workout

Safety Key

Included with this machine is a red safety key without which the treadmill won't operate. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display ---- if the key is not correctly attached. For safety reasons the clip on the other end of the safety key must be attached to the users clothing at all times during workout. This will ensure that in the event of an emergency the machine will stop when the key is pulled.

Pulse Grips

There are pulse sensors located on the front handlebars. In order to monitor the users pulse rate these can be held during a workout. Please note both sensors must be held simultaneously for a reading to be given. **The pulse monitor is a guide only and not for medical monitoring or use*

MP3

Allows connection to personal MP3 player via supplied cable. Music will be played through the built in speakers and the volume is controlled by the MP3 player.

BUTTON OPERATION

MANUAL PROGRAMME

1. From standby screen press ▲ to begin manual immediately.

2. The speed can be adjusted at any time by pressing speed ➕ ➖ buttons

3. Press ▣ at any time to finish workout

H1-H3 PROGRAMME

These functions can be used to work out to a set Time, Distance or Calorie value.

1. From standby screen press M to select H1 (Time), H2 (Distance), or H3 (Calories)

2. Once selected use the Speed ➕ ➖ buttons to alter the required setting and press ▲ to begin.

3. The Time (H1), Distance (H2) or Calories (H3) will count down from the inputted selection. All other values will count up from 0.

4. Once countdown has completed the Speed/Pulse window will display END, the machine will slow down and stop. All values on the screen will be reset to 0.

Computer

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P1-P12

These are pre-set programs in which the speed will be changed automatically during workout. The speed change will be split into 10 segments and will be changed depending on the workout time set. For example, 10 minute program the speed will be changed every 1 minute.

1. Press 🅿 button to select desired program

2. Use Speed ➕ ➖ to change the workout time

3. Press ▲ to begin

4. When the selected time has elapsed the machine will display END, the running belt will slow and stop.

P1 – P12 Program Chart

UNITS:KM/H		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

UNITS:MILE/H		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.7	3.1	3.1	2.5	2.5	2.5	2.5	1.8
P2	SPEED	1.8	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	2.5
P3	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P4	SPEED	1.8	1.8	3.1	3.7	4.3	3.7	3.1	2.5	1.8	1.2
P5	SPEED	1.8	3.7	3.7	3.7	5	4.3	4.3	3.1	3.1	2.5
P6	SPEED	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2
P7	SPEED	1.2	5.6	5.6	4.3	4.3	3.7	3.1	1.8	1.2	1.2
P8	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5	5	3.7	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.8
P11	SPEED	1.2	3.1	3.7	4.3	5	5.6	6.2	3.1	1.8	1.2
P12	SPEED	1.2	1.8	3.1	3.7	5	3.7	5.6	3.7	3.1	1.8

HRC (Heart Rate Control) PROGRAMS:

1) 1. Function: The hand pulse sensors can detect the user's actual heart rate and treadmill will adjust the speed to increase/decrease user's actual heart rate to reach the value of Pre-set Target Heart Rate. If user's actual heart rate is lower than the Pre-set Target Heart Rate, treadmill will increase the speed as step by step automatically till the actual user's heart rate reaches the Pre-set Target Heart Rate. If user's actual heart rate is higher than the Pre-set Target Heart Rate, treadmill will lower the speed as step by step automatically till the actual user's heart rate reaches the Pre-set Target Heart Rate. There are 3 groups of default setting on HRC programs as Hr 1, Hr 2 and Hr 3 programs.
2. Press "PROGRAM" button to select Hr 1 – Hr 3 while the treadmill is under standby mode, Press the "MODE" button to enter the HRC program, the PULSE window will show "25" and blink which is default user age, you can adjust the user age by pressing "+/-" buttons (Range : 13 – 80) then press "MODE" to confirm. The PULSE window will show the numbers of Pre-set Target Heart Rate and blink that according to user age, you can adjust the pre-set target heart rate numbers if necessary then press "MODE" button to confirm. The TIME window will show 30:00 and blink which is default exercise time, you can adjust the exercise time by pressing "+/-" buttons (Range 5-99minutes) then press "MODE" button to confirm. Press "START" to start the HRC program.
3. Please firmly hold the hand pulse sensors when you are using the HRC programs.

**WARNING : Please be aware that treadmill speed will be adjusted automatically in these HRC programs.

FAT

1. Press [P] button to select desired program.

2. F1 – Gender will be displayed in the Calorie/Distance window. 1 will be shown in the Speed/Pulse window. Press Speed [+] [−] to switch between 1 and 2. 1 = male, 2 = female

3. Press [M] to move to next section

4. F2 – Age will be displayed. Use Speed [+] [−] to change and press mode to confirm

5. F3 – Height will be displayed. Use Speed [+] [−] to change and press [M] to confirm

6. F4 – Weight will be displayed. Use Speed [+] [−] to change and press [M] to confirm

7. Hold both pulse sensors. After approximately 30 seconds the users body fat % will be displayed as below:

| 18 or below | Underweight | 23-28 | Overweight |
| 18-22 | Normal Weight | 29 or above | Obese |

IMPERIAL/METRIC CONVERSION

In order to switch the speed/distance settings from Miles per hour to Kilometres per hour follow the steps below:

1. Remove the safety Key

2. When the display shows "**---**" Press the [P] and [M] keys together for 3 seconds

3. The speed window will display 8.0 for Miles per hour or 13 for KPH

4. Follow the steps 1 – 3 to select the required setting

5. Press any key to continue, the setting will be saved

Limited Warranty

RFE International Ltd warrants products to be free from defective workmanship and materials, under normal use and service conditions, for the period of 2 years from the date of purchase. Details of these service conditions can be found within the product's user manual.

In order to validate warranty dates, a proof of purchase is required. This warranty only extends to the original purchaser and will only be covered in the country the machine was purchased.

RFE's obligation under this warranty is limited to replacing or repairing, at RFE's discretion, the product through one of its authorised service centres. All repairs for which warranty claims are made must be pre-authorised by RFE.

This warranty does not extend to any defect caused by abuse, misuse, additions, modifications or repairs not provided by an RFE authorised service centre.

Products used for commercial or rental purposes and/or used as store display models are not covered by this warranty. This product is designed for home use.

No other warranty beyond that specifically set forth above is authorised by RFE.

RFE is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

We advise that your product is kept in a room with a constant environment; preventing your product from being exposed to extremes in temperature, heat, humidity and moisture. Guidance on the correct storage of equipment is contained within the product's user manual.

PLEASE RETAIN YOUR RECEIPT AS PROOF OF PURCHASE.

Your statutory rights remain unaffected.

Recycle

Reebok products are recyclable. At the end of its useful life please dispose of this Reebok product correctly and safely at a local refuse site.