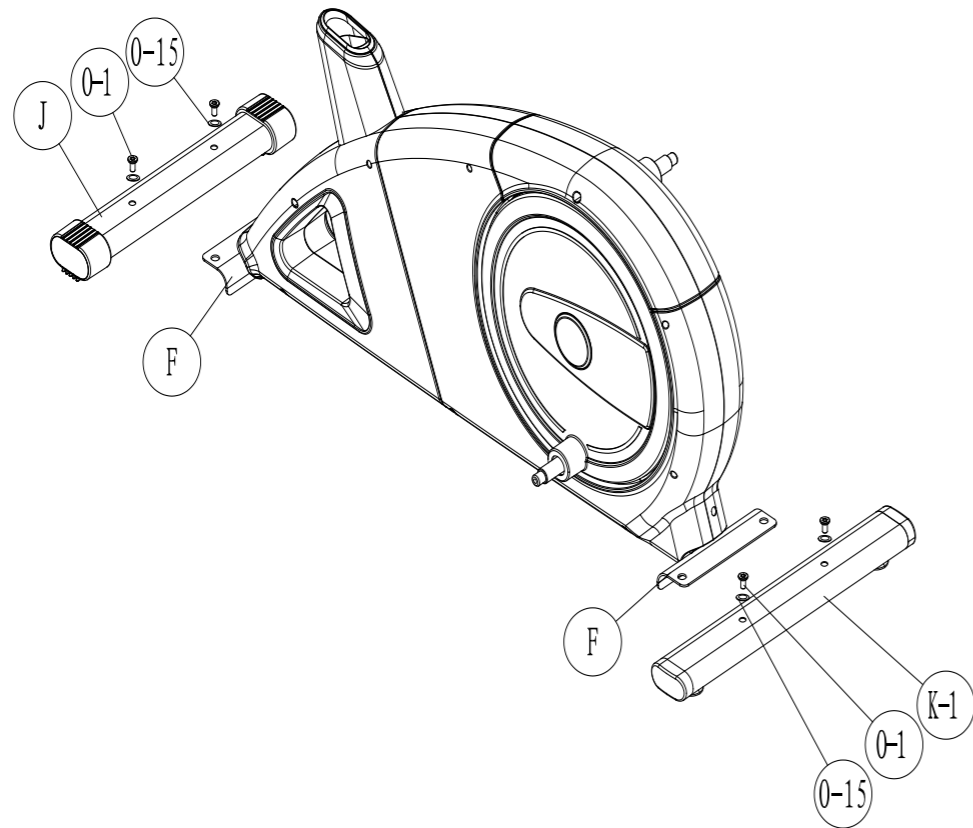




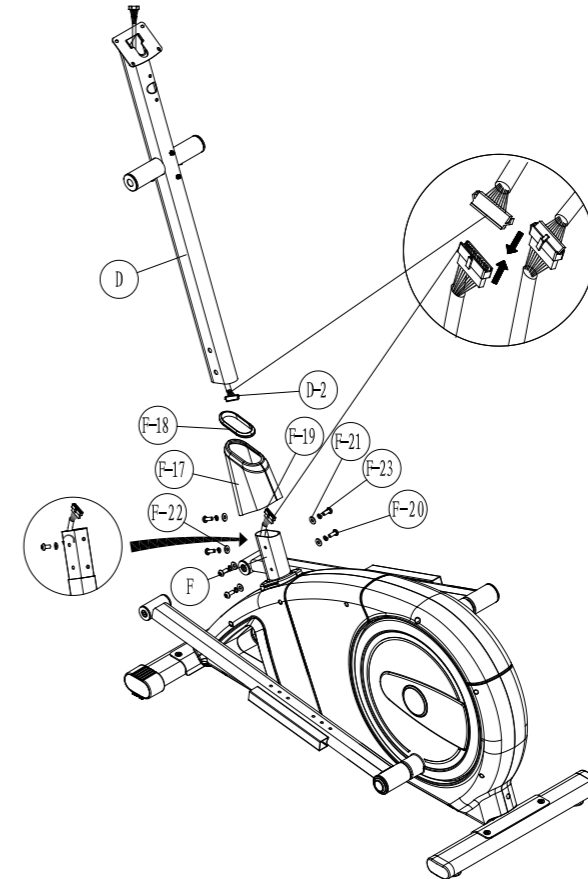
**GX40s ELLIPTICAL
ASSEMBLY GUIDE**

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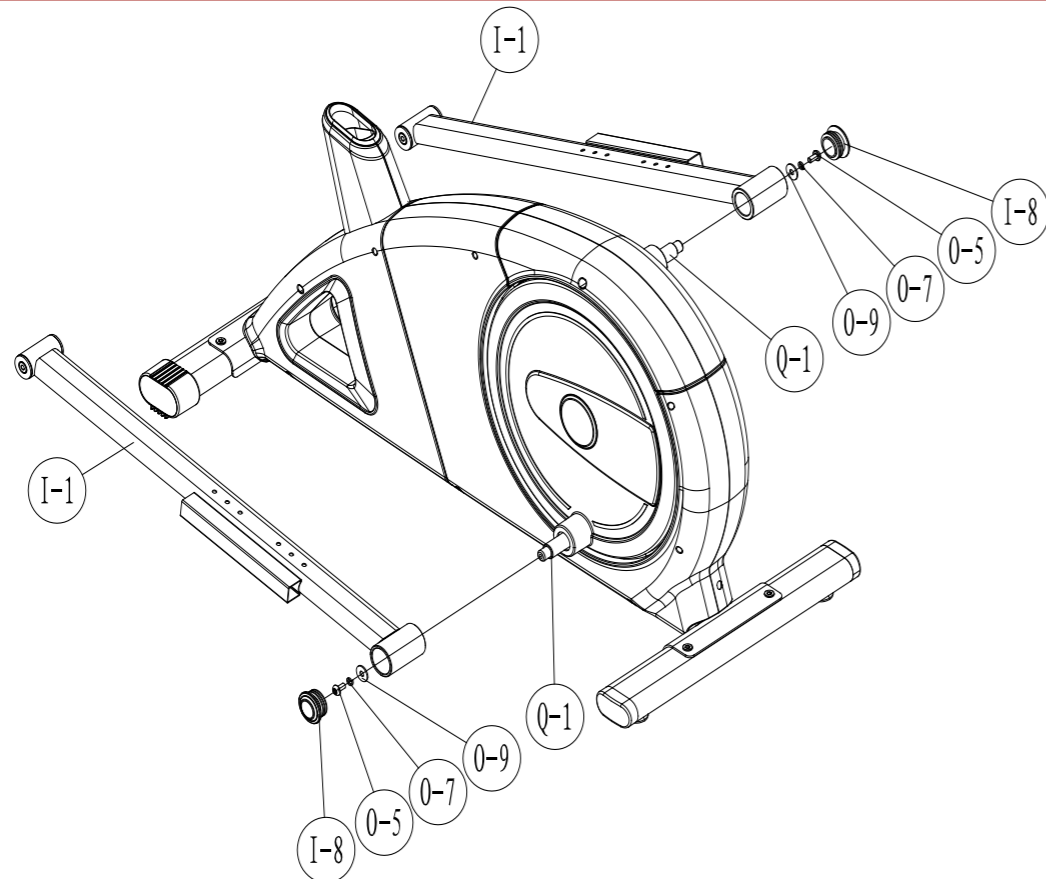
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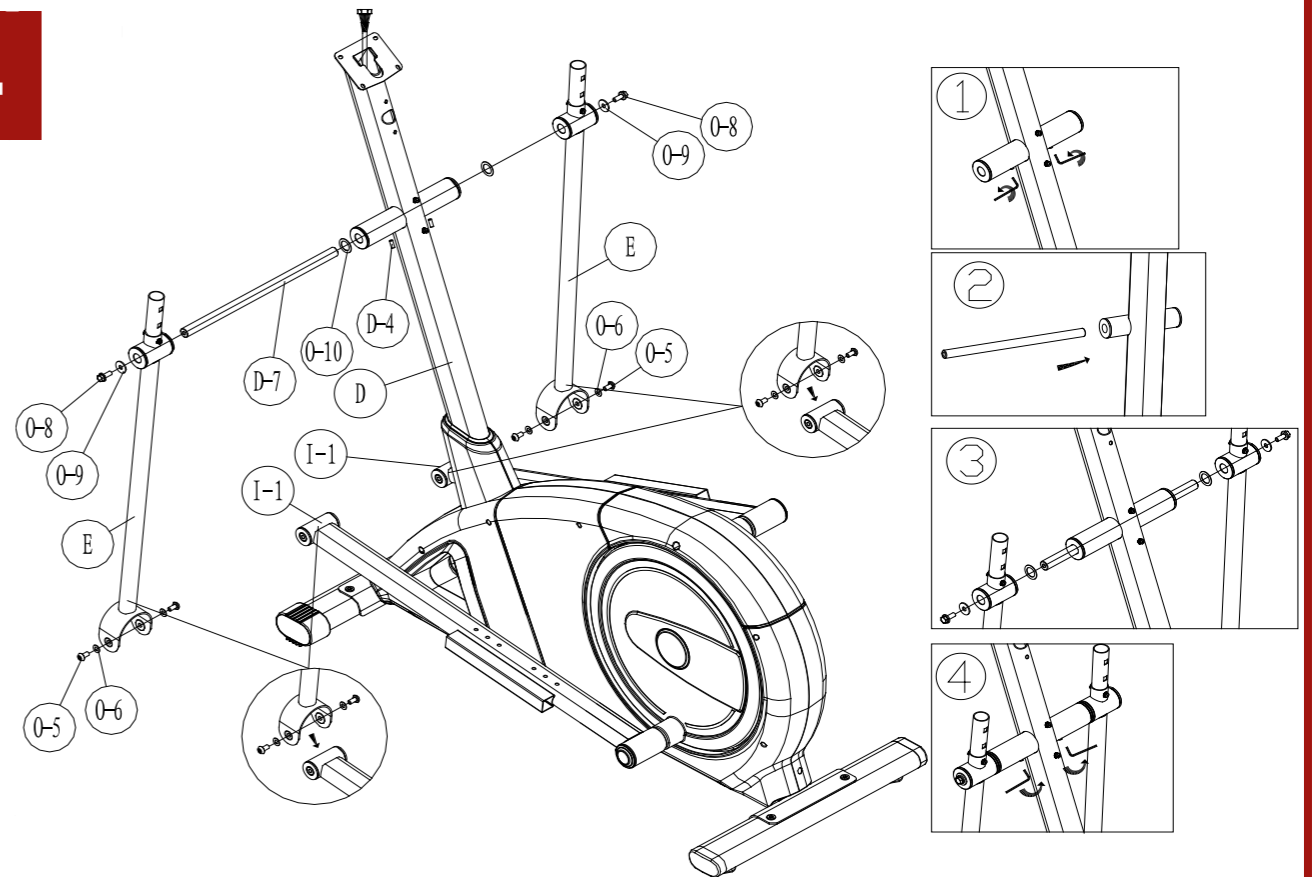
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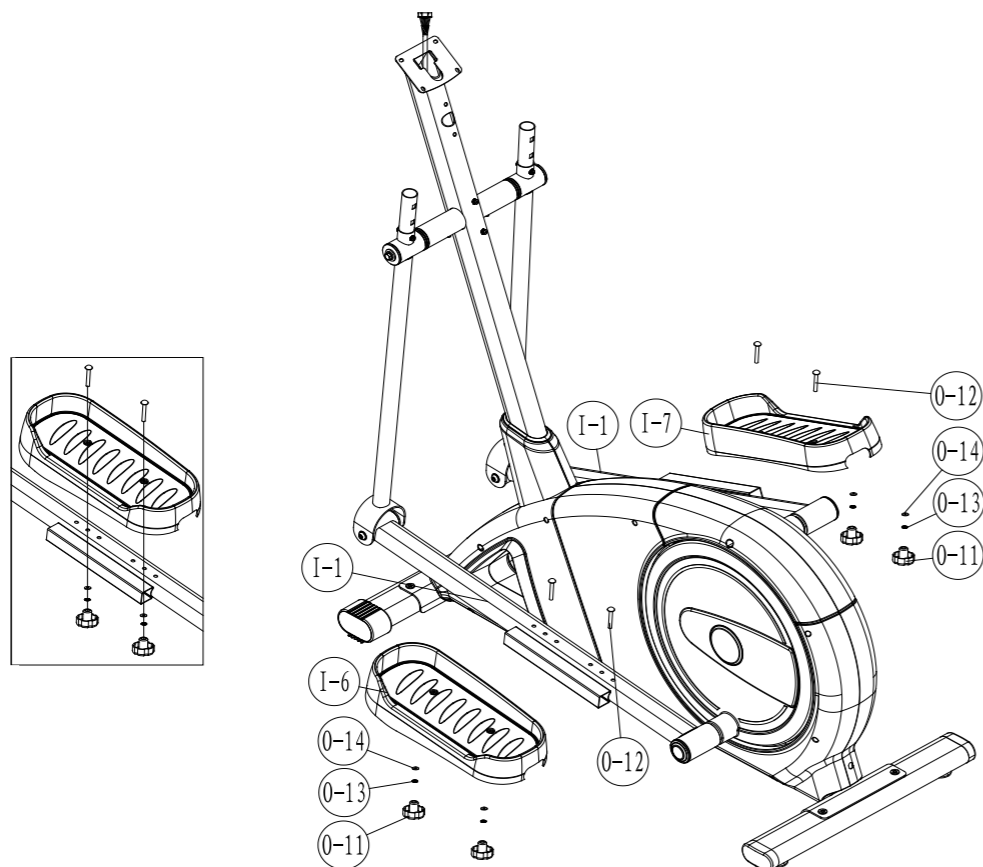
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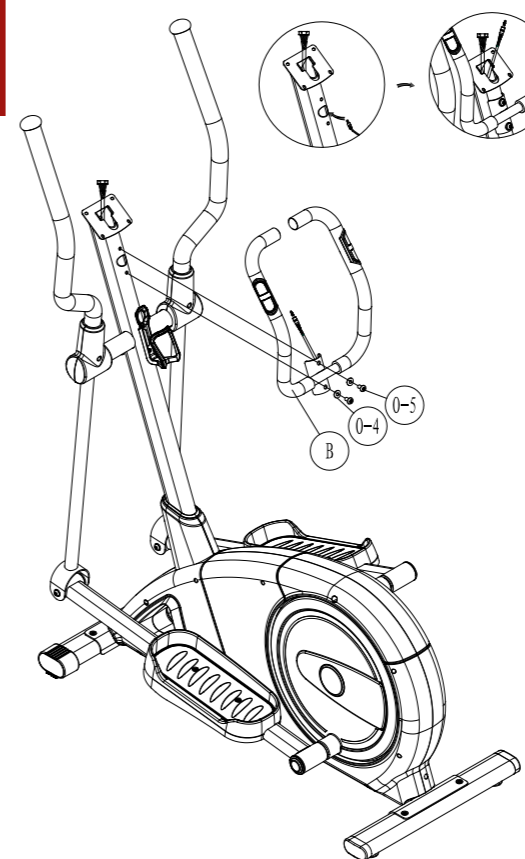
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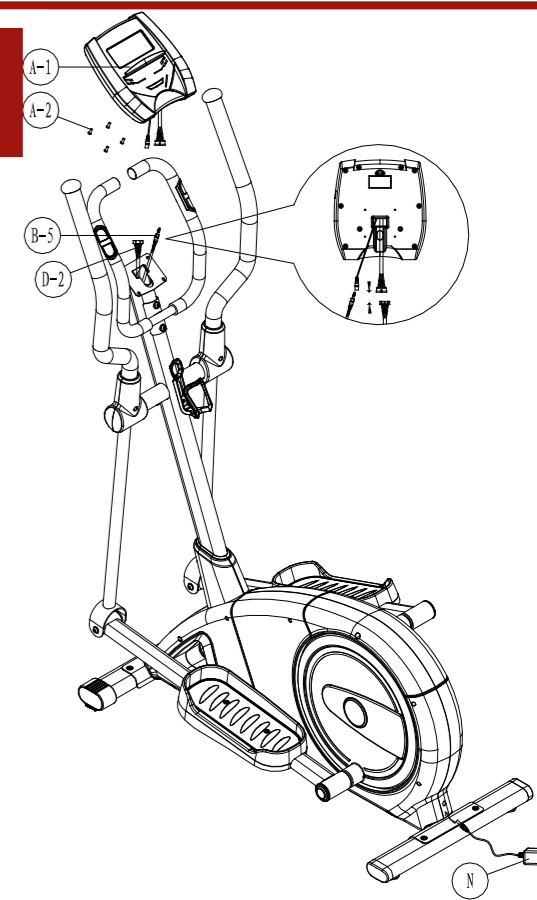
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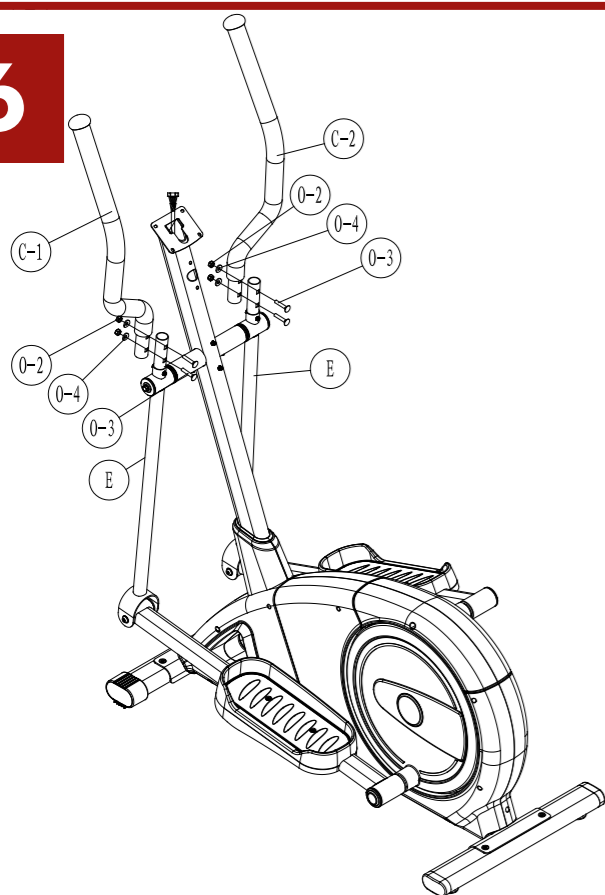
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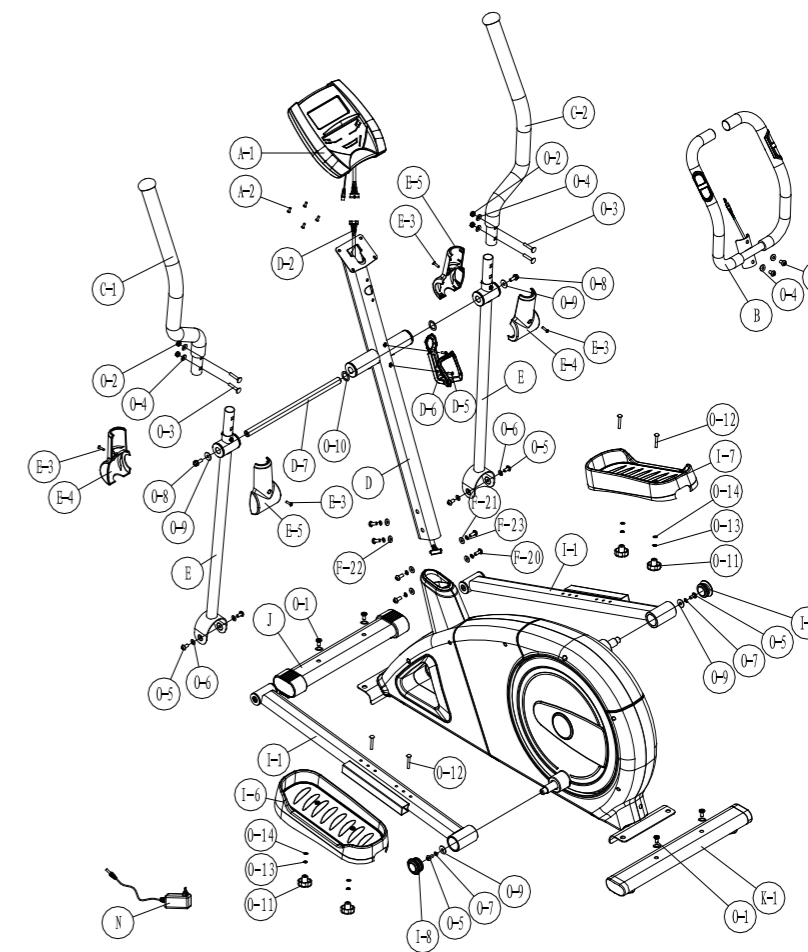
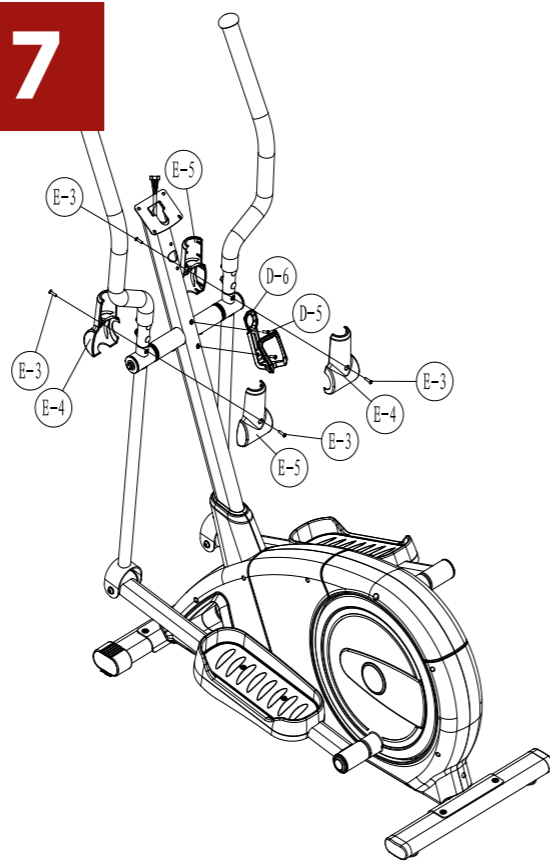
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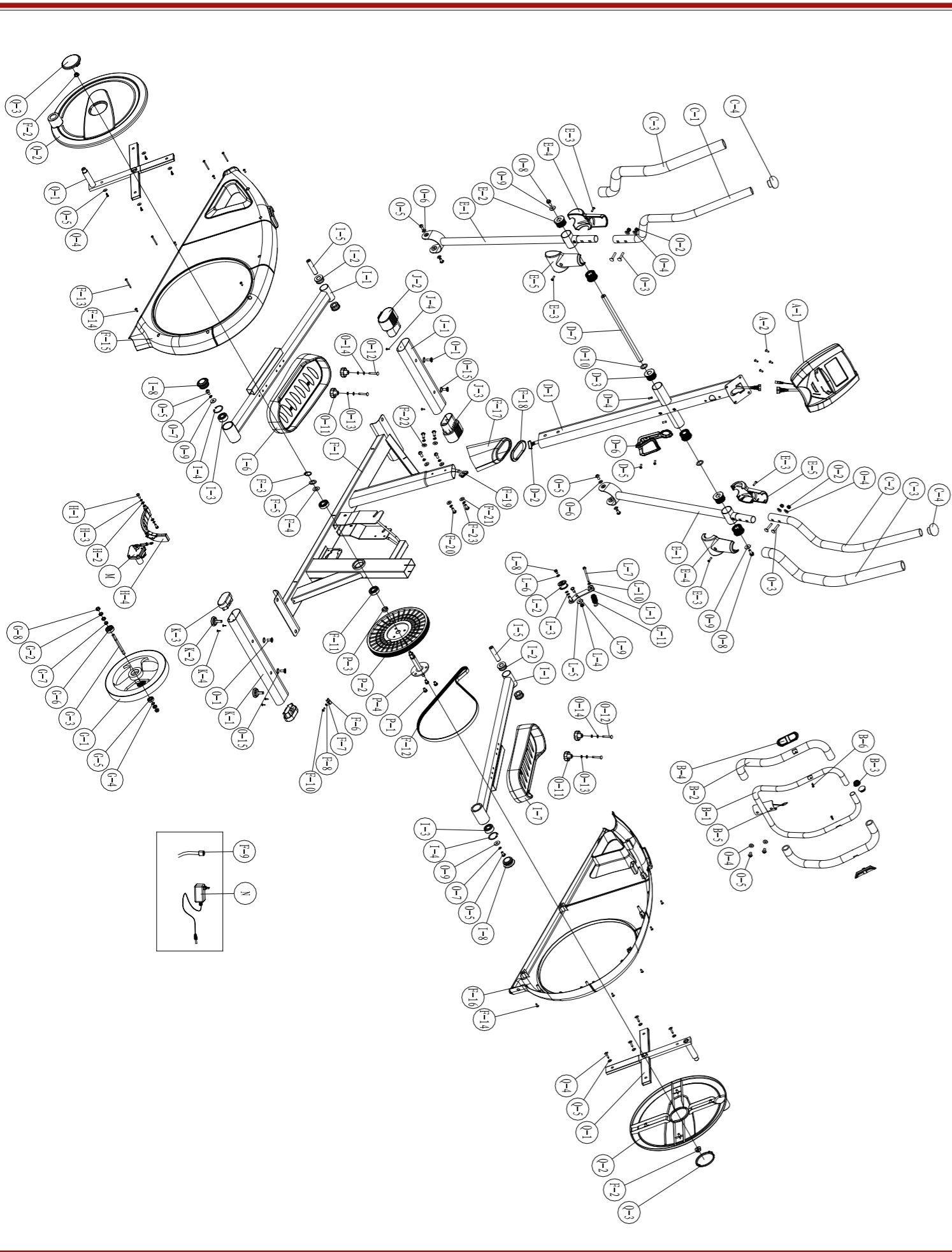


6



7





ITEM	DESCRIPTION	Unit	ITEM	DESCRIPTION	Unit
A-1	GX40s Console SM2705-67	1	H-2	Flat washer	2
A-2	Screw M5*10	4	H-3	Spring washer	2
B	Front handlebar set	1	H-4	Magent	1
B-1	Front handlebar	1	I	Pedal tube set	1
B-2	Foam grip	2	I-1	Pedal tube	2
B-3	End cap	2	I-2	Bushing	4
B-4	Hand pulse set	2	I-3	Bearing	2
B-5	Hand pulse wire	1	I-4	Washer	2
B-6	Screw M4*20L	2	I-5	Fixed axle of lower handlebar	2
B-7	Semi washer	2	I-6	Left pedal	1
C	Upper handlebar set	1	I-7	Right pedal	1
C-1	Upper handlebar left	1	I-8	End cap of pedal tube	2
C-2	Upper handlebar right	1	J	Front stabilizer set	1
C-3	Foam grip	2	J-1	Front stabilizer	1
C-4	End cap	2	J-2	Pad	1
D	Handlebar post set	1	J-3	Pad	1
D-1	Handlebar post	1	J-4	Screw 3/16'	2
D-2	Wire	1	K	Rear stabilizer set	1
D-3	Bushing of handlebar axle	2	K-1	Rear stabilizer	1
D-4	Screw M6	2	K-2	Small pad	2
D-5	Screw M5	2	K-3	End cap	2
D-6	Water bottle cage	1	K-4	Screw 3/16'	4
D-7	Shaft of handlebar	1	L	Idler set	1
E	Lower handlebar set	2	L-1	Idler	1
E-1	Lower handlebar	1	L-2	Idler wheel	1
E-2	Bushing of handlebar axle	2	L-3	Wave washer	2
E-3	Screw M5	2	L-4	Nut M8	1
E-4	Front cover of upper handlebar	2	L-5	Flat washer	1
E-5	Rear cover of upper handlebar	2	L-8	Hex screw M6	1
F-2	Nut M10	2	L-9	Hex screw M8	1
F-3	C- clip	1	L-10	Flat washer	2
F-4	Wave washer	1	L-11	Spring	1
F-5	Flat washer	1	M	Servo motor set	1
F-6	Sensor wire	1	N	Switching power adapter	1
F-7	Sensor fixed bracket	1	O	Screw set	1
F-8	Flat washer	1	O-1	Screw M8	4
F-9	DC wire	1	O-2	Nut M8	4
F-10	Screw M4	1	O-3	Carriage screw M8	4
F-11	Bearing 6004RS	2	O-4	Semi-washer	6
F-12	Belt	1	O-5	Screw M8	8
F-13	Screw M4	40	O-6	Flat washer	4
F-14	Screw M5	1	O-7	Spring washer	2
F-15	Left chain cover (Upper)	1	O-8	Nylon M8	2
F-16	Right chain cover (Lower)	1	O-9	Flat washer	4
F-17	Cover of handlebar post	1	O-10	Flat washer	2
F-18	Ring of handlebar post	1	O-11	Knob of pedal	4
F-19	Motor wire	1	O-12	Carriage screw M6	4
F-20	Screw M8	6	O-13	Spring washer	4
F-21	Flat washer	4	O-14	Flat washer	4
F-22	Semi-washer	2	O-15	Flat washer	4
F-23	Spring washer	6	P	Axle set	1
G	Flywheel set	1	P-1	Hex screw M8	3
G-1	Flywheel	1	P-2	Pulley	1
G-2	Nut 3/8'	3	P-3	Bushing	1
G-3	Flywheel axle	1	P-4	Axle	1
G-4	Flat washer	1	Q	Disc set	1
G-5	Bearing 6000RS	1	Q-1	Disc crank	2
G-6	Bearing 6300RS	1	Q-2	Disc	2
G-7	Bushing of flywheel	1	Q-3	Disc cap	2
G-8	Nut 3/8'	2	Q-4	Screw M4	8
H	Magnet set	1	Q-5	Flat washer	8
H-1	Screw M6	2			



GB40s / GX40s CONSOLE GUIDE

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COMPUTER FUNCTIONS

- A** Enter / Mode
- B** Recovery
- C** Reset
- D** Up
- E** Down
- F** Start / Stop

BUTTON FUNCTIONS

ENTER / MODE

When in a program used as a enter button to confirm settings

RECOVERY

To test heart rate recovery

RESET

Used to reset the functions at any time. Please note **STOP** must be pressed before **RESET**

UP

To select training mode and adjust function value up

DOWN

To select training mode and adjust function value down

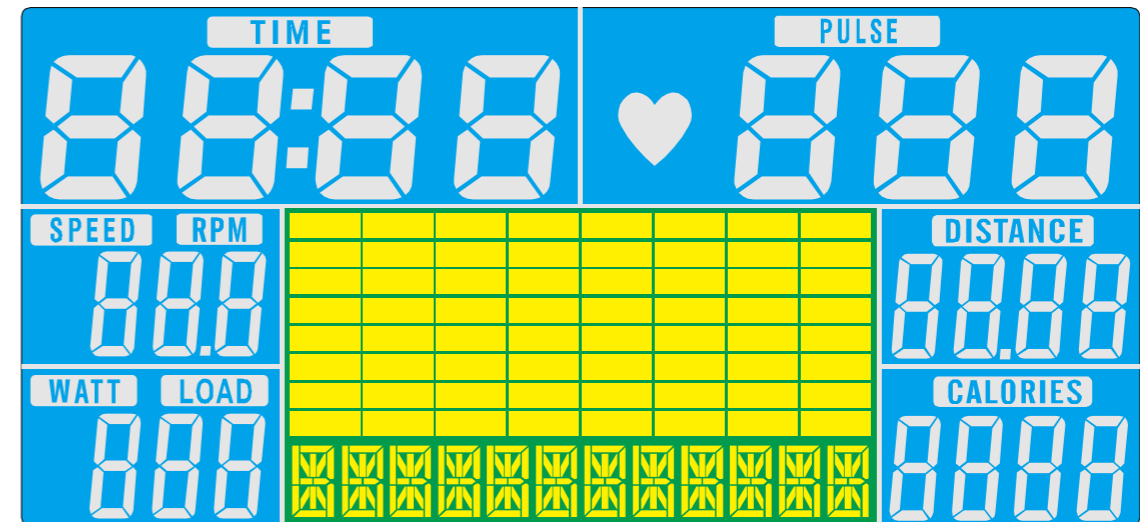
START / STOP

To start or stop exercise

OPERATION PROCEDURE

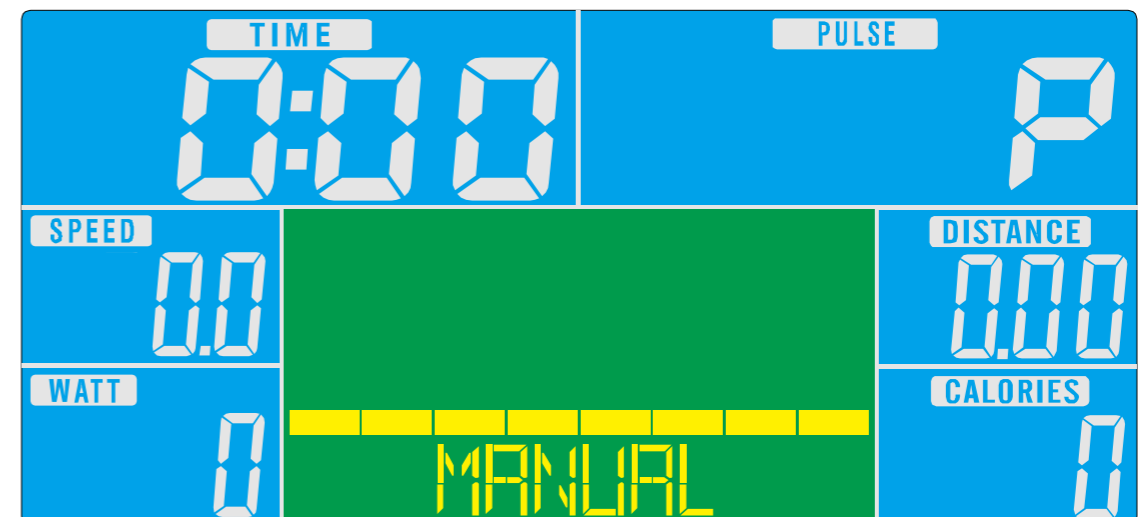
1

When the power supply is connected to the machine the computer will power on with a long beep sound. All segments of the lcd display will light up for 2 seconds and the wheel diameter 78" will be displayed as below.



2

The Main menu will be displayed. The user can press **START** to begin immediately in the manual mode. All values (SPEED, DISTANCE, TIME) will count up from zero. Resistance level can be changed at any time during exercise by pressing **UP** or **DOWN**,

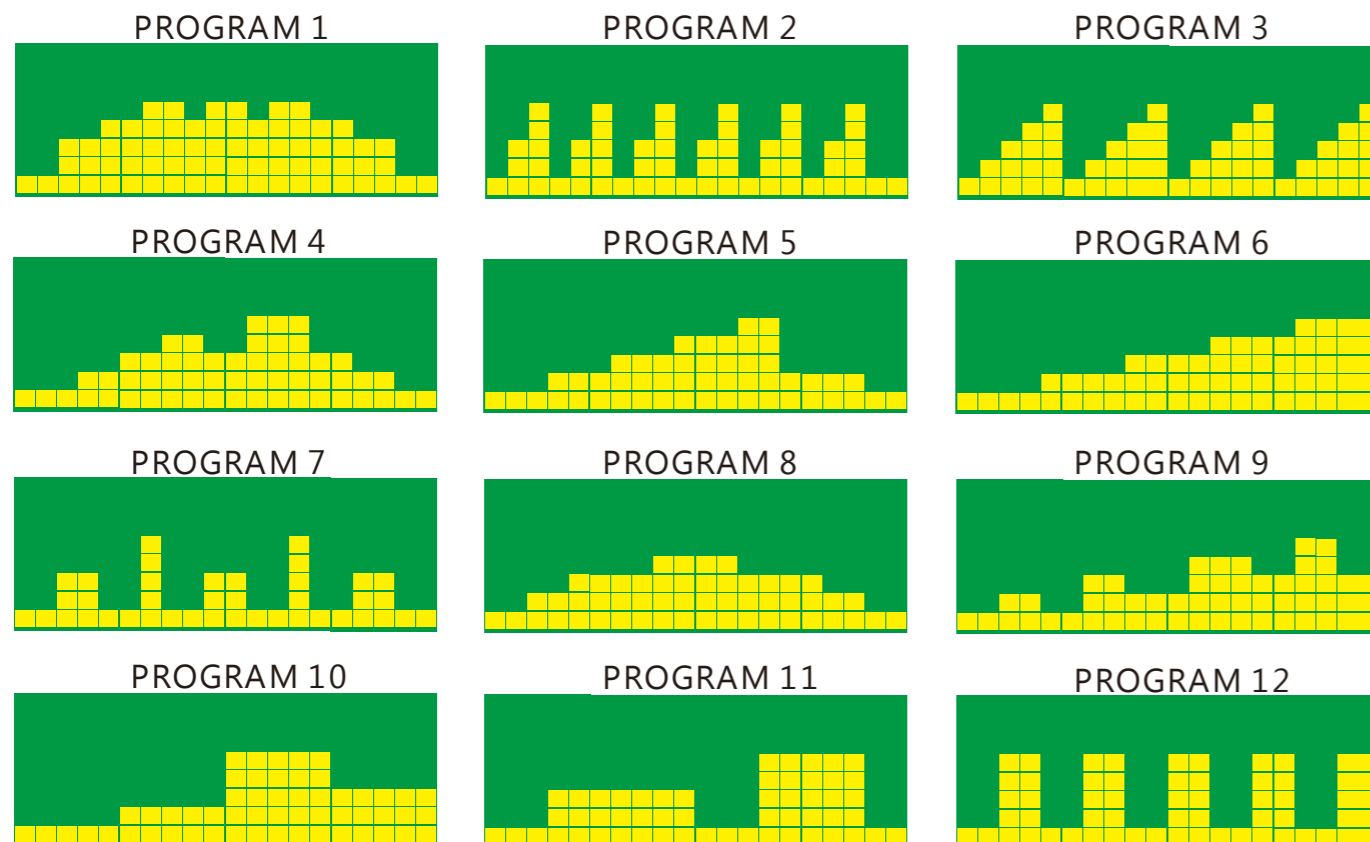


3 Before beginning the manual exercise the user can set the desired workout for **TIME, DISTANCE, CALORIES,** and **PULSE.**

From main menu press **UP/DOWN** buttons to highlight **MANUAL** on the screen. Press **ENTER** to highlight the required selection, use **UP/DOWN** to alter the setting. Press **START** to begin when details have been inputted. The inputted data will now count down from the entered information.

4 Program

- In Main menu press **UP/DOWN** to highlight program function.
- Press **Enter**, P1 will be displayed.
- Use **UP/DOWN** to select program **P1 - P12.**
- Press **ENTER** to enter the program.
- Use **UP/DOWN** to change the workout duration.
- Press **START** to begin.
- Program **level** can be adjusted during exercise by pressing **UP/DOWN**



5 H.R.C (Heart Rate Control) 55%, 75%, 90% and TAG

- In Main menu press **UP/DOWN** to highlight **H.R.C**
 - Press **ENTER** to select
 - **Age** will be displayed press **UP/DOWN** to change
 - press **ENTER** to select
 - Select **H.R.C** program
 - Press **ENTER**
 - Use **UP/DOWN** to change workout duration.
 - Press **START** to begin.
-
- If user selects **H.R.C. TAG** preset PULSE value "100" will be shown in flashing text and then user can press the **UP/DOWN** button to adjust target range from **30 - 230**
 - Press **ENTER**
 - Use **UP/DOWN** to change workout duration.
 - Press **START** to begin

Maximum users heart rate is worked out as $220 - \text{age} = \text{total TARGET HEART RATE}$. This is the maximum your heart rate (MHR) should be. You can then work out at 55%, 75% or 90% of this. For example: $220 - 25$ (users age) = 195 MHR, from here you can work out at the desired %.

- Computer will record the **TARGET HEART RATE** and allow the user to work out within this. The resistance level will automatically be changed.
- If no heart rate is being recorded the below will be displayed on the screen. In this instance ensure that both hands are securely holding the pulse sensors.

6 Watt

- In Main menu press **UP/DOWN** to highlight **Watt**
- Press **ENTER** to confirm.
- Press **UP/DOWN** to set target WATTS. (10 - 350)
- Press **ENTER** to confirm.
- Press **UP/DOWN** to set TIME.
- Press **START** to begin your workout.

During workout, system will adjust LOAD level automatically based on **WATT** Target value and workout status.

7 User Program

User can create own workout profile.

- In main menu press **UP/DOWN** to select USER.
- Program profile will be displayed
- Press **UP/DOWN** to alter resistance level in the first segment of the profile.
- Press **MODE** to move to the next segment.
- Continue the above for all columns.
- Press **START** to begin exercise once complete.

8 Recovery

At any time during workout RECOVERY button can be pressed to record recovery level.

- Press RECOVERY button.
- Place both hands on the pulse sensors.
- Computer will count down from 0.60 seconds and display the PULSE as below.
DO NOT REMOVE YOUR HAND FROM THE PULSE SENSORS OR THE READING WILL NOT BE GIVEN.



- After the computer has counted down for 0.60 seconds a **RECOVERY** level reading will be given.



Recovery Fitness Grades

- F1 - Excellent
- F2 - Very Good
- F3 - Good
- F4 - Satisfactory
- F5 - Below Average
- F6 - Poor

Notes

- This computer is powered with a 9V power adaptor. DO NOT USE ANY OTHER ADAPTOR WITH THE MACHINE.
- If the computer is inactive for approximately 4 minutes it will shut down automatically and the resistance motor will reset. Press any button to turn the computer back on.
- If at any time the computer does not function correctly remove the power supply and reconnect it to restart.