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## Warning

Before beginning this or any exercise programme, consult your physician. This is especially important for persons who have not exercised regularly before or persons with pre-existing health problems. Read all instructions before using. Reebok® assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## Questions?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have any questions, or if parts are missing or damaged, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL OUR CUSTOMER HOTLINE DIRECT. The trained technicians on our customer hotline will provide immediate assistance free of charge.

UK Customer Hotline:  
**0870 330 0024**

UK E-mail:  
**info@reebokfitness.co.uk**

## UK Customer service address:

RFE International, DFDS House,  
Maidstone Road, Kingston,  
Milton Keynes, MK10 OAJ.

## Caution

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Model No. RE-10200  
Batch No.

Write the batch number in the space above for future reference. The batch number can be found on a sticker underneath the RB1000.



## Parts List

| NO. | DESCRIPTION                       | QTY.   |
|-----|-----------------------------------|--------|
| 1   | BASE FRAME                        | 1 PC.  |
| 2   | FRONT STABILISER                  | 1 PC.  |
| 3   | TRANSPORT ROLLER WHEELS           | 2 PCS. |
| 4   | #8 X 16 MM SCREW                  | 4 PCS. |
| 5   | FRONT END CAP                     | 2 PCS. |
| 6   | M8 X 70 MM CARRIAGE BOLT          | 4 PCS. |
| 7   | M8 WASHER OD 16 MM                | 7 PCS. |
| 8   | M8 SPRING WASHER                  | 4 PCS. |
| 9   | M8 CAP NUT                        | 4 PCS. |
| 10  | REAR STABILISER                   | 1 PC.  |
| 11  | REAR END CAP                      | 2 PCS. |
| 12  | LEFT CHAIN COVER                  | 1 PC.  |
| 13  | RIGHT CHAIN COVER                 | 1 PC.  |
| 14  | SADDLE SUPPORT TUBE INSERT        | 1 PC.  |
| 15  | PLASTIC COLLAR                    | 1 PC.  |
| 16  | SADDLE POST                       | 1 PC.  |
| 17  | SADDLE                            | 1 PC.  |
| 18  | WASHER                            | 3 PCS. |
| 19  | NYLOCK NUT                        | 3 PCS. |
| 20  | SEAT KNOB                         | 1 PC.  |
| 21  | HANDLEBAR POST                    | 1 PC.  |
| 22  | COMPUTER LOWER CABLE              | 1 PC.  |
| 23  | COMPUTER UPPER CABLE              | 1 PC.  |
| 24  | CHROME M8 X 15 MM ALLEN HEAD BOLT | 4 PCS. |
| 25  | PULSE WIRE                        | 1 PC.  |
| 26  | HANDLEBAR BRACKET                 | 1 PC.  |
| 27  | HANDLEBAR                         | 1 PC.  |
| 28  | PULSE GRIP UNIT                   | 2 PCS. |
| 29  | HANDLEBAR CAP                     | 2 PCS. |
| 30  | M8 X 38 MM SCREW                  | 1 PC.  |
| 31  | M8 WING UNIT                      | 1 PC.  |
| 32  | COMPUTER                          | 1 PC.  |
| 33  | M5 X 10 MM SCREW                  | 4 PCS. |
| 34  | M8 X 20 MM SCREW                  | 2 PCS. |

|    |                               |        |
|----|-------------------------------|--------|
| 35 | CRANK ASSEMBLY                | 1 PC.  |
| 36 | CRANK COVER                   | 2 PCS. |
| 37 | PEDAL (LEFT & RIGHT)          | 1 SET  |
| 38 | SENSOR WIRE                   | 1 PC.  |
| 39 | M3 X 8 MM SCREW               | 2 PCS. |
| 40 | BEARING BOWL                  | 2 PCS. |
| 41 | REAR PULLEY                   | 1 PC.  |
| 42 | MAGNET                        | 1 PC.  |
| 43 | WASHER 38 MM                  | 1 PC.  |
| 44 | BALL BEARING RING NUT (RIGHT) | 1 PC.  |
| 45 | BALL BEARING                  | 2 PCS. |
| 46 | BALL BEARING RING NUT (LEFT)  | 1 PC.  |
| 47 | WASHER 36 MM                  | 1 PC.  |
| 48 | RING NUT                      | 1 PC.  |
| 49 | JOCKEY WHEEL BRACKET          | 1 PC.  |
| 50 | BEARING (6001Z)               | 1 PC.  |
| 51 | DRIVE BELT WHEEL              | 1 PC.  |
| 52 | CLIP C12 (ID 11.1 MM)         | 1 PC.  |
| 53 | M8 X 25.4 MM SCREW            | 1 PC.  |
| 54 | M10 NYLON WASHER              | 2 PCS. |
| 55 | M10 WASHER (T = 1.5 MM)       | 1 PC.  |
| 56 | M8 NYLOCK NUT                 | 1 PC.  |
| 57 | CARGE SPRING                  | 1 PC.  |
| 58 | FLYWHEEL                      | 1 PC.  |
| 59 | BELT                          | 1 PC.  |
| 60 | M10 WASHER (T = 2 MM)         | 4 PCS. |
| 61 | 3/8" WH NUT                   | 2 PCS. |
| 62 | SERVO MOTOR                   | 1 PC.  |
| 63 | M6 X 10 MM SCREW              | 4 PCS. |
| 64 | WIRE ROD                      | 1 PC.  |
| 65 | WRENCH                        | 1 PC.  |
| 66 | CHROME WASHER 16 MM FLAT      | 4 PCS. |
| 67 | ALLEN KEY                     | 1 PC.  |
| 68 | CROSS HEAD SCREWDRIVER/WRENCH | 1 PC.  |
| 69 | M8 SPRING WASHER (CHROME)     | 4 PCS. |

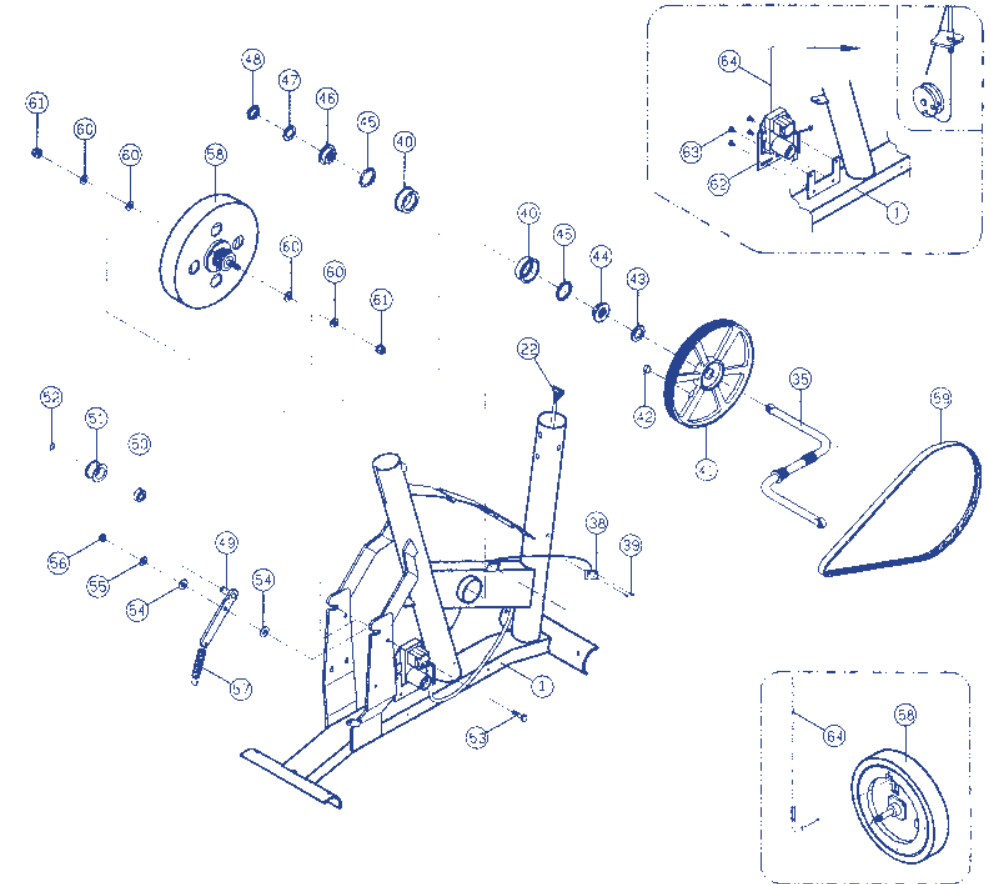
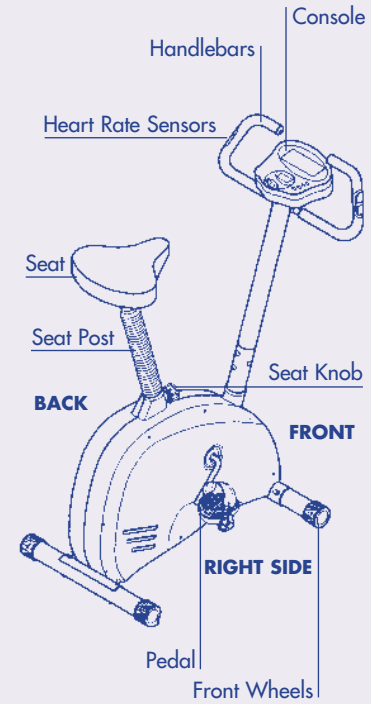
## Before You Begin

Congratulations for selecting the RB1000 exercise cycle from Reebok. Whether you are an accomplished athlete seeking to maintain peak performance or a beginner realising the benefits of exercise for the first time, the RB1000 will help you to achieve your goals. In the "Hints to Help You" section of this manual we have outlined some tips that we hope will help you maximise the effectiveness and fun of your workouts.

In the meantime, remember that the benefits of exercise are many and varied including higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, higher metabolic rate, and improved body posture - all of which can result in a longer and more enjoyable life.

Whilst purchasing the RB1000 will not do all of this alone, it is an important step towards understanding and achieving the benefits of exercise. Well done!

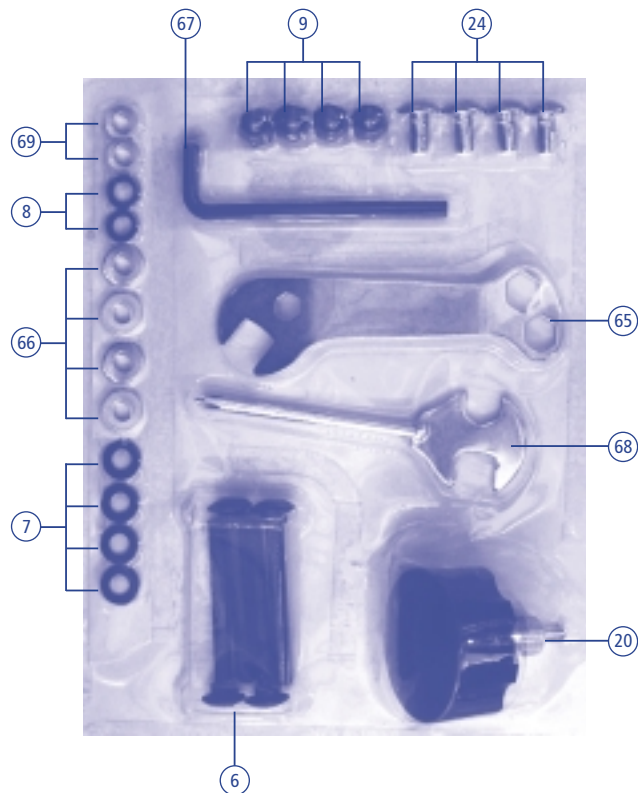
All Reebok products are manufactured to the highest specifications and this instruction manual should enable you to assemble the RB1000 and commence your workout programme. If, however, you have any additional questions, please call our Customer Service Department on +44 (0) 870 330 0024. To help us assist you, please quote the product model number and batch number when calling. The model number is RE-10200. The batch number can be found on a sticker attached to the Reebok® RB1000 (see the front cover of this manual).



## Hardware Pack

The hardware fittings and tools required for assembly are packed in a plastic covering within the main carton. These are referenced by a numerical code as outlined in the parts list (page 4). The pack configuration is shown below in order to ease identification.

**Note:** We suggest that you do not open the hardware pack until you are ready to assemble your RB1000 cycle. When you open the pack, please do so carefully to ensure that the pieces remain in their position by their identification numbers.



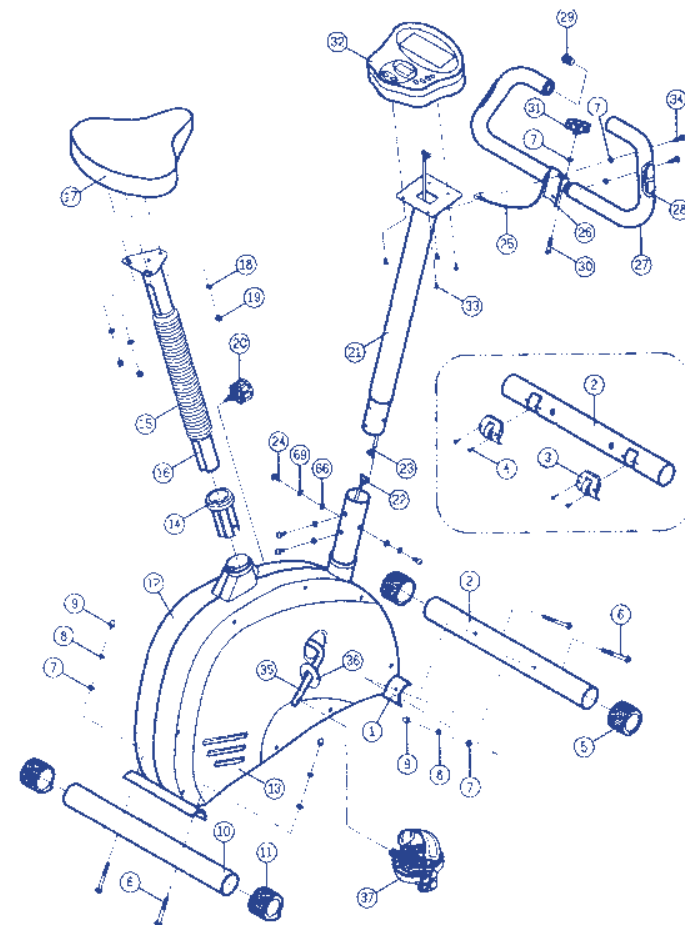
## Part Identification Diagram

Use the diagram below to help identify the parts used in assembly. The numbers in the circles refer to the key number of the part.

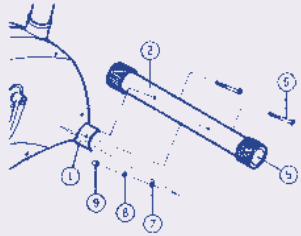
Place all parts of the exercise cycle in a cleared area and remove the packaging materials. Do not dispose of the packaging materials until assembly is completed.

Assembly tools and batteries (4 x 1.5V - size C) are included.

**Note:** Some parts may have been pre-attached for shipping purposes. If a part is not found in the hardware pack, check to see if it has been pre-attached.



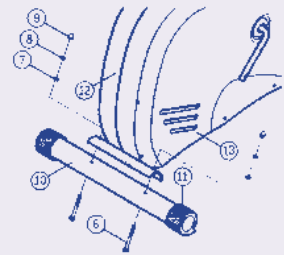
## Assembly Instructions



- 1** Fasten Front Stabiliser (2) to the Base (1) using 2 x (6), 2 x (7), 2 x (8) and 2 x (9) as indicated. Finger tighten one screw at a time and then use Wrench (65) to complete.

The pre-assembled Transportation Wheels in the Front Stabiliser allow the product to be moved with ease. These need to be attached pointing down and to the front.

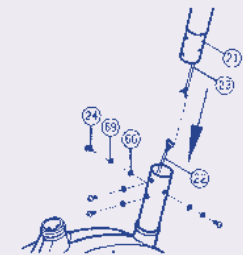
Note: To aid access to the screw holes in the Front Stabiliser during assembly, it may help to place the base on a piece of polystyrene packing.



- 2** Fasten Rear Stabiliser (10) to the Base using 2 x (6); 2 x (7); 2 x (8) and 2 x (9) as indicated. Finger tighten one screw at a time and then use Wrench (65) to complete.

The Rear Stabiliser has adjustable Rear End Caps (11) which can be turned to accommodate slight unevenness in flooring.

Note: To aid access to the screw holes in the Rear Stabiliser during assembly, it may help to place the base on a piece of polystyrene packing.

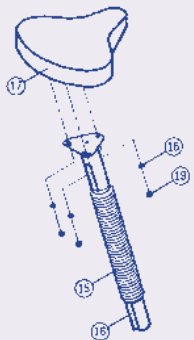


- 3** Connect Computer Upper Cable (23) to Computer Lower Cable (22). A click can be clearly heard when the cables are securely fixed. The cable must remain within the Handlebar Post (21) during connection.

Insert the Handlebar Post into the Base and attach it with 4 x (24), 4 x (69) and 4 x (66). At this point put the batteries in the console, and attach upper cable to the console. You should now hear the motor calibrate the magnets. If you do not hear this, check the connections. If the calibration takes place then remove the console and continue. Finger tighten one screw at a time and then use Allen Key (67) to complete.

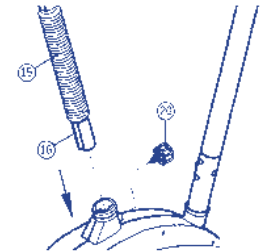
- 4** Attach the Saddle (17) to the Saddle Post (16) using the Nylock Nuts (19) and Washers (18) which are pre-attached to the Saddle.

Insert the Saddle Post (16) into the Plastic Collar (15).



- 5** Insert the Saddle Post into the Base. Align one of the holes in the Saddle Post with the hole in the Base and insert the Seat Knob (20) through the hole in the base into the hole in the Saddle Post. Tighten the Seat Knob into the Base. The Seat Knob is sprung loaded and therefore needs to be pulled away from the frame to enable adjustment of seat height.

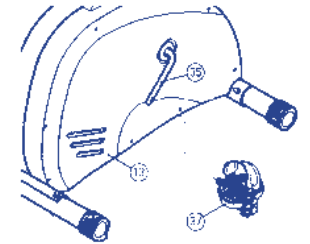
Caution: The seat Knob must be inserted through a hole in the Saddle Post and not beneath the Seat Post otherwise injury or damage to the machine could occur.



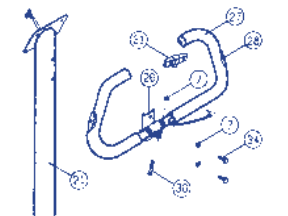
- 6** Identify the Right Pedal (37); there is an 'R' on the Right Pedal for identification. It is extremely important that the correct pedal is inserted into its corresponding crank and tightened in the correct direction.

Insert the Right Pedal into the right arm of the Crank Assembly (35) and finger tighten in a clockwise direction until the thread is fully inserted in the crank. Tighten with wrench at end of Cross Headed Screwdriver (68).

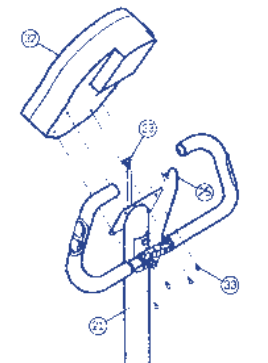
Repeat above with Left Pedal but this time finger tighten in a COUNTERCLOCKWISE direction. Attach toe straps which can be adjusted to fit foot (marked 'R' and 'L').



- 7** Attach the Handlebar (27) to the Handlebar Post (21) with the Handlebar Bracket (26) using 2 x (34) and 2 x (7) which are pre-attached to the Handlebar Post. Ensure the Wing Unit (31) is facing upwards.



- 8** Attach the Computer Upper Cable (23) and the Pulse Wire (25) to the Computer (32). Attach the Computer (32) to the Handlebar Post with 4 x (33), which are already attached to the console. Be careful to avoid pinching the wires inside the Handlebar Post.



## The Computer

The computer that controls the operation of the RB1000 comprises two LCD Screens; the Main LCD Screen displays exercise measurements while the Lower LCD Screen displays the amount of load exerted on the machine, thereby controlling the work being done by the exerciser.

"Function" (Mode, Set, etc.) and "Load" buttons on the face of the computer control the measurement display, target setting and loading of the RB1000. Their operation is described below.

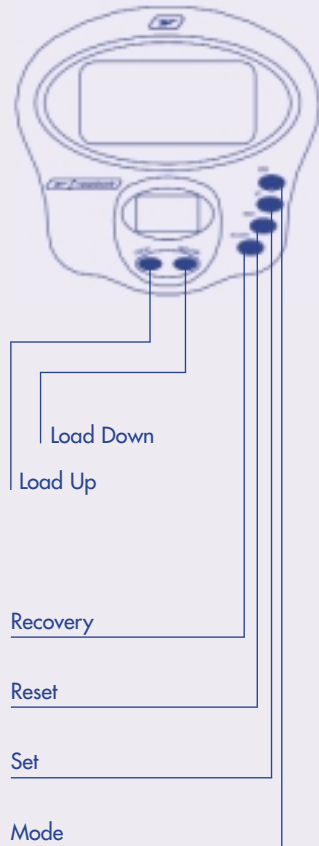
After four minutes of not being used, the Main LCD Screen and Lower LCD Screen will shut off automatically. All screen information will be lost.

In order to start the LCD screens, press the Mode, Set, or Reset button, or start to exercise. All functions will start from zero.

### Main LCD Screen

This screen numerically displays the five exercise measurements provided by the RB1000. Any measurement may be continuously displayed on screen or alternatively all can be displayed for five seconds each in a repeating cycle ("SCAN"). These measurements (known as "Modes") are:

|                  |  |
|------------------|--|
| Time ("TMR")     | This mode displays the length of time exercised.   |
| Speed ("SPD")    | This mode displays pedalling speed, in kilometres per hour.  |
| Distance ("DST") | This mode displays the total number of kilometres pedalled during an exercise session.   |
| Calorie ("CAL")  | This mode displays the approximate number of calories used since commencing an exercise session. This data is a rough guide to be used as a comparison of different exercise sessions; it should not be used for medical assessment. |
| Pulse ("PULSE")  | This mode measures the exercisers heart rate when the handgrip sensors are held. This data is a rough guide to be used as a comparison of different exercise sessions; it should not be used for medical assessment.                 |



## Function & Load Buttons

This screen displays graphically and numerically the load being exerted by the Reebok Electronic Resistance System on the machine. The lowest load is one (1) and the highest is eight (8).

**MODE** This button changes the measurement displays on the Main LCD Screen and allows adjustment between continuous and scanning display.

Pressing the button will move the display through the various Modes described above. The Mode being displayed at any given time will be shown on the display. If the Scan mode is in operation this will also be shown on the screen.

**SET** The RB1000 will allow targets to be set in various Modes against which the exerciser will be measured. This button is used to set these targets.

Use the "Mode" button to select Time, Distance or Calories as described above (a target for Speed and/or Pulse cannot be set). Then use the "Set" button to select the target to be achieved in the selected Mode. A single press will increase the target by one unit. Hold the button to increase the target automatically. Press again to stop at desired target. If a measurement is already displayed on screen and the "Set" button has no effect, push the "Reset" button and start the process again.

Commence exercising on the machine and the computer will count down to zero from the pre-set target. When the target is achieved an alarm will sound for eight seconds. The alarm will stop if any key is pressed, and the function value will count up from zero.

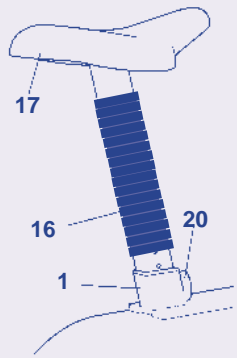
Targets may be set in all appropriate Modes simultaneously.

**RESET** When exercise goals require cancellation or significant adjustment, this button will reset targets for all or selected Modes to zero.

Select the Mode required and press "Reset" button once to reset the target for that Mode to zero. Hold the "Reset" button down to reset targets for all Modes to zero, simultaneously.

**RECOVERY** One of the most appropriate measurements of cardiovascular fitness is the speed at which your heart rate returns from an exercising level to a normal level. To use this measure as a test of your cardiovascular fitness level, push the button at the end of your workout then hold the grip sensors as described below for one minute. The computer will then display your fitness level on a scale of 1 to 9 with 9 being the fittest.

**LOAD UP & LOAD DOWN** These buttons increase and decrease the resistance provided by the machine.



## How to Adjust the Seat

To minimise muscle strain and maximise the efficiency of your workout the cycle seat should be set at a height which allows a slight bend in your knee when the pedal is at its lowest position. The adjustment knob is sprung-loaded. To adjust the seat, pull out the knob and unscrew it from its current setting. Raise or lower the seat to the required height, insert the knob into one of the pre-set holes in the seat post and screw it into place. For safety reasons, please ensure the knob is inserted into a hole rather than underneath the post at the highest possible setting since this may be unstable.

## How to Stabilise your RB1000

If your floor is uneven and your bike unstable you need to rotate the end caps on the rear foot until your bike is no longer unstable.

## How to Adjust the Handlebars

To achieve a comfortable workout position, adjust the handlebars to your preferred position. Twist Wing Unit (31) to loosen, adjust the handlebars as required and tighten Wing Unit.

## How to Transport the RB1000

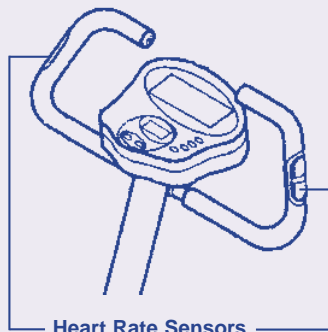
Lift the RB1000 to 45° so that the transportation wheels point downwards and to the front, and use the fixed handlebar to move it.

## How to Operate the Heart Rate Sensors

To measure your pulse place both hands on the pulse sensors as shown. By gripping the heart rate sensors for five to ten seconds, the heart rate symbol will flash and your heart rate will then appear. Continue to grip the sensors for a continual reading.

If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your hands off the sensors and allow the display to reset. Grip again on the sensors as described above.

These sensors are designed to be as accurate as possible. They are however, effected somewhat by the proximity of the computer and the moving machinery. Therefore they should not be used for medical purposes, but instead as a good indicative measure of your heart rate whilst you work out.



Heart Rate Sensors

## Heart Rate Training

In the normal course of our everyday lives our bodies use oxygen to convert nutrients from our food intake into energy for muscle movement and body functions. The amount of energy used is measured in calories. Broadly speaking if we burn more calories than we consume then our body will require additional fuel and will use calories stored as fat. This will lead to a reduced ratio of fat to lean muscle tissue in our body composition and a leaner, fitter appearance.

As we exercise, our heart rate has to increase in order to deliver sufficient oxygen to the working muscles. Regular cardiovascular exercise, such as cycling, results in a stronger heart and lungs that are more efficient at delivering oxygen to muscles which, in turn, are more efficient at converting calories into energy.

It is however, imperative that you accurately determine the target heart rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

Start by determining your approximate Maximum Heart Rate (MHR). This is the fastest your heart can beat, measured in beats per minute. Whilst there are sophisticated ways to measure MHR, an acceptable approximation can be made using the following calculation:

Males      Estimated Max MHR = 220 – Age  
Females    Estimated Max MHR = 226 – Age

Finally, use the Reebok University Training Pyramid on the next page to determine the level at which you should be exercising based upon your MHR. This level should be maintained using either the cycle's heart rate grip sensors or a Reebok Heart Rate Monitor.

## Reebok Heart Rate Monitors

Reebok's new Heart Rate Monitors (HRM) provide the most accurate and effective way to measure your heart rate. Built to guide you through any type of workout, every Reebok HRM comes with the unique Reebok University Training Guide, which provides you with advice on how to work out effectively and time-efficiently. The ECG-accurate HRMs are packed with features, including a multi-function chronograph and a 'Key Press' function which lets you measure your heart rate without a chest transmitter.

For more information on Reebok Heart Rate Monitors call our Customer Hotline on 01908 512244.



## Training with Reebok University

Established in 1993, Reebok University brings together some of the world's leading fitness professionals and provides you with access to the latest research in the health and fitness industry. Reebok University has developed a unique fitness programme with the Reebok Heart Rate Monitor as its cornerstone - the Reebok University Training Pyramid. Incorporating all the essential principles of exercise, the training pyramid utilises four distinct training levels based on varying exercise intensities as measured by your heart rate.

Using the table below, select the training level that best describes your specific fitness goals. Then refer to the pyramid to determine the duration as well as the exercise intensity (% of maximum heart rate) of your workout programme.

- 1 Active lifestyle**  
Improve functional capacity • Decrease disease risk  
Increase life span • Physical well being
- 2 Healthy Heart**  
Improve cardiovascular health • Lose weight • Increase energy • Decrease blood pressure • Decrease cholesterol  
Increase immune function • Decrease stress
- 3 Cardio Challenge**  
Improve cardiovascular health • Increase aerobic capacity and endurance
- 4 Extreme Training Challenge**  
Improve lactic acid tolerance • Performance gains  
Increase anaerobic capacity



As a guide, Reebok University recommend that beginners work out in the Active Lifestyle range for the first eight weeks of their training. After that you will be able to design your own exercise programme to suit your preferences and objectives.

## Hints to Help You Achieve Your Goals

Always use your RB 1000 in the correct manner and sitting in the correct bio-mechanical position incorrect use may lead to injury.

There are a vast number of benefits to exercising. They include improved sleeping patterns, increased metabolic rate due to the higher ratio of lean muscle tissue to fat (thereby burning calories even when not working out), improved posture reducing risk of back pain, denser bone mass reducing risk of osteoporosis, clearer skin and the improved self-esteem that go with all of these. Do not use weight loss as your only measure of success. Your mirror is a much better indicator than your scales.

Don't set unrealistic goals at the outset of your exercise programme. This could lead to muscle soreness and de-motivation. Instead use the cycle for no more than 20 minutes three times a week to allow your body to recover, and monitor your exertion level using the heart rate grips and the tables above. Remember, you're changing your life, take time to do it properly.

Don't try to immediately change your entire lifestyle to get fitter. Incremental change is far easier and more sustainable. Don't try to give up fatty foods, alcohol, late nights and start a gruelling exercise regime all on the same day. Take it one step at a time, ensure the changes you make genuinely become part of your lifestyle and don't chastise yourself for backsliding occasionally.

Understand the other elements of your daily life that can help or hinder you in achieving your goals. Nutrition is vitally important in affecting your general well-being with regard to the type of food you eat and when you eat it. Also, there are many opportunities during your normal day when your current habits could be substituted for healthier practices. Instead of taking the lift, take the stairs and instead of sitting over a long lunch, take a brisk walk and eat an apple. Even if you only do it one day of the week it all helps.



## How to Maintain the RB1000

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

For continued smooth operation of the exercise cycle, the Front and Rear Stabilisers should be kept clean. Using a soft cloth and mild detergent, clean any dust and residue that may build up where the Wheels move on the Stabilisers. Other components of the exercise cycle can also be cleaned in this manner.

**IMPORTANT:** Never use abrasives or solvents to clean the exercise cycle. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

## Troubleshooting

### BATTERY REPLACEMENT

Replace the batteries if:

- screen goes blank
- battery icon appears in lower screen
- no resistance change is felt

### CHECK WIRE CONNECTIONS

Check the connections if:

- screen goes blank
- no resistance is felt
- no resistance change is felt
- resistance is very high

## Contact Number

If you have any other problems please call the following number:

TECHNICAL SUPPORT TEAM **0870 330 0024**