Reebok
ONE GX40s

RECOVERY
RESET
ENTER
UP
DOWN
STOP / START

GB40s / GX40s CONSOLE GUIDE

Reebok
ONE SERIES

COMPUTER FUNCTIONS

A Enter / Mode **D** Up

B Recovery **E** Down

C Reset **F** Start / Stop

BUTTON FUNCTIONS

ENTER / MODE
When in a program used as a enter button to confirm settings

RECOVERY
To test heart rate recivery

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

UP
To select training mode and adjust funtion value up

DOWN
To select training mode and adjust function value down

START / STOP
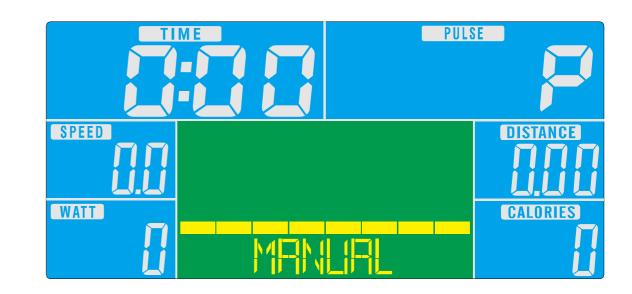To start or stop exercise

OPERATION PROCEDURE

1

When the power supply is connected to the machine the computer will powe on with a long beep sound. All segments of the lcd display will light ip for 2 seconds and the wheel diameter 78" will be dosplayed 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**,
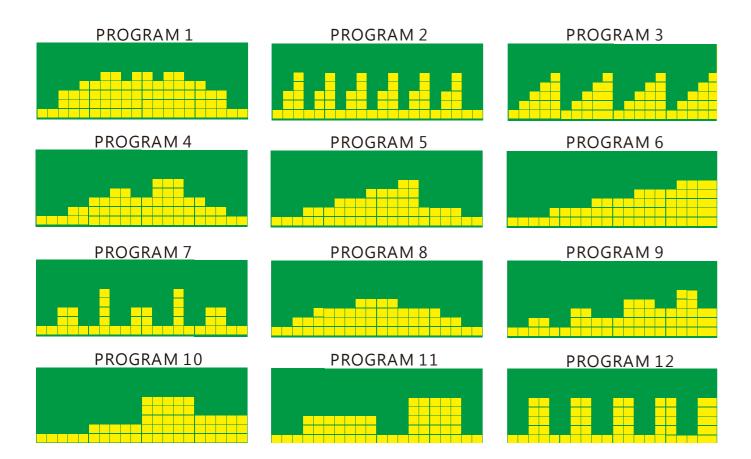
3 Before beginning the manual exercise the user can set the desired workout for **TIME, DISTANCE, CALORIES,** and **PULSE.**

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**

PROGRAM 1   PROGRAM 2   PROGRAM 3

PROGRAM 4   PROGRAM 5   PROGRAM 6

PROGRAM 7   PROGRAM 8   PROGRAM 9

PROGRAM 10   PROGRAM 11   PROGRAM 12

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 – age = 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.
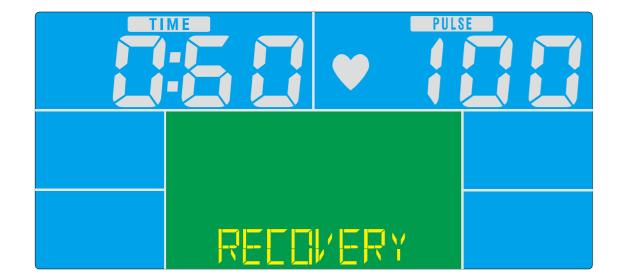
7 **User Program**

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.
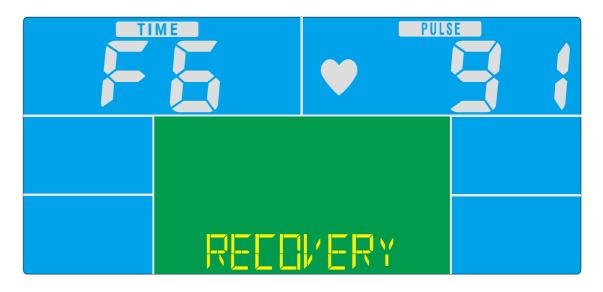- Press **START** to begin exercise once complete.

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.