ZR7 CONSOLE.GUIDE

Reebok

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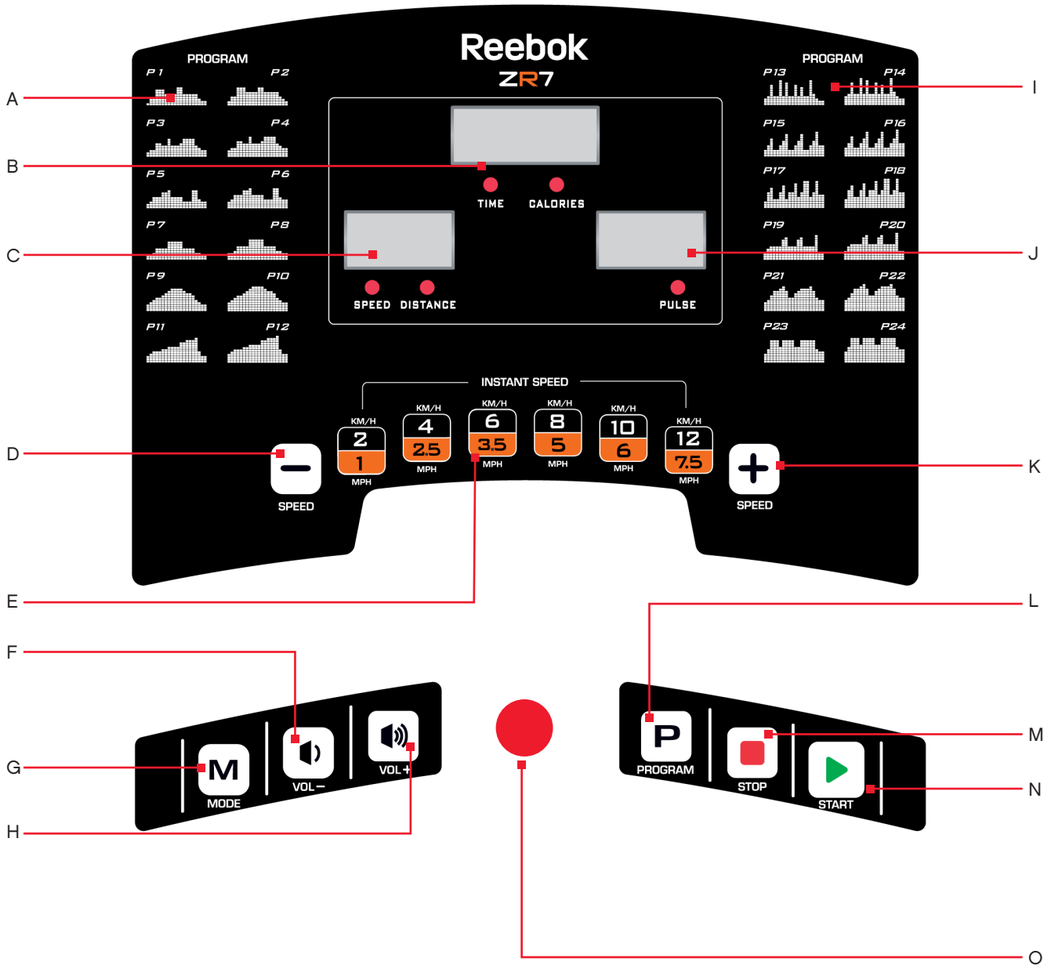

COMPUTER FUNCTION

A Program Guide
B Time/Calorie Display
C Speed/Distance Display
D Speed
E Instant Speed
F Volume (–)
G Mode
H Volume (+)
I Program Guide
J Pulse
K Speed +
L Program
M Stop
N Start
O Safety Key

BUTTON OPERATION

Program

Selects the desired program (P01-P24, U01-U03, FAT) See COMPUTER PROGRAMS below.

Mode

This has 2 functions:

- To select time, distance and calories.
- To confirm data when in program settings.

Start

Will commence a program.

Stop

To stop machine at any time during a workout. The running belt will slow and stop completely; all data will be reset to zero.

Speed -

- Decreases the speed during workout.
- Select the program from P01,P02,P03-FAT after pressed MODE button to select the program.

Speed +

- Increases the speed during workout.
- Select the program from FAT-U03…P01 after pressed MODE button to select the program.

Volume +

- To change the data during MODE, MANUAL MODE and FAT.
- Increase the volume.

Volume -

- To change the data during MODE, MANUAL MODE and FAT.
- Decrease the volume

Instant Speed

Use to select an exact speed whilst running

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 to the treadmill. The clip on the other end of the safety key must be attached to the user at all times during your workout to ensure the machine stops immediately in the event of an emergency.

HANDLEBAR CONTROLS

Speed +/-

Located on the right hand side handlebar the SPEED + or – buttons can be pressed to change the running speed at any time during a program.

Pulse grips

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

COMPUTER PROGRAMS

P0	Manual mode
M1-M3	Time, distance and calories countdown mode
P1-P24	Preset workout programs
U01-U03	User defined programs
FAT	Body fat functions

P0 Manual Program

1. From Standby press START to begin manual mode immediately.
2. Treadmill speed can be manually adjusted by using the speed+/- buttons at any time during a workout, or use instant speed key to choice the desired speed.
3. Press STOP button can stop the working of the motor.
4. Take off the safety key also can stop the working of the motor.

Time, Distance and Calories countdown mode

1. From standby press MODE to select time, distance, calories. Once selected use Vol+/- to alter the required setting and press START to begin.
2. The TIME, DISTANCE or CALORIES will count down from the selection.
3. Once the countdown has completed the computer will beep to indicate the end of the program and \speed window will show “End”, after 5 seconds the computer will beep and all the setting reserve to zero.

P01-P24 Programs

These are preset programs in which the machines speed will be changed automatically during a workout.

Note: If speed is altered by the user during these programs it will revert back to the preset speed at the next segment of the program.

1. From standby screen, Press program button to select required program, use speed+/- to choose
} program, VOL+/- to change the preset data
2. Press START to select and begin using the preset time
3. The default workout time for these programs is 30 minutes. This can be altered by pressing VOL +/- buttons before START is selected.

4. During these programs the speed setting is split into 20 segments. The time of each segment depends on the overall time selected. For example a 20 minute program = 20 segments of 1 minute. Therefore the speed would alter every 1 minute. Times will differ to allow for warm up and cool down.
5. The console will count down and beep for 3 seconds each time the speed is changed.

U01-U03 User Defined Programs

Within these programs the user can define the speed for a personal workout.

1. From standby screen press PROGRAM button until U01, U02 or U03 is displayed
2. Press MODE to enter the first segment of the program.
3. Press SPEED +/- to adjust the speed for this segment and press MODE to continue
4. Repeat above for all 20 segments of the program
5. Once the data is entered for all segments press START to begin

When inputted the program will be saved within the selected user number (U01, U02 or U03)

Body fat function

1. Press PROGRAM button until Body Fat Function is displayed
2. The TIME window will display the preset program (F1-F5),SPEED window will display the input parameters
3. Press mode to select the required program
4. The TIME window will display the programs, press VOL + or – to change this and press MODE to confirm
5. F1 – gender will be displayed. Press VOL +/- to switch between 1 (male) and 2 (female). Press MODE to confirm
6. F2 – age will be displayed. Press VOL +/- to adjust (preset is 25 years, preset range 10-99years). Press MODE to confirm
7. F3 – Height will be displayed. Press VOL +/- to adjust (preset is 170cm, preset range 100-200cm). Press mode to confirm
8. F4 – Weight will be displayed. Press VOL +/- to adjust (preset is 70kg, preset range 20-150kg). Press MODE to confirm
9. F5 will be displayed. At this stage the user information has been stored. Place both hands on the pulse sensors for approximately 2-3 seconds. The test results will then be displayed as below:

19 or below	Underweight
20-25	Normal Weight
25-29	Overweight
30 or above	Obese

Note All readings given are a guideline only and not to be used as a medical device.

Mph to kph conversion

The Speed and distance can be set to operate in MPH or KPH

To switch between these:

1. Remove the SAFETY KEY, the computer will display “---”
2. Press and hold PROGRAM and MODE buttons together for 6 -7 seconds
3. The console will change from MPH to KPH automatically, speed window will show“0.6” stand for MPH

“1.0” stands for KPH

Preset Program Speed Chart

ZR7 Treadmill

KPH Setting		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	1	3	3	7	7	7	5	5	5	5	8	8	5	5	5	5	5	3	2	2
P02	Speed	2	4	4	8	8	8	6	6	6	6	8	8	6	6	6	6	6	4	3	2
P03	Speed	2	3	3	6	6	5	5	8	5	5	5	6	8	8	8	8	5	4	3	3
P04	Speed	3	4	4	7	7	6	6	9	6	6	6	7	9	9	9	9	6	5	4	4
P05	Speed	2	3	5	5	5	7	7	8	5	5	5	5	3	3	3	8	8	4	3	3
P06	Speed	3	4	6	6	6	8	8	9	6	6	6	6	4	4	4	9	9	5	4	4
P07	Speed	2	2	3	5	5	5	5	8	8	8	8	8	5	5	5	5	3	3	2	2
P08	Speed	3	3	4	6	6	6	6	9	9	9	9	9	6	6	6	6	4	4	3	3
P09	Speed	3	3	4	6	6	6	6	9	9	9	9	9	6	6	6	6	4	4	3	3
P10	Speed	4	5	6	7	7	8	9	10	11	11	11	11	10	9	9	8	6	5	4	4
P11	Speed	3	4	5	5	5	6	6	7	7	7	7	9	9	10	10	10	11	5	3	3
P12	Speed	4	5	6	6	6	7	7	8	8	8	8	10	10	11	11	11	12	6	4	4
P13	Speed	3	4	9	4	4	11	4	10	4	4	9	4	8	4	4	11	5	3	2	2
P14	Speed	4	5	10	5	5	12	5	11	5	5	10	5	9	5	5	12	6	4	3	3
P15	Speed	3	5	8	3	3	5	7	10	3	3	5	7	10	3	3	5	7	11	5	5
P16	Speed	4	6	9	4	4	6	8	11	4	4	6	8	11	4	4	6	8	12	6	6
P17	Speed	3	7	9	4	4	7	10	4	7	7	11	2	7	12	12	5	7	12	6	6
P18	Speed	4	8	10	5	5	8	11	5	8	8	12	6	9	13	13	6	8	13	7	7
P19	Speed	3	5	6	6	6	6	9	10	6	6	6	9	10	6	6	6	6	11	3	3
P20	Speed	4	6	7	7	7	7	10	11	7	7	7	10	11	7	7	7	7	12	4	4
P21	Speed	4	5	7	9	9	10	11	9	6	6	8	9	10	10	10	11	9	6	5	5
P22	Speed	5	6	8	10	10	11	12	10	7	7	9	10	11	11	11	12	10	7	6	6
P23	Speed	4	6	10	10	10	7	10	10	10	10	7	7	10	10	10	10	10	6	5	5
P24	Speed	5	7	11	11	11	8	11	11	11	11	8	8	11	11	11	11	11	7	6	6

MPH Setting		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	0.6	1.9	1.9	4.3	4.3	4.3	3.1	3.1	3.1	3.1	5.0	5.0	3.1	3.1	3.1	3.1	3.1	1.9	1.2	1.2
P02	Speed	1.2	2.5	2.5	5.0	5.0	5.0	3.7	3.7	3.7	3.7	5.0	5.0	3.7	3.7	3.7	3.7	3.7	2.5	1.9	1.2
P03	Speed	1.2	1.9	1.9	3.7	3.7	3.1	3.1	5.0	3.1	3.1	3.1	3.7	5.0	5.0	5.0	5.0	3.1	2.5	1.9	1.9
P04	Speed	1.9	2.5	2.5	4.3	4.3	3.7	3.7	5.6	3.7	3.7	3.7	4.3	5.6	5.6	5.6	5.6	3.7	3.1	2.5	2.5
P05	Speed	1.2	1.9	3.1	3.1	3.1	4.3	4.3	5.0	3.1	3.1	3.1	3.1	1.9	1.9	1.9	5.0	5.0	2.5	1.9	1.9
P06	Speed	1.9	2.5	3.7	3.7	3.7	5.0	5.0	5.6	3.7	3.7	3.7	3.7	2.5	2.5	2.5	5.6	5.6	3.1	2.5	2.5
P07	Speed	1.2	1.2	1.9	3.1	3.1	3.1	3.1	5.0	5.0	5.0	5.0	5.0	3.1	3.1	3.1	3.1	1.9	1.9	1.2	1.2
P08	Speed	1.9	1.9	2.5	3.7	3.7	3.7	3.7	5.6	5.6	5.6	5.6	5.6	3.7	3.7	3.7	3.7	2.5	2.5	1.9	1.9
P09	Speed	1.9	2.5	3.1	3.7	3.7	4.3	5.0	5.6	6.2	6.2	6.2	6.2	5.6	5.0	5.0	4.3	3.1	2.5	1.9	1.9
P10	Speed	2.5	3.1	3.7	4.3	4.3	5.0	5.6	6.2	6.8	6.8	6.8	6.8	6.2	5.6	5.6	5.0	3.7	3.1	2.5	2.5
P11	Speed	1.9	2.5	3.1	3.1	3.1	3.7	3.7	4.3	4.3	4.3	4.3	5.6	5.6	6.2	6.2	6.2	6.8	3.1	1.9	1.9
P12	Speed	2.5	3.1	3.7	3.7	3.7	4.3	4.3	5.0	5.0	5.0	5.0	6.2	6.2	6.8	6.8	6.8	7.4	3.7	2.5	2.5
P13	Speed	1.9	2.5	5.6	2.5	2.5	6.8	2.5	6.2	2.5	2.5	5.6	2.5	5.0	2.5	2.5	6.8	3.1	1.9	1.2	1.2
P14	Speed	2.5	3.1	6.2	3.1	3.1	7.4	3.1	6.8	3.1	3.1	6.2	3.1	5.6	3.1	3.1	7.4	3.7	2.5	1.9	1.9
P15	Speed	1.9	3.1	5.0	1.9	1.9	3.1	4.3	6.2	1.9	1.9	3.1	4.3	6.2	1.9	1.9	3.1	4.3	6.8	3.1	3.1
P16	Speed	2.5	3.7	5.6	2.5	2.5	3.7	5.0	6.8	2.5	2.5	3.7	5.0	6.8	2.5	2.5	3.7	5.0	7.4	3.7	3.7
P17	Speed	1.9	4.3	5.6	2.5	2.5	4.3	6.2	2.5	4.3	4.3	6.8	1.2	4.3	7.4	7.4	3.1	4.3	7.4	3.7	3.7
P18	Speed	2.5	5.0	6.2	3.1	3.1	5.0	6.8	3.1	5.0	5.0	7.4	3.7	5.6	8.1	8.1	3.7	5.0	8.1	4.3	4.3
P19	Speed	1.9	3.1	3.7	3.7	3.7	3.7	5.6	6.2	3.7	3.7	3.7	5.6	6.2	3.7	3.7	3.7	3.7	6.8	1.9	1.9
P20	Speed	2.5	3.7	4.3	4.3	4.3	4.3	6.2	6.8	4.3	4.3	4.3	6.2	6.8	4.3	4.3	4.3	4.3	7.4	2.5	2.5
P21	Speed	2.5	3.1	4.3	5.6	5.6	6.2	6.8	5.6	3.7	3.7	5.0	5.6	6.2	6.2	6.2	6.8	5.6	3.7	3.1	3.1
P22	Speed	3.1	3.7	5.0	6.2	6.2	6.8	7.4	6.2	4.3	4.3	5.6	6.2	6.8	6.8	6.8	7.4	6.2	4.3	3.7	3.7
P23	Speed	2.5	3.7	6.2	6.2	6.2	4.3	6.2	6.2	6.2	6.2	4.3	4.3	6.2	6.2	6.2	6.2	6.2	3.7	3.1	3.1
P24	Speed	3.1	4.3	6.8	6.8	6.8	5.0	6.8	6.8	6.8	6.8	5.0	5.0	6.8	6.8	6.8	6.8	6.8	4.3	3.7	3.7