ZR14
CONSOLE.GUIDE

Reebok

Reebok

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COMPUTER FUNCTION

A LCD Display
B Program Guide
C Incline Display
D Program Display
E Time Display
F User Menu
G Fan
H Instant Incline
I Instant Speed
J Stop
K Program
L Speed Display
M Program Guide
N Distance Display
O Calorie Display
P Heart rate control
Q Incline Up/Down
R Speed Up/Down
S MP3 Input
T Mode
U Stop

BUTTON OPERATION

Program

Selects the desired program (P0-P24, FAT,HRC 1-3, U01-U03,) See COMPUTER PROGRAMS below.

Return to manual mode when in U3 program press Mode key

Mode

This has 2 functions:

To Select H-1 (time), H-2 (distance) and H-3 (calories) countdown mode

To confirm data when in program settings

Start

Will commence a program/start the running belt

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.

Incline “+”

This has 2 functions:

Raises the running belt incline level during workout

Increases the value when in FAT function or inputting data

Incline “-”

This has 2 functions:

Lowers the running belt incline level during workout or user mode

Decreases the value when in FAT function or inputting data

Speed ▲

Increases speed during workout

Raise the time during MODE function, chose the Setting during FAT and changes date during HRC

Speed ▼

Decreases speed during workout

Lowers the time during MODE function, chose the etting during FAT and changes date during HRC

Quick Speed

Used to select an exact speed whilst running

Quick Incline

Used to select an exact incline whilst running

Quick HRC

Used to select an exact HRC program, HRC1, HRC2 or HRC3

Quick User program

Used to select an exact user program, U01, U02, U03

MP3 Input

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

Fan

To turn Fan on or off

Safety Key

Included with this machine is a red Safety Key, without which the treadmill can't operate. Its purpose is to immediately stop the machine in the event of an emergency. "---" will be displayed immediately and a beep sound will be heard, if the key is not correctly attached to the treadmill. Two or three seconds later computer will display"PLEASE INSTALL SAFE KEY" until the key is in place. 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 handlebar the SPEED + or – buttons can be pressed to change the running speed at any time during a program.

Incline ▲/▼

Located on the handlebar the INCLINE ▲/▼ buttons can be pressed to change the incline level of the running deck at any time during a program.

Pulse grips

There are pulse sensors located on the 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 Program (Normal mode, Time, Distance and Calories countdown mode)

P01-P24 - Preset workout programs

FAT - Body Fat program

HRC1-HRC3 - Heart Rate Control programs

U01 – U03 - User defined programs

P0 Manual Program

1. From Standby press START to begin normal manual mode immediately.
2. The TIME/DISTANCE/CALORIES will count up from zero.
3. Treadmill speed can be manually adjusted by using the Speed + or – buttons at any time during a workout.

Time, Distance and Calories countdown mode

1. From standby press MODE to select time, Distance and Calories countdown mode.
2. Once selected use INCLINE +/- to alter the required setting and press START to begin.
3. The TIME, DISTANCE or CALORIES will count down from the selection
4. Once the countdown has completed the computer will show "End" and beep to indicate the end of the program and all readings will be reset to zero.

P01-P24 Programs

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

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

1. From standby screen, press program button to select required program.
2. The default workout time for these programs is 30 minutes. This can be altered by pressing incline +/- buttons before START is selected.
3. During these programs the speed and incline settings are 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/incline would alter approximately every 1 minute. Times will differ to allow for warm up and cool down.
4. Press START to select and begin using the preset time
5. The console will show" End" and beep every second until the running belt stops when the preset time reaches zero

Preset Program Speed/Incline

ZR14 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	2	2	3	3	4	4	4	4	4	4	4	4	4	4	3	3	2	2	1
	Incline	0	0	1	1	2	2	2	3	3	2	2	3	2	3	2	2	1	1	0	0
P02	Speed	1	2	2	3	4	4	7	4	7	7	7	4	7	7	4	4	3	2	2	1
	Incline	0	0	2	3	4	3	4	4	5	5	6	7	6	6	5	4	3	2	0	0
P03	Speed	1	2	2	3	4	4	7	7	4	7	7	7	7	4	4	4	3	2	2	1
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	3	0	0
P04	Speed	1	2	2	3	3	6	6	6	6	6	6	9	6	6	6	3	3	2	2	1
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	2	0	0
P05	Speed	1	2	2	3	4	6	6	6	6	9	6	6	6	6	6	4	3	2	2	1
	Incline	0	0	2	4	6	8	6	8	5	10	11	8	6	7	6	8	4	2	0	0
P06	Speed	1	2	2	4	4	6	6	9	9	9	9	6	6	6	6	6	4	2	2	1
	Incline	0	0	3	4	5	6	5	6	5	7	6	7	5	7	6	7	7	3	0	0
P07	Speed	2	3	4	6	6	9	11	11	9	11	11	9	11	11	9	9	6	4	4	2
	Incline	0	0	2	4	4	6	7	8	10	12	13	13	12	10	8	6	4	2	0	0
P08	Speed	1	2	2	4	4	7	7	7	7	9	9	11	9	11	9	9	11	11	8	4
	Incline	0	0	2	4	8	10	13	2	4	8	10	13	2	4	9	10	13	2	0	0
P09	Speed	2	3	3	6	6	9	11	11	7	9	11	11	11	11	9	9	6	3	3	2
	Incline	0	0	13	10	8	4	2	13	10	8	4	2	13	10	8	4	3	3	0	0
P10	Speed	0	0	13	10	8	4	2	13	10	8	4	2	13	10	8	4	3	3	0	0
	Incline	0	0	2	2	4	4	3	4	5	6	5	6	8	7	8	9	10	10	0	0
P11	Speed	2	4	4	6	6	9	4	6	6	9	4	6	6	9	4	6	6	9	4	10
	Incline	0	0	10	12	10	12	8	8	7	7	5	6	5	6	4	3	4	3	0	0
P12	Speed	1	3	3	6	9	11	3	6	9	11	3	6	9	11	3	6	9	11	6	4
	Incline	0	0	12	11	9	8	12	11	9	8	12	11	9	8	12	11	9	8	0	8

KPH Setting		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P13	Speed	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	0	0	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12	0	0
P14	Speed	2	3	3	6	9	11	3	6	9	11	3	6	9	11	3	6	9	11	6	3
	Incline	0	0	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12	0	0
P15	Speed	4	6	11	11	9	6	11	11	9	6	11	11	9	6	11	11	9	6	4	2
	Incline	0	0	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2	0	0
P16	Speed	2	4	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	0	0	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6	0	0
P17	Speed	2	2	2	4	6	6	9	11	11	2	4	6	6	11	11	9	6	2	2	2
	Incline	0	0	2	4	6	8	10	12	13	12	13	12	13	10	8	6	4	2	0	0
P18	Speed	3	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6	6	2	2	2
	Incline	0	0	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2	0	0
P19	Speed	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	0	0	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4	0	0
P20	Speed	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	0	0	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2	0	0
P21	Speed	2	6	2	6	11	2	6	11	2	6	11	2	6	11	2	6	11	2	6	2
	Incline	0	0	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2	0	0
P22	Speed	2	6	11	6	2	11	6	2	11	6	2	11	6	2	11	6	2	2	4	2
	Incline	0	0	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2	0	0
P23	Speed	4	6	11	6	6	2	11	6	6	2	11	6	6	2	11	6	6	2	2	2
	Incline	0	0	2	3	4	5	6	6	7	8	10	11	12	12	13	13	10	2	0	0
P24	Speed	4	6	11	6	4	11	6	4	11	6	4	11	6	4	11	6	4	2	4	2
	Incline	0	0	4	4	5	6	7	8	10	10	12	13	12	13	12	13	10	2	0	0

1KPH = approx 0.6 MPH

Preset Program Speed/Incline

ZR14 Treadmill

MPH Setting		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	15		15	
P01	Speed	0.6	1.2	1.2	1.9	1.9	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	1.9	1.9	1.2	1.2	0.6
	Incline	0	0	1	1	2	2	2	3	3	2	2	3	2	3	2	2	1	1	0	0
P02	Speed	0.6	1.2	1.2	1.9	2.5	2.5	4.3	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	1.9	1.2	1.2	0.6
	Incline	0	0	2	3	4	3	4	4	5	5	6	7	6	6	5	4	3	2	0	0
P03	Speed	0.6	1.2	1.2	1.9	2.5	2.5	4.3	4.3	2.5	4.3	4.3	4.3	4.3	2.5	2.5	2.5	1.9	1.2	1.2	0.6
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	3	0	0
P04	Speed	0.6	1.2	1.2	1.9	1.9	3.7	3.7	3.7	3.7	3.7	3.7	5.6	3.7	3.7	3.7	1.9	1.9	1.2	1.2	0.6
	Incline	0	0	3	7	4	4	7	4	8	4	3	7	3	7	5	4	7	2	0	0
P05	Speed	0.6	1.2	1.2	1.9	2.5	3.7	3.7	3.7	3.7	5.6	3.7	3.7	3.7	3.7	3.7	2.5	1.9	1.2	1.2	0.6
	Incline	0	0	2	4	6	8	6	8	5	10	11	8	6	7	6	8	4	2	0	0
P06	Speed	0.6	1.2	1.2	2.5	2.5	3.7	3.7	5.6	5.6	5.6	5.6	3.7	3.7	3.7	3.7	3.7	2.5	1.2	1.2	0.6
	Incline	0	0	3	4	5	6	5	6	5	7	6	7	5	7	6	7	7	3	0	0
P07	Speed	1.2	1.9	2.5	3.7	3.7	5.6	6.8	6.8	5.6	6.8	6.8	5.6	6.8	6.8	5.6	5.6	3.7	2.5	2.5	1.2
	Incline	0	0	2	4	4	6	7	8	10	12	13	13	12	10	8	6	4	2	0	0
P08	Speed	0.6	1.2	1.2	2.5	2.5	4.3	4.3	4.3	4.3	5.6	5.6	6.8	5.6	6.8	5.6	5.6	6.8	6.8	5.0	2.5
	Incline	0	0	2	4	8	10	13	2	4	8	10	13	2	4	9	10	13	2	0	0
P09	Speed	1.2	1.9	1.9	3.7	3.7	5.6	6.8	6.8	4.3	5.6	6.8	6.8	6.8	6.8	5.6	5.6	3.7	1.9	1.9	1.2
	Incline	0	0	13	10	8	4	2	13	10	8	4	2	13	10	8	4	3	3	0	0
P10	Speed	0.6	1.2	1.2	2.5	2.5	3.7	1.2	2.5	2.5	3.7	1.2	2.5	2.5	3.7	1.2	2.5	2.5	3.7	2.5	1.9
	Incline	0	0	2	2	4	4	3	4	5	6	5	6	8	7	8	9	10	10	0	0
P11	Speed	1.2	2.5	2.5	3.7	3.7	5.6	2.5	3.7	3.7	5.6	2.5	3.7	3.7	5.6	2.5	3.7	3.7	5.6	2.5	0.6
	Incline	0	0	10	12	10	12	8	8	7	7	5	6	5	6	4	3	4	3	0	0
P12	Speed	0.6	1.9	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	3.7	2.5
	Incline	0	0	12	11	9	8	12	11	9	8	12	11	9	8	12	11	9	8	0	0

1MPH = approx 1.6 KPH

MPH Setting		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	18	18	19	20
P13	Speed	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5
	Incline	0	0	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12	0	0
P14	Speed	1.2	1.9	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	1.9	3.7	5.6	6.8	3.7	1.9
	Incline	0	0	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12	0	0
P15	Speed	2.5	5.6	6.8	6.8	5.6	3.7	6.8	6.8	5.6	3.7	6.8	6.8	5.6	3.7	6.8	6.8	5.6	3.7	2.5	1.2
	Incline	0	0	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2	0	0
P16	Speed	1.2	2.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5
	Incline	0	0	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6	0	0
P17	Speed	1.2	1.2	1.2	2.5	3.7	3.7	5.6	6.8	6.8	1.2	2.5	3.7	3.7	6.8	6.8	5.6	3.7	1.2	1.2	1.2
	Incline	0	0	2	4	6	8	10	12	13	12	13	12	13	10	8	6	4	2	0	0
P18	Speed	1.9	3.7	1.9	3.7	3.7	1.9	3.7	3.7	1.9	3.7	3.7	1.9	3.7	3.7	1.9	3.7	3.7	1.2	1.2	1.2
	Incline	0	0	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2	0	0
P19	Speed	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5
	Incline	0	0	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4	0	0
P20	Speed	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5	2.5	7.5
	Incline	0	0	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2	0	0
P21	Speed	1.2	3.7	1.2	3.7	6.8	1.2	3.7	6.8	1.2	3.7	6.8	1.2	3.7	6.8	1.2	3.7	6.8	1.2	3.7	1.2
	Incline	0	0	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2	0	0
P22	Speed	1.2	3.7	6.8	3.7	1.2	6.8	3.7	1.2	6.8	3.7	1.2	6.8	3.7	1.2	6.8	3.7	1.2	1.2	2.5	1.2
	Incline	0	0	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2	0	0
P23	Speed	2.5	3.7	6.8	3.7	3.7	1.2	6.8	3.7	3.7	1.2	6.8	3.7	3.7	1.2	6.8	3.7	3.7	1.2	1.2	1.2
	Incline	0	0	2	3	4	5	6	6	7	8	10	11	12	12	13	13	10	2	0	0
P24	Speed	2.5	3.7	6.8	3.7	2.5	6.8	3.7	2.5	6.8	3.7	2.5	6.8	3.7	2.5	6.8	3.7	2.5	1.2	2.5	1.2
	Incline	0	0	4	4	5	6	7	8	10	10	12	13	12	13	12	13	10	2	0	0

U01-U03 User defined programs

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

1. From standby screen press PROGRAM button until U01, U02 or U03 is displayed, or speed +/- or use quick user profile button to chose the user program needed.
2. Press MODE to enter the first segment of the program.
3. Press SPEED +/- to adjust the speed and INCLINE ▲/▼ to adjust incline for this segment and press MODE to continue, or use quick speed and INCLINE button to chose the speed and incline needed.
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 (SEX) is displayed
2. The speed window will display the program parameters, press incline +/- to change this and press MODE to move to next step
3. Sex will be displayed in dot matrix window, Press incline +/- to switch between 01 (male) and 02 (female)
4. Press MODE AGE will be displayed in dot matrix window, Press incline +/- to adjust (preset is 25 years) The suitable age
5. Press MODE HEI will be displayed in dot matrix window, Press incline +/- to adjust. (preset is 170cm) the height
6. Press MODE WEI will be displayed in dot matrix window, Press incline +/- to adjust. (preset is 70kg) and press MODE to confirm the weight
7. Press MODE BMI will be displayed in dot matrix window, At this stage the user information has been stored, Speed window will show fat rate. Place both hands on the pulse sensors for approximately 8 seconds. The BMI 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.

HRC1 – HRC3 - Heart rate control

(Optional, only applicable to Treadmills with HRC and chest belt).

1. Press Program until HRC1, HRC2 or HRC3 is displayed, or use the quick HRC button to choose the HRC needed
2. Press MODE to input user personal data (HRC will appear in the SPEED window)
3. Users age will be displayed in the HEART RATE window (preset is 25), press incline +/- to change and press MODE to confirm, if press speed +/-, it will enter the up or next Mode
4. HEART RATE window will display the recommended Target Heart Rate, to adjust this use speed +/- keys, press MODE to confirm *The computer will recommend the most suitable Target Heart Rate based on the users age*
5. Time will be displayed, preset is 30.00 minutes, press incline +/- to change. The range is 5.00-99.00 minutes.
6. Press START to begin

Preset data for HRC1,HRC2 and HRC3:

HRC1 Preset data (220-AGE)x60%, can be adjust from 50%-70%

HRC2 Preset data (220-AGE)x75%, can be adjust from 70%-80%

HRC3 Preset data (220-AGE)x75%, can be adjust from 80%-90%

Changing from Mph to Kph

- Remove the SAFETY KEY, the window will display "---" immediately and with sound of Beep, Two or three seconds later computer sill display "PLEASE INSTALL SAFE KEY".
- Press and hold PROGRAM and MODE buttons together for 2 -3 seconds
- The console will change from MPH to KPH automatically