Reebok

QUICK INCLINE

QUICK SPEED

4 8 12

PROGRAM
MODE

P M

14 KM/H 8.7 MPH
8 KM/H 5.0 MPH
4 KM/H 2.5 MPH

STOP
START

Reebok
ONE SERIES

ONE GT30
CONSOLE GUIDE

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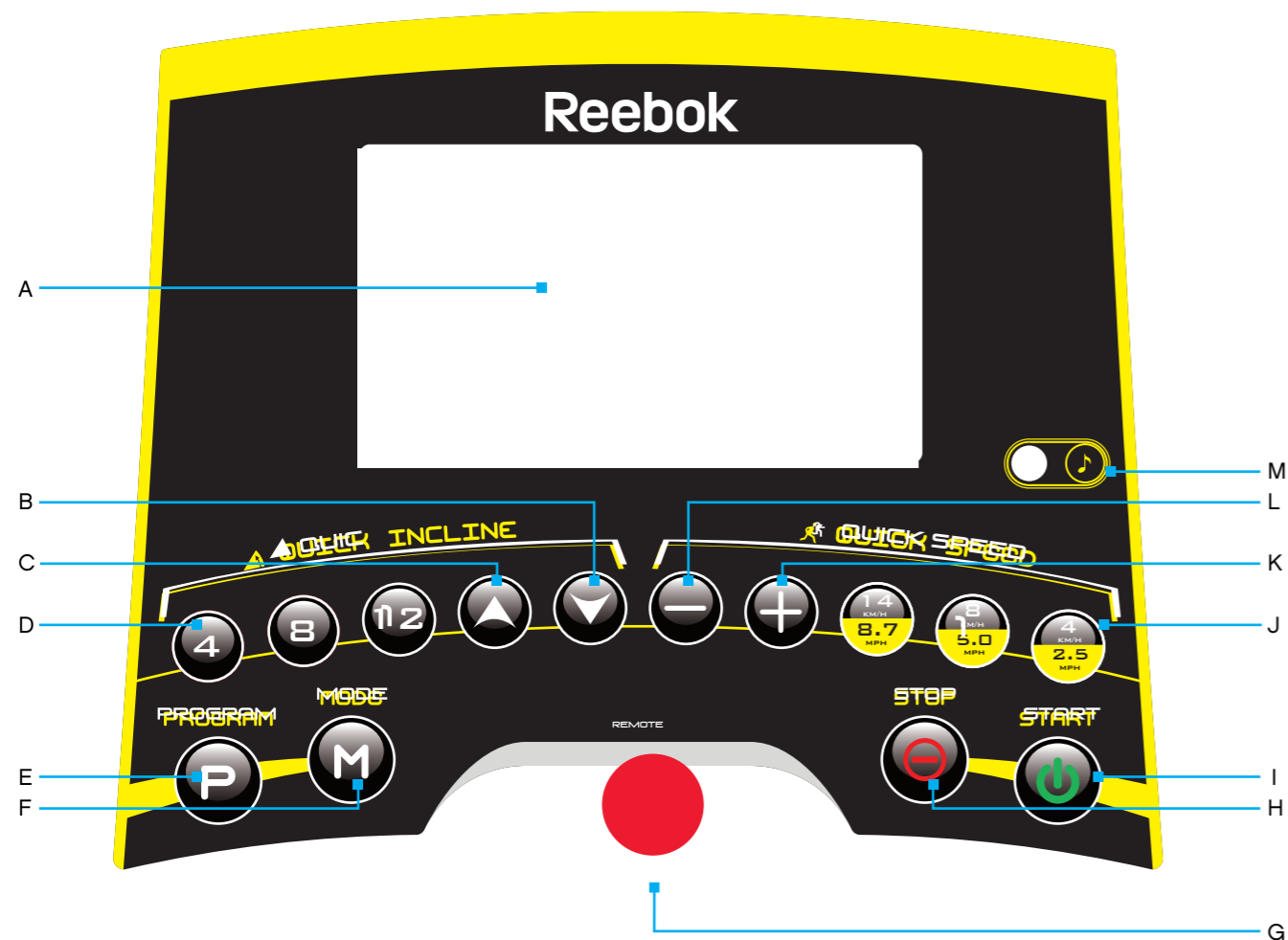
COMPUTER FUNCTION

A LCD Display	E Program Button	H Stop Button	K Speed +
B Incline Up	F Mode Button	I Start Button	L Speed -
C Incline Down	G Safety Key	J Quick Speed	M MP3 Input
D Instant Incline			

BUTTON OPERATION

Start

Will commence a program.

Press to pause when machine is running, the machine will slow and stop, all data will remain on the screen.

Press again the machine will count down from 5 and start again.

Stop

To stop the machine at any time during workout the running belt will slow down and stop completely.

Speed "-"

Decrease Speed during workout.

Decreases parameters when in Body Fat mode.

Decrease time setting when in programs.

Speed "+"

Increases speed during workout.

Increases parameters when in Body Fat mode.

Increase time setting when in programs.

Incline ▼

Lowers the running belt incline level during workout.

Incline ▲

Raises the running belt incline level during workout.

Instant Speed

Use to select an exact speed when running.

Instant Incline

Use to select an exact incline level when running.

Program (P)

Press to select the desired program (Manual, P1-P12, HRC, FAT %).

Mode (M)

Select the time, distance or calories setting in manual mode.

Confirm data in HRC, FAT % programs.

MP3 Input

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

Safety Key

Included with the 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 shut down when the key is removed. The clip on the other end of the Safety Key must be attached to the user at all times during workout to ensure the machine stops immediately in the event of an emergency.

Pulse Sensors

There are pulse sensors located on both handlebars of the machine. To monitor the user pulse these are held during workout. Please note both sensors must be held in order for a reading to be given.

Note: The pulse monitor is a guide for reference only and not to be used for medical or monitoring purposes.

COMPUTER PROGRAMS

Manual

P1 – P12

HRC (Heart rate control)

FAT %

Manual

When machine is powered on manual mode will be displayed by default.

Press **START** to begin exercise immediately, time, distance and calories will count up from 0. The speed and incline can be adjusted manually at any time using up/down on instant selection buttons.

To set a workout time, distance or calorie value press **MODE (M)** before selecting start until the desired field is displayed. Use **SPEED +/-** to change the value and press **START** to begin.

If time, distance or calories is inputted the field will count down, all none inputted information will count up from 0.

If time, distance or calories are inputted the machine will slow down and stop when the first value reaches 0.

If no data is inputted the machine can be stopped at any time by pressing the **STOP** button.

P1-P12

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

Note: If the speed or incline is adjusted manually by the user it will return to its preset setting at the next segment of the program.

1. From standby screen press **PROGRAM (P)** button to select the desired program.

2. Press **START** to begin using the preset time of 30.00 minutes.

3. To change the default time press **SPEED +/-** before **START** is selected.

4. During the program the speed/incline adjustments are split into 10 segments. The time of each segment depends on the overall program time selected. For example, a 10 minute program = 10 segments of 1 minute, therefore the speed/incline would alter every 1 minute.

P1-P12 Program Guide

		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	2	3	4	5	5	4	3	2	1
	Incline	0	1	1	2	2	2	2	1	1	0
P2	Speed	1	3	6	3	6	6	3	6	3	1
	Incline	0	1	1	2	2	3	3	2	1	0
P3	Speed	1	4	6	8	6	5	4	3	2	1
	Incline	0	2	2	3	3	2	2	3	3	0
P4	Speed	1	3	6	3	2	3	6	3	2	1
	Incline	0	1	2	3	4	5	4	3	2	0
P5	Speed	1	3	6	8	8	8	8	6	3	1
	Incline	0	2	4	6	8	9	8	6	4	0
P6	Speed	4	6	3	6	5	9	9	7	6	2
	Incline	0	4	6	8	4	6	8	6	4	0
P7	Speed	2	4	6	8	9	9	8	6	4	2
	Incline	0	6	7	8	6	5	4	3	2	0
P8	Speed	2	5	8	8	8	8	8	8	5	2
	Incline	0	6	3	4	5	5	4	1	6	0
P9	Speed	2	5	6	5	7	9	9	7	5	3
	Incline	6	5	4	3	2	2	1	0	0	0
P10	Speed	3	7	9	5	9	9	9	7	5	3
	Incline	6	5	2	7	3	8	2	5	2	0
P11	Speed	2	6	9	4	9	4	9	9	6	2
	Incline	0	3	6	9	10	9	8	6	4	0
P12	Speed	3	6	9	9	9	9	3	9	6	3
	Incline	8	9	10	11	12	8	6	6	4	0

HRC (Heart Rate Control)

The machine has 3 Heart Rate Control (HRC) programs, these are 60%, 75% and 85% of users maximum heart rate. By selecting one of these the user can work out to a maximum heart rate based on their age.

1. From standby screen press P until HRC is displayed. The display will show 01, 02 or 03 in the centre. See below for information.

2. The distance window will display 25, this being the users age.

3. Use **SPEED +/-** to input users age and press mode to confirm.

4. The recommended maximum heart rate based on the age will be displayed. At this point the user can use **SPEED +/-** to alter the preferred maximum heart rate if required.

5. Press **MODE (M)** to confirm.

6. The time will flash, up **SPEED +/-** to adjust and press start to begin. The default workout time is 30.00 minutes.

HRC 01 60% of users maximum heart rate

HRC 02 75% of users maximum heart rate

HRC 03 85% of users maximum heart rate

Fat %

1. Press **PROGRAM (P)** button until FAT Function is displayed.

2. F1 – gender will be displayed. Press **SPEED +/-** to switch between 1 (male) and 2 (female). Press **MODE (M)** to confirm.

3. F2 – age will be displayed. Press **INCLINE ▲/▼** to adjust (preset is 25 years). Press **MODE (M)** to confirm.

4. F3 – Height will be displayed. Press **INCLINE ▲/▼** to adjust (preset is 170cm). Press **MODE (M)** to confirm.

5. F4 – Weight will be displayed. Press **INCLINE ▲/▼** to adjust (preset is 70kg). Press **MODE (M)** to confirm.

6. F5 will be displayed. At this stage the user information has been stored. Place both hands on the pulse sensors for approximately 8 seconds. The test results will then be displayed as below:

18 or below	Underweight
18-22	Normal Weight
23-28	Overweight
29 or above	Obese

MPH – KPH Conversion

The machine default display in KPH. To change this to MPH:

1. Remove the safety key.

2. Press and hold **(P)** and **(M)** buttons together.

3. The speed window will display 10 – this means the machine is now set in MPH, 10 being the maximum speed.

4. If the display shows 16 it will be set in KPH.

5. Follow these instructions to change again if required.

Power Save

The machine will enter standby mode if the computer doesn't sense any activity for approximately 4 minutes and 30 seconds. To wake the machine up remove and replace the safety key, it will then restart.