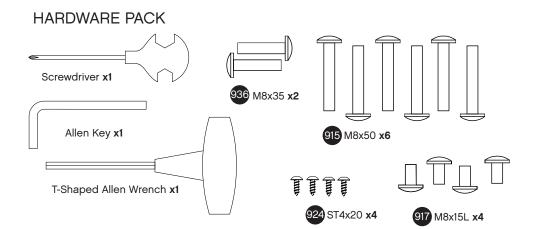
ASTRORIDE A4.0 TREADMILL USER MANUAL

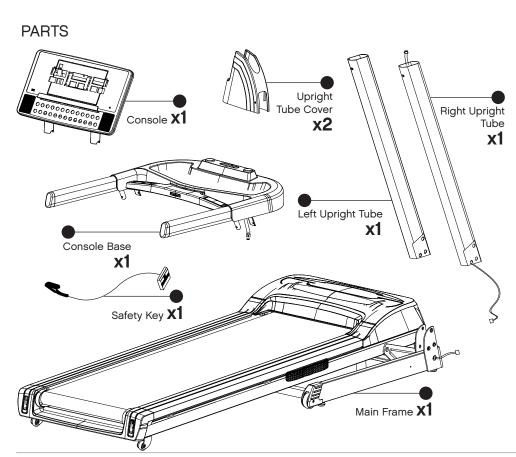


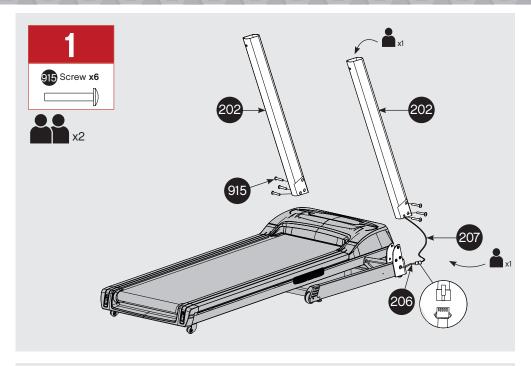


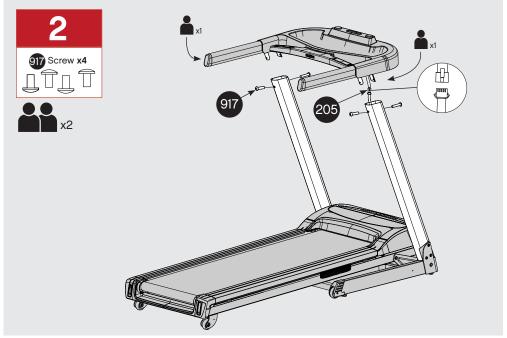
Reebok









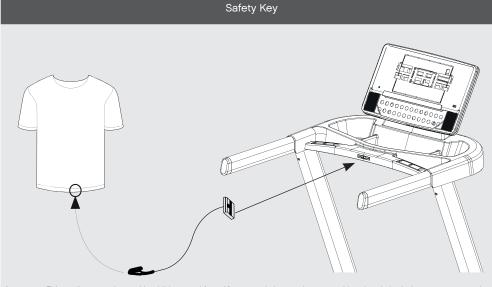


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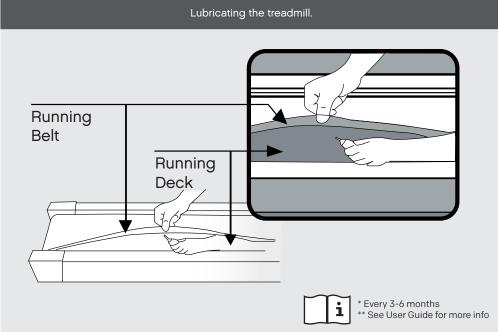


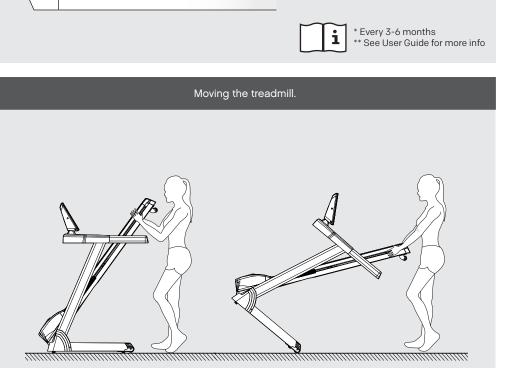


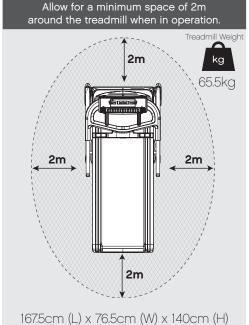
Important: This appliance can be used by children aged from 12 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

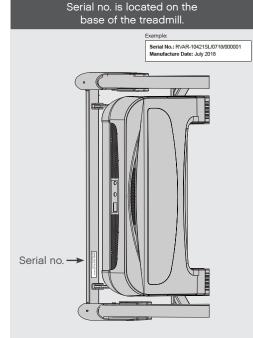














Product Registration and Support Enregistrement et support du produit Productregistratie en ondersteuning Registro de productos y soporte Registro de produto e suporte Регистрация и поддержка продукта 製品の登録とサポート

معدلاو جتنملا ليجست

产品注册和技术支持 제품 등록 및 지원



www.reebokfitness.info/product-support



WEEE logo this symbol on a product means that the product is covered by European Directive 2012/19/EU.

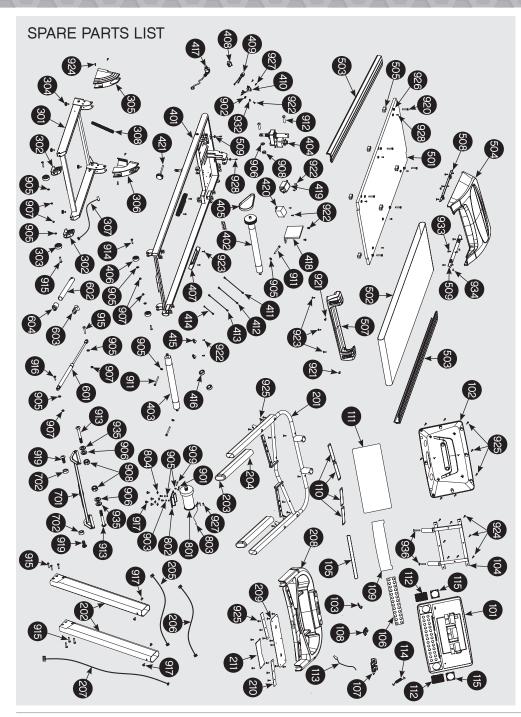
Hereby, RFE international declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.



6 ASTRORIDE A4.0 Treadmill - User Manual

Reebok





TIEM DESCRIPTION QTY.			
102 Panel Board (Rear Cover) 1 PCS 103 Spring (Safety Key) 1 PCS 104 Display Frame 2 PCS 105 Pallet 1 PCS 106 Keyboard 1 PCS 107 Mounting Panel (Safety Key) 1 PCS 108 Drawing Piece (Safety Key) 1 PCS 109 Key Sticker 1 PCS 110 Hand Pulse Steel Disc 4 PCS 111 Display Sticker 1 PCS 112 Mesh Enclosure (Speaker) 2 PCS 113 Safety Key 1 PCS 114 MP3 Wire 1 PCS 115 Speaker 2 PCS 201 Console Frame 1 PCS 202 Upright Post 2 PCS 203 Hollow Pipe Plug 2 PCS 204 Foam Grip 2 PCS 205 Communication Line 1 PCS 206 Communication Line 1 PCS 207 Communication Line 1 PCS <td< th=""><th>ITEM</th><th>DESCRIPTION</th><th>QTY.</th></td<>	ITEM	DESCRIPTION	QTY.
103	101	Panel Board (Display)	1 PCS
104 Display Frame 2 PCS 105 Pallet 1 PCS 106 Keyboard 1 PCS 107 Mounting Panel (Safety Key) 1 PCS 108 Drawing Piece (Safety Key) 1 PCS 109 Key Sticker 1 PCS 110 Hand Pulse Steel Disc 4 PCS 111 Display Sticker 1 PCS 112 Mesh Enclosure (Speaker) 2 PCS 113 Safety Key 1 PCS 114 MP3 Wire 1 PCS 115 Speaker 2 PCS 201 Console Frame 1 PCS 202 Upright Post 2 PCS 203 Hollow Pipe Plug 2 PCS 204 Foam Grip 2 PCS 205 Communication Line 1 PCS 206 Communication Line 1 PCS 207 Communication Line 1 PCS 208 Console Shell 1 PCS 209 PVC Cover Plate II 1 PCS 201	102	Panel Board (Rear Cover)	1 PCS
105	103	Spring (Safety Key)	1 PCS
106 Keyboard 1 PCS 107 Mounting Panel (Safety Key) 1 PCS 108 Drawing Piece (Safety Key) 1 PCS 109 Key Sticker 1 PCS 110 Hand Pulse Steel Disc 4 PCS 111 Display Sticker 1 PCS 112 Mesh Enclosure (Speaker) 2 PCS 113 Safety Key 1 PCS 114 MP3 Wire 1 PCS 115 Speaker 2 PCS 201 Console Frame 1 PCS 202 Upright Post 2 PCS 203 Hollow Pipe Plug 2 PCS 204 Foam Grip 2 PCS 205 Communication Line 1 PCS 206 Communication Line 1 PCS 207 Communication Line 1 PCS 208 Console Shell 1 PCS 209 PVC Cover Plate II 1 PCS 209 PVC Cover Plate III 1 PCS 210 PVC Cover Plate III 1 PCS	104	Display Frame	2 PCS
107 Mounting Panel (Safety Key) 1 PCS 108 Drawing Piece (Safety Key) 1 PCS 109 Key Sticker 1 PCS 110 Hand Pulse Steel Disc 4 PCS 111 Display Sticker 1 PCS 112 Mesh Enclosure (Speaker) 2 PCS 113 Safety Key 1 PCS 114 MP3 Wire 1 PCS 115 Speaker 2 PCS 201 Console Frame 1 PCS 202 Upright Post 2 PCS 203 Hollow Pipe Plug 2 PCS 204 Foam Grip 2 PCS 205 Communication Line 1 PCS 206 Communication Line 1 PCS 207 Communication Line 1 PCS 208 Console Shell 1 PCS 209 PVC Cover Plate II 1 PCS 209 PVC Cover Plate III 2 PCS 210 PVC Cover Plate III 1 PCS 301 Base Frame 1 PCS	105	Pallet	1 PCS
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108 Drawing Piece (Safety Key) 1 PCS 109 Key Sticker 1 PCS 110 Hand Pulse Steel Disc 4 PCS 111 Display Sticker 1 PCS 112 Mesh Enclosure (Speaker) 2 PCS 113 Safety Key 1 PCS 114 MP3 Wire 1 PCS 115 Speaker 2 PCS 201 Console Frame 1 PCS 202 Upright Post 2 PCS 203 Hollow Pipe Plug 2 PCS 204 Foam Grip 2 PCS 205 Communication Line 1 PCS 206 Communication Line 1 PCS 207 Communication Line 1 PCS 208 Console Shell 1 PCS 209 PVC Cover Plate I 1 PCS 209 PVC Cover Plate II 2 PCS 301 Base Frame 1 PCS 302 Open Waist Drum Sleeve 2 PCS 303 Wheel 2 PCS 304	107	,	1 PCS
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415 Cable Clamp 2 PCS 416 Magnet Ring 2 PCS 417 British Triple-flat Computer Tail 1 PCS 418 3601CA Controller 1 PCS 419 Filter 1 PCS 420 Inductance 1 PCS	413	Power Cord	1 PCS
416 Magnet Ring 2 PCS 417 British Triple-flat Computer Tail 1 PCS 418 3601CA Controller 1 PCS 419 Filter 1 PCS 420 Inductance 1 PCS	414	Power Cord	1 PCS
417 British Triple-flat Computer Tail 1 PCS 418 3601CA Controller 1 PCS 419 Filter 1 PCS 420 Inductance 1 PCS	415	Cable Clamp	2 PCS
418 3601CA Controller 1 PCS 419 Filter 1 PCS 420 Inductance 1 PCS	416	Magnet Ring	2 PCS
418 3601CA Controller 1 PCS 419 Filter 1 PCS 420 Inductance 1 PCS	417	British Triple-flat Computer Tail	1 PCS
420 Inductance 1 PCS	418		1 PCS
	419	Filter	1 PCS
	420	Inductance	1 PCS
	421	Handle Knob	1 PCS

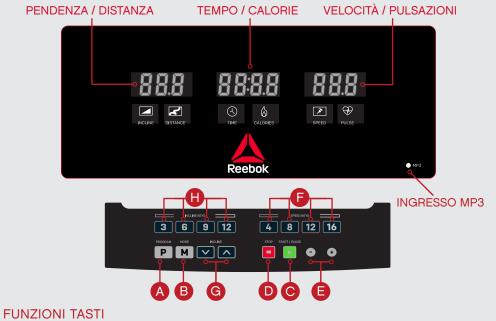
	VAVAVAV	
ITEM	DESCRIPTION	QTY.
501	Running Desk	1 PCS
502	Running Belt	1 PCS
503	Side Rail	2 PCS
504	Cover	1 PCS
505	Square Cushion (20x40xT18)	6 PCS
506	Circular Side Rail Guider	8 PCS
507	Rear Cover	1 PCS
508	Cover Decorative Block (L)	1 PCS
509	Cover Decorative Block (R)	1 PCS
601	Cylinder	1 PCS
602	Ezfit Linking Parts	1 PCS
603	Spring	1 PCS
604	Double Pipe Plug	1 PCS
701	Incline Frame	2 PCS
702	Powder Metallurgical Sleeve	2 PCS
801	Motor	1 PCS
802	Spraying Parts (Motor Mounting Seat)	1 PCS
803	Speed Sensor	1 PCS
804	Square Cushion	4 PCS
901	Top Motor Bolt Welding Piece	1 PCS
902	Lock Washer	3 PCS
903	Spring Washer	2 PCS
904	Flat Washer	6 PCS
905	Flat Washer	6 PCS
906	Flat Washer	3 PCS
907	Hex Self-Locking Nut M8	6 PCS
908	Hex Self-Locking Nut M10	6 PCS
909	Hex Full Thread Screw M8x75	1 PCS
910	Allen Screw M8x15	2 PCS
911	Sllen Screw M8x75	3 PCS
912	Allen Screw M8x40x20	1 PCS
913	Allen Screw M8x90x45	2 PCS
914	Allen Screw M8x40x20	2 PCS
915	Allen Screw M8x50x20	9 PCS
916	Allen Screw M8x30x20	1 PCS
917	Allen Screw M8x15	8 PCS
918	Allen Screw M10x35x20	1 PCS
919	Allen Screw M10x35x20	2 PCS
920	Hex Screw M6x55x16	6 PCS
921	Philips Screw M5x10	2 PCS
922	Philips Scew M4x10	7 PCS
923	Philips ST4x16	7 PCS
924	Philips ST4x20	4 PCS
925	Philips ST4x12	38 PCS
926	Plastic Flat Cusion	6 PCS
927	Philips Screw ST3x10	4 PCS
928	Philips Screw ST4x15	8 PCS
929	L-Type Wrench	1 PCS
930	T-Type Wrench	1 PCS
931	Cross Opening Wrench	1 PCS
932	Elastic Washer	3 PCS
933	Philips Screw ST4x16	6 PCS
934	Philips Screw M5x10	5 PCS
935	Plastic Flat Cushion	2 PCS
936	Allen Screw M8x20	2 PCS











A PROGRAMMA

Seleziona il programma desiderato (P0-P36, U01-U03, FAT, HR1-HR3).

B MODALITÀ

Seleziona la modalità countdown per la distanza, le calorie e il tempo.

AVVIO

Premere per avviare il tapis roulant, il tappeto inizierà a muoversi.

ARRESTO

Premere per arrestare il tapis roulant, il tappeto rallenterà e si arresterà completamente.

VELOCITÀ

Aumenta/diminuisce la velocità durante l'esercizio. Regola i parametri tempo/distanza/calorie.

VELOCITÀ VELOCE

Usare questo tasto per selezionare una velocità differente durante la corsa.

INCLINATO

Aumenta/diminuisce l'inclinazione durante l'esercizio

INCLINATO VELOCE

Usare questo tasto per selezionare un'inclinazione differente durante la corsa.

PROCEDURA DI FUNZIONAMENTO

CONVERSIONE DA MIGLIA/H A KM/H

- •In modalità standby, rimuovere la chiave di sicurezza e premere simultaneamente PROGRAM e MODE.
- ·La velocità indicherà '0.6' per le miglia/h o '1.0' per i
- •Ripetere la procedura per modificare nuovamente.

CHIAVE DI SICUREZZA

La macchina funziona solamente quando la chiave di sicurezza rossa è inserita. Se la chiave di sicurezza non è correttamente posizionata, la macchina si arresta immediatamente. Sul display compare 'E-07' e viene emesso un segnale acustico di avvertimento. La clip all'altra estremità del cordino della chiave di sicurezza deve rimanere fissata all'abbigliamento dell'utente per

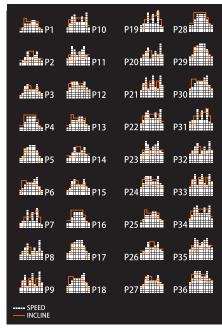
tutta la durata dell'esercizio per garantire l'immediato arresto della macchina in caso di emergenza.

PO PROGRAMMA MANUALE

- •Premere PROGRAMMA per evidenziare 'P0'.
- •Premere MODALITÀ per modificare il countdown
- in TEMPO, DISTANZA o CALORIES. Questi parametri impostati possono essere regolati con +/-.
- ·Premere AVVIO per iniziare l'esercizio.

PROGRAMMI P1-P36

Sono programmi preimpostati in cui la macchina cambia velocità e inclinazione automaticamente durante l'esercizio.



(NOTA: Se durante questo programma l'utente modifica la velocità/inclinazione, nel successivo segmento il programma tornerà alla velocità /inclinazione preimpostata.)

- ·Dalla schermata di standby, premere PROGRAMMA per selezionare il programma richiesto.
- •Premere AVVIO per selezionare e iniziare a utilizzare il tempo preimpostato. Il tempo predefinito è pari a 30 minuti ma può essere regolato con +/-.
- ·Durante il programma, le impostazioni di velocità e inclinazione sono suddivise in 16 segmenti. Il tempo di ciascun segmento dipende dal tempo totale selezionato. Ad esempio, un programma da 16 minuti equivale a 16 segmenti da 1 minuto. Pertanto, la velocità/l'inclinazione cambia dopo ogni minuto.
- ·La console esegue il countdown ed emette un suono per 3 secondi ogni volta che la velocità/l'inclinazione viene modificata.

U01-U03

Questi programmi consentono all'utente di definire la velocità e l'inclinazione per un esercizio personalizzato.

- •Da standby, premere PROGRAMMA fino a visualizzare U01. U02 o U03.
- •Premere MODALITÀ per inserire il primo segmento del programma.
- •Premere +/- per regolare la velocità e l'inclinazione di questo segmento. Premere MODALITÀ per continuare.
- ·Una volta inseriti i dati di tutti i segmenti, premere AVVIO per iniziare.

Al termine dell'inserimento, il programma verrà salvato in corrispondenza del numero utente selezionato (U01, U02 o U03).

FUNZIONE GRASSO CORPOREO

- Premere PROGRAMMA fino a visualizzare FAT.
- •Premere MODALITÀ per confermare la selezione e iniziare l'inserimento dei parametri utente.
- ·La finestra TIME mostra i parametri sotto riportati, che potranno essere modificati con +/-.
- F1 Viene visualizzato il sesso. Premere +/- per passare da 1 (maschio) a 2 (femmina) o viceversa. Premere MODALITÀ per confermare.
- F2 Viene visualizzata l'età. Premere +/- per regolare (il valore preimpostato è 25 anni). Premere MODALITÀ per confermare.
- F3 Viene visualizzata l'altezza. Premere +/- per regolare (il valore preimpostato è 170 cm). Premere MODALITÀ per confermare.
- F4 Viene visualizzato il peso. Premere +/- per regolare (il valore preimpostato è 70 kg). Premere MODALITÀ per confermare.

Quando viene visualizzato F5, l'utente dovrà appoggiare entrambe le mani sui sensori a impulsi per circa 8 secondi. Il risultato del test viene espresso come seque:

> =< 19 Sotto peso 20-25 Peso normale 26-29 Sovrappeso 30+ Obesità

RISPARMIOE

Questo prodotto è stato fabbricato in armonia con le normative Erp e dispone di una modalità di risparmio energetico che si attiva dopo 4 minuti di inattività. Per riavviare il tapis roulant basta togliere e inserire la chiave di sicurezza.

14 ASTRORIDE A4.0 Treadmill - User Manual



ASTRORIDE **A**4.0 TREADMILL

For product information or service please contact:

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