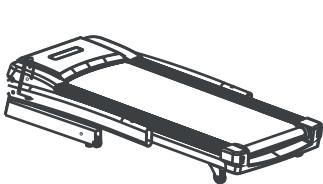


# JET300+

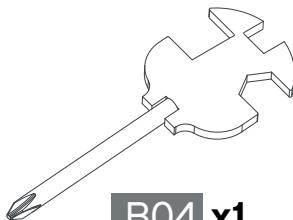
## USER MANUAL (+BLUETOOTH)



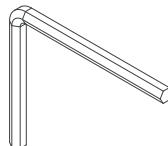
## PARTS



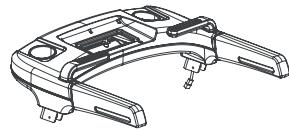
**A02** x1



**B04** x1



**B05** x1



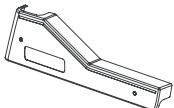
**C01** x1



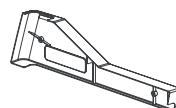
**C03** x1



**C04** x1



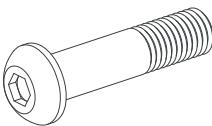
**C15** x1(left)



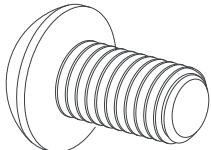
**C16** x1(right)



**D07** x1



**E07** x2



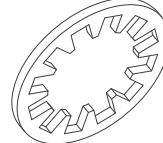
**E13** x6



**E20** x9



**E26** x4



**E32** x8

## PARTS LIST

**A02** - MAIN FRAME

**B04** - SPANNER AND SCREW DRIVER

**B05** - 5mm ALLEN KEY

**C01** - CONSOLE BASE

**C03** - CONSOLE BACK COVER

**C04** - CONSOLE PANEL

**C15** - LEFT UPRIGHT TUBE COVER

**C16** - RIGHT UPRIGHT TUBE COVER

**D07** - SAFETY KEY

**E07** - BOLT

**E13** - BOLT

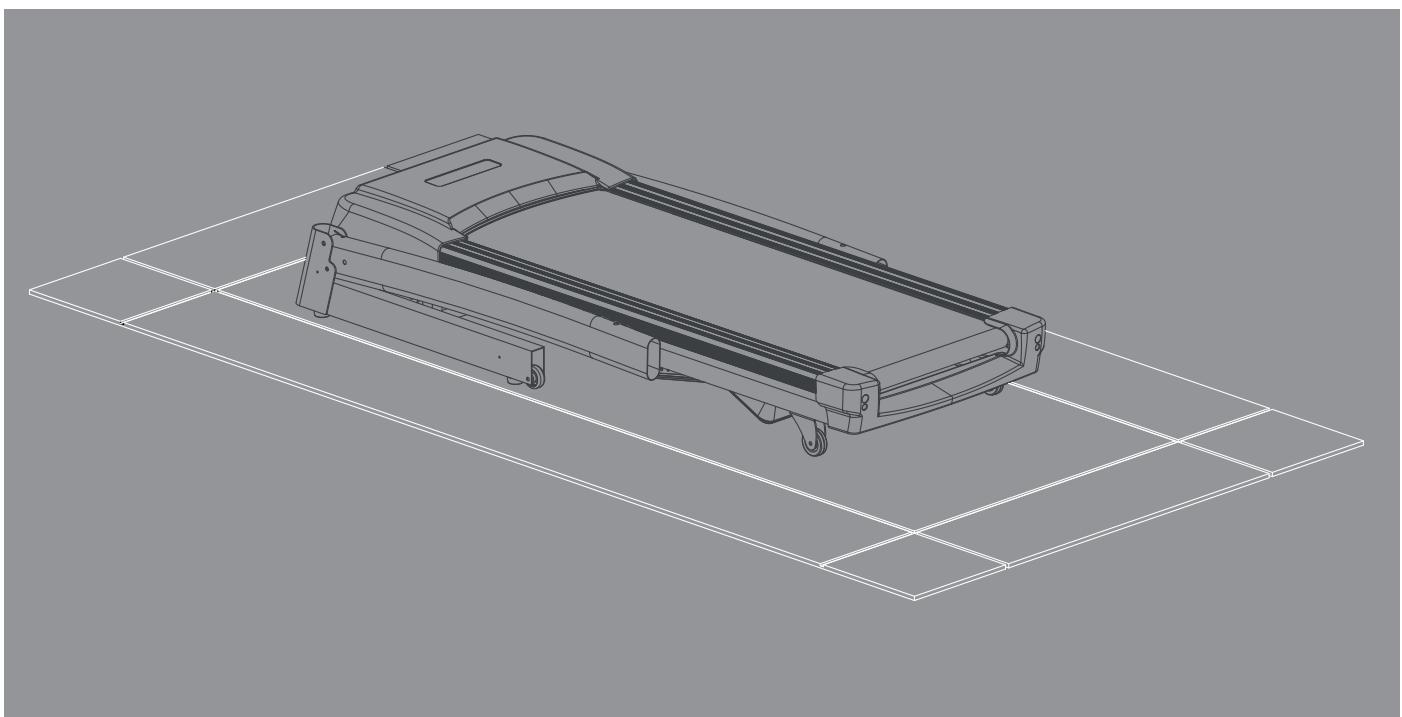
**E20** - BOLT

**E26** - SCREW

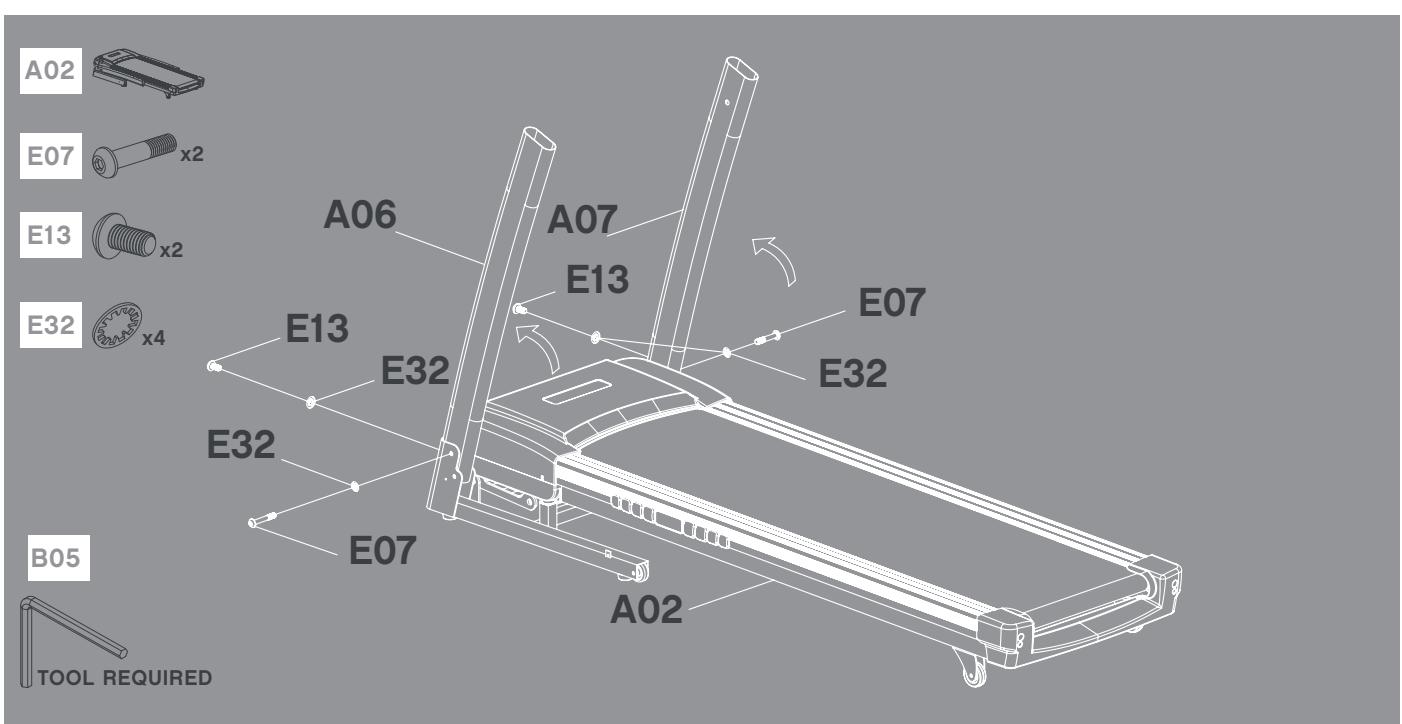
**E32** - LOCK WASHER

**IMPORTANT:** READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL. IT IS IMPORTANT YOUR TREADMILL RECEIVES REGULAR MAINTENANCE TO PROLONG USE. FAILING TO REGULARLY MAINTAIN YOUR TREADMILL MAY VOID YOUR WARRANTY. KEEP HANDS AWAY FROM ALL MOVING PARTS. NEVER OPERATE THE TREADMILL IF IT HAS A DAMAGED CORD OR PLUG. KEEP THE CORD AWAY FROM HEATED SURFACES. WE SUGGEST THAT YOU CONSULT WITH YOUR PHYSICIAN OR HEALTH PROFESSIONAL BEFORE USE OF THIS MACHINE, THIS APPLIES FOR THE AGES OF 35+ OR PEOPLE WITH HEALTH ISSUES. WE TAKE NO RESPONSIBILITY FOR ANY INJURIES OCCURED IF YOU DO NOT FOLLOW OUR SAFETY GUIDELINES. THIS TREADMILL SHOULD BE CAREFULLY ASSEMBLED. DO NOT TURN ON THE POWER BEFORE ASSEMBLY IS COMPLETE

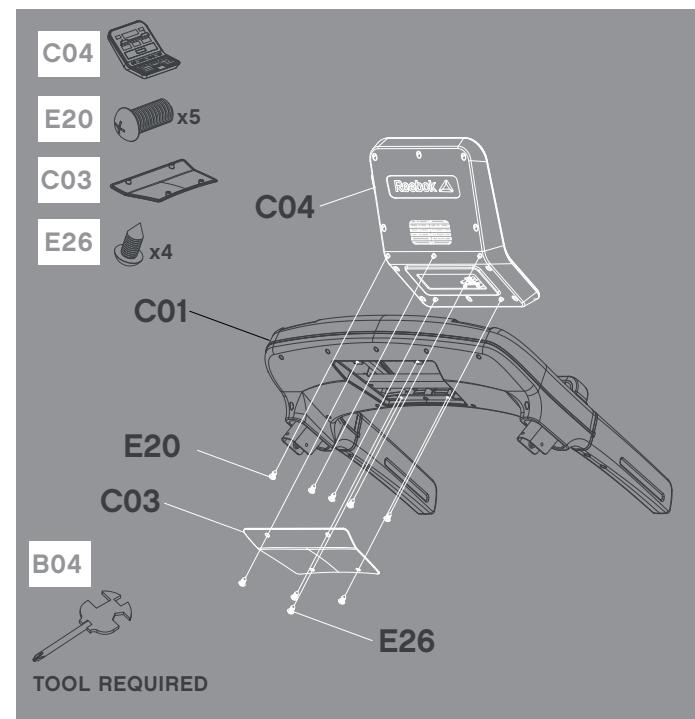
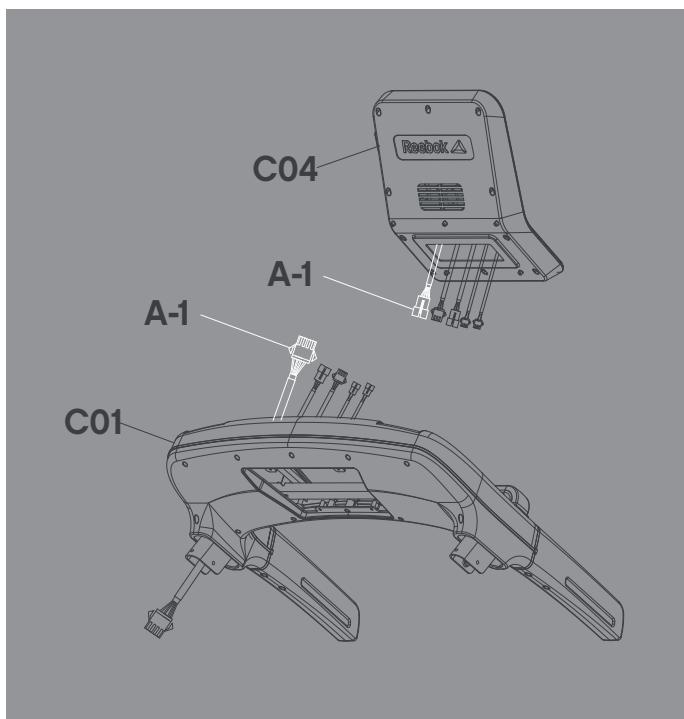
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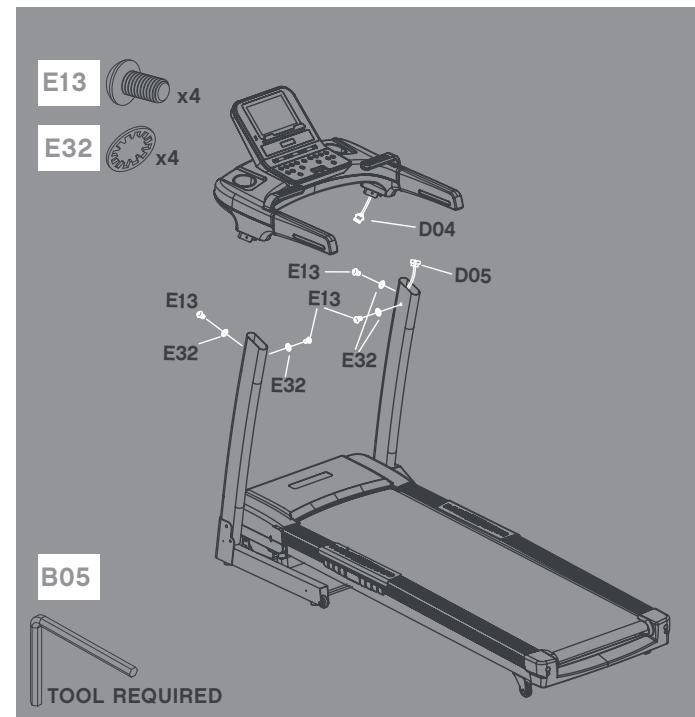
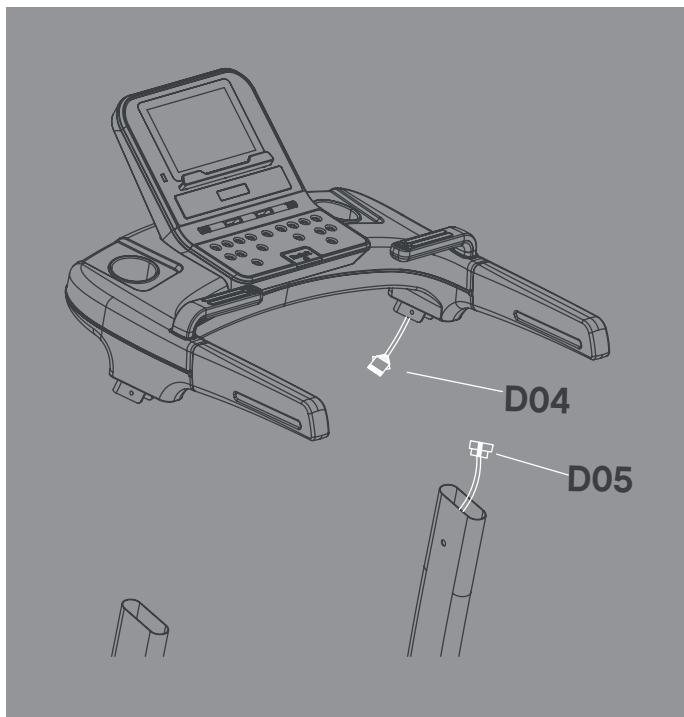
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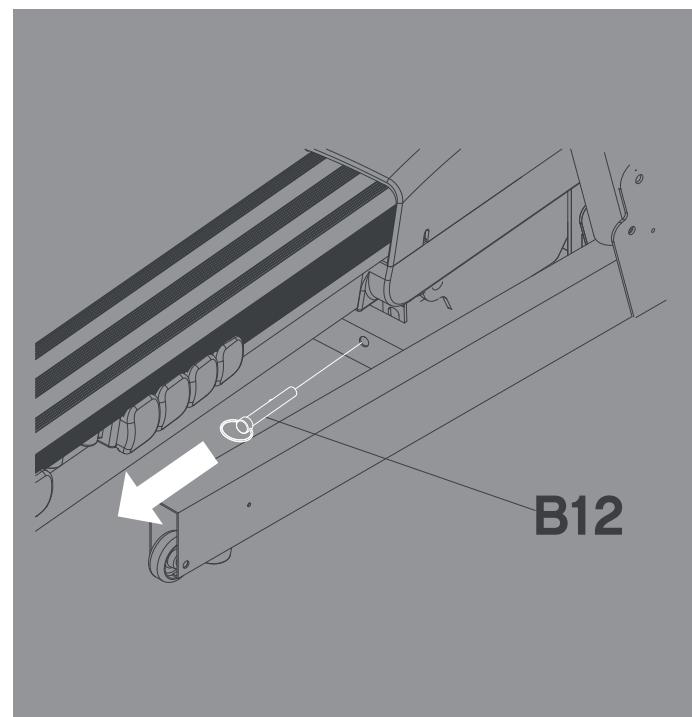
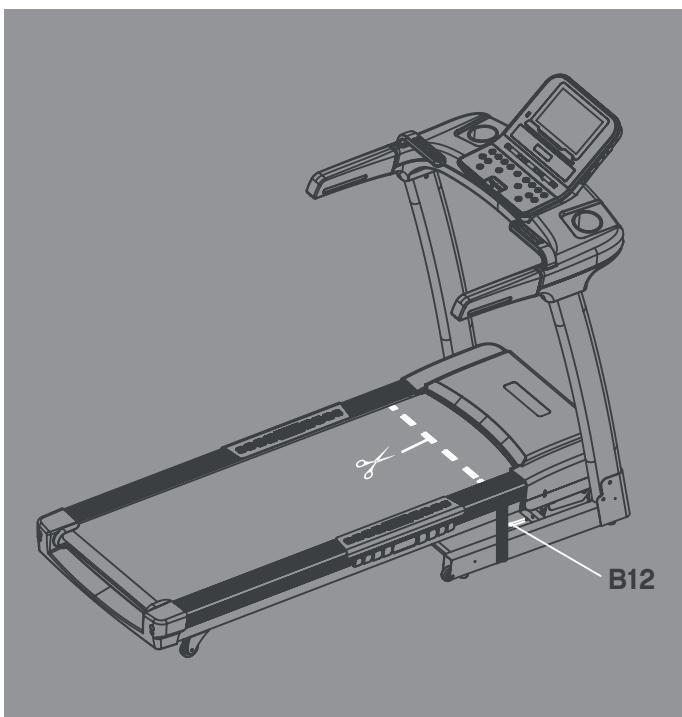
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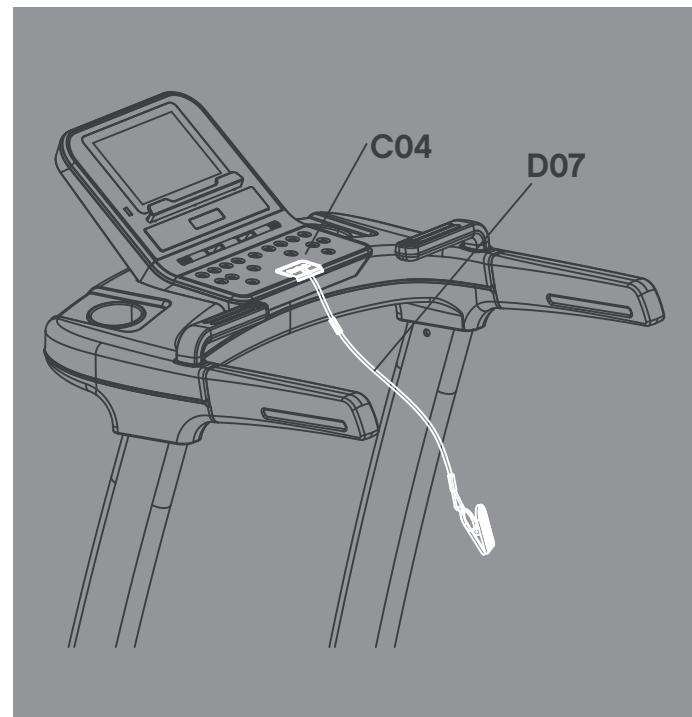
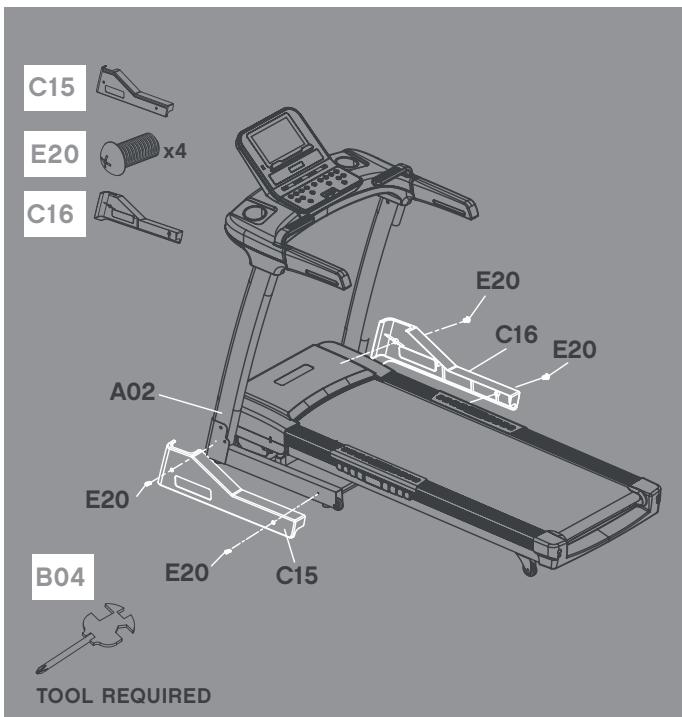
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5

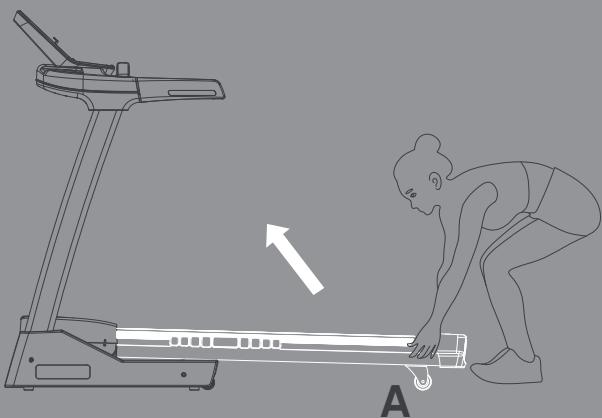


6

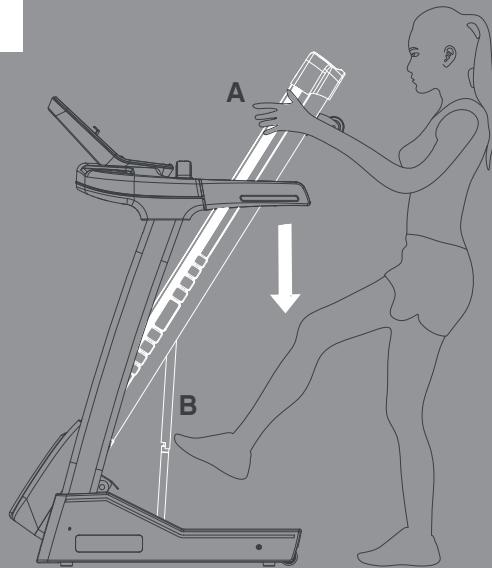


## FOLDING INSTRUCTIONS

1

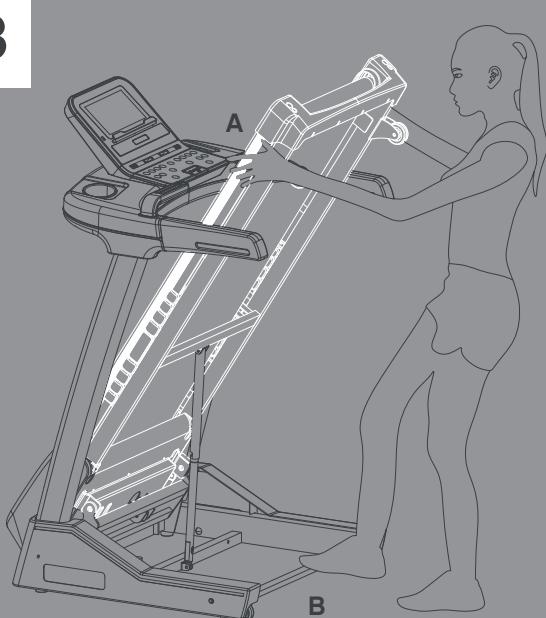


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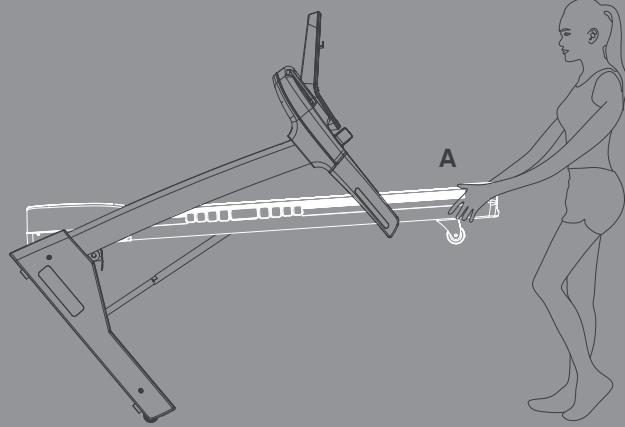


## MOVING YOUR MACHINE

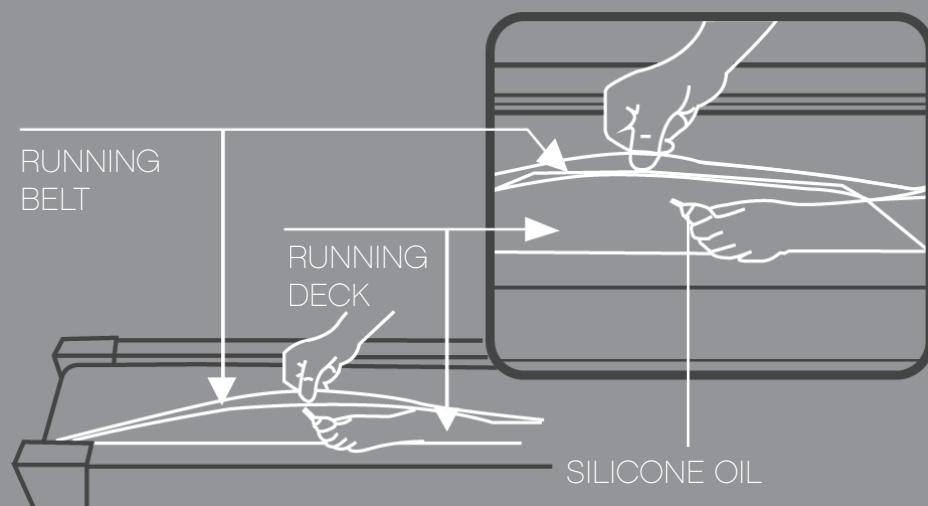
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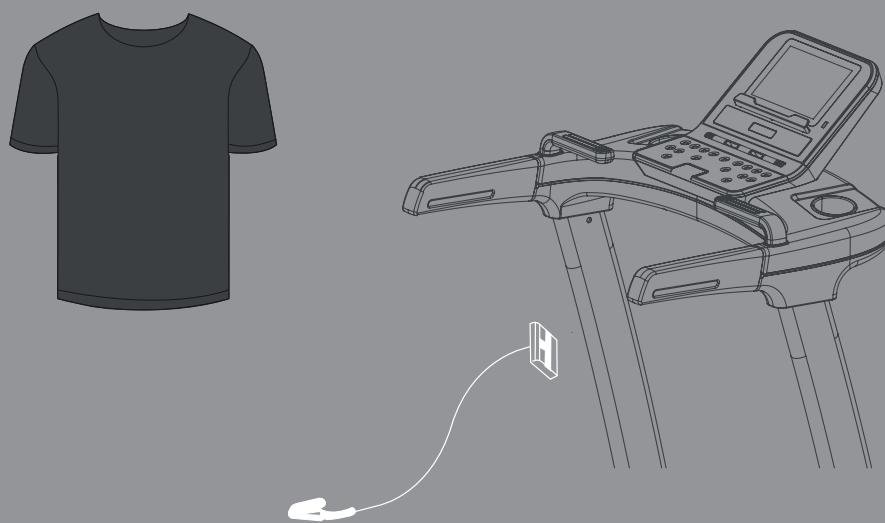
4



## LUBRICATION

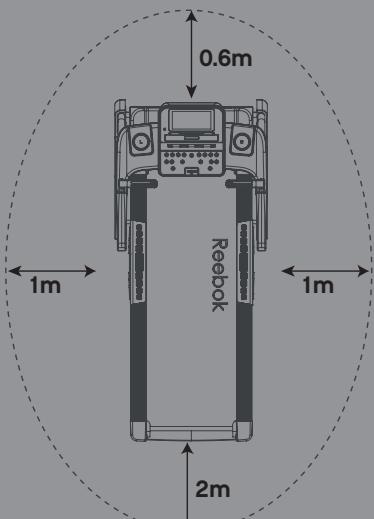


## SAFETY KEY

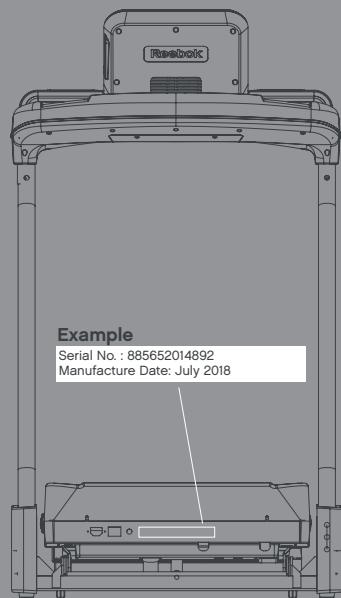


# SAFETY PROCEDURES

ALLOW FOR A MINIMUM SPACE, SHOWN BELOW, AROUND THE TREADMILL WHEN IN OPERATION.



SERIAL NUMBER IS LOCATED ON THE FRONT BASE OF THE TREADMILL.



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

مُعَدِّلُو جِنْمَلَى لِيَجِسْت

产品注册和技术支持  
제품 등록 및 지원



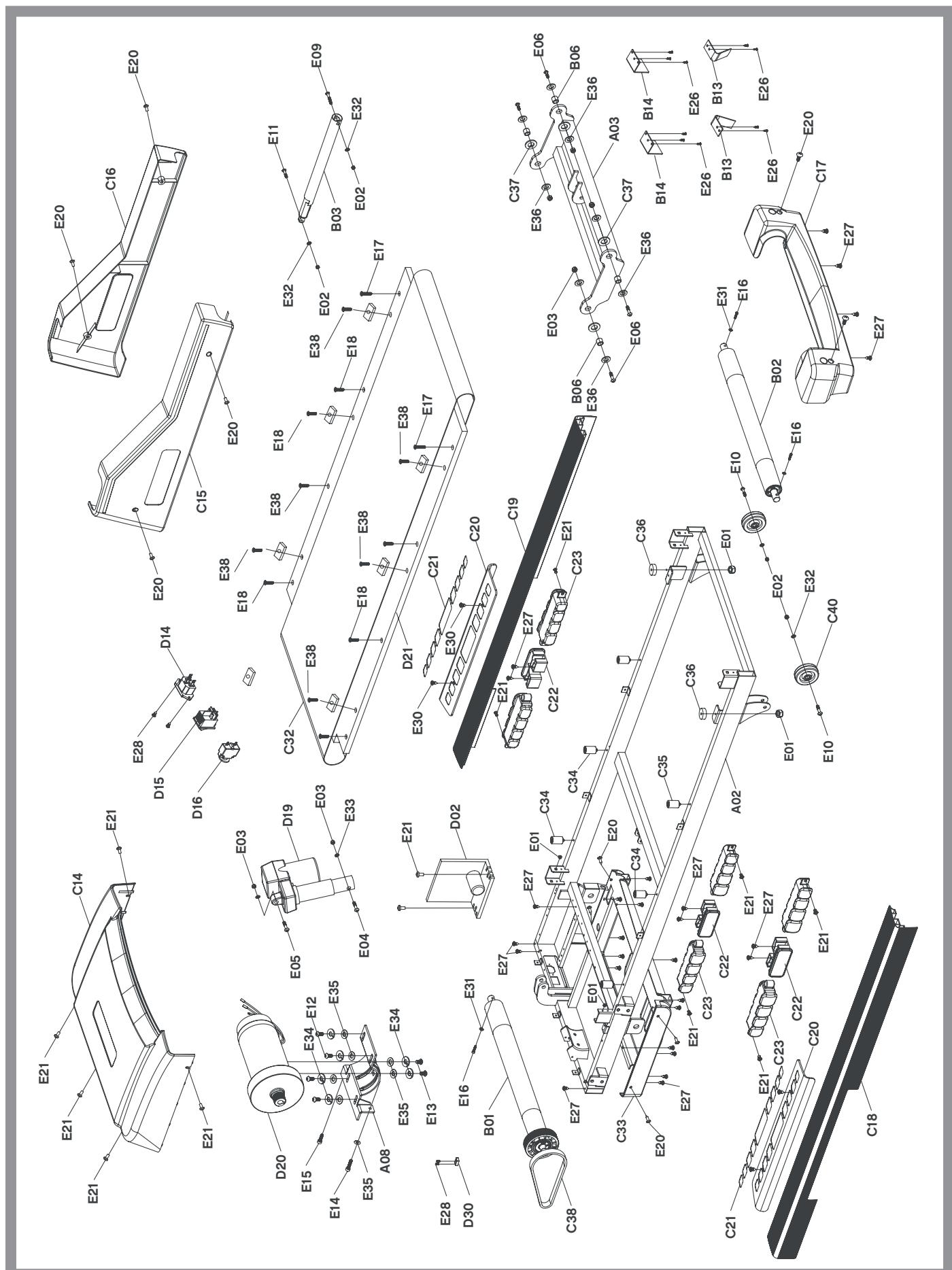
[WWW.REEBOKFITNESS.INFO/PRODUCT-SUPPORT](http://WWW.REEBOKFITNESS.INFO/PRODUCT-SUPPORT)

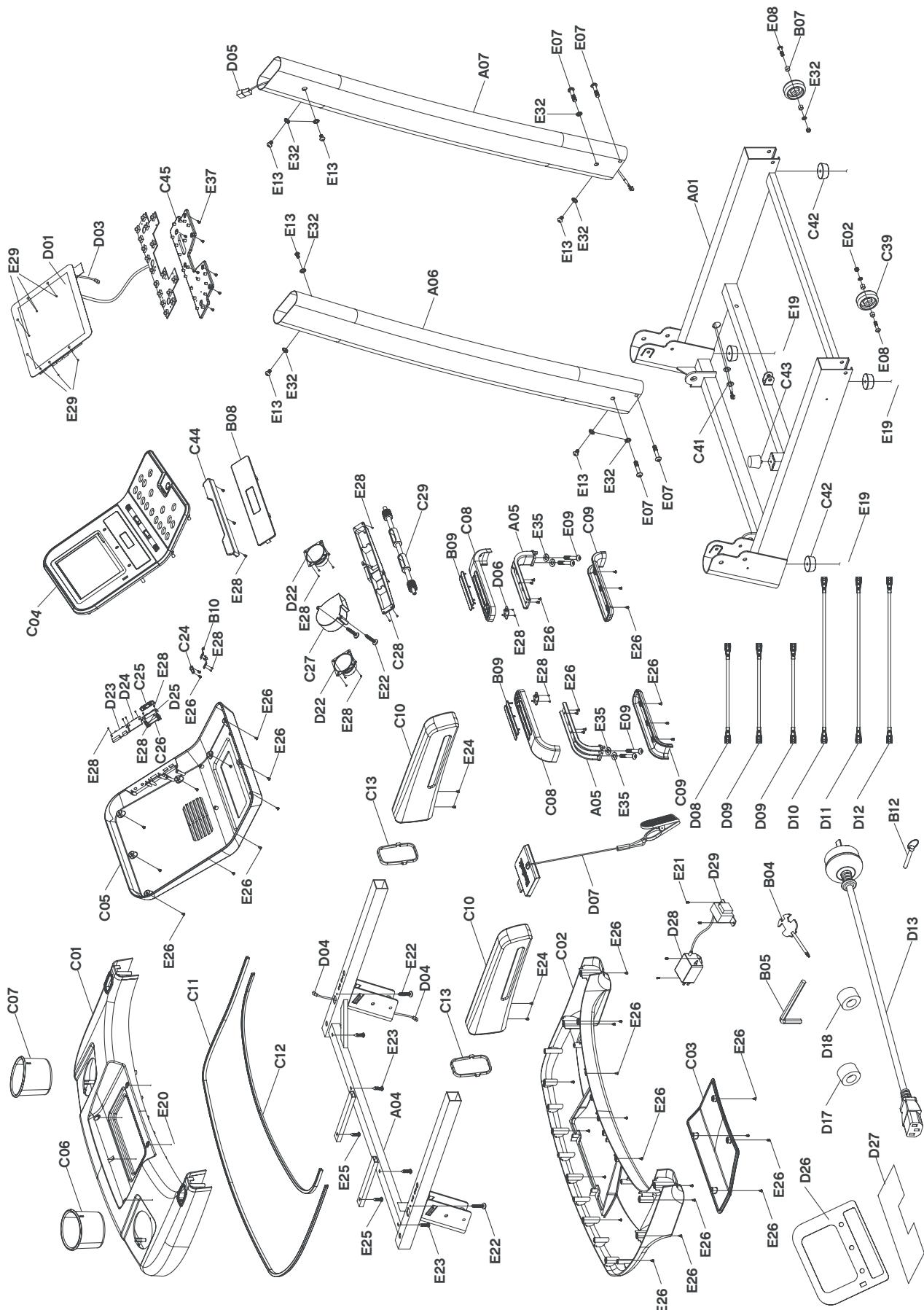
THIS PRODUCT IS SUITABLE FOR USER'S WEIGHT OF 140KG



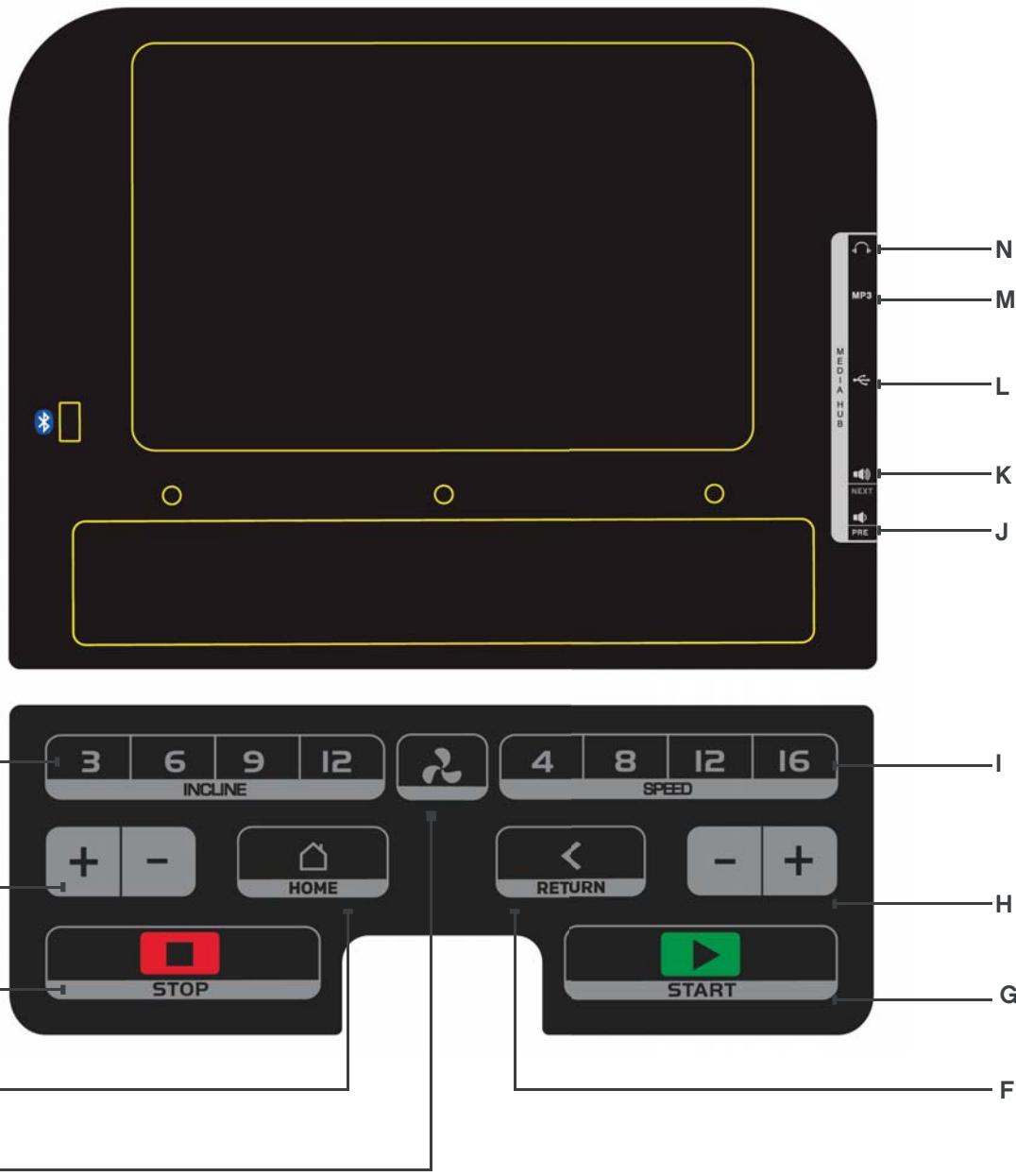
WEEE logo this symbol on a product means that the product is covered by European Directive 2012/19/EU. Hereby, RFE international declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.







NO.	PART DESCRIPTION	QTY	NO.	PART DESCRIPTION	QTY	NO.	PART DESCRIPTION	QTY
A01	base frame	1	C25	volume control button	1	D28	filter	1
A02	main frame	1	C26	base of volume control button	1	D29	inductance	1
A03	incline bracket	1	C27	fan	1	D30	speed sensor	1
A04	console bracket	1	C28	fan guide	1	E01	nut (M6)	2
A05	pulse bracket	2	C29	fan axis	1	E02	nut (M8)	12
A06	left upright tube	1	C32	running belt	1	E03	nut (M10)	6
A07	right upright tube	1	C33	motor bottom cover	1	E04	bolt (M10*60 L20)	1
A08	motor bracket	1	C34	black cushion	4	E05	bolt (M10*45 L15)	1
B01	front roller	1	C35	blue cushion	2	E06	bolt (M10*30 L15)	4
B02	back roller	1	C36	blue cushion	2	E07	bolt (M8*50 L15)	4
B03	cylinder	1	C37	plastic pad	4	E08	bolt (M8*50 L20)	2
B04	spanner and screw driver	1	C38	motor belt	1	E09	bolt (M8*45 L20)	5
B05	5mm allen key	1	C39	transport wheel	2	E10	bolt (M8*40 L20)	2
B06	bushing	4	C40	adjustable wheel	2	E11	bolt (M8*30 L15)	1
B07	transport wheel bushing	4	C41	ring-shape wire plug	2	E12	bolt (M8*20)	4
B08	speaker net	1	C42	flat foot pad	4	E13	bolt (M8*15)	8
B09	pulse steel plate	4	C43	cone-shape cushion	1	E14	bolt (M8*45)	1
B10	spring plate	2	C44	plastic holder	1	E15	bolt (M8*35)	1
B11	Reinforcement tube	1	C45	button board	1	E16	bolt (M6*55)	3
B12	locking pin	1	D01	computer board	1	E17	bolt (M6*35)	2
B13	belt hook	2	D02	control board	1	E18	bolt (M6*25)	6
B14	hide board	2	D03	top signal wire	1	E19	bolt (M5*16)	4
C01	console top cover	1	D04	middle signal wire	1	E20	bolt (M5*12)	4
C02	console bottom cover	1	D05	bottom signal wire	1	E21	bolt (M5*8)	17
C03	console back cover	1	D06	pulse button	2	E22	screw (ST4.2*40)	8
C04	console panel	1	D07	safety key	1	E23	screw (ST4.2*30)	4
C05	console panel bottom cover	1	D08	AC single wire 200mm blue	1	E25	screw (ST4.2*20)	2
C06	left water bottle	1	D09	AC single wire 200mm brown	2	E26	screw (ST4.2*12)	34
C07	right water bottle	1	D10	AC single wire 350mm brown	1	E27	screw (ST4.2*12)	22
C08	pulse top cover	2	D11	AC single wire 350mm blue	1	E28	screw (ST2.9*8)	30
C09	pulse bottom cover	2	D12	grounding wire	1	E29	screw (ST2.9*6)	6
C10	handle bar	2	D13	power wire	1	E30	screw (ST4.2*15)	4
C11	decoration strip i	1	D14	power socket	1	E31	washer (Ø6)	3
C12	decoration strip ii	1	D15	on-off button	1	E32	washer (Ø8)	14
C13	handle bar decoration ring	2	D16	overload protector	1	E33	washer (Ø10)	2
C14	motor top cover	1	D17	magnet ring	1	E34	spring washer (8)	6
C15	left upright tube cover	1	D18	magnet core	1	E35	flat washer (8)	11
C16	right upright tube cover	1	D19	incline motor	1	E36	big washer (10)	8
C17	back end cover	1	D20	DC motor	1	E37	screw (ST3.5*12)	7
C18	left side rail	1	D21	running board	1	E38	bolt (M8*35 L20)	6
C19	right side rail	1	D22	speaker	2			
C20	anti-slip pad	2	D23	audio board	1			
C21	sticker of anti-slip pad	2	D24	USB board	1			
C22	cushion	2	D25	volume control board	1			
C23	air cushion	4	D26	console panel sticker	1			
C24	safety key base	1	D27	function button sticker	1			



## COMPUTER FUNCTION

- A** - Instant Incline
- B** - Incline Up / Down
- C** - Stop
- D** - Home
- E** - Fan
- F** - Return
- G** - Start
- H** - Speed Up / Down

- I** - Instant Speed
- J** - Volume - / Previous Song
- K** - Volume + / Next Song
- L** - USB Input
- M** - MP3 Input
- N** - Headphone Input



## BUTTON OPERATION

### **HOME**

Press to return to home screen.

### **RETURN**

Press return to access previous screen

### **START**

Press to start treadmill, the running belt will start moving.

### **STOP/PAUSE**

Press to stop/pause treadmill, the running belt will slow before stopping completely.

### **SPEED+/-**

Increase/decrease speed during workout.

### **INCLINE+/-**

Increase/ Decrease incline during workout

### **INSTANT SPEED**

Use this to select exact speed while running.

### **QUICK SPEED**

Use this to select a different speed whilst running.

### **INSTANT INCLINE**

Increase/decrease incline during workout.

### **QUICK INCLINE**

Use this to select a different incline whilst running.

### **MP3 INPUT**

Allows connection to personal MP3 player via supplied cable. Music will be played through built in speakers and volume controlled via device and volume buttons on the console.

### **USB PORT**

Insert USB to play music/video stored on USB. Other devices may cause error to display.

### **VOLUME + / NEXT**

MP3 input - Increase volume of music. Long press to increase volume. Short press to move to next song.

### **VOLUME - / PREVIOUS**

MP3 input - Decrease volume of music. Long press to reduce volume. Short press to move to previous song.

### **SAFETY KEY**

Included with this machine is a red safety key, the machine will not operate unless this is inserted. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display "safety key disconnected" if 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.

### **FAN**

Use this to start or stop the fan.

## HANDLEBAR CONTROLS

### **SPEED+/-**

- Increase/ decrease speed during workout

### **INCLINE+/-**

- Increase/ Decrease incline during workout

### **PULSE GRIPS**

There are pulse sensors located on both handlebars, in order to monitor the users pulse rate these can 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.

### **NORMAL MODE**

1. From Standby press **START** to begin manual mode immediately
2. Treadmill speed and incline can be manually adjusted by using the **SPEED +/-** or **INCLINE +/-** buttons at any time during a workout
3. Press **STOP/PAUSE** button to pause or stop the workout.
4. Take out the **SAFETY KEY** to stop the working of the motor, or press **STOP** two times.

### **LUBRICATION REMIND FUNCTION**

When the machine has completed 300km (188miles), the console will beep for every 10 seconds, and TIME window will show OIL. This means that your treadmill needs to be lubricated with oil (this should be completed every 6 weeks). To reset the console, hold STOP button for 3 seconds, the console will now beep and reset.

## COMPUTER FUNCTIONS

### **APPS**

Built-in applications. Note: Wi-Fi must be connected before using other apps.

### **MUSIC**

Play music stored on USB.

### **MOVIE**

Play videos stored on USB.

### **SETTINGS**

Set Wi-Fi, language and backlight.

### **VIRTUAL ACTIVE**

Select from 3 scenic settings to simulate reality.

### **HRC**

Select grade, age, target time and target heart rate. (To use this function, you must hold onto pulse sensors for HR reading.)



## COMPUTER FUNCTIONS

### WORKOUT

Click to choose time, distance or calories workout target. Besides, there are 24 build-in programs available. Press INCLINE+/- or SPEED+/- to change the incline or speed during operation of any program.

### USER PROGRAM

Select from U1-U10 to create personalised workout. Press/drag on dot chart to adjust settings to desired speed/incline.

On any screen, you can click the dot icon then select  return, home, volume or hide the icon.

### PULSE

Hold onto pulse sensors for pulse value. This data is for guide only and should not be used as medical data.

### POWER SAVER FUNCTION

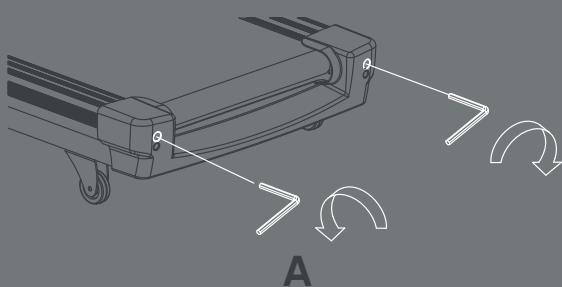
To reduce energy consumption, this treadmill will enter into sleeping mode if without any operation for 10 minutes. The screen will give reminding before enter into sleeping mode. Once machine enter sleeping mode, please take off safety key and insert again to awaken the system.

### WARNING!

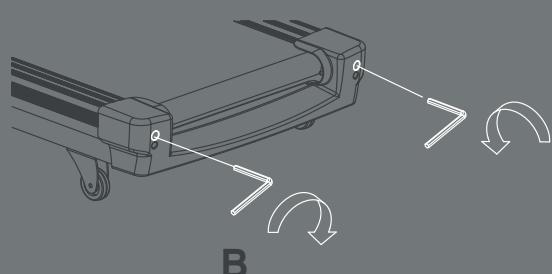
For your safety do not look at websites/videos whilst running.

## MAINTENANCE & CARE

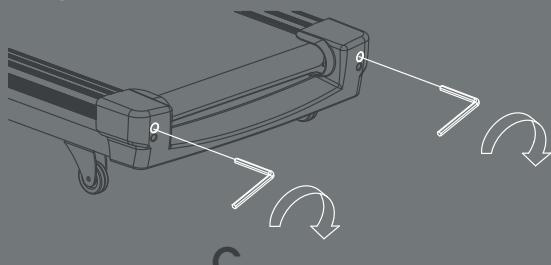
IF THE RUNNING BELT MOVES TO THE RIGHT, TURN THE BOLT ON THE RIGHT SIDE  $\frac{1}{4}$  TURN CLOCKWISE, THEN TURN THE LEFT BOLT  $\frac{1}{4}$  TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



IF THE RUNNING BELT MOVES TO THE LEFT, TURN THE BOLTS ON THE LEFT SIDE  $\frac{1}{4}$  OF A TURN CLOCKWISE, THEN TURN THE RIGHT BOLT  $\frac{1}{4}$  TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



OVER TIME THE RUNNING BELT WILL LOOSEN. TO TIGHTEN THE BELT TURN THE LEFT & RIGHT SIDE BOLTS ONE FULL TURN CLOCKWISE, CHECK THE TENSION OF THE BELT. CONTINUE PROCESS UNTIL BELT IS THE CORRECT TENSION. ENSURE TO ADJUST BOTH SIDES EQUALLY TO CORRECT BELT ALIGNMENT



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جذب نمودن لیچ سوت

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제품 등록 및 지원

WWW.REEBOKFITNESS.INFO/PRODUCT-SUPPORT



## BLUETOOTH INSTRUCTIONS

### PLUG YOUR DONGLE INTO THE BLUETOOTH USB PORT



### CONNECT YOUR SMARTPHONE TO YOUR NEW REEBOK EQUIPMENT

#### DOWNLOAD:

Search 'Reebok Fitness Equipment' on the App Store or Google



#### CONNECT:

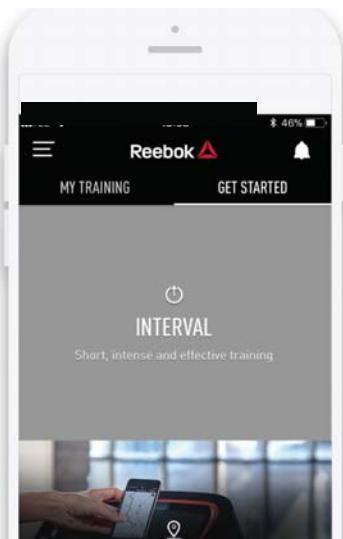
Your Reebok machine connects to the app via the bluetooth dongle, so you don't need GPS or internet to use it.

The USB connector is colour coded blue to match the correct USB port on your machine.

Once you have selected a workout or planned your route, the app will ask you to choose the machine you would like to connect with.



### SELECT GET STARTED & CHOOSE FROM QUICK START, INTERVAL OR MAP MY ROUTE



### CONNECT TO YOUR MACHINE

