

# ASTRORIDE

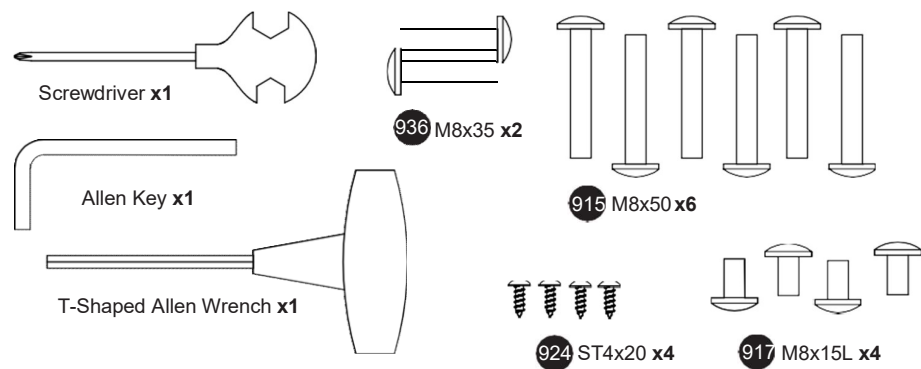
## A4.0 TREADMILL

### USER MANUAL

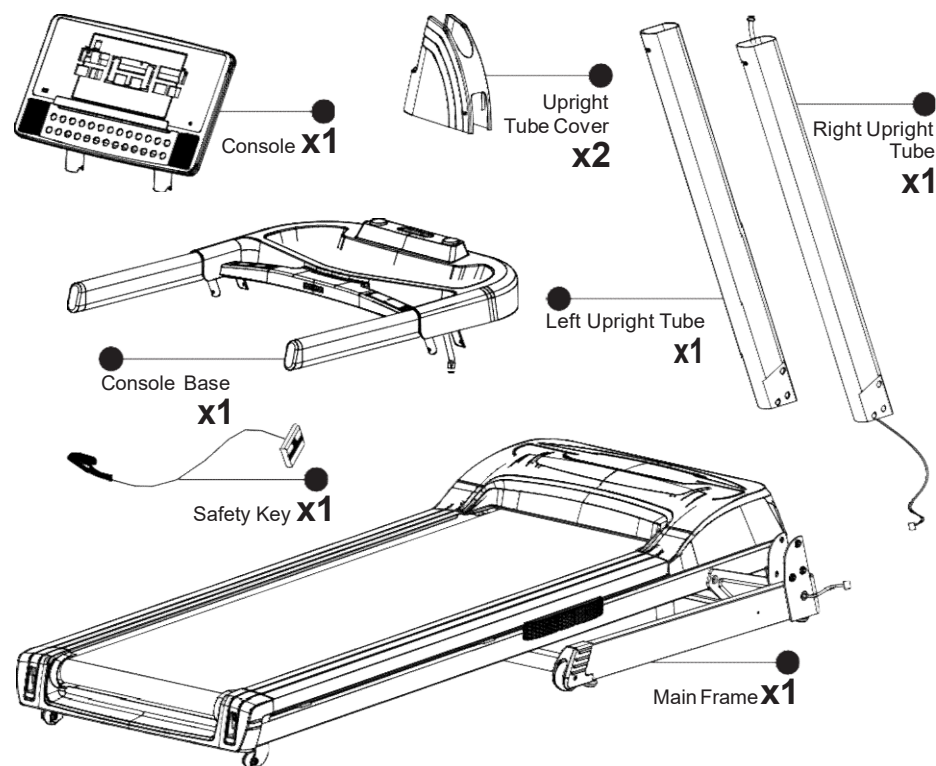


EU: 240V DC  
USA: 120V DC

## HARDWARE PACK

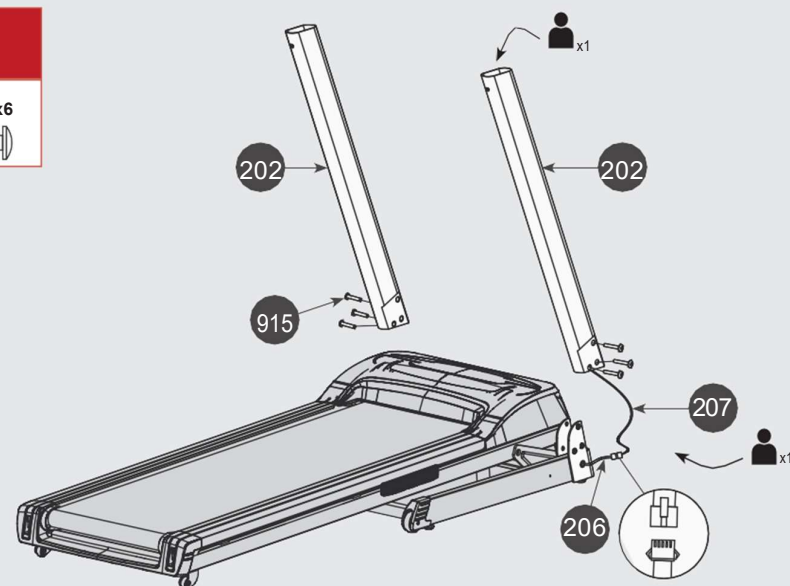


## PARTS



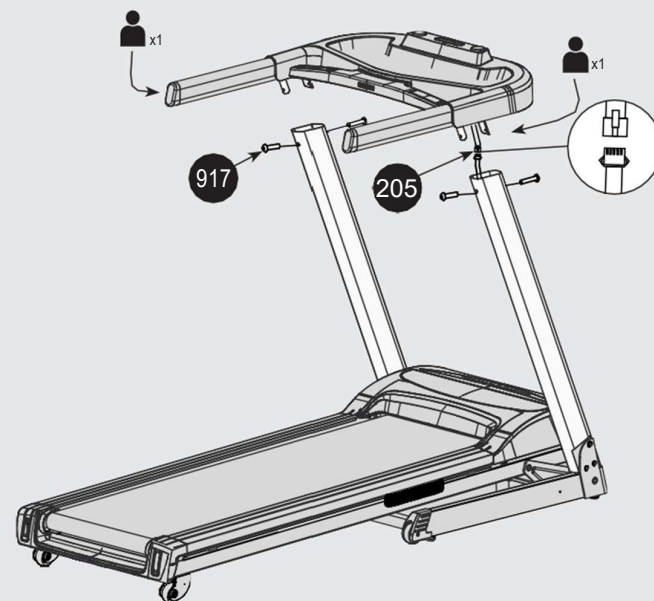
1

915 Screw x6



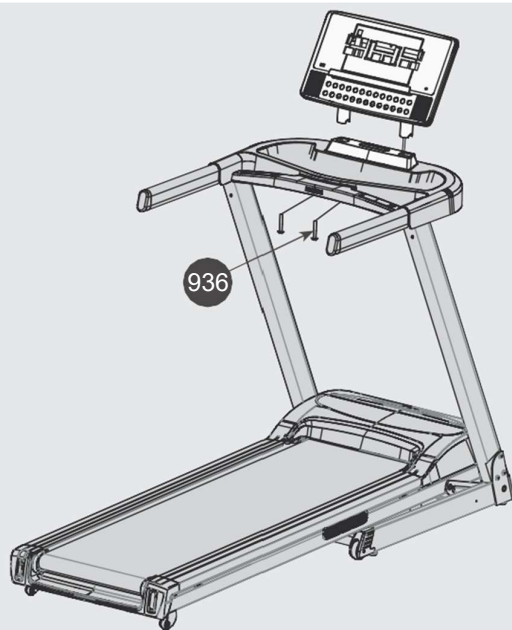
2

917 Screw x4

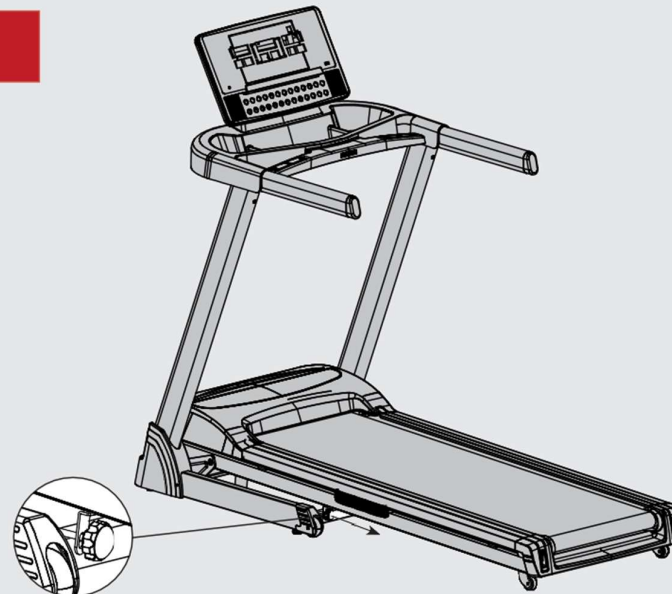


3

936 Screw x2

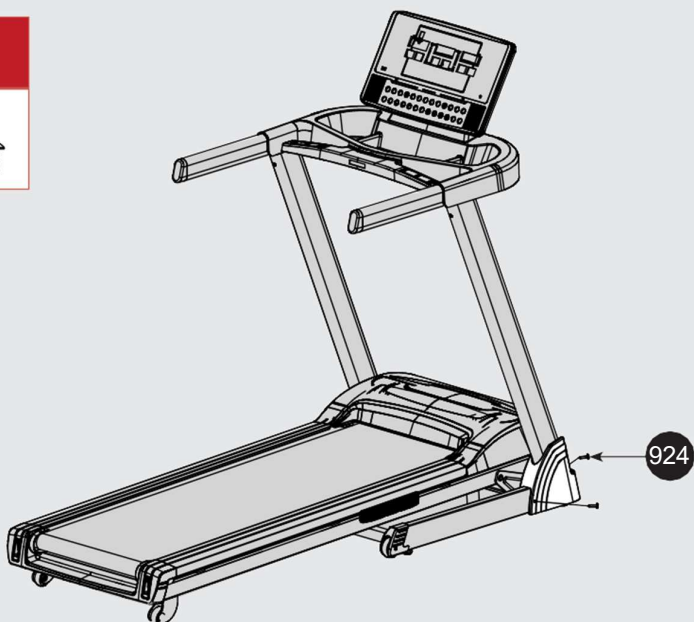


5

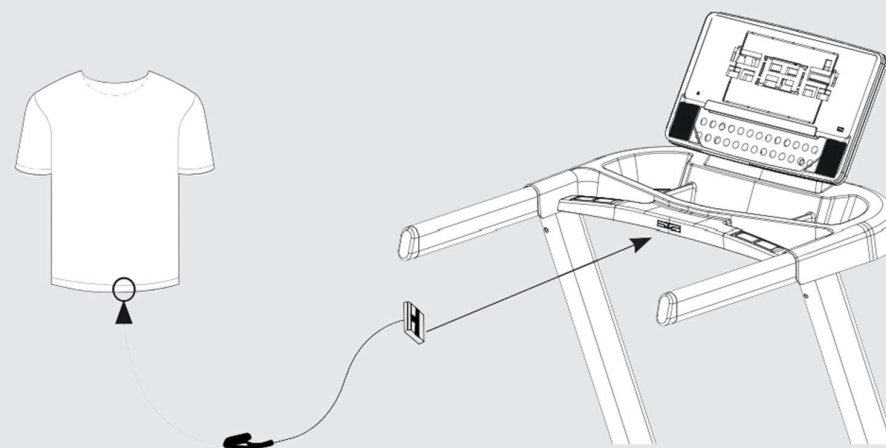


4

924 Screw x4

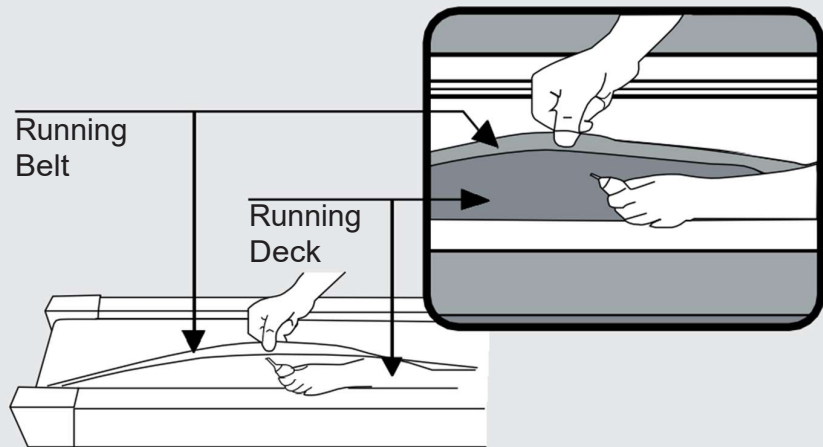


Safety Key



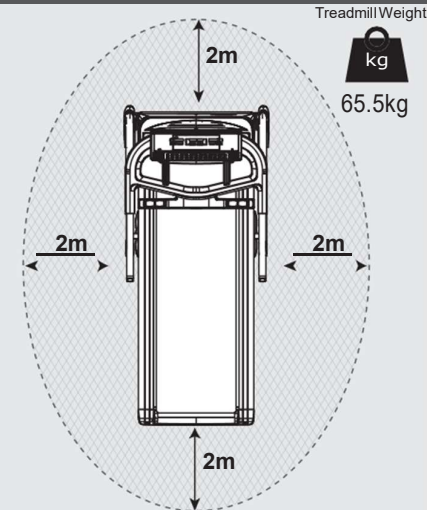
**Important:** This appliance can be used by children aged from 12 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the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

### Lubricating the treadmill.



\* Every 3-6 months  
\*\* See User Guide for more info

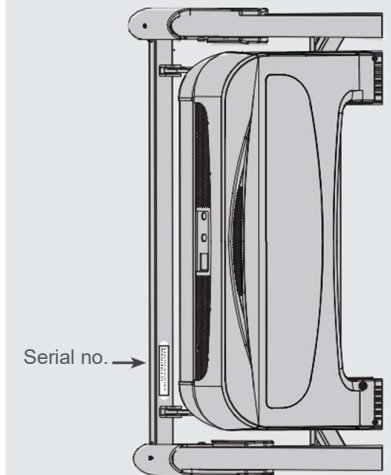
Allow for a minimum space of 2m around the treadmill when in operation.



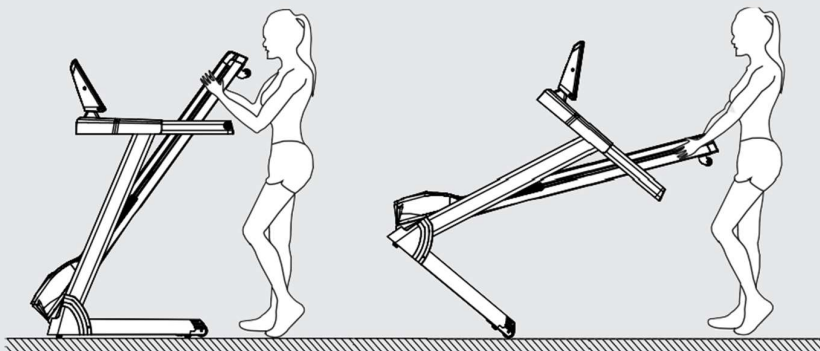
167.5cm (L) x 76.5cm (W) x 140cm (H)

Serial no. is located on the base of the treadmill.

Example:  
Serial No.: RVAR-104215L/0718/000001  
Manufacture Date: July 2018



### Moving the treadmill.



This product is suitable for user's weight of **130kg**.



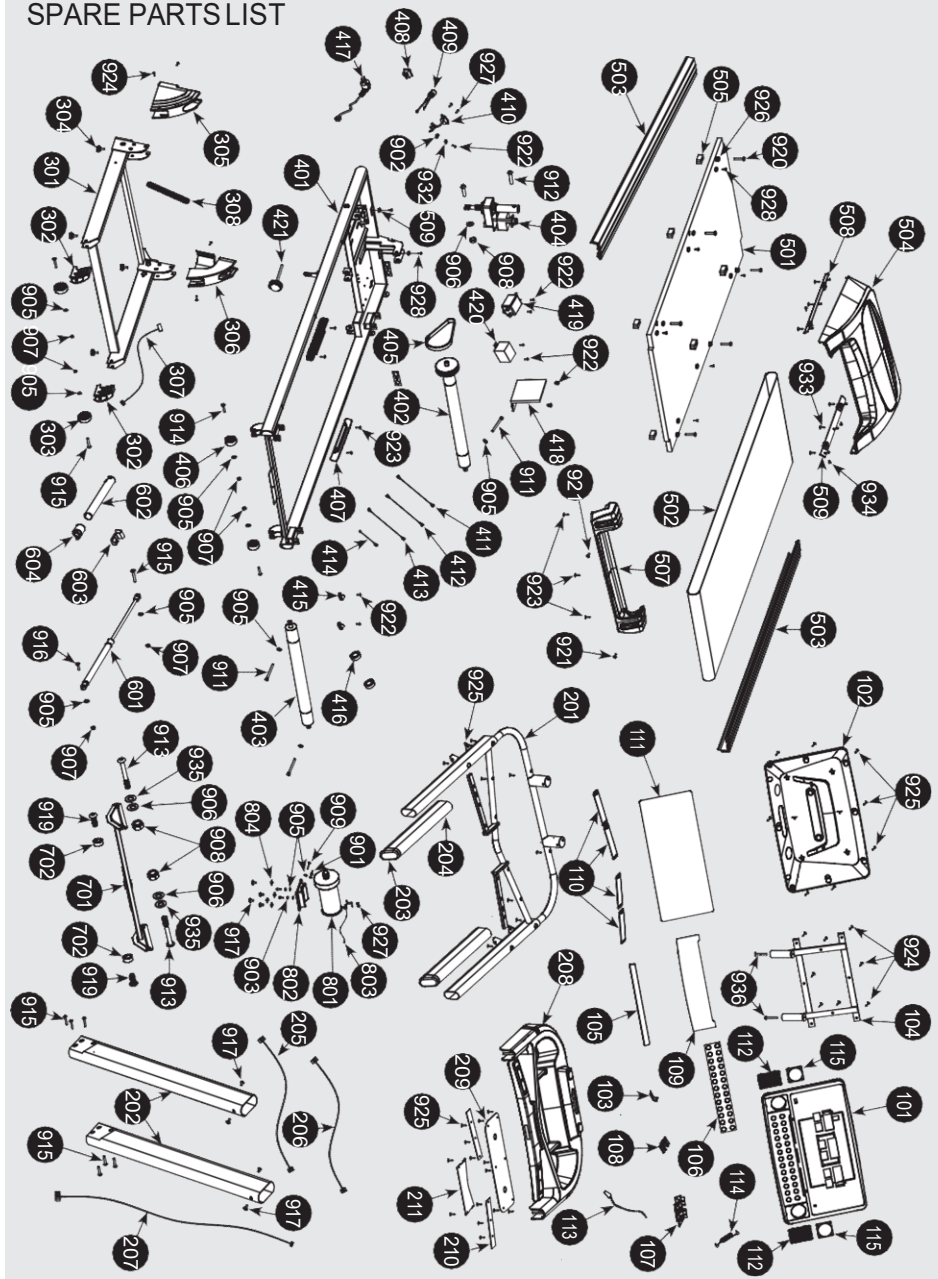
WEEE logo this symbol on a product means that the product is covered by European Directive 2012/19/EU.  
Hereby, RFE international declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.



[www.reebokfitness.info/product-support](http://www.reebokfitness.info/product-support)

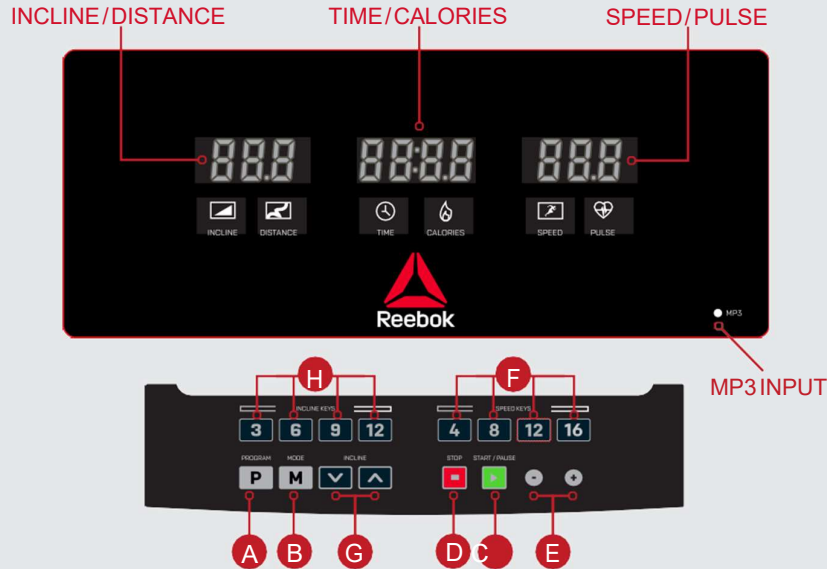


## SPARE PARTS LIST



| ITEM | DESCRIPTION                       | QTY.  |
|------|-----------------------------------|-------|
| 101  | Panel Board (Display)             | 1 PCS |
| 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 |
| 208  | Console Shell                     | 1 PCS |
| 209  | PVC Cover Plate I                 | 1 PCS |
| 210  | PVC Cover Plate III               | 2 PCS |
| 211  | PVC Cover Plate II                | 1 PCS |
| 301  | Base Frame                        | 1 PCS |
| 302  | Open Waist Drum Sleeve            | 2 PCS |
| 303  | Wheel                             | 2 PCS |
| 304  | Taper Cushion (Conductive Rubber) | 4 PCS |
| 305  | Base Cover (L)                    | 1 PCS |
| 306  | Base Cover (R)                    | 1 PCS |
| 307  | Communication Wire                | 1 PCS |
| 308  | Wire Protector                    | 1 PCS |
| 401  | Main Frame                        | 1 PCS |
| 402  | Front Roller                      | 1 PCS |
| 403  | Rear Roller                       | 1 PCS |
| 404  | Incline Motor                     | 1 PCS |
| 405  | Motor Belt                        | 1 PCS |
| 406  | Wheel                             | 2 PCS |
| 407  | Decorative Block                  | 2 PCS |
| 408  | Switch                            | 1 PCS |
| 409  | Fuse (with Wire)                  | 1 PCS |
| 410  | Computer Tail Socket              | 1 PCS |
| 411  | Power Cord                        | 1 PCS |
| 412  | Power Cord                        | 1 PCS |
| 413  | Power Cord                        | 1 PCS |
| 414  | Power Cord                        | 1 PCS |
| 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 |
| 421  | Handle Knob                       | 1 PCS |

| 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 Guide             | 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  | Silen 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  | Phillips Screw M5x10                 | 2 PCS  |
| 922  | Phillips Screw M4x10                 | 7 PCS  |
| 923  | Phillips ST4x16                      | 7 PCS  |
| 924  | Phillips ST4x20                      | 4 PCS  |
| 925  | Phillips ST4x12                      | 38 PCS |
| 926  | Plastic Flat Cushion                 | 6 PCS  |
| 927  | Phillips Screw ST3x10                | 4 PCS  |
| 928  | Phillips 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  | Phillips Screw ST4x16                | 6 PCS  |
| 934  | Phillips Screw M5x10                 | 5 PCS  |
| 935  | Plastic Flat Cushion                 | 2 PCS  |
| 936  | Allen Screw M8x20                    | 2 PCS  |



## BUTTON FUNCTIONS

- A PROGRAM**  
Selects the desired program (P0-P36, U01-U03, FAT, HR1-HR3).
- B MODE**  
To select countdown mode for distance, calories and time.
- C START**  
Press to start treadmill, the running belt will start moving.
- D STOP**  
Press to stop treadmill, the running belt will slow before stopping completely.
- E SPEED**  
Increase/decrease speed during workout. Adjust parameters time/distance/calories.
- F QUICK SPEED**  
Use this to select a different speed whilst running.
- G INCLINE**  
Increase / decrease incline during the workout.
- H QUICK INCLINE**  
Use this to select a different incline whilst running.

## OPERATION PROCEDURE

### MPH TO KPH CONVERSION

In Standby mode, remove the safety key and press **PROGRAM** and **MODE** at the same time. Speed will show '0.6' for MPH or '1.0' for KPH. Repeat the above process to change again.

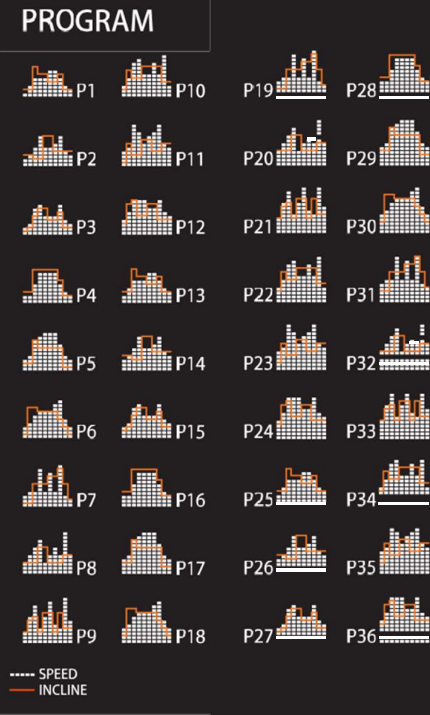
### SAFETY KEY

The machine will not operate unless the red safety key is inserted. If the safety key is out of place the machine will shut down immediately. The screen will display 'E-07' with a warning tone. The clip on the 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 emergency.

### P0 MANUAL PROGRAM

- Press **PROGRAM** to highlight 'P0'.
- Press **MODE** to change the countdown to **TIME**, **DISTANCE** or **CALORIES**. These set parameters can be adjusted using the +/-.
- Press **START** to begin the exercise.



### P1-P36 PROGRAMS

These are preset programs in which the machine will change the speed and incline automatically during the workout.

(NOTE: If the speed/incline is changed during this program by the user the program will revert back to the preset speed/incline in the next segment.)

- From the standby screen, press **PROGRAM** to select the required program.
- Press **START** to select and begin using the preset time. The default time is 30 minutes but this can be adjusted using +/-.
- During the program the speed and incline settings are split into 16 segments. The time of each segment depends on the overall time selected. For example, 16 minute program = 16 segments of 1 minute. Therefore speed/incline would alter every 1 minute.
- The console will count down and beep for 3 seconds each time the speed/incline is changed.

### U01-U03

On these programs the user can define the speed and incline for a customised workout.

- From standby press **PROGRAM** until U01, U02 or U03 are displayed.

- Press **MODE** to enter the first segment of the program.
- Press +/- to adjust the speed for this segment. Press **MODE** to continue.
- Repeat for all the 16 segments of the program.
- Once data has been entered into 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

- Press **PROGRAM** until **FAT** is displayed.
- Press **MODE** to confirm the selection and to begin inputting the user parameters.
- The **TIME** window will display the below parameters that can be changed using +/-.

F1 - Gender will be displayed, Press +/- to switch between 1 (male) and 2 (female). Press **MODE** to confirm.

F2 - Age will be displayed. Press +/- to adjust (preset is 25 years). Press **MODE** to confirm.

F3 - Height will be displayed. Press +/- to adjust (preset is 170cm). Press **MODE** to confirm.

F4 - Weight will be displayed. Press +/- to adjust (preset is 70kg). Press **MODE** to confirm.

F5 will be displayed, at this stage the user must place both hands on the pulse sensors for approximately 8 seconds. The test results will be displayed as below:

=< 19 Underweight  
20-25 Normal weight  
26-29 Overweight  
30 or above Obese

### POWER SAVING

This product is manufactured in compliance with the Erp Regulations and is fitted with a power saving mode which will activate if the Treadmill is inactive for a period of 4 minutes. To restart the treadmill simply remove and reattach the safety key.

FCC statement.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference

to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC& IC Radiation Exposure Statement:**

This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

**This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.**

**Déclaration d'IC sur l'exposition aux radiations:**

Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés.

Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur. **Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.**