

USER'S MANUAL

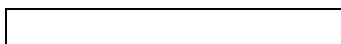
# FX60HRO MOTORIZED TREADMILL

MODEL NUMBER: FX60HRO



USER WEIGHT LIMITATION: 350lbs. (159kgs.)

SERIAL NUMBER (found on frame):



## PRECAUTIONS

### **For future service or related questions:**

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness treadmill.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Receipt: \_\_\_\_\_

### **Precautions:**

**WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 2 meters (6 feet) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than 350lbs. (159kgs.)
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Safety area of 2,000mm X 1,000mm behind the equipment.
- Use "safety key" when operating the treadmill and make sure "safety key" clipped on the cloth.
- Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

## POWER REQUIREMENTS

- The emergency dismount function : Please hold the handle bar and step on the foot platform for emergency dismount, the safety key unplugged from the computer automatically. The treadmill power will stop immediately. The running belt will be slowed down, and then user can get off from the treadmill.

### **Power Requirements:**

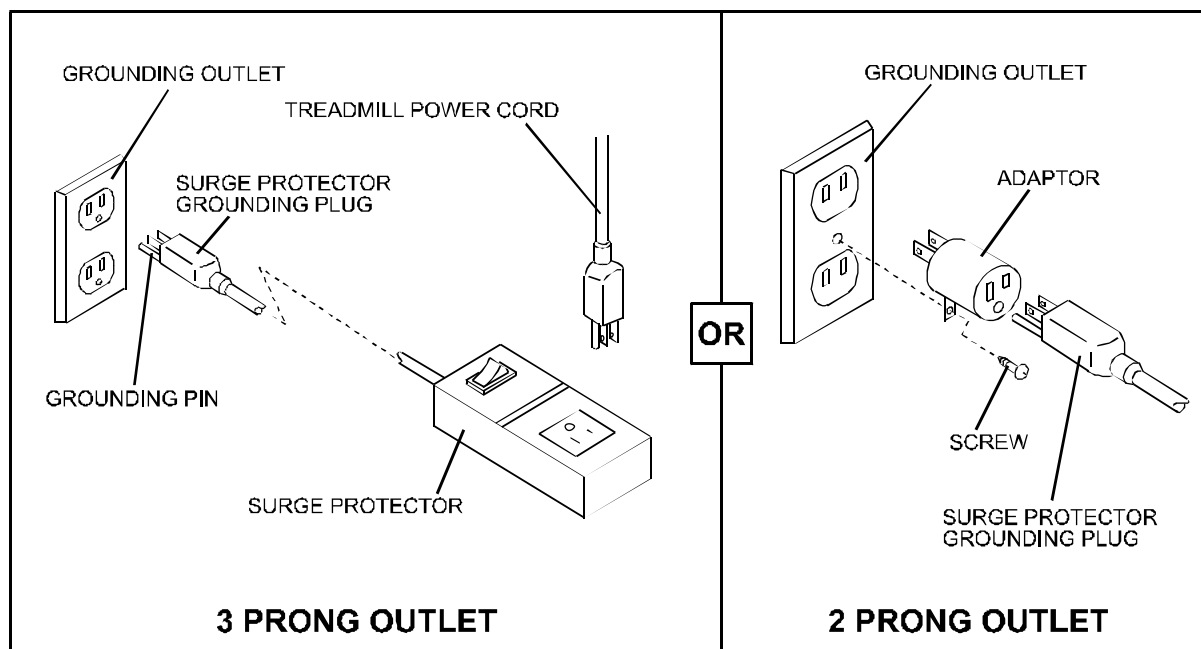
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.



## PREASSEMBLY

### **Open the boxes:**

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call the manufacturer.

### **Gather your tools:**

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

### **Clear your work area:**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

### **Invite a friend:**




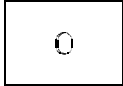




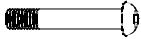
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

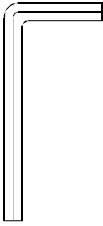
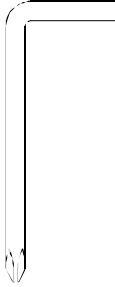
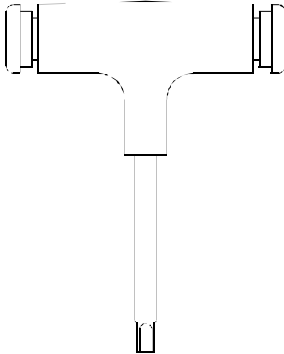
### **User Weight Limitation:**


Please note that there is a weight limitation for this product. **If you weigh more than 350lbs. (159kgs.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART**Hardware chart:**

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.	9	13	17
9	M6 x 15mm Screw	4			
13	M8 x 50mm Allen Head Bolt	4			
17	#8 x 19mm Screw	8			
21	Plastic Cover	2	21	22	23
22	M6 x 20mm Screw	2			
23	M8 x 19mm Bolt	4			
109	M8 x 76mm Bolt	2			
110	Metal Cap	2	109	110	132
119	Handlebar Fixing Plate	2			
132	M6 x 55mm Bolt	2			
A	Wrench	1			
B	Screw Driver	1			
C	Allen Wrench	1			



MILIMETERS

## FX60HRO MOTORIZED TREADMILL

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
1	N/A			29	6.5 x 13mm Washer	1	FX60HRO-29
2	Console	1	FX60HRO-02	30	Fold Up Lock	1	FX60HRO-30
3	Top Console Housing	1	FX60HRO-03	31	Spring	1	FX60HRO-31
4	Bottom Console Housing	1	FX60HRO-04	32	Base Frame End Cap	2	FX60HRO-32
5	Wire Protection Ring	1	FX60HRO-05	33	Level Adjust	2	FX60HRO-33
6	Safety Key	1	FX60HRO-06	34	Base Frame	1	FX60HRO-34
7	M4 x 12mm Screw	17	FX60HRO-07	35	Rear Moving Wheel	2	FX60HRO-35
8	Console Support Tube	1	FX60HRO-08	36	Cushion	4	FX60HRO-36
9	M6 x 15mm Screw	4	FX60HRO-09	37	Cap	1	FX60HRO-37
10	Handlebar Front End Cap	2	FX60HRO-10	38	3/8" x 30mm Bolt	1	FX60HRO-38
11	Motion Control Sensor	2	FX60HRO-11	39	Bushing	1	FX60HRO-39
12	Hand Pulse Sensor	2	FX60HRO-12	40	Wheel	1	FX60HRO-40
13	M8 x 50 Allen Head Bolt	6	FX60HRO-13	41	Deck Frame Support	1	FX60HRO-41
14	Handlebar - Left	1	FX60HRO-14	42	Shock	1	FX60HRO-42
15	Handlebar - Right	1	FX60HRO-15	43	C Clip	2	FX60HRO-43
16	Plastic Fixing Insert	6	FX60HRO-16	44	4.5 x 12mm Washer	8	FX60HRO-44
17	#8 x 25 Screw	8	FX60HRO-17	45	M8 x 15mm Screw	30	FX60HRO-45
18	M5 x 10mm Allen Head Bolt	1	FX60HRO-18	46	M10 Nylon Nut	4	FX60HRO-46
19	Left Upright	1	FX60HRO-19	47	N/A		
20	Right Upright	1	FX60HRO-20	48	N/A		
21	Plastic Cover	2	FX60HRO -21	49	M8 Nylon Nut	2	FX60HRO-49
22	M6 x 20mm Screw	2	FX60HRO -22	50	M10 x 60mm Bolt	2	FX60HRO-50
23	M8 x 15mm Bolt	8	FX60HRO -23	51	Caster Wheel - Front	2	FX60HRO-51
24	M5 x 8mm Bolt	2	FX60HRO -24	52	N/A		
25	Switch Plate	1	FX60HRO -25	53	N/A		
26	M14 x 90mm Bolt	2	FX60HRO-26	54	Motor Hood Insert	1	FX60HRO-54
27	Elevation Support Tube Cover - Right	1	FX60HRO-27	55	Motor Hood	1	FX60HRO-55
28	M5 x 10mm Screw	1	FX60HRO-28	56	M8 x 50mm Screw	2	FX60HRO-56

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PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
57	6.5 x 13mm Washer	5	FX60HRO-57	85	M6 x 70mm Screw	3	FX60HRO-85
58	Side Rail	2	FX60HRO-58	86	Deck Cushion	8	FX60HRO-86
59	Deck End Cap - Left	1	FX60HRO-59	87	Front Roller with Flywheel	1	FX60HRO-87
60	Deck End Cap - Right	1	FX60HRO-60	88	Front Roller Shaft	1	FX60HRO-88
61	Running Belt	1	FX60HRO-61	89	Fame Cover - Right	1	FX60HRO-89
62	Rail Guide	8	FX60HRO-62	90	10mm Shaft	1	FX60HRO-90
63	M8 x 25mm Screw	8	FX60HRO-63	91	Bushing	2	FX60HRO-91
64	Running Deck	1	FX60HRO-64	92	Plastic Clamp - Top	2	FX60HRO-92
65	Washer	2	FX60HRO-65	93	Plastic Clamp - Bottom	2	FX60HRO-93
66	Rubber Cushion	1	FX60HRO-66	94	Bracket	2	FX60HRO-94
67	M8 x 135mm Bolt	1	FX60HRO-67	95	M10 x 90mm Screw	1	FX60HRO-95
68	Motor Bracket	1	FX60HRO-68	96	Spring Washer	8	FX60HRO-96
69	M8 x 15mm Screw	2	FX60HRO-69	97	Rear Roller	1	FX60HRO-97
70	Spring Washer	2	FX60HRO-70	98	Rear Roller Shaft	1	FX60HRO-98
71	8 x 16mm Washer	2	FX60HRO-71	99	M8 Nut	8	FX60HRO-99
72	M10 x 136mm Hex Bolt	1	FX60HRO-72	100	M8 x 19mm Allen Head Bolt	4	FX60HRO-100
73	Driving Motor	1	FX60HRO-73	101	Deck Wheel	2	FX60HRO-101
74	Motor Drive Belt	1	FX60HRO-74	102	M8 x 43mm Bolt	2	FX60HRO-102
75	Elevation Motor	1	FX60HRO-75	103	Motor Belly Pan	1	FX60HRO-103
76	Clip	2	FX60HRO-76	104	M8 x 35mm Screw	3	FX60HRO-104
77	M5 x 12mm Screw	2	FX60HRO-77	105	Elevation Support Tube Cover - Left	1	FX60HRO-105
78	M10 x 63mm Bolt	1	FX60HRO-78	106	Deck Frame	1	FX60HRO-106
79	Motor Control Board	1	FX60HRO-79	107	Cap	2	FX60HRO-107
80	Transformer Board	1	FX60HRO-80	108	Rubber Cushion	2	FX60HRO-108
81	M10 x 35mm Screw	9	FX60HRO-81	109	M8 x 76mm Bolt	2	FX60HRO-109
82	Elevation Support	1	FX60HRO-82	110	Metal Cap	2	FX60HRO-110
83	Micro Switch	1	FX60HRO-83	111	Cross Brace	1	FX60HRO-111
84	Frame Cover - Left	1	FX60HRO-84	112	N/A		

## FX60HRO MOTORIZED TREADMILL

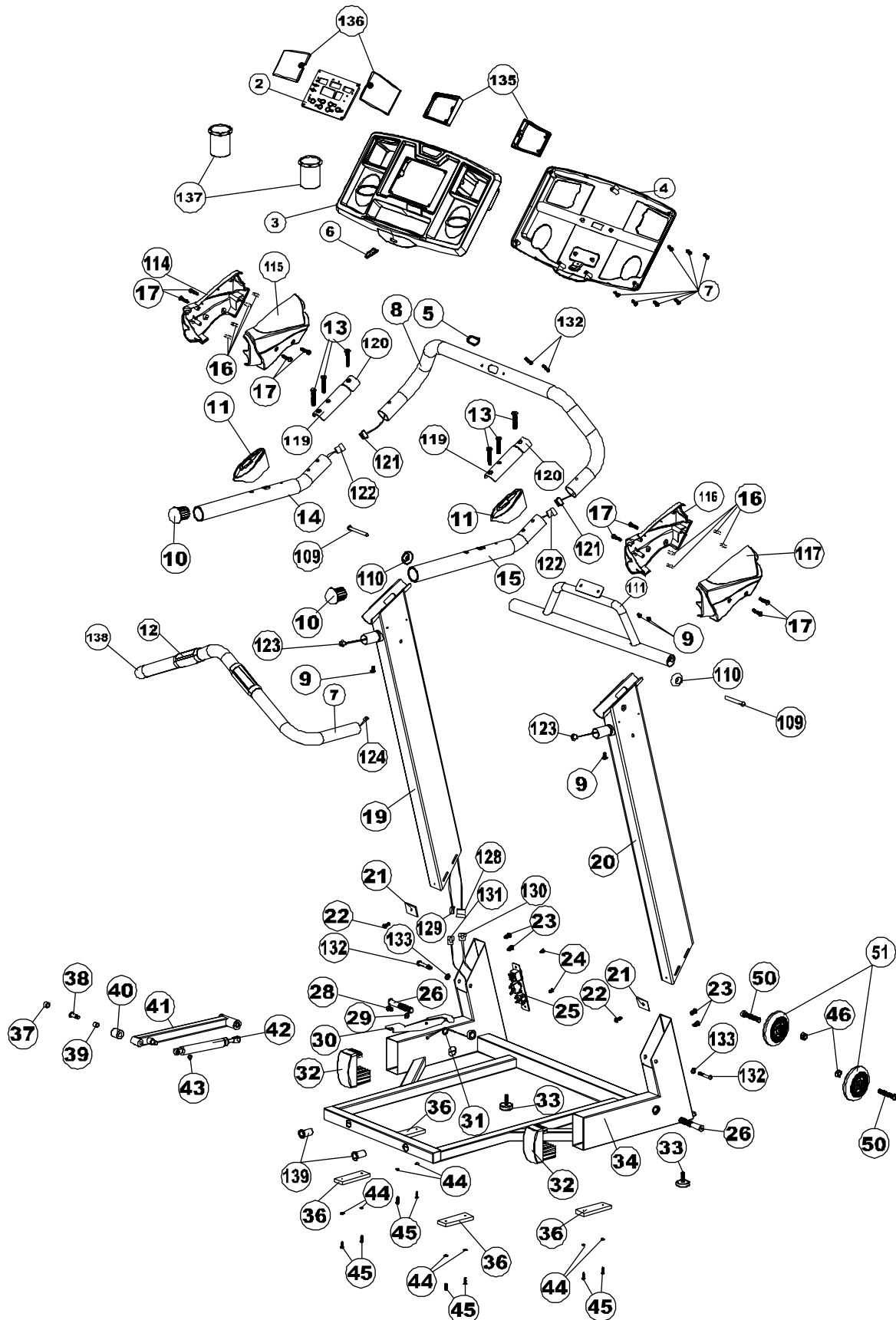
PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.	NO.	DESCRIPTION	QTY.	ORDER NO.
113	N/A						
114	Handlebar Rear End Cap – Left #1	1	FX60HRO-114				
115	Handlebar Rear End Cap – Left #2	1	FX60HRO-115				
116	Handlebar Rear End Cap – Right #2	1	FX60HRO-116				
117	Handlebar Rear End Cap – Right #1	1	FX60HRO-117				
118	N/A						
119	Handlebar Fixing Plate	2	FX60HRO-119				
120	Console Support Tube Fixing Plate	2	FX60HRO-120				
121	Motion Control Wire – Upper Section	2	FX60HRO-121				
122	Motion Control Wire – Bottom Section	2	FX60HRO-122				
123	EKG Pulse Wire – Upper Section	2	FX60HRO-123				
124	EKG Pulse Wire – Bottom Section	2	FX60HRO-124				
125	N/A						
126	N/A						
127	N/A						
128	Wire Loom – Upper Safety Key Power	1	FX60HRO-128				
129	Wire - Upper	1	FX60HRO-129				
130	Wire Loom - Bottom Safety Key Power	1	FX60HRO-130				
131	Wire - Bottom	1	FX60HRO-131				
132	M6 x 55mm Bolt	4	FX60HRO-132				
133	6 x 13mm Washer	2	FX60HRO-133				
134	M6 x 12mm Screw	2	FX60HRO-134				
135	Glove Compartment Frame	2	FX60HRO-135				
136	Glove Compartment Cover	2	FX60HRO-136				
137	Water Bottle Holder	2	FX60HRO-137				
138	Front Handlebar	1	FX60HRO-138				
139	Plastic Bushing	2	FX60HRO-139				
140	Deck Fixing Tube	1	FX60HRO-140				



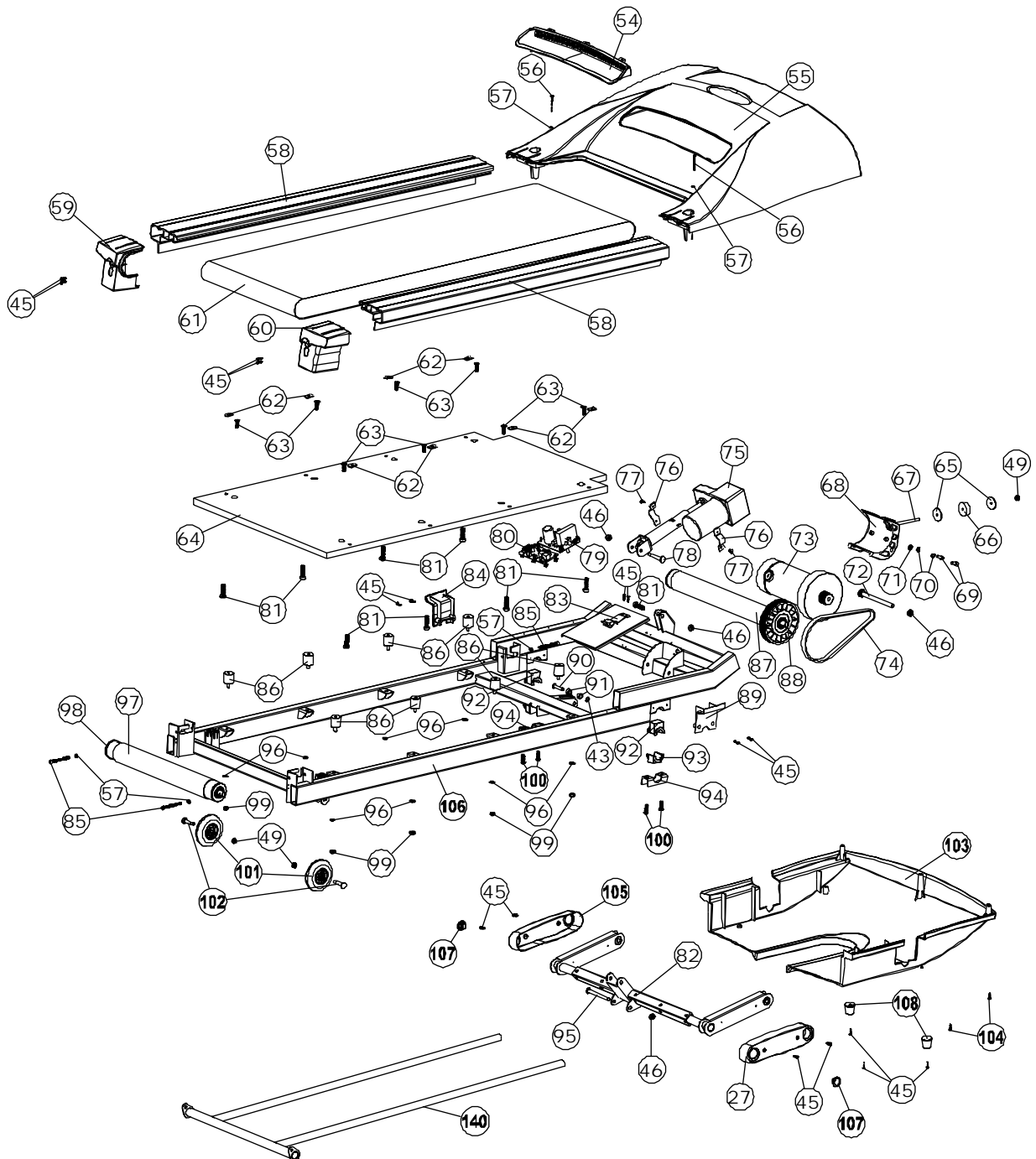
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



PARTS DIAGRAM

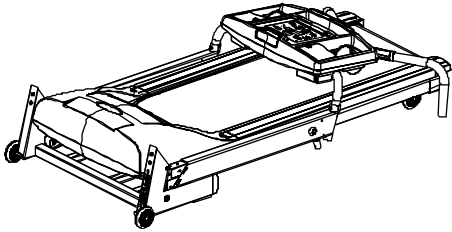
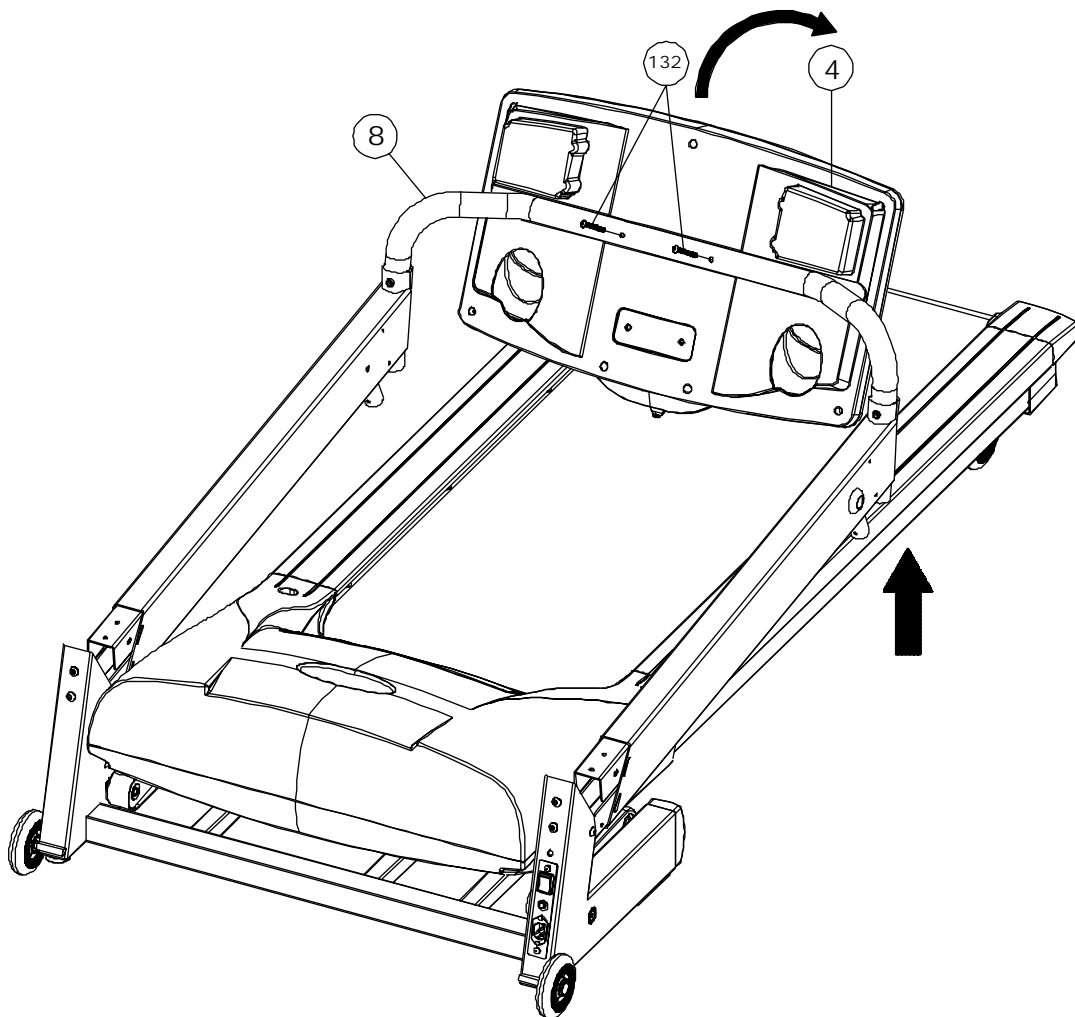
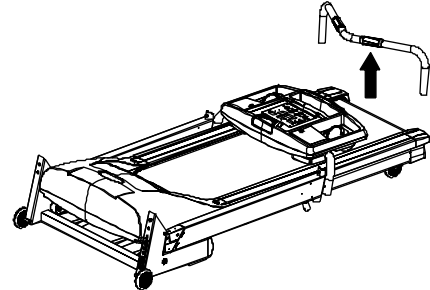
A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



ASSEMBLY**STEP 1:**

Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG-1. Then remove the Handlebar and place them out of the way for now, as shown in FIG2.

Rotate the Console Housing to the correct position then secure with two M6 x 55mm Bolt (132).

**FIG1****FIG2**

## ASSEMBLY

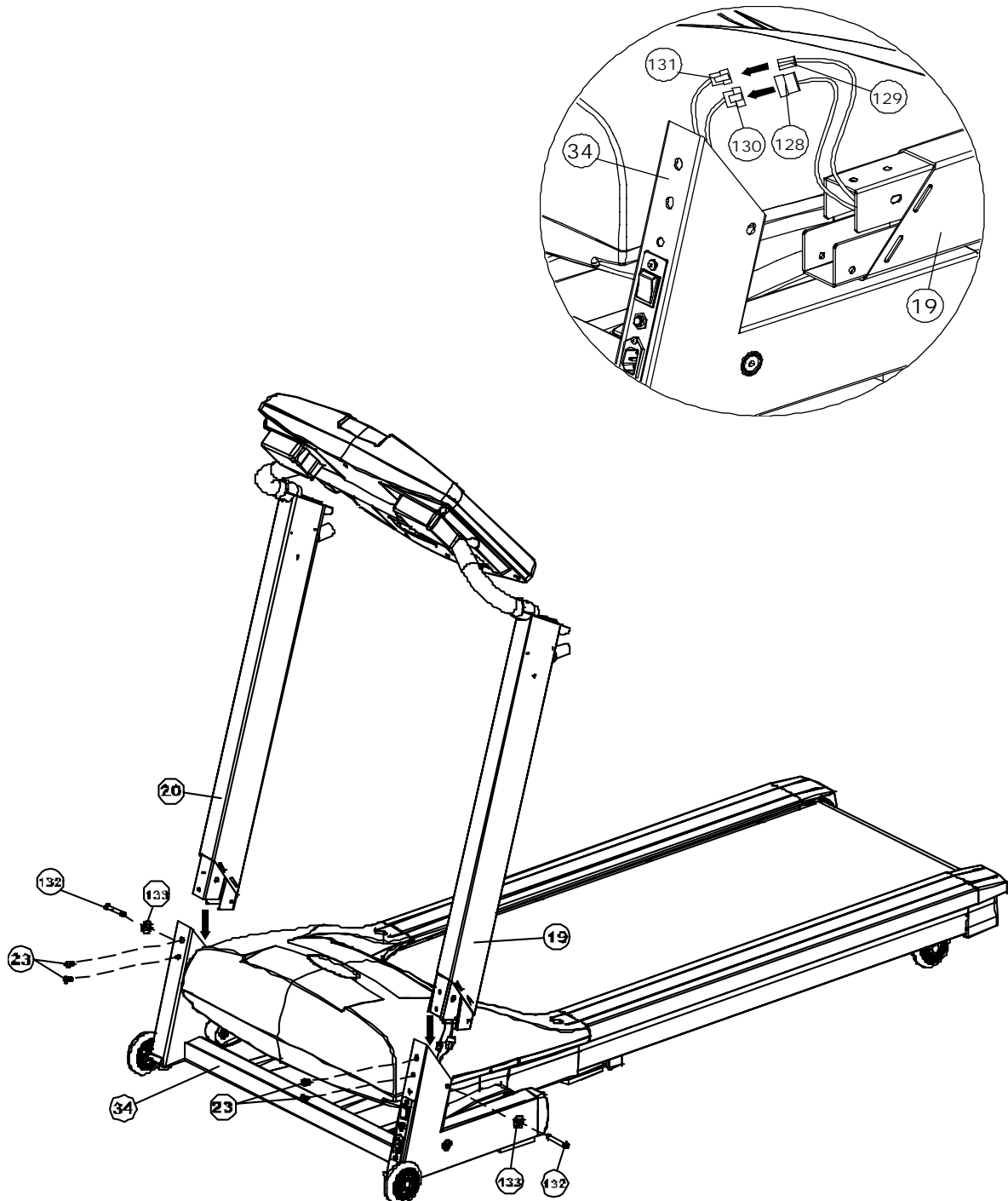
### STEP 2:

**NOTE: YOU WILL NEED THE HELP OF ANOTHER PERSON IN ORDER TO COMPLETE STEP 2 OF THE ASSEMBLY PROCEDURE.**

First remove the M6 x 55 Bolt (132) and 6 x 13mm Washer (133) from Base Frame (34).

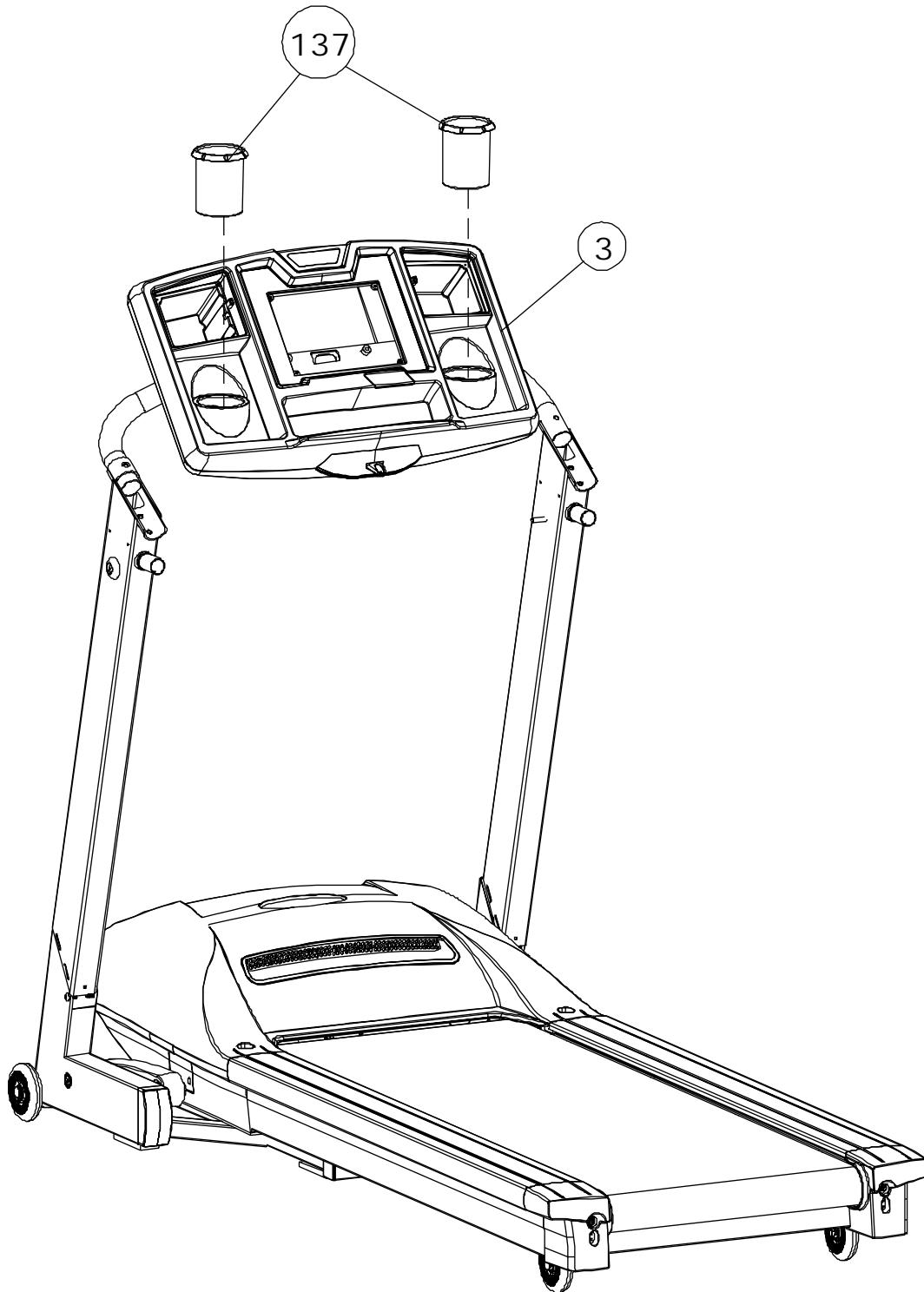
Connect the wires from the Left Upright (19) and Base Frame (34) as FIG.2 shown. Attach the Left Upright (19) and Right Upright (20) to the Base Frame (34) and secure in place using four M8 x 15 Bolt (23), two M6 x 55mm Bolt (132) and two 6 x 13mm Washer (133).

FIG.2



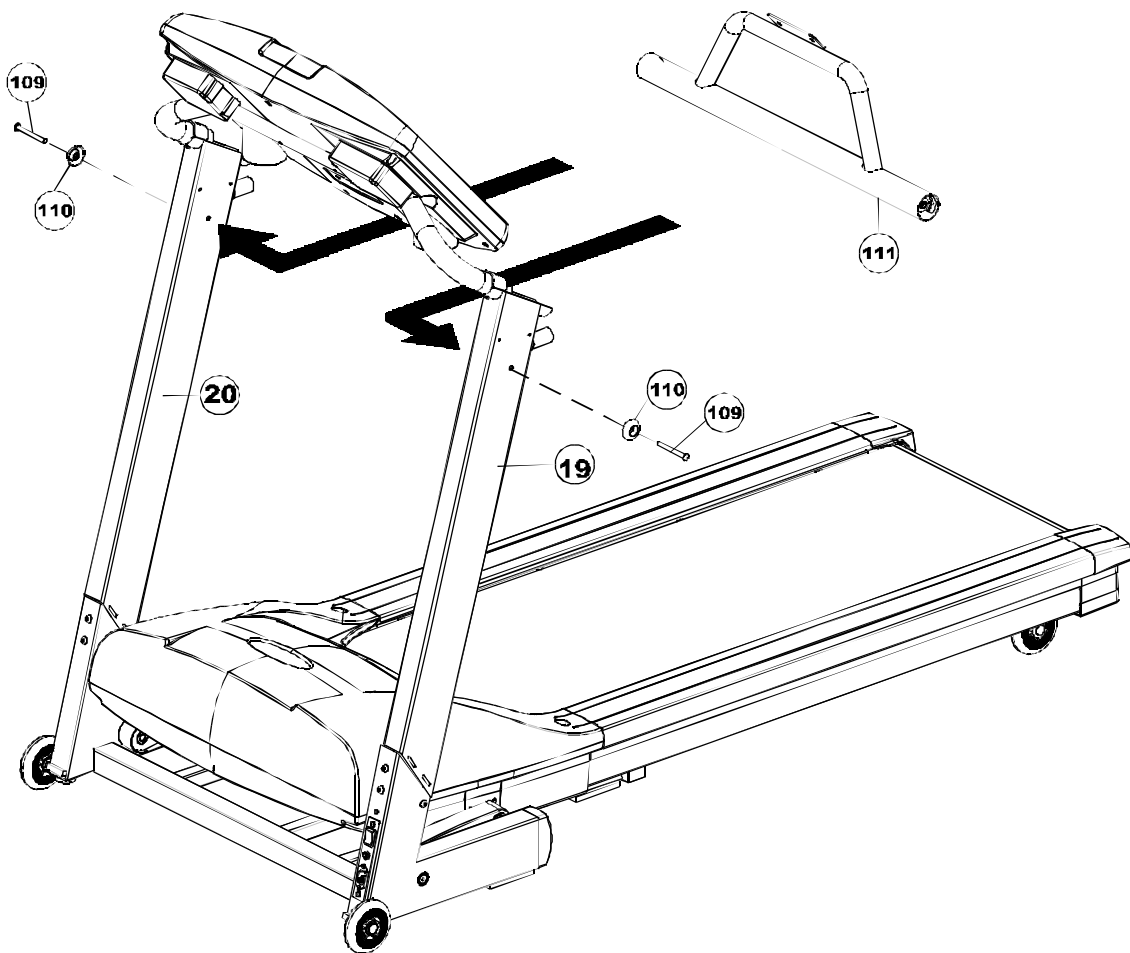
ASSEMBLY**STEP 3:**

Insert the Water Bottle Holder (137) into Top Console Housing (3).



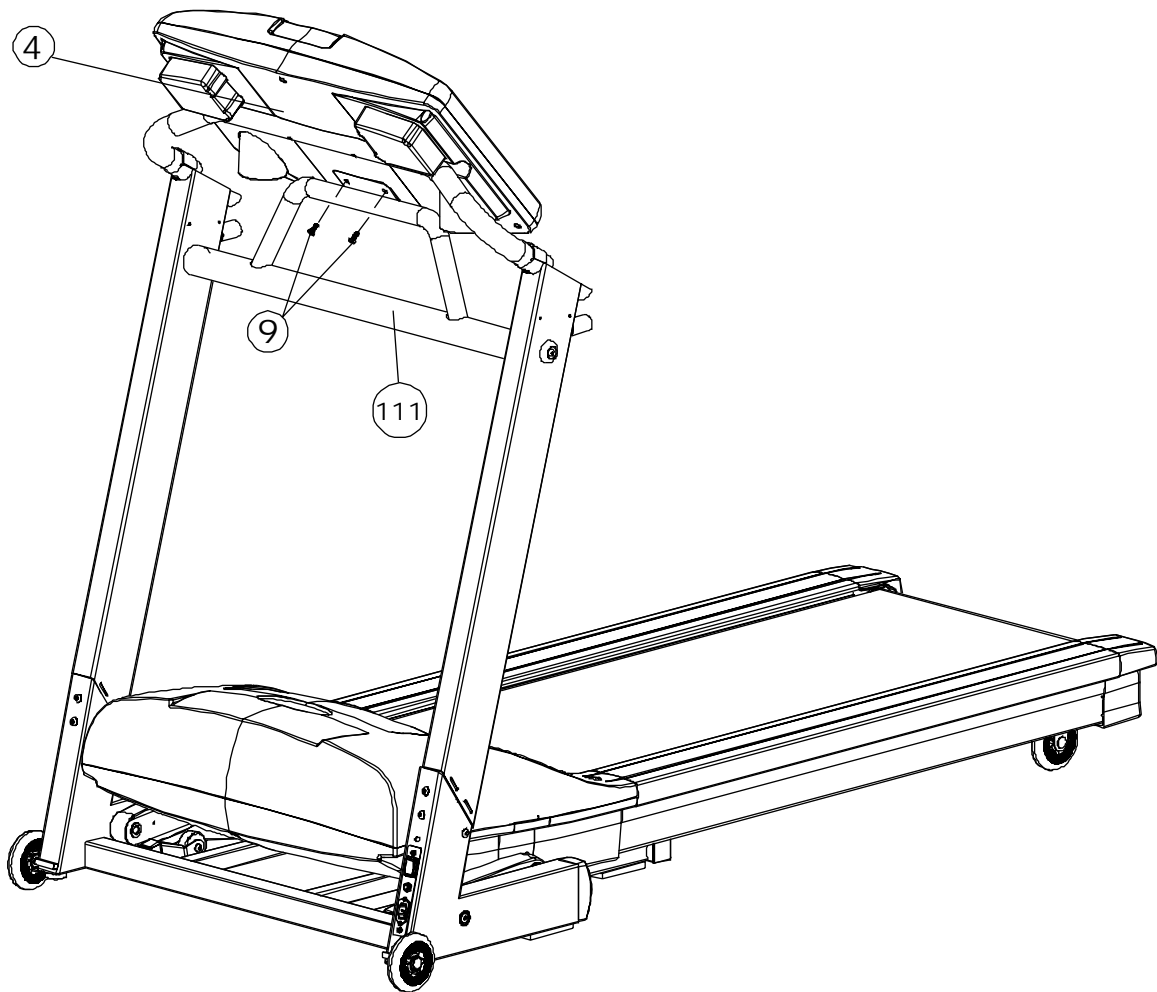
ASSEMBLY**STEP 4:**

Attach the Cross Brace (111) to Left and Right Upright (19 and 20) with Metal Cap (110) and M8 x 76mm Bolt (109).



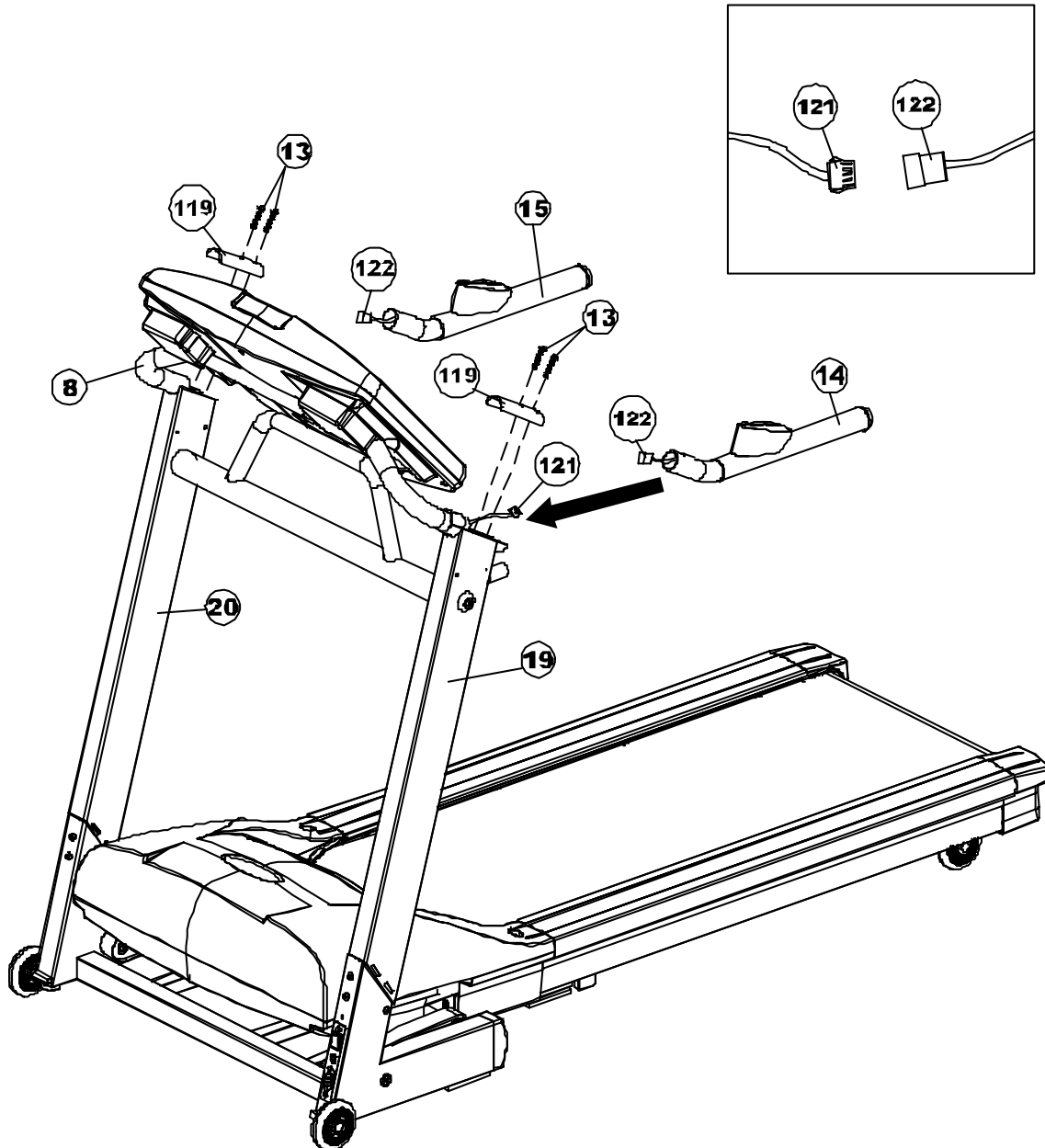
ASSEMBLY**STEP 5:**

Secure the Bottom Console Housing (4) to Cross Brace (111) with two M6 x 15mm Screw (9).



ASSEMBLY**STEP 6:**

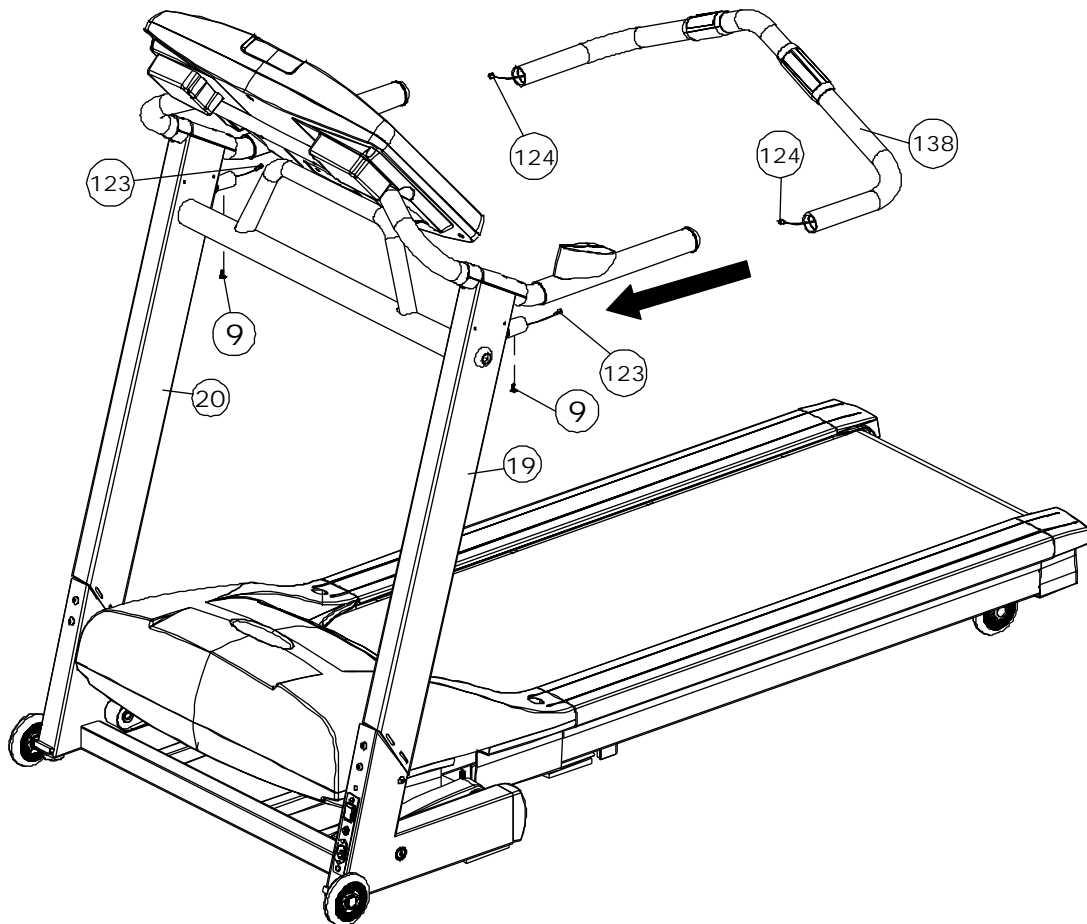
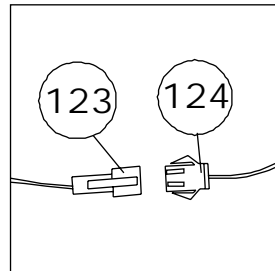
First connect the wires between the Left Handlebar (14) and Console Support Tube (8) as shown then attach the Left Handlebar (14) to the Left Upright (19) using one Handlebar Fixing Plate (119) and two M8 x 50 Bolts (13). Repeat this procedure for the Right Handlebar (15) and Right Upright (20).





ASSEMBLY**STEP 7:**

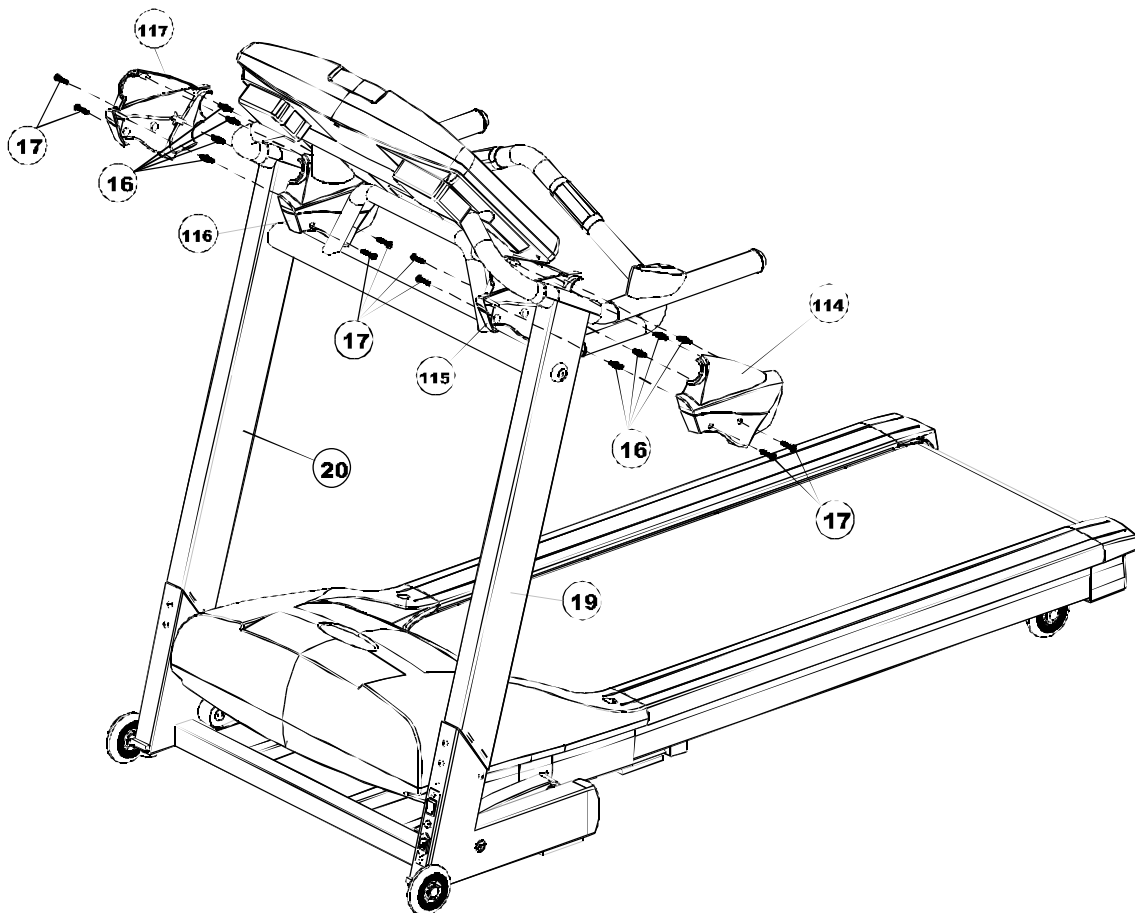
Connect the wires as shown. Attach the Front Handlebar (138) to Left Upright (19) and Right Upright (20) with two M6 x 15mm Screw (9)



ASSEMBLY**STEP 8:**

Attach the Handlebar Rear End Cap – Left #1 (114) and Handlebar Rear End Cap – Left #2 (115) to Left Upright (19) using Plastic Fixing Insert (16) and four #8 x 18 Screw (17).

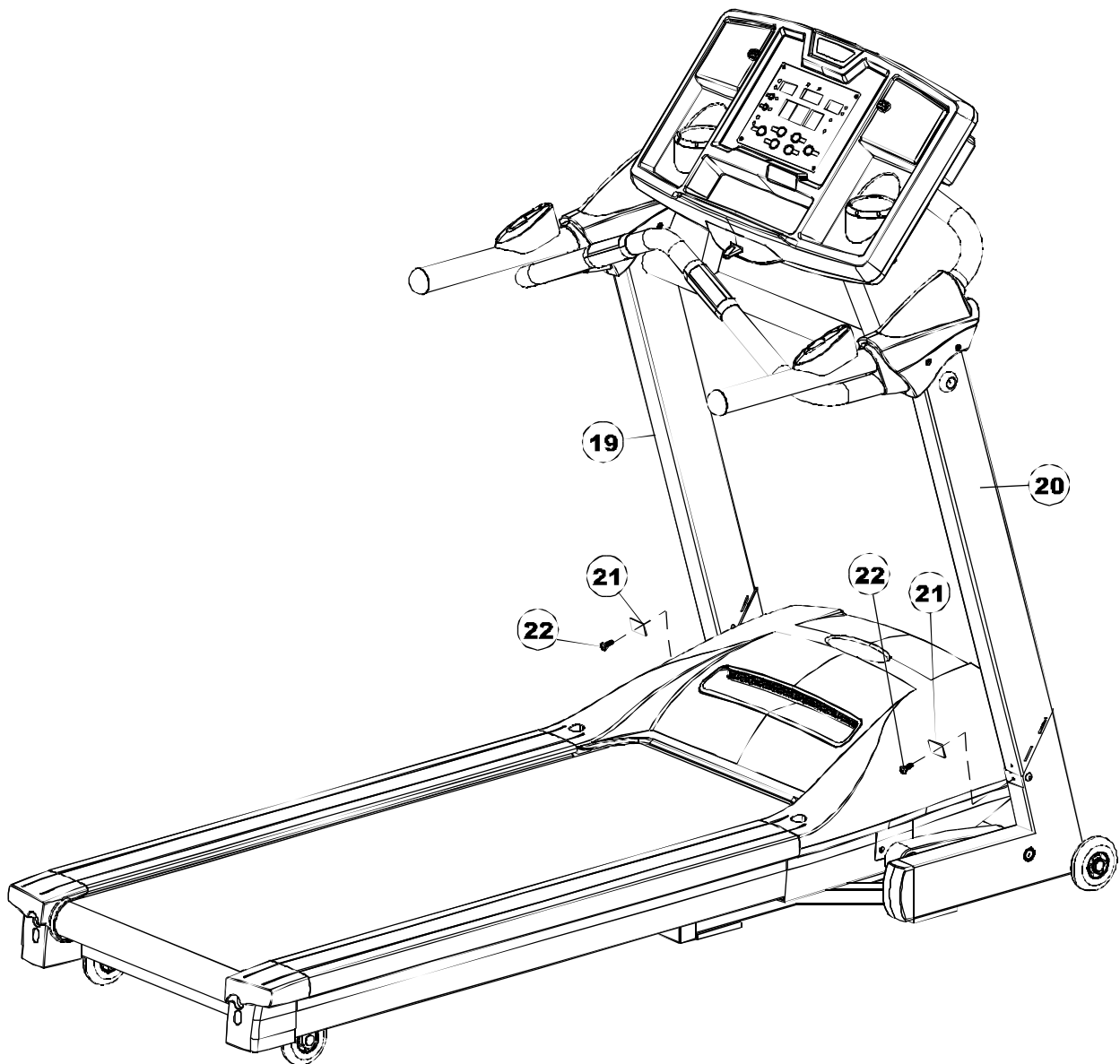
Attach the Handlebar Rear End Cap – Right #1 (117) and Handlebar Rear End Cap – Right #2 (116) to Right Upright (20) using Plastic Fixing Insert (16) and four #8 x 18 Screw (17).



ASSEMBLY**STEP 9:**

Attach one Plastic Cover (21) to each Left Upright (19) and Right Upright (20) and secure in place using one M6 x 20 Screw (22) for each.

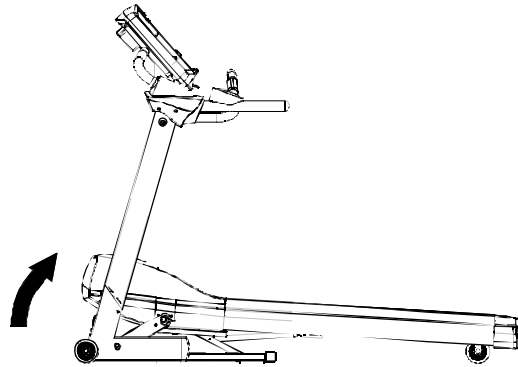
Your FX60HRO treadmill is now fully assembled.



**STABILIZER ADJUSTMENT****How to level the treadmill:**

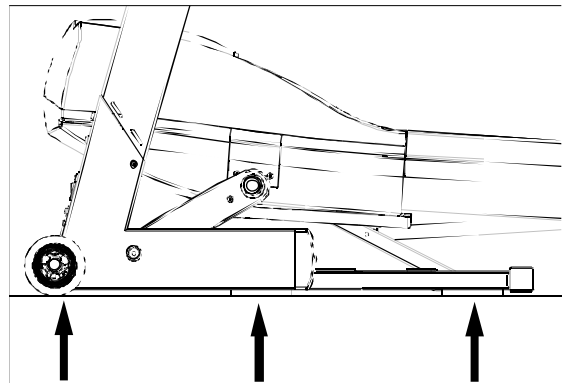
An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

1. To perform the stabilizer adjustment you first need to bring the treadmill to the highest incline level as shown in drawing 1. After you've completed the assembly procedure plug in the power cord and switch on the POWER SWITCH. Insert the Safety Key and press the START button to quick start the treadmill. Press the INCLINE UP button until the deck reaches its highest incline level. Now press the STOP button and pull out the Safety Key. Switch off the POWER SWITCH and unplug the power cord.

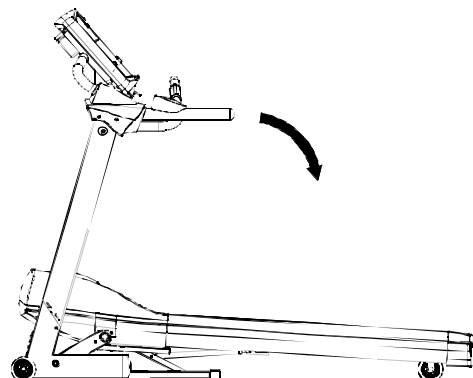


1. Raise deck to highest incline level.

2. Inspect the two stabilizers (one per side) located underneath the base frame. The treadmill should sit on the floor with both stabilizers and all four cushions resting firmly on the floor as shown in drawing 2. Shake the handlebars back and forth to check if they are resting firmly on the floor. If they are not, pull the handlebar backward to adjust the stabilizers as shown in drawing 3. Simply turn the stabilizers like a screw to adjust their heights. Repeat this until the treadmill sits firmly on the floor.



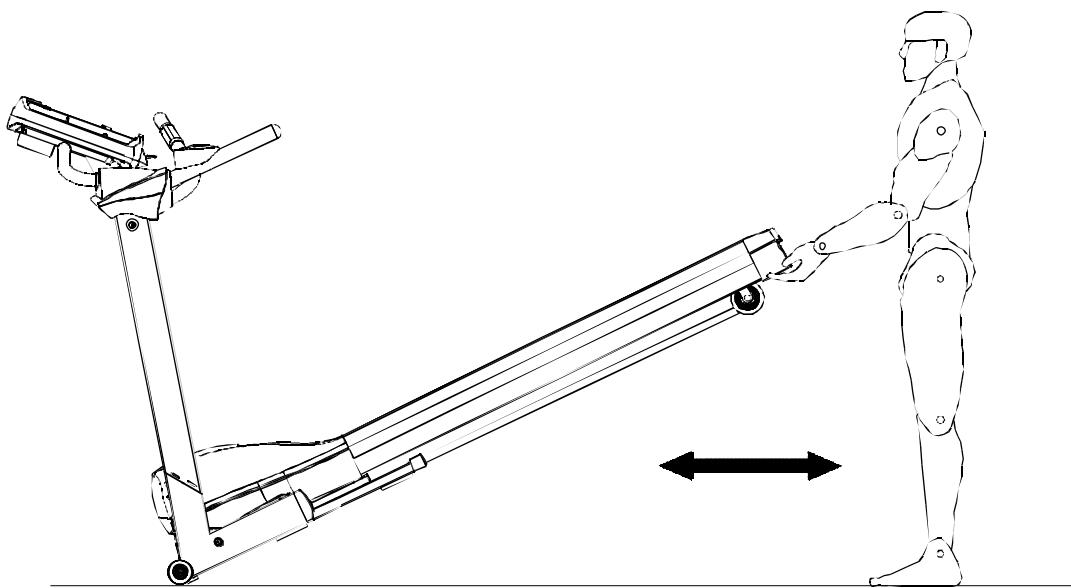
2. Check position of stabilizers and cushions.



3. Tilt treadmill to access stabilizers.

TRANSPORT INSTRUCTIONS**How to transport the treadmill:**

There are **TRANSPORT WHEELS** located under the front of the base frame of your FX60HRO treadmill. The easiest way to move the treadmill is to lift the deck up from the rear until the **TRANSPORT WHEELS** touch the floor. Then simply wheel the treadmill to a desired location and set the deck back on the floor.



## MAINTENANCE

### HOW TO MAINTAIN YOUR TREADMILL:

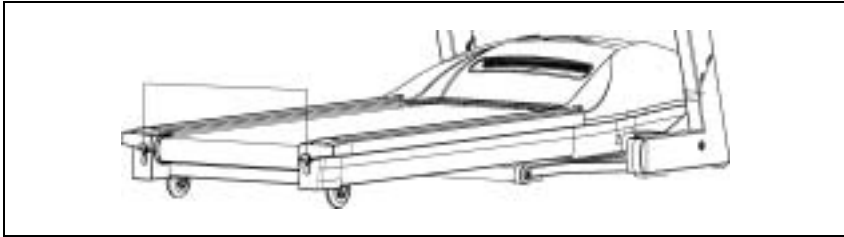
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

### BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.



**Right and left tension bolts are located at the rear of the treadmill.**

### DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

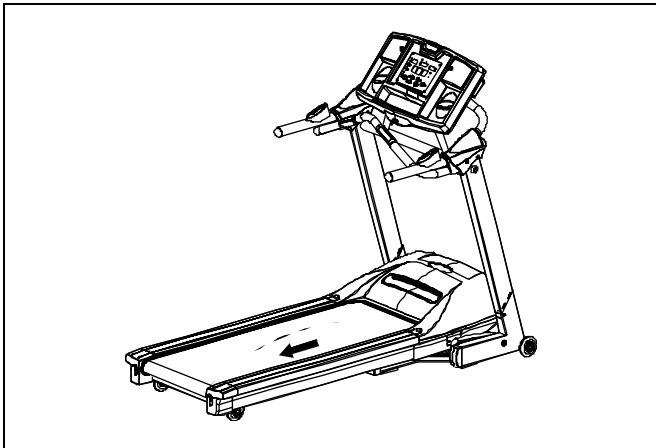
Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone.

## MAINTENANCE

### To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



**Spray lubricant from front to back.**

### CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

## FX60HRO MOTORIZED TREADMILL

WARRANTY**WARRANTY – EVO by Smooth Fitness Treadmills Warranty**

**Warranty Coverage:** EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

**Period of Coverage:** The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Motor	Parts & Electronics	Labor	
FX20	Lifetime	Lifetime	3 years	1 year	
FX20HR	Lifetime	Lifetime	5 years	1 year	
FX30	Lifetime	Lifetime	5 years	1 year	
FX40HR	Lifetime	Lifetime	5 years	1 year	
FX60HRO	Lifetime	Lifetime	5 years	1 year	
EVO1	Lifetime	Lifetime	Lifetime	1 year	
EVO2	Lifetime	Lifetime	Lifetime	1 year	
EVO3i	Lifetime	Lifetime	Lifetime	1 year	Home Use
EVO3i	Lifetime	3 years	3 years	1 year	Commercial Use

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either: Hire and reimburse an independent service technician or local dealer service technician who will come into the home for the repair, OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

**Remedy Provided by Smooth Fitness:** To obtain service on an EVO Fitness product, contact your local retailer. All labor for EVO Fitness products purchased through your local retailer shall be performed by that retailer and the product must be located within the retailer's service area. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home. The customer is responsible for the cost of sending the part to Smooth Fitness.

**For the EVO1, EVO2, EVO3i Models Only:** This warranty covers all parts including frame, electronics and wear parts for a lifetime for home use only. If Smooth Fitness in its sole discretion determines that the treadmill cannot or should not be repaired, it may decide to purchase the unit for the residual value in accordance with the following: 25% of retail purchase price after 5 years, 15% after 10 years, 5% after 15 years.

**EVO3i Commercial Use:** Warranty for commercial use is limited to 3 years on all parts and 1 year on labor.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness. Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on an EVO Fitness product, call your local EVO retailer. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

**Limitations on Warranty:** This Warranty will only apply to the original end user. This Warranty does not cover wear and tear (except the EVO1, EVO2 and EVO3i treadmills used in a home), any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use, with the exception of an EVO3i used in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

FORM WE-3 (rev. 08/2005)



## IMPORTANT STEPS

**Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

**Before beginning:**

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

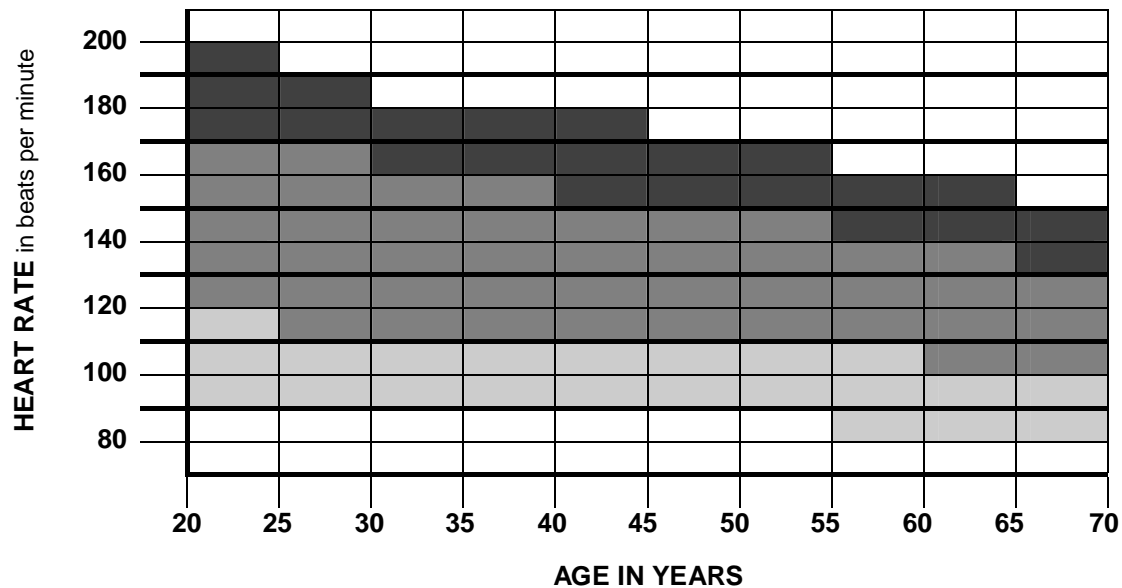
## TARGET HEART RATE

### Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

### FIND YOUR TARGET HEART RATE



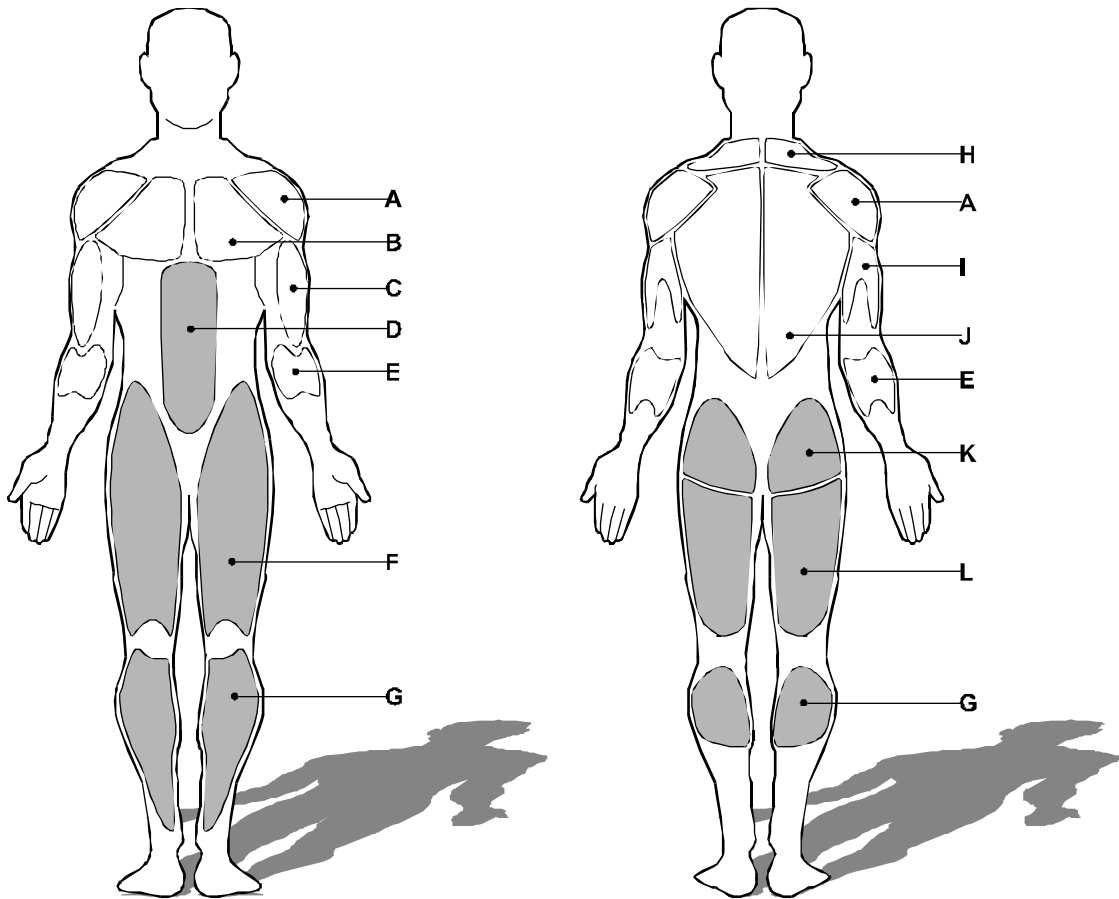
- ADVANCED:** Sports, athletic conditioning or interval training
- FITNESS:** Optimal training, aerobic or cardiovascular
- HEALTH:** Beginner, low intensity with long duration produces fat burning

### Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART**Targeted muscle groups:**

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	A	B	Pectoral muscles
Bicep muscle	C	D	Abdominal muscles
Forearm muscles	E	F	Quadricep muscles
Calf muscles	G	H	Trapezius muscles
Tricep muscles	I	J	Back muscles
Gluteal muscles	K	L	Hamstring muscles

## STRETCHING ROUTINE

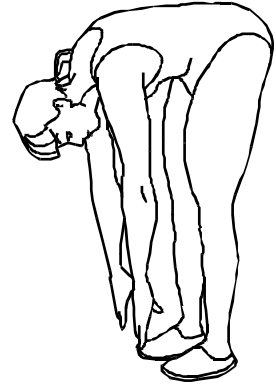
### **Warm up and cool down:**

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

### **Toe Touch:**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### **Shoulder Lift:**

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



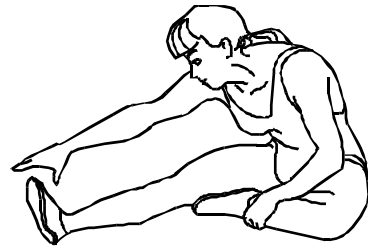
### **Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE**Hamstring Stretch:**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Inner Thigh Stretch:**

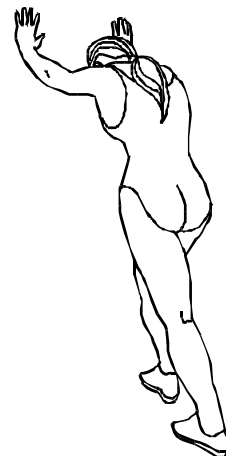
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.





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