OWNER'S MANUAL
RETAIN FOR FUTURE REFERENCE
TOLL FREE CUSTOMER SERVICE
1.888.800.1167

MODEL NUMBER: EVO 2CD
SERIAL NUMBER:

USER'S WEIGHT LIMITATION 400lbs.
APPLICATION STANDARD

ASSEMBLY
OPERATING INSTRUCTIONS
CONDITIONING GUIDELINES
MAINTENANCE
SERVICE

evo

SMOOTH F.I.T.NESS

by

EVO 2CD Motorized Treadmill

Standard Equipment: **MotionControl**™   Optional Equipment: **SMOOTH** *MUSIC*

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 EVO 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 6 feet (2 m) 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 400lbs.

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.

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.
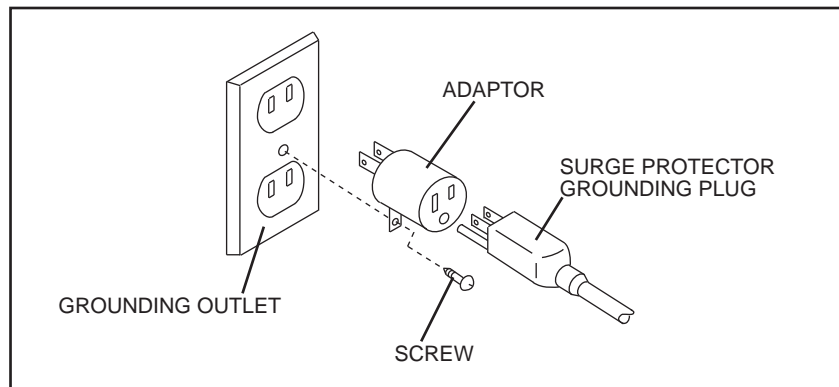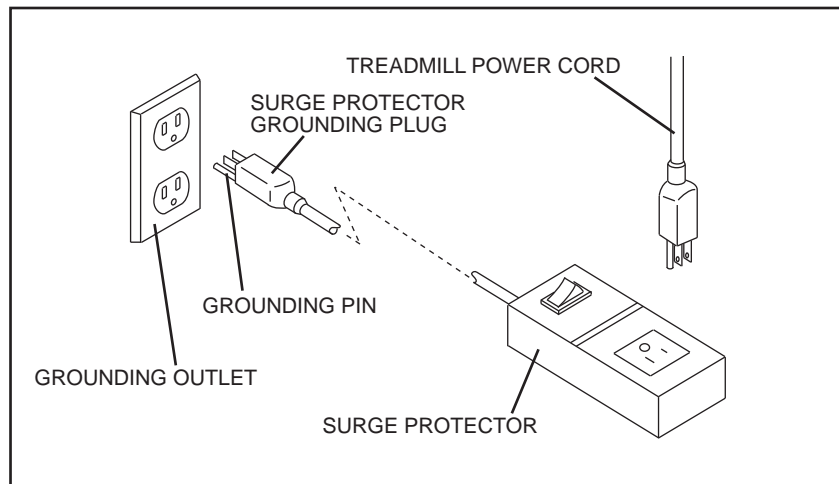
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (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.

TREADMILL POWER CORD
SURGE PROTECTOR GROUNDING PLUG
GROUNDING PIN
GROUNDING OUTLET
SURGE PROTECTOR

ADAPTOR
SURGE PROTECTOR GROUNDING PLUG
GROUNDING OUTLET
SCREW

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 your local Smooth Retailer.

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 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 400lbs. 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.
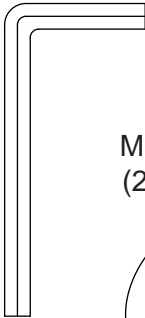
For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.
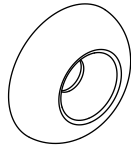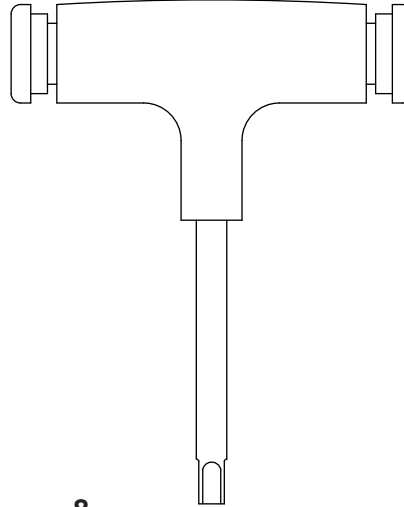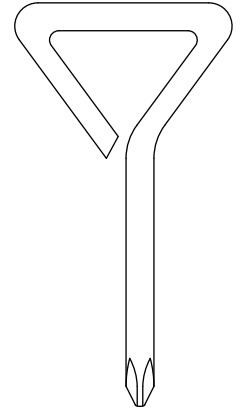
Allen Wrench
(1 piece)

Wrench
(1 piece)
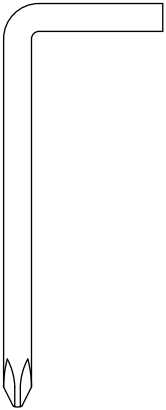
Wrench
(1 piece)

Wrench
(1 piece)

40
Metal Cap
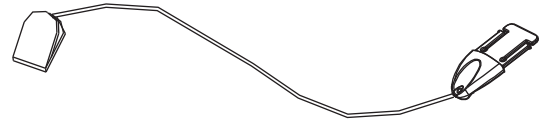(2 pieces)

8
Screw
M4 x 19mm
(4 pieces)

4
Safety Key
(1 piece)

46
Bolt
M8 x 78mm
(2 pieces)

121
Allen Head Bolt
M9 x 19mm
(4 pieces)

130
Screw
M6 x 15mm
(2 pieces)

16
Screw
M6 x 20mm
(2 pieces)

17
Bolt
M8 x 15mm
(4 pieces)
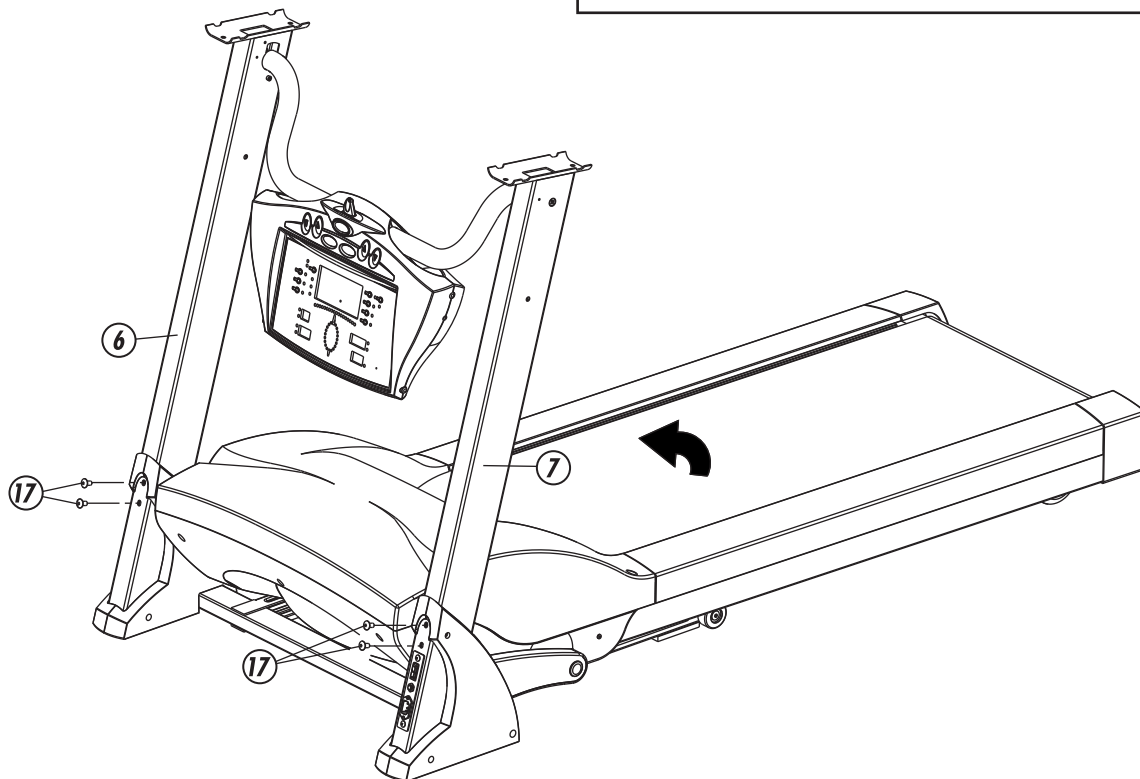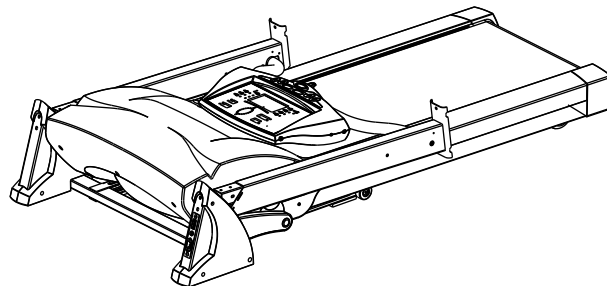
55
Screw
#8 x 19mm
(4 pieces)

ASSEMBLY

Step 1:

Remove your EVO 2CD Treadmill from the carton and place it on the floor in an open area as shown in FIG-1.

Raise the Right and Left Handle Uprights (6 and 7) to the upright position and secure with Screws (17).

FIG-1

Step 2:

Remove the Screw (51) then rotate the Computer Support (3) up to the correct position as shown and secure with the Screw (51).
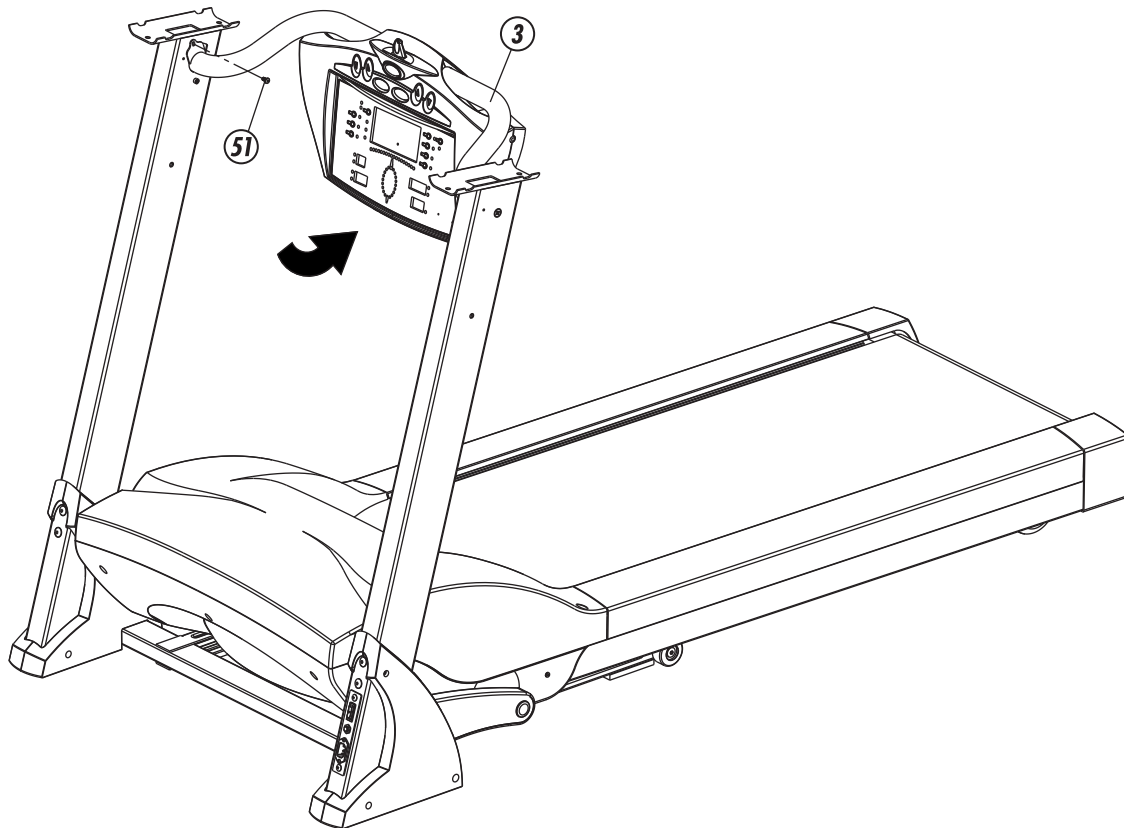
Step 3:

Rotate the Console (39) up to its proper angle and secure with Screws (16) as shown in FIG-2.

FIG-2

Step 4:

NOTE:
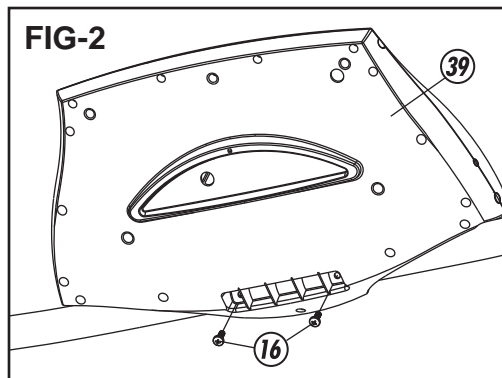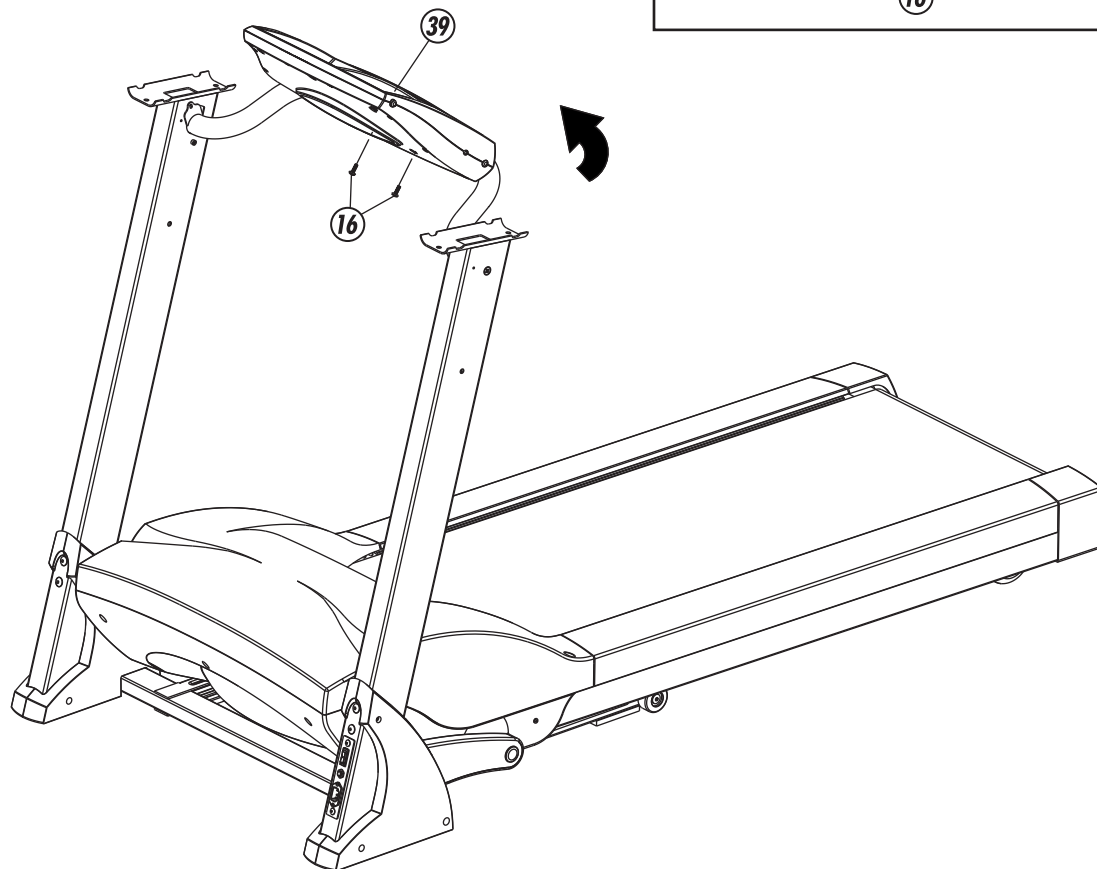
If you have the Optional Smooth Music Package follow these instructions before attaching the Console Tray (132).

Run the Cd Player Wires from the back of the Console (39) first through the small hole on the Console Tray (132), then through the tabs on the back of the Console Tray (132) and finally through the small hole on the side of the Console (39) as shown.

Attach the Metal Plate (115) to the Console Tray (132) and secure with Screws (109).

Attach the Console Tray (132). Insert the Metal Plate (115) into the Console (39) and secure with the Screw (116).

NOTE: For proper use please make sure to insert the plastic flange UNDER the metal tab before inserting the screw.

Plastic Flange
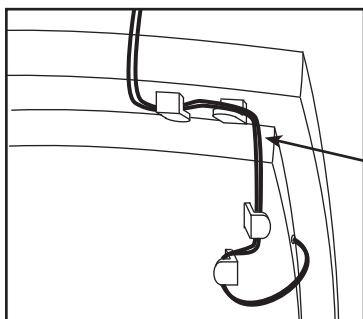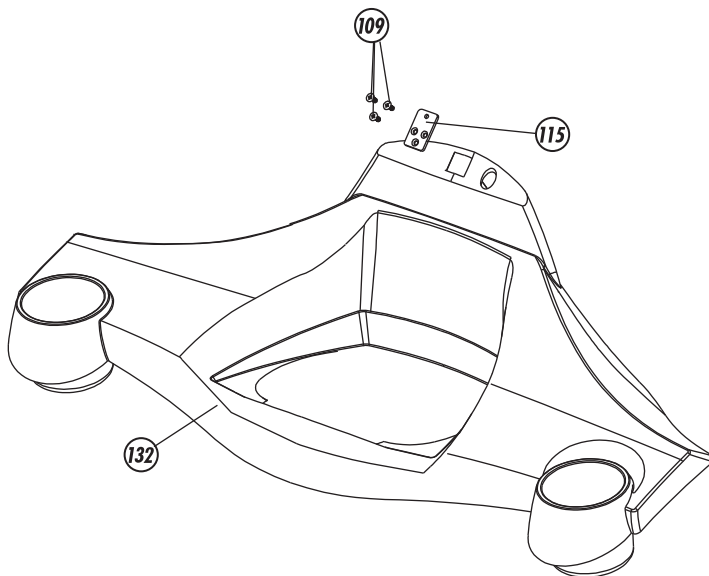
CD PLAYER WIRES
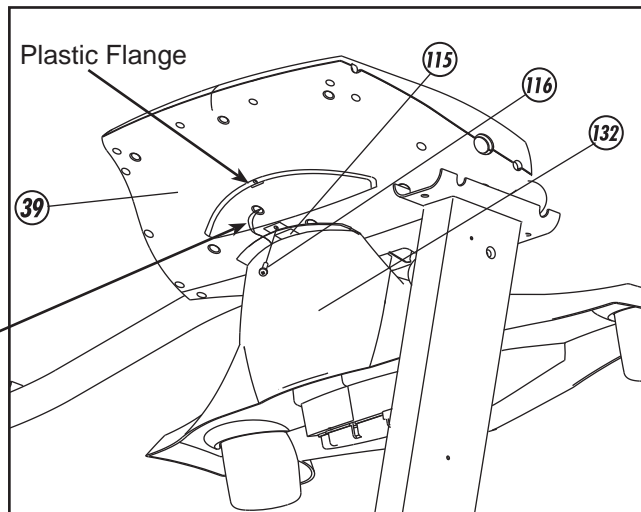
Step 5:

Attach the Cross Tube (45) to the Left and Right Handle Uprights (6 and 7) and secure with the Metal Cap (40) and Bolts (46).

Secure the Computer Support (3) to the Right and Left Handle Uprights (6 and 7) by tightening the Screws (18).
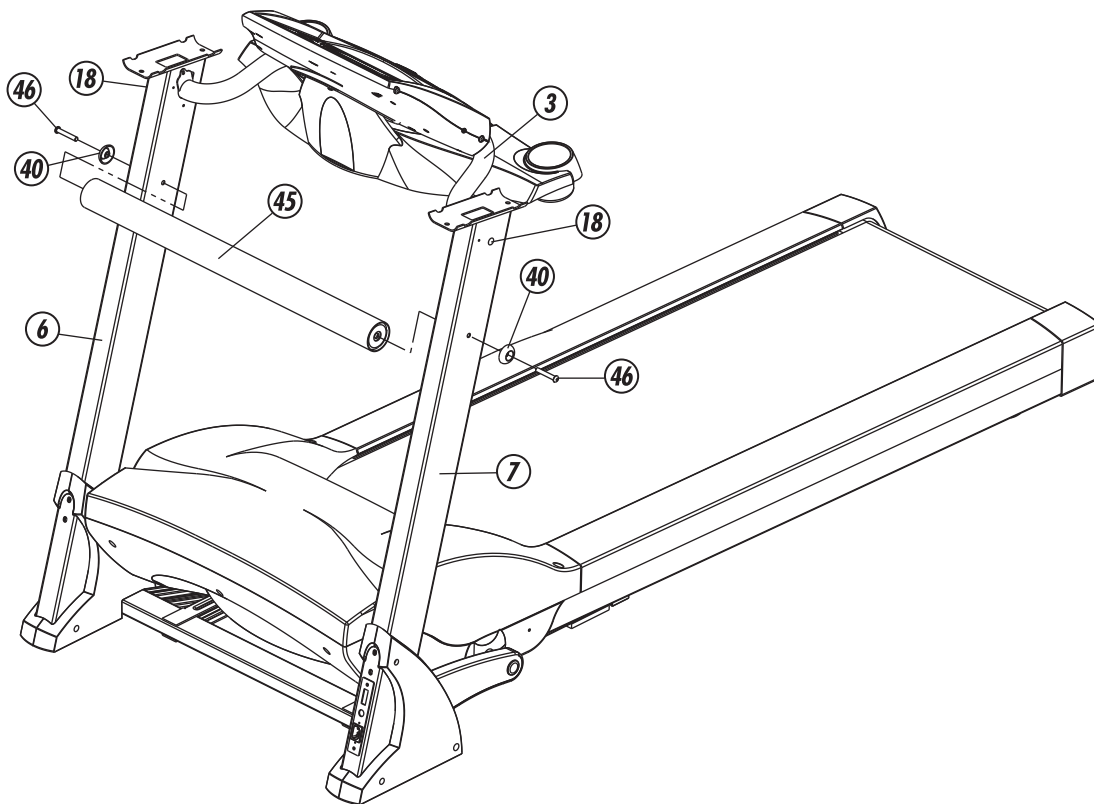
Step 6:

Unscrew the Allen Head Bolt (86). Insert the Console Tray Support Tube (9) into the Cross Tube (45) and secure with Allen Head Bolt (86). Do not fully tighten until later.
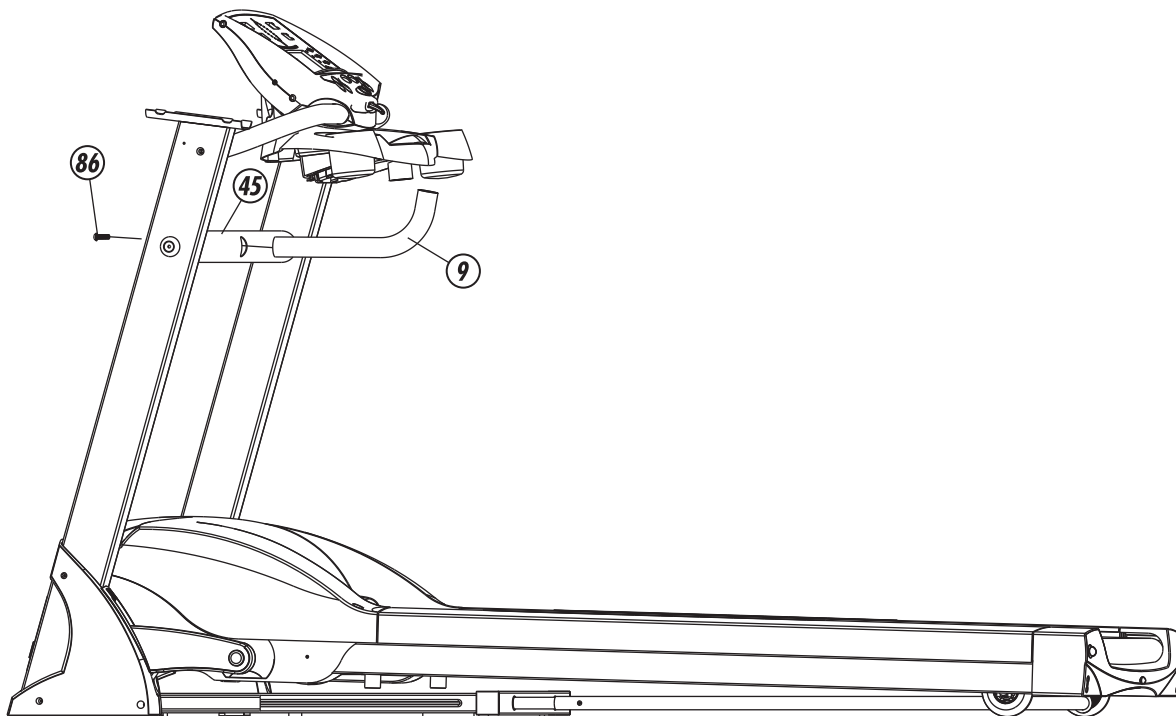
Step 7:

Rotate the Console Tray Support
Tube (9) and slide it into the hole
underneath the Console Tray (132).
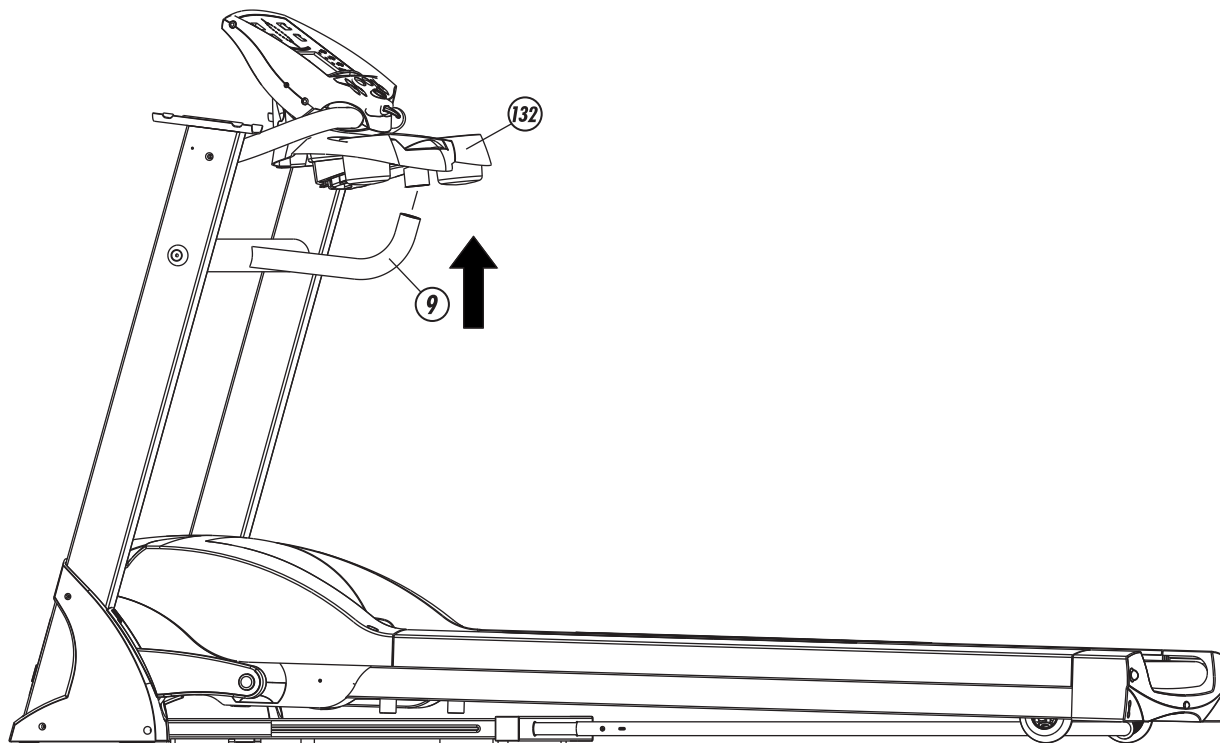
Step 8:

Fully tighten Screws (18), Bolts (46) and (86) at this time.
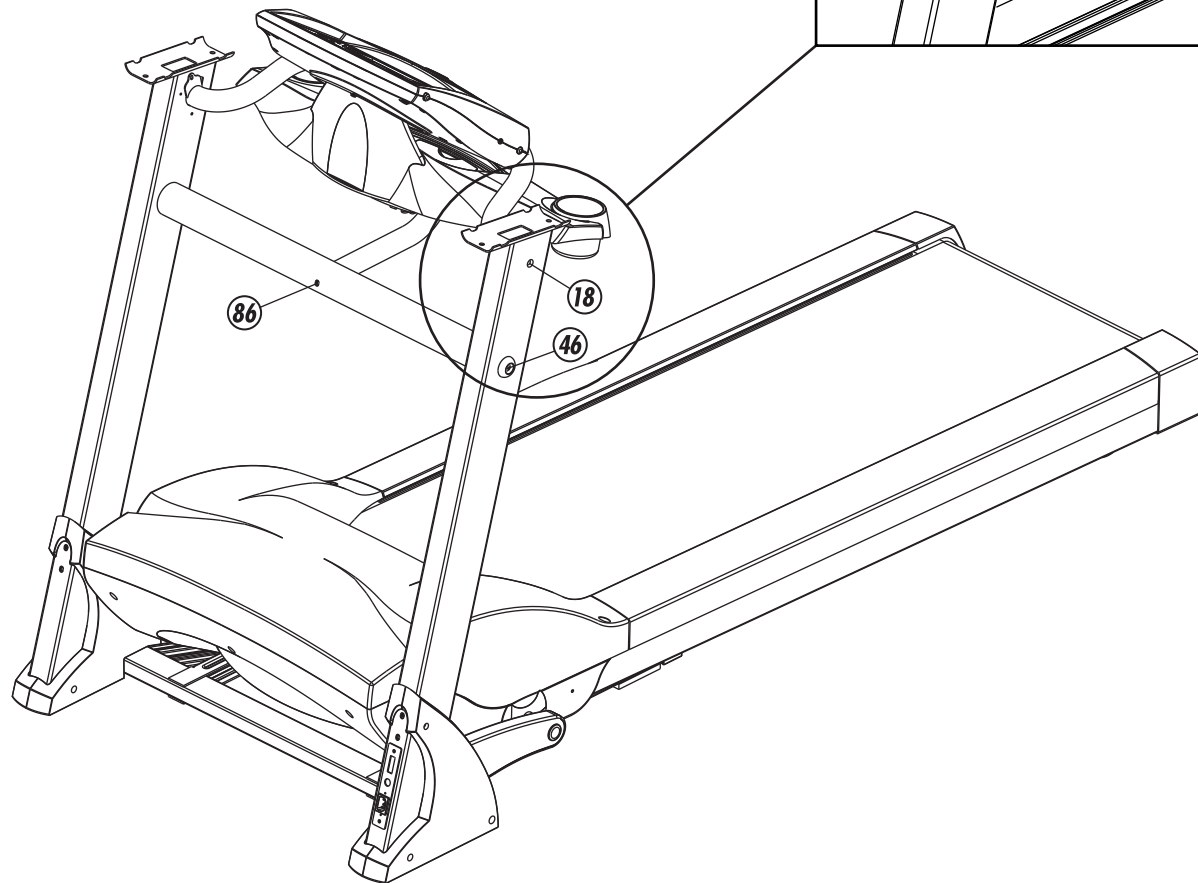
Step 9:

Connect the Motion Control Sensor and Hand Pulse Sensor wires then attach the Right and Left Handlebars (30 and 12) to the Right and Left Handle Uprights (6 and 7) and secure using Allen Head Bolts (121).

Connect the sensor wires

Connect the sensor wires

-14-
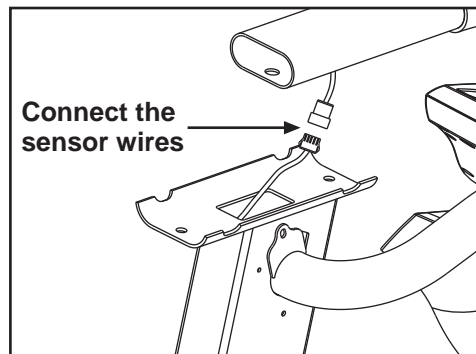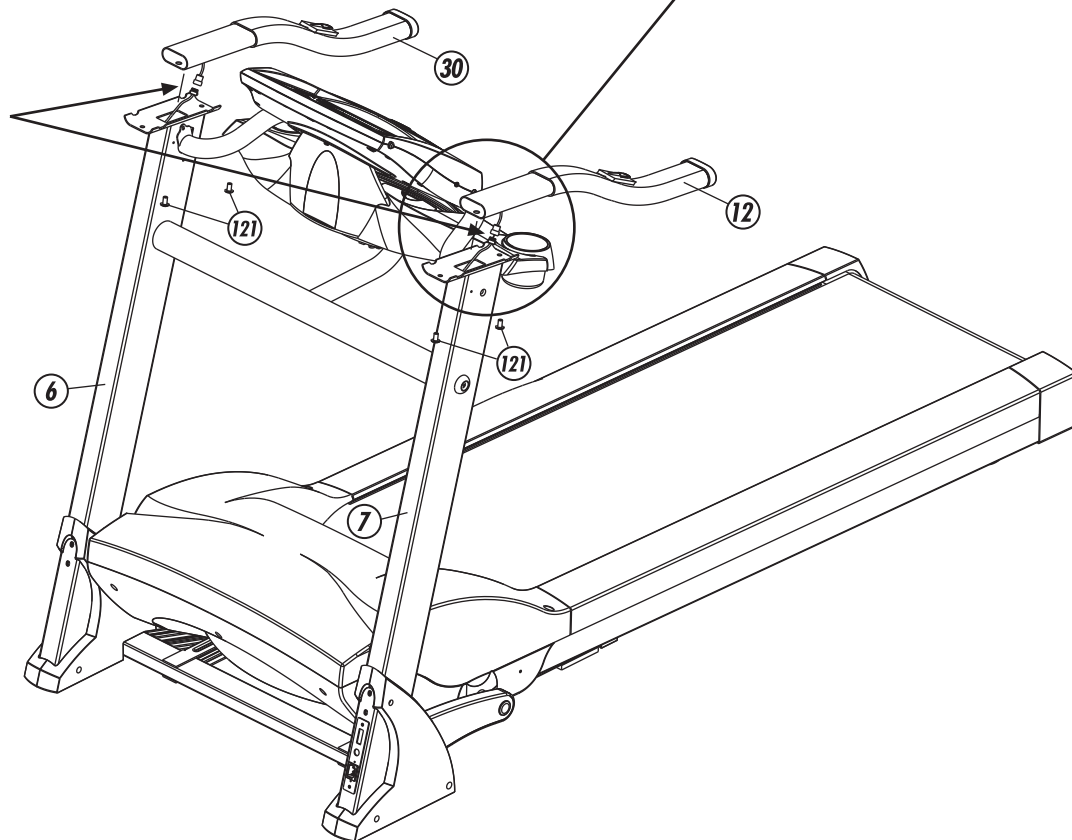
Step 10:

Mount the Handle Cover Right - 1 (42) and the Handle Cover Right - 2 (44) to the Right Handle Upright (6) and secure with Screws (55) and (8).

Mount the Handle Cover Left - 1 (43) and the Handle Cover Left - 2 (41) to the Left Handle Upright (7) and secure with Screws (55) and (8).
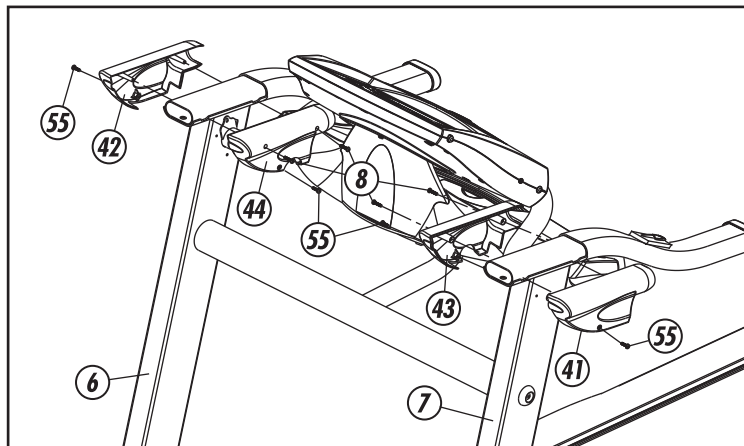
Step 11:

Attach the Base Frame End Caps (14) to the Left and Right Handle Upright (6 and 7) and secure using the Screws (130).
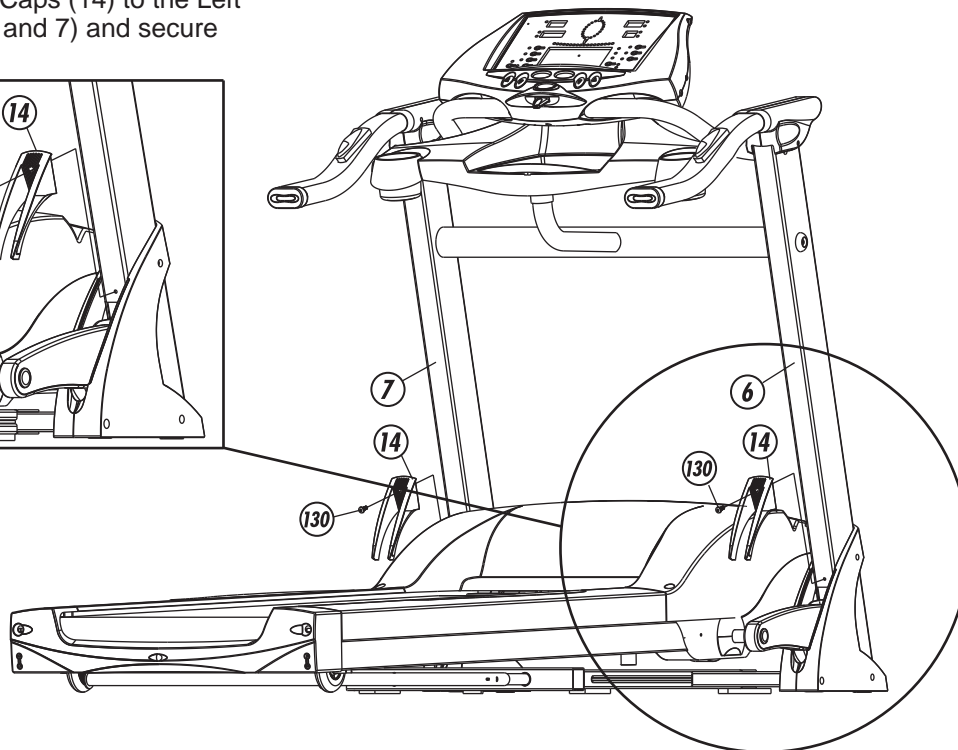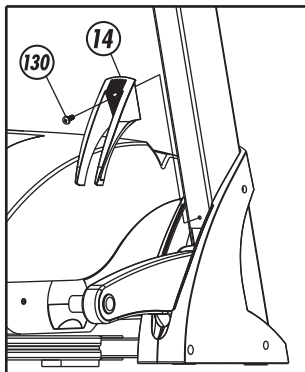
Connecting the Speakers and CD Player:

When connecting the Speakers to the Console first plug the Speaker Wires into the sides of the Console. Then insert the Speakers into the sides of the Console and secure with Knobs.

Plug the two wires from the Console Tray into the CD Player then place it on the Tray as shown in FIG 3.

NOTE: There are three plugs located on the left side of the CD player. The rear plug is the AC power. The middle plug (Line Out) is not used at all. Leave that one open. The front plug is called Headphones Out and is used for the speakers (or headphones if you like).

Warning: On the right side of the CD Player there is a button called "Hold". This button should ALWAYS be set to OFF. If it is on, the unit will not play.

Speaker
Console
Knob
Speaker
Knob

FIG-3

CD Player
Console Tray

CD Player, right side

HOLD   BASS   VOL
OFF [II   II] ON   OFF [II   II] ON   [IIIIIIIIIIII]

CD Player, left side

Headphones Out

AC Power   Line Out (not used)

ROLL AWAY FOR STORAGE
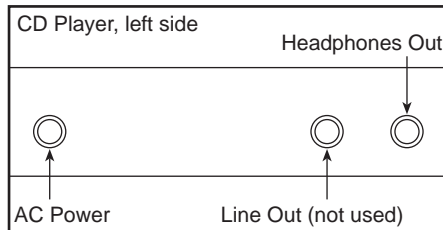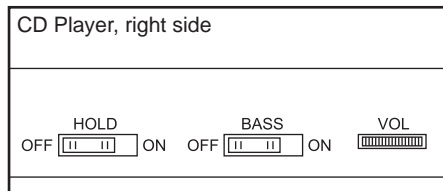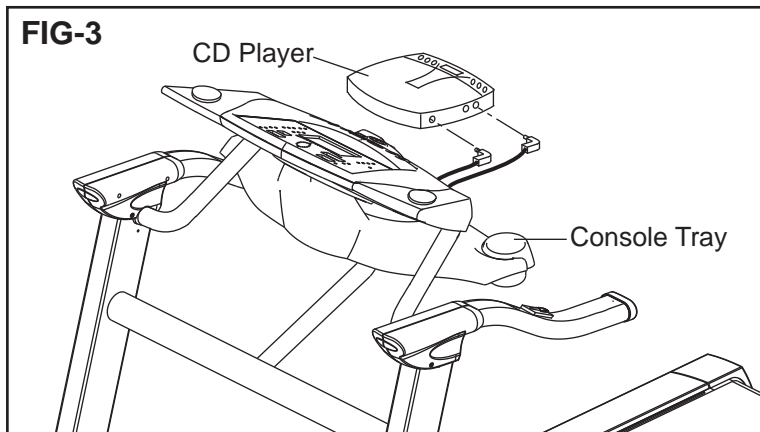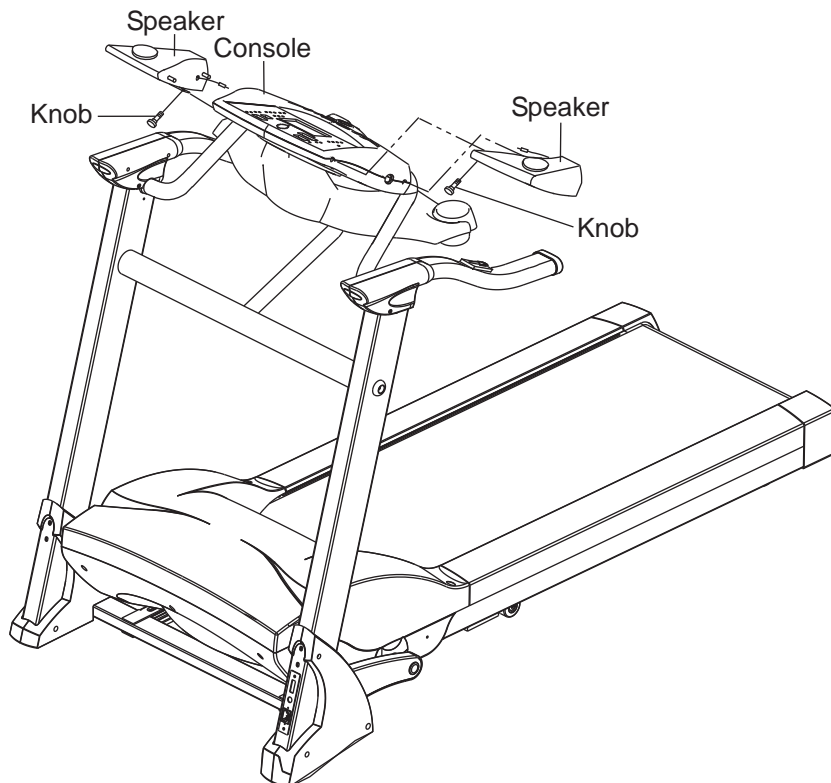
How to roll away the EVO 2CD Treadmill:

Tilt the treadmill to one side (you may need the help of a friend), reach under the Base Frame (1) and pull down the Caster Bracket (49). Repeat this procedure on the other side. Walk around to the back of the treadmill, lift the deck and roll to desired location as shown below.

NOTE: After moving, make sure to put the Caster Brackets (49) back into their upright position in order to stabilize the treadmill for use.

Pull down to roll away.

Put up to stabilize for use.

CONSOLE OPERATION

HEART RATE

CALORIES / CALORIES PER HOUR

TIME / DISTANCE

INCLINE / AGE

PRESET PROGRAMS

PRESET PROGRAMS

MESSAGE CENTER

SAFETY KEY

POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. All the LED lights will auto scan.

SLEEP MODE

The computer will automatically enter SLEEP MODE if left idle for 5 minutes without any input in POWER ON status. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

ENGLISH / METRIC CONVERSION

To switch the computer display information from English (miles, pounds, inches) to Metric, set the POWER SWITCH, located on the base frame, to ON. Press and hold the ENTER button. Insert the SAFETY KEY. The computer will sound one short BEEP, the English LED light will turn off and the Metric LED will light up. Repeat the same procedure to switch between the Metric and English. Press the STOP button to confirm the change and return to POWER ON status.

COOL DOWN

For every program, there is a preset COOL DOWN feature at the end of each program. When the program is complete, the speed will return to 2MPH/3.2KMH, the incline level will return to level 0 and the time will countdown 1 minute. After the timer 1 minute countdown is complete, the treadmill will stop and return to POWER ON status after 30 seconds. If you wish to return to POWER ON status faster than 30 seconds, press the STOP button at any time.

QUICK START

In POWER ON status, press the START button to QUICK START. The Speed starts from 0.5MPH/0.8KMPH and the Incline Level starts from 0. Press the SPEED UP/DOWN buttons to change the Speed. Press the INCLINE UP/DOWN buttons to change the incline level.

During the exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

⊙ GOAL COURSE TIME

When the computer is in POWER ON status press the ⊙ button on the console. The LED on ⊙ button will light up. If no buttons are pressed after this within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The TIME LED will light up, show the preset time as *15:00* and blink. After press the ⊙ button. Press the INCLINE UP/DOWN buttons to set your ideal workout time then press the START button to start. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

◎ GOAL COURSE DISTANCE

When the computer is in POWER ON status press the ◎ button on the console. The LED on ◎ button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status. If you wish to return

to POWER ON status, press the STOP button any time.

The DISTANCE LED will light up, show the preset distance as 3MI/5KM and begin blinking. After press the ◌ button. Press the INCLINE UP/DOWN buttons to set up the ideal distance then press the START button to start. After pressing the START button the DISTANCE counts down from the preset distance. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

◌ GOAL COURSE CALORIES

When the computer is in POWER ON status press the ◌ button on the console. The LED ◌ button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status. If wish to return to POWER ON status, press the STOP button any time.

The CALORIES LED will light up and show the preset calories burned as *050* and blinking. After press the ◌ button. Press the INCLINE UP/DOWN buttons to set up the desired calories then press the START button to start. After pressing the START button the CALORIES count down from the preset calories. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

⏱ 20 MINUTE FAST RUN

When the computer is in POWER ON status press the ⏱ button on the console then press START to start the program. If no buttons are pressed within 3 minutes the program will return to POWER ON status. At this time the LED ⏱ button will light up. The Time counts down from *20:00.* The other information will count up until the treadmill stops. The SPEED and INCLINE level follow the preset program.

During exercise press STOP to pause the program. The Speed and Incline Level will return to the beginning

levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

During the exercise changes in both SPEED and INCLINE follow the preset program. You can still press the SPEED UP/DOWN and INCLINE UP/DOWN to change the program. Any change only effects the current workout period. The computer does not record any changes for future use on this program.

🔲 40 MINUTE JOG

When the computer is in POWER ON status press the 🔲 button on the console then press the START button to start the program. If no buttons are pressed within 3 minutes the program will return to POWER ON status. At this time the LED 🔲 button will light up. The TIME counts down from *40:00*, and the other information will count up until the treadmill stops. The SPEED and INCLINE levels follow the preset program.

During exercise press the STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

During the exercise changes in both SPEED and INCLINE follow the preset program. You can still press the SPEED UP/DOWN and INCLINE UP/DOWN to change the program. Any change only effects the current workout period. The computer does not record any changes for future use on this program.

🔲 60 MINUTE WALK

When the computer is in POWER ON status press the 🔲 button on the console then press the START button to start the program. If no buttons are pressed within 3 minutes the program will return to POWER ON status. At this time the LED 🔲 button will light up. The TIME counts down from *60:00*, and the other information will count up until the treadmill stops. The SPEED and INCLINE level follow the preset program.

During exercise press STOP to pause the program. The Speed and Incline Level will return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

During the exercise changes in both SPEED and INCLINE follow the preset program. You can still press the SPEED UP/DOWN and INCLINE UP/DOWN to change the program. Any change only effects the current workout period. The computer does not record any changes for future use on this program.

HEART RATE CONTROL

When the computer is in the POWER ON status, press the ♥ button on the console.

USER AGE SETUP:
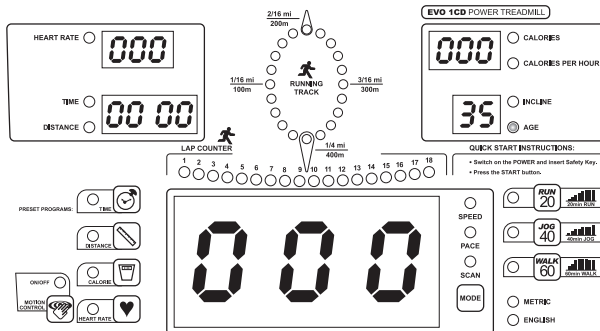
USER AGE SET UP

The AGE LED will light up and show the preset age of *35.* Press INCLINE UP/DOWN to set the user age then press ENTER. If you do not press the INCLINE UP/DOWN button or do not press ENTER to confirm the age within 30 seconds, the AGE LED will start blinking for 5 seconds in 30 second intervals to alert you. If you do not want to continue this program, press the STOP button to return to the POWER ON status. When you press the SPEED button to set the age, the heart rate LED will show the target heart rate along with the user age.

WORKOUT TIME SETUP:
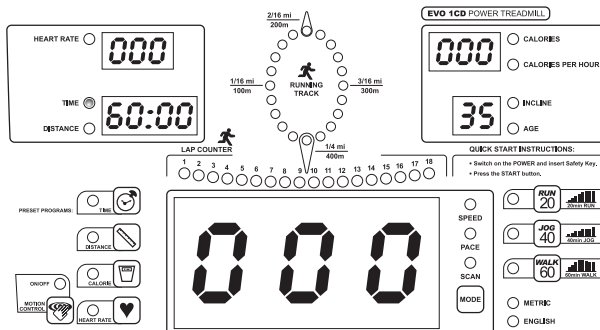
WORKOUT TIME SET UP

After the AGE SET UP procedure, the WORKOUT TIME SET UP procedure starts. The TIME LED will show the preset time of *60:00.* Press INCLINE UP/DOWN to set up the time. Press ENTER to confirm. If you do not press the INCLINE UP/DOWN button or do not press ENTER to confirm the time within 30 seconds, the TIME LED will start blinking for 5 seconds in 30 second intervals to alert you. If you do not want to continue this program, press the STOP button to return to POWER ON status.

ACTIVATE HEART RATE CONTROL

After WORKOUT TIME SET UP, press the START button to activate the HEART RATE CONTROL program. The Time will count down from the preset time and, the other information will count up until the treadmill stops. The SPEED starts from 2MPH/3.2KM and the INCLINE starts from Level 0. The computer will sensor the actual heart rate and adjust the incline level every minute. When the actual heart rate is lower than the standard (Preset) heart rate, the incline will be elevated up one level. When the actual heart rate is maintained between the standard heart rate and maximum heart rate, the incline level will not change. When the actual heart rate is over the maximum heart rate, the incline level will be lowered one level.

During exercise press STOP to pause the program. The Speed and Incline Level will return to their beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero

✍ **MOTION CONTROL INSTRUCTION:**

1. Press the ✍ switch on the console to switch the motion control function on and off:

> When the LED light is **ON** the MOTION CONTROL is **active**.
> When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per BEEP.

3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per BEEP.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEPs then stop the belt.

Always switch off the MOTION CONTROL function by pressing the ✍ switch before turning off the power to the treadmill.

2.
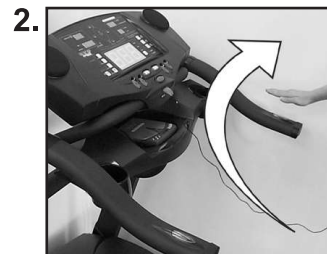
Use right senor to increase speed.

3.
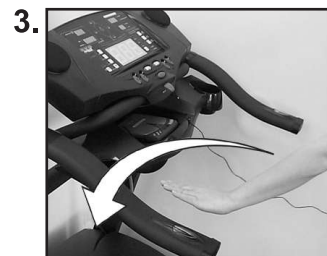
Use left sensor to decrease speed.

4.
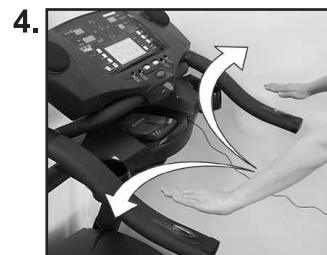
Use both sensors to stop belt.

Stabilizer adjustment instruction:

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 figure A. 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 Level 12 shows on the console. This is the highest incline level. Now press the STOP button and pull out the Safety Key. Switch off the POWER SWITCH and unplug the power cord.

2. Inspect the four stabilizers (two per side) located underneath the base frame. The treadmill should sit on the floor with all 4 stabilizers resting firmly on the floor as shown in figure B. 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 two front stabilizers and push the handlebar forward to adjust the two rear stabilizers as shown in figure C. Simply turn the stabilizers like a screw to adjust their heights. Repeat this until all 4 stabilizers sit firmly on the floor.

A Bring the treadmill to the highest incline level.

B

Check to make sure the stabilizers are resting firmly on the floor.

C Pull the handlebar backward or forward to access the stabilizers.
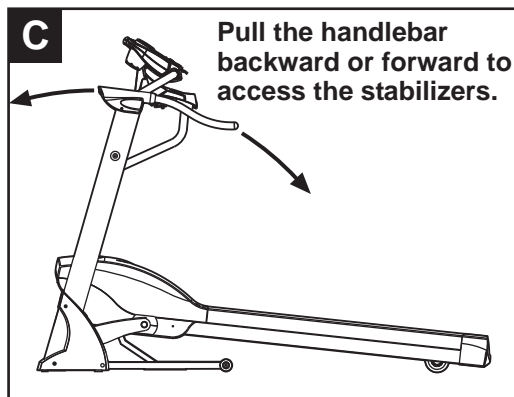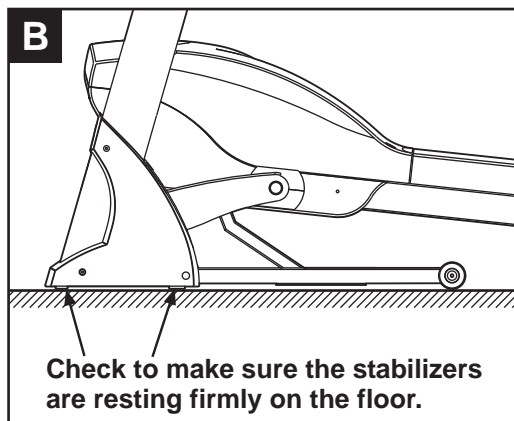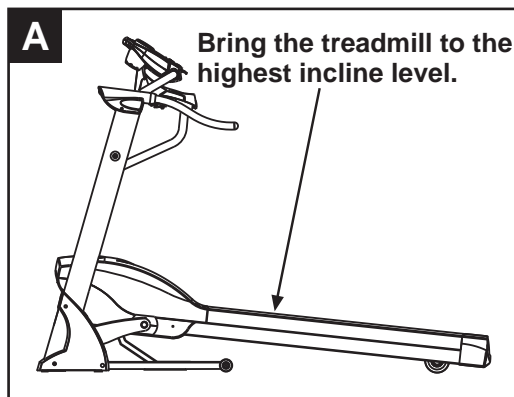
How to Maintain the EVO 2CD Treadmill:

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 and exceed the LIMITED WARRANTY coverage.

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 adjusted properly by 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, 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.

BELT ADJUSTMENT

Tension bolts for belt adjustment

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

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 unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
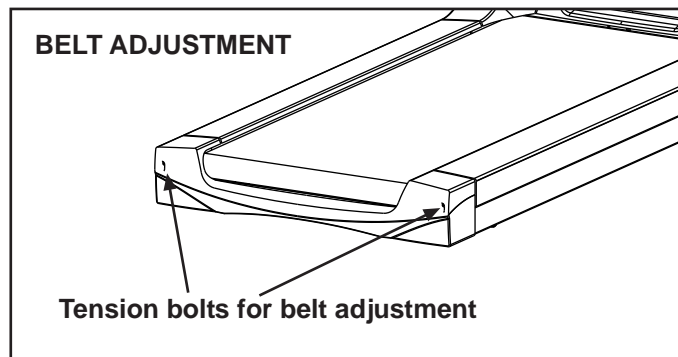
IMPORTANT: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

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.

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. Call your local Smooth dealer for service or questions regarding EVO products.

Every 30 days or 30 hours 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 Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

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 6" 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 FROM FRONT TO BACK
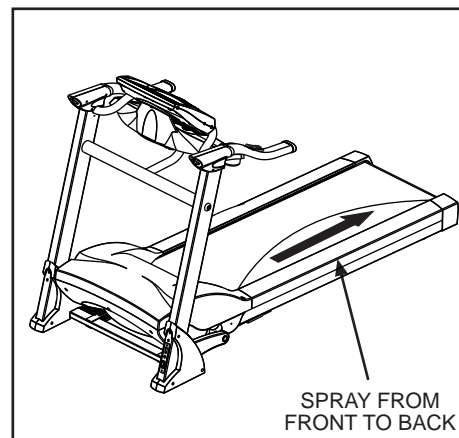
WARRANTY

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original purchaser 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 your purchase for a period of LIFETIME on the frame, TEN (10) years on the motor, FIVE (5) years on the belt, deck and rollers, THREE (3) years on the electronics and ONE (1) year on labor. Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer.

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. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate 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 call your local Smooth Retailer. 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.

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover 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, 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 for rental or 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.

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. 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 order number.

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. 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 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 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.

The Surgeon General has determined that lack of physical activity is detrimental to your health.™

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, then multiply 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.

ADVANCED•Sports, athletic conditioning or interval training

FITNESS•Optimal training, aerobic or cardiovascular

HEALTH•Beginner, low intensity with long duration produces fat burning

PULSE IN BEATS PER MINUTE

200
190
180
170
160
150
140
130
120
110
100
90
80
70

AGE IN YEARS

20 25 30 35 40 45 50 55 60 65 70
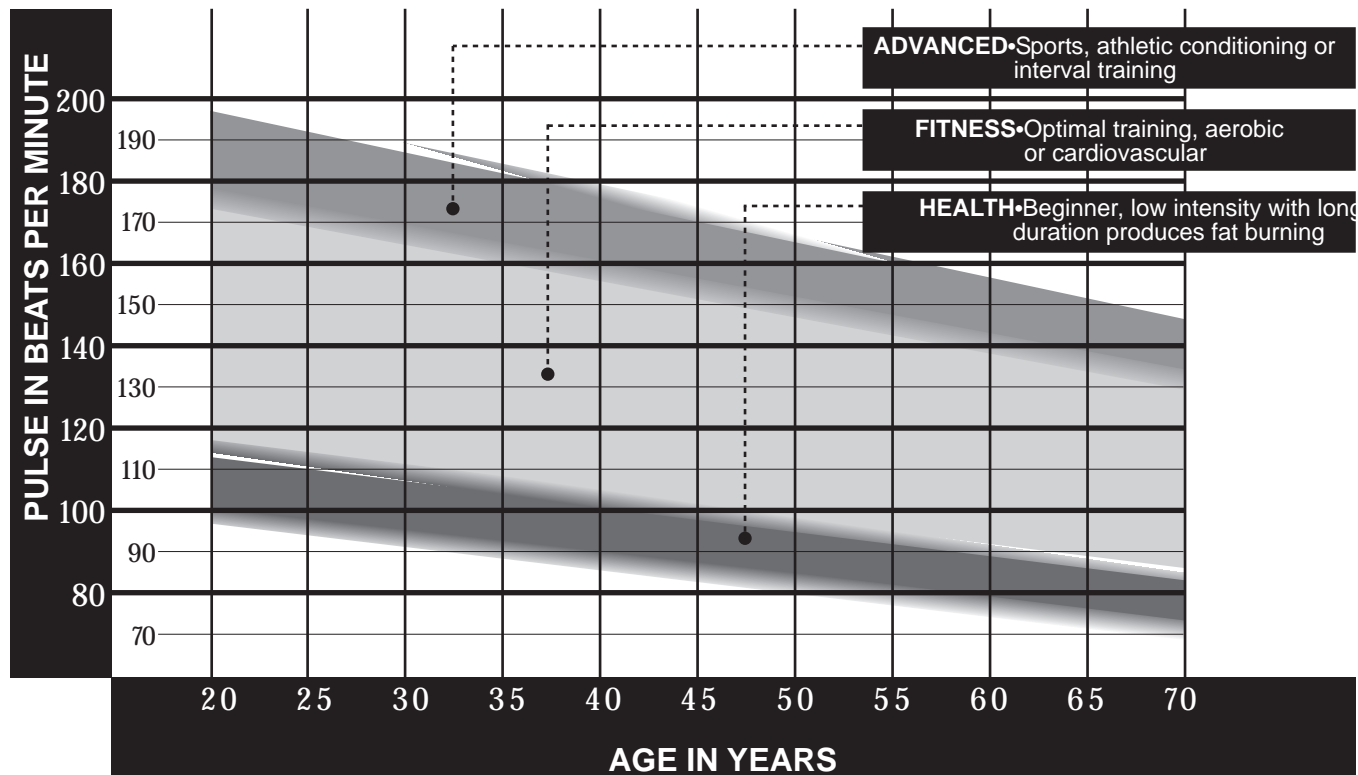
Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breath deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

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

Trapezius

Anterior Deltoid

Pectoralis Major

Serratus Anterior

Bicep

Abdominals

Sartorius

Quadriceps

Tibialis

Posterior Deltoid

Triceps

Latissimus Dorsi

Gluteals

Hamstrings

Gastrocnemius (Calf)
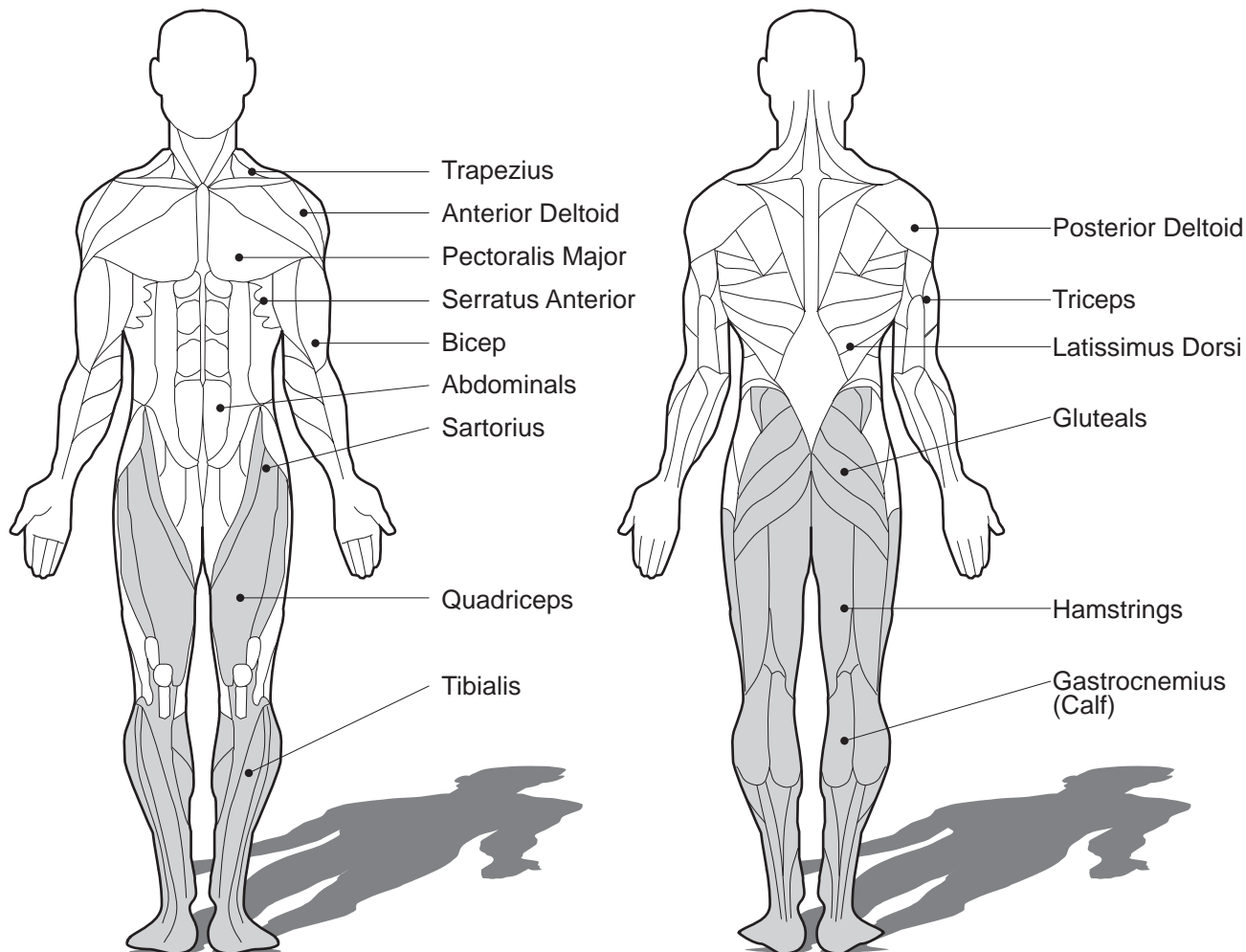
WARM UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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 following warm-up and cool-down exercises:

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.

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.
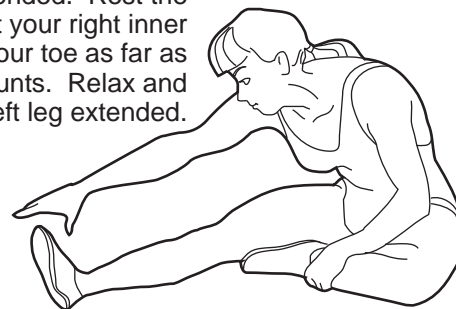
Head Roll

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.

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.

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, then repeat on the other side for 15 counts.
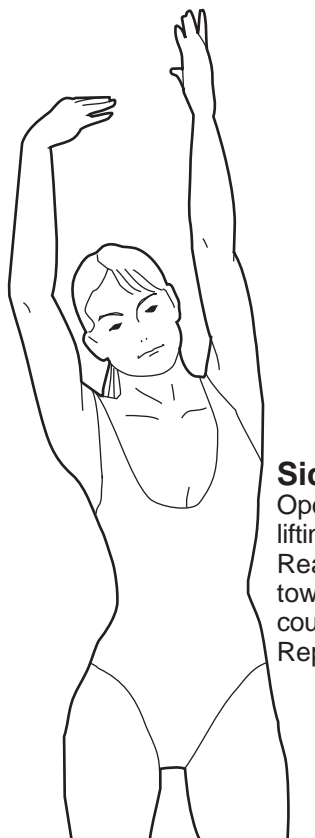
Side Stretch
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

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.

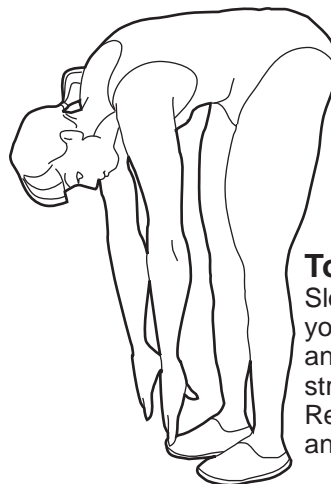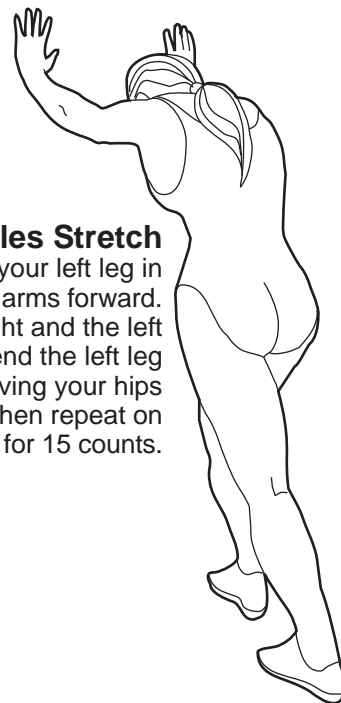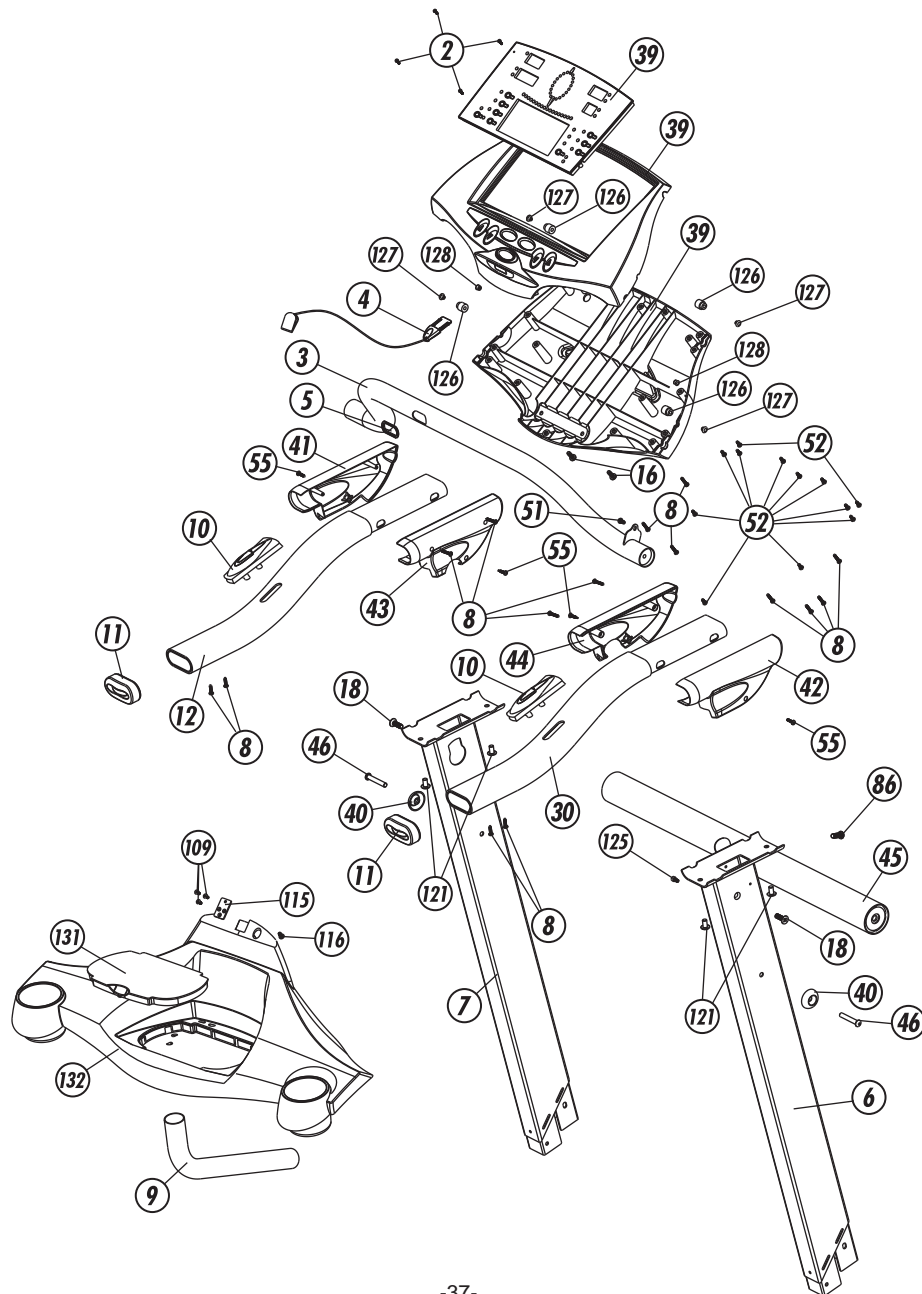| NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
01	Base Frame	1	EVO2CD-01
02	3*12 Screw	4	EVO2CD-02
03	Computer Support	1	EVO2CD-03
04	Safety Key	1	EVO2CD-04
05	Plastic Ring	1	EVO2CD-05
06	Right Handle Upright	1	EVO2CD-06
07	Left Handle Upright	1	EVO2CD-07
08	4*19 Screw	20	EVO2CD-08
09	Console Tray Support Tube	1	EVO2CD-09
10	Motion Control	2	EVO2CD-10
11	End Cap	2	EVO2CD-11
12	Left Handlebar	1	EVO2CD-12
13	M6 Nut	2	EVO2CD-13
14	Base Frame End Cap	2	EVO2CD-14
15	11*6 Washer	2	EVO2CD-15
16	M6*15 Screw	2	EVO2CD-16
17	M8*15 Screw	4	EVO2CD-17
18	M8*25 Screw	13	EVO2CD-18
19	M6*55 Screw	2	EVO2CD-19
20	M5*8 Screw	2	EVO2CD-20
21	Power Switch	1	EVO2CD-21
22	M14*54 Screw	2	EVO2CD-22
23	M10 Nut	2	EVO2CD-23
24	Base Frame End Cap-Left	1	EVO2CD-24
25	Base Frame End Cap-Left-1	1	EVO2CD-25
26	Base Frame End Cap-Right-1	1	EVO2CD-26
27	Base Frame End Cap-Right	1	EVO2CD-27
28	8*43 Screw	1	EVO2CD-28
29	M14 Nut	2	EVO2CD-29
30	Right Handlebar	1	EVO2CD-30
31	Topple Bolt	4	EVO2CD-31
32	Cushion	4	EVO2CD-32
33	Bushing	4	EVO2CD-33
34	Wheel Shaft	2	EVO2CD-34
35	Lock Washer	2	EVO2CD-35
36	Right Side Strip	1	EVO2CD-36
37	Spring	1	EVO2CD-37
38	16*8 Washer	1	EVO2CD-38
39	Console	1	EVO2CD-39
40	Metal Cap	2	EVO2CD-40
41	Handle Cover-Left-2	1	EVO2CD-41
42	Handle Cover-Right-1	1	EVO2CD-42
43	Handle Cover-Left-1	1	EVO2CD-43
44	Handle Cover-Right-2	1	EVO2CD-44
45	Cross Tube	1	EVO2CD-45

A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
46	M8*78 Bolt	2	EVO2CD-46
47	M8 Nut	5	EVO2CD-47
48	Foot Up Lock	1	EVO2CD-48
49	Caster Bracket	2	EVO2CD-49
50	Base Frame End Cap	2	EVO2CD-50
51	M5*10 Screw	1	EVO2CD-51
52	4*10 Screw	14	EVO2CD-52
53	Motor Hood-Top	1	EVO2CD-53
54	Left Side Strip	1	EVO2CD-54
55	8#*19 Screw	34	EVO2CD-55
56	Rear End Cap	1	EVO2CD-56
57	M5*12 Screw	2	EVO2CD-57
58	M10*30 Screw	8	EVO2CD-58
59	Spring Bracket (S)	2	EVO2CD-59
60	Running Board	1	EVO2CD-60
61	M10*35 Screw	1	EVO2CD-61
62	Tube Clamp	2	EVO2CD-62
63	Gear Sleeve	1	EVO2CD-63
64	Bumper	1	EVO2CD-64
65	U Bracket	1	EVO2CD-65
66	M16*54 Screw	1	EVO2CD-66
67	Bumper	1	EVO2CD-67
68	35*18 Washer	1	EVO2CD-68
69	M16 Nut	1	EVO2CD-69
70	Elevation Motor	1	EVO2CD-70
71	22*8 Washer	2	EVO2CD-71
72	Bumper	1	EVO2CD-72
73	M8*15 Screw	2	EVO2CD-73
74	6.5*13 Washer	2	EVO2CD-74
75	M8*35 Allen Head Bolt	2	EVO2CD-75
76	M10*63 Screw	1	EVO2CD-76
77	Cushion	2	EVO2CD-77
78	M8*89 Bolt	1	EVO2CD-78
79	M10*136 Screw	1	EVO2CD-79
80	Motor	1	EVO2CD-80
81	Motor Holder	1	EVO2CD-81
82	Motor Belt	1	EVO2CD-82
83	Front Roller Shaft	1	EVO2CD-83
84	Front Roller	1	EVO2CD-84
85	Control Board	1	EVO2CD-85
86	M8*25 Allen Head Bolt	1	EVO2CD-86
87	Transfer Board	1	EVO2CD-87
88	Cushion	10	EVO2CD-88
89	Rear Roller	1	EVO2CD-89
90	Rear Roller Shaft	1	EVO2CD-90

A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
91	M10 Nut	15	EVO2CD-91
92	15*8 Washer	10	EVO2CD-92
93	13*6.5 Washer	3	EVO2CD-93
94	M6*45 Screw	2	EVO2CD-94
95	Spring Bracket	2	EVO2CD-95
96	M8*30 Screw	4	EVO2CD-96
97	Metal Plate	2	EVO2CD-97
98	Roller	2	EVO2CD-98
99	Frame	1	EVO2CD-99
100	Bushing	4	EVO2CD-100
101	Plastic Clamp-Top	2	EVO2CD-101
102	Plastic Clamp-Bottom	2	EVO2CD-102
103	Plastic Cap	2	EVO2CD-103
104	Lever Arm Cap-Front	2	EVO2CD-104
105	Lever Arm Cap-Rear Left	1	EVO2CD-105
106	Lever Arm Cap-Rear Right	1	EVO2CD-106
107	Elevation Frame	1	EVO2CD-107
108	Motor Cover Bottom	1	EVO2CD-108
109	8#*10 Screw	3	EVO2CD-109
110	10MM Lock Washer	2	EVO2CD-110
111	3/8"*30 Screw	2	EVO2CD-111
112	Bearing	2	EVO2CD-112
113	22*10 Washer	2	EVO2CD-113
114	Front Connecting Frame	1	EVO2CD-114
115	Metal Plate	1	EVO2CD-115
116	M5*10 Screw	1	EVO2CD-116
117	Motor Hood-Bottom	1	EVO2CD-117
118	M8*43 Screw	2	EVO2CD-118
119	M6*70 Screw	1	EVO2CD-119
120	M5*8 Screw	4	EVO2CD-120
121	M9*19 Allen Head Bolt	4	EVO2CD-121
122	Running Belt	1	EVO2CD-122
123	Micro Switch	1	EVO2CD-123
124	M3*8 Screw	2	EVO2CD-124
125	M5*10 Screw	1	EVO2CD-125
126	Speaker End Cap (inside)	4	EVO2CD-126
127	Speaker End Cap (outside)	4	EVO2CD-127
128	Earphone	2	EVO2CD-128
130	M6*20 Screw	2	EVO2CD-130
131	Console Tray Cover	1	EVO2CD-131
132	Console Tray	1	EVO2CD-132
133	Rear Connecting Frame	1	EVO2CD-133

MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY

MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY

evo
by SMOOTH F.I.T.NESS