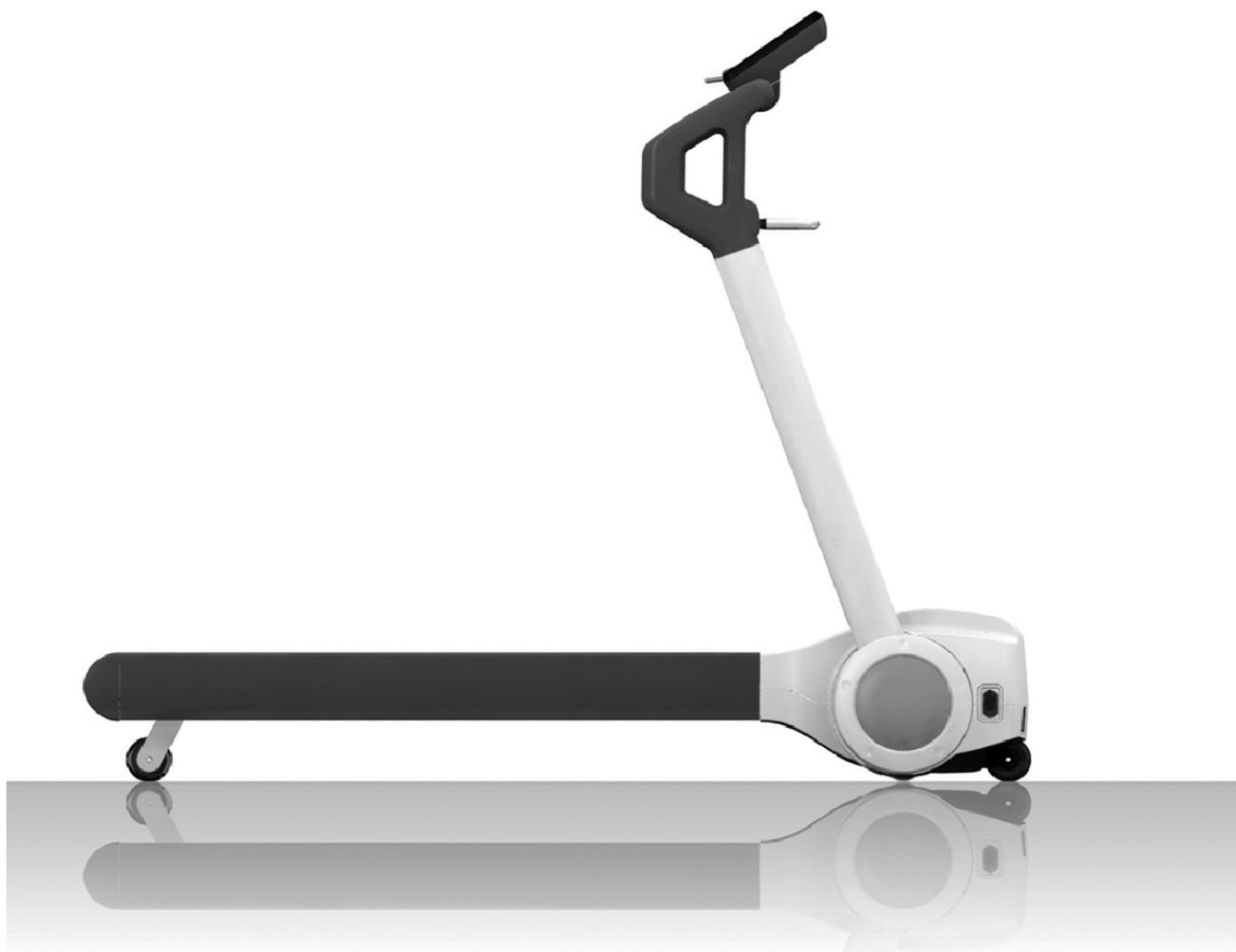# 4.25 MOTORIZED TREADMILL

SMOOTH FITNESS

USER WEIGHT LIMITATION: **250lbs (110 kgs)**

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 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 **250lbs (110 kgs)**

- 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.

- The equipment is for Class B (Home Use).
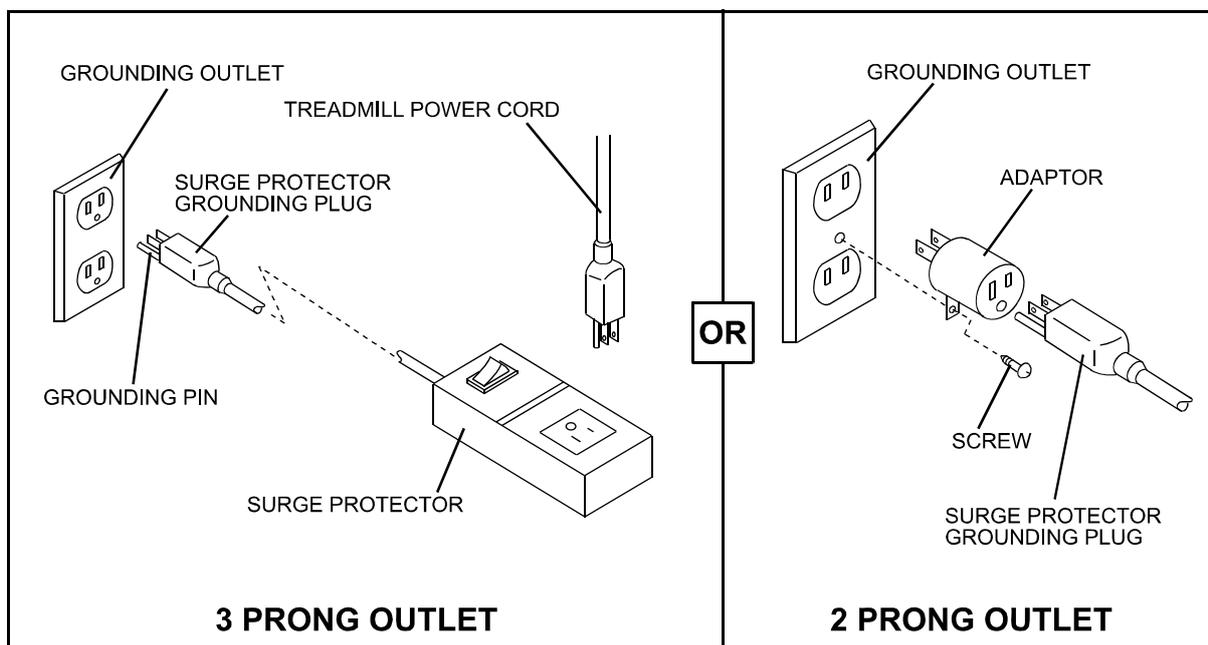
POWER REQUIREMENTS

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 110VAC, 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 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below. GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.

GROUNDING OUTLET

TREADMILL POWER CORD

SURGE PROTECTOR
GROUNDING PLUG

GROUNDING PIN

SURGE PROTECTOR

3 PRONG OUTLET

OR

GROUNDING OUTLET

ADAPTOR

SCREW

SURGE PROTECTOR
GROUNDING PLUG

2 PRONG OUTLET

BEFORE YOU BEGIN

- **Open the boxes**:

Open the boxes of your new equipment. Inventory all parts included in the boxes. And Compare them to the supplied components and supplied Hardware lists on page 5 for a full count of the parts included . If you are missing any parts or have any assembly questions contact us directly at **1-888-800-1167** .
Assembly instructions begin on page 12 .

- **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 250Lb (Approx. 100Kg). 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.

- **Care and maintenance**:

1. The safety level can be maintained only if it is examined for damage and wear.

2. Replace any defective components immediately and stop all use of equipment until repaired.

3. Always take care when you mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

4. Always check the easily wear components like pulley etc….to prevent danger.

5. There is an emergency stop, in the form of a SAFETY KEY, to prevent injury, you can stop the treadmill immediately by actuated the emergency stop for emergency dismount.

Supplied Hardware

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
301	Fold Up Foot Cover	2
302	Fold Up Foot	2
610	M8×130 Screw	2
105	Safety Key	1
A	6mm Allen Wrench	1
B	5mm Allen Wrench	1
C	Power Cord	1
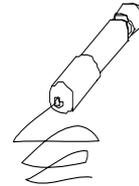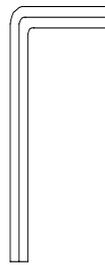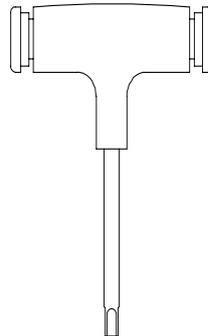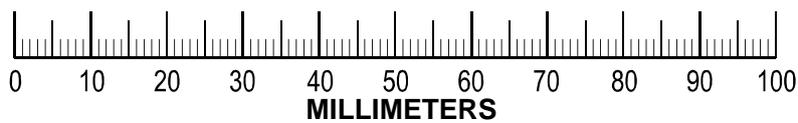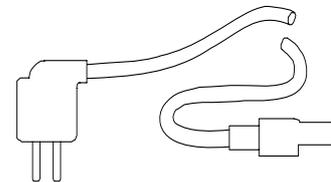
Part List

No.	Part name	Qty	Order No.	No.	Part name	Qty	Order No.
101	Button Cover	1	4.25-101	412	Switch	1	4.25-412
102	Computer	1	4.25-102	413	Switch Board Holder	1	4.25-413
103	Console Housing -Lower	1	4.25-103	414	Electric Outlet	1	4.25-414
104	Safety Key Base	1	4.25-104	415	Electric Outlet holder	1	4.25-415
105	Safety Key	1	4.25-105	416	Electric Protector	1	4.25-416
106	Console Housing Holder-Upper	1	4.25-106	417	PU Cushion	1	4.25-417
107	Console Housing Holder-Lower	1	4.25-107	418	Motor Cover -Lower	1	4.25-418
108	Console Fix Lower Cover	1	4.25-108	419	Transport Wheel Bracket	1	4.25-419
109	Pulse Sensor Wire-Upper	2	4.25-109	420	Main Frame Foot Cover	2	4.25-420
110	Overlay	1	4.25-110	421	Control Board	1	4.25-421
201	Fold Up Grip	1	4.25-201	501	Side Rail	2	4.25-501
202	Upright -Left	1	4.25-202	502	Rear End Cap -Left	1	4.25-502
203	Upright -Right	1	4.25-203	503	Rear End Cap -Right	1	4.25-503
204	Heart Rate Handle Bar	1	4.25-204	504	Running Belt	1	4.25-504
205	Pulse Sensor Set	2	4.25-205	505	Running Deck	1	4.25-505
206	Console Support Tube Bushing	2	4.25-206	506	Side Rail Guider	8	4.25-506
207	Handlebar Cover Right -Inner	1	4.25-207	601	M4x14 mm Screw	22	4.25-601
208	Handlebar Cover Right -Outside	1	4.25-208	602	M3x10 mm Screw	6	4.25-602
209	Handlebar Cover Left -Inner	1	4.25-209	603	M5X14 mm Screw	2	4.25-603
210	Handlebar Cover Left -Outside	1	4.25-210	604	M4X10 mm Screw	8	4.25-604
213	Upright Lower Cover	2	4.25-213	605	M5 Nut	4	4.25-605
214	Side Cover	2	4.25-214	606	M8×18 mm Allen Bolt	2	4.25-606
215	Fold Up Grip Connect Rod	2	4.25-215	607	M4×40 mm Screw	2	4.25-607
216	Spring	2	4.25-216	608	M8×52 mm Bolt	4	4.25-608
217	Upright Lock Pin	2	4.25-217	609	Ø10 Washer	5	4.25-609
218	Fold Up Grip Connector	2	4.25-218	610	M8×130 Screw	2	4.25-610
219	Safety Key Wire -Lower	1	4.25-219	611	M6×45 mm Screw	3	4.25-611
220	5 Pin Computer Wire -Lower	1	4.25-220	612	Ø6 Washer	3	4.25-612
301	Fold Up Foot Cover	2	4.25-301	613	M12x25 mm Cap Allen Head Bolt	2	4.25-613
302	Fold Up Foot	2	4.25-302	614	M6×14 Screw	4	4.25-614
303	Front Foot Base	2	4.25-303	615	M6 Washer	4	4.25-615
304	Main Frame	1	4.25-304	616	M4X35 Screw	2	4.25-616
305	Rear Transport Wheel	1	4.25-305	617	Φ26 Washer	2	4.25-617
306	Rear Transport Axle Cap	2	4.25-306	618	M8 Nut	5	4.25-618
307	Transportation Wheel	4	4.25-307	619	M8X85 Bolt	1	4.25-619
308	Belt Cover- Bottom	1	4.25-308	620	M8X48 Bolt	1	4.25-620
309	Rear Roller Tube	1	4.25-309	621	M10 Nut	1	4.25-621
310	Rear Roller Shaft	1	4.25-310	622	M10X116 mm Screw	1	4.25-622
311	Front Roller Tube	1	4.25-311	623	Φ8 Plate Washer	10	4.25-623
312	Front Roller Shaft	1	4.25-312	624	Ø8 Spring	2	4.25-624
401	Motor Hood	1	4.25-401	625	M8×12 Allen Head Bolt	2	4.25-625
402	DC Driving Motor	1	4.25-402	626	M8 Bump Bolt	2	4.25-626
403	Driving Belt	1	4.25-403	627	4×19 Screw	18	4.25-627
404	Motor Holder	1	4.25-404	628	M8 Special Bolt	1	4.25-628
405	Motor Holder Bracket End Cap -Upper	2	4.25-405	629	Ø8 Washer	2	4.25-629
406	Motor Holder Bracket End Cap -Lower	2	4.25-406	630	M10×25 Allen Head Bolt	2	4.25-630
407	Front Foot Bracket	1	4.25-407	631	M8×30 Allen Head Bolt	4	4.25-631
408	Motor holder bracket locate frame	1	4.25-408	632	Plastic Insert	14	4.25-632
409	Motor Holder Bracket Base -Left	1	4.25-409				
410	Motor Holder Bracket Base -Right	1	4.25-410				
411	Switch Board	1	4.25-411				

Visit us at: **www.smoothfitness.com**

PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.

110

109

101

102

103

105 104 602

601

106

107

108

601
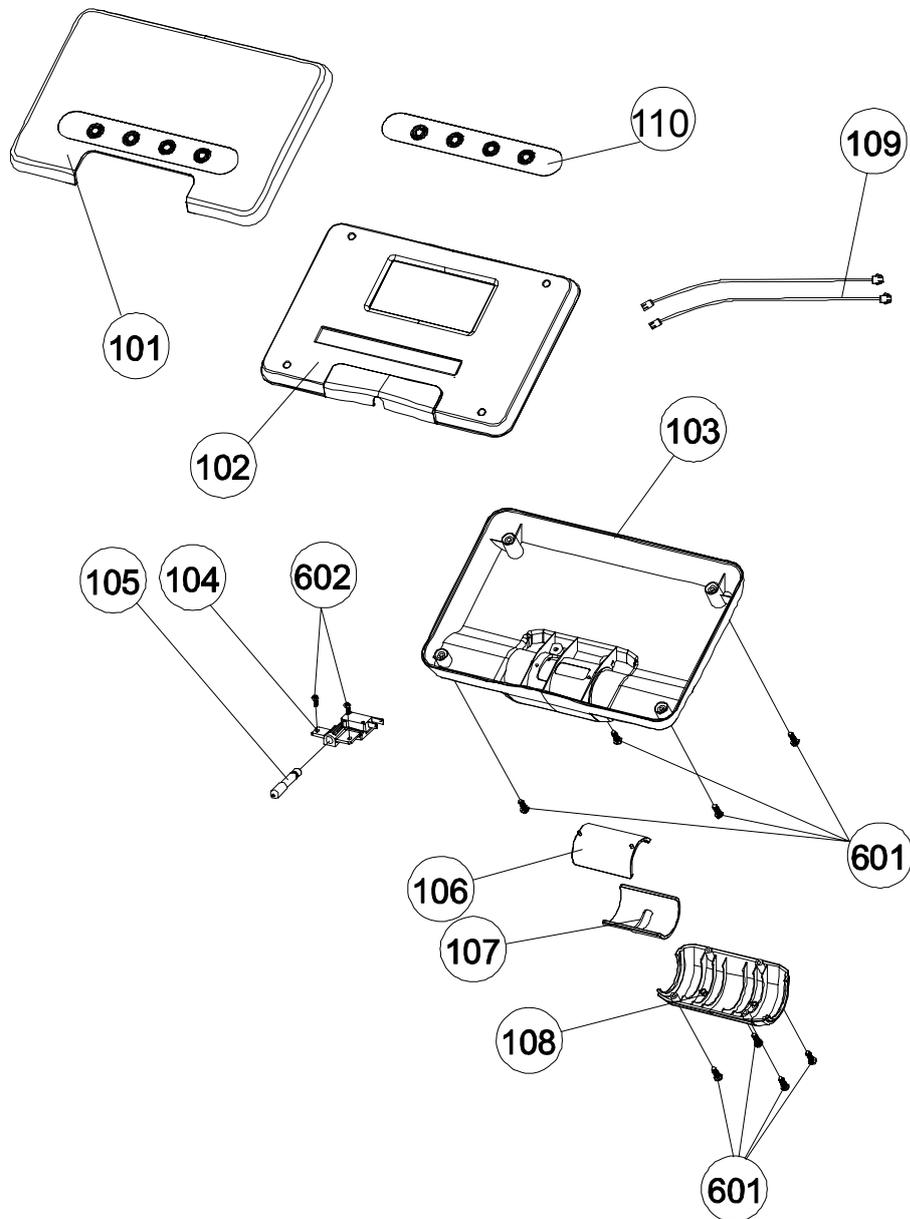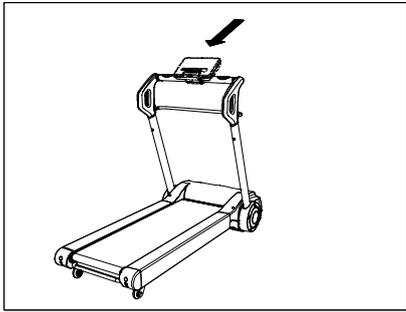
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
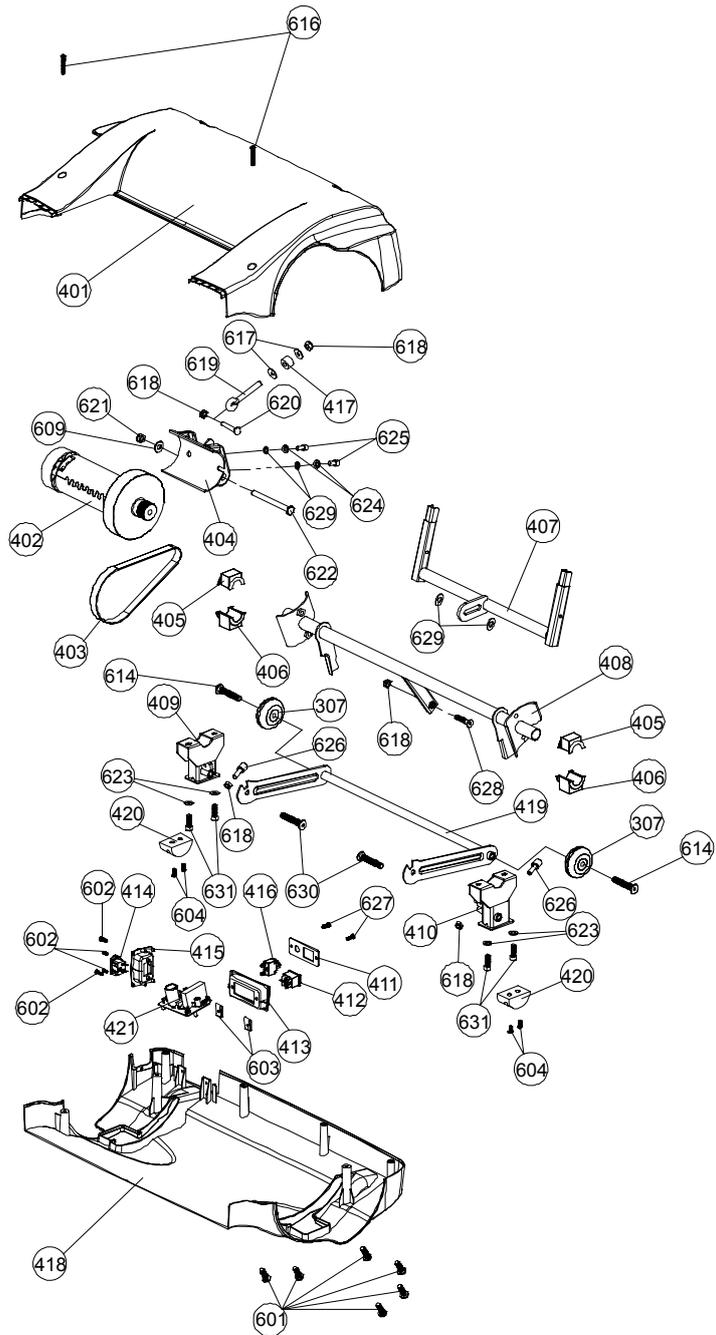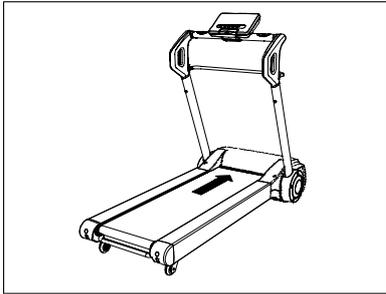
PARTS DIAGRAM

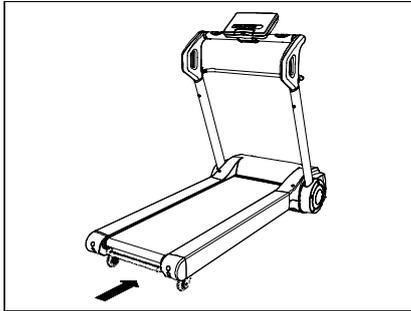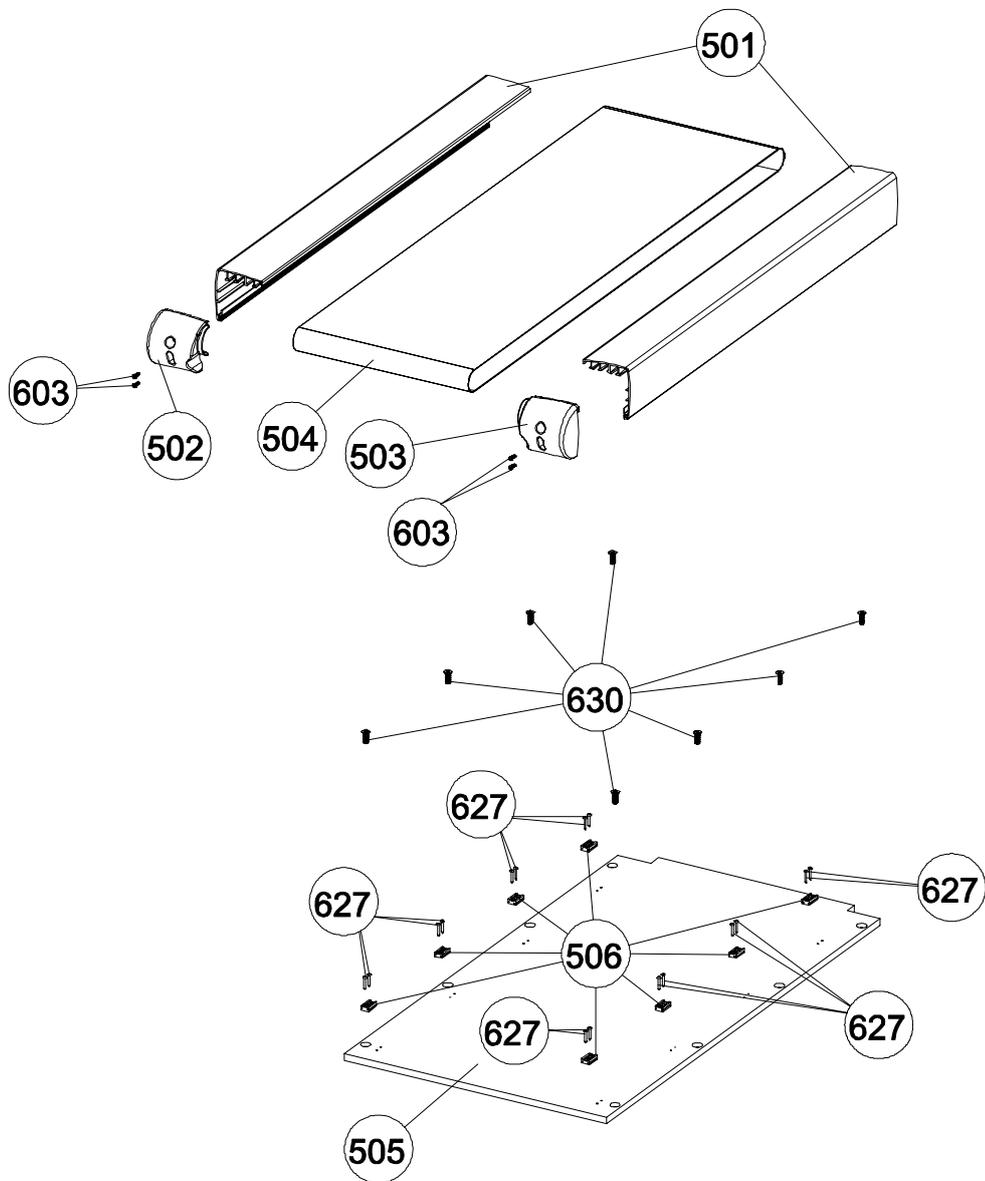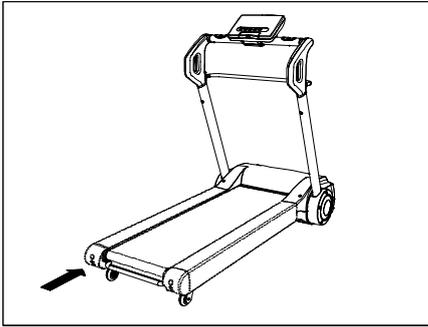**MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.**

PARTS DIAGRAM

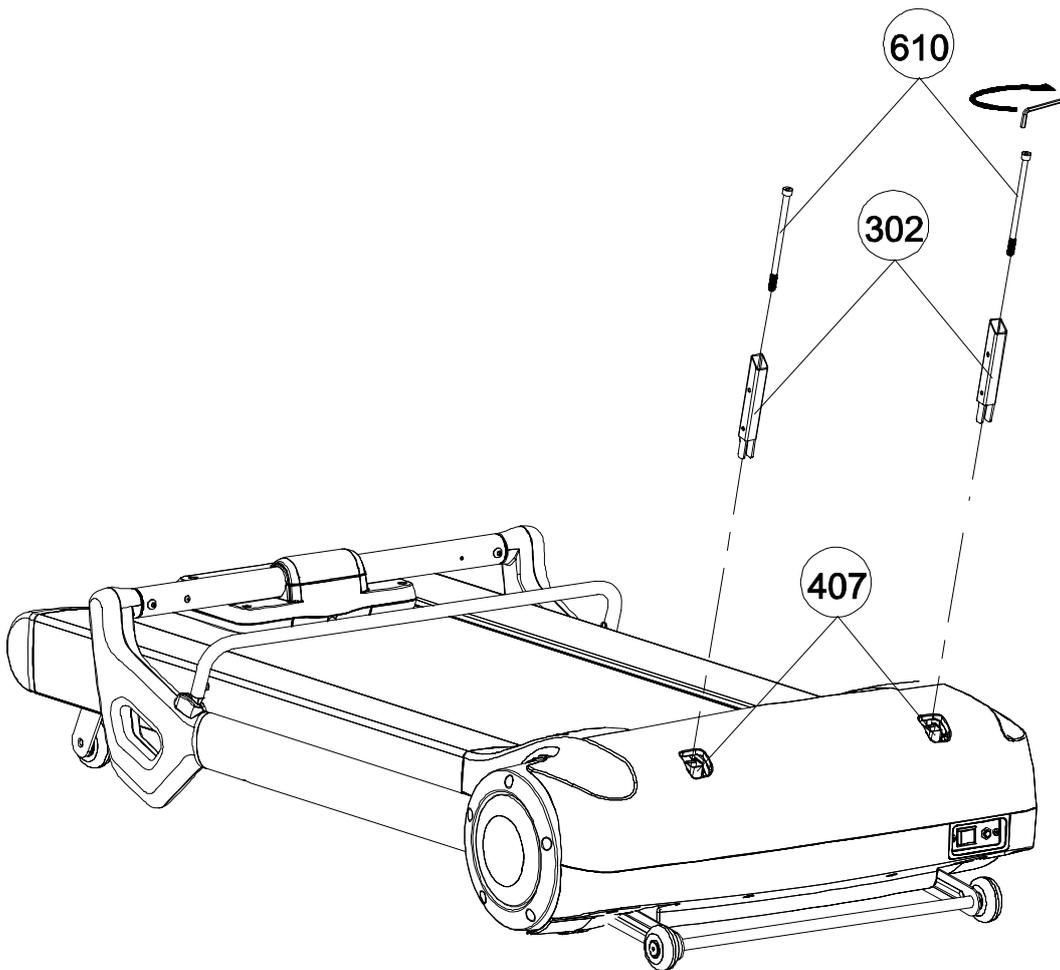**MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.**
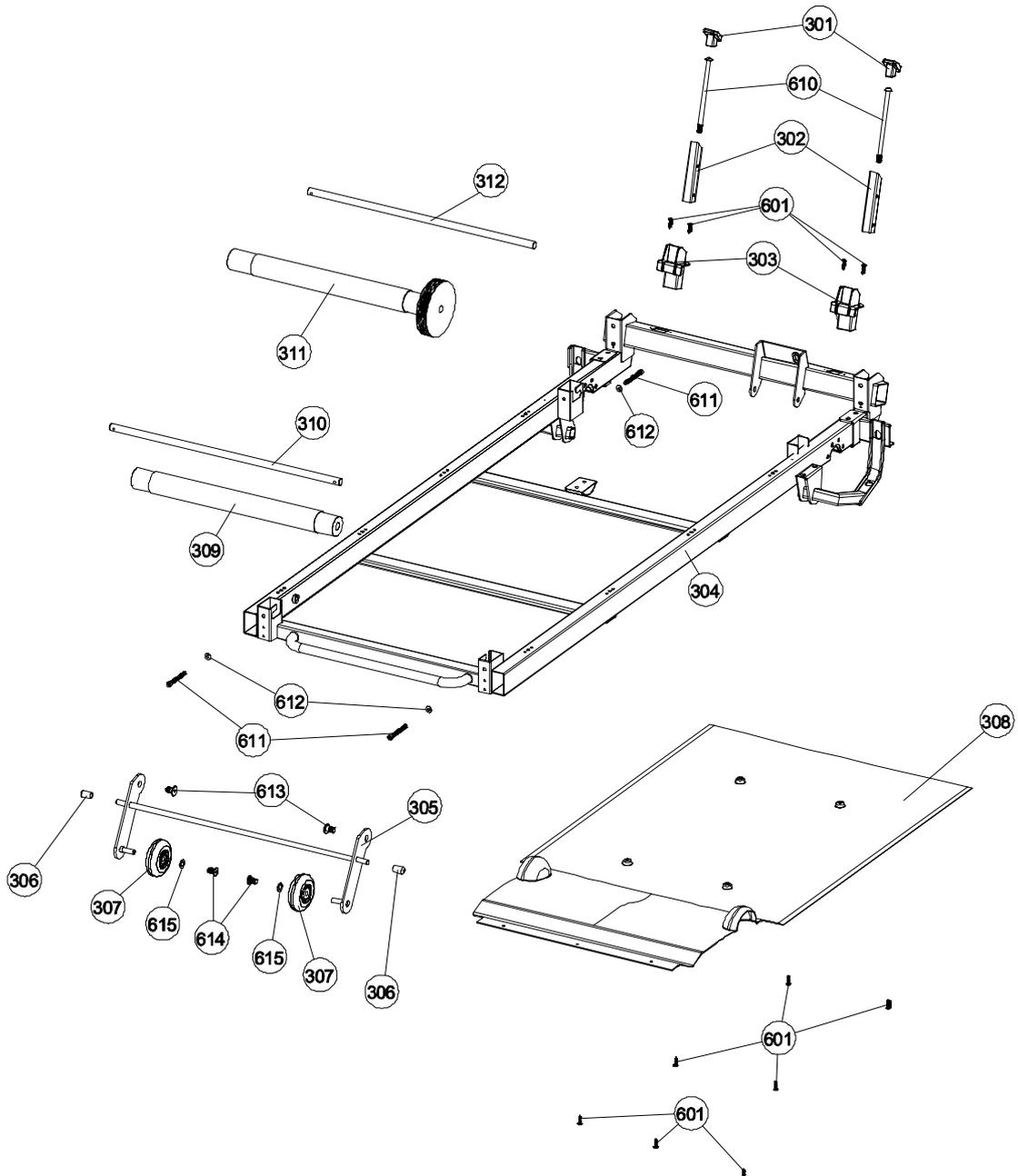
PARTS DIAGRAM

MOST OF THE PARTS SHOW HERE HAVE BEEN PRE-ASSEMBLED.

ASSEMBLY

STEP 1: Attach Front Foot Brackets

A. Place your treadmill in an open area.

B. Attach the Fold up foot (302) to the Front Foot Bracket (407) and secure using M8x30 mm Bolt.
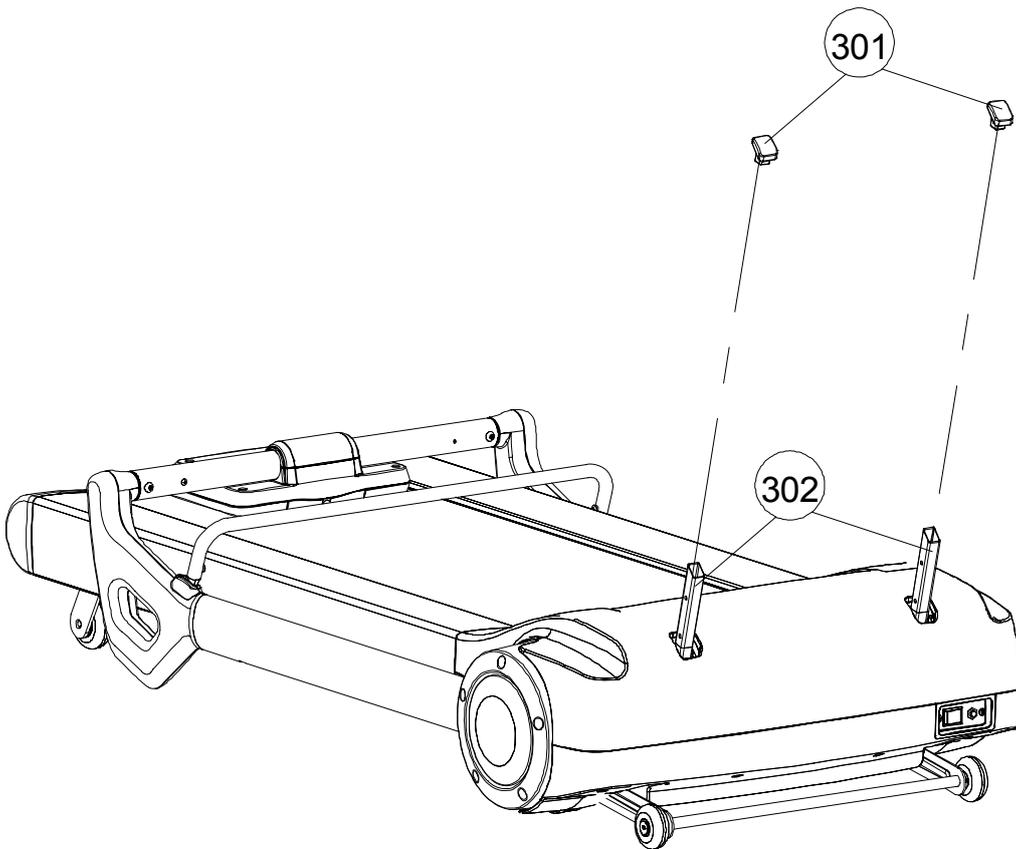
C. Tighten bolts using the provided Allen key.

610 x2
302 x2

ASSEMBLY

STEP 2: Attach Foot Covers

    A.   Attach the Fold Up Foot Cover (301) to the Fold Up Foot (302).
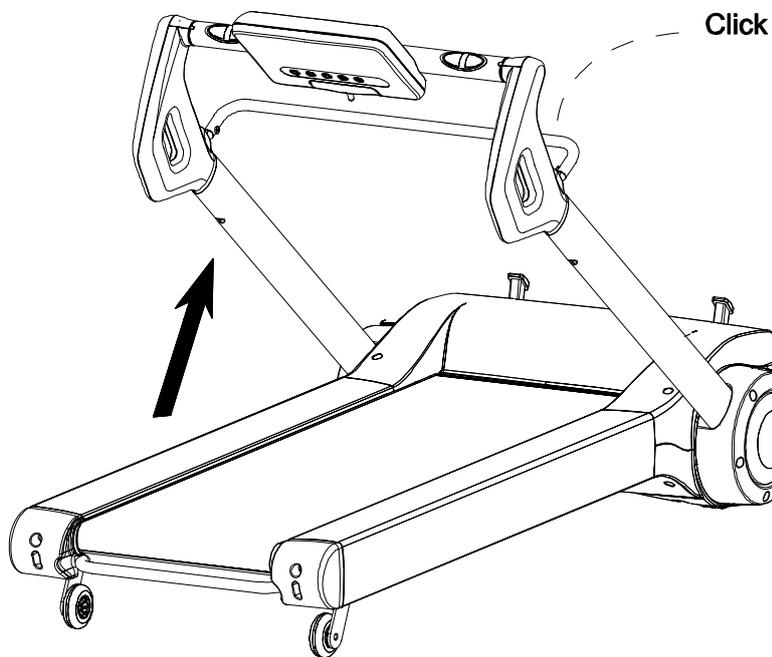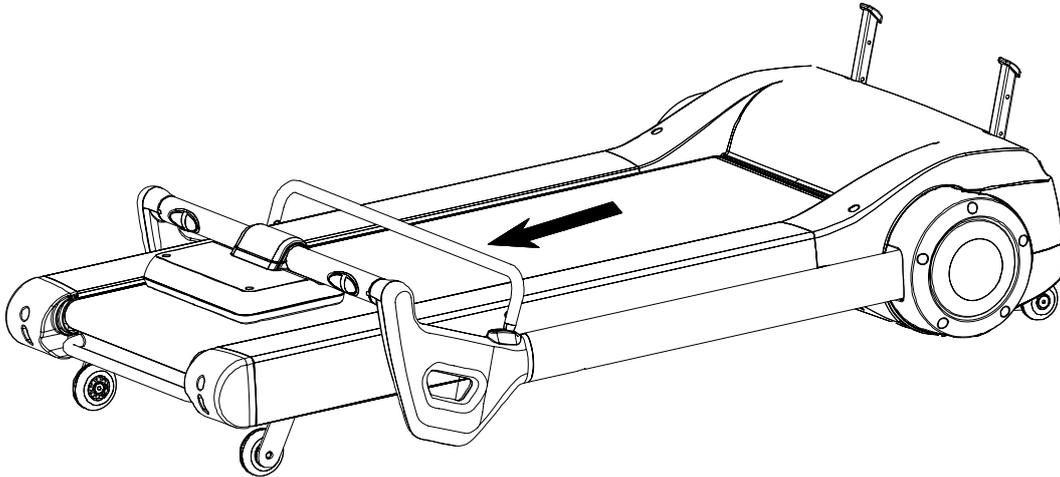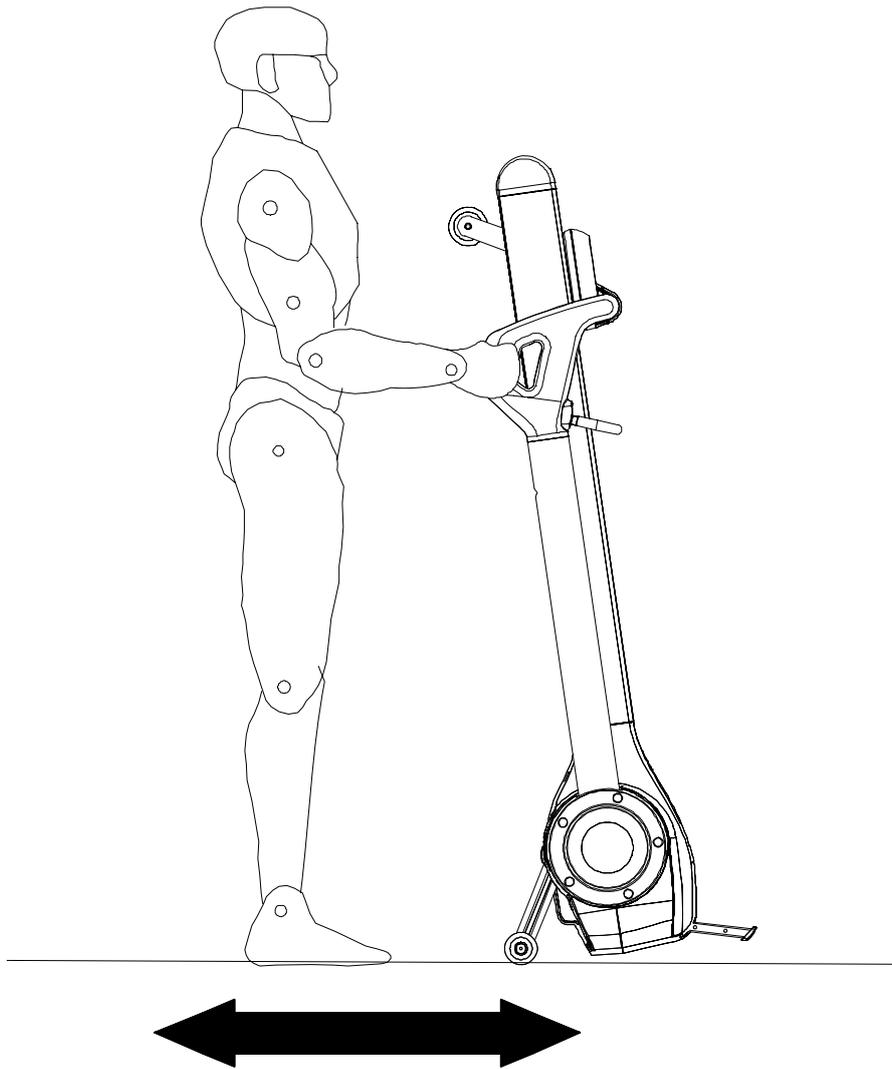
301 x 2

FOLD UP

A. Pull the fold up grip and lift the upright up from the rear of the treadmill.
B. Fold up until the uprights lock in place. You should hear a "click" sound to indicate the uprights are locked
C. To prevent injury be sure you have a firm hold when raising the upright.
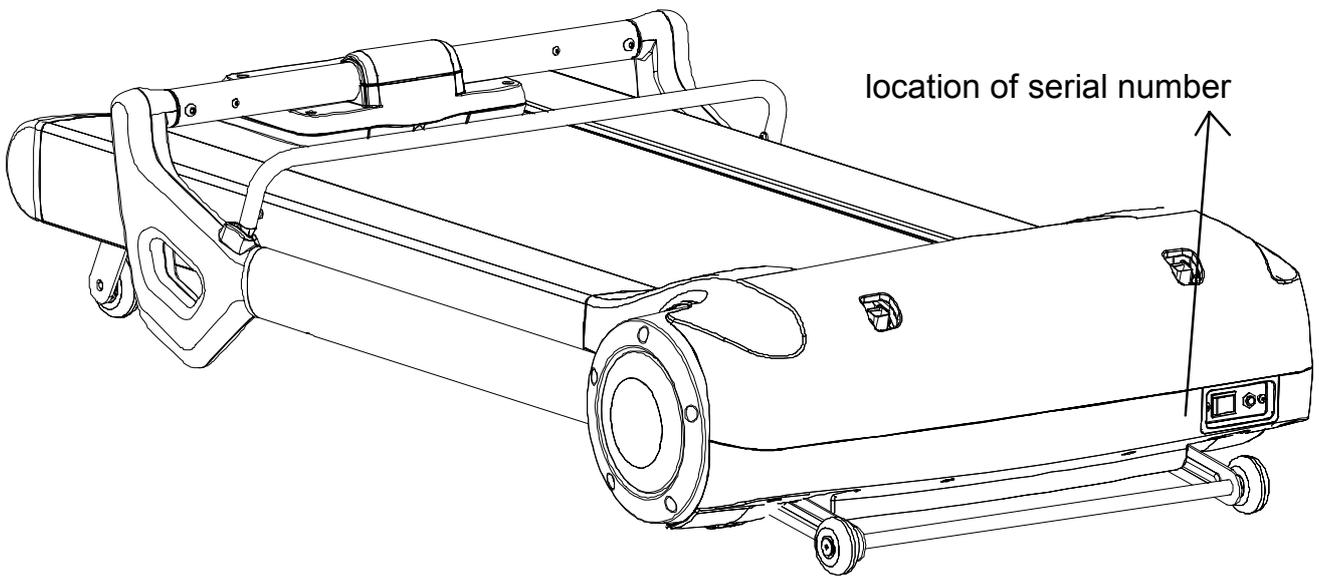D. The Safety Key must be inserted to operate the treadmill.

Click

TRANSPORT

Location of Serial Number

location of serial number

<u>MAINTENANCE</u>

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**: <u>Do not</u> 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.

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 400 hours of use.

Every 2 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.

To purchase lubricant kit please contact Smooth Fitness 1-888-800-1167

**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 1/4 bottle (supplied with treadmill) each side..
4. Allow the silicone to "set" for 1 minute before using the treadmill.
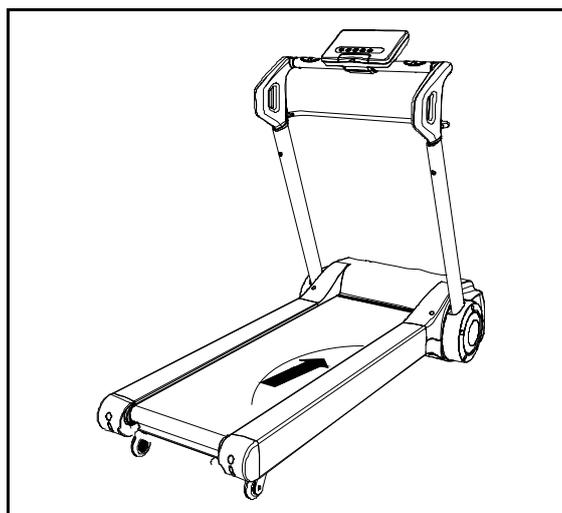
Apply from front to back.

COMPUTER INSTRUCTIONS

! Before assembling or using your fitness equipment, please carefully read the precautions included in the assembly instructions.

Display
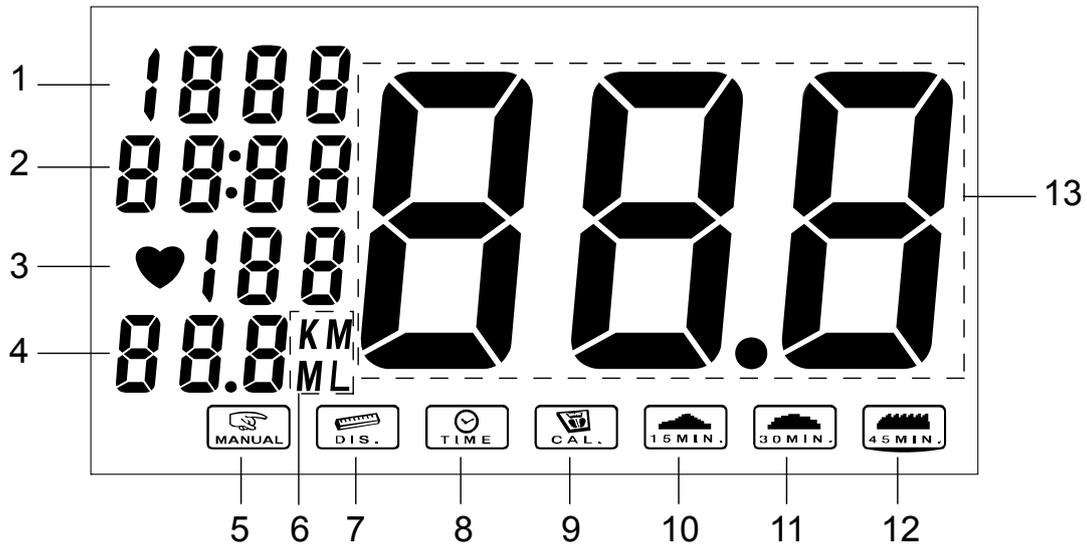
(1) CALORIES ----------The calories display range is from 0 to 999.

(2) TIME ------------------The TIME display range is from 0:00 to 99:00.   The initial TIME is "32:00"

(3) PULSE ---------------The range of the PULSE display is from 0 to 199 BPM.

(4) DISTANCE ----------The DISTANCE display range is from 0.0 to 99 km/h; Mph.

(5) PROGRAM – MANUAL

(6) MEASURE in KM/ML

(7) PROGRAM – DISTANCE

(8) PROGRAM – TIME

(9) PROGRAM – CALORIES

(10) PROGRAM – 15 Minutes

(11) PROGRAM – 30 Minutes

(12) PROGRAM – 45 Minutes

(13) SPEED ------------The range of the Speed is from 0.0 to 8.8 Mph.

COMPUTER INSTRUCTIONS

Buttons Function

START button
Press the button to start the computer or start the program.
The initial speed of 0.8 km/h / 0.5 mph

STOP / ENTER button
Press to confirm a program and preset function values under setting mode.
Press to quit preset program and function values after completing a single program.
Setting procedure: returns to beginning of setting mode before pressing the START key.
Press to stop exercise during workout time.
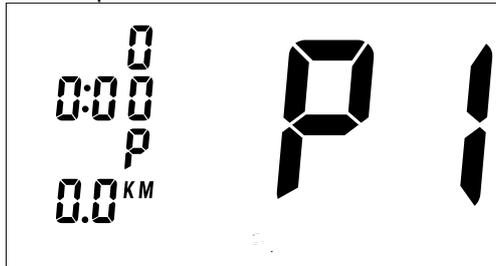
SPEED Up button
Press the button to increase the speed or set the program.

SPEED Down button
Press the button to decrease the speed or set the program.

POWER ON
After connecting the power cord switch the power button on. The LCD screen will light up.

SAFETY KEY
The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout.
If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue set the speed controller to stop and then reinsert the safety key into the console, then press start.

SLEEP MODE
When the power is ON the computer will automatically enter POWER OFF MODE if it is left idle for 5 minutes, press any button to return to the power on status when the computer is in the POWER OFF MODE.

COMPUTER OPERATION
Power on – "P1" (manual) will flash in the LCD display. Press SPEED UP / DOWN keys for desired program.
Please refer to the following instructions for different program options.
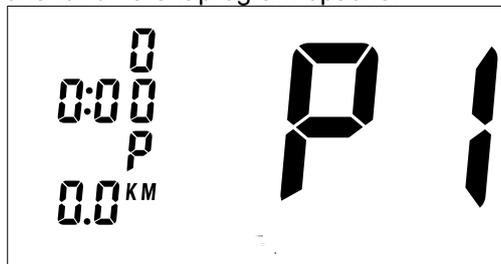
COMPUTER INSTRUCTIONS

QUICK START
Press the START key directly to start exercise without a function value.

PROGRAM 1 – MANUAL
1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.
DISTANCE: Accumulates and displays workout distance from start of exercise.
CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.
To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.

```
    0
 0:00
    P
 0.0 KM          P1
  MANUAL
```
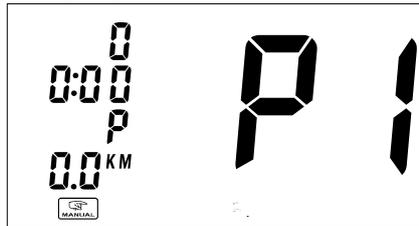
PROGRAM 2 – DISTANCE
1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired distance by pressing UP/DOWN and confirm with STOP/ENTER
4. Press START to begin your exercise.

DISTANCE: Press SPEED UP/ DOWN to preset the distance target values and press START.
                            The distance will count down from preset target value. While distance counts down to 0 (zero), speed
                            goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).
TIME: Accumulates and displays workout time from start of exercise.
CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.
To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.
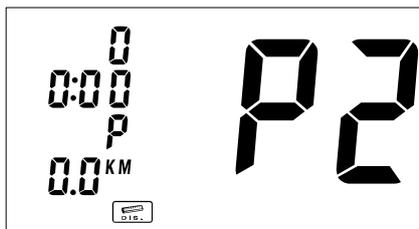
```
    0
 0:00
    P
 0.0 KM          P2
   DIS.
```
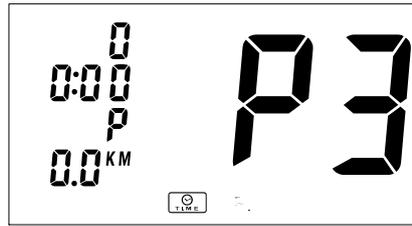
PROGRAM 3 – TIME
1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired time by pressing the UP/DOWN button, press STOP/ENTER to confirm
4. Press START to begin your exercise.

TIME: Press SPEED UP / DOWN keys to preset time target value and press   START.
                            The time will count down from preset target value when starting exercise. While time counts down,
                            the speed goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).
DISTANCE: Accumulates and displays workout distance from start of exercise.
CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.
To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.

COMPUTER INSTRUCTIONS

PROGRAM 4 – CALORIES
1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. Adjust your desired calories by pressing the UP/DOWN button, press STOP/ENTER to confirm.
4. Press START to begin your exercise.

CALORIES: Press SPEED UP / DOWN keys to preset calories target value and press START.
                      Calories will count down from preset target value. While the distance counts down to 0 (zero), the speed goes down to 0 (zero) by 0.5 km per second (when the preset target is reached).
TIME: Accumulates and displays workout time from start of exercise.
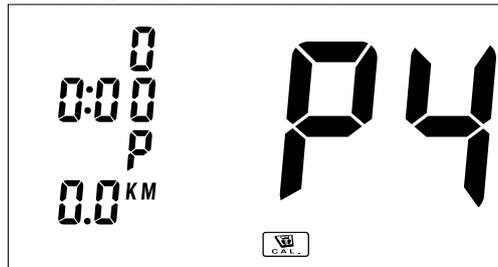DISTANCE: Accumulates and displays workout distance from start of exercise.
SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.

PROGRAM 5 – 15 MINUTES PRESET SPEED
1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.
DISTANCE: Accumulates and displays workout distance from start of exercise.
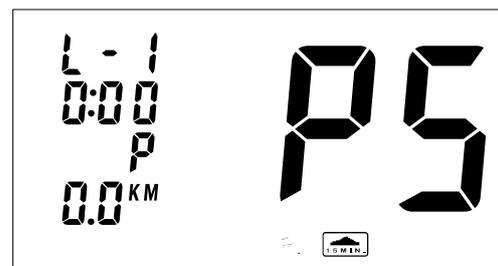PULSE: Detects and displays current heart rate.
CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.

COMPUTER INSTRUCTIONS

PROGRAM 6 – 30 MINUTES PRESET SPEED

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.
DISTANCE: Accumulates and displays workout distance from start of exercise.
PULSE: Detects and displays current heart rate.
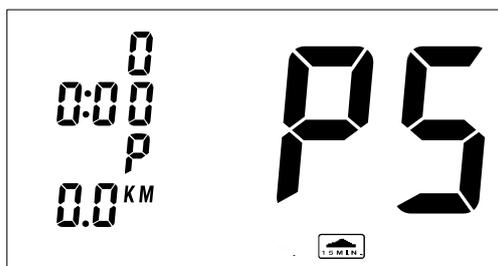CALORIES: Accumulates and displays calories consumed during workout time.
SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.
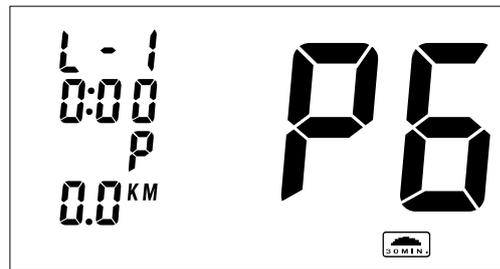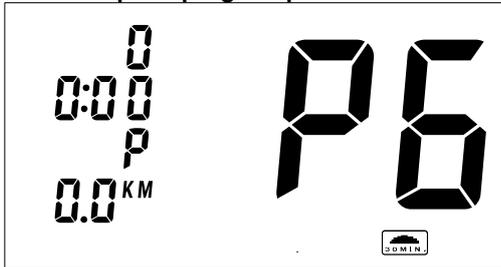
PROGRAM 7 – 45 MINUTES PRESET SPEED

1. Select the desired program by pressing the UP/DOWN button.
2. Press STOP / ENTER to confirm the program.
3. You can choose between 5 level steps (L1 to L5) L1=easy, L5=hard. Select your desired Level by pressing the UP/DOWN button and press STOP/ENTER to confirm.
4. Press START to begin your exercise.

TIME: Accumulates and displays workout time from start of exercise.

DISTANCE: Accumulates and displays workout distance from start of exercise.

CALORIES: Accumulates and displays calories consumed during workout time.

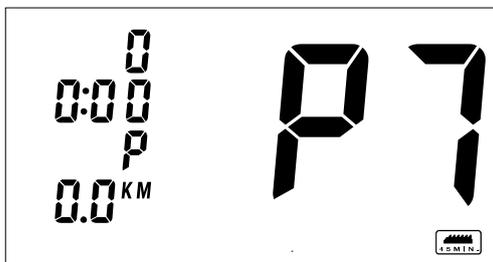SPEED: Displays current speed.

To pause the program while exercising, press the STOP/ENTER button. To resume exercising, press the "START" button. To stop the program press the STOP/ENTER button twice.

WARRANTY

Read and follow the assembly instruction and the User's –Manual before using this product.

Warranty Coverage:

Smooth Fitness and EVO Fitness warrants to the original owner that each new product to be free from defects in workmanship and material. Under normal use and conditions. This warranty is limited on home use only.

Period of Coverage:

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

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
4.25	Lifetime	2 years	2 years	1 year
SX4	Lifetime	2 years	2 years	1 year

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 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:

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.

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 a Smooth Fitness product, call Smooth Fitness. 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;
• The part description and the order number.

Limitations on Warranty:

This Warranty does not cover wear and tear, 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 does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use, Consequential and incidental damages are not recoverable under this Warranty.

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 WS-1 (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 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.

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
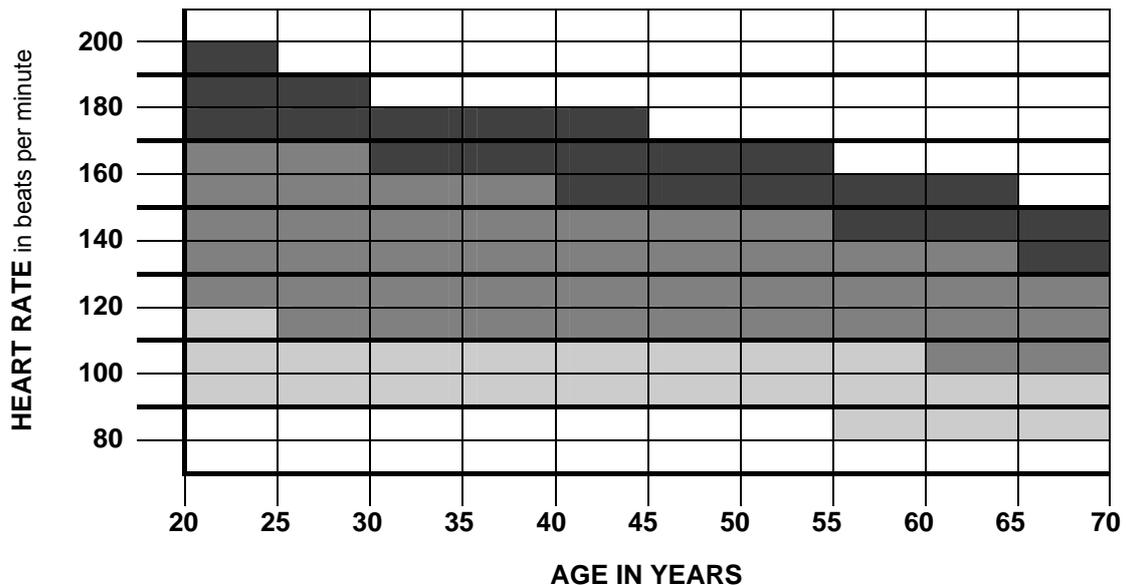
ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

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

You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

HEALTH**:**	**50 – 70% of your max. heartrate**
FITNESS**:**	**70 – 80% of your max. heartrate**
ADVANCED**:**	**80 – 90% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
**220 – 25 = 195**
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

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 the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.
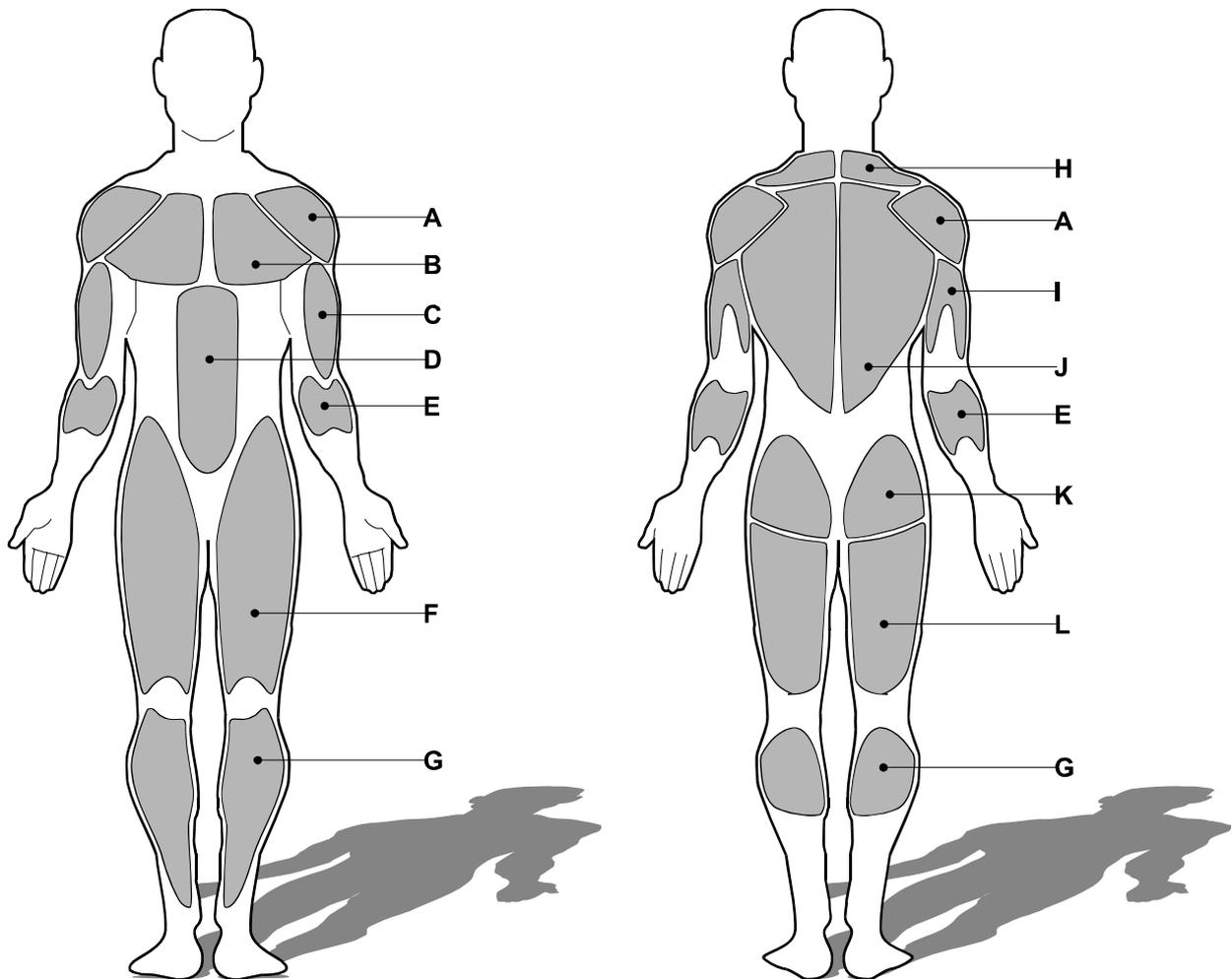
|			
Shoulder muscles	A	B	**Pectoral muscles**
Bicep muscle	C	D	**Abdominal muscles**
Forearm muscles	E	F	**Quadricep muscles**
Calf muscles	G	H	**Trapezius muscles**
Tricep muscles	I	J	**Back muscles**
Gluteal muscles	K	L	**Hamstring muscles**

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 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 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.
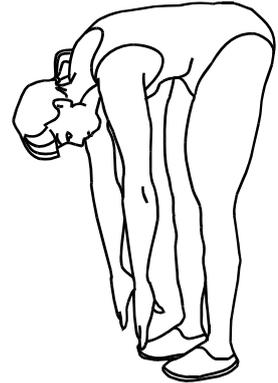
Shoulder Lift:

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.

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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.
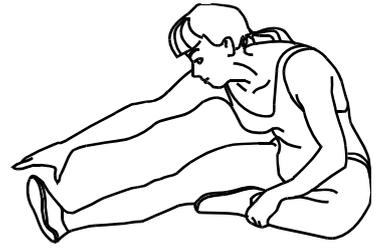
Inner Thigh Stretch:

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.
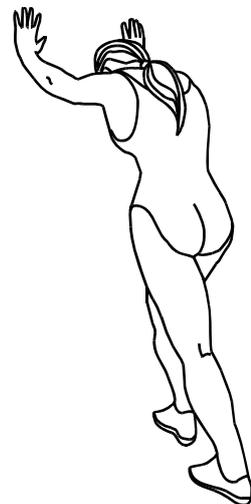
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