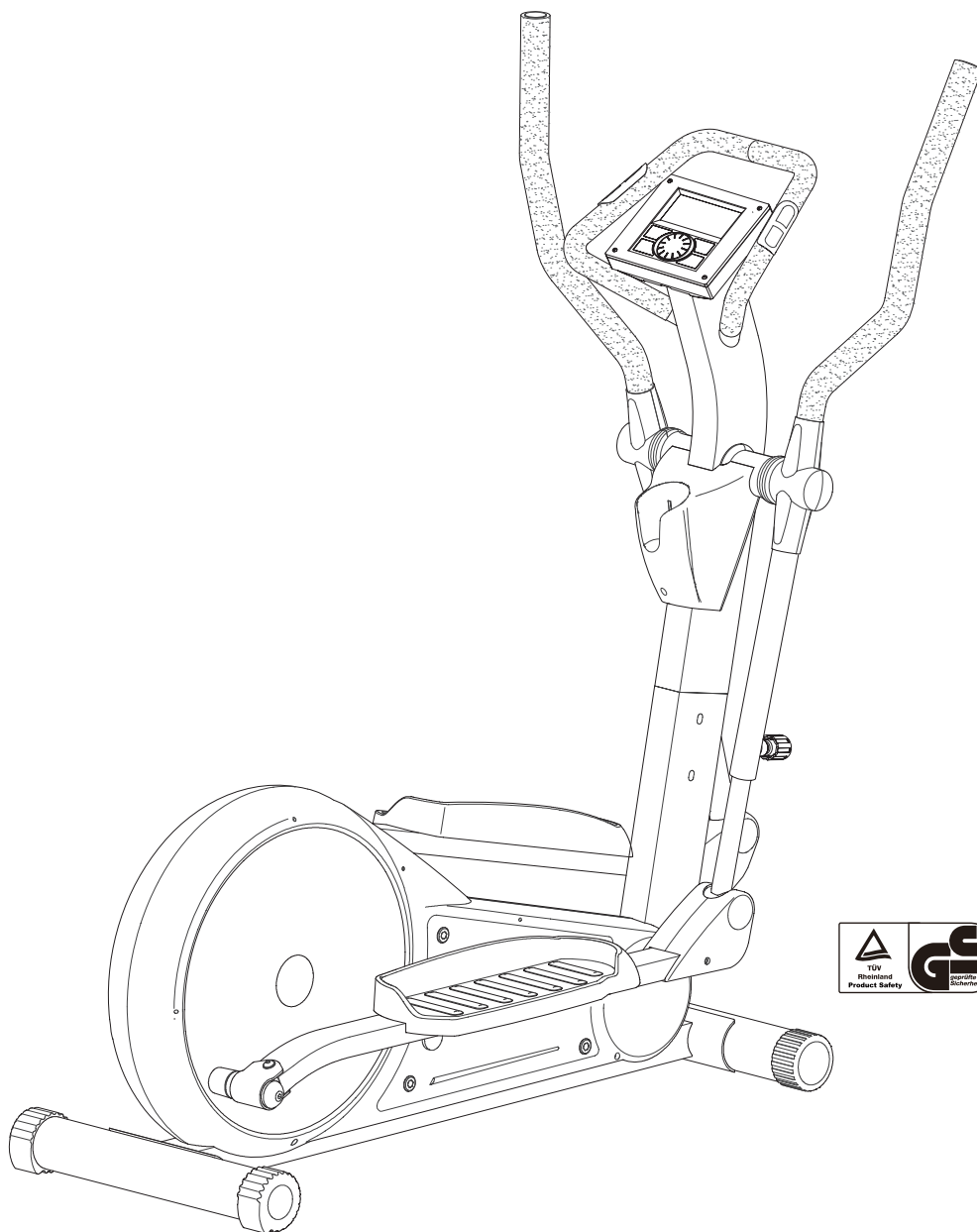


# SMOOTH FITNESS



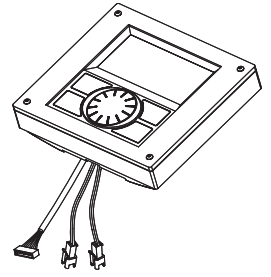
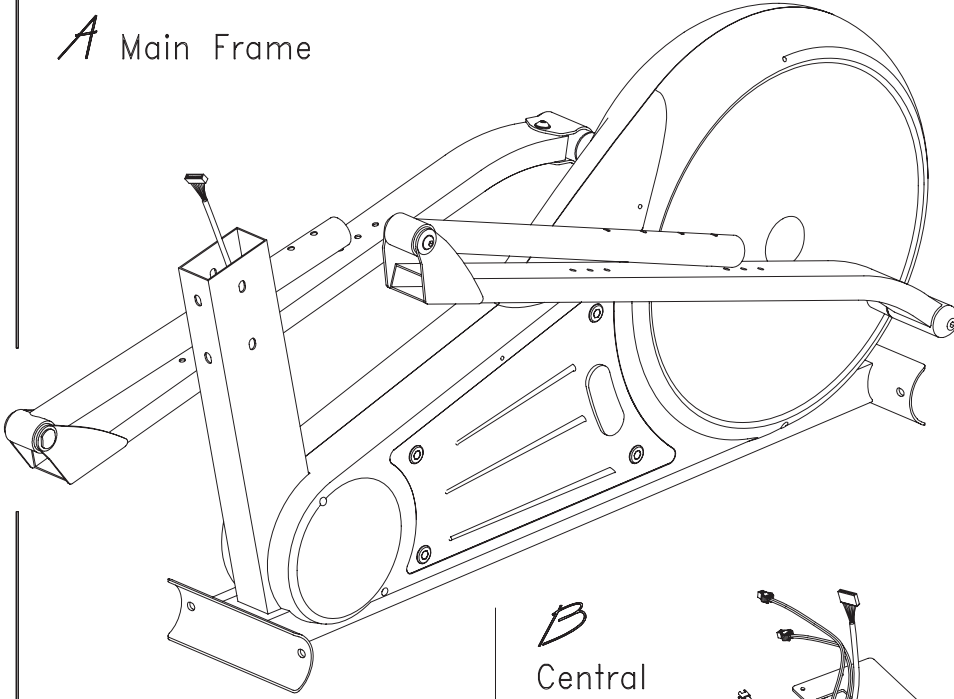
## Elliptical Trainer E7000P



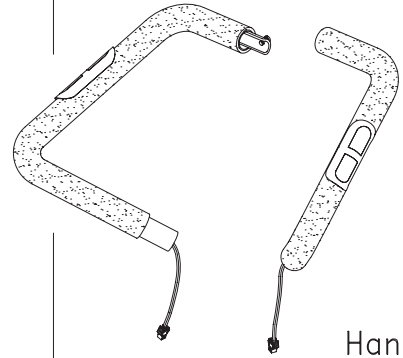
Owner's Operating Manual

# Parts List

## A Main Frame

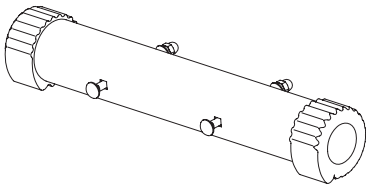


Monitor *E*

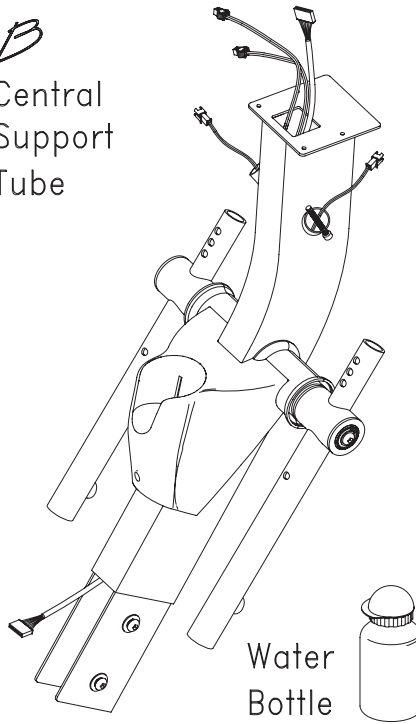


*F*  
Front Handlebar

## C Rear Stabilizer

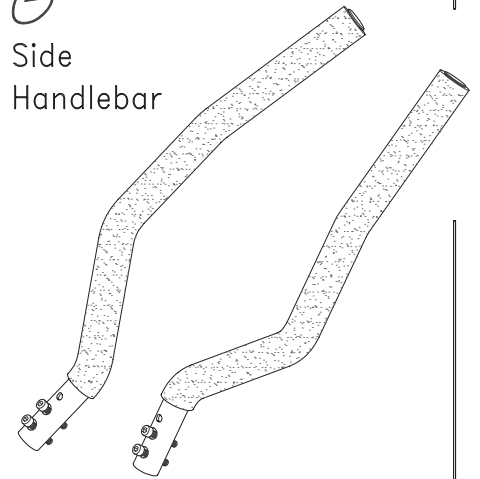


## B Central Support Tube

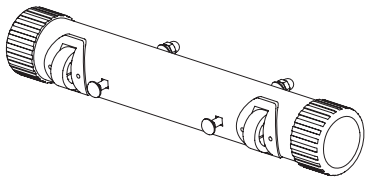


Water Bottle

## G Side Handlebar



## D Front Stabilizer



## H Handlebar Joint Cover

(H1)

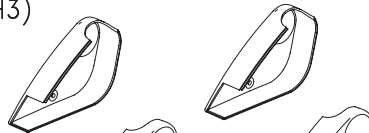


(H2)



## Pedal Tube Joint Cover

(H3)

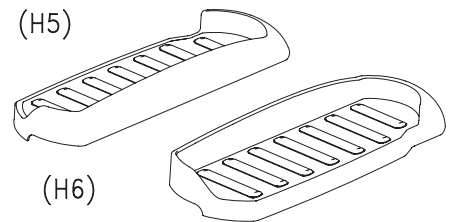


(H4)



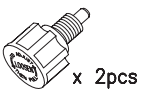
## Pedal

(H5)



(H6)

## (J1) Knob



x 2pcs

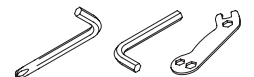
## (J3) Screws M4x12L



## (J5) Spring Washers M6



## Tools



## (J2) Screws M5x8L



## (J4) washers M6



## (J6) Knobs

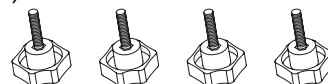
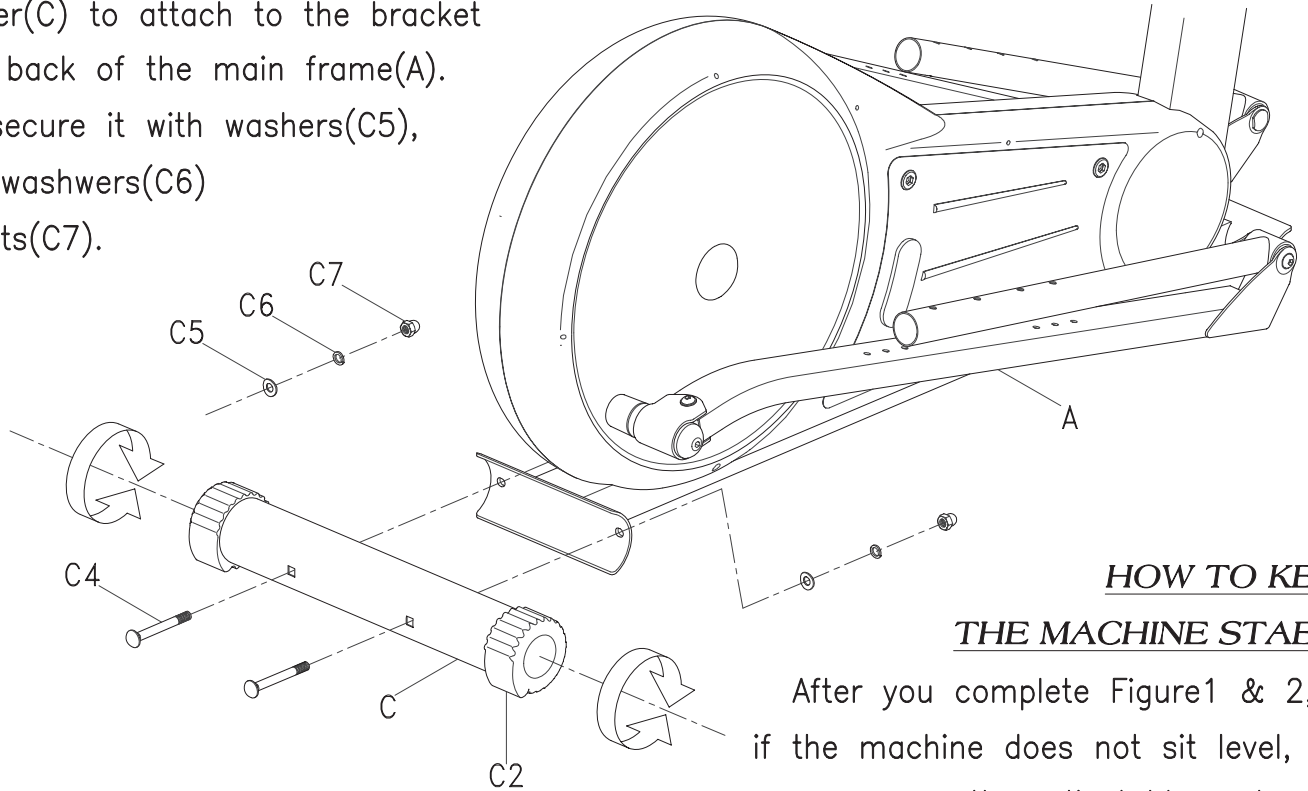


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

First, remove the bolts(C4), washers(C5) and nuts(C6) from the rear stabilizer(C).

Use two bolts(C4) through the rear stabilizer(C) to attach to the bracket at the back of the main frame(A). Then, secure it with washers(C5), spring washers(C6) and nuts(C7).



HOW TO KEEP THE MACHINE STABLE

After you complete Figure 1 & 2, if the machine does not sit level, you can use the adjustable end caps (C2) to compensate for uneven floors.

FIGURE 2

ASSEMBLY FOR FRONT STABILIZER

First, remove the bolts(D7), washers(D8) and nuts(D9) from the front stabilizer(D).

Use two bolts(D7) through the front stabilizer(D) to attach to the bracket at the front of the main frame(A). Then, secure it with washers(D8), spring washers(D9) and nuts(D10).

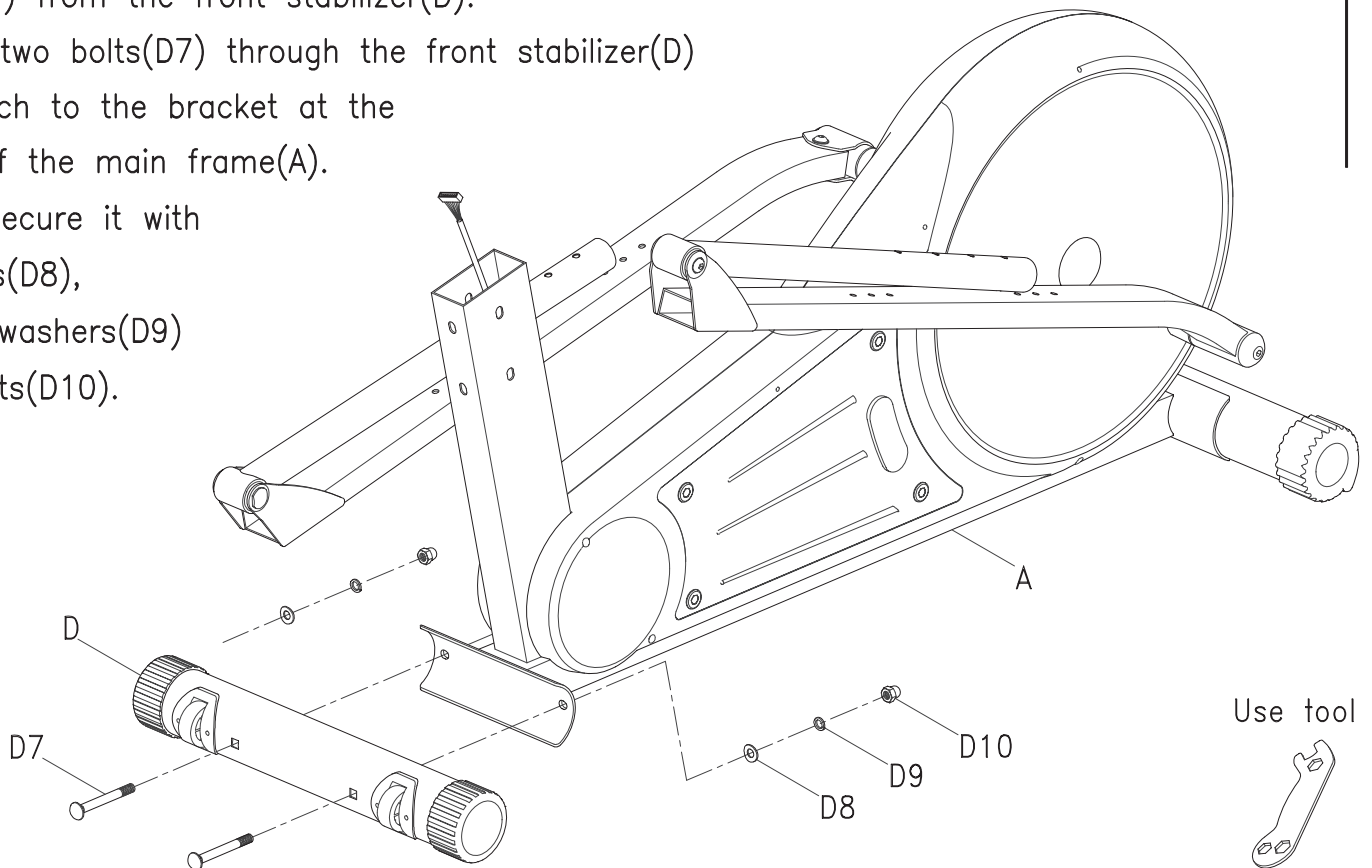


FIGURE 2

FIGURE 3

ASSEMBLY FOR CENTRAL SUPPORT TUBE

First, remove the bolts(B21), spring washers(B14) and washers(B13) from the central support tube(B)

Step1. Connect the cable(B5) & (A15).

Step2. Assemble the central support tube(B) onto the main frame(A) with bolts(B21), spring washers(B14) and washers(B13).

FIGURE 3

Attention:

when pushing the tubes together make sure not to pinch the cables.

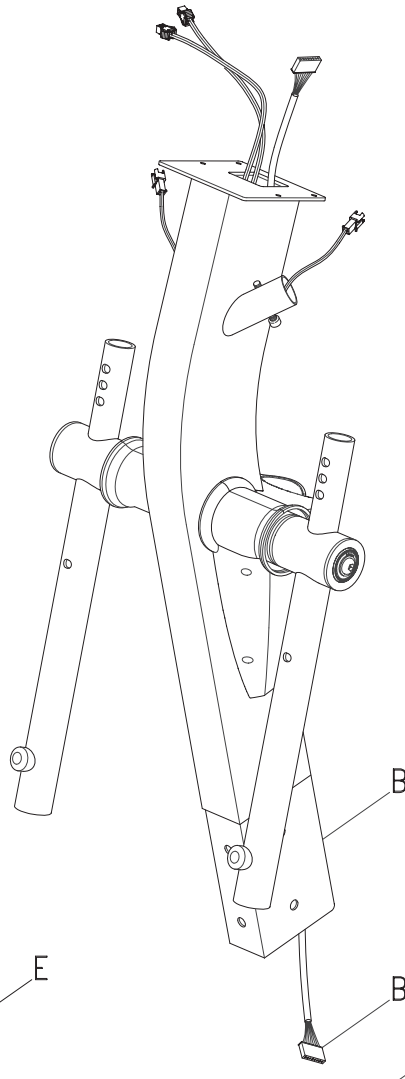


FIGURE 4

ASSEMBLY FOR MONITOR

Step1. remove the screws(E4) from the back of the monitor(E).

Step2. Connect the sensor wire(B5 & B6) with monitor wires and put the monitor on the fixing plate. Then, secure it with screws(E4).

Step3. You can place the water bottle in the plastic water bottle holder.

FIGURE 4

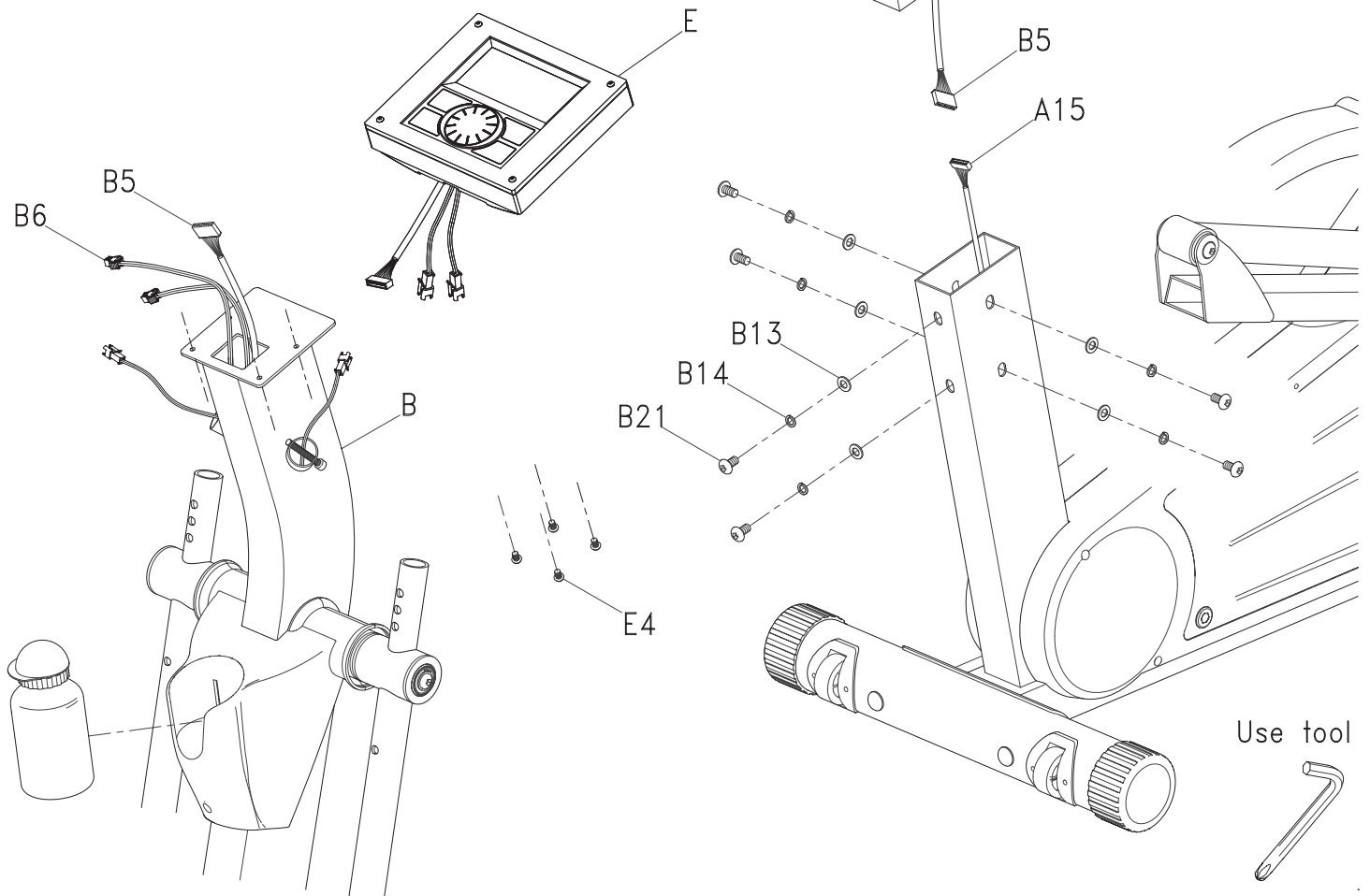


FIGURE 5

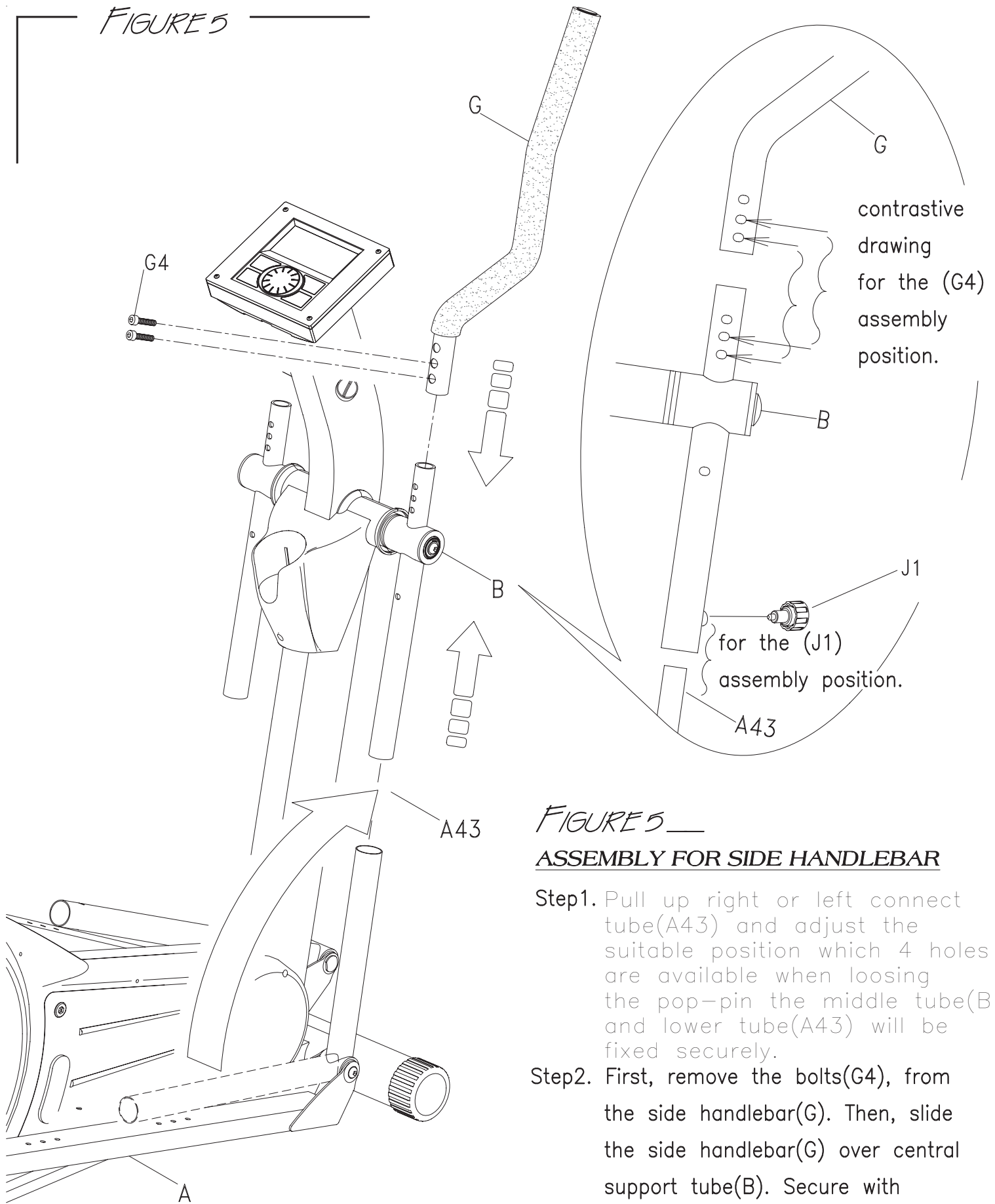


FIGURE 5

**ASSEMBLY FOR SIDE HANDLEBAR**

Step1. Pull up right or left connect tube(A43) and adjust the suitable position which 4 holes are available when losing the pop-pin the middle tube(B) and lower tube(A43) will be fixed securely.

Step2. First, remove the bolts(G4), from the side handlebar(G). Then, slide the side handlebar(G) over central support tube(B). Secure with bolts(G4).

\*\* During handlebar assembly you have to use the holes as pictured in close-view.

Repeat Step 1 and 2 on left connect tube(A43).

Use tool



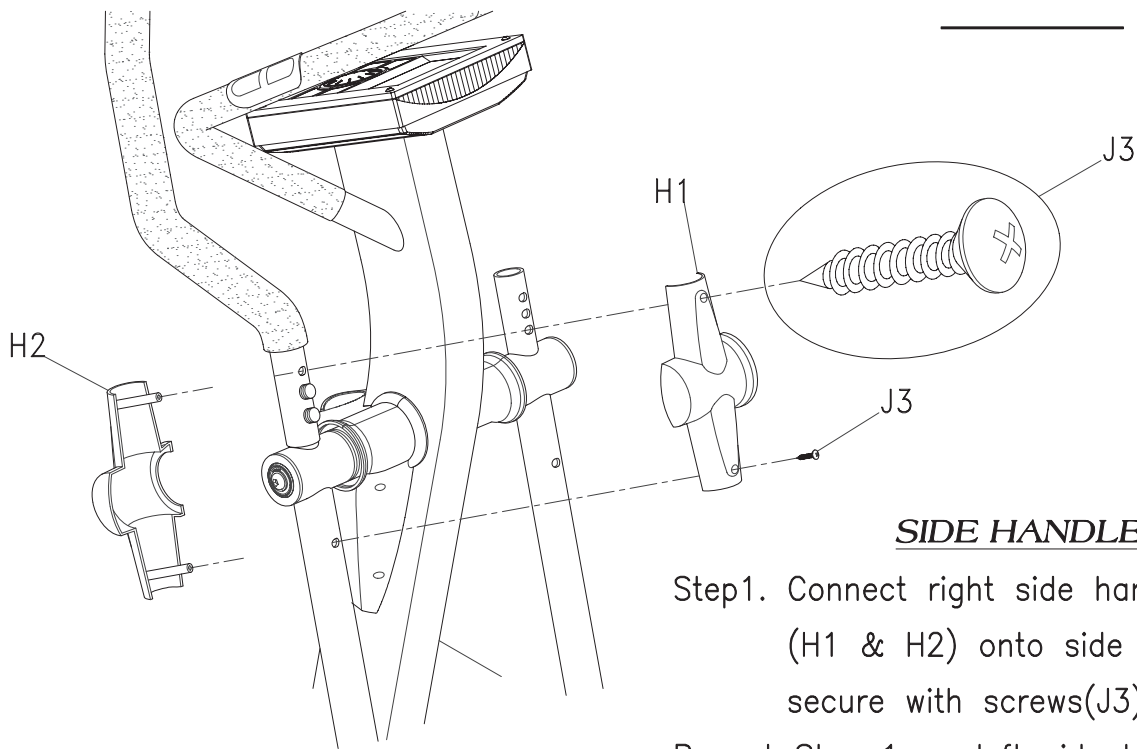


FIGURE 6

**FIGURE 6**  
**ASSEMBLY FOR**  
**SIDE HANDLEBAR JOINT COVERS**

Step1. Connect right side handlebar joint covers (H1 & H2) onto side handlebar(G) and secure with screws(J3).

Repeat Step 1 on left side handlebar joint covers.

FIGURE 7

**ASSEMBLY FOR FRONT HANDLEBAR**

First, remove the bolts(B7), from the central support tube(B) and remove the screw(F3) from the handlebar clip of the front handlebar(F).

Step1. Connect cables(F5) to sensor wires(B6).

Step2. Connect the front handlebars(F) to central support tube(B) and twist the bars together. Secure them with two bolts(B7) and one screw(F3).

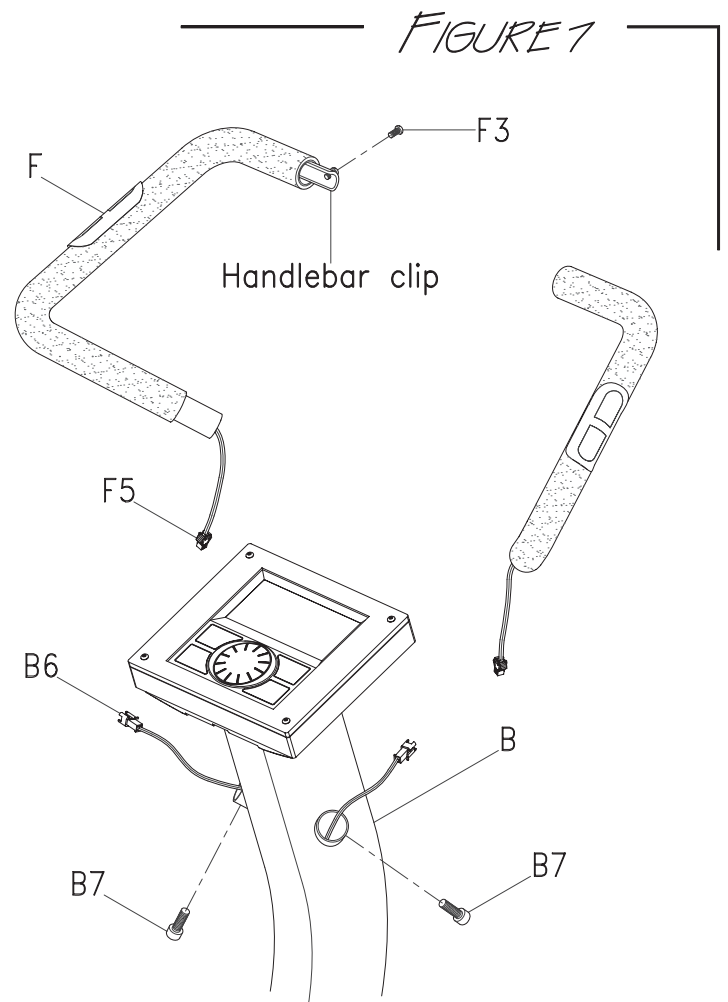
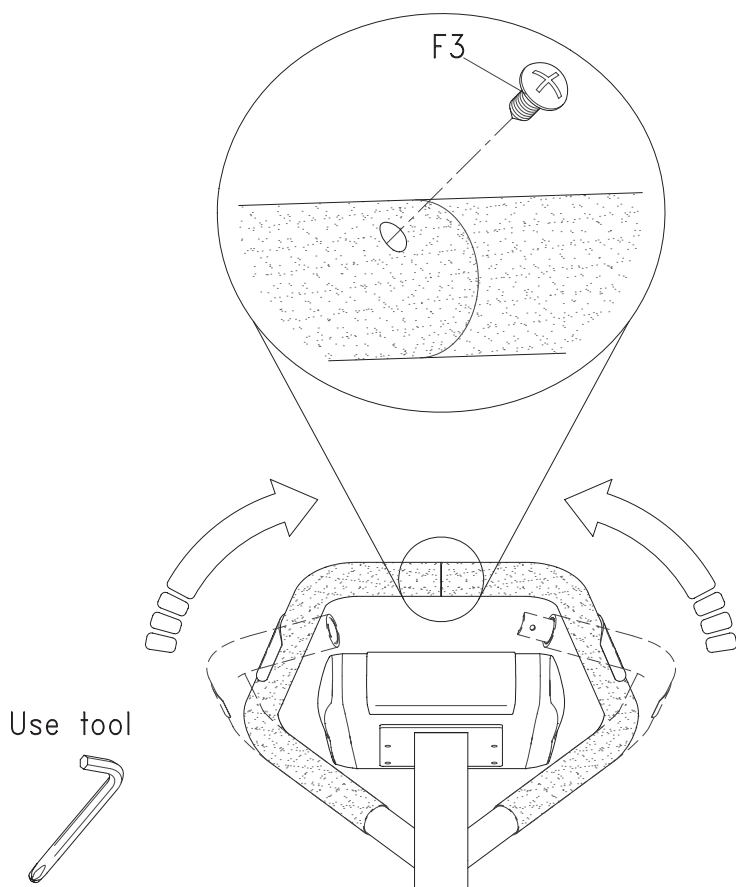


FIGURE 7

FIGURE 8

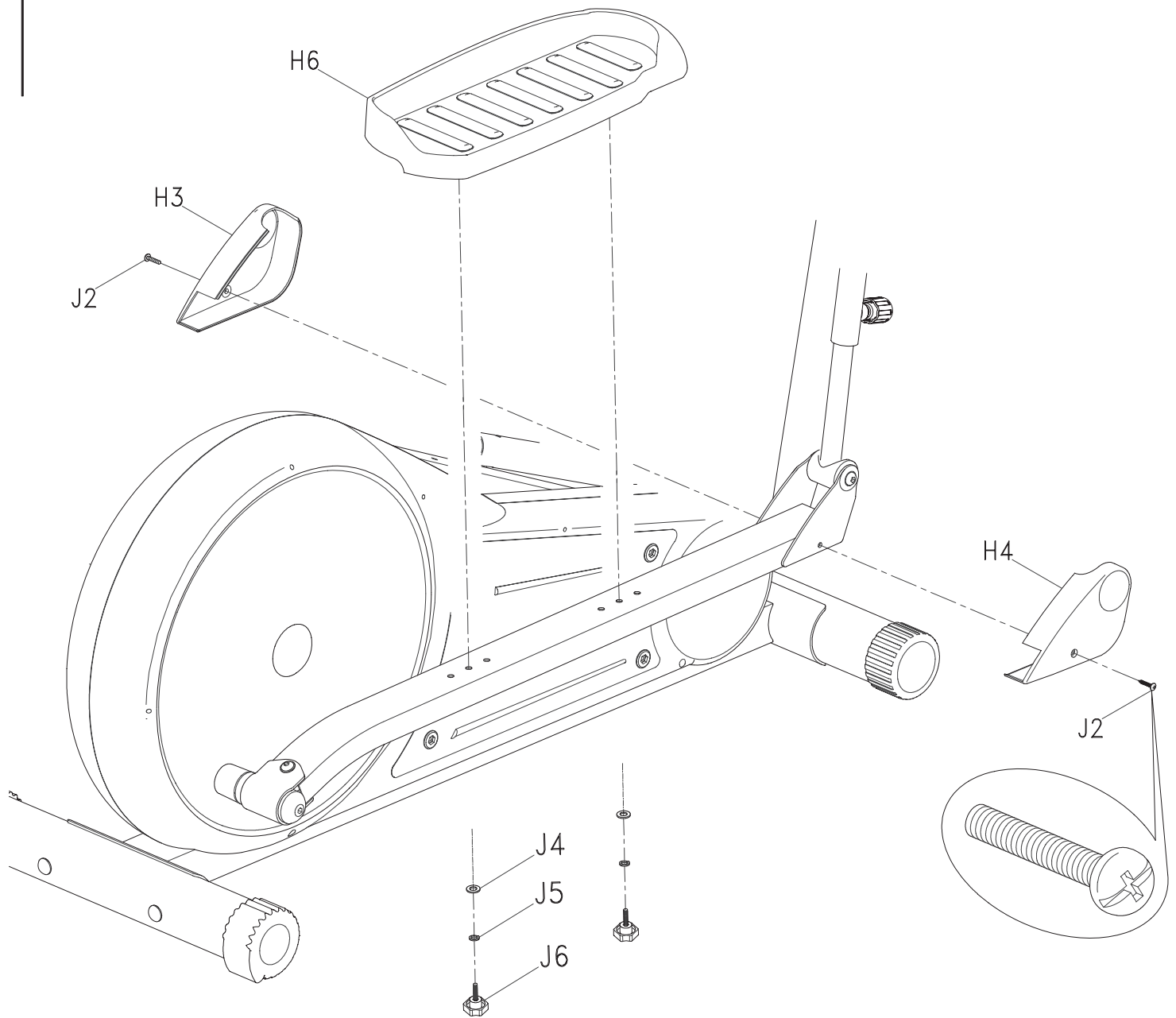


FIGURE 8

**SIDE PEDAL JOINT COVERS**

Connect right side pedal tube joint covers(H3 & H4) onto pedal joints and secure with screws(J2).

Repeat again on left side pedal tube joint covers.

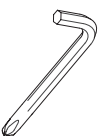
**ASSEMBLY FOR PEDAL**

Assemble the right pedal(H6) with washers(J4), spring washers(J5) and star knobs(J6).

There are 3 positions for moving track.

Repeat again on left pedal(H5).

Use tool

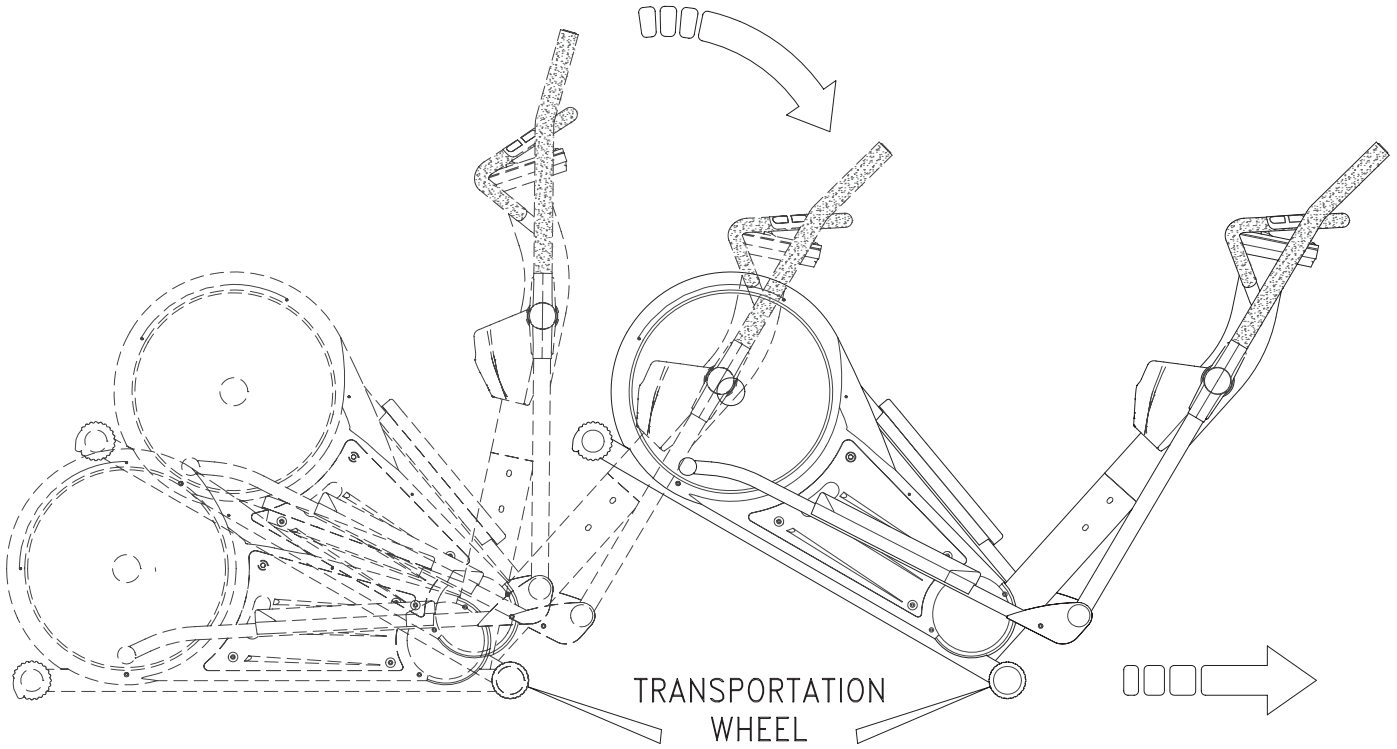


HOW TO MOVE THE MACHINE

The front stabilizer has built-in transport wheels.

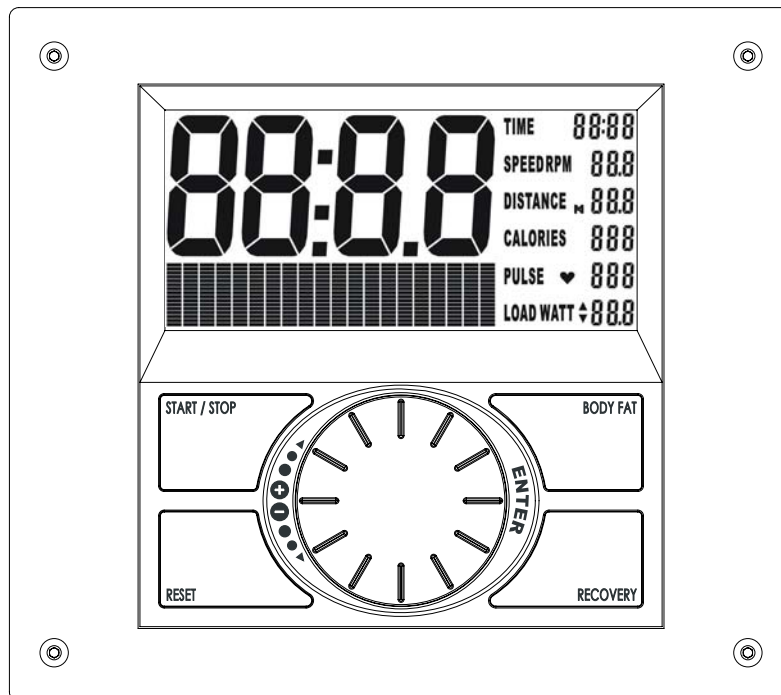
To move the machine, stand at the front and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.





# Instruction Manual



The console is installed receiver system which can be corresponded with polar system.

## FUNCTIONS :

**TIME :** Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

**SPEED :** Display current training speed from 0.0 to maximum 99.9 km or ml.

**RPM :** Display current training rotation per minute.

**DISTANCE :** Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 KM

Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

**CALORIES :** Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment.

Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

**PULSE :** To display your current heart beat figures as soon as the pulse sensor has been touched.

The monitor will detect your heart best through handgrip sensors once you hold on both hands.



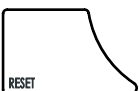



**RECOVERY :** After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2, ... to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

**TEMPERATURE :** Screen will display room temperature in sleep mode.

**CALENDAR :** Screen will display year/month/day in sleep mode.

**CLOCK :** Screen will display time in sleep mode.

## Button Functions

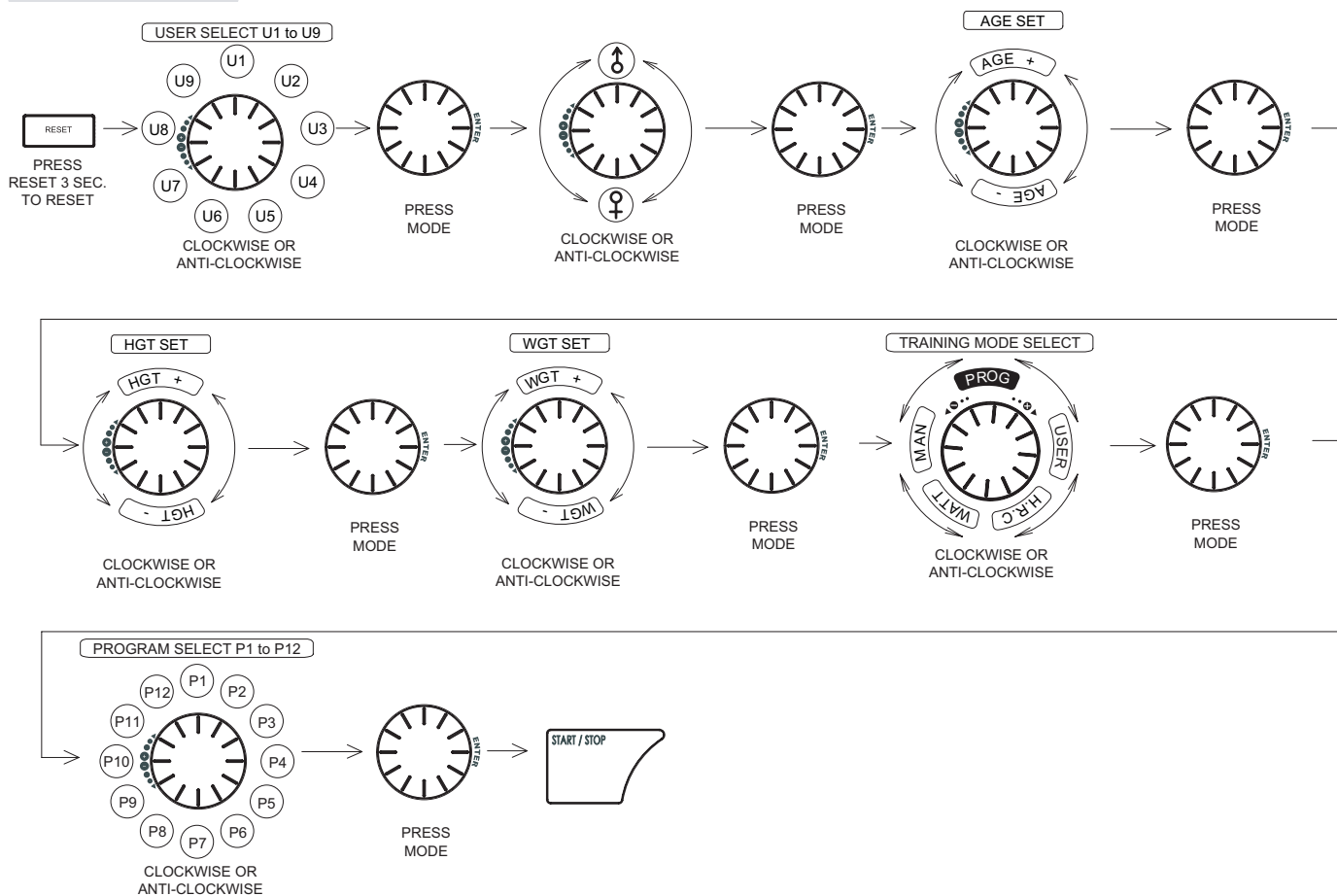
	ENTER	To set function value for TIME , DIST , CAL , PULSE in sleep mode.
	ENCODER UP ENCODER DOWN	To select training mode and adjust function value up. To select training mode and adjust function value down .
	RESET	Return to main function mode in STOP mode and clean all preset
	START/STOP	To start or stop training
	BODY FAT	To start or stop body fat testing.
	RECOVERY	To test hear rate recovery status

1. Power on, LCD will display segment for 2 seconds with long beep sound. Use UP or DOWN buttons to select U1 (User number 1) to U9 (User number 9) as the user's identification, then, Input personal datas: Sex, Age, Height, Weight. You may use UP or DOWN to select and adjust the datas, then press MODE/ENTER.
2. Press ENTER · UP · DOWN buttons to set year / month / day / clock; screen will enter standby mode.
3. Manual is glittering in the sleep mode, you may turn UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT and press ENTER/MODE for confirmation. The monitor will enter MANUAL mode for training without selection.

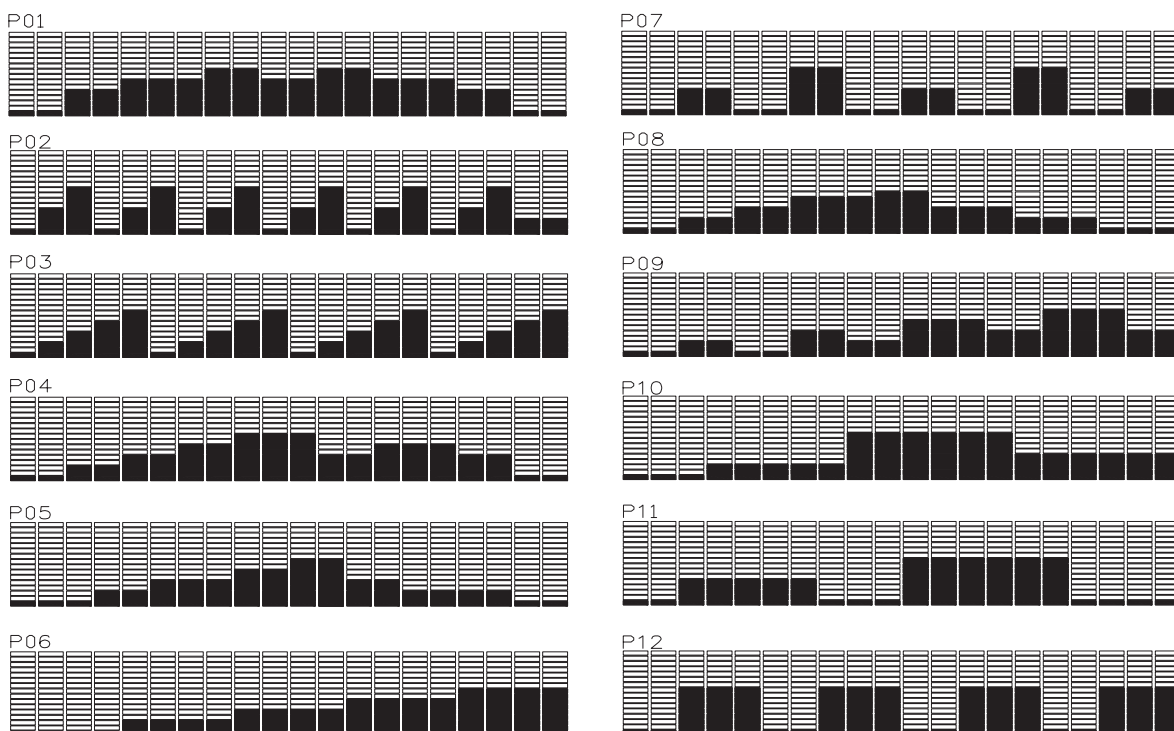
#### 4. Training in PROGRAM mode :

- 4-1 In the PROGRAM mode, you may turn UP/DOWN button to select program P01,P02,P03...~P12, the selected program will be show on screen for 2 seconds then display program profile accordingly.
- 4-2 LOAD 1 (preset value) is glittering after training program selected, you may turn UP/DOWN button to select level from 1 to 16 and ENTER/MODE button for confirmation. Load level can be adjusted during training.

## PROGRAM mode



## The PROGRAM includes 12 profiles



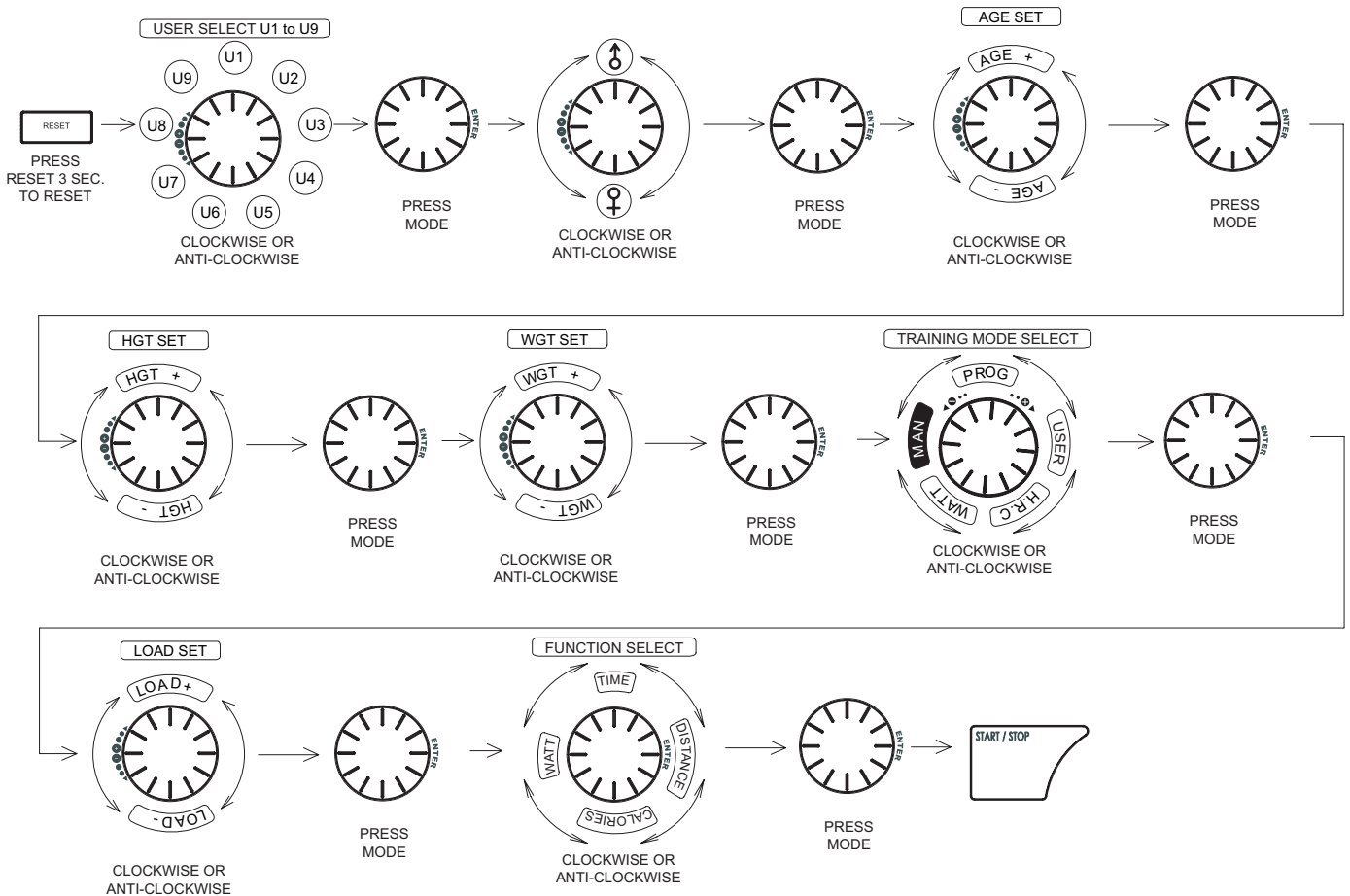
## 5. Training in MANUAL mode

5-1 In the MANUAL mode, you may turn UP/DOWN button to select load level from 1 to 16, the preset level is 1.

5-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by turning UP/DOWN button and press ENTER confirmation.

5-3 Pressing START button to start training.

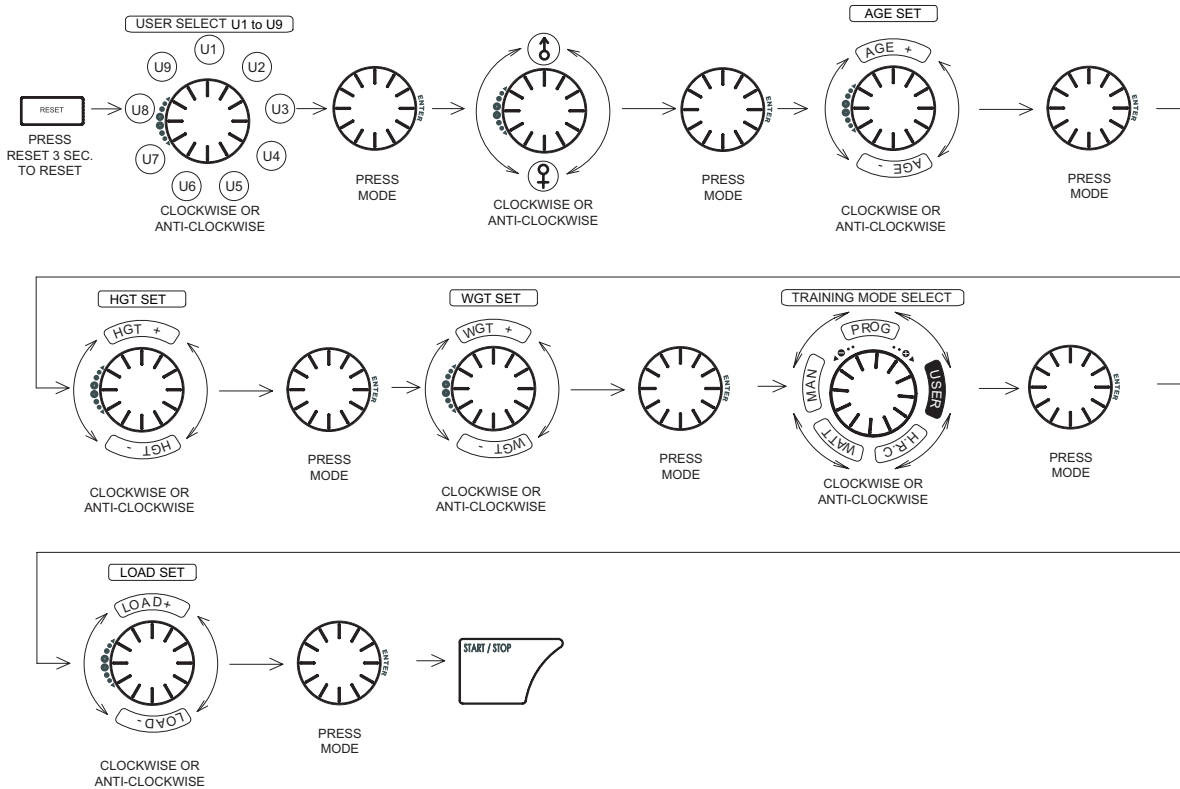
### MANUAL mode



## 6. Training in USER PROGRAM :

6-1 After USER PROGRAM selected, you may set prefer program profile by turning UP, DOWN and ENTER button for each flashing column. There are 20 segments for setting, if you want to quit during setting, you may hold on ENTER button for 2 seconds to quit, the previous setting profile will be saved for unfinished segment.

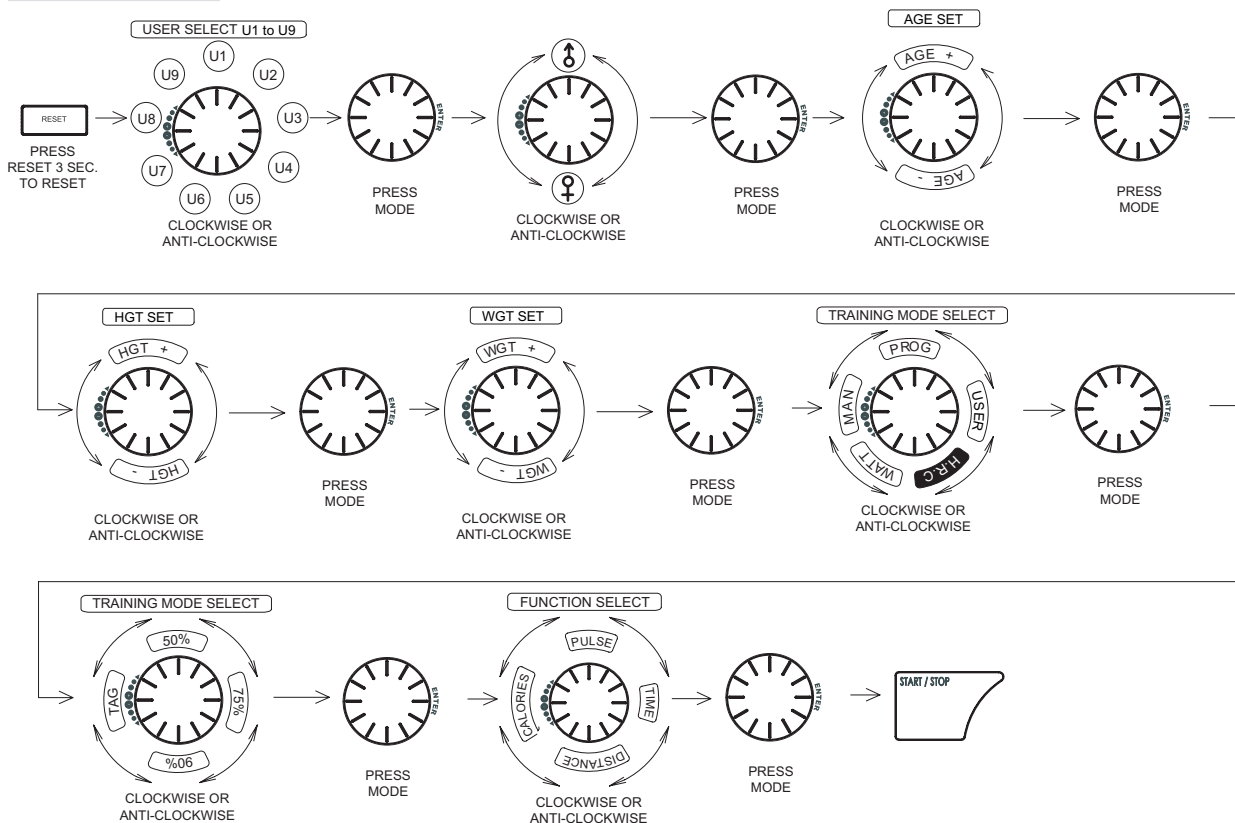
## USER mode



## 7. Training in H.R.C. mode :

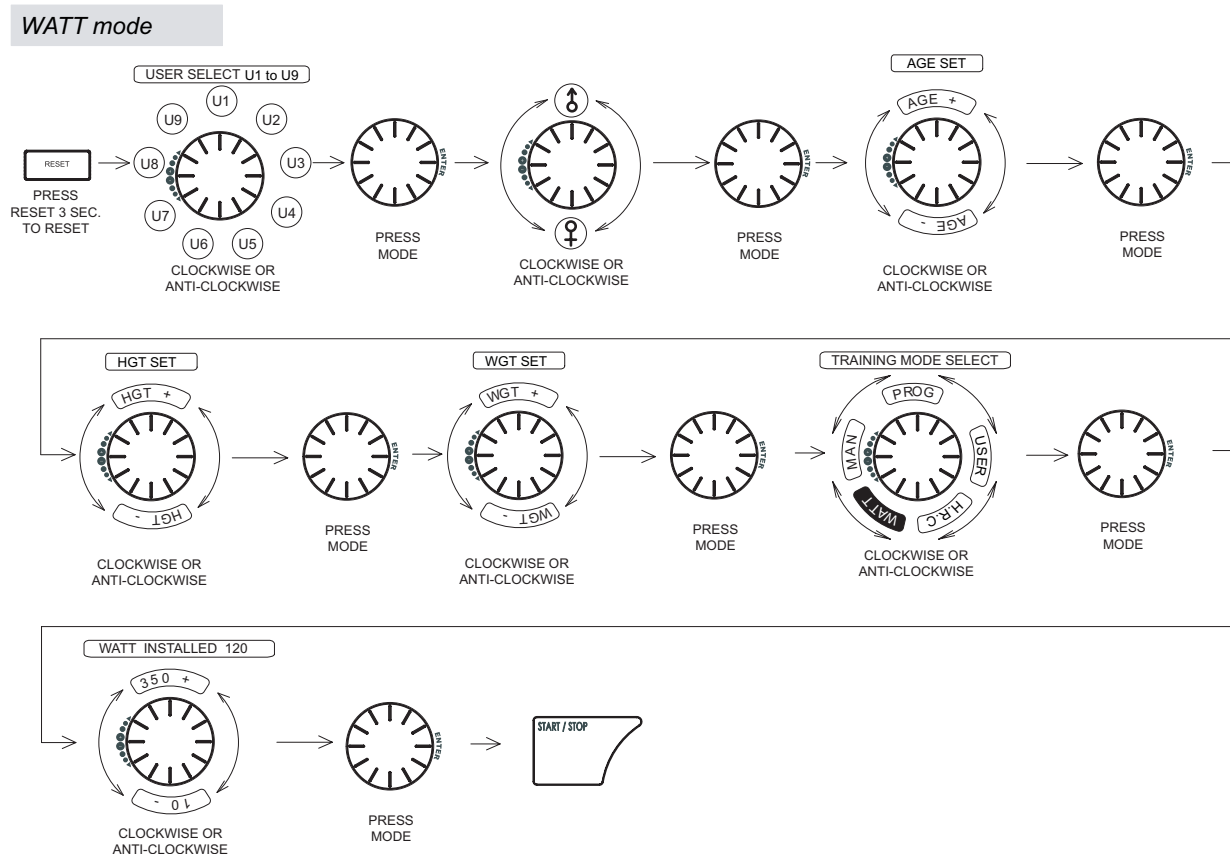
AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN/ENTER button. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training.

## H.R.C mode



## 8. Training in WATT mode :

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing



## 9. Training in BODY FAT mode :

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

Step I - Make sure the personal datas have been input and correct.

Step II - Press BODY FAT button, and hold on handgrip to start body fat testing.

Step III - The symbol "- - - - -" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage(\*1) and BMI(\*2) and the fat advice in different symbol. It would be possible to display other indication if you have the following situation:

- "E-1" - When you see this indication, it means you did not put your thumb properly on the conductor. Please try again.
- "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODYFAT button to have the computer back to working continues from the previous datas before testing. The BODY FAT advice figure and BMI will disappear.

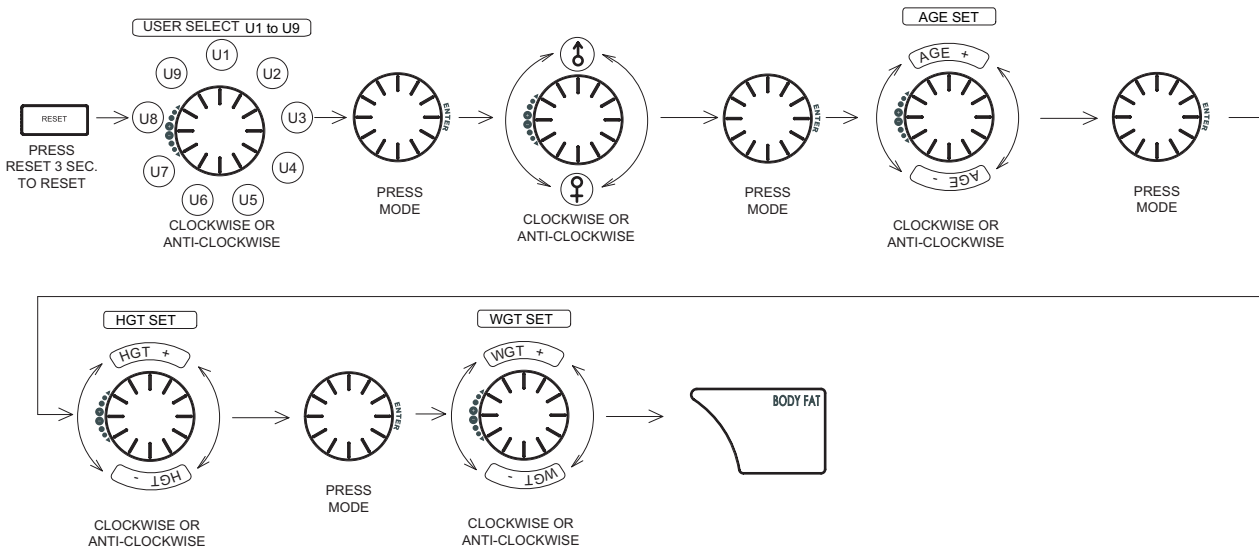
The computer may allow the other people to test BODY FAT under STOP mode. The user may press RESET button for 4 seconds to select new user identification and input new personal datas. Then follow each step as above to have the new testing.

\* 1 - BODY FAT - This is a figure comes out from all the personal datas you input and the signal transferred through the conductor when you put the thumb. The computer will calculate the signal and your personal datas to figure out the FAT percentage of your body.

\* 2 - BMI - Body Mass Index : This is a figure comes out from your height and weight which can be calculated out to show how your body is fat or not.

All the BMI & BODY FAT advice figures are the rough guid for you to take care your health, which are not for the medicate treatment use purpose.

**BODY FAT mode**



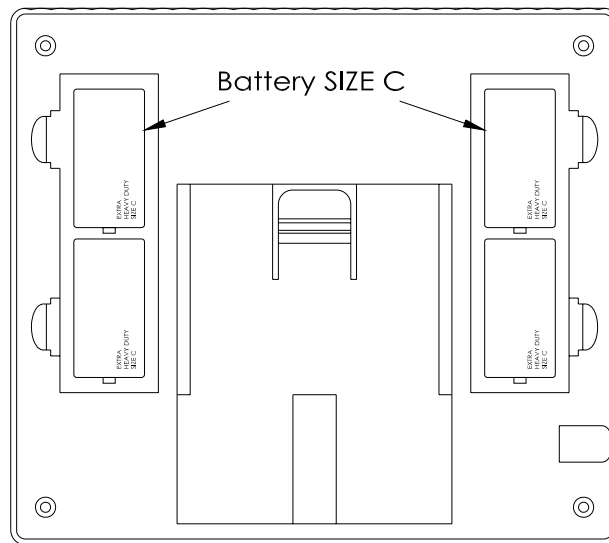
**Note:**

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training datas will be stored. You may press any button to have the computer restart working.
2. The monitor can store 4 user's (U1-U4) presetting function datas. When the monitor is power on, the LCD will display the previous (before power off) user's identification. If previous user is U1 or U2, or U3, or U4, the previous presetting function datas of Time, Distance, Calories, Watt (if training in manual), or Pulse values will display out, if previous user is U5 to U9, the LCD will display user's identification only.
3. The monitor has the same result as abovementioned point 2 if you press and hold on RESET button for 4 seconds.
4. If the LCD display is improper, please remove the battery and reinstall again.
5. The monitor can be power on with AC adaptor input.
6. Body fat advice and symbol indication table:

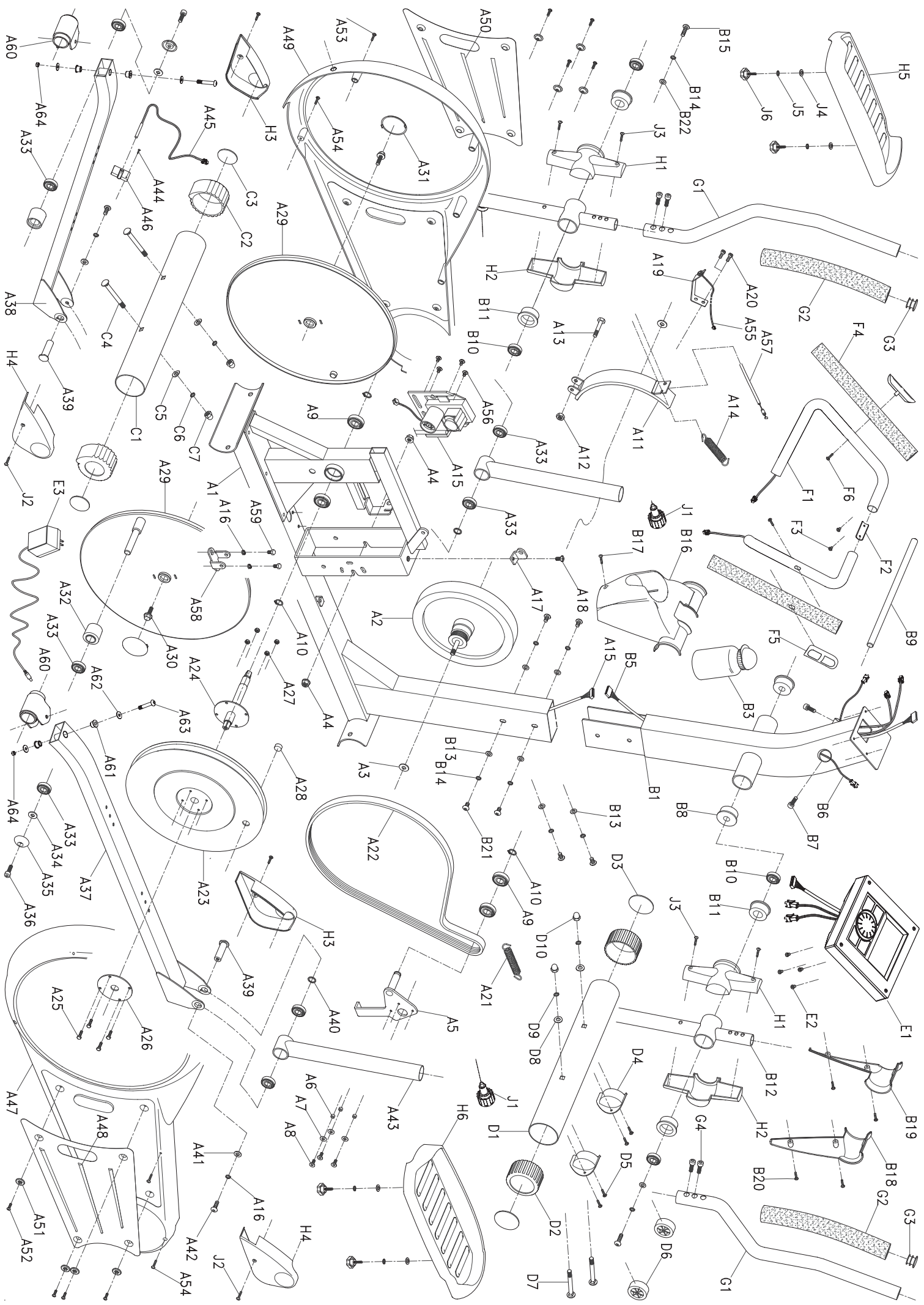
SYMBOL		□	+	△	◇
SEX \	FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE		<13%	13%-25.8%	26%-30%	>30%
FEMALE		<23%	23%-35.8%	36%-40%	>40%

## **Battery Installation:**

The computer needs 4 size “C” batteries to be installed in both compartments located on the back of the computer, as shown below.







## PARTS LIST

P/N	DESCRIPTION	Q@TY
A1	MAIN FRAME	1
A2	MAGNETIC FLYWHEEL	1
A3	FLAT WASHER	2
A4	NUT	2
A5	TENSION PULLEY	1
A6	PIPE	3
A7	FLAT WASHER	3
A8	SCREW	3
A9	BEARING	4
A10	E CLIP	3
A11	MAGNETIC HOUSING	1
A12	NUT	1
A13	SCREW	1
A14	SPRING	1
A15	TENSION CABLE	1
A16	SPRING WASHER	2
A17	SPRING FIXING HOUSING	1
A18	SCREW	1
A19	FIXING HOUSING	1
A20	SCREW	2
A21	SPRING	1
A22	BELT	1
A23	BELT PULLEY	1
A24	PULLEY AXLE	1
A25	SCREW	4
A26	PLANE	1
A27	NUT	5
A28	MAGNET	1
A29	TURNING PALTE	2
A30	SCREW	2
A31	DECORTATION COVER	2
A32	PIPE	2
A33	BEARING	4
A34	FLAT WASHER	2
A35	SCREW COVER	2
A36	SCREW	2
A37	PEDAL TUBE(RIGHT)	1
A38	PEDLA TUBE(LEFT)	2
A39	SCREW	2
A40	FLAT WASHER	2
A41	FLAT WASHER	2
A42	SCREW	2
A43	CONNECT PIPE	2
A44	SCREW	1
A45	SENSOR WIRE	1
A46	FIXING HOUSING	1
A47	RIGHT COVER	1
A48	DECORTATION COVER	1
A49	LEFT COVER	1
A50	DECORTATION COVER	1
A51	SCREW COVER	8
A52	SCREW	8
A53	SCREW	3
A54	TAPPING SCREW	6
A55	POWER CORD SENSOR	1
A56	SCREW	4
A57	TENSION CABLE	1
A58	CLIP	1
A59	SCREW	2
A60	CLIP	2
A61	BUSHING	4
A62	WASHER	4
A63	BOLT	2
A64	NUT	2

P/N	DESCRIPTION	Q'TY
B1	CENTRAL SUPPOR TUBE	1
B3	WATER BOTTLE	1
B5	SENSOR WIRE	1
B6	HAND PULSE SENSOR WIRE	1
B7	BOLT	2
B8	BUSHING	2
B9	SHAFT	1
B10	BEARING	4
B11	BUSHING	4
B12	CONNECT TUBE	2
B13	FLAT WASHER	6
B14	SPRING WASHER	8
B15	SCREW	2
B16	BOTTLE HOUSING	1
B17	SCREW	1
B18-B19	DECORTATION BOTTLE HOUSING	2
B20	SCREW	4
B21	SCREW	6
B22	FLAT WASHER	2
C1	REAR STABILIZER	1
C2	END CAP	2
C3	END CAP COVER	2
C4-D7	BOLT	4
C5-D8	FLAT WASHER	4
C6-D9	SPRING WASHER	4
C7-D10	NUT	4
D1	FRONTSTABILIZER	1
D2	END CAP	2
D3	END CAP COVER	2
D4	TRANSMIT WHEEL HOUSING	2
D5	SCREW	4
D6	TRANSPORTATION WHEEL	2
E1	MONITOR	1
E2	SCREW	4
E3	ADAPTOR	1
F1	FRONT HANDLE BAR(L&R)	2
F2	HANDLEBAR CLIP	1
F3	SCREW	2
F4	FOAM GRIP	2
F5	SENSOR	2
F6	SCREW	2
G1	SIDE HANDLE BAR	2
G2	FOAM GRIP	2
G3	END CAP	2
G4	SCREW	4
H1-H2	DECORTATION COVER	1
H3-H4	PEDAL JOINT COVER	1
H5-H6	PEDAL	1
J1	KNOB	2
J2	SCREW	4
J3	SCREW	4
J4	FLAT WASHER	4
J5	SPRING WASHER	4
J6	STARKNOB	4