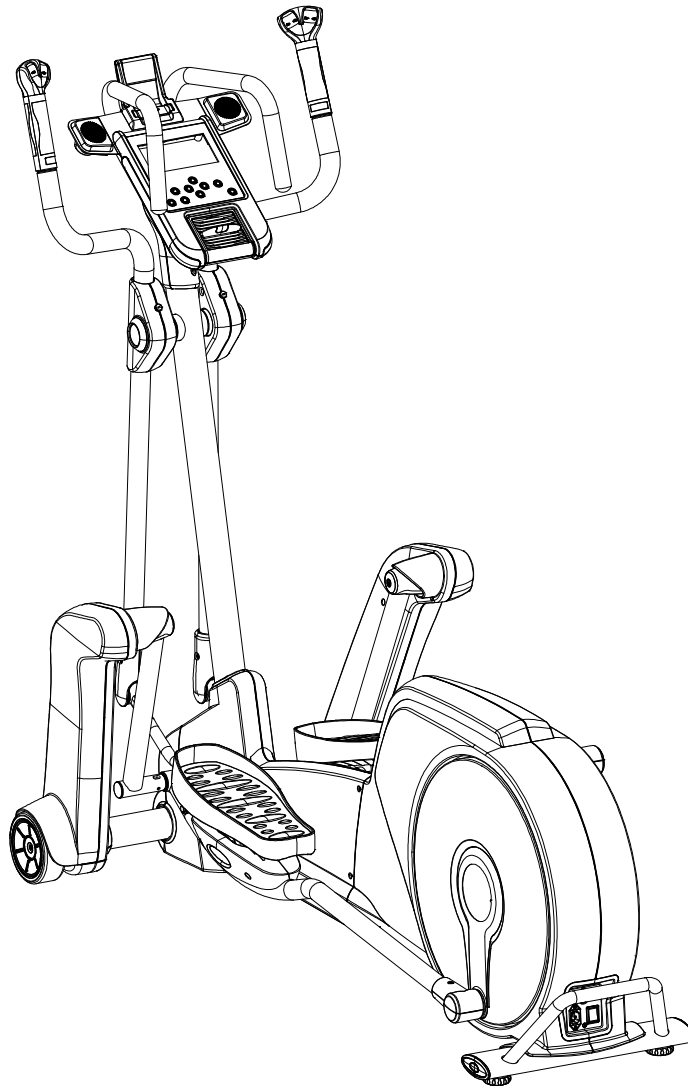# SMOOTH AGILE DMT X2

USER WEIGHT LIMITATION: **350lbs(160kgs).**

SERIAL NUMBER (found on frame):

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness AGILE DMT X2.

Name: _____ Phone Number: _____ Receipt: _____

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 Parts List 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 dealer or contact us directly at 888-800-1167.

Gather your tools:

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

Clear your work area:

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

Invite a friend:

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

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350lbs. 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.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE 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.
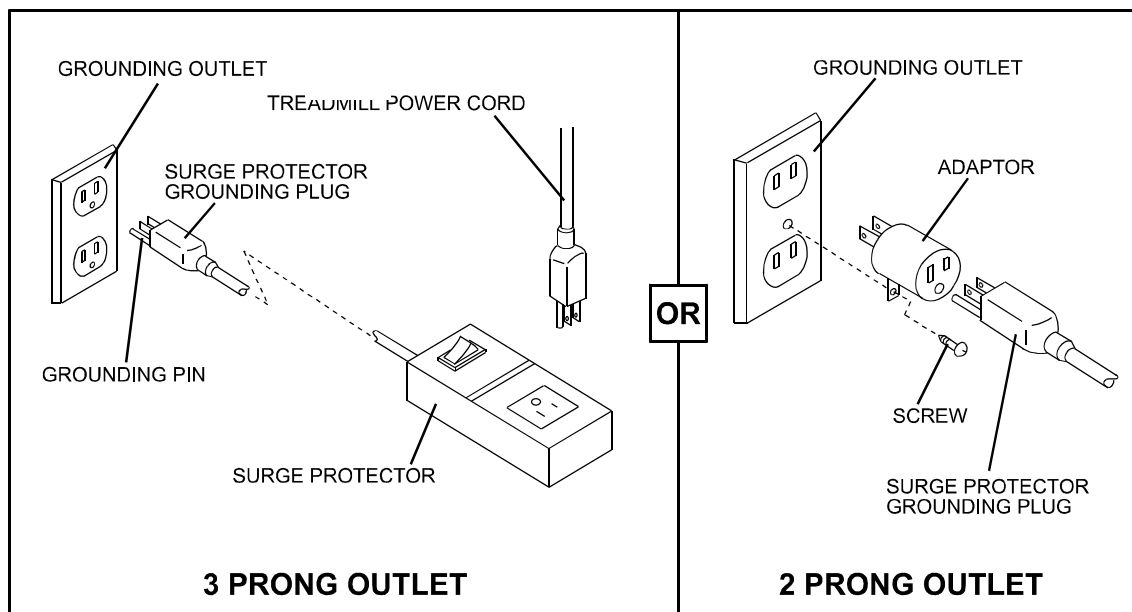
This AGILE Trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of AGILE Trainer damage, always use a surge protector (not included) with your AGILE Trainer.

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 AGILE Trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the AGILE Trainer malfunction. This AGILE Trainer is equipped with an electrical cord that has 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

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Handlebar Assembly – Left	1
A2	Console Support Tube Assembly	1
A3	Handlebar Assembly – Right	1
A4	Main Frame Assembly	1
A5	Incline Frame Assembly	1
A6	Computer Assembly	1
701	Action Handlebar Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Cover	1
704	Undercarriage Cover - Left	1
705	Undercarriage Cover - Right	1
706	Nylon Bushing	2
707	Action Handlebar Cap	2
708	Incline Frame Holder – Front	2
709	Console Support Tube Cover – Rear	1
710	Console Support Tube Cover – Front	1
E	Screwdriver	1
F	Chest Belt (optional)	1
G	Power Cord	1
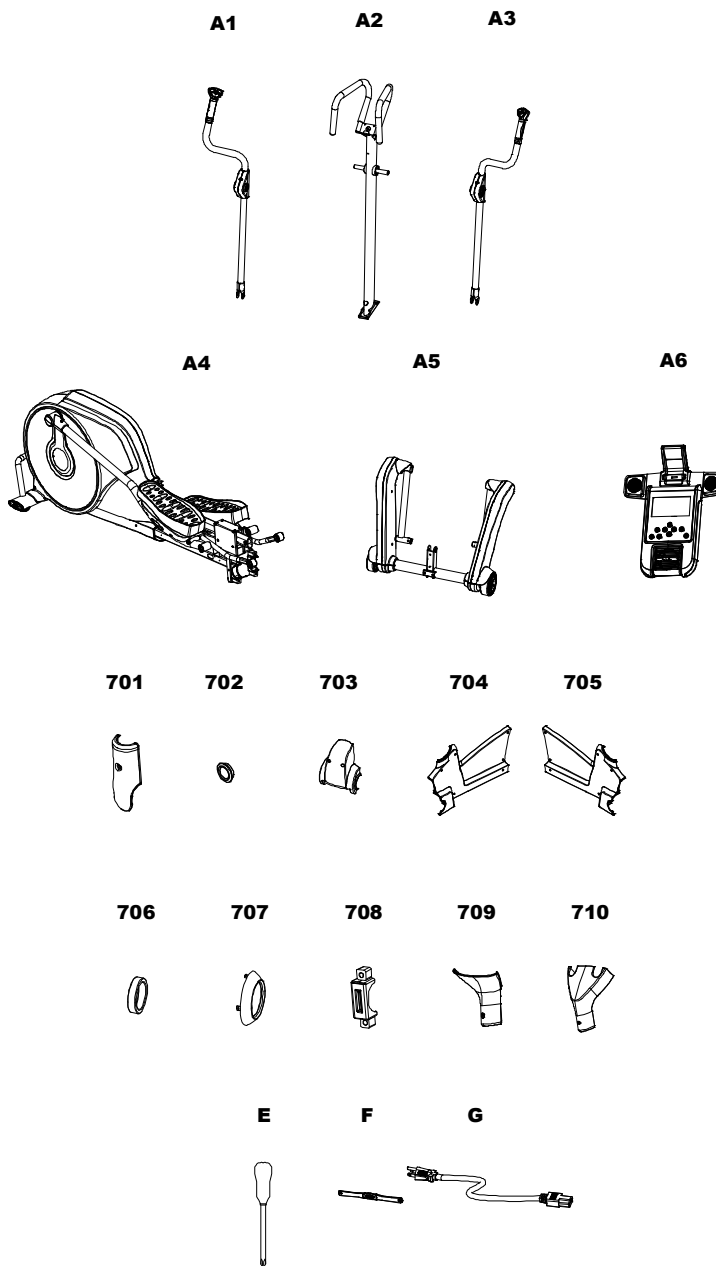
SUPPLIED HARDWARE

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.
501	4x12mm Screw – Cone Point	4
502	15x22 – M8x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x16mm Allen Head CAP Bolt	4
505	20x78 – M14x35mm Bolt	2
506	4x12mm Screw – Flat Point	6
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	3
510	4.5x15mm Screw	6
511	M10x40mm Allen Head CAP Bolt	4
513	8x27x2mm Washer	2
514	8x14xT2.0mm Spring Washer	2
515	M8x20mm Allen Head Bolt	2
516	M5x6mm Screw	2
517	10x16xT2.0mm Spring Washer	4
518	M5x12mm Screw	2
520	8x27x1mm Plastic Washer	2
521	20.7x29.1x0.3mm Wave Washer	2
A	2.5mm Allen Key	1
B	6mm Allen Key	1
C	8mm Allen Key	1
D	Wrench	1
H	5mm Allen Key	1

0   10   20   30   40   50   60   70   80   90   100
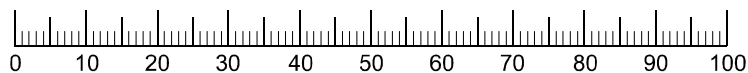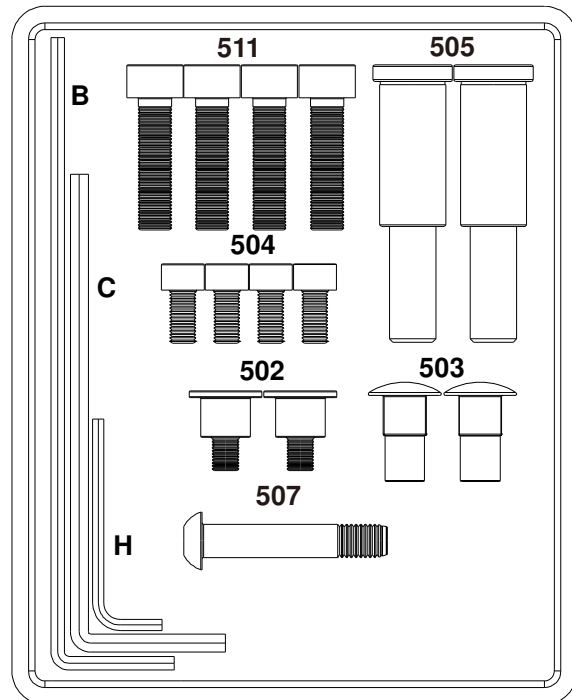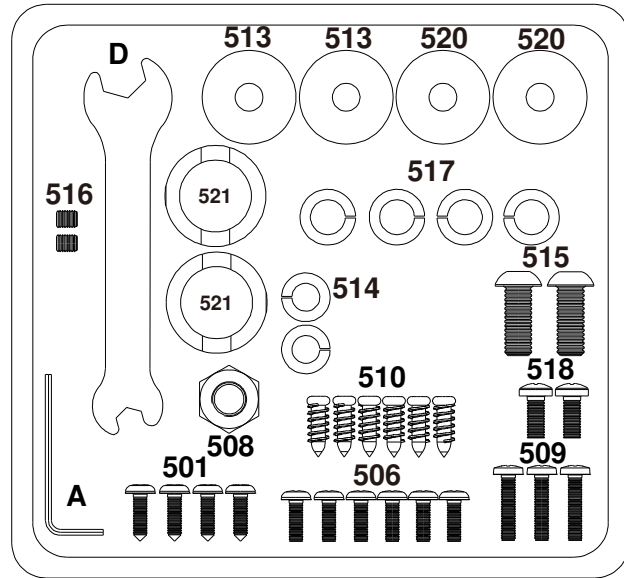
MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Console Support Tube	1	X2N-101
102	Action Handlebar – Left	1	X2N-102
103	Action Handlebar – Right	1	X2N-103
104	Moving Linkage – Left	1	X2N-104
105	Moving Linkage – Right	1	X2N-105
106	Pedal Arm – Left	1	X2N-106
107	Pedal Arm – Right	1	X2N-107
108	Pedal Swing Arm	2	X2N-108
109	Incline Frame	1	X2N-109
110	Incline Transmission Tube-Front	1	X2N-110
111	Incline Transmission Tube-Back	1	X2N-111
112	Main Frame	1	X2N-112
113	Cover Support Tube	1	X2N-113
115	Tension Wheel Bracket	1	X2N-115
116	Pedal Support Base	2	X2N-116
117	Pedal Buffer Set	2	X2N-117
121	Magnet Bracket	1	X2N-121
122	Motor Bracket	1	X2N-122
200			
201	Handlebar Foam Grip	2	X2N-201
202	Handlebar Cap	2	X2N-202
203	Hand Pulse Sensor Back Cover	2	X2N-203
204	Hand Pulse Sensor Cover	2	X2N-204
206	Incline Frame Holder – Rear	2	X2N-206
210	Bearing 6004	4	X2N-210
211	Bearing 2201	2	X2N-211
212	Bearing 608zz	8	X2N-212
213	Moving Linkage Bushing	4	X2N-213
214	Bearing 6804	4	X2N-214
215	Bearing 2203	2	X2N-215
216	Pedal Fixing Base	2	X2N-216
217	Bearing 6205	4	X2N-217
218	Bushing 25.6x28.6x50mm	2	X2N-218
219	Bushing 16x22.2x10.7mm	4	X2N-219
220	Bushing 18x12mm	2	X2N-220
221	Flywheel Pivot	1	X2N-221
222	Bearing 6003	2	X2N-222
223	Aluminum Disk	1	X2N-223
224	Flywheel	1	X2N-224
225	Bearing 6300	2	X2N-225

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
226	Crank	2	X2N-226
227	Crank Disk	1	X2N-227
228	Crank Disk Oval Cap	2	X2N-228
229	Crank Axle Bushing	2	X2N-229
230	Bearing 6005	2	X2N-230
231	Crank Disk Axle	1	X2N-231
232	Bearing Holder	1	X2N-232
233	Belt	1	X2N-233
234	Level Adjuster	2	X2N-234
236	Speed Sensor Base	1	X2N-236
237	Overlay	1	X2N-237
238	Speaker Bracket	1	X2N-238
241	10x94 – M12x22mm Bolt	1	X2N-241
242	Magnet	2	X2N-242
243	Compression Spring	1	X2N-243
300			
301	Console Housing - Upper	1	X2N-301
302	Console Side Cover	2	X2N-302
303	Fan Cover – Top	1	X2N-303
304	Fan Cover – Bottom	1	X2N-304
305	Vane Adjustment Block	1	X2N-305
306	Fan Holder Ring	2	X2N-306
307	Console Housing – Bottom	1	X2N-307
311	Pivot Cap	2	X2N-311
312	Pivot Arm Bottom Cover – Left	1	X2N-312
313	Pivot Arm Bottom Cover – Right	1	X2N-313
314	iPod Dock Cover – Top	1	X2N-314
315	Action Handlebar Cover – LL	1	X2N-315
316	Action Handlebar Cover – LR	1	X2N-316
317	Action Handlebar Cover – RL	1	X2N-317
318	Action Handlebar Cover – RR	1	X2N-318
319	Switch Plate	1	X2N-319
320	Pedal Soft Cushion	2	X2N-320
321	Pedal	2	X2N-321
322	Rubber Cushion – Front	2	X2N-322
323	Rubber Cushion – Rear	2	X2N-323
324	Pedal Bushing Cover	4	X2N-324
325	Pedal Arm Cover – Top	2	X2N-325
326	Pedal Arm Cover – Bottom	2	X2N-326
327	Crank Disk Cover	2	X2N-327
328	Crank Cover	2	X2N-328

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
329	Pedal Swing Arm Cap	2	X2N-329
330	Incline Frame Positioner	1	X2N-330
331	Wheel Cap 112x41.5mm	2	X2N-331
332	Wheel Cap 46x12mm	2	X2N-332
333	Wheel 140x51.86mm	2	X2N-333
334	Bearing Bracket	2	X2N-334
336	Oval Tube Cap	2	X2N-336
337	Rear Cover – Left	1	X2N-337
338	Rear Shroud – Left	1	X2N-338
339	Rear Shroud – Right	1	X2N-339
340	Rear Cover –Right	1	X2N-340
341	Pivot Arm Cover – LL	1	X2N-341
342	Pivot Arm Cover – LR	1	X2N-342
343	Pivot Arm Cover – RL	1	X2N-343
344	Pivot Arm Cover – RR	1	X2N-344
345	Speaker Cover	2	X2N-345
346	Pad	1	X2N-346
347	iPod Bracket	1	X2N-347
348	Speaker Bracket Cover	1	X2N-348
349	iPod Dock Cover – Bottom	1	X2N-349
400			
401	4x12mm Screw	6	X2N-401
402	3x10mm Screw – Cone Point	6	X2N-402
403	Taper Fixing Insert	27	X2N-403
404	M8x16mm Allen Head CAP Bolt	4	X2N-404
405	8x14xT2.0mm Spring Washer	11	X2N-405
406	M10x20mm Allen Head Cap Bolt	4	X2N-406
407	4x19mm Screw	12	X2N-407
408	4x15mm Screw – Cone Point	2	X2N-408
409	4x12mm Screw – Flat Point	4	X2N-409
410	M5x12mm Screw	8	X2N-410
411	4x12mm Screw – Cone Point	28	X2N-411
412	M32 C Clip	2	X2N-412
413	12x20x2mm PU Washer	2	X2N-413
414	M6x12mm Allen Head Bolt	10	X2N-414
415	M8x20mm Allen Head Bolt	1	X2N-415
416	M8x15mm Allen Head Bolt	15	X2N-416
417	M8 Nylon Nut	10	X2N-417
418	M8x20mm Bolt	6	X2N-418
419	Bushing 12x60mm	4	X2N-419
420	M8x90mm Allen Head Bolt	4	X2N-420
421	M12 C Clip	2	X2N-421
422	12x20x0.5mm Plastic Washer	2	X2N-422

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
423	2.5x7mm Screw	14	X2N-423
424	M6x12mm Allen Head CAP Bolt	3	X2N-424
425	6x10x1mm Spring Washer	11	X2N-425
426	20x6xT1.5mm Washer	2	X2N-426
427	M42 C Clip	2	X2N-427
428	M8x16mm Allen Head Bolt	8	X2N-428
429	M10x20mm Bolt	4	X2N-429
430	10x16x2mm Spring Washer	8	X2N-430
431	10x30xT3.0 Washer	3	X2N-431
432	M4 Nylon Nut	2	X2N-432
433	M10 Nylon Nut	2	X2N-433
434	17.2x22x1mm Washer	2	X2N-434
435	16x25xT3.0 Washer	4	X2N-435
436	M10x40mm Allen Head Bolt	1	X2N-436
437	M6x12mm Screw	6	X2N-437
438	17x22xT1.5mm Plastic Washer	3	X2N-438
439	M6x40mm Bolt	2	X2N-439
440	M12 Nylon Nut	1	X2N-440
441	10x18xT5.1mm Washer	2	X2N-441
442	M10x45mm Bolt	1	X2N-442
443	M5x10mm Bolt	1	X2N-443
445	Pedal Arm Pivot	2	X2N-445
446	3/4" Nut	2	X2N-446
447	M8x30mm Allen Head CAP Bolt	2	X2N-447
448	M4x15mm Screw	2	X2N-448
449	M6x45mm Allen Head Bolt	2	X2N-449
450	M3x16mm Screw	6	X2N-450
451	M4x45mm Allen Head CAP Bolt	1	X2N-451
452	M5x8mm Allen Head Bolt	2	X2N-452
453	M4x8mm Screw	4	X2N-453
454	Pin Nut	4	X2N-454
455	10x23xT2.0mm Washer	2	X2N-455
456	M3x8mm Screw	6	X2N-456
457	Iron Plate Nut	6	X2N-457
458	M5x12mm Screw	4	X2N-458
459	M8x45mm Bolt	3	X2N-459
460	8x16xT1.0mm Washer	3	X2N-460
461	M6 Nylon Nut	3	X2N-461
462	4x10mm Screw – Cone Point	2	X2N-462
463	M4 Nut	4	X2N-463
464	3x12mm Screw – Cone Point	6	X2N-464

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
465	M5x16mm Screw	2	X2N-465
466	M4x10mm Screw	4	X2N-466
467	M5x15mm Screw	1	X2N-467
468	M5 Nut	2	X2N-468
469	5mm Lock Washer	1	X2N-469
470	12x18x1.5mm Plastic Washer	2	X2N-470
471	3x12mm Screw	2	X2N-471
476	M3x10mm Screw – Cone Point	2	X2N-476
478	M5x5mm Bolt	1	X2N-478
479	M3 Nut	2	X2N-479
480	3x5x1mm Washer	4	X2N-480
500			
501	4x12mm Screw – Cone Point	4	X2N-501
502	15x22 – M8x10mm Bolt	2	X2N-502
503	15x26 – M8x15mm Bolt	2	X2N-503
504	M8x16mm Allen Head CAP Bolt	4	X2N-504
505	20x78 – M14x35mm Bolt	2	X2N-505
506	4x12mm Screw – Flat Point	6	X2N-506
507	M10x56mm Allen Head Bolt	1	X2N-507
508	M10 Nylon Nut	1	X2N-508
509	4x19mm Screw	3	X2N-509
510	4.5x15mm Screw	6	X2N-510
511	M10x40mm Allen Head CAP Bolt	4	X2N-511
513	8x27x2mm Washer	2	X2N-513
514	8x14xT2.0mm Spring Washer	2	X2N-514
515	M8x20mm Allen Head Bolt	2	X2N-515
516	M5x6mm Screw	2	X2N-516
517	10x16xT2.0mm Spring Washer	4	X2N-517
518	M5x12mm Screw	2	X2N-518
520	8x27x1mm Plastic Washer	2	X2N-520
521	20.7x29.1x0.3mm Wave Washer	2	X2N-521
600			
601	4Pin Power Wire – Upper	1	X2N-601
602	4Pin Power Wire – Middle	1	X2N-602
603	4Pin Power Wire – Lower	1	X2N-603
604	6Pin Motor Connection Wire	1	X2N-604
605	Power Connection Wire	3	X2N-605
606	3C Power Wire	1	X2N-606
607	Hand Pulse Sensor Wire – Upper	2	X2N-607
608	Hand Pulse Sensor Wire – Middle	2	X2N-608
609	Hand Pulse Sensor Wire – Lower	2	X2N-609
610	PC Board	1	X2N-610
611	6Pin Control Board Connection Wire	1	X2N-611
612	Receiver Wire	1	X2N-612

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
613	Button Board	1	X2N-613
614	Fan	1	X2N-614
615	Receiver	1	X2N-615
616	Elevation Motor	1	X2N-616
617	Speed Sensor	1	X2N-617
618	Transformer	1	X2N-618
619	Control Board	1	X2N-619
620	Power Insert	1	X2N-620
621	Power Switch	1	X2N-621
622	Power Breaker	1	X2N-622
623	Motor	1	X2N-623
624	Magnetic Sensor	1	X2N-624
625	Limit Position Wire	1	X2N-625
627	Cable Plug	2	X2N-627
628	Touch Control Board	1	X2N-628
629	iPod dock connect 6pins wire	1	X2N-629
630	Amplifier volume control 3pins wire	1	X2N-630
631	Amplifier power connect 2pin wire	1	X2N-631
632	iPod dock PC board	1	X2N-632
633	Speaker	2	X2N-633
634	Amplifier PC board	1	X2N-634
700			
701	Action Handlebar Lower Cover	4	X2N-701
702	Pedal Arm Front Pivot Cover	2	X2N-702
703	Incline Frame Cover	1	X2N-703
704	Undercarriage Cover – Left	1	X2N-704
705	Undercarriage Cover – Right	1	X2N-705
706	Nylon Bushing	2	X2N-706
707	Action Handlebar Cap	2	X2N-707
708	Incline Frame Holder – Front	2	X2N-708
709	Console Support Tube Cover – Rear	1	X2N-709
710	Console Support Tube Cover – Front	1	X2N-710

PARTS DIAGRAM

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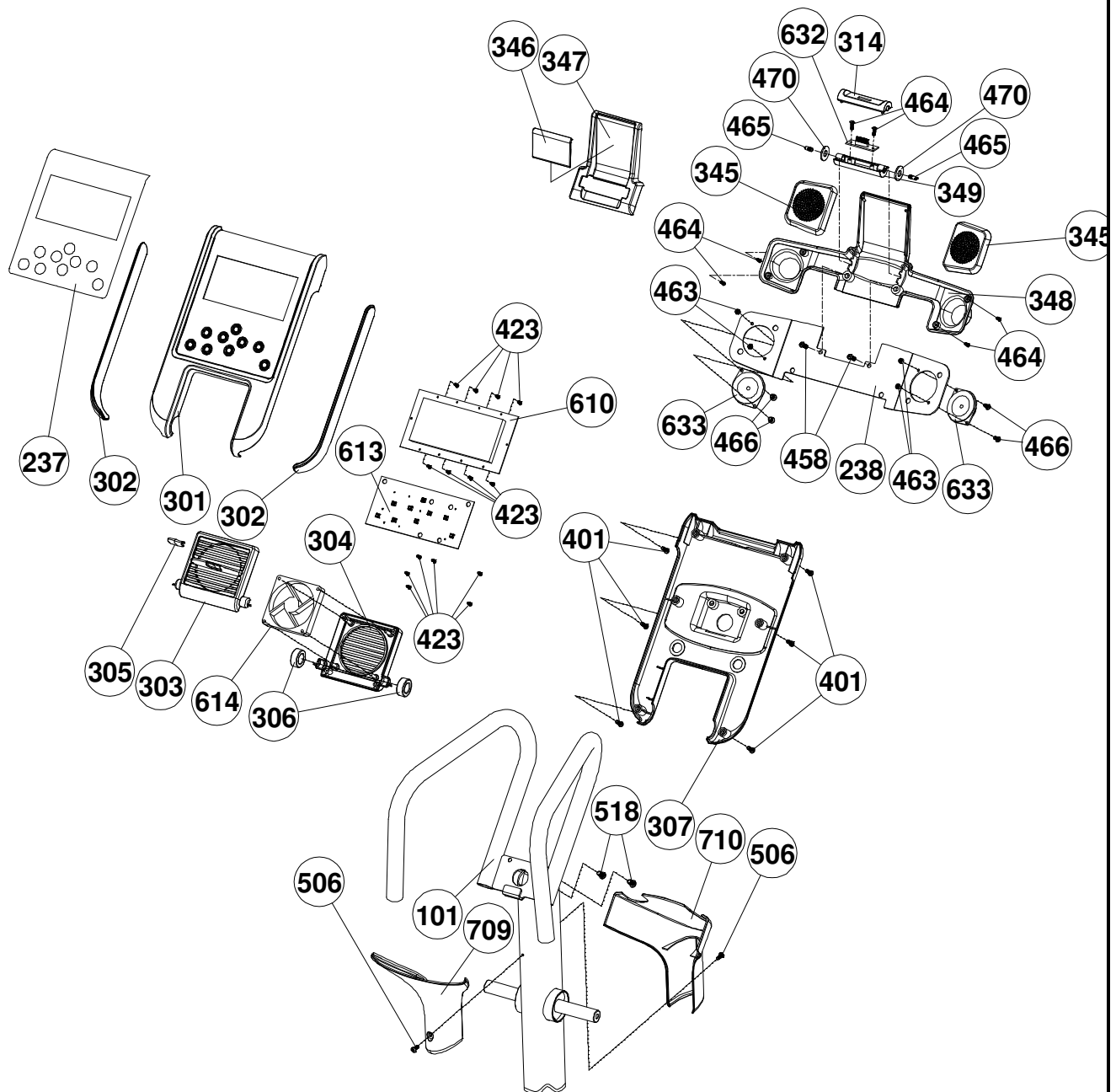
PARTS DIAGRAM

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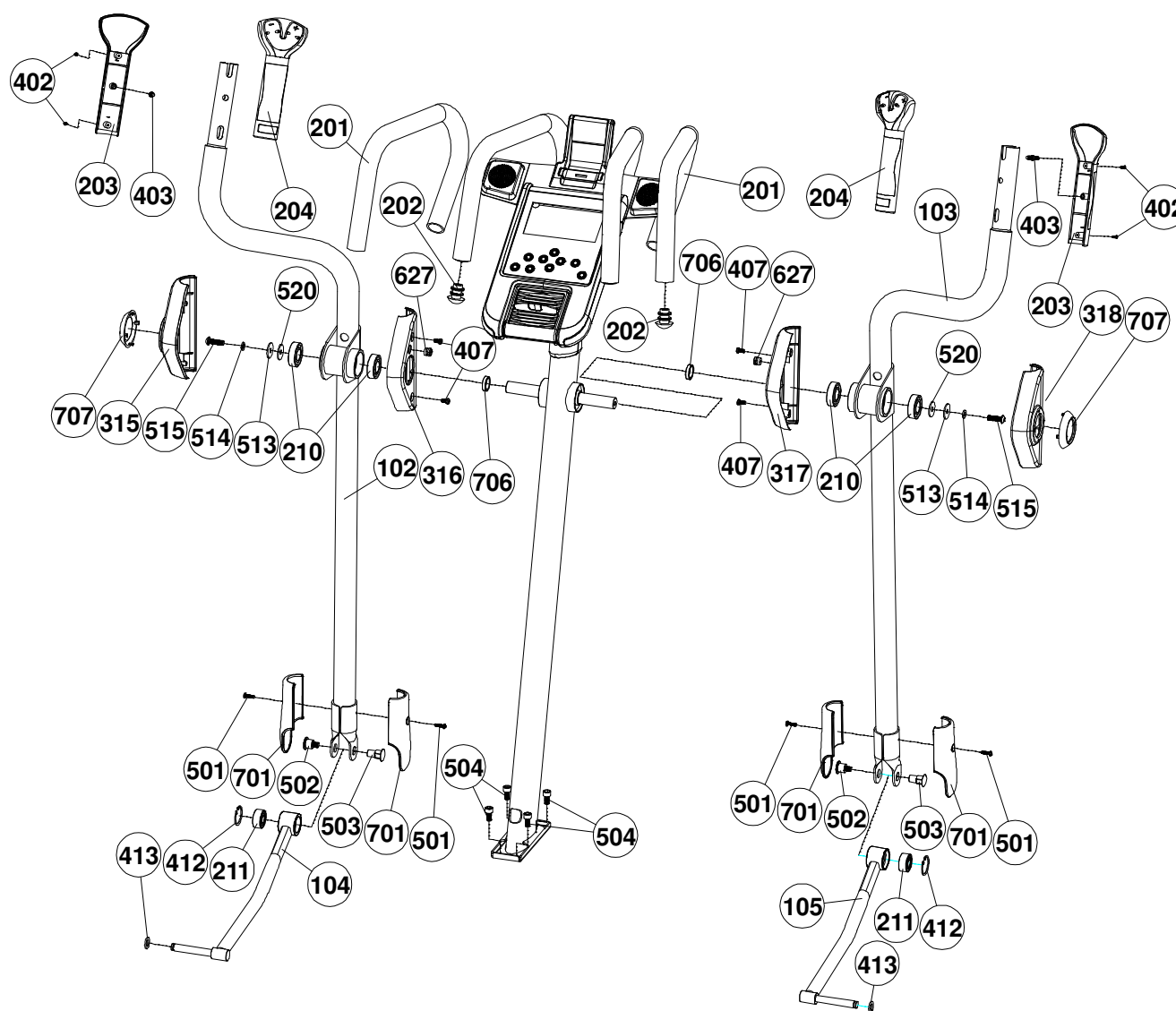
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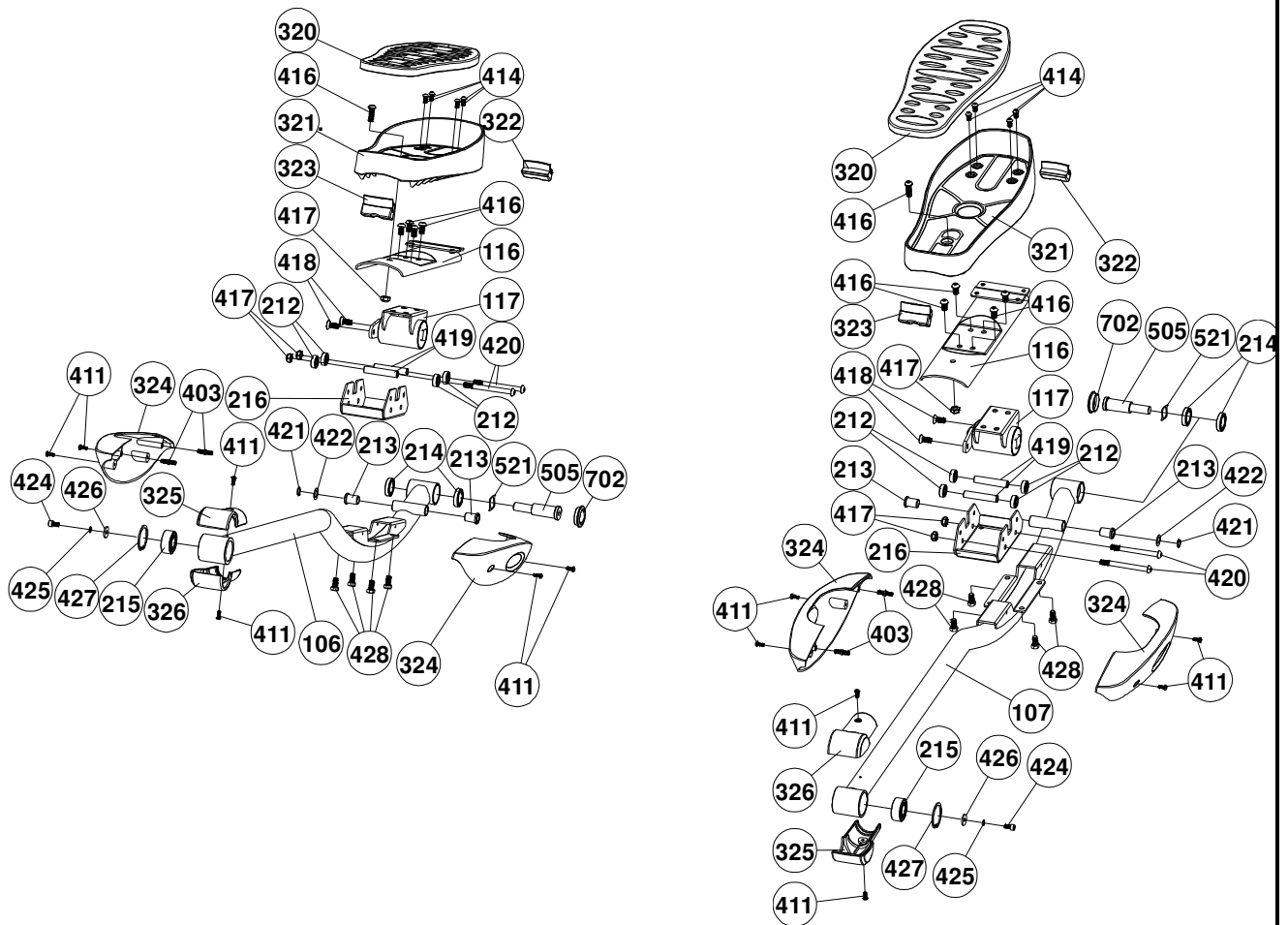
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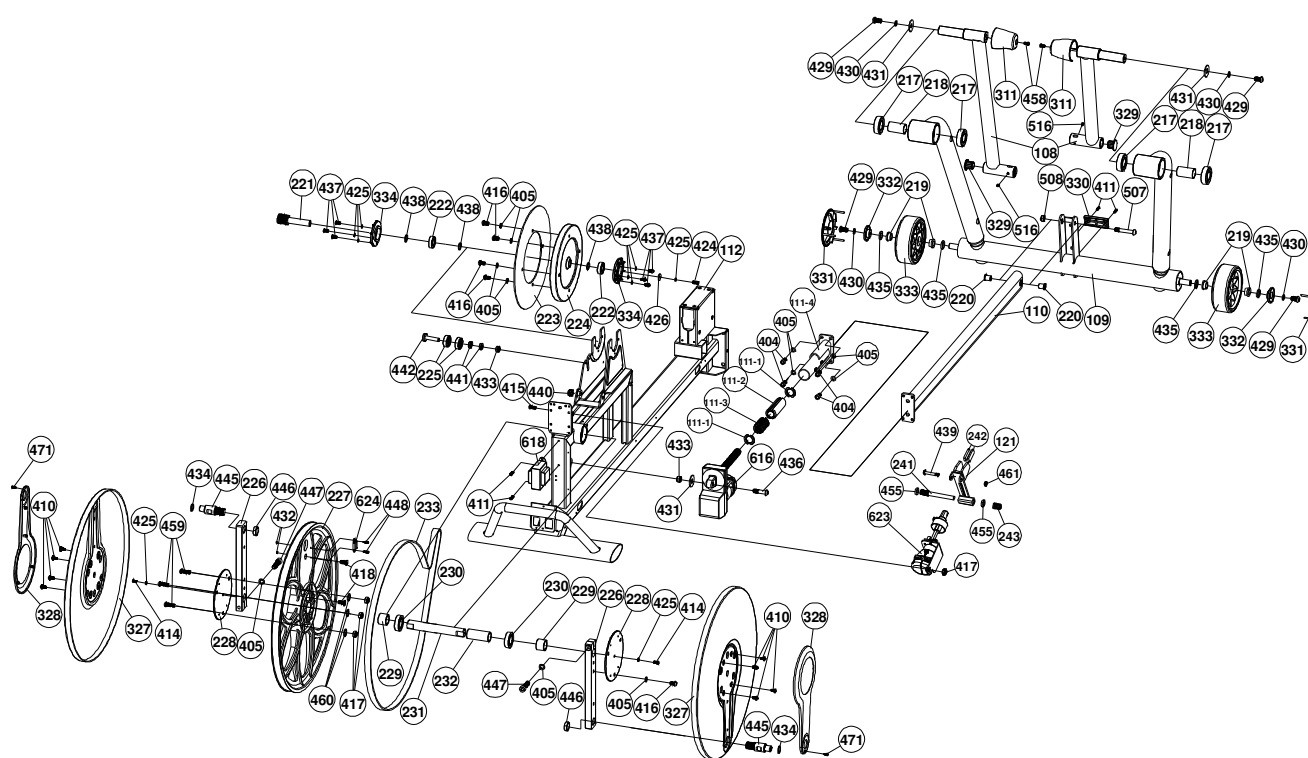
PARTS DIAGRAM

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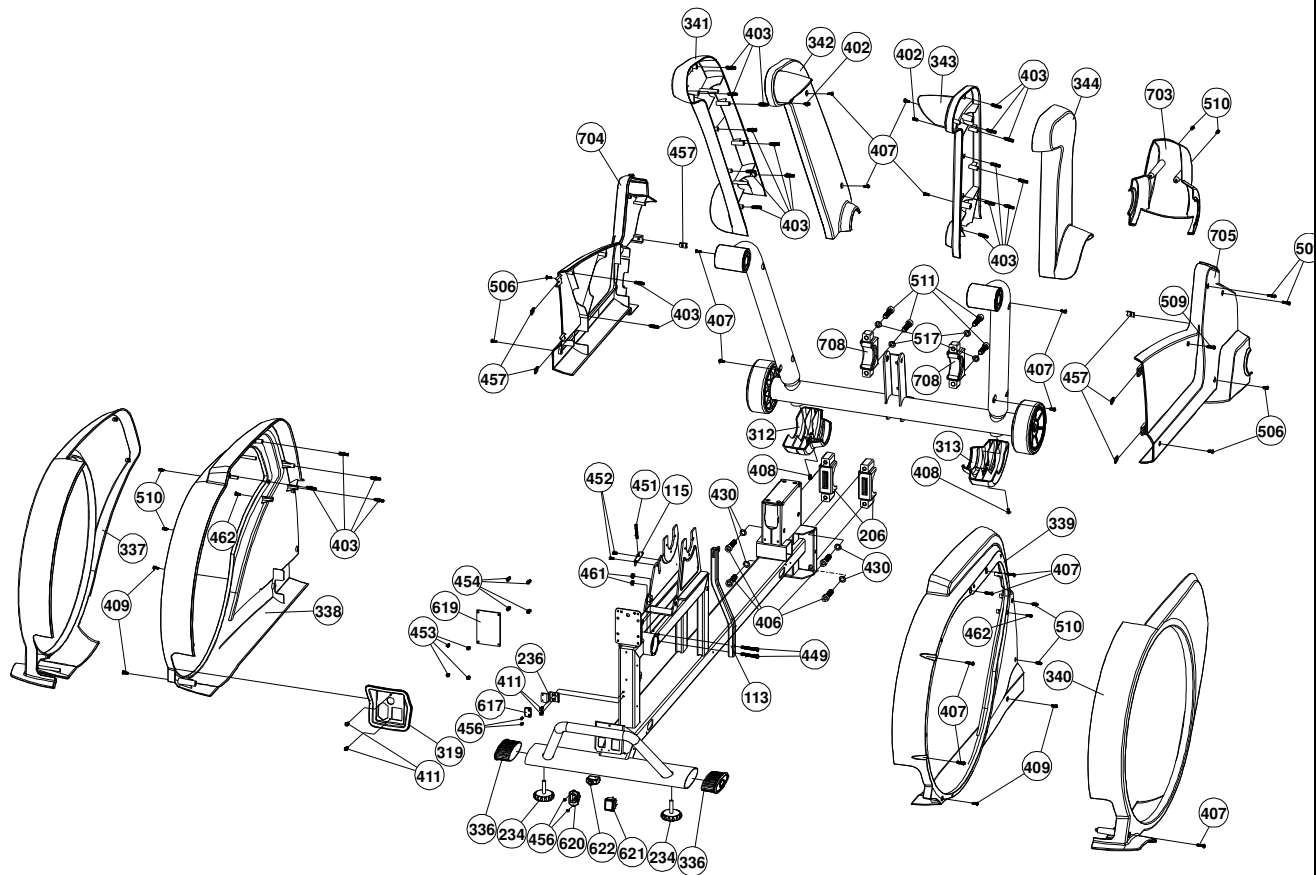
WIRE DIAGRAM

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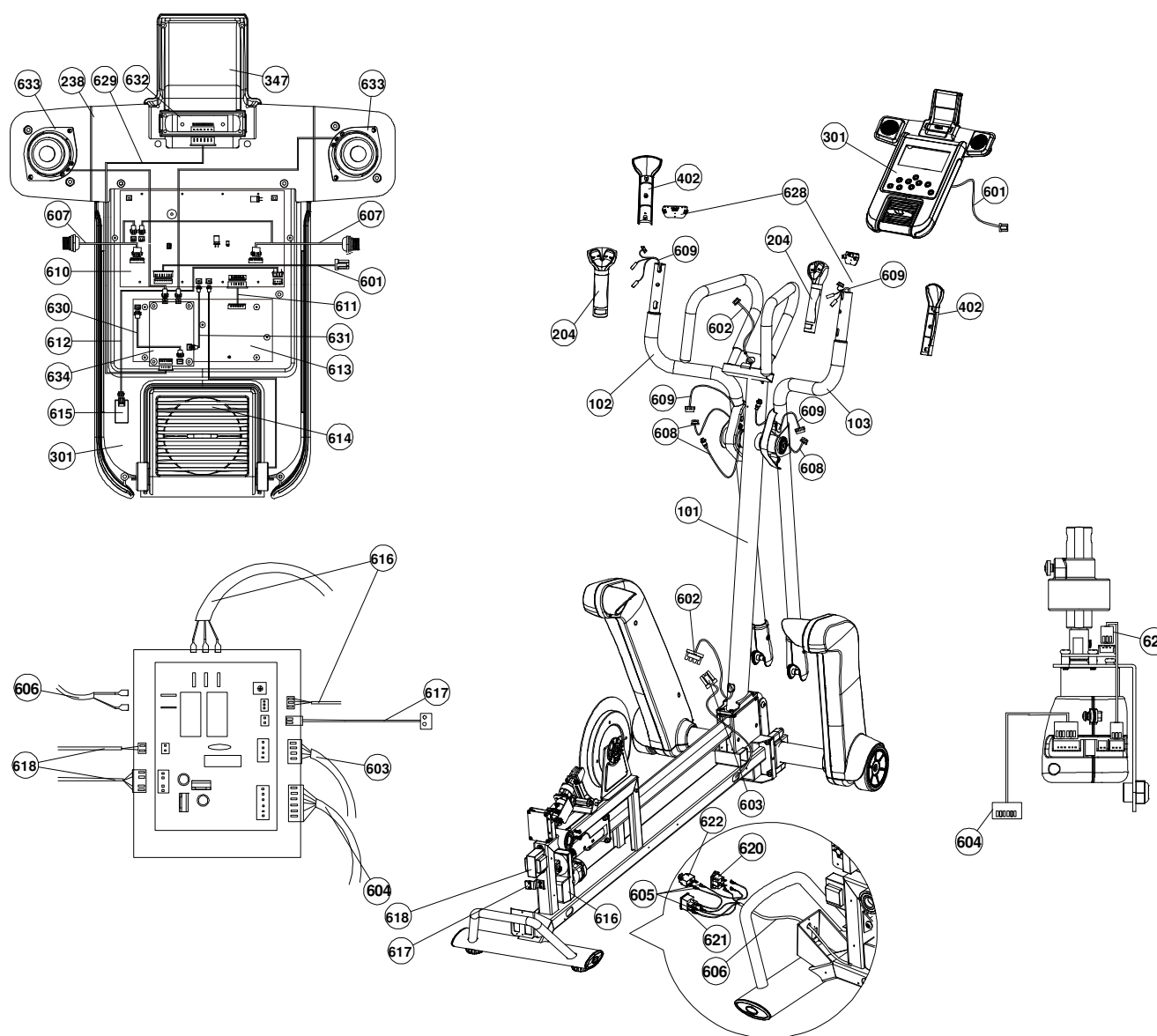
ASSEMBLY

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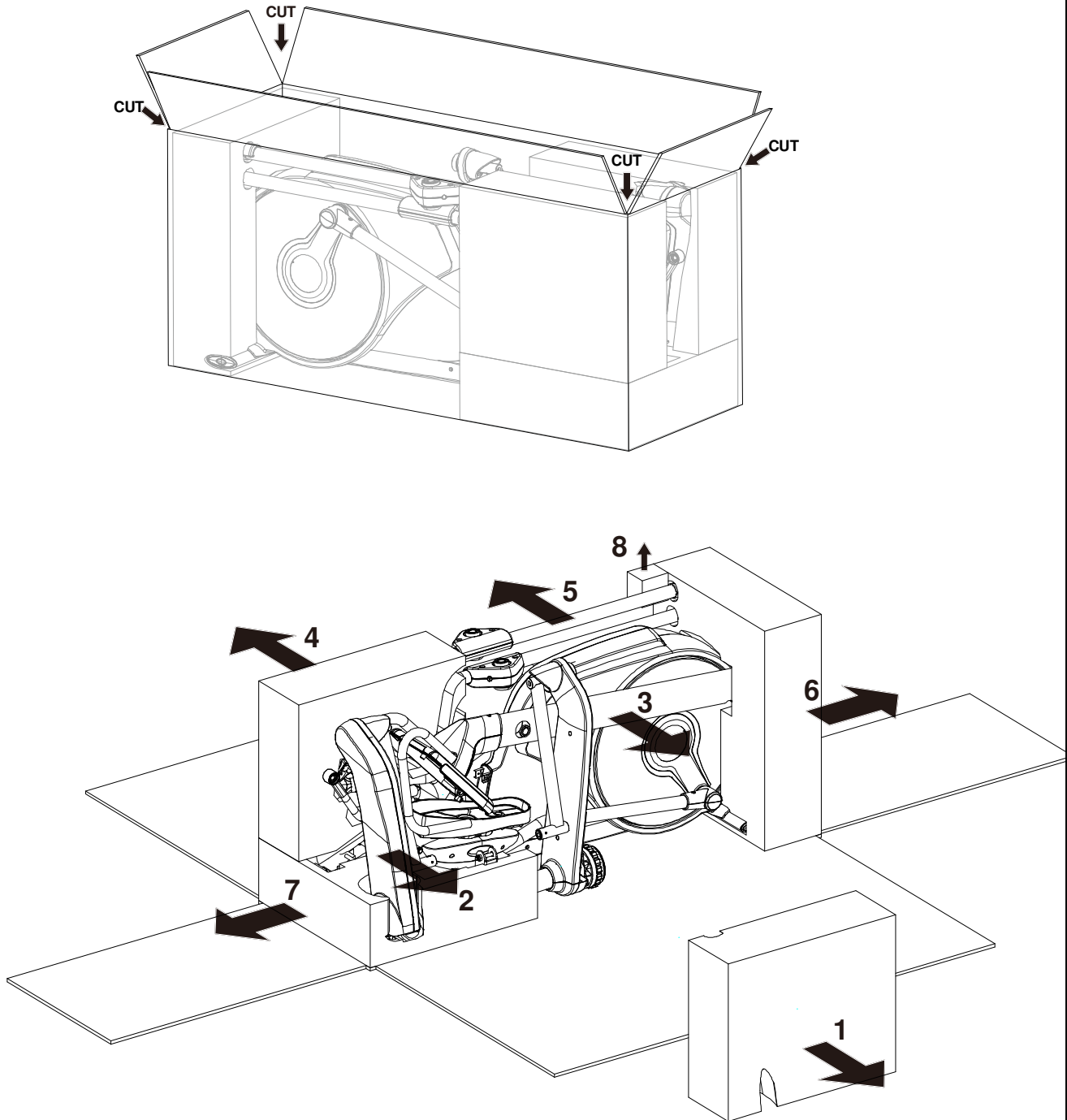
ASSEMBLY

STEP 1: **Connect the Main Frame to Incline Frame**

(A) Place a Styrofoam block under Main Frame tube to provide clearance to position Incline Frame (109) for assembly.
Remove the Blue film before you assemble the Incline Frame.

(B) Hold the Incline Frame Holder – Front (708) to the Incline Frame (109), secure using M10x40mm Allen Head CAP Bolts (511), 10x16xT2.0mm Spring Washer (517) on the Incline Frame Holder by 8mm Allen Key (C).
Don't completely tighten M10x40mm Allen Head CAP Bolt (511) until STEP 2
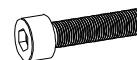
511	**X4**
517	**X4**
708	**X2**
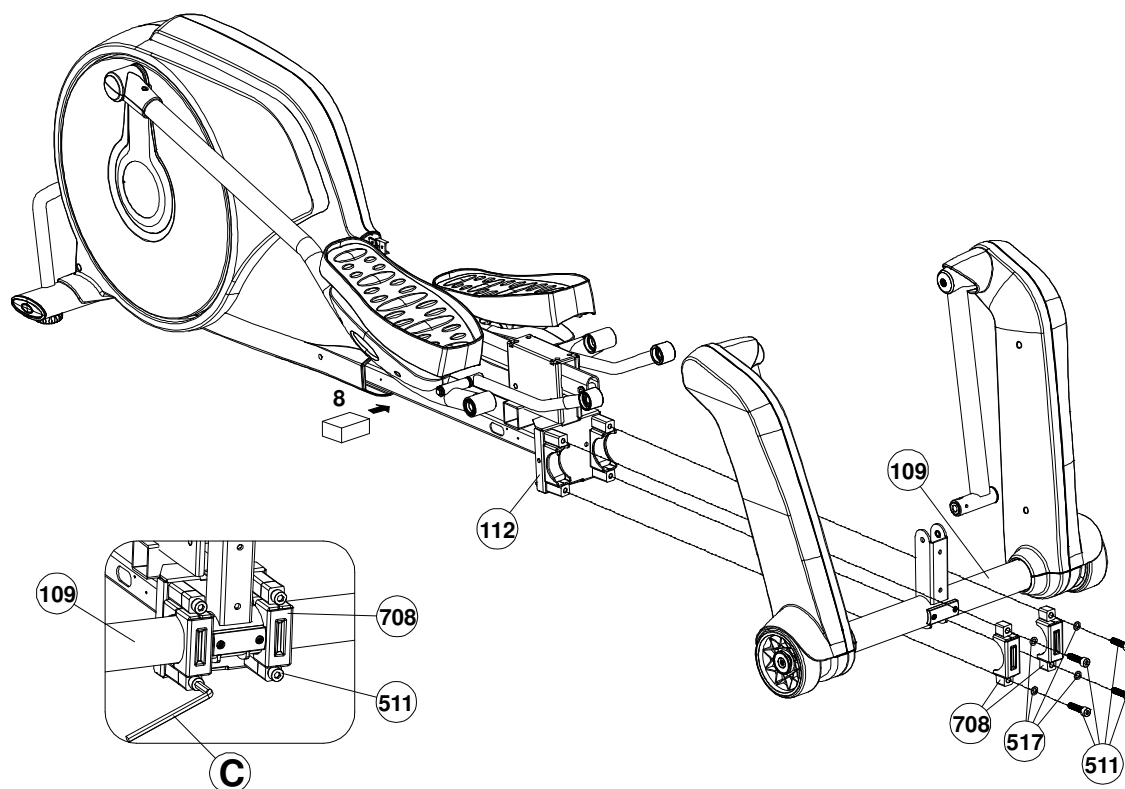
ASSEMBLY

STEP 2: **Connect the Incline Transmission Tube**

(A) Rotate the Incline Frame (109) to align the bolt holes with the bolt
 holes in the Incline Transmission Tube-Front (110).
 **The Left bolt hole on the incline frame is threaded. Insert bolt from the
 right side**

(B) Assemble the Incline Transmission Tube-Front (110) to the Incline Frame
 (109) with M10x56mm Allen Head Bolt (507), M10 Nylon Nut (508), and
 by 8mm Allen Key (C) and Wrench (D).

(C) Tighten the M10x40mm Allen Head CAP Bolt (511) by 8mm Allen Key (C).

507 **X1**
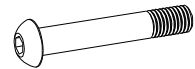
508 **X1**
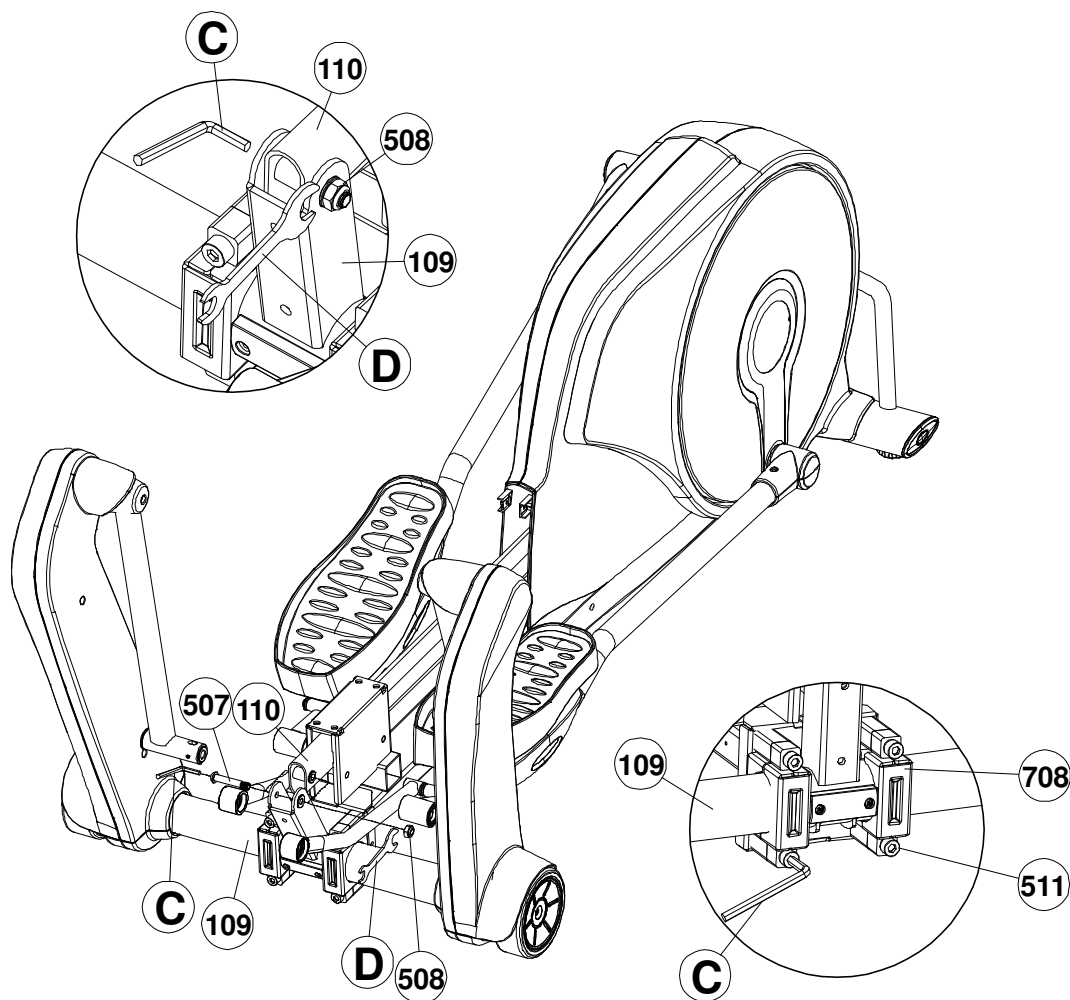
ASSEMBLY

STEP 3: **Assemble the Console Support Tube**

(A) Assemble the Console Support Tube (101) to the Main Frame and secure using four M8x16mm Allen Head CAP Bolts (504) by 6mm Allen Key

(B) Connect the 4Pin Power Wire – Middle (602) to the 4Pin Power Wire – Lower (603).

504 **X4**
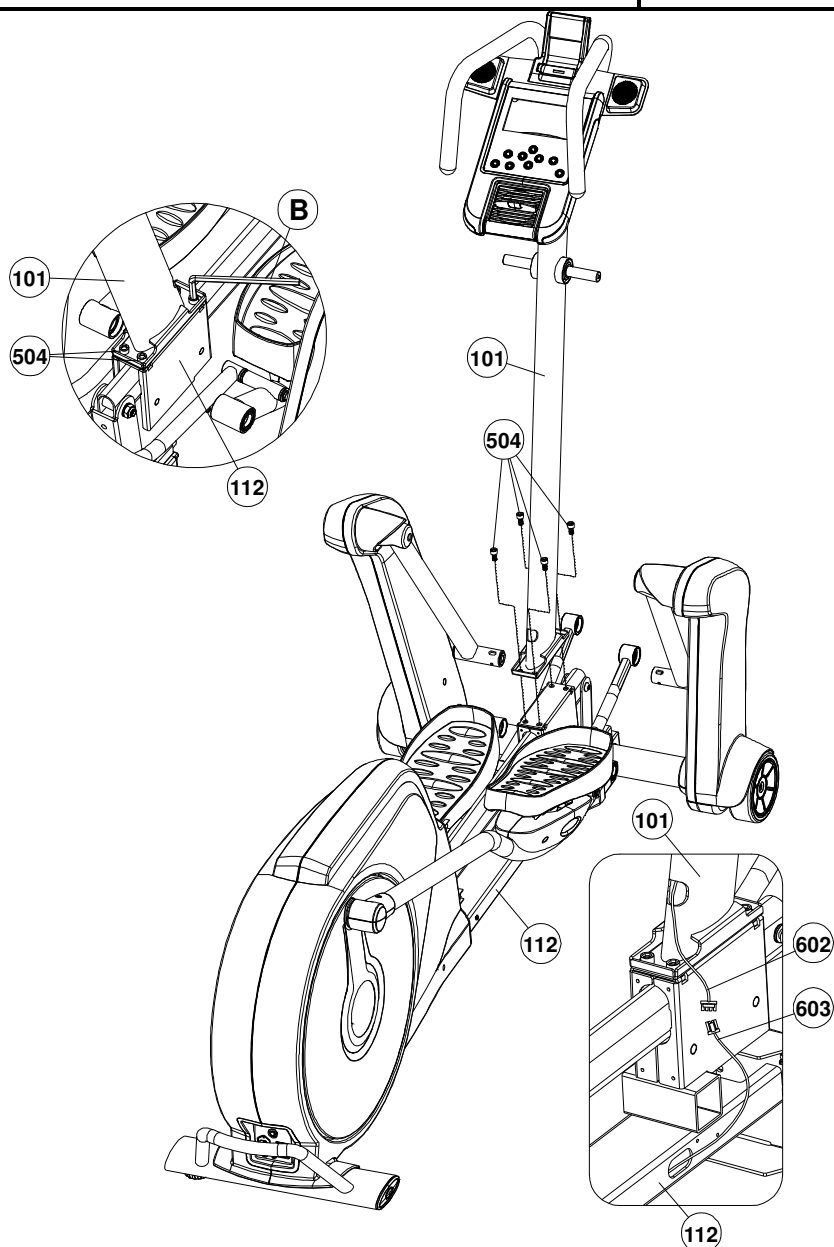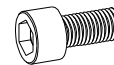
ASSEMBLY

STEP 4: **Assemble the Console Support Tube**

(A) Assemble the Computer Assembly to the Console Support Tube (101) and secure using two M5x12mm Screws (518) by Screwdriver (E)

(B) Connect the 4Pin Power Wire – Upper (601) to the 4Pin Power Wire – Middle (602).

(C) Assemble the Console Support Tube Cover – Rear (709) and Console Support Tube Cover – Front (710) to the Console Support Tube (101), secure using the 4x12 Screw – Flat Point (506).
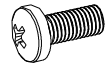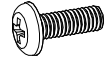
518	**X2**	
506	**X2**	
709	**X1**	
710	**X1**	
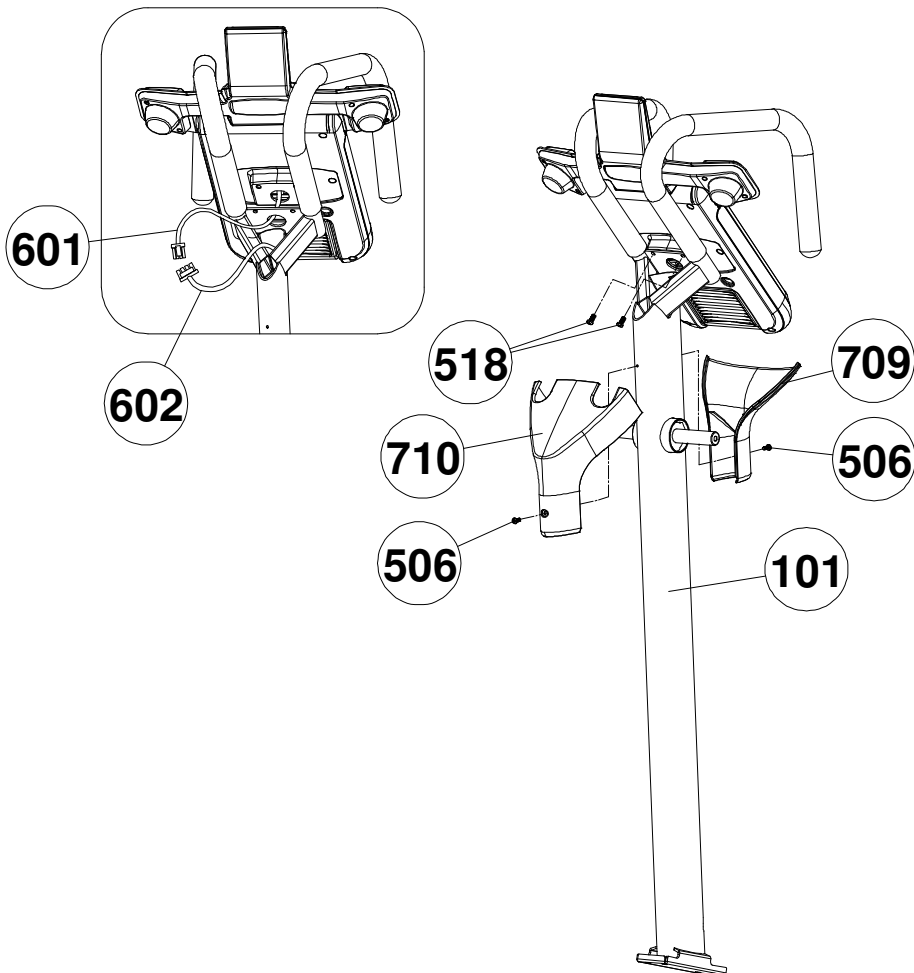
ASSEMBLY

STEP 5: **Assemble the Handlebar**

(A) Place the Nylon Bushing (706) into the Console Support Tube (101).
**NOTE: THE EMBOSS SHAPE OF NYLON BUSHING MUST OUTWARD
          TO HANDLEBAR.**

(B) Assemble the Handlebar – Attach the Right (103) to the Console Support
    Tube (101) with M8x20mm Allen Head Bolt (515), 8x14xT2.0mm Spring
    Washer (514), and 8x27x2mm Metal Washer (513) 8x27x1mm Plastic
    Washer (520). Tighten bolt and then press the Action Handlebar Cap
    (707) into the Handlebar.

(C) Connect the Hand Pulse Sensor Wire – Middle (608) to the Console
     Housing – Bottom (307)

(D) Repeat the above procedure to assemble the left side.

|	
706	**X2**
513	**X2**
514	**X2**
515	**X2**
520	**X2**
707	**X2**
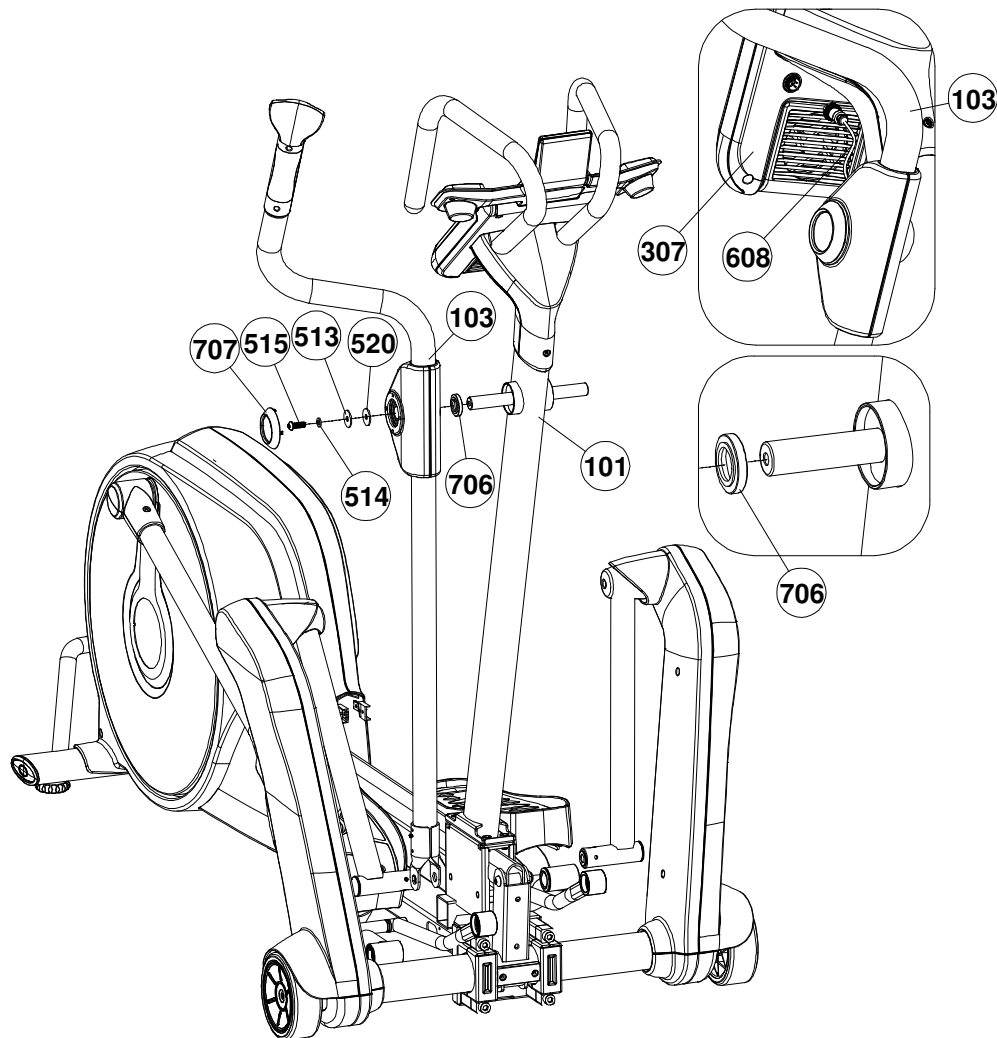
ASSEMBLY

STEP 6: **Assemble the Undercarriage Cover**

(A) Lift the Pedal Arm and assemble the Undercarriage Cover – Left (704) to the Main Frame (112), and secure using two 4x12mm Screw – Flat Point (506) and two 4.5x15mm Screws (510).

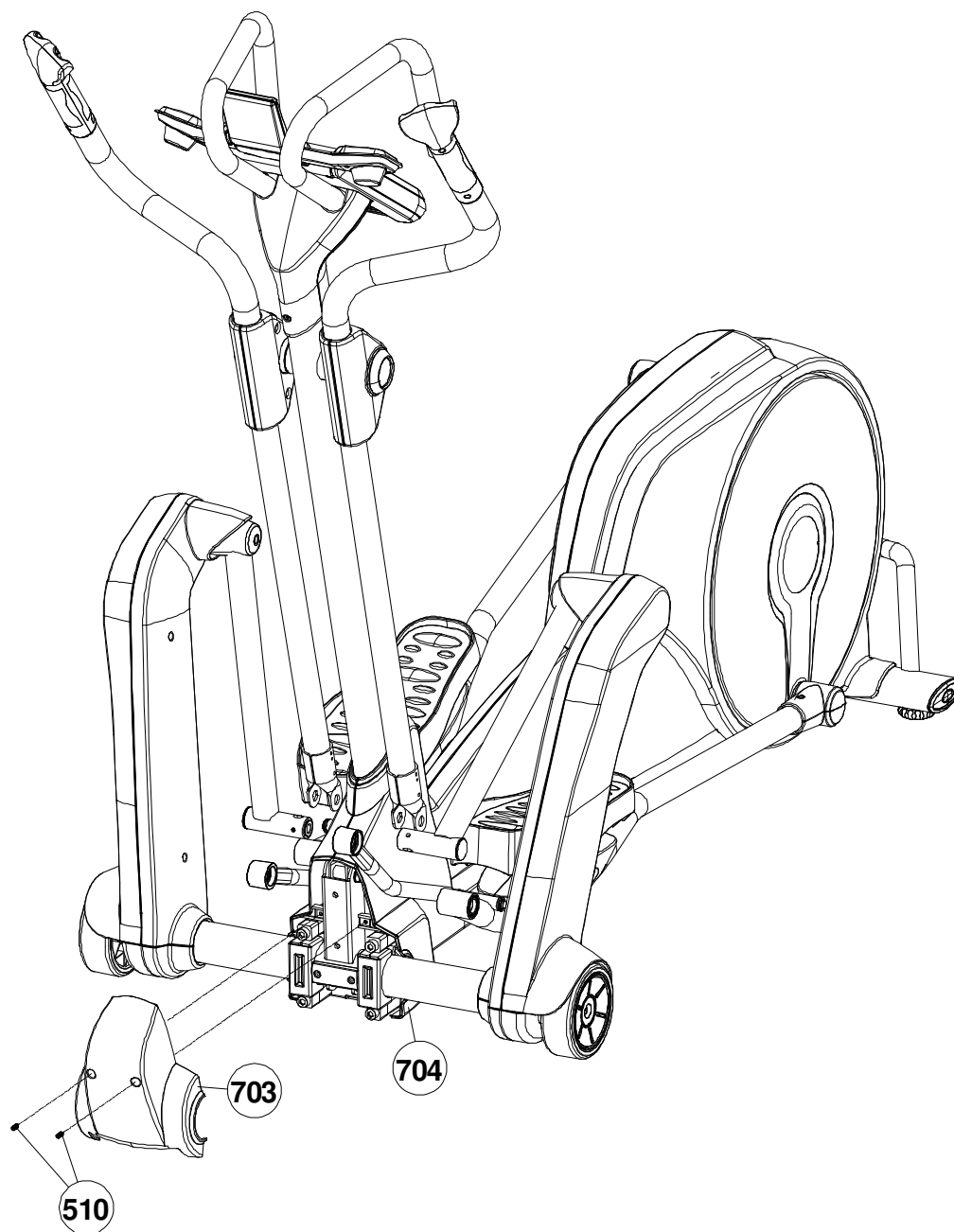(B) Repeat above the procedure to assemble the right side.

(C) Use the 4x19mm Screw (509) to fasten the right and left Cover together.

| 506 | X4 | |
| 510 | X4 | |
| 509 | X3 | |
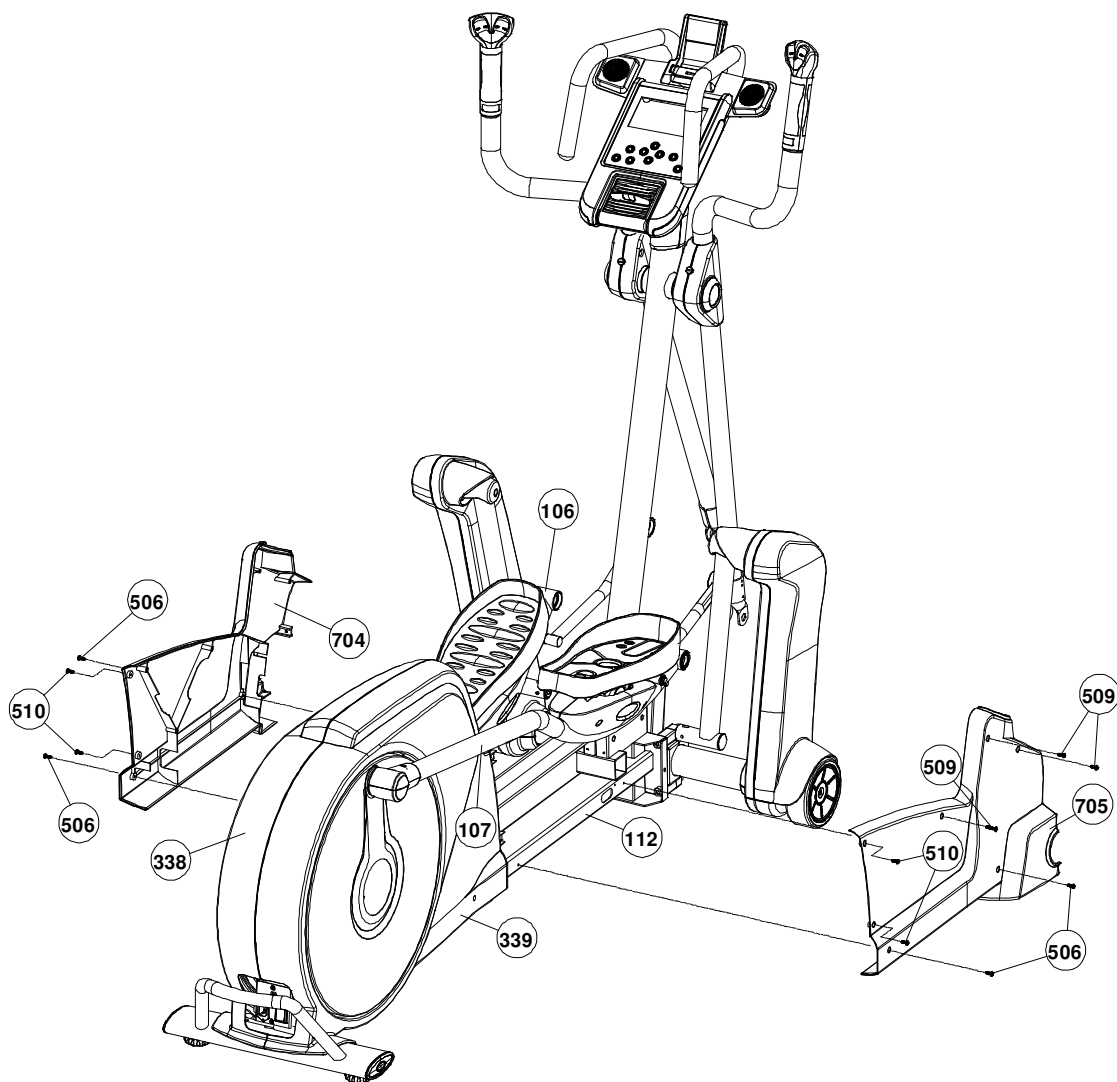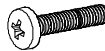
ASSEMBLY

STEP 7: **Assemble the Incline Frame Cover**			
(A) Assemble the Incline Frame Cover (703) to the Incline Frame and secure using two 4.5x15mm Screws (510).	**510**	**X2**	🔩

ASSEMBLY

**STEP 8**: **Connect the Pedal Arm to the Pedal Swing Arm**

(A) Slide the 20x78 – M14x35mm Bolt (505) through 20.7x29.1x0.3mm Wave Washer (521) then into the Pedal Arm – Right (107) and Pedal Swing Arm (108) then secure by 8mm Allen Key (C)

(B) Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm – Right (107).

(C) Repeat the above procedure to assemble the left side.
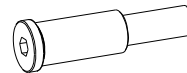
505	**X2**	
521	**X2**	
702	**X2**	
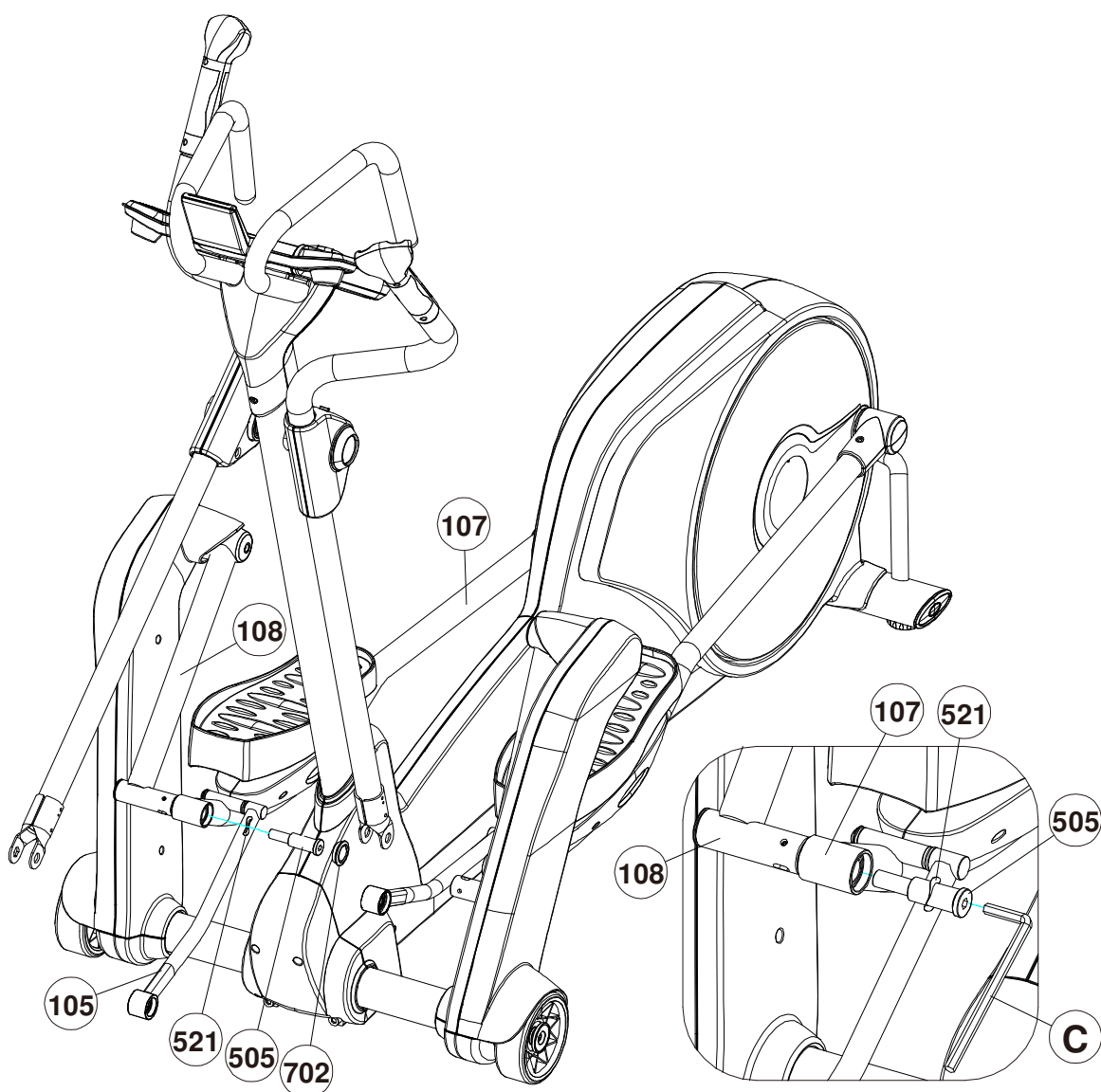
ASSEMBLY

STEP 9: Connect the Moving Linkage

(A) Connect the Action Handlebar – Right (103) to the Moving Linkage – Right (105) and secure using the 15x22 – M8x10mm Bolt (502)and 15 x26 – M8x15mm Bolt (503) with 8mm Allen Key (C).

(B) Repeat the above procedure to assemble the left side.

502	**X2**	
503	**X2**	
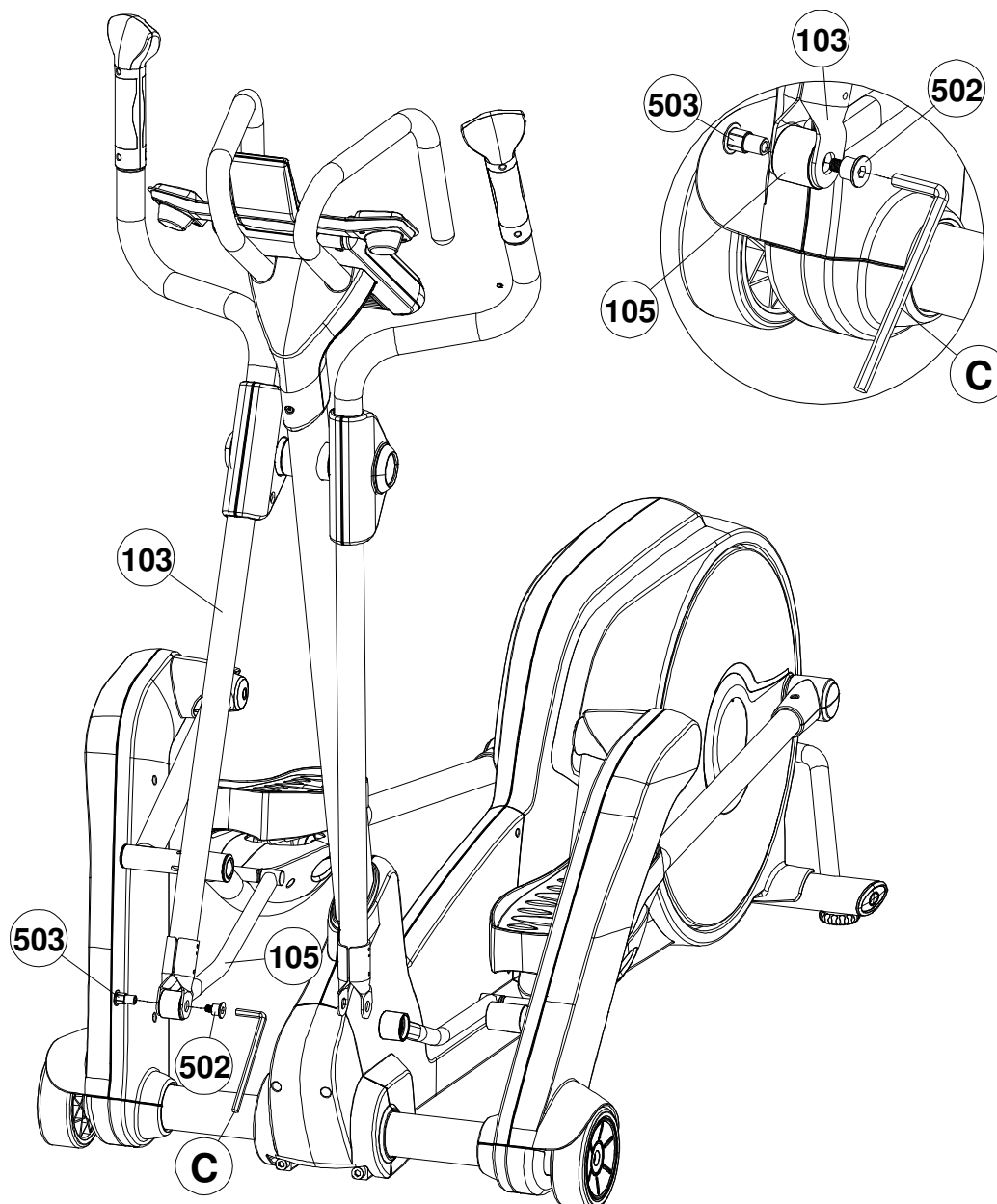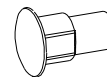
ASSEMBLY

STEP 10: Assemble the Action Handlebar Lower Cover

(A) Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar – Right (103) and secure using the 4x12mm Screw – Cone Point (501)

(B) Repeat the above procedure to assemble the left side.

701	X4	
501	X4	
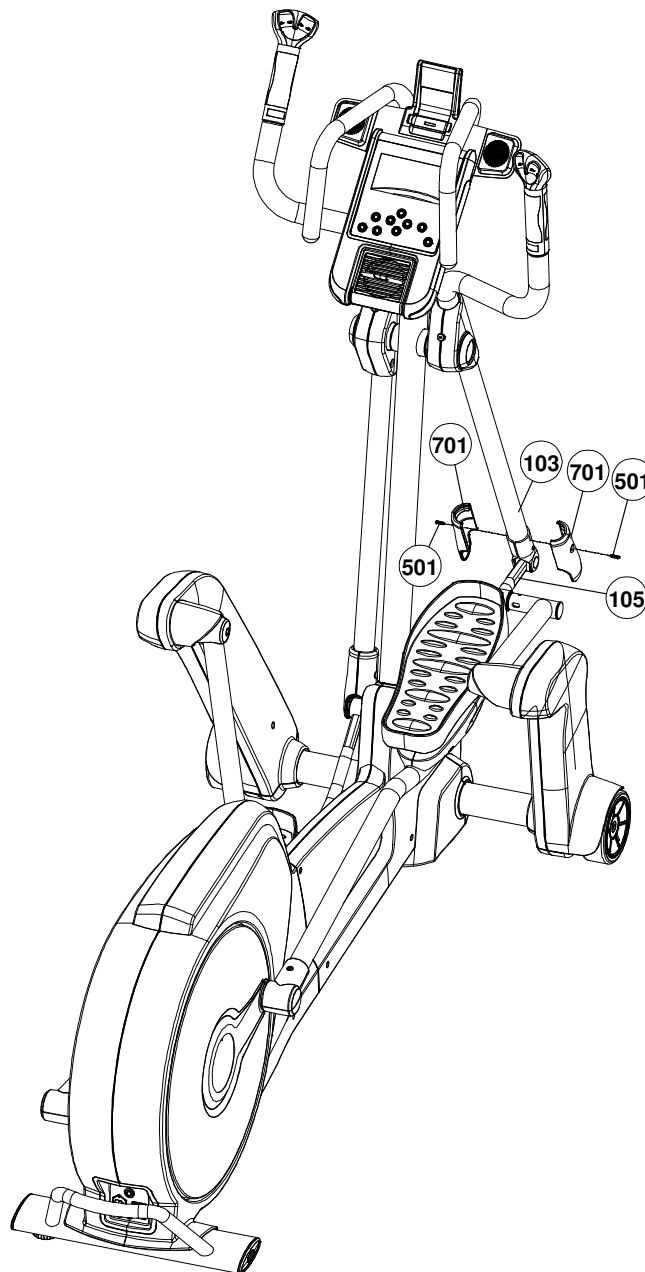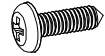
ASSEMBLY

STEP 11: Tighten Set Screws

(A) Secure using the 2.5mm Allen Key (A) to tighten the M5x6mm Screw (516) to the Pedal Swing Arm (108).

516	**X2**	
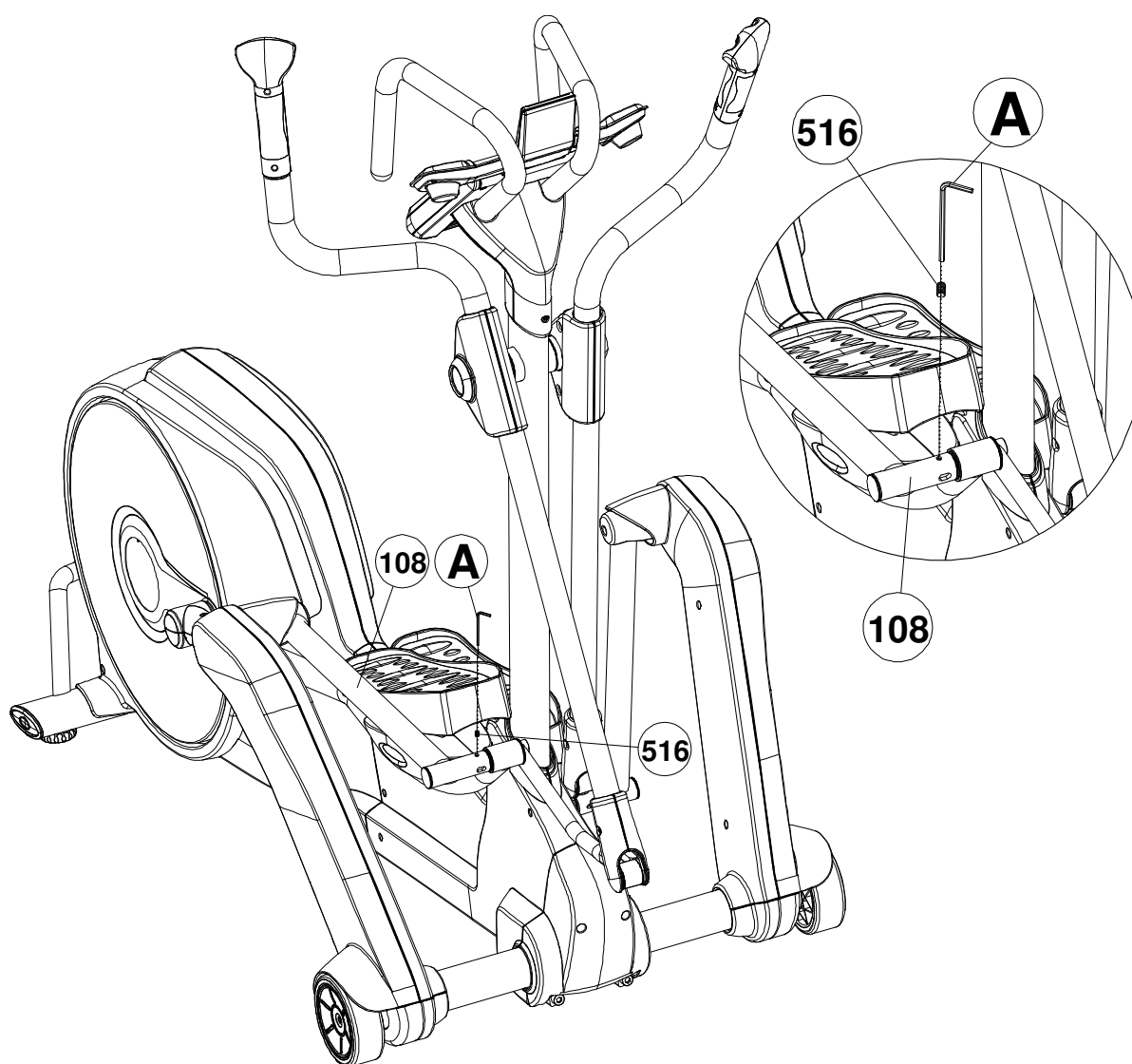
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip, the AGILE Dynamic Motion Trainer while adjusting the levelers

Tip the AGILE Dynamic Motion Trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your AGILE Dynamic Motion Trainer.
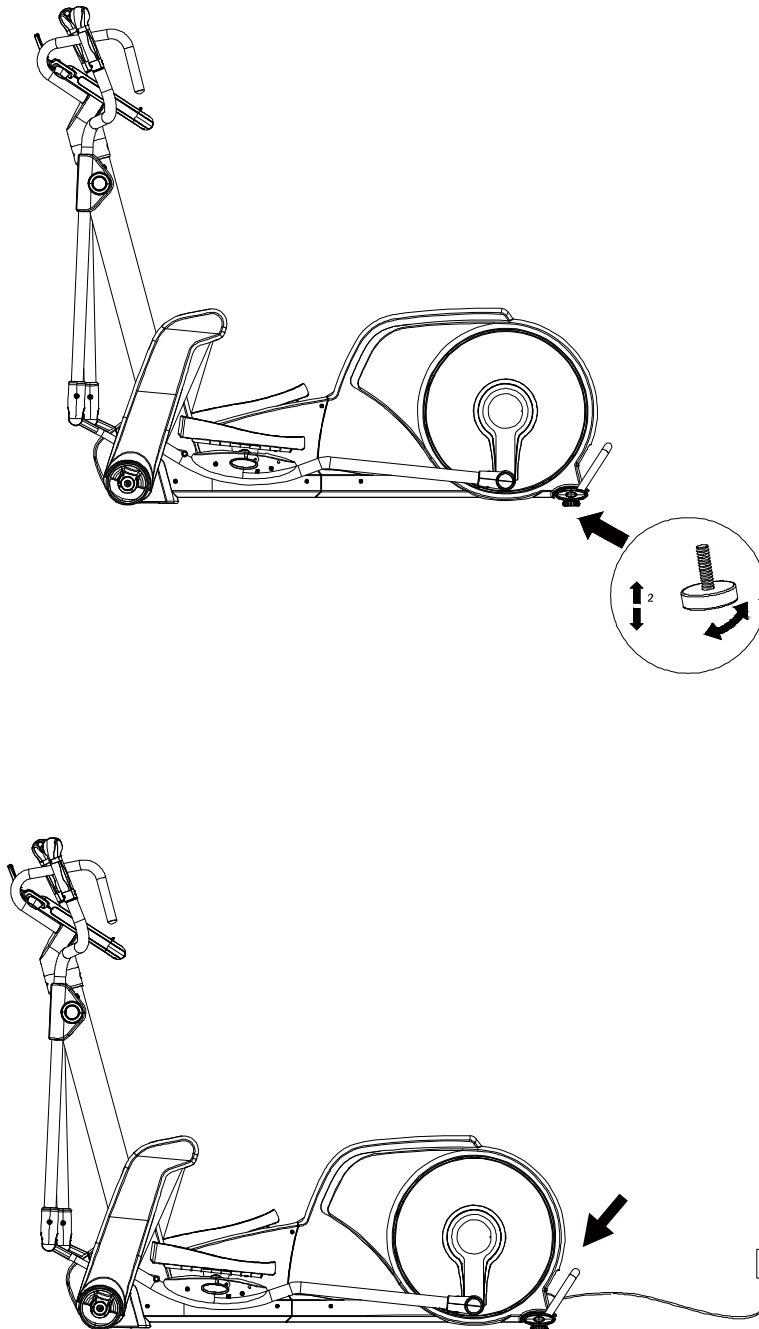
LITE-TOUCH CONTROL OPERATION

LITE-TOUCH CONTROL:

The Intensity Level and Motion Level can be controlled using the Lite-Touch controls on the hand grips of the action handlebars. As the illustration indicates, the right Lite-Touch Controller controls the Motion Level and the left Lite-Touch Controller controls the Intensity Level. You can see the corresponding readouts on the console follow this same orientation.

To use the Lite-Touch Controls, simply start a program or select START and begin your work out. To increase either the Motion Level or the Intensity Level, move your thumb to the thumb groove with the "+" indicator. If you hold your thumb in the thumb groove the level will continue to increase until you remove your thumb. To decrease the level simply place your thumb in the groove marked with the "-" indicator.

INTENSITY
LEVEL
− +

MOTION
LEVEL
− +
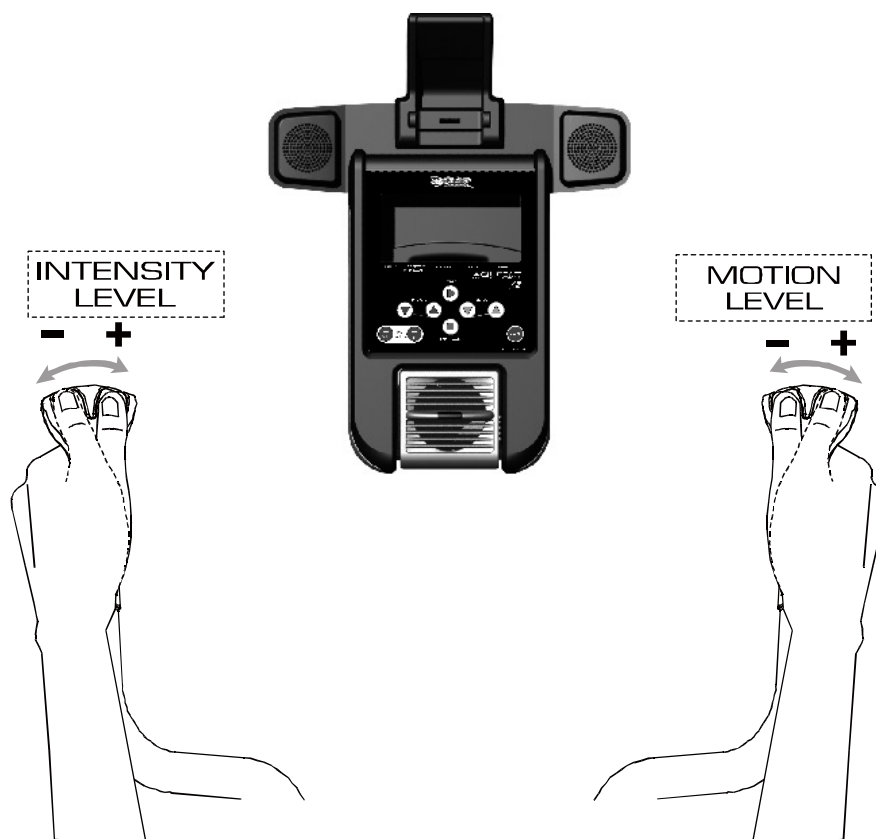
iPod MOUNTING INSTRUCTION

1. Attach your iPod into the dock
2. Rotate the iPod to lay back on the dock
3. Adjust the volume on computer buttons when playing music using the + or -.
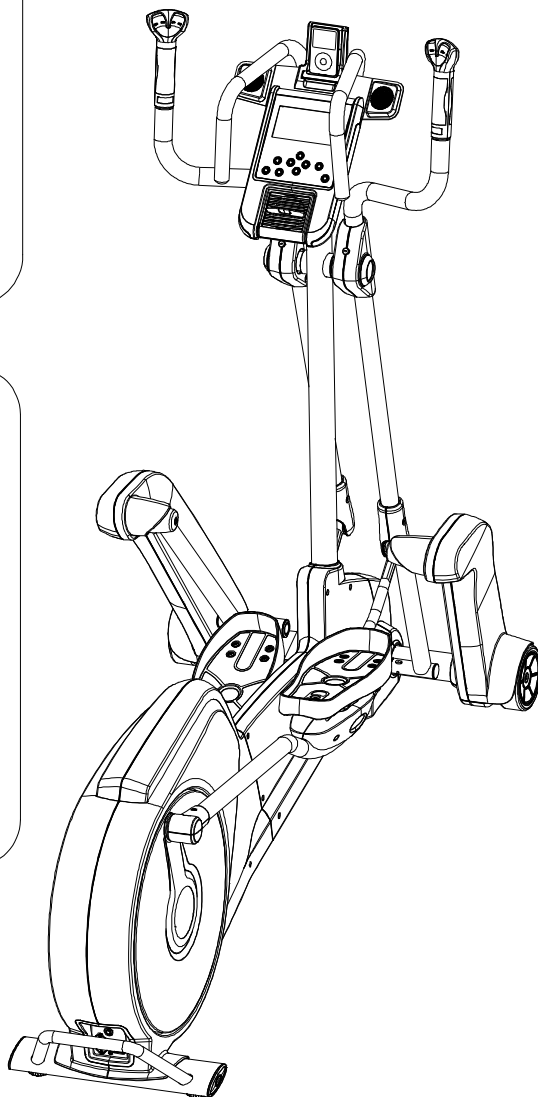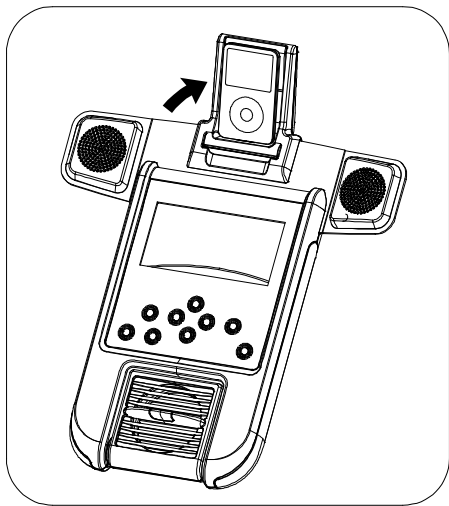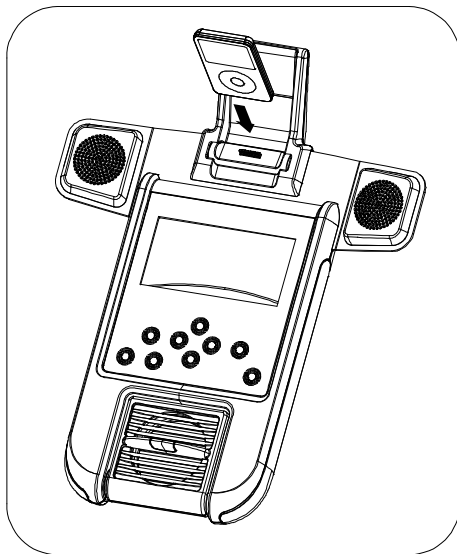
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your AGILE Dynamic Motion Trainer, simply lift the back end and roll it away to the desired location, as shown.
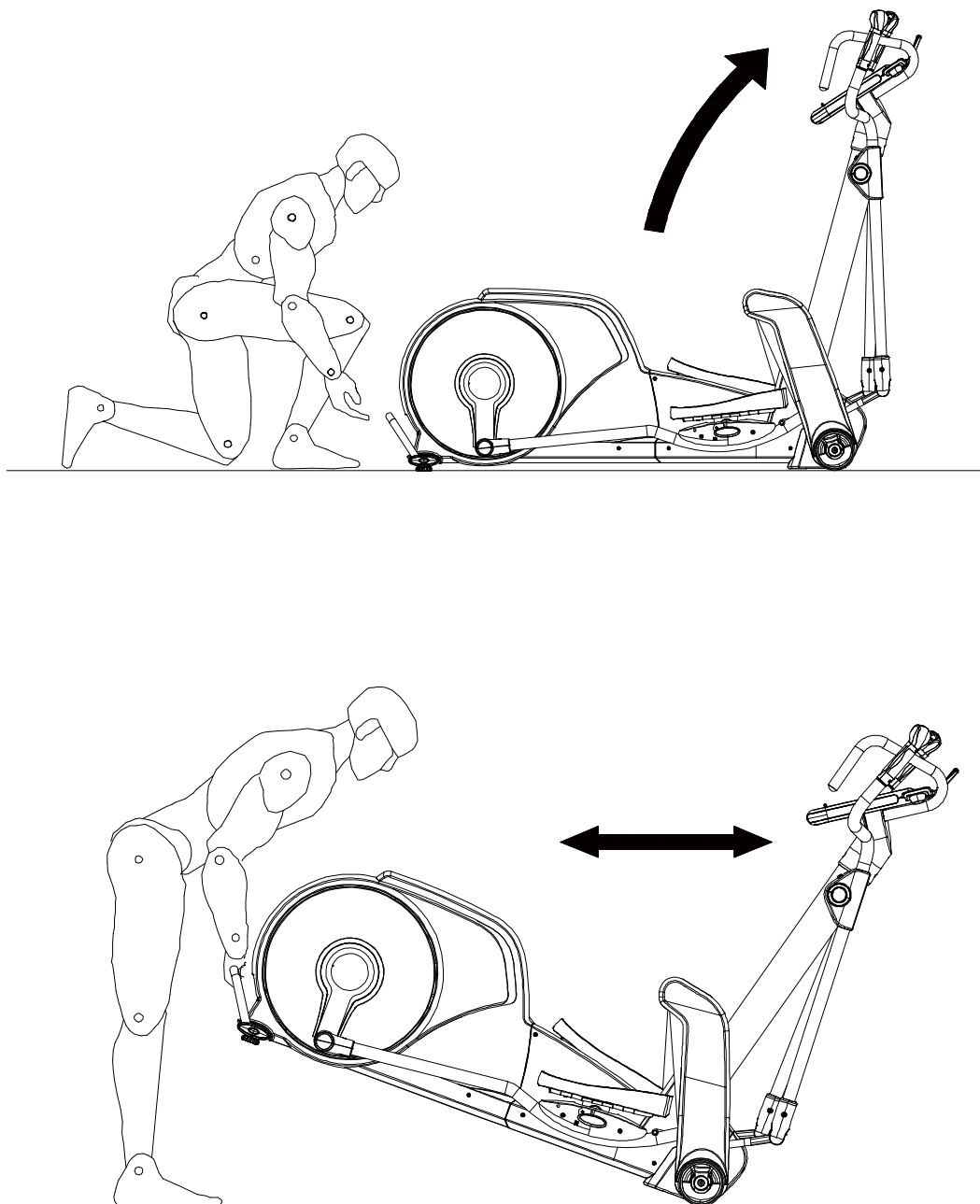
MUSCLE CHART

Targeted muscle groups:

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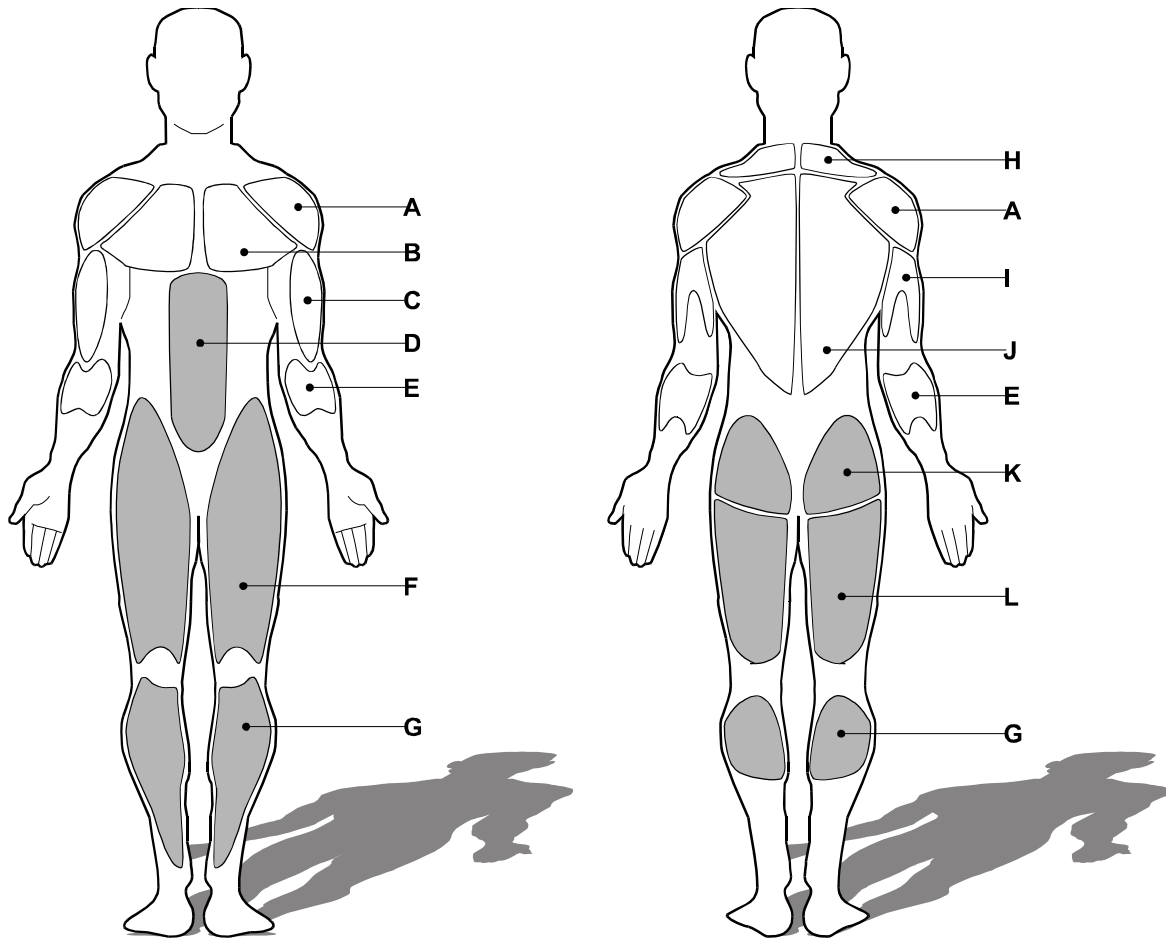
MUSCLE GROUPS

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

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.
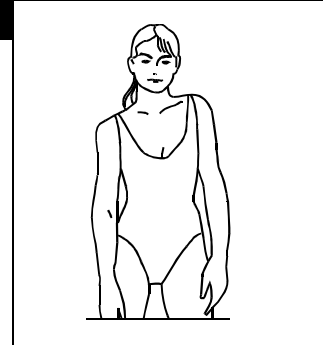
Inner Thigh Stretch:
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.
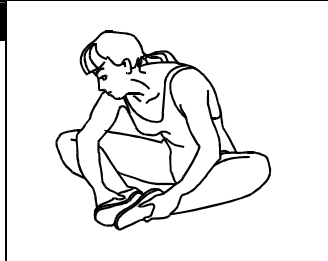
Hamstring Stretch:
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
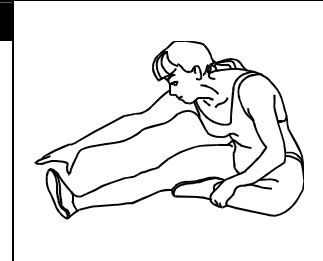
Side Stretch:
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
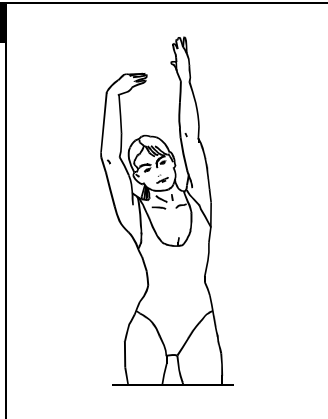
Calf-Achilles Stretch:
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
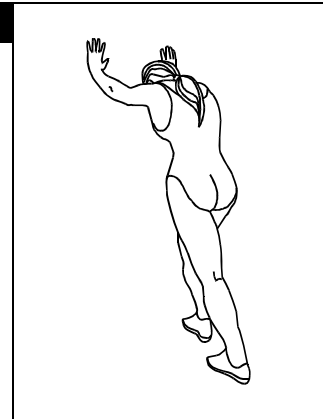
Head Roll:
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
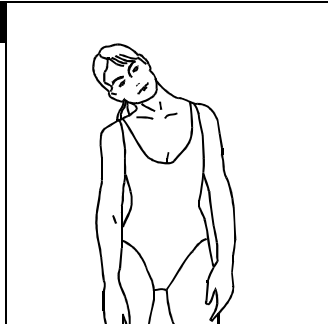
COMPUTER OPERATION
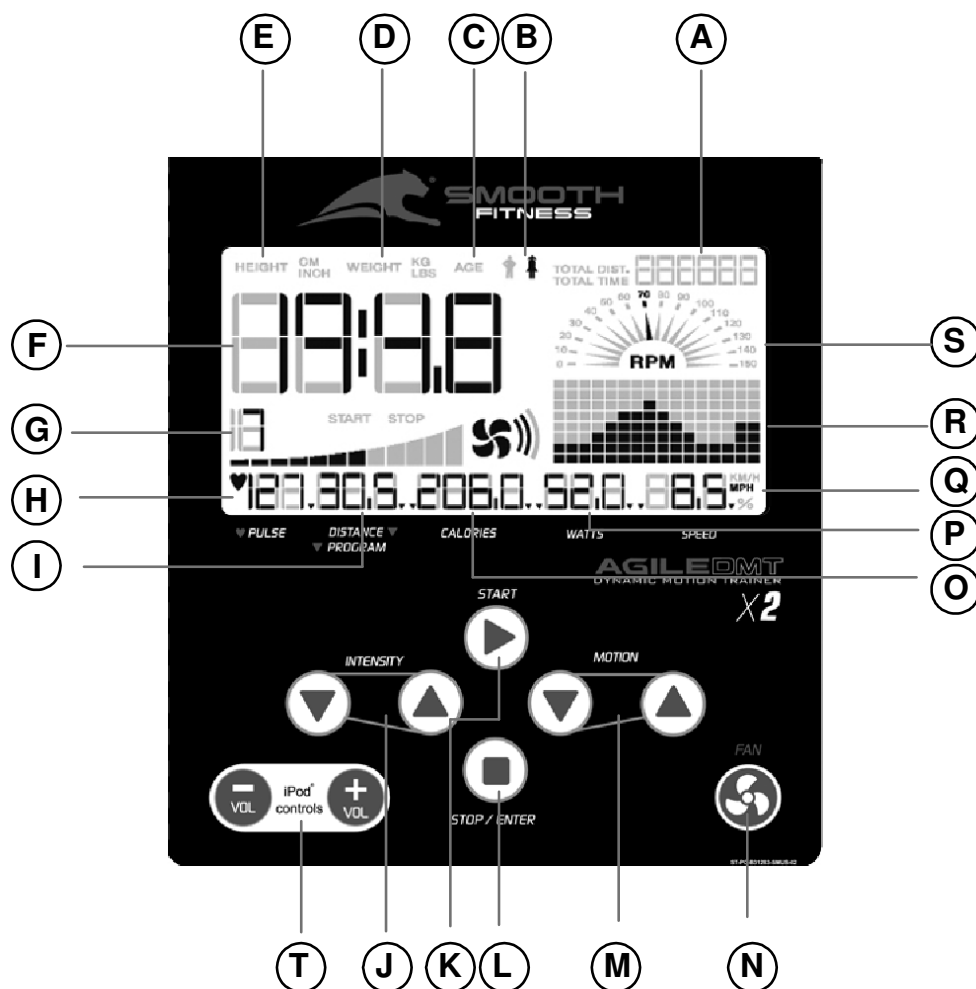
A	INTENSITY LEVEL/RPM	**B**	GENDER
C	AGE		
D	WEIGHT	**E**	HEIGHT
F	TIME		
G	RESISTANCE LEVEL	**H**	PULSE
I	DISTANCE / PROGRAM		
J	INTENSITY UP/DOWN	**K**	START
L	STOP/ENTER		
M	MOTION UP/DOWN	**N**	COOL FAN
O	CALORIES		
P	WATT	**Q**	SPEED
R	INTENSITY LEVEL DOT MATRIX		
S	RPM DIAGRAM	**T**	iPod VOL CONTROLS

COMPUTER OPERATION

DISPLAY FUNCTIONS:

INTENSITY LEVEL DISPLAY:

Displays intensity level from 1 to 16.

MOTION LEVEL DISPLAY:

Displays motion level from 1 to 12.

8 X 16 DOT MATRIX INTENSITY LEVEL PROFILE DISPLAY:

Displays all operating instructions prior to the workout and displays intensity level profile during the workout.

USER DATA:

Displays and store user data from U1 to U9.

FAN:

First Press   Second Press: Third Press: Fourth Press: **STOP**

COMPUTER OPERATION:

ENGLISH/METRIC CONVERSION:
The elliptical computer display can show ENGLISH and METRIC information. Computer display *"MPH"* is ENGLISH status and display *"KM/H"* is METRIC status. The factory should have the proper setting on this for different markets. In case that the elliptical needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:
1.   Set the POWER SWITCH to ON. Then press INTENSITY UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press INTENSITY UP/DOWN button to select display *"Sr 2"* blinking then press START button to enter conversion METRIC/ENGLISH function.
2.   After Press the START button the computer will display either "*KM/H*" or "*MPH*" blinking then press INTENSITY UP/DOWM button to switch between *"KM/H"* and *"MPH"* then press STOP/ENTER button twice return to the POWER ON status.

PAUSE/STOP:
During the workout, press STOP button or STOP pedaling for 30 seconds to enter PAUSE status. The INTENSITY LEVEL Dot Matrix display will show *"PAUSE"*. All figures on the console will be frozen. Press the START button or start pedaling to resume the program and the display will continue the workout until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button, all the data will return to 0 and the computer will return to POWER ON status.

SLEEP MODE:
The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it plugged in to keep the LCD lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press START button to enter conversion SLEEP MODE function. After Press the START button the computer will display either *"On"* or *"Off"* blinking then press INTENSITY UP/DOWN button to switch between *"On"* and *"Off"* then press STOP/ENTER button twice to return to the POWER ON status.

QUICK START:
Press the START button to start exercise,
1. Intensity starts from Level 1, press to INTENSITY UP/DOWN or using the Lite-Touch control on the hand grips of the left action handlebar.
2. Level starts from Level 1, press MOTION UP/DOWN or using the Lite-Touch control on the hand grips of the right action handlebar.

COMPUTER OPERATION

PROGRAM OPERATION INSTRUCTION:
At POWER ON status, press STOP/ENTER button to enter preset PROGRAM MODE and to set user parameters.

SET UP USER CODE:
At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the INTENSITY UP/DOWN buttons to choose the User ID from U1 to U9 and press the STOP/ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the computer will display the default "170(cm)/67" or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user height information then press STOP/ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, the computer will display the default "68(kgs)/150(lbs) or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user weight information then press STOP/ENTER to confirm.

AGE set up – After the WEIGHT set up procedure, the computer will display the default "35" or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user age information then press STOP/ENTER to confirm.

GENDER set up – After the AGE set up procedure, the computer will display the default "man" or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user gender then press STOP/ENTER to confirm.

PROGRAM MODE
After setting the user GENER, the computer will display a blinking P1, indicating that the user is now select from P1~10. Press the INTENSITY UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

PROGRAM 1 – TARGET TIME
After enter this program, the TIME display shows the factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 2 – TARGET DISTANCE
After enter this program, the DISTANCE display shows factory default setting 3.2mph or 5.0km/h. Press INTENSITY UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.
Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 3 – TARGET CALORIES
After enter this program, the CALORIES display shows factory default setting "50". Press INTENSITY UP/DOWN button to adjust the target calories and press STOPE/ENTER to confirm.
Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 4 – FAT BURNING
After enter this program, the TIME display shows factory default setting "16:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Fat Burn Program provides 1 to 16 one minute segments.

TIME/zone	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment		13th Segment	14th Segment	15th Segment	16th Segment
INTENSITY/Level	L1	L3	L7	L9	L9	·········	L9	L7	L3	L1
MOTION/Level	1	1	1	1	1		1	1	1	1

COMPUTER OPERATION

PROGRAM 5 – INTERVAL INTENSITY

After enter this program, the TIME display shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone INTENSITY /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	L1	L9	L9	L1	L1	L9	L9	L1
L2	L2	L10	L10	L2	L2	L10	L10	L2
L3	L3	L11	L11	L3	L3	L11	L11	L3
L4	L4	L12	L12	L4	L4	L12	L12	L4
L5	L5	L13	L13	L5	L5	L13	L13	L5
L6	L6	L14	L14	L6	L6	L14	L14	L6
L7	L7	L15	L15	L7	L7	L15	L15	L7
L8	L8	L16	L16	L8	L8	L16	L16	L8

PROGRAM 6 – INTERVAL MOTION

After enter this program, the time display shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the INTERVAL MOTION program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone MOTION /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	1	5	5	1	1	5	5	1
L2	2	6	6	2	2	6	6	2
L3	3	7	7	3	3	7	7	3
L4	4	8	8	4	4	8	8	4
L5	5	9	9	5	5	9	9	5
L6	5	10	10	5	5	10	10	5
L7	5	11	11	5	5	11	11	5
L8	5	12	12	5	5	12	12	5

COMPUTER OPERATION

PROGRAM 7 – ENDURANCE

After enter this program, the TIME display shows "L1". Press INTENSITY UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments.

TIME /zone INTENSITY /level LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
L2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
L3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
L4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
L5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
L6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
L7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
L8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

TIME /zone MOTION /level LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	1	1
L2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	2	2
L3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	3	3
L4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	4	4
L5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	5	5
L6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	6	6
L7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	7	7
L8	8	9	9	9	10	10	10	11	11	11	12	12	12	12	8	8

COMPUTER OPERATION

PROGRAM 8 – WATTS CONTROL
The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM.
After enter this program button then press STOP/ENTER to continue the set up procedure.
WATTS display shows factory default setting "110". Press INTENSITY UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME.
TIME display shows factory default setting "16:00". Press INTENSITY UP/DOWN button to adjust the target Time and press STOP/ENTER to confirm.
Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM
The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: (220pbm-AGE). User's are encouraged to consult with a doctor or personal Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press INTENSITY UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.
After adjust the TARGET HEART RATE, the TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3.00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times.
During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 30 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start after finished 3minute WARM UP.
If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.
Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the motion level and intensity level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the MOTION LEVEL will increase 1 level every 30 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 30 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 30 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 30 seconds. The program will continue until the time runs out. If the user's
heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and INTENSITY LEVEL at level 1 and MOTION LEVEL at level 1.

COMPUTER OPERATION

P10: CUSTOMER COURSE
When the user selects P10 CUSTOM program and press STOP/ENTER button, C1 will display and flash on the LCD. The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the INTENSITY UP/DOWN button. Press STOP/ENTER button and hold it for 3 seconds to confirm the selection and then continues to set up.
When the users selects one custom program and enter to set up, the user comes into the INTENSITY WATT, MOTION LEVEL and TIME setting mode. In the display the first minute is flashing. Use INTENSITY UP/DOWN button to adjust the INTENSITY WATT and use MOTION UP/DOWN button to adjust MOTION LEVEL. Then press the STOP/ENTER button to reserve the setting and continue to next minute setting of the program, etc.
After setting up above item, press the STOP/ENTER button and hold it for 3 seconds to confirm ,and then press START button to activate status. The maximum workout time of each user program is 60 minutes.

Main Individual custom program
Press the START button again to begin the exercise program. The LCD display will show the INTENSITY WATT, MOTION LEVEL and TIME status as the user set it.
Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.
The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.
To pause the program while exercising, press the STOP/ENTER button. To quit the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

Heart Rate Operation

The AGILE DMT X2 comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

COMPUTER OPERATION

Heart Rate diagram

Heartrate (beats per min)

- Advance Performance
- Aerobic
- Fat Burning
- Warm Up/Cool Down

(y-axis: 90, 95, 105, 115, 125, 135, 145, 155, 165, 175, 185, 195, 205)

(x-axis: 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70)

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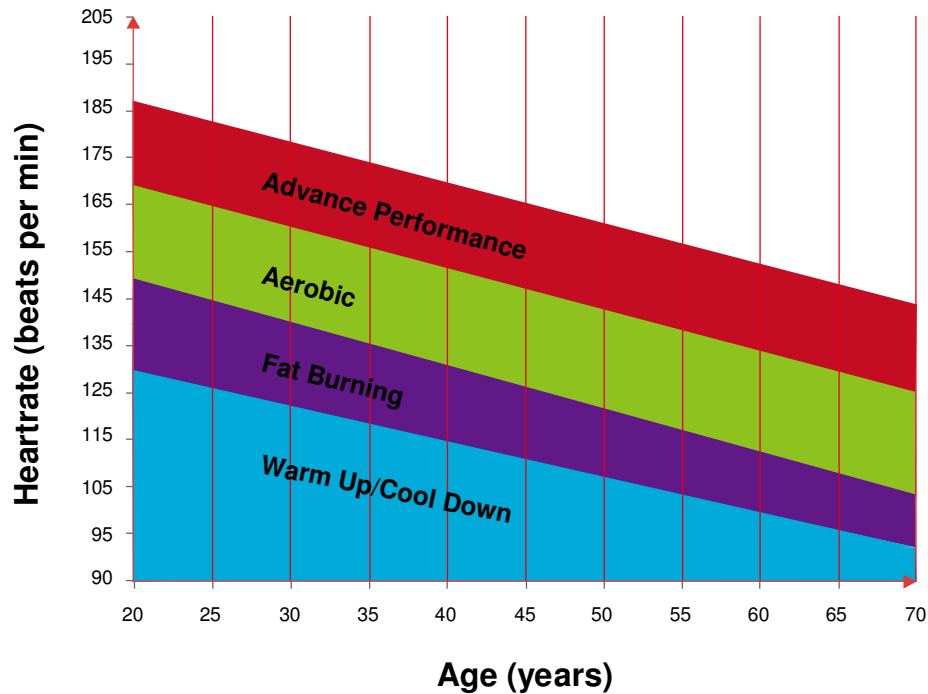
You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	**65 – 75% of your max. heartrate**
Fitness/Bodyshaping:	**75 – 85% of your max. heartrate**
Performance:	**85 - 95% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:

$$220 – 25 = 195$$
$$75\% \text{ of } 195 = 146,25$$
$$85\% \text{ of } 195 = 165,75$$

Your target-heartrate should be between 146 and 166 beats per minute.

⚠ This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

WARRANTY

LIMITED HOME USE WARRANTY

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

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

Model Name	Frame	Parts & Electronics	Labor
AGILE DMT X2	Lifetime	5 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; and
- The part description and the order number.

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. In order for this **warranty to be valid,** all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence free climate extremes including humidity. (Livable rooms do not include but not limited to an indoor swimming pool room). Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. 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.

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