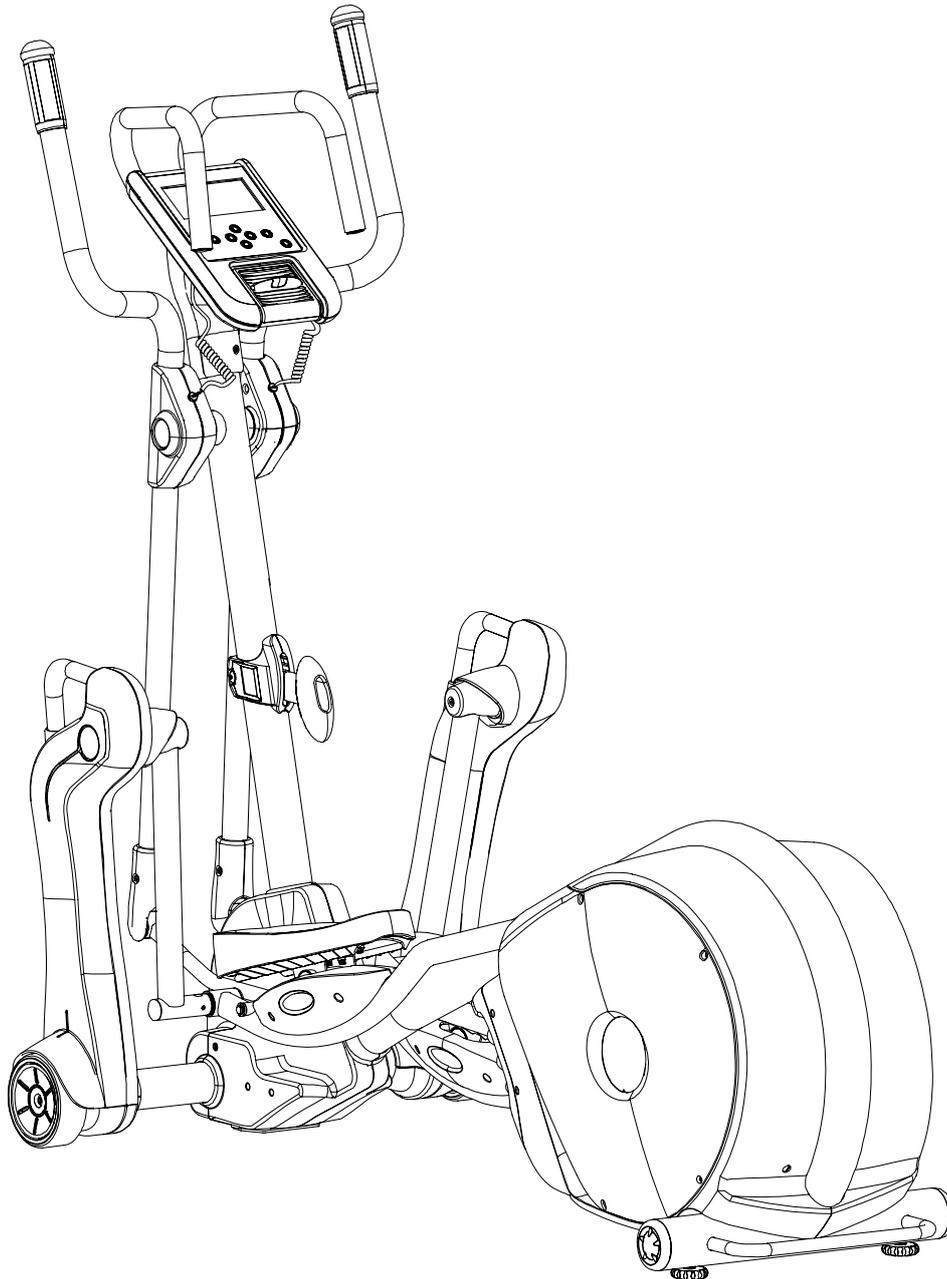


USER'S MANUAL

# SMOOTH CE 2.7 ELLIPTICAL TRAINER

MODEL NUMBER: CE2.7



USER WEIGHT LIMITATION: **300 lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (Found on Frame):



## CE2.7 Elliptical Trainer

**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 Elliptical Trainer.

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:**

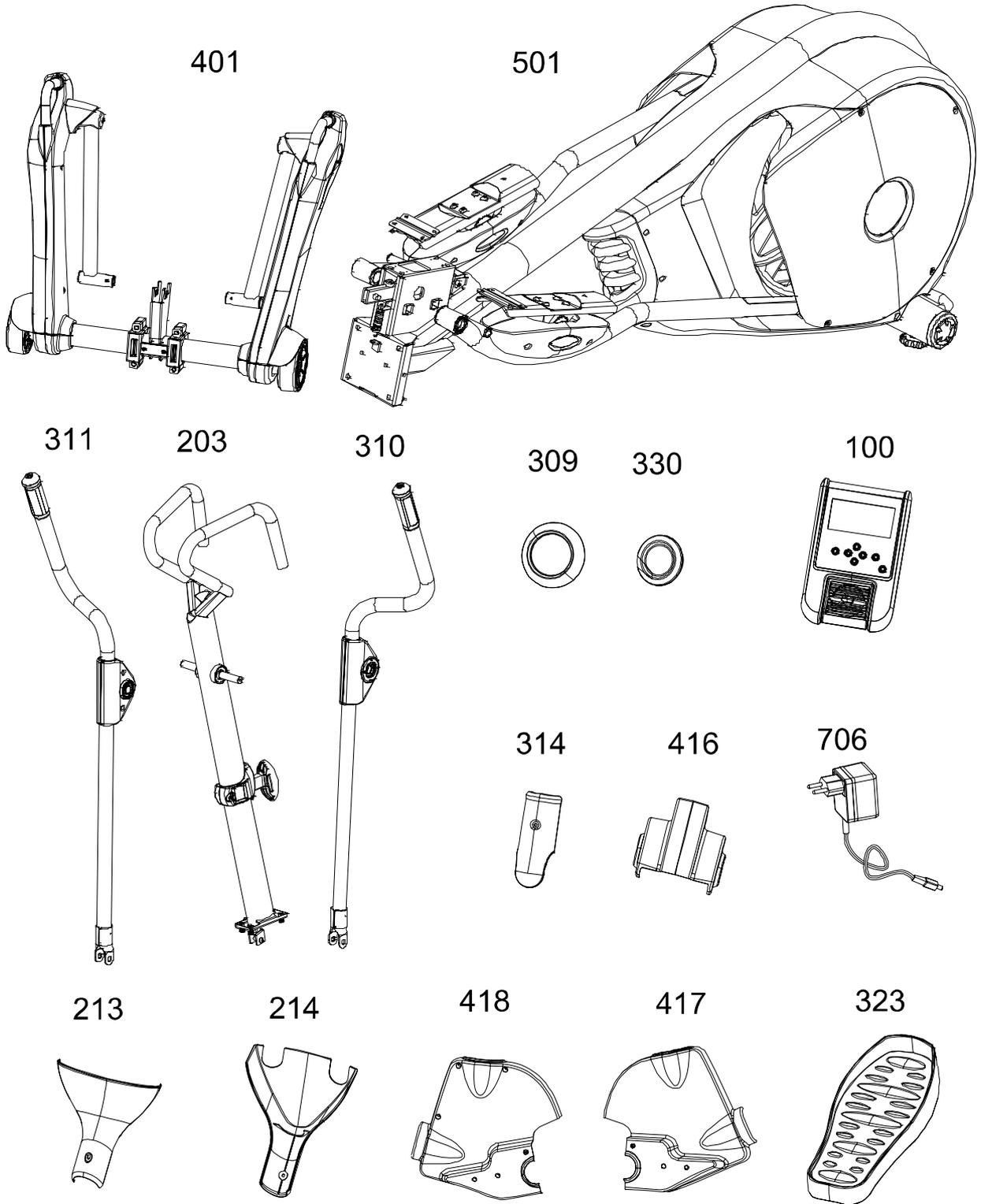
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

**User Weight Limitation:**

Please note that there is a weight limitation for this product. **If you weigh more than 300lbs. 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.

CE2.7 Elliptical Trainer

**CHECK LIST**



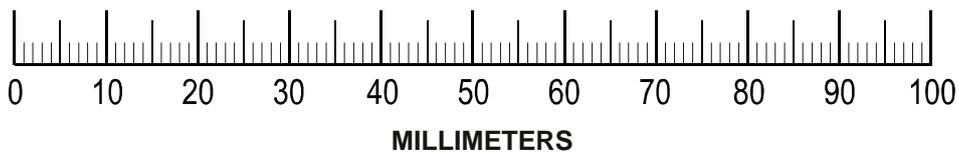
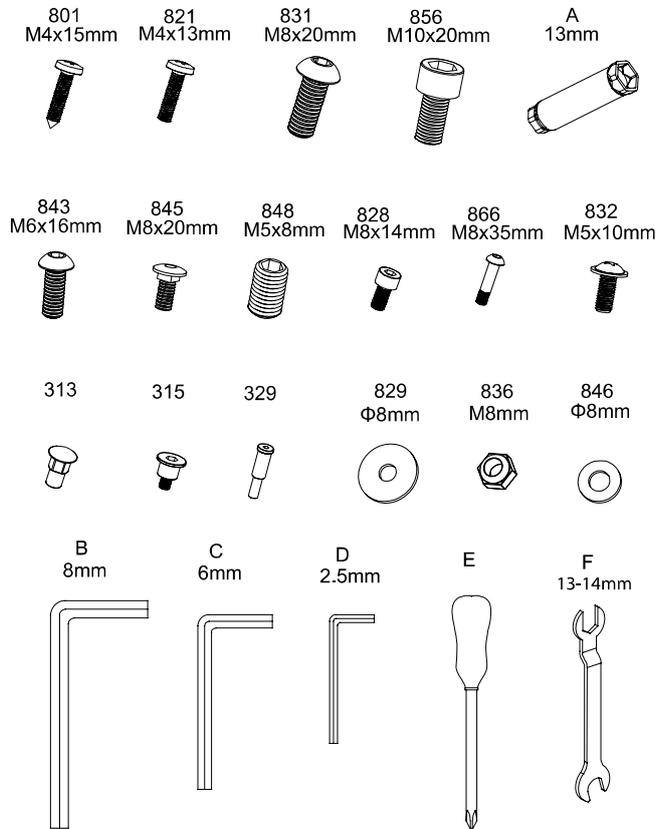
CE2.7 Elliptical Trainer

**HARDWARE COMPARISON CHART**

**Hardware chart:**

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

| NO. | DESCRIPTION                  | QTY. |
|-----|------------------------------|------|
| 801 | Φ4x15mm Screw                | 13   |
| 821 | Φ4x13mm Screw                | 2    |
| 828 | M8x16mm Allen Bolt           | 4    |
| 829 | Φ8x27 Washer                 | 2    |
| 831 | M8x20mm Allen Head Cap Bolt  | 2    |
| 832 | M5x10mm Bolt                 | 4    |
| 836 | M8 Locknut                   | 8    |
| 843 | M6x16mm Allen Head Cap Bolt  | 8    |
| 845 | M8x20x14 mm Bolt             | 2    |
| 846 | Φ8x16 Washer                 | 3    |
| 848 | M5x8mm Allen Bolt            | 2    |
| 856 | M10x20mm Allen Head Cap Bolt | 4    |
| 866 | M8x35mm Allen Head Cap Bolt  | 1    |
| 313 | M8-16X26mm Bolt              | 2    |
| 315 | M8-16X22mm Bolt              | 2    |
| 329 | Pedal Fixing Axes            | 2    |
| A   | M13 Bushing Tool             | 1    |
| B   | 8mm Allen Key                | 1    |
| C   | 6mm Allen Key                | 1    |
| D   | 2.5mm Allen Key              | 1    |
| E   | Screwdriver                  | 1    |
| F   | Screw Wrench                 | 1    |



## CE2.7 Elliptical Trainer

**Part List-1**

| Part No.                            | Parts Description                 | Quantity | Order Number |
|-------------------------------------|-----------------------------------|----------|--------------|
| 100 COMPUTER                        |                                   | 1        | CE2.7-100    |
| 101                                 | Console-Upper                     | 1        |              |
| 102                                 | Console-Lower                     | 1        |              |
| 103                                 | Computer PC Board                 | 1        |              |
| 104                                 | Loudhailer Control Board          | 1        |              |
| 114                                 | Fan                               | 1        |              |
| 115                                 | Overlay                           | 1        |              |
| 116                                 | Console Top Cover                 | 1        |              |
| 200 UPRIGHT                         |                                   |          |              |
| 201                                 | Handlebar Foam                    | 2        | CE2.7-201    |
| 202                                 | handlebar End Cap                 | 2        | CE2.7-202    |
| 203                                 | Upright                           | 1        | CE2.7-203    |
| 204                                 | Incline Adjust Handle Cover-Left  | 1        | CE2.7-204    |
| 205                                 | Incline Adjust Handle Cover-Right | 1        | CE2.7-205    |
| 206                                 | Incline Adjust Handle Cover       | 1        | CE2.7-206    |
| 207                                 | Incline Adjust Handle             | 1        | CE2.7-207    |
| 208                                 | Incline Adjust Handle Fixing Axes | 1        | CE2.7-208    |
| 209                                 | Incline Adjust Tube               | 1        | CE2.7-209    |
| 210                                 | Incline Adjust Compages           | 1        | CE2.7-210    |
| 211                                 | Tighten Spring                    | 1        | CE2.7-211    |
| 212                                 | Cushion                           | 1        | CE2.7-212    |
| 213                                 | Upright Upper Cover-Front         | 1        | CE2.7-213    |
| 214                                 | Upright Upper Cover-Back          | 1        | CE2.7-214    |
| 215                                 | Water Bottle Holder               | 1        | CE2.7-215    |
| 300 ACTION HANDLEBAR AND PEDAL TUBE |                                   |          |              |
| 301                                 | Action Handlebar End Cap          | 2        | CE2.7-301    |
| 302                                 | Action Handlebar Foam             | 2        | CE2.7-302    |
| 303                                 | Hand Pulse Sensor                 | 2        | CE2.7-303    |
| 304                                 | Hand Pulse Sensor Cover           | 2        | CE2.7-304    |
| 305                                 | Bearing 6004ZZ                    | 4        | CE2.7-305    |
| 306                                 | Shaft Bush                        | 2        | CE2.7-306    |
| 307                                 | Action Handlebar Cover-LL         | 1        | CE2.7-307    |
| 308                                 | Action Handlebar Cover-LR         | 1        | CE2.7-308    |
| 309                                 | Action Handlebar Bushing Cover    | 2        | CE2.7-309    |
| 310                                 | Action Handlebar-Left             | 1        | CE2.7-310    |
| 311                                 | Action Handlebar -Right           | 1        | CE2.7-311    |
| 312                                 | Wire Protector                    | 2        | CE2.7-312    |
| 313                                 | M8-16X26mm Bolt                   | 2        | CE2.7-313    |
| 314                                 | Swing Arm Lower Cover             | 4        | CE2.7-314    |
| 315                                 | M8-16X22mm Bolt                   | 2        | CE2.7-315    |

## CE2.7 Elliptical Trainer

**Part List-2**

| Part No.             | Parts Description                  | Quantity | Order Number |
|----------------------|------------------------------------|----------|--------------|
| 316                  | Swing Linkage Tube-Left            | 1        | CE2.7-316    |
| 317                  | Swing Linkage Tube-Right           | 1        | CE2.7-317    |
| 318                  | Pedal Arm- Left                    | 1        | CE2.7-318    |
| 319                  | Pedal Arm-Right                    | 1        | CE2.7-319    |
| 320                  | Pedal Fixing Base                  | 2        | CE2.7-320    |
| 321                  | Pedal Buffer Set                   | 2        | CE2.7-321    |
| 322                  | Pedal Support Base                 | 2        | CE2.7-322    |
| 323                  | Pedal                              | 2        | CE2.7-323    |
| 324                  | Pedal Soft Cushion                 | 2        | CE2.7-324    |
| 325                  | Pedal Side Cover                   | 4        | CE2.7-325    |
| 327                  | Swing Linkage Tube Bush            | 4        | CE2.7-327    |
| 328                  | Bearing Bushing                    | 4        | CE2.7-328    |
| 329                  | Pedal Fixing Axes                  | 2        | CE2.7-329    |
| 330                  | Pedal Arm Front Pivot Cover        | 2        | CE2.7-330    |
| 331                  | Bearing 608ZZ                      | 8        | CE2.7-331    |
| 332                  | Bearing 2203ZZ                     | 2        | CE2.7-332    |
| 333                  | Bearing 2201ZZ                     | 2        | CE2.7-333    |
| 334                  | Bearing 6002ZZ                     | 4        | CE2.7-334    |
| 335                  | Action Handlebar Cover-RL          | 2        | CE2.7-335    |
| 336                  | Action Handlebar Cover-RR          | 2        | CE2.7-336    |
| 337                  | Pedal Bumper-Front                 | 2        | CE2.7-337    |
| 338                  | Pedal Bumper-Rear                  | 2        | CE2.7-338    |
| 339                  | Pedal Pivot Bushing                | 2        | CE2.7-339    |
| 340                  | Pedal Bushing                      | 2        | CE2.7-340    |
| <b>400 SWING ARM</b> |                                    |          |              |
| 401                  | Incline Frame                      | 1        | CE2.7-401    |
| 402                  | Pedal Swing Arm Cover-LL           | 1        | CE2.7-402    |
| 404                  | Pedal Swing Arm Cover-LR           | 1        | CE2.7-403    |
| 405                  | Pedal Swing Arm Cover-RL           | 1        | CE2.7-404    |
| 403                  | Pedal Swing Arm Cover-RR           | 1        | CE2.7-405    |
| 406                  | Pedal Swing Arm Bottom Cover-Left  | 1        | CE2.7-406    |
| 407                  | Pedal Swing Arm Bottom Cover-Right | 1        | CE2.7-407    |
| 408                  | Transportation Wheel               | 2        | CE2.7-408    |
| 409                  | Transportation Wheel Bushing       | 4        | CE2.7-409    |
| 410                  | Pedal Swing Arm                    | 2        | CE2.7-410    |
| 411                  | Pedal Swing Arm End Cap            | 2        | CE2.7-411    |
| 412                  | Pedal Swing Arm Cover-Upper        | 2        | CE2.7-412    |
| 413                  | Swing Arm Bearing Bush             | 2        | CE2.7-413    |
| 414                  | Incline Frame Localizer            | 1        | CE2.7-414    |
| 415                  | Bearing 6205ZZ                     | 4        | CE2.7-415    |
| 416                  | Incline Frame Cover-Front          | 1        | CE2.7-416    |

## CE2.7 Elliptical Trainer

**Part List-3**

| Part No.              | Parts Description              | Quantity | Order Number |
|-----------------------|--------------------------------|----------|--------------|
| 417                   | Incline Frame Cover-Left       | 1        | CE2.7-417    |
| 418                   | Incline Frame Cover-Right      | 1        | CE2.7-418    |
| 419                   | Incline Frame Holder-Front     | 2        | CE2.7-419    |
| 420                   | Incline Frame Holder-Back      | 2        | CE2.7-420    |
| <b>500 MAIN FRAME</b> |                                |          |              |
| 501                   | Main Frame                     | 1        | CE2.7-501    |
| 502                   | Crank Disk Fixing Plate        | 1        | CE2.7-502    |
| 503                   | Crank Disk                     | 1        | CE2.7-503    |
| 504                   | Crank Axle Bushing             | 2        | CE2.7-504    |
| 505                   | Crank                          | 1        | CE2.7-505    |
| 506                   | Crank Disk Axle                | 1        | CE2.7-506    |
| 507                   | Pedal Arm Eccentric Shaft      | 2        | CE2.7-507    |
| 508                   | Rear Stabilizer Cap            | 2        | CE2.7-508    |
| 509                   | Belt                           | 1        | CE2.7-509    |
| 510                   | Rear Stabilizer Adjust Cushion | 2        | CE2.7-510    |
| 511                   | Flywheel Axle Stator           | 1        | CE2.7-511    |
| 512                   | Motor Set                      | 1        | CE2.7-512    |
| 513                   | Magnet Set                     | 1        | CE2.7-513    |
| 514                   | Speed Sensor                   | 1        | CE2.7-514    |
| 515                   | Flywheel Assembly Set          | 1        | CE2.7-515    |
| 516                   | Flywheel Axle                  | 1        | CE2.7-516    |
| 517                   | Tension Wheel Bracket          | 1        | CE2.7-517    |
| 518                   | Magnet Bracket Shaft           | 1        | CE2.7-518    |
| 519                   | Spring                         | 1        | CE2.7-519    |
| 520                   | Bearing 6300ZZ                 | 4        | CE2.7-520    |
| 521                   | Bearing 6500ZZ                 | 2        | CE2.7-521    |
| <b>600 MAIN COVER</b> |                                |          |              |
| 601                   | Main Frame Cover-Left          | 1        | CE2.7-601    |
| 602                   | Main Frame Cover-Right         | 1        | CE2.7-602    |
| 603                   | Main Frame Outside Cover-Left  | 1        | CE2.7-603    |
| 604                   | Main Frame Outside Cover-Right | 1        | CE2.7-604    |
| 605                   | Main Frame Cover-Front         | 1        | CE2.7-605    |
| 606                   | Fixing Clamp                   | 8        | CE2.7-606    |
| 607                   | Internal Power Wire            | 1        | CE2.7-607    |
| <b>700 WIRE</b>       |                                |          |              |
| 701                   | 7Pin Wire-Upper                | 1        | CE2.7-701    |
| 702                   | Handpulse wier- Upper          | 2        | CE2.7-702    |
| 703                   | 7Pin Wire-Middle               | 1        | CE2.7-703    |
| 704                   | Handpulse wier- Lower          | 2        | CE2.7-704    |
| 705                   | 7Pin Wire-Lower                | 1        | CE2.7-705    |
| 706                   | Adaptor                        | 1        | CE2.7-706    |
| 707                   | Handpulse Connect Wire         | 2        | CE2.7-707    |

## CE2.7 Elliptical Trainer

**Part List-4**

| Part No.            | Parts Description            | Quantity | Order Number |
|---------------------|------------------------------|----------|--------------|
| <b>800 FASTENER</b> |                              |          |              |
| 801                 | Φ4x15mm Screw                | 24       | CE2.7-801    |
| 802                 | Φ4x19mm Screw                | 14       | CE2.7-802    |
| 803                 | Φ12 Snap link                | 3        | CE2.7-803    |
| 804                 | Φ12x20 PU Cushion            | 2        | CE2.7-804    |
| 805                 | Φ12 Plastic Washer           | 2        | CE2.7-805    |
| 806                 | M4x12mm Screw                | 12       | CE2.7-806    |
| 807                 | Φ32 Snap link                | 2        | CE2.7-807    |
| 808                 | Φ6x12-9x2 Plastic Insert     | 6        | CE2.7-808    |
| 809                 | M8x12mm Allen Head Cap Bolt  | 3        | CE2.7-809    |
| 810                 | M10x37mm Allen Head Cap Bolt | 2        | CE2.7-810    |
| 811                 | M6x12mm Allen Head Cap Bolt  | 4        | CE2.7-811    |
| 812                 | Φ6.5x30 Washer               | 2        | CE2.7-812    |
| 813                 | Φ10.6x20.5 Washer            | 2        | CE2.7-813    |
| 814                 | M8x8mm Allen Bolt            | 2        | CE2.7-814    |
| 815                 | Tension Pulley Bracket       | 2        | CE2.7-815    |
| 816                 | Φ10x18Washer                 | 2        | CE2.7-816    |
| 817                 | M10 Nut                      | 2        | CE2.7-817    |
| 819                 | M4x40mm Screw                | 1        | CE2.7-819    |
| 820                 | M4 Nut                       | 1        | CE2.7-820    |
| 821                 | Φ4x13mm Screw                | 2        | CE2.7-821    |
| 822                 | M8x27mm Allen Head Cap Bolt  | 1        | CE2.7-822    |
| 823                 | M6x38mm Bolt                 | 1        | CE2.7-823    |
| 824                 | M5 Locknut                   | 1        | CE2.7-824    |
| 825                 | M12 Nut                      | 1        | CE2.7-825    |
| 826                 | Φ10x26Washer                 | 2        | CE2.7-826    |
| 827                 | 5X15mm Screw                 | 2        | CE2.7-827    |
| 828                 | M8x16mm Allen Bolt           | 4        | CE2.7-828    |
| 829                 | Φ8x27 Washer                 | 2        | CE2.7-829    |
| 830                 | Φ8x14 Spring Washer          | 2        | CE2.7-830    |
| 831                 | M8x20mm Allen Head Cap Bolt  | 2        | CE2.7-831    |
| 832                 | M5x10mm Bolt                 | 9        | CE2.7-832    |
| 833                 | M4x15mm Screw                | 4        | CE2.7-833    |
| 834                 | M8x90mm Allen Head Cap Bolt  | 4        | CE2.7-834    |
| 835                 | Φ8x23mm Washer               | 2        | CE2.7-835    |
| 836                 | M8 Locknut                   | 8        | CE2.7-836    |
| 837                 | M8x20mm Bolt                 | 4        | CE2.7-837    |
| 838                 | Φ6 Spring Washer             | 2        | CE2.7-838    |
| 839                 | Φ42 Snap Link                | 2        | CE2.7-839    |
| 840                 | Φ6x12-9x3 Plastic Insert     | 7        | CE2.7-840    |

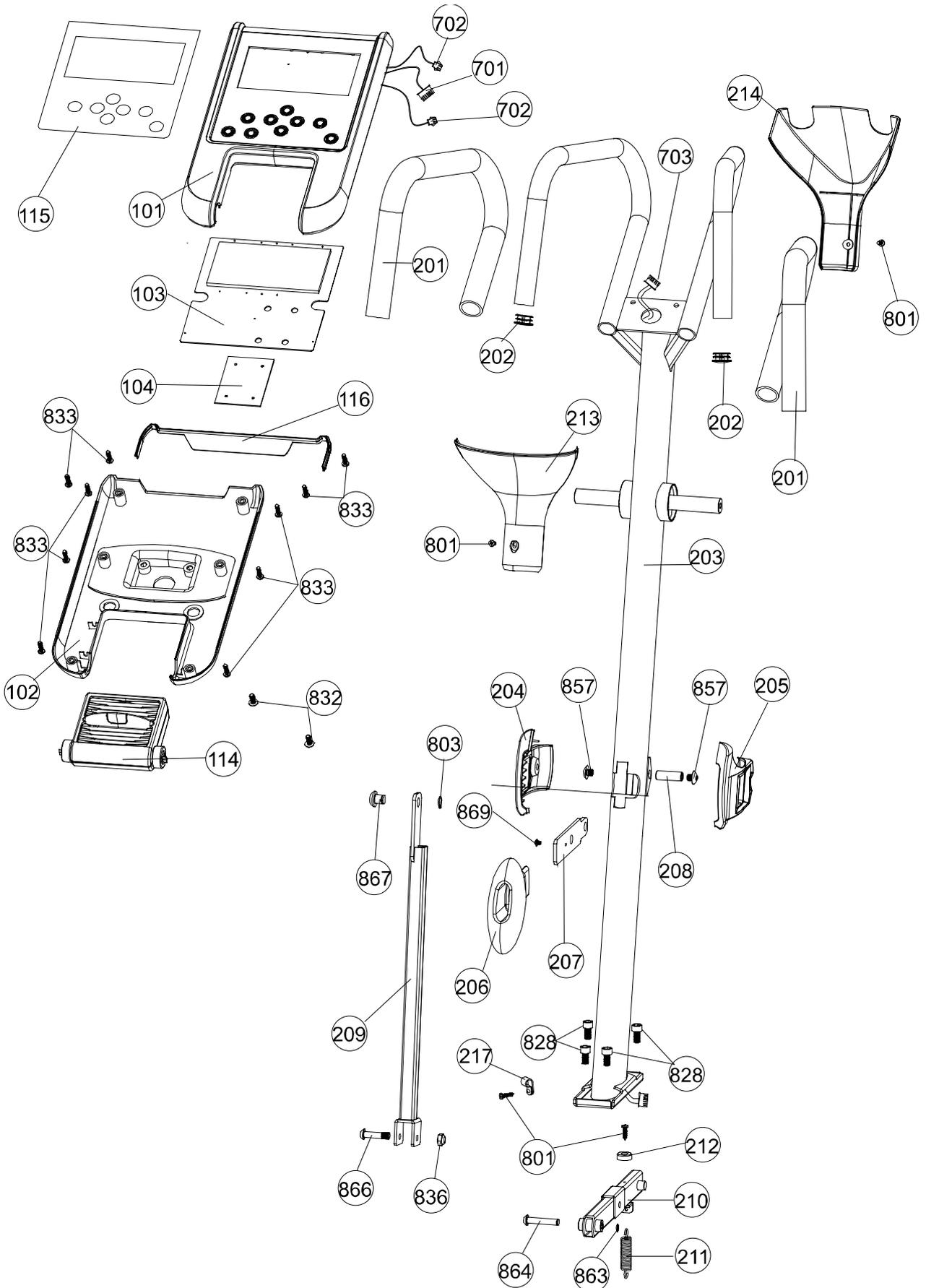
## CE2.7 Elliptical Trainer

**Part List-5**

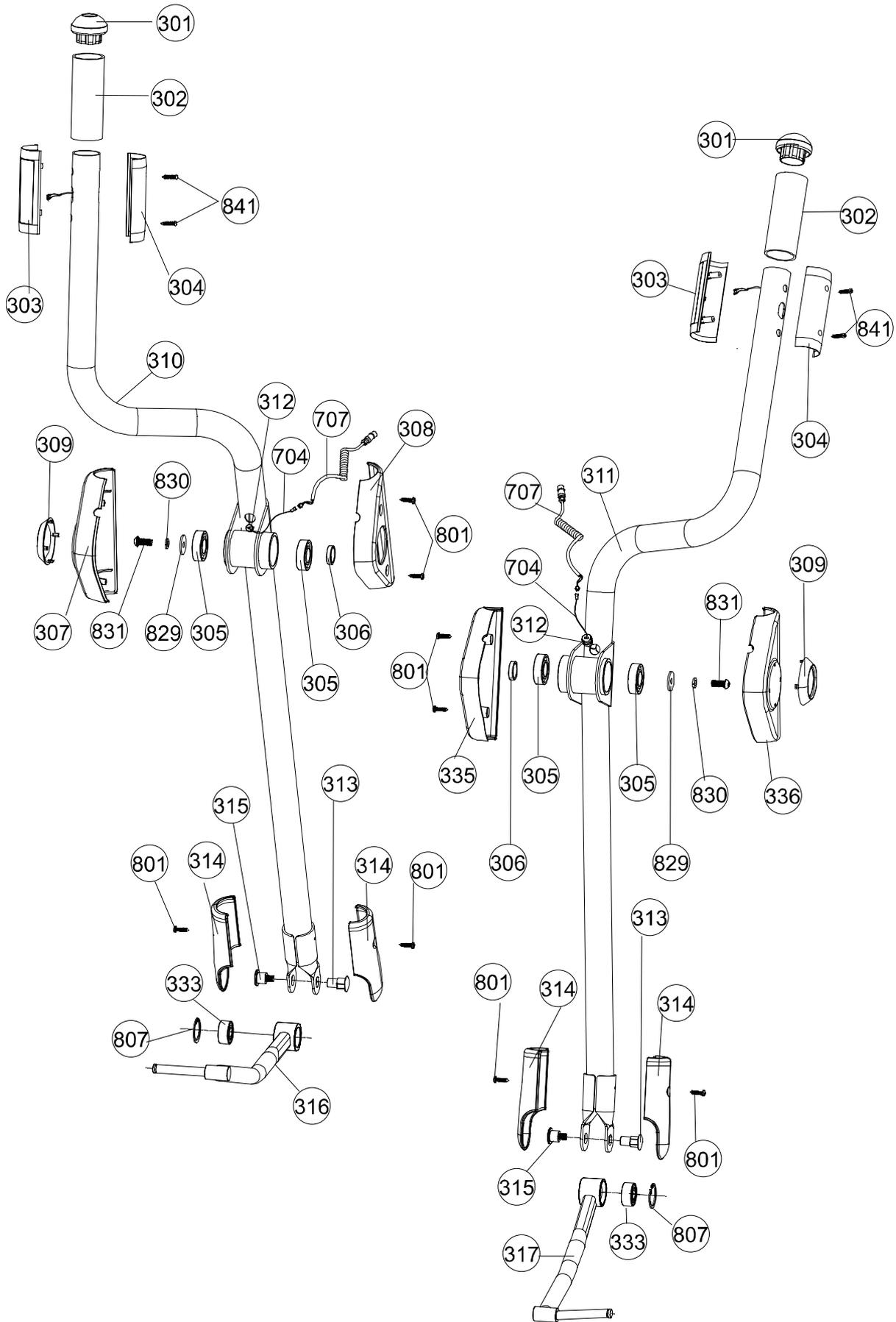
| Part No. | Parts Description                  | Quantity | Order Number |
|----------|------------------------------------|----------|--------------|
| 841      | Φ3x14mm Screw                      | 4        | CE2.7-841    |
| 842      | M5x10mm Allen Head Cap Bolt        | 4        | CE2.7-842    |
| 843      | M6x16mm Allen Head Cap Bolt        | 8        | CE2.7-843    |
| 844      | M8X15mm Allen Head Cap Bolt        | 16       | CE2.7-844    |
| 845      | M8x20x14 mm Bolt                   | 2        | CE2.7-845    |
| 846      | Φ8x16 Washer                       | 2        | CE2.7-846    |
| 847      | Φ14x35 Washer                      | 2        | CE2.7-847    |
| 848      | M5x8mm Allen Bolt                  | 2        | CE2.7-848    |
| 849      | M10x20mm Allen Head Cap Bolt       | 4        | CE2.7-849    |
| 850      | Φ10x16 Washer                      | 2        | CE2.7-850    |
| 851      | M5x25mm Allen Head Cap Bolt        | 1        | CE2.7-851    |
| 852      | Φ16x25 Washer                      | 4        | CE2.7-852    |
| 854      | M6x15mm Allen Head Cap Bolt        | 2        | CE2.7-854    |
| 855      | M10x35mm Allen Head Cap Bolt       | 4        | CE2.7-855    |
| 856      | M10x20mm Allen Head Cap Bolt       | 4        | CE2.7-856    |
| 857      | M8x8mm Allen Bolt                  | 2        | CE2.7-857    |
| 858      | M6x10mm Bolt                       | 1        | CE2.7-858    |
| 859      | 6.4x12.6x1 Washer                  | 1        | CE2.7-859    |
| 860      | Φ9.5 Snap link                     | 1        | CE2.7-860    |
| 861      | M8x30mm Bolt                       | 2        | CE2.7-861    |
| 862      | Φ10x20Washer                       | 2        | CE2.7-862    |
| 863      | Φ8 Snap link                       | 1        | CE2.7-863    |
| 864      | Incline Adjust Tube Connector      | 1        | CE2.7-864    |
| 866      | M8x35mm Allen Head Cap Bolt        | 1        | CE2.7-866    |
| 867      | Incline Adjust Compages Axes       | 1        | CE2.7-867    |
| 869      | Φ4x5mm Screw                       | 1        | CE2.7-869    |
| 870      | Φ6x12-9x2 Plastic and Metal Insert | 4        | CE2.7-870    |
| UM       | User Manual                        | 1        | CE2.7-UM     |
| HK       | Hardware Kit                       | 1        | CE2.7-HK     |

CE2.7 Elliptical Trainer

**PARTS DIAGRAM-1**

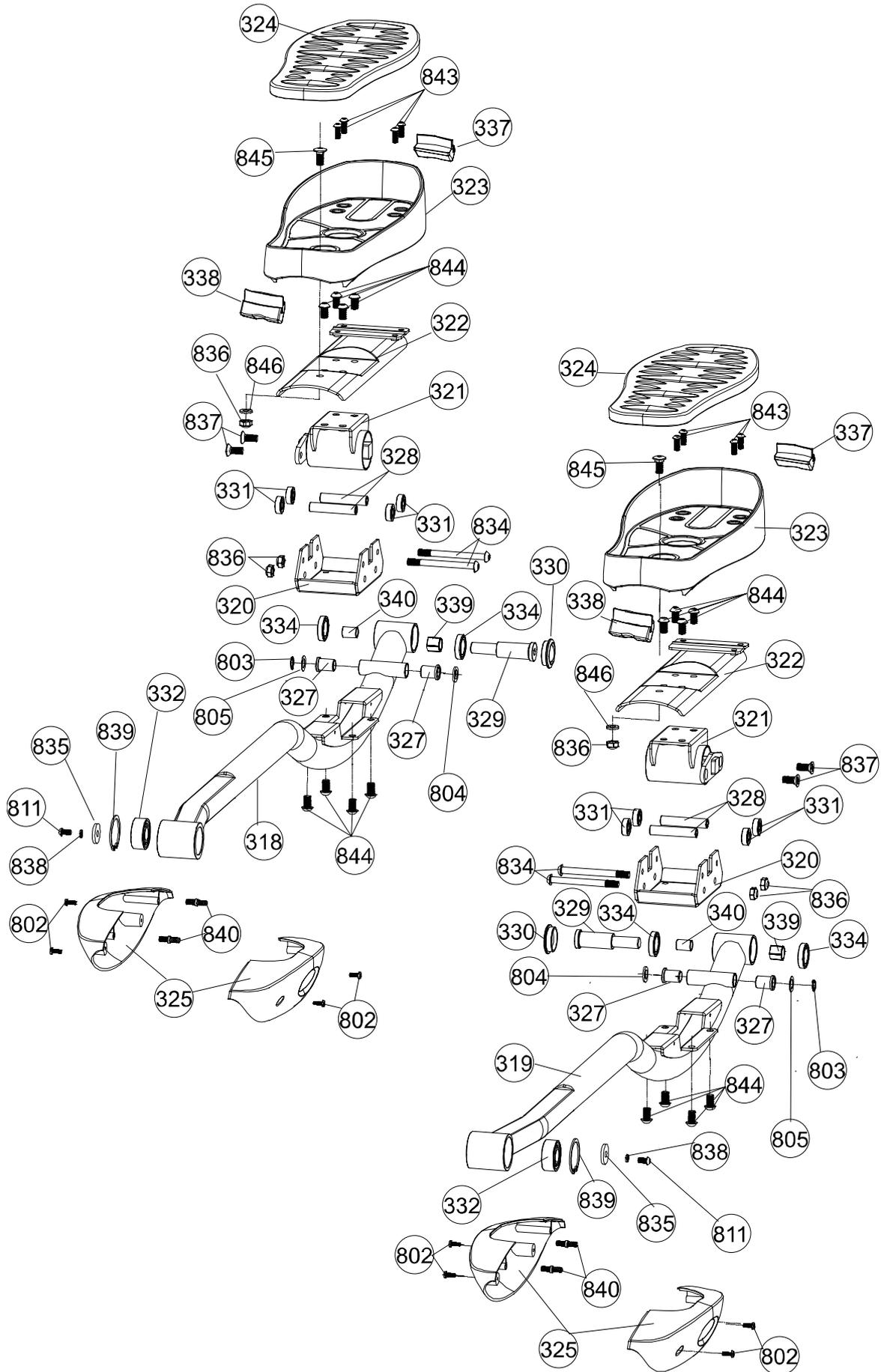


CE2.7 Elliptical Trainer  
**PARTS DIAGRAM-2**

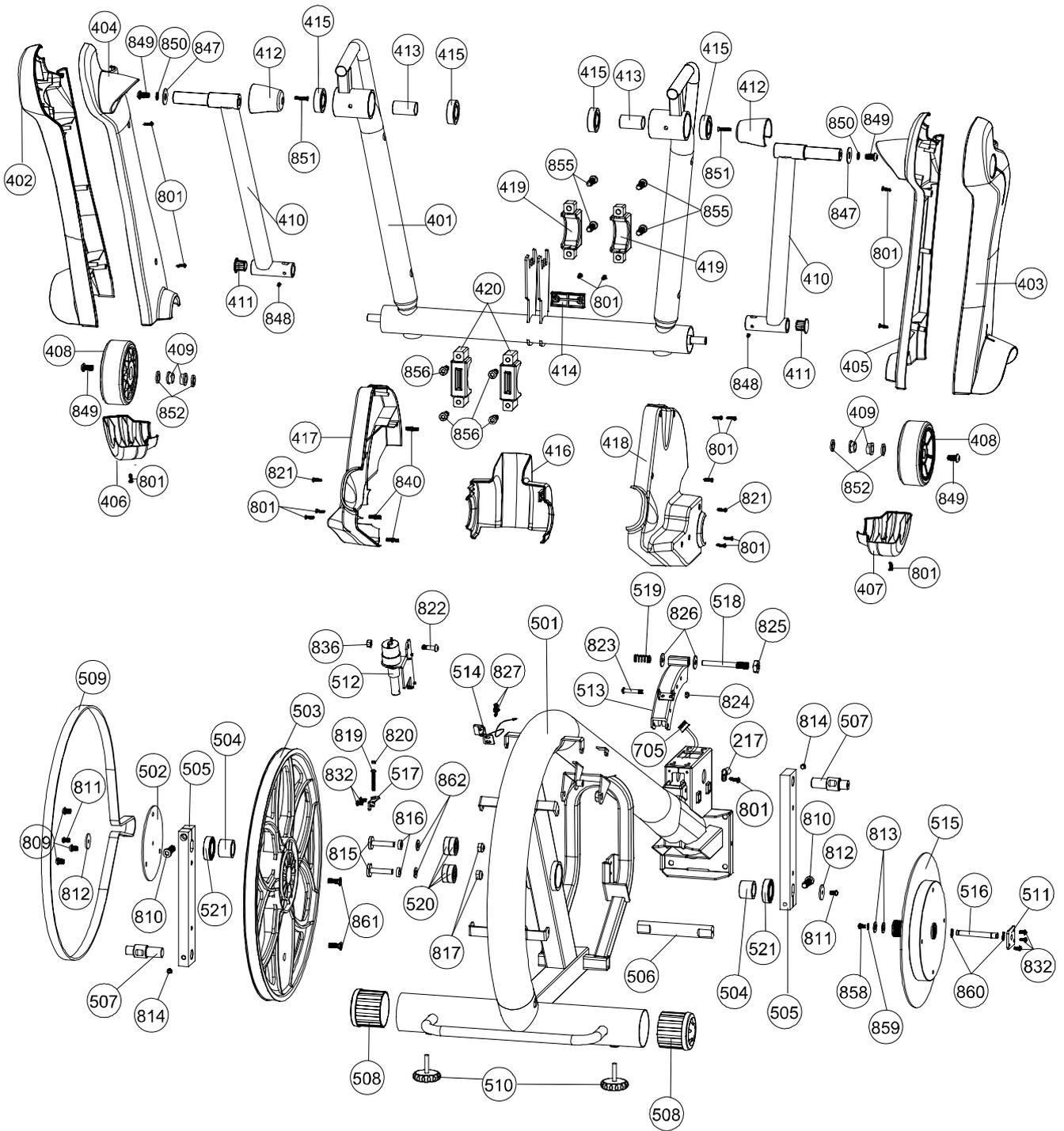


CE2.7 Elliptical Trainer

**PARTS DIAGRAM-3**

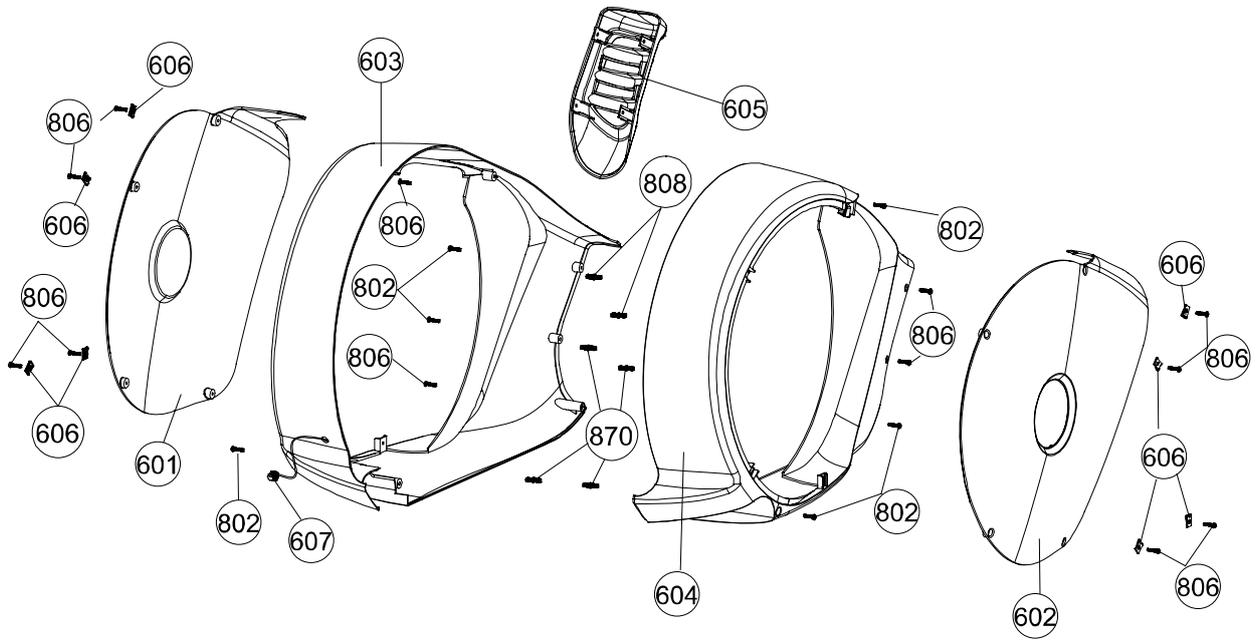


CE2.7 Elliptical Trainer  
**PARTS DIAGRAM-4**



CE2.7 Elliptical Trainer

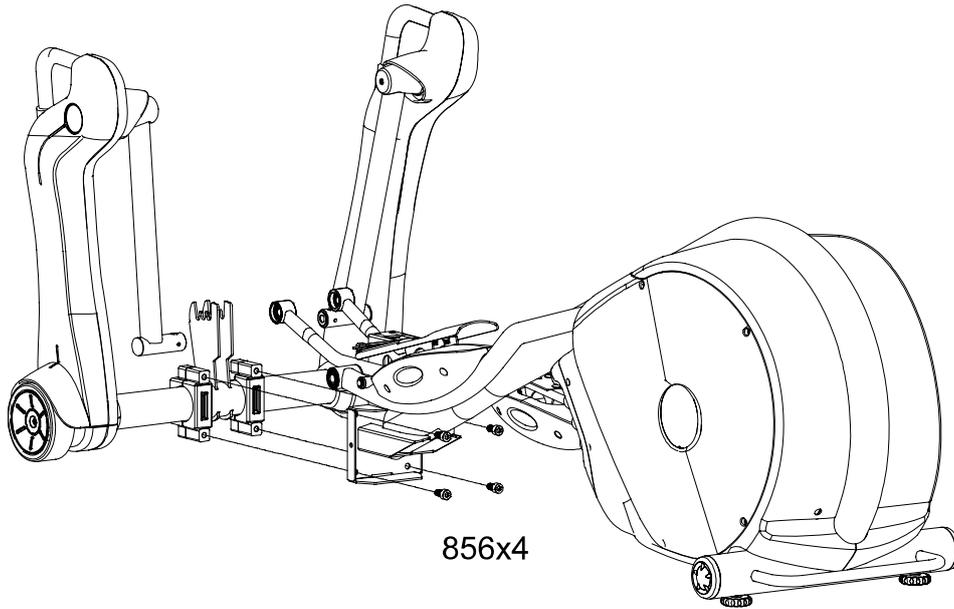
**PARTS DIAGRAM-5**



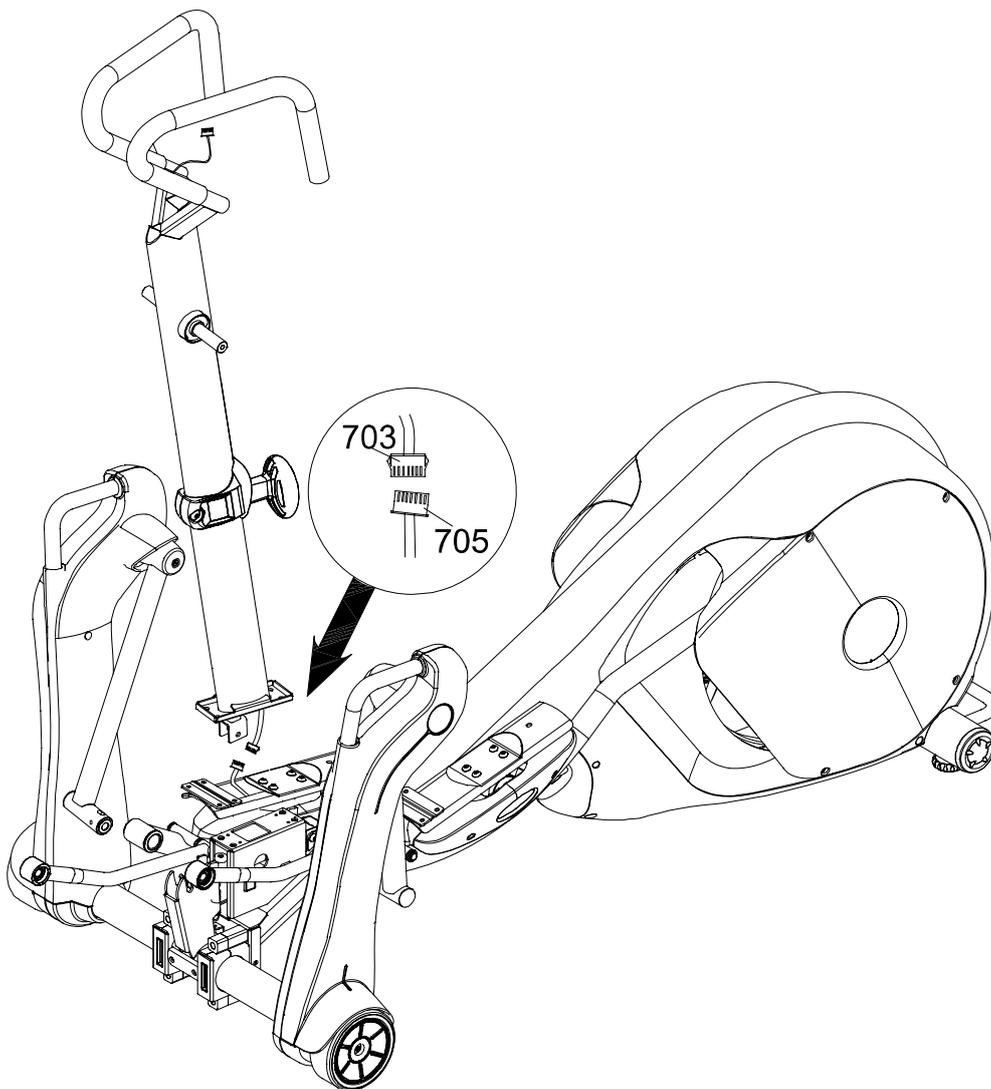
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 1:**



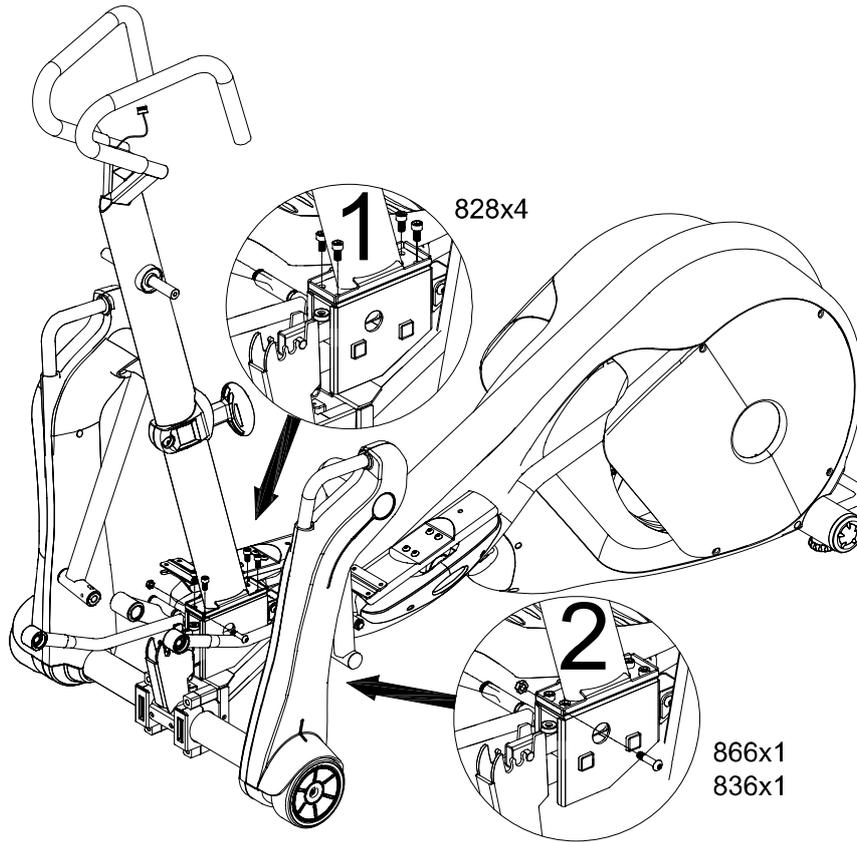
**STEP 2:**



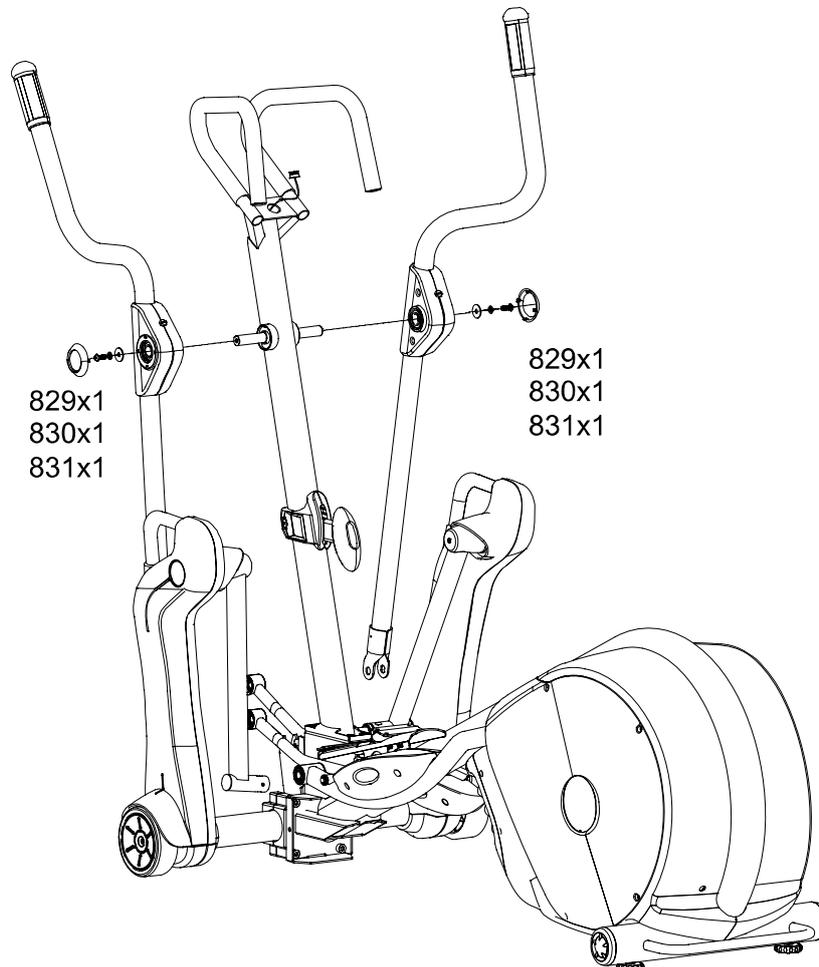
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 3:**



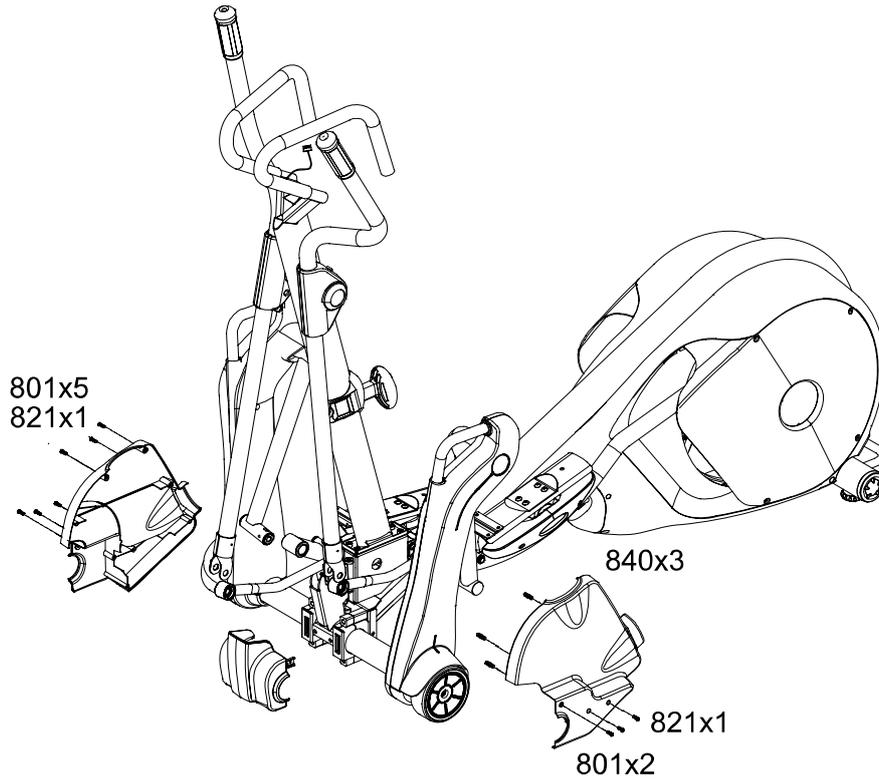
**STEP 4:**



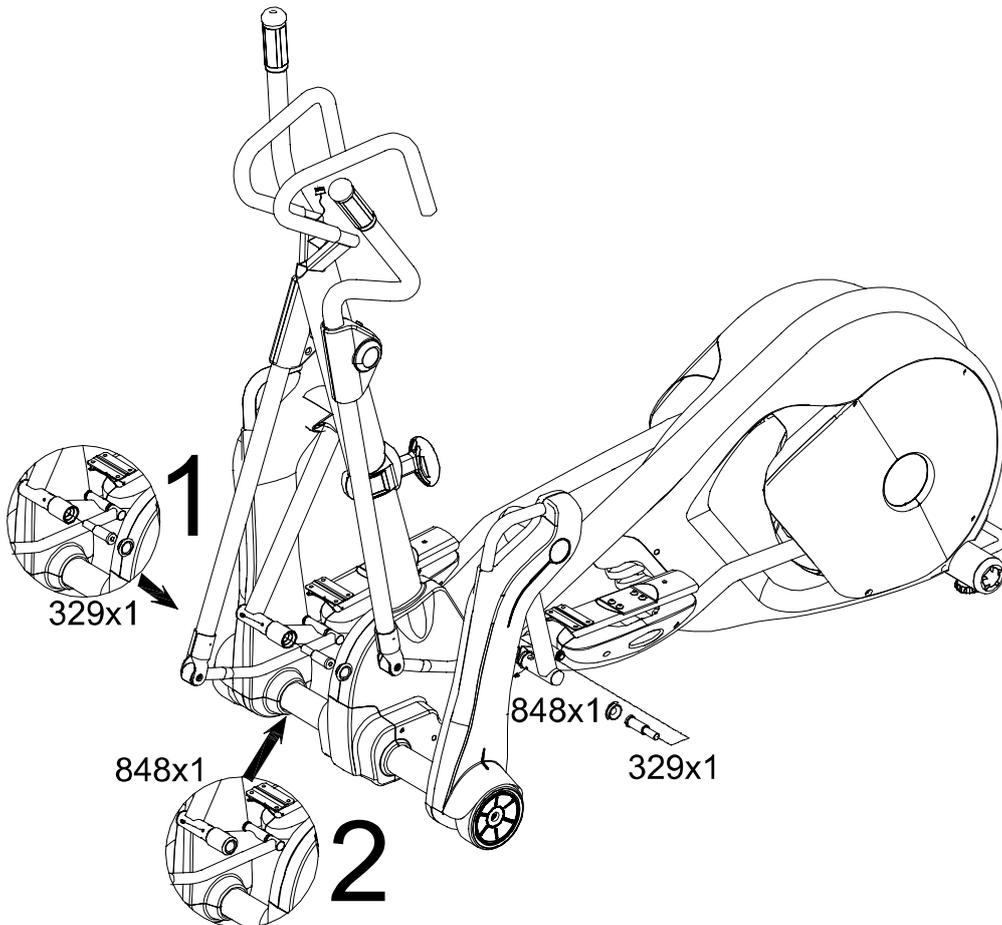
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 5:**



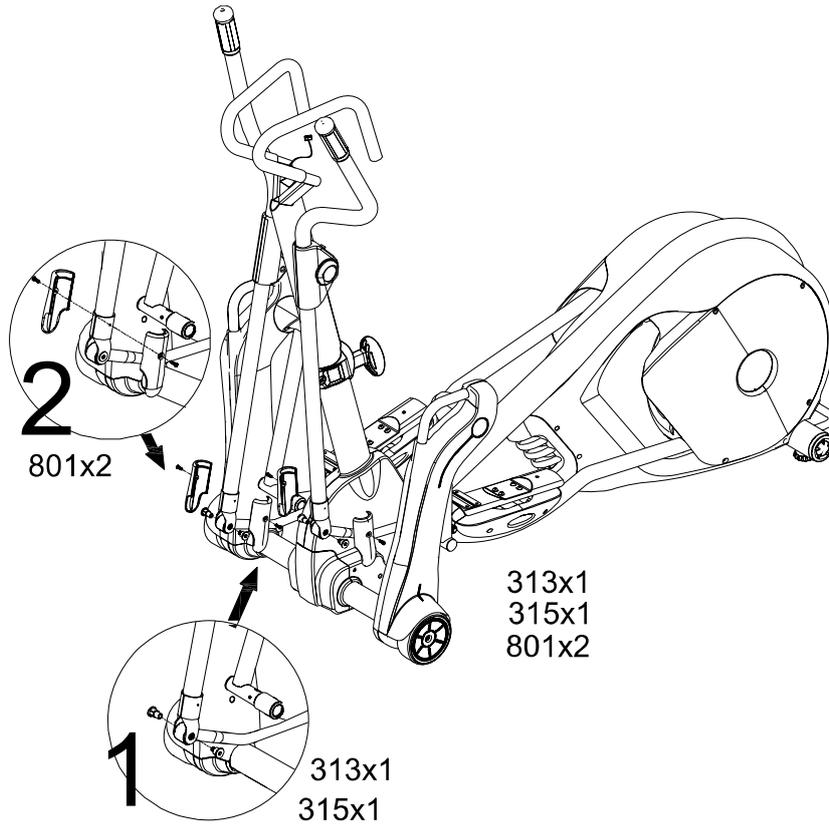
**STEP 6:**



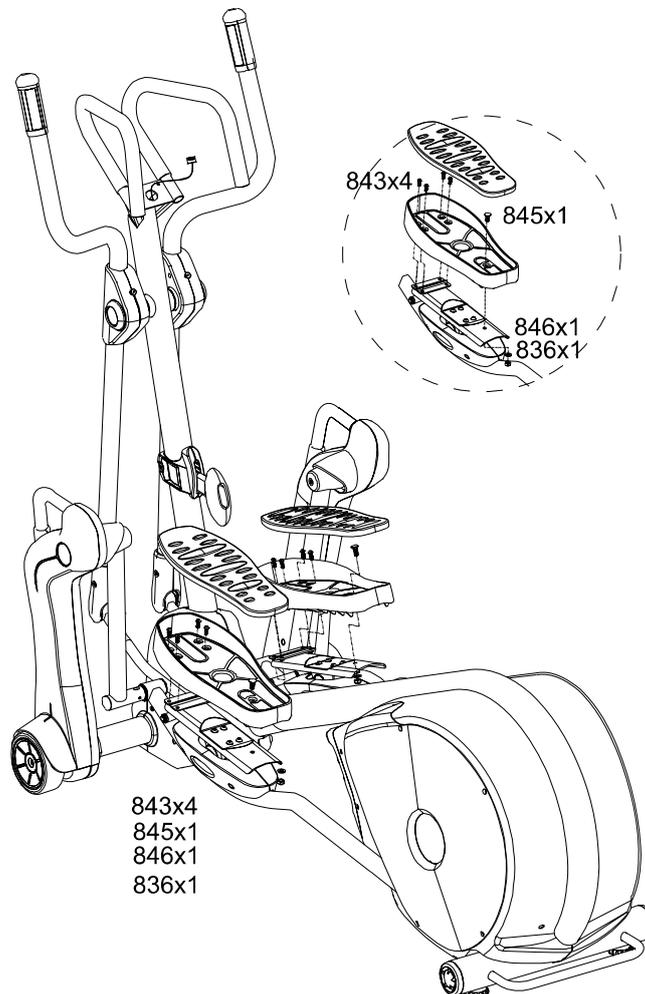
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 7:**



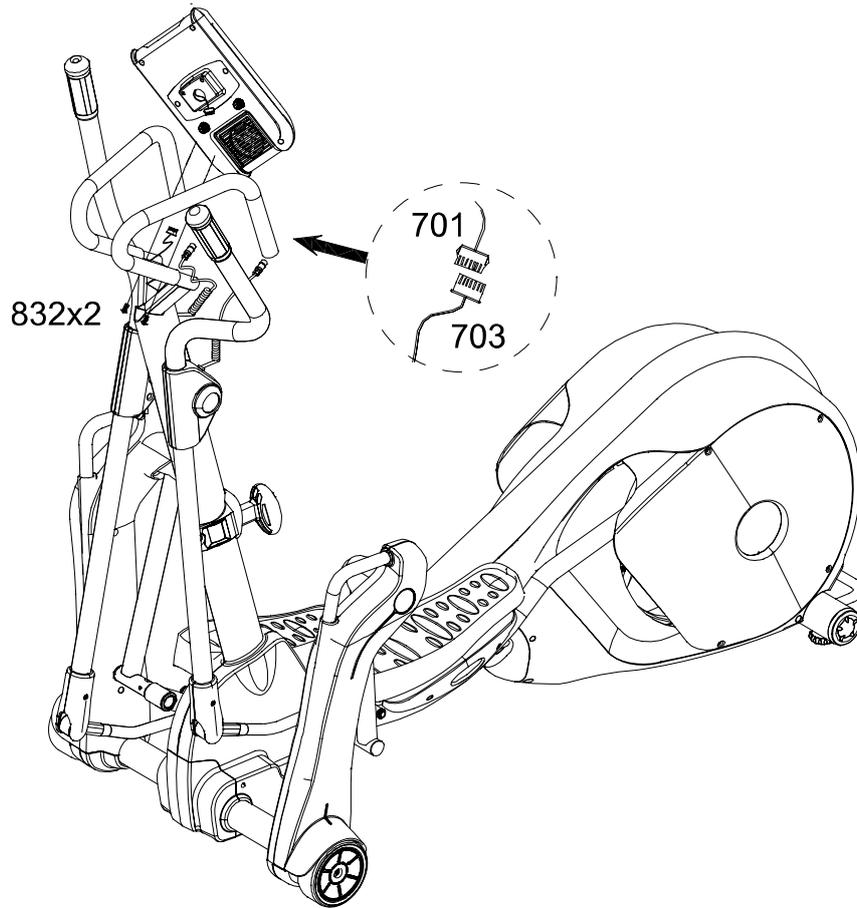
**STEP 8:**



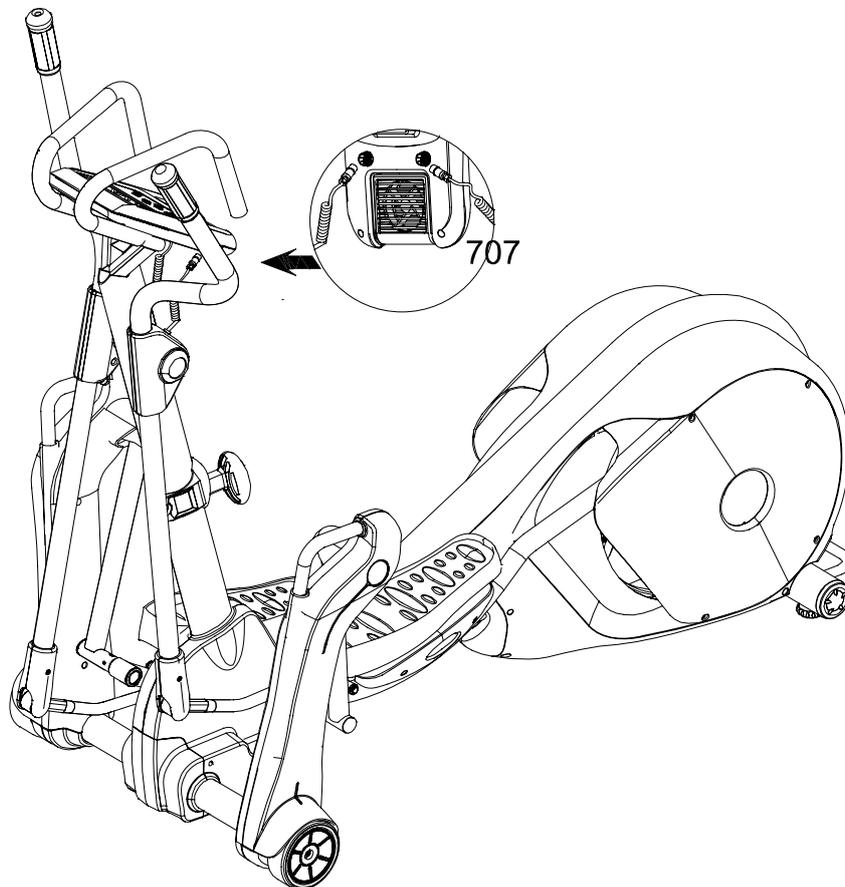
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 9:**



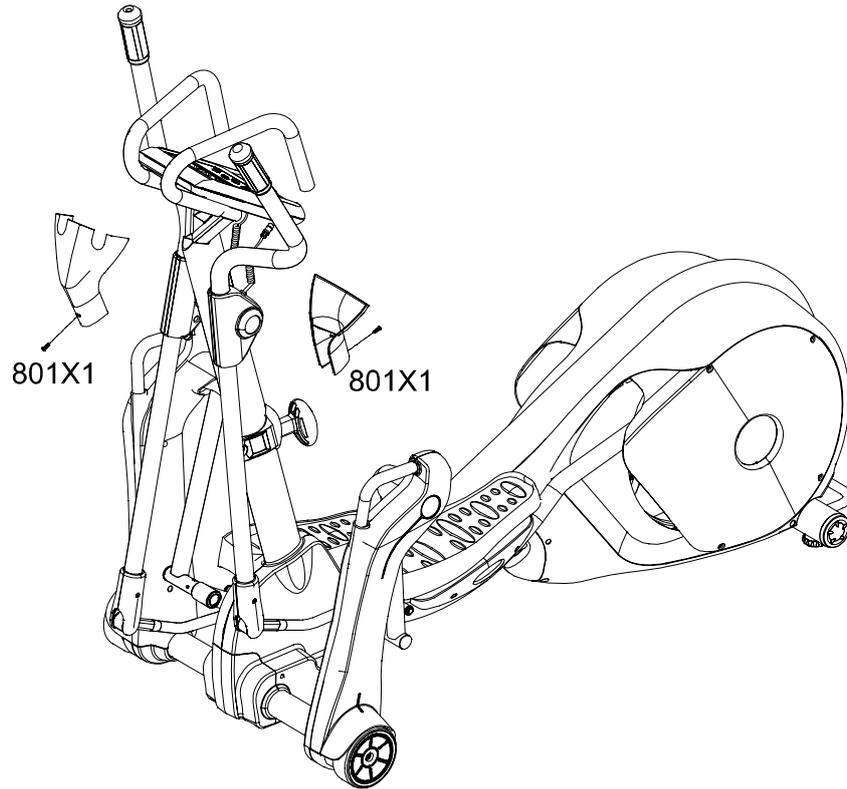
**STEP 10:**



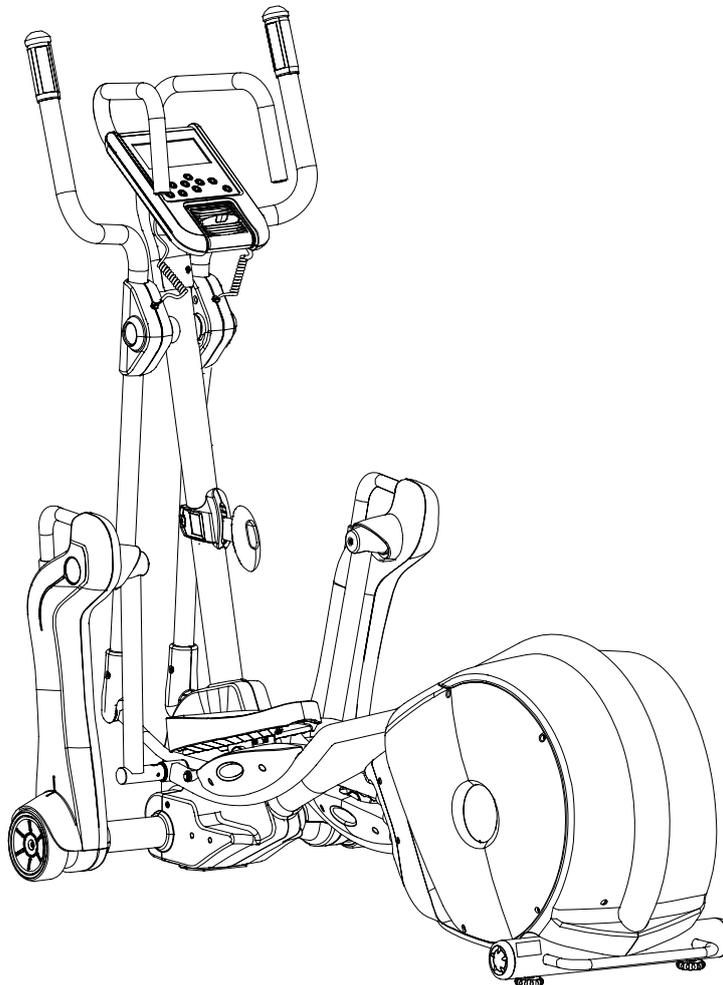
CE2.7 Elliptical Trainer

**ASSEMBLY**

**STEP 11:**



**STEP 12:** Congratulation your ce2.7 elliptical trainer is fully assembled now

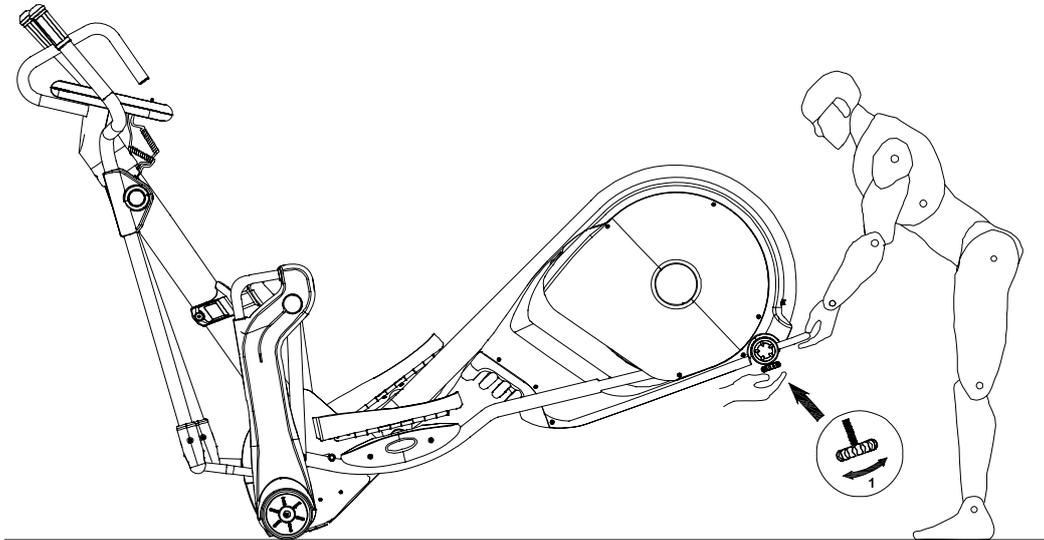


CE2.7 Elliptical Trainer

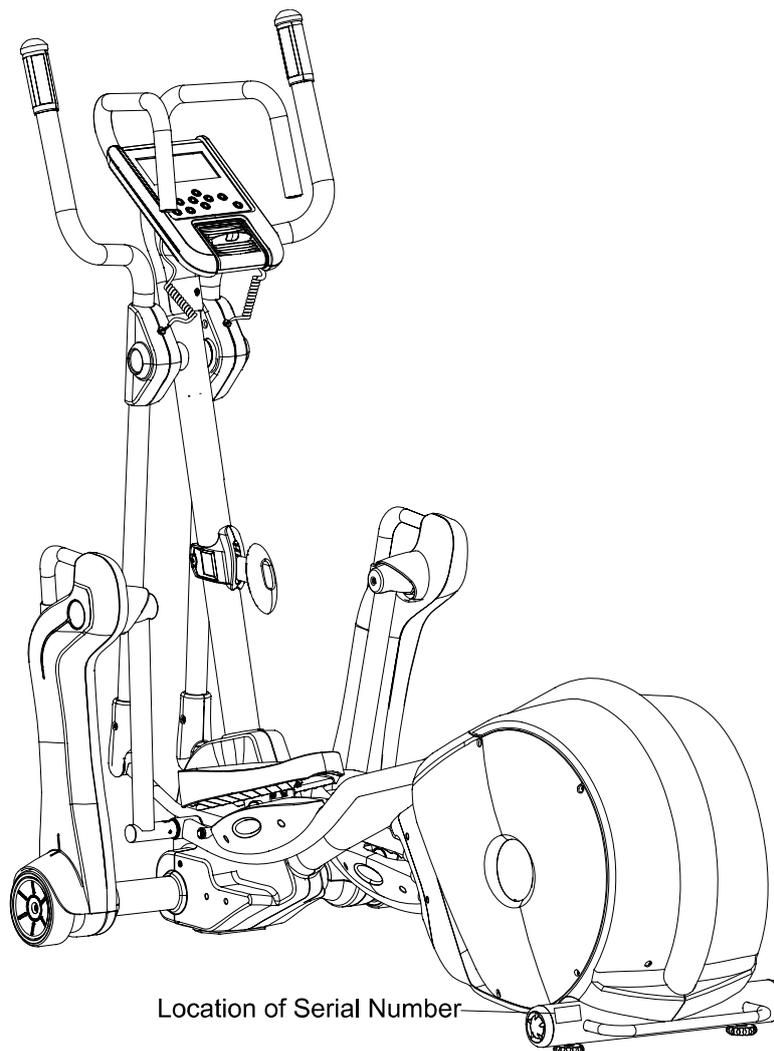
**LEVEL ADJUSTMENT**

**LEVEL ADJUSTMENT:**

To adjust the level of the CE 3.7 Elliptical Trainer simply rotate the Level Adjusters right or left to move them in or out of the Rear Stabilizers Tube.



**Serial Number Sticker:**

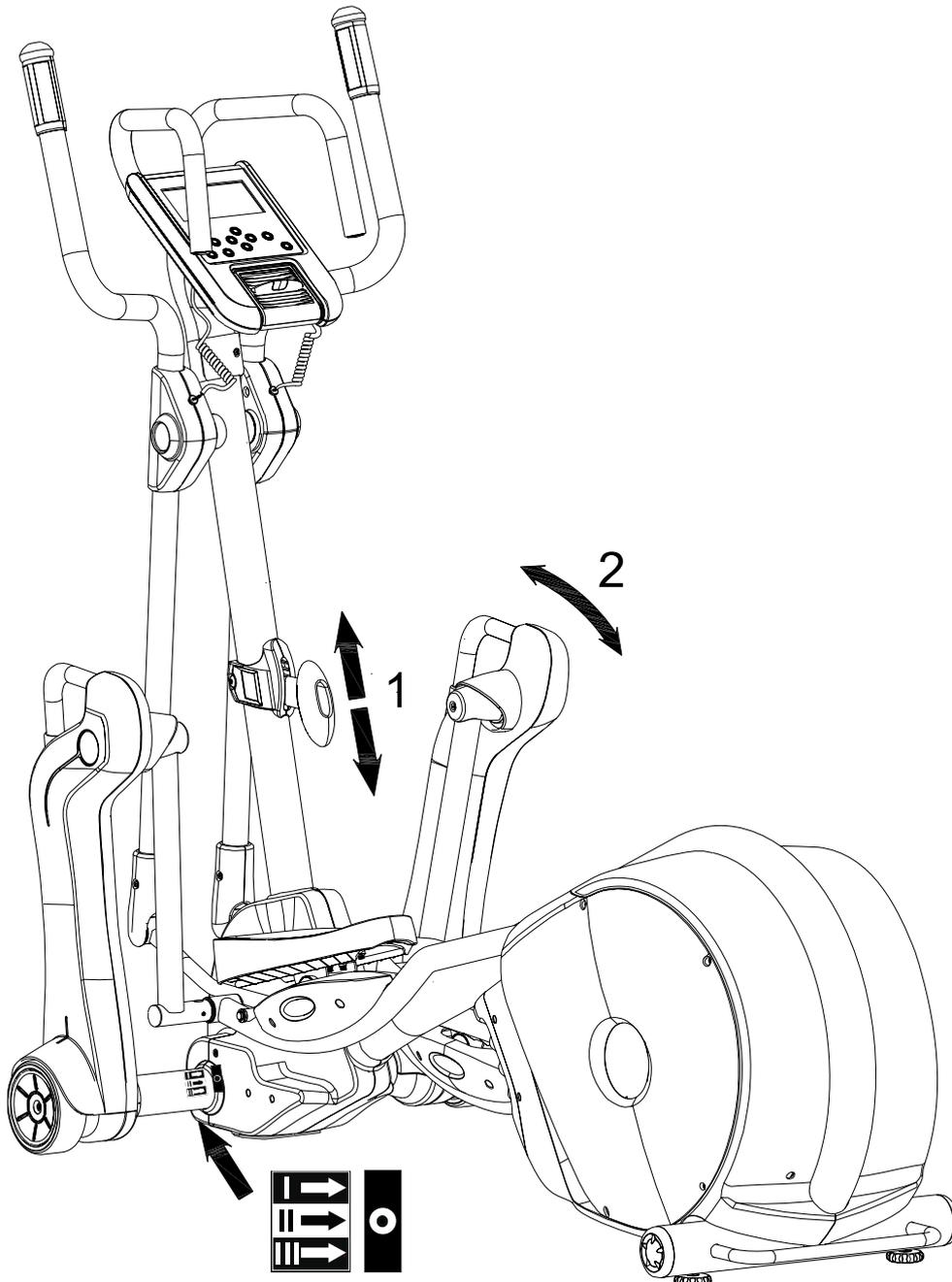


**LEVEL ADJUSTMENT**

**SWING ARM INCLINE ADJUSTMENT:**

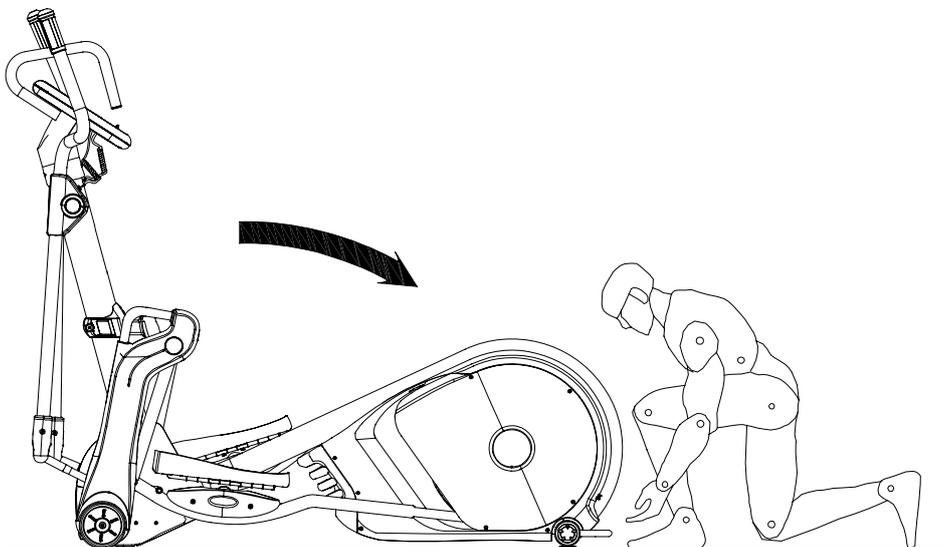
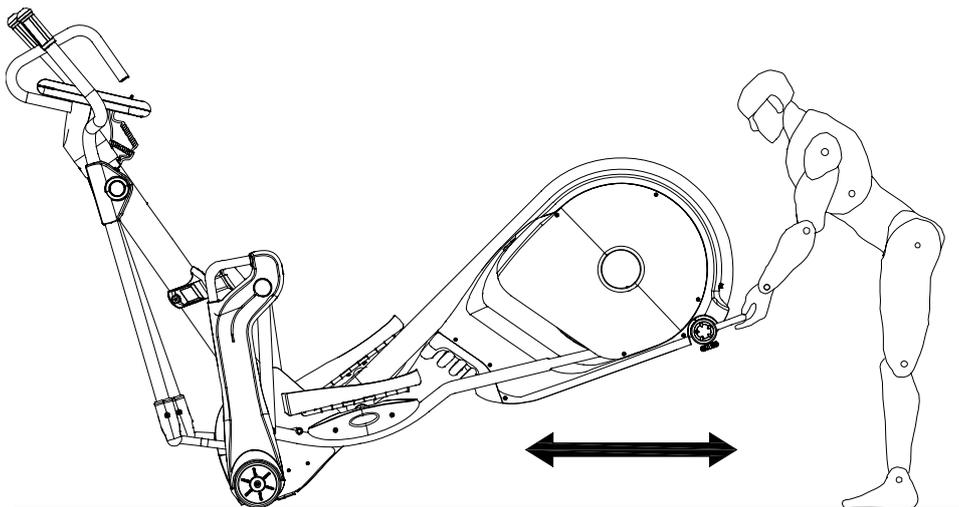
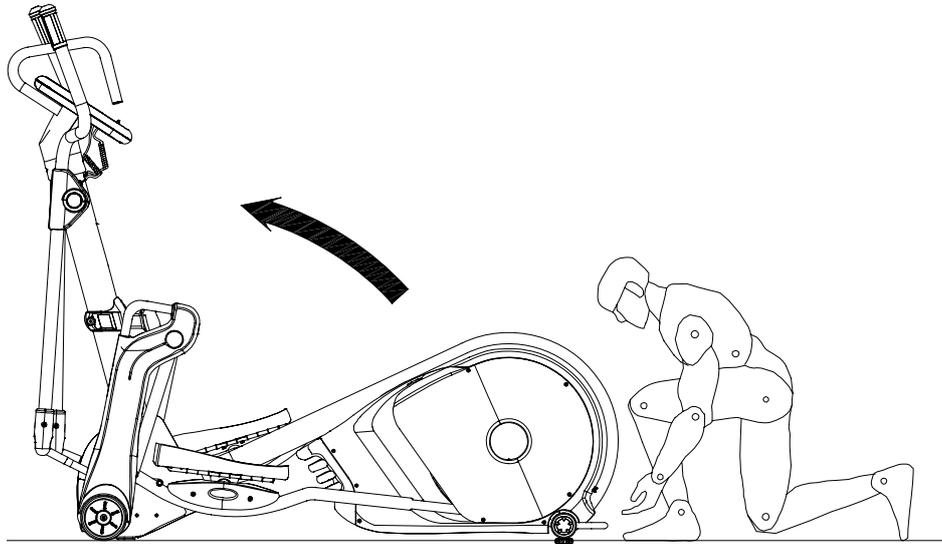
**Warning : DO NOT ADJUST THE INCLINE OF SWING ARM ON THE MACHINE .**

To adjust the Incline level by Incline adjust handle (See step 1), and the same time you should push or pull the incline frame (See step 2). You can find two sticker on the swing arm tube, when the **arrowhead** point to the **dot**, then they will show you the level status.



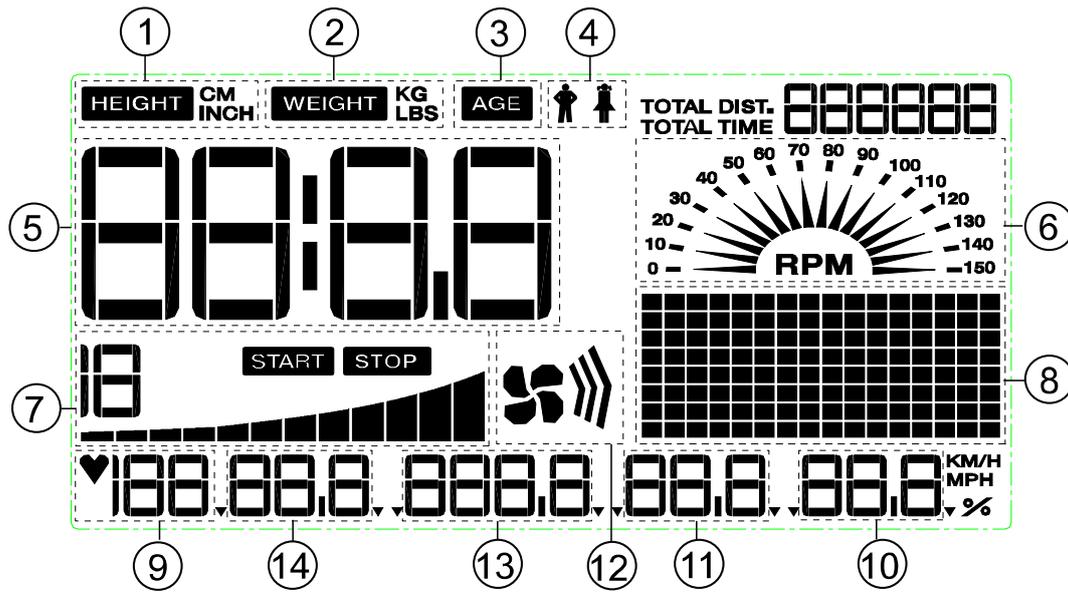
**TRANSPORT INSTRUCTIONS**

**TRANSPORT INSTRUCTIONS:**



CE2.7 Elliptical Trainer

**COMPUTER INSTRUCTIONS**



|    |                  |  |   |
|----|------------------|--|---|
| 1  | HEIGHT           | HEIGHT display range is from 50 to 250 cm (from 20 to 100 inch).<br>The initial HEIGHT is 170 cm (67 inch).  |   |
| 2  | WEIGHT           | WEIGHT display range is from 20 to 200 kg (from 44 to 440 lbs).<br>The initial WEIGHT is 68 kg (150 lbs).  |   |
| 3  | AGE              | AGE display range is from 10 to 99. The initial AGE is 35  |   |
| 4  | GENDER           | Press the UP/DOWN button to select your GENDER.  |   |
| 5  | TIME             | TIME display range is from 0:00 to 99:00. The initial TIME is "32:00"  |   |
| 6  | RPM DIAGRAM      | The range of the RPM diagram is from 0 to 150. The RPM diagram will display by integer. For example: the RPM are between 30 and 39, the LCD will display 30. |   |
| 7  | 8                | RESISTANCE   | TIME display range is from 0:00 to 99:00. The initial TIME is "32:00" |
| 9  | PULSE            | PULSE display range is from 0 to 999.  |   |
| 10 | SPEED            | SPEED display range is from 0.0 to 99.9 km/h; Mph.   |   |
| 11 | WATT             | WATT display range is from 0 to 999.   |   |
| 12 | FAN              | FAN display will show the fan status.  |   |
| 13 | CALORIES         | CALORIES display range is from 0 to 999.   |   |
| 14 | DISTANCE PROGRAM | DISTANCE display range is from 0.0 to 99 km/h; Mph. PROGRAM display range is from P1 to P9.  |   |

| BUTTON | FUNCTION  |
|--------|---|
|        | <b>START button</b><br>Press START to begin your exercise.  |
|        | <b>STOP button</b><br>Press STOP button to pause the functions during your exercise program.<br>Press STOP button twice the program will return to power on mode. |
|        | <b>ENTER button</b><br>Press ENTER button to confirm the program set up.  |
|        | <b>Mode button</b><br>Press the button to switch the display.   |
|        | <b>RESISTANCE Up button</b><br>Press the button to increase the resistance level or set up the program.   |
|        | <b>RESISTANCE Down button</b><br>Press the button to reduce the resistance level or set up the program.   |
|        | <b>FAN:</b><br>Press the button to turn on, adjust wind speed and turn off.   |

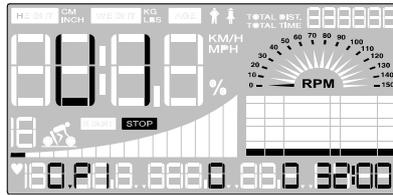
CE2.7 Elliptical Trainer

**COMPUTER INSTRUCTIONS**

**POWER ON**

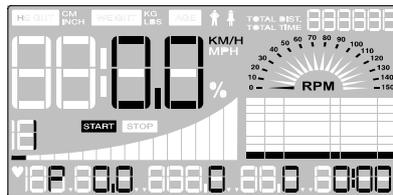
After connecting the power cord switch the power button on. The LCD screen will light up.

To switch back to the power on status after the machine has already been used press the stop button twice.



**QUICK START**

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

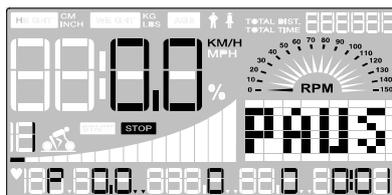


**SLEEP MODE**

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

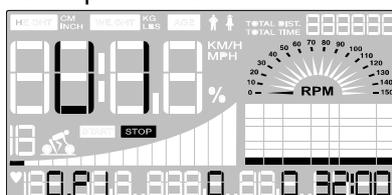
**PAUSE MODE**

While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine cannot detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



**PROGRAM**

To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

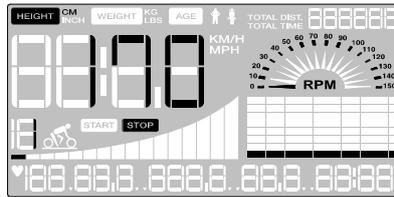


### CE2.7 Elliptical Trainer

## COMPUTER INSTRUCTIONS

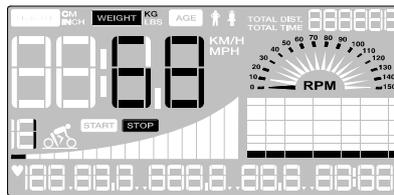
### USER HEIGHT

After the USER Code has been confirmed the SPEED display will show HEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



### USER WEIGHT

After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, then press ENTER to confirm.

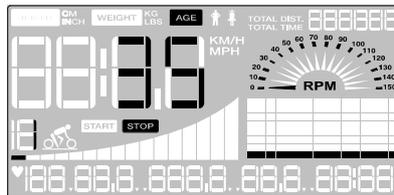


### USER AGE

After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

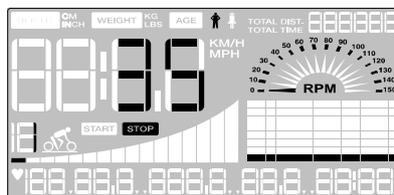
$$\text{Estimated Normal pulse rate} = (220 - \text{AGE}) \times 65\%$$

$$\text{Estimated Maximum pulse rate} = (220 - \text{AGE}) \times 85\%$$



### USER GENDER

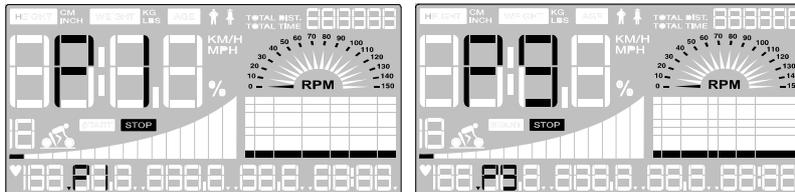
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.



**COMPUTER INSTRUCTIONS**

**P 1- P9 Program Selecting Procedure**

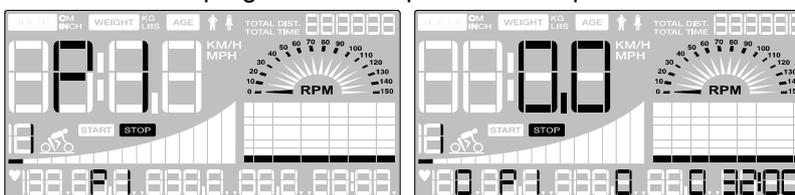
After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP” and “DOWN” to select. Then press the “ENTER” button to confirm and save.



**P1: Target time program**

After you have selected “P1-Target time program” press the “ENTER” button. The “TIME” display will show the time of “32:00”, press the “UP” or “DOWN” button to adjust target time, then press the “ENTER” button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN” button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

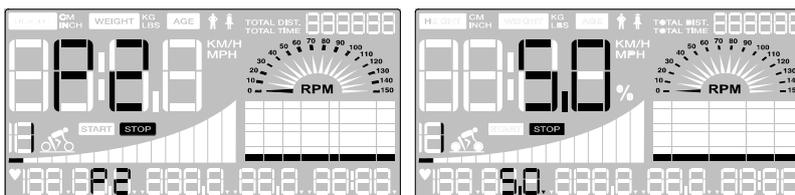
To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts down at the end of the program the computer will “beep”.



**P2: Target distance program**

After you have selected “P2- Target distance program”, The “DISTANCE” display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES” will count up from 0.

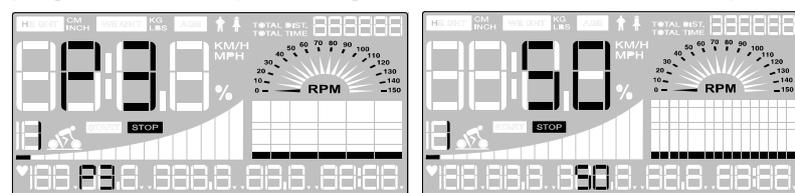
To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.



**P3: Target calories program**

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



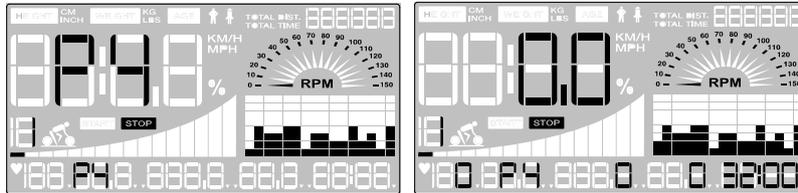
CE2.7 Elliptical Trainer

**COMPUTER INSTRUCTIONS**

**P4: RANDOM program**

After the user has selected "P4- RANDOM program", The TIME will show the workout time setting of "32:00", Press the "UP /DOWN" button to adjust workout time, Then press the "ENTER" to confirm. Press the "START" button to begin the exercise program. The resistance display will show "1". To increase or decrease the resistance while exercising, press the "UP/DOWN" button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the "STOP" button, To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.



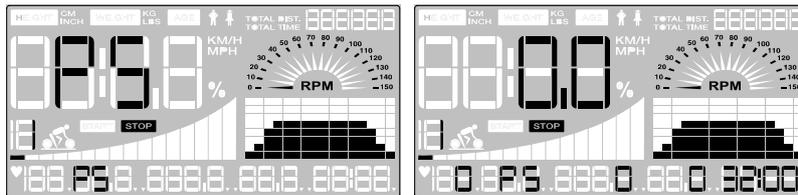
**P5: Fat burning program**

After the user has selected "P5 Fat burning program ", the TIME display will show the workout time setting of "32:00", press the "UP /DOWN " button to adjust workout time then press "ENTER" to confirm. Press the "START" button to begin the "Fat burning program ".

The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.

The RESISTANCE display will show "1". To increase or decrease the resistance while exercising, press the "UP/DOWN" button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.



**P6: INTERVAL program**

**LEVEL**

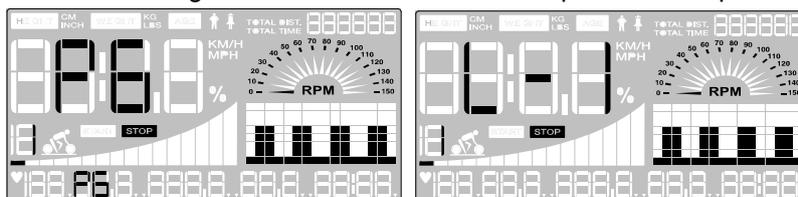
After the user has selected "P6 INTERVAL program", The SPEED display will show "L1" Press the "UP and DOWN" button to adjust the Level from "L1" to "L8", press the "ENTER" button to continue the program.

**TIME**

After you have set up the Level, press the "ENTER" button, The TIME display will show the workout time setting of "32:00 ", press the "UP and DOWN " button to adjust the TIME, press the "ENTER " button to confirm.

Press the "START" button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" twice. At the end of program count when the target has been achieved the computer will beep.



CE2.7 Elliptical Trainer

**COMPUTER INSTRUCTIONS**

**P7: ENDURANCE program**

**LEVEL**

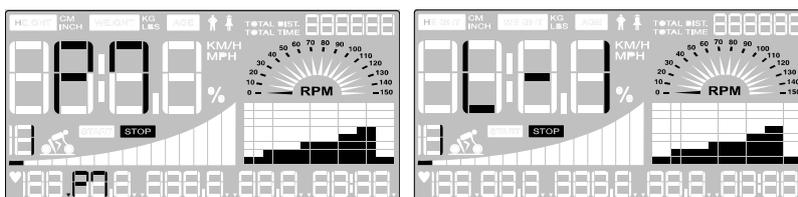
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1” Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

**TIME**

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.



**P8: WATT control program**

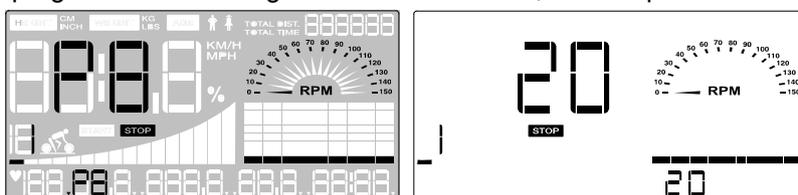
**WATT setting**

After the user has selected “P8 WATT control program”. The “WATT” display will show “20”. Press the “up and down” button to adjust the “watt” from “20” to “350”, press the “Enter” button to continue the program. To increase or decrease the selected WATT while exercising, press the “UP and DOWN” button.

**TIME**

After you have set up the WATT, press the “ENTER” button. The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

To pause the program while exercising, press the “STOP” button. To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



**Resistance – Level – Watt Table: CE2.7**

| RPM | L1 | L2  | L3  | L4  | L5  | L6  | L7  | L8  | L9  | L10 | L11 | L12 | L13 | L14 | L15 | L16 |
|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 10  | 2  | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 20  | 5  | 9   | 13  | 16  | 20  | 24  | 29  | 32  | 35  | 39  | 43  | 47  | 51  | 54  | 58  | 62  |
| 30  | 8  | 16  | 24  | 33  | 41  | 49  | 57  | 65  | 74  | 82  | 90  | 98  | 106 | 115 | 123 | 131 |
| 40  | 11 | 25  | 38  | 52  | 65  | 79  | 92  | 105 | 119 | 133 | 146 | 160 | 173 | 187 | 200 | 214 |
| 50  | 15 | 35  | 54  | 74  | 94  | 114 | 133 | 153 | 173 | 193 | 212 | 232 | 252 | 271 | 291 | 311 |
| 60  | 19 | 45  | 71  | 97  | 123 | 149 | 175 | 201 | 226 | 252 | 278 | 304 | 330 | 356 | 382 | 400 |
| 70  | 23 | 56  | 89  | 122 | 156 | 189 | 222 | 255 | 288 | 321 | 354 | 387 | 400 | 400 | 400 | 400 |
| 80  | 27 | 67  | 107 | 147 | 186 | 226 | 266 | 306 | 346 | 386 | 400 | 400 | 400 | 400 | 400 | 400 |
| 90  | 31 | 77  | 126 | 174 | 221 | 264 | 317 | 364 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 |
| 100 | 35 | 89  | 143 | 197 | 252 | 306 | 360 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 |
| 110 | 39 | 99  | 159 | 219 | 279 | 339 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 |
| 120 | 44 | 109 | 174 | 239 | 305 | 370 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 | 400 |

CE2.7 Elliptical Trainer

**COMPUTER INSTRUCTIONS**

**P 9: Target pulse program**

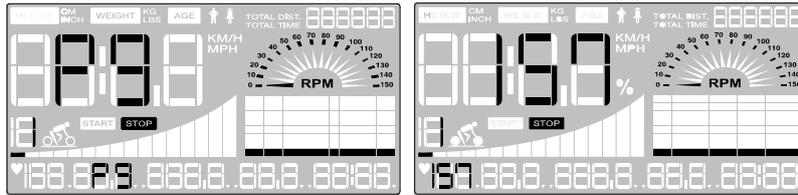
**Pulse setting**

After the user has selected “P9 Target pulse program”. The “PULSE” display will show and flash “157”. Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the “ENTER” button to continue the program setting up.

**Time**

After you have selected “P9 Target pulse program”, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press ENTER button to confirm. Press START to begin the exercise program.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved the computer will beep.



**WARM UP – Target pulse program**

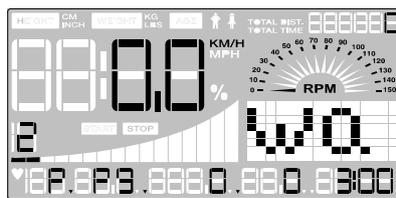
After completing the TIME set up and starting the program, there is a 3 minute warm up section. The WARM UP section 3 minutes will count down. The WARM UP section is designed to help you reach the target workout PULSE. The resistance will start from 2. When the “WARM UP” section starts, the LCD display will show “WARM UP” three times.

When the user is in the Warm up section, the computer will detect the users PULSE and compare with the preset estimate PULSE every 15 seconds. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button. During Warm up section the actual PULSE does not reach the target workout PULSE, the resistance will increase one level every 15 seconds.

If the computer has not detected the user actual PULSE. The computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

When the computer detects that actual pulse rate has reached the minimum target workout PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue for a second 3 minute WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to a third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout PULSE, The computer will beep, meanwhile the program will STOP, and the TIME display will show “FAIL”, 10 seconds later, the program will return to power on status.



**Target pulse main program**

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the preset time. During the main program, the computer will detect and monitor the user Pulse rate every 15 seconds. The **RESISTANCE, DISTANCE, CALORIES** will continue to count up from the “Warm up” section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button.

If the computer has not detected the user actual pulse rate. The computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “NO PULSE”.

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the heart rate reaches the maximum target workout pulse rate. The highest resistance level is level 16.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate. The resistance will decrease by “1” Level.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, or the preset time has counted down to the end, the computer will stop Target pulse program and begin the **COOL DOWN** function.

**COMPUTER INSTRUCTIONS**

**COOL DOWN – Target pulse program**

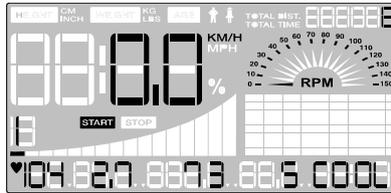
After completing the Target pulse and the TIME counts down to zero a one-minute COOL DOWN program starts. The TIME display will show 'COOL' 10 seconds and start blinking. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time).

When the computer starts the COOL DOWN program, the resistance will return to the “1” Level, the “DISTANCE and CALORIES” will continue to count up.

To pause the program while exercising, press the “STOP” button.

Press the “STOP” button twice, the program will return to POWER ON.

You cannot use the “UP, DOWN, START, MODE” buttons in the “COOL DOWN ” program.

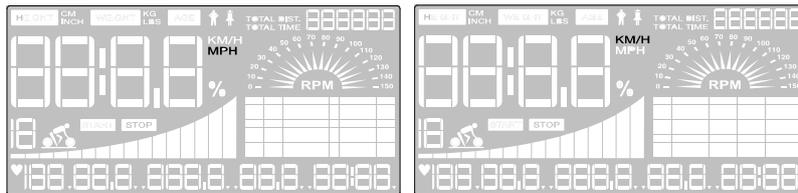


**Metric (KM) to English (ML) conversion**

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

When the computer is in the POWER ON status. Press and hold the “STOP” button then press the “UP” button. The LCD will display E-I and the number 1, you can select 2 by pressing the UP/DOWN button. Press the START button during the selection mode, the LCD will show the “KM/H” or “MPH”. Select set KM/H or MPH by pressing the UP/DOWN button, and then press the ENTER button to confirm.

It was showing “KM/H” unit if the user do not set up the program. The computer will show distance with the unit which the user setting. The computer just can use the “UP” ”DOWN” “STOP” button when setting the program.



**Heart Rate Operation**

The 3.1e 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**

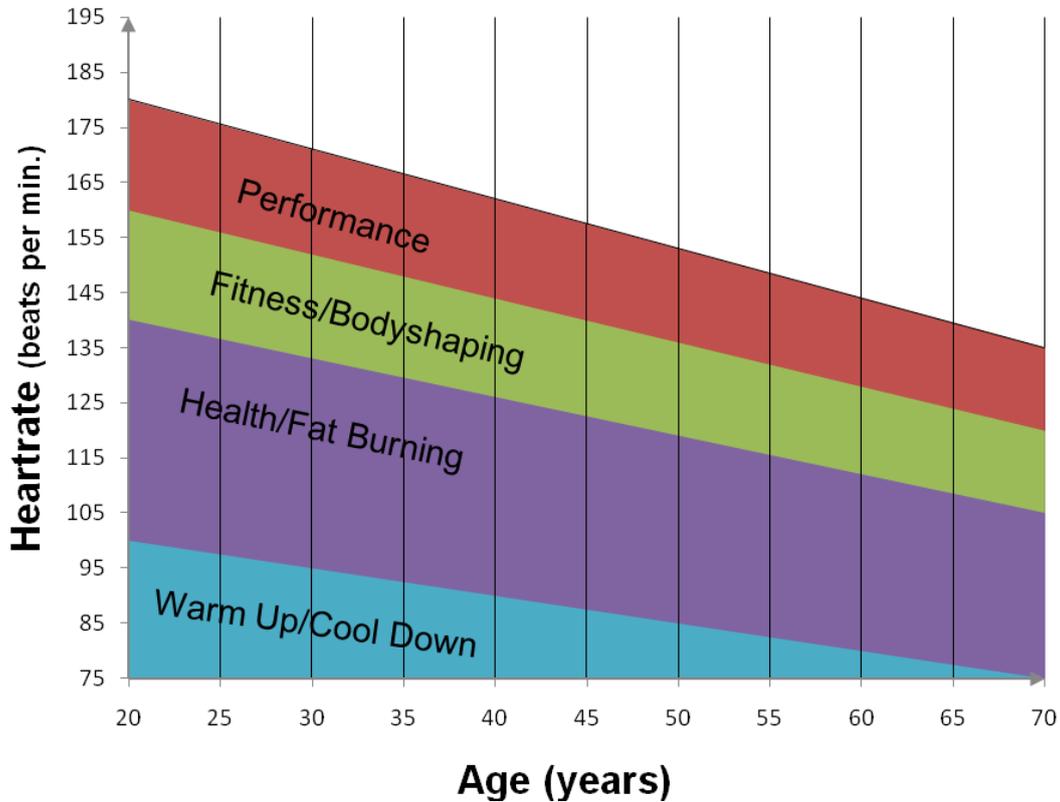
To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

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 INSTRUCTIONS**

**Heart Rate diagram**



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: 50 – 70% of your max. heartrate
- Fitness/Bodyshaping: 70 – 80% of your max. heartrate
- Performance: 80 - 90% of your max. heartrate

**Example:**

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

$$220 - 25 = 195$$
$$70\% \text{ of } 195 = 136,5$$
$$80\% \text{ of } 195 = 156$$

Your target-heartrate should be between 136,5 and 156 beats per minute.

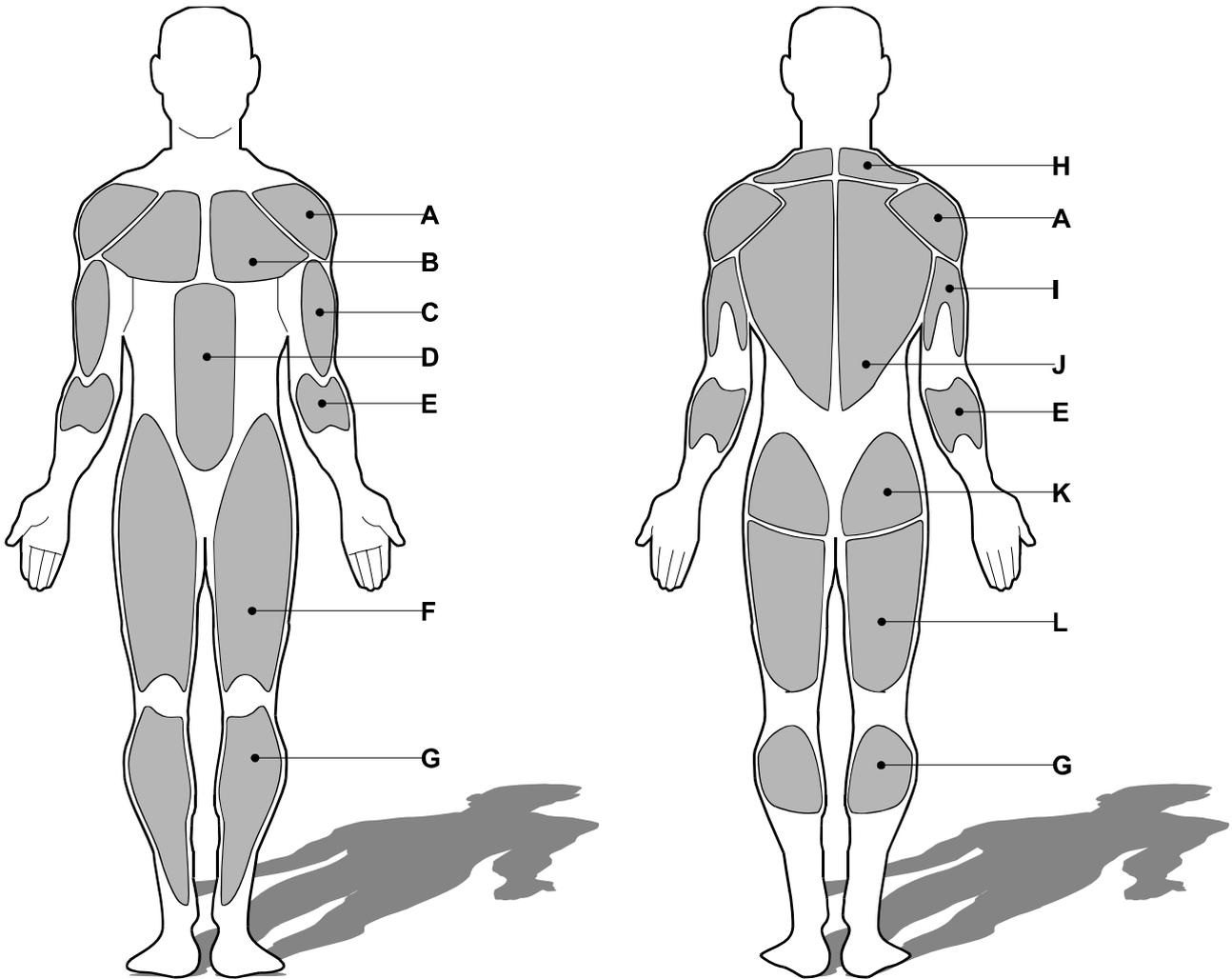


This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

**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 | Quadriceps muscles |
| Calf muscles     | G | H | Trapezius muscles  |
| Triceps muscles  | I | J | Back muscles       |
| Gluteus muscles  | K | L | Hamstring muscles  |

**WARM UP AND COOL DOWN**

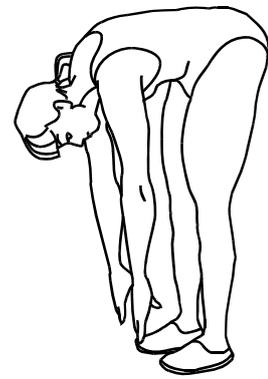
**Warm up and cool down:**

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:**

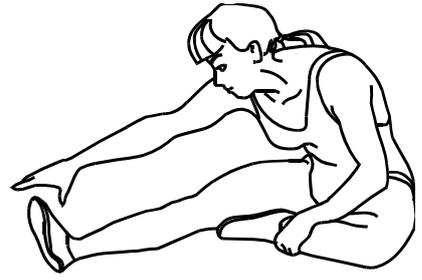
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



**WARM UP AND COOL DOWN**

**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.



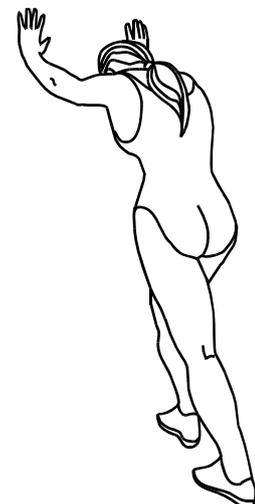
**Side Stretch:**

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.



## CE2.7 Elliptical Trainer

**WARRANTY****Warranty Coverage:**

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

**Period of Coverage:**

The Warranty on this product runs from the date of your purchase for a period of LIFETIME on the frame and magnetic brake, THREE (3) years on all parts and electronics and ONE (1) year on labor. Smooth Fitness reserves the right to inspect damaged parts for misuse.

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

**Remedy Provided by Smooth Fitness:**

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

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

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

**Procedure for Obtaining Your Remedy Under This Warranty:**

To obtain service call your local Smooth Retailer. To help them assist you, please have the following information ready:

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

**Limitations on Warranty:**

This Warranty will only apply to the original end user. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

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

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

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. To help them assist you, please have the following information ready:

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

**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.™



Smooth Fitness  
780 5th Ave  
King of Prussia, PA 19406  
Toll Free Customer Service:  
**1.888.800.1167**  
Website:  
**[www.smoothfitness.com](http://www.smoothfitness.com)**