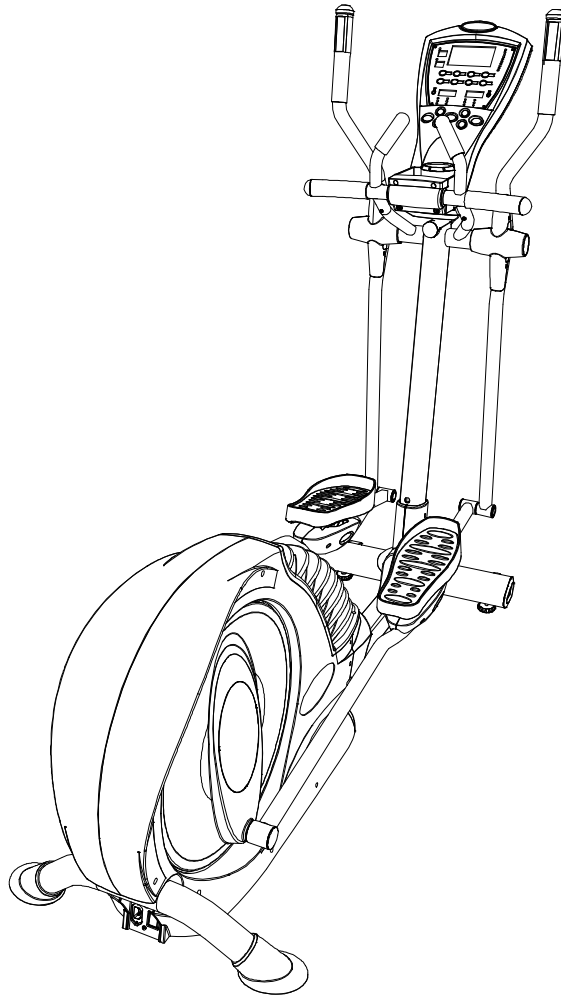


SMOOTH CE7.4 ELLIPTICAL TRAINER



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 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.

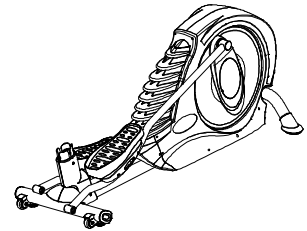
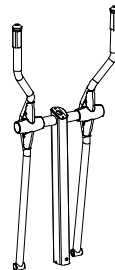
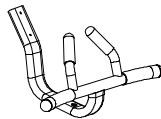
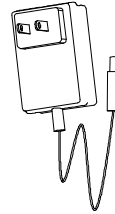
User Weight Limitation:

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

SUPPLIED COMPONENTS

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

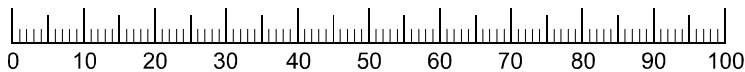
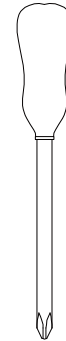
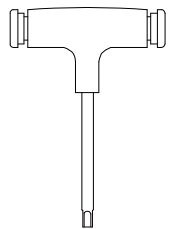
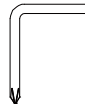
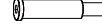
No.	Description	Qty.
654	Pedal Arm Front Pivot Cover	4
656	Console Back Cover	1
657	Water Bottle	1
659	Chest Belt	1
G	Power cord	1
A1	Computer	1
A2	Front Handlebar Assembly	1
A3	Upright Assembly	1
A4	Main Frame Assembly	1



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.
701	M6x35mm Allen Head Bolt	2
702	M8x40mm Allen Head Bolt	2
703	20x91--M14x25mm Bolt	2
704	M14 Nut	2
705	8x14x2mm Spring Washer	2
706	20.7x29.1x0.3mm Washer	2
A	Screwdriver – L	1
B	5mm Allen Wrench	1
C	8mm Allen Key	1
D	19 x 35 Spanner	1
E	Slotted Screwdriver	1
F	4mm Allen Wrench	1



MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Console Support Tube	1	CE7.4 – 101
102	Main Frame	1	CE7.4 – 102
103	Pedal Arm – Left	1	CE7.4 – 103
104	Pedal Arm – Right	1	CE7.4 – 104
105	Action Handlebar – Left	1	CE7.4 – 105
106	Action Handlebar – Right	1	CE7.4 – 106
107	Upright	1	CE7.4 – 107
109	Chain Cover Support Tube	1	CE7.4 – 109
110	Tension Wheel Bracket	1	CE7.4 – 110
111	Pedal Support Base	2	CE7.4 – 111
112	Magnet Bracket	1	CE7.4 – 112
113	Motor Bracket	1	CE7.4 – 113
200			
201	Flywheel Axle	1	CE7.4 –201
202	Flywheel	1	CE7.4 –202
203	Aluminum Disk	1	CE7.4 –203
204	Flywheel Axle Support	1	CE7.4 –204
205	Flywheel Fan Pieces	4	CE7.4 –205
206	Bearing 6000	3	CE7.4 –206
207	M10 C Clip	2	CE7.4 – 207
208	M8 x 15mm Allen Head Cap Bolt	4	CE7.4 – 208
209	8 x 14 x T2.0 Spring Washer	4	CE7.4 – 209
211	M5 x 12mm Bolt	8	CE7.4 – 211
212	Magnetic Sensor	1	CE7.4 –212
213	M4 x 15mm Screw	2	CE7.4 – 213
214	M4 Nylon Nut	2	CE7.4 – 214
215	10x18x0.3mm Washer	2	CE7.4 – 215
216	4x8mm Screw – Cone Point	4	CE7.4 – 216
217	4x10mm Screw – Flat Point	2	CE7.4 – 217
218	M5 Nut	4	CE7.4 – 218
219	M5x10mm Allen Head Bolt	4	CE7.4 – 219
220	3x12mm Screw – Flat Point	4	CE7.4 – 220
231	Console Housing - Upper	1	CE7.4 – 231
232	Console Insert	1	CE7.4 – 232
233	Speaker Cover	1	CE7.4 – 233
235	Console Housing – Bottom	1	CE7.4 – 235
239	3x10mm Screw – Flat Point	11	CE7.4 – 239
241	4x12mm Screw – Flat Point	10	CE7.4 – 241
242	M6 Nylon Nut	1	CE7.4 – 242
245	iPod Dock Cap	1	CE7.4 – 245
247	Tray	1	CE7.4 – 247
248	Tray Cap – Left	1	CE7.4 – 248

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
249	Tray Cap – Right	1	CE7.4 – 249
251	Crank Disk Support Cover	2	CE7.4 – 251
252	Crank Disk Axle	1	CE7.4 – 252
253	25x35xT2.0 Washer	1	CE7.4 – 253
254	Crank Disk Oval Cap	2	CE7.4 – 254
255	Crank Disk Cover	2	CE7.4 – 255
256	Crank Disk	1	CE7.4 – 256
257	Left Crank	1	CE7.4 – 257
258	Right Crank	1	CE7.4 – 258
259	Crank Axle Bushing	1	CE7.4 – 259
261	Pedal Arm Support Axle 19x80.4mm	1	CE7.4 – 261
262	Pedal Arm Support Axle 19x104.4mm	1	CE7.4 – 262
264	3/4" Nut	2	CE7.4 – 264
266	M8x15mm Allen Head Bolt	4	CE7.4 – 266
267	M6x12mm Allen Head Cap Bolt	2	CE7.4 – 267
268	M8x20mm Bolt	2	CE7.4 – 268
269	8x14xT2.0 Spring Washer	6	CE7.4 – 269
270	M6x12mm Screw	1	CE7.4 – 270
271	10x16x1.5mm Washer	3	CE7.4 – 271
272	6x10x1mm Spring Washer	2	CE7.4 – 272
273	Fan Bracket – Top	1	CE7.4 – 273
274	Fan Bracket – Bottom	1	CE7.4 – 274
275	Adjustable Vane	1	CE7.4 – 275
276	iPod Dock Bracket Cover – Top	1	CE7.4 – 276
277	iPod Dock Bracket Cover – Bottom	1	CE7.4 – 277
278	6x14.5-M5x6.5mm Bolt	2	CE7.4 – 278
279	6x8x8mm Washer	2	CE7.4 – 279
285	Bearing Sleeve	1	CE7.4 – 285
286	M8x30mm Allen Head CAP Bolt	2	CE7.4 – 286
287	M10x25mm Allen Head CAP Bolt	2	CE7.4 – 287
288	Bushing 25X32X6mm	2	CE7.4 – 288
289	19x25x6mm Washer	1	CE7.4 – 289
300			
301	Action Handlebar Foam Grip	2	CE7.4 – 301
302	Hand Pulse Sensor	2	CE7.4 – 302
303	Action Handlebar End Cap	2	CE7.4 – 303
304	Bearing 6004	4	CE7.4 – 304
305	Action Handlebar Cover	2	CE7.4 – 305
306	Action Handlebar Front Cover	4	CE7.4 – 306
307	4x12mm Plastic Screw	8	CE7.4 – 307
308	4x12mm Screw – Cone Point	8	CE7.4 – 308
309	Action Handlebar Side Cap	2	CE7.4 – 309
310	Hand Pulse Sensor Back Cover	2	CE7.4 – 310

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
311	3x10mm Screw – Cone Point	4	CE7.4 – 311
371	Wheel	2	CE7.4 – 371
372	Wheel Nylon Bushing	4	CE7.4 – 372
400			
401	Pedal Fixing Base	2	CE7.4 – 401
402	M8 x 90mm Allen Head Bolt	4	CE7.4 – 402
403	Bushing 12x62mm	4	CE7.4 – 403
404	Bearing 608zz	8	CE7.4 – 404
405	M8 Nylon Nut	4	CE7.4 – 405
406	Pedal Buffer Set	2	CE7.4 – 406
407	M8x20mm Screw	4	CE7.4 – 407
430	Fix Bolt	1	CE7.4 – 430
451	Speed Sensor	1	CE7.4 – 451
452	Speed Sensor Base	1	CE7.4 – 452
453	M3x8mm Screw	4	CE7.4 – 453
454	4x12mm Screw – Flat Point	2	CE7.4 – 454
500			
502	Fixed Handlebar Foam Grip	2	CE7.4 – 502
503	Fixed Handlebar Side Foam Grip	2	CE7.4 – 503
504	Bearing 2203	2	CE7.4 – 504
505	Bearing 6005	2	CE7.4 – 505
506	Bearing 6300	4	CE7.4 – 506
507	Bearing 6804	4	CE7.4 – 507
508	Flywheel Axle Fixing Plate	1	CE7.4 – 508
509	M5x8mm Allen Head Bolt	5	CE7.4 – 509
510	3/8" Wire Clip	3	CE7.4 – 510
511	M6x12mm Allen Head Bolt	8	CE7.4 – 511
512	M8x15mm Allen Head Bolt	8	CE7.4 – 512
513	M8x20mm Allen Head Bolt	3	CE7.4 – 513
516	M6x12mm Allen Head Cap Bolt	2	CE7.4 – 516
518	Tension Wheel Axle	2	CE7.4 – 518
519	M4x45mm Allen Head Cap Bolt	1	CE7.4 – 519
520	1/4" Wire Clip	2	CE7.4 – 520
521	M10x50mm Allen Head Bolt	2	CE7.4 – 521
523	M8x16mm Allen Head Cap Bolt	2	CE7.4 – 523
524	4x12mm Plastic Screw – Flat Point	2	CE7.4 – 524
525	4x19mm Screw	10	CE7.4 – 525
526	M8x16mm Bolt	8	CE7.4 – 526
527	4x12mm Screw – Flat Point	35	CE7.4 – 527
528	M8x20mm Screw	2	CE7.4 – 528
529	M10 Nylon Nut	4	CE7.4 – 529
532	M8 Nylon Nut	3	CE7.4 – 532
533	20x6xT1.5mm Washer	2	CE7.4 – 533

COMPLETE PARTS LIST

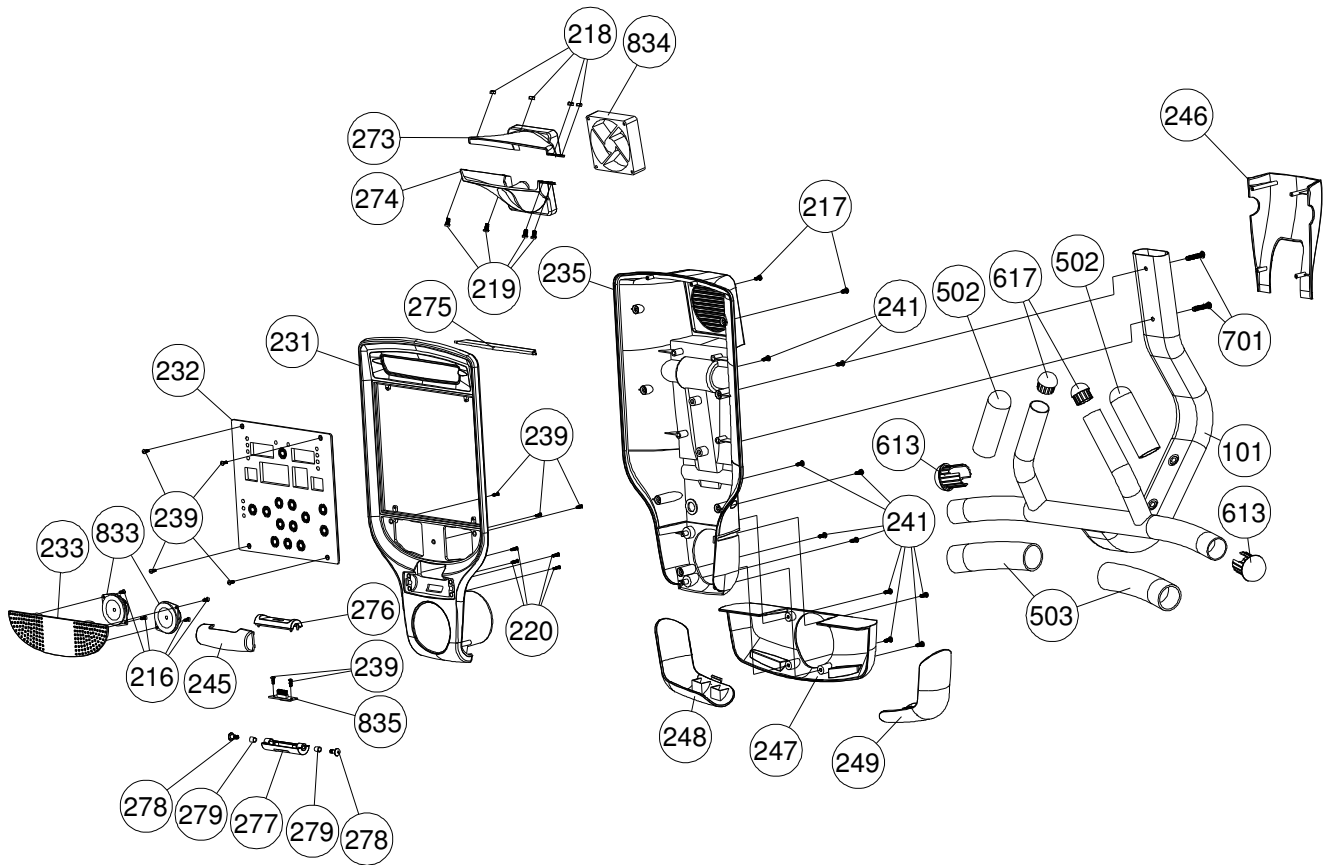
Item No.	Description	Qty.	Part No.
534	8x27x2mm Washer	2	CE7.4 – 534
535	8x14xT2.0mm Spring Washer	2	CE7.4 – 535
536	M42 C Clip	2	CE7.4 – 536
537	18x10x5.1mm Washer	4	CE7.4 – 537
538	M5x12mm Screw	8	CE7.4 – 538
540	10x18x3mm Washer	2	CE7.4 – 540
541	10x94 – M12x22mm Bolt	1	CE7.4 – 541
542	Compression Spring	1	CE7.4 – 542
543	M12 Nylon Nut	1	CE7.4 – 543
544	Magnet	2	CE7.4 – 544
545	M6x40mm Bolt	1	CE7.4 – 545
600			
601	Rear Cover – Left	1	CE7.4 – 601
602	Front Cover – Left	1	CE7.4 – 602
603	Rear Cover – Right	1	CE7.4 – 603
604	Front Cover – Right	1	CE7.4 – 604
605	Top Cover	1	CE7.4 – 605
606	Pedal	2	CE7.4 – 606
607	Pedal Cover	4	CE7.4 – 607
608	Pedal Soft Cushion	2	CE7.4 – 608
609	Wheel Cover	2	CE7.4 – 609
611	Oval Tube Cap	2	CE7.4 – 611
612	Power Switch Plate Cover	1	CE7.4 – 612
613	Tube Cap	2	CE7.4 – 613
615	Rear Pedal Cover	2	CE7.4 – 615
616	Action Handle Bar Shaft Bushing	2	CE7.4 – 616
617	Front Handlebar End Cap	2	CE7.4 – 617
618	Front Frame Cover – Left	1	CE7.4 – 618
619	Front Frame Cover – Right	1	CE7.4 – 619
621	Level Adjuster	2	CE7.4 – 621
622	Rubber Cap	2	CE7.4 – 622
623	Rubber Cushion – Front	2	CE7.4 – 623
624	Rubber Cushion – Rear	2	CE7.4 – 624
625	Belt	1	CE7.4 – 625
626	Rubber Wire Holder	1	CE7.4 – 626
636	Plastic Fixing Insert	7	CE7.4 – 636
637	Rear Stabilizer Cap	2	CE7.4 – 637
638	Rear Stabilizer Mat	2	CE7.4 – 638
654	Pedal Arm Front Pivot Cover	4	CE7.4 – 654
655	Pin Nut	2	CE7.4 – 655
656	Console Back Cover	1	CE7.4 – 656
657	Water Bottle	1	CE7.4 – 657
659	Chest Belt	1	CE7.4 – 659

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
700			
701	M6x35mm Allen Head Bolt	2	CE7.4 – 701
702	M8x40mm Allen Head Bolt	2	CE7.4 – 702
703	20x91--M14x25mm Bolt	2	CE7.4 – 703
704	M14 Nut	2	CE7.4 – 704
705	8x14x2mm Spring Washer	2	CE7.4 – 705
706	20.7x29.1x0.3mm Washer	2	CE7.4 – 706
800			
813	Hand Pulse Sensor Wire – Upper	2	CE7.4 – 813
814	Hand Pulse Sensor Wire – Middle	2	CE7.4 – 814
815	Computer PC Board	1	CE7.4 – 815
818	2.6x6mm Screw	2	CE7.4 – 818
822	Hand Pulse Sensor Wire – Lower	1	CE7.4 – 822
823	Motor Assembly	1	CE7.4 – 823
824	Motor	1	CE7.4 – 824
825	Control Board	1	CE7.4 – 825
826	Limit Position PC Board	1	CE7.4 – 826
827	Limit Position PC Board Wire	1	CE7.4 – 827
828	DC Power Wire	1	CE7.4 – 828
829	8pin Computer Wire – Top	1	CE7.4 – 829
830	8pin Computer Wire – Upper	1	CE7.4 – 830
831	8pin Computer Wire – Middle	1	CE7.4 – 831
832	8pin Computer Wire – Lower	1	CE7.4 – 832
833	Speaker	2	CE7.4 – 833
834	Fan	1	CE7.4 – 834
835	iPod Dock	1	CE7.4 – 835
836	Hand Pulse Sensor Wire – Top 300mm	2	CE7.4 – 836
837	Receiver Wire	1	CE7.4 – 837
838	Volume Control Wire	1	CE7.4 – 838
839	Receiver	1	CE7.4 – 839
840	6Pin iPod dock Connection Wire	1	CE7.4 – 840

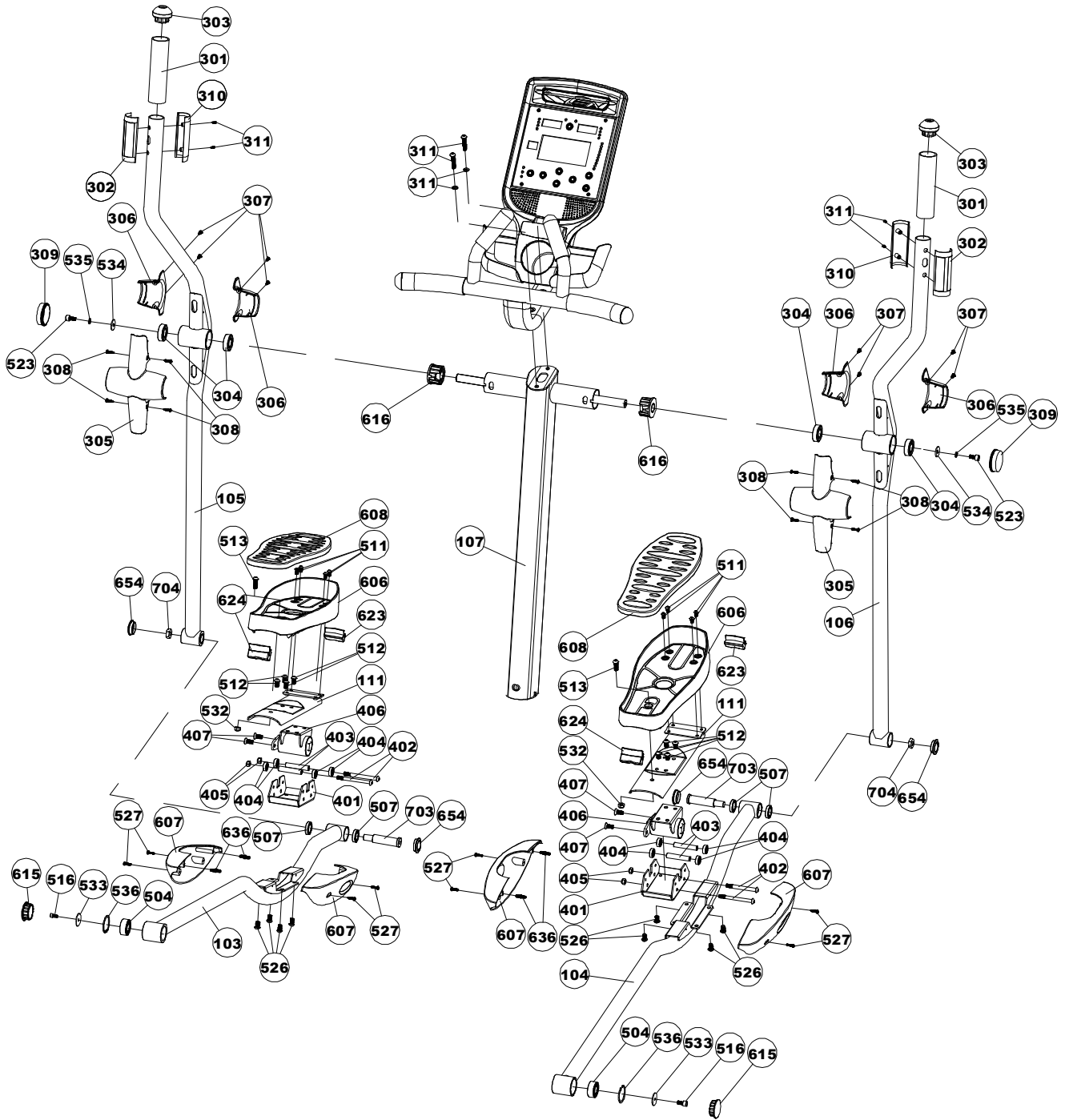
PARTS DIAGRAM

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



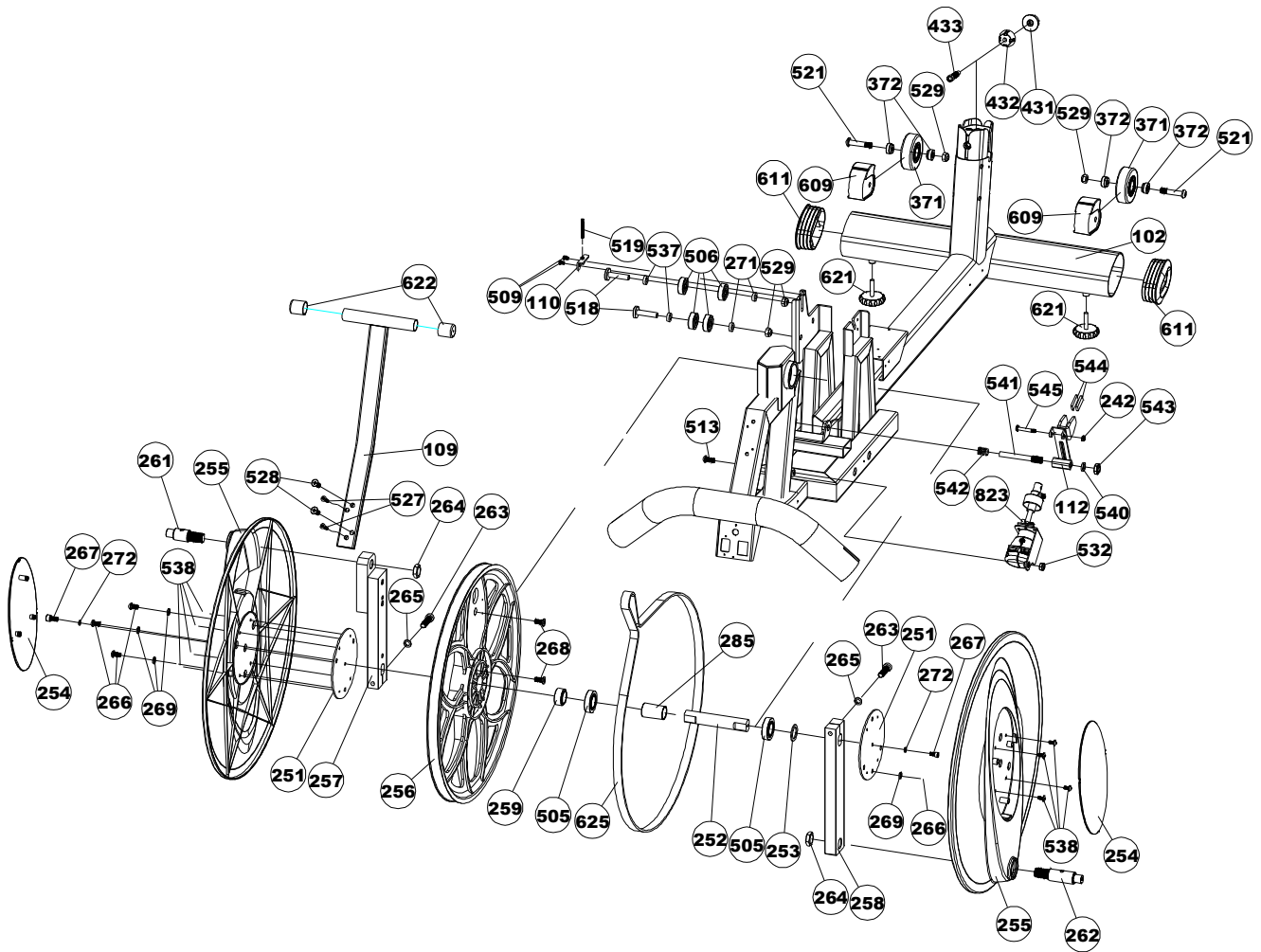
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



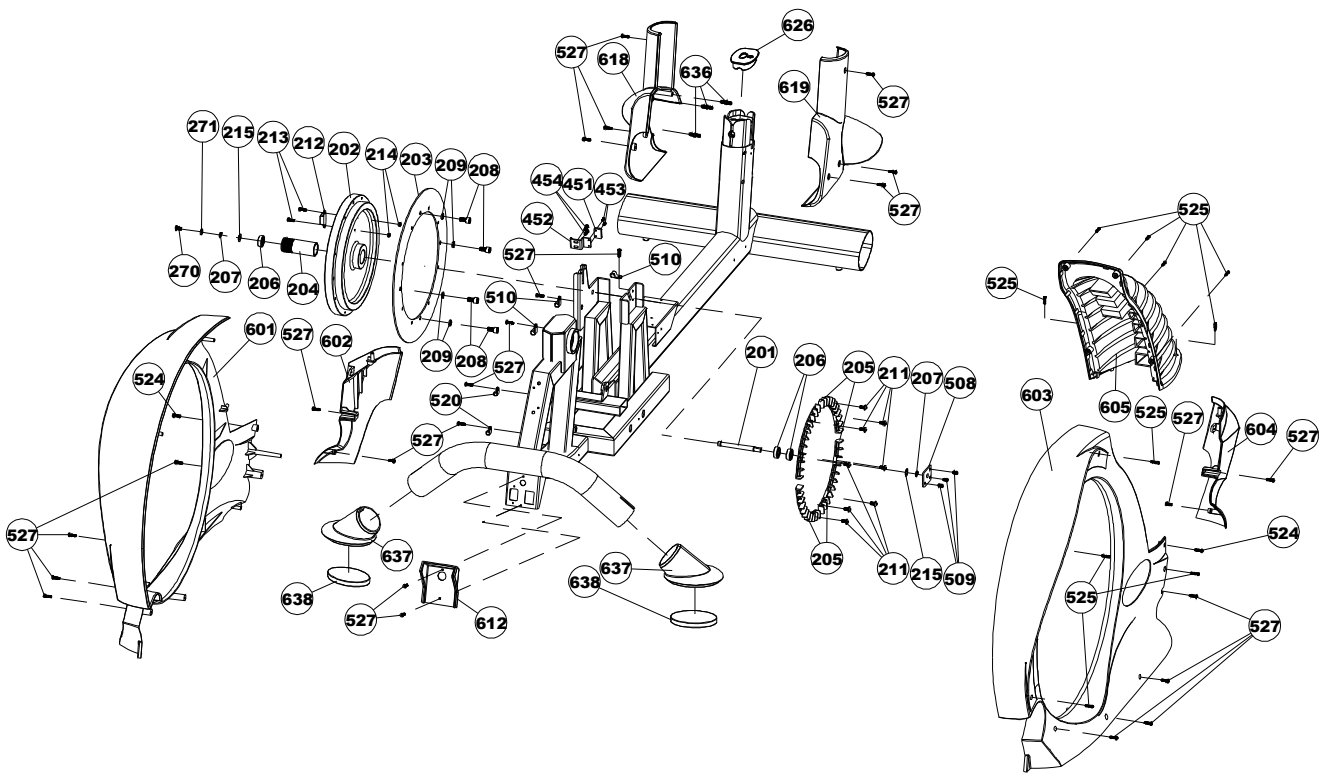
PARTS DIAGRAM

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



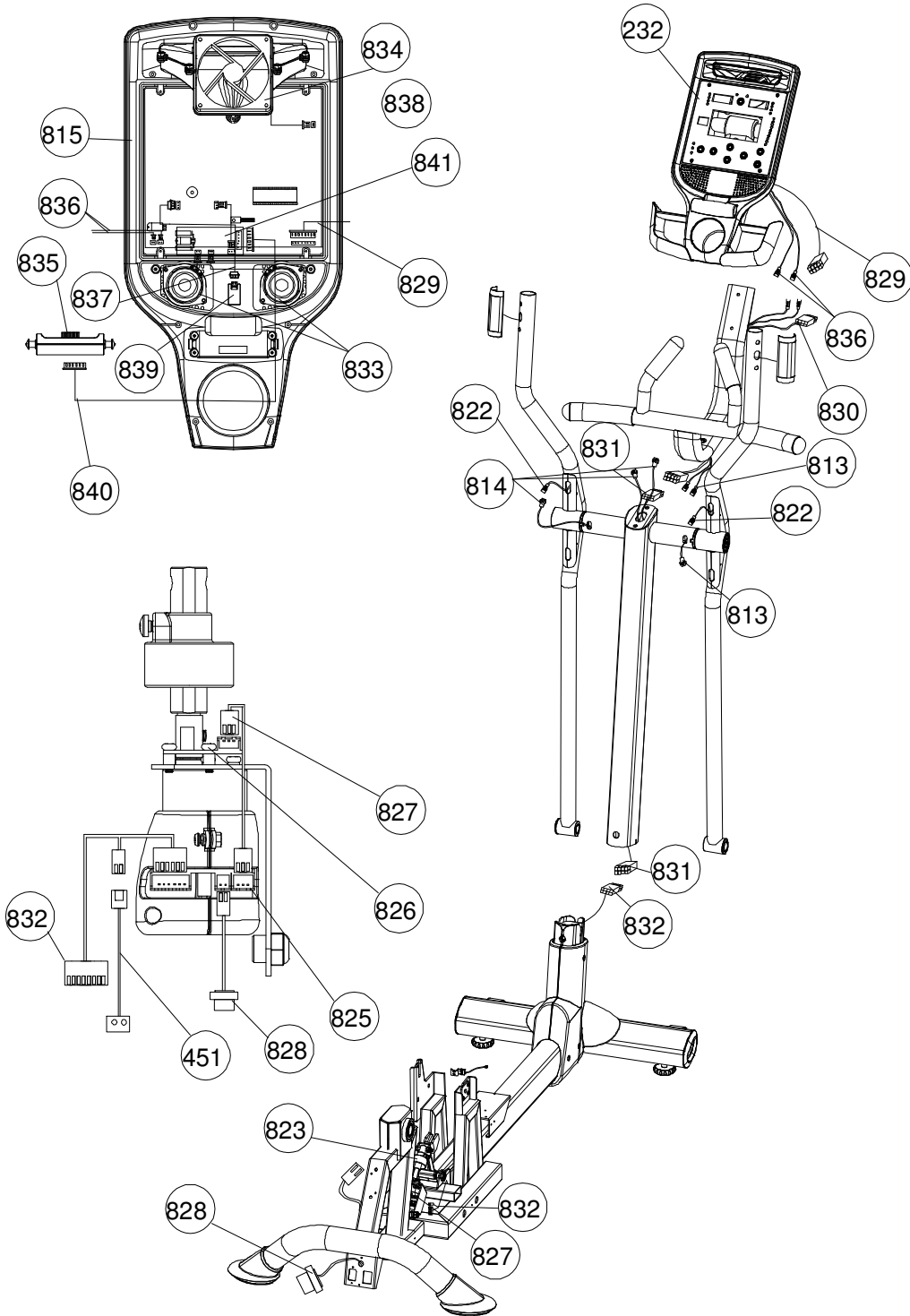
PARTS DIAGRAM

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



PARTS DIAGRAM

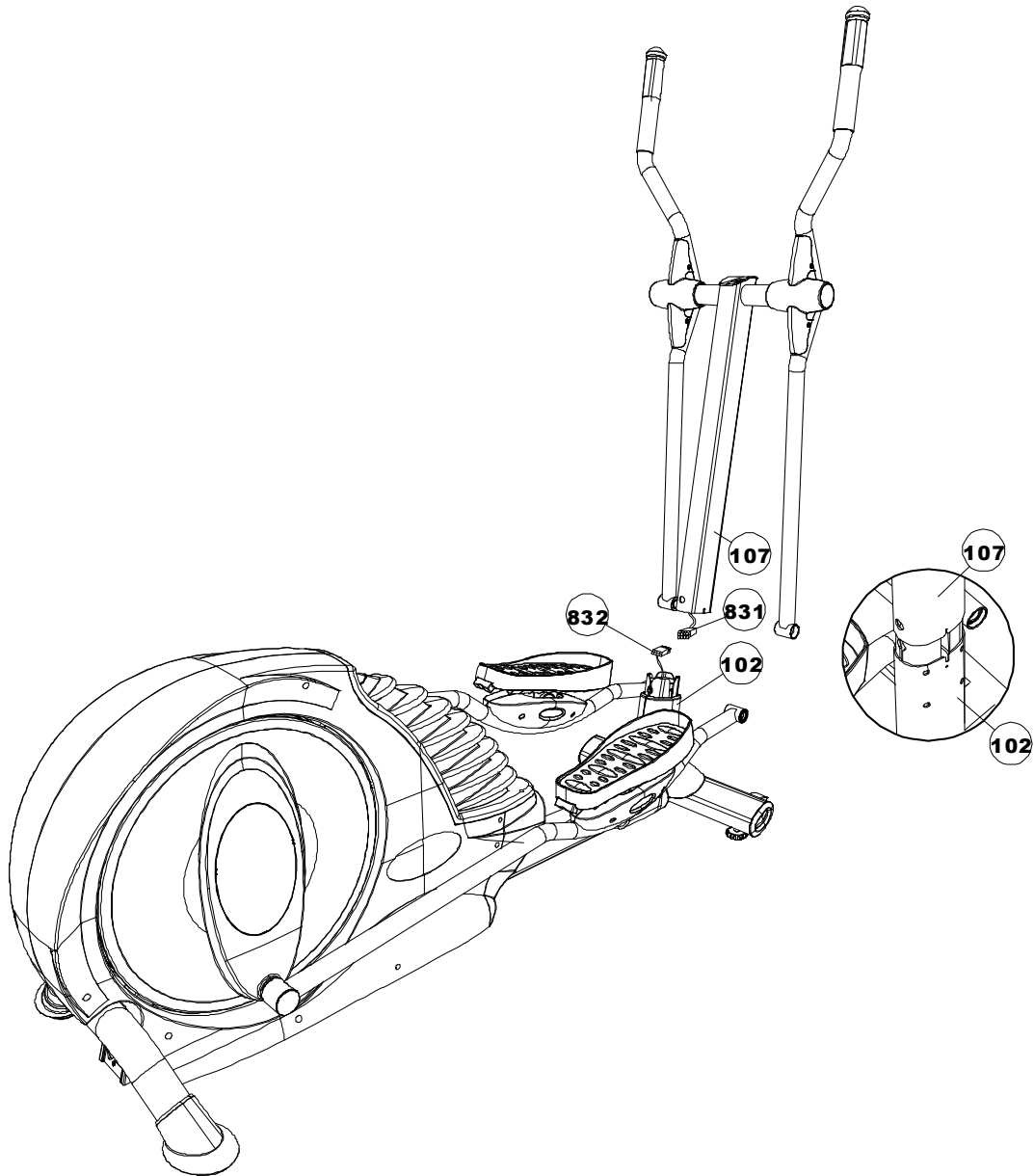
MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



ASSEMBLY**STEP 1: Attach the Upright Assembly**

NOTE: BE SURE THAT THE WIRES DO NOT TIGHTEN THE UPRIGHT FIXING BOLT YET WHEN ASSEMBLING THE UPRIGHT TO THE MAIN FRAME.

- (A) Connect the 8pin Computer Wire – Middle (831) and 8pin Computer Wire – Lower (832)
- (B) Slide the Upright(107) into the Main Frame(102)



ASSEMBLY

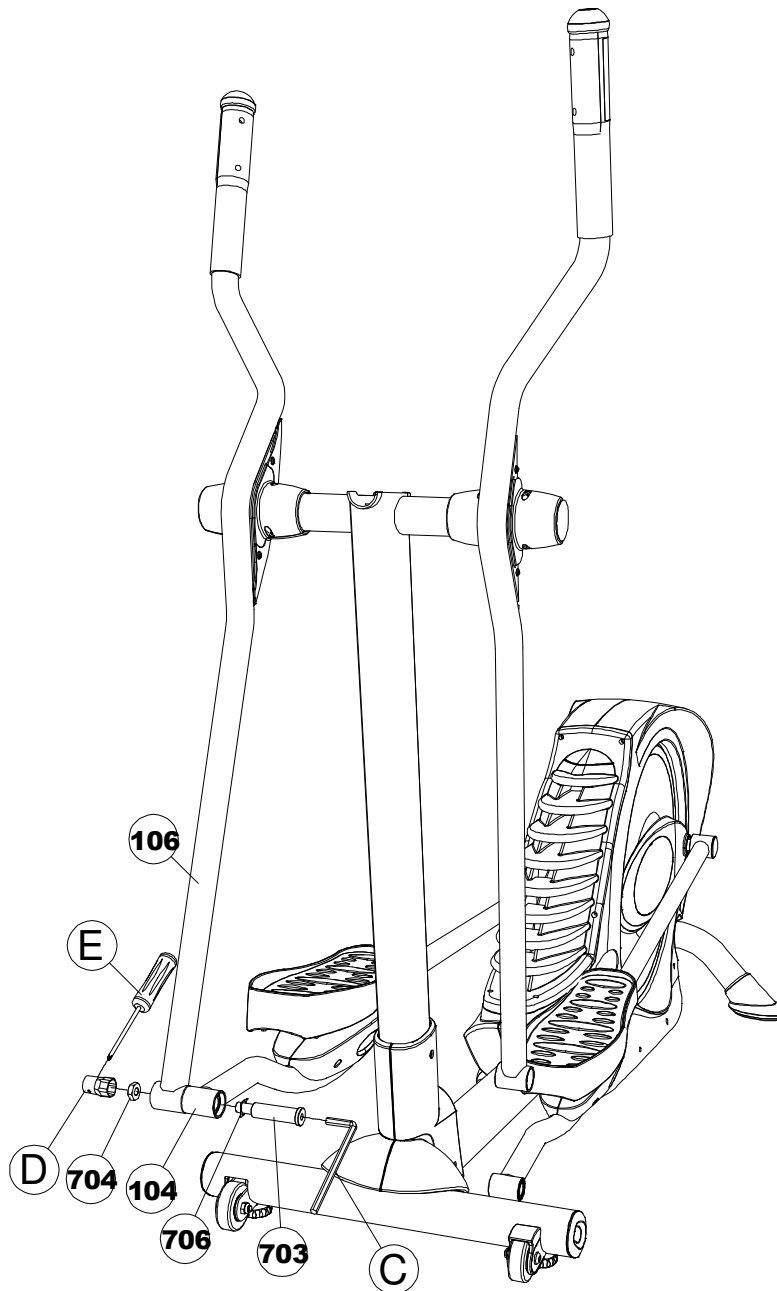
STEP 2: Assemble the Pedal Arm – Right

(A) Slide the 20x91--M14x25mm Bolt (703) with 20.7x29.1x0.3mm Wave Washer (706) through the Pedal Arm – Right(104) and Action Handlebar – Right (106) then secure using one M14 Nut (704).

703 X1 

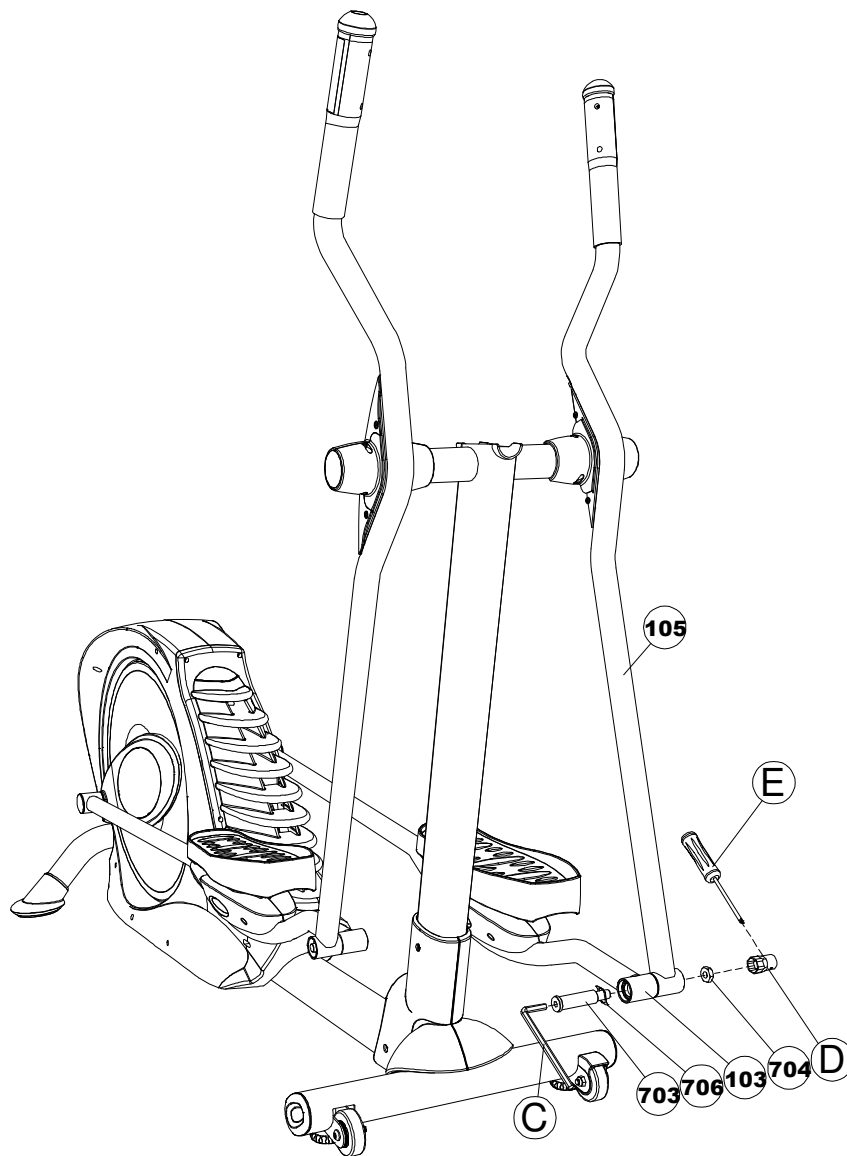
704 X1 

706 X1 



ASSEMBLY**STEP 3: Assemble the Pedal Arm – Left**

(A) Slide the 20x91--M14x25mm Bolt (703) with 20.7x29.1x0.3mm Wave Washer (706) through the Pedal Arm – Left (103) and Action Handlebar – Left (105) then secure using one M14 Nut (704).

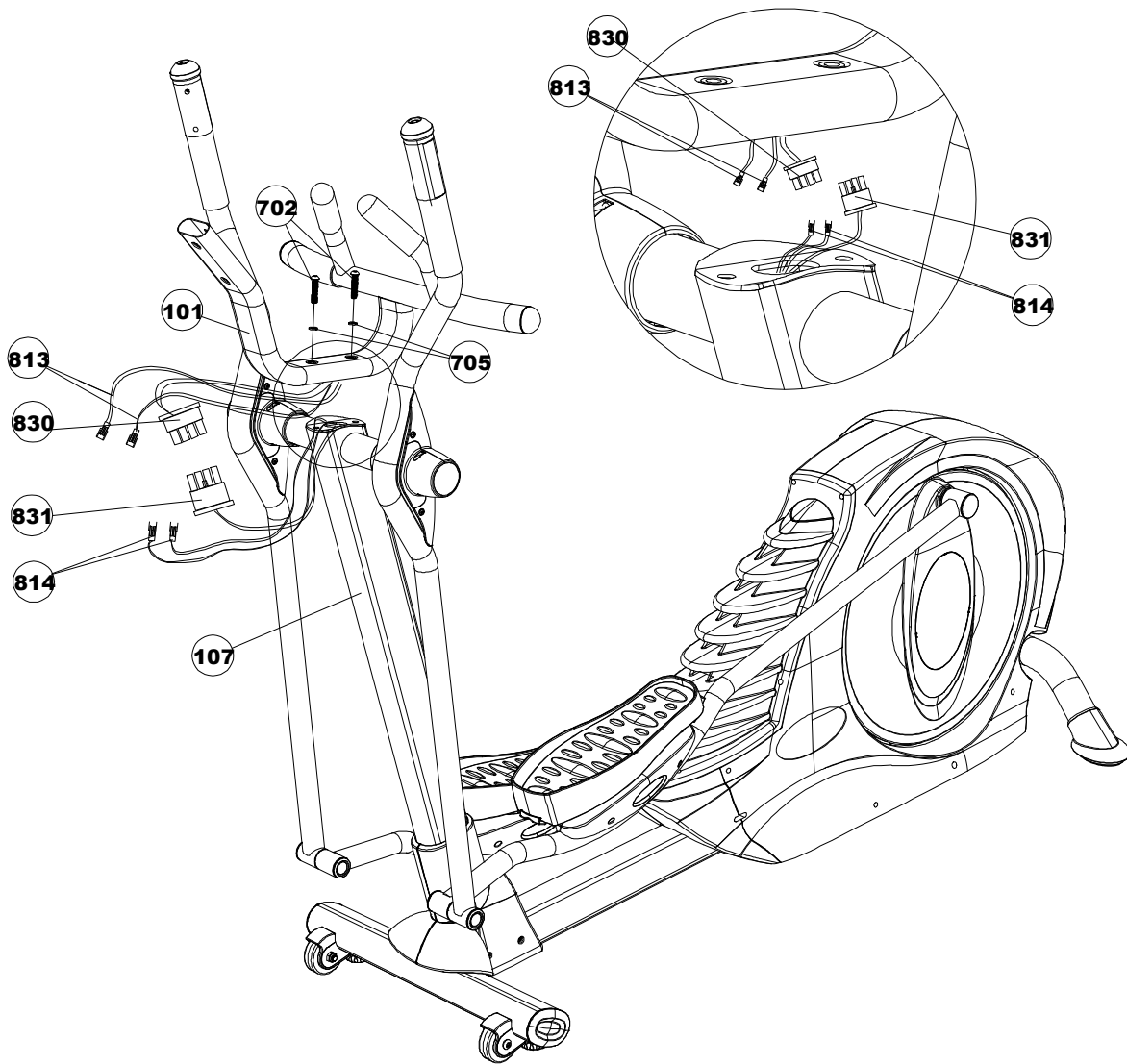
703 X1**704 X1****706 X1**

ASSEMBLY**STEP 5: Assemble the Console Support Tube**

(A) Connect the 8pin Computer Wire – Upper (830) to the 8pin Computer Wire – Middle (831) and connect the Handle Pulse Sensor Wire – Upper (813) to the Handle Pulse Sensor Wire – Lower (814)

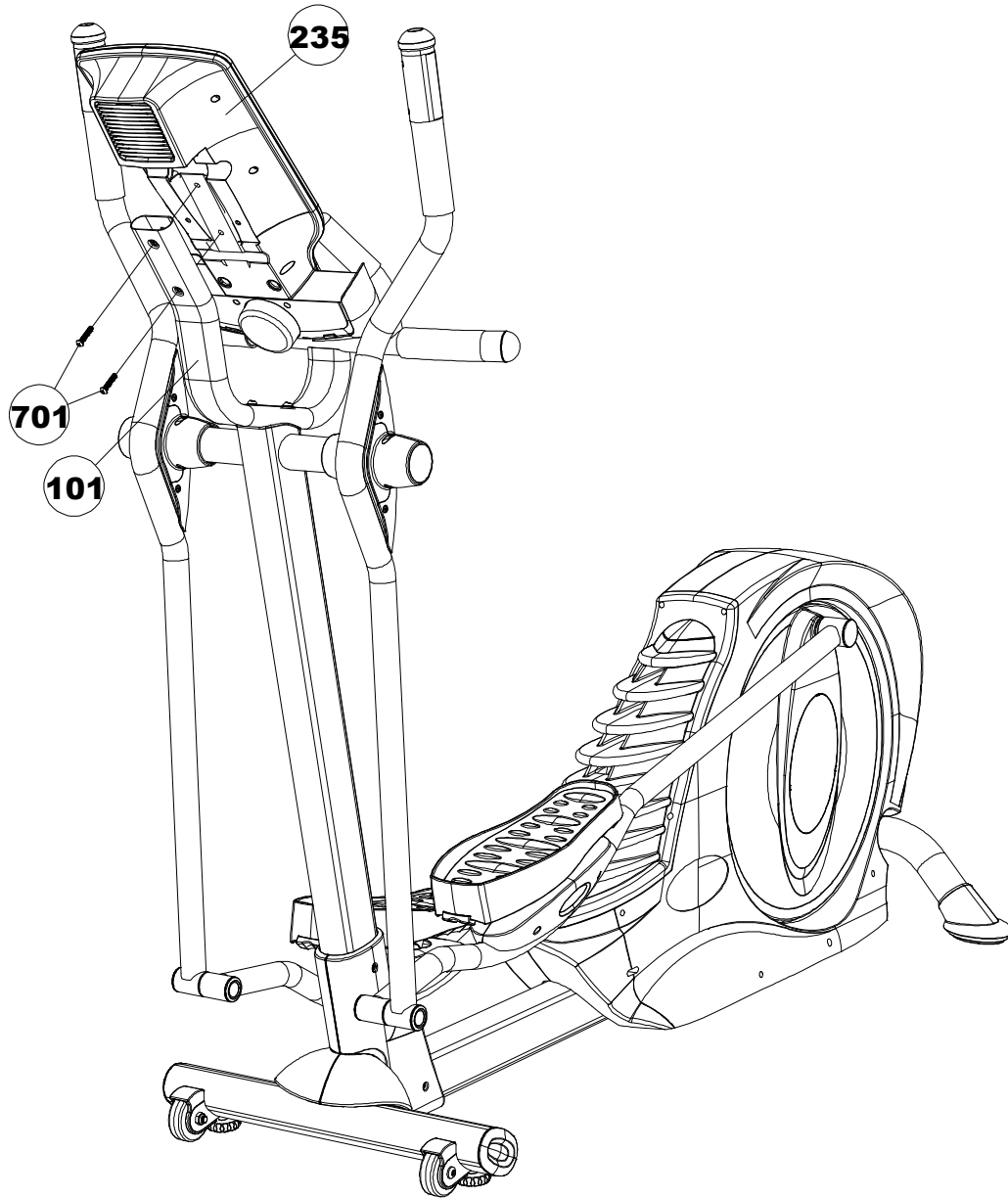
702 X2

(B) Attach the Console Support Tube to the Upright (107) and secure using two M8x40mm Allen Head Bolts (702) with 8x14x2mm Spring Washer (705).

705 X2

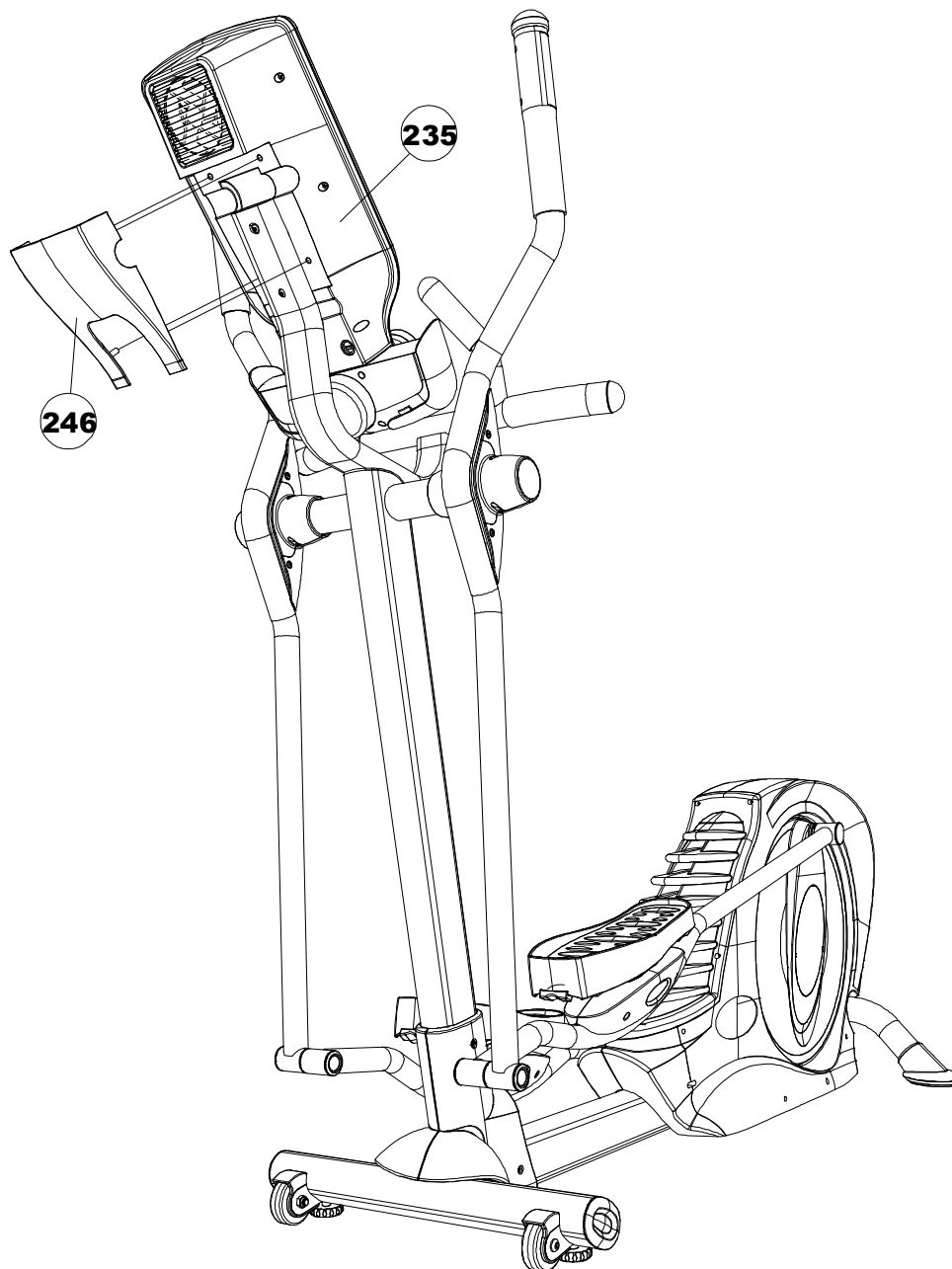
ASSEMBLY**STEP 6: Assemble the Computer**

(A) Attach the Computer to the Console Support Tube (101), and secure using the M6x35mm Allen Head Bolt (701).

701 X2

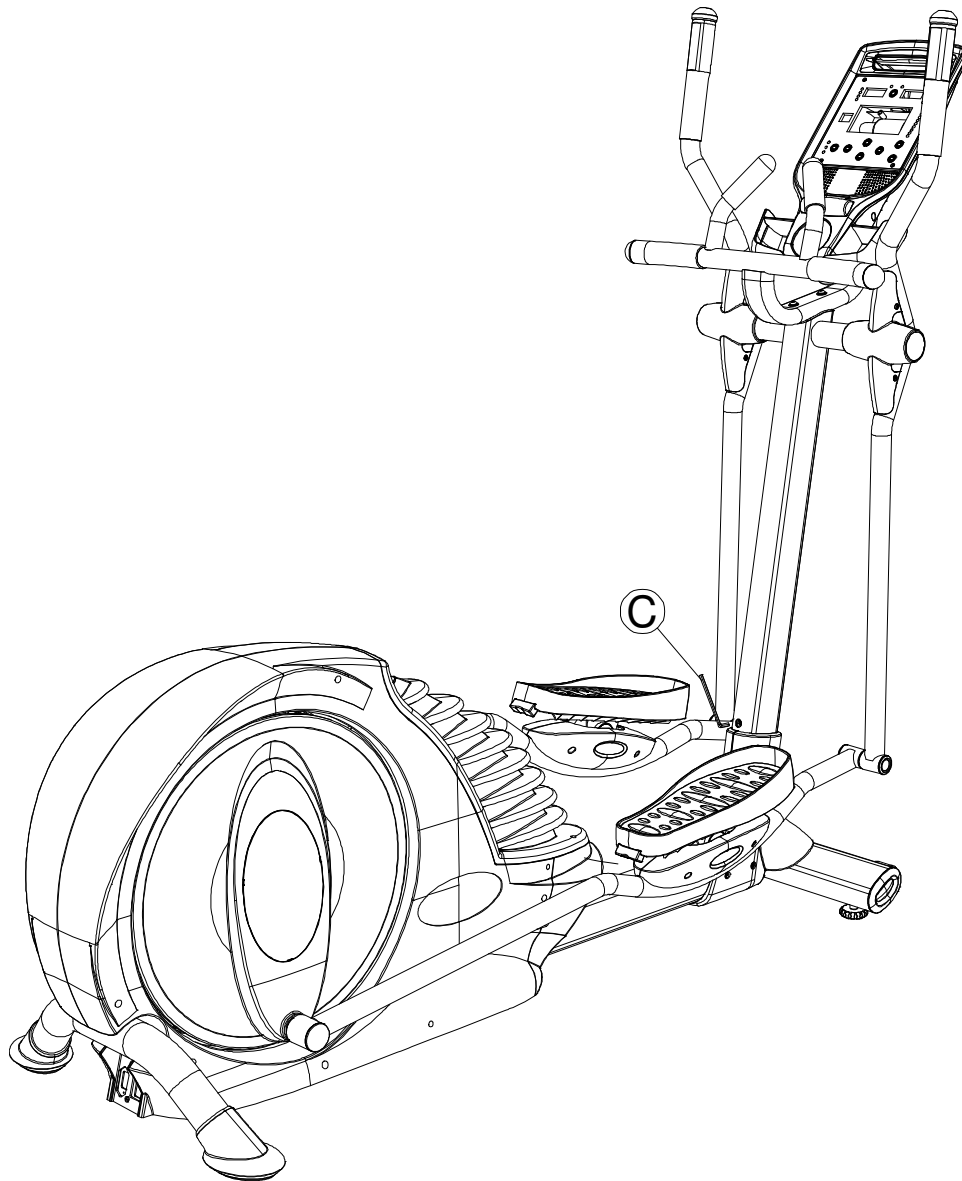
ASSEMBLY**STEP 7: Assemble Console Back Cover**

(A) Attach the Console Back Cover to Console Housing – Bottom (235).



ASSEMBLY**STEP 9: Secure the Upright**

(A) Tighten the Upright Fixing Bolt using the 8mm Allen Key (C)



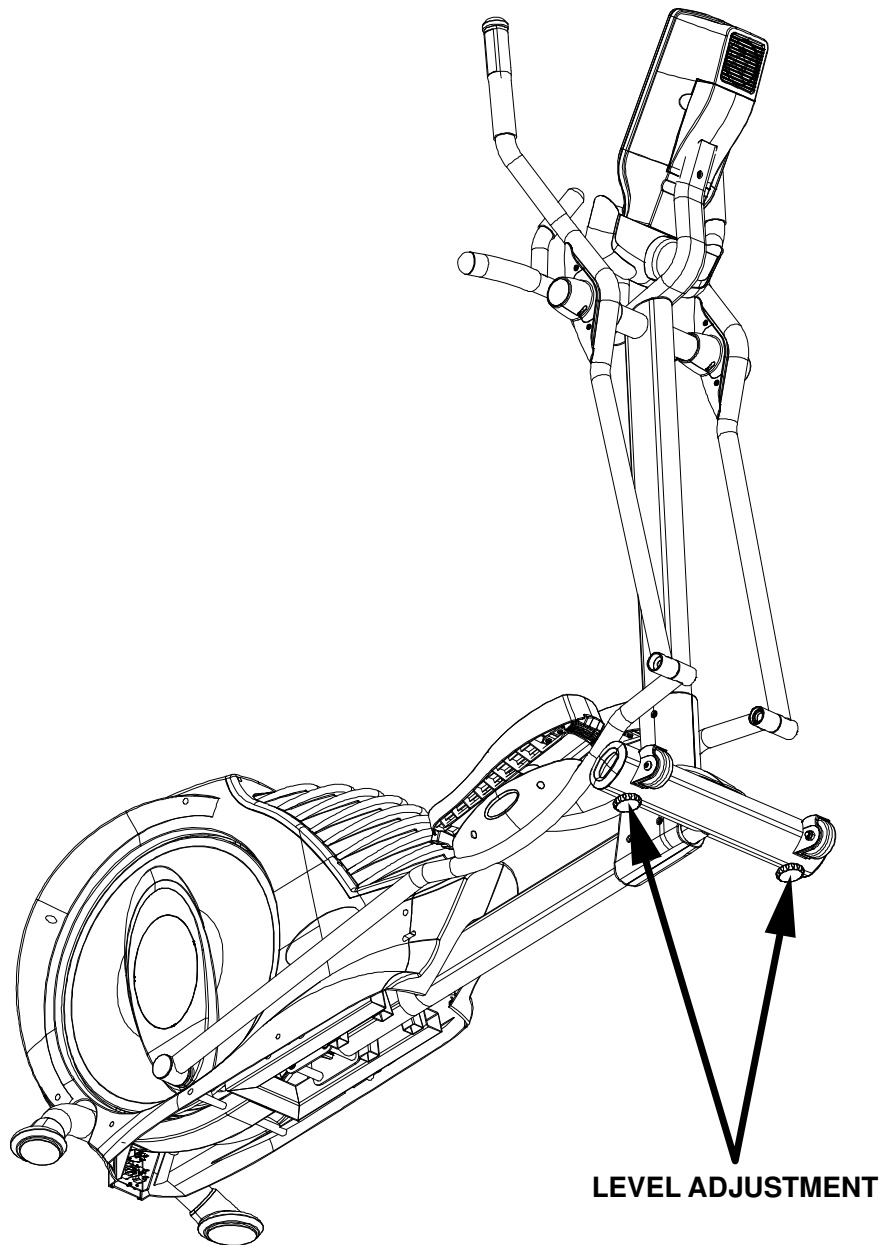
LEVEL ADJUSTMENT

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 elliptical trainer while adjusting the levelers

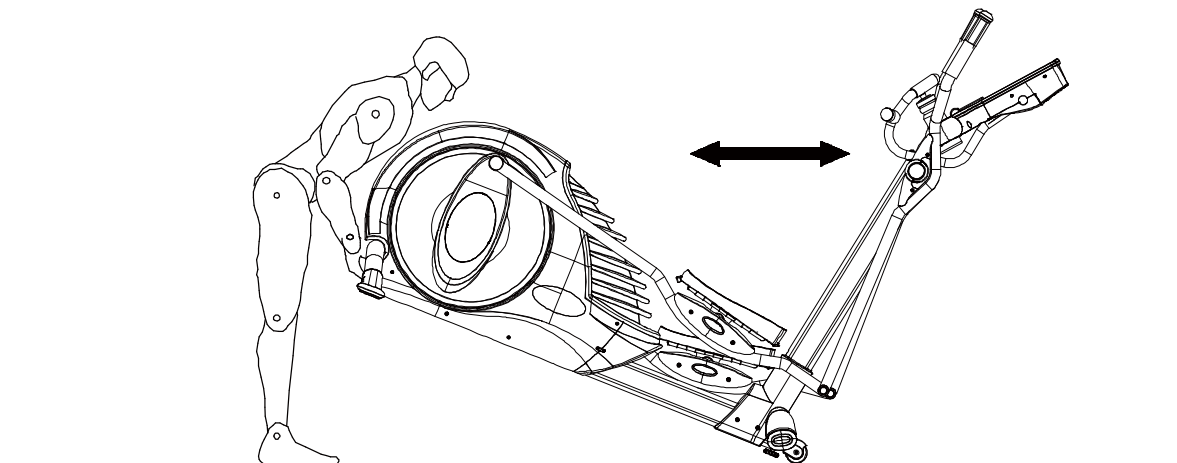
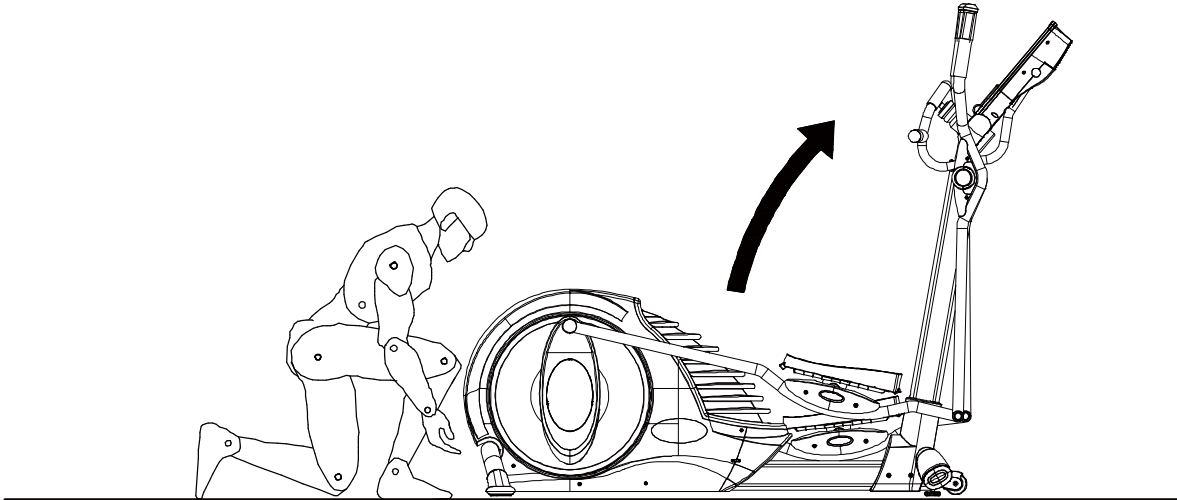
Tip the elliptical trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the elliptical trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your elliptical trainer.



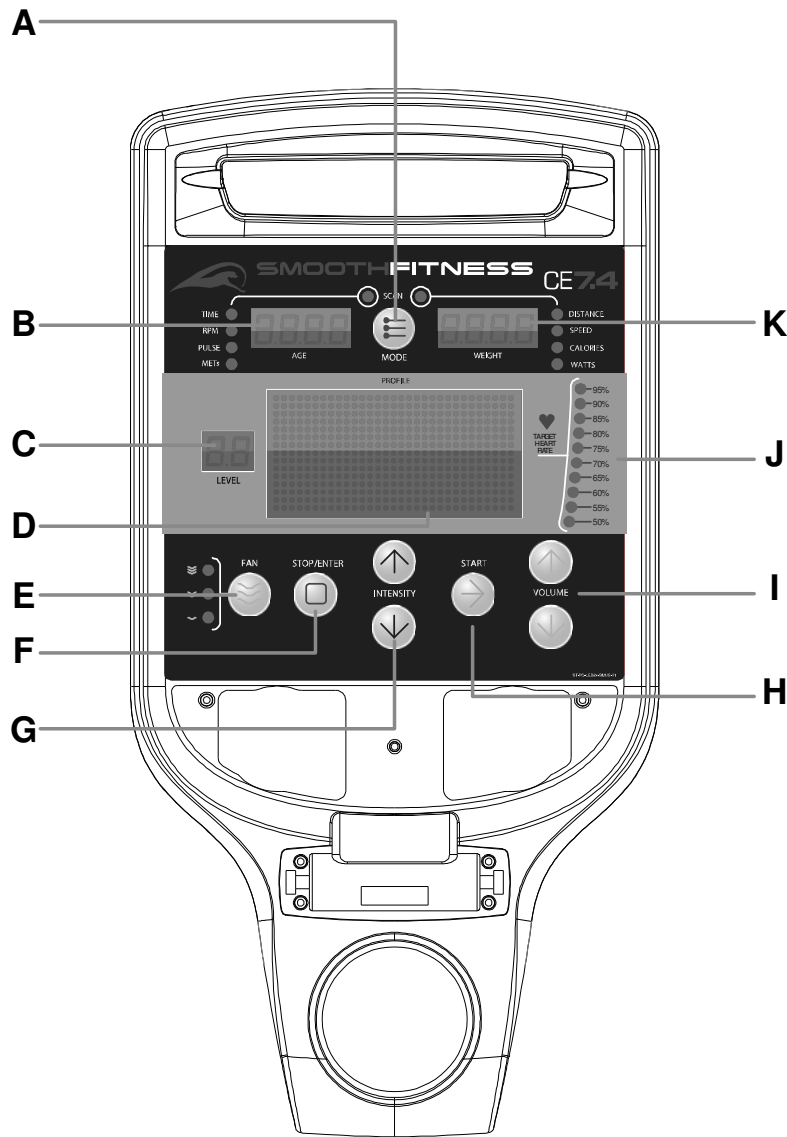
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your elliptical trainer simply lift the back end and roll it away to the desired location, as shown.



COMPUTER OPERATION



MODE BUTTON	A	B	DTAT DISPLAY-1
LEVEL DISPLAY	C	D	PROFILE
FAN CONTROL	E	F	STOP/ENTER
INTENSITY UP/DOWN	G	H	START
VOLUME CONTROL	I	J	TARGET HEART RATE
DTAT DISPLAY-2	K		

COMPUTER OPERATION

DISPLAY FUNCTIONS:

There are 4 display areas to show all the necessary information prior to and during the workout.

LEVEL DISPLAY:

Shows from 1 to 16 resistance levels.

8 x 16 DOT MATRIX PROFILE DISPLAY:

Shows all operating instructions prior to the workout and shows all program profiles during the workout.

TARGET HEART RATE DISPLAY:

Shows the user TARGET HEART RATE% to monitor the body reaction and workout achievement. A minimum of 50% of the user's target heart rate must be detected before the LED bar will illuminate.

MODE 1 DISPLAY:

Displays and allows user to set age prior to using all programs.

Displays and allows user to set the METS for the METS (Rx) program.

Displays and allows user to set workout time prior to using all programs.

Displays TIME, RPM and PULSE during the workout. Press the MODE button to switch between the different information to be displayed, or switch to SCAN to view all information.

MODE 2 DISPLAY:

Displays and allows the user to set weight prior to using all programs.

Displays the DISTANCE, SPEED, CALORIES and WATTS during the workout. Press the MODE button to switch between the different information to be displayed or switch to SCAN to view all information.

COMPUTER OPERATION:

POWER ON:

Plug in the ADAOTOR, all the LED windows will light up and begin scanning. The Dot Matrix will display and begin showing "U1". The other LED windows will show the factory settings as follows:

LEVEL window display: "0"

MODE-1 window display (default AGE): "35".

MODE-2 window display (default WEIGHT): "150" lb.

During the workout, press the STOP button twice to 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.

PAUSE/STOP:

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

FAN:

First Press:



Second Press:



Third Press:



Fourth Press: **STOP**

ENGLISH/METRIC CONVERSION:

The console display can show ENGLISH and METRIC information. The factory should have the proper setting on this for the different markets. In case it needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. From the POWER SWITCH status, press both the MOLD and START button at the same time and hold for 3 seconds. The computer will sound one short beep and the Dot Matrix will display a scrolling "KM" or "ML". KM is displayed for METRIC and ML for ENGLISH.
2. Press the START button to switch between METRIC/ENGLISH. Then press the STOP button to confirm the change and return to the POWER ON status.

COMPUTER OPERATION

SOUND on/off:

From the POWER ON status press and hold MOLD and STOP/ENTER buttons for 3 seconds to get to the display control mode. The MODE-1 will be displaying "1". Press INTENSITY UP once so that "2" is displaying then press the START button. To toggle between sound "on" or "off" use the INTENSITY UP or DOWN button then press STOP/ENTER to confirm and press STOP/ENTER button to return to POWER ON status.

QUICK START:

When the console is in POWER ON status, press the START button to activate the QUICK START program. The Dot Matrix will display "QUICK START" then display the resistance level graphic. Press the INTENSITY UP/DOWN button to change the resistance level. The TIME, CALORIES and DISTANCE will count up from 0.

PROGRAM OPERATING 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 PROFILE will show a blinking U1, and will also display only factory default setting values for user WEIGHT, and AGE. 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.

AGE set up – After the User ID 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.

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

PROGRAM MODE

After setting the user WEIGHT, the computer will display a blinking P1, indicating that the user is now select from P1~C5. Press the INTENSITY UP/DOWN buttons to select the programs and press the STOP/ENTER button to set up the program.

After enter this program,

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.

PROGRAM 1 – TARGET TIME

After enter this program, the TIME display shows the factory default setting "30:00". Press 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.

PROGRAM 2 – TARGET DISTANCE

After enter this program, the DISTANCE display shows factory default setting 5.0mph or 5.0km/h. Press 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.

PROGRAM 3 – TARGET CALORIES

After enter this program, the CALORIES display shows factory default setting "50". Press UP/DOWN button to adjust the target calories and press STOP/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.

COMPUTER OPERATION

PROGRAM 4 – METS

The MET program allows you to set the workout load from 1.0 MET up to 16.0 METS. The following formula and the comparison chart shows you how different METS relate to different sport activities:

One MET: Resting metabolic rate at 3.5ml O₂/kg/min.

One Kilocalorie (kcal): 200ml of Oxygen (O₂) used.

Energy Expenditure in KCals/minute:

1. $KCals/min = 0.0175 \text{ kcals/kg/min} \times METS \times WtKg$

2. Where WtKg = weight in kilograms (1.0 Kilograms = 2.2 LB)

1.0 - 3.0 METS: Light Activity (50 to 200 KCals per hour).

Fishing, Standing or Housework.

3.0 - 4.0 METS: Moderate Activity (200 to 350 KCals per hour).

Bicycling in pace 5.5 mph or Canoeing at 2.5 mph – 3 METS

Row boat at 2.5 mph – 4 METS

Golf Walking – 4 METS

Swimming at 0.25 mph – 4 METS

4.0 and above METS: Strenuous Activity (Over 350 KCals per hour).

Badminton – 5 METS

Bicycling in pace 11 mph – 6 METS

Squash or Handball – 8 METS

Bicycling in pace 16.6 mph – 9 METS

Moderate Run at 6 mph – 10 METS

Fast Run at 10 mph – 16 METS

After enter this program, the TIME display shows the factory default setting “30:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

METS display shows factory default setting “1.00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the METS program. Time counts down to 0, Distance and Calories count up. Press INTENSITY UP/DOWN to adjust the METS.

PROGRAM 5 – FAT BURNING

The FAT BURNING program provides a consistent level of work during your exercise session. Exercising at this consistent level is more effective in the fat burning process.

After enter this program, 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 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 profile. Press INTENSITY UP/DOWN to adjust the resistance.

P6: INTERVAL PROGRAM

The INTERVAL program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

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 profile. Press INTENSITY UP/DOWN to adjust the resistance.

COMPUTER OPERATION

Press **START** button to start the **INTERVAL** 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.

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

P7 –STRENGTH PROGRAM:

The **STRENGTH** program gradually increases the workload over time. This will strengthen not only your heart, but also the major muscle groups, which are doing the work.

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 **STRENGTH** 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.

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

COMPUTER OPERATION

P8 –FITNESS LEVEL TEST:

The FITNESS LEVEL TEST is based on YMCA Protocol Standards which are provided as a tool to evaluate your fitness level. During exercise, the muscles convert oxygen into the fuel needed for the muscles to do the required work. The harder you workout, the more oxygen the muscles need. The oxygen is delivered to the muscles by the cardiovascular or blood system. The harder you workout, the faster your heart beats to maintain the oxygen supply to the muscles. As your fitness level improves, your muscles become more efficient and therefore do not require as much oxygen as before. This means your heart does not have to beat as fast as before to do the same amount of work.

A heart rate monitoring device must be used for this test. The equipment provides a standard handgrip pulse on the moving handle bar to sense the user's heart beat during the workout. Pulse detection can be confirmed by observing the top LED light on the TARGET HEART RATE display as well as the PULSE display on the MODE-1 window. If your heart rate exceeds 95% of your maximum target rate the test will terminate. The Target Heart Rate calculation is as follows:

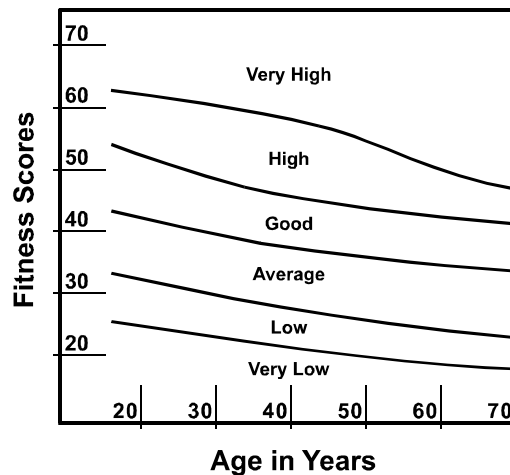
$$(220 - \text{user age}) \times \%$$

A 35 year old user needs to reach a minimum of 50% of their TARGET HEART RATE.

Which means: $(220 - 35) \times 50\% = 93$ bpm (Beats per minute)

After enter this program, The MODE-1 window will show the test timer "12:00" which is the standard test time. This can not be changed by the user. Press the START button to begin the test. If the test has been completed successfully, the Dot Matrix display will show the score.

Fitness Level vs. Age



P 9 – 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.

COMPUTER OPERATION

IMPORTANT: The console software will calculate the user's **SAFE MAXIMUM HEART RATE** based on the formula: $(220 - \text{AGE})$. 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** button to confirm.

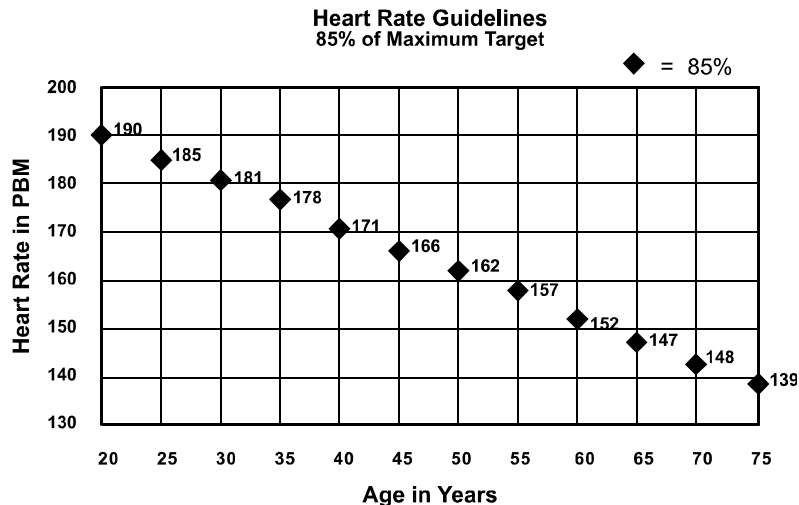
After adjust the **TARGET HEART RATE**, the **TIME** display shows factory default setting "32:00". Press **INTENSITY UP/DOWN** button to adjust the target time and press **STOP/ENTER** to confirm.

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 heart 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 intensity level to keep the users at the **TARGET HEART RATE**. If the user is consistently below the **TARGET HEART RATE**, the **INTENSITY LEVEL** will increase 1 level every 30 seconds. If the user reaches and exceeds the **TARGET HEART RATE**, 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.

Now you have completed the personal data input. Press **START** to begin the workout and start pedaling. Press **STOP** twice to return to **POWER ON** status.

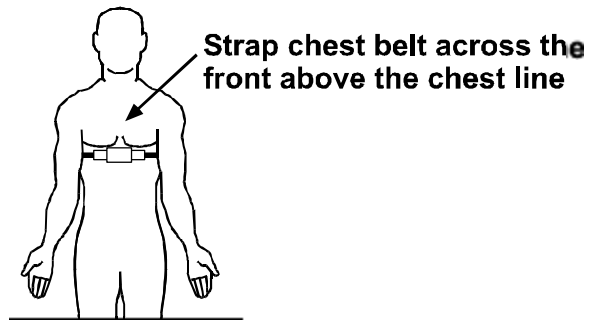


C1~C5 CUSTOMER COURSE

The program can allow store the settings for repeated workouts. After enter this program and press **STOP/ENTER** button, the user comes into the **INTENSITY LEVEL**, and **TIME** setting mode. In the display the first minute is flashing, use the **INTENSITY UP/DOWN** button to adjust the **INTENSITY LEVEL**. Then press the **STOP/ENTER** button to reserve the setting and continue to next minute setting of the program, etc. The maximum workout time of each user program is 60 minutes. After setting up above item, press the **SATER** button to confirm, and then press **START** button to activate status.

COMPUTER OPERATION**USING THE CHEST BELT HEART RATE MONITOR:**

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



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

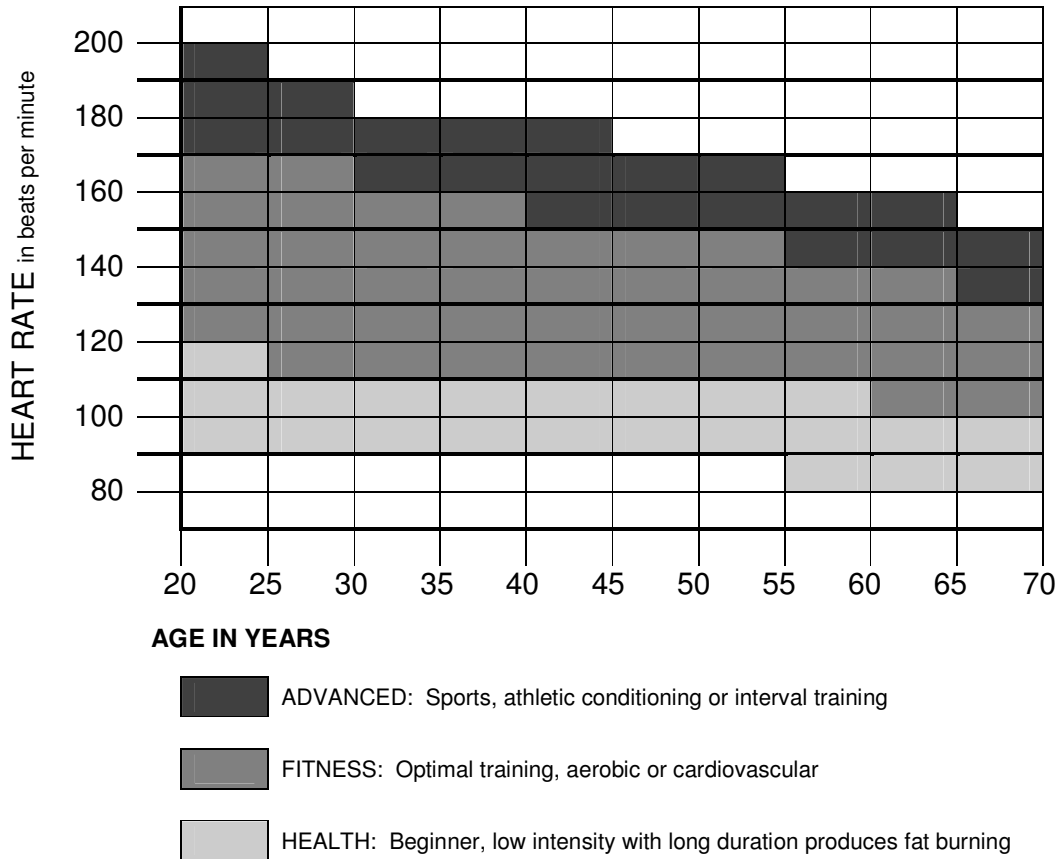
TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE



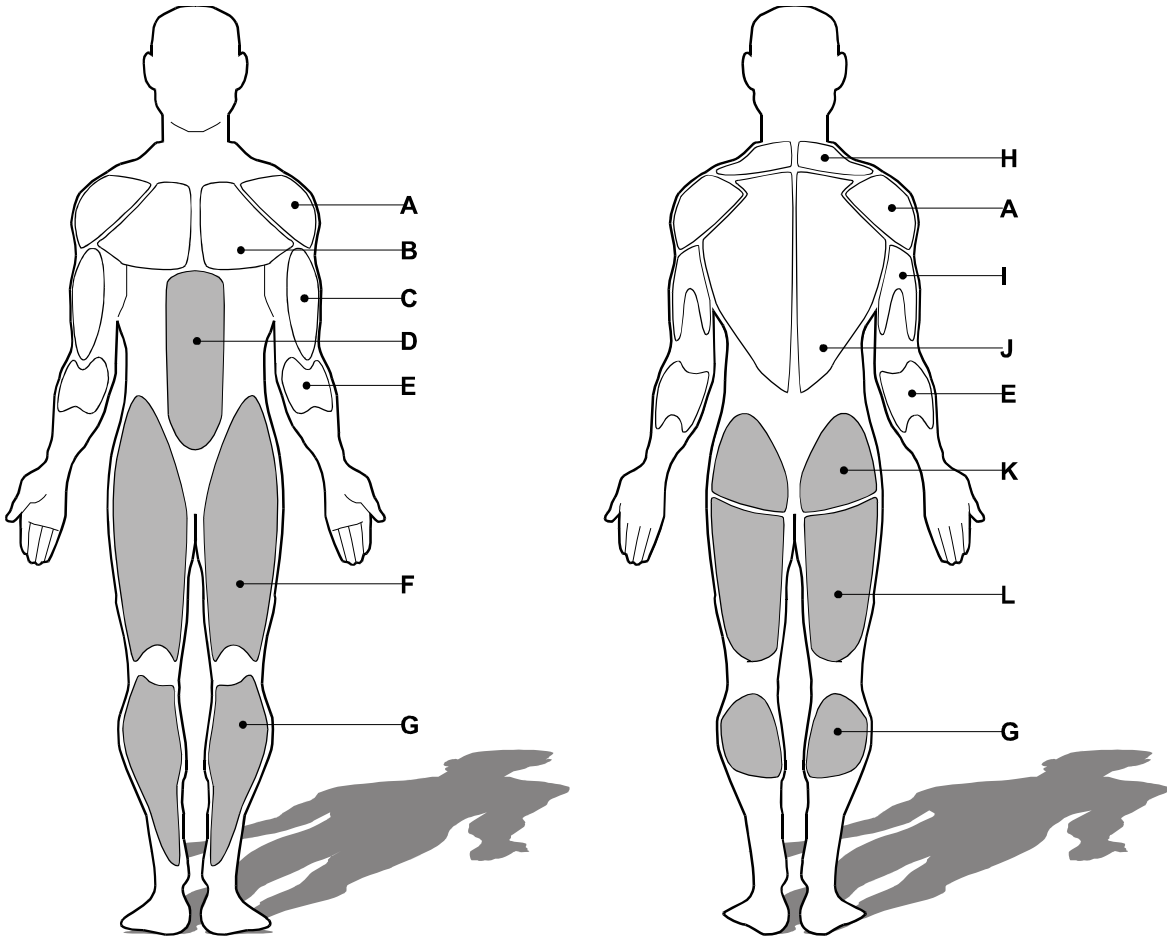
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop 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

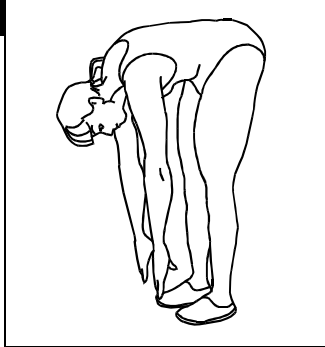
Warm up and cool down:

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:

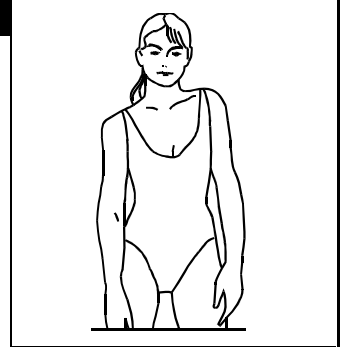
Toe Touch:

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.



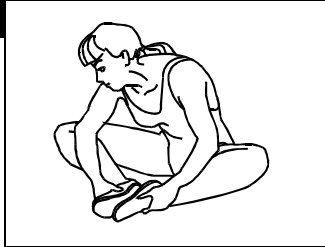
Shoulder Lift:

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.



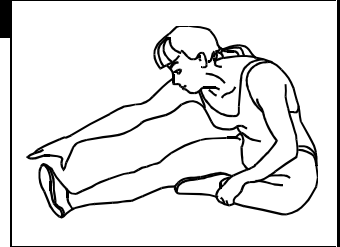
Inner Thigh Stretch:

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.



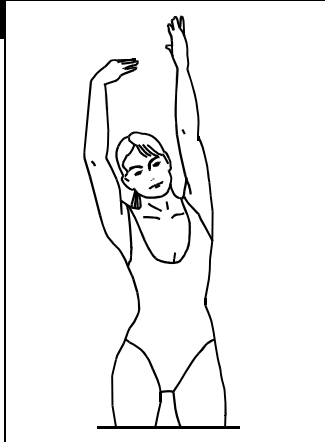
Hamstring Stretch:

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.



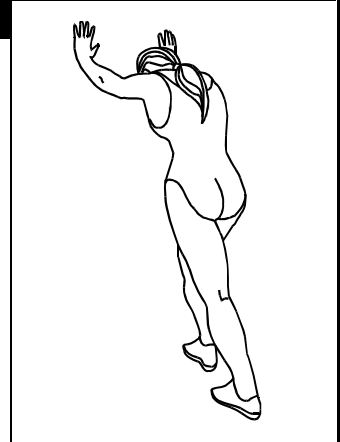
Side Stretch:

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.



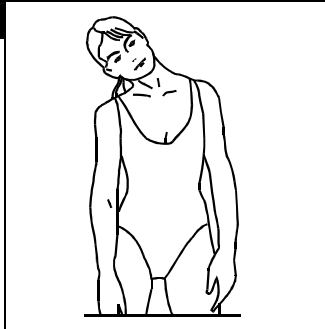
Calf-Achilles Stretch:

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.





Smooth Fitness
780 5th Ave
King of Prussia, PA 19406

Toll Free Customer Service:
1.888.800.1167

Website:
www.smoothfitness.com