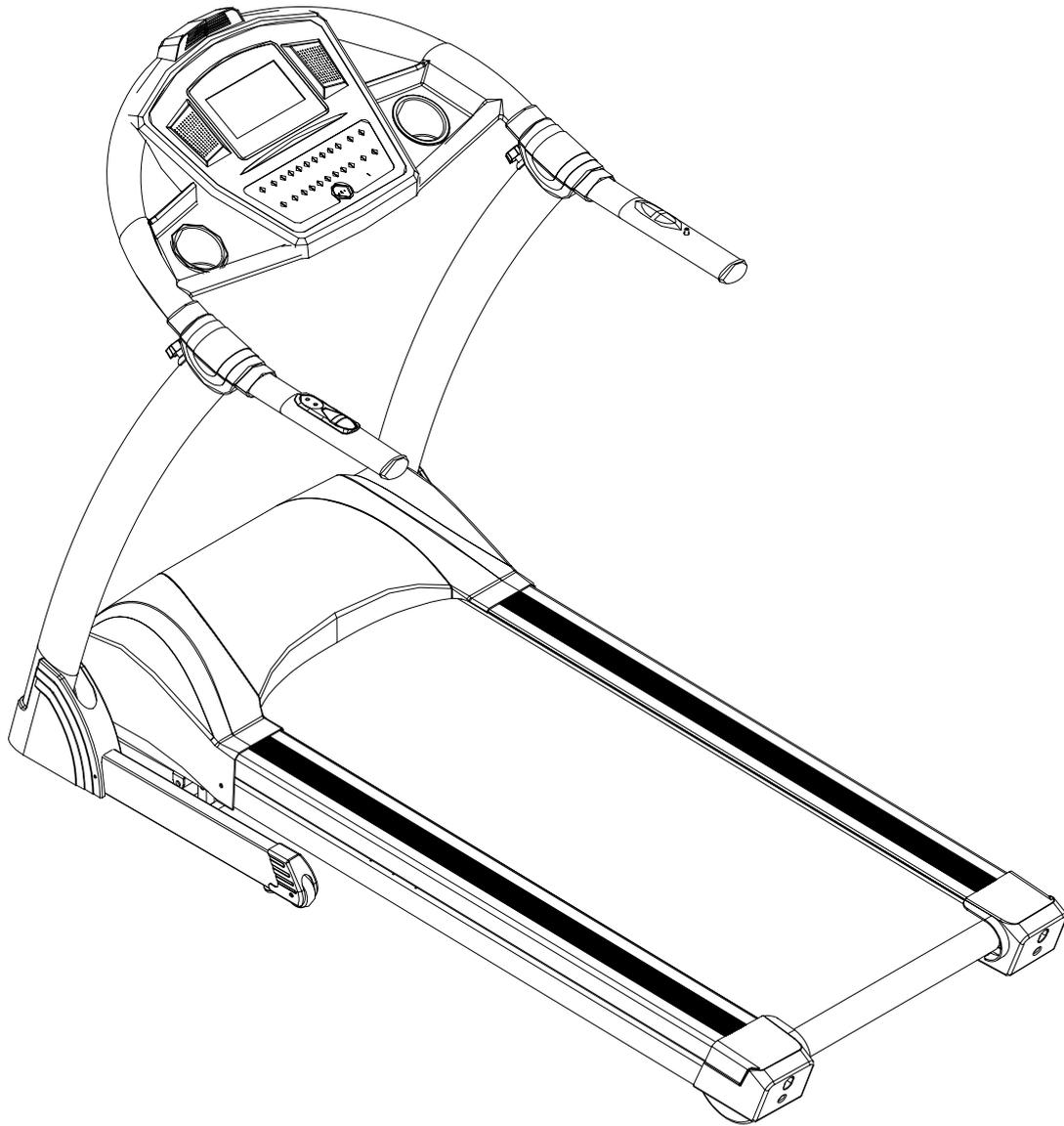


## 5.65i MOTORIZED TREADMILL



**SMOOTH**  
**FITNESS**



USER WEIGHT LIMITATION: **300lbs (136kgs).**

SERIAL NUMBER (found on frame):

## PRECAUTIONS

### For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Receipt: \_\_\_\_\_

### Precautions:

**WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual. Do not use attachments not recommended by the manufacturer.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- **DANGER-** To reduce the risk of electrical shock always unplug the appliance immediately after use.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electrical shock, or injury.
- Appliance should never be left unattended when plugged in. Unplug from the outlet when not in use, and before putting on or taking off parts.
- Close supervision is required when this appliance is used by, on or near children invalids or disabled persons.
- Do not use this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Call your local service center for examination and repair prior to use.
- Do not carry this appliance by the power cord or use the cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep air openings free from lint, hair and the like.
- Never drop or insert any objects into any openings.
- To disconnect, turn all controls to the off position then remove the plug from the outlet.
- Connect this appliance to a properly grounded outlet only. See power requirements.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **300LBS (136 Kgs)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

**SAVE THESE INSTRUCTIONS.**

## PRECAUTIONS

### Pour réparations futures ou questions connexes :

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Receipt: \_\_\_\_\_

### Précautions :

**AVERTISSEMENT** : Pour réduire les risques de brûlures, d'incendie, de choc électrique ou de blessures aux personnes, lire les précautions importantes et l'information suivantes avant de se servir du tapis roulant. Il revient au propriétaire de s'assurer que tous les utilisateurs de ce tapis ont bien été informés de tous les avertissements et précautions.

Utiliser le tapis seulement comme il est décrit dans ce manuel. **Ne pas utiliser d'accessoires non recommandés par le fabricant**

- Le placer sur une surface plane, en laissant 2 m (6 pi) d'espace libre en arrière. Ne pas placer le tapis roulant sur une surface qui bloque les ouvertures d'air.
- Pour protéger le plancher ou un tapis de dommages, placer un petit tapis sous le tapis roulant.
- Choisir pour le tapis roulant un emplacement et une position qui permettent d'avoir accès à une prise murale.
- DANGER-Afin de réduire le risque de choc électrique débranchez toujours l'appareil immédiatement après utilisation.
- Ne pas faire fonctionner sous une couverture ou un oreiller. Une chaleur excessive peut se produire et provoquer un incendie, un choc électrique ou de blessure.
- L'appareil ne doit jamais être laissé sans surveillance lorsqu'il est branché po débrancher de la prise lorsqu'il n'est pas utilisé, et avant de mettre ou d'enlever des pièces.
- Une surveillance étroite est nécessaire lorsque cet appareil est utilisé par, sur ou près des invalides enfants ou de personnes handicapées.
- Ne pas utiliser cet appareil si le cordon ou la fiche, si elle ne fonctionne pas correctement, s'il a été échappé ou endommagé ou tombé dans l'eau. Appelez votre centre de service local pour l'examen et la réparation avant de l'utiliser.
- Ne transportez pas cet appareil par le cordon d'alimentation ou d'utiliser le cordon comme une poignée.
- Gardez le cordon loin des surfaces chauffées.
- Ne jamais faire fonctionner l'appareil avec les ouvertures d'air bloqué. Maintenir les ouvertures d'air libre de peluche, de cheveux, etc.
- Ne jamais laisser tomber ou insérer des objets dans les ouvertures.
- Pour débrancher, mettre toutes les commandes à la position hors tension, puis retirez la fiche de la prise.
- Branchez cet appareil à une prise de terre seulement. Voir les exigences de puissance
- Garder le tapis roulant à l'intérieur, à un endroit sans humidité ni poussière. Ne pas mettre le tapis roulant dans un garage, sur une terrasse couverte ou près de l'eau.
- Ne pas faire fonctionner le tapis roulant pendant la vaporisation de produits aérosol ou l'administration d'oxygène.
- Ne pas laisser les enfants de moins de 12 ans et les animaux s'approcher du tapis roulant.
- Le tapis roulant ne doit pas être utilisé par des personnes pesant plus de **136 kg (300 lb)**.
- Il ne doit jamais y avoir plus d'une personne sur le tapis à la fois. Porter des vêtements d'exercice appropriés pour utiliser le tapis roulant. Ne pas porter de vêtements lâches qui pourraient être pris dans le tapis roulant. Les vêtements de soutien athlétiques sont recommandés tant pour les hommes que pour les femmes. Porter toujours des chaussures d'athlétisme. Ne pas être pieds nus, ou porter seulement des chaussettes ou des sandales lors de l'utilisation du tapis roulant.
- Brancher le cordon d'alimentation dans un circuit avec mise à la terre. Aucun autre appareil ne doit être sur le même circuit.
- Toujours enjamber le tapis et le laisser commencer à rouler avant de monter dessus.
- Toujours examiner votre tapis roulant avant de l'utiliser pour s'assurer que toutes les pièces fonctionnent correctement.
- Laisser le tapis s'arrêter complètement avant de descendre.
- Ne jamais insérer d'objets ou de parties du corps dans une ouverture.
- Suivre les directives de sécurité en ce qui concerne le branchement de votre tapis roulant.
- Garder le cordon d'alimentation éloigné des roues inclinées et ne pas faire passer le cordon d'alimentation sous votre tapis roulant. Ne pas faire fonctionner le tapis roulant si le cordon d'alimentation est endommagé ou effiloché.
- Débrancher toujours le tapis roulant avant de le nettoyer ou de le réparer.
- Toute réparation au tapis doit être effectuée par un réparateur agréé, à moins d'autorisation ou de directives contraires du fabricant. Le non-respect de ces instructions annulera la garantie du tapis roulant.
- Ne jamais laisser le tapis roulant sans surveillance lorsque la clé de sécurité est insérée.
- Utiliser la « clé de sécurité » pour faire fonctionner le tapis roulant et s'assurer qu'elle est accrochée aux vêtements des utilisateurs.
- Retirer la « clé de sécurité » et la ranger dans un endroit sûr lorsque le tapis roulant n'est pas en fonction. Garder la « clé de sécurité » hors de la portée des enfants

## POWER REQUIREMENTS

### Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

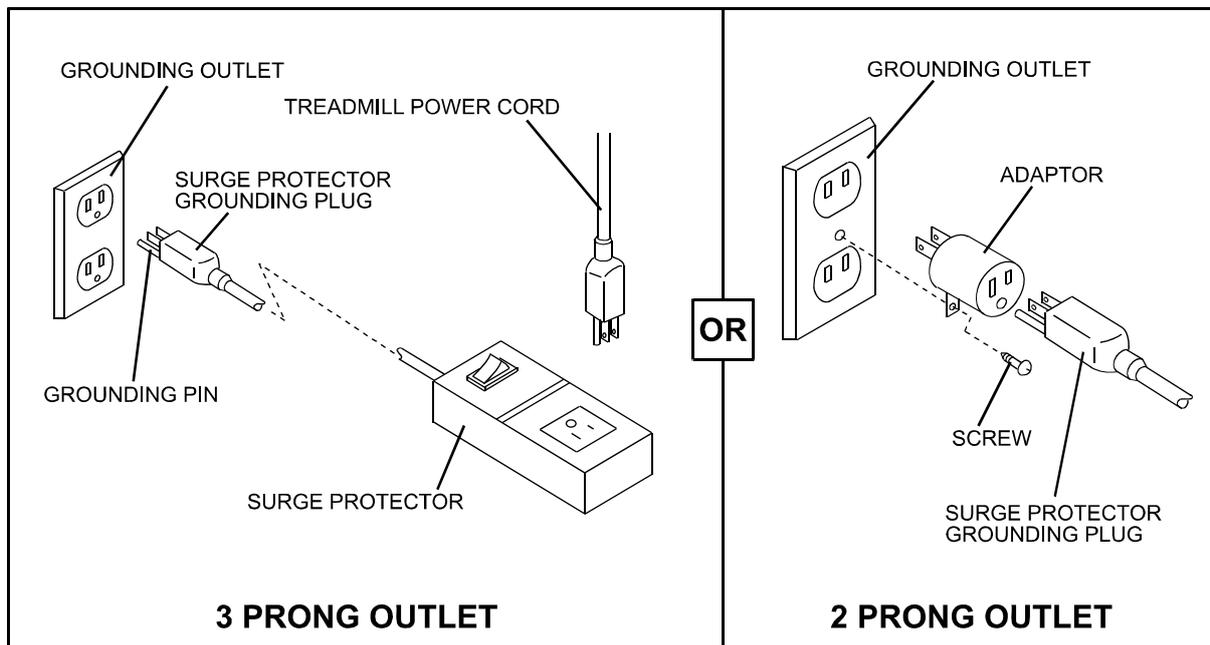
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI / AFCI outlets and GFCI / AFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



## POWER REQUIREMENTS

### Alimentation :

UN MAUVAIS BRANCHEMENT DU CONNECTEUR DE MISE À LA TERRE DE L'ÉQUIPEMENT POURRAIT PROVOQUER UN CHOC ÉLECTRIQUE. EN CAS DE DOUTE, CONSULTER UN ÉLECTRICIEN OU UN RÉPARATEUR QUALIFIÉ POUR SAVOIR SI LE PRODUIT EST CORRECTEMENT MIS À LA TERRE. NE PAS MODIFIER LA FICHE FOURNIE AVEC LE PRODUIT. SI ELLE N'ENTRE PAS DANS LA PRISE, FAIRE INSTALLER UNE PRISE APPROPRIÉE PAR UN ÉLECTRICIEN PROFESSIONNEL.

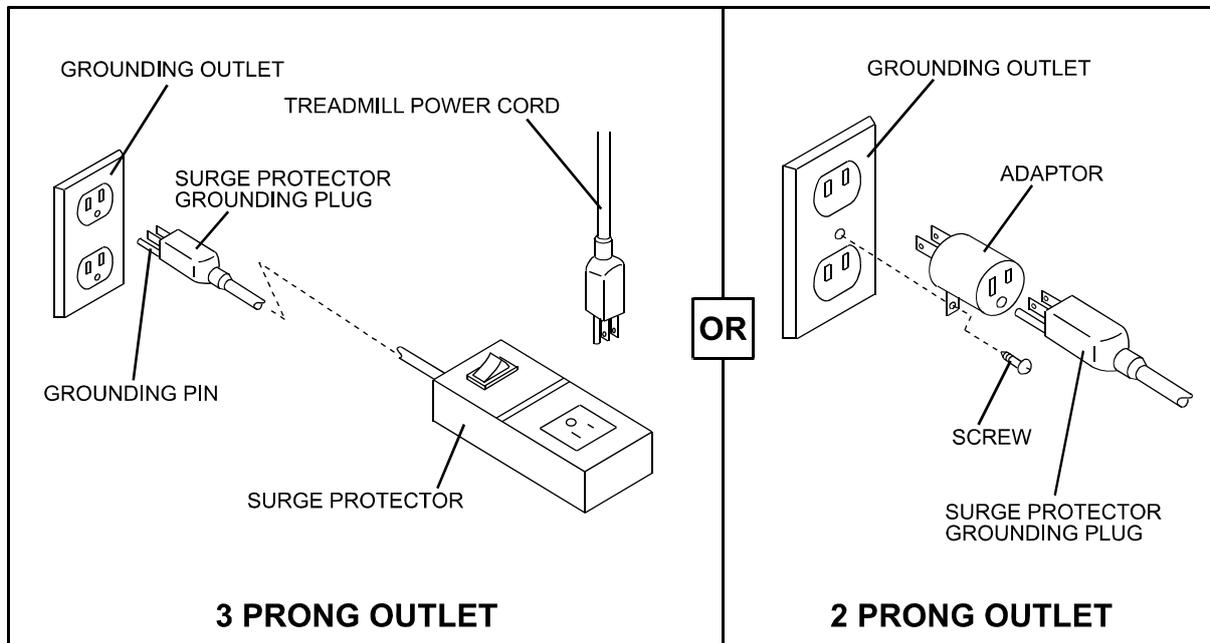
Ce tapis roulant pourrait être gravement endommagé en cas de changement soudain de tension dans votre alimentation électrique. Les conditions météorologiques ou la mise sous tension ou hors tension d'autres appareils électriques peuvent provoquer des pointes de tension, des surtensions ou un brouillage. Pour réduire la possibilité que le tapis soit endommagé, toujours utiliser un limiteur de surtension (non inclus) avec votre tapis roulant.

Il est possible d'acheter des limiteurs de surtension dans la plupart des quincailleries. Le fabricant recommande un limiteur de surtension UL 1449 à prise unique comme suppresseur de tension transitoire (TVSS) ayant un taux de suppression de tension de 400 V ou moins et une tension électrique de 110 V C.A., 15 A.

Ce tapis roulant doit être mis à la terre pour réduire le risque de choc électrique. La mise à la terre fournit une voie de moindre résistance au courant électrique en cas de mauvais fonctionnement du tapis roulant. Ce tapis roulant est équipé d'un cordon électrique avec un conducteur de mise à la terre et une fiche de mise à la terre. Brancher toujours le cordon électrique dans un limiteur de surtension et brancher le limiteur de surtension dans une prise appropriée, correctement installée et mise à la terre conformément à tous les codes locaux et ordonnances.

Ce produit doit être utilisé avec un circuit nominal de 110 volts et à une fiche de mise à la terre qui ressemble à celle illustrée ci-dessous.

Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre ne sont PAS recommandés pour ce produit. Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre pourraient provoquer un mauvais fonctionnement de cet équipement.



**BEFORE YOU BEGIN****Open the boxes:**

Open the boxes of your new equipment. **Inventory all parts included in the boxes, and Supplied Hardware lists on pages 8 for a full count of the parts included.** If you are missing any parts or have any questions contact us directly at 888-800-1167

**Gather your tools:**

Before you begin, 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. Please note that your assembly kit includes all of the tools necessary to assemble the unit. You may however choose to use your own Phillips head screwdriver and/or Allen wrench

**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 (Approx. 160 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

**Care and maintenance:**

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

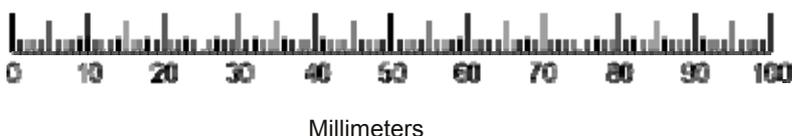
Replace any defective components immediately and stop all use of the equipment until repaired.

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

Always check the wear and tear components like pulley, belts, etc....To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; This key should always be attached to your clothing when using the treadmill.

Hardware Ruler



## PARTS LIST

PART	NAME	SPECIFICATION	QUANTITY
565i-1	Base fame		1
565i-2	Platform frame		1
565i-3	Incline frame		1
565i-4	Upright frame		2
565i-5	Ezfit linking parts		2
565i-6	Motor base frame		1
565i-7	Computer frame		1
565i-8	External extension tube frame		1
565i-9	Internal extension tube frame		1
565i-10	Running deck support		1
565i-11	Allen C.K.S half thread screwM10*65	M10*65	1
565i-12	Allen C.K.S half thread screwM10*50	M10*55	4
565i-13	Allen C.K.S half thread screwM10*45	M10*45	1
565i-14	Allen C.K.S half thread screwM8*55	M8*55	8
565i-15	Allen C.K.S half thread screwM8*50	M8*50	2
565i-16	Allen C.K.S half thread screwM8*40	M8*40	2
565i-17	Allen C.K.S half thread screwM8*35	M8*35	2
565i-18	Allen C.K.S full thread screwM8*20	M8*20	2
565i-19	Allen socket head full thread screwM8*80	M8*80	2
565i-20	Allen socket head full thread screwM8*75	M8*75	2
565i-21	Allen socket head full thread screwM8*30	M8*30	2
565i-22	Allen socket head full thread screwM8*10	M8*10	4
565i-23	Hex full thread boltM8*50	M8*50	1
565i-24	Hex full thread boltM8*40	M8*40	1
565i-25	Hex full thread boltM8*20	M8*20	2
565i-26	Philips full thread screwM8*25	M8*25	2
565i-27	Philips full thread screwM6*25	M6*25	6
565i-28	Philips C.K.S full thread screwM5*20	M5*20	3
565i-29	Philips C.K.S full thread screwM5*10	M5*10	12
565i-30	Philips C.K.S full thread screwM4*10	M4*10	13
565i-31	Philips C.K.S self-tapping screw ST4*15	ST4*15	34
565i-32	Philips C.K.S self-tapping screwST4*30	ST4*30	4
565i-33	Philips C.K.S self-tapping screwST4*10	ST4*10	8
565i-34	Philips self-tapping screw ST3*10	ST3*10	6
565i-35	Philips self-tapping screw ST4*15	ST4*15	8
565i-36	Philips self-tapping screw ST3*10	ST3*10	2
565i-37	Philips C.K.S steel tapping screw ST4*15	ST4*15	7
565i-38	Flat washerΦ10	Φ10	5
565i-39	Flat washerΦ8	Φ8	17

## PARTS LIST

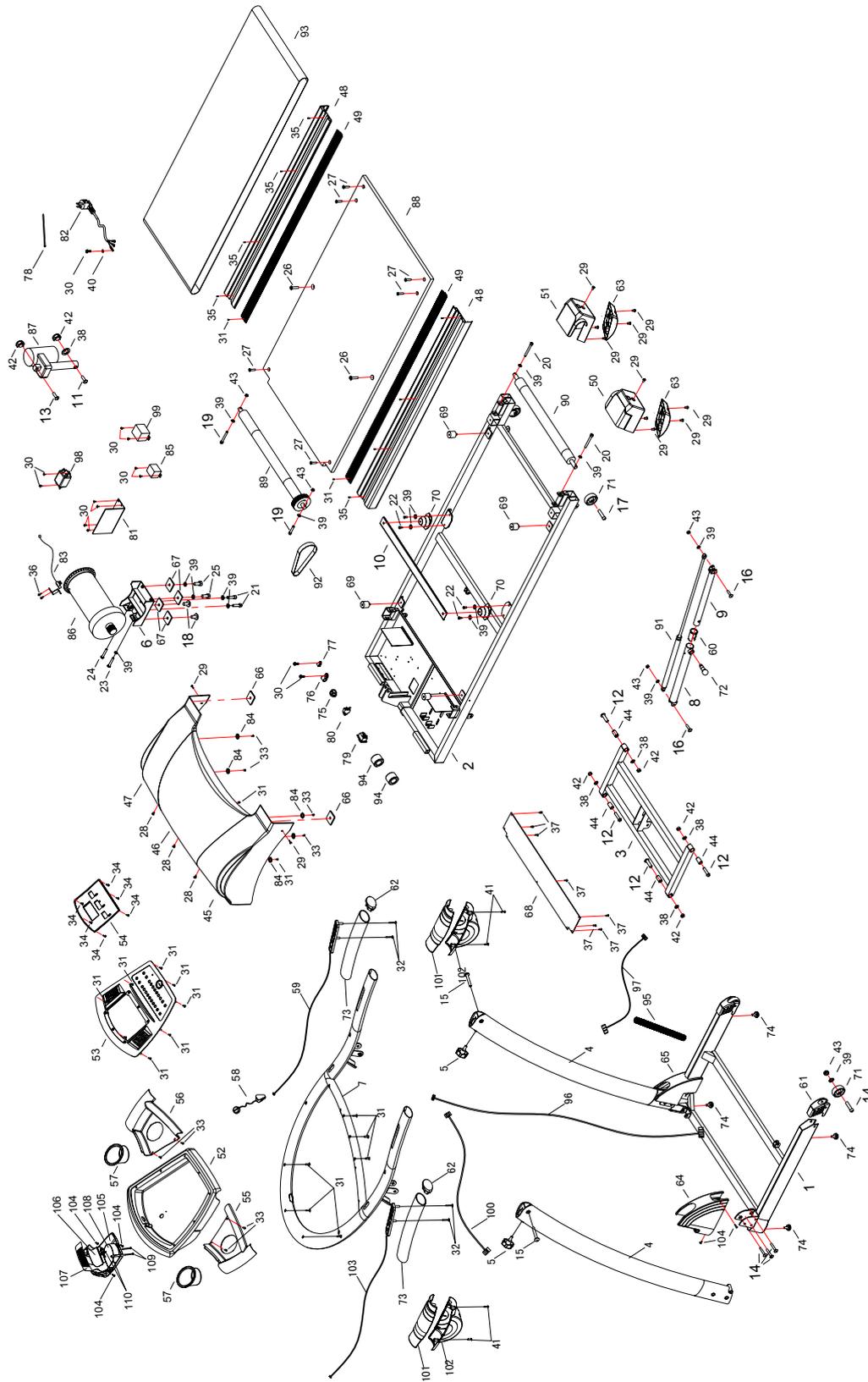
565i-40	Washer $\Phi$ 5	$\Phi$ 5	1
565i-41	Curve washer $\Phi$ 8	$\Phi$ 8	4
565i-42	Self-fix bolt M10	M10	6
565i-43	Self-fixing bolt M8	M8	8
565i-44	Ferrite cover		4
565i-45	Lateral cover (left)		1
565i-46	Motor cover		1
565i-47	Lateral cover (left)		1
565i-48	Side rail		2
565i-49	Central side rail		2
565i-50	End cap (Left)		1
565i-51	End cap (Right)		1
565i-52	Computer cover		1
565i-53	PCB cover		1
565i-54	PCB		1
565i-55	Accessory tray (left)		1
565i-56	Accessory tray (right)		1
565i-57	Bottle holder		2
565i-58	Safety key		1
565i-59	Hand pulse		2
565i-60	Metal socket		1
565i-61	Tube bushing		2
565i-62	Tube plug		2
565i-63	Foot cover		2
565i-64	Upright lateral cover (left)		1
565i-65	Upright lateral cover (right)		1
565i-66	Motor base frame gasket (1)		2
565i-67	Motor base frame gasket (2)		4
565i-68	Back cover		1
565i-69	Shock absorber (1)		4
565i-70	Shock absorber (2)		2
565i-71	Wheel		4
565i-72	Pop-pin knob		1
565i-73	Form tube		2
565i-74	Foot		4
565i-75	Cable right		1
565i-76	Cable guide 3/8	3/8	1

## PARTS LIST

565i-77	Cable guide1/8	1/8	1
565i-78	Strap		8
565i-79	Switch		1
565i-80	Rest switch		1
565i-81	Controller		1
565i-82	Power code		1
565i-83	Filter		1
565i-84	Choke	Φ6*Φ20	6
565i-85	Adaptor		1
565i-86	Motor		1
565i-87	Incline motor		1
565i-88	Running deck		1
565i-89	Front roller		1
565i-90	Rear roller		1
565i-91	Hydraulic		1
565i-92	Transmission belt		1
565i-93	Running belt		1
565i-94	Ferrite		2
565i-95	Cushion		4
565i-96	Stand post wire		1
565i-97	Control board		1
565i-98	Filter(if with ce)	IF WITH CE	1
565i-99	Inducement(if with ce)	IF WITH CE	1
565i-100	Handle bar wire		1
565i-101	Up handlebar cover		2
565i-102	Down handle bar cover		2
565i-103	Hand pulse set		1
565i-104	Philips C.K.S steel tapping screw ST4*20		7
565i-105	Fan box		1
565i-106	Fan box cover		1
565i-107	Fan box Baffle		1
565i-108	Fan		1
565i-109	Cross crew M4×40		2
565i-110	Self-lock nut M4		2

# PARTS DIAGRAM

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



**ASSEMBLY – PLEASE READ ALL STEPS BEFORE BEGINNING YOUR WORK.****Step1: Assemble console mast to the base frame.**

1).Place the product in the area it will be used

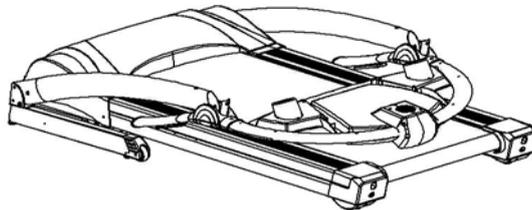
**Note: the treadmill must be placed on a level surface.**

2).Remove the treadmill from the packing

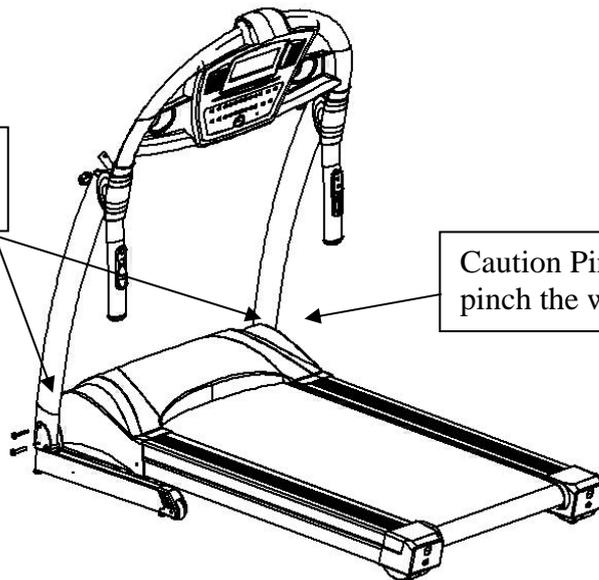
3).Rotate the left and right uprights towards the front of the treadmill.

4).Once the uprights are in position secure the left side with 4 M8\*50 bolts.

5). Repeat the above process for the right side



Only and hand tighten bolts until step is complete



Caution Pinch point Do not pinch the wires between frame



Bolts should be hand tight only. Do not tighten until step 2 is complete

**ASSEMBLY****Step2: Assemble the console to the console masts**

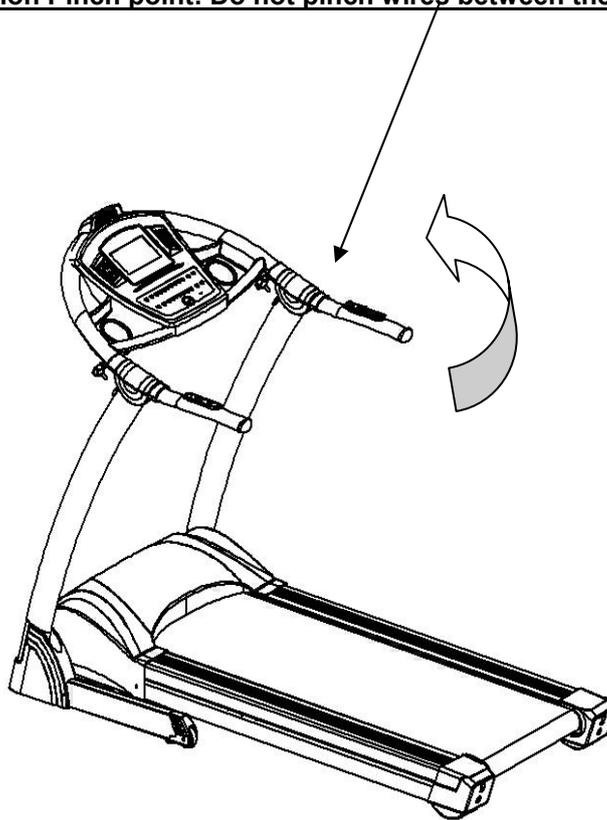
1). Rotate the console towards the direction of the arrow.

**Caution: Do not Pinch the wire between the upright frame and the console assembly( wires on right side)**

2). Secure the console assembly to the uprights with 2 x M8\*20mm knobs

4). **TIGHTEN ALL BOLTS NOW. Do not proceed until all bolts have been fully tightened.**

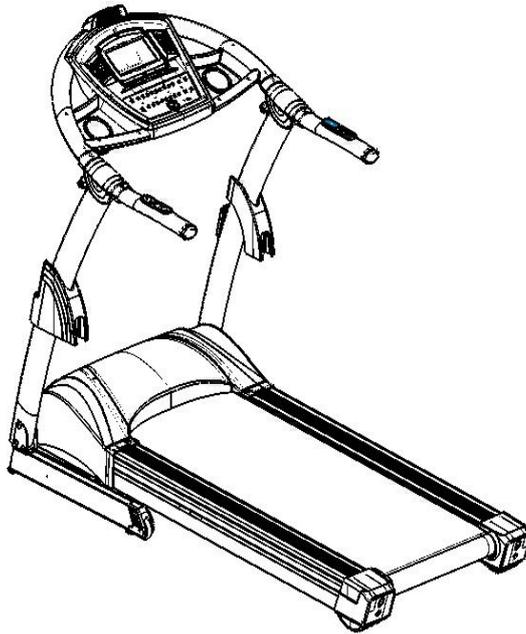
**Caution Pinch point! Do not pinch wires between the frame.**



Tighten all bolts and fasteners now

**ASSEMBLY****Step3: Assemble the Frame Covers**

- 1).Slide the frame covers on to the upright and down over the base frame.
- 2).Fasten the frame cover using 2 x ST4\*20 Screws

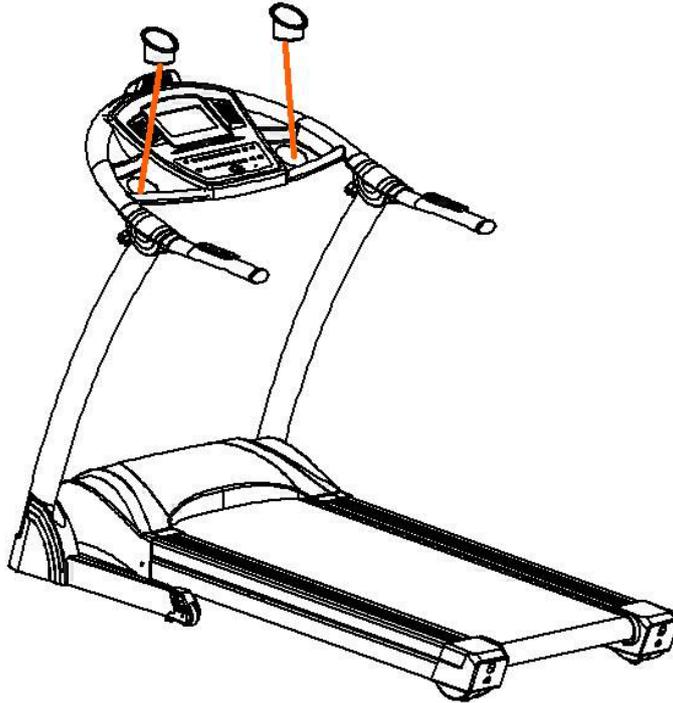


Tighten all bolts and fasteners now

## ASSEMBLY

### Step3: Install the Cup Holders

- 1). Insert the cup holders into the console assembly.  
These parts snap into place

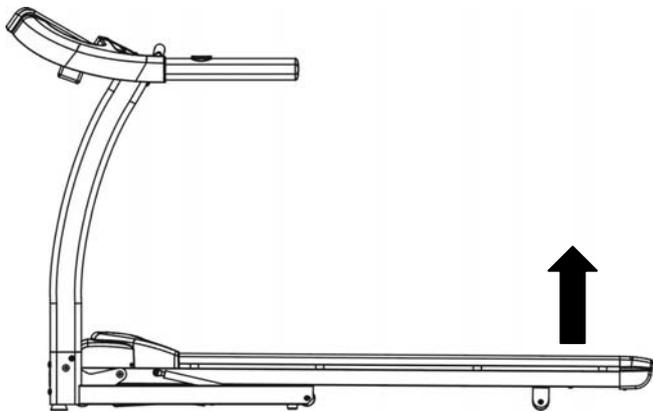


Tighten all bolts and fasteners now

## FOLDING INSTRUCTIONS

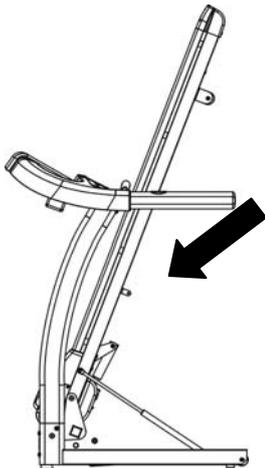
### How to fold and unfold the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:



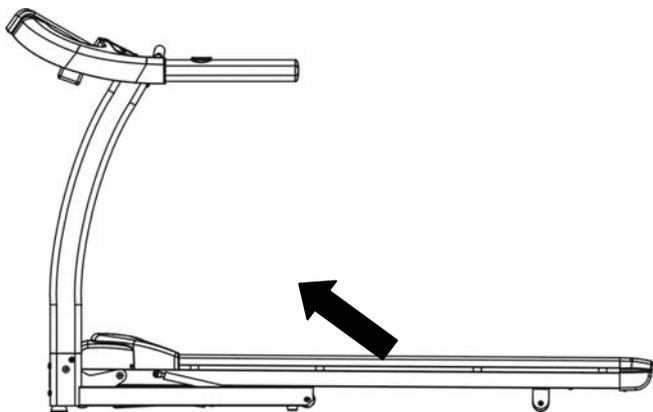
#### Fold Up

After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper folding latch clicks. Before releasing the treadmill frame verify the folding mechanism is locked.



#### Unfold

1. Push up the on deck frame with your hands.
2. Loosen then pull the locking knob
3. Lower the treadmill deck frame. The deck frame will begin to drop automatically without hand support.



#### Horizontal Adjustment

For floor stability, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw go up.
3. Turn the screw counterclockwise to make the screw go down.

## MAINTENANCE

### HOW TO MAINTAIN YOUR TREADMILL:

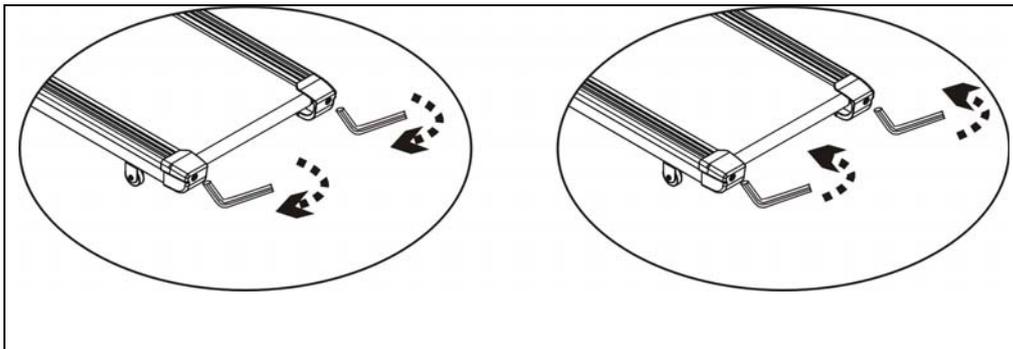
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

### BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.



**Right and left tension bolts are located at the rear of the treadmill.**

### DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within 3 months.

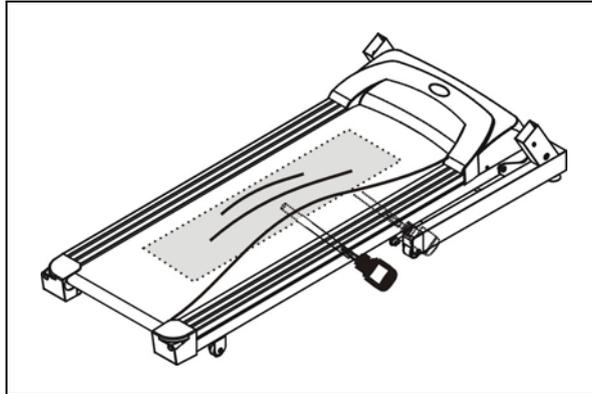
Smooth Fitness recommends lubricating the walking deck a minimum of twice a year for light use (2 days a week) and four times a year for heavier use (3 times a week multiple users)

Please visit [www.smoothfitness.com](http://www.smoothfitness.com) for approved maintenance supplies

## MAINTENANCE

### To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the nozzle of the lubricant container under the belt
3. While lifting the side of the walking belt, position the nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone lubricant to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Note: it is important to get the lubricant as far to the center of the walking board as possible.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Apply lubricant from front to back.

## CLEANING:

Routine cleaning of your treadmill will extend the product's life.

**Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

**Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

**After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

**Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

**Note:** when lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.

**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.

**Avertissement :**

Avant d'utiliser de produit, veuillez consulter votre médecin personnel pour un examen médical complet. Des exercices fréquents et difficiles doivent d'abord être approuvés par votre médecin. Si vous ressentez un malaise par suite de l'utilisation de produit, arrêtez les exercices et consultez votre médecin. Un usage approprié de ce produit est essentiel. Veuillez lire attentivement votre manuel avant de commencer les exercices.

Les enfants doivent rester éloignés de l'équipement pendant son utilisation et lorsqu'il est laissé sans surveillance. Portez toujours des vêtements appropriés pour les exercices, y compris des chaussures d'athlétisme. Ne portez pas de vêtements amples qui pourraient être pris dans l'appareil durant les exercices.

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 heart rate 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 heart rate 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.

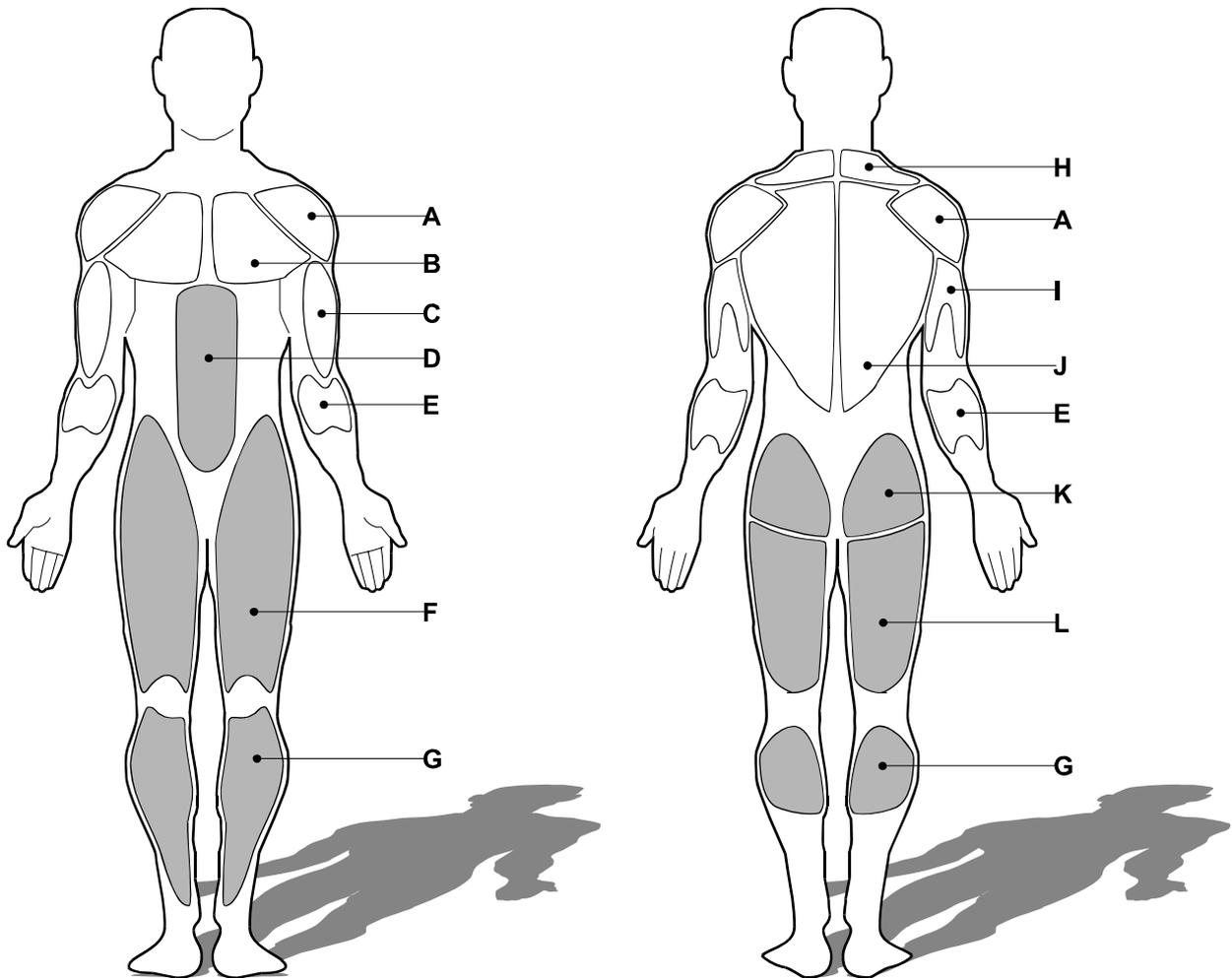
Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or 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.

## 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

<b>A</b>	Shoulder muscles	Calf muscles	<b>G</b>
<b>B</b>	Pectoral muscles	Trapezium muscles	<b>H</b>
<b>C</b>	Bicep muscle	Tricep muscles	<b>I</b>
<b>D</b>	Abdominal muscles	Back muscles	<b>J</b>
<b>E</b>	Forearm muscles	Gluteal muscles	<b>K</b>
<b>F</b>	Quadricep muscles	Hamstring muscles	<b>L</b>

## 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.

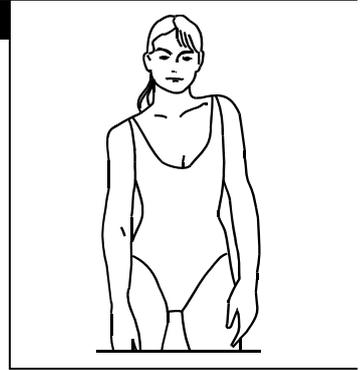
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

**Toe Touch:**

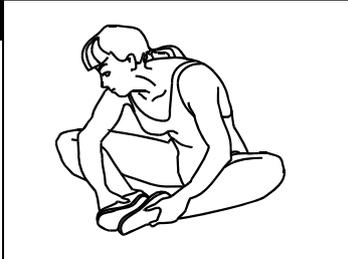
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

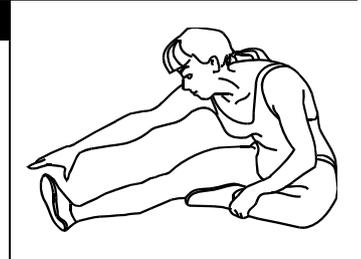
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

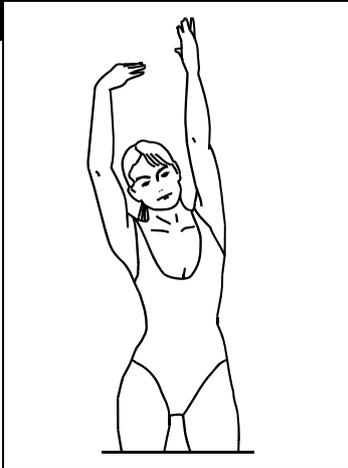
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

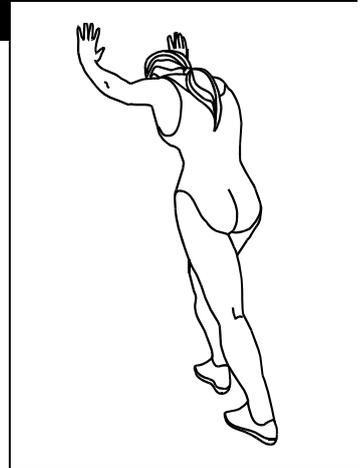
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

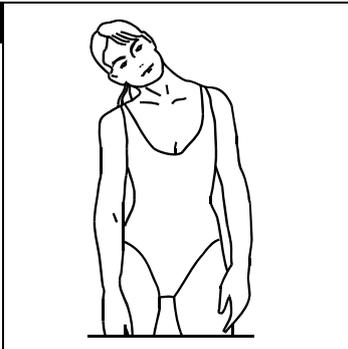
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**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.



### Read carefully the following before using your treadmill

- ◆ Always stretch your muscles before exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk, allowing your heart rate to decrease to a normal situation.
- ◆ When starting the treadmill, always stand with both feet on the step-on side rails.
- ◆ When finishing, allow the running belt to slow down and come to a complete stop before stepping off.
- ◆ Wear comfortable, non-restrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, neckties, loose socks or jewelry. Never drape towels on or around the treadmill during use.
- ◆ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.
- ◆ This treadmill is equipped with a safety key – always clip the cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, thereby stopping the treadmill.
- ◆ Wear running or walking shoes with high-traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

#### WARNING

If you feel dizzy, nausea, chest pain or other abnormal symptoms, stop immediately. Consult a physician before continuing use.

**AVERTISSEMENT:** Si vous vous sentez étourdi, la nausée, la douleur de coffre ou d'autres symptômes anormaux, s'arrêtent immédiatement. Consultez un médecin avant de continuer l'utilisation.

#### Before completing an exercise session, always:

1. Allow time to slow your pace, cool down, and reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the Speed “?” button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

#### WARNING

Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury. Note: Failure to perform the required periodic and preventative maintenance can void your warranty.

#### AVERTISSEMENT

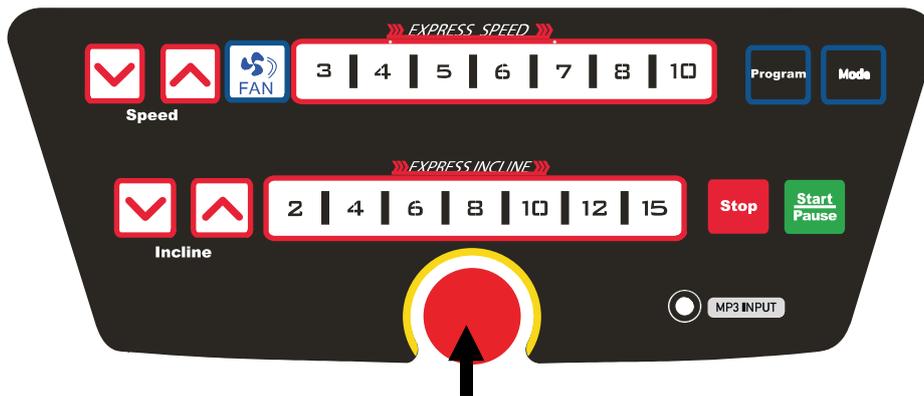
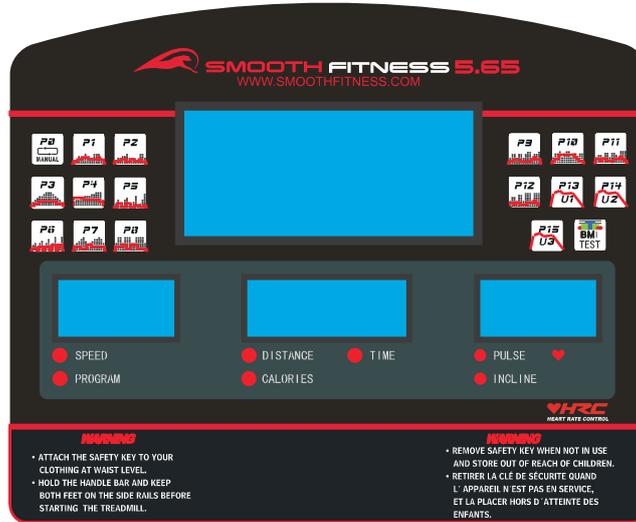
Arrêtez et débranchez le tapis roulant avant de procéder à tout l'entretien ou inspections visuelles. Le manque de faire ainsi peut avoir comme conséquence des dommages sérieux. Note : Le manque d'exécuter l'entretien périodique et préventif exigé peut vider votre garantie.

#### At the end of every exercise session, always:

1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the right side of frame next to the electrical cord.
3. Always position and store the electrical cord where is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, con troll panel, running belt or other treadmill components.

## Computer Overview

### Buttons and Windows



Safety Key Pad  
If the safety key is not present the treadmill will not function

### Window and button instructions

<b>Program</b>	Displays program selection.
<b>Time</b>	Displays time remaining or total time.
<b>Calories</b>	Displays calories burned
<b>Heart Rate</b>	Displays hand grip and wireless Heart Rate reading.
<b>Distance</b>	Displays total distance KM/Mi.
<b>Incline</b>	Displays current incline level 1-15.
<b>Speed</b>	Displays the running speed.
<b>Dot Matrix</b>	Displays program profile.
<b>Fan</b>	Turns the fan on and off

## Computer Overview

### Buttons Functions:

<b>Incline ▲ / ▼</b>	Adjusts the incline while in use.
<b>Speed ▲ / ▼</b>	Adjusts the speed while in use. Adjusts program values
<b>Quick keys for Incline</b>	Adjusts incline to a predetermined value There are 7 incline quick keys.
<b>Quick keys for Speed</b>	Adjusts speed to a predetermined value There are 7 speed quick keys
<b>Start/Pause</b>	Quick start or program start and pause
<b>Stop</b>	To stop the treadmill while exercising and reset the computer
<b>Mode</b>	To select the programs and confirm values.

**Note:** This product is equipped with a wireless heart rate receiver and is compatible with the Smooth fitness heart rate chest belt. (chest belt is sold separately)

### **Note: to reset the computer follow the following**

1. Turn off the treadmill
2. Remove and replace the safety key

### **Activating the treadmill:**

1. Place the safety key on the console in the safety key holder
2. Turn on the treadmill

### **Quick START :**

1. Press START, the speed will start from lowest speed and the incline starts from 0, all data will count up.
2. The treadmill will count down to 0 and the belt will begin to move
3. Use any speed or incline adjustment keys to change the speed or incline.
4. Press Start/Pause during a workout to pause, press Start again to continue the workout.
5. Press Stop to end the workout and reset the program.

### **Course Programs P1 ~ P12 :**

1. Reset the computer
2. Press the program button until the preferred program light is lit
3. Press the speed ▲ and speed ▼ key to adjust the time. (the default time is 30min)
4. After the time is set press start
5. This program will run on a preset course (see profiles below)
6. The speed can be overridden by pressing the speed ▲ and speed ▼ keys
7. Once the time reaches 0 the program will end
8. Press Start/Pause during a workout to pause, press Start again to continue the workout.
9. Press Stop to end the workout and reset the program.
10. Note: there are 16 segments in each program. The time is averaged over each of the 16 segments. The time setting ranges from 5min to 99min

## EXERCISE PROGRAMS

## Program value table:

No	P01		P02		P03		P04		P05		P06	
	Speed	Inc										
0	0.6	0	0.6	0	0.6	0	0.6	0	0.6	0	0.6	0
1	1.8	1	1.2	1	1.8	0	1.8	5	1.8	0	3.1	2
2	1.8	2	3.1	2	3.1	2	3.1	5	4.3	4	4.3	2
3	4.3	3	3.1	2	4.3	2	3.1	5	0.6	4	1.8	0
4	3.1	4	4.3	3	5.6	4	4.3	5	1.2	0	4.3	3
5	3.1	5	4.3	3	5.6	4	4.3	5	4.3	0	5.6	3
6	5.6	6	5.6	2	6.8	3	5.6	4	5.6	3	1.8	0
7	3.1	6	3.1	2	8.1	3	5.6	4	0.6	0	4.3	4
8	3.1	4	3.1	3	8.1	3	5.6	4	1.8	0	6.8	4
9	3.1	4	3.1	3	8.1	3	6.8	4	3.1	0	3.1	0
10	5.6	4	1.8	2	6.8	4	6.8	4	6.8	2	4.3	5
11	5.6	4	1.8	2	5.6	3	8.1	3	0.6	2	8.1	5
12	5.6	5	5.6	3	4.3	2	8.1	3	1.8	0	1.8	0
13	3.1	3	5.6	2	3.1	1	8.1	2	4.3	0	3.1	6
14	1.8	3	3.1	2	1.8	1	3.1	2	8.1	1	8.1	6
15	0.6	0	1.2	0	0.6	0	1.8	0	3.1	0	4.3	0

N	P07		P08		P09		P010		P011		P012	
	Speed	Inc										
0	1.8	0	1.8	0	1.8	0	1.8	0	1.8	0	1.8	0
1	3.1	3	4.3	4	3.1	1	3.1	1	3.1	3	3.1	3
2	4.3	3	8.1	4	5.6	2	5.6	2	4.3	3	5.6	3
3	5.6	3	8.1	3	5.6	3	5.6	3	4.3	2	5.6	2
4	6.8	2	4.3	5	3.1	4	6.8	4	3.1	3	3.1	3
5	8.1	2	8.1	5	5.6	3	3.1	7	5.6	3	6.2	3
6	5.6	2	8.1	2	5.6	2	5.6	8	5.6	2	6.2	2
7	3.1	5	8.1	2	3.1	2	6.8	7	3.1	2	3.1	2
8	4.3	5	4.3	5	5.6	1	6.6	8	5.6	2	8.1	2
9	5.6	3	4.3	5	6.8	1	3.1	7	5.6	4	8.1	4
10	6.8	3	8.1	5	6.8	2	5.6	8	5.0	4	8.1	4
11	6.8	3	8.1	1	3.1	3	5.6	7	3.1	4	3.1	4
12	8.1	3	8.1	1	5.6	5	3.1	5	6.8	6	8.1	6
13	6.8	4	8.1	1	5.6	4	5.6	3	6.8	3	8.1	3
14	4.3	4	4.3	1	6.8	3	5.6	2	6.8	2	8.1	2
15	3.1	0	3.1	0	1.8	0	1.8	0	1.8	0	1.8	0

## EXERCISE PROGRAMS

### User Program U1~ U3 :

1. Reset the computer
2. Press the program button until the preferred User Program is displayed.
3. Press the speed ▲ and speed ▼ key to adjust the time. (the default time is 30min)
4. After the time is set press mode to confirm the entry and move on to the next entry.
5. The first segment will begin to blink.
6. Press the speed ▲ and speed ▼ key to adjust the speed of the segment
7. Press the incline ▲ and incline ▼ key to adjust the speed of the segment
8. Once the preferred speed and incline setting have been entered press mode to confirm the entry and move on to the next segment.
9. Note: there are 16 segments in each program. The time is averaged over each of the 16 segments. The time setting ranges from 5min to 99min  
1-99)
10. Once all 16 segments have been confirmed the time will begin to blink. Press start to begin the program or Press the speed ▲ and speed ▼ key to adjust the time. (the default time is 30min)
11. Press Start/Pause during a workout to pause, press Start again to continue the workout.
12. Press Stop to end the workout and reset the program.
13. Press start to begin. Once the time reaches 0 the program will end

### Body Fat Test (S) :

1. Stop the treadmill
2. Press the program button to select the body fat test
3. Press mode to confirm the entry
4. Enter your gender in the program window by pressing the speed ▲ and speed ▼ keys (male=1, Female = 2)
5. Press mode to confirm the entry
6. Enter your age in the program window by pressing the speed ▲ and speed ▼ keys (age range from 1-99)
7. Press mode to confirm the entry
8. Enter your height in the program window by pressing the speed ▲ and speed ▼ keys
9. Press mode to confirm the entry
10. Enter your weight in the program window by pressing the speed ▲ and speed ▼ keys
11. Press mode to confirm the entry and begin the body fat program
12. Immediately place your hands on the contact heart rate sensor for at least 10 seconds
13. Your body fat score will be displayed (this test is only for reference to track personal improvement and is not meant to be an accurate reading or medical advice. See you physician for accurate testing)
  - a. Results key
    - i. Below 18 = below normal
    - ii. 18-25 = Normal
    - iii. 26- 29 = Above normal
    - iv. 30 and above= overweight

## TROUBLESHOOTING

<b>Problem</b>	<b>Reason</b>	<b>Fix</b>
<b>Treadmill stops suddenly</b>	<b>Safety key fell off</b>	<b>Replace the safety key.</b>
	<b>Blown fuse</b>	<b>Change fuse</b>
	<b>Power cord not plugged in</b>	<b>Plug into outlet</b>
	<b>Electronic problem</b>	<b>Call an authorized service technician</b>
<b>E01</b>	<b>Stop button is held during program set up</b>	<b>Remove and replace safety key to reset.</b>
	<b>Data cable loose or defective</b>	<b>Reconnect or Change the wire</b>
	<b>Computer could be defective</b>	<b>Call an authorized service technician</b>
	<b>Transformer could be defective</b>	
<b>E02</b>	<b>Controller could be defective</b>	
	<b>Motor wire connection is loose or motor is defective</b>	<b>Reconnect the wire or Call an authorized service technician</b>
	<b>The connection wire between the motor and controller is loose or controller defective</b>	
	<b>Incorrect speed sensor position</b>	<b>Adjust the speed sensor</b>
<b>E 03</b>	<b>Improper speed sensor wire connection</b>	<b>Reconnect the wire.</b>
	<b>Speed sensor could be defective</b>	<b>Replace the speed sensor</b>
	<b>Controller could be defective</b>	<b>Call an authorized service technician</b>
<b>E05</b>	<b>Controller could be defective</b>	<b>Call an authorized service technician</b>
	<b>Motor could be defective</b>	<b>Call an authorized service technician</b>
<b>-----</b>	<b>Computer cannot sense the safety key signal</b>	<b>Check and reset the safety key.</b>
<b>No belt movement</b>	<b>Motor is not receiving power</b>	<b>Call an authorized service technician</b>
<b>Erratic display function</b>	<b>Computer memory loss</b>	<b>Turn off and unplug the treadmill for 5 minutes and retry.</b>

## Limited Warranty

### LIMITED HOME USE WARRANTY – SMOOTH FITNESS Treadmills Warranty

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

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

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
5.65i USA only	Lifetime	Lifetime	5 years	2 year
5.65i Canada	Lifetime	Lifetime	5 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for TWO (2) years\*. Smooth Fitness reserves the right to either:

Hire and reimburse an independent service technician who will come into the home for the repair,

OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

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

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

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

**Limitations on Warranty:** This Warranty 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, power grid failures or spikes from your local electricity provider, 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. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room).

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

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO TWO (2) YEARS\* 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.

\*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

FORM WS-1 (rev. 08/2010)



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