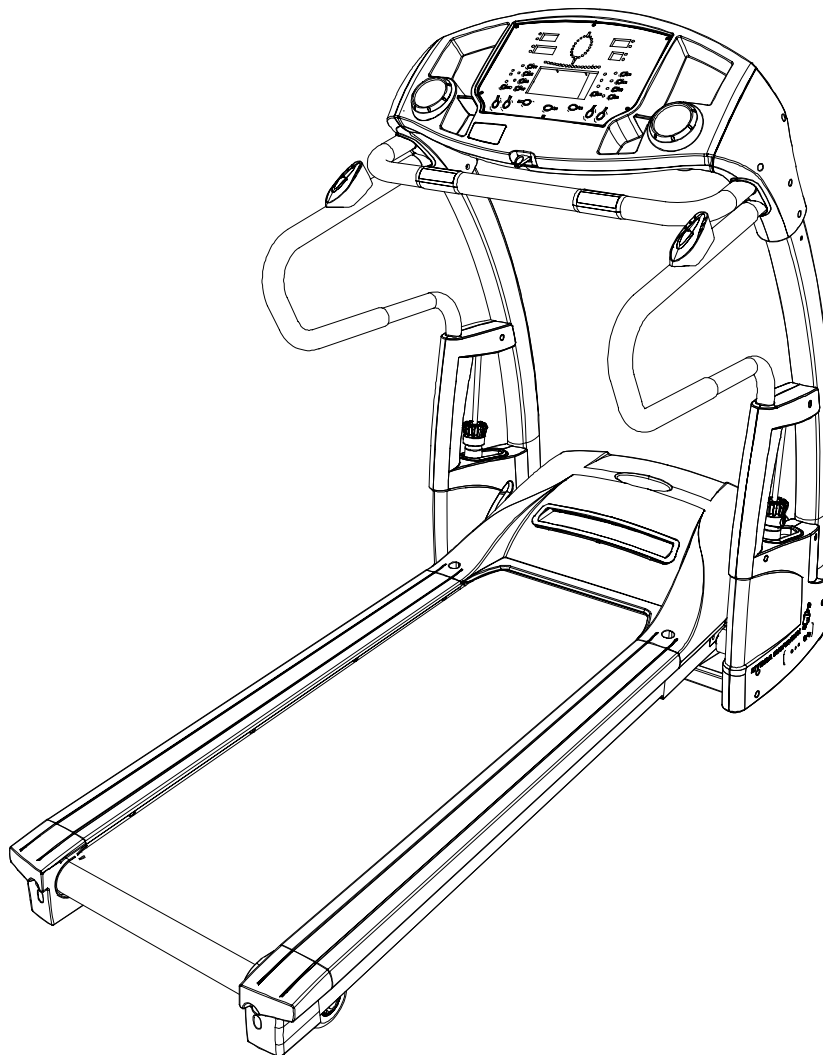


9.45ST MOTORIZED TREADMILL



USER WEIGHT LIMITATION: **400lbs(182kgs).**

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.
- 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.
- 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 **400LBS (182 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.

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.

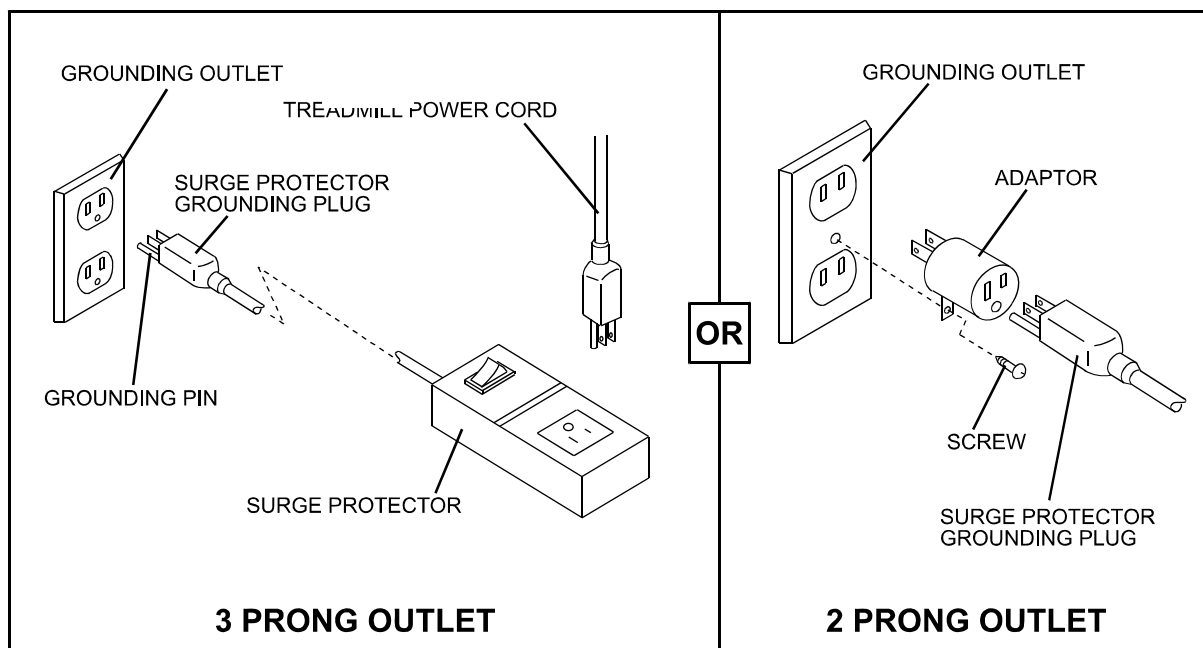
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (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 outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN**Open the boxes:**

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on pages 5-6 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

*Assembly instructions are on pages 18-26.

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.

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 400LBS (Approx. 182 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.

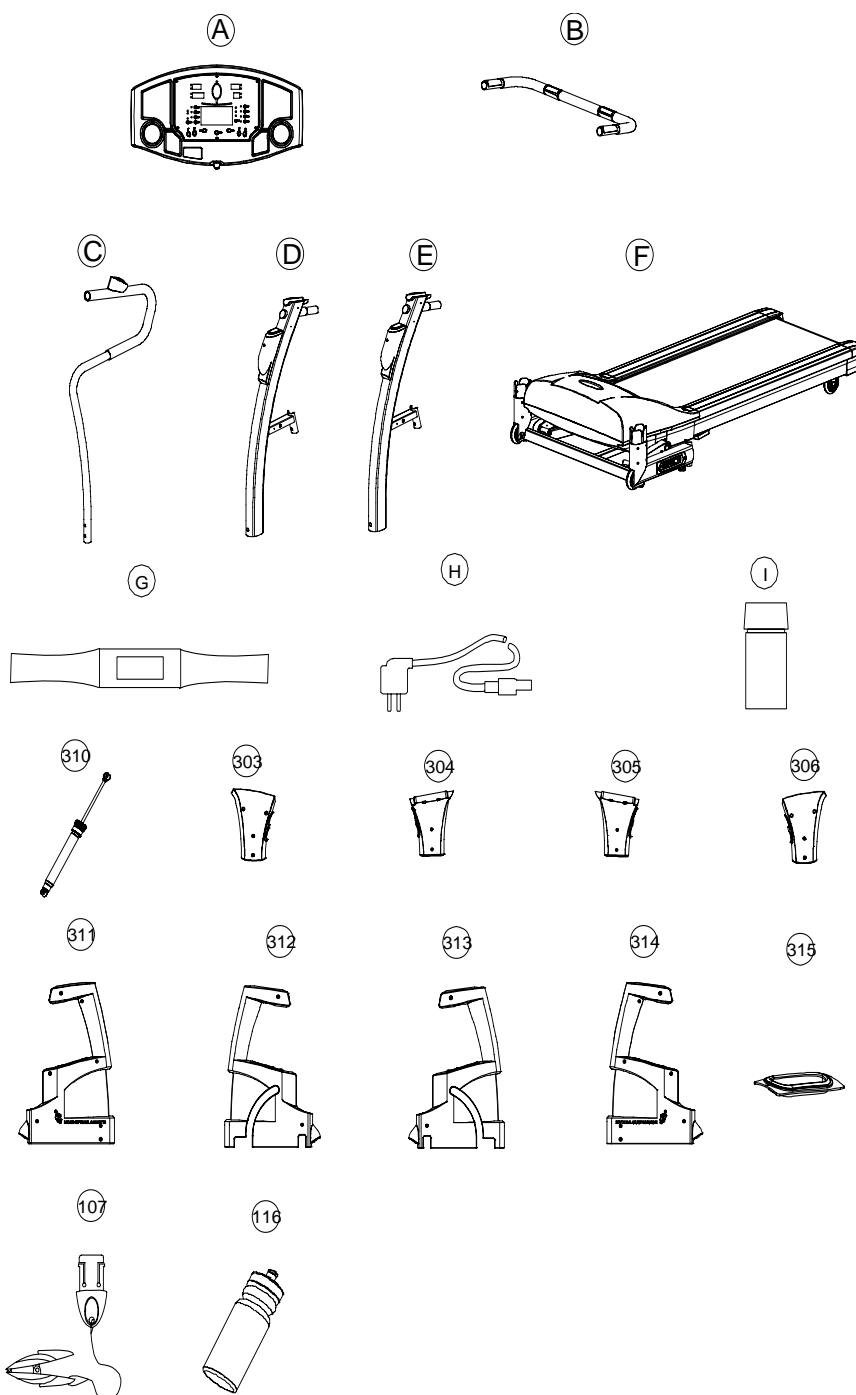
Always check the wear and tear components like pulley, belts, etc....To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

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

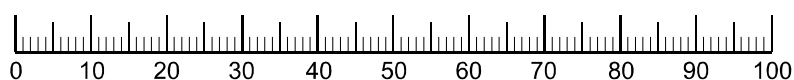
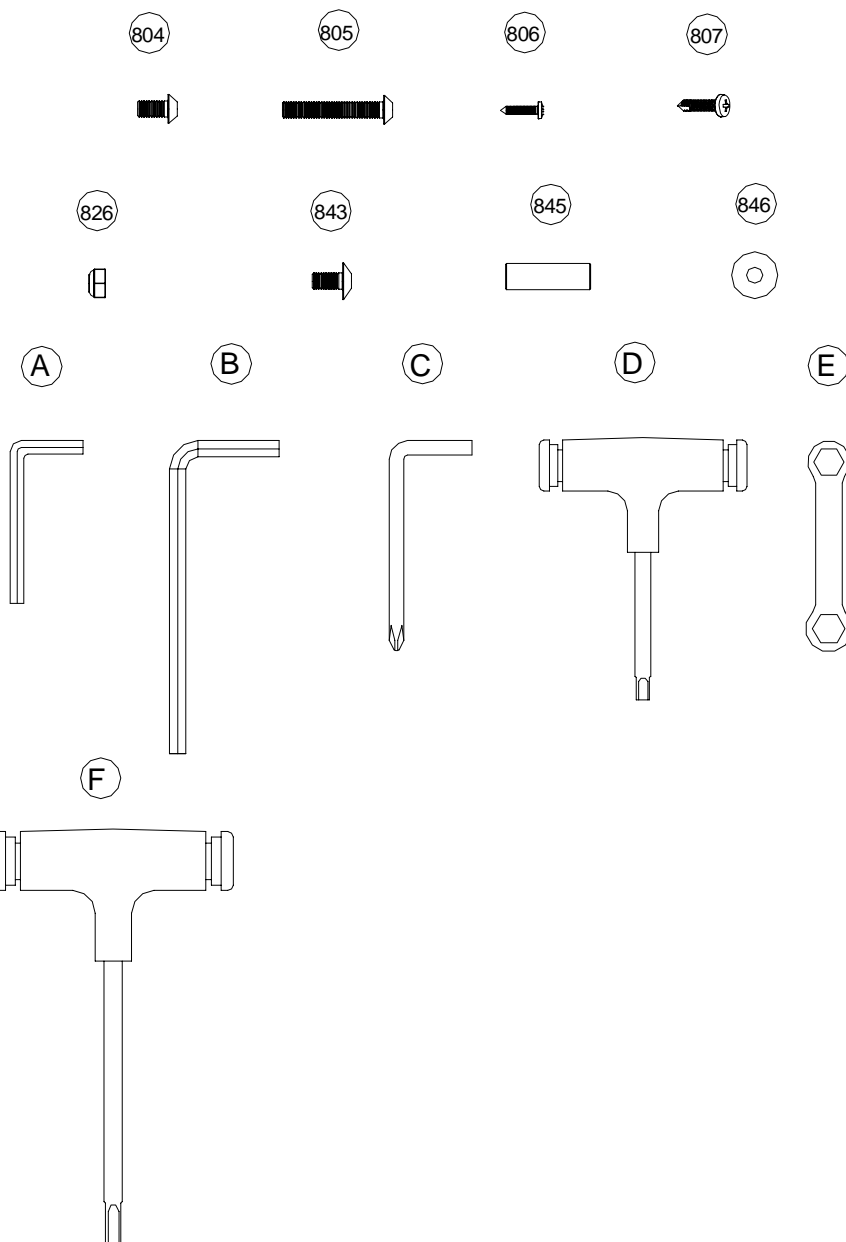
No.	Description	Qty.
A	Computer	1
B	Front Handlebar Assembly	1
C	Handlebar	2
D	Upright Assembly Left	1
E	Upright Assembly Right	1
F	Main Frame Assembly	1
G	Chest Belt	1
F	Power Cord	1
I	Running belt Lubrication	1
310	Adjustable Cylinder	2
303	Upright Cover - LL	1
304	Upright Cover - LR	1
305	Upright Cover - RL	1
306	Upright Cover - RR	1
311	Upright Plastic Shroud - LL	1
312	Upright Plastic Shroud - LR	1
313	Upright Plastic Shroud - RL	1
314	Upright Plastic Shroud - RR	1
315	Adjustable Cylinder Cover - Upper	2
107	Safety Key	2
116	Water Bottle	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.
804	M8 × 15mm Bolt	2
805	M8 × 50mm Bolt	12
806	# 8 × 20mm Screw	18
807	4 × 15mm Thread Cutting Screw	19
826	M8 Nylon Nut	2
843	M8 × 15 mm Allen Head Bolt	4
845	13 × 42mm Shaft	2
846	#8 × 23mm Washer	2
A	5mm Allen Key	1
B	8mm Allen Key	1
C	Screwdriver	1
D	5mm Allen Wrench	1
E	Spanner	1
F	6mm Allen Wrench	1



MILLIMETERS

COMPLETE PARTS LIST

Item No.		Description	Qty.	Part No.
9.45ST-100		Complete Computer Console		
	101	Overlay	1	9.45ST-101
	102	Computer Insert	1	9.45ST-102
	103	Console PC Board	1	9.45ST-103
	104	Console Housing – Upper	1	9.45ST-104
	105	Console Housing – Bottom	1	9.45ST-105
	106	Safety Key Base	1	9.45ST-106
	107	Safety Key	1	9.45ST-107
	108	Safety Key Wire – Upper	1	9.45ST-108
	109	Computer Wire – Upper	1	9.45ST-109
	110	Computer Ground Wire	1	9.45ST-110
	111	Hand Pulse Wire – Upper	2	9.45ST-111
	112	E – Prom	1	9.45ST-112
	113	Motion Control Board	1	9.45ST-113
	114	Motion Control Board Wire	1	9.45ST-114
	115	Motion Control Sensor Wire	2	9.45ST-115
	116	Water Bottle Holder	2	9.45ST-116
9.45ST-200		Complete Handle Bar Components		
	201	Handle Bar Upright	2	9.45ST-201
	202	Handle Bar Upright Foam Grip	2	9.45ST-202
	203	Front Handle Bar	1	9.45ST-203
	204	Front Handle Bar Foam Grip-Short	1	9.45ST-204
	205	Front Handle Bar Foam Grip-Long	2	9.45ST-205
	206	Hand Pulse Set	2	9.45ST-206
	207	Motion Control	2	9.45ST-207
	208	Motion Control Base	2	9.45ST-208
9.45ST-300		Complete Upright Components		
	301	Upright	2	9.45ST-301
	303	Upright Cover-LL	1	9.45ST-303
	304	Upright Cover-LR	1	9.45ST-304
	305	Upright Cover-RL	1	9.45ST-305
	306	Upright Cover-RR	1	9.45ST-306
	307	Safety Key Wire – Middle	1	9.45ST-307
	308	Computer Wire – Upper	1	9.45ST-308
	309	Motion Control Sensor Wire - Middle	2	9.45ST-309

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
310	Adjustable Cylinder	2	9.45ST-310
311	Upright Plastic Shroud – LL	1	9.45ST-311
312	Upright Plastic Shroud – LR	1	9.45ST-312
313	Upright Plastic Shroud – RL	1	9.45ST-313
314	Upright Plastic Shroud – RR	1	9.45ST-314
315	Adjustable Cylinder Cover - Upper	2	9.45ST-315
318	Fixing Inserts	2	9.45ST-316
9.45ST-400	Complete Base Frame Components		
401	Base Frame	1	9.45ST-401
402	Safety Key Wire – Lower	1	9.45ST-402
403	Computer Wire –Lower	1	9.45ST-403
404	Power Switch Plate Cover	1	9.45ST-404
405	Power Switch Plate	1	9.45ST-405
406	Power Breaker	1	9.45ST-406
407	Power Switch	1	9.45ST-407
411	Bushing	4	9.45ST-411
412	Fix Bolt Sets	2	9.45ST-412
413	Front Caster	2	9.45ST-413
414	Rubber Cushion	2	9.45ST-414
415	Level Adjuster	2	9.45ST-415
416	Base Frame End Cap	2	9.45ST-416
417	Cushion	2	9.45ST-417
426	Shock	1	9.45ST-426
9.45ST-500	Complete Motor Components		
501	Motor Hood	1	9.45ST-501
502	Elevation Motor	1	9.45ST-502
503	Elevation Gear Sleeve	1	9.45ST-503
504	Driving Motor	1	9.45ST-504
505	Motor Holder	1	9.45ST-505
506	Driving Belt	1	9.45ST-506
507	Motor Control Board	1	9.45ST-507
508	Elevation Control Board	1	9.45ST-508

COMPLETE PARTS LIST

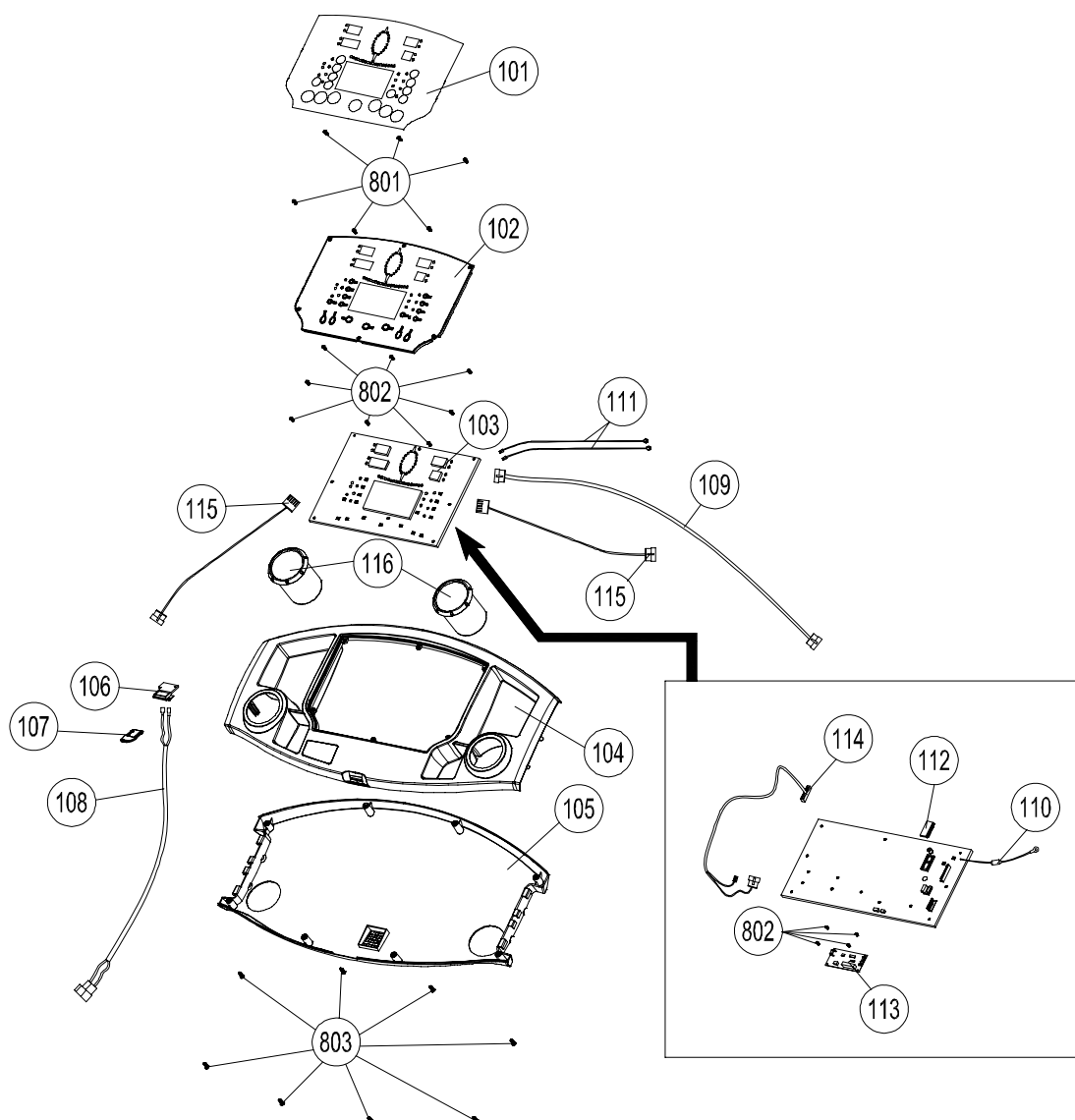
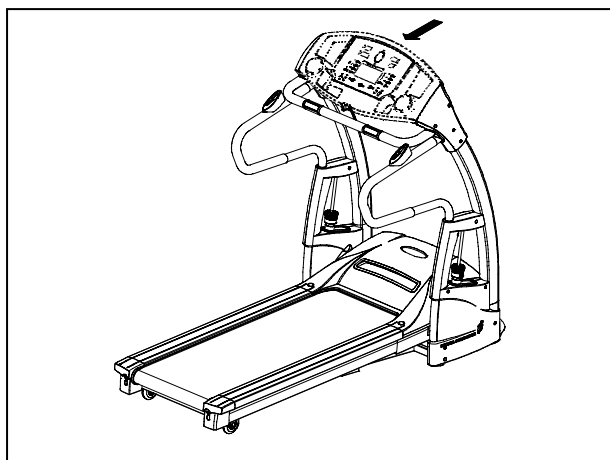
Item No.	Description	Qty.	Part No.
09	Elevation Support Tube	1	9.45ST-509
510	Elevation Support Tube Cover - LEFT	1	9.45ST-510
511	Motor Bottom Cover	1	9.45ST-511
512	Deck Frame Side Cover - LEFT	1	9.45ST-512
513	Plastic Clamp - TOP	2	9.45ST-513
514	Plastic Clamp - BOTTOM	2	9.45ST-514
515	Elevation Support	2	9.45ST-515
516	Deck Rubber Cushion	2	9.45ST-516
517	Rear Vent Cover	1	9.45ST-517
518	Elevation Support Tube Cover - RIGHT	1	9.45ST-518
519	Deck Frame Side Cover – RIGHT	1	9.45ST-519
9.45ST-600	Complete Running Deck Components		
601	Running Belt	1	9.45ST-601
602	Side Rail	2	9.45ST-602
603	Running Deck	1	9.45ST-603
604	Side Rail End Cap - LEFT	1	9.45ST-604
605	Side Rail End Cap - RIGHT	1	9.45ST-605
9.45ST-700	Complete Deck Frame Components		
701	Deck Frame	1	9.45ST-701
702	Front Roller Shaft	1	9.45ST-702
703	Front Roller Tube	1	9.45ST-703
704	Roller Bearing 6202	4	9.45ST-704
705	Rear Roller Shaft	1	9.45ST-705
706	Rear Roller Tube	1	9.45ST-706
707	Running Deck Support Tube	1	9.45ST-707
708	Deck Frame – Rear	1	9.45ST-708
709	Steady Frame	1	9.45ST-709
413	Rear Caster	2	9.45ST-413
9.45ST-800	Complete Hardware Pack		
801	# 6 × 12mm Screws	10	9.45ST-801
802	M4 × 6mm Screws	12	9.45ST-802
803	M8 × 12mm Screws	8	9.45ST-803

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
804	M8 × 15mm Bolt	3	9.45ST-804
805	M8 × 50mm Bolt	12	9.45ST-805
806	# 8 × 20mm Screw	20	9.45ST-806
807	4 × 15mm Thread Cutting Screw	19	9.45ST-807
808	M5 × 10mm Screws	2	9.45ST-808
809	M8 × 16 Screws	20	9.45ST-809
813	Washer	4	9.45ST-813
814	Nylon Nut	6	9.45ST-814
816	M14 × 90 Screws	3	9.45ST-816
817	Bearing	4	9.45ST-817
818	M10 × 35mm Screws	10	9.45ST-818
819	M8 × 10mm Screws	7	9.45ST-819
820	M8 × 50mm Screws	2	9.45ST-820
821	M10 × 63mm Bolts	1	9.45ST-821
822	Fixed Block	8	9.45ST-822
823	M8 × 120mm Bolts	1	9.45ST-823
824	Plate Washer	2	9.45ST-824
825	Spring	1	9.45ST-825
826	M8 Nylon Nut	2	9.45ST-826
827	M8 × 20mm Screws	6	9.45ST-827
828	Spring Washer	12	9.45ST-828
829	Washer	2	9.45ST-829
830	M10 × 136mm Screws	1	9.45ST-830
832	M8 × 25mm Screws	8	9.45ST-832
833	Hexagon Nut	10	9.45ST-833
834	M6 × 70mm Bolts	3	9.45ST-834
838	M10 × 43mm Bolts	2	9.45ST-838
839	Cushion Pad	10	9.45ST-839
840	M10 × 40mm Screws	1	9.45ST-840
841	M6 × 10mm Screws	2	9.45ST-841
842	M10 × 30mm Allen Head Bolt	2	9.45ST-842
843	M8 × 15mm Allen Head Bolt	4	9.45ST-843
845	13 × 42mm Shaft	2	9.45ST-845
846	#8 × 23mm Washer	2	9.45ST-846

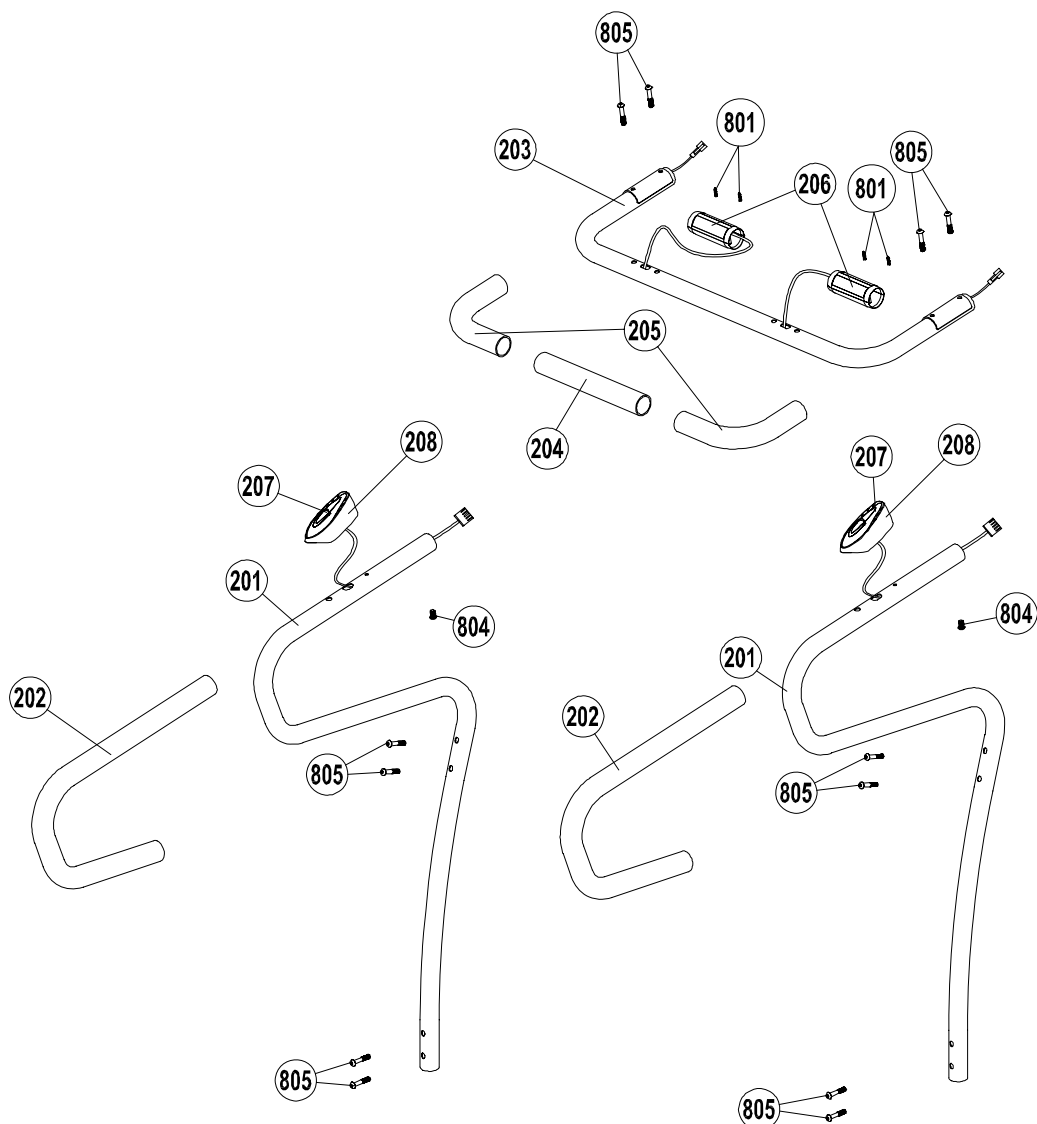
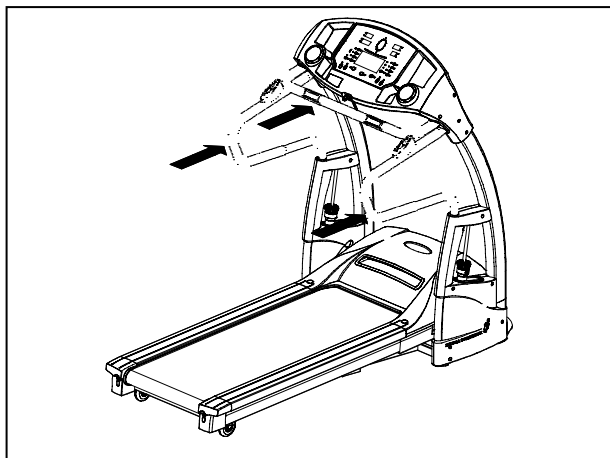
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED



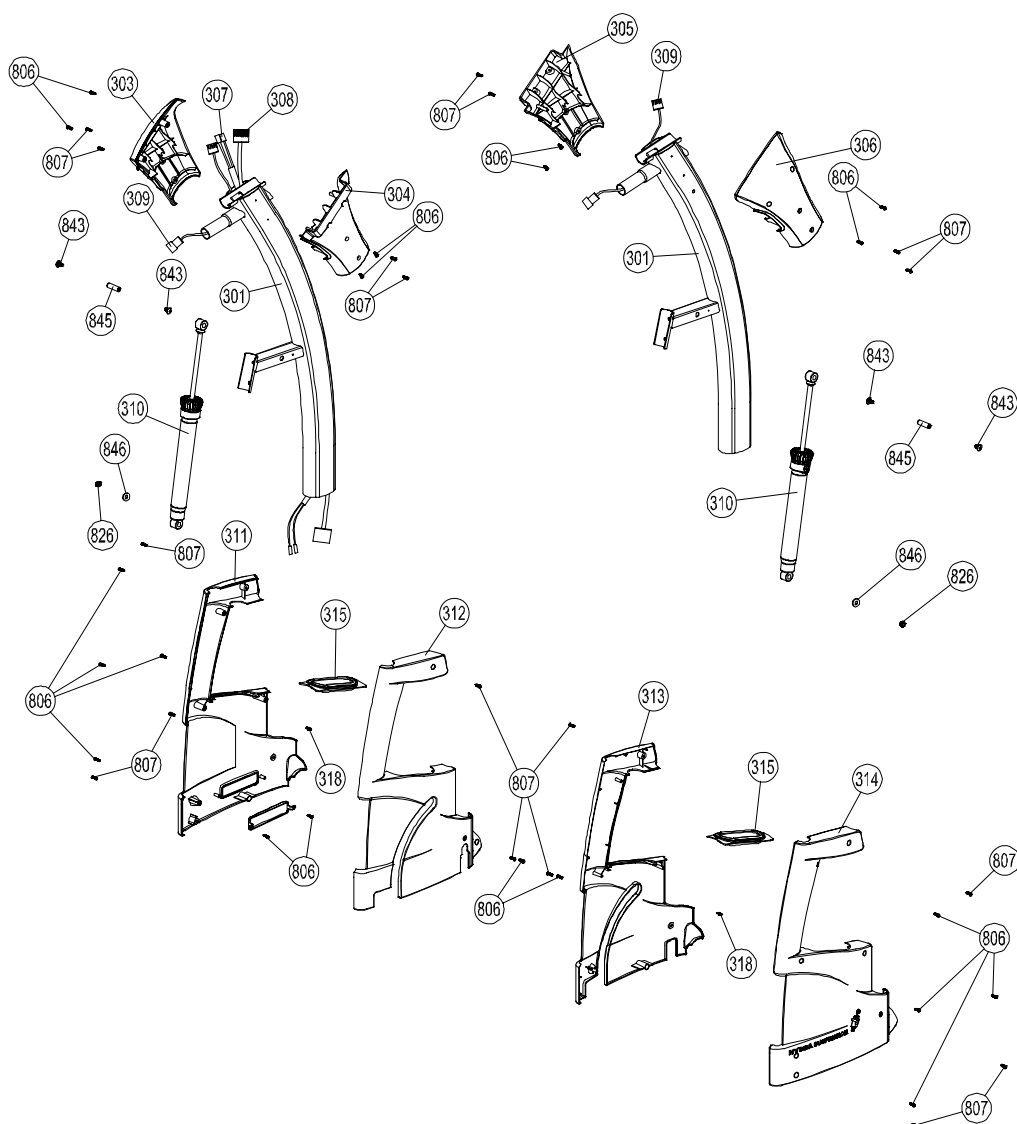
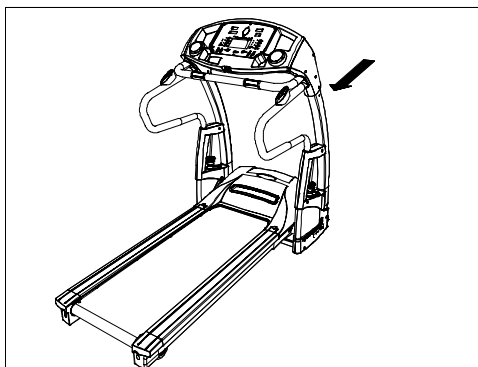
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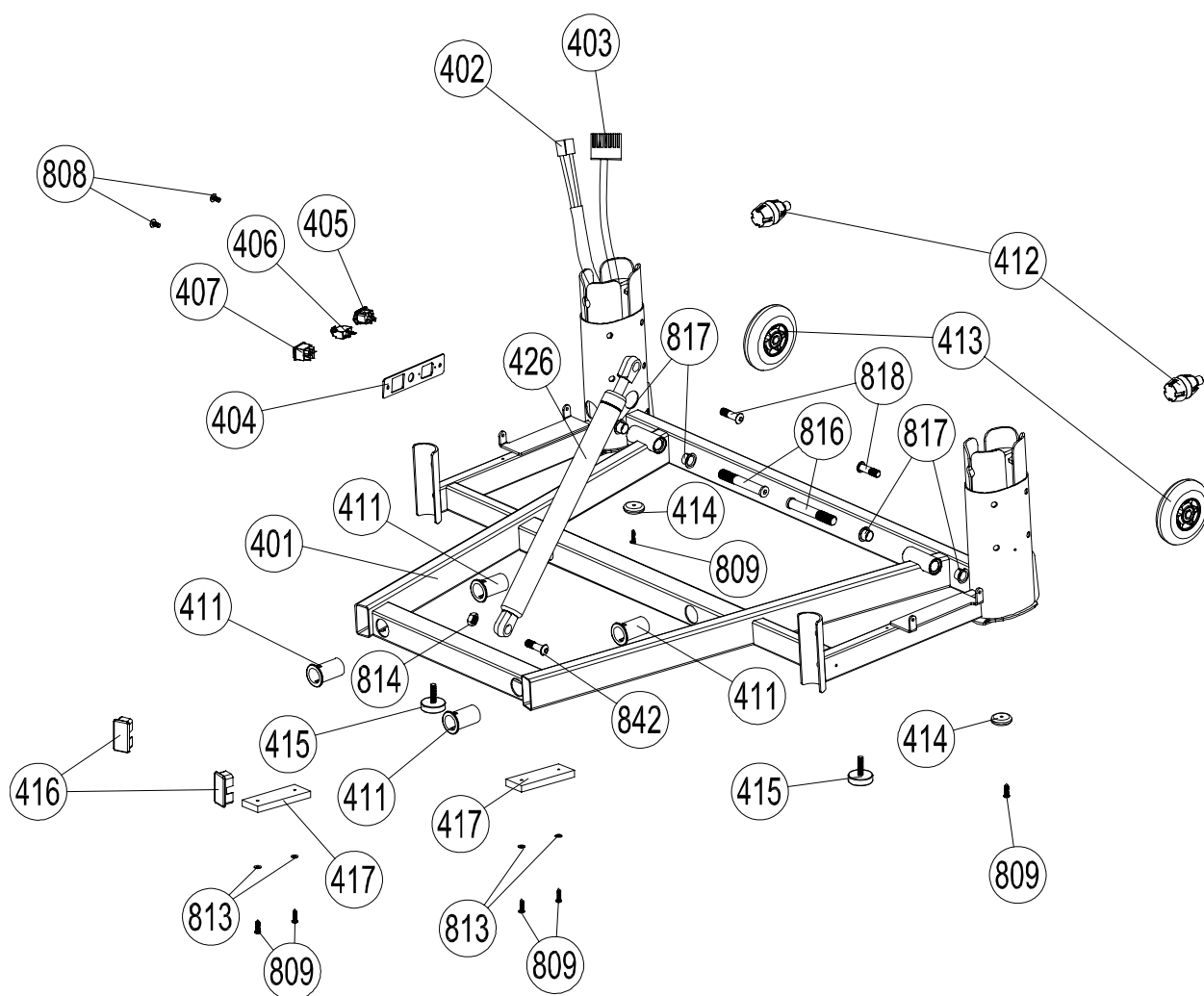
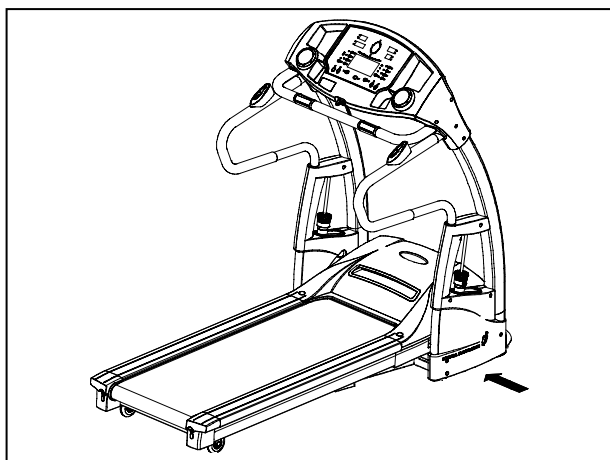
PARTS DIAGRAM

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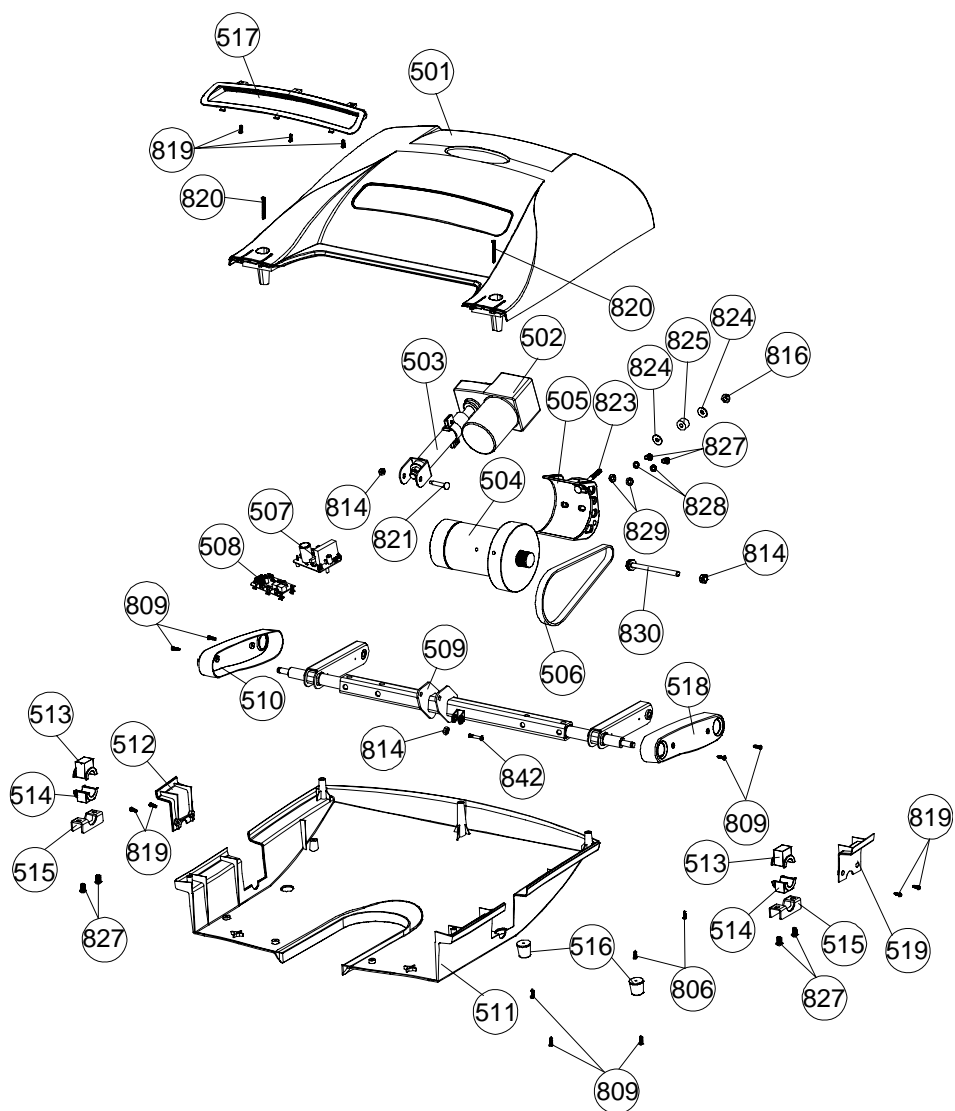
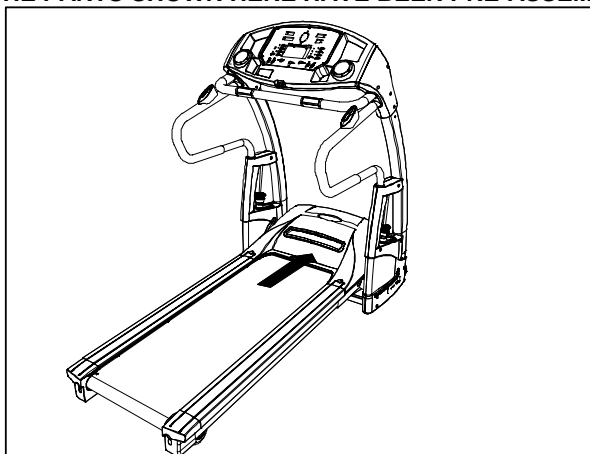
PARTS DIAGRAM

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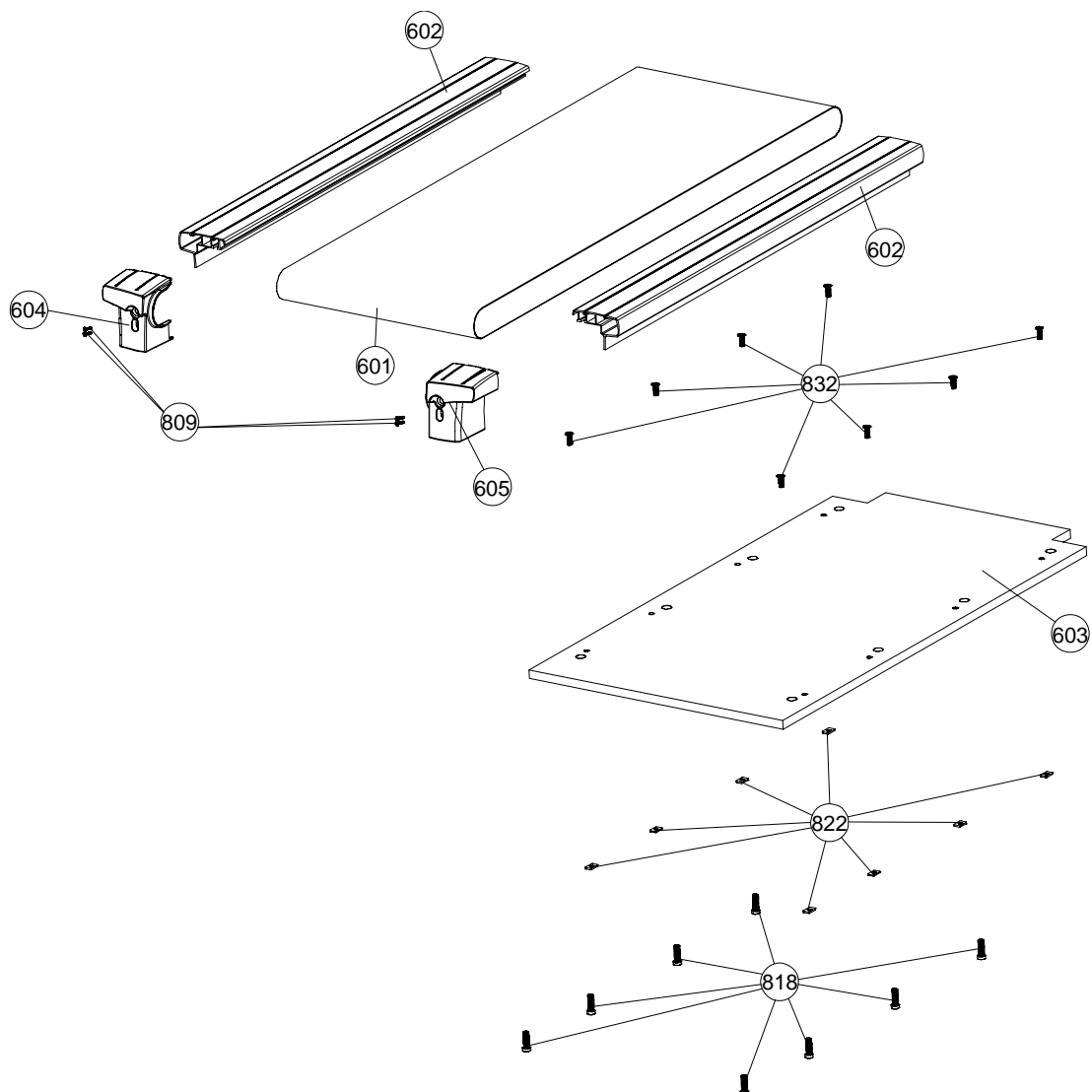
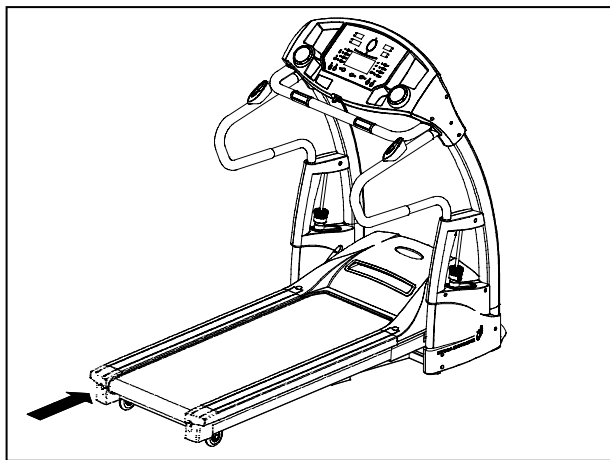
PARTS DIAGRAM

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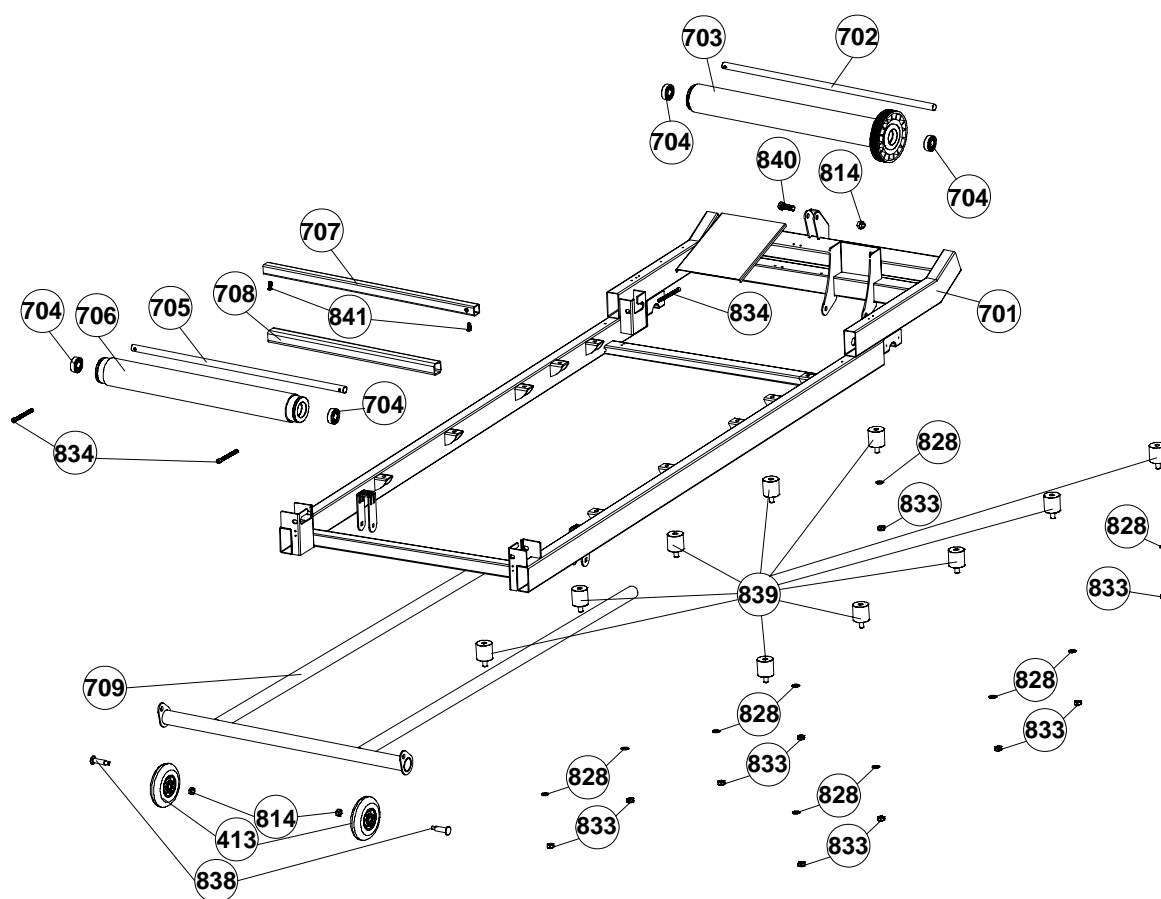
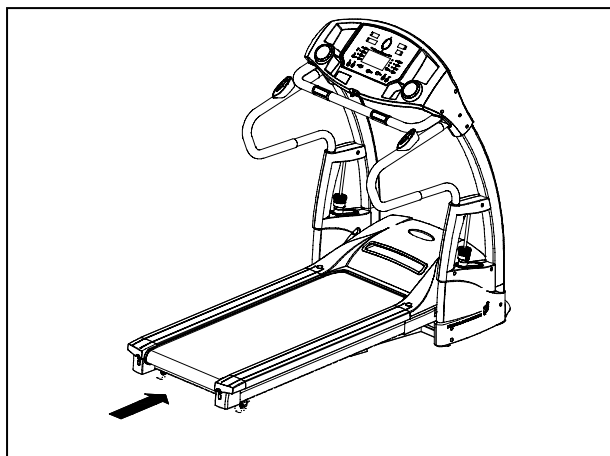
PARTS DIAGRAM

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



PARTS DIAGRAM

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



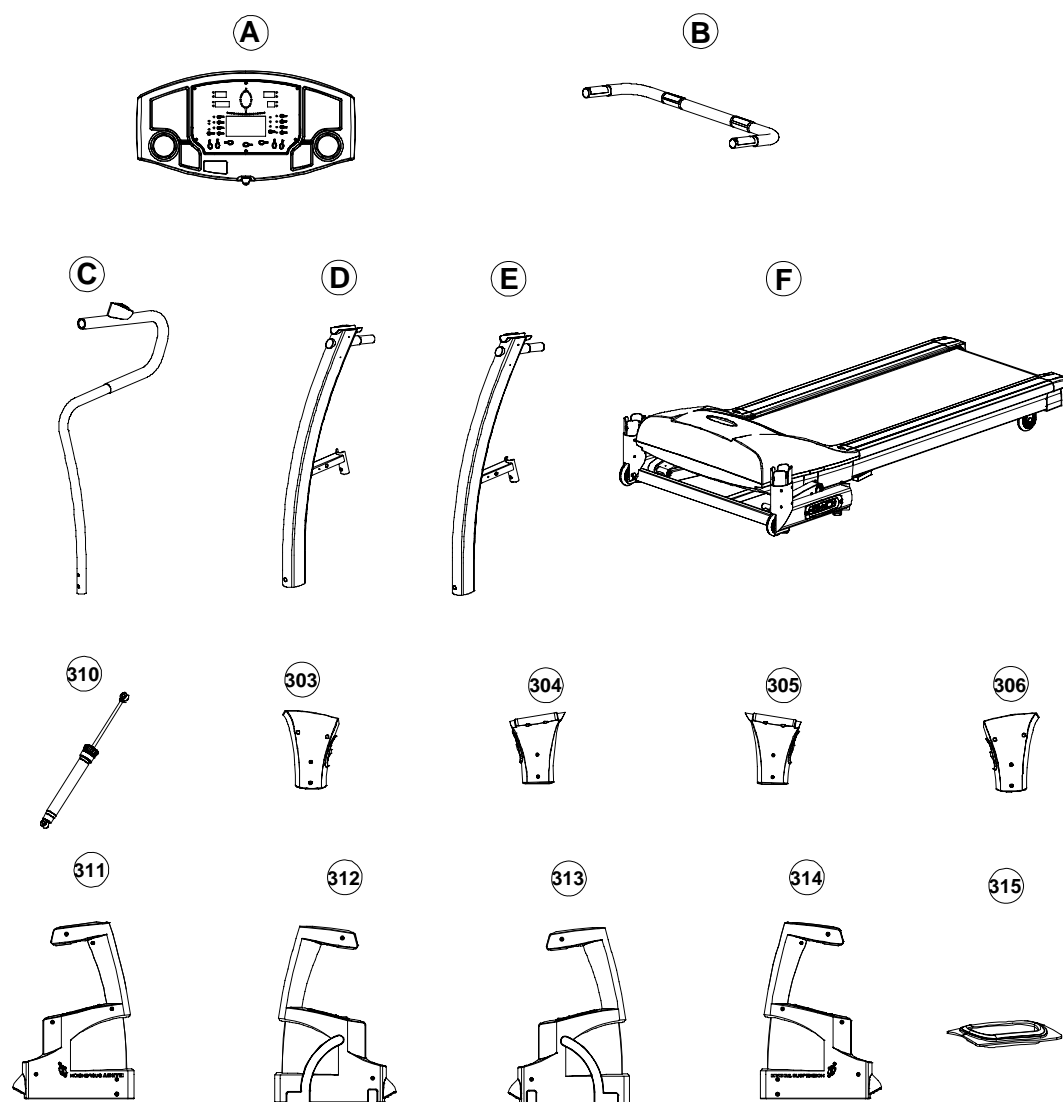
ASSEMBLY**STEP 1: Unpacking and Inventory**

(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6

(D) After verifying inventory if there are any missing parts please contact Smooth fitness at 1-888-800-1167.



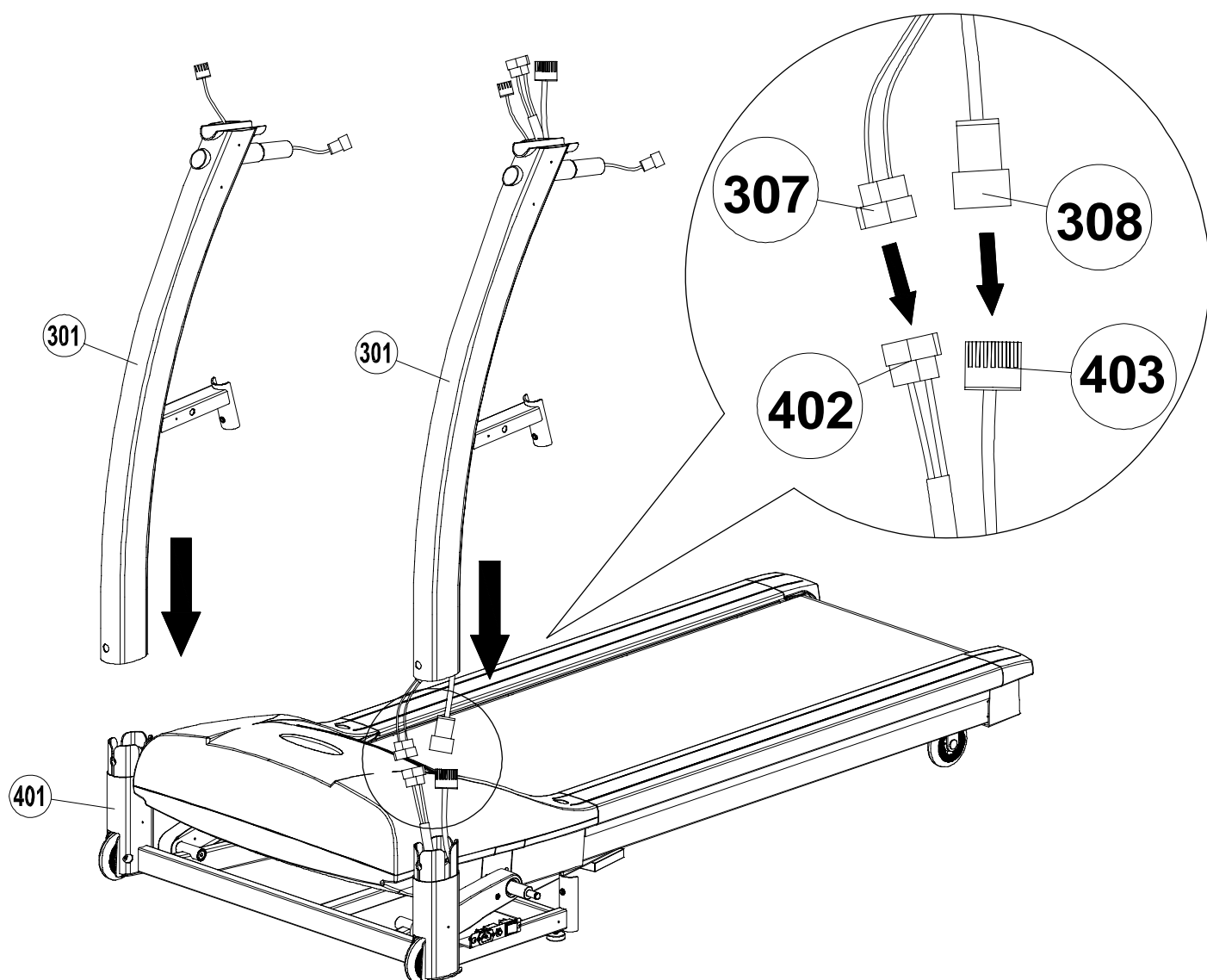
ASSEMBLY**STEP 2: Assemble Upright Frame**

NOTE: Make sure all wires are recessed into the frame. DO NOT trap or pinch DO NOT tighten bolts until STEP9

(A) Connect the Lower and middle section wire as seen below (307 to 402)(308 to 403)

(B) Insert any extra cable length into the Left Upright (301).

(C) Insert the Left and Right Uprights (301) into the Base Frame (401).



ASSEMBLY**STEP 3: Assemble The Side Handlebars**

NOTE: Side rails are interchangeable for use on both right and left sides.
Make sure all wires recessed into the frame. DO NOT trap or pinch.

(A) Connect the Left Motion Control lower wire to the middle wire (207 to 309). As Shown in the diagram below.

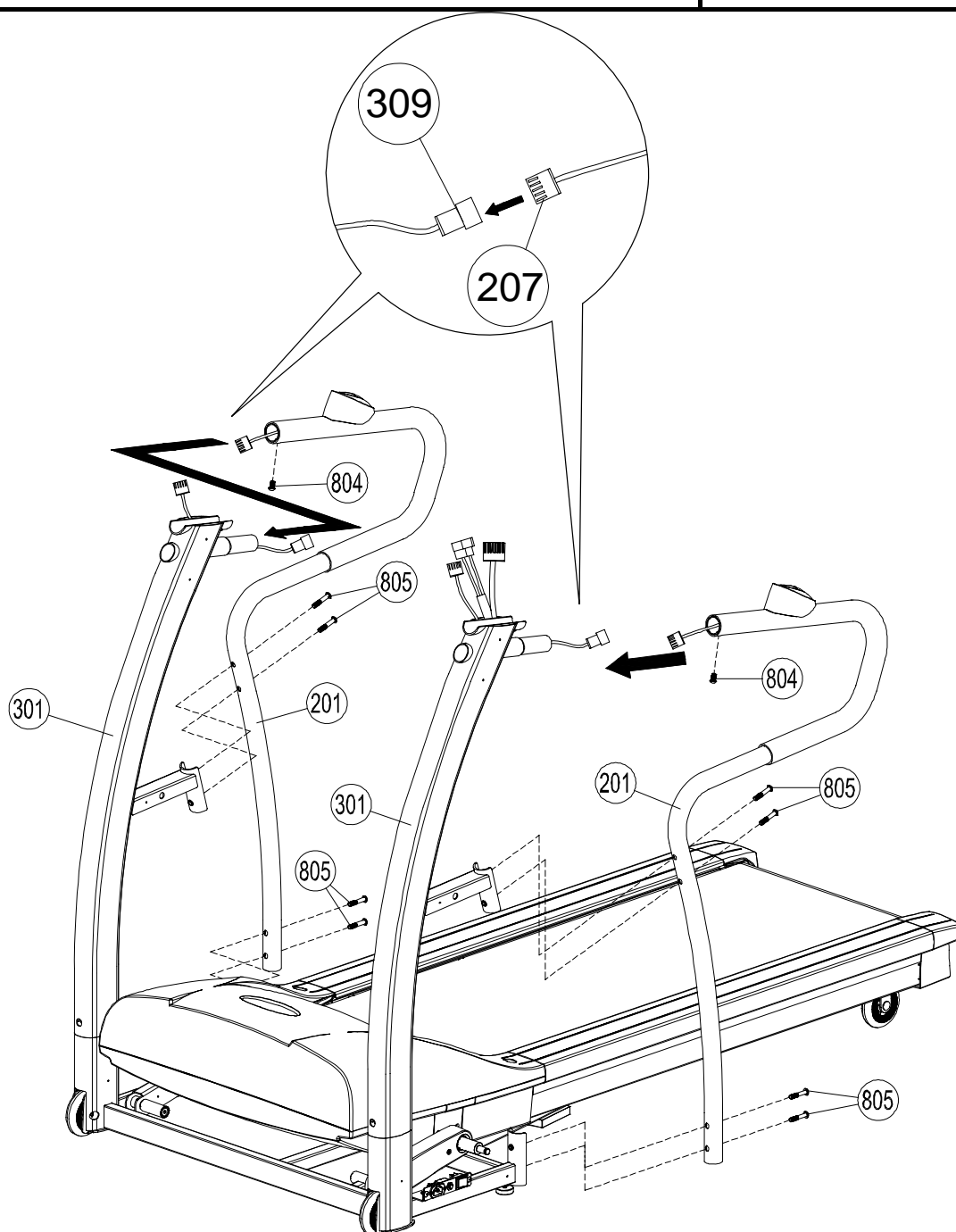
(B) Insert the Left Handlebar (201) into the Upright Tube (301). Using one M8 x 15mm bolts (804) to secure the upper portion. Use two M8 x 50mm Bolts (805) to secure the lower portion to the base frame. Use two M8 x 50mm Bolts (805) to secure the middle portion to the base frame.

(C) Repeat the above process for the Right side

804 X2

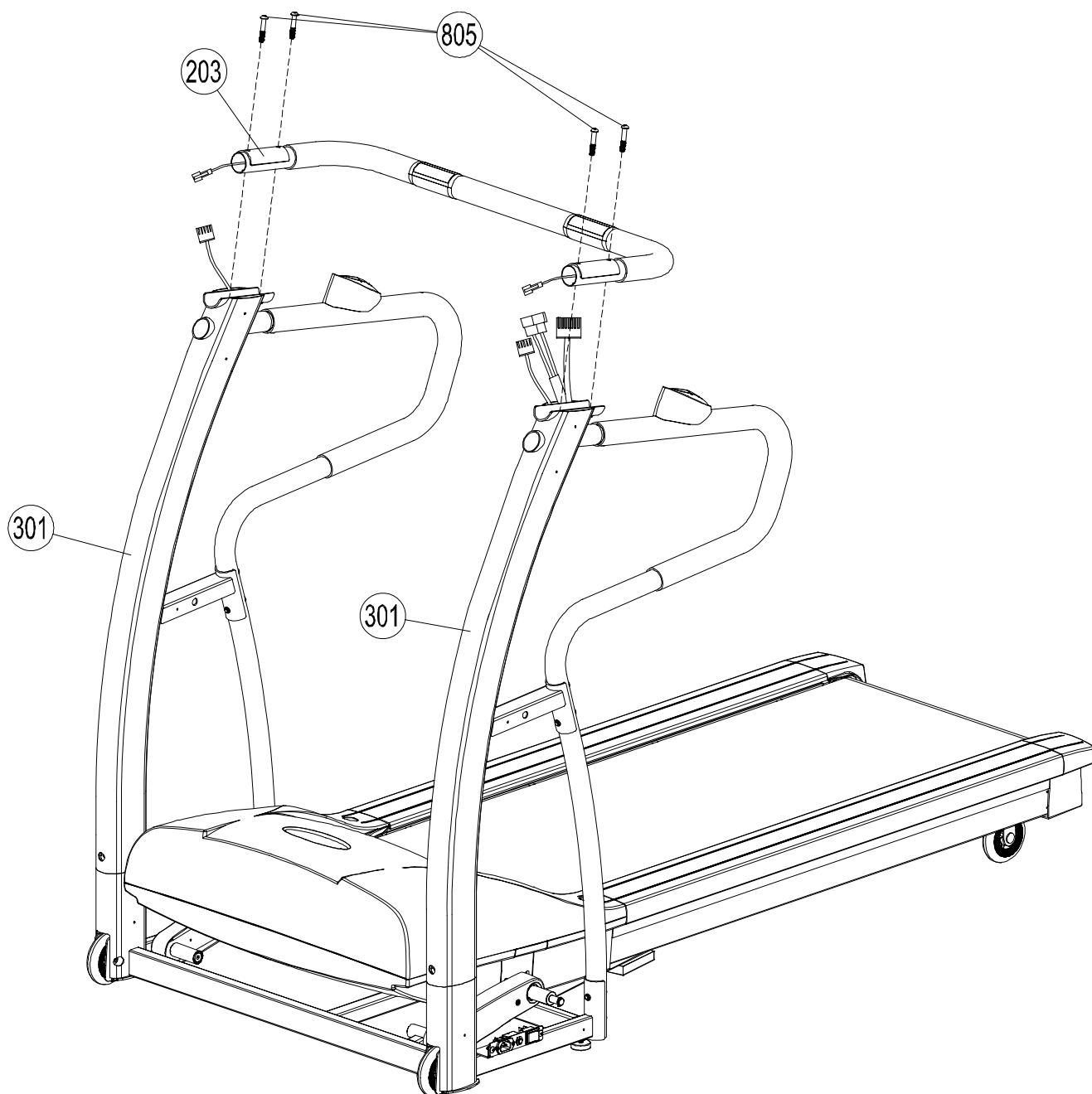


805 X8



ASSEMBLY**STEP 4: Assemble Front Handlebar**

- (A) Place the front handlebar (203) on top of the left and right uprights (301)
- (B) Now secure the front handle bar with four M8 x 50mm bolts(805)
- (C) Tighten all handlebar hardware (be sure not to pinch wires).

805 X4

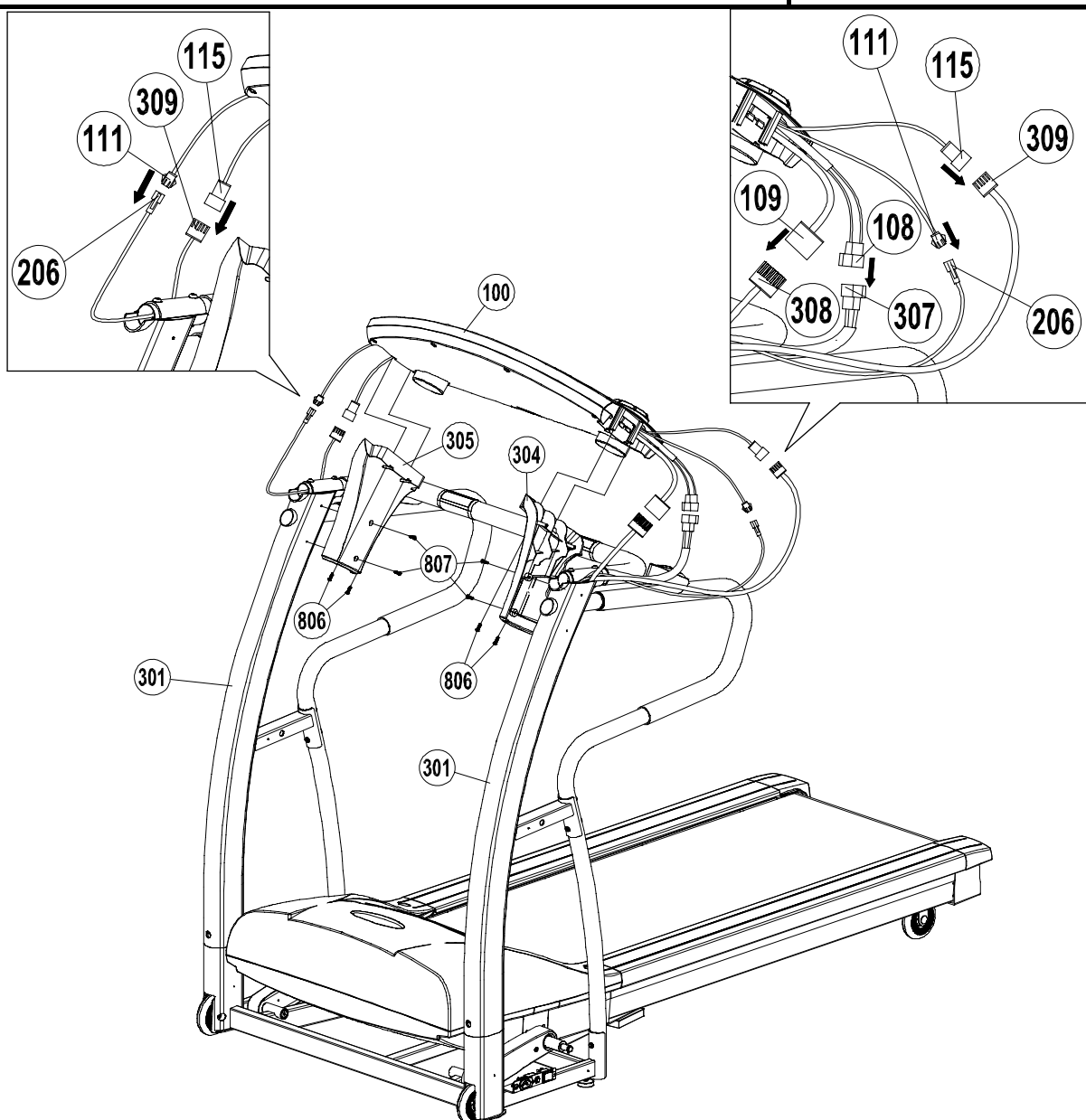
ASSEMBLY**STEP 5: Attaching the Upright Cover and Connect Computer Cable**

NOTE: BE CAREFUL NOT TO DAMAGE THE WIRES WHEN SECURING THE UPRIGHT COVERS.

- (A) Attach the Right Upright Cover (304) to the right upright (301).
- (B) Secure the Right Upright Cover with two 4 × 15mm Thread Cutting Screw(807).
- (C) Repeat the above process for the left side.
- (D) Lower the console (100) onto Left and Right Upright Covers.
- (E) Secure with four #8 x 20mm Screws(806).
- (F) Make all the necessary computer connections as pictured below. The connectors are specially designed to only connect with the matching connectors.
- (G) Before proceeding to the next steps recheck that all the cables are firmly connected.

806 **X4** 

807 **X4** 



ASSEMBLY

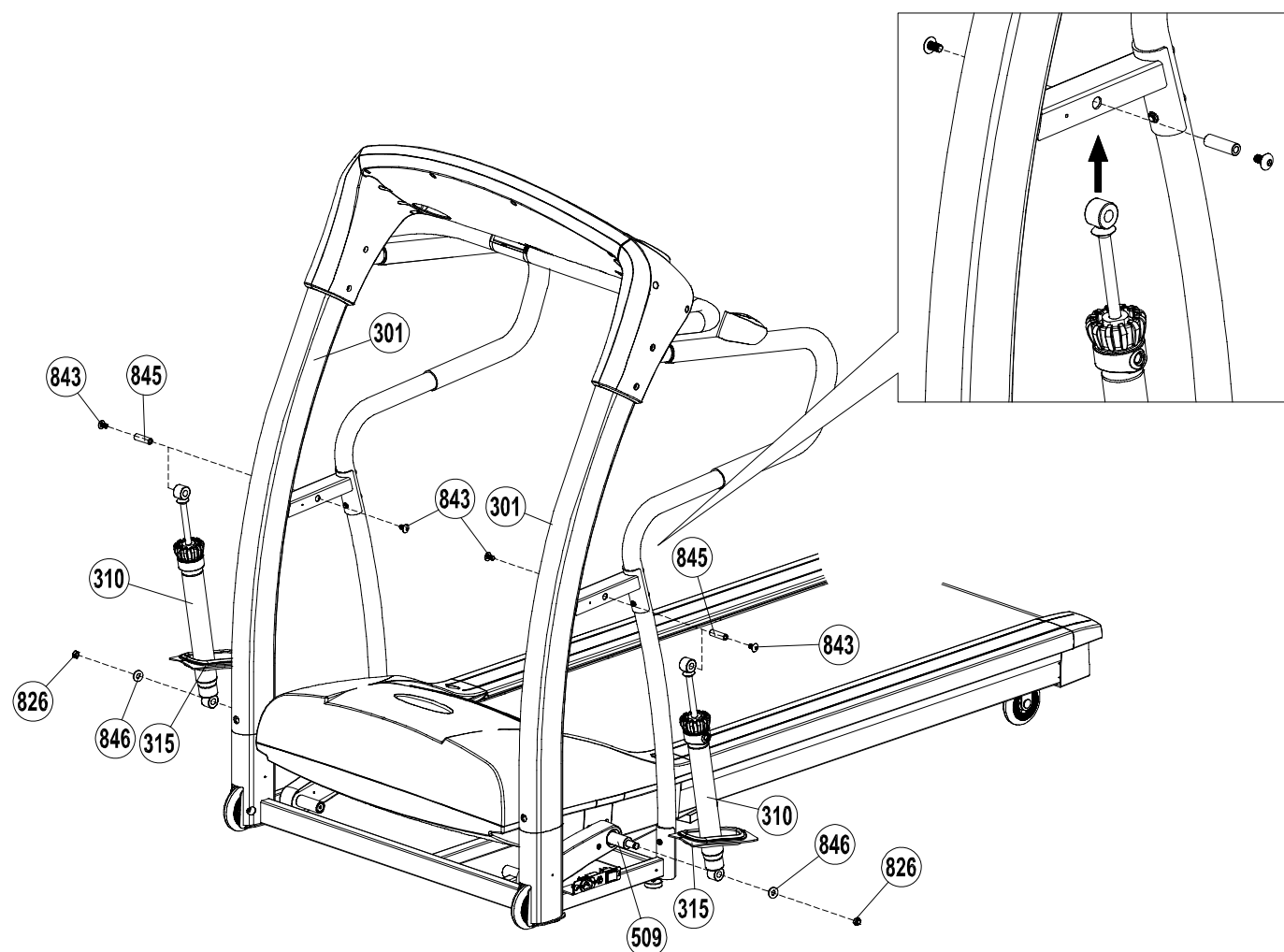
STEP 6: Attach the Outside Upright Covers

NOTE: CAREFULLY FOLD THE COMPUTER CABLES AND TUCK THEM BETWEEN THE PLASTIC RIDGES OF PARTS 304 AND 305 SO THEY WILL NO BE PINCHED.

- (A) Secure the ground wire onto the Right upright with one 4 × 15mm Thread Cutting Screw (807).
- (B) Attached the Upright Cover (306) to the right side Upright Tube.
- (C) Secure using two #8 x 20mm Screws (806) into the console.
- (D) Then secure using two 4 × 15mm Thread Cutting Screw (807) into the Upright Tube.
- (E) Repeat this process for the left side.

806 **x4** 





807 **x5** 

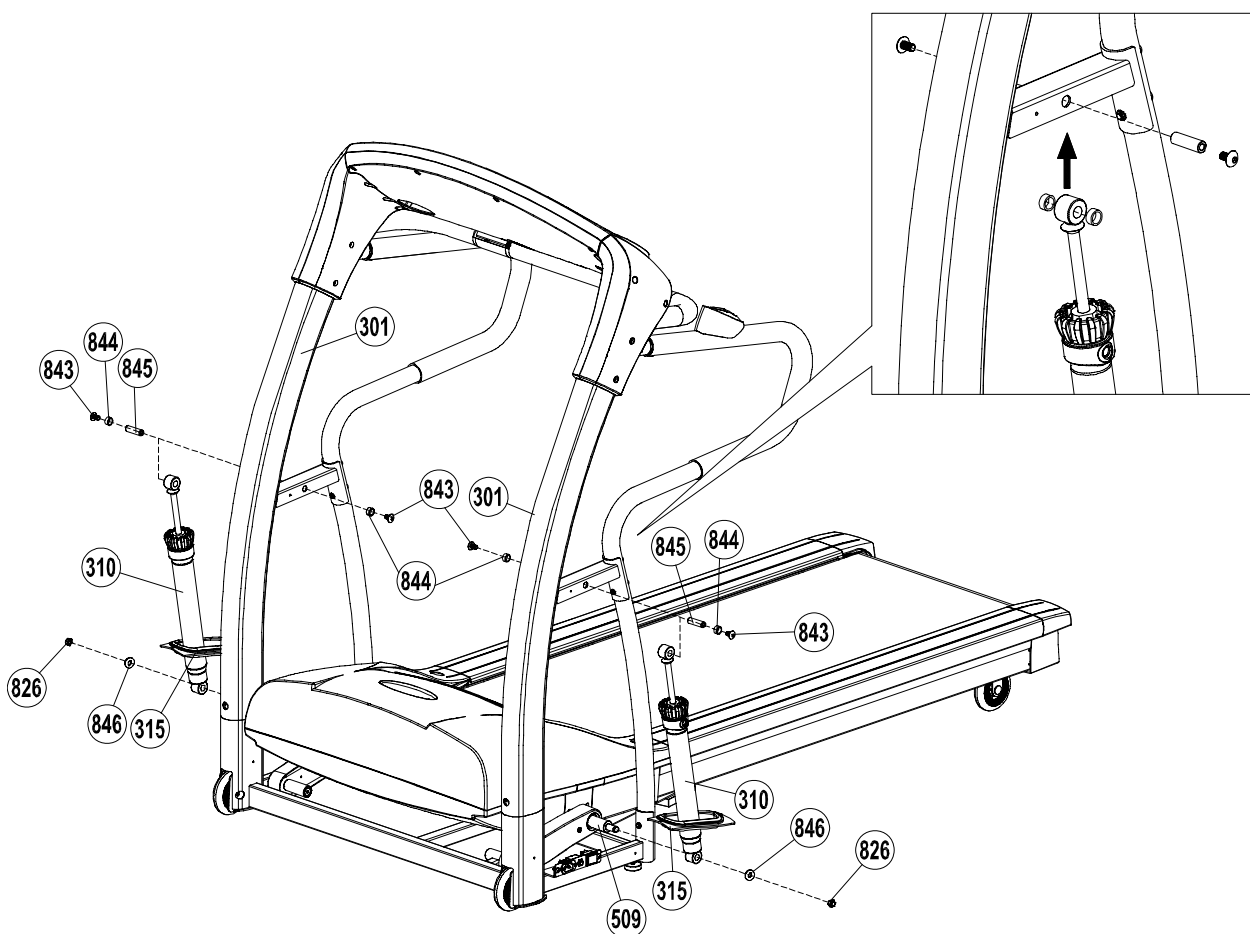


ASSEMBLY**STEP 7: Attach adjustable cylinder to treadmill frame**

WARNING: THE PATENTED HYDRASUSPENSION SYSTEM REQUIRES THE ADJUSTABLE CYLINDER TO BE TIGHT FITTING. PLEASE BE PATIENT WITH THIS ASSEMBLY STEP.

- (A) Put Adjustable Cylinder Cover-Upper (315) into Adjustable Cylinder (310).
- (B) Attach the bottom of the Adjustable Cylinder (310) to the left Cylinder Mounting Shaft (509) and secure with one washer (846) and one M8 nylon nut (826).
- (C) Attach the head of the Adjustable Cylinder (310) to the left upright (301):
- a: Align the through hole on the head of the Adjustable Cylinder (310) with the mounting hole on the frame (301).
 - b: As you slide the threaded shaft (845) through the aligned holes .
- (D) Secure the cylinder head with two M8x15mm Allen Head Bolts (843).
- (E) Repeat this procedure to assemble the Adjustable Cylinder on the right side of the frame.

826	X2	
843	X4	
845	X2	
846	X2	



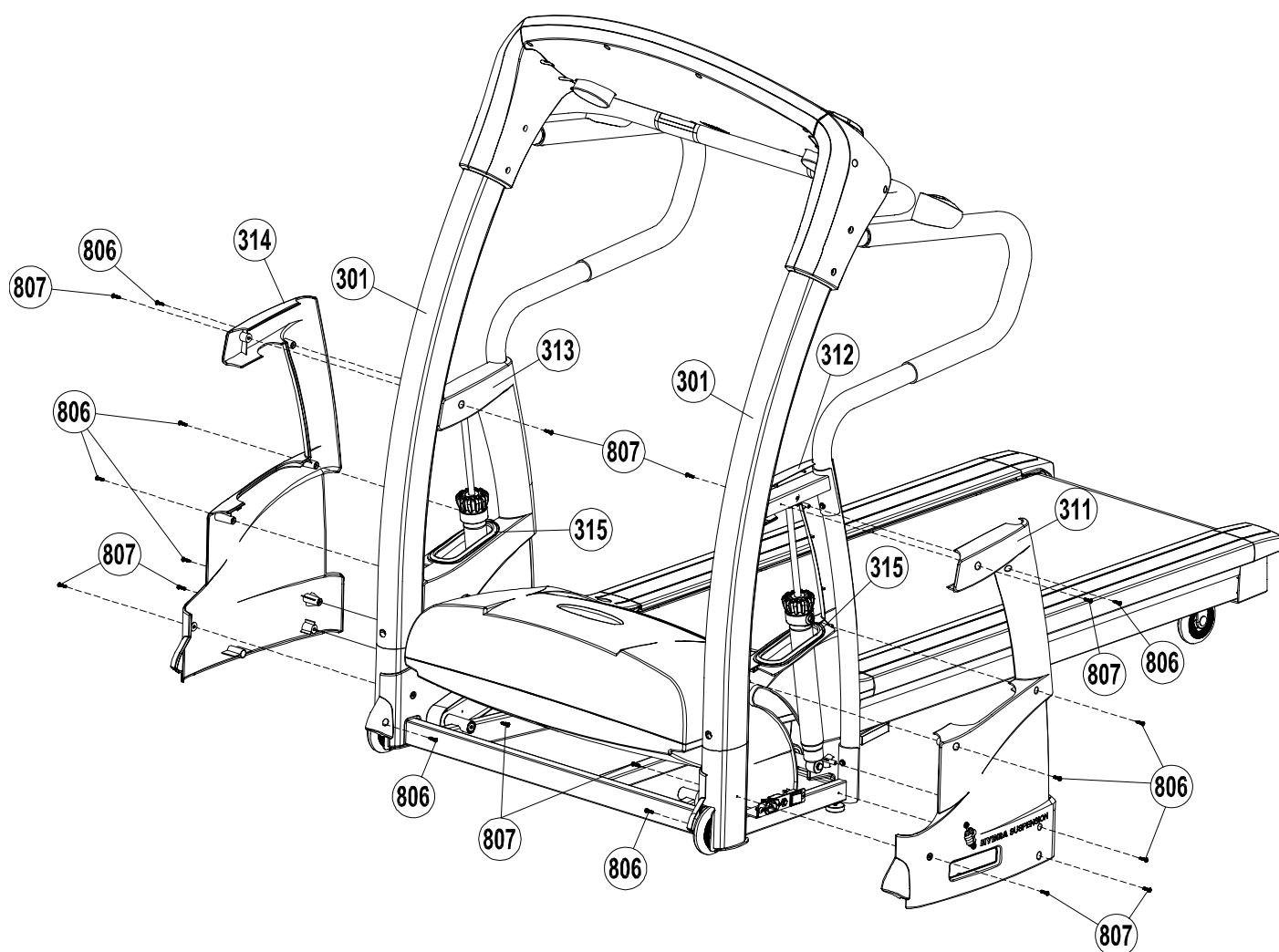
ASSEMBLY**STEP 8: Assembly front plastic shrouds**

(A) Attach the outer Left Upright Plastic Shroud - LL (311) , the inner Left Upright Plastic Shroud - LR (312) and the Adjustable Cylinder Cover – Upper (315) to the Left Upright - L (301) and secure with five M8 x 20mm Screws (806) and five 4 x 15mm Thread Cutting Screw (807).

806 **X10** 

807 **X10** 

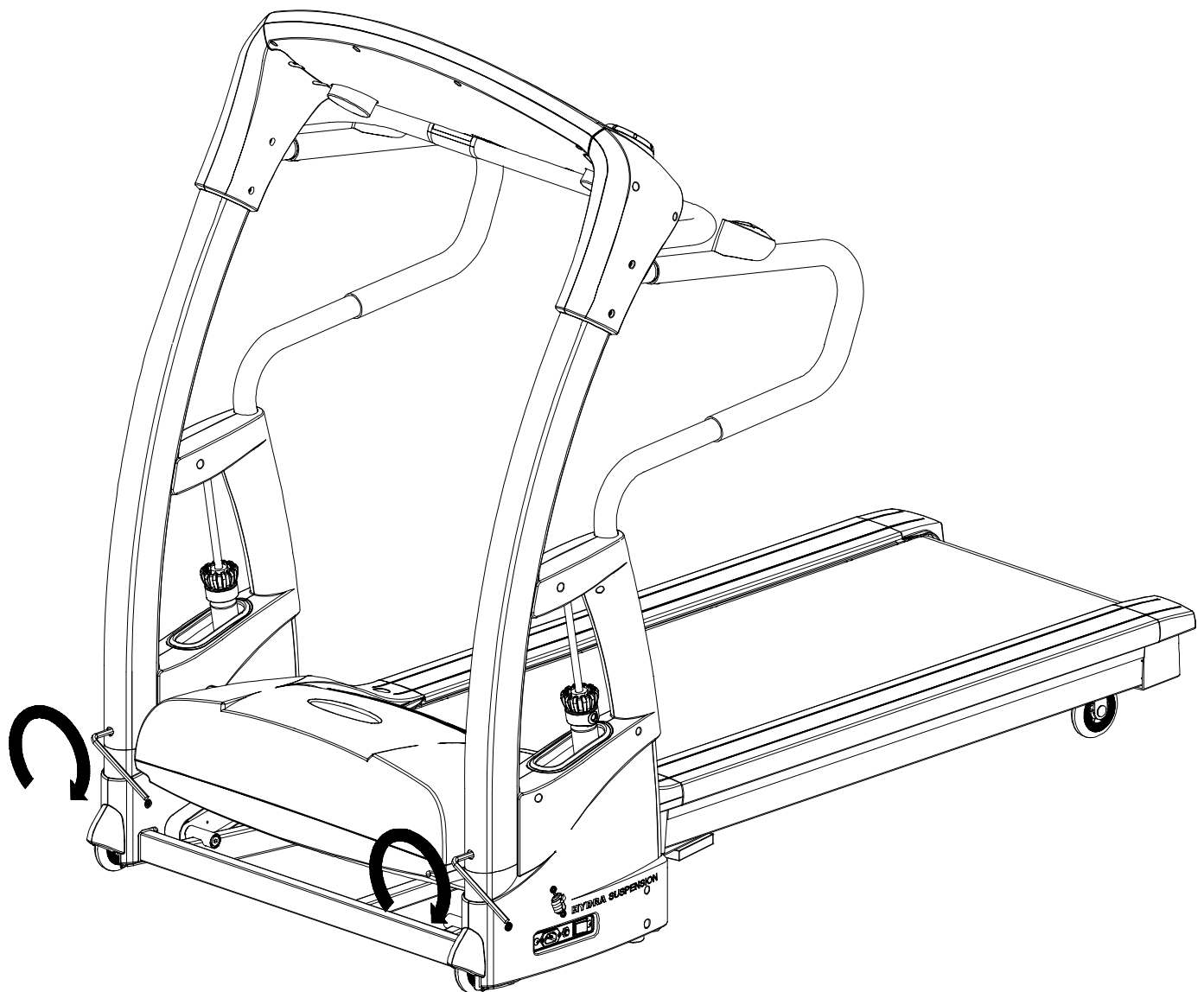
(B) Repeat the above process for the Right side



ASSEMBLY**STEP 9: Securing of the Upright Tubes**

NOTE: ONLY TURN BOLTS CLOCKWISE. The Allen Bolt Sets (412) have been pre-assembled in the Base Frame(401).

(A) Secure The Upright Tubes by tightening the Allen Bolt (412), located in the Upright Tube, clockwise.

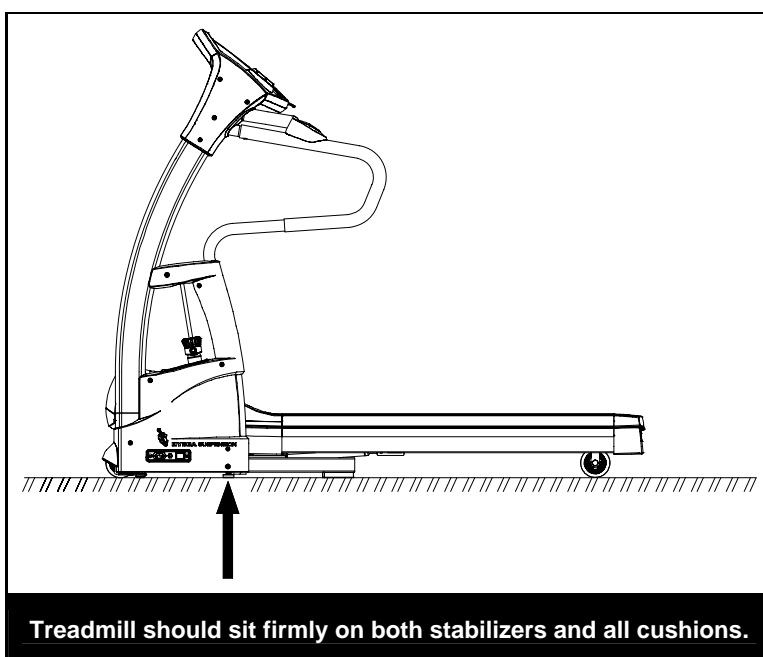
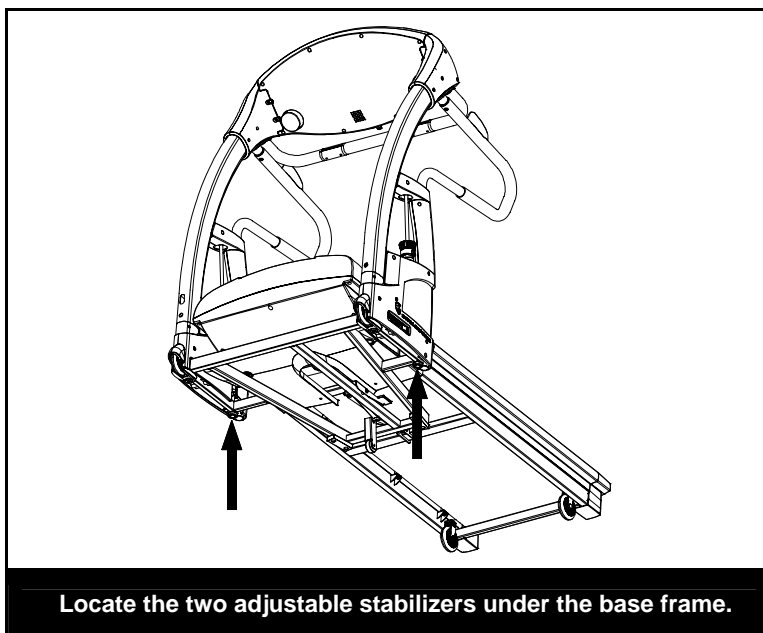


STABILIZER ADJUSTMENT

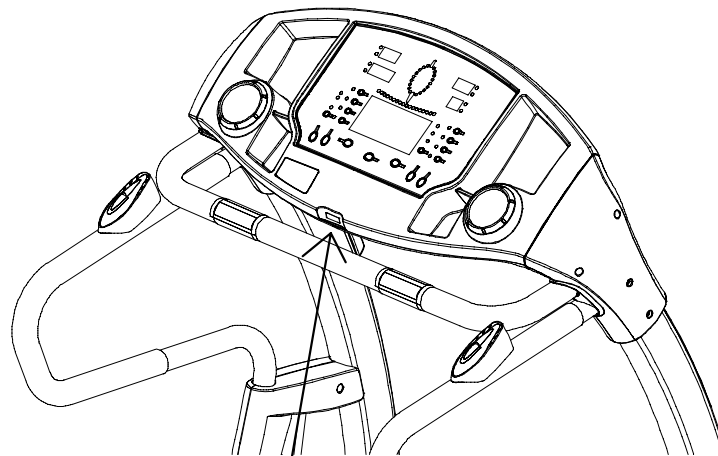
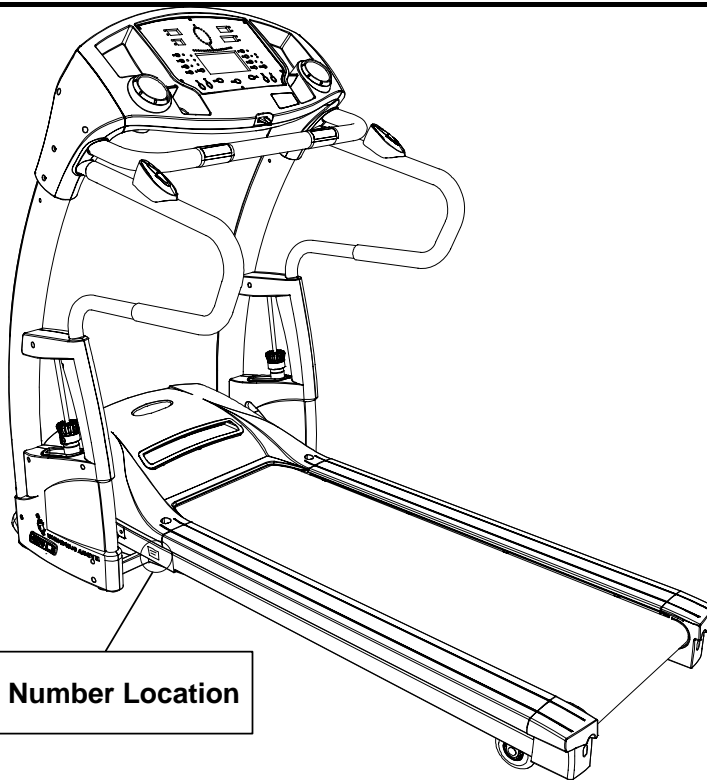
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

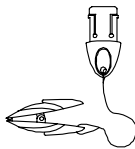
First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.



FEATURES



Insert safety key




The safety key must be inserted for the treadmill to function. The safety key clip should be worn at all times when the treadmill is in use. This safety feature is designed to prevent injury.

MOTION CONTROL OPERATION

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

1. Press the  button on the console to switch the motion control function on and off:
 - When the LED light is **ON** the MOTION CONTROL is **active**.
 - When the LED light is **OFF** the MOTION CONTROL is **off**.
2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.




2. Use right sensor to speed up.

3. Wave your left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.



3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.
- Always switch off the motion control function by pressing the  MOTION CONTROL button on the console before turning off the power to the treadmill.



4. Use both sensors to stop belt.

MAINTAINENCE

HOW TO MAINTAIN THE 9.45ST 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 and exceed the LIMITED WARRANTY coverage.

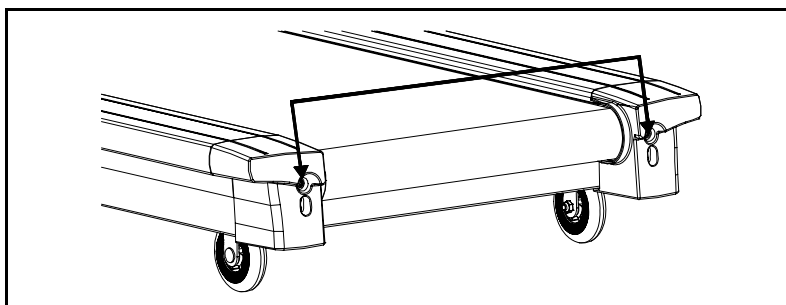
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER. Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Smooth Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



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

MAINTAINENCE

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: DO NOT** 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.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

To purchase lubricant Kit please contact Smooth Fitness 1-888-800-1167

To apply lubricant under 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 spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from to back.

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.



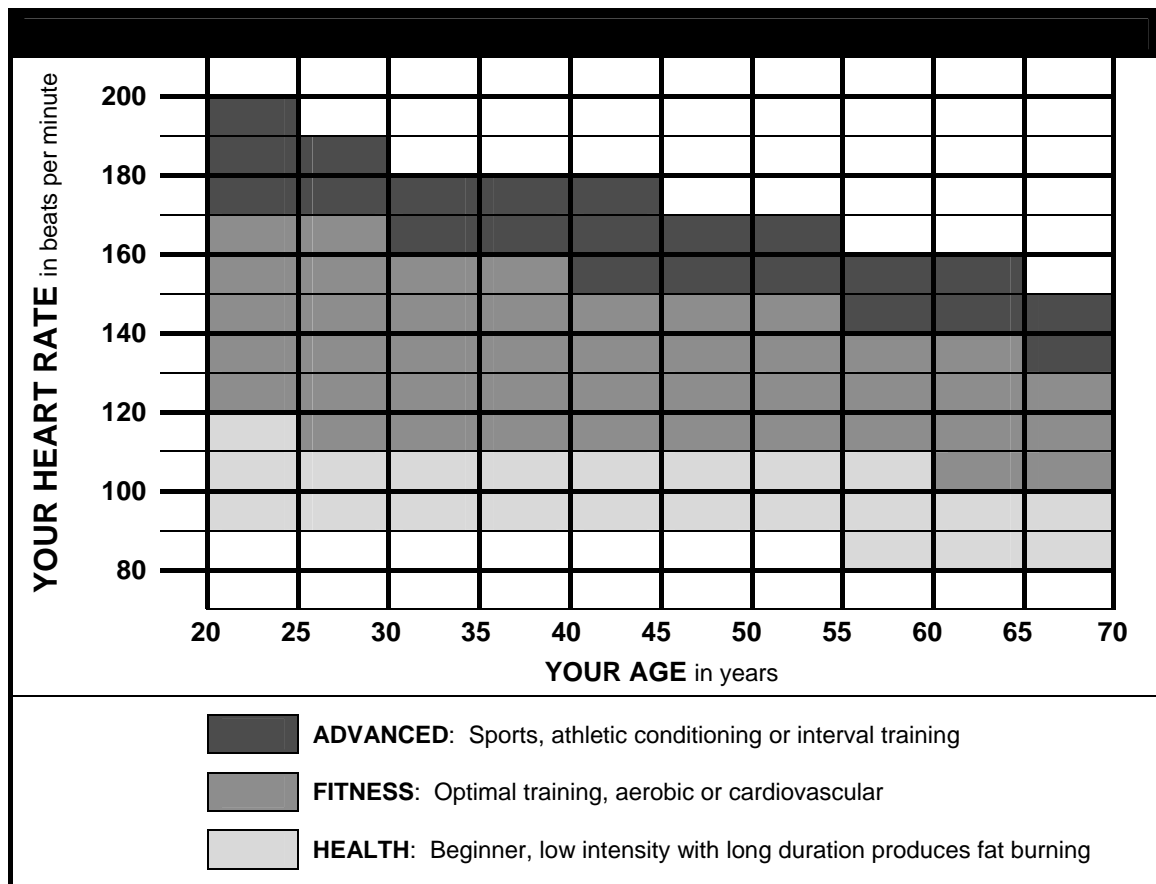
The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

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.



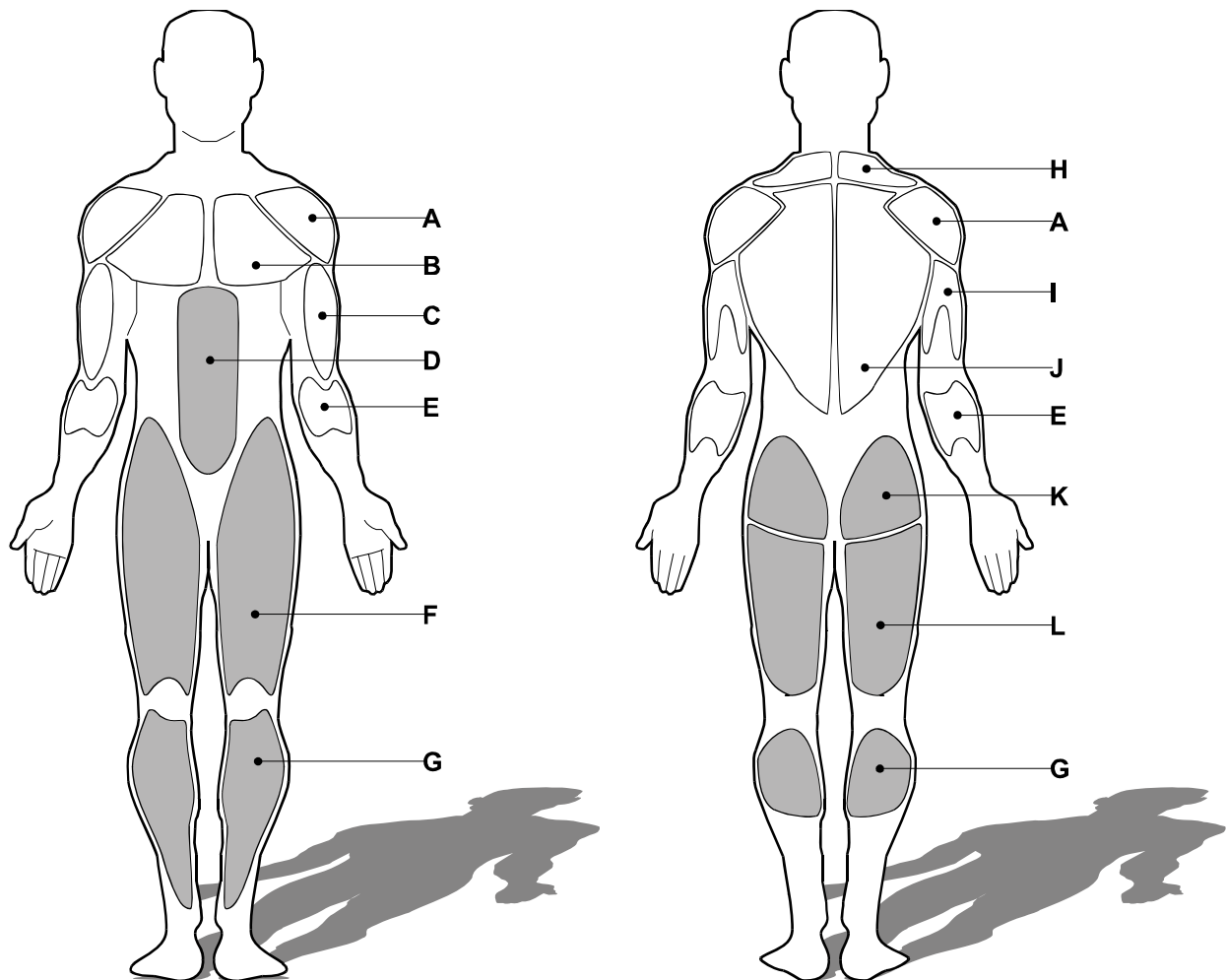
Aerobic exercise:

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:

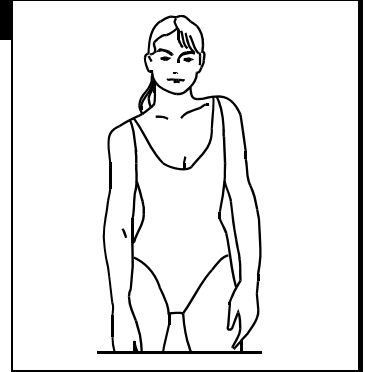
Toe Touch:

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.



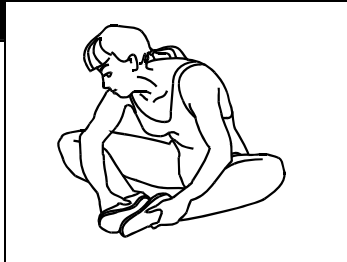
Shoulder Lift:

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.



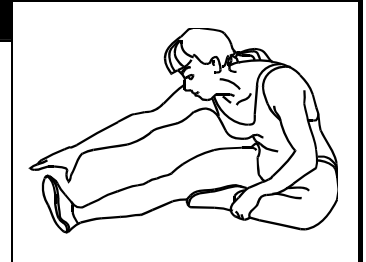
Inner Thigh Stretch:

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.



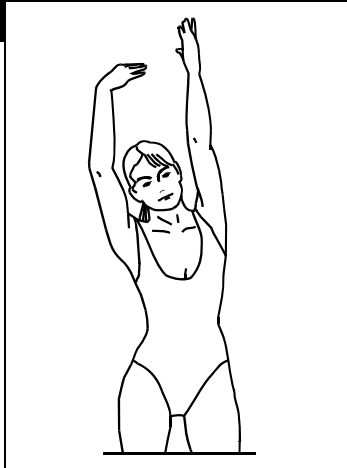
Hamstring Stretch:

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.



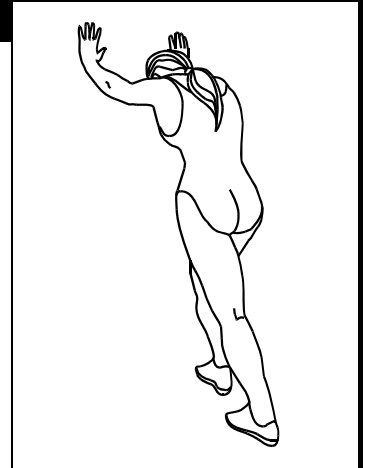
Side Stretch:

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.



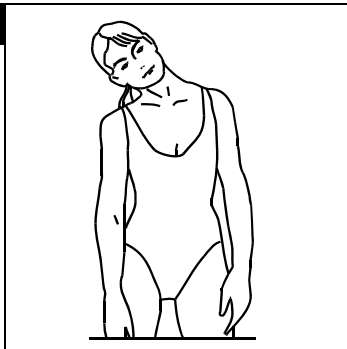
Calf-Achilles Stretch:

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.



TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: <ul style="list-style-type: none"> Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). Equipment circuit breaker is in the reset position Equipment power switch is in the on position Safety key is properly inserted into the computer console Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	<ul style="list-style-type: none"> Safety key is properly inserted into the computer console Equipment circuit breaker is in the reset position House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) Program time has expired
Treadmill will not incline(Power fold models only)	<ul style="list-style-type: none"> Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only <ul style="list-style-type: none"> Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only <ul style="list-style-type: none"> Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> Treadmill is properly leveled(See procedure in owners manual) Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> Treadmill is properly leveled(See procedure in owners manual) Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> Tension running belt (See process in owners manual)



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