

OWNER'S MANUAL  
RETAIN FOR FUTURE REFERENCE  
TOLL FREE CUSTOMER SERVICE  
1.888.800.1167 EXT. 2

MODEL NUMBER: 53552

SERIAL NUMBER:

\_\_\_\_\_

APPLICATION STANDARD

\_\_\_\_\_

ASSEMBLY  
OPERATING INSTRUCTIONS  
CONDITIONING GUIDELINES  
WARRANTY  
SERVICE



# EVO SIERRA Home Gym

## Leg Press Attachment

**BEFORE BEGINNING****Open the boxes**

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call our Customer Service Department toll free at:

**1.888.800.1167 ext. 2**

**Gather your tools**

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

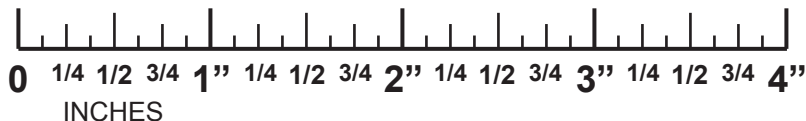
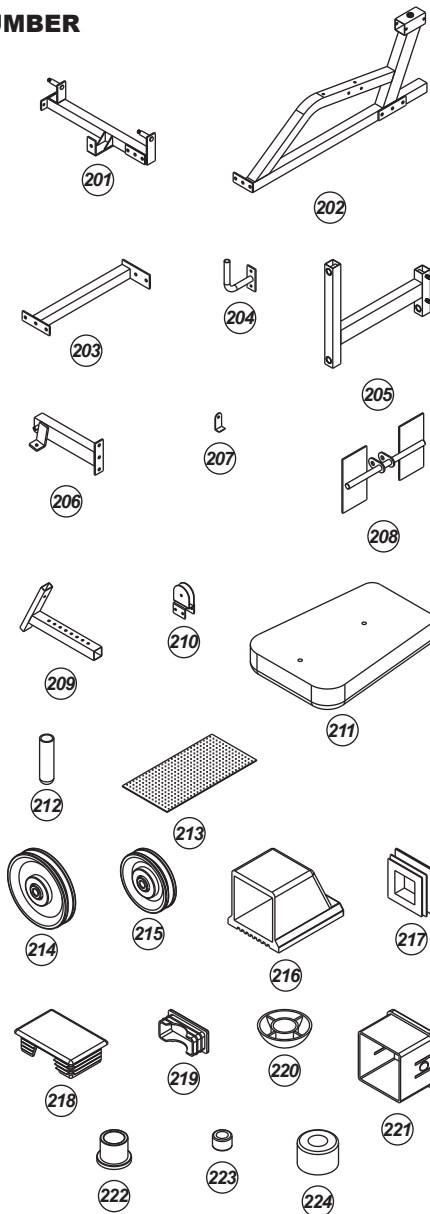
**Clear your work area**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is flat, level and 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.

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
201	REAR CONNECT FRAME	1	53552-201
202	MAIN FRAME	1	53552-202
203	FRONT CONNECT FRAME	1	53552-203
204	SEAT HANDLE BAR	2	53552-204
205	LEG PRESS SUPPORT	1	53552-205
206	LEVER BLOCK	1	53552-206
207	PULLEY GUARD	1	53552-207
208	LEG PRESS PLATE	1	53552-208
209	ADJ BACK BONE	1	53552-209
210	SINGLE PULLEY BLOCK	1	53552-210
211	SEAT/BACK PAD	2	53552-211
212	HAND GRIP	2	53552-212
213	SANDY PAPER	2	53552-213
214	4-3/8" MM PULLEY	1	53552-214
215	3-1/2" MM PULLEY	2	53552-215
216	2" SQ END CAP	1	53552-216
217	2" SQ END PLUG	5	53552-217
218	2" X 3" RECT END PLUG	1	53552-218
219	1" X 2" RECT END PLUG	2	53552-219
220	CAP FOR 1/2" NUT	2	53552-220
221	2" SQ BUSHING	2	53552-221
222	3/4" BUSHING	6	53552-222
223	3/8" SPACER	2	53552-223
224	STOPPER	1	53552-224



**A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE**

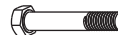
NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
225	QUICK RELEASE	1	53552-225
226	AXLE	1	53552-226
227	1/2" X 3" HEX HEAD BOLT	5	53552-227
228	1/2" X 2-3/4" HEX HEAD BOLT	2	53552-228
229	3/8" X 4-1/2" HEX HEAD BOLT	1	53552-229
230	3/8" X 3" HEX HEAD BOLT	5	53552-230
231	3/8" X 1-3/4" HEX HEAD BOLT	1	53552-231
232	3/8" X 2-1/2" HEX HEAD BOLT	2	53552-232
233	3/8" X 1-1/2" HEX HEAD BOLT	2	53552-233
234	3/8" X 1" SUNKEN HEAD SCREW	1	53552-234
235	1/2" WASHER	19	53552-235
236	3/8" WASHER	14	53552-236
237	1/2" NYLON NUT	12	53552-237
238	3/8" NYLON NUT	7	53552-238



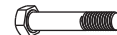
225



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229



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231



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233



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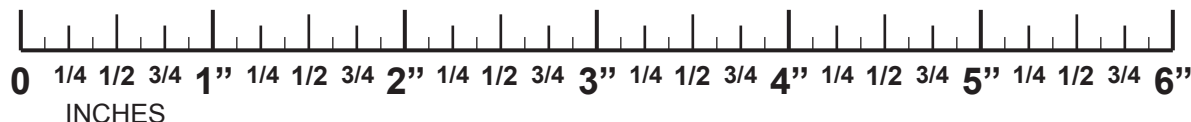
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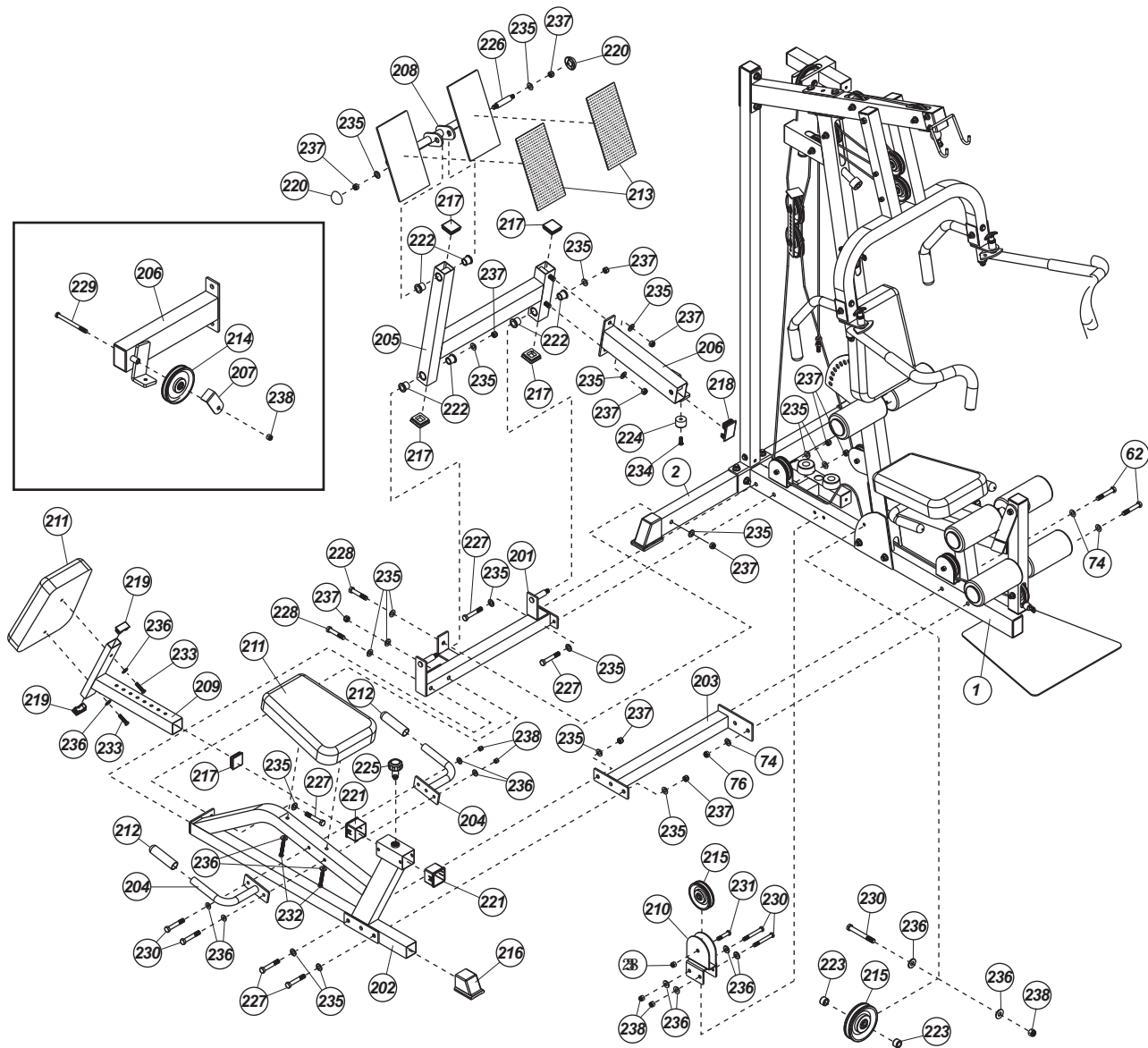
237



238



MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY



parts diagram

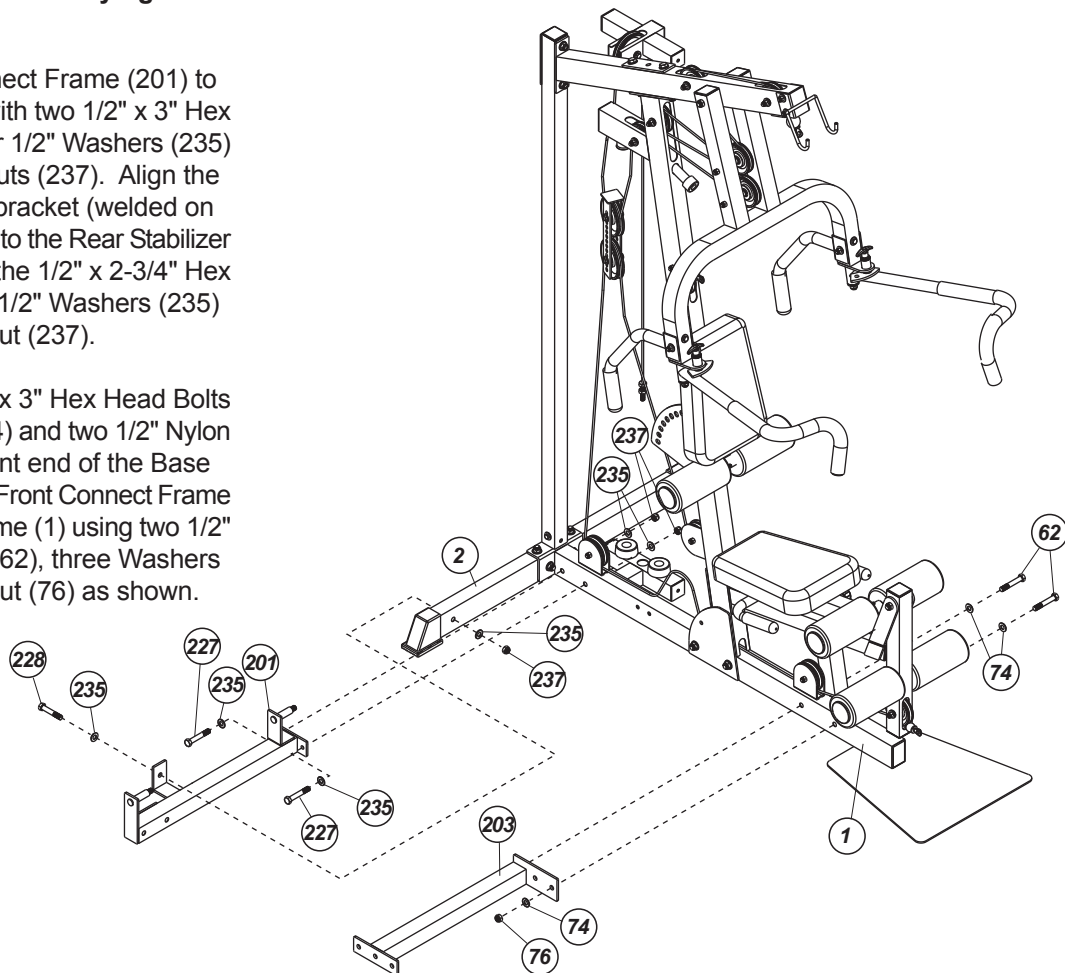
## ASSEMBLY

## Step 1:

Only hand tighten fasteners for now. You will be prompted to fully tighten all fasteners later.

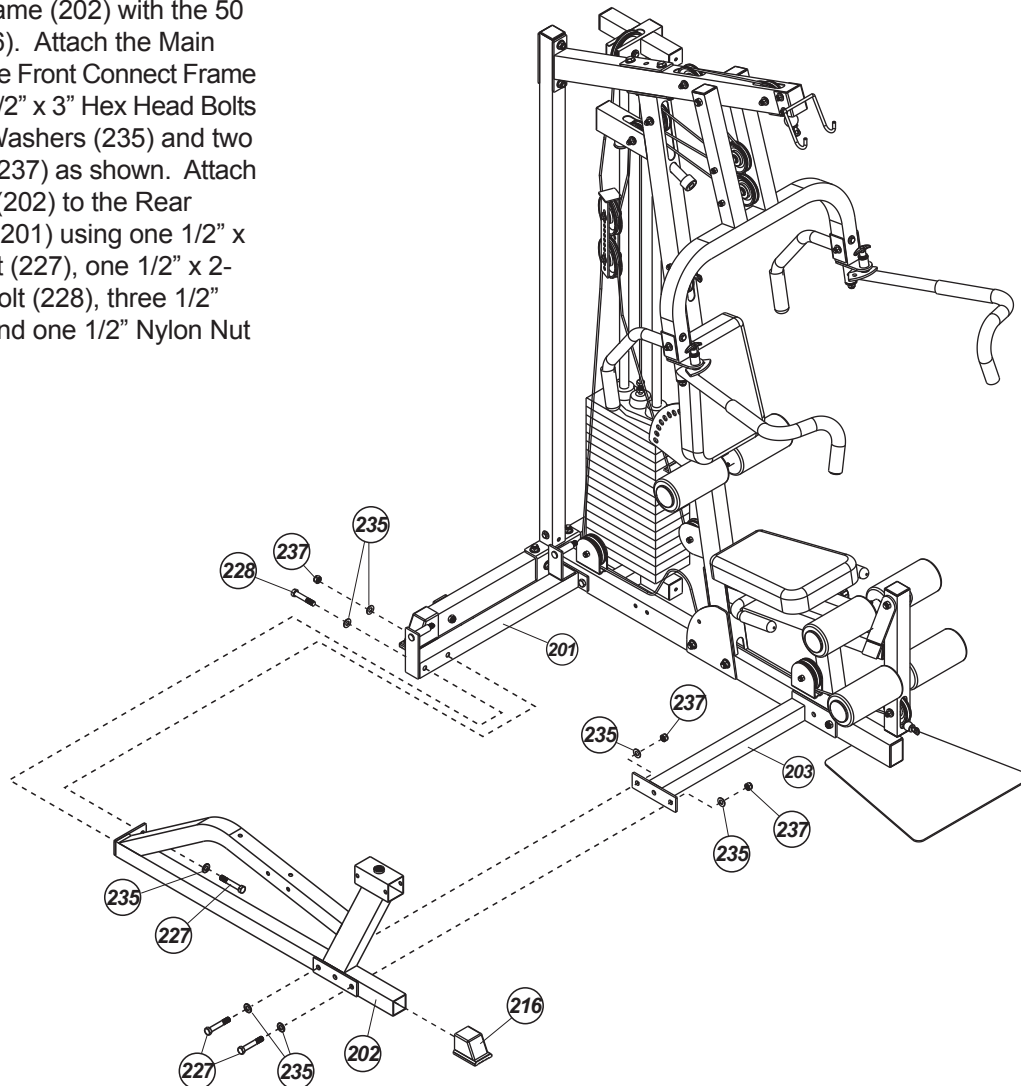
Attach the Rear Connect Frame (201) to the Base Frame (1) with two 1/2" x 3" Hex Head Bolts (227), four 1/2" Washers (235) and two 1/2" Nylon Nuts (237). Align the mounting hole in the bracket (welded on Rear Connect Frame) to the Rear Stabilizer (2) then attach using the 1/2" x 2-3/4" Hex Head Bolt (228), two 1/2" Washers (235) and one 1/2" Nylon Nut (237).

Release the two 1/2" x 3" Hex Head Bolts (62), four Washers (74) and two 1/2" Nylon Nuts (76) from the front end of the Base Frame (1). Attach the Front Connect Frame (203) to the Base Frame (1) using two 1/2" x 3" Hex Head Bolts (62), three Washers (74) and one Nylon Nut (76) as shown.



## Step 2:

Cap the Main Frame (202) with the 50 Sq End Cap (216). Attach the Main Frame (202) to the Front Connect Frame (203) using two 1/2" x 3" Hex Head Bolts (227), four 1/2" Washers (235) and two 1/2" Nylon Nuts (237) as shown. Attach the Main Frame (202) to the Rear Connect Frame (201) using one 1/2" x 3" Hex Head Bolt (227), one 1/2" x 2-3/4" Hex Head Bolt (228), three 1/2" Washers (235) and one 1/2" Nylon Nut (237) as shown.

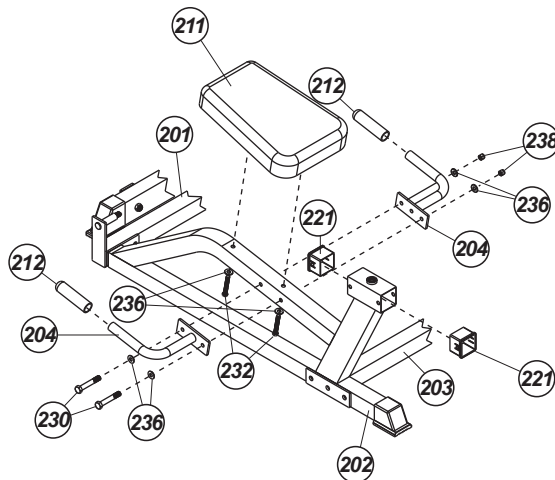
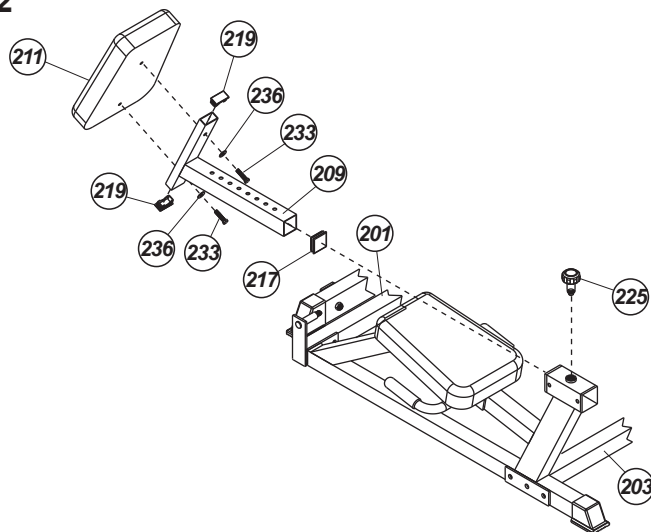


## ASSEMBLY

**Step 3:**

Insert two 50 Sq Bushings (221) into the upper tube on the Main Frame (202). Slide the Hand Grips (212) onto the Seat Handle Bars (204). If the Hand Grips (212) are difficult to slide onto the Seat Handle Bars (204) try applying a small amount of soapy water to the Seat Handle Bars (204) prior to sliding on the grips. Attach the Seat Hand Bars (204) to the Main Frame (202) using two 3/8" x 3" Hex Head Bolts (230), four 3/8" Washers (236) and two 3/8" Nylon Nuts (238). Attach a Seat / Back Pad (211) to the Main Frame (202) using two 3/8" x 2-1/2" Hex Head Bolts (232) and two 3/8" Washers (236) as shown in FIG 1.

Cap the Adj Back Bone (209) with two 1" x 2" Rect End Plugs (219) and one 50 Sq End Plug (217). Attach a Seat / Back Pad (211) to the Adj Back Bone (209) using two 3/8" x 1-1/2" Hex Head Bolts (233) and two 3/8" Washers (236). Insert the Adj Back Bone (209) assembly into the upper tube (welded on Main Frame) and lock with the Quick Release (225) as shown in FIG 2.

**FIG-1****FIG-2**

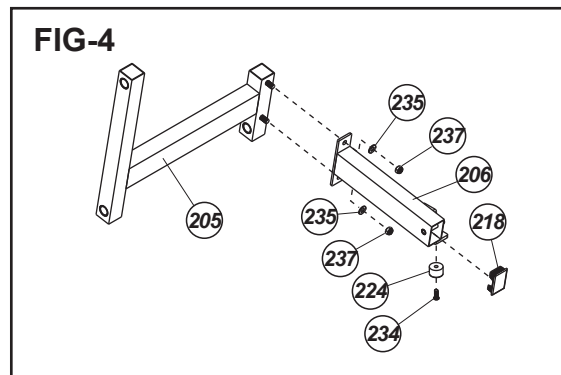
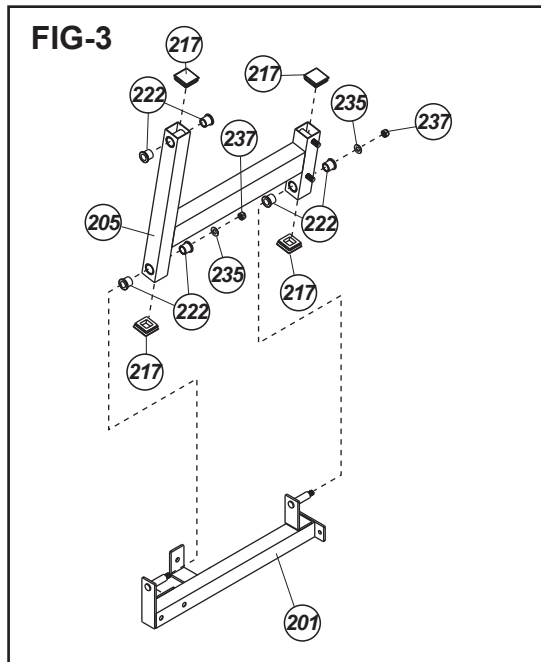
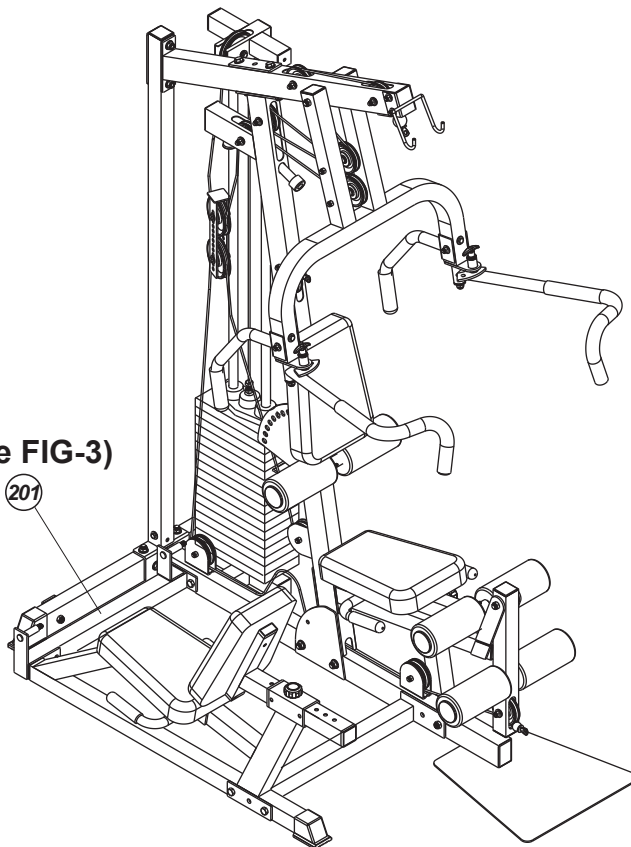


# Step 4:

Cap the Leg Press Support (205) with four 50 Sq End Plugs (217). Insert the six 3/4" Bushings (222) into the holes in the Leg Press Support (205). Slide the Leg Press Support (205) onto the Rear Connect Frame (201) and secure using two 1/2" Nylon Nuts (237) and two 1/2" Washers (235) as shown in FIG 3.

Cap the Lever Block (206) with the 50 x 75 Rect End Cap (218). Attach the Stopper (224) to the Lever Block (206) using the 3/8" x 5/8" Sunken Head Screw (234). Attach the Lever Block (206) to the Leg Press Support (205) using two 1/2" Nylon Nuts (237) and two 1/2" Washers (235) as shown in FIG 4.

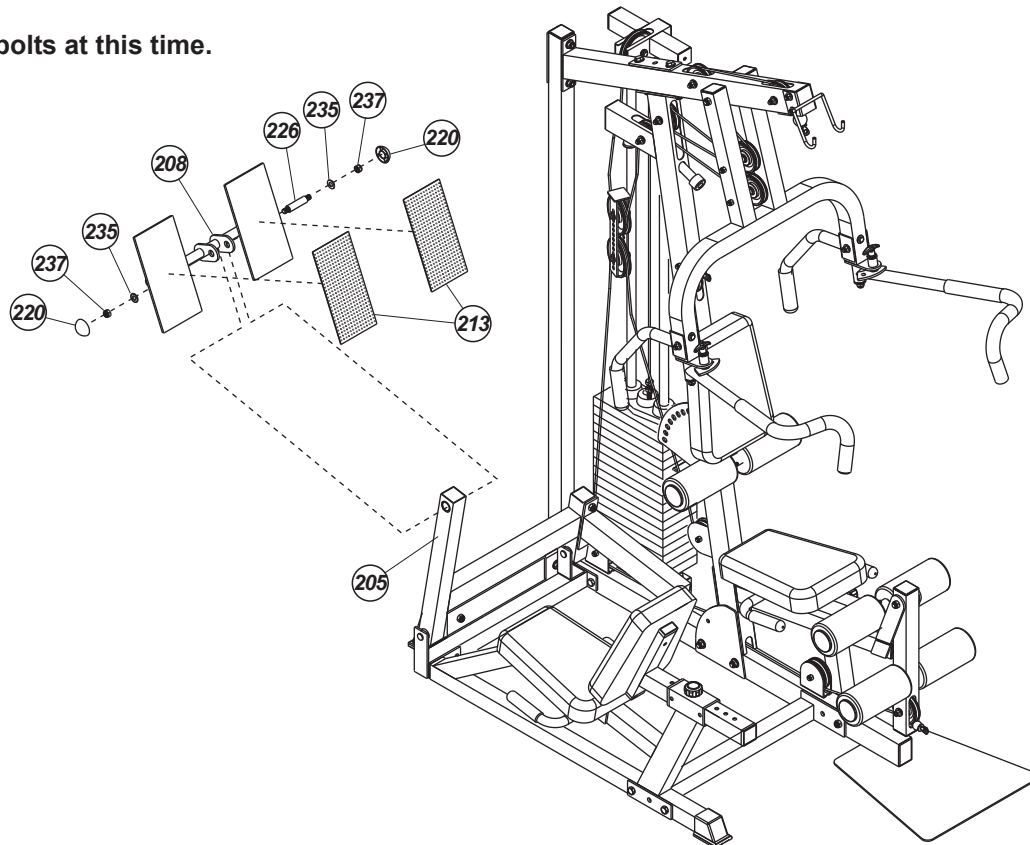
(See FIG-3)



**ASSEMBLY****Step 5:**

Stick the two Sandy Papers (213) onto the Leg Press Plate (208). Attach the Leg Press Plate (208) to the Leg Press Support (205) using the Axle (226), two 1/2" Washers (235) and two 1/2" Nylon Nuts (237). Fully tighten the 1/2" Nylon Nuts (237) then cap with the Caps For 1/2" Nut (220).

**Firmly tighten all bolts at this time.**



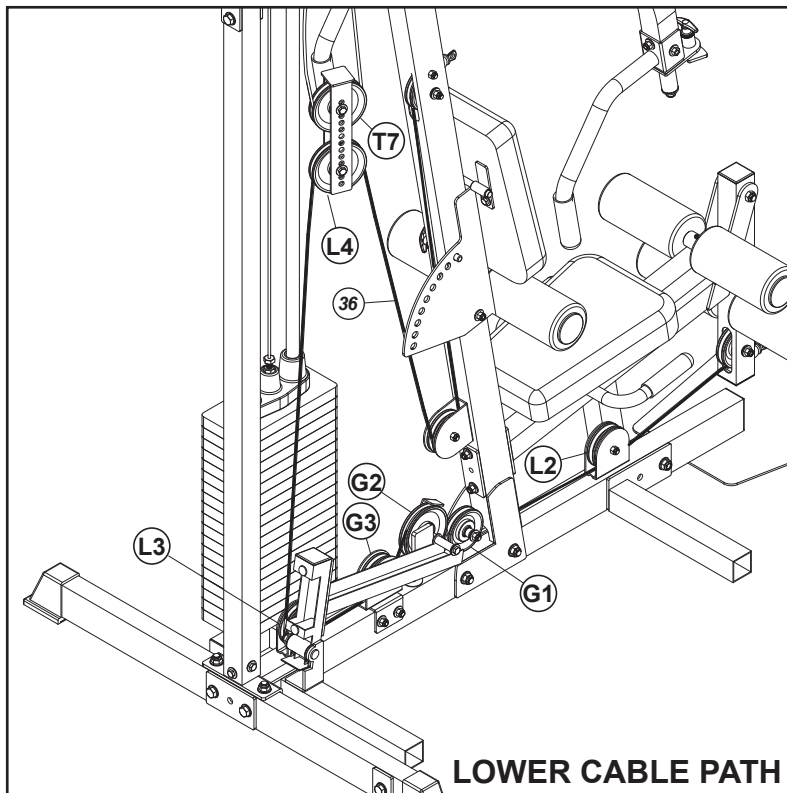
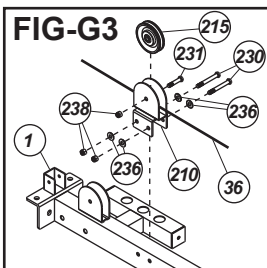
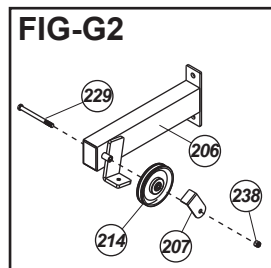
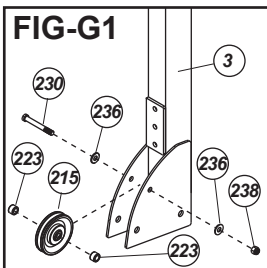
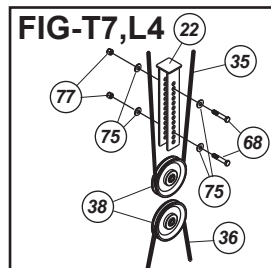
## Step 6:

### ROUTING THE LOWER CABLE:

Attach the Single Pulley Block (210) to the Base Frame (1) using two 3/8" x 3" Hex Head Bolts (230), four 3/8" Washers (236) and two 3/8" Nylon Nuts (238) as shown in FIG G3.

To fit the Lower Cable (36) correctly you will need to add some slack to the cable. Adjust the slack in the cable by adjusting the pulley T7, L4 positions on the Adj Floating Pulley Block (22) as shown in FIG T7,L4.

Route the Lower Cable (36) beneath pulley G1, up and around pulley G2, down and through pulley G3 and L3. Attach the various pulleys as shown.



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

**Period of Coverage:** The Warranty on this product runs for the period of the lifetime of the original purchaser. This is a Parts-only Warranty, labor is not included. Smooth Fitness reserves the right to inspect damaged parts for misuse.

**Light Institutional Warranty:** This product carries a warranty for light commercial applications (non-membership selling gyms). Parts are warranted for a period of one year including frame, pulleys, bearings and all other mechanical parts. Upholstery and cables carry a 90- day warranty. This is a Parts-Only warranty. Customer is responsible for shipping charges on parts going outside the continental United States.

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

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer or call 888-800-1167 ext.2.

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

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service call your local Smooth Retailer or call 888-800-1167 ext.2. To help us 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 apply to you if you have purchased this product for resale. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

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

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

For assistance with assembly or to order replacement parts, simply call our Customer Service Department at 888-800-1167 ext.2, Monday through Friday (excluding holidays) 8:00 am to 4:30 pm eastern daylight time. To help us 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 order number.

## 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. 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.™

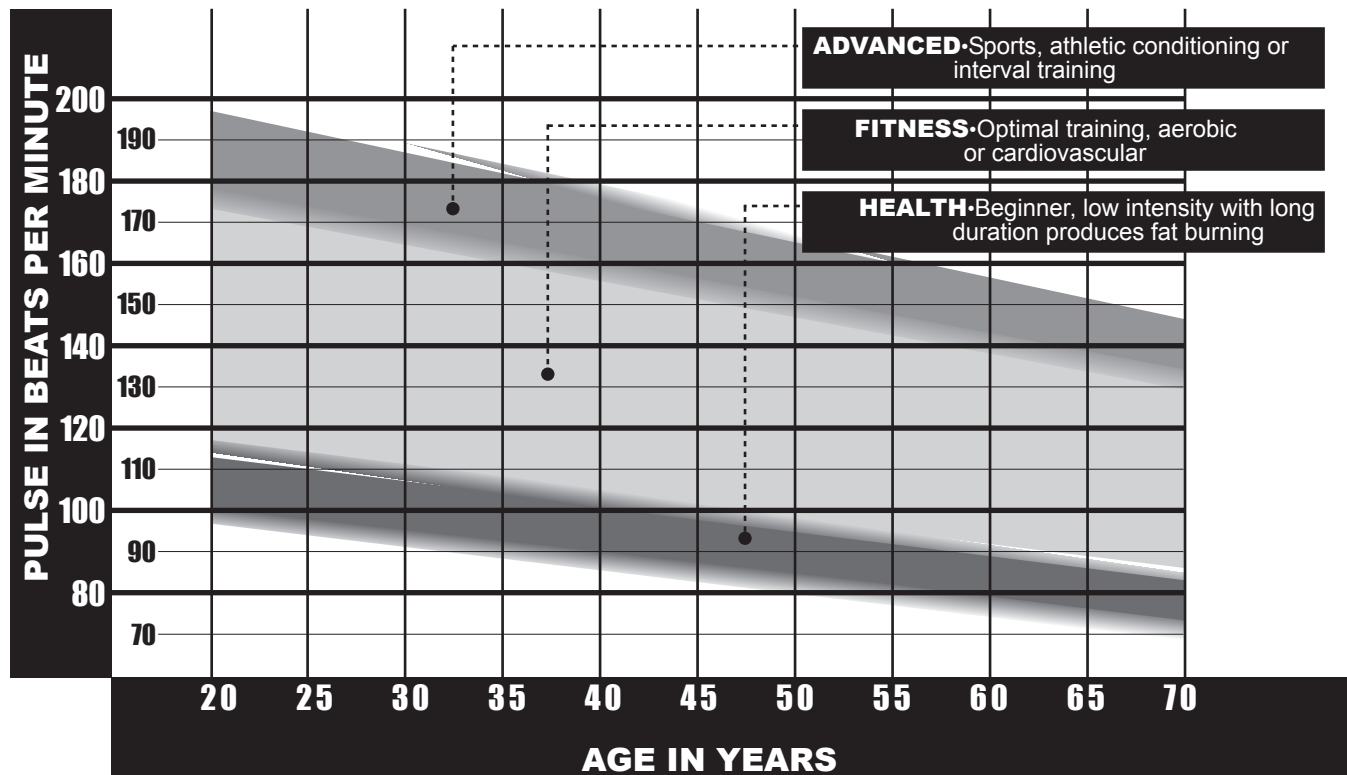
## Finding your pulse

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, then multiply 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.



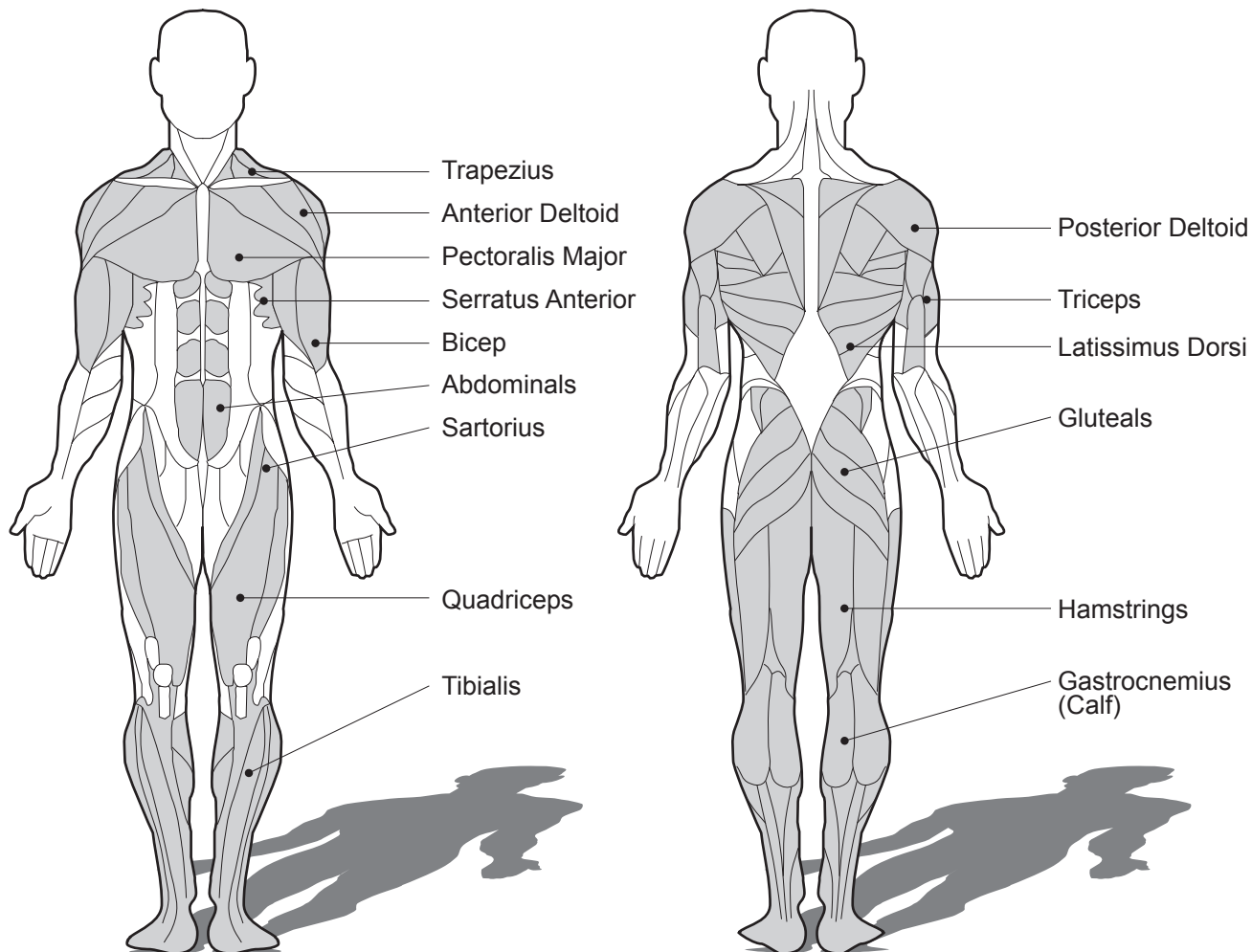
**Aerobic exercise** is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

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

breath deeply. An aerobic exercise should be part of your entire exercise routine.

## MUSCLE CHART

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



**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 following warm-up and cool-down exercises:

**Head Roll**

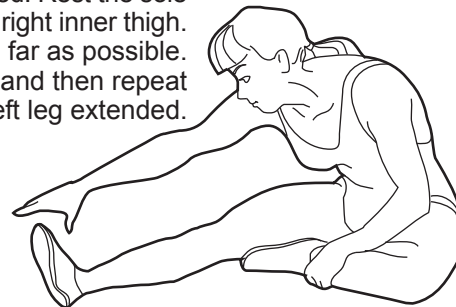
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

**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**

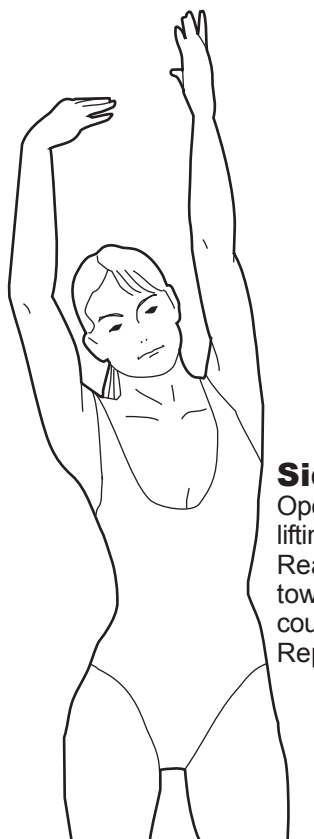
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.





### 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.

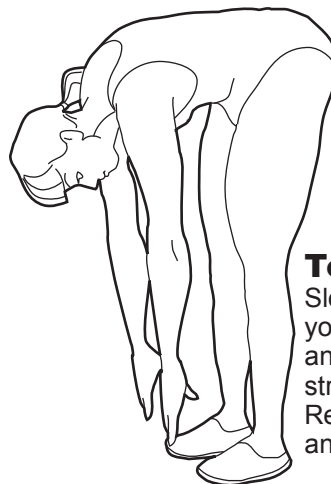
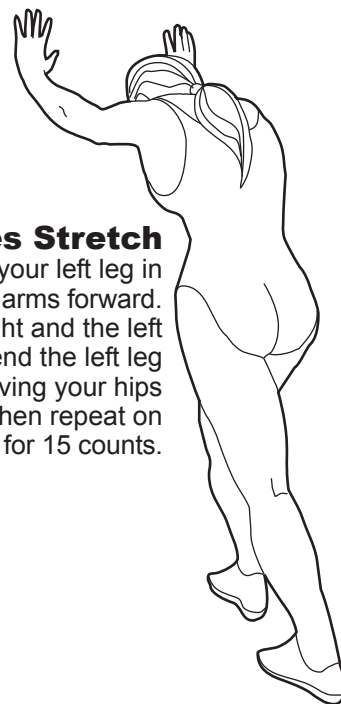


### Side Stretch

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, then repeat on the other side for 15 counts.



### 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.







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