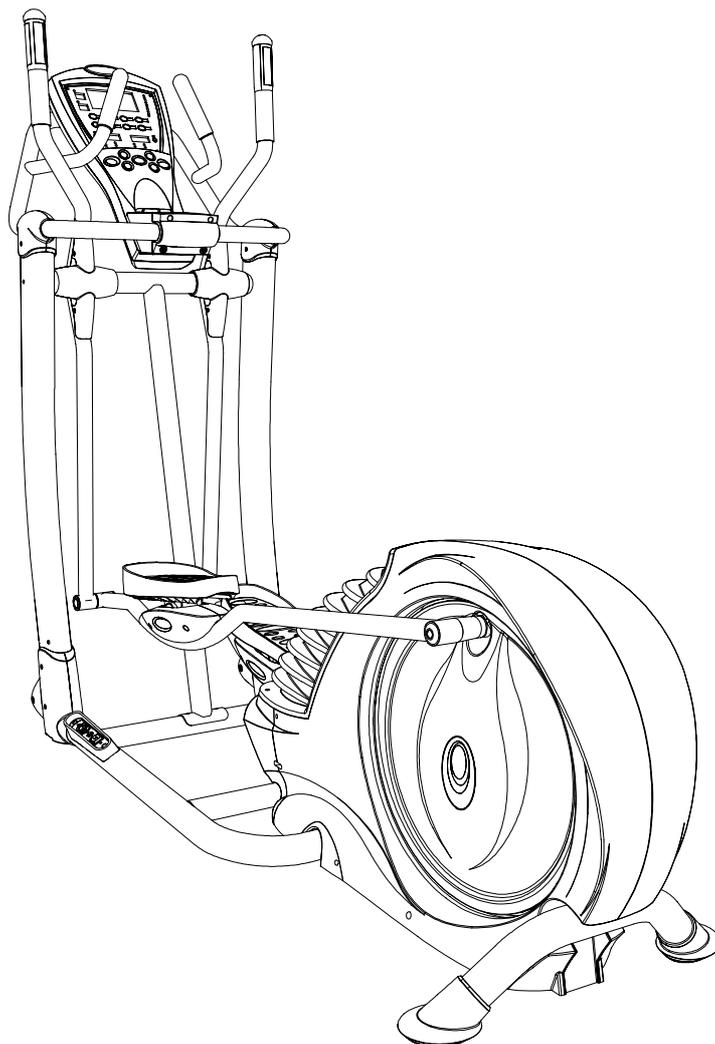


USER'S MANUAL

# SMOOTH CE 7.4E ELLIPTICAL TRAINER

MODEL NUMBER: CE 7.4E



USER WEIGHT LIMITATION: **350lbs (160kg)**

SERIAL NUMBER (found on frame):

## 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 2 meters (6 feet) 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 make 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 300 lbs (135kg)
- 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.

## POWER REQUIREMENTS

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A 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 GROUNDED. 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.

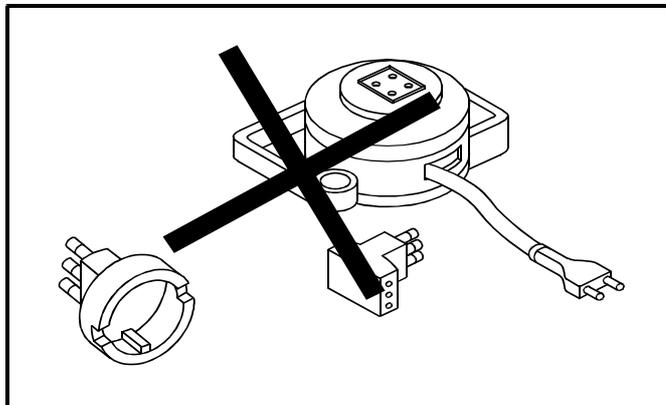
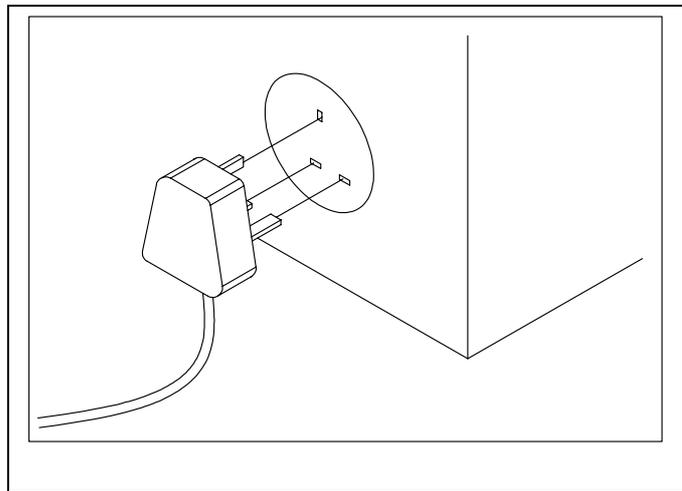
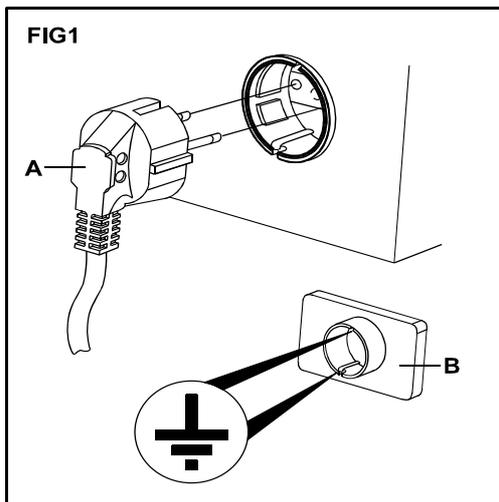
This treadmill is provided with two different grounding plugs for Central Europe and United Kingdom. Please choose the right one and plug in your treadmill.

Please make sure that your local voltage is appropriate for the power requirements of this treadmill before you plug it in. This product is for use with a voltage of  $230V \pm 5\%$ .

Do not use a voltage transformer with this product.

Do not use an extension cord with this product when you are not sure if the product is still properly grounded.

The following pictures show the two delivered plugs:



## PREASSEMBLY

### **Open the boxes:**

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

### **Gather your tools:**

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

### **Clear your work area:**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

### **Invite a friend:**

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

### **User Weight Limitation:**

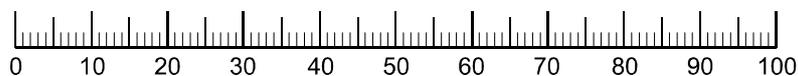
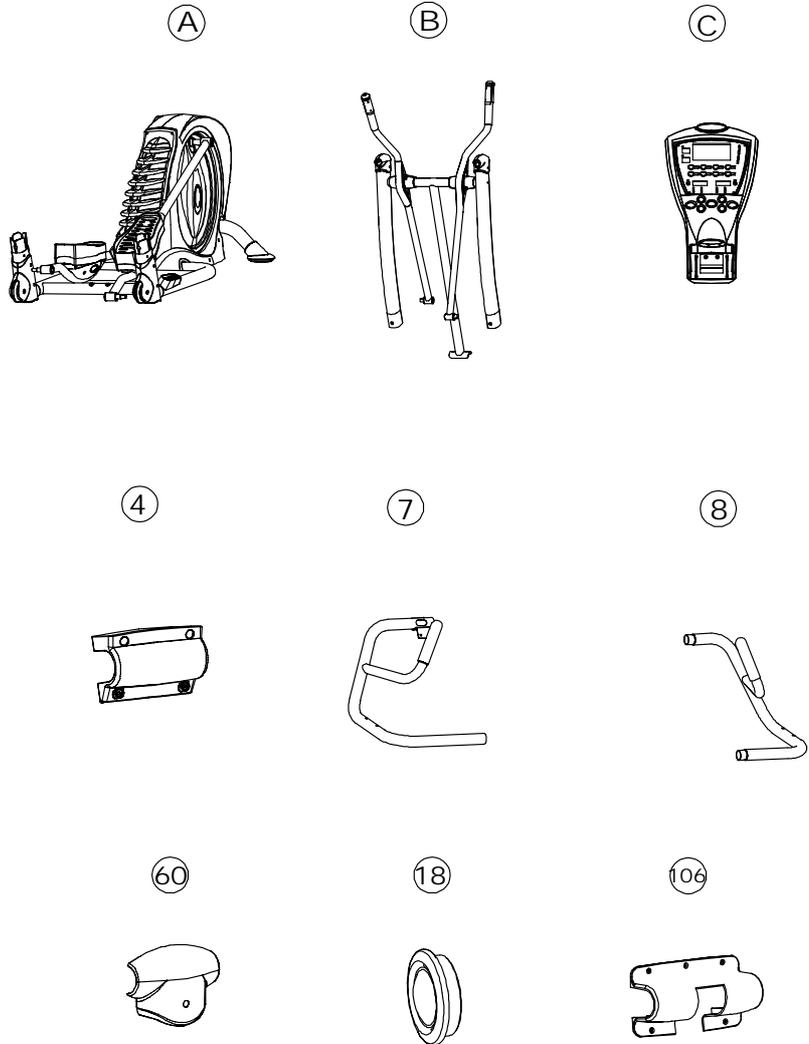
Please note that there is a weight limitation for this product. **If you weigh more than 160kg (350lbs.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

**HARDWARE COMPARISON CHART**

Carton chart:

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

NO.	DESCRIPTION	QTY.
A	Main Frame Assembly	1
B	Top Frame Assembly	1
C	Computer Assembly	1
4	Accessory Tray Front Cover	1
7	Handrail-Left	1
8	Handrail-Right	1
18	Pedal Arm Front Pivot Cover	4
60	Side Upright Cover	4
106	Console Back Cover	1



MILLIMETERS

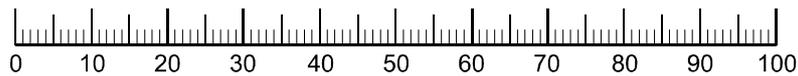
**HARDWARE COMPARISON CHART**

Hardware chart:

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

NO.	DESCRIPTION	QTY.
30	20 x 91 x M14mm Bolt	2
59	M8 x 45mm Bolt	4
74	M8 x 15mm Bolt	1
78	M8 x 65mm Bolt	2
88	M14 Nut	2
91	8mm Curve Washer	2
95	4 x 19mm Screw	4
97	4 x 15mm Screw	4
98	M8 CAP Nut	2
104	M6 x 20mm Screw	2
105	M6 x 12mm Screw	7
D	M14 Spanner	1
E	5mm Allen Key	1
F	8mm Allen Key	1
G	13/14mm Spanner	1
H	Screw Driver	1

NO.	DESCRIPTION	QTY.
30	20 x 91 x M14mm Bolt	2
59	M8 x 45mm Bolt	4
74	M8 x 15mm Bolt	1
78	M8 x 65mm Bolt	2
88	M14 Nut	2
91	8mm Curve Washer	2
95	4 x 19mm Screw	4
97	4 x 15mm Screw	4
98	M8 CAP Nut	2
104	M6 x 20mm Screw	2
105	M6 x 12mm Screw	7
D	M14 Spanner	1
E	5mm Allen Key	1
F	8mm Allen Key	1
G	13/14mm Spanner	1
H	Screw Driver	1



MILLIMETERS

PARTS LIST

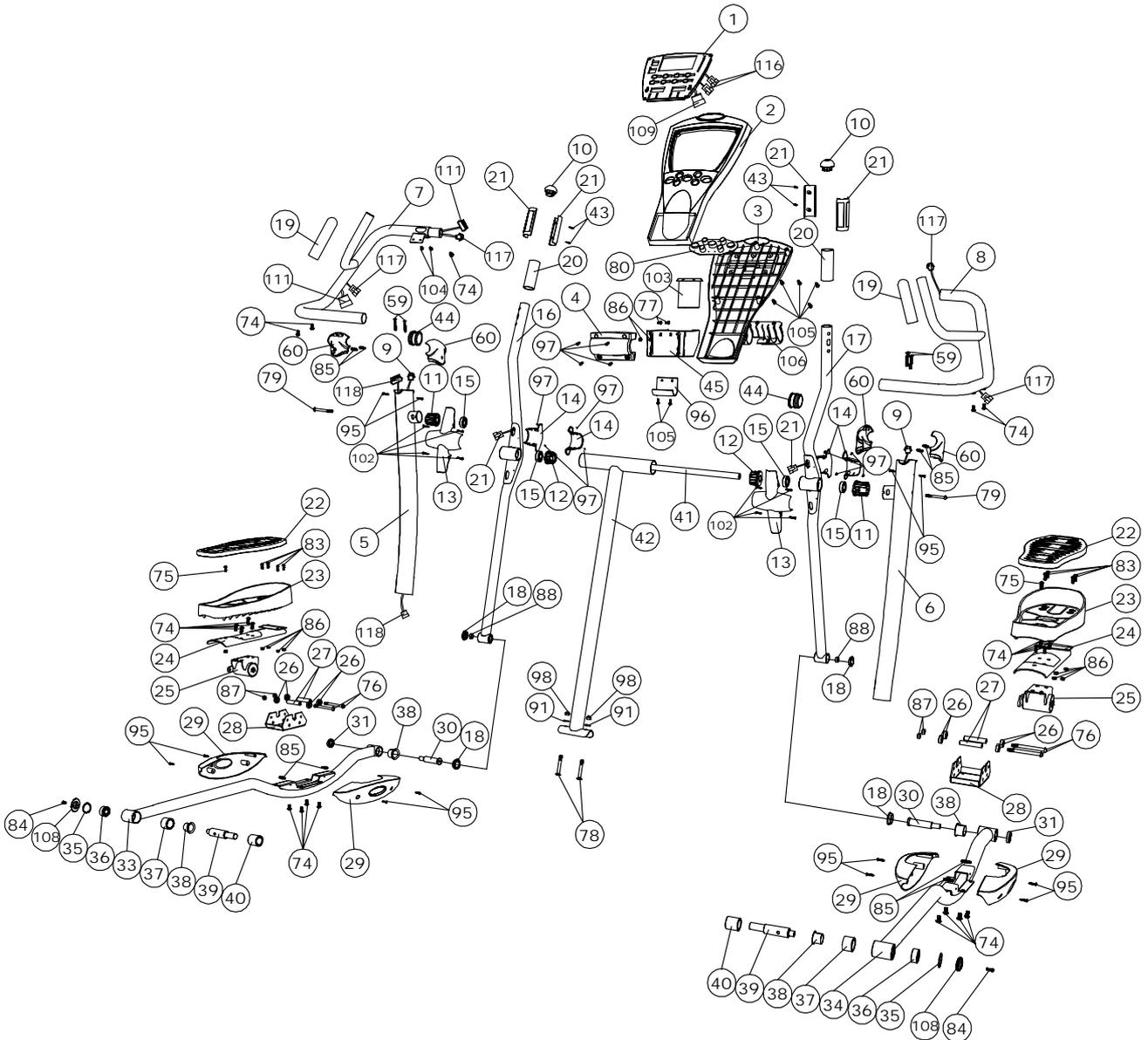
No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Computer	1	CE7.4-001	30	20 x 91 x M14mm Bolt	2	CE7.4-030
2	Console Housing - Upper	1	CE7.4-002	31	Bearing 6804zz	2	CE7.4-031
3	Console Housing - Bottom	1	CE7.4-003	32	Level Adjusters	2	CE7.4-032
4	Accessory Tray Front Cover	1	CE7.4-004	33	Pedal Arm - Left	1	CE7.4-033
5	Side Upright - Left	1	CE7.4-005	34	Pedal Arm - Right	1	CE7.4-034
6	Side Upright - Right	1	CE7.4-006	35	C clips	2	CE7.4-035
7	Handrail - Left	1	CE7.4-007	36	Bearing 2202zz	2	CE7.4-036
8	Handrail - Right	1	CE7.4-008	37	Pedal Arm Bushing	2	CE7.4-037
9	Hand Pulse Wire - Middle		CE7.4-009	38	Metal Bearing	4	CE7.4-038
10	Action Handle Bar End Cap	2	CE7.4-010	39	Pedal Arm Rear Shaft	2	CE7.4-039
11	Action Handle Bar Shaft Bushing #1	2	CE7.4-011	40	Plastic Spacer	2	CE7.4-040
12	Action Handle Bar Shaft Bushing #2	2	CE7.4-012	41	Action Handle Bar Shaft	1	CE7.4-041
13	Action Handle Bar Cover	2	CE7.4-013	42	Upright	1	CE7.4-042
14	Action Handle Bar Front Cover	4	CE7.4-014	43	M3 x 15mm Screw	4	CE7.4-043
15	Bearing 6004zz	4	CE7.4-015	44	Rubber Ring	2	CE7.4-044
16	Action Handle Bar - Left	1	CE7.4-016	45	Accessory Tray	1	CE7.4-045
17	Action Handle Bar - Right	1	CE7.4-017	46	Electro-magnetic System	1	CE7.4-046
18	Pedal Arm Front Pivot Cover	4	CE7.4-018	47	Power Plate Bracket	1	CE7.4-047
19	Fixed Handle Bar Foam Grip	2	CE7.4-019	48	Electro-magnetic System	1	CE7.4-048
20	Action Handle Bar Foam Grip	2	CE7.4-020	49	Electro-magnetic System Bracket	1	CE7.4-049
21	Hand Pulse Sensor with Wire	2	CE7.4-021	50	Crank Disk Rubber Cap	2	CE7.4-050
22	Pedal Soft Cushion	2	CE7.4-022	51	Crank Disk	2	CE7.4-051
23	Pedal	2	CE7.4-023	52	Belt	1	CE7.4-052
24	Pedal Support Base	2	CE7.4-024	53	Aluminum Disk	1	CE7.4-053
25	Pedal Buffer Set	2	CE7.4-025	54	Flywheel	1	CE7.4-054
26	Bearing 608zz	8	CE7.4-026	55	3/4" Nut	2	CE7.4-055
27	Bushing 8 x 12mm	4	CE7.4-027	56	Flywheel Axle	1	CE7.4-056
28	Pedal Fixing Base	2	CE7.4-028	57	Flywheel Axle Fixing Plate	1	CE7.4-057
29	Pedal Cover	4	CE7.4-029	58	5 x 8mm Screw	7	CE7.4-058

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
59	M8 x 45mm Bolt	4	CE7.4-059	89	M10 Nylon Nut	2	CE7.4-089
60	Side Upright Cover	4	CE7.4-060	90	12 x 100mm Bolt	1	CE7.4-090
61	Crank Shaft	1	CE7.4-061	91	8mm Curve Washer	2	CE7.4-091
62	Chain Cover Support Tube	1	CE7.4-062	92	Hub	1	CE7.4-092
63	Bearing 6005zz	4	CE7.4-063	93	10mm Washer	2	CE7.4-093
64	Bearing 6300zz	4	CE7.4-064	94	CAP M4 x 40mm Bolt	1	CE7.4-094
65	Tension Wheel Bracket	1	CE7.4-065	95	4 x 19mm Drill Head Screw	24	CE7.4-095
66	Rear Stabilizer Cap	2	CE7.4-066	96	Accessory Tray Bracket	1	CE7.4-096
67	Rear Stabilizer Mat	2	CE7.4-067	97	4 x 15mm Screw	14	CE7.4-097
68	Caster	2	CE7.4-068	98	M8 Cap Nut	2	CE7.4-098
69	Top Cover	1	CE7.4-069	99	Main Frame	1	CE7.4-099
70	Front Cover - Left	1	CE7.4-070	100	Power Plate	1	CE7.4-100
71	Rear Cover - Left	1	CE7.4-071	101	Hub Holder	1	CE7.4-101
72	Rear Cover - Right	1	CE7.4-072	102	M4 x 15mm Bolt	8	CE7.4-102
73	Front Cover - Right	1	CE7.4-073	103	Water Bottle Holder	1	CE7.4-103
74	M8 x 15mm Bolt	23	CE7.4-074	104	M6 x 20mm Screw	2	CE7.4-104
75	CAP M8 x 20mm Bolt	2	CE7.4-075	105	M6 x 12mm Screw	7	CE7.4-105
76	M8 x 90mm Bolt	4	CE7.4-076	106	Console Back Cover	1	CE7.4-106
77	M6 x 15mm Bolt	2	CE7.4-077	107	CAP M8 x 50mm Bolt	4	CE7.4-107
78	M8 x 65mm Bolt	2	CE7.4-078	108	Rear Pedal Cover	2	CE7.4-108
79	M8 x 80mm Bolt	2	CE7.4-079	109	Power Wire - Top	1	CE7.4-109
80	Rubber Keypad	1	CE7.4-080	110	Power Wire - Lower	1	CE7.4-110
81	M10 x 45mm Bolt	2	CE7.4-081	111	Power Wire - Upper	1	CE7.4-111
82	M10 x 45mm Bolt	2	CE7.4-082	112	Upright Cover - Left	2	CE7.4-112
83	M6 x 20mm Bolt	8	CE7.4-083	113	Upright Cover - Right	2	CE7.4-113
84	M6 x 15mm Bolt	3	CE7.4-084	114	Frame Rear Cover	1	CE7.4-114
85	Plastic Fixing Insert	8	CE7.4-085	115	M12 x 70mm Bolt	1	CE7.4-115
86	M6 Nylon Nut	10	CE7.4-086	116	Hand Pulse Wire - Top	2	CE7.4-116
87	M8 Nylon Nut	6	CE7.4-087	117	Hand Pulse Wire - Upper	2	CE7.4-117
88	M14 Nut	2	CE7.4-088	118	Power Wire - Middle	1	CE7.4-118

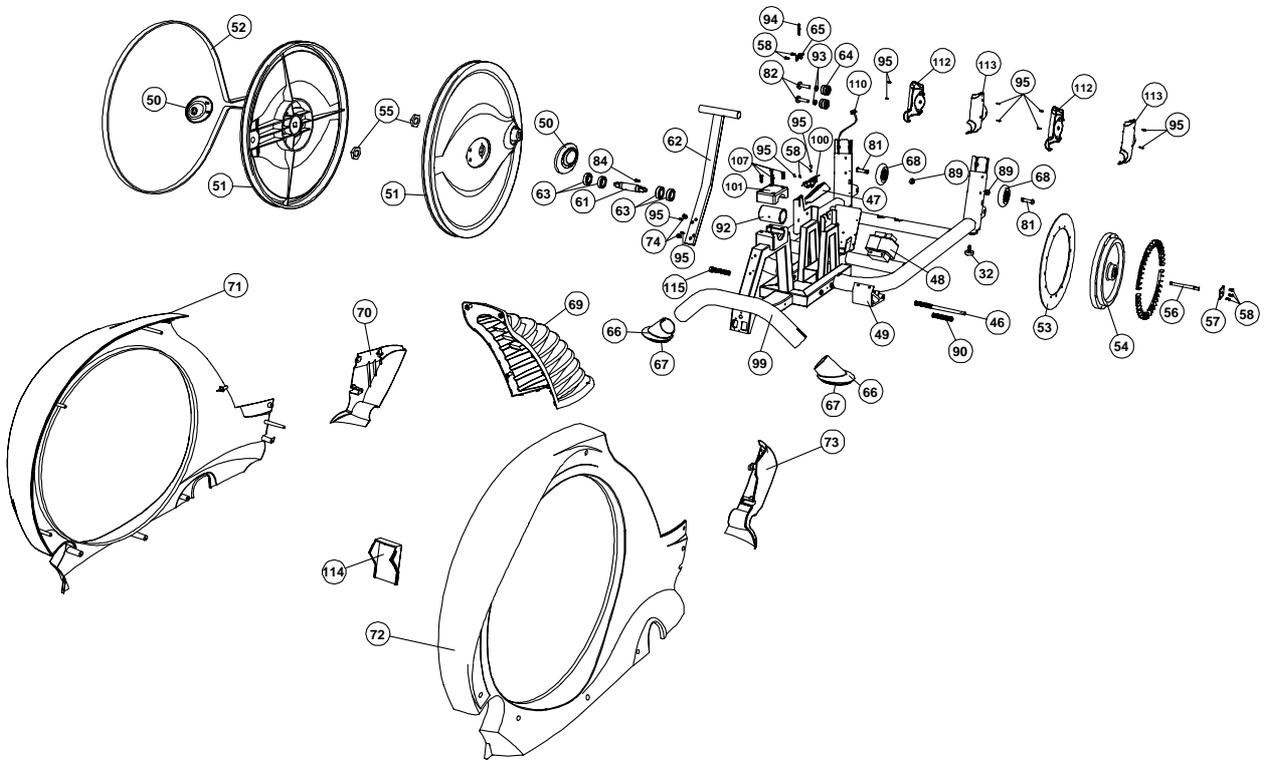
**PARTS DIAGRAM**

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



PARTS DIAGRAM

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



ASSEMBLY**STEP 1:**

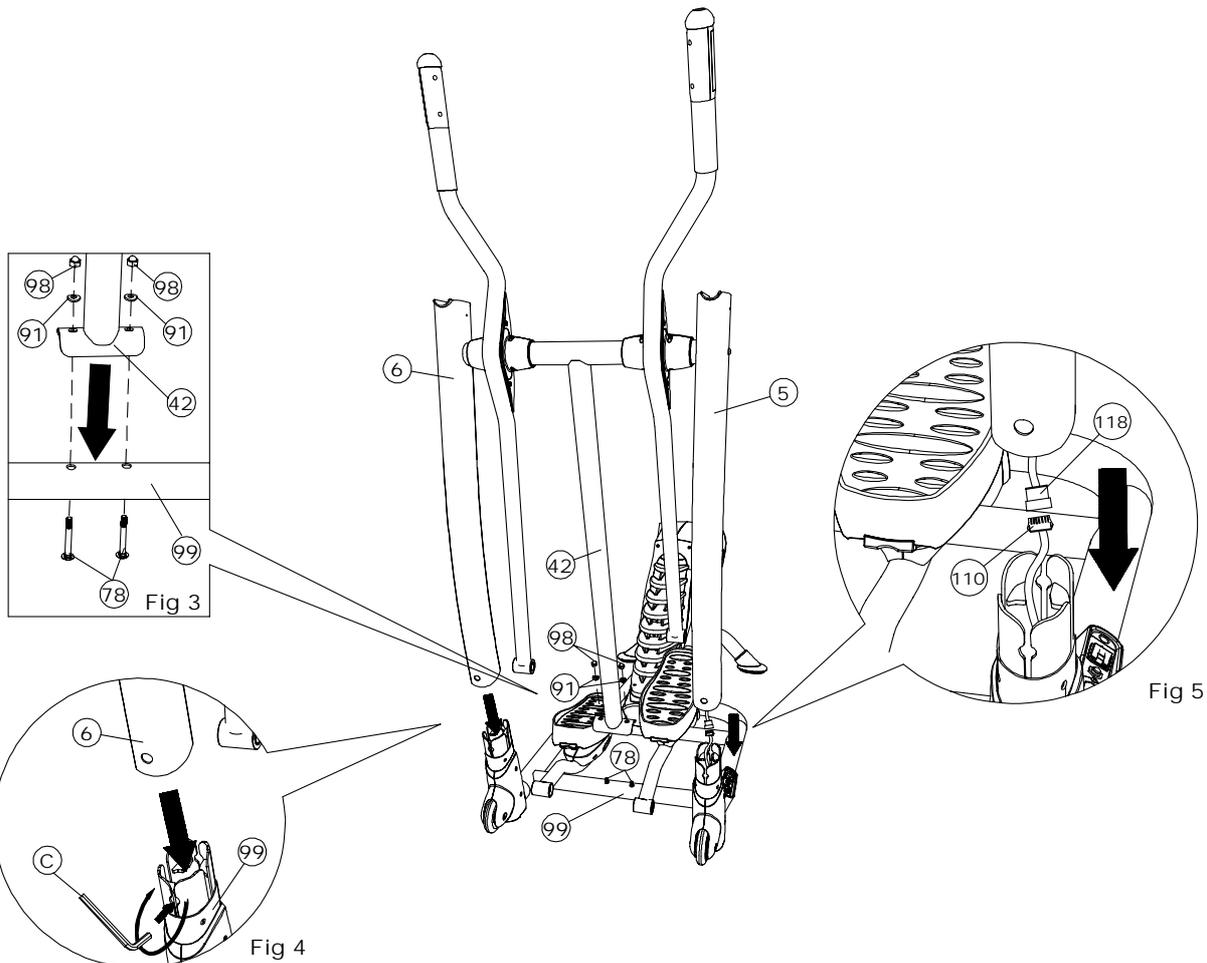
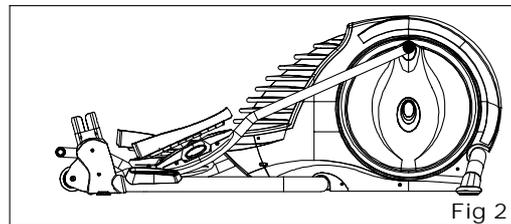
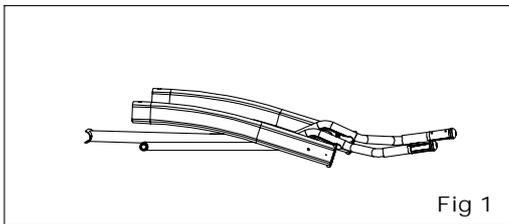
Remove the upper frame and lower frame of Elliptical Trainer from the carton as shown in FIG.1 and FIG.2.

First connect the Wire Harness - Lower (110) and Wire Harness – Middle (118) as shown in FIG.5.

Slide the Side Upright – Left (5) and Side Upright – Right (6) into the Base Frame (99) and secure by tightening the two Bolts as shown in FIG 4. The two Bolts are pre-assembled to the Base Frame (99) at the factory.

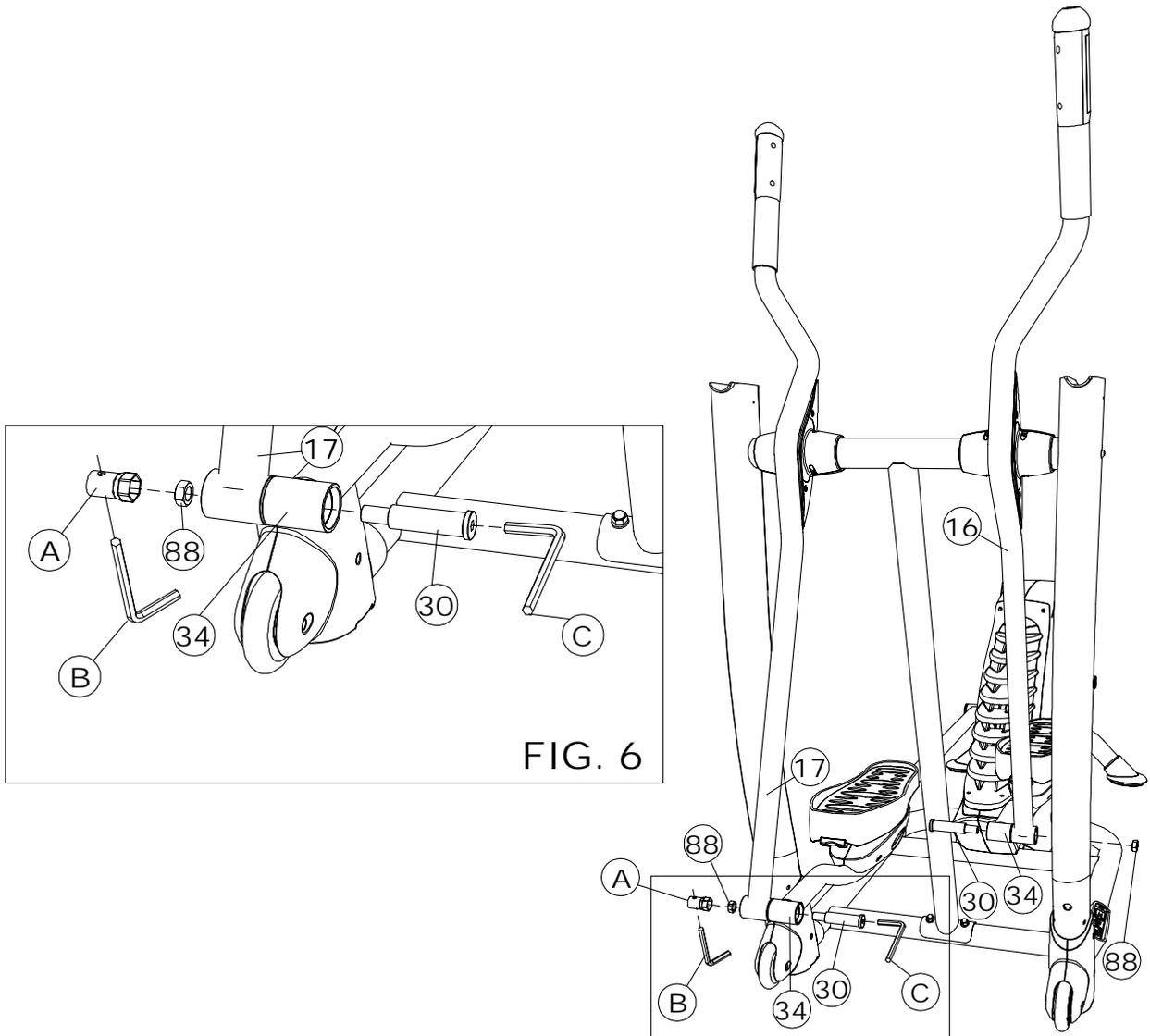
Secure the Upright (42) to the Base Frame (99) using two M8 x 65mm Bolts (78), two 8mm Curve Washers (91) and two M8 Cap Nuts (98) as shown in FIG 3.

**NOTE:** Make sure the wire is recessed into the frame, do not trap the wire.



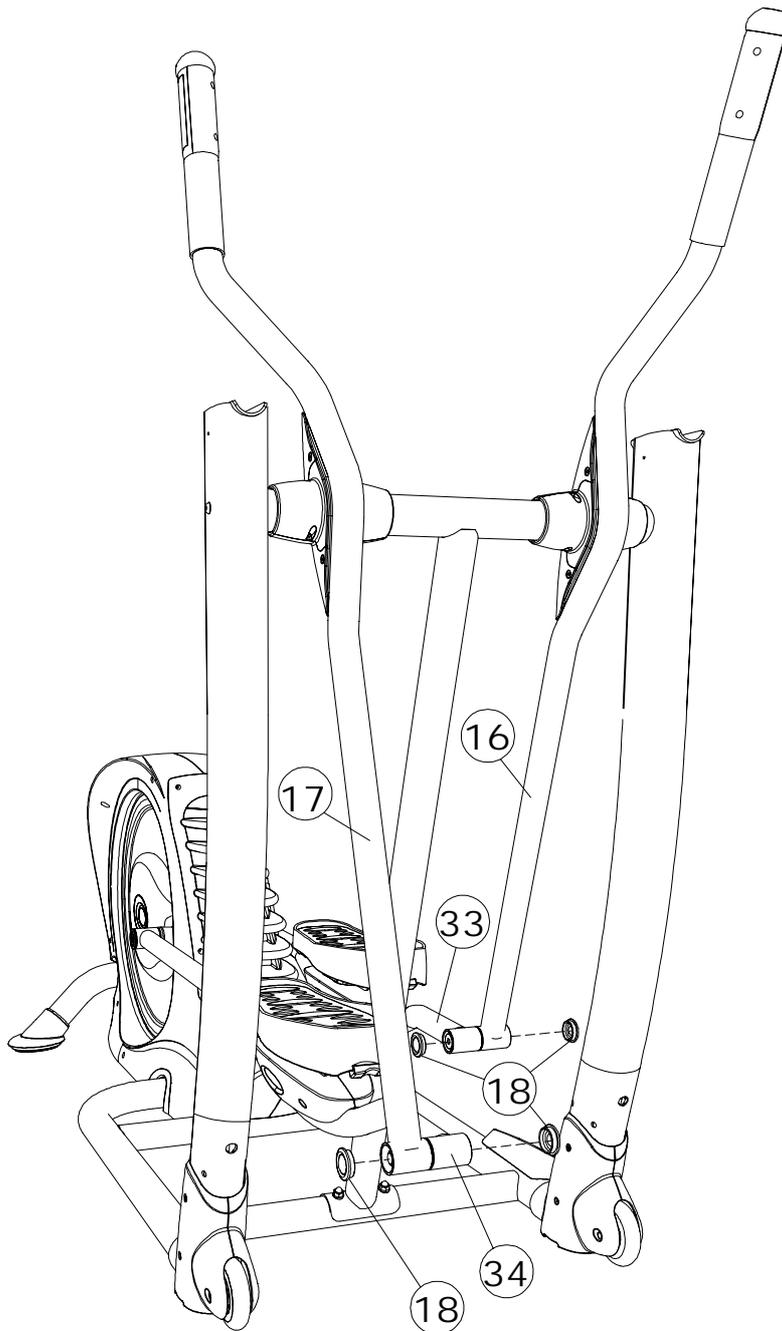
ASSEMBLY**STEP 2:**

Slide the 20 x 91 x M14mm Bolt (30) through the Pedal Arm – Right (34) and Action Handle Bar – Right (17) then secure using one M14 Nut (88) as shown in FIG.6. Repeat the procedure on Pedal Arm – Left (33) and Action Handle Bar – Left (16).



ASSEMBLY**STEP 3:**

Attach the Pedal Arm Front Pivot Covers (18) into the ends of the Action Handle Bar – Right (17) and Pedal Arm – Right (34). Repeat the procedure on the Pedal Arm – Left (33) and Action Handle Bar – Left (16).



ASSEMBLY**STEP 4:**

First connect the Wire Harness – Upper (111) to the Wire Harness – Middle (118) and Hand Pulse Sensor Wire –Upper (117) to the Hand Pulse Sensor Wire – Middle (9) as shown in FIG 7.

Attach the Handrail – Left (7) to the Side Upright – Left (5) and secure using two M8 x 45mm Allen Head Bolts (59).

**NOTE:** Make sure all wires are recessed into the Upright, do not trap or pinch any of the wires.

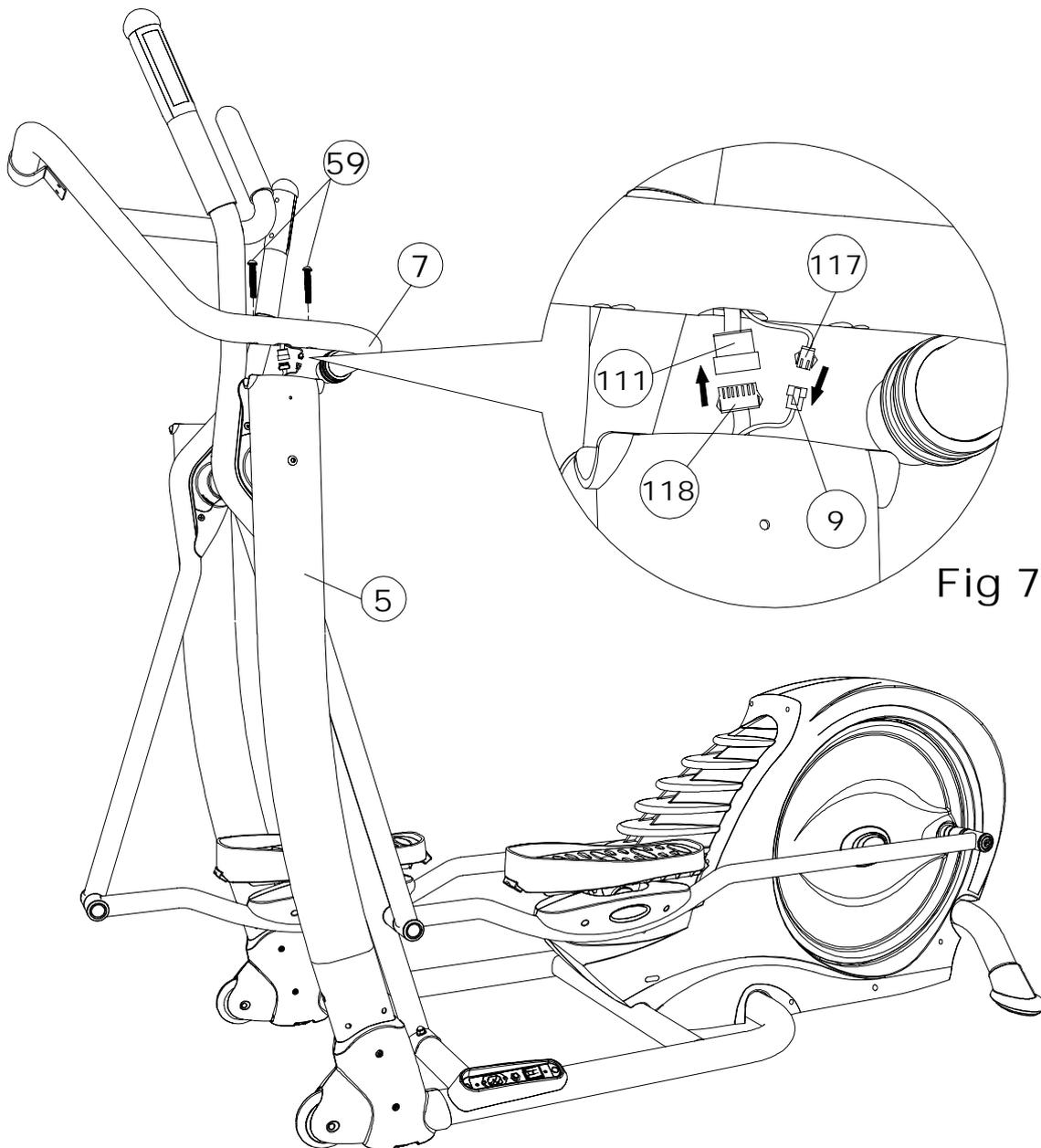


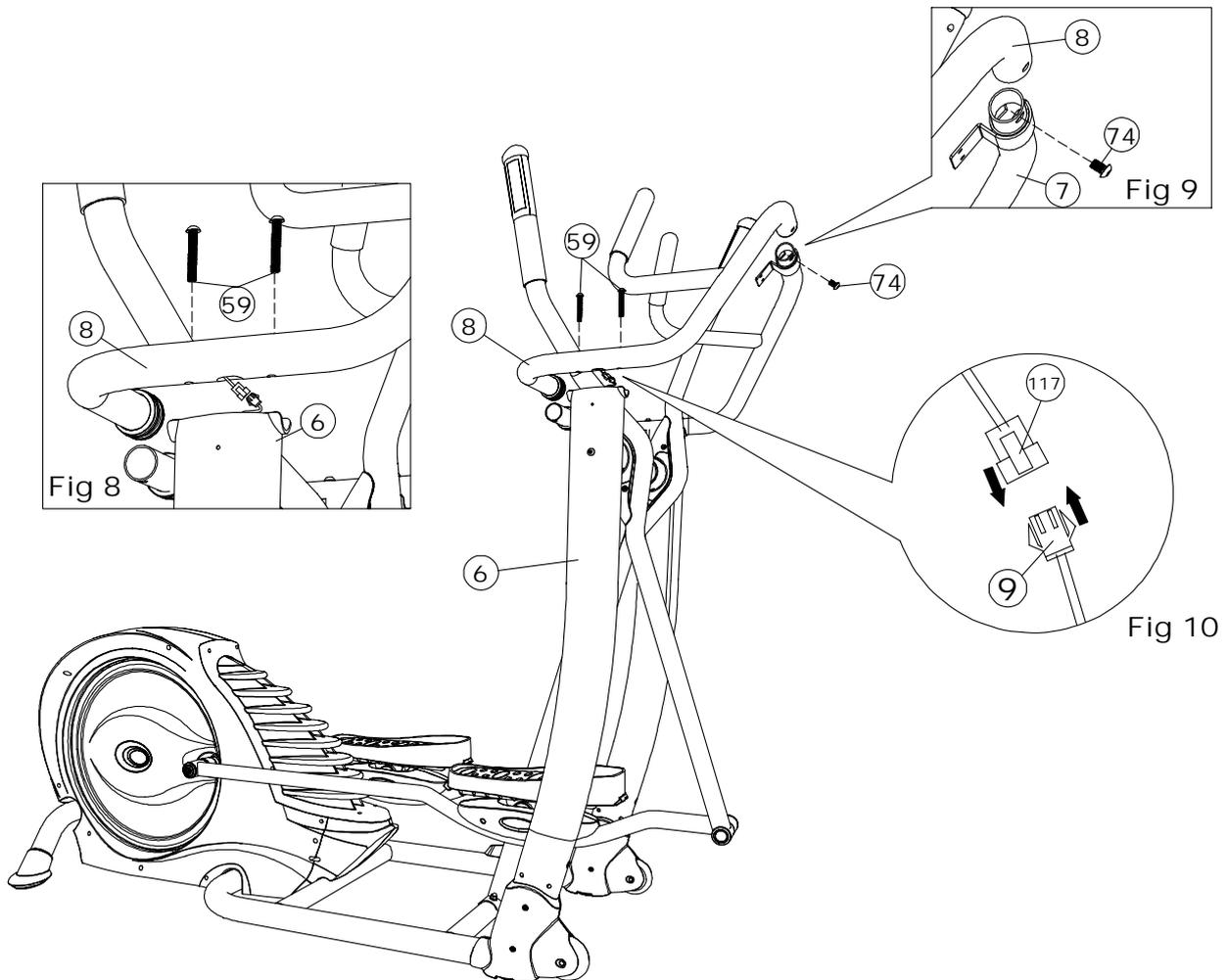
Fig 7

ASSEMBLY**STEP 5:**

Connect the Hand Pulse Sensor Wire – Upper (117) and Hand Pulse Sensor Wire – Middle (9) as shown in FIG.10.

Attach the Handrail – Right (8) to Side Upright – Right (6) and secure using two M8 x 45mm Allen Head Bolts (59) as shown in FIG.8. Then secure the Handrail – Left (7) to the Handrail – Right (8) with one M8 x 15mm Bolt (74) as shown in FIG.9.

**NOTE:** Make sure the wire is recessed into the Upright, do not trap or pinch the wire.



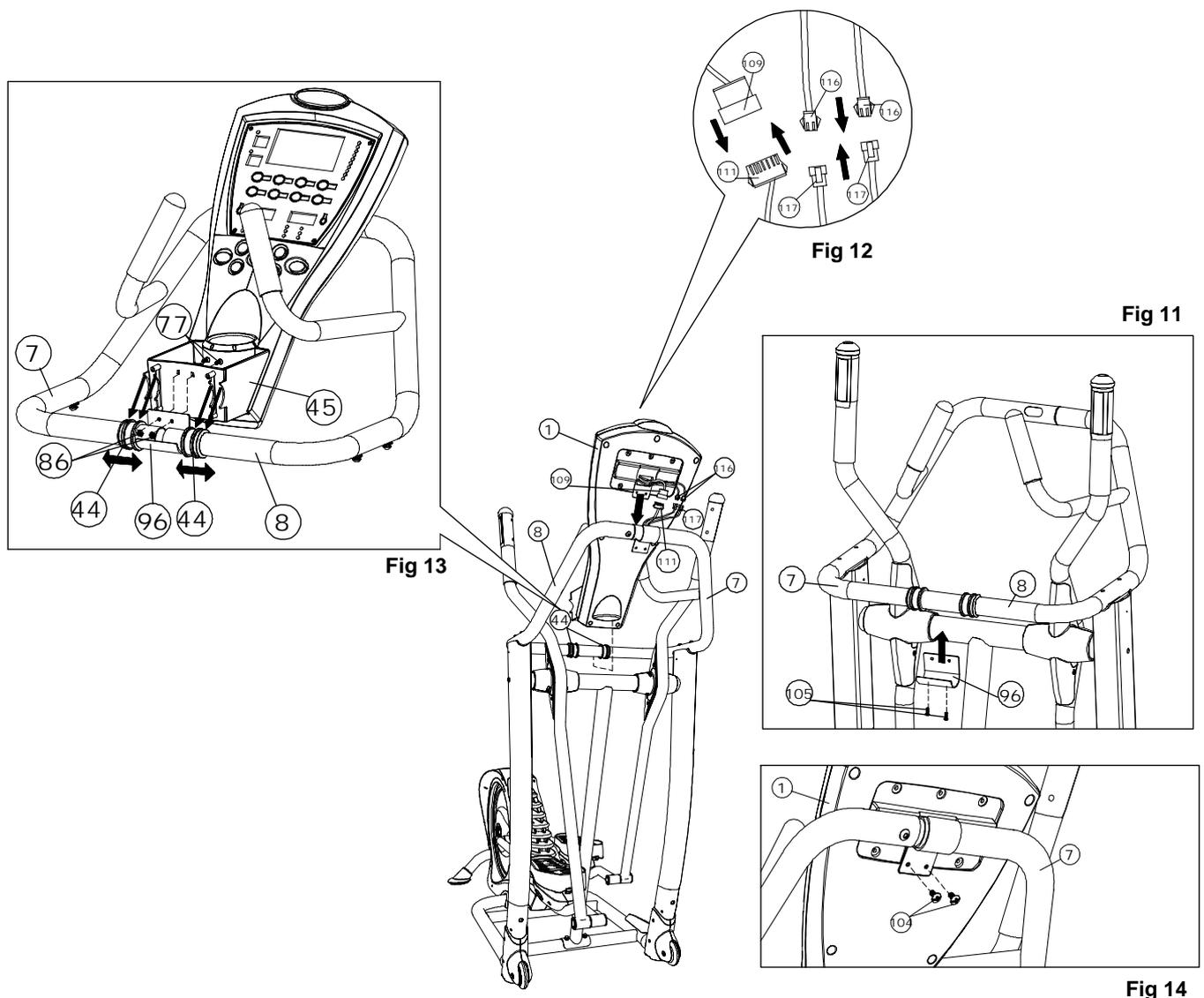
ASSEMBLY**STEP 6:**

Attach the Accessory Tray Bracket (96) to Handrail – Left (7) and Handrail – Right (8) with two M6 x 12mm Screw (105) as shown in FIG.11.

Connect the Wire Harness – Top (109) to the Wire Harness – Upper (111) and the Hand Pulse Sensor Wires – Top (116) to the Hand Pulse Sensor Wires – Upper (117) as shown in FIG.12.

Attach the Console Housing (1) to the Handrail – Left (7) and Handrail – Right (8). First fit the fringe of Accessory Tray (45) to the Rubber Ring (44) on the Handrail – Left (7) and Handrail – Right (8). Then secure the Accessory Tray Bracket (96) to the Accessory Tray (45) with two M6 x 15mm Bolt (77) and two M6 Nylon Nut (86) as shown in FIG.13. Then secure the Console Housing (1) using two M6 x 20mm Screws (104) as shown in FIG.14.

**NOTE:** Make sure all wires are recessed into the Console Housing, do not trap or pinch any of the wires.



ASSEMBLY**STEP 7:**

Attach the Accessory Tray Front Cover (4) to the Accessory Tray (45) with four 4 x 15mm Screws (97).

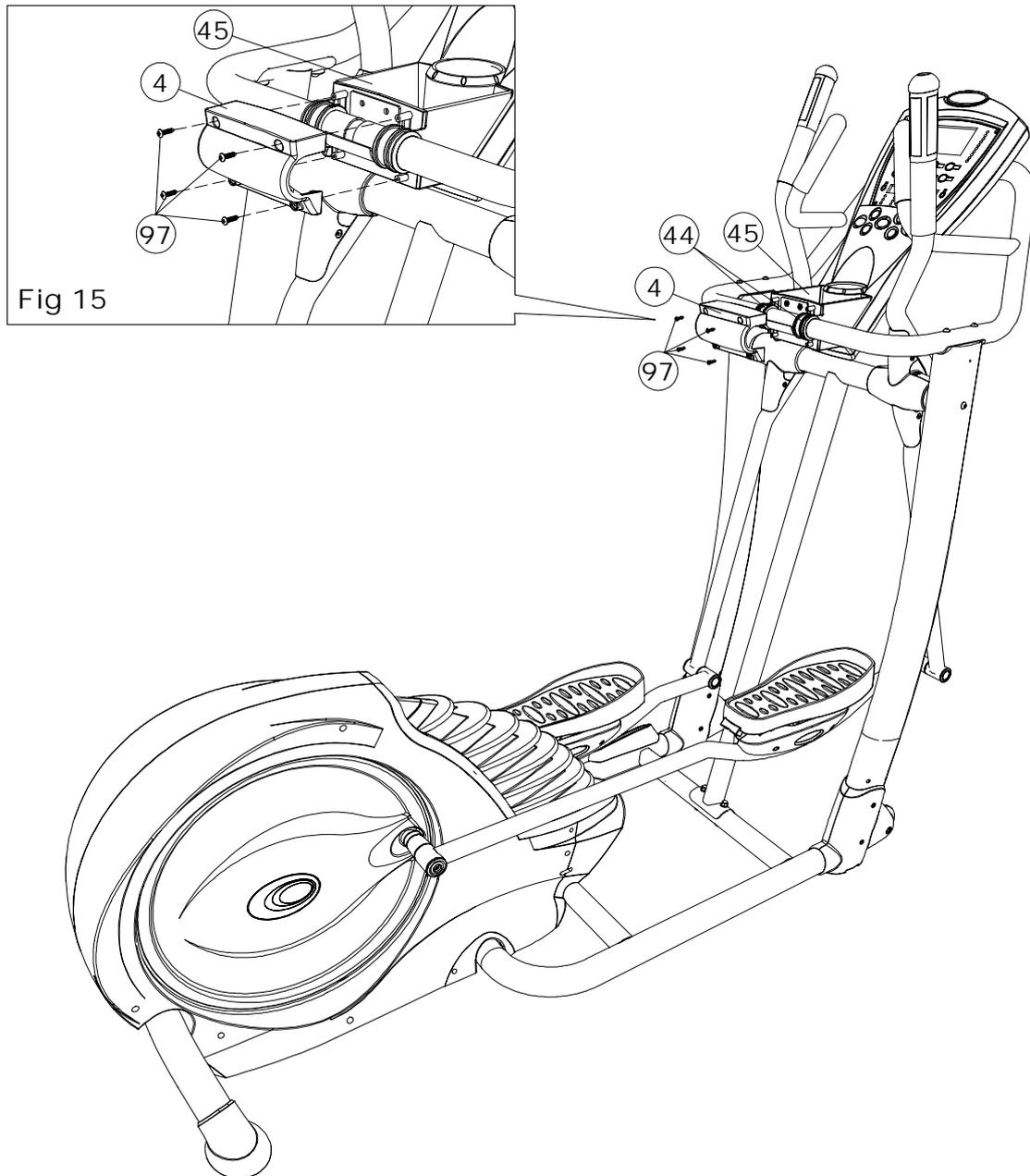
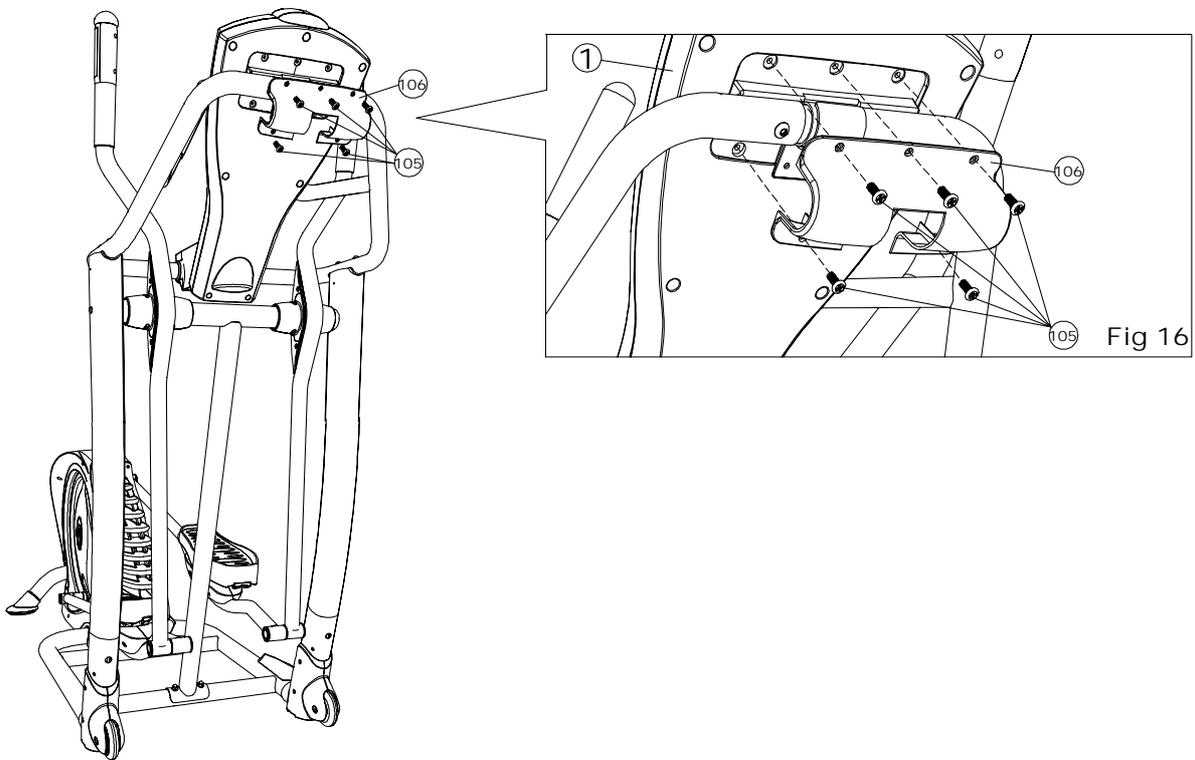


Fig 15

## ASSEMBLY

**STEP 8:**

Attach the Console Back Cover (106) to the Console Housing – Bottom (3) with five M6 x 12mm Screws (105) as shown in FIG 16.

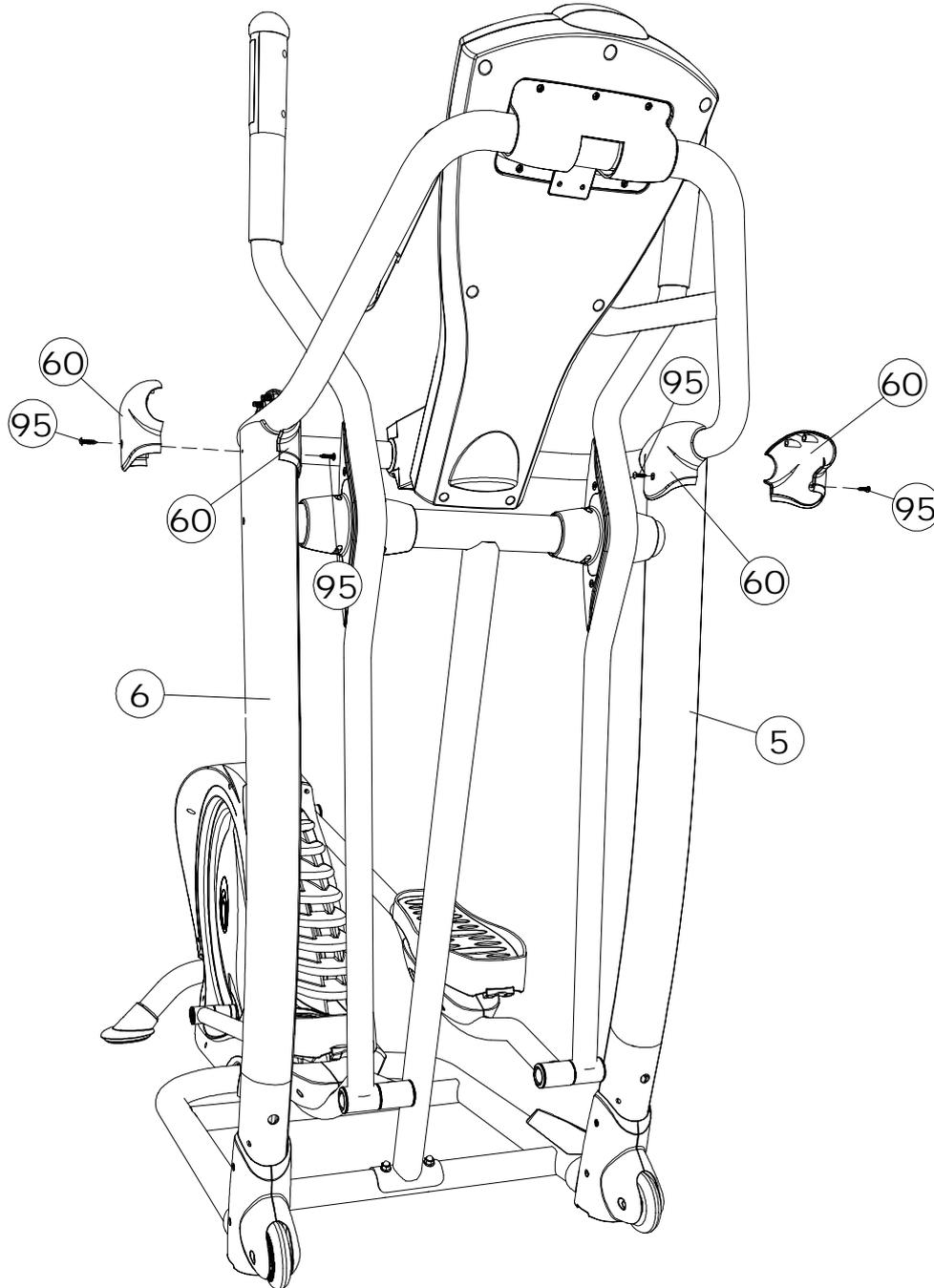


## ASSEMBLY

**STEP 9:**

Attach the Side Upright Top Cover (60) to the Side Upright – Left (5) and Side Upright – Right (6) then secure using four 4 x 19 Drill Head Screws (95).

**Congratulations! Your CE7.4E Elliptical Trainer has been fully assembled.**

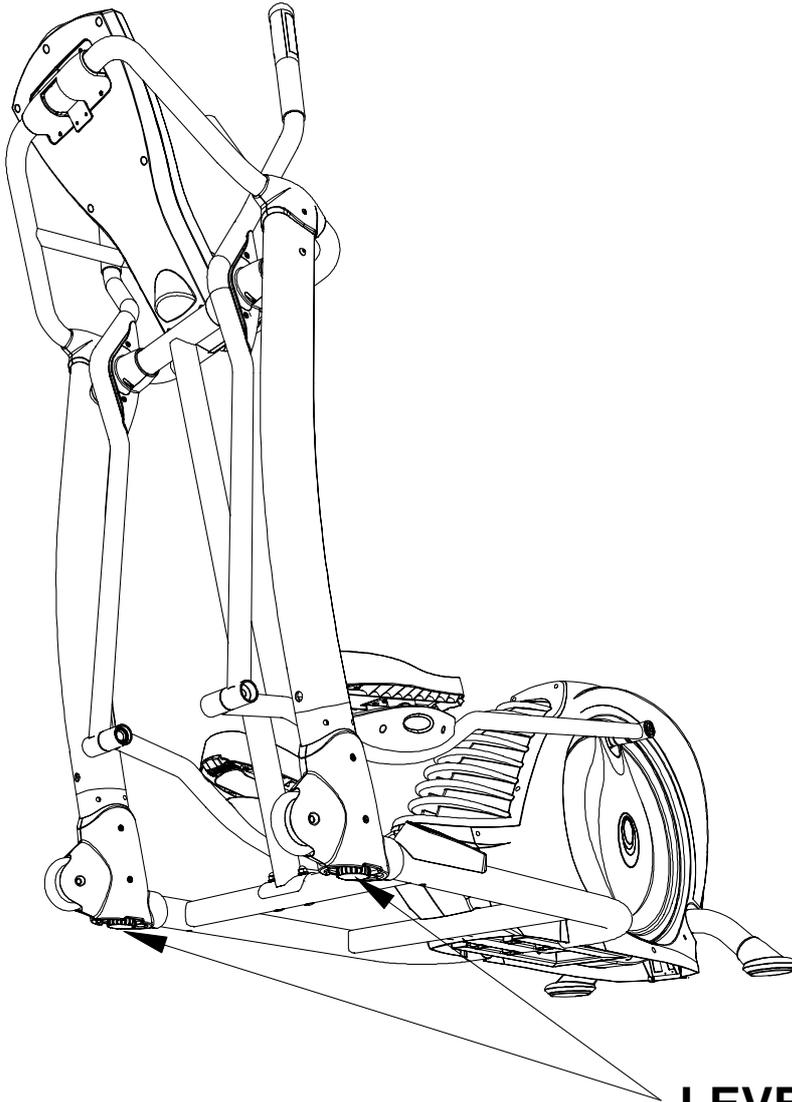


### LEVEL ADJUSTMENT

To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip elliptical trainer on its side.

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

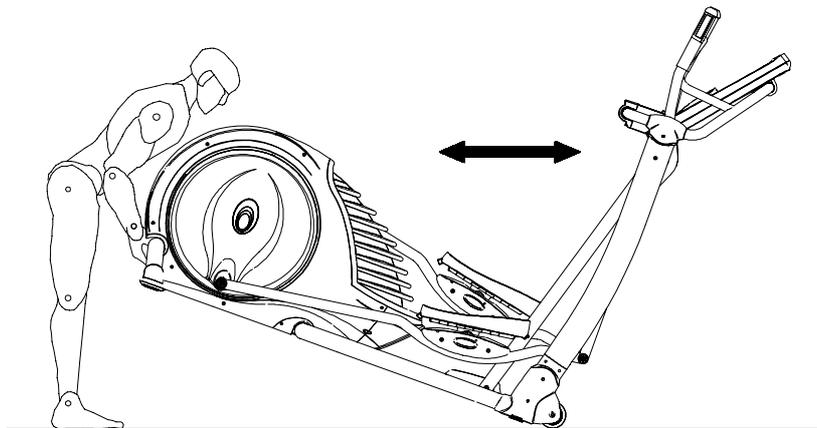
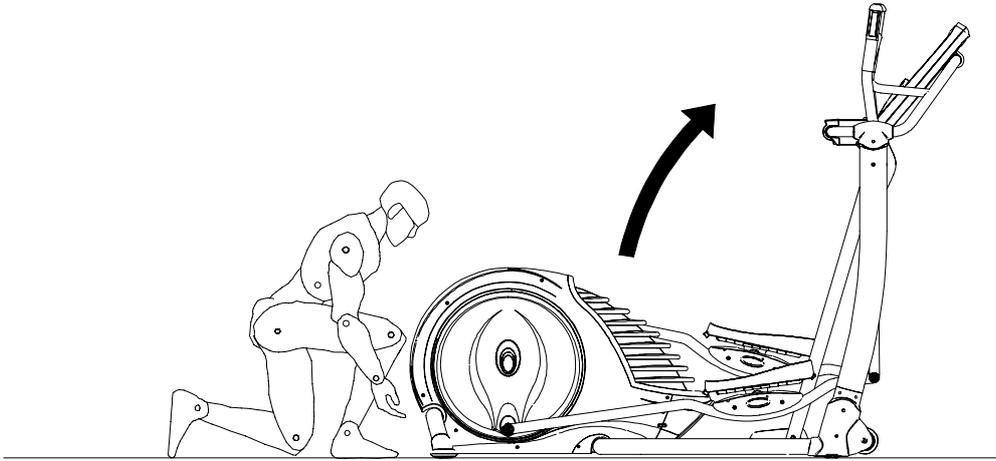


**LEVEL ADJUSTMENT**

TRANSPORT INSTRUCTION

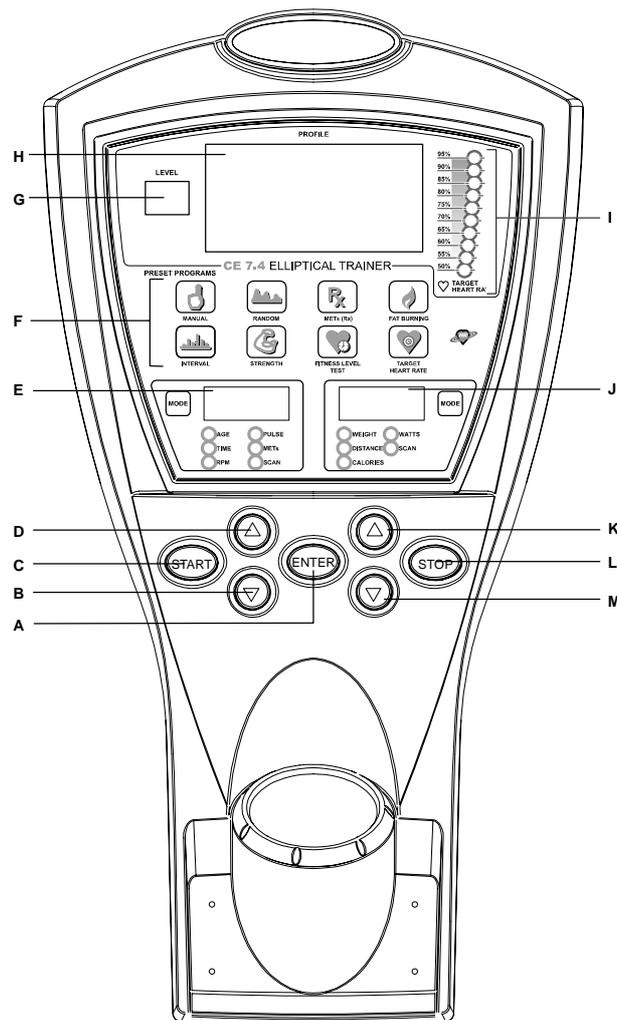
## TRANSPORT INSTRUCTIONS:

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



## SMOOTH CE 7.4E ELLIPTICAL TRAINER

## COMPUTER OPERATION



ENTER	A	B	DOWN (FOR USER DATA SET UP)
START	C	D	UP (FOR USER DATA SET UP)
MODE-1	E	F	PRESET PROGRAMS
LEVEL	G	H	PROFILE
TARGET HEART RATE	I	J	MODE-2
UP	K	L	STOP
DOWN	M		

## COMPUTER OPERATION

### DISPLAY FUNCTIONS:

There are 5 display areas to show all the necessary information prior to and during the workout.

### LEVEL DISPLAY:

Shows from 1 to 16 resistance levels.

### 8 x 16 DOT MATRIX PROFILE DISPLAY:

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

### TARGET HEART RATE DISPLAY:

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

### MODE 1 DISPLAY:

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

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

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

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

### MODE 2 DISPLAY:

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

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

### COMPUTER OPERATION:

#### POWER ON:

Plug in the POWER CORD and set the power switch to ON. All the LED windows will light up and begin scanning. The Dot Matrix will display and begin scrolling "SELECT-QUICK-START-OR-PROGRAM". The other LED windows will show the factory settings as follows:

LEVEL window display: "0"

MODE-1 window display (default AGE): "35", AGE LED light on.

MODE-2 window display (default WEIGHT): "150" lb, WEIGHT LED light on.

During the workout, press the STOP button twice to return to POWER ON status.

#### SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 5 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status.

#### PAUSE/STOP:

During the workout, press the STOP button or stop pedaling for 10 seconds to enter PAUSE status. The Dot Matrix display will show "PAUSE". All the figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the displays will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button twice, all the data will return to 0 and the computer will return to POWER ON status.

#### ENGLISH/METRIC CONVERSION:

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

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

## COMPUTER OPERATION

### QUICK START:

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

### MANUAL PROGRAM:

When the console is in POWER ON status, press the MANUAL program button. The Dot Matrix will display and be scrolling "MANUAL". Press the ENTER button to select the program. The Dot Matrix will then show "ENTER AGE".

#### Accepting the Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

#### Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

#### Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

#### Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

The Dot Matrix display will scroll, "ENTER AGE" again to allow you to adjust the user data. Follow the same procedure. To complete the user data input and begin the workout, press the START button.

### RANDOM PROGRAM:

The RANDOM program is designed to allow the user to choose from an unlimited number of computer-generated profiles.

When the console is in POWER ON status, press the RANDOM program button. The Dot Matrix will display and begin scrolling "RANDOM". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

#### Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

#### Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

#### Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

#### Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

COMPUTER OPERATION

## Entering Intensity Level:

1. The Dot matrix screen will scroll, "ENTER LEVEL".
2. The METS/Level LED will light up and the MODE-1 window will show "1". There are 9 different workout levels you can select by pressing the ▲ or ▼ button.
3. Press ENTER to accept.

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

## MET (Metabolic Equivalents) PROGRAM:

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

**One MET:** Resting metabolic rate at 3.5ml O<sub>2</sub>/kg/min.

**One Kilocalorie** (kcal): 200ml of Oxygen (O<sub>2</sub>) used.

Energy Expenditure in KCals/minute:

1.  $\text{KCals/min} = 0.0175 \text{ kcals/kg/min} \times \text{METS} \times \text{WtKg}$
2. Where WtKg = weight in kilograms (1.0 Kilograms = 2.2 LB)

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

Fishing, Standing or Housework.

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

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

Row boat at 2.5 mph – 4 METS

Golf Walking – 4 METS

Swimming at 0.25 mph – 4 METS

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

Badminton – 5 METS

Bicycling in pace 11 mph – 6 METS

Squash or Handball – 8 METS

Bicycling in pace 16.6 mph – 9 METS

Moderate Run at 6 mph – 10 METS

Fast Run at 10 mph – 16 METS

When the console is in POWER ON status, press the METS (RX) program button. The Dot Matrix will display a scrolling "METS". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

## Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

## Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

## Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

## Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

## COMPUTER OPERATION

### Entering MET Level:

1. The Dot matrix screen will scroll, "ENTER MET".
2. The METS LED lights up and the MODE-1 window will show a blinking "1.00". Press the ▲ or ▼ button to set the MET level from 1.00 to 16.0.
3. Press ENTER to accept.

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

### FAT BURNING PROGRAM:

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

When the console is in POWER ON status, press the FAT BURNING program button. The Dot Matrix will display a scrolling "FAT BURNING". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

### Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

### Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

### Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

### Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

### Entering Intensity Level:

1. The Dot matrix screen will scroll, "ENTER LEVEL".
2. The METS/Level LED lights up and the MODE-1 window will show "1". There are 9 different workout levels you can select by pressing the ▲ or ▼ button.
3. Press ENTER to accept.

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

### INTERVAL PROGRAM:

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

When the console is in POWER ON status, press the INTERVAL program button. The Dot Matrix will display a scrolling "INTERVAL". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

### Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

## COMPUTER OPERATION

### Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

### Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

### Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

### Entering Intensity Level:

1. The Dot matrix screen will scroll, "ENTER LEVEL".
2. The METS/Level LED lights up and the MODE-1 window will show "1". There are 9 different workout levels you can select by pressing the ▲ or ▼ button.
3. Press ENTER to accept.

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

### STRENGTH PROGRAM:

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

When the console is in POWER ON status, press the STRENGTH program button. The Dot Matrix will display a scrolling "STRENGTH". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

### Accepting Default User Data or Entering the Personal Data:

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

### Entering Age:

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

### Entering Weight:

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

### Entering Time:

1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

## COMPUTER OPERATION

### Entering Intensity Level:

1. The Dot matrix screen will scroll, "ENTER LEVEL".
2. The METS/Level LED lights up and the MODE-1 window will show "1". There are 9 different workout levels you can select by pressing the ▲ or ▼ button.
3. Press ENTER to accept.

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

### FITNESS LEVEL TEST:

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

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

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

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

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

When the console is in POWER ON status, press the FITNESS LEVEL TEST program button. The Dot Matrix will display a scrolling "TEST". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

### Accepting Default User Data or Entering the Personal Data:

1. The user may press the START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

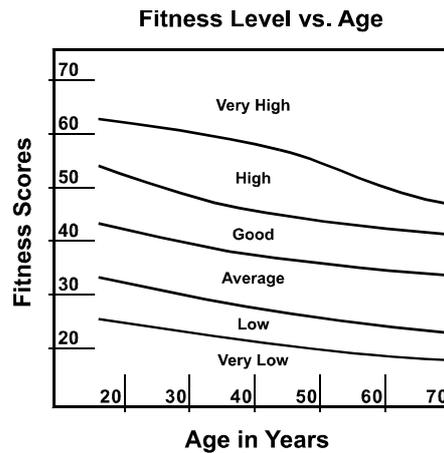
### Entering Age

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

### Entering Weight

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

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

COMPUTER OPERATION**TARGET HEART RATE PROGRAM:**

The Target Heart Rate Program is designed to keep the user training at their chosen heart rate level.

A heart rate monitoring device must be used for this program. The equipment provides a standard handgrip pulse on the moving handle bar to sense the user heart beat during the workout. The user must hold the hand pulse contact on the moving handle bar constantly in order to monitor the user heart rate during the workout. Pulse detection can be confirmed by observing the top LED light on the TARGET HEART RATE display as well as the PULSE display on MODE-1 window. If your heart rate exceeds 85% of your maximum target rate, the program will terminate and return to the POWER ON status.

When the console is in POWER ON status, press the TARGET HEART RATE program button. The Dot Matrix will display a scrolling "CUSTOM". Press the ENTER button to select the program then the Dot Matrix will show "ENTER AGE".

**Accepting Default User Data or Entering the Personal Data:**

1. The user may press START/resume to accept the current default values and begin the workout.
2. Enter the programming procedure by following the prompts out-lined below.

**Entering Age**

1. The Dot matrix screen will scroll, "ENTER AGE".
2. The AGE LED lights up and the MODE-1 window will show a blinking "35". Press the ▲ or ▼ button to set the user age.
3. Press ENTER to accept.

**Entering Weight**

1. The Dot matrix screen will scroll, "ENTER WEIGHT".
2. The WEIGHT LED lights up and the MODE-2 window will show a blinking "150" (lb). Press the ▲ or ▼ button to set the user weight.
3. Press ENTER to accept.

**Entering Time**

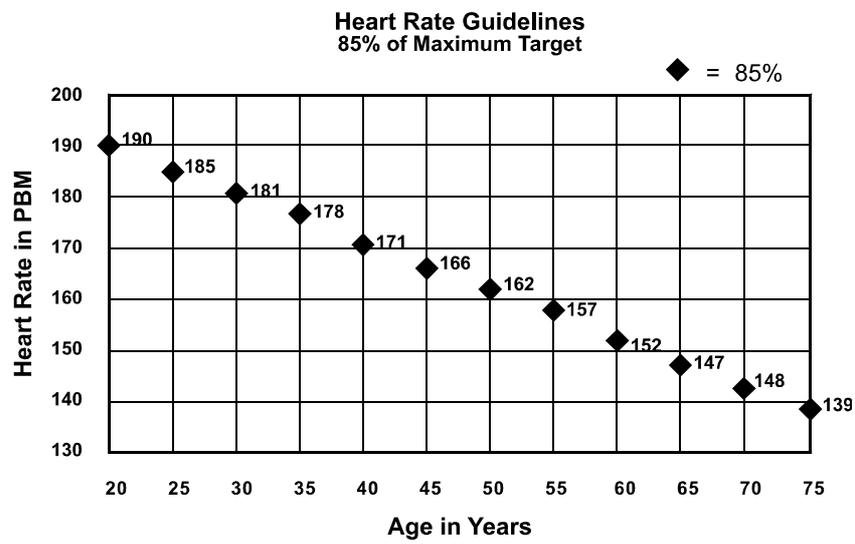
1. The Dot matrix screen will scroll, "ENTER TIME".
2. The TIME LED lights up and the MODE-1 window will show a blinking "30:00". Press the ▲ or ▼ button to set the workout time.
3. Press ENTER to accept.

**Entering Target Heart Rate**

1. The Dot Matrix screen will scroll, "ENTER PULSE".
2. The PULSE LED lights up and the MODE-1 window will show a blinking "100". Press the ▲ or ▼ button to set the user target heart rate.
3. Press ENTER to accept.

COMPUTER OPERATION

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



WARRANTY

Read and follow the Assembly-instructions and the User's-Manual before using this product.

**Warranty Coverage:** Smooth Fitness GmbH ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material.

This warranty is limited on home use only.

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

Frame	Brakes	Electronics	Parts	Labor
Lifetime	3 years	2 years	2 years	2 years

- Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period of 2 years.
- Smooth Fitness reserves the right to inspect damaged parts for misuse.
- For Corporate Use (Up to 3 hours use per day): The Warranty on this product runs from the date of your purchase for a period of ONE (1) year.

It is required to show a proof of purchase prior to warranty service being initiated. Your Original Receipt is proof of purchase and should be kept with the product manual.

As a matter of course we will be available and open for all your problems even when the warranty has already expired. Simply call the service number down below.

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

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

**Procedure for Obtaining Your Remedy Under This Warranty:** To obtain service on a Smooth Fitness product, please call the Smooth Fitness Service Partner. 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 wear and tear, 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 does not apply to any product shipped or handled outside of Germany, Austria and England. 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.

RESEPECTIVE LAWS OF THE COUNTRIES OF SALE REMAIN UNTOUCHED. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. THE PERIOD OF COVERAGE OF THIS WARRANTY RUNS FROM THE DATE OF PURCHASE: SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM, AS LONG NOT GOVERNED DIFFERENTLY BY LOCAL LAW:

For assistance with assembly or to order replacement parts, please call the Smooth Fitness Service Partner. To help them assist you, please have the following information ready:

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

## IMPORTANT STEPS

### **Warning:**

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

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

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

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

### **Before beginning:**

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

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

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



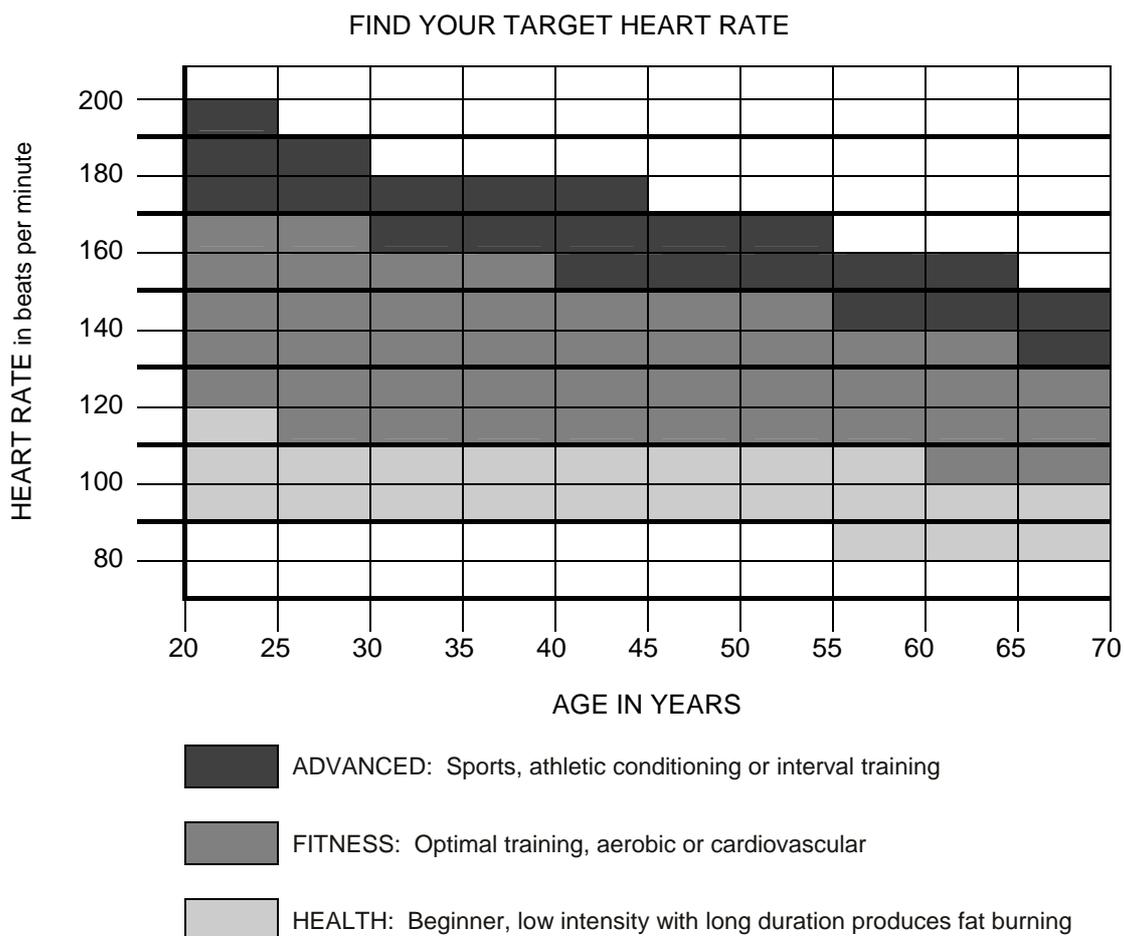
The Surgeon General  
has determined that lack  
of physical activity is  
detrimental to your health.™

## 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.

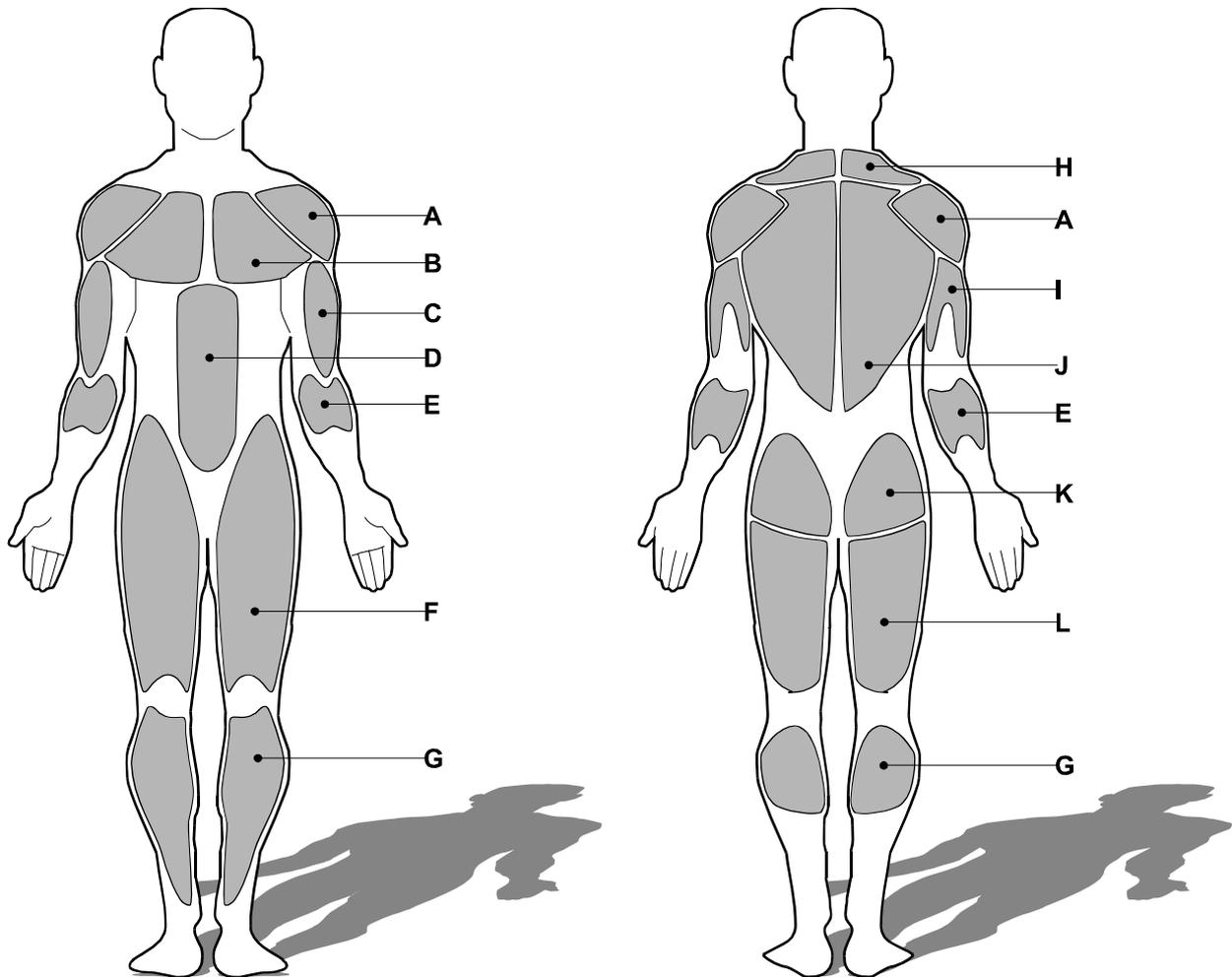


### Aerobic exercise:

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 the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	<input type="text" value="A"/>	<input type="text" value="B"/>	Pectoral muscles
Bicep muscle	<input type="text" value="C"/>	<input type="text" value="D"/>	Abdominal muscles
Forearm muscles	<input type="text" value="E"/>	<input type="text" value="F"/>	Quadricep muscles
Calf muscles	<input type="text" value="G"/>	<input type="text" value="H"/>	Trapezius muscles
Tricep muscles	<input type="text" value="I"/>	<input type="text" value="J"/>	Back muscles
Gluteal muscles	<input type="text" value="K"/>	<input type="text" value="L"/>	Hamstring muscles

## STRETCHING ROUTINE

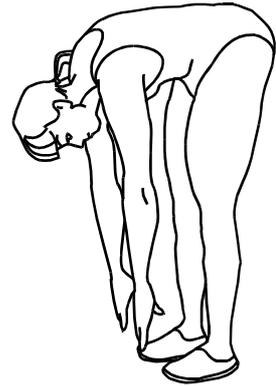
### **Warm up and cool down:**

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:

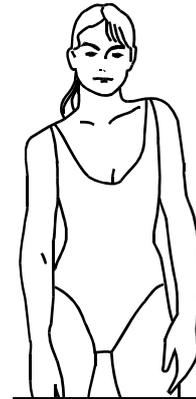
### **Toe Touch:**

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.



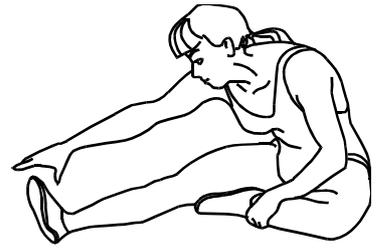
### **Head Roll:**

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.



STRETCHING ROUTINE**Hamstring Stretch:**

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

**Inner Thigh Stretch:**

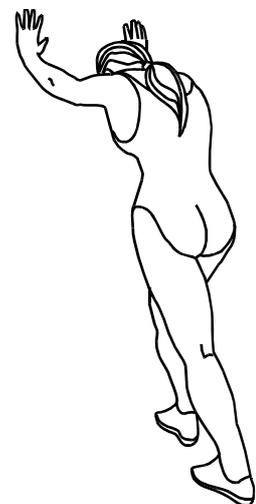
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

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

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.





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[www.smoothfitness.co.uk](http://www.smoothfitness.co.uk)