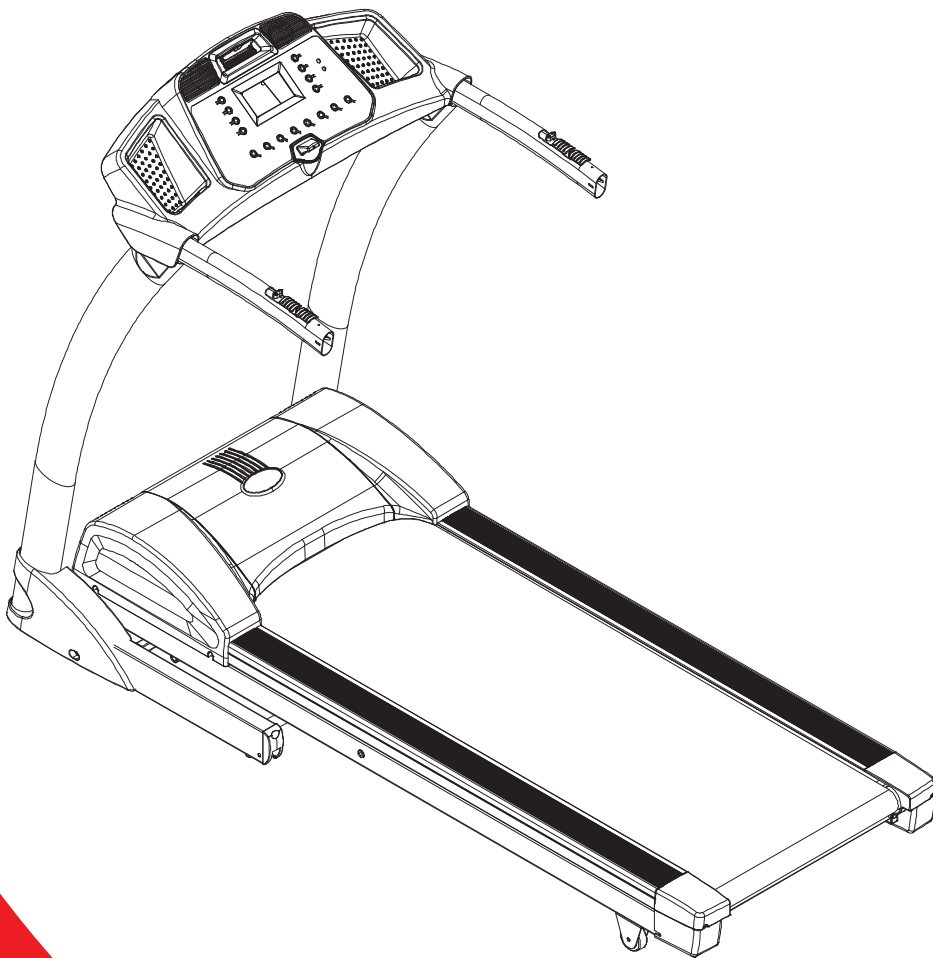




# 5.65

## MOTORIZED TREADMILL



USER WEIGHT LIMITATION: **275lbs (125kgs).**

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 **275LBS (125 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.

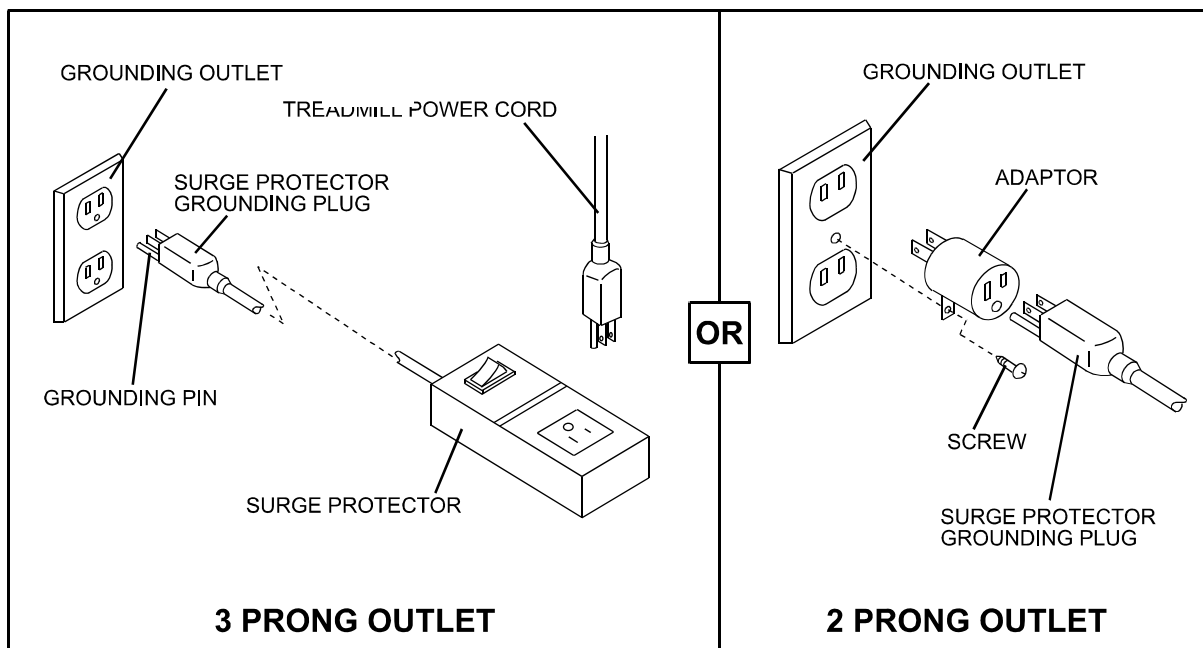
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (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 Supplied Hardware lists on pages 5 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 6-9.

**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 350LBS (Approx. 160 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

**Care and maintenance:**

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

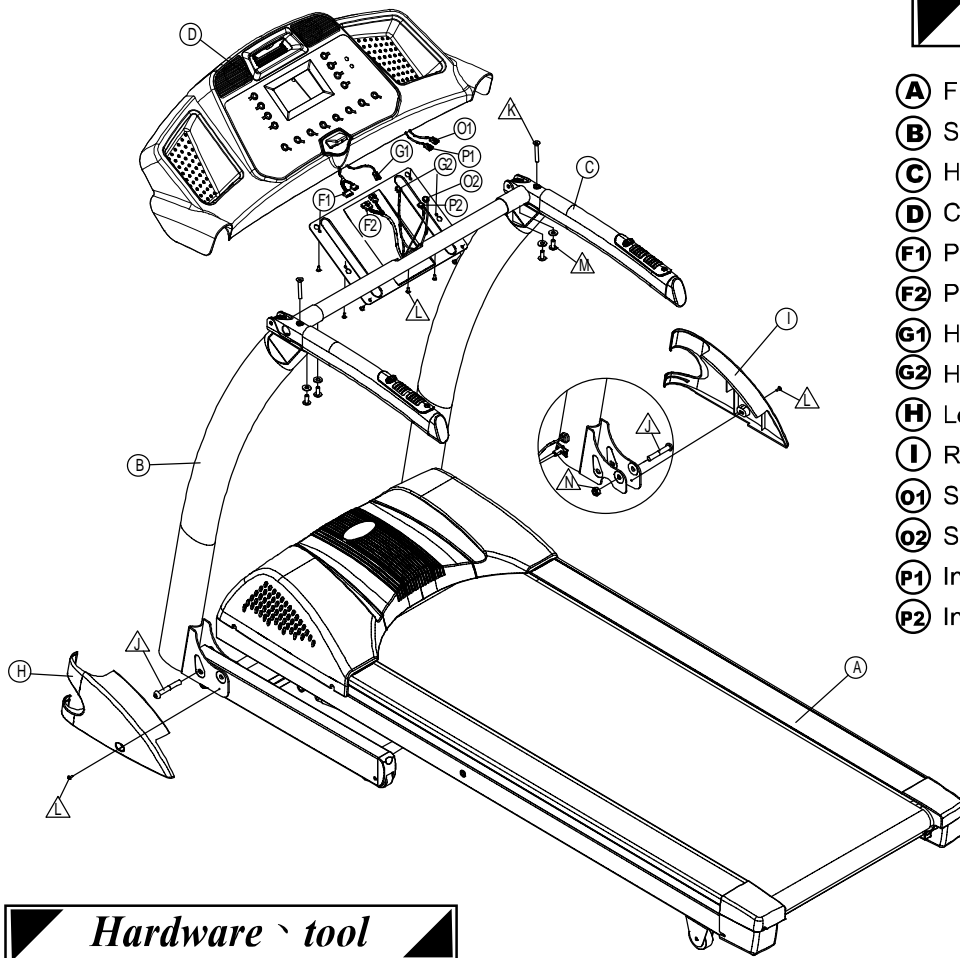
Replace any defective components immediately and stop all use of the equipment until repaired.

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

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

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

**SUPPLIED HARDWARE**









**Parts**





- (A)** Frame
- (B)** Support Handle
- (C)** Handlebar
- (D)** Console
- (F1)** PCB cable
- (F2)** PCB cable
- (G1)** Hand Pulse Cable
- (G2)** Hand Pulse Cable
- (H)** Left Cover
- (I)** Right Cover
- (O1)** Speed Control Harness
- (O2)** Speed Control Harness
- (P1)** Incline Control Harness
- (P2)** Incline Control Harness

**Hardware \ tool**

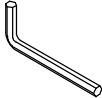


**Screws Already in Place on the Treadmill**

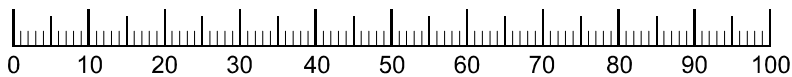
M10 X 60L (2PCS)  screw 	M10 X 10t (2PCS)  nylon nut 	M8 X 15L ( 4PCS )  screws 
--	--	--

**Screws in the Plastic Bag**

M8 X 70L ( 2PCS )  screws 	M4 X 10L ( 6PCS )  screws 
--	--

**TOOL**

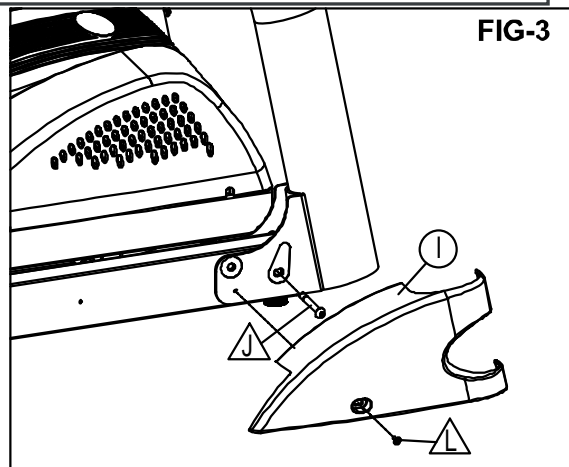
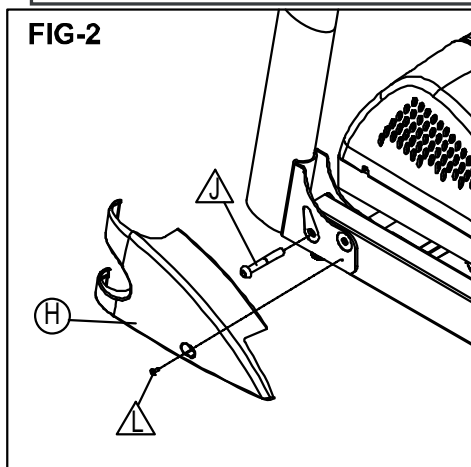
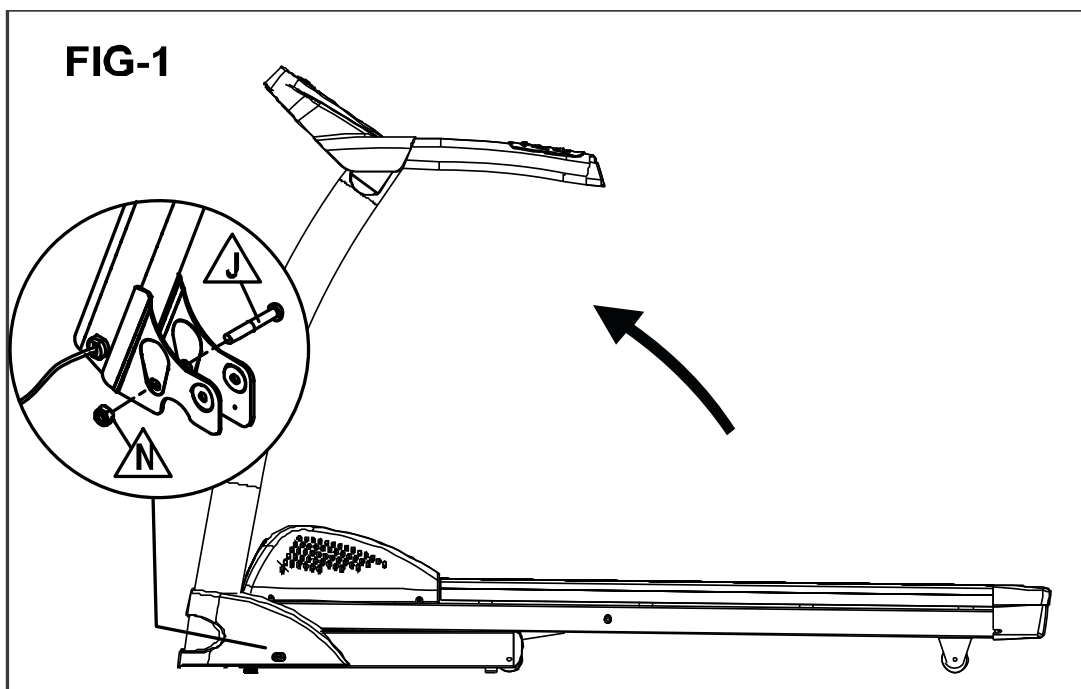
 Wrench-6mm	 Wrench-5mm	 Wrench
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Millimeters

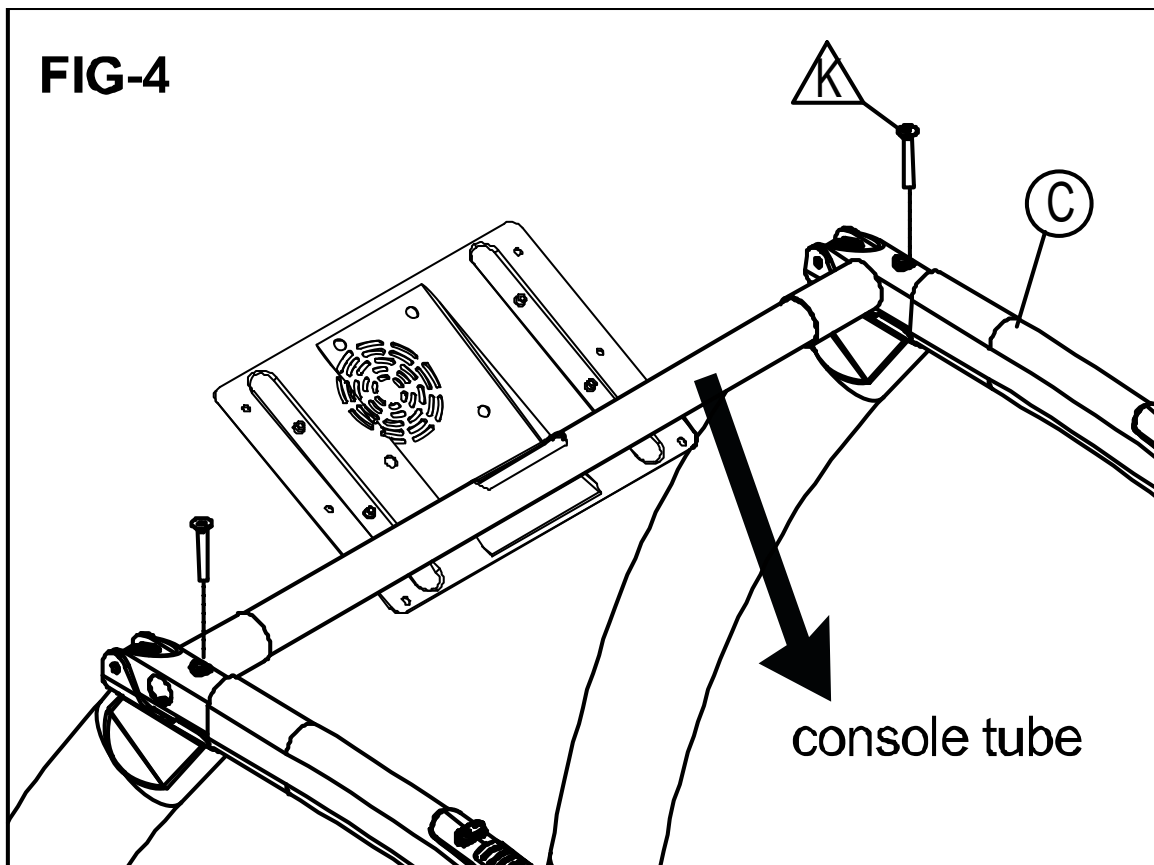
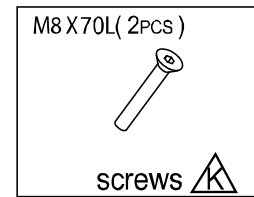
**ASSEMBLY****STEP 1: HANDLEBAR SUPPORT POST ASSEMBLY**

1. Remove screw "J" and nut "N" from both right/left sides of base frame.
2. Stand up the support post and handle bar.  
(FIG-1)
3. Attach screw "J" and Nut "N" back to both right/left sides of base frame and tighten the screws
4. Attach right base cover on base frame and tighten with screw "L." Repeat the same step on the left side.



**ASSEMBLY****STEP 2: Assemble the Console Support Tube**

1. Adjust the handlebars so they are fit properly on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws "K." (FIG-4).
2. Rotate the console tube to have console bracket on proper position.

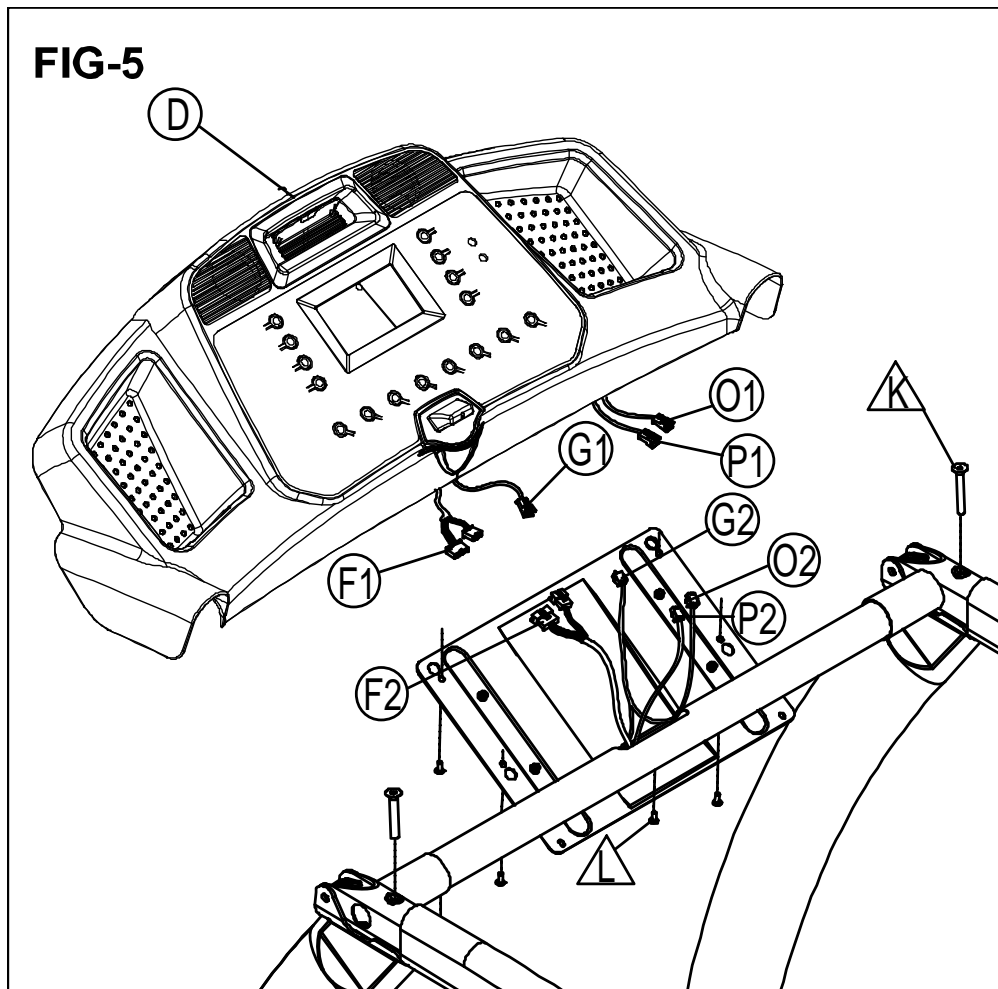


**ASSEMBLY****STEP 3: Assemble the Upright**

1. Take off screws "L" fixed on bracket.
2. Hold console on console tube as illustrated. (FIG-5)
3. Connect PCB cables "F1" and "F2." (FIG-5)
4. Connect handle pulse cables "G1" and "G2." (FIG-5)
5. Connect the Speed Control Harness "O1" and "O2." (FIG-5)
6. Connect Incline Control Harness "P1" and "P2." (FIG-5)

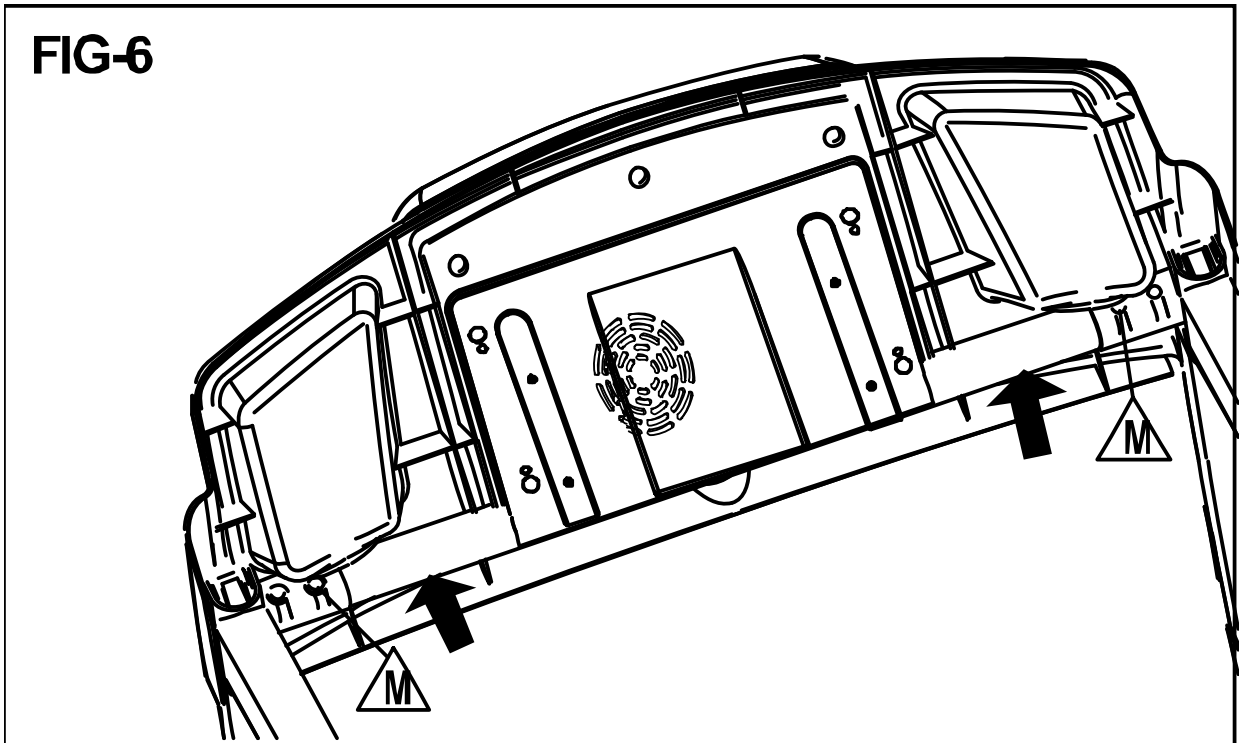
**Note:** Insert excess wire harness into right side of console tube.

**Pinch Point Warning** Take caution not to pinch wire harness



**ASSEMBLY**

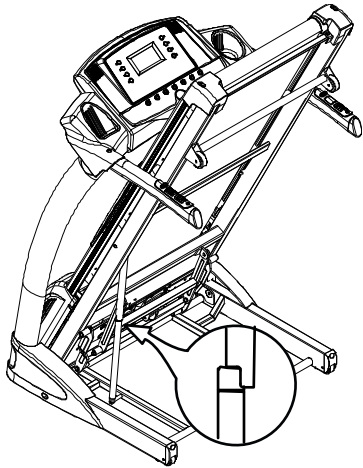
Make sure the console and the console support tubes are aligned and then tighten the four (4) screws “M” under both sides of the console tube.

**FIG-6**

## FOLDING INSTRUCTIONS

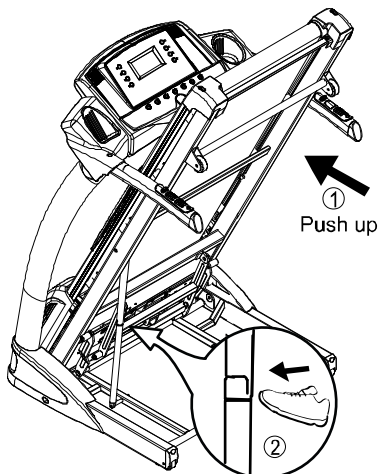
### How to fold and unfold the treadmill:

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



#### Fold Up

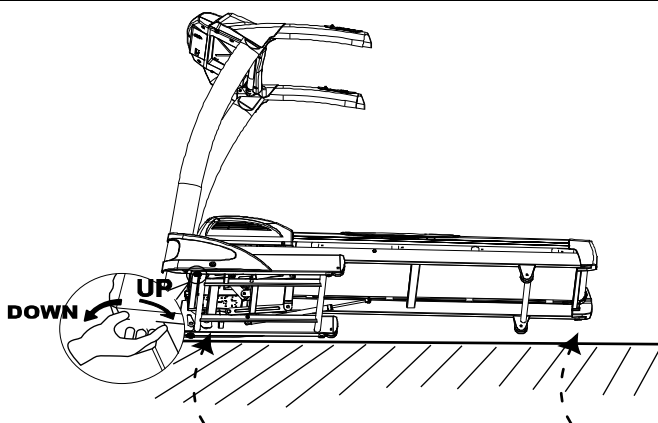
After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper folding tube and lower folding tube are not in concentric position. Upper tube and lower tube are not in concentric position for safety lock.



#### Release

You can release the treadmill from the upright position:

1. Push up the frame by hands.
2. Lightly kick the lock tube.
3. Lower the treadmill by hand and it will drop automatically without hand support.



#### Horizontal Adjustment

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

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

## MAINTENANCE

### HOW TO MAINTAIN YOUR TREADMILL:

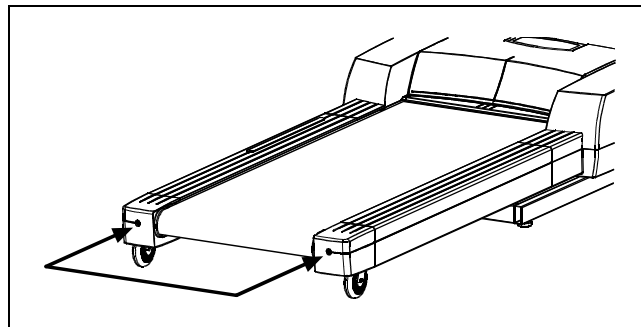
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

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

### BELT ADJUSTMENT:

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

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



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

### DECK LUBRICATION:

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

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

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



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

Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

Begin your training program slowly with realistic goals that have been set by you and your doctor.

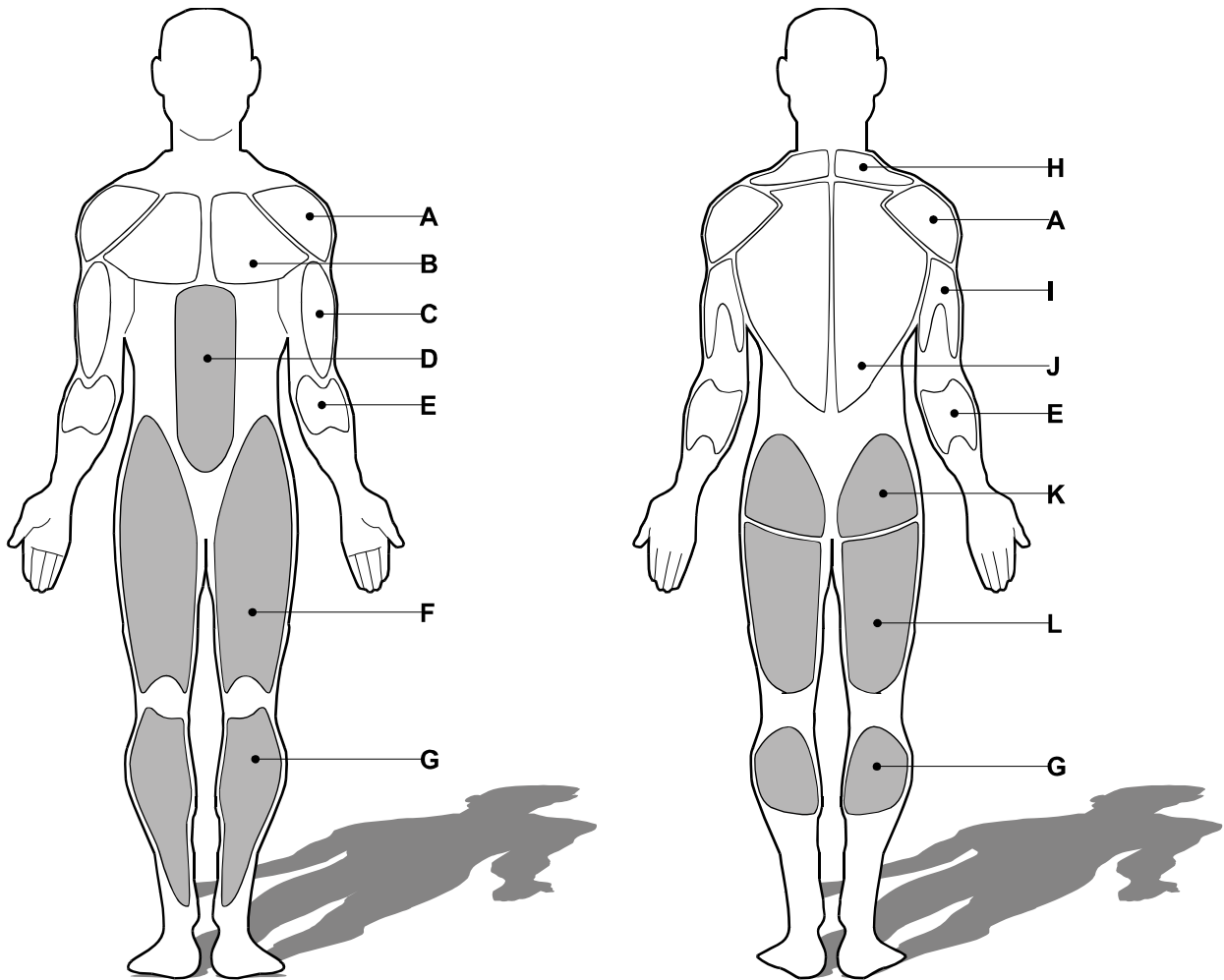
Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or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

Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

**MUSCLE CHART**

**Targeted muscle groups:**

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



**MUSCLE GROUPS**

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

## STRETCHING ROUTINE

### Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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

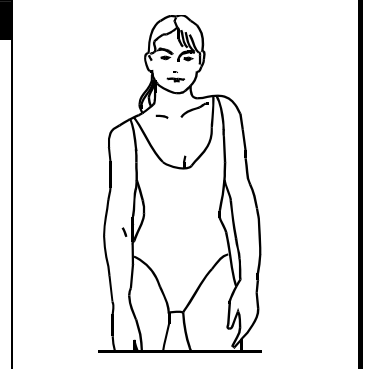
### Toe Touch:

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



### Shoulder Lift:

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



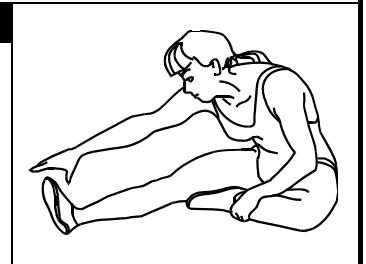
### Inner Thigh Stretch:

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



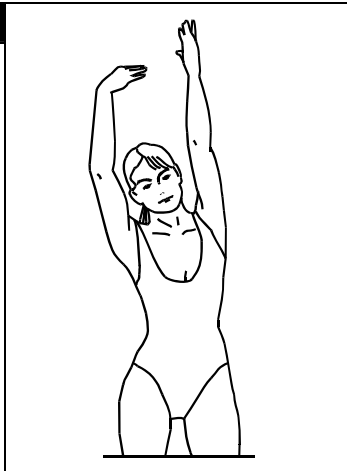
### Hamstring Stretch:

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



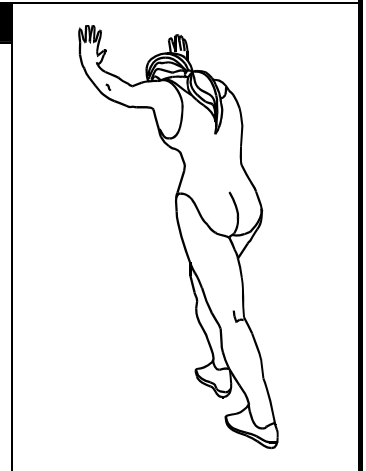
### Side Stretch:

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



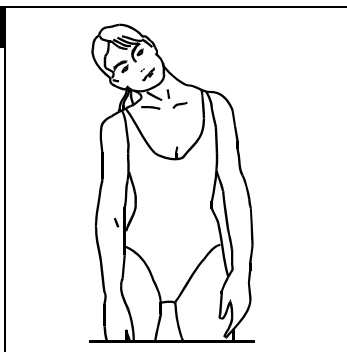
### Calf-Achilles Stretch:

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



### Head Roll:

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



### Read carefully the following before using your treadmill

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

#### WARNING

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

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

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

#### WARNING

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

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

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

## Computer Overview

### Buttons and Windows

#### Incline up:

This will select program/level in setting mode before starting

#### Incline down:

This will select program/level in setting mode before starting.

This will decrease the elevation in 1 increment.

#### SPEED up:

This will select program/level in setting mode before starting.

This will increase the speed in 0.1 km/h or 0.1 mph.

#### SPEED down:

This will select program/level in setting mode before starting.

This will decrease the speed in 0.1 km/h or 0.1 mph.

#### START/STOP:

This will start and stop the treadmill. There will also be an emergency stop switch. (Safety Key)

#### MODE:

This will accept programs/level selection and will switch display data on data window during exercise.

#### RESET:

This will reset programs.

#### Quick keys for speed/incline:

Quick keys for incline: 4,6,8,10

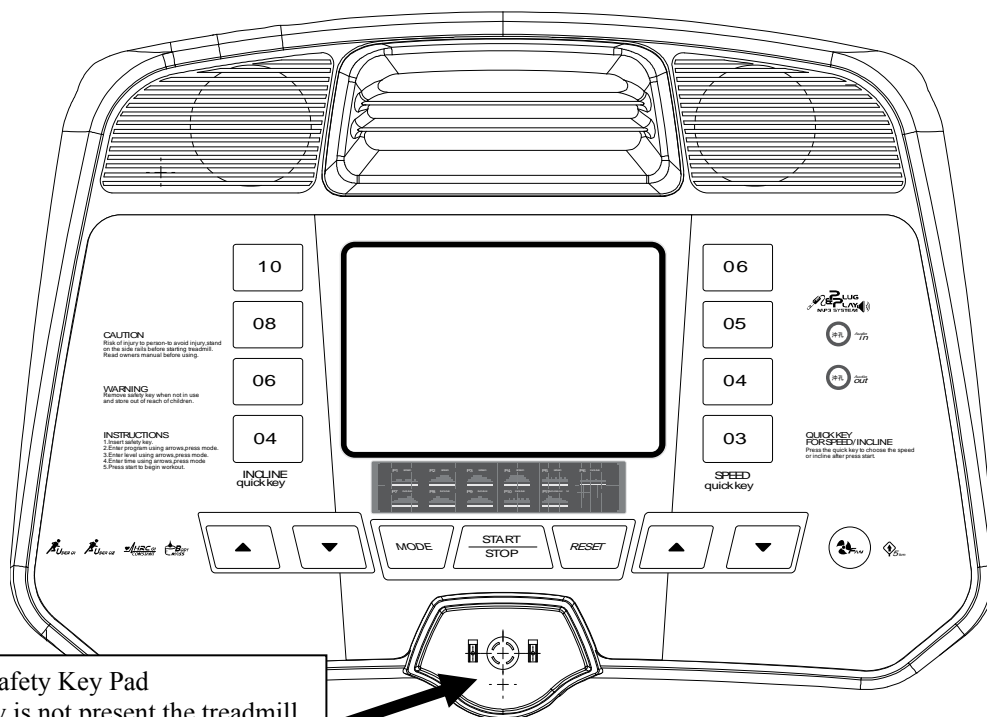
Quick keys for speed: 4,6,8,10 km/hr or 3,4,5,6 mph

*If the light under each button is flashing, it means to use that button for next setup process.*

**There is 1 LCD window and 12 Alpha numeric displays.**

**Handlebar toggle for incline and speed adjustment**

1. **Left:** incline adjustment. Increase or decrease by 1 level
2. **Right:** speed adjustment. Increase or decrease by 0.1 mph/kph



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

## EXERCISE PROGRAMS

Treadmill is with 1 manual and 12 preset programs (5 speed programs, 5 incline programs, 1 distance program and H.R.C. program). Each present program has 3 different levels.

**Speed Programs:** Programs P1-P5 automatically change the speed of the treadmill throughout the workout. Each program starts depending upon the program. The incline can be manually set by the user in any of the speed programs and this incline will remain throughout the workout unless modified by user. The speed can also be modified, but changes to the speed will only last until the end of each specific program segment. Profiles for the speed programs are shown below:



**Incline Programs:** Programs P6-P10 automatically modify the level of incline for the treadmill belt. In an incline program, the user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout, but at the end of each workout segment the program will override any adjustments made to the incline. The range of incline in programs P6-P10 is from levels 1 to 12. Profiles for the incline programs are shown below:



**3 ML distance program:** program P11 automatically change the level of incline for the treadmill belt. The user sets the speed to a desired level and the program modifies the incline. The user can override the incline for any segment within the workout, but at the end of each workout segment the program will override any adjustments made to the incline.



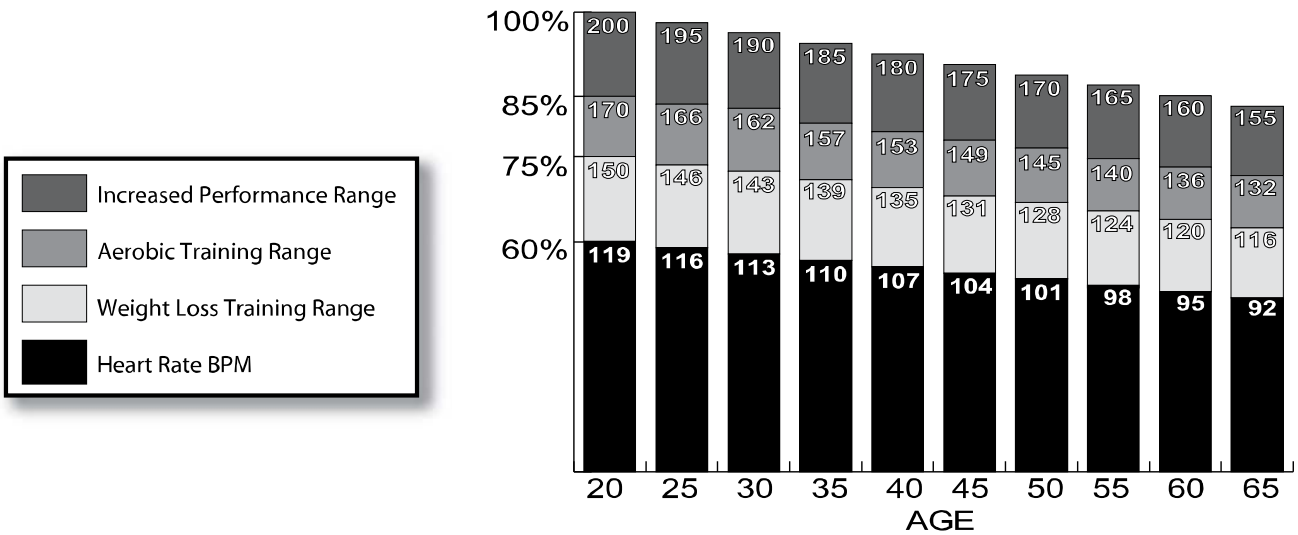
**User Setup Programs:** provide the ability to establish customized workout programs specific to a user's workout requirements. For each user setup program, the workout time is set and then 12 unique workout segments are set up by the user. For each segment, the user can present the speed and incline of the segment by using the up and down arrow buttons and then pushing the mode button to set each program.

Once a program is set up, the user simply scrolls to the User1 program and pushes the start button. To modify the program after it is established, select the program and then push the mode button.

**EXERCISE PROGRAMS**

**TARGET HEART RATE PROGRAM:** This program automatically modifies the speed and incline to maintain a preset target heart rate. This target is established in the setup process. The chart on this owner’s manual can be used to determine the appropriate target heart rate. To set up the target heart rate program, you will need to enter the workout time, your age, and your target heart rate.

**TARGET HEART RATE CHART**



**WIRELESS HEART RATE CHEST STRAP:** The most accurate way to read your heart rate is by using a wireless heart rate transmitter. Prior to wearing the strap, moisten the two contact pads with several drops of water and spread the water over the pads with your finger. When you put on the strap, center the transmitter strap just below the breast or pectoral muscles, directly over your sternum. Adjust the elastic strap so the belt fits snugly and stays in place.

**Body Mass Program:**

**Body Mass Index BMI:** A scientific measure that uses a ratio of height and weight. It is a general measure of health risk, but does not take into account lean body mass. As a result, a healthy muscular individual with very low body fat can be classified as overweight. The following are general ranges of BMI measurements:

Below 20	Lean – if you are not athletic, you should consult your Physician regarding the fitness plan that best suits your needs
Between 21 and 24	Ideal – indicates a healthy amount of body fat.
Between 25 and 29	Slightly Overweight – You should find ways to reduce your weight through diet and exercise.
Over 30	Overweight – May indicate an unhealthy condition You should consult your Physician regarding the fitness plan that best suits your needs

Note: BMI is based off a fixed scale and may not consider every variable of your physical condition.

## Computer Operation

### Quick Start

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. Quick Start: The quickest and easiest way to start your treadmill is to push the Quick Start button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at 1 km per hour (0.6 ml per hour).
3. Speed Adjustment: can be increased and decreased in 3 different ways:

**Display Console:** " $\wedge$ " and " $\vee$ " Each time you depress the " $\wedge$ " button on the display console, the speed will increase by 0.6ml per hour (0.1 km per hour).

**Handlebar Speed Control:** the heart rate sensor on the right side of the handlebars includes an incline control switch. Pushing the switch on the right side increases the speed by 0.1 km (0.1ml) and pushing the button on the right side decreases the speed by 0.1 km (0.1ml).

**Quick Buttons:** the display console includes buttons that immediately set the speed to 3, 4, 5 and 6 ml/h (4, 6, 8 and 10 km/h) without having to scroll through the speeds.

4. Incline: like the speed settings, incline can be adjusted 3 different ways:

**Display Console:** " $\wedge$ " and " $\vee$ " Each time you depress the " $\wedge$ " or " $\vee$ " button on the display console the incline will increase or decrease by 1 level.

**Handlebar Incline Control:** the heart rate sensor on the left side of the handlebars includes an incline control switch. Pushing the switch on the left side increases the incline by 1 level and pushing the button on the right side decreases the incline by 1 level.

5. Display Readouts: Besides "Speed" and "Incline" the center LCD window will display Time, Dis, Cal, Heart Rate. By pressing the MODE button, you can select the function that you want displayed on the center LCD window, or you can go to the Scan mode to scan through all functions. In the "Quick Start" mode, time will start to count up from 0:00.

## Computer Operation

### Programs Setup and Selection

1. **Select Program:** To start a program, simply select the desired program by pressing on either the " $\wedge$ " and " $\vee$ " buttons and then pressing the "MODE" button.
2. **Select Level:** Select the desired level (L1-L3) by pressing on either the " $\wedge$ " and " $\vee$ " buttons and then pressing the "MODE" button.
3. **Set Time:** Now choose how long you would like to workout by pressing either set of " $\wedge$ " and " $\vee$ " arrows. Each time you push the " $\wedge$ " and " $\vee$ " button, the workout time will change by one minute. You can also hold these buttons down to quickly scroll through the time. The shortest preset program time is 12 minutes and the longest is 99 minutes.
4. **Press Start:** Once the desired time is selected, push the "Quick Start" button to begin your workout.

### User Setup Programs

1. **Select Program:** Use either set of " $\wedge$ " and " $\vee$ " arrows to scroll through the programs until you reach USER 1 or USER 2 and press the "MODE" button.
2. **Set Time:** Choose how long you would like to workout by pressing either set of " $\wedge$ " and " $\vee$ " and press the "MODE" button.
3. **Enter Segment Speed and Incline:** each program is divided into 12 equal segments. Select the desired speed for each segment by pressing on the " $\wedge$ " and " $\vee$ " buttons, then select the desired incline for each segment by pressing on the " $\wedge$ " and " $\vee$ " arrows. After selecting the incline and speed for the segment, press the "MODE" button and make the selection for the next segment until all 10 segments are completed. Press the "Start" button to begin the workout.
4. **Editing a User Setup Program:** To edit the program, scroll to either "USER 1" or "USER 2" programs and press the "MODE" button. Make the desired changes to the program and press "MODE" at the end of each segment. Press the "Start" button once completed.

### Target Heart Rate Program Setup

1. **Select Program:** Use either " $\wedge$ " or " $\vee$ " arrow to scroll through the programs until "HRC" is shown on the center display, then press the "MODE" button.
2. **Select Age:** Use either " $\wedge$ " or " $\vee$ " arrow to enter the user age, then press the "MODE" button.
3. **Set Target Heart Rate:** Use either " $\wedge$ " or " $\vee$ " arrow to set the target heart rate, then press "MODE." After a warm-up period, the program will automatically adjust the speed to maintain the Target Heart Rate (Range from 60-180 bpm).
4. **Set Target Max Speed:** Use either " $\wedge$ " or " $\vee$ " arrow to set the target max speed. The speed will not increase over the max speed even though pulse has not reached target heart rate yet.
5. **Enter Program Time:** Use either " $\wedge$ " or " $\vee$ " arrow to enter the program workout time, then press the "Start" button.

## Computer Operation

### Notes:

- 1) After pressing "Start," there is a warming period for the first 3 minutes at incline level and speed 2 mph (3 km/hr).
- 2) After warming up, the program compares actual heart rate every 12-15 seconds.
- 3) If the actual heart rate is less than target heart rate, speed will be increased by .2 mph (0.2 km/hr) every time and incline will be increased by 1 once changing speed by 5 times. If the actual heart rate is greater than target heart rate, speed will be decreased by .2 mph (0.2 km/hr) every time and incline will be decreased by 1 once changing speed by 5 times.
- 4) If the speed is increased up to max target speed, then speed cannot be increased any more, even though the actual heart rate is still less than target heart rate.
- 5) If it does not read heart rate signal from user in 30 seconds after warming period, the treadmill stops into run-end mode.

### Body Composition Analysis

1. **Select Program:** Use either set of "^" and "v" arrows to scroll through the programs until you reach the "Body mass" composition program and press the "MODE" button.
2. **Select Gentle:** Press mode button of Male or Female selection or press "^" or "v" button to scroll to the "0" or "1" selection and then press the "MODE" button. (1=Male/0=Female). Because limitations of the LCD display, these selections are shown as "0" and "1" on the display console.
3. **Enter Height:** Use either set of "^" and "v" arrows to select your height and press the "MODE" button. 51-94 inches (The range from 130cm-240cm).
4. **Enter Weight:** Use either set of "^" and "v" arrows to select your weight and press the "MODE" button 50-396 lbs (23-180kg).
5. **Enter Age:** 13-80 years old.
6. **Press Mode:** After all selections are made, press the "MODE" button and place both hands over the rate sensors on the handle bars. It will take several seconds for the system to calculate each readout. If after waiting for 10 seconds the system does not show your readouts, it is not getting a good reading from the heart rate sensors. This can generally be resolved by walking on the treadmill at an average speed for 3-4 minutes to increase your heart rate and improve the signal pickup from the heart rate sensors.

### Pause Function

Pause the treadmill at any time during the operation by pressing the "Stop" button once. To resume operations, press the "Start" button.

### Reset Button

Pressing the "Reset" button will reset the console to the beginning of the program setup process

## Computer Operation

### PRESET PROGRAM

Under preset programs, the preset workout time is 24 minutes. You can adjust the workout time while in set program mode.

**5.65**

#### km/hr speed program

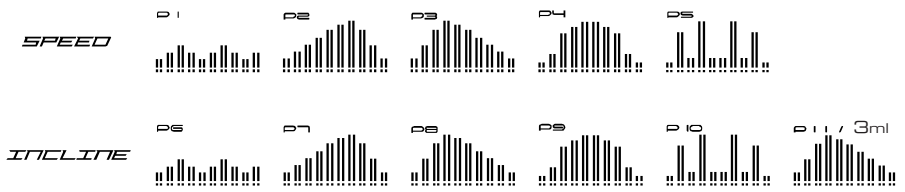
#### incline program

	P1			P2			P3			P4			P5			P6			P7			P8			P9			P10			P11(5km)				
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2
Interval1	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4		
Interval2	2	3	4	3	4	5	4	5	6	3	4	5	7	8	9	2	3	4	3	4	5	4	5	6	3	4	5	7	8	9	4	5	6		
Interval3	3	4	5	4	5	6	6	7	8	6	7	8	2	2	2	3	4	5	4	5	6	6	7	8	6	7	8	2	2	2	6	7	8		
Interval4	4	5	6	5	6	7	8	9	10	7	8	9	9	10	11	4	5	6	5	6	7	8	9	10	7	8	9	9	10	11	8	9	10		
Interval5	3	4	5	6	7	8	8	9	10	7	8	9	9	10	11	3	4	5	6	7	8	8	9	10	7	8	9	9	10	11	8	9	10		
Interval6	2	3	4	7	8	9	7	8	9	8	9	10	2	3	4	2	3	4	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9		
Interval7	3	4	5	7	8	9	7	8	9	8	9	10	2	3	4	3	4	5	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9		
Interval8	4	5	6	8	9	10	6	7	8	7	8	9	9	10	11	4	5	6	8	9	10	6	7	8	7	8	9	9	10	11	6	7	8		
Interval9	3	4	5	8	9	10	5	6	7	7	8	9	9	10	11	3	4	5	8	9	10	5	6	7	7	8	9	9	10	11	5	6	7		
Interval10	2	3	4	6	7	8	4	5	6	6	7	8	2	2	2	2	3	4	6	7	8	4	5	6	6	7	8	2	2	2	4	5	6		
Interval11	3	4	5	4	5	6	3	4	5	3	4	5	7	8	9	3	4	5	4	5	6	3	4	5	3	4	5	7	8	9	3	4	5		
Interval12	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4		

#### mile/hr speed program

#### incline program

	P1			P2			P3			P4			P5			P6			P7			P8			P9			P10			P11(3mi)		
	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3	L1	L2	L3
Interval1	1.2	1.8	2.5	1.2	1.8	2.5	1.2	1.8	2.5	0.6	1.2	1.8	0.6	1.2	1.8	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4
Interval2	1.2	1.8	2.5	1.8	2.5	3.1	2.5	3.1	3.7	1.8	2.5	3.1	4.3	5.0	5.6	2	3	4	3	4	5	4	5	6	3	4	5	7	8	9	4	5	6
Interval3	1.8	2.5	3.1	2.5	3.1	3.7	3.7	4.3	5.0	3.7	4.3	5.0	1.2	1.2	1.2	3	4	5	4	5	6	6	7	8	6	7	8	2	2	2	6	7	8
Interval4	2.5	3.1	3.7	3.1	3.7	4.3	5.0	5.6	6.2	4.3	5.0	5.6	6.2	6.8	4	5	6	5	6	7	8	9	10	7	8	9	9	10	11	8	9	10	
Interval5	1.8	2.5	3.1	3.7	4.3	5.0	5.0	5.6	6.2	4.3	5.0	5.6	6.2	6.8	3	4	5	6	7	8	8	9	10	7	8	9	9	10	11	8	9	10	
Interval6	1.2	1.8	2.5	4.3	5.0	5.6	4.3	5.0	5.6	5.0	5.6	6.2	1.2	1.8	2.5	2	3	4	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9
Interval7	1.8	2.5	3.1	4.3	5.0	5.6	4.3	5.0	5.6	5.0	5.6	6.2	1.2	1.8	2.5	3	4	5	7	8	9	7	8	9	8	9	10	2	3	4	7	8	9
Interval8	2.5	3.1	3.7	5.0	5.6	6.2	3.7	4.3	5.0	4.3	5.0	5.6	6.2	6.8	4	5	6	8	9	10	6	7	8	7	8	9	9	10	11	6	7	8	
Interval9	1.8	2.5	3.1	5.0	5.6	6.2	3.1	3.7	4.3	4.3	5.0	5.6	6.2	6.8	3	4	5	8	9	10	5	6	7	7	8	9	9	10	11	5	6	7	
Interval10	1.2	1.8	2.5	3.7	4.3	5.0	2.5	3.1	3.7	3.7	4.3	5.0	1.2	1.2	1.2	2	3	4	6	7	8	4	5	6	6	7	8	2	2	2	4	5	6
Interval11	1.8	2.5	3.1	2.5	3.1	3.7	1.8	2.5	3.1	1.8	2.5	3.1	4.3	5.0	5.6	3	4	5	4	5	6	3	4	5	3	4	5	7	8	9	3	4	5
Interval12	1.2	1.8	2.5	1.2	1.8	2.5	1.2	1.8	2.5	0.6	1.2	1.8	0.6	1.2	1.8	2	3	4	2	3	4	2	3	4	1	2	3	1	2	3	2	3	4



## TROUBLESHOOTING

### Troubleshooting with Error Codes

Electronics continuously run a self-check. If it finds an irregularity, the electronic console will display an error code and stop normal operations for safety.

#### Error Code Description E1 Speed Error E6/E7 Incline Error

Error Code	Troubleshooting
<b>E1:</b>	<p>When E1 is displayed, remove safety key and insert it again to restart treadmill. If E1 is still shown on display, please check the following:</p> <ol style="list-style-type: none"> <li>1. Please check all cable connections are well connected.</li> <li>2. The treadmill did not move after pressing “Start” and shows E1, please check if there is any part stuck.</li> <li>3. The treadmill runs for a few seconds after pressing “Start” but stops, please check if the sensor (near flywheel of front roller) is loose or defective.</li> <li>4. Please check if wires connected to motor are loose or not.</li> <li>5. Please contact stores for service if E1 cannot be resolved.</li> </ol>
<b>E4:</b>	<p>Under Body Mass Program, heart rate is not read during continuous 8 sec.</p> <ol style="list-style-type: none"> <li>1. Please reset or remove safety key. Then run body mass program again.</li> </ol>
<b>E6/E7:</b>	<p>When E6/E7 is displayed, remove safety key and insert it again to restart treadmill. If E6/E7 is still shown on display, please check the following or call for service.</p> <ol style="list-style-type: none"> <li>1. Reset incline value.             <ol style="list-style-type: none"> <li>(1) When the position of incline is lower than middle level, press “MODE” and “Incline up” buttons. Hold both buttons and the incline will be raised. Release the two buttons until the incline position is up to the middle level.</li> <li>(2) When the position of incline is higher than middle level, press “MODE” and “Incline down” buttons. Hold both buttons and the incline will be reduced. Release the two buttons until the incline position is down to middle level.</li> </ol> </li> </ol> <p>Please try it a few times. If you cannot get the incline moved, please contact stores for service.</p> <p>Once the incline position is at middle level, please turn off power and restart. Please see if E6/E7 goes away. If not, please contact stores for service.</p> <ol style="list-style-type: none"> <li>2. Please check if red/white incline cables are well-connected to MCB.</li> <li>3. If the above steps cannot reset incline, please contact stores for service.</li> </ol>

## Warranty

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

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

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

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
5.65	Lifetime	Lifetime	5 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:

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

OR

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

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

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

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

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

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

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

**Limitations on Warranty:** This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room).

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

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO 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.

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