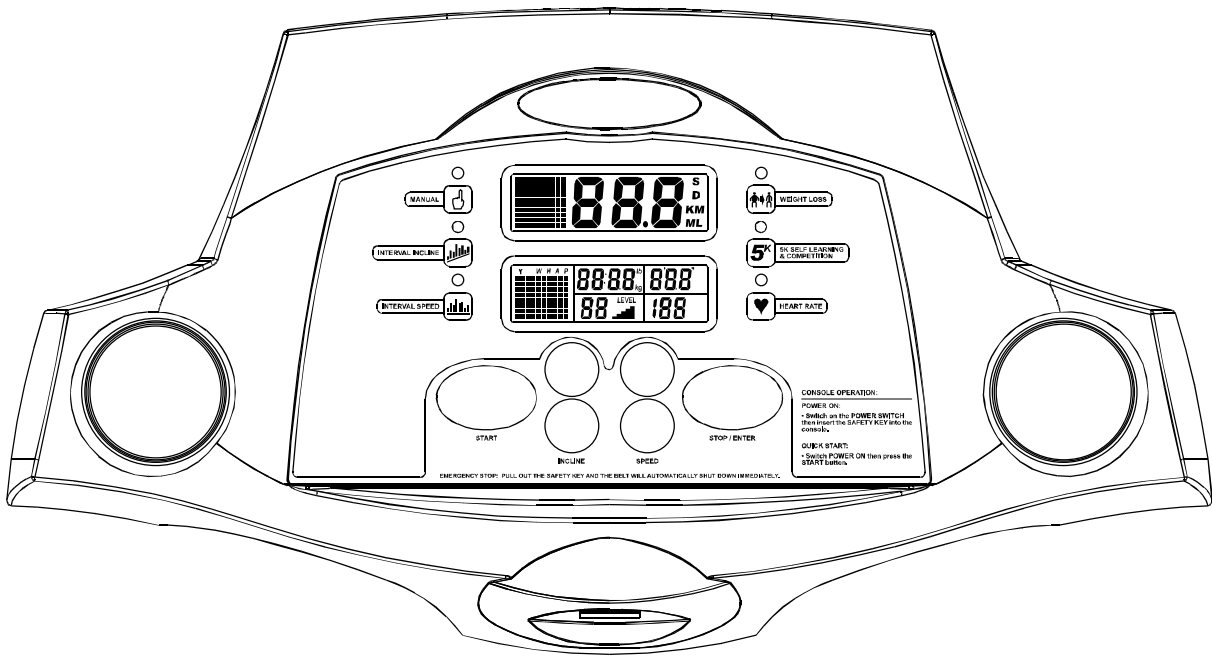


COMPUTER INSTRUCTIONS

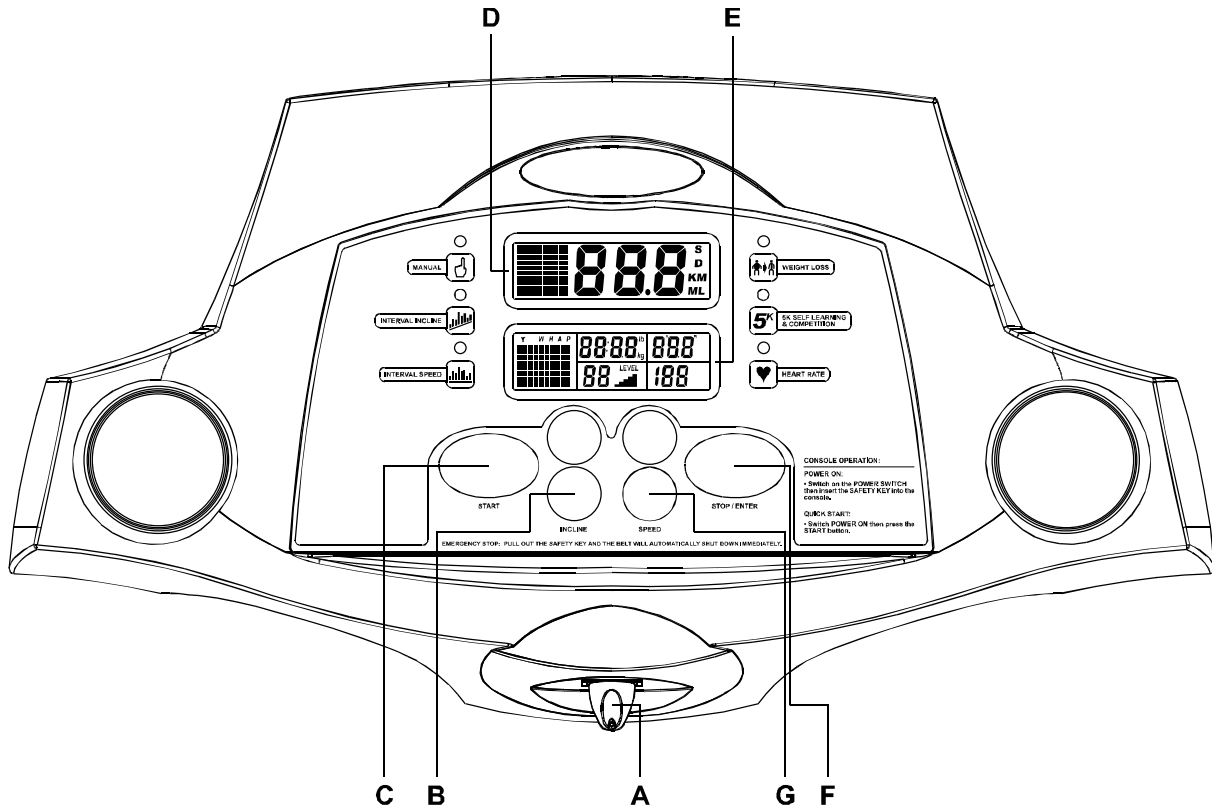
# COMPUTER INSTRUCTIONS

MODEL NUMBER: Smooth 7.1



## Smooth 7.1 COMPUTER INSTRUCTIONS

## COMPUTER OPERATION



Safety Key	A	B	INCLINE UP/DOWN Buttons
START Button	C	D	LCD 1 Window
LCD 2 Window	E	F	STOP/ENTER Button
SPEED UP/DOWN Buttons	G		

## BUTTON FUNCTIONS

**START** – Press to start exercise at initial speed 0.5MPH / 0.8KPH.

**STOP / ENTER**

- Press to confirm program and preset function values setting mode.
- Press to run setting procedure before pressing the START KEY.
- Press to stop exercise during workout time.

**SPEED UP**

- Press to increase exercise speed by 0.1MPH/KPH.
- Hold the button to rapidly increase speed by 0.5MPH/KMPH per second and release the button to stop the function.

**SPEED DOWN**

- Press to decrease exercise speed by 0.1MPH/KPH.
- Hold the button to rapidly decrease speed by 0.5MPH/KMPH per second and release the button to stop the function.

## COMPUTER OPERATION

### INCLINE UP / DOWN

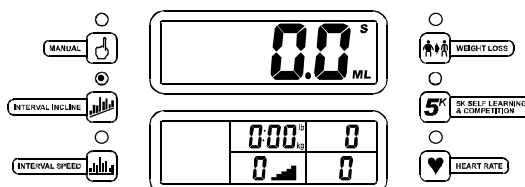
- Press up or down to change incline level.
- Press to select programs and preset related function value.

### SAFETY KEY

The safety key must be inserted into the slot on the console in order to operate the treadmill. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation first turn the power switch to off and set the speed controller to stop. Next turn the power switch to on and reinsert the safety key into the console.

### POWER ON

Set the POWER SWITCH, located on the base frame, to ON and insert the SAFETY KEY. The UPPER LCD and LOWER LCD screens light up all digits and enter the POWER ON mode.



The UPPER LCD SPEED/DISTANCE window shows "0.0" and 6 program LED lights blink individually. The LOWER LCD shows 0 on all windows.

### SLEEP MODE

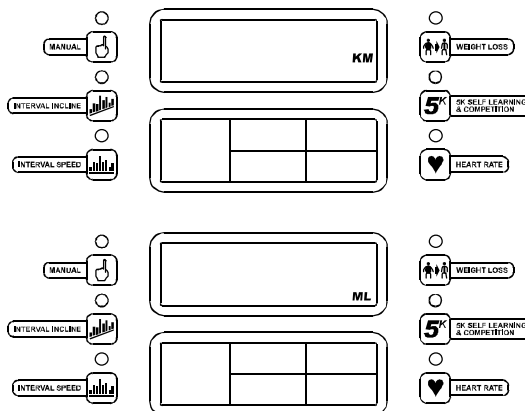
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.

### DISPLAY MODE

This feature is designed only for store display purpose. To cancel the SLEEP MODE feature, pull out the safety key, press and hold the SPEED UP and DOWN buttons, insert the safety key to power on the treadmill. After one short beep sound, the SLEEP MODE will be cancelled and the LCD will not go off as long as the power switch stays on and the safety key is inserted properly.

### ENGLISH / METRIC CONVERSION

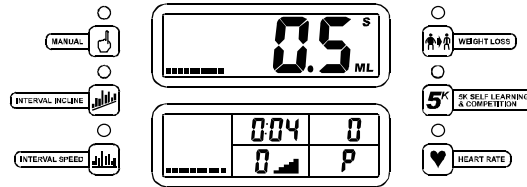
The computer has been preset to calculate and show all information in English (miles, pounds, inches). The computer can be set to display information in Metric (kilometers, kilograms, centimeters). To do this set the POWER SWITCH, located on the base frame, to ON. Press and hold the START button. Insert the SAFETY KEY. The computer will sound one short BEEP and the UPPER LCD will show KM and blink. Press the INCLINE UP/DOWN button to switch between KM and ML. KM means Metric and ML means English. Press the STOP/ENTER button to confirm the setting and return to POWER ON status after one long beep sound.



## COMPUTER OPERATION

### QUICK START

When the treadmill is in POWER ON status, press the START button to activate the QUICK START. The SPEED LCD counts down 3 seconds with 3 short beeps then starts from 0.5 MPH/0.8 KPH. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to elevate the treadmill. The TIME, CALORIES and DISTANCE count up from 0. The PULSE LCD shows P until you hold the hand pulse grip sensors or wear the chest belt heart rate transmitter (optional) then the PULSE LCD will display the current pulse during the workout.



### STOP/PAUSE

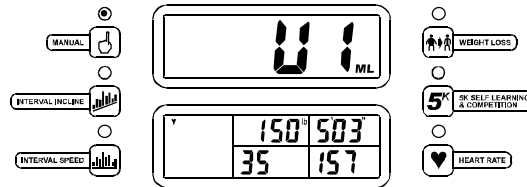
During the workout, press the STOP/ENTER button to PAUSE the treadmill, all workout data will be frozen. Press the START button to resume the workout and all data will continue counting. If the STOP/ENTER button is pressed twice, the treadmill will return to POWER ON status and all workout information will return to 0.

### COMPUTER PROGRAM OPERATION

To select the program, press the program buttons when the treadmill is in POWER ON status. For the first time user, you have to set up the user information and assign your USER ID from U 1 to U 9 before the program starts.

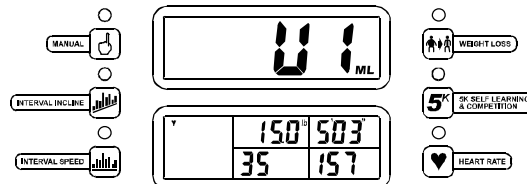
### SET UP USER INFORMATION

Press any program button on the computer panel. For the first time use of the treadmill, the upper LCD will show a blinking U1 and the lower LCD will show factory default setting values of user weight, height, age and target heart rate. Press the INCLINE UP/DOWN buttons to choose the USER ID from U1 to U9 and press the STOP/ENTER button to assign your user ID.



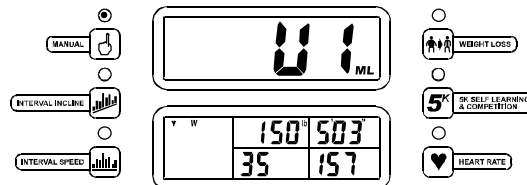
### SET USER GENDER

After assigning your user ID, the gender icon will display on the lower LCD. Press the INCLINE UP/DOWN buttons to switch between male and female icon then press the STOP/ENTER button to select your gender.



### SET USER WEIGHT

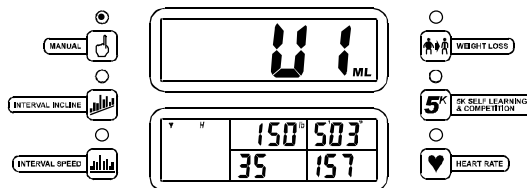
After setting the user gender, the lower LCD will display W. The TIME LCD display now shows the blinking factory setting user weight 150LB/68KG. Press the INCLINE UP/DOWN buttons to adjust the user weight correctly and press STOP/ENTER to set the user weight.



## COMPUTER OPERATION

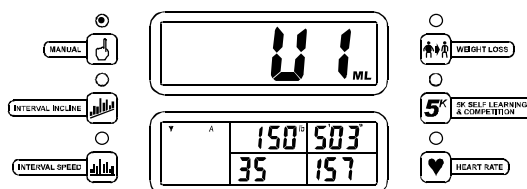
### SET USER HEIGHT

After setting the user weight, the lower LCD will display H. The CALORIES LCD display now shows the blinking factory setting user height 5'3"/160CM. Press the INCLINE UP/DOWN buttons to adjust the user height correctly and press STOP/ENTER to set the user height.



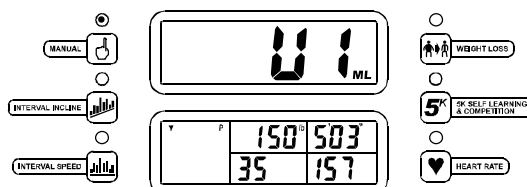
### SET USER AGE

After setting the user weight, the lower LCD will display A. The INCLINE LEVEL LCD display now shows the blinking factory setting user age 35. Press the INCLINE UP/DOWN buttons to adjust the user age correctly and press STOP/ENTER to set the user age.



### SET USER TARGET HEART RATE

When you set up the user AGE, please note the user TARGET HEART RATE will be adjusted with the user AGE according to the factory setting. The factory TARGET HEART RATE setting is based on 85% of the maximum heart rate. The maximum heart rate is calculated as 220 minus the user age. For age 35, the maximum user heart rate should be 185 and 85% of user heart rate, which is 157. After setting the user age, the lower LCD will show P and the PULSE LCD shows the blinking factory target heart rate setting. Press the INCLINE UP/DOWN buttons to adjust the user target heart rate properly for your own physical condition and press the STOP/ENTER button to set the user TARGET HEART RATE.



Now, you have completed the user information set up. For the 2<sup>nd</sup> or other member in the family, please assign a different user ID. This treadmill can allow set and memorize 9 different user's information. For the repeat user, after pressing the program button, please press the INCLINE UP/DOWN buttons to select the USER ID that you assigned previously. Each time when the treadmill is switched off and switched on again it will enter the select program procedure. The user ID will show the user ID of the previous user.

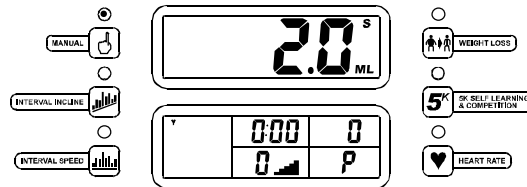
### OPERATE PROGRAM

After completing the USER INFORMATION SET UP, prior to starting the program you selected, please follow the procedure to operate the different programs as described below:

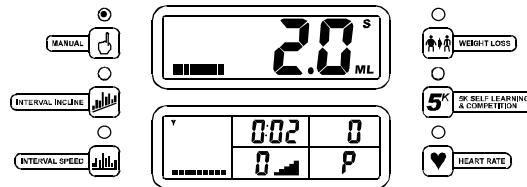
## COMPUTER OPERATION

**P1 MANUAL PROGRAM**

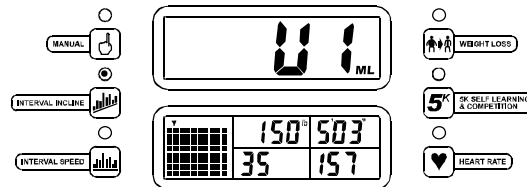
If you select the P1 MANUAL program, the upper and lower LCD will show the following:



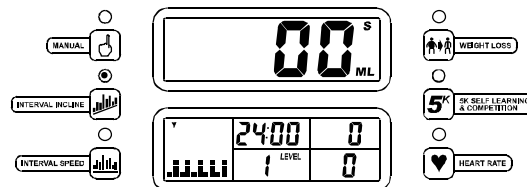
After completing the user information set up, the SPEED LCD displays the initial speed 2.0MPH/3.2KPH and the PULSE LCD displays P. TIME, CALORIES AND INCLINE LEVEL all show 0. Press the START button to start the workout. Press the SPEED UP/DOWN buttons to adjust the speed from 0.5MPH to 10MPH and press the INCLINE UP/DOWN buttons to adjust the incline level from level 0 to 15. Distance, time, calories all count up from 0.

**P2 INTERVAL INCLINE**

If you select the P2 INTERVAL INCLINE program, the upper and lower LCD will show the following:



After completing the user information set up, SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting.



Then the blinking TIME LCD displays 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. SPEED starts from 2.0MPH/3.2KPH. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL follows the pre-set chart as follows:

COMPUTER OPERATION

LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

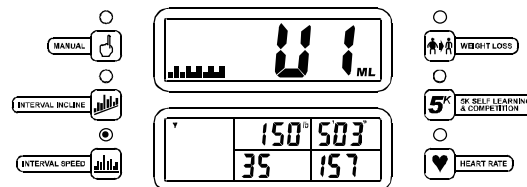
During the workout, press the SPEED UP/DOWN buttons to adjust the speed. Users can overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

**COOL DOWN**

After the pre-set TIME counts down to 0, treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at speed 2 MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

** P3 INTERVAL SPEED**

If you select the P3 INTERVAL SPEED program, the upper and lower LCD will show the following:



After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and a blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD will display a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED start and change follows the pre-set workout load speed chart as below. The TIME counts down from the set up workout time. The CALORIES and DISTANCE count up from 0. INCLINE LEVEL starts from level 0.

COMPUTER OPERATION

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

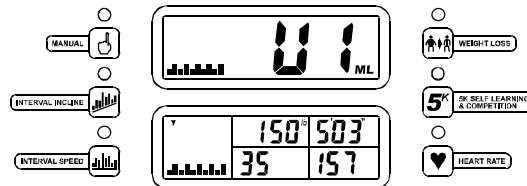
During the workout, press the INCLINE UP/DOWN button to adjust the incline level. Users can overwrite the speed by pressing the SPEED UP/DOWN buttons.

**COOL DOWN**

After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After the one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

**P4 WEIGHT LOSS**

If you select the P4 WEIGHT LOSS program, the upper and lower LCD will show the following:



After completing the user information set up, the SPEED, CALORIES and PULSE LCD display 0. The TIME display shows factory setting 24:00 and the blinking workout load level shows 1. Press the INCLINE UP/DOWN buttons to adjust the workout load level from 1 to 12 then press the STOP/ENTER button to confirm the setting. Then the TIME LCD displays a blinking 24:00. Press the INCLINE UP/DOWN buttons to adjust the total workout time and press the STOP/ENTER button to confirm the setting.

Press the START button to start the workout. The SPEED and INCLINE follow the pre-set workout load chart. The TIME counts down from the set up workout time. Distance and Calories count up from 0.

## COMPUTER OPERATION

LEVEL	MIN. SPEED	MAX. SPEED	MINI. INCLINE LEVEL	MAX INCLINE LEVEL
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14

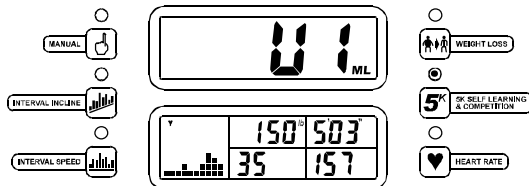
During the workout, users can overwrite the speed by pressing the SPEED UP/DOWN buttons and overwrite the incline level by pressing the INCLINE UP/DOWN buttons.

### COOL DOWN

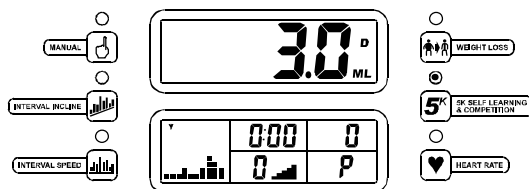
After the pre-set TIME counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

### 5 P5 5K SELF LEARNING / COMPETITION

If you select the P5 5K SELF LEARNING / COMPETITION program, the upper and lower LCD will show the following:



After completing the user information set up, the DISTANCE LCD shows preset distance 3M/5KM. The TIME, CALORIES and INCLINE LEVEL LCD display 0 and the PULSE LCD display shows P.



Press the START button to start the program. Speed starts from 2.0MPH/3.2KPH. The TIME and CALORIES count up from 0. Incline level follows the factory pre-set profile. DISTANCE counts down from 3ML/5KM. During the workout you can adjust the speed by pressing the SPEED UP/DOWN buttons and overwrite the INCLINE LEVEL by pressing the INCLINE UP/DOWN buttons.

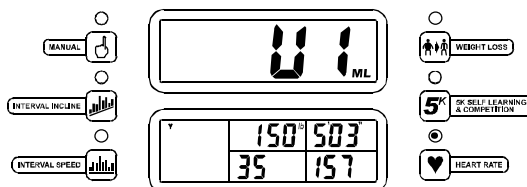
### COOL DOWN

After the pre-set DISTANCE counts down to 0, the treadmill will start a one minute cool down program. The TIME LCD will display COOL and blink for 10 seconds and continue counting down 50 seconds at a speed of 2MPH/3.2KPH. After a one minute cool down, the treadmill will stop and return to P2 start display. Press STOP/ENTER to go to POWER ON status.

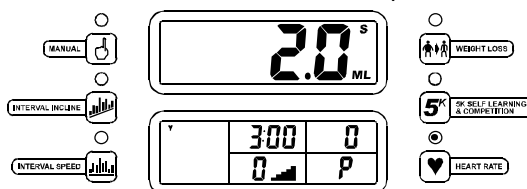
## COMPUTER OPERATION

## ♥ P6 HEART RATE CONTROL

If you select the P6 5K HEART RATE CONTROL program, the upper and lower LCD will show the following:



After completing the user information set up, the TIME LCD shows the blinking factory pre-set workout time 60:00. Press the INCLINE UP/DOWN buttons to adjust the workout time and press the STOP/ENTER button to confirm. Then the upper LCD shows initial speed 2.0MPH/3.2KPH and the lower LCD shows initial warm up time 3:00.



Press the START button to start the 3 minute WARM UP program. Speed starts from 2.0MPH/3.2KPH and INCLINE LEVEL starts from level 0. Please keep your hand on the hand pulse grips all the time during this workout in order to monitor your pulse correctly. During the program, if the heart rate monitor fails to sense the pulse you will see P blinking on the PULSE LCD. If the heart rate monitor senses the pulse properly you will see the stable heart beat sign on the PULSE LCD and the correct pulse readout on the PULSE LCD. The computer will sense the user pulse every 30 seconds. During the warm up program you can press the STOP/ENTER button to pause or stop the program or press the START button to re-start the program. Other buttons will not react during this warm up process.

During the warm up program if heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the speed. If heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate  $((220 - \text{age}) \times 65\%)$ , then speed will increase by 0.5MPH/0.8KPH per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the speed will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the first 3 minutes of warm up, the computer will continue the second 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the second 3 minute warm up, the computer will change the incline level instead of speed. If the heart rate monitor fails to sense the user's pulse (The PULSE LCD will display P and blink), the computer will not change the incline level. If the heart rate monitor senses the user's pulse properly and the actual user's pulse does not reach 65% of the maximum heart rate  $((220 - \text{age}) \times 65\%)$ , then the incline level will be increased by 1 level per 30 seconds. If the actual pulse reaches 65% of the maximum heart rate, the incline level will remain unchanged. If the actual pulse reaches 65% of the maximum heart rate over one minute, then the speed will be maintained the same until the warm up program finishes.

If the actual user's pulse fails to reach 65% of the maximum heart rate within the second 3 minutes of warm up, the computer will continue the third 3 minute warm up program. All workout information continues to count up and the timer counts down from 3:00. During the third 3 minute warm up, both speed and incline remain unchanged regardless of the actual pulse. If time counts down to 0 and 65% of the max. heart rate still can not be reached, the TIME LCD will show FAIL, and the program will stop and return to POWER ON status.

After the warm up program (if the actual pulse reaches 65% of the max. heart rate to complete warm up program), the computer will enter the HEART RATE CONTROL program. TIME counts down from the previous setting. Distance and Calories will continue counting up from the warm up program. During the HEART RATE CONTROL program, the heart rate monitor will sensor the actual user's pulse every 30 seconds. If the actual user's pulse does not reach 85% of the max. heart rate, then the incline level will be increased by 1 level every 30 seconds. If the actual user's pulse reaches 85% of the max. heart rate, then the treadmill performance will be remained the same. If the actual user's pulse is above 85% of the

COMPUTER OPERATION

max. heart rate, the incline level will be reduce by 1 level. Speed will remain unchanged until the incline level increase up to 15% or the incline level down to 0%. If the incline level is up to 15% and still 85% of the max. heart rate can not be reached, then speed will start increasing by 0.5MPH/0.8KPH every 30 seconds. If the incline level is down to 0% and still lower than 85% of the max. heart rate can not be reached, then the speed will lower by 0.5MPH/0.8KPH every 30 seconds.

If the actual user's pulse reaches above 85% of max. heart rate over 3 minutes, the HEART RATE CONTROL program will be shut down and the computer will enter the one minute COOL DOWN program.

When the TIME counts down to 0, the HEART RATE CONTROL program is completed, and the computer will enter the one minute COOL DOWN program.

After the COOL DOWN program, the computer will return to POWER ON status.

The purpose of the HEART RATE CONTROL program is to keep the user's pulse between 65% of the max. heart rate and 85% of the max. heart rate as to reach the most efficient workout result.

