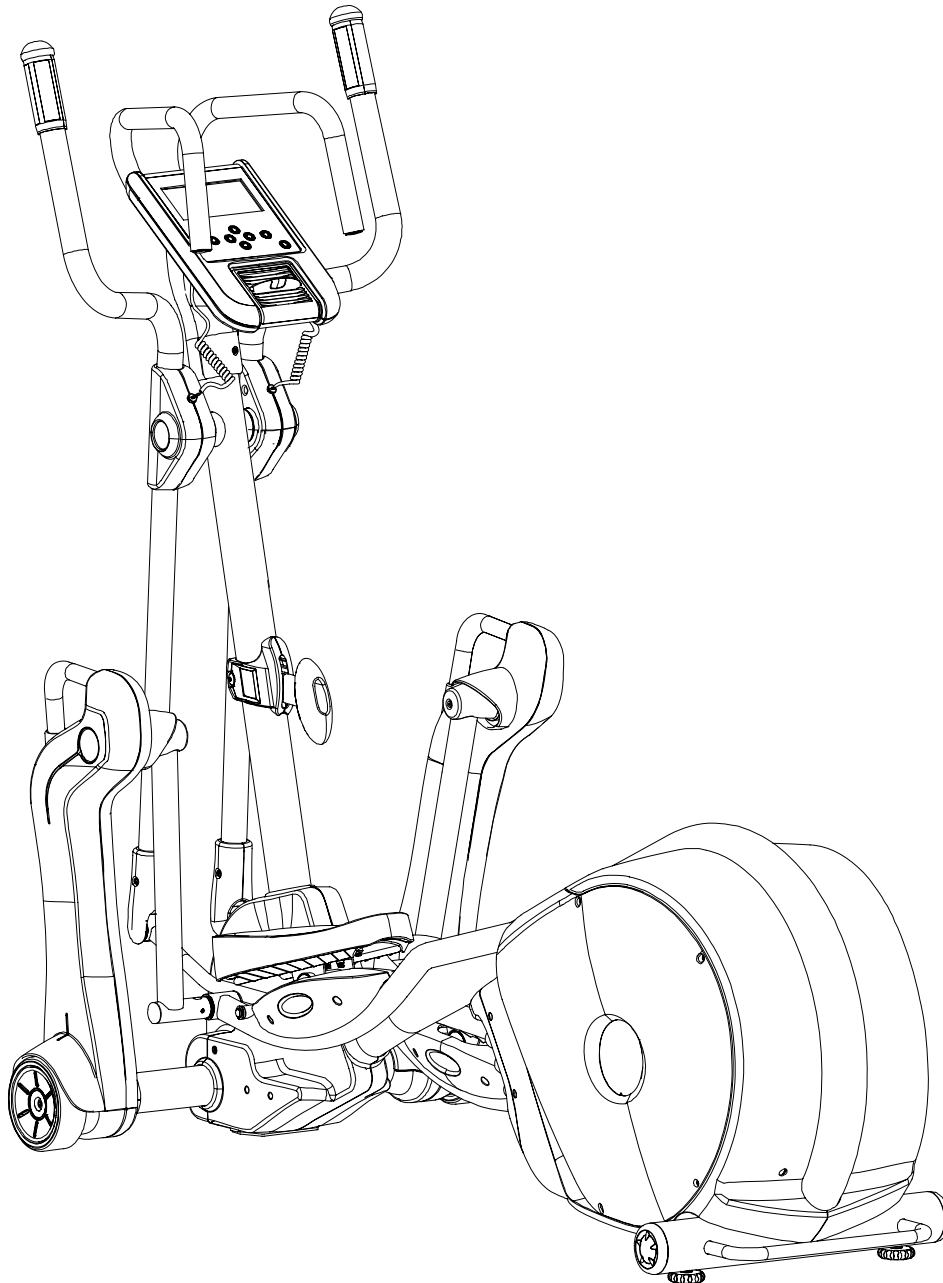


USER'S MANUAL

SMOOTH CE 2.7 ELLIPTICAL TRAINER

MODEL NUMBER: CE2.7



USER WEIGHT LIMITATION: **300 lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (Found on Frame):

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POLAR
heart rate technology

CE2.7 Elliptical Trainer

PREASSEMBLY**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 Smooth Fitness Elliptical Trainer.

Name: _____

Phone Number: _____

Receipt: _____

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:

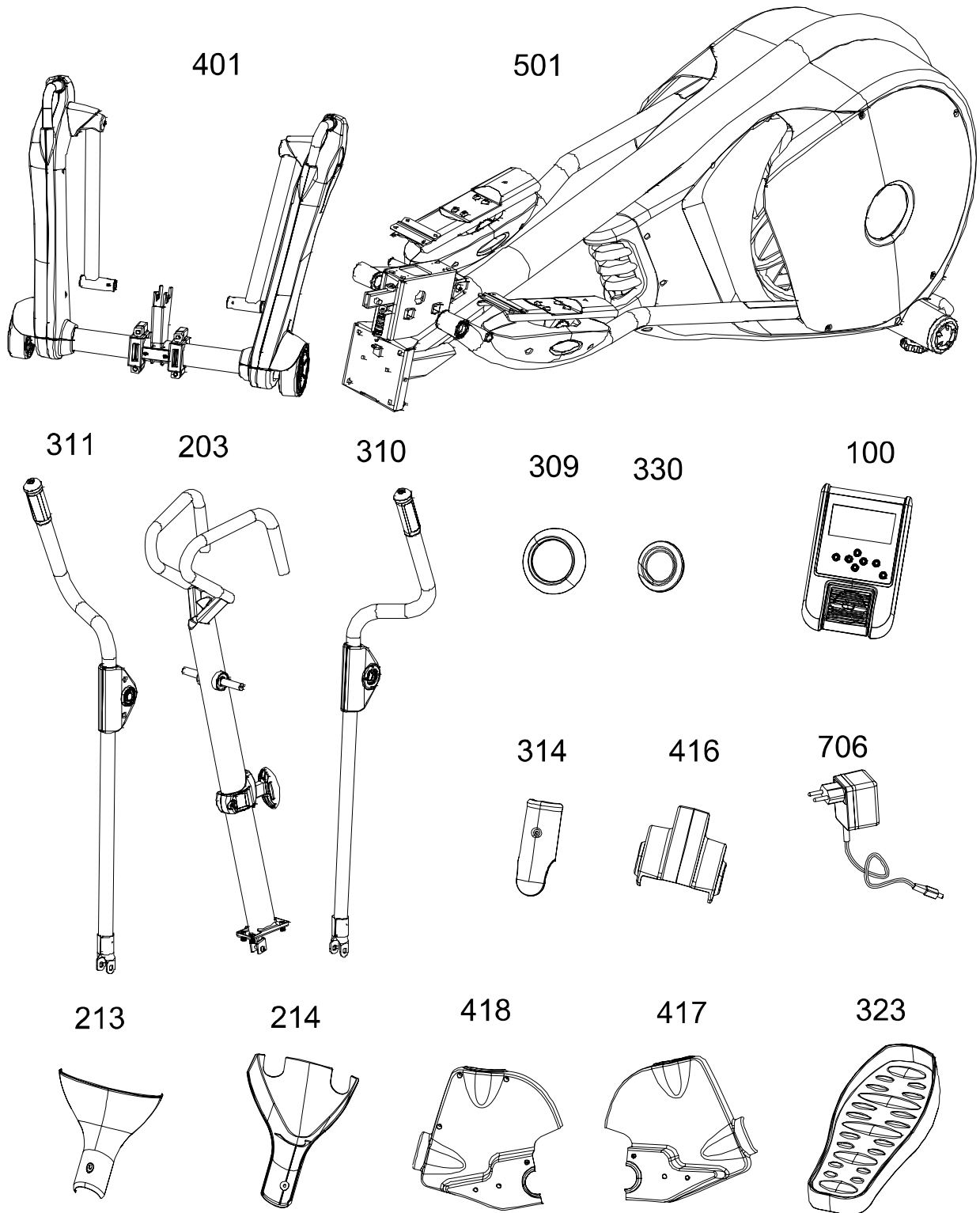
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 300lbs. 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.

CE2.7 Elliptical Trainer

CHECK LIST



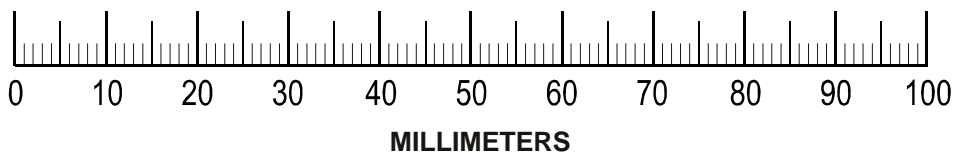
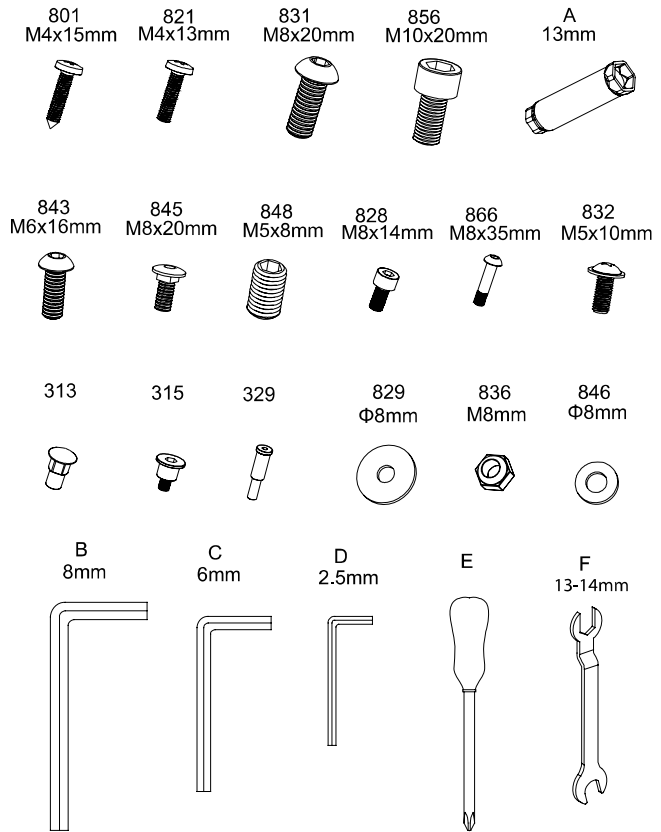
CE2.7 Elliptical Trainer

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.
801	Φ4x15mm Screw	13
821	Φ4x13mm Screw	2
828	M8x16mm Allen Bolt	4
829	Φ8x27 Washer	2
831	M8x20mm Allen Head Cap Bolt	2
832	M5x10mm Bolt	4
836	M8 Locknut	8
843	M6x16mm Allen Head Cap Bolt	8
845	M8x20x14 mm Bolt	2
846	Φ8x16 Washer	3
848	M5x8mm Allen Bolt	2
856	M10x20mm Allen Head Cap Bolt	4
866	M8x35mm Allen Head Cap Bolt	1
313	M8-16X26mm Bolt	2
315	M8-16X22mm Bolt	2
329	Pedal Fixing Axes	2
A	M13 Bushing Tool	1
B	8mm Allen Key	1
C	6mm Allen Key	1
D	2.5mm Allen Key	1
E	Screwdriver	1
F	Screw Wrench	1



CE2.7 Elliptical Trainer

Part List-1

Part No.	Parts Description	Quantity	Order Number
100 COMPUTER		1	CE2.7-100
101	Console-Upper	1	
102	Console-Lower	1	
103	Computer PC Board	1	
104	Loudhailer Control Board	1	
114	Fan	1	
115	Overlay	1	
116	Console Top Cover	1	
200 UPRIGHT			
201	Handlebar Foam	2	CE2.7-201
202	handlebar End Cap	2	CE2.7-202
203	Upright	1	CE2.7-203
204	Incline Adjust Handle Cover-Left	1	CE2.7-204
205	Incline Adjust Handle Cover-Right	1	CE2.7-205
206	Incline Adjust Handle Cover	1	CE2.7-206
207	Incline Adjust Handle	1	CE2.7-207
208	Incline Adjust Handle Fixing Axes	1	CE2.7-208
209	Incline Adjust Tube	1	CE2.7-209
210	Incline Adjust Compages	1	CE2.7-210
211	Tighten Spring	1	CE2.7-211
212	Cushion	1	CE2.7-212
213	Upright Upper Cover-Front	1	CE2.7-213
214	Upright Upper Cover-Back	1	CE2.7-214
215	Water Bottle Holder	1	CE2.7-215
300 ACTION HANDLEBAR AND PEDAL TUBE			
301	Action Handlebar End Cap	2	CE2.7-301
302	Action Handlebar Foam	2	CE2.7-302
303	Hand Pulse Sensor	2	CE2.7-303
304	Hand Pulse Sensor Cover	2	CE2.7-304
305	Bearing 6004ZZ	4	CE2.7-305
306	Shaft Bush	2	CE2.7-306
307	Action Handlebar Cover-LL	1	CE2.7-307
308	Action Handlebar Cover-LR	1	CE2.7-308
309	Action Handlebar Bushing Cover	2	CE2.7-309
310	Action Handlebar-Left	1	CE2.7-310
311	Action Handlebar -Right	1	CE2.7-311
312	Wire Protector	2	CE2.7-312
313	M8-16X26mm Bolt	2	CE2.7-313
314	Swing Arm Lower Cover	4	CE2.7-314
315	M8-16X22mm Bolt	2	CE2.7-315

CE2.7 Elliptical Trainer

Part List-2

Part No.	Parts Description	Quantity	Order Number
316	Swing Linkage Tube-Left	1	CE2.7-316
317	Swing Linkage Tube-Right	1	CE2.7-317
318	Pedal Arm- Left	1	CE2.7-318
319	Pedal Arm-Right	1	CE2.7-319
320	Pedal Fixing Base	2	CE2.7-320
321	Pedal Buffer Set	2	CE2.7-321
322	Pedal Support Base	2	CE2.7-322
323	Pedal	2	CE2.7-323
324	Pedal Soft Cushion	2	CE2.7-324
325	Pedal Side Cover	4	CE2.7-325
327	Swing Linkage Tube Bush	4	CE2.7-327
328	Bearing Bushing	4	CE2.7-328
329	Pedal Fixing Axes	2	CE2.7-329
330	Pedal Arm Front Pivot Cover	2	CE2.7-330
331	Bearing 608ZZ	8	CE2.7-331
332	Bearing 2203ZZ	2	CE2.7-332
333	Bearing 2201ZZ	2	CE2.7-333
334	Bearing 6002ZZ	4	CE2.7-334
335	Action Handlebar Cover-RL	2	CE2.7-335
336	Action Handlebar Cover-RR	2	CE2.7-336
337	Pedal Bumper-Front	2	CE2.7-337
338	Pedal Bumper-Rear	2	CE2.7-338
339	Pedal Pivot Bushing	2	CE2.7-339
340	Pedal Bushing	2	CE2.7-340
400 SWING ARM			
401	Incline Frame	1	CE2.7-401
402	Pedal Swing Arm Cover-LL	1	CE2.7-402
404	Pedal Swing Arm Cover-LR	1	CE2.7-403
405	Pedal Swing Arm Cover-RL	1	CE2.7-404
403	Pedal Swing Arm Cover-RR	1	CE2.7-405
406	Pedal Swing Arm Bottom Cover-Left	1	CE2.7-406
407	Pedal Swing Arm Bottom Cover-Right	1	CE2.7-407
408	Transportation Wheel	2	CE2.7-408
409	Transportation Wheel Bushing	4	CE2.7-409
410	Pedal Swing Arm	2	CE2.7-410
411	Pedal Swing Arm End Cap	2	CE2.7-411
412	Pedal Swing Arm Cover-Upper	2	CE2.7-412
413	Swing Arm Bearing Bush	2	CE2.7-413
414	Incline Frame Localizer	1	CE2.7-414
415	Bearing 6205ZZ	4	CE2.7-415
416	Incline Frame Cover-Front	1	CE2.7-416

CE2.7 Elliptical Trainer

Part List-3

Part No.	Parts Description	Quantity	Order Number
417	Incline Frame Cover-Left	1	CE2.7-417
418	Incline Frame Cover-Right	1	CE2.7-418
419	Incline Frame Holder-Front	2	CE2.7-419
420	Incline Frame Holder-Back	2	CE2.7-420
500 MAIN FRAME			
501	Main Frame	1	CE2.7-501
502	Crank Disk Fixing Plate	1	CE2.7-502
503	Crank Disk	1	CE2.7-503
504	Crank Axle Bushing	2	CE2.7-504
505	Crank	1	CE2.7-505
506	Crank Disk Axle	1	CE2.7-506
507	Pedal Arm Eccentric Shaft	2	CE2.7-507
508	Rear Stabilizer Cap	2	CE2.7-508
509	Belt	1	CE2.7-509
510	Rear Stabilizer Adjust Cushion	2	CE2.7-510
511	Flywheel Axle Stator	1	CE2.7-511
512	Motor Set	1	CE2.7-512
513	Magnet Set	1	CE2.7-513
514	Speed Sensor	1	CE2.7-514
515	Flywheel Assembly Set	1	CE2.7-515
516	Flywheel Axle	1	CE2.7-516
517	Tension Wheel Bracket	1	CE2.7-517
518	Magnet Bracket Shaft	1	CE2.7-518
519	Spring	1	CE2.7-519
520	Bearing 6300ZZ	4	CE2.7-520
521	Bearing 6500ZZ	2	CE2.7-521
600 MAIN COVER			
601	Main Frame Cover-Left	1	CE2.7-601
602	Main Frame Cover-Right	1	CE2.7-602
603	Main Frame Outside Cover-Left	1	CE2.7-603
604	Main Frame Outside Cover-Right	1	CE2.7-604
605	Main Frame Cover-Front	1	CE2.7-605
606	Fixing Clamp	8	CE2.7-606
607	Internal Power Wire	1	CE2.7-607
700 WIRE			
701	7Pin Wire-Upper	1	CE2.7-701
702	Handpulse wier- Upper	2	CE2.7-702
703	7Pin Wire-Middle	1	CE2.7-703
704	Handpulse wier- Lower	2	CE2.7-704
705	7Pin Wire-Lower	1	CE2.7-705
706	Adaptor	1	CE2.7-706
707	Handpulse Connect Wire	2	CE2.7-707

CE2.7 Elliptical Trainer

Part List-4

Part No.	Parts Description	Quantity	Order Number
800 FASTENER			
801	Φ4x15mm Screw	24	CE2.7-801
802	Φ4x19mm Screw	14	CE2.7-802
803	Φ12 Snap link	3	CE2.7-803
804	Φ12x20 PU Cushion	2	CE2.7-804
805	Φ12 Plastic Washer	2	CE2.7-805
806	M4x12mm Screw	12	CE2.7-806
807	Φ32 Snap link	2	CE2.7-807
808	Φ6x12-9x2 Plastic Insert	6	CE2.7-808
809	M8x12mm Allen Head Cap Bolt	3	CE2.7-809
810	M10x37mm Allen Head Cap Bolt	2	CE2.7-810
811	M6x12mm Allen Head Cap Bolt	4	CE2.7-811
812	Φ6.5x30 Washer	2	CE2.7-812
813	Φ10.6x20.5 Washer	2	CE2.7-813
814	M8x8mm Allen Bolt	2	CE2.7-814
815	Tension Pulley Bracket	2	CE2.7-815
816	Φ10x18Washer	2	CE2.7-816
817	M10 Nut	2	CE2.7-817
819	M4x40mm Screw	1	CE2.7-819
820	M4 Nut	1	CE2.7-820
821	Φ4x13mm Screw	2	CE2.7-821
822	M8x27mm Allen Head Cap Bolt	1	CE2.7-822
823	M6x38mm Bolt	1	CE2.7-823
824	M5 Locknut	1	CE2.7-824
825	M12 Nut	1	CE2.7-825
826	Φ10x26Washer	2	CE2.7-826
827	5X15mm Screw	2	CE2.7-827
828	M8x16mm Allen Bolt	4	CE2.7-828
829	Φ8x27 Washer	2	CE2.7-829
830	Φ8x14 Spring Washer	2	CE2.7-830
831	M8x20mm Allen Head Cap Bolt	2	CE2.7-831
832	M5x10mm Bolt	9	CE2.7-832
833	M4x15mm Screw	4	CE2.7-833
834	M8x90mm Allen Head Cap Bolt	4	CE2.7-834
835	Φ8x23mm Washer	2	CE2.7-835
836	M8 Locknut	8	CE2.7-836
837	M8x20mm Bolt	4	CE2.7-837
838	Φ6 Spring Washer	2	CE2.7-838
839	Φ42 Snap Link	2	CE2.7-839
840	Φ6x12-9x3 Plastic Insert	7	CE2.7-840

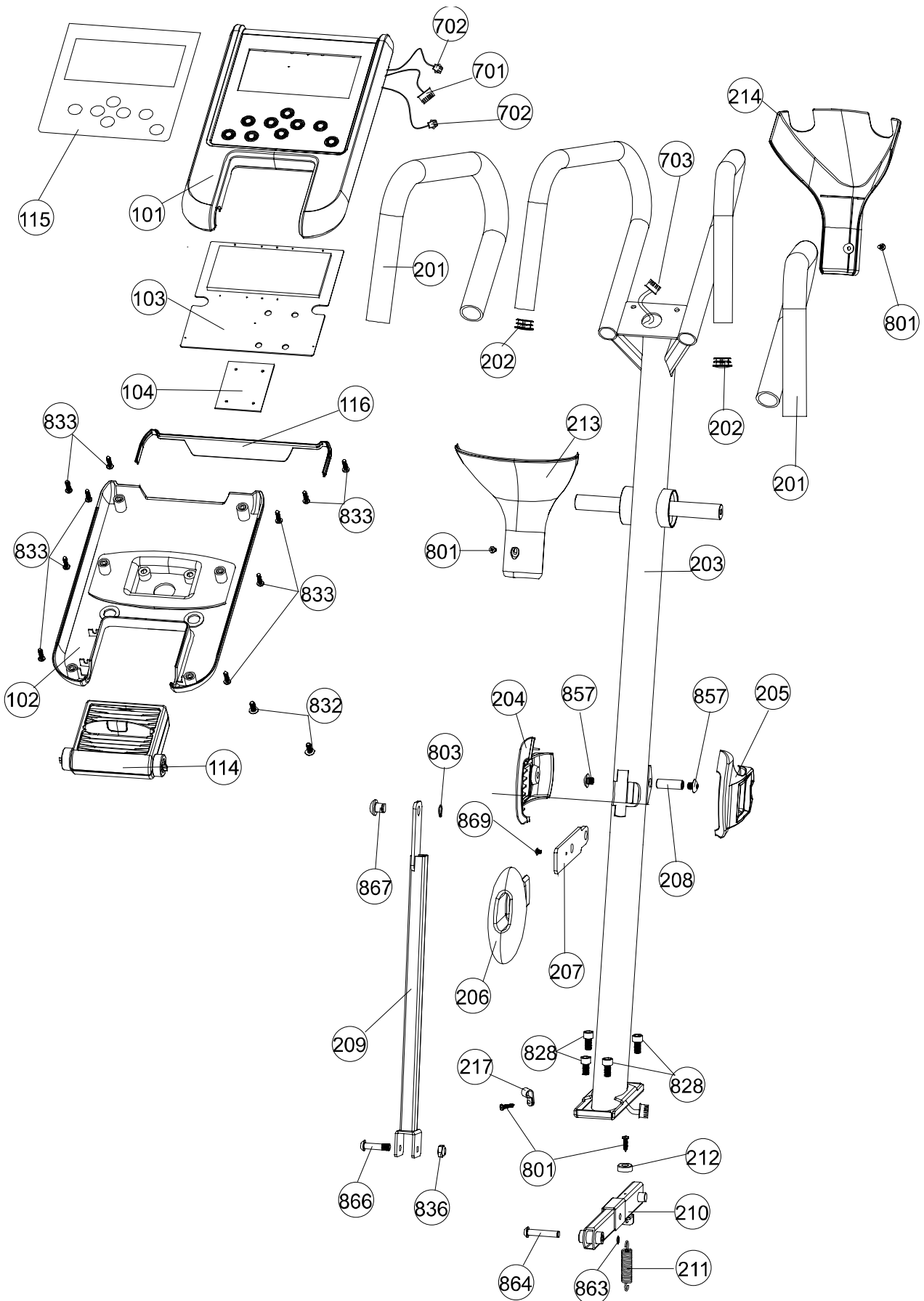
CE2.7 Elliptical Trainer

Part List-5

Part No.	Parts Description	Quantity	Order Number
841	Φ3x14mm Screw	4	CE2.7-841
842	M5x10mm Allen Head Cap Bolt	4	CE2.7-842
843	M6x16mm Allen Head Cap Bolt	8	CE2.7-843
844	M8X15mm Allen Head Cap Bolt	16	CE2.7-844
845	M8x20x14 mm Bolt	2	CE2.7-845
846	Φ8x16 Washer	2	CE2.7-846
847	Φ14x35 Washer	2	CE2.7-847
848	M5x8mm Allen Bolt	2	CE2.7-848
849	M10x20mm Allen Head Cap Bolt	4	CE2.7-849
850	Φ10x16 Washer	2	CE2.7-850
851	M5x25mm Allen Head Cap Bolt	1	CE2.7-851
852	Φ16x25 Washer	4	CE2.7-852
854	M6x15mm Allen Head Cap Bolt	2	CE2.7-854
855	M10x35mm Allen Head Cap Bolt	4	CE2.7-855
856	M10x20mm Allen Head Cap Bolt	4	CE2.7-856
857	M8x8mm Allen Bolt	2	CE2.7-857
858	M6x10mm Bolt	1	CE2.7-858
859	6.4x12.6x1 Washer	1	CE2.7-859
860	Φ9.5 Snap link	1	CE2.7-860
861	M8x30mm Bolt	2	CE2.7-861
862	Φ10x20Washer	2	CE2.7-862
863	Φ8 Snap link	1	CE2.7-863
864	Incline Adjust Tube Connector	1	CE2.7-864
866	M8x35mm Allen Head Cap Bolt	1	CE2.7-866
867	Incline Adjust Compages Axes	1	CE2.7-867
869	Φ4x5mm Screw	1	CE2.7-869
870	Φ6x12-9x2 Plastic and Metal Insert	4	CE2.7-870
UM	User Manual	1	CE2.7-UM
HK	Hardware Kit	1	CE2.7-HK

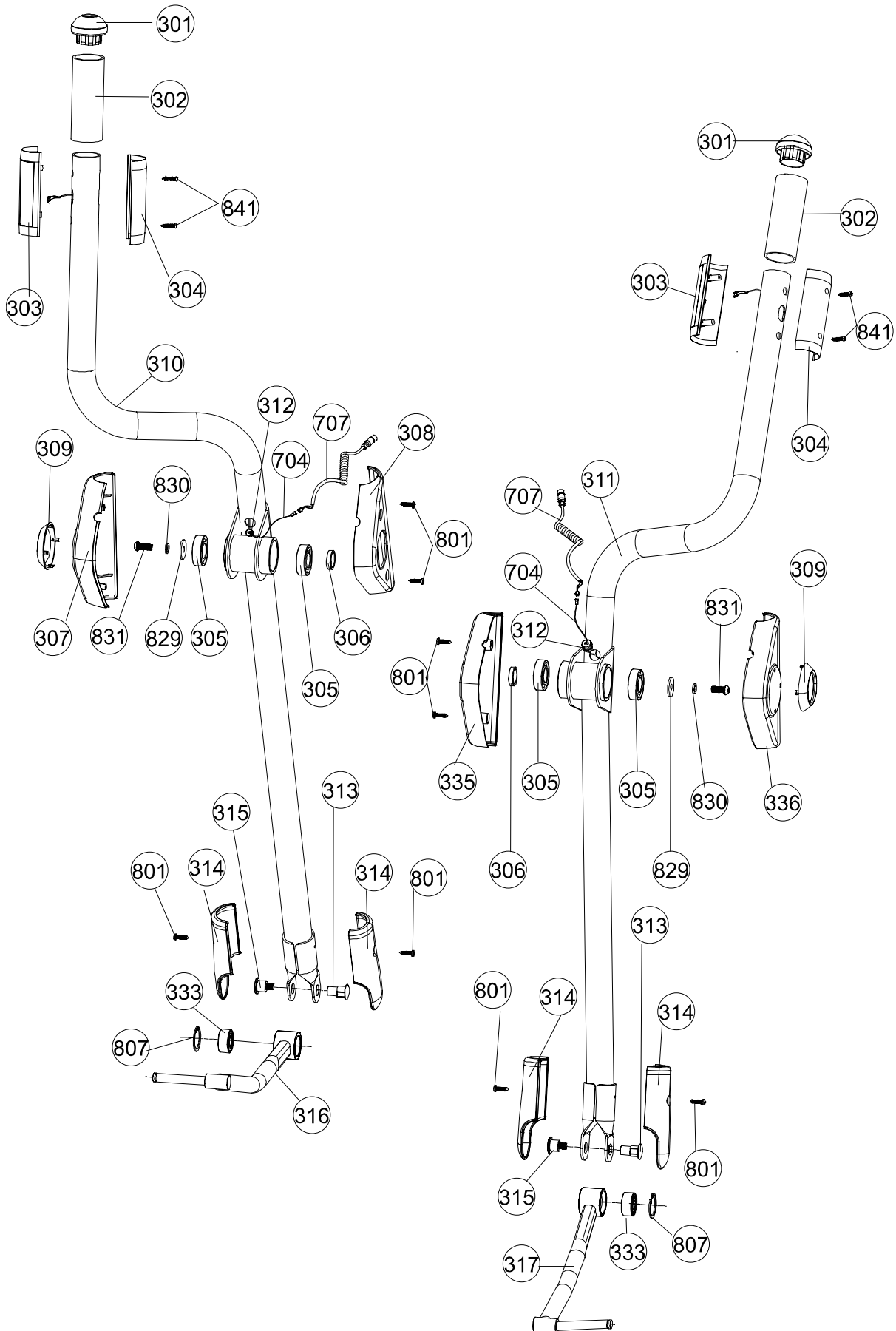
CE2.7 Elliptical Trainer

PARTS DIAGRAM-1



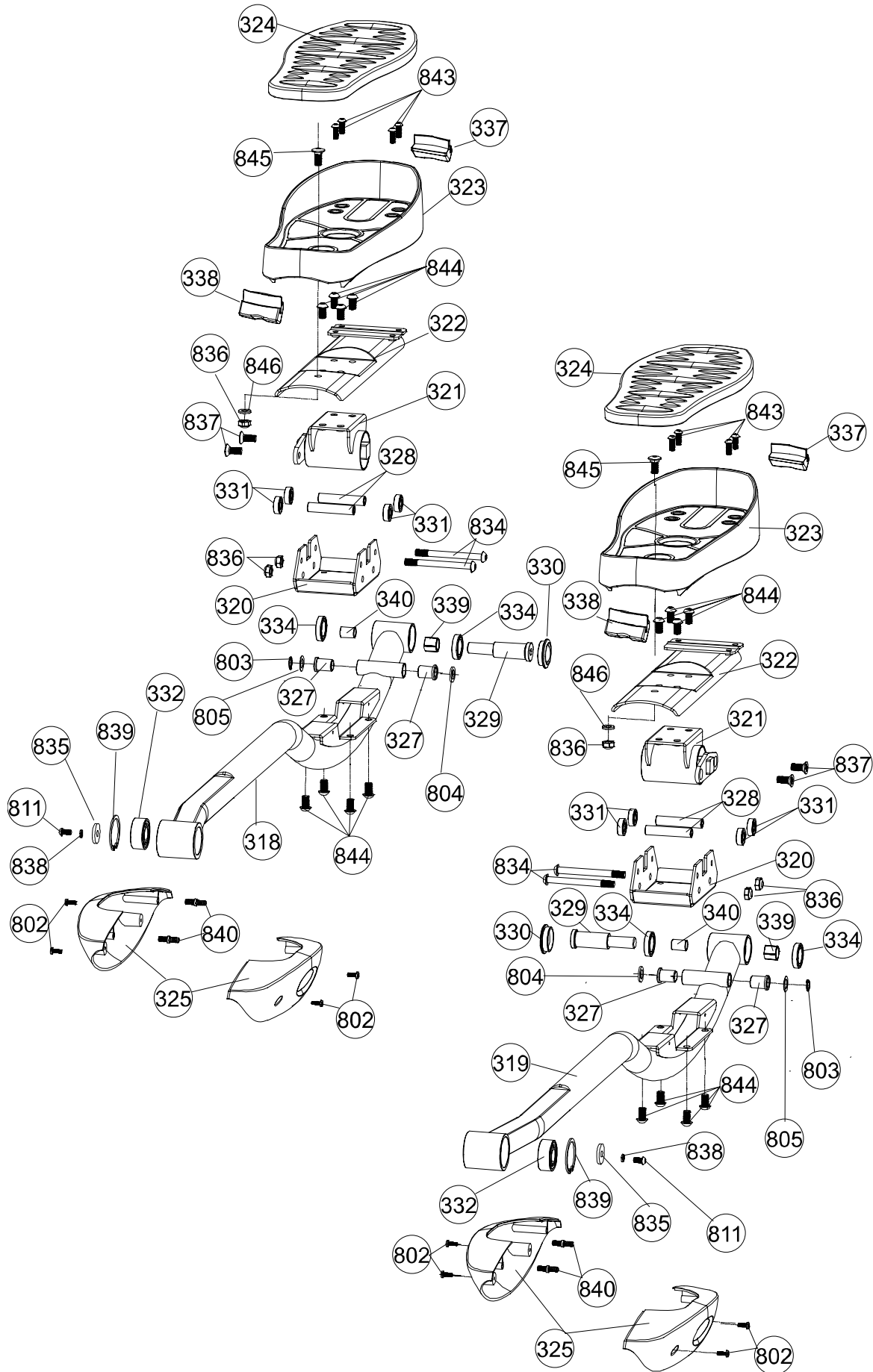
CE2.7 Elliptical Trainer

PARTS DIAGRAM-2

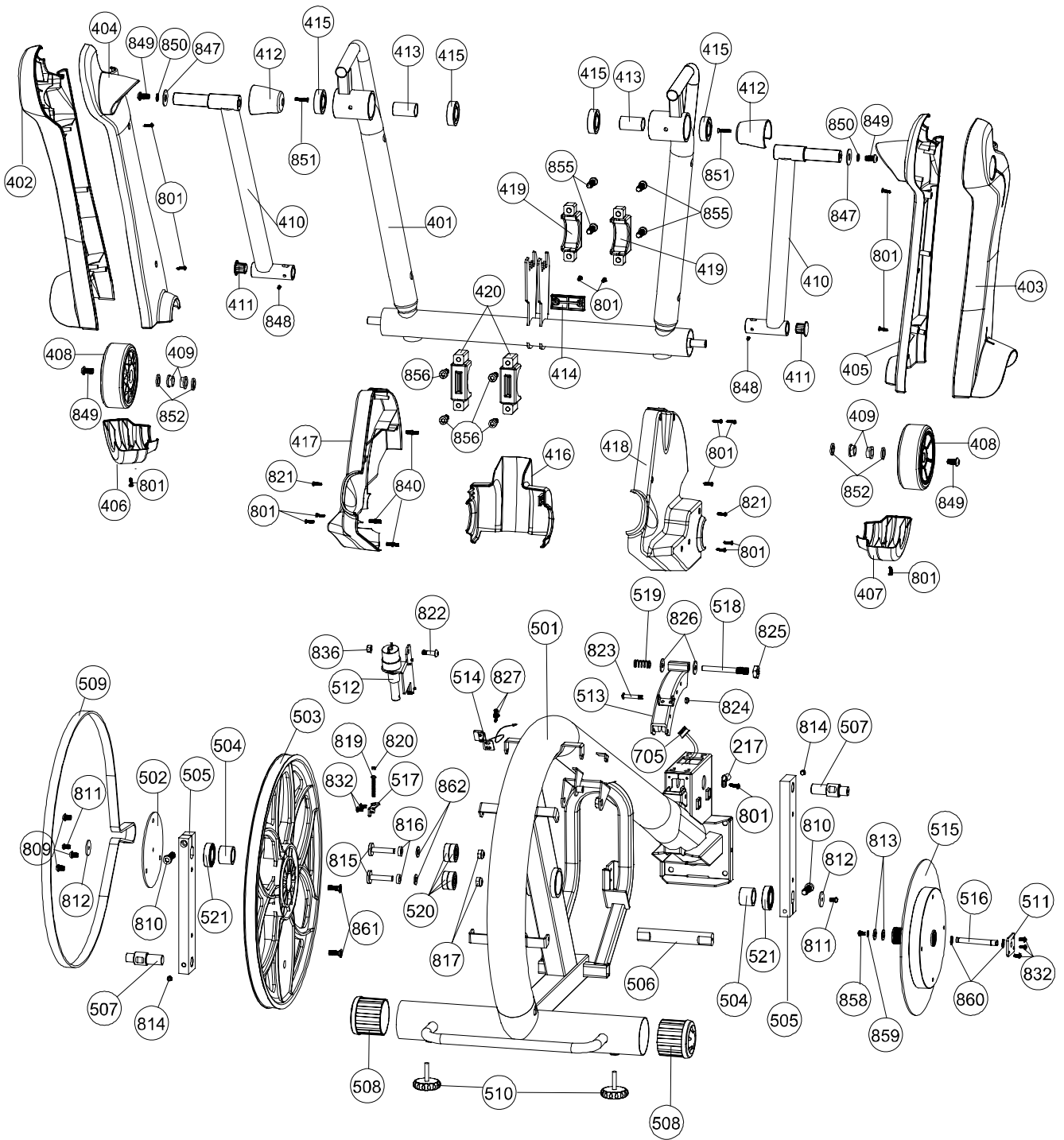


CE2.7 Elliptical Trainer

PARTS DIAGRAM-3

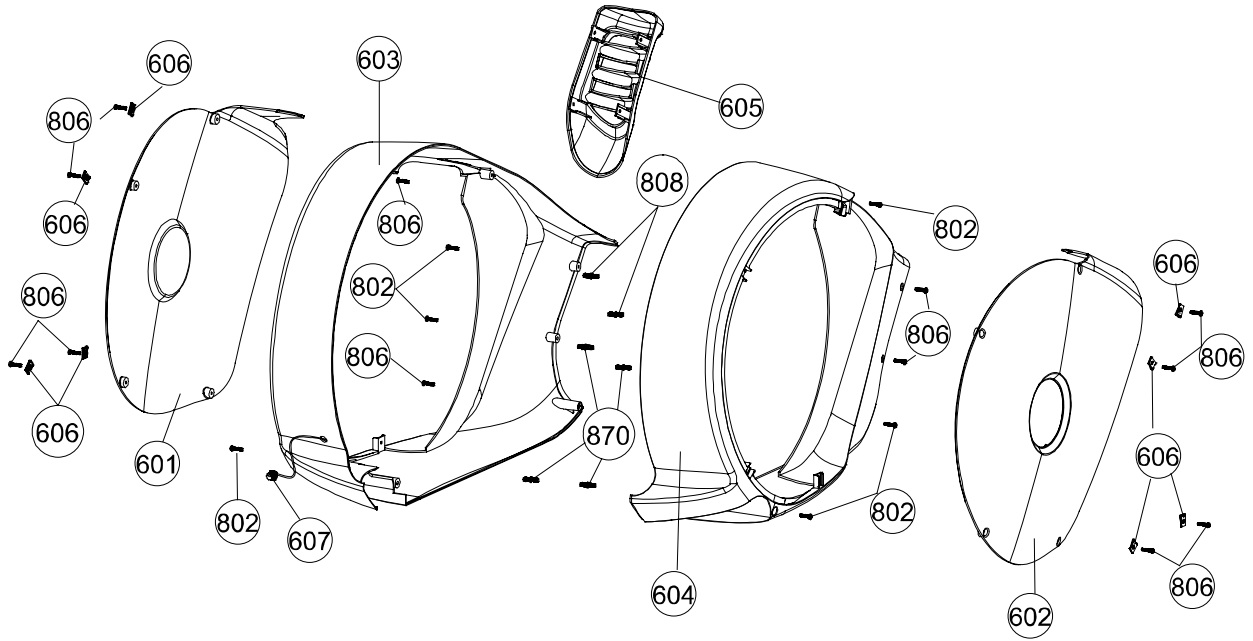


CE2.7 Elliptical Trainer PARTS DIAGRAM-4



CE2.7 Elliptical Trainer

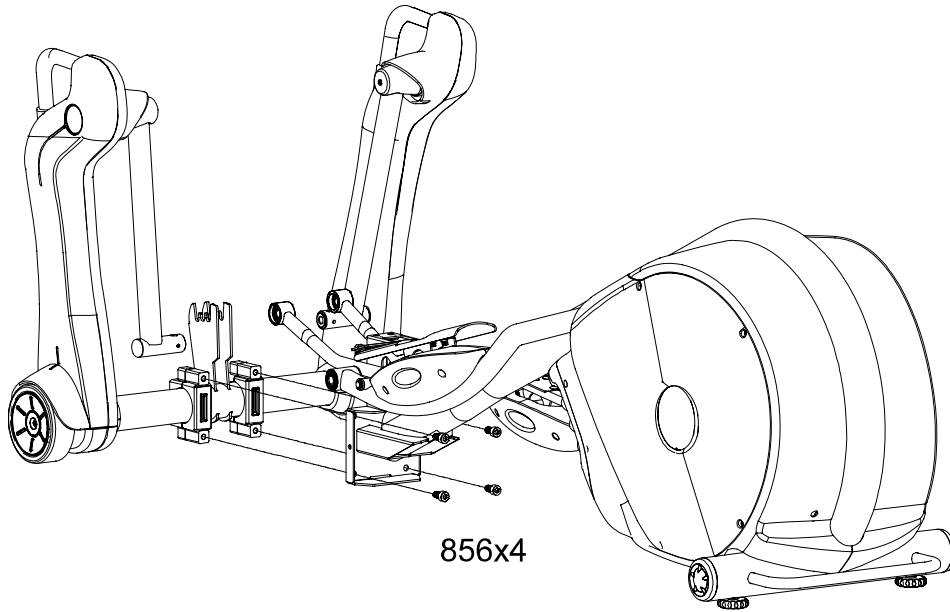
PARTS DIAGRAM-5



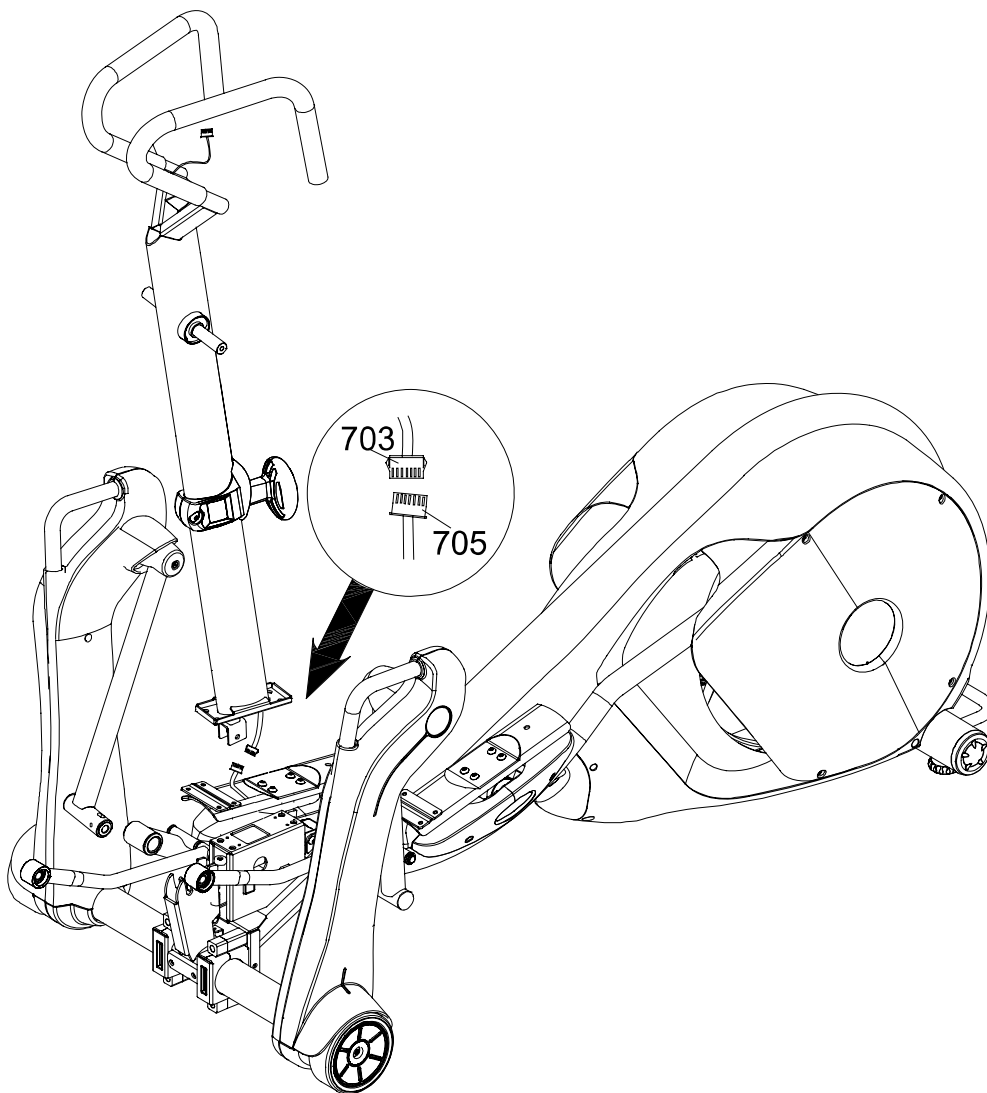
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 1:



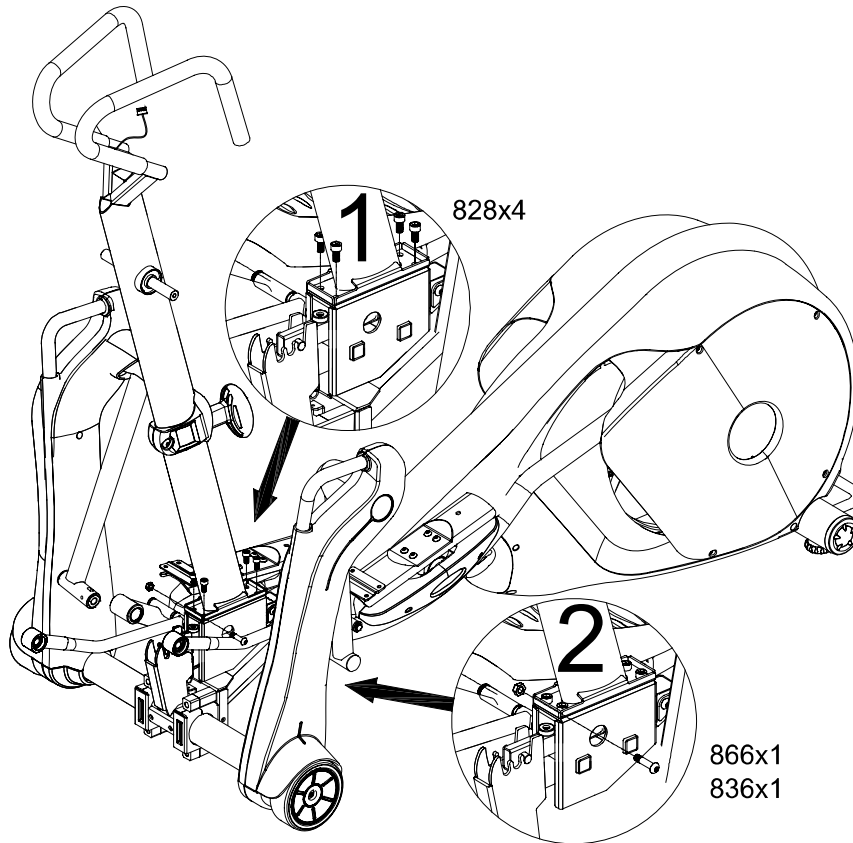
STEP 2:



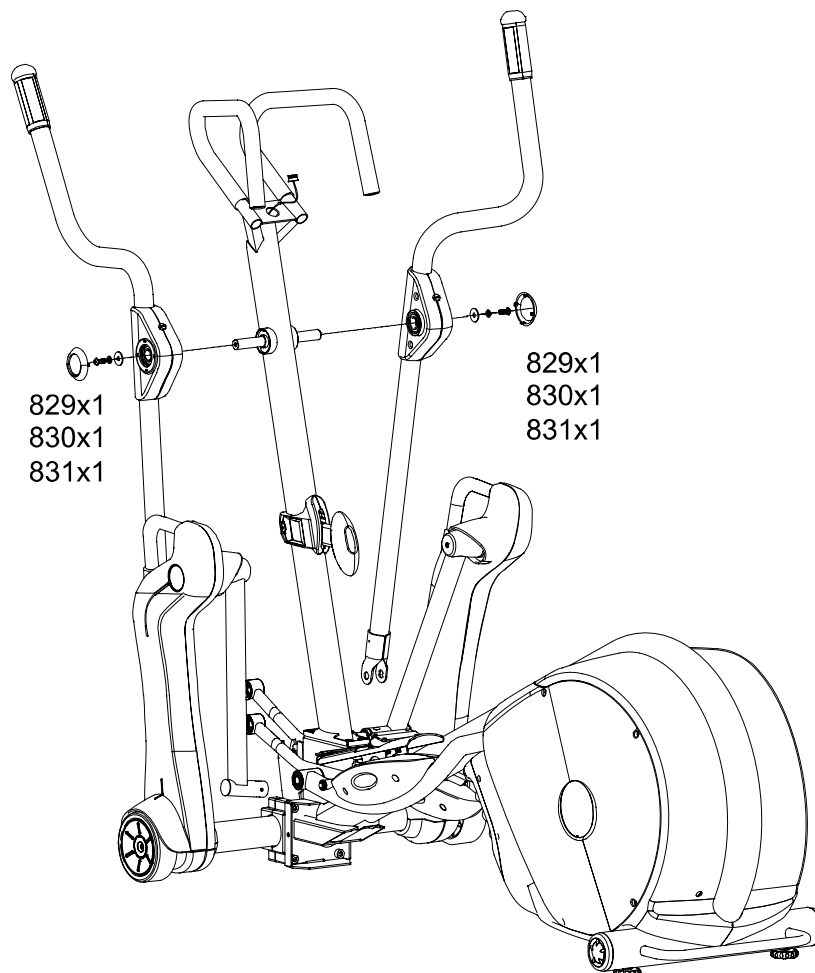
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 3:



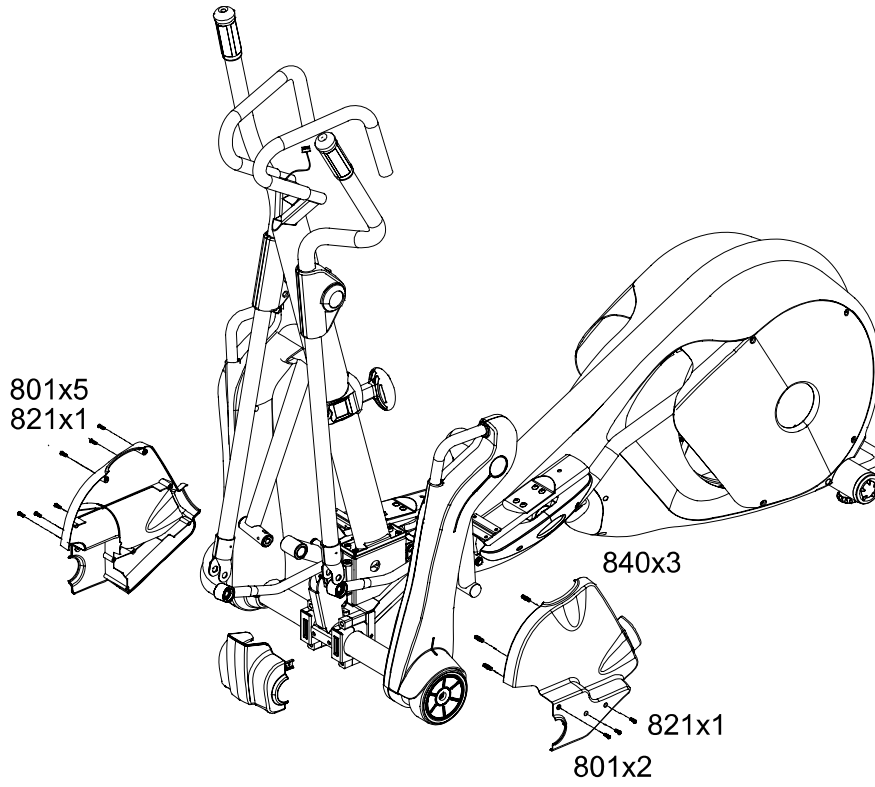
STEP 4:



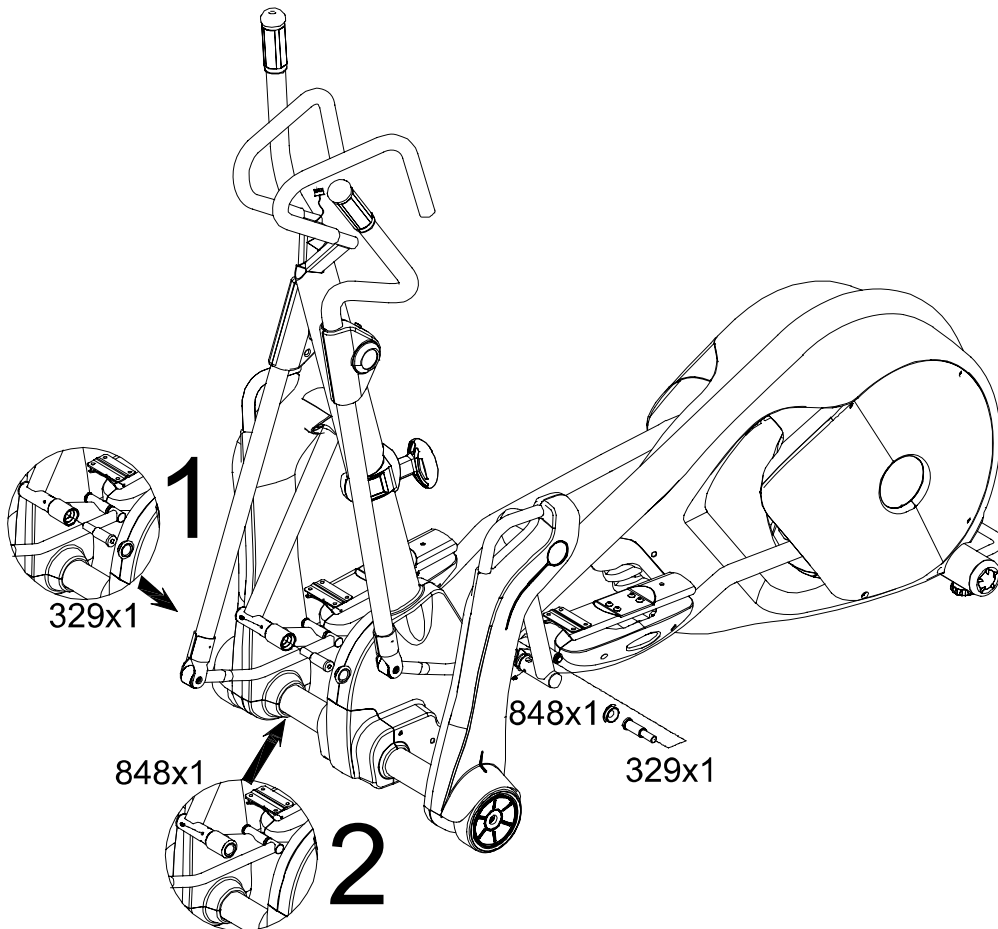
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 5:



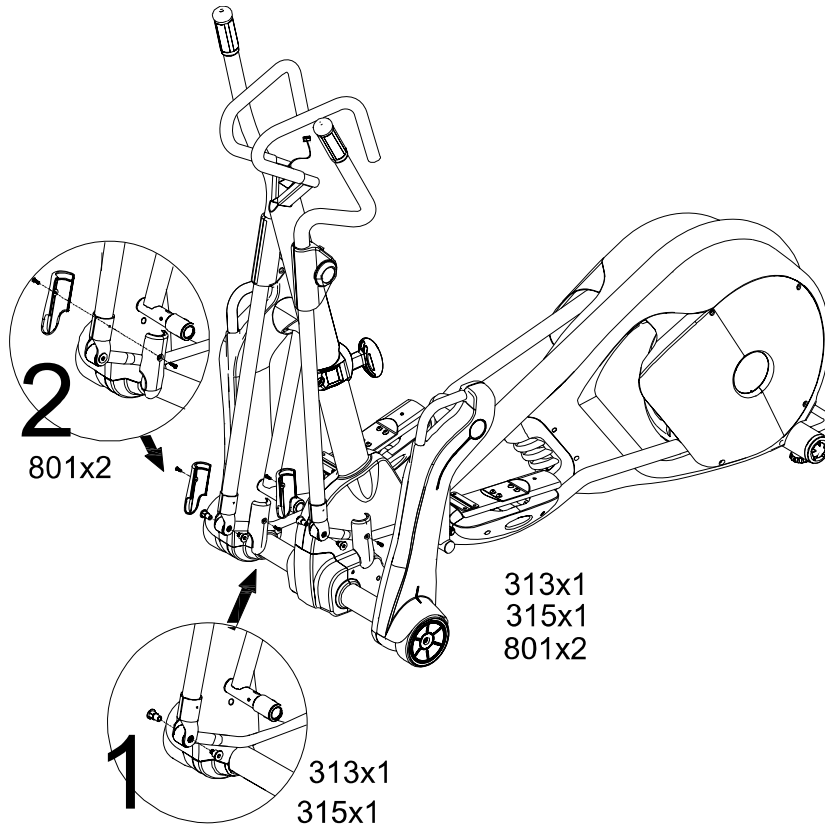
STEP 6:



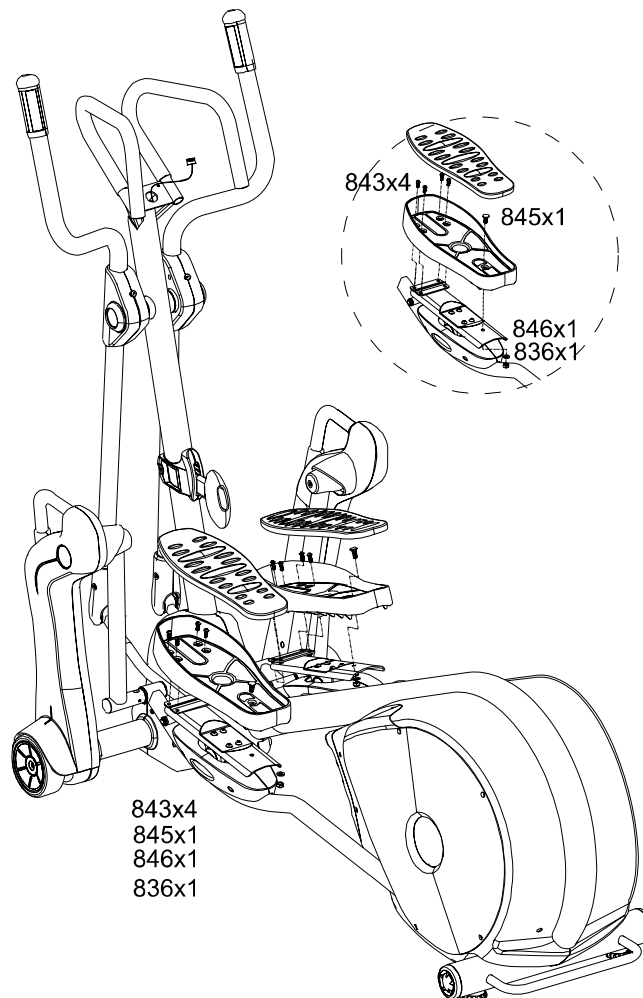
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 7:



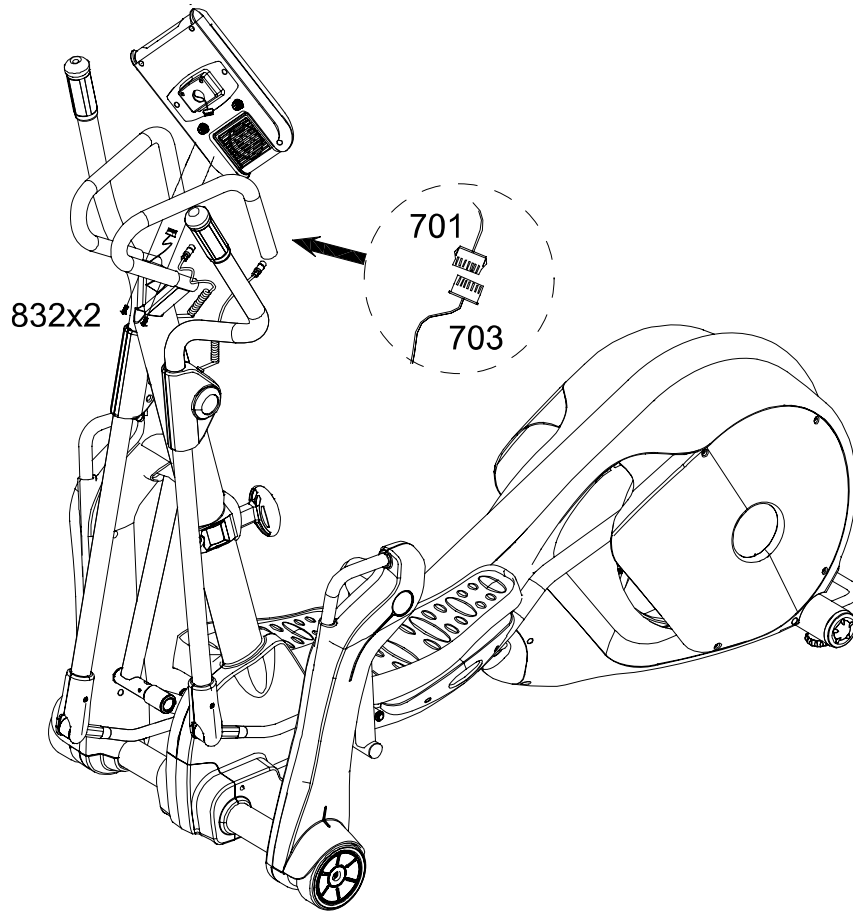
STEP 8:



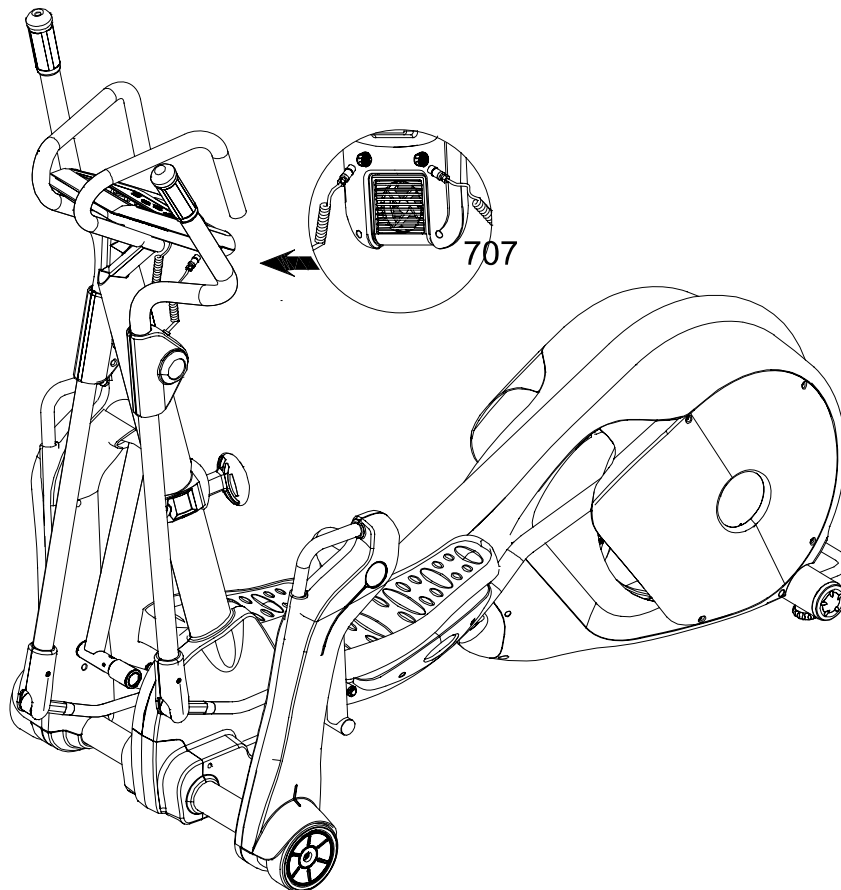
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 9:



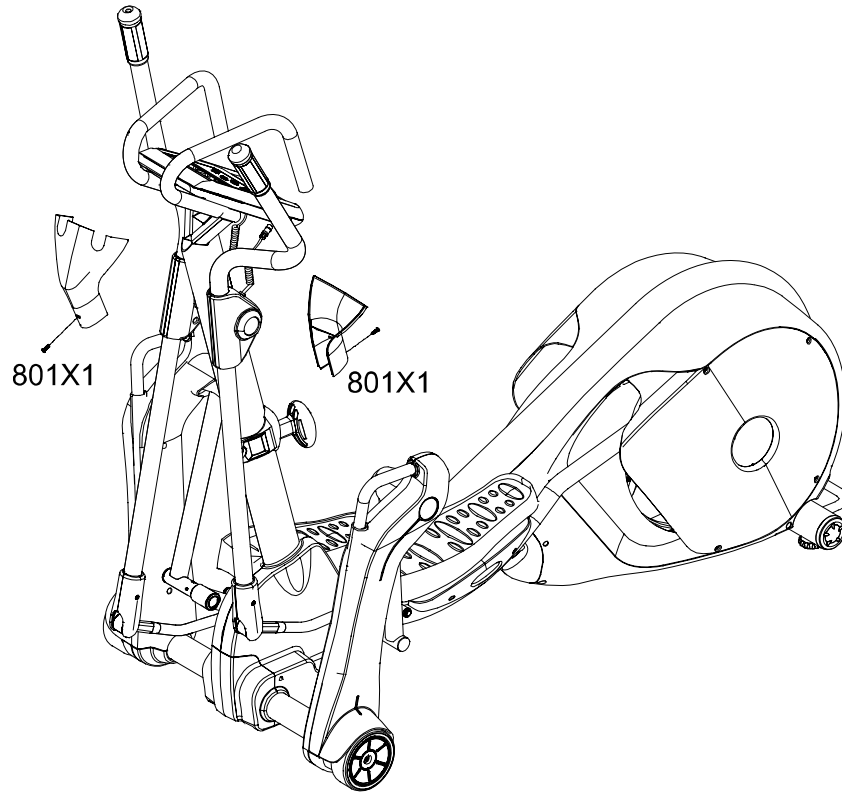
STEP 10:



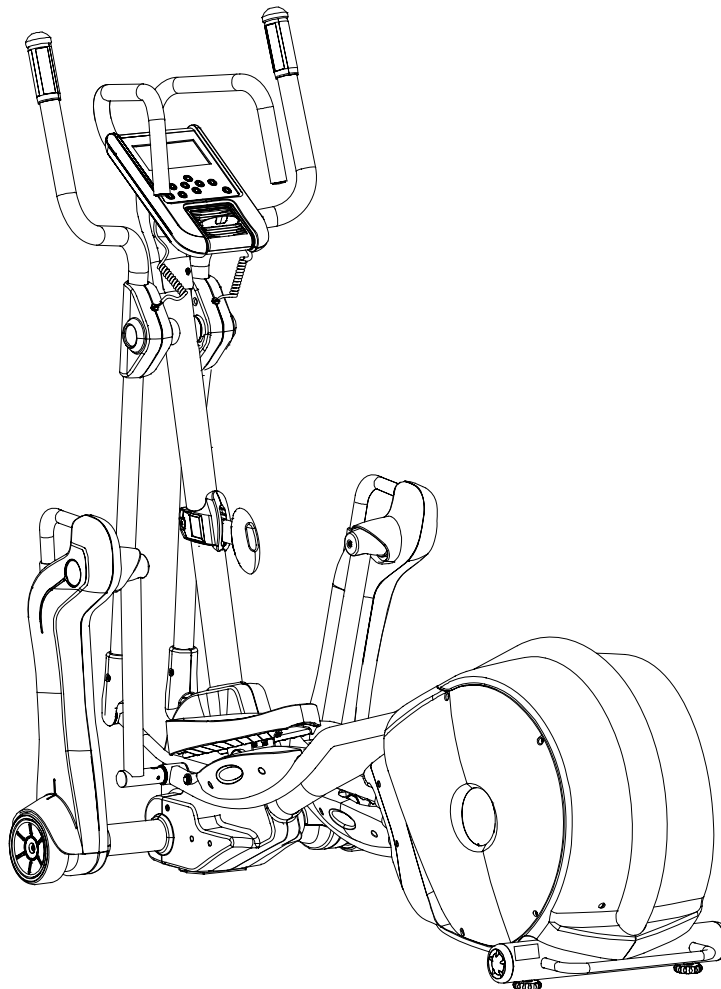
CE2.7 Elliptical Trainer

ASSEMBLY

STEP 11:



STEP 12: Congratulation your ce2.7 elliptical trainer is fully assembled now

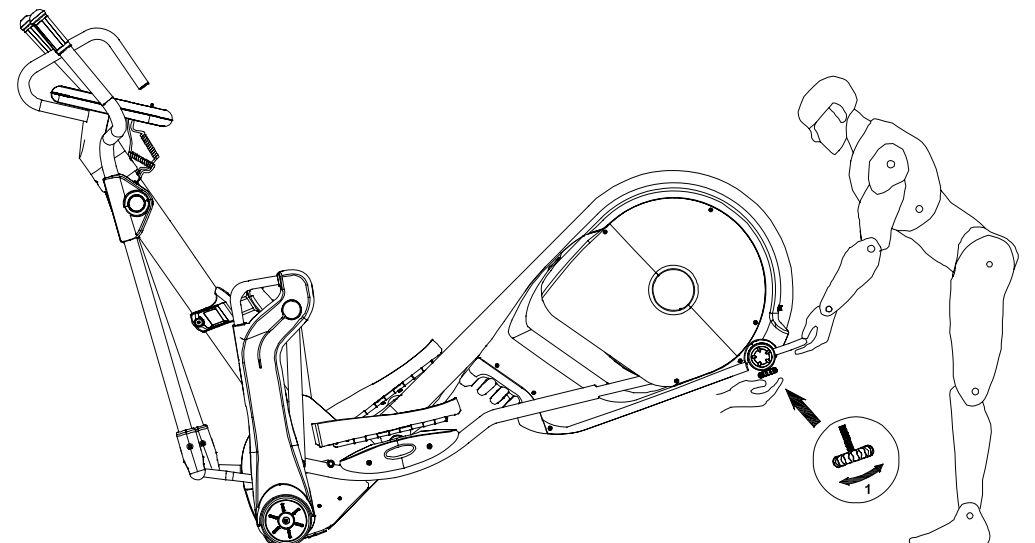


CE2.7 Elliptical Trainer

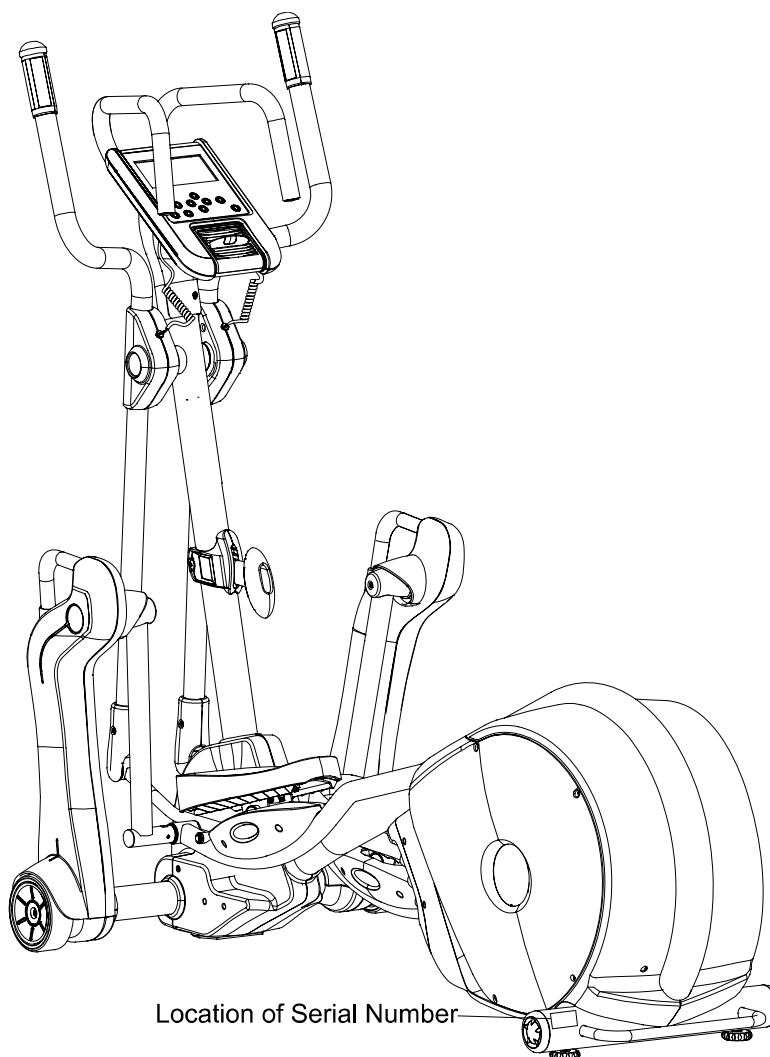
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the CE 3.7 Elliptical Trainer simply rotate the Level Adjusters right or left to move them in or out of the Rear Stabilizers Tube.



Serial Number Sticker:



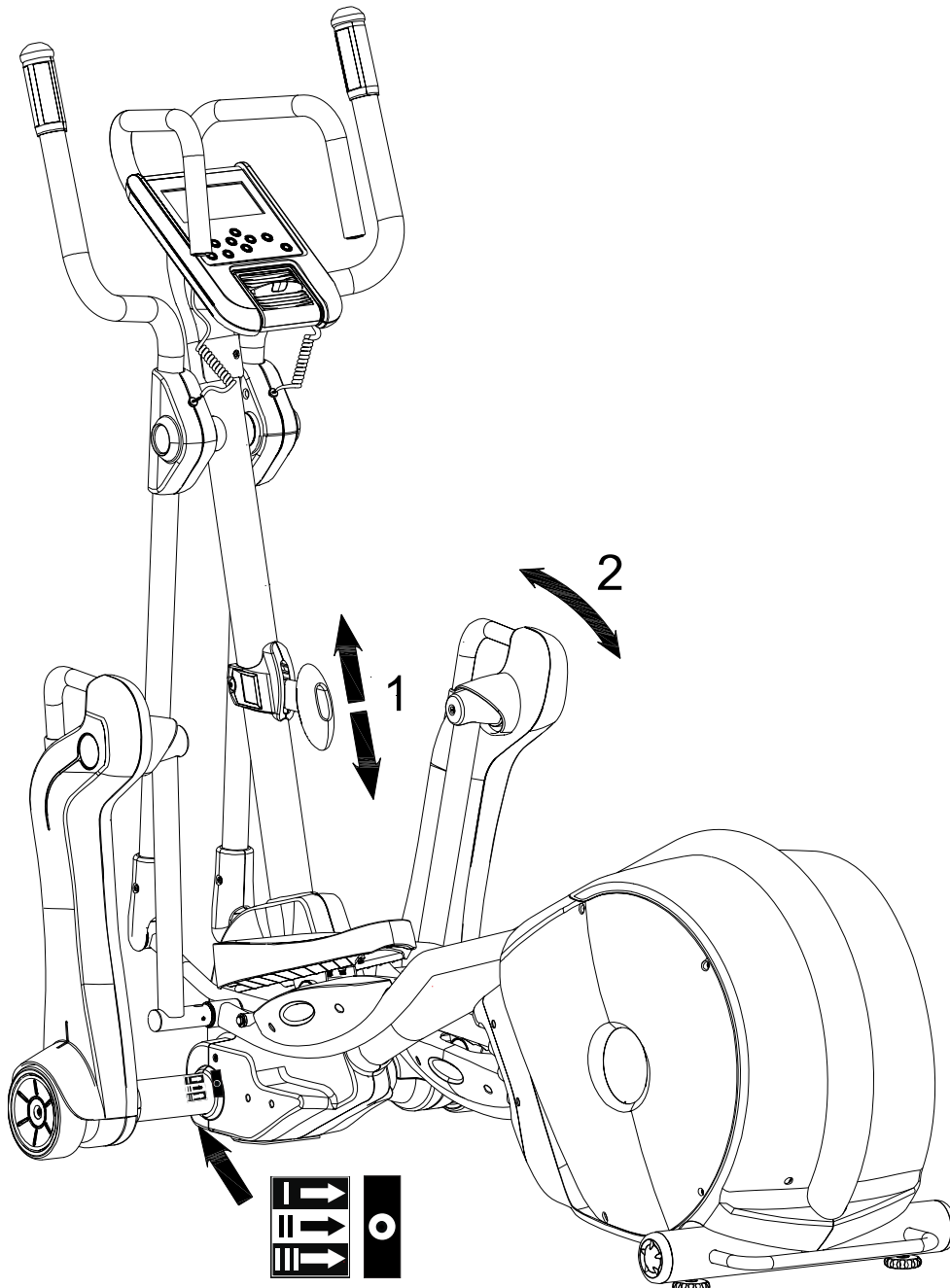
Location of Serial Number

LEVEL ADJUSTMENT

SWING ARM INCLINE ADJUSTMENT:

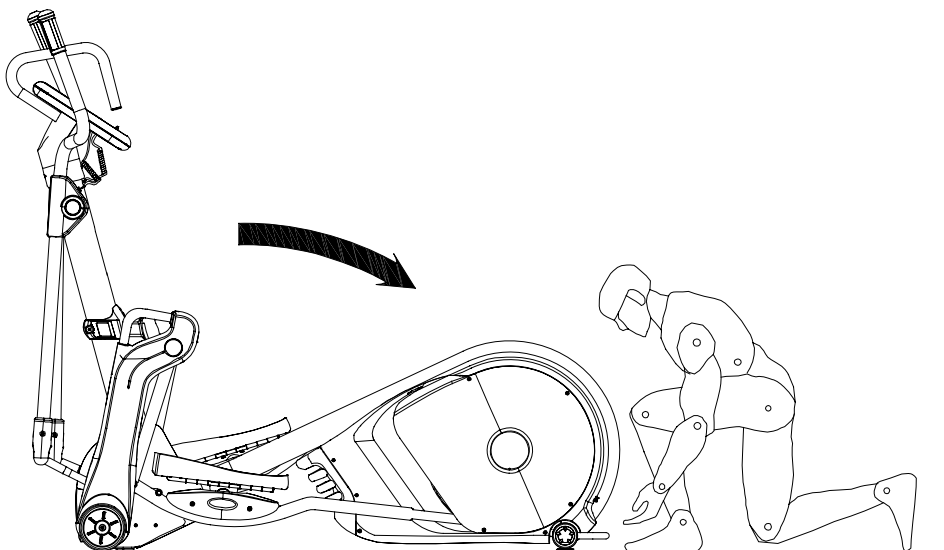
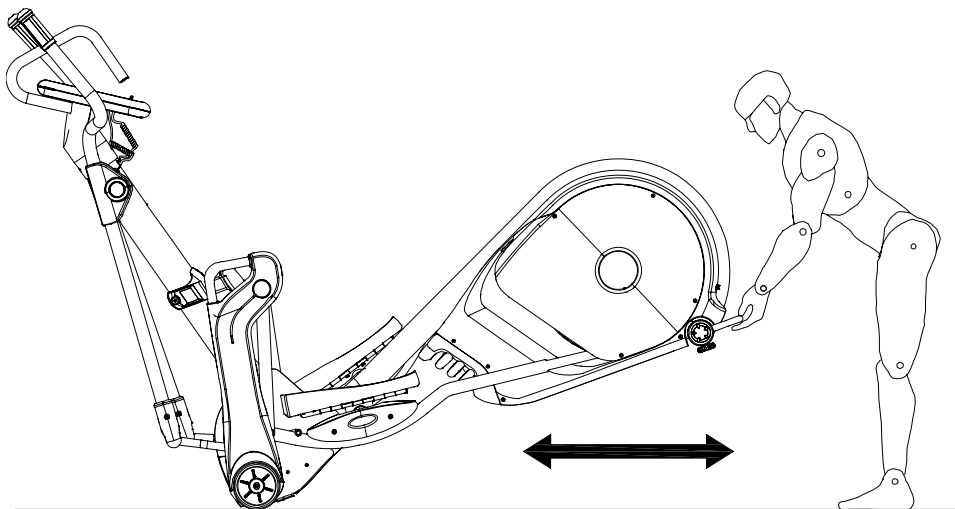
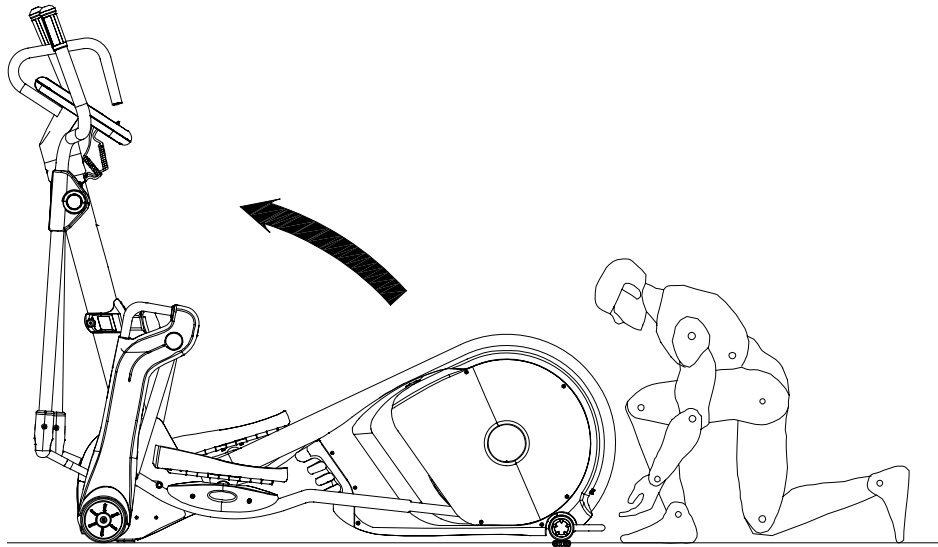
Warning : DO NOT ADJUST THE INCLINE OF SWING ARM ON THE MACHINE .

To adjust the Incline level by Incline adjust handle (See step 1), and the same time you should push or pull the incline frame (See step 2). You can find two sticker on the swing arm tube, when the **arrowhead** point to the **dot**, then they will show you the level status.



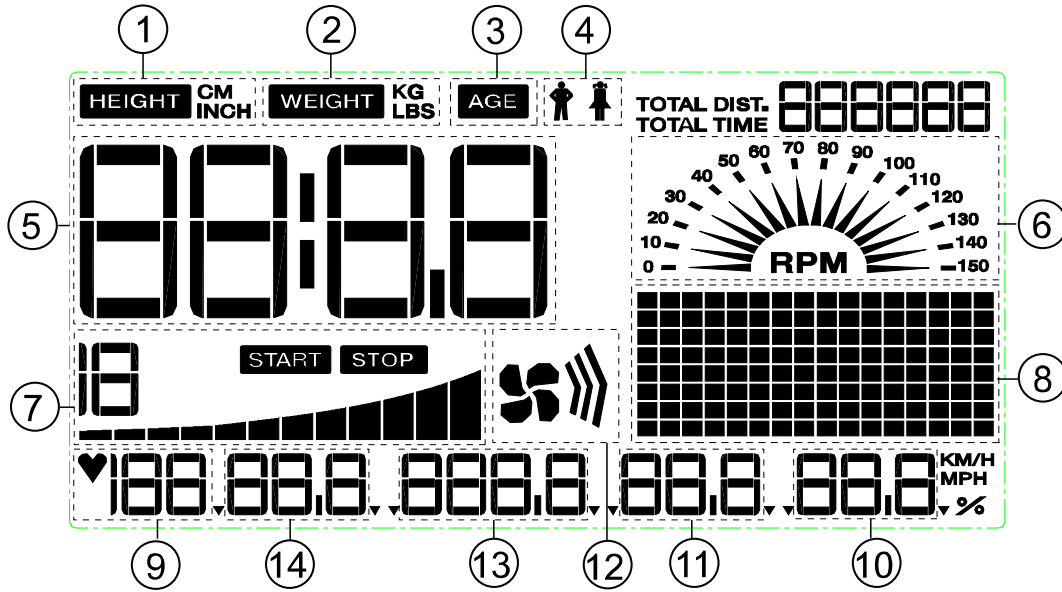
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:



CE2.7 Elliptical Trainer

COMPUTER INSTRUCTIONS



1	HEIGHT	HEIGHT display range is from 50 to 250 cm (from 20 to 100 inch). The initial HEIGHT is 170 cm (67 inch).
2	WEIGHT	WEIGHT display range is from 20 to 200 kg (from 44 to 440 lbs). The initial WEIGHT is 68 kg (150 lbs).
3	AGE	AGE display range is from 10 to 99. The initial AGE is 35
4	GENDER	Press the UP/DOWN button to select your GENDER.
5	TIME	TIME display range is from 0:00 to 99:00. The initial TIME is "32:00"
6	RPM DIAGRAM	The range of the RPM diagram is from 0 to 150. The RPM diagram will display by integer. For example: the RPM are between 30 and 39, the LCD will display 30.
7	8	RESISTANCE
9	PULSE	PULSE display range is from 0 to 999.
10	SPEED	SPEED display range is from 0.0 to 99.9 km/h; Mph.
11	WATT	WATT display range is from 0 to 999.
12	FAN	FAN display will show the fan status.
13	CALORIES	CALORIES display range is from 0 to 999.
14	DISTANCE PROGRAM	DISTANCE display range is from 0.0 to 99 km/h; Mph. PROGRAM display range is from P1 to P9.

BUTTON	FUNCTION
	START button Press START to begin your exercise.
	STOP button Press STOP button to pause the functions during your exercise program. Press STOP button twice the program will return to power on mode.
	ENTER button Press ENTER button to confirm the program set up.
	Mode button Press the button to switch the display.
	RESISTANCE Up button Press the button to increase the resistance level or set up the program.
	RESISTANCE Down button Press the button to reduce the resistance level or set up the program.
	FAN: Press the button to turn on, adjust wind speed and turn off.

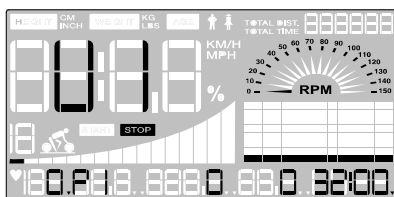
CE2.7 Elliptical Trainer

COMPUTER INSTRUCTIONS

POWER ON

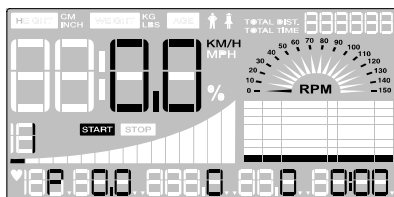
After connecting the power cord switch the power button on. The LCD screen will light up.

To switch back to the power on status after the machine has already been used press the stop button twice.



QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

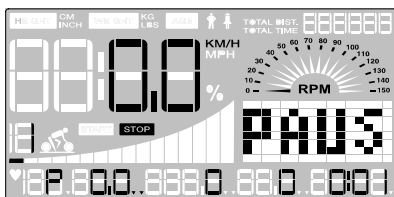


SLEEP MODE

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.

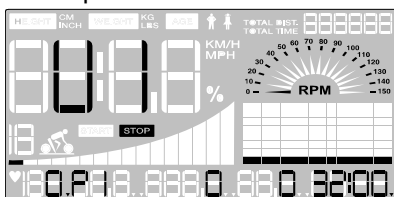
PAUSE MODE

While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine cannot detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



PROGRAM

To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

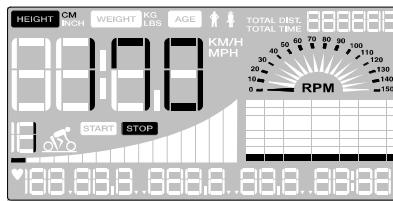


CE2.7 Elliptical Trainer

COMPUTER INSTRUCTIONS

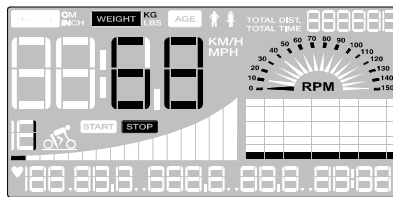
USER HEIGHT

After the USER Code has been confirmed the SPEED display will show HEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



USER WEIGHT

After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, then press ENTER to confirm.

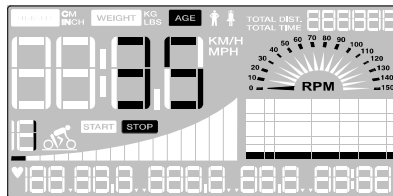


USER AGE

After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

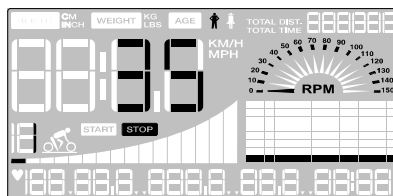
Estimated Normal pulse rate = $(220 - \text{AGE}) \times 65\%$

Estimated Maximum pulse rate = $(220 - \text{AGE}) \times 85\%$



USER GENDER

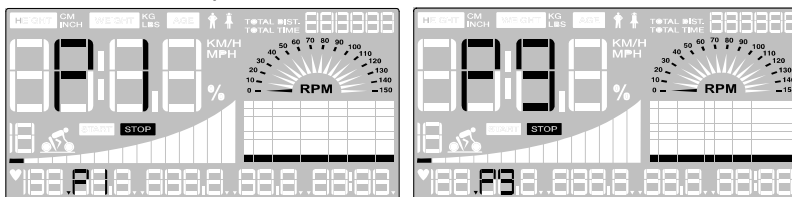
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.



COMPUTER INSTRUCTIONS

P 1- P9 Program Selecting Procedure

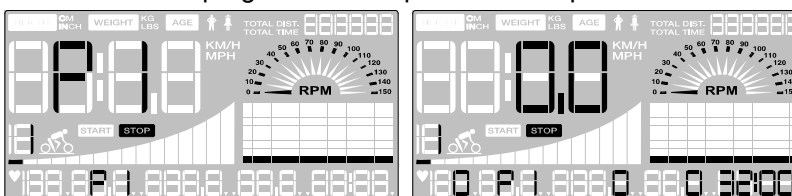
After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP” and “DOWN” to select. Then press the “ENTER” button to confirm and save.



P1: Target time program

After you have selected “P1-Target time program” press the “ENTER” button. The “TIME” display will show the time of “32:00”, press the “UP” or “DOWN” button to adjust target time, then press the “ENTER” button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN” button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

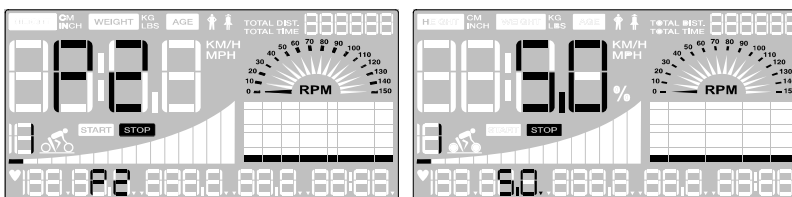
To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts down at the end of the program the computer will “beep”.



P2: Target distance program

After you have selected “P2- Target distance program”, The “DISTANCE” display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES” will count up from 0.

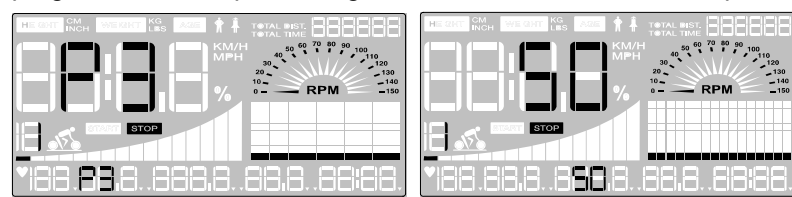
To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.



P3: Target calories program

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



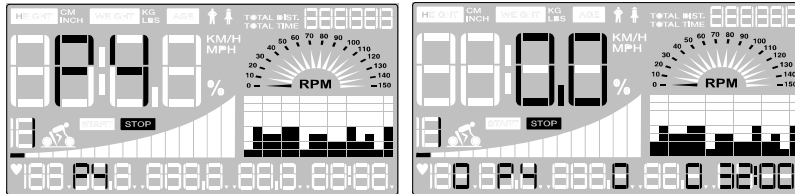
CE2.7 Elliptical Trainer

COMPUTER INSTRUCTIONS

P4: RANDOM program

After the user has selected “P4- RANDOM program”, The TIME will show the workout time setting of “32:00”. Press the “UP /DOWN” button to adjust workout time, Then press the “ENTER” to confirm. Press the “START” button to begin the exercise program. The resistance display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the “STOP” button, To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



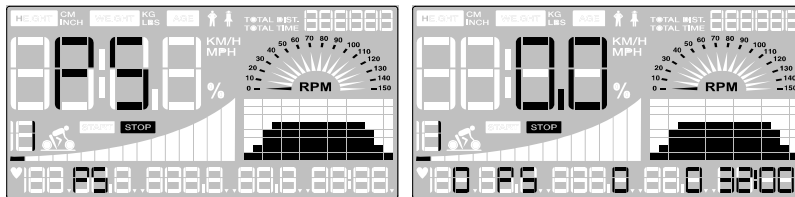
P5: Fat burning program

After the user has selected “P5 Fat burning program”, the TIME display will show the workout time setting of “32:00”, press the “UP /DOWN” button to adjust workout time then press “ENTER” to confirm. Press the “START” button to begin the “Fat burning program”.

The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.

The RESISTANCE display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



P6: INTERVAL program

LEVEL

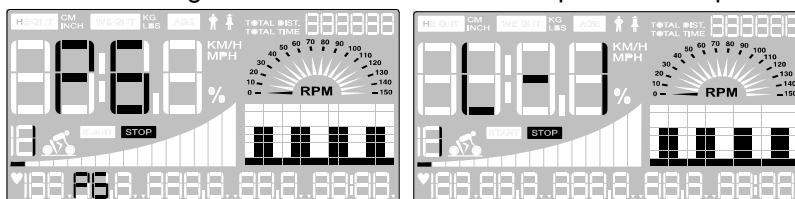
After the user has selected “P6 INTERVAL program”, The SPEED display will show “L1”. Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the TIME, press the “ENTER” button to confirm.

Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” twice. At the end of program count when the target has been achieved the computer will beep.



COMPUTER INSTRUCTIONS

P7: ENDURANCE program

LEVEL

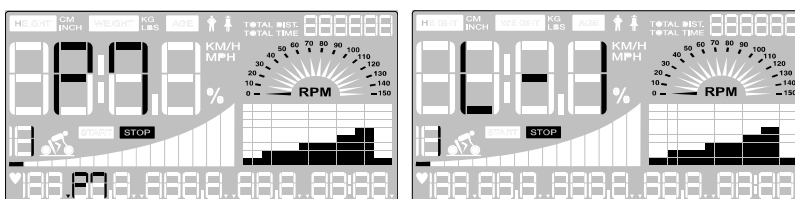
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1” Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

TIME

After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.



P8: WATT control program

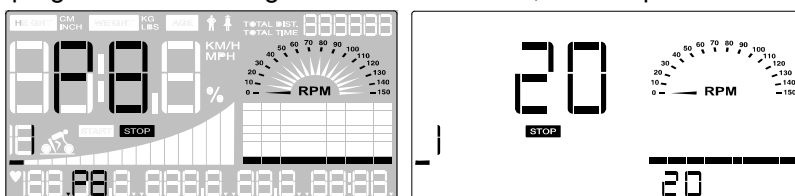
WATT setting

After the user has selected “P8 WATT control program”. The “WATT” display will show “20”. Press the “up and down” button to adjust the “watt” from “20” to “350”, press the “Enter” button to continue the program. To increase or decrease the selected WATT while exercising, press the “UP and DOWN” button.

TIME

After you have set up the WATT, press the “ENTER” button. The TIME display will show the workout time setting of “32:00”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.

To pause the program while exercising, press the “STOP” button. To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



Resistance – Level – Watt Table: CE2.7

RPM	L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15	L16
10	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
20	5	9	13	16	20	24	29	32	35	39	43	47	51	54	58	62
30	8	16	24	33	41	49	57	65	74	82	90	98	106	115	123	131
40	11	25	38	52	65	79	92	105	119	133	146	160	173	187	200	214
50	15	35	54	74	94	114	133	153	173	193	212	232	252	271	291	311
60	19	45	71	97	123	149	175	201	226	252	278	304	330	356	382	400
70	23	56	89	122	156	189	222	255	288	321	354	387	400	400	400	400
80	27	67	107	147	186	226	266	306	346	386	400	400	400	400	400	400
90	31	77	126	174	221	264	317	364	400	400	400	400	400	400	400	400
100	35	89	143	197	252	306	360	400	400	400	400	400	400	400	400	400
110	39	99	159	219	279	339	400	400	400	400	400	400	400	400	400	400
120	44	109	174	239	305	370	400	400	400	400	400	400	400	400	400	400

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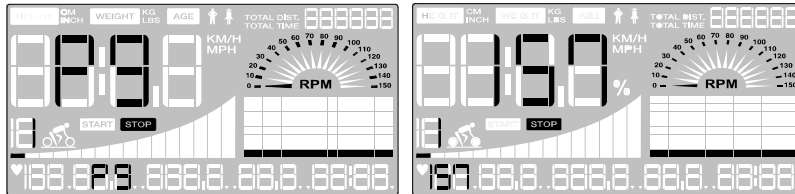
COMPUTER INSTRUCTIONS**P 9: Target pulse program****Pulse setting**

After the user has selected "P9 Target pulse program". The "PULSE" display will show and flash "157". Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the "ENTER" button to continue the program setting up.

Time

After you have selected "P9 Target pulse program", the TIME display will show the workout time setting "32:00". Press the UP/DOWN button to adjust workout time then press ENTER button to confirm. Press START to begin the exercise program.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the target has been achieved the computer will beep.

**WARM UP – Target pulse program**

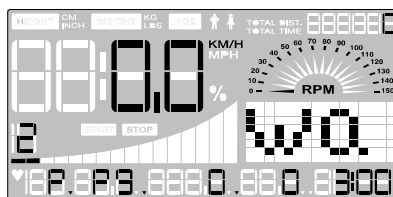
After completing the TIME set up and starting the program, there is a 3 minute warm up section. The WARM UP section 3 minutes will count down. The WARM UP section is designed to help you reach the target workout PULSE. The resistance will start from 2. When the "WARM UP" section starts, the LCD display will show "WARM UP" three times.

When the user is in the Warm up section, the computer will detect the users PULSE and compare with the preset estimate PULSE every 15 seconds. To increase or decrease the selected Pulse rate while exercising, press the "UP and DOWN" button. During Warm up section the actual PULSE does not reach the target workout PULSE, the resistance will increase one level every 15 seconds.

If the computer has not detected the user actual PULSE. The computer will pause the compare function and stop increasing the resistance. The LCD will show "NO PULSE".

When the computer detects that actual pulse rate has reached the minimum target workout PULSE in the "warm up" section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue for a second 3 minute WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to a third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout PULSE, The computer will beep, meanwhile the program will STOP, and the TIME display will show "FAIL", 10 seconds later, the program will return to power on status.

**Target pulse main program**

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the preset time. During the main program, the computer will detect and monitor the user Pulse rate every 15 seconds. The **RESISTANCE, DISTANCE, CALORIES** will continue to count up from the "Warm up" section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the "UP and DOWN" button.

If the computer has not detected the user actual pulse rate. The computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show "NO PULSE".

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the heart rate reaches the maximum target workout pulse rate. The highest resistance level is level 16.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate. The resistance will decrease by "1" Level.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, or the preset time has counted down to the end, the computer will stop Target pulse program and begin the **COOL DOWN** function.

COMPUTER INSTRUCTIONS

COOL DOWN – Target pulse program

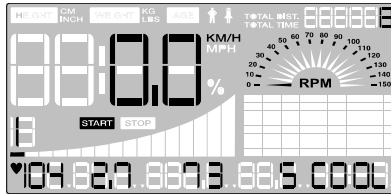
After completing the Target pulse and the TIME counts down to zero a one-minute COOL DOWN program starts. The TIME display will show 'COOL' 10 seconds and start blinking. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time).

When the computer starts the COOL DOWN program, the resistance will return to the "1" Level, the "DISTANCE and CALORIES" will continue to count up.

To pause the program while exercising, press the "STOP" button.

Press the "STOP" button twice, the program will return to POWER ON.

You cannot use the "UP, DOWN, START, MODE" buttons in the "COOL DOWN" program.

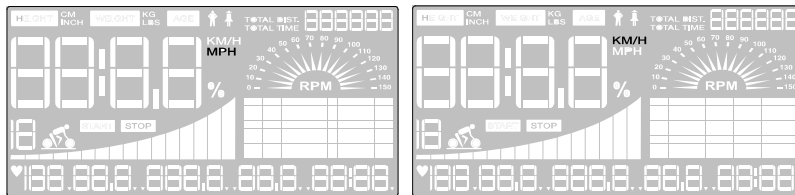


Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

When the computer is in the POWER ON status. Press and hold the "STOP" button then press the "UP" button. The LCD will display E-I and the number 1, you can select 2 by pressing the UP/DOWN button. Press the START button during the selection mode, the LCD will show the "KM/H" or "MPH". Select set KM/H or MPH by pressing the UP/DOWN button, and then press the ENTER button to confirm.

It was showing "KM/H" unit if the user do not set up the program. The computer will show distance with the unit which the user setting. The computer just can use the "UP" "DOWN" "STOP" button when setting the program.



Heart Rate Operation

The 3.1e comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

Heart Rate Training

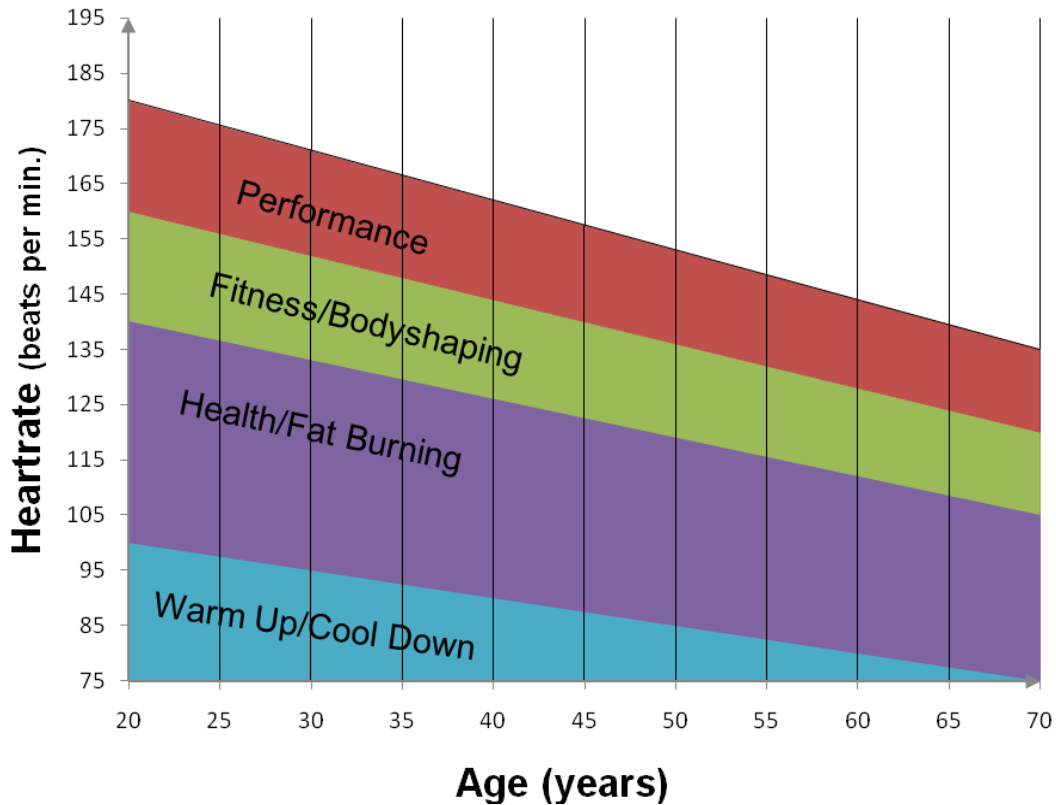
To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

COMPUTER INSTRUCTIONS

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different trainingtargets you should train with the following percentage of your maximum heartrate:

- Health/Fat Burning: 50 – 70% of your max. heartrate
- Fitness/Bodyshaping: 70 – 80% of your max. heartrate
- Performance: 80 - 90% of your max. heartrate

Example:

You are 25 years old and want to train for the target Fitness:

$$220 - 25 = 195$$
$$70\% \text{ of } 195 = 136,5$$
$$80\% \text{ of } 195 = 156$$

Your target-heartrate should be between 136,5 and 156 beats per minute.

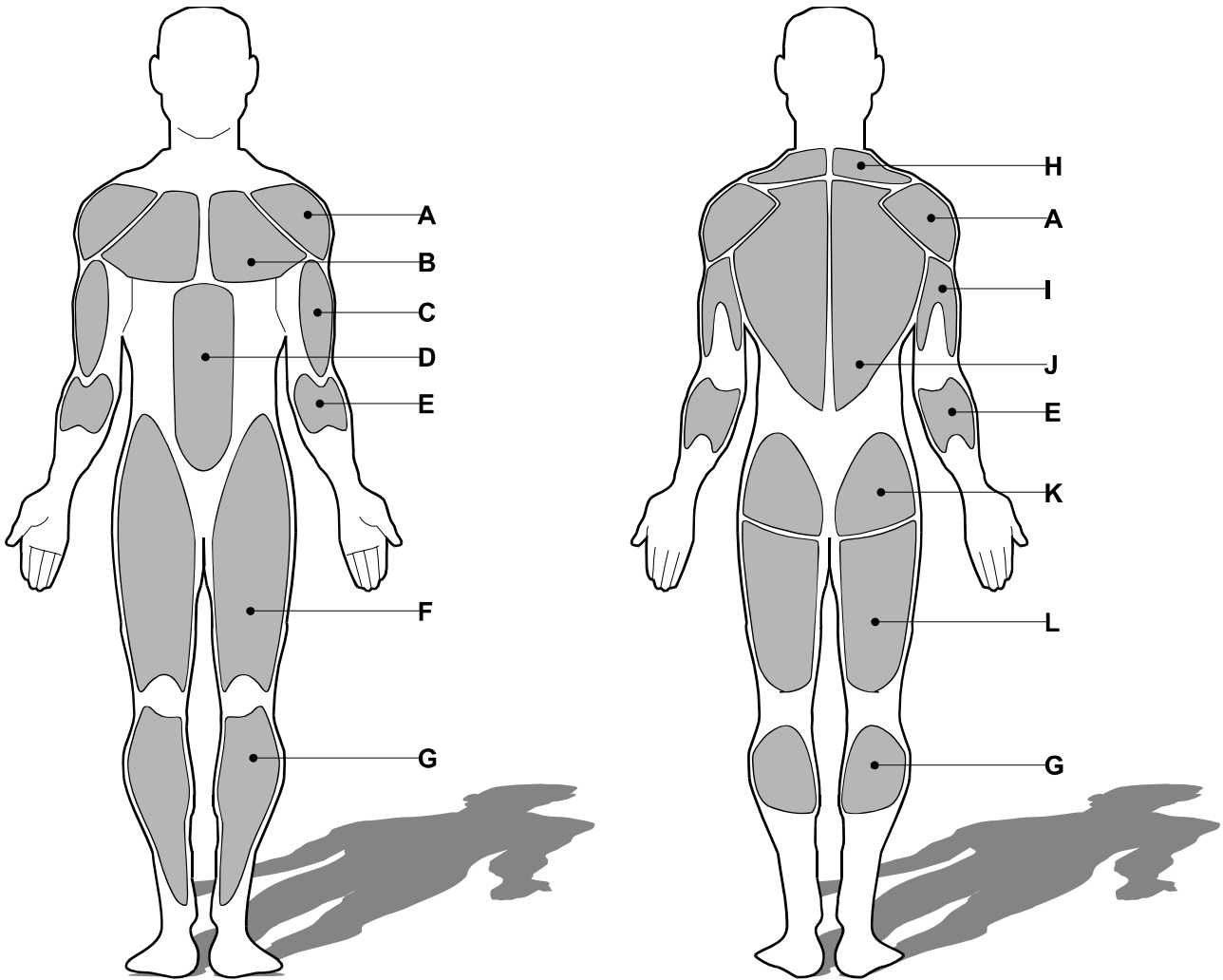


This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

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	A	B	Pectoral muscles
Bicep muscle	C	D	Abdominal muscles
Forearm muscles	E	F	Quadriceps muscles
Calf muscles	G	H	Trapezius muscles
Triceps muscles	I	J	Back muscles
Gluteus muscles	K	L	Hamstring muscles

WARM UP AND COOL DOWN

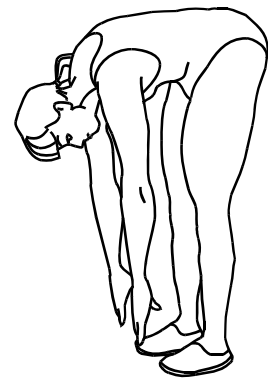
Warm up and cool down:

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:

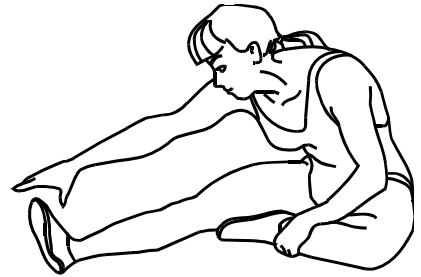
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARM UP AND COOL DOWN

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.



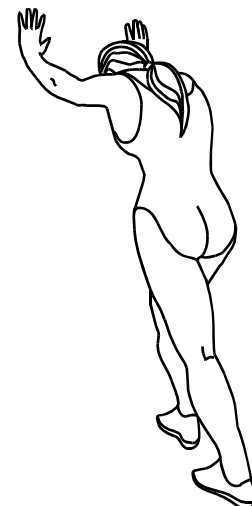
Side Stretch:

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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WARRANTY**Warranty Coverage:**

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

Period of Coverage:

The Warranty on this product runs from the date of your purchase for a period of LIFETIME on the frame and magnetic brake, THREE (3) years on all parts and electronics and ONE (1) year on labor. Smooth Fitness reserves the right to inspect damaged parts for misuse.

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

Remedy Provided by Smooth Fitness:

Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer.

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. 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 call your local Smooth Retailer. 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 the order number.

Limitations on Warranty:

This Warranty will only apply to the original end user. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

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

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

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. 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;
- 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.™



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