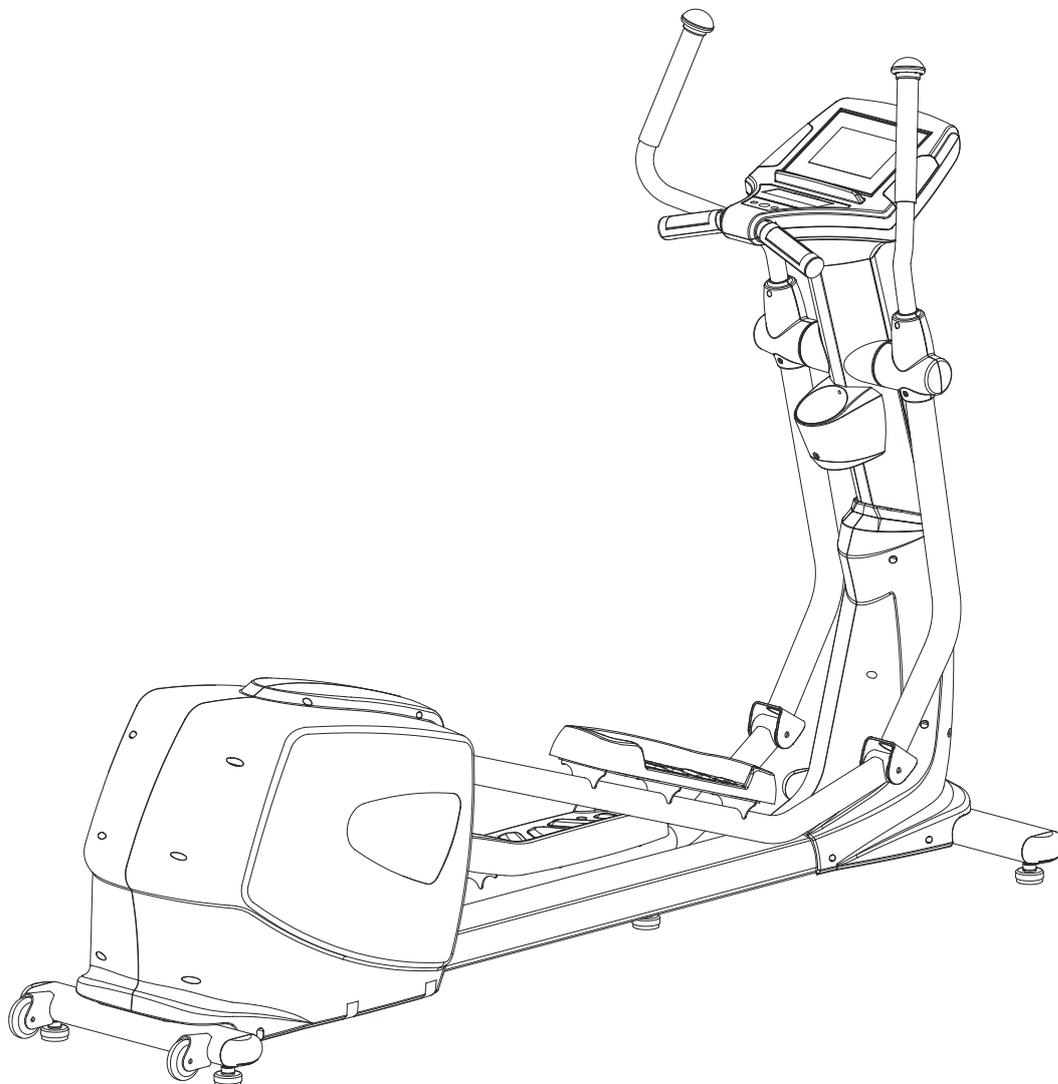# SMOOTH FITNESS

CE-8.0LC ELLIPTICAL TRAINER

USER WEIGHT LIMITATION: **400lbs(181kgs)**

SERIAL NUMBER (found on frame):_____

VERSION: IHP- I

⚠ **SAFETY INSTRUCTIONS**

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Elliptical Trainer.

1. Read all warnings posted on the **Elliptical Trainer.**

2. Read this Owner's Manual and follow it carefully before using the **Elliptical Trainer.** Make sure that it is properly assembled and tightened before use.

3. We recommend that two people be available for assembly of this product.

4. Keep children away from the **Elliptical Trainer.** Do not allow children to use or play on the **Elliptical Trainer.** Keep children and pets away from the **Elliptical Trainer** when it is in use.

5. It is recommended that you place this exercise equipment on an equipment mat.

6. Set up and operate the **Elliptical Trainer** on a solid level surface. Do not position the **Elliptical Trainer** on loose rugs or uneven surfaces.

7. Inspect the **Elliptical Trainer** for worn or loose components prior to use.

8. Tighten/replace any loose or worn components prior to using the **Elliptical Trainer.**

9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.

10. Follow your physician's recommendations in developing your own personal fitness program.

11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

12. Before using this product, please consult your personal physician for a complete physical examination.

13. Do not wear loose or dangling clothing while using the **Elliptical Trainer.**

14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.

15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Elliptical Trainer**, loss of balance may result in a fall and serious bodily injury.

16. Keep both feet firmly and securely on the Foot Pedals while exercising.

17. The **Elliptical Trainer** should not be used by persons weighing over 400 pounds /181 kgs.

18. The **Elliptical Trainer** should be used by only one person at a time.

19. Use two people to assemble and move the **Elliptical Trainer.**

20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.

21. Make sure that adequate space is available for access to and passage around the **Elliptical Trainer**; keep at least a distance of 1 meter from any obstruction object while using the machine.
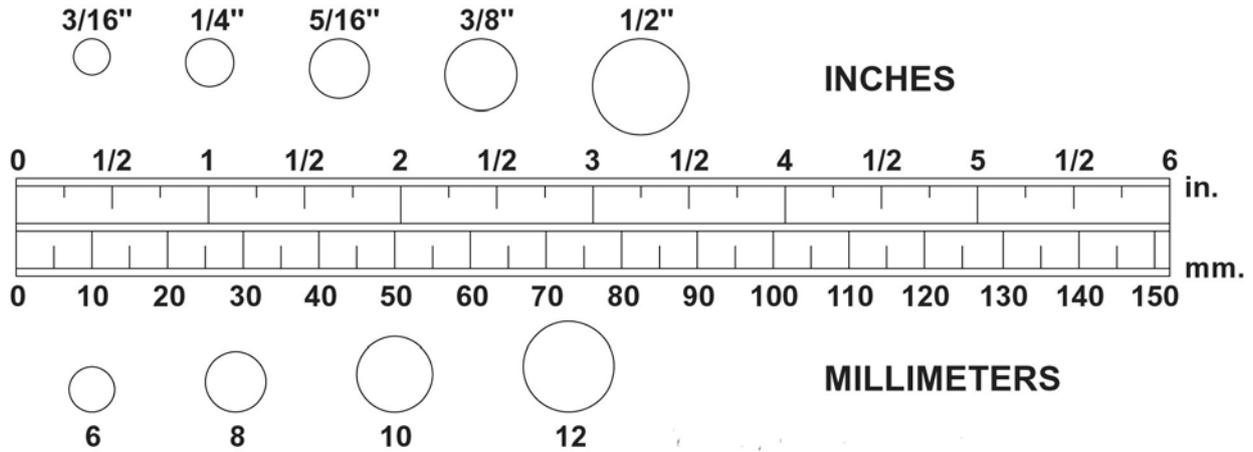
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

⚠ READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

2

HARDWEAR IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

3/16" 1/4" 5/16" 3/8" 1/2"   INCHES

0 1/2 1 1/2 2 1/2 3 1/2 4 1/2 5 1/2 6   in.

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150   mm.

6   8   10   12   MILLIMETERS

NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

length
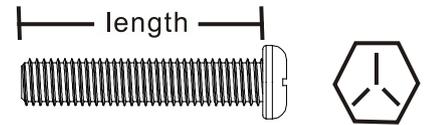
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

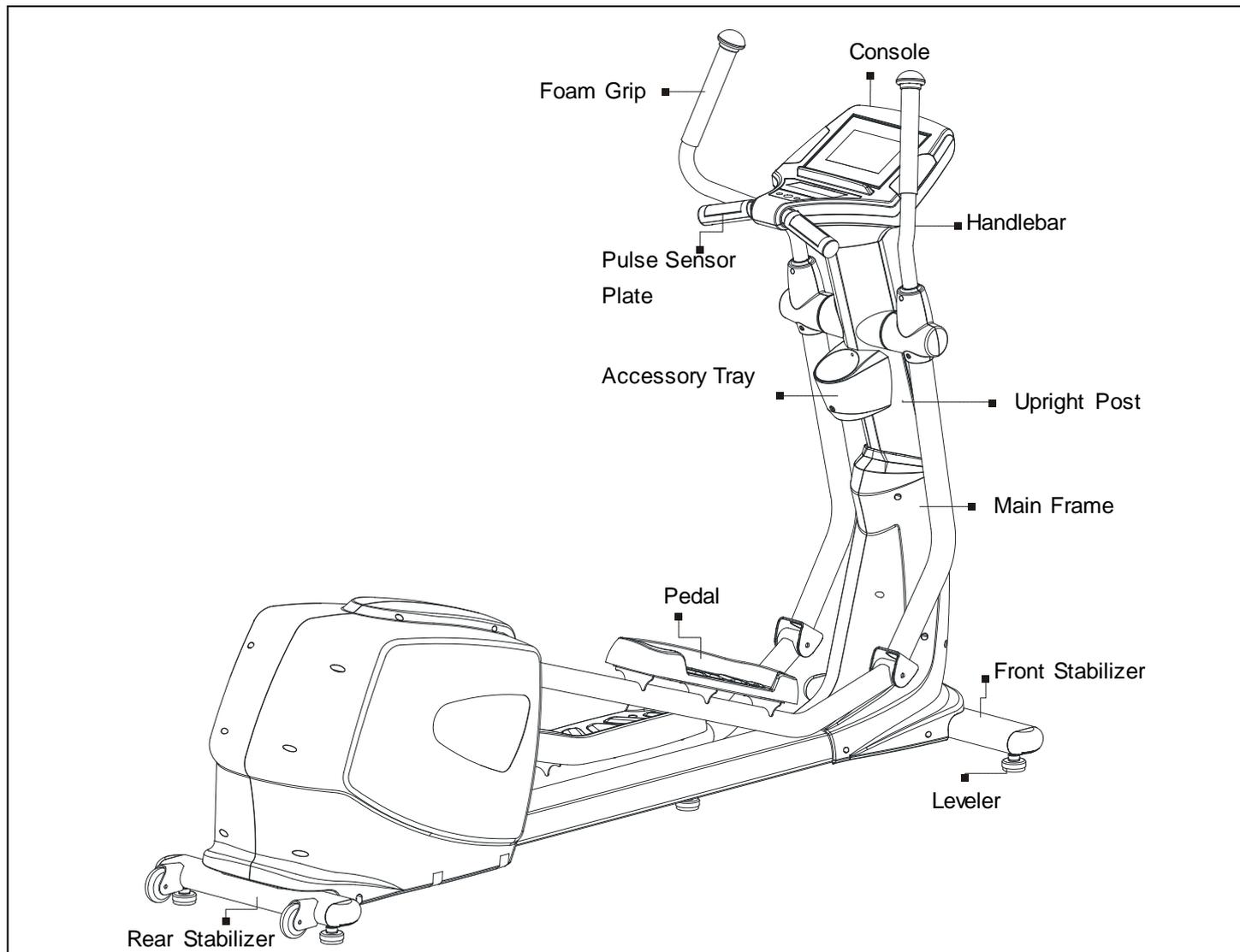|	Part No. and Description	Q'TY
	66 Lock Washer (M8)	4
	70 Washer (8x38x2.0t)	4
	80 Screw, Round Head (M5xp0.8x15mm)	18
	81 Screw, Round Head (M5xp0.8x50mm)	2
	83 Bolt, Socket Head (M8xp1.25x10mm)	8
	90 Bolt, Button Head (M10xp1.5x85mm)	2
	94 Bolt, Hex Head (M8xp1.25x65mm)	4
	95 Bolt, Hex Head (M10xp1.5x50mm)	2
	104 Nylon lock Nut (M10xp1.5)	2
	105 Nut Cap	2

3

BEFORE YOU BEGIN

Thank you for choosing the **CE-8.0LC Elliptical**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.
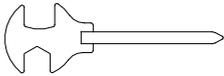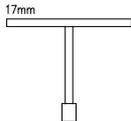
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.
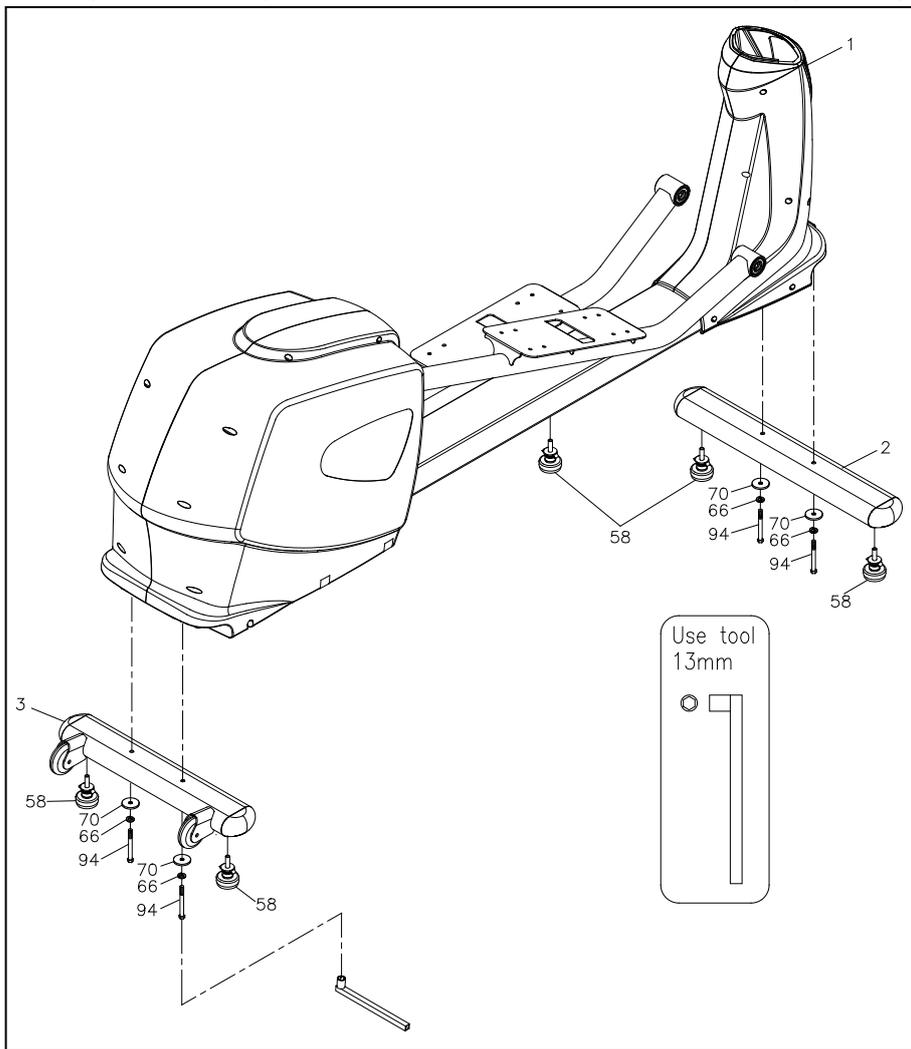

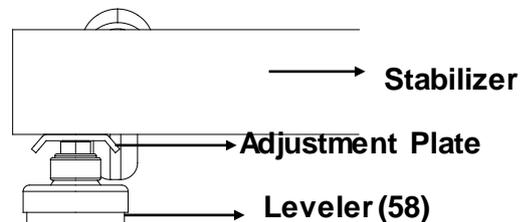**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**

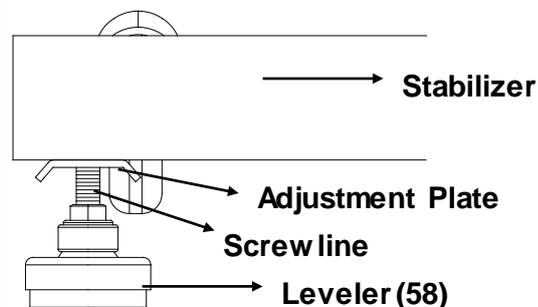|				
MULTI WRENCH TOOL W/ PHILLIPS SCREWDRIVER	**ALLEN WRENCH (6 mm)**	**PHILLIPS SCREWDRIVER (6mm)**	**SOCKET WRENCH (13mm)**	**T-HANDLE SOCKET WRENCH (17MM)**

4

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Read each step carefully before beginning.

Detailed Lever- drawing 1

Stabilizer

Adjustment Plate

Leveler (58)

Detailed Lever- drawing 2

Stabilizer

Adjustment Plate

Screw line

Leveler (58)

Use tool 13mm

STEP 1 – Leveler Assembly

a. Attach the **Leveler x 4 (58)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3).**
b. Be sure to tighten the **Leveler (58)** securely against the **Stabilizers (2, 3)** until screw completely tightened as the **drawing 1** shown on the top right corner.

STEP 2 – Stabilizer Assembly

Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **4 x Washers (8x38x2.0t) (70),** the **4 x Lock Washers (M8)(66)** and the **4 x Hex Head Bolts (M8xp1.25x65mm) (94)** with the socket wrench**(13mm)** (See picture above)

STEP 3 – Leveler Assembly

Tighten one **Leveler (58)** under the middle of the **Main Frame (1).**

NOTE: It will be easier to attach the **Leveler (58)** under the **Main Frame (1)** by placing one Styrofoam (or any stationary object) under one side of the **Main Frame (1).**

Styrofoam

58
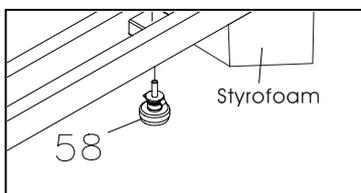
LEVELING: After placing the equipment in the intended location for use, Check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the Leveler (58) to make the Adjustment Plate become less tight.

Adjust the Leveler (58) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (58) in the stable position as the drawing 2 shown.

ASSEMBLY INSTRUCTIONS

Use tool 17mm
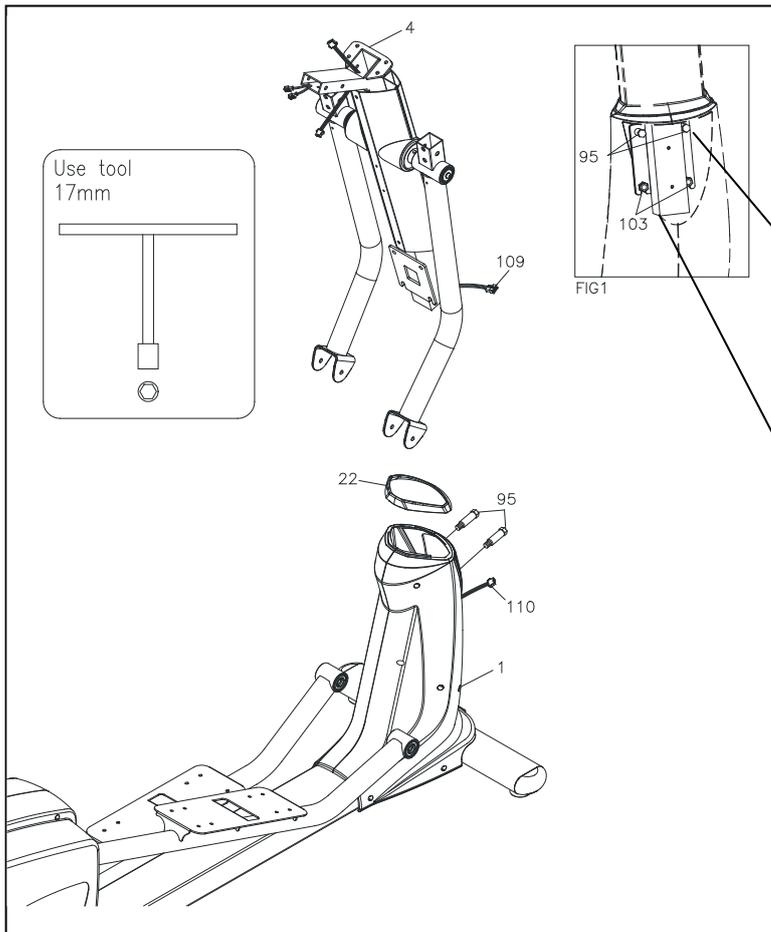
NOTE: Please do not fully tighten Bolts (95) until Step. 8 for the easy assembly

NOTE: Do not remove the lock nuts (103) during assembly

STEP 4 – Upright Sleeve Assembly

⚠ **CAUTION:** Be careful not to damage the **Middle Connection Wire (109)** while assembling <u>Step 4 to 6</u>.

Slide the **Upright Sleeve (22)** onto the **Upright Post (4).**

◆ Refer to the drawing above. Make sure the direction of the **Upright Sleeve (22)** is in the correct position.

STEP 5 – Upright Post Assembly

a. Check that **2 x Nylon lock Nuts (M10x8t) (103)** have preassembled into the front of the **Main Frame (1)** as FIG1 illustration shows on the top right corner, making sure that the slotted bracket of the upright post slides between the nuts and the frame.

b. Insert the **Upright Post (4)** onto the **Main Frame (1)** and slightly secure with the **2 x Hex Head Bolts (M10xp1.5x50mm) (95)** by using the **T-Handle SOCKET WRENCH(17mm)** as shown.
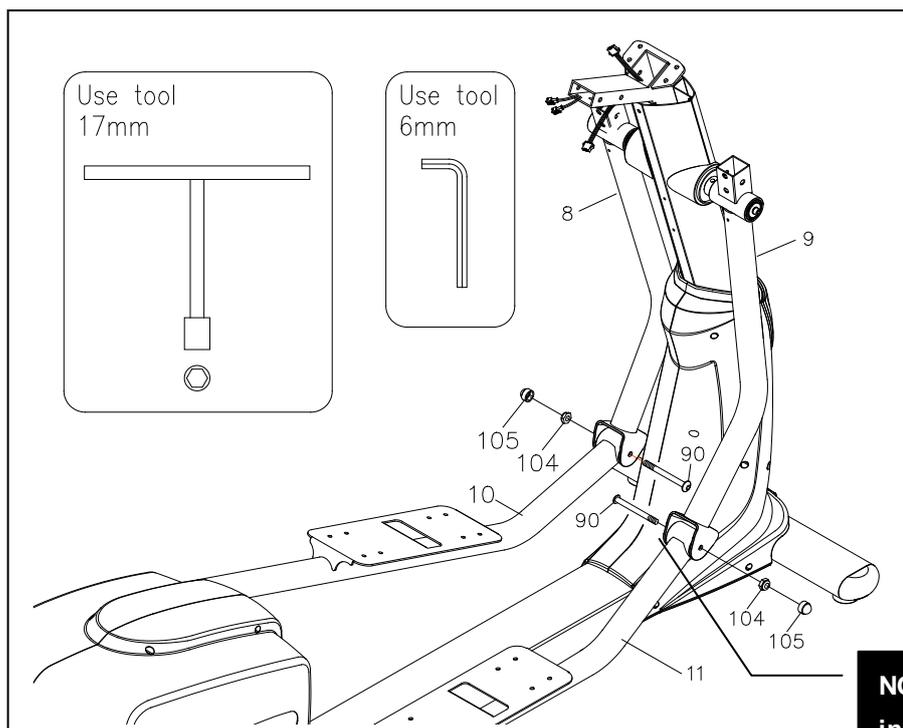   **NOTE: Please do not fully tighten Bolts (95) or lock nuts (103) until Step. 7 has been <u>COMPLETED</u>**
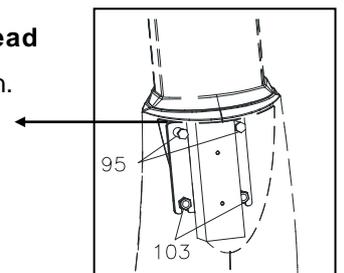
STEP 6 – Wire Assembly

Plug the **Middle Connection Wire (109)** into the **Lower Connection Wire (110).**

6

ASSEMBLY INSTRUCTIONS

Note: make sure the bolts are fully tightened to avoid noise

STEP 7 – Pedal Support Arm & Pivoting Arm Assembly

a. Attach the **Left Pedal Support Arm (10)** onto the **Left Pivoting Arm (8)** and secure with the **1x Button Head Bolt (M10xp1.5x85mm) (90)** and **1 x Nylon lock Nut (M10xp1.5) (104).**

b. Press the **Nut Cap (105)** onto the **Nylon lock Nut (M10xp1.5) (104).**

c. Repeat the above procedure to attach the **Right Pedal Support Arm (11)** onto the **Right Pivoting Arm (9).**

NOTE: Please make sure Bolts (90) are inserted from the inside of the Pivoting Arm and the Nuts (104) and Nut Caps (105) are installed from the outside

STEP 8 – Front Decoration Cover Assembly
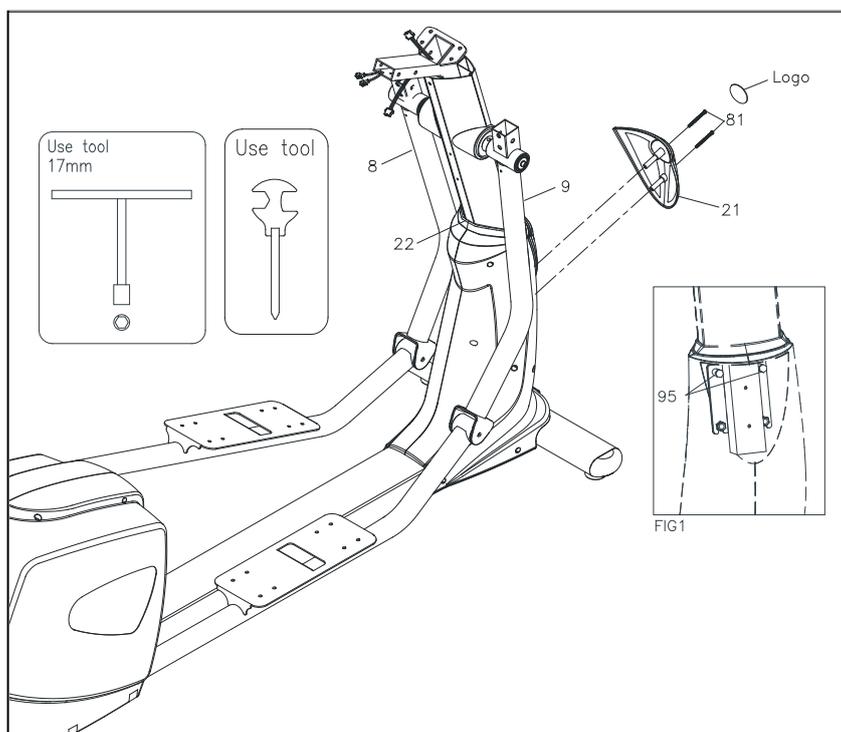
a. Please go back to fully tighten with the **2 x Hex Head Bolts (M10xp1.5x50mm) (95) and the 2 x Lock nuts (103)** with the **T-Handle SOCKET WRENCH (17mm)** as shown.
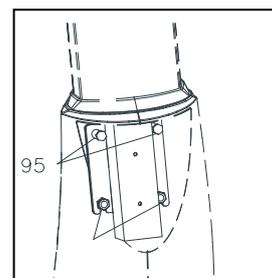
b. Attach the **Front Decorative Upright Cover (21)** onto the front of the **Main Frame (1)** with the **2 x Round Head Screws (M5xp0.8x50mm) (81).**

c. Place the Logo Sticker on the surface of the **Front Decorative Upright Cover (21).**

   ◆ A logo sticker is located in one of the hardware boxes.

d. Slide the **Upright Sleeve (22)** down to cover the open area of the **Main Frame (1).**

7

ASSEMBLY INSTRUCTIONS

83

33

10

Use tool
6mm
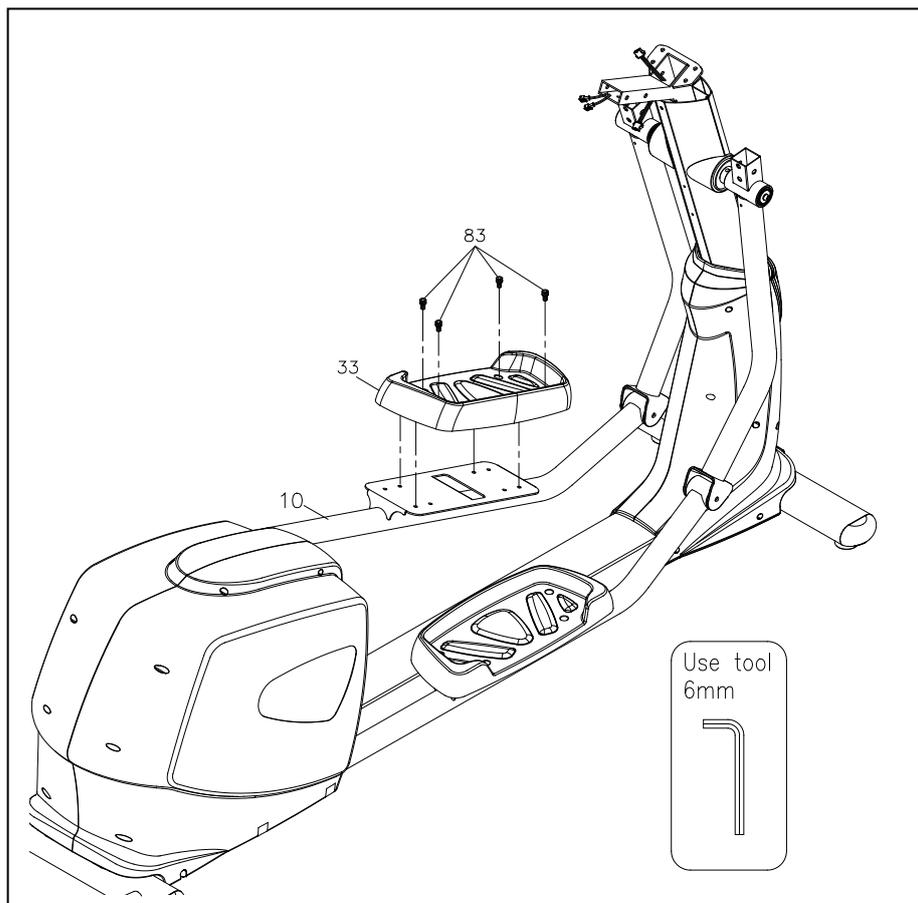
STEP 9 – Pedal Assembly

a. Attach the **Left Pedal Assembly (33L)** onto the **pedal arm plate** that is located in the middle of the **Left Pedal Support Arm (10)** and secure with the **4x Socket Head Bolt (M8xp1.25x10mm) (83).**

b. Repeat the above procedure to attach the **Right Pedal Assembly (33R)** onto the **Right Pedal Support Arm (11).**

8

ASSEMBLY INSTRUCTIONS

Use tool

Use tool 6mm

87 87
66 66
43
18
FIG1
44,45

88 66
113
66
112
5
88
4
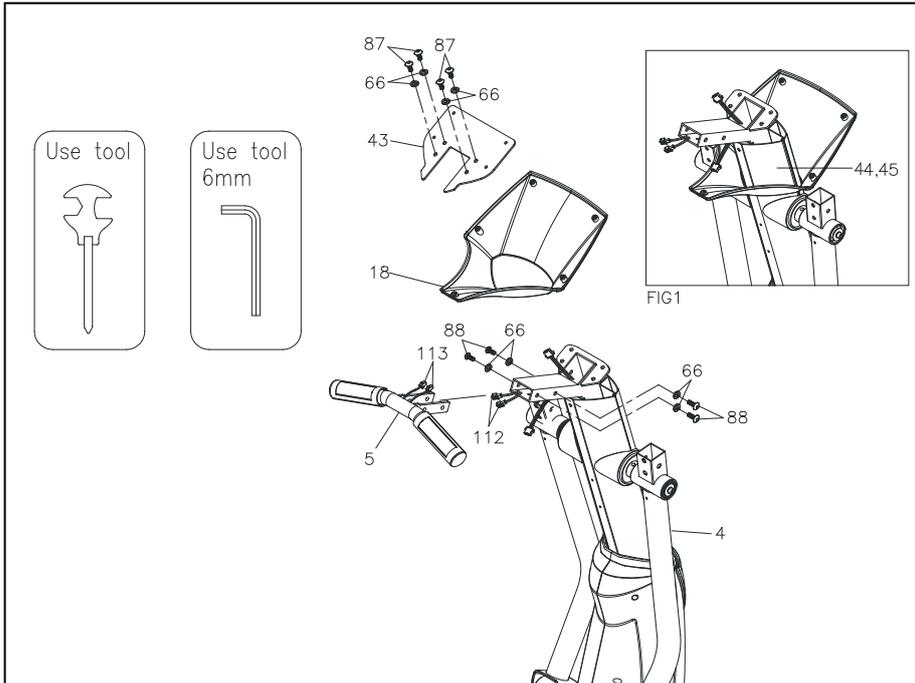
STEP 10 – Console Bracket Assembly

⚠ **CAUTION:** Be careful not to damage the **Middle Pulse Sensor Wire (112)** while assembling **STEP 9**.

Slide the **Console Bracket (18)** onto the **Upright Post (4)** as the **FIG1** illustration shows on the top right corner.

STEP 11– Console Fixed Bracket Assembly

NOTE: For shipping purpose, the **4 x Button Head Bolts (M8xp1.25x12mm) (87)** and **4 x Lock Washers (M8)(66)** are attached on the **Upright Post (4).**
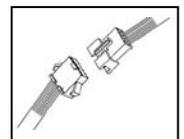
a. Remove the **4 x Button Head Bolts (M8xp1.25x12mm)(87)** and **4 x Lock Washers (M8)(66)** from the **Upright Post (4).**

b. Attach the **Console Fixed Bracket (43)** onto the **Upright Post (4)** and secure with the **4 x Button Head Bolts (M8xp1.25x12mm)(87)** and **4 x Lock Washers (M8)(66)**

STEP 12 – Stationary Handlebar & Wire Assembly

NOTE: For shipping purpose, the **Button Head Bolts (M8xp1.25x16mm)(88)** and **Lock Washers (M8)(66)** are attached on the **Stationary Handlebar (5).**

a. Remove the **4 x Button Head Bolts (M8xp1.25x16mm)(88)** and **4 x Lock Washers (M8)(66)** from the **Stationary Handlebar (5).**

b. Connect the **Middle Pulse Sensor Wire (112)** and the **Lower Pulse Sensor Wire (113)** to the **Stationary Handlebar (5).**

> **NOTE:** After connecting the wires' pins, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected.

c. Insert the **Stationary Handlebar (5)** into the **Upright Post (4)** and secure with the **4 x Button Head Bolts (M8xp1.25x16mm)(88)** and **4 x Lock Washers (M8)(66).**
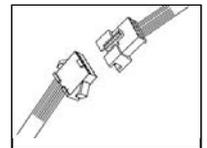
9

ASSEMBLY INSTRUCTIONS
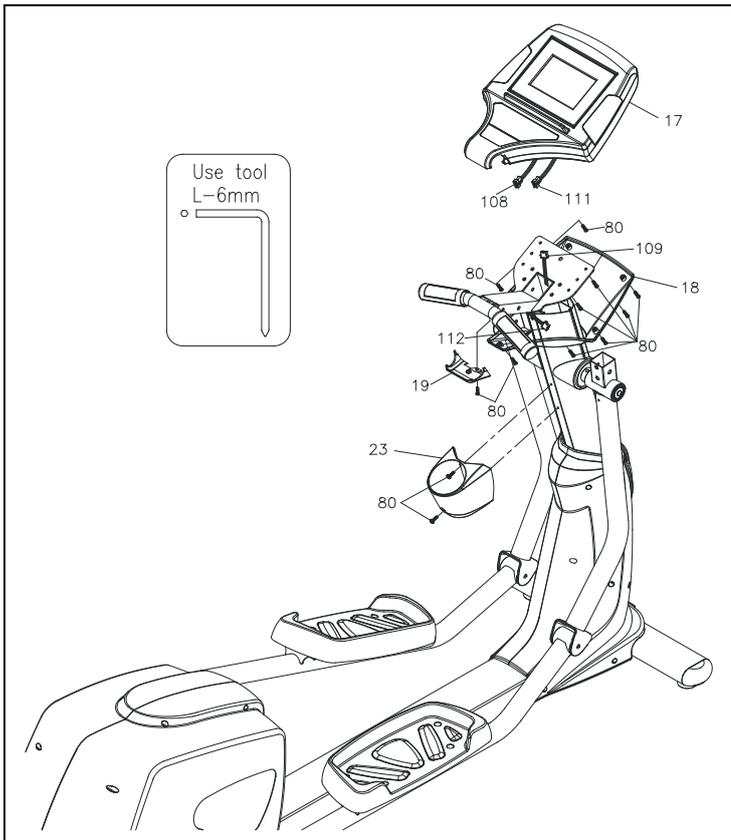
STEP 13 – Wire Assembly

a. Connect the **Upper Pulse Sensor Wire (111)** to the **Middle Pulse Sensor Wire (112).**

b. Connect the **Upper Connection Wire (108)** to the **Middle Connection Wire (109).**

NOTE: The number of wire pin should be the same for both wires to connect with as the drawing shown on the right.

STEP 14 – Console & Console Bracket Assembly

a. Place the **Console (17)** onto the **Upright Post (4)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80).**
b. Attach the **Console Back Cover (19)** to the **Console (17)** under the **Stationary Handlebar (5)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80).**
c. Slide the **Console Bracket (18)** onto the **Console (17)** and secure with the **Round Head Screws (M5xp0.8x15mm) (80).**
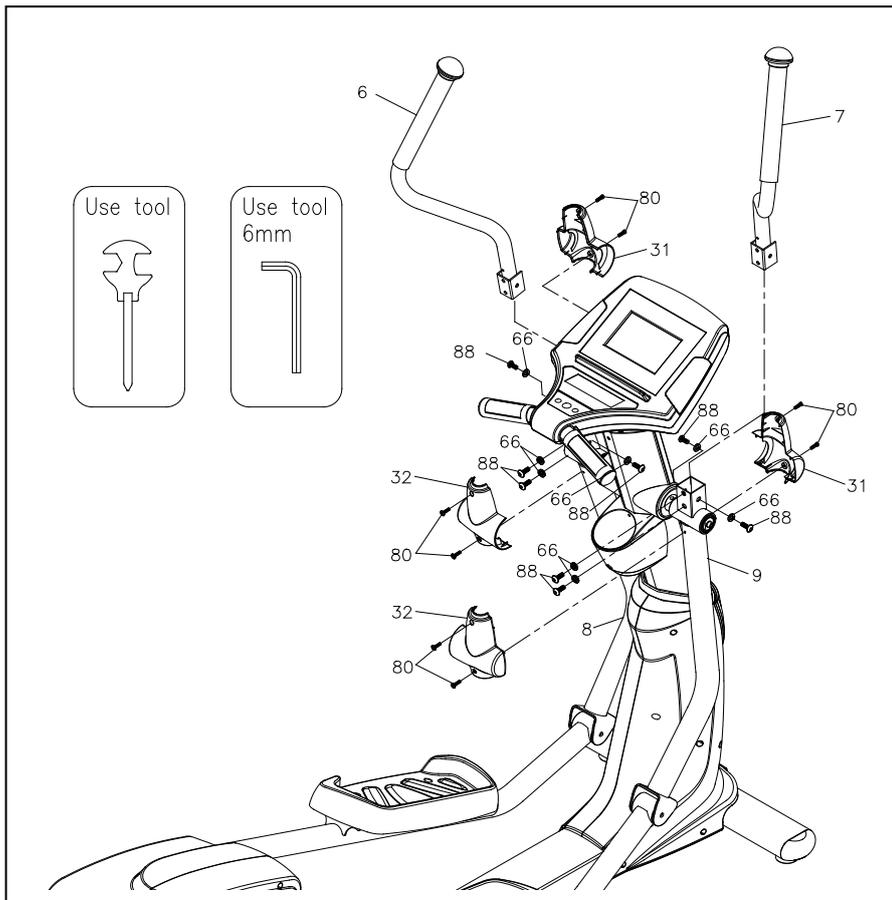
STEP 15 – Accessory Tray Assembly

NOTE: For shipping purpose, the **Round Head Screws (M5xp0.8x15mm) (80)** are attached on the **Upright Post (4).**

a. Remove the **Round Head Screw (M8xp1.25x15mm) (80)** from the **Upright Post (4).**

b. Attach the **Accessory Tray (23)** onto the **Upright Post (4)** and secure with the **Round Head Screw (M5xp0.8x15mm) (80).**

10
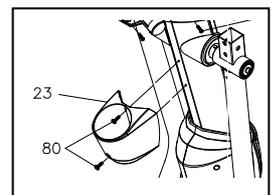
STEP 16 – Upper Handlebar Assembly

NOTE: For shipping purpose, the **Button Head Bolts (M8xp1.25x16mm)(88)** and **Lock Washers (M8)(66)** are attached on the **Left and Right Action Handlebar (6, 7).**

a. Remove the 8x **Button Head Bolts (M8xp1.25x16mm) (88)** and **8 x Lock Washers (M8) (66)** from the **Left and Right Action Handlebar (6, 7).**

b. Following the assembly drawing, insert the **Right Action Handlebar (7)** onto the **Right Pivoting Arm (9)** and secure with the 4x **Button Head Bolts (M8xp1.25x16mm)(88)** and **4 x Lock Washers (M8)(66).**

c. Repeat the above procedure to insert and secure the **Left Action Handlebar (6)** onto the **Left Pivoting Arm (8).**

## STEP 17 – Action Arm Cover Assembly

a. Place the **Front Action Arm Cover (31)** and the **Back Action Arm Cover (32)** over the **Right Pivoting Arm (9).**

b. Fasten the Covers together with the 4 x **Round Head Screws (M5xp0.8x15mm) (80).**

c. Repeat the above procedure to place the **Front Action Arm Cover (31)** and the **Back Action Arm Cover (32)** at both sides of the **Left Pivoting Arm (8).**

For the final step, make sure all the bolts and nuts are tighten securely before using.
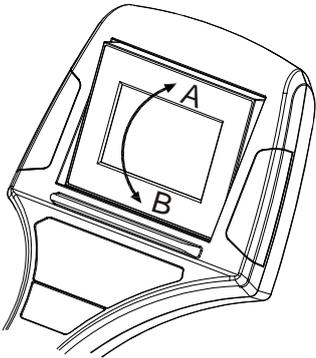
11

OPERATION INSTRUCTIONS

A. POWER SUPPLY

◆ The power connects to the front of the **Main Frame (1.)**

◆ Plug the adaptor's **Power Cord (106B)** into an 110v electrical outlet.
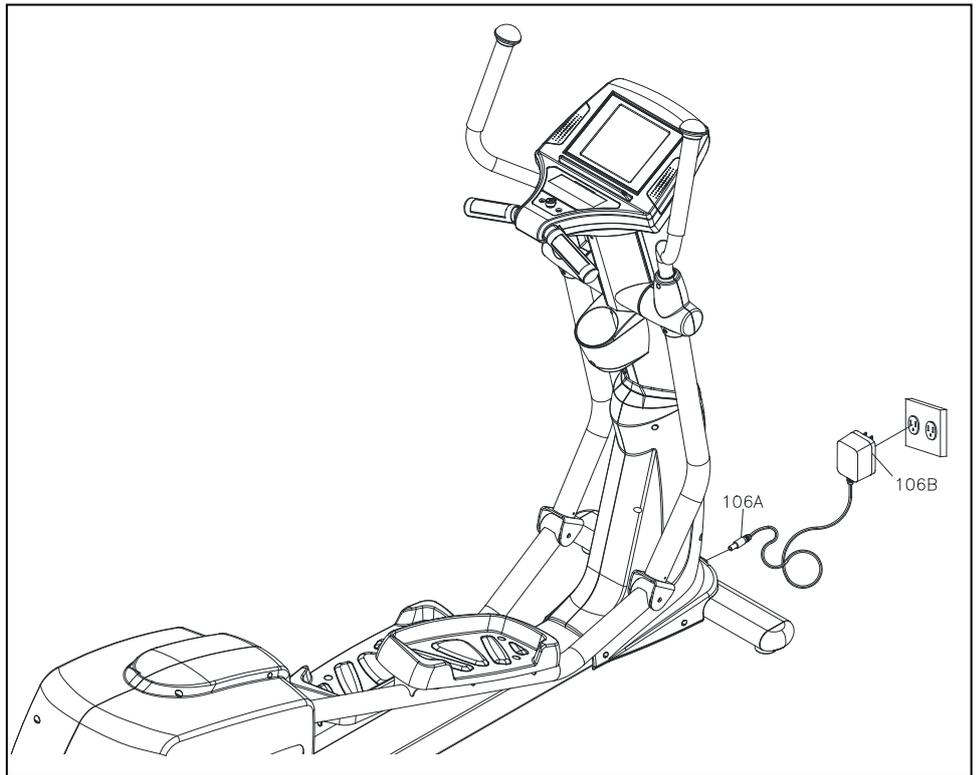
## B. CONSOLE ANGLE ADJUSTMENT

To get the best viewable angle, press the area A or B to adjust the display up or down.

C. HOW TO MOVE THE ELLIPTICAL

Move this elliptical by lifting from the front stabilizer and roll the elliptical on the wheels located on the rear stabilizer.

◆ This elliptical may reqire two people to move.

◆ Make sure the floor is level while moving the elliptical.

12
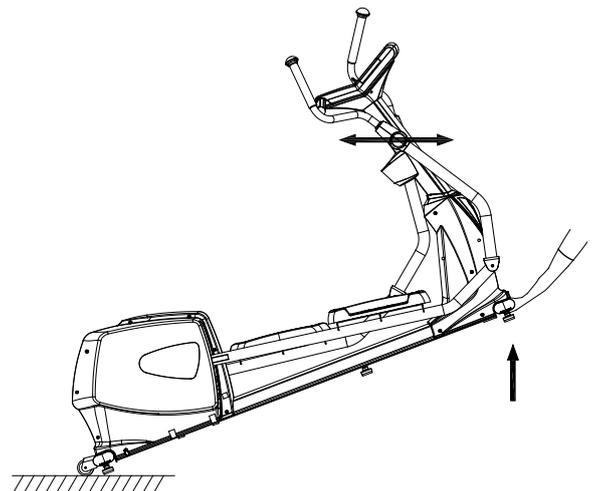
mySMOOTH ♥ +
Virtual Fitness Trainer

Congratulations this product is equipped with the MY SMOOTH Virtual Fitness Trainer. Whether you want to lose weight, train for a sporting event, or simply maintain a healthy lifestyle, the MY SMOOTH Virtual Fitness Trainer provides the tools, structure and support you need to be fit and live healthy. The 5 simple steps, outlined in the customer care kit* are proven to help you lose weight, improve your health, and make positive steps to a healthier lifestyle. These five steps combined with the tools built into your online account, will provide you with a great start toward achieving your goals.

To set up your account, refer to the instructions in the Getting Started Guide contained in your Smooth Fitness customer care kit or visit   www.my smoothtrainer.com

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Welcome to mySMOOTH!

Your personal online account will empower you to take control of your health and fitness to achieve your goals.

You can truly consolidate all of your exercise activity and your vital statistics in one place; automatically save and log your exercise, weight and blood pressure; and get exercise programs designed just for you.

Your USB storage device provides the connection between your mySMOOTH account and the IHP certified products you use. Once your data is in your account, you can view it in a variety of ways that will help motivate you to stick with your exercise program. mySMOOTH is easy to use and proven to help you stay active, lose pounds, or train for a marathon.

780 5th Avenue
King of Prussia PA, 19406
800-211-1611
www.SmoothFitness.com

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1 Create Your Account

1. Enroll
It takes only minutes to set up your account.

1. Go to www.mysmoothtrainer.com and click the Enroll Now button.
2. Follow the online instructions.
   a. Enter the enrollment ID shown below.
   b. Read and accept the Terms and Conditions, then click continue.
   c. Fill out the enrollment form. Make sure you enter a valid and accessible email address.

After completing the enrollment form, you will be sent an email with your temporary password (check your junk email box if you do not receive it within 10 minutes).

Enrollment ID#

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2. Log In & Enter Your Baseline Vital Stats

1. To log in to your account, go to www.mysmoothtrainer.com and click Member Login. Enter the temporary password emailed to you, and change your password following the on-screen prompts.

Health Metrics

2. Enter your health metrics (at least the stats you know) to establish a baseline of your information. As you use your mySMOOTH membership, you can compare your progress to your baseline.

NOTE: At a minimum, it is important to enter your height and weight. This personal data is used by IHP certified exercise equipment and health monitors to save you time during setup and record accurate data to your USB storage device.

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3. Set Your Goals

A critical step in using your mySMOOTH membership is to enter your health and fitness goals.

You'll have an 80% higher success rate of achieving your goals if you record them. Specific, attainable goals for exercise, vital stats and behavioral change provide the foundation for your roadmap to success.

Your goals are used to develop a plan that's right for you. Later, when you review your results and compare your progress to your goals, you can re-establish your goals and set them even higher.

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4. Pick a Workout Calendar

Workout Calendar

Using the information you've already provided, mySMOOTH recommends workout calendars that match your goals, physical condition, and exercise preferences. All workout calendars are developed by experienced Exercise Physiologists to help you receive the maximum benefit from your exercise.

Your personalized workout calendar combines cardio, strength, flexibility and balance exercises, and tells you which days to exercise, for how long, and at what level of intensity. YOU choose the physical activities you enjoy, whether indoors, outdoors, at home or at the gym.

Your personalized workout calendar provides a structured approach to help you achieve your goals.

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2 Using Your USB Drive

1. Install Your Communications Software
If you have a mySMOOTH drive, you must first install the IHP data communicator software on your computer. This allows your computer to recognize the USB drive. This is a quick, one-time process done on each computer you use with your USB drive.

1. Click Install Communications Software button at the bottom of your home page.
2. If you are prompted to Open or Save the file, click the Open button. Follow the prompts displayed on the screen.
3. When installation is complete, an IDC icon will be on your desktop (in Windows) or dock (on a Macintosh).

NOTE: Before you use your IHP certified product, make sure the exercise equipment or health monitor has the correct date and time set so your data is accurately recorded (see the product Owner's Manual for details).

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2. Sync Your Personal Data
Synchronize your personal data with your USB drive, and upload exercise and health metrics results from your USB into your account.

To Sync for the First Time, or When Logged In

1. Insert your USB drive into your computer.
2. Log in and click Update Exercise Results or Update Health Metrics, then USB Update.
3. Click Synchronize USB.
4. Enter your Last Name and Password, then click Remember Me and Sign In.
5. Click Select USB Drive, then choose your computer's USB drive (usually E: F: or G:). Your computer will then recognize your USB and you do not need to perform this step again.
6. Your personal profile, including name, age, height, weight and gender, will sync to your USB drive. Workout data and health metrics, if any on the USB, are uploaded to your account.

To Sync When Not Logged In

After you've synchronized your USB drive, you can sync your data at any time simply by double-clicking the IDC icon on your desktop and following the on-screen prompts. It's simple and convenient, and doesn't require being logged in to update your results.

All IHP certified products work with your mySMOOTH Account

IHP Certified

When you exercise on IHP certified fitness equipment and use IHP certified health monitors, your results are automatically saved to your USB for easy uploading into your account.

Your Profile

Sync

Your Results

---

3 Enter Your Results Manually

You can keep track of just about any exercise and health metrics in your mySMOOTH account, whether you have a mySMOOTH USB drive or not! It's simple to log and track all your physical activity - swim, bike outdoors, exercise at the gym, or attend fitness classes. Enter your vital stats as you take them or after you go to the doctor. You'll be rewarded with seeing your exercise results and health improvements in fun and motivating mySMOOTH reports.

1. Log in to your account.
2. Click the Update Exercise Results or Update Health Metrics
3. Follow the simple on-screen prompts.

mySMOOTH ♥
Virtual Fitness Trainer

Online Membership

mySMOOTH ♥
Virtual Fitness Trainer

BY **SMOOTH FITNESS**

Enrollment ID# Included

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*Not all Smooth Fitness products include the Smooth Customer Care Kit

13

Speaker
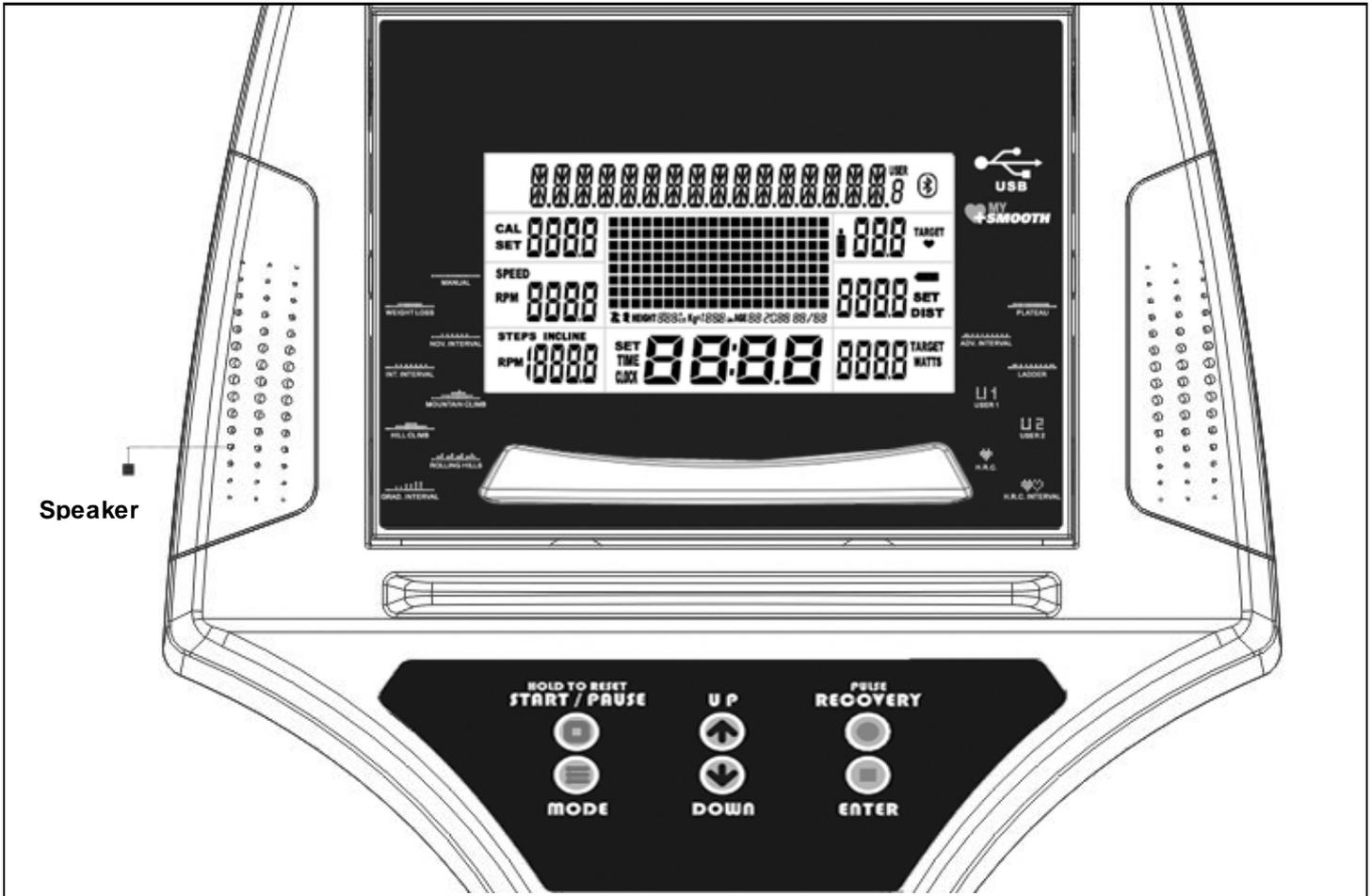
- **T**ake a few minutes to review the console layout. Below is an overview of the console's features and functions
- **W**e recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track

Power ON
a. Make sure the item's adaptor is correctly plugged into the socket
b. Pedaling or pressing any keys to active the console. The console display will then light up with a short beep sound, indicating the console will be ready for use
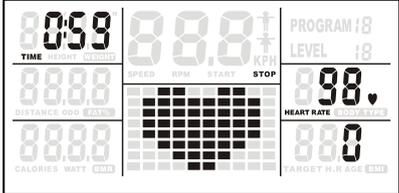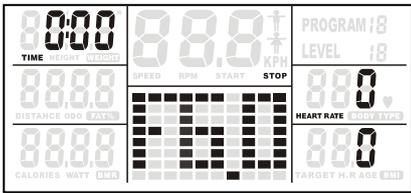
Power Off
The console would automatically shut off after 5 minutes of inactivity

Program List

MANUAL	WEIGHT LOSS	NOV. INTERVAL	INT. INTERVAL	MOUNTAIN CLIMB
HILL CLIMB	ROLLING HILLS	GRAD. INTERVAL	PLATEAU	ADV. INTERVAL
LADDER	USER 1	USER 2	H.R.C.	H.R.C. INTERVAL

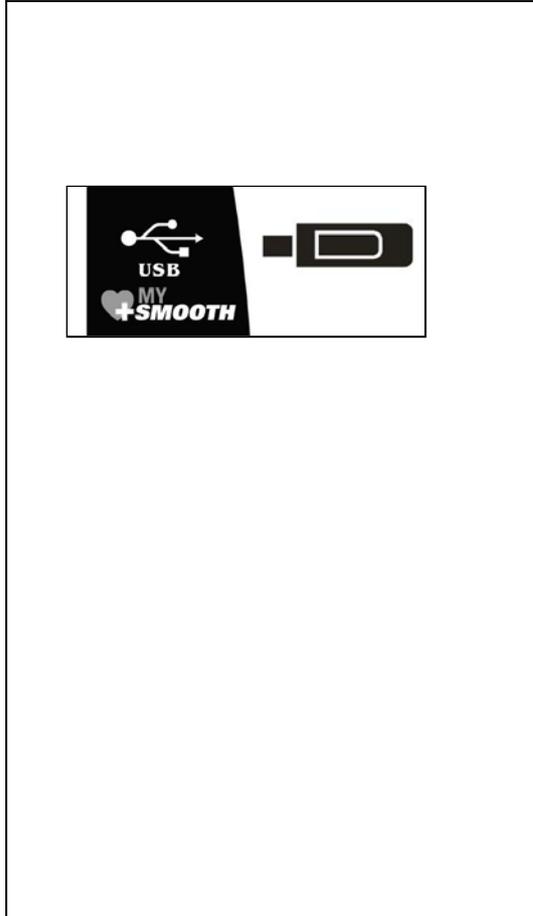| MANUAL	P1 WEIGHT LOSS	P2 NOV. INTERVAL	P3 INT. INTERVAL
P4 MOUNTAIN CLIMB	P5 HILL CLIMB	P6 ROLLING HILLS	P7 GRAD. INTERVAL
P8 PLATEAU	P9 ADV. INTERVAL	P10 LADDER	P11 USER 1
P12 USER 2	P13 H.R.C.	P14 H.R.C. INTERVAL	

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Console Buttons

START/PAUSE	a. Press **START/PAUSE** to begin your exercise b. Press **START/PAUSE** again to stop and pause all functions during your exercise program. All the data on the display will then pause. c. Press **START/PAUSE** again to resume the program and all the data displayed will continue until the program has finished. d. **HOLD TO RESET** function: Press and hold **START/PAUSE**, all the data will return to 0 and the console will return to POWER ON status.
ENTER	Press **ENTER** to confirm the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R.** and **LEVEL in each time interval**).
UP	Press **UP** to increase the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R.** and **LEVEL in each time interval**).
DOWN	Press **DOWN** to decrease the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R.** and **LEVEL in each time interval**).
MODE	****The button is only suitable to use when the USB is plugged into the console**** ● Press **MODE** to review Calendar Mode. ● Hold **MODE** for a few seconds, to go into Calendar Mode to edit year/month/date/hour/minute. ● Press Start/ Pause /Hold to reset to return to **POWER ON** status. Calendar Mode
RECOVERY	a. **PULSE RECOVERY** button measures how quickly you return to a resting heart rate after exercising. You could use this button to measure improvement as you get into shape. b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. F1.0 is the Highest; F6.0 is the Lowest (For Reference Only). c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. Stop exercising before starting this function. d. Your pulse will be displayed in approximately 5 seconds after the heart symbol "♥" is displayed. **NOTE:** If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, the console's **HEART RATE** value will show "0" and the main screen would show "F6.0" after the console counts down to zero, If the sensor was unable to read your heart rate. Press stop then press the PULSE RECOVERY button again. Replace your hands on the pulse sensors.

Console Buttons

|	
	Speaker Sound System: a. To use the music feature, simply connect any MP3/CD player to the **LINE IN** jack on the console. b. Listen to the music, either through headphones or speakers. c. Use the "**Volume Knob"** to adjust the sound level.
	To record your exercise and health metrics, you must log on to www.mysmoothtrainer.com . Then sync your MY Smooth Virtual Fitness Trainer USB device. Once complete simply plug in the MY Smooth Virtual Fitness Trainer USB device to you compatible Smooth Fitness exercise machine. Displayed on the equipment will be your name, weight height and age. Press "START" button to begin your workout, the console will record your exercise data automatically, every 20 seconds, to your MY Smooth Virtual Fitness Trainer USB device. After your exercise session is complete, Insert the MY Smooth device in to the USB port of your PC or MAC to upload your data to The MY Smooth Virtual Fitness Trainer online health management program. The detailed reports show your exercise and health results, trends and recommendations to better achieve and maintain your fitness goals.

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Console Functions

CAL [SET display]	**CALORIES:** ● Count Up: Measuring total calories your body burned during exercise. ● Display range: 0 ~ 9999.
SPEED **RPM** [display]	**SPEED:** ● Displays the current speed KM/MILE during exercise.
STEPS INCLINE **RPM** [display]	**RPM (Rotation Per Minute):** ● Display range: 0 ~ 999.
SET TIME CLOCK [display]	**TIME:** ● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes. ● Count Down: If you have set the target time (0:00 ~ 99:00), the console will count down from that selected target time down to 0:00.
[display] **TARGET WATTS**	**WATTS:** ● Displays the current value of Watt during exercise. ● Display range: 0 ~ 9999.
[display] **SET DIST**	**DISTANCE:** ● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999.9 km/mile. ● Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0. [battery symbol]**: Display POWER SUPPLY status.**
[display] **TARGET ♥**	**HAND PULSE / HEART RATE:** ● To display your heart rate you must wear the chest belt or place both of your hands on the **Pulse Sensors** located on the **Handlebars**. Your pulse will be displayed approximately 5 seconds after the heart symbol "♥" is displayed. ● If you do not wear the chest belt or place your hands correctly on the pulse sensors, the computer will shut off the pulse circuit. To reactivate the pulse feature, properly place your hands back on the Pulse Sensors and the pulse readout will appear again. [USB symbol]**: When the MY SMOOTH USB is plugged into the console, the USB signal will be displayed on the console.**

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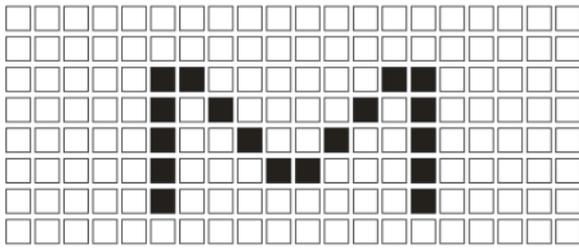
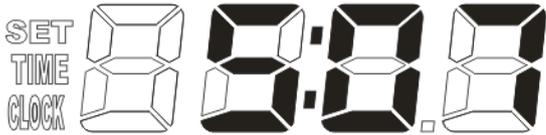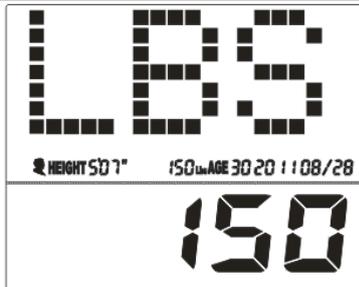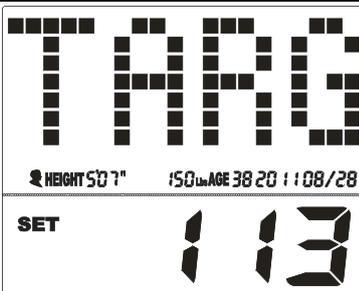|	
	GENDER: ● Display range: Male: Female:
	AGE: ● Display range: 10 ~ 99 years old; in 1 year increments **NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children.**
	HEIGHT: ● Display range: 3 FEET 4 INCHES ~ 7 FEET; 1 INCH increments / 101 ~ 214 CM; 1 CM increments; **the product is not recommended for use by children.**
	WEIGHT: ● Display range: 45 ~ 400LBS; 1 LB increments / 20 ~ 181 KGS; 1 KG increments; **the product is not recommended for use by children.**
	TARGET H.R.: ● Display range: 50 ~ 180 BPM (beats per minute) ; 1 BPM increments.

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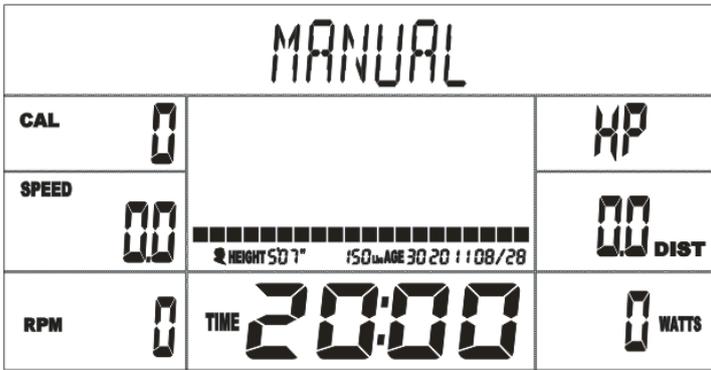
1 Press any button on the console to turn on the console

a. Make sure that the power cord is properly plugged into the socket.

b. The console would automatically shut off after 5 minutes of inactivity.

c. Press any button on the console to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.

2 "Start Pause" button, as an easy way to reset the computer and enter into POWER ON status
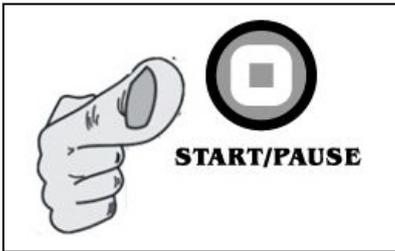
Hold the **START/PAUSE** button for a few seconds to reset the computer and returning all workout values to zero, and enter into **POWER ON** status.
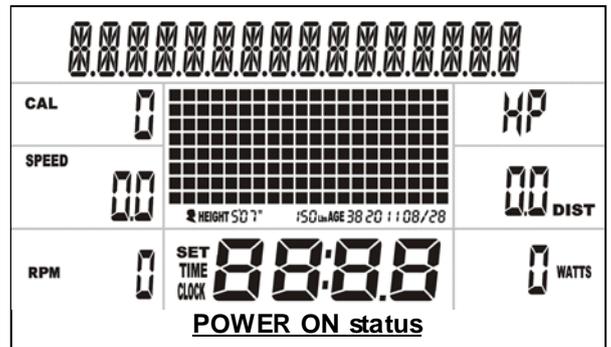
POWER ON status

3 MANUAL PROGRAM

A. ENTER MANUAL PROGRAM

QUICK START:
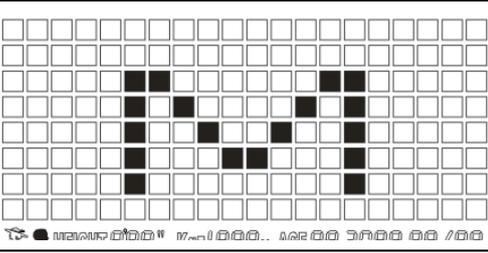Pressing When in Power on status press the start button to immediately start a manual program

or

ENTER the USER DATA
Press the UP or Down Button until MANUAL is displayed. Press Enter to confirm. Once the MANUAL program has been chosen you will enter your personal information by following the directions on the next page.
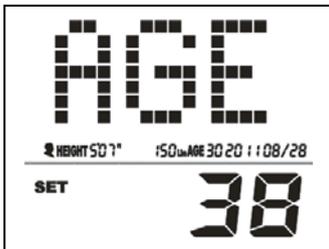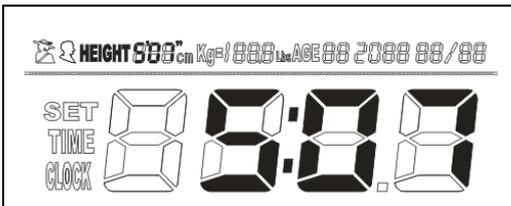
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B. SET YOUR GENDER

a. After pressing **UP or Down** button to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** function mode will appear with ____/Male icon display flashing.

b. Use **UP** or **DOWN** buttons to set your gender (Male: or Female:).

c. Press the **ENTER** button to confirm.

C. SET YOUR AGE

a. The **AGE** function will appear with the **AGE** display flashing.

b. Use the **UP** or **DOWN** buttons to set your **AGE (10 ~ 99 YEARS OLD; in 1 YEAR INCREMENTS).**

c. Press the **ENTER** button to confirm .**NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children**
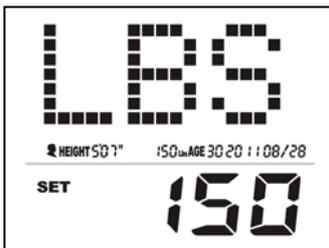
D. SET YOUR HEIGHT

a. The **HEIGHT** function will appear with the **HEIGHT** display flashing.

b. Use the **UP** or **DOWN** buttons to set your **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; 1 INCH INCREMENTS/ 101 ~ 214 CM; 1 CM INCREMENTS).**

c. Press the **ENTER** button to confirm.

NOTE for HEIGHT: The product is not recommended for use by children
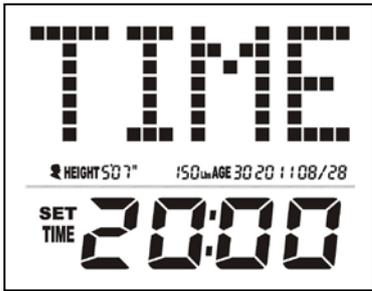
E. SET YOUR WEIGHT

a. The **WEIGHT** function will appear with the **WEIGHT** display flashing.

b. Use the **UP** or **DOWN** buttons to set your **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; 1 LBS/KG INCREMENTS).**

c. Press the **ENTER** button to confirm.

NOTE for WEIGHT: The product is not recommended for use by children
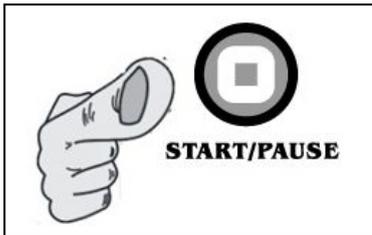
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F. SET THE TIME

a. The **TIME** function will appear with the **TIME** display flashing.
b. Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; 1 MINUTE INCREMENTS).**
c. Press the **ENTER** button to confirm**.**

NOTE for TIME:

- Count Up: If a target time was not selected, the **TIME** will count up from 0:00 to a maximum of 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time to 0:00

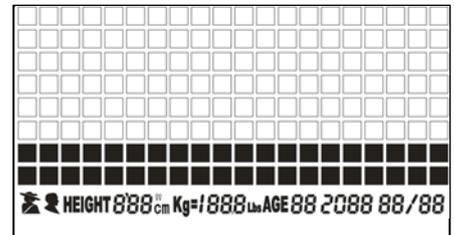### G. START TO EXERCISE

Press **START/PAUSE** to begin your exercise.

H. CHANGING THE RESISTANCE SETTING

You can change the resistance level (from 1 to 16 levels) at any time during workout by pressing the **UP** or **DOWN** button
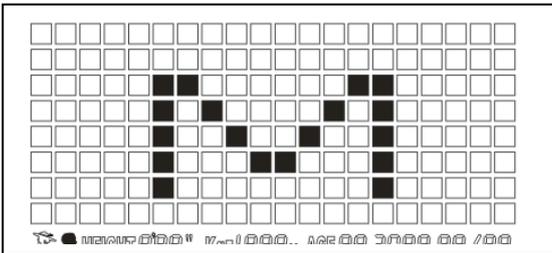

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CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P10)

A. ENTER THE PRESET PROGRAMS
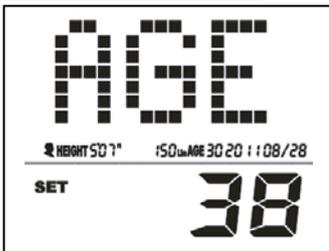
To enter one of the nine preset programs.

a. Press any button on the console to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.
b. Make sure that the power cord is properly plugged into the socket.
c. The console would automatically shut off after 5 minutes of inactivity.
d. Press the UP or DOWN buttons to select program 2 ~ 10 (SEE PROGRAM SELECTION ON PAGE 25)
e. Once the preferred program is displayed press enter to confirm.
f. Enter your USER Data

B. SET YOUR GENDER

a. After pressing **UP or Down** button to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** function mode will appear with /Male icon display flashing.

b. Use **UP** or **DOWN** buttons to set your gender (Male: or Female:).
c. Press the **ENTER** button to confirm.

C. SET YOUR AGE

a. The **AGE** function will appear with the **AGE** display flashing.
b. Use the **UP** or **DOWN** buttons to set your **AGE (10 ~ 99 YEARS OLD; in 1 YEAR INCREMENTS).**
c. Press the **ENTER** button to confirm .**NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children.**

D. SET YOUR HEIGHT

a. The **HEIGHT** function will appear with the **HEIGHT** display flashing.

b. Use the **UP** or **DOWN** buttons to set your **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; 1 INCH INCREMENTS/ 101 ~ 214 CM; 1 CM INCREMENTS).**

c. Press the **ENTER** button to confirm.

NOTE for HEIGHT: The product is not recommended for use by children
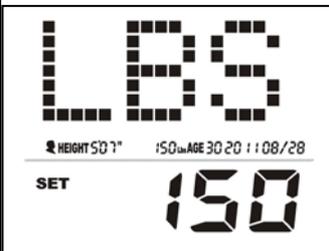
E. SET YOUR WEIGHT

a. The **WEIGHT** function will appear with the **WEIGHT** display flashing.

b. Use the **UP** or **DOWN** buttons to set your **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; 1 LBS/KG INCREMENTS).**

c. Press the **ENTER** button to confirm.

NOTE for WEIGHT: The product is not recommended for use by children

F. SET THE TIME

a. The **TIME** function will appear with the **TIME** display flashing.

b. Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; 1 MINUTE INCREMENTS).**

c. Press the **ENTER** button to confirm.

NOTE for TIME:

● Count Up: If a target time was not selected, the **TIME** will count up from 0:00 to a maximum of 99:59 minutes

● Count Down: If you have set the target time, the console will count down from that selected target time to 0:00

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G. START TO EXERCISE

Press **START/ PAUSE** to begin your exercise.

H. CHANGING THE RESISTANCE SETTING

You can change the resistance level (from 1 to 16 levels) at any time during workout by pressing the **UP** or **DOWN** button

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WEIGHT LOSS

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P1 WEIGHT LOSS

NOV. INTERVAL

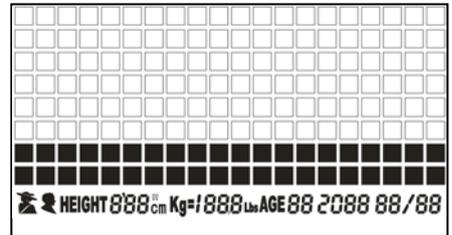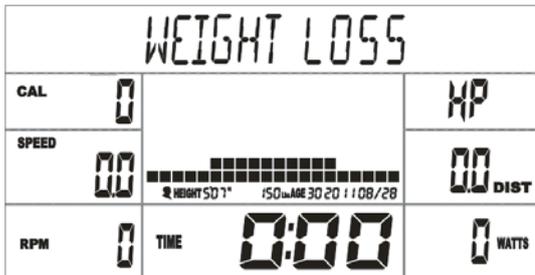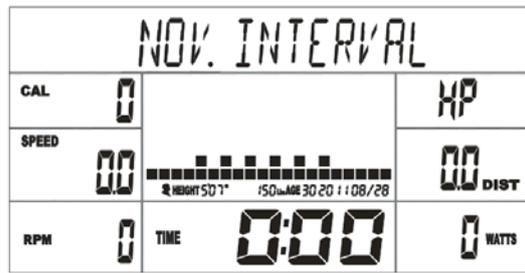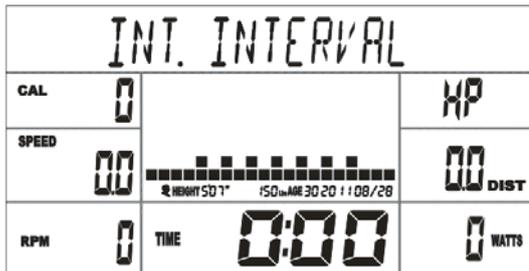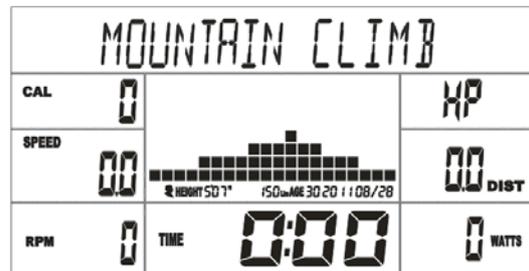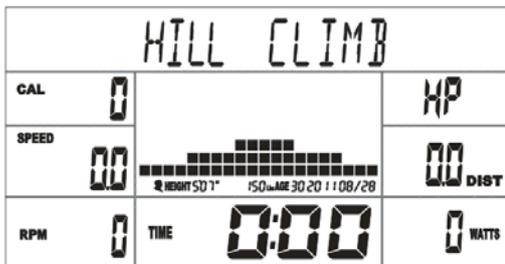| CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P2 NOVICE INTERVAL

INT. INTERVAL

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P3 INTERMEDIATE INTERVAL

MOUNTAIN CLIMB

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P4 MOUNTAIN CLIMB

HILL CLIMB

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P5 HILL CLIMB

ROLLING HILLS

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P6 ROLLING HILLS

GRAD. INTERVAL

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P7 GRADUATING INTERVAL

PLATEAU

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P8 PLATEAU

ADV. INTERVAL

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P9 ADVANCED INTERVAL

LADDER

CAL	0		HP	
SPEED	00	▪▪▪▪▪▪▪▪▪ HEIGHT 5'0 7" ISO Lbs AGE 30 20 11 08/28	00 DIST	
RPM	0	TIME 0:00	0 WATTS	

P10 LADDER

CONSOLE INSTRUCTIONS – PROGRAM (P11 ~ 12)

P11 USER 1	P12 USER 2

1 **To enter one of the 2 USER programs.**

a. Press any button on the console to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.
b. Make sure that the power cord is properly plugged into the socket.
c. The console would automatically shut off after 5 minutes of inactivity.
d. Press the UP or DOWN buttons to select program 11~12
e. Once the preferred program is displayed press enter to confirm.
f. Enter your USER Data

B. SET YOUR GENDER

a. After pressing **UP or Down** button to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** function mode will appear with ☻/Male icon display flashing.

b. Use **UP** or **DOWN** buttons to set your gender (Male: ☻ or Female: ♀).
c. Press the **ENTER** button to confirm**.**

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C. SET YOUR AGE

a. The **AGE** function will appear with the **AGE** display flashing.
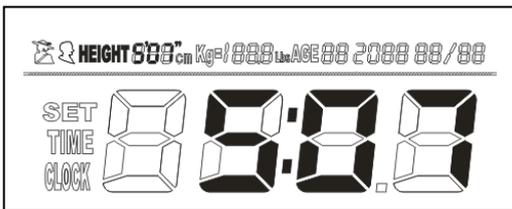b. Use the **UP** or **DOWN** buttons to set your **AGE (10 ~ 99 YEARS OLD; in 1 YEAR INCREMENTS).**
c. Press the **ENTER** button to confirm **.NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for use by children**

D. SET YOUR HEIGHT

a. The **HEIGHT** function will appear with the **HEIGHT** display flashing.
b. Use the **UP** or **DOWN** buttons to set your **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; 1 INCH INCREMENTS/ 101 ~ 214 CM; 1 CM INCREMENTS).**
c. Press the **ENTER** button to confirm**.**

NOTE for HEIGHT: The product is not recommended for use by children
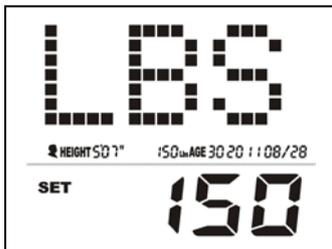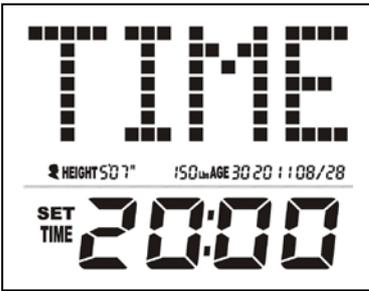
E. SET YOUR WEIGHT

a. The **WEIGHT** function will appear with the **WEIGHT** display flashing.
b. Use the **UP** or **DOWN** buttons to set your   **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; 1 LBS/KG INCREMENTS).**
c. Press the **ENTER** button to confirm.

NOTE for WEIGHT: The product is not recommended for use by children

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F. SET THE TIME
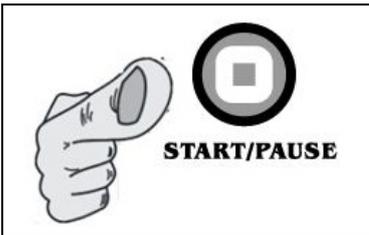
a. The **TIME** function will appear with the **TIME** display flashing.

b. Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; 1 MINUTE INCREMENTS).**

c. Press the **ENTER** button to confirm**.**

NOTE for TIME:

- Count Up: If a target time was not selected, the **TIME** will count up from 0:00 to a maximum of 99:59 minutes

- Count Down: If you have set the target time, the console will count down from that selected target time to 0:00

G. START TO EXERCISE

Press **START/ PAUSE** to begin your exercise.

H. CHANGING THE RESISTANCE SETTING

You can change the resistance level (from 1 to 16 levels) at any time during workout by pressing the **UP** or **DOWN** button

2 Programming the 2 USER programs.

a. Once the USER data has been entered press the UP or DOWN buttons to adjust the level of the first segment.
b. Press enter to confirm and move to the next segment
c. Repeat this process until the preferred program has been completed.
d. Press start to save and begin the program
e. This program can be overwritten at any time in the set up screen.
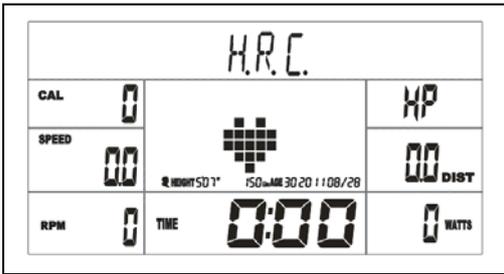
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1 Prior information: Press any button on the console to turn on the console

a. Make sure that the power cord is properly plugged into the socket.

b. The console would automatically shut off after 5 minutes of inactivity.

c. Press any button on the console to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.

2 Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

Continue pressing **HOLD TO RESET** button a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status.

POWER ON status
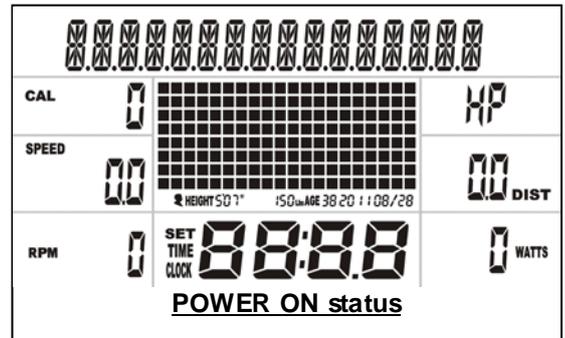
3 PROGRAM (P13)

A. ENTER P13

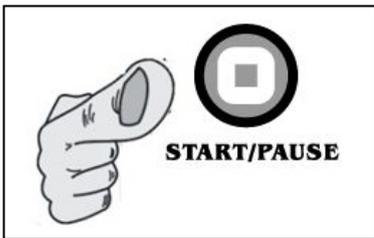**UP** or **DOWN** button and then **ENTER** button:

Press **UP** or **DOWN** button to select **PROGRAM (P13)** and then press **ENTER** button to confirm and enter **PROGRAM (P13).**

B. SET YOUR GENDER
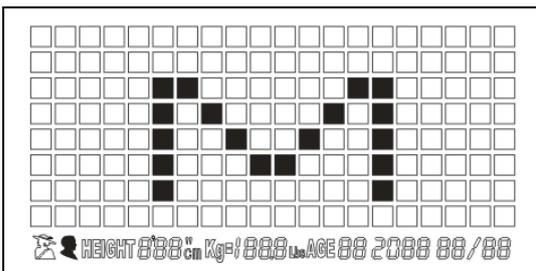
UP or **DOWN** button & then **ENTER** button:

a. After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P13)**, the **GENDER** function mode will appear with ____ /Male icon display flashing.

b. Use **UP** or **DOWN** buttons to set your gender (Male: ____ or Female: ____).

c. Press the **ENTER** button to confirm your **GENDER** and enter the mode to set the **AGE.**

CONSOLE INSTRUCTIONS – H.R.C. PROGRAM (P13)

C. SET YOUR AGE

UP or **DOWN** button & then **ENTER** button:

a. The **AGE** function mode will appear with the value of **AGE** display flashing.
b. Use **UP** or **DOWN** buttons to set your personal **AGE (10 ~ 99 YEARS OLD; 1 YEAR-OLD INCREMENT).**
c. Press the **ENTER** button to confirm **AGE** value and enter the **HEIGHT** mode**. NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use**

D. SET YOUR PERSONAL HEIGHT

UP or **DOWN** button & then **ENTER** button:

a. The **HEIGHT** function mode will appear with the value of **HEIGHT** display flashing.
b. Use **UP** or **DOWN** buttons to set your personal **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; 1 INCH increment / 101 ~ 214 CM; 1 CM INCREMENT).**

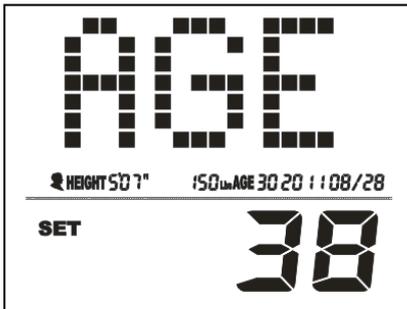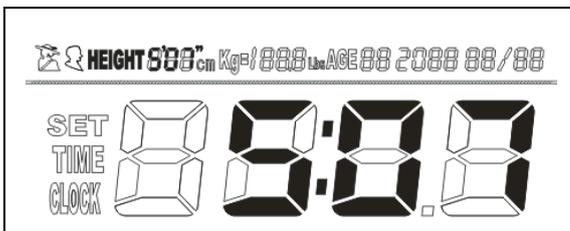c. Press the **ENTER** button to confirm **HEIGHT** value and enter the **WEIGHT** mode**.**
NOTE for HEIGHT: **The product is not recommended for children's use**

E. SET YOUR PERSONAL WEIGHT

UP or **DOWN** button & then **ENTER** button:

a. The **WEIGHT** function mode will appear with the value of **WEIGHT** display flashing.
b. Use **UP** or **DOWN** buttons to set your personal **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; 1 LBS/KG INCREMENT).**
c. Press the **ENTER** button to confirm **WEIGHT** value and enter the **TIME** mode**.**
NOTE for WEIGHT: **The product is not recommended for children's use**
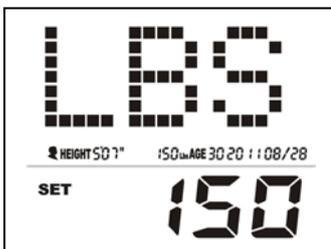
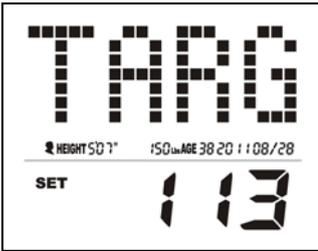## F. SET THE DESIRED TIME

UP or **DOWN** button & then **ENTER** button:

a. The **TIME** function mode will appear with the value of **TIME** display flashing.
b. Use **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; 1 MINUTE INCREMENT).**
c. Press the **ENTER** button to confirm **TIME** value and enter the **TARGET HEART RATE** mode**.**

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CONSOLE INSTRUCTIONS – H.R.C. PROGRAM (P13)

G. SET THE TARGET HEART RATE

UP or **DOWN** button & then **ENTER** button:

a. The **TARGET HEART RATE** function mode will appear with the value of **TARGET HEART RATE** display flashing.

b. Use **UP** or **DOWN** button to set your desired **TARGET HEART RATE (50 ~ 180 BPM (BEATS PER MINUTE; 1 BPM INCREMENT).**

c. Press the **ENTER** button to confirm **TARGET HEART RATE** value.

H. START EXERCISE
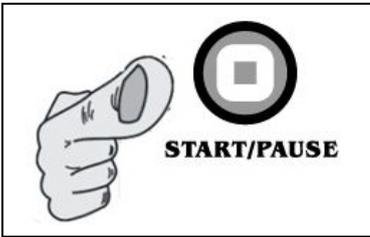
START/PAUSE button: Press **START/PAUSE** to begin exercise.

I. MUST-KNOWN HEART RATE PROGRAM INFO.

CONSOLE MONITOR YOUR CURRENT PULSE TO COMPARE WITH YOUR SETTING TARGET HEART RATE:

- **3 minute WARM UP time**: After enter the H.R.C. program, the program will start begin with 3 minute WARM UP time, during the WARM UP mode, the console will detects the user's heart rate through hand pulse sensors or wireless chest belt. During the WARM UP time, the torque/resistance level is available to adjust from **1 ~ 16** levels.

- After the 3-minute warm up is complete, then go into the H.R.C. main program (the time will change to your desired step-up time, the resistance will return to the Level 1). The console at this time will monitor your actual pulse and adjust the resistance/torque level automatically to keep your pulse within your **TARGET HEART RATE ZONE.**

- If you current pulse > (the value of the **TARGET HEART RATE** + 10), the console would decrease one resistance/torque level automatically.

- If you current pulse < (the value of the **TARGET HEART RATE** - 10), the console would increase one resistance/torque level automatically.

NOTE: During H.R.C. main program, if you do not wear a chest belt or place your hands correctly on the pulse sensors, after 30 seconds, the console will display "NO HEART RATE" message and then turn off the pulse circuit and stop the program. The console will then display an error message "PAUSE". Press START button and be sure to wear a chest belt or place your hands back on the Pulse Sensors correctly, the pulse readout will appear again and continue starting the program.

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CONSOLE INSTRUCTIONS – H.R.C. INTERVAL PROGRAM (P14)

HRC INTERVAL

CAL 0		HP
SPEED 00	HEIGHT 50 7" 150 lbs AGE 30 20 11 08/28	00 DIST
RPM 0	TIME 0:00	0 WATTS

1 **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket.

b. The console would automatically shut off after 5 minutes of inactivity.

c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.

2 **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

START/PAUSE

Continue pressing **HOLD TO RESET** button a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status.

CAL 0		HP
SPEED 00	HEIGHT 50 7" 150 lbs AGE 30 20 11 08/28	00 DIST
RPM 0	SET TIME CLOCK 88:8.8	0 WATTS

POWER ON status

3 **Normal way to operate PROGRAM (P14)**

A. ENTER P14

UP or **DOWN** button and then **ENTER** button:

Press **UP** or **DOWN** button to select **H.R.C. INTERVAL PROGRAM (P14)** and then press **ENTER** button to confirm and enter **PROGRAM (P14).**

B. SET YOUR GENDER

HEIGHT 000 cm Kg 000 lbs AGE 00 2000 00/00
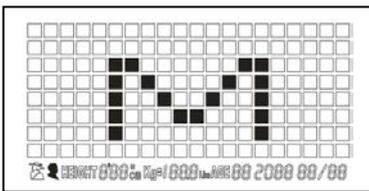
UP or **DOWN** button & then **ENTER** button:

a. After pressing the **ENTER** button to enter into **H.R.C. INTERVAL**

PROGRAM (P14), the **GENDER** function mode will appear with /Male icon display flashing.

b. Use **UP** or **DOWN** buttons to set your gender (Male: or Female:).

c. Press the **ENTER** button to confirm your **GENDER** and enter the mode to set the **AGE.**

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CONSOLE INSTRUCTIONS – H.R.C. INTERVAL PROGRAM (P14)

C. SET YOUR AGE

UP or **DOWN** button & then **ENTER** button:

a. The **AGE** function mode will appear with the value of **AGE** display flashing.

b. Use **UP** or **DOWN** buttons to set your personal **AGE (10 ~ 99 YEARS OLD; 1 YEAR-OLD INCREMENT).**

c. Press the **ENTER** button to confirm **AGE** value and enter the **HEIGHT** mode. **NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use**

D. SET YOUR PERSONAL HEIGHT

UP or **DOWN** button & then **ENTER** button:

a. The **HEIGHT** function mode will appear with the value of **HEIGHT** display flashing.

b. Use **UP** or **DOWN** buttons to set your personal **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; 1 INCH increment / 101 ~ 214 CM; 1 CM INCREMENT).**

c. Press the **ENTER** button to confirm **HEIGHT** value and enter the **WEIGHT** mode.

NOTE for HEIGHT: The product is not recommended for children's use

E. SET YOUR PERSONAL WEIGHT

UP or **DOWN** button & then **ENTER** button:

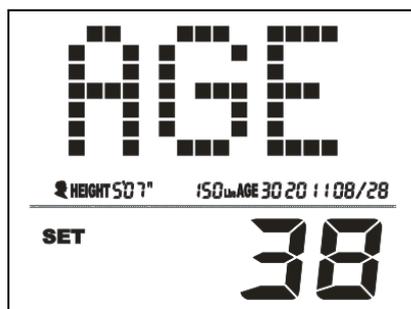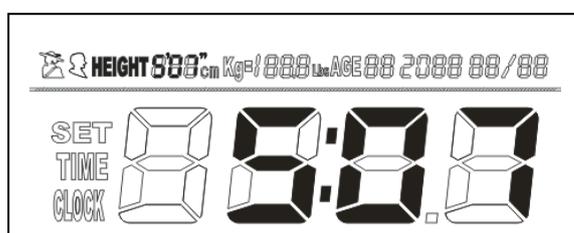a. The **WEIGHT** function mode will appear with the value of **WEIGHT** display flashing.

b. Use **UP** or **DOWN** buttons to set your personal **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; 1 LBS/KG INCREMENT).**

c. Press the **ENTER** button to confirm **WEIGHT** value and enter the **TIME** mode.

NOTE for WEIGHT: The product is not recommended for children's use

F. SET THE DESIRED TIME

UP or **DOWN** button & then **ENTER** button:

a. The **TIME** function mode will appear with the value of **TIME** display flashing.

b. Use **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; 1 MINUTE INCREMENT).**

c. Press the **ENTER** button to confirm **TIME** value and enter the **HIGH TARGET HEART RATE** mode.

CONSOLE INSTRUCTIONS – H.R.C. INTERVAL PROGRAM (P14)

G. SET THE HIGH TARGET HEART RATE

HI

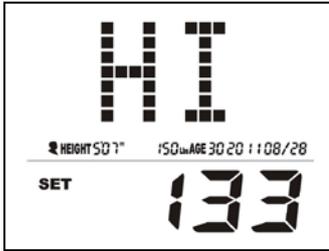HEIGHT 5'0 7" 150 lbs AGE 30 20 1:08/28

SET **133**

UP or **DOWN** button & then **ENTER** button:

a. The **HIGH TARGET HEART RATE** function mode will appear with the value of **HIGH TARGET HEART RATE** display flashing. **NOTE: the default value of HIGH TARGET HEART RATE is based on 75% of (220 – your age).**

Age	Average Max./High Heart Rate 75%
20	150 beats per minute
25	146 beats per minute
30	142 beats per minute
35	138 beats per minute
40	135 beats per minute
45	131 beats per minute
50	127 beats per minute
55	124 beats per minute
60	120 beats per minute
65	116 beats per minute
70	112 beats per minute

Reference Table

b. However, if the default value of HIGH TARGET HEART RATE doesn't match your need, it's able to use **UP** or **DOWN** button to slightly adjust your desired **HIGH TARGET HEART RATE (70 ~ 180 BPM (BEATS PER MINUTE; 1 BPM INCREMENT). NOTE: HIGH TARGET HEART RATE must higher 10 + value of LOW TARGET HEART RATE in order to make this program workable. Make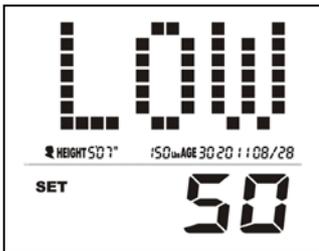 sure that the setting value of HIGH TARGET HEART RATE is reachable to your ideal health condition as the console will monitor your actual heart rate comparing with HIGH TARGET HEART RATE to automatically adjust the resistance level.**

c. Press the **ENTER** button to confirm **HIGH TARGET HEART RATE** value and enter the **LOW TARGET HEART RATE** mode.

H. SET THE LOW TARGET HEART RATE

LOW

HEIGHT 5'0 7" 150 lbs AGE 30 20 1:08/28

SET **50**

UP or **DOWN** button & then **ENTER** button:

a. The **LOW TARGET HEART RATE** function mode will appear with the value of **LOW TARGET HEART RATE** display flashing. **NOTE: the default value of LOW TARGET HEART RATE is based on 60% of (220 – your age).**

Age	Target Heart Rate Zone (60% of Min./Low Heart Rate)
20	120 beats per minute
25	117 beats per minute
30	114 beats per minute
35	111 beats per minute
40	108 beats per minute
45	105 beats per minute
50	102 beats per minute
55	99 beats per minute
60	96 beats per minute
65	93 beats per minute
70	90 beats per minute

Reference Table

b. However, if the default value of HIGH TARGET HEART RATE doesn't match your need, it's able to use **UP** or **DOWN** button to slightly adjust your desired **LOW TARGET HEART RATE (50 ~ 160 BPM (BEATS PER MINUTE; 1 BPM INCREMENT). NOTE: LOW TARGET HEART RATE must lower 10 + value of HIGH TARGET HEART RATE in order to make this program workable. Make sure that the setting value of LOW TARGET HEART RATE is reachable to your ideal health condition as the console will monitor your actual heart rate comparing with LOW TARGET HEART RATE to automatically adjust the resistance level.**
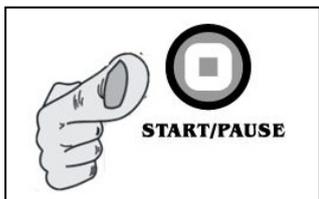
c. Press the **ENTER** button to confirm **LOW TARGET HEART RATE** value.

I. START EXERCISE

START/PAUSE button: Press **START/PAUSE** to begin exercise.

START/PAUSE

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CONSOLE INSTRUCTIONS – H.R.C. INTERVAL PROGRAM (P14)

J. MUST-KNOWN HEART RATE PROGRAM INFO.

CONSOLE MONITOR will help you reach your ideal LOW & HIGH TARGET HEART RATE

a. **3 minute WARM UP time**: After enter the H.R.C. Interval program, the program will start begin with 3 minute WARM UP time, during the WARM UP mode, the console will detects the user's heart rate through hand pulse sensors or wireless chest belt. During the WARM UP time, the torque/resistance level is available to adjust from **1 ~ 16** levels. NOTE: During the warm-up time, the console will start monitoring your actual hear rate to see whether could match your ideal value of **LOW TARGET HEART RATE**.

b. After 3-minute warm up time, the console will start adjusting the resistance level automatically if your actual heart rate couldn't reach your ideal value of **LOW TARGET HEART RATE**. Once you actual heart rate match to your ideal value of **LOW TARGET HEART RATE**, the resistance level would be fixed for about 2 minutes. **NOTE: If your actual heart rate couldn't reach to your ideal value of LOW TARGET HEART RATE, the console will keep increasing the resistance level every 15 seconds until your actual heart rate reaches your ideal value of LOW TARGET HEART RATE.**

EXERCISE METHOD

c. Once your actual heart rate is in the **LOW TARGET HEART RATE ZONE** with another 2-minutes workout, the console will start increasing the resistance level in order to help your actual heart rate to reach to your ideal value of **HIGH TARGET HEART RATE**. Once you actual heart rate match to your ideal value of **HIGH TARGET HEART RATE**, the resistance level would be fixed for about 2 minutes. **NOTE: If your actual heart rate couldn't reach to your ideal value of HIGH TARGET HEART RATE, the console will keep increasing the resistance level every 15 seconds until your actual heart rate reaches your ideal value of HIGH TARGET HEART RATE.**

d. Once your actual heart rate is in the **HIGH TARGET HEART RATE ZONE** with another 2-minutes workout, the console will start decreasing the resistance level in order to help your actual heart rate to reach to your ideal value of **LOW TARGET HEART RATE**. Once you actual heart rate match to your ideal value of **LOW TARGET HEART RATE**, the resistance level would be fixed for about 2 minutes. **NOTE: If your actual heart rate couldn't reach to your ideal value of LOW TARGET HEART RATE, the console will keep decreasing the resistance level every 15 seconds until your actual heart rate reaches your ideal value of LOW TARGET HEART RATE.**

e. The workout method will follow the above method until the workout time is finished.

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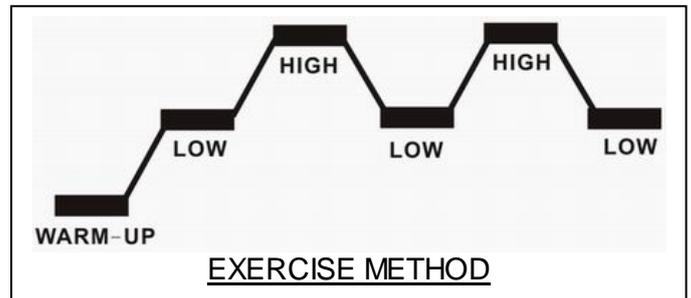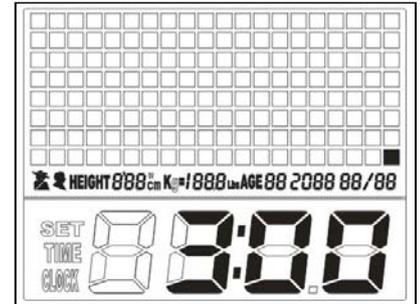
Targeted muscle groups:

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.
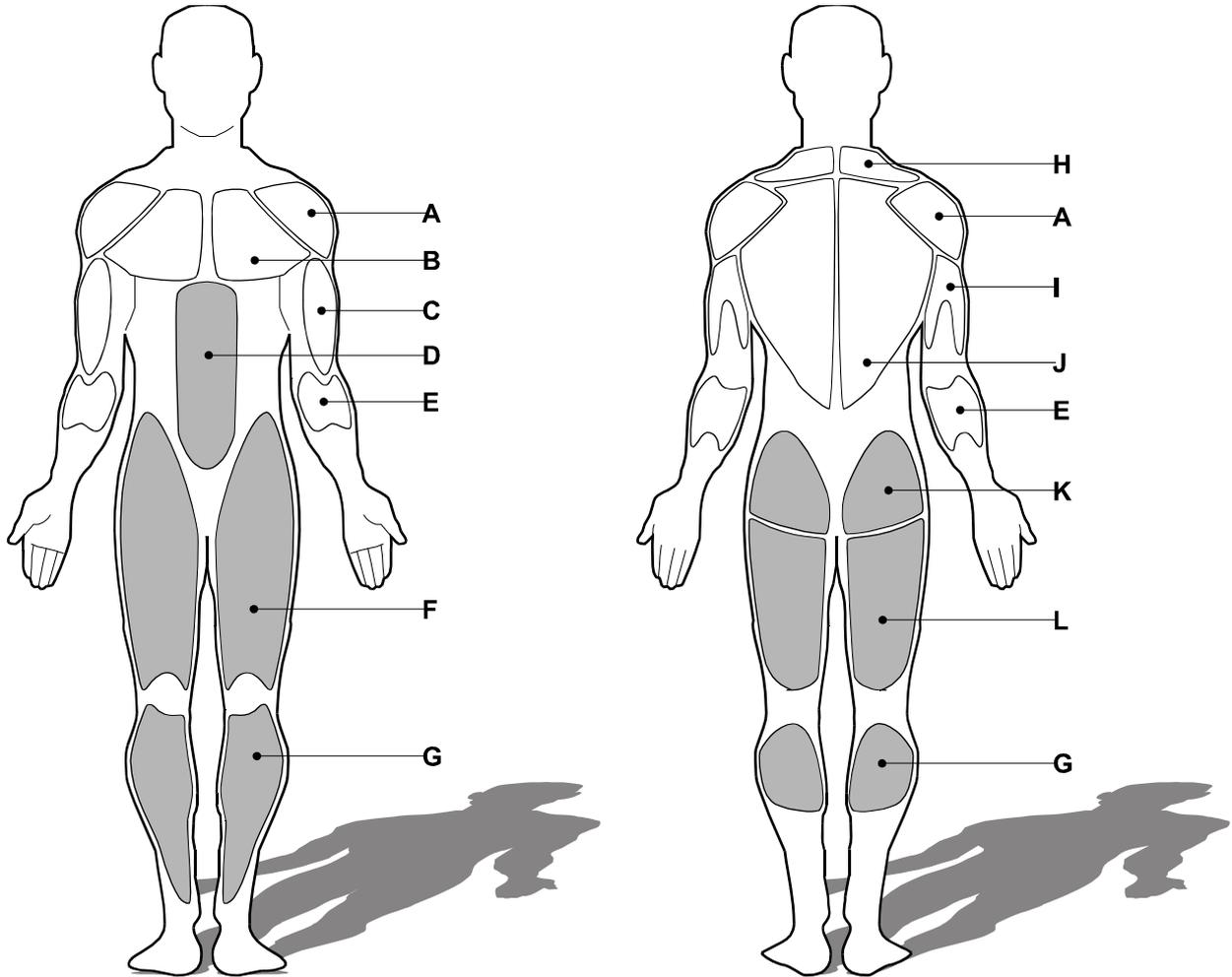
MUSCLE GROUPS

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

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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:

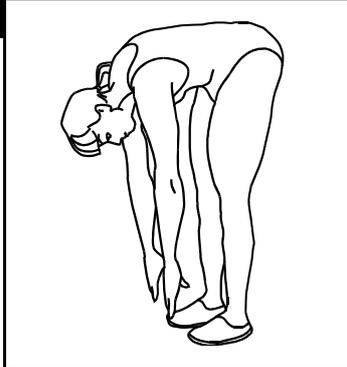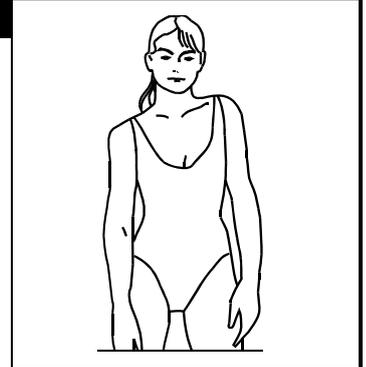Lift your right shoulder up toward your ear for one count.   Then lift your left shoulder up for one count as you lower your right shoulder.

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.
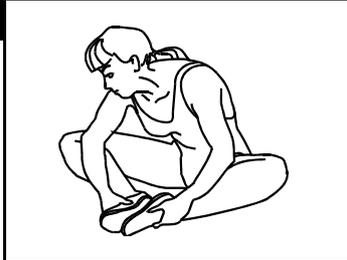
Hamstring Stretch:

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.
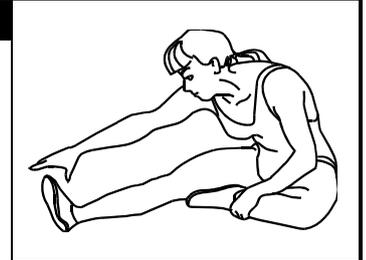
Side Stretch:

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.
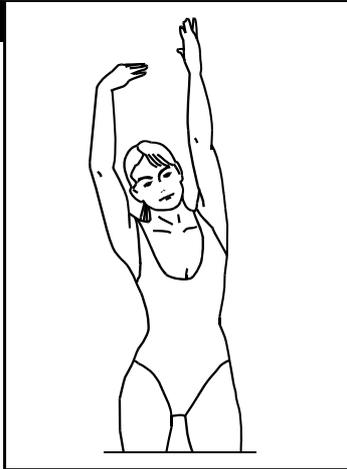
Calf-Achilles Stretch:

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.
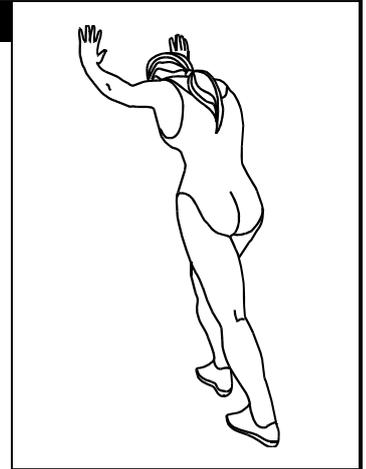
Head Roll:

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.

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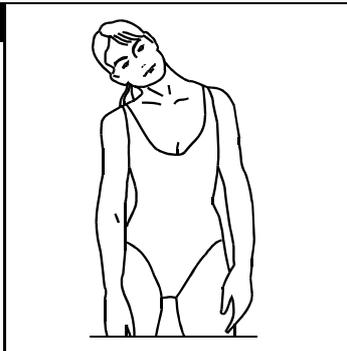
Read carefully the following before using your bike

♦ 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 bike, 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 bike. Never wear anything loose, such as baggy sweat pants, neckties, loose socks or jewelry. Never drape towels on or around the bike during use.

WARNING

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

AVERTISSEMENT: Si vous vous sentez étourdi, la nausée, la douleur de coffre ou d'autres symptômes anormaux, s'arrêtent immédiatement. Consultez un médecin avant de continuer l'utilisation.

♦ Always use the handrail when stepping on or off the bike and when changing incline or speed.

♦ This bike 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 bike.

♦ Wear running or walking shoes with high-traction soles. To avoid injury and unnecessary wear on your bike, be sure your shoes are free of any debris such as gravel and small rocks.

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 bike.

WARNING

Turn off and unplug the bike 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.

AVERTISSEMENT

Arrêtez et débranchez le tapis roulant avant de procéder à tout l'entretien ou inspections visuelles. Le manque de faire ainsi peut avoir comme conséquence des dommages sérieux. Note : Le manque d'exécuter l'entretien périodique et préventif exigé peut vider votre garantie.

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 bike 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 bike for extended periods.
5. Wipe all bike surfaces with a dry cloth or towel especially perspiration on the handlebars, con troll panel, running belt or other bike components.

PRODUCT PARTS DRAWING
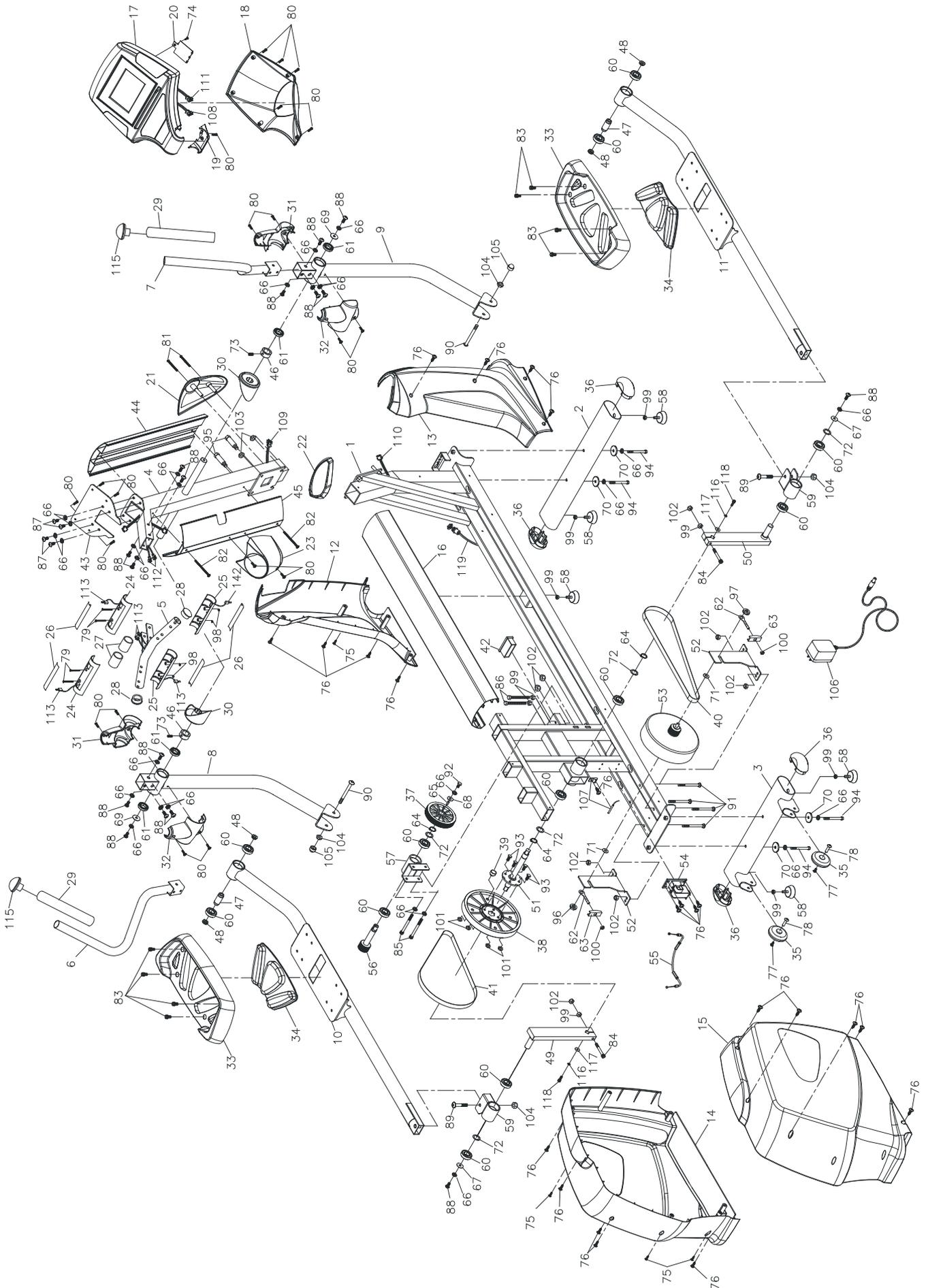
PART LIST

NO.	Item Name	Q'ty	NO.	Item Name	Q'ty
CE-8.0i-1	Main Frame	1	CE-8.0i-36	End Cap (50x100mm)	4
CE-8.0i-2	Front Stabilizer	1	CE-8.0i-37	Pulley (95mm)	1
CE-8.0i-3	Rear Stabilizer	1	CE-8.0i-38	Pulley (190mm)	1
CE-8.0i-4	Upright Post	1	CE-8.0i-39	Magnet	1
CE-8.0i-5	Stationary Handlebar	1	CE-8.0i-40	Belt (1059mm J6)	1
CE-8.0i-6	Left Upper Handlebar	1	CE-8.0i-41	Belt (960mm J8)	1
CE-8.0i-7	Right Upper Handlebar	1	CE-8.0i-42	Square Plug	1
CE-8.0i-8	Left Pivoting Arm	1	CE-8.0i-43	Console Fixed Bracket	1
CE-8.0i-9	Right Pivoting Arm	1	CE-8.0i-44	Front Aluminum Upright Cover	1
CE-8.0i-10	Left Pedal Support Arm	1	CE-8.0i-45	Back Aluminum Upright Cover	1
CE-8.0i-11	Right Pedal Support Arm	1	CE-8.0i-46	Upper Pivot Shaft Spacer	2
CE-8.0i-12	Front Left-Side Cover	1	CE-8.0i-47	Pedal Arm Spacer	2
CE-8.0i-13	Front Right-Side Cover	1	CE-8.0i-48	Linkage Spacer	4
CE-8.0i-14	Rear Left-Side Cover	1	CE-8.0i-49	Left Crank	1
CE-8.0i-15	Rear Right-Side Cover	1	CE-8.0i-50	Right Crank	1
CE-8.0i-16	Main Frame Base Cover	1	CE-8.0i-51	Crank Axle	1
CE-8.0i-17	Console	1	CE-8.0i-52	Mounting Plate	2
CE-8.0i-18	Console Bracket	1	CE-8.0i-53	Magnetic System	1
CE-8.0i-19	Console Lower Case	1	CE-8.0i-54	Motor	1
CE-8.0i-20	Battery Door	1	CE-8.0i-55	Cable	1
CE-8.0i-21	Front Decorating Upright Cover	1	CE-8.0i-56	Drive Shaft	1
CE-8.0i-22	Upright Sleeve	1	CE-8.0i-57	Bearing Stand	1
CE-8.0i-23	Accessory Tray	1	CE-8.0i-58	Leveler	5
CE-8.0i-24	Pulse Sensor Top Housing	2	CE-8.0i-59	Pedal Support Arm Connector	2
CE-8.0i-25	Pulse Sensor Bottom Housing	2	CE-8.0i-60	Bearing (6004)	12
CE-8.0i-26	Pulse Sensor Plate Assembly	4	CE-8.0i-61	Bearing (6905)	4
CE-8.0i-27	Foam Grip Assembly (40mm)	2	CE-8.0i-62	Eye Bolt	2
CE-8.0i-28	Stationary Handlebar Plug (ψ31.8mm)	2	CE-8.0i-63	Tension Bracket	2
CE-8.0i-29	Foam Grip Assembly (225mm)	2	CE-8.0i-64	C Ring	3
CE-8.0i-30	Inner Rotator Cuff-Pivoting Arm	2	CE-8.0i-65	Square Key	1
CE-8.0i-31	Front Rotator Cuff-Pivoting Arm	2	CE-8.0i-66	Lock Washer (M8)	25
CE-8.0i-32	Back Rotator Cuff-Pivoting Arm	2	CE-8.0i-67	Washer (8x26x2.0t)	2
CE-8.0i-33	Pedal Upper Case	2	CE-8.0i-68	Washer (8x23x2.0t)	1
CE-8.0i-34	Non-Slip Pad	2	CE-8.0i-69	Washer (8x30x2.0t)	2
CE-8.0i-35	Transportation Wheel	2	CE-8.0i-70	Washer (8×38×2.0t)	4

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PART LIST

NO.	Item Name	Q'ty
CE-8.0i-71	Washer (10×23×2.0t)	2
CE-8.0i-72	Washer (21×30×1.0t)	5
CE-8.0i-73	Hex Socket Cap Screw (M8×1.25×10mm)	2
CE-8.0i-74	Screw (M3×10mm)	1
CE-8.0i-75	Screw (M4×20mm)	4
CE-8.0i-76	Screw (M5×18mm)	17
CE-8.0i-77	Bolt, Button Head (M6×p1.0×12mm)	2
CE-8.0i-78	Bolt, Button Head (35mm)	2
CE-8.0i-79	Screw, Round Head (M3×35mm)	4
CE-8.0i-80	Screw, Round Head (M5×p0.8×15mm)	20
CE-8.0i-81	Screw, Round Head (M5×p0.8×50mm)	2
CE-8.0i-82	Screw, Round Head (M5×p0.8×75mm)	2
CE-8.0i-83	Bolt, Socket Head (M8×p1.25×10mm)	8
CE-8.0i-84	Bolt, Socket Head (M8×p1.25×65mm)	2
CE-8.0i-85	Bolt, Socket Head (M8×p1.25×75mm)	2
CE-8.0i-86	Bolt, Socket Head (M8×p1.25×100mm)	2
CE-8.0i-87	Bolt, Button Head (M8×p1.25×12mm)	4
CE-8.0i-88	Bolt, Button Head (M8×p1.25×16mm)	16
CE-8.0i-89	Bolt, Button Head (M10×p1.5×45mm)	2
CE-8.0i-90	Bolt, Button Head (M10×p1.5×85mm)	2
CE-8.0i-91	Carriage Bolt (M8×p1.25×75mm)	4
CE-8.0i-92	Bolt, Hex Head (M8×p1.25×15mm)	1
CE-8.0i-93	Thin Bolt, Hex Head (M8×p1.25×15mm)	4
CE-8.0i-94	Bolt, Hex Head (M8×p1.25×65mm)	4
CE-8.0i-95	Bolt, Hex Head (M10×p1.5×50mm)	2
CE-8.0i-96	Flange Nut (M10×p1.25)	1
CE-8.0i-97	Nut (M10×p1.25)	1
CE-8.0i-98	Nut (M3)	4
CE-8.0i-99	Nut (M8×p1.25)	9
CE-8.0i-100	Nylon lock Nut (M6×p1.0)	2
CE-8.0i-101	Nylon lock Nut (M8×p1.25×6.2t)	4
CE-8.0i-102	Nylon lock Nut (M8×p1.25)	8

NO.	Item Name	Q'ty
CE-8.0i-103	Nylon lock Nut (M10×p1.5×8t)	4
CE-8.0i-104	Nylon lock Nut (M10×p1.5)	2
CE-8.0i-105	Nut Cap (M17)	2
CE-8.0i-106	Adaptor	1
CE-8.0i-107	Sensor Wire & Stand	1
CE-8.0i-108	Upper Connection Wire	1
CE-8.0i-109	Middle Connection Wire	1
CE-8.0i-110	Lower Connection Wire	1
CE-8.0i-111	Upper Pulse Sensor Wire	1
CE-8.0i-112	Middle Pulse Sensor Wire	1
CE-8.0i-113	Lower Pulse Sensor Wire	2
CE-8.0i-114	Bolt, Socket Head (M6×p1.0×15mm)	2
CE-8.0i-115	Handheld Dome Plug	2
CE-8.0i-116	Lock Washer (M6)	2
CE-8.0i-117	Washer (6x19x2.0t)	2
CE-8.0i-118	Nut (3/8")	5
CE-8.0i-119	Adaptor Wire	1

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991214(1)

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Bikes 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	Brake	Parts & Electronics	Labor
CE8.0LCi U.S.A. Only	Lifetime	Lifetime	10 years	2 year
CE8.0LCi Canada	Lifetime	Lifetime	10 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for Two (2) years. 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.)

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*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

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