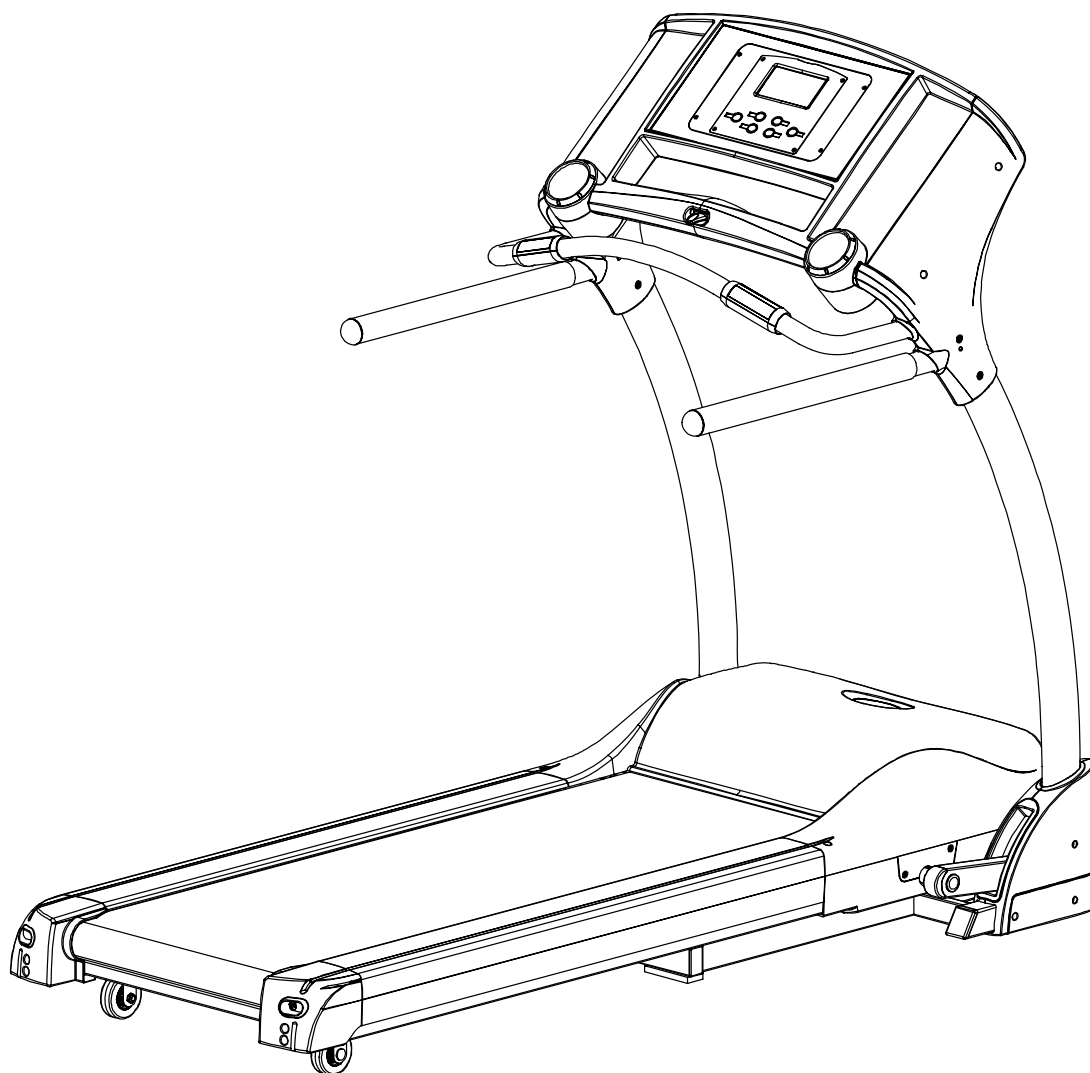


OWNER'S MANUAL

5.45 MOTORIZED TREADMILL



USER WEIGHT LIMITATION: **275LBS**

SERIAL NUMBER (Found on Frame):

Copyright © 2008-1st

PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____

Phone Number: _____

Receipt: _____

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **275 LBS.**
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.
- The equipment is for Class B (Home Use).

POWER REQUIREMENTS

Power Requirements:

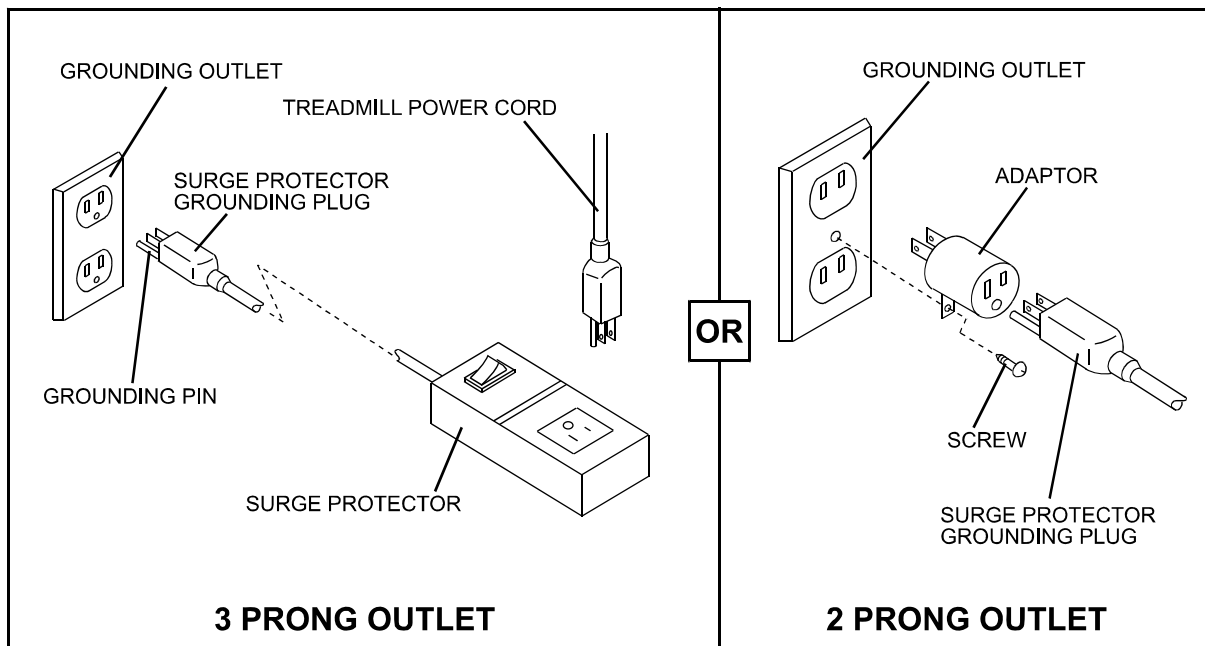
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below. GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to improperly function .



BEFORE YOU BEGIN**Open the boxes:**

Open the boxes of your new equipment. Inventory all parts included in the boxes. And Compare them to the supplied components and supplied Hardware lists on pages 5-6 for a full count of the parts included . If you are missing any parts or have any assembly questions contact us directly at 888-800-1167 .

Assembly instructions begin on page 18 .

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 275LBS. It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

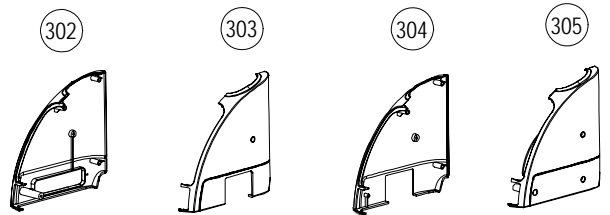
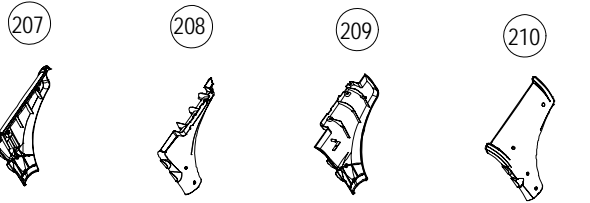
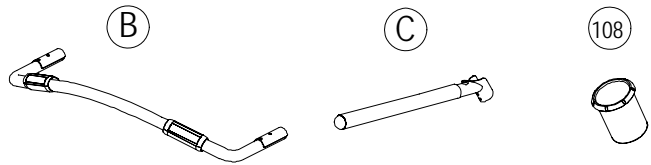
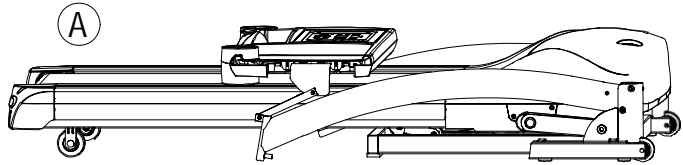
Care and maintenance:

1. The safety level can be maintained only if it is examined for damage and wear.
2. Replace any defective components immediately and stop all use of equipment until repaired.
3. Always take care when you mounting the equipment . Straddle the equipment by placing your feet on the straddle rails . . Dismount from the equipment only after all parts have stopped..
4. Always check the easily wear components like pulley etc. To prevent danger.
5. There is an emergency stop to prevent dangers, you can stop the treadmill immediately by actuated the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product. Component A , B and C are already partially assembled .

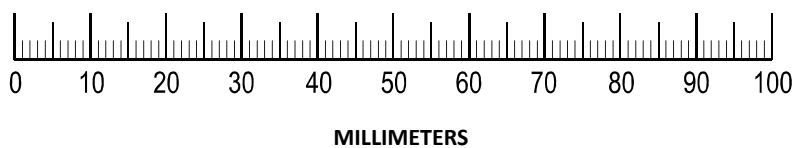
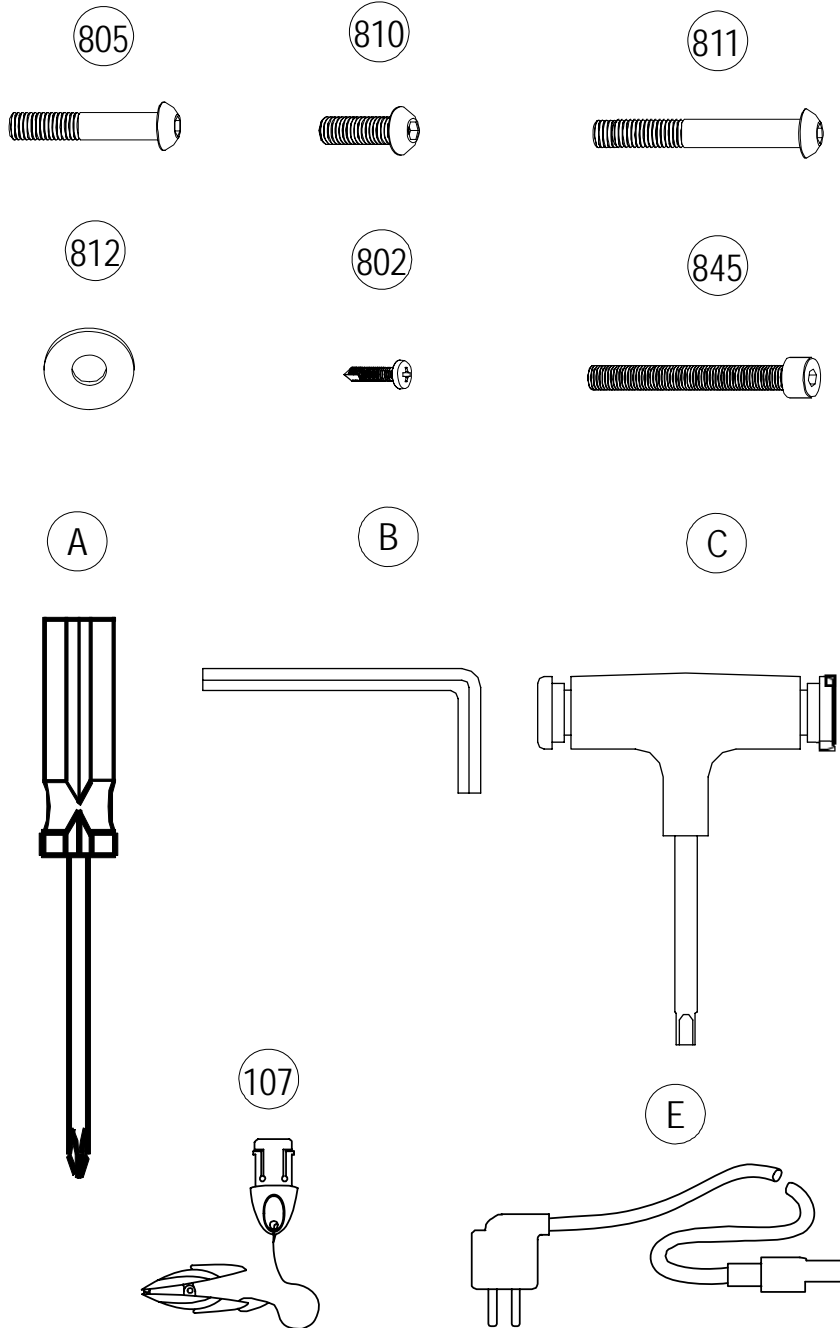
No.	Description	Qty.
A	Main Frame Assembly	1
B	Front handlebar	1
C	Side handlebar	2
108	Water Bottle Holder	2
207	Handle Bar Cover - LL	1
208	Handle Bar Cover - LR	1
209	Handle Bar Cover - RL	1
210	Handle Bar Cover - RR	1
302	Upright Base Cover - LL	1
303	Upright Base Cover - LR	1
304	Upright Base Cover - RL	1
305	Upright Base Cover - RR	1



SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product . To help distinguish between the various types of the screw and bolts , use the scale below to measure them and compare them to the size listed .

No.	Description	Qty.
802	M4×15 Screw	27
805	M8×45 Bolt	2
810	M8×18 Bolt	8
811	M8×52 Bolt	2
812	Ø8 Washer	12
845	M8×75 Bolt	2
A	Screw Driver	1
B	Allen Key	1
C	Allen Wrench	1
107	Safety Key	1
E	Power Cord	1



COMPLETE PARTS LIST

Part No.	Description	Qty.	Order No.
100	Complete Computer Console Components		
101	Overlay	1	5.45-101
102	Computer PC Board	1	5.45-102
103	Console Plate	1	5.45-103
104	Console Housing - Upper	1	5.45-104
105	Console Housing - Bottom	1	5.45-105
106	Safety Key Base	1	5.45-106
107	Safety Key	1	5.45-107
108	Water Bottle Holder	2	5.45-108
110	Plastic Fixing Insert	8	5.45-110
111	Hand Pulse Wire - upper	2	5.45-111
200	Complete Handle Bar Components		
201	Front Handle Bar Tube	1	5.45-201
202	Handle Bar	2	5.45-202
203	Handle Bar Upright Foam Grip	2	5.45-203
204	Handle Bar Upright Foam Grip	2	5.45-204
205	Handle Bar Upright Foam Grip	1	5.45-205
206	Hand Pulse Sensor	2	5.45-206
207	Handle Bar Cover - LL	1	5.45-207
208	Handle Bar Cover - LR	1	5.45-208
209	Handle Bar Cover - RL	1	5.45-209
210	Handle Bar Cover - RR	1	5.45-210
211	Console Connect Piece - L	1	5.45-211
212	Console Connect Piece - R	1	5.45-212
213	Console Connect Tube	2	5.45-213
216	Handle Bar End Cap	2	5.45-216
217	Hand Pulse Wire - Lower	2	5.45-217
300	Complete Upright Components		
301	Upright	2	5.45-301
302	Upright Low Cover - LL	1	5.45-302
303	Upright Low Cover - LR	1	5.45-303
304	Upright Low Cover - RL	1	5.45-304
305	Upright Low Cover - RR	1	5.45-305
306	Adjustable Cylinder Cover - Upper	2	5.45-306
308	2 Pin Safety Key Wire 2200 mm	1	5.45-308
309	7 Pin Computer Wire-Upper 2980 mm	1	5.45-309

COMPLETE PARTS LIST

Part No.	Description	Qty.	Order No.
400	Complete Base Frame Components		
401	Base Frame	1	5.45-401
402	Rubber Cushion	2	5.45-402
403	Rubber Cushion	2	5.45-403
404	Power Switch Plate Base	1	5.45-404
405	Power Switch Plate Cover	1	5.45-405
406	Power Switch Plate	1	5.45-406
407	Power Breaker	1	5.45-407
408	Power Switch	1	5.45-408
409	Front Caster	2	5.45-409
410	Cushion	2	5.45-410
411	Foot Locker	1	5.45-411
412	Transportation Wheel Bracket	1	5.45-412
413	Spring	1	5.45-413
414	Transportation Wheel	1	5.45-414
415	Fold Up Locker	1	5.45-415
416	Spring Of The Fold Up Locker Assembly	1	5.45-416
500	Complete Motor Components		
501	Motor Hood Top	1	5.45-501
502	Driving Motor	1	5.45-502
503	Motor Holder	1	5.45-503
504	Driving Belt	1	5.45-504
505	Control Board	1	5.45-505
506	Elevation Support Tube	1	5.45-506
507	Elevation Support Tube End Cap	4	5.45-507
508	Elevation Motor	1	5.45-508
509	Elevation Gear Sleeve	1	5.45-509
510	Fold Up Support	1	5.45-510
511	Shock	1	5.45-511
512	Wheel	1	5.45-512
513	Plastic Clamp - Top	2	5.45-513
514	Plastic Clamp - Bottom	2	5.45-514
515	Elevation Support	2	5.45-515
516	Motor Hood - Left	1	5.45-516
517	Motor Hood - Right	1	5.45-517
518	Motor Bottom Cover	1	5.45-518
519	Relay board	1	5.45-519
520	Rubber Cushion	2	5.45-520
600.	Complete Running Deck Components		
601	Running Belt	1	5.45-601
602	Side Rail	2	5.45-602
603	Running Deck	1	5.45-603
604	Side Rail End Cap - Left	1	5.45-604
605	Side Rail End Cap - Right	1	5.45-605
606	Cushion Pad	8	5.45-606

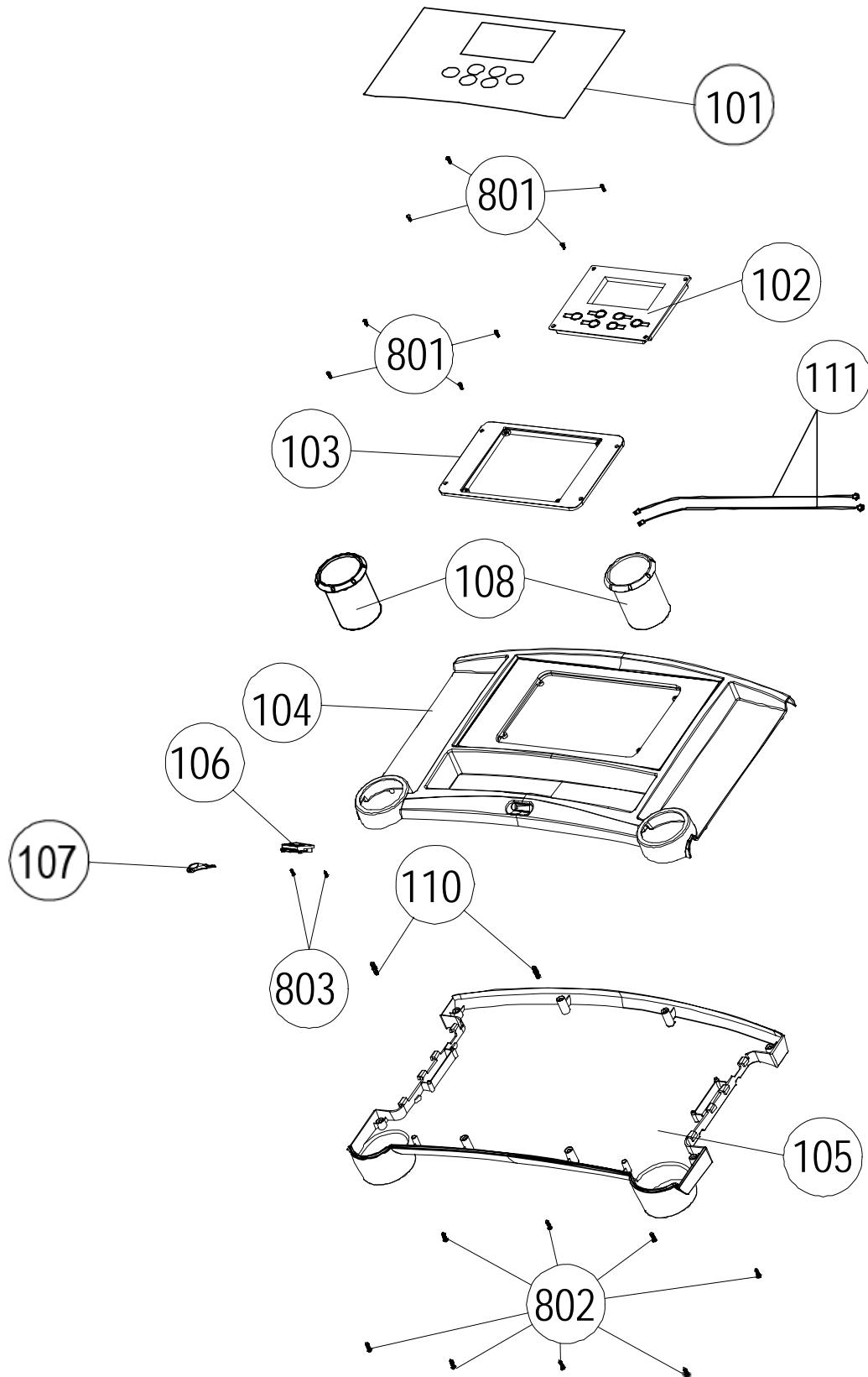
COMPLETE PARTS LIST

Part No.	Description	Qty.	Order No.
607	Main Frame Cross Bar	1	5.45-607
700	Complete Deck Frame Components		
701	Deck Frame	1	5.45-701
702	Front Roller Shaft	1	5.45-702
703	Front Roller Tube	1	5.45-703
704	Rear Roller Shaft	1	5.45-704
705	Rear Roller Tube	1	5.45-705
706	Running Deck Rear Wheel	2	5.45-706
707	Cushion Pad	6	5.45-707
800	Complete Hardware Pack		
801	M3.5×16 Screw	8	5.45-801
802	M4×15 Screw	59	5.45-802
803	M3×10 Screw	2	5.45-803
804	∅ 4 Washer	4	5.45-804
805	M8×45 Bolt	2	5.45-805
806	M4×8 Screw	4	5.45-806
807	M5×30 Screw	4	5.45-807
808	M3×14 Screw	4	5.45-808
809	M8×49 Bolt	1	5.45-809
810	M8×18 Bolt	8	5.45-810
811	M8×52 Bolt	4	5.45-811
812	∅8 Washer	22	5.45-812
813	M4×25 Screw	2	5.45-813
814	Transportation Wheel Bolt	3	5.45-814
815	∅ 5 Washer	3	5.45-815
816	M5×10 Screw	3	5.45-816
817	M4×14 Screw	3	5.45-817
818	M10 Nylon Nut	13	5.45-818
819	M10×67 Bolt	2	5.45-819
820	∅ 14×50 Bolt	2	5.45-820
821	∅ 33×∅ 8×10 Screw	2	5.45-821
823	∅ 4×45 Screw	2	5.45-823
824	M10×116 Screw	1	5.45-824
825	∅ 8 Nylon Nut	3	5.45-825
826	M8×12 Bolt	2	5.45-826
827	∅ 8 Washer	2	5.45-827
828	∅ 10 Washer	5	5.45-828
829	∅ 14 Clip	2	5.45-829

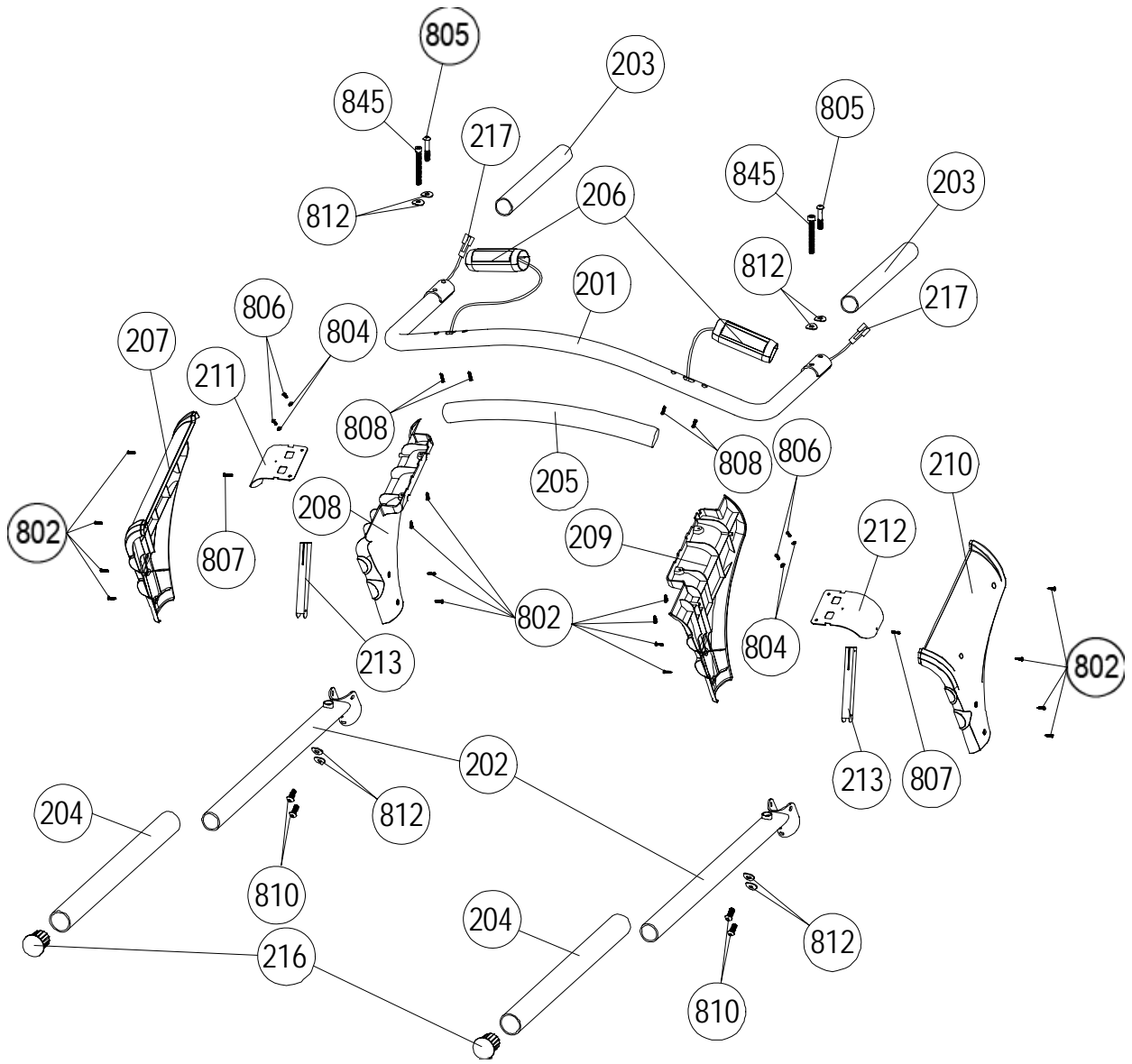
COMPLETE PARTS LIST

Part No.	Description	Qty.	Order No.
830	M8×48 Screw	1	5.45-830
831	M8×85 Screw	1	5.45-831
832	Ø 26× Ø 8.5×3 Washer	2	5.45-832
833	Ø 25 Rubber Cushion	1	5.45-833
834	M8×30 Bolt	4	5.45-834
835	M5×14 Screw	4	5.45-835
836	M4×19 Screw	16	5.45-836
837	M3×8 Screw	2	5.45-837
838	M8×23 Screw	6	5.45-838
839	M6×45 Bolt	3	5.45-839
840	Ø 6 Washer	3	5.45-840
841	M10×33 Bolt	1	5.45-841
842	M10×56 Bolt	2	5.45-842
843	M8×36.5 Bolt	1	5.45-843
844	M10×43.5 Bolt	1	5.45-844
845	M8×75 Bolt	2	5.45-845
846	M8×30 Screw	2	5.45-846
847	3mm Rubber Cushion	2	5.45-847
848	M10×26 Bolt	2	5.45-848
849	M8×20 mm Bolt	1	5.45-849

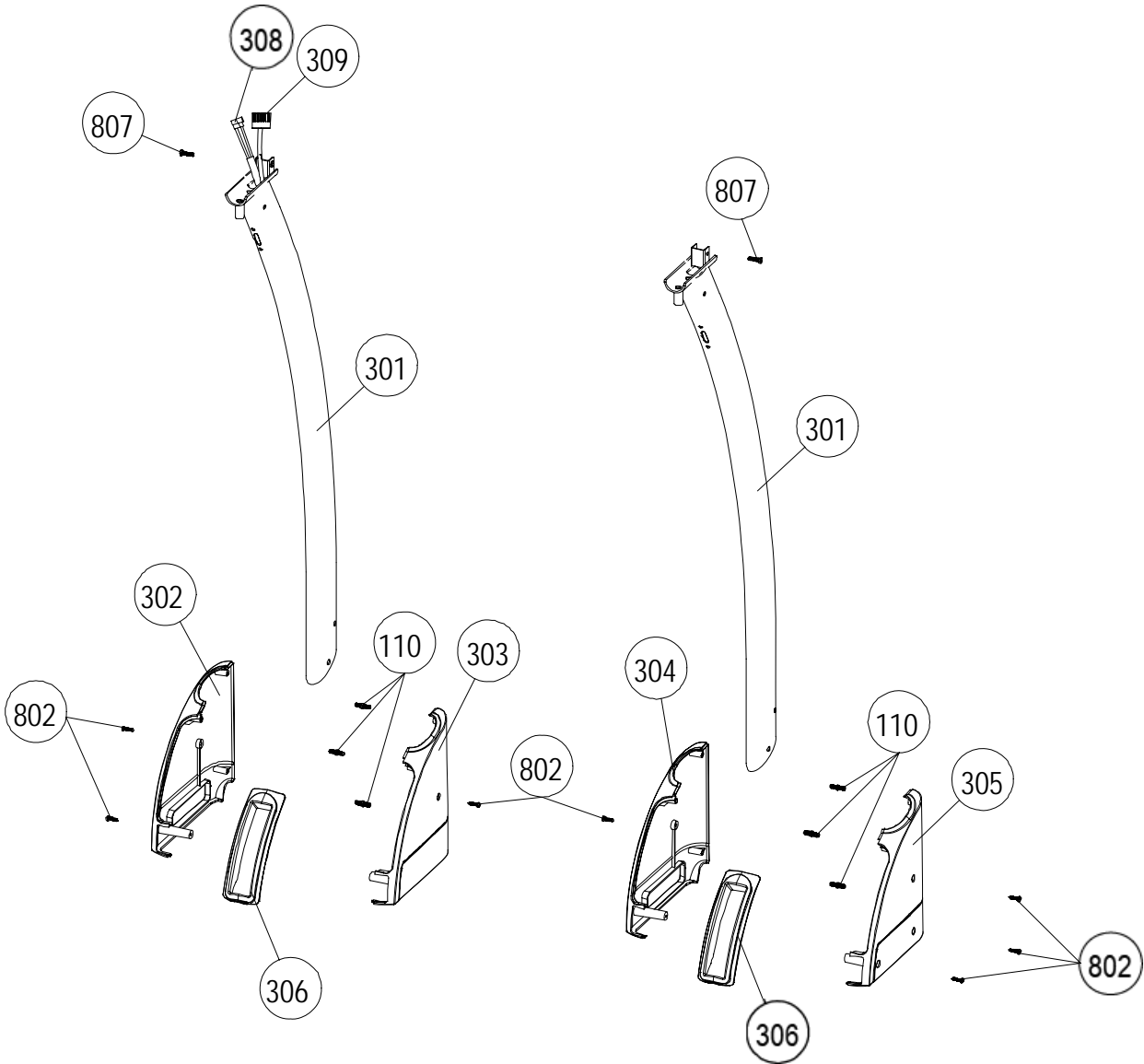
PARTS DIAGRAM



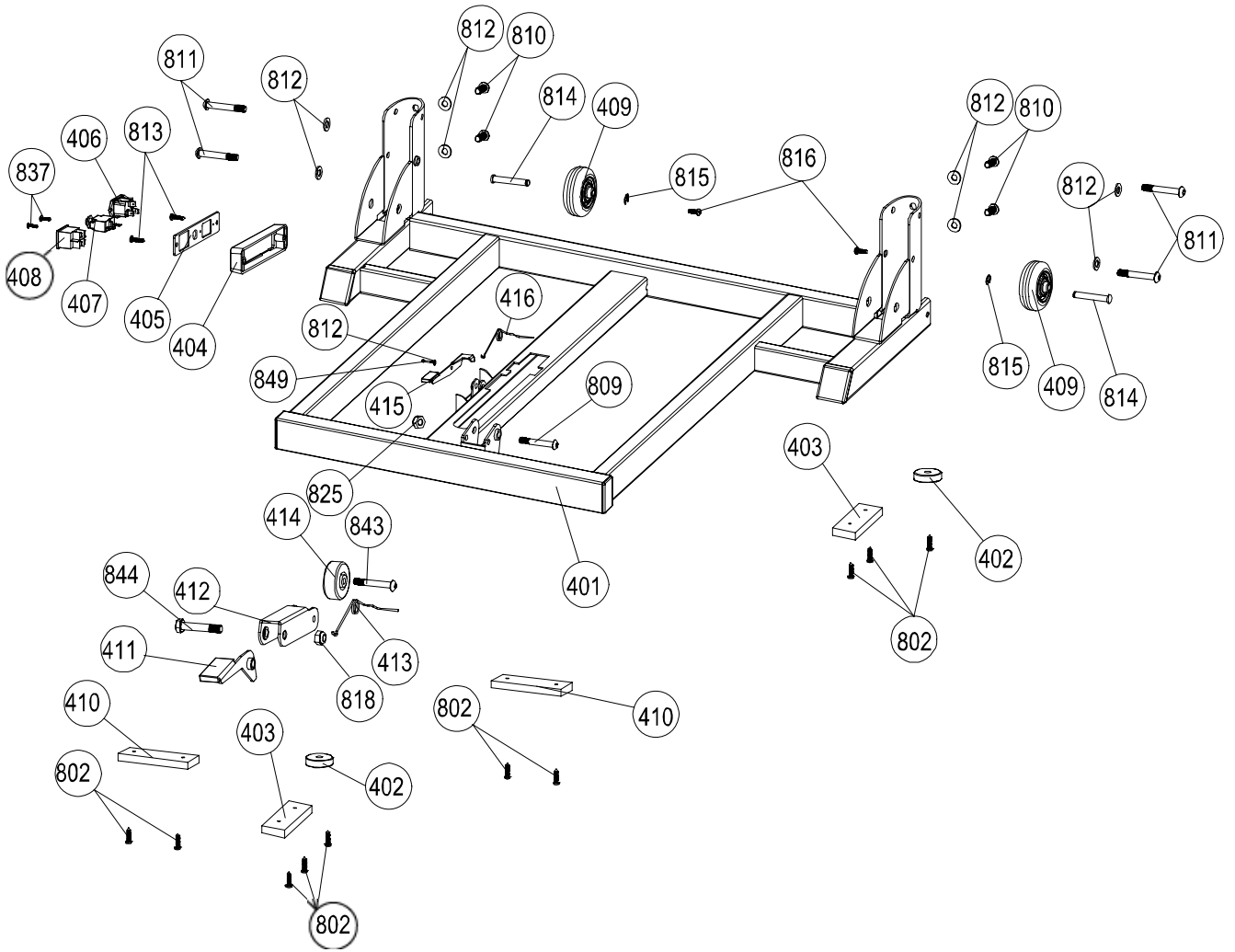
PARTS DIAGRAM



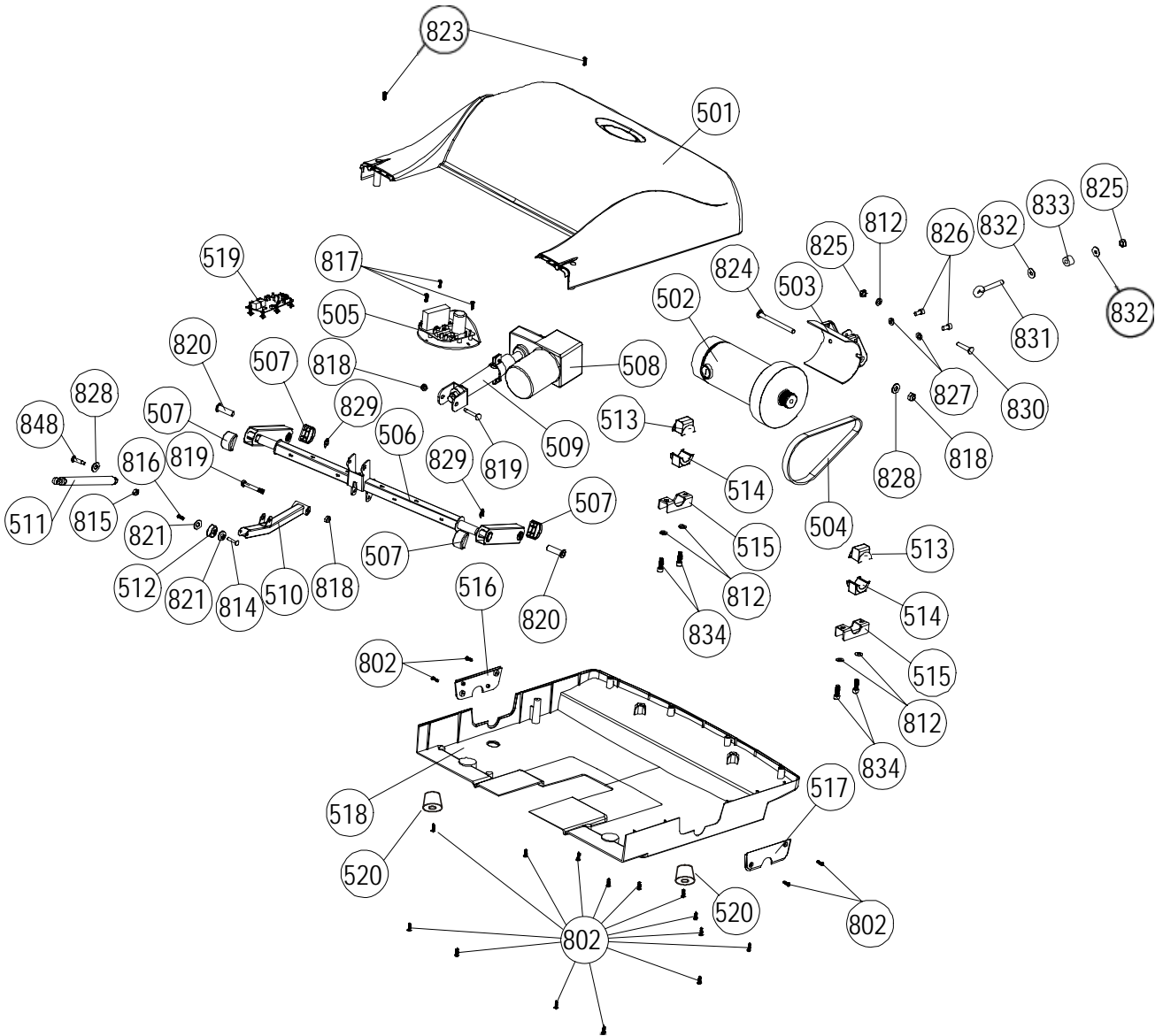
PARTS DIAGRAM



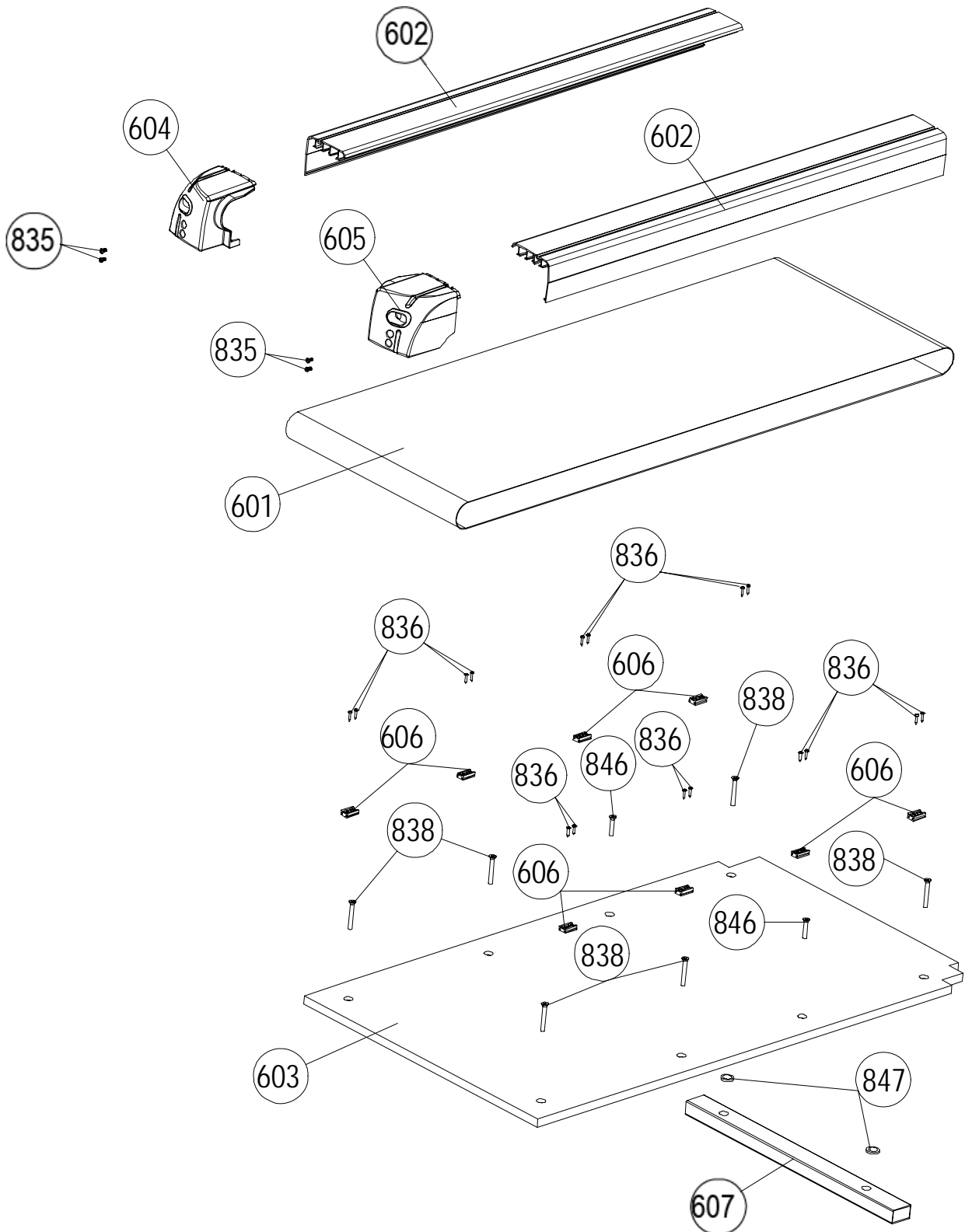
PARTS DIAGRAM



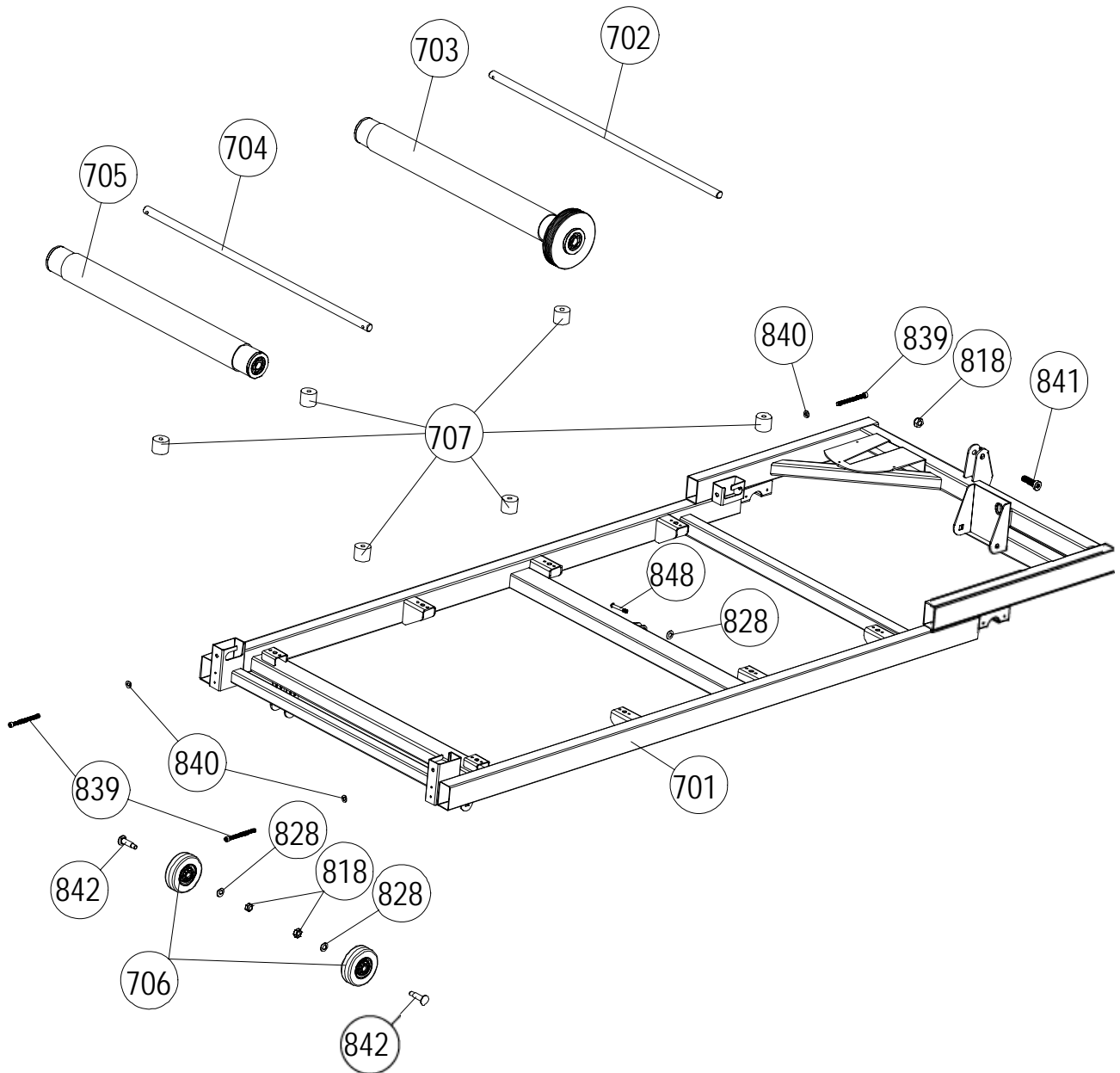
PARTS DIAGRAM



PARTS DIAGRAM



PARTS DIAGRAM



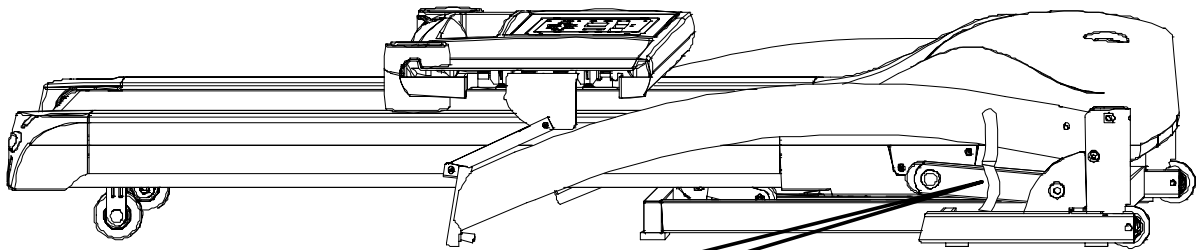
ASSEMBLY

STEP 1: Unpacking and Inventory

NOTE: FOR SAFER AND EASIER TRANSPORTATION DO NOT REMOVE THE PLASTIC RETAINING STRAPS UNTILL THE UNIT IS IN THE AREA OF ASSEMBLY

Remove the treadmill and all the components and hardware from the box. Check the quantities of all components and hardware with the component and hardware lists on pages 5-6.

P.5	Components
P.6	Hardware and Tools



Warning !!!

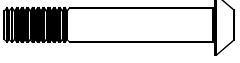


DO NOT REMOVE THE PLASTIC STRAPS
Until unit is in its final place of assembly.

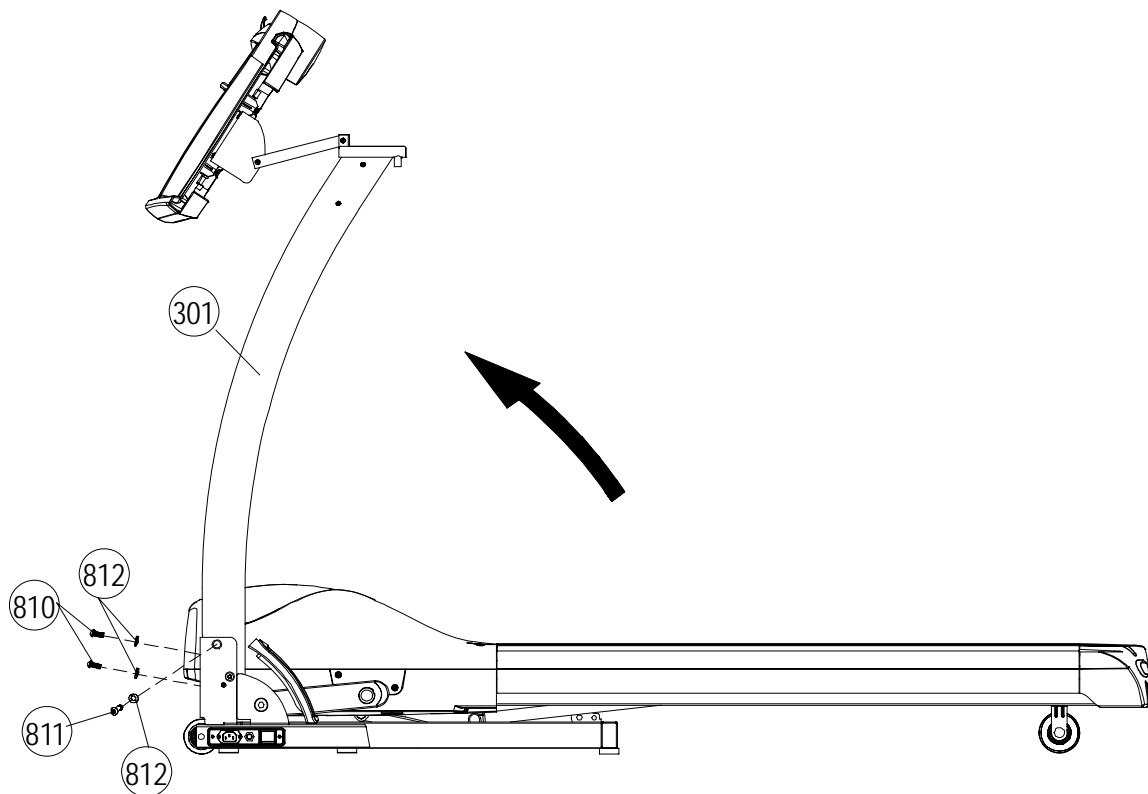
ASSEMBLY

STEP 2: Assemble Upright Frame

NOTE : Make sure all wires are recessed into the frame , **DO NOT** trap or pinch
(Hand tight bolts until last step)

- A. Raise the left and right uprights (301) .
- B. Secure the left upright (301) with two 8x18 mm Allen bolts (810) and two $\varnothing 8$ washer (812) through the front side of the base frame . hand tighten .
- C. Secure the right upright (301) with two 8x18 mm Allen bolts (810) and two $\varnothing 8$ washer (812) through the front side of the base frame . hand tighten .
- D. Insert one M 8x52 mm Allen bolt (811) and one $\varnothing 8$ washer (812) through the side of the base frame and the left upright , hand tighten .
- E. Insert one M 8x52 mm Allen bolt (811) and one $\varnothing 8$ washer (812) through the side of the base frame and the right upright , hand tighten .
- F. Tighten all Allen bolts with Allen wrench C (Provided with hardware).

811	X2	
810	X4	
812	X6	

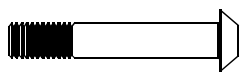



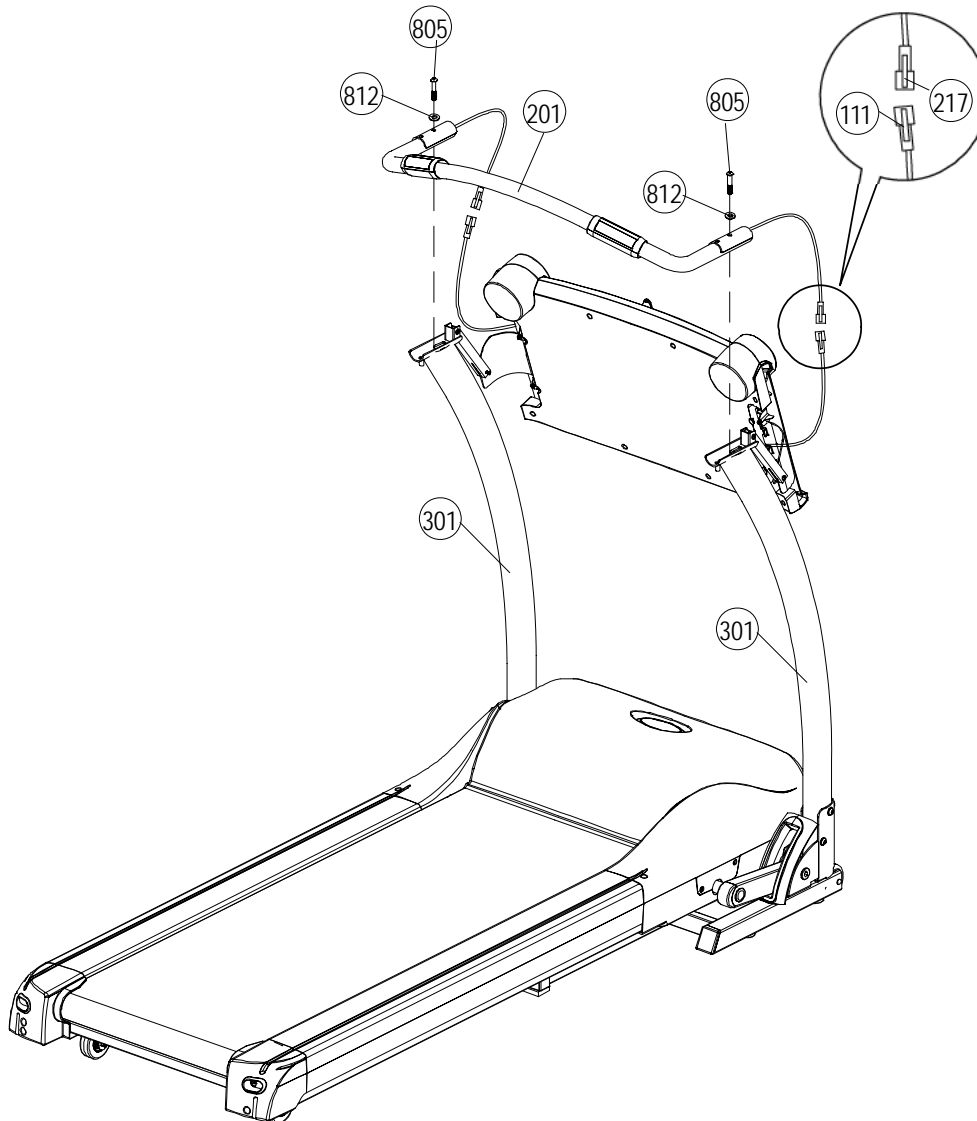
ASSEMBLY

STEP 3: Assemble Front Handle Bar

NOTE : Only hand tighten bolts until last step.

- A. Place the front handle bar (201) on top of the left and right upright (301).
- B. Secure left side with one $\varnothing 8$ washer (812) and M8x45 mm Allen bolt (805) in the forward most hole .
- C. Secure right side with one $\varnothing 8$ washer (812) and M8x45 mm Allen bolt (805) in the forward most hole .
- D. Connect pulse wire (217) and wire (111) on left and right side (as shown in diagram) . Then insert the remaining length of the wire into the front handle bar tube . Tighten all bolts with Allen Wrench .

805	X2	
812	X2	






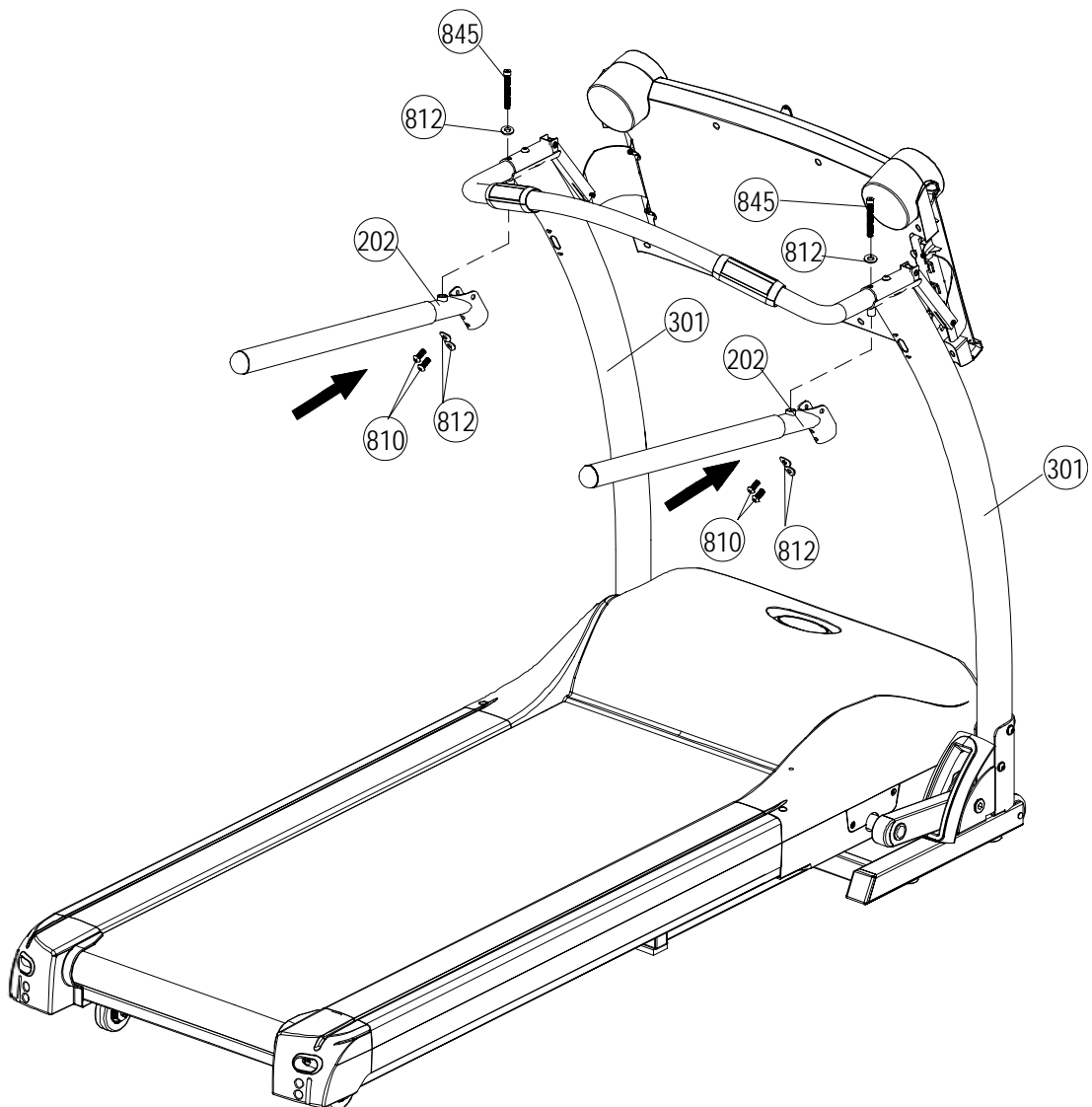
ASSEMBLY

STEP4: Assemble The Side Handlebars

NOTE: Side rails are interchangeable for use on both right and left sides

- A. Attach one handlebar (202) to the left upright (301)
- B. Secure the Side Handlebar with one M8 x75 mm bolt (845) and one $\varnothing 8$ washer (812), through the top of front handle bar into the side handle bar .
- C. Insert two M8x18 mm (810) and two $\varnothing 8$ washer (812) through the side handrail plate and thread into the upright .
- D. Repeat the above process for the right side .
- E. Tighten all bolts with Allen Wrench .

810	X4	
845	X2	
812	X6	



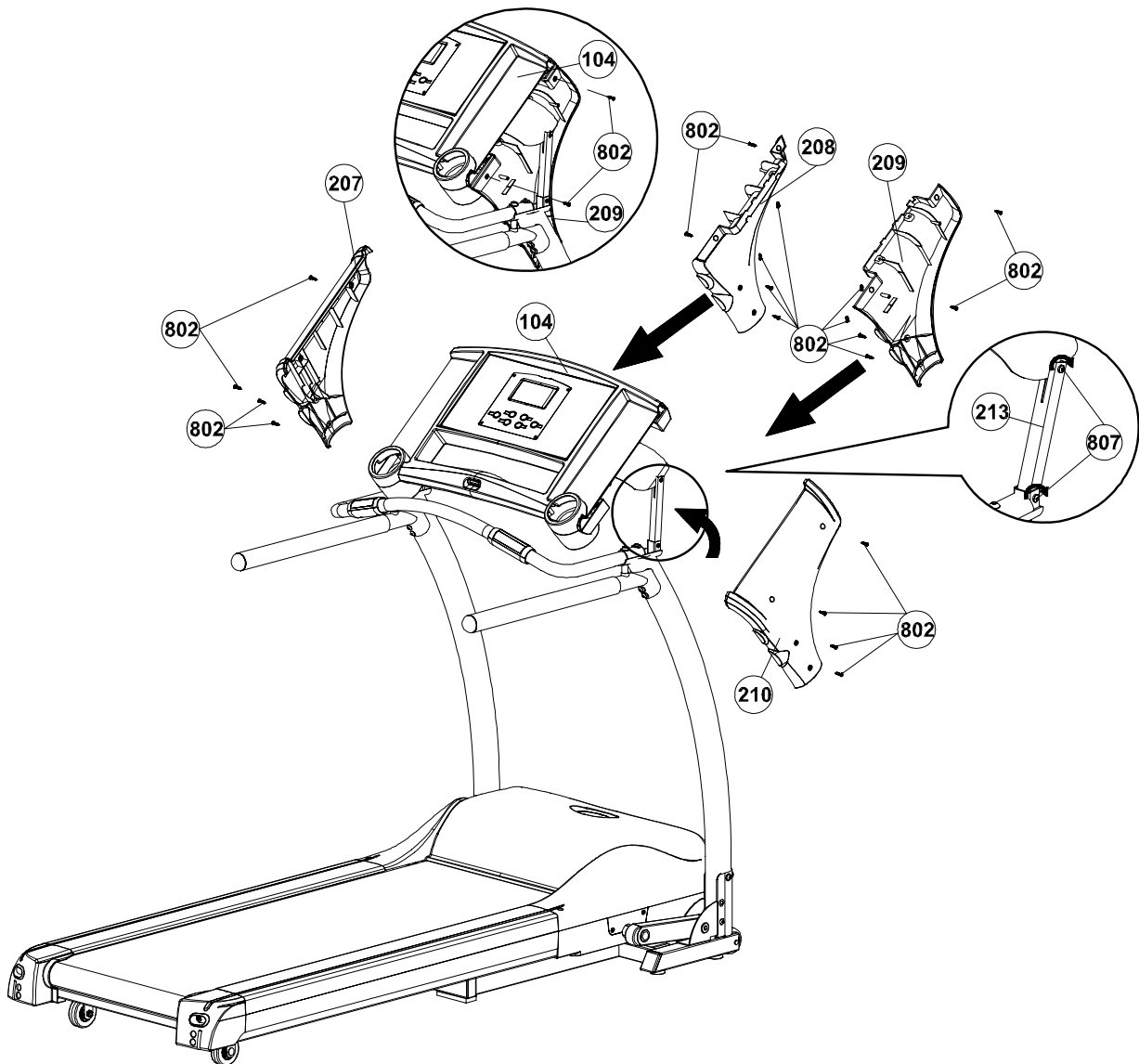
ASSEMBLY

STEP5: Assemble Computer Console

- A. Rotate the console until it stops as shown in diagram below .
- B. Tighten the screw (807) of the console connect tube (213) for right and left side .
Console connect tube (213) will be adjust for the next steps of assembly .
- C. Attach the Handle Bar Cover - LR (208) to the underside of the console and the inside of the left upright (301), Secure with four M4×15mm screw (802). And secure with two M4×15mm screw (802) between the Handle Bar Cover - LR (208) outside and the console housing -upper.
- D. Attach the Handle Bar Cover - LL (207) to the top of the console and the outside of the Upright - Left (301).And secure with four M4×15mm screw (802).
- E. Repeat the above process for the right hand side cover (209) and cover (210) as shown in diagram.

802

X20




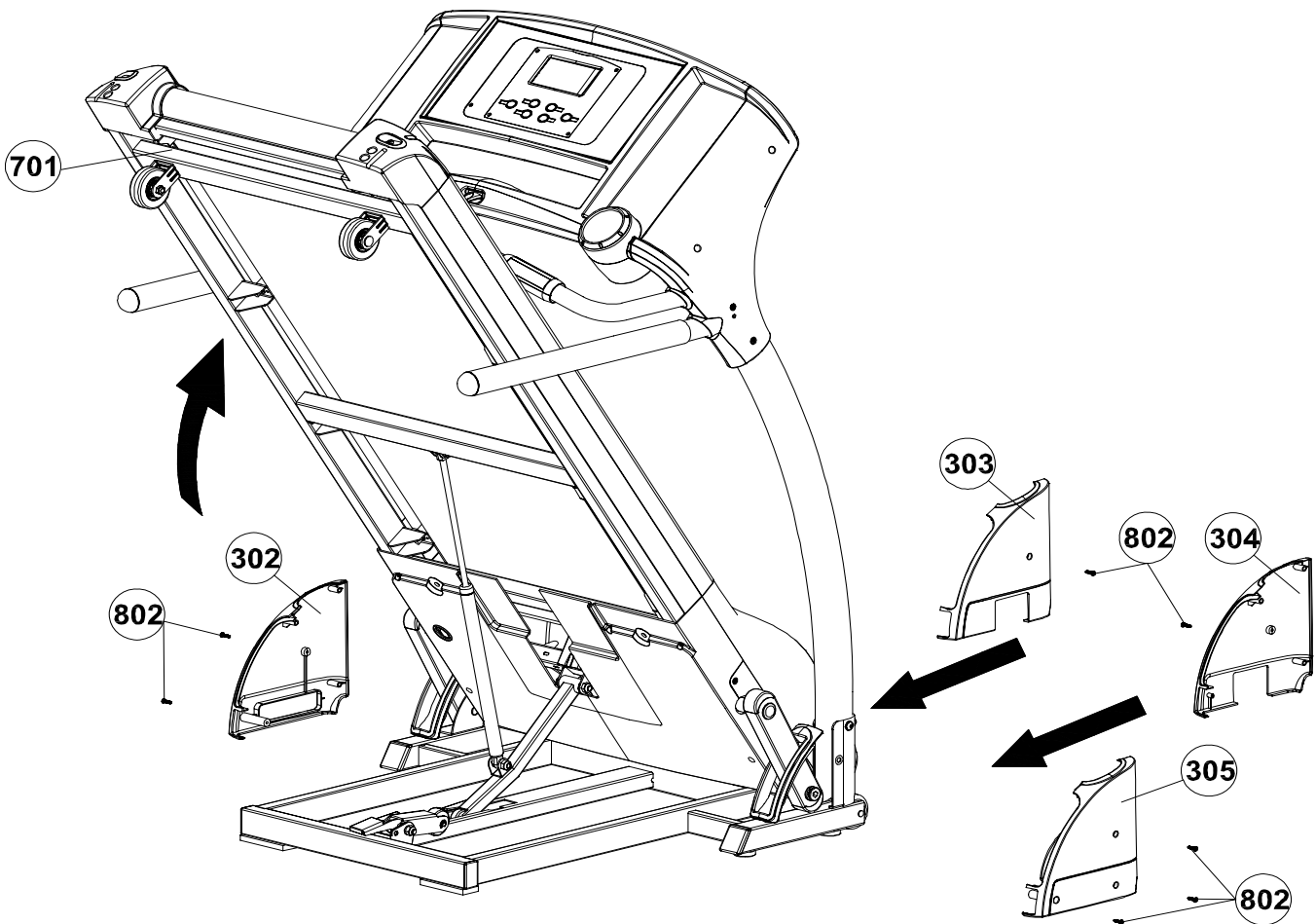
ASSEMBLY

STEP 6: Assembly base covers

NOTE : Refer to folding instructions on page 27 .

- A. Fold up the running deck until it locks in place .
- B. Attach Upright Base Cover (302) to the outside of the Left Upright (301). Secure with two M4x15 mm screw (802).
- C. Attach Upright Base Cover (303) to the inside of the Left Upright (301). Secure with one M4x15 mm screw (802).
- D. Attach Upright Base Cover (305) to the outside of the Right Upright (301). Secure with three M4x15 mm screw (802).
- E. Attach Upright Base Cover (304) to the inside of the Right Upright (301). Secure with one M4x15 mm screw (802).

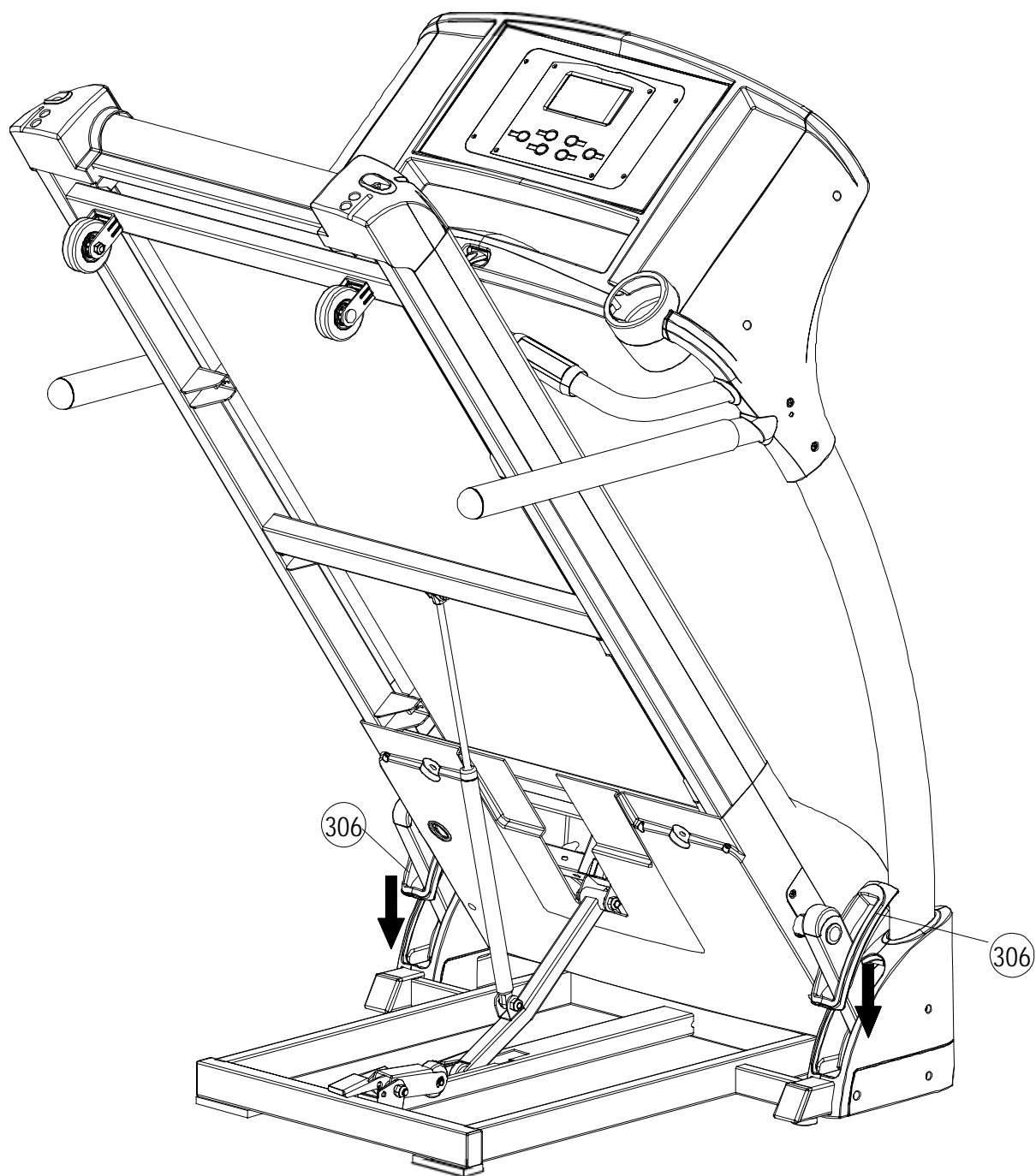
802	X7	
-----	----	---



ASSEMBLY

STEP7: Attaching Rubber Cover

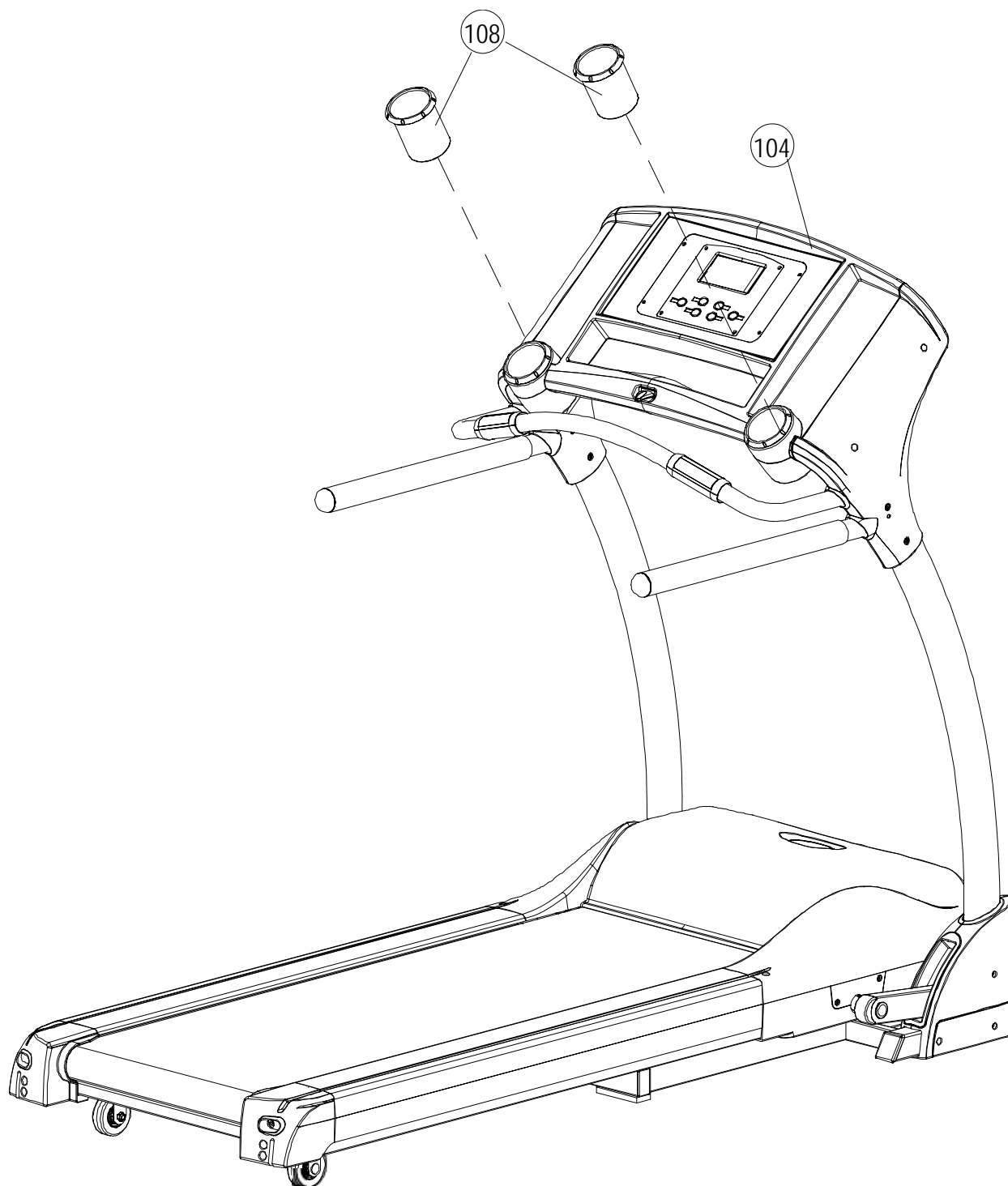
Insert the rubber cover (306) into the slot upright base cover .



ASSEMBLY

STEP 8: Inserting Water Bottle Holders

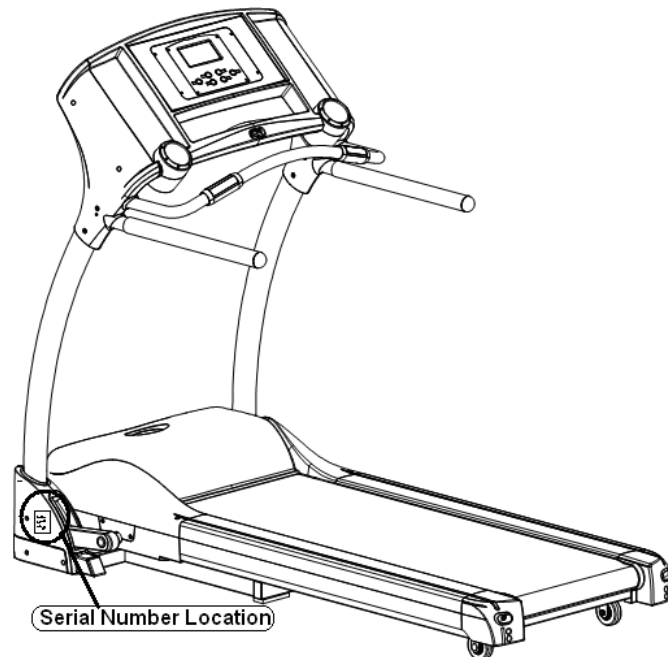
Attach the Water Bottle Holder (108) to the Console Housing - Upper (104) and push down until snap in place.



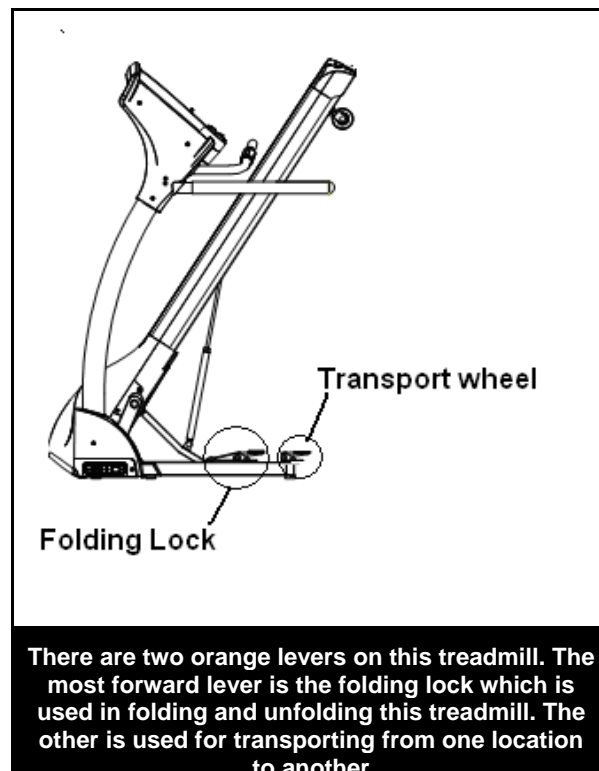
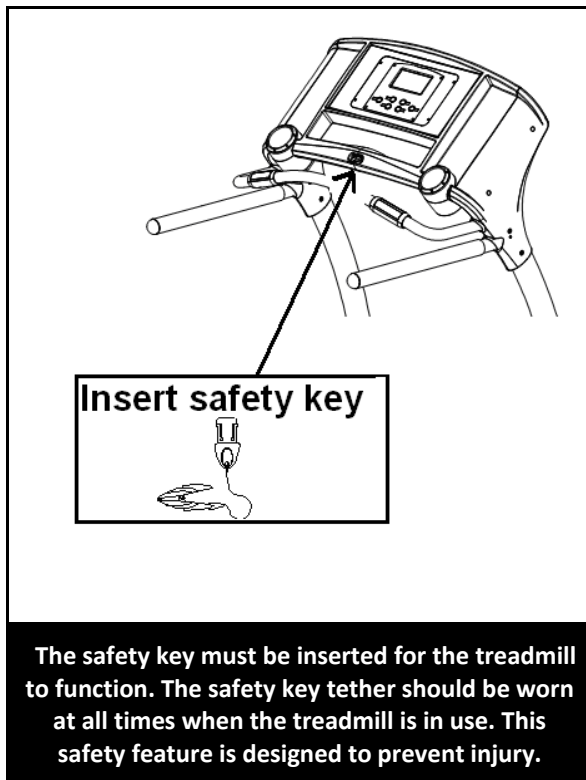
ASSEMBLY COMPLETE

Assembly is now complete. Check that all the components are secure and all the hardware is tight . By this step all bolts and screws should be wrench tight. If any hardware is not wrench tight go back and tighten.

The finished product should resemble the picture below.



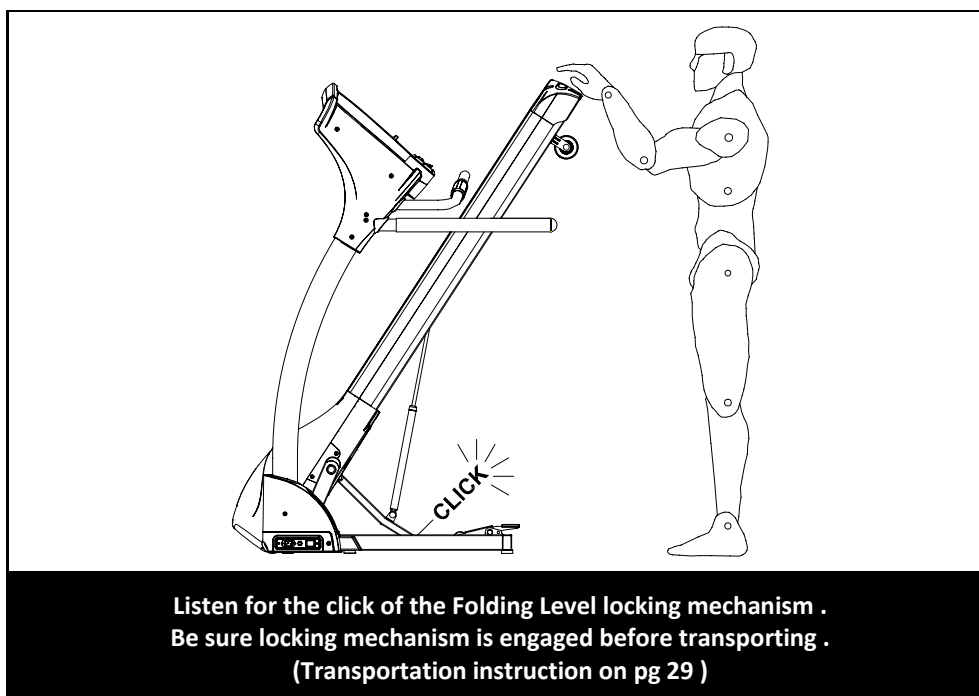
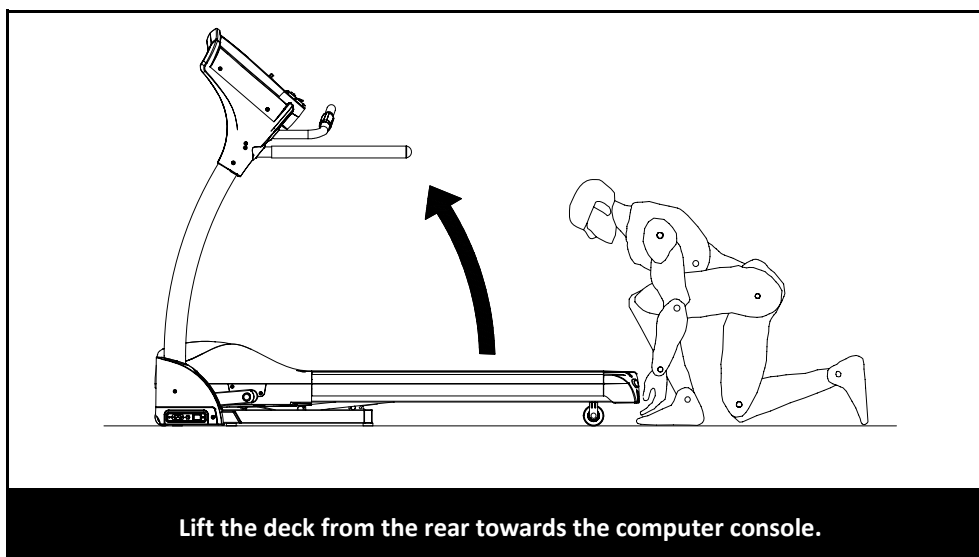
Safety Features



FOLDING INSTRUCTIONS

How to fold up the treadmill:

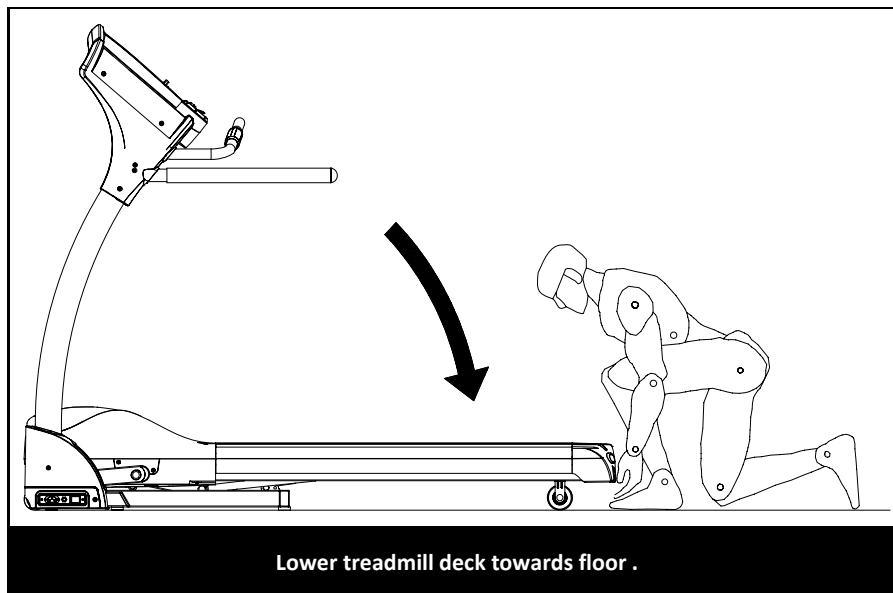
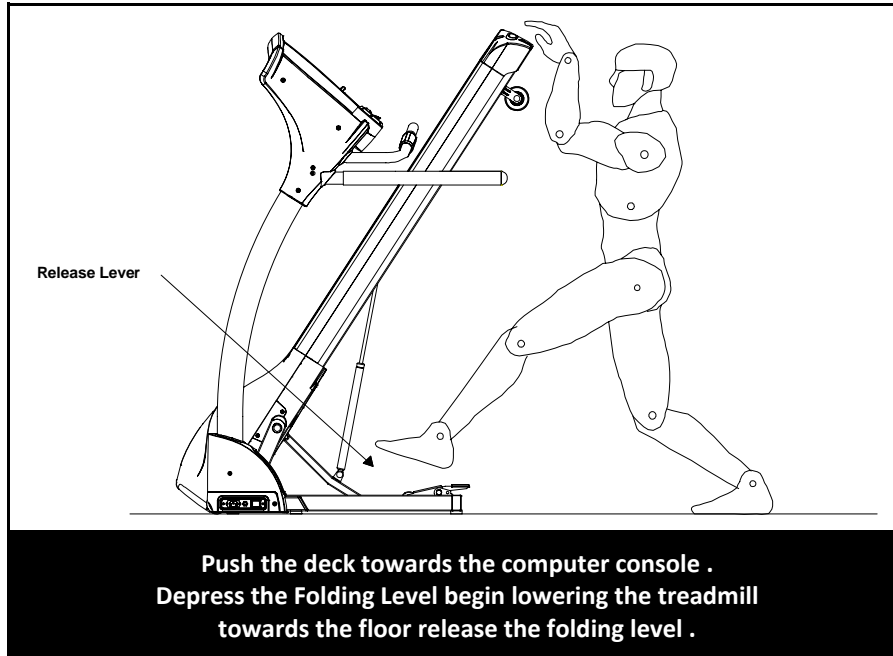
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:



UNFOLDING INSTRUCTIONS

How to unfold the treadmill:

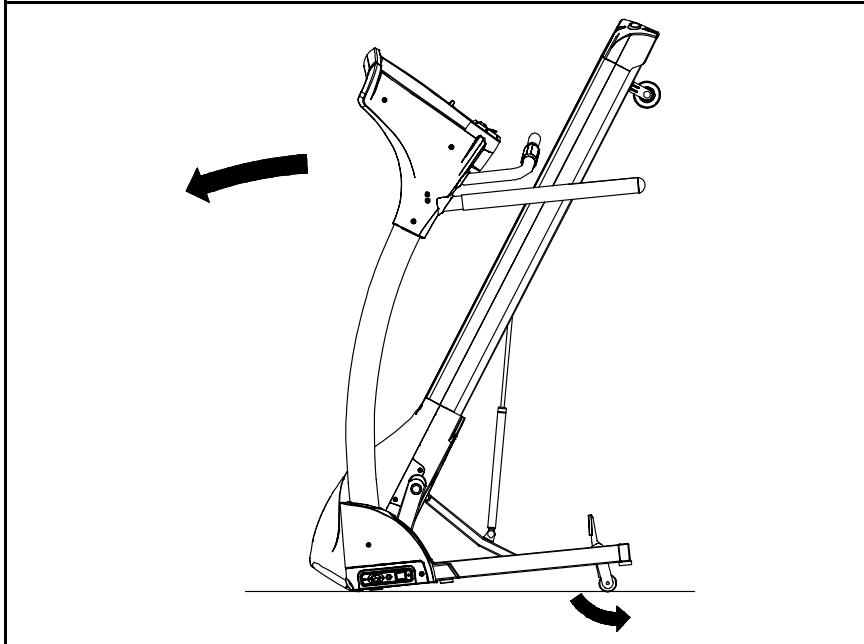
NOTE: To maintain stability make sure the rear transportation wheel is disengaged before unfolding treadmill.
To unfold the treadmill for use follow the instructions here:



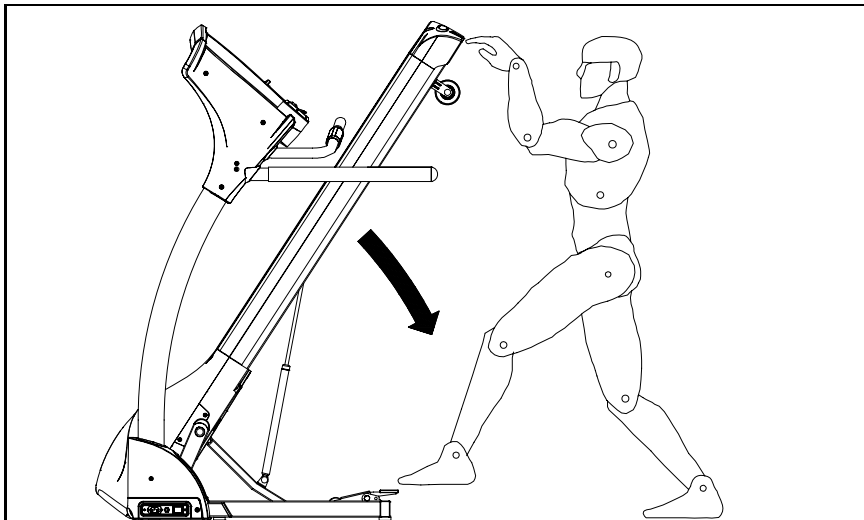
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:**NOTE : Transport wheel must be down as picture below.**

To roll away for storage simply grab the rear deck, lift slightly and roll to desired location.

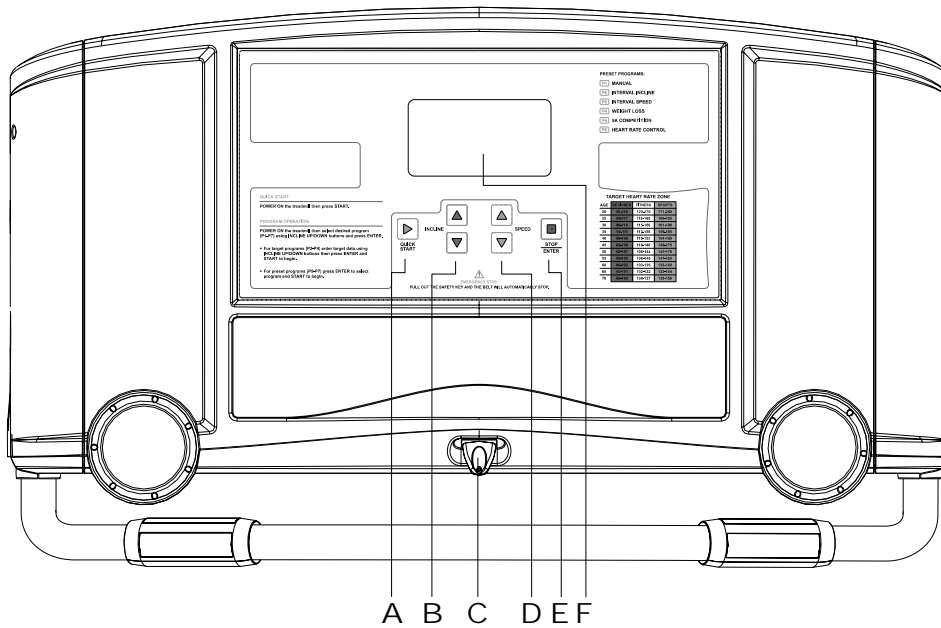


Lift the deck from the rear so that the treadmill rests on the front transportation wheels and on the rear transportation wheel engages



Roll to a desired location

COMPUTER OPERATION



START Button	A	B	INCLINE UP/DOWN Button
Safety Key	C	D	SPEED UP/DOWN Button
STOP/ENTER Button	E	F	Display Window

BUTTON FUNCTIONS

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

STOP / ENTER

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

SPEED UP

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

SPEED DOWN

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

INCLINE UP / DOWN

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

SAFETY KEY

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

COMPUTER OPERATION**POWER ON**

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

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

SLEEP MODE

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

DISPLAY MODE

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

ENGLISH / METRIC CONVERSION

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

QUICK START

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

STOP/PAUSE

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

COMPUTER PROGRAM OPERATION

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

SET UP USER INFORMATION

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

SET USER GENDER

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

SET USER WEIGHT

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

COMPUTER OPERATION**SET USER HEIGHT**

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

SET USER AGE

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

SET USER TARGET HEART RATE

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

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

OPERATE PROGRAM

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

**P1 MANUAL PROGRAM**

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

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

**P2 INTERVAL INCLINE**

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

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

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

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

COMPUTER OPERATION

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

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

COOL DOWN

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

**P3 INTERVAL SPEED**

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

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

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

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2

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

COOL DOWN

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

COMPUTER OPERATION

**P4 WEIGHT LOSS**

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

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

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

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

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

COOL DOWN

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

**P5 5K SELF LEARNING / COMPETITION**

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

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

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

COOL DOWN

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

COMPUTER OPERATION

 **P6 HEART RATE CONTROL**

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

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

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

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

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

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

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

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

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

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

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

MAINTENANCE

HOW TO MAINTAIN THE SMOOTH-5.45 TREADMILL:

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

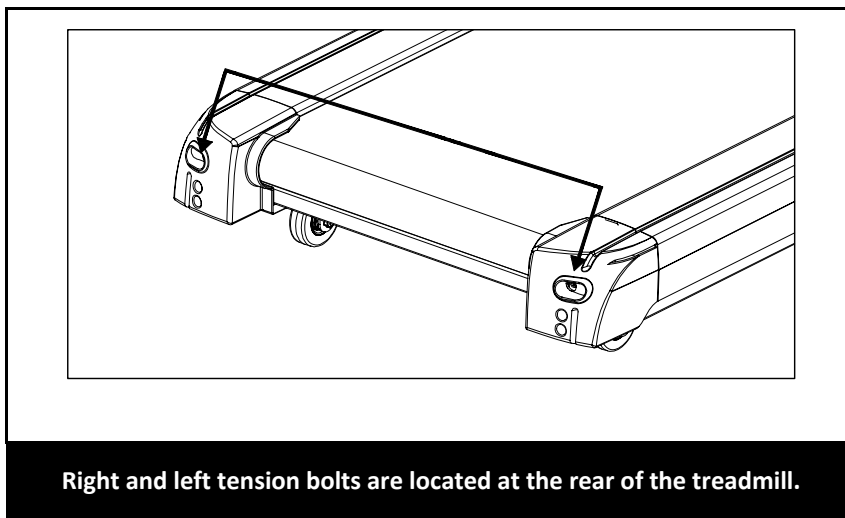
- **Important:** Do not use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

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

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



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

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

Warning: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

Important: Do not use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

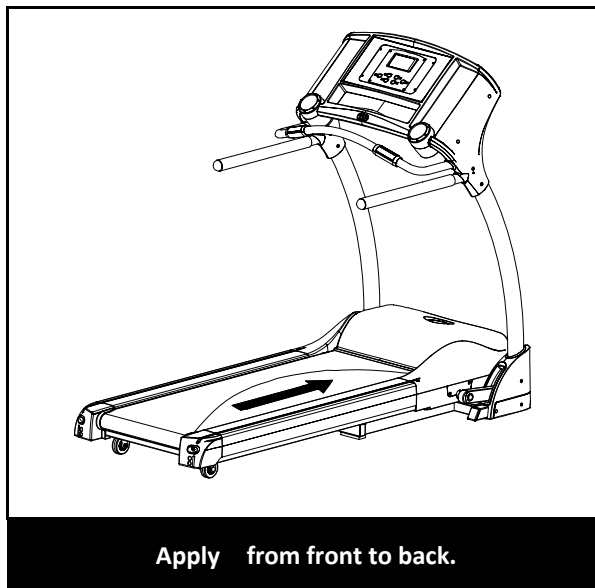
Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To purchase lubricant kit please contact Smooth Fitness 1-888-800-1167

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each side..
4. Allow the silicone to "set" for 1 minute before using the treadmill.



WARRANTY

Read and follow the assembly instruction and the User's –Manual before using this product.

Warranty Coverage: Smooth Fitness and EVO Fitness warrants to the original owner that each new product to be free from defects in workmanship and material. Under normal use and conditions. This warranty is limited on home use only.

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

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
5.45	Lifetime	Lifetime	3 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either: Hire and reimburse an independent service technician who will come into the home for the repair, OR In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

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

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

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;
- The part description and the order number.

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

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use, Consequential and incidental damages are not recoverable under this Warranty.

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.

IMPORTANT STEPS

Warning:

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

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

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

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

Before beginning:

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

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

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



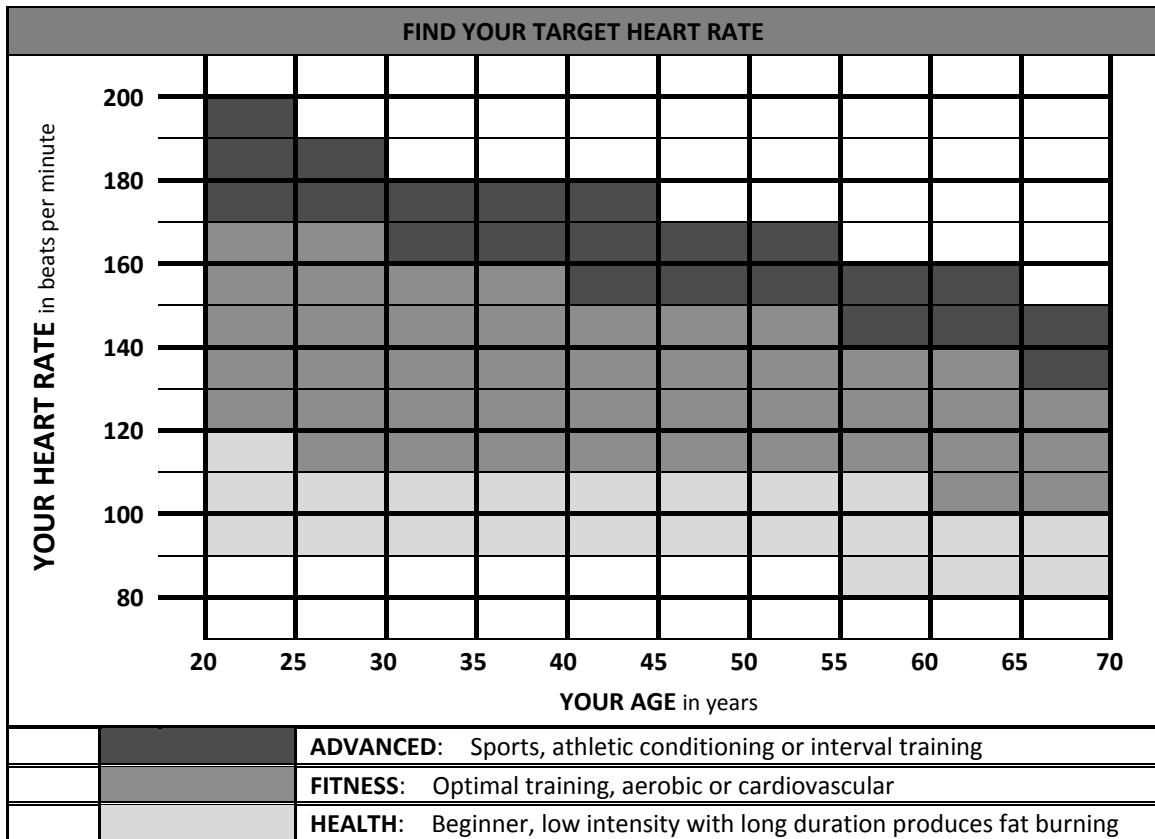
The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



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: 50 – 70% of your max. heartrate
- FITNESS: 70 – 80% of your max. heartrate
- ADVANCED: 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.

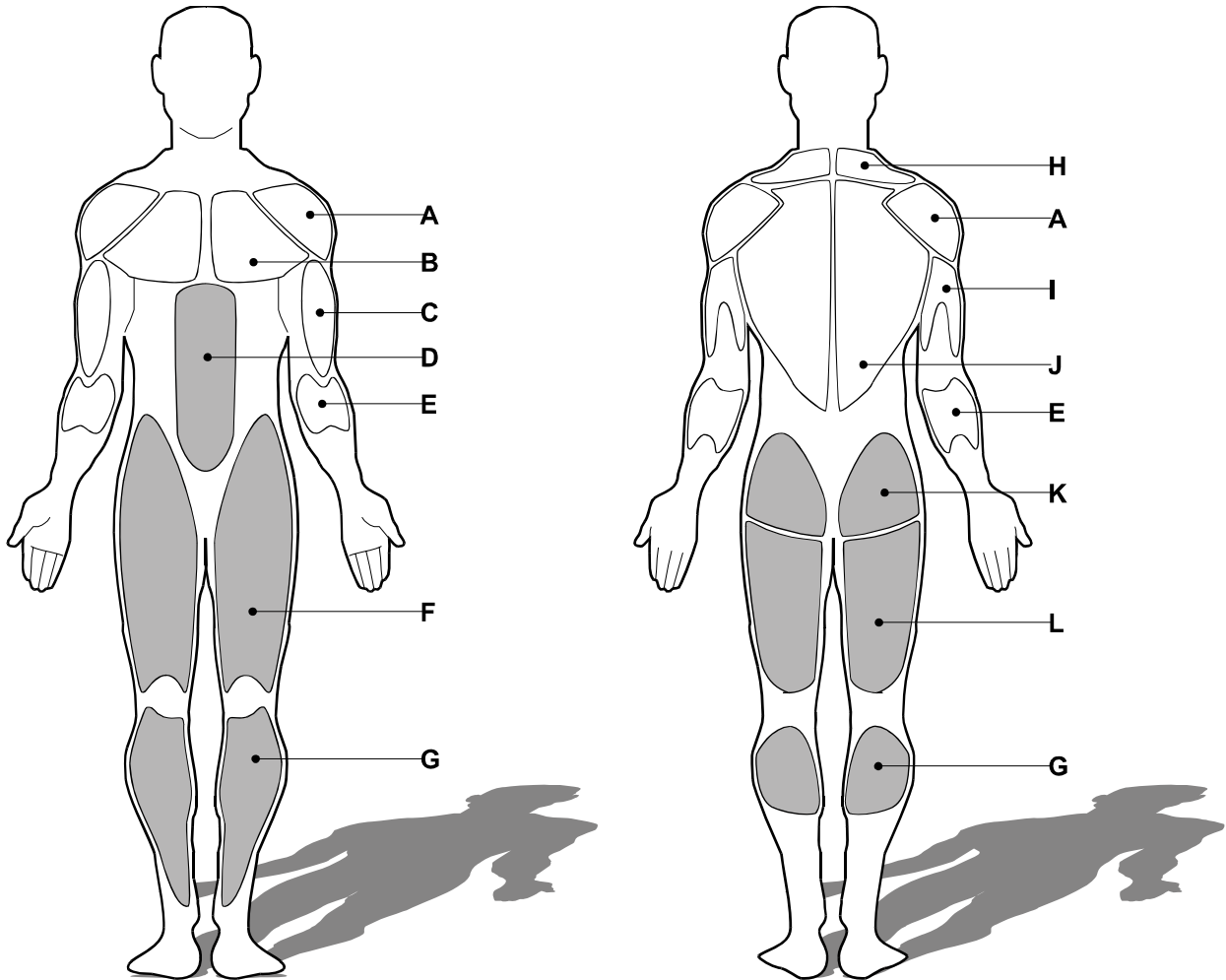
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

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



MUSCLE GROUPS

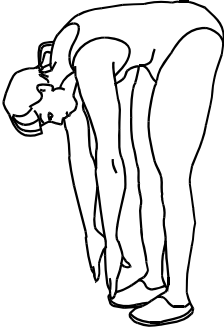
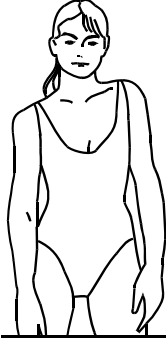

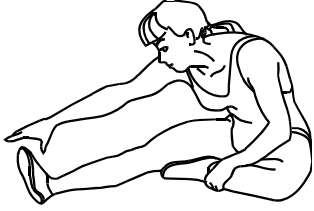

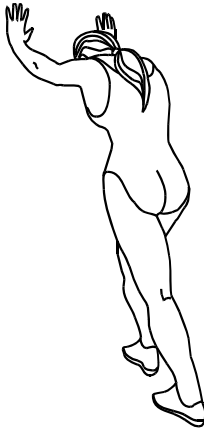

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapeziums muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteus muscles	K
F	Quadriceps muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:

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

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

<p>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.</p>		<p>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.</p>	
<p>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.</p>		<p>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.</p>	
<p>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.</p>		<p>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.</p>	
<p>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.</p>			

TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following:
	<ul style="list-style-type: none"> ▪ Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).
	<ul style="list-style-type: none"> ▪ Equipment circuit breaker is in the reset position
	<ul style="list-style-type: none"> ▪ Equipment power switch is in the on position
	<ul style="list-style-type: none"> ▪ Safety key is properly inserted into the computer console
	<ul style="list-style-type: none"> ▪ Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual)
Treadmill stops operation during use	<ul style="list-style-type: none"> ▪ House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
	<ul style="list-style-type: none"> ▪ Safety key is properly inserted into the computer console
	<ul style="list-style-type: none"> ▪ Equipment circuit breaker is in the reset position
	<ul style="list-style-type: none"> ▪ House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual)
Treadmill will not incline (Power fold models only)	<ul style="list-style-type: none"> ▪ Program time has expired
	<ul style="list-style-type: none"> ▪ Check for proper positioning of spring knob for folding(See procedure in owner's manual)
Treadmill will not unfold	Power Fold only <ul style="list-style-type: none"> ▪ Check for proper positioning of spring knob for folding(See procedure in owner's manual)
	Manual Fold only <ul style="list-style-type: none"> ▪ Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owner's manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owner's manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> ▪ Treadmill is properly leveled(See procedure in owner's manual)
	<ul style="list-style-type: none"> ▪ Center running belt (See Centering procedure in owner's manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> ▪ Tension running belt (See process in owner's manual)
Treadmill running belt moves slower than speed displayed on computer	<ul style="list-style-type: none"> ▪ Metric/English conversion (See owner's manual for Metric/English conversion process)
Running belt is not centered	<ul style="list-style-type: none"> ▪ Treadmill is properly leveled(See procedure in owner's manual)
	<ul style="list-style-type: none"> ▪ Center running belt (See Centering procedure in owner's manual)
Running belt is slipping or hesitating while in use	<ul style="list-style-type: none"> ▪ Tension running belt (See process in owner's manual)



Smooth Fitness
780 5th Ave
King of Prussia, PA 19406

Toll Free Customer Service:
1.888.800.1167

Website:
www.smoothfitness.com

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>