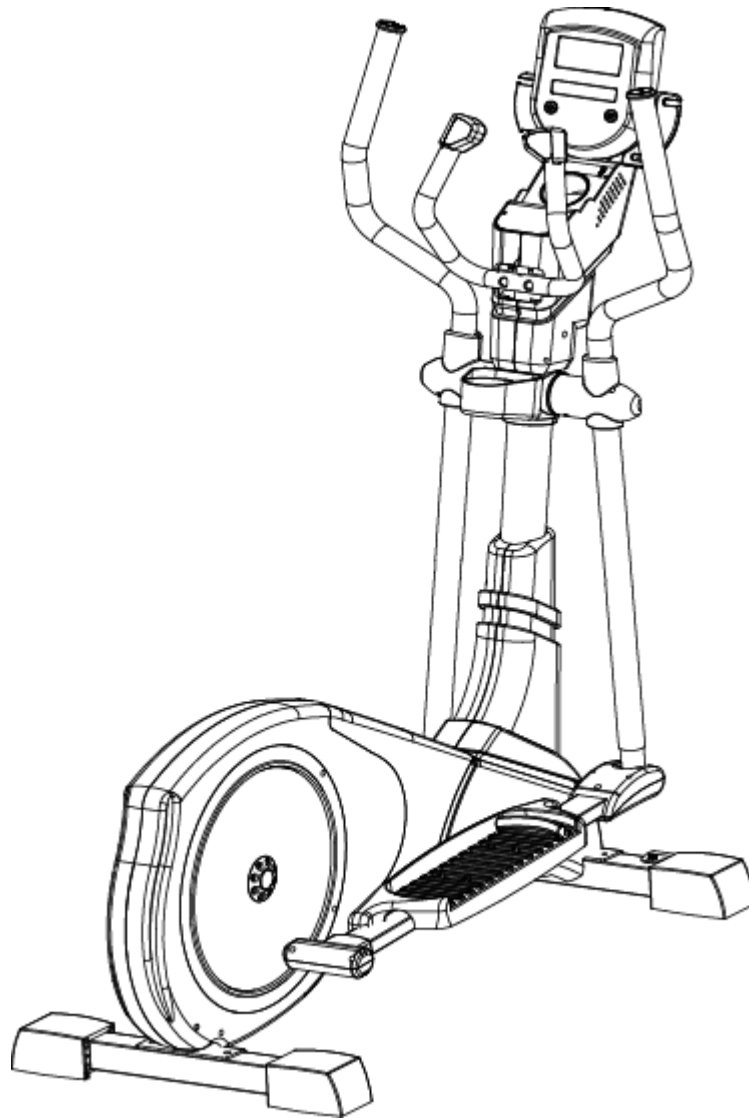


USER'S MANUAL

SMOOTH CE-2.5 ELLIPTICAL



USER WEIGHT LIMITATION: **300lbs(136kgs).**

SERIAL NUMBER (found on frame):

Ver. 20121016

PREASSEMBLY

For future service or related questions:

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

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

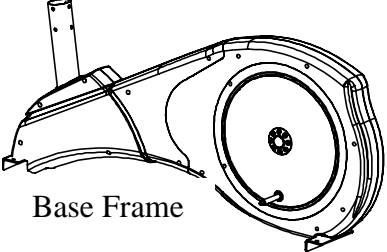
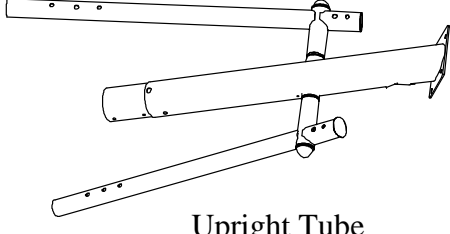
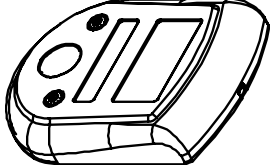
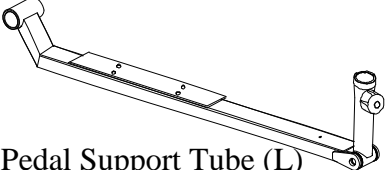
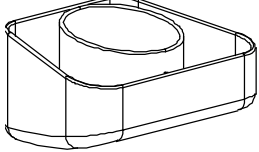
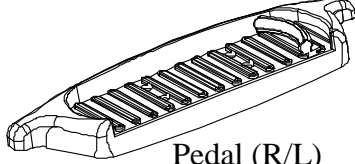
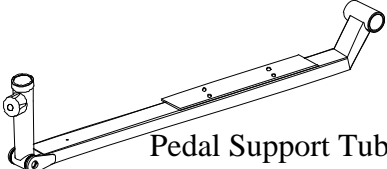
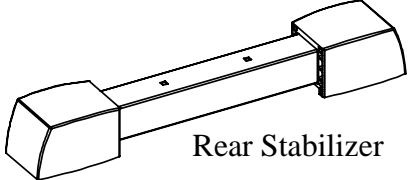
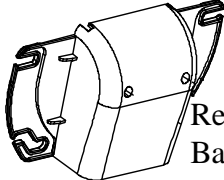
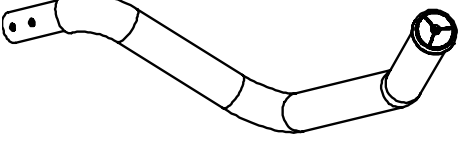
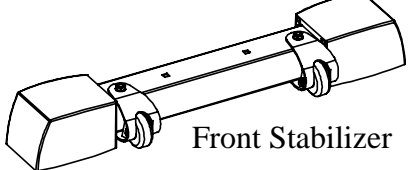
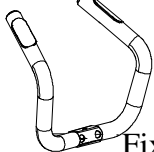
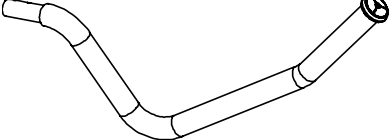
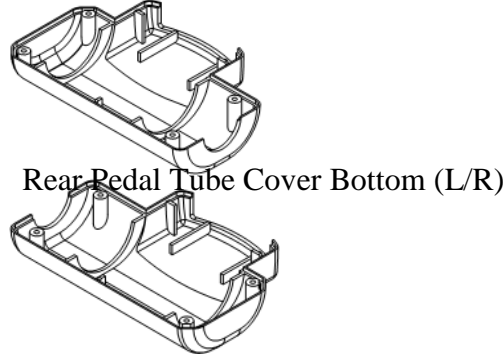
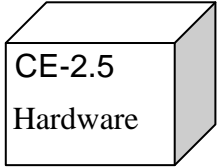
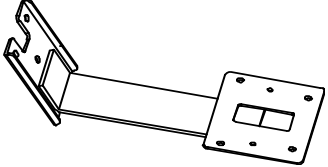
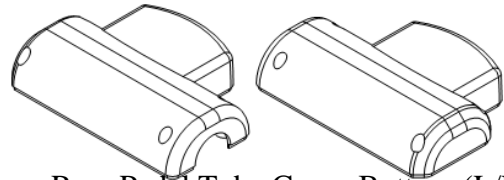
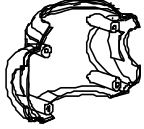



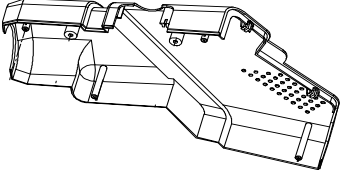
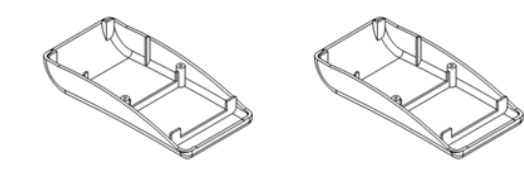

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

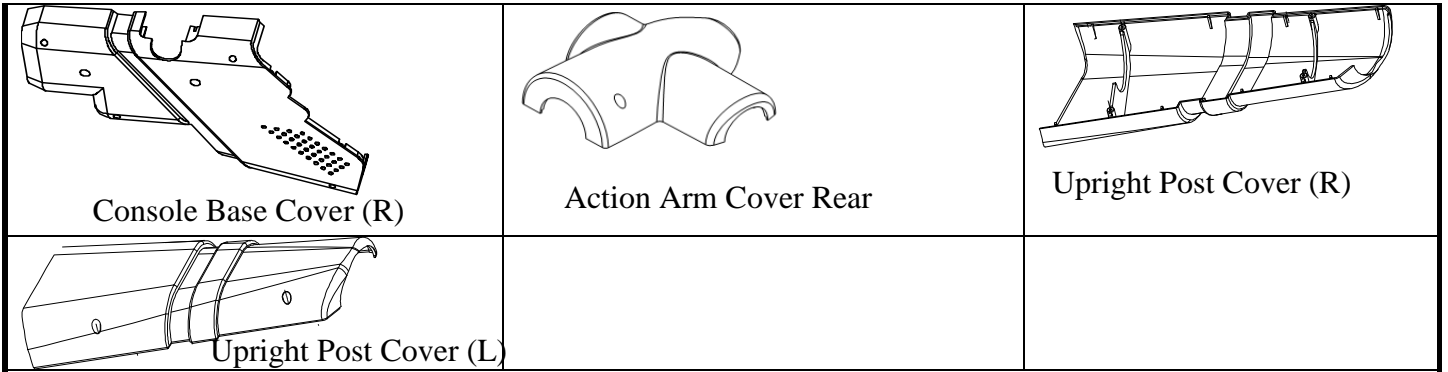
Please note that there is a weight limitation for this product. If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

SUPPLIED COMPONENTS






















This list identifies the major components you will use to assemble this product.

 <p>Base Frame</p>	 <p>Upright Tube</p>	 <p>Console</p>
 <p>Pedal Support Tube (L)</p>	 <p>Bottle Holder</p>	 <p>Pedal (R/L)</p>
 <p>Pedal Support Tube (R)</p>	 <p>Rear Stabilizer</p>	 <p>Rear Console Base Cover</p>
 <p>Swing Arm Handlebar (R)</p>	 <p>Front Stabilizer</p>	 <p>Fixed Handlebar</p>
 <p>Swing Arm Handlebar (L)</p>	 <p>Rear Pedal Tube Cover Bottom (L/R)</p>	 <p>CE-2.5 Hardware</p>
 <p>Console Base</p>	 <p>Rear Pedal Tube Cover Bottom (L/R)</p>	 <p>Upright Tube Front Cover</p>
 <p>Power pack</p>	 <p>Front Pedal Tube Cover Top (L/R)</p>	 <p>Upright Tube Rear Cover</p>
 <p>Console Base Cover (L)</p>	 <p>Front Pedal Tube Cover Bottom (L/R)</p>	 <p>Swing Arm Cover Front</p>

SUPPLIED HARDWARE










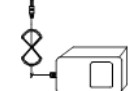


Hardware Pack List By step

Step 1	#19	Screw M8*1.25*72		2
	#65	Washer 5/16*16*1.0		2
	#20	Nylock nut M8*1.25		2
	#21	Plastic cap 5/16		2
Step 2	#19	Screw M8*1.25*72		2
	#65	Washer 5/16*16*1.0		2
	#20	Nylock nut M8*1.25		2
	#21	Plastic cap 5/16		2
Step 3	#18	Allen head bolt M8*1.25*15		6
	#115	Screw M4*16mm		4
Step 4	#29	Screw 3.5*12mm		8
	#30	Screw M5*0.8*12		2
	#12	Nylock nut M10*1.5		2
	#17	Washer 10*22*3T		2
	#44	Knob 2		2
Step 5	#18	Allen head bolt M8*1.25*15		3
	#29	Screw M3.5*12		4
	#30	Screw M5*0.8*12		2
	#6	Screw M8*1.25*15		2
Step 6	#116	Screw M3.5*12mm		6
	#88	Front cover		1



SUPPLIED HARDWARE

Step 7	E			4
	#30	Screw M5*0.8*12		2
Step 8	#18	Allen head bolt M8*1.25*15		4
	#65	Washer 5/16*16*1.0		4
	#A	Washer M8		4
	#29	Screw M3.5*12		8
Step 9	#29	Screw M3.5*12		4
	#104	Screw M4*12		4
	#18	Allen head bolt M8*1.25*15		8
Step10	#106	power adapter		1

COMPLETE PARTS LIST

c	Description	Qty.	Part No.
1	Handlebar end cap	2	CE25-1
2	Handlebar grip	2	CE25-2
3	T-Bar grip	2	CE25-3
4	Hand pulse grip unit	2	CE25-4
5	Fan network	1	CE25-5
6	Screw M8*1.25*15	2	CE25-6
7	Locking washer	2	CE25-7
8	Washer ϕ 25.4	4	CE25-8
9	Sleeve ϕ 25.4	4	CE25-9
10	Sleeve	4	CE25-10
11	Washer 10*32*2T	2	CE25-11
12	Nylock nut M10*1.5	4	CE25-12
13	Pedal tube shaft	2	CE25-13
14	Washer 19*38*1.6	4	CE25-14
15	Bearing 22032RS	2	CE25-15
16	Retainer R40	2	CE25-16
17	Washer 10*22*3T	2	CE25-17
18	Allen head bolt M8*1.25*15	14	CE25-18
19	Screw M8*1.25*75	6	CE25-19
20	Nylock nut M8*1.25	12	CE25-20
21	Plastic cap 5/16	4	CE25-21
22	Allen head bolt M8*50	2	CE25-22
23	Rear square foot cap	2	CE25-23
24	Front square foot cap	2	CE25-24
25	Left roller holder	1	CE25-25
26	Right roller holder	1	CE25-26
27	Wheel	2	CE25-27
28	Plastic Ring	2	CE25-28
29	Screw M3.5*12	28	CE25-29
30	Screw M5*0.8*12	17	CE25-30
31	Screw M5*20	15	CE25-31
32	Screw M4*8	24	CE25-32
33	Bearing 6003	2	CE25-33
34	Metal Spring plate	2	CE25-34
35	Screw	1	CE25-35
36	Locking screw M8*1.25*30	1	CE25-36
37	Spacer 17*28*1.0	4	CE25-37
38	Screw M8*1.25*65	6	CE25-38
39	Washer 8mm*25mm	13	CE25-39
40	Screw M8*1.25*30	1	CE25-40
41	Nut	3	CE25-41
42	Spring 3.5mm*21mm	1	CE25-42
43	Meter	1	CE25-43
44	Knob2	2	CE25-44
45	Screw M5*15	4	CE25-45
46	Nut M10	1	CE25-46
47	Flywheel	1	CE25-47
48	Speed Sensor Cable 650MM	1	CE25-48

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
49	Belt 650J	1	CE25-49
50	End cap	2	CE25-50
51	Drive pulley 6001	2	CE25-51
52	Pedal, LH	1	CE25-52
53	Pedal, RH	1	CE25-53
54	Adjustable foot	2	CE25-54
55		2	CE25-55
56	End cap (T-Bar)	2	CE25-56
57	Middle cover, LH	1	CE25-57
58	Middle cover, RH	1	CE25-58
59	Side cover, LH	1	CE25-59
60	Side cover, RH	1	CE25-60
61	FAN	1	CE25-61
62	motor	1	CE25-62
63	Screw M5*20	16	CE25-63
64	Magnet ϕ 14.5*7L	1	CE25-64
65	Washer 5/16*16*1.0	10	CE25-65
66	Pulley	2	CE25-66
67	Base frame	1	CE25-67
68	Upright tube	1	CE25-68
69	Swivel tube, LH	1	CE25-69
70	Swivel tube, RH	1	CE25-70
71	Fix handle bar	1	CE25-71
72	Handle bar, LH	1	CE25-72
73	Handle bar, RH	1	CE25-73
74	Pedal tube, left	1	CE25-74
75	Pedal tube, right	1	CE25-75
76	Front foot	1	CE25-76
77	Rear foot	1	CE25-77
78	Flywheel holder bracket	1	CE25-78
79	Belt tightener	1	CE25-79
80	Metal cross, LH	1	CE25-80
81	Metal cross, RH	1	CE25-81
82	Cable for Fan	1	CE25-82
83	Fan control board	1	CE25-83
84	Metal plate	2	CE25-84
85	Connecting tube Left	1	CE25-85
86	Connecting tube Right	1	CE25-86
87(A)	Front cover, LH	1	CE25-87(A)
87(B)	Front cover, RH	1	CE25-87(B)
88	Front cover	1	CE25-88

COMPLETE PARTS LIST





Item No.	Description	Qty.	Part No.
89	Console cable 900MM	1	CE25-89
90	Washer ϕ 17	2	CE25-90
91	Cable 950mm	1	CE25-91
92	power wire 850mm	1	CE25-92
93	Front cover for upright tube	1	CE25-93
94	Rear cover for upright tube	1	CE25-94
95	Rear cover for swivel tube	2	CE25-95
96	Front cover for swivel tube	2	CE25-96
97	Top step foot cover	2	CE25-97
98	Bottom step foot cover	2	CE25-98
99	Pedal tube cover top L	1	CE25-99
100	Pedal tube cover bottom L	1	CE25-100
101	Pedal tube cover top R	1	CE25-101
102	Pedal tube cover bottom R	1	CE25-102
103	disc rim	2	CE25-103
104	Screw M4*12	4	CE25-104
105	bottle holder	1	CE25-105
106	power adapter	1	CE25-106
107	Screw M4*25	2	CE25-107
108	Cable 420MM	1	CE25-108
109	Washer ϕ 35* ϕ 6* T 2.0	1	CE25-109
110	Washer ϕ 17* ϕ 12* T 1.0	3	CE25-110
111	Washer ϕ 35* ϕ 12* T 2.0	1	CE25-111
112	Console bare	1	CE25-112
113A	Left meter bare cover	1	CE25-113A
113B	Right meter bare cover	1	CE25-113B
114	Front meter bare cover	1	CE25-114
115	Screw M4*16	4	CE25-115
116	Screw M3.5*12	6	CE25-116
117	Rear console bare cover	1	CE25-117
118A	Left upright post cover	1	CE25-118A
118B	Right upright post cover	1	CE25-118B
#A	Washer M8	4	CE25-#A

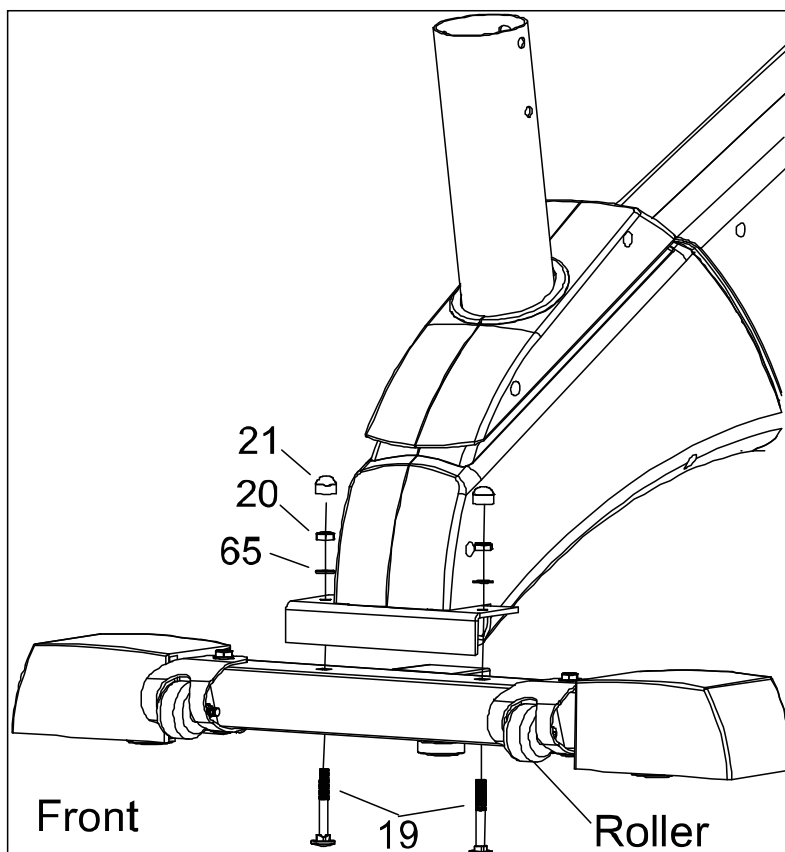
ASSEMBLY

STEP 1: Attach the Front Support (Front Stabilizer)

NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

- (A) Attach the front support to the base frame with the wheels facing outward.
- (B) Align the 2 bolt holes in the front support with the bolt holes in the main frame.
- (C) Secure the front support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers
- (D) Tighten all bolts now.

#19		2
#65		2
#20		2
#21		2



ASSEMBLY**STEP 2: Attach the Rear Support (Rear Stabilizer)**

NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

- (A) Attach the rear support to the base frame
- (B) Align the 2 bolt holes in the rear support with the bolt holes in the main frame.
- (C) Secure the rear support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers
- (D) Tighten all bolts now.

#19



2

#65



2

#20

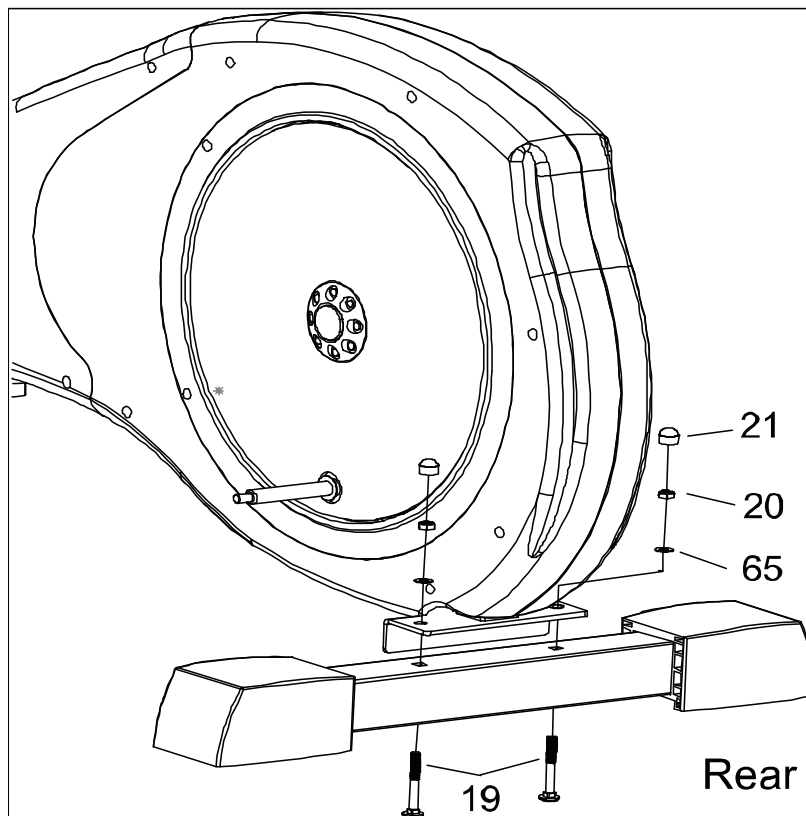


2

#21



2



ASSEMBLY

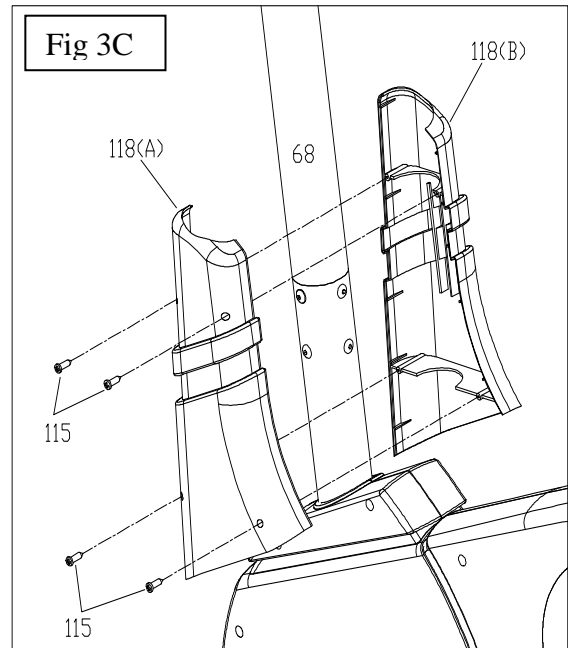
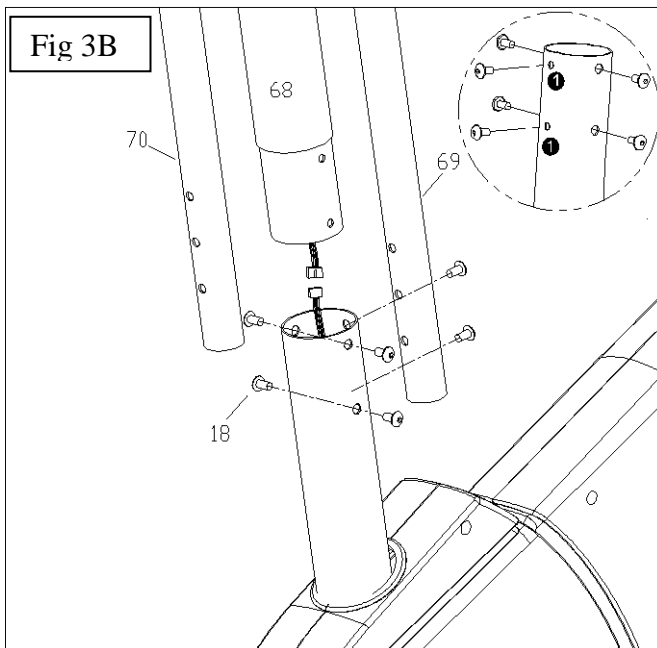
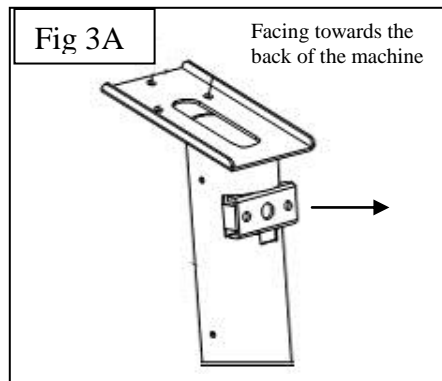
STEP 3: Attach the Upright Tube Assembly to the Base Frame

NOTE: This step is easier to complete with 2 people

!Caution Pinch Point: Do not pinch the wires between the frame!

- (A) Hold the upright tube over the round base fram tube so that the data cable can be connected prior to assembly
- (B) After the data cable is connected slide the upright tube onto the round base frame tube.
- (C) Check to make sure the upright tube is facing the correct direction. (See Fig.3 A)
- (D) Secure the upright tube to the base frame by using 6 x #18 Allen head bolts.
- (E) Hand tighten all the bolts first, then completely tighten the bolts near the label marked 1 with the Allen wrench. (See Fig. 3B)
- (F) Now completely tighten all bolts with the Allen wrench.
- (G) Place the left and right upright tube covers #118A/118B around the upright tube and secure them by using 4 x #115 screws(See Fig. 3C)

#18		6
#115		4



ASSEMBLY**STEP 4: Attach the Pedal Tube Assembly**

- (A) Locate the left and right pedal tube assemblies (#74 and #75)
 (B) Attach the front pedal covers top and bottom #97/#98 to the left pedal by using 2x #29 screws and 1 x #30 screw. (See Fig. B)
 (C) Repeat the process for the right side pedal tube
 (D) Attach the left pedal tube to the base frame crank arm (See Fig. C)
 (E) Secure the pedal tube to the base frame crank arm by using 1 x #17 washer and 1 x #12 M10 lock nut. Completely tighten with a wrench
 (F) Attach and secure the Rear pedal tube covers #101 and #102 to the left pedal tube by using 4 x #29 screws.
 (G) Repeat this process for the right side.
 (H) Insert the front left of the pedal tube #85 on to Action handle bar tube #69 and secure them together by using the adjuster knob # 44 (See Fig. D)
 (I) Repeat the process for the right side.

Note: Tighten all fasteners!







#29		4
#30		2
#12		2
#17		2
#29		8
#44		2

Fig. D

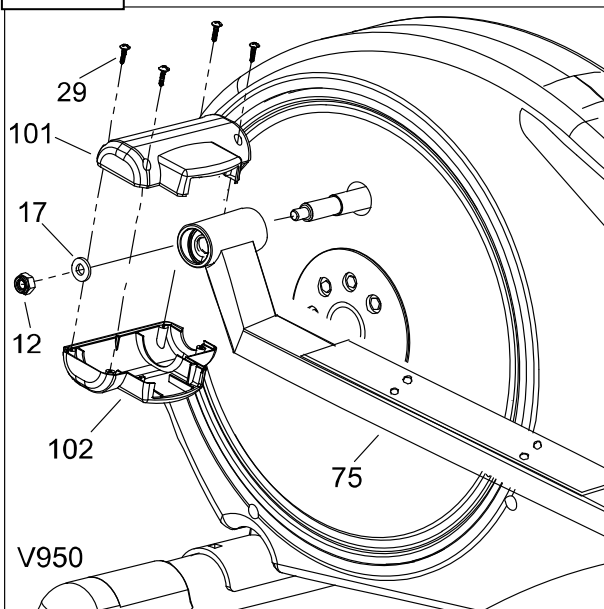


Fig. C

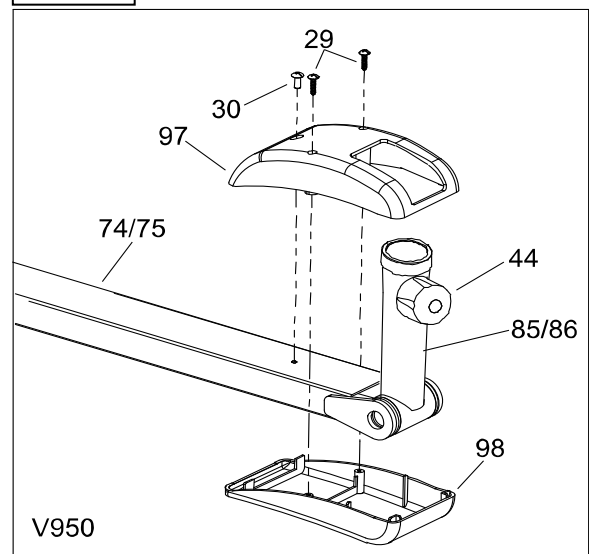
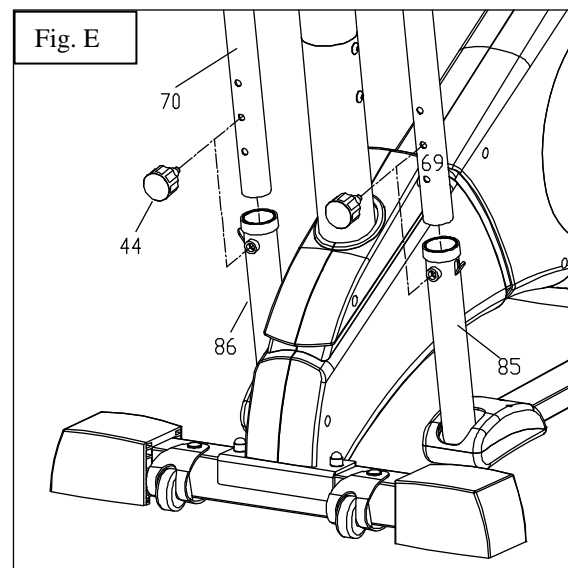


Fig. E



ASSEMBLY

STEP 5: Attach the Console Base and Handlebars

- (A) Place the console base on top of the upright tube and align the bolt holes (See Fig. 5A)
- (B) Secure the console base to the upright tube by using 3 x #18 Allen bolts. Completely tighten the bolts now
- (C) Attach the console base covers #113A and 113B around the console base and secure the covers together by using 4 x #29 screws and 4 x #30 screws. (See Fig.5B) Do not completely tighten these screws until step 6
- (D) Feed the Heart rate wire of the hand grips through the small hole below the handlebar bracket then up through the top of the upright tube. Lay the wires over the top of console base covers
- (E) Attach and secure the handle bars to the handle bar bracket on the upright tube by using 2 x #6 Allen head bolts. Completely tighten the bolts (See Fig 5C)





#18		3
#29		4
#30		2
#6		2

Fig. 5A

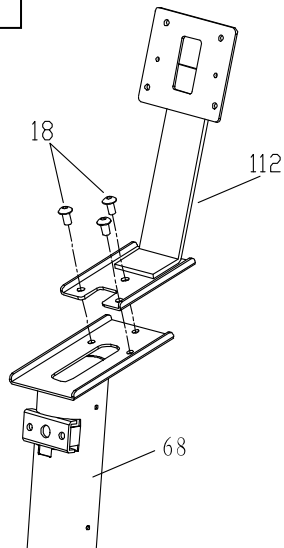


Fig. 5B

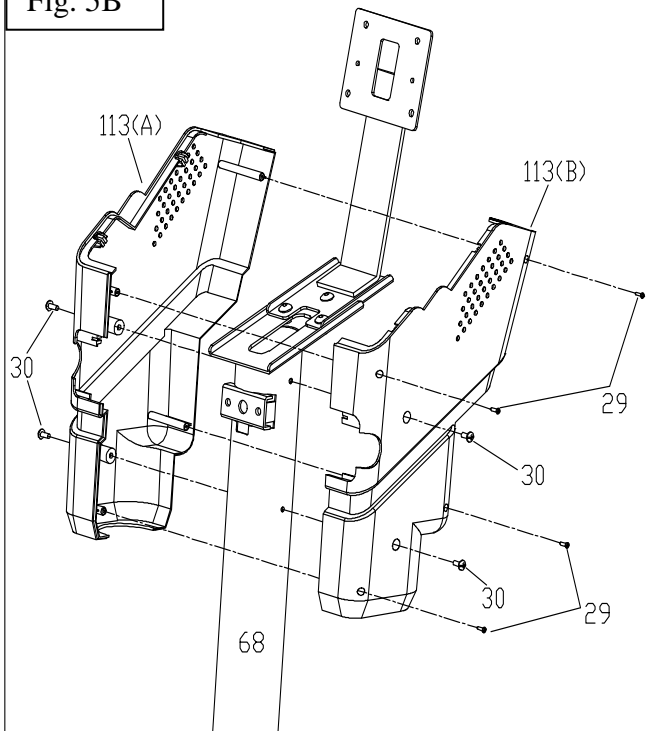
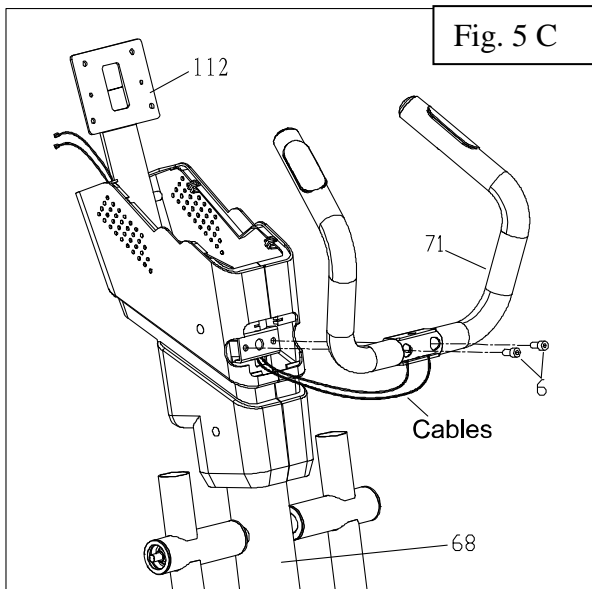


Fig. 5 C



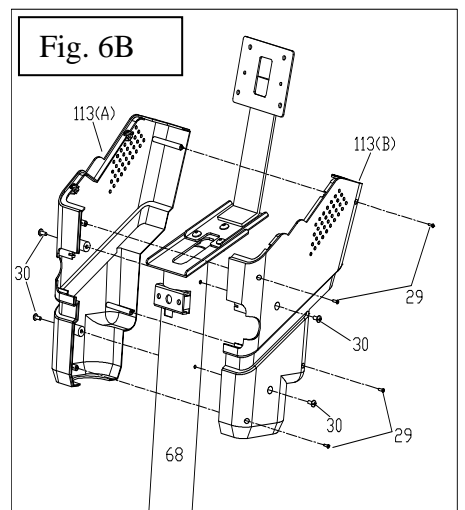
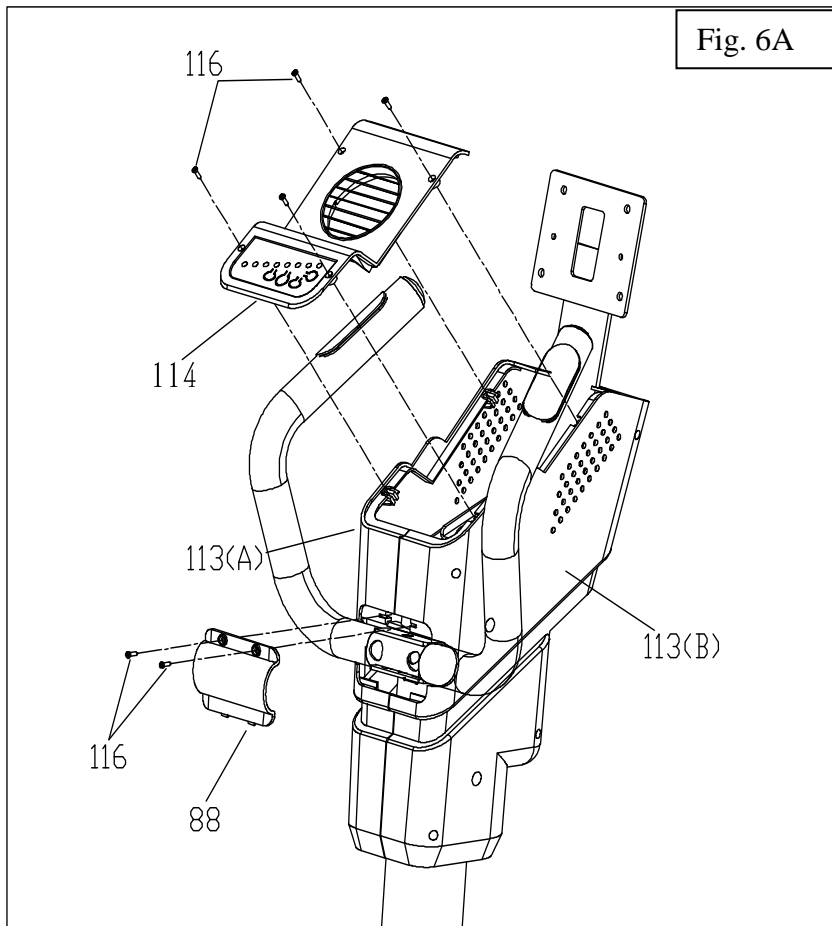
ASSEMBLY**STEP 6: Attach the Fan Cover and Handlebar Cover**

- (A) Place the fan cover #114 in-between the #113A and #113B covers (See Fig.6A).
- (B) Take the fan wire and route it with the other wires from the handrail assembly
- (C) Secure the fan cover #114 by using 4 x #116 screws.
- (D) Attach the Handlebar cover #88 and secure by using 2 x #116 screws.
- Fully tighten all screws for covers #88, #114, #113A and 113B (See Fig.6B)

#116



6



ASSEMBLY

STEP 7: Attach the Computer and Console Base Rear Cover

- (A) Connect the 4 wires from the computer #112 to the 4 wires that were placed over the Console base covers. (these are the wires that ran up through the upright tube and the handle bar contact heart rate)
- (B) Place the computer # 43 on to the console base #112 (See Fig. 7A)
- (C) Put the excess wires in to the back of the computer and in to the console base covers. Be sure not to punch the wires between the computer and the frame.
- (D) Secure the computer to the console base using 4 x E screws and tighten completely.
- (E) Place the console base rear cover on the other console base and secure it by using 2 x #30 screws
- (F) Tighten all screws now.



Fig. 7A

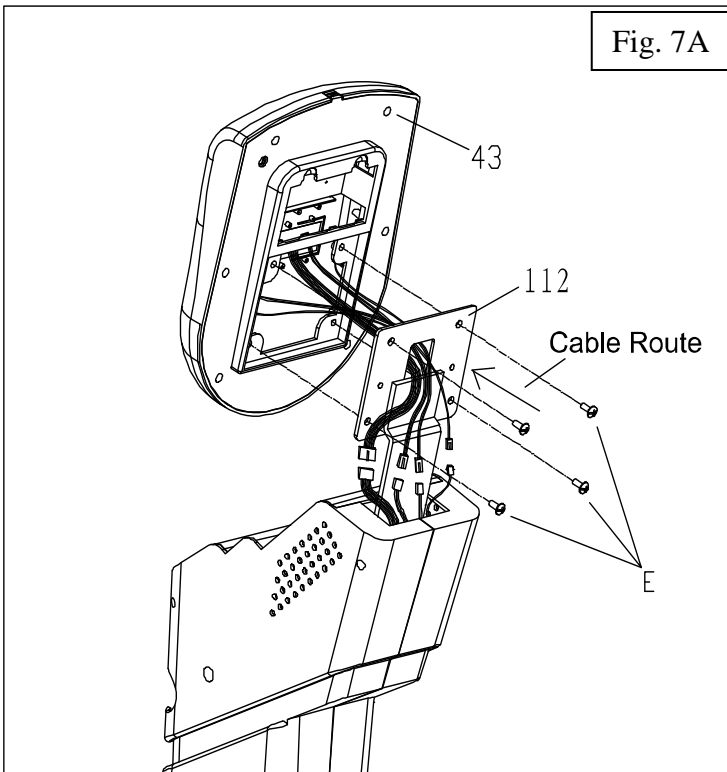
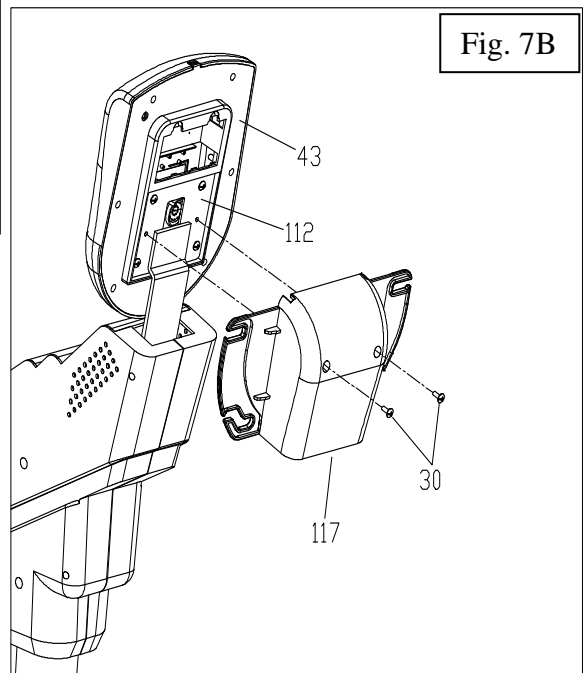






Fig. 7B

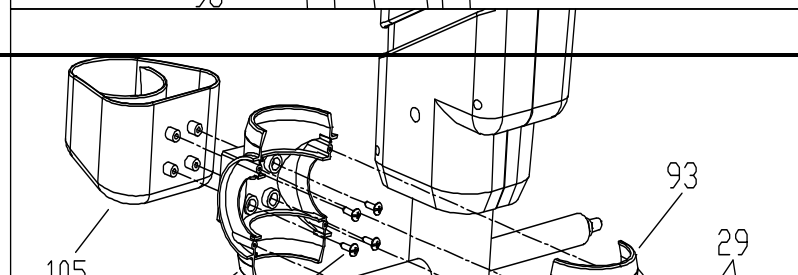
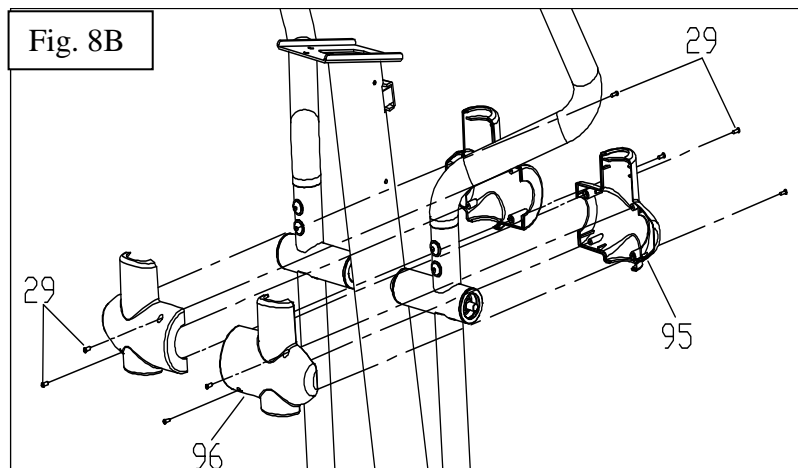
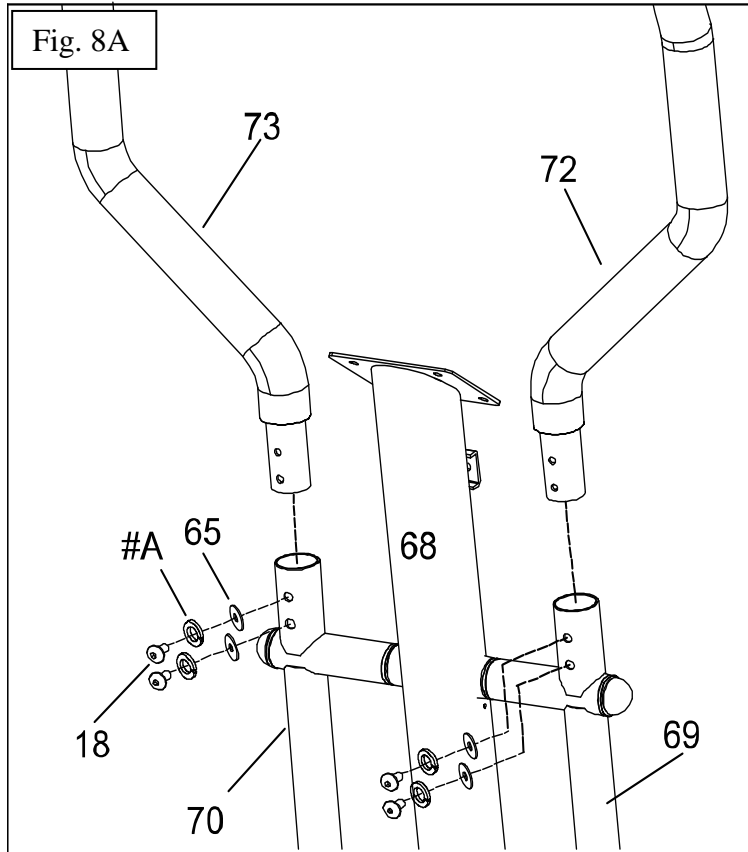


ASSEMBLY

STEP 8: Attach the Upper Swing Arm Assembly and Covers

- (A) Place the upper swing arms left and right #72/#73 in to the lower swing arms #69/#70
- (B) Secure the upper and lower swing arms together by using 4 x #18 Allen bolts, 4 x #A spring washer and 4 x #65 washers.
- (C) Tighten all bolts now
- (D) Place the front and rear swing arm covers #96/#95 around the swing arms.
- (E) Secure the covers together by using 8 x #29 screws.
- (F) Tighten all screws now




#18		4
#65		4
#A		4
#29		8

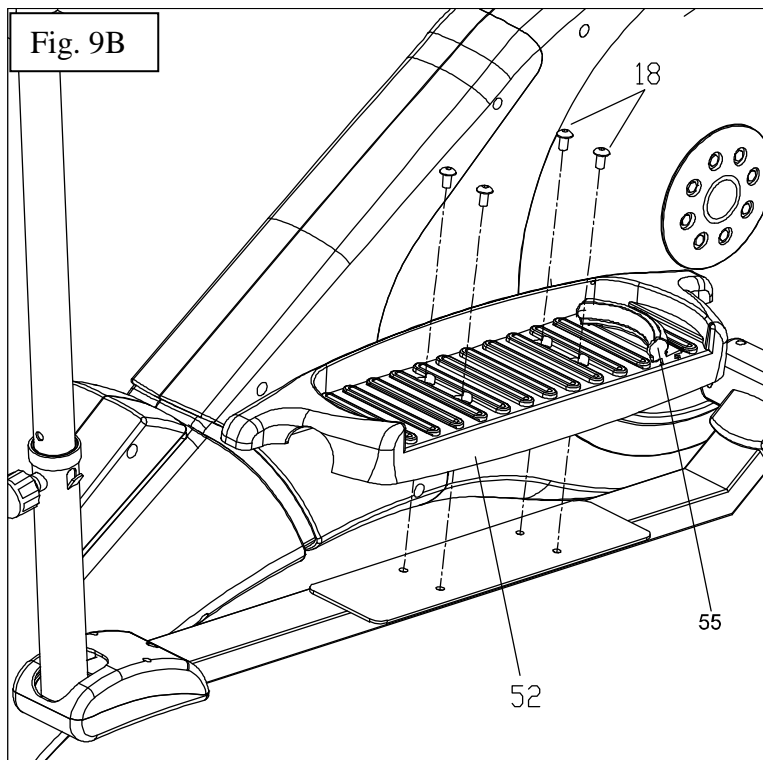
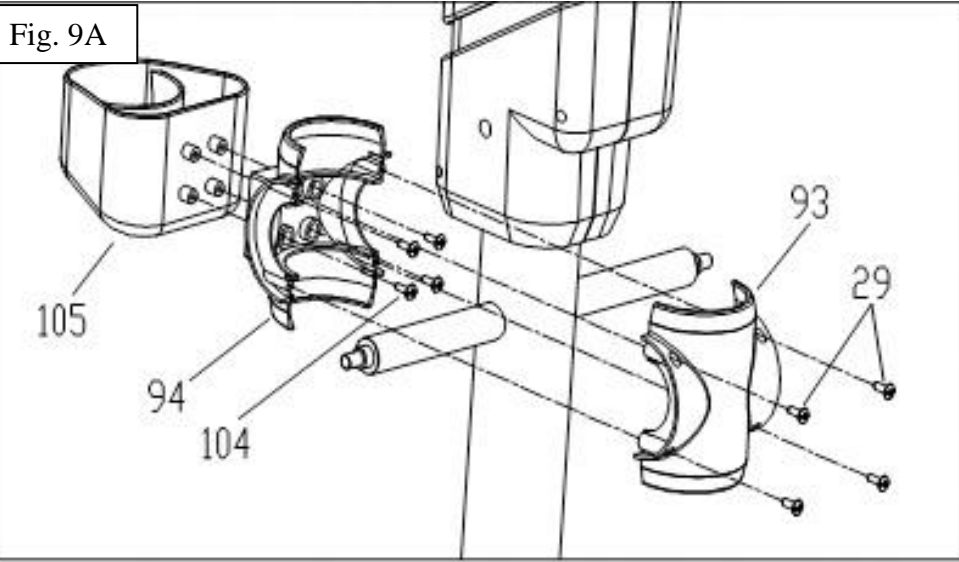


ASSEMBLY

STEP 9: Attach the Bottle Holder and Pedals

- (A) Attach the rear cover #94 to the bottle holder #105 and secure by using 4 x #104 screws.
- (B) Place the front cover and the rear cover with the bottle holder attached around the upright tube and secure by using 4 x #29 screws (See Fig. 9A)
- (C) Locate the left and right pedals. Place them on the pedal tubes with the side opening facing outward away from the machine (see Fig. 9B)
- (D) Secure the pedals to the pedal tube by using 4 x #18 screws.
- (E) Tighten all bolts and screws now.

#29		4
#104		4
18		8



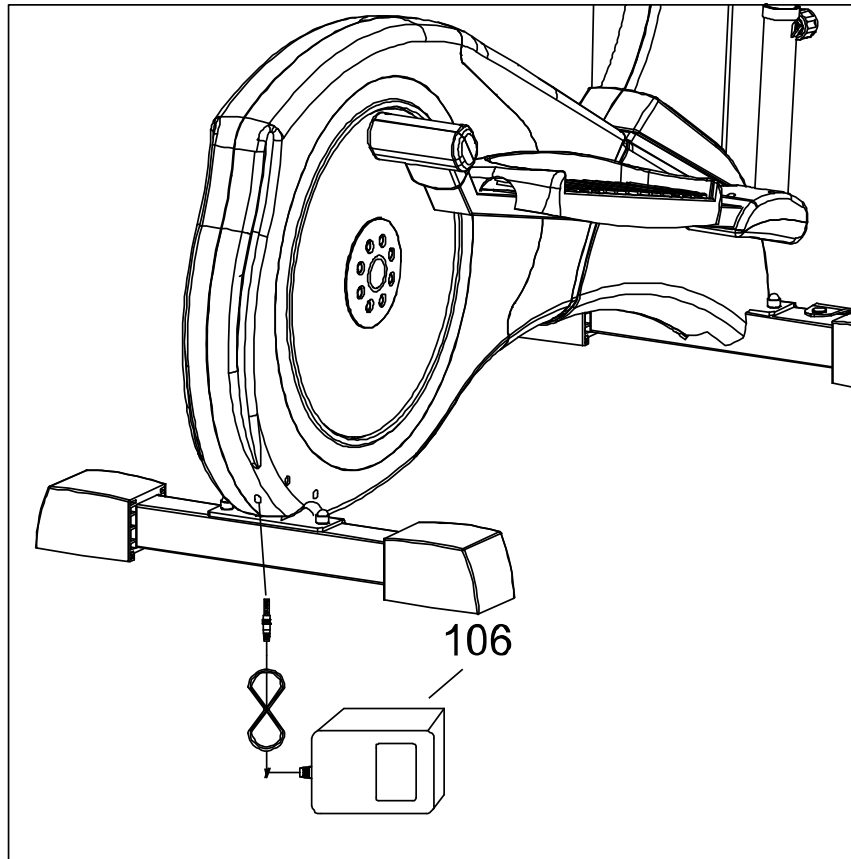
ASSEMBLY**STEP 10: Attach the Power Supply**

- (A) Before plugging in the power supply verify the voltage specifications on the label.
- (B) Plug the adaptor jack in to the inlet on the bottom rear of the elliptical.
- (C) Plug the power supply in to the wall outlet.

#106



1



Mp3, Fan and Procedure to Move the Equipment

Mp3 and iPod Usage

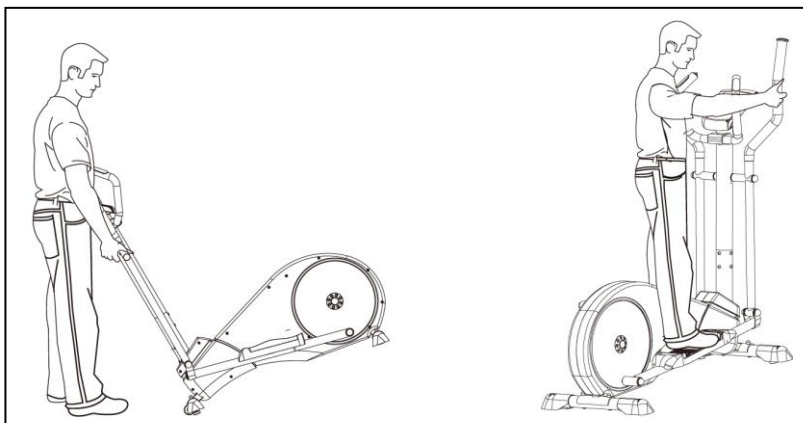
To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or iPod; make sure that the audio cable is fully plugged in. Next, press the play button on your MP3 player or IPOD. Adjust the volume level using the volume control on your MP3 or IPOD.

Smooth Breeze Fan

Cooling Fan is included with the unit to increase the Air Circulation during your exercise. To operate press the "Fan" key to turn on. To turn the fan off, press the "Fan" key again to stop the fan.

Transporting the Elliptical

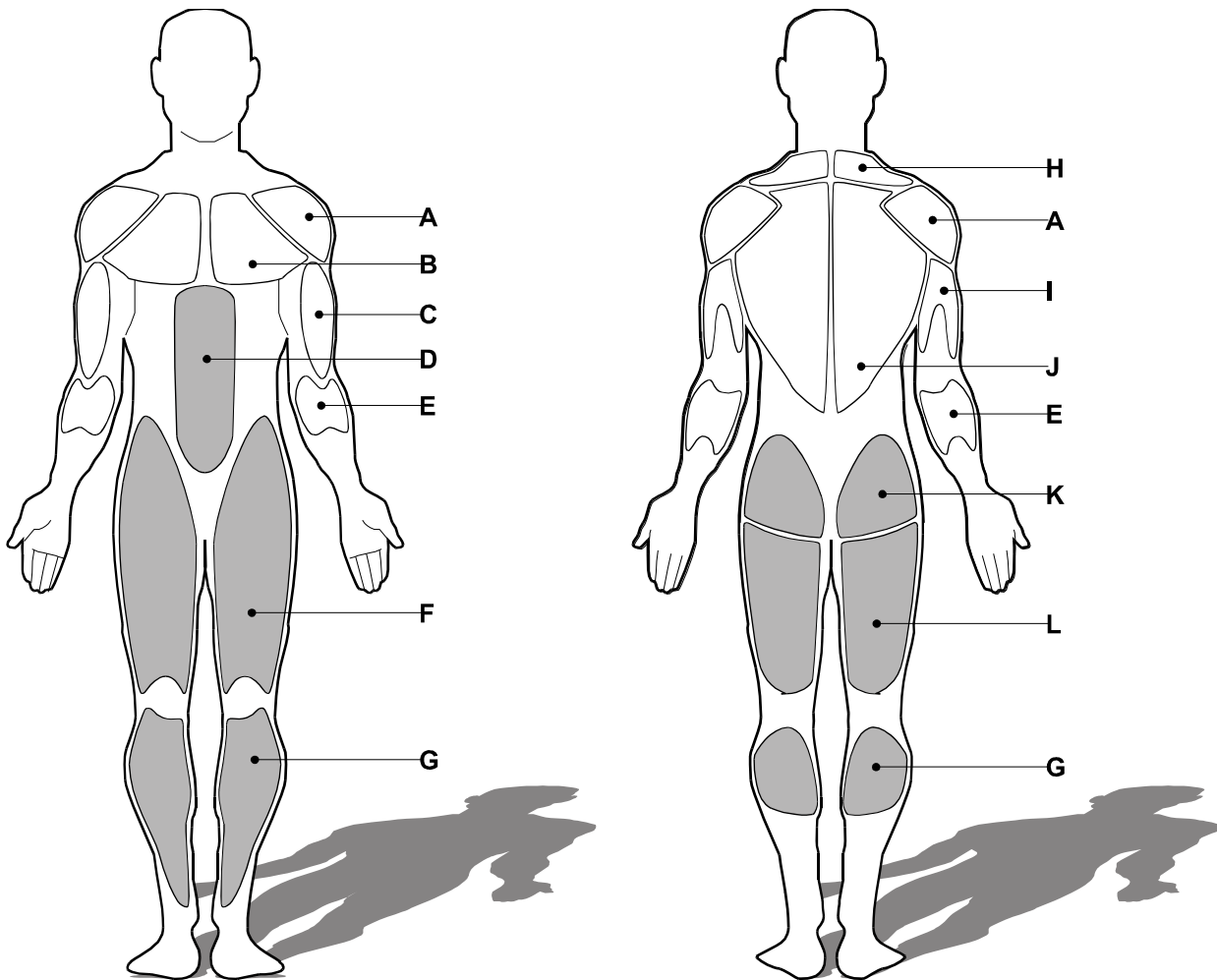
- Please follow these instructions when carrying and moving the equipment. Lifting it incorrectly may strain your back or cause injury
- The device is easy to move by pushing along on the integrated transport wheels. Tilt the unit from the front and pull it along the floor on the wheels.
- To prevent the equipment malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.



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	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

STRETCHING ROUTINE

Warm up and cool down:

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

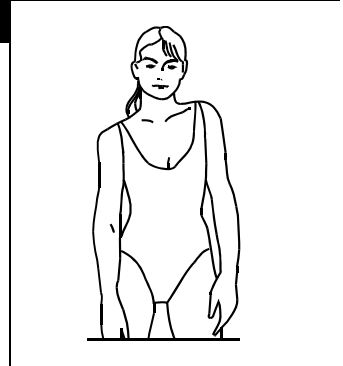
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat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

Toe Touch:

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

**Shoulder Lift:**

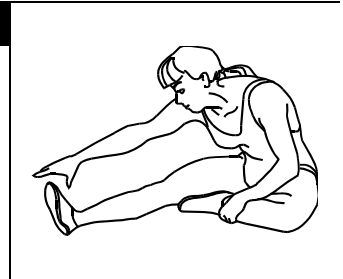
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

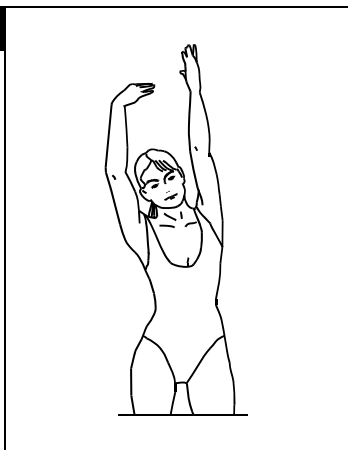
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

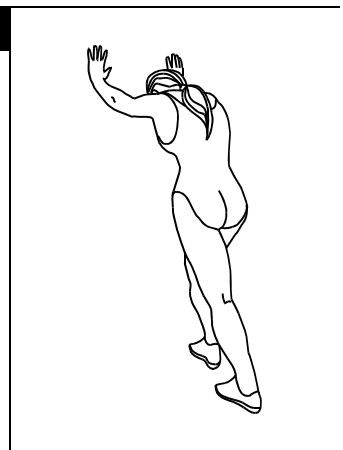
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

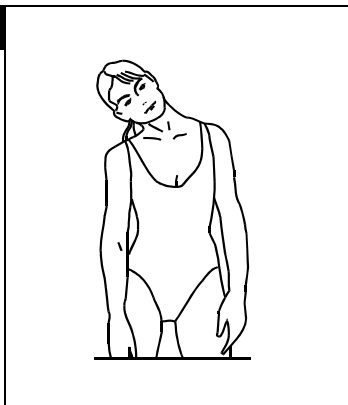
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

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

**Head Roll:**

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



COMPUTER OPERATION



Console Display Description

Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 - 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

COMPUTER OPERATION

Button Function

Reset Button	Return to the “ User Set Up ” screen
	Return to the “ Program Selection ” screen, only when the button is pressed during a short pause in a workout.
	Hold the Reset button for 3 seconds to return to the “ Power On ” screen.
Start/Stop	Press start, to begin and pause a workout.
Quick Start	Press quick start before setting any user information to begin a manual workout directly. Note: using quick start will use the default settings as the user profile.
+ / -	Use the plus and minus keys to select User profile data, program selections, heart rate values and resistance levels.
Enter	Press enter to confirm selections.
Handle Toggle Switches	The toggle switches function in the same manner as the + and - keys using them you can to select User profile data, program selections, heart rate values and resistance levels.
Recovery	Press the Recovery button to begin the heart rate evaluation test.
Fan	Pressing the fan button will activate and deactivate the Smooth Breeze fan

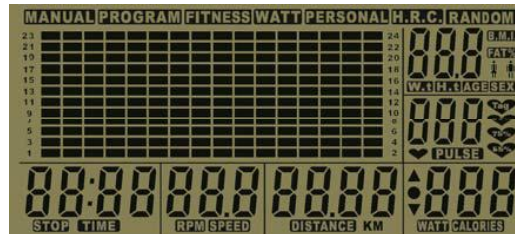


COMPUTER OPERATION

Power Modes

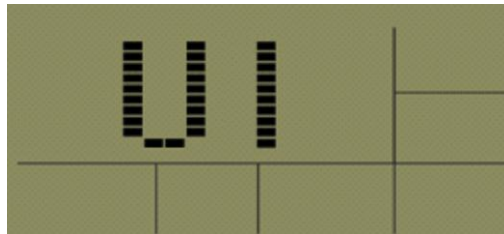
1. **Power On:** Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch on the "reset/off button" on the frame, near the power cord. A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig. 2**)

2. **Power Off:** The console will automatically switch to "sleep" mode after 4 minutes of inactivity

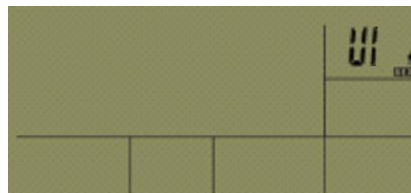


Setting Up User Profile:

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U2 and press the ENTER button to select the user ID shown.



GENDER entry – After the User ID has been selected, the word "SEX" will flash in the upper right corner, the computer will display the default gender. The gender is indicated by an icon of a man or woman. Press the RESISTANCE UP/DOWN button to adjust the user gender then press ENTER to select.

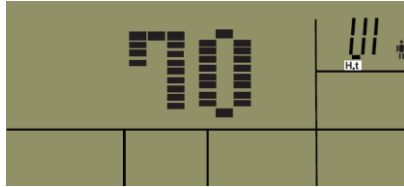


AGE entry – After the gender set up procedure, the word "AGE" will flash in the upper right corner, the computer will display the default "30" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press ENTER to select.



COMPUTER OPERATION

HEIGHT entry – After the age set up procedure, the symbol “H.t” will flash in the upper right corner, the computer will display the default 70” or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user height information then press ENTER to confirm.



WEIGHT entry – After the User HEIGHT confirmation procedure, the symbol “W.t” will flash in the upper right corner, the computer will display the default 150(lbs.) or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

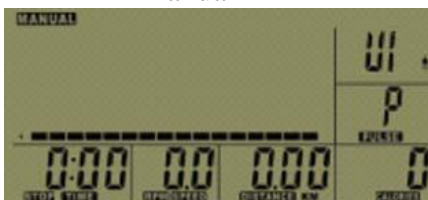


Your user profile has not been completed. Now you can select your exercise program.

Your display is now in program mode. You can choose your preferred program. There are 6 program categories available

- Press + or -to select a program category.
- Press enter to confirm your PROGRAM SELECTION.

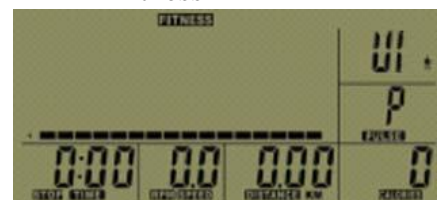
Manual



Program



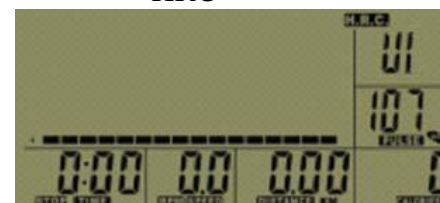
Fitness



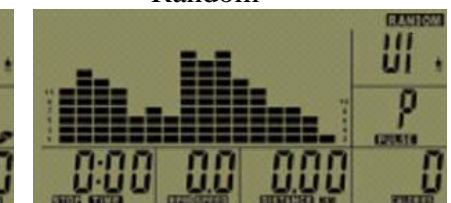
Personal



HRC



Random



COMPUTER OPERATION

MANUAL PROGRAM

Once the manual program is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

PRESET PROGRAMS

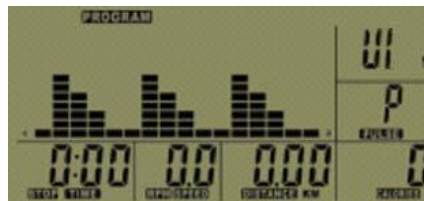
After selecting the category program, Press the +/- keys to select P1 – P12. The program profile will be displayed on the display as you scroll through the choices. Once the program profile is entered press +/- to increase the program difficulty level. Press enter to confirm.

Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. The preset program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

P1



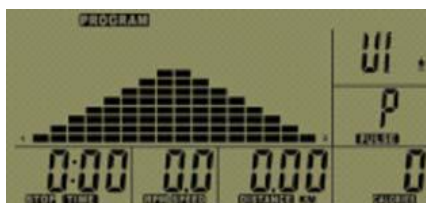
P2



P3



P4



P5



P6



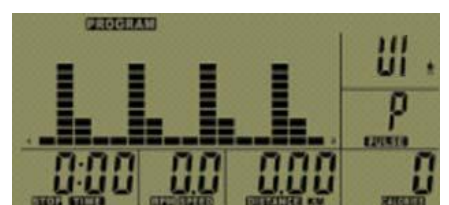
P7



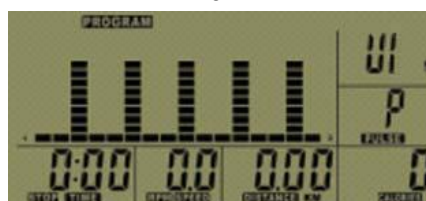
P8



P9



P10



COMPUTER OPERATION

FITNESS PROGRAM

After selecting this program, press the start/stop. The program will go through t warm ups and then into the fitness test. The computer will continue to add resistance dependent upon your heart rate and resistance level. The level is based upon 85% of maximum heart rate. After the program has been completed the program will enter the heart rate recovery evaluation to test how long it will take to return to your resting heart rate.

PERSONAL PROGRAM

The personal program is designed so that you can create your own exciting and challenging workout

Once the personal program is entered press start to begin the program. During the work out you will create your personal program profile by adjusting the level using the +/- keys. You can set one level per segment. The time set will be averaged over the 16 segments. The program will automatically save when the program is completed

The personal program can also be preset. To preset the program first adjust the resistance +/- level for the first profile segment then press enter to set and move to the next segment. Repete the process for the 2nd, 3rd 4th, etc...

Once the personal program is entered (16 segments) you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

TARGET HEART RATE CONTROL PROGRAMS

This program will allow you to choose the best type of work out so that you can achieve your fitness goals. The HRC program provides three different target heart rate ranges. 55% of maximum heart rate: this range is designed for fat burning. 75% of maximum heart rate: this range is designed for aerobic conditioning. 90% of maximum heart rate: This range is designed for increased cardiovascular performance. This program heart rate ranges are based on the 220-age=max HR

Once the manual program is entered press +/- to choose the target heart rate range. Press enter to confirm.

Once the range has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program

RANDOM PROGRAM.

Once the Random program is entered you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

RECOVERY HEART RATE EVALUATION

This program is designed to evaluate your fitness level by measuring the time it takes you to go from a high heart rate during a work to your resting heart rate. (This test is only for reference and is not intended for medical purposes or to treat and or diagnose medical conditions. The heart rate reading may be inaccurate and must not be used for medical purposes.)

Before ending your work out press the recovery button, discontinue exercising, and immediately place your hands on the contact heart rate sensors. Continue to hold the sensors for approximately 60 seconds for the evaluation to be completed. Once the evaluation has been completed you will see a value on the display. Consult the table below for evaluation results.

Value	Recovery Heart Rate
F1	Excellent
F2	Very Good
F3	Good
F4	Satisfactory
F5	Poor
F6	Very Poor

Note: if a heart rate signal is not detected within 10 seconds of the start of the evaluation the evaluation will be ended.

MAINTENANCE and TROUBLESHOOTING

MAINTENANCE

The equipment requires very little maintenance. However; it is recommended to check all screws, bolts and nuts regularly.

- After exercising, clean the equipment with a soft absorbent cloth. Do not use solvents. Sweat may cause corrosion: we recommend that the unit is wiped clean with an absorbent cloth after each workout. A damp cloth with a mild detergent may also be used on a weekly basis.
- Never remove the equipment's protective covers.
- Inspect and tighten all parts on the equipment regularly. Replace any worn parts immediately and /or keep the equipment out of use until repaired.
- If the equipment is not used for an extended period of time, the drive belt may become temporarily distorted. This can lead to sensation of slightly uneven pedaling. However, after a few workouts the effect will disappear as the belt returns to its original form.

TROUBLESHOOTING

Your equipment is designed to be reliable. However, if you do experience problems with your equipment, please refer to the troubleshooting guide listed below.

PROBLEM: the console does not light up

SOLUTION: verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord provided with the equipment.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position.
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the computer are secure and are not damaged or pinched.

NOTE: if your console uses batteries, they may need to be replaced.

PROBLEM: the console lights up but the Time does not count

SOLUTION: verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and are not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged. Contact your local Smooth Fitness service technician

PROBLEM: the resistance levels seem to be incorrect, seeming too hard too easy.

SOLUTION: verify the following:

- The correct power cord is being used. Only use the power cord provided.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The equipment makes a squeaking or chirping noise

SOLUTION: verify the following:

- Equipment is on a level surface.

Loosen all bolts attached during the assembly process. Then grease the threads, and tighten again

WARRANTY**LIMITED HOME USE WARRANTY – SMOOTH FITNESS Elliptical Warranty**

Warranty Coverage: 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	Parts & Electronics	Labor
CE-2.5 USA Only	3 years	1 years
CE-2.5 Canada	3 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.)

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 Two (2) YEARS* 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.

*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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