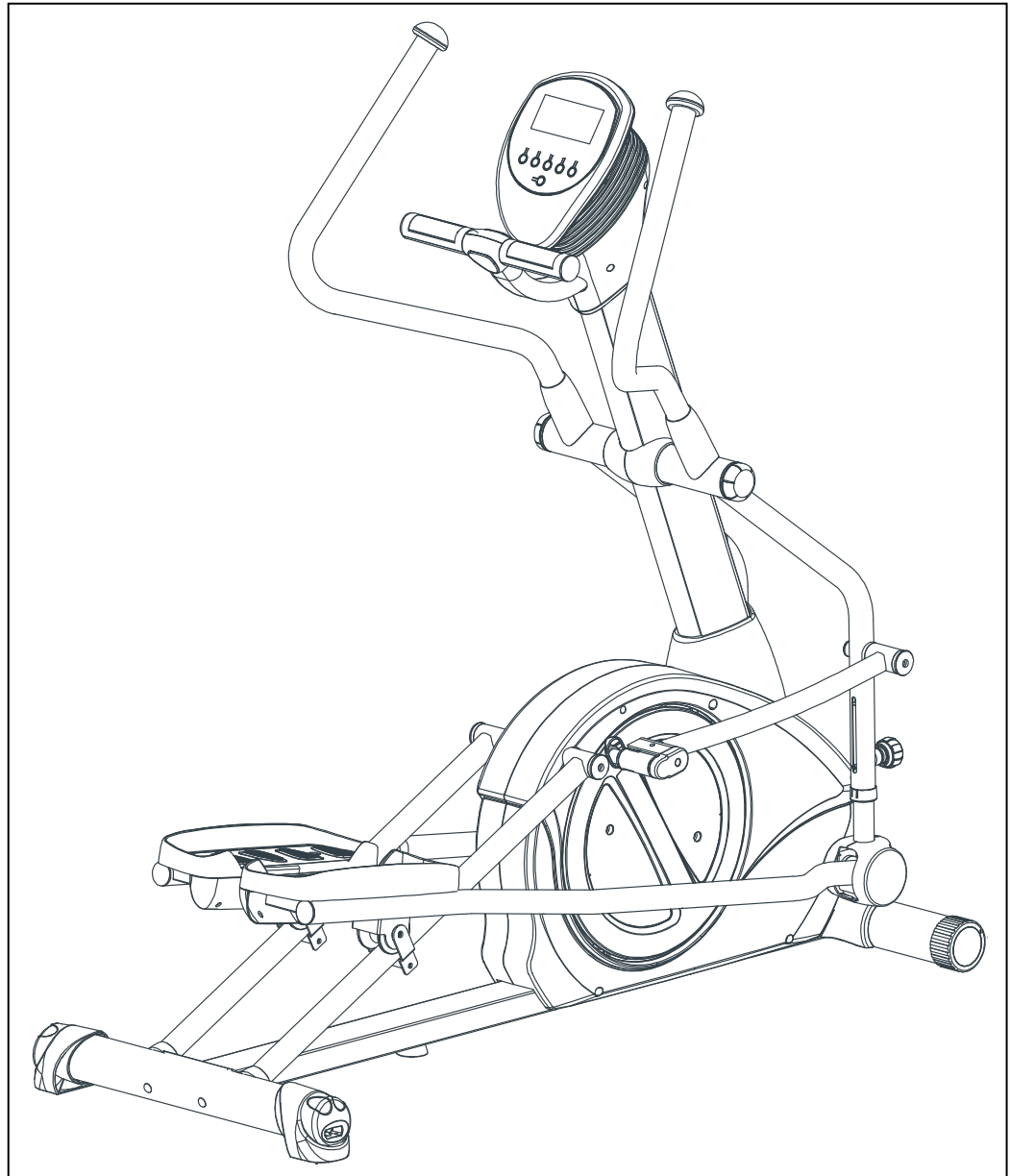


VT-3.4 VERTICAL TRAINER



Product May Vary Slightly From Picture

MADE IN TAIWAN

CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 136KG / 300LBS.

VERSION: 20130108

SAFETY INSTRUCTION

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the Climber.

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury
16. Keep both feet firmly and securely on the Foot Pedals while exercising
17. The equipment should not be used by persons weighing over 300 pounds /136 kgs
18. The equipment should be used by only one person at a time
19. The equipment is for semi-commercial, light-commercial and home usage
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

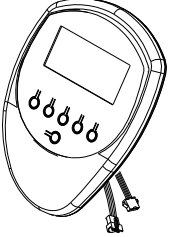
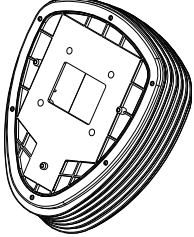
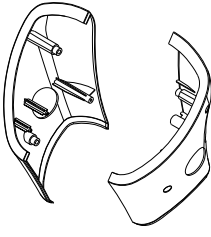
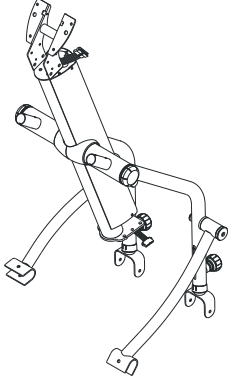
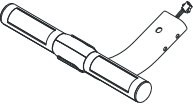
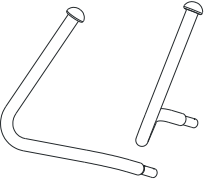

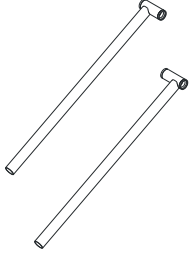
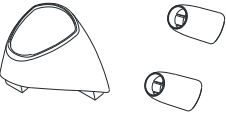

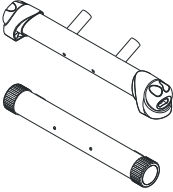
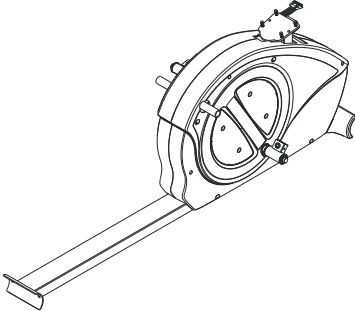



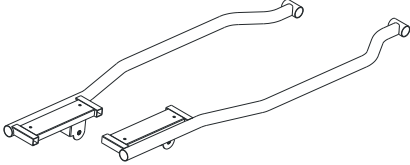

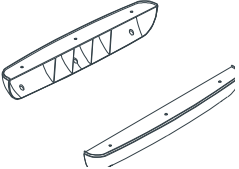
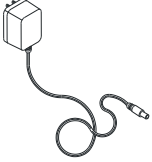
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness



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

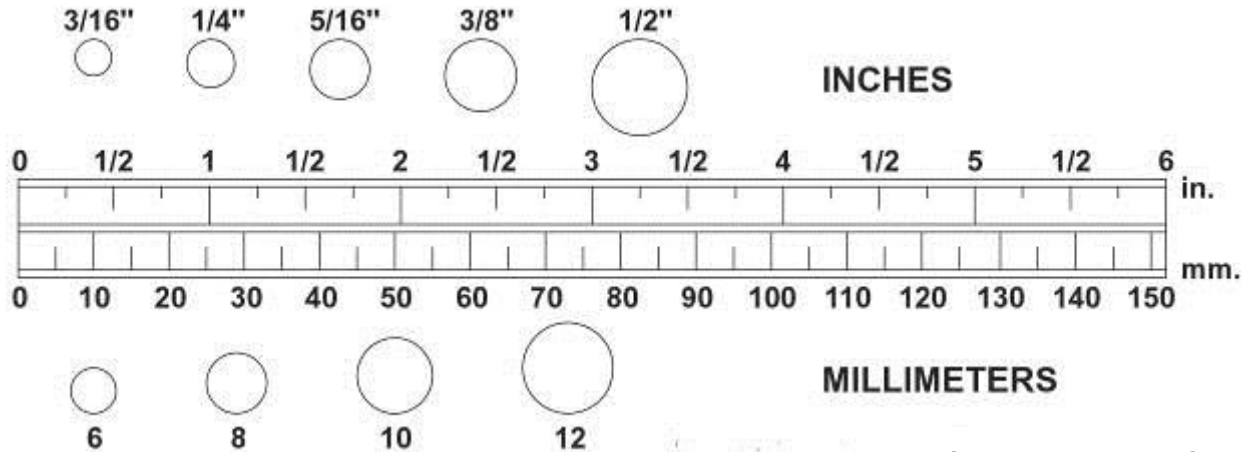
ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

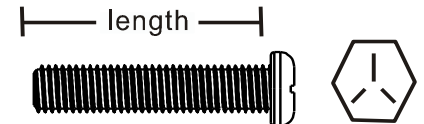
Console Upper Cover	Console Bottom Cover	Console Sleeve	Upright Post Assembly
			
Fixed Handlebar	Upper Handlebar	Pedal	Sliding Rail
			
Upright & Handlebar Sleeve	Nut & Leveler	Front & Rear Stabilizer	Main Frame Assembly
			
Linkage Plug	Rail Sleeve	Securing Cap	Pedal Support Arm
			
Handrail Base Cover	Pedal Bottom Case	Adaptor	
			

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material until your trial period has expired



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



After unpacking the unit, **you will notice that the package includes 3 bags of hardware (HARDWARE KIT A, HARDWARE KIT B and HARDWARE KIT C).**

Assembly's **Step 1, 2, 3, 7, 8:** Using **HARDWARE KIT A**








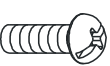



Assembly's **Step 9, 10, 11:** Using **HARDWARE KIT B**

Note:

- a. Please review below to know the content of each hardware kit (A and B)
- b. Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled

HARDWARE KIT A	Part No. and Description	Q'TY
	79 Lock Washer (M8)	6 pcs
	80 Washer (8x16x2.0t)	2 pcs
	93 Bolt (M6xp1.0x25mm)	2 pcs
	94 Bolt (M8xp1.25x16mm)	4 pcs
	101 Bolt (M8xp1.25x90mm)	2 pcs
	106 Bolt (M8xp1.25x90mm)	2 pcs

HARDWARE IDENTIFICATION CHART

	109 Carriage Bolt (M8xp1.25x90mm)	2 pcs
HARDWARE KIT A	Part No. and Description	Q'TY
	112 Nylon Nut (M8xp1.25)	4 pcs
	131 Self-Tapping Screw, Flat Head (M4x10mm)	6 pcs
HARDWARE KIT B	Part No. and Description	Q'TY
	79 Lock Washer (M8)	1 pcs
	80 Washer (8x16x2.0t)	1 pcs
	88 Self-Tapping Screw, Flat Head (M4x16mm)	4 pcs
	90 Bolt (M5xp0.8x25mm)	4 pcs
	91 Bolt (M5xp0.8x15mm)	4 pcs
	98 Bolt (M6xp1.0x15mm)	4 pcs
	99 Bolt (M6xp1.0x35mm)	4 pcs
	100 Bolt (M8xp1.25x45mm)	1 pcs
	110 Nylon Nut (M6xp1.0)	4 pcs

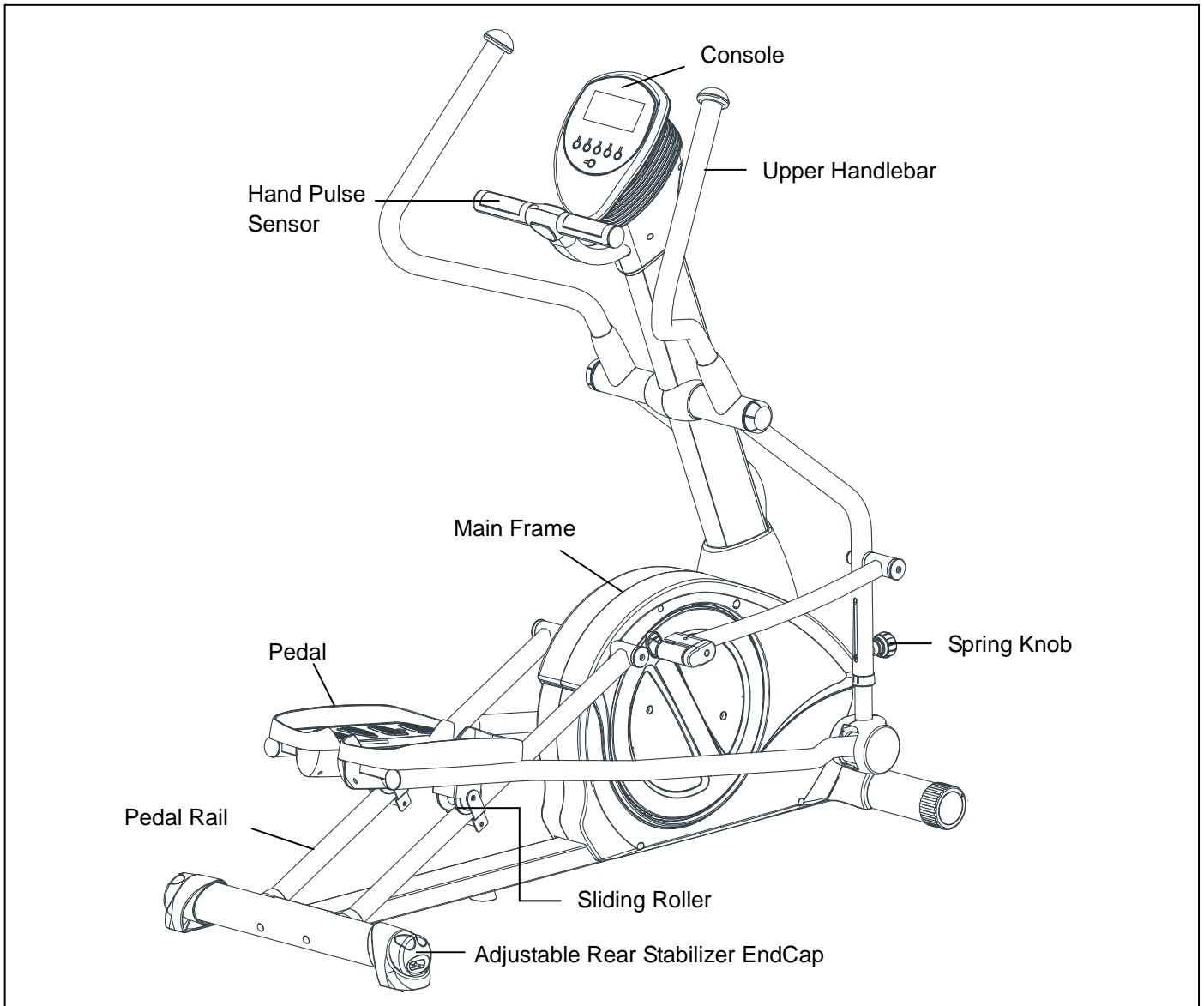
BEFORE YOU BEGIN

Thank you for choosing the **Smooth Fitness Vertical Trainer**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise so that you may reach your fitness goals.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. This equipment provides a convenient and simple method to begin your journey to get your body in shape and achieve a happier and healthier lifestyle.

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



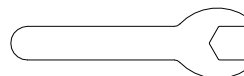
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**PHILLIPS
SCREWDRIVER (6mm)**



**ALLEN WRENCH
(5 mm)**



**WRENCH
(10 & 13 mm)**

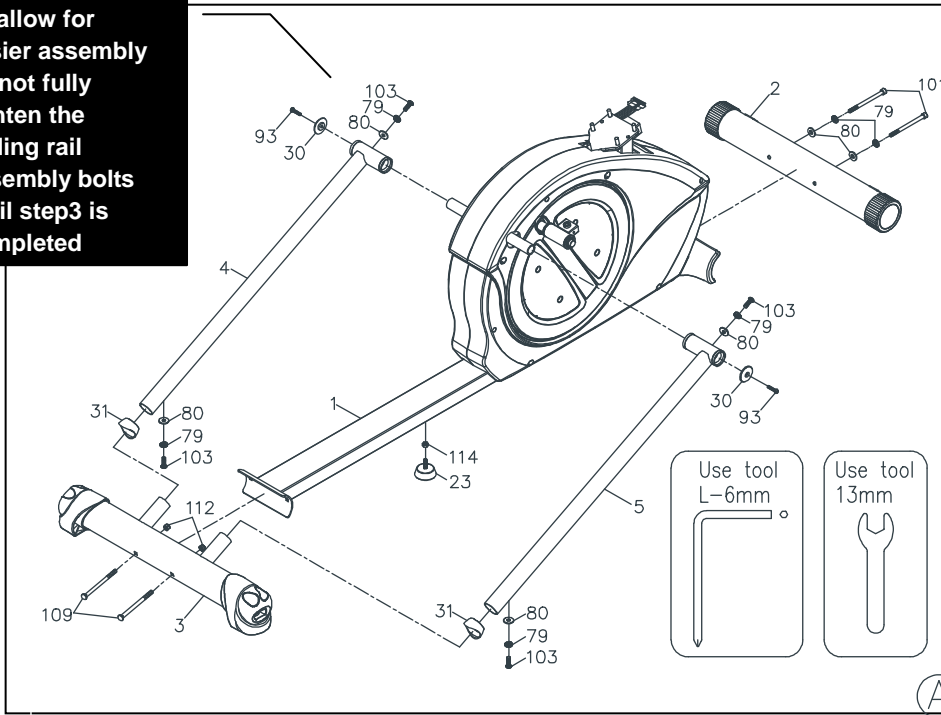
ASSEMBLY INSTRUCTIONS

To allow for easier assembly do not fully tighten the sliding rail assembly bolts until step 3 is completed

STEP 1 – Front Stabilizer Assembly

- Attach the Front Stabilizer (2) to the Main Frame (1).

NOTE: Insert all the screws and bolts from each step before fully tightening them. To make the assembly of the Front Stabilizer (2) to the Main Frame (1) easier, it is suggested to place a small block of packing foam under the mainframe, then insert the two Washers (8x16x2.0t)(80), two Lock Washers (M8)(79) and two Bolts (M8xp1.25x90mm)(101) through the Front Stabilizer (2) and then through the Main Frame (1).



- Fully tighten the two Washers (8x16x2.0t)(80), two Lock Washers (M8)(79) and two Bolts (M8xp1.25x90mm)(101) that attach to the Front Stabilizer (2) to the Main Frame (1).

STEP 2 – Sliding Rail Assembly

NOTE: For shipping purpose, the 1pcs Washer (8x16x2.0t)(80), 1pcs Lock Washer (M8)(79) and 1pcs Bolt (M8xp1.25x20mm)(103) are pre-installed in the Main Frame (1) as pictured on the left.

- Remove the 1pcs Washer (8x16x2.0t)(80), 1pcs Lock Washer (M8)(79) and 1pcs Bolt (M8xp1.25x20mm)(103) from the Main Frame (1).
- Attach the Left Sliding Rail (4) to the Main Frame (1) and secure it with the 1pcs Washer (8x16x2.0t)(80), 1pcs Lock Washer (M8)(79) and 1pcs Bolt (M8xp1.25x20mm)(103). To allow for easier assembly of the rear stabilizer to the main frame, do not fully tighten washers and bolts (79, 80 and 103 until step 3 has been completed).

- Next, attach the Securing Cap (30) and secure it with the 1pcs Bolt (M6xp1.0x25mm)(93).
- Repeat the above process for the right side.

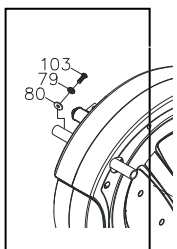
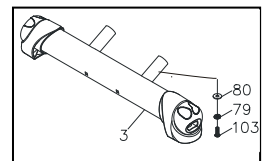
STEP 3 – Rail Sleeve & Rear Stabilizer Assembly

- Attach the Rail Sleeve (31) to the Rear Stabilizer (3).

NOTE: For shipping purposes, the 2pcs Washers (8x16x2.0t)(80), 2pcs Lock Washers (M8)(79) and 2pcs Bolts (M8xp1.25x20mm)(103) are preinstalled in the back of the Rear Stabilizer (3) as pictured above.

- Remove the 2pcs Washers (8x16x2.0t)(80), 2pcs Lock Washers (M8)(79) and 2pcs Bolts (M8xp1.25x20mm)(103) from the back of the Rear Stabilizer (3).
- Next, align the Rear Stabilizer (3) with the Main Frame (1) and then attach the Left and Right Sliding Rail (4,5) to the Rear Stabilizer (3).
- Follow the picture at the top of the page for the assembly process. Now secure the sliding rail to the rear stabilizer by using the 2pcs Washers (8x16x2.0t)(80), 2pcs Lock Washers (M8)(79), 2pcs Bolts (M8xp1.25x20mm)(103), 2pcs Carriage Bolt (M8xp1.25x90mm)(109) and 2pcs Nylon Nuts (M8xp1.25)(112).

- Go back to [Step 2](#) to fully tighten the 2pcs Washers (8x16x2.0t)(80), 2pcs Lock Washers (M8)(79) and 2pcs Bolts (M8xp1.25x20mm)(103) on two upper sides of the sliding rail.
- Attach the Leveler (23) and Nut (M8xp1.25)(114) to the middle of the Main Frame's base (1). Adjust the Leveler (23) until it meets the floor so that it levels the equipment. Then tighten the Nut (114) securely against the Main Frame (1). **NOTE:** The purpose of adjusting the Leveler (23) is to level the item and give more support to the base of the Main Frame. Adjust the Leveler (23) until the item sets on the floor without rocking.



ASSEMBLY INSTRUCTIONS

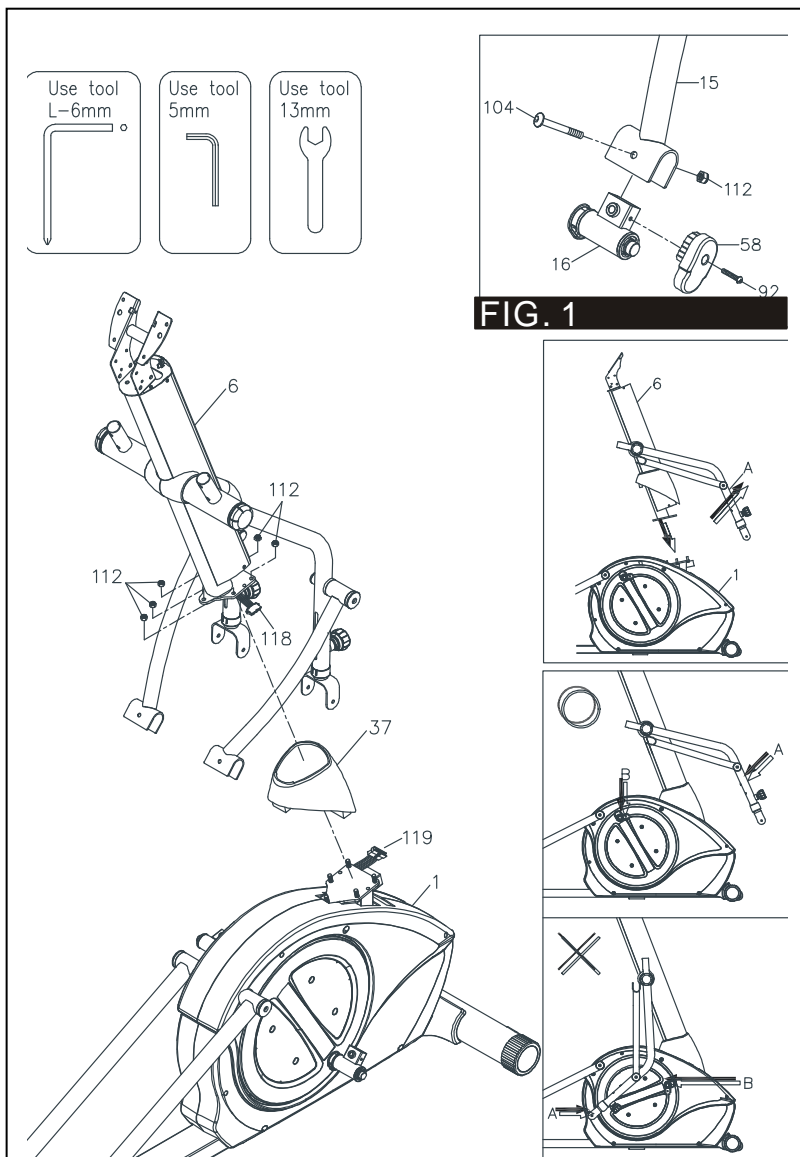
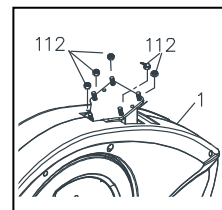


FIG. 1

STEP 4 – Upright Sleeve & Upright Post Assembly

- Slide the **Upright Sleeve (37)** onto the **Upright Post (6)**.

NOTE: For shipping purposes the 5pcs **Nylon Nuts (M8xp1.25)(112)** are preinstalled in the **Main Frame (1)** as pictured on the right.



- Remove the 5pcs **Nylon Nuts (M8xp1.25)(112)** from the **Main Frame (1)**.
- Refer to **the series of pictures on the left** noting **point A** (Middle Handlebar) and **point B** (Pedal Arm Connector) before attaching the **Upright Post (6)** to the **Main Frame (1)**, be sure to raise **point A** (Middle Handlebar) to 45 degrees, when attaching the **Upright Post (6)** to the **Main Frame (1)**. Now secure the **Upright Post (6)** to the **Main Frame (1)**, by using the 5pcs **Nylon Nuts (M8xp1.25)(112)**. ****Do not fully tighten nuts (112) until Step 6.****

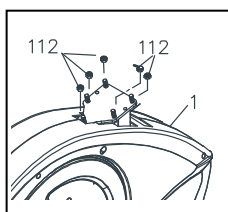
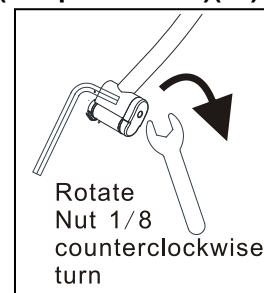
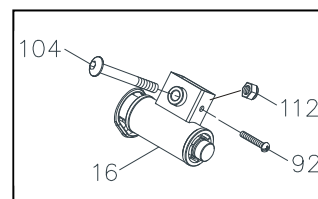
STEP 5 – Data Cable Assembly

Connect the **Middle Data Cable (118)** to the **Lower Data Cable (119)**. **NOTE: Be careful not to pinch the wires.**

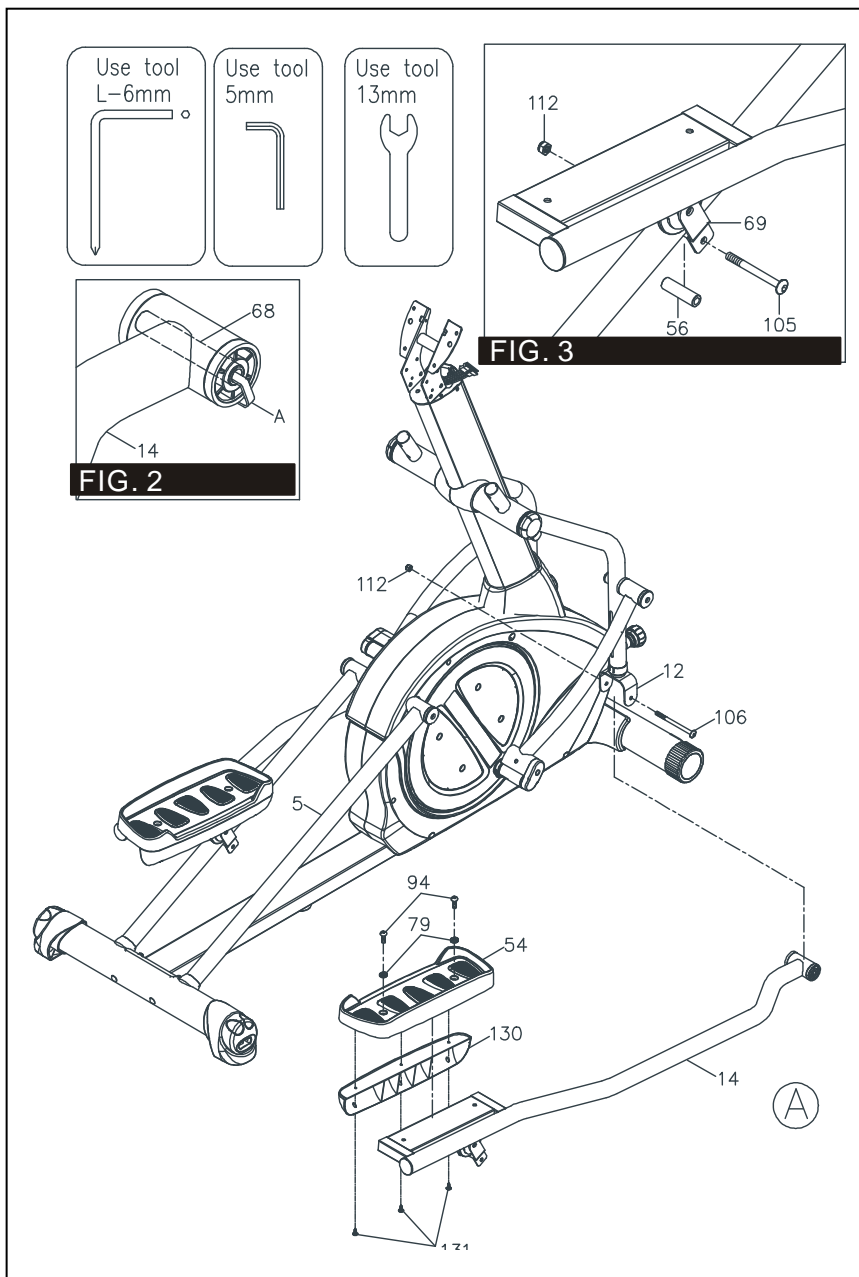
STEP 6 – Linkage & Linkage Plug Assembly

NOTE: For shipping purpose, the 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112)** and 1pcs **Bolt (M5xp0.8x25mm)(92)** are attached to the **Pedal Arm Connector (16)** as pictured on the.

- Remove the 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112)** and 1pcs **Bolt (M5xp0.8x25mm)(92)** from the **Pedal Arm Connector (16)**.
- Follow the **FIG 1** above, to attach the **Right Linkage (15)** to the **Right Pedal Arm Connector (16)** and secure it with the 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112)**. **NOTE: In order to allow the Linkage (15) to rotate smoothly; after fully tightening the Bolts (104) and Nuts (112), loosen the Nuts (112) only 1/8 counterclockwise turn.**
- Attach the **Right Linkage Plug (58)** to the **Right Pedal Arm Connector (16)** and secure with the 1pcs **Bolt (M5xp0.8x25mm)(92)**.
- Repeat the process above for the left side.
- Go back to **Step 4** and fully tighten the 5pcs **Nylon Nuts (M8xp1.25)(112)** on the bottom of the **Upright Post (6)**.
- Slide the **Upright Sleeve (37)** down to cover the open area of the **Main Frame (1)**.



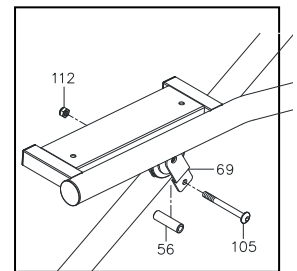
ASSEMBLY INSTRUCTIONS



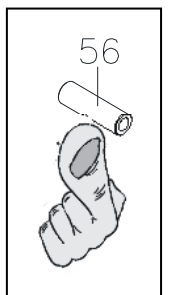
STEP 7 – Pedal Support Arm Assembly

- Refer to the inset drawing **FIG. 2**: Cut off the tie wrap (A) on the front end of the Right Pedal Support Arm (14). **NOTE:** Please be sure that the Shaft Sleeve (68) inside the Pedal Support Arm (14) does not fall out while cutting off the tie.
- Attach the front end of the Right Pedal Support Arm Assembly (14) to the Right Pivoting Arm (12) with the 1pc Bolt (M8xp1.25x90mm)(106) and 1pc Nut (M8xp1.25)(112) **NOTE:** Confirm that Bolt (106) will slide through the Shaft Sleeve (68) inside front end of the Right Pedal Support Arm Assembly (14) during assembly.

NOTE: Refer to the inset drawing **FIG.3**: For shipping purposes, the 1pc Roller Spacer (56), 1pc Bolt (M8xp1.25x65mm) (105), 1pc Nylon Nut (M8xp1.25)(112) are preinstalled on the Right Roller Bracket (69) as pictured on the right.



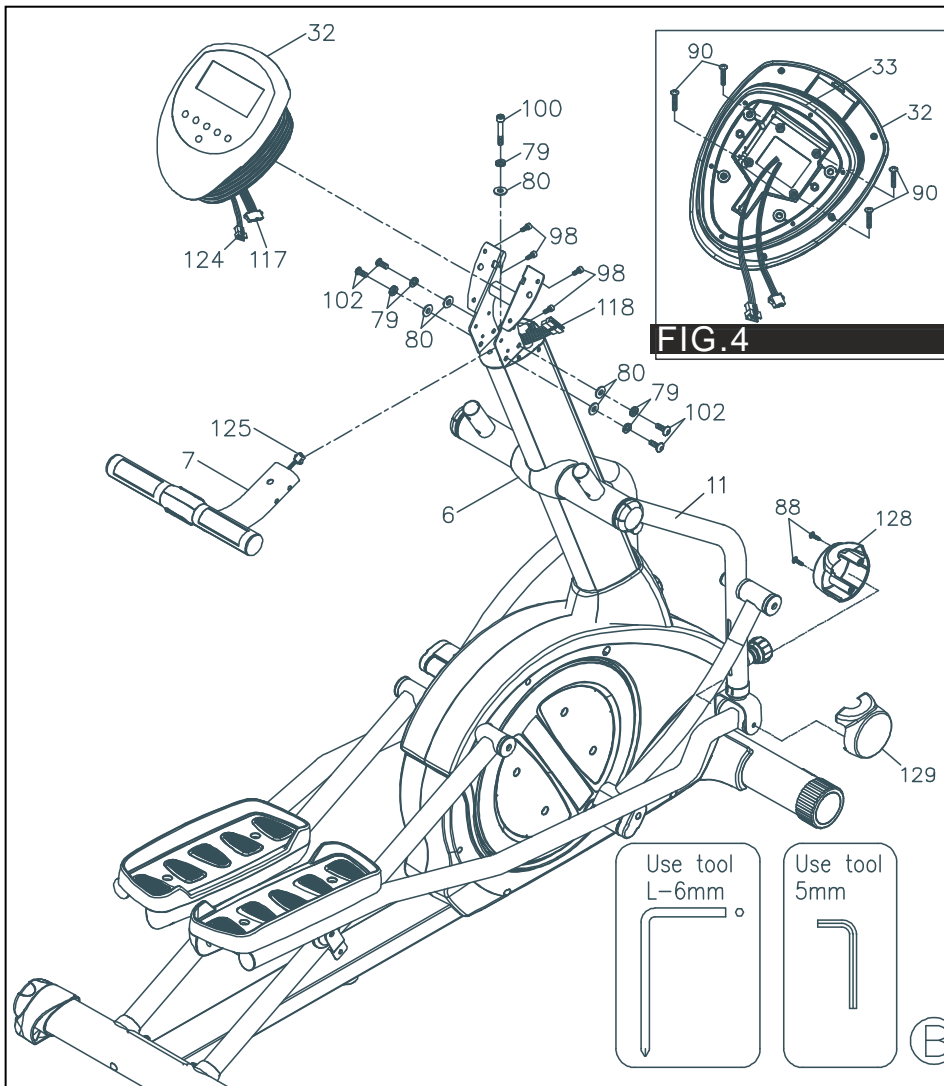
- Remove the 1pc Roller Spacer (56), 1pc Bolt (M8xp1.25x65mm)(105), 1pc Nylon Nut (M8xp1.25)(112) from the Right Roller Bracket (69).
- Refer to **FIG 3**. Place the Right Pedal Support Arm (14) onto the Right Sliding Rail (5) Lining up the groove of the Pedal Support Arm Roller with the Sliding Rail.
- Then place the Roller Spacer (56) through the Roller Bracket (69) and under the Right Sliding Rail (5), secure the 1pcs Bolt (M8xp1.25x65mm)(105) through the Roller Spacer (56) with the 1pcs Nylon Nut (M8xp1.25)(112). **NOTE:** Please be sure not to over-tighten the Bolt (105) and Nut (112), after tightening, make sure the Roller Spacer (56) will still rotate slightly. Use your finger to rotate the Roller Spacer (56). If the Roller Spacer (56) is unable to rotate, it may cause the roller to run roughly on the Sliding Rail. Loosen the nut and bolt slightly if necessary.
- Repeat the process above for the left side.



STEP 8 – Pedal Assembly

- Attach the Pedal Bottom Cover (130) to the Right Pedal (54) and secure it with the 3pcs Flat Head Self-Tapping Screws (M4x10mm) (131).
- Attach the Right Pedal (54) to the upper Pedal Plate located on the rear of the Right Pedal Support Arm (14) and secure it with the 2pcs Lock Washers (M8)(79) and 2 pcs Bolts (M8xp1.25x16mm)(94).
- Repeat the process above for the left side.

ASSEMBLY INSTRUCTIONS

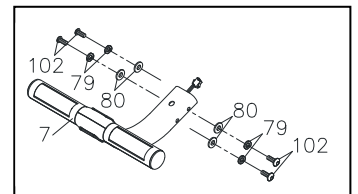


STEP 9 – Handrail Base Cover Assembly

To assemble the Handrail Base Cover (128, 129), place the Left Handrail Base Cover (128) on the inner side of the Right Middle Handlebar (11). Place the Right Handrail Base Cover (129) at the outer side of the Right Middle Handlebar (11). Bolt the Handrail Base Covers (128, 129) with the 2pcs Flat Head Self-Tapping Screws (M4x16mm)(88). Repeat the process above for the left side.

STEP 10 – Fixed Handlebar Assembly

NOTE: The 4pcs Washers (8x16x2.0t)(80), 4pcs Lock Washers (M8)(79) and 4pcs Bolts (M8xp1.25x16mm)(102) have been preinstalled on the left and right sides of the Fixed Handlebar (7).

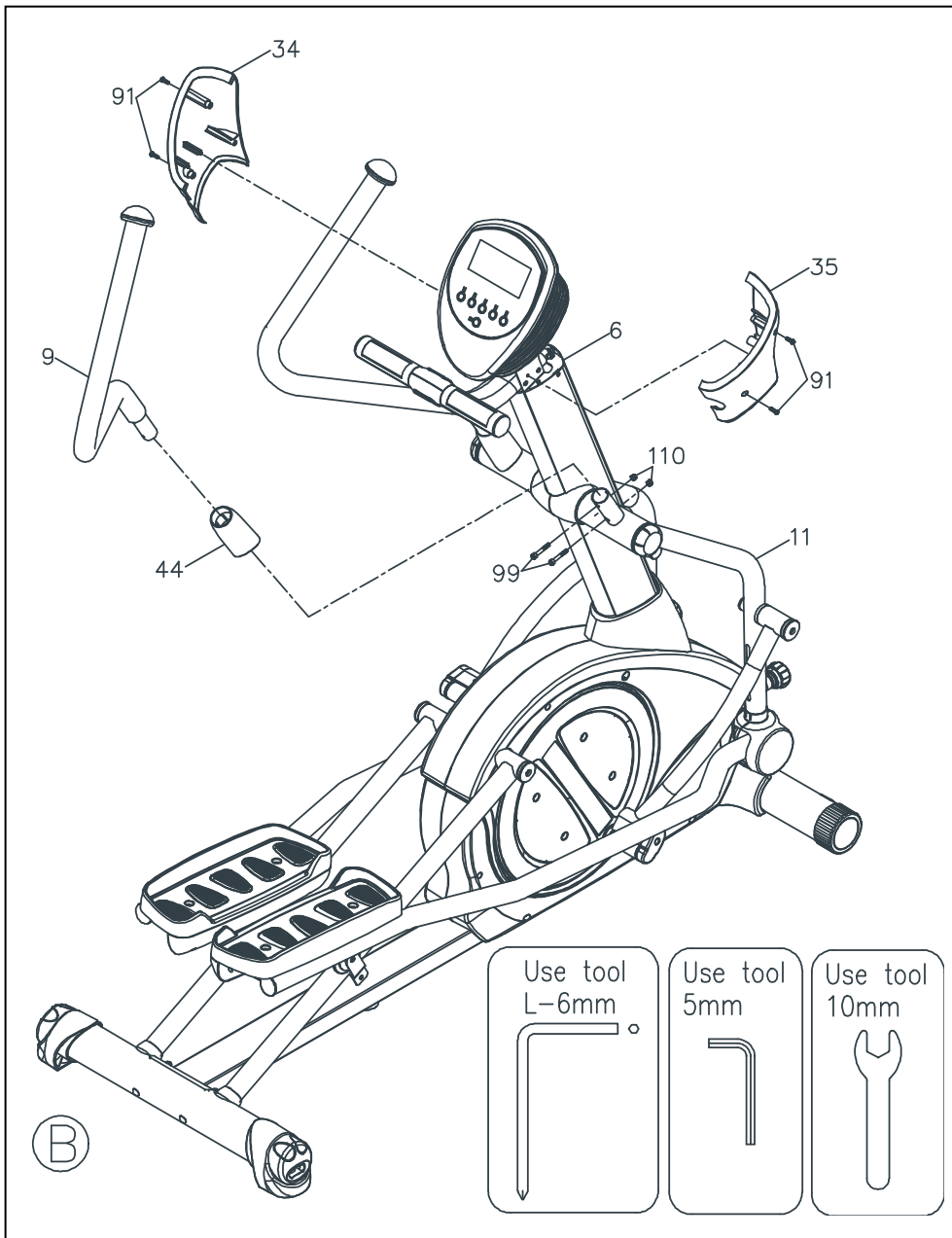


- Remove the 4pcs Washers (8x16x2.0t)(80), 4pcs Lock Washers (M8)(79) and 4pcs Bolts (M8xp1.25x16mm)(102) from the Fixed Handlebar (7).
- Insert the Fixed Handlebar (7) (as pictured above) through the Upright Post Assembly (6) and secure it with the 5pcs Washers (8x16x2.0t)(80), 5pcs Lock Washers (M8)(79) and 4pcs Bolts (M8xp1.25x16mm)(102) and 1pc Bolt (M8xp1.25x45mm)(100) **NOTE:** The additional 1pc Washer (8x16x2.0t)(80), 1pc Lock Washer (M8)(79), 1pc Bolt (M8xp1.25x45mm)(100) will be packed into **HARDWARE KIT B**.

STEP 11 – Console and Data Cable Assembly

- Refer to **FIG.4** to attach the Console Bottom Sleeve (33) to the Console (32) and secure it with the 4pcs Bolts (M5xp0.8x25mm)(90).
- Place and secure the Console Assembly (32, 33) onto the console base plate on the Upright Post Assembly (6) by using the 4pcs Bolts (M6xp1.0x15mm)(98).
- Connect the Upper Data Cable (117) to the Middle Data Cable (118). **Be care not to pinch the wires**
- Connect the Front Pulse Sensor Wire (124) to the Rear Pulse Sensor Wire (125). **Be care not to pinch the wires**

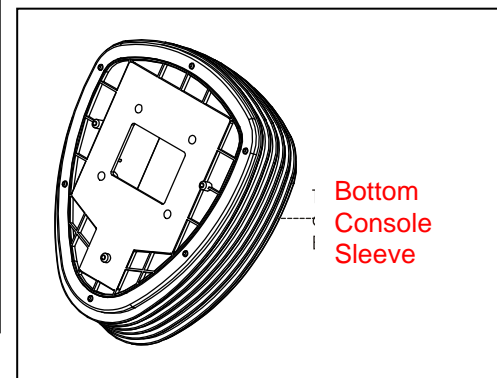
ASSEMBLY INSTRUCTIONS



STEP 12 – Console Cover, Handlebar Sleeve & Upper Handlebar Assembly

- a. Attach the **Right Console Cover (35)** and the **Left Console Cover (34)** around the **Upright Post Assembly (6)**. Bolt the **Console Covers together (34, 35)** by using the **4pcs Bolts (M5xp0.8x15mm)(91)**.

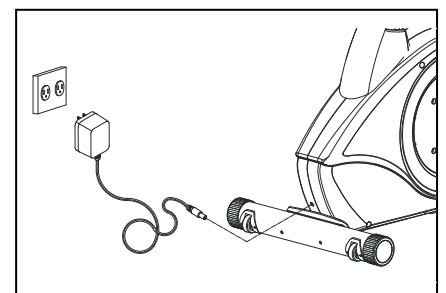
NOTE: Make sure that the **Right Console Cover (35)** and the **Left Console Cover (34)** cover the **Upright Cover** and the lowest layer of the **Console Bottom Sleeve (33)** as the following illustration shown.



- b. Slide the **Right Handlebar Sleeve (44)** onto the **Right Upper Handlebar (9)**.
- c. Insert the **Right Upper Handlebar (9)** into the **Right Middle Handlebar (11)** and secure it with the **2 Bolts (M6xp1.0x35mm)(99)** and **2pcs Nylon Nuts (M6xp1.0)(110)**.
- d. Slide the **Right Handlebar Sleeve (44)** down until it touches the middle part of Handlebar.
- e. Repeat the process above for the left side.
- f. The assembly process is complete
- g. Check that all parts in the assembly directions are fully tightened before you use the equipment.

STEP 13 – AC Adaptor

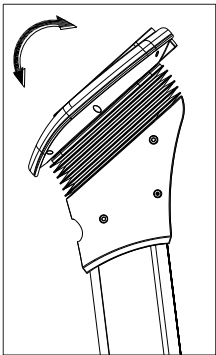
- a. Connect the **Adaptor** to the connector located on the front end of the **Main Frame (1)**.
- b. Plug the **Adaptor** into an electrical outlet to power up your Vertical Trainer.



Transportation and Leveling INSTRUCTIONS

HOW TO ADJUST THE LEVELING ENDCAPS ON THE REAR STABILIZER

- After placing the equipment in its intended location of use, check the stability of the equipment
- If the equipment has a rocking motion due to an unlevelled floor. You must level the equipment by turning one or both of the **Leveling End Caps (27)** in the clockwise or counter-clockwise direction until the equipment sits on the floor without rocking



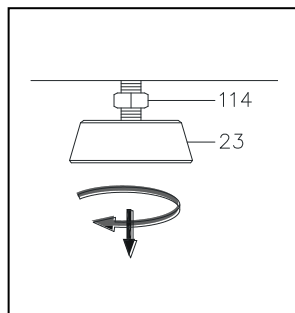
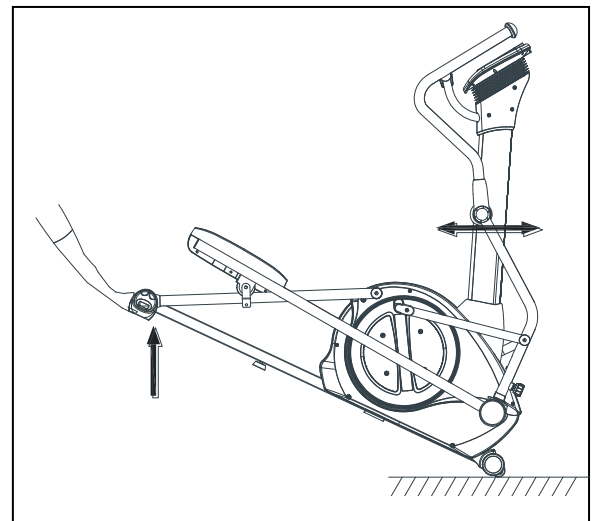
HOW TO ADJUST CONSOLE ANGLE

To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console and gently tilt the console to the best viewable angle.

HOW TO MOVE THE ITEM SAFELY

Carefully pick the **Rear Stabilizer (3)** up with two hands and pull the item to the new location

- ◆ Make sure the floor is level where you are moving the item



HOW TO ADJUST THE STAND ON THE MIDDLE OF MAIN FRAME'S BASE

NOTE: The purpose of adjust the **Leveler (23)** is to level the item and get more support to the base of the Main Frame. After finishing the assembly process, you may need to adjust this leveler again. Place the item on a flat surface and adjust the **Leveler (23)** until the item sits on the floor without rocking, then tighten the **Nut (114)** securely against the **Main Frame (1)**.

OPERATION INSTRUCTIONS

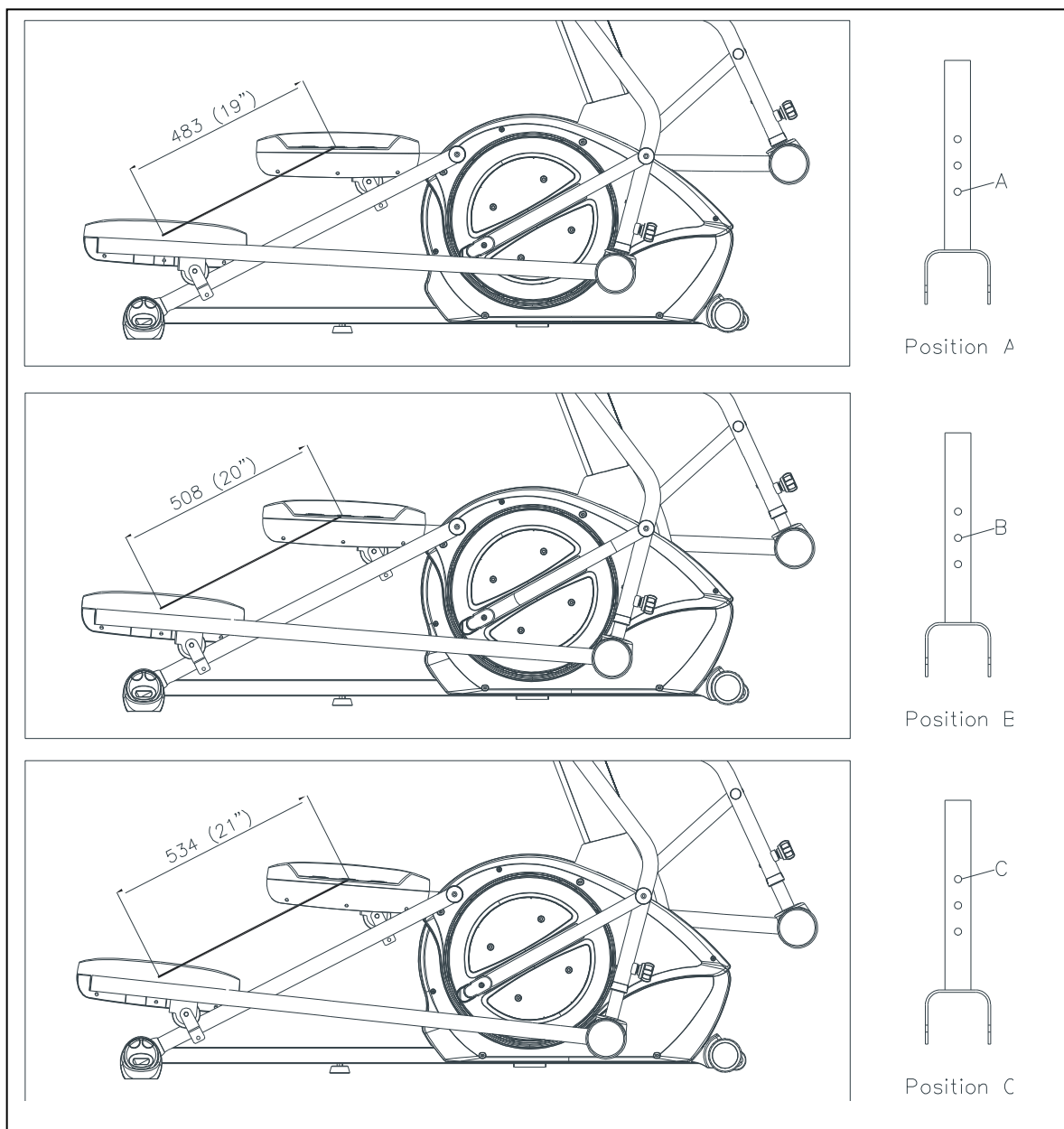
HOW TO ADJUST THE STRIDE LENGTH

The Vertical Trainer is equipped with four adjustable stride length options ranging from 19" (483mm) to 22" (539mm)

- To adjust the stride length, loosen and pull the **Spring Knob (48)**. Slide the **Pivoting Arm (12)** up or down to the proper desired position
- Release the **Spring Knob (48)** and make sure the pin on the knob locks into the adjustment hole on the **Pivoting Arm (12)**.
- Repeat the above process to adjust the stride length on left side

NOTE:


- Always adjust the **Right & Left Pivoting Arm (12)** to the same length.
- Completely tighten **Right & Left Spring Knob (48)** before exercising



MY SMOOTH Virtual Fitness Trainer

This feature is not available on all models and is an option that must be added to the equipment at the time of purchase. If you did not accept the MySmooth membership at the time of purchase your equipment is not compatible. Whether you want to lose weight, train for a sporting event, or simply maintain a healthy lifestyle, the MY SMOOTH Virtual Fitness Trainer provides the tools, structure and support you need to be fit and live healthy. The 5 simple steps, outlined in the customer care kit* are proven to help you lose weight, improve your health, and make positive steps to a healthier lifestyle. These five steps combined with the tools built into your online account, will provide you with a great start toward achieving your goals.

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

<p>Welcome to mySMOOTH!</p> <p>Your personal online account will empower you to take control of your health and fitness to achieve your goals.</p> <p>You can truly consolidate all of your exercise activity and your vital statistics in one place; automatically save and log your exercise, weight and blood pressure; and get exercise programs designed just for you.</p> <p>Your USB storage device provides the connection between your mySMOOTH account and the IHP certified products you use. Once your data is in your account, you can view it in a variety of ways that will help motivate you to stick with your exercise program. mySMOOTH is easy to use and proven to help you stay active, lose pounds, or train for a marathon.</p> <p>780 5th Avenue King of Prussia PA, 19406 800-211-1611 www.SmoothFitness.com</p> <p>2010 Smooth Fitness. All Rights Reserved</p>	<p>1 Create Your Account</p> <p>1. Enroll It takes only minutes to set up your account.</p> <ol style="list-style-type: none"> Go to www.mysmoothtrainer.com and click the Enroll Now button. Follow the online instructions. <ol style="list-style-type: none"> Enter the enrollment ID shown below. Read and accept the Terms and Conditions, then click continue. Fill out the enrollment form. Make sure you enter a valid and accessible email address. <p>After completing the enrollment form, you will be sent an email with your temporary password (check your junk email box if you do not receive it within 10 minutes).</p> <p>Enrollment ID#</p>	<p>2. Log In & Enter Your Baseline Vital Stats</p> <ol style="list-style-type: none"> To log in to your account, go to www.mysmoothtrainer.com and click Member Login. Enter the temporary password emailed to you, and change your password following the on-screen prompts. <p>Health Metrics</p> <ol style="list-style-type: none"> Enter your health metrics (at least the stats you know) to establish a baseline of your information. As you use your mySMOOTH membership, you can compare your progress to your baseline. <p>NOTE: At a minimum, it is important to enter your height and weight. This personal data is used by IHP certified exercise equipment and health monitors to save you time during setup and record accurate data to your USB storage device.</p>	<p>3. Set Your Goals</p> <p>A critical step in using your mySMOOTH membership is to enter your health and fitness goals.</p> <p>You'll have an 80% higher success rate of achieving your goals if you record them. Specific, attainable goals for exercise, vital stats and behavioral change provide the foundation for your roadmap to success.</p> <p>Your goals are used to develop a plan that's right for you. Later, when you review your results and compare your progress to your goals, you can re-establish your goals and set them even higher.</p>	<p>4. Pick a Workout Calendar</p> <p>Workout Calendar</p> <p>Using the information you've already provided, mySMOOTH recommends workout calendars that match your goals, physical condition, and exercise preferences. All workout calendars are developed by experienced Exercise Physiologists to help you receive the maximum benefit from your exercise.</p> <p>Your personalized workout calendar combines cardio, strength, flexibility and balance exercises, and tells you which days to exercise, for how long, and at what level of intensity. YOU choose the physical activities you enjoy, whether indoors, outdoors, at home or at the gym.</p> <p>Your personalized workout calendar provides a structured approach to help you achieve your goals.</p>
<p>2 Using Your USB Drive</p> <p>1. Install Your Communications Software</p> <p>If you have a mySMOOTH drive, you must first install the IHP data communicator software on your computer. This allows your computer to recognize the USB drive. This is a quick, one-time process done on each computer you use with your USB drive.</p> <ol style="list-style-type: none"> Click Install Communications Software button at the bottom of your home page. If you are prompted to Open or Save the file, click the Open button. Follow the prompts displayed on the screen. When installation is complete, an IDC icon will be on your desktop (in Windows) or dock (on a Macintosh). <p>NOTE: Before you use your IHP certified product, make sure the exercise equipment or health monitor has the correct date and time set so your data is accurately recorded (see the product Owner's Manual for details).</p>	<p>2. Sync Your Personal Data</p> <p>Synchronize your personal data with your USB drive, and upload exercise and health metrics results from your USB into your account.</p> <p>To Sync for the First Time, or When Logged In</p> <ol style="list-style-type: none"> Insert your USB drive into your computer. Log in and click Update Exercise Results or Update Health Metrics, then USB Update. Click Synchronize USB. Enter your Last Name and Password, then click Remember Me and Sign In. Click Select USB Drive, then choose your computer's USB drive (usually E: F: or G:). Your computer will then recognize your USB and you do not need to perform this step again. Your personal profile, including name, age, height, weight and gender, will sync to your USB drive. Workout data and health metrics, if any on the USB, are uploaded to your account. 	<p>To Sync When Not Logged In</p> <p>After you've synchronized your USB drive, you can sync your data at any time simply by double-clicking the IDC icon on your desktop and following the on-screen prompts. It's simple and convenient, and doesn't require being logged in to update your results.</p> <p>All IHP certified products work with your mySMOOTH Account</p> <p>When you exercise on IHP certified fitness equipment and use IHP certified health monitors, your results are automatically saved to your USB for easy uploading into your account.</p> <p>Your Profile</p> <p>Sync Your Results</p>	<p>3 Enter Your Results Manually</p> <p>You can keep track of just about any exercise and health metrics in your mySMOOTH account, whether you have a mySMOOTH USB drive or not! It's simple to log and track all your physical activity - swim, bike outdoors, exercise at the gym, or attend fitness classes. Enter your vital stats as you take them or after you go to the doctor. You'll be rewarded with seeing your exercise results and health improvements in fun and motivating mySMOOTH reports.</p> <ol style="list-style-type: none"> Log in to your account. Click the Update Exercise Results or Update Health Metrics. Follow the simple on-screen prompts. 	<p>Online Membership</p> <p>MY SMOOTH  Virtual Fitness Trainer</p> <p>BY SMOOTH FITNESS</p> <p>Enrollment ID# Included</p>

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

MySmooth Bluetooth Compatible

INTRODUCING *MYSMOOTH* VIRTUAL TABLET-BASED FITNESS CONTROLS, ALLOWING YOU TO IMMERSE THEMSELVES IN VIRTUAL OUTDOOR WORKOUT EXPERIENCES THROUGH FULL MOTION VIDEOS AND INTERACTIVE CAPABILITIES

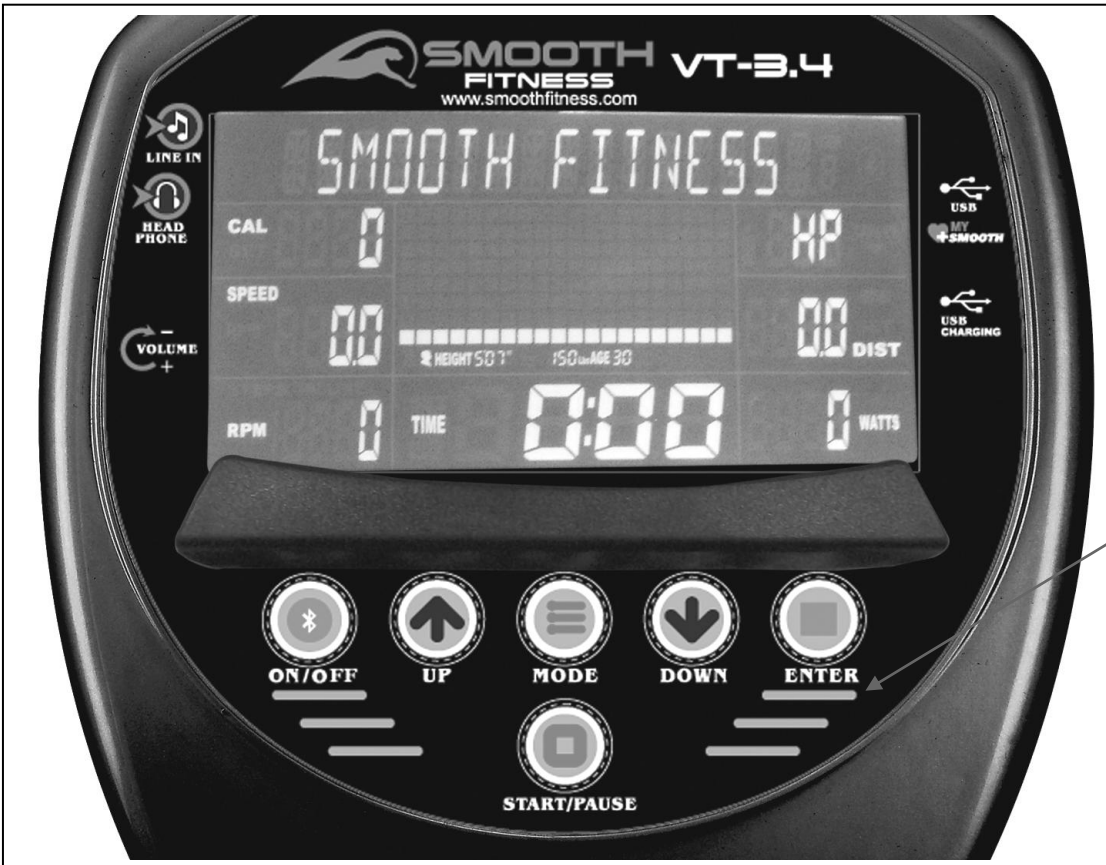
BENEFITS:

- The app is FREE. The app is available through the iTunes store and the Android Market. You must purchase the optional Bluetooth module
- Exercise with virtual videos that take you to spectacular locals around the world. The videos are not computer-generated or snap shots of landmarks but actual first person video, shot by people running and hiking.
- Filmed with Imax®- equivalent technology complete with natural sound effects consumers are able to immerse yourself in incredible experiences such as running through the Swiss Alps or hiking around Creator Lake.
- As the terrain changes so does the equipment's inclination or resistance. Pick up the pace or slow down and experience Smooth Sync which synchronizes the video speed to your speed.
- Multiple user profiles are available to store your personal information such as height, weight, gender and age for individual workouts and results tracking.
- The workout history is recorded allowing you to compare today's progress to this week's progress, month to date and last month's progress and even the year to date progress. You will be able to view your progress against fitness milestones.
- You can watch your favorite movies and listen to your favorite music during the workout. The MySmooth heads-up display allows you to safely watch videos but still have visibility of your statistics and equipment controls, so you will never lose sight of your goals.
- Includes a complete library of standard workout programs
- To enhance the audio visual experience you can connect your tablet to a big screen TV. The high quality video feed provides a crisp, clear "as if you were there" experience.



COMPUTER OPERATION

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions
- We recommend that you use the console to help vary your workout routine and keep you focused on your progress toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track



Speaker

Power ON

- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any key on the console will activate the computer display. The computer display will then light up with a short beep sound, indicating the console is ready for use

Power Off

The computer display would automatically shut off after 5 minutes of inactivity






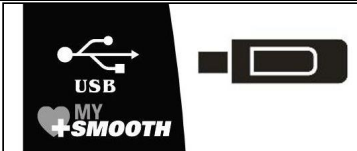


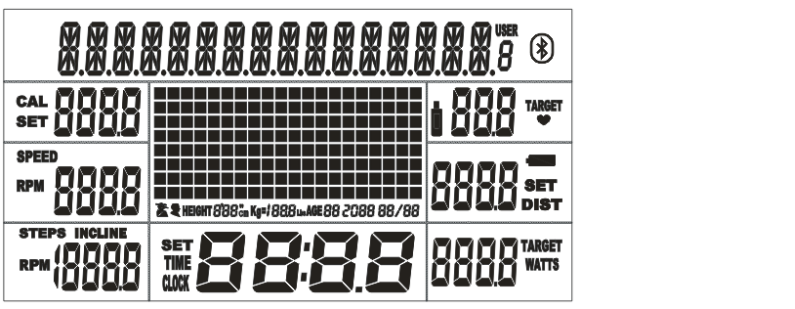
Program List

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

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





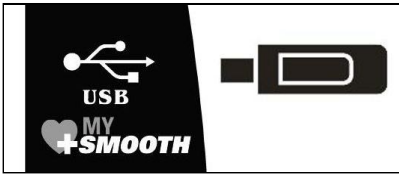
COMPUTER OPERATION

Console Buttons

 <p>START/PAUSE</p>	<p>a. Press START/PAUSE to begin your exercise</p> <p>b. Press START/PAUSE again to pause all functions during your exercise program. All the data on the display will then pause.</p> <p>c. Press START/PAUSE again to resume the program and all the data displayed will continue until the program has finished.</p> <p>d. HOLD TO RESET function: Press and hold START/PAUSE, all the data will return to 0 and the console will return to POWER ON status.</p>
 <p>ENTER</p>	<p>Press ENTER to confirm the program settings(PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R. and LEVEL in each time interval).</p>
 <p>UP</p>	<p>Press UP to increase the values of the program settings (PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R. and LEVEL in each time interval).</p>
 <p>DOWN</p>	<p>Press DOWN to decrease the values of the program settings (PROGRAM, TIME, HEIGHT, WEIGHT, AGE, TARGET H.R. and LEVEL in each time interval).</p>
 <p>MODE</p>	<div style="display: flex; align-items: flex-start;"> <div style="margin-right: 20px;">  </div> <div style="border: 1px solid gray; padding: 5px; background-color: #f0f0f0;"> <p>**This function is only active for use when the USB is plugged into the console**</p> </div> <div style="margin-left: 20px;">  </div> </div> <ul style="list-style-type: none"> ● Press MODE to review <u>Calendar Mode</u>. ● Hold MODE for a few seconds, to go into <u>Calendar Mode</u> to edit year/month/date/hour/minute. ● Press Start/ Pause /Hold to reset to return to POWER ON status.
<p>on/off</p> 	<ul style="list-style-type: none"> ● BLUETOOTH IS AN OPTION THAT IS NOT STANDARD WITH THIS EQUIPMENT. THIS FEATURE MUST BE PURCHASED BY CALLING 888-800-1167 Ext. 1 ● Once the Bluetooth module has been purchased and installed, to activate the Bluetooth module you must press the Bluetooth button. When the Bluetooth module is active the Bluetooth symbol will blink on the equipment's LCD screen. <div style="border: 1px solid gray; padding: 10px; margin: 10px 0;">  </div> <ul style="list-style-type: none"> ● To deactivate the Bluetooth feature, press the Bluetooth button again and the Bluetooth symbol will no longer flash on the LCD display.

















COMPUTER OPERATION

Console Buttons

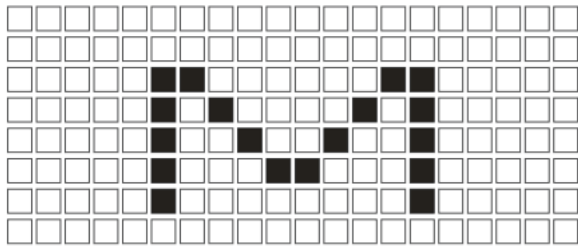
 <p>LINE IN</p>	<p>Speaker Sound System:</p> <ul style="list-style-type: none"> ◆ To enjoy your workout with music, simply connect any MP3/CD player to the LINE IN jack on the console. 																				
 <p>HEAD PHONE</p>	<p>The console allows you to use Headphones or Speakers when listening to the music. When headphones are plugged in the consoles internal speakers will deactivate</p>																				
 <p>VOLUME</p>	<p>Turn the Volume Knob (located on the left side of the console) to adjust the proper volume level.</p>																				
 <p>USB CHARGING</p>	<p>USB Charging Port</p> <p>This is a Universal USB charging port that may or may not function with your mobile device.</p> <p>Plug the mobile device USB charging cord in to the 5V 2A USB charging port. Your device will begin to charge. If the device does not recognize the charging port then your mobile device may not be compatible.</p>																				
 <p>USB MY SMOOTH</p>	<p>To record your exercise and health metrics, you must log on to www.mysmoothtrainer.com . Then sync your MY Smooth Virtual Fitness Trainer USB device. Once complete simply plug in the MY Smooth Virtual Fitness Trainer USB device to you compatible Smooth Fitness exercise machine. Displayed on the equipment will be your name, weight height and age. Press "START" button to begin your workout, the console will record your exercise data automatically, every 20 seconds, to your MY Smooth Virtual Fitness Trainer USB device. After your exercise session is complete, Insert the MY Smooth device in to the USB port of your PC or MAC to upload your data to The MY Smooth Virtual Fitness Trainer online health management program. The detailed reports show your exercise and health results, trends and recommendations to better achieve and maintain your fitness goals.</p> <div data-bbox="742 1469 1469 1836" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center; font-size: 24px; font-family: monospace;">WELCOME PETER</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">CAL</td> <td style="width: 25%; text-align: center; font-size: 24px;">0</td> <td style="width: 25%;"></td> <td style="width: 25%; text-align: right;">HP</td> </tr> <tr> <td>SPEED</td> <td style="text-align: center; font-size: 24px;">00</td> <td style="text-align: center;"> <div style="width: 100%; height: 10px; background-color: black; position: relative;"> <div style="width: 50%; height: 100%; background-color: white;"></div> </div> </td> <td style="text-align: right; font-size: 24px;">00</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center; font-size: 10px;"> HEIGHT 7'2" 300lb AGE 55 201108/28 </td> <td style="text-align: right; font-size: 24px;">DIST</td> </tr> <tr> <td>RPM</td> <td style="text-align: center; font-size: 24px;">0</td> <td style="text-align: center;">TIME</td> <td style="text-align: right; font-size: 24px;">0</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center; font-size: 24px;">0:00</td> <td style="text-align: right; font-size: 24px;">WATTS</td> </tr> </table> </div>	CAL	0		HP	SPEED	00	<div style="width: 100%; height: 10px; background-color: black; position: relative;"> <div style="width: 50%; height: 100%; background-color: white;"></div> </div>	00			HEIGHT 7'2" 300lb AGE 55 201108/28	DIST	RPM	0	TIME	0			0:00	WATTS
CAL	0		HP																		
SPEED	00	<div style="width: 100%; height: 10px; background-color: black; position: relative;"> <div style="width: 50%; height: 100%; background-color: white;"></div> </div>	00																		
		HEIGHT 7'2" 300lb AGE 55 201108/28	DIST																		
RPM	0	TIME	0																		
		0:00	WATTS																		

COMPUTER OPERATION

Console Functions

<p>CAL  SET </p>	<p>CALORIES:</p> <ul style="list-style-type: none"> ● Count Up: Measuring total calories your body burned during exercise. ● Display range: <u>0 ~ 9999.</u>
<p>SPEED  RPM </p>	<p>SPEED:</p> <ul style="list-style-type: none"> ● Displays the current speed <u>KM/MILE</u> during exercise.
<p>STEPS INCLINE RPM </p>	<p>RPM (Revolutions Per Minute):</p> <ul style="list-style-type: none"> ● Display range: <u>0 ~ 999.</u>
<p>SET TIME  CLOCK   </p>	<p>TIME:</p> <ul style="list-style-type: none"> ● Count Up: If a target time was not selected, TIME will count up from <u>0:00 to maximum 99:59 minutes.</u> ● Count Down: If you have set the target time (0:00 ~ 99:00), the computer will count down from that selected target time down to 0:00.
<p> TARGET WATTS</p>	<p>WATTS:</p> <ul style="list-style-type: none"> ● Displays the current value of Watt during exercise. ● Display range: <u>0 ~ 9999.</u>
<p> SET DIST</p>	<p>DISTANCE:</p> <ul style="list-style-type: none"> ● Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999.9 km/mile.</u> ● Count Down: If you have set the target distance, the computer will count down from that selected target distance down to 0. <p> : Display POWER SUPPLY status.</p>
<p>  TARGET </p>	<p>HAND PULSE / HEART RATE:</p> <ul style="list-style-type: none"> ● To display your heart rate you must wear the chest belt or place both of your hands on the Pulse Sensors located on the Handlebars. Your pulse will be displayed approximately 5 seconds after the heart symbol “♥” is displayed. ● If you do not wear the chest belt or place your hands correctly on the pulse sensors, the computer will shut off the pulse circuit. To reactivate the pulse feature, properly place your hands back on the Pulse Sensors and the pulse readout will appear again. <p> : When the MY SMOOTH USB is plugged into the console, the USB signal will be displayed on the console.</p>


COMPUTER OPERATION



HEIGHT 888" cm Kg=1888 Lbs AGE 88 2088 88/88

GENDER:

- Display range:

Male: 

Female: 



AGE:

- Display range:

10 ~ 99 years old; in 1 year increments

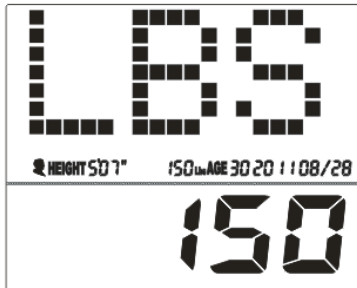
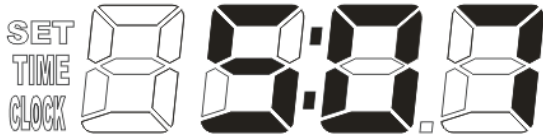
NOTE: Although the console allows an age entry beginning at 10 years old, the product is not recommended for use by children.

HEIGHT 888" cm Kg=1888 Lbs AGE 88 2088 88/88

HEIGHT:

- Display range:

3 FEET 4 INCHES ~ 7 FEET; 1 INCH increments / 101 ~ 214 CM; 1 CM increments; **this product is not recommended for use by children.**



WEIGHT:

- Display range:

45 ~ 400LBS; 1 LB increments / 20 ~ 181 KGS; 1 KG increments; **this product is not recommended for use by children.**

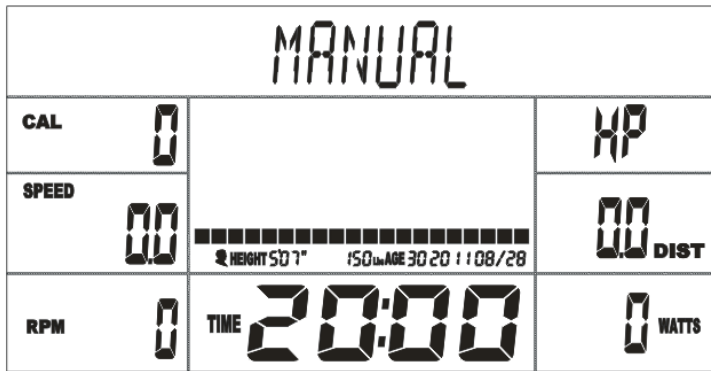


TARGET H.R.:

- Display range:

50 ~ 180 BPM (beats per minute) ; 1 BPM increments.

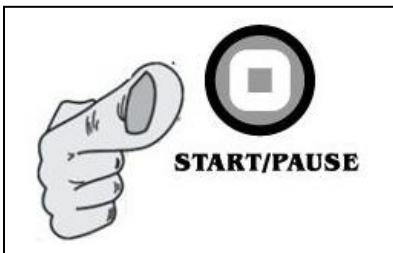
COMPUTER OPERATION



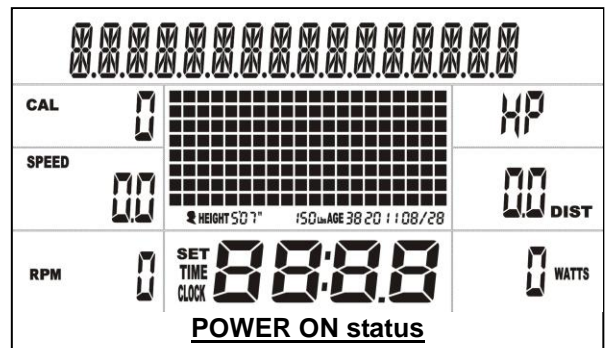
1 Press any button on the console to turn on the computer

- Make sure that the power cord is properly plugged into the socket.
- The computer would automatically shut off after 5 minutes of inactivity.
- Press any button on the console to turn on the computer. After a few seconds, the display will then light up with a short beep sound, indicating the computer is ready for use.

2 "Start Pause" button, as an easy way to reset the computer and enter into POWER ON status



Hold the **START/PAUSE** button for a few seconds to reset the computer and return all workout values to zero, and enter into **POWER ON** status.



3 MANUAL PROGRAM

A. ENTER MANUAL PROGRAM

QUICK START:

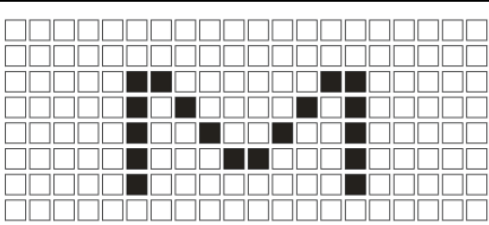
Pressing the START button when in the Power on status screen will immediately start a manual program

OR

ENTER the USER DATA




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

COMPUTER OPERATION



B. SET YOUR GENDER

HEIGHT 50 7" 150 AGE 30 20 11 08 / 28

- After pressing the **UP** or **Down** buttons to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** setting will appear with  /Male icon display flashing.
- Use the **UP** or **DOWN** buttons to set your gender (Male:  or Female: ).
- Press the **ENTER** button to confirm.

C. SET YOUR AGE

HEIGHT 50 7" 150 AGE 30 20 11 08 / 28
SET 38

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

HEIGHT 50 7" 150 AGE 30 20 11 08 / 28
SET TIME CLOCK 00:00

D. SET YOUR HEIGHT

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

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

- The **HEIGHT** setting will appear with **HEIGHT** flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **HEIGHT (3 FEET 4 INCHES ~ 7 FEET; in 1 INCH INCREMENTS/ 101 ~ 214 CM; in 1 CM INCREMENTS)**.

E. SET YOUR WEIGHT

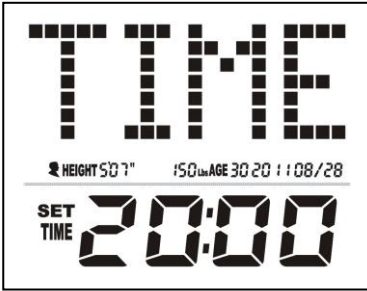
HEIGHT 50 7" 150 AGE 30 20 11 08 / 28
SET 150

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

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

COMPUTER OPERATION

F. SET THE TIME

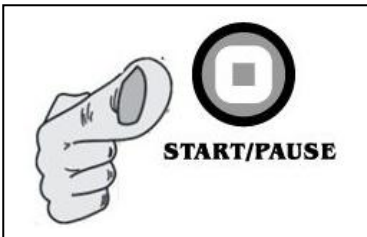


- The **TIME** setting will appear with "TIME" flashing on the display.
- Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; in 1 MINUTE INCREMENTS)**.
- Press the **ENTER** button to confirm.

NOTE for TIME:

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

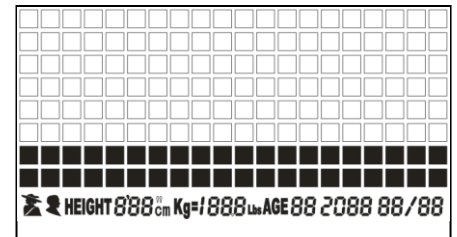
G. START TO EXERCISE



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

H. CHANGING THE RESISTANCE SETTING

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



COMPUTER OPERATION

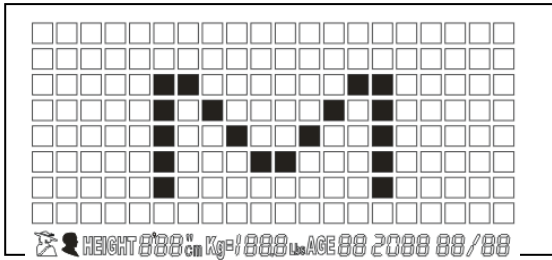
CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P10)




A. ENTER THE PRESET PROGRAMS

To enter one of the nine preset programs.

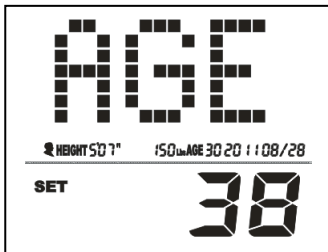
- Press any button on the console to turn on the computer. After a few seconds, the display will then light up with a short beep sound, indicating the computer is ready for use.
- Make sure that the power cord is properly plugged into the socket.
- The computer would automatically shut off after 5 minutes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

B. SET YOUR GENDER



- After pressing the **UP** or **Down** buttons to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** setting will appear with  /Male icon display flashing.
- Use the **UP** or **DOWN** buttons to set your gender (Male:  or Female: ).
- Press the **ENTER** button to confirm.

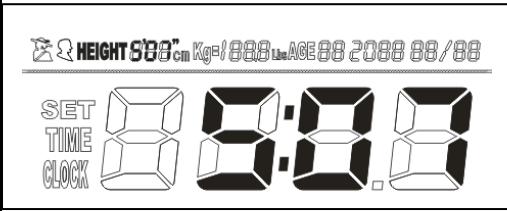
C. SET YOUR AGE



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

COMPUTER OPERATION

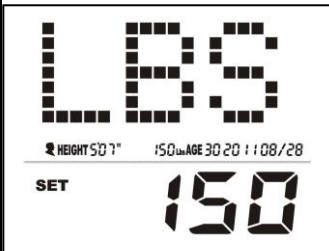
D. SET YOUR HEIGHT



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

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

E. SET YOUR WEIGHT



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

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

F. SET THE TIME



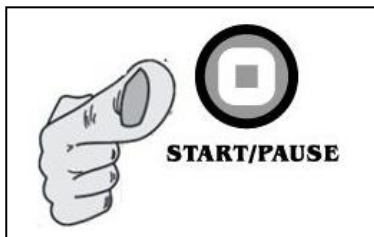
- The **TIME** setting will appear with "**TIME**" flashing on the display.
- Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; in 1 MINUTE INCREMENTS)**.
- Press the **ENTER** button to confirm.

NOTE for TIME:

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

COMPUTER OPERATION

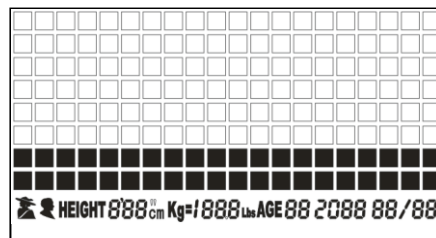
G. START TO EXERCISE



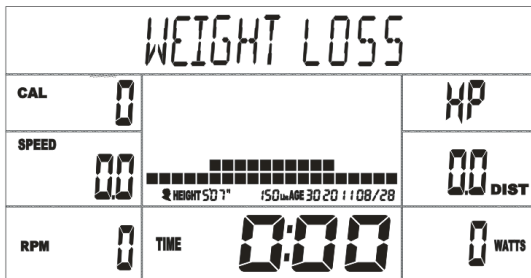
Press **START/ PAUSE** to begin your exercise.

H. CHANGING THE RESISTANCE SETTING

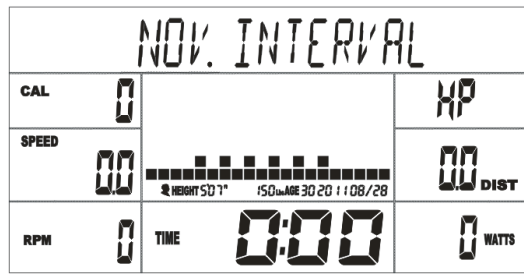
You can change the resistance level (from 1 to 16 levels) at any time during workout by pressing the **UP** or **DOWN** button



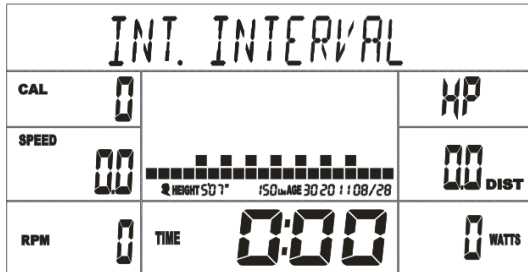
COMPUTER OPERATION



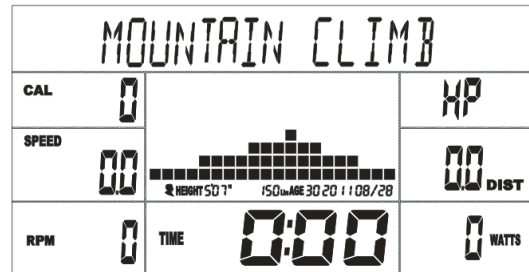
P1 WEIGHT LOSS



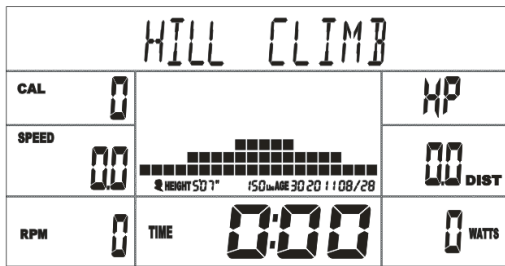
P2 NOVICE INTERVAL



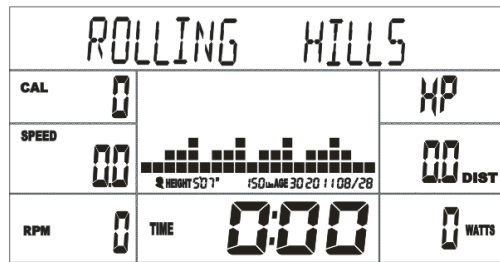
P3 INTERMEDIATE INTERVAL



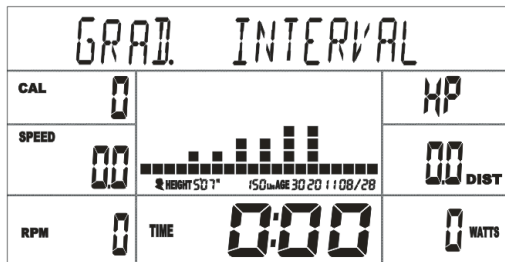
P4 MOUNTAIN CLIMB



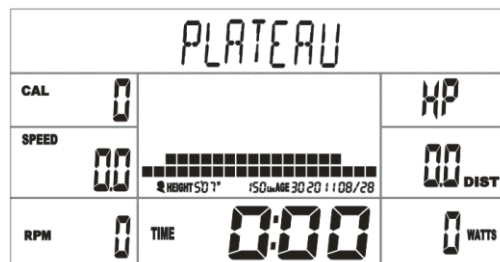
P5 HILL CLIMB



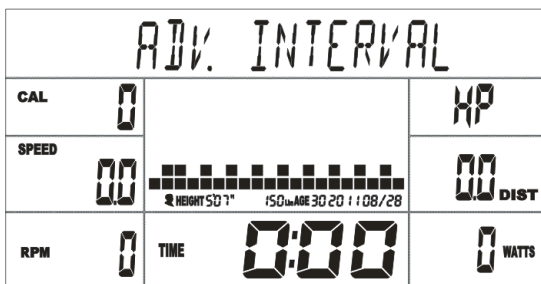
P6 ROLLING HILLS



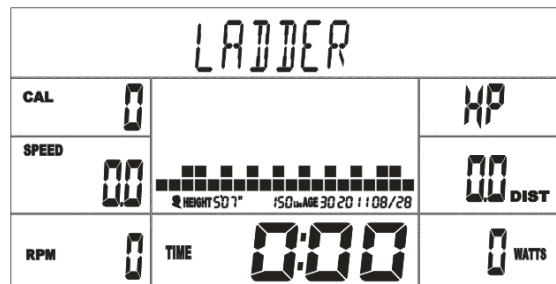
P7 GRADUATING INTERVAL



P8 PLATEAU



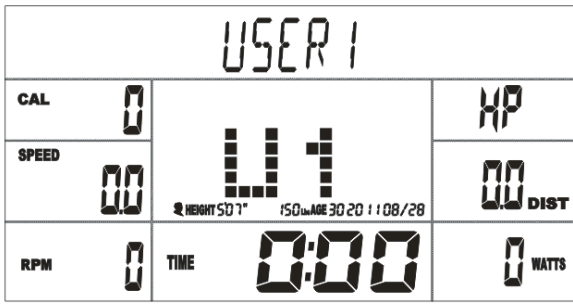
P9 ADVANCED INTERVAL



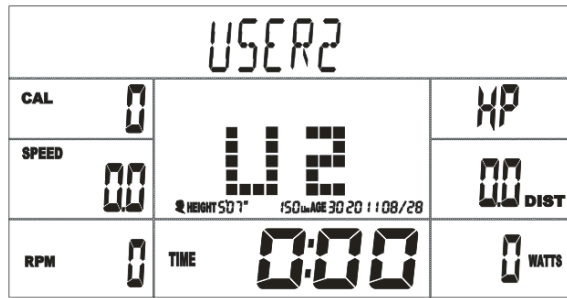
P10 LADDER

COMPUTER OPERATION

CONSOLE INSTRUCTIONS – PROGRAM (P11 ~ 12)



P11 USER 1

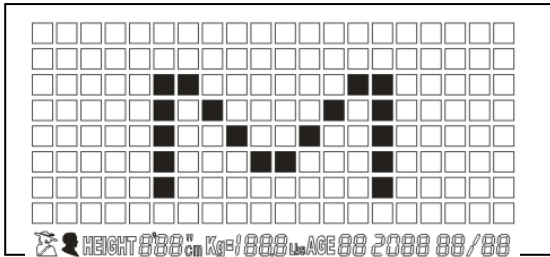





P12 USER 2

1 To enter one of the 2 USER programs.

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

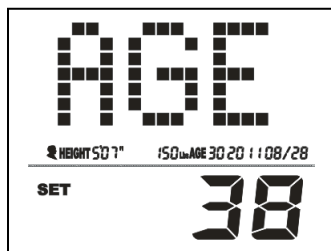
B. SET YOUR GENDER



- After pressing the **UP or Down** buttons to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** setting will appear with  /Male icon display flashing.
- Use the **UP or DOWN** buttons to set your gender (Male:  or Female: ).
- Press the **ENTER** button to confirm.

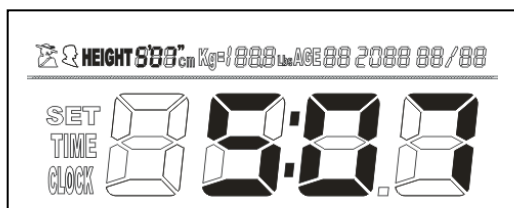
CONSOLE INSTRUCTIONS – PROGRAM (P11 ~ 12)

C. SET YOUR AGE



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

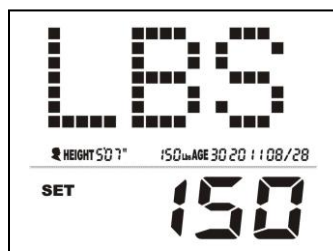
D. SET YOUR HEIGHT



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

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

E. SET YOUR WEIGHT

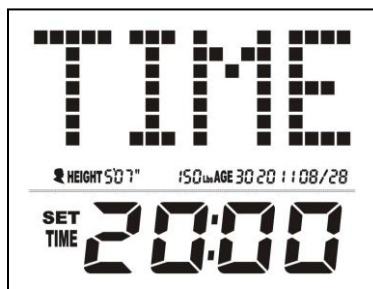


- The **WEIGHT** setting will appear with “**LBS**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **WEIGHT** (45 TO 400 LBS / 20 TO 181KGS; in 1 LBS/KG INCREMENTS).
- Press the **ENTER** button to confirm.

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

CONSOLE INSTRUCTIONS – PROGRAM (P11 ~ 12)

F. SET THE TIME

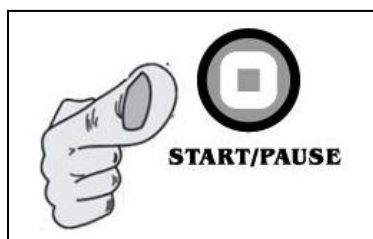


- g. The **TIME** setting will appear with “**TIME**” flashing on the display.
- h. Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; in 1 MINUTE INCREMENTS)**.
- i. Press the **ENTER** button to confirm.

NOTE for TIME:

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

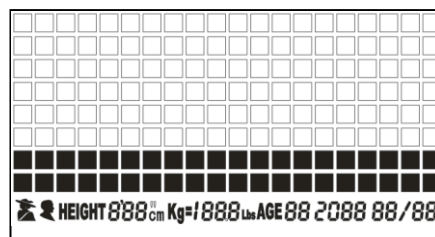
G. START TO EXERCISE



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

H. CHANGING THE RESISTANCE SETTING

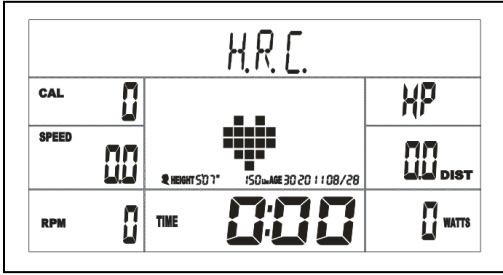
You can change the resistance level (from 1 to 16 levels) at any time during workout by pressing the **UP** or **DOWN** button



2 Programming the 2 USER programs.

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

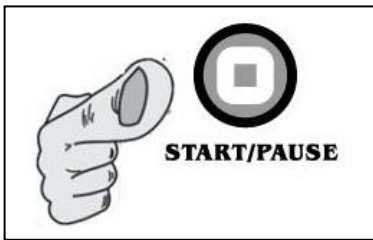
CONSOLE INSTRUCTIONS –H.R.C. PROGRAM (P13)



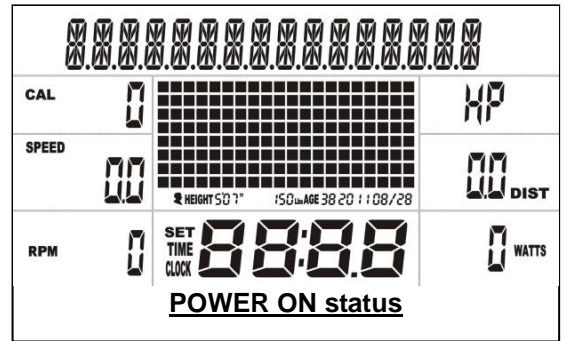
1 Press any button on the console to turn on the console

- a. Press any button on the console to turn on the computer. After a few seconds, the display will then light up with a short beep sound, indicating the computer is ready for use.
- b. Make sure that the power cord is properly plugged into the socket.
- c. The computer would automatically shut off after 5 minutes of inactivity.

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



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

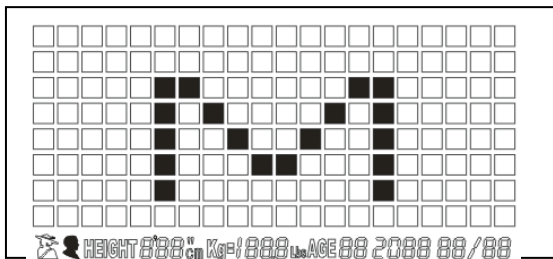





3 PROGRAM (P13)

A. ENTER P13

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

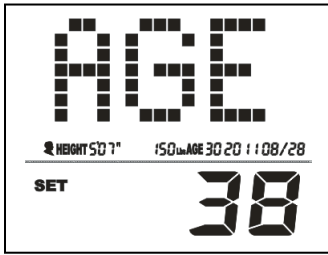
B. SET YOUR GENDER



- a. After pressing the **UP** or **Down** buttons to enter into **MANUAL PROGRAM** press **ENTER** to Confirm, the **GENDER** setting will appear with  /Male icon display flashing.
- b. Use the **UP** or **DOWN** buttons to set your gender (Male:  or Female: ).
- c. Press the **ENTER** button to confirm.

COMPUTER OPERATION

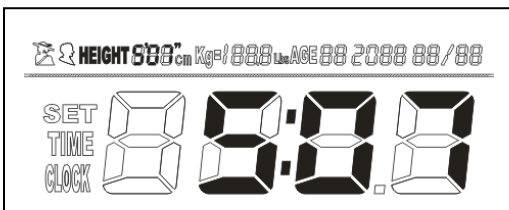
C. SET YOUR AGE



- The **AGE** setting will appear with “**AGE**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **AGE (10 ~ 99 YEARS OLD; in 1 YEAR INCREMENTS)**.
- Press the **ENTER** button to confirm.

NOTE: Although the console allows an age entry beginning at 10 years old, the product is not recommended for use by children.

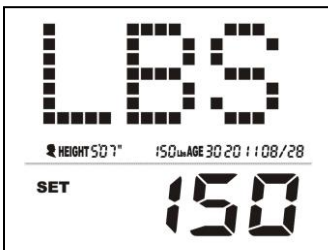
D. SET YOUR HEIGHT



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

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

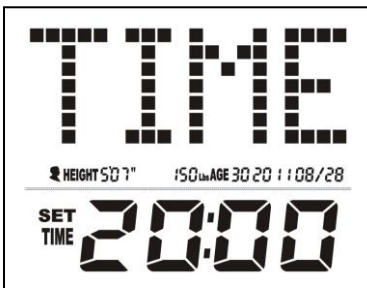
E. SET YOUR WEIGHT



- The **WEIGHT** setting will appear with “**LBS**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; in 1 LBS/KG INCREMENTS)**.
- Press the **ENTER** button to confirm.

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

F. SET THE TIME



- The **TIME** setting will appear with “**TIME**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; in 1 MINUTE INCREMENTS)**.
- Press the **ENTER** button to confirm.

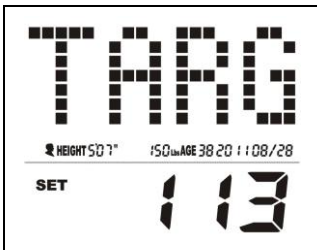
NOTE for TIME:

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

COMPUTER OPERATION

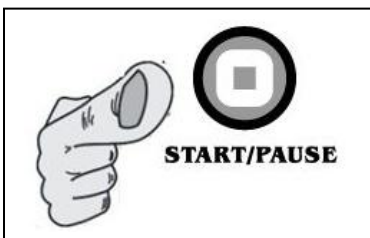
CONSOLE INSTRUCTIONS –H.R.C. PROGRAM (P13)

G. SET THE TARGET HEART RATE



- The **TARGET HEART RATE** will appear with the value of the **TARGET HEART RATE** flashing on the display.
- Press the **UP** or **DOWN** buttons to set your desired **TARGET HEART RATE (50 ~ 180 BPM (BEATS PER MINUTE; in 1 BPM INCREMENT))**.
- Press the **ENTER** button to confirm **TARGET HEART RATE** value.

H. START EXERCISE



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

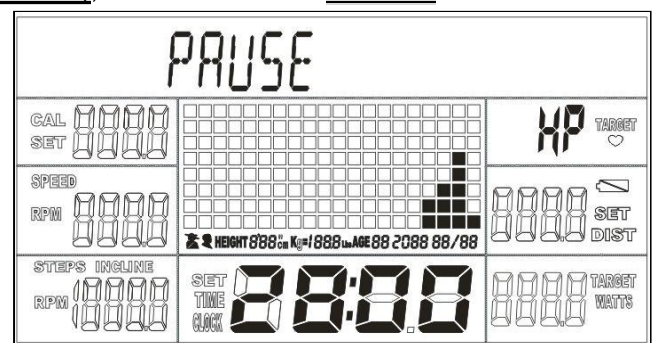
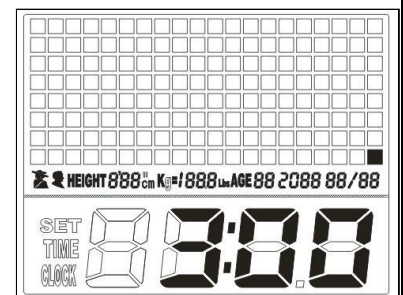
I. MUST-KNOWN HEART RATE PROGRAM INFO.

MONITOR YOUR CURRENT PULSE TO COMPARE WITH YOUR SET TARGET HEART RATE:

- 3 minute WARM UP time:** After enter the H.R.C. program, the program will begin with a 3 minute WARM UP, during the WARM UP, the console will detect the user's heart rate through the hand pulse sensors or wireless chest belt. During the WARM UP period, the torque/resistance level is available to adjust from **1 ~ 16** levels.
- After the 3-minute warm up is complete, then go into the H.R.C. main program (the time will change to your desired step-up time, the resistance will return to the Level 1). The console at this time will monitor your actual pulse and adjust the resistance/torque level automatically to keep your pulse within your **TARGET HEART RATE ZONE**.
- If you current pulse > (the value of the TARGET HEART RATE + 10), the console would decrease one resistance/torque level automatically.
- If you current pulse < (the value of the TARGET HEART RATE - 10), the console would increase one resistance/torque level automatically.

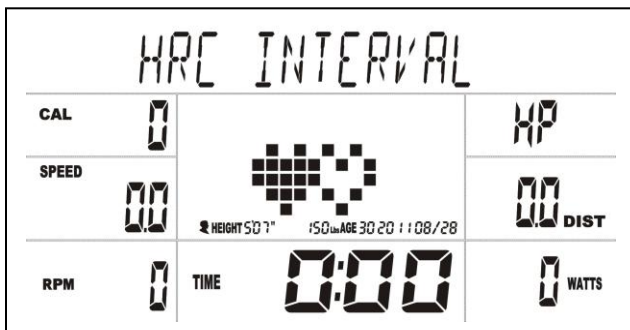
NOTE: During H.R.C. main program, if you do not wear a chest belt or place your hands correctly on the pulse sensors, after 30 seconds, the console will display "NO HEART RATE" message and then turn off the pulse circuit and stop the program. The console will then display an

error message "PAUSE". Press **START** button and be sure to wear a chest belt or place your hands back on the Pulse Sensors correctly, the pulse readout will appear again and continue starting the program.



COMPUTER OPERATION

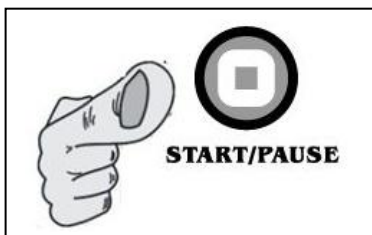
CONSOLE INSTRUCTIONS –H.R.C. INTERVAL PROGRAM (P14)



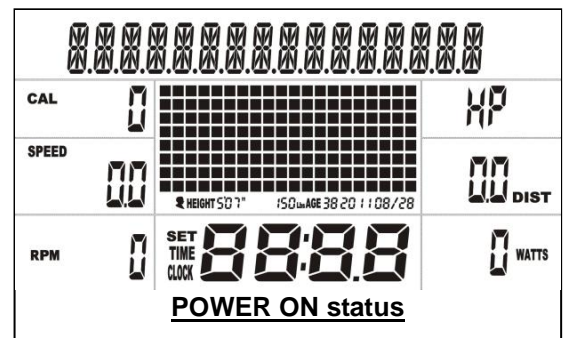
1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket.
- The console would automatically shut off after 5 minutes of inactivity.
- Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use.

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



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



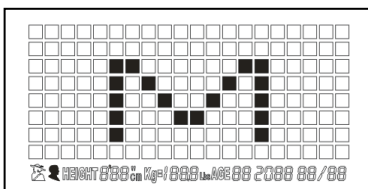
3 Normal way to operate PROGRAM (P14)

A. ENTER P14

UP or DOWN button and then ENTER button:


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



B. SET YOUR GENDER



UP or DOWN button & then ENTER button:

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

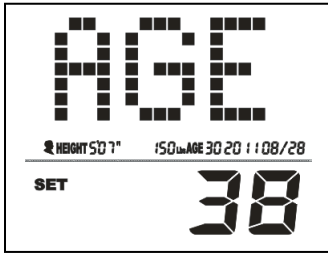
PROGRAM (P14), the **GENDER** setting will appear with  /Male icon display flashing.

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

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

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

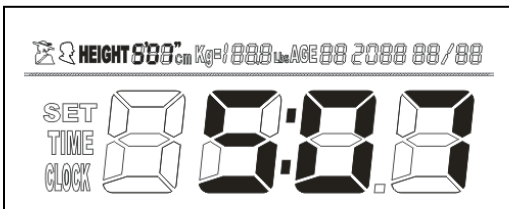
C. SET YOUR AGE



- The **AGE** setting will appear with “**AGE**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **AGE (10 ~ 99 YEARS OLD; in 1 YEAR INCREMENTS)**.
- Press the **ENTER** button to confirm.

NOTE: Although the console allows an age entry beginning at 10 years old, the product is not recommended for use by children.

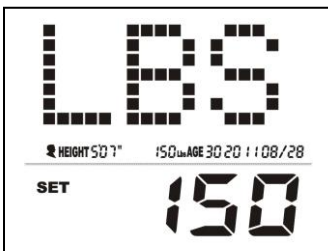
D. SET YOUR HEIGHT



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

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

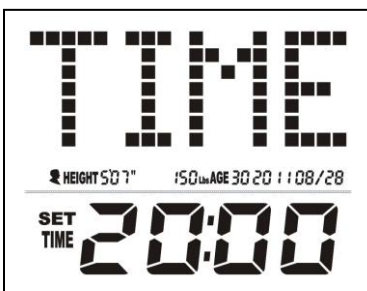
E. SET YOUR WEIGHT



- The **WEIGHT** setting will appear with “**LBS**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set your **WEIGHT (45 TO 400 LBS / 20 TO 181KGS; in 1 LBS/KG INCREMENTS)**.
- Press the **ENTER** button to confirm.

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

F. SET THE TIME



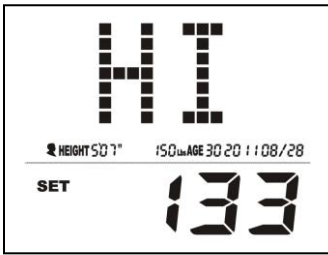
- The **TIME** setting will appear with “**TIME**” flashing on the display.
- Use the **UP** or **DOWN** buttons to set the desired **TIME (00:00 TO 99:00; in 1 MINUTE INCREMENTS)**.
- Press the **ENTER** button to confirm.

NOTE for TIME:

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

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

G. SET THE HIGH TARGET HEART RATE



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

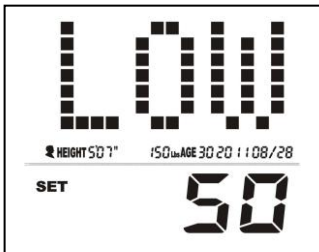
Age	Average Max./High Heart Rate 75%
20	150 beats per minute
25	146 beats per minute
30	142 beats per minute
35	138 beats per minute
40	135 beats per minute
45	131 beats per minute
50	127 beats per minute
55	124 beats per minute
60	120 beats per minute
65	116 beats per minute
70	112 beats per minute

Reference Table

b. However, if the default value of HIGH TARGET HEART RATE doesn't match your fitness level, you are able to use the **UP** or **DOWN** button to adjust your **HIGH TARGET HEART RATE (70 ~ 180 BPM (BEATS PER MINUTE; in 1 BPM INCREMENT))**. **NOTE: The HIGH TARGET HEART RATE must be at least 10 beats per minute higher than the LOW TARGET HEART RATE** in order to make this program functional. Make sure that the setting value of HIGH TARGET HEART RATE is obtainable according to your current fitness level as the console will monitor your actual heart rate comparing with HIGH TARGET HEART RATE and automatically adjust the resistance level.

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

H. SET THE LOW TARGET HEART RATE



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

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

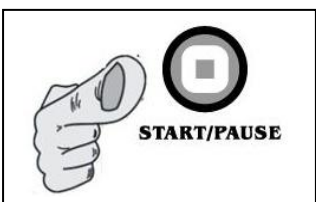
Reference Table

d. However, if the default value of LOW TARGET HEART RATE doesn't match your fitness level, you are able to press the **UP** or **DOWN** button to adjust your **LOW TARGET HEART RATE (50 ~ 160 BPM (BEATS PER MINUTE; in 1 BPM INCREMENT))**. **NOTE: LOW TARGET HEART RATE must be at least 10 beats per minute lower than the HIGH TARGET HEART RATE** in order to make this program functional. Make sure that the setting value of LOW TARGET HEART RATE is obtainable according to your current fitness level as the console will monitor your actual heart rate comparing with LOOW TARGET HEART RATE and automatically adjust the resistance level.

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

I. START EXERCISE

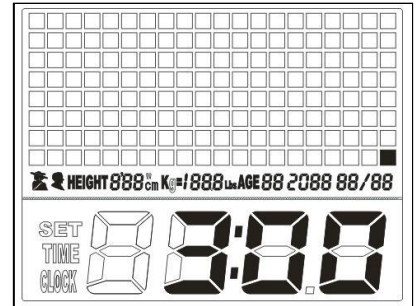
Press **START/ PAUSE** to begin the exercise.



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

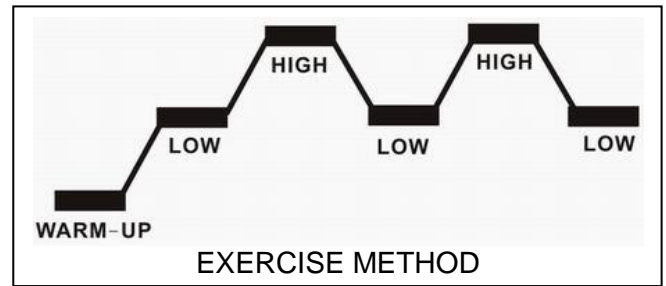
J. MUST-KNOWN HEART RATE PROGRAM INFO.

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



a. **3 minute WARM UP time:** After entering the H.R.C. Interval program, the program will begin with a 3 minute WARM UP period, during the WARM UP period, the console will detect the user's heart rate through the hand pulse sensors or wireless chest belt. During this time, the torque/resistance level is adjustable from 1 ~ 16 levels. NOTE: During the WARM UP period, the console will start monitoring your actual heart rate to see whether you can achieve your preset **LOW TARGET HEART RATE.**

b. After the 3-minute warm up period, the console will start adjusting the resistance level automatically to achieve the preset **LOW TARGET HEART RATE** if it was not achieved during the WARM UP period. Once your actual heart rate has reached the preset **LOW TARGET HEART RATE** value, the resistance level will remain the same for about 2 minutes. NOTE: **If your actual heart rate did not reach to your preset LOW TARGET HEART RATE value, the console will continue increasing the resistance level every 15 seconds until your actual heart rate reaches the preset LOW TARGET HEART RATE value.**



c. Once your actual heart rate is in the **LOW TARGET HEART RATE ZONE** and the 2-minute period ends, the console will start increasing the resistance level until your actual heart rate achieves the preset **HIGH TARGET HEART RATE** value. Once you actual heart rate is equal to your preset **HIGH TARGET HEART RATE** value, the resistance level will remain the same for an additional 2 minutes. NOTE: **If your actual heart rate did not reach to your preset HIGH TARGET HEART RATE value, the console will continue increasing the resistance level every 15 seconds until your actual heart rate reaches the preset HIGH TARGET HEART RATE value.**

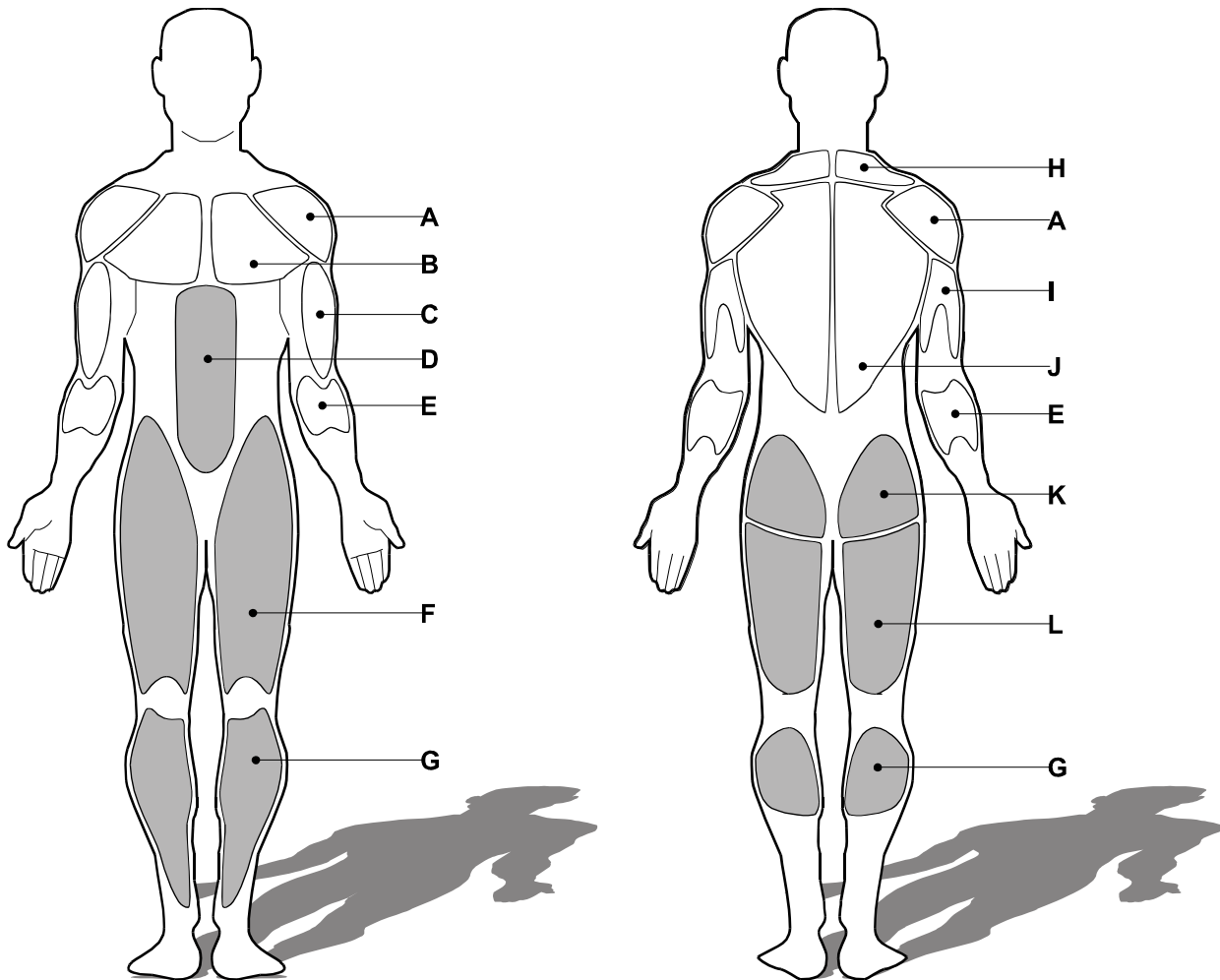
d. Once your actual heart rate is in the **HIGH TARGET HEART RATE ZONE** and the 2-minute period ends, the console will start decreasing the resistance level in order to lower you actual heart rate again to the preset **LOW TARGET HEART RATE** value. Once you actual heart rate has reached the preset **LOW TARGET HEART RATE** value, the resistance level will remain the same for about 2 minutes. NOTE: **If your actual heart rate did not reach to your preset LOW TARGET HEART RATE value, the console will continue decreasing the resistance level every 15 seconds until your actual heart rate reaches the preset LOW TARGET HEART RATE value.**

e. The workout will continue this cycle until the workout time reaches 0:00.

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:

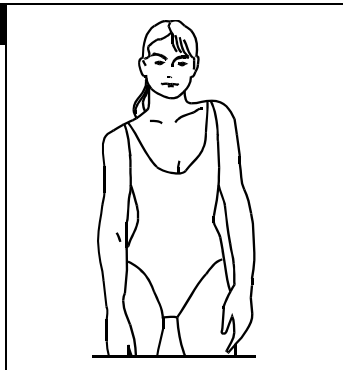
Toe Touch:

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.



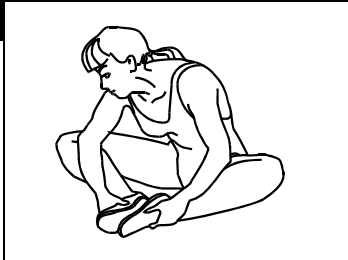
Shoulder Lift:

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.



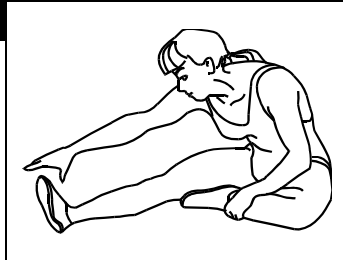
Inner Thigh Stretch:

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.



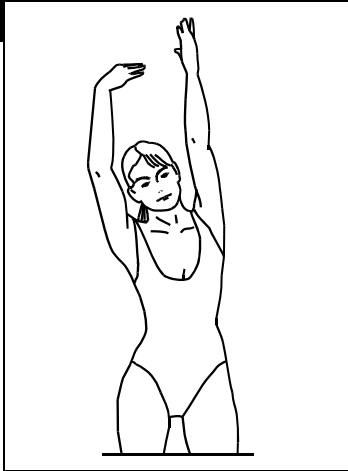
Hamstring Stretch:

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.



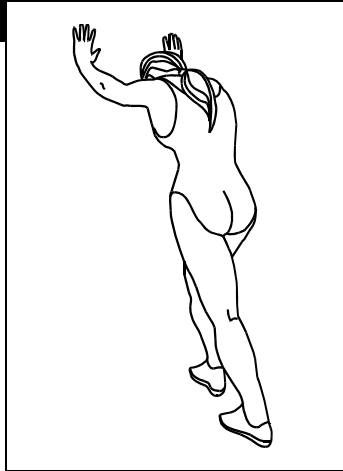
Side Stretch:

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.



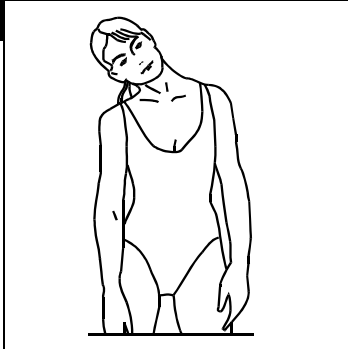
Calf-Achilles Stretch:

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.

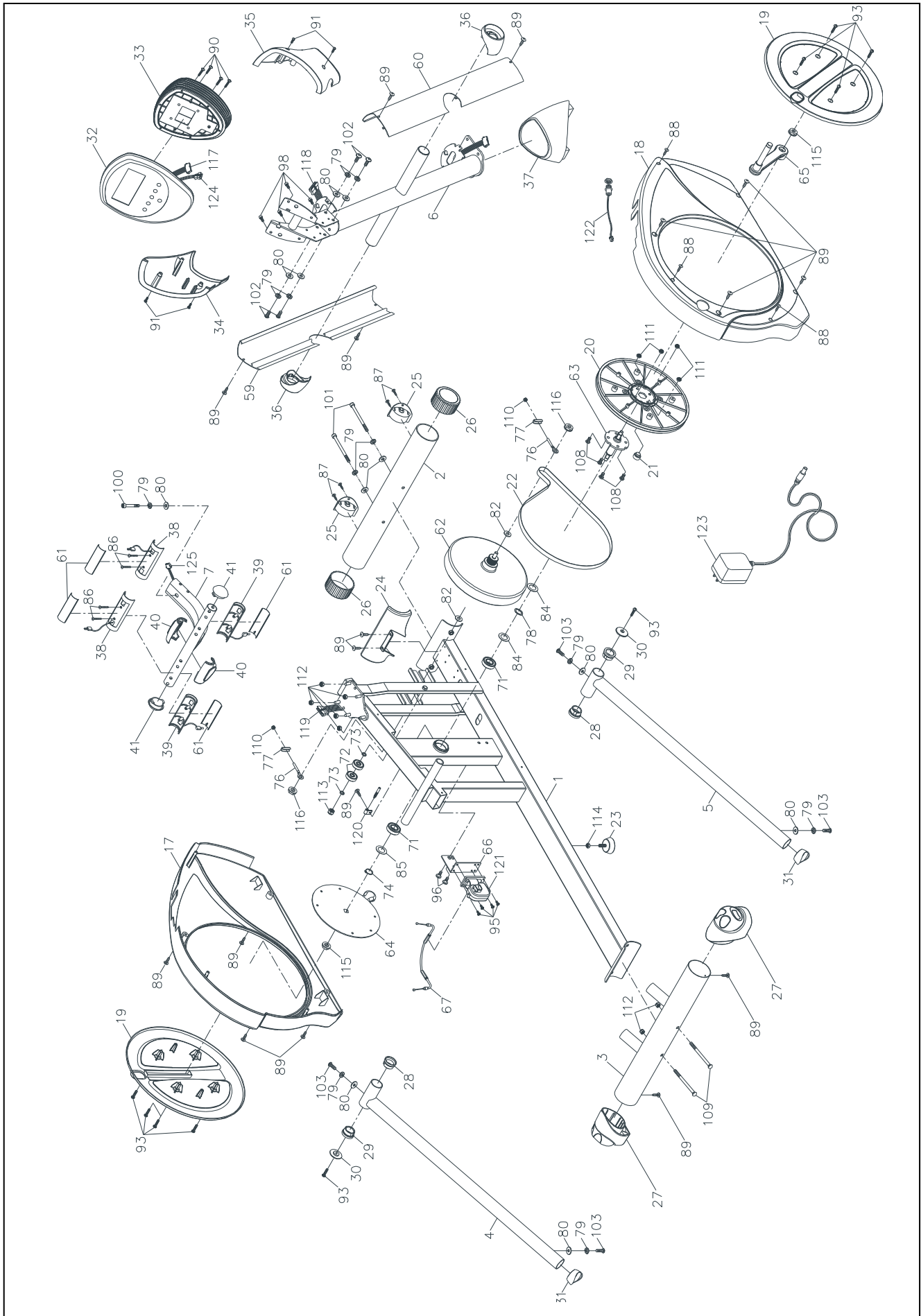


Head Roll:

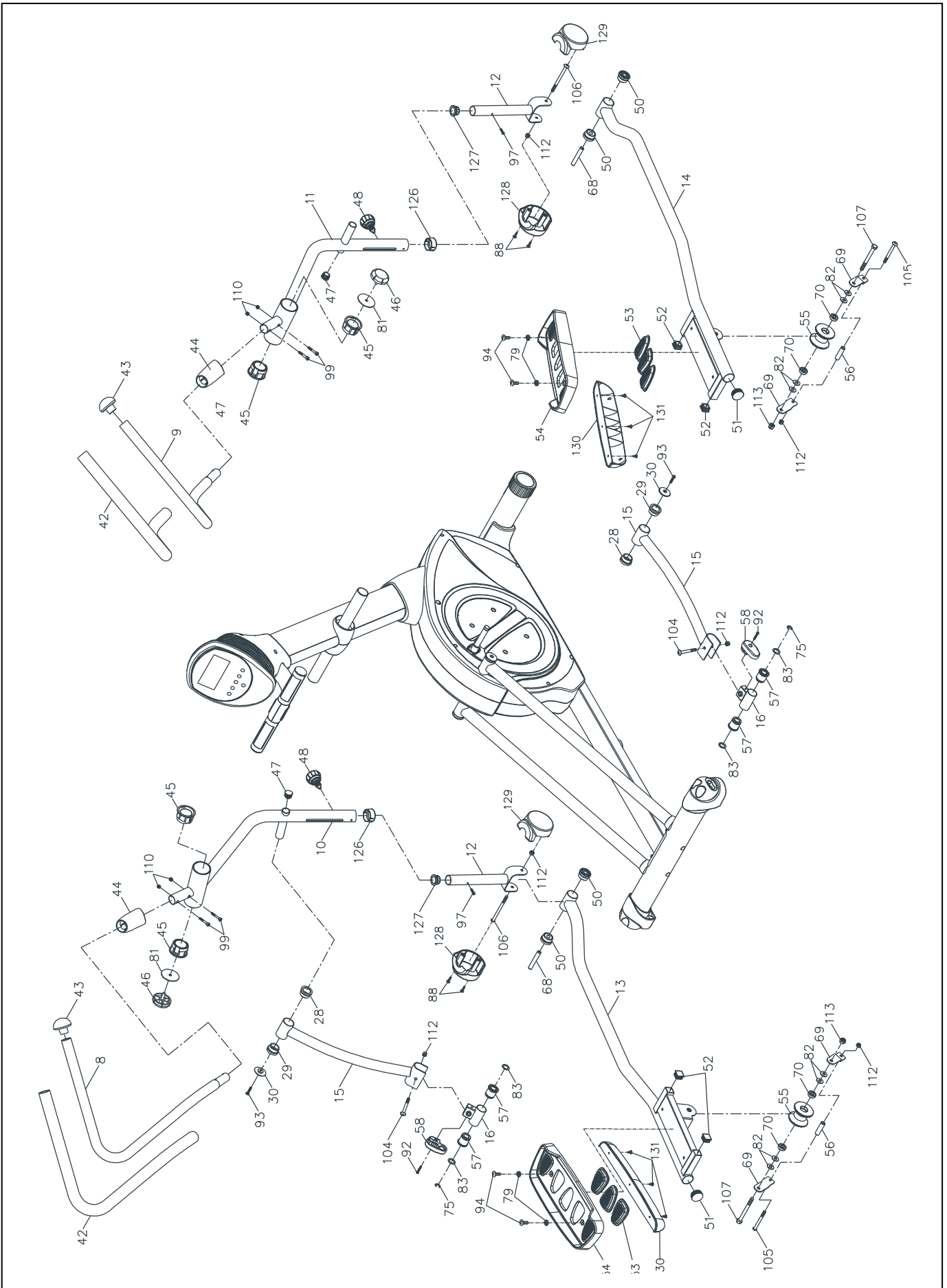
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



PRODUCT PARTS DRAWING (A)



PRODUCT PARTS DRAWING (B)



PART LIST

NO.	Part Name	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Sliding Rail	1
5	Right Sliding Rail	1
6	Upright Post	1
7	Fixed Handlebar	1
8	Left Upper Handlebar	1
9	Right Upper Handlebar	1
10	Left Middle Handlebar	1
11	Right Middle Handlebar	1
12	Pivoting Arm	2
13	Left Pedal Support Arm	1
14	Right Pedal Support Arm	1
15	Linkage	2
16	Pedal Arm Connector	2
17	Left Chain Cover	1
18	Right Chain Cover	1
19	Crank Cover	2
20	Pulley	1
21	Magnet	1
22	Belt (1168 J6)	1
23	Leveler	1
24	Tube Decoration Cover for Stabilizer	1
25	Transportation Wheel	2
26	EndCap	2
27	Adjusting Rear Stabilizer EndCap	2
28	Bushing	4
29	Bushing (flat)	4
30	Securing Cap (38.1mm)	4
31	Rail Sleeve	2
32	Console	1
33	Console Bottom Cover	1
34	Left Console Sleeve	1
35	Right Console Sleeve	1

NO.	Part Name	Q'ty
36	Rotator Cuff	2
37	Upright Sleeve	1
38	Hand Pulse Upper Cover	2
39	Hand Pulse Bottom Cover	2
40	Handlebar Decoration Cover	2
41	Round Plug	2
42	Foam Grip for Upper Handlebar	2
43	Handheld Plug	2
44	Handlebar Sleeve	2
45	Middle Handlebar Bushing	4
46	Securing Cap (φ 60)	2
47	Round Plug (25.4mm)	2
48	Spring Knob	2
50	Bushing (12x38mm)	4
51	Round Plug (38.1mm)	2
52	Square Plug (25.4mm)	4
53	Non-Slip Pad	6
54	Pedal Upper Case	2
55	Sliding Roller	2
56	Roller Spacer	2
57	Bushing (17x33.4mm)	4
58	Linkage Plug	2
59	Left Upright Post Cover	1
60	Right Upright Post Cover	1
61	Pulse Sensor Housing w/ Sensor Plate	4
62	Flywheel	1
63	Axle	1
64	Left Crank	1
65	Right Crank	1
66	Fixed Plate for Motor	1
67	Cable	1
68	Shaft Sleeve	2
69	Roller Bracket	4
70	Bearing (6000)	4
71	Bearing (6004)	2

PART LIST

NO.	Part Name	Q'ty
72	Bearing (6300)	2
73	Spacer (10x14x2mm)	2
74	C-Ring	1
75	E-Ring	2
76	Eye Bolt	2
77	Tension Bracket	2
78	Wave Washer	1
79	Lock Washer	15
80	Washer (8x16x2.0t)	11
81	Washer (8x60x2.0t)	2
82	Washer (10x23x2.0t)	10
83	Washer (17x33.4x0.5t)	4
84	Washer (21x30x0.5t)	2
85	Washer (21x30x1.0t)	1
86	Screw (M3x25mm)	4
87	Screw (M4x16mm)	4
88	Screw (M4x16mm)	7
89	Bolt (M5x18mm)	17
90	Bolt (M5xp0.8x25mm)	4
91	Bolt (M5xp0.8x15mm)	4
92	Bolt (M5xp0.8x25mm)	2
93	Bolt (M6xp1.0x25mm)	12
94	Bolt (M8xp1.25x16mm)	4
95	Bolt (M5xp0.8x12mm)	4
96	Bolt (M8xp1.25x15mm)	2
97	Bolt (M5xp0.8x15mm)	2
98	Bolt (M6xp1.0x15mm)	4
99	Bolt (M6xp1.0x35mm)	4
100	Bolt (M8xp1.25x45mm)	1
101	Bolt (M8xp1.25x90mm)	2
102	Bolt (M8xp1.25x16mm)	4

NO.	Part Name	Q'ty
103	Bolt (M8xp1.25x20mm)	4
104	Bolt (M8xp1.25x50mm)	2
105	Bolt (M8xp1.25x65mm)	2
106	Bolt (M8xp1.25x90mm)	2
107	Bolt (M10xp1.5x85mm)	2
108	Bolt (M8xp1.25x16mm)	4
109	Carriage Bolt (M8xp1.25x90mm)	2
110	Nylon Nut (M6xp1.0)	6
111	Thin Nylon Nut (M8xp1.25)	4
112	Nylon Nut (M8xp1.25)	13
113	Nylon Nut (M10xp1.5)	3
114	Nut (M8xp1.25)	1
115	Flange Nut (M10)	2
116	Flange Nut - Black Color (M10)	2
117	Upper Connection Wire	1
118	Middle Connection Wire	1
119	Lower Connection Wire	1
120	Sensor Wire & Stand	1
121	Motor	1
122	Adaptor Connection Wire	1
123	Adaptor	1
124	Upper Pulse Sensor Wire	1
125	Lower Pulse Sensor Wire	1
126	Middle Handlebar Connection Plug	2
127	Pivoting Arm Connection Plug	2
128	Left Handrail Base Cover	2
129	Right Handrail Base Cover	2
130	Pedal Bottom Case	2
131	Screw (M4x10mm)	6

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	Frame	Brake	Parts & Electronics	Labor
VT-3.4 USA Only	Lifetime	Lifetime	5 years	2 years
VT-3.4 Canada	Lifetime	Lifetime	5 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.

FORM WS-1 (rev. 03/2008)

