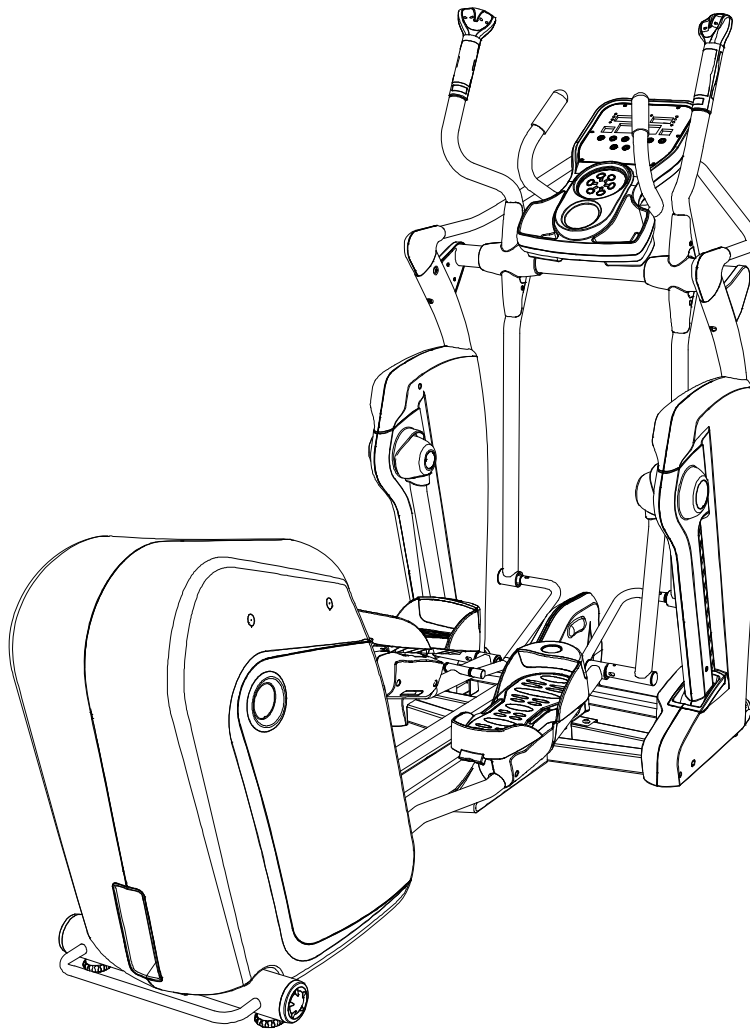


SMOOTH AGILE TRAINER



USER WEIGHT LIMITATION: **350lbs(160kgs).**

SERIAL NUMBER (found on frame):



PREASSEMBLY

For future service or related questions:

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

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

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

Gather your tools:

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

Clear your work area:

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

Invite a friend:

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

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

Power Requirements:

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

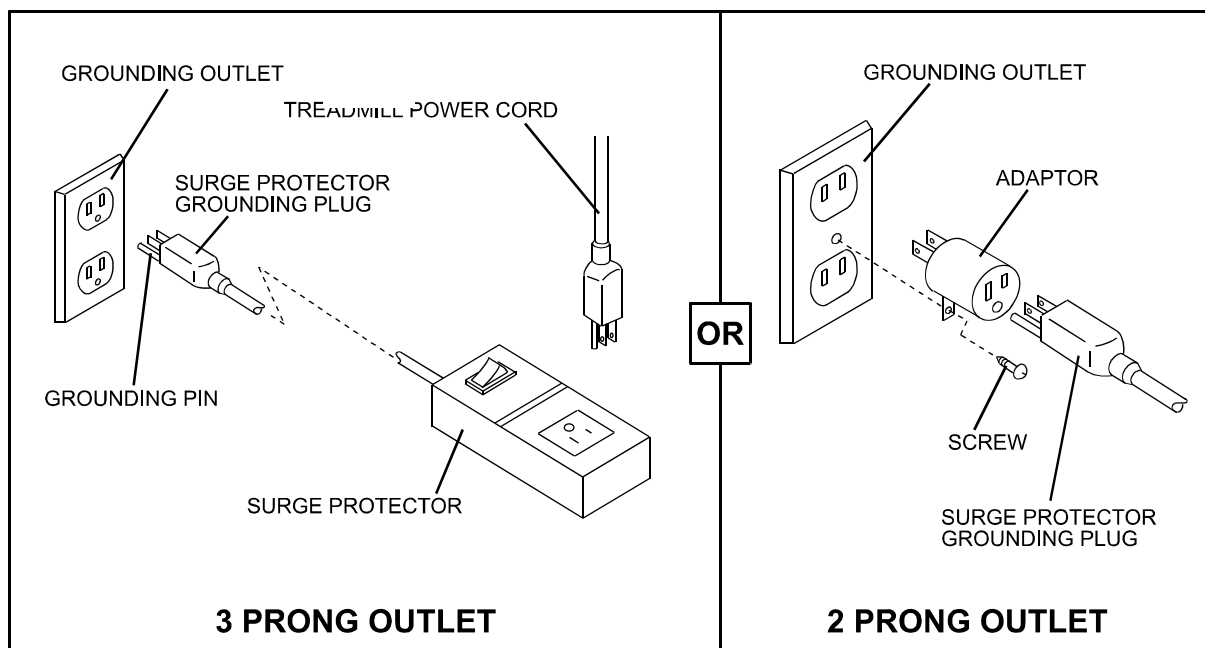
This AGILE Trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of AGILE Trainer damage, always use a surge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

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

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

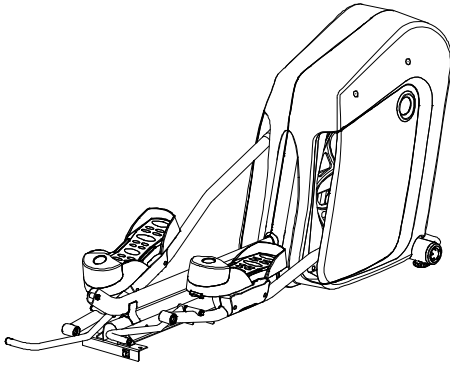
This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.

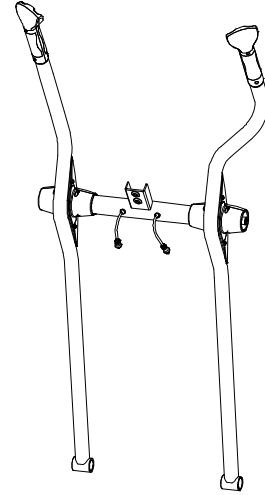


SUPPLIED COMPONENTS

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

BOX - A

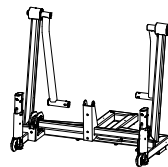
Main Frame Assembly



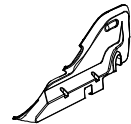
Handlebar Assembly

BOX - B

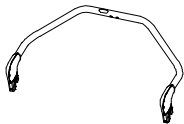
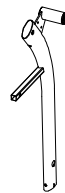
Fixed Handlebar



Base Frame



Undercarriage Cover

Console Support
Tube

Upright-Left

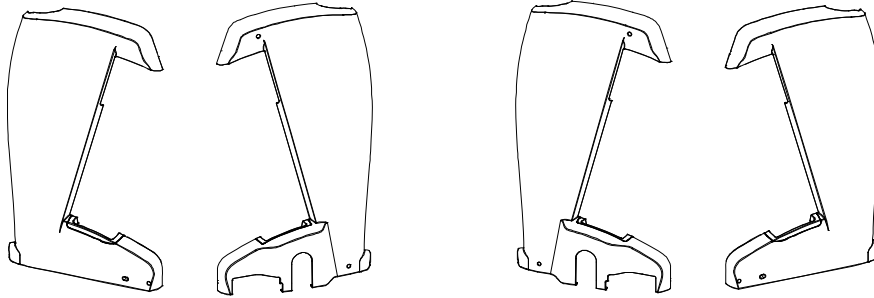


Upright-Right

SUPPLIED COMPONENTS

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

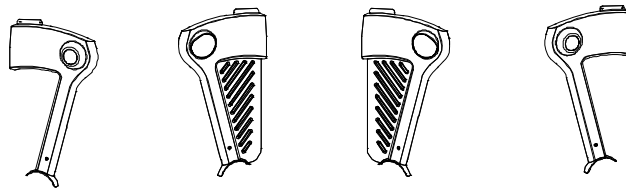
BOX - C



Front Side Panel

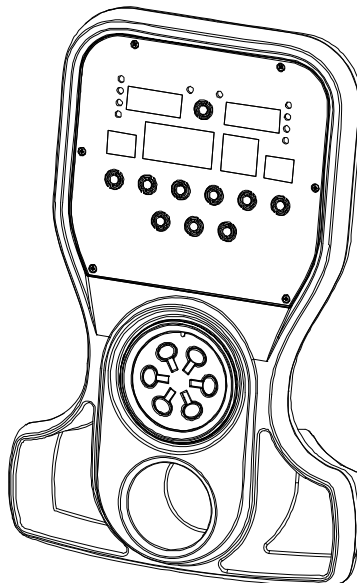
[709 / 710]

[712 / 711]



Pivot Arm Cover

BOX - D



Computer






















SUPPLIED HARDWARE






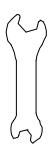
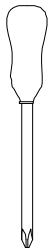
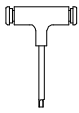




This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

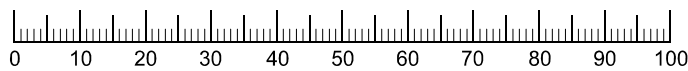
BOX - E

-  **701 Upright Side Cover-Left**
-  **702 Upright Side Cover-Right**
-  **703 Console Back Cover**

-  **717 Pivot Cap 2PCS**
-  **718 Pivot Side Cap 2PCS**
-  **721 Pedal Arm Front Pivot 4PCS**

501		12 x 62 - M10 x 20mm Bolt	2PCS	512		4 x 12mm Screw	10PCS
502		20 x 78 - M14 x 35mm Bolt	2PCS	513		4 x 19mm Screw	6PCS
503		M5 x 8mm Screw	2PCS	514		12 x 18 x 24.5mm Sleeve	2PCS
504		M8 x 20mm Allen Head Bolt	4PCS	515		12 x 22 x 2 Washer	2PCS
505		M8 x 40mm Allen Head Bolt	2PCS	516		M5 x 6mm Bolt	2PCS
506		M8 x 65mm Allen Head Bolt	2PCS	517		M8 Nylon Nut	4PCS
507		M10 x 20mm Allen Head Bolt	4PCS	518		8x20x1.5mm Cup Washer	4PCS
508		M10 x 62mm Allen Head Bolt	1PCS	519		M8x105x20mm Carriage Bolts	4PCS
509		M6 x 40mm Screw	2PCS	520		M6x12mm Allen Head Bolt	8PCS
510		12 x 20 x 2 Spring Washer	2PCS	521		6x13x1mm Washer	8PCS
511		M10 Nylon Nut	1PCS				

A	B	C	D	E	F	G	H	I
Screwdriver-L	2.5mm Allen key	5mm Allen key	6mm Allen key	8mm Allen key	Wrench	Slotted Screwdriver	5mm Allen Wrench	Water Bottle
(1 piece)	(1 piece)	(1 piece)	(1 piece)	(1 piece)	(1 piece)	(1 piece)	(1 piece)	(1 piece)
								
		J		K		L		
		PowerCord		Chest Belt		4mm Allen key		
		(1 piece)		(1 piece)		(1 piece)		
								



MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Fixed Handlebar	1	AGILE-101
102	Crossbar	1	AGILE-102
103	Console Support Tube	1	AGILE-103
104	Base Frame	1	AGILE-104
105	Main Frame	1	AGILE-105
106	Pedal Arm-Left	1	AGILE-106
107	Pedal Arm-Right	1	AGILE-107
108	Action Handlebar - Left	1	AGILE-108
109	Action Handlebar - Right	1	AGILE-109
110	Upright-Left	1	AGILE-110
111	Upright-Right	1	AGILE-111
112	Moving Linkage-Left	1	AGILE-112
113	Moving Linkage-Right	1	AGILE-113
114	Incline Frame	1	AGILE-114
115	Incline Transmission Tube-Front	1	AGILE-115
116	Incline Transmission Tube-Back	1	AGILE-116
117	Clamp Bracket	2	AGILE-117
118	Flywheel	1	AGILE-118
119	Tension Wheel Bracket	1	AGILE-119
120	Pedal Swing Arm	2	AGILE-120
121	Hold Base-Front	1	AGILE-121
122	Hold Base-Back	1	AGILE-122
200			
201	Bearing 6004	4	AGILE-201
202	Bearing 6005	2	AGILE-202
203	Bearing 6300	6	AGILE-203
204	Bearing 6804	4	AGILE-204
205	Bearing 2203	2	AGILE-205
206	Bearing 6205	4	AGILE-206
207	Bearing 608zz	8	AGILE-207
208	Action Handlebar Shaft Bushing 2"x38-20	2	AGILE-208
209	Action Handlebar Shaft Bushing 2"x38-9	2	AGILE-209
210	Elector-magnetic System	1	AGILE-210
211	Oil-Impregnated Bearing	2	AGILE-211
212	Clamp Bushing- Top	2	AGILE-212
213	Clamp Bushing- Bottom	2	AGILE-213
214	Belt	1	AGILE-214

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
215	Aluminum Disk	1	AGILE-215
216	Crank	1	AGILE-216
217	Crank 25x186.7	1	AGILE-217
218	Crank Disk Axle	1	AGILE-218
219	Wheel	2	AGILE-219
220	Pedal Buffer Set	2	AGILE-220
221	Level Adjuster	2	AGILE-221
222	Crank Disk	1	AGILE-222
224	Fixed Handlebar End Cap	2	AGILE-224
225	Hand Pulse Sensor Cover	2	AGILE-225
226	Oval Tube Cap	2	AGILE-226
227	Hand Pulse Sensor Back Cover	2	AGILE-227
228	Fixed Handlebar Foam Grip	2	AGILE-228
229	Electro-magnetic System Bracket	1	AGILE-229
230	Flywheel Axle Fixing Plate	1	AGILE-230
231	Speed Sensor Base	1	AGILE-231
232	Pedal Support Base	2	AGILE-232
233	Pedal Fixing Base	2	AGILE-233
234	Crank Disk Oval Cap	1	AGILE-234
235	Switch Fascia	1	AGILE-235
238	Bearing 2201	2	AGILE-238
239	5/16" Cable Tie	1	AGILE-239
240	1/8" Cable Tie	1	AGILE-240
241	3/8" Cable Tie	4	AGILE-241
242	Wheel Bushing	4	AGILE-242
243	Bearing 6000	3	AGILE-243
244	Self-adhesive Wire Clip	1	AGILE-244
245	Incline Frame Bushing #1	2	AGILE-245
246	Incline Frame Bushing #2	2	AGILE-246
247	Incline Frame Bushing #3	2	AGILE-247
248	Incline Frame Bushing #4	23	AGILE-248
249	3/16" Cable Tie	1	AGILE-249
250	1/4" Cable Tie	9	AGILE-250
252	Bearing Support Tube	1	AGILE-252
253	Rear Shroud Holder	1	AGILE-253
300			
302	Rear Shroud-Left	1	AGILE-302
303	Rear Shroud-Right	1	AGILE-303

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
304	Rear Side Panel-Left	1	AGILE-304
305	Rear Side Panel-Right	1	AGILE-305
306	Switch Plate	1	AGILE-306
307	Pedal	2	AGILE-307
308	Toe Cap	2	AGILE-308
309	Pedal Soft Cushion	2	AGILE-309
310	Pedal Bushing Cover-Left	2	AGILE-310
311	Pedal Bushing Cover-Right	2	AGILE-311
312	Console Housing - Upper	1	AGILE-312
313	Console Housing – Bottom	1	AGILE-313
314	Console Plastic Cover	1	AGILE-314
315	Rubber Strip-4	4	AGILE-315
316	Rubber Strip-3	4	AGILE-316
317	Rubber Strip-2	4	AGILE-317
318	Rear Shroud Plug-1	2	AGILE-318
319	Rear Shroud Plug-2	2	AGILE-319
320	Rubber Strip-1	4	AGILE-320
321	Cable Plug	2	AGILE-321
322	Incline Transmission Tube Holder	1	AGILE-322
323	Moving Linkage Bushing	4	AGILE-323
324	Control Board Cover	1	AGILE-324
325	Pedal Swing Arm Cap	2	AGILE-325
326	Taper Fixing Insert	35	AGILE-326
327	Support Lump	1	AGILE-327
328	Oblong Cushion	2	AGILE-328
329	Circular Cushion	2	AGILE-329
330	Rubber Cushion – Front	2	AGILE-330
331	Rubber Cushion – Rear	2	AGILE-331
332	Fixing Insert	22	AGILE-332
333	Fixing Insert-Metal Inside	7	AGILE-333
336	Action Handlebar Front Cover	4	AGILE-336
337	Action Handlebar Cover	2	AGILE-337
338	Elbow-Left	2	AGILE-338
339	Elbow-Right	2	AGILE-339
340	Button	1	AGILE-340
341	Taper Fixing Insert-Metal Inside	3	AGILE-341

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
400			
402	25 x 10 x 55 - M10 x 15mm Bolt	2	AGILE-402
403	M5 x 8mm Allen Head Bolt	7	AGILE-403
404	M6 x 12mm Allen Head Bolt	11	AGILE-404
405	M8 x 15mm Allen Head Bolt	23	AGILE-405
406	M8 x 25mm Allen Head Bolt	2	AGILE-406
407	M10 x 20mm Allen Head Cap Bolt	4	AGILE-407
408	M10 x 40mm Allen Head Bolt	1	AGILE-408
409	M4 X 40mm Allen Head Cap Bolt	1	AGILE-409
410	M8 x 50mm Allen Head Cap Bolt	2	AGILE-410
411	M10 x 40mm Allen Head Cap Bolt	2	AGILE-411
412	M12 x 70mm Allen Head Cap Bolt	2	AGILE-412
414	M8 x 20mm Bolt	6	AGILE-414
415	M3 x 8mm Screw	2	AGILE-415
416	M8 x 65mm Allen Head Cap Bolt	2	AGILE-416
417	M6 x 12mm Allen Head Cap Bolt	2	AGILE-417
418	M8 x 16mm Allen Head Cap Bolt	4	AGILE-418
419	M8 x 90mm Allen Head Bolt	4	AGILE-419
421	M8 Nylon Nut	8	AGILE-421
422	M10 Nylon Nut	3	AGILE-422
423	M14 Nylon Nut	3	AGILE-423
424	M8 Blind Nut	2	AGILE-424
425	M6 x 15mm Screw	2	AGILE-425
426	3/4" x 16 Nut	2	AGILE-426
427	Flywheel Axle	1	AGILE-427
428	10 x 36mm Shaft	2	AGILE-428
429	12 x 210 - M14 x 70mm Shaft	1	AGILE-429
430	Bushing 12 x 60	4	AGILE-430
431	M4 x 15mm Screw	2	AGILE-431
432	4 x 12mm Round Head Screw	8	AGILE-432
433	Action Handlebar Shaft	1	AGILE-433
434	Pedal Arm Support Axle	2	AGILE-434
435	Crank Axle Bushing	2	AGILE-435
436	M10 C Clip	6	AGILE-436
437	M12 C Clip	2	AGILE-437

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
438	M42 C Clip	2	AGILE-438
439	10 x 18 x T1.0 Fiber Washer	2	AGILE-439
440	15 x 8 x T2.0 Spring Washer	11	AGILE-440
441	10 x 16 x T2.0 Spring Washer	7	AGILE-441
442	20 x 6 x T2.0 Washer	3	AGILE-442
443	32 x 6 x T2.0 Washer	1	AGILE-443
444	35 x 14 x T2.0 Washer	2	AGILE-444
445	10 x 18 x T5.1 Washer	4	AGILE-445
446	M3 x 16mm Screw	2	AGILE-446
447	M3 x 10mm Screw	18	AGILE-447
448	4 x 12mm Screw	38	AGILE-448
449	M2 x 6mm Screw	8	AGILE-449
450	4 x 12mm Coarse Thread Screw	23	AGILE-450
451	M32 C Clip	2	AGILE-451
452	M4 x 45mm Screw	2	AGILE-452
453	M4 x 8mm Screw	4	AGILE-453
454	7 x 12 - M5 x 5mm Pin Nut	4	AGILE-454
456	10 x 23 x T2.0 Washer	4	AGILE-456
457	6 x 10 x 1 Spring Washer	2	AGILE-457
458	28.6 x 35.5 Bushing	2	AGILE-458
459	12 x 20 x 0.5 Washer	2	AGILE-459
460	12 x 20 x 2 PU Washer	2	AGILE-460
461	4 x 12mm Self Tapping Screw	6	AGILE-461
462	M8 x 16mm Bolt	8	AGILE-462
463	4 x 12mm Screw-cone point	4	AGILE-463
464	4 x 30mm Screw	2	AGILE-464
465	M4 Nut	2	AGILE-465
466	M5 Nut	2	AGILE-466
467	5 x 0.6mm Lock Washer	1	AGILE-467
468	M5 x 15mm Screw	1	AGILE-468
500			
501	12 x 62 - M10 x 20mm Bolt	2	AGILE-501
502	20 x 78 - M14 x 35mm Bolt	2	AGILE-502
503	M5 x 8mm Screw	2	AGILE-503
504	M8 x 20mm Allen Head Bolt	4	AGILE-504
505	M8 x 40mm Allen Head Bolt	2	AGILE-505
506	M8 x 65mm Allen Head Bolt	2	AGILE-506
507	M10 x 20mm Allen Head Bolt	4	AGILE-507
508	M10 x 62mm Allen Head Bolt	1	AGILE-508
509	M6 x 40mm Screw	2	AGILE-509

COMPLETE PARTS LIST

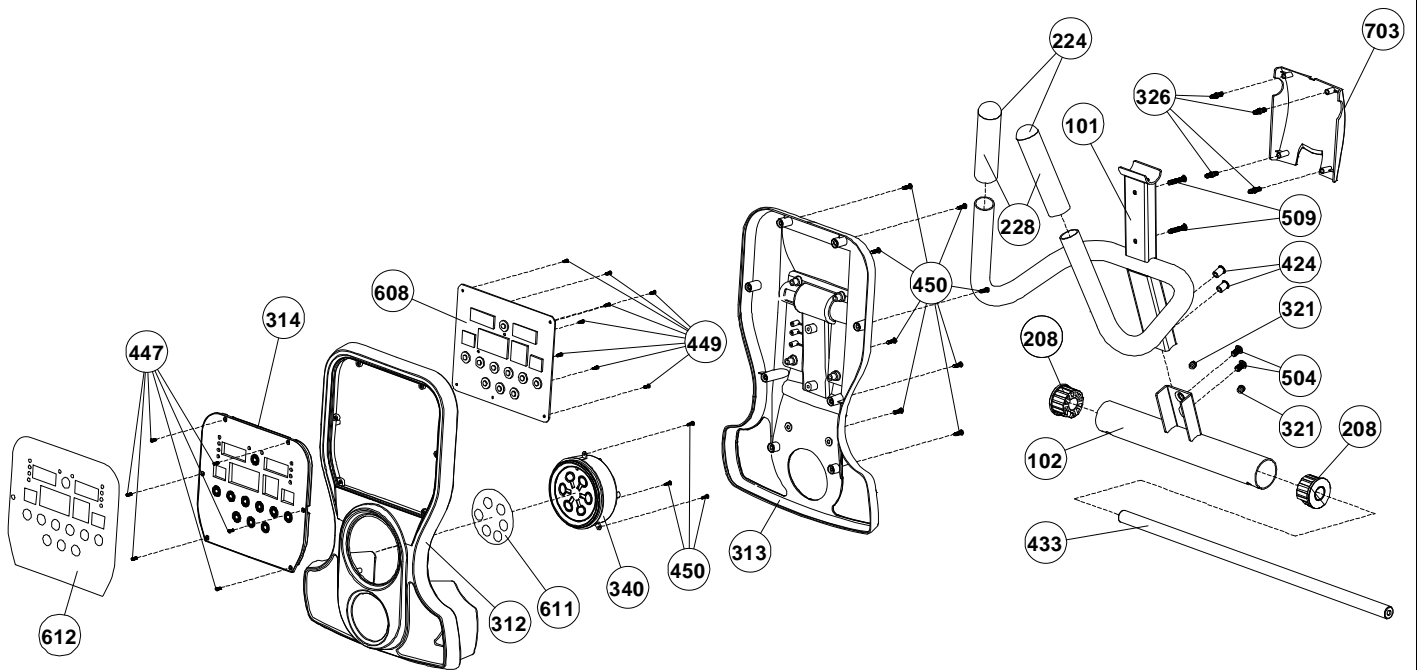
Item No.	Description	Qty.	Part No.
510	12 x 20 x 2 Spring Washer	2	AGILE-510
511	M10 Nylon Nut	1	AGILE-511
512	4 x 12mm Screw	10	AGILE-512
513	4 x 19mm Screw	6	AGILE-513
514	12 x 18 x 24.5mm Sleeve	2	AGILE-514
515	12 x 22 x 2 Washer	2	AGILE-515
516	M5 x 6mm Bolt	2	AGILE-516
517	M8 Nylon Nut	4	AGILE-517
518	8 x 20 x 1.5mm Cup Washer	4	AGILE-518
519	M8 x 105 x 20mm Carriage Bolt	4	AGILE-519
520	M6 x 12mm Allen Head Bolt	8	AGILE-520
521	6 x 13 x 1mm Washer	8	AGILE-521
600			
601	Speed Sensor	1	AGILE-601
602	Magnetic Sensor	1	AGILE-602
603	Power Switch	1	AGILE-603
604	Power Breaker	1	AGILE-604
605	Power Insert Set	1	AGILE-605
606	Receiver	1	AGILE-606
607	Transformer	1	AGILE-607
608	Computer PC Board	1	AGILE-608
609	Elevation Motor	1	AGILE-609
610	Control Board	1	AGILE-610
611	Button Sticker	1	AGILE-611
612	Overlay	1	AGILE-612
613	Elector-magnetic Wire	1	AGILE-613
614	Power Connect Wire	3	AGILE-614
615	8Pin Power Wire-Top 200mm	1	AGILE-615
616	8Pin Power Wire-Upper 1000mm	1	AGILE-616
617	8Pin Power Wire-Middle 900mm	1	AGILE-617
618	8Pin Power Wire-Lower 800mm	1	AGILE-618
619	8Pin Power Wire-Bottom 2700mm	1	AGILE-619
620	3C Power Wire 1000mm	1	AGILE-620
621	Hand Pulse Sensor Wire-Top 350mm	2	AGILE-621
622	Hand Pulse Sensor Wire-Upper 620mm	2	AGILE-622
623	Hand Pulse Sensor Wire-Lower 650mm	2	AGILE-623
624	Receiver Wire 350mm	1	AGILE-624
626	Control Board Connect Wire 250mm	1	AGILE-626

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
700			
701	Upright Side Cover-Left	1	AGILE-701
702	Upright Side Cover-Right	1	AGILE-702
703	Console Back Cover	1	AGILE-703
704	Pivot Arm Cover-LL	1	AGILE-704
705	Pivot Arm Cover-LR	1	AGILE-705
706	Pivot Arm Cover-RR	1	AGILE-706
707	Pivot Arm Cover-RL	1	AGILE-707
708	Pivot Arm Insert	2	AGILE-708
709	Front Side Panel-LL	1	AGILE-709
710	Front Side Panel-LR	1	AGILE-710
711	Front Side Panel-RR	1	AGILE-711
712	Front Side Panel-RL	1	AGILE-712
713	Front Side Frame-LL	1	AGILE-713
714	Front Side Frame-LR	1	AGILE-714
715	Front Side Frame-RR	1	AGILE-715
716	Front Side Frame-RL	1	AGILE-716
717	Pivot Cap	2	AGILE-717
718	Pivot Side Cap	2	AGILE-718
719	Undercarriage Cover-Left	1	AGILE-719
720	Undercarriage Cover-Right	1	AGILE-720
721	Pedal Arm Front Pivot Cover	4	AGILE-721
A	Screwdriver-L	1	AGILE-A
B	2.5mm Allen Key	1	AGILE-B
C	5mm Allen Key	1	AGILE-C
D	6mm Allen Key	1	AGILE-D
E	8mm Allen Key	1	AGILE-E
F	14 x 17 Wrench	1	AGILE-F
G	Slotted Screwdriver	1	AGILE-G
H	5mm Allen Wrench	1	AGILE-H
I	Water Bottle	1	AGILE-I
J	Power Cord	1	AGILE-J
K	Chest Belt	1	AGILE-K

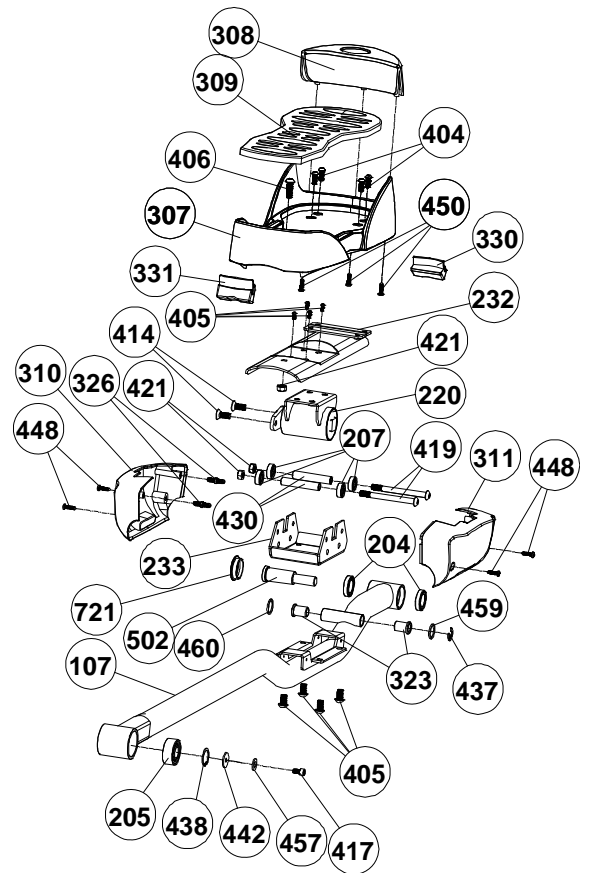
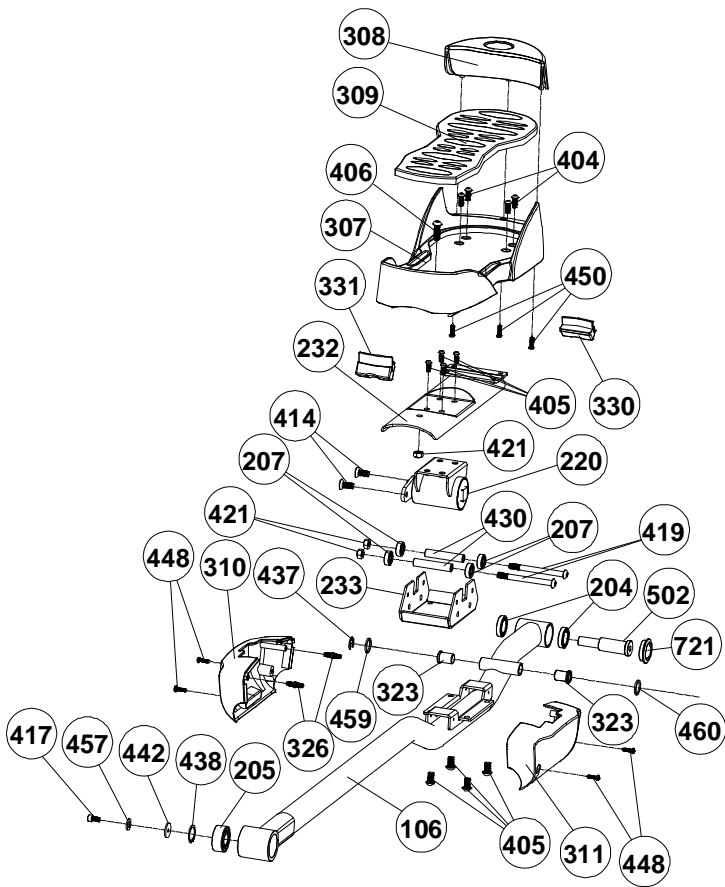
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



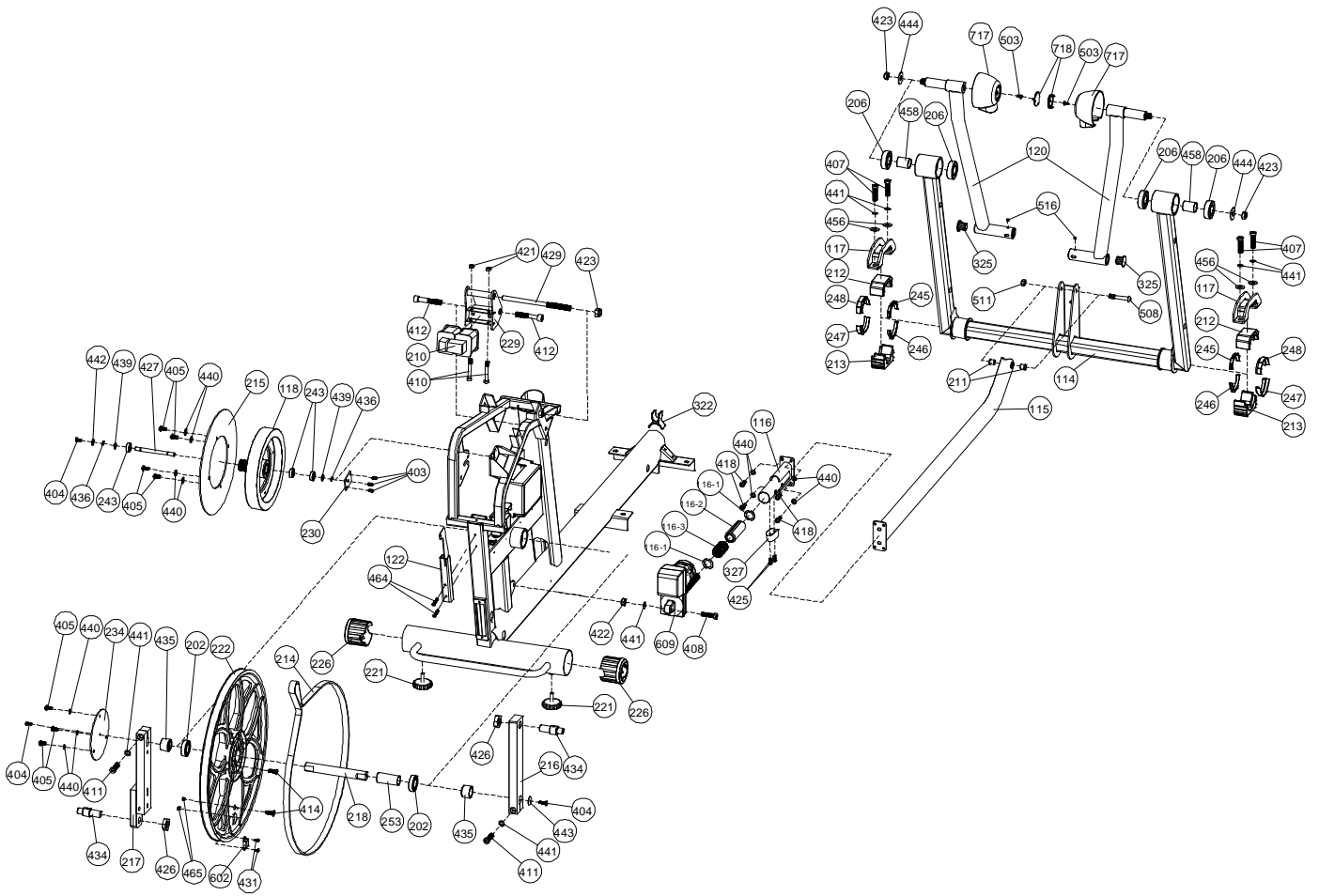
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



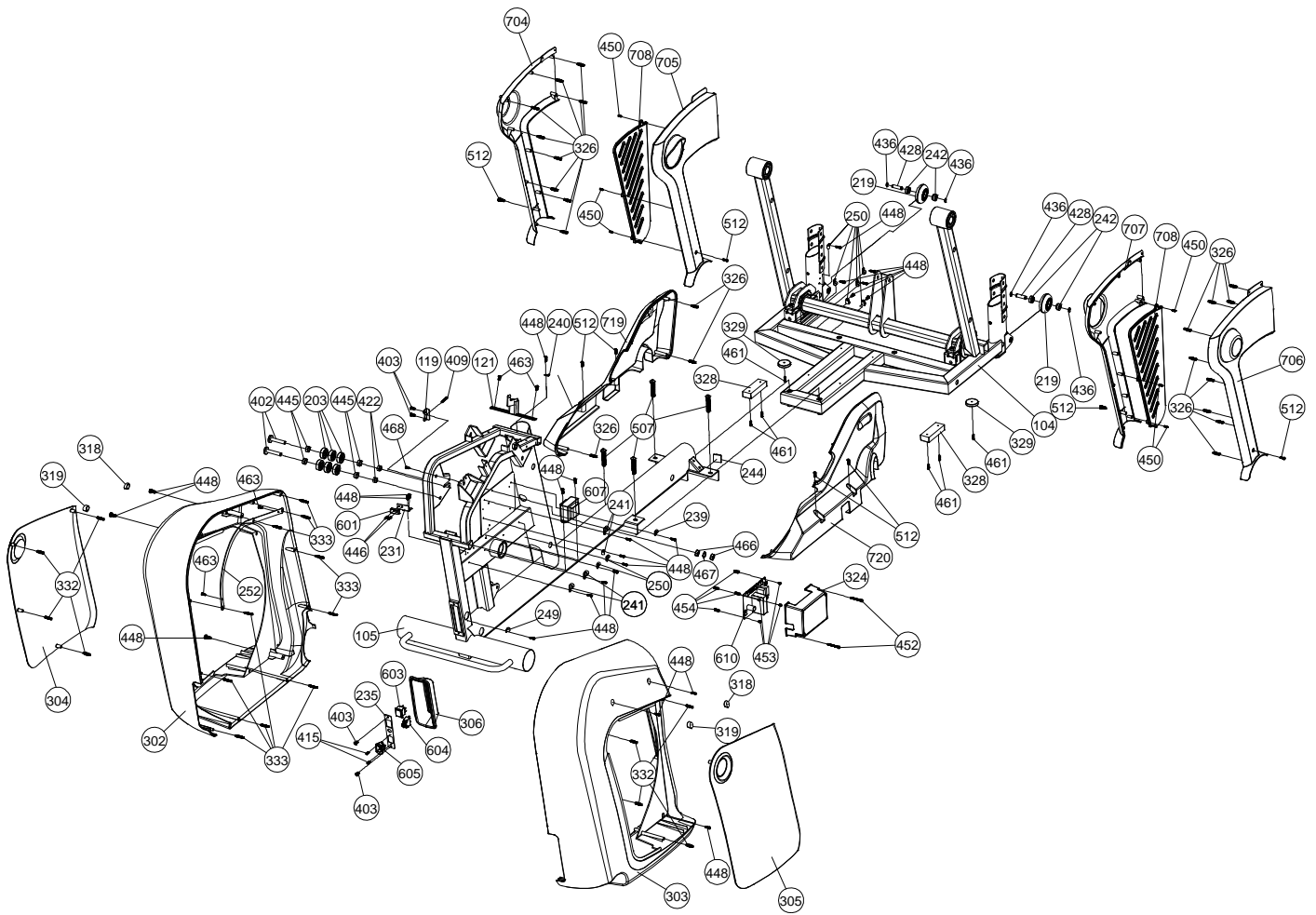
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



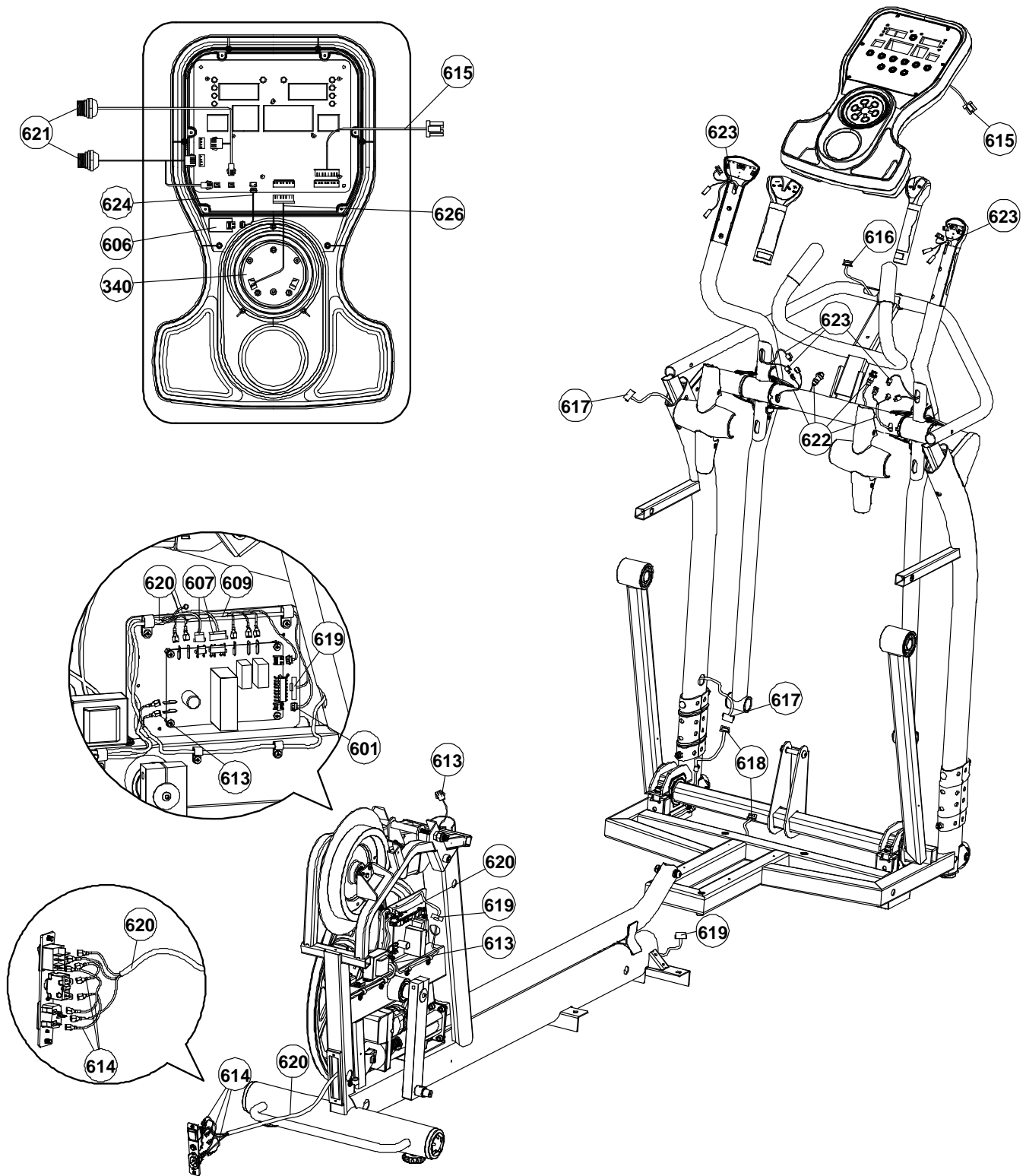
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.

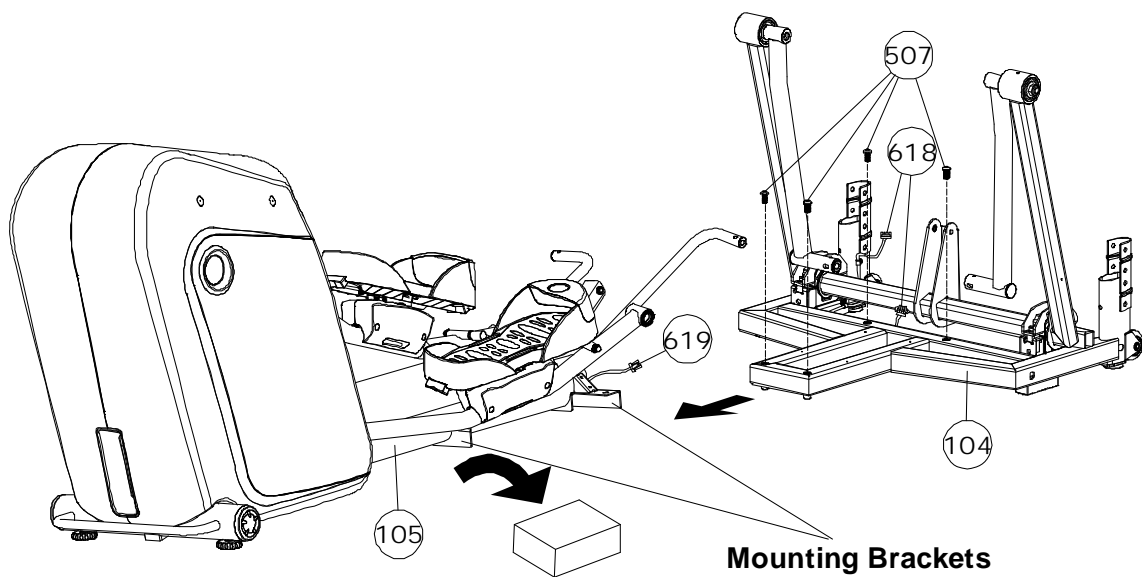
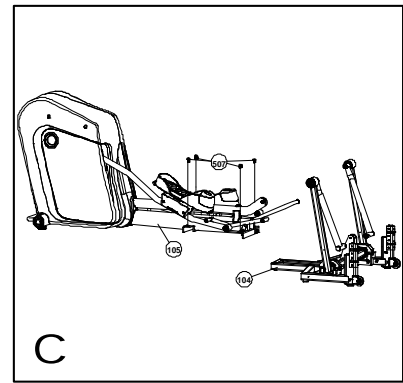
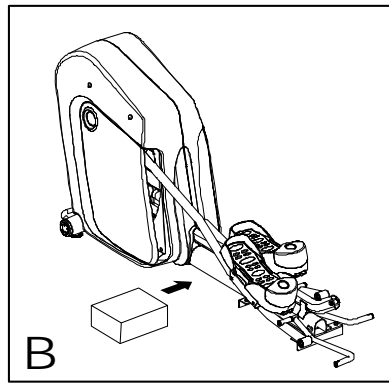
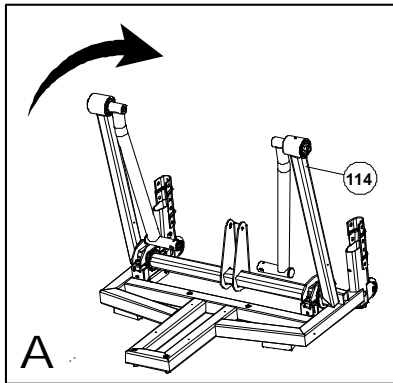


ASSEMBLY

STEP 1: Connect the Main Frame to Base Frame

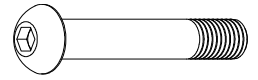
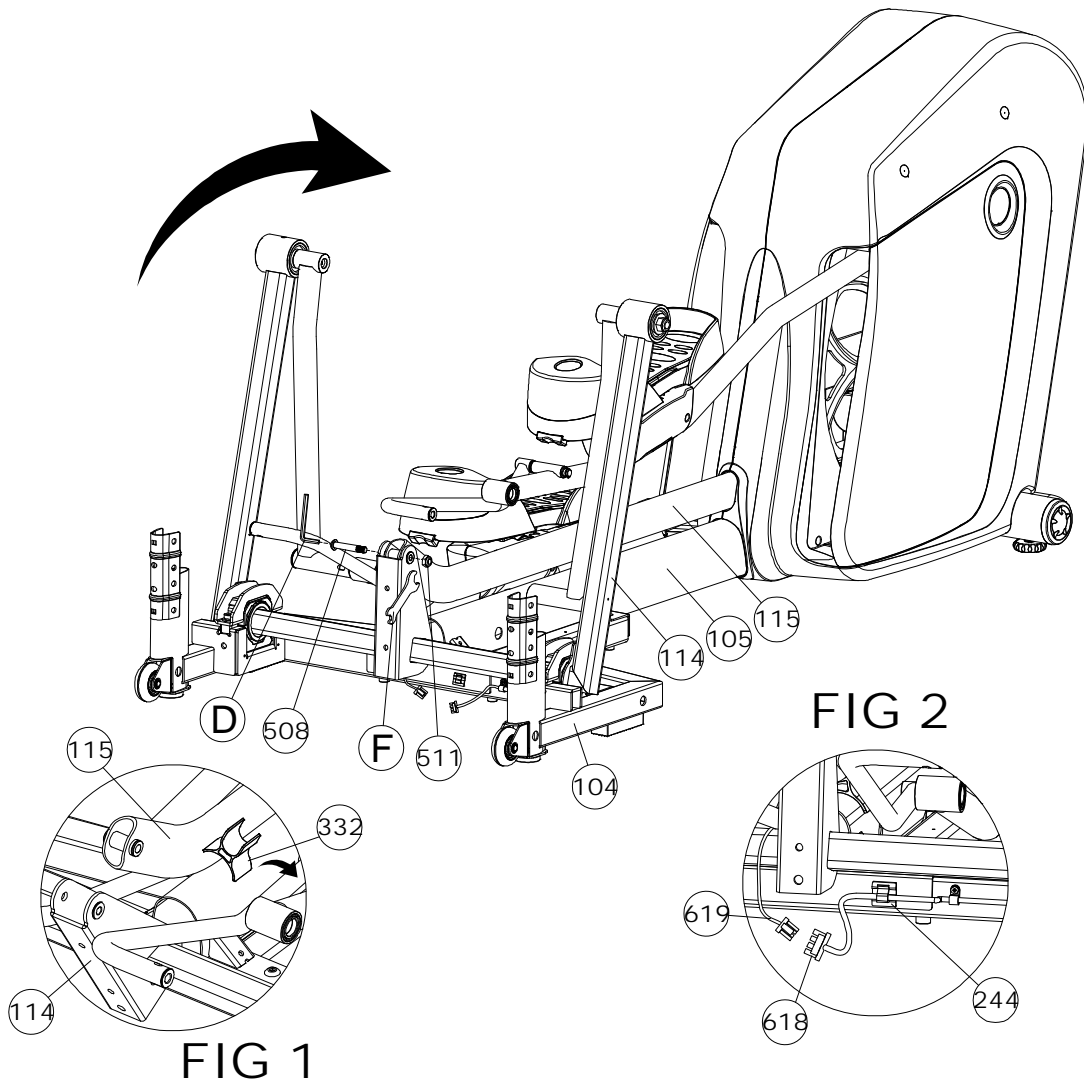
- (A) Rotate Incline Frame (114) up to vertical position.
- (B) Place cardboard block under Main Frame tube to provide clearance to position Base Frame (104) for assembly.
- (C) Position Base Frame (104) under mounting bracket of the Main Frame (105) and align the 4 hole bolt pattern.
- (D) Remove cardboard block and lower Main Frame (105) onto Base Frame (104). Mounting Brackets should seat fully onto Base Frame (104). Secure using four M10 x 20mm Allen Head Bolts (507).

507 X4



ASSEMBLY**STEP 2: Connect the Incline Transmission Tube**

- (A) Remove the Incline Transmission Tube Holder (322), and discard.
- (B) Rotate the Incline Frame (114) to align the bolt holes with the mating bolt holes in the Incline Transmission Tube-Front (115).
- (C) Assemble the Incline Transmission Tube-Front (115) to the Base Frame (104) with M10 x 62mm Allen Head Bolt (508) and M10 Nylon Nut (511) by 6mm Allen Key (D) and Wrench (F).
- (D) Connect the 8Pin Power Wire-Lower (618) to the 8Pin Power Wire -Bottom (619), and fixed the wire into the Self-adhesive Wire Clip (244).

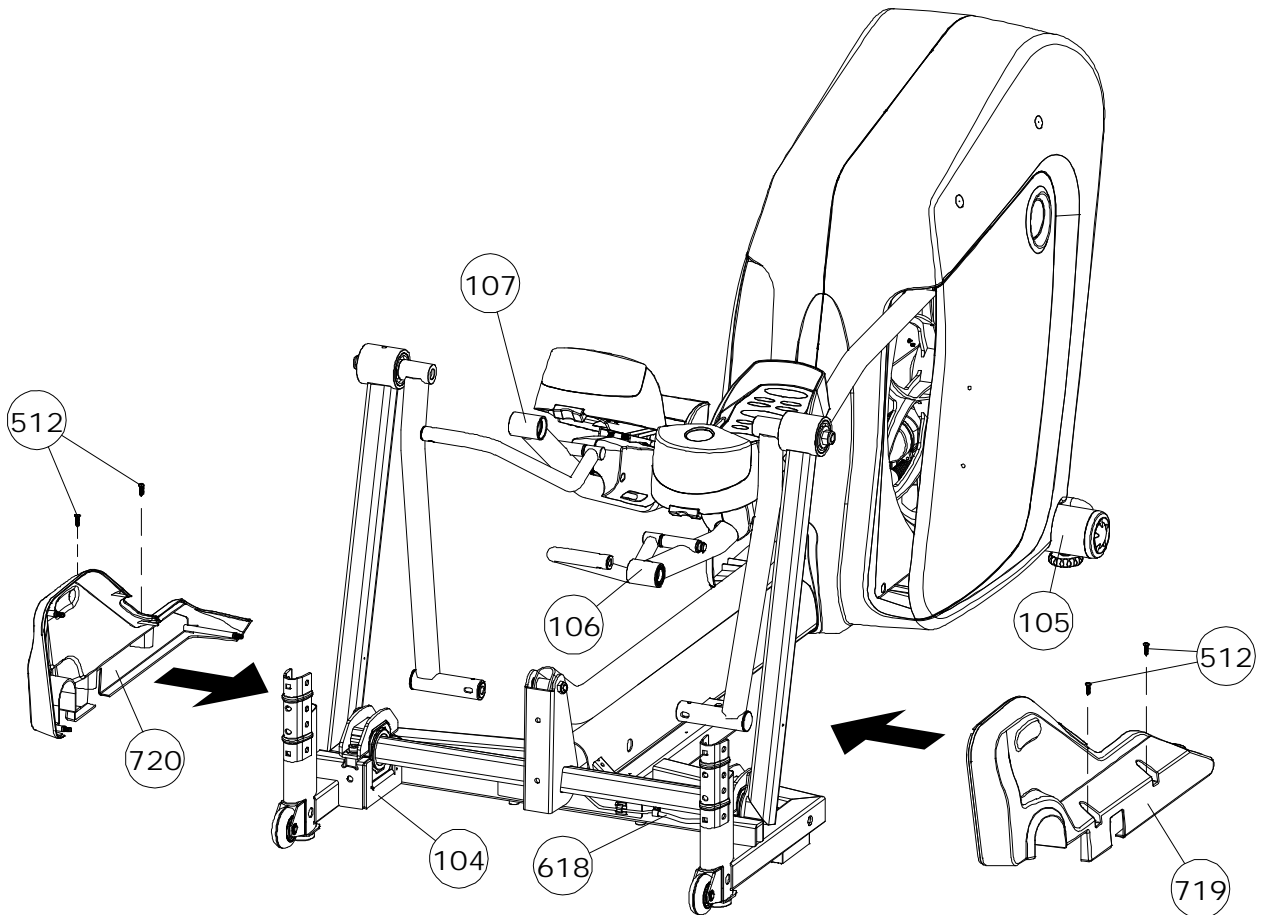
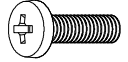
508 X1**511 X1**

ASSEMBLY**STEP 3: Assemble the Undercarriage Covers**

NOTE : THE UNDERCARRIAGE COVER-LEFT(719) FITS OVER THE 8PIN POWER WIRE-LOWER (618). BE CAREFUL NOT TO DISCONNECT THE WIRE WHEN ASSEMBLING THE UNDERCARRIAGE COVER -LEFT (719).

(A) Lift the Pedal Arm and assemble the Undercarriage Cover-Left (719) to the Base Frame (104), and secure using four 4 x 12mm Screws (512).

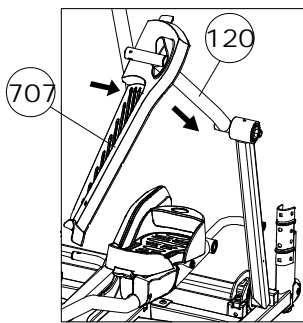
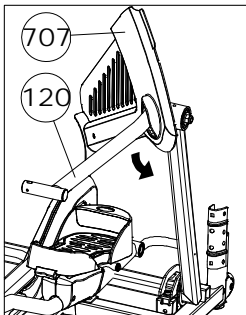
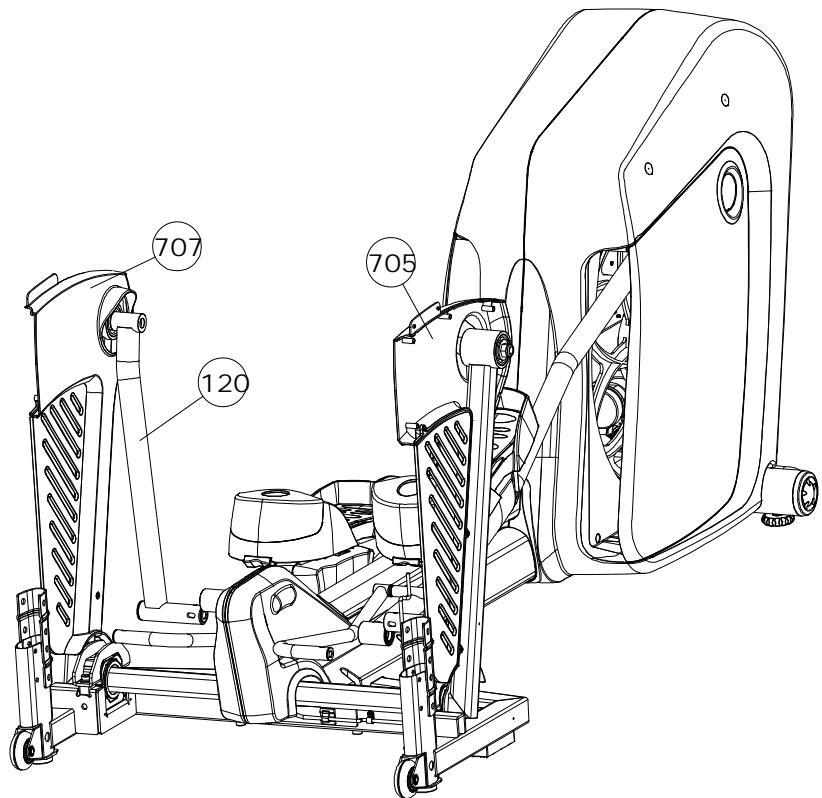
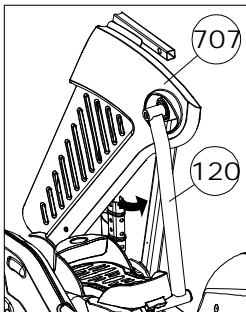
(B) Repeat the above procedure to assemble the right side.

512 X4

ASSEMBLY**STEP 4: Attach the Pivot Arm Covers**

(A) Thread the free end of the Pedal Swing Arm (120) through the hole in the Pivot Arm Cover-RL (707) and maneuver the Pivot Arm Cover-RL(120) to it's final upright position. See the illustrations in STEP1, STEP2, and STEP3.

(B) Repeat the above procedure to assemble the left side.

STEP1**STEP2****STEP3**

ASSEMBLY

STEP 5: Assemble the Upright

(A) Assemble the Upright-Left (110) and Upright-Right (111) to the Handlebar assembly and secure using two M8 x 56mm Allen Head Bolts (506). **Do not completely tighten M8 x 56mm Allen Head Bolts until step D.**

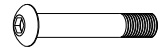
(B) Place the Upright Assembly to the Base Frame (104) and secure with M6 x 12mm Allen Head Bolt (520) and 6 x 13 x 1mm Washer (521). **Do not completely tighten M6 x 12mm Allen Head Bolts until STEP 11.**

(C) Align the M8x105x20mm Carriage Bolt (519) with M8x20x1.5mm Cup Washer (517) to thread the Upright and Base Frame, and then use the M8 Nylon Nut to tight (517). **Do not completely tighten M8 Nylon Nut until STEP 11.**

(D) Tighten M8 x 56mm Allen Head Bolt (506).

(E) Connect the 8Pin Power Wire-Lower (618) to the 8Pin Power Wire-Middle (617).

506 X2



517 X4



518 X4



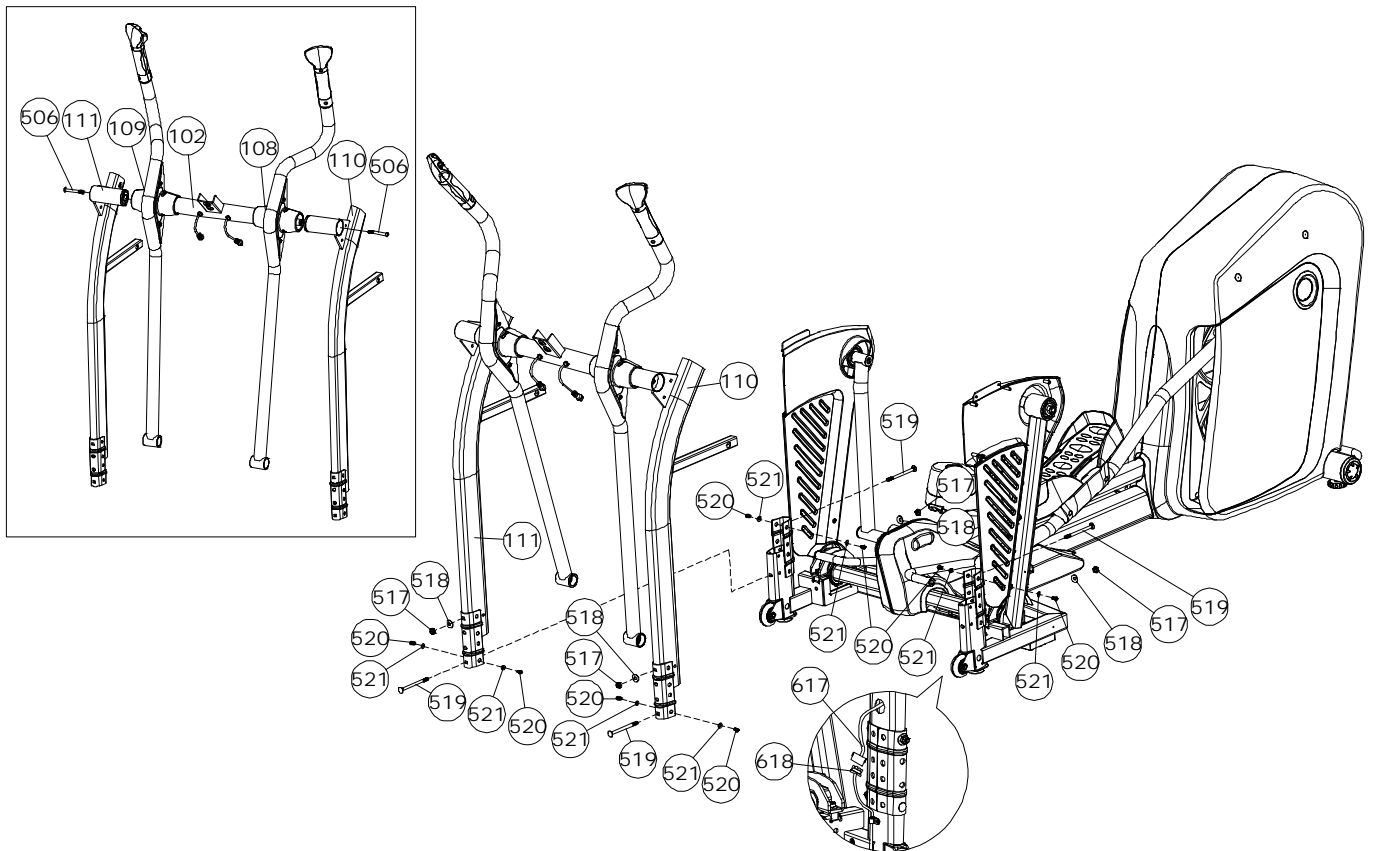
519 X4



520 X8



521 X8

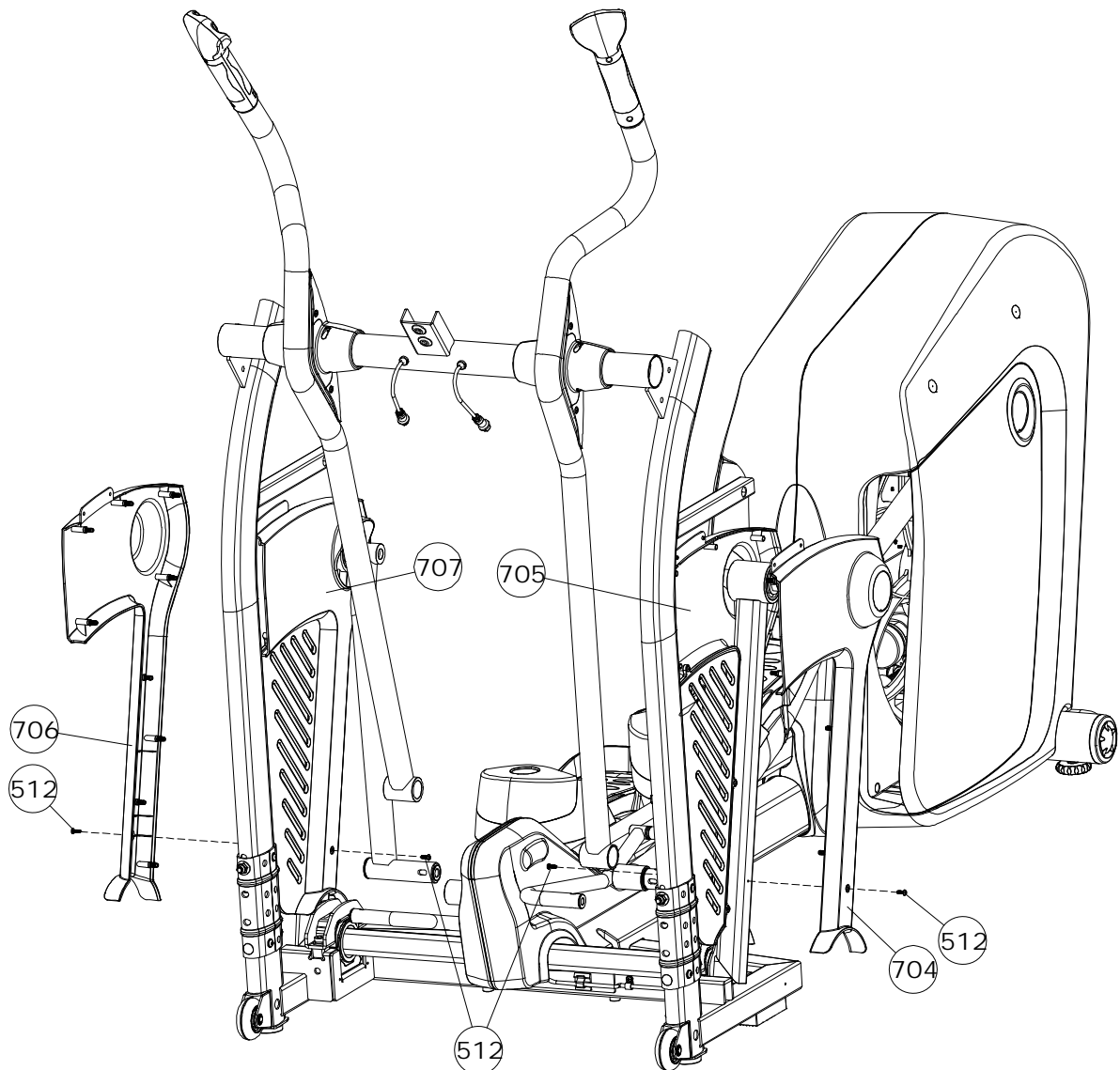


ASSEMBLY**STEP 6: Assemble the Pivot Arm Covers**

(A) Assemble the Pivot Arm Cover-RR (706) and the Pivot Arm Cover (707) using the press-fit pins and secure to the frame using four 4 x 12mm Screws (512).

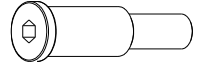
512 X4

(B) Repeat the above procedure to assemble the left side.

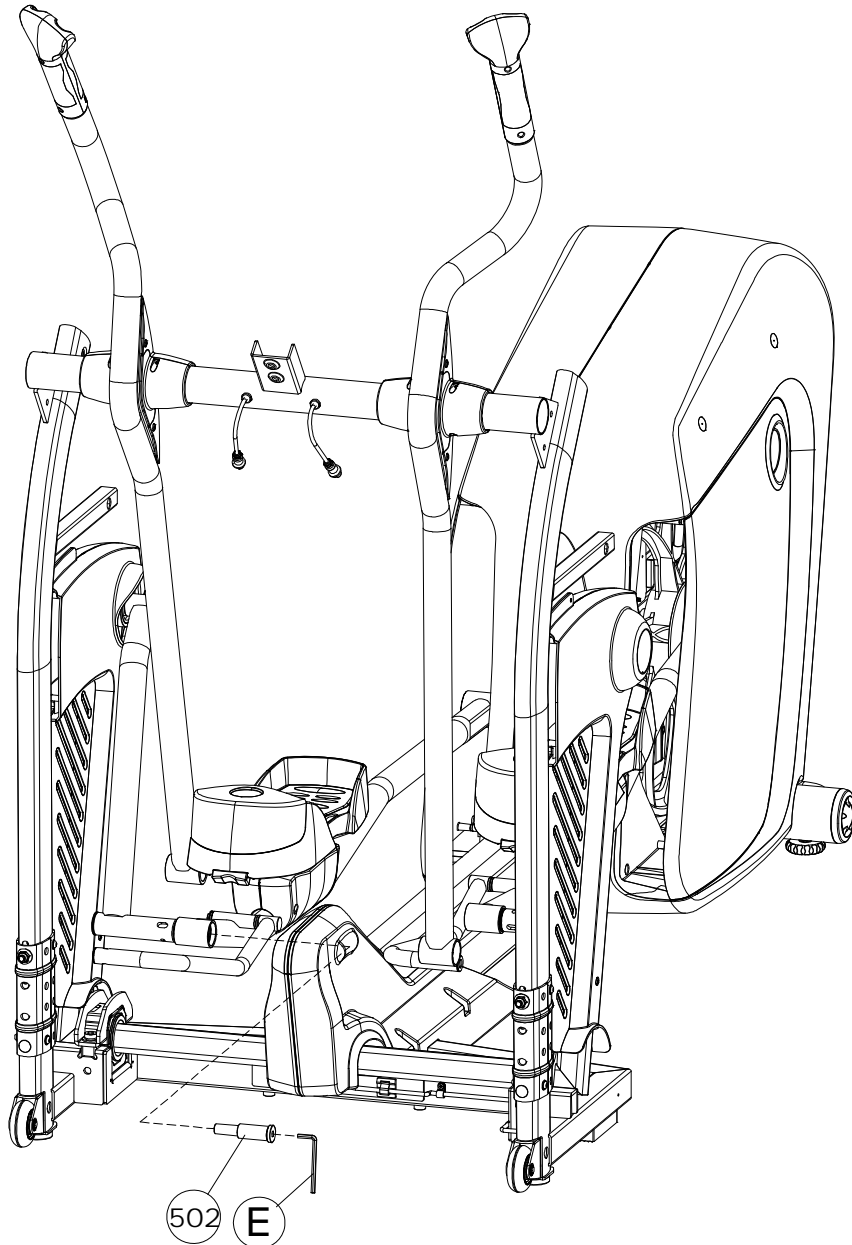


ASSEMBLY**STEP 7: Connect the Pedal Arm to the Pedal Swing Arm**

(A) Slide the 20 x 78-M14 X 35mm Bolt (502) through the Pedal Arm-Right (107) and Pedal Swing Arm (120) the secure by 8mm Allen Key (E).

502 X2

(B) Repeat the above procedure to assemble the left side.



ASSEMBLY**STEP 8: Assemble the Pivot Cap**

NOTE: ALIGN THE 3 SNAP FIT TABS ON THE PEDAL SIDE CAPS (718) WITH THE 3 SNAP FIT ON THE PEDAL CAPS (717).

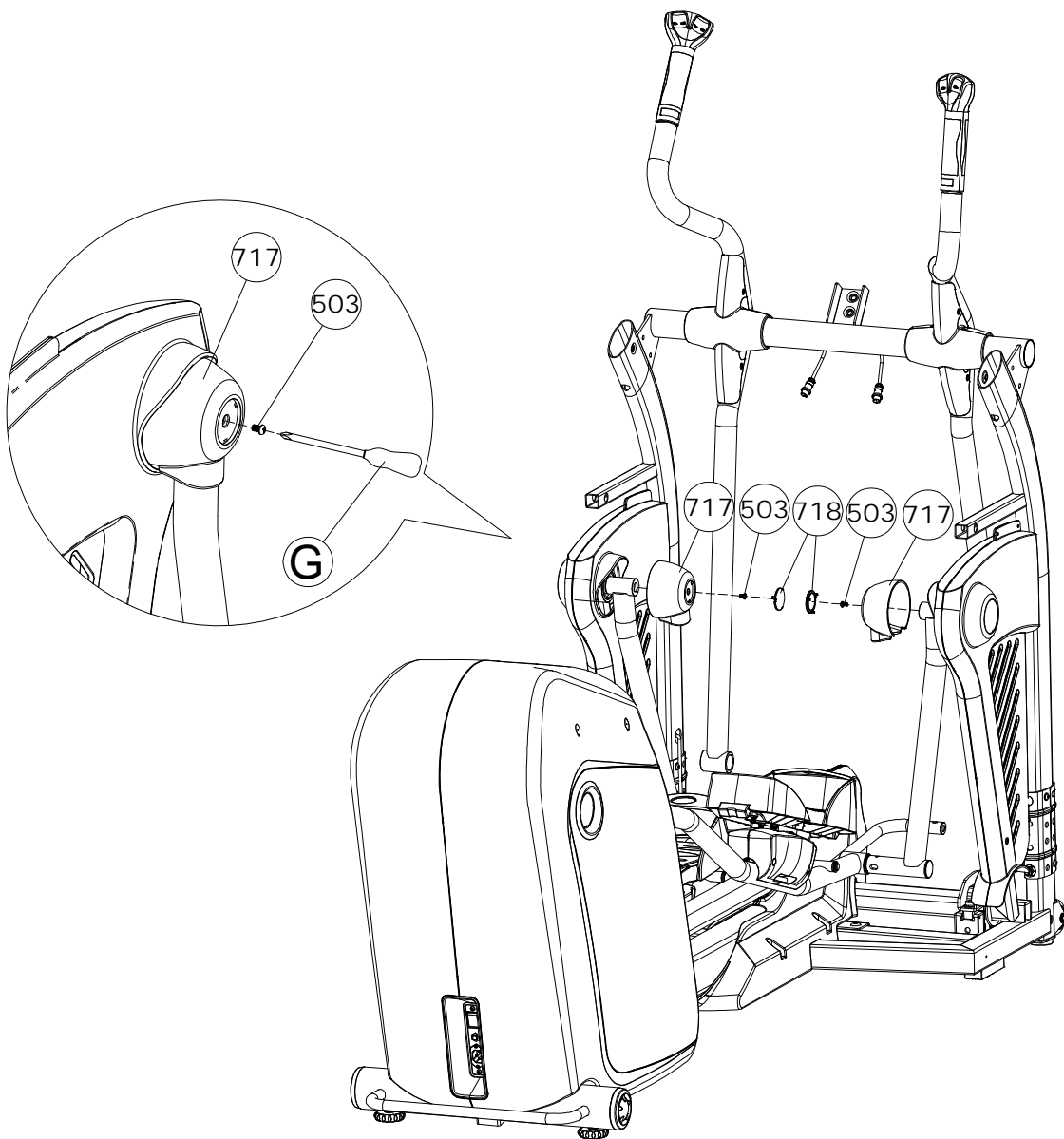
(A) Assemble the Pivot Cap (717) to the Pedal Swing Arm (120) and secure using the M5 x 8mm Screw (503) by Slotted Screwdriver(G).

(B) Press the Pedal Side Cap (718) to the Pedal Cap (717).

503 X2 

717 X2 

718 X2 



ASSEMBLY

STEP 9: Assemble the Console Support Tube

NOTE: INSERT BOTH ENDS OF THE CONSOLE SUPPORT TUBE AT THE SAME TIME.

(A) Connect the 8Pin Power Wire-Upper (616) to the 8Pin Power Wire-Middle (617).

(B) Assemble the Console Support Tube (103) to the Upright and secure using the M8 x 20mm Allen Head Bolt (504).

504 X2

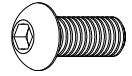
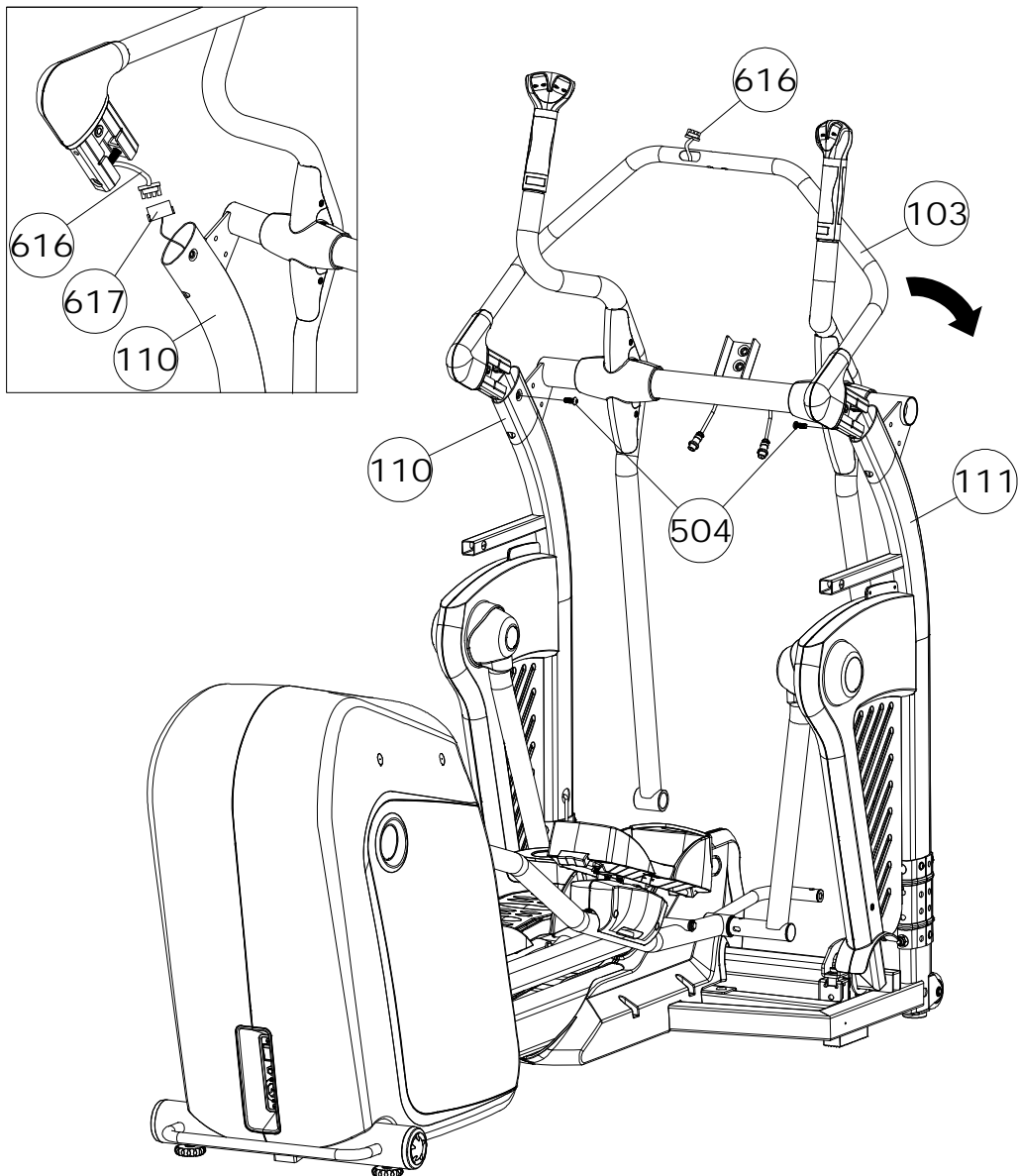
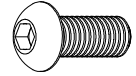
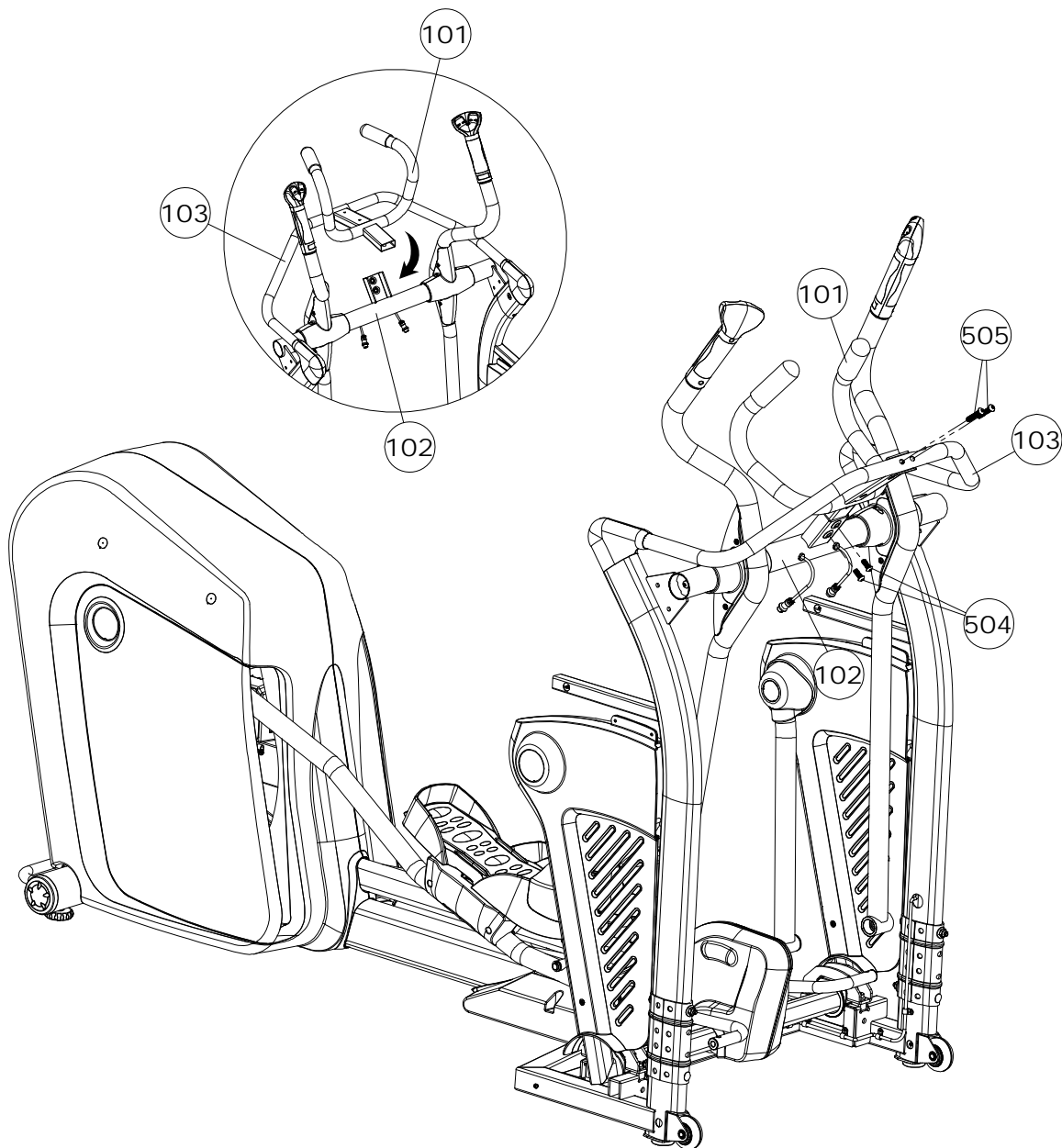
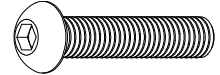


FIG 1



ASSEMBLY**STEP 10: Assemble the Fixed Handlebar**

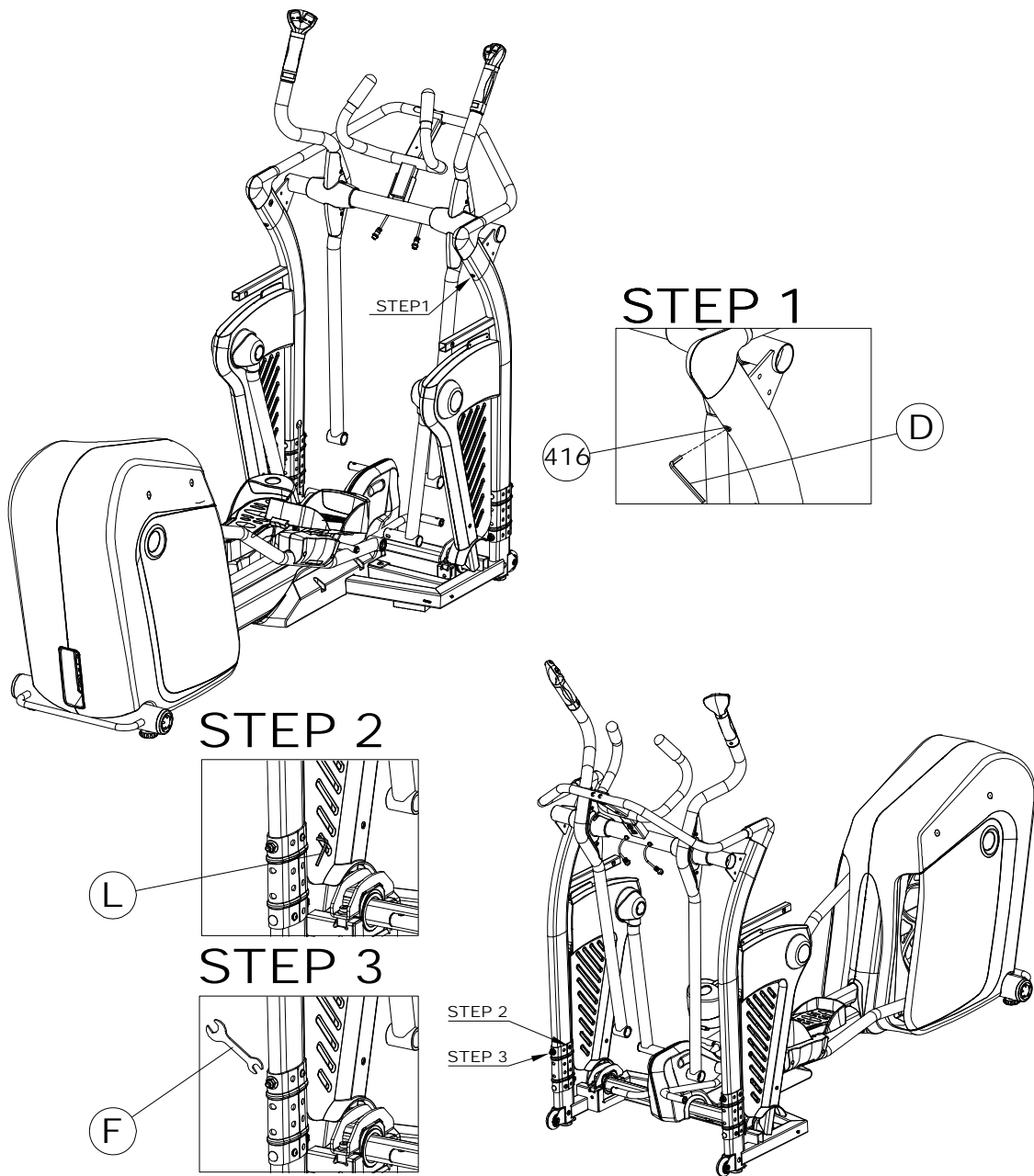
- (A) Assemble the Fixed Handlebar (101) to the Console Support Tube (103) and Crossbar (102).
- (B) Secure the Fixed Handlebar (101) to the Crossbar (102) with two M8 x 20mm Allen Head Bolts (504).
- (C) Secure the Fixed Handlebar (101) to the Console Support Tube (103) with two M8 x 40mm Allen Head Bolts (505).

504 X2**505 X2**

ASSEMBLY

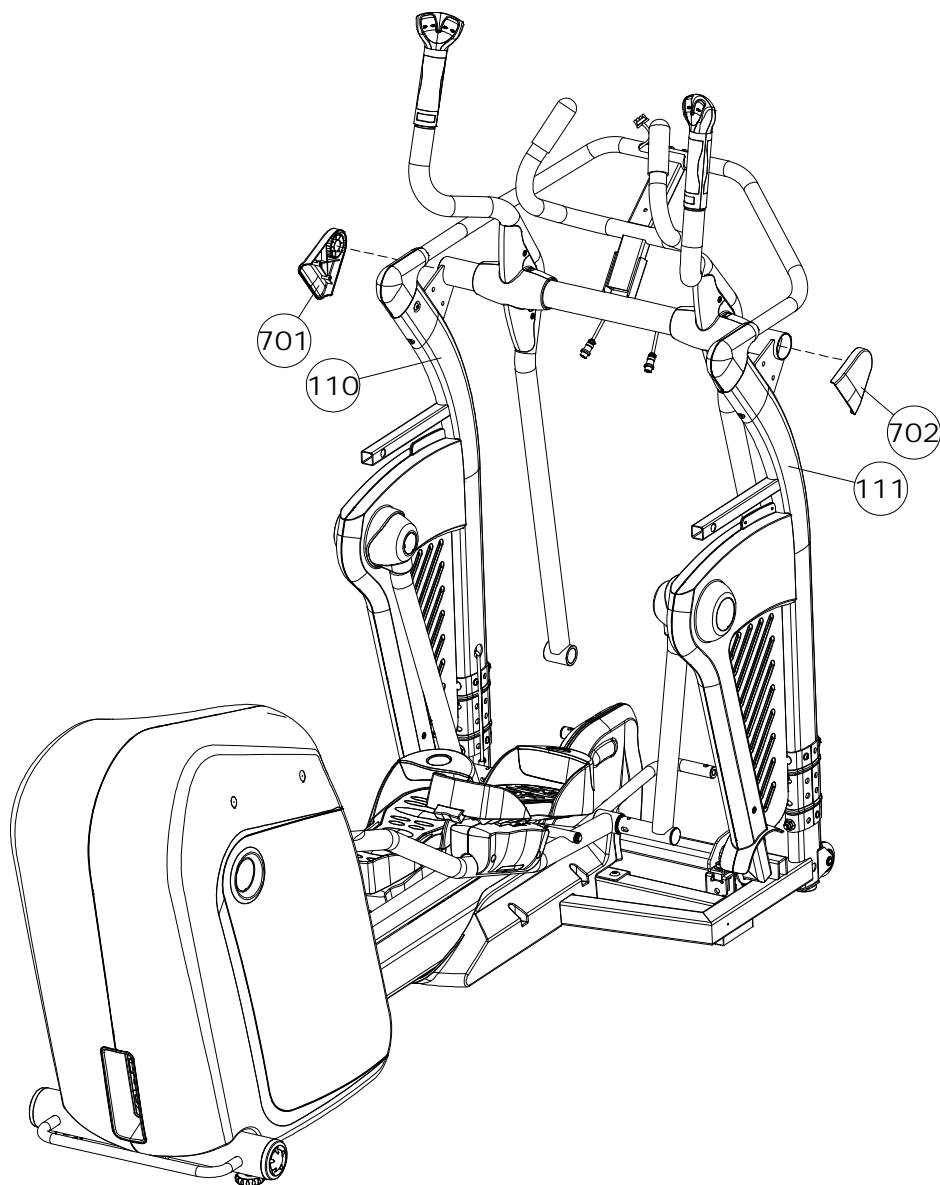
STEP 11: Tighten all Bolts

- (A) Tighten the M8 x 65mm Allen Head Cap Bolt by 6mm Allen Key (D) as show in STEP1.
- (B) Tighten the M6 x 12mm Allen Head Bolt (520) by 4mm Allen Key (L) as show in STEP2.
- (C) Tighten the M8 Nylon Nut (517) by Wrench (F) as show in STEP3.



ASSEMBLY**STEP 12: Assemble Upright Side Covers**

(A) Press the Upright Side Cover-Left (701) and Upright Side Cover-Right into the Upright sides.

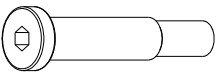



701**X1****702****X1**

ASSEMBLY

STEP 13: Connect the Moving Linkage

(A) Connect the Action Handlebar-Right (109) to the Moving Linkage-Right (113) and secure using the 12 x 62-M10 x 20mm Bolt (501), 12 x 2 x 2mm Spring Washer (510), 12 x 22 x 2mm Washer (515), and 12 x 18 x 24.5 Sleeve (514) by 6mm Allen Key (D), as show in FIG1.

(B). Repeat the above procedure to assemble the left side.

501	X2	
510	X2	
514	X2	
515	X2	

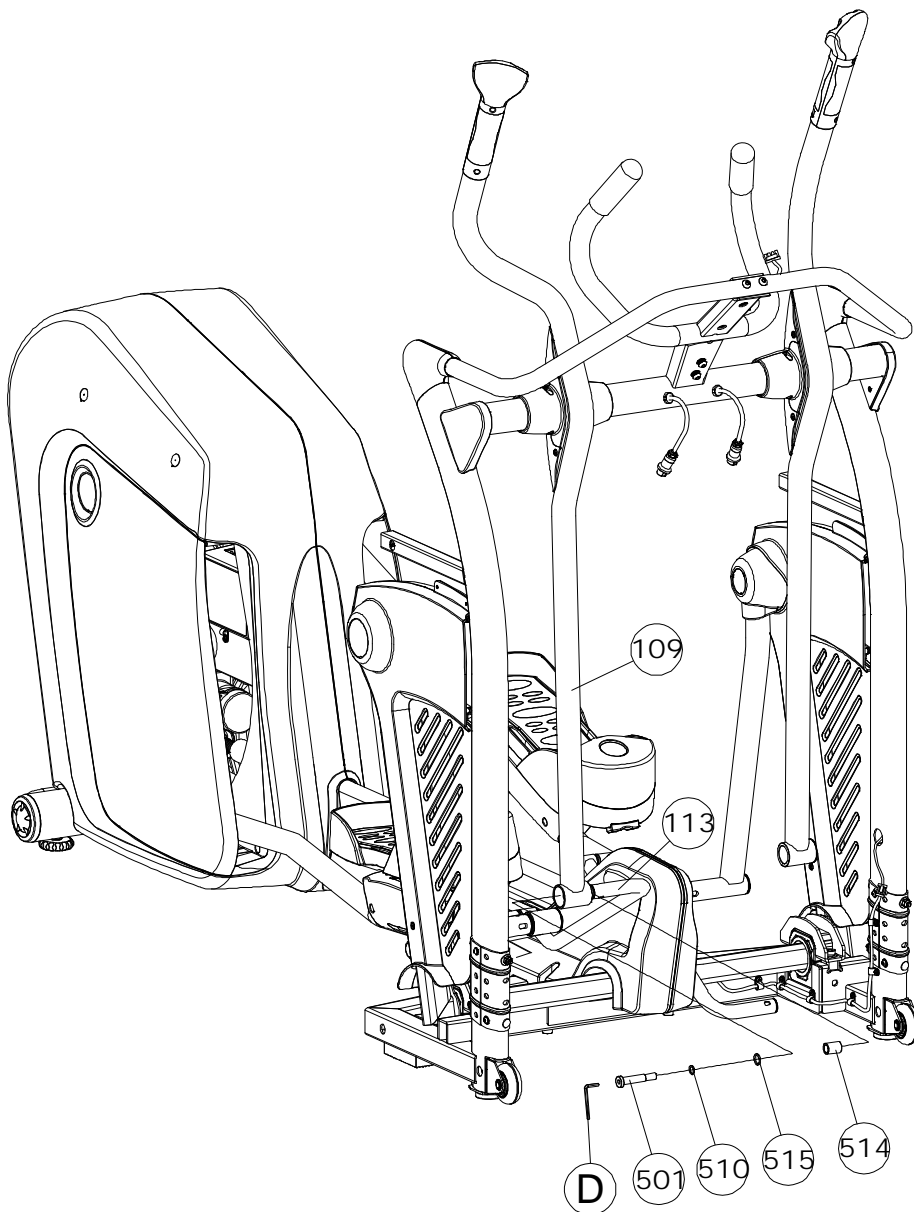
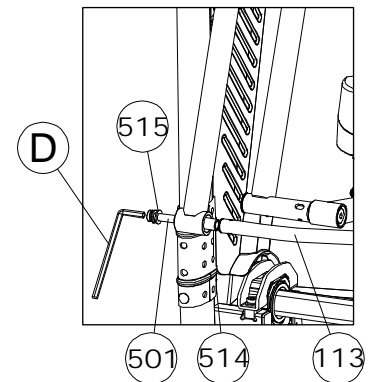


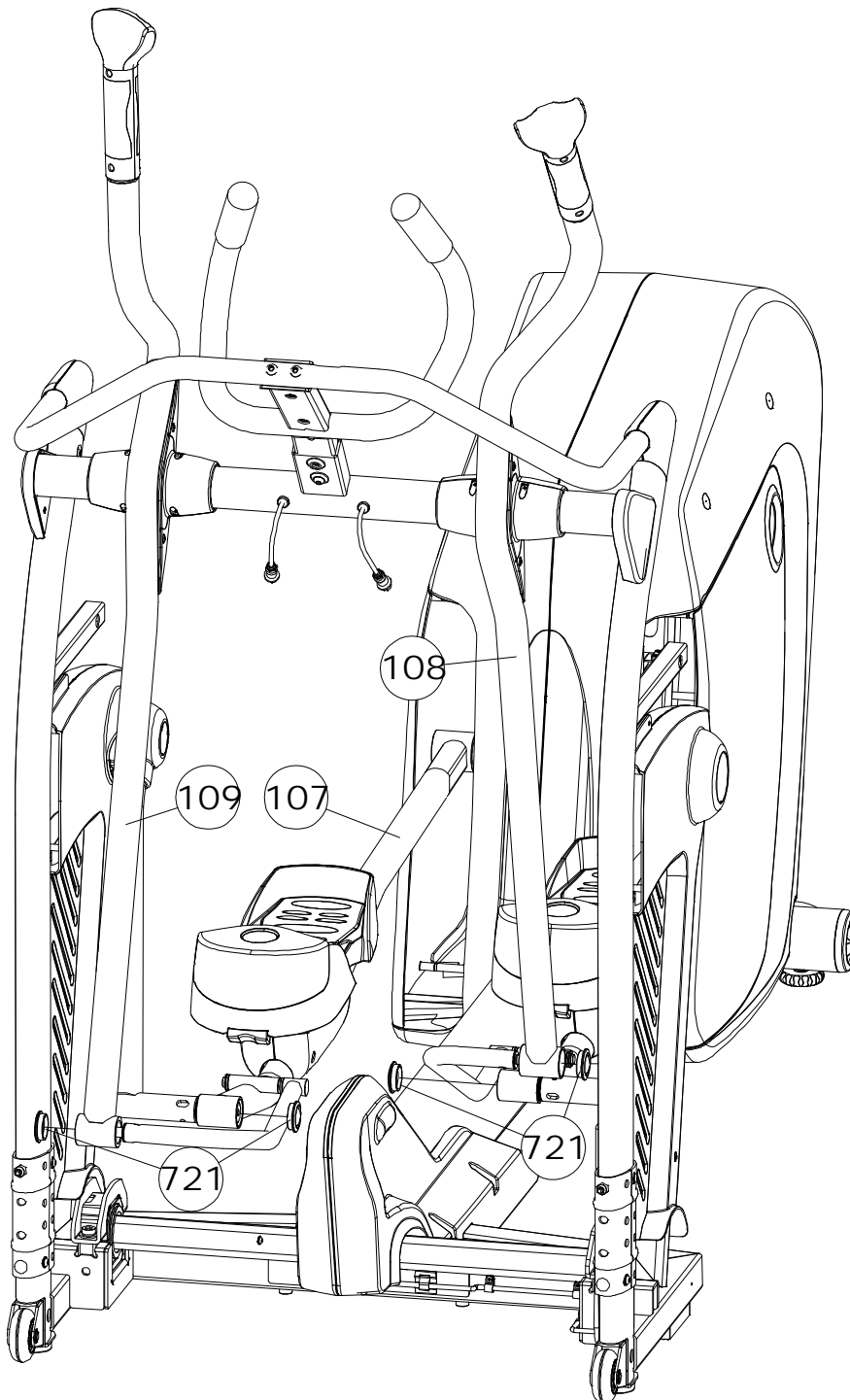
FIG 1



ASSEMBLY**STEP 14: Assemble the Pedal Arm Front Pivot Covers**

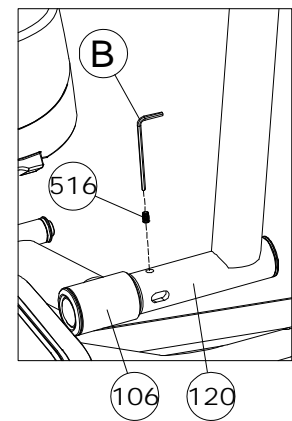
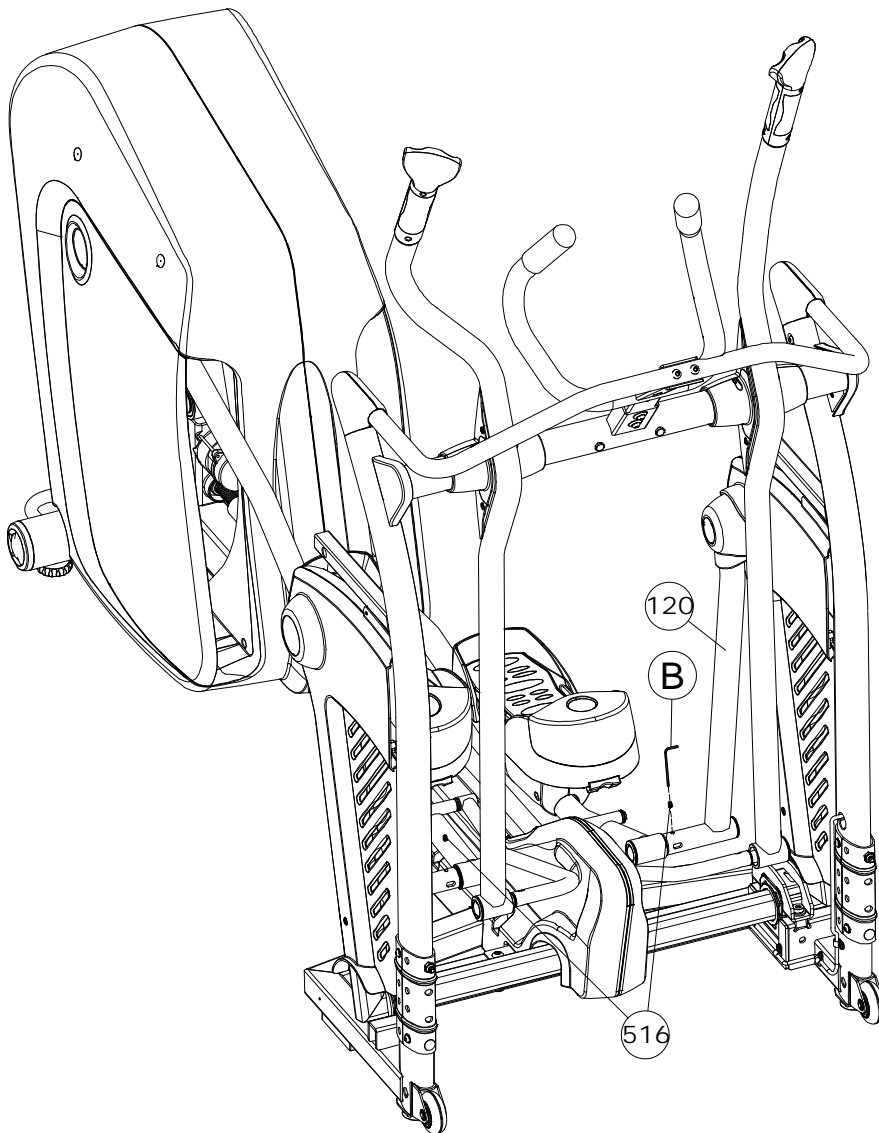
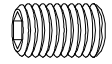
(A) Press the Pedal Arm Front Pivot Cover (721) into the ends of the Action Handlebar-Right (109) and Pedal Arm-Right (107).

(B) Repeat the above procedure on the left side.

721**X4**

ASSEMBLY**STEP 15: Tighten Set Screws**

(A) Secure the M5 x 6mm Screw (516) to the Pedal Swing Arm (120) using the 2.5mm Allen Key (B).

516 X2

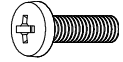
ASSEMBLY**STEP 16: Assemble the Front Side Panels**

NOTE: THERE ARE 2 HOLES IN THE FRAME COMPONENTS THROUGH WHICH THE INSIDE AND OUTSIDE PLASTIC PANELS CONNECT TO EACHOTHER. USE THESE HOLES AS REFERENCES TO CORRECTLY POSITION THE PLASTIC PANELS.

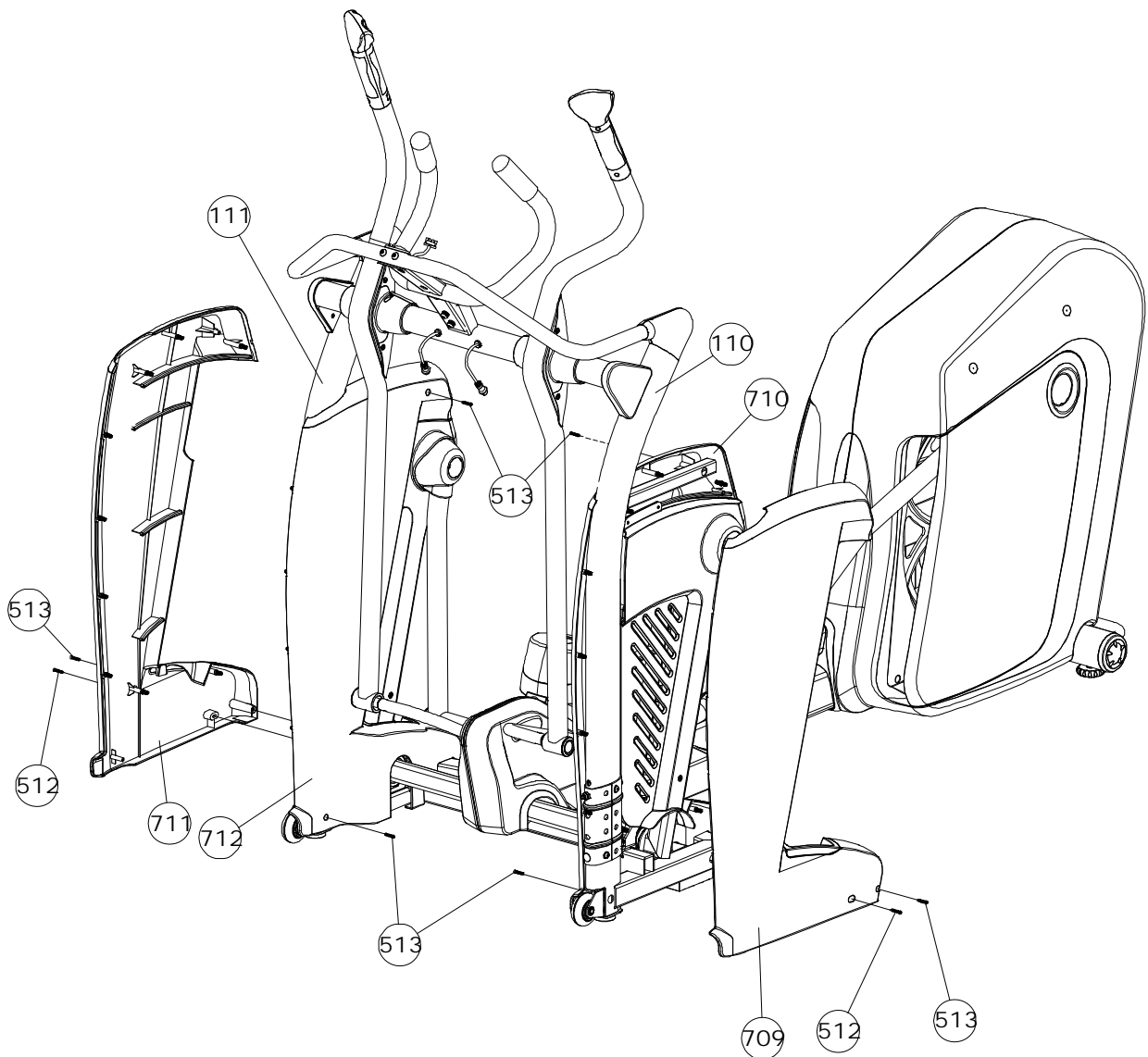
(A) Assemble the Front Side Panel-LL (709) and Front Side Panel-LR (710) to the left Upright and secure using one 4 x 12 Screw (512) and three 4 x 19mm Screws (513).

(B) Repeat the above procedure to assemble the right side.

512 X2



513 X6



ASSEMBLY

STEP 17: Assemble the Console

NOTE: BE SURE TO PUSH THE WIRES INTO THE CONSOLE BEFORE YOU SECURE TO THE FRAME.

- (A) Connect the 8Pin Power Wire-Top (615) to the 8Pin Power Wire-Upper (616) as show in FIG1.
- (B) Assemble the Computer (312) to the Console Support Tube (103) and secure using two M6 x 40mm Screws (509).
- (C) Connect the Hand Pulse Sensor Wire-Upper (622) to Computer (312) as show in FIG2.

509 X2



FIG 1

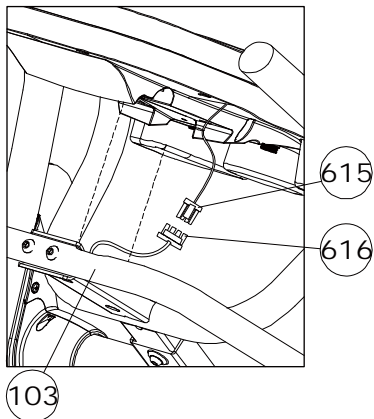
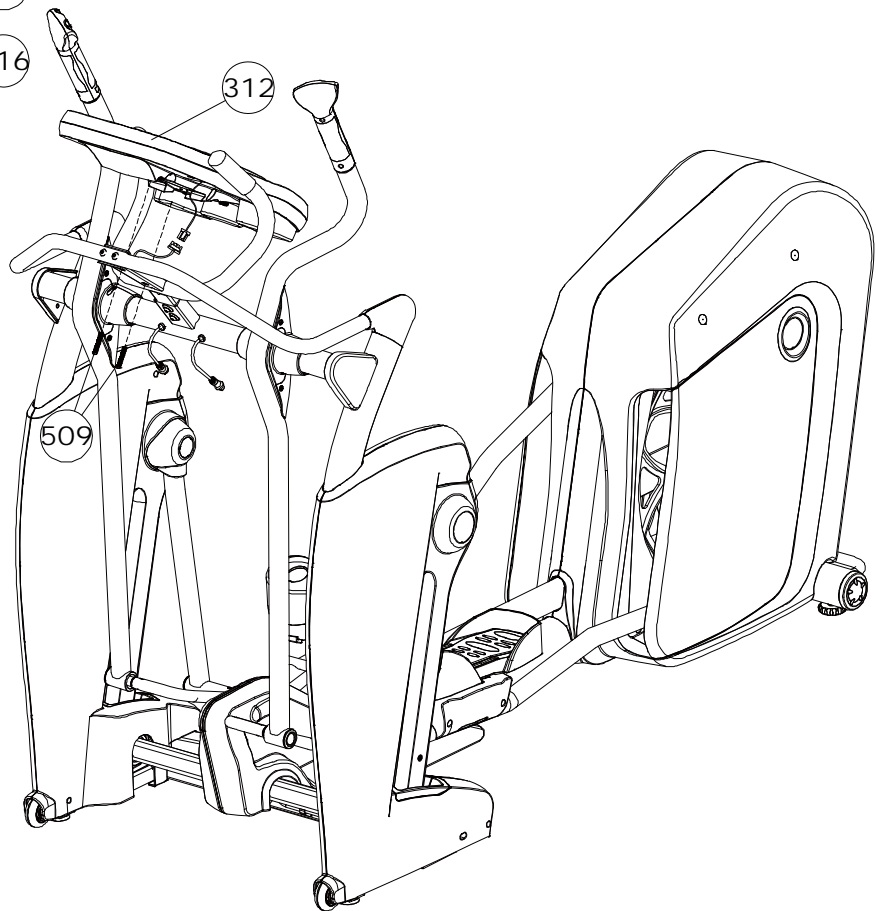
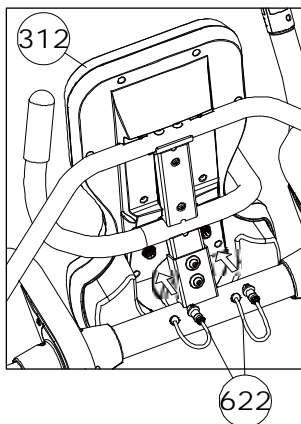


FIG 2

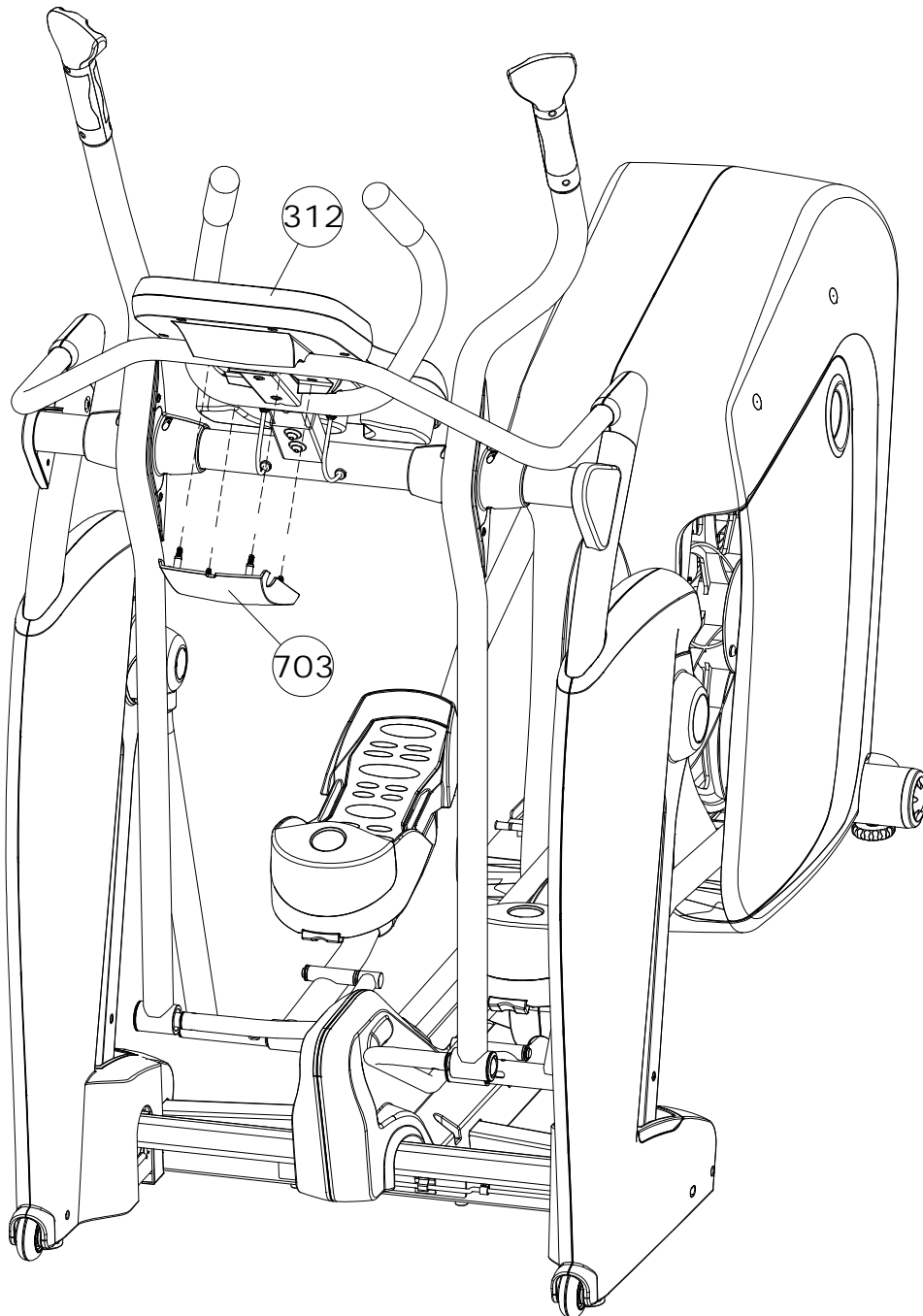


ASSEMBLY**STEP 18: Assemble Console Back Cover**

(A) Assemble the four Taper Fixing Inserts (326) to the Console Back Cover (703).

326 X4

(B) Assemble the Console Back Cover (703) to the Computer (312).

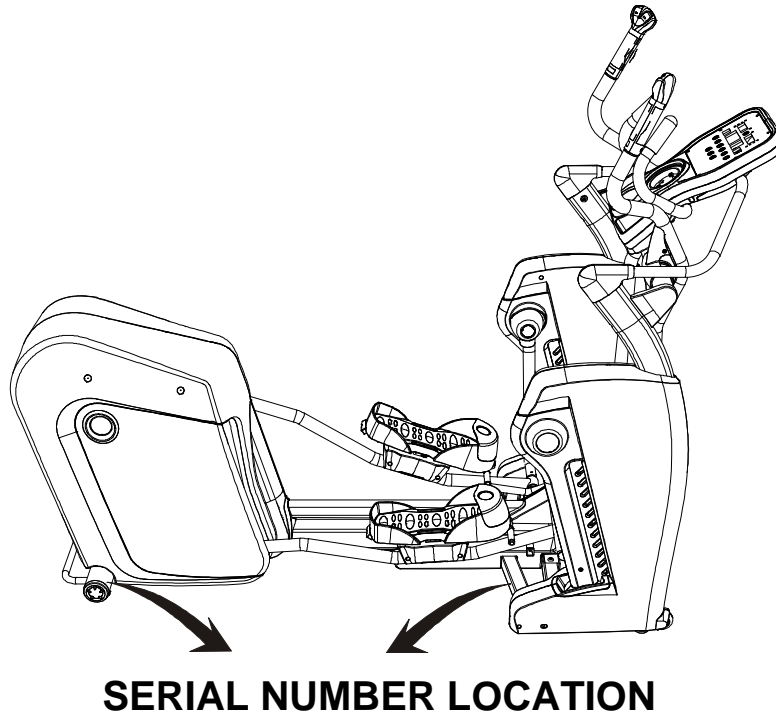
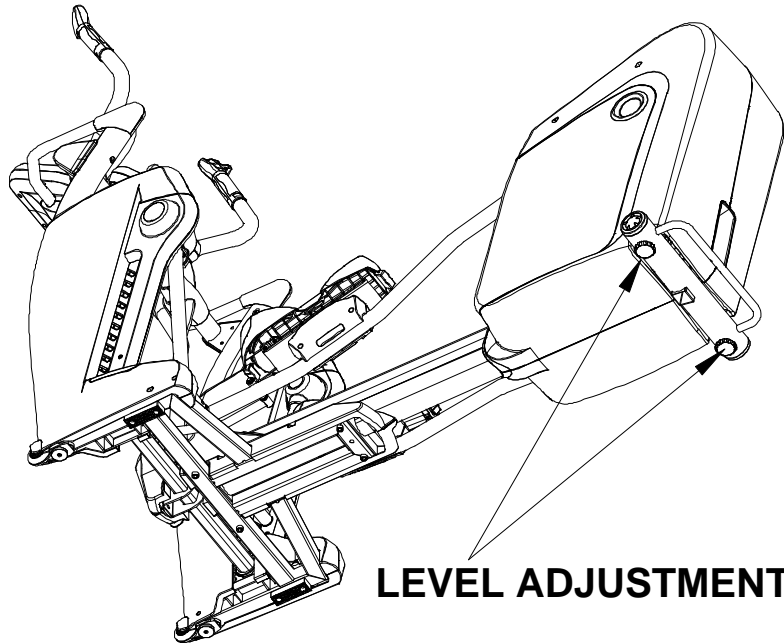


LEVEL ADJUSTMENT**LEVEL ADJUSTMENT:**

To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip, the AGILE Dynamic Motion Trainer while adjusting the levelers

Tip the AGILE Dynamic Motion Trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your AGILE Dynamic Motion Trainer.

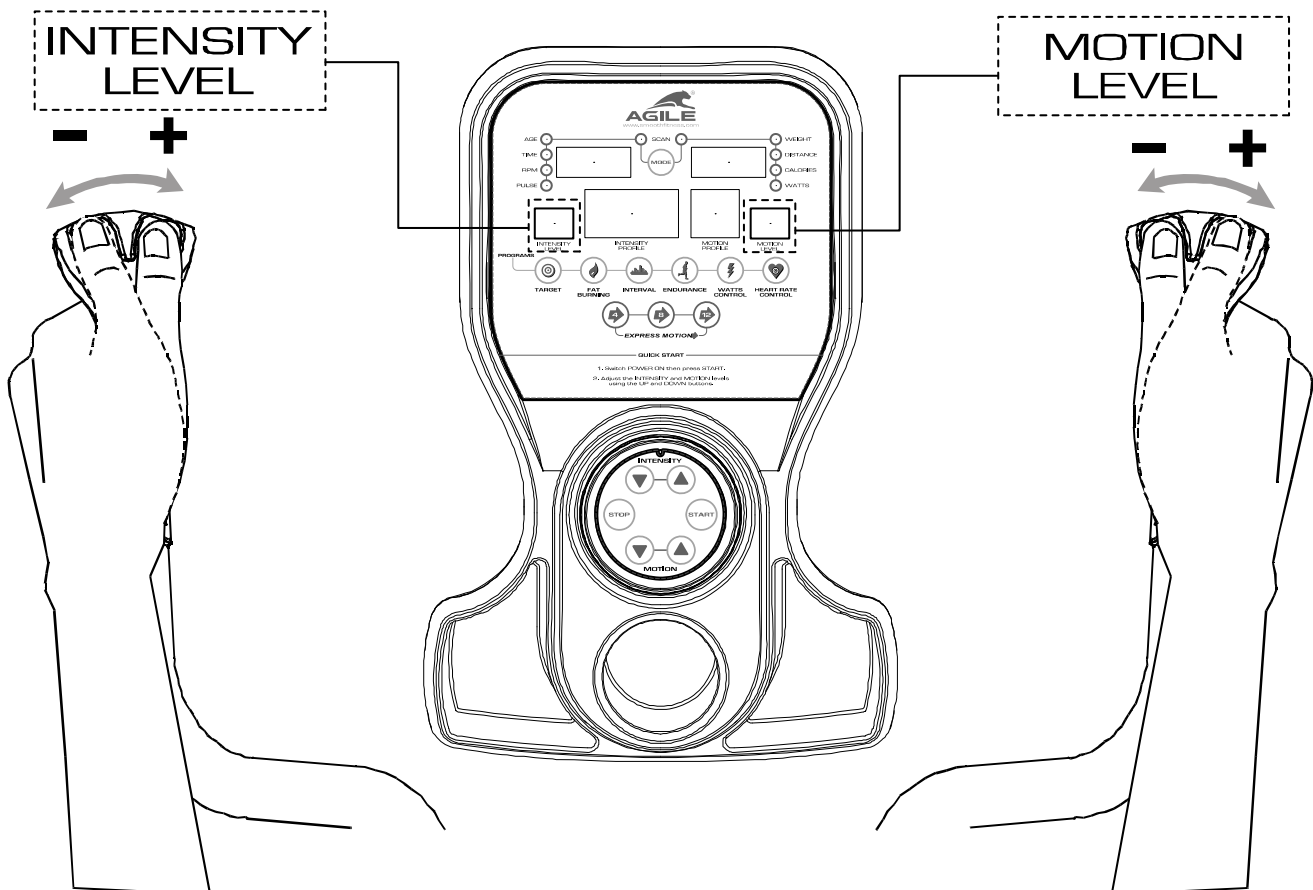


LITE-TOUCH CONTROL OPERATION

LITE-TOUCH CONTROL:

The Intensity Level and Motion Level can be controlled using the Lite-Touch controls on the hand grips of the action handlebars. As the illustration indicates, the right Lite-Touch Controller controls the Motion Level and the left Lite-Touch Controller controls the Intensity Level. You can see the corresponding readouts on the console follow this same orientation.

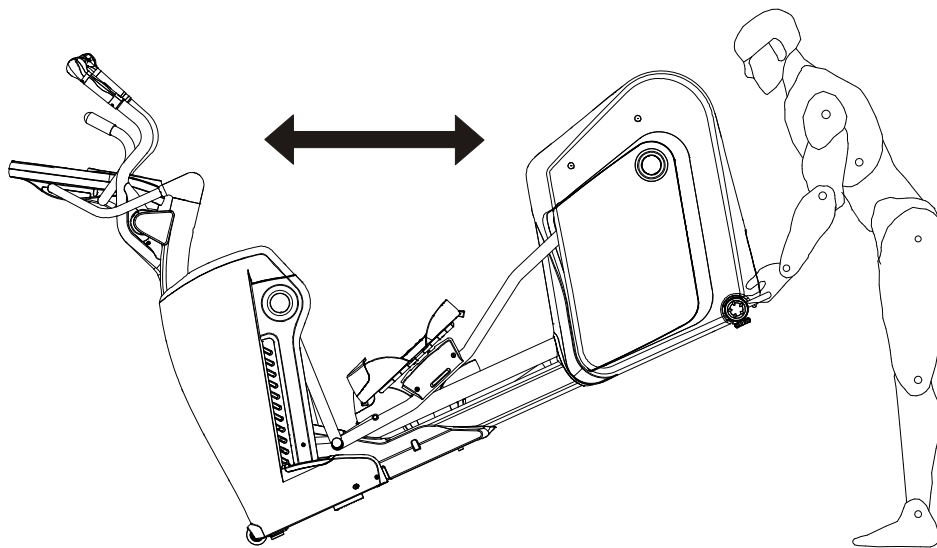
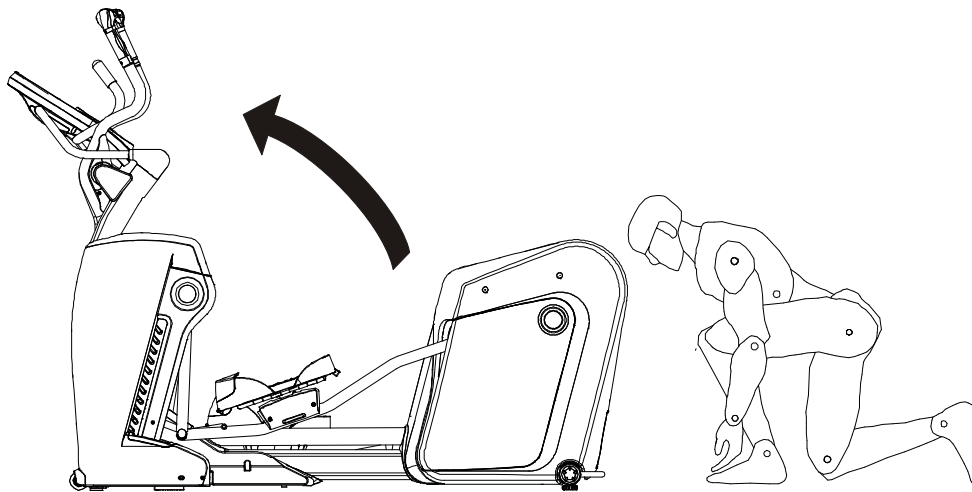
To use the Lite-Touch Controls, simply start a program or select START and begin your work out. To increase either the Motion Level or the Intensity Level, move your thumb to the thumb groove with the "+" indicator. If you hold your thumb in the thumb groove the level will continue to increase until you remove your thumb. To decrease the level simply place your thumb in the groove marked with the "-" indicator.



TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

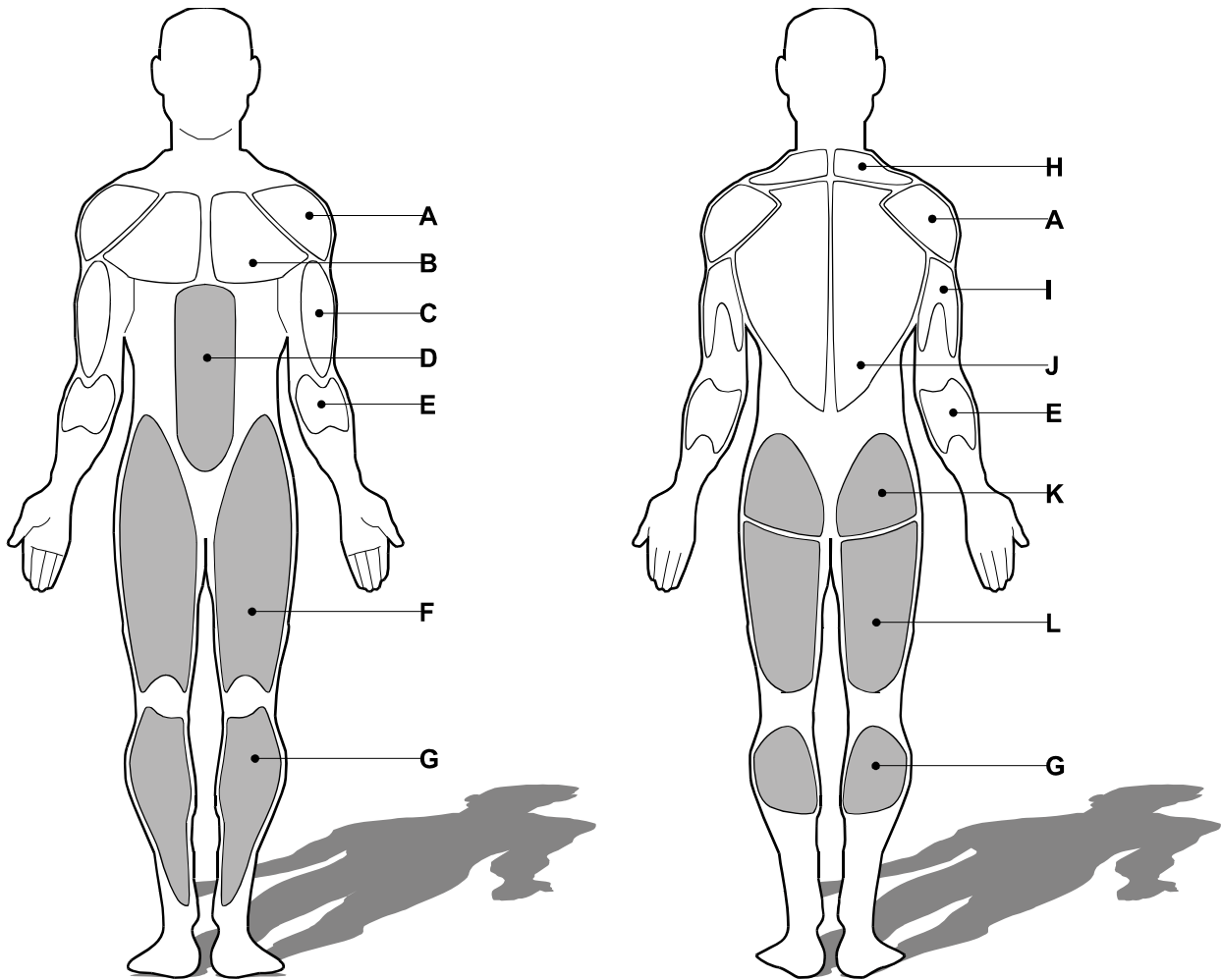
To transport your AGILE Dynamic Motion Trainer simply lift the back end and roll it away to the desired location, as shown.



MUSCLE CHART

Targeted muscle groups:

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



MUSCLE GROUPS

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

STRETCHING ROUTINE

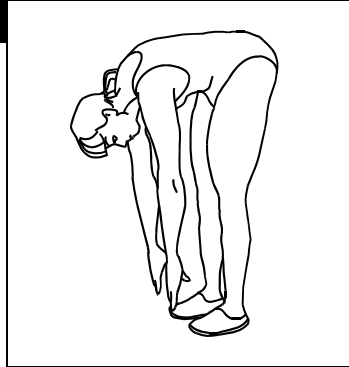
Warm up and cool down:

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

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

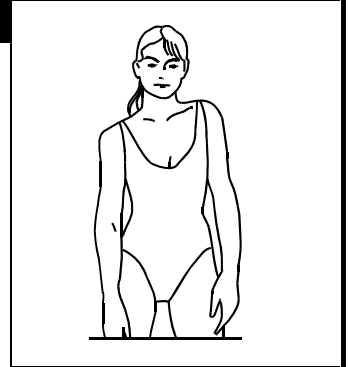
Toe Touch:

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



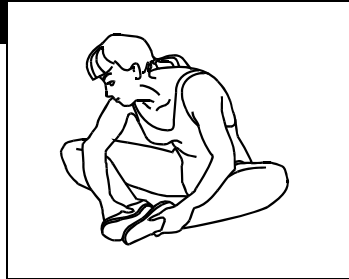
Shoulder Lift:

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



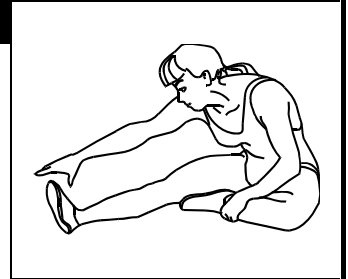
Inner Thigh Stretch:

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



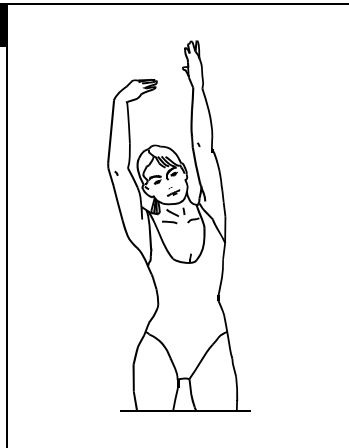
Hamstring Stretch:

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



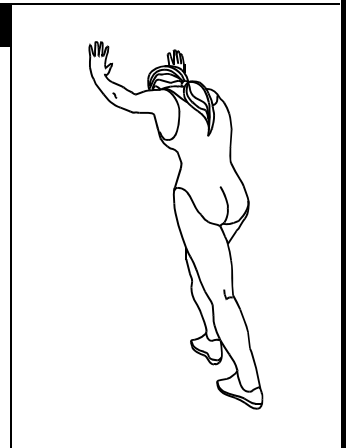
Side Stretch:

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



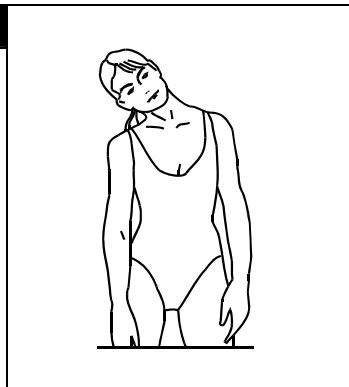
Calf-Achilles Stretch:

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

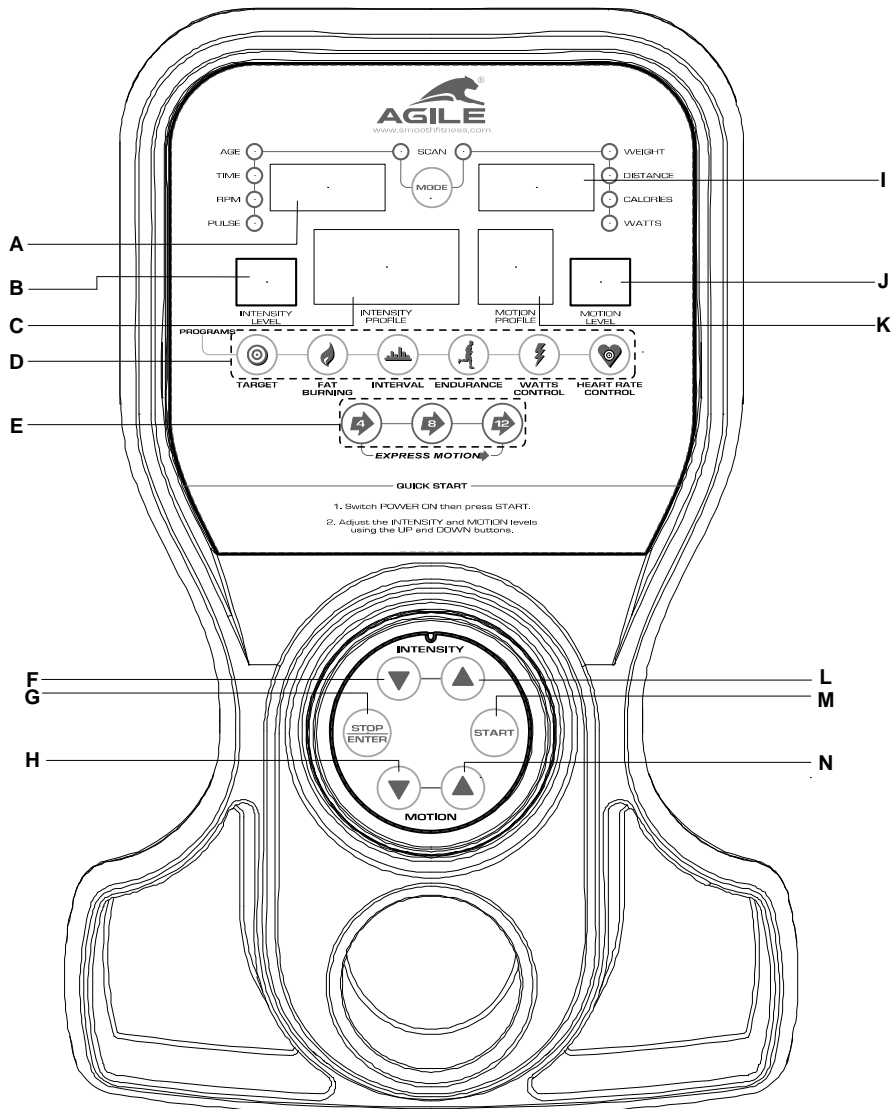


Head Roll:

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



COMPUTER OPERATION



- | | | | |
|-------------------|----------|----------|----------------|
| DTAT DISPLAY-1 | A | I | DTAT DISPLAY-2 |
| INTENSITY LEVEL | B | J | MOTION LEVEL |
| INTENSITY PROFILE | C | K | MOTION PROFILE |
| PROGRAMS | D | L | INTENSITY-UP |
| EXPRESS MOTION | E | M | START |
| INTENSITY-DOWN | F | N | MOTION-UP |
| STOP / ENTER | G | | |
| MOTION-DOWN | H | | |

COMPUTER OPERATION

DISPLAY FUNCTIONS:

There are 6 display areas to show all the necessary information prior to and during the workout.

INTENSITY LEVEL DISPLAY:

Displays intensity level from 1 to 20.

8 x 16 DOT MATRIX INTENSITY LEVEL PROFILE DISPLAY:

Displays all operating instructions prior to the workout and displays intensity level profiles during the workout.

8 x 8 DOT MATRIX MOTION LEVEL PROFILE DISPLAY:

Displays motion level profiles during the workout.

MOTION LEVEL DISPLAY:

Displays motion levels from 1 to 12.

DATA DISPLAY 1:

Prior to using a preset program, data display 1 displays and allows user to set age, workout time and target heart rate.

During the workout, data display 1 displays TIME, RPM or PULSE depending on which display mode is selected. Scan mode can also be selected to view all available data.

DATA DISPLAY 2:

Prior to using a preset program, data display 2 displays and allows user to set weight, distance target, calorie target or watt target.

During the workout, data display 2 displays DISTANCE, CALORIES or WATTS depending on which display mode is selected. Scan mode can also be selected to view all available data.

DISPLAY MODES:

Mode 1: Scan mode (scans through display modes 2-4)

Mode 2: TIME and DISTANCE

Mode 3: RPM and CALORIES

Mode 4: PULSE and WATTS

COMPUTER OPERATION:

POWER ON:

Plug in the POWER CORD and set the power switch to ON. All the LED windows will light up and begin scanning. The INTENSITY LEVEL Dot Matrix displays and begins scrolling "SELECT-QUICK-START-OR-PROGRAM". The other LED windows will show the factory settings as follows:

INTENSITY LEVEL window display: "1"

MOTION LEVEL window display: "1"

DATA DISPLAY-1: displays (default AGE): "35", AGE LED light on.

DATA DISPLAY-2: displays (default WEIGHT): "150" lb, WEIGHT LED light on.

During the workout, press the STOP button twice to return to POWER ON status.

SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it is plugged in to keep the LEDs lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP and DOWN buttons and hold for 5 seconds. Data display 2 will show "1". Press the START button and data display 2 will display the SLEEP MODE status. To toggle between "On" and "Off", select INTENSITY UP or DOWN then press STOP/ENTER to confirm and return to POWER ON status.

PAUSE/STOP:

During the workout, press the STOP button or stop pedaling for 10 seconds to enter PAUSE status. The INTENSITY LEVEL Dot Matrix display will show "PAUSE". All the figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the displays will

COMPUTER OPERATION

continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button twice, all the data will return to 0 and the computer will return to POWER ON status.

ENGLISH/METRIC CONVERSION:

The console display can show ENGLISH and METRIC information. The factory should have the proper setting on this for the different markets. In case it needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. Set the POWER SWITCH to ON. Press both the STOP and MOTION UP button at the same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display and scrolling "KM" or "ML". KM is displayed for METRIC and ML for ENGLISH.
2. Press the INTENSITY UP/DOWN button to switch between Metric and English then pressing STOP/ENTER to save the setting and return to Power On status.

SOUND on/off:

From the POWER ON status press and hold INTENSITY UP and DOWN buttons for 5 seconds to get to the display control mode. The data display 2 will be displaying "1". Press INTENSITY UP once so that "2" is displaying then press the START button. To toggle between sound "on" or "off" use the INTENSITY UP or DOWN button then press STOP/ENTER to confirm and return to POWER ON status.

PROGRAM OPERATING INSTRUCTION

QUICK START:

When the console is in POWER ON status, press the START button to activate the QUICK START program. The Intensity Level Display shows "1" and the INTENSITY LEVEL Dot Matrix displays the intensity level profile. The Motion Level Display shows "1" and the MOTION LEVEL Dot Matrix displays motion level profile. Press the INTENSITY UP/DOWN button to change the intensity level. Press the MOTION UP/DOWN button to change the motion level. The TIME, CALORIES and DISTANCE will count up from 0.

TARGET PROGRAM:

When the console is in POWER ON status, press the TARGET program button once to enter the TARGET TIME program set up:

Press TARGET program button twice to enter the TARGET DISTANCE program set up,
Press TARGET PROGRAM button three times to enter the TARGET CALORIES program set up

Continue the rotation among these three target programs by pressing the TARGET program button.

Target Time:

Press the TARGET program button once to get to the TARGET TIME program, then press STOP/ENTER to enter the set up procedure.

TIME display shows the factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Target Distance:

Press the TARGET program button twice to get to the TARGET DISTANCE program then press STOP/ENTER to enter the set up procedure.

DISTANCE display shows factory default setting "5.00". Press INTENSITY UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

COMPUTER OPERATION

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Target Calories:

Press the TARGET program button three times to get to the TARGET CALORIES program, then press STOP/ENTER to enter the set up procedure.

CALORIES display shows factory default setting "50". Press INTENSITY UP/DOWN button to adjust the target calories and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

FAT BURNING PROGRAM

When the console is in POWER ON status, press the FAT BURNING program button then press STOP/ENTER to continue the set up procedure.

TIME display shows factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

INTERVAL PROGRAM

When the console is in POWER ON status, press the INTERVAL program button once to select the INTENSITY INTERVAL program then press STOP/ENTER to enter the program set up procedure.

OR

Press INTERVAL program button twice to select the MOTION INTERVAL program then press STOP/ENTER to enter the program set up procedure.

Continue the rotation between these two INTERVAL programs by pressing the INTERVAL program button.

Intensity Interval Program

When the console is in INTENSITY INTERVAL program set up, INTENSITY LEVEL DISPLAY shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

COMPUTER OPERATION

Press START button to start the INTENSITY INTERVAL program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Motion Interval Program

When the console is in MOTION INTERVAL program set up, MOTION LEVEL DISPLAY shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the MOTION INTERVAL program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

ENDURANCE PROGRAM

When the console is in POWER ON status, press the ENDURANCE program button then press STOP/ENTER to continue to the set up procedure.

Workout Level set up

TIME display shows "L1", Press INTENSITY UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

WATTS CONTROL PROGRAM

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM.

When the console is in POWER ON status, press the WATTS CONTROL program button then press STOP/ENTER to continue the set up procedure.

WATTS display shows factory default setting "110". Press INTENSITY UP/DOWN button to adjust the target Watts and press STOP/ENTER to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

COMPUTER OPERATION

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion

TARGET HEART RATE CONTROL PROGRAM :

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: 220pbm-AGE. User's are encouraged to consult with a doctor or personal

Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

When the console is in POWER ON status, press the HEART RATE CONTROL program button. The 8x16 Dot Matrix displays "HEART RATE CONTROL" Press STOP/ENTER to continue to the set up procedure.

TIME display shows factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press INTENSITY UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3.00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times. During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 15 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start.

If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the motion level and intensity level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the MOTION LEVEL will increase 1 level every 15 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 15 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 15 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 15 seconds. The program will continue until the time runs out. If the user's heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and INTENSITY LEVEL AND MOTION LEVEL at level 1.

WARRANTY**LIMITED HOME USE WARRANTY**

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

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

Model Name	Frame	Parts & Electronics	Labor
AGILE DMT	Lifetime	5 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician who will come into the home for the repair,
OR

In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay \$75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

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

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

For the 9.25X Model Only: This warranty covers all parts including frame, electronics and wear parts for a lifetime. If Smooth Fitness in its sole discretion determines that the treadmill cannot or should not be repaired, it may decide to purchase the unit for the residual value in accordance with the following: 25% of retail purchase price after 5 years, 15% after 10 years, 5% after 15 years.

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 will only apply to the original end user. This Warranty does not cover wear and tear (except the 9.25X treadmill), 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.

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



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