SMOOTH CE-3.6 ELLIPTICAL
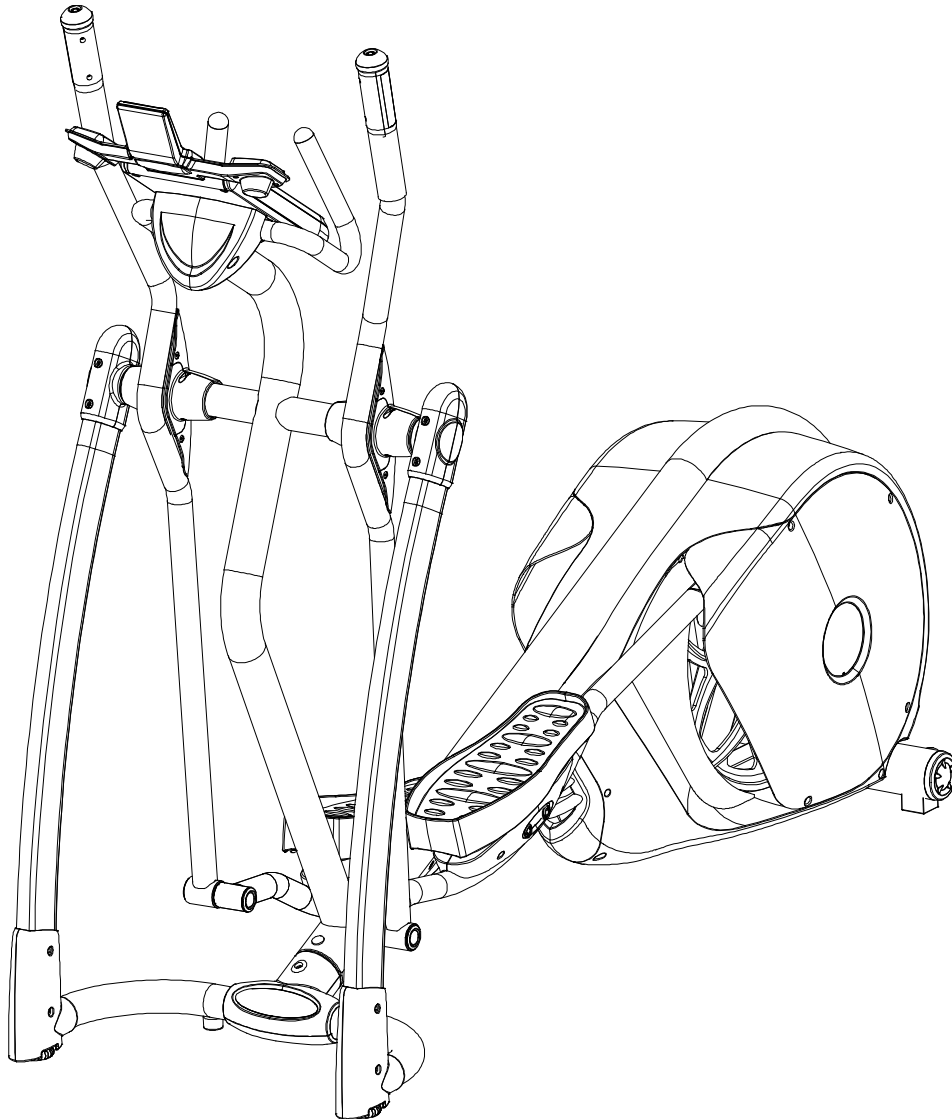
SMOOTH FITNESS

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

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.

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 300lbs. 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.

PREASSEMBLY

SUPPLIED COMPONENTS

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

No.	Description	Qty.
119	Console Back Cover	1
305	Upright Upper Cover #1	2
306	Upright Upper Cover #2	2
307	Upright Lower Cover – Right	2
308	Upright Lower Cover – Left	2
315	Action Handlebar Cover	2
316	Action Handlebar Inside Cover	4
320	Pedal Arm Front Pivot Cover	4
523	Front Frame Cover – Lower	1
524	Front Frame Cover – Upper	1
F	Adapter	1
G	Chest Belt	1

119

305

306

307

308

315

316

320

523

524
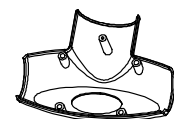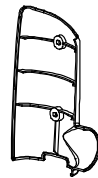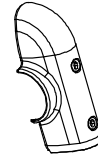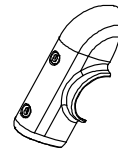
F

1 x

G

1 x
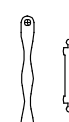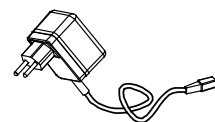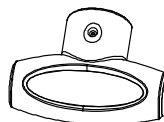
SUPPLIED HARDWARE

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.

No.	Description	Qty.
701	M14x91mm Bolt	2
708	M8x60mm Bolt	2
709	M10x94mm Bolt	2
710	M8x65mm Bolt	2
719	M14 Nut	2
722	8x21x2mm Cup Washer	2
726	4x19mm Screw	19
728	4x12mm Screw	8
729	M10 Nut	2
730	4x50mm Bolt	1
731	10.5x28x2mm Cup Washer	2
732	4x15mm Screw	8
A	Spanner	1
B	5mm Allen Key	1
C	8mm Allen Key	1
D	Wrench	1
E	Screwdriver	1

0 10 20 30 40 50 60 70 80 90 100
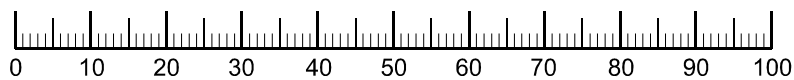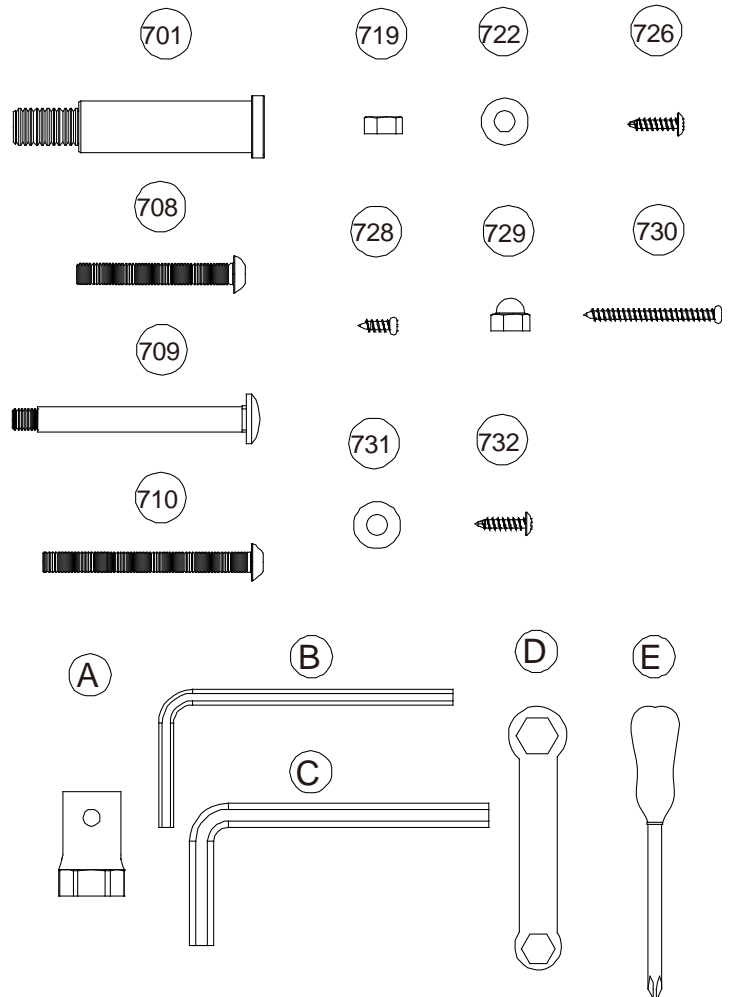
MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Computer PC Board	1	CE3.6-101
102	Overlay	1	CE3.6-102
103	Console Housing – Top	1	CE3.6-103
104	Console Housing – Bottom	1	CE3.6-104
105	Amplifier PC board	1	CE3.6-105
106	Hand Pulse Sensor Wire – Upper	1	CE3.6-106
107	7pin Computer Wire – Upper	2	CE3.6-107
108	Speaker Bracket Cover	1	CE3.6-108
109	Console Side Cover	2	CE3.6-109
110	Fan	1	CE3.6-110
111	Speaker Cover	2	CE3.6-111
112	Speaker	2	CE3.6-112
113	Dock Cover – Top	1	CE3.6-113
114	iPod Dock PC board	1	CE3.6-114
115	Dock Cover – Bottom	1	CE3.6-115
116	iPod Bracket	1	CE3.6-116
117	Pad	1	CE3.6-117
118	Speaker Bracket	1	CE3.6-118
119	Console Back Cover	1	CE3.6-119
200			
201	Console Support Upright	1	CE3.6-201
202	Handlebar Foam Grip	2	CE3.6-202
203	Handlebar End Cap	2	CE3.6-203
204	7pin Computer Wire – Middle	1	CE3.6-204
205	Hand Pulse Sensor Wire – Middle	2	CE3.6-205
300			
301	Action Handlebar – Left	1	CE3.6-301
302	Action Handlebar – Right	1	CE3.6-302
303	Left Upright	1	CE3.6-303
304	Right Handlebar	1	CE3.6-304
305	Upright Upper Cover #1	2	CE3.6-305
306	Upright Upper Cover #2	2	CE3.6-306
307	Upright Lower Cover – Right	2	CE3.6-307
308	Upright Lower Cover – Left	2	CE3.6-308
309	Action Handlebar End Cap	2	CE3.6-309
310	Hand Pulse Sensor	2	CE3.6-310
311	Hand Pulse Sensor Cover	2	CE3.6-311
312	Action Handlebar Foam Grip	2	CE3.6-312
313	Bearing 6004Z	4	CE3.6-313
314	Handlebar Pivot Inside Bushing	2	CE3.6-314
315	Action Handlebar Cover	2	CE3.6-315
316	Action Handlebar Inside Cover	4	CE3.6-316
317	Handlebar Pivot Outside Bushing	2	CE3.6-317
318	Level Adjuster	2	CE3.6-318
319	Rubber Cushion	2	CE3.6-319
320	Pedal Arm Front Pivot Cover	4	CE3.6-320
321	Hand Pulse Sensor Wire – Lower	2	CE3.6-321

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
400			
401	Right Pedal Arm	1	CE3.6-401
402	Left Pedal Arm	1	CE3.6-402
403	Pedal Fixing Base	2	CE3.6-403
404	Bearing 608WN9	8	CE3.6-404
405	Bushing 12x58mm	4	CE3.6-405
406	Pedal Buffer	2	CE3.6-406
407	Pedal Support Base	2	CE3.6-407
408	Pedal	2	CE3.6-408
409	Pedal Soft Cushion	2	CE3.6-409
412	Bearing 6002	4	CE3.6-412
413	Pedal Arm Rear Shaft	2	CE3.6-413
414	Bearing 2203	2	CE3.6-414
415	ϕ 35 C Clip	2	CE3.6-415
417	Pedal Buffer Cover	4	CE3.6-417
420	Rubber Cushion – Rear	2	CE3.6-420
421	Rubber Cushion – Front	2	CE3.6-421
500			
501	Main Frame	1	CE3.6-501
502	Crank Disk	1	CE3.6-502
503	Crank	2	CE3.6-503
504	Belt	1	CE3.6-504
506	Rear Stabilizer Cap	2	CE3.6-506
507	Rear Stabilizer Cushion	2	CE3.6-507
509	Strengthen Wheel Adjuster Set	1	CE3.6-509
510	Flywheel Pivot	1	CE3.6-510
514	Bearing 6005Z	2	CE3.6-514
515	Crank Disk Axle	1	CE3.6-515
516	Flywheel	1	CE3.6-516
517	Crank Disk Support Bushing	2	CE3.6-517
518	Crank Disk Support Cover	1	CE3.6-518
519	Flywheel Shaft Fixing	1	CE3.6-519
520	Magnet Bracket	1	CE3.6-520
521	Bearing 6000Z	3	CE3.6-521
522	7pin Computer Wire – Lower	1	CE3.6-522
523	Front Frame Cover – Lower	1	CE3.6-523
524	Front Frame Cover – Upper	1	CE3.6-524
525	Volute Shaft	1	CE3.6-525
526	Motor Bracket	1	CE3.6-526
527	Bearing 6300Z	4	CE3.6-527
528	Motor	1	CE3.6-528
529	Volute Bracket	1	CE3.6-529
530	Motor Control Board	1	CE3.6-530
531	Magnet Bracket Shaft	1	CE3.6-531
532	Flywheel Axle	1	CE3.6-532

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
535	Crank Disk Bearing Bushing	1	CE3.6-535
540	Speed Sensor	1	CE3.6-540
541	Speed Sensor Holder	1	CE3.6-541
600			
601	Front Cover	1	CE3.6-601
602	Frame Inside Cover – Right	1	CE3.6-602
603	Frame Inside Cover – Left	1	CE3.6-603
604	Frame Outside Cover – Left	1	CE3.6-604
605	Frame Outside Cover – Right	1	CE3.6-605
606	Iron Plate Nut	12	CE3.6-606
607	DC Power Wire	1	CE3.6-607
700			
701	M14x91mm Bolt	2	CE3.6-701
702	Spring 15x25x1.5mm	1	CE3.6-702
703	Aluminum Disk	1	CE3.6-703
704	Caster	2	CE3.6-704
705	M8x12mm Bolt	23	CE3.6-705
706	M8x20mm Bolt	2	CE3.6-706
707	M8x90mm Bolt	4	CE3.6-707
708	M8x60mm Bolt	2	CE3.6-708
709	M10x94mm Bolt	2	CE3.6-709
710	M8x65mm Bolt	2	CE3.6-710
711	M8x30mm Bolt	2	CE3.6-711
712	M10x45mm Bolt	2	CE3.6-712
713	M10x45mm Bolt	2	CE3.6-713
715	M6x12mm Bolt	12	CE3.6-715
716	Fixing Insert	8	CE3.6-716
718	M8 Nut	7	CE3.6-718
719	M14 Nut	2	CE3.6-719
720	M10 Nut	2	CE3.6-720
721	M12 nut	1	CE3.6-721
722	8x21x2mm Cup Washer	2	CE3.6-722
723	10x26x3mm Washer	1	CE3.6-723
724	10x20x5mm Washer	3	CE3.6-724
725	M4x45mm Bolt	1	CE3.6-725
726	4x19mm Screw	39	CE3.6-726
727	4.5x15mm Screw	12	CE3.6-727
728	4x12mm Screw	8	CE3.6-728
729	M10 Nut	4	CE3.6-729
730	4x50mm Bolt	1	CE3.6-730
731	10.5x28x2mm Cup Washer	2	CE3.6-731
732	4x15mm Screw	18	CE3.6-732
737	8x23x2mm Washer	2	CE3.6-737
738	$\S$ 10mm	2	CE3.6-738
742	M6x38mm Bolt	1	CE3.6-742
743	M6 Nut	1	CE3.6-743

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
744	M5x8mm Bolt	5	CE3.6-744
745	6x32x2.5mm Washer	2	CE3.6-745
747	M8x10mm Bolt	2	CE3.6-747
748	M10x30mm Bolt	2	CE3.6-748
751	M5x14mm Bolt	4	CE3.6-751
752	M5x10mm Bolt	2	CE3.6-752
753	M6x15mm Bolt	2	CE3.6-753
754	6.5x12x1mm Washer	6	CE3.6-754
755	8x16.5x1.5mm Washer	11	CE3.6-755
760	M8x15mm Bolt	4	CE3.6-760
761	M5 Nut	4	CE3.6-761
762	ϕ 5mm Spring Washer	4	CE3.6-762
763	10x20x2mm Washer	6	CE3.6-763
764	M6x10mm Bolt	1	CE3.6-764
766	8x21x2mm Cup Washer	2	CE3.6-766
870	Taper Fixing Insert-Metal Inside	4	CE3.6-870

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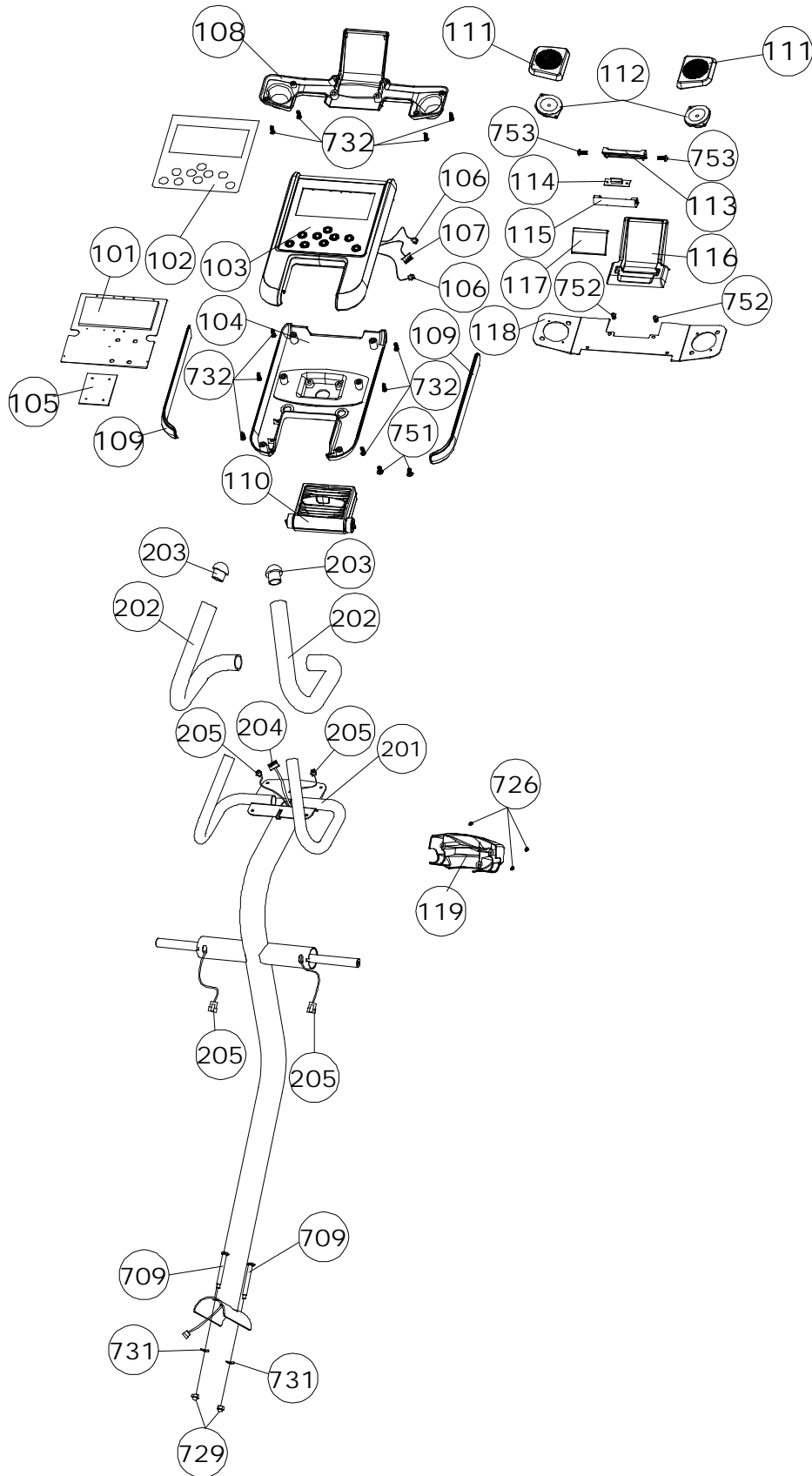
PARTS DIAGRAM
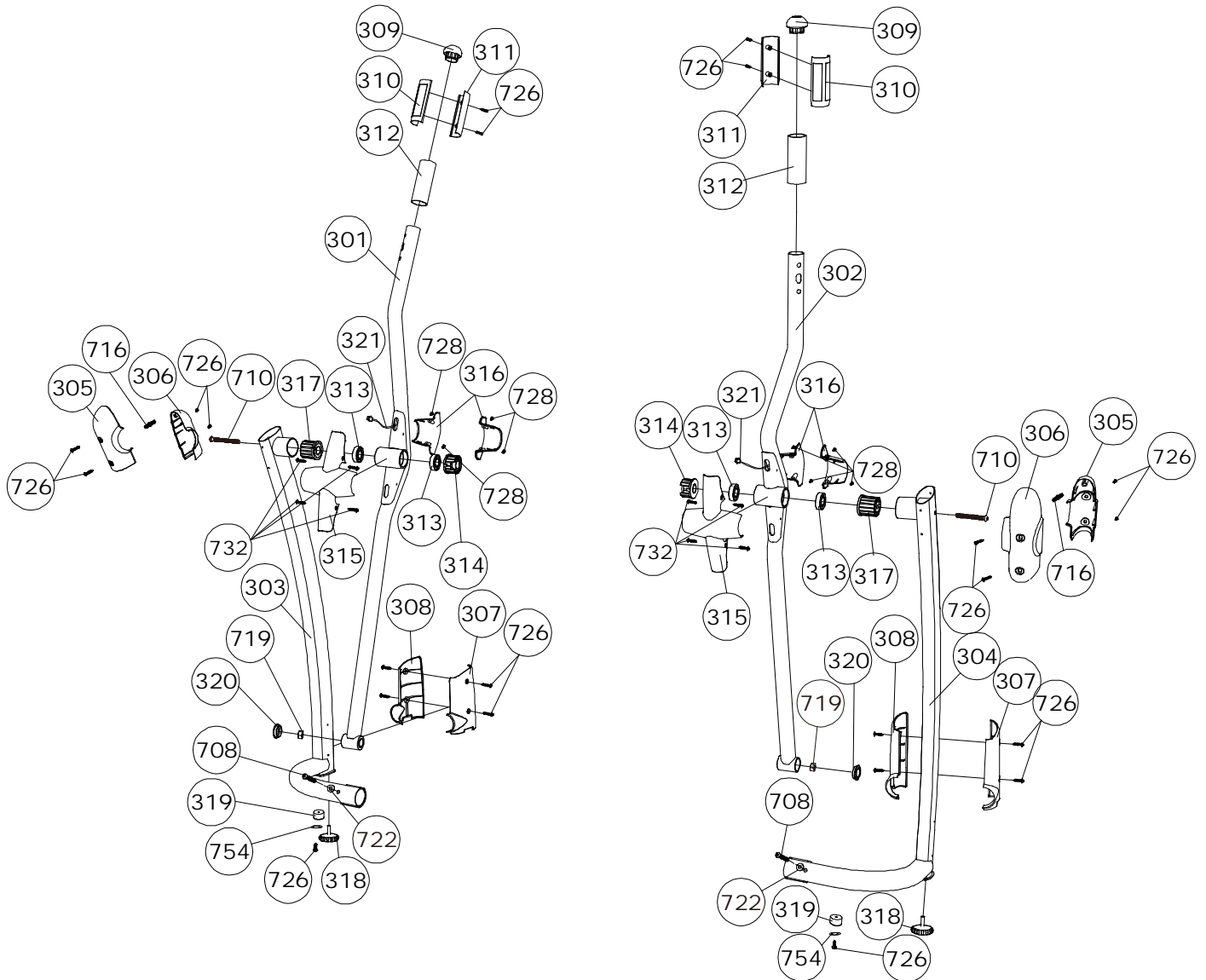
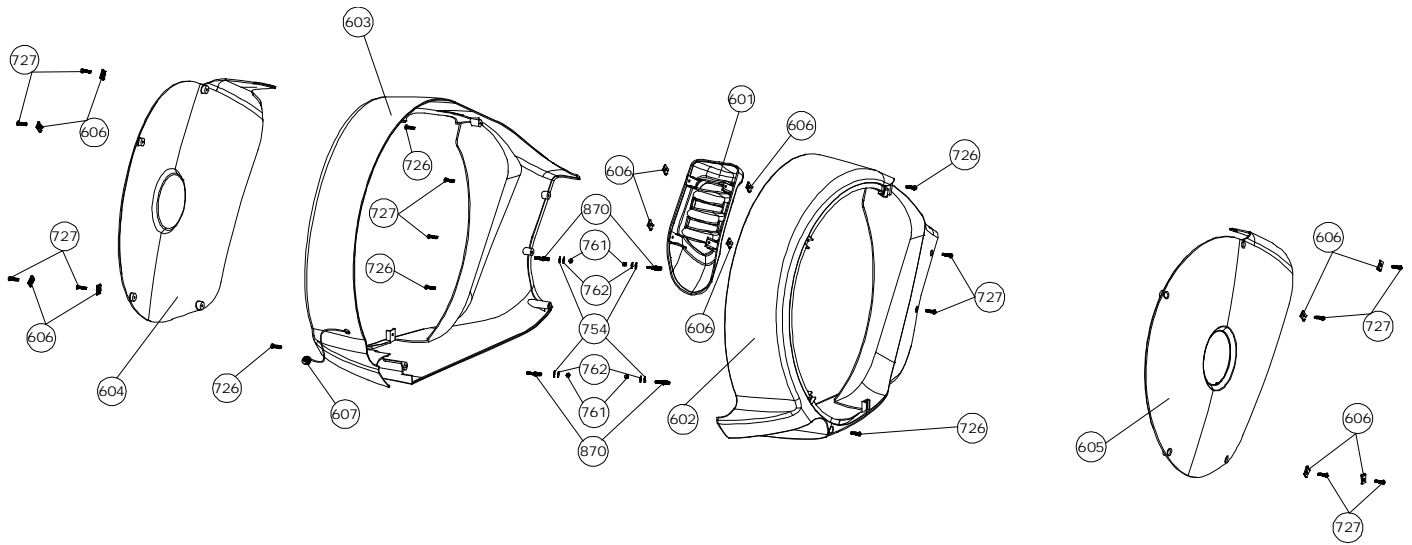**MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.**

PARTS DIAGRAM

PARTS DIAGRAM

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

PARTS DIAGRAM

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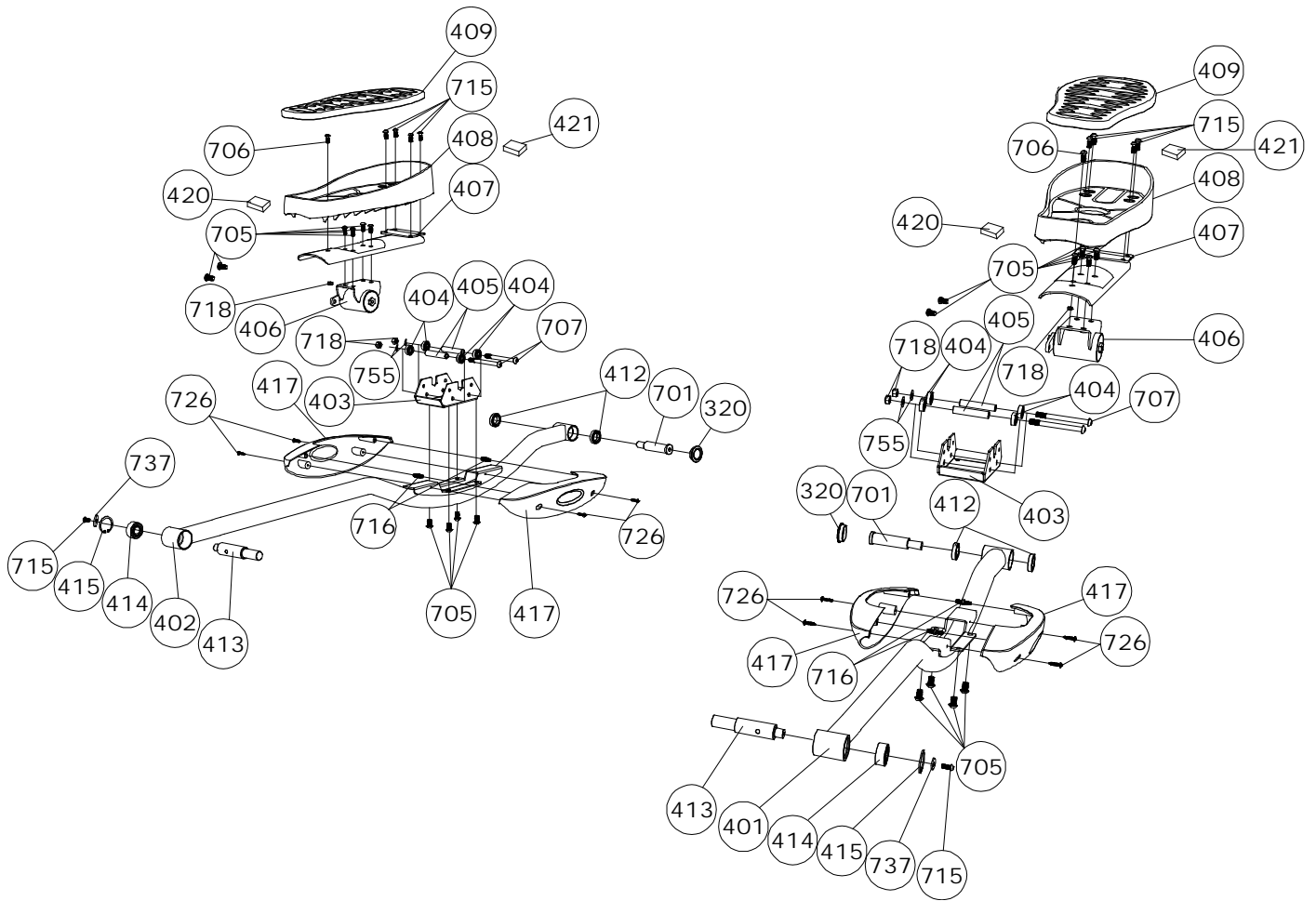
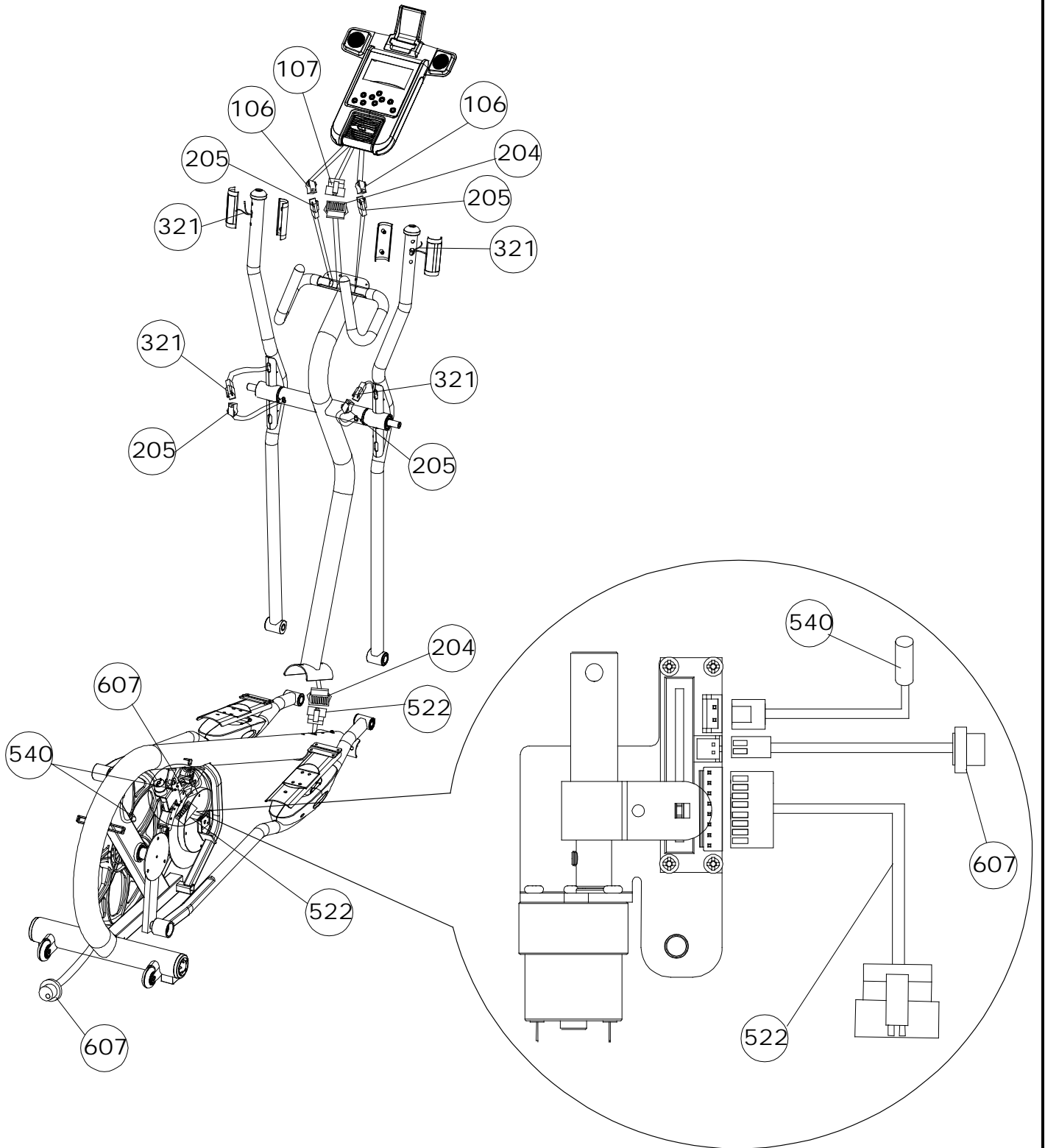## PARTS DIAGRAM

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

WIRE DIAGRAM

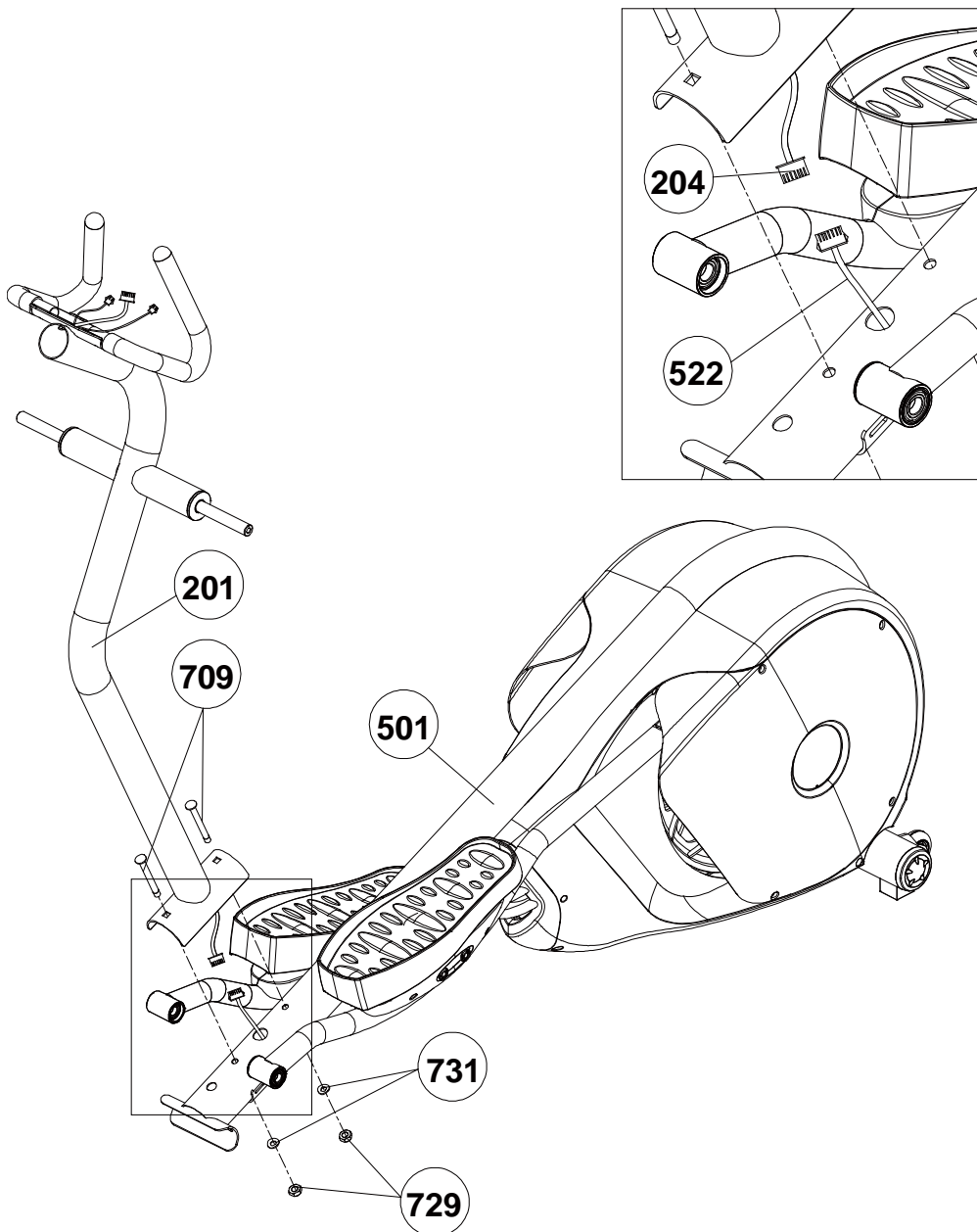**MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.**

ASSEMBLY

STEP 1:

(A) Connect the 7pin Computer Wire – Middle (204) to the 7pin Computer Wire – Lower (522).

(B) Attach the Console Support Upright (201) to the Main Frame (501) and secure using the M10x94mm Bolt (709), 10.5x28x2mm Cup Washer (731) and M10 Nut (729).
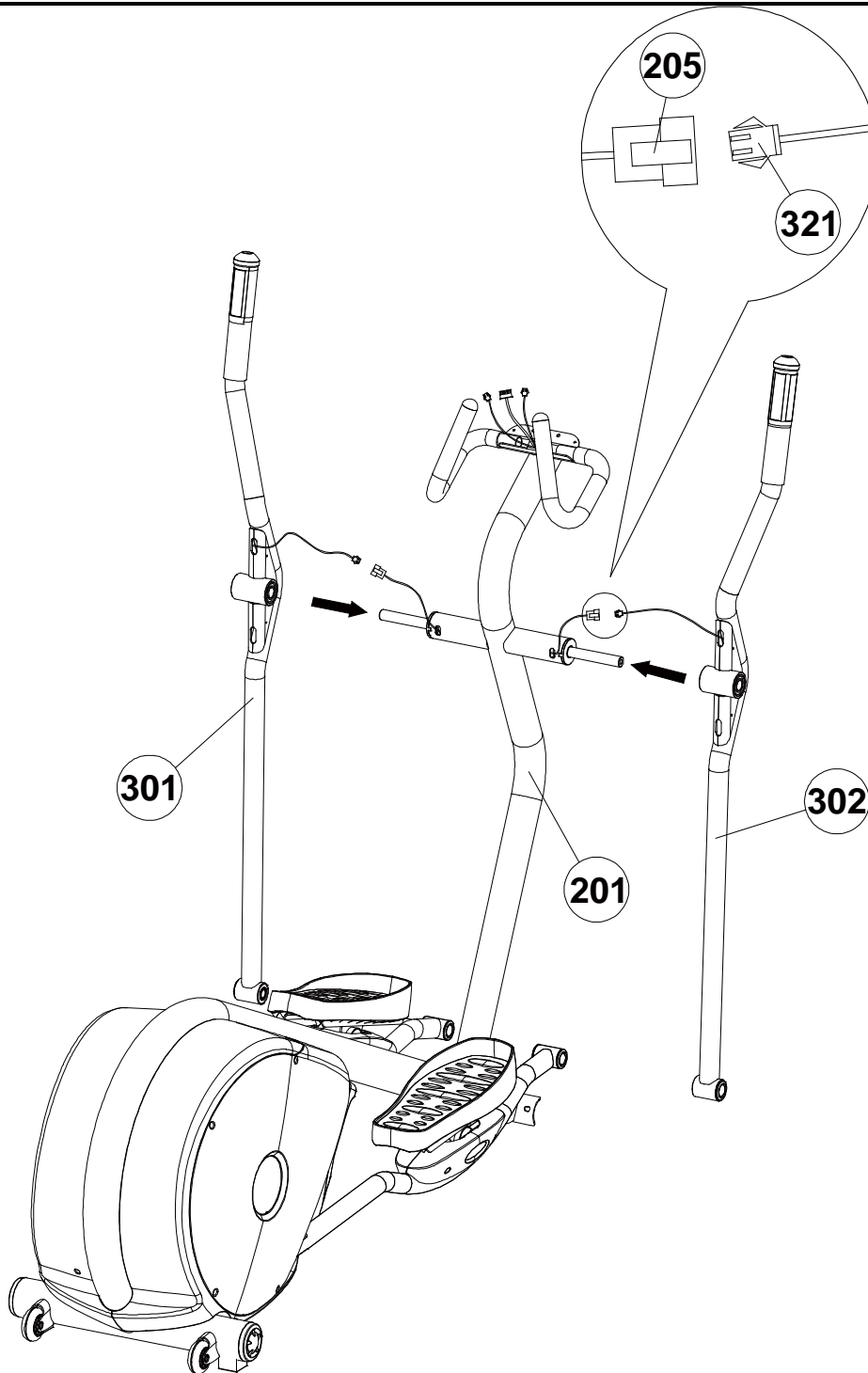
709 X2

731 X2

729 X2

ASSEMBLY

STEP 2:

(A) Slide the Acton Handlebar – Left (301) and Action Handlebar – Right (302) to the Console Support Upright (201)

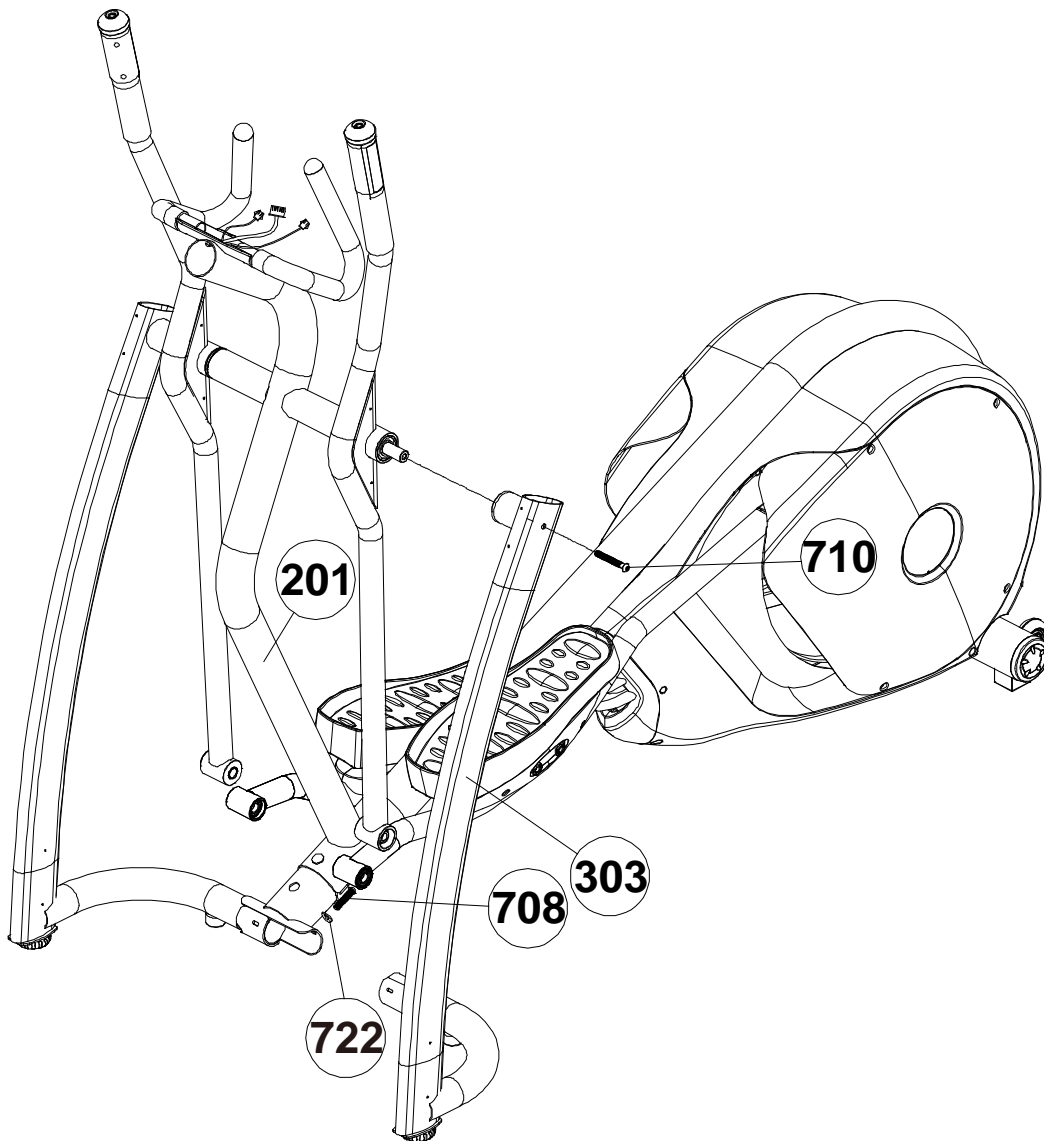(B) Connect the Hand Pulse Sensor Wire – Middle (205) to Hand Pulse Sensor Wire – Lower (321)

ASSEMBLY

STEP 3:

(A) Attach the Left Upright and Right Upright to the Console Support Upright (201), and secure using M8x65mm Bolt (710) on top of upright, M8x60mm Bolt (708) and 8x21x2mm Cup Washer (722) on bottom of upright.

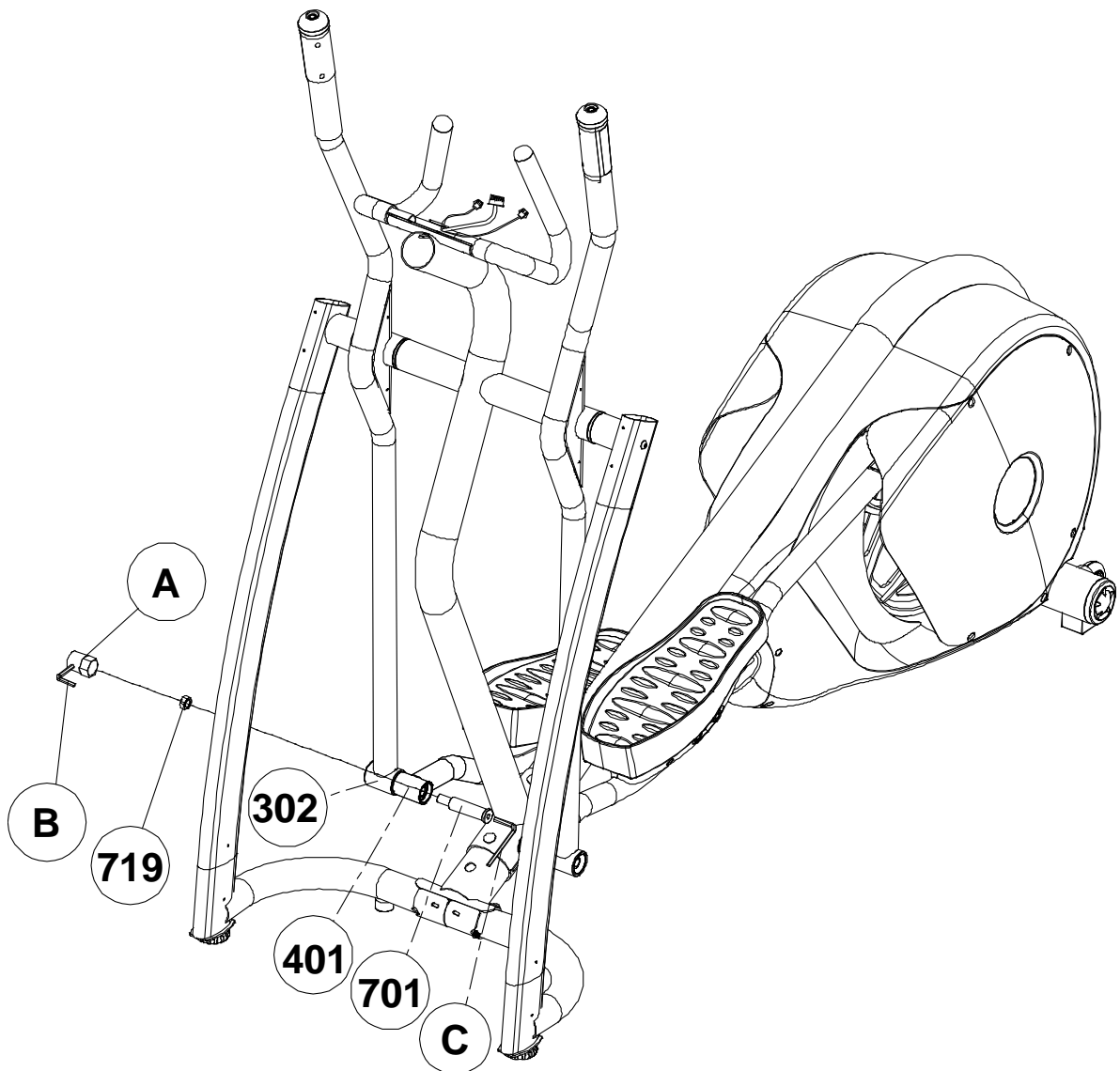|		
710	**X2**	▬▬▬▬▬▬
722	**X2**	◎
708	**X2**	▬▬▬▬▬

ASSEMBLY

STEP 4:

(A) Slide the M14x91mm Bolt (701) through the Pedal Arm – Right (401) and Action Handlebar – Right (302) and secure the M14 Nut (719) as shown. Repeat the above procedure to assemble the Left side.

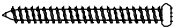| 701 | X2 | ▨▬▬ |
| 719 | X2 | ⬡ |

ASSEMBLY

STEP 5:

(A) Attach the Pedal Arm Front Pivot Cover (320) into the ends of the Action Handlebar – Right (302) and Pedal Arm – Right (401). Repeat the procedure on the Pedal Arm – Left (402) and Action Handlebar – Left (301).

320	**X4**	
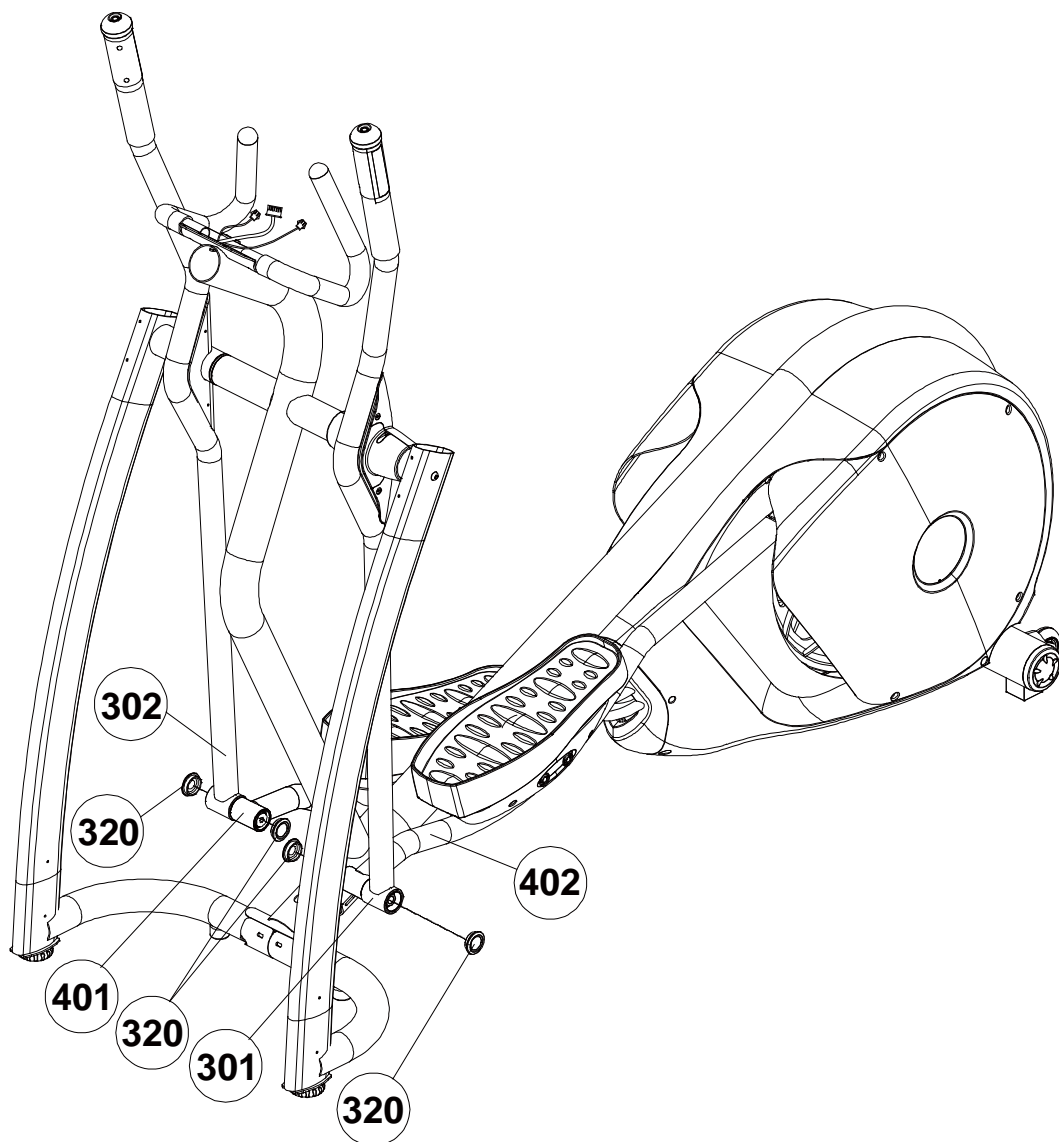
ASSEMBLY

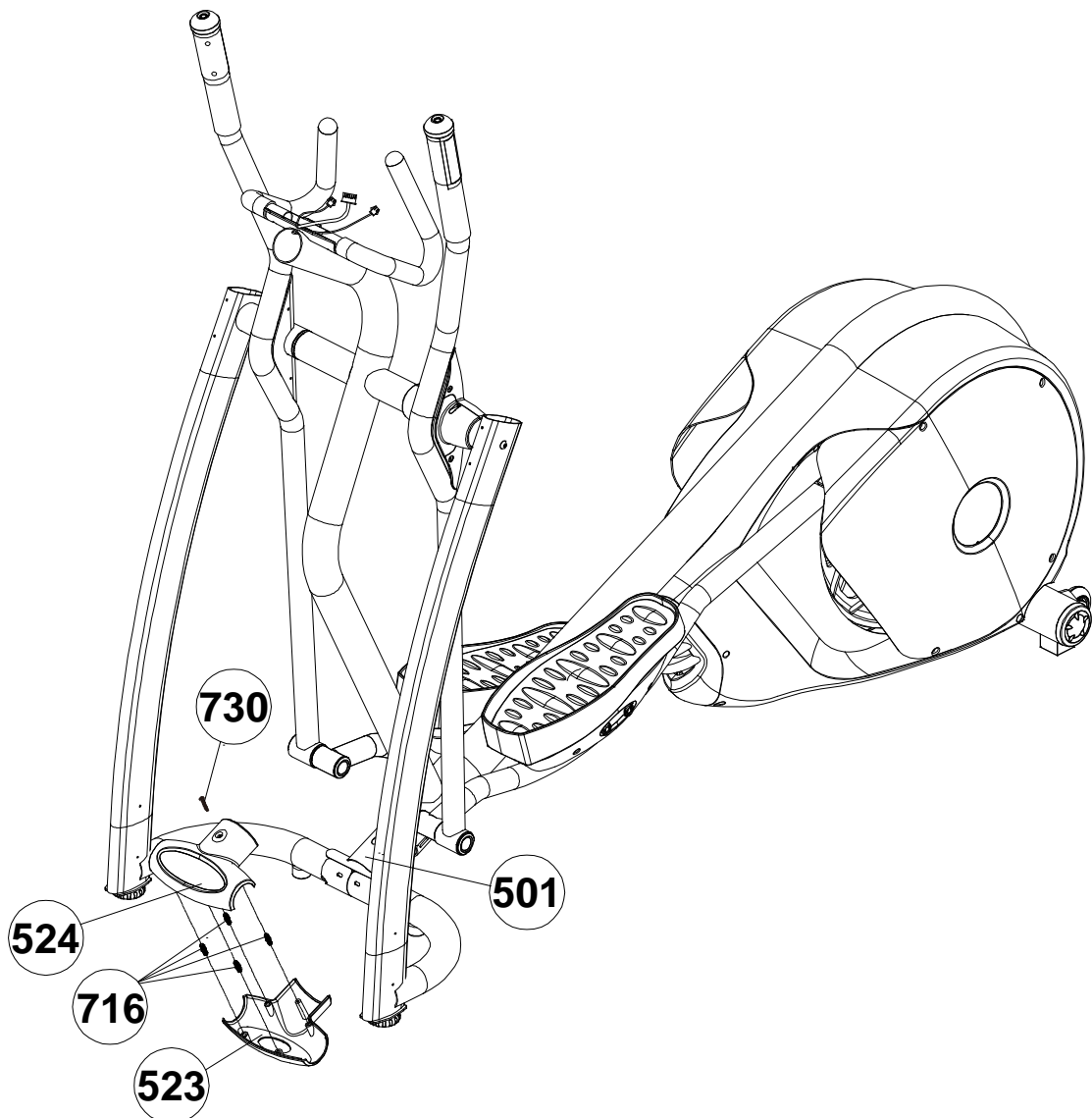**STEP 6**:

(A) Attach the Front Frame Cover – Upper (524) and Front Frame Cover –
     Lower (523) to the Main Frame (501). Secure with Fixing Inserts (716)
   and 4x50mm Bolt (730).

NOTE: The Fixing Insert (716) has been pre-assembled to Front Frame
         Covers by factory.

730   **X1**   ⬅mmmmmmmmmmmmΩ

730

501

524

716

523

ASSEMBLY

STEP 7:

(A) Attach the Action Handlebar Cover (315) to the front side of Action Handlebar – Right (302) and secure with four 4x15mm Screws (732). Then attach two Action Handlebar Inside Covers (316) from the back side of the Action Handlebar – Right (302) to the Action Handlebar Cover (315). Secure the Action Handlebar Inside Covers using four 4x12mm Screws (728). Repeat the procedure on the Action Handlebar – Left.

728	**X8**	
732	**X8**	
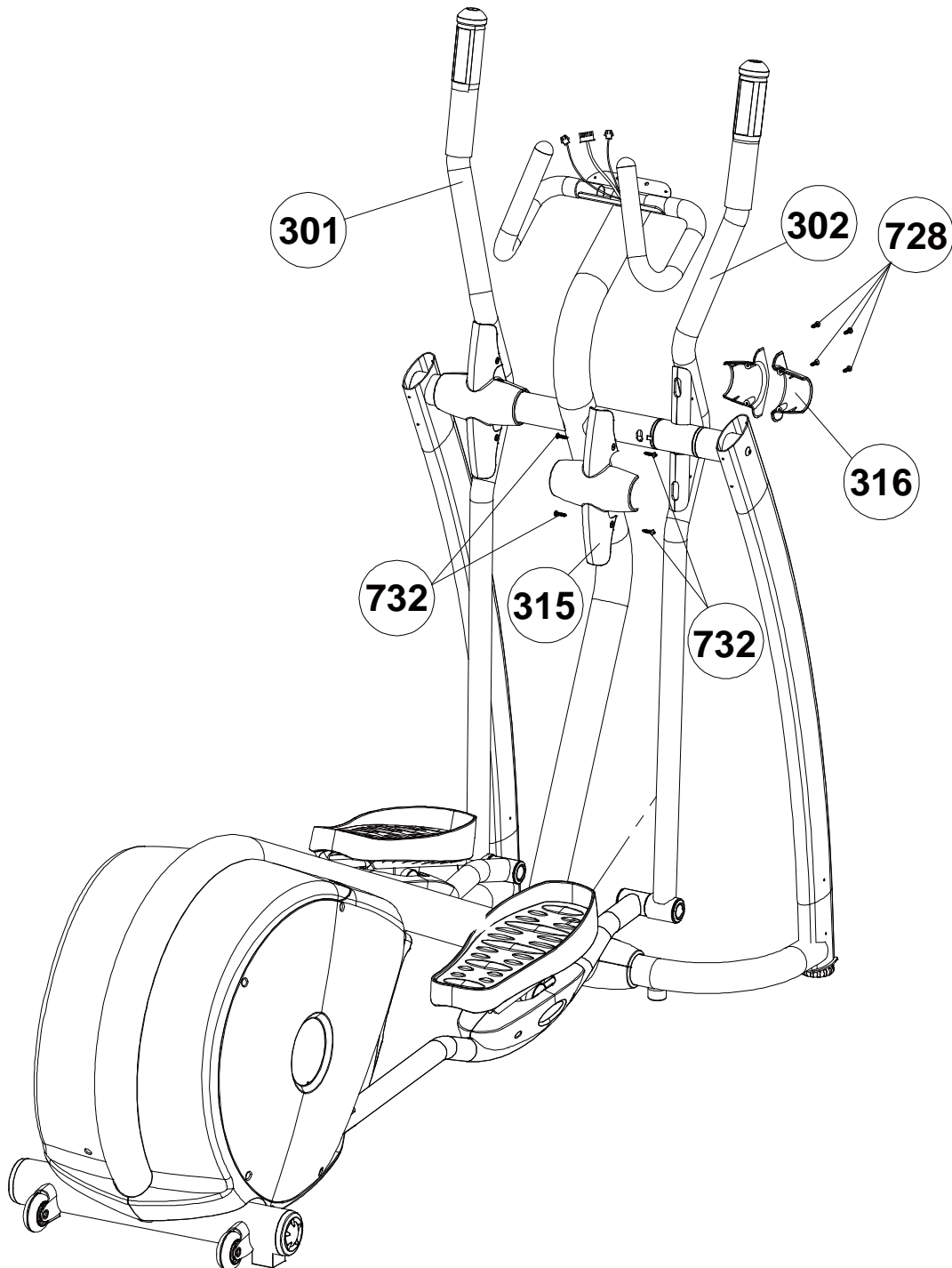
ASSEMBLY

ASSEMBLY

STEP 8:

(A) Attach the Upright Lower Cover – Left (308) and Upright Lower Cover –
    Right (307) to Right Upright (304) using four 4x19mm Screw (726).
    Repeat this procedure on Left Upright (303) with Upright Lower Cover –
    Left (308) and Upright Lower Cover – Right (307).

726	X8	
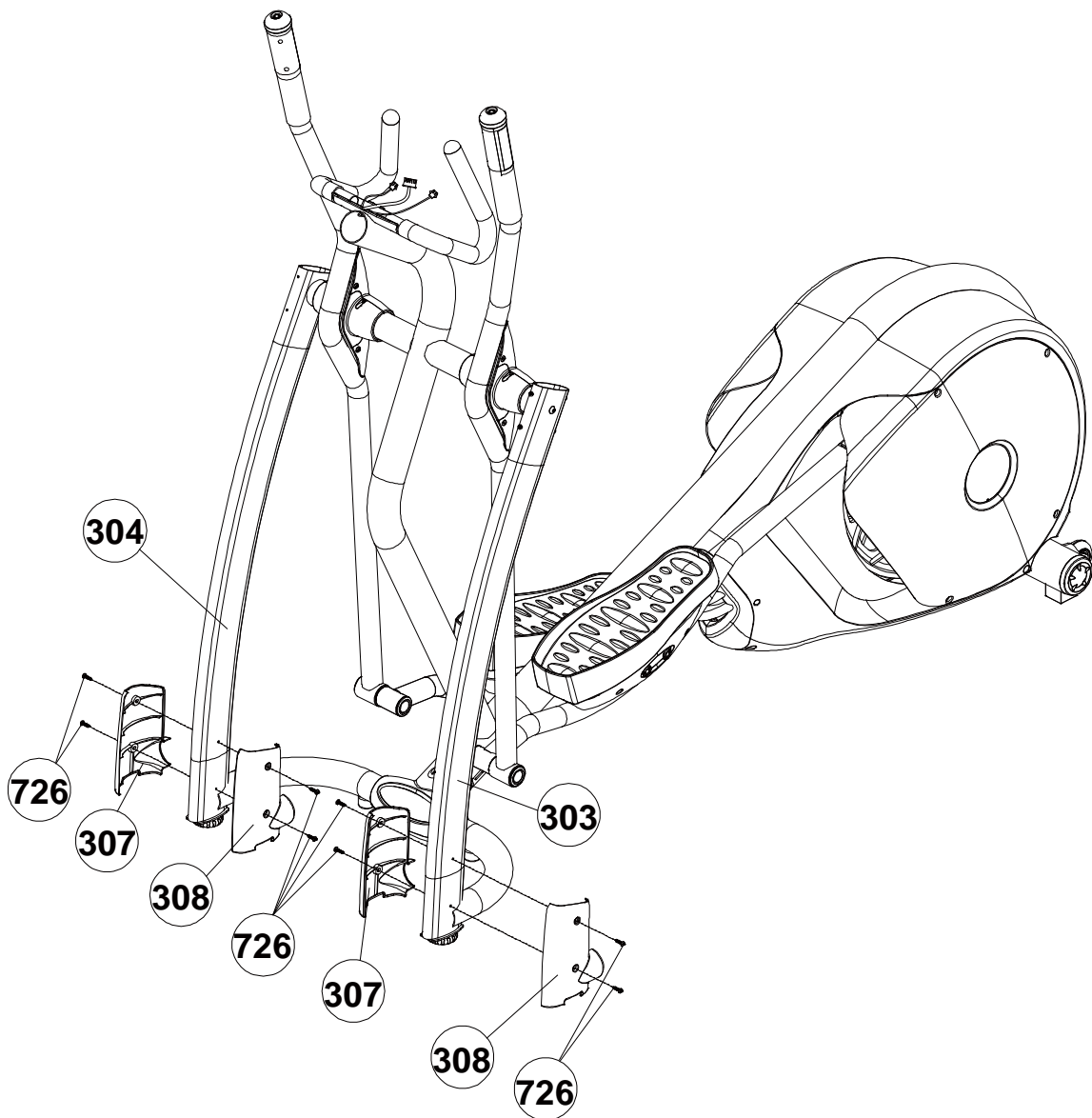
ASSEMBLY

STEP 9:

(A) Attach the Upright Upper Cover #1 (305) and Upright Upper Cover #2 (306))
to Upright using one Fixing Insert (716) and four 4x19mm Screws (726).

NOTE: The Fixing Insert (716) has been pre-assembled onto Upright Upper
Cover #1 (305) by factory.

726   **X4**   ⟨▥▥▥▥⟩
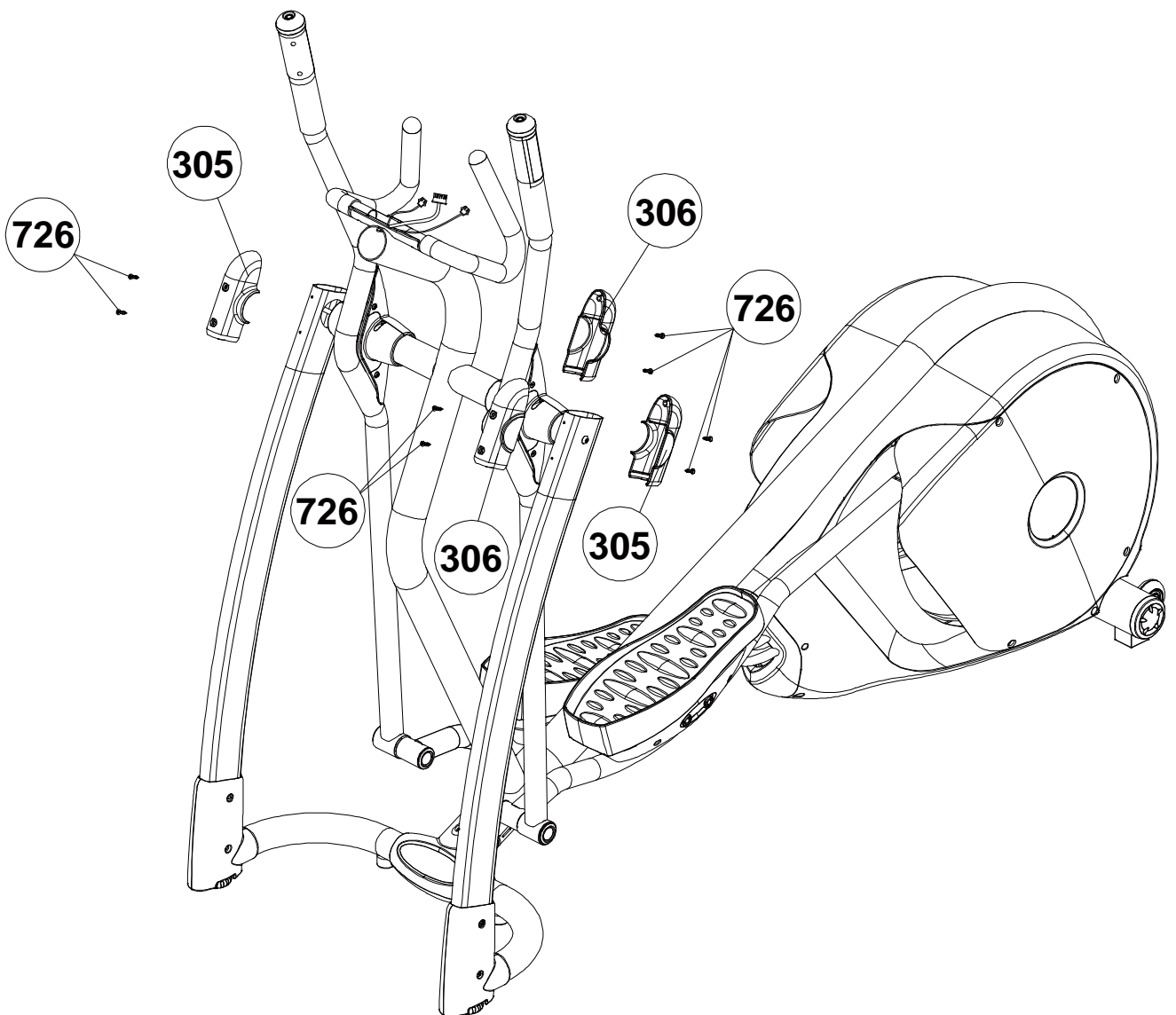
ASSEMBLY

STEP 10:

First make sure to connect the 7pin Computer Wire – Upper (107) with 7pin Computer Wire – Middle (204) and Hand Pulse Sensor Wire – Upper (106) with Hand Pulse Sensor Wire – Middle (205) as shown below.

(A) Attach the Computer to the Console Support Upright (201) using four M6 x 20mm Bolts (105).

(B) Attach the Console Back Cover (119) to the Console and secure using four 4x19mm Screws (726)

NOTE: Make sure all wires are recessed into the Console Housing, do not trap or pinch any of the wires.

726 **X2**
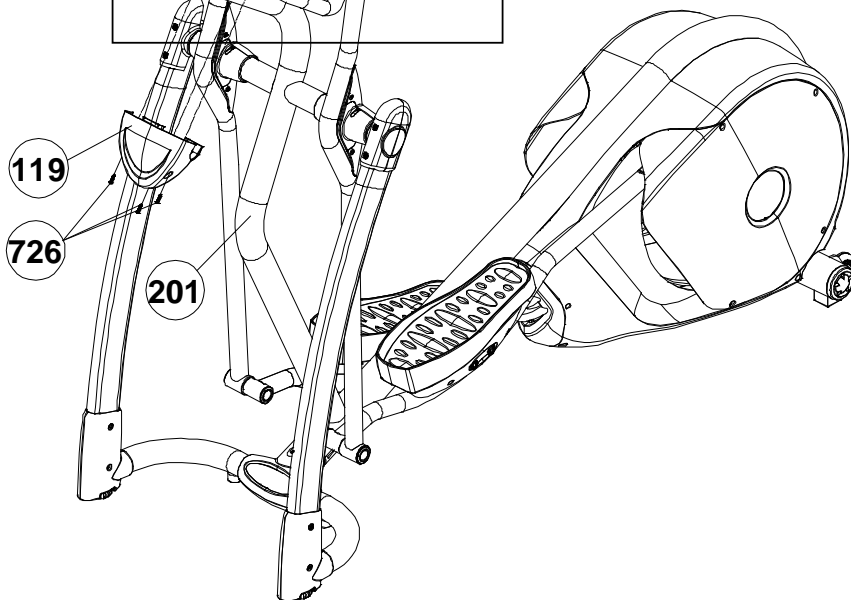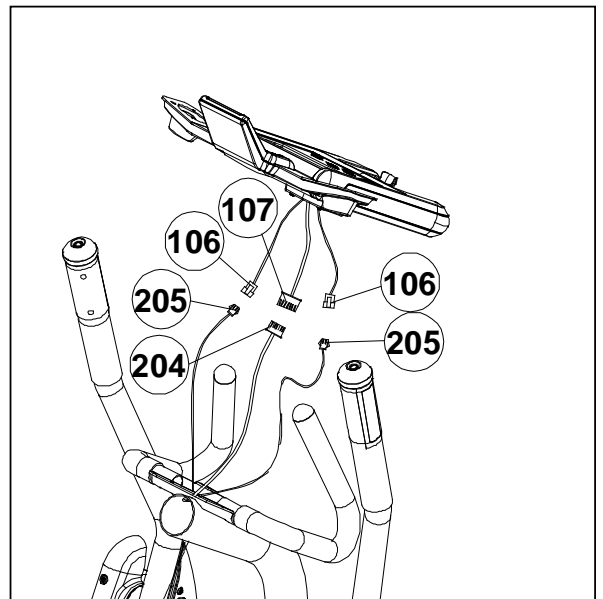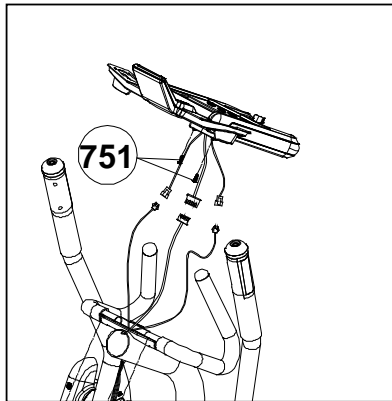
iPod MOUNTING INSTRUCTION

iPod MOUNTING INSTRUCTION:

1. Attach your iPod into the dock
2. Rotate the iPod to lay on the bracket
3. Adjust the intensity of volume on computer buttons while playing music.
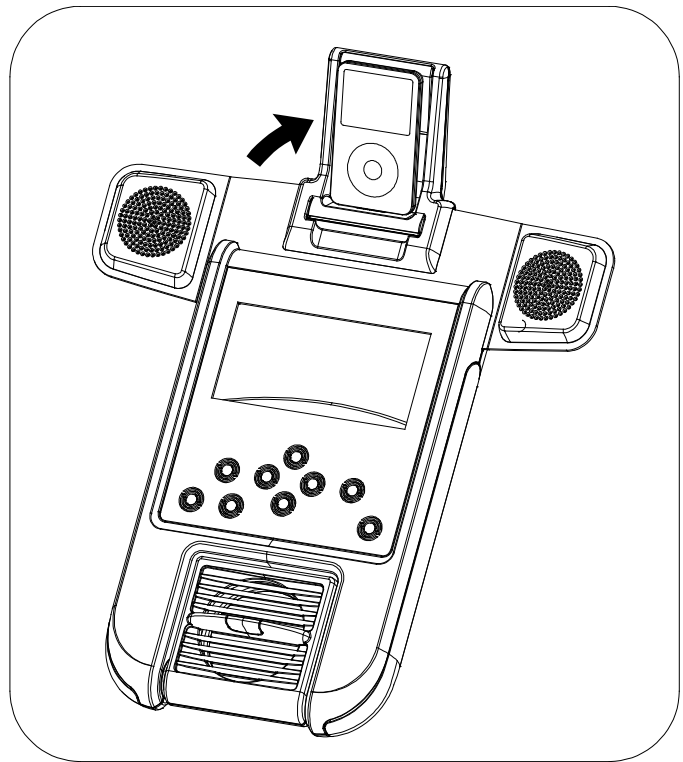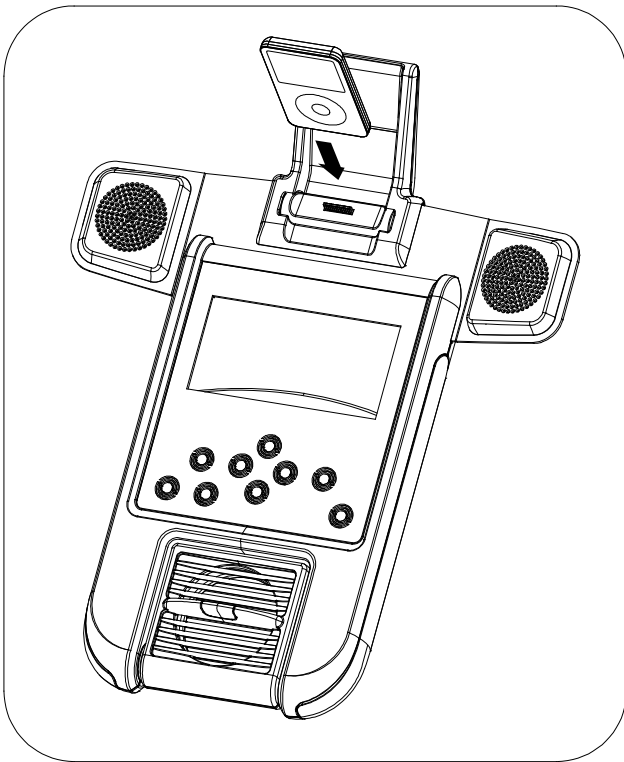
LEVEL ADJUSTMENT

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 CE3.6 elliptical 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.
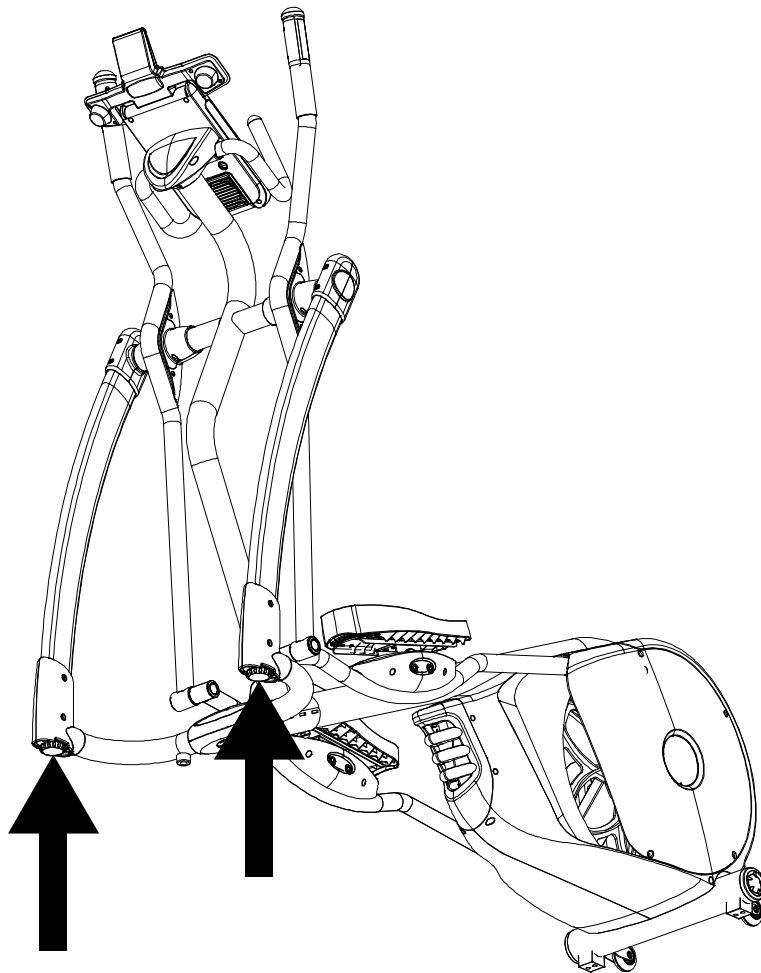
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your CE3.6 elliptical Trainer simply lift the back end and roll it away to the desired location, as shown.
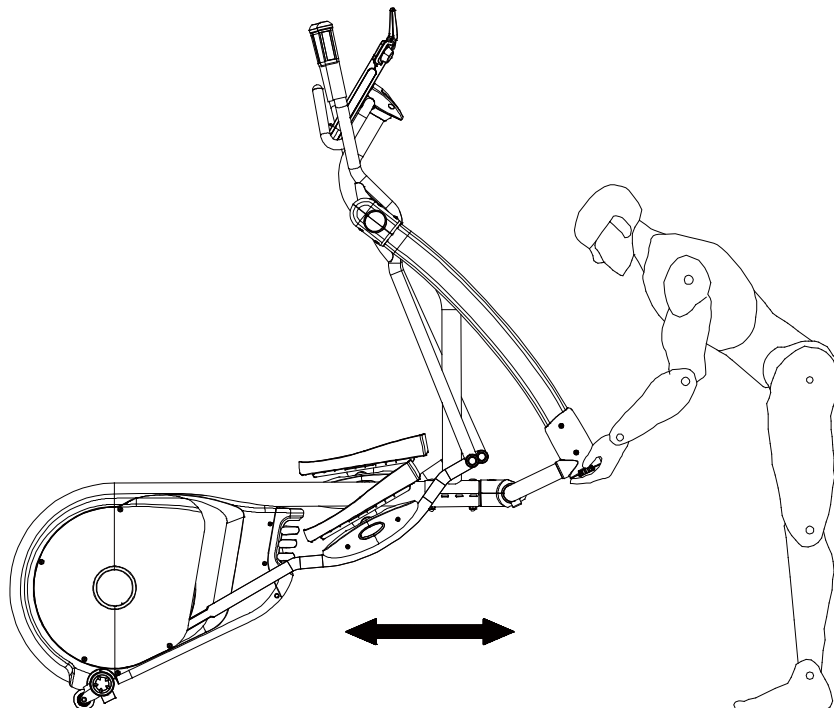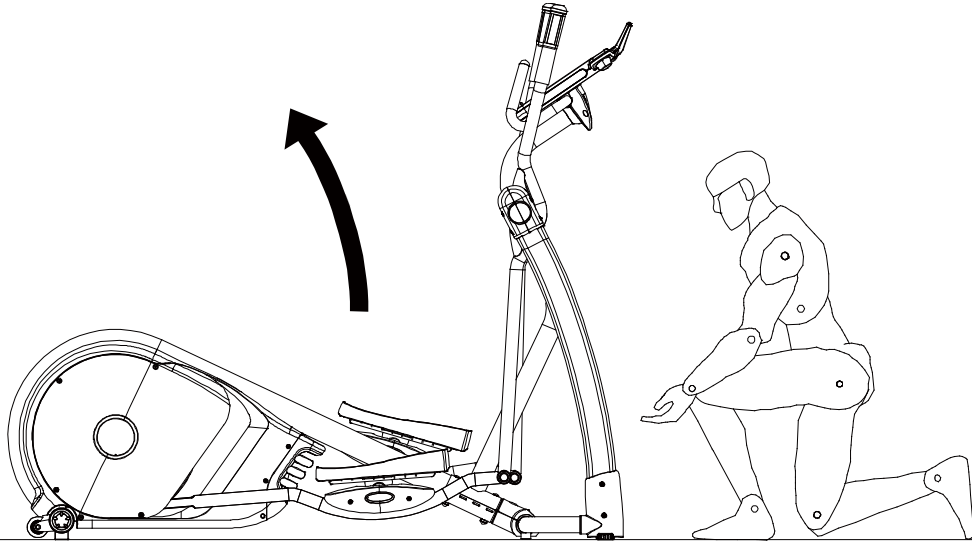
MUSCLE CHART

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.
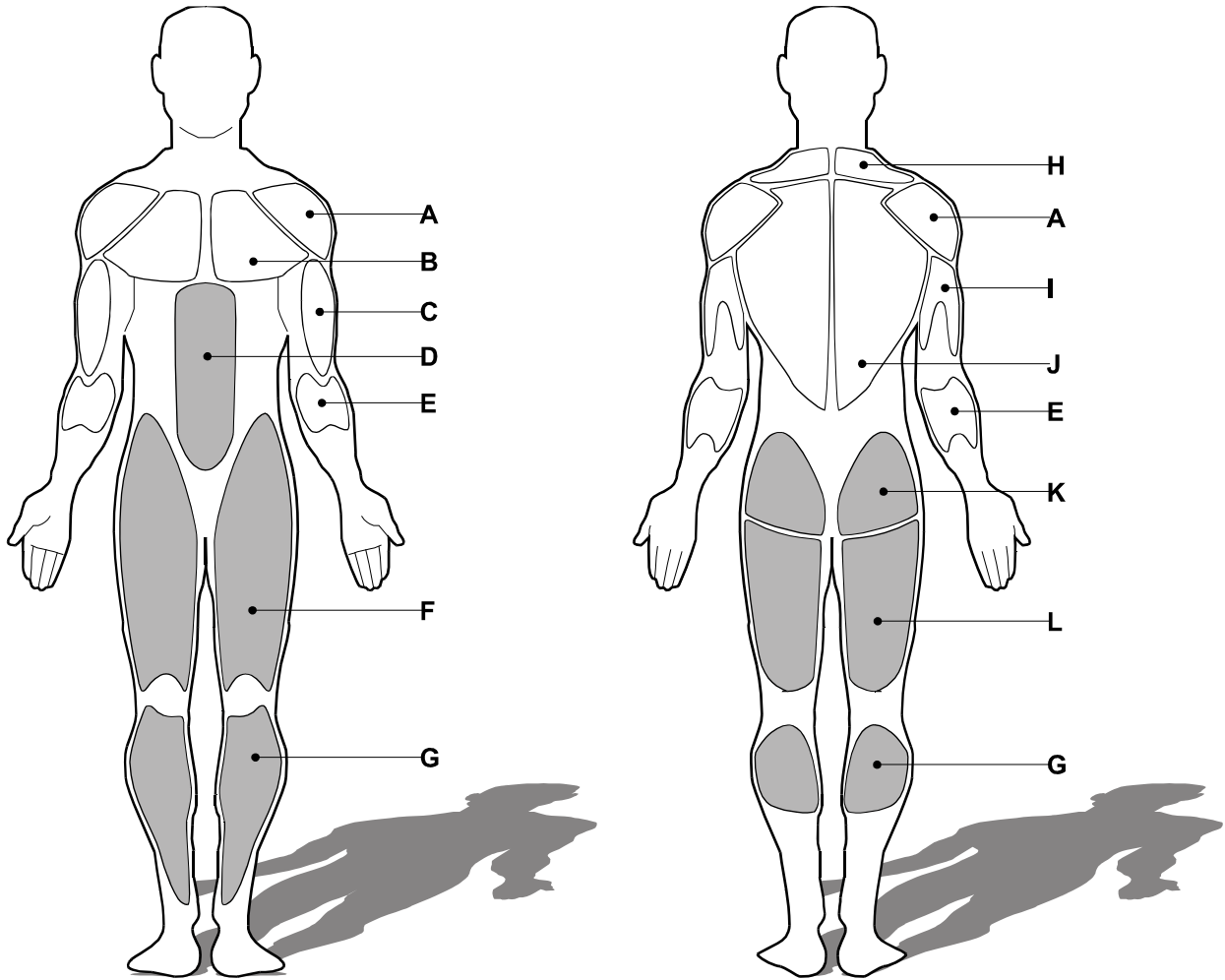
MUSCLE GROUPS

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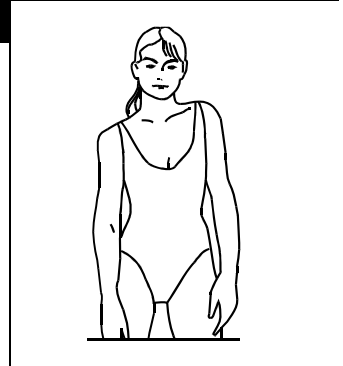
Inner Thigh Stretch:
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

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.
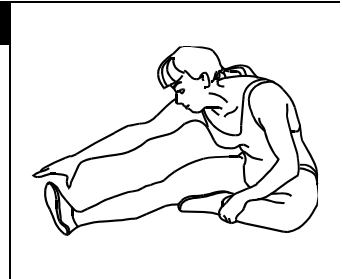
Side Stretch:
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
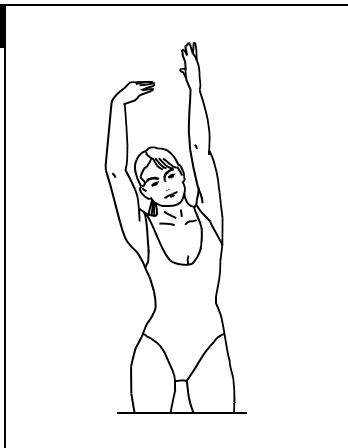
Calf-Achilles Stretch:
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
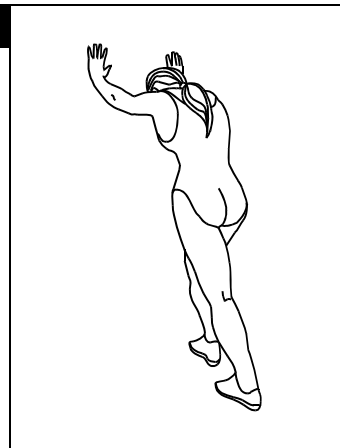
Head Roll:
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
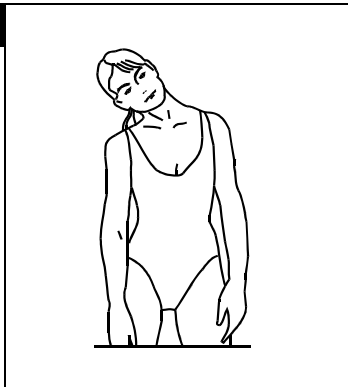
COMPUTER OPERATION
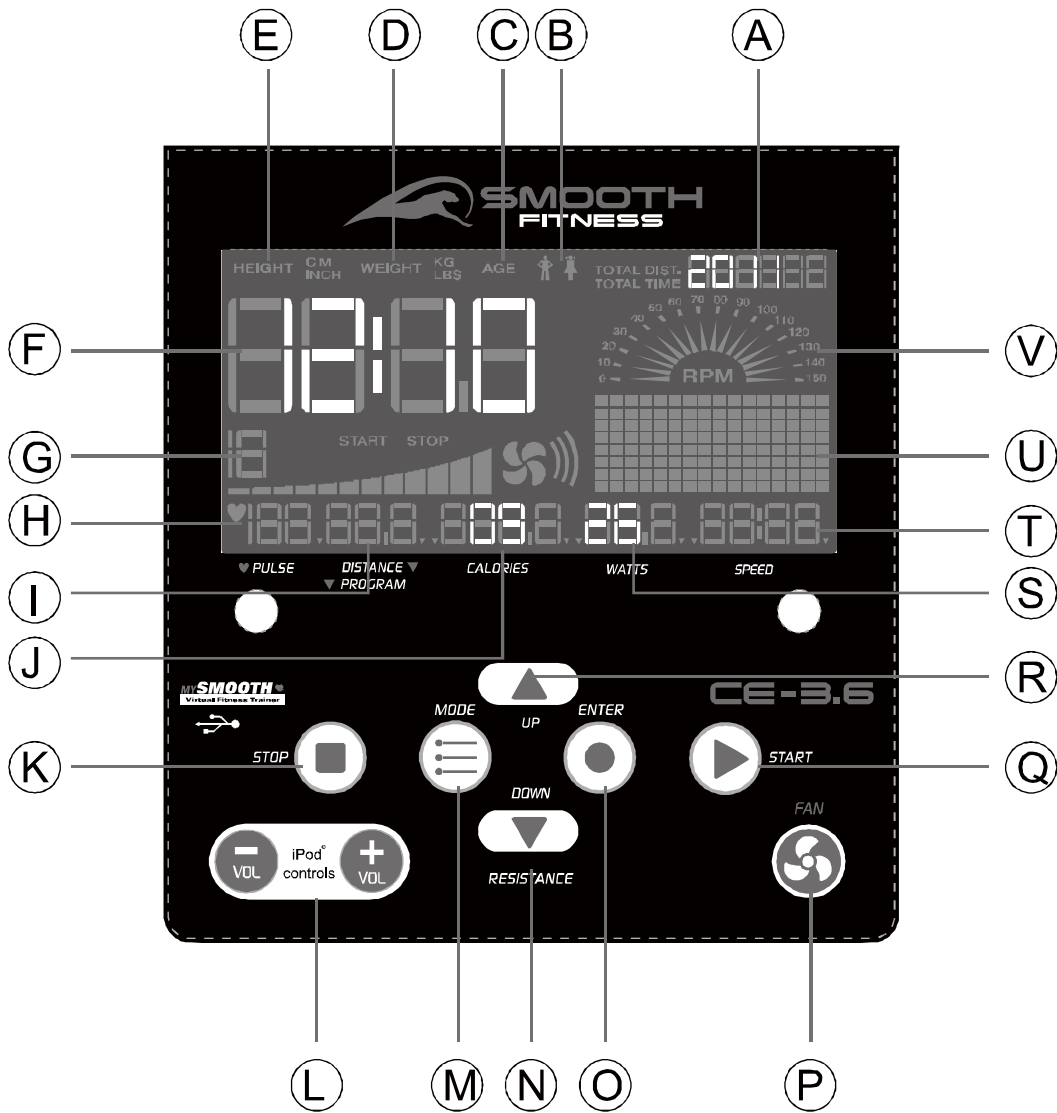
A	RPM	B	GENDER	C	AGE
D	WEIGHT	E	HEIGHT	F	TIME
G	RESISTANCE LEVEL	H	PULSE	I	DISTANCE / PROGRAM
J	MODE BUTTON	K	STOP BUTTON	L	iPod VOL CONTROLS
M	RESISTANCE DOWN	N	ENTER BUTTON	O	FAN CONTROL
P	START BUTTON	Q	RESISTANCE UP	R	FAN INTENSITY
S	WATT	T	SPEED	U	INTENSITY LEVEL DOT MATRIX
V	RPM DIAGRAM				

COMPUTER OPERATION

mySMOOTH — Virtual Fitness Trainer

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

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

Welcome to mySMOOTH!

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

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

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

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

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1 Create Your Account

1. Enroll

It takes only minutes to set up your account.

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

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

Enrollment ID#

2. Log In & Enter Your Baseline Vital Stats

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

Health Metrics

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

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

3. Set Your Goals

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

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

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

4. Pick a Workout Calendar

Workout Calendar

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

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

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

2 Using Your USB Drive

1. Install Your Communications Software

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

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

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

2. Sync Your Personal Data

Synchronize your personal data with your USB drive, and upload exercise and health metrics results from your USB into your account.

To Sync for the First Time, or When Logged In

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

To Sync When Not Logged In

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

All IHP certified products work with your mySMOOTH Account

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

Your Profile → Sync → Your Results

3 Enter Your Results Manually

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

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

mySMOOTH — Virtual Fitness Trainer

Online Membership

mySMOOTH — Virtual Fitness Trainer

BY SMOOTH FITNESS

Enrollment ID# Included

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

COMPUTER OPERATION

mySMOOTH ♥+
Virtual Fitness Trainer

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.

USB Port Instruction

A. USB charging port. Charge you favorite mobile device while you workout.

B. MY Smooth Virtual Fitness Trainer- Record your fitness statistics.

C. Mp3 Jack- connects and listens to your Audio device using a 2.5mm audio plug.
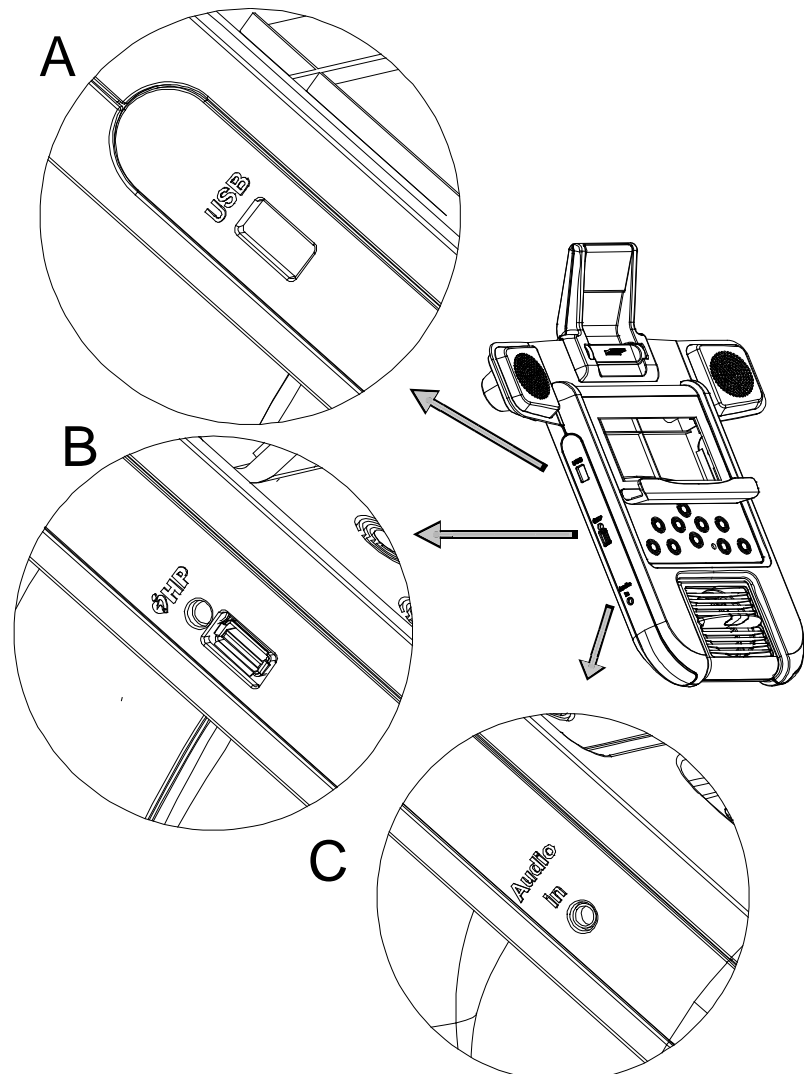
COMPUTER OPERATION

POWER ON

- Please set your local time. Turn on the power switch, and computer will reset automatically and blinks "L1" around 2 seconds, after a "Beep", then please press INTENSITY UP and DOWN simultaneously, hold for 5 seconds, then the blink will guide you to set on the display. Presses INTENSITY UP or DOWN to select correct time and date, press STOP/ENTER to do the next setting and also save this memory in the end
- Press the START button to quick-start exercise.
- Press any button to skip into program selection mode"U1", and please refer to "PROGRAM MODE" for following operation.

After connecting the Adaptor, the LCD screen will light up.

To switch back to the power on status after the machine has already been used press the stop button twice.
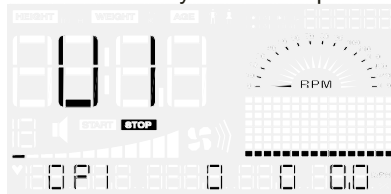
QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.
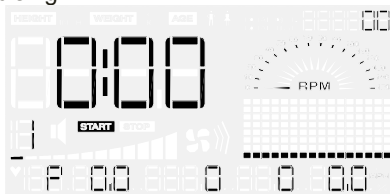
SLEEP MODE

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

PAUSE MODE

While in the PROGRAM, without pedalling the machine for 30 seconds, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will reset to POWER ON status.
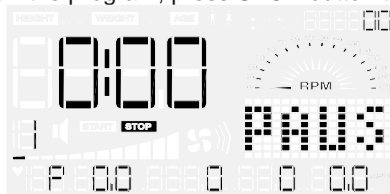
COMPUTER OPERATION

FAN FUNCTION:
To activate the fan press the fan button to turn on ,pressing the fan button will also adjust the fan speed
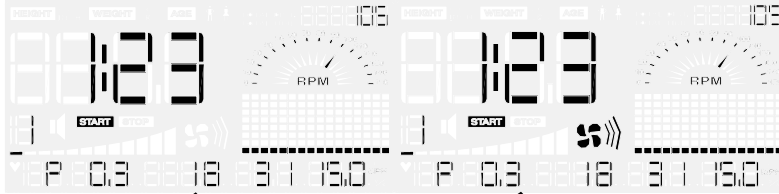
First Press: Second Press: Third Press: Fourth Press: **STOP**

When adjusting the angle of the fan be sure not to over rotate. This feature is designed to tilt 25 degrees up and 25 degrees down. Over rotation may damage the fan assembly.

POWER ON
After connecting the Adaptor, switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop key twice.

QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, SPEED, DISTANCE and CALORIES will count up when you start exercising.

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 th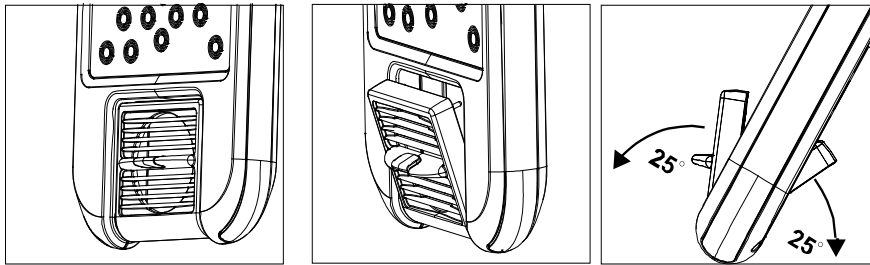e machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it plugged in to keep the LCD lit. To turn SLEEP MODE off, get the console to POWER ON status then press RESISTANCE UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press START button to enter conversion SLEEP MODE function. After Press the START button the computer will display either *"On"* or *"Off"* blinking then press RESISTANCE UP/DOWN button to switch between *"On"* and *"Off"* then press STOP/ENTER button twice to return to the POWER ON status.

PAUSE/STOP:
During the workout, press STOP button or STOP pedaling for 30 seconds to enter PAUSE status. The RESISTANCE LEVEL Dot Matrix display will show *"PAUSE"*. All figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the display will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button, all the data will return to 0 and the computer will return to POWER ON status.

ENGLISH/METRIC CONVERSION:
The Crosstrainer computer display can show ENGLISH and METRIC information. Computer display *"MPH"* is ENGLISH status and display *"KM/H"* is METRIC status. The factory should have the proper setting on this for different markets. In case that the crosstrainer needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:
1. Set the POWER SWITCH to ON. Then press RESISTANCE UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press RESISTANCE UP/DOWN button to select display *"Sr 2"* blinking then press START button to enter conversion METRIC/ENGLISH function.
2. After Press the START button the computer will display either "*KM/H*" or "*MPH*" blinking then press RESISTANCE UP/DOWN button to switch between *"KM/H"* and *"MPH"* then press STOP/ENTER button twice return to the POWER ON status.

COMPUTER OPERATION

Main Individual custom program
Press the START button again to begin the exercise program. The LCD display will show the INTENSITY WATT and TIME status as the user set it. Press RESISTANCE UP/DOWN to adjust the resistance. The target time of the program will count down from the preset. The DISTANCE, CALORIES display will count up from 0. To pause the program while exercising, press the STOP/ENTER button. To quit the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

Heart Rate Operation

The Sanibel comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

PROGRAM OPERATION INSTRUCTION:
At POWER ON status, press STOP/ENTER button to enter preset PROGRAM MODE and to set user parameters.

SET UP USER CODE:
At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U9 and press the STOP/ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the computer will display the default "170(cm)/67" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user height information then press STOP/ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, the computer will display the default "68(kgs)/150(lbs) or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user weight information then press STOP/ENTER to confirm.

AGE set up – After the WEIGHT set up procedure, the computer will display the default "35" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press STOP/ENTER to confirm.

GENDER set up – After the AGE set up procedure, the computer will display the default "man" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user gender then press STOP/ENTER to confirm.

PROGRAM 1 – TARGET TIME
After selecting this program, the TIME display shows the factory default setting "32:00". Press RESISTANCE UP/DOWN
button to adjust the target time 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 RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 2 – TARGET DISTANCE
After selecting this program, the DISTANCE display shows factory default setting 3.2mph or 5.0km/h. Press RESISTANCE UP/DOWN button to adjust the target distance 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 RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 3 – TARGET CALORIES
After selecting this program, the CALORIES display shows factory default setting "50". Press RESISTANCE UP/DOWN button to adjust the target calories and press STOPE/ENTER to confirm. Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press RESISTANCE UP/DOWN to adjust the resistance.

COMPUTER OPERATION

PROGRAM 4 – FAT BURNING

After selecting this program, the TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target time 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 RESISTANCE. Press RESISTANCE UP/DOWN to adjust the resistance.

Fat Burning Program provides 1 to 16 one minute segments.

TIME/zone	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment		13th Segment	14th Segment	15th Segment	16th Segment
RESISTANCE/Level	L1	L3	L7	L9	L9	········	L9	L7	L3	L1
Level	1	1	1	1	1		1	1	1	1

PROGRAM 5 – INTERVAL INTENSITY

After selecting this program, the TIME display shows "L1". This indicates the intensity level for the intervals. Use the RESISTANCE 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 RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press RESISTANCE UP/DOWN to adjust the resistance.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone INTENSITY /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	L1	L9	L9	L1	L1	L9	L9	L1
L2	L2	L10	L10	L2	L2	L10	L10	L2
L3	L3	L11	L11	L3	L3	L11	L11	L3
L4	L4	L12	L12	L4	L4	L12	L12	L4
L5	L5	L13	L13	L5	L5	L13	L13	L5
L6	L6	L14	L14	L6	L6	L14	L14	L6
L7	L7	L15	L15	L7	L7	L15	L15	L7
L8	L8	L16	L16	L8	L8	L16	L16	L8

PROGRAM 6 – RANDOM

After the user has selected "P6- RANDOM program", The TIME will show the workout time setting of "32:00", Press the RESISTANCE UP /DOWN button to adjust workout time, Then press the STOP/ENTER button to confirm. Press the START button to begin the exercise program. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments. The resistance display will show "1". To increase or decrease the resistance while exercise, press the RESISTANCE UP/DOWN button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the STOP/ENTER button, To quit out the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep.

COMPUTER OPERATION

PROGRAM 7 – ENDURANCE

After selecting this program, the TIME display shows "L1". Press RESISTANCE UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm. TIME display shows factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target time 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 RESISTANCE profile. Press RESISTANCE UP/DOWN to adjust the resistance.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments.

TIME /zone INTENSITY /level LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
L2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
L3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
L4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
L5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
L6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
L7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
L8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

PROGRAM 8 – WATTS CONTROL

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 RESISTANCE will be increased when the user decreases the RPM. After selecting this program press STOP/ENTER to continue the set up procedure. WATTS display shows factory default setting "110". Press RESISTANCE UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME. TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target Time 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 profile. Press RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 9 – 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.

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 RESISTANCE UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.
After adjust the TARGET HEART RATE, the TIME display shows factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target time 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 30 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start after finished 3minute WARM UP.
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.

COMPUTER OPERATION

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 30 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 30 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 30 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 30 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 RESISTANCE LEVEL at level 1.

P10: CUSTOMER COURSE

When the user selects P10 CUSTOM program and press's STOP/ENTER button, C1 will display and flash on the LCD. The program can allow user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the RESISTANCE UP/DOWN button. Press STOP/ENTER button and hold it for 3 seconds to confirm the selection and then continues to set up. When the user selects one custom program and enter to set up, the user comes into the INTENSITY, WATT, and TIME setting mode. In the display the first minute is flashing. Use RESISTANCE UP/DOWN button to adjust the INTENSITY and WATTs. Then press the STOP/ENTER button to reserve the setting and continue to next minute setting of the program, etc. After setting up above item, press the STOP/ENTER button and hold it for 3 seconds to confirm ,and then press START button to activate status. The maximum workout time of each user program is 60 minutes.

COMPUTER OPERATION

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level. The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram
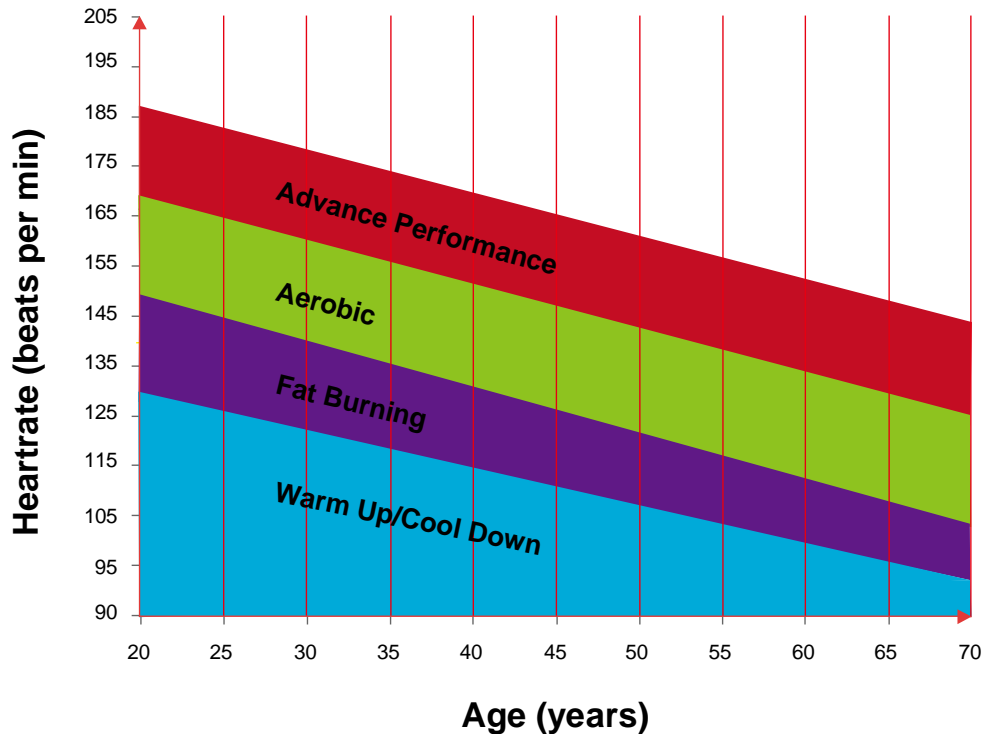
You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	65 – 75% of your max. heartrate
Fitness/Bodyshaping:	75 – 85% of your max. heartrate
Performance:	85 - 95% of your max. heartrate

Example:
You are 25 years old and want to train for the target Fitness:

$$220 – 25 = 195$$
$$75\% \text{ of } 195 = 146{,}25$$
$$85\% \text{ of } 195 = 165{,}75$$

Your target-heartrate should be between 146 and 166 beats per minute.

⚠ This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

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
CE-3.6i USA Only	Lifetime	Lifetime	5 years	2 years
CE-3.6i 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.

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SMOOTH FITNESS

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

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1.888.800.1167

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