

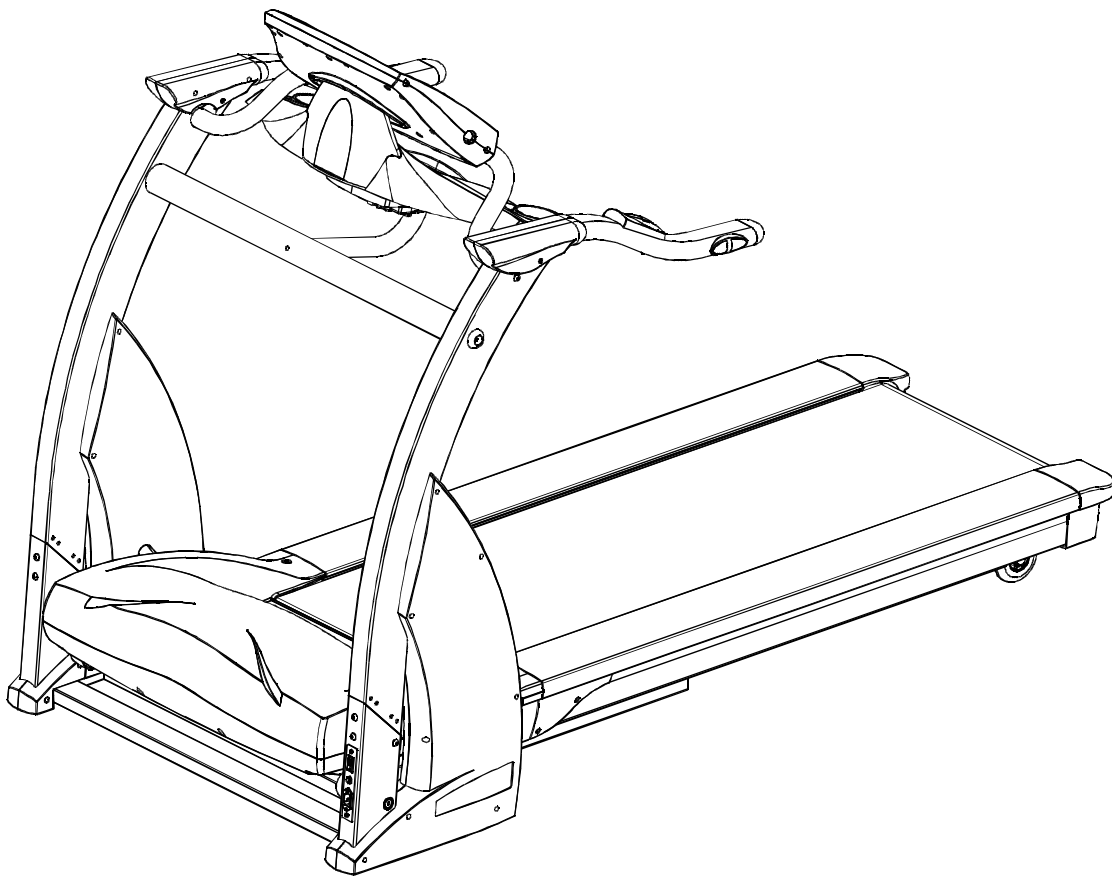
USER'S MANUAL

# EVO3 MOTORIZED TREADMILL

MODEL NUMBER: EVO3



[www.evofitness.com](http://www.evofitness.com)



USER WEIGHT LIMITATION: **400lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (found on frame):



## PRECAUTIONS

### For future service or related questions:

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

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Receipt: \_\_\_\_\_

### Precautions:

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

- ?? Use the treadmill only as described in this manual.
- ?? Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- ?? When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- ?? Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- ?? Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- ?? Keep children under the age of 12 and pets away from the treadmill at all times.
- ?? The treadmill should not be used by persons weighing more than 400lbs.
- ?? Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- ?? When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- ?? Always straddle the belt and allow it to start moving before stepping onto the belt.
- ?? Always examine your treadmill before using to ensure all parts are in working order.
- ?? Allow the belt to fully stop before dismounting.
- ?? Never insert any object or body parts into any opening.
- ?? Follow the safety information in regards to plugging in your treadmill.
- ?? Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- ?? Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- ?? Never leave the treadmill unattended while it is running.

## POWER REQUIREMENTS

### Power Requirements:

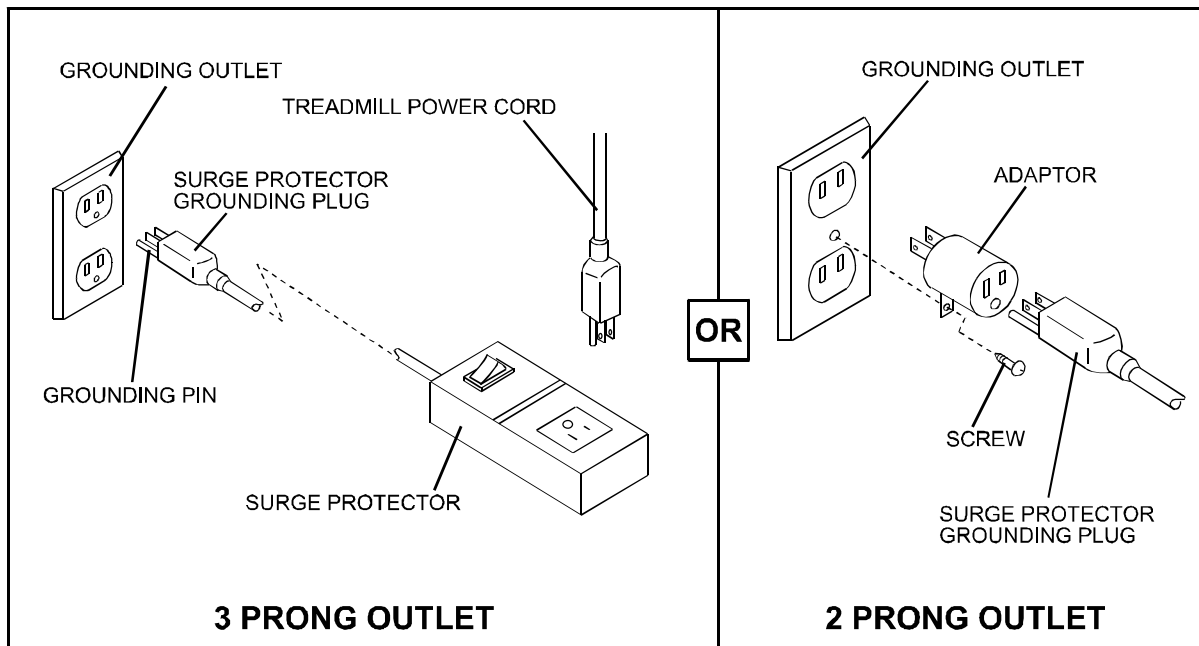
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDING. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE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

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

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.



## PREASSEMBLY

### **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 Hardware Comparison Chart 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 Smooth Retailer.

### **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:**

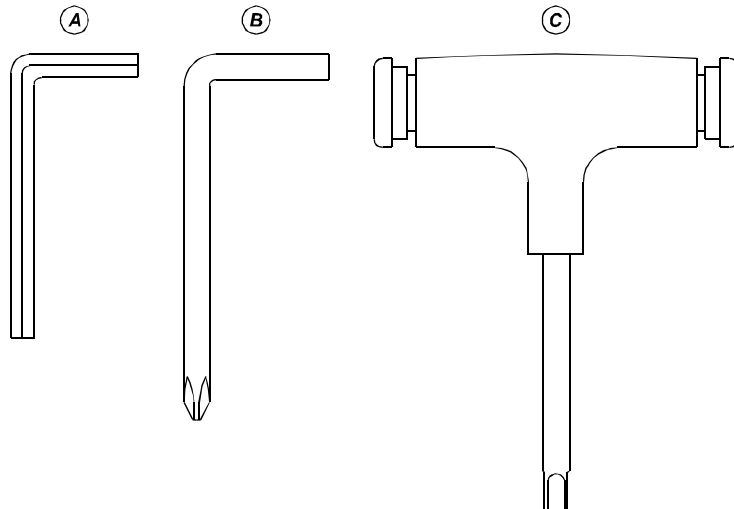
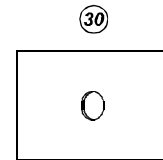
Please note that there is a weight limitation for this product. **If you weigh more than 400lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

## HARDWARE COMPARISON CHART

### Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
8	M6 X 15mm Console Screw	2
16	M8 x 19mm Screw	14
17	M8 x 25mm Screw	16
23	M8 x 10mm Allen Head Bolt	4
25	M8 x 76mm Allen Head Bolt	2
26	Metal Cap	2
30	Plastic Cover	2
31	M6 x 20mm Screw	2
49	M8 x 25mm Allen Head Bolt	4
A	5mm Wrench	1
B	Wrench	1
C	6mm Allen Wrench	1



## EVO3 MOTORIZED TREADMILL

## PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Computer	1	EVO3-01	30	Plastic Cover	2	EVO3-30
2	Caster Bracket - Left	1	EVO3-02	31	M6 x 20mm Screw	2	EVO3-31
3	M10 Nylon Nut	4	EVO3-03	32	M8 x 19mm Allen Head Bolt	4	EVO3-32
4	Safety Key	1	EVO3-04	33	M5 x 10 Allen Head Bolt	2	EVO3-33
5	Console Support Tube	1	EVO3-05	34	Power Switch	1	EVO3-34
6	Wire Protect Key	1	EVO3-06	35	Side Cover - Left	1	EVO3-35
7	M8 Nylon Nut	3	EVO3-07	36	Side Cover - Right	1	EVO3-36
8	M6 x 15mm Console Screw	2	EVO3-08	37	Fixed Tube	1	EVO3-37
9	M5 x 10mm Screw	1	EVO3-09	38	Caster Bracket - Right	1	EVO3-38
10	Handlebar Rear End Cap – Left #1	1	EVO3-10	39	Console Tray	1	EVO3-39
11	Handlebar Rear End Cap – Left #2	1	EVO3-11	40	Console Support Tube	1	EVO3-40
12	Handlebar Rear End Cap – Right #1	1	EVO3-12	41	Upright Plastic Shroud – Left #1	1	EVO3-41
13	Handlebar Rear End Cap – Right #2	1	EVO3-13	42	Upright Plastic Shroud – Left #2	1	EVO3-42
14	Handlebar - Left	1	EVO3-14	43	Upright Plastic Shroud – Right #1	1	EVO3-43
15	Handlebar - Right	1	EVO3-15	44	Upright Plastic Shroud – Right #2	1	EVO3-44
16	M8 x 19mm Screw	12	EVO3-16	45	M14 x 90mm Bolt	2	EVO3-45
17	M8 x 25mm Screw	18	EVO3-17	46	Running Deck Fixed Tube Sleeve	2	EVO3-46
18	Motion Control Sensor	2	EVO3-18	47	Cushion	2	EVO3-47
19	Hand Pulse Sensor	2	EVO3-19	48	Base Frame	1	EVO3-48
20	Handlebar Front End Cap	2	EVO3-20	49	M8 x 25mm Allen Head Bolt	1	EVO3-49
21	M8 x 15 Bolt	2	EVO3-21	50	M6 x 55mm Bolt	2	EVO3-50
22	M5 x 10 Screw	1	EVO3-22	51	Transport Wheel	2	EVO3-51
23	M8 x 10 Allen Head Bolt	4	EVO3-23	52	Elevation Support	1	EVO3-52
24	#4 x 10 Screw	4	EVO3-24	53	Bushing	4	EVO3-53
25	M8 x 76 Allen Head Bolt	2	EVO3-25	54	Motor Belly Pan	1	EVO3-54
26	Metal Cap	2	EVO3-26	55	Level Adjuster	4	EVO3-55
27	Cross Brace	1	EVO3-27	56	6 x 13 Washer	11	EVO3-56
28	Left Upright	1	EVO3-28	57	#8 x15 Screw	39	EVO3-57
29	Right Upright	1	EVO3-29	58	Cushion	1	EVO3-58

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## EVO3 MOTORIZED TREADMILL

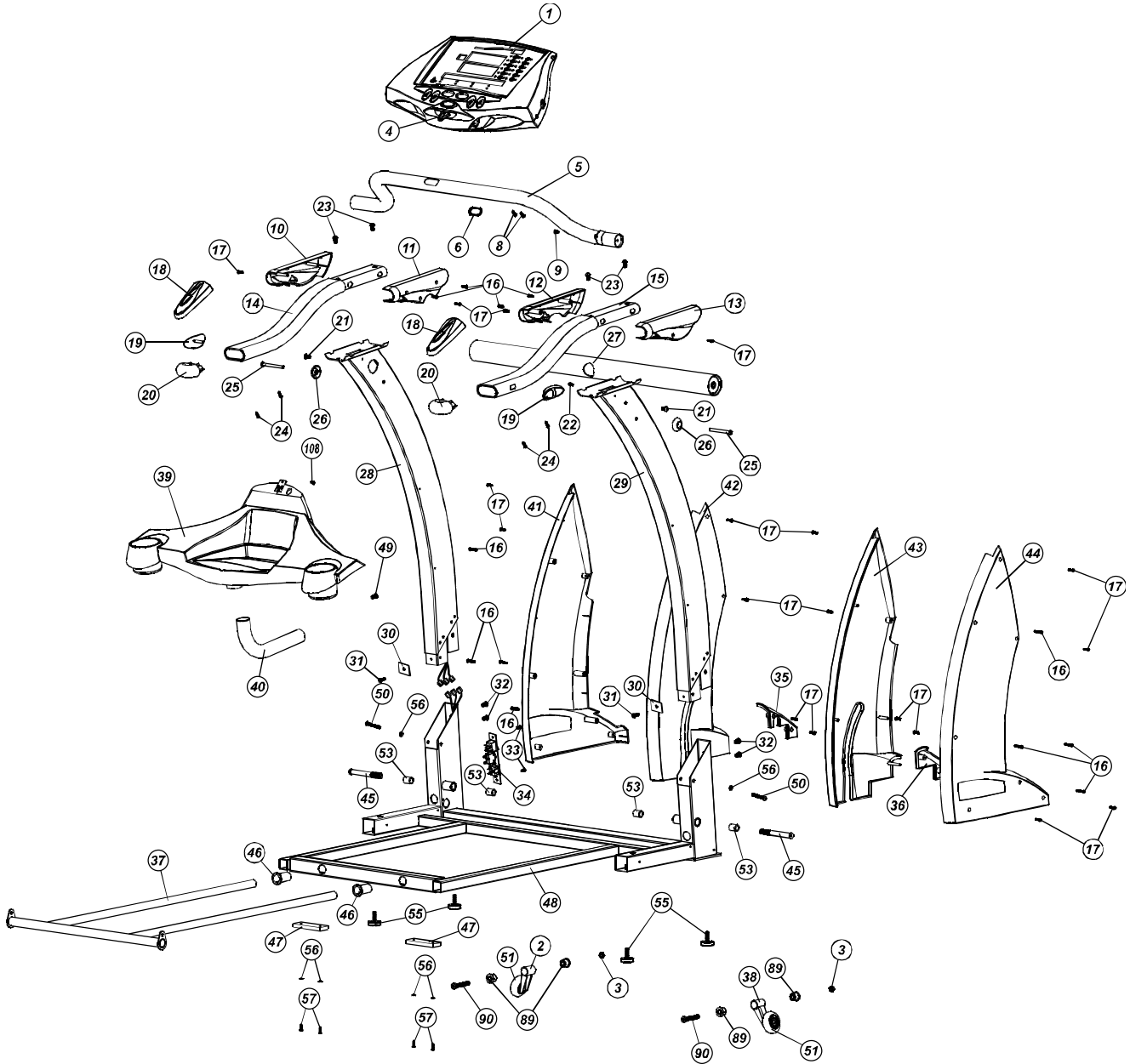
## PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
59	Motor Hood	1	EVO3-59	89	Bushing	4	EVO3-89
60	#8 x 50mm Screw	2	EVO3-60	90	M10 x 60mm Bolt	2	EVO3-90
61	Side Rail (R & L)	2	EVO3-61	91	Deck Frame	1	EVO3-91
62	Deck End Cap - Left	1	EVO3-62	92	Motor Hood Side Cover - Right	1	EVO3-92
63	Running Belt	1	EVO3-63	93	Motor Hood Side Cover - Left	1	EVO3-93
64	Deck End Cap - Right	1	EVO3-64	94	Frame Side Cover - Right	1	EVO3-94
65	Rail Guide	8	EVO3-65	95	Frame Side Cover - Left	1	EVO3-95
66	M8 x 25mm Screw	10	EVO3-66	96	Plastic Clamp - Top	2	EVO3-96
67	Running Deck	1	EVO3-67	97	Plastic Clamp - Bottom	2	EVO3-97
68	Deck Cushion	10	EVO3-68	98	Bracket	2	EVO3-98
69	M10 x 35mm Bolt	9	EVO3-69	99	M8 x 19mm Allen Head Bolt	4	EVO3-99
70	M5 x 12mm Screw	2	EVO3-70	100	Rear Roller	1	EVO3-100
71	Clip	2	EVO3-71	101	Rear Roller Shaft	1	EVO3-101
72	Elevation Motor	1	EVO3-72	102	M8 x 43mm Bolt	2	EVO3-102
73	M10 x 63mm Hex Head Bolt	1	EVO3-73	103	Deck Wheel	2	EVO3-103
74	Washer	2	EVO3-74	104	Spring Washer	10	EVO3-104
75	Rubber Cushion	1	EVO3-75	105	M8 Nut	10	EVO3-105
76	M8 x 135mm Bolt	1	EVO3-76	106	#8 x 35mm Screw	3	EVO3-106
77	M8 x 15 Screw	2	EVO3-77	107	Elevation Support Tube Cover - Left	1	EVO3-107
78	Spring Washer	2	EVO3-78	108	M5 x 12 Screw	1	EVO3-108
79	8 x 16mm Washer	2	EVO3-79				
80	M10 x 136mm Hex Head Bolt	1	EVO3-80				
81	Motor Bracket	1	EVO3-81				
82	Driving Motor	1	EVO3-82				
83	Motor Drive Belt	1	EVO3-83				
84	Front Roller with Fly Wheel	1	EVO3-84				
85	Front Roller Shaft	1	EVO3-85				
86	Elevation Support Tube Cover - Right	1	EVO3-86				
87	Micro Switch	1	EVO3-87				
88	M6 x 70mm Bolt	3	EVO3-88				

## EVO3 MOTORIZED TREADMILL

## PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.

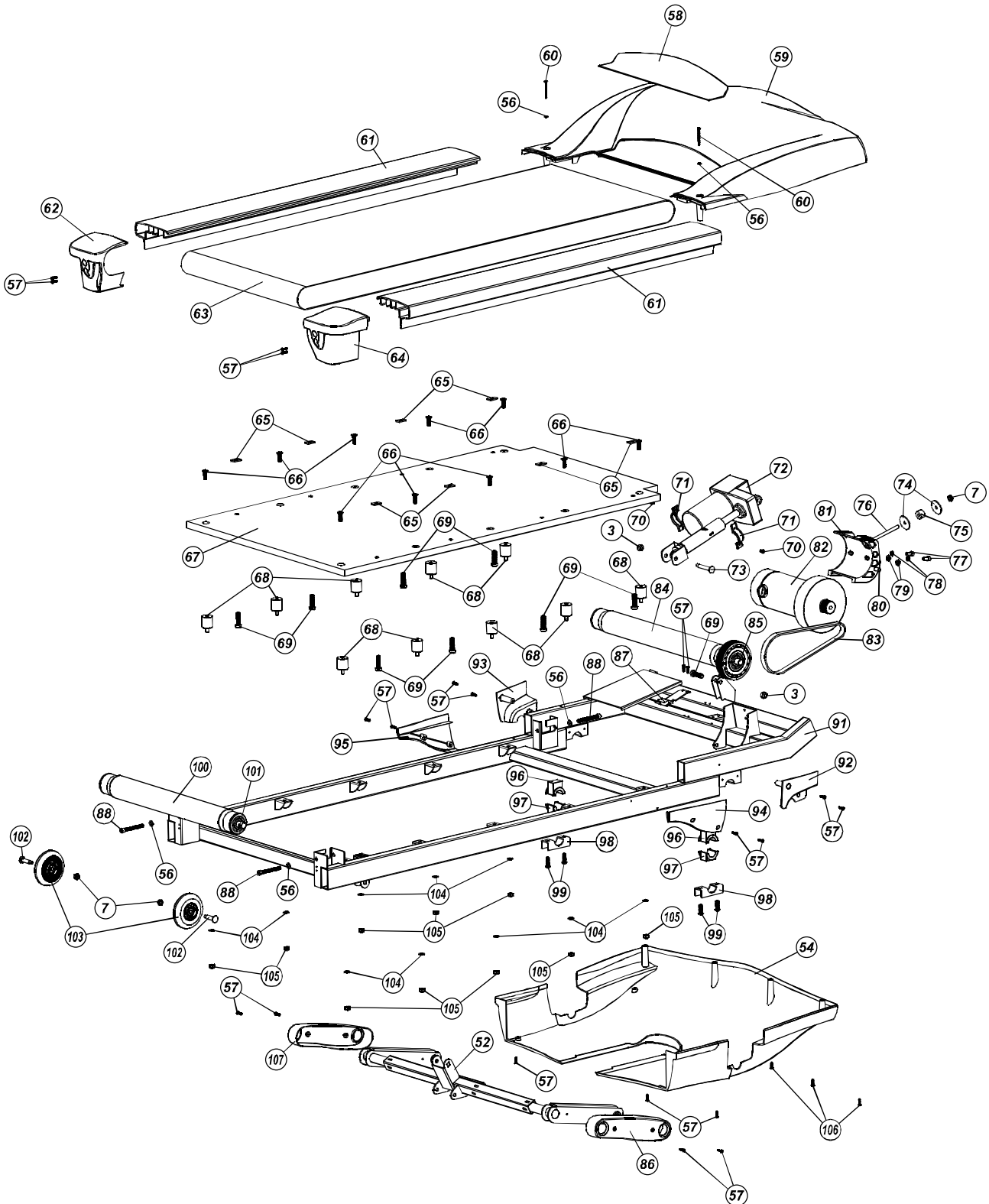




## EVO3 MOTORIZED TREADMILL

## PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.

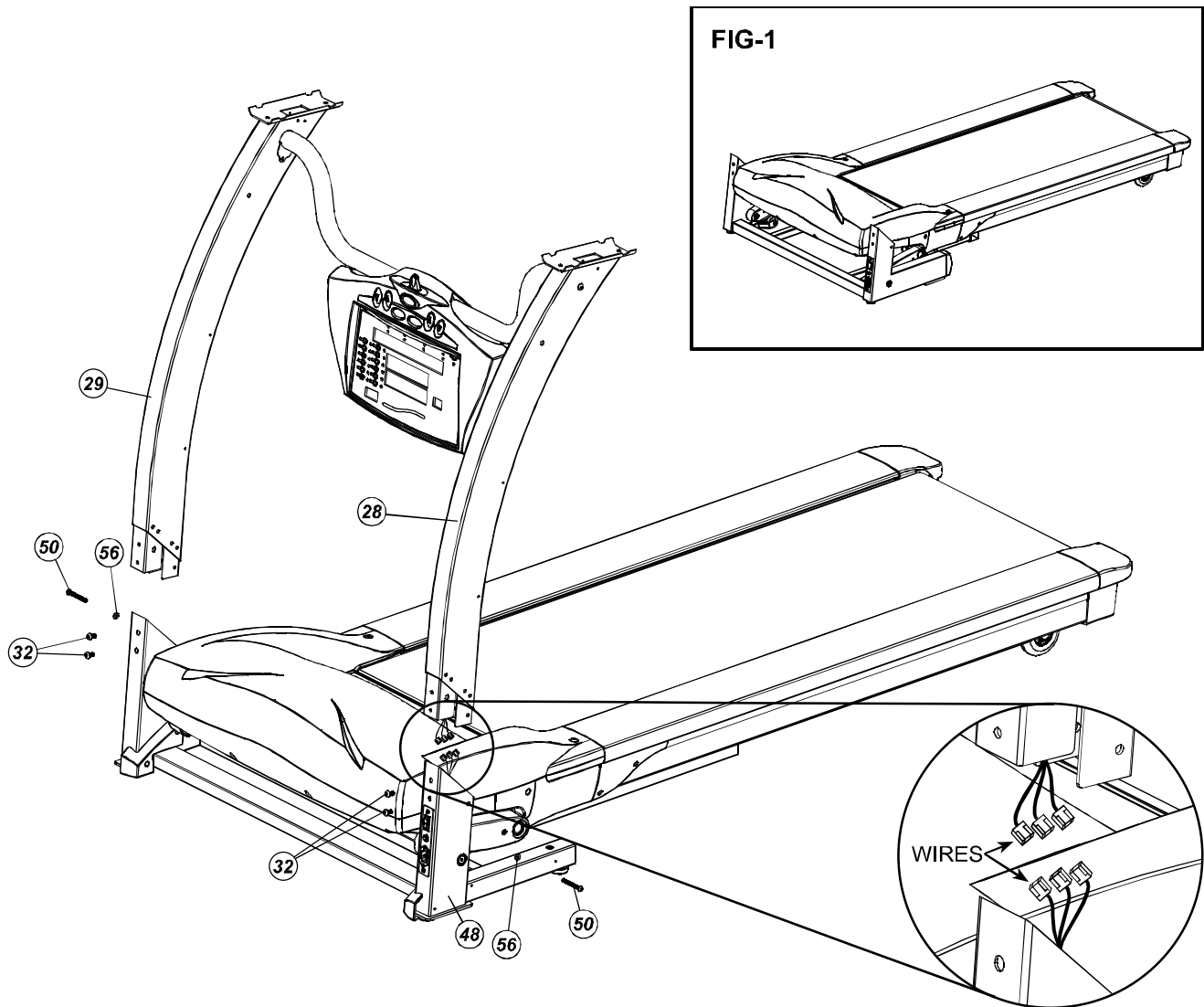


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ASSEMBLY**STEP 1:**

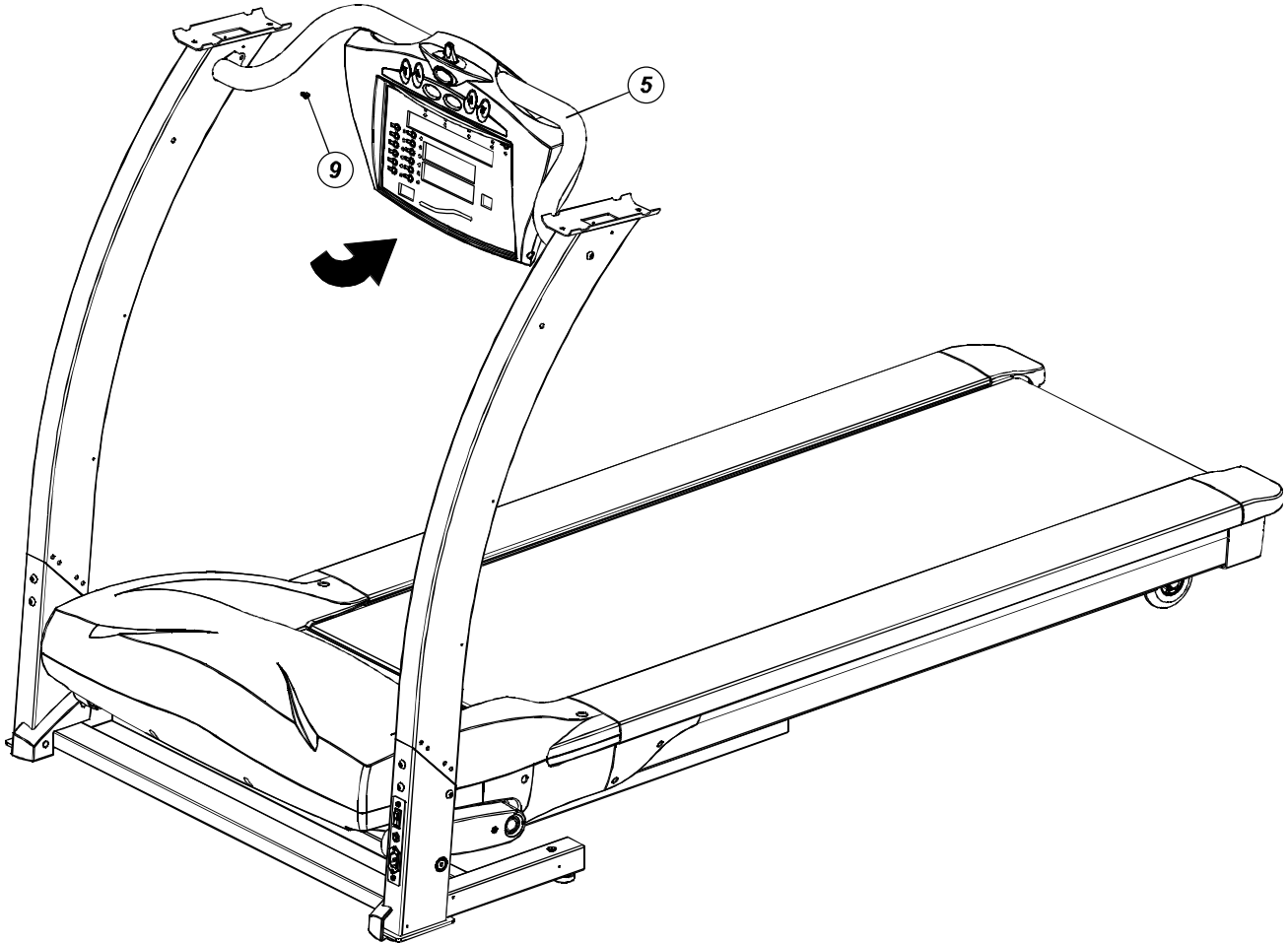
Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG-1.

First make sure to connect the wires. Then insert the Left and Right Uprights (28 and 29) into the Base Frame (48) and secure with M6 x 55mm Bolts (50), 6 x 13mm Washers (56) and M8 x 19mm Allen Head Bolts (32).



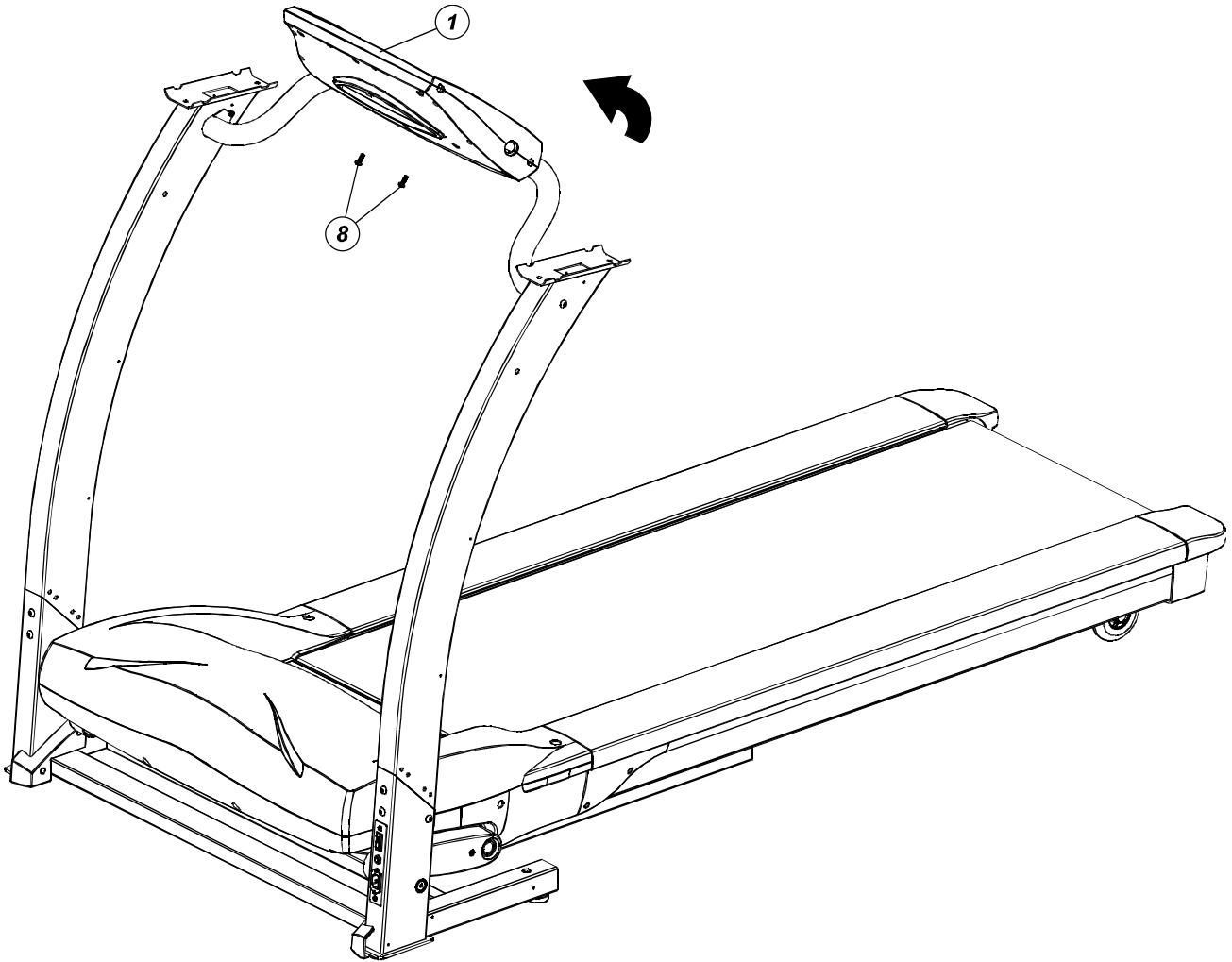
ASSEMBLY**STEP 2:**

Rotate the Console Support Tube (5) up to the correct position as shown and secure in place using M5 x 10mm Screw (9).



ASSEMBLY**STEP 3:**

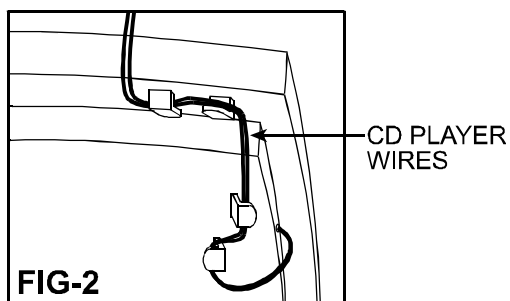
Rotate the Computer (1) up to the correct position as shown and secure in place using M6 x 15mm Console Screws (8).



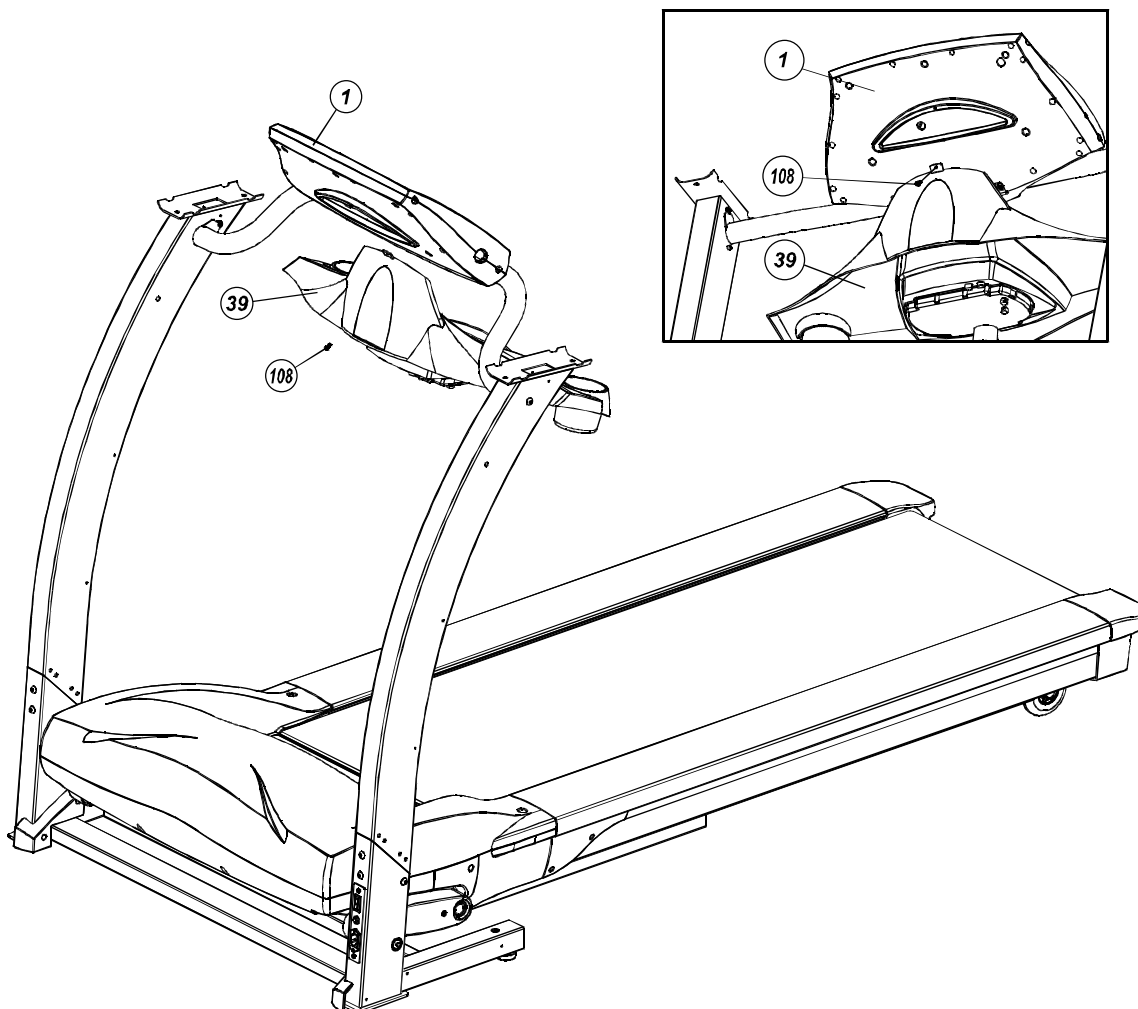
ASSEMBLY**STEP 4:****NOTE:**

If you have the Optional Smooth Music Package follow these instructions before attaching the Console Tray (39).

Run the Cd Player Wires from the back of the Computer (1) first through the small hole on the Console Tray (39), then through the tabs on the back of the Console Tray (39) and finally through the small hole on the side of the Computer (1) as shown in FIG-2.

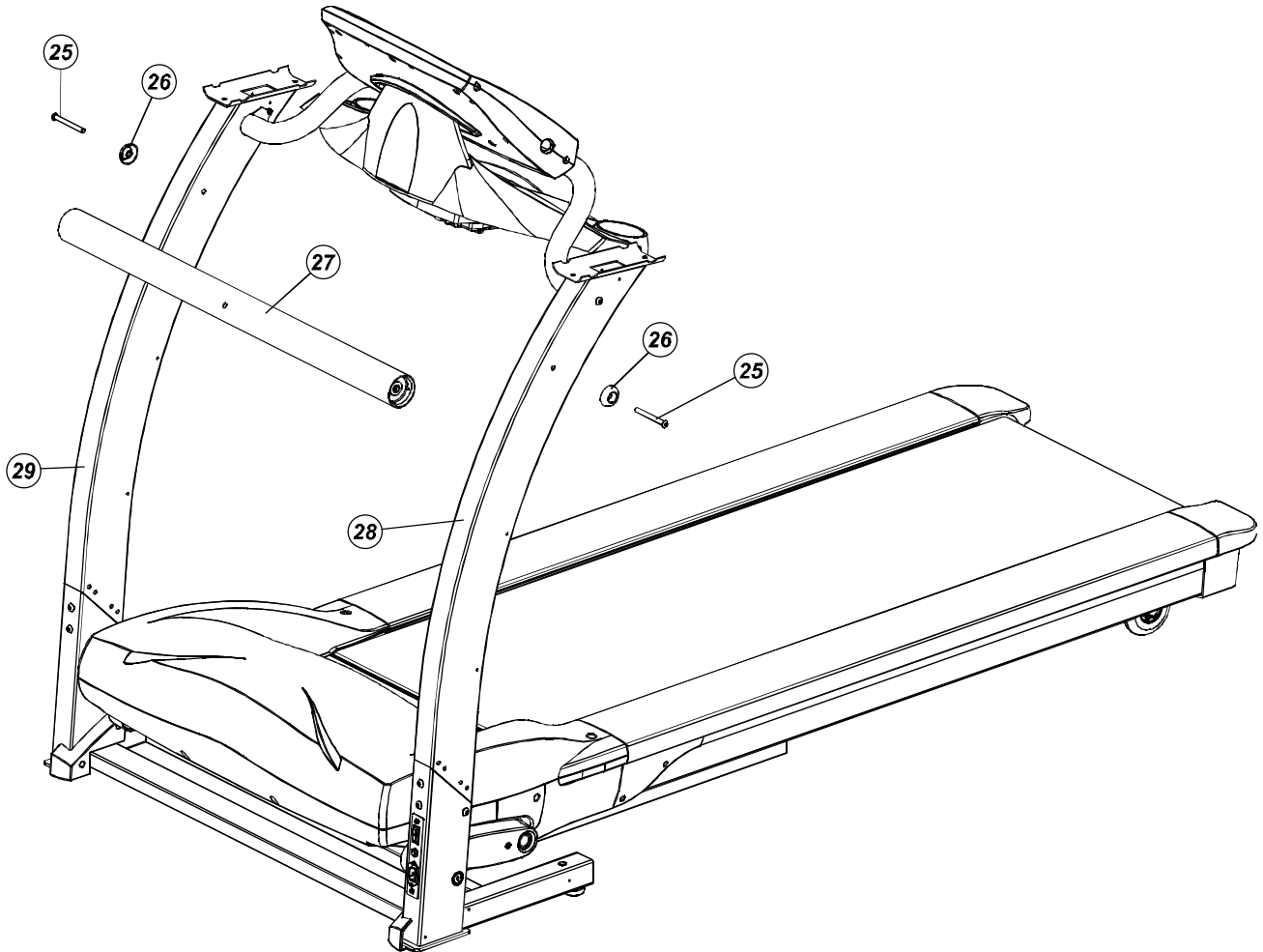


Insert the Console Tray (39) into the back of the Computer (1) and secure with M5 x 12mm Screw (108).



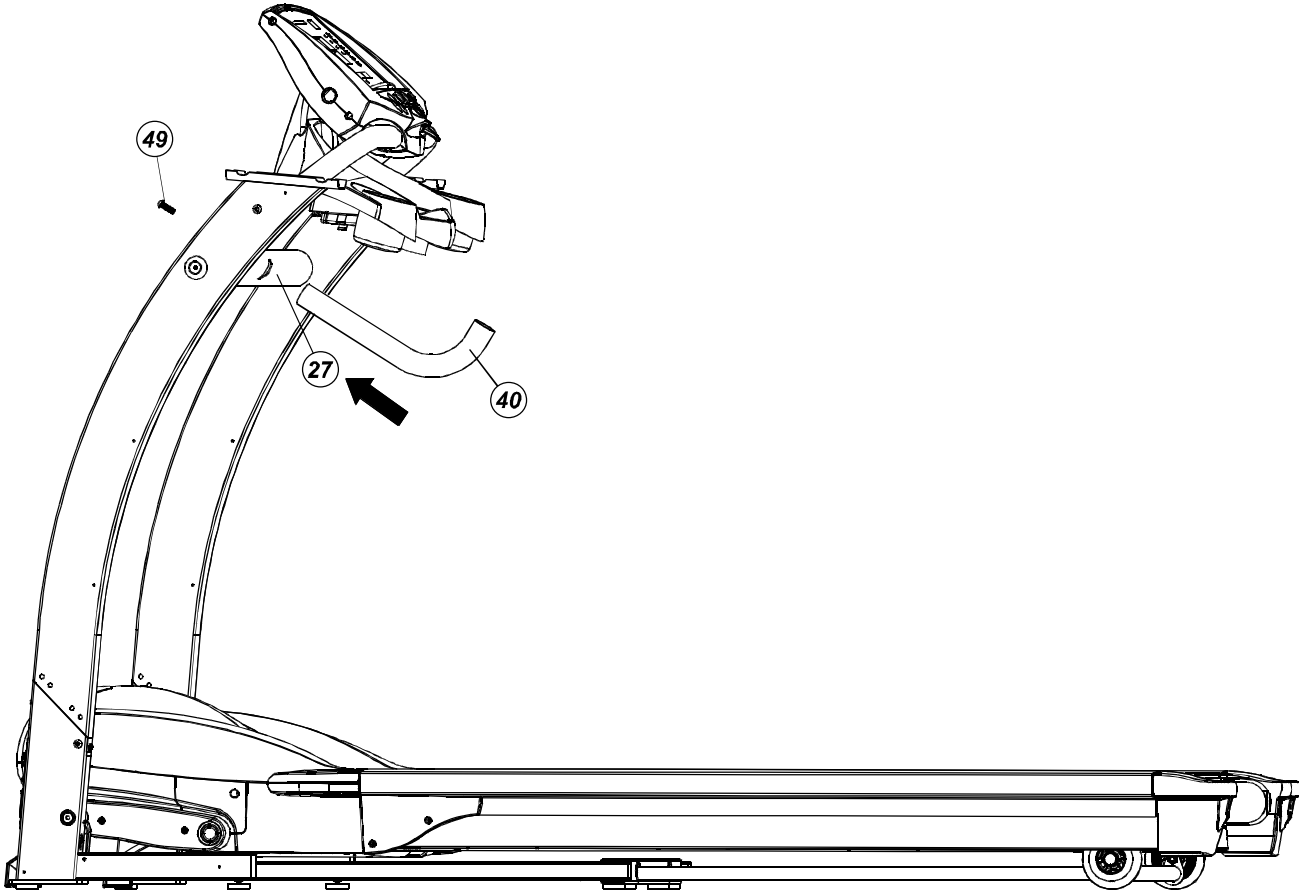
ASSEMBLY**STEP 5:**

Attach the Cross Brace (27) to the Left Upright (28) and Right Upright (29) using Metal Caps (26) and M8 x 76mm Allen Head Bolts (25).



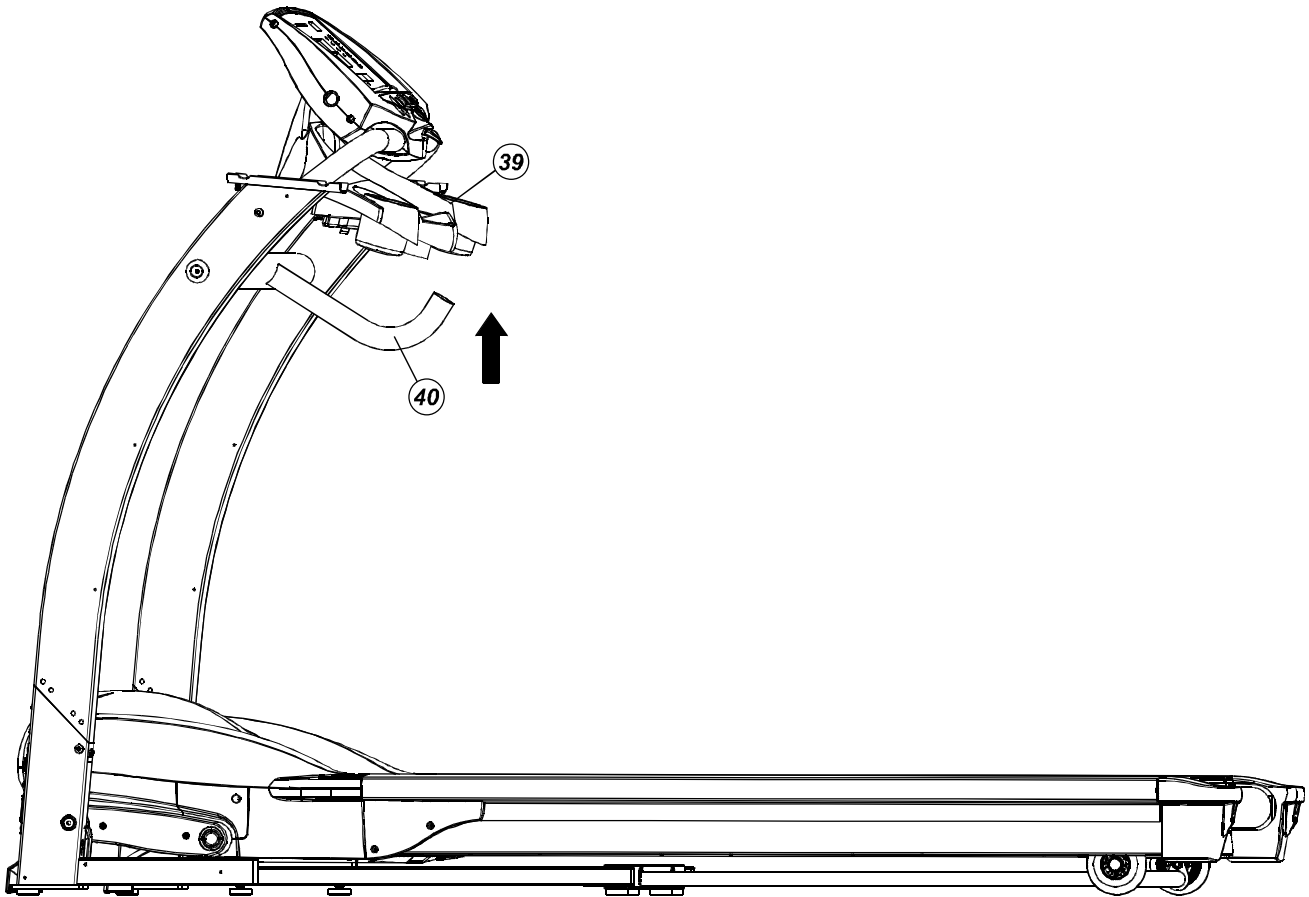
ASSEMBLY**STEP 6:**

Unscrew M8 x 25mm Screw (49). Insert the Console Support Tube (40) into the Cross Brace (27) and secure with M8 x 25mm Allen Head Bolt (49). Do not fully tighten until later.



ASSEMBLY**STEP 7:**

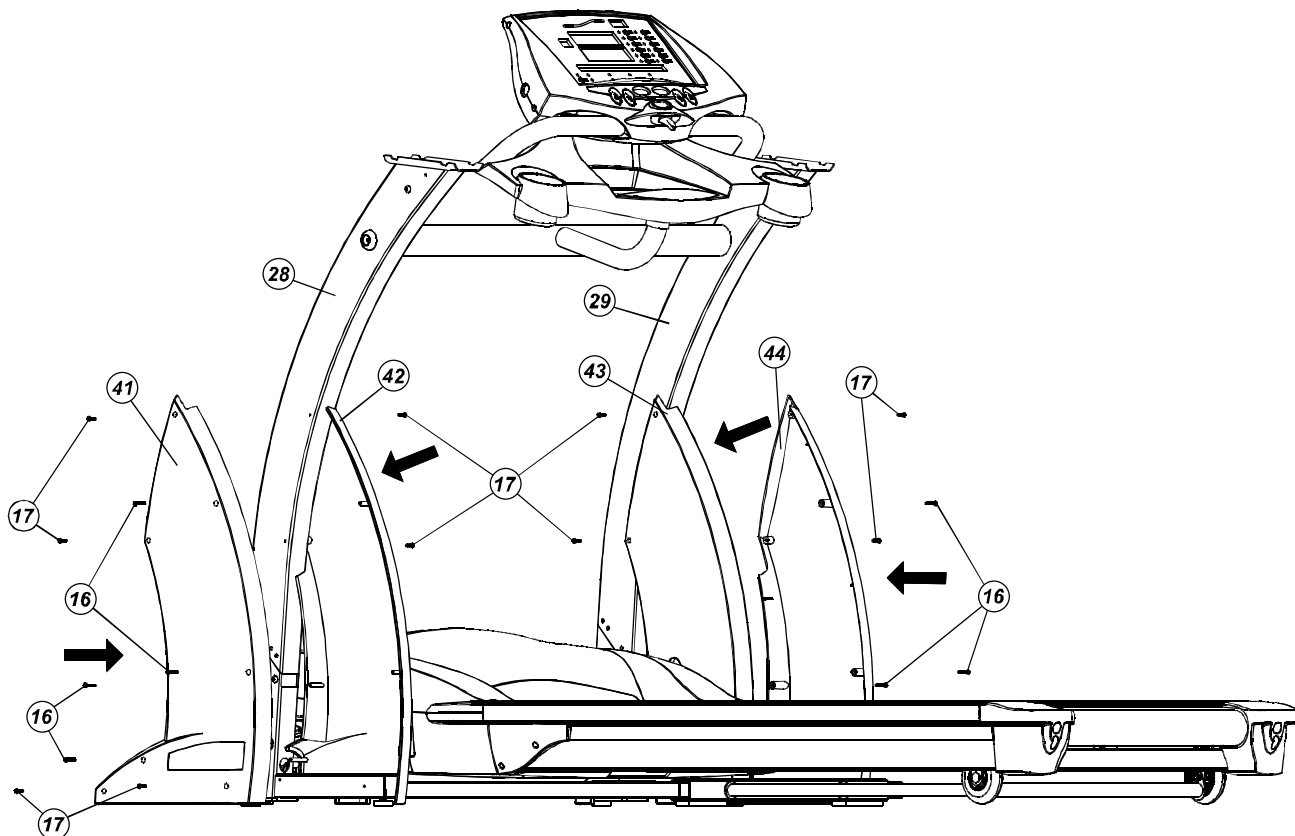
Rotate the Console Support Tube (40) and slide it into the hole underneath the Console Tray (39).





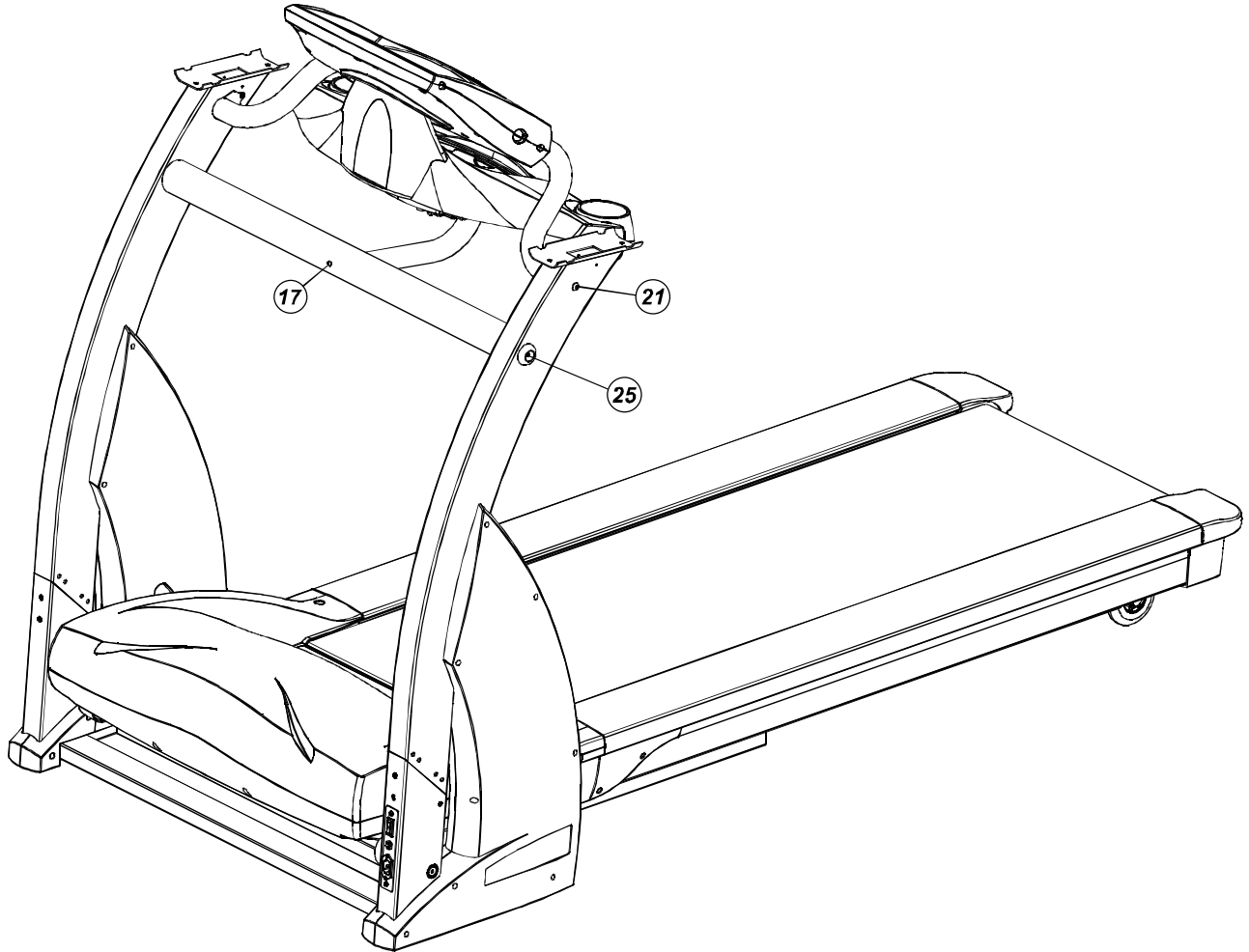
ASSEMBLY**STEP 8:**

Attach the Upright Plastic Shrouds Left #1 and Left #2 (41 and 42) to the Left Upright (28) and secure using M8 x 19mm Screws (16) and M8 x 25mm Screws (17). Repeat this procedure with Upright Plastic Shrouds Right #1 and Right #2 (43 and 44) on the Right Upright (29) and secure with M8 x 19mm Screws (16) and M8 x 25mm Screws (17).



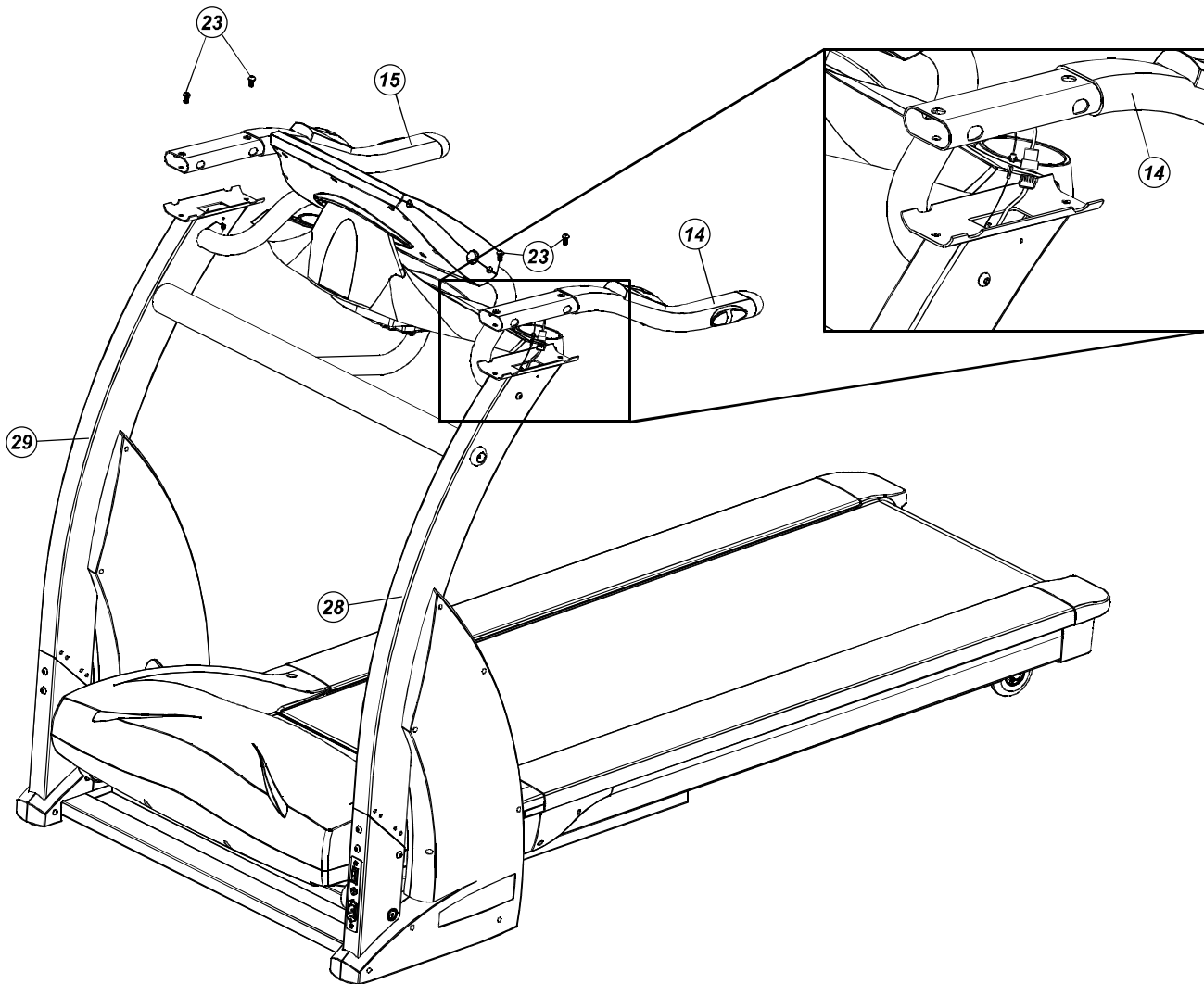
ASSEMBLY**STEP 9:**

Fully tighten M8 x 15mm Bolt (21), M8 x 76mm Allen Head Bolt (25) and M8 x 25mm Screw (17).



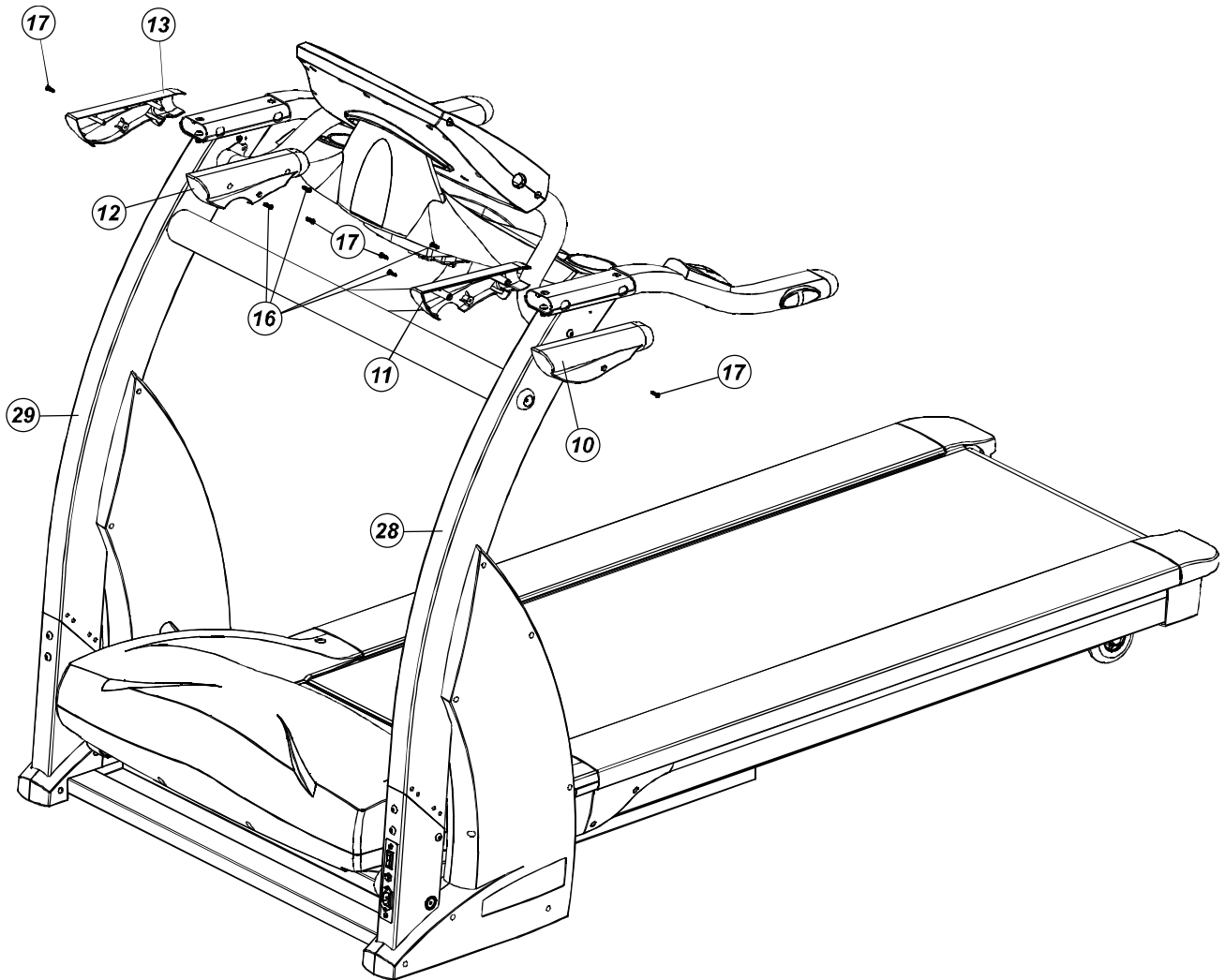
ASSEMBLY**STEP 10:**

Connect the Motion Control Sensor and Hand Pulse Sensor Wires. Then, attach the Left and Right Handlebars (14 and 15) to the Left and Right Uprights (28 and 29) and secure using M8 x 10mm Allen Head Bolts (23).



ASSEMBLY**STEP 11:**

Insert the Handlebar Rear End Cap – Left #1 (10) and Handlebar Rear End Cap – Left #2 (11) over the Left Upright (28) and secure in place using M8 x 25mm Screws (17) and M8 x 19mm Screws (16). Insert the Handlebar Rear End Cap – Right #2 (13) and Handlebar Rear End Cap – Right #1 (12) over the Right Upright (29) and secure in place using M8 x 25mm Screws (17) and M8 x 19mm Screws (16).



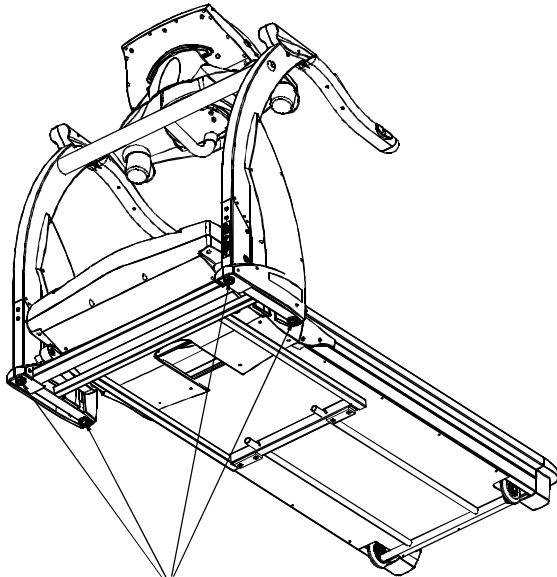
LEVEL ADJUSTMENT**LEVEL ADJUSTMENT:**

Uneven flooring could cause the **SPRING KNOBS** not to engage and thus prevent the EVO2 from either not folding or unable to incline.

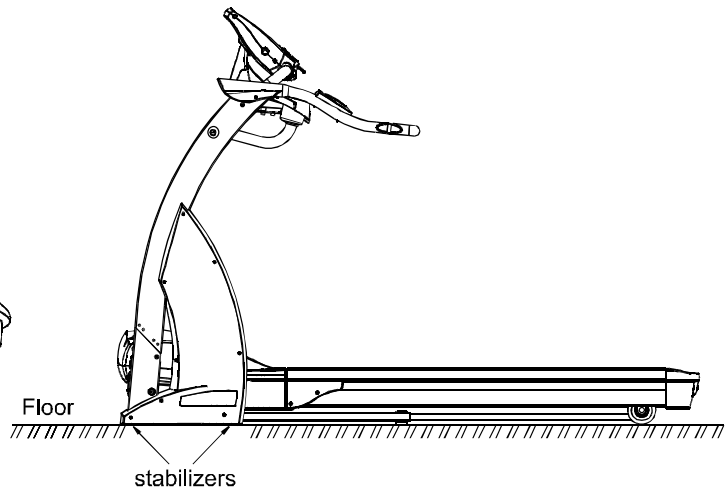
To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip the treadmill on its side.

Tip the treadmill to the left/right. You will then see the **LEVEL ADJUSTERS**. These will need to be screwed either in or out to level the treadmill. Repeat for the other side. It may help to use a spirit level when adjusting the level on your treadmill.



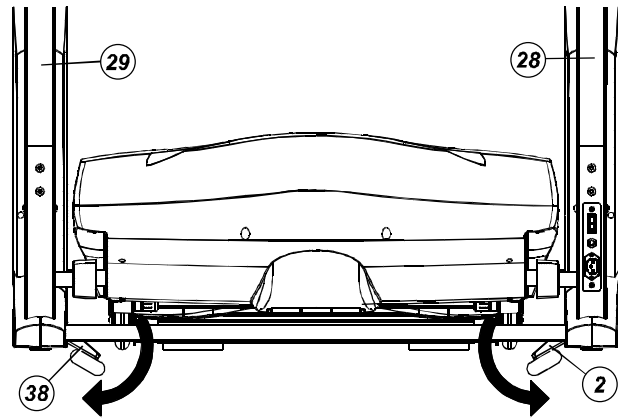
Please find 4 adjustable stabilizers underneath the base frame



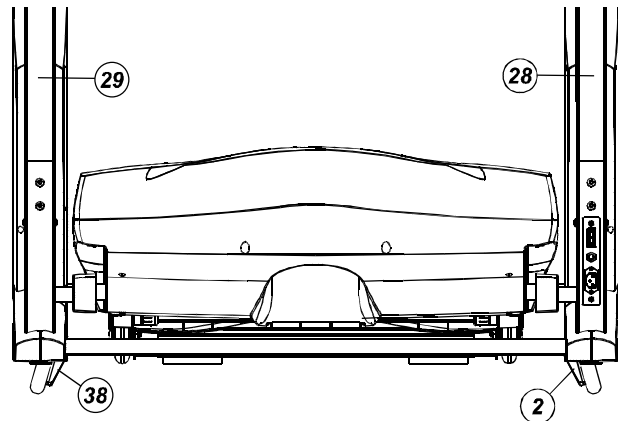
## TRANSPORT INSTRUCTIONS

### How to transport the treadmill:

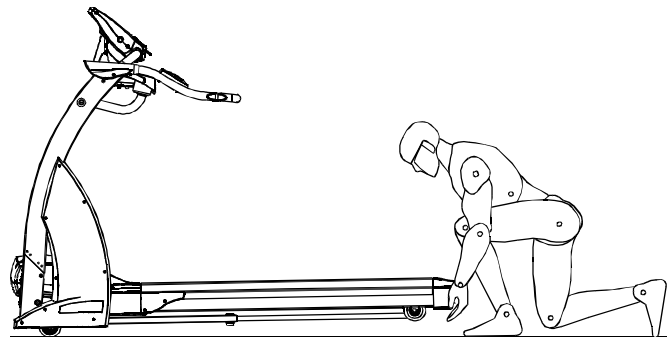
1. To move the treadmill you will need to first flip out the Right and Left Caster Brackets (38 and 2) located on the underside of the Left and Right Uprights (28 and 29). You may need to tilt the treadmill to one side in order to access the wheels. Be careful when tilting the treadmill because it is heavy. You may need the assistance of another person to do this.



2. Be sure both Caster Brackets (38 and 2) are flipped down and resting firmly on the floor as shown in drawing 2.



3. Carefully lift the treadmill up slightly from the rear and roll it to a desired position. Flip the Caster Brackets (38 and 2) back up into their stored position. Follow the instructions on the STABILIZER ADJUSTMENT page in this manual to level the frame to the floor.



## MAINTENANCE

### HOW TO MAINTAIN THE EVO3 TREADMILL:

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

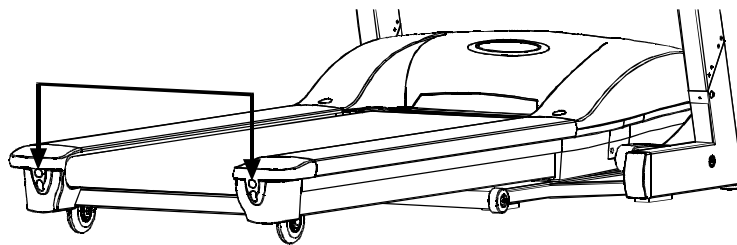
- ?? **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- ?? Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

### BELT ADJUSTMENT:

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

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

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



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

## MAINTENANCE

### CLEANING:

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

- ?? **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- ?? **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- ?? **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- ?? **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

### DECK LUBRICATION:

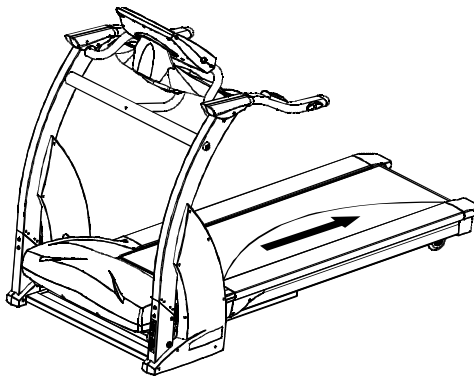
The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use. Call your local Smooth dealer for service or questions regarding EVO products.

Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

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

#### To apply lubricant to the walking belt:

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



**Spray lubricant from front to back.**



## WARRANTY

This warranty covers all parts including frame, electronics and wear parts for a lifetime. Labor costs under this warranty are covered for a period of one year from the date of purchase. Labor will be provided by an approved Smooth Fitness reseller, or at the discretion of Smooth fitness, through an approved independent service agent.

### **Conditions Of Warranty**

This warranty is valid only for the original purchaser and is not transferable. A copy of the original purchase receipt will be required to obtain warranty parts and/or service. As a condition of this warranty, Smooth Fitness requires that the EVO treadmills be lubricated on the belt and deck in accordance with the manufacturer's maintenance requirements, and using lubrication in conformity with the specifications provided by the manufacturer. Customer is required to maintain records to establish compliance with maintenance requirements. Smooth Fitness will not be responsible for repair or replacement of any part damaged or destroyed due to misuse, failure to properly maintain, and/or abuse. This warranty shall be rendered void if the treadmill is used for any purpose other than home use.

### **Remedies for Parts and Service:**

Smooth Fitness may at its discretion, choose to provide any of the 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 one year from the date of purchase, labor will be provided by a Smooth Fitness dealer or service agent free of charge. After that time, the customer may either replace the component, or hire the dealer/service agent to provide the labor at an additional cost. 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.

Unit has a labor warranty of 1 year from date of installation.

## IMPORTANT STEPS

### **Warning:**

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

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

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

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

### **Before beginning:**

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

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

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

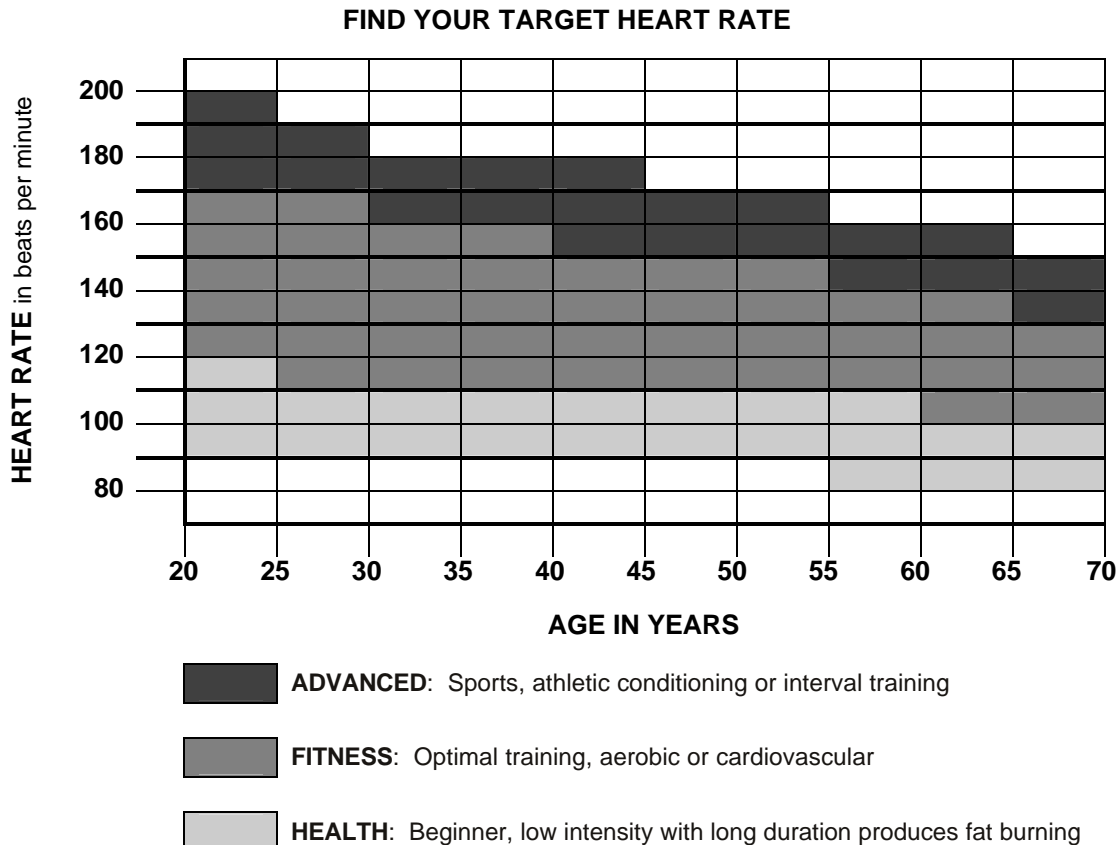


The Surgeon General  
has determined that lack  
of physical activity is  
detrimental to your health.™

TARGET HEART RATE**Finding your pulse:**

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

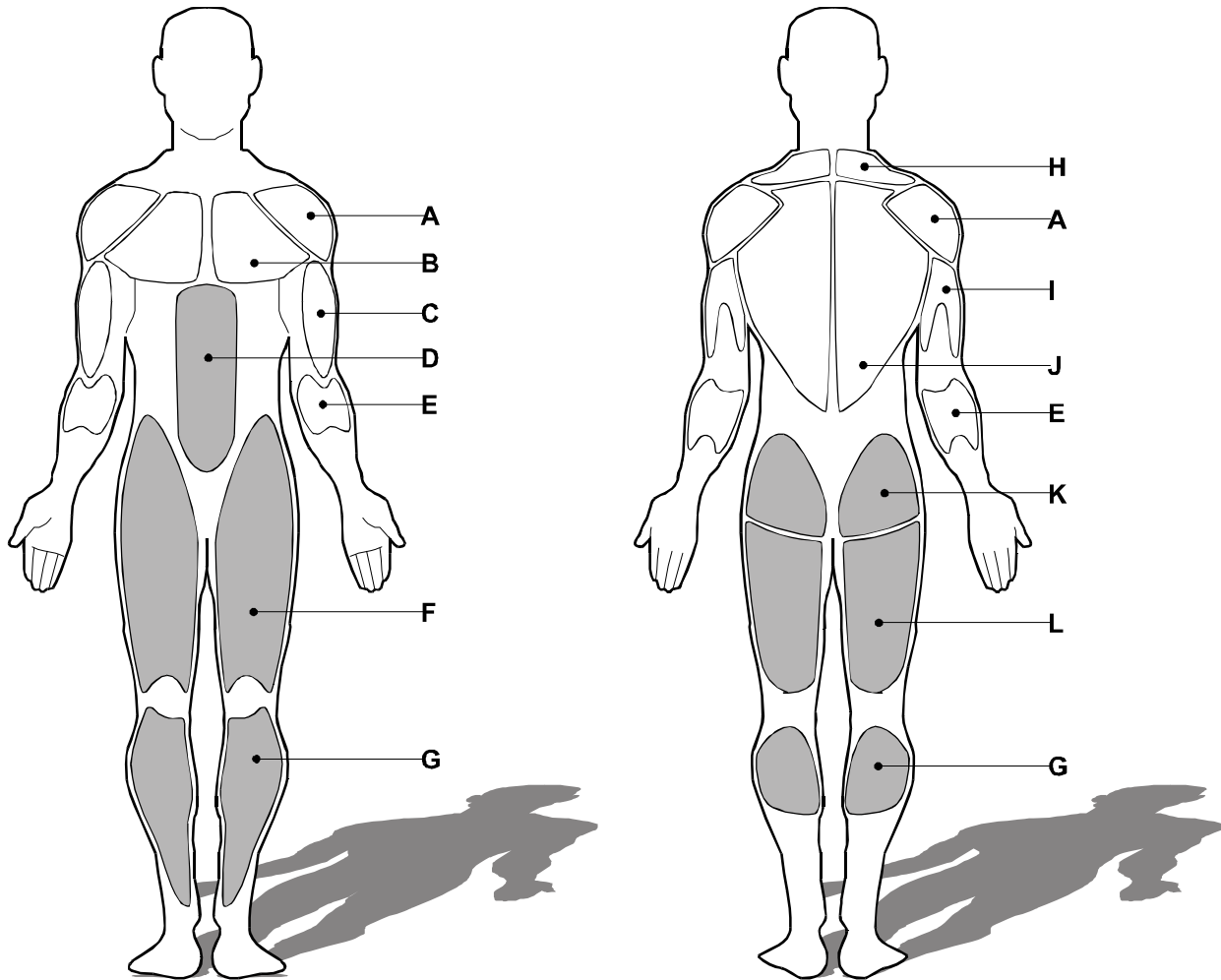
How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

**Aerobic exercise:**

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

MUSCLE CHART**Targeted muscle groups:**

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



Shoulder muscles	<input type="text" value="A"/>	<input type="text" value="B"/>	Pectoral muscles
Bicep muscle	<input type="text" value="C"/>	<input type="text" value="D"/>	Abdominal muscles
Forearm muscles	<input type="text" value="E"/>	<input type="text" value="F"/>	Quadricep muscles
Calf muscles	<input type="text" value="G"/>	<input type="text" value="H"/>	Trapezius muscles
Tricep muscles	<input type="text" value="I"/>	<input type="text" value="J"/>	Back muscles
Gluteal muscles	<input type="text" value="K"/>	<input type="text" value="L"/>	Hamstring muscles

## STRETCHING ROUTINE

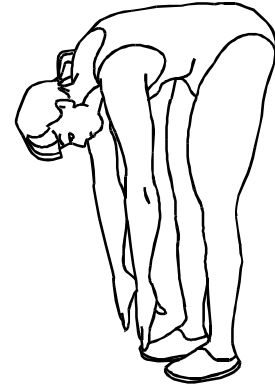
### **Warm up and cool down:**

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.



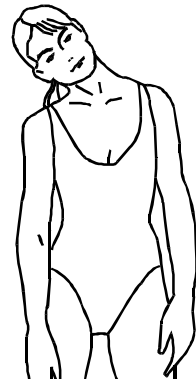
### **Shoulder Lift:**

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.



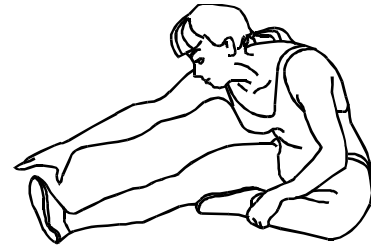
### **Head Roll:**

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.



STRETCHING ROUTINE**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.

**Inner Thigh Stretch:**

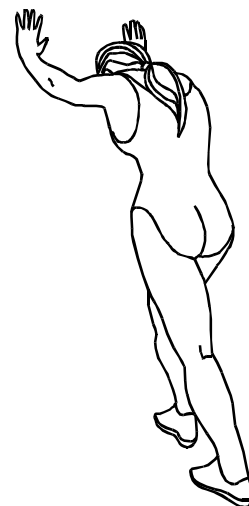
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**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.



## TROUBLESHOOTING

### **Troubleshooting**

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

#### **Treadmill will not start:**

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).
2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.
3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
4. Have an electrician check for inadequate voltage at the outlet.

#### **Treadmill loses power during use:**

1. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.  
If the treadmill still will not operate, please call Technical service at 1.888.800.1167.
2. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

#### **Treadmill walking belt slows during use:**

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet. If the treadmill still will not operate, please call Technical service at 1.888.800.1167.

#### **Treadmill walking belt slips or is not centered on rear roller:**

Refer to the Belt Adjustment section of this manual. If you require additional assistance please call Technical service at 1.888.800.1167.



Smooth Fitness  
112 Gaither Drive  
Mt. Laurel, NJ 08054

Toll Free Customer Service:  
**1.888.800.1167**

Website:  
[www.evofitness.com](http://www.evofitness.com)



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