



SMOOTH 7.1HR
POWER FOLDING TREADMILL

Addendum to User's Manual

Last updated
August 2003

Units of Measure

In programming the computer, both the Weight and Height are input in Metric; weight is measured in kilograms, height in centimeters.

To obtain your weight in kilograms, divide your weight in pounds by 2.2. For example, if you weigh 180 lbs., 180 divided by 2.2 equals 81.8 kilograms.

To obtain your height in centimeters, multiply your height in inches by 2.54. For example, if you are 6 feet tall, that's 72 inches. 72 multiplied by 2.54 is 182.9 centimeters.

Programming Correction

Correction to programming P8 steps on page 20/21. When programming P8, first the height will appear, enter height in centimeters then press "Enter". Then enter age press "Enter". Then enter your weight in kilograms then press "Enter". Then you set your safety heart rate then press "Enter". Lastly, press "Start".