

OWNER'S MANUAL  
RETAIN FOR FUTURE REFERENCE  
TOLL FREE CUSTOMER SERVICE  
1.888.800.1167

MODEL NUMBER: 53553

SERIAL NUMBER:



APPLICATION STANDARD



ASSEMBLY  
OPERATING INSTRUCTIONS  
CONDITIONING GUIDELINES  
WARRANTY  
SERVICE



# EVO SIERRA Home Gym

### **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 our Customer Service Department toll free at:

**1.888.800.1167**

### **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.

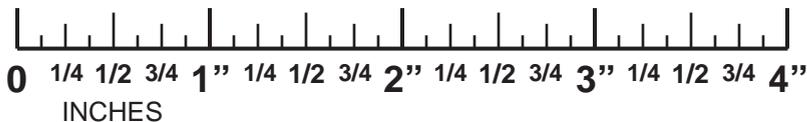
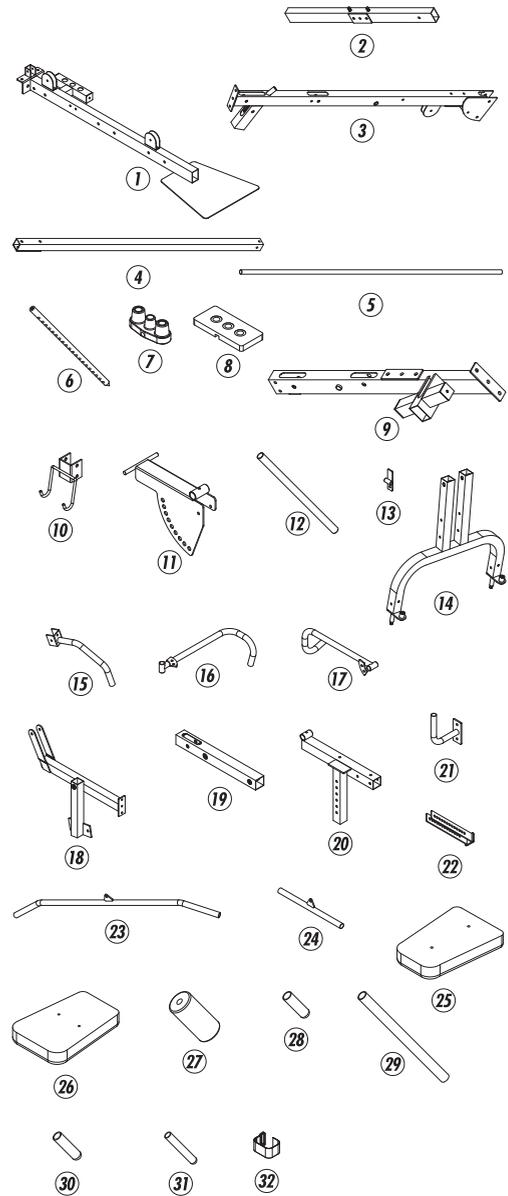
### **Clear your work area**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is flat, level and 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**

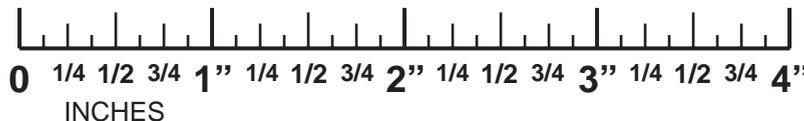
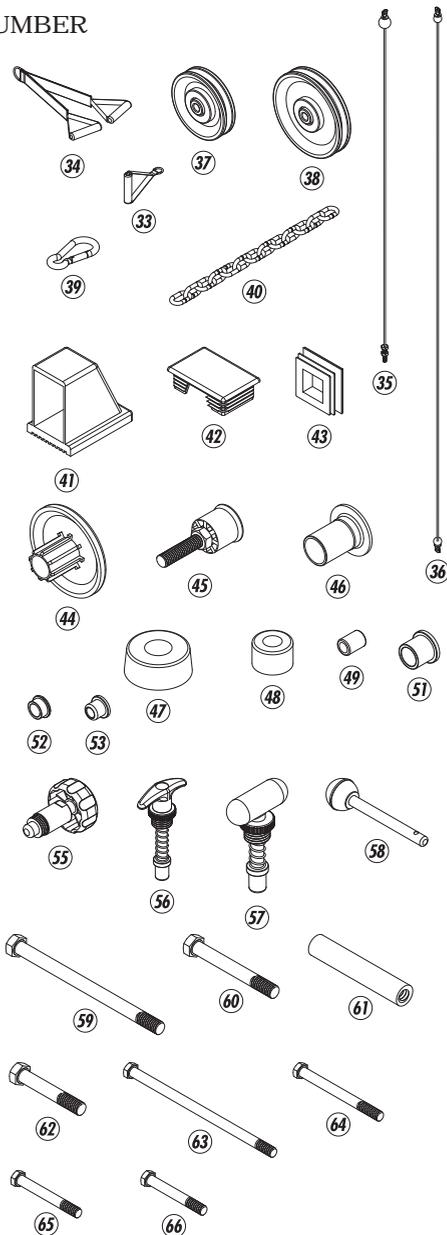
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	BASE FRAME	1	53553-01
2	REAR STABILIZER	1	53553-02
3	UPRIGHT	1	53553-03
4	REAR UPRIGHT	1	53553-04
5	GUIDE ROD	2	53553-05
6	SELECT ROD	1	53553-06
7	TOP PLATE	1	53553-07
8	WEIGHT PLATE	19	53553-08
9	TOP FRAME	1	53553-09
10	LAT BAR HOLDER	1	53553-10
11	ADJ BACK BRACKET	1	53553-11
12	BOLSTER	3	53553-12
13	BACK PAD HINGE	2	53553-13
14	PRESS SUPPORT	1	53553-14
15	HANDLE BAR	2	53553-15
16	LEFT PRESS ARM	1	53553-16
17	RIGHT PRESS ARM	1	53553-17
18	SEAT SUPPORT	1	53553-18
19	LEG CURL	1	53553-19
20	ADJ SEAT ARM	1	53553-20
21	SEAT HANDLE BAR	2	53553-21
22	ADJ FLOATING PULLEY BLOCK	1	53553-22
23	LAT BAR	1	53553-23
24	CURL BAR	1	53553-24
25	SEAT PAD	1	53553-25
26	BACK PAD	1	53553-26
27	4" FOAM PAD	6	53553-27
28	1-1/4" HAND GRIP	2	53553-28
29	1-1/4" FOAM PAD	2	53553-29
30	1" HAND GRIP(SHORTER)	4	53553-30
31	1" HAND GRIP(LONGER)	2	53553-31
32	ANKLE STRAP	1	53553-32

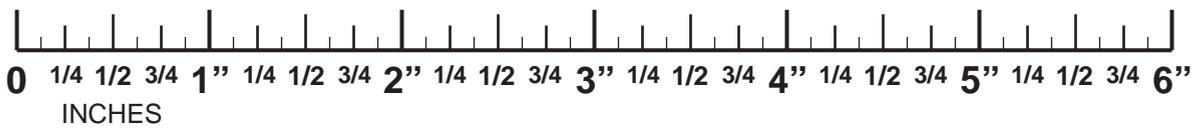


A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

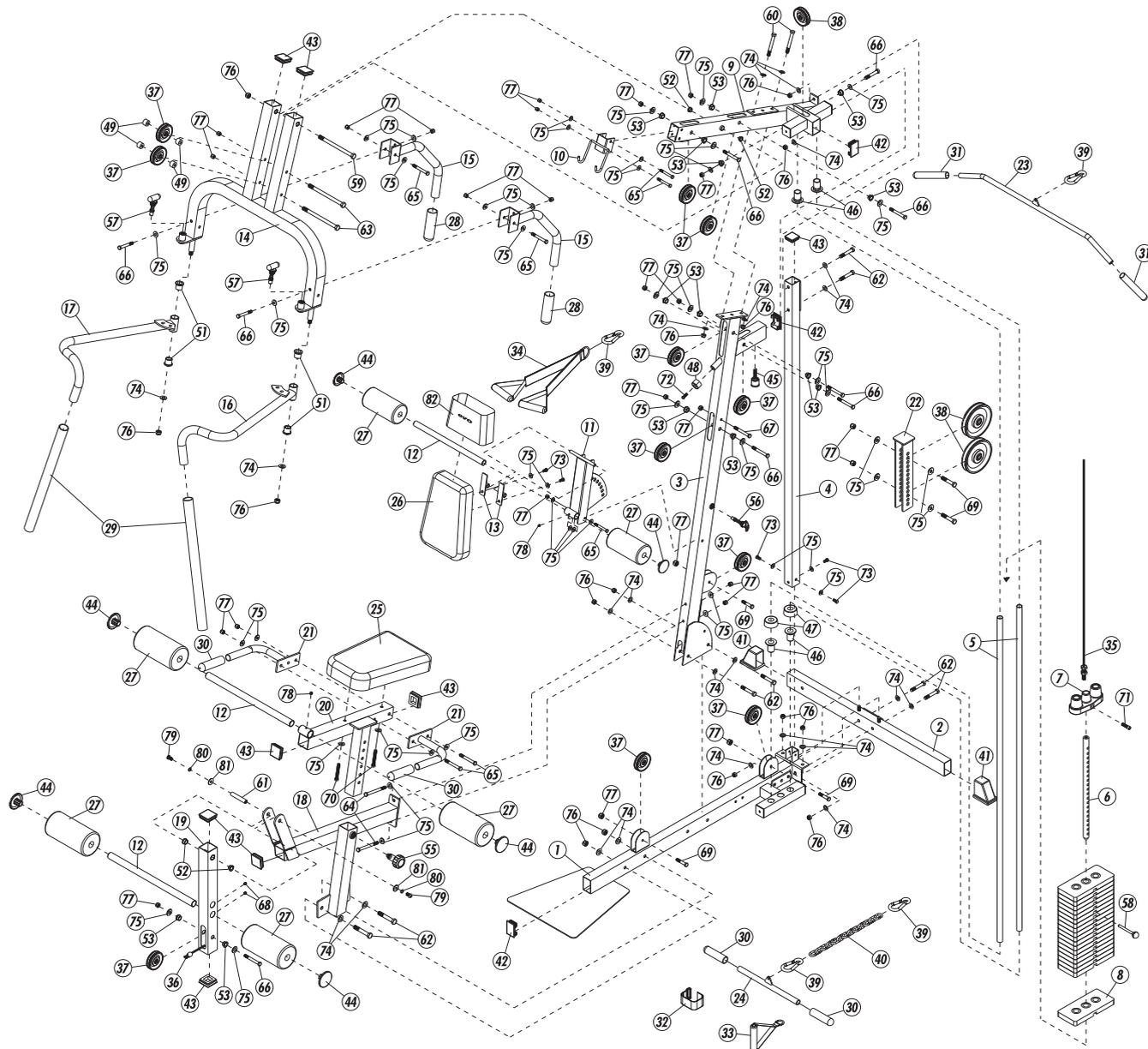
NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
33	SINGLE CURL	1	53553-33
34	AB CRUNCH	1	53553-34
35	TOP CABLE	1	53553-35
36	LOWER CABLE	1	53553-36
37	3-1/2" PULLEY	11	53553-37
38	4-3/8" PULLEY	3	53553-38
39	PARACHUTE CLIP	4	53553-39
40	LINK CHAIN	1	53553-40
41	1-3/8" X 3" RECT END CAP	2	53553-41
42	2" X 3" RECT END PLUG	3	53553-42
43	2" SQ END PLUG	8	53553-43
44	1" END PLUG	6	53553-44
45	BUMPER	1	53553-45
46	1" BUSHING	4	53553-46
47	RUBBER DOUGHNUT	2	53553-47
48	STOPPER	1	53553-48
49	3/8" SPACER	4	53553-49
51	3/4" BUSHING	4	53553-51
52	1/2" STEEL BUSHING	4	53553-52
53	3/8" X 5/8" BUSHING	14	53553-53
55	QUICK RELEASE	1	53553-55
56	POP PIN(LONGER)	1	53553-56
57	POP PIN(SHORTER)	2	53553-57
58	SELECT PIN	1	53553-58
59	1/2" X 7-1/4" HEX HEAD BOLT	1	53553-59
60	1/2" X 4" HEX HEAD BOLT	2	53553-60
61	1/2" AXLE	1	53553-61
62	1/2" X 3" HEX HEAD BOLT	8	53553-62
63	3/8" X 7-1/4" HEX HEAD BOLT	2	53553-63
64	3/8" X 4" HEX HEAD BOLT	2	53553-64
65	3/8" X 3" HEX HEAD BOLT	7	53553-65
66	3/8" X 2-3/4" HEX HEAD BOLT	9	53553-66



NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER			
67	3/8" X 2-1/2" HEX HEAD BOLT	1	53553-67			
68	5/16" X 1/2" SUNKEN HEAD BOLT	2	53553-68			
69	3/8" X 1-3/4" HEX HEAD BOLT	5	53553-69			
70	3/8" X 2-1/2" HEX HEAD BOLT (ALL THREADED)	2	53553-70			
71	TOP PLATE BOLT	1	53553-71			
72	3/8" X 5/8" SUNKEN HEAD SCREW	1	53553-72			
73	3/8" X 3/4" HEX HEAD BOLT (ALL THREADED)	5	53553-73			
74	1/2" WASHER	24	53553-74			
75	3/8" WASHER	49	53553-75			
76	1/2" NYLON NUT	15	53553-76			
77	3/8" NYLON NUT	25	53553-77			
78	5/16" X 1/4" SUNKEN HEAD SCREW	2	53553-78			
79	5/16" X 5/8" SUNKEN HEAD SCREW	2	53553-79			
80	5/16" SPRING WASHER	2	53553-80			
81	5/16" WASHER	2	53553-81			
82	EVO BAND	1	53553-82			
						
						
						



MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY





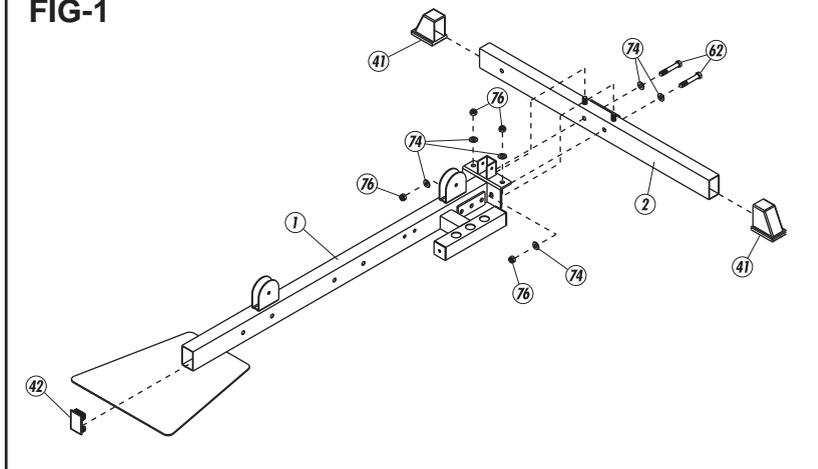
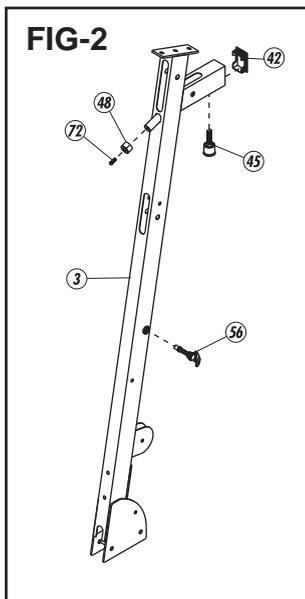
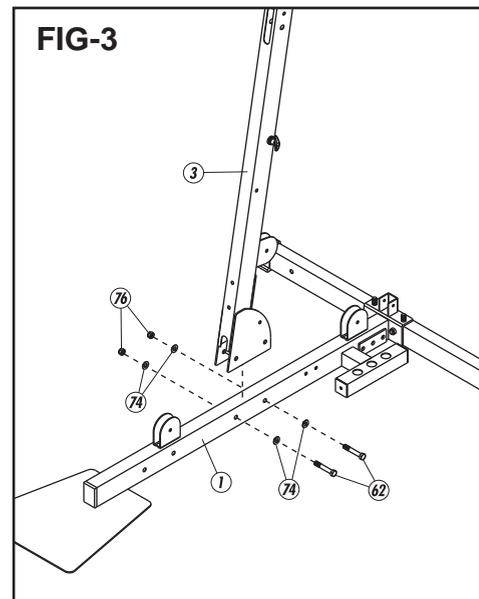
**Step 1:**

**Only hand tighten fasteners for now. You will be prompted to fully tighten all fasteners later.**

Place the Base Frame (1) on the floor. Cap the Base Frame (1) with the 2" X 3" Rect End Plug (42). Cap the Rear Stabilizer (2) with the 2" X 3" Rect End Plug (42). Attach the Rear Stabilizer (2) to the Base Frame (1) using two 1/2" x 3" Hex Head Bolts (62), six 1/2" Washers (74) and four 1/2" Nylon Nuts (76) as shown in FIG 1.

Cap the Upright (3) with the 2" x 3" Rect End Plug (42). Attach the Bumper (45) to the horizontal tube on the Upright (3). Attach the Pop Pin (56) to the Upright (3). Attach the Stopper (48) to the Upright (3) using the 3/8" x 3/4" Sunken Head Screw (72) as shown in FIG 2.

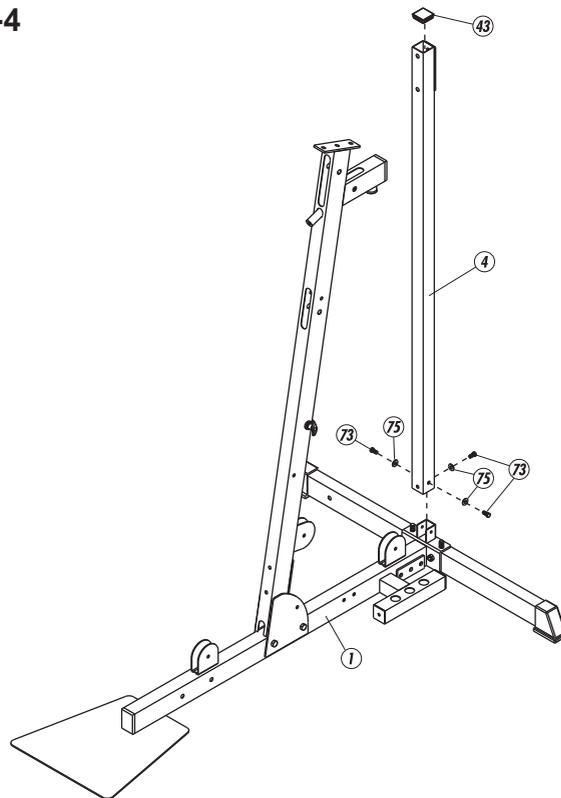
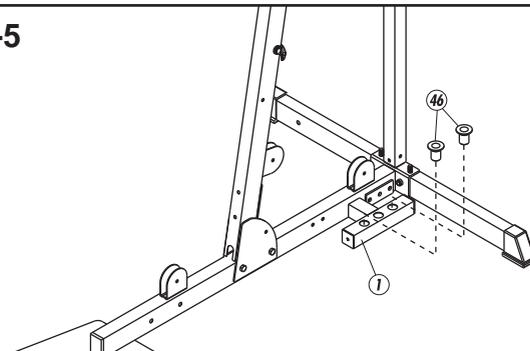
Attach the Upright (3) to the Base Frame (1) using two 1/2" x 3" Hex Head Bolts (62), four 1/2" Washers (74) and two 1/2" Nylon Nuts (76) as shown in FIG 3.

**FIG-1****FIG-2****FIG-3**

**Step 2:**

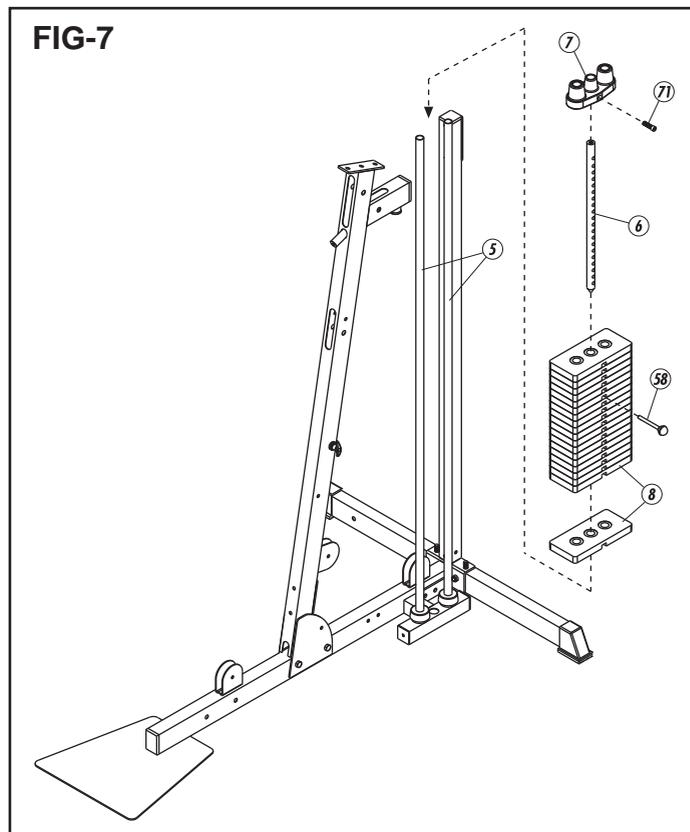
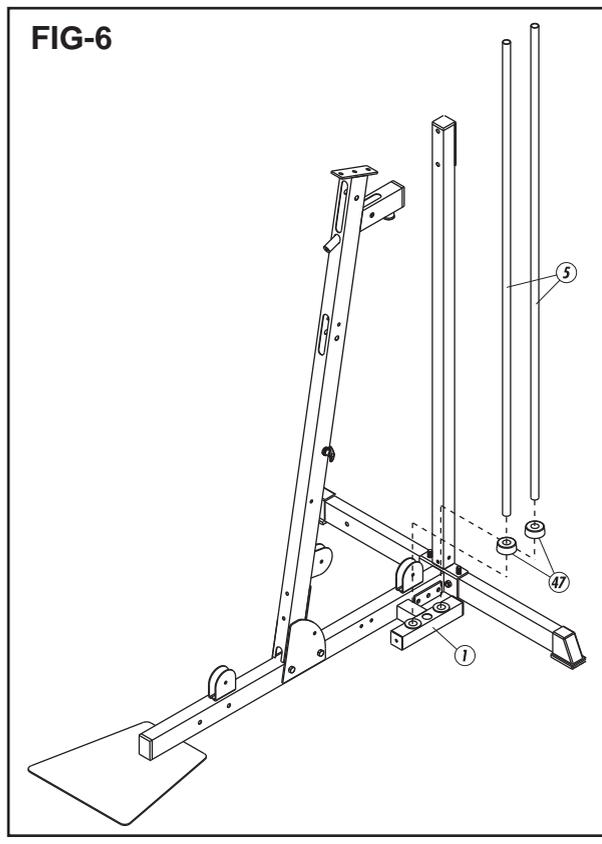
Cap the Rear Upright (4) with the 2" Sq End Plug (43). Attach the Rear Upright (4) to the Base Frame (1) using three 3/8" x 3/4" Hex Head Bolts (73) and three 3/8" Washers (75) as shown in FIG 4.

Insert the 1" Bushings (46) into the outer holes in the Base Frame (1) as shown in FIG 5.

**FIG-4****FIG-5**

**Step 3:**

Insert both Guide Rods (5) through the Rubber Doughnuts (47) and into the holes in the Base Frame (1) as shown in FIG 6. Carefully stack the Weight Plates (8) one at a time by lifting them to the top of the Guide Rods (5), inserting the weights through the rods and slowly lowering each weight. Attach the Select Rod (6) to the Top Plate (7) using the Top Plate Bolt (71). Insert the Top Plate (7) over the Guides (5) and through the Top Weight Plate (8) then secure with the Select Pin (58) as shown in FIG 7.

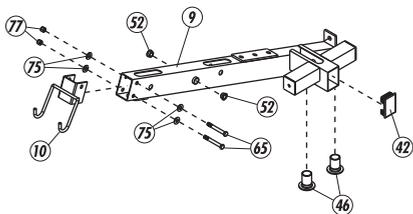
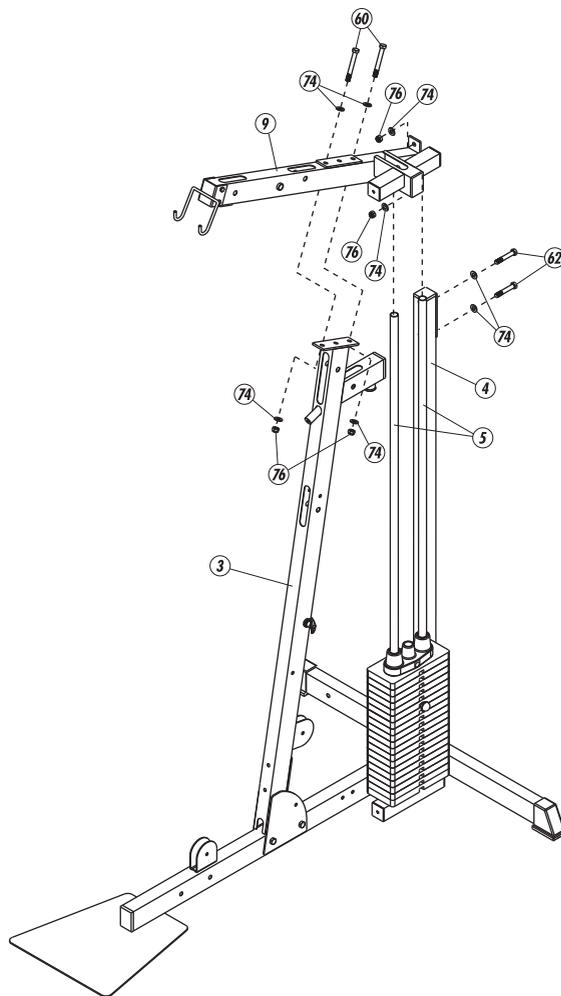


**Step 4:**

Attach the Lat Bar Holder (10) to the Top Frame (9) using two 3/8" x 3" Hex Head Bolts (65), four 3/8" Washers (75) and two 3/8" Nylon Nuts (77). Insert two 1" Bushings (46) and two 1/2" Steel Bushings (52) into the Top Frame (9) as shown in FIG 8. Be sure that the 2" x 3" Rect End Plug (42) is inserted into the Top Frame (9).

Slide the Top Frame (9) over the two Guides (5). Align the mounting holes in the Top Frame (9) with the holes in the Upright (3) then secure with the 1/2" x 4" Hex Head Bolts (60), four 1/2" Washers (74) and two 1/2" Nylon Nuts (76).

Attach the Top Frame (9) to the Rear Upright (4) using two 1/2" x 3" Hex Head Bolts (62), four 1/2" Washers (74) and two 1/2" Nylon Nuts (76) as shown in FIG 9.

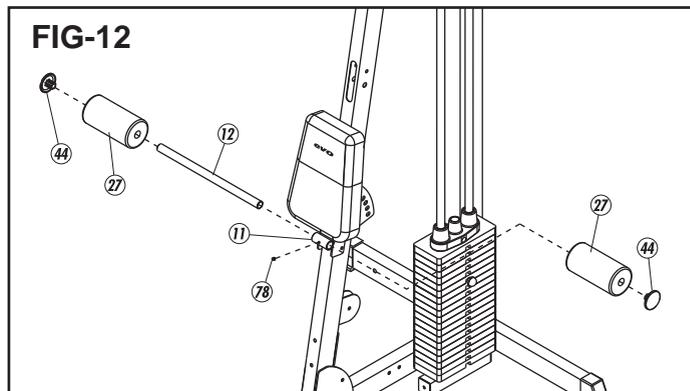
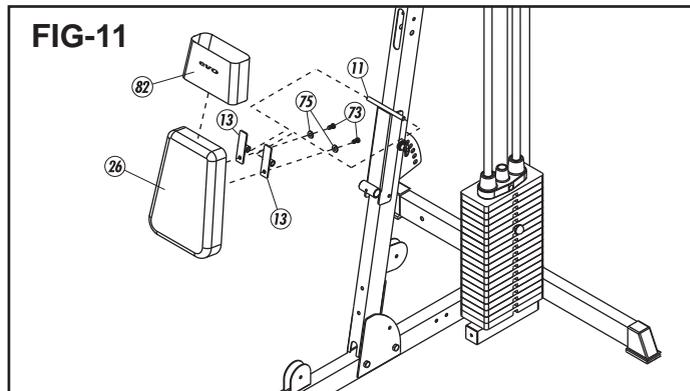
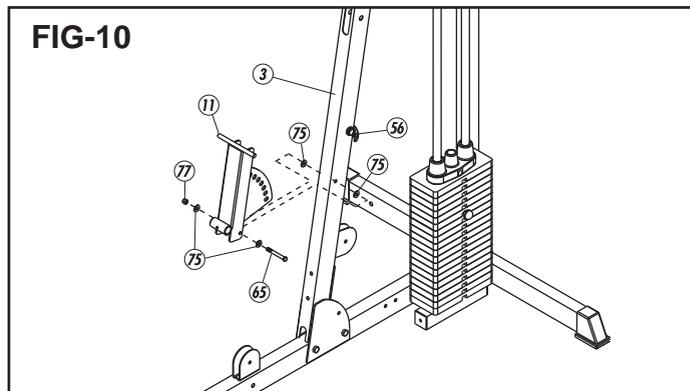
**FIG-8****FIG-9**

**Step 5:**

Attach the Adj Back Bracket (11) to the Upright (3) using the 3/8" x 3" Hex Head Bolt (65), four 3/8" Washers (75) and the 3/8" Nylon Nut (77) as shown in FIG 10. Secure the Adj Back Bracket (11) in place using the Pop Pin (56).

Slide the EVO Band (82) onto the Back Pad (26). Slide the Back Pad Hinges (13) onto the Adj Back Bracket (11). Make sure the holes are on the bottom then attach the Back Pad (26) to the Back Pad Hinges (13) using two 3/8" x 3/4" Hex Head Bolts (73) and two 3/8" Washers (75) as shown in FIG 11.

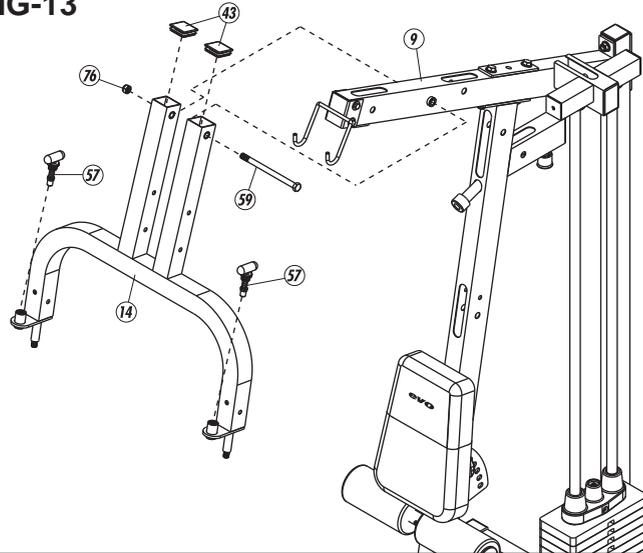
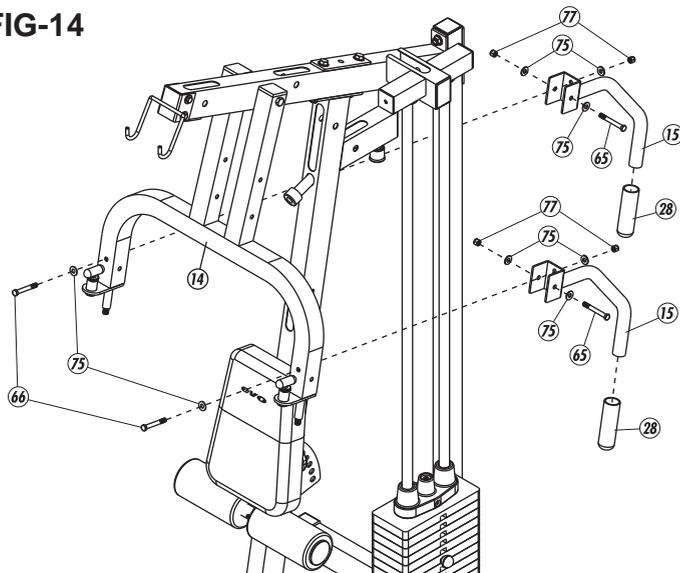
Insert the Bolster (12) into the sleeve welded on the Adj Back Bracket (11) and secure with the 5/16" Sunken Head Screw (78). Slide two 100 mm Foam Pads (27) onto the Bolster (12). If the Foam Pads (27) are difficult to slide onto the Bolster (12) try applying a small amount of soapy water to the Bolster (12) prior to sliding on the pads. Cap both ends of the Bolster (12) with a 1" End Plug (44) as shown in FIG 12.



**Step 6:**

Cap the Press Support (14) with two 2" Sq End Plugs (43). Attach two Pop Pins (57) to the Press Support (14). Attach the Press Support (14) to the Top Frame (9) using the 1/2" x 7-1/4" Hex Head Bolt (59) and a 1/2" Nylon Nut (76) as shown in FIG 13.

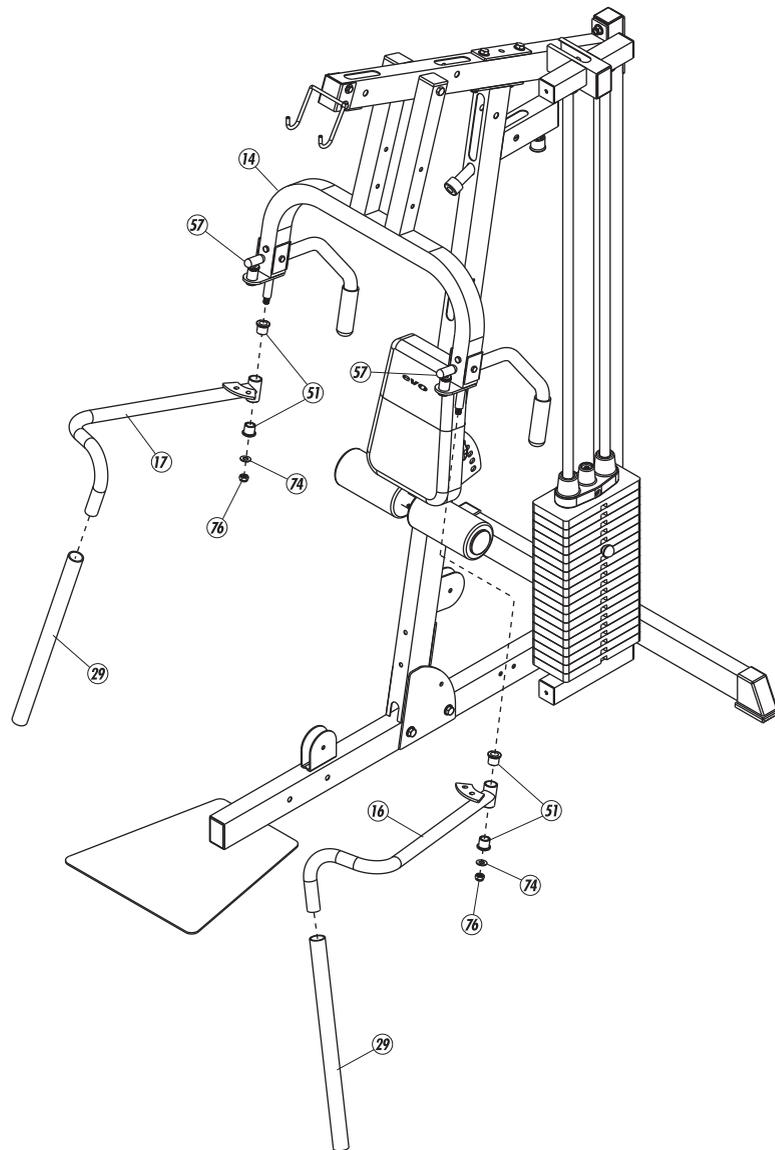
Slide the 1-1/4" Hand Grips (28) onto the Handle Bars (15). If the Hand Grips (28) are difficult to slide onto the Handle Bars (15) try applying a small amount of soapy water to the Handle Bars (15) prior to sliding on the grips. Attach the Handle Bars (15) to the Press Support (14) using one 3/8" x 2-3/4" Hex Head Bolt (66), one 3/8" x 3" Hex Head Bolt (65), four 3/8" Washers (75) and two 3/8" Nylon Nuts (77) for each as shown in FIG 14.

**FIG-13****FIG-14**

**Step 7:**

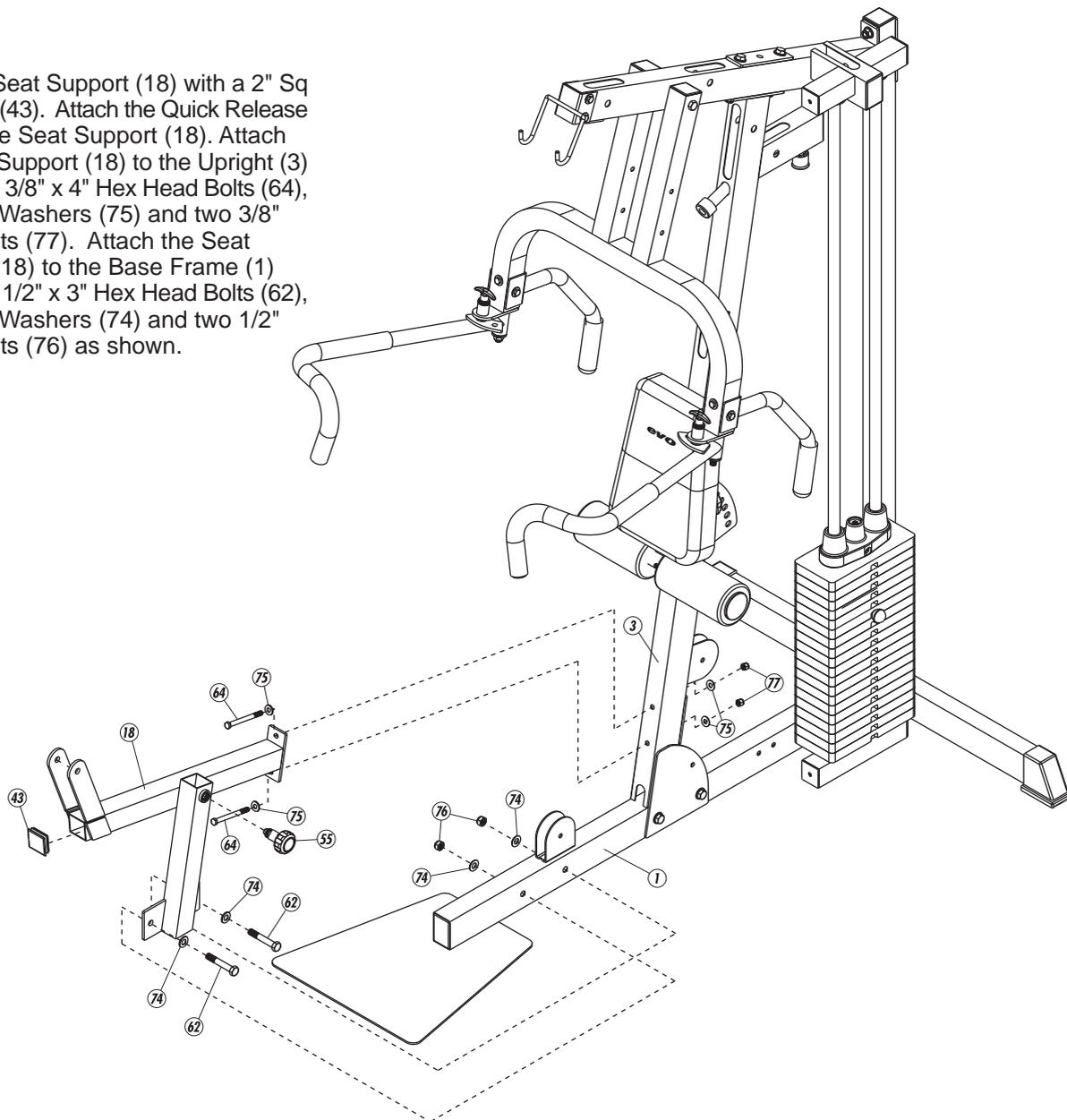
Slide a 1-1/4" Foam Pad (29) onto the left Press Arm (16). If the Foam Pad (29) is difficult to slide onto the Press Arm (16) try applying a small amount of soapy water to the Press Arm (16) prior to sliding on the pad. Insert two 3/4" Bushings (51) into the Left Press Arm (16). Attach the Left Press Arm (16) to the left side of the Press Support (14) using a 1/2" Washer (74) and 1/2" Nylon Nut (76). Secure using a Pop Pin (57) as shown.

Follow the same procedure to assemble the Right Press Arm (17) to the Press Support (14).



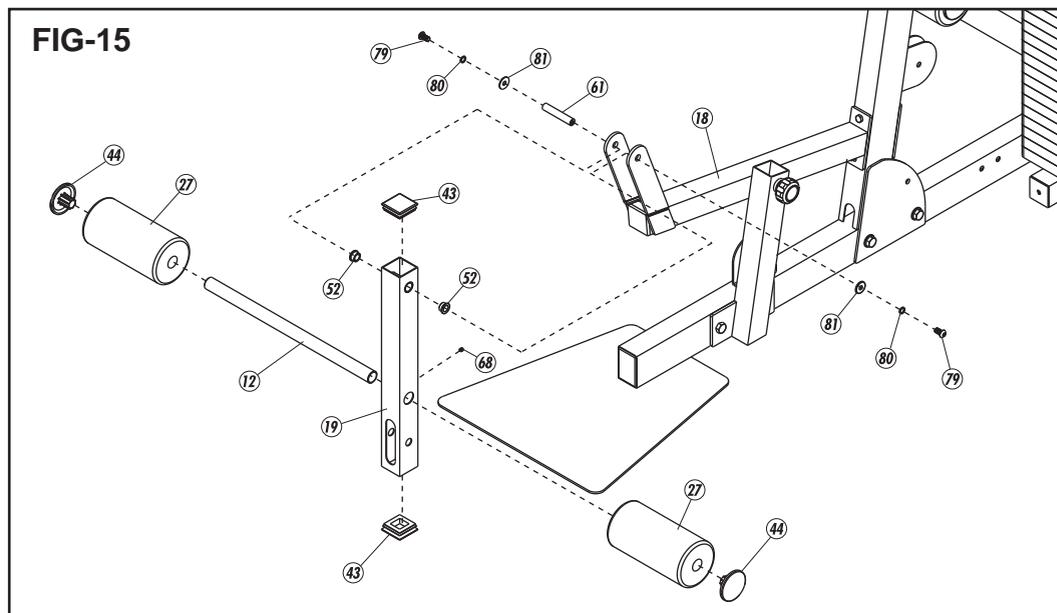
**Step 8:**

Cap the Seat Support (18) with a 2" Sq End Plug (43). Attach the Quick Release (55) to the Seat Support (18). Attach the Seat Support (18) to the Upright (3) using two 3/8" x 4" Hex Head Bolts (64), four 3/8" Washers (75) and two 3/8" Nylon Nuts (77). Attach the Seat Support (18) to the Base Frame (1) using the 1/2" x 3" Hex Head Bolts (62), four 1/2" Washers (74) and two 1/2" Nylon Nuts (76) as shown.



**Step 9:**

Cap the Leg Curl (19) with two 2" Sq End Plugs (43). Insert two 1/2" Steel Bushings (52) into the hole in the Leg Curl (19). Attach the Leg Curl (19) to the Seat Support (18) using the 1/2" Axle (61), two 5/16" x 5/8" Sunken Head Screws (79), two 5/16" Spring Washers (80) and two 5/16" Washers (81). Insert the Bolster (12) into the hole in the Leg Curl (19) and secure with the 5/16" x 1/2" Sunken Head Bolt (68). Slide one 4" Foam Pad (27) onto each end of the Bolster (12) then cap both ends of the Bolster (12) with a 1" End Plug (44) as shown in FIG 15. If the Foam Pads (27) are difficult to slide onto the Bolster (12) try applying a small amount of soapy water to the Bolster (12) prior to sliding on the pads.

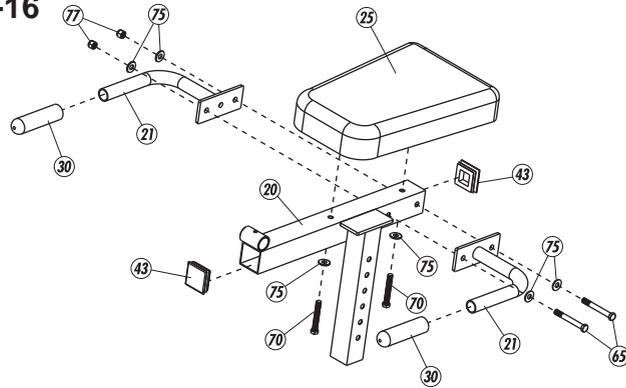
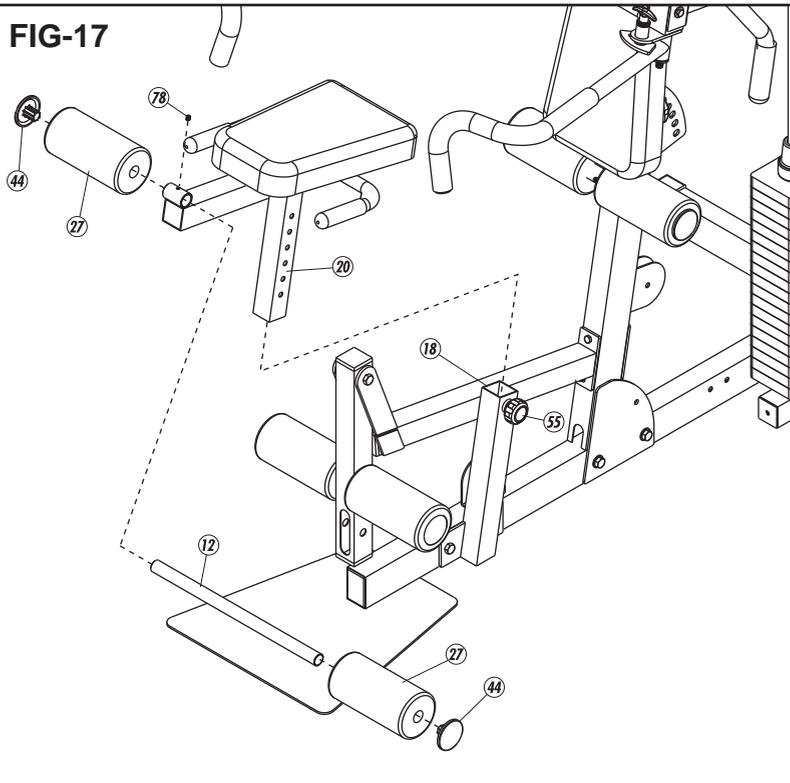


**Step 10:**

Cap the Adj Seat Arm (20) with two 2" Sq End Plugs (43). Slide the 1" Hand Grips (30) onto the Seat Handle Bars (21). Attach the Seat Handle Bars (21) to the Adj Seat Arm (20) using two 3/8" x 3" Hex Head Bolts (65), four 3/8" Washers (75) and two 3/8" Nylon Nuts (77). Attach the Seat Pad (25) to the Adj Seat Arm (20) using two 3/8" x 2-1/2" Hex Head Bolts (70) and two 3/8" Washers (75) as shown in FIG 16.

Insert the Adj Seat Arm (20) into the Seat Support (18) and lock with the Quick Release (55). Insert the Bolster (12) into the sleeve (welded on the Adj Seat Arm) and secure with a 5/16" Sunken Head Screw (78). Slide a 4" Foam Pad (27) onto each end of the Bolster (12) as shown in FIG 17. If the Foam Pads (27) are difficult to slide onto the Bolster (12) try applying a small amount of soapy water to the Bolster (12) prior to sliding on the pads. Cap each end of the Bolster (12) with a 1" End Plug (44).

**Firmly tighten all bolts at this time.**

**FIG-16****FIG-17**

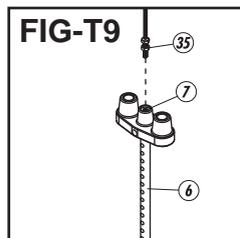
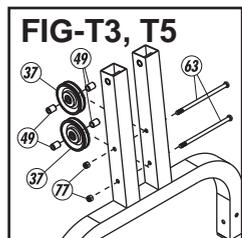
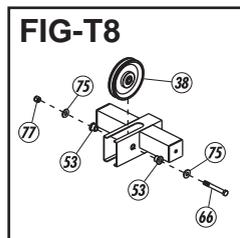
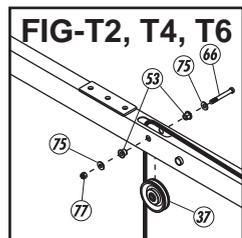
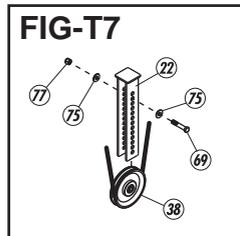
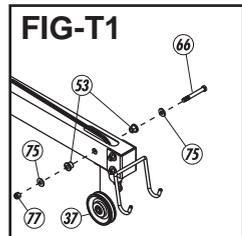
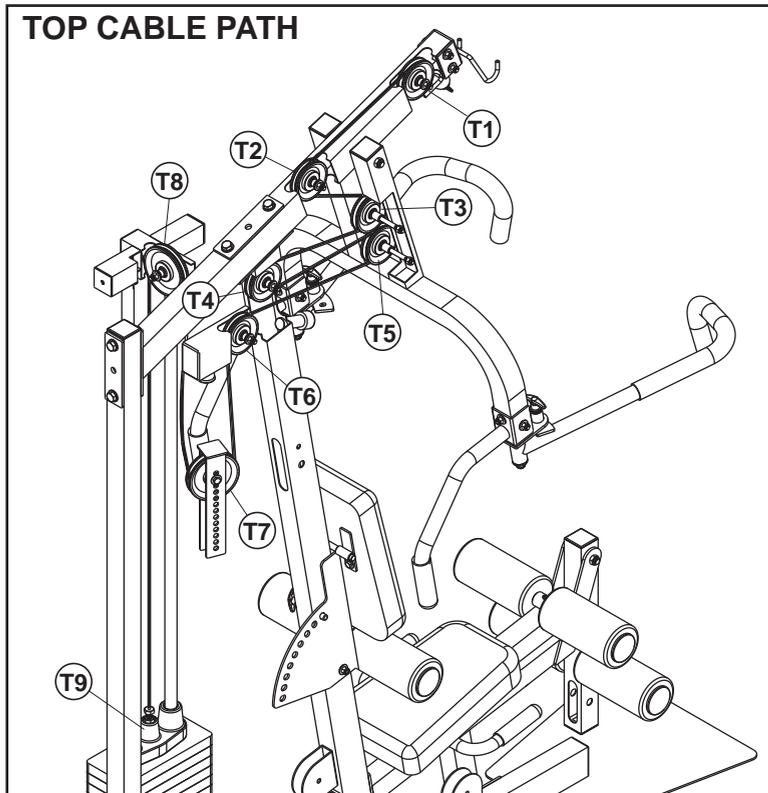
Step 11:

**ROUTING THE TOP CABLE:**

Insert the cable's bolt end through pulley T1 (leave the ball on the outside) over pulley T2, down and around T3, up and around T4, down and around T5, up and around T6, down and around T7, up and around T8, then attach the bolt end to the Select Rod (7). (See FIG T1, T2, T3, T4, T5, T6, T7, T8 and T9). Attach the various pulleys as shown.



**TOP CABLE (35)**

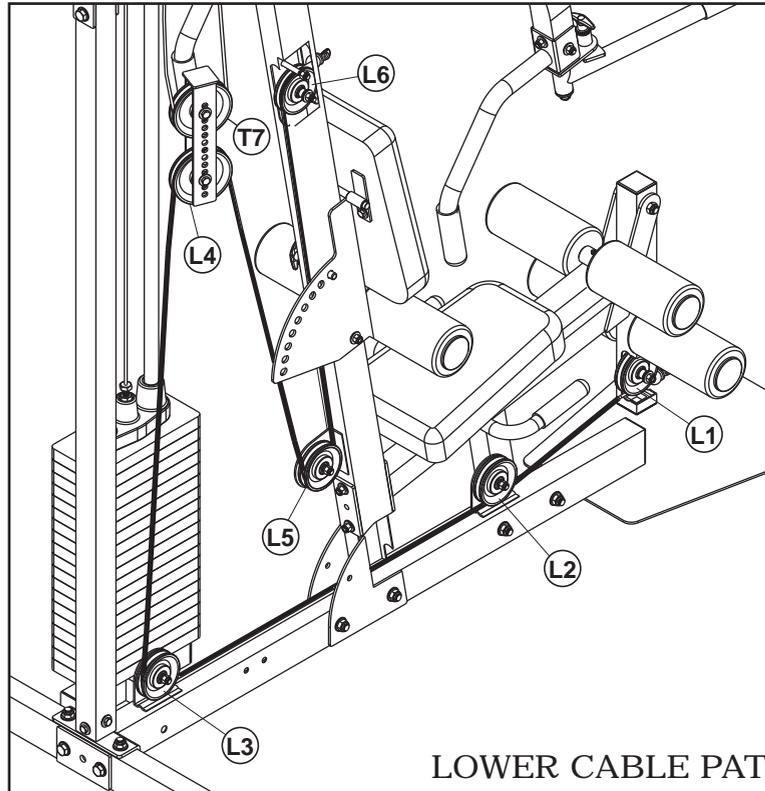


**Step 12:****ROUTING THE LOWER CABLE:**

Insert Cable through pulley L1, L2, L3, over and around L4, down and around L5, up and around L6. (See fig L1, L2, L3, L4, L5 and L6). Attach the various pulleys as shown.



LOWER CABLE (36)



LOWER CABLE PATH

FIG-L1

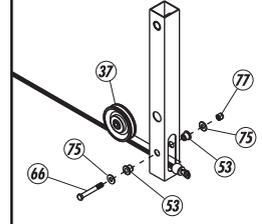


FIG-L2, L3, L5

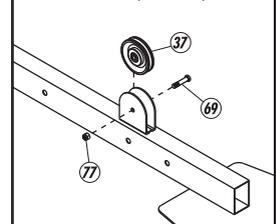


FIG-L4

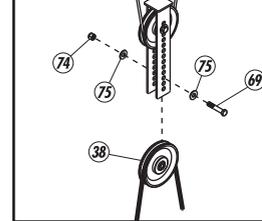
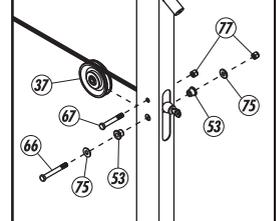


FIG-L6



**Warranty Coverage:** Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original purchaser 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 for the period of the lifetime of the original purchaser. This is a Parts-only Warranty, labor is not included. Smooth Fitness reserves the right to inspect damaged parts for misuse.

**Light Institutional Warranty:** This product carries a warranty for light commercial applications (non-membership selling gyms). Parts are warranted for a period of one year including frame, pulleys, bearings and all other mechanical parts. Upholstery and cables carry a 90- day warranty. This is a Parts-Only warranty. Customer is responsible for shipping charges on parts going outside the continental United States.

It is recommended that the Original Receipt be kept with the product manual.

**Remedy Provided by Smooth Fitness:** Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer or call 888-800-1167.

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 call your local Smooth Retailer or call 888-800-1167. To help us 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 apply to you if you have purchased this product for resale. 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, 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.

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For assistance with assembly or to order replacement parts, simply call our Customer Service Department at 888-800-1167, Monday through Friday (excluding holidays) 8:00 am to 4:00 pm eastern daylight time. To help us 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 order number.

## 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. 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.™

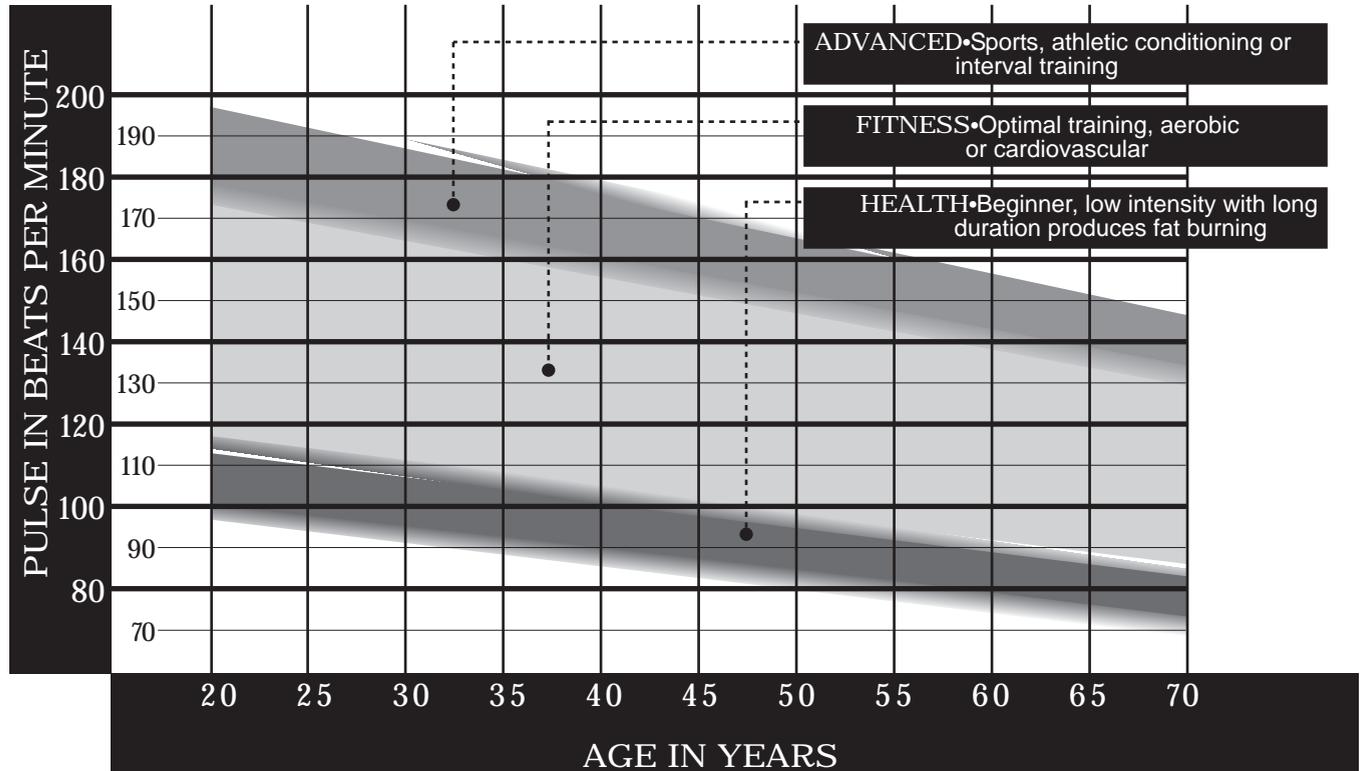
## Finding your pulse

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, then multiply 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.



**ADVANCED**•Sports, athletic conditioning or interval training

**FITNESS**•Optimal training, aerobic or cardiovascular

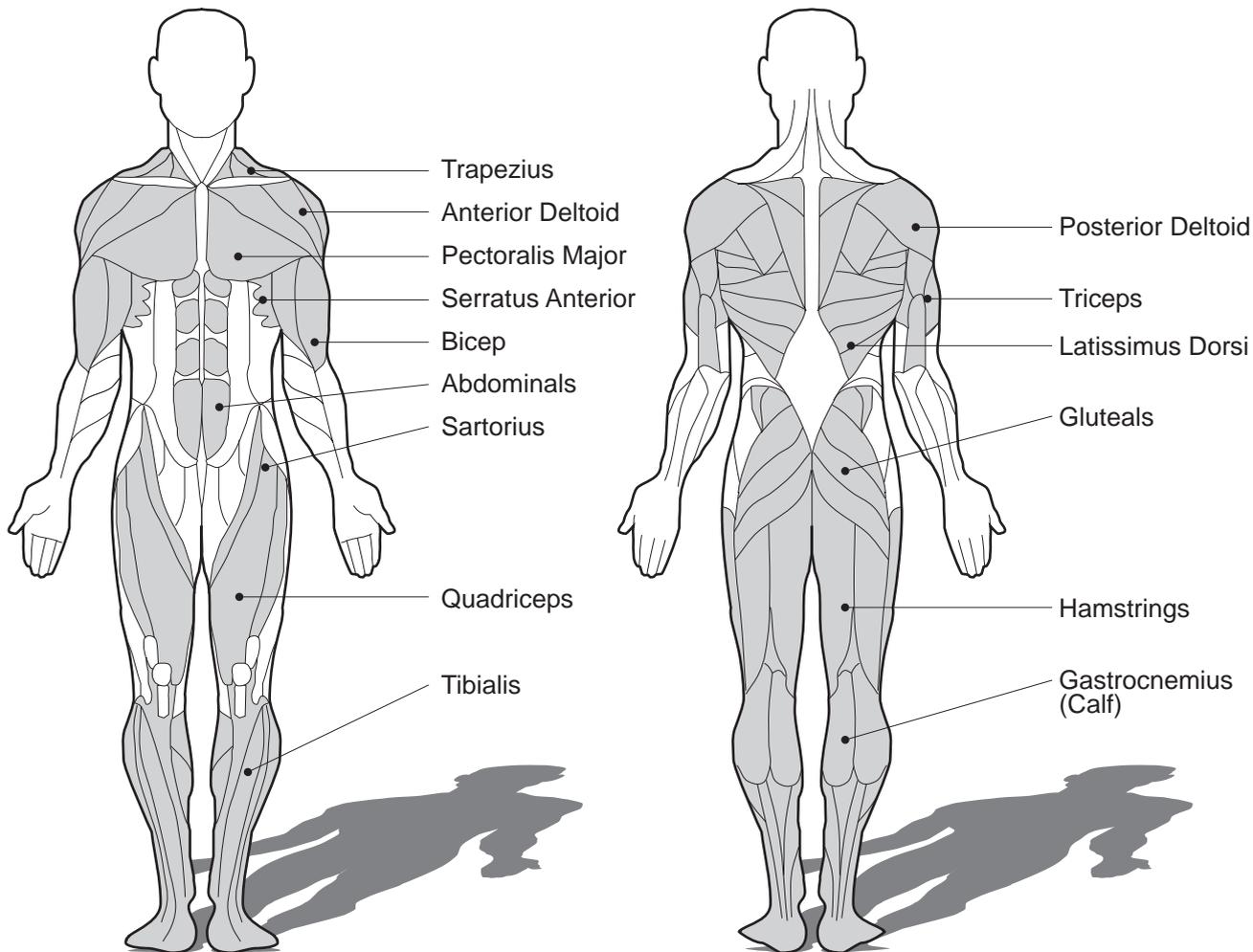
**HEALTH**•Beginner, low intensity with long duration produces fat burning

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

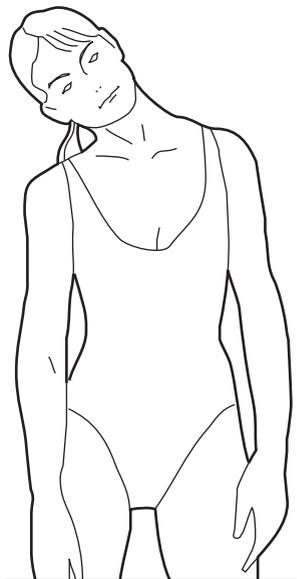
breath deeply. An aerobic exercise should be part of your entire exercise routine.

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



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 following warm-up and cool-down exercises:



### 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.

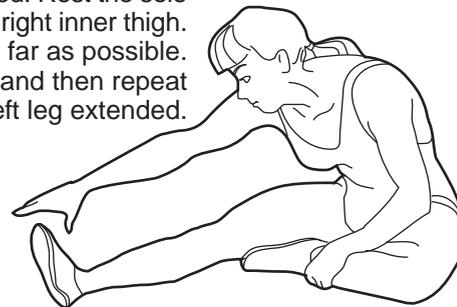


### Inner Thigh Stretch

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.



### 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.

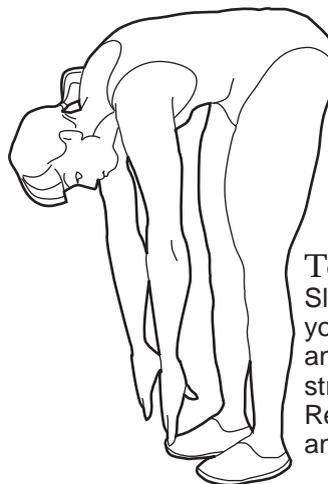
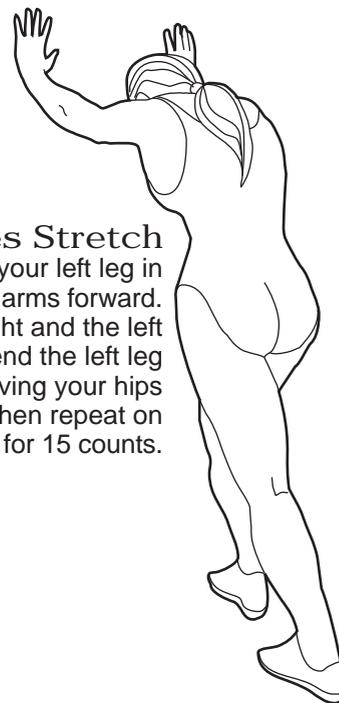


### Side Stretch

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, then repeat on the other side for 15 counts.



### 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.







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