

Owner's Manual

Model No.
16011008000
CT800ENT

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:

Read and understand this manual before operating unit

SPIRIT



**Retain For Future
Reference**

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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.

SPIRIT

**CONGRATULATIONS ON YOUR
NEW TREADMILL AND WELCOME
TO THE SPIRIT FAMILY!**

Thank you for your purchase of this quality treadmill from Dyaco Canada Inc. Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this treadmill is your administrator for all warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please go to www.dyaco.ca/warranty.html and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____
Telephone Number of Dealer _____
Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

REGISTER YOUR PURCHASE

Please visit us at www.dyaco.ca/warranty.html to register your purchase.

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT CT800ENT Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT CT800ENT Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SPIRIT CT800ENT Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT CT800ENT Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 204 KGS (450 LBS)

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 15-amp grounded outlet.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

The treadmill should be the only equipment in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.

ASTM F2115-05 Specifications 6.1.2.11 The recommended minimum clearance required around each treadmill for access to, passage around, and emergency dismount shall be stated. The minimum dimensions are to be: 0.5 m (19.7 in.) on each side of the treadmill, and 1 m (39 in.) behind the machine.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Keep children under the age of 13 away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Children should be supervised to ensure that they do not play with the equipment.
- Remove tether cord after use to prevent unauthorized treadmill operation.
- Connect this treadmill to a properly grounded outlet only. See Grounding Instructions.
- Please make sure that power supply cord and adapter placed in dry area and kept away from heat.
- This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the exercise equipment by a person responsible for their safety.
- 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.
- Remove tether cord after use to prevent unauthorized treadmill operation.

- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- User weight should not exceed 450 lbs (204 kgs).

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any equipment with a large motor, the RCD/GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

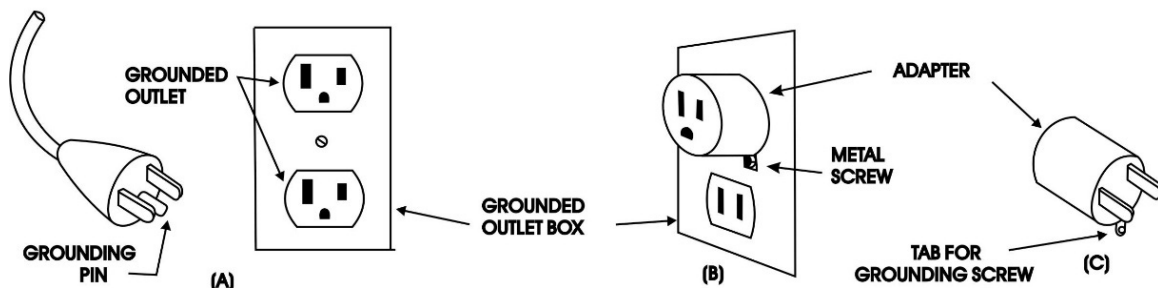
Circuit breakers: Some circuit breakers are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only equipment on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. 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 product is for use on a nominal 120-Volt circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (shown below) can be installed by a qualified electrician. The green coloured rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Figure 1.
Grounding methods



AA 200

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer console.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Treadmills start with at a very low speed and it is unnecessary to straddle the belt during startup. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or handle while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

SAFETY TETHER CORD

A safety tether cord is provided with this unit. It is a simple pin design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the pin into position on the rectangle slotted metal portion of the console control head. Your treadmill will not start and operate without this. Removing the pin also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The pin has a strong enough connection to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the pin is pulled out of the console. Use the red Stop/Pause switch in normal operation

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the treadmill. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

! WARNING / AVERTISSEMENT

Model/Modèle#: [REDACTED]
Serial#/Numéro de série: [REDACTED]

**For consumer use only.
Max user weight limit**
[REDACTED] lbs / [REDACTED] kg

CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.
WARNING: KEEP CHILDREN AWAY FROM THE [REDACTED].
KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THE POSSIBILITY OF SERIOUS INJURIES OR DEATH IF CAUTION IS NOT USED.
READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

**Usage à des fins
personnelles seulement
poids maximum de l'utilisateur**
[REDACTED] lbs / [REDACTED] kg

ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT UTILISER AUCUN APPAREIL D'EXERCICE SANS LA SURVEILLANCE D'UNE PERSONNE QUALIFIÉE.
AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU [REDACTED]. GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAREIL POURRAIT ENTRAÎNER DE GRAVES BLESSURES ET MÊME LA MORT.
LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT UTILISATION.
REPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE.

**Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, Ontario
L2G 0A9**

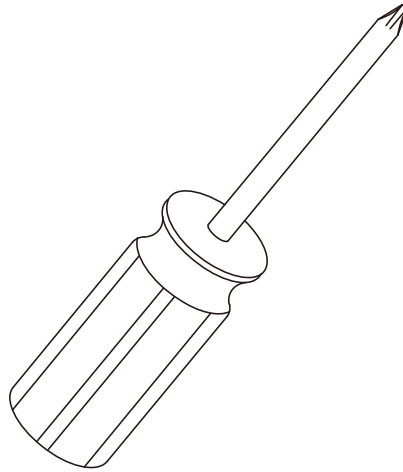
**Customer Service
Service à la clientèle
1-888-707-1880**

ASSEMBLY INSTRUCTIONS

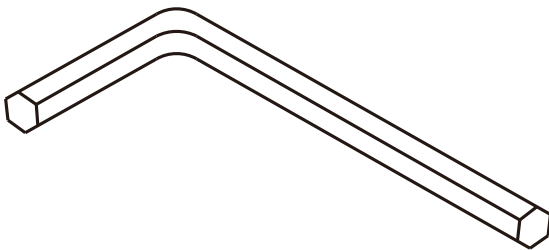
UNPACKING

1. Cut the straps and open box.
2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

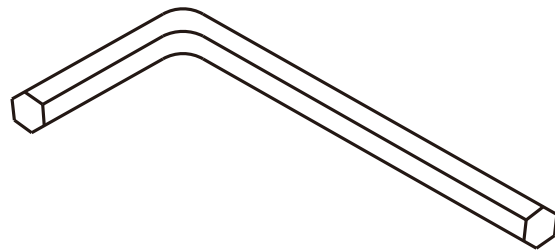
ASSEMBLY TOOLS



#158. Phillips Head Screwdriver (1 pc)

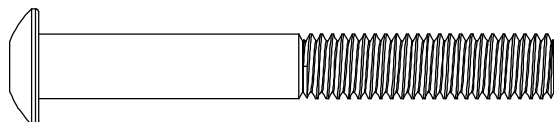


#159. 5mm L Allen Wrench (1 pc)

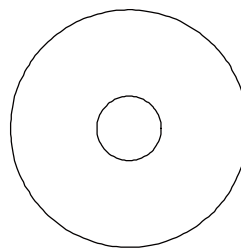


#160. 6mm L Allen Wrench (1 pc)

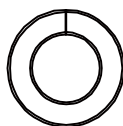
STEP 1



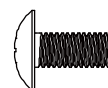
#150 - 3/8" × 3"
Button Head Socket Bolt
(10pcs)



#115 - Ø3/8" × 35 × 2.0T
Flat Washer (10pcs)

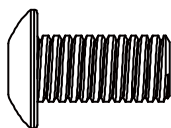


#133 - Ø10 × 2T
Split Washer (10pcs)

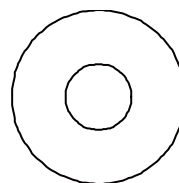


#144 - M5 × 12mm
Phillips Head Screw
(4pcs)

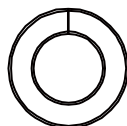
STEP 2



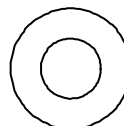
#151 - 3/8" × 3/4"
Button Head Socket Bolt
(6pcs)



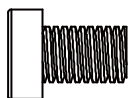
#125 - Ø3/8" × Ø25 × 2.0T
Flat Washer (6pcs)



#133 - Ø10 × 2T
Split Washer (6pcs)

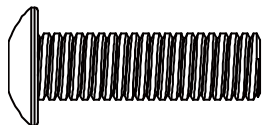


#153 - Ø8 × Ø16 × 2T
Flat Washer (6pcs)

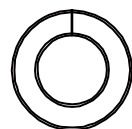


#152 - M8 × 12mm
Socket Head Cap Bolt
(6pcs)

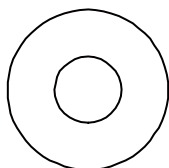
STEP 3



#154 - 3/8" × 1-1/4"
Button Head Socket Bolt
(2pcs)

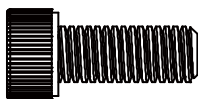


#133 - Ø10 × 2T
Split Washer (2pcs)

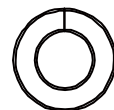


#155 - Ø10 × Ø23 × 1.5T
Curved Washer (2pcs)

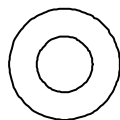
STEP 4



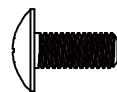
#156 - M8 × 20L
Socket Head Cap Bolt
(4pcs)



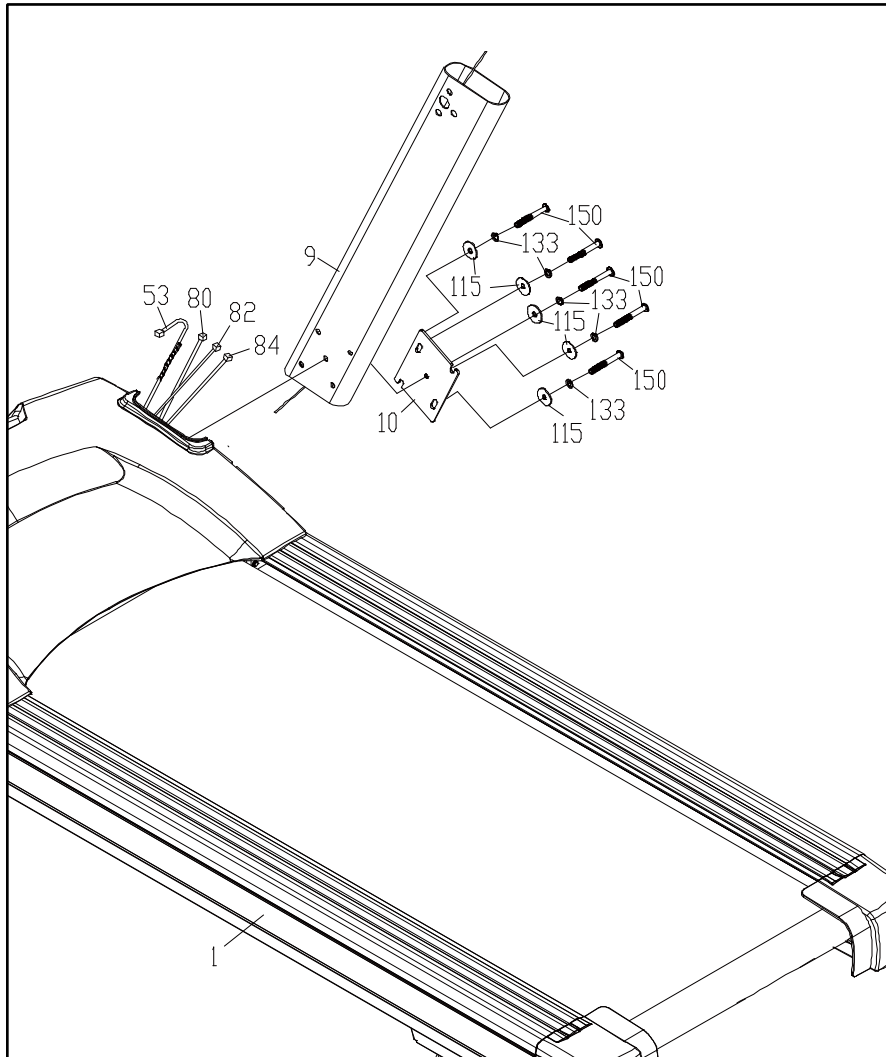
#120 - Ø8 × 1.5T
Split Washer (4pcs)



#153 - Ø8 × Ø16 × 2T
Flat Washer (4pcs)

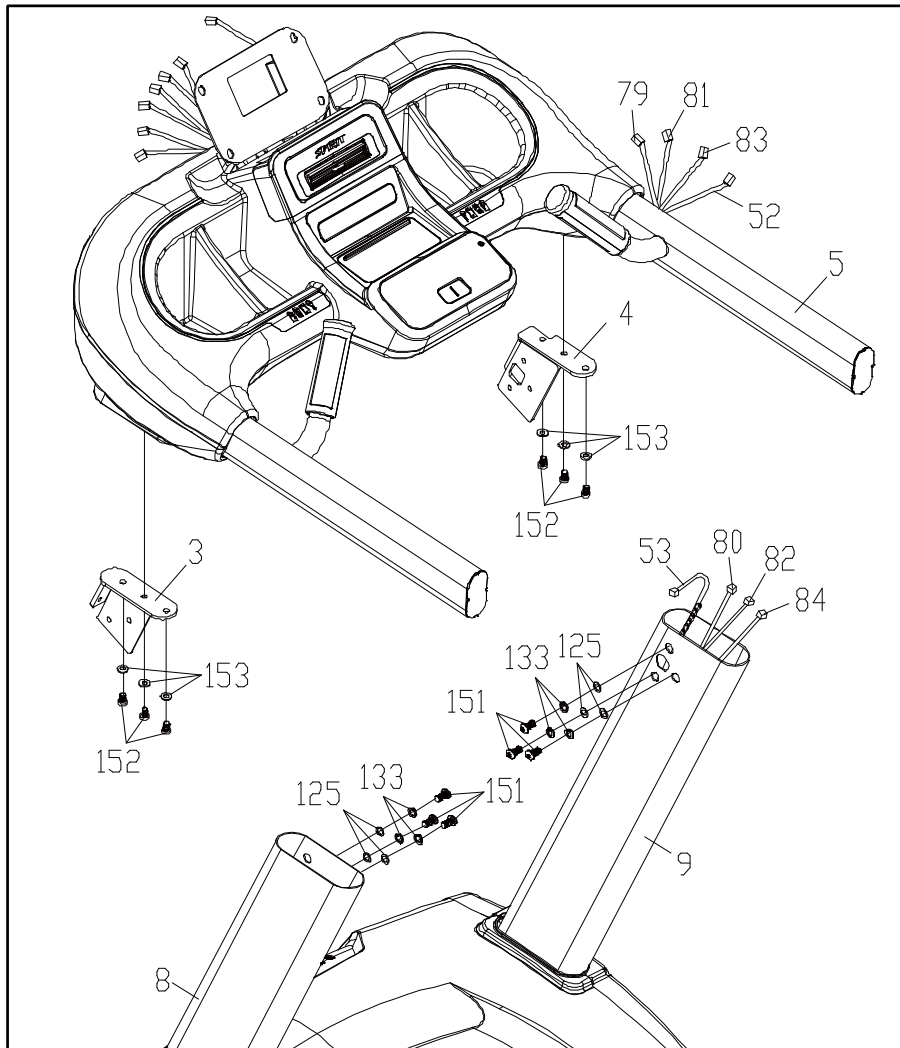


#144 - M5 × 12mm
Phillips Head Screw
(2pcs)



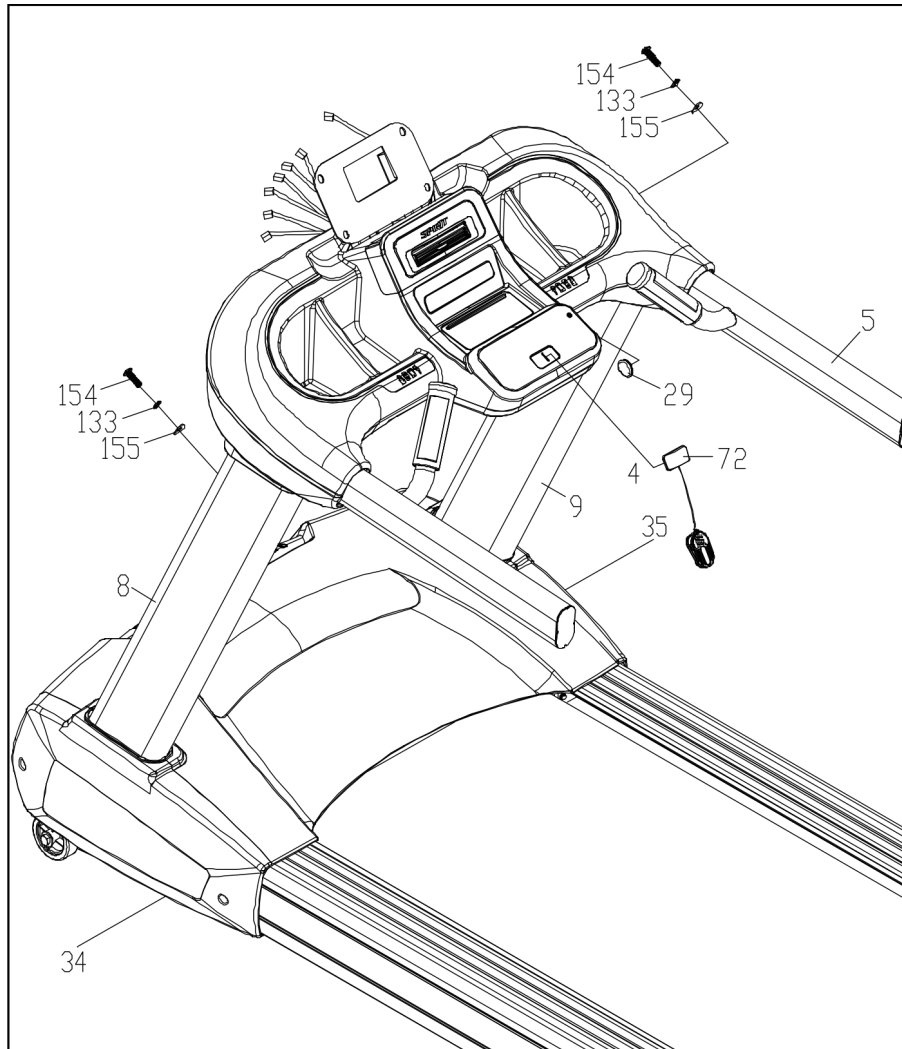
STEP 1

1. Thread all Cables (No.53/80/82/84) up through the center of the Right Upright Column (No.9).
2. Use five Button Head Socket Bolts (No.150), Split Washer (No.133) against a Flat Washer (No.115) to secure the Upright Fixing Plate (No.10) to the Right Uprights (No.9) to the Main Frame (No.1) using the Allen Wrench (No.160).
3. Repeat the previous two steps on the left side.
4. Do not tighten bolts (No.150) completely until Step 2.



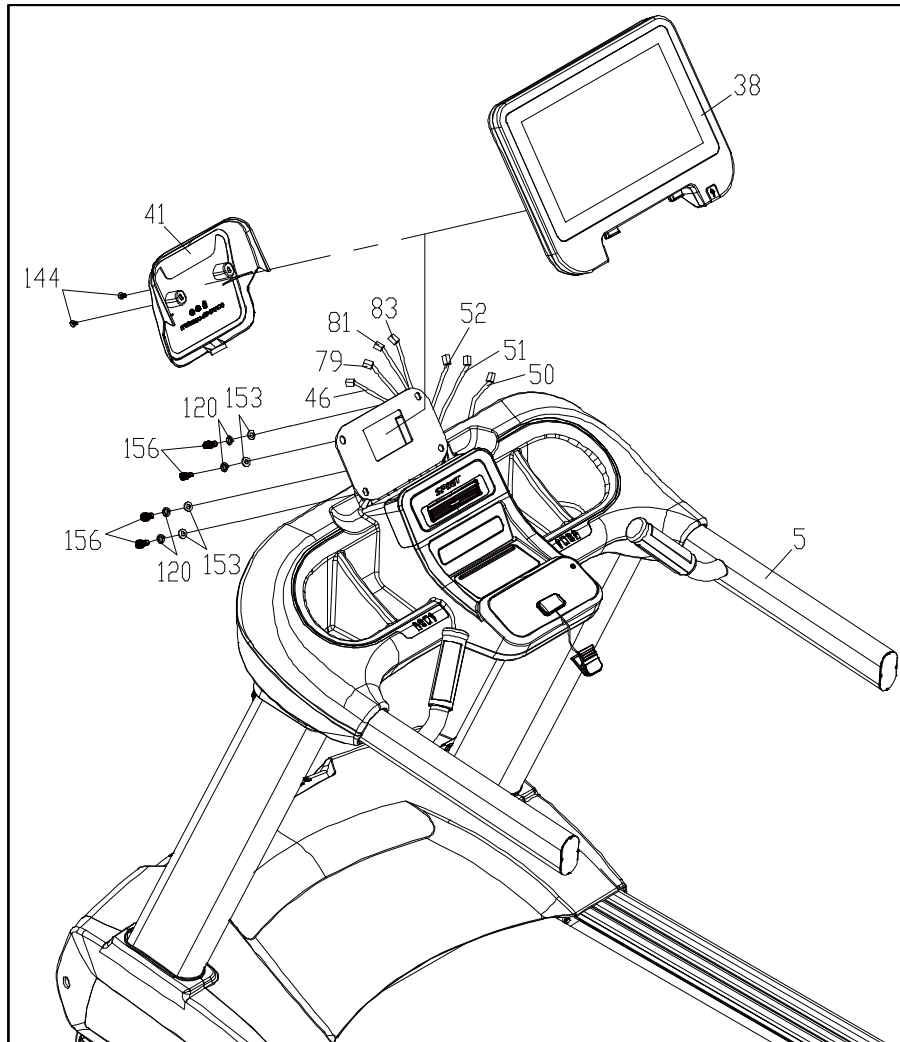
STEP 2

1. On the underside of the Console Support (No.5) is where the Locking Plate Assembly (No. 3 & 4) can be attached. Use 3 Socket Head Cap Bolts (No.152) and 3 Flat Washers (No.153) on each side to secure.
2. Connect all cables with the correct pairing:
 - a. The Computer Cable (No. 53) with the Upper Computer Cable (No.52).
 - b. The Ethernet Cable (No. 80) with the Upper Ethernet Cable (No.79).
 - c. The C-safe Cable (No. 82) with the Upper C-safe Cable (No.81).
 - d. The HDMI Cable (No. 84) with the Upper HDMI Cable (No.83). Note: Be careful not to pinch the wires and slide them into the Right Upright (No.9).
3. Insert the Console Support (No.5) into the Left/Right Uprights (No.8 & 9) and secure with 3 Button Head Socket Bolts (No.151), 3 Split Washers (No.133), and 3 Flat Washers (No.125) on both sides using the Allen Wrench (No.160).
4. Fully tighten five sets of bolts (No.150) to Right/Left Uprights (No.9/No.8) to Main Frame.



STEP 3

1. Further secure the uprights by inserting a Button Head Socket Bolt (No.154) through a Split Washer (No.133), and a Curved Washer (No.155) onto the backside of both Left/Right Uprights (No. 8 & 9) using the Allen Wrench (No.160).
2. Plug the Round Cap (No.29) into the Right Upright (No.9).
3. Insert the Safety Key (No.72) into the Safety Key base on the Console Support (No.5).
4. Use two Phillips Head Screws (No.144) to secure the Motor Base Cap Right (No.35) and Left (No. 34) to Main Frame (No.1) using the Screwdriver (No.158).



STEP 4

1. Place the Console Assembly (No.38) onto the Console Support (No.5). Secure with 4 Socket Head Cap Bolts (No.156), 4 Split Washers (No.120), and 4 Flat Washers (No.153) using the Allen Wrench (No.159).
2. Connect all cables to Console Assembly (No.38):
 - a. The Upper Handpulse Wires (No.50 & 51).
 - b. The Upper Computer Cable (No.52).
 - c. The Grounding wire (No.46).
 - d. The Upper Ethernet Cable (No.79).
 - e. The Upper C-safe Cable (No.81).
 - f. The Upper HDMI Cable (No.83).
3. Fasten the Console Cover (No.41) with 2 Phillips Head Screw (No.144) to the Console Support (No.5) using the Screwdriver (No.158).

OPERATION OF YOUR TREADMILL



SAFETY TETHER CORD

A safety tether cord is provided with this unit. It is a simple pin design that should be used at all times. It is for your safety should you fall or move too far back on the tread belt. Pulling this safety tether cord will stop tread belt movement. To Use:

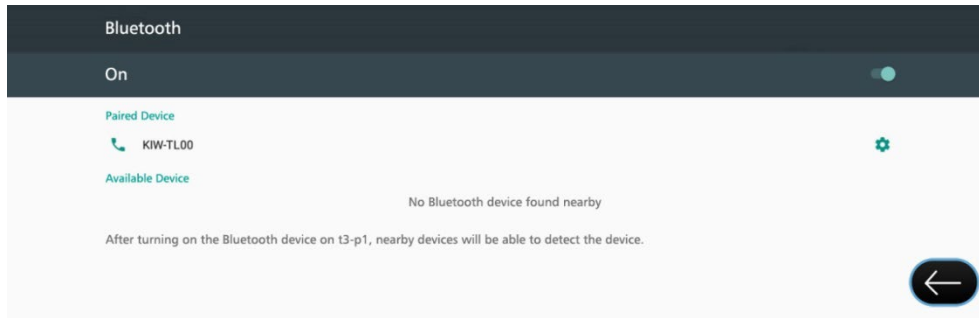
1. Place the pin into position on the rectangle metal portion of the console control head. Your treadmill will not start and operate without this. Removing the pin also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. NOTE: The pin has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the pin is pulled off the console. Use the Stop/Pause button in normal operation.

CSAFE FEATURE

Your console is equipped with a CSAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with fitness software applications.

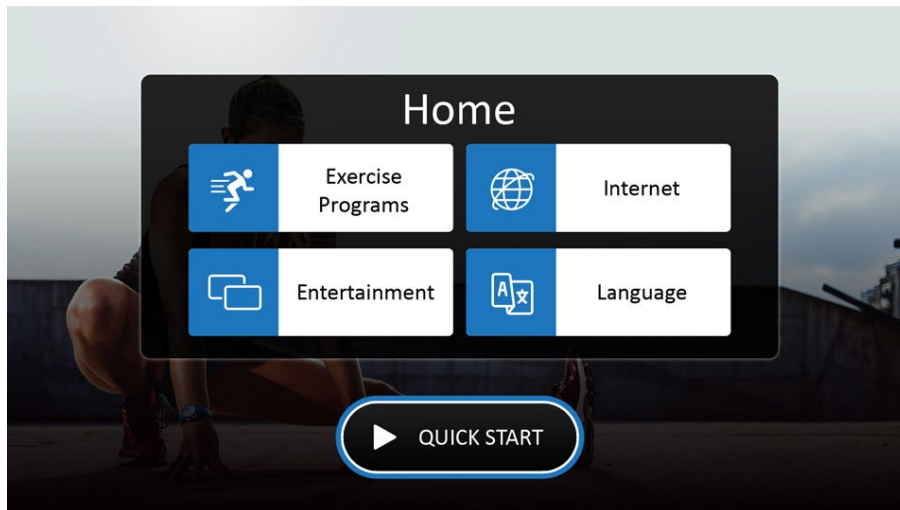
How to connect with the Bluetooth

Click of the Bluetooth icon to enter the pairing page. The system will be searching the available BT signal device around the treadmill. Then pressing the device that you would like to connect with.



STARTING OPERATION

- Plug in the power cord and switch on the main power switch located at the front of the treadmill. Make sure the safety key is inserted (machine will not operate without the presence of the safety key.)
- When the power is turned ON, the screen will show a brief loading screen and then display the Home Screen which indicates that the machine is ready to operate.



Home Screen: Begin operation by touching the icons.



Quick operating buttons are conveniently located for basic treadmill functions.

FUNCTIONS OF THIS TREADMILL

The touchscreen is used for operating most functions of the treadmill. You can directly touch any button on the screen, or use the Quick Operating Buttons to control the treadmill's various functions. The Speed ▲/▼ buttons control the speed, the Start button begins the workout, the Stop button will pause or stop the workout, and Incline ▲/▼ buttons control the degree of incline of the treadmill.

QUICK START

Press the Start button to begin belt movement at 0.5 mph then adjust to the desired speed using the Speed ▲/▼ button.

- To slow the treadmill belt, press the Speed ▼ key until the desired speed is reached.
- To stop the tread belt press and release Stop button.

PAUSE/STOP

When the treadmill is running, the PAUSE feature may be utilized by pressing the red Stop button once. This will slowly decelerate the tread belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the startup screen.

- To resume your exercise when in PAUSE mode, press the Start button.
- Pressing the Stop button twice will end the program and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (startup screen).

INCLINE

Incline may be adjusted any time after the belt starts moving.

- Press and hold the adjustment Incline ▲/▼ buttons to achieve desired level of incline.

HEART RATE FEATURE

The Pulse (Heart Rate) on the screen shows the current value of the heartbeats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a signal from the hand pulse sensors. You may use the hand pulse sensors while in Heart Rate Control. The CT800ENT will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

TOUCHSCREEN OPERATION

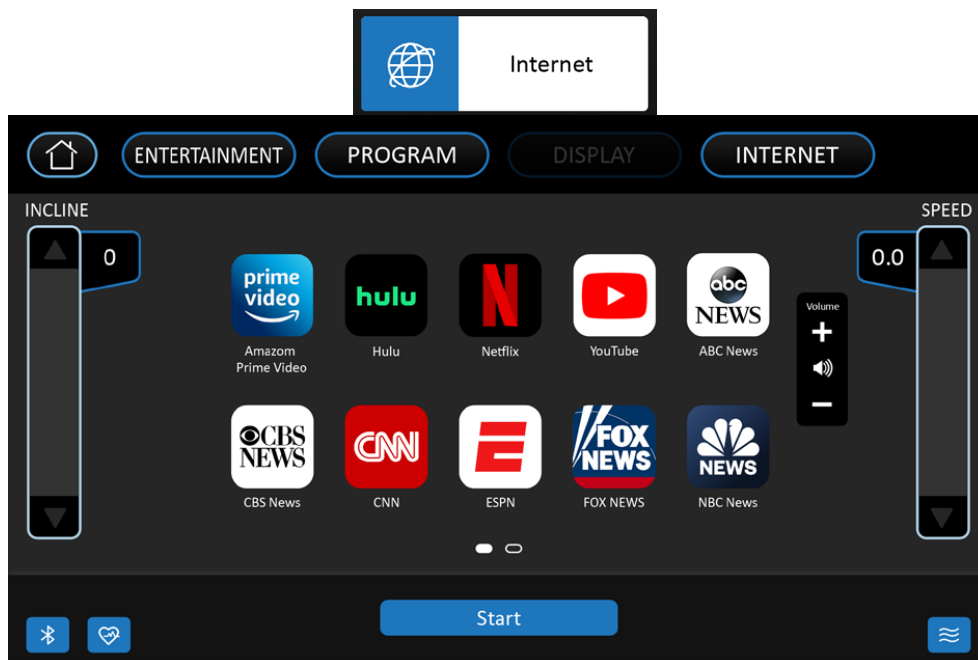
LANGUAGE

There are 13 languages to choose from. Select your desired language by tapping it on the screen. Once selected, the system will return to the Home Screen with your new language being used. To return to the Home Screen without selecting a new language, press the Home button in the upper left corner of the screen.



INTERNET

The Internet section offers various streaming, news, and social media options. The machine must be connected to the internet in order for the apps to work. Simply click on the app of your choice to connect. Follow any on-screen prompts to continue login or other authorizations as needed.



ENTERTAINMENT OPTIONS

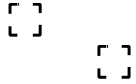
From the Home Screen, tap Entertainment to go to the entertainment menu. You will be given the options of Screen Mirroring and TV mode interface.

TV Mode

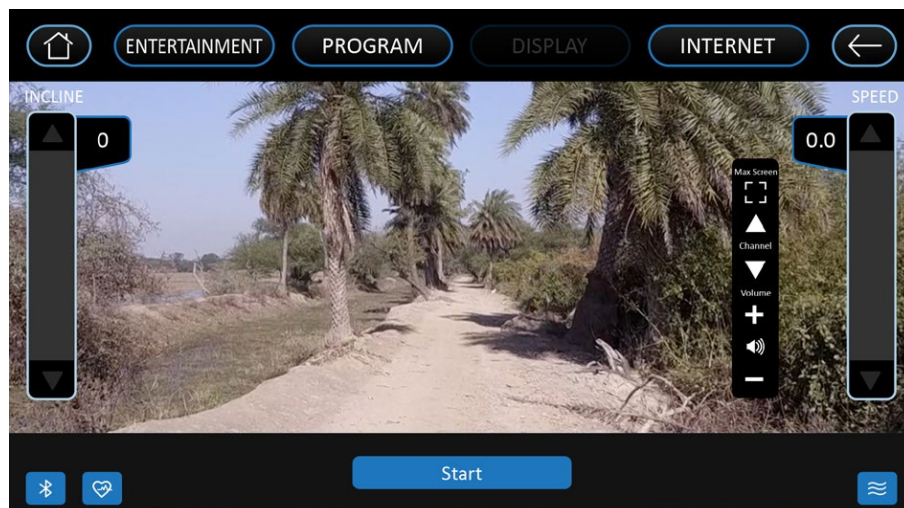
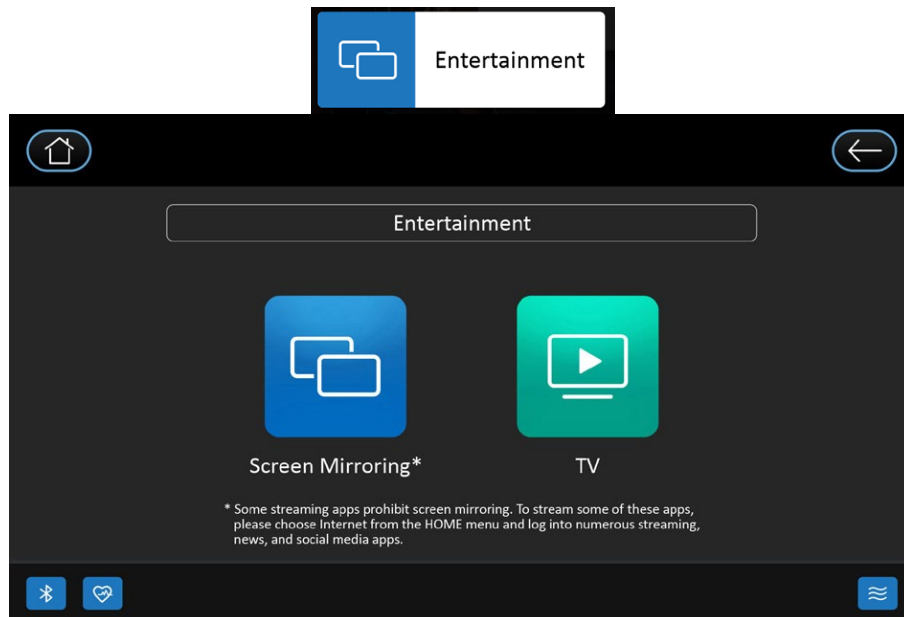
When properly connected to the Set-Top Box (STP) via the HDMI port and TV mode selected, you can enjoy TV programs after selecting TV mode from the Entertainment screen on your treadmill.

Once **TV mode** has begun:

- Use the ▲/▼ buttons on the right hand side of the touchscreen to switch between channels.
- Use the +/- volume buttons on the right hand side of the touchscreen to control the sound volume level.



- Use the on-screen or physical Speed and Incline controls to make updates to your workout while in TV mode.
- To Pause, press the Stop button once.
- To end your workout, press the Stop button twice to show the workout summary. Pressing the Stop button a third time will return you to the Home Screen.



SCREEN MIRRORING

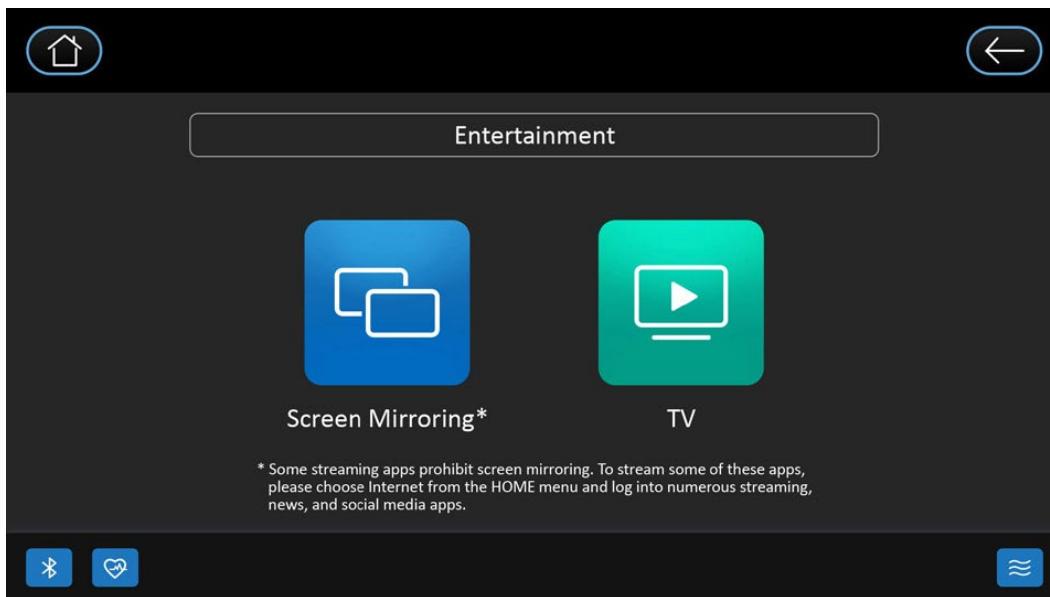
When Screen Mirroring is selected from the Entertainment screen, you may begin pairing your device.

iOS

Screen Mirroring displays your phone's screen on the touchscreen of the treadmill. Please note that your device must be running iOS 8 or higher.

1. Connect your phone or tablet to the facility's WiFi.
2. Find and select the Screen Mirroring button on your phone or tablet by swiping up from your phone's main screen or by swiping down from the top left corner of the screen if you have a newer iOS installed.

Note: When using an iOS device for Screen Mirroring, your Bluetooth headphones must be connected to the console.



SCREEN MIRRORING

Android

1. Connect your phone or tablet to the facility's WiFi.
2. Scan the QR code or search for "Spirit Mirroring" in the Google Play store on your phone or tablet.
3. Download the app.
4. Open the Spirit Mirroring App and select the device name. Then, click Start Mirroring to complete the screen mirroring process.

Note: When using an Android device for Screen Mirroring, your Bluetooth headphones must be connected to the your device.



The slide is titled "Android Screen Mirroring Guide" and features an Android robot icon. It is divided into three steps:

- Step 1:** Connect your phone or tablet to the facility's WiFi. This step is illustrated with icons of a smartphone and a tablet connected to a Wi-Fi signal.
- Step 2:** Scan the QR code or search for "Spirit Mirroring" in the Google Play Store on your phone or tablet. Download the app. This step includes a QR code.
- Step 3:** Open the Spirit Mirroring App. Select the device name "Spirit ENT-XXX," then click the "Start Mirroring" button to complete the screen mirroring process. This step shows two screenshots of the app interface: the first shows a list of devices with "Spirit ENT-XXX" selected, and the second shows the "Start Mirroring" button highlighted.

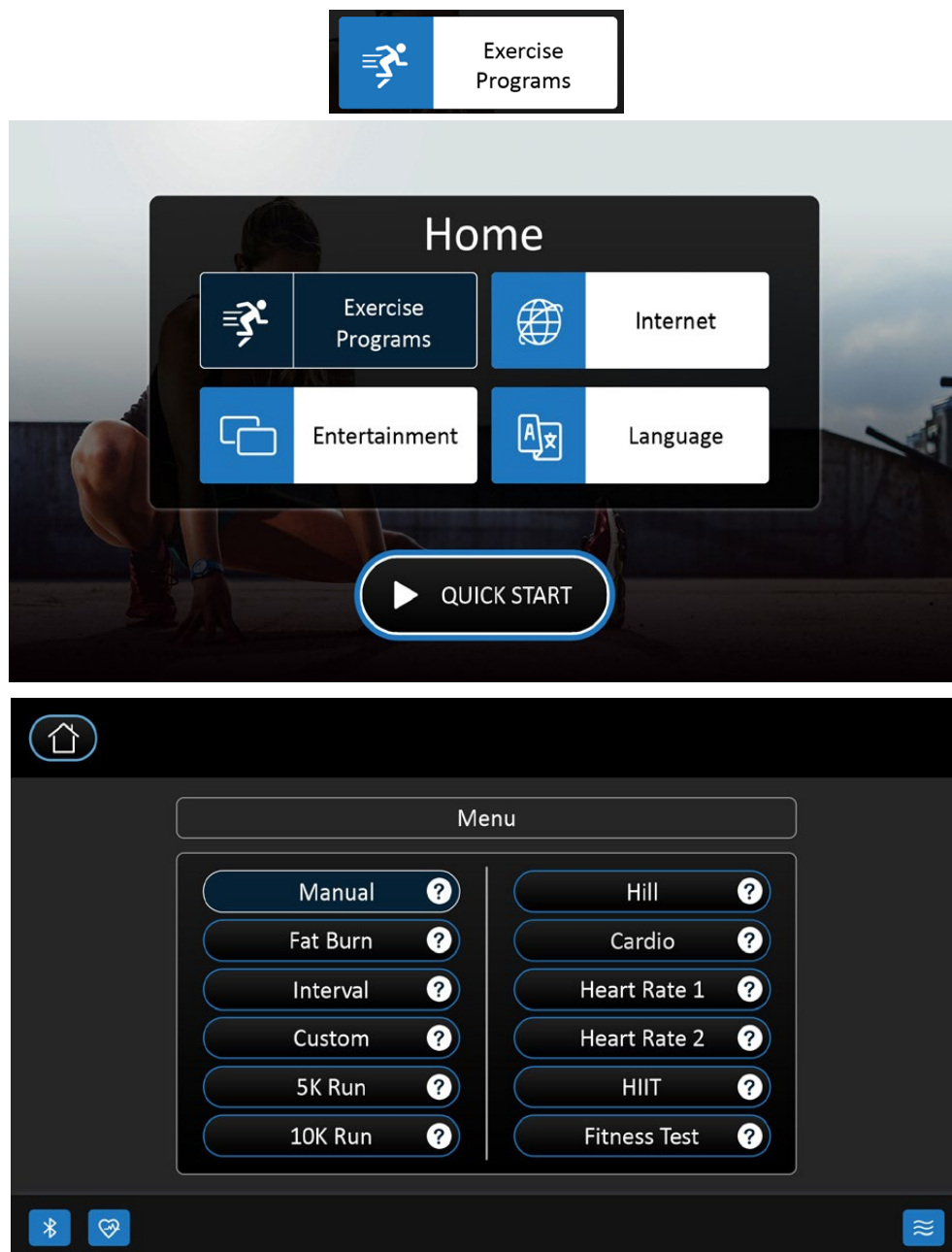
Below the steps, a note states: "Android - must connect your Bluetooth headphones to phone." At the bottom of the slide, there is a Wi-Fi icon and the text: "Wi-Fi Name: TP-LINK_40CF" and "Screen Mirroring must have a good Wi-Fi environment". On the right side, there is a "Device Name : Spirit ENT-XXX". On the far right, there are control icons for "Min Screen", "Volume", and a plus sign.

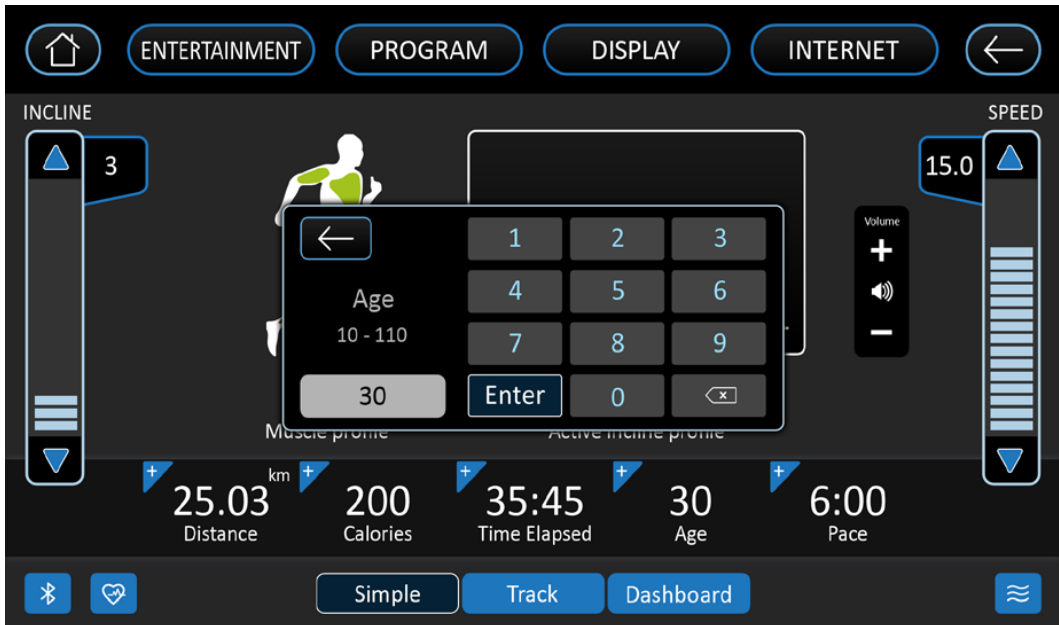
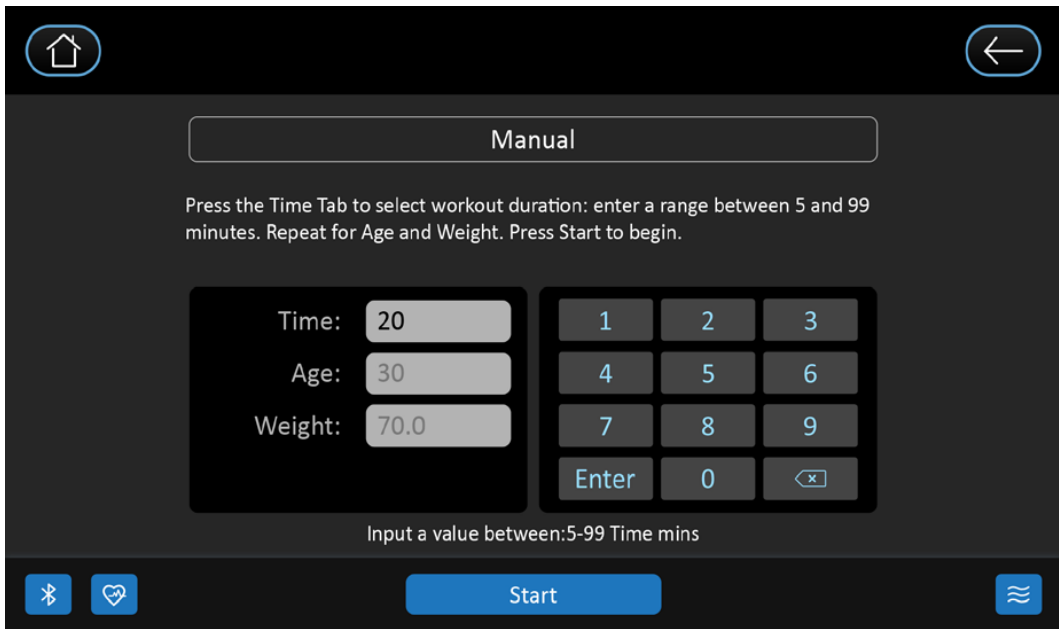


ENTERING A PROGRAM & CHANGING SETTINGS

When the Exercise Programs button is selected from the Home Screen, the screen displays a menu of the different programs available: Manual, Hill, Fat Burn, Cardio, Interval, Heart Rate 1, Heart Rate 2, Custom, 5k Run, 10k Run, HIIT, and Fitness Test. To select and start a preset program:

1. Select a program by tapping it on the screen, then press Enter to begin. Customize the program on the following screens by entering your data, or press the Start button to begin the program using the default settings.
2. Press the Start button to begin your workout, or press the Stop button to return to the previous screen.
3. Once the workout begins, a 3- minute warm-up will commence. You can press the Start button to bypass this and go straight to the workout. During the warm-up the clock will count down from three minutes. Note: 5K Run, 10K Run, HR, Custom, Fitness Tests and the manual programs do not have a warm-up.





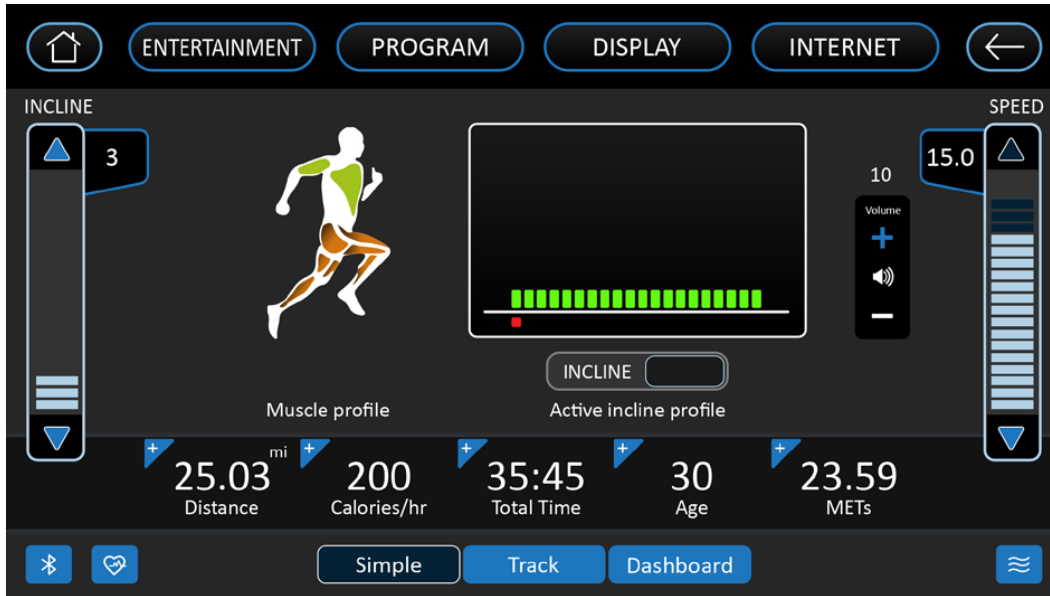
EXERCISE PROGRAM

CHANGING THE WORKOUT DISPLAY

During your workout, you may change the display based on the view that works best for your needs. Once your workout begins, you will see 3 preset views available at the bottom of the screen: Simple, Track, and Dashboard.

SIMPLE

To switch the display to Simple view, simply tap the Simple button at the bottom of the screen. This view shows a muscle activation profile for the current workout, an overview of the Incline and Speed profile, as well as the elapsed Distance, Calories/ Hr, Total Time, Age, and METs as well as other exercise data.



TRACK

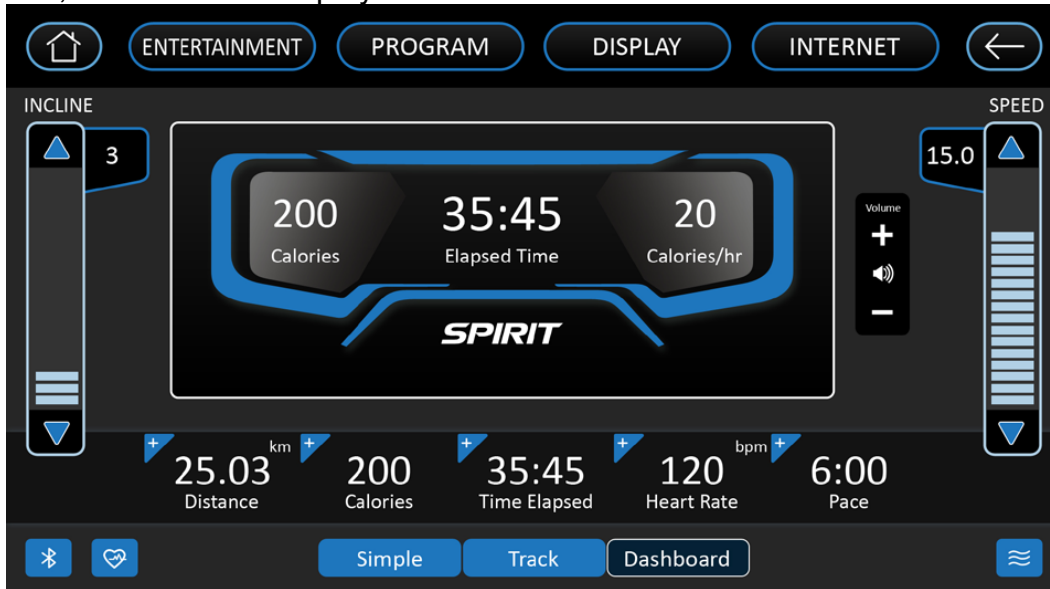
To switch the display to Track view, simply tap the Track button at the bottom of the screen. This view shows a virtual track that corresponds with the current workout, as well as the elapsed Distance, number of Laps, Calories, Total Time, Heart Rate, and Pace as well as other exercise data.



EXERCISE PROGRAM

DASHBOARD

To switch the display to Dashboard view, simply tap the Dashboard button at the bottom of the screen. This view shows a virtual dashboard mimics a typical treadmill display with information that corresponds with the current workout. Metrics such as elapsed Distance, Calories/Hr, Calories, Total Time, Heart Rate, and Pace are displayed as well as other exercise data.



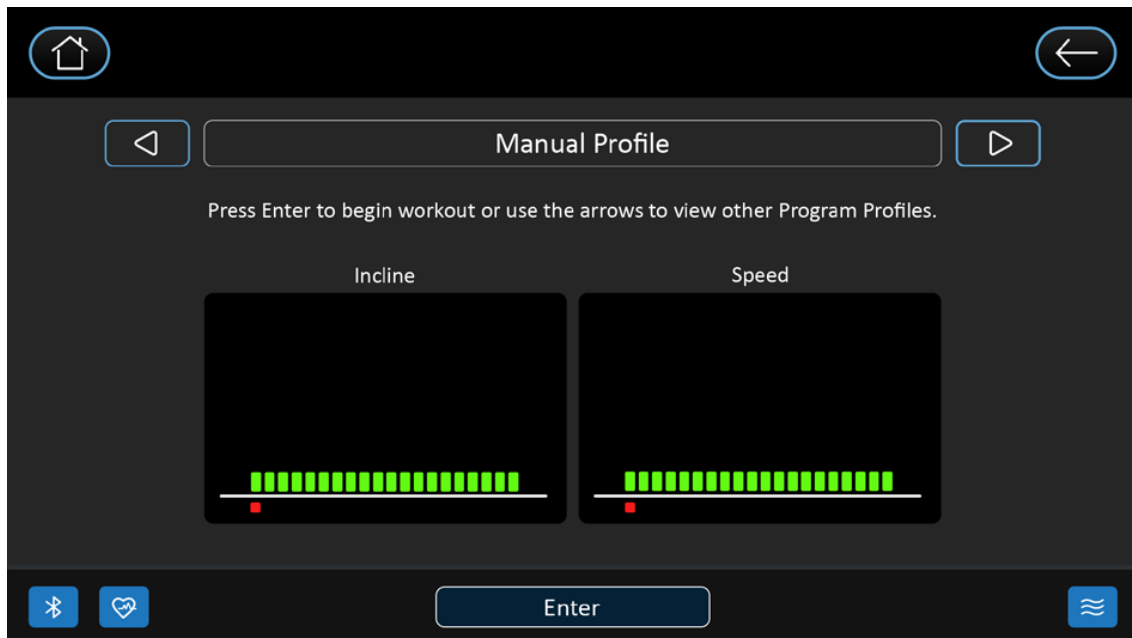
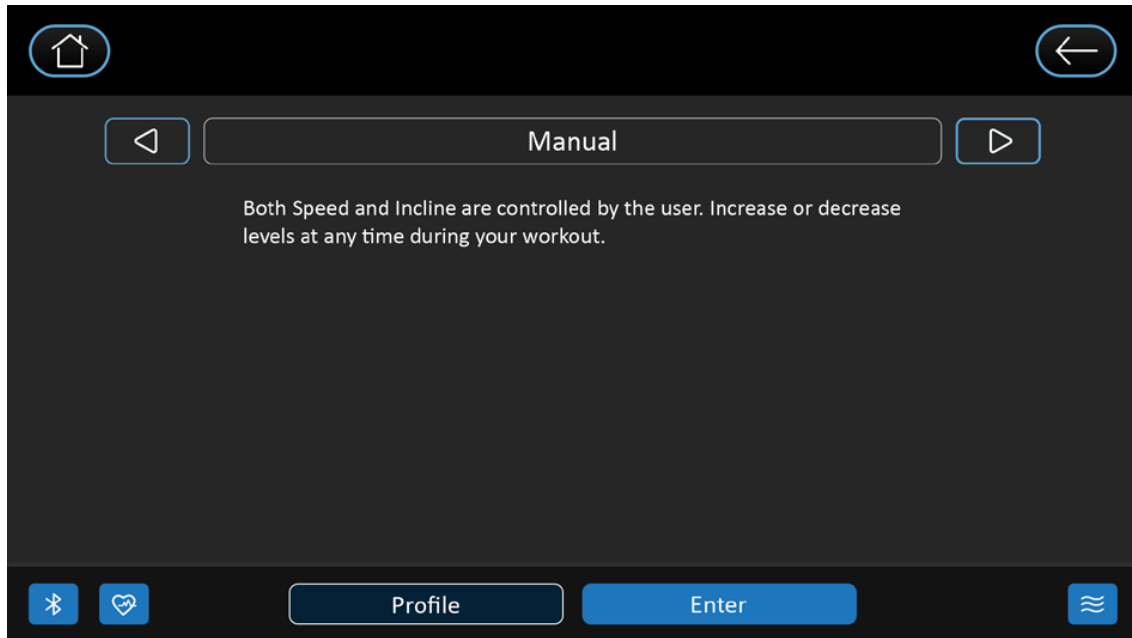
PRESET PROGRAMS SPEED/INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for HILL (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above). If the user sets the top speed to 10 mph, then the first segment will be 2 mph. You will notice that segment 12 shows 100 which means the speed will be set to 100% of 10 mph or simply 10 mph.

Prog	SEG	Warm up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool down				
HILL	Speed	20	30	40	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0
FAT BURN	Speed	20	30	40	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50	40	30	20		
	Incline	0	0	0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0
CARDIO	Speed	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	40	30	20
	Incline	0	0	0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0
INTERVAL	Speed	20	30	40	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50	40	30	20
	Incline	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	0	0	0

MANUAL

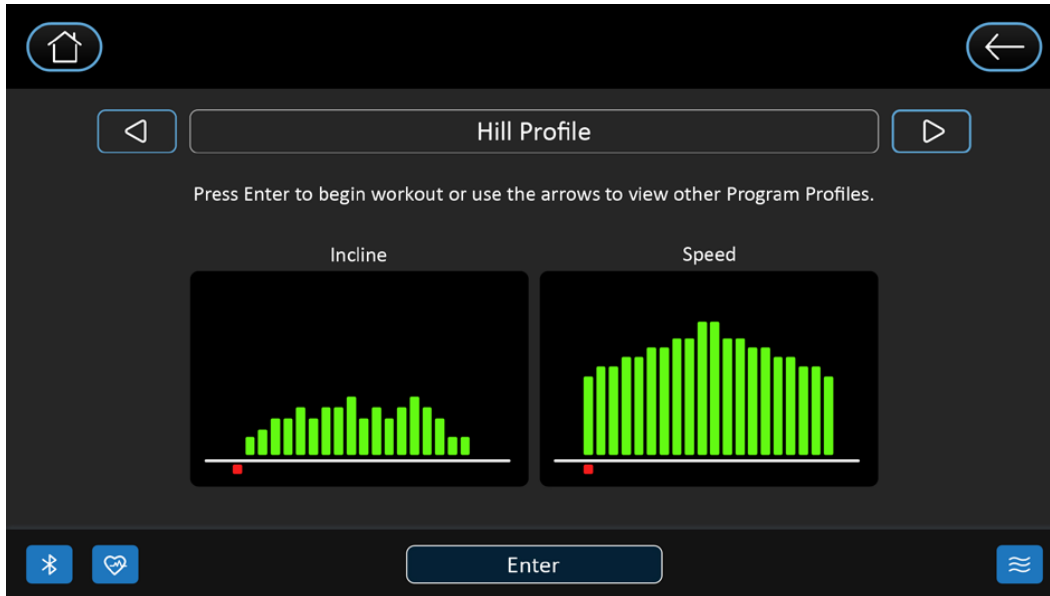
Both Speed and Incline are controlled by the user. Increase or decrease levels at any time during your workout.



HILL

Speed: This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you choose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of Speed back to approximately 10% of maximum effort.

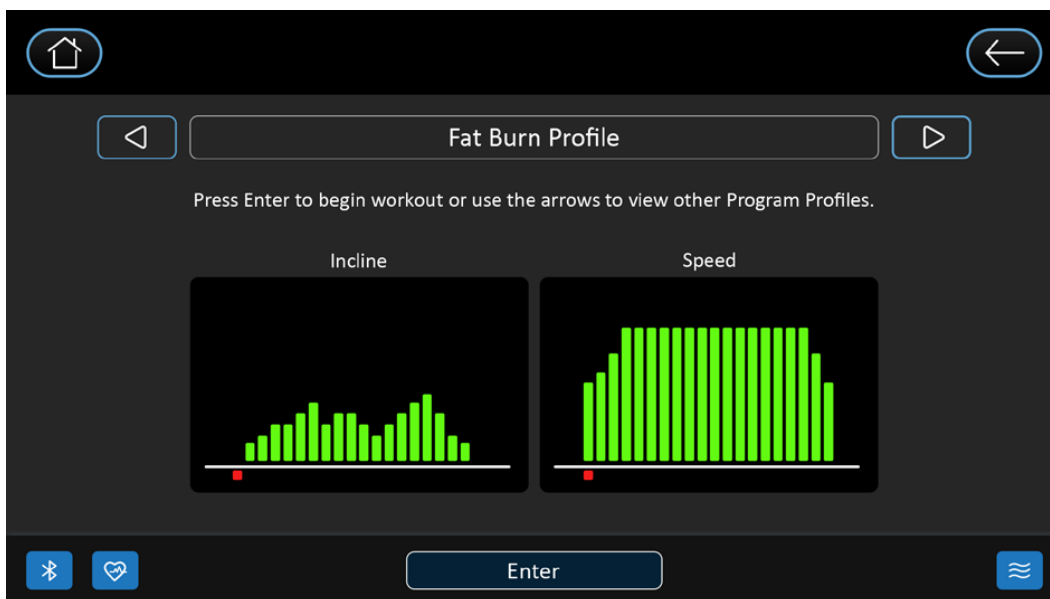
Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



FAT BURN

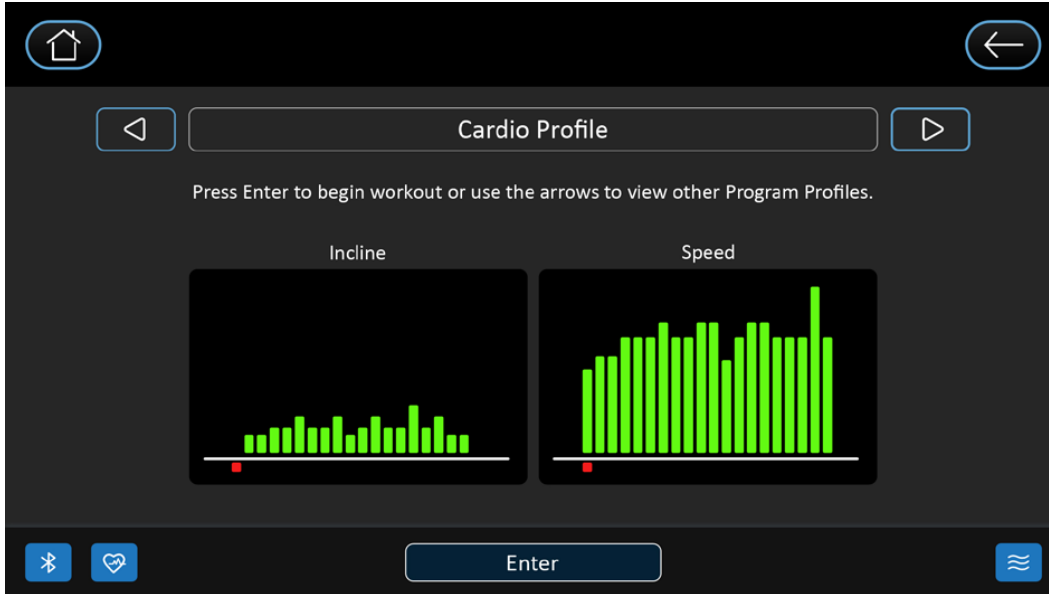
Speed: This program follows a quick progression up to the maximum speed level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



CARDIO

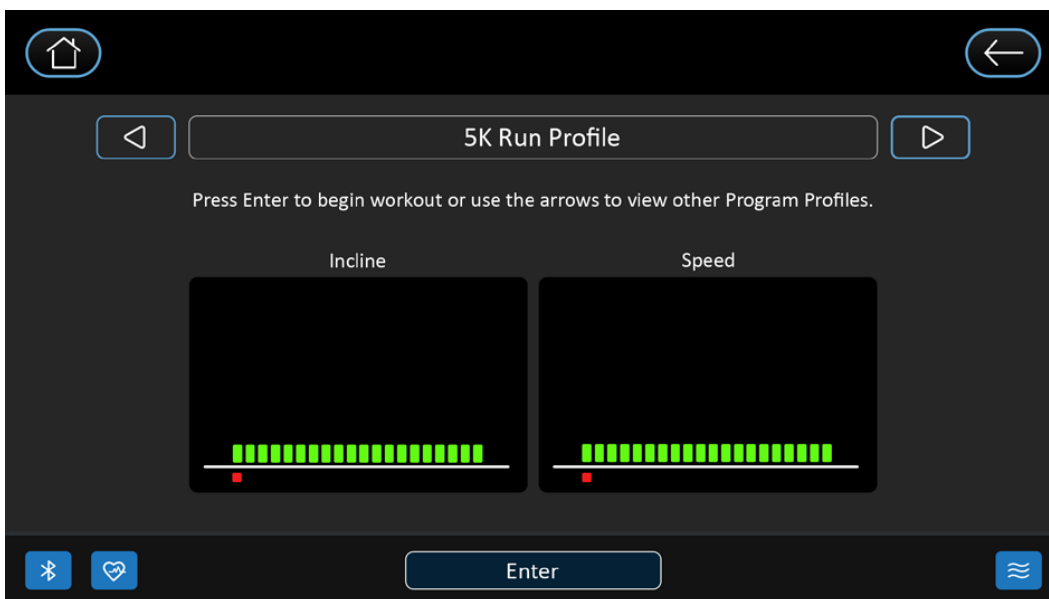
Speed: This program presents a quick progression up to near maximum speed level (default or user input level). It has slight fluctuations up and down to allow heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. **Incline:** The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.



5K RUN / 10K RUN

Both speed and incline are controlled by the user. Increase or decrease levels at any time during your workout. When the program begins, the distance will begin to count down; once it reaches zero the program ends.

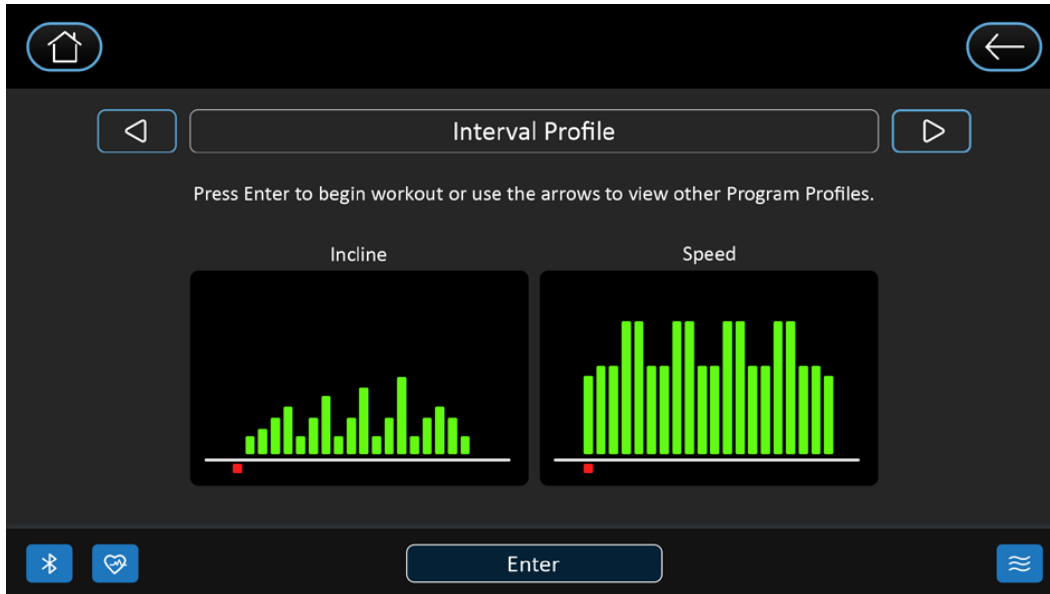
*Please note that the Speed readout is in MPH if the console is not set to display Metric measurements.



INTERVAL

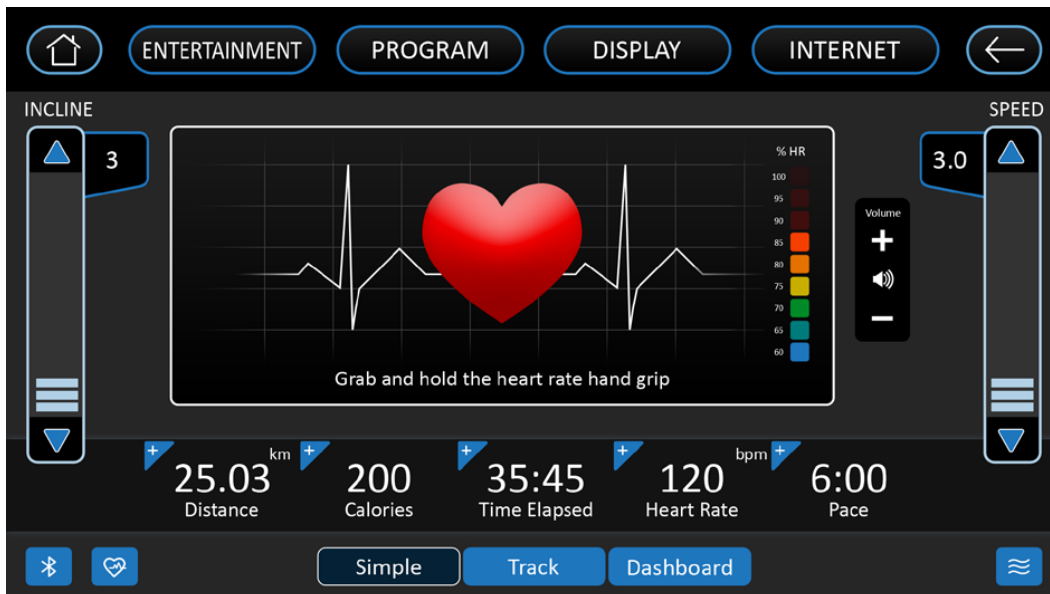
Speed: This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibres which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen.

Incline: All of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25% and 65% of maximum elevation.



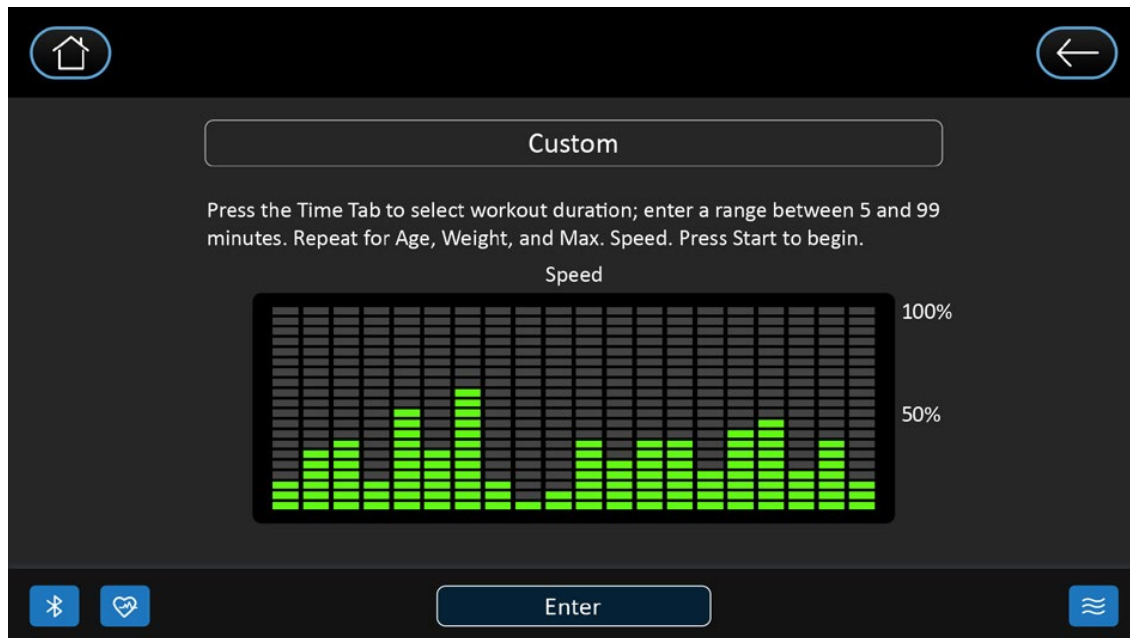
HR 1 / HR 2

The default value is 65% or 80% of your projected rate maximum. You have the option of changing your target heart rate. The machine will attempt to keep you within five beats of your target heart rate. (See more HR information on page 43-46)



CUSTOM

You will create the desired speed and incline levels for each of the 20 segments of the program using the keyboard on the screen. You may change these levels at any time during the workout.

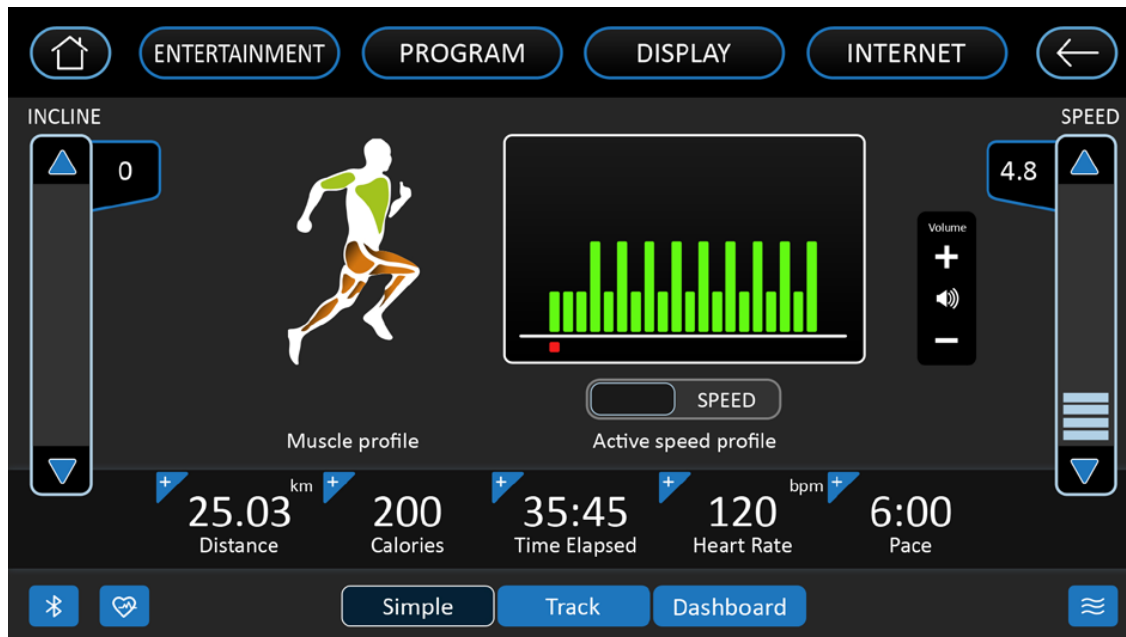


TO BEGIN A CUSTOM PROGRAM:

1. Select the Custom program then press the Enter key to begin customizing the program with your personal data, or just press the Start key to begin the program with the default settings.
2. To adjust the Speed and Incline profiles, use the on-screen interface to achieve desired workout profiles. Once complete, press Next to save and continue.
3. The following screens will ask you to enter the desired Time, the user Age, and Weight. You may use the default values, or adjust as needed. Press Start once complete to begin your new custom workout program!

HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.



1. Select a program then press the Enter key to begin customizing the program with your personal data, and you are asked for and the number of intervals you want to do. The default is 8 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
2. Next is entering the Interval time, Sprint time and Rest time. You may to select the Sprint time or Rest time from 20 to 90 seconds. After the interval time is set, set the intensity training to Sprint speed and Rest Speed. This is the resistance level you will experience during HIIT program workout.
3. You may now press Start to begin the HIIT program after to adjust the speed. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

FITNESS TEST

When the Fitness Test button is selected from the Exercise Programs Menu screen, the screen displays the different preset tests available: Coast Guard, Navy, Air Force, Army, Gerkin, Marine Corps, and Physical Efficiency Battery (PEB). Tap the test you would like to begin.

Before the Test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- If using the hand pulse sensors hold the handgrips gently, do not tense up.

Starting the Test:

1. At the beginning of each program you will be prompted to enter your Age, Weight, Height, and Gender. Adjust the settings as necessary and press the Enter button to accept and continue.
2. Once data is entered, press Start to begin the test.

During the GERKIN Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter (sold separately).
- The test will start with a 3-minute warm-up at 3 MPH before the actual test begins (GERKIN only).

After the GERKIN Test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the startup mode after a few minutes.

AIR FORCE

A timed 1.5 mile run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <http://bit.ly/SF-AirForce>

AGE	MALE	FEMALE
<30	13:36	16:22
30-39	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

ARMY

A timed 2 mile run. You control the speed manually. Maximum time allowed to pass the test is shown on the table.

For more detailed information, visit: <http://bit.ly/SF-Army>

AGE	MALE	FEMALE
17-21	16:36	19:42
22-26	17:30	20:36
37-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

AGE	MALE	FEMALE
42-46	19:54	25:18
47-51	20:48	25:36
52-56	21:06	25:48
57-61	21:06	26:06
62+	21:06	26:18

NAVY

A timed 1.5-mile run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <http://bit.ly/SF-Navy>

AGE	MALE	FEMALE
17-19	12:31	15:01
20-24	13:31	15:31
25-29	14:01	16:09
30-34	14:31	16:46
35-39	15:01	17:01
40-44	15:31	17:16

AGE	MALE	FEMALE
45-49	16:09	17:24
50-54	16:46	17:31
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

MARINES

A timed 3 mile run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <http://bit.ly/SF-Marines>

AGE	MALE	FEMALE
17-19	12:31	15:01
20-24	13:31	15:31
25-29	14:01	16:09
30-34	14:31	16:46
35-39	15:01	17:01
40-44	15:31	17:16

AGE	MALE	FEMALE
45-49	16:09	17:24
50-54	16:46	17:31
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

GERKIN

The Gerkin protocol, also known as the fireman's protocol, is a sub-max VO₂ (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO₂max) as shown in the chart below.

Note: Use a heart rate strap for best results.

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Gerkin Table
▶

The Gerkin protocol, also known as the fireman's protocol, is a sub maximal Vo₂ (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (Vo₂ max).
Note: Use a heart rate strap for best results.

STAGE	TIME	SPEED	ELEVATION	Vo ₂ MAX
1	0-0:59	4.5 mph	0%	31.15
2.1	1:14	4.5 mph	2%	32.55
2.2	1:29	4.5 mph	2%	33.6
2.3	1:44	4.5 mph	2%	34.65
2.4	1:59	4.5 mph	2%	35.35
3.1	2:14	5.0 mph	2%	37.45
4.3	3:44	5.0 mph	4%	46.2
4.4	3:59	5.0 mph	4%	46.5
5.1	4:14	5.5 mph	4%	48.6
5.2	4:29	5.5 mph	4%	50
5.3	4:44	5.5 mph	4%	51.4
5.4	4:59	5.5 mph	4%	52.8
7.2	6:29	6.0 mph	6%	58.8
7.3	6:44	6.0 mph	6%	60.2
7.4	6:59	6.0 mph	6%	61.2
8.1	7:14	6.0 mph	8%	62.3
8.2	7:29	6.0 mph	8%	63.3
8.3	7:44	6.0 mph	8%	64
10.1	9:14	6.5 mph	10%	72.1
10.2	9:29	6.5 mph	10%	73.1
10.3	9:44	6.5 mph	10%	73.8
10.4	9:59	6.5 mph	10%	74.9
11.1	10:14	7.0 mph	10%	76.3
11.2	10:29	7.0 mph	10%	77.7

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Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	7.2KPH	0%	31.15
2.1	1:00	7.2KPH	2%	32.55
2.2	1:30	7.2KPH	2%	33.6
2.3	1:45	7.2KPH	2%	34.65
2.4	2:00	8.0KPH	2%	35.35
3.1	2:15	8.0KPH	2%	37.45
3.2	2:30	8.0KPH	2%	39.55
3.3	2:45	8.0KPH	2%	41.3
3.4	3:00	8.0KPH	4%	43.4
4.1	3:15	8.0KPH	4%	44.1
4.2	3:30	8.0KPH	4%	45.15
4.3	3:45	8.0KPH	4%	46.2
4.4	4:00	8.8KPH	4%	46.5
5.1	4:15	8.8KPH	4%	48.6
5.2	4:30	8.8KPH	4%	50
5.3	4:45	8.8KPH	4%	51.4
5.4	5:00	8.8KPH	6%	52.8
6.1	5:15	8.8KPH	6%	53.9
6.2	5:30	8.8KPH	6%	54.9
6.3	5:45	8.8KPH	6%	56
6.4	6:00	9.6KPH	6%	57
7.1	6:15	9.6KPH	6%	57.7
7.2	6:30	9.6KPH	6%	58.8
7.3	6:45	9.6KPH	6%	60.2
7.4	7:00	9.6KPH	8%	61.2
8.1	7:15	9.6KPH	8%	62.3
8.2	7:30	9.6KPH	8%	63.3
8.3	7:45	9.6KPH	8%	64
8.4	8:00	10.4KPH	8%	65
9.1	8:15	10.4KPH	8%	66.5
9.2	8:30	10.4KPH	8%	68.2
9.3	8:45	10.4KPH	8%	69
9.4	9:00	10.4KPH	10%	70.7
10.1	9:15	10.4KPH	10%	72.1
10.2	9:30	10.4KPH	10%	73.1
10.3	9:45	10.4KPH	10%	73.8
10.4	10:00	11.2KPH	10%	74.9
11.1	10:15	11.2KPH	10%	76.3
11.2	10:30	11.2KPH	10%	77.7
11.3	10:45	11.2KPH	10%	79.1
11.4	11:00	11.2KPH	10%	80

Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	4.5MPH	0%	31.15
2.1	1:00	4.5MPH	2%	32.55
2.2	1:30	4.5MPH	2%	33.6
2.3	1:45	4.5MPH	2%	34.65
2.4	2:00	5.0MPH	2%	35.35
3.1	2:15	5.0MPH	2%	37.45
3.2	2:30	5.0MPH	2%	39.55
3.3	2:45	5.0MPH	2%	41.3
3.4	3:00	5.0MPH	4%	43.4
4.1	3:15	5.0MPH	4%	44.1
4.2	3:30	5.0MPH	4%	45.15
4.3	3:45	5.0MPH	4%	46.2
4.4	4:00	5.5MPH	4%	46.5
5.1	4:15	5.5MPH	4%	48.6
5.2	4:30	5.5MPH	4%	50
5.3	4:45	5.5MPH	4%	51.4
5.4	5:00	5.5MPH	6%	52.8
6.1	5:15	5.5MPH	6%	53.9
6.2	5:30	5.5MPH	6%	54.9
6.3	5:45	5.5MPH	6%	56
6.4	6:00	6.0MPH	6%	57
7.1	6:15	6.0MPH	6%	57.7
7.2	6:30	6.0MPH	6%	58.8
7.3	6:45	6.0MPH	6%	60.2
7.4	7:00	6.0MPH	8%	61.2
8.1	7:15	6.0MPH	8%	62.3
8.2	7:30	6.0MPH	8%	63.3
8.3	7:45	6.0MPH	8%	64
8.4	8:00	6.5MPH	8%	65
9.1	8:15	6.5MPH	8%	66.5
9.2	8:30	6.5MPH	8%	68.2
9.3	8:45	6.5MPH	8%	69
9.4	9:00	6.5MPH	10%	70.7
10.1	9:15	6.5MPH	10%	72.1
10.2	9:30	6.5MPH	10%	73.1
10.3	9:45	6.5MPH	10%	73.8
10.4	10:00	7.0MPH	10%	74.9
11.1	10:15	7.0MPH	10%	76.3
11.2	10:30	7.0MPH	10%	77.7
11.3	10:45	7.0MPH	10%	79.1
11.4	11:00	7.0MPH	10%	80

What your score means:

VO2MAX CHART FOR MALES AND VERY FIT FEMALES



PEB (PHYSICAL EFFICIENCY BATTERY) FOR U.S. FEDERAL LAW ENFORCEMENT

A timed 1.5 mile / 2.4kph run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <https://www.fletc.gov/peb-scores-age-and-gender>

AGE	MALE	FEMALE
≤24	10:53	13:36
25-29	11:05	13:43
30-34	11:26	13:43
35-39	11:47	14:37
40-44	12:28	15:12

AGE	MALE	FEMALE
45-49	13:07	16:02
50-54	13:49	17:02
55-59	14:48	17:37
60+	15:07	17:37

COAST GUARD

A timed 1.5 mile/ 2.4kph run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

AGE	MALE	FEMALE
<30	12:52	15:27
30-39	13:37	15:58
40-49	14:30	16:59
50-59	15:27	17:56
60+	16:41	18:45

HEART RATE PROGRAMS

Heart Rate Control (HRC) uses your treadmill's incline system to control your heart rate via information from pulse grips or wireless chest strap (sold separately). Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

Select and begin either the Heart Rate 1 program (HR1), or the Heart Rate 2 program (HR2) by following the directions on page 24.

The Heart Rate program (HR1) will attempt to maintain your heart rate at 65%. The Heart Rate 2 program (HR2) will attempt to maintain your heart rate at 80% of your maximum heart rate (as calculated based on user data entered previously).

Note: When "No Heart Rate Detected" is displayed, no pulse signal is being detected. Please check and make sure that the sensors or heart rate strap is being used as instructed, or check for possible interference.



HEART RATE PROGRAMS

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.

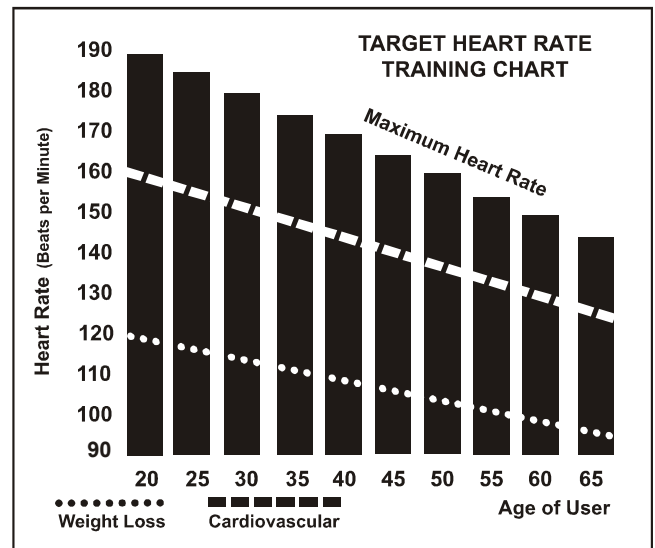
For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .65 &= 117 \text{ beats per minute (65\% of maximum)} \\ 180 \times .85 &= 153 \text{ beats per minute (85\% of maximum)} \end{aligned}$$

So for a 40 year old the training zone would be 117 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.



CAUTION!

The target value used in HR programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centred in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032. The chest strap is sold separately. Chest straps that operate using Bluetooth should also work with this machine.

ERRATIC OPERATION

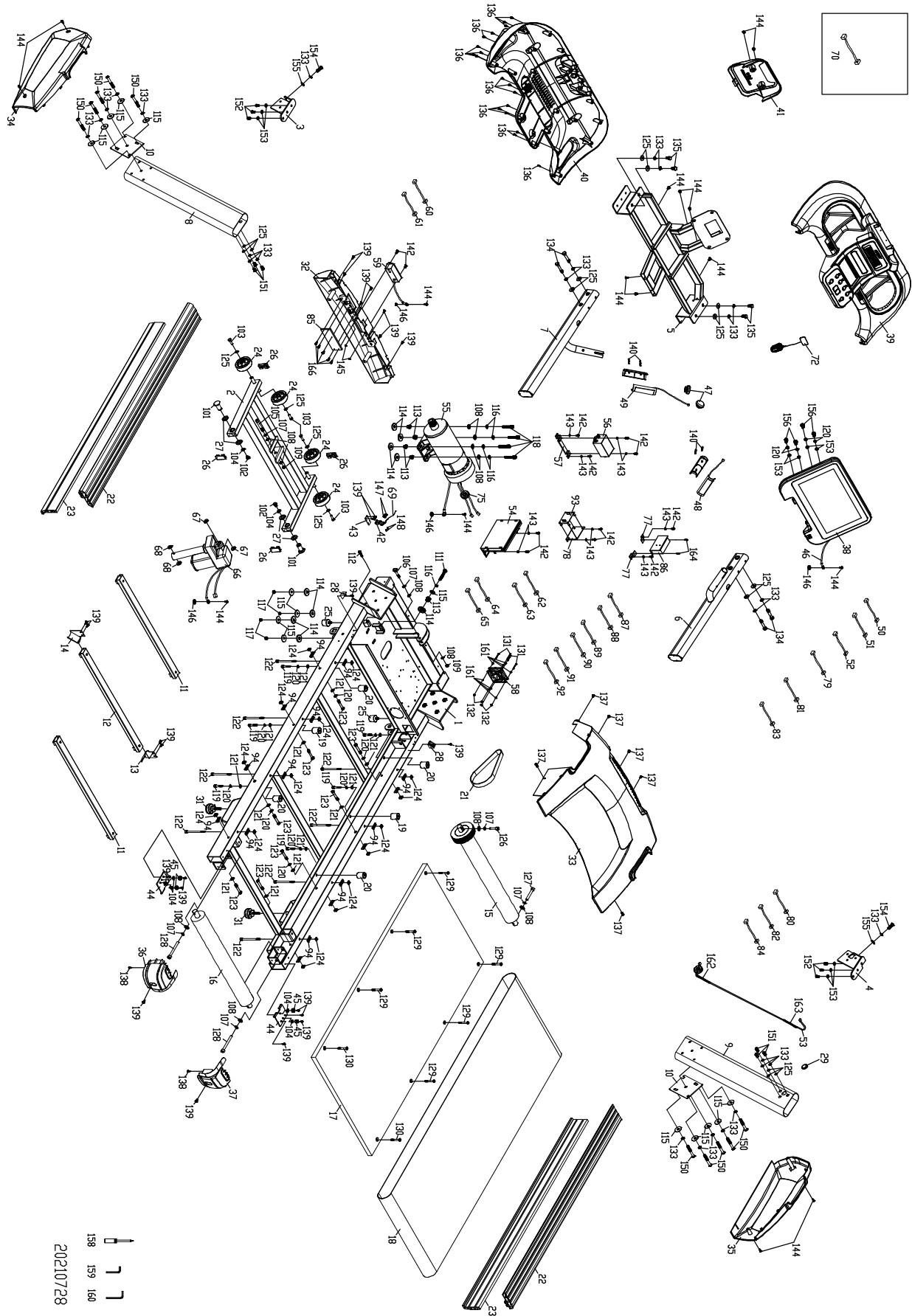
Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Treadmill is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Electric fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	AA010225-S13	Main Frame	1
2	RAA030028-S13	Incline Bracket	1
3	AA060216-S13	Locking Plate Assembly (L)	1
4	AA060215-S13	Locking Plate Assembly (R)	1
5	AA050137-S13	Console Support	1
6	RAA060217-Q2-A	Handle Bar (R)	1
7	RAA060218-Q2-A	Handle Bar (L)	1
8	AA040185-S13	Left Upright	1
9	AA040188-S13	Right Upright	1
10	B030096-S13	Upright Fixing Plate	2
11	AA060010-S13	Running Deck Stabilizer Assembly(A)	2
12	RAA060011-S13	Running Deck Stabilizer Assembly(B)	1
13	B130802-ZB	Belt Guide(R)	1
14	B130803-ZB	Belt Guide(L)	1
15	K140049-Z9	Front Roller W/Pulley	1
16	K140048-Z9	Rear Roller	1
17	H180019	Running Deck	1
18	H07Y3255R-RN-A3	Running Belt	1
19	P270014	Cushion A	2
20	P270015	Cushion B	4
21	N012002	Drive Belt	1
22	P080067-A1	Foot Rail(Upper)	2
23L	RP080068-A1	Foot Rail (L)	1
23R	RP080068-A1-01	Foot Rail (R)	1
24	P050062-AF	Transportation Wheel	4
25	P270013-A1	Incline Rubber Foot	2
26	P040039-A1	25m/m × 50m/m Square End Cap	4
27	P060368-A1	Stable Wheel Spacer	4
28	P060021-A1	Motor Cover Anchor(D)	2
29	P040167-A1	Round Cap	1
31	P270069	Foot Pad	2
32	PP010111-I1	Front Motor Cover	1
33	PP010110-I1	Motor Top Cover	1
34	PP010112-I1	Motor Base Cap (L)	1
35	PP010113-I1	Motor Base Cap (R)	1
36	PP030090-I1	Rear Adjustment Base (L)	1
37	PP030091-I1	Rear Adjustment Base (R)	1
38	ZYT059-01	Console Assembly	1
39	RPP020572A-A1-03	Rack Top Cover	1
40	PP020573-A1	Rack Bottom Cover	1
41	PP020576A-A1	Console Cover	1
42	P060400	Hall Sensor Rack	1
43	B020018-S13	Hall Sensor	1
44	B020213-Q2	Adjustment Rail Pad	2
45	P060252-A1	Rubber Foot Pad	4

KEY NO.	PART NO.	DESCRIPTION	Q'TY
46	E040020	300m/m Ground Wire	1
47	P040086-A1	Handpulse End Cap	2
48	F090232-01	900m/m Handpulse W/Cable Assembly(SMP-03)	1
49	F090231-01	900m/m Handpulse W/Cable Assembly	1
50	E030097	400m/m Handpulse Wire (Upper)(XHB-4)	1
51	E030086	400m/m Handpulse Wire (Upper)(XHB-3)	1
52	E020163	1100m/m Computer Cable	1
53	E020164	1800m/m Computer Cable	1
54	D021218	DC digital control	1
55	G020049E	Drive Motor	1
56	F060010	Filter	1
57	B130261-S13	Filter Plate	1
58	F040200	Fan	1
59	F030070	AC Electronic Module	1
60	E011901	450m/m Connecting Wire (White)	1
61	E011902	450m/m Connecting Wire (Black)	1
62	E010744-01	250m/m Connecting Wire (White)	1
63	E010745-01	250m/m Connecting Wire (Black)	1
64	E010051	400m/m Motor Fan Connecting Cable-Black	1
65	E010052	400m/m Motor Fan Connecting Cable-White	1
66	G110062	Incline Motor	1
67	P060410-A1	Ø10 × Ø25 × 0.8T Nylon Washer	2
68	P060624-A1	Ø10 × Ø25 × 2.5T Nylon Washer	2
69	D020450	1300m/m Sensor W/Cable	1
70	E060001	Power Cord	1
72	N100042-A5	Square Safety Key	1
75	F070201	Ø35 × 21 × 13L Ferrite Core	1
77	B130468-S13	Plate	2
78	B060103B	L-Plate	1
79	F092002	900m/m Network Connecting Cable(Upper)	1
80	F092003	2400m/m Network Connecting Cable(Lower)	1
81	E070053	900m/m Connecting Wire(Upper)	1
82	E070054	2400m/m Connecting Wire(Lower)	1
83	E070921	900m/m Connecting Wire(Upper)	1
84	E070922	2400m/m Connecting Wire(Lower)	1
85	D020629	board	1
86	D024802	Power Adaptor	1
87	E010733-03	200m/m Connecting Wire (White)	1
88	E010740-01	200m/m Connecting Wire (Black)	1
89	E010304	200m/m Connecting Wire	1
90	E070708	250m/m Connecting Wire(Red)	1
91	E010744-02	250m/m Connecting Wire (White)	1
92	E010745-02	250m/m Connecting Wire (Black)	1
93	D021220	Interface Board	1
94	B020235-Z1	Ø30 × 14 × 1.5T × 3.5H Concave Washer	16
101	J080009-Y3	Ø18 × Ø19 × 41L Carriage Bolt	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
102	J013002-ZT	M8 × 12m/m Hex Head Bolt	2
103	J011027-ZT	3/8" × 25m/m Hex Head Bolt	4
104	J210042-ZT	Ø8.5 × Ø26 × 2.0T Flat Washer	6
105	J013514L-Z2	M10 × 65m/m Hex Head Bolt	1
106	J013510P-Z2	M10 × 50m/m Hex Head Bolt	1
107	J260004-ZT	Ø10 × 1.5T Split Washer	6
108	J210003-ZT	Ø3/8" × Ø19 × 1.5T Flat Washer	12
109	J139361-ZT	M10 × P1.5 × 8T Nylon Nut	2
111	J011010-Z1	3/8" × 2-1/2" Hex Head Bolt	1
112	J031008-Z4	3/8" × UCN16 × 2" Socket Head Cap Bolt	5
113	J660001	Bushing(Ø10×Ø14×14L)	5
114	J240007	Ø13 × Ø35 × 5T Nylon Washer	9
115	J210024-ZT	Ø3/8" × 35 × 2.0T Flat Washer	15
116	J260001-ZT	Ø10 × 2.0T Split Washer	5
117	J139011-Z1	3/8" × 7T Nylon Nut	4
118	J031008AK-Z4	3/8" × UCN16 × 2" Socket Head Cap Bolt(33L)	4
119	J033008L-Z2	M8 × P1.25 × 40m/m Socket Head Cap Bolt	6
120	J260007-ZT	5/16" × 1.5T Split Washer	14
121	J210021-ZT	Ø5/16" × 16 × 1.0T Flat Washer	14
122	J023028D-Z4	M8 × 1.25 × 95m/m Button Head Socket Bolt	8
123	J013011S-Z1	M8 × 55m/m Hex Head Bolt	8
124	J160013	M8 × 1.25 × 6.5T Square Nut	16
125	J210008-ZT	Ø3/8" × Ø25 × 2.0T Flat Washer	18
126	J033508	M10 × 40m/m Socket Head Cap Bolt	1
127	J033518	M10 × 80m/m Socket Head Cap Bolt	1
128	J033516-Z4	M10 × 100m/m Socket Head Cap Bolt	2
129	J043011L-Y3	M8 × P1.25 × 55L Flat Head Countersink Bolt	6
130	J043007-Y3	M8 × 35m/m Flat Head Countersink Bolt	2
131	J354010-Z1	M3 × 50m/m Phillips Head Screw	4
132	J139211-Z1	M3 × 5T Nylon Nut	4
133	J260003-ZT	Ø10 × 2T Split Washer	26
134	J011009E-Z1	3/8" × 2-1/4" Hex Head Bolt	4
135	J011002-ZM	3/8" × 3/4" Hex Head Bolt	4
136	J396804-Z1	3.5 × 12m/m Sheet Metal Screw	18
137	J397104-Z2	5 × 12m/m Sheet Metal Screw	6
138	J367109-Z1	5 × 25m/m Tapping Screw	2
139	J362004-Z2	5 × 20m/m Tapping Screw	25
140	J517009-Z2	3 × 25m/m Tapping Screw	4
142	J352002-Z2	M5 × 12m/m Phillips Head Screw	12
143	J260008-Z1	Ø5 × 1.5T Split Washer	10
144	J092002-Z2	M5 × 12m/m Phillips Head Screw	16
145	J139161-Z1	M5 × 5T Nylon Nut	2
146	J270001-Z1	M5 Star Washer	4
147	J366804-Z1	3.5 × 12m/m Tapping Screw	2
148	J514002-Z2	M3 × 12m/m Tapping Screw	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
150	J021012A-Z2	3/8" × 3" Button Head Socket Bolt	10
151	J021002-Z2	3/8" × 3/4" Button Head Socket Bolt	6
152	J033002F-Z2	M8 × 12m/m Socket Head Cap Bolt	6
153	J210088-Z1	Ø8 × Ø16 × 2T Flat Washer	10
154	J021005-Z1	3/8" × UNC16 × 1-1/4" Button Head Socket Bolt	2
155	J220002-Z1	Ø10 × Ø23 × 1.5T Curved Washer	2
156	J033004-Z1	M8 × P1.25 × 20L Socket Head Cap Bolt	4
158	J330008	Phillips Head Screwdriver	1
159	J330038-Z1	L Allen Wrench(6×25×67L)	1
160	J330023-Z1	L Allen Wrench(6×26L×76L)	1
161	N200026	Isolation Pad	8
162	N250009	Ending Tape(400m/m)	1
163	N250009	Ending Tape(200m/m)	1
164	J354001-Z1	M3 × 10m/m Phillips Head Screw	2
166	J397003-Z1	3 × 10m/m Sheet Metal Screw	5

GENERAL MAINTENANCE

MAINTENANCE OF RUNNING BELT/DECK:

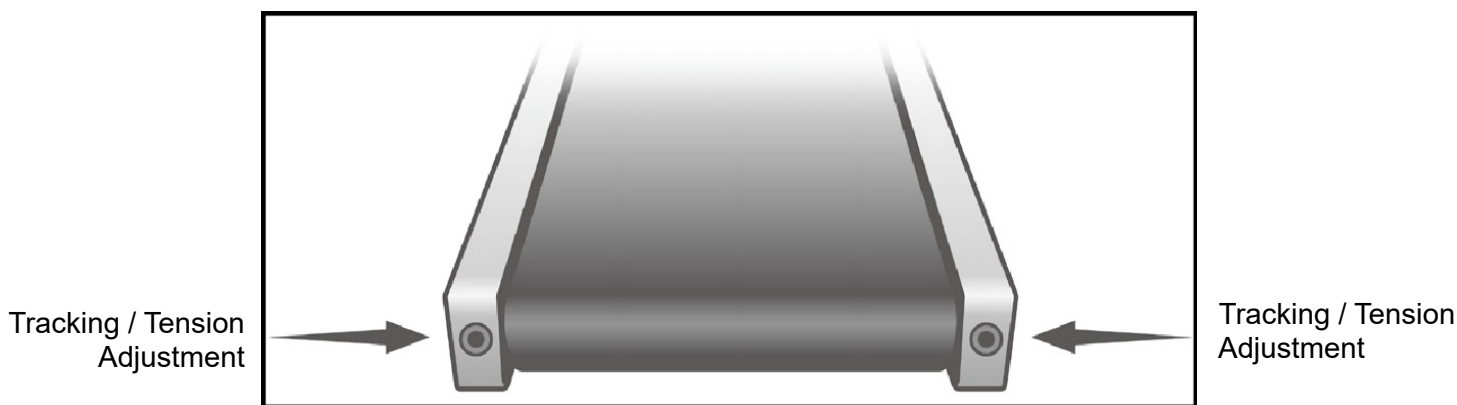
Your treadmill uses a very high-efficient and proprietary belt/deck combination. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using. The low maintenance (routine monthly cleaning), dual sided deck is designed to withstand up to 4,000 hrs on each side. If the original side of the deck use is over 4000 hrs, then it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a month, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Note: Adjustment is through small hole in the end cap.

Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

Unplug treadmill before performing any maintenance.

Task	How To	Daily	Weekly	Monthly	Semi-Annually
Wipe down unit	Damp cloth	•			
Clean under belt	Towel or vacuum			•	
Check belt tension/tracking	Feel/visual		•		
Clean under motor cover	Vacuum carefully			•	
Check hardware	Wrench			•	
Inspect for deck wear	Visual				•
Inspect drive belt	Visual				•

TREADBELT TRACKING ADJUSTMENT:

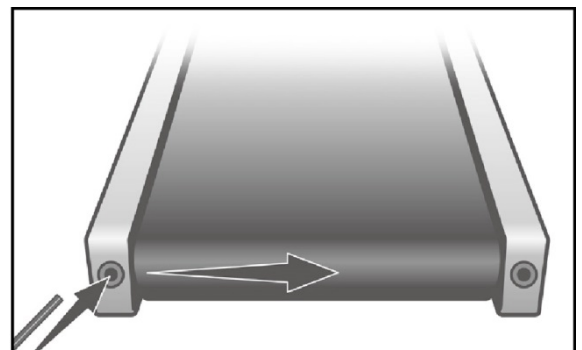
The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREAD BELT TRACKING:

An 8mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set the belt speed to 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/ running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills



ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SPIRIT WARRANTY.

CALIBRATION PROCEDURE

1. Remove the safety key.
2. Press and hold down the Start and Speed Up buttons and replace the safety button. Continue to hold the Start and Speed Up button until the window displays "Factory settings", then press the Enter button.
3. You will now be able to set the display to show Metric or Imperial settings (Meters vs. Miles). To do this, press the Up or Down button to show which you want, then press Enter.
4. Make sure the wheel size diameter is 2.98 then press Enter.
5. Adjust the minimum speed (if needed) to 0.5 and then press Enter.
6. Adjust the maximum speed (if needed) to 12.0 and then press Enter.
7. Adjust the maximum elevation (if needed) to 15 and then press Enter.
8. Press Start to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

If the calibration does not pass you may need to check the speed sensor alignment.

1. Remove the motor cover hood by loosening the 10 screws that hold it in place. Set it aside.
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is a small rectangular shaped black box with a wire connected to it.
3. You will see a magnet on the outside edge of the pulley; make sure the speed sensor is aligned with the center of the magnet when it passes by. There are two screws that hold the sensor in place that need to be loosened to adjust the sensor. Re-tighten the screws when finished.



GENERAL MAINTENANCE

1. After each workout, wipe down all areas exposed to sweat with a damp cloth.
2. Ensure all bolts are properly tightened after assembly and before each use.
3. Ensure that the unit is properly levelled after assembly and before each use. Use levelling pads on the bottom of the feet to adjust height.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1) Tether cord not in position. 2) Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3) Plug is disconnected. Make sure plug is firmly pushed into 110-120 VAC wall outlet and front frame of treadmill. 4) Breaker panel circuit breaker may be tripped. 5) Treadmill defect. Contact your dealer.
Tread-belt does not stay centred	The user may be walking while favouring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement.
Treadmill belt hesitates when walked/run on	See General Maintenance section on tread belt tension. Adjust as necessary.
Motor is not responsive after pressing start	1) If the belt moves, but stops after a short time and the display shows "LS", run calibration 2) If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 12 mph/ 20 kph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 120 volt AC current is required.
Treadmill trips on board 20 amp circuit	High belt/deck friction. See General Maintenance. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions
Circuit breaker trips, but not the treadmill circuit breaker.	Need to replace the house breaker with a "High inrush current" type breaker
Noises while in uses (squeaks, bumps, clicking, etc.)	Tighten all bolts. Check that machine is levelled. Adjust levellers if needed using a wrench.

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness.

That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

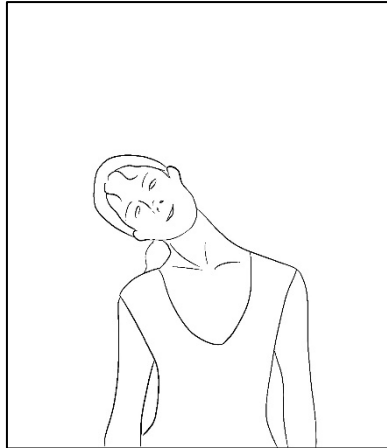
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

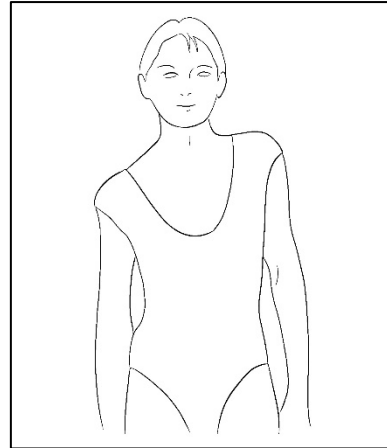
HEAD ROLLS

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, stretch your chin to the ceiling, and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



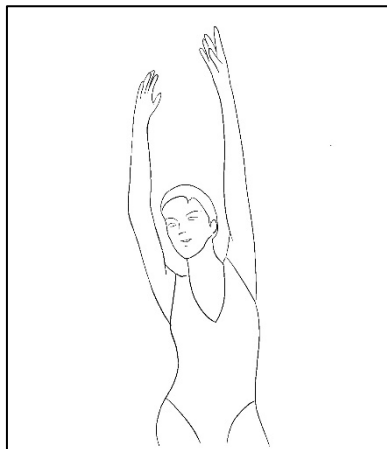
SHOULDER LIFTS

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



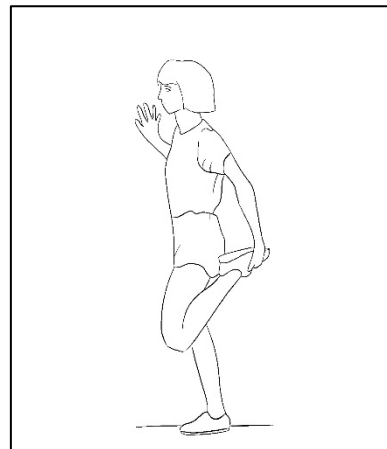
SIDE STRETCHES

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 foot left arm.



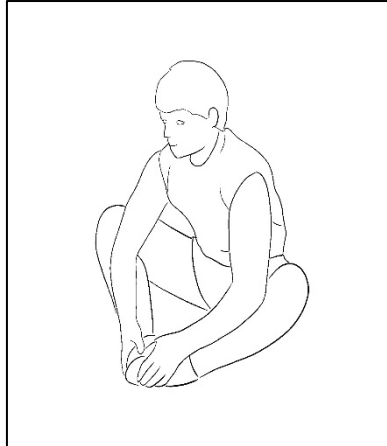
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



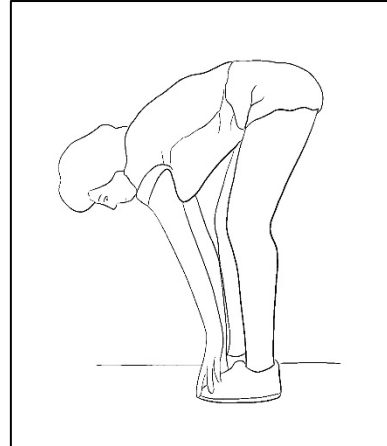
INNER THIGH STRETCH

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



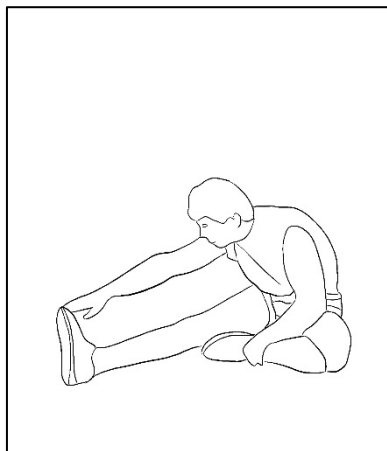
TOE TOUCHES

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.



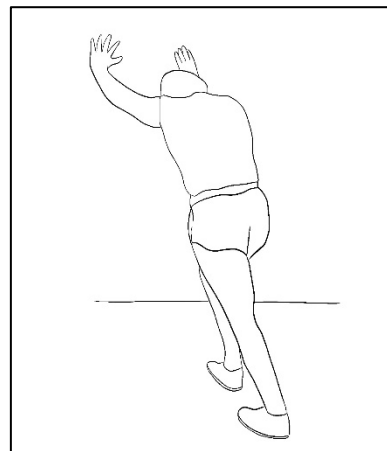
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward 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.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its Spirit treadmill for a period of time listed below, from the date of retail sale, as determined by a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to the facility. The warranty period applies to the following components:

Home Warranty

Frame, Motor & Deck	Lifetime
Parts	10 Years
Labour	2 Years

Light Commercial Warranty (Non-dues paying facility)

Frame	Lifetime
Motor, Deck & Parts	5 Years
Labour	2 Years
Console	3 Years Parts, 1 Year Labour

This warranty is not transferable and is extended only to the original owner.

NORMAL RESPONSIBILITIES OF THE FACILITY

The facility is responsible for the items listed below:

1. The warranty registration can be completed online. Visit www.dyaco.ca/warranty.html and complete the warranty registration.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in facility wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the facility. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the facility, are the responsibility of the facility. The facility is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada.

dyaco

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spiritfitness.ca

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UFC

dyaco.ca/UFC/UFC-home.html

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

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