

## Owner's Manual

**Model No.**  
16807098000  
CVC800

- 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 VERTICAL CLIMBER AND  
WELCOME TO THE SPIRIT FAMILY!**

Thank you for your purchase of this quality vertical climber from Dyaco Canada Inc. Your new vertical climber 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 vertical climber 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](http://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](http://www.dyaco.ca/warranty.html) to register your purchase.

## BEFORE YOU BEGIN

Thank you for choosing the SPIRIT CVC800 Vertical Climber. 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 CVC800 Vertical Climber 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 CVC800 Vertical Climber. 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 CVC800 Vertical Climber, 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.



# SAFETY PRECAUTIONS

## IMPORTANT SAFETY INFORMATION

### THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

### READ ALL INSTRUCTIONS BEFORE USING THIS VERTICAL CLIMBER

**CAUTION:** Before starting any exercise program, it is recommended that you consult your physician.

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event, should you find this product to have either a defective or a missing part, please contact us for a replacement.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your vertical climber.
2. It is the responsibility of the owner to ensure that all users of the vertical climber exerciser are adequately informed of all precautions.
3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
5. The vertical climber must be regularly checked for signs of wear and damage. Any part found defective; the part must be replaced with a new spare part from the manufacturer.
6. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. Keep the vertical climber exerciser indoors, away from moisture and dust.
7. No changes must be made which might compromise the safety of the equipment.
8. It is recommended to have a minimum of 1' safe clearance around the exercise equipment while in use.
9. Keep children and pets away from this equipment at all times while exercising.
10. Warm-up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
12. Always wear suitable clothing and footwear while exercising. Do not wear loose-fitting clothing that could become entangled with the moving parts of your vertical climber.
13. Always hold the handlebars when mounting, dismounting, or using the vertical climber exerciser.
14. Keep your back straight when using the vertical climber exerciser; do not arch your back.

**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this equipment.

**DANGER** - To reduce the risk of electric shock, disconnect your vertical climber 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 vertical climber on a flat level surface with access to a 120-volt, 15-amp grounded outlet with only the vertical climber plugged into the circuit.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFYING THE CORD SET.**

A serious shock or fire hazard may result along with computer malfunctions.

See Grounding Instructions, page 6.

- Do not operate vertical climber on deeply padded, plush or shag carpet. Damage to both carpet and vertical climber may result.
- Keep children away from the Vertical climber. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the vertical climber if it has a damaged cord or plug. If the vertical climber 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.
- Please make sure that the power-supply cord and adapter are placed in a dry area and kept away from heat.
- Do not attempt to use your vertical climber 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your climber. Quality athletic shoes are recommended to avoid leg fatigue.
- Keep children under the age of 13 away from this machine.
- 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.

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.
- This equipment should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do not carry this equipment by the supply cord or use the cord as a handle.
- Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep children away from extended foot support (or other similar parts).

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# EQUIPMENT OPERATION INSTRUCTIONS

To begin using the CVC800 Vertical Climber, please follow the steps below:

First step: Please hold the stationary handlebar ( A1 position).

Second step: Stand on the pedal ( B position).

If you want to stop using the CVC800 climber, please follow the correct steps to get off:

First step: Please stop workout from your climber.

Second step: Please remove your foot from pedal ( B position), but don't remove your hand from the handlebar ( A1 position).

Third step: Remove your hand from the handlebar when your foot is stable and on the floor.

## GENERAL MAINTENANCE

Wipe down C&D areas in the sweat path with a damp cloth after each use to prevent rust.

Please use a dry cloth to wipe the driving parts ( D assembly) every week.

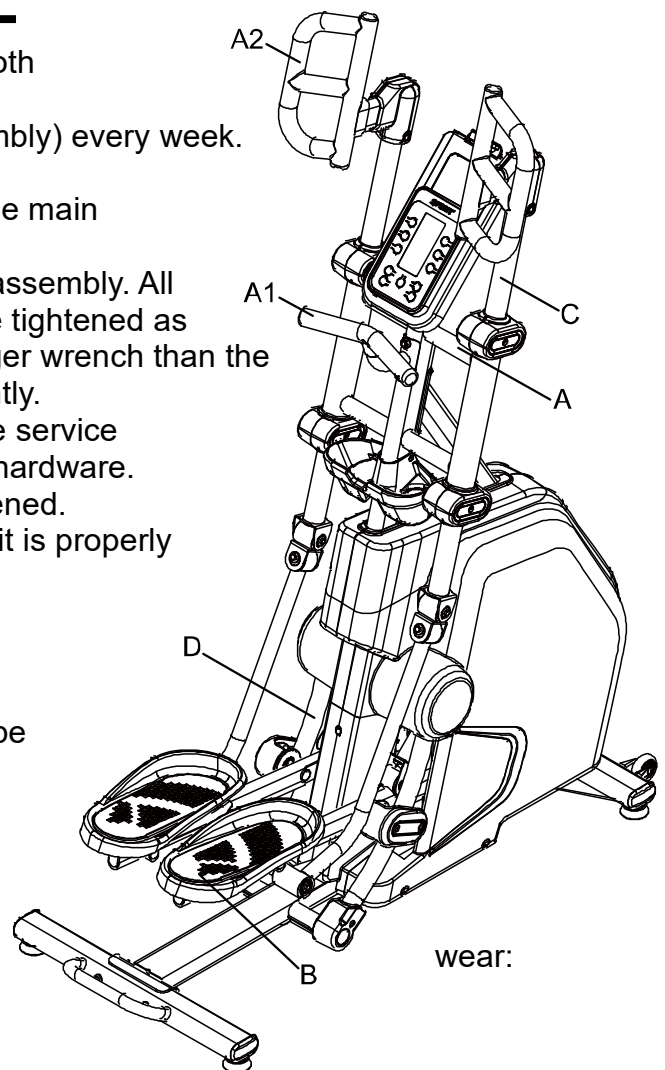
Check the pedals to make sure they are tight (monthly).

If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of two reasons:

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
2. The handlebar and/or the pedals need to be retightened. If squeaks or other noises persist, check that the unit is properly levelled.

## WARNING

1. The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
2. Replace defective components immediately and/or keep the equipment out of use until repair.
3. The components which are most susceptible to Belt, Shaft, Bearing, Idler and Pedal.





# IMPORTANT ELECTRICAL INSTRUCTIONS

## WARNING!

**NEVER** remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your Vertical Climber 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 Vertical Climber 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 operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), 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 climber is first turned on or even during normal use. If your climber is tripping the circuit breaker (even though it is the proper current rating and the climber is the only equipment on the circuit) but the circuit breaker on the climber 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 the manufacture have no ability to control. This part is available through most electrical supply stores.

# IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this vertical climber without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance and incline do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your vertical climber during an electrical storm. Surges may occur in your household power supply that could damage climber components. Unplug the vertical climber during an electrical storm as a precaution.
- Use caution while participating in other activities while using your vertical climber, such as watching television, reading, etc. These distractions may cause you to lose balance, which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

# GETTING ON / OFF YOUR CLIMBER

## IMPORTANT

The climber comes with two Dual Action Handles and a Stationary Handlebar.

Always hold the Stationary Handlebar (A1) when getting on and off the climber.

First-time users should familiarize themselves with using the climber by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

**Once you have familiarized yourself with using the climber, you can progress to using the Dual-Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.**

1. Caution should always be taken when getting on and off any exercise machine.  
Please follow the safety steps below.
2. Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.
3. Place your left foot on the left Foot Pedal and get secure.
4. Lift your right foot over the machine and place it on the right Foot Pedal. Get balanced and begin your workout.

## Important

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set up and operated on solid, level surfaces.

## Correct Position

Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain.

Always try and use the climber in a rhythmical and smooth motion. If you find yourself feeling uncomfortable or experiencing a surging type of feeling, there is probably too much tension. When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the motion.

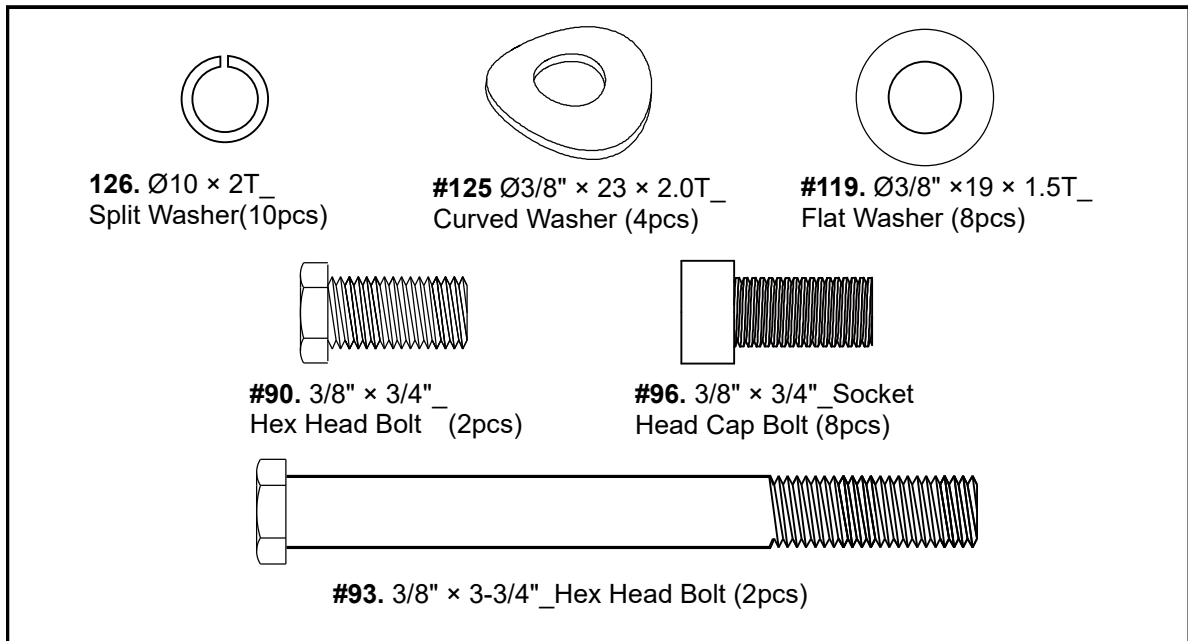
## MOVING YOUR CLIMBER

The climber can be easily moved from room to room.

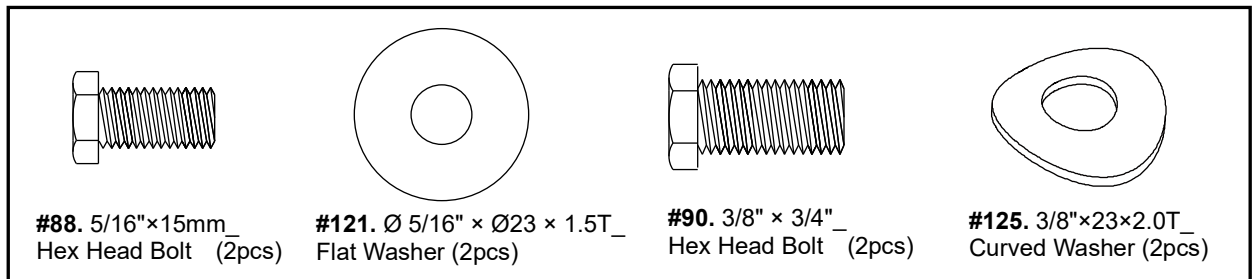
1. Move to the rear of the machine and ensure swing arms are even (one-foot pedal at the top of Climber Disk and other at bottom). Squat down, then grasp the handle of the rear Stabilizer.
2. Lift up with legs to transport the machine.

# ASSEMBLY PACK CHECKLIST

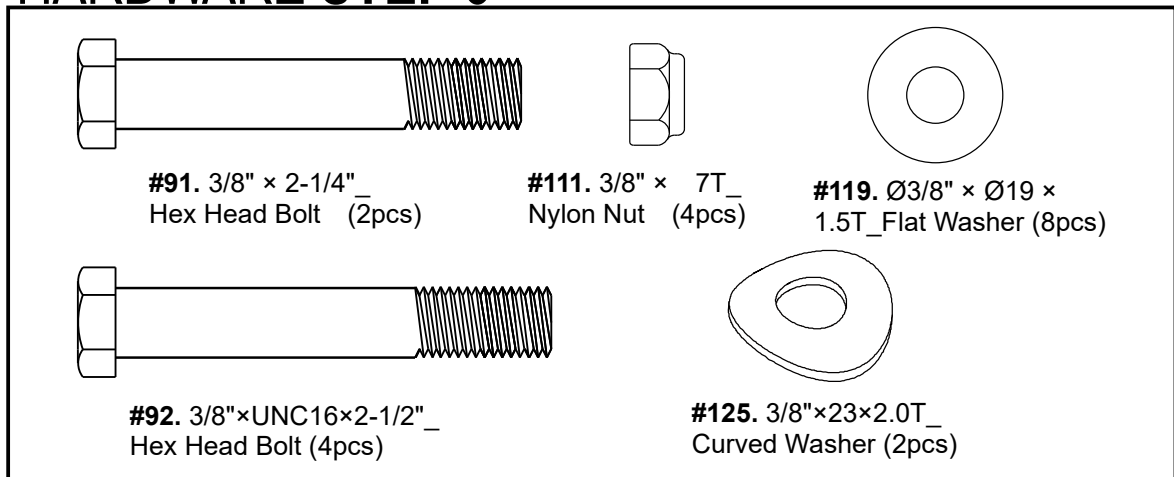
## 1 HARDWARE STEP 1



## 2 HARDWARE STEP 2



## 3 HARDWARE STEP 3



# 4 HARDWARE STEP 4

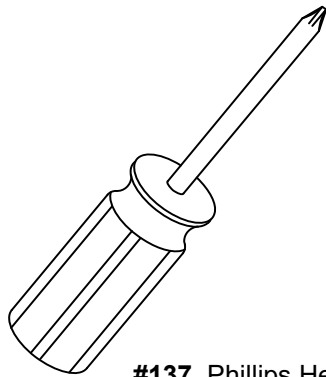


**#100.** M5× 10mm\_  
Tapping Screw (18pcs)

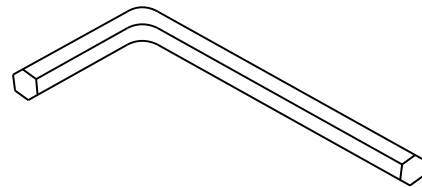


**#102.** 3.5 × 12mm\_  
Sheet Metal Screw (6pcs)

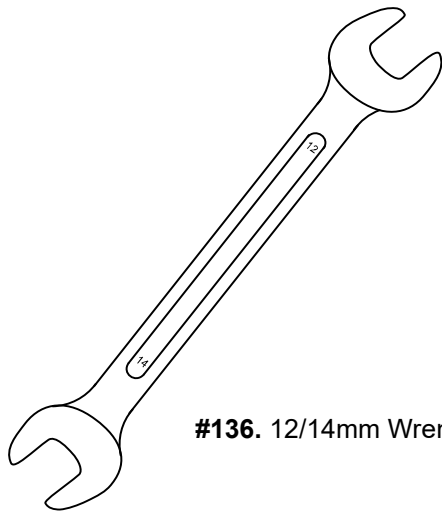
## ASSEMBLY TOOLS



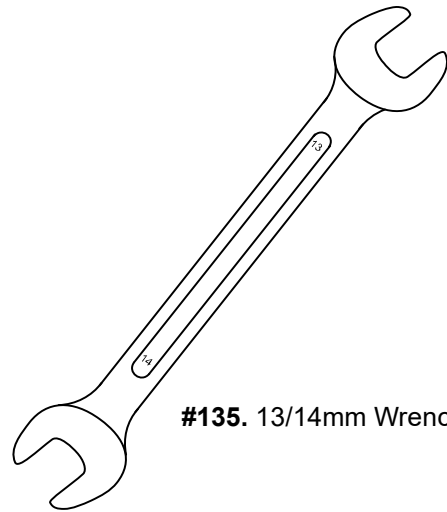
**#137.** Phillips Head Screw Driver



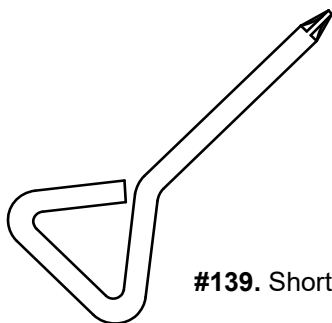
**#138.** M8\_ L Allen Wrench



**#136.** 12/14mm Wrench



**#135.** 13/14mm Wrench



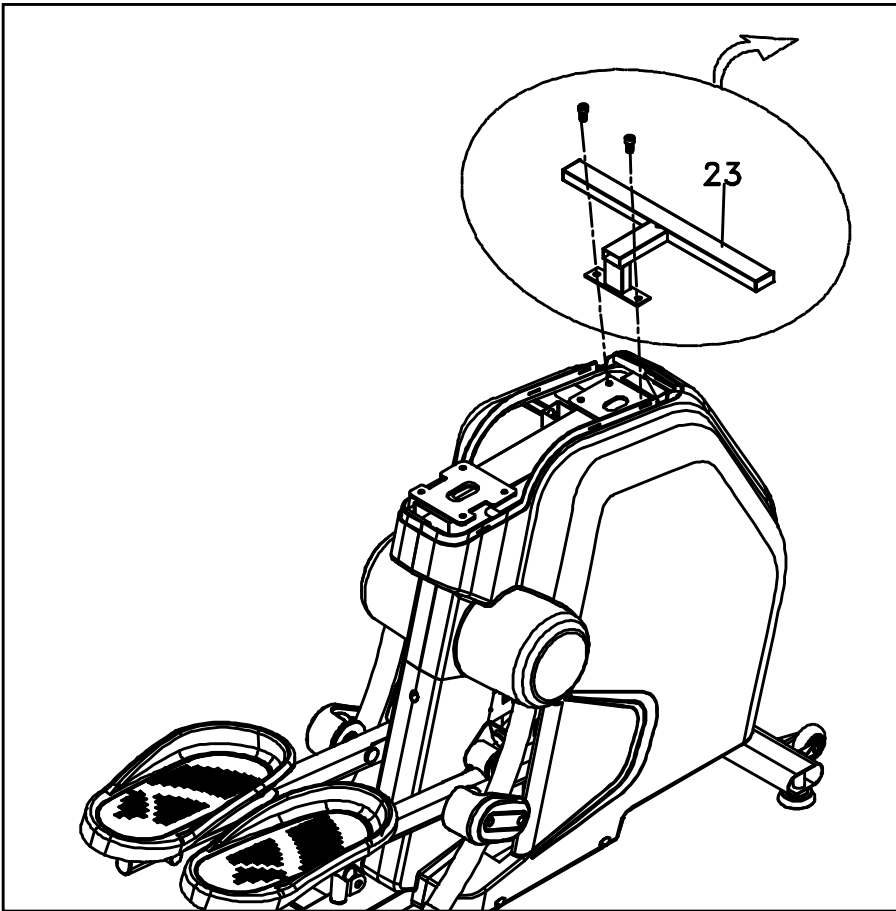
**#139.** Short Phillips Head Screw Driver

# ASSEMBLY INSTRUCTIONS

## PRE-ASSEMBLY

1. Carefully remove all parts from the carton and inspect for any damage or missing parts. If damaged parts are found or parts are missing, contact your dealer immediately.
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.

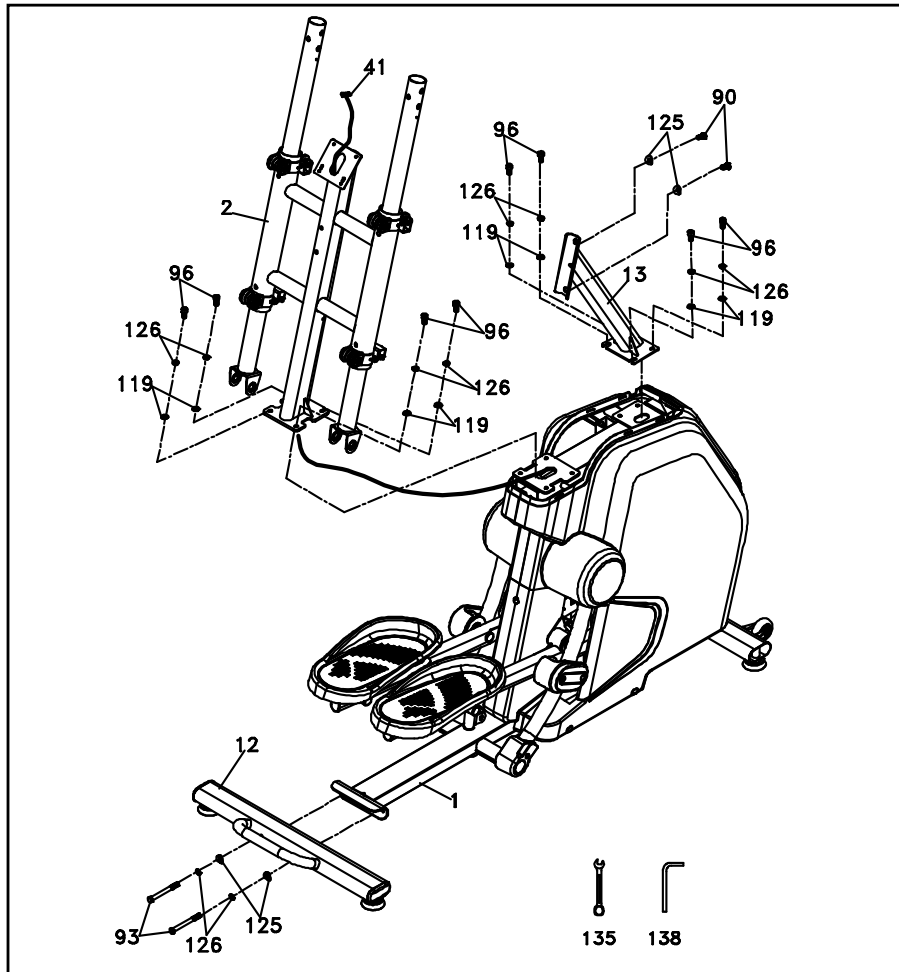
## REMOVE SHIPPING STABILIZER



1. Use L Allen Wrench (138) to remove two 3/8"x3/4" Socket Head Cap Bolts that hold the protective Side Back (23) onto the mounting plate on the Main Frame. Discard the bolts and set the Side Back (23) aside.

# 1

## REAR STABILIZER/CONSOLE MAST ASSEMBLY



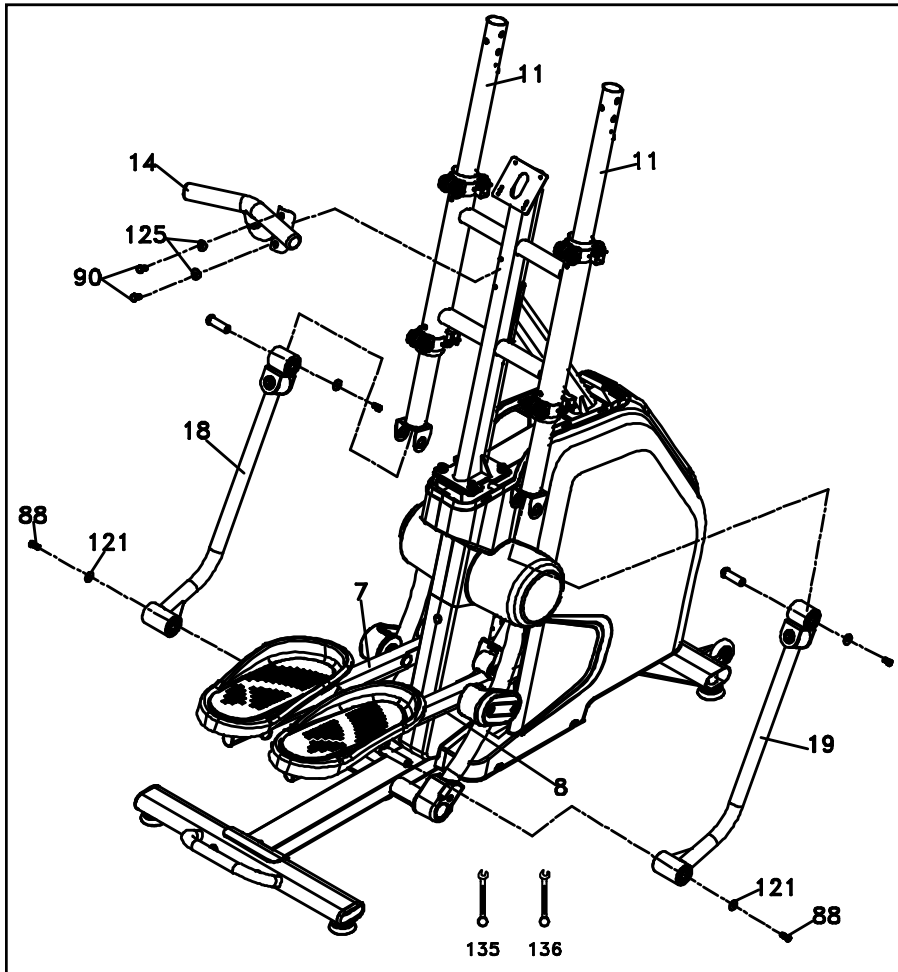
### HARDWARE STEP 1

#93. 3/8" x 3-3/4" Hex Head Bolt (2 pcs)  
#90. 3/8" x 3/4" Hex Head Bolt (2 pcs)  
#96. 3/8" x 3/4" Socket Head Cap Bolt (8 pcs)  
#119. Ø3/8" x 19 x 1.5T Flat Washer (8 pcs)  
#125. Ø3/8" x 23 x 2.0T Curved Washer (4 pcs)  
126. Ø10 x 2T Split Washer (10 pcs)

1. Attach Rear Stabilizer with Handle (No.12) to mounting plate on the Main Frame (No.1) and secure with 2 Hex Head Bolts (No.93), 2 Spring Washers (No.126) and Curved Washers (No.125) by using Wrench (No.135).
2. Pull the tie on the Console Mast (No.2) to have Computer Cable (No.41) go through the mast from the bottom and out of the mast on top. Secure the Console Mast (No.2) on the mounting plate on the Main Frame (No.1) with four Socket Head Cap Bolts (No.96), 4 Split Washers (No.126) and 4 Flat Washers (No.119) by using L Allen Wrench (No.138).
3. Secure the Console Mast Bracket (No.13) to the Main Frame (No.1) using 4 Socket Head Cap Bolts (No.96), 4 Split Washers (No.126), and 4 Flat Washers (No.119). Use 2 Hex Head Bolts (No.90) and 2 Curved Washers (No.125) to secure the Strap Hold Down (No.2) to the Console Mast Bracket (No.13).

# 2

## SIDE TUBE ASSEMBLY



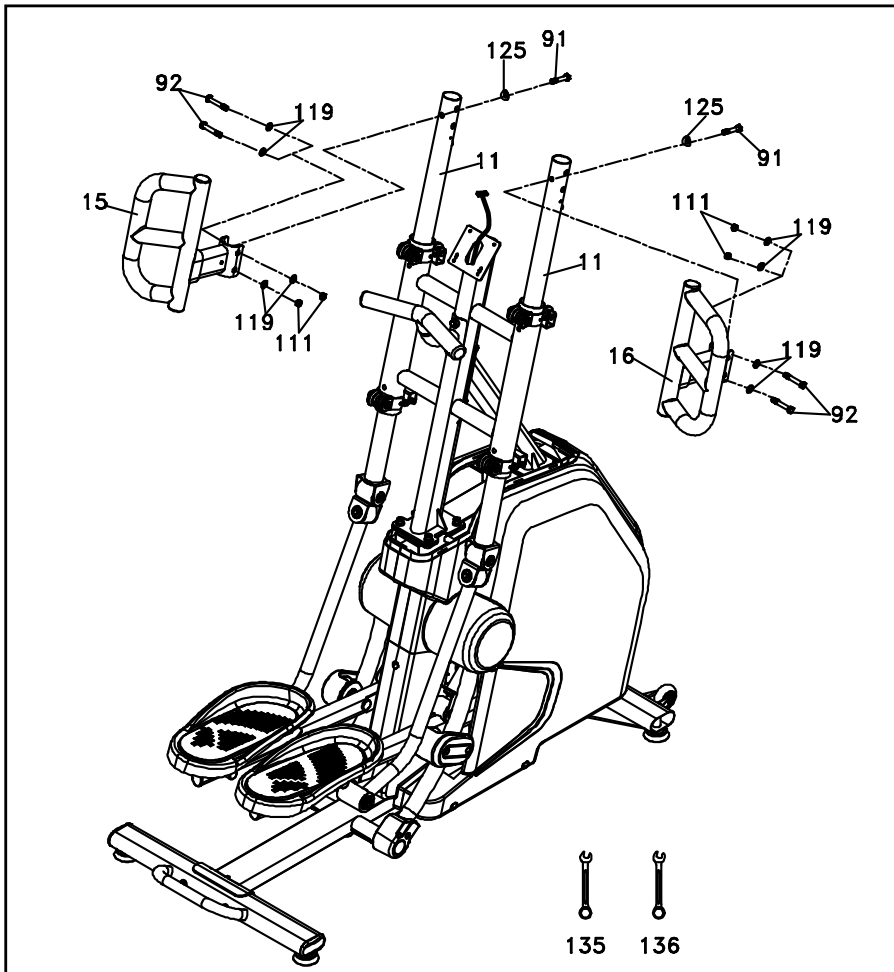
### HARDWARE STEP 2

**#88.** 5/16"×15mm\_  
Hex Head Bolt (2pcs)  
**#121.** Ø5/16" × Ø23 ×  
1.5T\_Flat Washer  
(2 pcs)  
**#90.** 3/8" × 3/4"  
Hex Head Bolt (2 pcs)  
**#125.** 3/8"×23×2.0T\_  
Curved Washer (2pcs)

1. Take off the axle & screw from the Right Driving Assembly (No.19), install the lower hole of Right Driving Assembly to the axle of Connecting Arm (R)(#8) to connect together, then firmly fasten one Hex Head Bolt (No.88) through one Flat Washer (No.121) using the Wrench (No.136).
2. Install into the upper hole of the Right Driving Assembly to lower U-shaped plate of Handgrip Stabilizer Assembly (No.11), then insert the Axle into the upper hole through the lower U-shaped plate, firmly fasten with the previously removed screw using the Wrench (No.136). Repeat for the left side.
3. Install the Mast Handlebar Assembly (No.14) onto the Console Mast (No.2). Secure with 2 Hex Head Bolts (No.90), 2 Curved Washers (No.125) using the Wrench (No.135).

# 3

## HANDGRIP ASSEMBLY



### HARDWARE STEP 3

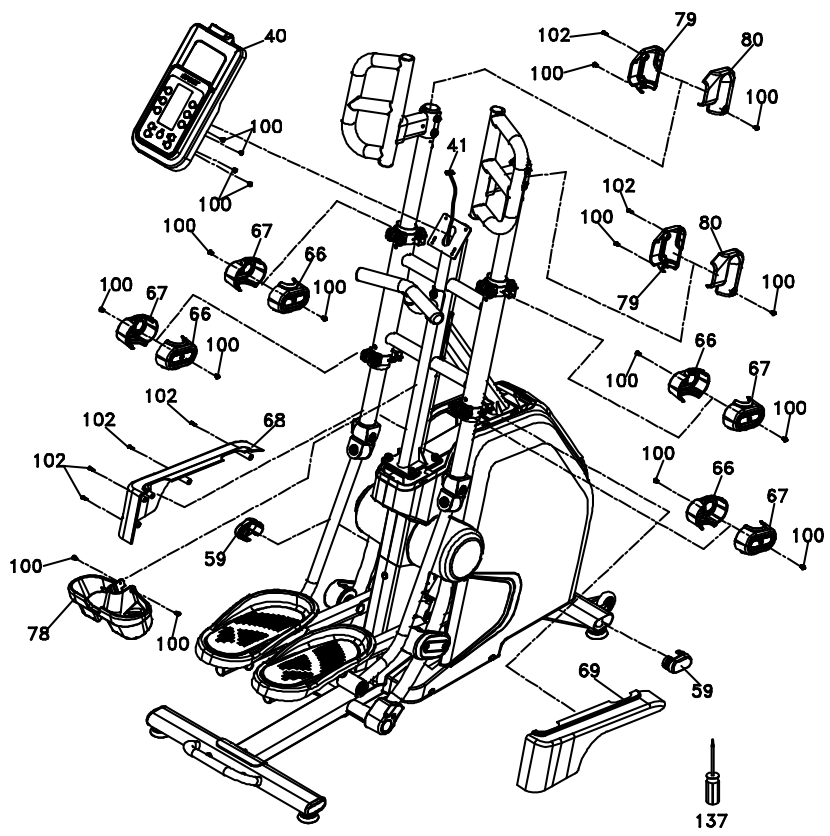
- #91. 3/8" × 2-1/4" \_Hex Head Bolt (2 pcs)
- #92. 3/8" × UNC16 × 2-1/2" \_Hex Head Bolt (4 pcs)
- #111. 3/8" × 7T \_Nylon Nut (4 pcs)
- #119. Ø3/8" × Ø19 × 1.5T \_Flat Washer (8 pcs)
- #125. 3/8"×23×2.0T \_Curved Washer (2pcs)

1. Install the Seat Handle Bar (No.15L) onto the upper Handgrip Stabilizer Assembly (No.11), firmly fasten one Hex Head Bolts (No.91) through one Curved Washer (No.125) using the Wrench (No.135), and firmly fasten 2 Hex Head Bolts (No.92) through 4 Flat Washers (No.119), 2 Nylon Nuts (No.111) using the Wrench (No.136). Repeat on the right side.



# 4

## CONSOLE / COVERS ASSEMBLY



### HARDWARE STEP 4

#100. M5 × 10mm\_  
Tapping Screw  
(18 pcs)  
#102. 3.5 × 12mm\_  
Sheet Metal Screw  
(6 pcs)

1. Plug the Computer Cable (No.41) into Console Assembly (No.40). Install the Console Assembly on top of the mast of the Console Mast (No.2) (stuff rest cables into the mast tube), then firmly fasten 4 Tapping Screws (No.100) using the Screw Driver (No.137).
2. Install the Console Mast Cover (No.68L) & Console Mast Cover (No.69R) to Chain Cover (No.70L) & Chain Cover (No.71R), firmly fasten 4 Sheet Metal Screw (No.102) using the Screw Driver (No.137).
3. Install one Handlebar Cover (No.79L) & one Handlebar Cover (No.80R) onto the upper left Handgrip Stabilizer Assembly (No.11), firmly fasten 2 Tapping Screws (No.100) & one Sheet Metal Screw (No.102) using the Screw Driver (No.137). Repeat with the Handlebar Cover (No.79L) & Handlebar Cover (No.80R) & upper right Handgrip Stabilizer Assembly (No.11).
4. Plugin the Oval End Caps (No.59) onto the ends front stabilizer tube of Main Frame (No.1).
5. Install the Track Slide Wheel Cover A (No.66) & the Track Slide Wheel Cover B (No.67) onto the upper left Strap Hold Down (No.2), fastening with two Tapping Screws (No.100) using the Screw Driver (No.139). Repeat with the other 3 sets to the lower left, upper right, and lower right of the Strap Hold Down (No.2).
6. Install the Beverage Holder (No.78) onto Strap Hold Down (No.2) using 2 Tapping Screws (No.100)

# OPERATION OF YOUR VERTICAL CLIMBER



## POWER UP

When the display is powered up, all characters on the console will light up. The LCD Data Display Window will show the software version, and the total time the climber has been used since it was new. After 3 seconds, the console will go to the start-up display, and your climber will be ready to use.

## QUICK START

To begin working out in QUICK START mode, simply press the START key after the console has powered up. In QUICK START mode, the TIME will count up from zero, and the workload/resistance may be adjusted manually by pressing the UP/DOWN keys. Pressing the STOP key once will PAUSE the workout. Press START to resume the workout. Press the STOP key twice to end the workout.

**Note:** FLS(Representative floors), FPM( Floors Per Minute)

## Using the Spirit+ App

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App.

Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.

Syncing the App with your exercise machine:

1. Download the App.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App, click the icon in the top right corner to search for your Spirit equipment.
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Spirit Fitness product.
5. When your workout is finished, the data is automatically saved.

*\*Note: Your device will need to be running on a minimum operating system of iOS 13 or Android 8.0 for the Spirit+ App to operate properly.*

# PROGRAMMABLE FEATURES

## MANUAL PROGRAM

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program, follow the instructions below.

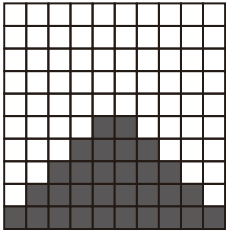
1. Press the Manual key, then press the Enter key.
2. Enter your age using the UP/DOWN keys, then press the ENTER key to accept the new number and proceed.
3. Enter your weight using the UP/DOWN keys, then press ENTER to continue. This information is used to help generate a more accurate caloric reading.
4. Enter the desired length of Time using the UP/DOWN keys, then press ENTER to continue.
5. You may now begin your workout by pressing the START key. To modify any of the settings, press the STOP key to go back one step and repeat the steps above.
6. The program will start at level 1 to warm up. If you want to increase/decrease the workload, simply press the UP/DOWN keys.
7. During the Manual program, you will be able to adjust the level manually by pressing the UP/DOWN keys.
8. During the Manual program, you may press the STOP key once to enter the PAUSE mode and press the START key to resume the workout. Press the STOP key twice to exit the program.
9. When the program ends, the display will show a summary of your workout. The summary will be displayed for a short time; then the console will return to the start-up display.

## PRESET PROGRAMS

The Climber has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

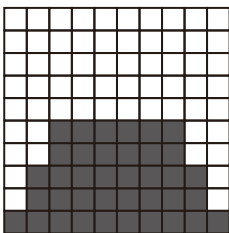
### HILL

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



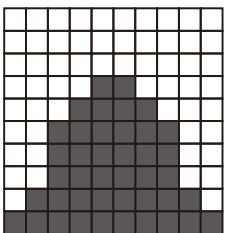
### FAT BURN

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat, but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



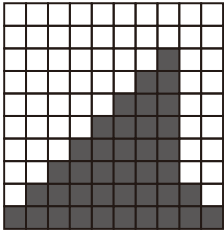
### CARDIO

The Cardio program is designed to increase your cardiovascular function and endurance. This is an exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



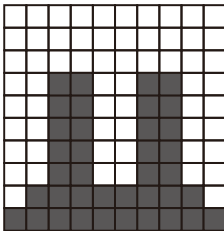
## STRENGTH

The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes.



## HIIT

The HIIT program takes you through high levels of intensity, followed by periods of low intensity. This program increases your endurance by depleting your oxygen level, followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate between recovery periods—this aids in heart rate recovery from intense activities.



# 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.

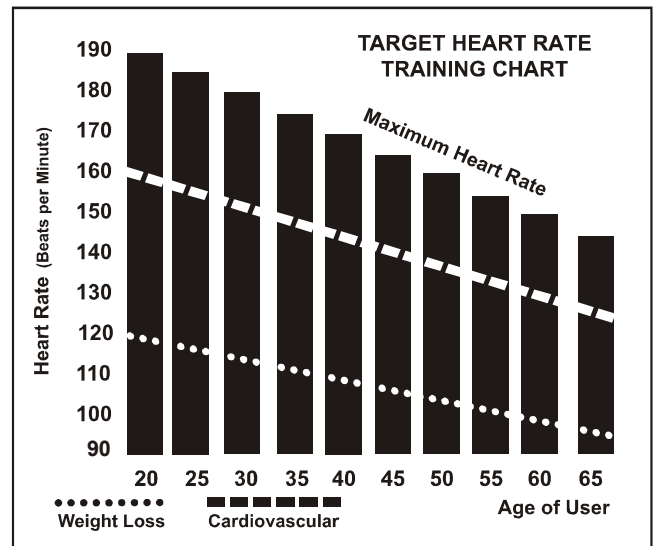
If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

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.

With all machines, you may use the heart rate monitor feature without using the Heart Rate Control program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

## 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 helps users determine an approximate heart rate level when a heart rate monitor is not in use. Using the scale below, rate the level of intensity of your workout or the perception of your effort during your workout. Once the rating has been determined, simply add a “0” to the rating to get your approximate heart rate. For example, if your workout felt comfortable, you would rate it a “12”. Then add a “0” to get an approximate heart rate during your workout of 120 beats per minute.

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

# USING 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 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 black square areas on the reverse side of the belt and either side 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 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 - the distance between transmitter/receiver – to achieve a strong, steady signal. The length of the 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). If your chest strap has a replaceable battery, the replacement battery is Panasonic CR2032.*

## ERRATIC OPERATION

Caution! Do not use this vertical climber for Heart Rate programs unless a steady, solid Actual Heart Rate

value is being displayed. High, wild, random numbers being displayed indicate a problem.

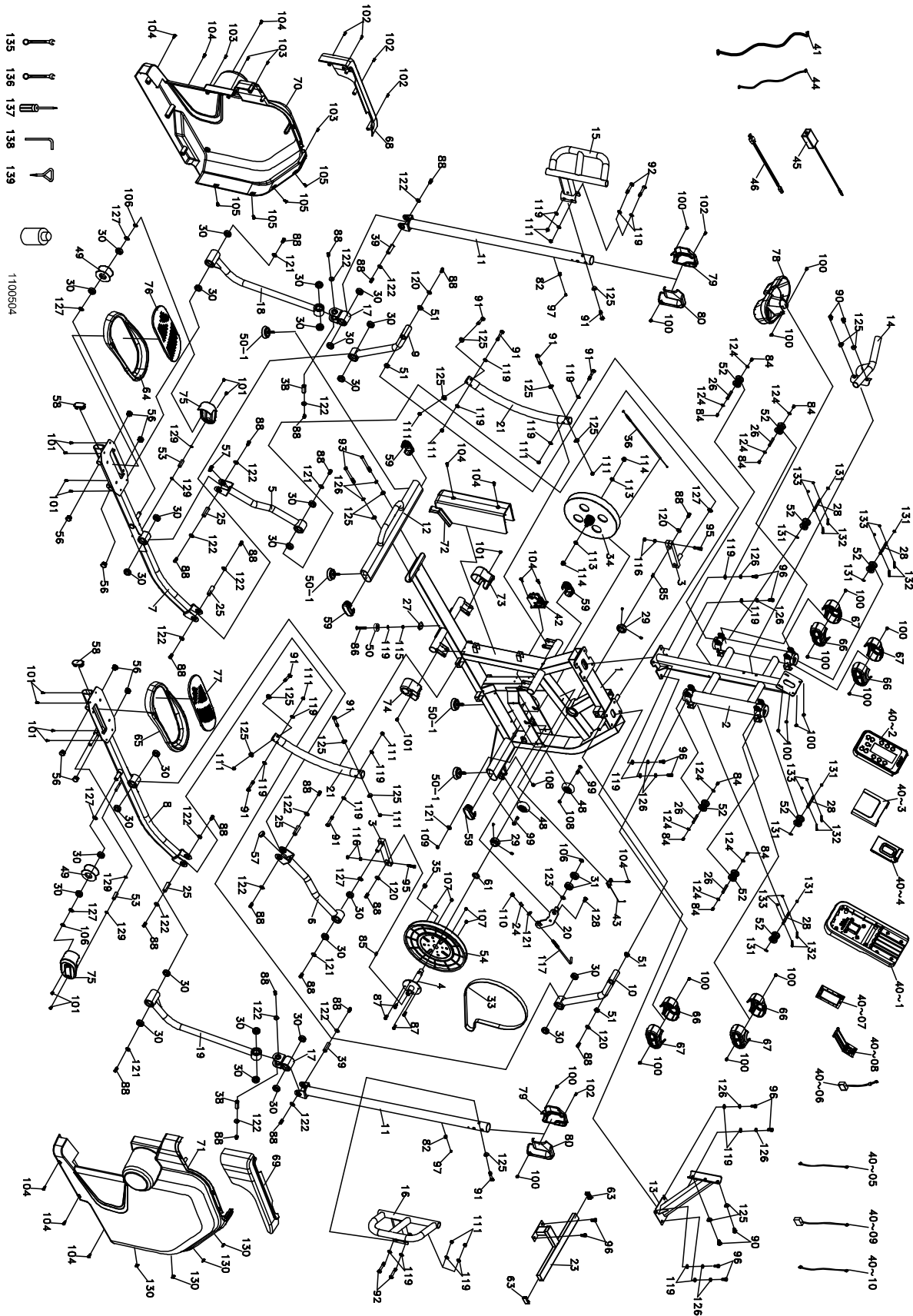
Areas to look for interference which may cause erratic heart rate:

1. Vertical climber 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	CC010113-S13	Main Frame	1
2	CC040083-S13	Strap Hold Down	1
3	CC060160-Q2	Crank Arm	2
4	RC140032-01	Crank Axle	1
5	RCC060161-S13	Linked Assembly (L)	1
6	RCC060162-S13	Linked Assembly (R)	1
7	RCC060184-S13	Connecting Arm (L)	1
8	RCC060185-S13	Connecting Arm (R)	1
9	RCC060165-S13	Left Swing Assembly	1
10	RCC060166-S13	Right Swing Assembly	1
11	CC060186-Z2	Handgrip Stabilizer Assembly	2
12	CC050035-S13	Rear Stabilizer	1
13	CC060168-S13	Connection Welding Group	1
14	CC030107-S13-A	Mast Handle bar Assembly	1
15	CC030101-Q2-A	Seat Handle Bar (L)	1
16	CC030102-Q2-A	Seat Handle Bar (R)	1
17	CC060194-S13	Driving Assembly	2
18	RCC060195-S13	Left Driving Assembly	1
19	RCC060196-S13	Right Driving Assembly	1
20	RB140024-Q2-03	Idler Wheel Assembly	1
21	A060210-Z2	Rail Tube	2
23	CC060173-Q2	Side Back	1
24	C080008-Z1	Rod End Sleeve	1
25	C050082	Axle	4
26	C030055-Z1	Slide Wheel Fixing Axle	4
27	B130435	Foot Pad Adjusting Plate	1
28	C030056-Z1	Slide Wheel adjustment Axle	4
29	K056005D	6005_Bearing	2
30	K056003-A8	6003_Bearing	28
31	K056203-A1	6203_Bearing	2
33	N010002	Drive Belt	1
34	K500040	Flywheel	1
35	N040002	Magnet	1
36	K020046	Steel Cable	1
38	C060018-Z4	Axle for Slide Wheel	2
39	C050108	Axle	2
40		Console Assembly	1
41	E022308	1350m/m_Computer Cable	1
42	F090320	Gear Motor	1
43	F030158E	300m/m_Sensor W/Cable	1
44	E060722	970m/m_DC Power Cable	1
45	F080048-03	Power Adaptor	1
46	E061004L	Transformer Power Cord	1
48	P050021-A1	Transportation Wheel	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
49	RP050051-D5-02	Slide Wheel , Urethane	2
50	P060256-A1	Ø35 × 10m/m_Rubber Foot	1
50-1	P270036	Adjustment Foot	4
51	P060440	Bushing	4
52	P050065-A1	Track Wheel	8
53	P060633B-A1	Sleeve	2
54	PP060090-A1-B	Drive Pulley	1
56	P040136-A1	25.4 × 2.0T Round Cap	8
57	P040052-A1	Ø32 × 1.8T Round Cap	2
58	P040219-A1	Oval End Cap(30×60×2.5T)	2
59	P040228-A1	Oval End Cap(Ø40×Ø80)	4
61	P060273-A1	Spacer Bushing	1
63	P040038-A1	20mm × 40mm_Square End Cap	2
64	PP130015A-A1	Pedal (L)	1
65	PP130016A-A1	Pedal (R)	1
66	PP200027-A1	Track Slide Wheel Cover A	4
67	PP200028-A1	Track Slide Wheel Cover B	4
68	PP100299-A1	Console Mast Cover (L)	1
69	PP100300-A1	Console Mast Cover (R)	1
70	RPP100301-A1-01	Chain Cover (L)	1
71	RPP100302-A1-01	Chain Cover(R)	1
72	PP100303-A1	Rear Shroud	1
73	P180134-A1	Left Slider Cover	1
74	P180135-A1	Right Slider Cover	1
75	PP200026-A1	Slide Wheel Cover	2
76	P120025-A1	Pedal Foam (L)	1
77	P120026-A1	Pedal Foam (R)	1
78	P220041-A1	Beverage Holder	1
79	PP180178-A1	Handlebar Cover (L)	2
80	PP180179-A1	Handlebar Cover (R)	2
82	P060788-A1	Fixing Piece	2
84	J012001-YV	M5 × P0.8 × 10L_Hex Head Bolt	8
85	J320012-ZF	7 × 7 × 19m/m_Woodruff Key	2
86	J341008-Y3	3/8" × 2" Flat Head Socket Bolt	1
87	J010002-ZH	1/4" × UNC20 × 3/4" Hex Head Bolt	4
88	J010520-XB	5/16" × 15m/m_Hex Head Bolt	24
90	J011002-Y3	3/8" × 3/4" Hex Head Bolt	4
91	J011009E-Y3	3/8" × 2-1/4" Hex Head Bolt	10
92	J011010J-Y3	3/8" × UNC16 × 2-1/2" Hex Head Bolt	4
93	J011015AG-Y3	3/8" × 3-3/4" Hex Head Bolt	2
95	J033007-Y3	M8 × 35m/m Socket Head Cap Bolt	2
96	J031002-Y3	3/8" × 3/4" Socket Head Cap Bolt	10
97	J032014-Y3	M5 × P0.8 × 6L_Socket Head Cap Bolt	2
99	J020507AB-Y3	5/16" × UNC18 × 1-3/4" Button Head Socket Bolt	2
100	J372001-Y3	M5 × 10m/m Tapping Screw	18
101	J092001-YN	M5 × 10m/m Phillips Head Screw	14

KEY NO.	PART NO.	DESCRIPTION	Q'TY
102	J396804-Y3	3.5 × 12m/m Sheet Metal Screw	6
103	J396805-Y3	3.5 × 16m/m Sheet Metal Screw	4
104	J367114-Y3	5 × 19m/m Tapping Screw	11
105	J377105-Y3	5 × 16m/m Tapping Screw	4
106	J310002-Z4	Ø17 C Ring	3
107	J139461-Z1	1/4" × 8T Nylon Nut	4
108	J139062-Y3	5/16" × 7T Nylon Nut	2
109	J139261-ZF	M8 × 7T Nylon Nut	1
110	J139262-Z4	M8 × 9T Nylon Nut(Blacking)	1
111	J139011-Y3	3/8" × 7T Nylon Nut	12
113	J129031-Z1	3/8" × UNF26 × 4T Nut	2
114	J160028-Z1	3/8" × UNF26 × 11T Nut	2
115	J129021-Y3	3/8" × 7T Nut	1
116	J129272-ZS	M8 × 6.3T Nut	4
117	J080071M-Z1	M8 × P1.25 × 155L J Bolt	1
119	J210003-Y3	Ø3/8" × Ø19 × 1.5T Flat Washer	25
120	J210042-Y3	Ø8.5 × Ø26 × 2.0T Flat Washer	4
121	J210009-Y3	Ø5/16" × Ø23 × 1.5T Flat Washer	6
122	J210090-Y3	Ø5/16" × Ø23 × 3T Flat Washer	16
123	J210011-Z1	Ø17 × Ø23.5 × 1.0T Flat Washer	1
124	J210019-Y3	Ø5 × Ø15 × 1.5T Flat Washer	8
125	J220004-Y3	Ø3/8" × 23 × 2.0T Curved Washer	16
126	J260003-Y3	Ø10 × 2T Split Washer	10
127	J250002-Z4	Ø17 Wave Washer	6
128	J073004-Z1	M8 × 20m/m Carriage Bolt	1
129	J590003-Z4	7 × 14 × 0.8T E-Clip	4
130	J160001-Z4	M5 Speed Nut Clip	4
131	J310003-Z4	Ø10 C Ring	8
132	J032007-Z4	M5 × 35m/m Socket Head Cap Bolt	8
133	J139161-Z4	M5 × 5T Nylon Nut	8
135	J330025-Z1	13/14m/m Wrench	1
136	J330026-Z1	12/14m/m Wrench	1
137	J330008-Z1	Phillips Head Screw Driver	1
138	J330012-Z1	8mm L Allen Wrench	1
139	J330007-Z1	Short Phillips Head Screw Driver	1

# ENGINEERING MODE

The console has built-in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed, for example. To enter the Maintenance Menu (may be called Engineering Mode, depending on the version), press and hold down the **Start**, **Stop** and **Enter** keys; keep holding the keys down for about 2 seconds, and the Message Window will display "Engineering Mode." Press the **Enter** button to access the menu below.

Press the **Up/Down** keys to navigate the menu, then press the **Enter** key to select functions (Key Test, Display Test, Functions, Factory Set and Exit).

- A. **Key Test**- Will allow you to test all the keys to make sure they are functioning
- B. **Display Test**- Automatically tests all LCD's
- C. **Functions**- Press Enter to access settings, use **Up/Down** keys to scroll
  - i. **ODO Reset**- Resets the odometer
  - ii. **Units**- Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometres, kilograms, meters, etc.) display measurements
  - iii. **Sleep Mode**- Turn on to have the console power down automatically after 30 minutes of inactivity
  - iv. **Motor Test**- Continually runs the tensioning gear motor
  - v. **Manual**- Allows stepping of the gear motor
  - vi. **Pause Mode**- Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely
  - vii. **Key Tone**- Turn on or off the beep sound when a key is pressed
- D. **Factory Set**
- E. **Exit**- Select to exit Maintenance Mode

# 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 sportspeople.

**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 an 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 (MVo<sub>2</sub>). 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 MVO<sub>2</sub> 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 heartbeat 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 about 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.

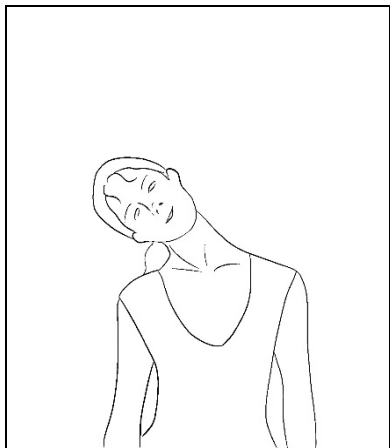
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one minute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

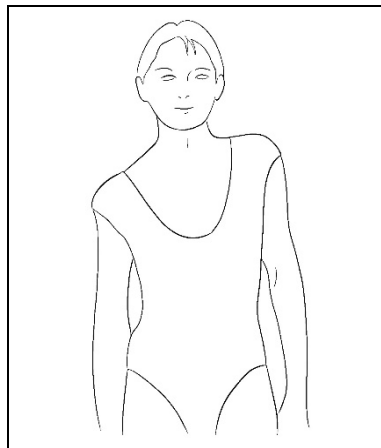
## HEAD ROLLS

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.



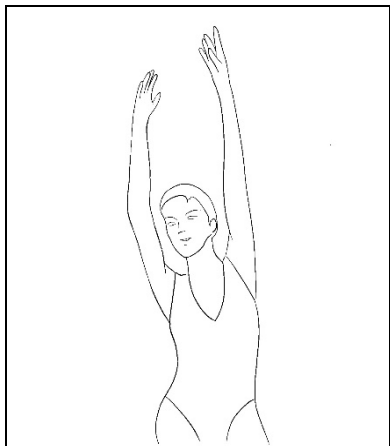
## SHOULDER LIFTS

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



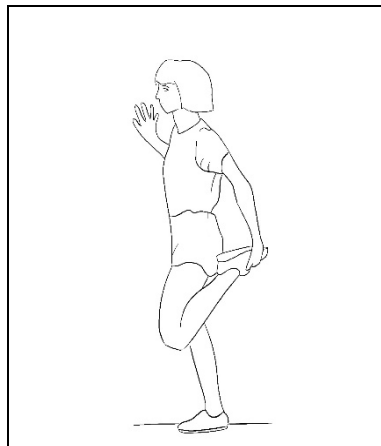
## SIDE STRETCHES

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.



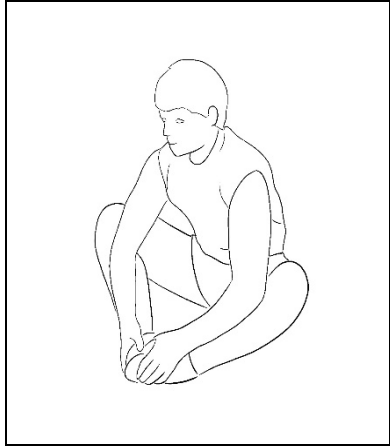
## QUADRICEPS STRETCH

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.



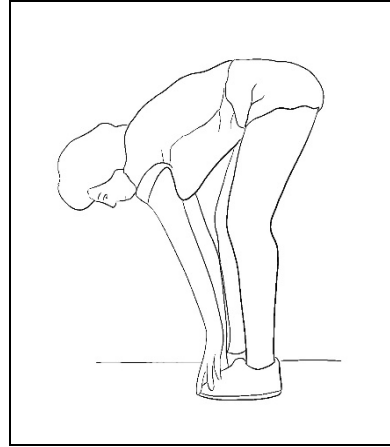
### **INNER THIGH STRETCH**

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.



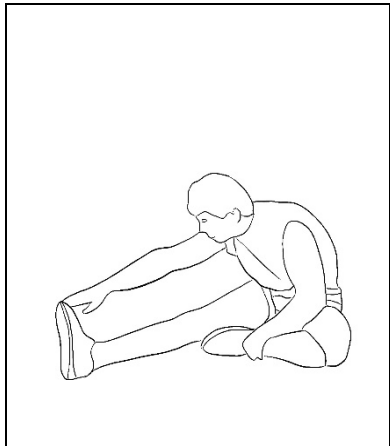
### **TOE TOUCHES**

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.



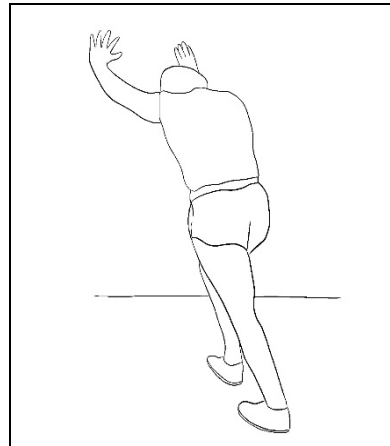
### **HAMSTRING STRETCHES**

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 vertical climber 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:

<b>Home Warranty</b>		<b>Light Commercial Warranty (Non-dues paying facility)</b>	
Frame	Lifetime	Frame	Lifetime
Brake	10 Years	Brake	5 Years
Parts	10 Years	Parts	5 Years
Labour	2 Years	Labour	2 Years

**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](http://www.dyaco.ca/warranty.html) and complete the warranty registration.
2. Proper use of the vertical climber in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the vertical climber 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 vertical climber accessible for servicing, including any item that was not part of the vertical climber at the time it was shipped from the factory.
6. Damages to the vertical climber 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 vertical climber 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

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

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[spiritfitness.ca](http://spiritfitness.ca)

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**UFC**

[dyaco.ca/UFC/UFC-home.html](http://dyaco.ca/UFC/UFC-home.html)

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T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | [sales@dyaco.ca](mailto:sales@dyaco.ca)

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