

OWNER'S MANUAL

MODEL NO.
16607602950-1

XE 295

- Assembly
- Operation
- Maintenance
- Parts
- Warranty

CAUTION:

You must read and understand this owner's manual before operating unit.

SPIRIT



Retain For Future Reference

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ATTENTION

This elliptical is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.

SPIRIT

**CONGRATULATIONS ON YOUR
NEW ELLIPTICAL**

Thank you for your purchase of this quality elliptical from Dyaco Canada Inc. Your elliptical 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 elliptical 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.

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.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock, disconnect your elliptical 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 elliptical on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the elliptical 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:

1. 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.
2. Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
3. Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
4. Keep hands away from all moving parts.
5. Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
6. Keep the cord away from heated surfaces.
7. 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.
8. Never drop or insert any object into any openings.
9. Do not use outdoors.
10. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
11. Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
12. The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap is a much more accurate method of heart rate analysis. 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.
13. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

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 elliptical 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 elliptical 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 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

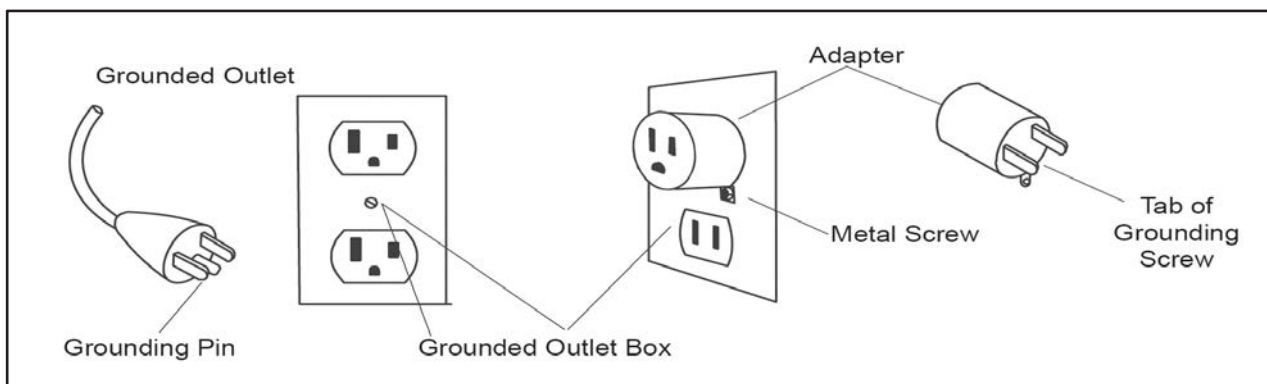
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while pedalling on your elliptical, 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.

Grounding Instructions

This product must be grounded. If your equipment 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 110-volt/15 amp dedicated 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.

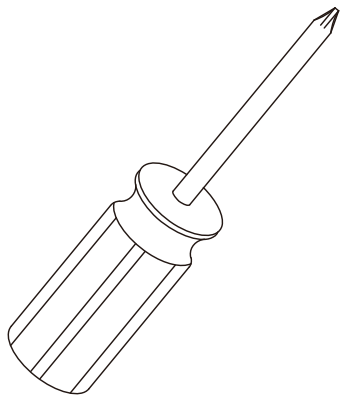


ASSEMBLY INSTRUCTIONS

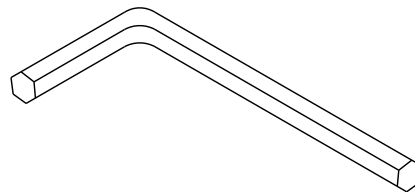
PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. 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.
3. 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.

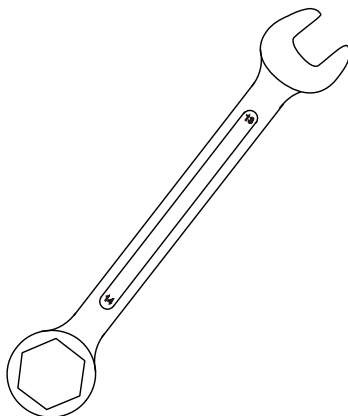
ASSEMBLY TOOLS



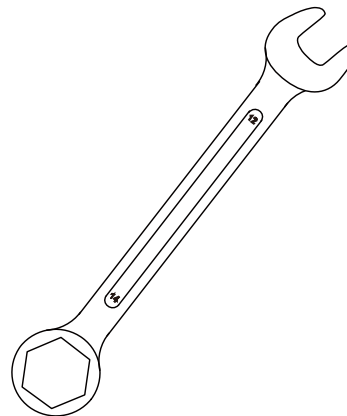
#157. Phillips Head Screwdriver (1 pc)



#177. L Allen Wrench (1 pc)



#155. 13/14mm Wrench (1 pc)

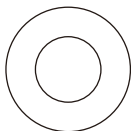


#158. 12/14mm Wrench (1 pc)

STEP 1: Rail Assembly & Console Mast

1. At the top opening of the **MAIN FRAME (1)**, there is a **COMPUTER CABLE (53)** tied to a twist tie wire. Feed the twist tie wire and **COMPUTER CABLE (53)** into the bottom of the **CONSOLE MAST (12)** and out of the opening at the top.
2. Install the **CONSOLE MAST (12)** into the receiving bracket on the top of the **MAIN FRAME (1)**. Be extremely careful not to pinch the cables between the tubing. If the cable gets pinched, this may affect the electrical functions of the console.
***NOTE:** There is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast. This needs to be tightened last, after the three other console mast bolts.*
3. Place a **SPLIT WASHER (152)** onto the **BOLT (105)**, and hand tighten through the left side of the console mast. Place a **CURVED WASHER (153)** onto each **BOLT (103)** and thread both into the front of the console mast tube. Fasten these front bolts as tight as possible with the **WRENCH (155)**. Next, firmly tighten the two left side bolts with the same wrench.
4. Connect the 2 **HAND PULSE CABLES (47)**, **RESISTANCE CABLE (49)**, and **COMPUTER CABLE (53)** to the back of the **CONSOLE (43)**. Do not force the connectors; they will only fit one way and are different sizes to prevent confusion. Store the excessive cable in the **CONSOLE MAST TUBE (12)**.
5. Attach the **CONSOLE (43)** to the bracket of the Console Mast tube with 4 **PHILLIPS HEAD SCREWS (116)**. Tighten the screws with the **PHILLIPS HEAD SCREWDRIVER (157)**.
6. Attach the **REAR RAIL ASSEMBLY (2)** to the mainframe with 1 **BUTTON HEAD SOCKET BOLT (176)** and 1 **FLAT WASHER (137)** on each side. Tighten using the **L ALLEN WRENCH (177)**.
7. Continue the **REAR RAIL ASSEMBLY (2)** into the **MAIN FRAME (1)**. Insert 2 **BUTTON HEAD SOCKET BOLTS (130)** through each side and 2 **CURVED WASHERS (153)**.
8. Locate the **CONSOLE MAST (12)** and **CONSOLE MAST COVERS (72) & (72-1)**; attach the covers onto the mast base with 3 **SCREWS (120)**. Attach all 6 **END CAPS (93)** to the **MAIN FRAME (1)**.

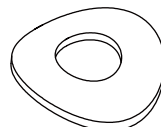
HARDWARE



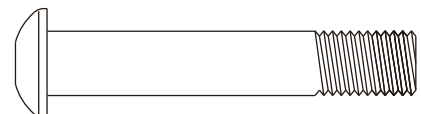
#137. 3/8" x 19 x 1.5T
Flat Washer (2 pcs)



#116. M5 x 10m/m
Phillips Head Screw
(4 pcs)



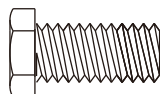
#153. 3/8" x 23 x 2T
Curved Washer (6 pcs)



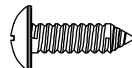
#176. 3/8" x 2-1/4"
Button Head Socket Bolt
(2 pcs)



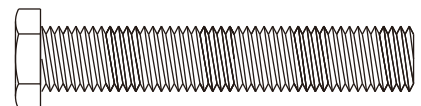
#152. 3/8" x 2T
Spilt Washer (1 pc)



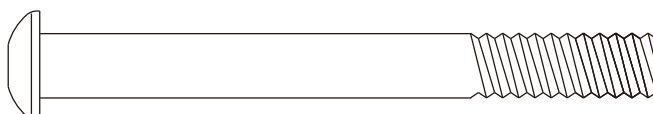
#103. 3/8" x 3/4"
Hex Head Bolt (2 pcs)



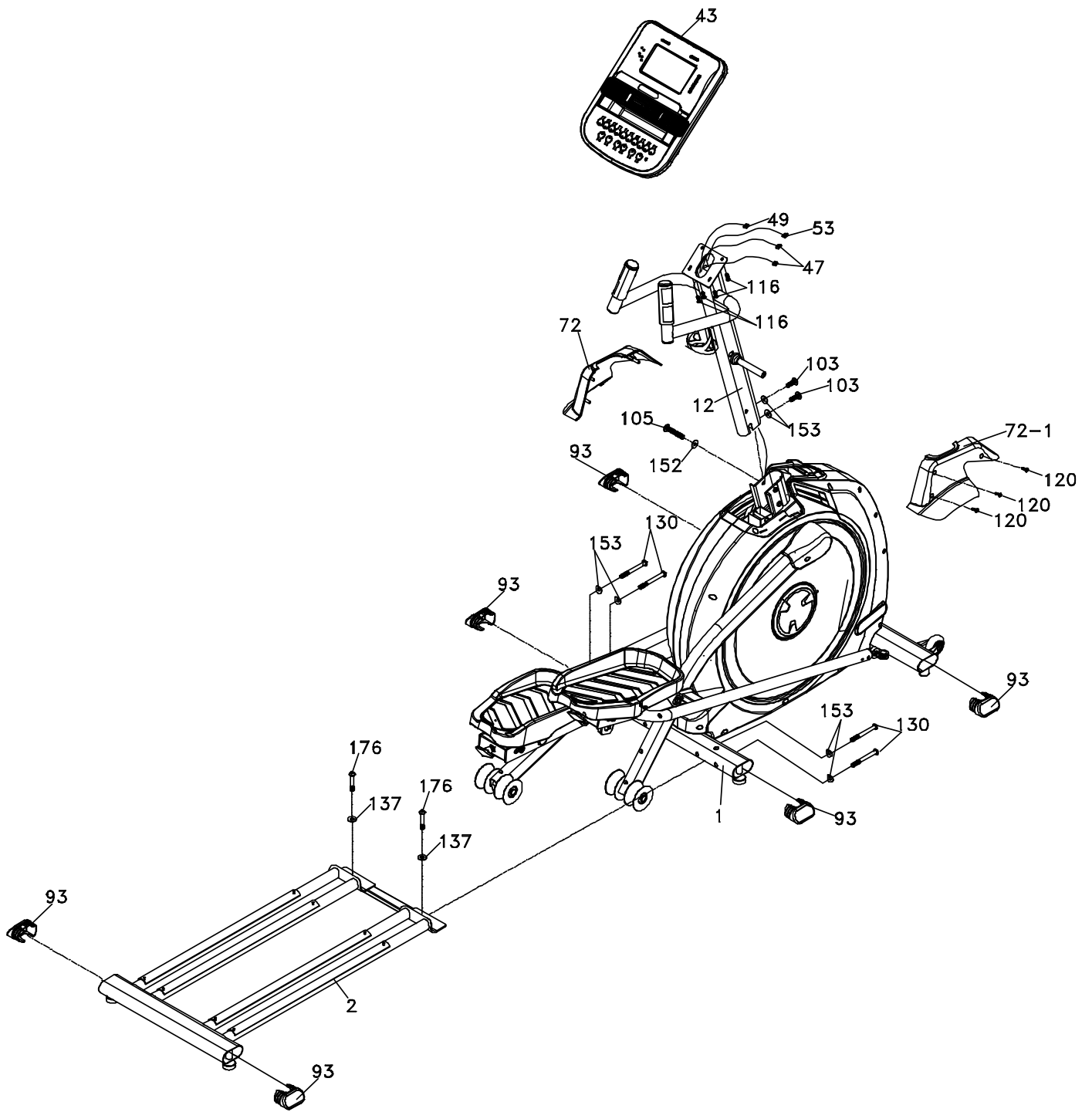
#120. 3.5 x 16m/m_
Sheet Metal Screw (3 pcs)

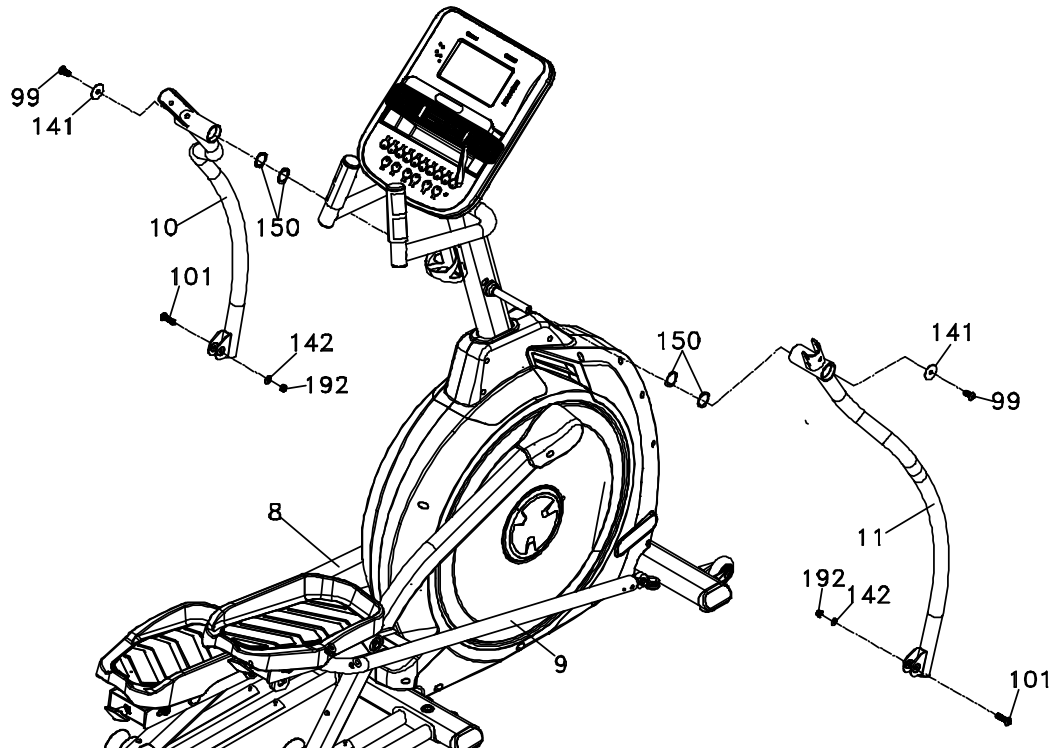


#105. 3/8" x 2-1/4"
Hex Head Bolt (1 pc)



#130. 3/8" x 3-3/4"
Button Head Socket Bolt (4 pcs)





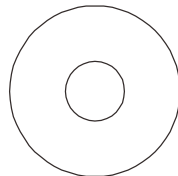
STEP 2: Connecting & Lower Swing Arms

1. Slide 2 **WAVE WASHERS (150)** onto each side of the Swing Arm Axle. Slide the **LOWER SWING ARMS (10 LEFT, 11 RIGHT)** onto the axles and secure with the 2 **HEX HEAD BOLTS (99)** and **FLAT WASHERS (141)**. Do not force the Swing Arms onto the axle. They should slide on, but you may need to jiggle them to get them lined up properly. The Swing Arms have been previously installed at the factory, so they do fit properly.
2. Remove the tie that holds the spacer in the rod end located at the end of the **RIGHT CONNECTING ARM (9)** and line up the rod end with the bracket at the bottom of the **LOWER RIGHT SWING ARM (11)**. Slide the **HEX HEAD BOLT (101)** through the bracket of the Lower Swing Arm and then through the rod end and spacer. Install the **FLAT WASHER (142)** and **NYLOC NUT (192)** on the bolt and tighten as much as possible. Repeat this step for the left side. Tighten using the **WRENCHES (155 & 158)**.

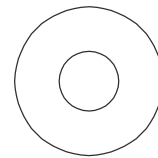
HARDWARE



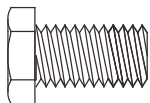
#150. Ø 17 m/m
Wavy Washer (4 pcs)



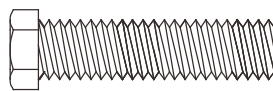
#141. 5/16" x 23 x 1.5T
Flat Washer (2 pcs)



#142. 5/16" x 20 x 1.5T
Flat Washer (2 pcs)



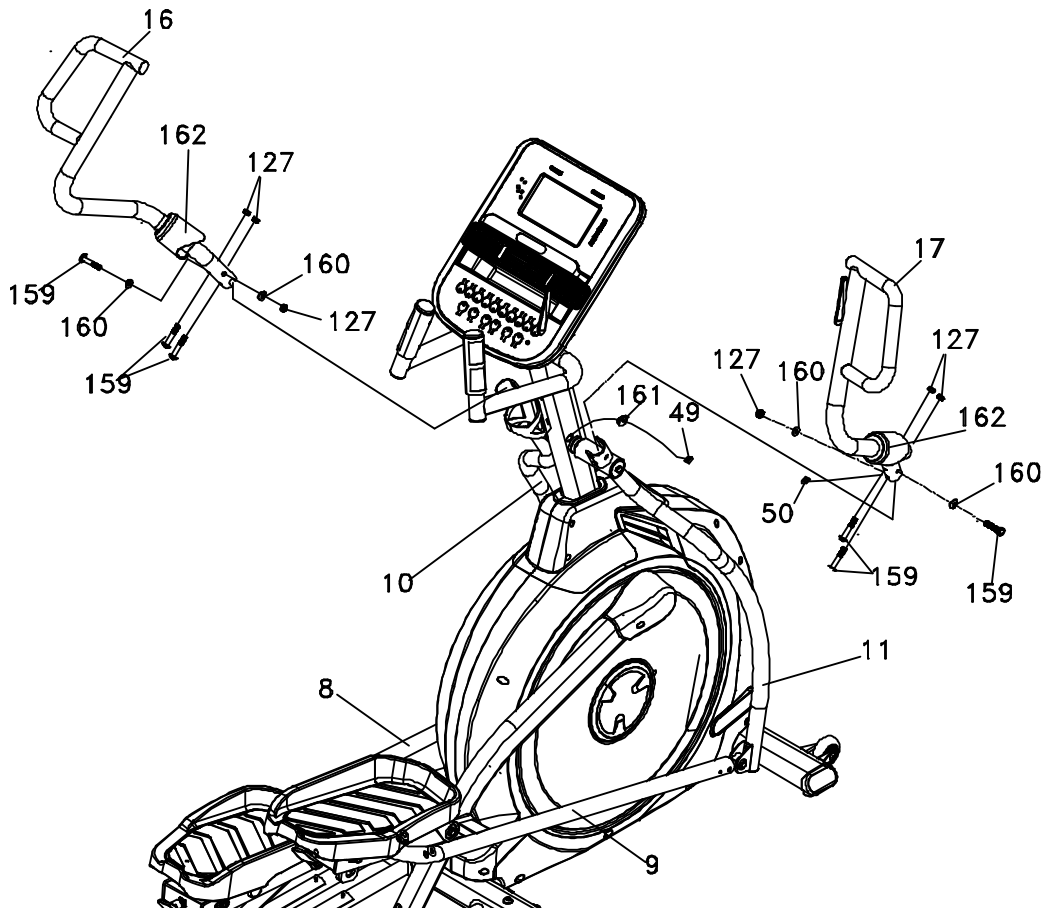
#99. 5/16" x 15mm
Hex Head Bolt (2 pcs)



#101. 5/16" x 1- 1/4"
Hex Head Bolt (2 pcs)



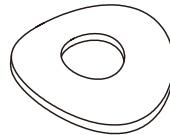
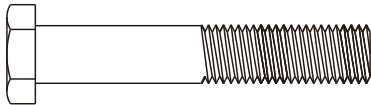
#192. 5/16" x 9T
Nyloc Nut (2 pcs)



STEP 3: Connecting Arm

1. Slide the **RUBBER SLEEVE (162)** onto the **LEFT (16)** and **RIGHT (17) UPPER SWING ARMS**. Make sure the wide part is at the bottom.
2. Attach the **LOWER RESISTANCE WIRE (50)** from the **RIGHT UPPER SWING ARM (17)** to the **UPPER RESISTANCE WIRE (49)** that exits the **CONSOLE MAST TUBE (12)**. Slide the **SWITCH WIRE CAP (161)** onto the wire with the wide side facing the Swing Arm.
3. Insert the **UPPER SWING ARM (17)** into the Lower Swing Arm. Fasten together with 3 **HEX HEAD BOLTS (159)**, 2 **CURVED WASHERS (160)**, and 3 **NYLOC NUTS (127)**.
4. Repeat #3 from above on the left side.

HARDWARE

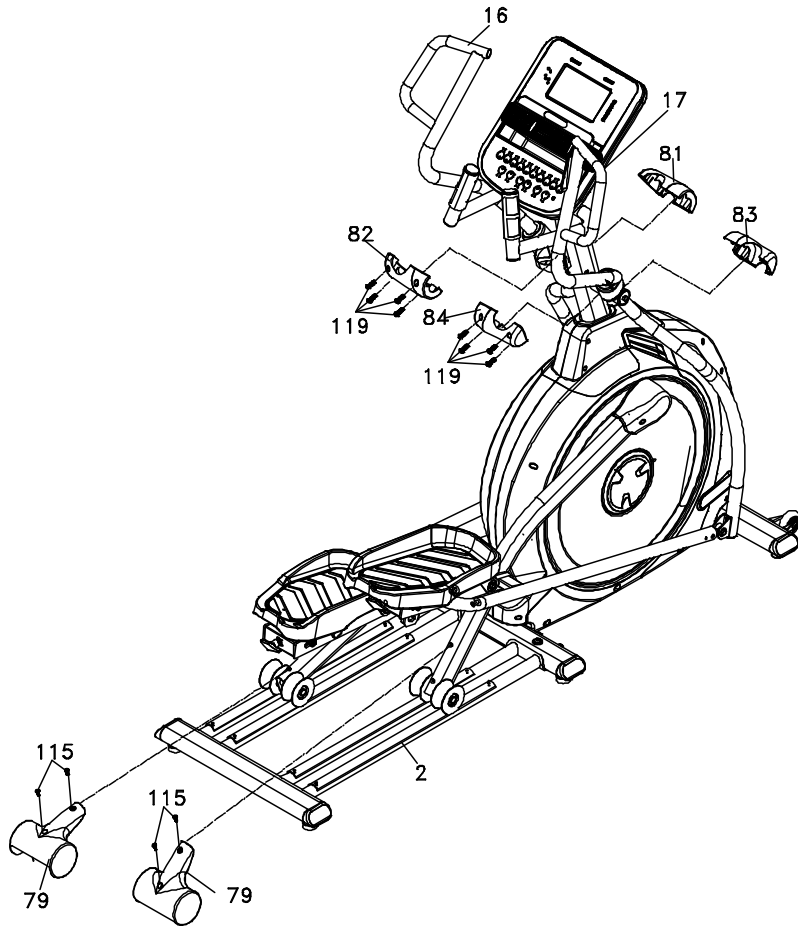


#127. 5/16" x 7T
Nyloc Nut (6 pcs)

#159. 5/16" x 1-3/4"
Hex Head Bolt (6 pcs)

#160. 5/16" x 23 x 1.5T
Curved Washer (4 pcs)

#161. Switch Wire
Cap (1 pc)



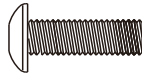
STEP 4: Plastic Parts

1. Fasten the two **WHEEL COVERS (79)** to the rollers with 4 **PHILLIPS HEAD SCREWS (115)**. Tighten with the **PHILLIPS HEAD SCREWDRIVER (157)**.
2. Install the **LEFT HANDLE BAR COVERS (81 & 82)** and **RIGHT HANDLE BAR COVERS (83 & 84)** over the Handle Bar axle connections with 4 **SHEET METAL SCREWS (119)** on each side. Tighten with the **PHILLIPS HEAD SCREWDRIVER (157)**.
3. Look closely at the four floor levellers underneath the middle and rear of the elliptical. If any of these aren't in contact with the floor, use the **WRENCH (155)** to loosen the bottom nut. Once the nut has been loosened, turn the rubber caster clockwise until it makes solid contact with the floor. Retighten the bottom nut to prevent it from moving.

HARDWARE



#119. Ø 3.5 x 12mm
Sheet Metal Screw (8 pcs)



#115. M5 x 12mm
Phillips Head Screw (4 pcs)

PRODUCT FEATURES

Footpads

The Foot pedals are adjustable to meet the user's style of pedalling the elliptical. There are three positions available with a simple pull-pin adjustment located under the footpads (see illustration below). The lowest position will set the footpads at zero (0) degrees or flat at the bottom of the elliptical stroke. The second position sets the footpad at five (5) degrees, and the top position sets the footpads at ten (10) degrees. Because everybody is different, we found there is no one angle that fits every user. Some users are up on the balls of their feet,



resulting in numb toes, so we decided to allow the user to adjust the back of the footpad upward to support the heel, taking the pressure off of the nerves in the balls of the feet and the Achilles tendon. The result was relief from the toes going numb. Some users are uncomfortable at a fixed angle; therefore, we added the adjustable pedal angles so they could find one that feels best for them. A great side benefit of the adjustable footpad angle is that you end up working the muscles of the lower extremities in a different way. At the highest angle, you will work the quadriceps more. At the lowest angle, you work the hamstrings and glutes harder.

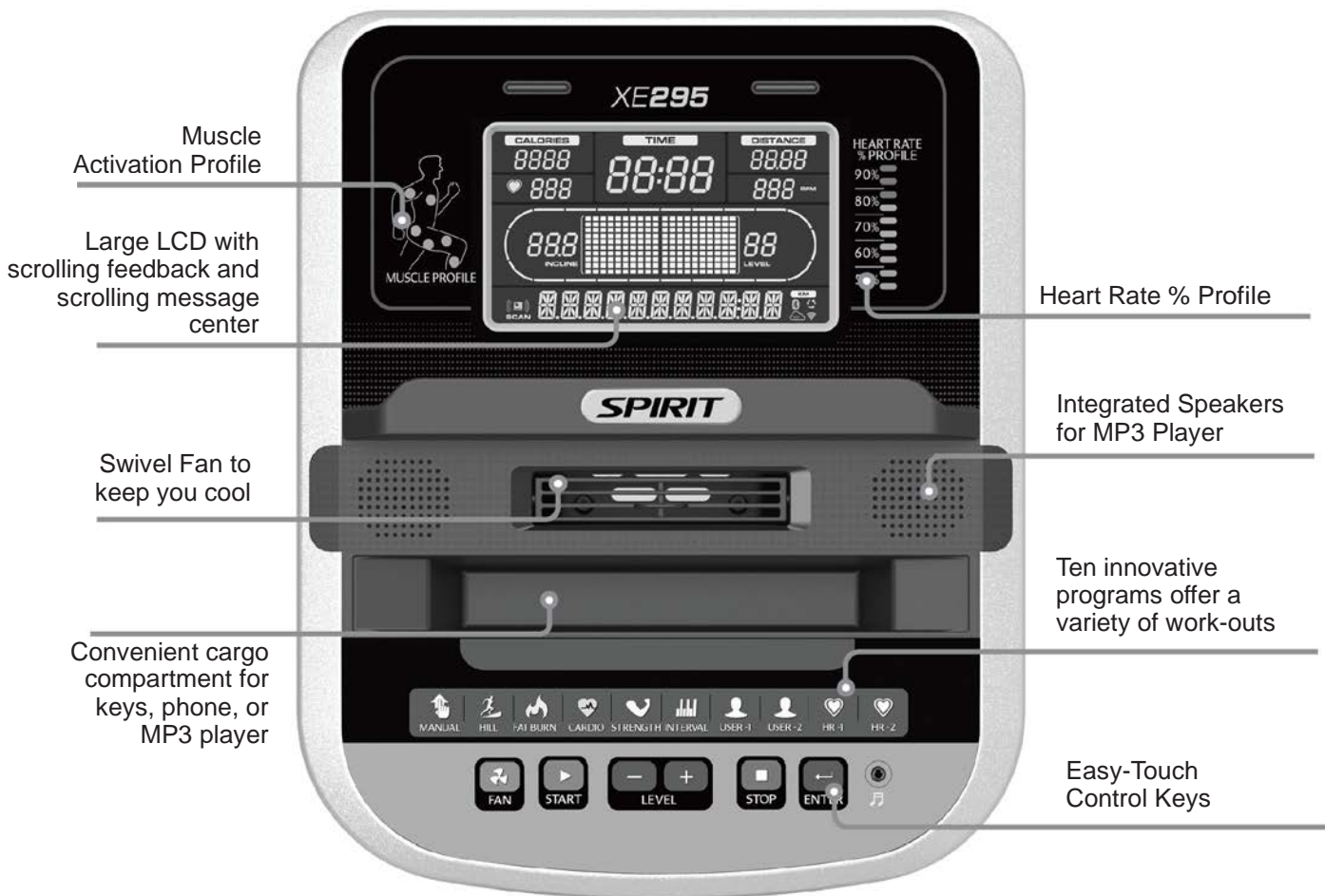
NOTICE TO AVOID INJURY

The footplates on your new elliptical have a pull-pin adjustment. This adjustment allows you to change the angle of the footpad to add variety to your workouts. The footplates are spring loaded, and when the pull pin is pulled, the footplate can drop suddenly. To avoid any injury, please do not put your hand, or any other body part, under the footplate when pulling the pull pin. Only place your hand under the very rear of the footplate, just above the pull pin.



OPERATION OF YOUR ELLIPTICAL

GETTING FAMILIAR WITH THE CONTROL PANEL



POWER

When the power cord is connected to the elliptical, the console will automatically power up. When initially powered on, the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Message Center will show the software version (i.e., VER 1.0). The distance window shows the distance total, and the time window shows the total hours of use. The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles of the programs, and the Message Center will be scrolling the start up message. You may now begin to use the console.

Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation, the resistance dot matrix window will build a profile "picture" as values are changed during a workout.

1/4 Mile/ 0.4k Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4km) is complete, this feature will begin again. There is a lap counter in the message window for monitoring your distance.

Pulse Grip Feature

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the stationary grips or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions and is not to be used for medical purposes.

Speakers

The console has built-in speakers and an audio input jack. There is no volume control on the console.

The volume must be controlled on the Audio Source.

Quick Start

This is the quickest way to start a workout. After the console powers up, you just press the **Start** key to begin; this will initiate the Quick Start mode. In Quick Start, the Time will count up from zero, and the workload may be adjusted manually by pressing the **Level Up/Down** keys. The dot matrix display will have only the bottom row lit at first. As you increase the workload, more rows will light, indicating a harder workout. The elliptical trainer will get harder to pedal as the rows increase.

There are 20 levels of resistance available for plenty of variety. The first 5 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tough as the levels jump more dramatically. Levels 16-20 are extremely hard and are good for short interval peaks and elite athletic training.

Basic Information

The Message Center will initially be displaying the Program name. When in scan mode during a program, speed will be displayed for four seconds, then move on and display Watts (indication of workload). If 100 watts is displayed, you are doing enough work to keep a 100-watt light bulb lit. The data changes to Laps completed Segment time, Max level. Pressing the **Enter** key again will bring you back to the beginning.

The **Stop** key actually has several functions. Pressing the **Stop** key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause, just press the **Start** key. If the **Stop** key is pressed twice during a workout, the program will end, and the console will display your Workout Summary (Total time, Avg. Speed, Avg. Watts, Avg. HR, total Laps). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete **Reset**. During data entry for a program, the **Stop** key performs a previous screen or segment function. This allows you to go back to change programming data.

Program Keys

The program keys are used to preview each program. When you first turn the console on, you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the **Enter** key to select the program and enter into the data-setting mode.

The elliptical trainer has a built-in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handle bars or wearing the heart rate transmitter (see Using Heart Rate Transmitter section) will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate or Pulse in beats per minute.

The console includes a built-in fan to help keep you cool. To turn the fan on, press the key on the left side of the console.

Muscle Activation Figure

There is an anatomical figure located to the left of the console. This figure will light all areas that are activated when using the elliptical trainer. These will light up during any of the programs. You can control which muscles are activated by customizing the resistance profile during the setup phase of console programming. If you accept the default program profile, the selected program will determine which muscles will be activated by automatically adjusting the resistance. Generally, the following guidelines hold true:

- The upper body lights will activate when you are either holding onto the swing arms or at anytime your hands aren't holding onto the pulse grip sensors.
- The lower body lights will activate in three degrees of engagement: Green represents minimal muscle involvement, Amber represents medium involvement, and Red represents full or heavy activation.
- These are the different scenarios for lower body muscle activation
- Forward pedal rotation Gluteals & Quadriceps are Amber; Hamstrings & Calves are Green
- Reverse pedal rotation Calves, Hamstrings, and Quadriceps are Amber; Gluteals are Green

Heart Rate % Profile

The console LCD screen will display your current heart rate anytime a pulse is detected. The Bar Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any of the 10 programs. The significance of the bar graph colours are as follows:

- 50-60% of maximum is Amber
- 65-80% of maximum is Amber and Green
- 85-90% or more is Amber, Green, and Red

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct settings are in the program for your Age. Otherwise, the work settings could be too high or low for you. Entering your Weight aides in calculating a correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

Entering A Program And Changing Settings

When you enter a program, by pressing a program key, then **Enter** key, you have the option of entering your own personal settings. If you want to work out without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings, then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the elliptical, you will not have to enter it every time you work out unless either your Age or Weight changes or someone else enters a different Age and Weight.

PROGRAMMABLE FEATURES

MANUAL

The Manual program works, as the name implies, manually. This means that you control the workload and not the computer. To start the Manual program, follow the instructions below or just press the **Start** key.

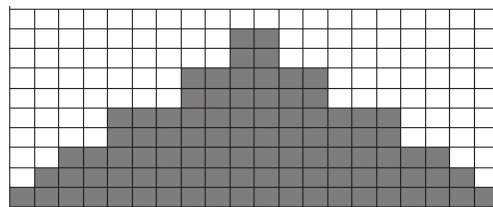
1. Press the **Manual** key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level Up/Down** keys; then press **Enter** to continue.
4. Next is Time. You may adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
6. Once the program starts, you will be at level one. This is the easiest level, and it is a good idea to stay at level one for a while to warm up. If you want to increase the workload at any time, press the **Level Up** key; the **Level Down** key will decrease the workload.
7. During the Manual program, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
8. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program, or you can save the program you just completed as a custom user program by pressing a **User** key and following the instructions in the Message Center.

PRESET PROGRAMS

The elliptical 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.

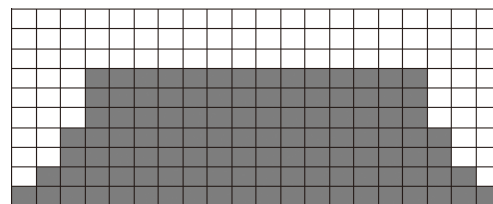
HILL

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



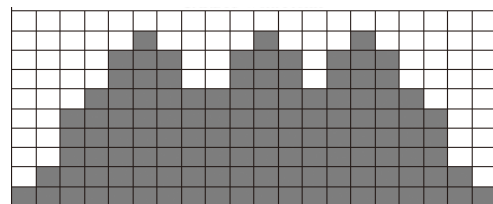
FAT BURN

This program follows a quick progression up to the maximum resistance 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.



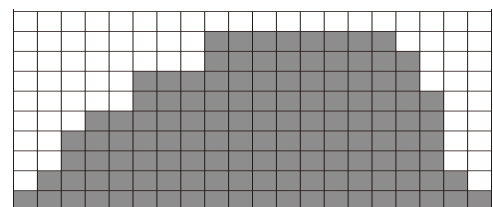
CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your 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.



STRENGTH

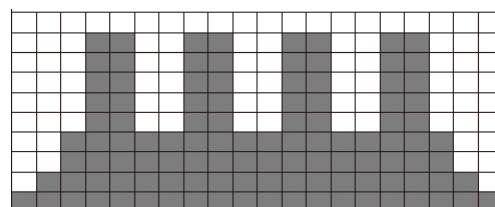
This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows.



INTERVAL

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 fibers 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. Your cardiovascular system gets programmed to use oxygen more efficiently.



PROGRAMMING PRESET PROGRAMS

1. Select the desired program key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may adjust the age setting using the **Level Up/Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level Up/Down** keys; then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Max Resistance Level. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
7. If you want to increase or decrease the resistance at any time during the program, press the **Level Up/Down** keys on the console or above the heart rate sensor grips of the stationary handlebars. This will change the resistance settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the Message Center will show the current column and program maximum levels of work.
8. During the program, you will be able to scroll through the data in the message window by pressing the **Enter** key.
9. When the program ends, the Message Center 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

CUSTOM USER DEFINED PROGRAMS

There are two customizable User programs that allow you to build and save your own workout. The two programs, User 1 and User 2, operate exactly the same way, so there is no reason to describe them separately. You can build your own custom program by following the instructions below, or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

1. Press the **User 1** or **User 2** key. The Message Center will show a welcome message. If you had previously saved a program, the message will contain your name. Then press the **Enter** key to begin programming.
2. If you have already saved a program to either **U1** or **U2**, it will be displayed, and you are ready to begin. If not, you will have the option of inputting a username. In the Message Window, the letter "A" will be blinking. Use the **Level Up/ Down buttons** to select the appropriate first letter of your name (pressing the up button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished, press **Stop**.
3. If there is a program already stored in User, when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start** or **Enter**, you will be prompted: Run Program? Use the **Level Up/Down** arrows to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the **Level Up /Down keys** or the numeric keypad, then press **Enter** to continue.
6. Next is Time. You may adjust the time and press **Enter** to continue.
7. Now you are asked to adjust the Max Resistance Level of the program; press **Enter** when resistance has been selected.
8. Now the first column will be blinking, and you are asked to adjust the resistance level for the first segment (SEGMENT of the workout by using the **Level Up key**. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment, then press **Enter**. Continue this process until all twenty segments have been set.
10. The Message Center will then tell you to press **Enter** to save the program. After saving the program, the Message Center says "PROG SAVED," then will give you the option to **Start** or modify the program. Pressing **Stop** will exit to the start-up screen.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

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 usual choice of exercise intensity was either too high or too low, and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

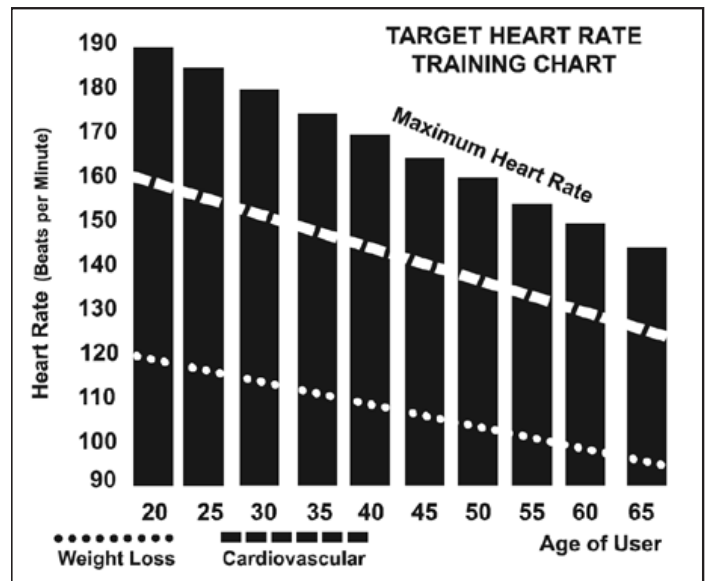
To determine the benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ beats per minute (80% of maximum)

So for a 40-year-old, the training zone would be 108 to 144 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 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

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 workout 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 on 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

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 - 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). The replacement battery is Panasonic CR2032.

Erratic Operation

Caution! Do not use this elliptical for Heart Rate Control 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 that may cause erratic heart rate:

1. Microwave ovens, TVs, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down. Normally the transmitter will be oriented, so the logo is right side up.
6. 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.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.

USING THE SPIRIT FIT APP

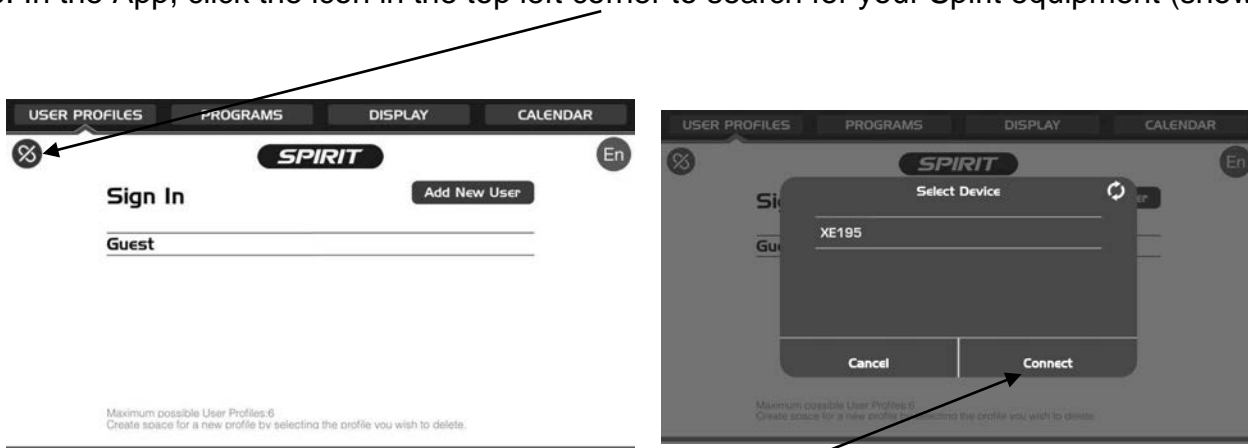
In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit Fit App.

Just download the free Spirit Fit App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine. Now you can view current workout data on three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media/email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

The Spirit Fit App also allows you to sync your workout data with one of many fitness cloud sites we support: iHealth, MapMyFitness, Record or Fitbit, with more to come.

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 left corner to search for your Spirit equipment (shown right).



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, and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App, such as iHealth, MapMyFitness, Record, Fitbit, etc., in order for the icon to be active and available.

***Note: Your device will need to be running on a minimum operating system of iOS 7 or Android 4.4 for the Spirit Fit App to operate properly.**

HEART RATE PROGRAM OPERATION

Note: You must wear the heart rate transmitter strap for these programs.

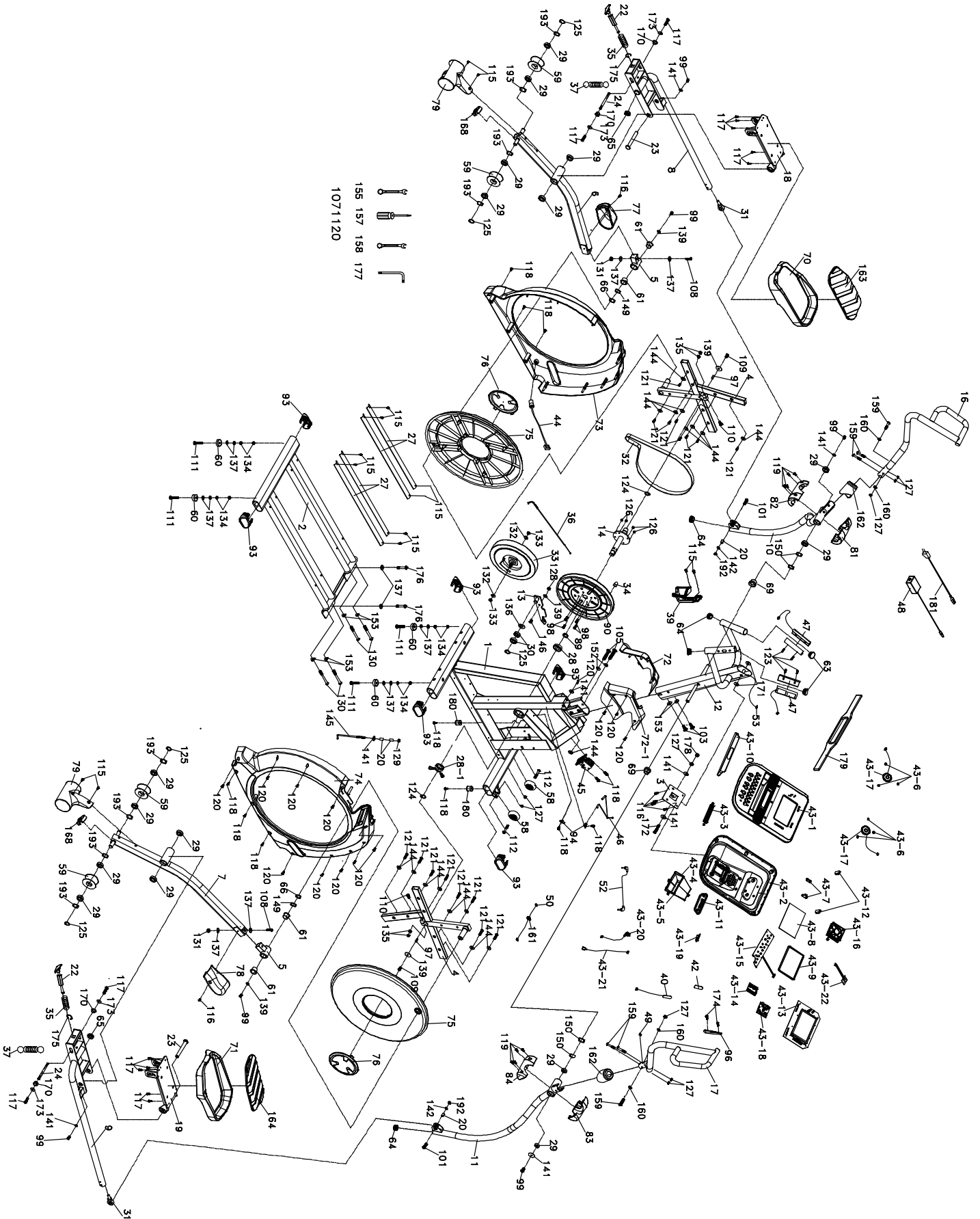
Both programs operate the same; the only difference is that **HR1** is set to 60%, and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way.

To start an HRC program, follow the instructions below or just select the HR1 or HR2 program, then the Enter button and follow the directions in the Message Center.

After selecting your heart rate target, the program will attempt to keep you at or within 3-5 heartbeats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

1. Press the **HR 1** or **HR 2** key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight value using the **Level Up/Down keys**; then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Level Up/Down keys**, then press **Enter**.
Note: The heart rate that appears is based on the % you accepted in Step 2. If you change this number, it will either increase or decrease the % from Step 2.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
7. If you want to increase or decrease the workload at any time during the program, press the **Level Up/Down key**. This will allow you to change your target heart rate at any time during the program.
8. During the HR 1 or HR 2 programs, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
9. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program.

Exploded View Diagram



PARTS LIST

NO.	PART NO.	DESCRIPTION	Q'TY
1	6029501	Main Frame	1
2	6029502	Rear Rail Assembly	1
3	6029503	Console Holder Assembly	1
4	6029504	Cross Bar	2
5	6029505	Bushing Housing, Pedal Arm	2
6	6029506	Pedal Arm (L)	1
7	6029507	Pedal Arm (R)	1
8	6029508	Connecting Arm (L)	1
9	6029509	Connecting Arm (R)	1
10	6029510	Lower Swing Arm (L)	1
11	6029511	Lower Swing Arm (R)	1
12	6029512	Console Mast	1
13	6029513	Idler Wheel Assembly	1
14	6029514	Crank Axle	1
16	6029516	Upper Swing Arm (L)	1
17	6029517	Upper Swing Arm (R)	1
18	6029518	Adjustable Pedal (L)	1
19	6029519	Adjustable Pedal (R)	1
20	6029520	Rod End Sleeve	4
22	6029522	Locking Pin Assembly	2
23	6029523	Carriage Bolt	2
24	6029524	Axle Of Locking Pin	2
27	6029527	Aluminum Rail	4
28	6029528	6005_Bearing	1
28-1	6029528-1	6005-2RS_Bearing	1
29	6029529	6003_Bearing	16
30	6029530	6203_Bearing	2
31	6029531	Rod End Bearing	2
32	6029532	Drive Belt	1
33	6029533	Flywheel	1
34	6029534	Magnet	1
35	6029535	Latch Spring	2
36	6029536	Steel Cable	1
37	6029537	Pedal Tension Spring	2
39	6029539	Drink Bottle Holder	1
40	6029540	Resistance Button W/Cable	1
42	6029542	Handgrip Resistance Label (LEVEL)	1
43	6029543	Console Assembly	1
44	6029544	600m/m_DC Power Cord	1
45	6029545	Gear Motor	1

NO.	PART NO.	DESCRIPTION	Q'TY
46	6029546	Sensor W/Cable	1
47	6029547	850m/m_Handpulse W/Cable Assembly	2
48	6029548	Power Adaptor	1
49	6029549	450m/m_Handle Wire (Upper), Resistance	1
50	6029550	900m/m_Handle Wire (Lower), Resistance/Incline	1
52	6029552	400m/m_Audio Cable	1
53	6029553	1300m/m_Computer Cable	1
58	6029558	Transportation Wheel	2
59	6029559	Slide Wheel , Urethane	4
60	6029560	Rubber Foot	4
61	6029561	WFM-2528-21_Bushing	4
63	6029563	Button Head Plug	2
64	6029564	Ø32 x 1.8T_Round Cap	4
65	6029565	32 x 2.5T_Round Cap	2
66	6029566	Ø25.5 x 33.5 x 1.5T_Nylon Wave Washer	2
69	6029569	Mast Bushing	2
70	6029570	Pedal (L)	1
71	6029571	Pedal (R)	1
72	6029572	Console Mast Cover (L)	1
72~1	6029572-1	Console Mast Cover (R)	1
73	6029573	Side Case (L)	1
74	6029574	Side Case (R)	1
75	6029575	Round Disk	2
76	6029576	Round Disk Cover	2
77	6029577	Pedal Arm Cover (L)	1
78	6029578	Pedal Arm Cover (R)	1
79	6029579	Slide Wheel Cover	2
81	6029581	Front Handle Bar Cover (L)	1
82	6029582	Rear Handle Bar Cover (L)	1
83	6029583	Front Handle Bar Cover (R)	1
84	6029584	Rear Handle Bar Cover (R)	1
89	6029589	Spacer Bushing	1
90	6029590	Drive Pulley	1
93	6029593	End Cap	6
94	6029594	Sensor Rack	2
96	6029596	Handle Switch Bracket	1
97	6029597	7 x 7 x 19L_Woodruff Key	2

NO.	PART NO.	DESCRIPTION	Q'TY
98	6029598	1/4" x 3/4" _Hex Head Bolt	4
99	6029599	5/16" x UNC18 x 15m/m _Hex Head Bolt	6
101	60295101	5/16" x 1-1/4" _Hex Head Bolt	2
103	60295103	3/8" x 3/4" _Hex Head Bolt	2
105	60295105	3/8" x 2-1/4" _Hex Head Bolt	2
108	60295108	3/8" x 2-1/4" _Socket Head Cap Bolt	2
109	60295109	5/16" x UNC18 x 15m/m _Flat Head Socket Bolt	2
110	60295110	M8 x 40m/m _Socket Head Cap Bolt	2
111	60295111	3/8" x 2" _Flat Head Socket Bolt	4
112	60295112	5/16" x 1-3/4" _Button Head Socket Bolt	2
115	60295115	M5 x 12m/m _Phillips Head Screw	14
116	60295116	M5 x 10m/m _Phillips Head Screw	6
117	60295117	M5 x 10m/m _Phillips Head Screw	14
118	60295118	5 x 19m/m _Tapping Screw	12
119	60295119	3.5 x 12m/m _Sheet Metal Screw	8
120	60295120	3.5 x 16m/m _Sheet Metal Screw	13
121	60295121	5 x 16m/m _Tapping Screw	16
123	60295123	3 x 20m/m _Tapping Screw	4
124	60295124	Ø25 _C Ring	2
125	60295125	Ø17 _C Ring	5
126	60295126	1/4" _Nyloc Nut	4
127	60295127	5/16" x 7T _Nyloc Nut	9
128	60295128	M8 x 7T _Nyloc Nut	1
129	60295129	M8 x 9T _Nyloc Nut	1
130	60295130	3/8" x UNC16 x 3-3/4" _Button Head Socket Bolt	4
131	60295131	3/8" x 11T _Nyloc Nut	2
132	60295132	3/8" -UNF26 x 4T _Nut	2
133	60295133	3/8" -UNF26 x 11T _Nut	2
134	60295134	3/8" x 7T _Nut	8
135	60295135	M8 x 6.3T _Nut	4
136	60295136	Ø17 x Ø23.5 x 1T _Flat Washer	1
137	60295137	Ø3/8" x Ø19 x 1.5T _Flat Washer	14
139	60295139	Ø5/16" x Ø35 x 1.5T _Flat Washer	5
141	60295141	Ø5/16" x Ø23 x 1.5T _Flat Washer	8
142	60295142	Ø5/16" x Ø20 x 1.5T _Flat Washer	2
144	60295144	Ø1/4" x 19m/m _Flat Washer	17
145	60295145	M8 x 170m/m _J Bolt	1
146	60295146	M8 x 20m/m _Carriage Bolt	1
149	60295149	Ø25 _Wave Washer	2
150	60295150	Ø17 x 0.3T _Wave Washer	4
152	60295152	Ø10 x 2T _Split Washer	2
153	60295153	Ø3/8" x 23 x 2T _Curved Washer	6

NO.	PART NO.	DESCRIPTION	Q'TY
155	60295155	13/14m/m_Wrench (160m/m)	1
157	60295157	Phillips Head Screw Driver	1
158	60295158	12/14m/m_Wrench (160m/m)	1
159	60295159	5/16" x 1-3/4" _Hex Head Bolt	6
160	60295160	Ø8 x 23 x 1.5T _Curved Washer	4
161	60295161	Switch Wire Cap	1
162	60295162	Rubber Sleeve	2
163	60295163	Pedal Foam (L)	1
164	60295164	Pedal Foam (R)	1
168	60295168	Oval End Cap	2
170	60295170	Ø19 x Ø14 x Ø10 x (5+4) Bushing	4
171	60295171	5/16" x 25 x 3T_Nylon Washer	2
172	60295172	5/16" x 2-1/2" _Hex Head Bolt	1
173	60295173	Ø5 x Ø15 x 1.5T _Flat Washer	4
174-1	60295174-1	M5 x 15m/m _Flat Head Socket Screw	2
175	60295175	Ø10 _C Ring	2
176	60295176	3/8" x 2-1/4" _Button Head Socket Bolt	2
177	60295177	L Allen Wrench	1
178	60295178	13m/m _Bolt Cap	1
179	60295179	Chest Strap (Optional)	1
180	60295180	Rubber Foot Pad	2
181	60295181	Transformer Power Cord	1
192	60295192	5/16" x 9T _Nyloc Nut	2
193	60295193	Ø17 x 0.5T _Wave Washer	8

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops, the main cause is most likely one of several reasons:
 - i. 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.
 - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of the noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels and is amplified in the tubing of the frame. Clean the rails and wheels with a lint-free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a nonmetallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint-free cloth. You only need a thin coat of lubrication; wipe off any excess.
 - iii. The crank arm nut needs to be retightened
 - iv. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer; use a 14mm wrench (or adjustable wrench) to adjust the levellers.

Engineering Mode Menu

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 Engineering Mode Menu, press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about 5 seconds, and the message center will display Engineering Mode Menu. Press the **Enter** button to access the menu below:

1. KeyTest (Will allow you to test all the keys to make sure they are functioning)
2. LCDTest (Tests all the display functions)
3. Functions (Press **Enter** to access settings and **Up** arrow to scroll)
 - i. Display Mode (Turn off to have the console power down automatically after 20 minutes of inactivity)
 - ii. Pause Mode (Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely)
 - iii. ODO Reset (Resets the odometer)
 - iv. Units (Sets the display to readout in English or Metric display measurements)
 - v. Beep (Turns off the speaker, so no beeping sound is heard) Motor Test
 - vi. Safety
4. Security (Allows the keypad to be locked to prevent unauthorized use)

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its elliptical parts 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 a consumer. The warranty period applies to the following components:

Limited Warranty

Frame and Brake:	Lifetime
Parts:	10 Years
Labour:	1 Year

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

The warranty shall not apply to exercise units that are (1) used for commercial or other income producing purposes or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties; any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages, are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the elliptical shown in figure can be ordered from Dyaco Canada Inc., 5955 Don Murie Street, Niagara Falls, Ontario L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check, or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca or visit us at www.dyaco.ca Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

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