OWNER'S MANUAL

MODEL NO.
16607603950-1

XE395

- 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

When using an electrical appliance, basic precautions should always be followed, including the following:

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:

- To reduce the risk of burns, electric fire shock, or injury to persons:
- An appliance 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 blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not
- recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
- Connect this appliance to a properly grounded outlet only.
- The appliance is intended for household use.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

FITNESS EQUIPMENT SAFETY INSTRUCTIONS

To disconnect, turn all controls to the off position, then remove the plug from the outlet.

- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- 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.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Keep hands away from all moving parts.
- The 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 (sold separately) 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

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 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95 non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may occasionally trip during use because of the high inrush currents from the elliptical drive motor. This condition is an issue with all elliptical and other products with large motors or electric heating elements like ovens.
New laws in your area may require these breakers. If you do have these breakers and outlets in your home and are experiencing nuisance tripping, you should check to see if there are any other devices plugged into the same circuit like fluorescent lights with electronic ballasts, coffee maker, space heater, etc. Optimally the elliptical should be the only device plugged into the circuit.
Our elliptical have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products that do not trip when only the elliptical is connected. Brands we have tested are Eaton (Cutler-Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series).

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.

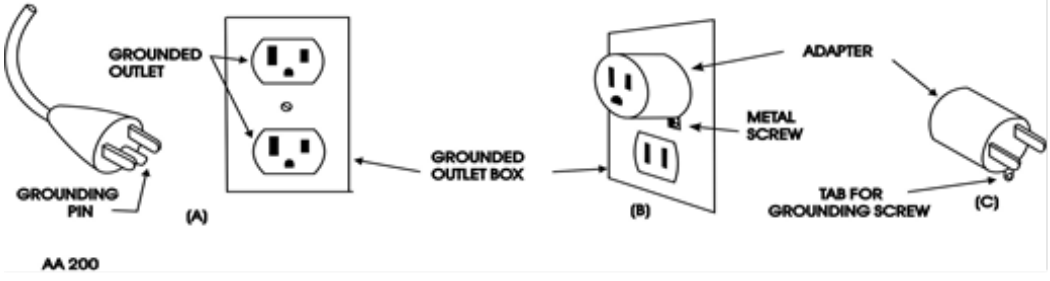
Grounding Instructions

This product must be grounded. If your equipment should malfunction or break down, 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.

Figure 1.
Grounding methods

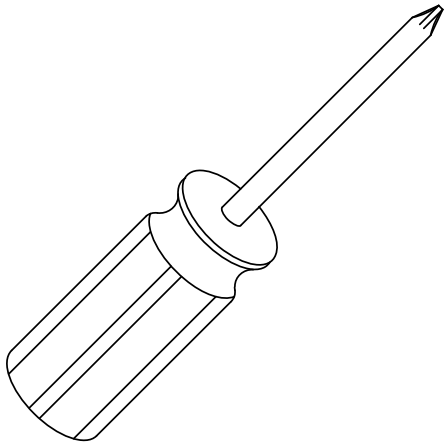


ASSEMBLY INSTRUCTIONS

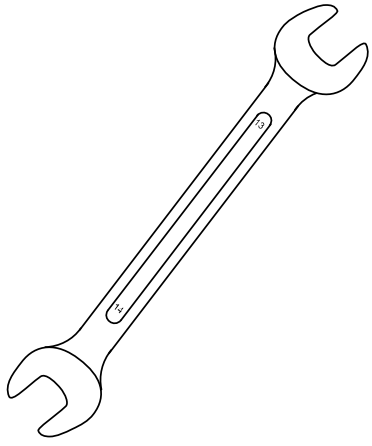
PRE-ASSEMBLY

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 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.

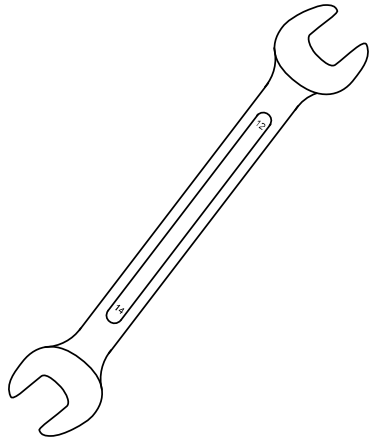
ASSEMBLY TOOLS



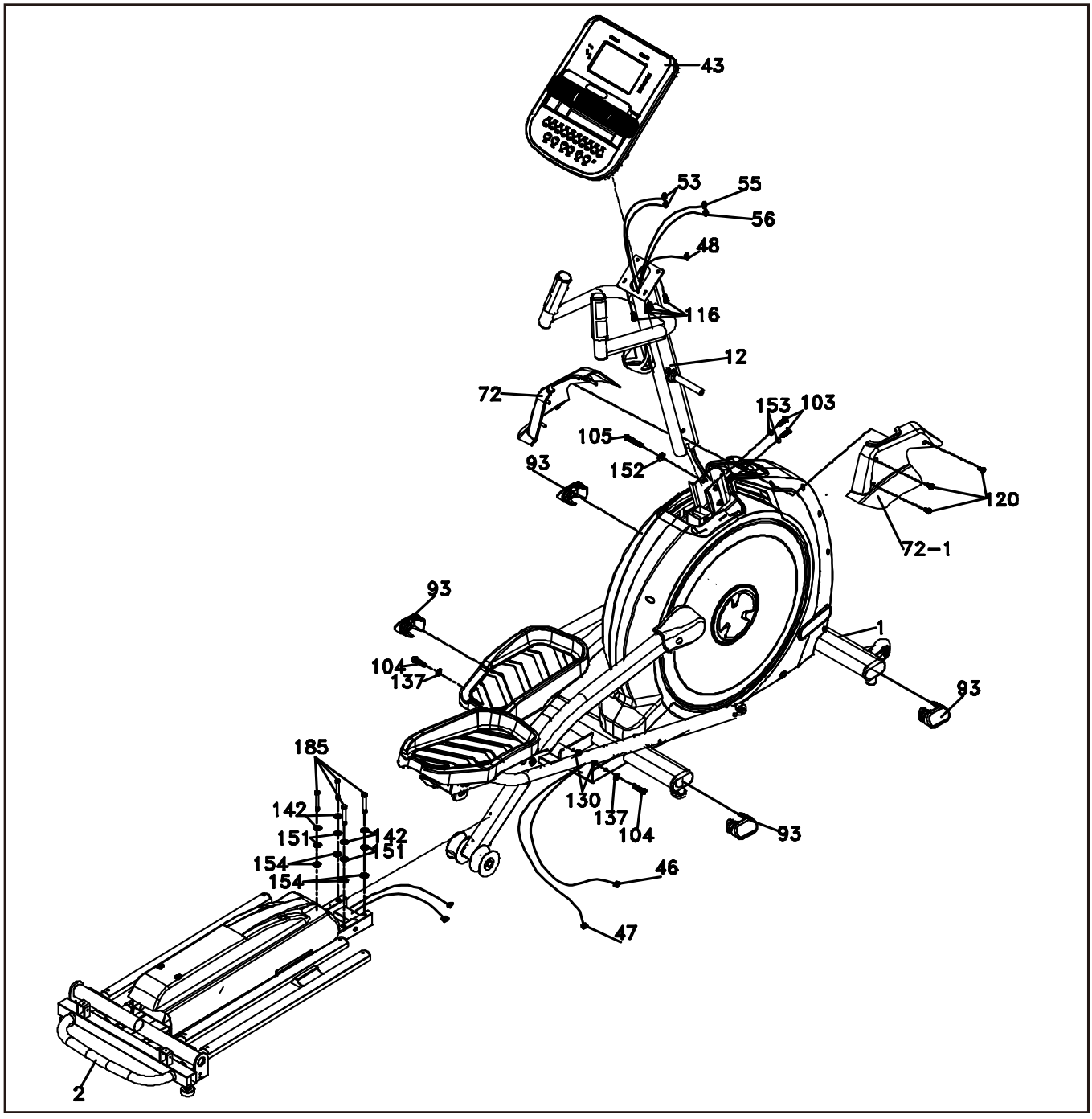
#157. Phillips Head Screwdriver (1 pc)



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



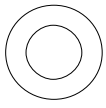
#158. 12/14mm Wrench (1 pc)


43
53
55
56
48
116
12
72
153
103
105
152
93
120
72-1
93
1
104
137
93
185
142
151
142
151
154
154
130
137
104
93
46
47
2

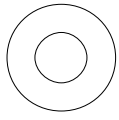
STEP 1

1. Gather **HARDWARE FOR STEP 1**.
2. Slide the **INCLINE RAIL ASSEMBLY (2)** into the U channel of the **MAIN FRAME (1)**. Be very careful not to damage the wires that exit each part.
3. Connect the **INCLINE RAIL ASSEMBLY (2)** horizontally to the U channel of the **MAIN FRAME (1)** with 2 **HEX HEAD BOLTS (104)**, 2 **FLAT WASHERS (137),** and 2 **NYLOC NUTS (130)**. Secure it vertically with 4 **HEX HEAD BOLTS (185)**, 4 **FLAT WASHERS (142)**, 4 **SPRING WASHERS (151)**, and 4 **STAR WASHERS (154)**. Tighten using the **WRENCHES** provided **(155 & 158)**.
4. Connect the **INCLINE MOTOR WIRES (46 & 47)** to the wiring harness & black wire that exits the **INCLINE RAIL ASSEMBLY (2)**. Push the excess cable inside the U channel.
5. At the top opening of the **MAIN FRAME (1)**, there is a **COMPUTER CABLE (48)** tied to a twist tie wire. Feed the twist tie wire and **COMPUTER CABLE (48)** into the bottom of the **CONSOLE MAST (12)** and out of the opening at the top.
6. 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.
7. Place a **SPRING WASHER (152)** onto the **HEX HEAD BOLT (105),** and hand tighten through the left side of the Console Mast. Place a **CURVED WASHER (153)** onto each **HEX HEAD 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.
8. Locate the **CONSOLE MAST (12)** and **CONSOLE MAST COVERS (72) & (72-1)**; attach the covers onto the mast base with 3 **SCREWS (120)**.
9. Connect the 2 **HAND PULSE CABLES (53)**, **RESISTANCE AND INCLINE CABLES (55, 56)**, and **COMPUTER CABLE (48)** 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).**
10. 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).**

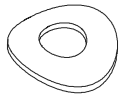
HARDWARE



#137. 3/8"×19×1.5T
Flat Washer (2pcs)

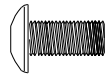


#142. 5/16" × 20 × 1.5T
Flat Washer (4 pcs)



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

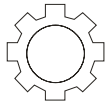
#152. Ø 10 × 2T
Spring aWasher (1pc)



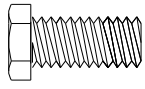
#116. M5 × 10mm
Phillips Head Screw
(4pcs)

#130. 3/8" × 7T
Nyloc Nut (2pcs)

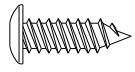
#151. Ø 8×1.5T
Spring Washer (4pcs)



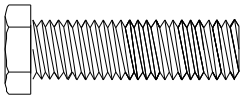
#154. Ø 5/16"
Star Washer (4pcs)



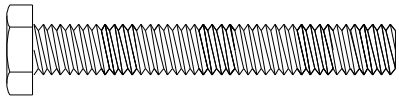
#103. 3/8" × 3/4"
Hex Head Bolt (2pcs)



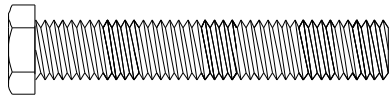
#120. 3.5×16mm
Sheet Metal Screw
(3pcs)



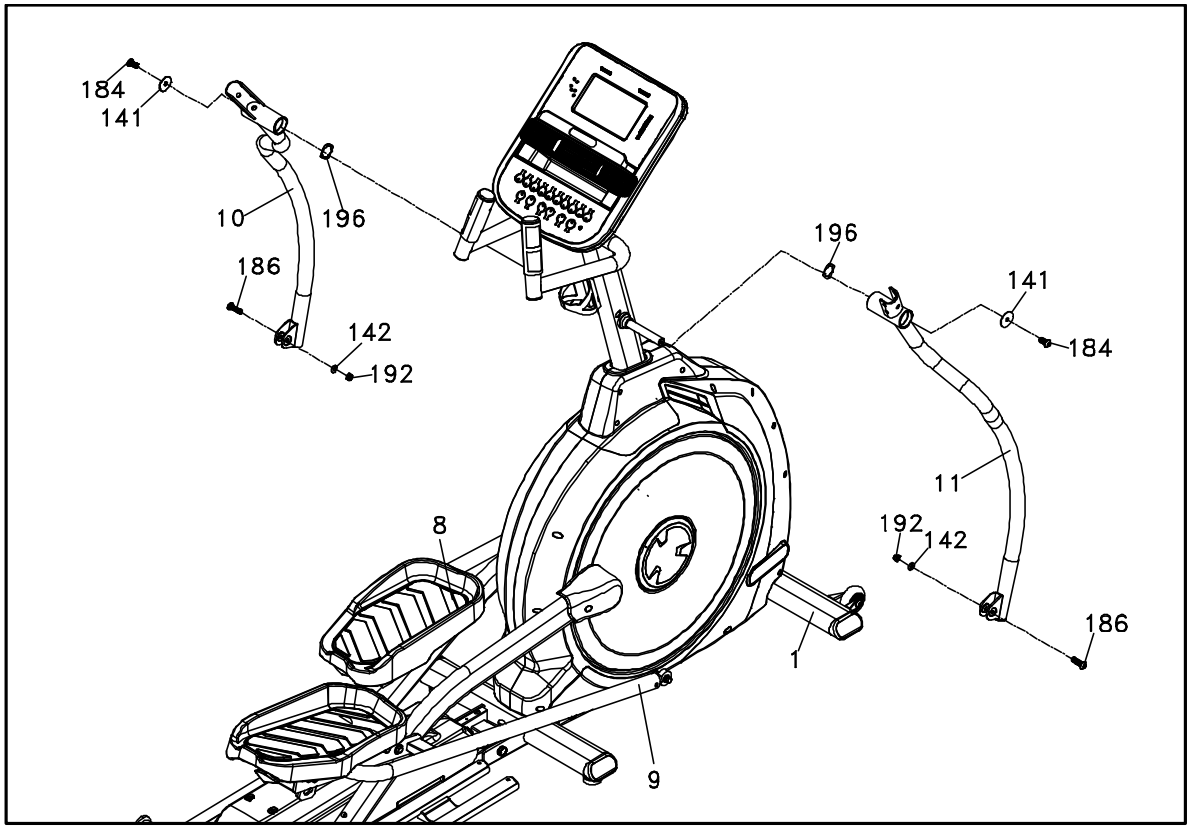
#104. 3/8" × 1-1/2"
Hex Head Bolt (2pcs)



#185. 5/16" × 2-1/4"
Hex Head Bolt (4pcs)



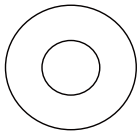
#105. 3/8" × 2-1/4"
Hex Head Bolt (1pc)



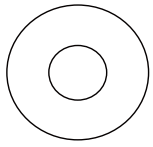
STEP 2

1. Gather **HARDWARE FOR STEP 2**.
2. Slide 2 **WAVE WASHERS (196)** onto each side of the Console Mast Axle. Slide the **LOWER SWING ARMS (10 LEFT, 11 RIGHT)** onto the axles and secure with the 2 **BOLTS (184)** 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.
3. 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 SWINGARM (11)**. Slide the **BOLT (186)** 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

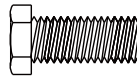


#142. 5/16" × 20 × 1.5T
Flat Washer (2pcs)



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

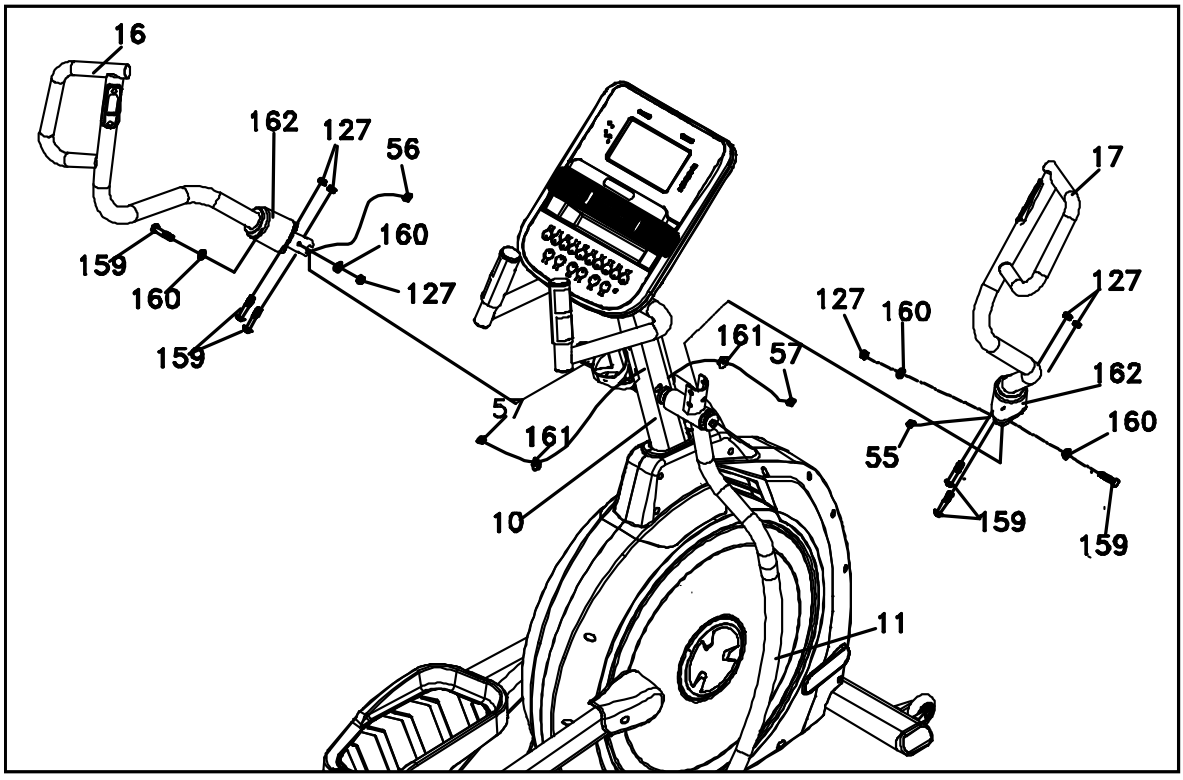
#186. 5/16"×1-1/4"
Hex Head Bolt (2pcs)



#184. 5/16" × 15mm
Hex Head Bolt (2pcs)

#192. 5/16"×9T
Nyloc Nut (2pcs)

#196. Ø 17
Wave Washer (2pcs)

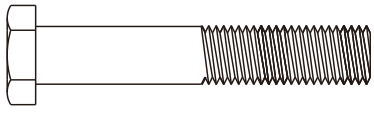


STEP 3

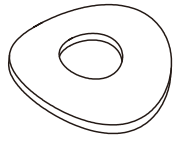
1. Gather **HARDWARE FOR STEP 3**.
2. Slide the **RUBBER SLEEVE (162)** onto the **LEFT (16)** and **RIGHT (17)** Upper Swing Arms. Make sure the wide part is at the bottom.
3. Attach the **WIRE (55)** from the **RIGHT UPPER SWINGARM (17)** to the **WIRE (57)** that exits the **CONSOLE MAST TUBE (12)**. Slide the **SWITCH WIRE CAP (161)** onto the wire with the wide side facing the Swing Arm.
4. Insert the **UPPER SWINGARM (17)** into the Lower Swing Arm. Fasten together with 3 **HEX HEAD BOLTS (159),** 2 **CURVED WASHERS (160)**, and 3 **NYLOC NUTS (127)**.
5. Repeat steps from above on the left side.

HARDWARE

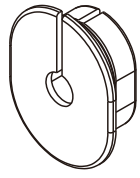
#127. 5/16" × 7T
Nyloc Nut
(6 pcs)



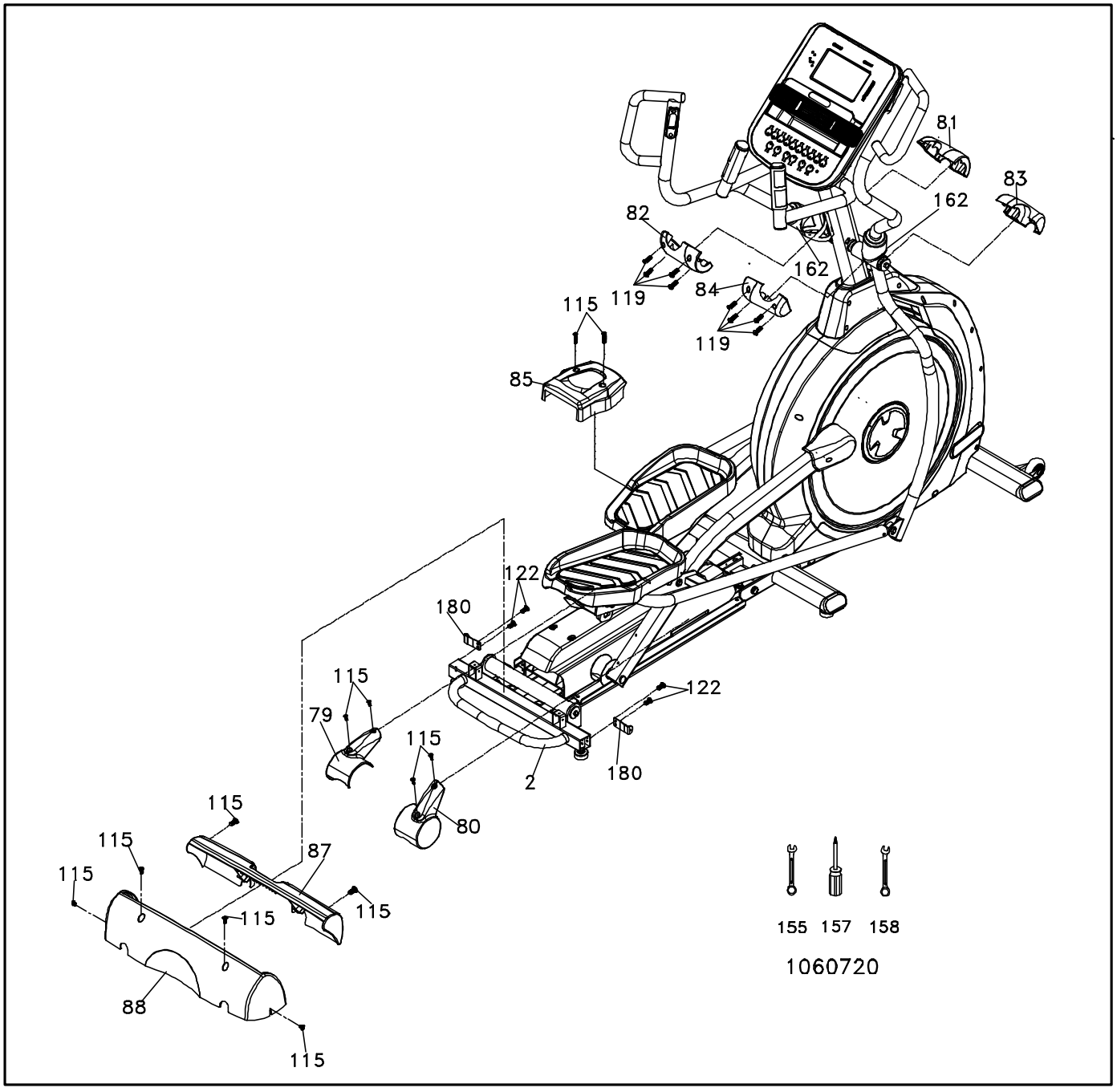
#159. 5/16" × 1-3/4"
Hex Head Bolt
(6 pcs)



#160. 8 × 23 × 1.5T Curved
Washer
(4 pcs)



#161. Switch Wire Cap
(2 pcs)


81
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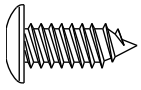
STEP 4

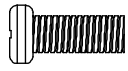
1. Gather **HARDWARE FOR STEP 4**.
2. Fasten the 2 **WHEEL COVERS (79 & 80)** above the rollers with 4 **PHILLIPS HEAD SCREWS (115)**. Tighten with the **PHILLIPS HEAD SCREWDRIVER (157).**
3. Plug the power cord into the machine and a grounded wall outlet. Turn the power switch on. Press the start button and elevate the incline to level Attach the **BOTTOM COVER (85)** to the mid-stabilizer tube with 2 **PHILLIPS HEAD SCREWS (115).** Tighten the screws with the **PHILLIPS HEAD SCREWDRIVER (157).**
4. Install the **LEFT HANDLEBAR COVERS (81& 82)** and **RIGHT HANDLEBAR COVERS (83 & 84)** over the Handle Bars axle connections with 4 **SHEET METAL SCREWS (119)** on each side. Tighten with the **PHILLIPS HEAD SCREWDRIVER (157)**.
5. Attach a **STEEL BRACKET (180)** to the Rear Stabilizer Tube on the left and right sides (with the single hole facing the rear), and secure them with 4 **PHILLIPS HEAD SCREWS (122)**. Tighten using the **PHILLIPS HEAD SCREWDRIVER (157)**.
6. Attach the front **REAR STABILIZER COVER (87)** to the **INCLINE RAIL ASSEMBLY (2)** with 2 **PHILLIPS HEAD SCREWS (115)**. Secure with the **PHILLIPS HEAD SCREWDRIVER (157)**. Attach the back **REAR STABILIZER COVER (88)** onto the Rear Stabilizer Tube with 4 **PHILLIPS HEAD SCREWS (115)**. Secure using the **PHILLIPS HEAD SCREWDRIVER (157)**.
7. 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 (109)** to loosen the top nut. Once the nut has been loosened, turn the rubber caster clockwise until it makes solid contact with the floor. Retighten the top nut to prevent it from moving.
8. Return the elevation to the flat position using the Incline down key.

HARDWARE



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

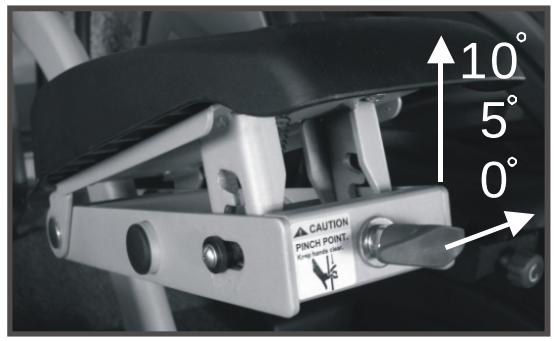
#115. M5 ×15mm
Phillips Head Screw
(12 pcs)



#122. M6 × 10mm
Phillips Head Screw
(4 pcs)

PRODUCT FEATURES

Footpads



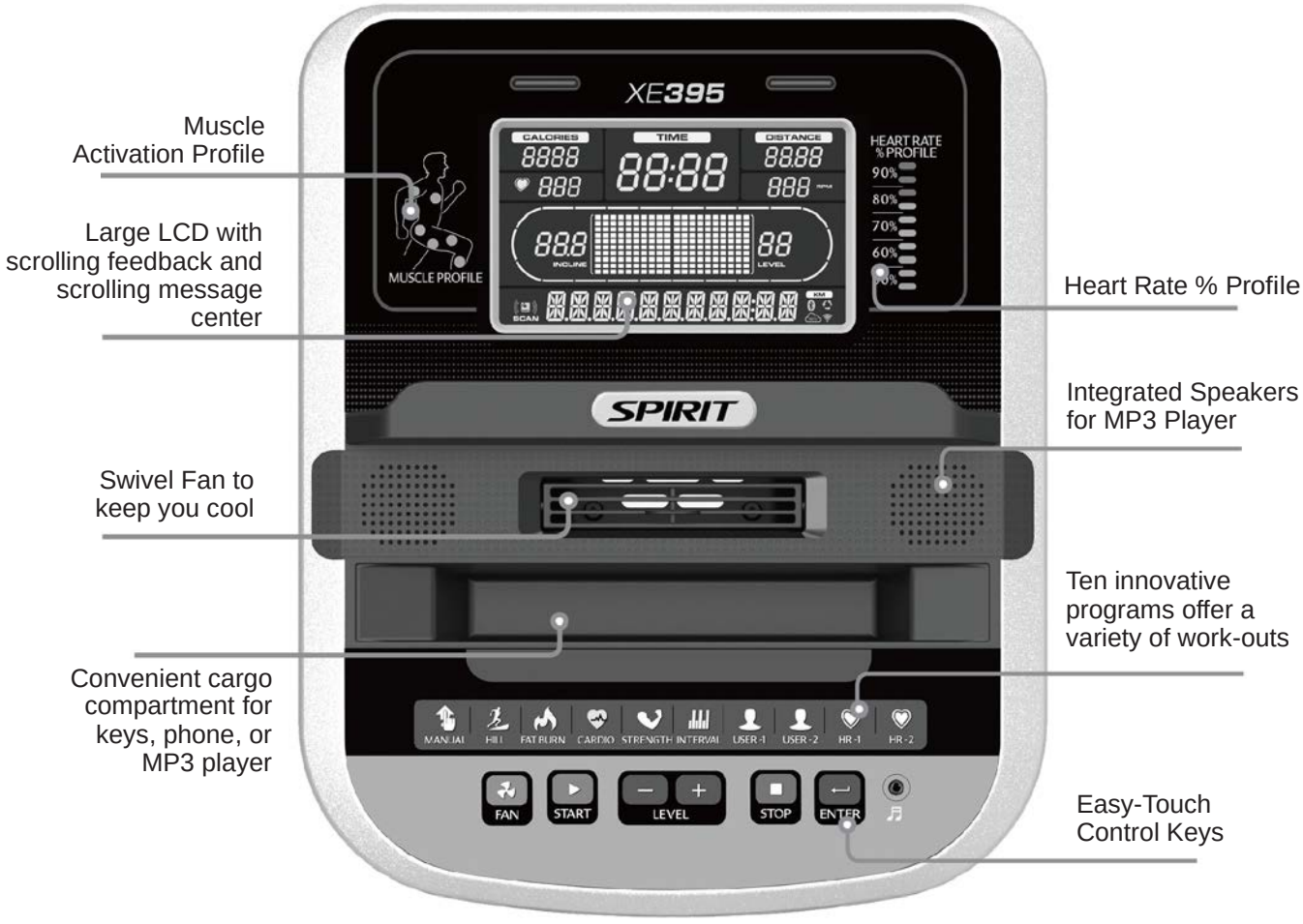
The Foot pedals are adjustable to meet the user's style of pedalling the elliptical. There are three positions available with a simple pull-pin adjustment located under the footpads (see illustration below). The lowest position will set the footpads at zero (0) degrees or flat at the bottom of the elliptical 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 - 0.4k) is complete, this feature will begin again. The Lap track will move in a counterclockwise direction. 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 on the upper display when receiving a Pulse signal. You may not use the Grip Pulse 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, which cannot 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 handlebars 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. These will light up during any of the programs. You can control which muscles are activated by changing the incline and swinging your arms. The preset programs will determine which lower body muscles will be activated by automatically adjusting the incline. Generally, the following guidelines hold true:

- The upper body LED's will light any time your hands aren't in contact with 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.

Forward pedal rotation

- Levels 0-7.5 Incline: Amber - Gluteals and Quadriceps light up; Green - Hamstrings and Calves light up.
- Levels 8-20 Incline: Red – Gluteals light up, Amber – Quadriceps light up, Green – Hamstrings and Calves Light up.

Reverse Pedal rotation

- Levels 0-7.5 Incline: Amber – Calves, Hamstrings, and Quadriceps light up; Green – Gluteals lights up.
- Levels 8-20 Incline: Red – Calves, Hamstrings, and Quadriceps light up; Green- Gluteals lights up.

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 colors 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 more 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 trainer, 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

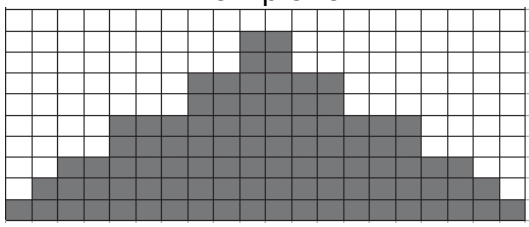
The elliptical has the following preset programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

HILL

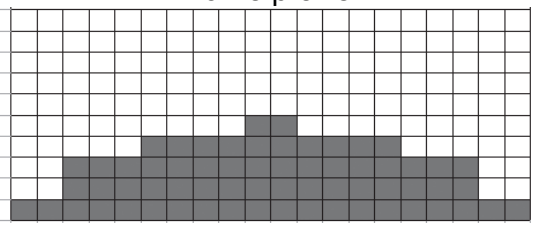
This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10%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

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

work profile



incline profile

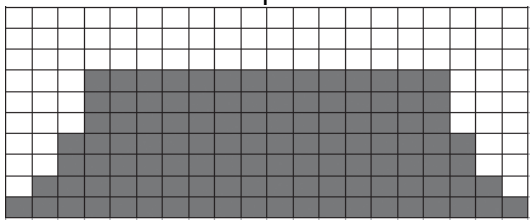


FAT BURN

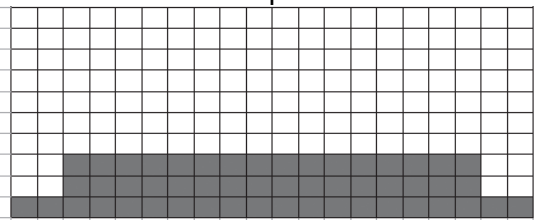
This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

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

work profile



incline profile



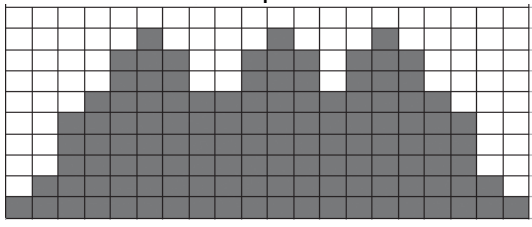
CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level).

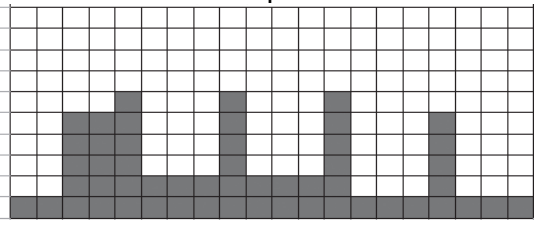
It has slight fluctuations up and down to allow your heart rate to elevate and then recover repeatedly before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.

Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.

work profile



incline profile

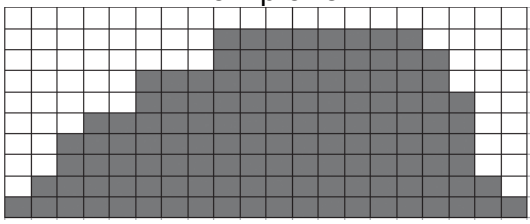


STRENGTH

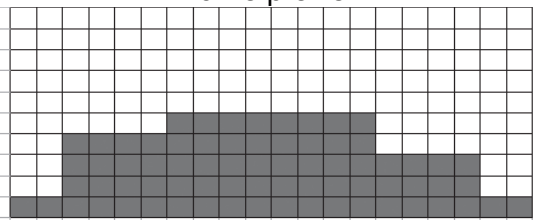
This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool-down follows.

Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.

work profile



incline profile

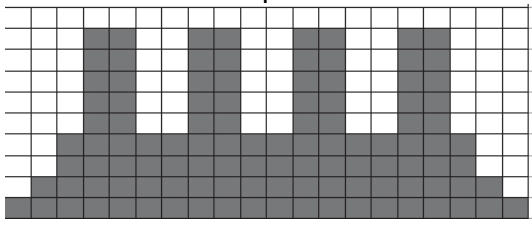


INTERVAL

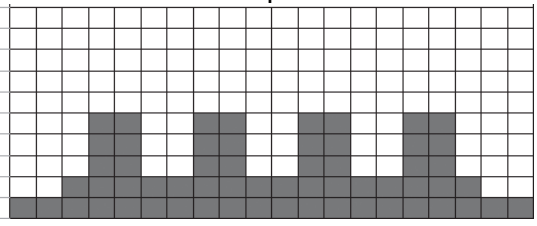
This program takes you through high levels of intensity, followed by recovery periods of low intensity. This program utilizes and develops your Fast Twitch muscle fibres which are used when 27 performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

Incline: This program will spike similar to the resistance profile but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.

work profile



incline profile



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 asked to adjust the Incline on/off. Adjust the Incline on/off and then press **Enter**.
7. Now you are asked to adjust the Max Incline level. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**.
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 > 1) 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. Now you are asked to adjust the Max Incline Level of the program; press **Enter** when incline has been selected.
11. Now the first column will be blinking, and you are asked to adjust the incline level for the first segment (SEGMENT >1) 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.
12. The next segment will show the same workload incline 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.
13. 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.

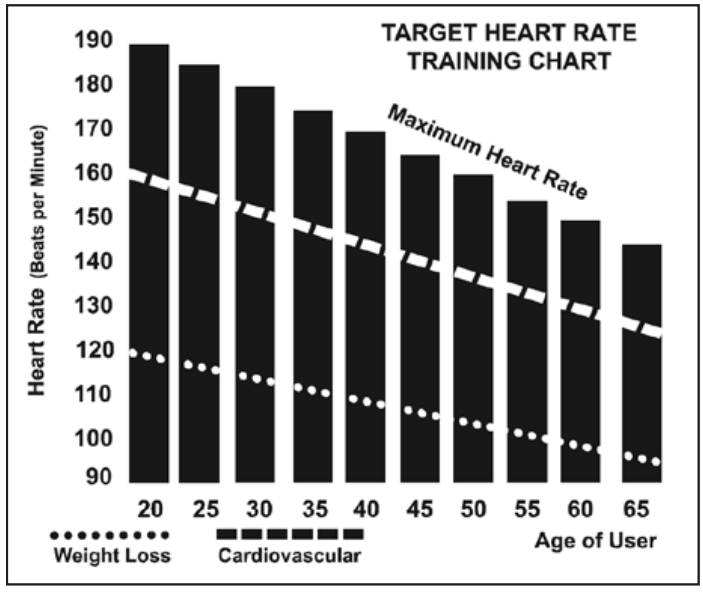
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 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 x .6 = 108 beats per minute (60% of maximum)
180 x .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 work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things. The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The Borg scale is as follows:

Rating Perception of Effort

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

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

USING A HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

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

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water-resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this elliptical trainer 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. Microwave ovens, TV's, 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 Spirit Fitness 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

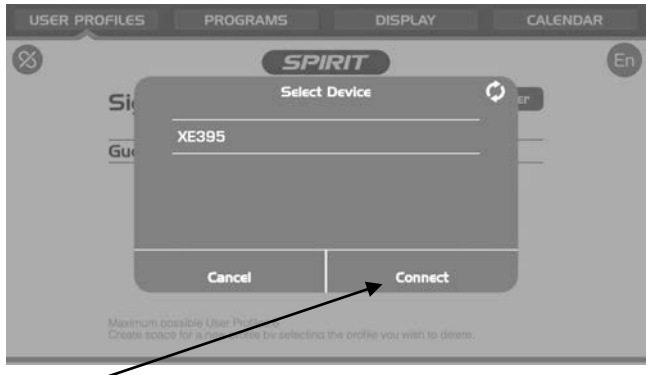
In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit Fit App.

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 in 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 you 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.

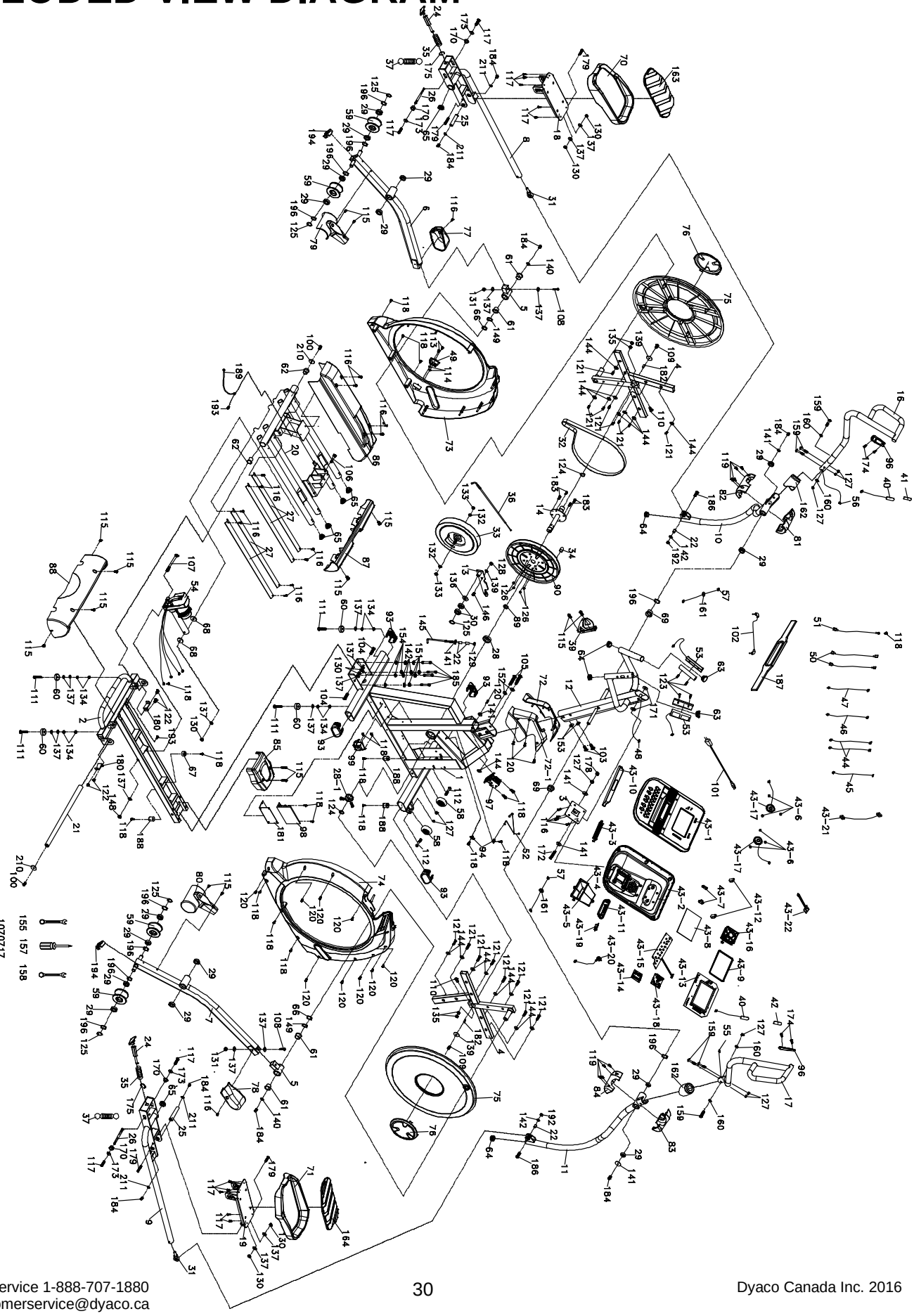
HEART RATE PROGRAM OPERATION

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 heart beats 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 1. If you change this number, it will either increase or decrease the % from Step 1*.
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	O'TY
1	6039501	Main Frame	1
2	6039502	Incline Rail Assembly	1
3	6039503	Console Holder Assembly	1
4	6039504	Cross Bar	2
5	6039505	Bushing Housing, Pedal Arm	2
6	6039506	Pedal Arm (L)	1
7	6039507	Pedal Arm (R)	1
8	6039508	Connecting Arm (L)	1
9	6039509	Connecting Arm (R)	1
10	6039510	Lower Swing Arm (L)	1
11	6039511	Lower Swing Arm (R)	1
12	6039512	Console Mast	1
13	6039513	Idler Wheel Assembly	1
14	6039514	Crank Axle	1
16	6039516	Upper Swing Arm (L)	1
17	6039517	Upper Swing Arm (R)	1
18	6039518	Adjustable Pedal (L)	1
19	6039519	Adjustable Pedal (R)	1
20	6039520	Rear Rail Assembly	1
21	6039521	Locking Tube Assembly	1
22	6039522	Rod End Sleeve	4
24	6039524	Locking Pin Assembly	2
25	6039525	Axle for Pedal	2
26	6039526	Axle Of Locking Pin	2
27	6039527	Aluminum Rail	4
28	6039528	6005_Bearing	1
28-1	6039528-1	6005-2RS_Bearing	1
29	6039529	6003_Bearing	16
30	6039530	6203_Bearing	2
31	6039531	M12 × P1.75_Rod End Bearing	2
32	6039532	Drive Belt	1
33	6039533	Flywheel	1
34	6039534	Magnet	1
35	6039535	Latch Spring	2
36	6039536	Steel Cable	1
37	6039537	Pedal Tension Spring	2
39	6039539	Drink Bottle Holder	1
40	6039540	Resistance Button W/Cable	2
41	6039541	Handgrip Resistance Label (INCLINE)	1
42	6039542	Handgrip Resistance Label (LEVEL)	1

NO.	PART NO.	DESCRIPTION	O'TY
43	6039543	Console Assembly	1
44	6039544	850m/m_Connecting Wire, Controller(Red)	2
45	6039545	650m/m_Computer Cable	1
46	6039546	500m/m_Connecting Wire, Incline Motor Power Cord	1
47	6039547	550m/m_Connecting Wire, Incline Motor	1
48	6039548	1550m/m_Computer Cable	1
49	6039549	AC Electronic Module	1
50	6039550	80m/m_Connecting Wire (White)	2
51	6039551	200m/m_Ground Wire	1
52	6039552	450m/m_Sensor W/Cable	1
53	6039553	850m/m_Handpulse W/Cable Assembly	2
54	6039554	Incline Motor	1
55	6039555	450m/m_Handle Wire (Upper), Resistance(White)	1
56	6039556	450m/m_Handle Wire (Upper), Incline(Red)	1
57	6039557	900m/m_Handle Wire (Lower), Resistance/Incline	2
58	6039558	Ø65_Transportation Wheel	2
59	6039559	Ø78_Slide Wheel , Urethane	4
60	6039560	Ø35 × 10m/m_Rubber Foot	4
61	6039561	WFM-2528-21_Bushing	4
62	6039562	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
63	6039563	Ø32(1.8T)_Button Head Plug	2
64	6039564	Ø32 × 2.0T_Round Cap	4
65	6039565	32 × 2.5T_Round Cap	6
66	6039566	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
67	6039567	Ø25 × Ø25 × 15T_Rubber Foot Pad	1
68	6039568	3/8" × 35 × 5T_Nylon Washer	2
69	6039569	Ø30 × 19m/m_Upright Bushing	2
70	6039570	Pedal (L)	1
71	6039571	Pedal (R)	1
72	6039572	Console Mast Cover(L)	1
72~1	6039572-1	Console Mast Cover(R)	1
73	6039573	Side Case(L)	1
74	6039574	Side Case (R)	1
75	6039575	Round Disk	2
76	6039576	Round Disk Cover	2
77	6039577	Pedal Arm Cover (L)	1
78	6039578	Pedal Arm Cover (R)	1
79	6039579	Slide Wheel Cover(L)	1
80	6039580	Slide Wheel Cover(R)	1
81	6039581	Front Handle Bar Cover (L)	1

NO.	PART NO.	DESCRIPTION	O'TY
82	6039582	Rear Handle Bar Cover (L)	1
83	6039583	Front Handle Bar Cover (R)	1
84	6039584	Rear Handle Bar Cover (R)	1
85	6039585	Bottom Cover	1
86	6039586	Incline Cover	1
87	6039587	Front Rear Stabilizer Cover	1
88	6039588	Back Rear Stabilizer Cover	1
89	6039589	Spacer Bushing	1
90	6039590	Ø330_Drive Pulley	1
93	6039593	Ø40 × Ø80_Oval End Cap	4
94	6039594	Sensor Rack	2
96	6039596	Handle Switch Bracket	2
97	6039597	Gear Motor	1
98	6039598	Incline Controller	1
99	6039599	Incline Adaptor	1
100	60395100	5/16" × UNC18 × 1"_Hex Head Bolt	2
101	60395101	Power Cord	1
102	60395102	400m/m_Audio Cable	1
103	60395103	3/8" × 3/4"_Hex Head Bolt	2
104	60395104	3/8" × UNC16 × 1-1/2"_Hex Head Bolt	2
105	60395105	3/8" × 2-1/4"_Hex Head Bolt	2
106	60395106	3/8" × 2-1/2"_Hex Head Bolt	1
107	60395107	M10 × 130m/m_Hex Head Bolt	1
108	60395108	3/8" × 2-1/4"_Socket Head Cap Bolt	2
109	60395109	5/16" × UNC18 × 15L_Flat Head Socket Bolt	2
110	60395110	M8 × 1.25 × 40m/m_Socket Head Cap Bolt	2
111	60395111	3/8" × 1-3/4"_Flat Head Socket Bolt	4
112	60395112	5/16" × 1-3/4"_Button Head Socket Bolt	2
113	60395113	M4 × 12mm_Phillips Head Screw	2
114	60395114	M4 × P0.7 × 5T_Nyloc Nut	2
115	60395115	M5 × 15m/m_Phillips Head Screw	14
116	60395116	M5 × 10mm_Phillips Head Screw	18
117	60395117	M5 × 10mm_Phillips Head Screw(Nylock)	14
118	60395118	5 × 19m/m_Tapping Screw	20
119	60395119	3.5 × 12m/m _Sheet Metal Screw	8
120	60395120	3.5 × 16m/m_Sheet Metal Screw	13
121	60395121	5 × 16mm_Tapping Screw	16
122	60395122	M6 × 10m/m_Phillips Head Screw	4
123	60395123	3 × 20m/m_Tapping Screw	4
124	60395124	Ø25_C Ring	2
125	60395125	Ø17_C Ring	5
126	60395126	1/4" × 8T_Nyloc Nut	4

NO.	PART NO.	DESCRIPTION	O'TY
127	60395127	5/16" × 7T_Nyloc Nut	9
128	60395128	M8 × 7T_Nyloc Nut	1
129	60395129	M8 × 9T_Nyloc Nut	1
130	60395130	3/8" × 7T_Nyloc Nut	7
131	60395131	3/8" × 11T_Nyloc Nut	2
132	60395132	3/8" × UNF26 × 4T_Luck Nut	2
133	60395133	3/8" × UNF26 × 11T_Nut	2
134	60395134	3/8" × 7T_Luck Nut	8
135	60395135	M8 × 6.3T_Luck Nut	4
136	60395136	Ø17 × Ø23.5 × 1.0T_Flat Washer	1
137	60395137	Ø3/8" × Ø19 × 1.5T_Flat Washer	20
139	60395139-1	Ø5/16" × Ø35 × 1.5T_Flat Washer	3
140	60395140-1	Ø5/16" × 35 × 2.0T_Flat Washer	2
141	60395141-1	Ø5/16" × Ø23 × 1.5T_Flat Washer	6
142	60395142	Ø5/16" × Ø20 × 1.5T_Flat Washer	6
144	60395144	Ø1/4" × 19_Flat Washer	17
145	60395145	M8 × 170m/m_J Bolt	1
146	60395146	M8 × 20m/m_Carriage Bolt	1
148	60395148	M10 × 8T_Nyloc Nut	1
149	60395149	Ø25_Wave Washer	2
151	60395151	Ø8 × 1.5T_Spring Washer	4
152	60395152	Ø10 × 2T_Spring Washer	2
153	60395153	Ø3/8" × 23 × 2.0T_Curved Washer	2
154	60395154	Ø5/16"_Star Washer	4
155	60395155	13/14m/m_Wrench	1
157	60395157	Phillips Head Screw Driver	1
158	60395158	12/14m/m_Wrench	1
159	60395159	5/16" × 1-3/4"_Hex Head Bolt	6
160	60395160	Ø8 × 23 × 1.5T_Curved Washer	4
161	60395161	Switch Wire Cap	2
162	60395162	Rubber Sleeve	2
163	60395163	Pedal Foam (L)	1
164	60395164	Pedal Foam (R)	1
170	60395170	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	4
171	60395171	5/16" × 25 × 3T_Nylon Washer	2
172	60395172	5/16" × 2-1/2"_Hex Head Bolt	1
173	60395173	Ø5 × Ø15 × 1.5T_Flat Washer	4
174	60395174-1	M5 × 15m/m_Flat Head Socket Screw	4
175	60395175	Ø10_C Ring	2
178	60395178	13L_Bolt Cap	1
179	60395179	3/8" × 19m/m_Hex Head Bolt	4
180	60395180	Steel Bracket	2

NO.	PART NO.	DESCRIPTION	O'TY
181	60395181	Control Fixing Plate	1
182	60395182	Woodruff Key	2
183	60395183	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
184	60395184	5/16" × UNC18 × 15L_Hex Head Bolt	8
185	60395185	5/16" × 2-1/4"_Hex Head Bolt	4
186	60395186	5/16" × 1-1/4"_Hex Head Bolt	2
187	60395187	Chest Strap	1
188	60395188	Ø25 × 25mm_Rubber Foot Pad	3
189	60395189	250m/m_Ground Wire	1
192	60395192	5/16" × 9T_Nyloc Nut	2
193	60395193	Ø5 × 16L_Tapping Screw	2
194	60395194	Stabilizer End Cap	2
196	60395196-1	Ø17 × 0.5T_Wave Washer	10
210	60395210-1	Ø38 × Ø8.5 × 4T_Flat Washer	2
211	60395211-1	Ø5/16" × Ø23 × 3T_Flat Washer	4

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 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.
3. 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. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. LCD Test (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)
   vi. Motor Test
   vii. Safety

d. Security (Allows the keypad to be locked to prevent unauthorized use)

Incline Calibration: If there is a problem with the incline, try running the calibration. Press the Start key, Level up key & Stop key at the same time. Hold them down for 5 seconds, and the Incline calibration will start and run automatically. If the problem persists, contact the service department.

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 which 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

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

spiritfitness.ca

solefitness.ca

xterrafitness.ca

dyaco.ca/products/everlast.html

dyaco.ca/UFC/UFC-home.html

spiritfitness.ca/johnnyg.html

trainorsports.ca

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