

## OWNER'S MANUAL

MODEL NO.  
16607604000US

- 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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# ***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 complete and mail your registration card today and enjoy your new elliptical.

**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**

The self-addressed product registration card must be completed in full and returned to Dyaco Canada Inc.

# SAFETY PRECAUTIONS

## IMPORTANT SAFETY INFORMATION THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY READ ALL INSTRUCTIONS BEFORE USING THIS ELLIPTICAL

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

**⚠ WARNING:** Connect this unit to a properly grounded outlet only.

**⚠ DANGER:** To reduce the risk of electric shock, always unplug the elliptical from the electrical outlet immediately after using and before cleaning.

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

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

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

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your elliptical.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
6. The elliptical must be regularly checked for signs of wear and damage. Any part found defective, the part must be replaced with new spare part from the manufacturer.
7. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. Keep the elliptical exerciser indoors, away from moisture and dust.
8. No changes must be made which might compromise the safety of the equipment.
9. It is recommended to have a minimum of 1' safe clearance around the exercise equipment while in use.
10. Keep children and pets away from this equipment at all times while exercising.
11. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward.

This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.

12. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
13. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
14. Always hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
15. Keep your back straight when using the elliptical exerciser; do not arch your back.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.
18. Always unplug the power cord immediately after use and before cleaning the elliptical exerciser.
19. If decals on the elliptical exerciser are missing or illegible, please call our customer service department toll free at 1-888-707-1880 and order a replacement decal.
20. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
21. User weight should not exceed 400 lbs.

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

## SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this 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:**

## 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 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.**

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT ELECTRICAL INSTRUCTIONS

## **WARNING!**

**NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this elliptical. Route the power cord away from any moving part of the elliptical

**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:** Some circuit breakers used in homes are not rated for high inrush currents, (ARC fault breakers are one example) that can occur when an elliptical is first turned on or even during use. If your elliptical is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the elliptical itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at [www.squared.com](http://www.squared.com) part # QO120HM.

# IMPORTANT OPERATION INSTRUCTIONS

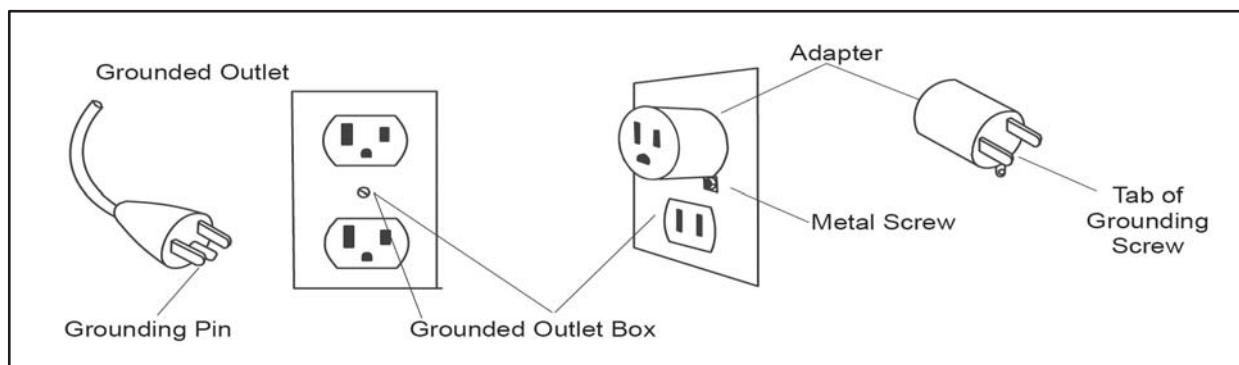
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment 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 pedaling 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 colored 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.



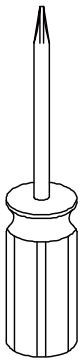


# ASSEMBLY INSTRUCTIONS

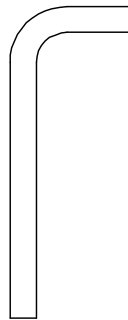
## PRE-ASSEMBLY

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 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.

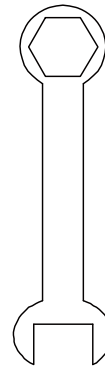
## ASSEMBLY TOOLS



#107. Phillips Head Screwdriver



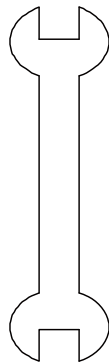
#108. 8mm Allen Wrench



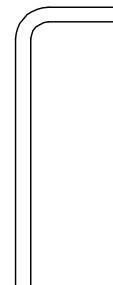
#109. 17mm Wrench



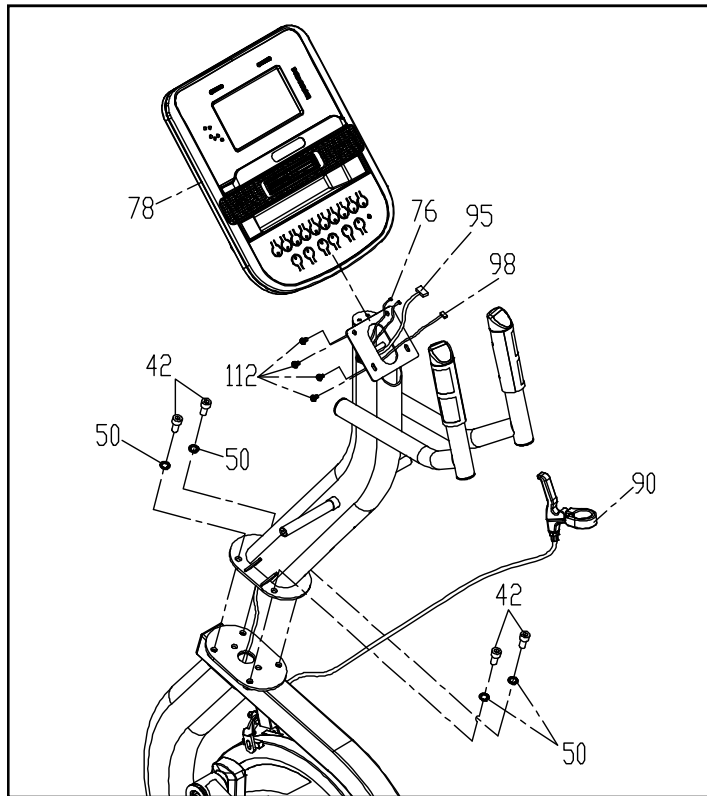
#110. 5mm Allen Wrench



#111. 13/14mm Wrench



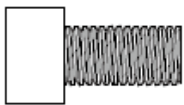
#116. 6mm Allen Wrench



## STEP 1

1. Gather **HARDWARE FOR STEP 1**.
2. Feed the **COMPUTER CABLE (95)** up through the console mast tube (pulse grip posts at the top) with the end of the twist tie that is attached to it.
3. Place the **CONSOLE MAST TUBE** onto the mating plate of the main frame; Be careful not to pinch the Computer cable between the console mast and the main frame plates during assembly.
4. Secure the console mast in place with the 4 stainless steel **BOLTS (42)** and **SPLIT WASHERS (50)**. Make sure the bolts are securely tightened using the 8mm Allen **WRENCH (108)**.
5. Attach the **CONSOLE (78)** to the bracket with 4 **PHILLIPS HEAD SCREWS (112)** using the **PHILLIPS HEAD SCREWDRIVER (107)**.
6. Attach the **EMERGENCY BRAKE LEVER (90)** to the handlebars as follows:
7. Remove the screw that is threaded into the nut on the backside of the hand brake with the **PHILLIPS HEAD SCREWDRIVER (107)**.
8. Place the hand brake bracket around the front of the right handlebar vertical tube, then insert the bolt through the back of the bracket and thread back into the nut. Tighten with the **PHILLIPS HEAD SCREWDRIVER (107)**.

## HARDWARE



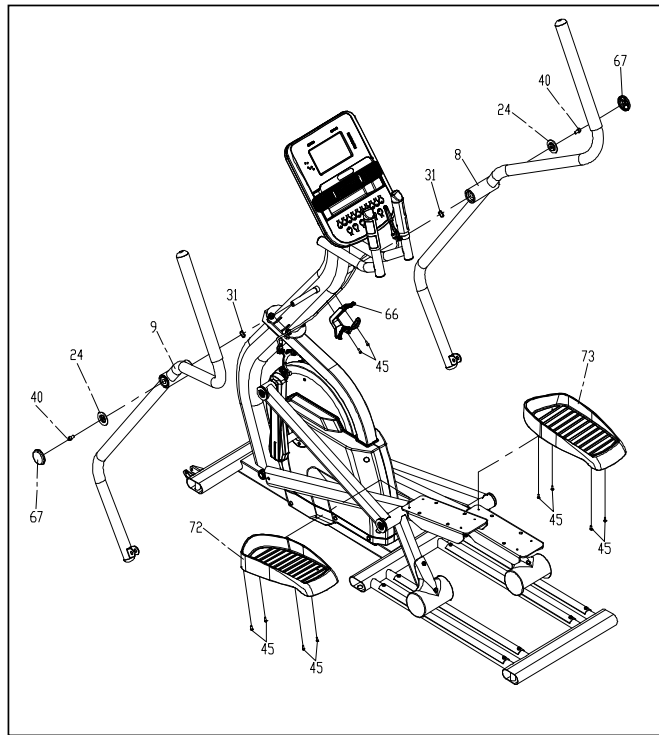
**#42.** M10 x 20mm  
Stainless Steel Bolt  
(4 pcs)



**#50.** M10x1.5t  
Split Washer  
(4 pcs)



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



## STEP 2

1. Gather **HARDWARE FOR STEP 2**.
2. Remove the foam from the console mast axles and the plastic ties from the tubes that slide onto the console mast axles.
3. Slide the **TWO SWING ARMS (8 RIGHT & 9 LEFT)** onto the console mast axle through a **WASHER (31)**. There is a left and right swing arm (marked with an "R" and an "L") so make sure you assemble the correct one on each side. Do not force the arms onto the axle or use a hammer, as damage to the bearings could occur. The swing arms have been previously installed at the factory and should fit properly, although it is a snug fit.
4. Secure the swing arms in place with the stainless steel bolts (**40**); **FLAT SIDE OF WASHERS SHOULD BE ON THE OUTSIDE** and **CUP WASHERS (24)** and tighten with the **WRENCH (116)**. Snap the **END CAPS (67)** over the cup washers.
5. Install the **FOOT PEDALS (72 LEFT & 73 RIGHT)** with 8 **PHILLIPS HEAD SCREWS (45)** and tighten with the **PHILLIPS HEAD SCREWDRIVER (107)**. The pedals are identified with an L or R on the bottom.
6. Attach the **WATER BOTTLE HOLDER (66)** to the console mast tube with 2 **PHILLIPS HEAD SCREWS (45)**. Place the **EMERGENCY BRAKE CABLE (92)** behind the holder to keep it out of the way of operation. Tighten the screws with the **PHILLIPS HEAD SCREWDRIVER (107)**.

## HARDWARE



#24. Cup Washer  
(2 pcs)



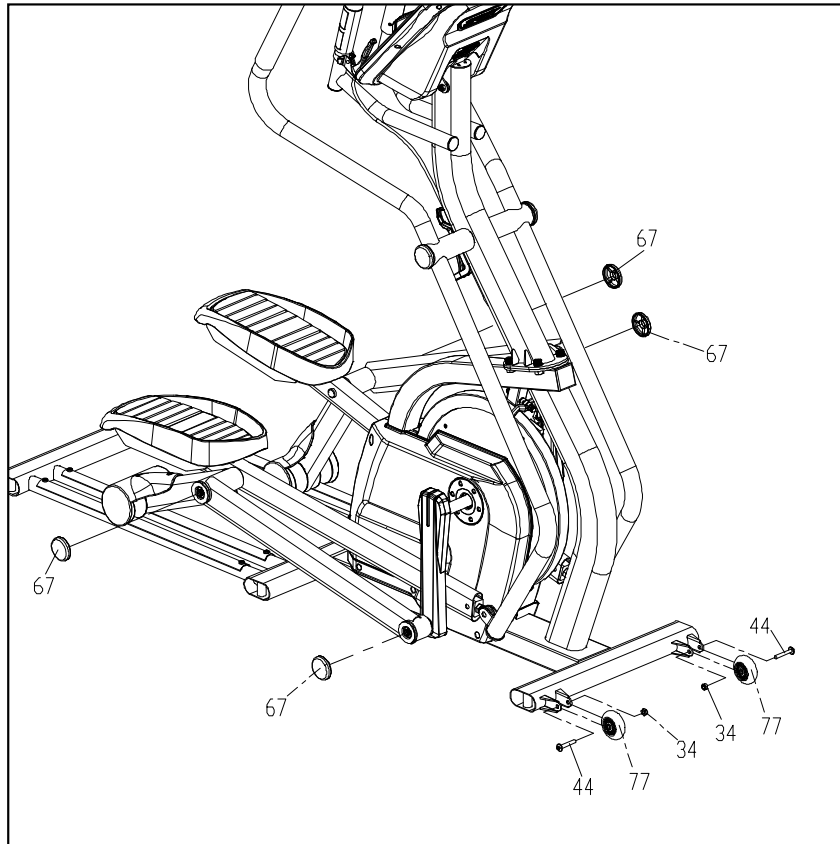
#40. M8 x 15mm  
Stainless Steel Bolt  
(2 pcs)



#45. M5 x 10mm  
Phillips Head Screw  
(10 pcs)



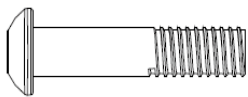
#31. Ø17  
Wave Washer  
(2 pcs)



### STEP 3

1. Gather **HARDWARE FOR STEP 3**.
2. Attach the **TRANSPORT WHEELS (77)** to each bracket with the 2 **BOLTS (44)** and **NUTS (34)**. Partially tighten with the **WRENCHES** provided (**110 & 111**). Over tightening the hardware won't allow the wheels to rotate.
3. Snap the 4 **END CAPS (67)** onto the cup washers on the left & right pedal arm assemblies.

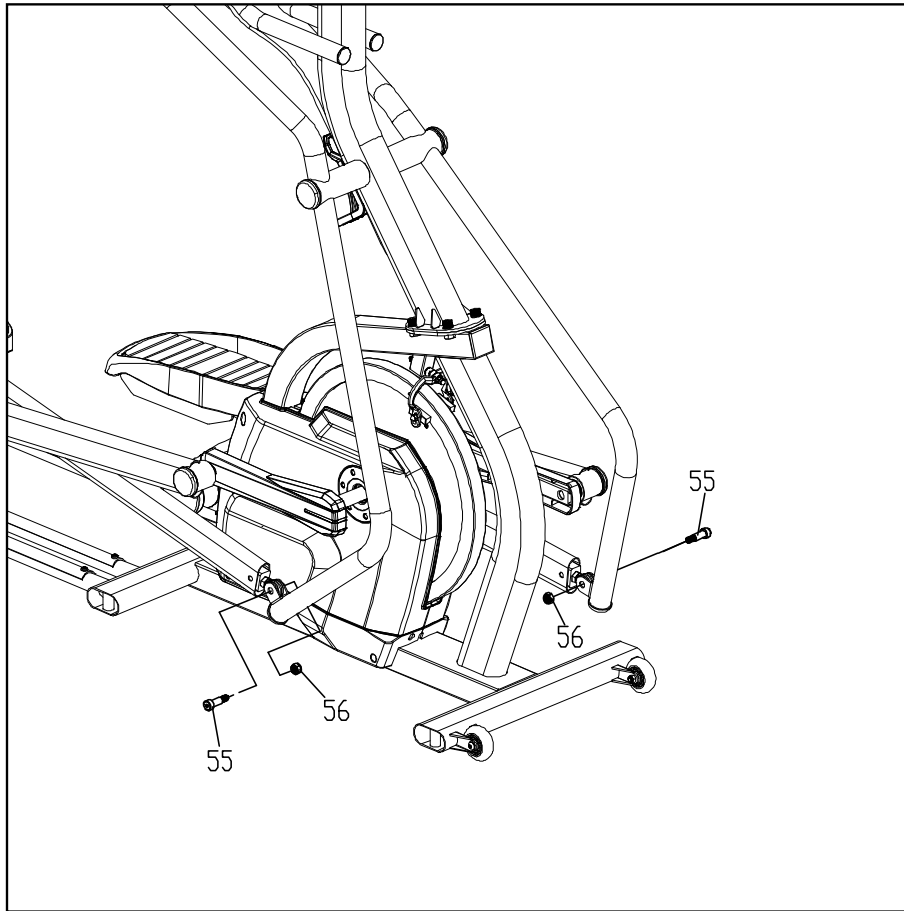
### HARDWARE



#44. 5/16" x 1-3/4" Bolt  
(2 pcs)



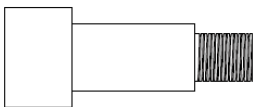
#34. 5/16" Nut  
(2 pcs)



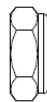
## STEP 4

1. Gather **HARDWARE FOR STEP 4**.
2. Assemble the brackets at the bottom of the swing arms to the pedal arms using a shoulder **BOLT (55)** and a **NUT (56)** on each side. Tighten securely with the **WRENCHES** provided (**109 & 116**).

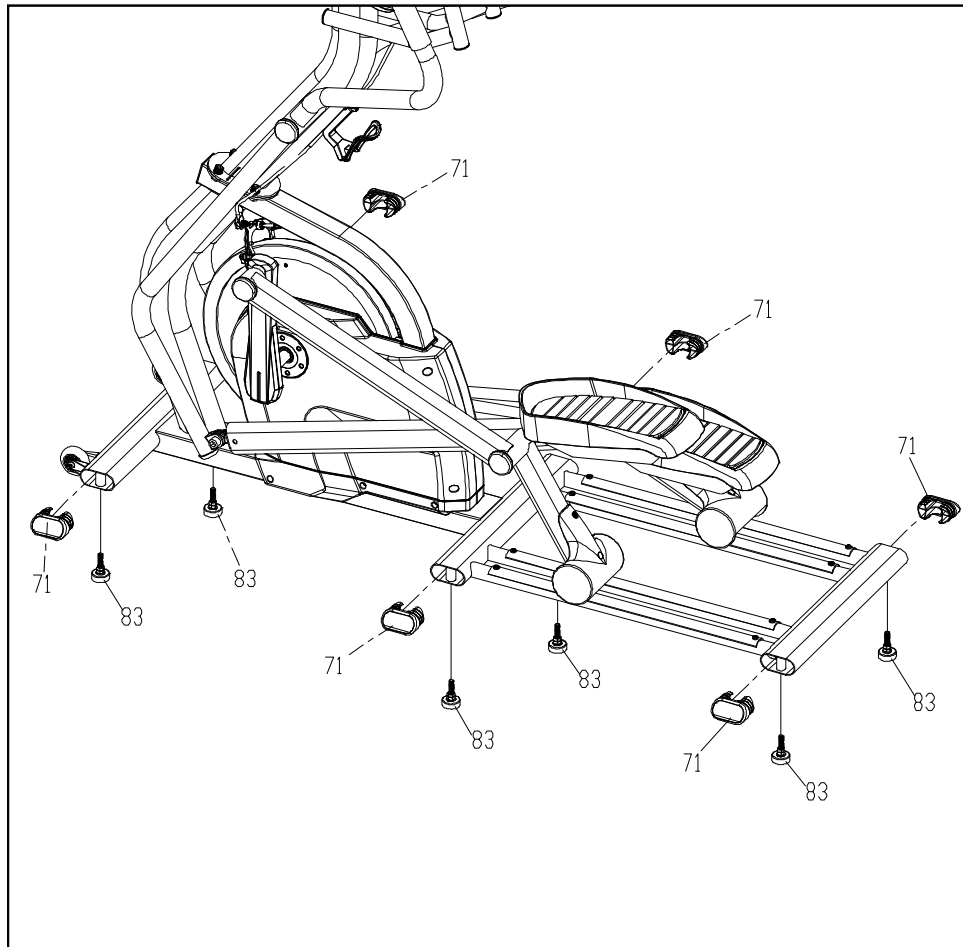
### HARDWARE



#55. M10 x 20mm  
Shoulder Bolt  
(2 pcs)



#56. M10 Nut  
(2 pcs)

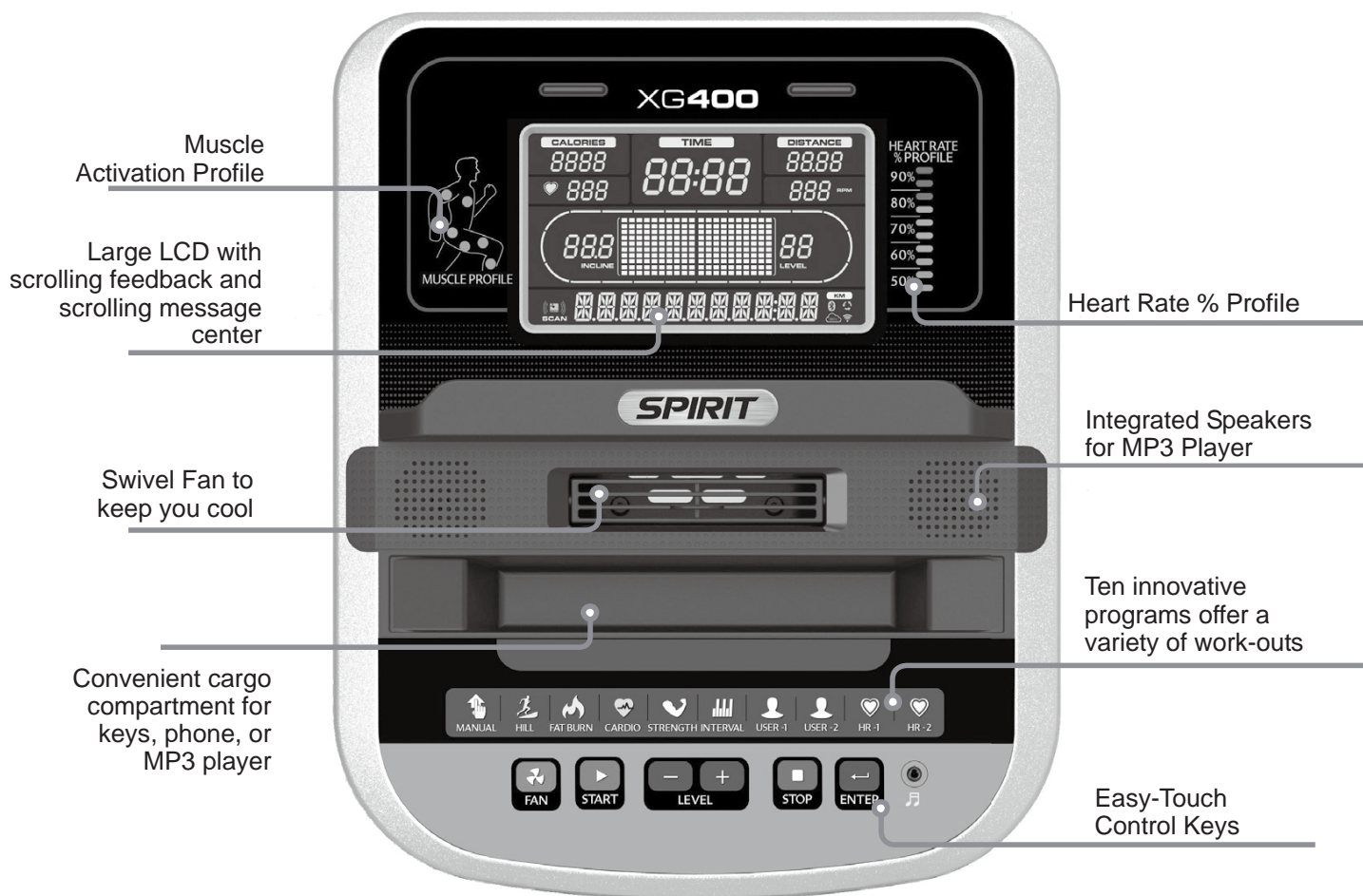


## STEP 5

1. Gather **HARDWARE FOR STEP 5**.
2. Tilt the elliptical Trainer to one side and put something under the unit for support and install the 3 **LEVELERS (83)** for that side. Tilt the unit to the other side and install those 3 **LEVELERS (83)**. Level the elliptical Trainer once it is positioned where it will be used. Screw the two middle levelers all the way in and the front and rear levelers all the way in, then back them out about two or three turns. Level the unit using only the front and rear levelers first, then adjust the middle levelers so they touch the floor. **MAKE SURE TO LOCK THE LEVELERS WHEN FINISHED.**
3. Press the 6 **PLASTIC END CAPS (71)** into the oval stabilizer tubes.
4. Unlock the black lever located near the flywheel at the end of the **EMERGENCY BRAKE CABLE (92)**. This is locked for shipping purposes, but also serves as a safety lock mechanism to prevent unauthorized use of this machine.

# OPERATION OF YOUR ELLIPTICAL

## GETTING FAMILIAR WITH THE CONTROL PANEL



## POWER

When the power cord is connected to the Elliptical trainer 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. The Lap track will move in a counterclockwise direction.

## 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. 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 work load 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 at the top 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 set up 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 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 SETTING

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.

# 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 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.**

# 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.

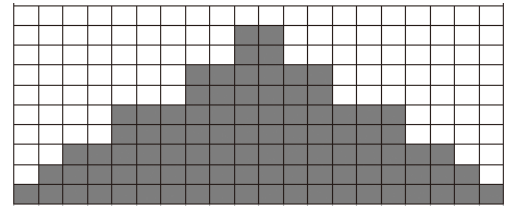
1. Press the **Manual** key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age, using the **Level Up/Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. 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 work load at any time press the **Level Up** key; the **Level Down** key will decrease the work-load.
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.

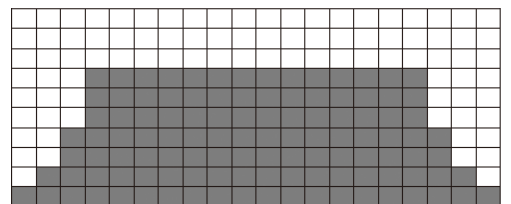
### HILL

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.



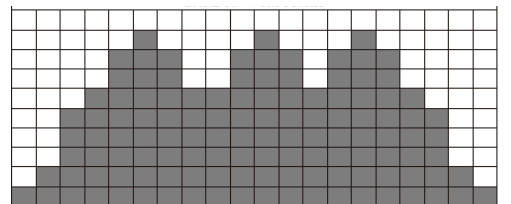
### FAT BURN

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.



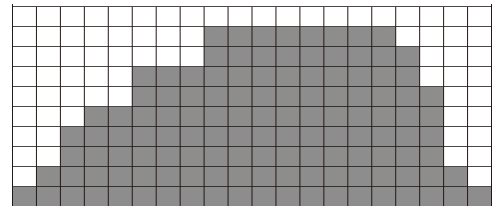
### CARDIO

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

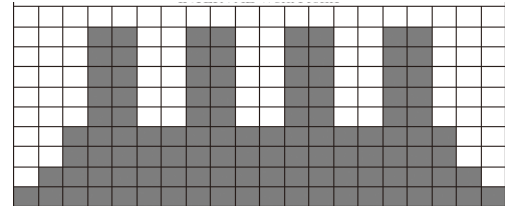
This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows.



## 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 key pad, 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 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 cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

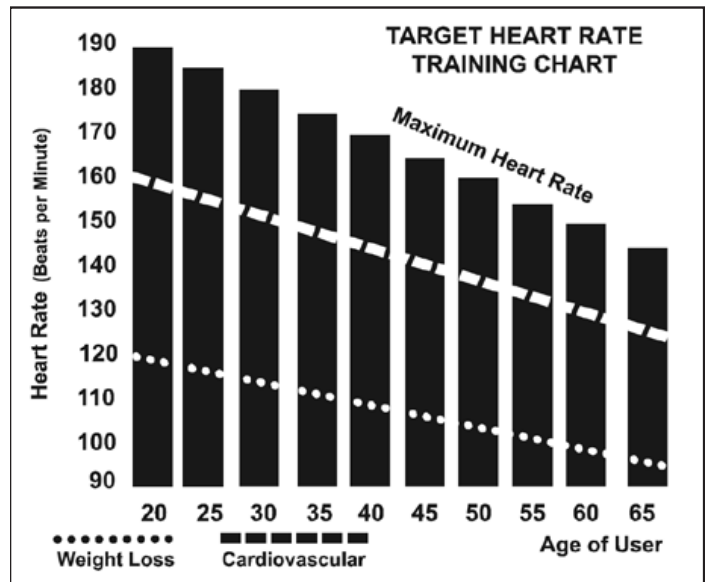
For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$  (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 know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

## Rating Perception of Effort

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

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



# USING 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 centered 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 heart beat 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 work out. 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.**

# 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

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	6040001	Main Frame	1
2	6040002	Console Mast	1
3	6040003	Sliding Pedal Arm (R)	1
4	6040004	Sliding Pedal Arm (L)	1
5	6040005	Connecting Pedal Arm (R)	1
6	6040006	Connecting Pedal Arm (L)	1
7	6040007	Main Crank Axle	1
8	6040008	Swing Arm (R)	1
9	6040009	Swing Arm (L)	1
10	6040010	Crank Arm	2
11	6040011	Flywheel	1
11-1	6040011-1	Nylon Round Disk	2
12	6040012	Ø174_Main Pulley	1
13	6040013	Ø174_Drive Pulley	1
14	6040014	Drive Axle	1
15	6040015	Ø60_Flywheel Pulley	1
16	6040016	Axle for Idler Wheel (L)	1
17	6040017	Axle for Idler Wheel (R)	1
18	6040018	Bearing Housing, Crank Axle	2
19	6040019	Side Case bracket	2
21	6040021	Brake Magnet Mounting Arm	1
23	6040023	Brake Mounting Bracket	1
24	6040024	M8_Cup Washer For Bolt	6
25	6040025	6005_Bearing	3
26-1	6040026-1	6003_Bearing(CN TMT)	4
26-2	6040026-2	6003_Bearing(C3 TMT)	20
27	6040027	Rod End Bearing	2
28	6040028	Aluminum Track	4
29	6040029	Ø17_C Ring	6
30	6040030	Ø25_C Ring	4
31	6040031	Ø17_Wave Washer	14
32	6040032	M6 - 6t_Nyloc Nut	1
33	6040033	M8 - 6t_Nyloc Nut	2
34	6040034	5/16" - 7t_Nyloc Nut	2
35	6040035	M5 x 0.8 - 12m/m_Socket Head Cap Bolt	4
36	6040036	M5 x 0.8 - 20m/m_Socket Head Cap Bolt	1
37	6040037	M6 x 1.0 - 20m/m_Socket Head Cap Bolt	12

KEY NO.	PART NO.	DESCRIPTION	Q'TY
38	6040038	M6 x 1.0 - 50m/m_Socket Head Cap Bolt	1
39	6040039	M8 x 1.25 - 12m/m_Socket Head Cap Bolt	6
40	6040040	M8 x 1.25 - 15m/m_Socket Head Cap Bolt	7
41	6040041	M8 x 1.25 - 35m/m_Socket Head Cap Bolt	2
42	6040042	M10 x 1.5 - 20m/m_Socket Head Cap Bolt	4
43	6040043	M10 x 1.5-80m/m_Socket Head Cap Bolt	1
44	6040044	5/16" x 1-3/4"_Button Head Socket Bolt	2
45	6040045	M5 x 0.8 - 10m/m_Phillips Head Screw	28
46	6040046	M6 x 1.0 - 10m/m_Phillips Head Screw	8
47	6040047	M5_Split Washer	4
48	6040048	M6_Split Washer	12
49	6040049	M8_Split Washer	1
50	6040050	M10_Split Washer	4
51	6040051	M5 - 4t_Nut	1
53	6040053	M10 x 1.5 x 220L_Idler Adj. Bolt	1
54	6040054	7 x 7 x 23L_Woodruff Key	2
55	6040055	M10 x 1.5_Shoulder Bolt	2
56	6040056	M10 - 10t_Nyloc Nut	2
57	6040057	6 x 6 x 16L_Twin Circle Key	1
58	6040058	Ø5 x 10 x 1.0T_Flat Washer	4
59	6040059	Ø8 x 35 x 3.0T_Flat Washer	1
60	6040060	M4 - 12m/m_Tapping Screw, Black	6
61	6040061	Round Side Case Insert	2
62	6040062	Side Case (L)	1
63	6040063	Side Case (R)	1
64	6040064	Square End Cap	1
65	6040065	Crank Cover	2
66	6040066	Water Bottle Holder	1
67	6040067	End Cap	6
68	6040068	Slide Wheel Cover, Black	2
69	6040069	Button Head Plug	4
70	6040070	Round Cap	4
71	6040071	Handgrip End Cap	6
72	6040072	Pedal (L)	1
73	6040073	Pedal (R)	1
74	6040074	Sliding Wheel	4
75	6040075	Handgrip End Cap	2
76	6040076	850m/m_Handpulse W/Cable Assembly	2
77	6040077	Transportation Wheel	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
78	6040078	Console Assembly	1
78-1	6040078-1	Console Top Cover	1
78-2	6040078-2	Console Bottom Cover	1
78-3	6040078-3	Deflector Fan Grill	1
78-4	6040078-4	Wind Duct (L)	1
78-5	6040078-5	Wind Duct (R)	1
78-6	6040078-6	Speaker Grill Anchor	6
78-7	6040078-7	Fan Grill Anchor	2
78-8	6040078-8	LCD Transparent Piece	1
78-9	6040078-9	Water-resist Rubber	1
78-10	6040078-10	Book Rack	1
78-11	6040078-11	Logo Cover Plate	1
78-14	6040078-14	Console Display Board	1
78-15	6040078-15	Keyboard	1
78-16	6040078-16	Fan Assembly	1
78-17	6040078-17	300m/m_Speaker W/Cable	2
78-18	6040078-18	Amplifier Controller	1
78-19	6040078-19	Interface Board	1
78-20	6040078-20	300m/m_W/Receiver, HR	1
78-22	6040078-22	300m/m_Earphone socket with cable and securing metal	1
78-23	6040078-23	250m/m_Amplifier Cable	1
78-24	6040078-24	Fan Fixing Plate	2
78-25	6040078-25	Bluetooth	1
79	6040079	Magnet	1
80	6040080	Speed Sensor Mounting Bracket	2
81	6040081	Brake Return Spring	1
82	6040082	Handgrip Foam	2
83	6040083	Levelers	6
84	6040084	3/8" x 7T_Nut	12
85	6040085	Ø3/8" x Ø19 x 1.5T_Flat Washer	6
86	6040086	3/8"x16UNC-2_Flat Head Socket Bolt	6
87	6040087	Braking Magnet	1
88	6040088	Poly-V Belt, 6PK	1
89	6040089	Type PJ Belt	1
90	6040090	Emergency Brake Lever(Ø32)	1
91	6040091	Emergency Brake Assembly	1
91-1	6040091-1	Emergency Brake Pad	2
92	6040092	Emergency Brake Cable	1
93	6040093	265m/m_Resistance Sensor Cable	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
94	6040094	Gear Motor	1
95	6040095	1600m/m Computer Cable	1
96	6040096	750m/m DC Power Cord	1
97	6040097	700m/m,650m/m_Speed Sensor W/Cable	1
98	6040098	900m/m Resistance Connecting Cable	1
99	6040099	Handgrip Thin Film Label	2
100	60400100	Handgrip Resistance Label(DOWN)	1
101	60400101	Handgrip Resistance Label(UP)	1
102	60400102	M8 x 1.25 - 70m/m_Socket Head Cap Bolt	1
103	60400103	Ø5/16" x Ø25 x 3T_Nylon Washer	2
104	60400104	Power Adaptor	1
107	60400107	Phillips Head Screwdriver	1
108	60400108	8m/m_L Allen Wrench	1
109	60400109	17m/m Wrench	1
110	60400110	5mm Allen Wrench	1
111	60400111	13.14m/m_Wrench	1
112	60400112	M5 x 0.8 - 12m/m_Phillips Head Screw	7
113	60400113	Magnet Bracket	1
114	60400114	Tension Cable Pulley	1
115	60400115	E-5_E Retaining Ring	1
116	60400116	6mm Allen Wrench	1
118	60400118	Ø6 x Ø19 x 3.0T_Flat Washer	12
119	60400119	Console Holder Assembly	1
120	60400120	M8 - 7t_Nyloc Nut	1
121	60400121	Ø3 x 20m/m_Tapping Screw	4
122	60400122	C Ring	2
123	60400123	Bearing Housing	2
124	60400124	M8-10m/m_Slotted Set Screw	1
126	60400126	Ø25_Wave Washer	1
127	60400127	6005_Bearing(2RS/B10+2M5)	3
128	60400128	Pedal Foam (R)	1
129	60400129	Pedal Foam (L)	1
130	60400130	Bushing	2

# 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
  - iv. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

# 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)
  - vi. **Motor Test**
  - vii. **Safety**
4. **Security** (Allows the keypad to be locked to prevent unauthorized use)



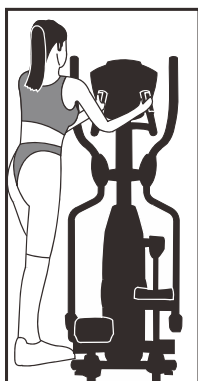
# GETTING ON/OFF YOUR ELLIPTICAL

## **IMPORTANT**

The elliptical comes with two Dual Action Handles and a Stationary Handlebar. Always hold the Stationary Handlebar when getting on and off the elliptical. First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

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

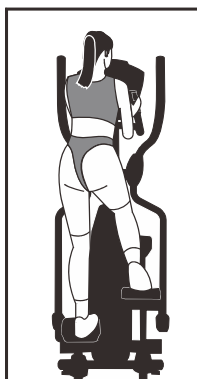
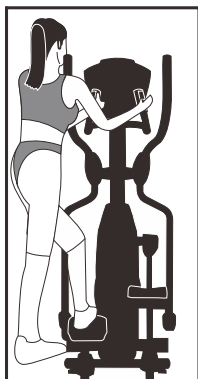
***Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below.***



***Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.***

***Place your left foot on the left Foot Pedal and get secure.***

***Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.***



## **IMPORTANT**

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

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

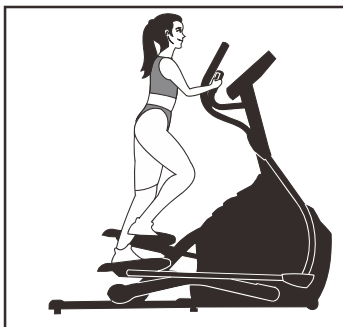
***It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.***

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

## **CORRECT POSITION**



*Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.*



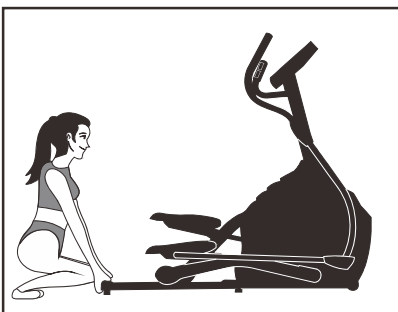
*The elliptical can be used in forward or reverse motion.*



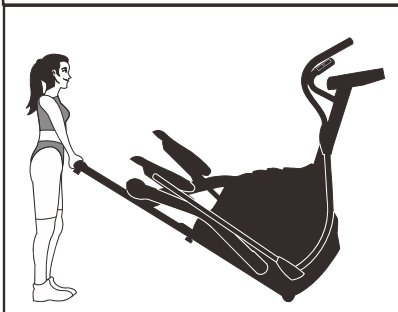
*When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.*

## **MOVING YOUR ELLIPTICAL**

*The elliptical can be easily moved from room to room.*



**1. Move to the front of the machine and ensure swing arms are even (one foot pedal at top of Elliptical Disk and other at bottom).**



**2. Grasp both Dual Action Handles together and pulling back on handles, tip machine towards you.**

# TRAINING GUIDELINES

## **EXERCISE**

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

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

## **BASIC COMPONENTS OF PHYSICAL FITNESS**

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

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

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

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

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

## **AEROBIC FITNESS**

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo<sub>2</sub>). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

## **ANAEROBIC TRAINING**

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

### **The Training Threshold**

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

### **Progression**

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

### **Overload**

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

### **Specificity**

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

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### **Reversibility**

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

### **Warm Up**

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

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

### **Warm Down or Cool Down**

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

### **Heart Rate**

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

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

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

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

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

### **Pulse Count**

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

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

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

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

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

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

### **ENDURANCE CIRCUIT TRAINING**

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

### **Body Building**

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

### **Patronization**

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

### **Muscle Soreness**

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

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

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

### **What to Wear**

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

**Breathing during Exercise**

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

***Rest periods***

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

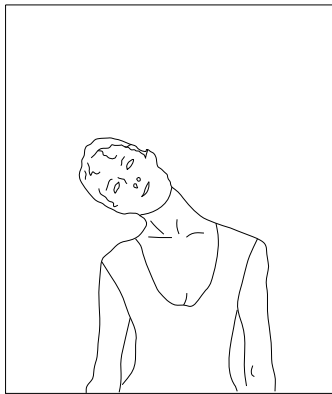
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

# STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

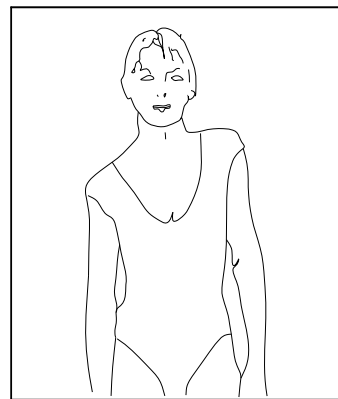
## HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



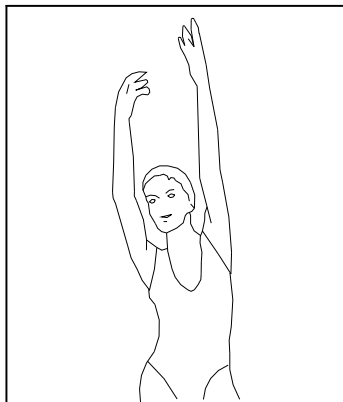
## SHOULDER LIFTS

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



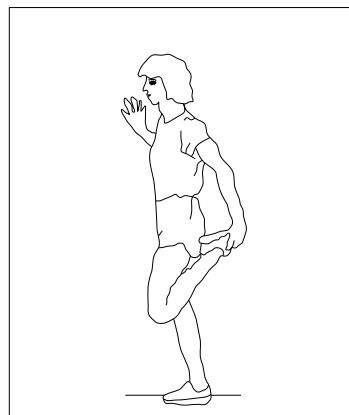
## SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



## QUADRICEPS STRETCH

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



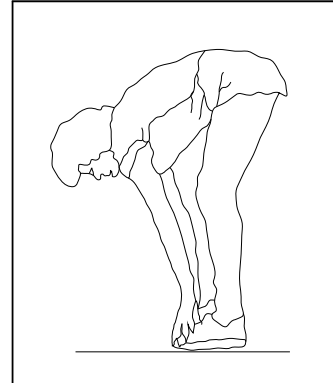
## INNER THIGH STRETCH

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



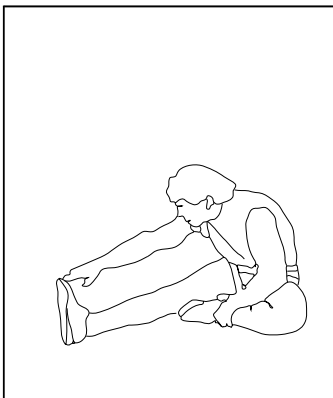
## TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



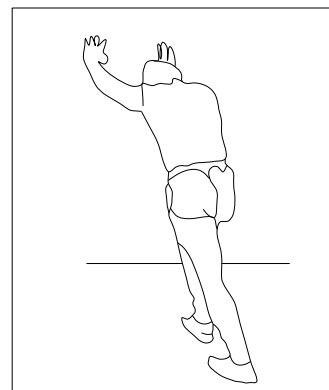
## HAMSTRING STRETCHES

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



## CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.





# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its 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](mailto:customerservice@dyaco.ca) or visit us at [www.dyaco.ca](http://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.



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