Owner's Manual

Model No.
16007602850

XT285

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:
Read and understand this manual before operating unit

SPIRIT FITNESS

Retain For Future Reference

TABLE OF CONTENTS

CONGRATULATIONS ON YOUR NEW TREADMILL

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

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

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

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

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 treadmill from the electrical outlet immediately after using and before cleaning.**

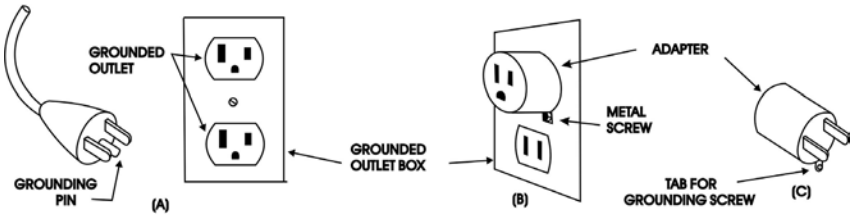
WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a 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. See diagram below for grounding methods.

Figure 1.
Grounding methods



AA 200

1. Use 110 Volt A.C. household current on a dedicated circuit.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. 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. It is recommended to have a minimum of 3 meters safe clearance on all sides of the treadmill while in use.

8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand and test the emergency stop procedure before using the treadmill
11. Do not insert any objects into any openings.
12. Inspect and properly tighten all parts of the treadmill regularly.
13. Keep children and pets away from this equipment at all times while exercising.
14. Handicapped individuals should have medical approval and close supervision when using this treadmill.
15. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
16. Never turn on treadmill while standing on tread belt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
17. To disconnect, turn all controls to the off position, then remove plug from outlet.
18. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See page 14 on how to fold and move the treadmill. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must not use any attachments that are not recommended by the manufacturer.
19. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
20. User weight should not exceed 350lbs (159kgs).
21. Never allow more than one person on the treadmill at once.
22. 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 straining muscles.
23. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
24. Start your program slowly and very gradually increase your speed and distance.
25. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
26. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.

▲**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 from personal injury or property damage sustained by or through the use of this product.**

SAVE THESE INSTRUCTIONS

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 treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

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

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during use because of the high inrush currents from the treadmill drive motor. This condition is an issue with all treadmills 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 treadmill should be the only device plugged into the circuit.

Our treadmills 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 treadmill is connected. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series).

This product must be grounded. If the treadmill 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.

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Spirit treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your Spirit dealer.

Safety Tether Cord

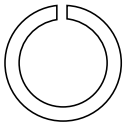
A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement. To Use:

To Use:

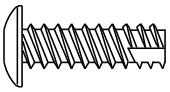
1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power. **Note:** The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop/Pause switch in normal operation.

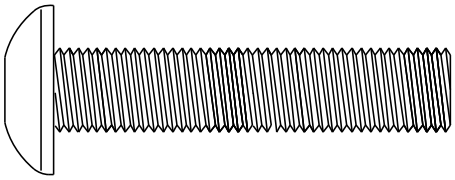
ASSEMBLY PACK CHECKLIST



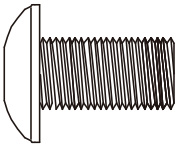
#82. Ø10 × 2.0T
Split Washer (4 pcs)



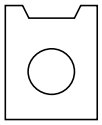
#88. Ø5 × 16m/m
Tapping Screw (6 pcs)



#90. 3/8" × 1-3/4"
Button Head Socket Bolt (4 pcs)

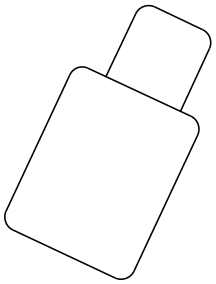


#93. 5/16" × 15m/m
Button Head Socket Bolt (8 pcs)



#132. M5
Speed Nut Clip (6 pcs)

#142. Ø3.5 × 16m/m
Sheet Metal Screw (8 pcs)



#58. Lubricant

ASSEMBLY INSTRUCTIONS

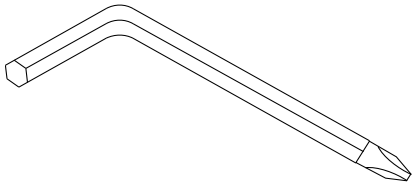
!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

Serious injury could occur if this folding treadmill is not unpacked properly.
There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

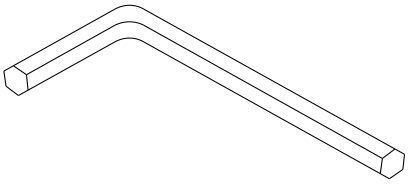
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.
Then remove the treadmill from the carton and lay it on a level surface.

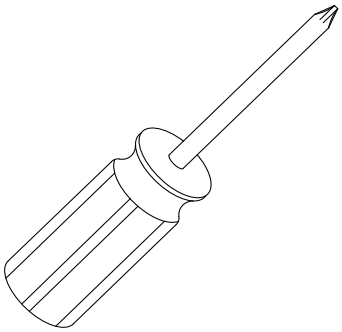
ASSEMBLY TOOLS



#96. Combination M5 Allen Wrench



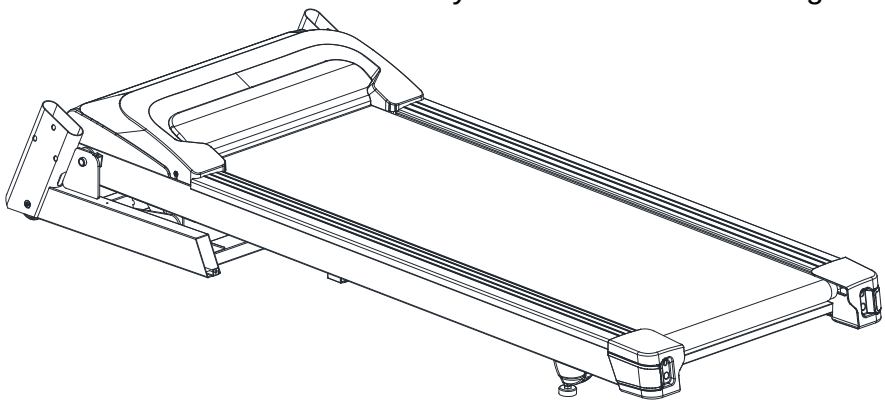
#97. M6 L Allen Wrench



#122. Phillips Head Screwdriver

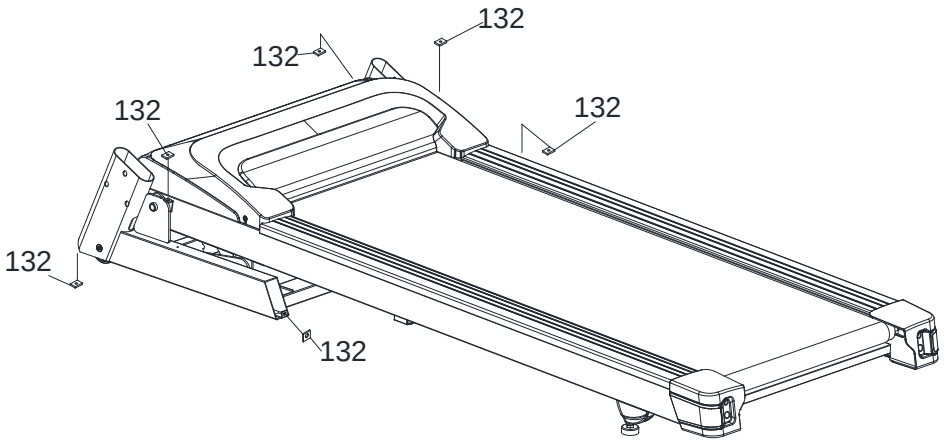
STEP 1

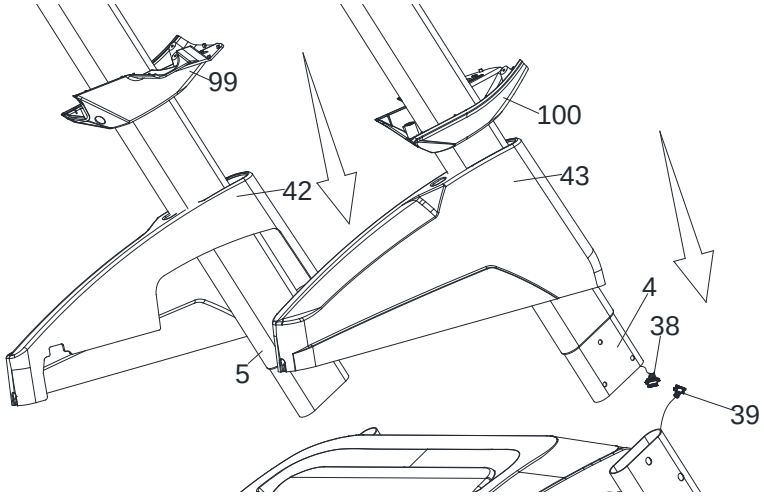
Take out the treadmill from the carton and lay it aside on the smooth ground.



STEP 2

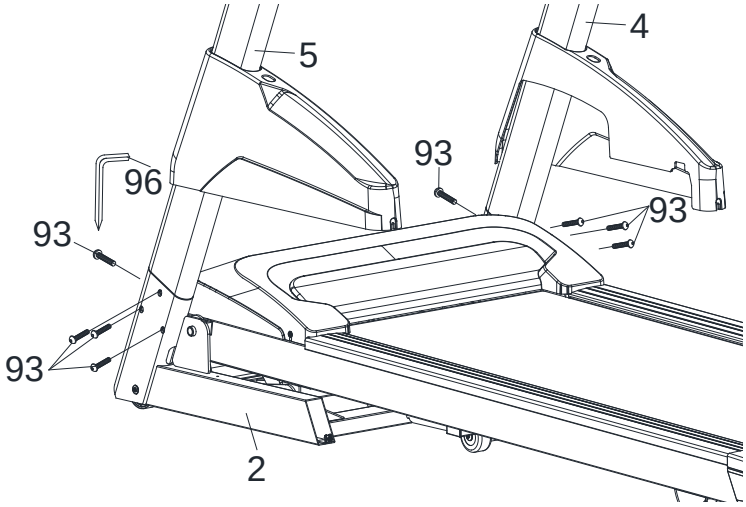
Install 6 pcs of M5 Speed Nut Clips (**132**), which are included in the hardware kit, at the front and each side of the unit as shown below and guide Right and Left Uprights (**4** & **5**) to go through Frame Base Covers (L, R), (**42** & **43**) and Console Mast Covers (L, R) (**99** & **100**), respectively, as shown further below. Connect Computer Cable (Middle) (**38**) with Computer Cable (Lower) (**39**).





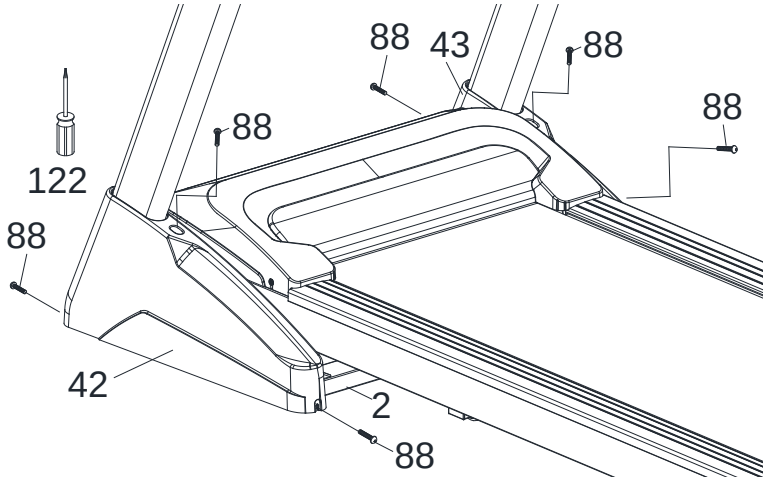
STEP 3

Insert Right and Left Uprights (**4** & **5**) into the Frame Base (**2**) and use Combination M5 Allen Wrench & Phillips Head Screwdriver (**96**) to tighten 8 pcs of 5/16" × 15m/m_ Button Head Socket Bolts (**93**).



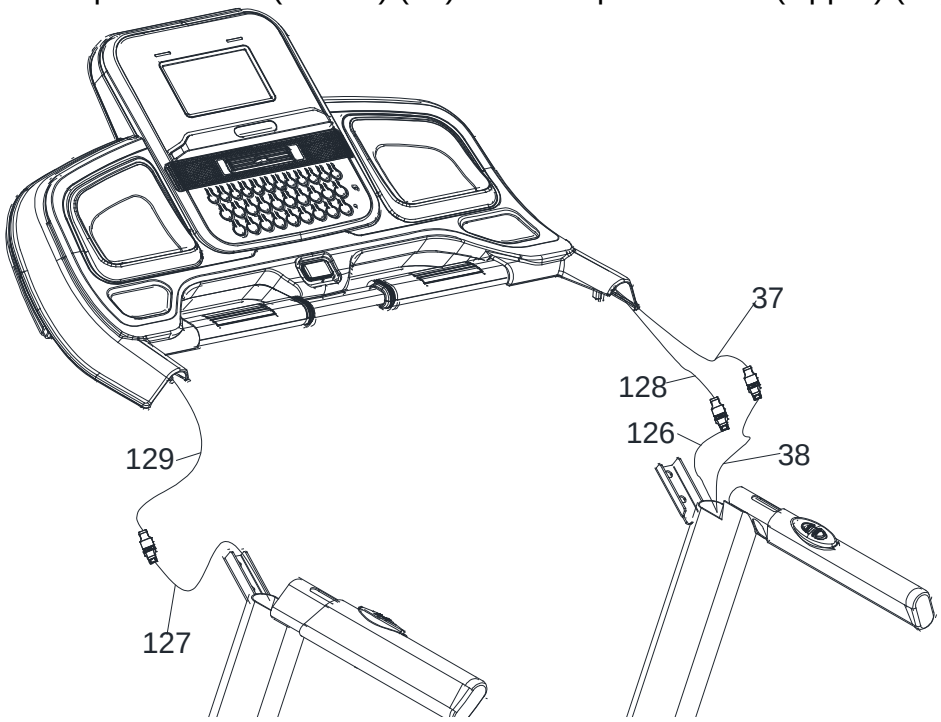
STEP 4

Install Frame Base Covers (L) and (R), (**42** & **43**), on the Frame Base (**2**) and secure with 6 pcs of Ø5 × 16m/m_ Tapping Screws (**88**) by using Phillips Head Screwdriver (**122**).



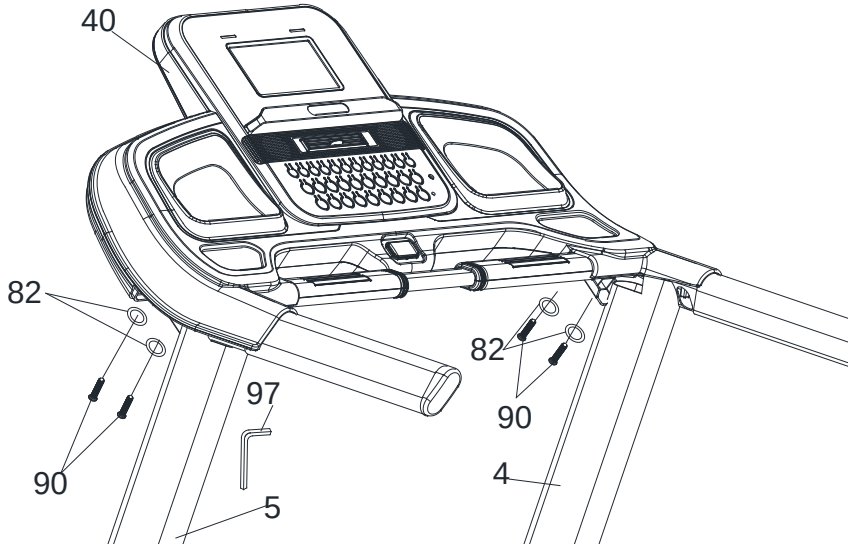
STEP 5

Connect the Speed Adjustment Switch W/Cable (**126**) and Speed Adjustment Switch W/Cable (Upper) (**128**).
Connect the Incline Adjustment Switch W/Cable (**127**) and Incline Adjustment Switch W/Cable (Upper) (**129**).
Connect the Computer Cable (Middle) (**38**) and Computer Cable (Upper) (**37**).



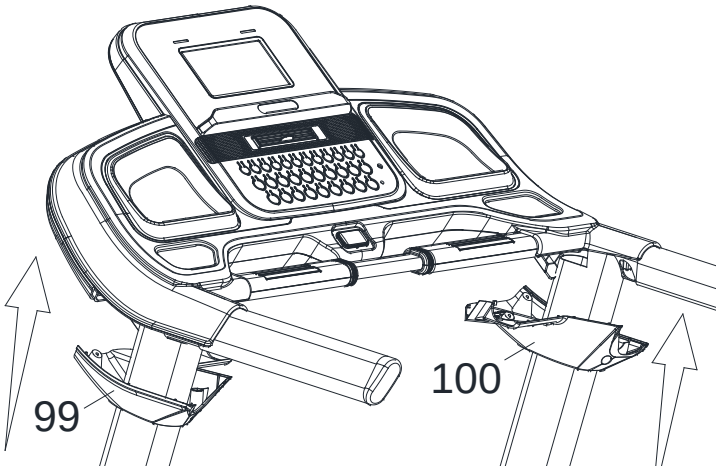
STEP 6

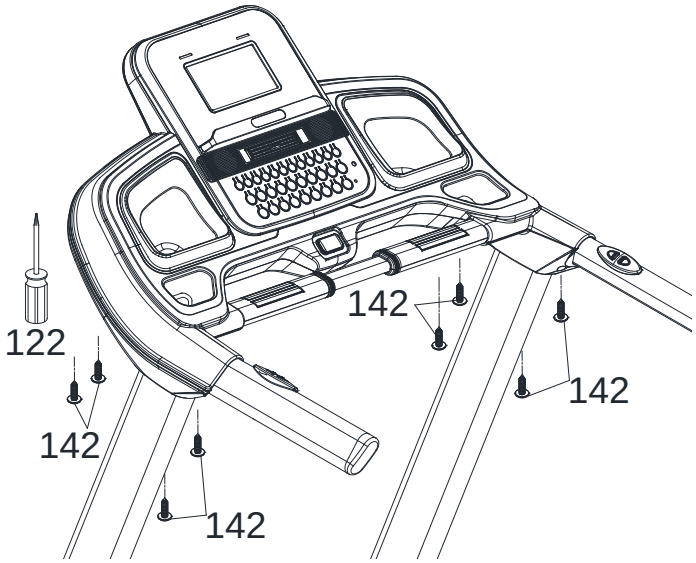
Insert Console Assembly (**40**) into right and left Uprights (**4** & **5**) and secure with 4 pcs of 3/8"×1-3/4" Button Head Socket Bolts (**90**) with 4 pcs of Ø10 × 2.0T Split Washers (**82**) by using M6_L Allen Wrench (**97**).



STEP 7

Install Console Mast Cover (L) (**99**) and Console Mast Cover (R) (**100**) on Right and Left Uprights (**4** & **5**). Then secure with 8 pcs of Ø3.5×16m/m Sheet Metal Screws (**142**) by using Phillips Head Screwdriver (**122**).





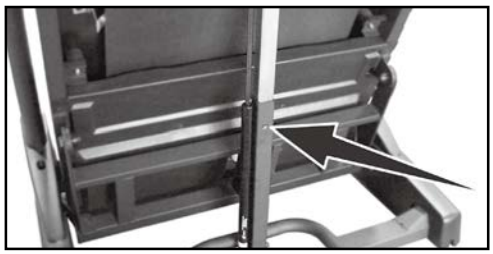
NOTE: Please tighten all screws after all components have been assembled.

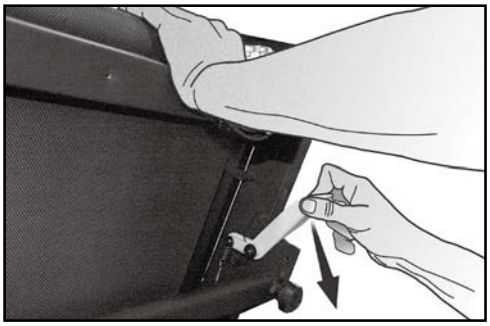
Folding Instructions

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

- TO FOLD THE TREADMILL
  Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

- TO UNFOLD THE TREADMILL
  Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.
  *At the rear roller area to relieve pressure on the locking system.





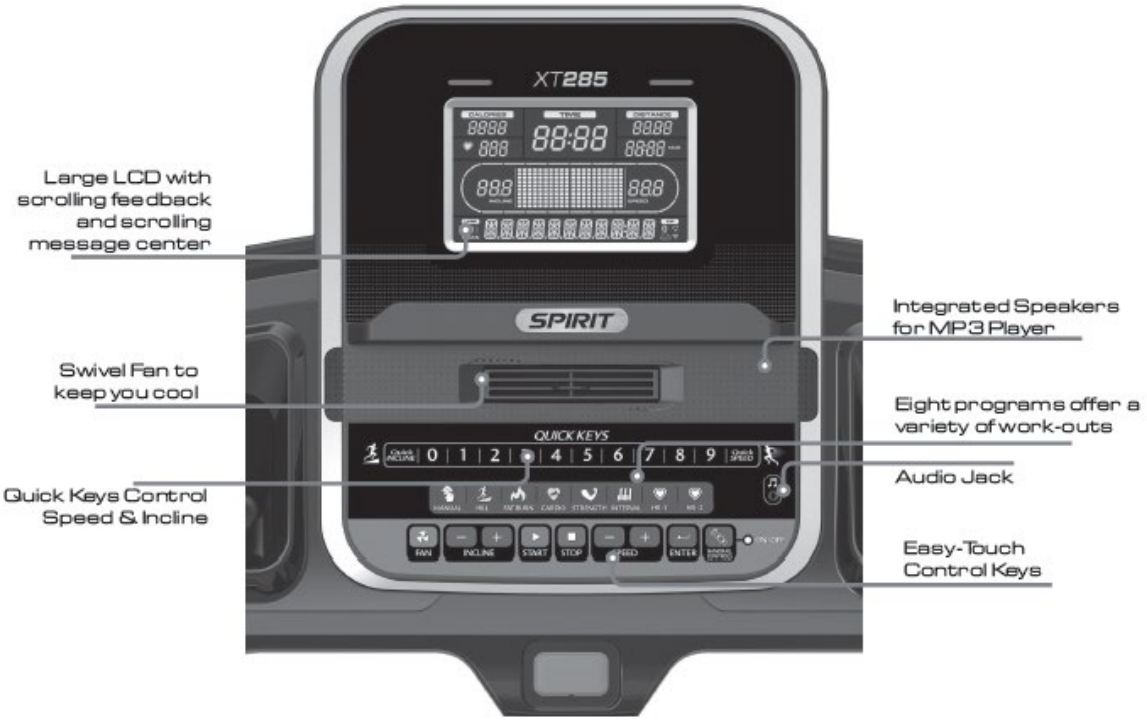
Transportation Instruction

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

OPERATION OF YOUR TREADMILL

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE



HANDRAIL ADJUSTMENTS

The treadmill allows you to make speed and incline changes on the side handrails. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the **Disable** button on the right side of the lower portion of the console.

QUICK SPEED & INCLINE BUTTONS

You are able to set your speed and incline settings quickly by using the quick keys on the console. Just press either **Speed** or **Incline**, then select 2 digits, then press **Enter** and the treadmill will automatically adjust to that value. This saves time because you don't have to press and hold or hold a button down until reaching the desired value. The maximum value you may input for speed is 12 MPH or 18 KPH and incline level 12. Speed values can be entered in 0.1 mph increments and Incline in .5 level increments.

Examples:

Press the **Quick Incline** button, then 1, 0 = Incline Level 1.0
Press the **Quick Incline** button, then 3, 5 = Incline Level 3.5
Press the **Quick Speed** button, then 8, 0 = 8.0 MPH or KPH
Press the **Quick Speed** button, then 0, 8 = 0.8 MPH or KPH

CONSOLE

The console will display Pace, Calories Burned, Time (elapsed or countdown), Distance travelled, Pulse, Speed, Incline, Program Name, Number of Laps Completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

GETTING STARTED

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor cover. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. Then a message will scroll across the Message Center showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK START/MANUAL OPERATION

1. Press and release the **Start** key to wake display up (if not already on).
   Note: Installing the tether key will also wake up the console.
2. Press and release the **Start** key to begin belt movement, at 0.5 MPH (1 KPH), then adjust to the desired speed using the **Speed + / -** or **Fast/Slow** keys (console or hand rail).You may also use the **Quick Speed** key, then 0 through 9 to adjust the speed.
3. To adjust the speed, press and hold **Speed Up/Down** keys (console or handgrip keys) to achieve desired speed. You may also adjust to the desired speed by pressing **Quick Speed** and then 0 through 9.
4. To adjust the Incline level, press and hold the **Incline Up/Down** keys (console or handgrip keys) to achieve desired gradient. You may also adjust to the desired incline by pressing the **Quick Incline** key and then 0 through 9.
5. To stop the tread-belt press and release the **Stop** key.

PAUSE/STOP/PRESET

1. When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.
   • Pause is executed when the **Stop** button is pressed once. If the **Stop** key is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle ode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset

INCLINE

1. Incline may be adjusted any time after belt movement.
2. Press and hold the Incline **Up/Down** keys to achieve desired gradient. You may also choose a more rapid increase / decrease by selecting the **Quick Incline** key, then 0 through 9.
   - The display will indicate incline percent in increments of .5 as adjustments are made.
   - The incline will return to zero unless the main power switch or safety key are turned off while is at a higher setting.

DOT MATRIX CENTER DISPLAY

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

1/4 MILE (0.4 KM) 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 - 0.4 km) 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 when the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

CALORIE DISPLAY

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

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

HANDRAIL BUTTONS DISABLE SWICH

To the right of the **Stop** button there is a Handrail control switch and an indicator light next to it when the indicator light is lit, the handrail switches are disabled. This allows you to use the full length of the handrails without fear of activating the speed or elevation controls.

TO TURN TREADMILL OFF

1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations).The treadmill will draw very little current in display mode (about as much as your screen when it is turned off).
2. Remove the tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

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 **Ente**r key to select the program and enter into the data-setting mode.

The treadmill 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.

PROGRAMING THE CONSOLE

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information 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 predicted target heart rate zone. 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 only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

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 work out. 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 treadmill, 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. Each preset program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

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 work out 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

SELECT A PRESET PROGRAM

1. Press the desired program (**Hill, Fat Burn, Cardio, Strength, or Interval**) key. Press **Enter** to select the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the Heart Rate programs. Use the **+ / - keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 150 lbs.). Entering the correct body weight will affect the calorie count. Use the **+ / - keys** to adjust, then press **Enter**.

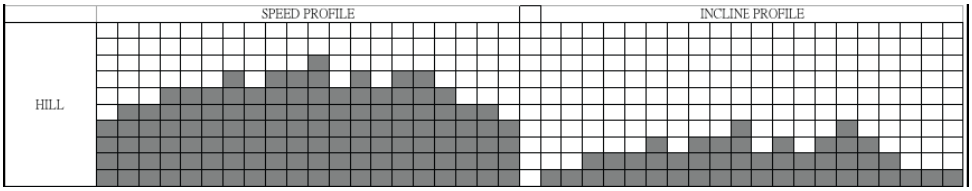
   A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.
4. The Message Center will be blinking a value, indicating Time (the default value is 20 minutes).You may use any of the **+ / - keys** to adjust the time. After adjusting, or to accept the default, press **Enter**. (**Note**: You may press **Start** at any time during the programming to start the program).
5. The Message Center will now be blinking the preset top speed of the selected program (3.0 MPH). Use the **Speed + / - keys** to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The Message Center will be blinking the preset top incline of the selected program. Use the **Incline + / - keys** to adjust, then press **Enter**. You are now done programming data and may press **Start** to begin your workout or **Enter** to go back one level to change data entered in the programming phase.

PRESET PROGRAMS

The treadmill 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.

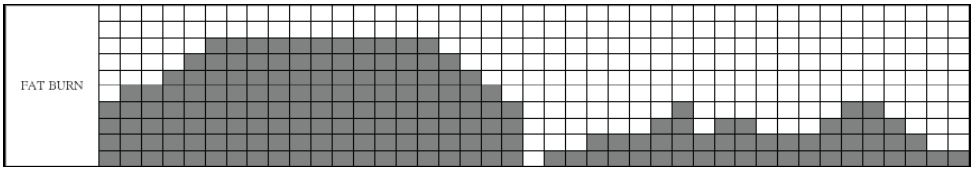
HILL

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



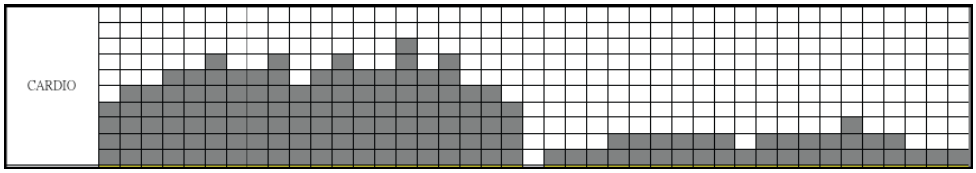
FAT BURN

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



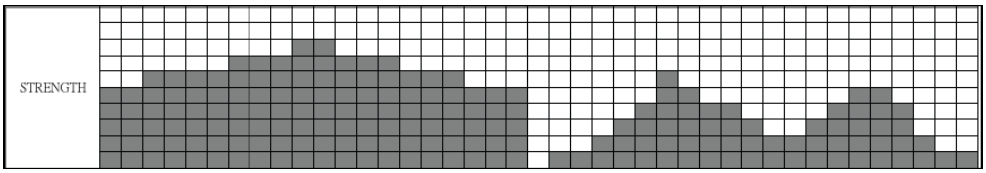
CARDIO

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 15 are maximum elevation for this program.



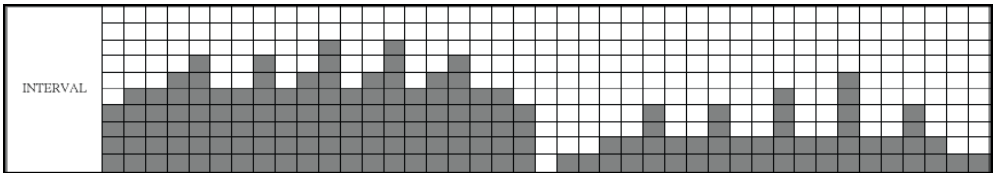
STRENGTH

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.



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. Incline: This program will spike similar to the speed 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



HEART RATE PROGRAMS

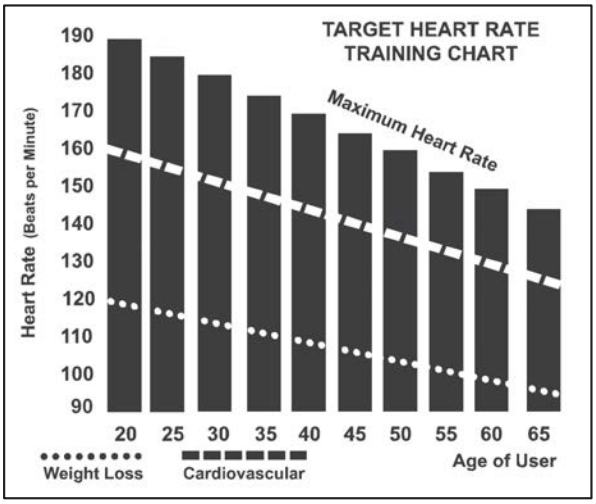
Before we get started, a word about Heart Rate:
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people 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 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 0.6 = 108 beats per minute
(60% of maximum)
180 x 0.8 = 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 programs. After calculating your MHR 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 MHR 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 MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF PERCEIVED EXERTION

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

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

The scale is as follows:
Rating Perception of Effort
6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending 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.
6. 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.
7. 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 treadmill for Heart Rate 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 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. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

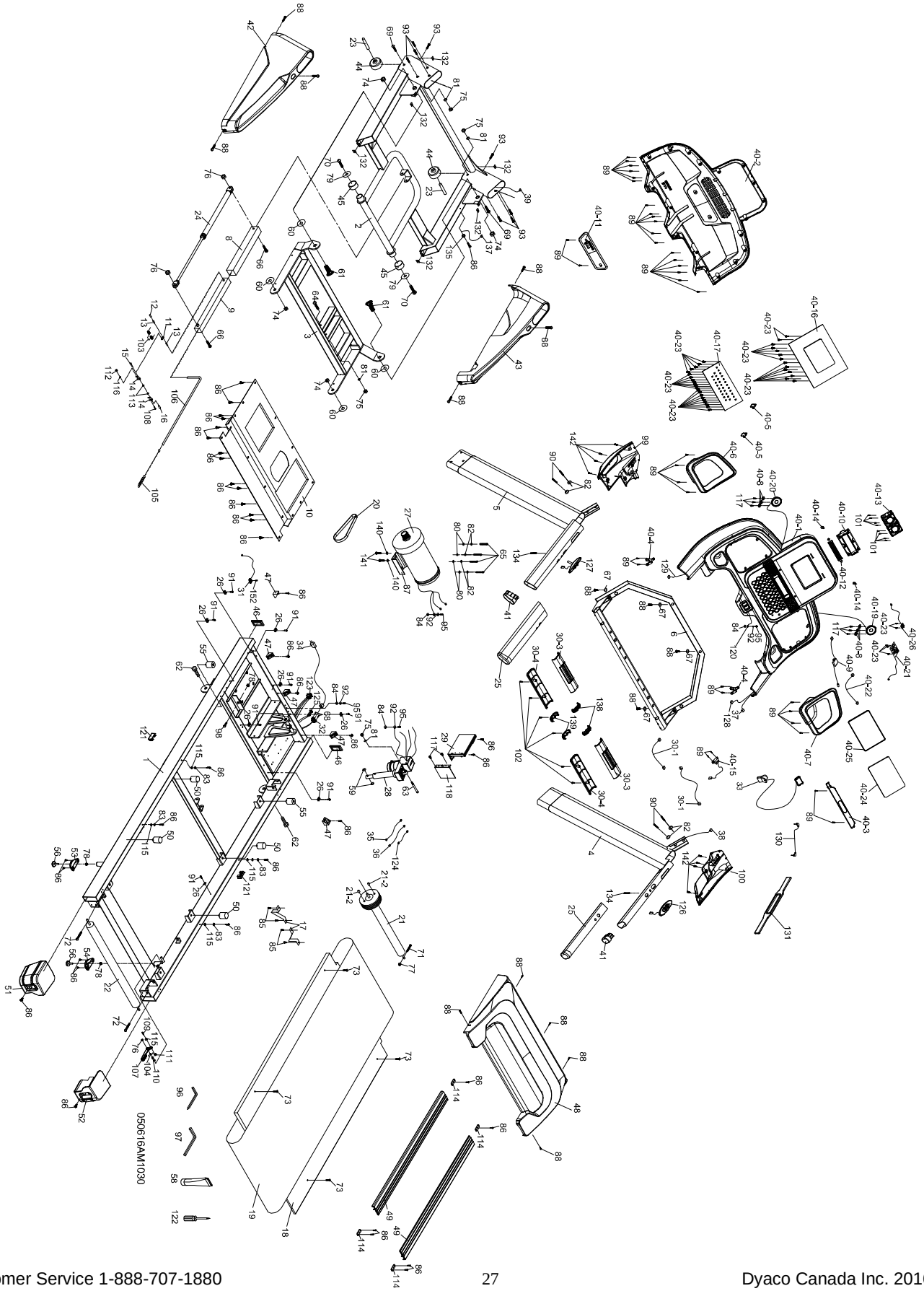
HEART RATE PROGRAM OPERATION

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 HR program follow the instructions below or just select the **HR1** or **HR2** program, then the **Enter** key 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** (60% of max heart rate default) or **HR 2** (80% of max heart rate default) key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age, using the **Speed + / - 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 **Speed + / - keys**, then press **Enter** to continue.
4. Next is Time. You may adjust the time using the **Speed + / - keys** 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 **Speed + / - 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 **Stop** key.
7. If you want to increase or decrease the speed at any time during the program press the **Speed + / - key** on the console or right handlebar. 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 press **Stop** to exit the program.

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part	Part Description	Q'ty
1	6028501	Main Frame	1
2	6028502	Frame Base	1
3	6028503	Incline Bracket	1
4	6028504	Right Upright	1
5	6028505	Left Upright	1
6	6028506	Console Support	1
8	6028508	Outer Slide	1
9	6028509	Inner Slide	1
10	6028510	Motor Bottom Cover	1
11	6028511	Link	1
12	6028512	Link Shaft	1
13	6028513	Shaft Bushing	2
14	6028514	Fastening Bracket	2
15	6028515	Clevis Pin	1
16	6028516	Fastening Bushing	1
17	6028517	Belt Guide	2
18	6028518	Running Deck	1
19	6028519	Running Belt	1
20	6028520	Drive Belt	1
21	6028521	Front Roller W/Pulley	1
21~2	6028521-2	Magnet	2
22	6028522	Rear Roller	1
23	6028523	Wheel Sleeve	2
24	6028524	Cylinder	1
25	6028525	PVC Handgrip	2
26	6028526	Wire Tie Mount	8
27	6028527	Drive Motor	1
28	6028528	Incline Motor	1
29	6028529	Motor Controller	1
30~1	6028530-1	1000m/m_Handpulse Wire	2
30~3	6028530-3	Handpulse Sensor (w/o wire)	2
30~4	6028530-4	Handpulse Bottom Cover	2
31	6028531	1200m/m_Sensor W/Cable	1
32	6028532	Power Socket	1
33	6028533	Square Safety Key	1
34	6028534	Power Cord	1
35	6028535	200m/m_Connecting Wire (White)	1
36	6028536	200m/m_Connecting Wire (Black)	1
37	6028537	800m/m_Computer Cable (Upper)	1
38	6028538	1300m/m_Computer Cable (Middle)	1
39	6028539	1200m/m_Computer Cable(Lower)	1
40	6028540	Console Assembly	1

Key	Part	Part Description	Q'ty
41	6028541	Handgrip End Cap	2
42	6028542	Frame Base Cover (L)	1
43	6028543	Frame Base Cover (R)	1
44	6028544	Transportation Wheel(A)	2
45	6028545	Transportation Wheel(B)	2
46	6028546	30 × 80m/m_Square End Cap	2
47	6028547	Motor Cover Anchor(D)	5
48	6028548	Motor Top Cover	1
49	6028549	Foot Rail	2
50	6028550	M8 × Ø40 × 25.5m/m_Cushion	4
51	6028551	Rear Adjustment Base (L)	1
52	6028552	Rear Adjustment Base (R)	1
53	6028553	Adjustment Foot Pad Cap	1
54	6028554	Adjustment Foot Pad Cap (R)	1
55	6028555	M8 × Ø40 × 25m/m_Cushion	2
56	6028556	Adjustment Foot Pad	2
58	6028558	Lubricant	1
59	6028559	Ø24 × Ø10 × 3T_Nylon Washer (A)	2
60	6028560	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
61	6028561	1/2" × 1-1/4"_Carriage Bolt	2
62	6028562	1/2" × 1"_Hex Head Bolt	2
63	6028563	3/8" × UNC16 × 4"_Hex Head Bolt	1
64	6028564	3/8" × UNC16 × 92L_Hex Head Bolt	1
65	6028565	3/8" × 3/4"_Hex Head Bolt	4
66	6028566	5/16" × UNC18 × 2-3/4"_Button Head Socket Bolt	2
67	6028567	Ø1/4" × 19 × 1.5T_Flat Washer	4
68	6028568	3 × 10m/m_Sheet Metal Screw	2
69	6028569	3/8" × 2"_Flat Head Socket Bolt	2
70	6028570	5/16" × 1"_Button Head Socket Bolt	2
71	6028571	M8 × 60m/m_Hex Head Bolt	1
72	6028572	M8 × 80m/m_Socket Head Cap Bolt (Alloy Steel)	2
73	6028573	M8 × 35m/m_Flat head countersink Bolt	4
74	6028574	1/2" × 8T_Nyloc Nut	4
75	6028575	3/8" × 7T_Nyloc Nut	4
76	6028576	5/16" × 6T_Nyloc Nut	3
77	6028577	M8 × 7T_Nyloc Nut	1
78	6028578	3/8" × 7T_Nut	3
79	6028579	Ø5/16" × Ø35 × 1.5T_Flat Washer	2
80	6028580	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
81	6028581	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
82	6028582	Ø10 × 2.0T_Split Washer	8
83	6028583	Ø25×Ø20×Ø16×Ø5×4.5H×1.1T_Concave Washer	4
84	6028584	M5_Star Washer	4
85	6028585	4 × 12m/m_Sheet Metal Screw	4
86	6028586	Ø5 × 16L_Tapping Screw	38
87	6028587	Motor Bracket	1

Key	Part	Part Description	Q'ty
88	6028588	5 × 16m/m_Tapping Screw	15
89	6028589	3.5 × 12m/m_Sheet Metal Screw	36
90	6028590	3/8" × 1-3/4"_Button Head Socket Bolt	4
91	6028591	3.5 × 16m/m_Tapping Screw	8
92	6028592	Ø5 × 1.5T_Split Washer	4
93	6028593	5/16" × UNC18 × 15L_Button Head Socket Bolt	8
95	6028595	M5 × 10m/m_Phillips Head Screw	4
96	6028596	Combination M5 Allen Wrench & Phillips Head Screwdriver	1
97	6028597	M6_L Allen Wrench	1
98	6028598	3/8" × 2"_Hex Head Bolt	1
99	6028599	Console Mast Cover (L)	1
100	60285100	Console Mast Cover (R)	1
101	60285101	3.5 × 40m/m_Sheet Metal Screw	8
102	60285102	3 × 12m/m_Tapping Screw	6
103	60285103	Dual Torsion-Spring	1
104	60285104	ChenChin Torsion-Spring	1
105	60285105	Steel Cable Tension Spring	1
106	60285106	Steel Cable	1
107	60285107	Release Lever	1
108	60285108	M3 × 10m/m_Phillips Head Screw	1
109	60285109	M5 × 20m/m_Phillips Head Screw	1
110	60285110	5/16" × 2"_Hex Head Bolt	1
111	60285111	M5 × 5T_Nyloc Nut	1
112	60285112	M3 × 2.5T_Nut	1
113	60285113	Ø5 × Ø10 × 1.0T_Flat Washer	2
114	60285114	Ø5.5 × 27 × 60 × 1T× 2.5H_Concave Washer	4
115	60285115	Ø5 × Ø13 × 1.0T_Flat Washer	5
116	60285116	M3_Split Washer	1
117	60285117	3 × 10m/m_Sheet Metal Screw	8
118	60285118	Controller Back Plate	1
120	60285120	400m/m_Console Ground Wire	1
121	60285121	20 × 40m/m_Square End Cap	2
122	60285122	Phillips Head Screwdriver	1
123	60285123	On/Off Switch	1
124	60285124	100m/m_Connecting Wire (Black)	1
125	60285125	Breaker	1
126	60285126	330m/m_Speed Adjustment Switch W/Cable	1
127	60285127	330m/m_Incline Adjustment Switch W/Cable	1
128	60285128	800m/m_Speed Adjustment Switch W/Cable (Upper)	1
129	60285129	800m/m_Incline Adjustment Switch W/Cable (Upper)	1
130	60285130	400m/m_Audio Cable	1
131	60285131	Chest Strap	1
132	60285132	M5_Speed Nut Clip	6
134	60285134	4 × 50m/m_Sheet Metal Screw	2
135	60285135	Wire Clamp	1

Key	Part	Part Description	Q'ty
137	60285137	1000m/m_Ground Wire	1
138	60285138	Handpulse Top End Cap	2
139	60285139	Handpulse Bottom End Cap	2
140	60285140	Ø8 × 1.5T_Split Washer	2
141	60285141	M8 × 12m/m_Hex Head Bolt	2
142	60285142	Ø3.5 × 16L_Sheet Metal Screw	8
152	60285152	Ø5 × 19L_Tapping Screw	1

GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST

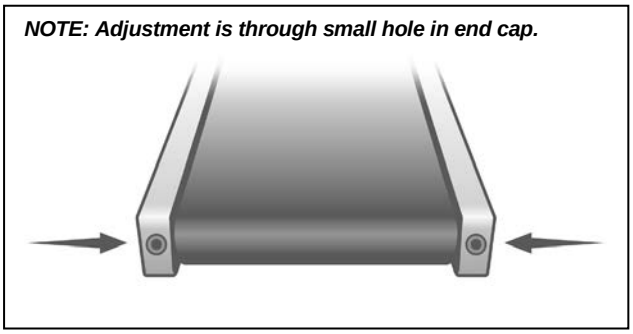
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (**97**) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking /Tension Adjustment Tracking /Tension Adjustment



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

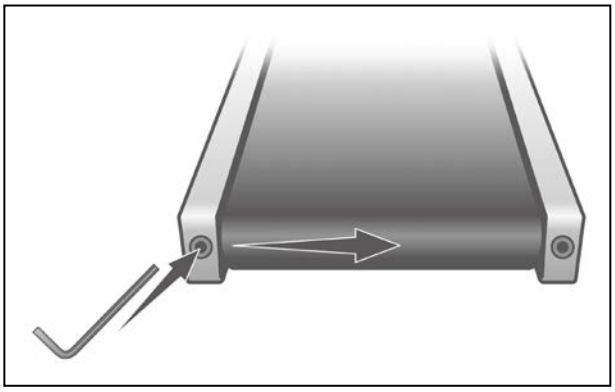
DO NOT OVERTIGHTEN-Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (**97**) is provided for this adjustment. Make tracking adjustments on the left side bolt. Tread-belt speed at 3 MPH (5 KPH). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.



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

ATTENTION:

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

BELT/DECK LUBRICATION PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than Spirit Fitness approved lubricant. Your treadmill comes with one tube of “Lube” and extra tubes can be ordered directly from Spirit Fitness or your authorized Spirit Fitness dealer. You may also use a Lube-n-Walk kit that can be purchased through both aforementioned sellers.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn’t any lubrication present, follow the procedure below even though the “Lube” indicator isn’t lit on the console. Otherwise, lubricate when the console’s lubrication reminder lights after 180 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet
2. Measure 18” from the edge of the motor cover; kneel down and reach under the belt approximately 4- 6” from one edge. Squirt a line of lubricant about 1/8” wide x 15” long in an “S” pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.

Note: If the “Lube” message appears on the console, perform the following procedure to reset the message:

- To enter the Engineering Mode Menu press and hold down the **Start**, **Stop** and **Enter** keys, then at the same time insert the safety key. Keep holding the keys down until the Message Center displays Engineering Mode Menu. Press the **Enter** button to access
- Press the **Speed +** button (or **Speed -** button to go backwards) until “Functions” appears; press **Enter**
- Press the **Speed +** button until “Maintenance” message appears; press **Enter**
- Press **Stop** to exit Engineering mode and resume use of your treadmill

SERVICE CHECKLIST - DIAGNOSIS GUIDE

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

PROBLEM	SOLUTION/CAUSE
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 110 V AC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.
Motor is not responsive after pressing start	1. If the belt moves, but stops after a short time and the display shows "E1", run calibration. 2. If you press **Start** and the belt never moves, then the display shows "E1", contact service.
Treadmill will only achieve approximately 7 MPH (12 KPH) but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 110 V AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be replaced.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See **General Maintenance.** If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
House circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only object in the circuit. See "Important Electrical Information" in the front of this manual for more details.

CALIBRATION PROCEDURE

1. Remove the Safety Key.
2. Press and hold **Start** and **Speed +** buttons and at the same time replace the Safety Key. Continue to hold **Start** and **Speed +** keys until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the incline **Up/ Down** key to show which you want, then press **Enter** (The maximum speed value is displayed in the speed window, and the maximum elevation value is displayed in the incline window.)
4. Grade return – On (This allows the incline to return to zero when **Stop** button is pressed. For sale in Europe, EU standards require this to be off)
5. Press **Start** button to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

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

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished.

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** key to access the menu below:

1. **Key Test** (Will allow you to test all the keys to make sure they are functioning)
2. **Display Test** (Tests all the display functions)
3. **Functions** (Press Enter to access settings and Speed Up or Down keys to scroll)
   - I. **Display Mode** (Turn off to have the console power down automatically after 30 minutes of inactivity)
   - II. **Pause Mode** (Turn on to allow 5 minutes of pause, turn off to have the console pause indefinitely)
   - III. **Maintenance** (Reset lube message and odometer readings)
   - IV. **Units** (Sets the display to readout in English or Metric display measurements)
   - V. **Key Tone** (Turns off the speaker so no beeping sound is heard)
4. **Security** (Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.)
5. **Exit**

MANUFACTURER'S LIMITED WARRANTY, REPAIR AND SERVICE

WHAT DOES THIS WARRANTY COVER? This warranty covers your Spirit Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

HOW LONG DOES THE COVERAGE LAST? This warranty lasts one year on labour, ten years on all parts from date of purchase, lifetime on the motor, deck and frame. This warranty is not transferable and is extended only to the original owner.

WHAT WILL DYACO CANADA INC. DO? Dyaco Canada Inc. will provide a replacement part and/or service at no charge for any part found defective in workmanship or materials during the warranty period.

HOW DO YOU GET SERVICE? In order to obtain replacement parts or service as provided by this warranty, you may call the number below: 1-888-707-1880 Monday to Friday 8:30 a.m. to 5:00 p.m. eastern standard time.

The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.

This warranty shall not apply to treadmills which are (1) used for commercial or other income producing purpose, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations

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

All of the parts for the Spirit Treadmill, 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 us at customerservice@dyaco.ca. Office hours are from 8:30 A.M. to 5:00 P.M. 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