

Owner's Manual

Model No.
16011204850

XT485ENT

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:
Read and
understand this
manual before
operating unit

SPIRIT



**Retain For Future
Reference**

TABLE OF CONTENTS

Product Registration	2
Important Safety Instructions	4
Important Electrical Instructions	6
Assembly Instructions	8
Folding/Transportation Instructions	13
Operation of Your Console.....	14
Workout Programs	21
Heart Rate Programs	29
Using a Heart Rate Transmitter.....	31
Exploded View Diagram.....	32
Parts List	33
General Maintenance.....	37
Service Checklist – Diagnosis Guide	40
Manufacturer's Limited Warranty.....	48

Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.

SPIRIT

**CONGRATULATIONS ON YOUR
NEW TREADMILL AND WELCOME
TO THE SPIRIT FAMILY!**

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 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 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 dyaco.ca/warranty and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____
Telephone Number of Dealer _____
Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

REGISTER YOUR PURCHASE

Please visit us at dyaco.ca/warranty to register your purchase.

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT XT485 ENT Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT XT485 ENT Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SPIRIT XT485 ENT Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT XT485 ENT Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 204 KGS (450 LBS)

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

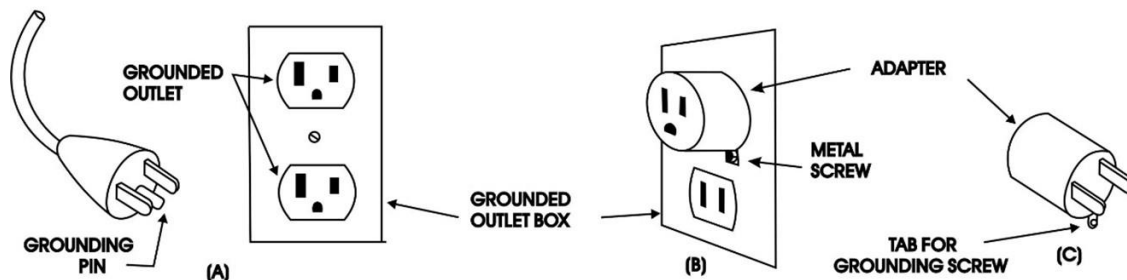
TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill's electrical system 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. 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 13. on how to 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 425 lbs (193 kgs).
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** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- **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. See Diagnosis Guide, page 39.
- **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.

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may occasionally trip 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 makers, 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 speed 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:

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 red Stop/Pause switch in normal operation.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the treadmill. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.



ASSEMBLY INSTRUCTIONS

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

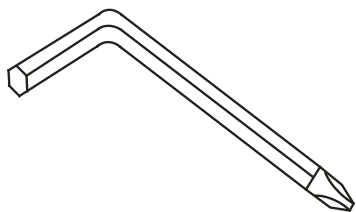
Serious injury could occur if this folding treadmill is not unpacked properly. There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause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

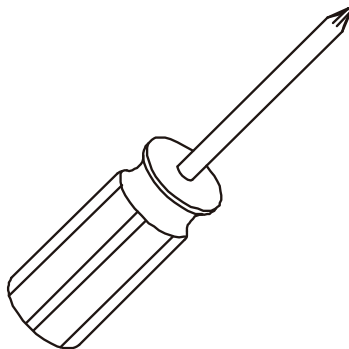
Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools 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.

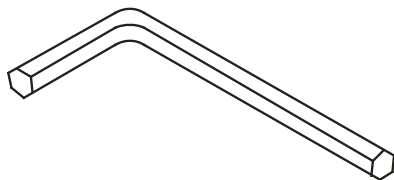
ASSEMBLY TOOLS



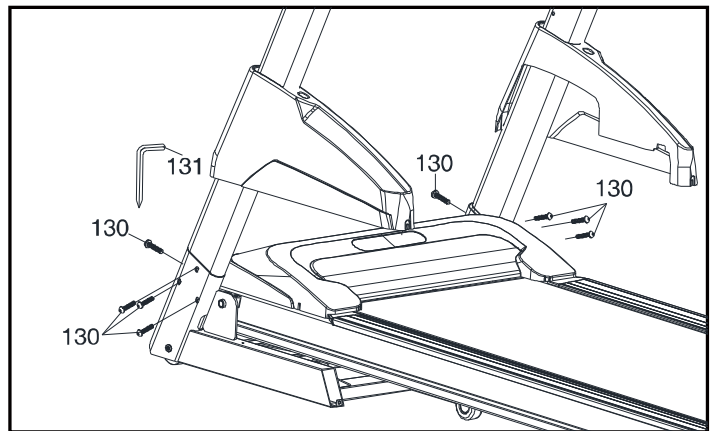
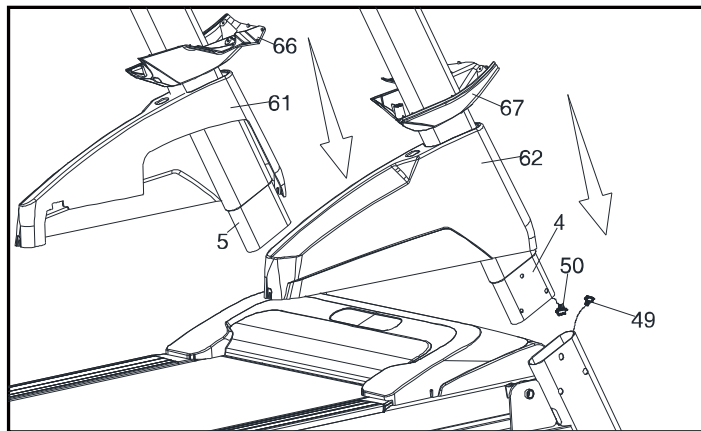
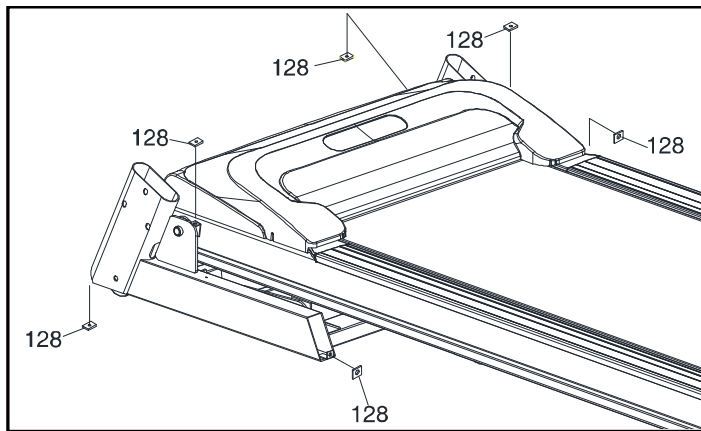
#131. Combination M5
Allen Wrench & Phillips



#148. Phillips Head
Screwdriver



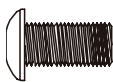
#132. M6 Allen Wrench



STEP 1

1. Gather **HARDWARE FOR STEP 1**.
2. Take 6 Speed **NUT CLIPS (128)** and attach them at the front and each side of the unit as shown left.
3. Guide the right upright through **FRAME BASE COVER RIGHT (62)** and **CONSOLE MAST COVER RIGHT (67)**.
4. Next take the **RIGHT UPRIGHT (4)** and attach the **MIDDLE COMPUTER CABLE (50)** to the **LOWER COMPUTER CABLE (49)**. Be careful not to pinch the cable or damage may occur to the system.
5. Slide the right upright (**4**) to sit into the frame base.
6. Repeat from step 3 for the left side.
7. Having inserted **RIGHT AND LEFT UPRIGHTS (4, 5)** into the **FRAME BASE (2)**, use the **COMBINATION M5 ALLEN WRENCH AND PHILLIPS HEAD SCREWDRIVER (131)** to tighten 8 **BUTTON HEAD SOCKET BOLTS (130)** securing the uprights to the frame base.

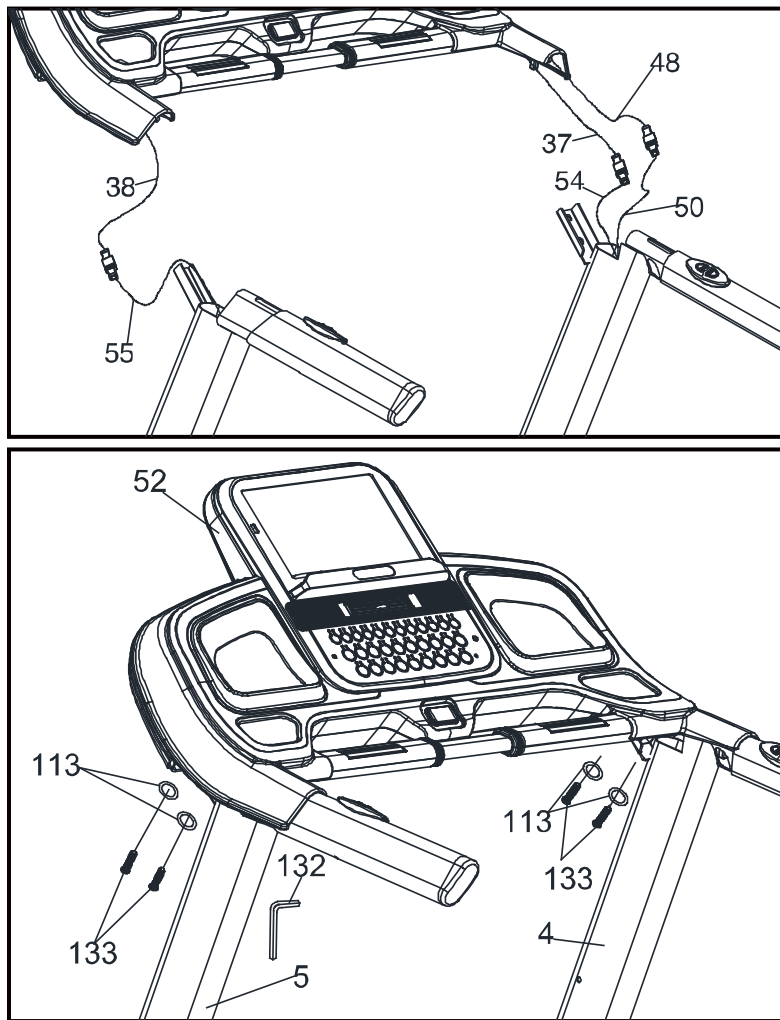
HARDWARE



#130. 5/16" × 15mm
Button Head Socket Bolt
(8 pcs)



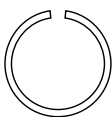
#128. M5 Speed
Nut Clip (6 pcs)



STEP 2

1. Gather **HARDWARE FOR STEP 2**
2. Connect the **SPEED ADJUSTMENT SWITCH W/ CABLE (54)** with the **UPPER SPEED CABLE (37)**.
3. Connect the **INCLINE ADJUSTMENT SWITCH W/ CABLE (55)** with the **UPPER INCLINE CABLE (38)**.
4. Connect the **MIDDLE COMPUTER CABLE (50)** to the **UPPER COMPUTER CABLE (48)**.
5. Be sure not to pinch any of the cables or damage may occur to the system.
6. Insert the **CONSOLE ASSEMBLY (52)** onto the **RIGHT AND LEFT UPRIGHTS (4, 5)** and secure with 4 **BUTTON HEAD SOCKET BOLTS (133)** and 4 **SPLIT WASHERS (113)**. Use the **ALLEN WRENCH (132)** to tighten.

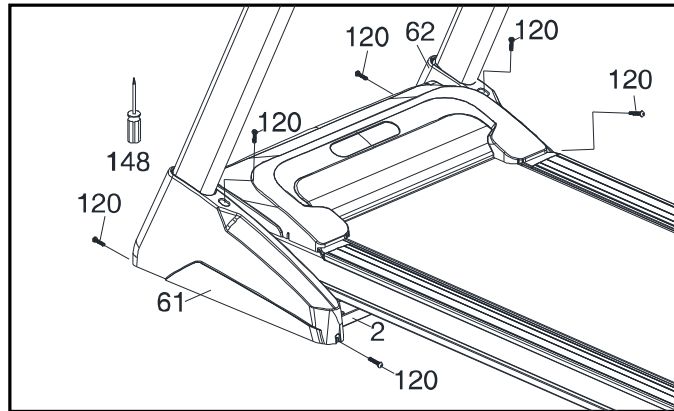
HARDWARE



#113. Ø10 × 2.0T
Split Washer (4 pcs)



#133. 3/8" × 1-1/2" Button
Head Socket Bolt (4 pcs)



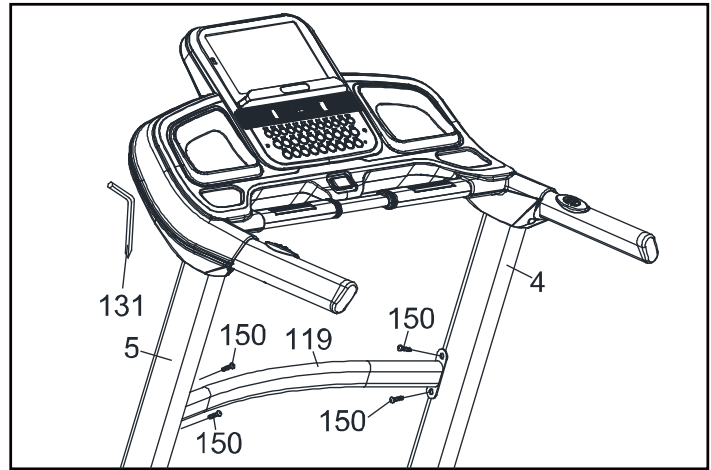
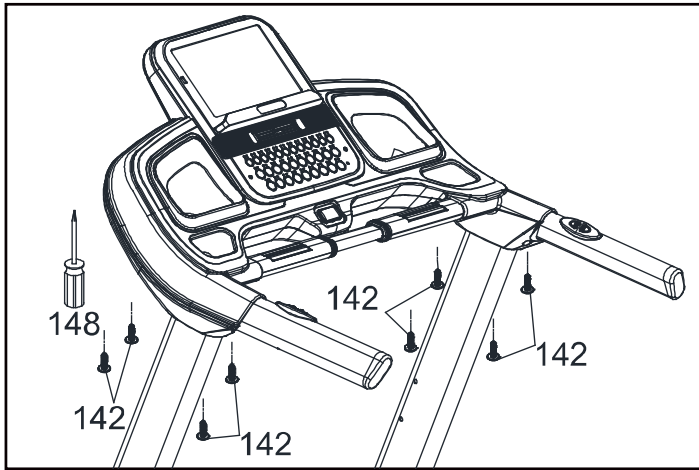
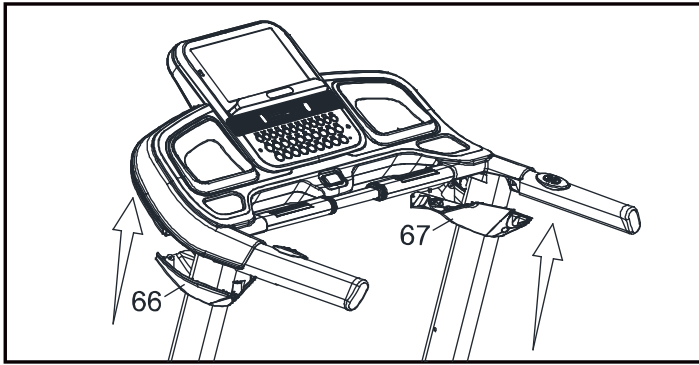
STEP 3

1. Gather **HARDWARE FOR STEP 3**.
2. Install **FRAME BASE COVER RIGHT AND LEFT (62, 61)** onto the **FRAME BASE (2)** using 6 **Tapping Screws (120)**. Tighten with the **PHILLIPS HEAD SCREWDRIVER (148)**.

HARDWARE



#120. 5 × 16mm
Tapping Screw (6 pcs)



STEP 4

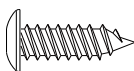
1. Gather **HARDWARE FOR STEP 4**.
2. Slide **CONSOLE MAST COVER RIGHT AND LEFT (67, 66)** up the uprights. Secure them with 8 **SHEET METAL SCREWS (142)** using the **PHILLIPS HEAD SCREWDRIVER (148)**.
3. Place the **HANDRAIL SUPPORT (119)** between the **LEFT AND RIGHT UPRIGHTS (5, 4)** and use the **COMBINATION ALLEN WRENCH & PHILLIPS HEAD SCREWDRIVER (131)** to tighten 4 **BUTTON HEAD SOCKET BOLTS (150)**. Install the **BEVERAGE HOLDER (121)** onto the **HANDRAILS SUPPORT (119)**.

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

HARDWARE



#150. 5/16" x 3/4"
Button Head Socket
Bolt (4 pcs)



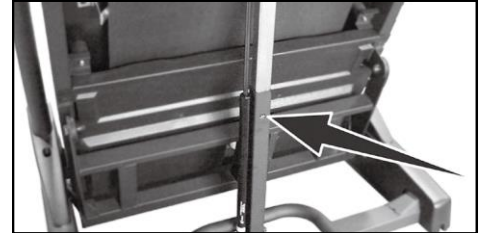
#142. 3.5 x 16mm
Sheet Metal Screw
(8 pcs)

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

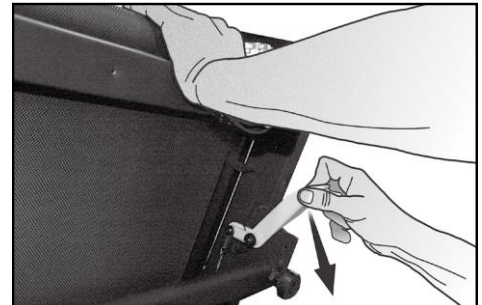
Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.



■ 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.



TRANSPORT 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 CONSOLE



POWER

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 hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it. When the power is turned ON, the screen will show a brief loading screen and then display the WELCOME Screen which indicates that the machine is ready to operate.

FEATURES

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 Handrails On/Off button on the right side of the lower portion of the console. When the indicator light is lit, the handrail controls are disabled.

Buttons

The physical buttons are as follows:

- Direct Access Incline/Speed keys 0~9
- Speed + or - buttons to control the speed
- Incline + or - buttons to control the incline of the treadmill
- Start button to begin workout
- Stop button to end, or pause the workout
- Fan button to control the fan speed
- Handrail Controls button to enable/disable the incline/speed controls on the handrails

Direct Access Speed and Incline Buttons

You are able to set your speed and incline settings quickly by using the Direct Access Keys on the console. Just press either Speed or Incline, then select either 2, or 3 digits 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 12.0 mph or 18.0 kmph and incline 15.0%

Examples: Press the Select Incline button, then 1, 0 = Incline Level 1.0

Press the Select Incline button, then 3, 5 = Incline Level 3.5

Press the Select Speed button, then 8, 0 = 8.0 mph or kmph

Press the Select Speed button, then 0, 8 = 0.8 mph or kmph

Start Workout operation

- Press any button to wake display up if not already on.
- Press the Start Workout button on the screen to begin. Belt will start at 0.5 mph. To adjust speed, use the Speed **+ / - keys** on the screen or using the keys at the bottom of the console.
- To slow tread-belt press and hold the Slow **-** key (console or hand rail) to the desired speed.
- To stop the tread-belt press and release "Stop" button.

Pause/Stop

- Press "Stop" button once, the belt will slow down gradually till fully stop. After 5 minutes the display will reset and show the workout summary on the screen.
- Press "Resume" button to continue the workout from the pause.
- Press "Finish" button to end workout.

Incline

- The incline is changeable any time during the workout.
- Press and hold Incline **+ / -** buttons on the handrail or Incline **+** or **-** buttons on the screen to change the incline to the desired level.
- Incline may also be changed by using the Direct Access Incline buttons on the console below the touchscreen.

Heart rate feature

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless-steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

CHARGE PORTABLE DEVICES WITH USB PORT

You can charge your personal device during your workout using the fitness equipment's console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

TOUCH SCREEN OPERATION

Set Up

Once the console is powered on, connect to the available WiFi network either by pressing the Signal icon on the top right corner or from the SETTINGS menu on the bottom right corner.

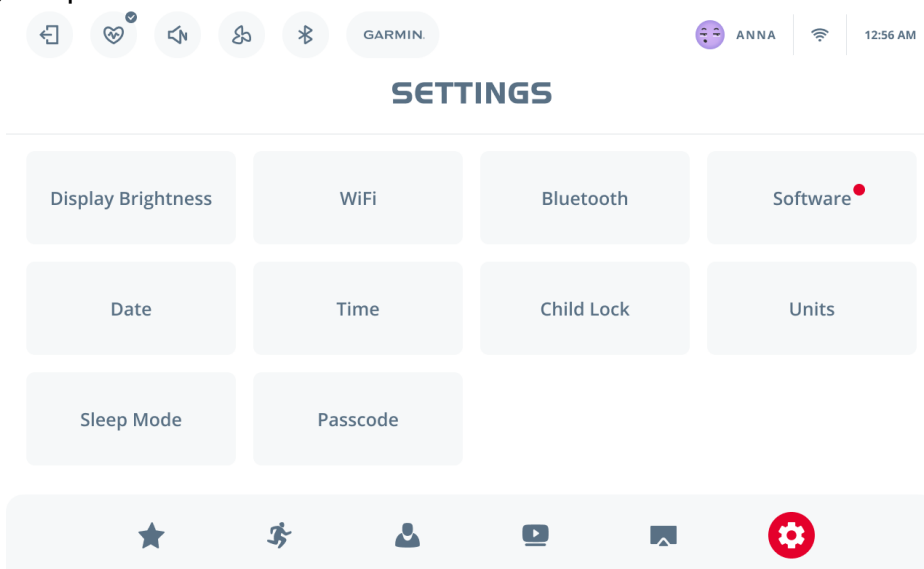
Without WiFi, saving workout data to the cloud, using apps and casting content will not work. If WiFi connection is not set up, please set data and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner on the screen.

Choose "Guest" user or create yourself a profile to get more personalized experience. Maximum of 9 profiles can be created. Learn more about profiles in "Profile".

SETTINGS

Tap on **WIFI** for internet connection settings.

- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12- and 24-hours formats are available.
- Tap on **SOFTWARE** to check the current software version or to update, if a new one is available. Press Update to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DISPLAY BRIGHTNESS** to adjust the brightness of the screen.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices including the Bluetooth type of chest straps, earphones, or speakers.



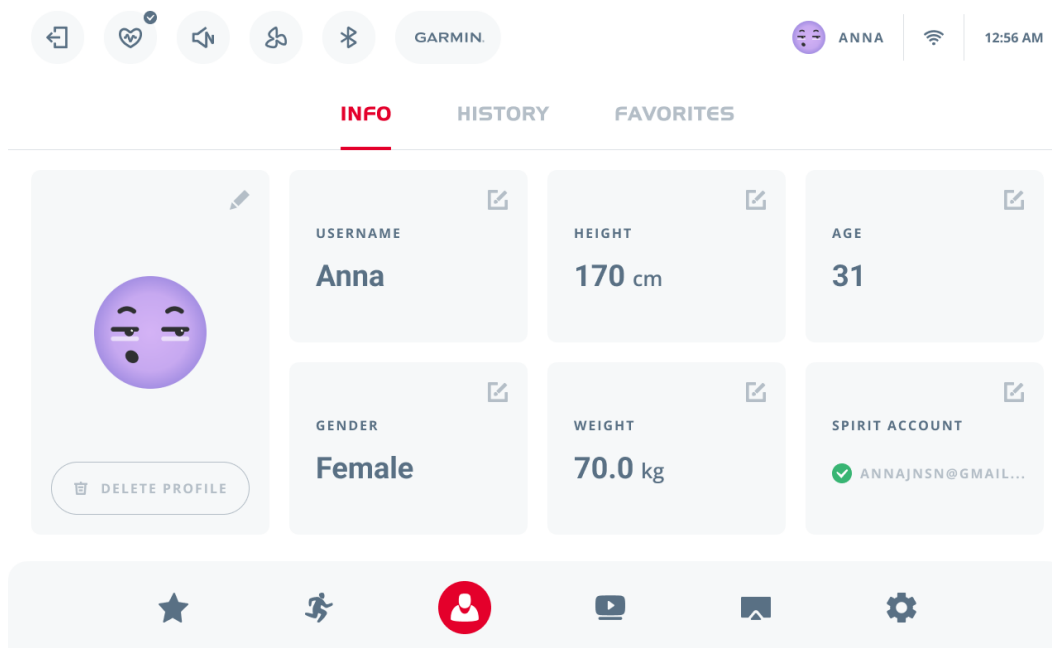
PROFILE

To create a new profile, press + button on the starting screen. If you already have a Spirit APP account, open the app and select **CONNECT TO MACHINE**. Then use your phone's camera to scan the **QR** code that appears on the screen. This action will not only upload your already existing personal info to the machine, but also link two profiles together, so your workout history will be fully displayed in the Spirit app. One Spirit app account cannot be linked to multiple profiles on one machine.




If you do not have a Spirit account, press the **I DON'T** button to continue and build one by filling in the form.

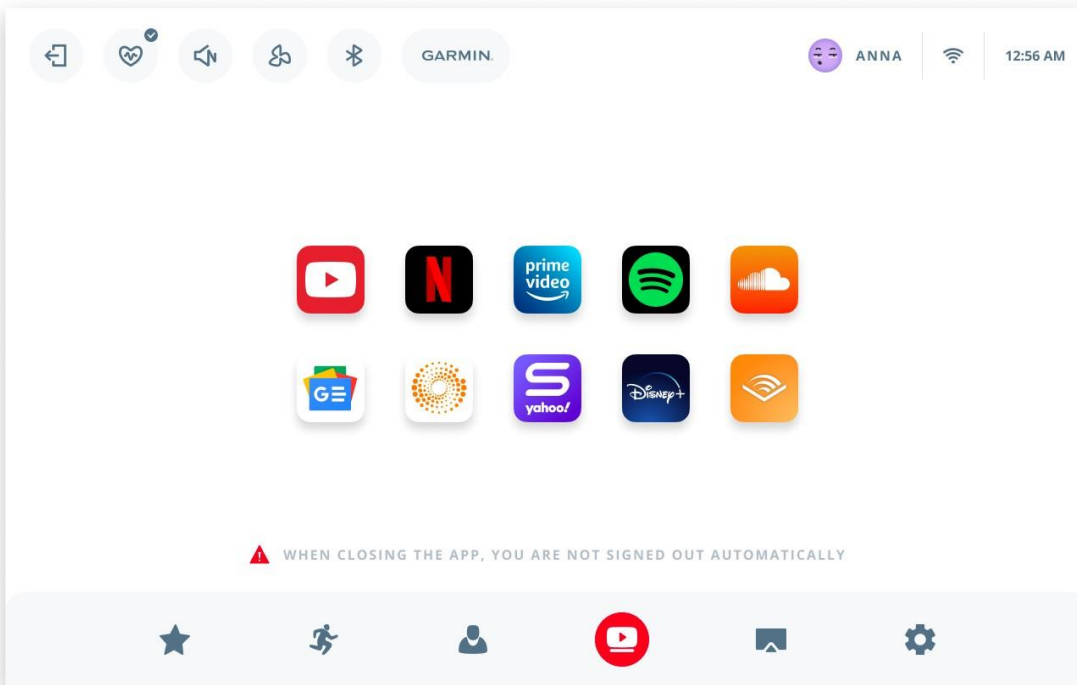
There are 3 tabs in the Profile section **Info**, **History**, and **Favorites**. Creating a profile lets our machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press Save. If you haven't linked your Spirit account to the local machine profile, you can also do it here by pressing "Spirit Account" field. Ten records of the latest activity can be found in **HISTORY** tab. Workout history only shows work-outs that were completed by the current user. Tap on the record preview for details. All the records are available in the Spirit app account, if the profile is lined to the Spirit app account. **FAVORITES** tab is where all the programs that were labeled as favorites by the current user can be seen and deleted.

Different users can choose different unit systems, select their personal favorite programs and save their own templates.





INTERNET & APPS

In this section there are a variety of third-party apps to keep you entertained during your workout. To use them, connect to the WiFi and choose the app icon. Press  to enter full screen mode. Press  to exit full screen mode. Press  to choose another app.



SCREEN MIRRORING

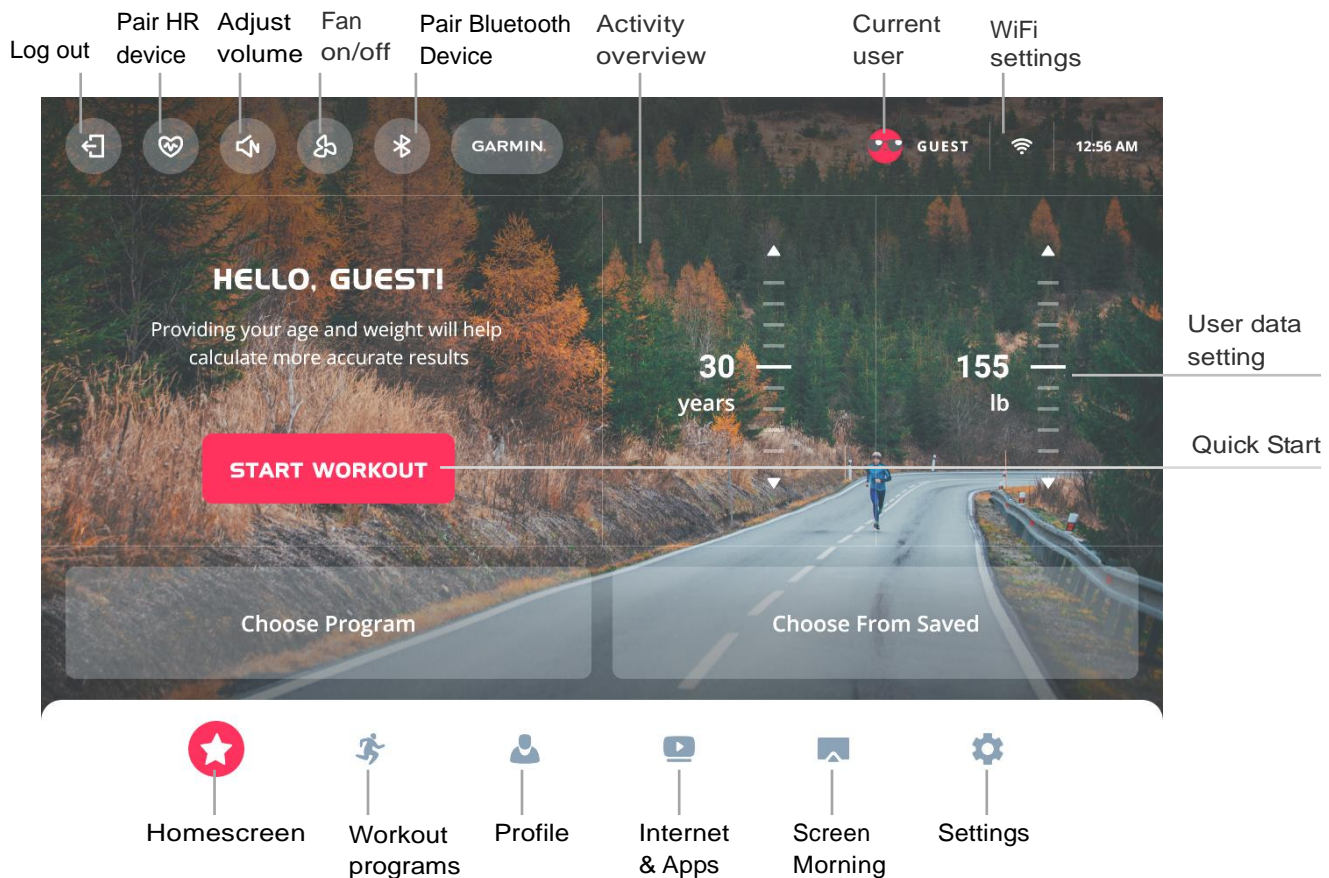
To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press  to enter full screen mode. Press  to exit full screen mode.

Connect your device to the same WiFi network as the equipment. Press the 'Screen Mirroring' button on your device, then select the SPIRIT device.

WIFI NAME: TP-LINK 40CF
(A STRONG CONNECTION IS REQUIRED)
DEVICE NAME: SPIRIT *MODEL*

HOMESCREEN

The Homescreen provides activity overview and suggests shortcuts to the training options. If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight. Start Workout button starts the workout immediately.



WORKOUT VIEWS

Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing Skip.

The panel on the left is fixed and shows your current WORKOUT STATS. More related stats can be revealed by pressing on the + icon. SPEED AND INCLINE CONTROLS can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the workout is paused, you can also access HR device pairing settings.

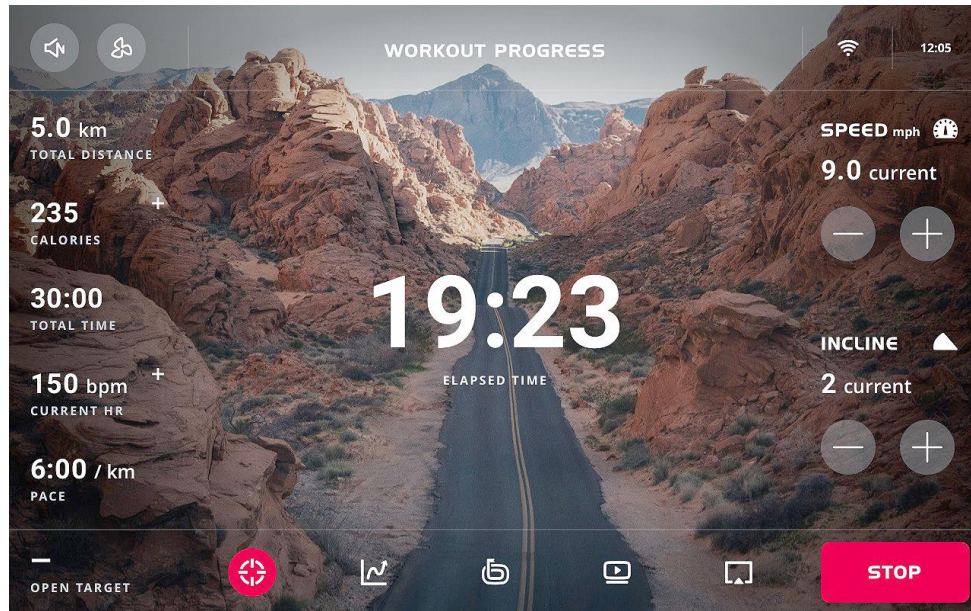
The bottom panel is with 3 views from the left to the right:

- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs it is time counting down; for distance programs it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself making laps on a 1/4-mile track and shows your progress depending on distance covered.

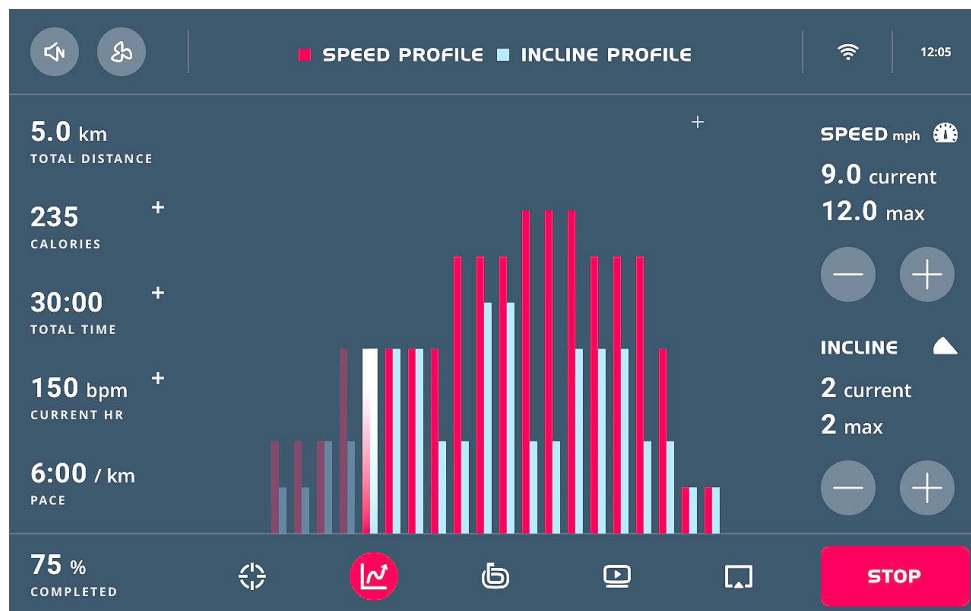
INTERNET and **SCREEN MIRRORING** work the same way as in non-workout mode.

To pause or finish the workout, press Stop on the bottom right corner.

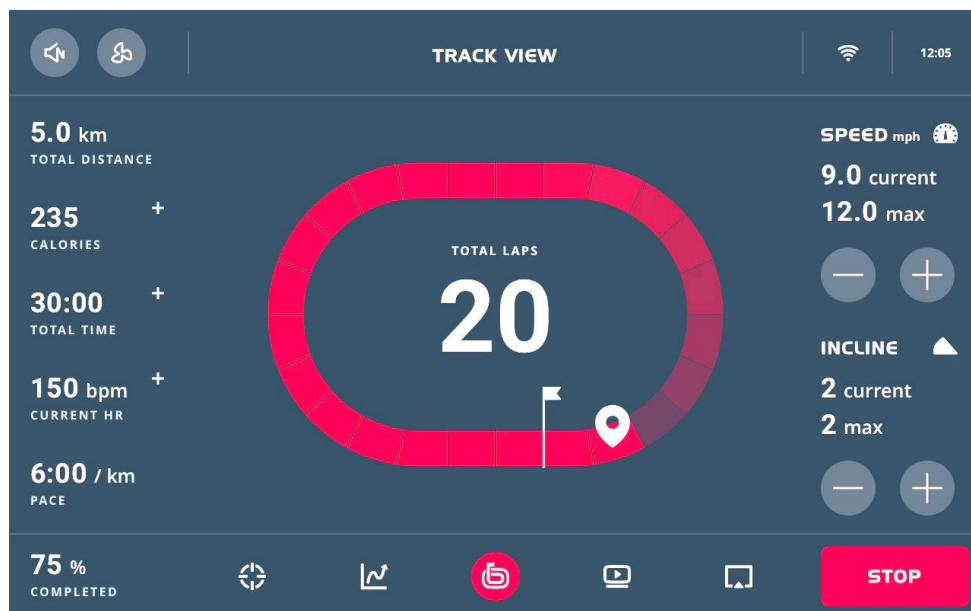
Goal View:



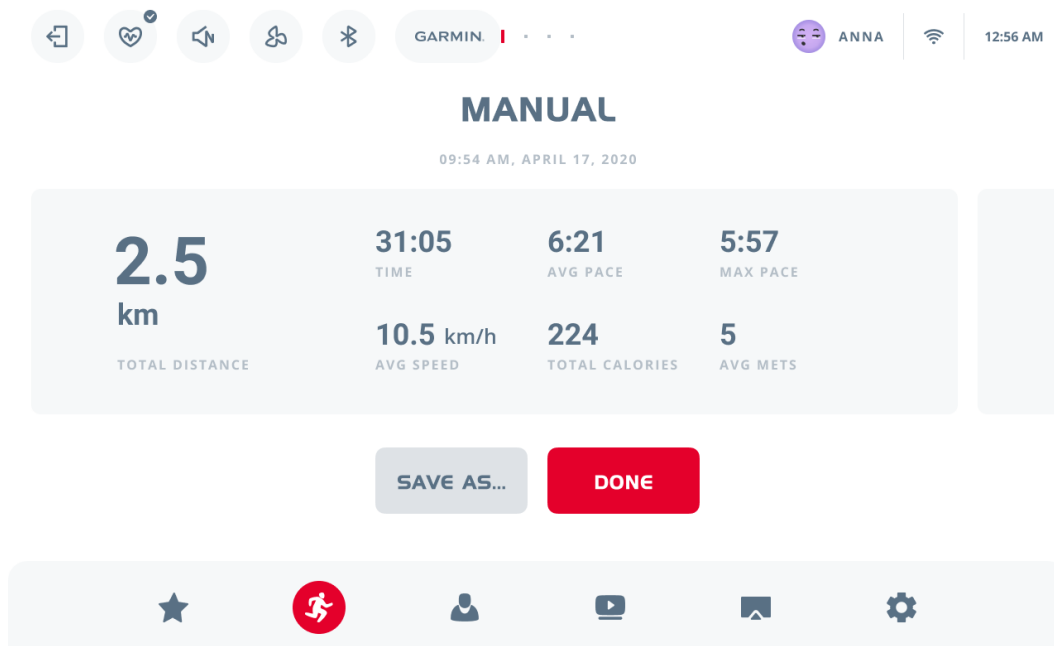
Profile View:



Track View:



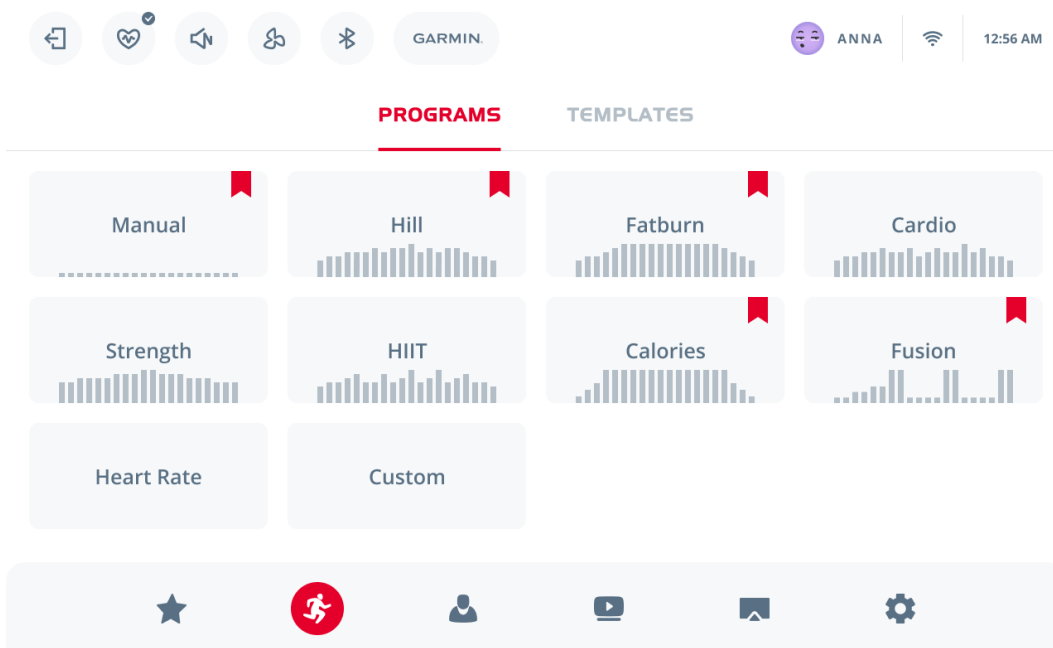
After the workout is finished the workout summary will appear. Slide to the left to get more details or press Done to go back to the Home screen. You can also save the completed program as a template from here, if you press Save as button. The workout record will appear in History tab of the Profile section



WORKOUT PROGRAMS

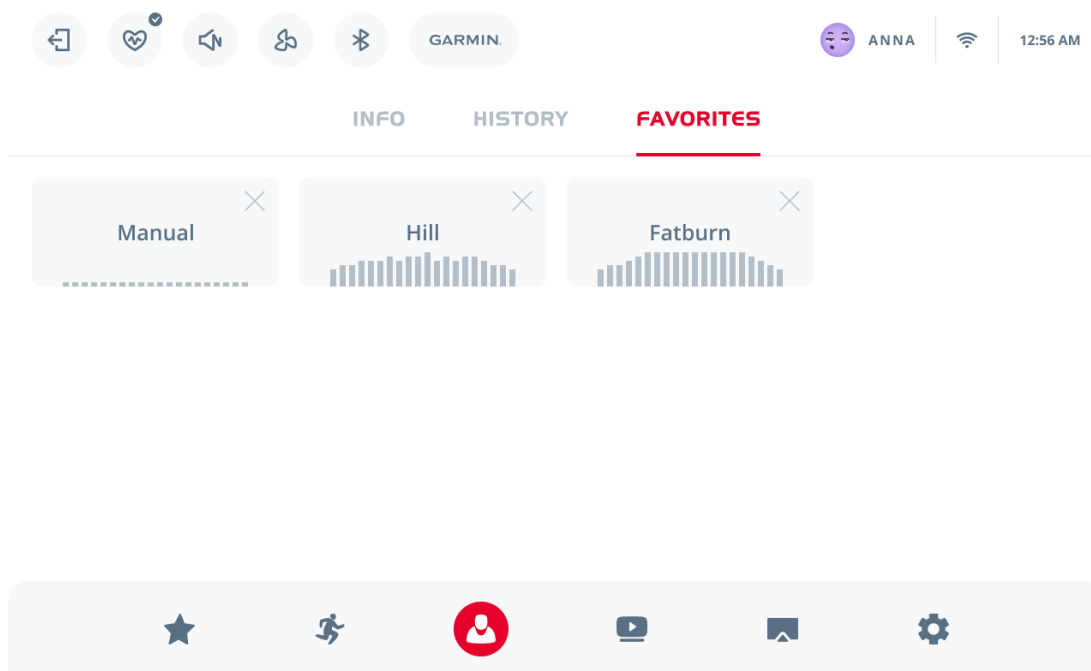
In this section, there are 2 program categories available: Programs (programs with predefined level and incline changing profiles) and Templates (regular programs, saved with your personal adjustments). Tap on the category names to switch between them.

To get more info on each program, tap on the program preview. In this view you can scroll to the side to see all the program descriptions of the selected category. Press **CHOOSE** to select and adjust a program.

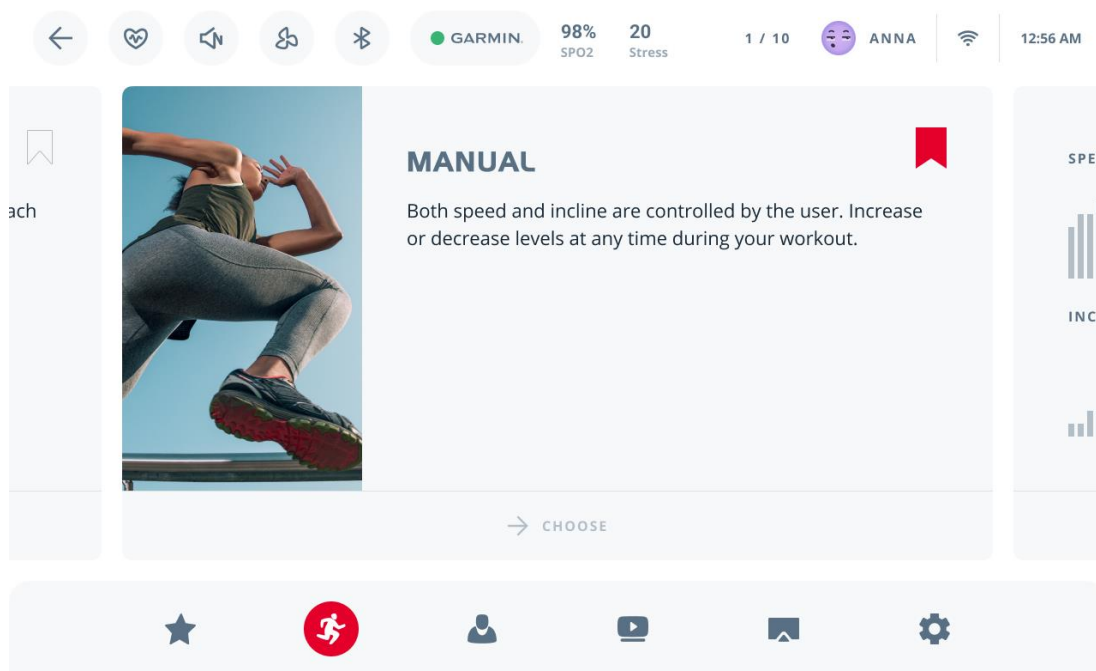


Any program can be labeled as **FAVORITE**.

Favorite programs appear on the Homescreen, so you can access them anytime you want.



MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Speed and incline are adjusted manually while running. Press **START** to begin workout.



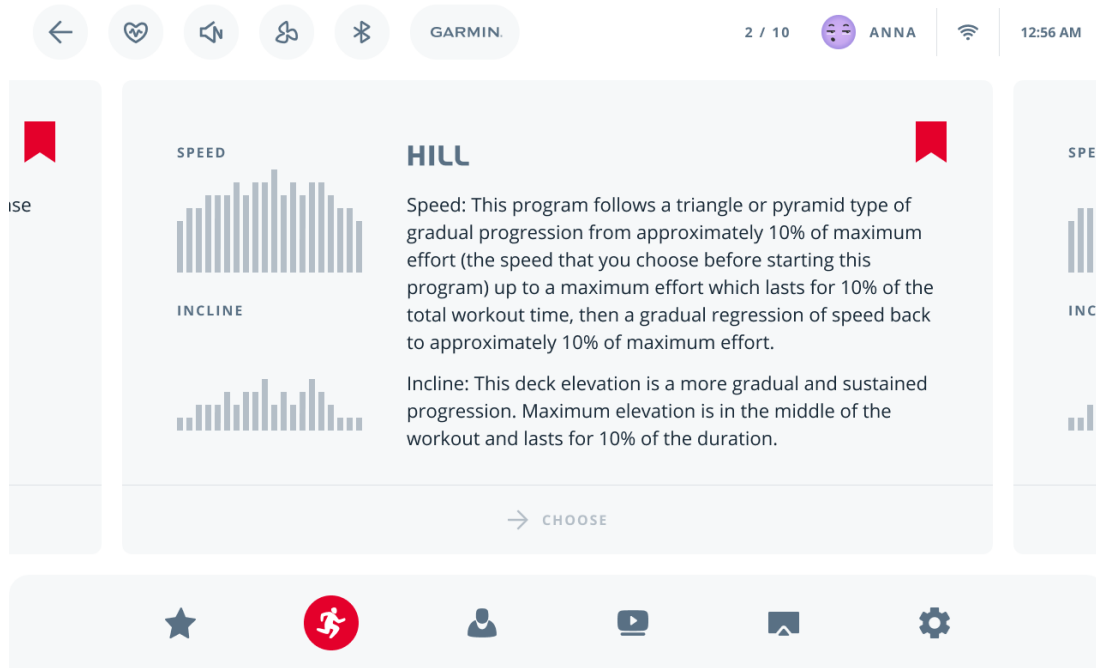
PROGRAMS

HILL, FAT BURN, CARDIO, STRENGTH, HIIT programs have speed and incline changing profiles, which you can find on the program preview. Time and maximum speed settings are required. Once you choose your maximum speed, the program intensity will adapt accordingly.

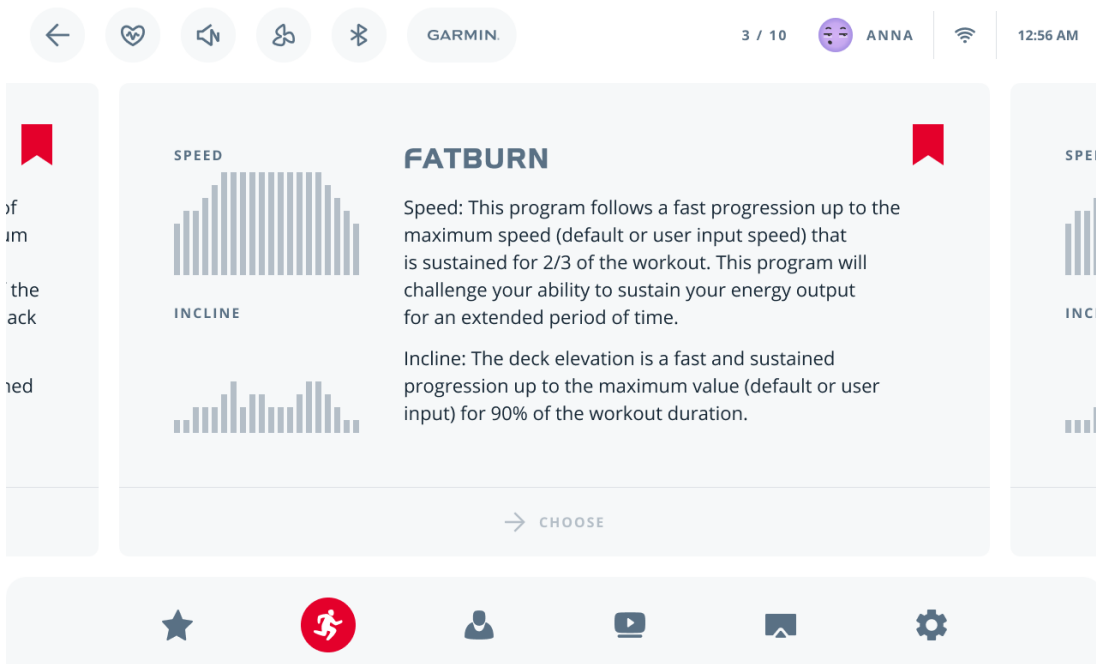
The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for program HILL shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program. If the user sets the top speed to 10 mph (16kph), then the first segment will be 2 mph (3.2kph). You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 10 mph or simply 10 mph (16kph).

PROG.	WARM-UP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	COOL-DOWN					
HILL																											
Speed	20	30	40	50	63	63	75	75	75	88	75	88	88	100	75	88	75	88	88	75	63	63	50	40	30	20	
Incline	0	0	0	0	1	2	2	2	3	2	3	3	4	2	3	2	3	4	3	2	1	1	0	0	0	0	
FATBURN																											
Speed	20	30	40	50	63	63	75	88	100	100	100	100	100	100	100	100	100	100	100	100	88	75	63	50	40	30	20
Incline	0	0	0	0	1	2	2	2	3	4	2	3	3	2	2	2	2	3	4	4	3	2	1	0	0	0	0
CARDIO																											
Speed	20	30	40	50	63	63	75	75	88	75	75	88	63	75	88	75	75	100	75	88	63	63	50	40	30	20	
Incline	0	0	0	0	1	1	2	2	2	2	2	2	1	2	2	2	2	3	2	2	1	1	0	0	0	0	
STRENGTH																											
Speed	20	30	40	63	63	75	75	75	75	88	88	88	100	100	88	88	88	75	75	75	63	63	63	40	30	20	
Incline	0	0	0	0	1	2	3	4	7	6	4	4	3	2	2	3	4	6	6	4	2	1	0	0	0	0	
HIIT																											
Speed	20	30	40	50	63	63	75	88	63	63	88	63	75	100	63	75	100	63	75	88	63	63	50	40	30	20	
Incline	0	0	0	0	1	2	2	4	2	2	4	2	2	6	2	2	7	2	2	4	2	1	0	0	0	0	

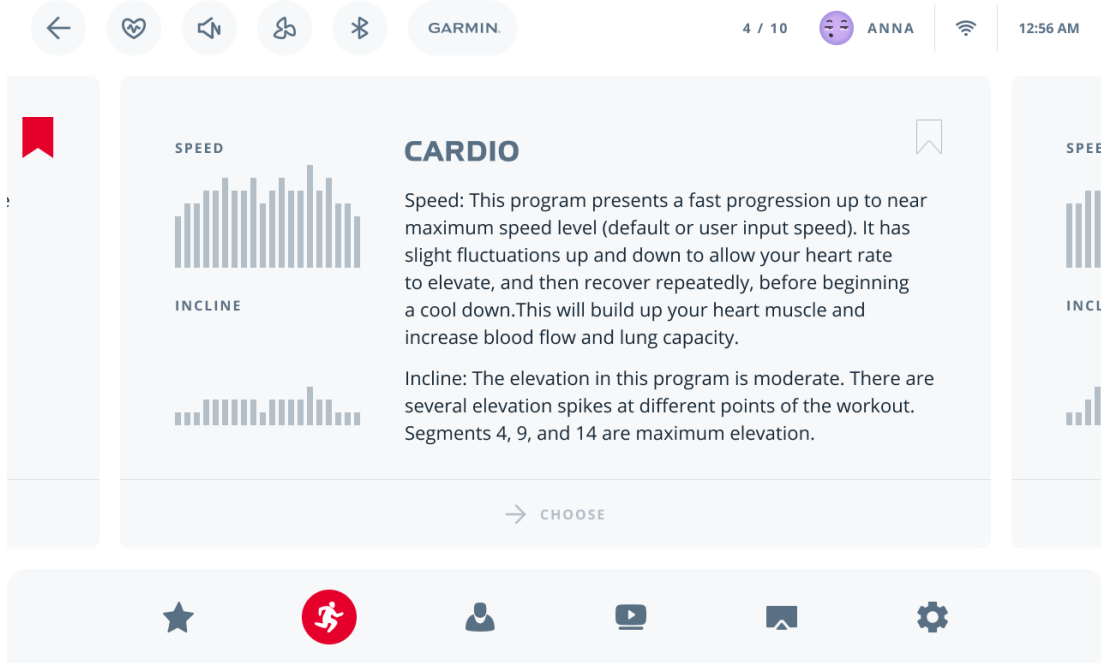
HILL program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the speed that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of speed back to approximately 10% of maximum effort. Incline: The elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



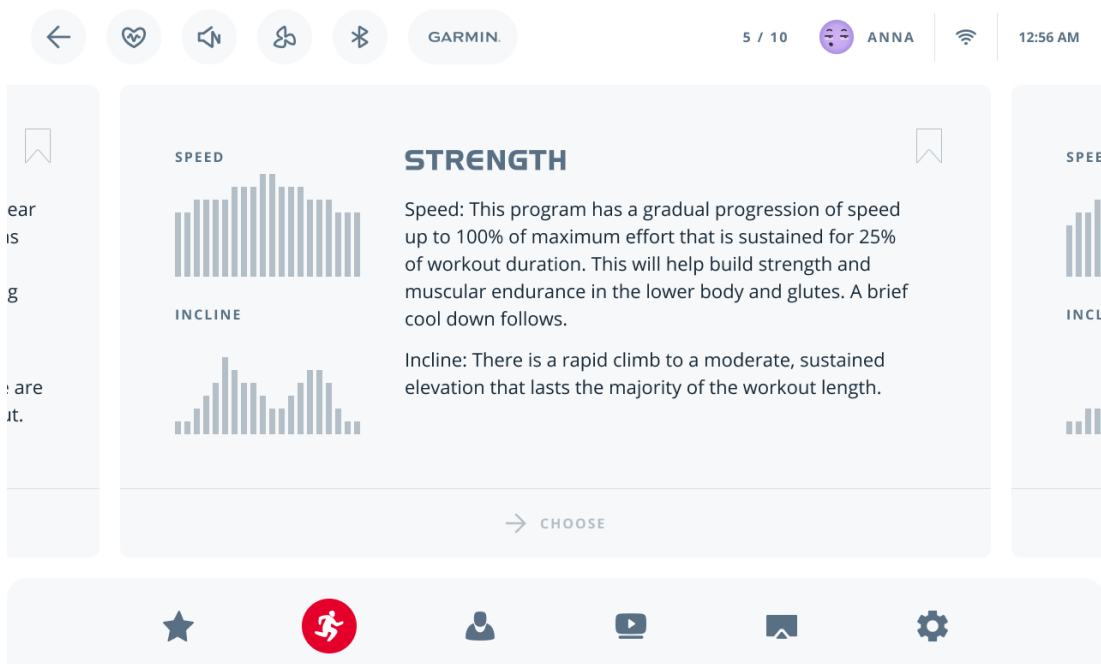
FAT BURN program follows a quick progression up to the maximum speed (default or user input speed) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time. Incline: Elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



CARDIO program presents a quick progression up to near maximum speed level (default or user input speed). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.

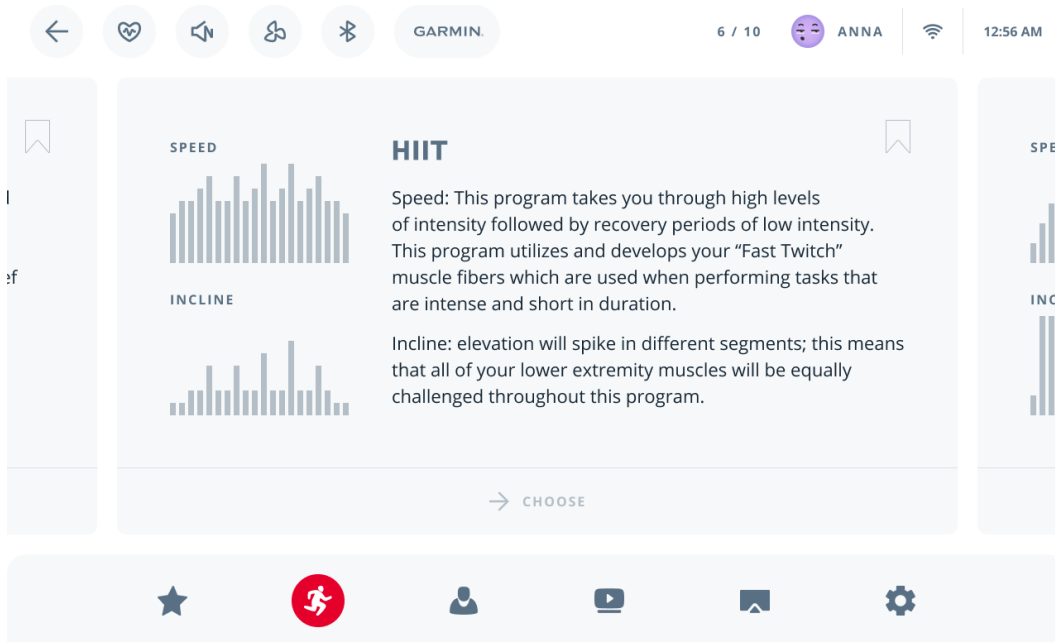


STRENGTH program has a gradual progression of speed up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follow. Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



HIIT, or High Intensity Interval Training, 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.

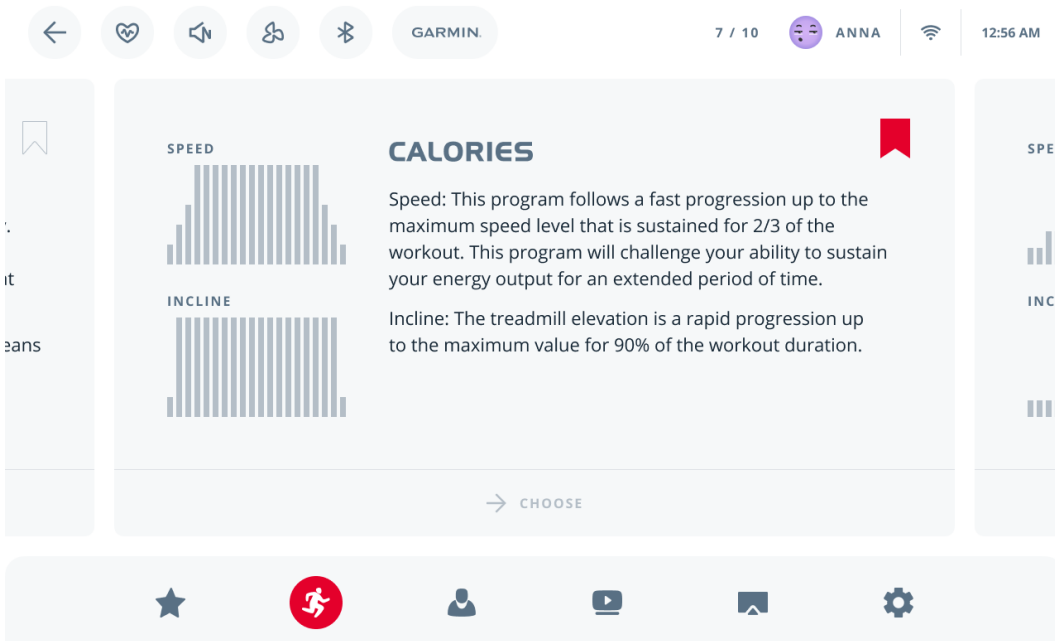
Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.



CALORIES program will challenge your ability to sustain your energy output for an extended period of time.

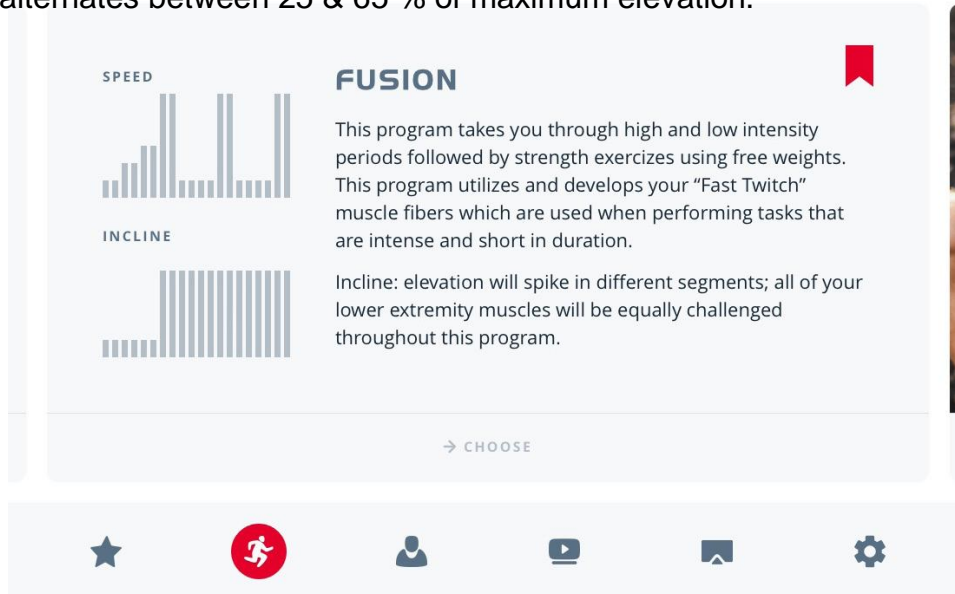
Speed: This program follows a quick progression up to the maximum speed level (default or user input value) that is sustained for 2/3 of the workout.

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

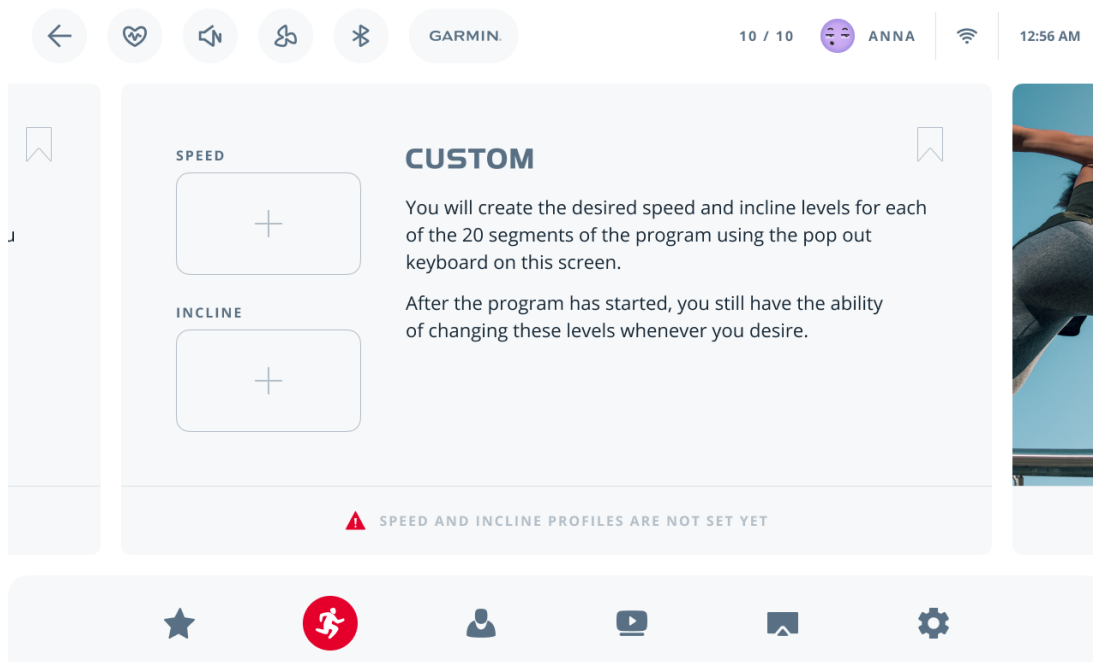


FUSION program takes you through high levels of cardio & strength intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and 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.



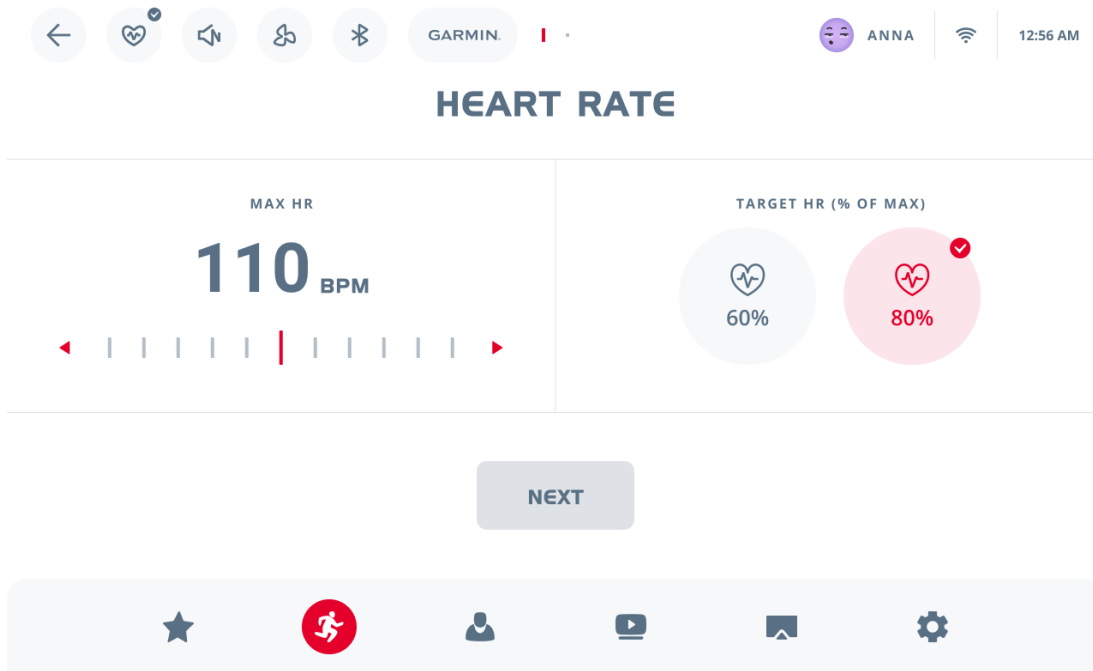
CUSTOM program allows to create customized speed and incline changing profile by sliding up and down on the profile columns. Once the profile is defined, choose target time and maximum speed, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press **Save as** to save the program with the current settings. You can manage saved programs in **TEMPLATES**. To delete a template, tap on it, then press **Delete** in the top right corner. Maximum of 12 template programs can be stored. A Template program is only available to a user who created it.



Heart Rate Programs

Note: You must wear a 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, select the HR1 or HR2 program, then the Next button and follow the directions on the screen.



HEART RATE PROGRAMS

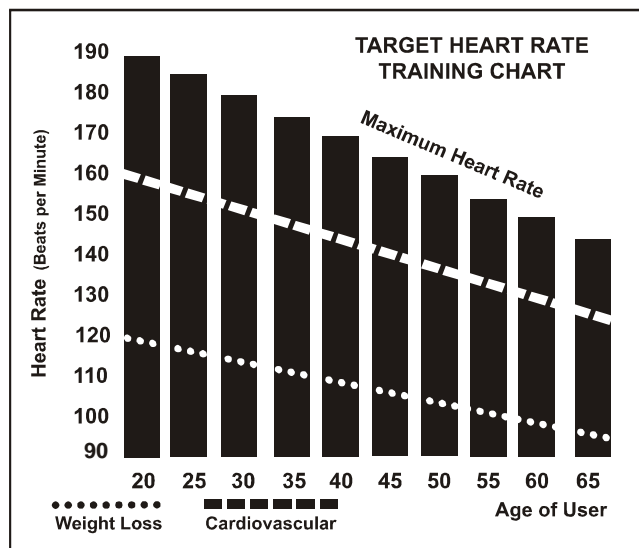
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the zone that burns fat while 85% is for strengthening the cardiovascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

$$220 - 40 = 180 \text{ (maximum heart rate)}$$
$$180 \times .65 = 117 \text{ beats per minute (65\% of maximum)}$$
$$180 \times .85 = 153 \text{ beats per minute (85\% of maximum)}$$

So for a 40 year old the training zone would be 117 to 153 beats per minute.



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

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

CAUTION!

The target value used in HR programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

RATE OF PERCEIVED EXERTION

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

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

The scale is as follows:

Rating Perception of Effort

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

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

USING A HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centred in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - 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. The chest strap is sold separately. Chest straps that operate using Bluetooth should also work with this machine.

ERRATIC OPERATION

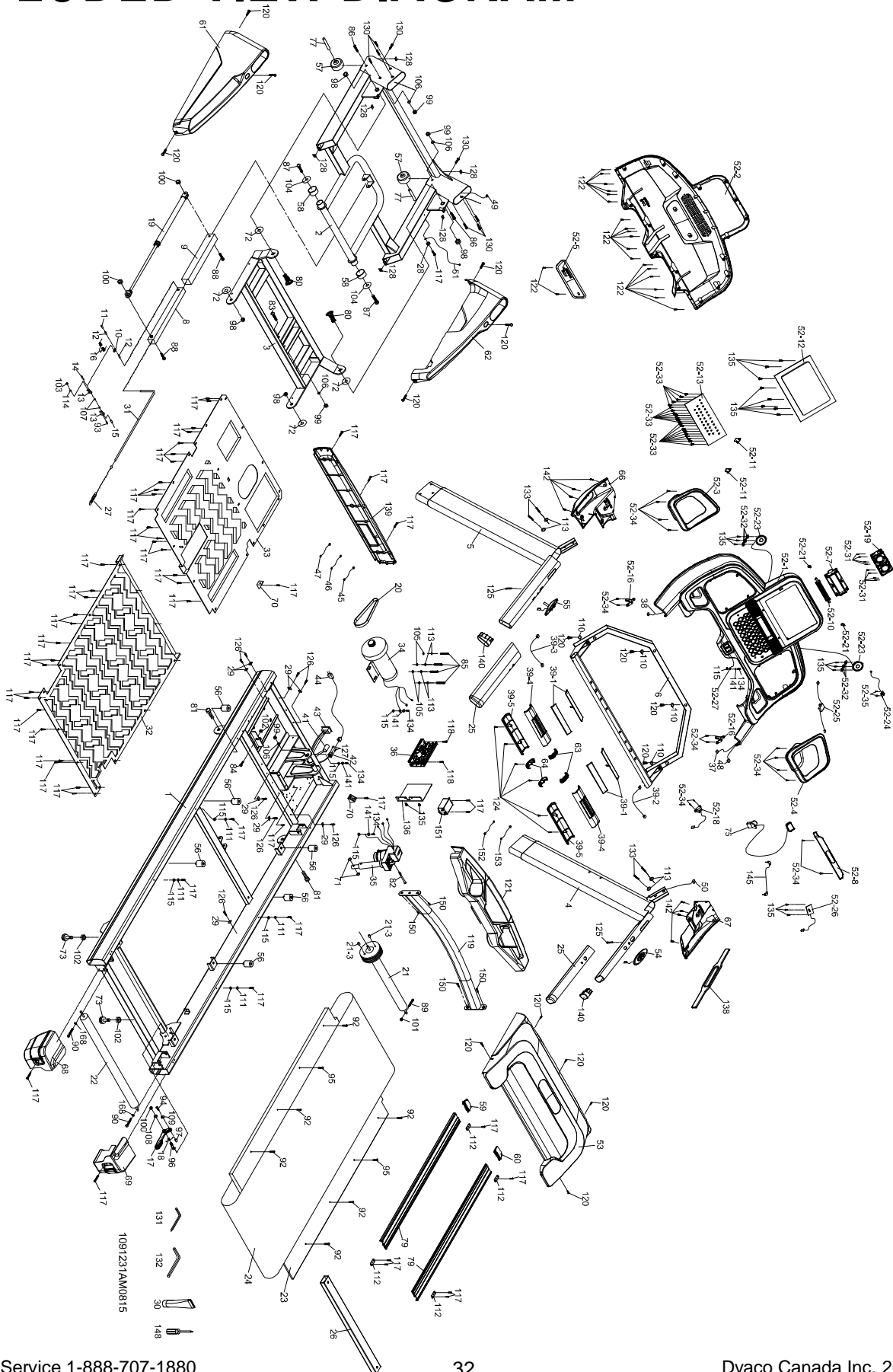
Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

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

1. Treadmill is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Electric fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	AA010230-S13	Main Frame	1
2	AA020042-S13	Frame Base	1
3	AA030031-S13	Incline Bracket	1
4	AA040210-S13	Right Upright	1
5	AA040207-S13	Left Upright	1
6	AA050111-S13	Console Support	1
8	AA060002-Z2	Inner Slide	1
9	AA060001-S13	Outer Slide	1
10	B020001-Z1	Link	1
11	C010003-Z1	Link Shaft	1
12	C070025-Z1	Shaft Bushing	2
13	B020002-Z1	Fastening Bracket	2
14	C040005-Z1	Clevis Pin	1
15	C070026-Z1	Fastening Bushing	1
16	K010001	Dual Torsion-Spring	1
17	P060219-A7	Release Lever	1
18	K010002	ChenChin Torsion-Spring	1
19	K060015	Cylinder	1
20	N010001	Drive Belt	1
21	K140057-Z9	Front Roller W/Pulley	1
21~3	RN040004	Magnet	2
22	K140043-Z3	Rear Roller	1
23	H180009E	Running Deck	1
24	H07Q3200-R3	Running Belt	1
25	L030024-A1	PVC Handgrip	2
26	A440173-Q2	Deck Cross Brace	1
27	K010003	Steel Cable Tension Spring	1
28	N050002	Wire Clamp	1
29	N050001	Wire Tie Mount	8
30	N020002A	Lubricant	1
31	K020025	Steel Cable	1
32	P090046-A1	Top Frame Cover	1
33	P090047-A1	Bottom Frame Cover	1
34	G020115B	Drive Motor	1
35	G110003	Incline Motor	1
36	D090077	Motor Controller	1
37	E050058	800m/m Speed Cable (Upper)	1
38	E050079	800m/m_Incline Cable (Upper)	1
39~1	B130077	Handpulse Plate	4
39~2	E030036	1100m/m_Handpulse Wire (White)	1
39~3	E030036-01	1100m/m_Handpulse Wire (Red)	1
39~4	P060200-A1	Handpulse Top Cover	2
39~5	P060199-A1	Handpulse Bottom Cover	2
41	F020001	Breaker	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
42	F010002	Power Socket	1
43	F030001	On/Off Switch	1
44	E060001	Power Cord	1
45	E010747	100m/m_Connecting Wire (Black)	1
46	E010746	100m/m_Connecting Wire (White)	1
47	E010747	100m/m_Connecting Wire (Black)	1
48	E020739-02	800m/m_Computer Cable (Upper)	1
49	E020745-02	1200m/m_Computer Cable (Lower)	1
50	E020771	1250m/m_Computer Cable (Middle)	1
51	E040005	1000m/m_Ground Wire	1
52	RZONT042A-21	Console Assembly	1
53	PP010131-A1	Motor Top Cover	1
54	N110015A	300m/m_Speed Adjustment Switch W/Cable	1
55	N110016A	300m/m_Incline Adjustment Switch W/Cable	1
56	P060019-A1	Cushion	6
57	P050002-A1	Transportation Wheel(A)	2
58	P050007-A1	Transportation Wheel(B)	2
59	P080007B-A1	Foot Rail Cap (L)	1
60	P080008B-A1	Foot Rail Cap (R)	1
61	PP140019-A1	Frame Base Cover (L)	1
62	PP140020-A1	Frame Base Cover (R)	1
63	P060582-A1	Handpulse End Cap Top Cover	2
64	P060583-A1	Handpulse End Cap Bottom Cover	2
66	P020469-A1	Upright Cover(L)	1
67	P020470-A1	Upright Cover(R)	1
68	P030102-A1	Rear Adjustment Base (L)	1
69	P030103-A1	Rear Adjustment Base (R)	1
70	P060021-A1	Motor Cover Anchor(D)	2
71	P060221-A1	Ø25 x Ø10 x 3T_Nylon Washer (A)	2
72	P060206-A1	Ø50 x Ø13 x 3T_Nylon Washer (B)	4
73	P060018-A1	Adjustment Foot Pad	2
75	N100038-A5	Quadrate Safety Key	1
77	C070031-Z4	Wheel Sleeve	2
79	M010008C-Z0	Aluminum Foot Rail	2
80	J071504-ZL	1/2" x 1-1/4" _Carriage Bolt	2
81	J011503-ZL	1/2" x 1" _Hex Head Bolt	2
82	J031018G-Y2	3/8" x 4-1/2" _Socket Head Cap Bolt	1
83	J021015G-ZS	3/8" x 3-3/4" _Button Head Socket Bolt	1
84	J011006-Z1	3/8" x UNC16 x 1-1/2" _Hex Head Bolt	1
85	J011005-Z1	3/8" x 1-1/4" _Hex Head Bolt	4
86	J341008-ZL	3/8" x 2" _Flat Head Socket Bolt	2
87	J020504-ZL	5/16" x 1" _Button Head Socket Bolt	2
88	J020511P-ZL	5/16" x 2-3/4" _Button Head Socket Bolt	2
89	J013012-Y3	M8 x 60m/m _Hex Head Bolt	1
90	J033016-Z4	M8 x 80m/m _Socket Head Cap Bolt	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
92	J043007-Y3	M8 x 35m/m_Flat Head Countersink Bolt	6
93	J354001-Z1	M3 x 10m/m_Phillips Head Screw	1
94	J092004-ZL	M5 x 20m/m_Phillips Head Screw	1
95	J043011R-Y3	M8 x 55m/m_Flat Head Countersink Bolt	2
96	J020524-ZL	5/16" x 42m/m_Button Head Socket Bolt	1
97	J139161-ZL	M5 x 5T_Nyloc Nut	1
98	J139111-Z1	1/2" x UNC12 x 8T_Nyloc Nut	4
99	J139011-ZL	3/8" x 7T_Nyloc Nut	4
100	J139061-ZL	5/16" x 6T_Nyloc Nut	3
101	J139261-Z1	M8 x 7T_Nyloc Nut	1
102	J129021-ZL	3/8" x 7T_Luck Nut	3
103	J129221-Z1	M3 x 2.5T_Luck Nut	1
104	J210001-ZL	Ø5/16" x Ø35 x 1.5T_Flat Washer	2
105	J210008-ZL	Ø3/8" x Ø25 x 2.0T_Flat Washer	4
106	J210003-ZL	Ø3/8" x Ø19 x 1.5T_Flat Washer	4
107	J210004-Z1	Ø5 x Ø10 x 1.0T_Flat Washer	2
108	J210005-ZL	Ø5/16" x Ø18 x 1.5T_Flat Washer	1
109	J210006-ZL	Ø5 x Ø12 x 1.0T_Flat Washer	1
110	J210058-Z1	Ø6.5 x Ø16 x 1.0T_Flat Washer	4
111	P060404-A1	Ø6 x Ø23 x Ø13 x 5.5T x 3T_Nylon Dished Washer	4
112	B130333-Z1	Ø5.5 x 27 x 60 x 1.5T x 3.5H_Concave Washer	4
113	J260001-ZL	Ø10 x 2.0T_Spring Washer	8
114	J260002-Z1	M3_Spring Washer	1
115	J270001-Z1	M5_Star Washer	8
117	J367105-Y3	Ø5 x 16L_Tapping Screw	55
118	J367111-Z1	5 x 32m/m_Tapping Screw	2
119	AA060090-S13	Handrail Support	1
120	J377105-ZL	5 x 16m/m_Tapping Screw	15
121	P220014-A1	Beverage Holder	1
122	J396804-ZL	3.5 x 12m/m_Sheet Metal Screw	20
124	J517003-Z1	3 x 10m/m_Tapping Screw	6
125	J526914-Y3	4 x 50/mm_Sheet Metal Screw	2
126	J536805-Z1	3.5 x 16m/m_Tapping Screw	8
127	J547003-Z1	3 x 10m/m_Sheet Metal Screw	2
128	J160001-ZL	M5_Speed Nut Clip	6
130	J020520-ZL	5/16" x UNC18 x 15L_Button Head Socket Bolt	8
131	J330001-ZL	M5_Combination M5 Allen Wrench & Phillips Head Screwdriver	1
132	J330002-ZL	L Allen Wrench	1
133	J021006-ZL	3/8" x 1-1/2"_Button Head Socket Bolt	4
134	J092001-Z1	M5 x 10m/m_Phillips Head Screw	4
135	J397002-Z1	3 x 8m/m_Sheet Metal Screw	19
136	B070004-Z1	Controller Back Plate	1
138	F090001-A1-A1	Chest Strap	1
139	PP010085A-A1	Front Motor Cover	1
140	P040019-A1	M8 x 35m/m_Flat Head Countersink Bolt	6

KEY NO.	PART NO.	DESCRIPTION	Q'TY
141	J260008-Z1	Ø5 x 1.5T_Spring Washer	4
142	J396805-ZL	3.5 x 16m/m_Sheet Metal Screw	8
145	E090001-01	400m/m_Audio Cable	1
148	J330008	Phillips Head Screwdriver	1
150	J020502-ZL	5/16" x 3/4" _Button Head Socket Bolt	4
151	F060010	Filter	1
152	E010752	200m/m_Connecting Wire (White)	1
153	E010753	200m/m_Connecting Wire (Black)	1
168	J210056-Y3	Ø8.5 x Ø16 x 1.5T_Flat Washer	2

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 to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. Use water only - no cleaners or abrasives. 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

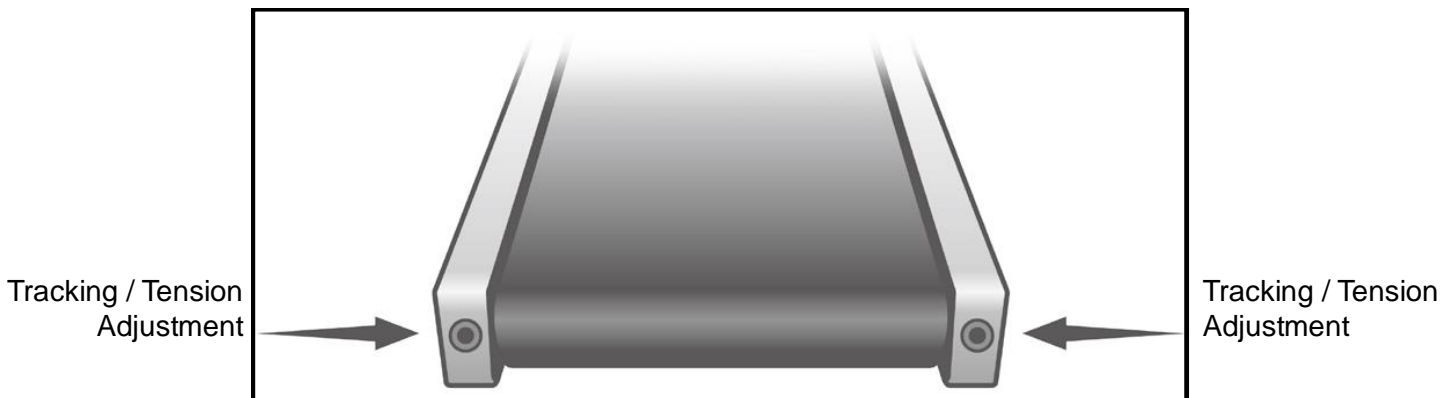
This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. 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 for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right-side rail as noted in diagram below.



Note: Adjustment is through small hole in end

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

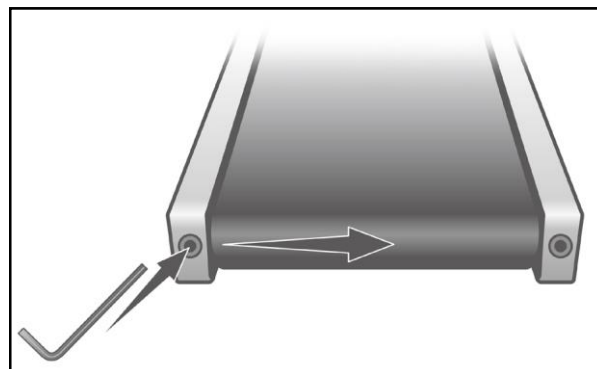
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary. The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 2 to 3 MPH. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn 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. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will 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.

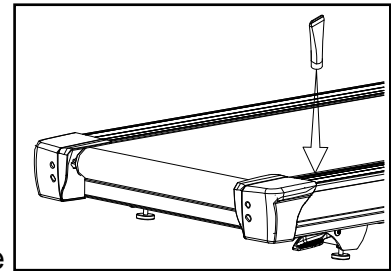


ATTENTION:

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

BELT/DECK LUBRICATION PROCEDURE

Do not lubricate with other than approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from your authorized dealer. There are commercially available lube kits, but the only one currently approved is Lube-N-Walk.



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 90 hours of use. The console has a built-in lubrication reminder indicator that lights every 90 hours of use.

Use the Lubricant to lubricate the deck beneath the belt. If you can reach under the belt approximately 6" on each side, use the following procedure: Unplug the electrical cord. At the middle of the deck, lift up on the belt and reach under with the tube of lubricant. Squirt most of the lubricant on the deck surface. Repeat the process on the opposite side. Plug the electrical cord back into the outlet and walk on the belt at a moderate speed for five minutes.

If unable to perform the above procedure, it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps -- enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 45 cm (18 inches) from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-footline should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking. Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 5 KPH (3 MPH) without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side, then follow the belt tracking instructions to remedy. Now the deck is lubricated, and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone-based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

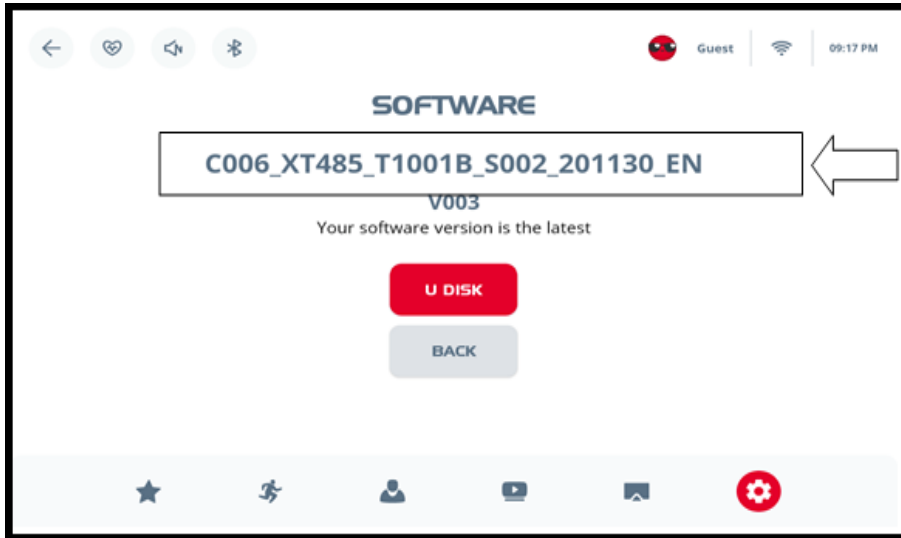
SERVICE CHECKLIST - DIAGNOSIS GUIDE

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.

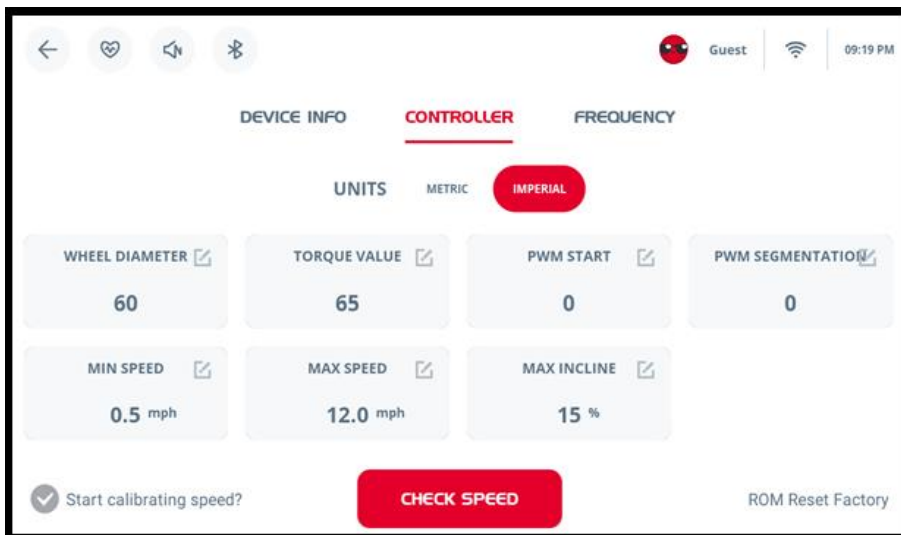
PROBLEM	SOLUTION/CAUSE
Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	<p>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.</p>
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 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 12 KPH (7 MPH) but shows higher speed on display	<p>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-volt AC current is required.</p>
Tread-belt stops quickly/suddenly when tether cord is pulled	<p>High belt/deck friction. See General Maintenance section on lubrication.</p>
Treadmill trips on board 15-amp circuit	<p>High belt/deck friction. See General Maintenance</p>
Computer shuts off when console is touched (on a cold day) while walking/running	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 4.</p>
House circuit breaker trips, but not the treadmill circuit breaker	<p>Need to verify the house breaker. Refer to page 6 for details.</p>

CALIBRATION PROCEDURE

1. Choose settings function on screen bottom right corner then click on “Software” button.
2. On the screen will be show software version and click on “software version C006_XT485...” to continue five times for this step.



3. You need to enter password 20160620 to confirm before enter the calibration screen.
4. Choose CONTROLLER function, set the units for imperial or metric.



5. If you want to calibrate speed, click on “Start calibrating speed” marked on screen bottom left corner, otherwise it will only calibrate the incline. Click on CHECK SPEED to begin calibration.
6. The process is automatic; the speed will start up without warning, so do not stand on the belt. When calibration be finished on calibration successfully screen, click on reboot to exit.

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 (MVo₂). 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 MVO₂ 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 overly fixated on the number.

ENDURANCE CIRCUIT TRAINING

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

Body Building

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

Patronization

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

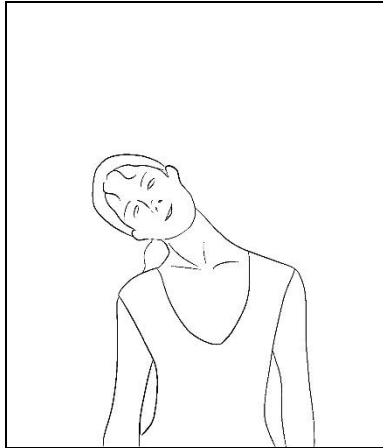
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute 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; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

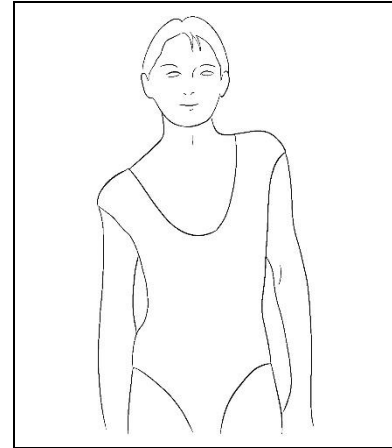
HEAD ROLLS

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



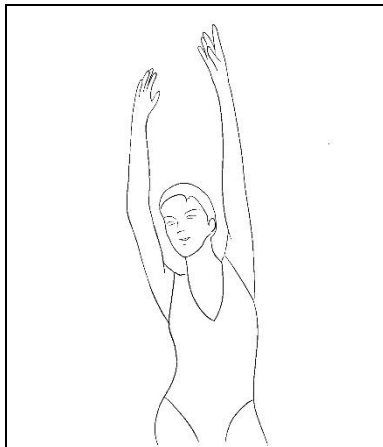
SHOULDER LIFTS

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



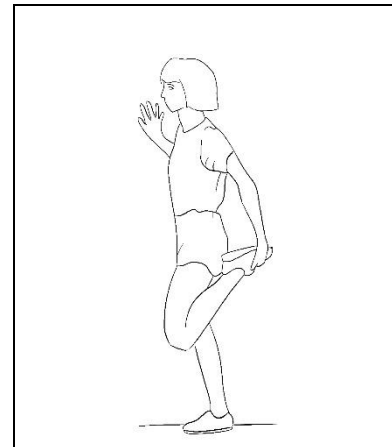
SIDE STRETCHES

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



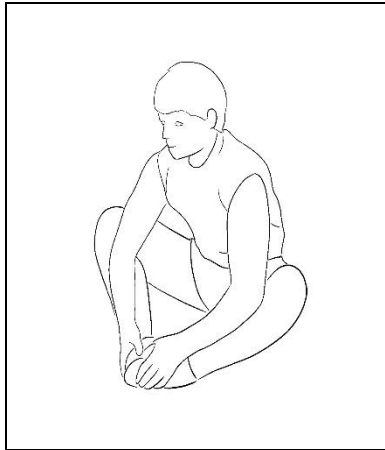
QUADRICEPS STRETCH

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



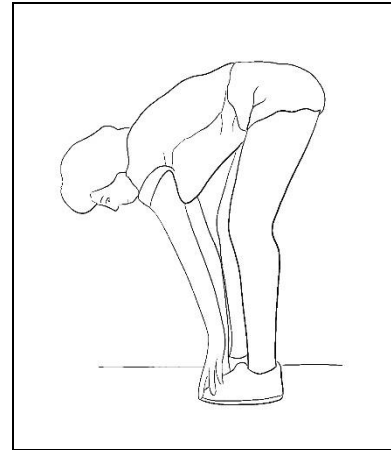
INNER THIGH STRETCH

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



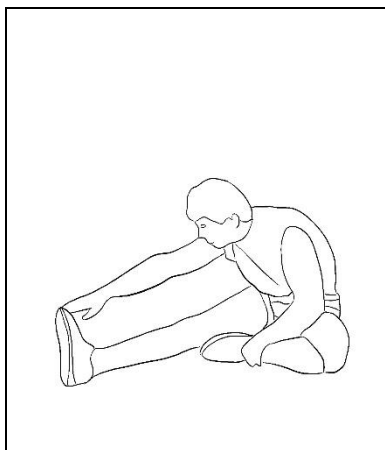
TOE TOUCHES

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



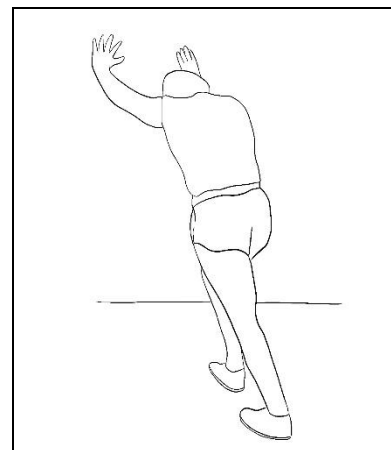
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

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



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its Spirit treadmill for a period of time listed below, from the date of retail sale, as determined by a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to the facility. The warranty period applies to the following components:

Home Warranty

Frame, Motor & Deck	Lifetime
Parts	10 Years
Labour	1 Years
Console	2 Years

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

NORMAL RESPONSIBILITIES OF THE OWNER

The owner is responsible for the items listed below:

1. The warranty registration can be completed online. Visit www.dyaco.ca/warranty.html and complete the Warranty registration.
2. Proper use of the treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in facility wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the facility. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the facility, are the responsibility of the facility. The facility is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

dyaco

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

SPIRIT

spiritfitness.ca

X XTERRA

xterrafitness.ca

UFC

dyaco.ca/UFC/UFC-home.html

SOLE
FITNESS

solefitness.ca

EVERLAST

dyaco.ca/products/everlast.html

 Johnny G
by **SPIRIT**

spiritfitness.ca/johnnyg.html

TRAINOR
SPORTS

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

Dyaco Canada Inc. dyaco.ca