Owner's Manual

Model No.
16207383250
XBR25

- Assembly

- Operation

- Adjustments

- Parts

- Warranty

CAUTION:
Read and
understand this
manual before
operating unit

SPIRIT

Retain For Future Reference

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

SPIRIT

**CONGRATULATIONS ON YOUR
NEW FITNESS BIKE**

Thank you for your purchase of this quality fitness bike from Dyaco Canada Inc. Your new fitness bike 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 fitness bike is your administrator for all Dyaco Canada Inc. 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 never forget that you are the reason we are in business.

Please go to www.dyaco.ca/warranty and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____

Dealer Phone #_____

Purchase Date _____

Product Registration

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 to register your purchase.

Important Safety Instructions

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

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the Recumbent Bike on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the Recumbent Bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- Equipment should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the equipment by a person responsible for their safety.
- Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this equipment if it has a damaged cord or plugs, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
- Do not carry this equipment by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this equipment to a properly grounded outlet only. See Grounding Instructions.
- The equipment is intended for household use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.

- Keep children under the age of 13 away from this machine.
- **The Recumbent bike is not a medical device.**

Please ensure that you review and adhere to the user weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Instructions

WARNING!
Route the power cord away from any moving part of the unit including the transport wheels.

NEVER remove any cover without first disconnecting the DC power. If voltage varies by ten percent (10%) or more, the performance of your unit 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 unit to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

Important Operation Instructions

- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Recumbent Bike; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the bike. 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.

⚠ **WARNING / AVERTISSEMENT**

SPIRIT
Model/Modèle#:16207383250(PR:0723)
Serial#/Numéro de série:
123456789

For consumer use.
Max user weight limit
350lbs.(159kgs)
CAUTION:SMALL CHILDREN
AND PERSONS PHYSICALLY
HANDICAPPED SHOULD NOT
USE ANY EXERCISE
EQUIPMENT WITHOUT A
QUALIFIED PERSON IN
ATTENDANCE.
WARNING:KEEP CHILDREN
AWAY FROM THE CYCLE
KEEP BODY AND CLOTHING FREE
AND CLEAR OF ALL MOVING PARTS
THE POSSIBILITY OF
SERIOUS INJURIES OR DEATH IF
CAUTION IS NOT USED.
READ ALL WARNINGS AND
INSTRUCTIONS PRIOR TO USE.
REPLACE LABEL IF DAMAGED,
ILLEGIBLE OR REMOVED.
MADE IN TAIWAN

Usage à des fins
personnelles
poids maximum de l'utilisateur
350lbs (159kgs)

ATTENTION:
LES ENFANTS
ET LES PERSONNES AYANT
UN HANDICAP PHYSIQUE
NE DOIVENT UTILISER
AUCUN APPAREIL D'EXERCICE
SANS LA SURVEILLANCE D'UNE
PERSONNE QUALIFIÉE.
AVERTISSEMENT:
GARDER LES ENFANTS À L'ÉCART DU CYCLE.
GARDER LE CORPS ET LES VÊTEMENTS
ÉLOIGNÉS DE TOUTE PIÈCE MOBILE.
LE DÉFAUT DE VIGILANCE DANS L'UTILISATION
DE CET APPAREIL POURRAIT ENTRAÎNER
DE GRAVES BLESSURES ET MÊME LA MORT.
LIRE TOUS LES AVERTISSEMENTS ET TOUTES
LES DIRECTIVES AVANT UTILISATION.
REMPLACER TOUTE ÉTIQUETTE
ENDOMMAGÉE, ILLISIBLE
OU MANQUANTE.

FABRIQUÉ À TAIWAN

Dyaco Canada Inc.

5955 Don Murie St
Niagara Falls, ON
L2G 0A9

Customer Service
Service à la clientèle
**1-888-707-1880**

ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR RECUMBENT BIKE!!

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (**#**) are the item number from the assembly drawing for reference.
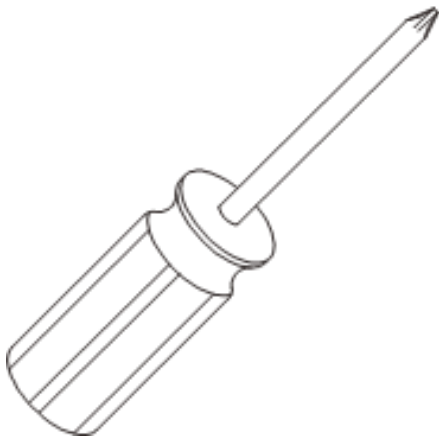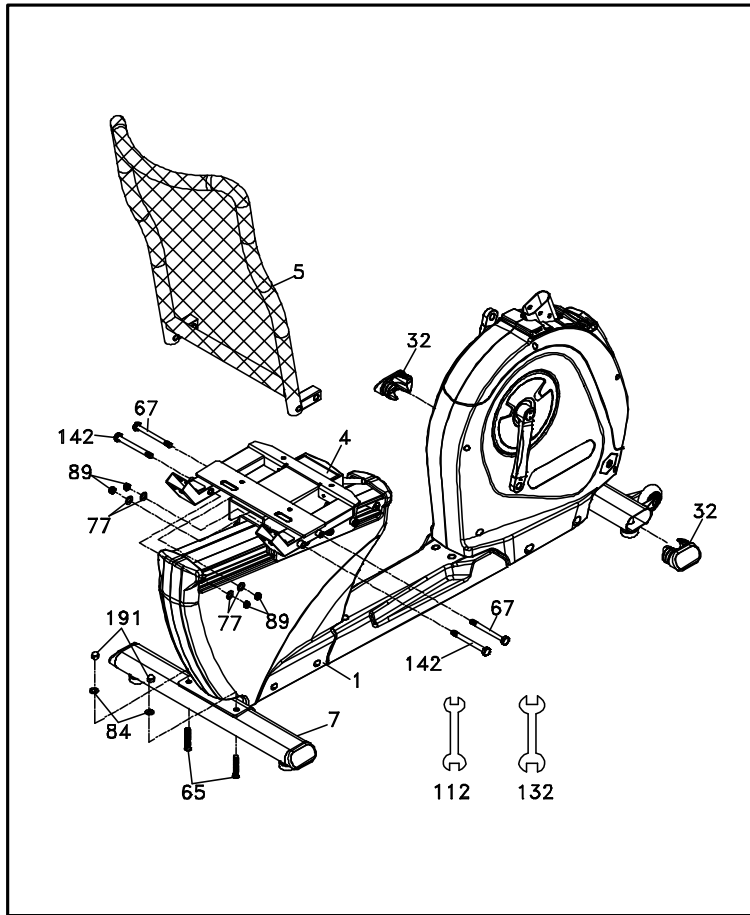
ASSEMBLY TOOLS
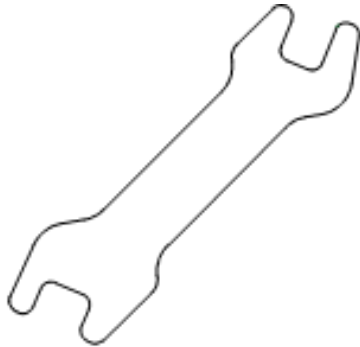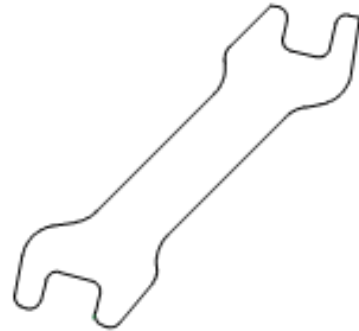
**#112.** 12/14mm Wrench   **#132.** 14/15mm Wrench

#114. Phillips Head Screwdriver

STEP 1: STABILIZER & SEATBACK

1. Attach the **REAR STABILIZER** (**7**) to the **MAIN FRAME (1)** with 2 **BOLTS** (**65**) and 2 **FLAT WASHERS (84) and** 2 **CAP NUTS (191)**. Tighten completely with the **WRENCH (112)**.
2. Install the **SEAT BACK** (**5**) onto the **SEAT CARRIAGE** (**4**) with 2 **BOLTS** (**67**) installed through the top holes and secured with 2 **FLAT WASHERS** (**77**) and **NYLOC NUTS** (**89**). Install 2 **BOLTS** (**142**) through the side holes and secure with 2 **FLAT WASHERS** (**77**) and **NYLON NUTS** (**89**).
3. Insert an **END CAP** (**32**) into each opening of the **Front Stabilizer Tube.** You may need to tap them in with a rubber mallet if they are resistant to being put in.

HARDWARE
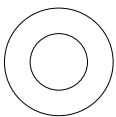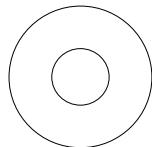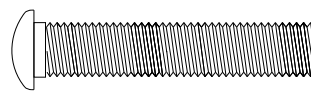
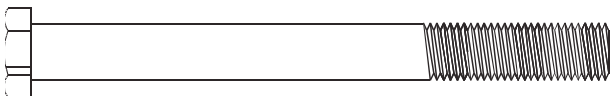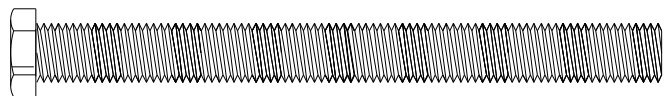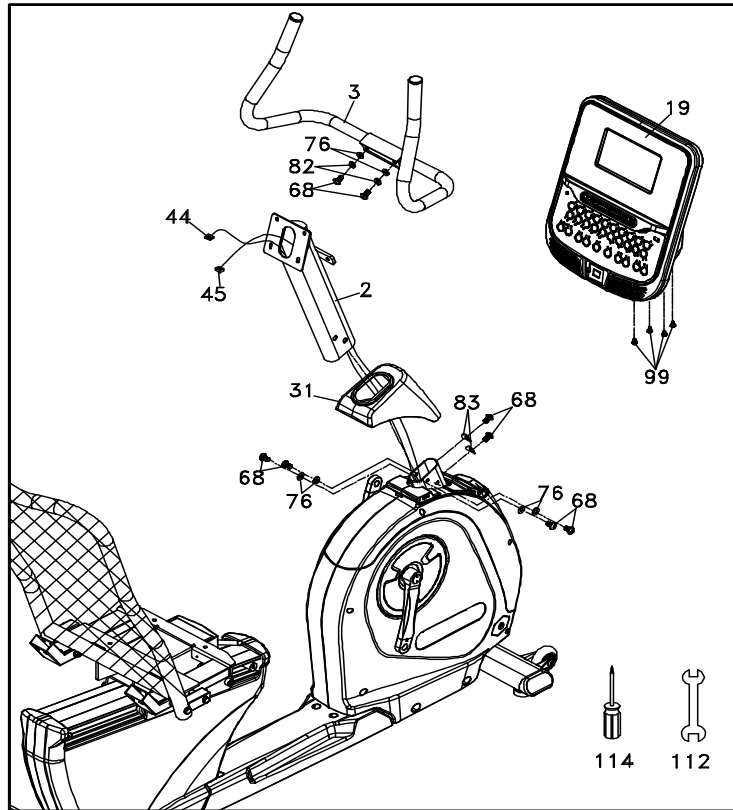|				
#77. 3/8" x 19 x 1.5T Flat Washer (4 pcs)	**#84.** 3/8" x 25 x 2T Flat Washer (2 pcs)	**#89.** 3/8" x 7T Nyloc Nut (4 pcs)	**#65.** 3/8" x 53mm Carriage Bolt (2 pcs)	**#191.** 3/8" Cap Nut (2 pcs)

#67. 3/8" x 4"
Hex Head Bolt (2 pcs)

#142. 3/8" x 4-1/4"
Hex Head Bolt (2 pcs)

STEP 2: CONSOLE MAST

1. **Slide the COMPUTER CABLE (44) through the bottom of the CONSOLE MAST COVER (31)** and then the bottom of the **CONSOLE MAST (2)**. Make sure the Console Mast Cover is correctly oriented (see illustration).
2. Install the **CONSOLE MAST (2)** into the receiving tube **(MAKE SURE NOT TO PINCH CABLE (44); DAMAGE TO THE ELECTRONICS COULD OCCUR) OF THE MAIN FRAME (1)**. Insert 2 **HEX HEAD BOLTS (68)** and 2 **FLAT WASHERS (76)** on each side. Insert 2 **HEX HEAD BOLTS (68)** and 2 **CURVED WASHERS (83)** on the front. Tighten all 6 bolts firmly with the **WRENCH (112)**.
3. Remove the white Styrofoam pad (factory installed to prevent bolts from being accidentally dropped into the Console Mast Tube).
4. Insert the **COMPUTER CABLE (44)** and **HAND PULSE CABLE (45)** into their respective connectors in the back of the **CONSOLE ASSEMBLY (19)**. Attach the console onto the mounting plate with 4 **PHILLIPS HEAD SCREWS (99)**. Tighten with the **PHILLIPS HEAD SCREWDRIVER (114)**.
5. Attach the **HANDLEBAR ASSEMBLY (3)** onto the **CONSOLE MAST (2)** bracket with the 2 **HEX HEAD BOLTS (68)**, 2 **SPLIT WASHERS (82)**, and 2 **FLAT WASHERS (76)**. Completely tighten with the **WRENCH (112)**.

HARDWARE
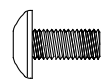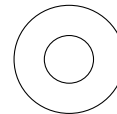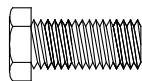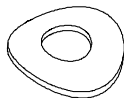
#82. 5/16" x 1.5T Split Washer (2 pcs)

#83. 5/16" x 19 x 1.5T Curved Washer (2 pcs)

#68. 5/16" x 5/8" Hex Head Bolt (8 pcs)

#76. 5/16" x 18 x 1.5T Flat Washer (6 pcs)

#99. M5 x 12mm Phillips Head Screw (4 pcs)
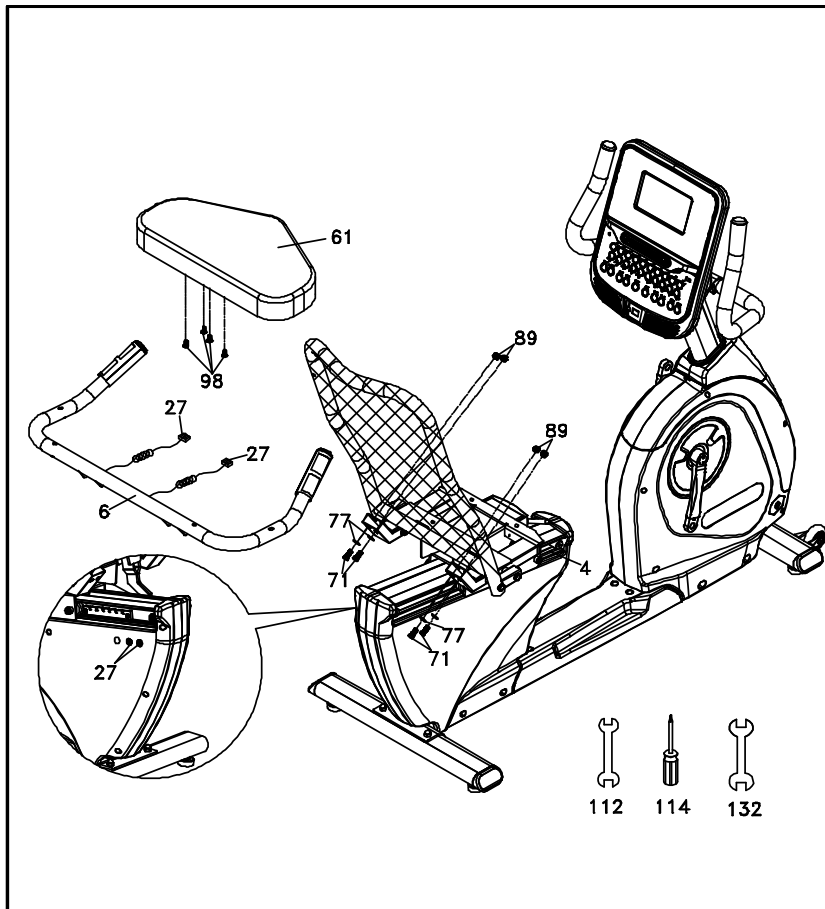
STEP 3: SEAT & HANDLEBAR

1. Install the **SEAT** (**61**) on the **SEAT CARRIAGE** (**4**) with 4 **PHILLIPS HEAD SCREWS** (**98**). Tighten with the **PHILLIPS HEAD SCREWDRIVER** (**114**).
2. Attach the **SEAT HANDLEBAR** (**6**) to the **SEAT CARRIAGE** (**4**) with the 4 **HEX HEAD BOLTS** (**71**), 4 **FLAT WASHERS** (**77**), and 4 **NYLOC NUTS** (**89**). Tighten with the Wrenches provided (**112** & **132**).
3. Plug the **HAND PULSE SENSOR CABLES** (**27**) into the left side of the rear plastic cover.

HARDWARE
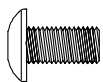
#98. M6 x 15mm Phillips Head Screw (4 pcs)

#89. 3/8" x 7T Nyloc Nut (4 pcs)
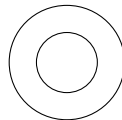
#77. 3/8" x 19 x1.5T Flat Washer (4 pcs)
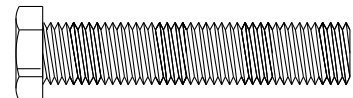
#71. 3/8" x 1-3/4" Hex Head Bolt (4 pcs)
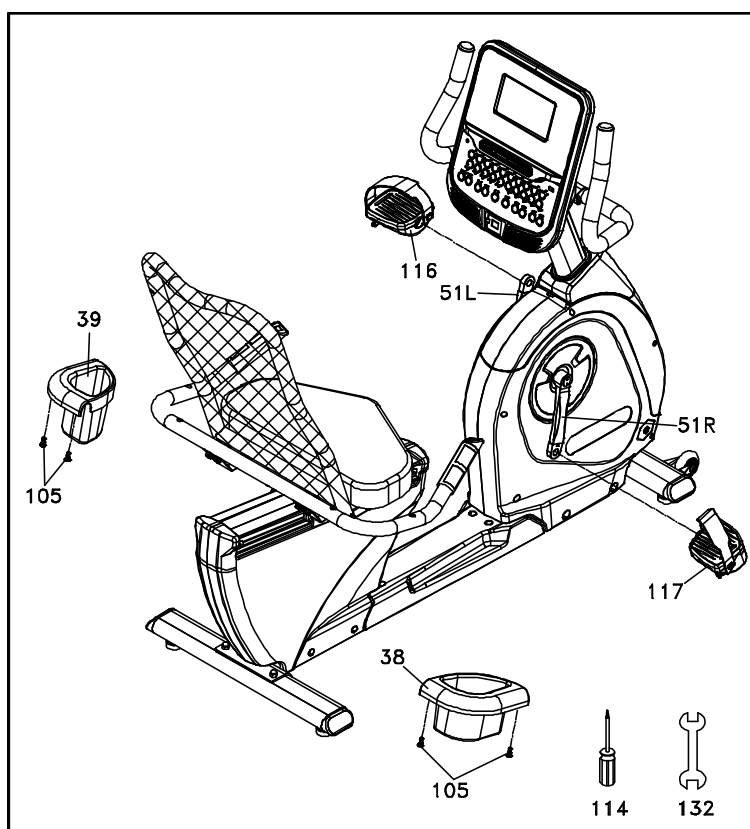
STEP 4: PLASTIC PARTS

1. Attach the **PEDALS** (L, R) (**116**,**117**) to the **CRANK ARMS** (**51L**, **51R**). Tighten with the **WRENCH** (**132**). Remember that the **LEFT PEDAL** has a reverse thread and will be threaded onto the Crank arm in a **COUNTERCLOCKWISE MOTION**. There is an "L" stamped at the end of the threaded post of the left pedal and an "R" on the right. Make sure to tighten the pedals as firmly as you can. It may be necessary to re-tighten the pedals if you feel a thumping while pedalling the bike. A thumping or clicking noise is usually caused by loose pedals.
2. Attach the **DRINK BOTTLE HOLDERS** (**L39** & **R38**) to the sides of the **SEAT HANDLEBAR** (**6**) with 4 **SHEET METAL SCREWS** (**105**). Tighten with the **PHILLIPS HEAD SCREW DRIVER** (**114**).

HARDWARE

#105. 4 x 16mm
Sheet Metal Screw (4 pcs)

Setting Up Your Bike

■ Levelling

Use a M14 Wrench to adjust the height of the Leveling Feet.

■ Moving The Recumbent Bike

The Recumbent Bike is equipped with 2 transport wheels on the front stabilizer. Lift the bike by the rear stabilizer and gently tilt the bike up and roll it away.

OPERATION OF YOUR CONSOLE

LCD Window

Adjustable Fan

Direct Resistance
Level Buttons

Program
Buttons

Quick Start

After the console powers up you just press the **Start** key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the **Level + / - buttons**. The dot matrix display will have only the bottom row lit at first. As you increase the workload more rows will light indicating a harder workout. The fitness bike will get harder to pedal as the rows increase.

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

FEATURES

Basic Information

The **Stop** button has several functions. Pressing the **Stop** key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or do any of the many things that could interrupt your workout, this is a great feature.

To resume your workout during Pause, just press the **Start** key. If the **Stop** button is pressed twice during a workout, the program will end and the console will display your Workout Summary (Total time, Avg. Speed, Avg. Watts, Avg. HR). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete Reset. During data entry for a program, the **Stop** key performs a previous screen or segment function. This allows you to go back to change programming data.

Program Keys

The Program Keys are used to preview each program. When you first turn the console on you may press the program key to preview what the program profile looks like.

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

Console

The console will display RPM, Calories burned, Time (elapsed or countdown), Distance travelled, Pulse, Resistance, Program Name, number of Laps completed, and Segment Time. There is also a Resistance profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

Dot Matrix Center Display

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

Built-in Fan

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

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.

Direct Resistance Buttons

You can set your resistance level setting quickly by pressing the buttons on the console. Simply choose the desired level of resistance from the console and the Recumbent Bike will automatically adjust to that level. This saves time because you don't have to press and hold or hold a button down until reaching the desired value.

Pulse Grip Feature

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

PROGRAMMABLE FEATURES
Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct settings are in the program for your Age. Your weight is used to give a more accurate calorie count.

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

Entering a Program and Changing Settings

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

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the fitness bike, 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.

PROGRAMS - TO SELECT AND START A PROGRAM

Preset

1. Press the **PROGRAM** key to select the desired program button, then press the **Enter** key.
2. The Message Center will ask you to enter your Age.
3. You may adjust the age setting, using the **+ and -** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the weight number using the **+ and -** keys, then press **Enter** to continue.
5. Next is Time. You may adjust the Time and press **Enter** to continue.
6. Now you are asked to adjust the Max Resistance Level.
   This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press **Enter**.
7. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
8. If you want to increase or decrease the workload at any time during the program press the **+ or -** key.
9. During the program you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
10. When the program ends the Message Center will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Manual

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

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

PROGRAMS - PRESET

The Recumbent Bike has multiple different programs that have been designed for a variety of workouts. These six programs have factory preset work level profiles for achieving different goals.

Hill

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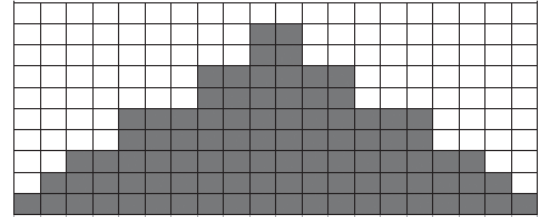
Fat Burn

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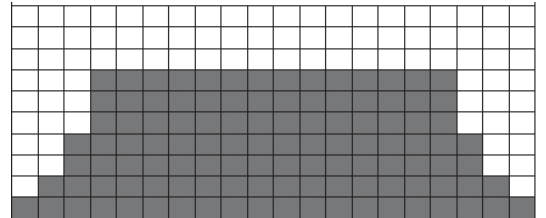
Cardio

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.
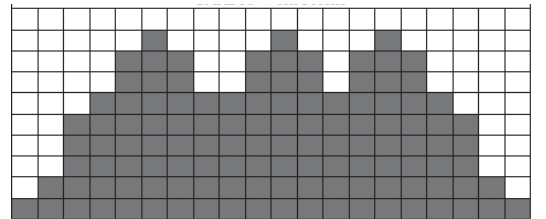
Strength

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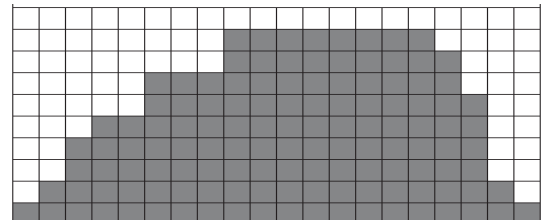
HIIT

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibres which are used when 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.
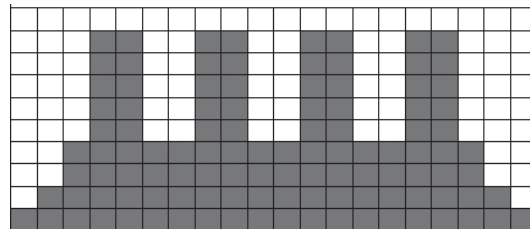
Fusion

This 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 fibres 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.

PROGRAMS

Fusion

In this interval program, you will alternate between mid-high-intensity cardiovascular intervals on the bike, strength exercises off of the bike, and low-intensity recovery intervals on the bike. You wi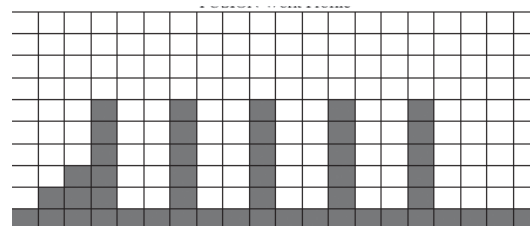ll need a pair of objects that can be comfortably held in your hands (dumbbells, water jugs, soup cans, etc.) for 4 of the 5 strength exercises performed in this program.

1. Press the **PROGRAM** key to select the Fusion program button, then press the **Enter** key.
2. If **Enter** was pressed, the Message Center will now be blinking at a value, indicating your Age (default is 35). Use the **Level +/- keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and 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. Entering the correct body weight will affect the calorie count. Use the **Level +/- keys** to adjust, then press **Enter**.

   Note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine the exact calorie burn for a particular person. Even if someone is the same body weight, age and height, their calorie burn may be very different from yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout. The calorie count displayed in this program won't be accurate because the machine can't calculate calories expended while strength training.

4. The Message Center will now be blinking the preset top Resistance level of the selected program (default/minimum resistance is Level 5). Use the **Level +/- keys** to adjust, then press **Enter**. This value will be the Level for all cardio intervals. The resistance level can be adjusted at any time during the program.
5. The Message Center will be blinking the number of intervals desired (default is 10); you may select 10 (5 cardio & 5 strength), 20 (10 cardio & 10 strength), or 30 (15 cardio & 15 strength). Use the **Level +/- keys** to adjust, then press **Enter**.
6. The Message Center will be blinking at the desired Interval time (default is 2:00). The time you select will be the duration of each cardio interval. Note: As a general rule, the longer the interval, the less resistance (fitness bike) is required and the more repetitions you perform, the less weight (dumbbells) you need to use; use the **Level +/- keys** to adjust, then press **Enter**.
7. The Message Center will be blinking the recovery time you desire (default is 0:30) after completing both the cardio & strength intervals. Use the **Level +/- keys** to adjust, then press **Enter**.

    CAUTION: The shorter the recovery time, the longer your heart rate will stay elevated; if you are new to exercise or have recently resumed an exercise program after a considerable amount of time off, it is recommended that your recovery interval length either matches or exceeds the length of the cardio interval.

Countdown Mode

Target programs can set a Target Time, Target Distance or Target Calories for your workout. When the program begins the target item will count down; once it reaches zero the program ends.
1. Press the **PROGRAM** key to select **TARGET PROGRAM**, then press **Enter**.
2. Press the **PROGRAM** key to select the Target Time program, Target Distance program or Target Calories program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
3. If **Enter** was pressed, the Message Center will now be blinking at a value, indicating your **Age** (default is 35). Use the **+ or –** keys to adjust, then press **Enter**.
4. The Message center will now be blinking a value, indicating your **Body Weight** (default is 155 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+ or –** 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 the exact calorie burn for a particular person. Even if someone is the 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.
5. In the Target Time program, the Message Center will be blinking a value, indicating **Time** (the default value is 5 minutes) In the Target Distance program, the Message Center will be blinking a value, indicating **Distance** (the default value is 3.00 mile) In Target Calories program, the Message Center will be blinking a value, indicating **Calories** (the default value is 300). You may use any of the **+ or -** keys to adjust the target item. After adjusting, or accepting the default, press **Enter**.
6. You are now done programming data and may press **Start** to begin your workout.

Custom Workout Program

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

1. Press the **PROGRAM** key to select the Custom program button (Custom 1 or Custom 2), then press the **Enter** key. If you have already saved a program to either Custom 1 or Custom 2, it will be displayed, and you are ready to begin. If not, you will have the option of inputting a username. In the Message Window, the letter "A" will be blinking. Use the **Level +/-** buttons to select the appropriate first letter of your name (pressing the **Level +/-** button will switch to the letter "B"; pressing the Down button will switch to the letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.

2. If there is a program already stored in Custom when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start or Enter** you will be prompted: Run Program? Use the **Level +/-** to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one. The Message Center will ask you to enter your Age. You may enter your age, using the **Level +/-** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.

3. The Message Center will ask you to enter your Age. You may enter your age, using the **Level +/-** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.

4. You are now asked to enter your Weight. You may adjust the weight value using the **Level +/-** keys, then press **Enter** to continue.

5. Next is Time. You may adjust the time and press **Enter** to continue.

6. Now the first column will be blinking, and you are asked to adjust the resistance level for the first segment (SEGMENT> 1) of the workout by using the **Level +/-** key. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.

7. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.

8. Now you have finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.

HEART RATE EXERTION

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 of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So, for a 40-year-old, the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.
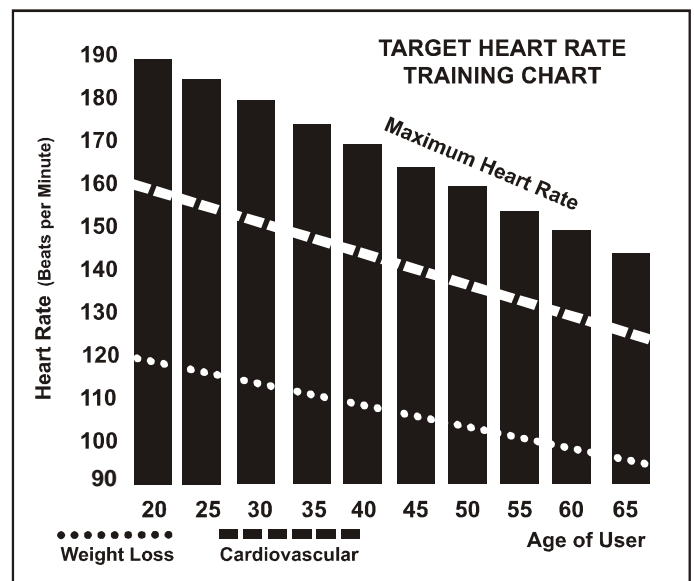
The two most popular reasons for, or goals, of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular 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.

With all Heart Rate program recumbent bikes, you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or any of the nine different programs. The Heart Rate program automatically controls incline.

HEART RATE - PERCEIVED EXERTION

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

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

The 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 can 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.

MAINTENANCE & CARE

POST-WORKOUT MACHINE CARE
1. Store your machine according to the folding instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the machine.
3. Use a microfiber cloth to clean the touchscreen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

SANITIZING YOUR FITNESS EQUIPMENT
- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized and use a dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

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 the + or - arrow to scroll)
    I. ODO Reset (Resets the odometer)
    II. Units (Sets the display to readout in English or Metric display measurements)
    III. Sleep Mode (Turn off to have the console power down automatically after 15 minutes of inactivity)
    IV. Pause Mode (Turn on and allow 5 minutes of pause, and turn off to have the console pause indefinitely)
    V. Beep (Turns off the speaker so no beeping sound is heard)
    VI. Motor test (Continually runs the tensioning gear motor)
4. Child Lock (Allows the keypad to be locked to prevent unauthorized use)
5. Exit

TROUBLESHOOTING

Problem	Solution/Cause
The display does not light	1. Plug is disconnected. Make sure the plug is firmly pushed into the 115VAC wall outlet. 2. Bike defect. Contact your dealer.
Squeak, thump, and clicking sounds heard	1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. 90%of calls to the service department for noise issues can be traced to loose hardware. 2. The crank arm nut needs to be retightened. 3. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levellers
Rough feeling when using the bike	1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. 90% of calls to the service department for noise issues can be traced to loose hardware. 2. The crank arm nut needs to be retightened. 3. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levellers

EXPLODED VIEW DIAGRAM

112041AM1124
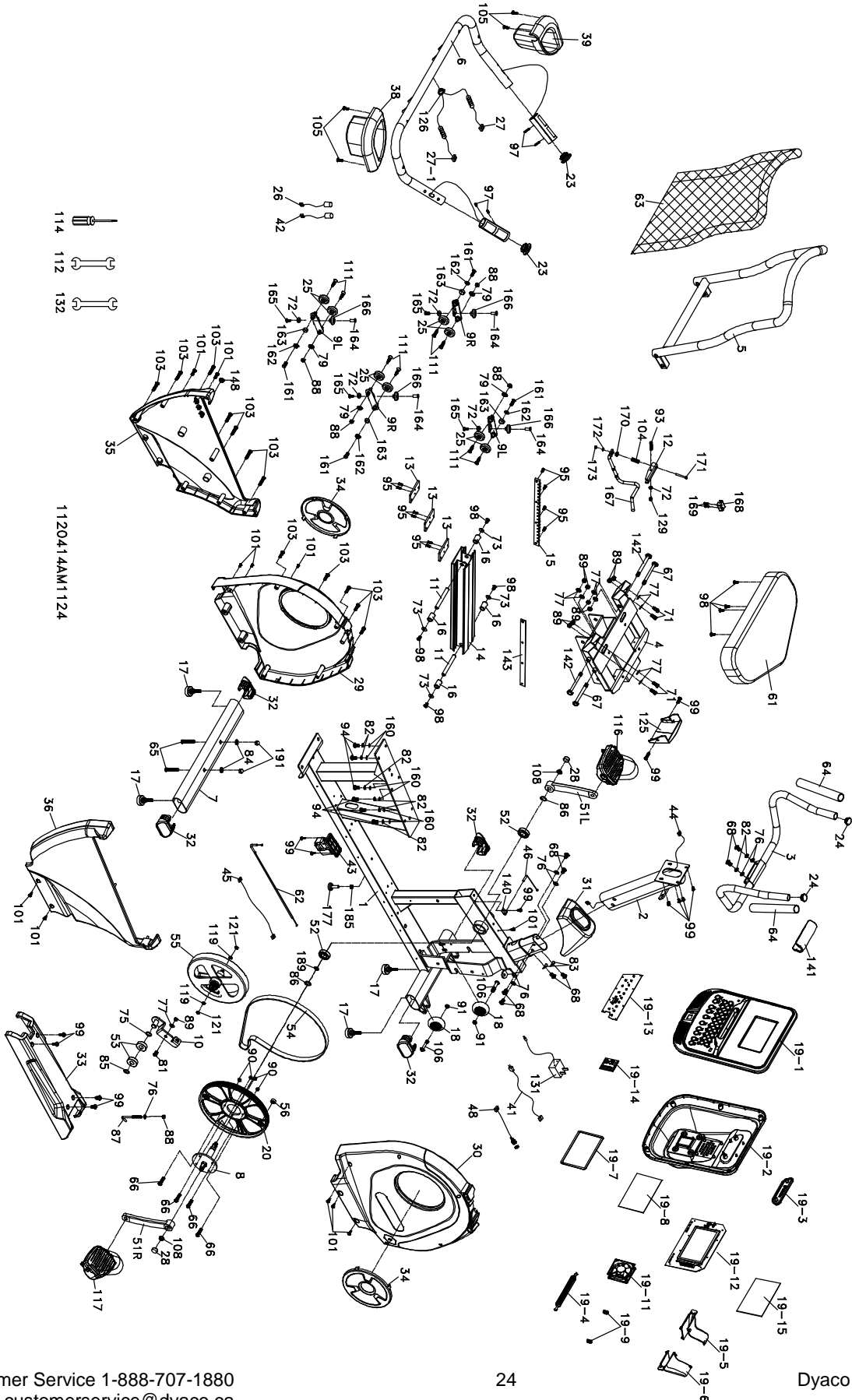
PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Mast Handlebar Assembly	1
4	Seat Carriage	1
5	Seat Back Bracket	1
6	Seat Handlebar	1
7	Rear Stabilizer	1
8	Crank Axle	1
9L	Seat Wheel Adjustment Plate (L)	2
9R	Seat Wheel Adjustment Plate (R)	2
10	Idler Wheel Assembly	1
11	Seat Stop Axle	2
12	Seat Position Latch	1
13	Backing Plate	3
14	Aluminum Track	1
15	Rack	1
16	Spacer for Stopper Axle	4
17	Rubber Foot	4
18	Transportation Wheel	2
19	Console Assembly	1
20	Drive Pulley	1
23	Ø32(1.8T)_Button Head Plug	2
24	Ø25.4 × 2.0T_Button Head Plug	2
25	Ø38_Seat Track Wheel	8
26	300mm_Handpulse Wire	1
27	750mm_Handpulse W/Cable Assembly(L)	1
27-1	950mm_Handpulse W/Cable Assembly(R)	1
28	Crank Arm End Cap	2
29	Front Shroud (L)	1
30	Front Shroud (R)	1
31	Console Mast Cover	1
32	Handgrip End Cap	4
33	Bottom Cover	1
34	Round Disk	2
35	Rear Shroud (L)	1
36	Rear Shroud (R)	1
38	Drink Bottle Holder (R)	1
39	Drink Bottle Holder (L)	1
41	Transformer Power Cord	1
42	300mm_Hand Pulse Sensor Assembly W/Cable	1
43	Gear Motor	1
44	750mm_Computer Cable	1
45	2100mm_Hand Pulse Sensor Assembly W/Cable	1
46	300mm_Sensor W/Cable	1

Key	Part Description	Q'ty
48	750mm_DC Power Cord	1
51L	Crank Arm (L)	1
51R	Crank Arm (R)	1
52	6004_Bearing	2
53	6203_Bearing	2
54	Drive Belt	1
55	Flywheel	1
56	Magnet	1
61	Seat	1
62	Steel Cable	1
63	Mesh Seat Back	1
64	Handgrip Foam	2
65	3/8" × 53mm_Carriage Bolt	2
66	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
67	3/8" × 4"_Hex Head Bolt	2
68	5/16" × UNC18 × 5/8"_Hex Head Bolt	8
71	3/8" × 1-3/4"_Hex Head Bolt	4
72	Ø1/4" × 13 × 1T_Flat Washer	5
73	Ø1/4" × 19 × 1.5T_Flat Washer	4
75	Ø17 × Ø23.5 × 1T_Flat Washer	1
76	Ø5/16" × Ø18 × 1.5T_Flat Washer	7
77	Ø3/8" × Ø19 × 1.5T_Flat Washer	9
79	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
81	3/8" × 3/4"_Button Head Socket Bolt	1
82	5/16" × 1.5T_Split Washer	8
83	Ø5/16" × 19 × 1.5T_Curved Washer	2
84	Ø3/8" × Ø25 × 2T_Flat Washer	2
85	Ø17_C Ring	1
86	Ø20_C Ring	2
87	M8 × 130mm_J Bolt	1
88	M8 × 7T_Nylon Nut	5
89	3/8" × 7T_Nylon Nut	9
90	1/4" × 8T_Nylon Nut	4
91	5/16" × 6T_Nylon Nut	2
93	M6 × 38mm_Socket Head Cap Bolt	1
94	5/16" × UNC18 × 3/4"_Hex Head Bolt	6
95	M5 × 12mm_Flat Head Socket Screw	10
97	3 × 20mm_Tapping Screw	4
98	M6 × 15mm_Phillips Head Screw	8
99	M5 × 12mm_Phillips Head Screw	13
101	Ø5 × 16mm_Tapping Screw	11
103	3.5 × 16mm_Sheet Metal Screw	12
104	Spring	1
105	4 × 16mm_Sheet Metal Screw	4
106	5/16" × UNC18 × 1-3/4"__Button Head Socket Bolt	2
108	M10 × 1.25mm_Nut	2
111	M5 × P0.8 × 10L_Flat Phillips Head Screw	8

Key	Part Description	Q'ty
112	12/14mm_Wrench	1
114	Phillips Head Screw Driver	1
116	Pedal (L)	1
117	Pedal (R)	1
119	3/8"-UNF26 × 3T_Nut	2
121	3/8"-UNF26_Nut	2
125	Seat Carriage Cover	1
126	HGP Wire Grommet	1
129	M6 × 6T_Nylon Nut	1
131	Power Adaptor	1
132	14/15mm_Wrench	1
140	Sensor Rack	1
141	Handlebar Cover	1
142	3/8" × 4-1/4"_Hex Head Bolt	2
143	Seat Track Fixing Plate	1
148	Block	1
160	Ø5/16" × 16 × 1.5T_Flat Washer	6
161	M6 × 10L_Flat Phillips Head Screw	4
162	Ø1/4" × Ø16 × 1.0T_Flat Washer	4
163	Sleeve	4
164	M6 × 19L_Nut	4
165	M6 × 10L_Button Head Socket Bolt	4
166	PU Wheel	4
167	Seat Front/Aft Adjustment Lever	1
168	Lever Anchor	1
169	M5 × 25mm_Flat Head Socket Screw	2
170	Ø15 × Ø6 × 4T_Nylon Washer	1
171	M5 × 45mm_Socket Head Cap Bolt	1
172	Ø5 × Ø10 × 1.0T_平華司	1
173	M5 × 5T_Nylon Nut	1
177	Rubber Foot Pad	1
185	3/8" × 4T_Nut	1
189	Rubber Pad	2
191	3/8" × UNC16 × 12.5T_Cap Nut	2

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its bike parts for the 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 service organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Home Warranty

Frame	Lifetime
Brake	Lifetime
Parts	5 Years
Labour	1 Year

This warranty is not transferable and is extended only to the original owner.
The warranty shall not apply to exercise units which are (1) used for commercial or other income-producing purposes or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is in lieu of all other express warranties; any implied warranties, including any implied warranties of merchantability or fitness for a 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.

REPAIR PARTS AND SERVICE

All of the parts for the Spirit cycle shown in this manual 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.

A Credit Card, Cheque, 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, email customerservice@dyaco.ca or visit our website at www.dyaco.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

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

dyaco

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

SPIRIT

spiritfitness.ca

SOLE FITNESS

solefitness.ca

XTERRA

xterrafitness.ca

EVERLAST

dyaco.ca/products/everlast.html

UFC

dyaco.ca/UFC/UFC-home.html

Johnny G by **SPIRIT**

spiritfitness.ca/johnnyg.html

TRAINOR SPORTS

trainorsports.ca