

Owner's Manual

Modl No.
16607303950
XE395ENT

- 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 elliptical is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.

SPIRIT

**CONGRATULATIONS ON YOUR
NEW ELLIPTICAL**

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

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

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

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

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

Serial Number _____

REGISTER YOUR PURCHASE

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

Important Safety Instructions

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

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your elliptical from the electrical outlet prior to cleaning and/or service work.

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

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

WARNING !

- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The appliance is intended for household use.
- Do not operate elliptical trainer on deeply padded, plush or shag carpet. Damage to both carpet and elliptical trainer 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. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 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.
- Never operate the elliptical trainer if any of the parts are damaged. If the elliptical trainer is not working properly, call your dealer.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.

- Do not attempt to use your elliptical trainer for any purpose other than for the purpose it is intended. The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap is a much more accurate.
- Method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Keep children away from the elliptical trainer. There are obvious pinch points and other caution areas that can cause harm.
- **The Elliptical 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 AC 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 temperature specification is 40 degrees C, and humidity is 95%, noncondensing (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

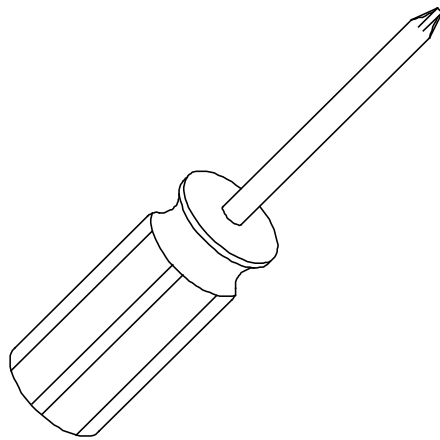
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment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

Assembly Instructions

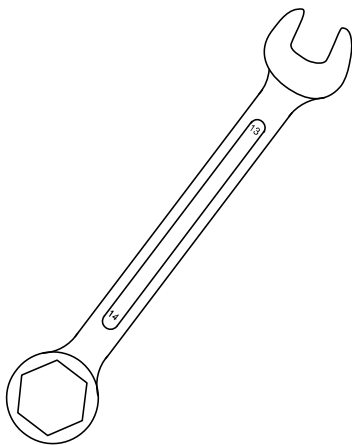
Pre-Assembly

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

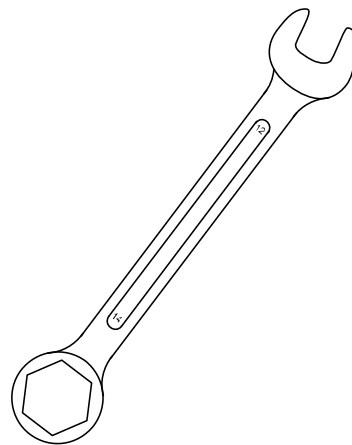
Assembly Tools



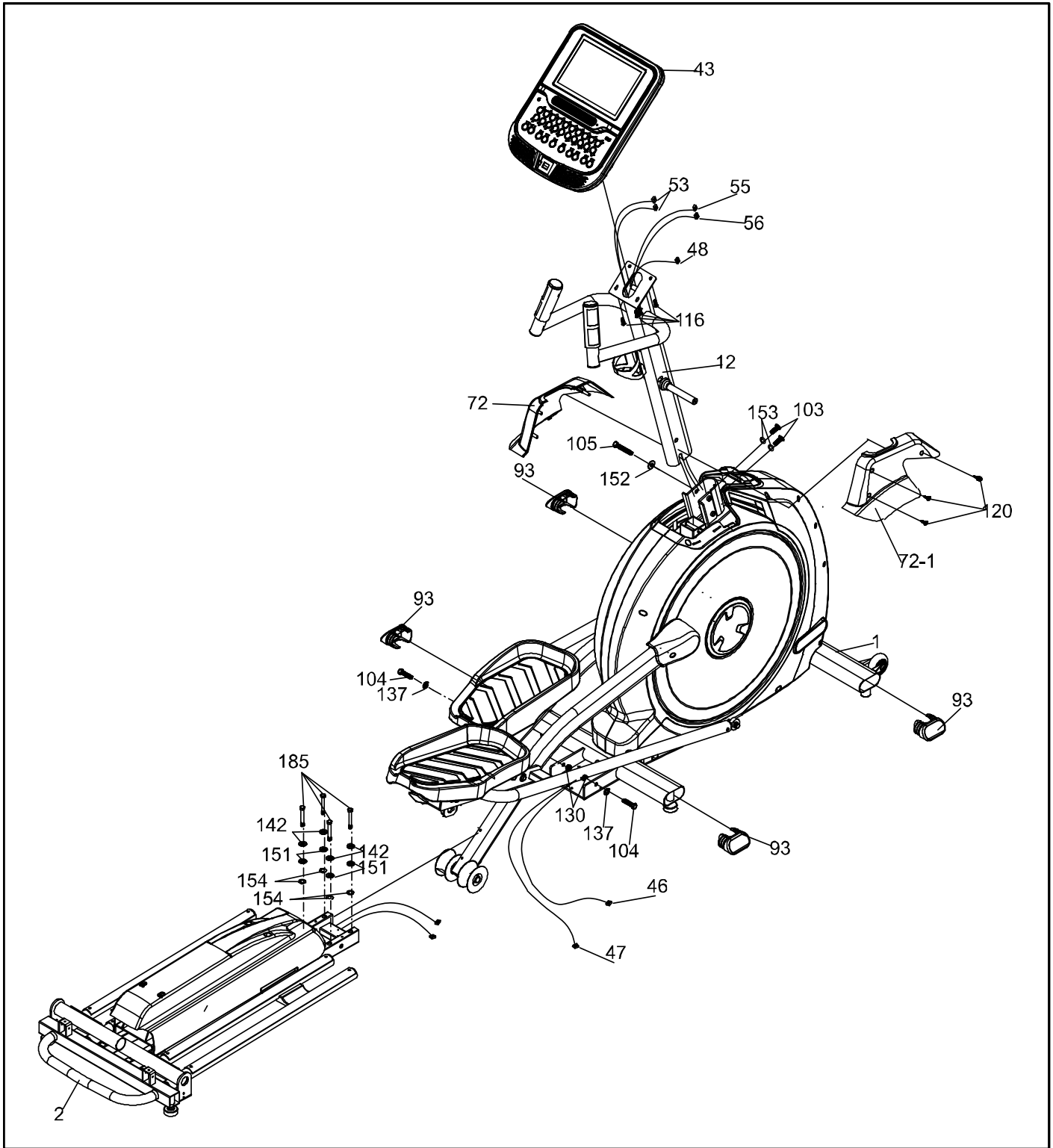
#157. Phillips Head Screw driver (1 pc)



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



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

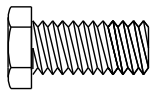


STEP 1

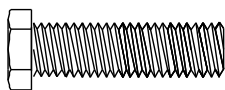
Gather **HARDWARE FOR STEP 1.**

1. Slide the **INCLINE RAIL ASSEMBLY (2)** into the U channel of the **MAIN FRAME (1)**. Be very careful not to damage the wires that exit each part.
2. Connect the **INCLINE RAIL ASSEMBLY (2)** horizontally to the U channel of the **MAIN FRAME (1)** with **2 HEX HEAD BOLTS (104)**, **2 FLAT WASHERS (137)**, and **2 NYLON NUTS (130)**. Secure it vertically with **4 HEX HEAD BOLTS (185)**, **4 FLAT WASHERS (142)**, **4 SPILT WASHERS (151)**, and **4 STAR WASHERS (154)**. Tighten using the **WRENCHES** provided (**155 & 158**).
3. Connect the **INCLINE MOTOR WIRES (46 & 47)** to the wiring harness & black wire that exits the **INCLINE RAIL ASSEMBLY (2)**. Push the excess cable inside the U channel.
4. Locate the **CONSOLE MAST (12)** and **CONSOLE MAST COVER (72)**; slide the Cover onto the mast as far as it will go. Make sure the **CONSOLE MAST COVER (72)** is facing the correct way.
5. At the top opening of the **MAIN FRAME (1)**, there is a **COMPUTER CABLE (48)** tied to a twist tie wire. Feed the twist tie wire and **COMPUTER CABLE (48)** into the bottom of the **CONSOLE MAST (12)** and out of the opening at the top.
6. Install the **CONSOLE MAST (12)** into the receiving bracket on the top of the **MAIN FRAME (1)**. Be extremely careful not to pinch the cables between the tubing. If the cable gets pinched, this may affect the electrical functions of the console.
NOTE: There is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast. This needs to be tightened last, after the three other Console Mast bolts. **Tighten 3 SHEET METAL SCREWS (120) on the CONSOLE MAST COVER (72/72-1) with the SCREW DRIVER (157).**
7. Place a **SPILT WASHER (152)** onto the **HEX HEAD BOLT (105)** and hand tighten through the left side of the Console Mast. Place a **CURVED WASHER (153)** onto each **HEX HEAD BOLT (103)** and thread both into the front of the Console Mast tube. Fasten these front bolts as tight as possible with the **WRENCH (155)**. Next firmly tighten the two left side bolts with the same wrench.
8. Connect the **2 HAND PULSE CABLES (53)**, **RESISTANCE CABLE (55)**, and **INCLINE CABLE (56)** to the back of the **CONSOLE (43)**. Do not force the connectors; they will only fit one way and are different sizes to prevent confusion. Store the excessive cable in the **CONSOLE MAST TUBE (12)**.
9. Attach the **CONSOLE (43)** to the bracket of the Console Mast tube with **4 PHILLIPS HEAD SCREWS (116)**. Tighten the screws with the **PHILLIPS HEAD SCREW DRIVER (157)**.
10. Insert 4 **OVAL END CAPS (93)** into the **MAIN FRAME (1)**.

HARDWARE



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



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



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



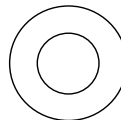
#116. M5 × 10L Phillips
Head Screw (4 pcs)



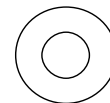
#120. 3.5 × 16mm
Sheet Metal Screw (3pcs)



#130. 3/8" × 7T
Nylon Nut (2pcs)



#137. 3/8" × 19 × 1.5T
Flat Washer (2 pcs)



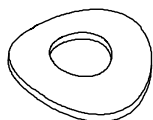
#142. 5/16" × 20 × 1.5T
Flat Washer (4 pcs)



#151. Ø 8 × 1.5T
Spilt Washer (4pcs)



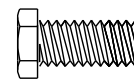
#152. 3/8" × 2T
Spilt Washer (1 pc)



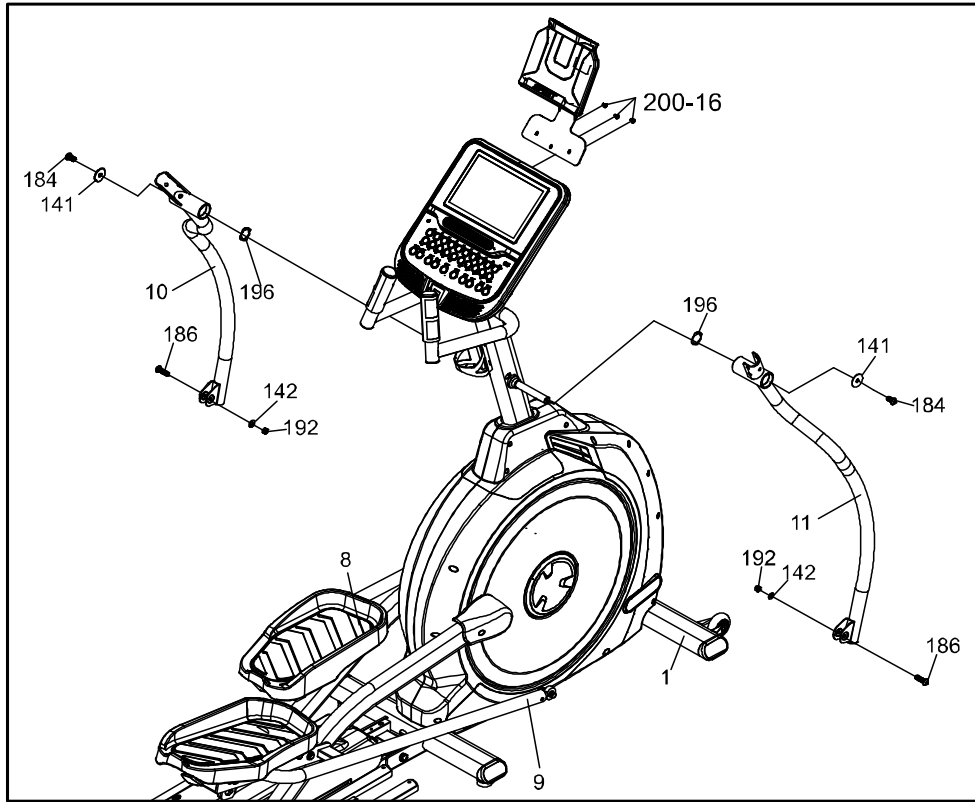
#153. 3/8" × 23 × 2T
Curved Washer (2 pcs)



#154. Ø 5/16"
Star Washer (4pcs)



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

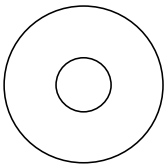


STEP 2

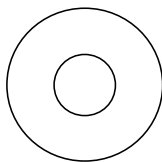
Gather **HARDWARE FOR STEP 2.**

1. Slide **2 WAVE WASHERS (196)** onto each side of the Swing Arm Axle. Slide the **LOWER SWING ARMS (10 LEFT, 11 RIGHT)** onto the axles and secure with the **2 BOLTS (184)** and **FLAT WASHERS (141)**. Do not force the Swing Arms onto the axle. They should slide on, but you may need to jiggle them to get them lined up properly. The Swing Arms have been previously installed at the factory so they do fit properly.
2. Remove the tie that holds the spacer in the rod end located at the end of the **RIGHT CONNECTING ARM (9)** and line up the rod end with the bracket at the bottom of the **LOWER RIGHT SWING ARM (11)**. Slide the **BOLT (186)** through the bracket of the Lower Swing Arm and then through the rod end and spacer. Install the **FLAT WASHER (142)** and **NYLON NUT (192)** on the bolt and tighten as much as possible. Repeat this step for the left side. Tighten using the **WRENCHES (155&158)**.
3. Place the **Tablet Holder (200)** on Console Bottom Cover and use **Phillips Head Screw Driver (157)** to tighten **3 Phillips Head Screw (200-16)**.

HARDWARE



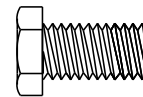
#141. 5/16" × 23 × 1.5T
Flat Washer (2 pcs)



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



#196. Ø 17 × 0.5T
Wave Washer (2 pcs)



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



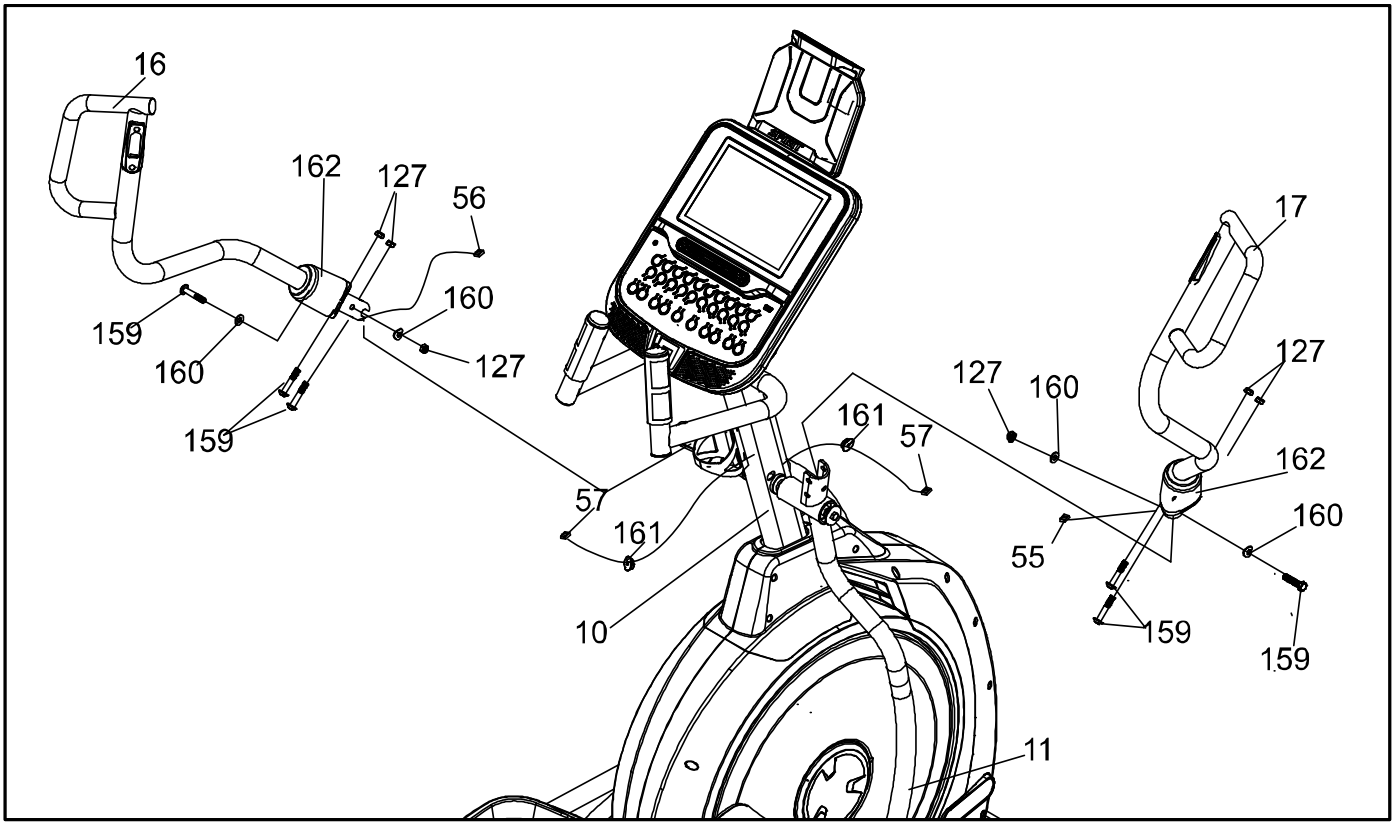
#186. 5/16" × 1-1/4"
Hex Head Bolt (2 pcs)



#192. 5/16" × 9T
Nylon Nut (2 pcs)



#200-16. M5 × 12L
Phillips Head Screw (3 pcs)



STEP 3

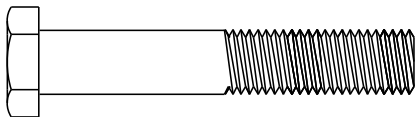
Gather **HARDWARE FOR STEP 3.**

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

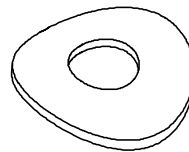
HARDWARE



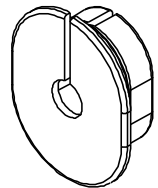
#127. 5/16" × 7T
Nylon Nut (6 pcs)



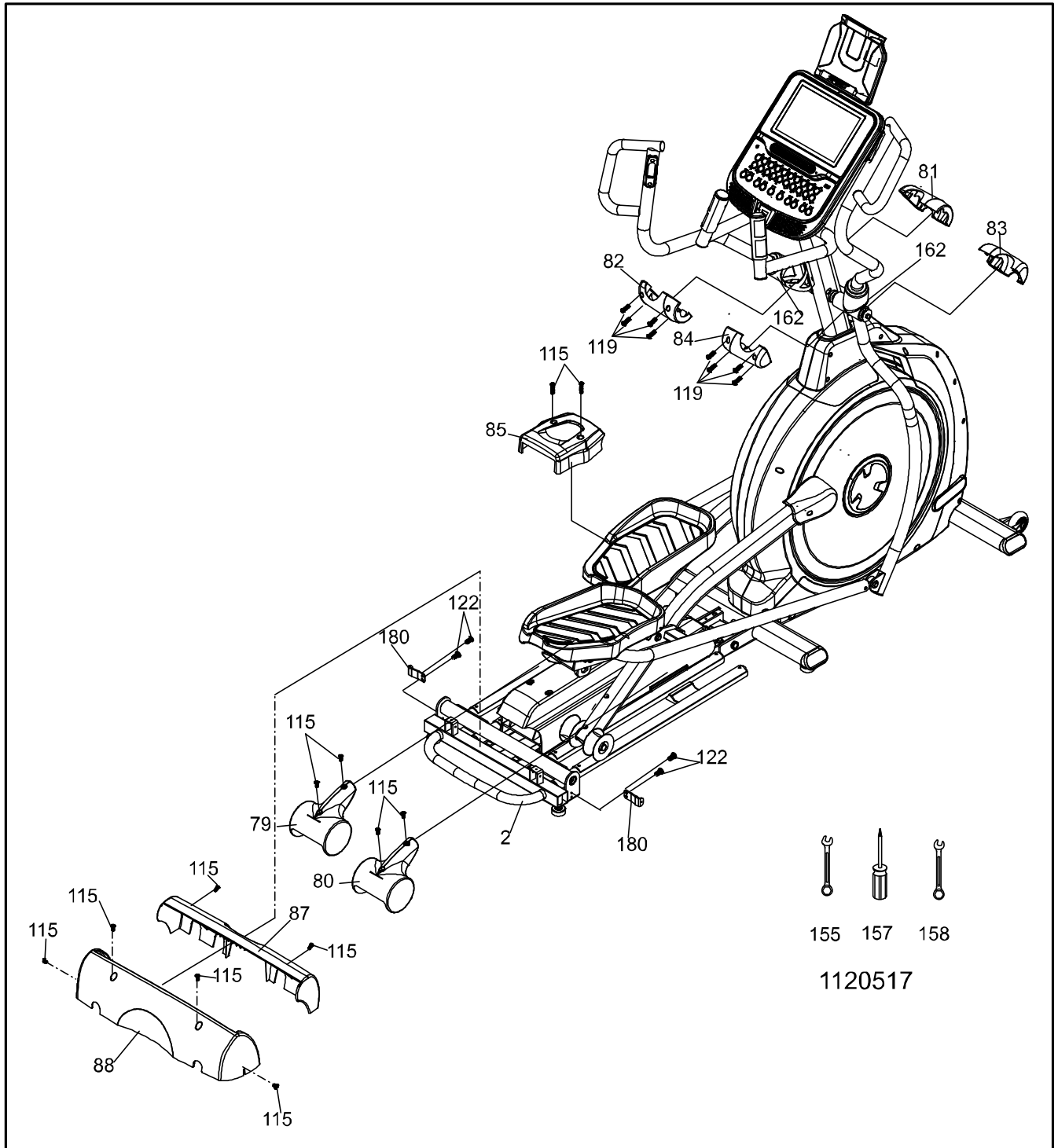
#159. 5/16" × 1-3/4"
Hex Head Bolt (6 pcs)



#160. 5/16" × 23 × 1.5T
Curved Washer (4 pcs)



#161. Switch Wire
Cap (2 pcs)



STEP 4

Gather **HARDWARE FOR STEP 4.**

1. Fasten the **2 WHEEL COVERS (79 & 80)** above the rollers with **4 PHILLIPS HEAD SCREWS (115)**. Tighten with the **PHILLIPS HEAD SCREW DRIVER (157)**.
2. Plug the power cord into the machine and a grounded wall outlet. Turn the power switch on. Press the start button and elevate the incline to level. Attach the **COVER (85)** to the mid-stabilizer tube with **2 PHILLIPS HEAD SCREWS (115)**. Tighten the screws with the **PHILLIPS HEAD SCREW DRIVER (157)**.
3. Install the **LEFT HANDLE BAR COVERS (81 & 82)** and **RIGHT HANDLE BAR COVERS (83 & 84)** over the Handle Bars axle connections with **4 SHEET METAL SCREWS (119)** on each side. Tighten with the **PHILLIPS HEAD SCREW DRIVER (157)**.
4. Attach a **STEEL BRACKET (180)** to the Rear Stabilizer Tube on the left and right sides (with the single hole facing the rear), and secure them with **4 PHILLIPS HEAD SCREWS (122)**. Tighten using the **PHILLIPS HEAD SCREW DRIVER (157)**.
5. Attach the front **REAR STABILIZER COVER (87)** to the **REAR STABILIZER TUBE (2)** with **2 PHILLIPS HEAD SCREWS (115)**. Secure with the **PHILLIPS HEAD SCREW DRIVER (157)**. Attach the back **REAR STABILIZER COVER (88)** onto the Rear Stabilizer Tube with **4 PHILLIPS HEAD SCREWS (115)**. Secure using the **PHILLIPS HEAD SCREW DRIVER (157)**.
6. Look closely at the four floor levelers underneath the middle and rear of the elliptical. If any of these aren't in contact with the floor, use the **WRENCH (109)** to loosen the top nut. Once the nut has been loosened, turn the rubber caster clockwise until it makes solid contact with the floor. Retighten the top nut to prevent it from moving.
7. Return the elevation to the flat position using the Incline down key.

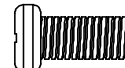
HARDWARE



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



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



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

Setting Up Your Elliptical

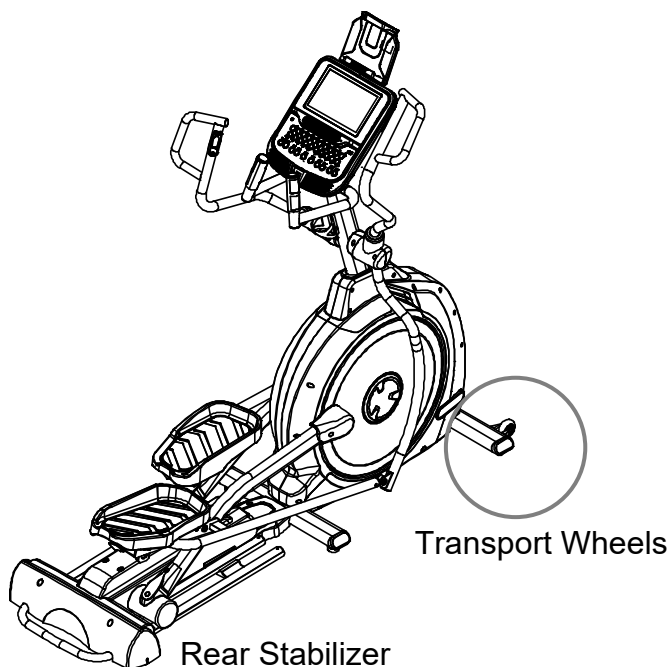
Notice About Pedals

The foot plates on your new elliptical have a pull-pin adjustment. This adjustment allows you to change the angle of the footpad to add variety to your workouts. The foot plates are spring loaded, and when the pull-pin is pulled, the foot plate can drop suddenly. To avoid any injury please do not put your hand, or any other body part, under the foot plate when pulling the pull-pin. Only place your hand under the very rear of the foot plate, just above the pull-pin.



Moving The Elliptical

Holding the Rear Stabilizer, gently tilt the elliptical up and roll it away.



ABOUT YOUR MACHINE

Always use care and caution when operating your machine. Follow instruction in this manual to ensure safe operation and maintenance of your Elliptical.

Your new Spirit Fitness Elliptical has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions as below to learn more about using the Bluetooth capabilities to their fullest potential.



Downloading the Spirit+ app will help unlock more features- such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet, or scan the QR code as below.

Did you know that you can personalize your experience with your new Elliptical? Create a profile and save custom work- out programs by following the instructions as below.

USING THE SPIRIT+ APP

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the machine for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., in order for the icon to be active and available.



Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the spirit + App to operate properly.

The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu. Tap to connect. Now your device can transmit music to the exercise equipment.

Operation of Your Console

GETTING FAMILIAR WITH THE CONTROL PANEL



Powering On

When the power cord is connected to the equipment, the console will automatically power up.

Quick Start

1. This is the quickest way to start a workout. After the console powers up you just press the **Start** key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the **Level +/- keys**. The dot matrix display will have only the bottom row lit at first. As you increase the work load more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase.
2. There are 20 levels of resistance available for plenty of variety. The first 5 levels are very easy workloads and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tough as the levels jump more dramatically. Levels 16-20 are extremely difficult 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 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. Power, Avg. HR, total Laps).

Built-in Fan

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

Audio Jack

There is an Audio output Jack on the front of the console and built-in speakers. The output jack is a headphone jack for private listening.

Direct Resistance & Incline Buttons

You are able to set your resistance and incline level settings quickly by pressing the buttons on the console. Simply choose the desired level of resistance and incline from the console and the Elliptical 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 level.

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.

Charge Portable Devices with USB port

Charge your personal device during your workout using the fitness equipment's on-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.



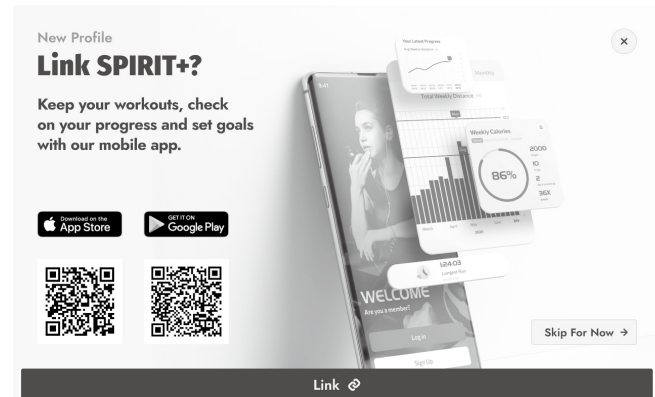
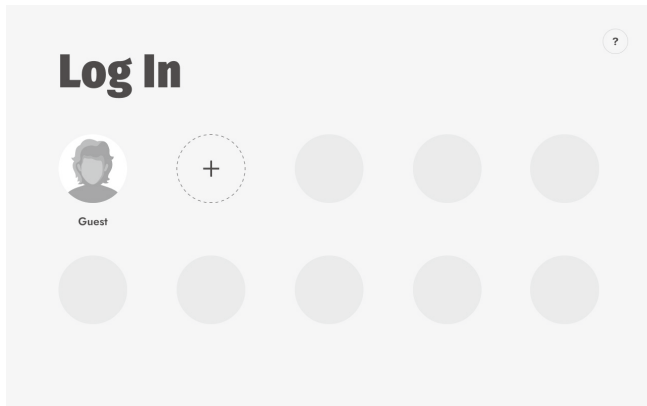
TOUCHSCREEN

Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy media content of your choice while on the go.

Getting Started

When launched for the first time, the console will prompt you to either enter as a guest, or create a new profile. It is recommended to set up your own profile: it allows your machine to remember your physical parameters and favorite programs; you will have your own custom programs with adjustable intensity patterns, and your workout records can be synchronized with the SPIRIT+ mobile app. Tap + to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.

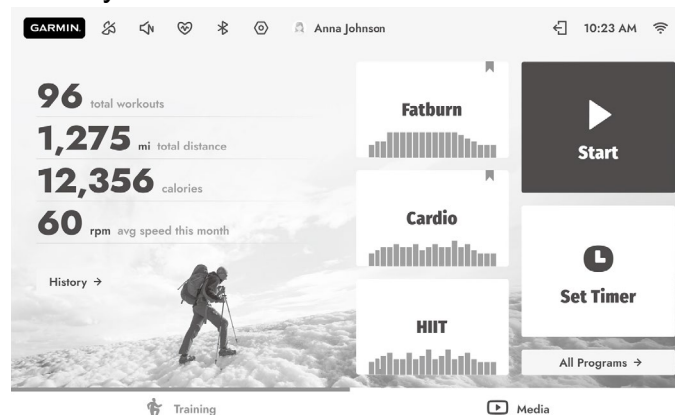
To link a SPIRIT+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SPIRIT+ app, and scan the QR code once again to link your local profile with the SPIRIT+ account. Please keep in mind that your console profile cannot be linked to multiple SPIRIT+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.



Home Screen

The main screen of the Training section displays an overview of your activity, and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Set Timer”), and up to 3 programs that you have marked as your favorites are arranged on this page for your quick access.

If in the Guest mode, you can set your age and weight here; it will help the machine calculate your workout summary more accurately.

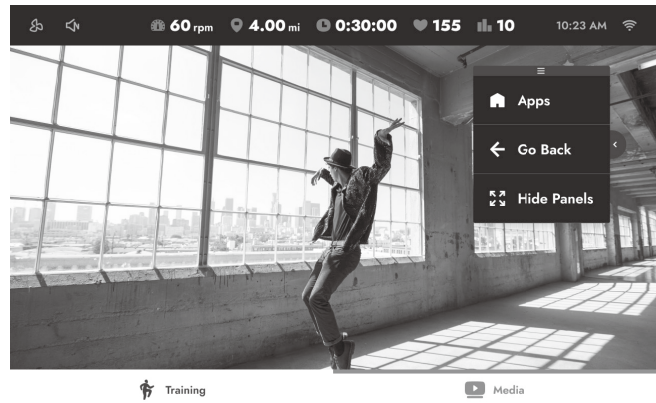


TOUCHSCREEN OPERATION

Media

Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third party Apps, or use the Mirroring function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the ? icon.

Once the content is on, use the floating panel for navigation and operating full screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full screen mode without stats on the top and tabs on the bottom, and Show Panels to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press "Apps" to go back to the content sources selection.

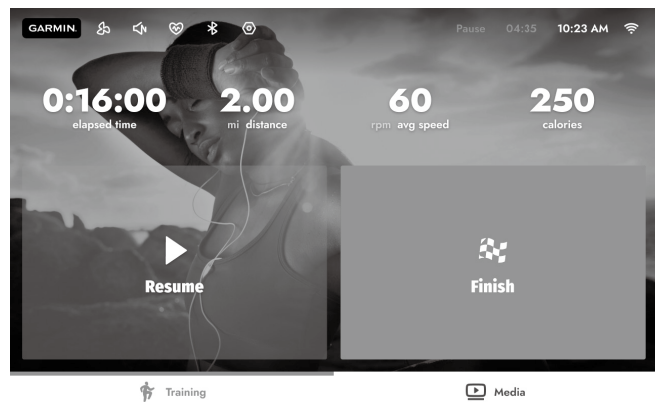
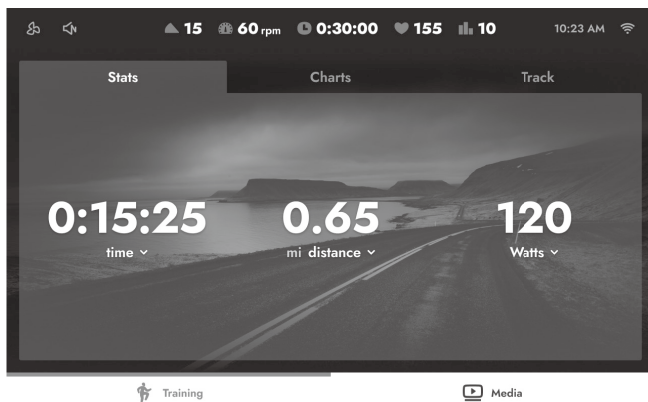


Workout Mode

Once the workout has been started, the console will appear in its workout mode.

During the workout, switch between **Stats**, **Charts** and **Track** views of the Training section, or go to Media section to enjoy your favorite media content. In the Stats view, you can select parameters you would like to display by tapping on the number.

Please use physical keys to adjust level. Press the physical **"STOP"** key to pause the workout. Here, you can get back to training, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.

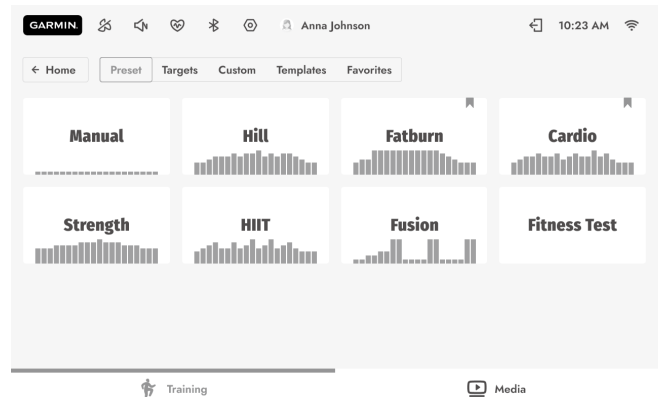


PROGRAMS INTRO

Workout Programs

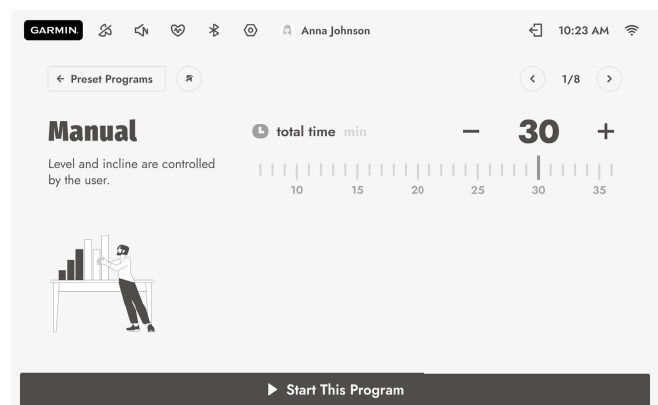
To access all available categories of programs, press “All Programs” on the Home screen. Once inside, switch between categories using the tabs on the top of the screen: Preset, Targets, Fitness Tests, Custom and Favorites.

Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the + and – buttons, or tap on the number to open a numpad and input the value directly.



Manual

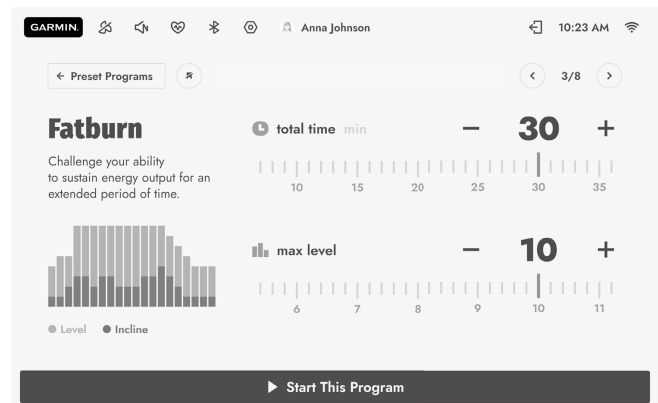
Manual (Timer) program is a timed workout with speed and incline controlled manually at any time during the workout.



Hill, Fatburn, Cardio, Strength, HIIT

The programs HILL, FATBURN, CARDIO, STRENGTH, HIIT feature preset speed and incline changing patterns. The Total Time and Max Level settings define the duration and overall intensity of your workout. The built-in level of difficulty for each segment is shown in the chart on the following page.

However, if you change the maximum level on the program setup page before start, all segments throughout the program will be adjusted proportionally.



Program		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	Level	1	2	2	3	3	4	4	5	5	7	7	5	5	4	4	3	3	3	2	1
	Incline	1.0	1.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	1.0	1.0
Fatburn	Level	1	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2	1
	Incline	1.5	1.5	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	1.5
Cardio	Level	1	2	3	5	6	7	6	6	6	7	6	5	6	7	6	5	6	5	2	1
	Incline	1.0	1.0	4.0	4.0	5.0	2.0	2.0	2.0	5.0	2.0	2.0	2.0	5.0	1.0	1.0	1.0	4.0	1.0	1.0	1.0
Strength	Level	1	2	2	3	3	4	4	5	5	6	7	7	8	8	8	8	8	6	4	1
	Incline	1.0	1.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	3.0	3.0	3.0	3.0	1.0	1.0
HIIT	Level	1	2	2	7	7	2	2	7	7	2	2	7	7	2	2	7	7	2	2	1
	Incline	1.0	1.0	2.0	5.0	5.0	2.0	2.0	5.0	5.0	2.0	2.0	5.0	5.0	2.0	2.0	5.0	5.0	2.0	1.0	1.0

Fusion

This program takes you through high and low intensity periods followed by strength exercises using free weights. The number of intervals, work and recovery time can all be customized for this program.

Interval	warm-up			1			2			3			4			5			Cooldown	
				Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest		
Level	1	2	3	max	1	1	max	1	1	max	1	1	max	1	1	max	1	1	1	1
Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Fitness Test

The Fitness Test is based on the YMCA Protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 and 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test, or if your heart rate is between 110 bpm and 85% at the end of the two consecutive stages. At the end of the test your VO2 max score will be displayed on the console. VO2 max stands for Volume of Oxygen uptake, which is a measurement of how much oxygen you need to perform a known amount of work.

The YMCA protocol uses two to four 3-minute stages of continuous exercise. On the test setup page, make sure to fix your physical parameters if they are not correct; this information will determine the results of your test.

Before the test,

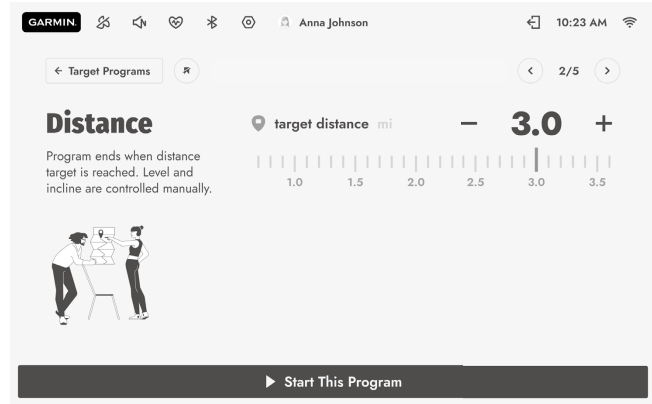
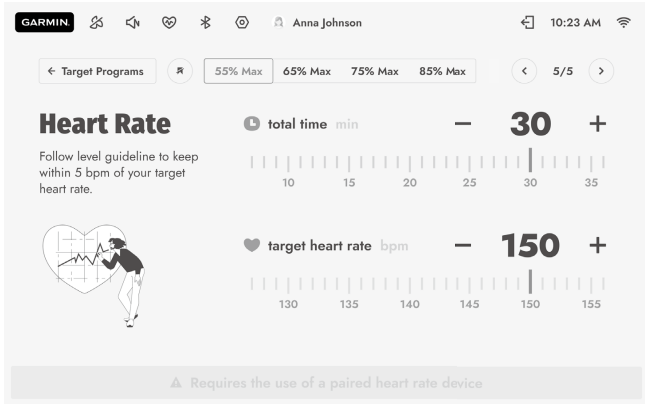
- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Avoid caffeine before the test.

Target Programs

Heart rate, Time, Distance and Calories are “target” programs, that end when the target set before start is reached. Heart Rate program uses resistance to control your heart rate.

The resistance level gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

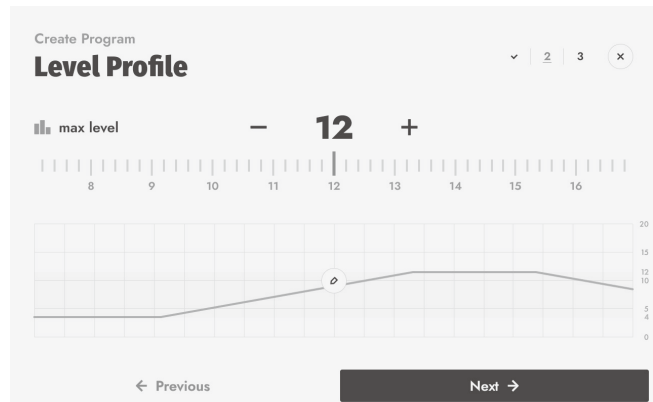
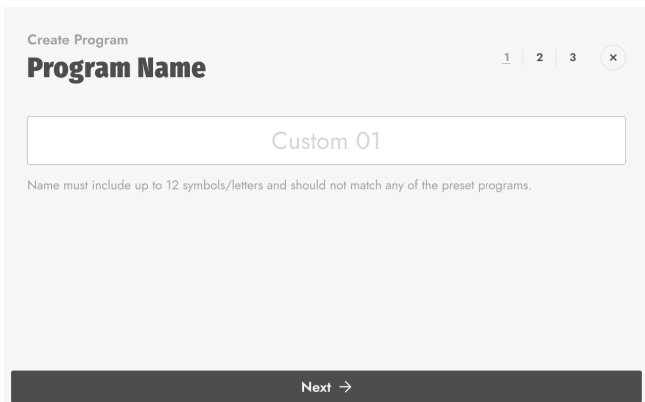
On the program setup page, you can either set the target bpm directly or select 55%, 65%, 75% or 85% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, make sure you have let the machine know how old you are, otherwise the calculations will be based on the default values. The program is finished when the time is up, or if your heart rate is significantly higher than the target.

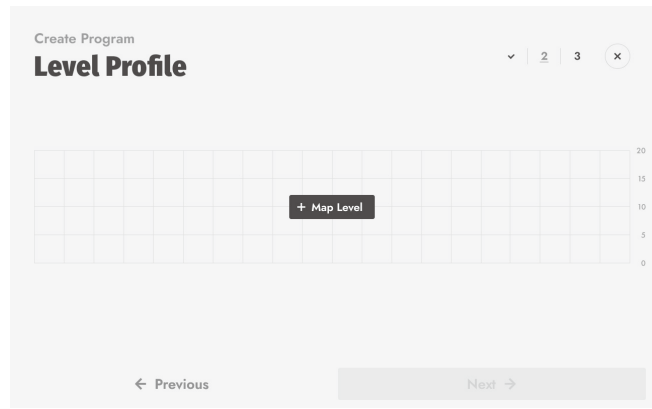
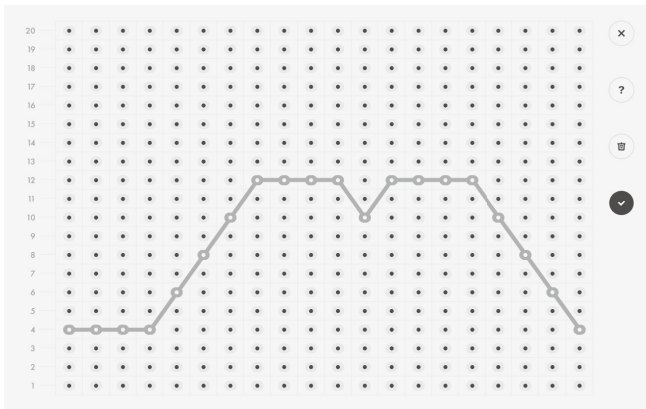


Custom

Users can create up to 8 Custom programs, each with fully customizable level pattern. In the Custom tab, press “+ New program”, then name your program and start editing. Connect dots to map your load throughout the program, from easiest on the bottom to hardest on the top. Each segment’s duration depends on the selected total time — you can set it right before start.

Resistance levels in the pattern are relative, and the maximum value can be set after the pattern is finished; all the segments will be adjusted proportionally. Incline values are absolutely and vary from 0 to 20.

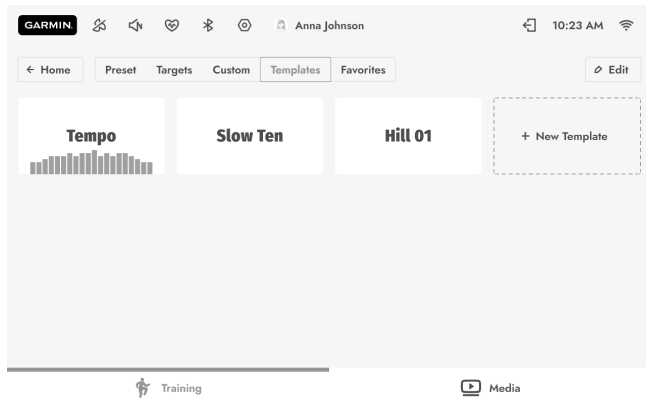




Templates

Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the “New Template” button, choose your base program, then save it with adjusted properties.

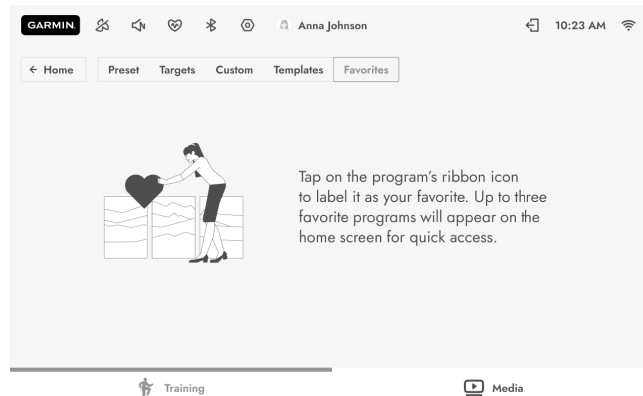
A maximum of 12 template programs can be stored. To remove the unwanted templates, press “Edit” in the Templates tab.



Favorites

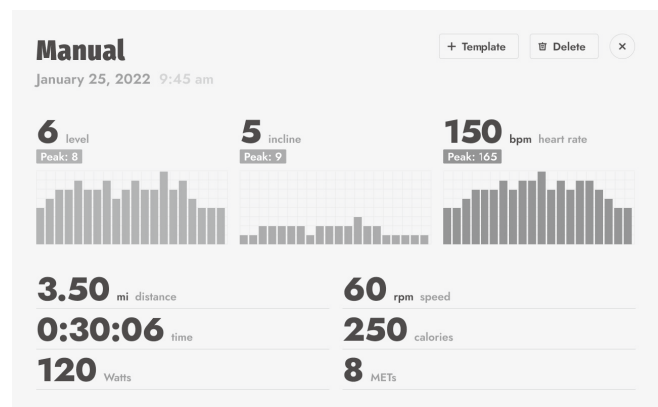
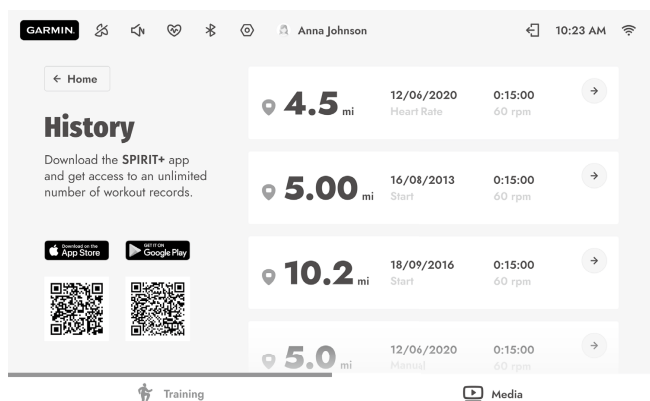
Any program can be labeled as a Favorite. Up to 3 favorite programs will appear right on the Home screen, so you can access them easier. To “like” a program, open the program setup page and tap on the “ribbon” icon in the upper left corner of the screen. You can find all of the labeled programs under the Favorites tab: to remove the label, press “Edit”, or go to the program setup page directly and un-tap the “ribbon” icon.

Once you have decided on the program, press the “Start This Program” button on the screen, or the physical “START” key on the machine to begin your workout.



History

To see your latest workout records, press “History” on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile to the SPIRIT+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.



HEART RATE EXERTION

Before we get started, a word about Heart Rate:

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

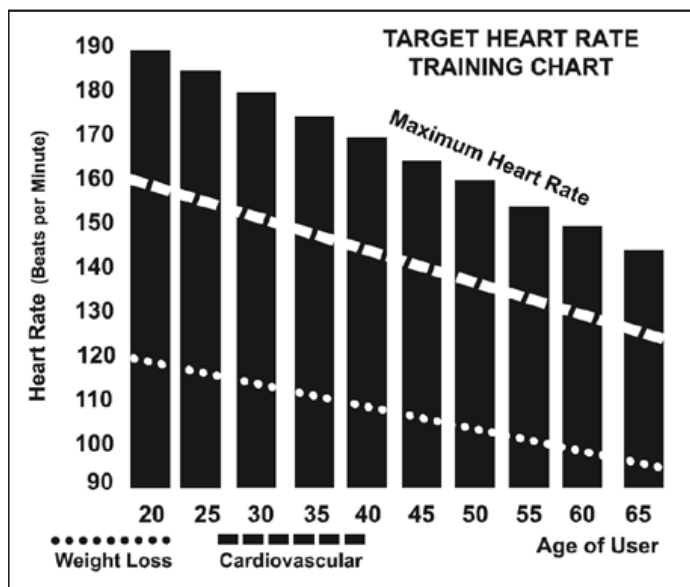
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ beats per minute (80% of maximum)

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

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



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control elliptical you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

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 workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

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

The scale is as follows:

Rating Perception of Effort

6 Minimal

7 Very, very light

8 Very, very light +

9 Very light

10 Very light +

11 Fairly light

12 Comfortable

13 Somewhat hard

14 Somewhat hard +

15 Hard

16 Hard +

17 Very hard

18 Very hard +

19 Very, very hard

20 Maximal

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


USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

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



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

The icon  lights up and the heart rate is displayed when successfully connected to a Bluetooth® heart rate chest strap. The icon will be off when the Bluetooth® heart rate chest strap is disconnected.

Erratic Operation

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

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

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

Maintenance & Care

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - II. The crank arm nut needs to be retightened. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

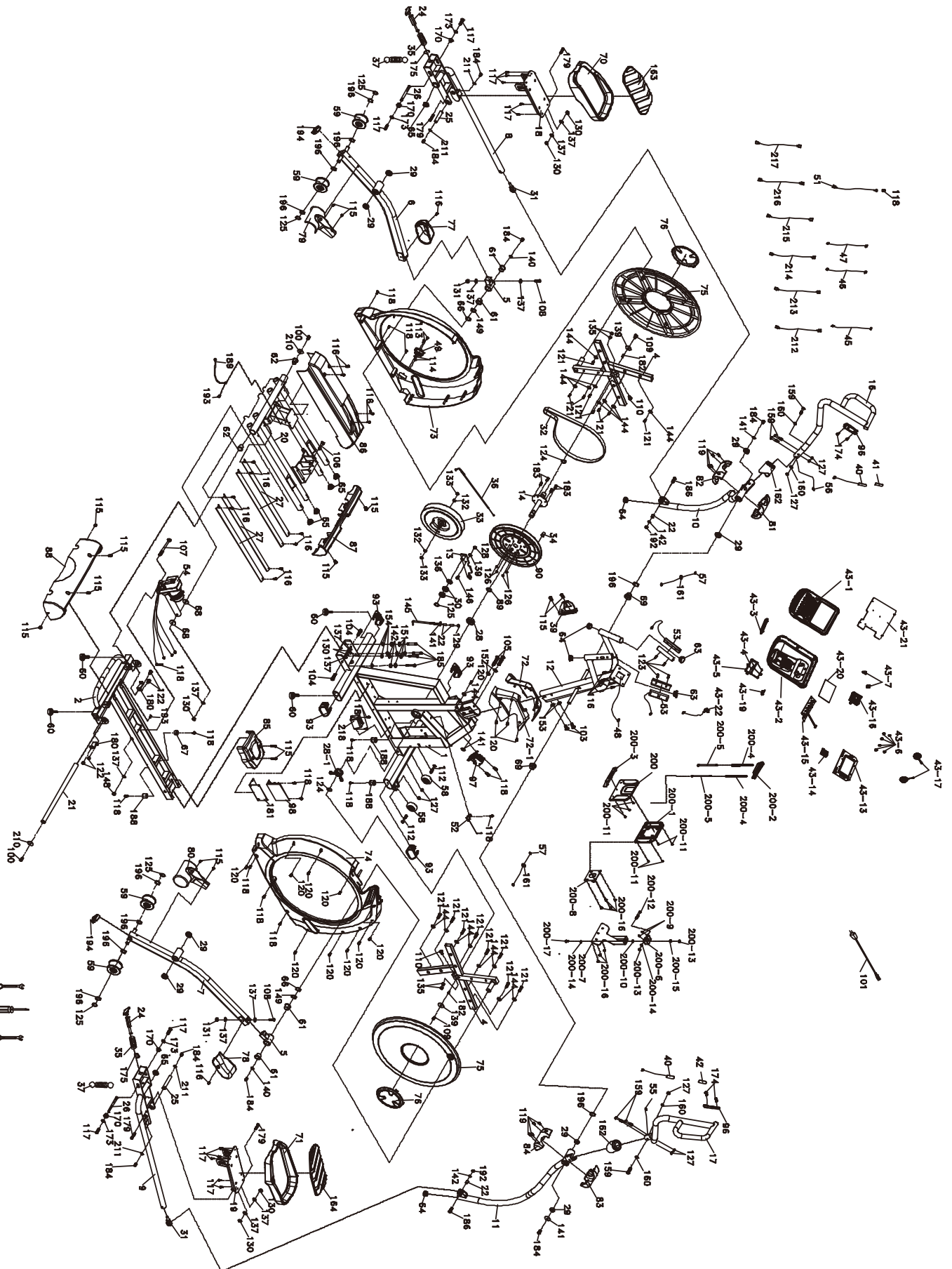
Post-Workout Machine Care

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 the 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 own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

Exploded View Diagram



Parts List

KEY NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Inclinable Rail Assembly	1
4	Cross Bar	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Lower Handle Bar (L)	1
11	Lower Handle Bar (R)	1
12	Console Mast	1
13	Idler Bracket	1
14	Crank Axle	1
16	Seat Handle Bar (L)	1
17	Swing Arm (R)	1
18	Adjustable Pedal (L)	1
19	Adjustable Pedal (R)	1
20	Rear Rail Assembly	1
21	Locking Tube Assembly	1
22	Rod End Sleeve	4
24	Locking Pin Assembly	2
25	Axle for Pedal	2
26	Axle Of Locking Pin	2
27	Aluminum Rail	4
28	6005_Bearing	1
28-01	6005_Bearing(2RSB10+2M5)	1
29	6003_Bearing	8
30	6203_Bearing	2
31	Rod End Bearing	2
32	Drive Belt(8J500)	1
33	Flywheel	1
34	Magnet	1
35	Latch Spring	2
36	Steel Cable	1
37	Pedal Tension Spring	2
39	Drink Bottle Holder	1
40	Resistance Button W/Cable	2
41	Handgrip Resistance Label (INCLINE)	1
42	Handgrip Resistance Label (LEVEL+-)	1

KEY NO.	DESCRIPTION	Q'TY
43	Console Assembly	1
43-01	Console Top Cover	1
43-02	Console Bottom Cover	1
43-03	Deflector Fan Grill	1
43-04	Wind Duct (L)	1
43-05	Wind Duct (R)	1
43-06	Speaker Grill Anchor	6
43-07	Fan Grill Anchor	2
43-13	Console Display Board	1
43-14	Interface Board	1
43-15	Main Key Board	1
43-16	Fan Assembly	1
43-17	Speaker W/Cable	2
43-19	W/Receiver, HR	1
43-20	Backlit Board	1
43-21	USB Board	1
43-22	Earphone Socket	1
45	650mm_Computer Cable	1
46	500mm_Connecing Wire	1
47	550mm_Connecting Wire, Incline Motor	1
48	1600mm_Computer Cable	1
49	AC Input Module	1
51	200mm_Ground Wire	1
52	500mm_Sensor W/Cable	1
53	850mm_Handpulse W/Cable Assembly	2
54	Incline Motor	1
55	450mm_Handle Wire (Upper), Resistance	1
56	450mm_Handle Wire (Upper), Incline	1
57	900mm_Handle Wire, Resistance/Incline	2
58	Transportation Wheel	2
59	Sliding Wheel Urethane	4
60	Rubber Foot	4
61	WFM-2528-21_Bushing	4
62	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
63	Ø32(1.8T)_Button Head Plug	2
64	Ø32 × 1.8T_Round Cap	4
65	32 × 2.5T_Round Cap	6
66	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
67	Rubber Foot Pad(Ø25×15T)	1
68	3/8" × 35 × 5T_Nylon Washer	2

KEY NO.	DESCRIPTION	Q'TY
69	Upright Bushing	2
70	Pedal (L)	1
71	Pedel (R)	1
72	Console Mast Cover(L)	1
72-01	Console Mast Cover(R)	1
73	Chain Cover (L)	1
74	Chain Cover (R)	1
75	Round Disk	2
76	Round Disk Cover	2
77	Pedal Arm Cover (L)	1
78	Pedal Arm Cover (R)	1
79	Slide Wheel Cover (L)	1
80	Slide Wheel Cover (R)	1
81	Front Handle Bar Cover (L)	1
82	Rear Handle Bar Cover (L)	1
83	Front Handle Bar Cover (R)	1
84	Rear Handle Bar Cover (R)	1
85	Bottom Cover	1
86	Incline Cover	1
87	Inclinable Rail Cover	1
88	Rear Bar Cover	1
89	Spacer Bushing	1
90	Drive Pulley	1
93	Handgrip End Cap	4
96	Handle Switch Bracket	2
97	Gear Motor	1
98	Incline Controller	1
100	5/16" × UNC18 × 1" _Hex Head Bolt	2
101	Power Cord	1
103	3/8" × 3/4" _Hex Head Bolt	2
104	3/8" × 1-1/2" _Hex Head Bolt	2
105	3/8" × 2-1/4" _Hex Head Bolt	2
106	3/8" × 2-1/2" _Hex Head Bolt	1
107	M10 × 130mm _Hex Head Bolt	1
108	3/8" × 2-1/4" _Socket Head Cap Bolt	2
109	5/16" × UNC18 × 15L _Flat Head Socket Bolt	2
110	M8 × 1.25 × 40mm _Socket Head Cap Bolt	2
112	5/16" × 1-3/4" _Button Head Socket Bolt	2
113	M4 × 12mm _Phillips Head Screw	2
114	M4 × P0.7 × 5T _Nylon Nut	2

KEY NO.	DESCRIPTION	Q'TY
115	M5 × 15mm_Phillips Head Screw	14
116	M5 × 10mm_Phillips Head Screw	18
117	M5 × 10mm_Phillips Head Screw	14
118	5 × 19mm_Tapping Screw	19
119	3.5 × 12mm_Sheet Metal Screw	8
120	3.5 × 16mm_Sheet Metal Screw	13
121	5 × 16mm_Tapping Screw	16
122	M6 × 10mm_Phillips Head Screw	4
123	3 × 20mm_Tapping Screw	4
124	Ø25_C Ring	2
125	Ø17_C Ring	5
126	1/4" × 8T_Nylon Nut	4
127	5/16" × 7T_Nylon Nut	8
128	M8 × 7T_Nylon Nut	1
129	M8 × 9T_Nylon Nut	1
130	3/8" × 7T_Nylon Nut	7
131	3/8" × 11T_Nylon Nut	2
132	3/8" × UNF26 × 4T_Nut	2
133	3/8" × UNF26 × 11T_Nut	2
135	M8 × 6.3T_Nut	4
136	Ø17 × Ø23.5 × 1.0T_Flat Washer	1
137	Ø3/8" × Ø19 × 1.5T_Flat Washer	12
139	Ø5/16" × Ø35 × 1.5T_Flat Washer	3
140	Ø5/16" × 35 × 2.0T_Flat Washer	2
141	Ø5/16" × Ø23 × 1.5T_Flat Washer	4
142	Ø5/16" × Ø20 × 1.5T_Flat Washer	6
144	Ø1/4" × 19mm_Flat Washer	17
145	M8 × 170mm_J Bolt	1
146	M8 × 20mm_Carriage Bolt	1
148	M10 × 8T_Nylon Nut	1
149	Ø25_Wave Washer	2
151	Ø8 × 1.5T_Split Washer	4
152	Ø10 × 2T_Split Washer	2
153	Ø3/8" × 23 × 2.0T_Curved Washer	2
154	Ø5/16"_Star Washer	4
155	13/14mm_Wrench	1
157	Phillips Head Screw Driver	1
158	12/14mm_Wrench	1
159	5/16" × 1-3/4" _Hex Head Bolt	6

KEY NO.	DESCRIPTION	Q'TY
160	Ø8 × 23 × 1.5T_Curved Washer	4
161	Switch Wire Cap	2
162	Swing Arm Bushing	2
163	Pedal Foam (L)	1
164	Pedal Foam (R)	1
170	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	4
173	Ø5 × Ø15 × 1.5T_Flat Washer	4
174	M5 × 15mm_Flat Head Socket Screw	4
175	Ø10_C Ring	2
179	3/8" × 19mm_Hex Head Bolt	4
180	Cover Holder(B)	2
181	controller back plate	1
182	Woodruff Key	2
183	1/4" × UNC20 × 3/4" _Hex Head Bolt	4
184	5/16" × UNC18 × 15L_Hex Head Bolt	8
185	5/16" × 2-1/4" _Hex Head Bolt	4
186	5/16" × 1-1/4" _Hex Head Bolt	2
188	Rubber Foot Pad(Ø25×25mm)	3
189	250mm_Ground Wire	1
192	5/16" × 9T_Nylon Nut	2
193	Ø5 × 16L_Tapping Screw	2
194	End Cap	2
196	Ø17 × 0.5T_Wave Washer	10
200	IPAD Front Cover	1
200-01	IPAD Rear Cover	1
200-02	IPAD Cover (Top clip)	1
200-03	IPAD Cover (Bottom clip)	1
200-04	Spring	2
200-05	spring column	2
200-06	Rotate Axle Bracket	1
200-07	IPAD Tablet Holder Assembly	1
200-08	Console Holder Assembly	1
200-09	Flat Washer(8.2×16×0.6T)	2
200-10	Pad	1
200-11	3.5 × 12mm_Sheet Metal Screw	7
200-12	5/16" × 2-1/2" _Hex Head Bolt	1
200-13	5/16" × 6T_Nylon Nut	2
200-14	Ø5/16" × 16 × 1.5T_Flat Washer	2
200-15	Ø8 × 1.5T_Split Washer	1

KEY NO.	DESCRIPTION	Q'TY
200-16	M5 × 12mm_Phillips Head Screw	7
200-17	5/16" × 15mm_Hex Head Bolt	1
210	Ø38 × Ø8.5 × 4T_Flat Washer	2
211	Ø5/16" × Ø23 × 3T_Flat Washer	4
212	250mm_Connecting Wire (White)	1
213	250mm_Connecting Wire (Black)	1
214	300mm_Connecting Wire (White)	1
215	300mm_Connecting Wire (Black)	1
216	80mm_Connecting Wire (White)	1
217	80mm_Connecting Wire (Black)	1
218	Filter	1

MANUFACTURER'S LIMITED WARRANTY

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

Limited Warranty

Frame and Brake:	Lifetime
Parts:	10 Years
Labour:	1 Year

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

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

REPAIR PARTS AND SERVICE

All of the parts for the elliptical shown in figure can be ordered from Dyaco Canada Inc., 5955 Don Murie Street, Niagara Falls, Ontario L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check, or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca or visit us at www.dyaco.ca Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

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

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