

Owner's Manual

Model No.

16011401000

CT1000ENT

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:

Read and understand this manual before operating unit

SPIRIT



Retain For Future
Reference

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

SPIRIT

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

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

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

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

Yours in Health,
Dyaco Canada Inc.

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

Product Registration

RECORD YOUR SERIAL NUMBER

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

Serial Number _____

REGISTER YOUR PURCHASE

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

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT CT1000ENT Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT CT1000ENT Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SPIRIT CT1000ENT Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT CT1000ENT Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



MAX. USER WEIGHT LIMIT 205 KG (450 LB)

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock, always unplug this treadmill 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 treadmill on a flat level surface with access to a 120-volt grounded outlet.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

The treadmill should be the only equipment in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.

ASTM F2115-05 Specifications 6.1.2.11 The recommended minimum clearance required around each treadmill for access to, passage around, and emergency dismount shall be stated. The minimum dimensions are to be: 0.5 m (19.7 in.) on each side of the treadmill, and 1 m (39 in.) behind the machine.

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

- Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Keep children under the age of 13 away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- 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.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The hand 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.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Children should be supervised to ensure that they do not play with the equipment.
- Remove tether cord after use to prevent unauthorized treadmill operation.
- Connect this treadmill to a properly grounded outlet only. See Grounding Instructions.
- Please make sure that power supply cord and adapter placed in dry area and kept away from heat.
- This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the exercise equipment by a person responsible for their safety.
- Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

- Remove tether cord after use to prevent unauthorized treadmill operation.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- 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.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- **Do not change any component by yourself, you may get injured or damage the treadmill**
- User weight should not exceed 450 lb (205 kg).

■ WARNING

1. **Examine the machine on a regular basis for needed repairs or replacement of damaged or worn parts.**
2. Replace defective components immediately and/or keep the equipment out of use until repair.
3. The components which are most susceptible to wear: running belt, driver motor, incline motor.
4. Please keep the Safety key in safe place when user stop workout that in order to prevent the children use the treadmill.
5. If the treadmill have any problem or shutdown (ex: change the belt, running deck, console...), please contract with service center.

! WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



- a) Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- b) Even used batteries may cause severe injury or death.
- c) Call a local poison control center for treatment information.
- d) Compatible battery type : CR1220
- e) Nominal battery voltage : 3V
- f) Non-rechargeable batteries are not to be recharged.
- g) Do not force discharge, recharge, disassemble, heat above temperature 85°C or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- h) Contains a non-removable battery. Only professionals are allowed to disassemble it.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any equipment with a large motor, the RCD/GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

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

Circuit breakers: Some circuit breakers are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only equipment on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores.

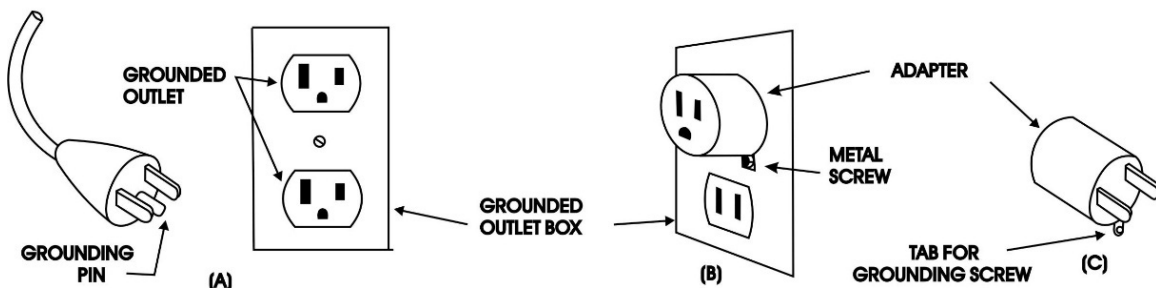
GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-Volt circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (shown below) can be installed by a qualified electrician. The green coloured rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Figure 1.

Grounding methods



AA 200

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer console.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Treadmills start with at a very low speed and it is unnecessary to straddle the belt during startup. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or handle while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

SAFETY TETHER CORD

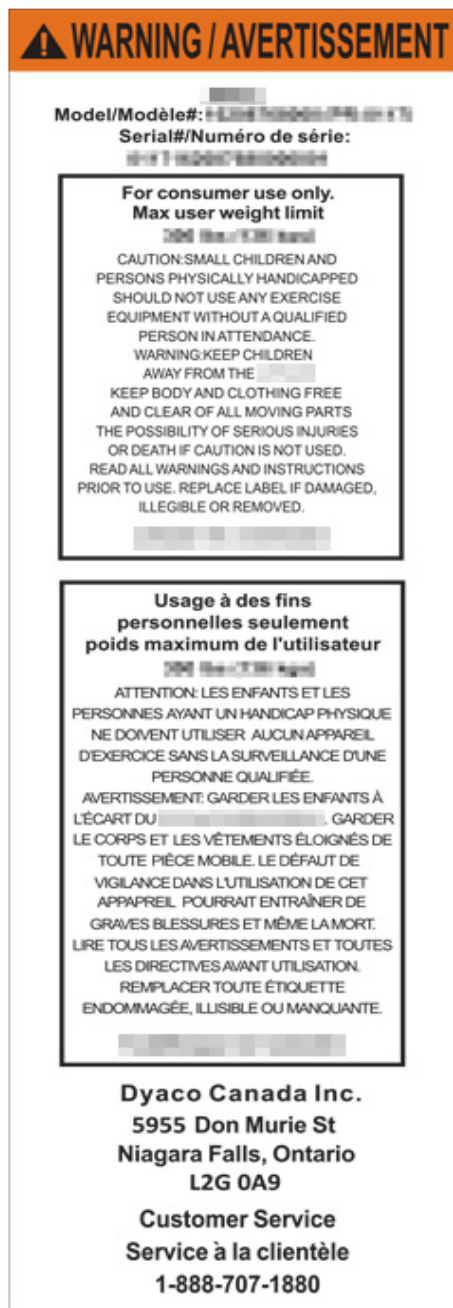
A safety tether cord is provided with this unit. It is a simple pin design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the pin into position on the rectangle slotted metal portion of the console control head. Your treadmill will not start and operate without this. Removing the pin also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The pin has a strong enough connection to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the pin is pulled out of the console. Use the red Stop/Pause switch in normal operation

WARNING DECAL REPLACEMENT

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



GETTING ON / OFF YOUR TREADMILL

IMPORTANT

The treadmill comes with **handlebars**.

Always hold the **handlebar** when getting on and off the treadmill.

First time users should familiarize themselves with using the treadmill by using the **handlebars** at first **for assistance** and then progressing.

Once you have familiarized yourself with using the treadmill, you can progress to running without using the handles to provide a total body workout.

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



*Ensure the belt is stationary and grasp the Stationary Handlebar with **your** hands.*

*Place both **of your** feet on the running belt.*

*Please slowly increase the speed of **the** treadmill. Get balanced and begin your workout.*

Important

*To **exit the treadmill**, come to a complete stop and reverse the procedure.*

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

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

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

Correct Position

Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain.

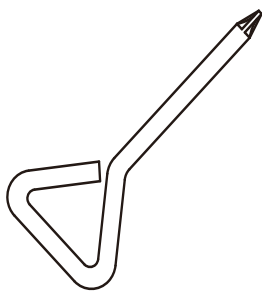
Always try and use the treadmill in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.

ASSEMBLY INSTRUCTIONS

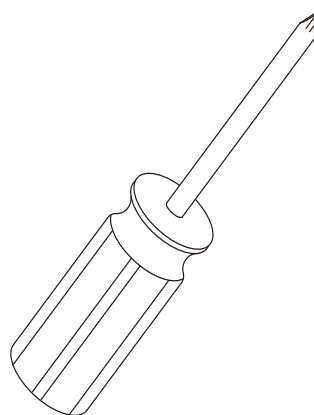
PRE-ASSEMBLY

1. Cut the straps and open box.
2. 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.
3. Assembly of the machine needs to be performed by trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out assembly, maintenance and repair work.

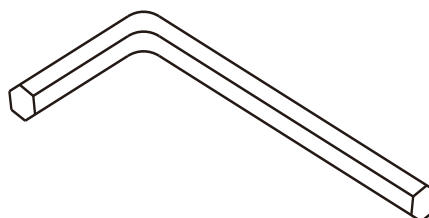
ASSEMBLY TOOLS



#112. Phillips Head Screw driver (1 pc)



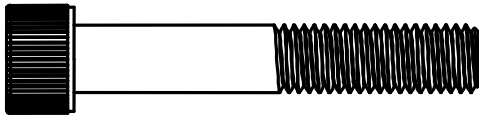
#111. Phillips Head Screw driver (1 pc)



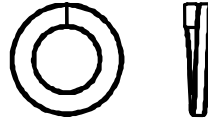
#110. 8mm L Allen Wrench (1 pc)

ASSEMBLY PACK CHECKLIST

STEP 1

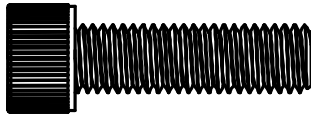


#65 - M10 × 60mm
Socket Head Cap Bolt
(10pcs)

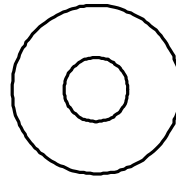


#79 - Ø10 × 2T
Spring Washer
(10pcs)

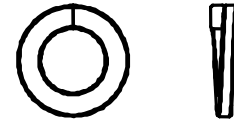
STEP 2



#63 - M10 × 35mm
Socket Head Cap Bolt
(6pcs)



#74 - Ø3/8" × 25 × 3T
Flat Washer
(6pcs)



#79 - Ø10 × 2T
Spring Washer
(6pcs)

STEP 3



#158 - M5×10mm
Phillips Head Screw
(8pcs)

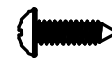
STEP 4



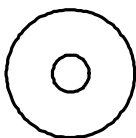
#158 - M5 × 10mm
Phillips Head Screw
(4pcs)



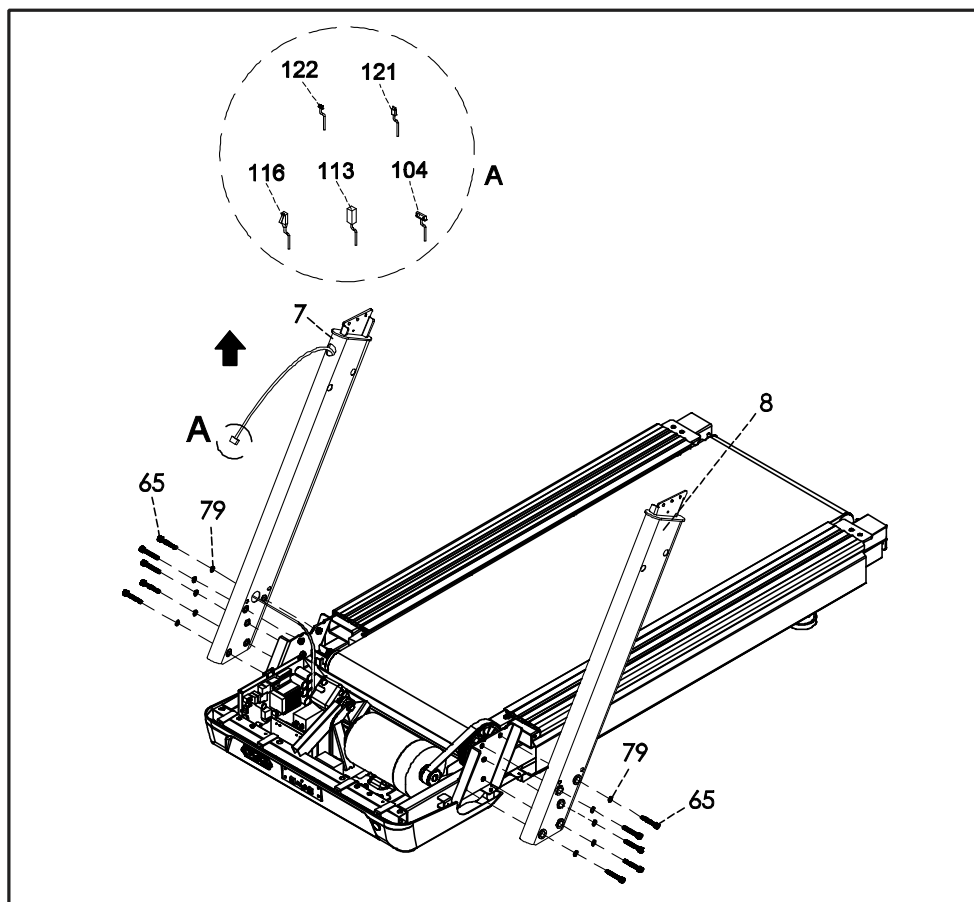
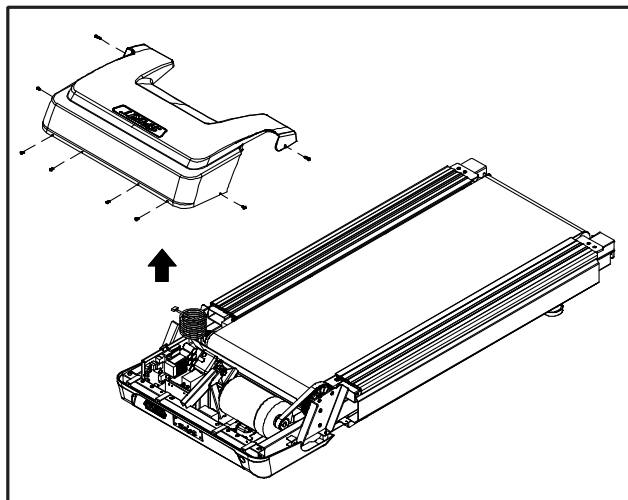
#69 - M5 × 25mm/m
Phillips Head Screw
(2pcs)



#83 - 3.5 × 12mm/m
Sheet Metal Screw
(18pcs)

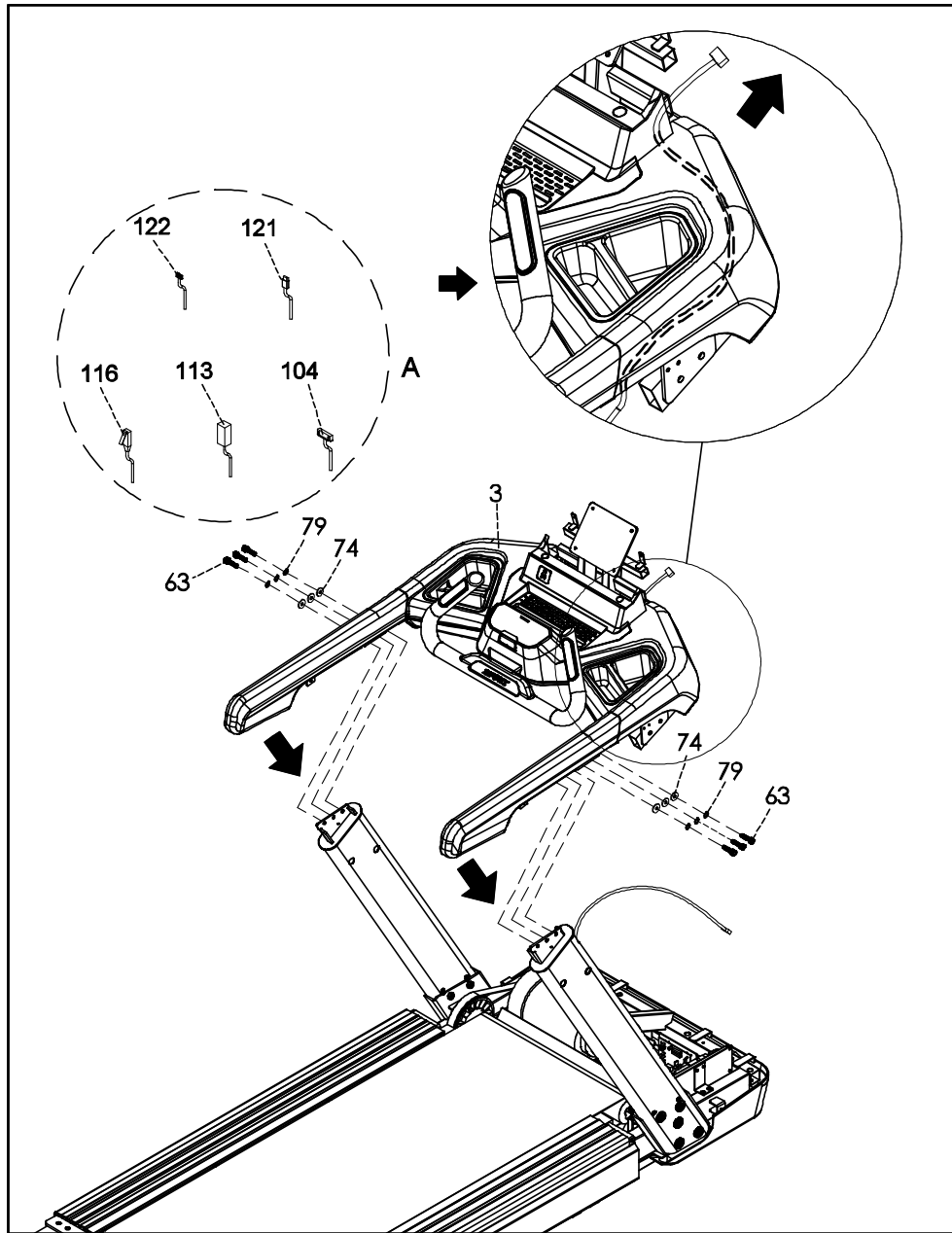


#75 - Ø5.5 × Ø19 ×
1.5T Flat Washer
(8pcs)



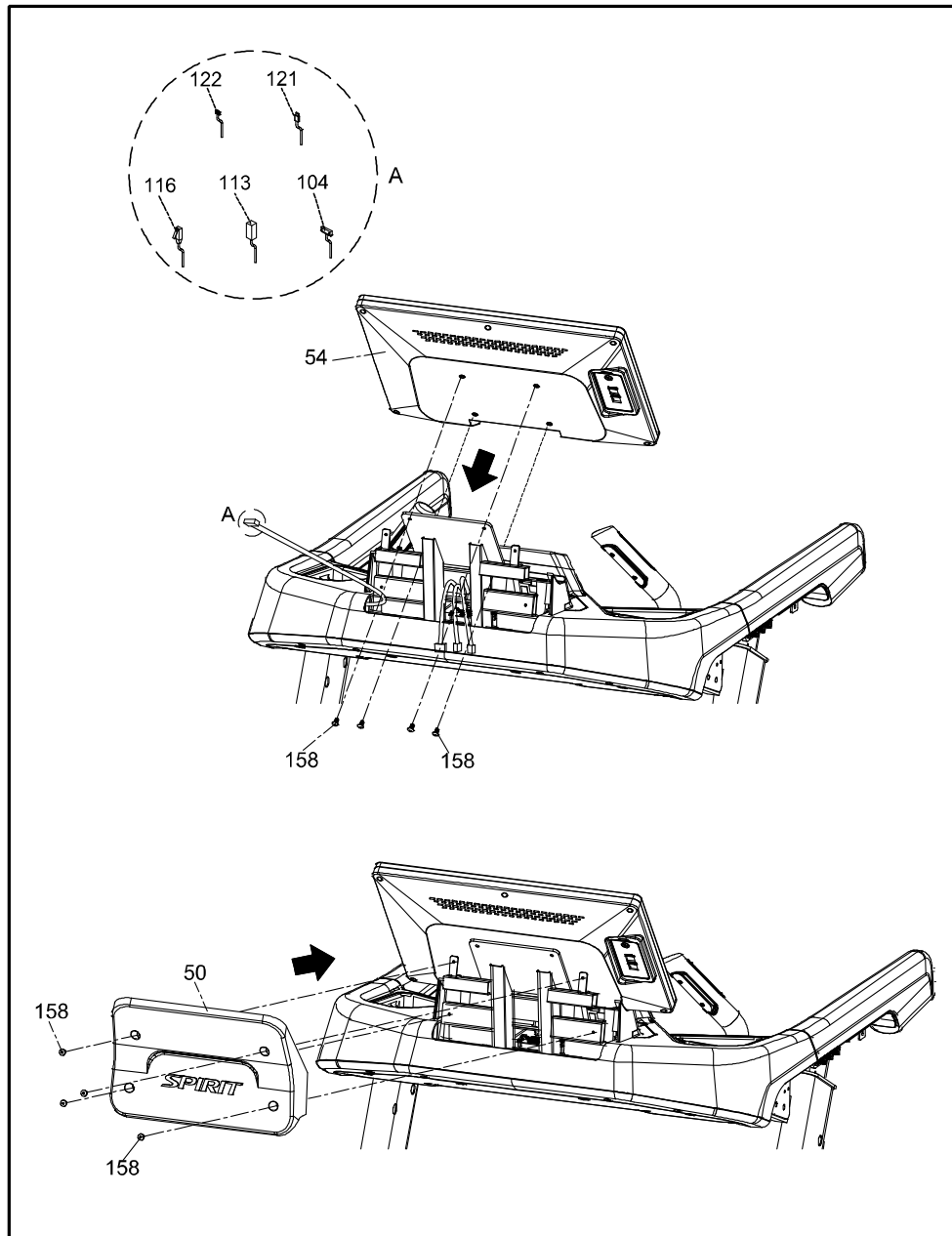
STEP 1

1. Loosen the 8 screws holding the MOTOR COVER (37) in place and remove the cover.
2. Uncoil wiring harness and run wires through the RIGHT UPRIGHT (7).
3. Use 5 BOLTS (65) and 5 LOCK WASHERS (79) to attach the RIGHT UPRIGHT (7) to the MAIN FRAME (1). Do not pinch wires. Do not tighten before putting the console on.
4. Use 5 BOLTS (65) and 5 LOCK WASHERS (79) to attach the LEFT UPRIGHT (8) to the MAIN FRAME (1). Do not tighten before putting the console on.



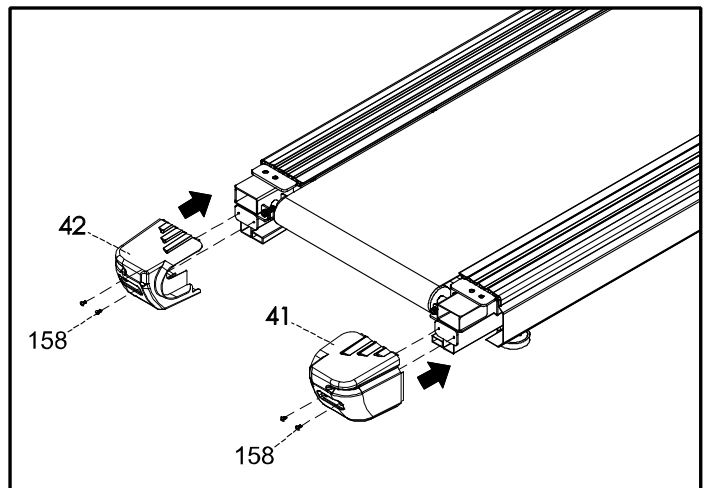
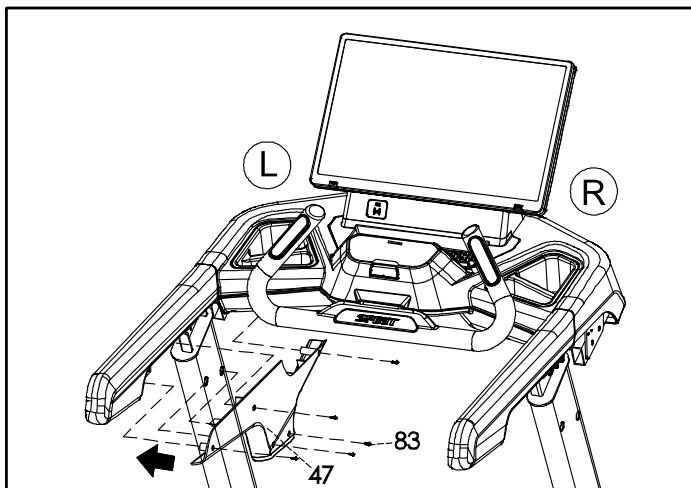
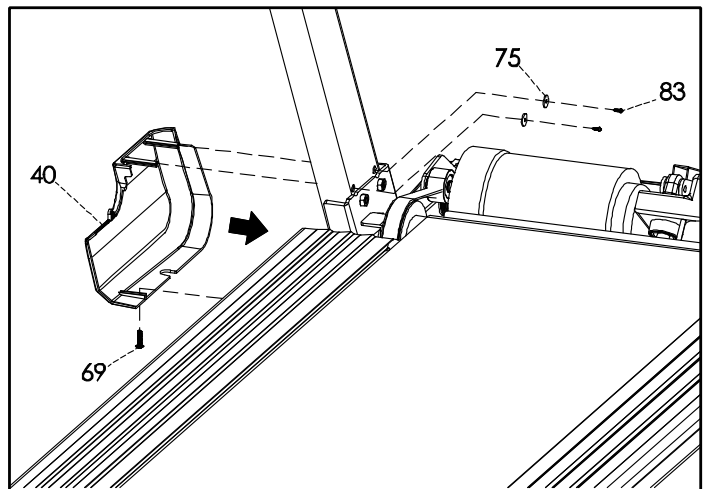
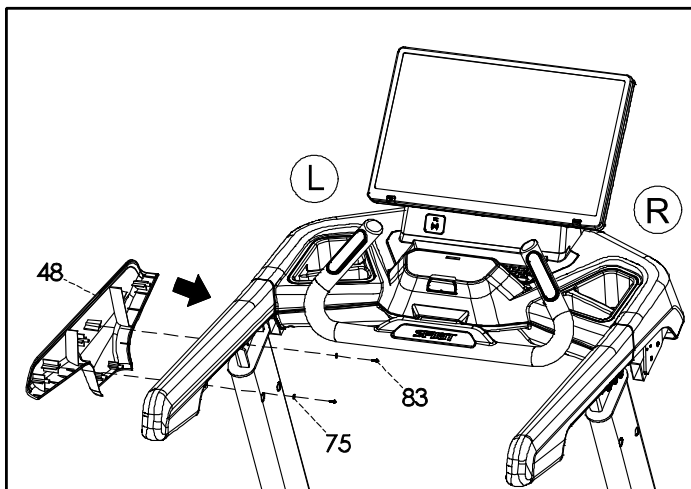
STEP 2

1. Install MAIN PANEL (3) onto the uprights using 6 BOLTS (63), 6 LOCK WASHERS (79) and 6 FLAT WASHERS (74).
2. Run the wiring harness through the MAIN PANEL (3) as shown in the illustration.
3. Tighten all bolts and washers on both uprights (7 and 8) from previous step.



STEP 3

1. Wires should be away from the console mounting bracket.
2. Install the CONSOLE (54) using 4 BOLTS (158).
3. Connect wiring harness to CONSOLE (54).
4. Attach CONSOLE BRACKET COVER (50) to MAIN PANEL using 4 BOLTS (158).



STEP 4

1. Attach LEFT OUTER HANDRAIL COVER (48) to MAIN PANEL using 2 SCREWS (83) and 2 FLAT WASHERS (75).
2. Attach LEFT INNER HANDRAIL COVER (47) to MAIN PANEL using 5 SCREWS (83).
3. Attach LEFT LOWER UPRIGHT COVER (40) to MAIN FRAME (1) using 2 SCREWS (83), 2 FLAT WASHERS (75), and 1 long SCREW (69).
4. Attach LEFT END CAP (42) to MAIN FRAME (1) using 2 SCREWS (158).
5. Repeat to install right side covers (45, 46, 39, 41).
6. Reinstall the MOTOR COVER (37) using the bolts removed in Step 1.

CONSOLE OPERATION

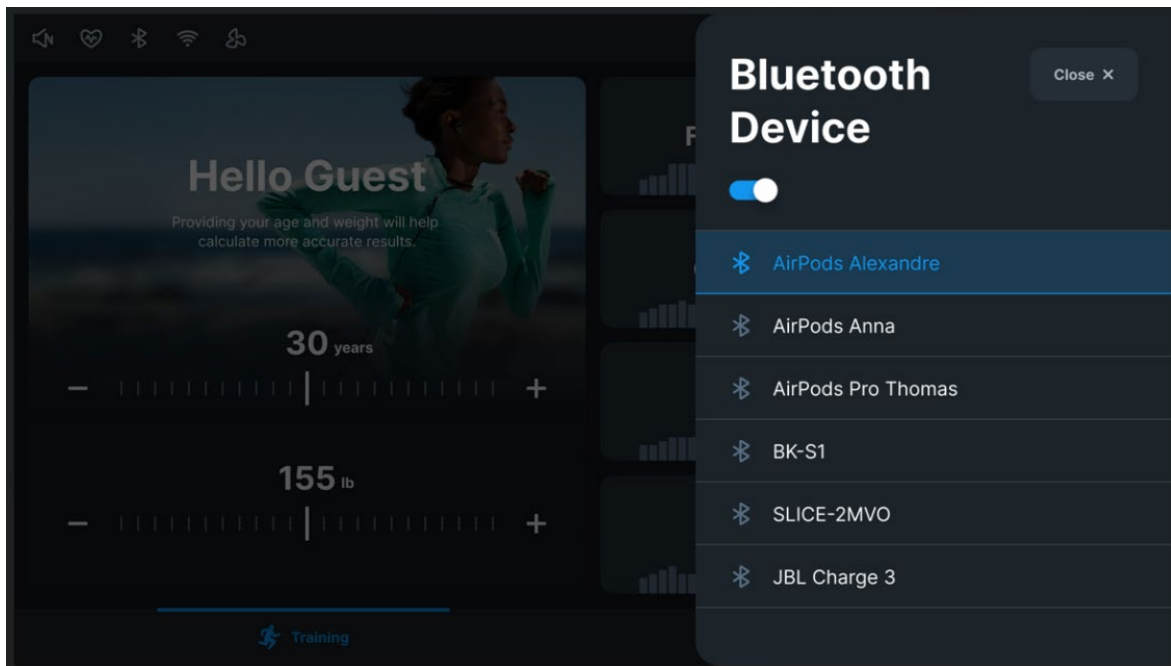


Starting the operation:

- Plug in the power cord and switch on the main power switch located at the front, under the motor hood of the treadmill and make sure that the safety key is put on as the treadmill is unable to operate without the safety key.
- When the power is turned on, the screen will show the initial image and then enter the ready mode which is the beginning of the treadmill operation.

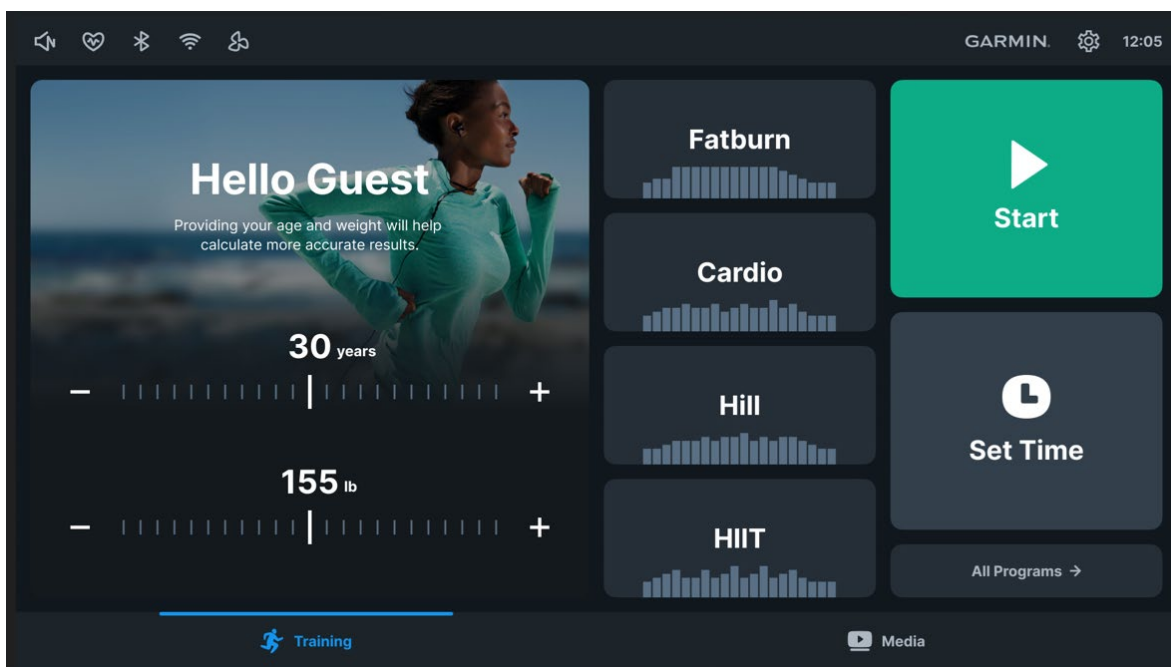
How to connect with the Bluetooth

Touch the Bluetooth icon to enter the pairing page. The system will begin searching for available BT signal devices around the treadmill. Then select the device that you would like to connect with.



STARTING OPERATION

- Plug in the power cord and switch on the main power switch located at the front of the treadmill. Make sure the safety key is inserted (machine will not operate without the presence of the safety key.)
- When the power is turned ON, the screen will show a brief loading screen and then display the Home Screen which indicates that the machine is ready to operate.



Home Screen: Begin operation by touching the icons.

Quick operating buttons are convenient for basic treadmill functions.



Quick start operation:

- Press “START” button and the belt speed will increase to 0.8 km/h /0.5 MPH.
- Press **SPEED “+ / - ”** buttons to adjust the speed.
- Press and hold **SPEED “- ”** button to slow down to the desired speed.
- Press “STOP” button to stop the belt.

FEATURED FUNCTIONS OF THIS TREADMILL:

Touch-control screen is used for operating all functions of the treadmill. You can directly touch any functional button on the screen or through quick buttons on the bottom to control functions. On the bottom there are **Speed “+ / - ”** buttons to control the speed, “START” button to begin the workout, “STOP” button to pause/stop running and **INCLINE “+ / - ”** buttons to control the incline of the treadmill.

PAUSE/STOP

When the treadmill is running, the PAUSE feature may be utilized by pressing the red Stop button once. This will slowly decelerate the treadbelt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start-up screen.

- To resume your exercise when in PAUSE mode, press the Start button.
- Pressing the Stop button twice will end the program and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start-up screen).

INCLINE

- The incline is adjustable any time during the workout.
- Press and hold **INCLINE “+ / - ”** button on the screen to change the incline to the desired level.

HEART RATE FEATURE

The Pulse (Heart Rate) on the screen shows the current value of your heart rate in beats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. **The console will also pick up wireless heart rate transmitters that are ANT+ and Bluetooth compatible.**

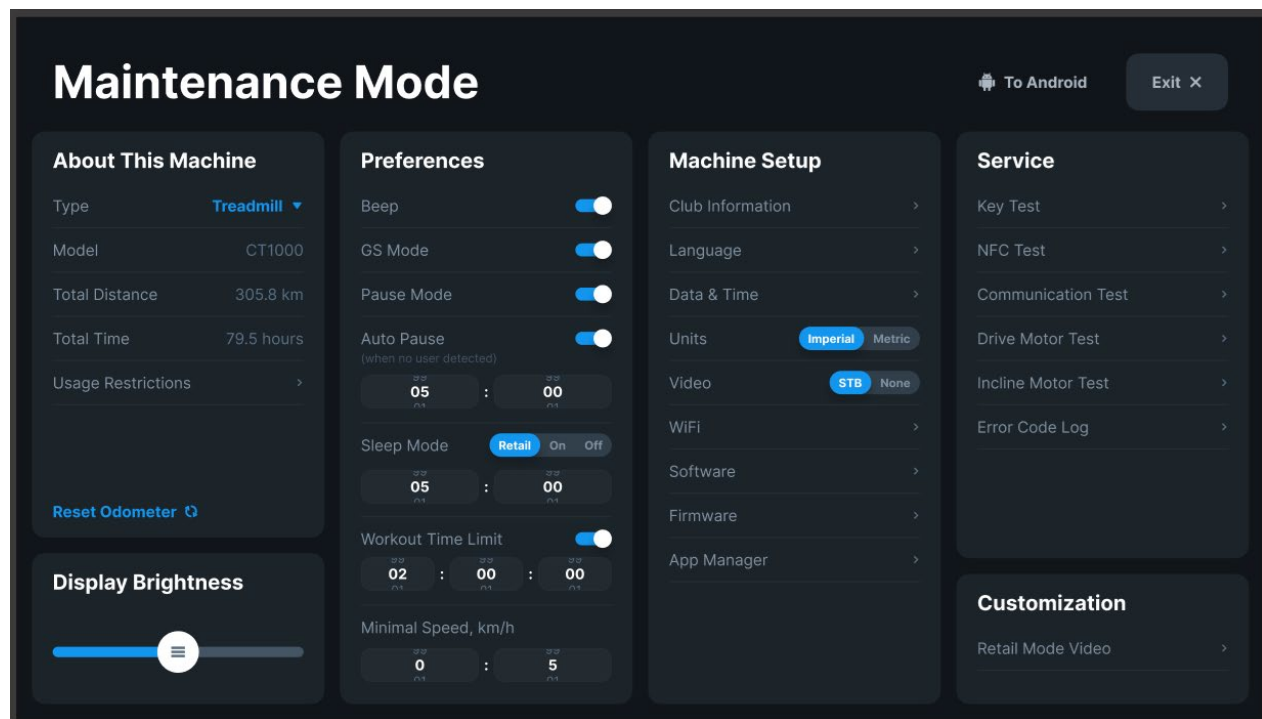
NO USER DETECTED

Machine will pause automatically if no user is detected for 30 seconds. When treadmill is operating with speed higher than 0.8km/hr (0.5mile/hr), protecting mechanism will be activated. Pop up window will ask user whether to stop/resume workout program. This pop up window will remain on the screen for 5 minutes. If no actions are taken for 5 minutes the treadmill will end the workout automatically.

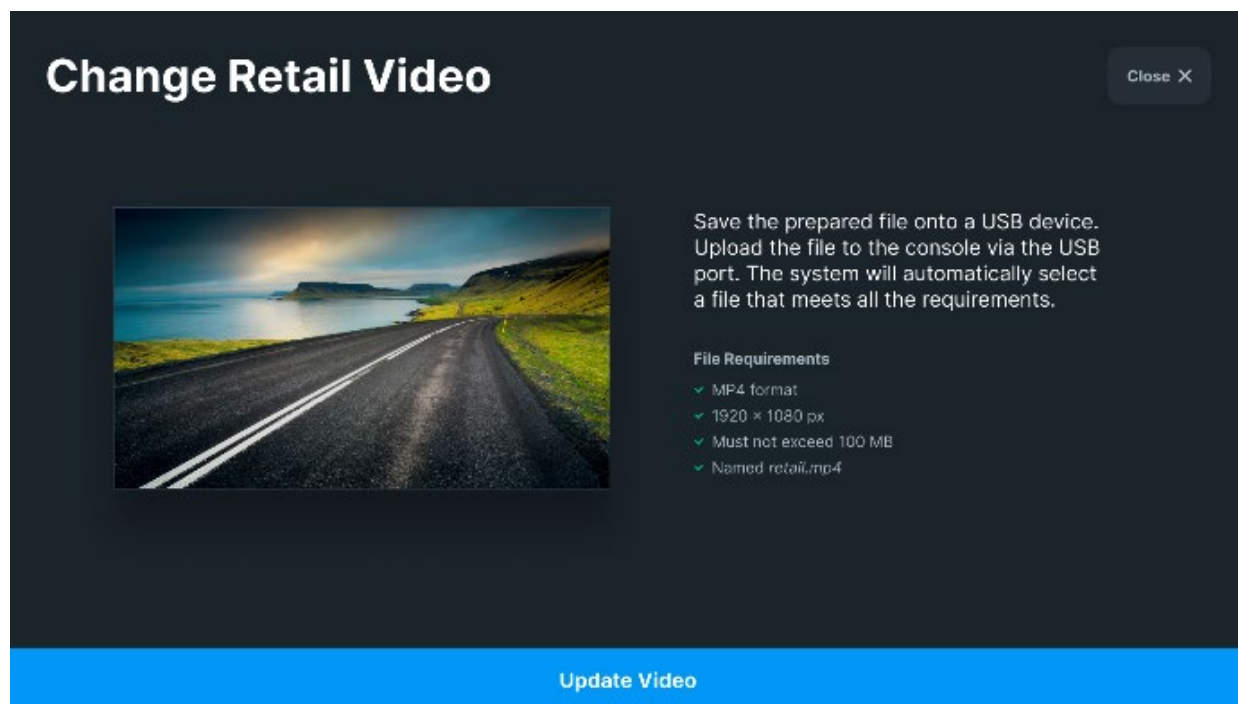
TOUCHSCREEN OPERATION

Maintenance Mode

Enter the maintenance mode from the Home page by pressing “**Hello Guest**” 10 times to access the machine information, various settings and service procedures.

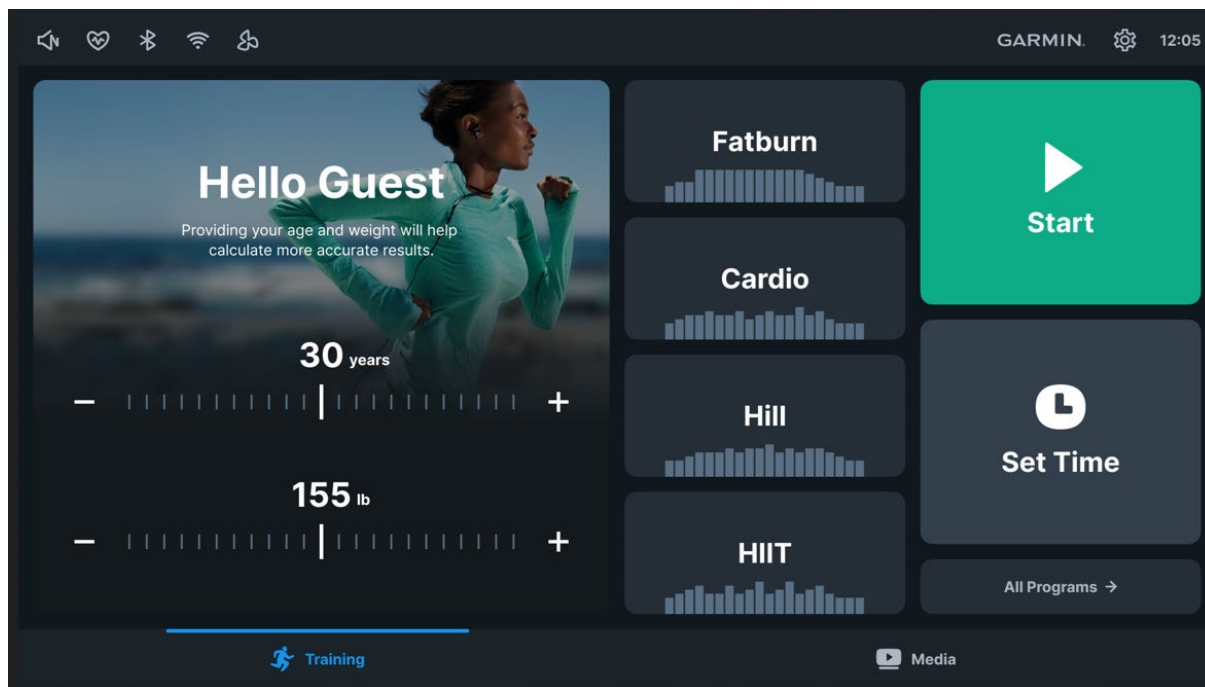


In the maintenance mode, you can upload your own visual materials via USB. Select **Retail Mode Video** under the Customization tab and follow the guidelines to change the videos when the console enters Retail Mode.



Basic Operation & Home Page

The console interface is divided into two main sections: **Training** and **Media**. **Training** section is focused on workout data and controls, while **Media** offers various entertainment options for an exercising user. Use the tab bar on the bottom of the screen to switch between the two sections before, during or after the workout.



Training section's main screen includes a ranking list and some of the most common workout choices, such as immediate start, a timed workout, or popular workout patterns. A workout can be started by either pressing **Start** button on the screen, or using the physical **Start** key on the console.

Various tools and settings are available in the status bar on the top of the screen:



press the **WiFi** icon to open WiFi settings



press the **Gear** icon to change language or units of measurement

GARMIN.

to pair a Garmin device, press on the **Garmin logo** (see details in **Garmin Pairing**)



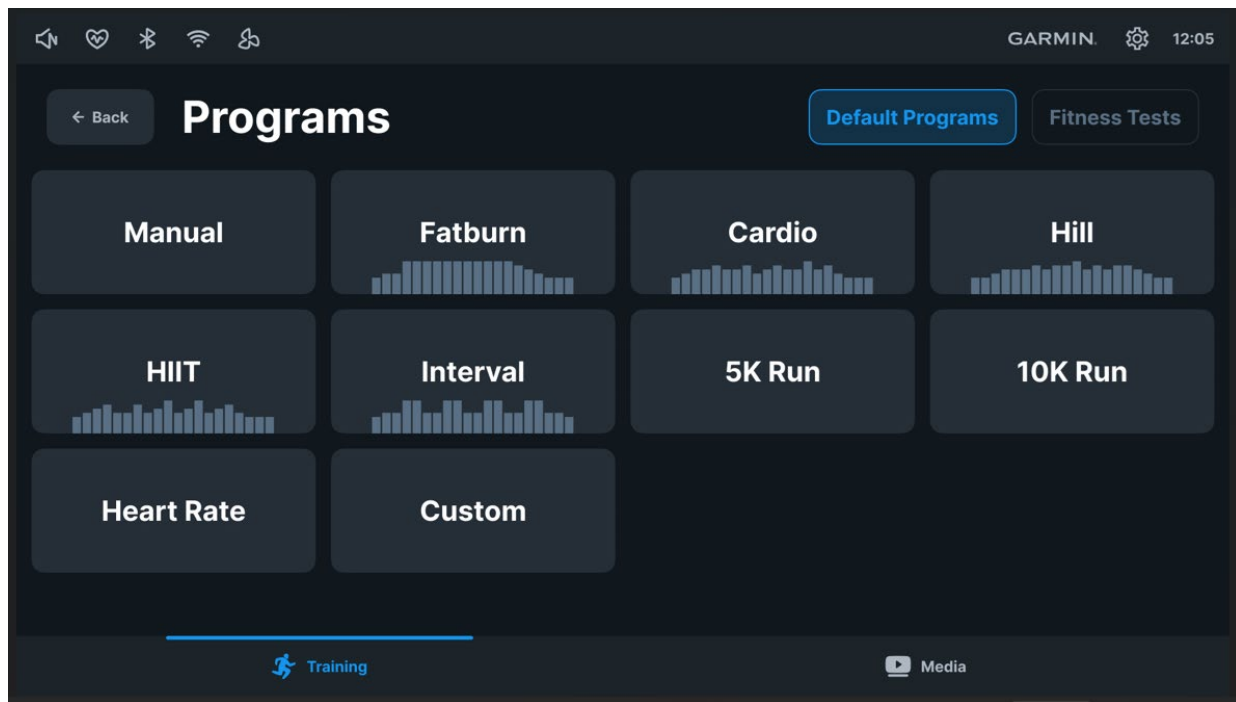
to pair a Bluetooth device, press on the **Bluetooth** icon



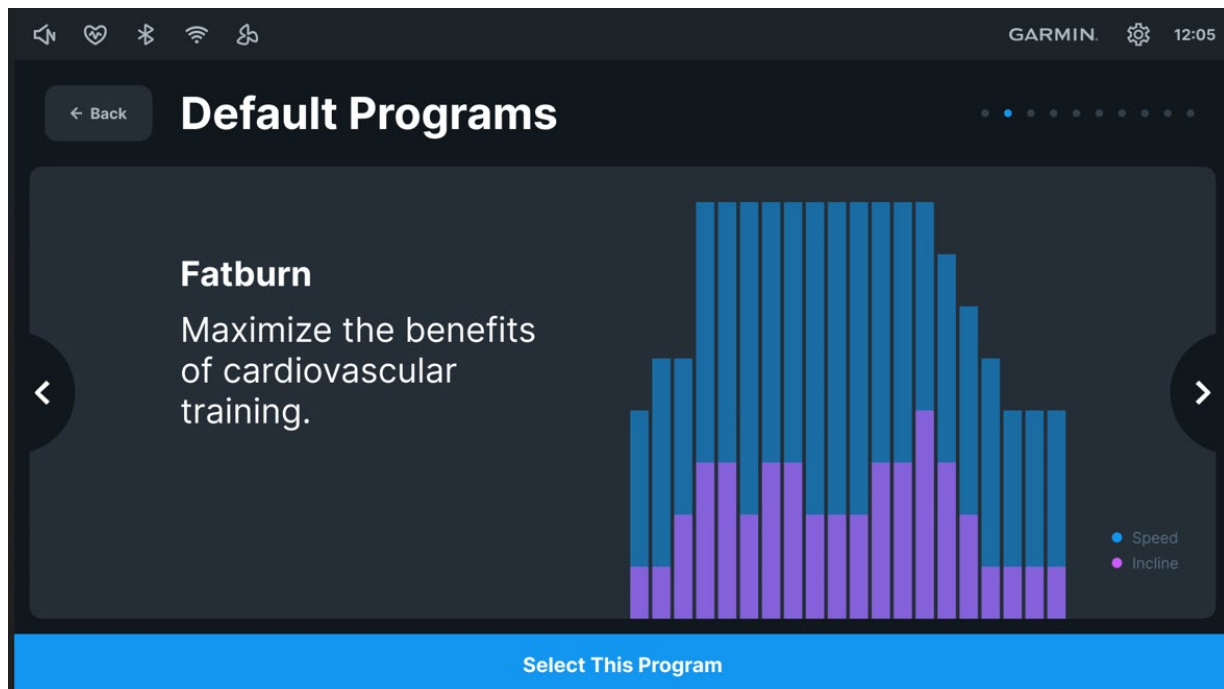
to pair a heart rate measuring device, select the **Heart Rate** icon;

Programs

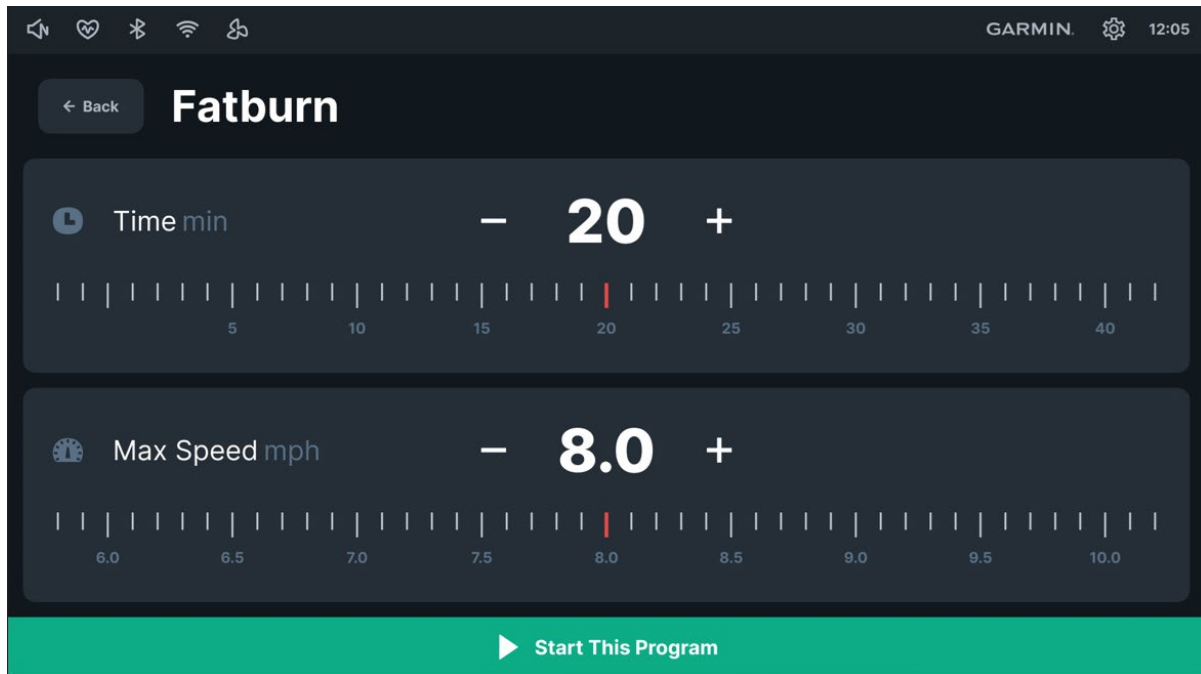
Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.



Tap on a program to learn more about it in the **Preview Mode**. Here, switch between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen. Tap on the program card once again to enter the **Program Setup** page.



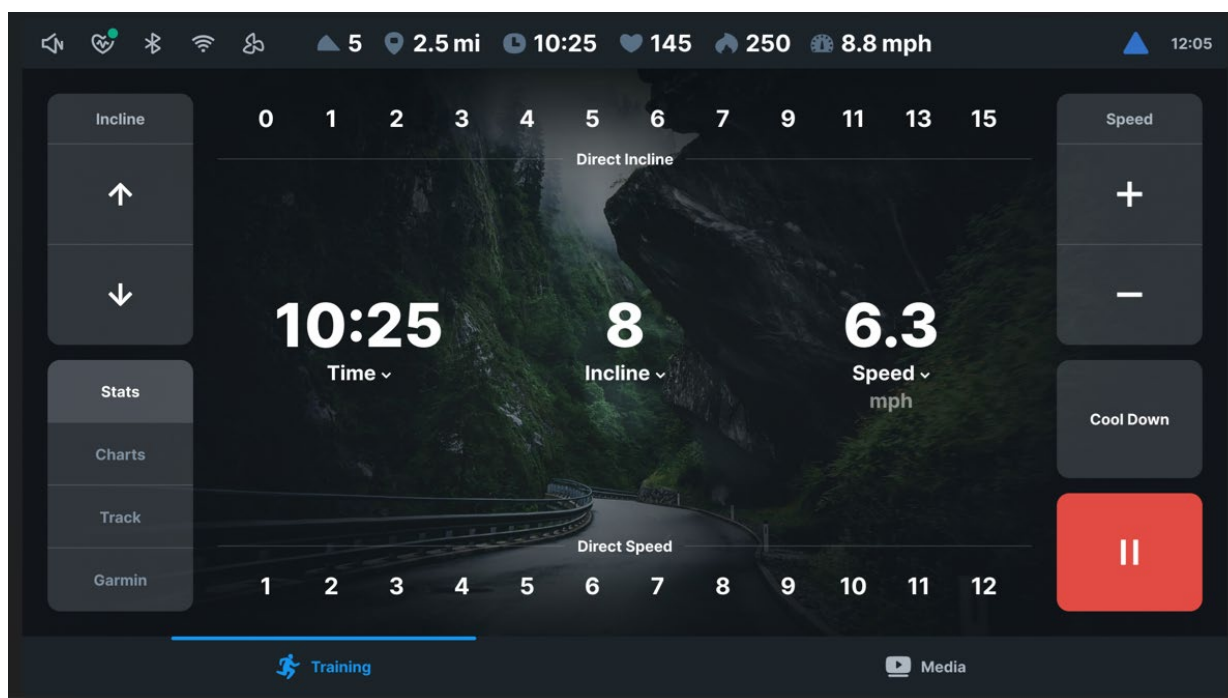
Program Setup page allows users to customize their workout. To change the value, drag the scale, use **Plus & Minus** buttons, or tap on the number for a direct input. Different programs offer different parameters to adjust.



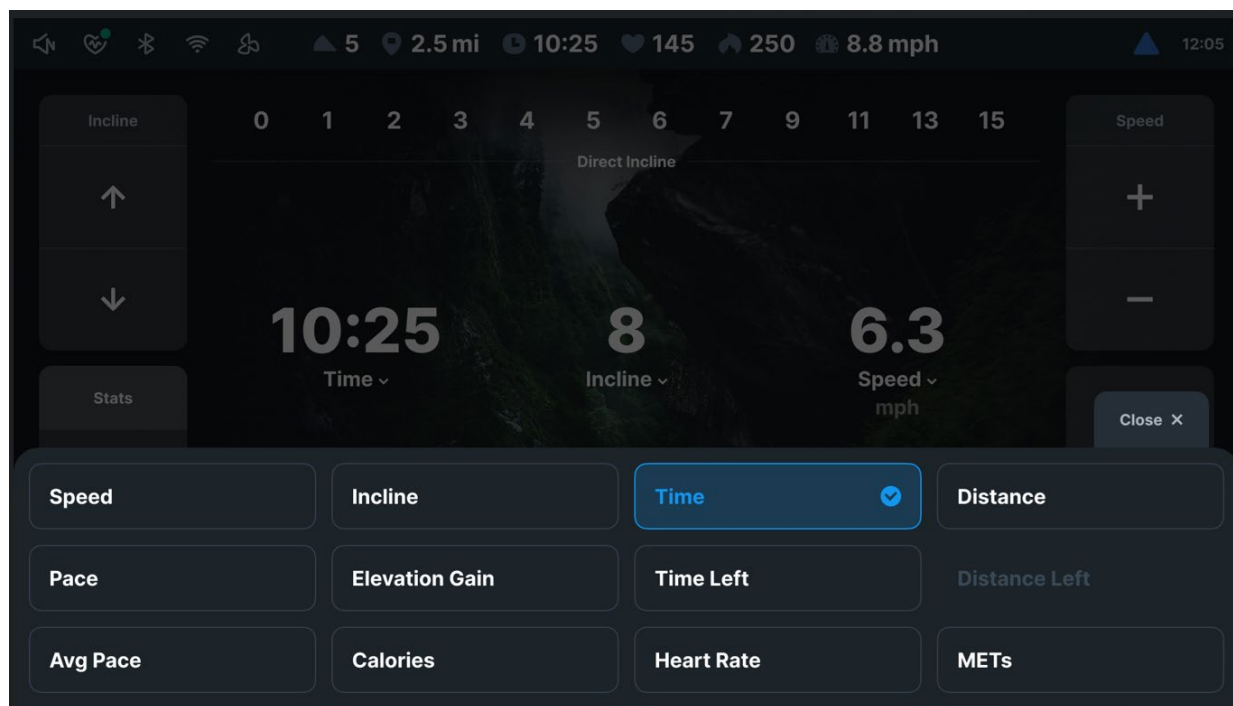
Press **Start This Program** button to start the workout with selected parameters. Press **Back** to return to program selection.

Workout Mode

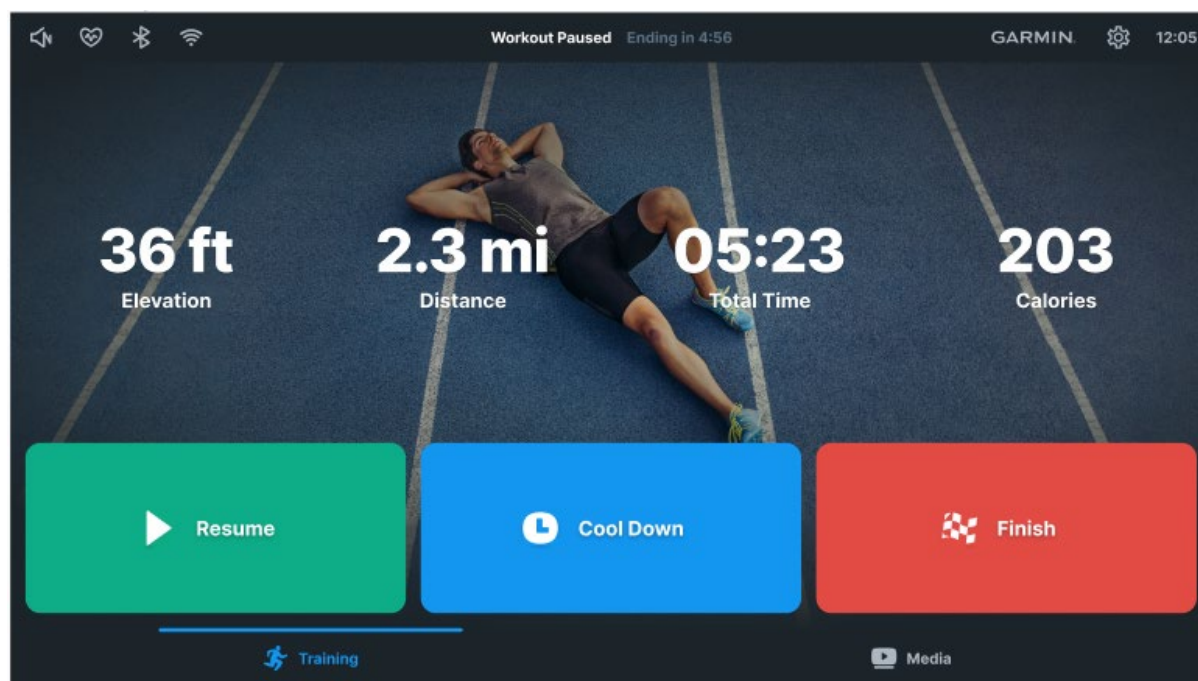
Start exercising once the console is in the workout mode and the time has started counting. Use panels on the left and right sides of the screen to control **incline and speed**, accordingly. Choose between three workout views (Stats, Charts and Track), or go to the Media section for entertainment content. While in the Media section, please use physical keys to control **speed and incline**.



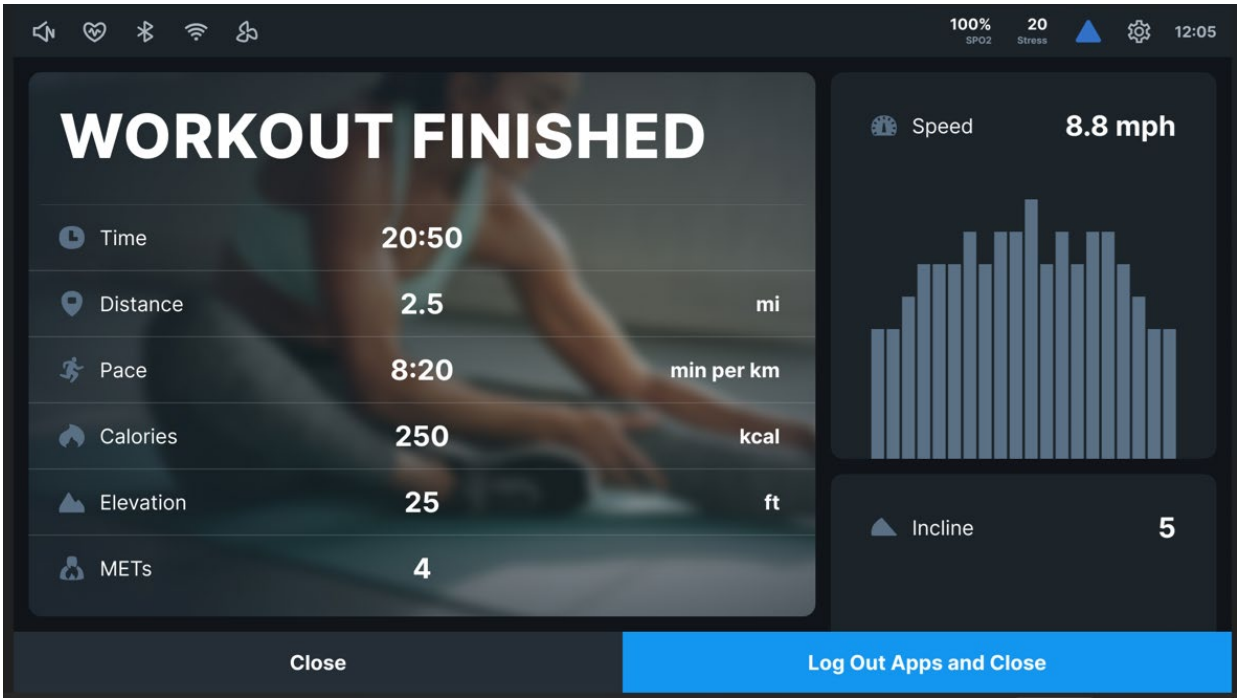
Parameters displayed in the **Stats** view can be customized: press on the number and select your preferred option.



To finish your workout, press physical **STOP** button on the console twice, or tap on the **Pause** icon in the bottom right corner of the workout screen, then press **Finish**.

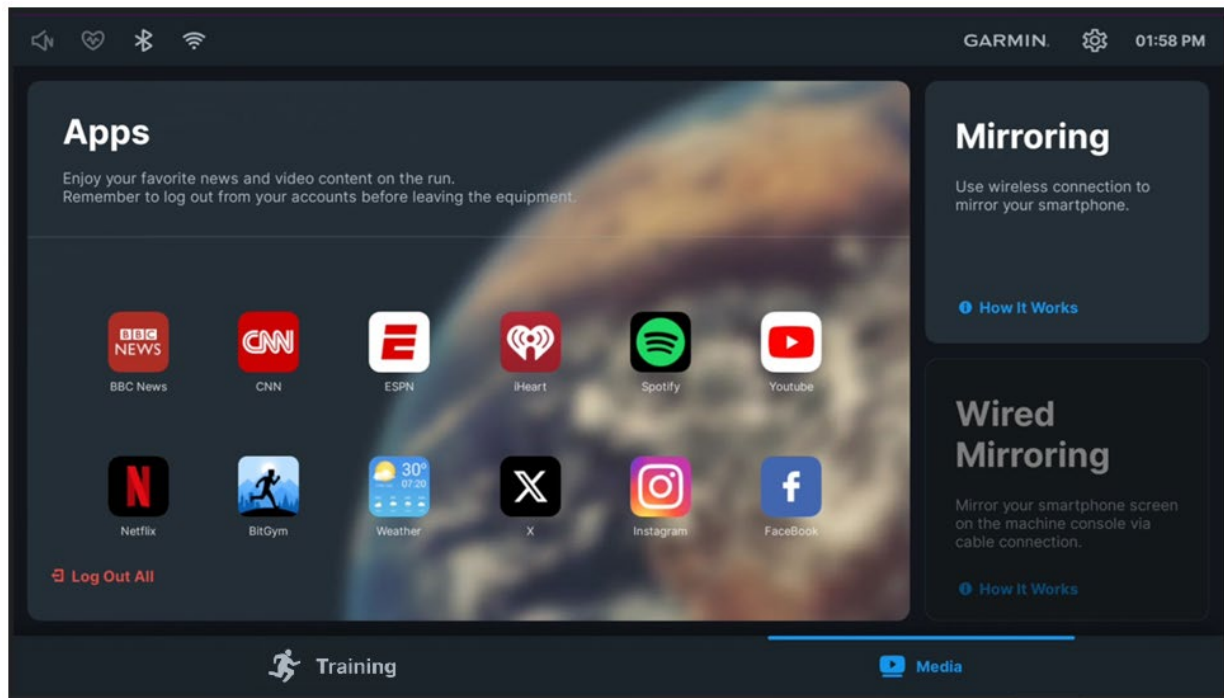


When the workout is over, the workout summary will pop up. Slide up & down on the right side of the screen to see all available charts.



Media

Press on the **Media** tab on the bottom of the screen to access various apps and casting from your smartphone. Stable internet connection is required for all of the above,



To open an app, tap on its icon. Select from news, video and other content. Users do not have to log out when they have finished their workout: it happens automatically. Remember to check for updates regularly: access **Maintenance Mode / App Manager for managing all third party apps**.

Customers are allowed to choose either **Mirroring** to transfer their own entertaining content from their smartphones to the console screen. To get familiar with the procedure, press **How It Works** and follow the instructions provided on the screen.

How to Screen Mirror

Close X

Step 1

Scan the QR code to join the network:



... or open WiFi settings on your phone to connect manually:

ID
EZCastCS-xxxxxxx

Password
xxxxxxx

Step 2

On your phone, run the Screen Mirroring function (the name may vary depending on your phone's operating system) and select the same network to start mirroring.



⚠ For Android Users

If you have no built-in mirroring function on your phone, please scan the QR code below to download the EZCast app and join the network through the app.



How to Use Wired Mirroring

Close X

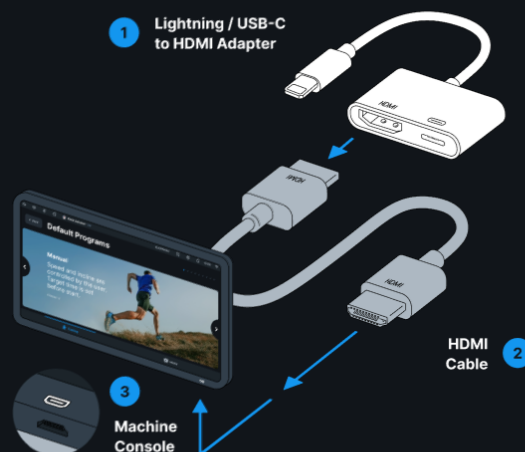
iPhone

Use a Lightning to HDMI adapter and an HDMI cable to connect your phone to the machine console.

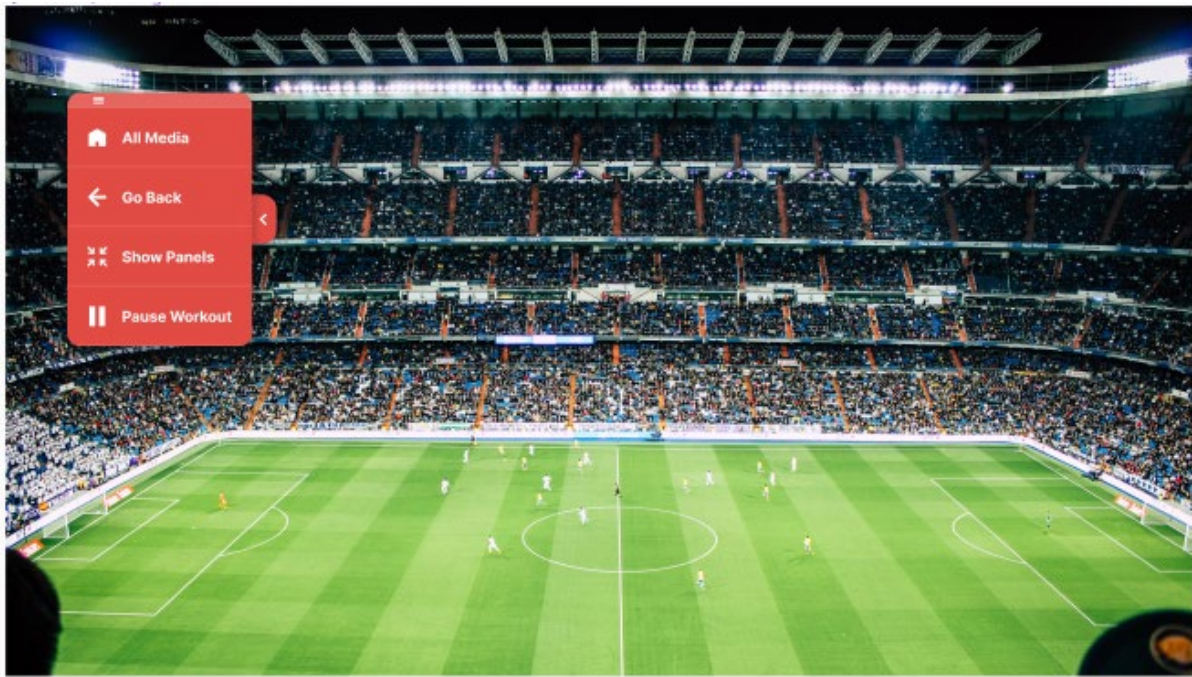
Android Phone

Use a USB-C to HDMI adapter and an HDMI cable, or a direct USB-C to HDMI cable to connect your phone to the machine console. Make sure your Android smartphone supports video output over USB-C.

The HDMI port is located in the right corner of the machine console's underside.

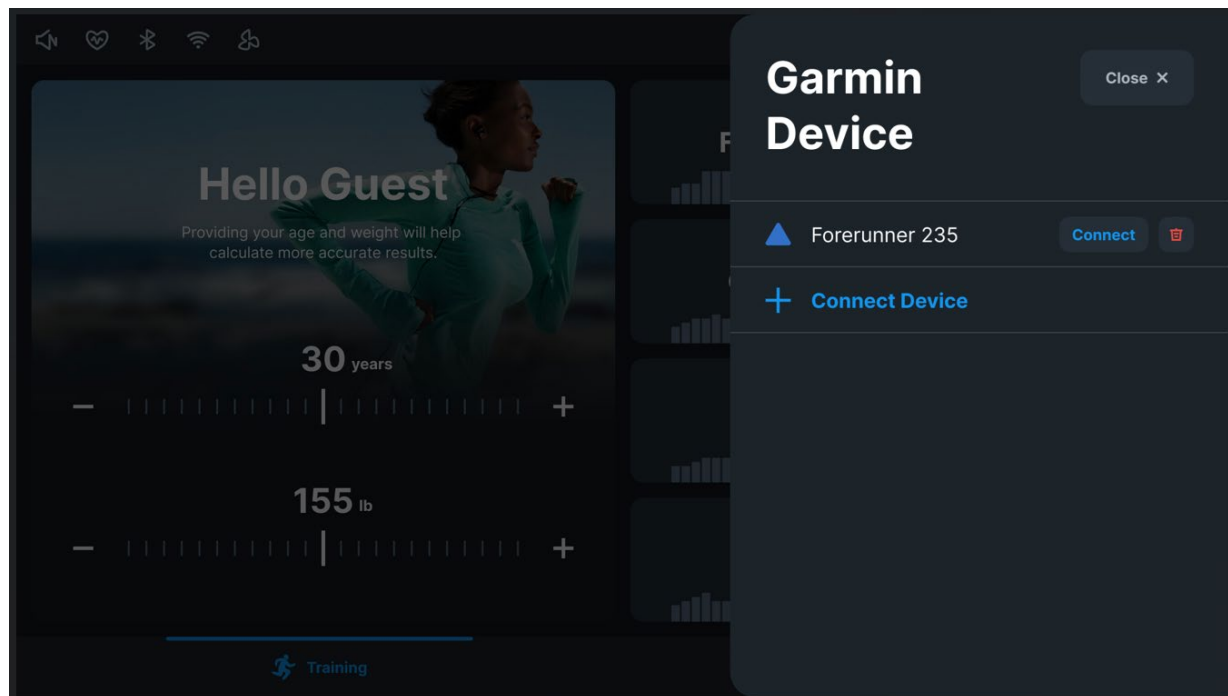


Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press **Hide Panels** to enter the full 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 **All Media** to go back to the content sources selection.



Garmin Pairing

To connect to a Garmin device, one must first pair it with the console. Press on **Garmin Logo** in the status bar, then **Connect Device** button to run the pairing flow.

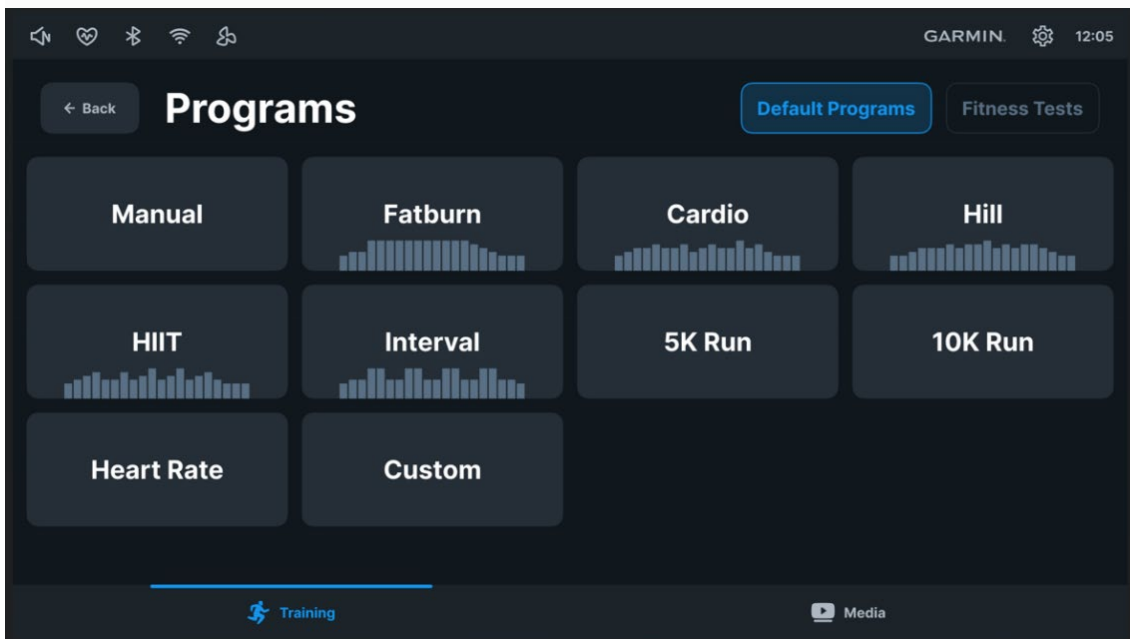
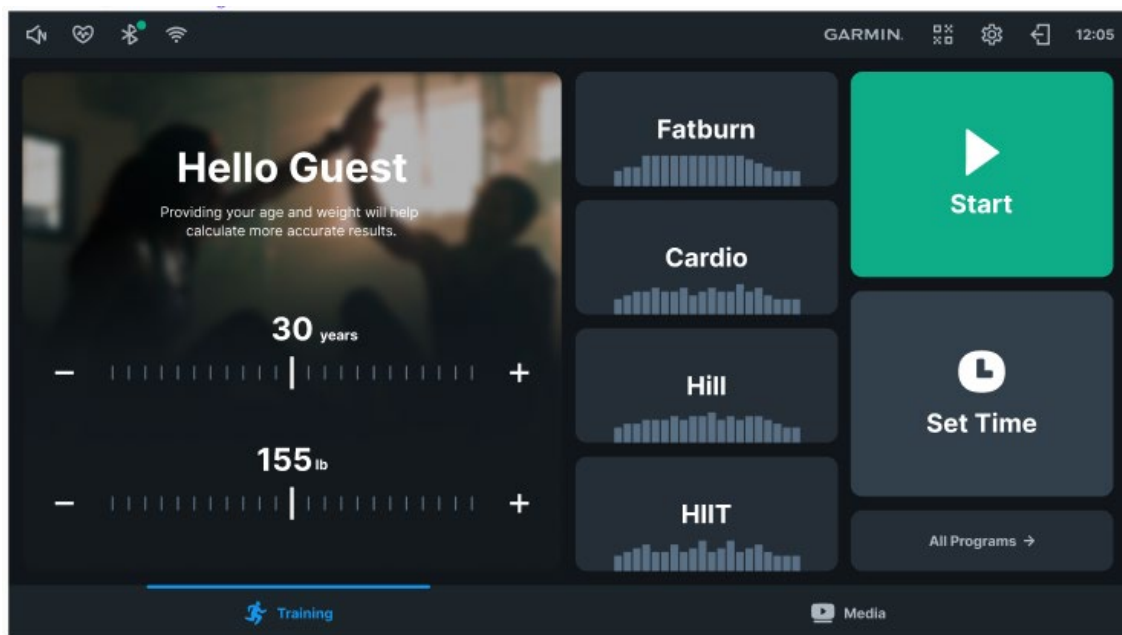


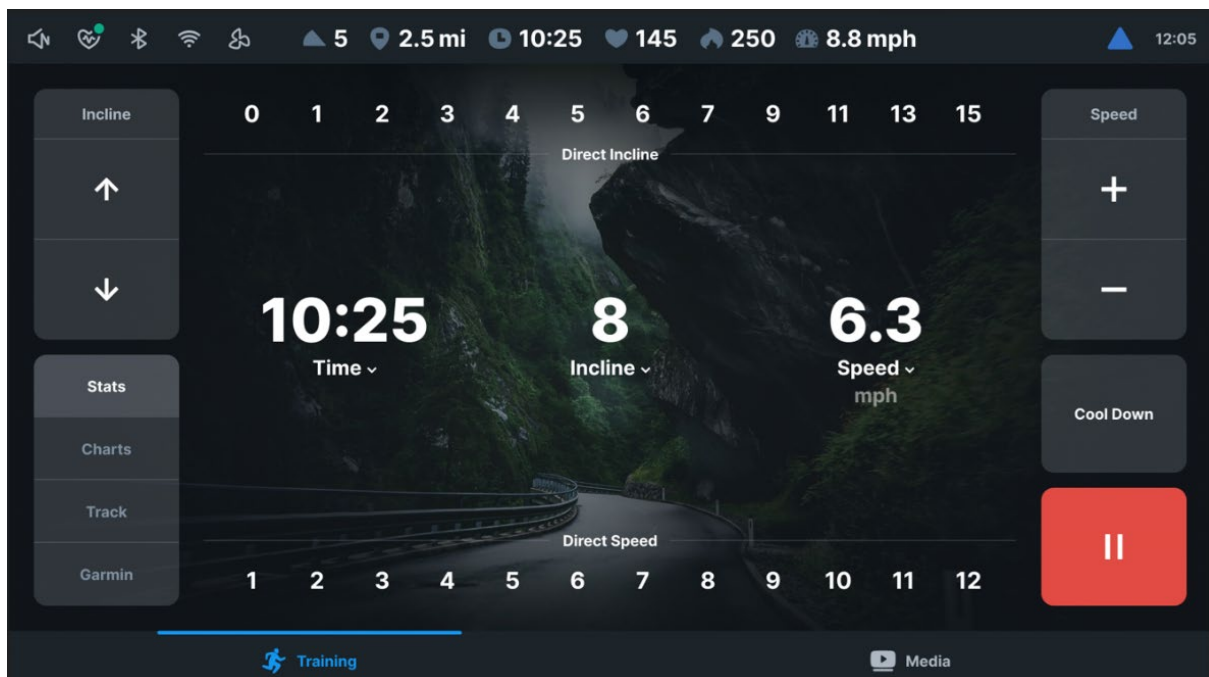
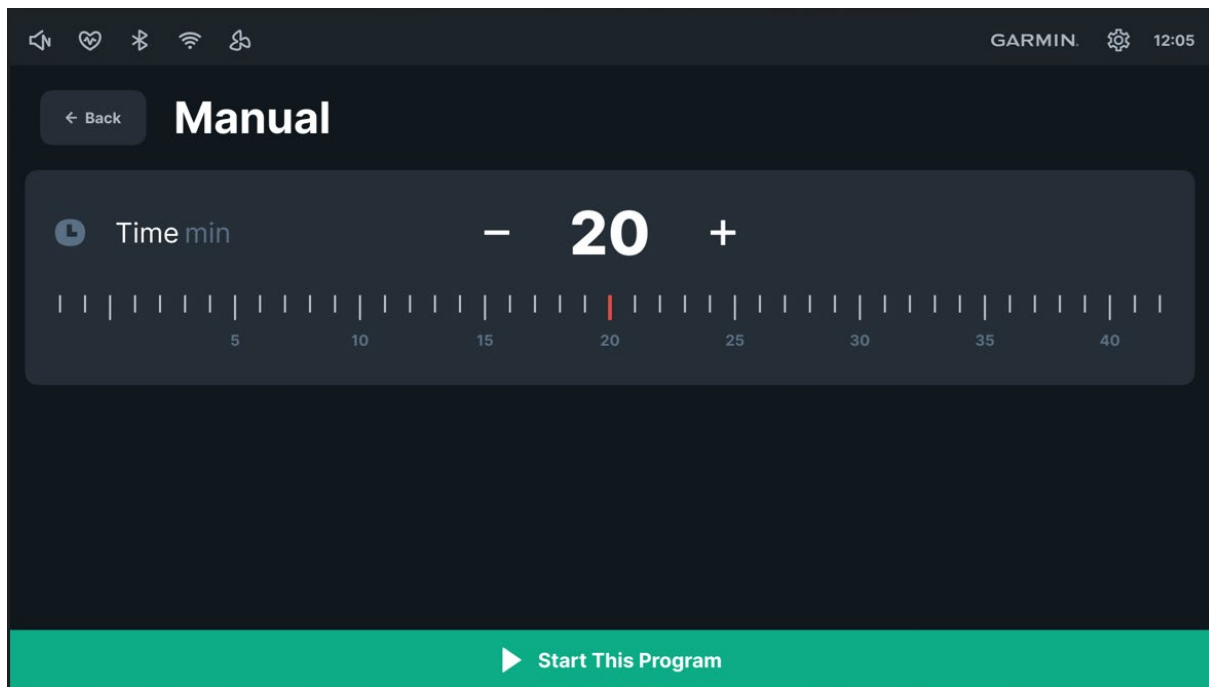
Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.

ENTERING A PROGRAM & CHANGING SETTINGS

When pressing **All Programs** on the Home Screen, the screen displays a menu of the different programs available: Manual, Hill, Fat Burn, Cardio, Interval, Heart Rate, Custom, 5k Run, 10k Run, HIIT, and Fitness Test. To select and start a preset program:

1. Select a program by tapping it on the screen, then press Enter to begin. Customize the program on the following screens by entering your data, or press the **Start** button to begin the program using the default settings.
2. Press the **Start** button to begin your workout, or press the **Stop** button to return to the previous screen.
3. Once the workout begins, a 3- minute warm-up will commence. You can press the **Start** button to bypass this and go straight to the workout. During the warm-up the clock will count down from three minutes. Note: 5K Run, 10K Run, HR, Custom, Fitness Tests and the manual programs do not have a warm-up.





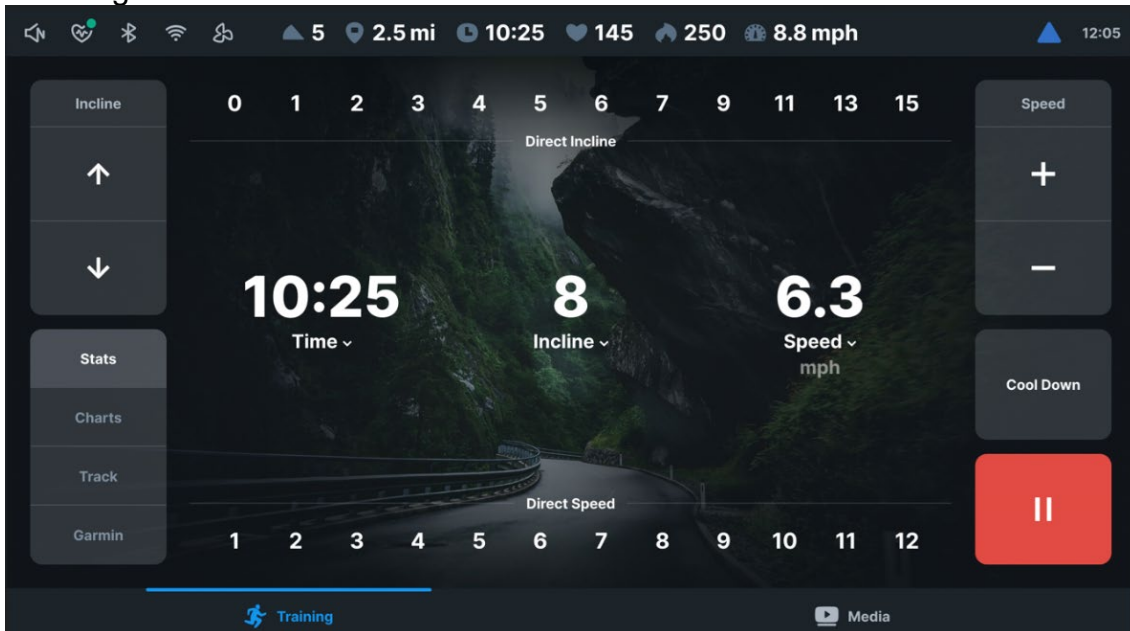
EXERCISE PROGRAM

CHANGING THE WORKOUT DISPLAY

During your workout, you may change the display based on the view that works best for your needs. Once your workout begins, you will see 3 preset views available at the bottom of the screen: **Stats**, **Charts**, and **Track**.

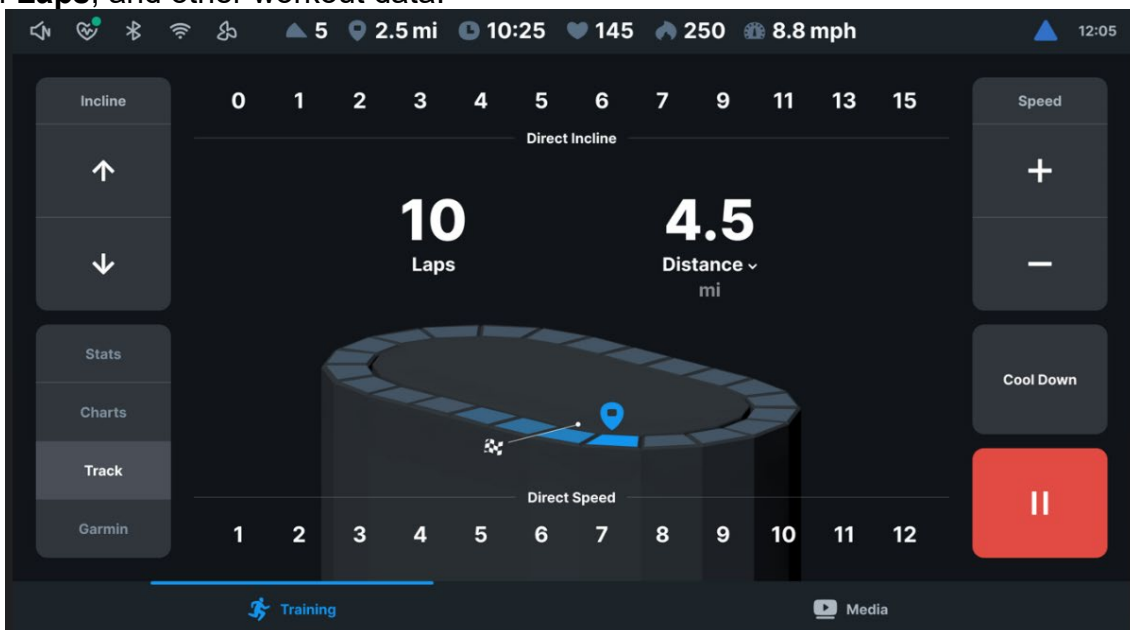
Stats

To switch the display to **Stats** view, simply tap the **Stats** button on the top side of the central screen. This view shows an overview of the real-time workout data including the Elapsed Time, Total Distance, Average Pace and other workout data.



TRACK

To switch the display to **Track** view, simply tap the **Track** button on the top side of the central screen. This view shows a virtual track that corresponds with the current workout, as well as the total **Distance**, number of **Laps**, and other workout data.



EXERCISE PROGRAM

Charts

To switch the display to **Charts** view, simply tap the **Charts** button on the top of the central screen. This view shows the speed and incline profile during the current workout.



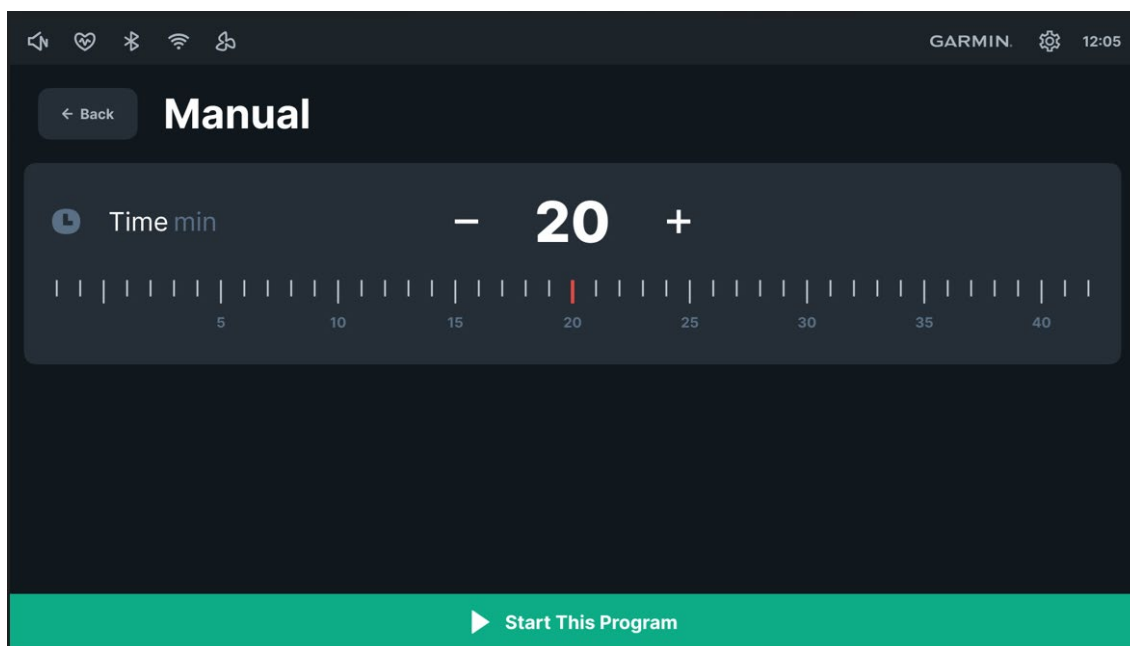
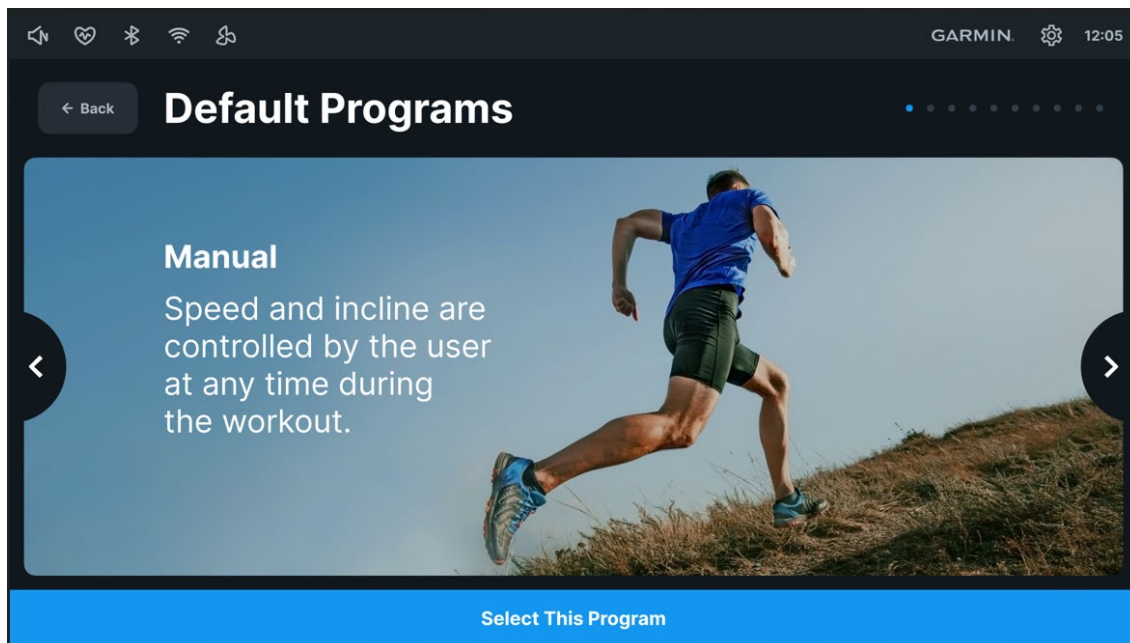
PRESET PROGRAMS SPEED/INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the table below. The Speed numbers shown in the table indicate a percentage of the max. speed of the program. For instance, the first Speed setting for HILL (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the max. speed for the program (The user sets the max. speed in the procedure above). If the user sets the max. speed to 10 **mph**, then the first segment will be 2 **mph**. You will notice that segment 12 shows 100 which means the speed will be set to 100% of 10 **mph** or simply 10 **mph**.

Prog	SEG	Warm up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool down		
HILL	Speed	20	30	40	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0
FAT BURN	Speed	20	30	40	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50	40	30	20	
	Incline	0	0	0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0
CARDIO	Speed	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	40	30	20
	Incline	0	0	0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0
INTERVAL	Speed	20	30	40	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50	40	30	20
	Incline	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	0	0	0

MANUAL

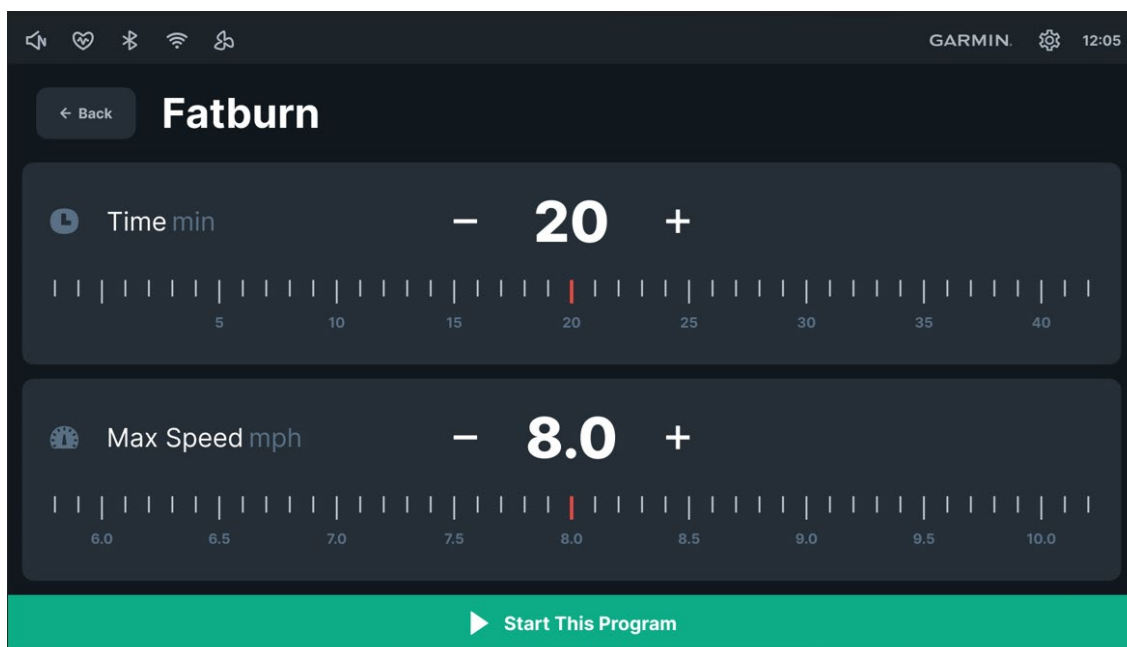
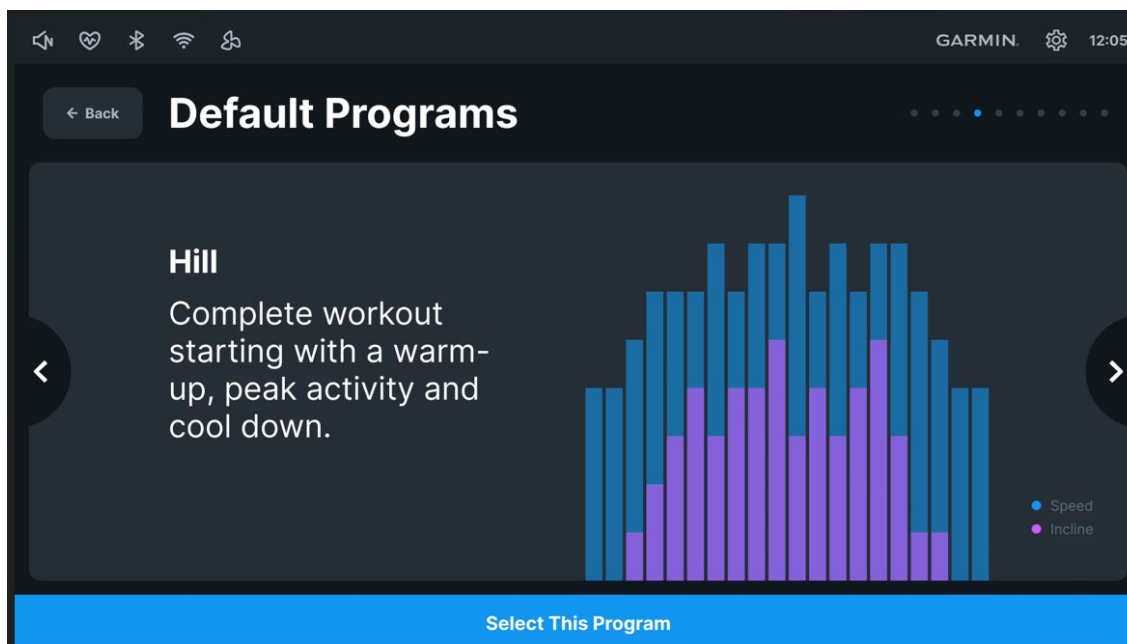
Both Speed and Incline are controlled by the user. Increase or decrease levels at any time during your workout.



HILL

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

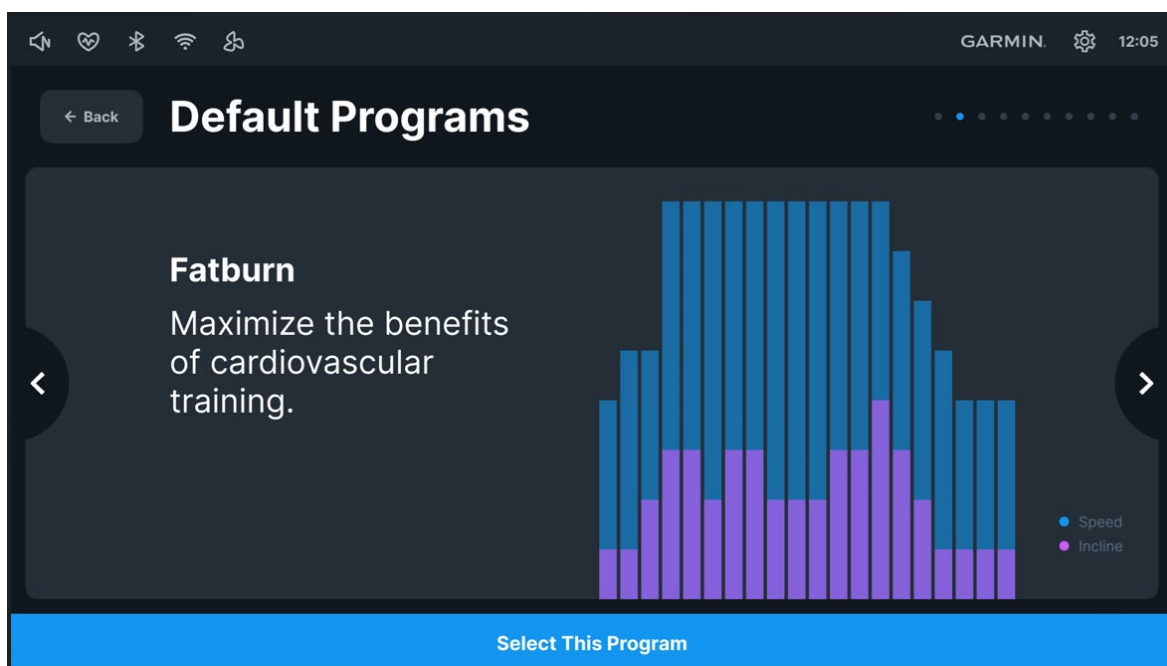
Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



FAT BURN

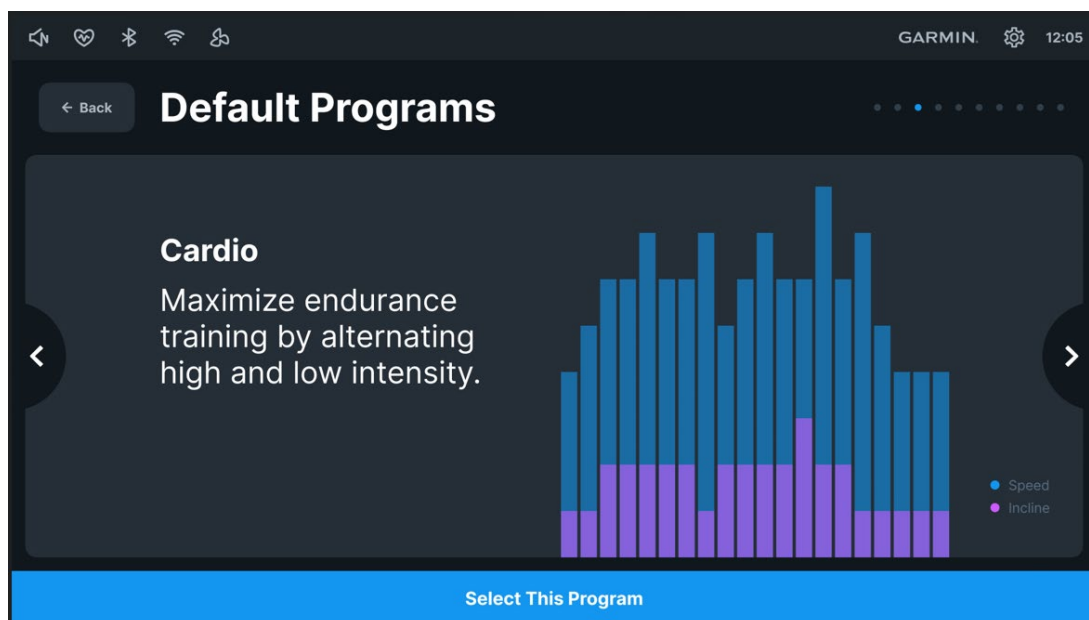
Speed: This program follows a quick progression up to the maximum speed level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

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



CARDIO

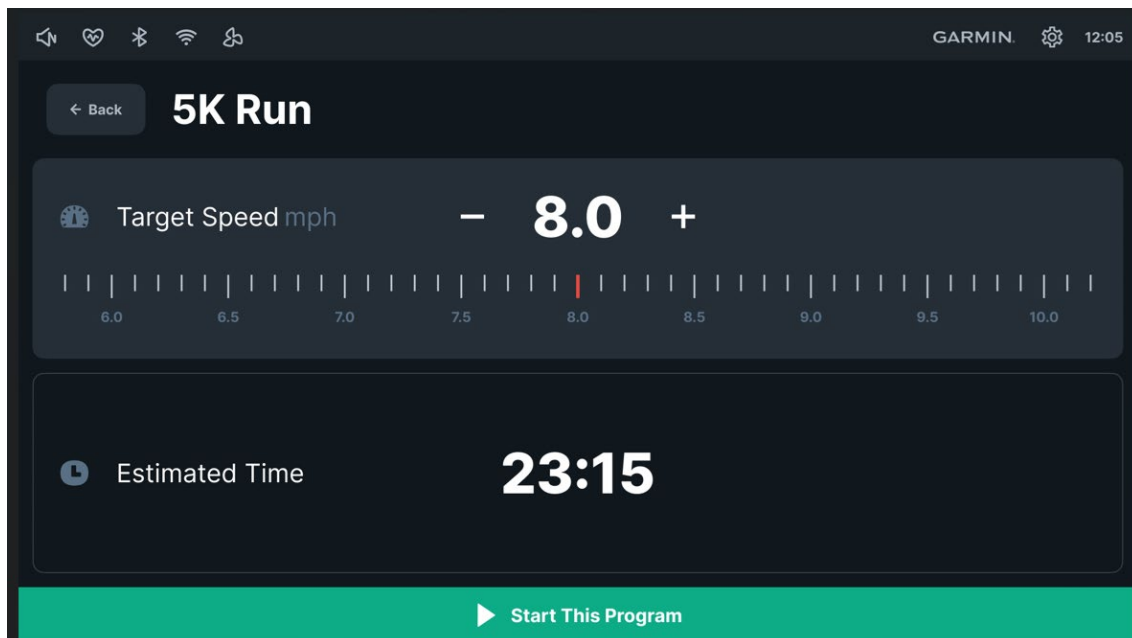
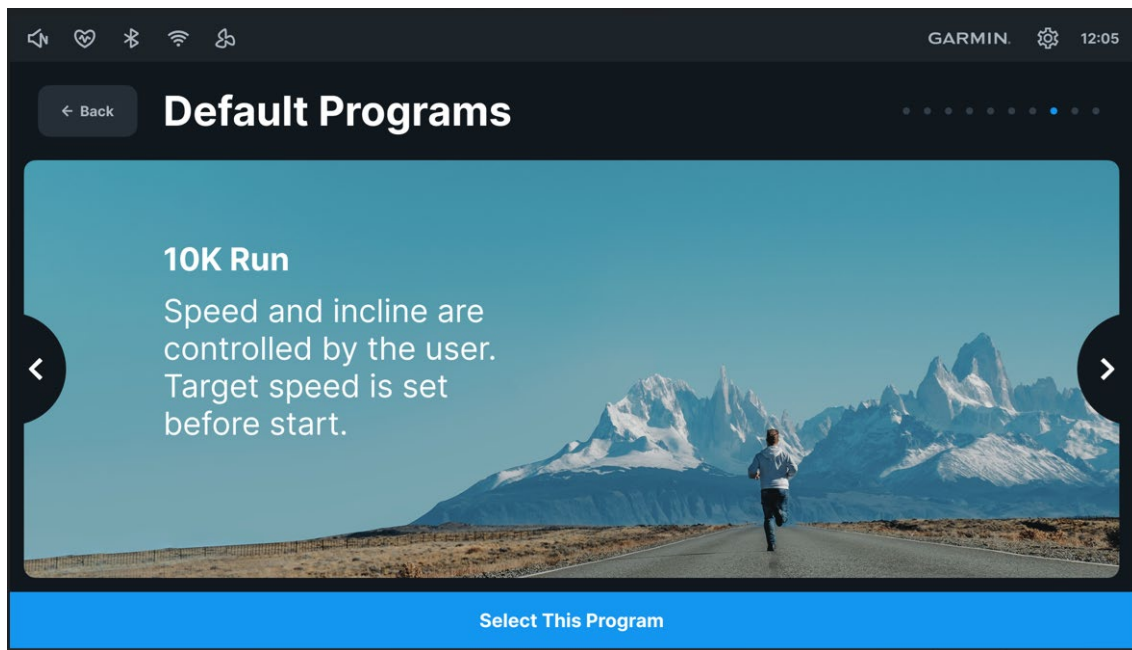
Speed: This program presents a quick progression up to near maximum speed level (default or user input level). It has slight fluctuations up and down to allow heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood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



5K RUN / 10K RUN

Both speed and incline are controlled by the user. Increase or decrease levels at any time during your workout. When the program begins, the distance will begin to count down; once it reaches zero the program ends.

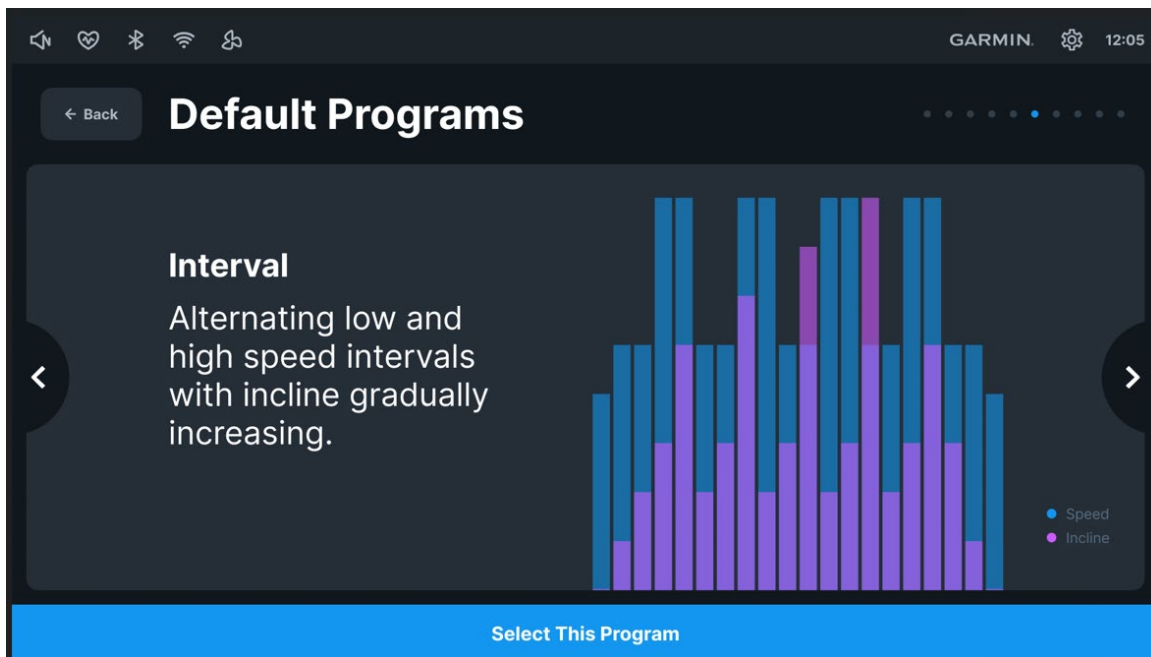
*Please note that the Speed readout is in **KPH** if the console is not set to display Metric measurements.



INTERVAL

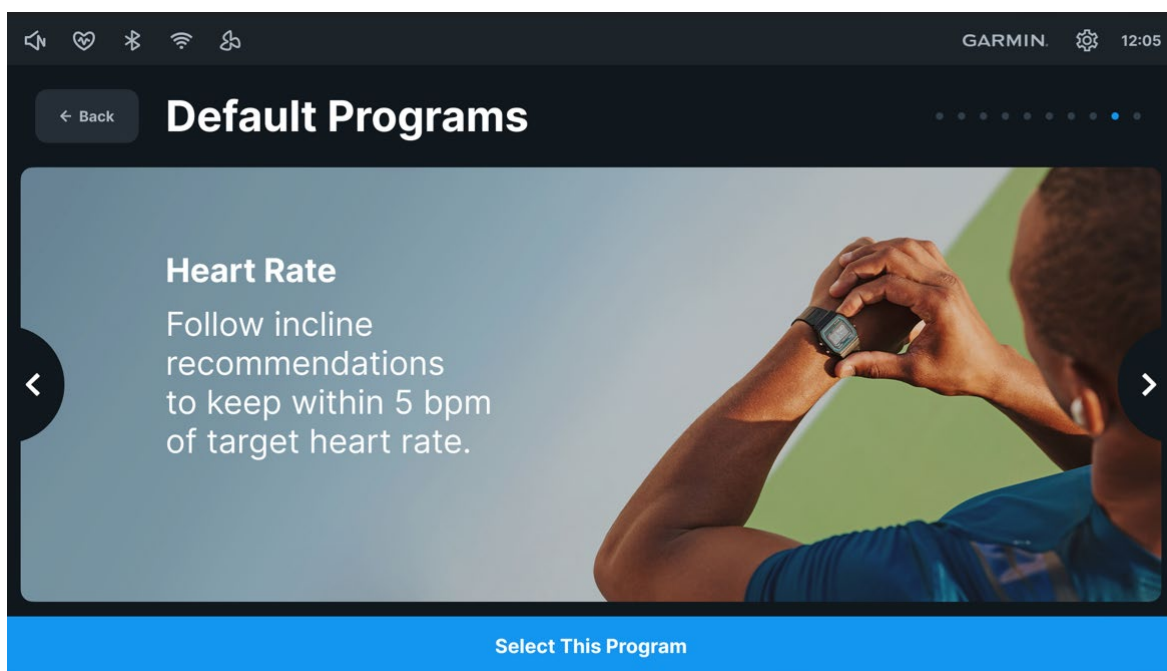
Speed: This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen.

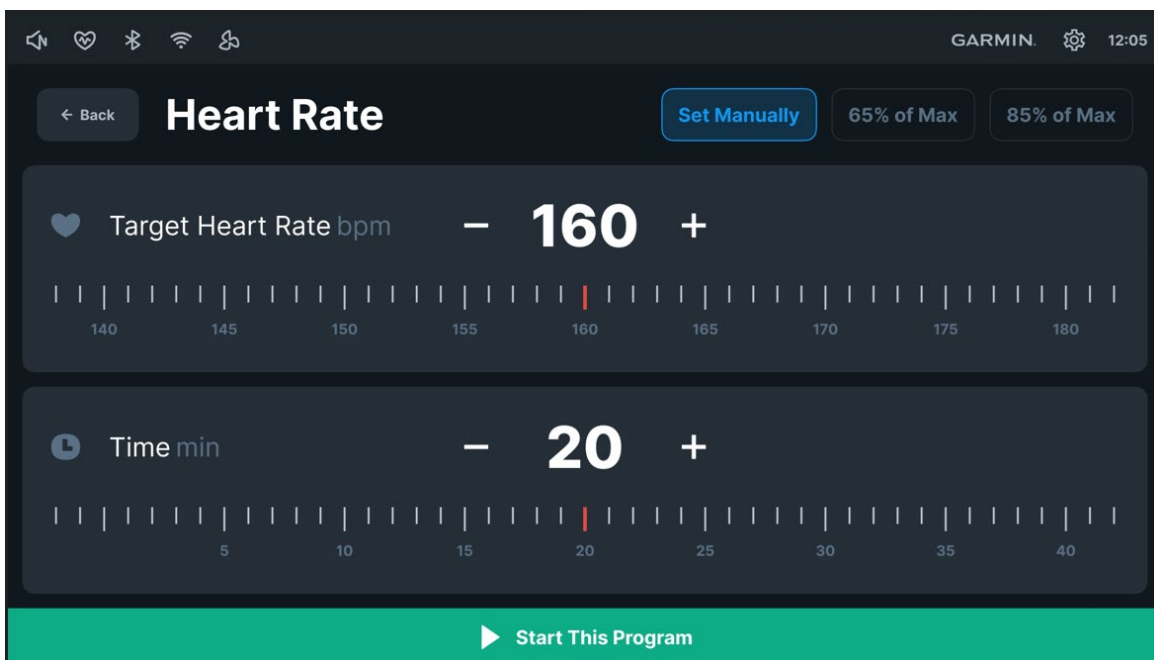
Incline: All of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25% and 65% of maximum elevation.



HR

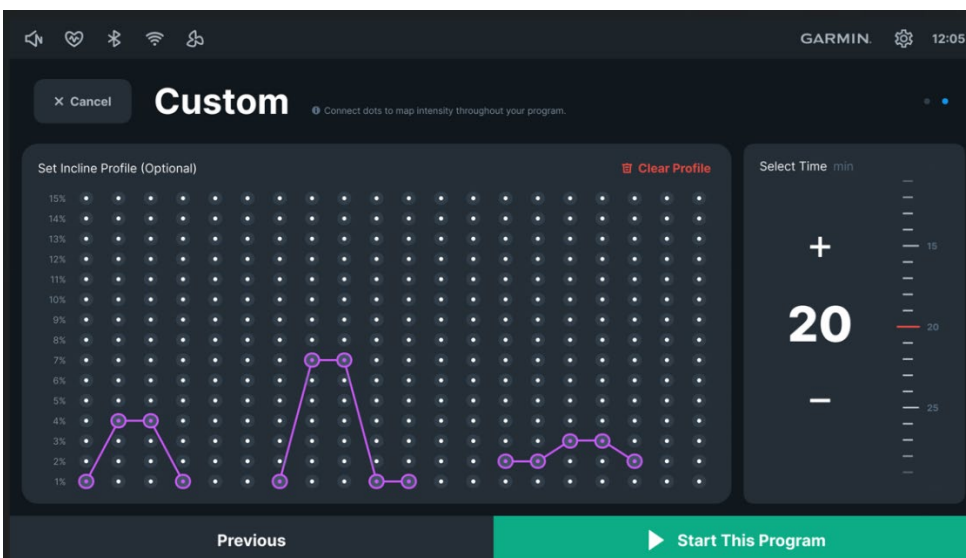
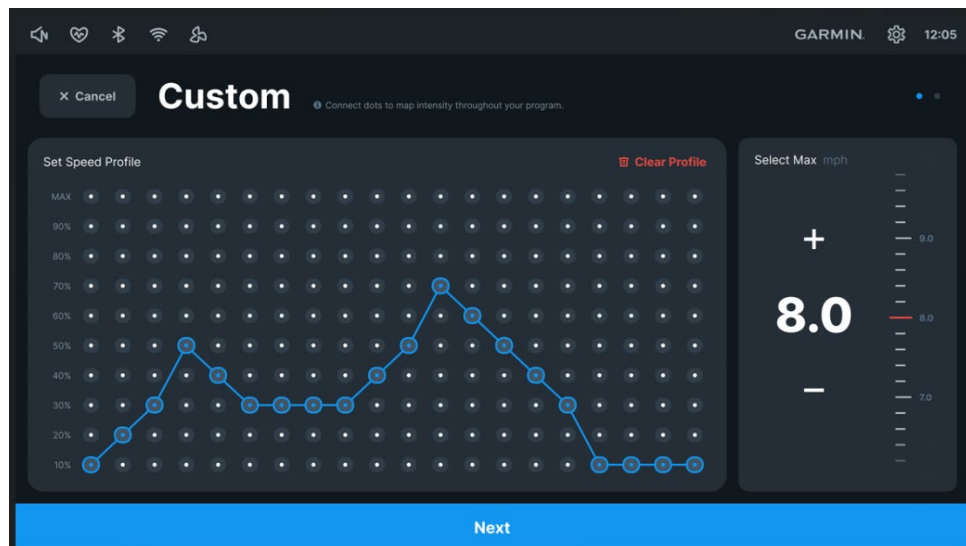
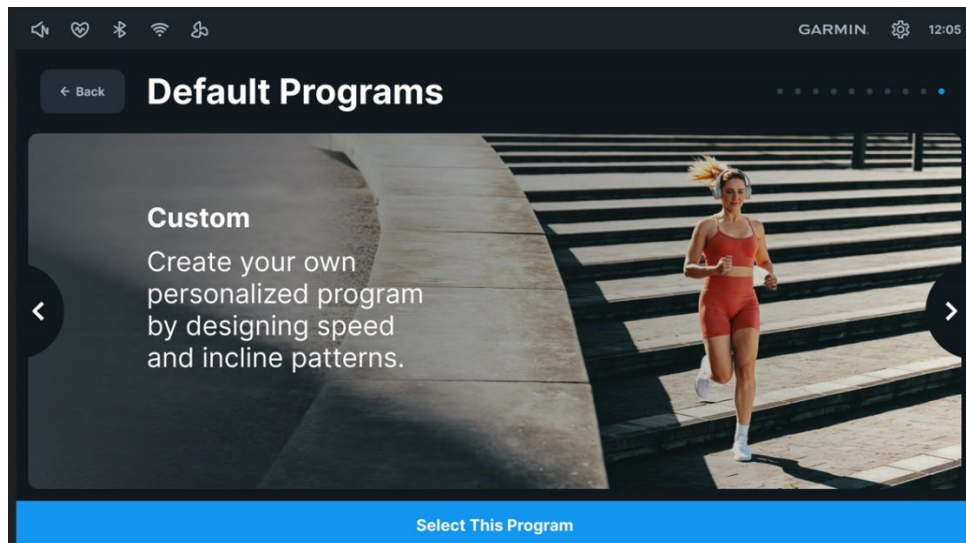
The default value is 65% or 85% of your projected rate maximum. You have the option of changing your target heart rate. The machine will attempt to keep you within five beats of your target heart rate.





CUSTOM

You will create the desired speed and incline levels for each of the 20 segments of the program using the keyboard on the screen. You may change these levels at any time during the workout.

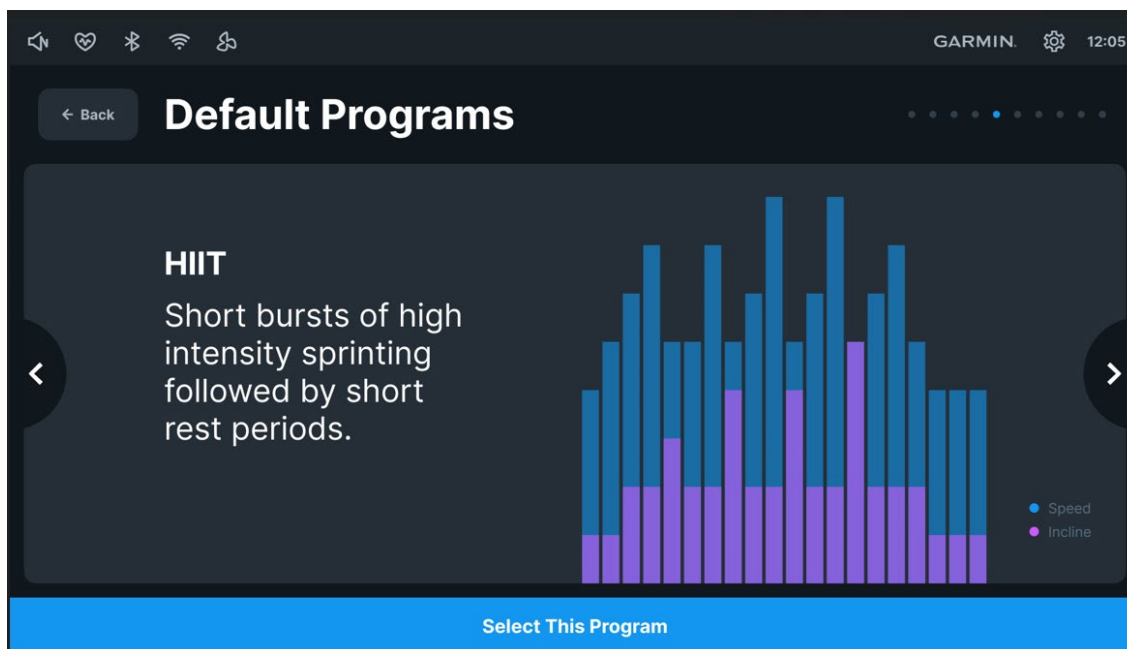


TO BEGIN A CUSTOM PROGRAM:

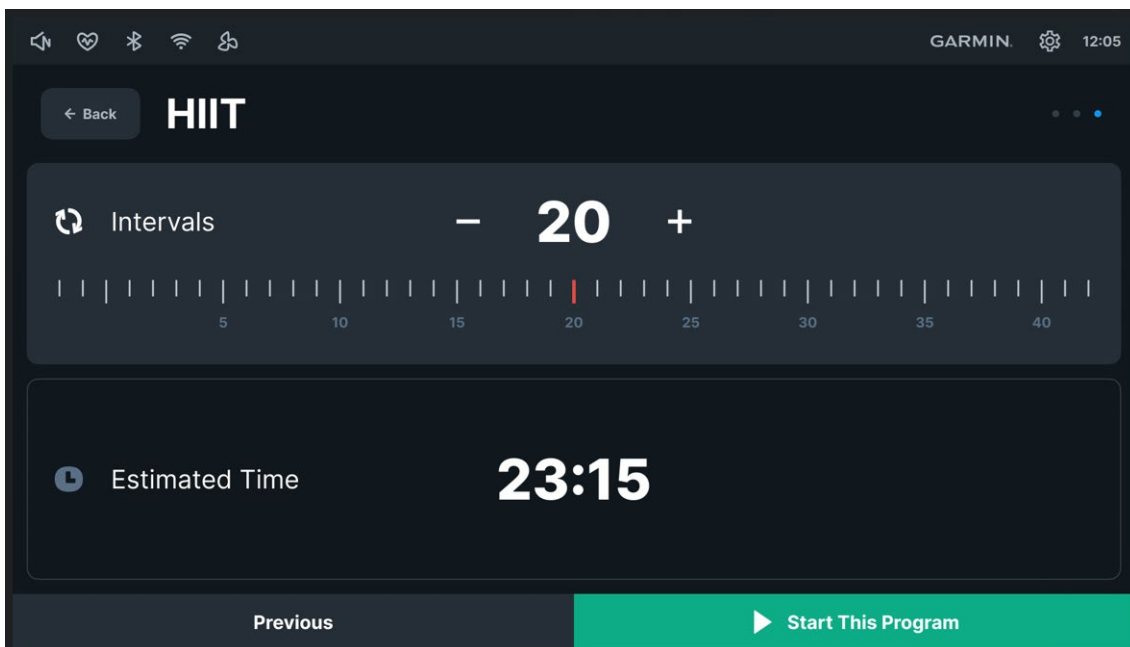
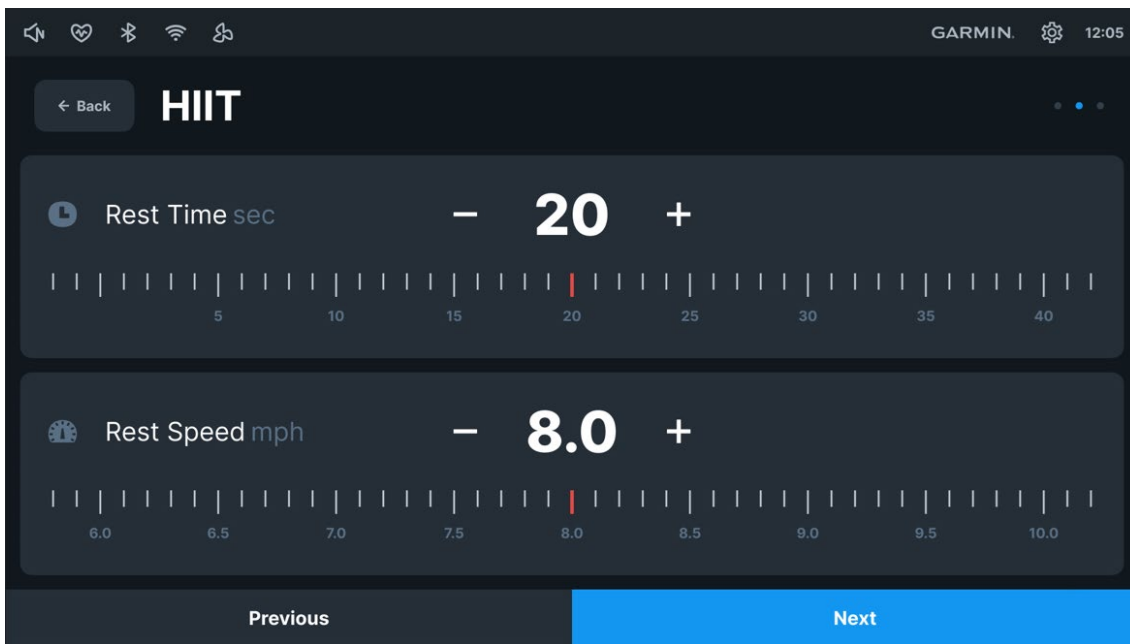
1. Select the Custom program to begin customizing the program with your personal data.
2. To adjust the Speed and Incline profiles, use the on-screen interface to complete the desired workout profiles. Remember to give max. speed and desired workout time. Once complete, press **Start this program**.

HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.



The screenshot shows the 'HIIT' customization screen. At the top, there are icons for a speaker, heart rate, Bluetooth, Wi-Fi, and a share icon. The top right corner displays 'GARMIN', a settings gear icon, and the time '12:05'. Below the top bar, there is a 'Back' button and the title 'HIIT'. The main content area has two sections for customization. The first section is for 'Sprint Time sec', with a slider ranging from 5 to 40 seconds, currently set at 20. The second section is for 'Sprint Speed mph', with a slider ranging from 6.0 to 10.0 mph, currently set at 8.0. At the bottom, there is a blue button labeled 'Next'.



1. **Select this program** to begin customizing the program with your personal data,
2. **Next** is to set Sprint time/Sprint Speed and Rest time/Rest Speed.
3. Finally, to set the number of intervals you want to do. One interval stands for 1 Sprint and 1 Rest segment.
4. Press **Start this program** to begin the HIIT program. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

FITNESS TEST

When the Fitness Test button is selected from the Programs Menu screen, the available preset fitness test programs include Coast Guard, Navy, Air Force, Army, Gerkin, Marine Corps, and Physical Efficiency Battery (PEB). Tap the program to begin.

Before the Test:

- Make sure you are in good health; check with your physician before performing any test if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- If using the hand pulse sensors hold the hand grips gently, do not tense up.

Starting the Test:

1. At the beginning of each program you will be prompted to enter your Age, Weight, Height, and Gender. Adjust the settings as necessary and press the Enter button to accept and continue.
2. Once data is entered, press Start to begin the test.

During the GERKIN Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter (sold separately).
- The test will start with a 3-minute warm-up at **1.5 MPH /2.4KPH** before the actual test begins (GERKIN only).

After the GERKIN Test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

AIR FORCE

A timed **1.5 mile /2.4 km** run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <http://bit.ly/SF-AirForce>

AGE	MALE	FEMALE
<30	13:36	16:22
30-39	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

ARMY

A timed **2 mile /3.2 km** run. You control the speed manually. Maximum time allowed to pass the test is shown on the table.

For more detailed information, visit: <https://bit.ly/SF-Army>

AGE	MALE	FEMALE
17-21	16:36	19:42
22-26	17:30	20:36
37-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

AGE	MALE	FEMALE
42-46	19:54	25:18
47-51	20:48	25:36
52-56	21:06	25:48
57-61	21:06	26:06
62+	21:06	26:18

NAVY

A timed **1.5 mile /2.4 km** run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <https://bit.ly/SF-Navy>

AGE	MALE	FEMALE
17-19	12:31	15:01
20-24	13:31	15:31
25-29	14:01	16:09
30-34	14:31	16:46
35-39	15:01	17:01
40-44	15:31	17:16

AGE	MALE	FEMALE
45-49	16:09	17:24
50-54	16:46	17:31
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

MARINES

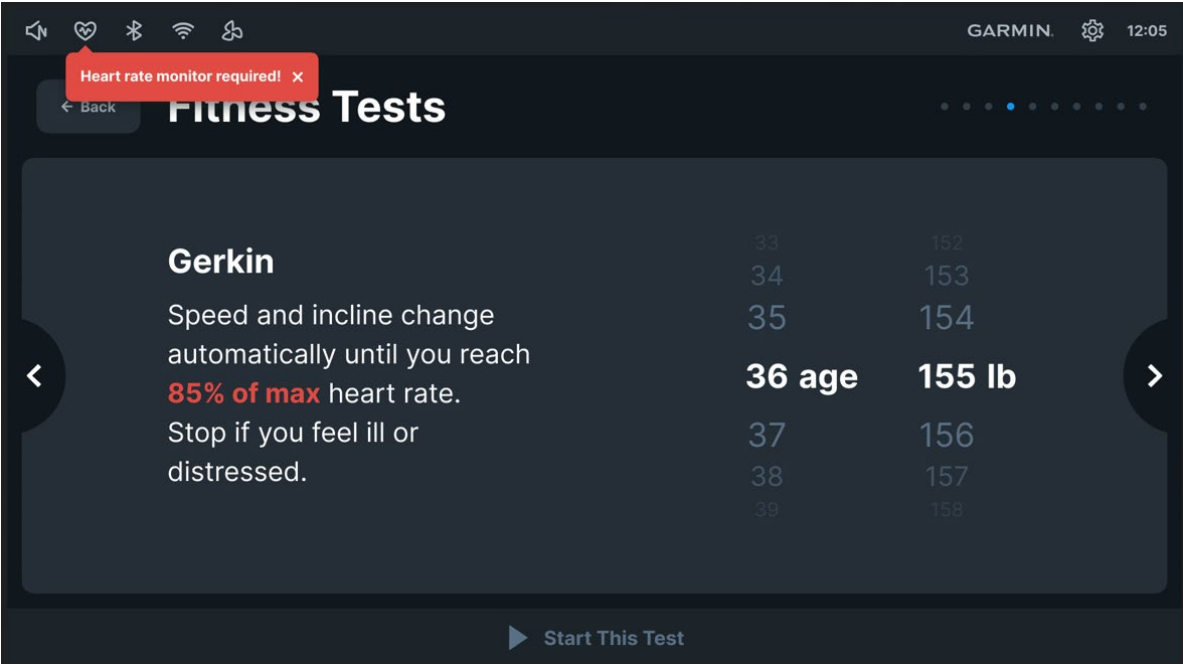
A timed 3 mile /4.8 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <https://bit.ly/SF-Marines>

AGE	MALE	FEMALE	AGE	MALE	FEMALE
17-19	12:31	15:01	45-49	16:09	17:24
20-24	13:31	15:31	50-54	16:46	17:31
25-29	14:01	16:09	55-59	17:10	18:35
30-34	14:31	16:46	60-64	18:53	19:44
35-39	15:01	17:01	65+	20:36	20:53
40-44	15:31	17:16			

GERKIN

The Gerkin protocol, also known as the fireman’s protocol, is a sub-max VO2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO2max) as shown in the chart below. *Note: Use a heart rate strap for best results.*



Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	7.2KPH	0%	31.15
2.1	1:00	7.2KPH	2%	32.55
2.2	1:30	7.2KPH	2%	33.6
2.3	1:45	7.2KPH	2%	34.65
2.4	2:00	8.0KPH	2%	35.35
3.1	2:15	8.0KPH	2%	37.45
3.2	2:30	8.0KPH	2%	39.55
3.3	2:45	8.0KPH	2%	41.3
3.4	3:00	8.0KPH	4%	43.4
4.1	3:15	8.0KPH	4%	44.1
4.2	3:30	8.0KPH	4%	45.15
4.3	3:45	8.0KPH	4%	46.2
4.4	4:00	8.8KPH	4%	46.5
5.1	4:15	8.8KPH	4%	48.6
5.2	4:30	8.8KPH	4%	50
5.3	4:45	8.8KPH	4%	51.4
5.4	5:00	8.8KPH	6%	52.8
6.1	5:15	8.8KPH	6%	53.9
6.2	5:30	8.8KPH	6%	54.9
6.3	5:45	8.8KPH	6%	56
6.4	6:00	9.6KPH	6%	57
7.1	6:15	9.6KPH	6%	57.7
7.2	6:30	9.6KPH	6%	58.8
7.3	6:45	9.6KPH	6%	60.2
7.4	7:00	9.6KPH	8%	61.2
8.1	7:15	9.6KPH	8%	62.3
8.2	7:30	9.6KPH	8%	63.3
8.3	7:45	9.6KPH	8%	64
8.4	8:00	10.4KPH	8%	65
9.1	8:15	10.4KPH	8%	66.5
9.2	8:30	10.4KPH	8%	68.2
9.3	8:45	10.4KPH	8%	69
9.4	9:00	10.4KPH	10%	70.7
10.1	9:15	10.4KPH	10%	72.1
10.2	9:30	10.4KPH	10%	73.1
10.3	9:45	10.4KPH	10%	73.8
10.4	10:00	11.2KPH	10%	74.9
11.1	10:15	11.2KPH	10%	76.3
11.2	10:30	11.2KPH	10%	77.7
11.3	10:45	11.2KPH	10%	79.1
11.4	11:00	11.2KPH	10%	80

Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	4.5MPH	0%	31.15
2.1	1:00	4.5MPH	2%	32.55
2.2	1:30	4.5MPH	2%	33.6
2.3	1:45	4.5MPH	2%	34.65
2.4	2:00	5.0MPH	2%	35.35
3.1	2:15	5.0MPH	2%	37.45
3.2	2:30	5.0MPH	2%	39.55
3.3	2:45	5.0MPH	2%	41.3
3.4	3:00	5.0MPH	4%	43.4
4.1	3:15	5.0MPH	4%	44.1
4.2	3:30	5.0MPH	4%	45.15
4.3	3:45	5.0MPH	4%	46.2
4.4	4:00	5.5MPH	4%	46.5
5.1	4:15	5.5MPH	4%	48.6
5.2	4:30	5.5MPH	4%	50
5.3	4:45	5.5MPH	4%	51.4
5.4	5:00	5.5MPH	6%	52.8
6.1	5:15	5.5MPH	6%	53.9
6.2	5:30	5.5MPH	6%	54.9
6.3	5:45	5.5MPH	6%	56
6.4	6:00	6.0MPH	6%	57
7.1	6:15	6.0MPH	6%	57.7
7.2	6:30	6.0MPH	6%	58.8
7.3	6:45	6.0MPH	6%	60.2
7.4	7:00	6.0MPH	8%	61.2
8.1	7:15	6.0MPH	8%	62.3
8.2	7:30	6.0MPH	8%	63.3
8.3	7:45	6.0MPH	8%	64
8.4	8:00	6.5MPH	8%	65
9.1	8:15	6.5MPH	8%	66.5
9.2	8:30	6.5MPH	8%	68.2
9.3	8:45	6.5MPH	8%	69
9.4	9:00	6.5MPH	10%	70.7
10.1	9:15	6.5MPH	10%	72.1
10.2	9:30	6.5MPH	10%	73.1
10.3	9:45	6.5MPH	10%	73.8
10.4	10:00	7.0MPH	10%	74.9
11.1	10:15	7.0MPH	10%	76.3
11.2	10:30	7.0MPH	10%	77.7
11.3	10:45	7.0MPH	10%	79.1
11.4	11:00	7.0MPH	10%	80

HEART RATE PROGRAMS

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

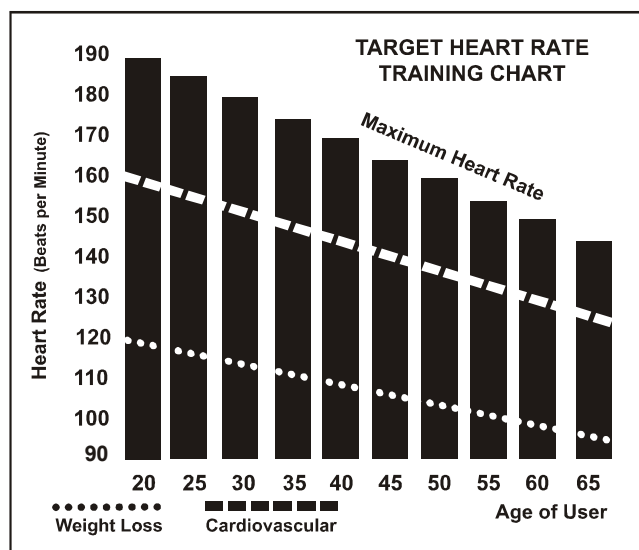
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range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

65% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

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

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



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

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

CAUTION!

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

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should 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.

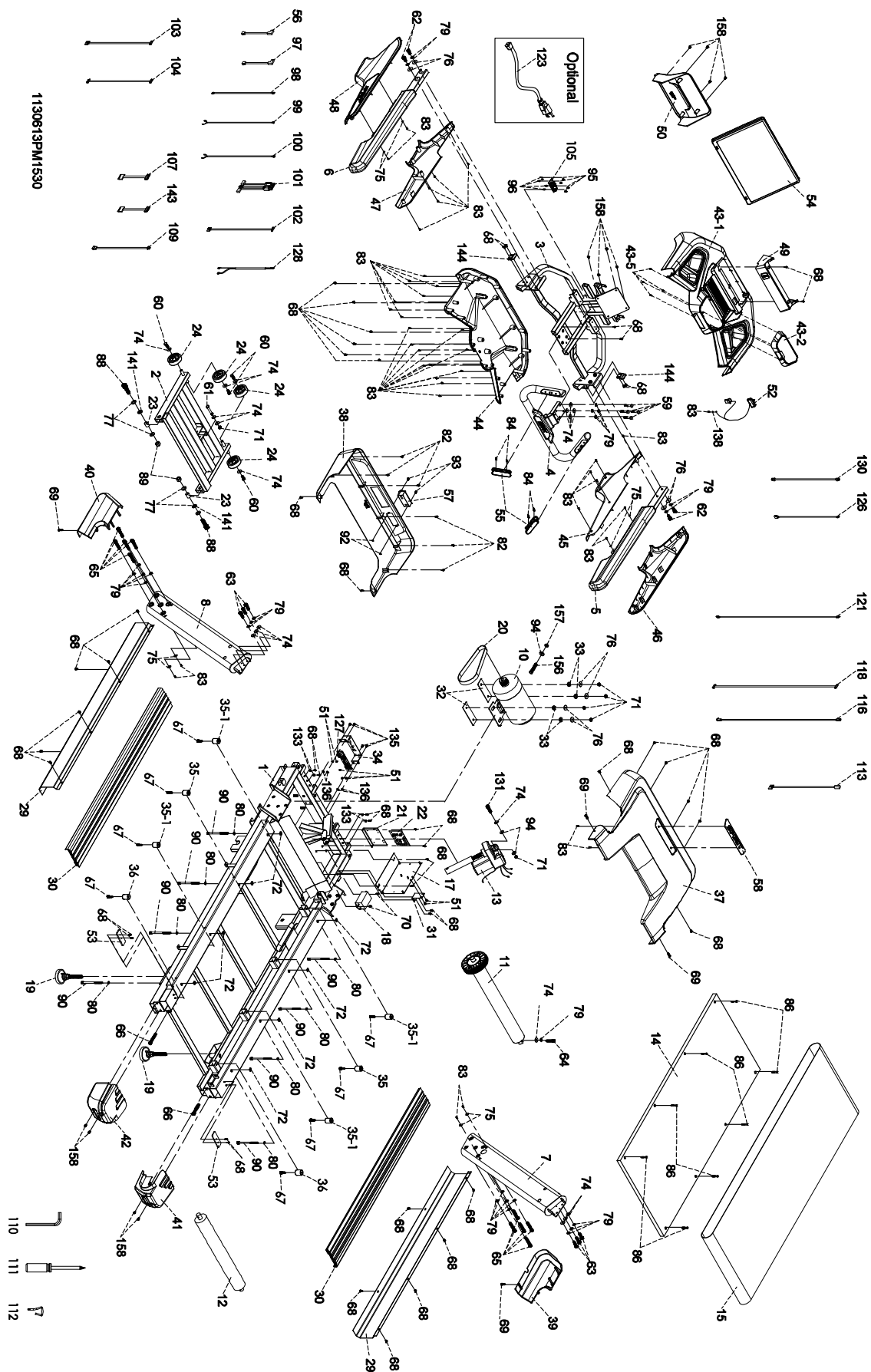
The scale is as follows:

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 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.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Incline Bracket	1
3	Console Mounting Bracket	1
4	Handpulse Assembly	1
5	Handrail (R)	1
6	Handrail (L)	1
7	Right Upright	1
8	Left Upright	1
10	AC Motor	1
11	Front Roller W/Pulley	1
12	Rear Roller	1
13	AC Incline Motor	1
14	Running Deck	1
15	Running Belt	1
17	Motor Inverter	1
18	AC Power Filter	1
19	Leveling Foot Pad	2
20	Drive Belt	1
21	Interface Board Bracket	1
22	Inverter Board	1
23	Copper Bushing	2
24	Transportation Wheel	4
29	Aluminum Side Rail	2
30	Step Rail	2
31	Inverter Support Bracket	1
32	Motor Insulator	2
33	Motor Insulating bushing	4
34	Interface Dummy Bracket	1
35	Cushion A	2
35-01	Cushion B	4
36	Running Deck Bracket	2
37	Motor Top Cover	1
38	Motor Bottom Cover	1
39	Frame Base Cover (R)	1
40	Frame Base Cover (L)	1
41	Rear End Cap (R)	1
42	Rear End Cap (L)	1
43~01	Beverage Holder Cover	1
43~02	Beverage Holder Inner Cover	1
43~05	3.5 × 12m/m Sheet Metal Screw	4
44	Beverage Holder Cover(Bottom)	1
45	Handrail Cover Inner (R)	1
46	Handrail Cover Outer (R)	1
47	Handrail Cover Inner (L)	1
48	Handrail Cover Outer (L)	1

KEY NO.	DESCRIPTION	Q'TY
49	Console Chin Cover (Front)	1
50	Console Cover (Rear)	1
51	M3 × 5m/m_Phillips Head Screw	7
52	Safety Key	1
53	Step Rail Rear Support Plate	2
54	Console Assembly	1
55	30m/m_Handpulse Assembly	2
56	450m/m_Connecting Wire (Black)	1
57	AC Power Input Module	1
58	Motor Cover Plate	1
59	M10 × 50m/m_Hex Head Bolt	4
60	3/8" × 1" _Hex Head Bolt	4
61	M10 × 65m/m_Hex Head Bolt	1
62	M10 × P1.5 × 25m/m_Socket Head Cap Bolt	4
63	M10 × P1.5 × 35m/m_Socket Head Cap Bolt	6
64	M10 × P1.5 × 45m/m_Socket Head Cap Bolt	1
65	M10 × P1.5 × 60m/m_Socket Head Cap Bolt	10
66	M10 × P1.5 × 75m/m_Socket Head Cap Bolt	2
67	M8 × P1.25 × 12m/m_Flat Head Bolt	8
68	M5 × P0.8 × 12m/m_Phillips Head Screw	48
69	M5 × P0.8 × 25m/m_Phillips Head Screw	4
70	M4 × P0.7 × 12m/m_Phillips Head Screw	2
71	M10 × P1.25 × 8T_Nyloc Nut	6
72	M8 × P1.25 × 6.5T_Nyloc Nut	8
74	Ø3/8" × Ø25 × 3T_Flat Washer	18
75	Ø5.5 × Ø19 × 1.5T_Flat Washer	8
76	Ø3/8" × Ø30 × 3T_Flat Washer	8
77	Ø16.5 × Ø30 × 3T_Flat Washer	4
79	Ø10 × 2T_Spring Washer	25
80	Ø8 × 1.5T_Spring Washer	8
82	Ø5 × 15m/m_Sheet Metal Screw	6
83	Ø3.5 × 12m/m_Sheet Metal Screw	39
84	Ø3 × 20m/m_Tapping Screw	4
86	M6 × P1.0 × 35L_Flat Head Bolt	8
88	M16 × P2.0 × 55m/m_Socket Head Cap Bolt	2
89	M16 × 16T_Nyloc Nut	2
90	M8 × P1.25 × 140m/m_Socket Head Cap Bolt	8
92	M5 × 5T_Nyloc Nut	2
93	M5 × 12m/m_Phillips Head Screw	2
94	Ø10 × Ø25 × 2.5T_Nylon Washer	3
95	M3 × 0.5 × 6L_Plastic Screw	4
96	Isolation Column	4
97	450m/m_Connecting Wire (White)	1
98	300m/m_Ground Wire	1
99	800m/m_Handpulse Wire(SMP3)	1
100	800m/m_Handpulse Wire(SMR4)	1
101	500m/m_Connecting Wire	1
102	350m/m_Connecting Wire(XHP-7)	1

KEY NO.	DESCRIPTION	Q'TY
103	350m/m_Connecting Wire(XHP-8)	1
104	2300m/m_Computer Cable	1
105	Interface Board	1
107	800m/m_Keyboard Wire	1
109	300m/m_Connecting Wire	1
110	L Allen Wrench	1
111	Phillips Head Screw Driver	1
112	Short Phillips Head Screw Driver	1
113	2500m/m_Connecting Wire	1
116	2400m/m_Network Connecting Cable(Lower)	1
118	2400m/m_CSAFE Connecting Wire	1
121	2600mm_HDMI Wire	1
123	Power Cord	1
126	500m/m_Ground Wire	1
127	Board	1
128	200m/m_Handpulse Wire	1
130	400m/m_Motor Power Cord	1
131	M10 × P1.5 × 50m/m_Hex Head Bolt(15L)	1
133	M5_Star Washer	4
135	M5 × P0.8 × 20L_Plastic Screw	4
136	Pad	4
138	Ø4 × Ø10 × 1T_Flat Washer	1
141	Ø17 × Ø28 × 2T_Nylon Washer	2
143	200m/m_Keyboard Wire	1
144	Beverage Holder Pad(Upper)	2
156	M10 × P1.5 × 60m/m_Hex Head Bolt	4
157	WFM-1012-06_Bushing	1
158	M5 × P0.8 × 10m/m_Phillips Head Screw	12

GENERAL MAINTENANCE

WARNING: Equipment safety depends on regular inspections for damage and wear. The components which are most susceptible to wear: Belt, Roller, Deck, and Tread-belt.

Belt and Deck - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow the belt to dry before using.**

The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 kilometers on each side. If the original side of the deck shows significant wear, it needs to be flipped.

Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

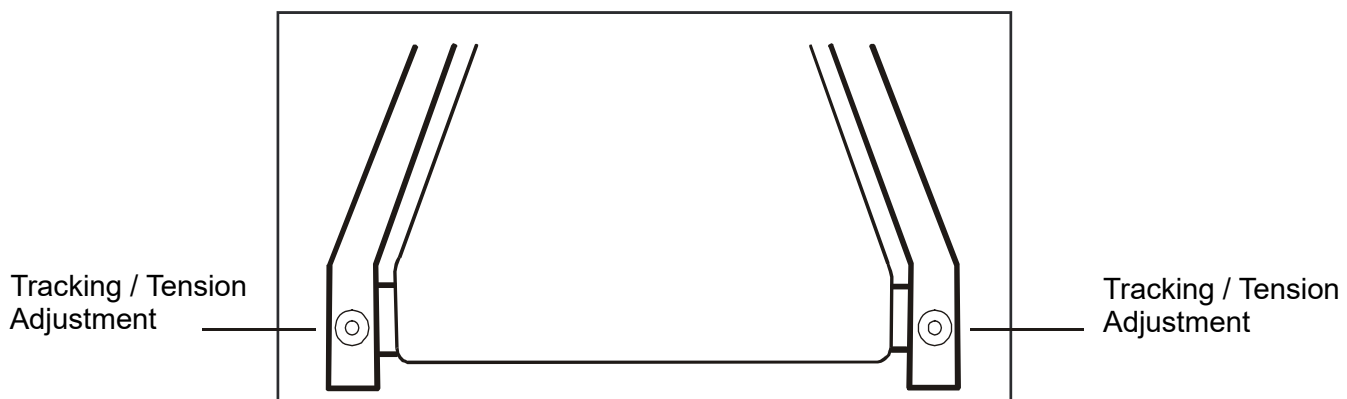
Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS PERFORMING THIS TASK. Do not attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.**

BELT ADJUSTMENTS:

Running surface : 56x157.5cm (22"x62")

Tread-belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Note: Adjustment is through small hole in the end cap.

Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

- If you feel the belt is tight enough, but it still slips, the problem may be a loose motor drive belt under the front cover.

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

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

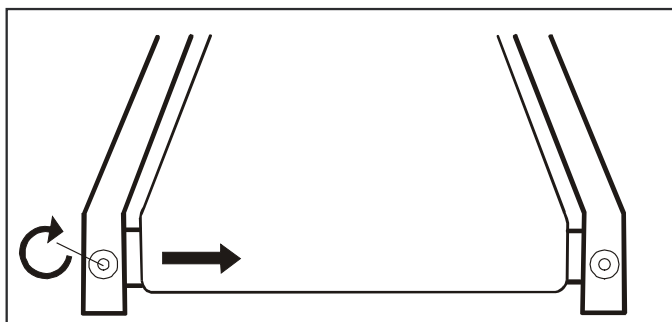
The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 8 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 3 to 5 kph.

Remember, a small adjustment can make a dramatic difference!

Turn the bolt clockwise to move the belt to the right. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt is stabilized and the edge is within between step rails.



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

ATTENTION:

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

Unplug treadmill before performing any maintenance.

Task	How To	Daily	Weekly	Monthly	Semi-Annually	Annually
Wipe down unit	Damp cloth w/ water	•				
Clean under belt	Towel or vacuum			•		
Check belt tension/tracking	Feel/visual		•			
Clean under motor cover	Vacuum carefully				•	
Check hardware	Wrench			•		
Inspect for deck wear	Visual				•	
Inspect drive belt	Visual				•	

RECOMMENDED MAINTENANCE OF RUNNING BELT/DECK

Total Using Distance	20,000 Km/ 12,500 Miles	40,000 Km/ 25,000 Miles
Tasks	Flipping Deck	Replacing Belt and Deck

Note:

- Please clean wax on roller during flipping deck or replacing belt/belt.
- The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 Kilometer/12,500 Miles on each side. If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

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

PROBLEM	SOLUTION/CAUSE
Display does not light	1) Tether cord not in position. 2) Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3) Plug is disconnected. Make sure plug is firmly pushed into 120 Vac wall outlet and treadmill frame socket. 4) Breaker panel circuit breaker may be tripped. 5) Treadmill defect. Contact your dealer.
Treadmill belt does not stay centered	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement.
Treadmill belt hesitates when walking/run on	See General Maintenance section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	1. Reset power. If still no good contact service.
Treadmill will only achieve approximately 7mph/10 kph but shows higher speed on display	This indicates motor should be receiving power to operate. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 14AWG minimum, low voltage. Contact an electrician or your dealer. A minimum of 120 Vac current is required.
Treadmill trips on board 120 Vac /10A circuit	High belt/ deck friction. See General Maintenance section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions
Circuit breaker trips, but not the treadmill circuit breaker.	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

TRAINING GUIDELINES

EXERCISE

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

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

BASIC COMPONENTS OF PHYSICAL FITNESS

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

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

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

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

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

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

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

The Training Threshold

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

Progression

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

Overload

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

Working through your program and gradually increasing the overload factor is important.

Specificity

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

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness.

That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

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

WARM-UP

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

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

Warm Down or Cool Down

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

Heart Rate

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

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

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

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

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

Pulse Count

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

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

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

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

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

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

ENDURANCE CIRCUIT TRAINING

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

Body Building

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

Patronization

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

Muscle Soreness

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

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

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

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

Breathing During Exercise

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

Rest periods

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

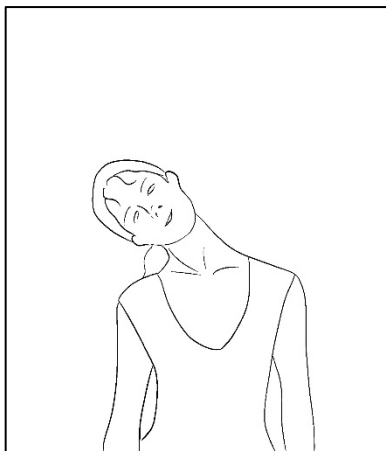
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

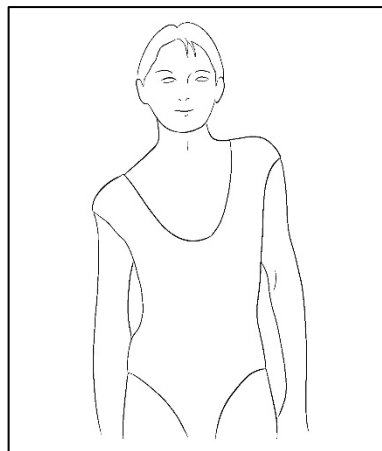
HEAD ROLLS

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



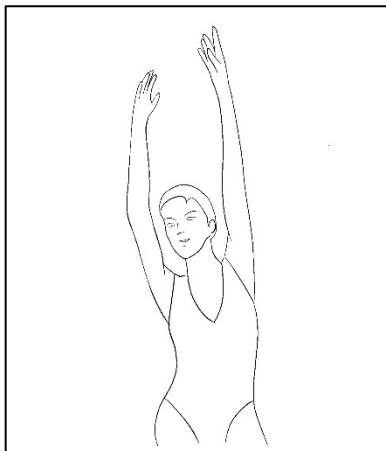
SHOULDER LIFTS

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



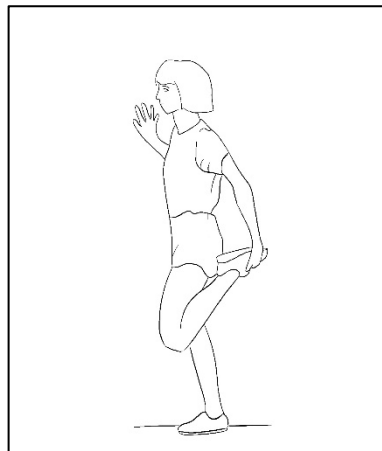
SIDE STRETCHES

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



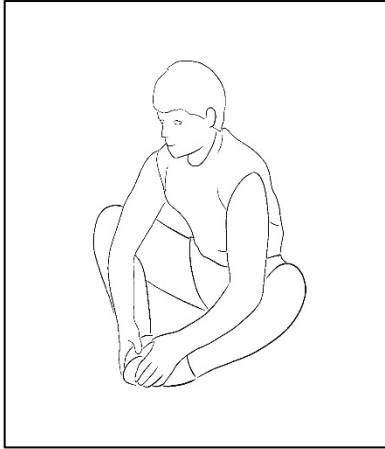
QUADRICEPS STRETCH

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



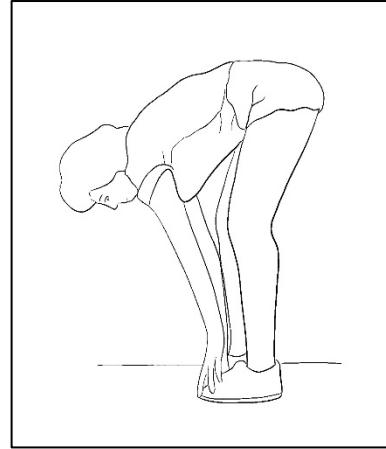
INNER THIGH STRETCH

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



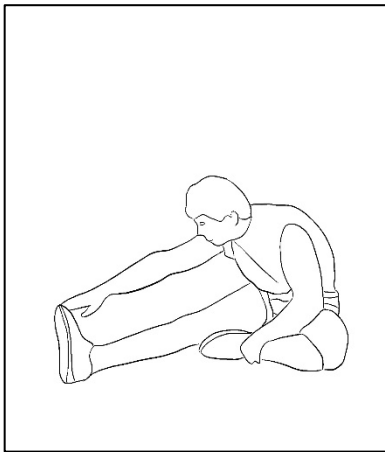
TOE TOUCHES

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



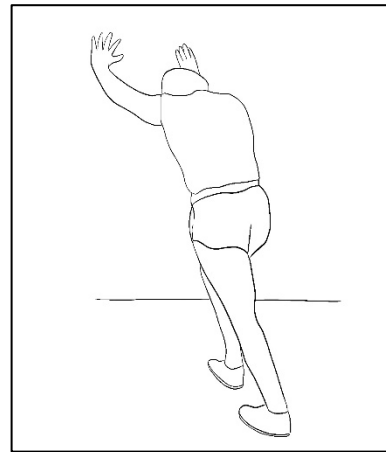
HAMSTRING STRETCHES

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



CALF / ACHILLES STRETCH

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



MANUFACTURER'S LIMITED WARRANTY

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

Commercial Warranty (Dues Paying Facility)

Frame	10 years	
Motor	5 years	
Deck	3 years	
Parts	3 years / Console Parts	2 years
Labour	3 years / Console Labour	1 year
Wear Items	6 months	

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

NORMAL RESPONSIBILITIES OF THE FACILITY

The facility is responsible for the items listed below:

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

EXCLUSIONS

This warranty does not cover the following:

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

SERVICE

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

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

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

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.



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T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca