Owner's Manual

Model No.
16207563250
XBU25

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

SPIRIT

CONGRATULATIONS ON YOUR NEW FITNESS BIKE

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

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future needed contact easy. We appreciate your support, and we will never forget that you are the reason we are in business.

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

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____

Dealer Phone # _____

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 PRECAUTIONS

THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS UPRIGHT BIKE

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 Spirit Fitness Bike 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 Fitness Bike on a flat level surface with access to a 110-volt,15-amp grounded outlet with only the Fitness Bike plugged into the circuit.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See the diagram below for grounding methods.
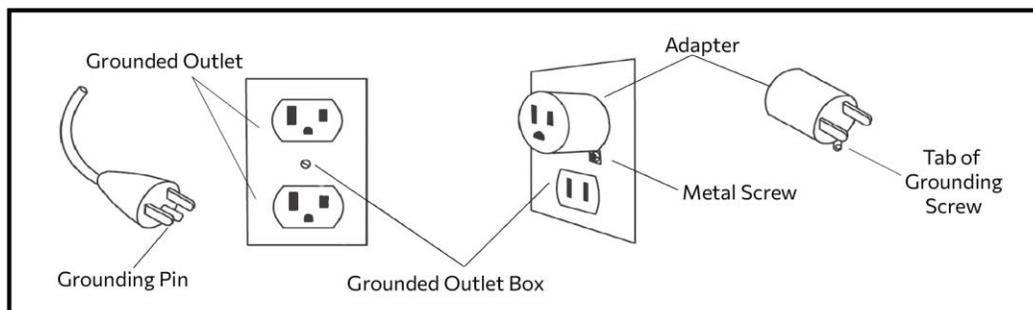
DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

- Never operate this appliance if it has a damaged cord or plug if it is not working correctly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- Do not carry this appliance by supply cord or use cord as a handle.

- Keep the cord away from heated surfaces.

- 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 opening.

- Do not use outdoors.

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- Connect this appliance to a properly grounded outlet only.

- The appliance is intended for household use.

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge unless under supervision with proper instruction concerning the use of the appliance by a person responsible for their safety.

- Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT SAFETY INSTRUCTIONS

To disconnect, turn all controls to the off position, then remove the plug from the outlet.

Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness bike 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.

Do not attempt to use your fitness bike for any purpose other than its intended purpose.

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. The use of a chest transmitter strap (sold separately) is a 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.

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.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this fitness bike. Route the power cord away from any moving part of the fitness bike.

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

IMPORTANT OPERATING INSTRUCTIONS

- **NEVER** operate this fitness bike without reading and thoroughly 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 fitness bike during an electrical storm. Surges may occur in your household power supply that could damage fitness bike components. Unplug the fitness bike during an electrical storm as a precaution.

- Use caution while participating in other activities while pedalling on your fitness bike, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.

- Do not use excessive pressure on console control keys. They are precision set to function properly with slight 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 the carton and inspect for any damage or missing parts. If damaged parts are found or parts are missing, contact your dealer immediately.

3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (**#**) are the item number from the assembly drawing for reference.
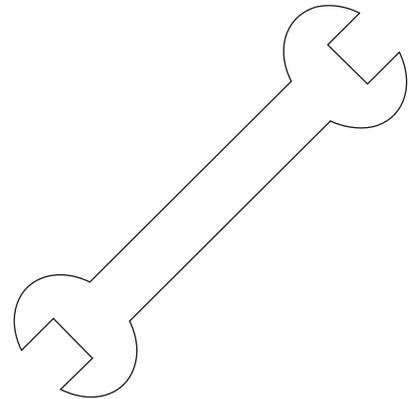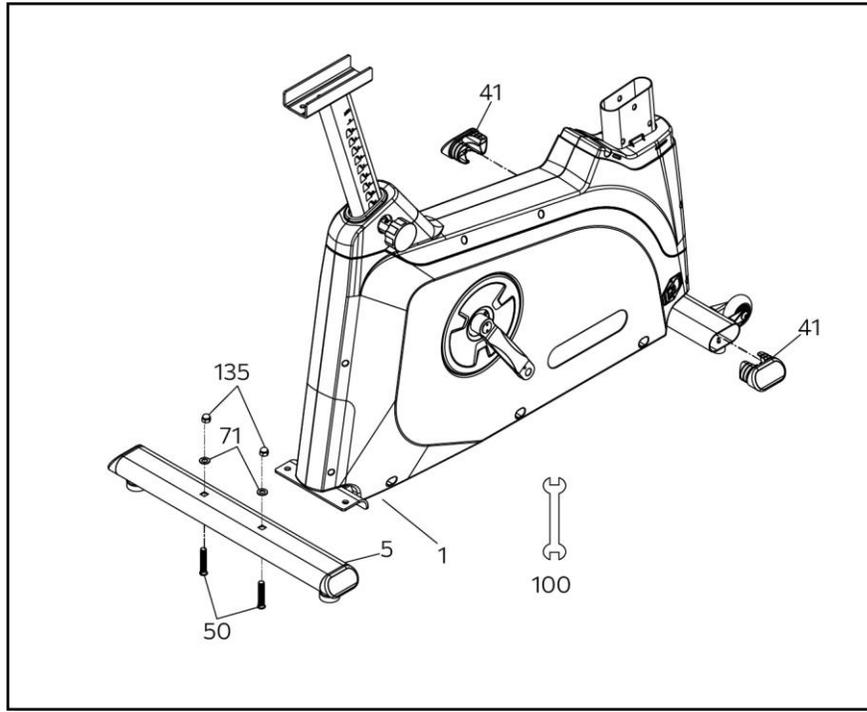
ASSEMBLY TOOLS
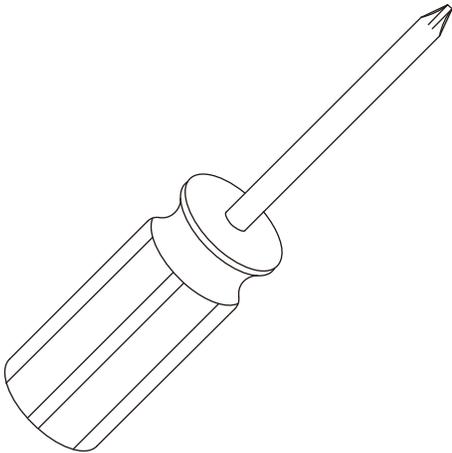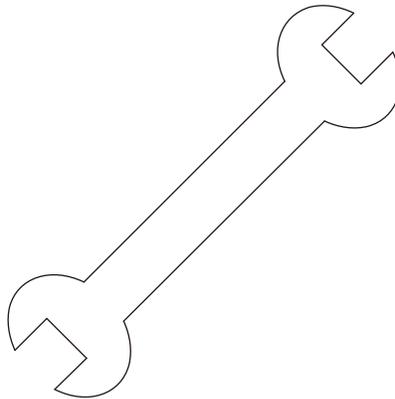
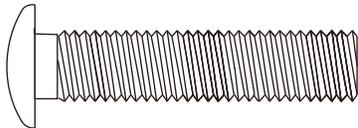**#93.** Phillips Head Screwdriver   **#100.** 12/14mm Wrench   **#92.** 13/15mm Wrench

STEP 1:

1. Install the **REAR STABILIZER** (5) onto the MAIN FRAME (1) with the 2 **BOLTS** (50) and 2 **FLAT WASHERS** (71), and 2 **NUTS** (135). Tighten using the **WRENCH** (100).
2. Insert an **END CAP** (41) into each opening of the **FRONT STABILIZER TUBE**. You may need to tap them in with a rubber mallet if they are tight.

HARDWARE

#50. 3/8" x 2"
Carriage Bolt (2 pcs)
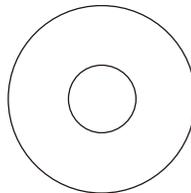
#71. 3/8" x 25 x 2.0T
Flat Washer (2 pcs)

#135. 3/8"Cap Nut
(2 pcs)

STEP 2:

1. Unravel the **COMPUTER CABLE** (29) and snake it through the **CONSOLE MAST COVER** (38) and the **CONSOLE MAST** (2) until the cable connector comes out the top opening of the console mast. **BE SURE NOT TO PINCH THE CABLE OR DAMAGE TO THE ELECTRONICS MAY OCCUR.** Slide the **CONSOLE MAST COVER** (38) onto the console mast, ensuring the correct orientation of the cover.
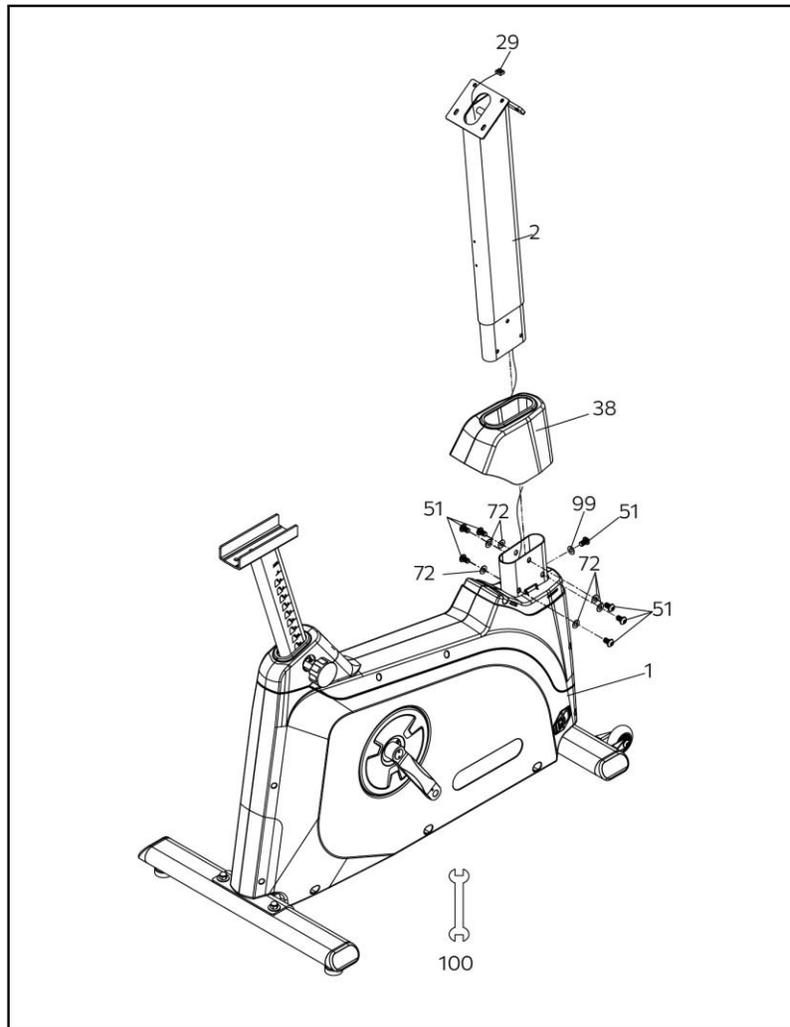2. Install the **CONSOLE MAST** (2) onto the **MAIN FRAME (1)** with 7 **BOLTS** (51), 6 **FLAT WASHERS** (72) on the side bolts and 1 **CURVED WASHER** (99) on the front bolt.
Tighten using the **WRENCH** (100).

HARDWARE
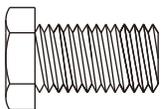
#51. 5/16" × 5/8"
Hex Head Bolt (7 pcs)
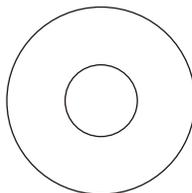
#72. 5/16" × 18 × 1.5T
Flat Washer (6 pcs)
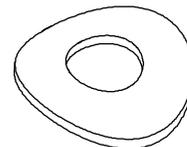
#99. 5/16" × 19 × 1.5T
Curved Washer (1 pc)
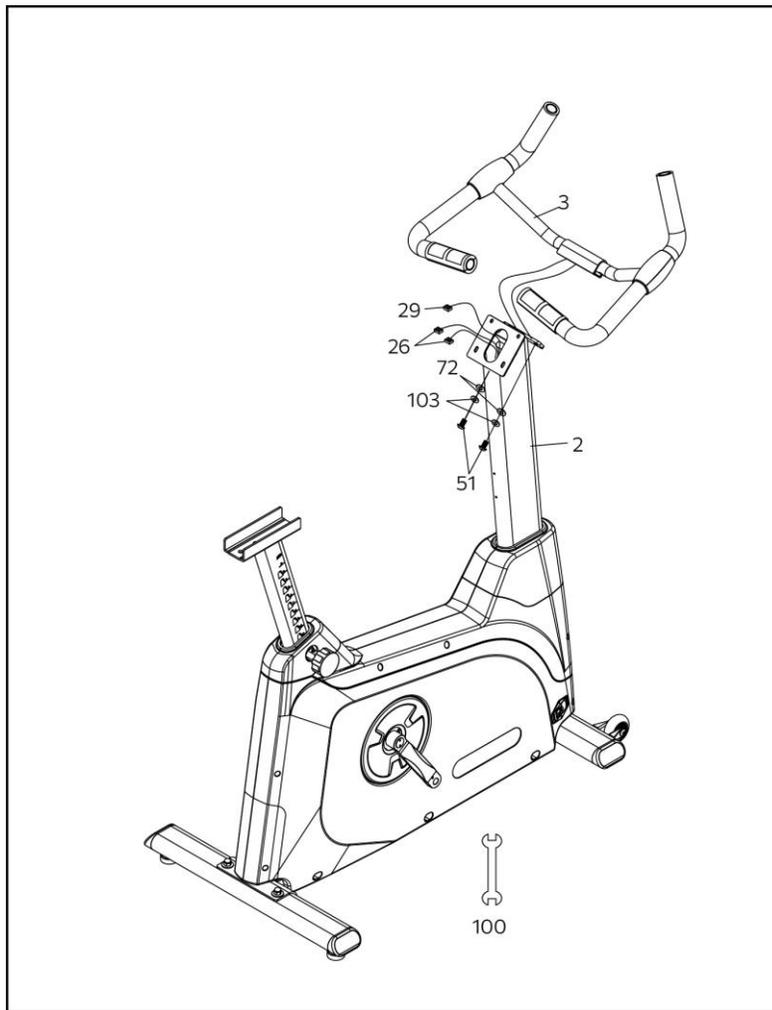
STEP 3:

1. Run the 2 **HAND PULSE WIRES** (26) into the hole in the handlebar mounting plate and out through the hole in the console plate. Remove the black plastic cover from the handlebars by cutting the plastic tie.

2. Install the **HANDLEBAR** (3) onto the **CONSOLE MAST** (2) with 2 **BOLTS** (51), 2 **FLAT WASHERS** (72), and 2 **SPLIT WASHERS** (103), being careful not to pinch the hand pulse wires. Tighten using the **WRENCH** (100). Snap the black plastic handlebar cover over the joint.

HARDWARE
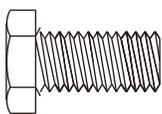
#51. 5/16" × 5/8"
Hex Head Bolt (2 pcs)
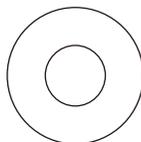
#72. 5/16" × 18 × 1.5T
Flat Washer (2 pcs)
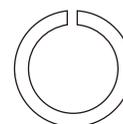
#103. 5/16" × 1.5T
Split Washer (2 pcs)
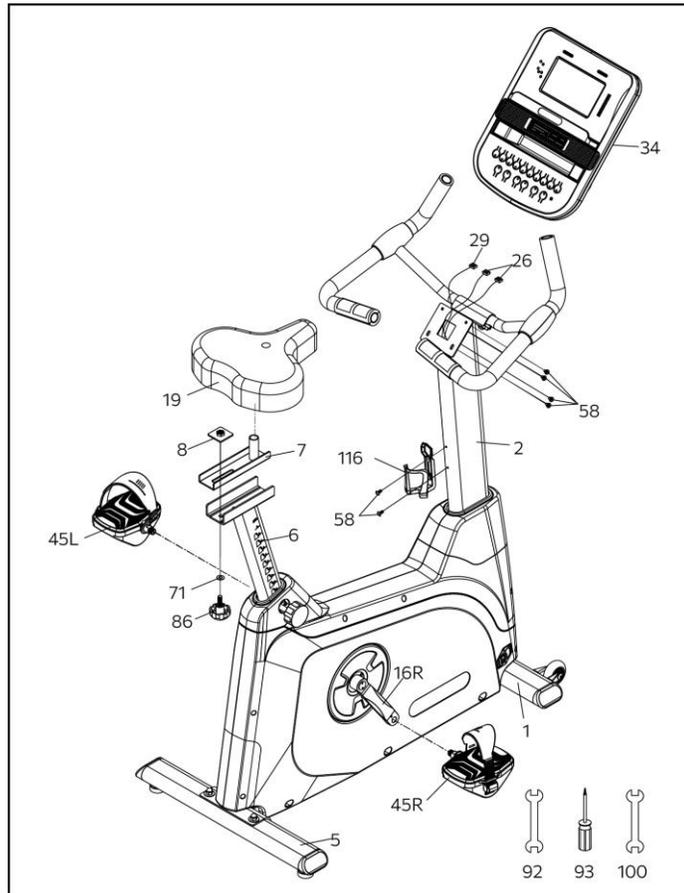
STEP 4:

1. Insert the **COMPUTER CABLE** (29) and 2 **HAND PULSE CABLES** (26) into the connectors in the back of the **CONSOLE** (34). Install the **CONSOLE** (34) onto the **CONSOLE MAST** (2). Install the 4 **PHILLIPS HEAD SCREWS** (58) with the **PHILLIPS HEAD SCREWDRIVER** (93).
2. Install the **PEDALS** (45L, 45R) onto the **CRANK ARMS** (16L, 16R). Remember that the **LEFT PEDAL** has a reverse thread and will be screwed into the crank in the **OPPOSITE ROTATION** from traditional threads. There is an "L" stamped into the end of the threaded post of the left pedal and "R" in the right. Make sure to tighten the pedals as much as you possibly can. It may be necessary to re-tighten the pedals if you feel a thumping while pedalling the bike. A noise or feeling such as a thumping or clicking is usually caused by the pedals being too loose. Tighten using the **WRENCH** (92).
3. Install the **SEAT MOUNT SLIDE** (7) (post at the front) onto the track on top of the **SEAT BRACKET** (6) by sliding a **FLAT WASHER** (71) onto the **SEAT ADJUSTMENT KNOB** (86), then slide it through the slots of each and attach a **FLANGE NUT** (8) to the end. Install the **SEAT** (19) onto the seat post by securely tightening the nut on each side below the seat.
4. Install the **WATER BOTTLE HOLDER** (116) onto the **CONSOLE MAST** (2) with 2 **PHILLIPS HEAD SCREWS** (58). Tighten using the **PHILLIPS HEAD SCREWDRIVER** (93).

HARDWARE
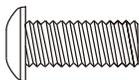
#58. M5 × 12mm
Phillips Head Screw (6 pcs)

Transportation

The fitness bike is equipped with two transport wheels that are engaged when the rear of the fitness bike is lifted.

Seat Adjustability

When adjusting the seat to a higher position, just pull up on the seat. The design features a ratcheting mechanism that will lock into place. If you need to lower the seat, pull horizontally on the right side of the frame until the post locks into one of the grooves.

Console

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

OPERATION OF YOUR UPRIGHT BIKE
GETTING FAMILIAR WITH THE CONTROL PANEL

Large Blue-LED Matrix Window

Message Center

Convenient cargo compartment for keys, phone, or MP3 player

Heart Rate % Profile

Fan to keep you cool

Ten innovative programs offer a variety of work-outs

Easy-Touch Control Buttons
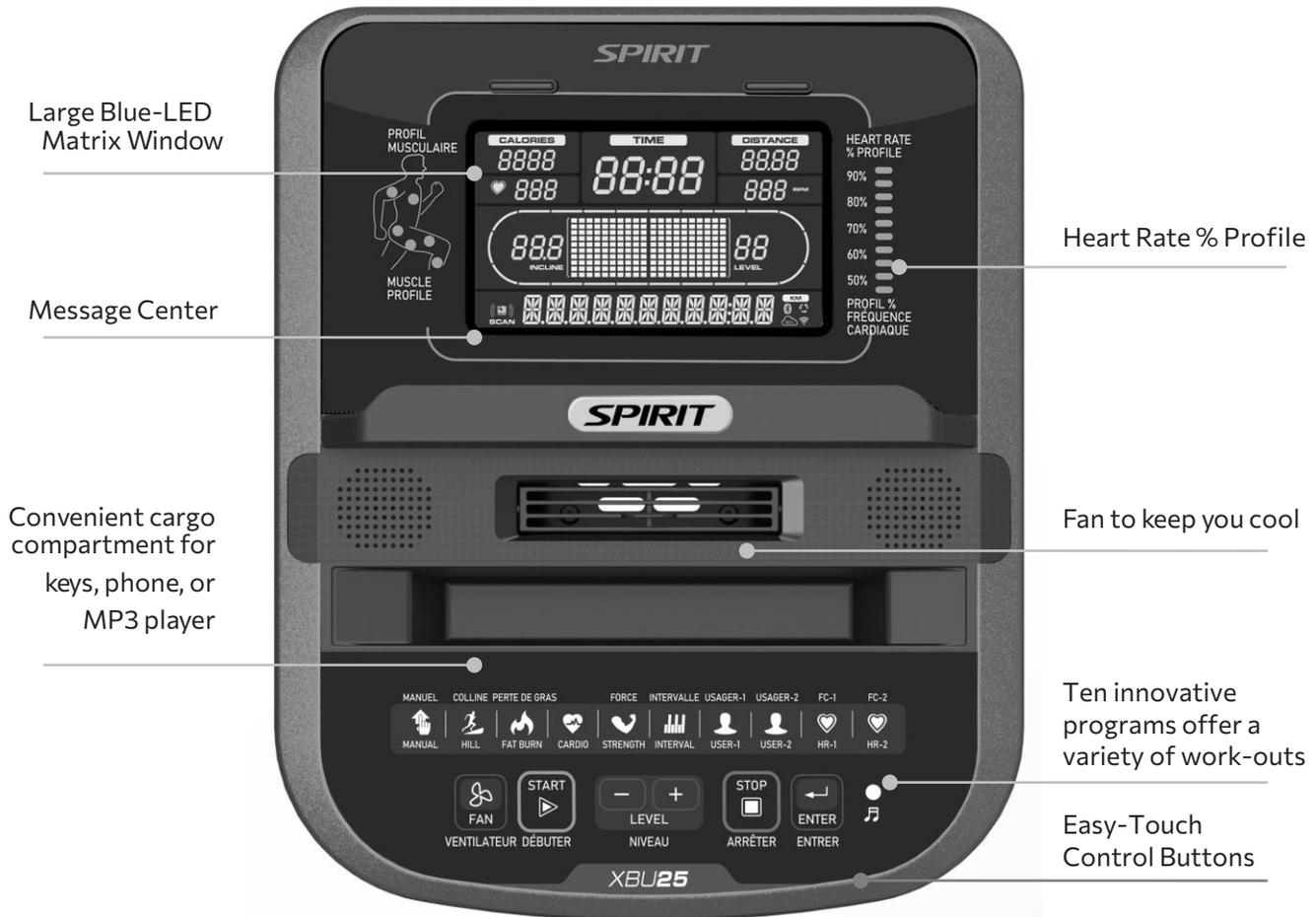
POWER

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

When initially powered on, the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Message Center will show the software version (i.e., VER 1.0). The distance window shows the distance in miles, and the time window shows the total hours of use.

The odometer will remain displayed for only a few seconds then the console will go to the startup display. The dot matrix display will be scrolling through the different profiles of the programs, and the Message Center will be scrolling the startup message. You may now begin to use the console.

DOT MATRIX CENTER DISPLAY

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

1/4 MILE TRACK

The 0.4 km (1/4-mile) track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete, this feature will begin again. The Lap track will move in a counterclockwise direction.

There is a lap counter in the Message Center for monitoring your distance.

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 crossbar 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.

CALORIE DISPLAY

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

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

SPEAKERS

The console has built-in Speakers. You may plug an Audio Source (CD player, MP3, Computer, etc.) into the Jack on the right side of the console. There is no volume control on the console. The volume must be controlled on the Audio Source.

QUICK START

This is the quickest way to start a workout. After the console powers up, you press the **Start** key to begin, and 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 Up/Down** buttons. The dot matrix display will have only the bottom row lit at first. As you increase the workload, more rows will light, indicating a more challenging workout. The Upright Bike will get harder to pedal as the rows increase.

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

MUSCLE ACTIVATION FIGURE

There is an anatomical figure located at the top of the console. This figure will light all areas that are activated when using the bike. These will light up during any of the programs. You can control which muscles are activated by customizing the resistance profile during the setup phase of console programming. If you accept the default program profile, the selected program will determine which muscles will be activated by automatically adjusting the resistance. Generally, the following guidelines hold true:

- The upper body LED's will not light

- The lower body lights will activate in three degrees of engagement: Green represents minimal muscle involvement, yellow represents medium involvement, and red represents full or heavy activation.

- These are the different scenarios for lower body muscle activation:

o Levels 1-10: Green – Hamstrings & Gluteals light up; Amber – Quadriceps & Calves light up

o Levels 11-20: Amber – Hamstrings & Gluteals light up; Red Quadriceps & Calves light up

HEART RATE % PROFILE

The console LCD screen will display your current heart rate anytime a pulse is detected. The Bar Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any of the 10 programs. The significance of the bar graph colors are as follows:

- 50-60% of maximum is Amber
- 65-80% of maximum is Amber and Green
- 85-90% or more is Amber, Green, and Red

BASIC INFORMATION

The Message Center will initially be displaying the Program name. When in scan mode during a program, speed will be displayed for four seconds, then move on and display Watts (indication of workload). If 100 watts is displayed, you are doing enough work to keep a 100-watt light bulb lit. The data changes to Laps completed, Segment time, Max level. Pressing the Enter button again will bring you back to the beginning.

The **Stop** button actually 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. Watts, Avg. HR, total Laps). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete Reset. During data entry for a program the **Stop** key performs a previous screen or segment function. This allows you to go back to change programming data.

PROGRAM KEYS

The Program Keys are used to preview each program. When you first turn the console on, you may press each program key to preview the program profile. If you decide to try a program, press the corresponding program key and then press the **Enter** key to select the program and enter the data-setting mode.

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

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

PROGRAMMING THE CONSOLE

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your age is necessary during the Heart Rate programs to ensure the correct settings for your age are included in the program.

NOTE: *Calorie readings on every piece of exercise equipment and smart devices, whether in a gym or at home, vary widely between machines. The calorie readings are meant as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. Every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!*

ENTERING A PROGRAM & CHANGING SETTINGS

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

NOTE: *Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the* Upright Bike, *you will not have to enter it every time you work out unless your Age or Weight changes or someone else enters a different Age and Weight.*

ABOUT YOUR UPRIGHT BIKE

Always use care and caution when operating your upright bike. Follow the instructions in this manual to ensure the safe operation and maintenance of your upright bike.

Your new Spirit Fitness upright bike has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions 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 below.

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

USING THE SPIRIT+ APP

In order to help you achieve your exercise goals, your new upright bike 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 upright bike.

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 upright bike for connection. 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., for the icon to be active and available.
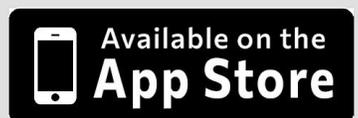
Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the Spirit + App to operate properly.

PROGRAMMABLE FEATURES

MANUAL

The Manual program works, as the name implies, manually. This means that you control the workload and not the computer. To start the Manual program, follow the instructions below or just press the **Manual** button, then the **Enter** button and follow the directions in the Message Center.

1. Press the **Manual** key, then press the **Enter** key.

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

3. You are now asked to enter your Weight. You may adjust the Weight value using the Level **Up/Down** keys, and then press **Enter** to continue.

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

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

6. Once the program starts, you will be at level one. This is the easiest level, and it is a good idea to stay at level one for a while to warm up. If you want to increase the workload at any time, press the Level Up key; the Level Down key will decrease the workload.

7. During the Manual program, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.

8. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program, or you can save the program you just completed as a custom user program by pressing a **User** key and following the instructions in the Message Center.

PRESET PROGRAMS

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

HILL

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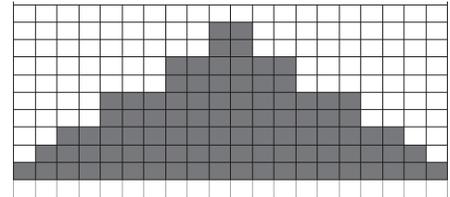
FAT BURN

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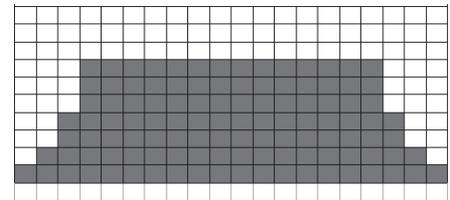
CARDIO

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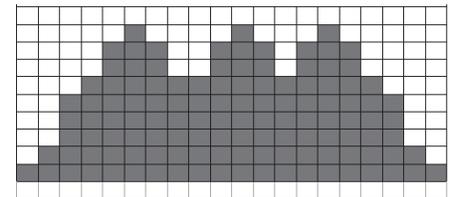
STRENGTH

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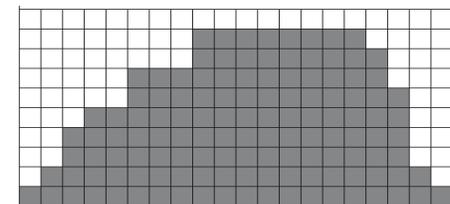
ERVAL

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibres which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.
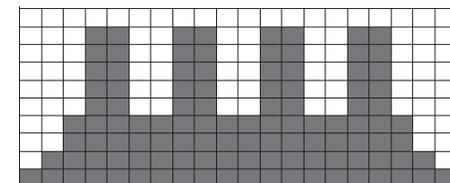
PROGRAMMING PRESET PROGRAMS

1. Select the desired program button, then press the **Enter** key.

2. The Message Center will ask you to enter your Age. You may adjust the age setting, using **the Up and Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.

3. You are now asked to enter your Weight. You may adjust the weight number using the **Up and Down** keys, and then press **Enter** to continue.

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

5. Now you are asked to adjust the Max Resistance Level. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press **Enter**.

6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level or screen.

7. If you want to increase or decrease the workload at any time during the program, press the **Up or Down** key. This will change the resistance settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the Message Center will show the current column and program maximum levels of work.

8. During the program, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.

9. When the program ends, the Message Center will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

CUSTOM USER DEFINED PROGRAMS

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

1. Select the User program (U1 or U2), then press Enter. If you have already saved a program to either U1 or U2, it will be displayed, and you are ready to begin. If not, you will have the option of inputting a username. In the Message Center, the letter "A" will be blinking. Use the Level Up/Down buttons to select the appropriate first letter of your name (pressing the Level Up button will switch to the letter "B"; pressing the Down button will change to the letter "Z." Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum seven characters). When finished, press Stop.
2. If there is a program already stored in User, you will have an option to run the program as it is or delete the program and build a new one when you press the key. At the welcome message screen, when pressing Start or Enter, you will be prompted: Run Program? Use the Level Up/Down to select Yes or No. If you choose No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one. The Message Center will ask you to enter your Age. You may enter your age using the Level Up/Down keys, then press the Enter key to accept the new value and proceed on to the next screen.
3. The Message Center will ask you to enter your Age. You may enter your age using the
4. Level Up/Down keys, then press the Enter key to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the Level Up/Down keys or the numeric keypad, then press Enter to continue.
6. Next is Time. You may adjust the time and press Enter to continue.
7. Now you are asked to adjust the Max Resistance Level of the program. Press Enter when the desired resistance has been selected.
8. Now the first column will be blinking, and you are asked to adjust the resistance level for the first segment (SEGMENT> 1) of the workout by using the Level Up/Down key. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment, then press Enter. Continue this process until all twenty segments have been set.
10. The Message Center will then tell you to press Enter to save the program. After saving the program, the Message Center says "program saved," then will give you the option to start or modify the program. Pressing Stop will exit to the start-up screen.

HEART RATE PROGRAMS

The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their 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 heart rate range you wish to train, you must determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

220 – 40 = 180 (maximum heart rate)

180 x .60 = 108 beats per minute (60% of maximum)

180 x .80 = 144 beats per minute (80% of maximum)

So for an individual who is 40 years old, the training zone would be 108 to 144 beats per minute.

TARGET HEART RATE TRAINING CHART
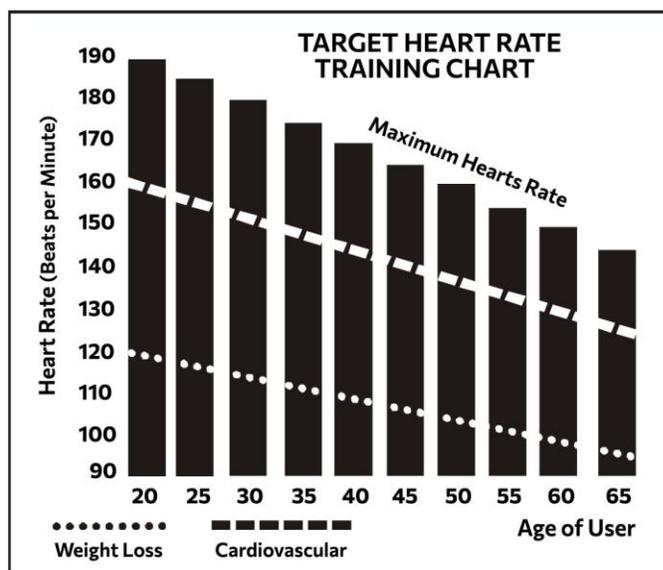
If you enter your age during programming, the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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

RATE OF PERCEIVED EXERTION

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

Rating Perception of Effort

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

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

HEART RATE PROGRAM OPERATION

Note: You must wear the heart rate transmitter strap for these programs. Both programs operate the same, and the only difference is that **HR1** is 60% and **HR2** is 80% of the maximum heart rate. They both are programmed the same way.

To start an HR program, follow the instructions below or just select the **HR1** or **HR2** program, then the **Enter** button and follow the directions in the Message Center. After selecting your heart rate target, the program will attempt to keep you at or within 3-5 heartbeats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

1. Press the **HR 1** or **HR 2** key, then press the **Enter** key.

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

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

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

5. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **LEVEL + / -** keys, then press **Enter**. *Note: The heart rate that appears is based on the % you accepted in Step 1. If you change this number, it will either increase or decrease the % from Step 1.*

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

7. If you want to increase or decrease the workload at any time during the program press the **LEVEL + / -** key. This will allow you to change your target heart rate at any time during the program.

8. During the HR 1 or HR 2 programs, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.

9. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program.

EXPLODED VIEW DIAGRAM
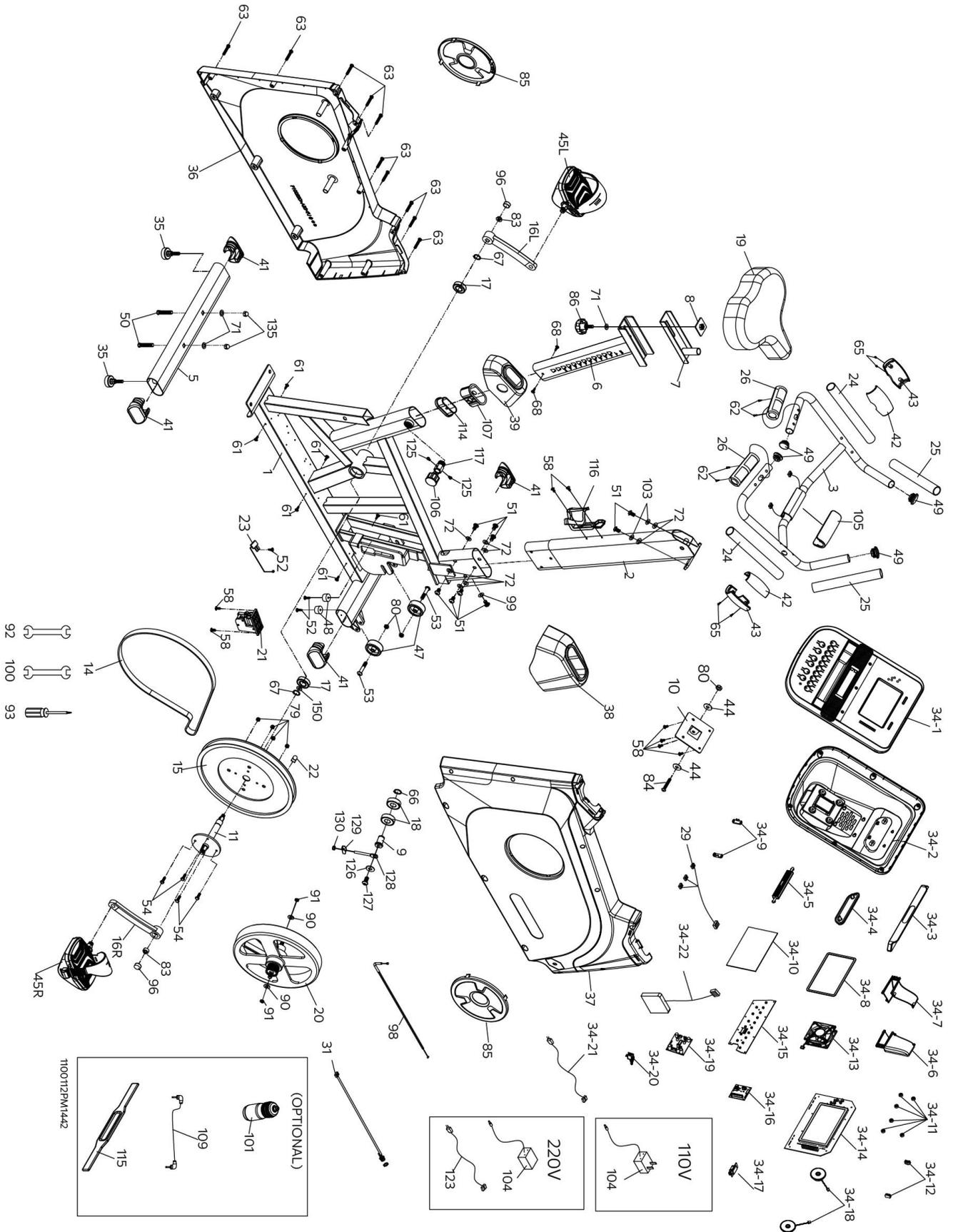
PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Handle Bar	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
9	Bearing Housing	1
10	Console Holder Assembly	1
11	Crank Axle	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm(L)	1
16R	Crank Arm(R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Flywheel	1
21	Gear Motor	1
22	Magnet	1
23	400m/m_Sensor W/Cable	1
24	1" × 5T × 290m/m_Handgrip Foam	2
25	1" × 5T × 220m/m_Handgrip Foam	2
26	800m/m_Handpulse W/Cable Assembly (R)	2
29	1200m/m_Computer Cable	1
31	900m/m_DC Power Cable	1
34	Console Assembly	1
35	Rubber Foot	2
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
39	Seat Post Cover	1
41	Handgrip End Cap	4
42	Handgrip Side Cap (Top)	2
43	Handgrip Side Cap (Bottom)	2
44	5/16" × 25 × 3T_Nylon Washer	2
45	Pedal (L.R)	1
47	Transportation Wheel	2
48	Ø25 × 15T_Rubber Foot Pad	2
49	Ø25.4 × 2.0T_Button Head Plug	4
50	3/8" × 2"_Carriage Bolt	2
51	5/16" × UNC18 × 5/8"_Hex Head Bolt	9
52	5 × 19m/m_Tapping Screw	3
53	5/16" × 1-3/4"_Button Head Socket Bolt	2

Key	Part Description	Q'ty
54	1/4" × 3/4"_Hex Head Bolt	4
58	M5 × 12m/m_Phillips Head Screw	8
61	Ø5 × 16m/m_Tapping Screw	6
62	3 × 20m/m_Tapping Screw	4
63	3.5 × 16m/m_Sheet Metal Screw	10
65	3 × 10m/m_Tapping Screw	4
66	Ø17_C Ring(Blackfast)	1
67	Ø20_C Ring(Blackfast)	2
71	Ø3/8" × Ø25 × 2T_Flat Washer	3
72	Ø5/16" × Ø18 × 1.5T_Flat Washer	8
79	1/4" × 8T_Nyloc Nut	4
80	5/16" × 6T_Nyloc Nut	3
83	M10 × P1.25 × 10T_Nut	2
84	5/16" × 2-1/2"_Hex Head Bolt	1
85	Round Disk Cover	2
86	Brake Tension Knob	1
90	3/8"-UNF26 × 3T_Nut	2
91	3/8"-UNF26_Nut	2
92	13/15m/m_Wrench	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
98	Steel Cable	1
99	Ø5/16" × 19 × 1.5T_Curved Washer	1
100	12/14m/m_Wrench	1
101	Drink Bottle(Optional)	1
103	5/16" × 1.5T_Split Washer	2
104	Power Adaptor	1
105	Handle Bar Cover	1
106	Seat Up/Down Adjustment Knob	1
107	Slider Sleeve	1
109	400m/m_Audio Cable(Optional)	1
114	Slide Spacer	1
115	Chest Strap(Optional)	1
116	Drink Bottle Holder	1
117	22mm × M16 × M22 × 37m/m_Knob Nut	1
123	Transformer Power Cord (Optional)	1
125	M4 × 5L_Phillips Head Screw	2
126	Ø3/8" × 25 × 3T_Flat Washer	1
127	M10 × P1.25 × 15L_Button Head Socket Bolt	1
128	M6 × 57L_Idle Wheel Screw	1
129	Ø6_Nut Stopper	1
130	M6 × 6T_Nyloc Nut	1
135	3/8" × UNC16 × 12.5T_Nut	2
150	Rubber Pad	1

GENERAL MAINTENANCE

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:

   a. 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.

   b. The crank arm nut needs to be re-tightened

3. If squeaks or other noises persist, check that the unit is levelled correctly. There are two levelling pads on the bottom of the rear stabilizer; use a 14mm wrench (or an adjustable wrench) to adjust the levellers.

ENGINEERING MODE MENU

The console has built-in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed, for example. To enter the Engineering Mode Menu, press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about 5 seconds, and the Message Center will display Engineering Mode Menu. Press the **Enter** button to access the menu below:

- Key Test (Will allow you to test all the keys to make sure they are functioning)
- LCD Test (Tests all the display functions)
- Functions (Press Enter to access settings and + arrow to scroll)
- Display Mode (Turn off to have the console power down automatically after 20 minutes of inactivity)
- Pause Mode (Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely)
- ODO Reset (Resets the odometer)
- Units (Sets the display to readout in English or Metric display measurements)
- Beep (Turns off the speaker, so no beeping sound is heard)
- Motor test (Continually runs the tensioning gear motor)
- Safety
- Security (Allows the keypad to be locked to prevent unauthorized use)

Manufacturer's Limited Warranty

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

Home Warranty

Frame	Lifetime
Brake	Lifetime
Parts	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 that are (1) used for commercial or other income-producing purposes or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is in lieu of all other express warranties; any implied warranties,

including any implied warranties of merchantability of fitness for a particular purpose, are limited in duration to the first 12 months from the date of purchase. All other obligations or liabilities, including liability for consequential damages, are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the Spirit cycle shown in this manual can be ordered from Dyaco Canada Inc. 5955 Don Murie Street, Niagara Falls, Ontario L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice.

A Credit Card, Cheque, or Money Order must accompany all orders. Standard hardware items are available at your local hardware store.

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

Always include the following information when ordering parts

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

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

SPIRIT

spiritfitness.ca

SOLE FITNESS

solefitness.ca

XTERRA FITNESS

xterrafitness.ca

EVERLAST

dyaco.ca/everlast.html

UFC

dyaco.ca/UFC/UFC-home.html

Cikada

cikada.ca

agio.
life begins
outdoors.

agiocanada.ca

TRAINOR SPORTS

trainorsports.ca

For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

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