Owner's Manual

Model No.
16207779000
CIC900

- 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 INDOOR CYCLE AND
WELCOME TO THE SPIRIT FAMILY!

Thank you for your purchase of this quality indoor cycle from Dyaco Canada Inc. Your new indoor cycle 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 indoor cycle 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 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_____

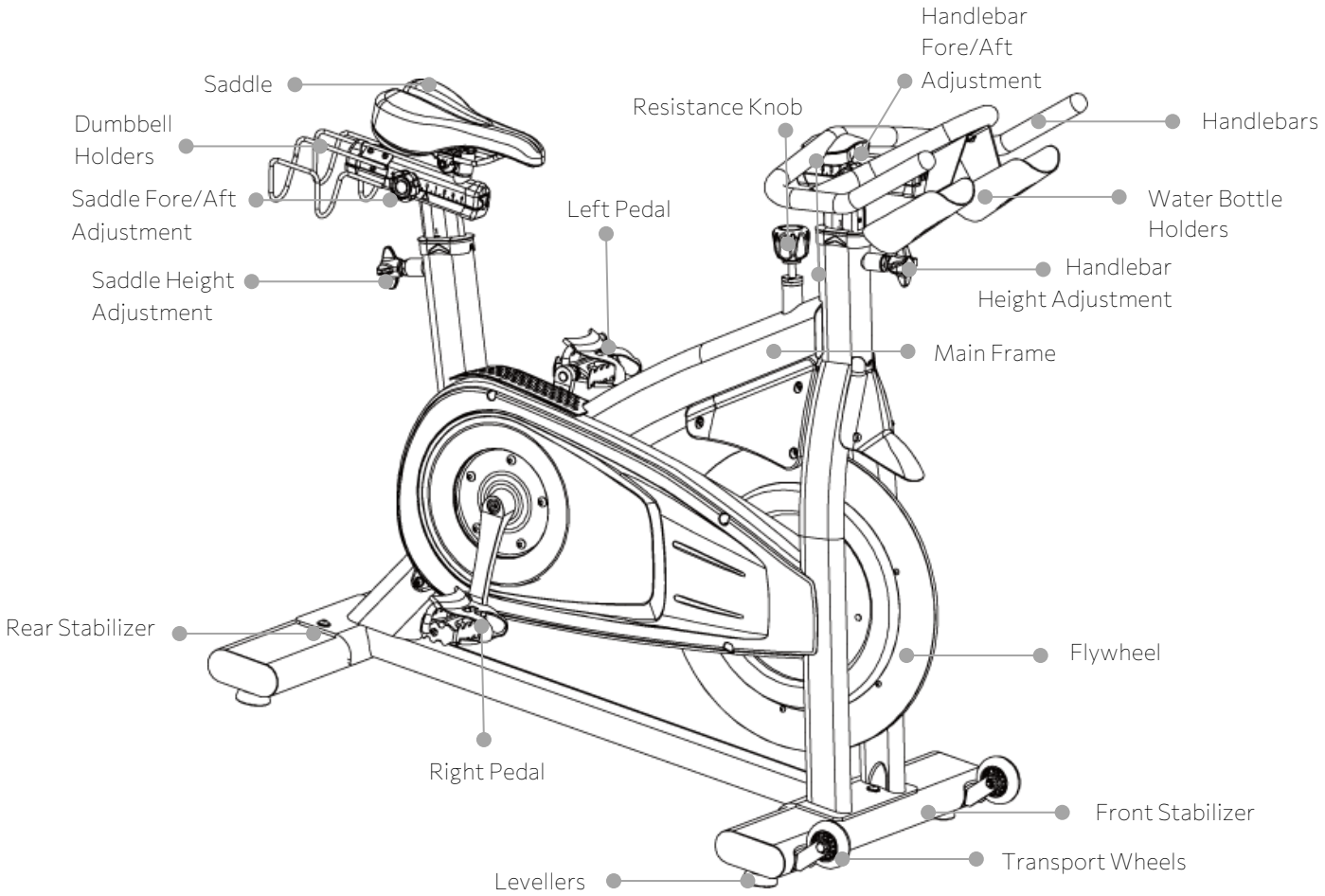
REGISTER YOUR PURCHASE

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

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT CIC900 Indoor Cycle. 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 CIC900 Indoor Cycle 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 labeled.

Read this manual carefully before using the SPIRIT CIC900 Indoor Cycle. 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 CIC900 Indoor Cycle, 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 or email customerservice@dyaco.ca . Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your Indoor Cycle Trainer.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The Cycle Trainer must be regularly checked for signs of wear and damage. Any part found defective; the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Keep hands away from all moving parts.
10. Never drop or insert any object into any openings.
11. Do not use outdoors.
12. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
13. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
14. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your Indoor Cycle Trainer.
15. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
16. User weight should not exceed 330 lbs. (150 kgs)

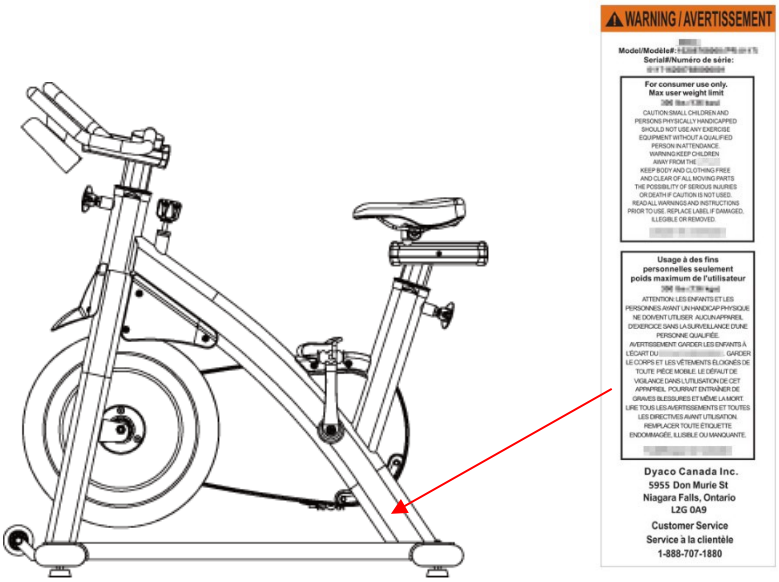
WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS – THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL **REPLACEMENT**

The decal shown below has been placed on the indoor cycle trainer. 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. Apply the decal in the location shown.



IMPORTANT OPERATION INSTRUCTIONS

WARNING - AS THE OWNER OF THIS EXERCISE EQUIPMENT, YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES: YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

1. Obtain a complete physical examination from your medical doctor and enlist a health/ fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedalling speed and/or resistance.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely de-conditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the facility owner.

PRE-ASSEMBLY CHECK LIST

PARTS INCLUDED

TOOLS

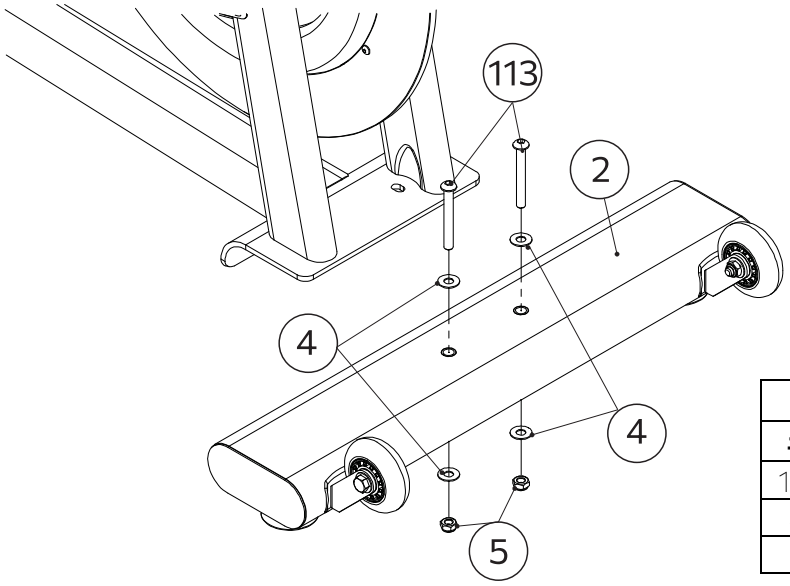
- 4mm Allen Wrench
- 5mm Allen Wrench
- 13/14/15/17mm Combination Wrench C
- Hardware Kit

PARTS:

1. Main Frame
2. Front Stabilizer
9. Rear Stabilizer
76. Adjustment Handle
86. Water Bottle Holder
82. Handlebar Post
75. Handlebar
111/112. Foot Pedals
114/115. Dumbbell Holders

Packaging
Screws

CIC900 ASSEMBLY INSTRUCTIONS

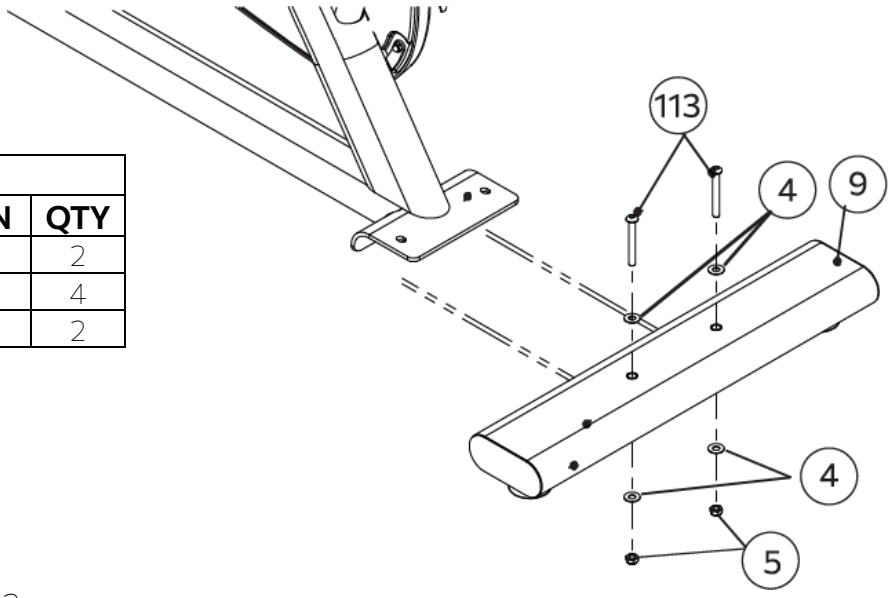


HARDWARE FOR STEP 1			
#	TYPE	DESCRIPTION	QTY
113	SCREW	M5x1.5x55L	2
4	FLAT WASHER	M8	4
5	NYLON NUT	M8x1.25	2

STEP 1

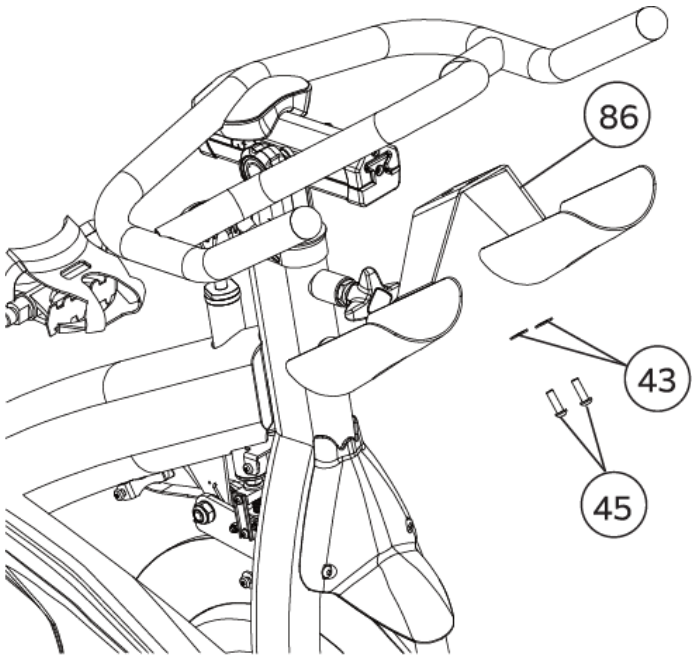
1. Gather HARDWARE FOR STEP 1.
2. Position the FRONT STABILIZER (2) on the FRAME BRACKET as showed in the figure. Make sure the TRANSPORT WHEELS are facing up and toward the front of the bike.
3. Attach the STABILIZER with 2 HEX SCREWS (113), 4 FLATWASHERS (4) and 2 NYLON NUTS (5). Do not over tightened as the deformation of stabilizer may occur.
4. Make sure the LEVELING FEET with nut are fully screwed into the STABILIZER.

HARDWARE FOR STEP 2			
#	TYPE	DESCRIPTION	QTY
113	SCREW	M5x1.5x55L	2
4	FLAT WASHER	M8	4
5	NYLON NUT	M8x1.25	2



STEP 2

1. Gather HARDWARE FOR STEP 2.
2. Position the REAR STABILIZER (9) on the FRAME BRACKET as showed in the figure.
3. Attach the STABILIZER with 2 HEX SCREWS (113), 4 FLAT WASHERS (4) and 2 NYLON NUTS (5). Do not over tightened as the deformation of stabilizer may occur.
4. Make sure the LEVELING FEET with nut are fully screwed into the STABILIZER.



HARDWARE FOR STEP 3			
#	TYPE	DESCRIPTION	QTY
45	SCREW	M6x1.0x15L	2
43	FLAT WASHER	M6	2

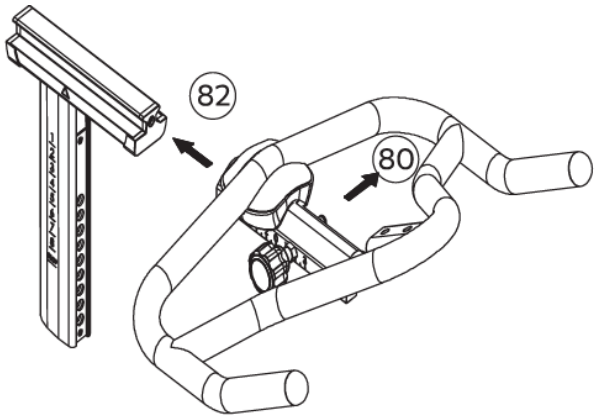
STEP 3

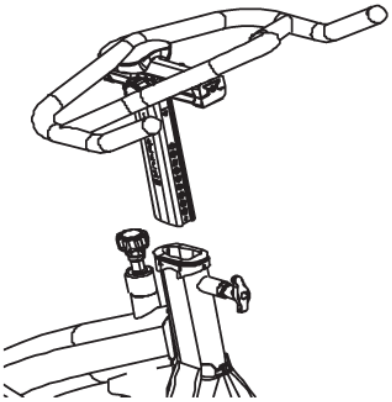
1. Gather HARDWARE FOR STEP 3.
2. Assemble the BOTTLE HOLDER (86) with 2 SOCKET HEX SCREWS (45) and 2 FLAT WASHER (43).

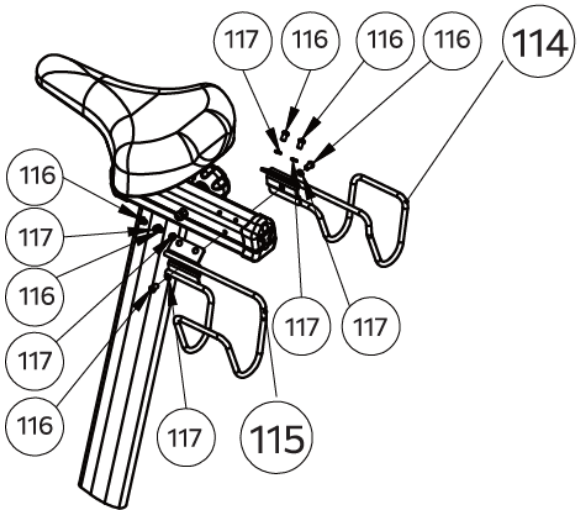
HARDWARE FOR STEP 4			
#	TYPE	DESCRIPTION	QTY
116	FLAT SCREW	M5xP0.8x8L	6
117	SPRINGWASHER	SW5x1.0t	6

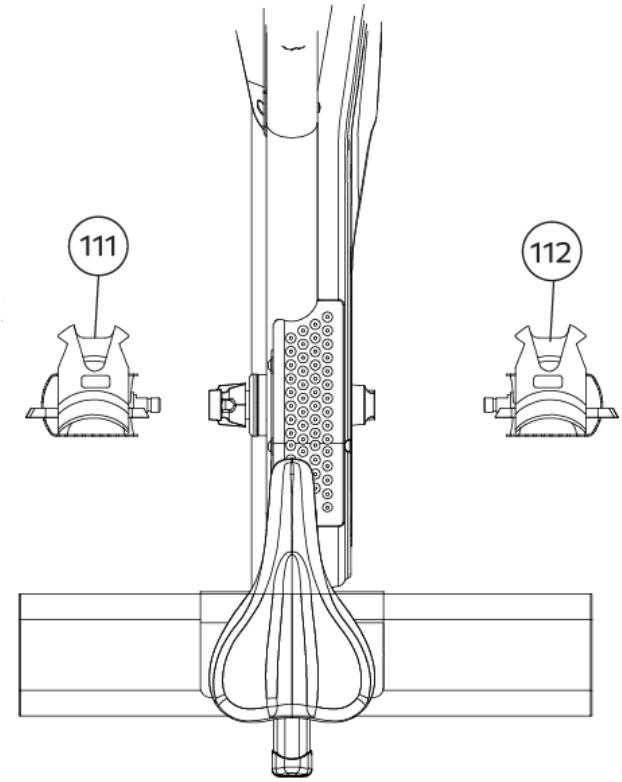
STEP 4

1. Gather HARDWARE FOR STEP 4.
2. Pull out the SAFETY PIN (80) and slide the HANDLEBAR onto the POST (82).
3. Insert the HANDLEBAR ASSEMBLY into the FRAME TUBE and tighten firmly with the STAR-POP PIN.
4. Remove the 3 SCREWS (116) with 3 SPRING WASHERS (117) from the seat slider assembly. Attach the LEFT DUMBBELL HOLDER (115) to the seat slider and secure with 3 screws (116) and 3 SPRING WASHER (117) by the wrench (C) tightly.
5. Repeat for the RIGHT DUMBBELL HOLDER (114).









STEP 5

1. Remove pedals from the components box.
2. Look at the end of the pedal axle and notice each pedal is marked with an R and L on the spindle. It is indicated which side of bike the pedal is intended to assemble.
3. Locate the pedal marked R on the spindle on the right side of crank (Chain guard side). Turn clockwise to tighten by wrench C firmly. If possible, apply some grease to the threads before engaging to the crank.
4. Locate the pedal marked L on the spindle on the Left side of crank. Turn counter-clockwise to tighten by wrench C firmly. If possible, apply some grease to the threads before engaging to the crank.

⚠ FINAL CHECKS

Your fitness bike is now fully assembled! Please make the following final checks before using it for the first time. Ensure all screws, bolts and nuts are tightened securely. Be sure to position the fitness bike on a flat, level surface.

NOTE: Be sure to fit the parts in the same order as the diagrams shown.
Make sure the screws are fully tightened.

INDOOR CYCLE SETUP

LEVELLERS

Place the cycle on a level area, if at all possible. If the cycle needs leveling, turn the levelers clockwise or counterclockwise until the base is stable and does not rock.

ADJUSTMENT KNOBS

All four adjustment levers function the same way. Turn the knob clockwise to tighten and counterclockwise to loosen.

SEAT

The pitch of the saddle can be adjusted to accommodate all users. Loosen the horizontal bolt under the seat to adjust the pitch, then retighten.

TRANSPORTATION

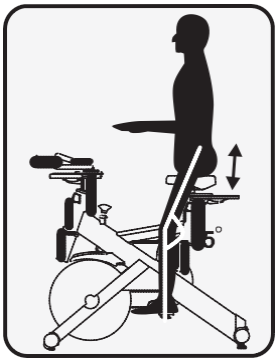
The indoor cycle is equipped with two transport wheels, which are engaged when the rear of the CIC9f00 indoor cycle is lifted.

ADJUSTMENT OF SEAT POSITION

ADJUSTING THE BIKE FOR A PROPER FIT

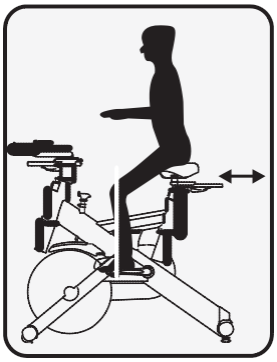
Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

ADJUSTMENT OF SEAT POSITION



Seat Height Adjustment

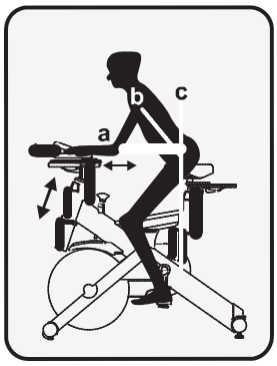
1. Standing next to the bike, adjust the seat until it is about hip height.
2. Rotate the crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike.
4. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee, about 5 degrees.
5. If your leg is too straight or your foot cannot touch the pedal, you will need to lower the seat height. If your leg is bent too much, you will need to raise the seat height.
6. Dismount the bike. Then loosen the quick release lever on the seat post and adjust up or down as necessary.
7. When the seat is in the desired position, tighten the quick release to secure the seat post. Note the final position mark on the seat post for future reference.



Seat Forward/Aft Adjustment

1. Sit on the bike with the crank arms in the 3 and 9 o'clock positions. A proper forward/aft position (for road bike training) of the seat is achieved when the small bump at the top of your shin is above the pedal axle.
2. Dismount the bike. Loosen the quick release under the seat and slide the seat forward or backward as desired; tighten the quick release lever.

HANDLEBAR ADJUSTMENT



Handlebar Height Adjustment

1. The handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening the quick release on the handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the quick release to secure the handlebar post. Note the final position mark on the handlebar post for future reference.

Adjustment of Handlebar's Forward/Aft Position

1. Loosen the quick release under the handlebar and slide the handlebar forward or backward as desired. A suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the quick release to secure the handlebar assembly.

Important Reminder

Make sure that there is minimum of 2 feet of clearance all around the fitness bike.

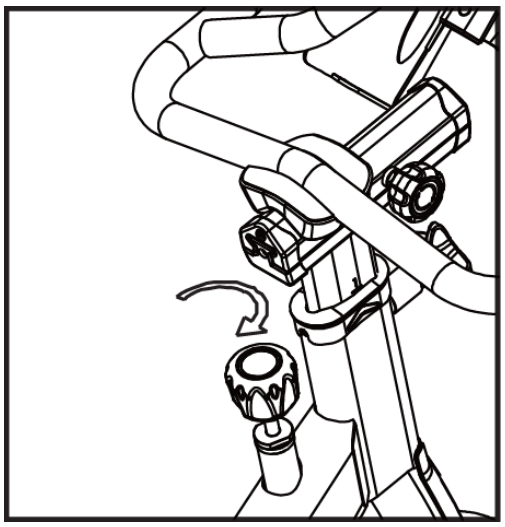
1.While operating, make sure the unit is properly in position on a structurally sound, even surface.

2. Stand beside the seat, and step over the fitness bike frame before seating yourself and placing your feet on the pedals.

3. Once properly seated on the fitness bike, grasp the handles and start pedalling.

RESISTANCE ADJUSTMENT

ADJUSTING THE TENSION

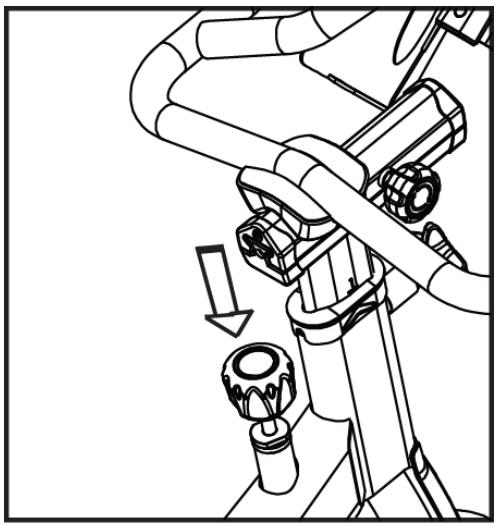


Resistance can be adjusted easily at any time while riding to change the intensity of workout. Turn the knob clockwise (+) to increase resistance. Turn the knob counterclockwise (-) to decrease resistance.

EMERGENCY BRAKE

In case of emergency or before dismounting the indoor cycle, presses directly DOWN on the resistance knob to stop the flywheel and pedal.

PEDAL STRAP ADJUSTMENT



Place the ball of your feet in the toe clip till the front of the shoe is snugly in the cage. Then tighten the strap of toe clip around your shoe by pulling up on the strap until cage of toe clip fits snugly around the shoe.

BELT TENSION ADJUSTMENT

The belt tension had been set before shipping. It should not need to be adjusted when first using. However, you may need to make the minor tension adjustment over time.

NOTE: Make sure you adjust both side equally either tighten or loosen the belt tension so that the flywheel keep in alignment with the frame.

DUAL FUNCTION PEDAL

ADJUSTING THE PEDAL STRAPS

Place your feet in between the aluminum surface of the pedal and the nylon foot strap that wraps around it. If the opening is too narrow, depress the spring-loaded clasp with one hand and pull on the nylon strap with the other to increase the opening area. If it is too loose or to tighten the strap, depress the spring-loaded clasp, then pull on the open end of the nylon strap until the strap is snug around each foot.

USING THE CLEAT PEDALS

Engage cleated shoes in pedals by placing cleat between bindings while pushing down.
Disengage by twisting heel outwards away from exercise bike.
Binding tension is adjustable and should be set, so that cleat and shoe do not disengage when pedalling. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, counterclockwise to decrease binding tension.



MAINTENANCE GUIDELINES

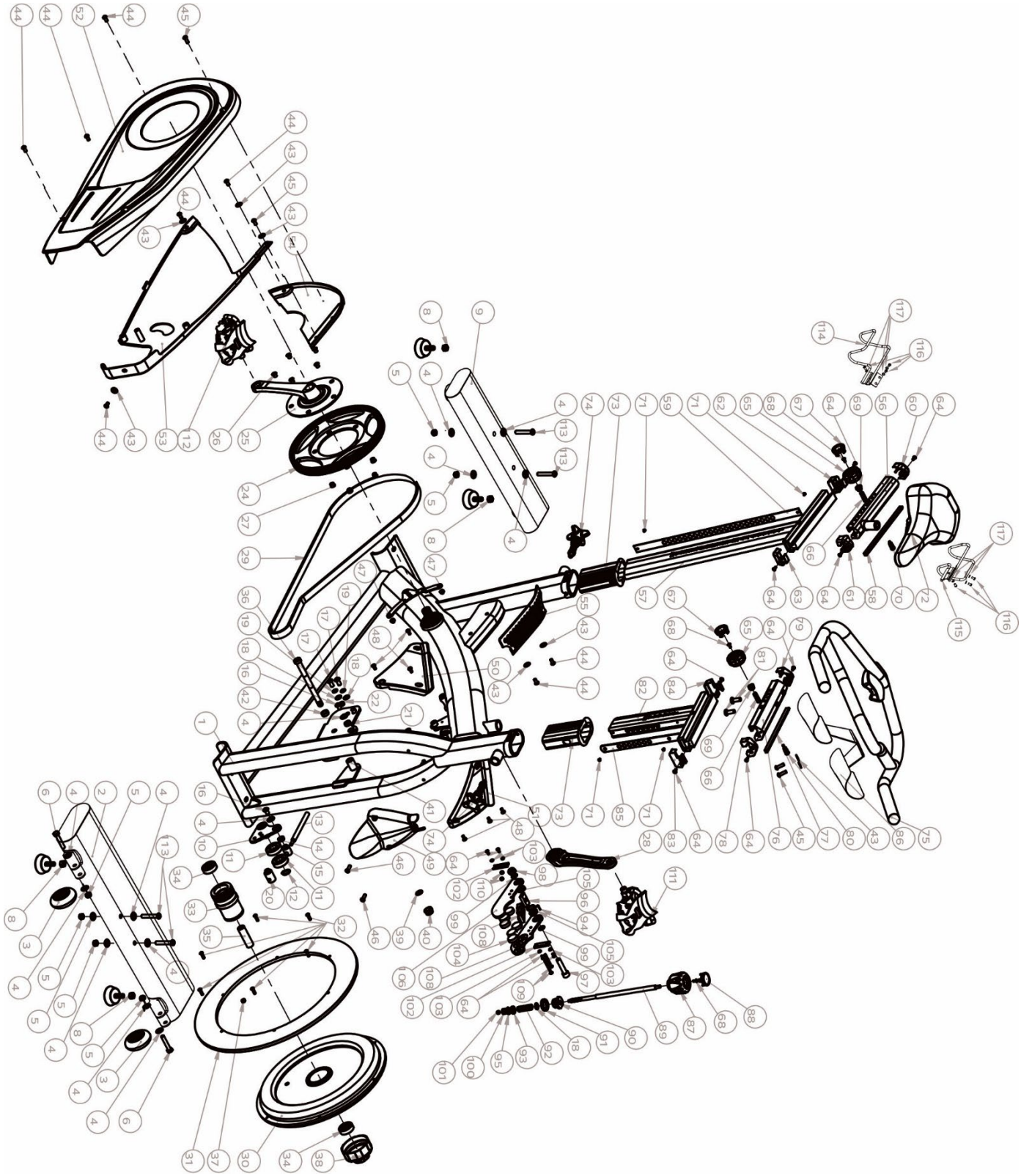
The safety and integrity designed into the **fitness bike** can only be maintained when the **fitness bike** is regularly examined for damage and wear. Special attention should be given to the following:

MAINTENANCE SCHEDULE

Part	Recommended Action	Frequency	Cleaner
Pedals	Ensure that pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each use	N/A
Frame	Wipe down by using a soft, damp clean cloth	Daily	Water
Flywheel	Wipe down by using a soft, damp clean cloth	Weekly	Water
Magnetic Brake Pad	Inspect for excessive wear	Monthly	N/A

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Frame	1
2	Front stabilizer assembly	1
3	Transportation wheel	2
4	Flat washer SUS304 M8(D19*d8.5*1.0t)	14
5	Nylon nut SUS304 M8*P1.25	4
6	Hex screw M8*1.25*45L	2
7	Hex nut φ3/8"*16T*8t	4
8	Leveler foot	4
9	Rear stabilizer assembly	1
10	Idler pulley arm assembly	1
11	Bearing-6203ZZ	2
12	C type clip	1
13	Screw M10*130L	1
14	Idler pulley casing	1
15	Idler pulley positioning nut	1
16	Hex-socket head screw M8*P1.25*12L	2
17	Hex-socket head screw SUS304 M8*P1.25*16L	2
18	Flat washer SUS304 M8(D16*d8.1*1.6t)	3
19	Spring washer (CP)SW8*1.7t	2
20	Flywheel fixed positioning nut φ20x34L	1
21	Flywheel fixed plate casing A φ16xφ12x6.3L	1
22	Flywheel fixed plate casing B φ12xφ8x6.3L	1
23	Bottom bracket set	1
24	Sprocket / pulley	1
25	Right crank	1
26	Lock screw	5
27	Lock screw	5
28	Left crank	1
29	Belt 5PK 1515L	1
30	Flywheel set	1
31	Aluminum Ring	1
32	Flat cross head screw SUS304 M5*P0.8*16L	6
33	Hub set	1
34	Bearing (6301RS NBK)	2
35	Flywheel axis casing B	1
36	Flywheel AXIS	1
37	Permanent magnet	1
38	Hub protect guard	1
39	Flat washer (CP)φ12xφ18x1t	1
40	Nylon nut M12x1.75	1
41	Flywheel axis casing A	1
42	Flywheel axis casing C	1
43	Flat washer SUS304 M6(φ16*φ6.5*1.0t)	8
44	Hex-socket head screw SUS304 M6*P1.0*12L	8
45	Hex-socket head screw SUS304 M6*P1.0*15L	4

Key	Part Description	Q'ty
46	Hex-socket head screw SUS304 M6*P1.0*20L	2
47	Cap nut SUS304 M6*P1.0	2
48	Hex-socket head screw SUS304 M5*P0.8*10L	6
49	Front sweat guard	1
50	Sweat guard (right)	1
51	Sweat guard (left)	1
52	Chain guard	1
53	Inner chain guard (front)	1
54	Inner chain guard (back)	1
55	Anti-slide board	1
56	Seat slider welding assembly	1
57	Seat post assembly	1
58	Seat adjustment taut block	1
59	Seat post panel	1
60	Up sweat guard(back)	1
61	Up sweat guard(front)	1
62	Down sweat guard(back)	1
63	Down sweat guard(front)	1
64	Flat cross head screw SUS304 M4*P0.7*8L	12
65	Adjustable knob	2
66	Konb screw (UCP)φ9*27.5L	2
67	Brake knob--cover	2
68	Flat cross head screw (UCP)M4*P0.7*10L	3
69	Knob bolt block	2
70	Pop pin knob(short)	1
71	Flat cross head screw SUS304 M3*P0.5*6L	4
72	Saddle	1
73	Bushing (seat post/handlebar)	2
74	Star-type pop pin knob	2
75	Handlebar	1
76	Adjustment handlebar block(up)	1
77	Handlebar adjustment taut block	1
78	Up sweat guard(front) (wider)	1
79	Up sweat guard(back) (wider)	1
80	Pop pin knob(long)	1
81	Flat hex screw SUS304 M8*P1.25*25L	2
82	Handlebar Post assembly	1
83	Down sweat guard(front) (wider)	1
84	Down sweat guard(back) (wider)	1
85	Handlebar post panel	1
86	Water bottle holder	1
87	Brake Knob	1
88	Brake knob cover	1
89	Brake rod	1
90	Brake fixed knob	1
91	Aluminium gasket	1
92	Compression spring	1

Key	Part Description	Q'ty
93	Square plastic bushing	1
94	Torsion spring 2.0	1
95	PE washer φ8.2*φ18*2.0t	1
96	Brake adjustment block	1
97	Hex-socket screw SUS304	1
98	Nylon nut SUS304 M10*P1.5	1
99	Flat wash er SUS304 M10(D16*d10.2*1.0t)	2
100	Nylon nut SUS304 M8*P2.0	1
101	Nylon nut SUS304 M5*P0.8	1
102	Brake block connection piece	2
103	Copper bushing	4
104	Permanent magnet	6
105	Bearing LF-1910ZZ	2
106	Brake block (right)	1
107	Brake block (left)	1
108	Brake gasket assembly	1
109	Flat cross head screw SUS304 M4*P0.7*40L	2
110	Nylon nut SUS304 M4*P0.7	2
111	Left Pedal	1
112	Right Pedal	1
113	Stabilizer Screw M5x1.5x55L	4
114	Right dumbbell Holder	1
115	Left dumbbell Holder	1
116	Flat cross head srcew M5*P0.8*8L 5	6
117	Spring Washer SW5*1.0t	6

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 of 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, the rate at which your heart beats 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, 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, and (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 have 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 the 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 about 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.

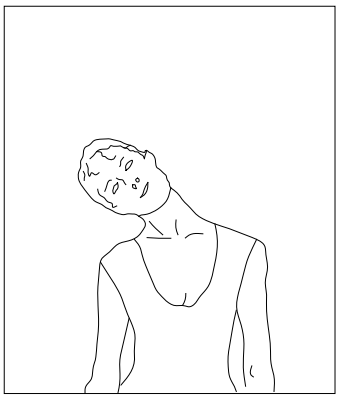
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute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

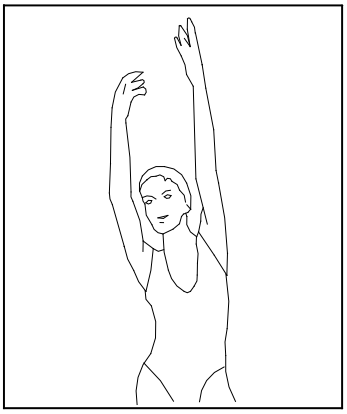
HEAD ROLLS

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, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



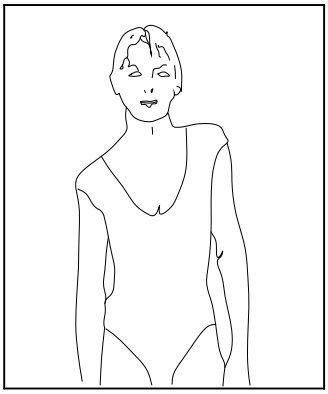
SIDE STRETCHES

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 arm.



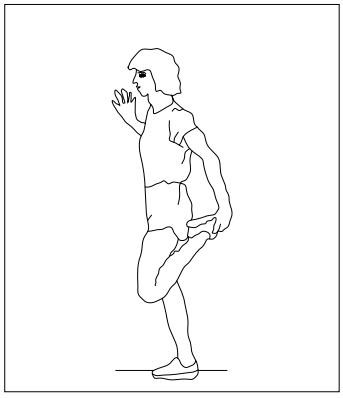
SHOULDER LIFTS

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



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.



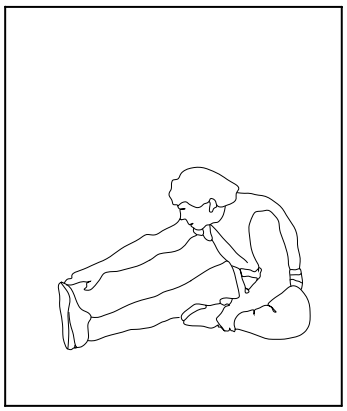
INNER THIGH STRETCH

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



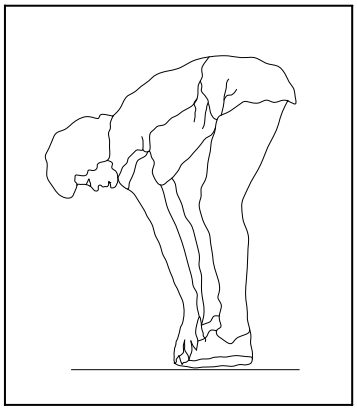
HAMSTRING STRETCHES

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



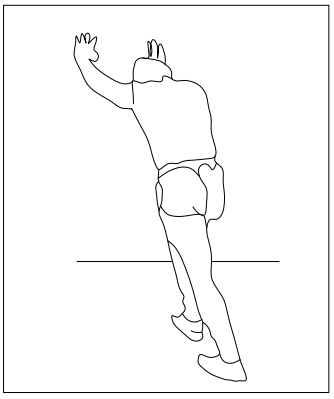
TOUCHES

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.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe 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 fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Commercial Warranty (Non-dues paying facility)

Frame	10 Years
Parts & Brake	3 Years
Labour & 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: Go to www.dyaco.ca/warranty and complete the online warranty registration.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike.
4. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
5. Damages to the fitness bike finish during shipping, installation or following installation.
6. 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 consumer. 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 fitness bike not requiring component replacement, or fitness bike not in ordinary use.
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 North America 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 owner, are the responsibility of the owner.
4. The owner 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.
5. 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.

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

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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