Owner's Manual

Model No.
16007609000
CTSBS900

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:
Read and understand this manual before operating unit

SPIRIT



Retain For Future Reference

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

SPIRIT

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

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

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future needed contact easy. We appreciate your support, and we will always remember that you are the reason that we are in business.
Please go to www.dyaco.ca/warranty 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 CTSBS900 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT CTSBS900 Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SPIRIT CTSBS900 Treadmill. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT CTSBS900 Treadmill, please do not return the product. Contact us **FIRST!** If a part is missing or defective, call us toll-free at 1-888-707-1880 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.



MAX. USER WEIGHT LIMIT 204 KGS (450 LBS)

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.
DANGER - To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet prior to cleaning and/or service work.
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120Vac , 20 amp grounded outlet.
WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

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

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

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 12 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

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

- Remove tether cord after use to prevent unauthorized treadmill operation.

- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- Do not change any component by yourself, you may get injured or damage the treadmill
- User weight should not exceed 400 lb (180 kg).

WARNING

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

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

Route the power cord away from any moving part of the unit including the elevation mechanism and transport wheels.

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

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

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the unit drive electronics and motor. This is an issue that affects all unit brands. New laws in your area may require these breakers.

If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit.

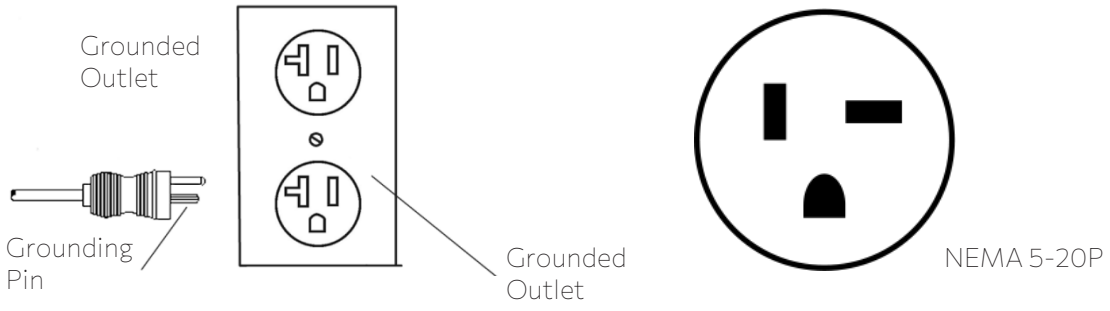
Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier.

GROUNDING INSTRUCTIONS

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

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician. Wiring should comply with local electrical regulations. Highvoltage lines, low-voltage lines, and underground cables must be routed separately and must not be connected to or intertwined with other lines.

- Motor: 4.0HP AC
- Power: 120 volts, 60 Hz, dedicated 20-amp circuit (NEMA 5-20P standard power plug/ receptacle type) recommended



IMPORTANT OPERATION INSTRUCTIONS

• **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer console.

•Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

• **NEVER** use your treadmill during an electrical storm. Surges may occur that could damage treadmill components. Unplug the unit during an electrical storm as a precaution.

• Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt, which may result in serious injury.

• Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

WARNING DECAL REPLACEMENT

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



GETTING ON / OFF YOUR TREADMILL

IMPORTANT

The treadmill comes with handlebars.

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

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

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

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



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

Place both of your feet on the running belt.

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

Important

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

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

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

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

Correct Position

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

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

ASSEMBLY PACK CHECKLIST

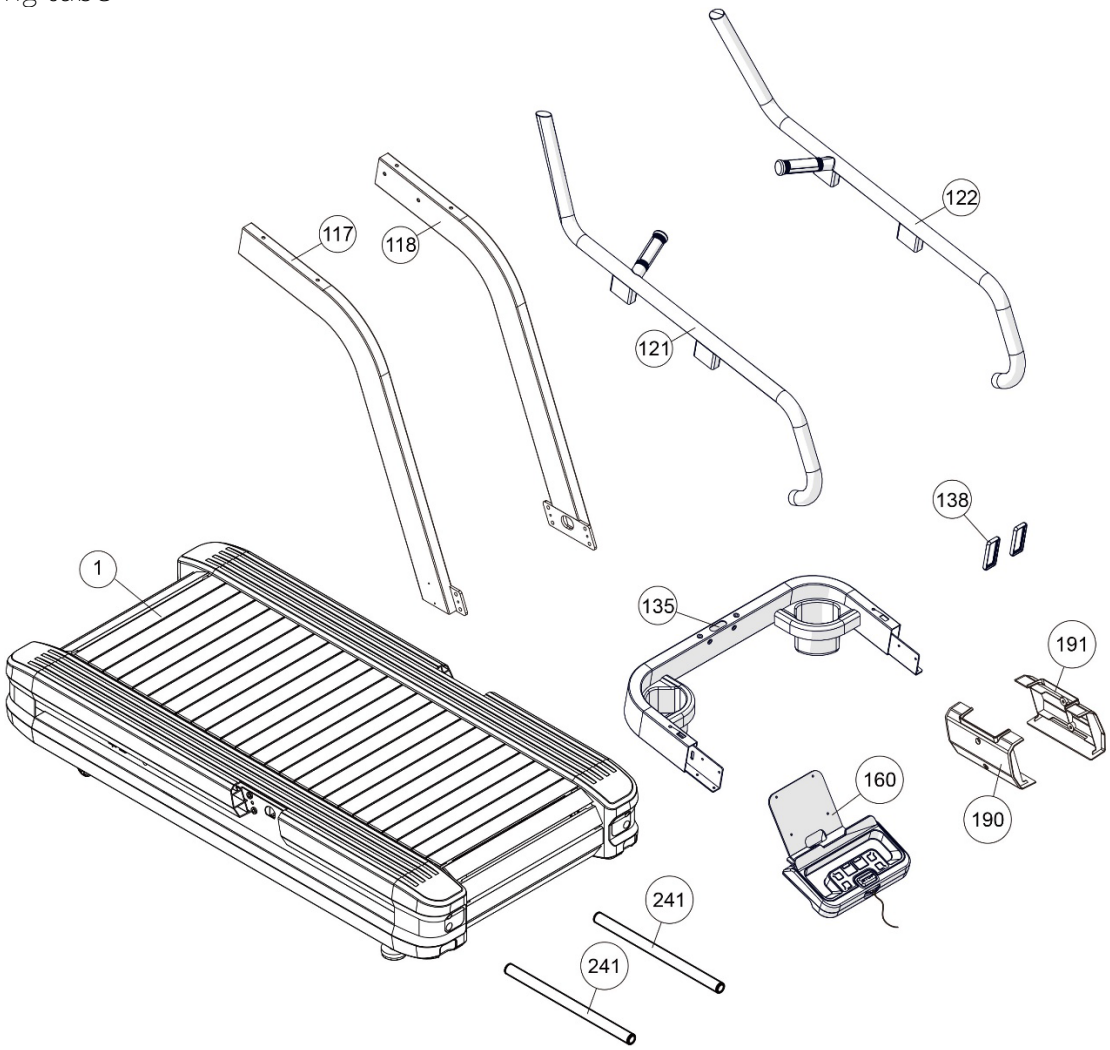
PARTS INCLUDED

TOOLS

- 8mm Allen Wrench
- 2 Phillips Screwdrivers

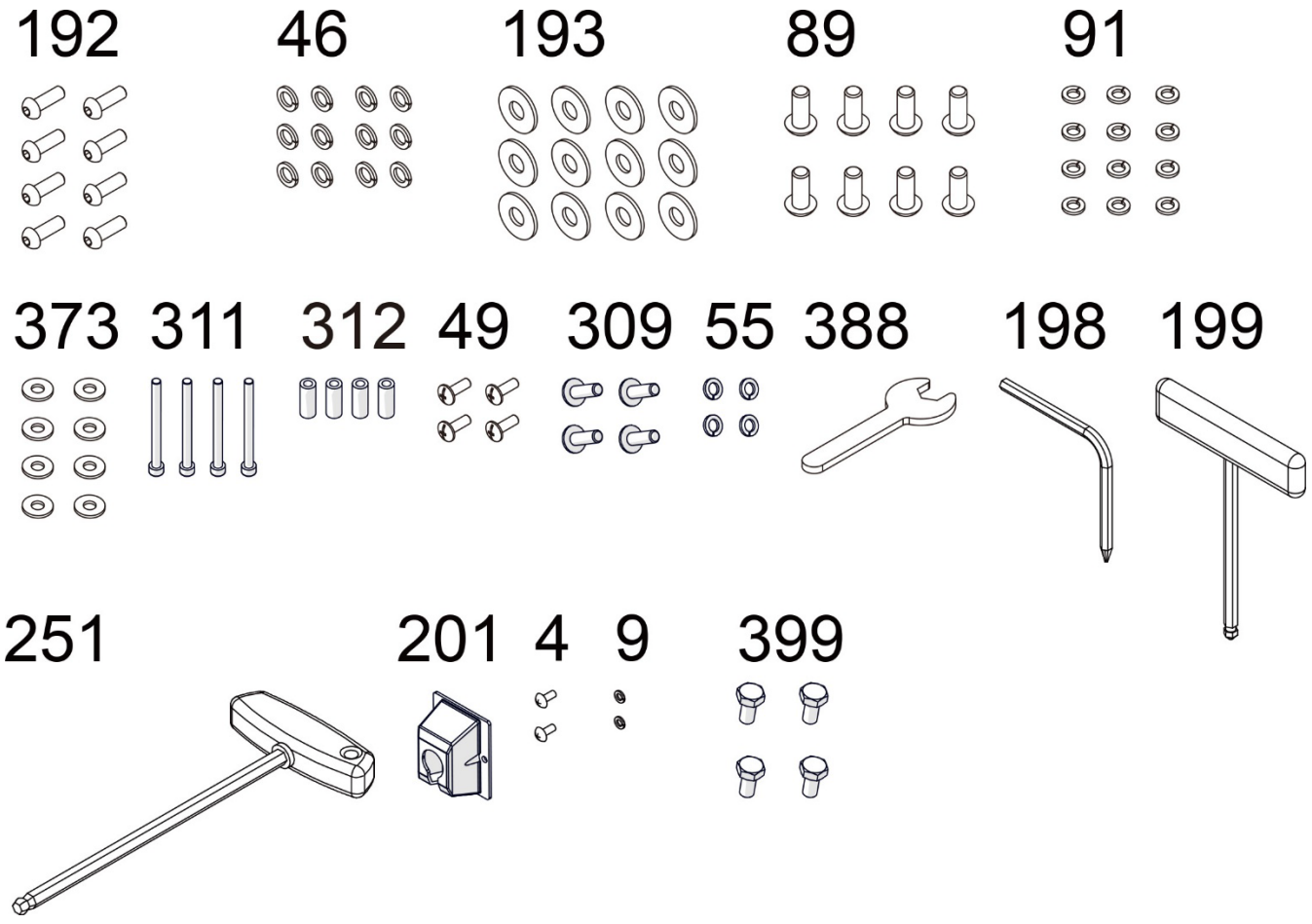
PARTS:

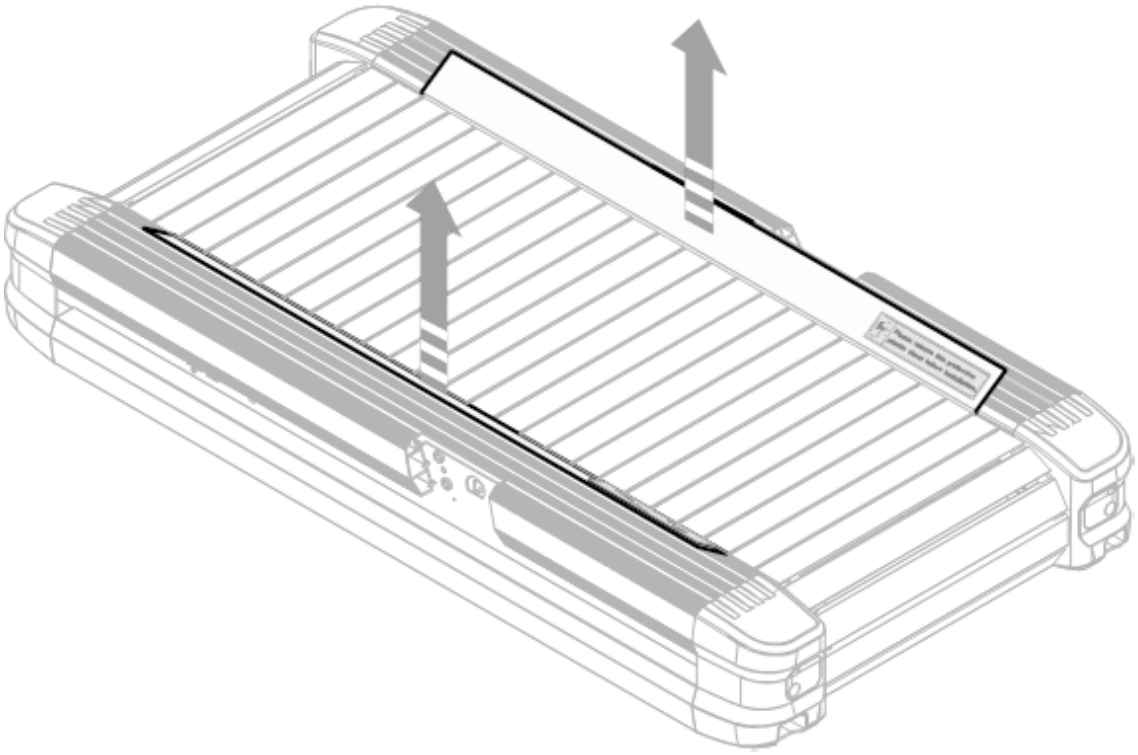
1. Frame assembly
117. Handlebar upright tube (left)
118. Handlebar upright tube (right)
121. Handrail tube assembly (left)
122. Handrail tube assembly (right)
135. Water cup holder assembly
138. Decorative ring
160. Console bracket
190. Upright tube cover (left)
191. Upright tube cover (right)
241. Handling tube



HARDWARE

192. Umbrella hex socket cap screw M10x25 (steel)
46. Spring washer M10
193. Washer φ10xφ25x2.0t
89. Umbrella hex socket cap screw M8x20 (steel)
91. Spring washer M8
373. Flat washer 8x25x2.0t
311. Hex socket cap screw M8x100 (steel)
312. Sleeve
49. Umbrella head cross screw (cut tail) - M5x15
309. Umbrella head cross screw M5x15
55. Spring washer M5
388. Open-end wrench 17mm
198. L-shaped hex wrench + cross screwdriver 5mm
199. T-shaped wrench 6mm
251. T-shaped wrench 8mm
201. Power cord switch cover
4. Umbrella head cross screw (cut tail) - M4x10
9. Spring washer M4
399. Outer hexagon screw M10xP1.5x20

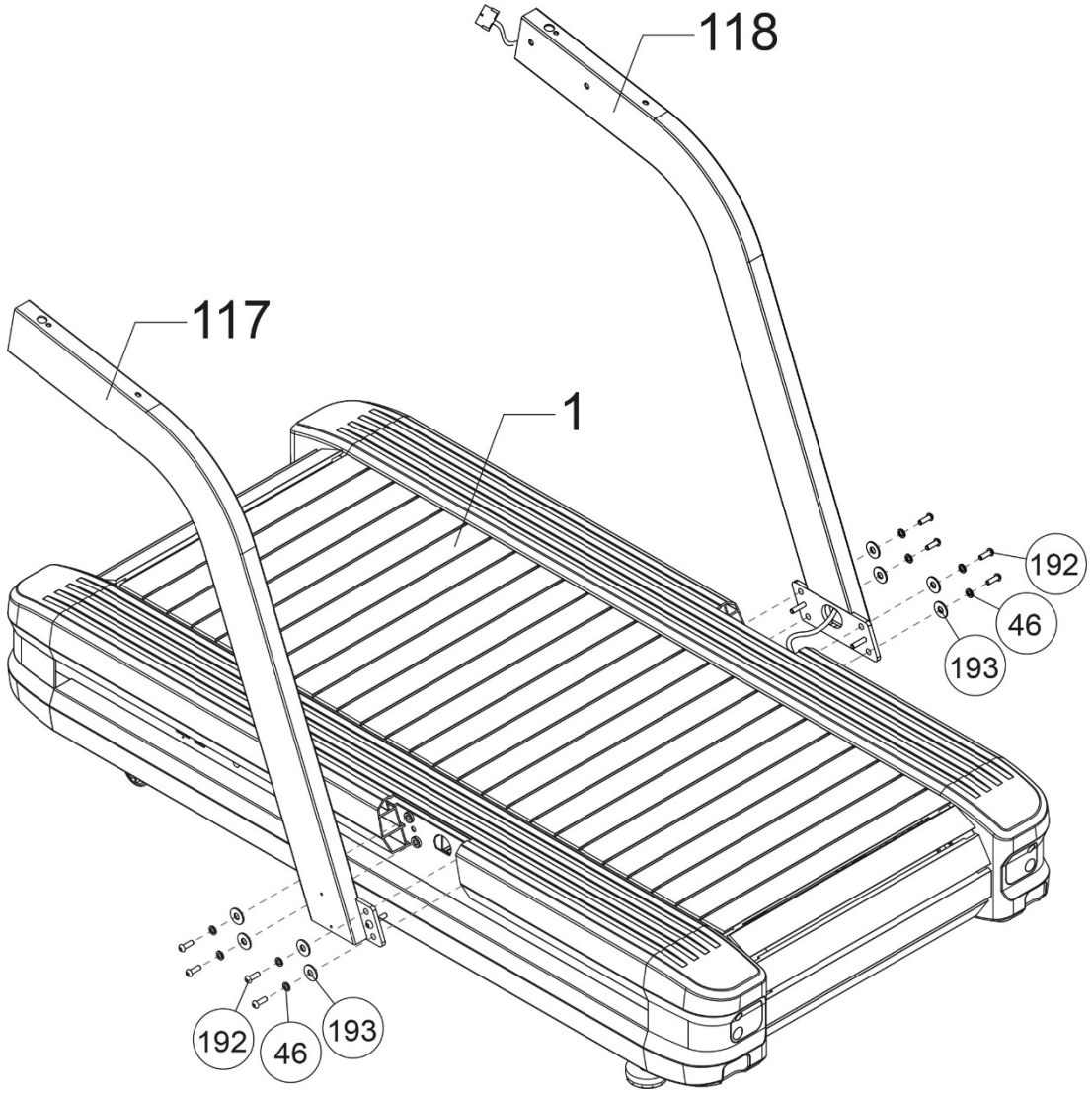




PRE-ASSEMBLY

1. Cut the straps, then 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 parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. 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.
5. Remove the protective plastic film before installation.

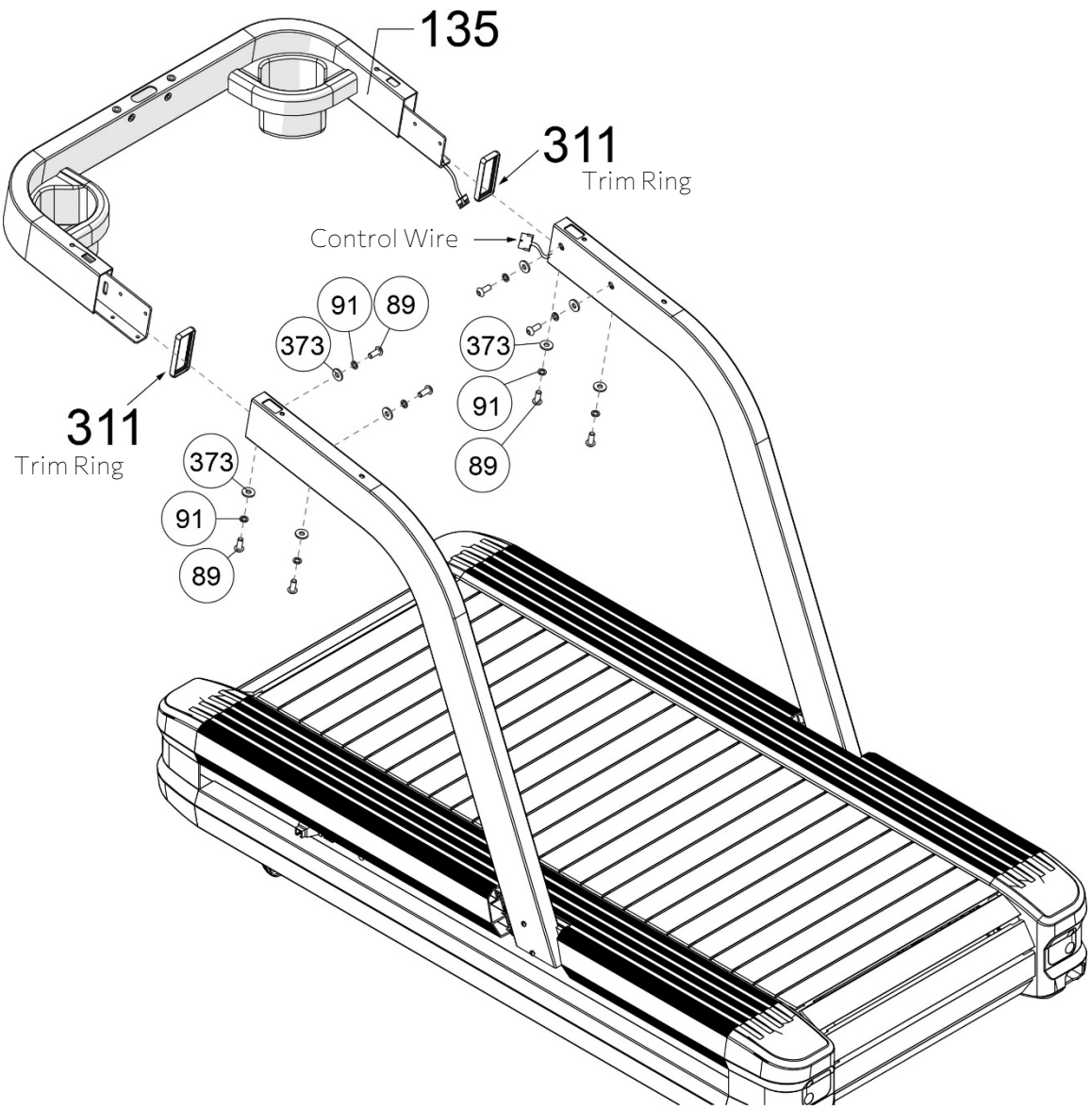
ASSEMBLY



STEP 1

1. Note: To avoid any potential hazards, the assembly of the machine must be carried out by two or more individuals; do not attempt to assemble it alone.
   Use the magic tape attached inside the Right Handlebar Upright Tube (118) to secure the wires of the platform tightly, then thread them through the upright tube.
2. Use Screws (192), Spring washers (46), and Washers (193) to secure the left and right Handlebar Upright Tubes (117, 118), but do not tighten them at this stage.

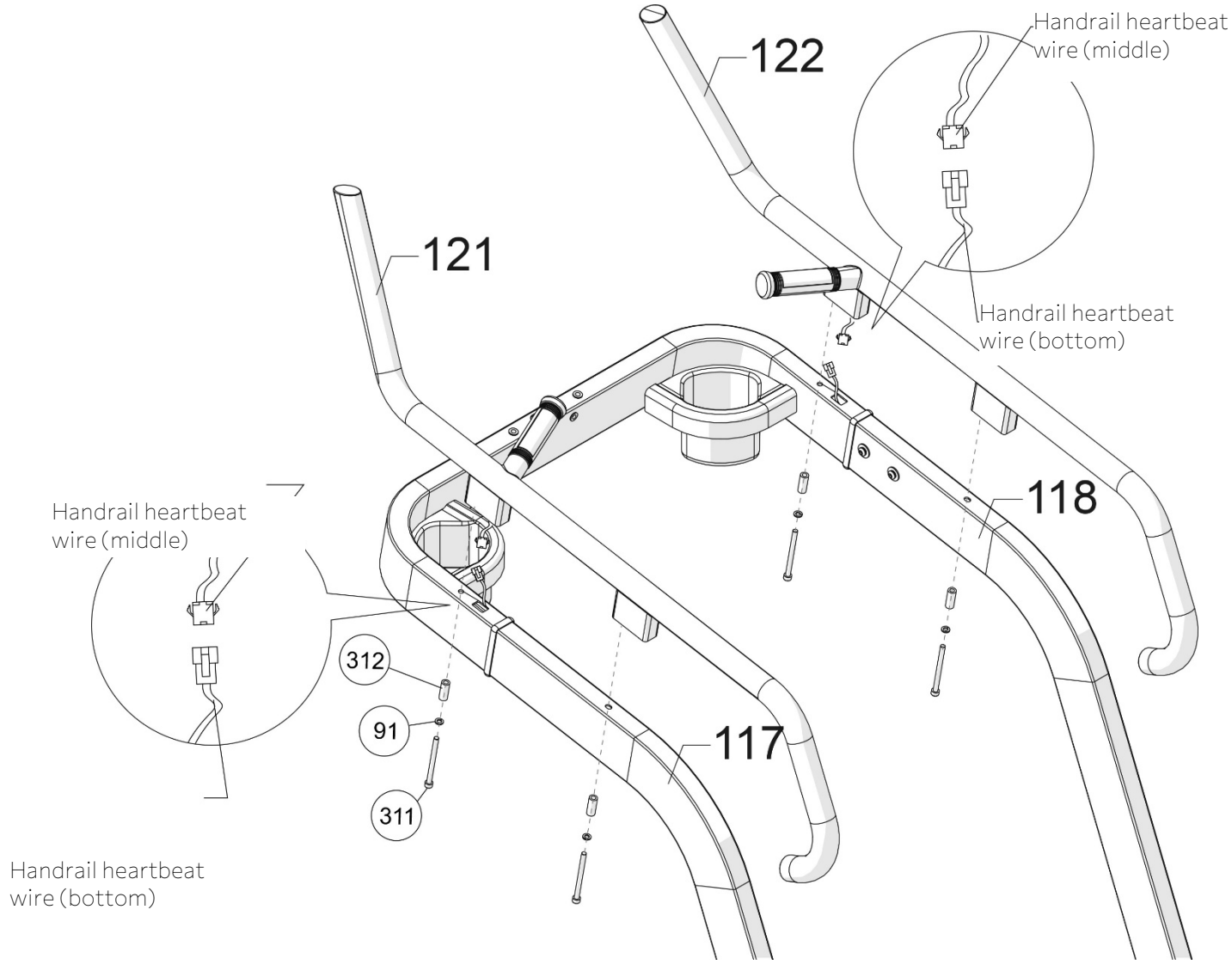
   Note: During assembly, take care not to pinch any wires.



STEP 2

1. First, install decorative Trim Rings (311) on on both sides as shown.
2. Position the Water Cup Holder Assembly (135) on the Left and Right Handlebar Upright Tubes, and pull the Heartbeat Wire of the Water Cup Holder Assembly out through the upper hole of the Right Handlebar Upright Tube. After connecting the Control Wires, place the wires inside the Upright Tube.
3. Then secure it with Screws (89) and Washers (91, 373) without tightening them. Ensure that the screws for the Water Cup Holder Assembly (135) can all be tightened simultaneously with the Left and Right Handlebar Upright Tubes before using a tool to fully tighten all screws.

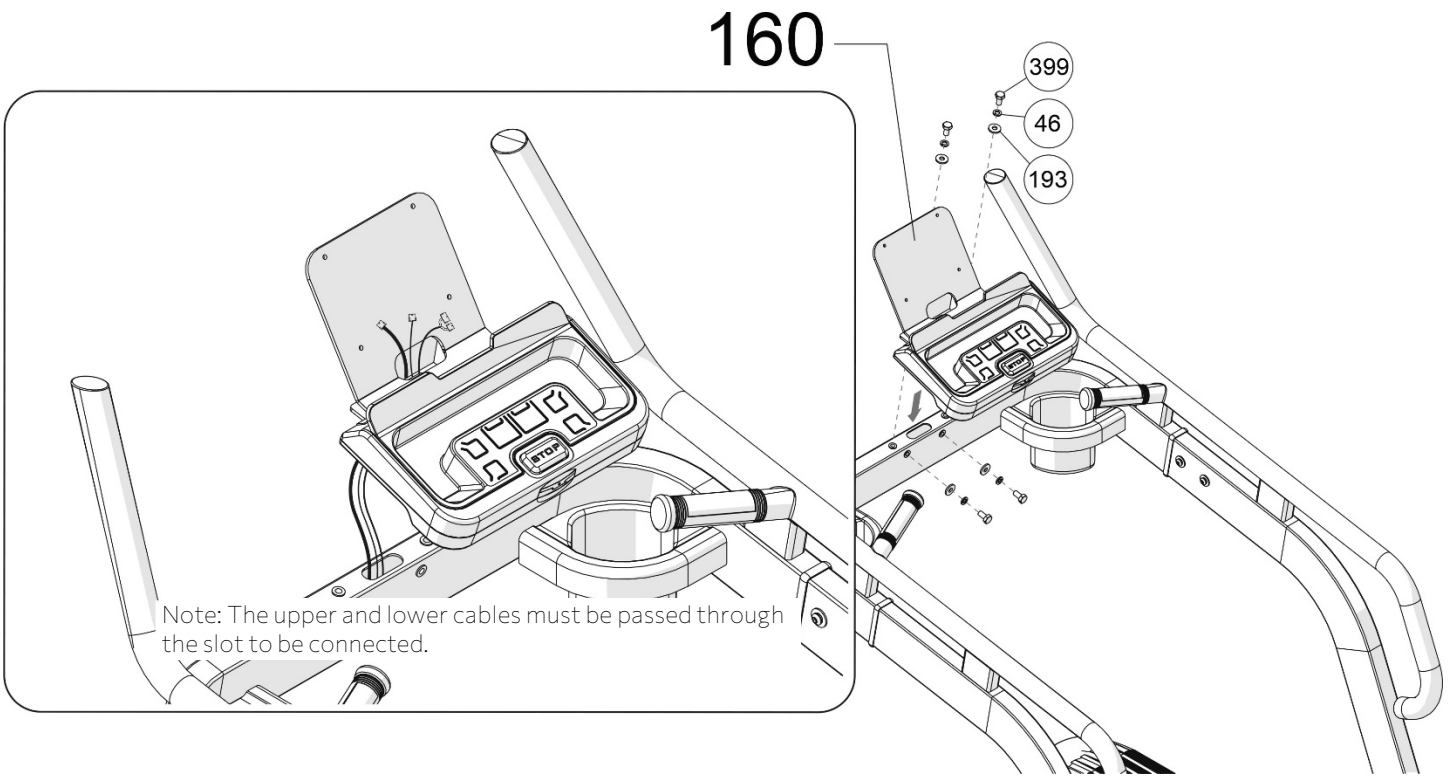
Note: During assembly, take care not to pinch any wires.



STEP 3

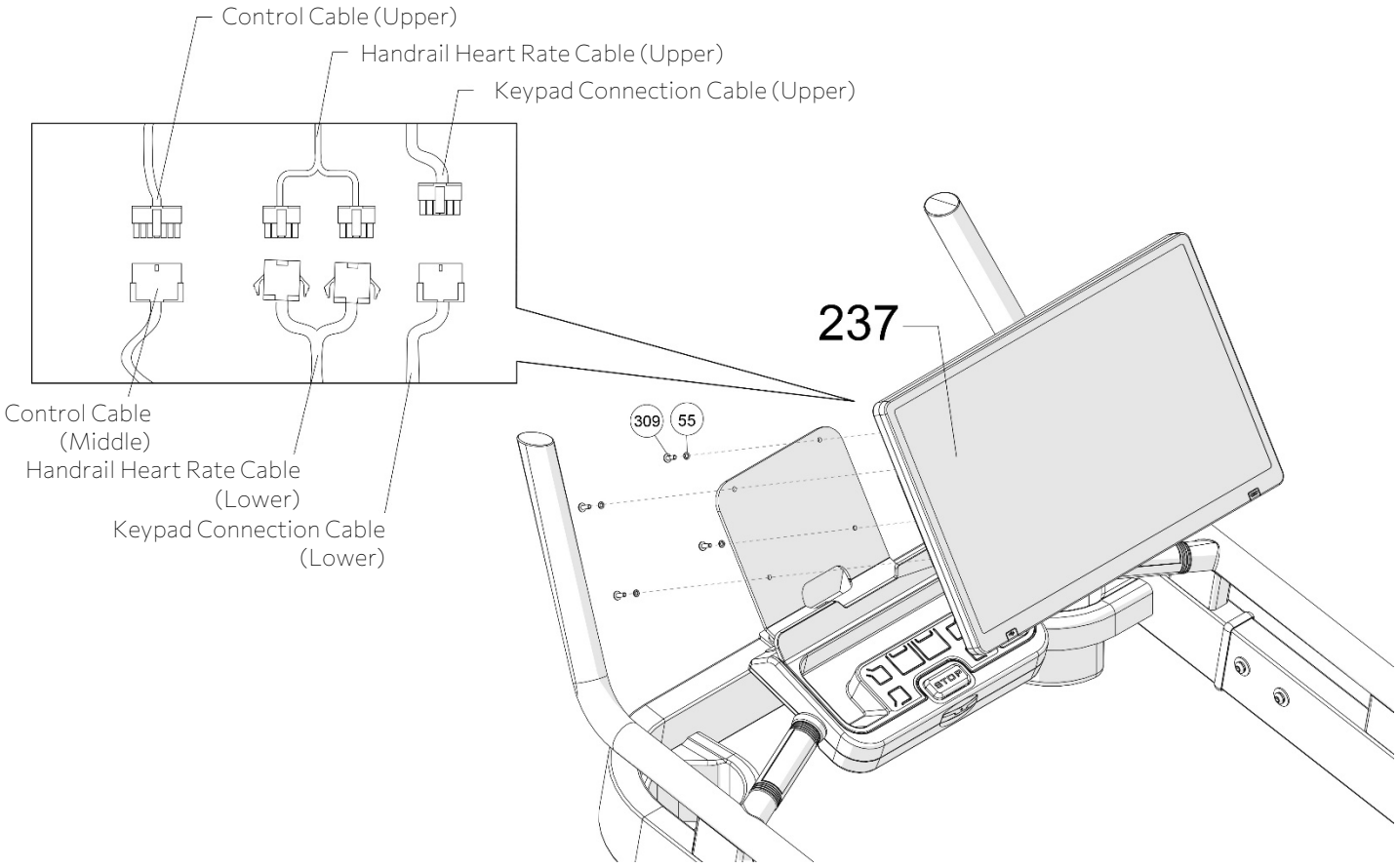
1. Connect the wiring of the Water Cup Holder Assembly to the wiring of the Right Handrail Tube Assembly (122), then organize the wires and tuck them into the Right Handrail Tube Assembly (122). Repeat for Left Handrail Tube Assembly (121).
2. Use Screws (311), Spring Washers (91), and Sleeves (312) to securely fasten the Left and Right Handrail Pipe Assemblies (121, 122) to the Left and Right Handlebar Upright Tubes as shown.

   Note: During assembly, take care not to pinch any wires.



STEP 4

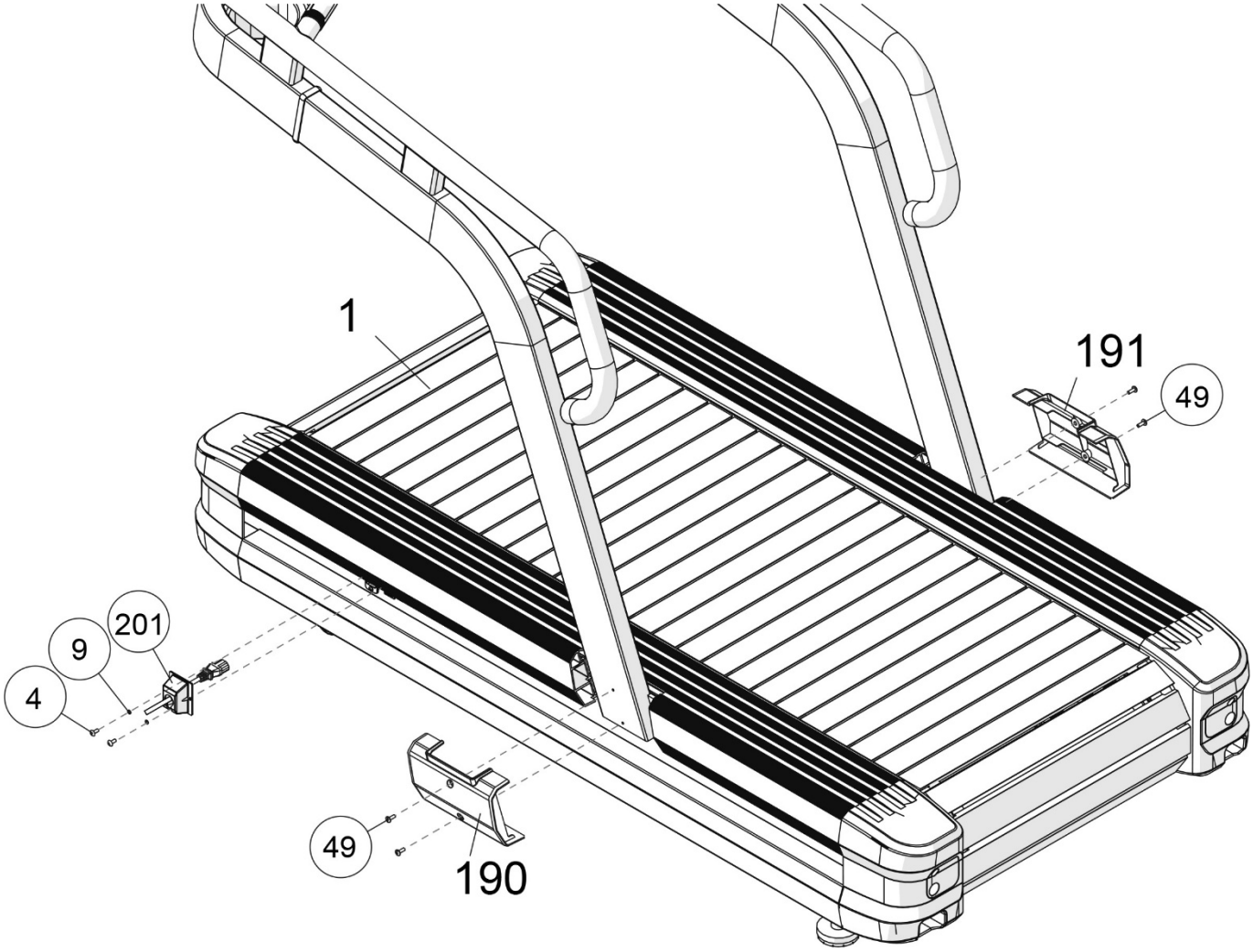
1. 1. Place the Console Bracket (160) onto the previously assembled Water Cup Holder Assembly, then secure it with Screws (399) and Washers (46, 193) to lock the Console Rack onto the Water Cup Holder Assembly.



STEP 5

1. Connect the wiring of the console rack to the wiring of the Console (237).
2. Place the Console (237) onto the previously assembled console rack, then secure it with screws (309) and washers (55) to lock the console assembly onto the console rack.

   Note: During assembly, take care not to pinch any wires. The cable is reserved for the TV system; this model and console do not need or include one.



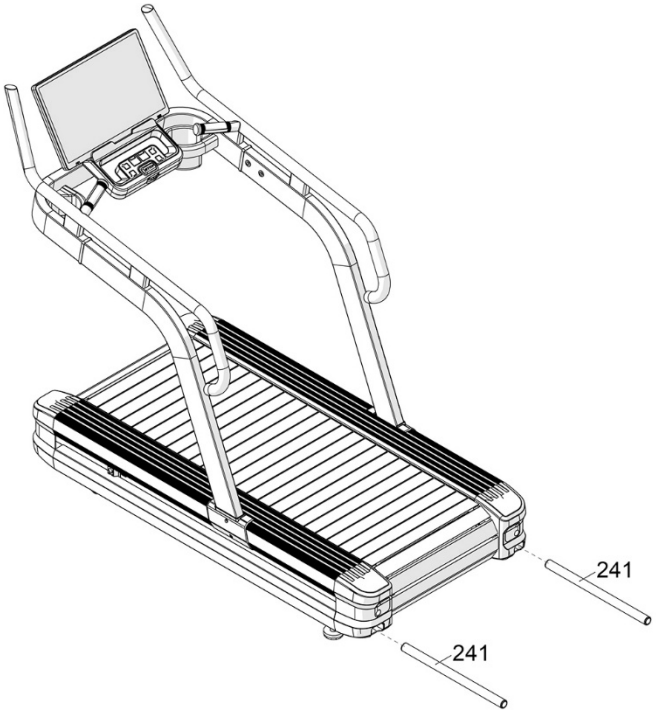
STEP 6

1. Cover the Left And Right Upright Tube Covers (190, 191) and secure them with Screws (49). Next, insert the power cord into the power cord socket as indicated by the icon, then cover the Power Cord Switch Cover (201) and secure it with Screws (4) and Spring Washers (9), tightening them.

SETTING UP YOUR SLAT BELT SLED TREADMILL

Moving the Machine

When moving the machine, you can insert the Handling Tube (241) into the hole of the rear adjustment box to facilitate the relocation of the machine.



Powering On

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power switch is turned on the treadmill console will take around 10 seconds to power on. The console will then enter idle mode, which is the starting point for operation.

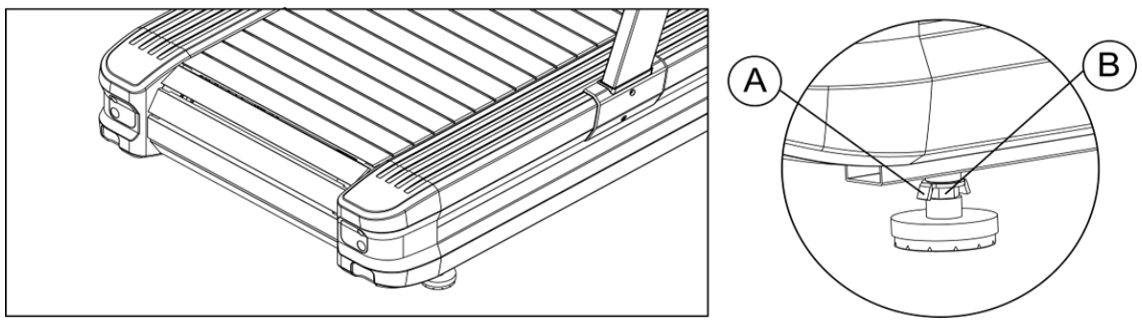
The power switch is located on the panel at the bottom of the treadmill. The switch position “1” represents the ON state, while “0” represents the OFF state.

Level Adjustment

Placing the treadmill on an uneven surface or unstable supports can cause it to wobble during use, and the incline adjustment may also be affected.

The method for level adjustment is as follows:

1. Rotate A counterclockwise to loosen it.
2. Adjust B to the appropriate height.
3. Rotate A clockwise to tighten it.
4. The adjustment method is the same for both sides.



QUICK START

1. Press any key to wake display up if not already on.
2. Press the Start key to begin belt movement at 0.5 mph / 0.8 kph then adjust to the desired speed using the Speed +/– keys, or by typing the desired speed on the numeric keypad. Once desired setting is selected, press Enter.
3. To stop the slat belt, press and release the Stop key.

FEATURES

How to Connect with the Bluetooth

After powering on, the device automatically activates the Bluetooth functionality, remaining ready to connect and allowing simultaneous pairing with both the app and the Bluetooth chest strap (sold separately).

1. When the user returns to idle mode, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.
2. When the user presses pause, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.
3. When the user pauses a workout but does not return to idle mode, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.

FEATURES – CONTINUED

Pause / Stop / Reset

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

- To resume your exercise when in Pause mode, press the Start button. The speed and incline will return to their previous settings.
- Pressing the Stop button twice will end the program and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen.
- If the Stop button is held down for more than 3 seconds the console will reset.
- When you are setting data, such as age and time, for a program pressing the Stop button will allow you to go back one step for each button press.

Incline

- Incline may be adjusted anytime after the belt starts moving.
- Press and hold the adjust incline Up/Down buttons to achieve desired level of incline.
- The display will indicate incline numbers as percent of grade (the same as grade of a road) as adjustments are made.

Dot Matrix Message Center

• Ten rows of dots indicate each level of a workout in manual mode. The dots are only to show an approximate level (speed/ incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline Dot Matrix Message Center will build a profile “picture” as values are changed during a workout. There are twenty-four columns, indicating time. The 24 columns are divided into 1/24th of the total time of the program. When the time is counting up from zero (as in quick start) each column represents 1 minute.

1/4 Mile Track

The 1/4-mile track (0.4 km) will be displayed around the dot matrix window. The flashing dot indicates your progress. In the center of the track there is a lap counter for reference.

Heart Rate Window

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control.

FEATURES – CONTINUED

Heart Rate Bar Graph

Displays a graphical representation of your heart rate as a percentage of your estimated maximum heart rate. When you enter your age during programming, the console will calculate your maximum heart rate then light up the graph to show the percent of estimated maximum heart rate you are currently achieving.

Message Window Display

Displays messages that help guide you through the programming process. During a program the message window displays your workout data.

CONSOLE OPERATION



PROGRAMMABLE FEATURES

The Spirit Fitness Slat Belt Sled Treadmill offers a variety of exercise program options to choose from: Manual, Four Preset Programs (Hill, Fat Burn, Cardio, Interval), 5K/10K Run, Heart Rate Control, High Intensity Interval Training (HIIT), and Nine Fitness Testing Protocols: Gerkin, WFI, Army (pft), Navy (prt), Air Force (prt), Marines (pft), Law Enforcement (peb), U.S. Coast Guard and U.K. Chester Fireman (Performance & Prediction protocols).

In Idle mode, press the Mode key to select from the following options:

- Treadmill Mode
- Free Run Mode
- Sled Trainer Mode

FREE MODE

Running belt is able to move freely under free mode.

1. Select free mode to enter free mode
2. Running belt can move freely under free mode. Please hold on to hand rail and start running.
3. Based on safety design, the variable incline lock will engage. Choose the most comfortable option and proceed.
4. Press Stop and wait for the incline to go down to 0 level and exit free mode.

SLED MODE

In Sled Mode, the running belt generates resistance to simulate the user pushing a sled.
The resistance level can be directly adjusted through from the console.

Manual

1. Select Sled Mode to enter the mode.
2. The resistance level can be directly adjusted from the console.
3. After completing your program settings, press the ENTER key to confirm, then press the START key to begin the program.
4. Press the STOP button once to pause, twice to view the Workout Summary, and three times to exit Sled Mode and return to the idle screen.

Custom Interval

1. Set SLED TIME (default 20 seconds, range 5 seconds to 5 minutes)
2. Set REST TIME (default 20 seconds, range 5 seconds to 5 minutes)
3. Set Sled Resistance (default 4, range 1-12), user can also adjust the sled resistance at any time and the resistance will remain at that resistance for the total duration of the interval program.
4. Display will show SLED TIME with countdown timer for sled exercise, then will show REST TIME with countdown timer for rest time.
5. User will continue the back and forth between sled time and rest time until they press STOP.

PROGRAMMABLE FEATURES - CONTINUED

To Select and Start a Preset Program

1. Select a preset program button then press Enter to begin customizing the program with your personal data, or just press the Start button to begin the program with the default settings.
2. After selecting a program and pressing enter to set your personal data, the Message window will prompt you through the settings starting with time. The default value of 20 minutes will be displayed and you may press Enter to accept or change it using the button pad or Up / Down buttons and just press enter to move to the next step.
3. The Message Window will now be blinking a value indicating your Age. Entering the correct age will affect the Heart Rate Bar Graph accuracy and also needed for the HR programs. Use the button pad or Up / Down buttons to adjust, and then press enter.
4. The Message Window will now be blinking a value indicating your Bodyweight. Entering your correct bodyweight affects the Calorie readout accuracy. Use the button pad or Up / Down buttons to adjust, and then press Enter.
5. The Message Window will now be blinking, showing the preset top speed of the selected program. Use the button pad or Up / Down buttons to adjust and then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will attain during your workout.
6. Now press the Start button to begin your workout, or the Stop button to return to the previous screen.
7. There will be a 3-minute warm-up to begin. You can press the Start button to bypass this and go straight to the workout.
   During the warm-up the clock will count down from three minutes.

PRESET PROGRAMS SPEED/INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for P1 (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above). If the user sets the top speed to 15.6 mph, then the first segment will be 3 mph. You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 15.6 mph or simply 15.6 mph.

P1= HILL; P2= FAT BURN; P3= CARDIO; P4= INTERVAL

Prog	SEG	Warm up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Cool down		
P1	Speed	20	30	40	50	60	60	70	70	70	80	80	70	80	80	100	100	70	80	80	70	70	80	80	70	60	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	3	4	4	5	3	3	4	3	3	4	4	5	4	3	1	1	0	0	0	0
P2	Speed	20	30	40	50	60	60	70	80	100	100	100	100	100	100	100	100	100	100	100	100	100	100	80	70	60	50	40	30	20	
	Incline	0	0	0	0	1	2	3	3	3	4	5	3	3	4	4	3	3	2	2	3	4	5	6	4	2	1	0	0	0	0
P3	Speed	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	80	60	60	50	40	30	20
	Incline	0	0	0	0	1	1	1	2	2	3	2	2	3	3	1	2	3	3	2	2	4	4	2	3	1	1	0	0	0	0
P4	Speed	20	30	40	50	60	60	70	80	100	60	60	70	80	100	60	70	100	60	70	100	60	70	80	70	60	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	4	3	1	0	0	0	0

PROGRAMS - CONTINUED

HIIT

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

1. Using the Program button select the HIIT program then press Enter. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys then press Enter to continue.
3. Next you are asked for the number of intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Next you will enter the Interval time. The Dot Matrix Message Center shows: Sprint Time:30 and Rest Time:30. The Sprint time will be blinking. You may use the Up/Down keys to adjust the Sprint time from 30 to 60 seconds then press Enter. The time for the Rest period will blink and you can adjust the time using the Up/Down keys and press Enter. The Dot Matrix Message Center will display the total program time.
5. The Dot Matrix Message Center now displays SPRINT SPD 6.0 MPH. Use the Up/Down buttons to adjust the sprint speed you desire and press Enter.
6. The Dot Matrix Message Center now displays REST SPEED 3.0 MPH. Use the Up/Down buttons to adjust the res speed you desire and press Enter.
7. You may now press Start to begin the HIIT program. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

5K RUN

This program automatically sets a 5K distance as your goal. The track display will show one loop that is the equivalent of 5 kilometers and the Distance window will also show 5K to start. When the program begins the Distance will count down; once it reaches zero the program ends.

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

FITNESS TEST

When the Fit Test program is selected, the DM displays GERKIN.. This is the first of 9 different tests available: Gerkin, WFI, Army (pft), Navy (prt), Air Force (prt), Marines (pft), Law Enforcement (peb), U.S. Coast Guard, and U.K. Chester Fireman (Performance & Prediction protocols). The initial test is GERKIN; to select a different test press the Fitness Test button again and the next test will be shown. Continue to press the Fitness Test button until the test you want is shown in the message window. To select your desired fitness test, press Enter.

FITNESS TEST OPERATION

1. For each program the Message Window will prompt you to enter your personal data such as Age, Weight, Height, Gender. You may adjust the settings using the keypad or Up and Down buttons then press the Enter button to accept the new number and proceed on to the next screen.

2. After all required data is entered you may now press Start to begin the test.

PROGRAMS - CONTINUED

ARMY

A timed 2 mile / 3.2 kph run. You control the speed manually.
Maximum time allowed to pass the test.

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

For more detailed information, visit: http://bit.ly/SF-Army

AIR FORCE

A timed 1.5 mile / 2.4kph run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
<30	13:36	16:22
30-39	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

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

NAVY

A timed 1.5 mile/ 2.4 kph run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

Age	Male	Female
45-49	16:09	17:02
50-54	16:46	17:27
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

For more detailed information, visit: http://bit.ly/SF-Navy

MARINES

A timed 3 mile/ 4.8 kph run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
17-26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

For more detailed information, visit: http://bit.ly/SF-Marines

PEB

A timed 1.5 mile/ 2.4kph run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
20-24	10:43	13:36
25-29	11:05	13:43
30-34	11:26	13:43
35-39	11:47	14:37
40-44	12:28	15:12

Age	Male	Female
45-49	13:07	16:02
50-54	13:49	17:02
55-59	14:48	17:37
60+	15:07	17:37

For more detailed information, visit: https://www.fletc.gov/peb-scores-age-andgender

COAST GUARD

A timed 1.5 mile/ 2.4kph run. You control the speed manually. Maximum time allowed to pass the test:

Age	Male	Female
<30	12:52	15:27
30-39	13:37	15:58
40-49	14:30	16:59
50-59	15:27	17:56
60+	16:41	18:46

For more information visit: http://bit.ly/SF-CoastGuard

PROGRAMS SETUP - CONTINUED

GERKIN TEST

The Gerkin protocol, also known as the fireman's protocol, is a sub-max Vo2 (volume of oxygen) test.

The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO2max) as shown in the chart below.

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

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

PROGRAMS SETUP – CONTINUED

WFI

The WFI test is a modified **Gerkin** protocol. The actual test is the same as the **Gerkin** chart above, but the score is calculated differently.

Before The Gerkin/WFI Test:

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

During the Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- The test will start with a 3 minute warm-up at 3 MPH/ 5KPH before the actual test begins.
- The data shown during the test is:
  a. Time indicates total elapsed time
  b. Incline in percent grade
  c. Distance in Miles or Kilometers depending on preset parameter.
  d. Speed in MPH or KPH depending on preset parameter.
  e. Target Heart Rate and Actual Heart Rate are shown in the **Message Window.**

After the Test

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

PROGRAMS SETUP - CONTINUED

WHAT YOUR SCORE MEANS

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

HEART RATE CONTROL

Heart Rate Control (HRC) uses your Slat Belt Sled Treadmill's incline system to control your heart rate via information from pulse grips or wireless chest strap (sold separately). Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

Selecting a Heart Rate Control Program: You have the option, during the setup mode, to choose either the Weight Control (HR 1) program or the Cardiovascular (HR 2) program. The Weight Control program will attempt to maintain your heart rate at 60% of your Maximum Heart Rate. The Cardiovascular program will attempt to maintain your heart rate at 85% of your Maximum Heart Rate.
Your Maximum Heart Rate is based upon a formula that subtracts your age from a constant of 220.Your HR setting is automatically calculated during the setup mode when you enter your age.

Heart Rate Control Programming:

1. Using the Program button, choose the Heart Rate Control program and then press Enter.
2. Now the window will show PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT. You can either press the Enter button for settings or press the Start button to execute the program.
3. When the Enter button is pressed, the Message Window shows PRESS 1 OR 2 TO SELECT THEN PRESS ENTER. At the same time, the dot matrix window is showing "1" and you can press numeric buttonpad 1 or 2 and then the Enter button.
4. Now the Message Window will show ADJUST TIME THEN PRESS ENTER with Time Window blinking. Use Up/Down buttons or numeric buttons to adjust. After setting time, press the Enter button again.
5. Now the Message Window will show ADJUST AGE THEN PRESS ENTER with Incline Window blinking. Use Up/Down/ Fast/Slow buttons or numeric buttons to adjust. Adjusting age will change HR value (as the HR formula described previously). After age is set, press the Enter button again.
6. Now the Message Window will show ADJUST BODY WEIGHT THEN PRESS ENTER with Incline Window blinking. Use Up/Down buttons or numeric buttons to adjust. After the weight is set, press Enter button again.
7. Now the Message Window will show ADJUST HEART RATE THEN PRESS ENTER with Speed Window blinking. Use Up/Down buttons or numeric buttons to adjust. After the target heart rate value is set, press the Enter button again.
8. The Message Window will then show PRESS START TO BEGIN WORKOUT OR ENTER TO MODIFY. Press Start button to begin the workout or Stop button to return to the previous screen.

NOTE: When the Message Window is showing CHECK PULSE, there is no pulse signal received and the program cannot be performed.
Please check and make sure that heart rate strap functions normally.

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:





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

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

ERRATIC OPERATION

Caution! Do not use this Slat Belt Sled Treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

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

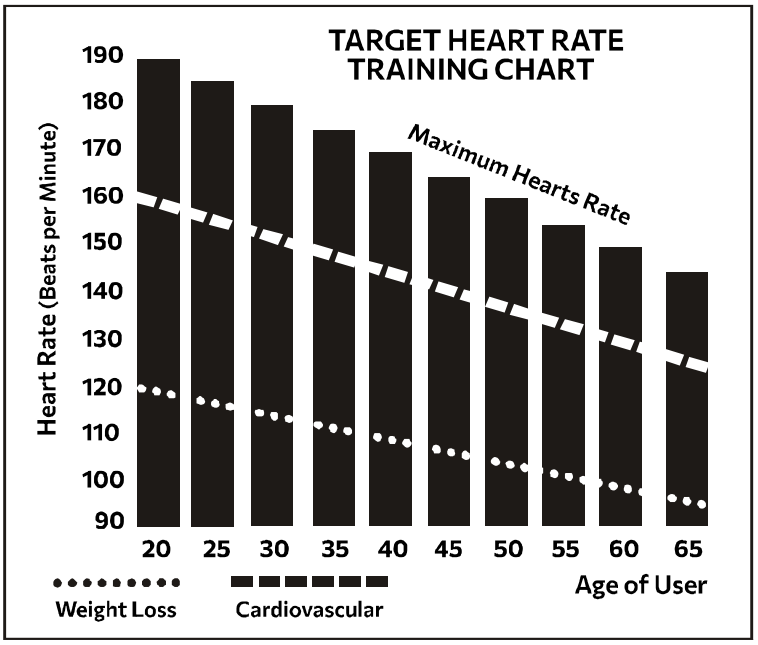
1. Slat Belt Sled Treadmill is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source,turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

HEART RATE PROGRAMS

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

To determine the benefits range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals, you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the zone that burns fat, while 85% is for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.



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

220 – 40 = 180 (maximum heart rate)
180 x .65 = 117 beats per minute (65% of maximum)
180 x .85 = 153 beats per minute (85% of maximum)

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

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

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

CAUTION!

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

RATE OF PERCEIVED EXERTION

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

The rate of perceived exertion (RPE), also 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.

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.

The scale is as follows:

Rating Perception of Effort

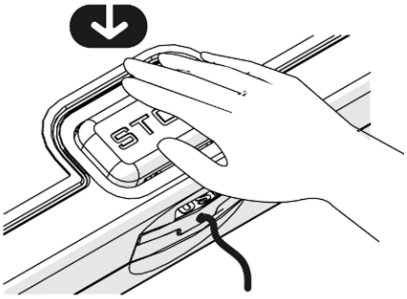
6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

SAFETY TETHER CORD

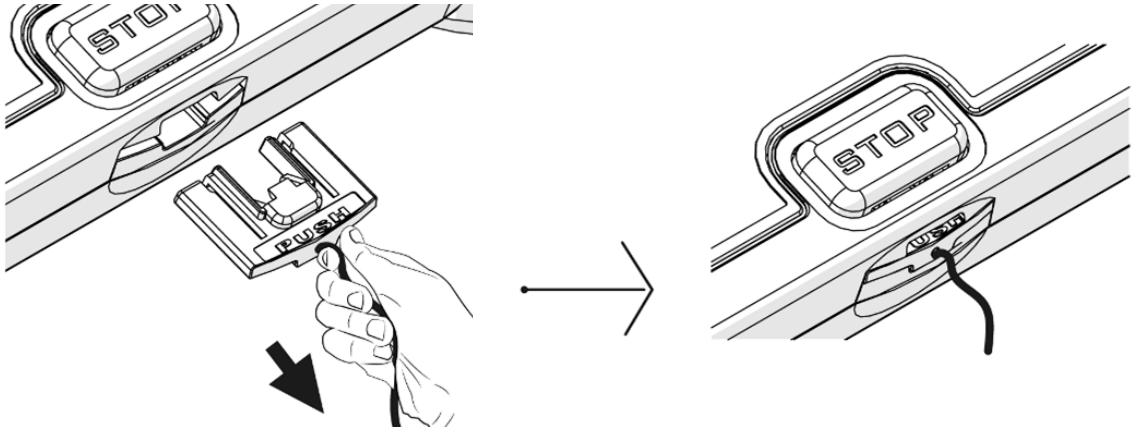


This treadmill is equipped with a safety system.
There are two ways to make an emergency stop:

1. Hit the safety button downwards to stop the treadmill immediately.
2. Directly pull out the cord below to stop.



Note: When the safety switch is activated by hitting or pressing it, the part tethered by the cord below will be pulled out.
To return the treadmill to standby mode, please push the pulled-out part back in.



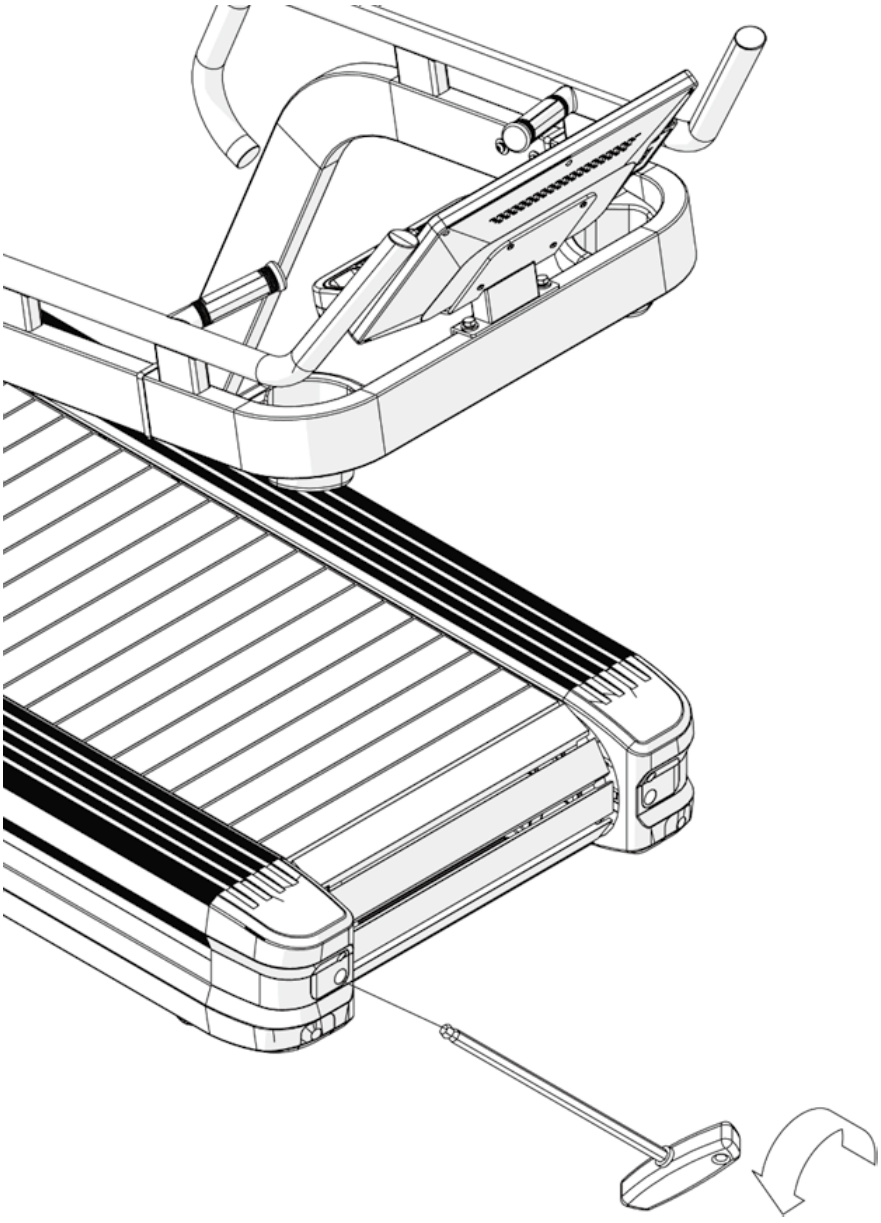
POST WORKOUT - MACHINE CARE

ADJUSTING THE TIGHTNESS OF THE RUNNING BELT

If it is necessary to adjust the tension of the running belt, please follow the steps below:

1. After assembling and stabilizing the treadmill, check whether the running belt operates normally. First, ensure that the power supply meets the requirements. Plug in the power cord, start the treadmill by pressing the quick start button (START), and then press the increase speed button to raise the speed to 4.0 miles per hour (MPH), which is equivalent to 6.4km per hour (KPH).

2. To tighten the belt, rotate both sides clockwise by 1/4 turn. To loosen the belt, rotate both sides counterclockwise by 1/4 turn.



DO NOT OVER TIGHTEN–

Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt—located under the motor cover—that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

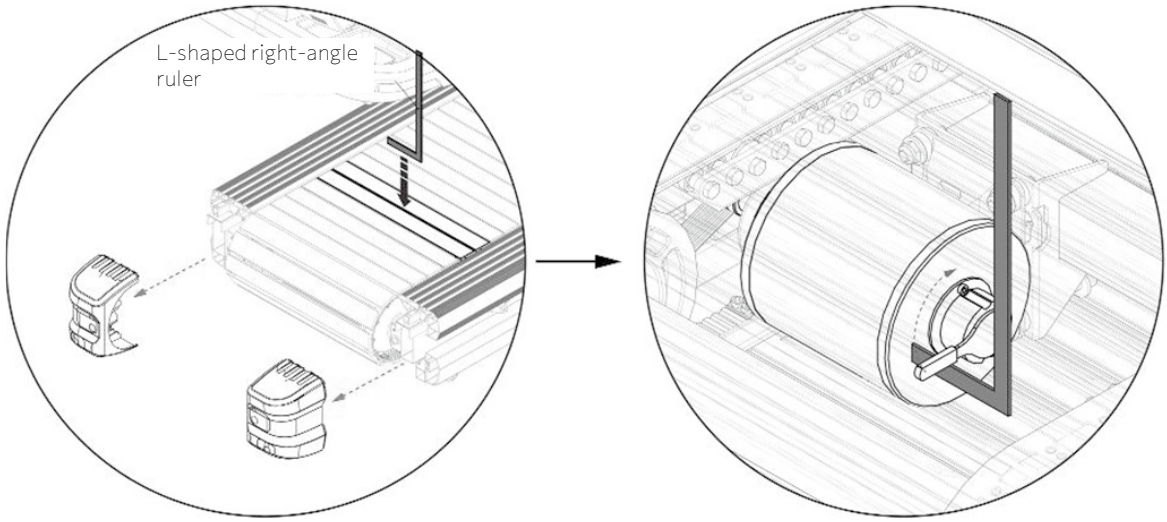
MACHINE CARE – CONTINUED

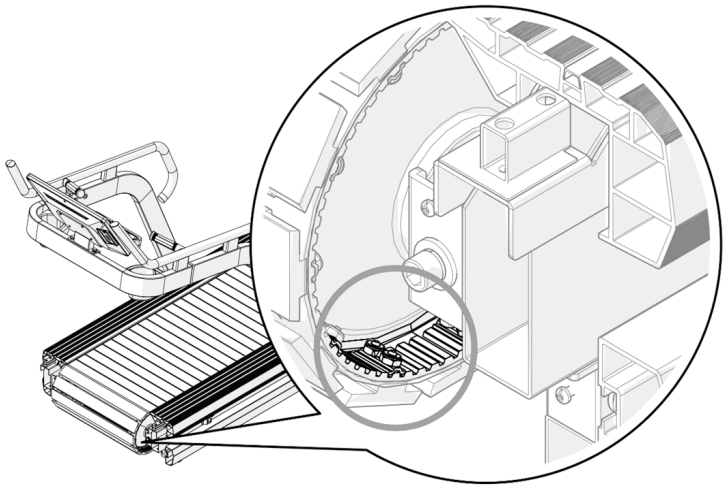
APPLICATION OF GREASE TO THE TOOTH SURFACE AND SIDE OF THE RUNNING BELT

When unusual noises are detected from the machine, first check whether the tooth surface of the drive belt is devoid of lubricating oil.

If lubrication is required, please use the manufacturer-specified SL-41031 lubricating grease.

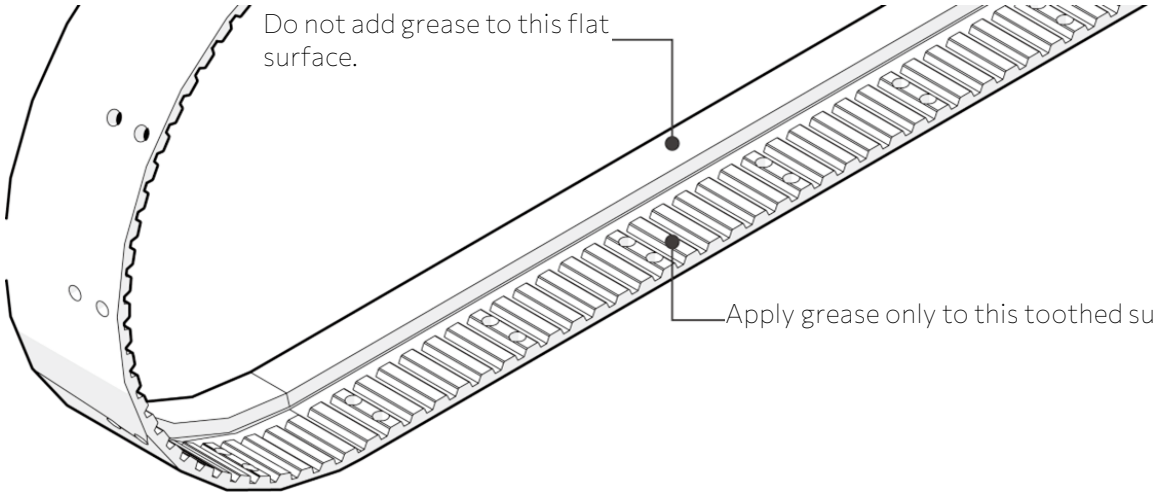
1. Remove the adjustment boxes from both front sides, and pull the red handle at the back of the motor upwards to loosen the running belt.
2. Slowly rotate the running belt by hand and inspect the tooth profile on the belt at the red circle to determine if there is any grease remaining. If there is no grease, please apply solid grease.

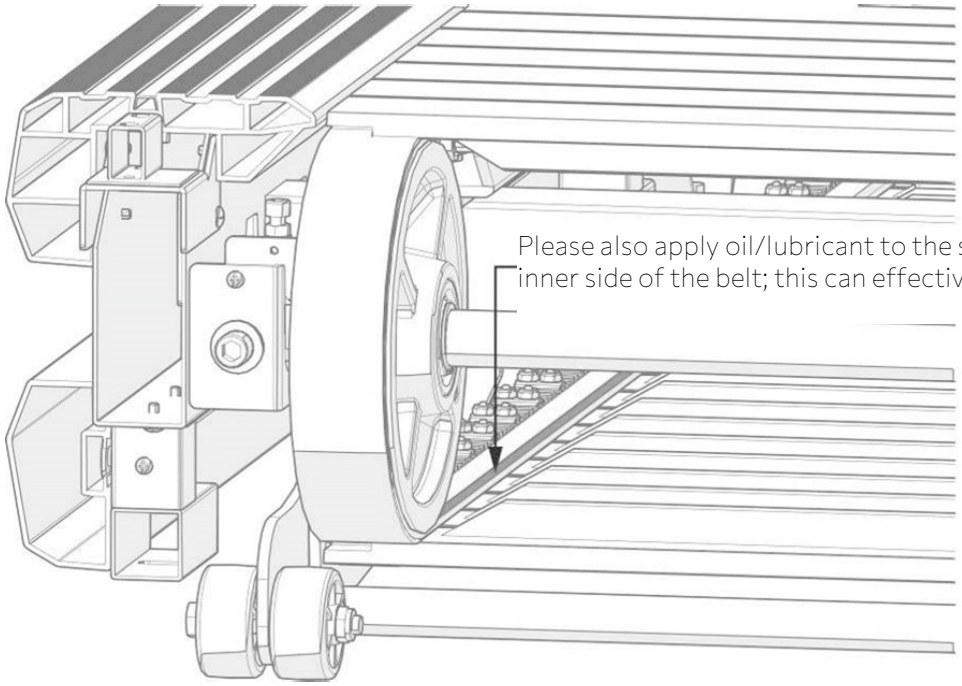




MACHINE CARE – CONTINUED

APPLICATION OF GREASE TO THE TOOTH SURFACE AND SIDE OF THE RUNNING BELT – CONTINUED





MACHINE CARE - CONTINUED – SCHEDULE

UNPLUG SLAT BELT SLED TREADMILL BEFORE PERFORMING ANY MAINTENANCE.

Item	Weekly	Monthly	Quarterly	Biannually	Annually
Unit Hardware		Inspect			
Console Hardware			Inspect		
Motor Cover	Clean	Vacuum / Clean			
Motor Electronic Compartment				Inspect	
Deck				Inspect	
Drive Belt				Inspect	
Under Belt		Clean w/ Towel Or Vacuum			
Levelers	Inspect				
Front / Rear Roller				Inspect	
Side Step Area	Clean		Inspect		
Belt Tension / Tracking	Inspect				
Frame, Toe Guard, End Caps		Visual / Inspect			
Handlebar / Handrails	Clean			Inspect	
Console Overlay	Clean			Inspect	
USB Port	Inspect				
Accessory Cups	Clean				Inspect
Stop Switch	Clean			Inspect	
Emergency Switch	Clean			Inspect	

MACHINE CARE – CONTINUED

Post-Workout Machine Care

Wipe down all areas in the sweat path with a damp cloth after each workout. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. It is important to note that 90% of calls to the service department for noise issues can be traced to loose hardware.

Post-Workout Machine Care

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

WARNING

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

1. Replace defective components immediately and/or keep the equipment out of use until repair.

Sanitizing Your Spirit Fitness Equipment

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- For more details on sanitization, or to learn how to make your own spray solution, please visit: support.spiritfitness.com/hc/en-us/articles/4406787148564

Service Checklist – Diagnosis Guide

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

PROBLEM	SOLUTION/CAUSE
Display does not light	1) Tether cord not in position. 2) Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3) Plug is disconnected. Make sure plug is firmly pushed into 120 VAC wall outlet. 4) Breaker panel circuit breaker may be tripped. 5) Slat Belt Sled Treadmill defect. Contact your dealer.
Tread-belt does not stay centered **Slat Belt Sled Treadmill belt hesitates when walked/run on**	The user may be walking while favouring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	Reset power. If still no good contact service.
Slat Belt Sled Treadmill will only achieve approximately 7 mph/ 10 kph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to Slat Belt Sled treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 12 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 120 volt AC current is required.
Treadmill trips on board 120V / 20 amp circuit	High belt/deck friction. See Machine Care section. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor.
Computer shuts off when console is touched (on a cold day) while walking/ running	Slat Belt Sled treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions
Circuit breaker trips, but not the Slat Belt Sled Treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Instructions" in the front of this manual for more details.

ERROR CODES

Error Code	Error Description	Possible Cause	Corrective Action
No Code	No power to console	1. Power switch is OFF	Turn on the power switch
		2. Power switch indicator not lit	Check outlet with multimeter
		3. Inverter no DC 12V output	Replace inverter
		4. Control cable failure	Replace control cable
		5. Console failure	Replace console
		6. ERP small board failure	Replace ERP small board
LE1	Inverter low voltage	1. Mains voltage too low	Check if mains voltage meets inverter requirement
		2. Inverter failure	Replace inverter
		3. Filter failure	Replace filter
		4. Choke failure	Replace Choke
NTCF	Inverter temperature sensor fault	1. Inverter temperature sensor failure	Replace inverter
OC	Inverter output overcurrent	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
OE	Inverter overvoltage	1. Braking resistor wire detached	Check wiring
		2. Braking resistor failure	Replace braking resistor
		3. Inverter failure	Replace inverter

ERROR CODES - CONTINUED

Error Code	Error Description	Possible Cause	Corrective Action
GF	Inverter ground fault	1. Inverter ground fault	Replace inverter
		2. Insulation pad under AC motor cracked, causing arcing from motor shell to frame	Replace motor insulation pad
OH	Inverter overheat	1. Inverter fan clogged with dust/ Poor heat dissipation"	Clean inverter fan
		2. Running belt/deck aging	Apply lubricant to running belt
		3. Running belt/deck damaged	Replace running deck and belt
		4. Inverter failure	Replace inverter
OL	Motor overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
		4. Motor failure	Replace motor
OL1	Inverter overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
OLO	System overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
LF	Motor phase loss detection	1. Motor wire detached	Check motor wiring
		2. Inverter failure	Replace inverter
		3. Motor failure	Replace motor

ERROR CODES - CONTINUED

Error Code	Error Description	Possible Cause	Corrective Action
DBUP	Braking fault detection	1. Braking resistor failure	Replace braking resistor
		2. Inverter failure	Replace inverter
PRER	Inverter EEPROM error	1. Inverter failure	Replace inverter
EER	Inverter EEPROM error	1. Inverter failure	Replace inverter
LP	Inverter low voltage warning	1. Mains voltage too low	Check if mains voltage meets inverter requirement
		2. Inverter failure	Replace inverter
		3. Filter failure	Replace filter
		4. Choke failure	Replace Choke
ESP	Emergency stop activated	1. Safety key cable detached	Check safety key wiring
		2. Safety key switch failure	Replace safety key switch
		3. Control cable failure	Replace control cable
		4. Inverter failure	Replace inverter
		5. Console main PCB failure	Replace console main PCB
HT	Inverter high temperature	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter

MAINTENANCE MODE

When pressing Start, Stop, and Enter keys simultaneously and holding for 2 seconds, the console will enter Maintenance Mode.

KEY TEST	
DISPLAY TEST	
FUNCTION >	
	UNITS – ENGLISH / METRIC
	PAUSE MODE – ON/OFF (ON)
	ODOMETER RESET
	SLEEP MODE– ON/OFF (OFF)
	BEEP MODE – ON/OFF (ON)
	GRADE MODE-ON/OFF (ON)
	OTA AUTO ON/OFF (ON)
SERVICE >	
Update software by USB	USB UPDATE UPDATE YES/NO
Update software by OTA	OTA MCU >101 NO WIFI HAVE NEW CODE 102 (new software) press Enter to Software UPDATE NO NEW CODE (no new software)
Update Wifi Module	OTA BLE >101 NO WIFI HAVE NEW CODE 102 (new software) press Enter to Software UPDATE 50 PCT NO NEW CODE (no new software)
EXIT	

MAINTENANCE MODE – CONTINUED

2. Maintenance Mode is operated through a menu system. After entering Maintenance Mode, a long beep will sound and the MW will display: "MAINTENANCE MODE MENU –PRESS ENTER."

2.1 Press the Enter key to access the first main menu item, Key Test, and the MW will display "KEY TEST."

2.2 Use the Up/Down keys to select each option in the main menu.

2.3 When Key Test is selected, the MW will display "KEY TEST." Press the Enter key to enter the Key Test, and the MW will show "PRESS ALL KEYS." Each key pressed will display its corresponding key label. After all keys have been pressed, the display will show "TEST PASSED" for 3 seconds, then return to the main menu.

2.4 If Display Test is selected, the MW will show "DISPLAY TEST." Press the Enter key to enter the Display Test, and a long beep will sound to begin the test.

2.4.1 All LEDs turn ON for 2 seconds.

2.4.2 All LEDs turn OFF for 2 seconds.

2.4.3 The MW displays all characters from "0" to "9" and "A" to "Z," changing once per second. At the same time, the DM switches one row every 0.5 seconds until all 8 rows have been displayed; then the DM switches one column every 0.5 seconds until all 24 columns have been displayed; then all LEDs will display in sequence once.

2.5 If Function > is selected, press the Enter key to access the submenu UNITS – ENGLISH / METRIC, and use the Up/Down keys to select each option in the menu.

2.5.1 If UNITS – ENGLISH / METRIC is selected, the MW will display "UNITS – ENGLISH" or "UNITS – METRIC." Press the Enter key to change the setting. The default value is English.

2.5.2 If PAUSE MODE – ON/OFF is selected, the MW will display "PAUSE MODE – ON" or "PAUSE MODE – OFF." Press the Enter key to change the setting. The default value is ON.

2.5.3 If ODOMETER RESET is selected, the MW will display "ODOMETER RESET." Press the Enter key to clear the total distance and total time.

2.5.4 If SLEEP MODE – ON/OFF is selected, the MW will display "SLEEP MODE – ON" or "SLEEP MODE – OFF." Press the Enter key to change the setting. The default value is OFF.

2.5.5 If BEEP MODE – ON/OFF is selected, the MW will display "BEEP MODE – ON" or "BEEP MODE – OFF." Press the Enter key to change the setting. The default value is ON.

2.5.6 If GRADE RETURN – ON/OFF is selected, the MW will display "GRADE RETURN – ON" or "GRADE RETURN – OFF." Press the Enter key to change the setting. The default value is ON.

MAINTENANCE MODE - CONTINUED

2.5.7 If OTA AUTO – ON/OFF is selected, the MW will display “OTA AUTO – ON” or “OTA AUTO – OFF.” Press the Enter key to change the setting. The default value is ON.

2.6 If SERVICE > is selected, press the Enter key to enter the submenu USB UPDATE, and use the Up/Down keys to select each option in the menu.

2.6.1 USB UPDATE After pressing the Enter key, the display will show “USB UPDATE > NO.”
Press the Up key to change it to “USB UPDATE > YES.” Insert the USB flash drive into the USB port, then press the Enter key. The display will show “CONSOLE RESET.” After a few seconds, if an update file is found, the update will begin.
Once the update is completed successfully, the display will show “UPDATE SUCCESS.”

2.6.2 OTA MCU The display will show “OTA MCU > XXX (version number).” Press Enter:

- If no WiFi is available, it will display “NO WIFI.”
- If no new version is available, it will display “NO NEW CODE.”
- If a new version is available, it will display “HAVE NEW CODE XXX (version number).”

Then it will show “USB UPDATE > NO.” Press the Up key to change it to “USB UPDATE > YES,” then press Enter. The display will show “SW UPDATE...” and begin updating. After the update is successful, it will display “UPDATE SUCCESS.”

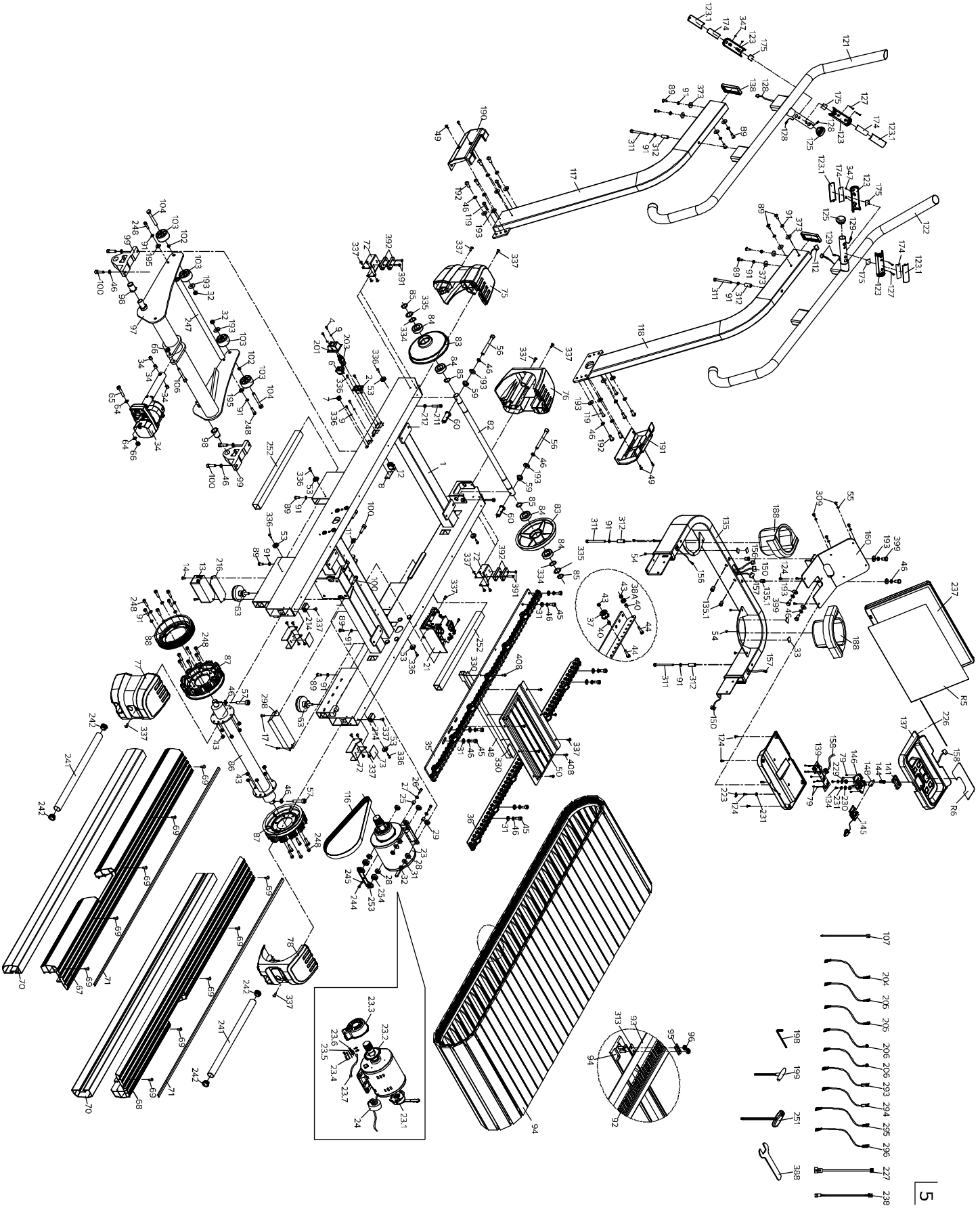
2.6.3 OTA BLE The display will show “OTA BLE > XXX (version number).” Press Enter:

- If no WiFi is available, it will display “NO WIFI.”
- If no new version is available, it will display “NO NEW CODE.”
- If a new version is available, it will display “HAVE NEW CODE XXX (version number).”

Then it will show “USB UPDATE > NO.” Press the Up key to change it to “USB UPDATE > YES,” then press Enter. The display will show “SW UPDATE XXX PCT” and begin updating. Once the update is complete, it will display “UPDATE SUCCESS.”
Factory Mode:

1. Entering Factory Mode: When the console performs a power-on reset, press the Start and Speed Up keys simultaneously to enter Factory Mode.
2. After entering Factory Mode, the MW will first display “FACTORY SETTING,” then display “UNITS – ENGLISH” or “UNITS – METRIC.” Use the Up/Down keys to switch between English and Metric units, and press Enter to confirm.
3. The MW will display “ADJUST MIN SPEED,” and the SPEED window will show the value. Use the Up/Down keys to adjust the setting.
   *Metric range: 0.8–1.0 KPH
   *English range: 0.5–0.6 MPH Press Enter to confirm.
4. The MW will display “ADJUST MAX SPEED,” and the SPEED window will show the value. Use the Up/Down keys to adjust the setting.
   *Metric range: 16.0–25.0 KPH
   *English range: 10.0–15.6 MPH Press Enter to confirm.
5. The MW will display “FINISHED,” followed by the scrolling message “CONSOLE RESET.”

EXPLODED VIEW DIAGRAM



PARTS LIST

No.	Description	Q'ty
1	Main Frame	1
2	Power Cord Socket	1
4	Cross Recessed Screw (Cut Tail) M4xP0.7x10	2
6	Power Switch (without light)	1
7	Snap-On Wire Protector RSB-16 Black	1
8	RJ45 Fixing Clip	1
9	Spring Washer M4	4
11	Wall-Mount Cable Clamp	1
12	Overload Protection Switch 88-20-PSR14	1
13	Filter	1
14	Pan Head Cross Screw M5xP0.8x10	5
21	Inverter (2.0Hp, 110V)	1
23+24	A.C Motor + Iron Core Ring	1
23	A.C Motor	1
23.1	Electromagnetic Brake	1
23.2	Sensing Plate - §80X75 Teeth	1
23.3	Motor Optical Sensor Cover (Black)	1
23.4	Optical Sensor Board Fixing Clip	1
23.5	Insulating Mylar Sheet	1
23.6	Optical Sensor Board	1
23.7	Optical Sensor Board Connection Wire	1
24	Iron Core Ring T35X23	1
25	Motor Screw Sleeve (Black)	2
26	Socket Head Hex Steel Screw M6xP1.0x20	2
27	Flat Washer ø6x ø16x2.0t	2
28	Spacer (Upper) (Black)	4
29	Spacer (Lower) (Black)	4
31	Flat Washer ø10x ø25x3.0t	10
32	Nylon Nut M10xP1.5x8t	4
33	Incline Motor	1
34	Self-Lubricating Bearing ø12x ø10x12mm	3
35	Bearing Track Plate (Left)	1
36	Bearing Track Plate (Right)	1
37	Belt Bearing Guide Pulley (with bearing)	12
38A	Bearing 608VV	98
40	Bearing Sleeve	98
43	Nylon Nut M8xP1.25	111
44	Hex Head Steel Screw M8xP1.25x35	98
45	Socket Head Hex Steel Screw M10xP1.5x20	8
46	Spring Washer M10	28
48	Water Guard Fixing Tube □25x25x2.0t x562	1
49	Cross Recessed Screw (Cut Tail) M5xP0.8x15	4
50	Lower Control Water Guard	1
53	Pedal Fixing Plastic (Black)	6

No.	Description	Q'ty
54	Truss Cross Screw M4xP0.7x6	6
55	Spring Washer M5	4
56	Socket Head Hex Steel Screw M10xP1.5x110	2
57	Socket Head Hex Steel Screw M10xP1.5x45	2
59	Screw Sleeve (Short) Black	2
60	Screw Sleeve (Long) Black	2
63	Adjustable Foot Pad (M12x ø75) Rubber	2
64	Plastic Washer	2
65	Socket Head Hex Steel Screw M8 × P1.25 × Ø10 × 35	1
66	Nylon Nut M10xP1.5	1
67	Plastic Pedal (Left)	1
68	Plastic Pedal (Right)	1
69	Pan Head Cross Screw M5xP0.8x15 Blue Threadlocker	10
70	Frame Side Trim Cover	2
71	Pedal Decorative Strip	2
72	Adjustment Box Reinforcement Plate	4
73	Anti-Vibration Foam 50mmx50mmx1.5t Single-Sided Adhesive	2
75	Front End Cap (Left)	1
76	Front End Cap (Right)	1
77	Rear End Cap (Left)	1
78	Rear End Cap (Right)	1
79	Pan head cross screw M5xP0.8x15 Blue Threadlocker	13
82	Front roller shaft (with 2 flat washers ø25.1x ø31x0.5t)	1
84	Bearing 6205ZZ	4
85	C-type retaining ring for § 25 shaft	4
86	Rear roller bracket	1
87	Rear roller pulley	2
88	Multi-groove pulley	1
89	Truss socket head cap screw M8xP1.25x20	12
91	Spring Washer M8	24
92	Timing Belt 3600mm	2
93	Latex Pad M01_ 900mm x 25mm x 3.0t, single-sided adhesive	8
94	Pedal <AAL621E0558-002>	60
	Pedal Aluminum Bracket	60
	Carriage Screw M5xP0.8x20, Stainless Steel	240
95	Spacer AT10 (Heat Treated)	120
96	Nut M5xP0.8 (Zinc)	240
97	Lift Seat Welded CP14B	1
98	Plastic Bushing (Black)	2
99	Lift Seat Base	2
100	Socket Head Cap Screw M10xP1.5x35	8
102	Self-lubricating Bearing ø12xø10x6mm	2
103	Roller ø60xø10x33	4
104	Hex Head Screw M10xP1.5x85, 10 threads	2
107	Cable Tie 4.8x430mm Black	5
112	Control Wire (Lower)	1
	Anti-Vibration Foam 180mmx35mmx1.5t Single-Sided Adhesive	1

No.	Description	Q'ty
116	Multi-Ribbed Elastic Belt	1
117	Handlebar Upright Welding - Left	1
118	Handlebar Upright Welding - Right	1
119	Socket Head Hex Steel Screw M8xP1.25x40	4
120	Twist Tie (1830mm)	1
121	PVC-dipped Handrail (Left)	1
122	PVC-dipped Handrail (Right)	1
123	Handle Heart Rate Plastic Base	4
123.1	Handle Heart Rate Sensor Plate	4
124	Cross Recessed Self-Tapping Screw ø4x16	8
125	Plastic Tube Plug	2
127	Pan Head Cross Screw M3xP0.5x30	4
128	Handrail Switch Heart Rate Wire (Lower Left)	1
129	Handrail Switch Heart Rate Wire (Lower Right)	1
134	Cross Recessed Self-Tapping Screw (Flat Tail) ø4x8	2
135	Cup Holder Welding	1
135.1	Steel Hex Coupling Nut M10xP1.5	4
137	Control Box Upper Cover	1
138	Trim Ring	2
139	Control Box PCB	1
141	Safety Switch Button	1
144	Compression Spring	1
145	Safety Key Assembly	1
146	Safety Key Base	1
148	Safety Key (with Wire)	1
150	Control Wire (Middle)	1
156	Handrail Switch Heart Rate Wire (Middle Left)	1
157	Handrail Switch Heart Rate Wire (Middle Right)	1
158	Control Board Connection Wire	1
159	Control Box Lower Cover	1
160	Console Frame Welding	1
174	Double-sided Tape 25mm x 75mm x 0.5t	4
175	Double-sided Tape 25mm x 25mm x 0.3t / Black	4
178	Panel sticker– IO10094-A1	1
179	Control box sticker – 6 keys	1
188	Cup Holder (with Inserted M4 Copper Standoff)	2
190	Upright Pipe Cover (Left) P-4686L + Shockproof Foam	1
191	Upright Pipe Cover (Right) P-4686R + Shockproof Foam	1
192	Truss Socket Head Cap Screw M10xP1.5x25	8
193	Washer ø10xø25x2.0t	16
195	Washer ø8xø19x2.0t	2
198	L-type Hex Wrench + Phillips Screwdriver 5x35x115mm	1
199	T-handle Wrench 6x122mm	1
201	Power Cord Sheath (Black)	1
203	Power Cord	1

No.	Description	Q'ty
204	Terminal Wire (White) 14AWGx90x2T	1
205	Terminal Wire (Black) 14AWGx90x2T	2
206	Terminal Wire (Yellow-Green) 14AWGx130mmx1T1R	2
211	Socket Head Cap Screw M8xP1.25x55	2
212	Hex Nut M8xP1.25	2
214	□13x26x1.5t x35 Rear End Cap Reinforcement Tube	2
216	EVA Pad, Single-sided Adhesive (2.0t, Black, Fire-retardant)	1
223	Screw Cap Cover	1
226	Shockproof Foam 15mm x 340mm x 1.5t / Single-sided Adhesive	1
227	AC Motor Photocell Connection Wire	1
229	EVA Pad ø8 x ø16 x 5t	2
230	Flat Washer ø8 x ø16 x 1.0t	2
231	Washer ø4 x ø14 x 1.0t	3
237	Console Assembly - (23" LED)	1
238	Fan Connection Wire & Electromagnetic Brake Extension Wire	1
241	ø1-1/4" x 1.5t x 600 Handling Tube	2
242	Flat Tube End Cap ø1-1/4"	4
244	Hex Head Screw M6xP1.0x10	1
245	Spring Washer M6	1
247	ø1" x 2.0t x 654 Lift Reinforcement Round Tube	1
248	Socket Head Cap Screw M8xP1.25x25	20
251	T-handle Wrench 8x200mm	1
252	□33.4 x 33.4 x 2.0t x 500 Frame Side Reinforcement Tube	2
	Steel Full Hex Lock Nut M8xP1.25	4
253	Motor Mounting Plate (Black)	1
254	Motor Mounting Core	2
290	Cable Tie 3.5x200mm, Black	3
293	Terminal Wire (Black) 14AWGx550x2T	1
294	Terminal Wire (White) 14AWGx550x2T	1
295	Terminal Wire (Black) 14AWGx1200x2T	1
296	Terminal Wire (White) 14AWGx1200x2T	1
298	Thermal Cutoff Switch Assembly	1
309	Truss Pan Head Cross Screw M5xP0.8x15	4
311	Socket Head Cap Screw M8xP1.25x100	4
312	Sleeve Φ8xΦ14x35	4
313	Pedal Spacer	120
330	Shockproof Foam (Single-sided Adhesive)	2
334	Wave Washer ø25.6xø33.7x0.3t	2
335	Flat Washer ø25xø30x0.5t, Zinc-plated	2
336	Truss Pan Head Cross Screw M4xP0.7x12	8
337	Truss Pan Head Cross Screw M5xP0.8x12	36
347	Hex Nut (Cap) M3xP0.5	4
373	Flat Washer ø8xø25x2.0t	8
388	Open-End Wrench 17mm x 110mm x 2.0t	1
391	Truss Pan Head Cross Screw M5xP0.8x30	4
392	□13x26x1.5t x60 Front End Cap Reinforcement Tube	4
398	Insulating Spacer	2
399	Hex Head Screw M10xP1.5x20	4

No.	Description	Q'ty
402	Hardware Kit	1
405	Front Roller Assembly	1
	NOTE: HTAG010 (82, 83, 84, 85, 334, 335)	
406	Rear Roller Assembly	1
	NOTE: HTAG011 (43, 86, 87, 88, 91, 248)	
407	Slat Belt Assembly	1
	NOTE: HTAG004A (92, 93, 94, 95, 96, 313)	

TRAINING GUIDELINES

EXERCISE

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

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

BASIC COMPONENTS OF PHYSICAL FITNESS

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

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

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

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

Cardio-Respiratory Endurance is the 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 your 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 o the central circulation, pooling of blood may occur in the muscles

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

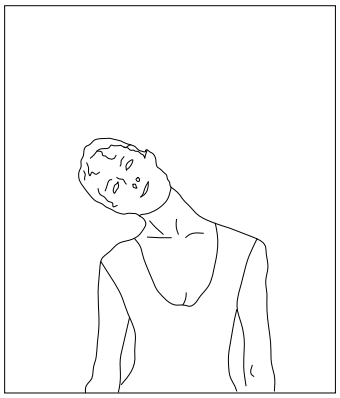
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

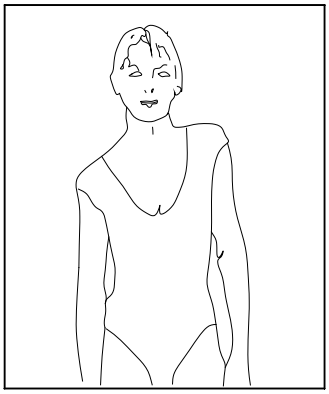
HEAD ROLLS

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.



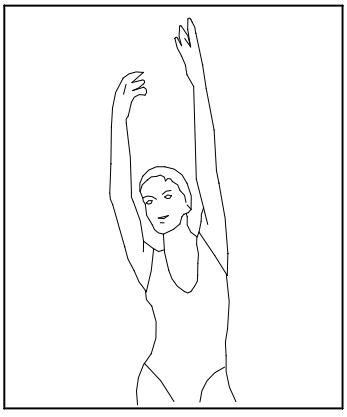
SHOULDER LIFTS

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.



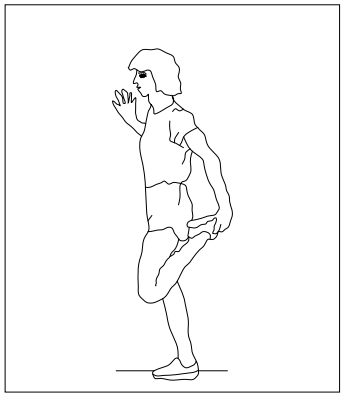
SIDE STRETCHES

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.



QUADRICEPS STRETCH

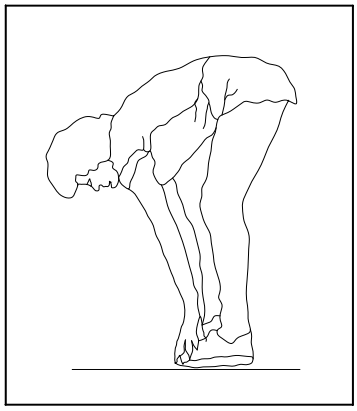
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



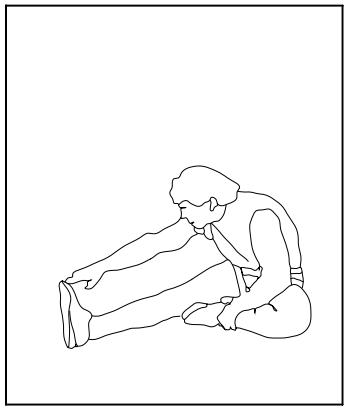
INNER THIGH STRETCH
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



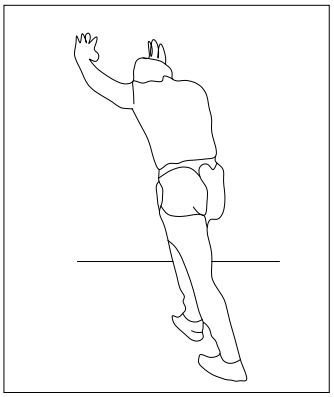
TOUCHES
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



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



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

Commercial Warranty (Non-dues paying facility)	
Frame	10 Years
Motor	5 Years
Parts & Labour	3 Years
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 treadmill in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in facility wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

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

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

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

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

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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