Owner's Manual

Model No.

16207776000

XIC600

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:
Read and understand this manual before operating unit

SPIRIT



Retain For Future Reference

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ATTENTION

THIS INDOOR CYCLE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SPIRIT

CONGRATULATIONS ON YOUR NEW FITNESS BIKE

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

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new bike.
Please go to www.dyaco.ca/warranty.html and complete the online warranty registration

Name of Dealer _____

Dealer Phone #_____

Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

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

Serial Number_____

REGISTER YOUR PURCHASE

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

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT XIC600 Indoor Cycle. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT XIC600 Indoor Cycle provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Read this manual carefully before using the SPIRIT XIC600 Indoor Cycle. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT XIC600 Indoor Cycle, please do not return the product. Contact us **FIRST!**

If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this product.

1. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
2. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying back- ward pressure to pedals while they are turning as knee injury may occur. Do not attempt to remove your feet from pedals while they are moving.
3. Wait for flywheel to coast to a stop before dismounting the bike. If you want to stop the flywheel, push down on the brake knob.
4. Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
7. Do not attempt to perform dip movements on handlebars.
8. Never drop or insert any object into any opening of the bike.
9. Only use the bike on a stable, level floor.
10. Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' graduation.
11. For safe operation, allow for at least 1foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.
12. User weight should not exceed: 300 lbs (136 kgs).

Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately, or the equipment should not be used until it is repaired. Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT OPERATION INSTRUCTIONS

WARNING - as the owner of this exercise equipment, you should insist that all users follow the same guidelines: you should make this manual available to all users.

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

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the cycle. 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.

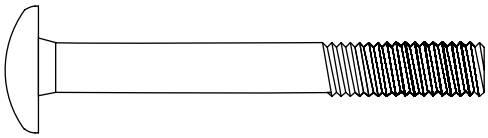


ASSEMBLY PACK CHECKLIST

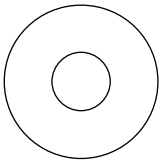
1 HARDWARE STEP 1



#82. 3/8"
Nut (4 pcs)



#81. 3/8" x 3-1/2"
Carriage Bolt (4 pcs)



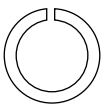
#83. 3/8" x 23mm
Curved Washer (4 pcs)

2 HARDWARE STEP 2

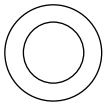


#91. M5 x 10mm
Screw (2 pcs)

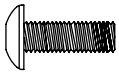
3 HARDWARE STEP 3



#49. 5/16"
Split Washer (4 pcs)



#48. 5/16" x 16mm
Flat Washer (4 pcs)



#36. 5/16" x 3/4"
Button Head Socket
Bolt (4 pcs)

ASSEMBLY TOOLS



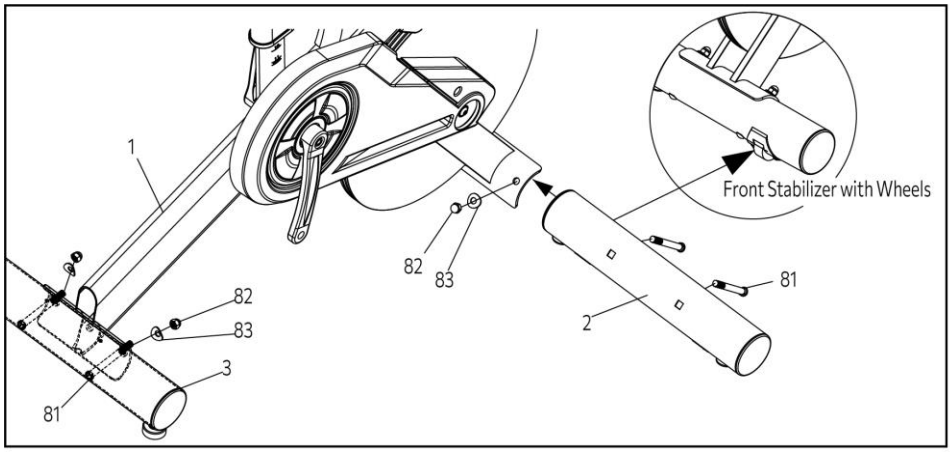
#85. Wrench



#86. Combination M5 Allen Wrench &
Phillips Head Screwdriver

ASSEMBLY INSTRUCTIONS

1 STABILIZER TUBES

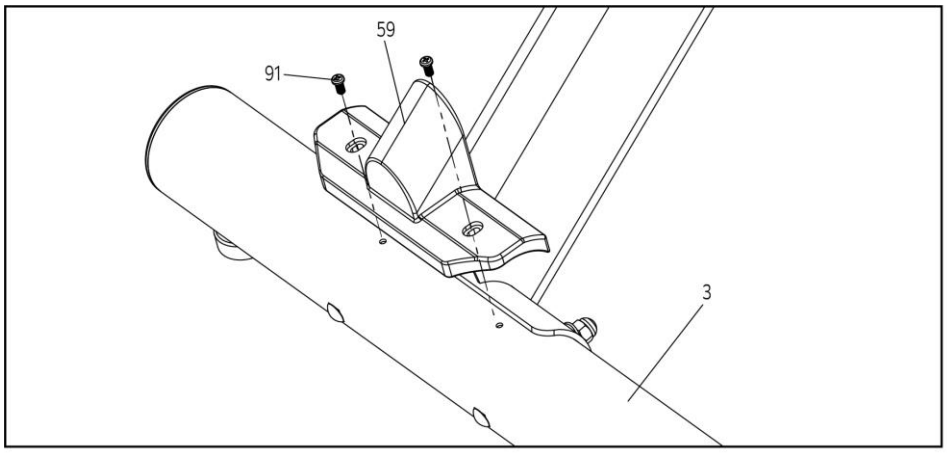


HARDWARE **STEP 1**

#82. 3/8" Nut (4 pcs)
#81. 3/8" x 3-1/2" Carriage Bolt (4 pcs)
#83. 3/8" x 23mm Curved Washer (4 pcs)

Install the FRONT AND REAR STABILIZERS with four BOLTS (81) four CURVED WASHERS (83) and four CAP NUTS (82). The front and rear stabilizer are different. Be sure to assemble the stabilizer with the wheels onto the front of the bike.

2 REAR STABILIZER COVER

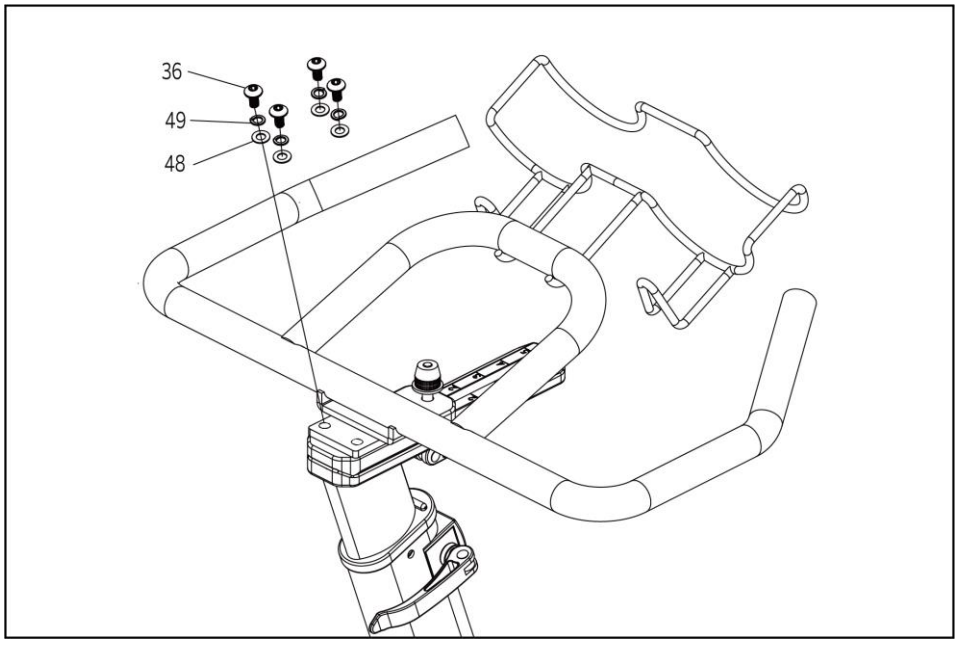


HARDWARE **STEP 2**

#91. M5 x 10mm Screw (2 pcs)

Attach the Rear Stabilizer cover with two Screws (**91**). Tighten using the Combination M5 Allen Wrench & Phillips Head Screw Driver (**86**).

3 HANDLEBAR

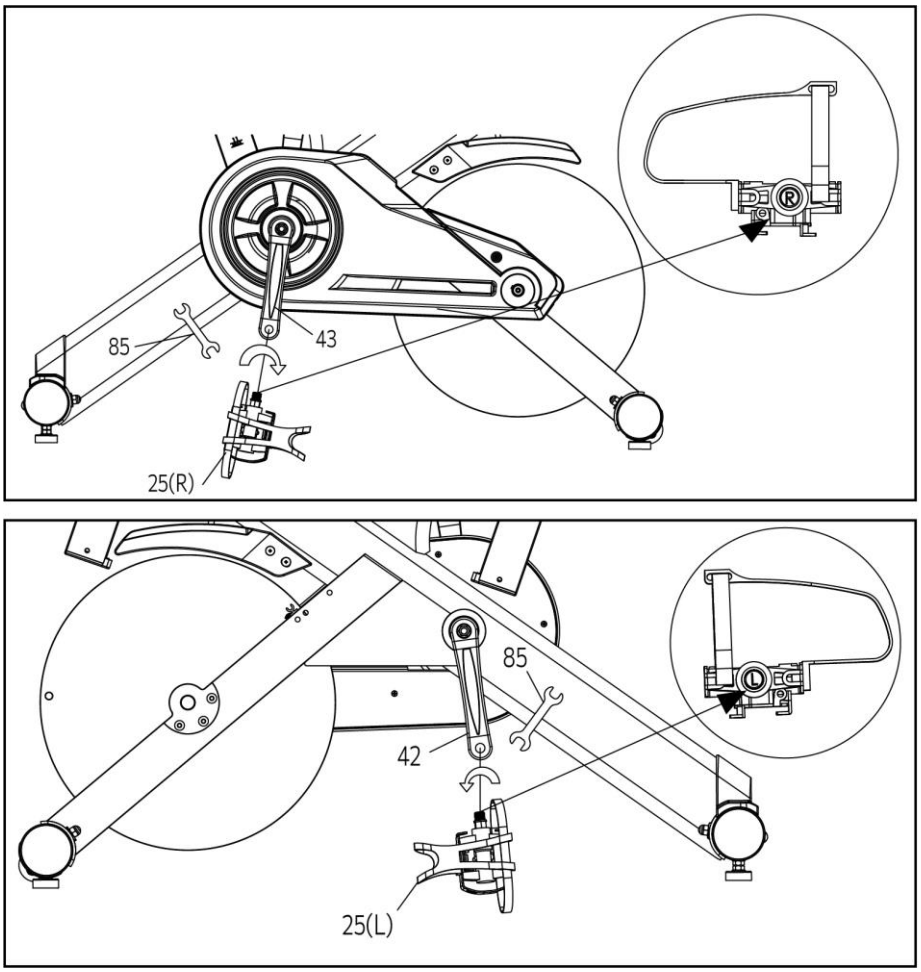


HARDWARE **STEP 3**

#49. 5/16" Split Washer (4 pcs)
#48. 5/16" x 16mm Flat Washer (4 pcs)
#36. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)

1. Install the handlebars with four BUTTON HEAD SOCKET BOLTS(36), SPLIT WASHERS (49) and four FLAT WASHERS (48). Tighten the bolts securely using the Combination M5 Allen wrench & Phillips head Screwdriver (86).

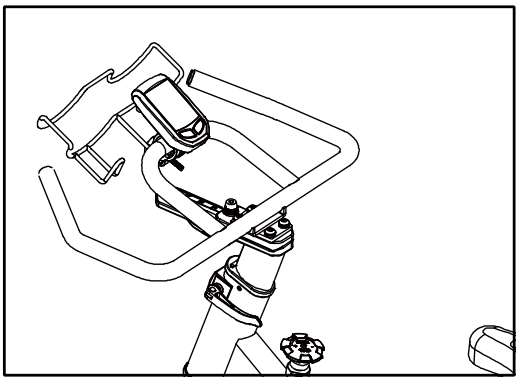
4 LEFT/RIGHT



Install the LEFT (25L) and Right (25R) pedals to the crank arms. Please note that the Left pedal has a reverse threaded bolt and needs to be tightened in a counterclockwise direction. The pedals are identified by either an R or L stamped at the end of the bolt. Tighten each pedal as firmly as possible with the Wrench (**85**) provided. If you hear a thumping sound when you are pedaling, this usually means one or both pedals are loose. You may need to retighten them after use.

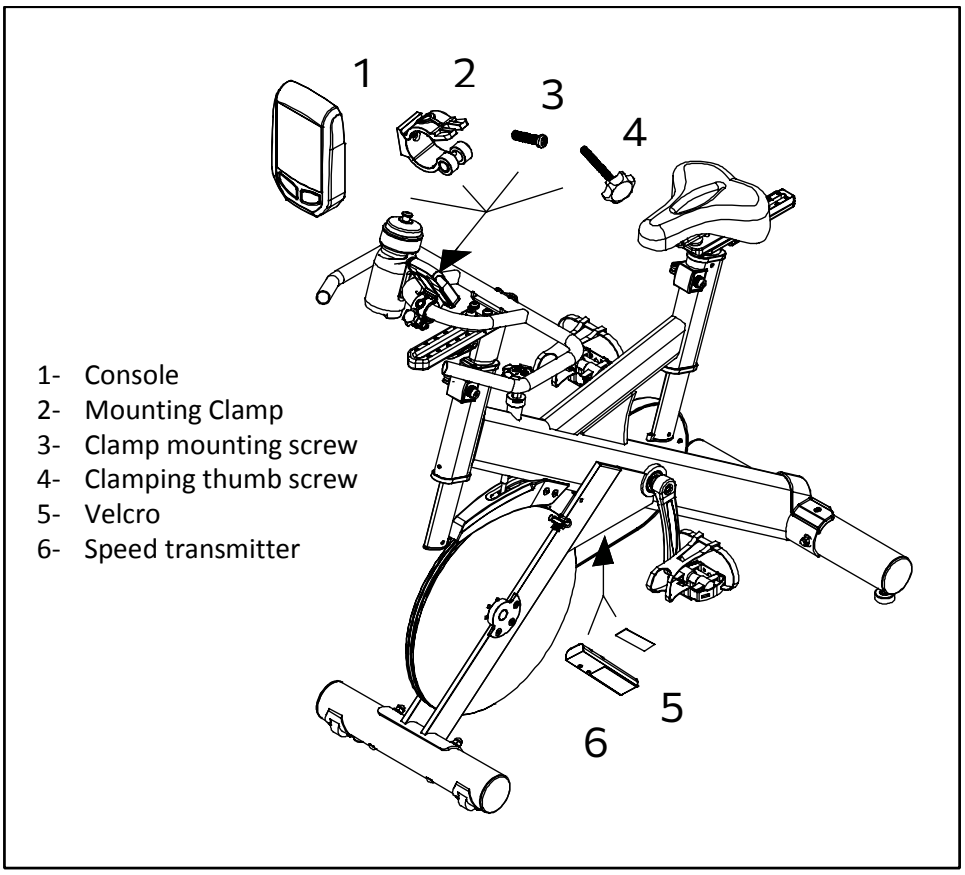
Cycling Console Battery Installation:

1. Remove the battery cover from the back of the computer.
2. Insert 2 AAA batteries into the battery compartment and reinstall the battery cover.
3. When Battery working voltage is too low, the "Low battery" indicator will show up on the console display indicating it is time to change the batteries.



Console Installation:

1. Install the mounting clamp (**2**) to the back of the console (**1**) with the clamp mounting screw (**3**).
2. Install and slightly tighten the thumb screw (**4**) then adjust the console angle for optimal visibility. Once the console is adjusted, continue to tighten the screw until it is securely attached to the handle bar.

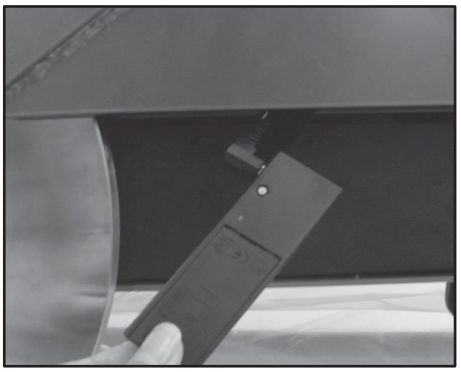


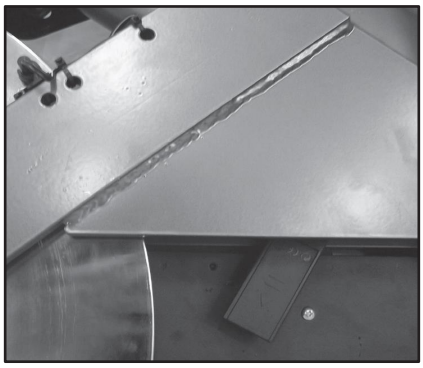
Speed Sensor Transmitter Battery Installation

1. Remove the battery cover from the transmitter.
2. Install 2 AAA batteries in the battery compartment and reinstall the battery cover.
3. When new batteries are installed in the transmitter or console you must perform the synchronizing procedure below for the console to work properly.

Installing the speed transmitter:

- Make sure to route the speed sensor wire behind the frame member. Plug the sensor wire into the transmitter as shown below
- Install the transmitter, at the angle shown below, onto the pre-installed Velcro strip located on the back of the chain cover. Make sure the sensor wire connection is at the top left when mounting the transmitter.
- Make sure the sensor wire is routed away from the spinning flywheel



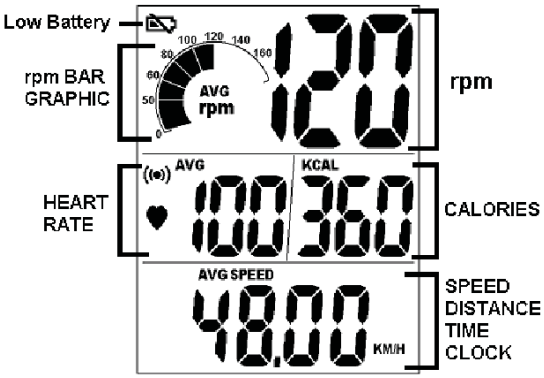


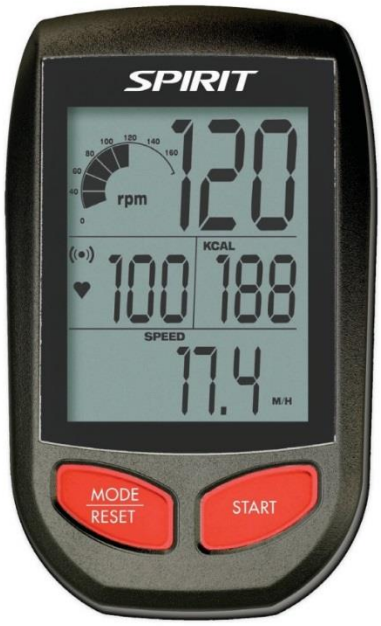
Synchronizing the transmitter to the console:

1. After installing the batteries, and before attaching the console and transmitter to the bike, you must synchronize the two, so they can “talk” to each other.
2. Press and hold the two keys on the front of the console for about 3 seconds until the display shows ID - -
3. Now press and hold the blue button on the transmitter for 3 seconds and release. The console display should show ID 0. NOTE: You must press the blue button within 10 seconds after the console is showing ID - - otherwise the console will show: ID ER. If the console shows this error, then restart the procedure again.
4. It may be necessary to remove and reinstall the batteries in both the console and transmitter if you continue to receive an error.

OPERATION OF YOUR INDOOR CYCLE

GETTING FAMILIAR WITH THE CONTROL PANEL





PLEASE NOTE:

1. The Cycling Console system is designed as a sealed unit and not meant to be opened other than for the purpose of installing batteries. Any opened units will void the warranty.
2. To clean the Cycling Console, use a clean damp cloth. Use of any caustic cleaning solutions will void the warranty.
3. The Cycling Console system is NOT waterproof, only water resistant. Any excessive exposure to water will void the warranty.

IMPORTANT SAFETY INSTRUCTIONS WARNING

Before beginning this or any other exercise program, consult a physician. the physician can help you better determine what activities or programs are most suited for you. If at any time during the workout you feel faint, or chest pains, or severe shortness of breath, stop exercising immediately and consult a physician.

The Cycling Console carton consists of a computer console with its manual and a speed sensor transmitter.
The transmitter counts the number of times the magnet, which is mounted on the flywheel, passes the sensor. The speed sensor transmitter will then send a coded signal to the console which contains the measured value (Speed and Cadence).

CONSOLE SPECIFICATION

CADENCE BAR GRAPH: 0~200rpm/10rpm per Bar
RPM ：0 ~ 240 RPM
SPEED ：0 ~ 96 KM/H (0 ~ 60 mph) PULSE ：30 ~ 240 BPM
Time ：Count down range 1~99 Minutes
Count up range 00:01~99:59

CONSOLE OPERATION

TIME

Time is measured in min: sec. There is a time of day clock and a workout timer clock. The workout time will count up or count down during pedaling. If pedaling stops, the time will stop counting after 3 sec.

RPM/CADENCE

Cadence is the measurement of how fast the cranks are rotating in RPM. The approximate speed of the bike can also be displayed in MPH or KPH. In addition to MPH/KPH, the RPM section of the display also has a bar graph that allows the rider to visually keep track of the approximate RPM.

DISTANCE

Distance is the measurement of the virtual distance traveled on the bike. This distance is based on the user riding a bike with tires that are the same size as the group bike's flywheel.

KCAL

Kcal is the approximation of calories burned during your work out. The calories are an estimate only.

HEART RATE

This the approximation of heart rate detected from the chest strap (sold separately) during your work out.

Changing from metric to standard data or vice versa

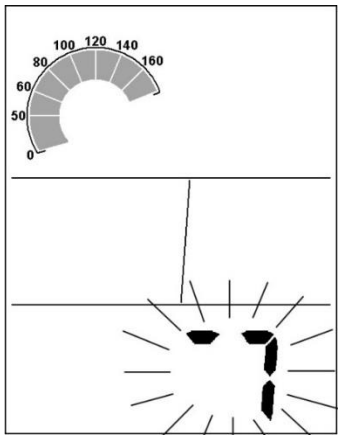
Note: you will have to press the buttons fairly quickly or the screen will return to the prior setting.

1. Press the left key repeatedly until workout DISTANCE is displayed
2. Press and hold the right key down until workout TIME is displayed
3. Press the left key 4x
4. Press the right key one time
5. Press the left key one time
6. Press and hold the left key down until the switch is complete

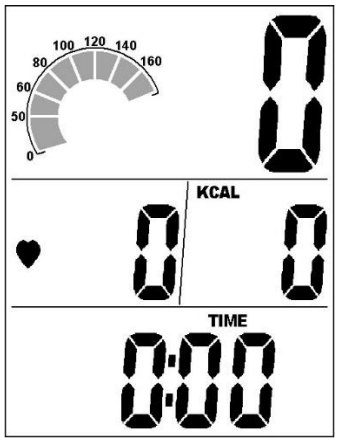
QUICK START

When the console is in Power Saving Mode, hold down any key to wake up the console and go to the start-up screen, also called "QUICK Start" active state.

POWER SAVING MODE

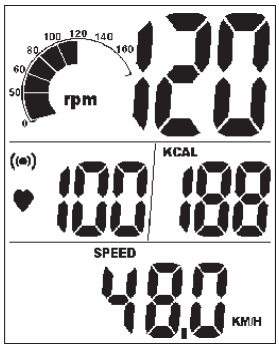


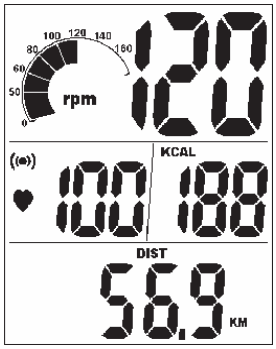
QUICK START MODE

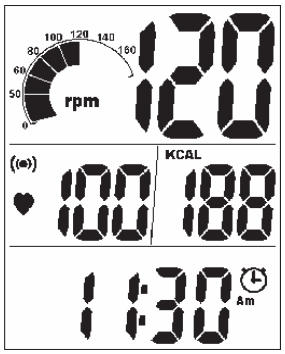


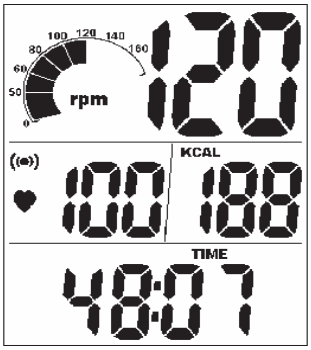
MODE SELECT

Press the left-hand key to select the SPEED, DIST, TIME or CLOCK at the bottom of the display.



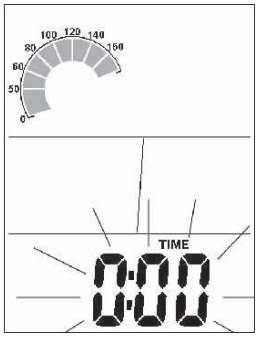






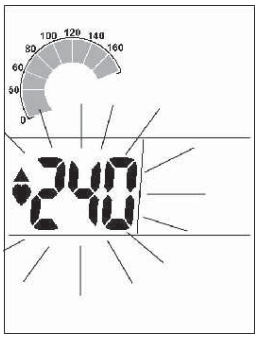
RESET/HEART RATE ALARM SELECT

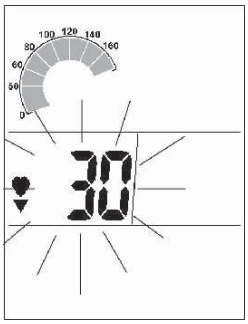
1. Press the right-hand key to activate the heart rate (this will only register if you are wearing the chest strap which is sold separately). If the alarm is on, the alarm icon will flash, and a beep will sound to indicate that your heart rate is either above or below the selected target zone.
2. To clear the exercise Time, press the left-hand key until the time is displayed, then hold the right-hand key for three seconds.



HEART RATE TARGET ZONES

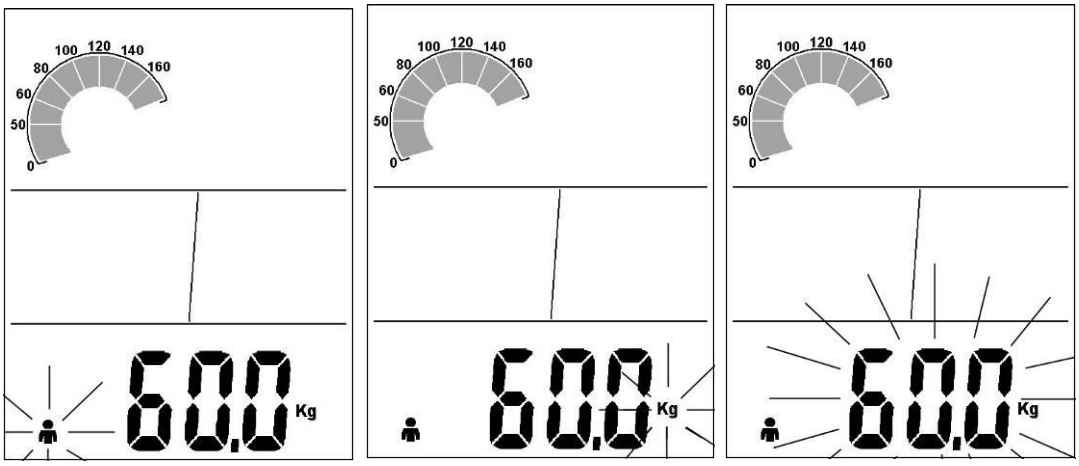
1. Press the left-hand key until 'SPEED' is displayed, then hold the right-hand key for 3 seconds. The TIME will be flashing; press the left-hand key to select the heart rate target zone settings.
2. Press the right-hand key to increase maximum heart rate limit. After setting the maximum heart rate, press the left-hand key to adjust the minimum heart rate limit.





HEART RATE TARGET ZONES

1. GENDER: Press the left-hand key until SPEED is displayed, then press the right-hand key for 3 seconds. The TIME will be flashing, press the left-hand key until the gender icon is blinking. Press the right-hand key to select gender.
2. Press the left-hand key to set the measuring value for weight (Lb or Kg); press the right-hand key to select.
3. BODYWEIGHT: Press the left-hand key to set the bodyweight. Press the right-hand key to increase the weight. Press and hold the right-hand key for rapid advance.



BASIC OPERATION

Now that you have established a proper riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the handlebar lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance until you feel confident that you could ride in that position for the duration of your workout.

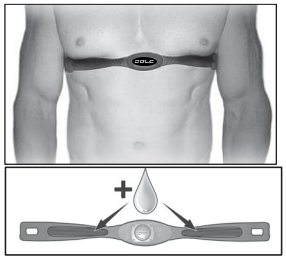
WARNING!

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING AT ONCE. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

1. Pedaling resistance is controlled by the tension knob. Resistance can be changed at any time by turning tension knob: clock-wise for more resistance; counterclockwise for less resistance.
2. To apply the brake, press down on the tension knob.
3. Before dismounting, apply the brake to stop flywheel, or increase resistance and let flywheel come to a stop.

USING HEART RATE TRANSMITTER (optional)

How to wear your wireless chest strap transmitter:



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

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

ERRATIC OPERATION

Caution! Do not use this fitness bike for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look for interference which may cause erratic heart rate:

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

If you continue to experience problems, contact your dealer.

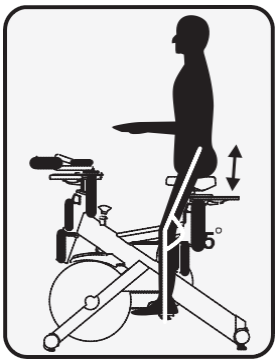
FIRST TIME USER INSTRUCTIONS

ADJUSTING THE BIKE FOR A PROPER FIT

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

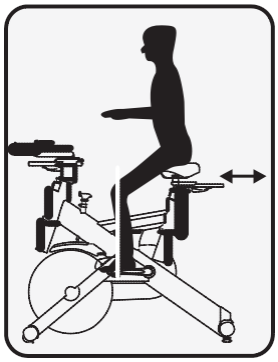
ADJUSTMENT OF SEAT POSITION

Seat Height Adjustment



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

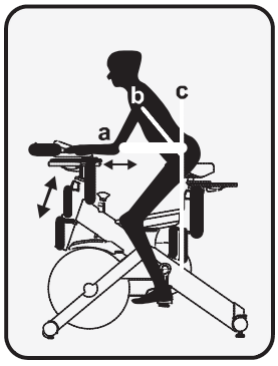
Seat Forward/Aft Adjustment



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

HANDLE BAR ADJUSTMENT

Handlebar Height Adjustment



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

Adjustment of Handlebar's Forward/Aft Position

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

DUAL FUNCTION PEDAL

ADJUSTING THE PEDAL STRAPS

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



TRANSPORT INSTRUCTIONS

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

TROUBLESHOOTING

No Display on Console

1. Hold down any key to bring the console to "Quick Start" mode.
2. Ensure that the batteries are installed properly in the console and transmitter. If they are, install fresh batteries.

No Heart Rate signal displayed

1. Ensure that your chest strap is worn correctly and that there is moisture under the electrodes.
2. Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

Cadence number jumps high or low

1. Separate bikes that may be set to the same console code and are cross-talking, or re-synchronize the transmitter and console.
2. Relocate the bike to a different part of the room, away from any RF interference areas.

Heart Rate signal gets interrupted or drops out (chest strap transmitter sold separately)

1. Ensure that there is a minimum distance of 36 inches between bikes.
2. Verify that your chest strap is secure and that the electrodes are making contact with your chest at all times.

CAUTION

EXTERNAL INTERFERENCE MAY BE CAUSED BY OTHER ELECTRONIC DEVICES, SUCH AS: NEARBY TELEVISIONS, STEREO EQUIPMENT, SPEAKERS, ELECTRICAL WIRE CABLING, ETC. IF YOU EXPERIENCE DISTURBANCES IN THE CONSOLE DISPLAY TRY MOVING YOUR BIKE(S) AWAY FROM POTENTIAL RF INTERFERENCE AREAS.

Notice of FCC Compliance

This equipment has been tested and found to comply with the limits for a Class C Low Power Communication Device Transmitter, pursuant to Part 15 of the FCC rules. Operation is subject to the following conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. There is no guarantee that interference will not occur in a particular installation. If this equipment experiences interference from a radio, television, or other RF signal, the user is encouraged to try and correct the interference by increasing the separation between the equipment and the apparatus emitting the interfering RF signal.

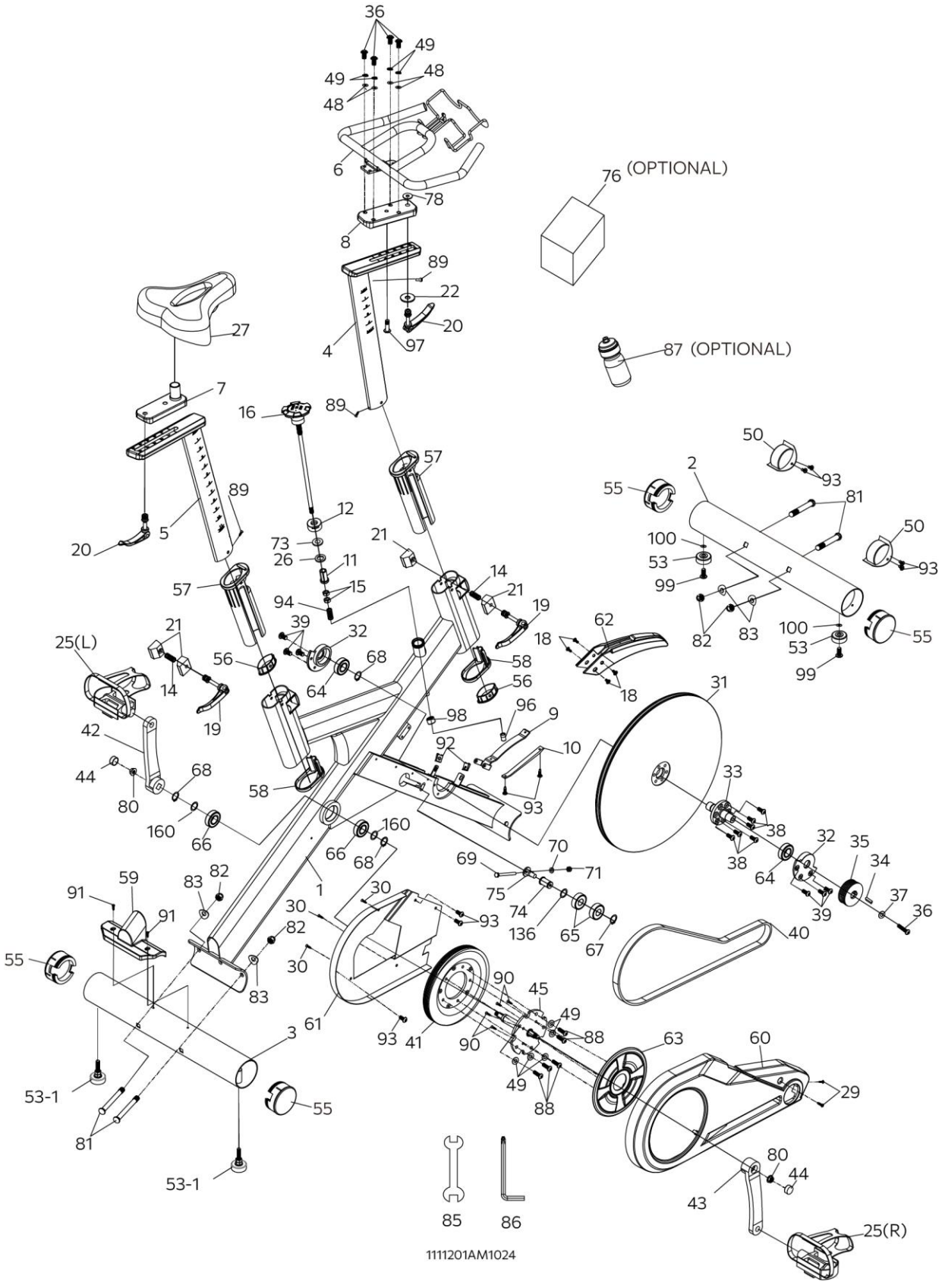
GENERAL MAINTENANCE

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those specified will result in diminished performance and a shorter life span for that part.
3. Wipe down all areas in the sweat path with a damp cloth after each workout.
4. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of three reasons:
   I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. We cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
   II. The crank arm nut needs to be retightened.
   III. If squeaks or other noises persist, check that the unit is properly leveled. There is a total of 4 leveling pads; 2 at the bottom of the rear stabilizer and 2 at the bottom of the front stabilizer. Use a 14mm wrench (or adjustable wrench) to adjust the levelers.

MAINTENANCE SCHEDULE

Part	Recommended Action	Frequency	Cleaner	Lubricant
Pedals	Ensure that pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each Use	N/A	N/A
Frame	Wipe down by using a soft damp clean	Daily	Water	N/A
Flywheel	Wipe down by spraying on a rag and applying a light coat to sides of the flywheel	Weekly	WD-40 Spray	N/A
Brake Pad	Inspect for excessive wear or a dry leather brake pad	Weekly	N/A	3-IN-ONE Oil or 10W Oil. Do not use Silicone-based Lubricants

Exploded View Drawing



PARTS LIST

NO.	PART NO	DESCRIPTION	Q'TY
1	7760001	Main Frame	1
2	7760002	Front Stabilizer	1
3	7760003	Rear Stabilizer	1
4	7760004	Handlebar Post	1
5	7760005	Seat Post	1
6	7760006	Handlebar	1
7	7760007	Sliding Seat Mount	1
8	7760008	Sliding Handlebar Mount	1
9	7760009	Brake Pad Bracket	1
10	7760010	Brake Pad - Wool Felt	1
11	7760011	Bushing	1
12	7760012	Nut	1
14	7760014	Spring	2
15	7760015	M10 × P1.25 × 3T_Luck Nut	2
16	7760016	Brake Tension Knob	1
18	7760018	M6 × 15mm_Phillips Head Screw	4
19	7760019	8 × 40m/m_Quick Release lever	2
20	7760020	8 × 25m/m_Quick Release Lever	2
21	7760021	Aluminum Locking V-Blocks	4
22	7760022	5/16" × 35 × 3.0T_Flat Washer	1
25	7760025	Pedal Set（25L.25R）	1
26	7760026	Anti-Rotation Washer	1
27	7760027	Seat	1
29	7760029	5 × 16m/m_Tapping Screw	2
30	7760030	3.5 × 12m/m_Sheet Metal Screw	3
31	7760031	Flywheel	1
32	7760032	Bearing Housing	2
33	7760033	Flywheel Axle	1
34	7760034	Woodruff Key	1
35	7760035	Flywheel Pulley	1
36	7760036	5/16" × 3/4"_Button Head Socket Bolt	5
37	7760037	5/16" × 20 × 3.0T_Flat Washer	1
38	7760038	5/16" × 3/4"_Button Head Socket Bolt	6
39	7760039	M6 × 10L_Flat Phillips Head Screw	6
40	7760040	Belt	1
41	7760041	Drive Pulley	1
42	7760042	Crank Arm（L）	1
43	7760043	Crank Arm（R）	1
44	7760044	Crank Arm Dust Cap	2

NO.	PART NO	DESCRIPTION	Q'TY
45	7760045	Crank Axle	1
48	7760048	5/16" × 16 × 1T_Flat Washer	4
49	7760049	5/16" × 1.5T_Split Washer	9
50	7760050	Transportation Wheel	2
53	7760053	Rubber Foot	2
53-1	7760053-1	Rubber Foot Assembly	2
55	7760055	Stabilizer End Cap	4
56	7760056	End Cap, Eye Tube	2
57	7760057	Plastic Slide Insert, Eye Tube	2
58	7760058	Bottom End Cap, Eye Tube	2
59	7760059	Rear Stabilizer Cover	1
60	7760060	Chain Cover（Outer）	1
61	7760061	Chain Cover（Inner）	1
62	7760062	Flywheel Fender	1
63	7760063	Pulley Cover	1
64	7760064	6004_Bearing (NSK)	2
65	7760065	6203_Bearing	2
66	7760066	6004_Bearing (TMT)	2
67	7760067	Ø17_C Ring	1
68	7760068	Ø20_C Ring	3
69	7760069	1/4" × 3"_Hex Head Bolt	1
70	7760070	1/4"_Hex Head Bolt	1
71	7760071	1/4" × 5.5T_Nyloc Nut	1
73	7760073	Ø16.7 × 2.5T_Star Washer	1
74	7760074	Idler Axle	1
75	7760075	Idler Adjustment Carriage Bolt	1
76	7760076	Console Assembly	1
78	7760078	Ø5/16" × 23 × 2.0T_Flat Washer	1
80	7760080	M10 × P1.25_Nut	2
81	7760081	3/8" × 3-1/2"_Carriage Bolt	4
82	7760082	3/8"_Cap Nut	4
83	7760083	3/8" × 23 × 1.5T_Curved Washer	4
85	7760085	14/15m/m_Wrench	1
86	7760086	M5_Combination M5 Allen Wrench & Phillips Head Screw	1
88	7760088	5/16" × 5/8"_Button Head Socket Bolt	5
89	7760089	M5 × 10m/m_Socket Head Cap Screw	3
90	7760090	Ø5 × 10m/m_Tapping Screw	4
91	7760091	M5 × 10m/m_Phillips Head Screw	2
92	7760092	M5_Speed Nut Clip	2
93	7760093	M5 × 12m/m_Tapping Screw	9
94	7760094	Spring	1

NO.	PART NO	DESCRIPTION	Q'TY
96	7760096	Safety Sleeve	1
97	7760097	5/16" × 1"_Button Head Socket Bolt	1
98	7760098	Sleeve Bushing	1
99	7760099	3/8" × 3/4"_Button Head Socket Bolt	2
100	77600100	3/8" × 21 × 2T_Flat Washer	2
136	77600136	Rubber Pad(Ø17.5×Ø23.5×0.3T)	1
160	77600160	Rubber Pad(Ø20.5×Ø27×0.3T)	2

TRAINING GUIDELINES

EXERCISE

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

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

BASIC COMPONENTS OF PHYSICAL FITNESS

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

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

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

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

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

AEROBIC FITNESS

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

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

Anaerobic Training

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

The Training Threshold

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

Progression

As 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 to those who are keeping fit. Here we are working at about 80% of maximum.

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

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

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

ENDURANCE CIRCUIT TRAINING

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

Body Building

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

Patronization

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

Muscle Soreness

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

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

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

Stop exercising and consult your doctor.

WHAT TO WEAR

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

Breathing During Exercise

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

Rest periods

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

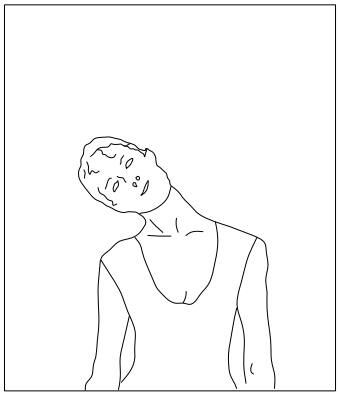
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, 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.

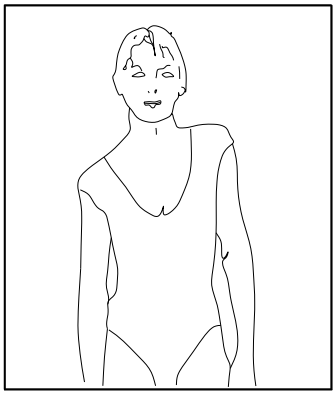
HEAD ROLLS

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.



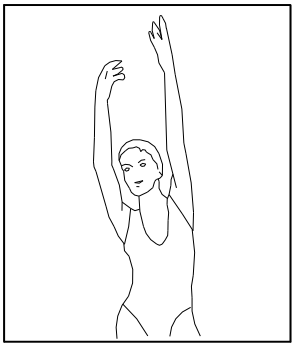
SHOULDER LIFTS

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.



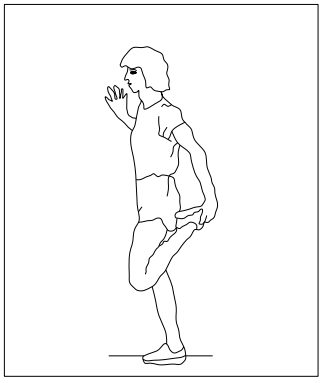
SIDE STRETCHES

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.



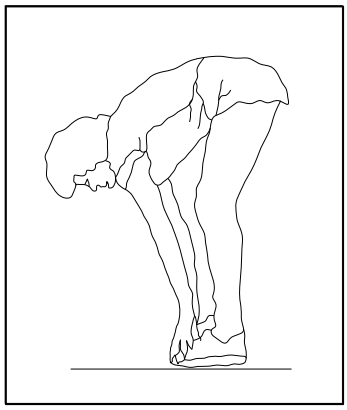
INNER THIGH STRETCH

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.



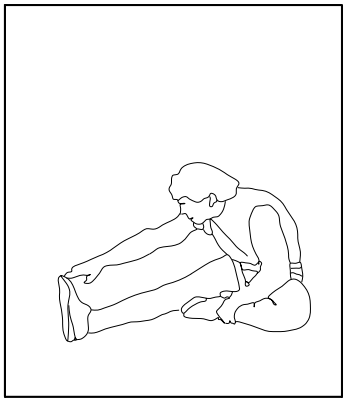
TOUCHES

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.



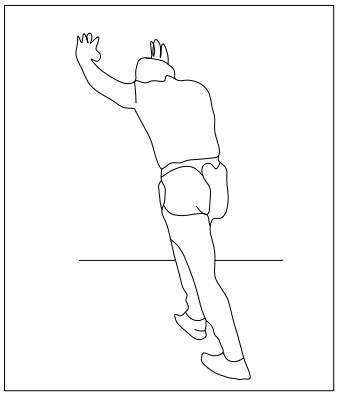
HAMSTRING STRETCHES

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

Frame	lifetime
Parts	10 years
Labour	1 year

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike.
4. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
5. Damages to the fitness bike finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness bike not requiring component replacement, or fitness bike not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, 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. Product use in any environment other than a residential setting.
9. 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, in 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.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

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

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

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

SPIRIT

spiritfitness.ca

SOLE FITNESS

solefitness.ca

XTERRA FITNESS

xterrafitness.ca

EVERLAST

dyaco.ca/everlast.html

UFC

dyaco.ca/UFC/UFC-home.html

Cikada

cikada.ca

agio. life begins outdoors.

agiocanada.ca

TRAINOR SPORTS

trainorsports.ca

For more information, please contact Dyaco Canada Inc.

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