Owner's Manual

Model No.
16011304850
XT485ENT

- 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

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 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 dyaco.ca/warranty to register your purchase.

Important Safety Instructions

WARNING **- Read all instructions before using this equipment.**
DANGER **- To reduce the risk of electric shock disconnect your treadmill from the electrical outlet before cleaning and/or service work.**
WARNING **- To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt,15-amp grounded outlet.**
DO NOT USE AN EXTENSION CORD UNLESS IT IS 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only equipment in the electrical circuit.
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 in computer malfunctions.

- Equipment should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this equipment if it has a damaged cord or plug if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
- Do not carry this equipment by supply cord or use the cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Connect this equipment to a properly grounded outlet only. See Grounding Instructions.
- The equipment is intended for household use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The 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.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.

- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Use the handrails provided; they are for your safety.
- The treadmill is not a medical device

Please ensure that you review and adhere to the user! weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.
Remove the 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 treadmill including the elevation mechanism and transport wheels.
NEVERremove any cover without first disconnecting the AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95% non-condensing (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 treadmill drive electronics and motor. This is an issue that affects all treadmill 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 makers space heaters, and hair drier.
Optimally the treadmill should be the only device plugged into the circuit.
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

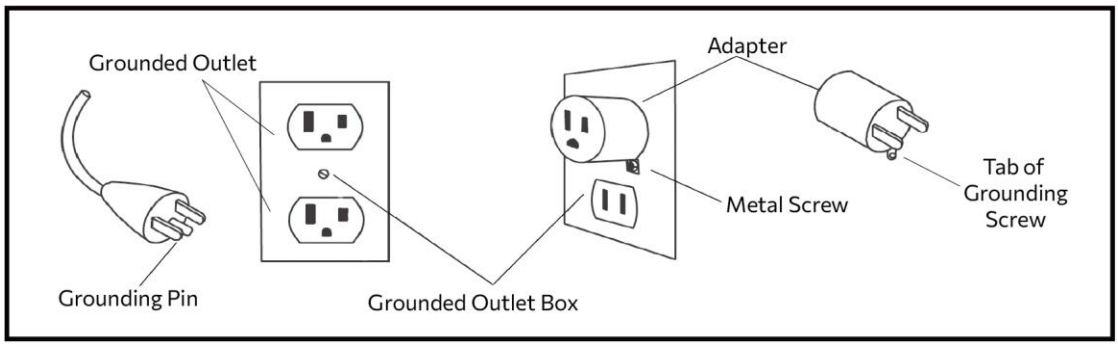
- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- NEVER use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your unit; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on the console control keys. They are precision set to function properly with little finger pressure.
-

Grounding Instructions

This product must be grounded. If the treadmill should malfunction or break down, 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 by all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green-coloured rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Safety Tether Cord

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

Pulling this safety tether cord will stop tread-belt movement.

To Use:

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

WARNING DECAL REPLACEMENT

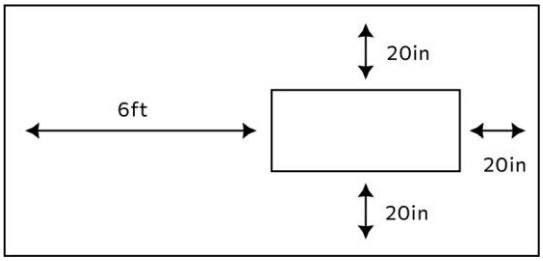
The decal shown below has been placed on the treadmill. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.



Location Requirement

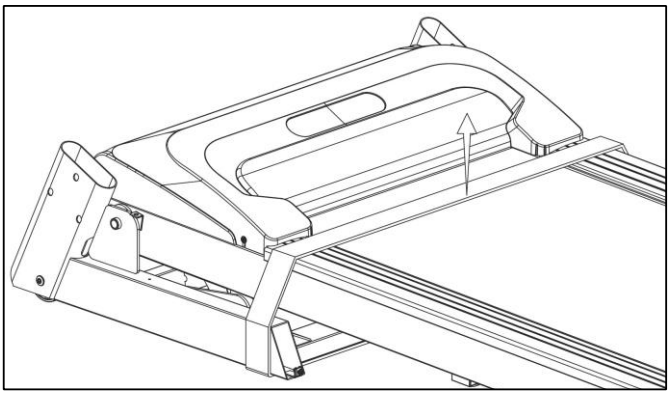
After assembling your treadmill, you'll need to make sure you've installed it in a safe area.

- We recommend that you leave an area of at least 20in on the front, and sides of your machine. The front of the unit is where the motor is located.
- We recommend that you leave an area of at least 6ft behind the treadmill.
- Install your treadmill in an area where children and pets cannot access it.
- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.
- Do not install your treadmill on deeply padded, plush, or shag carpet.



PRE-ASSEMBLY

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!



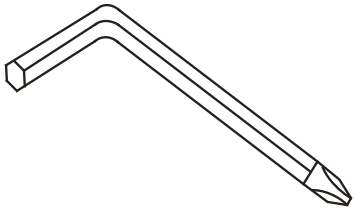
WARNING: There is a Velcro strap installed around the treadmill base that prevents the unit from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the unit when the strap is removed

To ensure your safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the unit's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

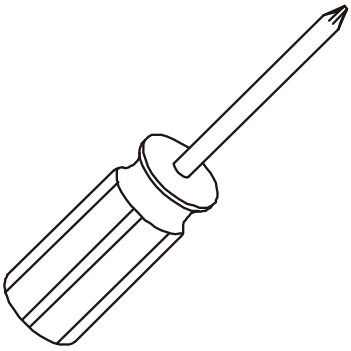
1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. Remove the hardware for 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.

ASSEMBLY INSTRUCTIONS

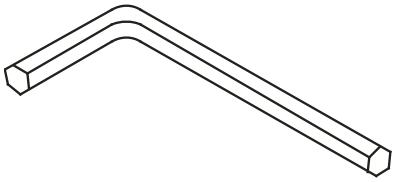
ASSEMBLY TOOLS



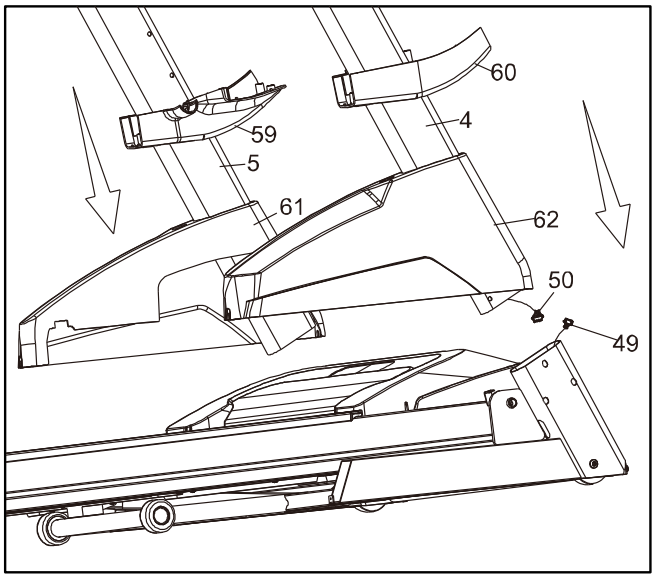
#**131**. Combination M5 Allen Wrench & Phillips Head

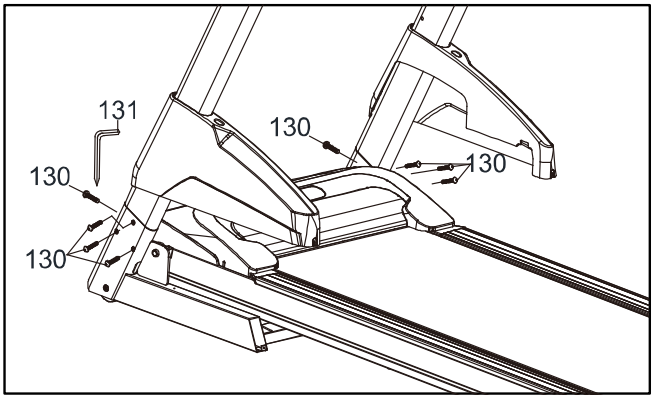


#**148**. Phillips Head Screwdriver



#**132**. M6 Allen Wrench



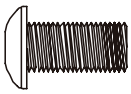


STEP 1

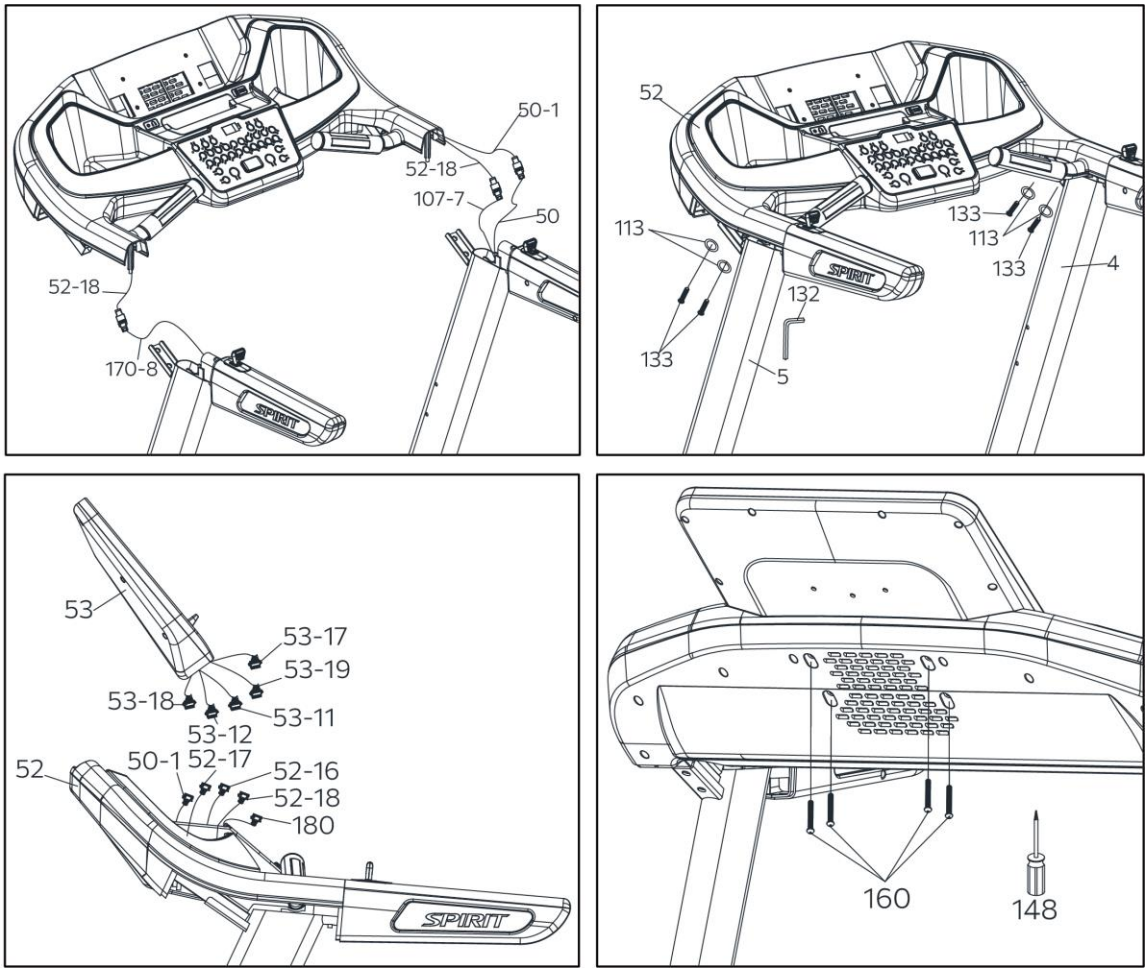
Install the **Right and Left Uprights (4, 5)** into the **Upright Cover L, R (59, 60)** and **Frame Base Cover (L & R) (61, 62)**. Connect the **Computer Cable (Lower) (49)** and **Computer Cable (Middle) (50)**.

Insert the **Right and Left Uprights (4) and (5)** into the **Frame Base (2)** and use the **Combination Allen Wrench & Phillips Head Screwdriver (131)** to tighten 8 pcs of **5/16 ” x 15mm Button Head Socket Bolts (130)**.

HARDWARE



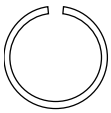
#**130**. 5/16” × 15mm Button Head Socket Bolt (8 pcs)



STEP 2

Connect the **Speed Cable (170-7)** to the **Handrail Wire (52-18)**. Connect the **Incline Cable (170-8)** to the **Handrail Wire (52-18)**. Connect the **Computer Cable (Middle) (50)** and **Computer Cable (Middle-Upper) (50-1)**.
Insert **Console Assembly (Lower) (52)** into the **Right and Left Uprights (4)** and **(5)** and secure with 4 pcs of **3/8"× 1-1/2" Button Head Socket Bolts (133)** with 4 pcs of **Ø 10 × 2.0T Split Washers (113)** by using **L Allen Wrench (132)**. NOTE: Please DON'T Tighten All Screws.
Connect 400/350mm **Handrail Wire (53-19)** with **Handrail Wire (52-18)** and connect **12P Connecting Cable (53-11)** with **12P Connecting Wire (52-16)** and connect **6P Connecting Cable (53-12)** with **6P Connecting Wire (52-17)** and **connect Connecting Cable (Upper) (53-18)** with **Connecting Cable (Middle-Upper) (50-1) and connect Ground Wire(53-17) with Console Ground Wire(180).** Place **Console Assembly (Top) (53)** to **Console Assembly (Bottom) (52)** and use the **Phillips Head Screwdriver (148)** to tighten 4 pcs of **M5 ×45mm _Phillips Head Screw (160)**.

HARDWARE



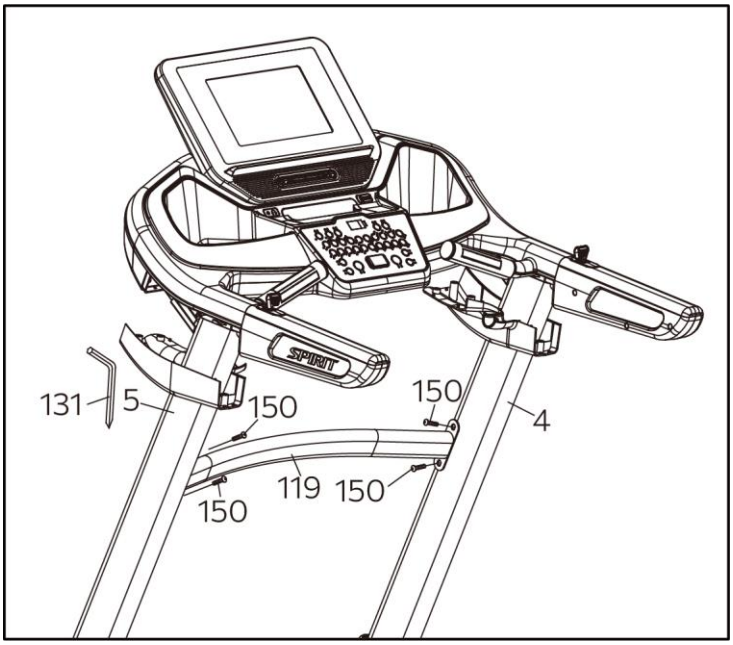
#**113**. Ø10 × 2 T Split Washer (4 pcs)



#**133**. 3/8" × 1-1/2"Button Head Socket Bolt (4 pcs)



#160. M5 x 45L Phillips Head Screw (4 pcs)

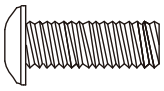


STEP 3

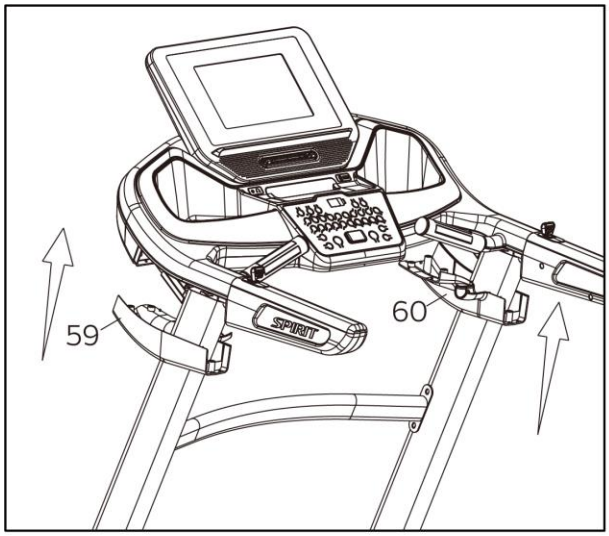
Install the **Handrails Support (119)** between the **Right and Left Uprights (4,5)** with the 4pcs of **5/16" × 3/4" Button Head Socket Bolts (150)** by using the **Combination Allen Wrench Head Screw Wrench (131)** and **Phillips Head Screwdriver (148)**.

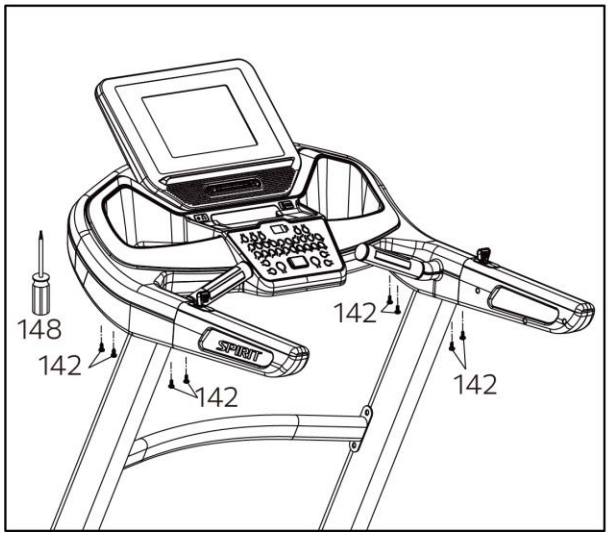
NOTE: Please Tighten All Screw After All Components Assembly.

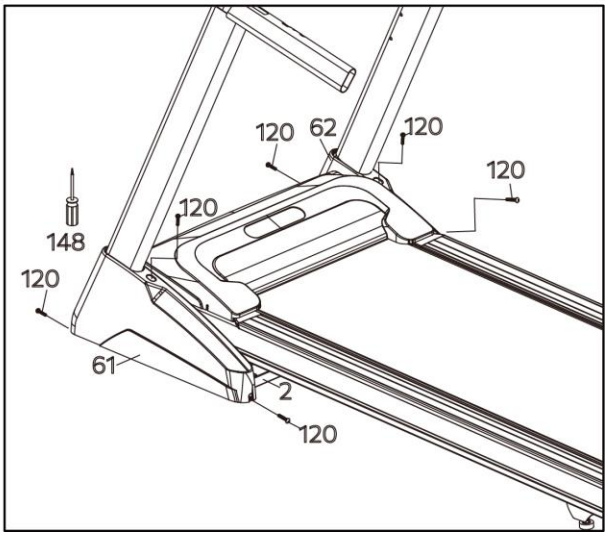
HARDWARE



#150. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)





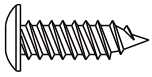


STEP 4

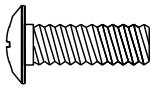
Install the **Upright Cover (R) and (L),(60) and (59)**, on the **Right and Left Uprights (4) and (5) and Console Support (6)** using 8 pcs of **3.5 × 16mm Sheet Metal Screws (142)** by using the Phillips **Head Screw Driver (148)**.

Install **Frame Base Covers (L) and (R), (61) and (62)**, on the **Frame Base (2)** and secure with 6 pcs of **M5 × 15mm_Phillips Head Screws (120)** by using the **Phillips Head Screwdriver (148)**.

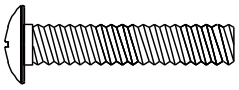
HARDWARE



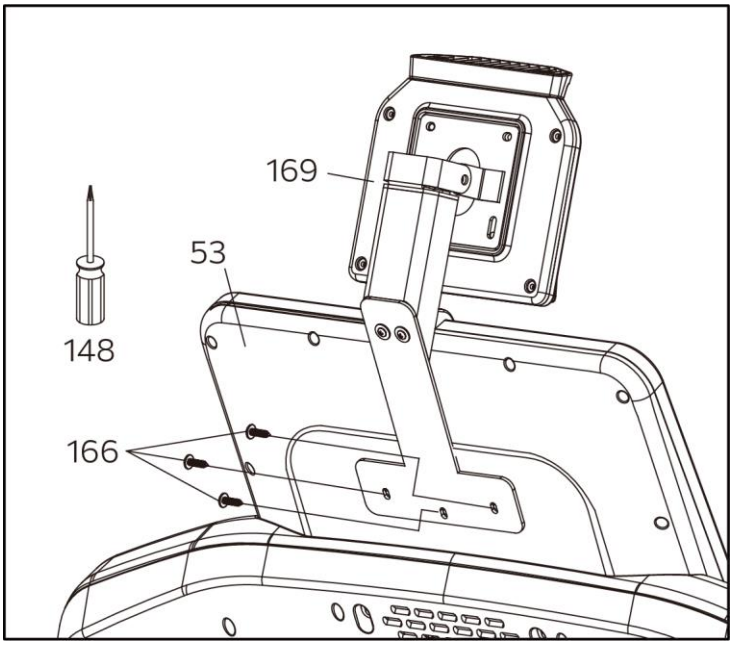
#142. 3.5 x 16L Sheet Metal Screw (8 pcs)



#120. M5 × 15L Phillips Head Screw (6 pcs)



#166. M5 × 25L Phillips Head Screw (3 pcs)



STEP 5

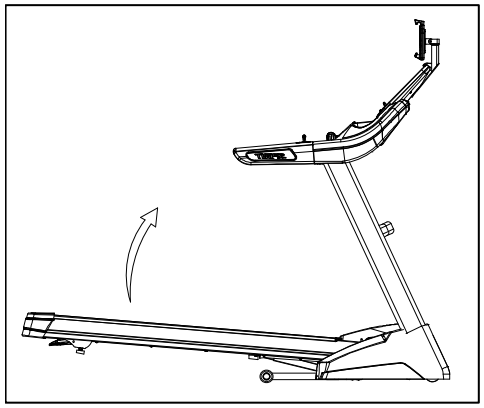
Place the **Tablet Holder (169)** on **Console Assembly (Top) (53)** and use **Phillips Head Screw Driver (148)** to tighten 3 pcs of **M5 × 25mm_Phillips Head Screw (166)**.

NOTE: Please Tighten All Screw After All Components Assembly.

Folding Instructions

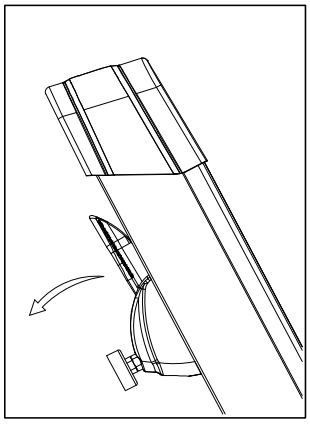
■ **Folding Your Treadmill**

Lift the deck until the latch clicks in place.

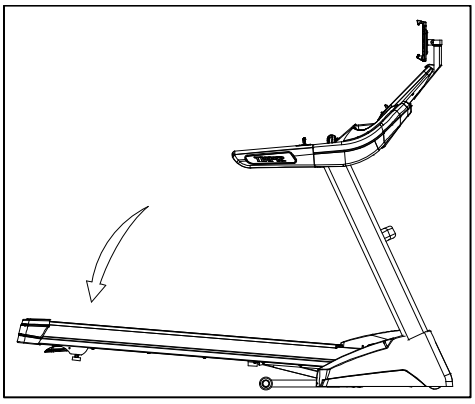


■ **Unfolding Your Treadmill**

Push running deck forward with left hand and pull the release lever downward with right hand.

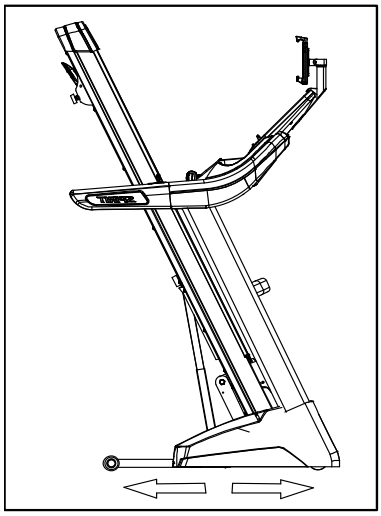


Gently lower the deck to the floor, supporting the deck with a hand.



Transportation Instructions

The treadmill is equipped with four transport wheels. After folding, simply roll the unit away. No need to tilt.



ABOUT YOUR TREADMILL

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

Your new Spirit Fitness treadmill has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions below to learn more about using the Bluetooth capabilities to their fullest potential.

Downloading the Spirit+ app will help unlock more features- such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet or scan the QR code below.

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

USING THE SPIRIT+ APP

In order to help you achieve your exercise goals, your new treadmill comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your treadmill.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the treadmill for connection. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., for the icon to be active and available.

Available on the App Store

GET IT ON Google play

Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the Spirit + App to operate properly.

The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu.

Tap to connect. Now your device can transmit music to the exercise equipment.

The icon lights up and the heart rate is displayed when successfully connected to a Bluetooth® heart rate chest strap. The icon will be off when the Bluetooth® heart rate chest strap is disconnected.

OPERATION OF YOUR CONSOLE

GETTING FAMILIAR WITH THE CONTROL PANEL



FEATURES

Handlebar Speed and Incline Controls

The treadmill allows you to make speed and incline changes using the speed and incline controls located on the handlebar. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the Handrail Control Button which is located on the console
next to the child lock button. When the indicator light is lit, the handlebar speed and incline controls are disabled. This allows you to use the full length of the handrails without fear of activating the speed or incline controls.

Direct Speed & Incline Buttons

You can set your speed and incline settings quickly by pressing the buttons on the console. Simply choose the desired speed and/or incline level from the console and the treadmill will automatically adjust to that level. This saves time because you don’t have to press and hold or hold a button down until reaching the desired value.

Child Lock

Your machine is equipped with a child lock feature which disables the buttons on the console to prevent unauthorized use. To turn it on, press Child Lock, then the LED will light up. The treadmill will be in idle mode and cannot be operated. You must hold Child Lock for 3 seconds to unlock. After the LED light turns off, then press START to operate.

Pulse Grip Feature

The pulse (heart rate) on the screen shows the current value of the heartbeats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible. Note: Refer to Important Safety Instructions (page 6) concerning Pulse Grip operation.

Built-in Fan

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

Audio Jack

There is an Audio output Jack on the front of the console and built-in speakers. The output jack is a headphone jack for private listening.

Charge Portable Devices with USB port

Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.
Step 1: Connect your USB charging cable (not included) to the USB Power Port and your device.
Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure a compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.



Incline

- Incline may be adjusted anytime after belt movement.
- Press and hold the +/- or Up/Down keys (console or handrail) to achieve the desired level of effort.
  You may also choose a more rapid increase/decrease by simply pressing the desired level on the console.
- The display will indicate incline percent increases in increments of 0.5 as adjustments are made.
- The incline will return to zero unless the main power switch or safety key is turned off while at a Higher setting.

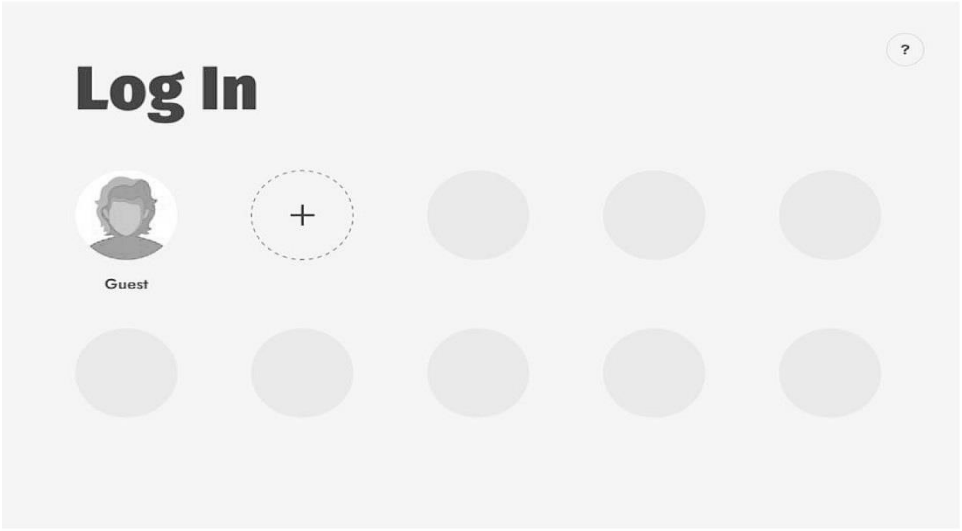
TOUCHSCREEN

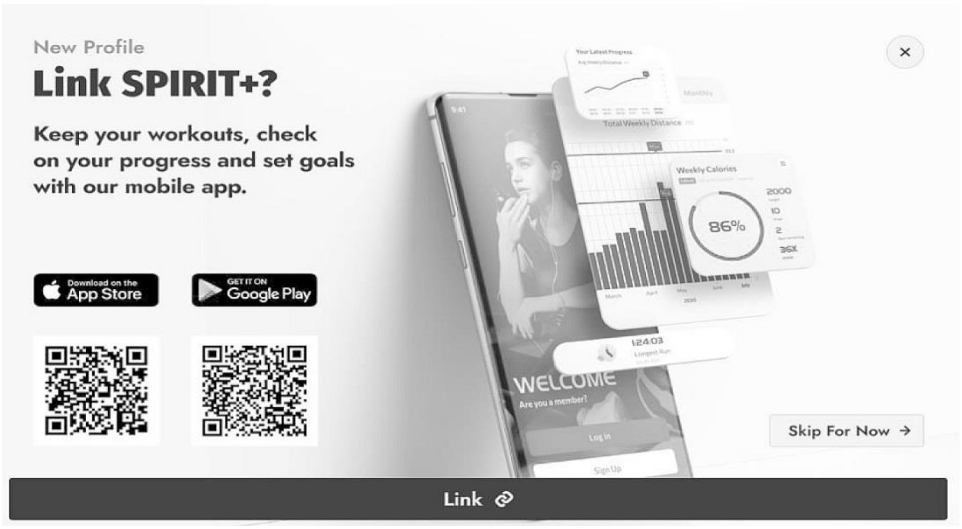
Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy the media content of your choice while on the go.

Getting Started

When launched for the first time, the console will prompt you to either enter as a guest or create a new profile. It is recommended to set up your profile: it allows your machine to remember your physical parameters and favourite programs; you will have your custom programs with adjustable intensity patterns, and your workout records can be synchronized with the SPIRIT+ mobile app. Tap + to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.

To link a SPIRIT+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SPIRIT+ app and scan the QR code once again to link your local profile with the SPIRIT+ account. Please keep in mind that your console profile cannot be linked to multiple SPIRIT+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.

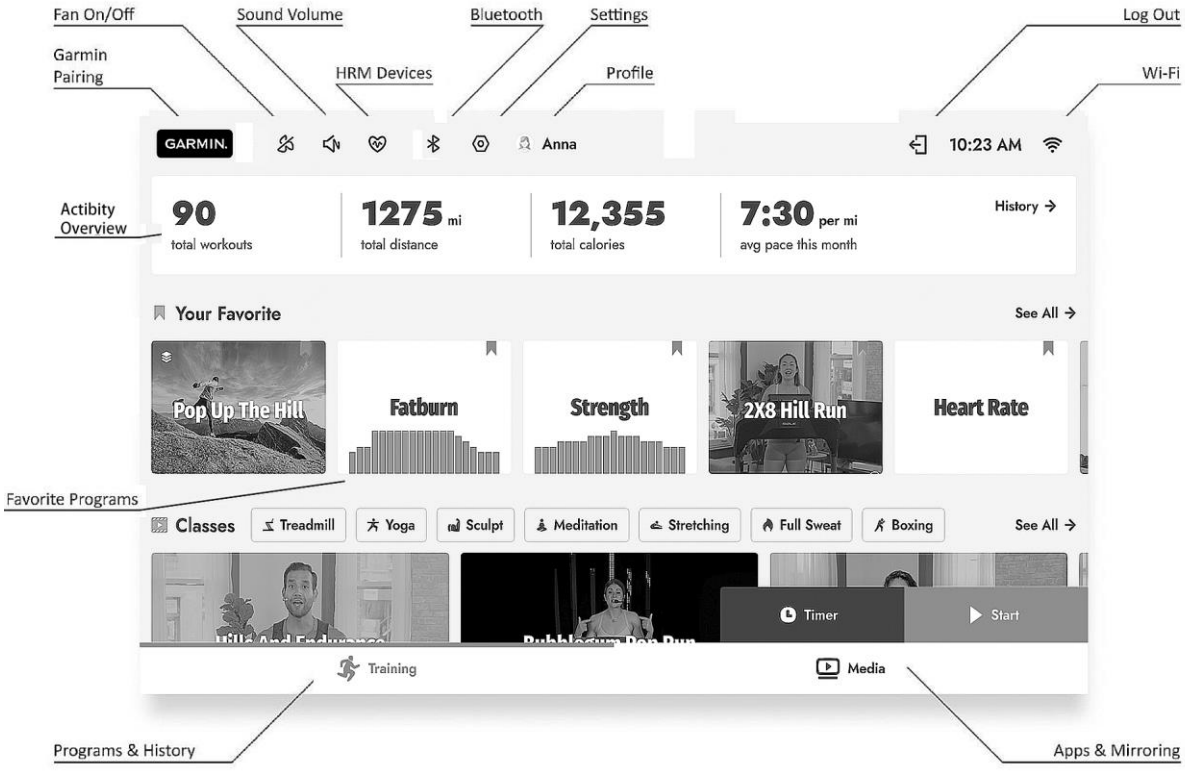




TOUCHSCREEN – CONTINUED

Home Screen

The main screen of the Training section displays an overview of your activity and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Set Timer”), and 3—6 programs that you have marked as your favourites are arranged on this page for your quick access (the amount depends on your display size).
If in the Guest mode, you can set your age and weight here; it will help the machine calculate your workout summary more accurately.

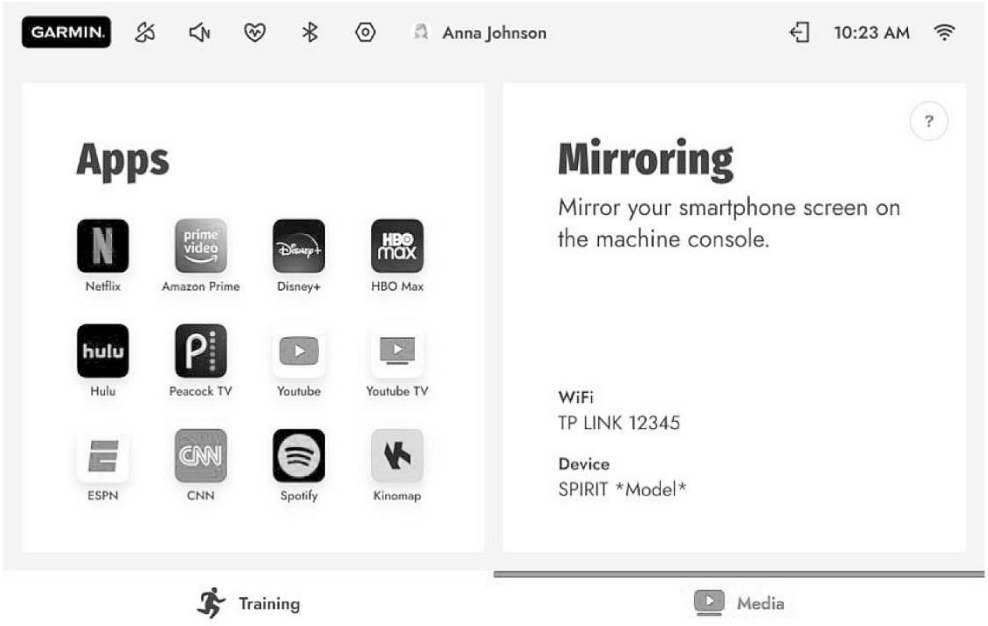


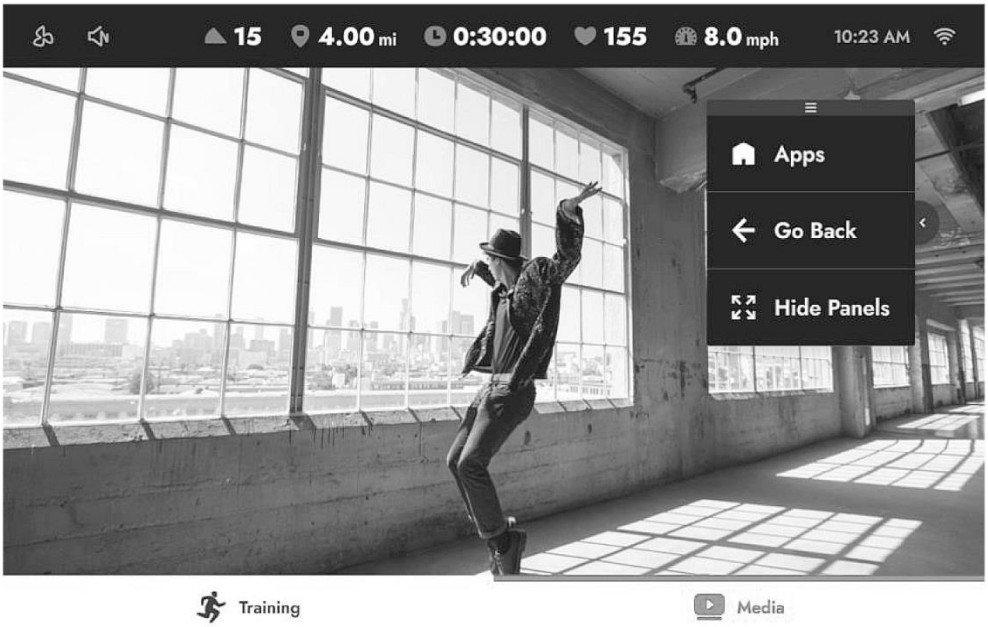
TOUCHSCREEN OPERATION – CONTINUED

Media

Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third-party Apps, or use the Mirroring function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the? icon.

Once the content is on, use the floating panel or navigation and operate full-screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full-screen mode without stats on the top and tabs on the bottom. Press Show Panels to bring the stats and tabs back up. Use the arrow button on the right side of the panel to hide & show the text labels: it allows you to further minimize the panel's size. Press "Apps" to go back to the content sources selection.



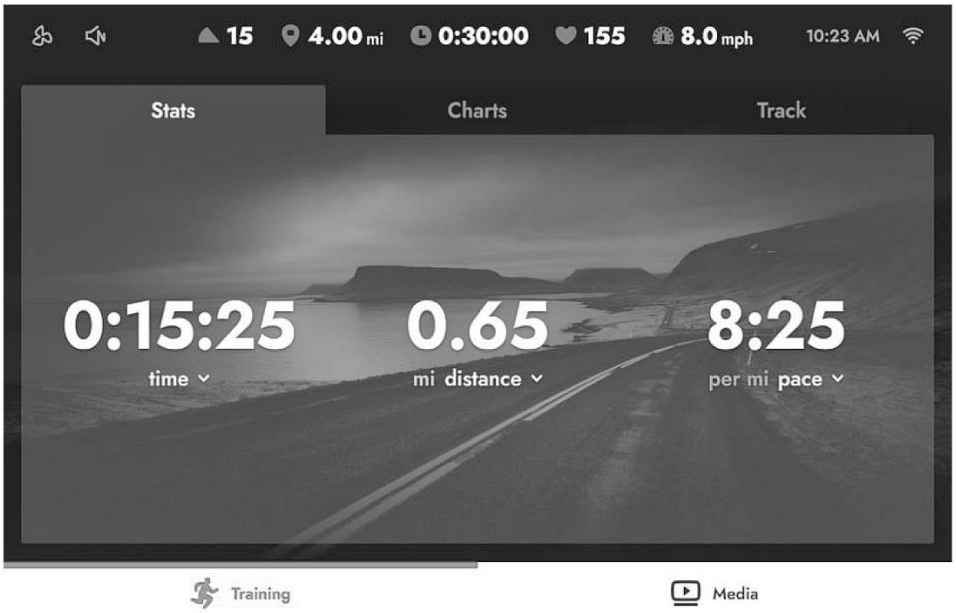


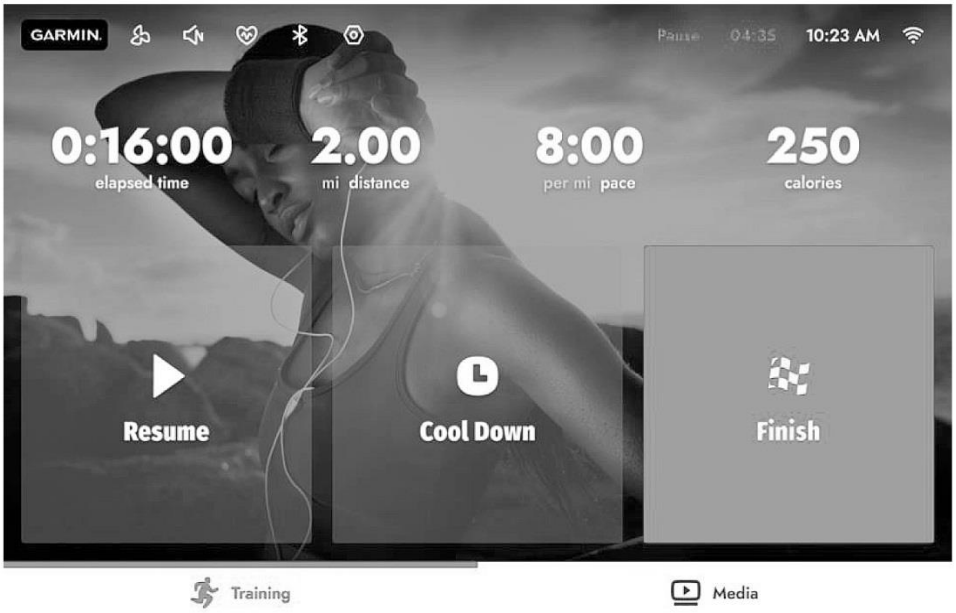
Workout Mode

Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing “Skip”.

During the workout, switch between **Stats, Charts and Track** views of the Training section, or go to the Media section to enjoy your favourite media content. In the Stats view, you can select the parameters you would like to display by tapping on the number.

Please use physical keys to adjust speed and incline. Press the physical **“STOP”** key to pause the workout. Here, you can get back to running, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.

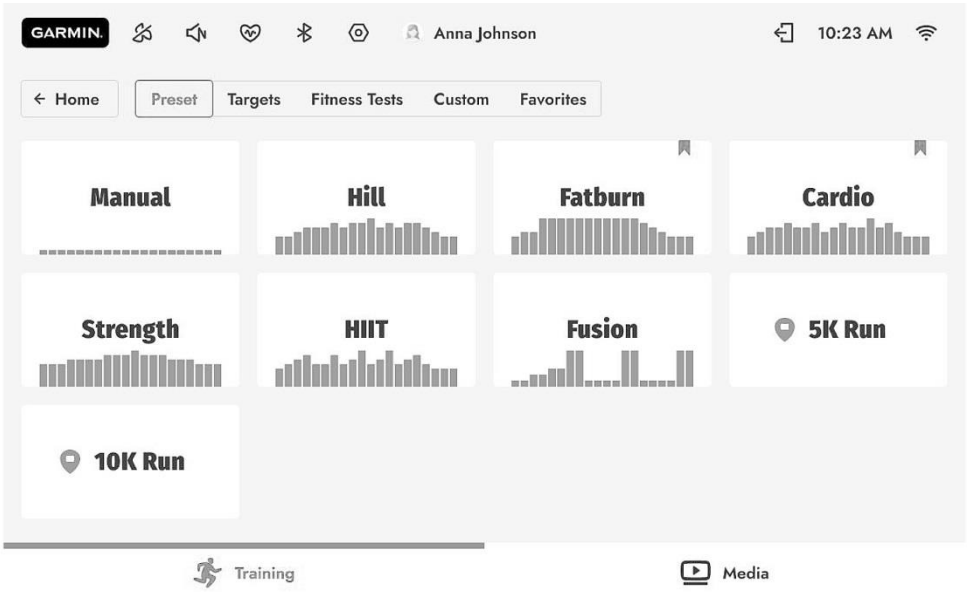




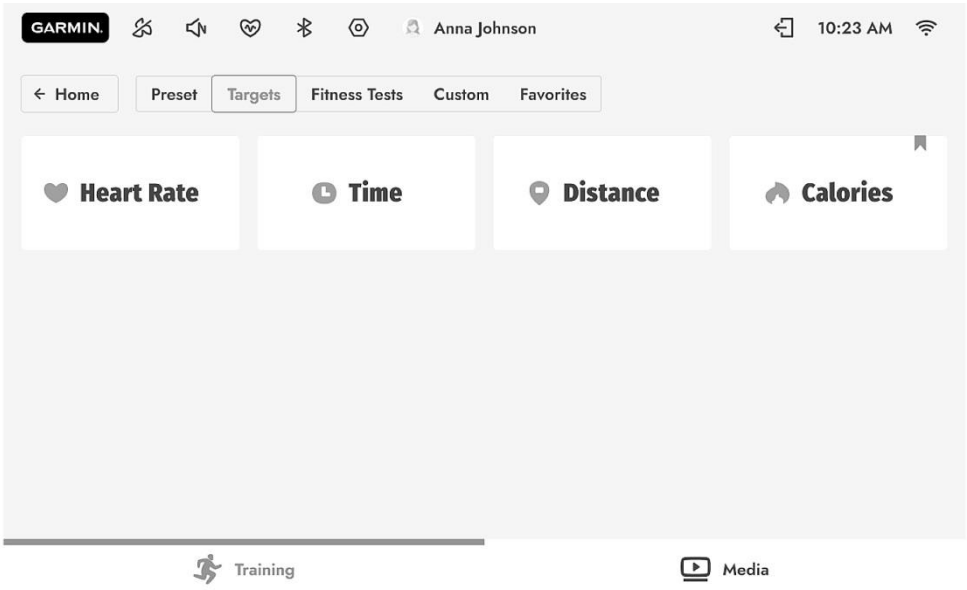
PROGRAMS INTRO

Workout Programs

To access all available categories of programs, press “All Programs” on the Home screen. Once inside, switch between categories using the tabs on the top of the screen: Preset, Targets, Fitness Tests, Custom and Favorites.



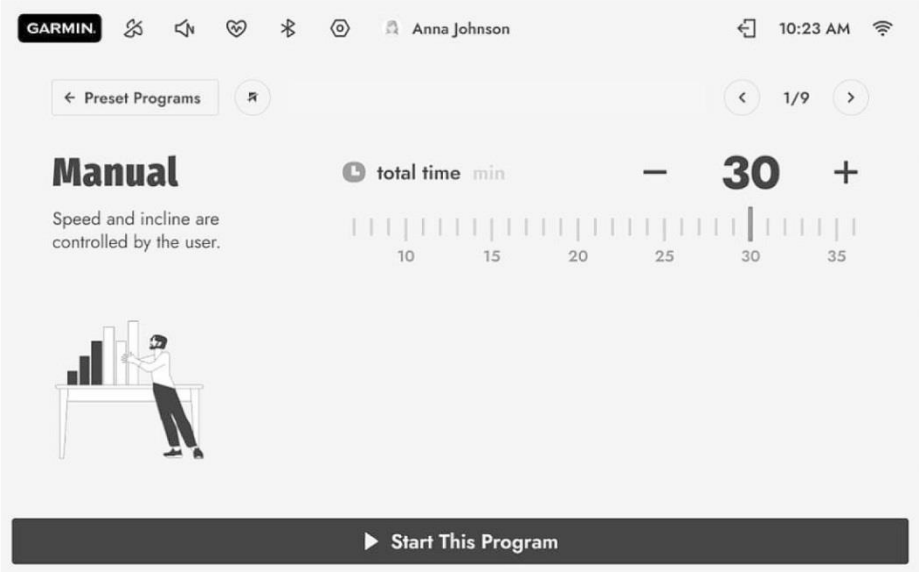
Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the + and – buttons, or tap on the number to open a numpad and input the value directly.



PROGRAMS

Manual

The manual (Timer) program is a timed workout with speed and incline controlled manually at any time during the run.

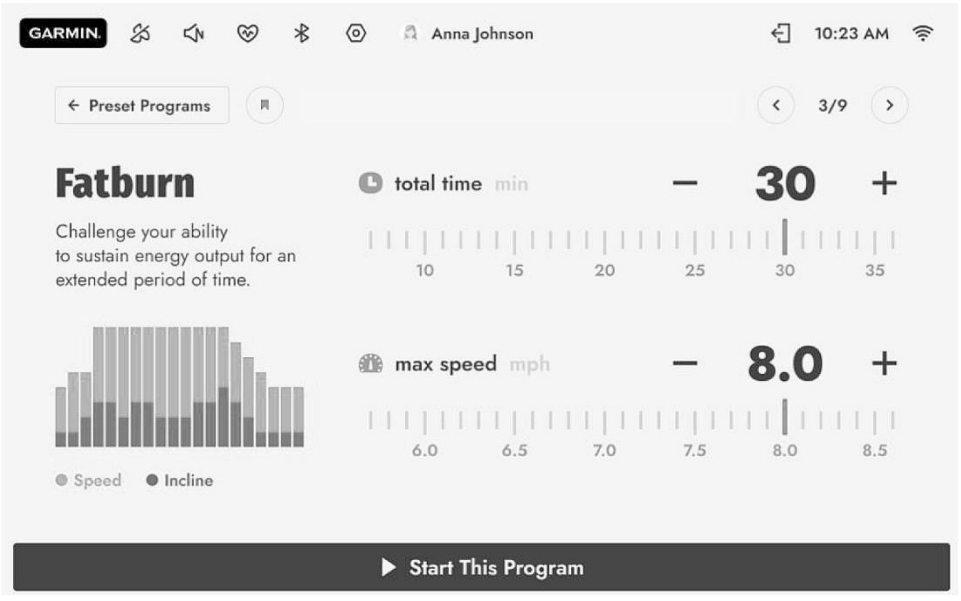


PROGRAMS - PRESET

Hill, Fatburn, Cardio, Strength, HIIT

The programs HILL, FATBURN, CARDIO, STRENGTH, and HIIT feature preset speed and incline-changing patterns. The Total Time and Max Speed settings define the duration and overall intensity of your workout.

The speed and incline levels for each segment of the programs are shown in the chart on page 37. Speed values represent a percentage of the max speed that was set before the start. For instance, if the max speed was set to 10.0, and the value in the chart indicates 20, it means that this segment's speed will be 2.0. If the value in the chart indicates 100, this segment's speed will be equal to the max speed you have set before the workout. Incline values are absolute.



PROGRAMS PRESET – CONTINUED

Program		Warm-up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cooldown		
Hill	Speed	20	30	40	50	63	63	75	75	75	88	75	88	88	100	75	88	75	88	88	75	63	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	2	3	2	3	3	4	2	3	2	3	4	3	2	1	1	0	0	0	0
Fatburn	Speed	20	30	40	50	63	63	75	88	100	100	100	100	100	100	100	100	100	100	100	88	75	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	2	3	4	2	3	3	2	2	2	3	4	4	3	2	1	0	0	0	0
Cardio	Speed	20	30	40	50	63	63	75	75	88	75	75	88	63	75	88	75	75	100	75	88	63	63	50	40	30	20
	Incline	0	0	0	0	1	1	2	2	2	2	2	2	1	2	2	2	2	3	2	2	1	1	0	0	0	0
Strength	Speed	20	30	40	63	63	75	75	75	75	88	88	88	100	100	88	88	88	75	75	75	63	63	63	40	30	20
	Incline	0	0	0	0	1	2	3	4	7	6	4	4	3	2	2	3	4	6	6	4	2	1	0	0	0	0
HIIT	Speed	20	30	40	50	63	63	75	88	63	63	88	63	75	100	63	75	100	63	75	88	63	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	4	2	2	4	2	2	6	2	2	7	2	2	4	2	1	0	0	0	0

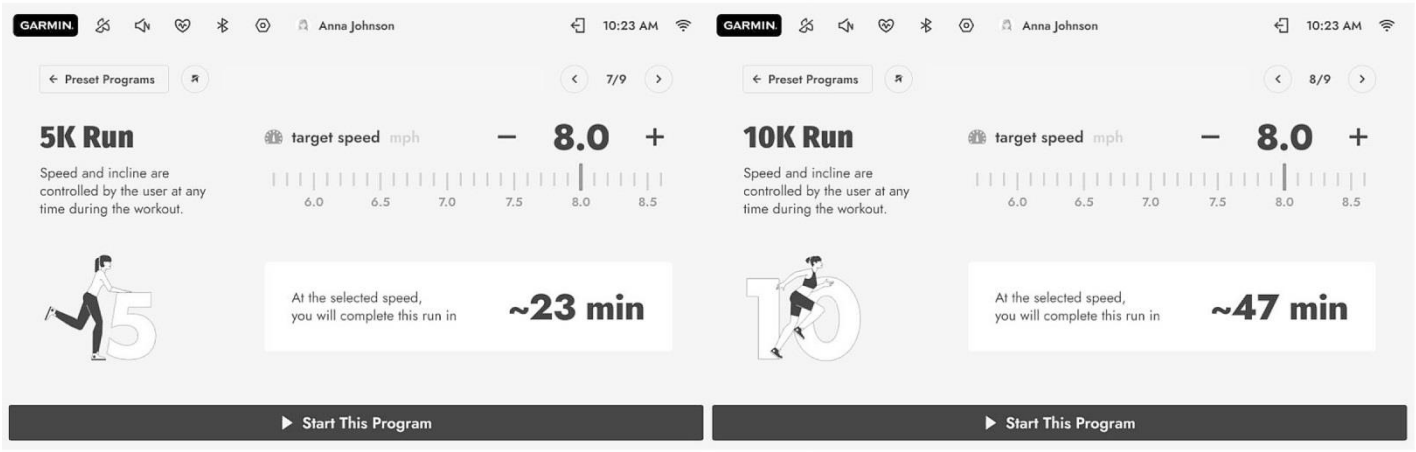
Fusion

This program takes you through high and low-intensity periods followed by strength exercises using free weights; elevation will spike in different segments. Work and recovery time can be customized for this program.

Interval	warm-up			1			2			3			4			5			Cooldown	
				Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest		
Speed	1	2	3	max	0	2	max	0	2	max	0	2	max	0	2	max	0	2	2	2
Incline	0	0	0	incline	0	0	incline	0	0	incline	0	0	incline	0	0	incline	0	0	0	0

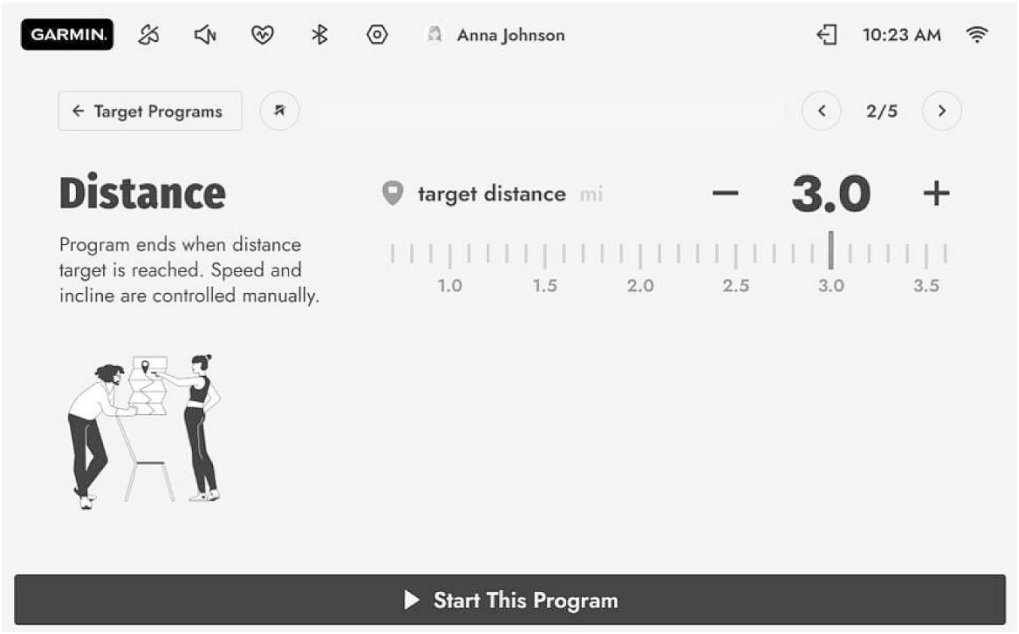
5K or 10K Program

The 5K or 10K programs automatically set a target distance for your workout (5 km and 10 km, respectively). On the program setup page, the console will show the estimated total time for this run based on the selected target speed.



Target Programs

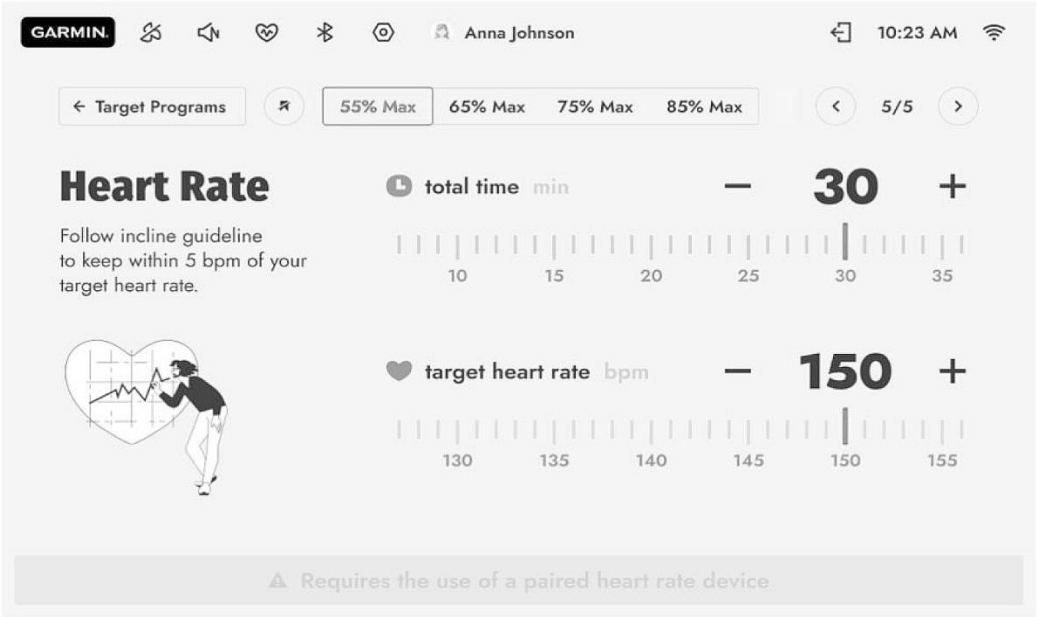
Heart rate, Time, Distance, and Calories are “target” programs, that end when the target set before start is reached.



Heart Rate Program

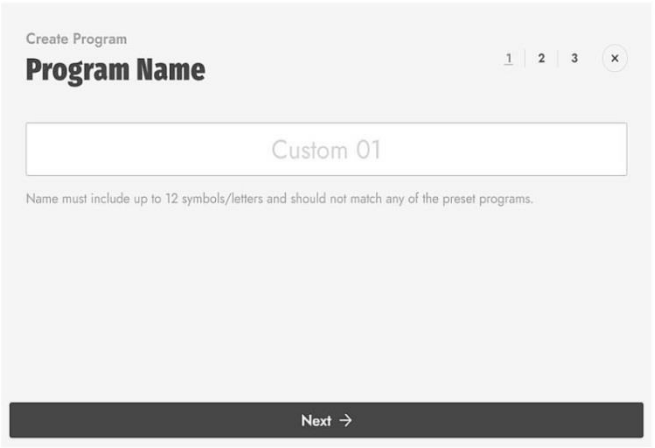
The heart rate program uses an incline to control your heart rate. The incline gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

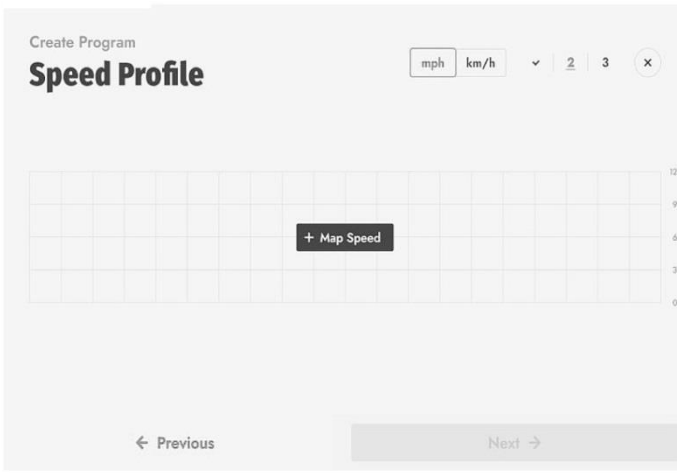
On the program setup page, you can either set the target bpm directly or select 55%, 65%, 75% or 85% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. When choosing the second option, make sure you have let the machine know how old you are, otherwise, the calculations will be based on the default values. The program is finished when the time is up, or if your heart rate is significantly higher than the target.

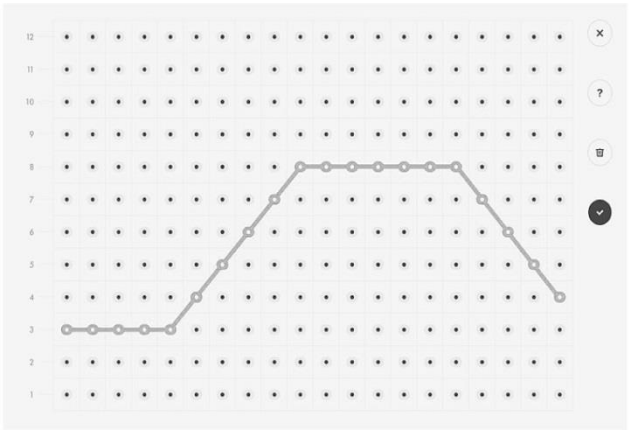


Custom

Users can create up to 12 Custom programs, each with fully customizable speed and incline patterns. In the Custom tab, press “+ New program”, then name your program and start editing. A mapping Speed profile is required, while the Incline profile is optional. Connect dots to map your load throughout the program, from easiest on the bottom to hardest on the top. Each segment’s duration depends on the selected total time — you can set it right before the start.
Speed levels in the pattern are relative, and the maximum value can be set after the pattern is finished; all the segments will be adjusted proportionally. Incline values are absolute and vary from 0 to 15.









Favourites

Any program can be labelled as a Favorite. 3 to 6 favourite programs, depending on your display size, will appear right on the Home screen, so you can access them more easily. To “like” a program, open the program setup page and tap on the “ribbon” icon in the upper left corner of the screen. You can find all of the labelled programs under the Favorites tab. To remove the label, press “Edit”, or go to the program setup page directly and un-tap the “ribbon” icon.
Once you have decided on the program, press the “Start This Program” button on the screen, or the physical “START” key on the machine to begin your workout.

Fitness Tests

Choose from 7 options under the Fitness Tests tab. Tap on the test card to open the test setup page. Please make sure that the physical parameters displayed on this page are correct: this data may affect the course of the test and its results; if the data is not accurate, press “Edit Physical Data” to adjust the numbers.

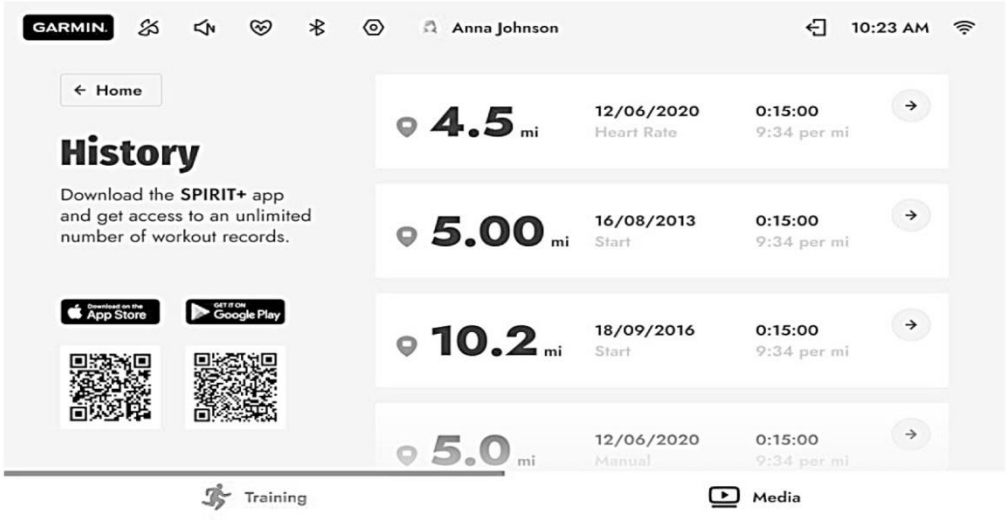
Before the test:
- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.

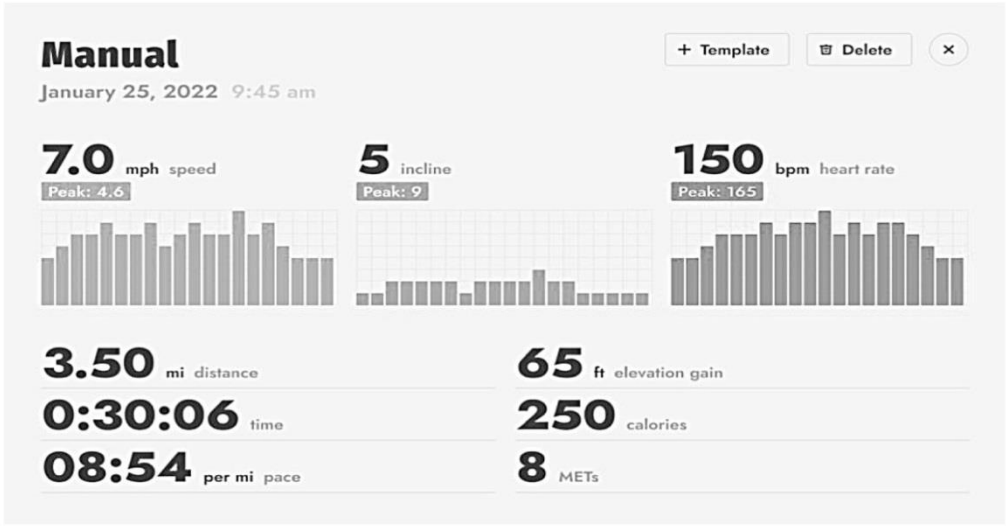
Gerkin Protocol is a sub-maximal VO2 (volume of oxygen) test, that increases speed and incline alternately until you reach 85% of your max heart rate (a heart rate monitor is required for this test). The time it takes for you to reach 85% determines the test score (VO2 Max). The test starts with a 3-minute warm-up at a lower speed.

Air Force, Army, Navy, Coast Guard, PEB and Marine Corps are US military tests that measure the time required for you to cover a certain distance. The speed is controlled manually.

History

To see your latest workout records, press “History” on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile o the SPIRIT+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.





HEART RATE EXERTION

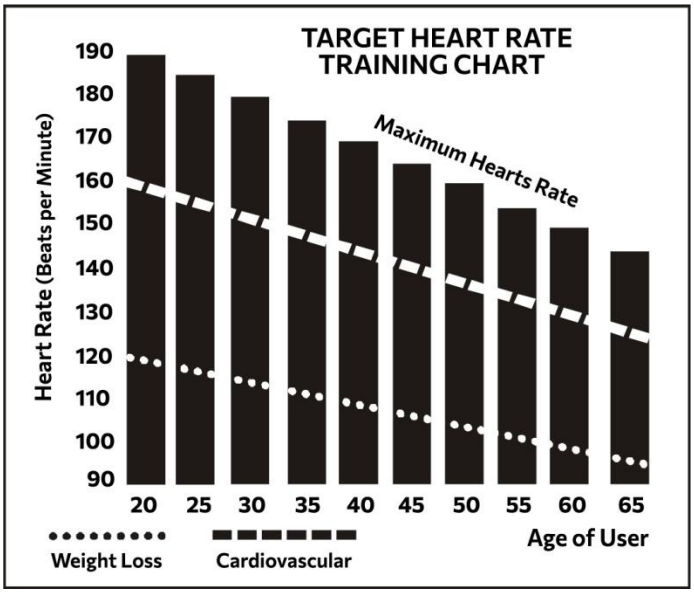
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity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

To determine the benefit range in which you wish to train, youmust 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. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So for a 40-year-old, the training zone would be 108 to 144 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 programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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

With all Heart Rate program treadmills, you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or any of the nine different programs. The Heart Rate program automatically controls incline.

HEART RATE - PERCEIVED EXERTION

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

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

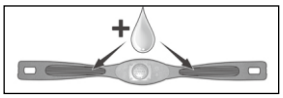
6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending 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 can 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.

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 torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the 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 directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat 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 workout. Some users, because of body chemistry, have a more difficult time 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 the range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note:Thetransmitterisautomaticallyactivatedwhenitdetectsactivityfromtheuser'sheart. 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 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. Microwave ovens, TVs, 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. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
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.

MAINTENANCE & CARE

POST-WORKOUT TREADMILL CARE

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

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate.

UNPLUG THE POWER CORD BEFORE THIS TASK.

SANITIZING YOUR 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 a 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.

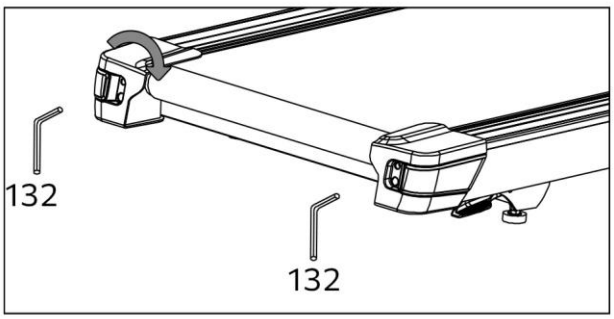
TREADBELT TRACKING ADJUSTMENT

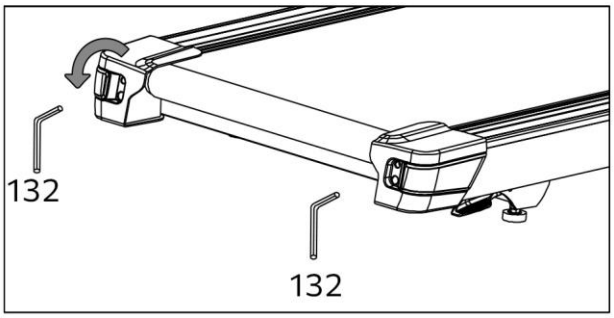
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favour one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph.
Be aware that a small adjustment can make a dramatic difference which may not be apparent right away.

If the belt **is too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make a 1/4 turn until the belt stabilizes in the center of the running deck.



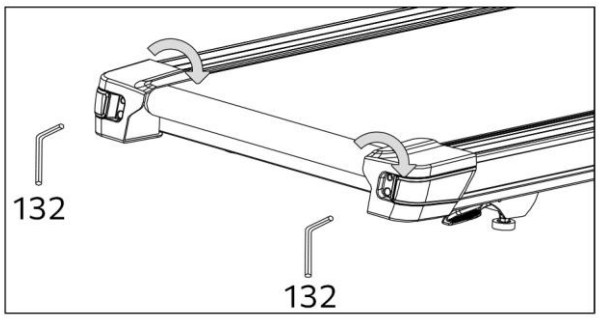


If the belt **is too close to the right side**, turn the bolt counterclockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments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

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

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners to provide a smooth, steady running surface. Adjustments must be made from the rear roller with the 6mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.



Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN – 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.

DECK LUBRICATION PROCEDURE

To ensure the longevity and proper function of your treadmill, proper belt maintenance is required. You should regularly check between the treadmill belt and the top of the treadmill base for proper lubrication, and to ensure that no dirt or debris has become trapped. Keeping the deck clean and lubricated at the recommended intervals ensures the longest life possible for your unit. Should lubrication dry out, or dirt become trapped, the friction between the belt and deck increases. Increased friction places undue stress on the drive motor, drive belt, and electronic motor control board which could result in catastrophic failure of these essential, expensive components.

Failure to clean and lubricate the deck at regular intervals may void the warranty.

As a part of your routine maintenance schedule, belt lubrication and cleaning should be performed every 90 days, after 90 hours of use, or earlier if you notice that the deck is dry or dirty. Please also be sure to check belt lubrication before first use.

Do not lubricate with anything other than Spirit Fitness-approved lubricant. Your treadmill comes with one tube of treadmill belt lubricant.

To lubricate your treadmill belt:

1. Ensure that your machine is off, and unplugged to minimize risk of injury.
2. Reach between the belt and the top of the treadmill base to verify that lubrication is present.
3. While kneeling beside your treadmill deck, use one hand to hold the treadmill belt up and away from the treadmill base just enough so you can use your other hand to reach the lubrication underneath.
4. Starting about 1 foot from the motor cover, begin applying ½ of your lubricant bottle in a long "S" pattern about 4-6" from one edge.
5. Repeat steps 3 and 4 on the opposite side using the remaining ½ of the lubricant bottle.
6. Plug the unit power cord back in, and turn the power switch back on.
7. Walk on the belt at a moderate speed for 5 minutes to evenly distribute the lubricant along the treadmill belt and deck.
8. Your treadmill belt is now lubricated. Normal use can resume.

Regularly check belt lubrication by completing the following steps:

1. Ensure that your machine is off and that the power cord is unplugged to minimize the risk of injury.
2. Reach between the running belt and the top of the treadmill base to verify that lubrication is present.

BELT AND DECK CLEANING & CALIBRATION PROCEDURE

Belt & Deck Cleaning

To clean your treadmill belt:

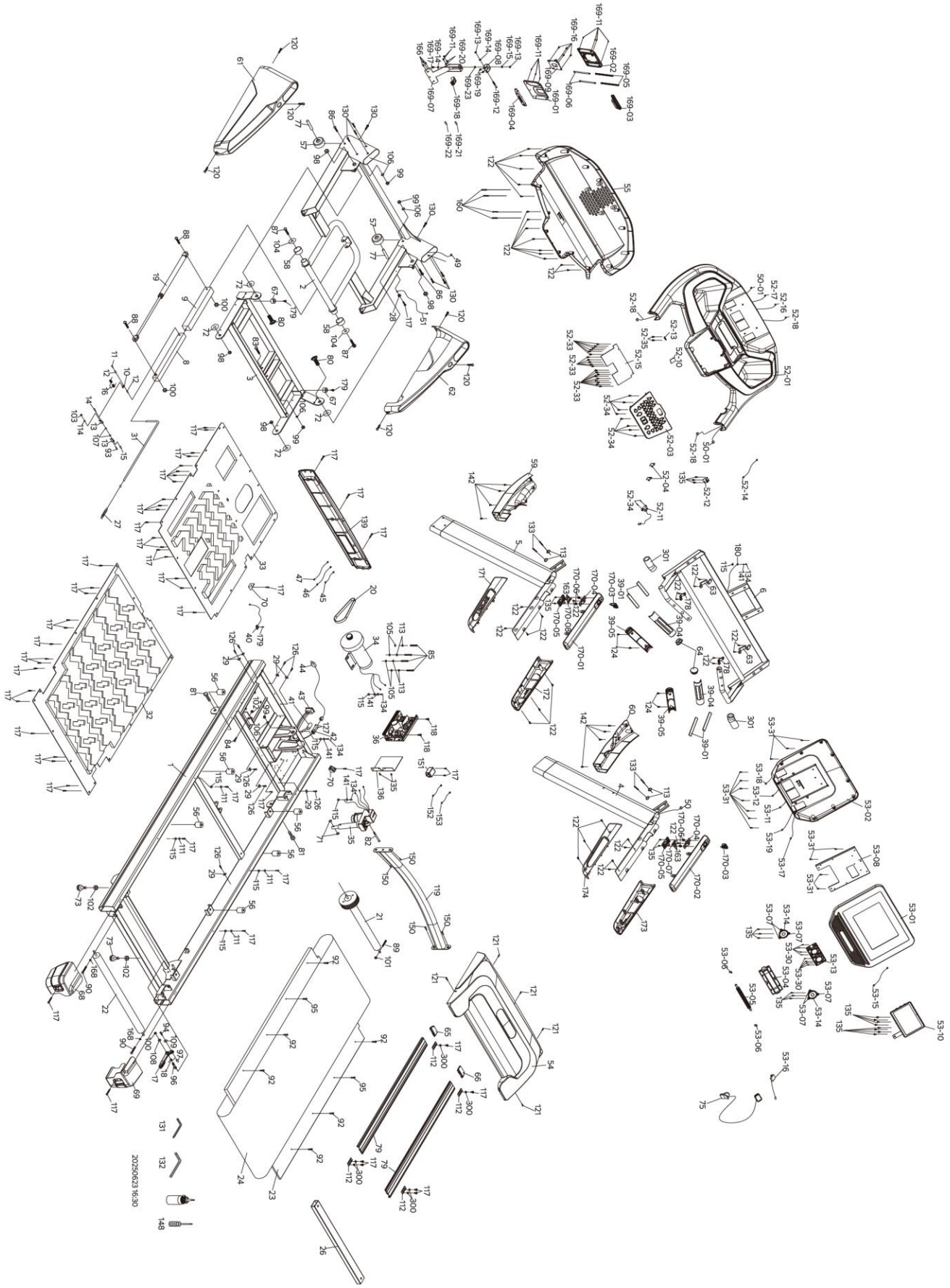
1. Ensure that your machine is off and that the power cord is unplugged to minimize the risk of injury.
2. Grab one edge of the treadmill belt, and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and the top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove the cleaning cloth from the treadmill before plugging back in.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

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

PROBLEM	SOLUTION/CAUSE
The display does not light	1. The circuit breaker on the front grill tripped. Push the circuit breaker in until it locks. 2. Plug is disconnected. Make sure the plug is firmly pushed into 120 VAC wall outlet and into the frame of the unit. 3. The breaker panel circuit breaker may be tripped. 4. Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered The treadmill belt hesitates when walking/running 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 the General Maintenance section on Tread-belt Tension and tracking Adjust as necessary.
The motor is not responsive after pressing the start	1. If the belt moves but stops after a short time and the display shows "E1", run calibration. 2. If you press Start and the belt never moves, then the display shows E1, contact service.
The treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates the motor should be receiving power to operate. Low AC voltage to the treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy-duty 14 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 120-volt AC current is required.
Tread-belt stops quickly/suddenly when the tether cord is pulled	High belt/deck friction. See the Maintenance & Care section on cleaning the deck.
Treadmill trips on board 15-amp circuit	High belt/deck friction. See the Maintenance & Care section.
The computer shuts off when the console is touched (on a cold day) while walking/running	The treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
House circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only object in the circuit. See "Important Electrical Information" at the front of this manual for more details.

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
8	Inner Slide	1
9	Outer Slide	1
10	Link	1
11	Link Shaft	1
12	Shaft Bushing	2
13	Fastening Bracket	2
14	Clevis Pin	1
15	Fastening Bushing	1
16	Dual Torsion-Spring	1
17	Release Lever	1
18	ChenChin Torsion-Spring	1
19	Cylinder	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
22	Rear Roller	1
23	Running Deck	1
24	Running Belt	1
26	Deck Cross Brace	1
27	Steel Cable Tension Spring	1
28	Wire Clamp	1
29	Wire Tie Mount	8
31	955m/m_Steel Cable	1
32	Top Frame Cover	1
33	Bottom Frame Cover	1
34	Drive Motor	1
35	Incline Motor	1
36	Motor Controller	1
39-01	Handpulse Plate	4
39-04	Handpulse Top Cover	2
39-05	Handpulse Bottom Cover	2
40	1200m/m_Sensor W/Cable	1
41	Breaker	1
42	Power Socket	1
43	On/Off Switch	1
44	Power Cord	1
45	70m/m_Connecting Wire (Black)	1
46	150m/m_Connecting Wire (White)	1
47	150m/m_Connecting Wire (Black)	1

Key	Part Description	Q'ty
49	1200m/m_Computer Cable (Lower)	1
50	1250m/m_Computer Cable (Middle)	1
50-01	1000m/m_Computer Cable (Middle-Upper)	1
51	1000m/m_Ground Wire	1
52	Console Top Cover(big)	1
53	Console Assembly	1
54	Motor Top Cover	1
55	Console Bottom Cover(big)	1
56	Cushion	6
57	Ø75×35L_Transportation Wheel(A)	2
58	Ø62×Ø32×30L_Transportation Wheel(B)	2
59	Upright Cover(L)	1
60	Upright Cover(R)	1
61	Frame Base Cover (L)	1
62	Frame Base Cover (R)	1
63	Anchor	2
64	Handpulse End Cap	2
65	Foot Rail Cap (L)	1
66	Foot Rail Cap (R)	1
67	Rubber Foot Pad	2
68	Adjustment Base (L)	1
69	Adjustment Base (R)	1
70	Motor Cover Anchor(D)	2
71	Ø25 × Ø10 × 3T_Nylon Washer (A)	2
72	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
73	Adjustment Foot Pad	2
75	Square Safety Key	1
77	Wheel Sleeve	2
79	Aluminum Foot Rail	2
80	1/2" × 1-1/4"_Carriage Bolt	2
81	1/2" × 1"_Hex Head Bolt	2
82	3/8" × 4-1/2"_Socket Head Cap Bolt	1
83	3/8" × 3-3/4"_Button Head Socket Bolt	1
84	3/8" × 1-1/2"_Hex Head Bolt	1
85	3/8" × 1-1/4"_Hex Head Bolt	4
86	3/8" × 2"_Flat Head Socket Bolt	2
87	5/16" × 1"_Button Head Socket Bolt	2
88	5/16" × 2-3/4"_Button Head Socket Bolt	2
89	M8 × 60mm_Hex Head Bolt	1
90	M8 × 80mm_Socket Head Cap Bolt	2
92	M8 × 35mm_Flat Head Countersink Bolt	6
93	M3 × 10mm_Phillips Head Screw	1
94	M5 × 20mm_Phillips Head Screw	1
95	M8 × 55mm_Flat Head Countersink Bolt	2
96	5/16" × 42mm_Button Head Socket Bolt	1
97	M5 × 5T_Nylon Nut	1
98	1/2" × UNC12 × 8T_Nylon Nut	4

Key	Part Description	Q'ty
99	3/8" × 7T_Nylon Nut	4
100	5/16" × 6T_Nylon Nut	3
101	M8 × 7T_Nylon Nut	1
102	3/8" × 7T_Nut	3
103	M3 × 2.5T_Nut	1
104	Ø5/16" × Ø35 × 1.5T_Flat Washer	2
105	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
106	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
107	Ø5 × Ø10 × 1.0T_Flat Washer	2
108	Ø5/16" × Ø18 × 1.5T_Flat Washer	1
109	Ø5 × Ø12 × 1.0T_Flat Washer	1
111	Ø6 × Ø23 × Ø13 × 5.5T × 3T_Nylon Dished	4
112	Ø5.5 × 27 × 60 × 1.5T × 3.5H_Concave Washer	4
113	Ø10 × 2.0T_Split Washer	8
114	M3_Split Washer	1
115	M5_Star Washer	8
117	Ø5 × 16L_Tapping Screw	55
118	Ø5 × 32L_Tapping Screw	3
119	Handrail Support	1
120	M5 × 15mm_Phillips Head Screw	6
121	5 × 16mm_Tapping Screw	5
122	3.5 × 16mm_Sheet Metal Screw	38
124	M3 × 15mm_Tapping Screw	4
126	3.5 × 16mm_Tapping Screw	8
127	3 × 10mm_Sheet Metal Screw	2
130	5/16" × 15mm_Button Head Socket Bolt	8
131	Combination Allen Wrench & Phillips Head Screwdriver	1
132	L Allen Wrench	1
133	3/8" × 1-1/2"_Button Head Socket Bolt	4
134	M5 × 10mm_Phillips Head Screw	4
135	3 × 10mm_Sheet Metal Screw	23
136	Controller Back Plate	1
139	Front Motor Cover	1
141	Ø5 × 1.5T_Split Washer	4
142	Ø3.5 × 16L_Sheet Metal Screw	8
148	Phillips Head Screwdriver	1
150	5/16" × 3/4"_Button Head Socket Bolt	4
151	Filter	1
152	250m/m_Connecting Wire (White)	1
153	250m/m_Connecting Wire (Black)	1
160	M5 × 45mm_Phillips Head Screw	4
163	2 × 10mm_Sheet Metal Screw	8
166	M5 × 25mm_Phillips Head Screw	3
168	Ø8.5 × Ø16 × 1.5T_Flat Washer	2
169-01	IPAD Front Cover	1
169-02	IPAD Rear Cover	1
169-03	IPAD Cover (Top clip)	1

Key	Part Description	Q'ty
169-04	IPAD Cover (Bottom clip)	1
169-05	Spring	2
169-06	spring column	2
169-07	IPAD Tablet Holder Assembly	1
169-08	Rotate Axle Bracket	1
169-09	Console Holder Assembly	1
169-11	3.5 × 12mm_Sheet Metal Screw	9
169-12	5/16" × 2-1/2"_Hex Head Bolt	1
169-13	5/16" × 6T_Nylon Nut	2
169-14	Ø5/16" × 16 × 1.5T_Flat Washer	2
169-15	Ø8 × 1.5T_Split Washer	1
169-16	M5 × 12mm_Phillips Head Screw	4
169-17	5/16" × 15mm_Hex Head Bolt	1
169-18	Fixed block	1
169-19	8.2 × 16 × 0.6T_Flat Washer	2
169-20	Ø4 × 14 × 1T_Flat Washer	2
169-21	Foam One-sided Glue(28mm×9mm×4T)	1
169-22	Foam One-sided Glue(25mm×25mm×4T)	1
169-23	Pad	1
170	Handlebar Assembly	1
171	Handlebar Cover Outer(L)	1
172	Handlebar Cover Inner(L)	1
173	Handlebar Cover Outer(R)	1
174	Handlebar Cover Inner(R)	1
178	Anchor	2
179	Ø5 × 19L_Tapping Screw	2
180	400m/m_Console Ground Wire	1
300	Rubber gasket	6
301	Handgrip Foam	2

MANUFACTURER'S LIMITED WARRANTY

TREADMILL 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:

Home Warranty	
Frame, Motor & Deck	Lifetime
Parts	10 Years
Labour	1 Years
Console	2 Years

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

NORMAL RESPONSIBILITIES OF THE OWNER

The owner is responsible for the items listed below:

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

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR 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, 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 facility, are the responsibility of the facility. The facility is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

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

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

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

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EVERLAST

dyaco.ca/everlast.html

UFC

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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