

SPIRIT



CRS800S+ Recumbent Stepper **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new Recumbent Stepper.

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IMPORTANT SAFETY INSTRUCTIONS

WARNING

When using an electrical exercise equipment, basic precautions should always be followed, including the following: Read all instructions before using this exercise equipment.

DANGER - To reduce the risk of electric shock: Always unplug this exercise equipment from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 1m m² OR BETTER, WITH ONLY ONE OUTLET ON THE END. The Recumbent Stepper should be the only appliance in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- **Max. user's weight.:150 kgs**
- Do not operate Recumbent Stepper on deeply padded, plush or shag carpet. Damage to both carpet and Recumbent Stepper may result.
- Keep children away from the Recumbent Stepper. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Recumbent Stepper if it has a damaged cord or plug. If the Recumbent Stepper is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Please make sure that power-supply cord and adapter placed in dry area and kept away from heat.
- Do not attempt to use your Recumbent Stepper for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Recumbent Stepper. Quality athletic shoes are recommended to avoid leg fatigue.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the exercise equipment by a person responsible for their safety.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.

- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- The appliance is only to be used with the power supply unit provided with the appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance is only to be used with the power supply unit provided with the appliance.

WARNING – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING – The equipment shall be installed on a stable base and properly leveled.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Recumbent Stepper 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 Recumbent Stepper 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).

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this Recumbent Stepper without reading and completely understanding the results of any operational change you request from the console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment button. The console will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Recumbent Stepper; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control buttons. They are precision set to function properly with little finger pressure.



- DC Power Connector Location
- The breaking system of the equipment is speed independent.

GETTING ON / OFF YOUR RECUMBENT STEPPER

IMPORTANT

The Recumbent Stepper comes with two Dual Action Handles and a Stationary Handlebar. Always sit on the seat cushioning and adjust the action Handlebar when getting on and off the Recumbent Stepper.

First time users should familiarize themselves with using the Recumbent Stepper by sitting on the seat cushioning first and then progressing to the Dual Action Handles and pedal.

Once you have familiarized yourself with using the Recumbent Stepper, you can progress to using the Dual Action Handles and pedal to provide body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your arm length. The seat cushioning can be adjusted at the most appropriate position for your leg length.

Caution should always be taken when getting on and off any exercise machine.

Please follow the safety steps below.

1. Ensure the one of handle bar is in the lowest position and sit down on the seat cushion grasp the Stationary Handlebar with both hands.
2. Place your foot on the Pedal and your hands on the handle bar.
3. Get balanced and begin your workout.

Important

To get off, come to a complete stop and reverse the procedure.

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

It is recommended that you keep sit on the seat cushion at all times. If you are performing action with your legs, or doing lower body strength training exercises, ensure you are well balanced.

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

Correct Position

1. Your body should be in an sit position so that your back is straight. Keep your head up to minimize neck and upper back strain.
Always try and use the Recumbent Stepper in a rhythmical and smooth motion.
If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.
2. When going action, bend your knees slightly more. More emphasis is on the arms and hamstrings in the motion.

ASSEMBLY INSTRUCTIONS

Unpacking

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. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

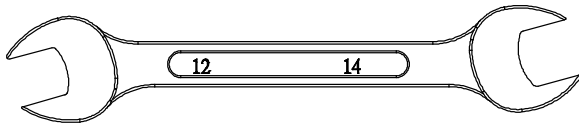
Assembly Tools



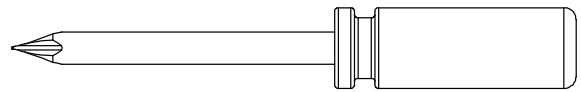
#219. M8_L Allen Wrench (1 pc)



#217. 5mm_L Allen Wrench (1 pc)



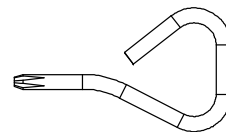
#220. 12/14m/m_Wrench (1 pc)



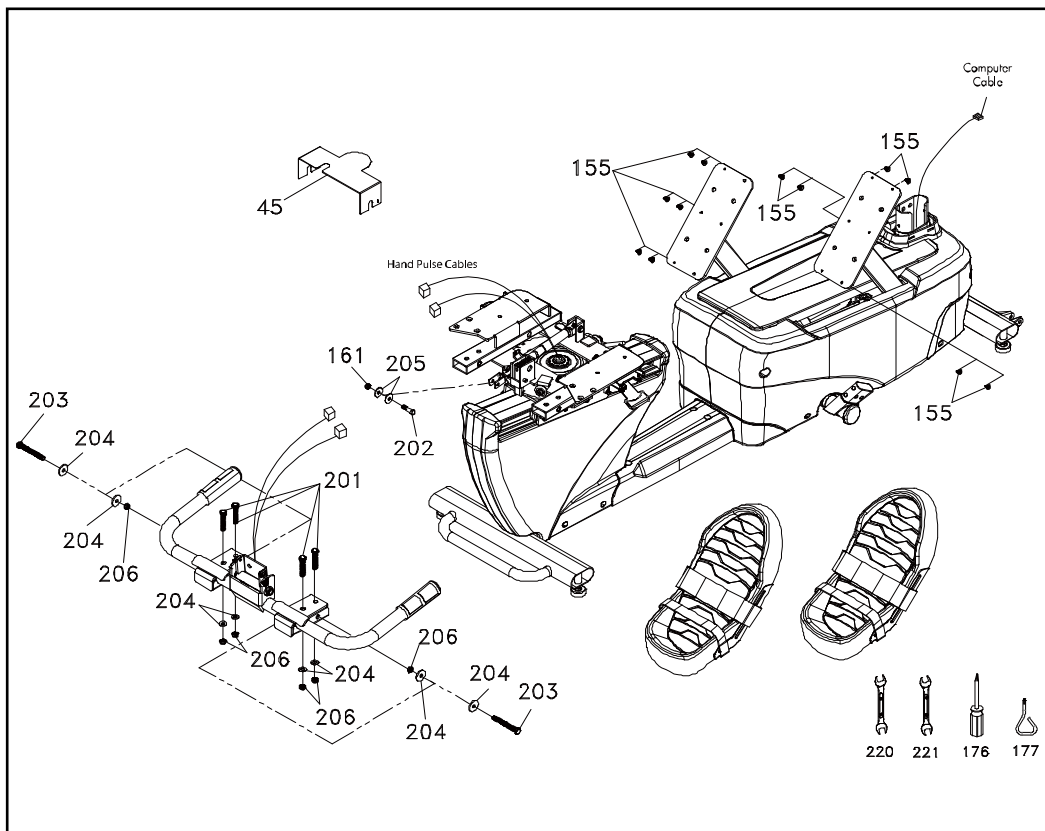
#222. Phillips Head Screw Driver (1 pc)



#221. 13/14m/m_Wrench (1 pc)



#223. Short Phillips Head Screw Driver (1 pc)



STEP 1

1. Secure the Pedals to the pedal plates with 6 Phillips Head Screws (No.155) each.
2. Use a Hex Head Bolt (No.202), 2 Flat Washers (No.205), and a Nyloc Nut (No.161) to secure the locking gas piston on the seat bottom.
3. Install Seat Cover (No.45).
4. 2 Hex Head Bolts (No.203) with 2 Flat Washers (No.204) and 2 Nyloc Nuts (No.206) to secure the handgrip.
5. Use 4 Hex Head Bolts (No.201), 4 Flat Washers (No.204) and 4 Nyloc Nuts (No.206) to secure Handlebar to the Seat Assembly.
6. Connect the Hand Pulse Cables; arrange cables taking care so they are not crushed during seat rotation and adjustment.

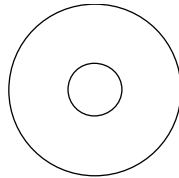
HARDWARE



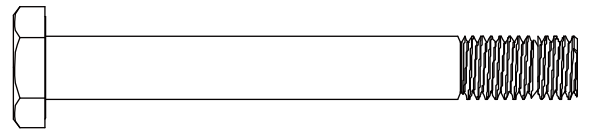
#155. M5 × 12mm
Phillips Head Screw
(12 pcs)



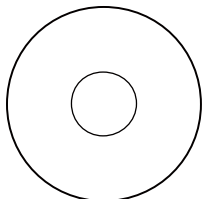
#161. 5/16" × 6T
Nyloc Nut (1 pc)



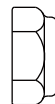
#205. 8.5 × 26 × 2T
Flat Washer (2 pcs)



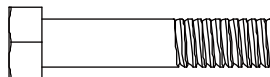
#203. 3/8" × 3-1/4"
Hex Head Bolt (2 pcs)



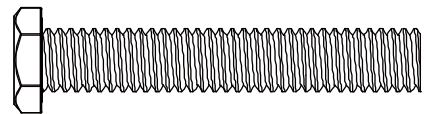
#204. 3/8" × 30 × 3T
Flat Washer (8 pcs)



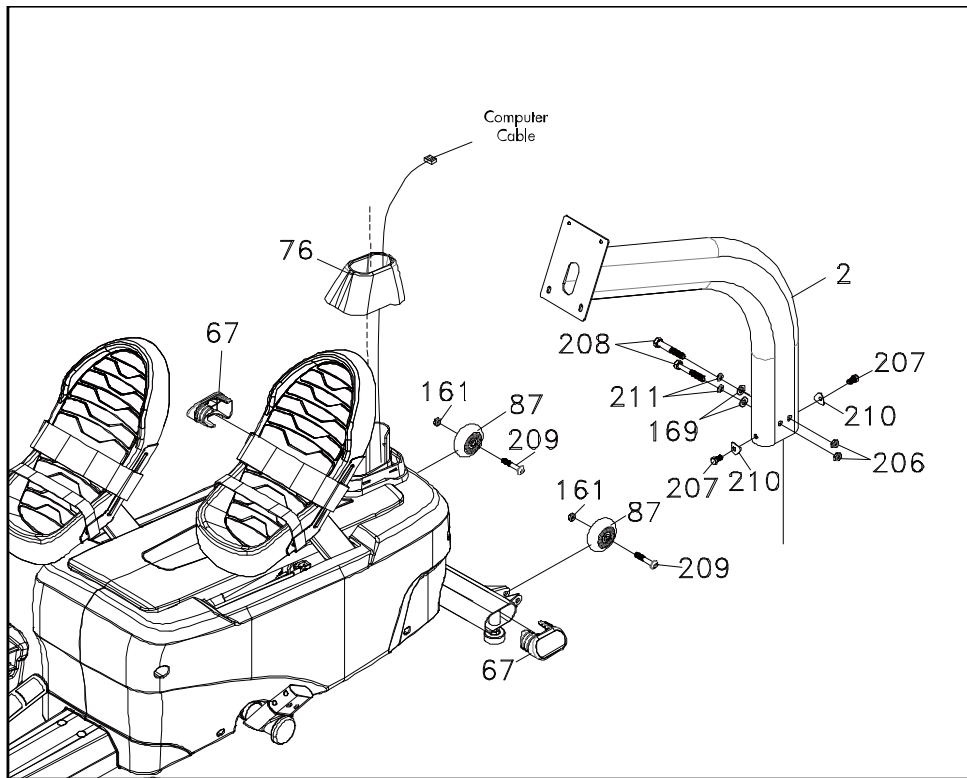
#206. 3/8" × 7T
Nyloc Nut (6 pcs)



#202. 5/16" × 1-1/4"
Hex Head Bolt (1 pc)



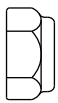
#201. 3/8" × 2"
Hex Head Bolt (4 pcs)



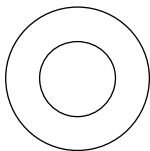
STEP 2

1. Install Transportation Wheels (No.87) with Button Head Bolts (No.209) and Nyloc Nuts (No.161).
2. Place the Console Mast (No.2) through the Console Mast Cover (No.76) with the correct orientation. Snake the Computer Cable through the bottom end of the console mast and out through the top.
3. Insert the mast on the Main Frame and use Hex Head Bolts (No.208) with Split Washers (No.211), Flat Washers (No.169) and Nyloc Nuts (No.206) to secure on the side. Then use Hex Head Bolts (No.207) and Curved Washers (No.210) to secure at the front and back of tube.

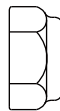
HARDWARE



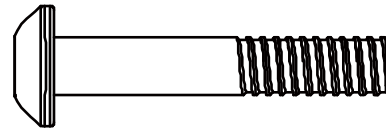
#161. 5/16" × 6T
Nyloc Nut (2 pcs)



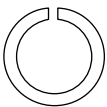
#169. 3/8" × 19 × 1.5T
Flat Washer (2 pcs)



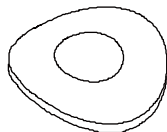
#206. 3/8" × 7T
Nyloc Nut (2 pcs)



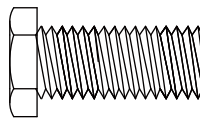
#209. 5/16" × 1-3/4" Button
Head Socket Bolt (2 pcs)



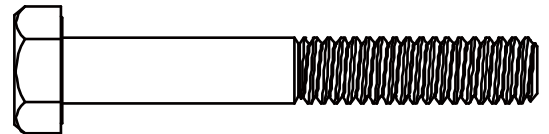
#211. 10 × 2T
Split Washer
(2 pcs)



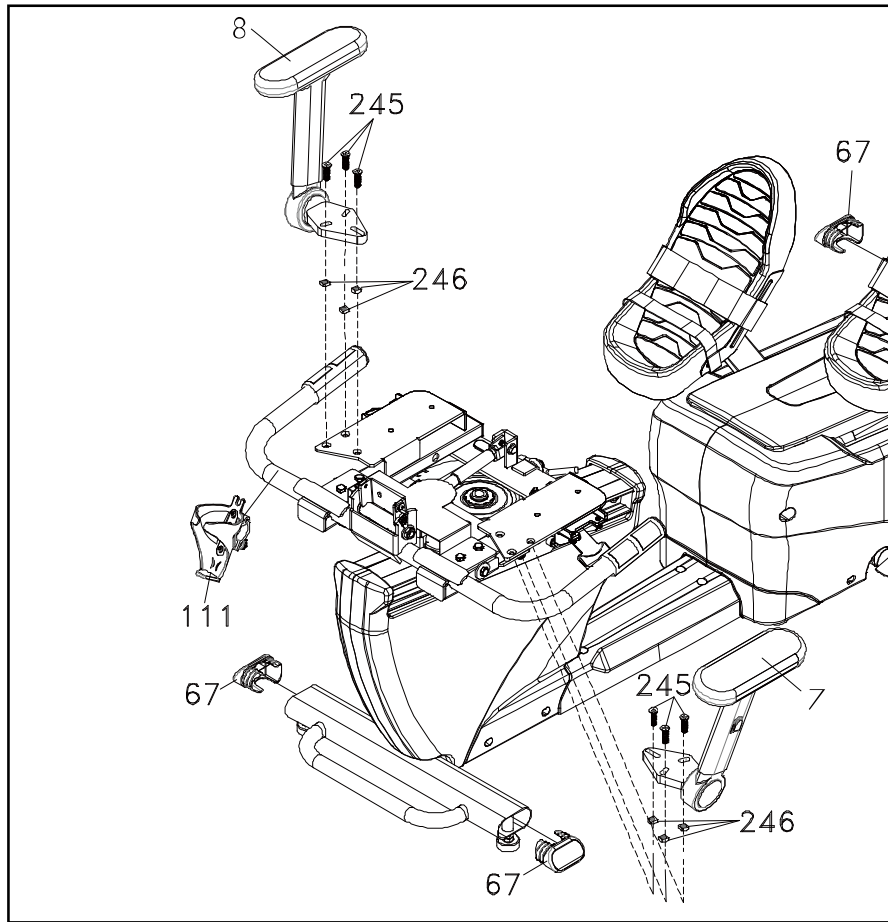
#210. Ø8 × 23 × 1.5T
Curved Washer (2 pcs)



#207. M8 × 16mm
Hex Head Bolt (2 pcs)



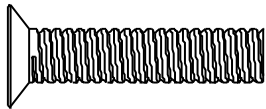
#208. 3/8" × 2-1/2
Hex Head Bolt (2 pcs)



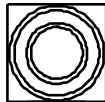
STEP 2 - Continued

1. Plug in the End Caps (No.67) on Oval Stabilizer Tubes. NOTE: Do not pinch wires
2. Secure the Handle Sliders (No.7&8) using 3 Flat Head Socket Screws (No.245) and 3 Square Nuts (No.246) on each side.
3. Clamp the Water Bottle Cage (No.111) to either Handlebar.

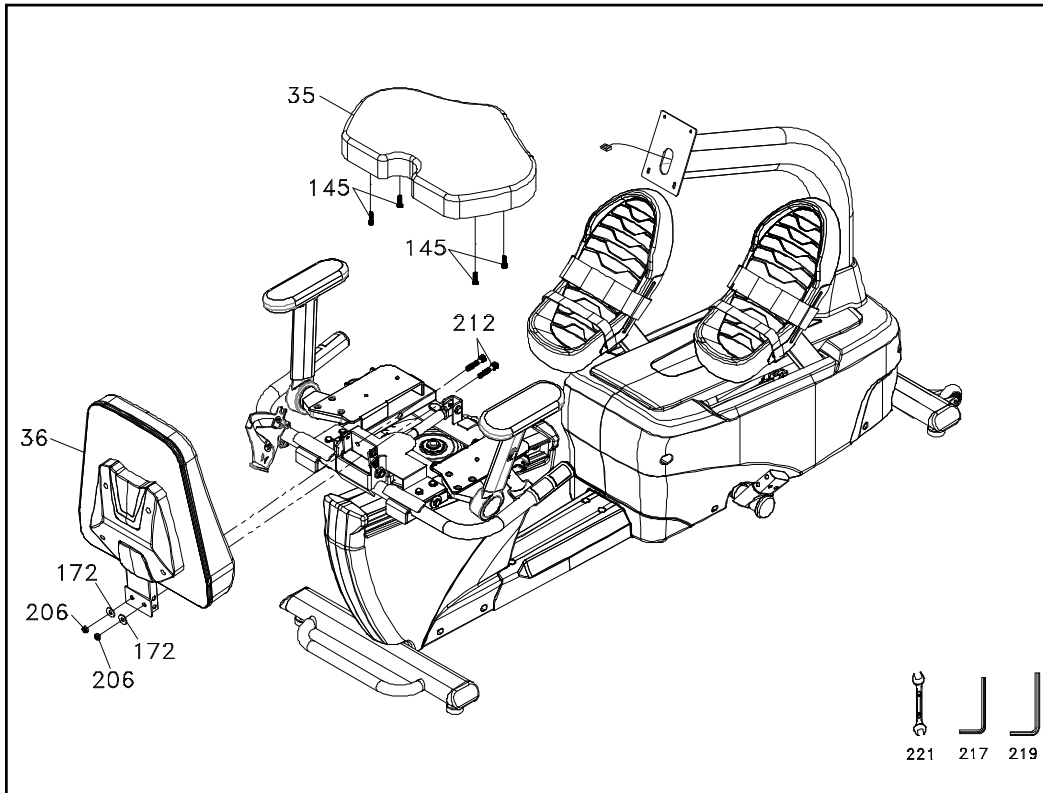
HARDWARE



#245. M8 × P1.25 × 30mm
Flat Head Socket Screw (6 pcs)



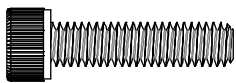
#246. M8 × 1.25 × 6.5T
Square Nut (6 pcs)



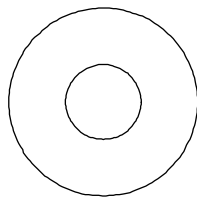
STEP 3:

1. Insert the Seat Back (No.36) in the Seat Carriage and secure with Socket Head Cap Bolts (No.212), Flat Washers (No.172) and Nyloc Nuts (No.206).
2. Put the Seat Cushion (No.35) on the Seat Carriage and secure with Socket Head Cap Bolts (No.145).

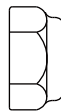
HARDWARE



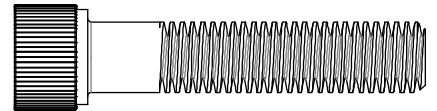
#145. M6x 25mm
Socket Head Cap Bolt
(4 pcs)



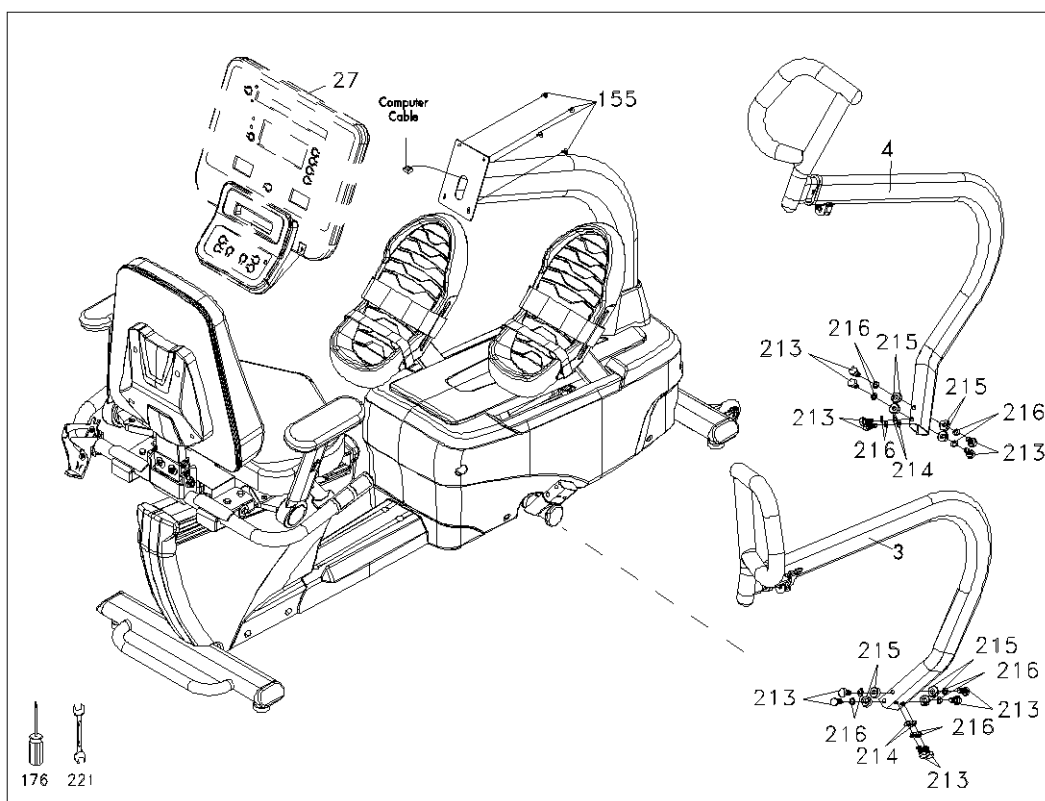
#172. 3/8"x 25x 2T
Flat Washer (2 pcs)



#206. 3/8" x 7T
Nyloc Nut (2 pcs)



#212. 3/8"x 1-3/4"
Socket Head Cap Bolt
(2 pcs)



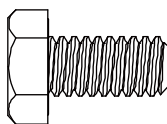
STEP 4:

1. Connect the computer cables from the mast to the Console (No.27) and use Phillips Head Screws (No.155) to secure it.
2. To install Left and Right Swing Arms (No. 4 & 3) onto the Main Frame use Button Head Bolts (No.213), Flat Washers (No.214), Split Washers (No.216) and Curved Washers (No.215).

HARDWARE



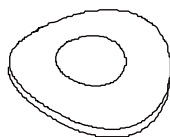
#155. M5 × 12mm
Phillips Head Screw (4 pcs)



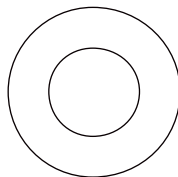
#213. 3/8" × 3/4"
Hex Head Bolt (12 pcs)



#214. 3/8" × Ø19 × 1.5T
Flat Washer (4 pcs)



#215. 10 × 21.3 × 7.8T
Curved Washer (8pcs)

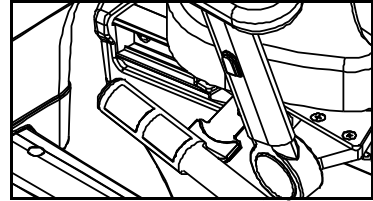


#216. 10 × 2T
Split Washer (12 pcs)

RECUMBENT STEPPER SETUP

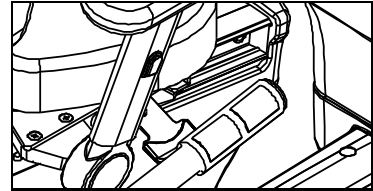
SEAT ROTATION

Lift left lever and hold while rotating the seat to desired position.
Release lever.



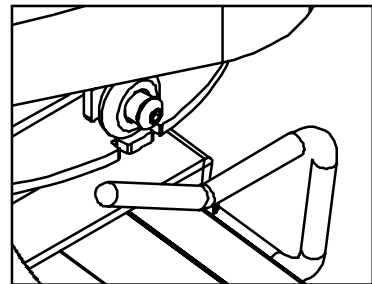
SEAT RECLINE

Lift right lever and hold while adjusting seat position to the desired position. Release lever.



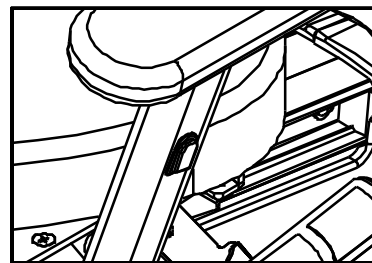
SEAT FOR/AFT ADJUSTMENT

Lift lever and hold while adjusting seat position to the desired distance from the console. Release lever.



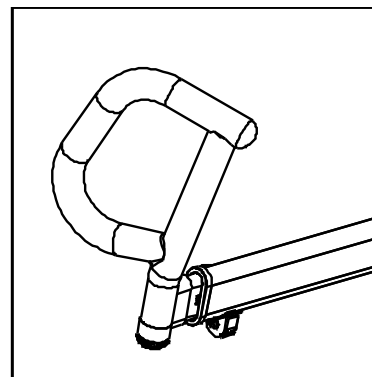
ARMREST ADJUSTMENT

Push the button and hold while adjusting armrests position to the desired angle.



HANDHOLD ADJUSTMENT

Open lever. Adjust handhold to desired distance from seat.
Close lever securely.



OPERATION OF YOUR CONSOLE

Operation Of Your Console



POWER

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

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Dot Matrix Message Center will show the software version (i.e.: VER 1.0). The LED Data Display Window shows the total hours of use and total steps.

The odometer will remain displayed for only a few seconds then the console will go to the start up display.

The Dot Matrix Message Center will be scrolling through the different profiles of the programs and will be scrolling the start up message. You may now begin to use the console.

QUICK START

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Level Up and Down buttons. The Dot Matrix Message Center will show just the bottom row lit. As you increase the workload more rows will light indicating a harder workout. The Recumbent Stepper will get harder to pedal as the rows increase. The Dot Matrix Message Center has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

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

BASIC INFORMATION

The Dot Matrix Message Center, or Profile Window, will display the workout Profile. The LED Data Display Windows display pertinent exercise data. There is a Strides Per Minute window for pedal speed and a Level window indicating machine resistance.

The LED Data Display Window will initially be displaying Steps, Calories, Pulse and Time Elapsed information. When the Up/Down Scan key is pressed the next set of information will appear: Distance, Watts, METs and Time Remaining. Pressing the Up/Down Scan button, the Scan mode is activated and the LED Data Display Window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Up/Down Scan button again will bring you back to the beginning. The Stop key button actually has several functions. Pressing the Stop key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop key is pressed twice during a workout, the program will end and the console will return to the start-up screen. If the Stop key button is held down for 3 seconds, the console will perform a complete Reset. During data entry for a program the Stop key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop button.

The Program Key is used to preview each program. When you first turn the console on, you may press program key to preview what the program profile looks like. If you decide that you want to try a program, press the Enter key to select the program and enter into the data set-up mode.

1/4 MILE / 0.4 KM TRACK

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

HEART RATE WINDOW

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

TO TURN RECUMBENT STEPPER OFF

This function is called sleep mode. The display will automatically turn off (go to sleep) after 30 minutes of inactivity. In sleep mode, the Recumbent Stepper will power down most everything except for a minimum of circuitry for detecting button presses and the safety button so it will start up again if these are activated. The default setting for sleep mode is OFF, follow the instructions on page 35 to turn it on.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you; entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

ENTERING A PROGRAM & CHANGING SETTINGS

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

MANUAL

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program, follow the instructions below:

1. Using the Program button choose Manual then press the Enter key.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys, then press Enter to continue.
4. The next setting is Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key.

NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.

6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Level Up key; the Level Down key will decrease the workload.
7. When the program ends you may press Start to begin the same program again or Stop to exit the program, or you can save the program you just completed as a custom program by pressing the Program button and selecting Custom, then following the instructions in the Dot Matrix Message Center.

PROGRAMMING PRESET PROGRAMS

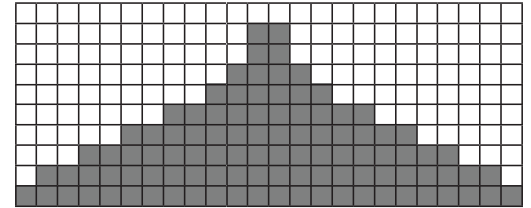
1. Using the Program button select your desired program then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Level Up/Down buttons, then press the Enter button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight value using the Level Up/Down buttons, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Resistance Level. This is the peak exertion level you will experience during the program. Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Enter button.
7. If you want to increase or decrease the resistance at any time during the program, press the Level Up/Down buttons on the console or above the heart rate sensor grips of the stationary handlebars. This will change the resistance settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the Dot Matrix Message Center will show the current column and program maximum levels of work.
8. During the program you will be able to scroll through the data in the LED Data Display Window by pressing the Scan button.
9. When the program ends the LED Data Display Window will show a summary of your workout. The summary will be displayed for a short time, then the console will return to the start-up display.

PRESET PROGRAMS

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

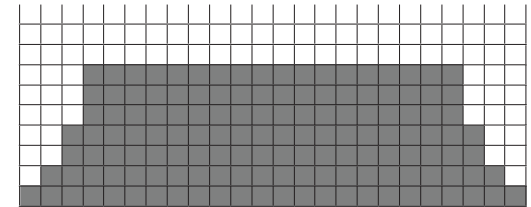
HILL

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



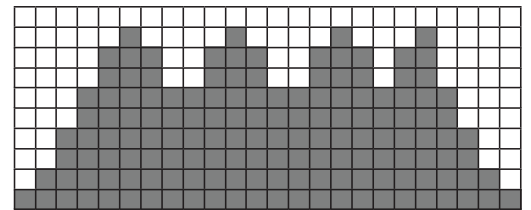
FATBURN

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



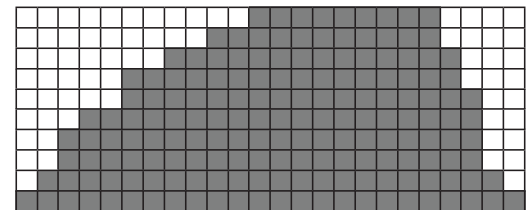
CARDIO

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



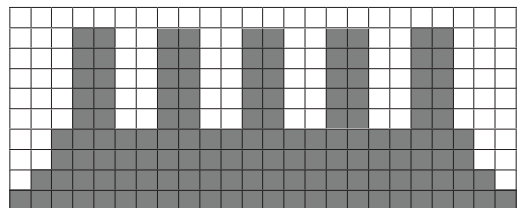
STRENGTH

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



INTERVAL

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



CUSTOM USER DEFINED PROGRAMS

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

1. Using the Program button choose the Custom programs then press Enter. The Dot Matrix Message Center will show a welcome message. If you had previously saved a program the message will contain your name. Then press the Enter button to begin programming.
2. If you have already saved a program to either CUS1 or CUS2, it will be displayed and you are ready to begin. If not, you will have the option of inputting a username. In the LED Data Display Window, the letter "A" will be blinking. Use the Up/Down Level buttons to select the appropriate first letter of your name (pressing the UP button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press Stop.
3. If there is a program already stored in Custom, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing Start or Enter you will ask: Run Program? Use the Up/Down arrows to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Dot Matrix Message Center will ask you to enter your Age. You may enter your age, using the Level Up/ Down buttons, then press the Enter button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the Up/Down buttons or the numeric button pad, then press Enter to continue.
6. Next is Time. You may adjust the time and press Enter to continue.
7. Now you are asked to adjust the Max Resistance Level of the program, press Enter when resistance has been selected.
8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the Level Up button. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty segments have been set.
10. The Dot Matrix Message Center will then tell you to press Enter to save the program. After saving the program the Dot Matrix Message Center says "Program Saved" then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.

HEART RATE PROGRAMS

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

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$ (maximum heart rate)

$180 \times .6 = 108$ beats per minute

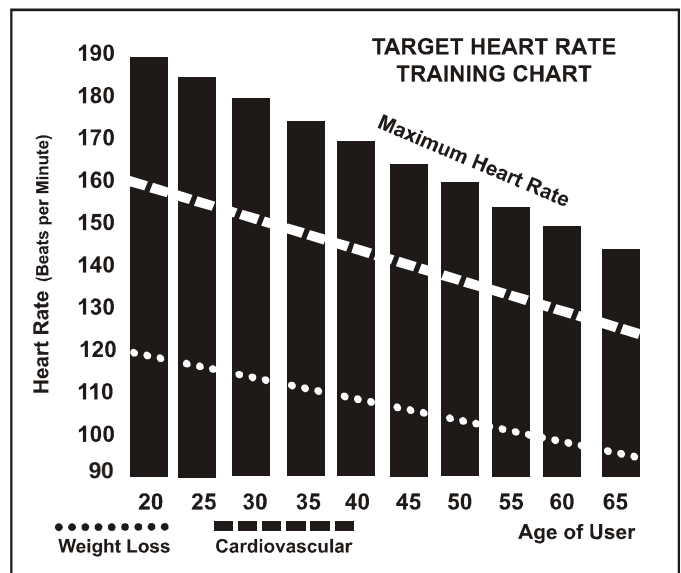
(60% of maximum)

$180 \times .85 = 153$ beats per minute

(80% of maximum)

So for a 40 year old the training zone would be 108 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate 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 achieved by training at 85% or 60% respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

HEART RATE PROGRAM OPERATION

To start the HR program follow the instructions below.

1. Using the Program button choose the HR program (65% or 80%) then press the Enter key.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up/Down keys, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust your target Heart Rate. This is the heart rate level you will try to maintain during the program. Adjust the value and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. Note: At any time during the editing of data you can press the Stop key to go back one level, or screen.
7. If you want to increase or decrease the resistance at any time during the program, press the Level Up/Down key. This will allow you to change your target heart rate at any time during the program.
8. The program will automatically increase or decrease the amount of resistance, depending on whether your heart rate is above or below your target.

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 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 achieved by training at 85% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Fitness machines you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

RATE OF PERCEIVED EXERTION

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

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

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 upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso 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 directly 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 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: 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 Recumbent Stepper 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, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Electric 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.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. 90% of calls to the service department for noise issues can be traced to loose hardware.
 - b. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the front and 2 leveling pads on the back of the unit.

WARNING

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

- i. Replace defective components immediately and/or keep the equipment out of use until repair.
- ii. The components which are most susceptible to wear: Belt 、 PU wheel 、 Bearing 、 Idler.

STEP RAIL AND CARRIAGE MAINTENANCE

Dirt and dust can accumulate on the pedal carriage components causing a rough feel which means the rails and wheels most likely need cleaning.

1. Remove mast cover and center cover.
 - a. Firmly press in at the bottom of the small mast cover at the front and rear and pull up.
 - b. Firmly press in at the top of the main cover near the top and pull up on the center cover. Repeat this process at all four corners of the cover.
 - c. Slide the mast and center covers up the mast tube. Tie a rag around the tube and let the covers rest on it so they stay in place.
2. Move the pedals so one is all the way forward. Clean the wheels and rails using a rag and alcohol.
3. Replace the covers when done.

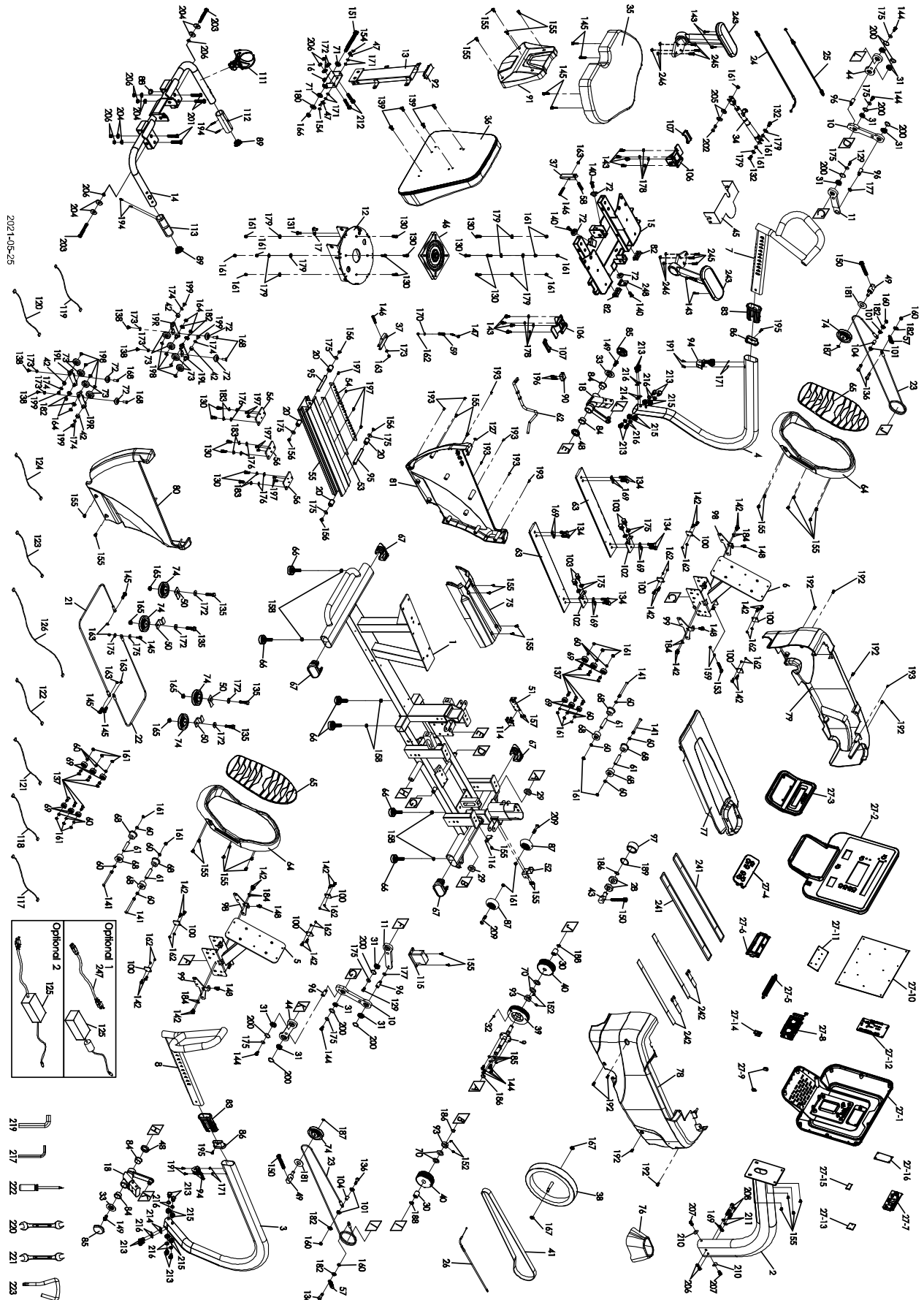


ENGINEERING MODE MENU

To enter the Maintenance Mode, pedal the Recumbent Stepper and press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the Message Center will display Maintenance Mode. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Function
 - Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
 - Pause mode (have five minutes)
 - Odometer Reset (Resets the odometer)
 - Sleep mode
 - Beep sound(Control Beep)
 - CAB Protocol or CSAFE Protocol
4. Service
 - Motor test
 - Sensor test
 - Csafe test
5. Exit

EXPLODED VIEW DIAGRAM



PARTS LIST

Dwg #	Part description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Swing Arm (R)	1
4	Swing Arm (L)	1
5	Pedal Plate (R)	1
6	Pedal Plate (L)	1
7	Handle Slider (L)	1
8	Handle Slider (R)	1
9	Drive Pulley	1
10	Lower Linkage A	2
11	Lower Linkage B	2
12	Seat Carriage	1
13	Seat Back Bracket	1
14	Handle Bar	1
15	Rotate Seat Assembly	1
16	Seat Back Bracket	1
17	Cantilever Anchor Assembly	1
18	Swing Arm Drive Weldment	2
19L	Seat Wheel Adjustment Plate(L)	2
19R	Seat Wheel Adjustment Plate(R)	2
20	Spacer for Stopper Axle	4
21	Front Connecting Cable(750L)	1
22	Rear Connecting Cable(800L)	1
23	Drive Cable(1820L)	2
24	Steel Cable	1
25	Drive Cable(45L)	1
26	Drive Cable(52L)	1
27	Console Assembly	1
27-1	Console Top Cover	1
27-2	Console Bottom Cover	1
27-3	Console Inner Cover	1
27-4	Key Board	1
27-5	Deflector Fan Grill	1
27-6	Wind Duct	1
27-7	Wind Duct (R)	1
27-8	500m/m_Fan Assembly	1
27-9	Fan Grill Anchor	2
27-10	Console Display Board	1
27-11	Main Key Board	1
27-12	Interface Board	1
27-13	Console Display Board	1
27-14	USB charging module	1
27-15	W/Receiver, HR	1
27-16	CSAFE Board	1
28	6203_Ball Bearing	2

Dwg #	Part description	Q'ty
29	6003_Ball Bearing	2
30	One Way Bearing	2
31	6902_Ball Bearing	10
32	Magnet	1
33	Ø9 × Ø49 × 1.5T_Cup Washers	2
34	Locking Gas Cylinder	1
35	Seat Cushion	1
36	Seat Back	1
37	Seat Position Latch	2
38	Fly Wheel	1
39	Drive Wheel	1
40	Cable Drive Pulley	2
41	Belt	1
42	5/8" × 13.2 × 8L_Sleeve	4
43	Adjustable Idler Wheel Axle	1
44	Lower Linkage	2
45	Safety Cover	1
46	Rotate Disk	1
47	Scale Arrowhead	2
48	Flywheel Axle Set Collar (R)	2
49	Cable Guide Wheel Axle	2
50	Shroud Bracket	4
51	Sensor Bracket	1
52	Shroud Fixing Plate	1
53	Seat Track Fixing Plate	1
54	Rack, Seat Position	1
55	Aluminum Track	1
56	Backing Plate	3
57	Ø15.5 × 26.5L_Spring	2
58	Ø13.5 × 54L_Spring	1
59	Ø13.5 × 30L_Spring	1
60	Metal Sleeve(8.2×12.7x5Lmm)	20
61	Metal Sleeve(8.1x12x56.2Lmm)	4
62	Ø10 × 386L_Seat Front/Aft Adjustment Lever	1
63	Aluminum Track	2
64	Pedal	2
65	Pedal Foam Cushion	2
66	Rubber Foot	6
67	End Cap, Oval Stabilizer Tube	4
68	Transportation Wheel, Aluminum Axle	8
69	Transportation Wheel	12
70	Ø18 × Ø32 × 1.5T_High-Performance Polymer Washer	4
71	Podwer metallurgy Sleeve	2
72	PU Wheel	7
73	Ø38_Seat Track Wheel	8
74	Roller	6
75	Bottom Step Cover	1

Dwg #	Part description	Q'ty
76	Console Mast Cover	1
77	Top Cover	1
78	Shroud (R)	1
79	Shroud (L)	1
80	Rear Shroud (R)	1
81	Rear Shroud (L)	1
82	Slider Sleeve	2
83	Hollow Plug	2
84	Plastic Bushing	4
85	End Cap	2
86	Slide End Cap Spacer	2
87	Ø65_ Transportation Wheel	2
88	Ø7_ HGP Wire Grommet	1
89	Button Head Plug	2
90	Lever Anchor	1
91	Seat Back Cover	1
92	Square End Cap	1
93	Main Frame Housing	2
94	Quick Release	2
95	Seat Stop Axle	2
96	Axle	4
97	Ø52 × Ø40 × 28L_ Bearing	1
98	Adjusting Plate (L)	2
99	Adjusting Plate (R)	2
100	Plastic flaps	8
101	Ø25 × Ø10 × 3T_ Nylon WasherA	4
102	Cushion Fixing Plate	2
103	Rubber Foot	4
104	Podwer metallurgy Sleeve	2
106	Release Lever	2
107	Nylon Handgrip	2
111	Drink Bottle Holder	1
112	750m/m_ Hand Pulse W/Cable Assembly(L)	1
113	900m/m_ Hand Pulse W/Cable Assembly(R)	1
114	Optical Sensor Board	1
115	Gear Motor	1
116	400m/m_ Sensor W/Cable	1
117	250m/m_ Conneting Wire	1
118	350m/m_ Encoder Cable	1
119	300m/m_ Handpulse Wire	1
120	300m/m_ Handpulse Wire(White)	1
121	100m/m_ DC Power Cord	1
122	1550m/m_ Computer Cable	1
123	550m/m_ Handpulse Wire	1
124	550m/m_ Handpulse Wire(White)	1
125	Power Adapter	1
126	2900m/m_ Hand Pulse Cable, Lower	1

Dwg #	Part description	Q'ty
127	Block	1
129	M6 × 15m/m_Hex Head Bolt	2
130	5/16" × UNC18 × 3/4" _Hex Head Bolt	14
131	5/16" × UNC18 × 3/4" _Hex Head Bolt	1
132	5/16" × UNC18 × 5/8" _Hex Head Bolt	2
134	3/8" × 1-1/4" _Hex Head Bolt	8
135	M10 × 40m/m_Hex Head Bolt	4
136	M8 × P1.25_Bolt	4
137	5/16" × UNC18 × 1" _Button Head Socket Bolt	12
138	M6 × 10m/m _Button Head Socket Bolt	4
139	M8 × 20m/m _Button Head Socket Bolt	4
140	M8 × 25m/m _Button Head Socket Bolt	3
141	5/16" × UNC18 × 95m/m _Button Head Socket Bolt	4
142	M5 × P0.8 × 15m/m _Socket Head Cap Bolt	24
143	M6 × P1.0 × 12m/m _Socket Head Cap Bolt	12
144	M6 × P1.0 × 15m/m _Socket Head Cap Bolt	8
145	M6 × 25m/m _Socket Head Cap Bolt	8
146	M6 × 38m/m _Socket Head Cap Bolt	2
147	M5 × P0.8 × 45m/m _Socket Head Cap Bolt	1
148	M8 × P1.25 × 12m/m _Socket Head Cap Bolt	4
149	M8 × P1.25 × 20m/m _Socket Head Cap Bolt	2
150	M10 × P1.5 × 75m/m _Socket Head Cap Bolt	3
151	M12 × P1.75 × 120m/m _Socket Head Cap Bolt	1
152	M5 × P0.8 × 10m/m _Slotted Set Screw	4
153	M6 × 57m/m _Eye Bolt	1
154	M5 × 6m/m _Phillips Head Screw	2
155	M5 × 12m/m _Phillips Head Screw	33
156	M6 × 10m/m _Phillips Head Screw	4
157	M4 × P0.7 × 10m/m _Phillips Head Screw	2
158	3/8" × 7T _Luck Nut	6
159	M6 × P1.0 × 5T _Luck Nut	2
160	M8 × 6T _Luck Nut	4
161	5/16" × 6T _Nylon Nut	29
162	M5 × 5T _Nylon Nut	17
163	M6 × 6T _Nylon Nut	6
164	M8 × 7T _Nylon Nut	4
165	M10 × 8T _Nylon Nut	4
166	M12 _Nylon Nut	1
167	M10 × P1.5 × 8T _Nut	2
168	M6 × 19L _Nut	4
169	Ø3/8" × Ø19 × 1.5T _Flat Washer	10
170	Ø5 × Ø10 × 1T _Flat Washer	1
171	Ø5 × Ø12 × 1T _Flat Washer	8
172	Ø3/8" × Ø25 × 2T _Flat Washer	6
173	Ø1/4" × 13 × 1T _Flat Washer	5
174	Ø1/4" × Ø16 × 1T _Flat Washer	4
175	Ø6 × Ø19 × 3T _Flat Washer	16

Dwg #	Part description	Q'ty
176	Ø5/16" × 16 × 1.5T_Flat Washer	6
177	Ø3/8" × 20 × 3T_Flat Washer	2
178	Ø6.6 × Ø12 × 1.5T_Flat Washer	8
179	Ø8.5 × Ø18 × 1.5T_Flat Washer	10
180	Ø1/2" × Ø26 × 2.0T_Flat Washer	1
181	Ø45 × Ø21.8 × 2.5T_Flat Washer	2
182	Ø8 × Ø18 × 3T_Knurled Lock Washer	8
183	Ø8 × 1.5T_Spring Washer	6
184	Ø5 × 1.5T_Spring Washer	8
185	M6 × 1T_Spring Washer	4
186	Ø17_C Ring	3
187	Ø10_C Ring	2
188	Ø16_C Ring	2
189	Ø40_C Ring	1
191	M5 × 6m/m_Phillips Head Screw	4
192	M5 × P0.8 × 12L_Phillips Head Screw	8
193	3.5 × 12m/m_Sheet Metal Screw	8
194	3 × 20m/m_Tapping Screw	4
195	Ø5 × 16L_Tapping Screw	2
196	M5 × 25m/m_Tapping Screw	2
197	M5 × 12m/m_Tapping Screw	10
198	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
199	M6 × P1.0 × 10L_Flat Phillips Head Screw	4
200	Ø28_Wire Clamp	10
201	3/8" × 2" Hex Head Bolt	4
202	5/16" × UNC18 × 1-1/4" Hex Head Bolt	1
203	3/8" × UNC16 × 3-1/4" Hex Head Bolt	2
204	Ø3/8" × Ø30 × 3T_Flat Washer	8
205	Ø8.5 × Ø26 × 2T_Flat Washer	2
206	3/8" × 7T_Nylon Nut	10
207	M8 × P1.25 × 16L_Hex Head Bolt	2
208	3/8" × UNC16 × 2-1/2" Hex Head Bolt	2
209	5/16" × UNC18 × 1-3/4" Button Head Socket Bolt	2
210	Ø8 × 23 × 1.5T_Curved Washer	2
211	Ø10 × 2T_Spring Washer	2
212	3/8" × UNC16 × 1-3/4" Socket Head Cap Bolt	2
213	3/8" × 3/4" Hex Head Bolt	12
214	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
215	Ø10 × 21.3 × 7.8T_Curved Washer	8
216	Ø10 × 2T_Spring Washer	12
217	L Allen Wrench(5×26×120L)	1
219	M8_Allen Wrench	1
220	12/14m/m_Wrench	1
221	13/14m/m_Wrench	1
222	Phillips Head Screw Driver	1
223	Short Phillips Head Screw Driver	1
241	Sticky Banding Stripe	2

Dwg #	Part description	Q'ty
242	Sticky Banding Stripe	2
243	Handgrip	1
245	M8 × P1.25 × 30L_Flat Head Socket Screw	6
246	M8 × 1.25 × 6.5T_Square Nut	6
247	Transformer Power Cord (Optional)	1
248	Transportation Wheel Fixing Plate	1