

SPIRIT



CT800 ENT+ Treadmill **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new treadmill.

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this exercise equipment.

DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 230Vac, 10-Amp grounded outlet. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 2m m² OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only exercise equipment in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.

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

- **Max. user's weight.:150 kg**
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- This exercise equipment 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 been given supervision or instruction concerning use of the exercise equipment in a safe way and understand the hazards involved.
- Children shall not play with the exercise equipment.

- Cleaning and user maintenance shall not be made by children without supervision.
- Children should be supervised to ensure that they do not play with the exercise equipment.
- **“WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately”.
- Suitable information about replacement parts that could affect the safe use of the treadmill
- The following statement: “Noise emission under load is higher than without load.”
- If applicable, the value of the A-weighted emission sound pressure level at the trainer’s ear
- Don't change any component by yourself, it maybe got injured or destroyed the treadmill.
- Below mentioned sound pressure level is measured under the condition when the trainer is operating with 5m/h or 8 km/h with no load. Sound pressure level (dB) < 70dB. Noise emission under load is higher than without load.
- Please make sure that power-supply cord and adapter placed in dry area and kept away from heat.
- **WARNING:** Injuries to health may result from incorrect or excessive training.
- 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.
- **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.
- **WARNING**–
 1. The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
 2. Replace defective components immediately and/or keep the equipment out of use until repair.
 3. The components which are most susceptible to wear: running belt 、 driver motor 、 incline motor 。
 4. Please keep the Safety key in safe place when user stop workout that in order to prevent the children use the treadmill.
 5. If the treadmill have any problem or shutdown (ex: change the belt 、 running deck 、 console...), please contract with service center.

**Remove tether cord after use to prevent unauthorized treadmill operation.
SAVE THESE INSTRUCTIONS - THINK SAFETY!**

The user should mount the treadmill and stand on the step rails before starting the treadmill operation. Start the belt speed at a low setting and carefully step on the belt while holding the handrails until you get used to the speed. The hand rails are used for initial stability and not for continuous use.

GETTING ON / OFF YOUR TREDAMILL

IMPORTANT

The treadmill comes with Handles.

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

First time users should familiarize themselves with using the treadmill by using the Handlebar first and then progressing to the Dual Action Handles.

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

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



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

Place your both foot on the running belt.

Please slowly increase the speed of treadmill . 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 at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

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

Correct Position

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

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

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

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

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

Do not attempt any servicing or adjustments other than those described in this manual. All else must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

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.

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 maker, space heater, hair drier. Optimally the treadmill should be the only device plugged into the circuit.

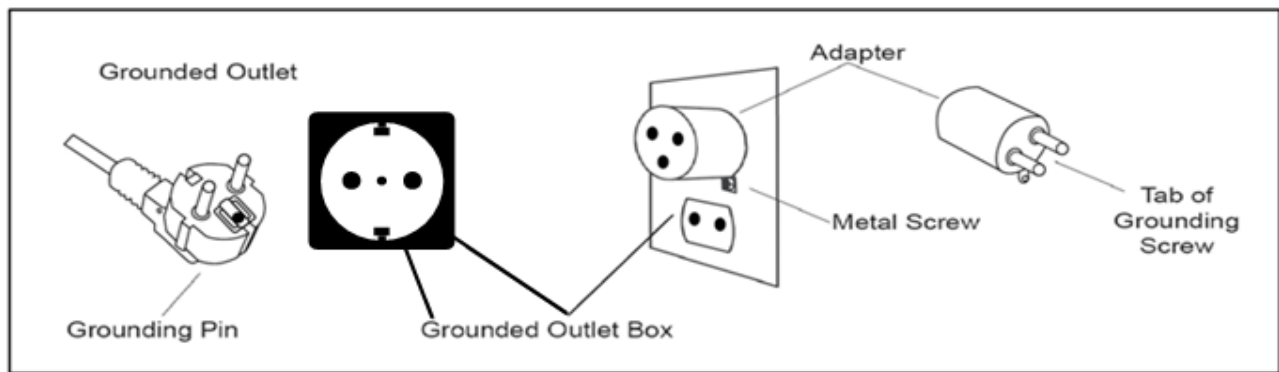
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

Grounding Instructions

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

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

This product is for use on a nominal 230-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 colored 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.



IMPORTANT OPERATION INSTRUCTIONS

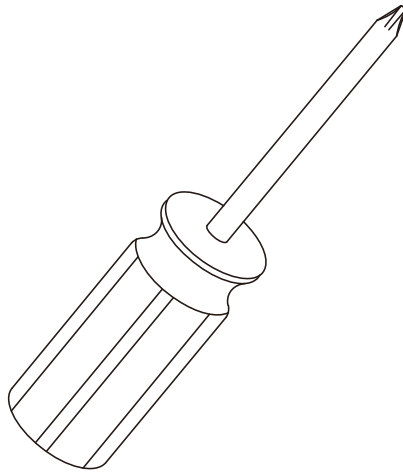
- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

ASSEMBLY PACK CHECKLIST

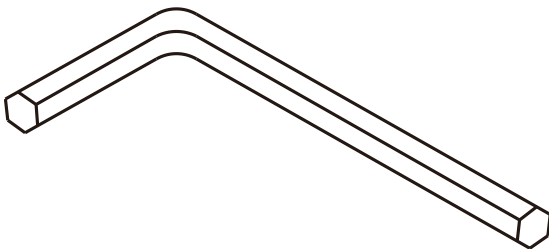
UNPACKING

1. Cut the straps and open box.
2. Locate the hardware package. The hardware is separated into four steps. 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.
3. Assembly of the machine needs to be performed by trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out assembly, maintenance and repair work.

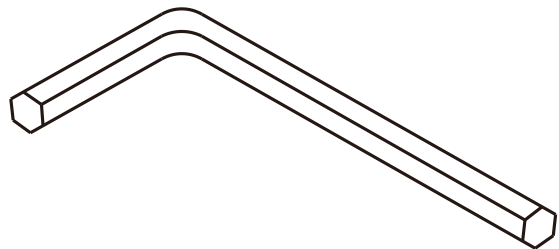
ASSEMBLY TOOLS



#158. Phillips Head Screw driver (1 pc)

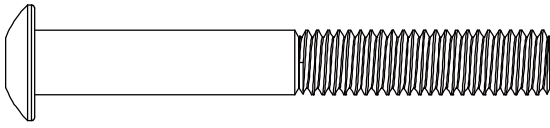


#159. 5mm L Allen Wrench (1 pc)

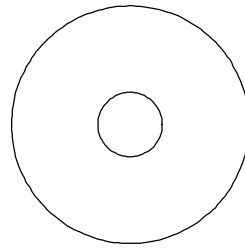


#160. 6mm L Allen Wrench (1 pc)

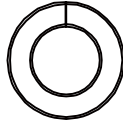
STEP 1



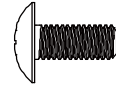
#150 - 3/8" × 3"
Button Head Socket Bolt
(10pcs)



#115 - Ø3/8" × 35 × 2.0T
Flat Washer (10pcs)

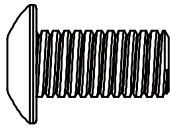


#133 - Ø10 × 2T
Split Washer (10pcs)

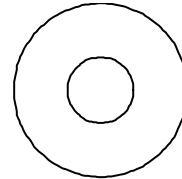


#144 - M5 × 12mm
Phillips Head Screw
(4pcs)

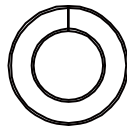
STEP 2



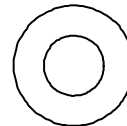
#151 - 3/8" × 3/4"
Button Head Socket Bolt
(6pcs)



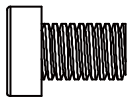
#125 - Ø3/8" × Ø25 × 2.0T
Flat Washer (6pcs)



#133 - Ø10 × 2T
Split Washer (6pcs)

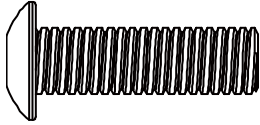


#153 - Ø8 × Ø16 × 2T
Flat Washer (6pcs)

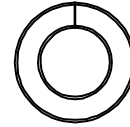


#152 - M8 × 12mm
Socket Head Cap Bolt
(6pcs)

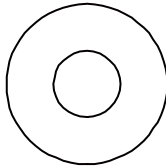
STEP 3



#154 - 3/8" × 1-1/4"
Button Head Socket Bolt
(2pcs)

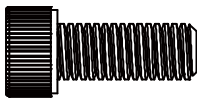


#133 - Ø10 × 2T
Split Washer (2pcs)

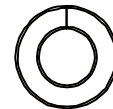


#155 - Ø10 × Ø23 × 1.5T
Curved Washer (2pcs)

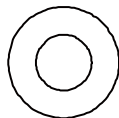
STEP 4



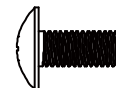
#156 - M8 × 20L
Socket Head Cap Bolt
(4pcs)



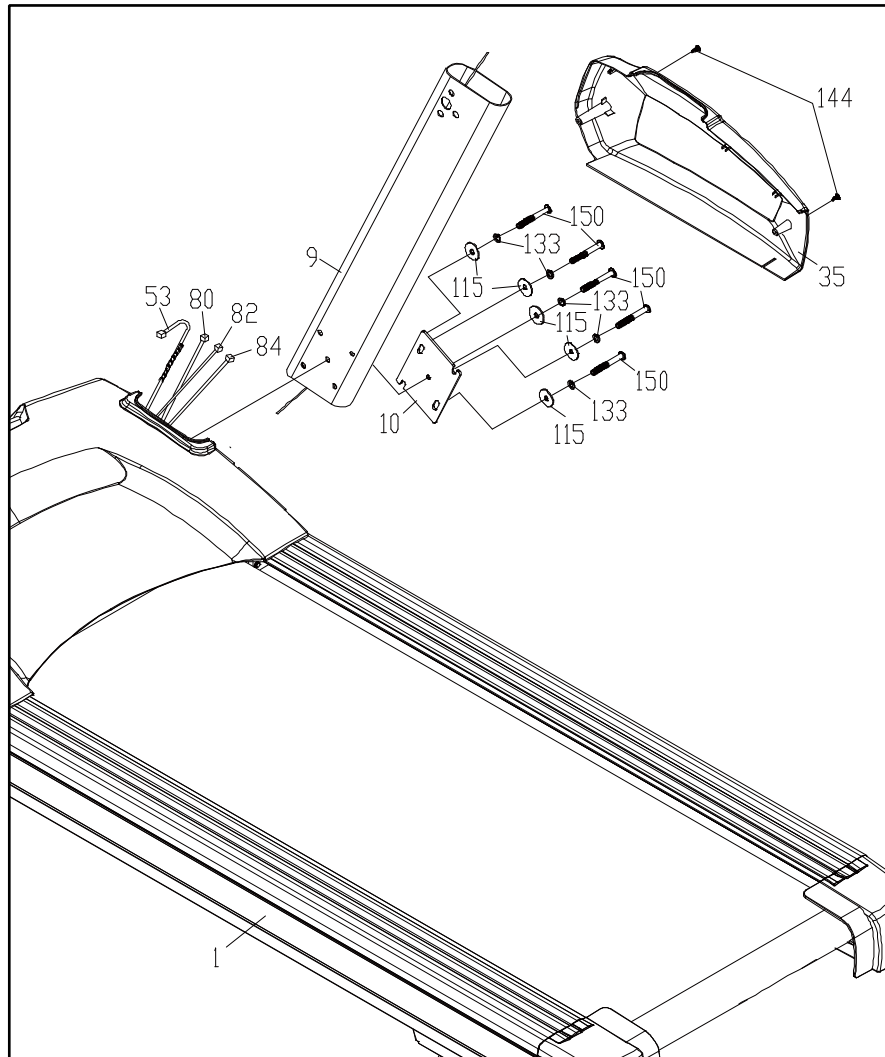
#120 - Ø8 × 1.5T
Split Washer (4pcs)



#153 - Ø8 × Ø16 × 2T
Flat Washer (4pcs)

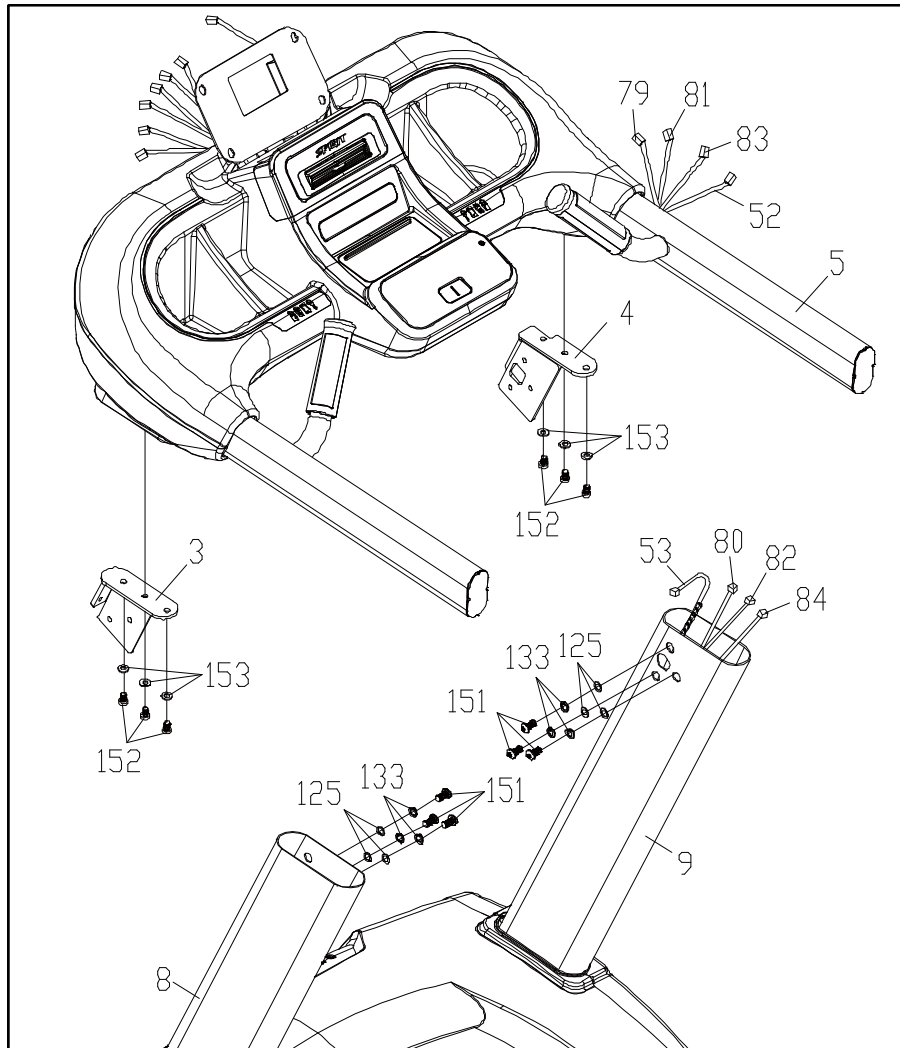


#144 - M5 × 12mm
Phillips Head Screw
(2pcs)



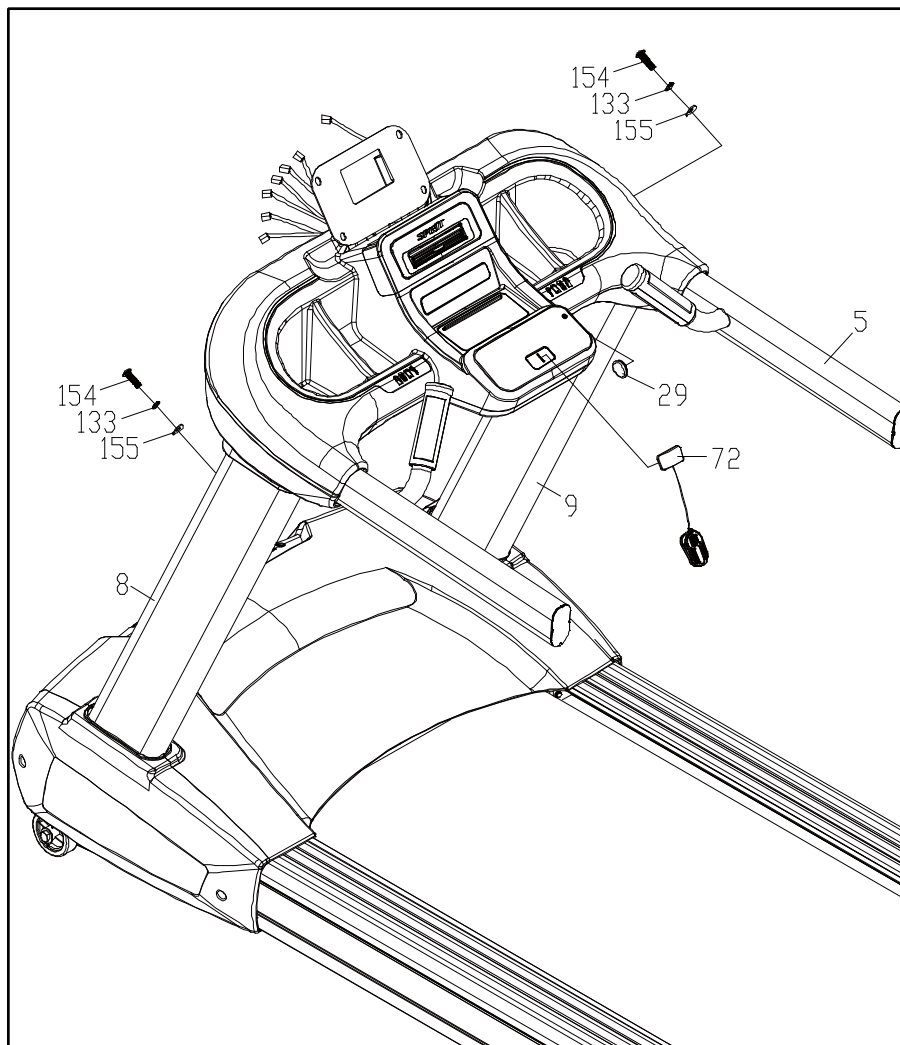
STEP 1

1. Thread the all Cables (No.53/80/82/84) up through the center of the Right Upright Column (No.9).
2. Use five sets of Button Head Socket Bolt (No.150), Split Washer (No.133) against a Flat Washer (No.115) to secure the Upright Fixing Plate (No.10) to the Right Uprights (No.9) to the Main Frame (No.1) using the Allen Wrench (No.160).
3. Use two Phillips Head Screws (No.144) to secure the Motor Base Cap Right (No.35) to Main Frame (No.1) using the Screw Driver (No.158).
4. Repeat the previous two steps on the left side.



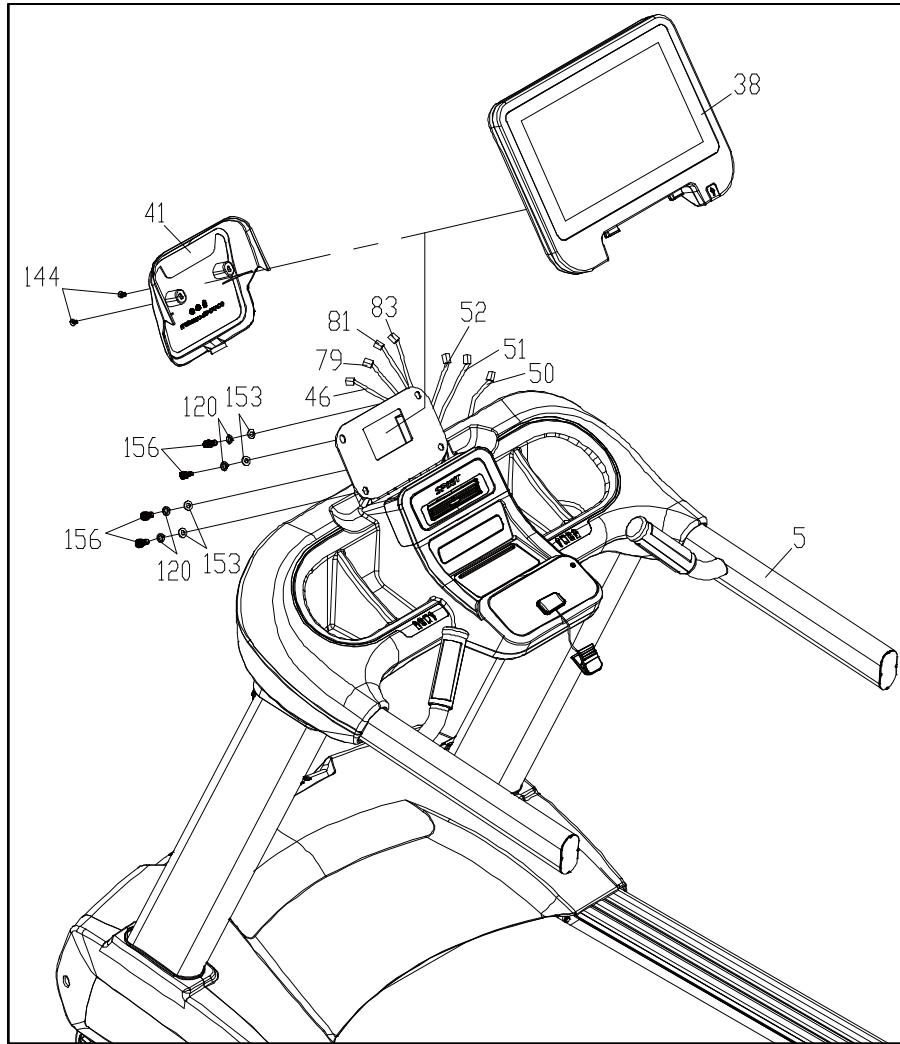
STEP 2

1. On the underside of the Console Support (No.5) is where the Locking Plate Assembly (No. 3 & 4) can be attached. Use 3 Socket Head Cap Bolts (No.152) and 3 Flat Washers (No.153) on each side to secure.
2. Connect all cables with the correct pairing:
 - a. The Computer Cable (No. 53) with the Upper Computer Cable (No.52).
 - b. The Ethernet Cable (No. 80) with the Upper Ethernet Cable (No.79).
 - c. The C-safe Cable (No. 82) with the Upper C-safe Cable (No.81).
 - d. The HDMI Cable (No. 84) with the Upper HDMI Cable (No.83). Note: Be careful not to pinch the wires and slide them into the Right Upright (No.9).
3. Gently slot the Console Support (No.5) into the Left/ Right Uprights (No.8 & 9) and secure with 3 Button Head Socket Bolts (No.151), 3 Split Washers (No.133), and 3 Flat Washers (No.125) on both sides using the Allen Wrench (No.160).



STEP 3

1. Further secure the uprights by inserting a Button Head Socket Bolt (No.154) through a Split Washer (No.133), and a Curved Washer (No.155) onto the backside of both Left/Right Uprights (No. 8 & 9) using the Allen Wrench (No.160).
2. Plug the Round Cap (No.29) into the Right Upright (No.9).
3. Plug the Safety Key (No.72) into the Safety Key base on the Console Support (No.5).



STEP 4

1. Place the Console Assembly (No.38) onto the Console Support (No.5). Secure with 4 Socket Head Cap Bolts (No.156), 4 Split Washers (No.120), and 4 Flat Washers (No.153) using the Allen Wrench (No.159).
2. Connect all cables to Console Assembly (No.38):
 - a. The Upper Handpulse Wires (No.50 & 51).
 - b. The Upper Computer Cable (No.52).
 - c. The Grounding wire (No.46).
 - d. The Upper Ethernet Cable (No.79).
 - e. The Upper C-safe Cable (No.81).
 - f. The Upper HDMI Cable (No.83).
3. Fasten the Console Cover (No.41) with 2 Phillips Head Screws (No.144) to the Console Support (No.5) using the Screw Driver (No.158).

CONSOLE OPERATION



SAFETY TETHER CORD

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the treadbelt. Pulling this safety tether cord will stop treadbelt movement. To Use:

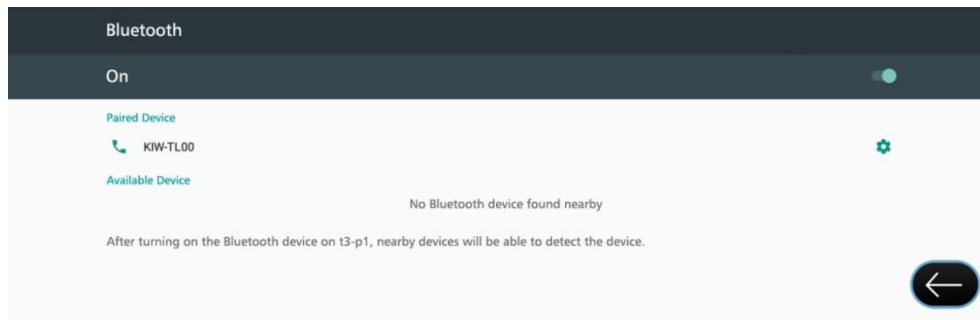
1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. NOTE: The magnet 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 magnet is pulled off the console. Use the Stop/Pause button in normal operation.

CSAFE FEATURE

Your console is equipped with a CSAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with fitness software applications.

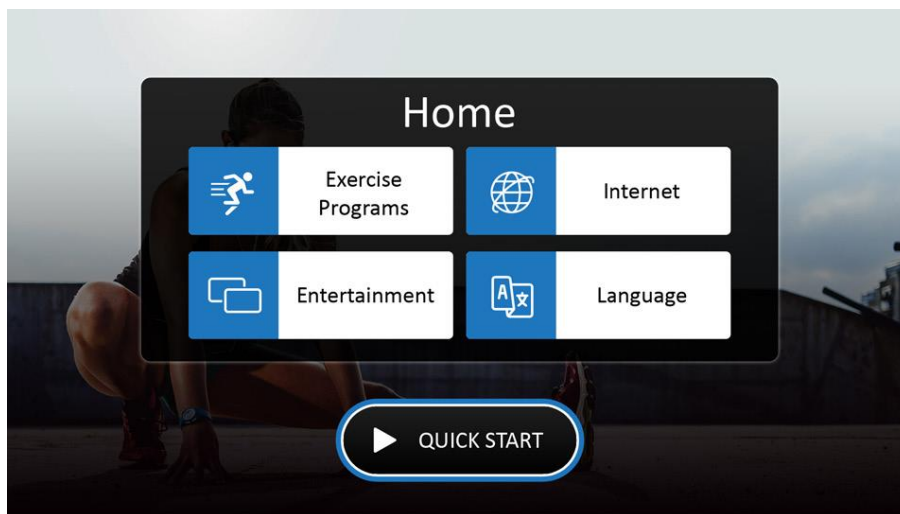
How to connect with the Bluetooth

Click of the Bluetooth icon to enter the pairing page. The system will be searching the available BT signal device around the treadmill. Then pressing the device that you would like to connect with.



STARTING OPERATION

- Plug in the power cord and switch on the main power switch located at the front of the treadmill. Make sure the safety key is inserted (machine will not operate without the presence of the safety key.)
- When the power is turned ON, the screen will show a brief loading screen and then display the Home Screen which indicates that the machine is ready to operate.



Home Screen: Begin operation by touching the icons.



Quick operating buttons are conveniently located for basic treadmill functions.

FUNCTIONS OF THIS TREADMILL

The touchscreen is used for operating most functions of the treadmill. You can directly touch any button on the screen, or use the Quick Operating Buttons to control the treadmill's various functions. The Speed ▲/▼ buttons control the speed, the Start button begins the workout, the Stop button will pause or stop the workout, and Incline ▲/▼ buttons control the degree of incline of the treadmill.

QUICK START

Press the Start button to begin belt movement at 0.8 kph then adjust to the desired speed using the Speed ▲/▼ button.

- To slow the treadmill belt, press the Speed ▼ key until the desired speed is reached.
- To stop the treadbelt press and release Stop button.

PAUSE/STOP

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

- To resume your exercise when in PAUSE mode, press the Start button.
- Pressing the Stop button twice will end the program and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start-up screen).

INCLINE

Incline may be adjusted any time after the belt starts moving.

- Press and hold the adjustment Incline ▲/▼ buttons to achieve desired level of incline.

HEART RATE FEATURE

The Pulse (Heart Rate) on the screen shows the current value of the heart beats per minute. 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 signal from the hand pulse sensors. You may use the hand pulse sensors while in Heart Rate Control. The CT800ENT+ will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

TOUCHSCREEN OPERATION

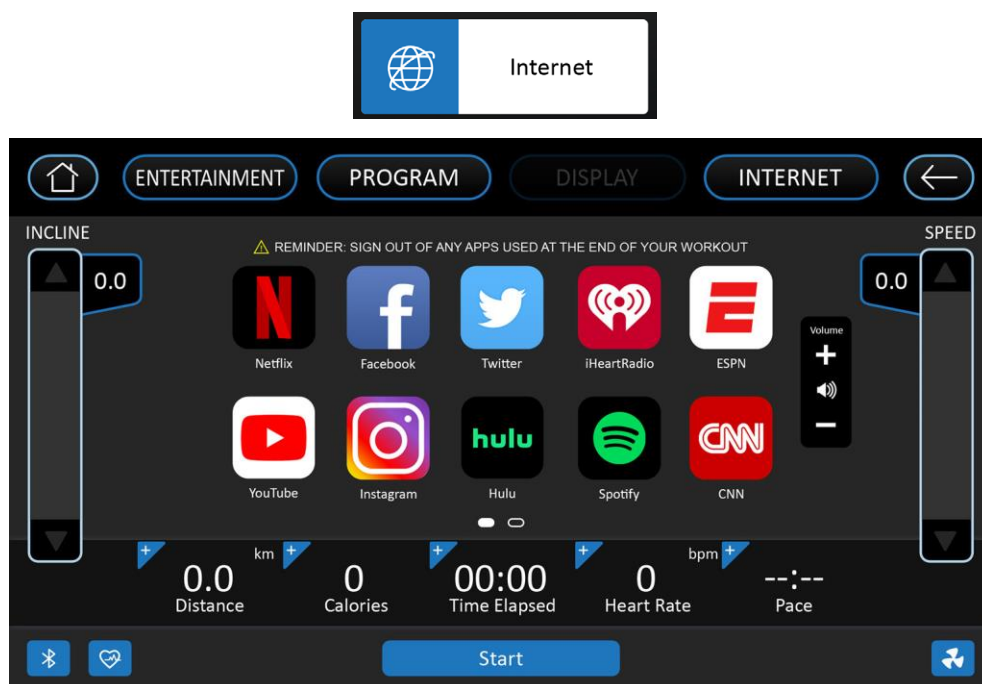
LANGUAGE

There are 13 languages to choose from. Select your desired language by tapping it on the screen. Once selected, the system will return to the Home Screen with your new language being used. To return to the Home Screen without selecting a new language, press the Home button in the upper left corner of the screen.



INTERNET

The Internet section offers various streaming, news, and social media options. The machine must be connected to the internet in order for the apps to work. Simply click on the app of your choice to connect. Follow any on-screen prompts to continue login or other authorizations as needed.



ENTERTAINMENT OPTIONS

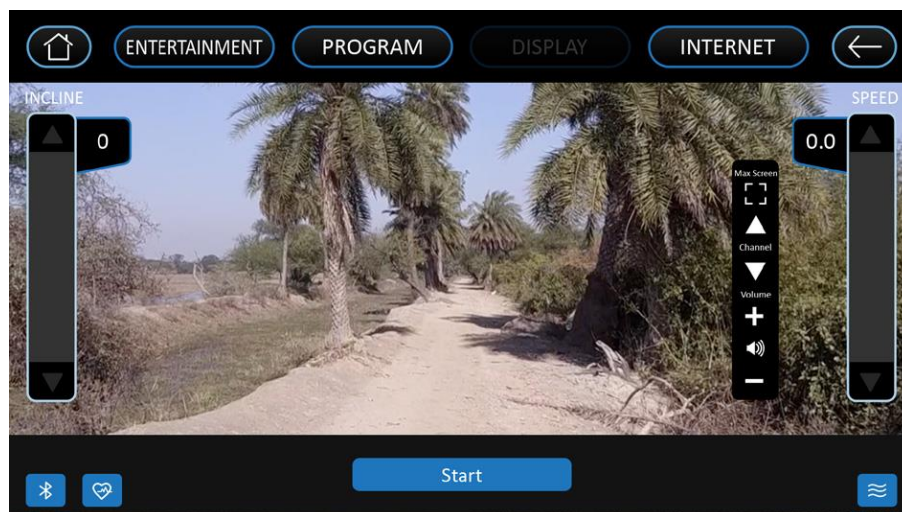
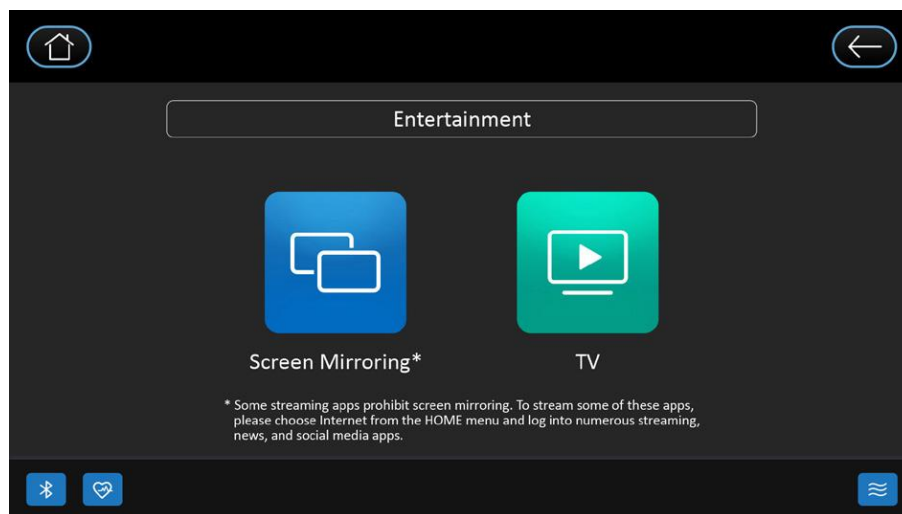
From the Home Screen, tap Entertainment to go to the entertainment menu. You will be given the options of Screen Mirroring and TV mode interface. There are two sources under the TV mode: from the Set-Top Box (STB) or antenna.

TV Mode

When properly connected to the Set-Top Box (STB) via the HDMI port and TV mode selected, you can enjoy TV programs after selecting TV mode from the Entertainment screen on your treadmill.

Once **TV mode** has begun:

- Use the ▲/▼ buttons on the right hand side of the touchscreen to switch between channels.
- Use the +/- volume buttons on the right hand side of the touchscreen to control the sound volume level.
- Tap the “ ” button to display the media in full screen mode. To resume to normal screen size, simply tap the “ ” button again to minimize the screen view back to normal size.
- Use the on-screen or physical Speed and Incline controls to make updates to your workout while in TV mode.
- To Pause, press the Stop button once.
- To end your workout, press the Stop button twice to show the workout summary. Pressing the Stop button a third time will return you to the Home Screen.



SCREEN MIRRORING

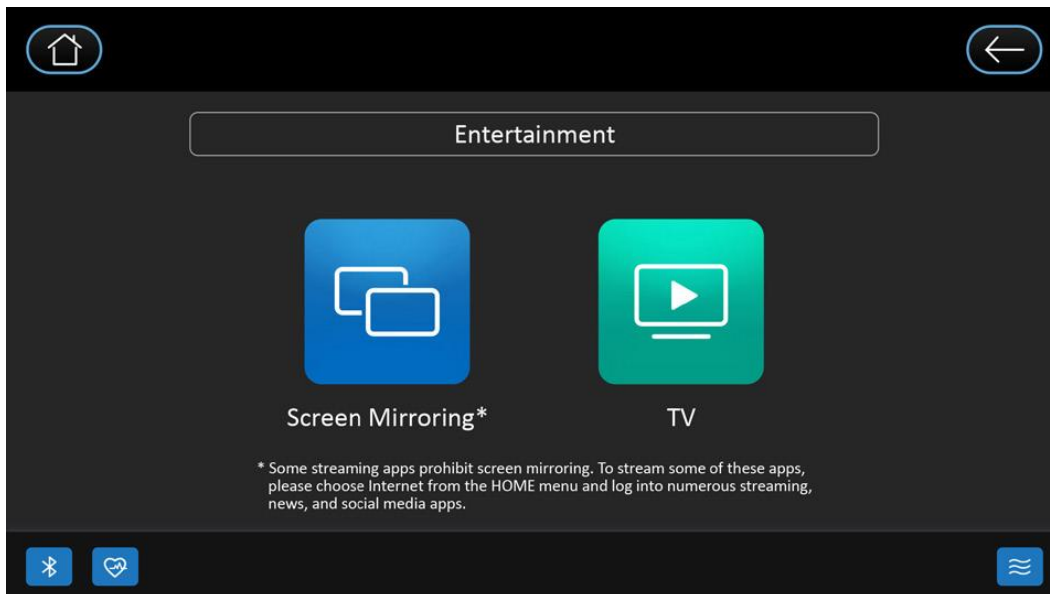
When Screen Mirroring is selected from the Entertainment screen, you may begin pairing your device.

iOS

Screen Mirroring displays your phone's screen on the touchscreen of the treadmill. Please note that your device must be running iOS 8 or higher.

1. Connect your phone or tablet to the facility's WiFi.
2. Find and select the Screen Mirroring button on your phone or tablet by swiping up from your phone's main screen or by swiping down from the top left corner of the screen if you have a newer iOS installed.

Note: When using an iOS device for Screen Mirroring, your Bluetooth headphones must be connected to the console.



SCREEN MIRRORING

Android

1. Connect your phone or tablet to the facility's WiFi.
2. Scan the QR code or search for "Spirit Mirroring" in the Google Play store on your phone or tablet.
3. Download the app.
4. Open the Spirit Mirroring App and select the device name. Then, click Start Mirroring to complete the screen mirroring process.

Note: When using an Android device for Screen Mirroring, your Bluetooth headphones must be connected to the your device.



The image shows a software interface titled "Android Screen Mirroring Guide" with an Android robot icon. It contains three steps: Step 1 (Connect to WiFi), Step 2 (Scan QR code or search for "Spirit Mirroring"), and Step 3 (Open the Spirit Mirroring App and select the device name "Spirit ENT-XXX"). A note at the bottom states "Android - must connect your Bluetooth headphones to phone." The interface also displays the Wi-Fi Name as "TP-LINK_40CF" and the Device Name as "Spirit ENT-XXX".

Android Screen Mirroring Guide

Step 1: Connect your phone or tablet to the facility's WiFi.

Step 2: Scan the QR code or search for "Spirit Mirroring" in the Google Play Store on your phone or tablet. Download the app.

Step 3: Open the Spirit Mirroring App. Select the device name "Spirit ENT-XXX," then click the "Start Mirroring" button to complete the screen mirroring process.

Android - must connect your Bluetooth headphones to phone.

Wi-Fi Name: TP-LINK_40CF
Screen Mirroring must have a good Wi-Fi environment

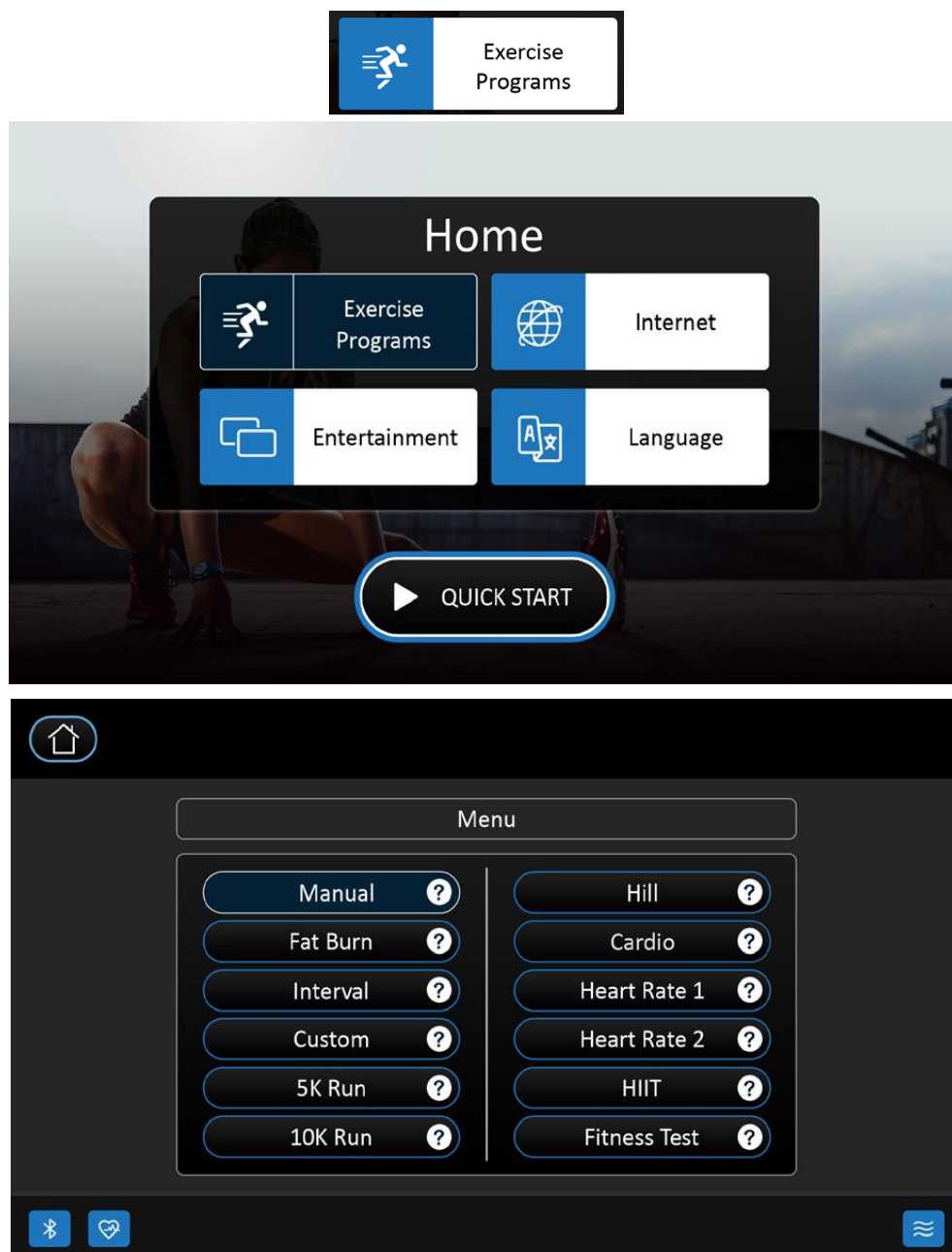
Device Name : Spirit ENT-XXX

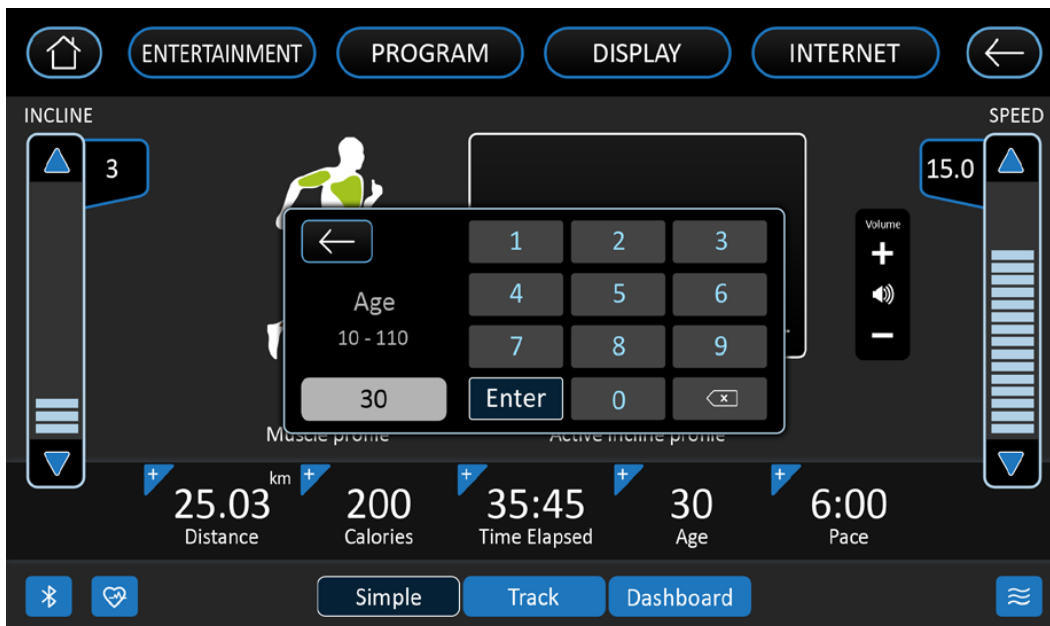
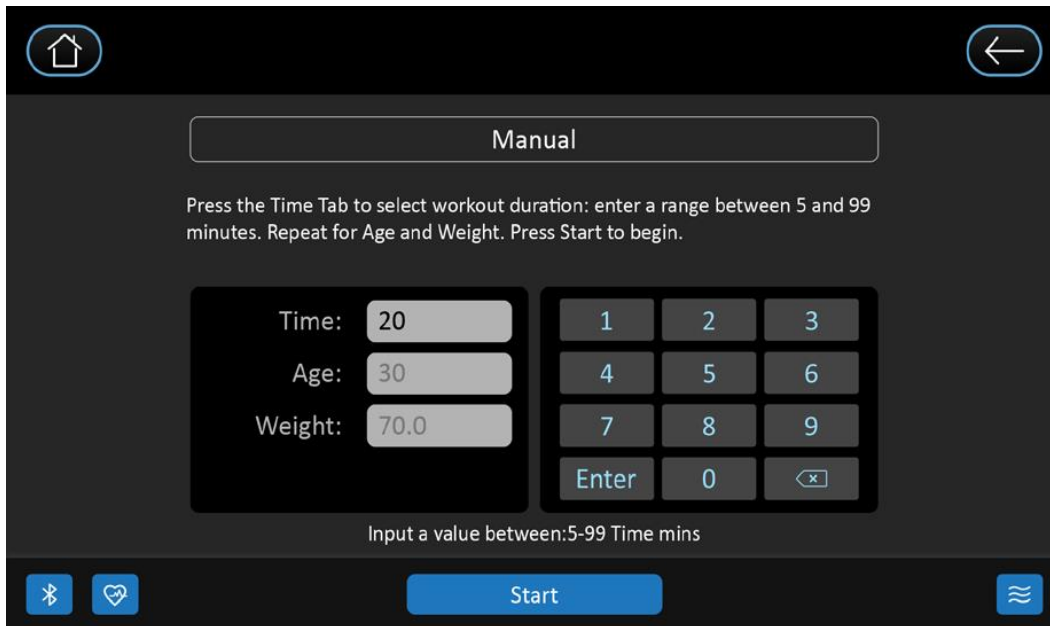


ENTERING A PROGRAM & CHANGING SETTINGS

When the Exercise Programs button is selected from the Home Screen, the screen displays a menu of the different programs available: Manual, Hill, Fat Burn, Cardio, Interval, Heart Rate 1, Heart Rate 2, Custom, 5k Run, 10k Run, HIIT, and Fitness Test. To select and start a preset program:

1. Select a program by tapping it on the screen, then press Enter to begin. Customize the program on the following screens by entering your data, or press the Start button to begin the program using the default settings.
2. Press the Start button to begin your workout, or press the Stop button to return to the previous screen.
3. Once the workout begins, a 3- minute warm-up will commence. You can press the Start button to bypass this and go straight to the workout. During the warm-up the clock will count down from three minutes. Note: 5K Run, 10K Run, HR, Custom, Fitness Tests and the manual programs do not have a warm-up.





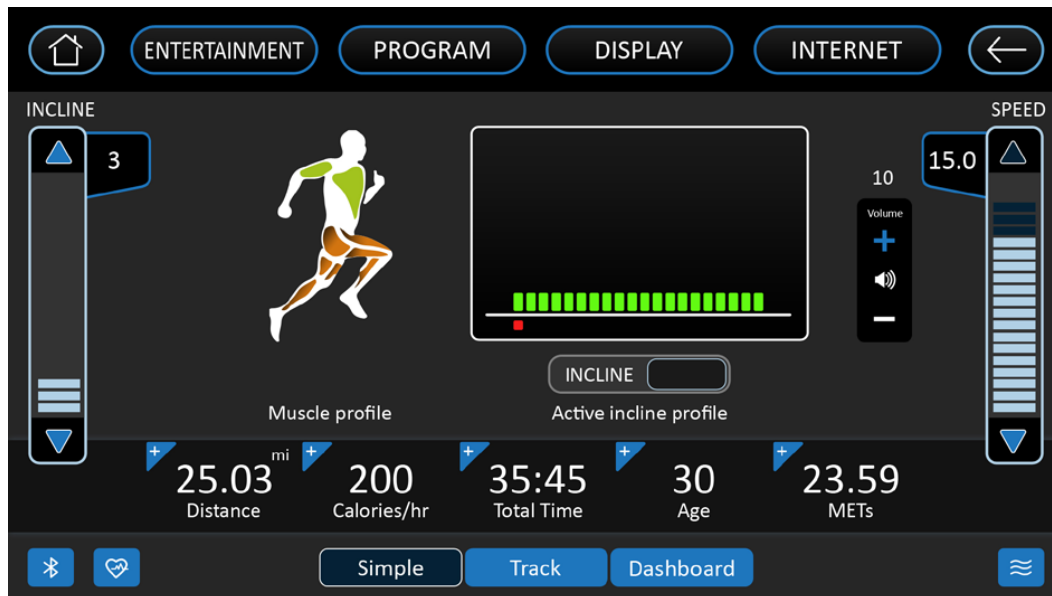
EXERCISE PROGRAM

CHANGING THE WORKOUT DISPLAY

During your workout, you may change the display based on the view that works best for your needs. Once your workout begins, you will see 3 preset views available at the bottom of the screen: Simple, Track, and Dashboard.

SIMPLE

To switch the display to Simple view, simply tap the Simple button at the bottom of the screen. This view shows a muscle activation profile for the current workout, an overview of the Incline and Speed profile, as well as the elapsed Distance, Calories/ Hr, Total Time, Age, and METs as well as other exercise data.



TRACK

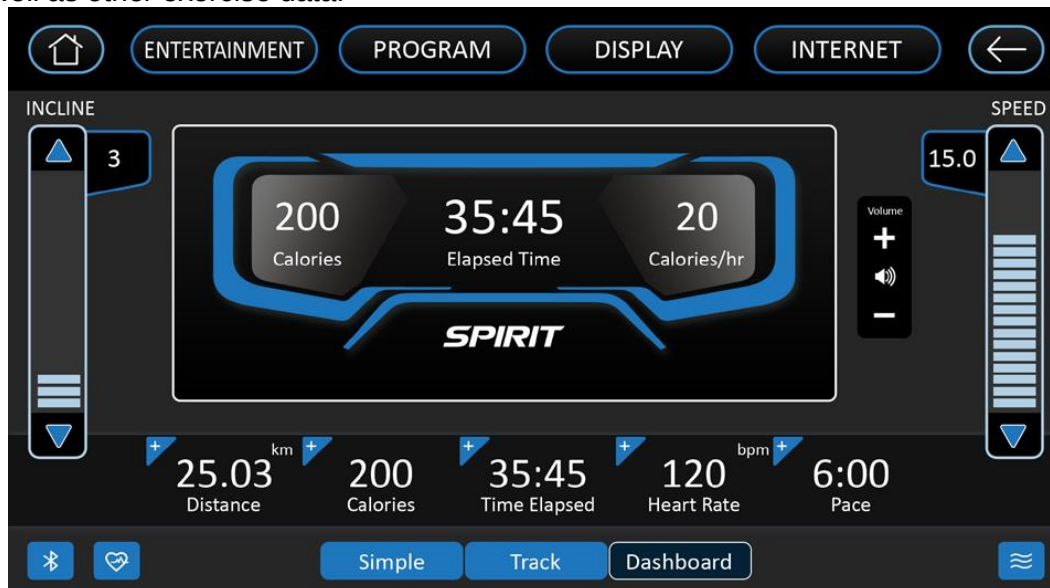
To switch the display to Track view, simply tap the Track button at the bottom of the screen. This view shows a virtual track that corresponds with the current workout, as well as the elapsed Distance, number of Laps, Calories, Total Time, Heart Rate, and Pace as well as other exercise data.



EXERCISE PROGRAM

DASHBOARD

To switch the display to Dashboard view, simply tap the Dashboard button at the bottom of the screen. This view shows a virtual dashboard mimics a typical treadmill display with information that corresponds with the current workout. Metrics such as elapsed Distance, Calories/Hr, Calories, Total Time, Heart Rate, and Pace are displayed as well as other exercise data.



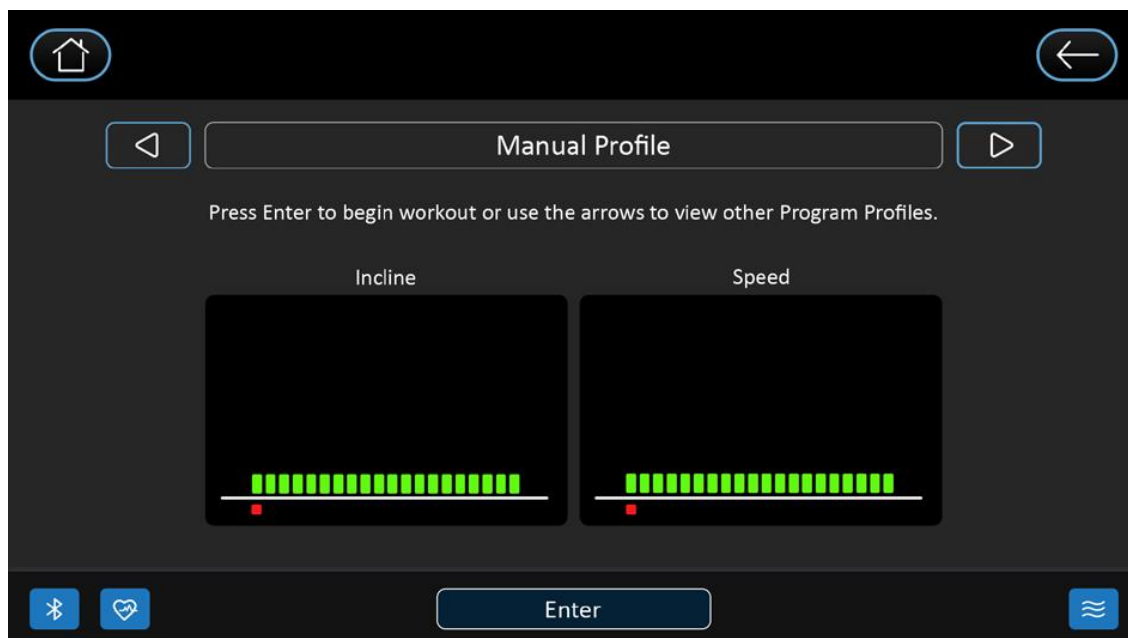
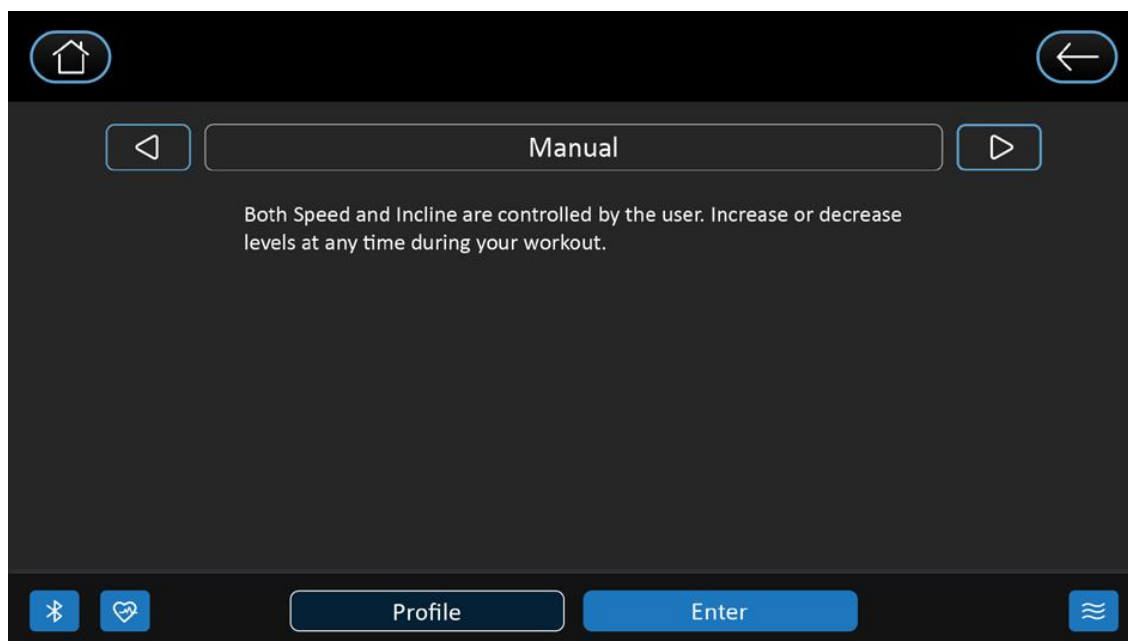
PRESET PROGRAMS SPEED/INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for HILL (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above). If the user sets the top speed to 10 kph, then the first segment will be 2 kph. You will notice that segment 12 shows 100 which means the speed will be set to 100% of 10 kph or simply 10 kph.

Prog	SEG	Warm up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool down		
HILL	Speed	20	30	40	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0
FAT BURN	Speed	20	30	40	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50	40	30	20	
	Incline	0	0	0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0
CARDIO	Speed	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	40	30	20
	Incline	0	0	0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0
INTERVAL	Speed	20	30	40	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50	40	30	20
	Incline	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	0	0	0

MANUAL

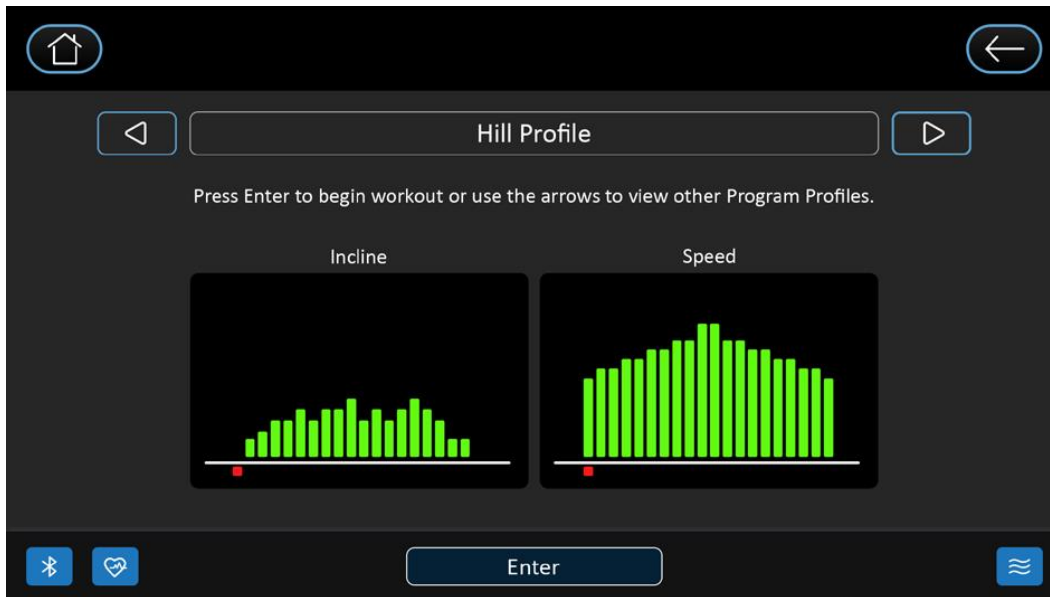
Both Speed and Incline are controlled by the user. Increase or decrease levels at any time during your workout.



HILL

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

Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



FAT BURN

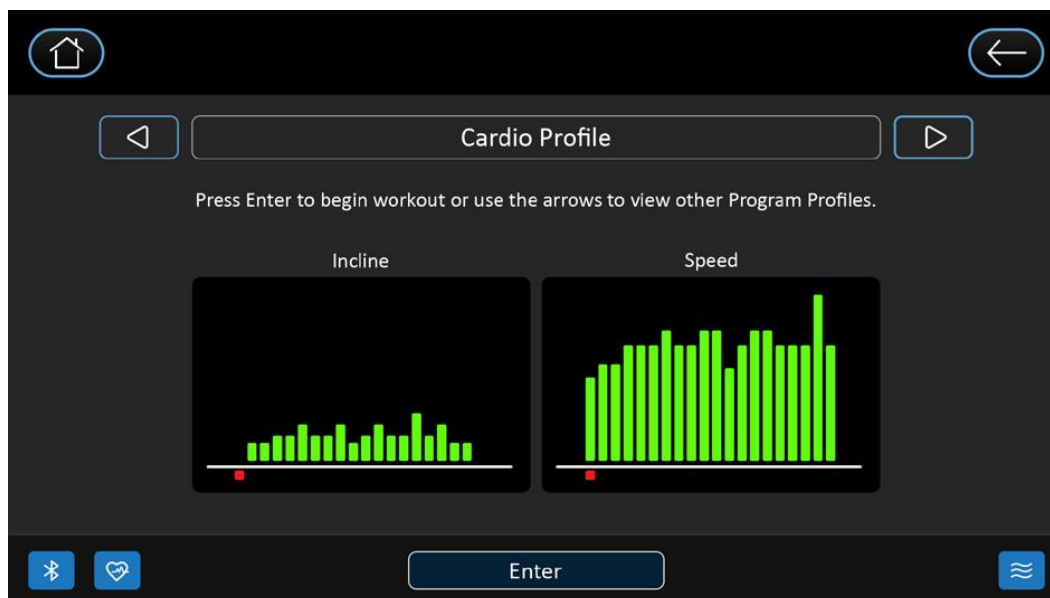
Speed: This program follows a quick progression up to the maximum speed level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



CARDIO

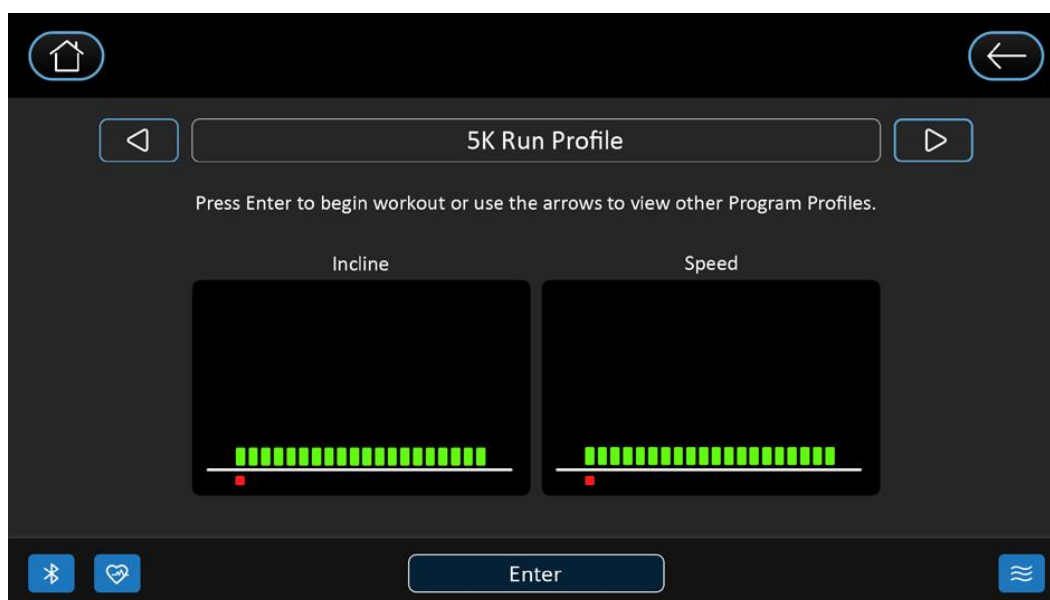
Speed: This program presents a quick progression up to near maximum speed level (default or user input level). It has slight fluctuations up and down to allow heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. **Incline:** The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.



5K RUN / 10K RUN

Both speed and incline are controlled by the user. Increase or decrease levels at any time during your workout. When the program begins, the distance will begin to count down; once it reaches zero the program ends.

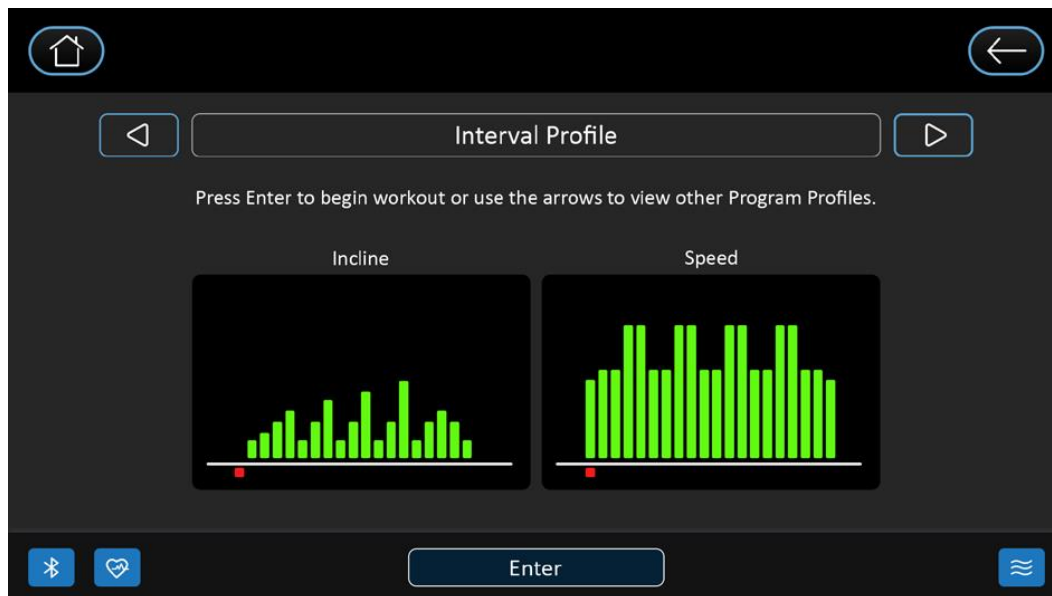
*Please note that the Speed readout is in KPH if the console is not set to display Metric measurements.



INTERVAL

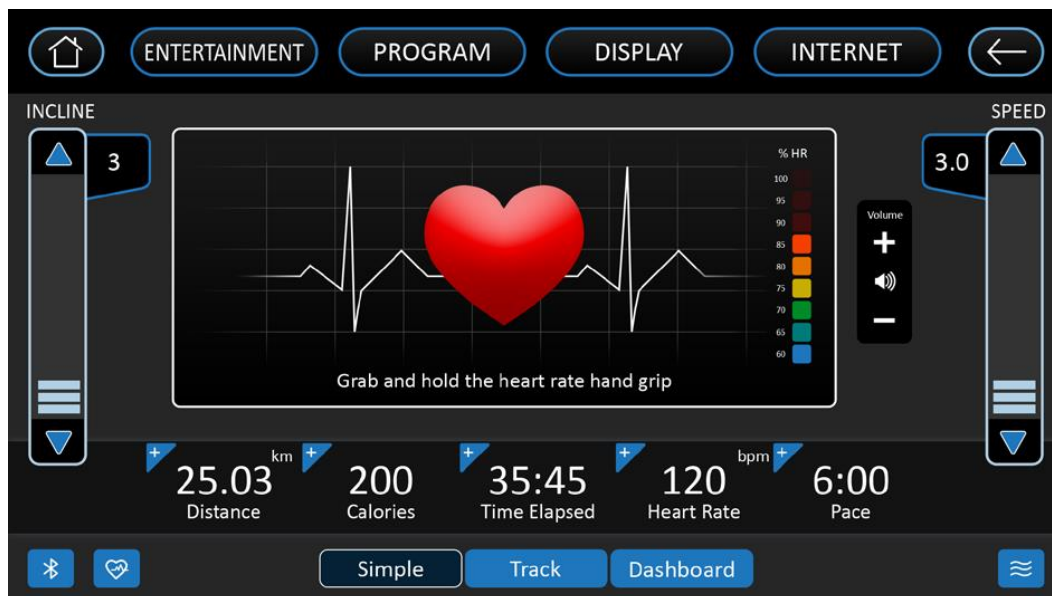
Speed: This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your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

Incline: All of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25% and 65% of maximum elevation.



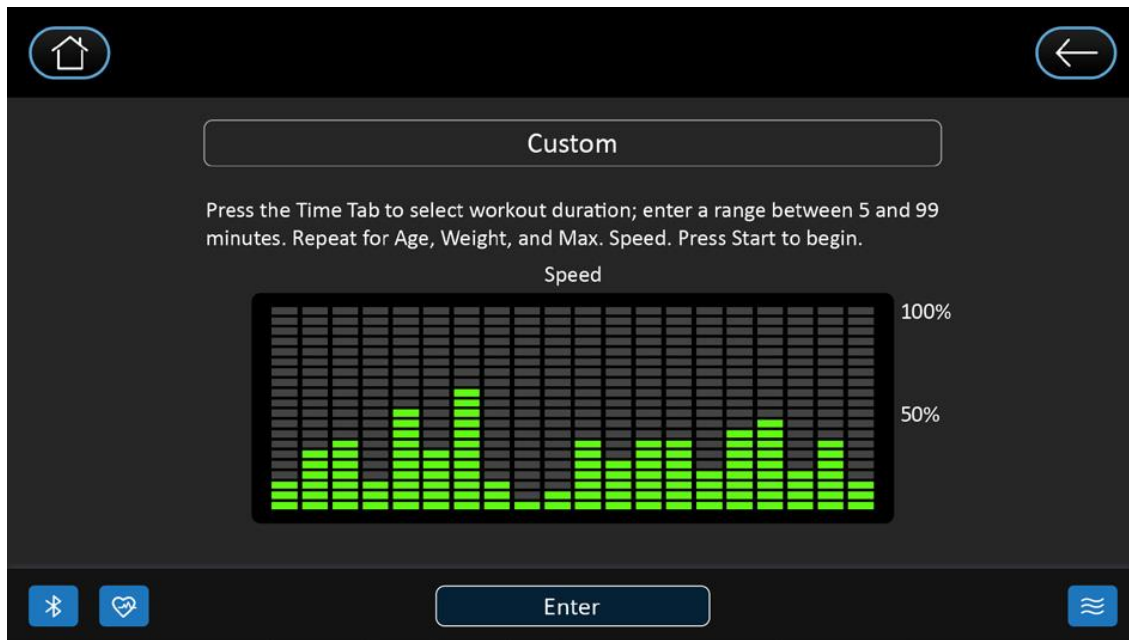
HR 1 / HR 2

The default value is 65% or 80% of your projected rate maximum. You have the option of changing your target heart rate. The machine will attempt to keep you within five beats of your target heart rate. (See more HR information on page 43-46)



CUSTOM

You will create the desired speed and incline levels for each of the 20 segments of the program using the keyboard on the screen. You may change these levels at any time during the workout.

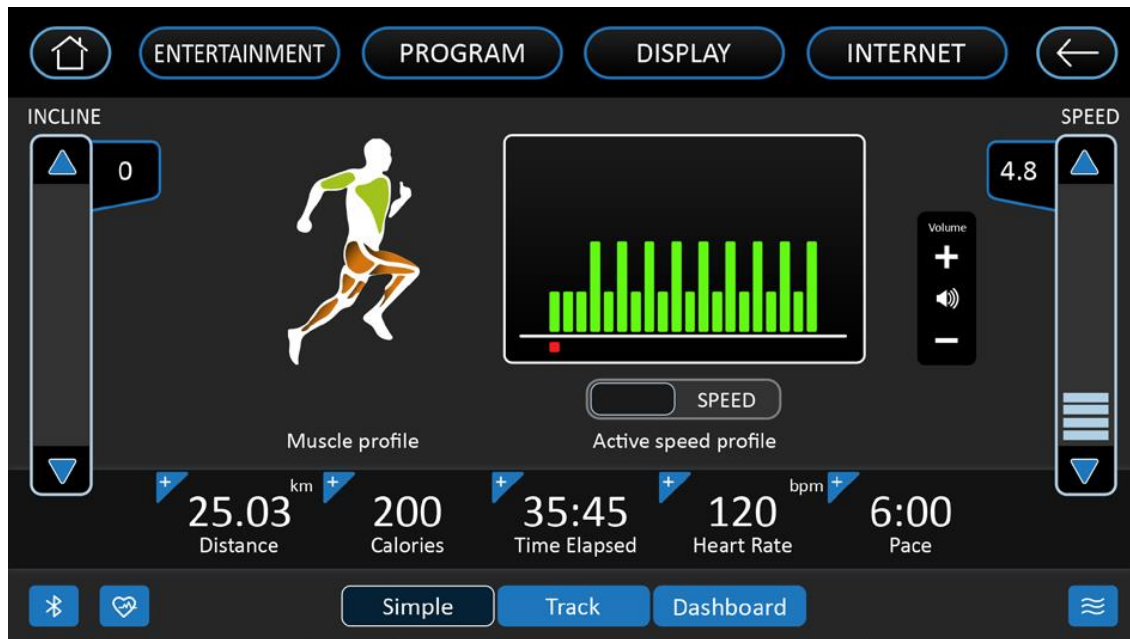


TO BEGIN A CUSTOM PROGRAM:

1. Select the Custom program then press the Enter key to begin customizing the program with your personal data, or just press the Start key to begin the program with the default settings.
2. To adjust the Speed and Incline profiles, use the on-screen interface to achieve desired workout profiles. Once complete, press Next to save and continue.
3. The following screens will ask you to enter the desired Time, the user Age, and Weight. You may use the default values, or adjust as needed. Press Start once complete to begin your new custom workout program!

HIIT PROGRAM

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



1. Select a program then press the Enter key to begin customizing the program with your personal data, and you are asked for and the number of intervals you want to do. The default is 8 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
2. Next is entering the Interval time, Sprint time and Rest time. You may to select the Sprint time or Rest time from 20 to 90 seconds. After the interval time is set, set the intensity training to Sprint speed and Rest Speed. This is the resistance level you will experience during HIIT program workout.
3. You may now press Start to begin the HIIT program after to adjust the speed. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

FITNESS TEST

When the Fitness Test button is selected from the Exercise Programs Menu screen, the screen displays the different preset tests available: Coast Guard, Navy, Air Force, Army, Gerkin, Marine Corps, and Physical Efficiency Battery (PEB). Tap the test you would like to begin.

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 persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- If using the hand pulse sensors hold the hand grips gently, do not tense up.

Starting the Test:

1. At the beginning of each program you will be prompted to enter your Age, Weight, Height, and Gender. Adjust the settings as necessary and press the Enter button to accept and continue.
2. Once data is entered, press Start to begin the test.

During the GERKIN Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter (sold separately).
- The test will start with a 3-minute warm-up at 1.5 MPH /2.4KPH before the actual test begins (GERKIN only).

After the GERKIN Test:

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

AIR FORCE

A timed 1.5 mile /2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

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

AGE	MALE	FEMALE
<30	13:36	16:22
30-39	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

ARMY

A timed 2 mile /3.2 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table.

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

AGE	MALE	FEMALE
17-21	16:36	19:42
22-26	17:30	20:36
37-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

AGE	MALE	FEMALE
42-46	19:54	25:18
47-51	20:48	25:36
52-56	21:06	25:48
57-61	21:06	26:06
62+	21:06	26:18

NAVY

A timed 1.5 mile /2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

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

AGE	MALE	FEMALE
17-19	12:31	15:01
20-24	13:31	15:31
25-29	14:01	16:09
30-34	14:31	16:46
35-39	15:01	17:01
40-44	15:31	17:16

AGE	MALE	FEMALE
45-49	16:09	17:24
50-54	16:46	17:31
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

MARINES

A timed 3 mile /4.8 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

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

AGE	MALE	FEMALE
17-19	12:31	15:01
20-24	13:31	15:31
25-29	14:01	16:09
30-34	14:31	16:46
35-39	15:01	17:01
40-44	15:31	17:16

AGE	MALE	FEMALE
45-49	16:09	17:24
50-54	16:46	17:31
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

GERKIN

The Gerkin protocol, also known as the fireman's protocol, is a sub-max VO2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO2max) as shown in the chart below.

Note: Use a heart rate strap for best results.

Gerkin Table

The Gerkin protocol, also known as the fireman's protocol, is a sub maximal Vo2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (Vo2 max).
Note: Use a heart rate strap for best results.

STAGE	TIME	SPEED	ELEVATION	Vo2 MAX
1	0:0:59	4.5 mph	0%	31.15
2.1	1:14	4.5 mph	2%	32.55
2.2	1:29	4.5 mph	2%	33.6
2.3	1:44	4.5 mph	2%	34.65
2.4	1:59	4.5 mph	2%	35.35
3.1	2:14	5.0 mph	2%	37.45

STAGE	TIME	SPEED	ELEVATION	Vo2 MAX
4.3	3:44	5.0 mph	4%	46.2
4.4	3:59	5.0 mph	4%	46.5
5.1	4:14	5.5 mph	4%	48.6
5.2	4:29	5.5 mph	4%	50
5.3	4:44	5.5 mph	4%	51.4
5.4	4:59	5.5 mph	4%	52.8

STAGE	TIME	SPEED	ELEVATION	Vo2 MAX
7.2	6:29	6.0 mph	6%	58.8
7.3	6:44	6.0 mph	6%	60.2
7.4	6:59	6.0 mph	6%	61.2
8.1	7:14	6.0 mph	8%	62.3
8.2	7:29	6.0 mph	8%	63.3
8.3	7:44	6.0 mph	8%	64

STAGE	TIME	SPEED	ELEVATION	Vo2 MAX
10.1	9:14	6.5 mph	10%	72.1
10.2	9:29	6.5 mph	10%	73.1
10.3	9:44	6.5 mph	10%	73.8
10.4	9:59	6.5 mph	10%	74.9
11.1	10:14	7.0 mph	10%	76.3
11.2	10:29	7.0 mph	10%	77.7

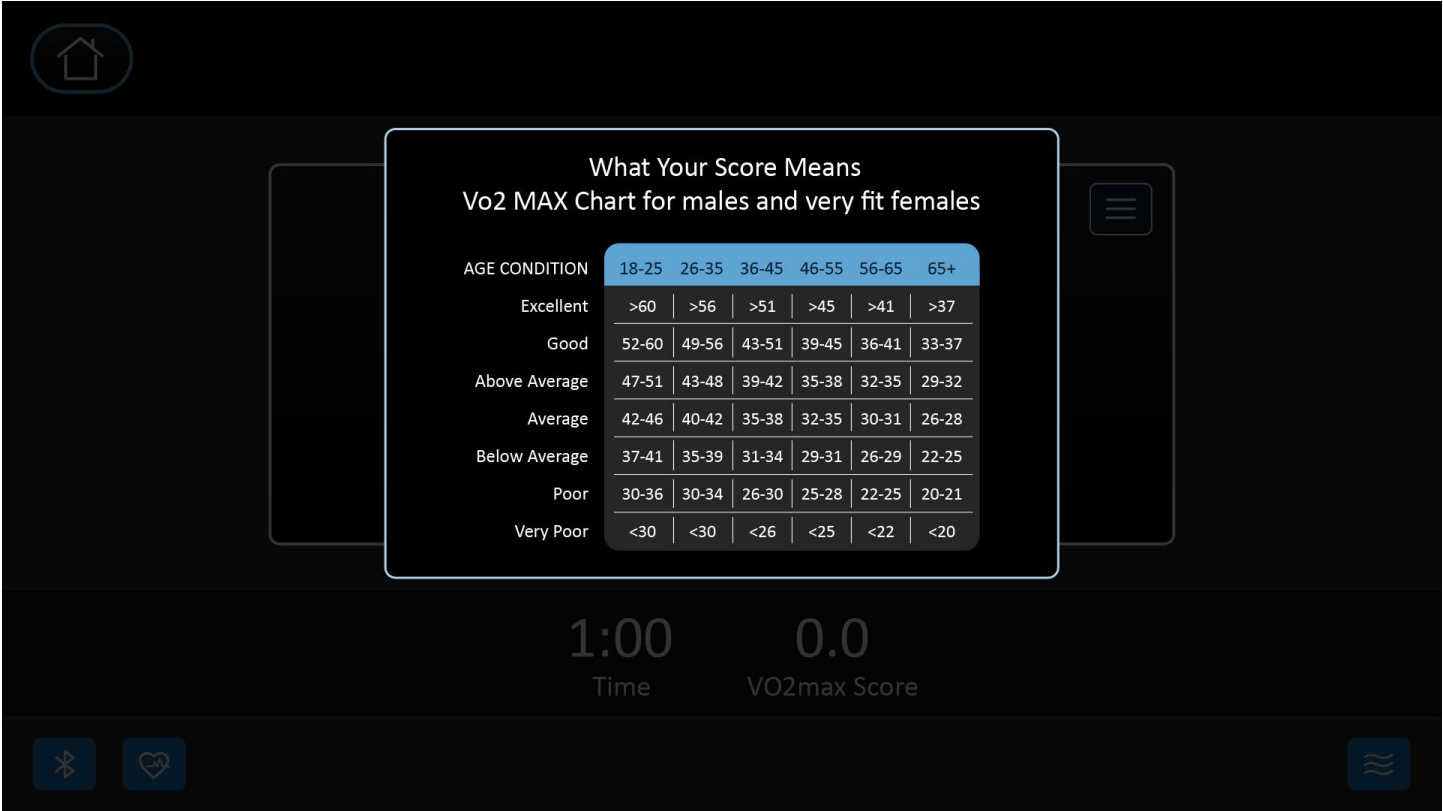
Enter

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

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

What your score means:

VO2MAX CHART FOR MALES AND VERY FIT FEMALES



PEB (PHYSICAL EFFICIENCY BATTERY) FOR U.S. FEDERAL LAW ENFORCEMENT

A timed 1.5 mile / 2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: <https://www.fletc.gov/peb-scores-age-and-gender>

AGE	MALE	FEMALE
≤24	10:53	13:36
25-29	11:05	13:43
30-34	11:26	13:43
35-39	11:47	14:37
40-44	12:28	15:12

AGE	MALE	FEMALE
45-49	13:07	16:02
50-54	13:49	17:02
55-59	14:48	17:37
60+	15:07	17:37

COAST GUARD

A timed 1.5 mile/ 2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

AGE	MALE	FEMALE
<30	12:52	15:27
30-39	13:37	15:58
40-49	14:30	16:59
50-59	15:27	17:56
60+	16:41	18:45

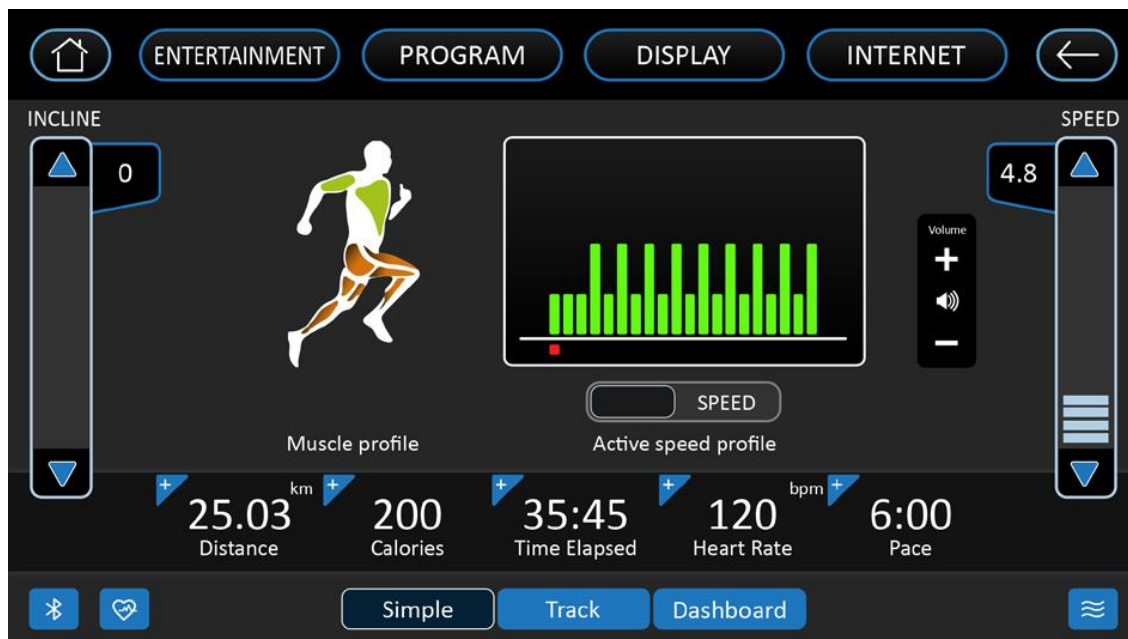
HEART RATE PROGRAMS

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

Select and begin either the Heart Rate 1 program (HR1), or the Heart Rate 2 program (HR2) by following the directions on page 24.

The Heart Rate program (HR1) will attempt to maintain your heart rate at 65%. The Heart Rate 2 program (HR2) will attempt to maintain your heart rate at 80% of your maximum heart rate (as calculated based on user data entered previously).

Note: When "No Heart Rate Detected" is displayed, no pulse signal is being detected. Please check and make sure that the sensors or heart rate strap is being used as instructed, or check for possible interference.



TARGET HEART RATE

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 your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the zone that burns fat while 85% is for strengthening the cardiovascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

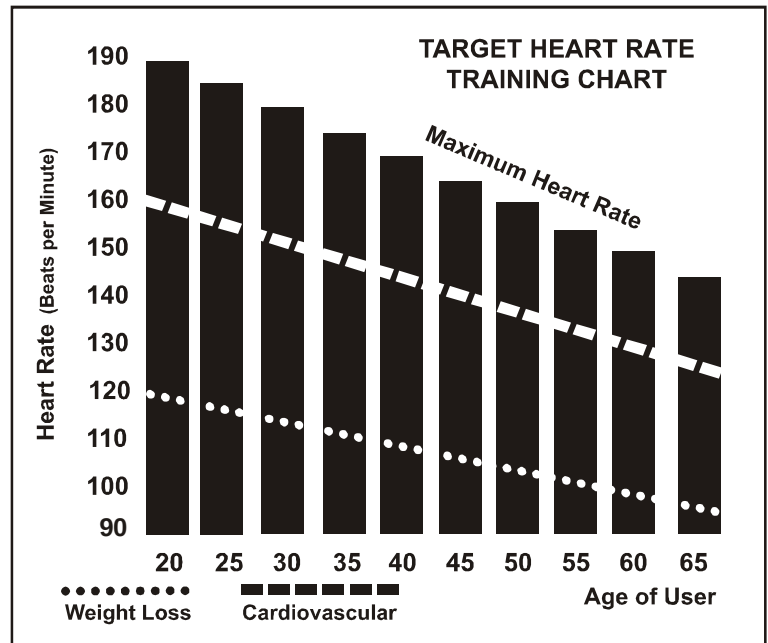
$220 - 40 = 180$ (maximum heart rate)
 $180 \times .65 = 117$ beats per minute (65% of maximum)
 $180 \times .85 = 153$ beats per minute (85% of maximum)

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

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

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

With all Spirit Fitness treadmills 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

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.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. The scale helps users determine an approximate heart rate level when a heart rate monitor was not in use. Using the scale below, rate the level of intensity of your workout, or the perception of your effort during your workout. Once the rating has been determined, simply add a "0" to the rating to get your approximate heart rate. For example, if your workout felt comfortable, you would rate it a "12". Then add a "0" to get an approximate heart rate during your workout of 120 beats per minute. 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

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

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



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is CR2032. The chest strap is sold separately. Chest straps that operate using Bluetooth should also work with this machine.

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

If you continue to experience problems contact your dealer.

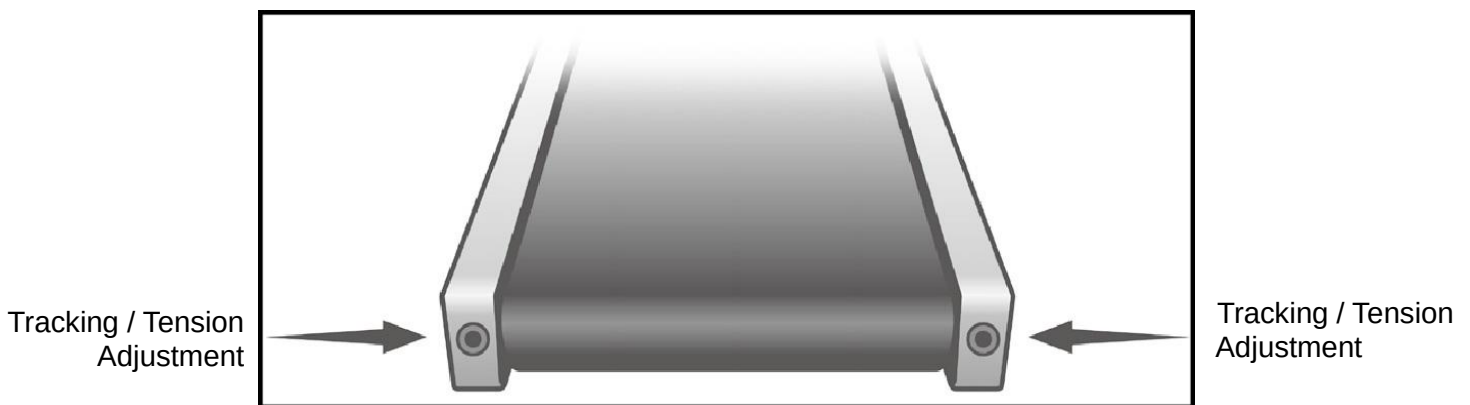
GENERAL MAINTENANCE

MAINTENANCE OF RUNNING BELT/DECK:

Your treadmill uses a very high-efficient and proprietary belt/deck combination. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using. The low maintenance (routine monthly cleaning), dual sided deck is designed to withstand up to 4,000 hrs on each side. If the original side of the deck use is over 4000 hrs, then it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

BELT ADJUSTMENTS:

Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 8mm 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.



Note: Adjustment is through small hole in the end cap.

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.

Unplug treadmill before performing any maintenance.

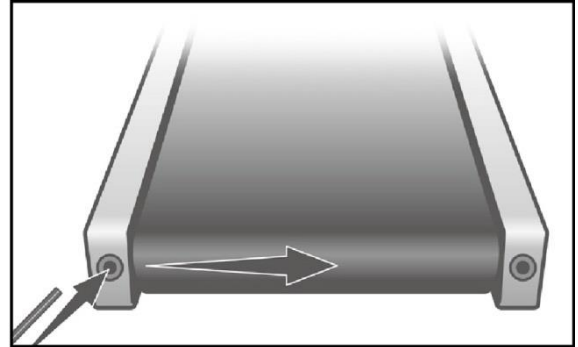
Task	How To	Daily	Weekly	Monthly	Semi-Annually
Wipe down unit	Damp cloth	•			
Clean under belt	Towel or vacuum			•	
Check belt tension/tracking	Feel/visual		•		
Clean under motor cover	Vacuum carefully				•
Check hardware	Wrench			•	
Inspect for deck wear	Visual				•
Inspect drive belt	Visual				•

TREADBELT TRACKING ADJUSTMENT:

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

An 8mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3mph / 5kph. 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 1/4 turns until the belt stabilizes in the center of the running deck.



If the belt is too close to the right side, turn the bolt counter-clockwise. 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.

ATTENTION:

Damage to the running belt resulting from improper tracking / tension adjustments is not covered under the Spirit Fitness warranty.

GENERAL MAINTENANCE

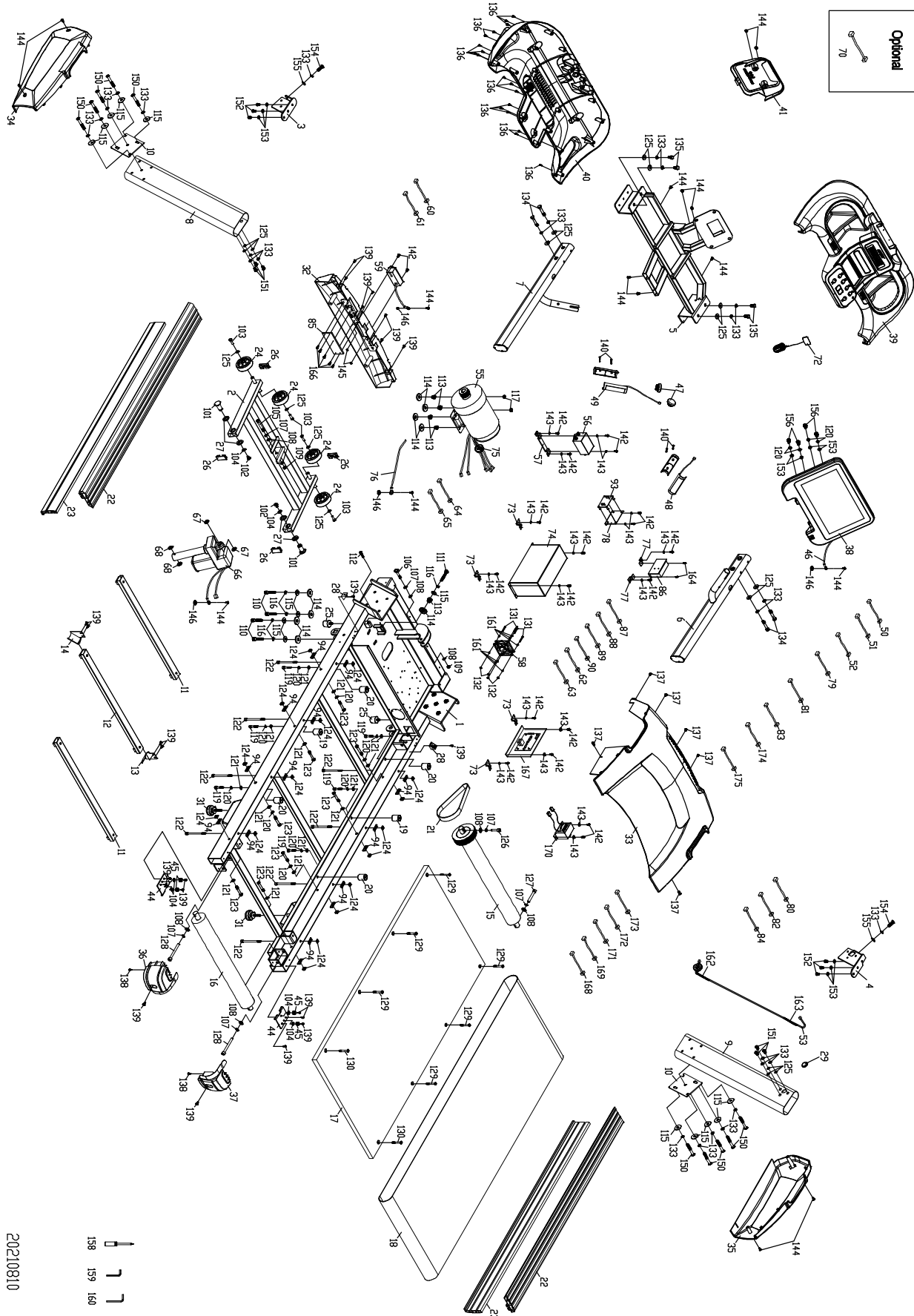
1. After each workout, wipe down all areas exposed to sweat with a damp cloth.
2. Ensure all bolts are properly tightened after assembly and before each use.
3. Ensure that the unit is properly leveled after assembly and before each use. Use leveling pads on the bottom of the feet to adjust height.

TROUBLESHOOTING

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
Display does not light	1) Tether cord not in position. 2) Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3) Plug is disconnected. Make sure plug is firmly pushed into 230 VAC wall outlet. 4) Breaker panel circuit breaker may be tripped. 5) Treadmill defect. Contact your dealer.
Tread-belt does not stay centered	The user may be walking while favoring 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.
Treadmill belt hesitates when walked/run on	See General Maintenance section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	1) If the belt moves, but stops after a short time and the display shows "LS ", run calibration 2) If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 12 mph/ 20 kph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 12 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 volt AC current is required.
Treadmill trips on board 10 amp circuit	High belt/deck friction. See General Maintenance. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 4.
House circuit breaker trips, but not the treadmill circuit breaker.	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.
Noises while in uses (squeaks, bumps, clicking, etc.)	Tighten all bolts. Check that machine is leveled. Adjust levelers if needed using a wrench.

EXPLODED VIEW DIAGRAM



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Incline Bracket	1
3	Locking Plate Assembly (L)	1
4	Locking Plate Assembly (R)	1
5	Console Support	1
6	Handle Bar (R)	1
7	Handle Bar (L)	1
8	Left Upright	1
9	Right Upright	1
10	Upright Fixing Plate	2
11	Running Deck Stabilizer Assembly(A)	2
12	Running Deck Stabilizer Assembly(B)	1
13	Belt Guide(R)	1
14	Belt Guide(L)	1
15	Front Roller W/Pulley	1
16	Rear Roller	1
17	Running Deck	1
18	Running Belt	1
19	Cushion A	2
20	Cushion B	4
21	Drive Belt	1
22	Foot Rail(Upper)	2
23	Foot Rail	2
24	Transportation Wheel	4
25	Incline Rubber Foot	2
26	25mm × 50mm _Square End Cap	4
27	Stable Wheel Spacer	4
28	Motor Cover Anchor(D)	2
29	Round Cap	1
31	Foot Pad	2
32	Front Motor Cover	1
33	Motor Top Cover	1
34	Motor Base Cap (L)	1
35	Motor Base Cap (R)	1
36	Rear Adjustment Base (L)	1
37	Rear Adjustment Base (R)	1
38	Console Assembly	1
39	Rack Top Cover	1
40	Rack Bottom Cover	1
41	Console Cover	1
44	Adjustment Rail Pad	2
45	Rubber Foot Pad	4
46	300mm _Ground Wire	1
47	Handpulse End Cap	2

Part Number	Part Description	Qty per unit
48	900mm_Handpulse W/Cable Assembly(SMP-03)	1
49	900mm_Handpulse W/Cable Assembly	1
50	400mm_Handpulse Wire (Upper)(XHB-4)	1
51	400mm_Handpulse Wire (Upper)(XHB-3)	1
52	1100mm_Computer Cable	1
53	1800mm_Computer Cable	1
55	AC Motor	1
56	Filter	1
57	Filter Plate	1
58	Fan	1
59	AC Electronic Module	1
60	450mm_Connecting Wire (White)	1
61	450mm_Connecting Wire (Black)	1
62	350mm_Connecting Wire (White)	1
63	350mm_Connecting Wire (Black)	1
64	400mm_Motor Fan Connecting Cable-Black	1
65	400mm_Motor Fan Connecting Cable-White	1
66	Incline Motor	1
67	Ø10 × Ø25 × 0.8T_Nylon Washer	2
68	Ø10 × Ø25 × 2.5T_Nylon Washer	2
70	Power Cord (Optional)	1
72	Square Safety Key	1
73	Inverter Plate	4
74	Inverter	1
75	Ø35 × 21 × 13L_Ferrite Core	1
76	300mm_round Wire	1
77	Plate	2
78	L-Plate	1
79	900mm_Network Connecting Cable(Upper)	1
80	2400mm_Network Connecting Cable(Lower)	1
81	900mm_CSAFE Connecting Wire(Top)	1
82	2400mm_CSAFE Connecting Wire(Bottom)	1
83	900mm_Connecting Wire(Upper)	1
84	2400mm_Connecting Wire(Lower)	1
85	board	1
86	Power Adaptor	1
87	250mm_Connecting Wire (White)	1
88	250mm_Connecting Wire (Black)	1
89	200mm_Connecting Wire	1
90	250mm_Connecting Wire(Red)	1
93	Interface Board	1
94	Ø30 × 14 × 1.5T × 3.5H_Concave Washer	16
101	Ø18 × Ø19 × 41L_Carriage Bolt	2
102	M8 × 12mm_Hex Head Bolt	2
103	3/8" × 25mm_Hex Head Bolt	4
104	Ø8.5 × Ø26 × 2.0T_Flat Washer	6

Part Number	Part Description	Qty per unit
105	M10 × 65mm Hex Head Bolt	1
106	M10 × 50mm Hex Head Bolt	1
107	Ø10 × 1.5T Split Washer	6
108	Ø3/8" × Ø19 × 1.5T Flat Washer	8
109	M10 × P1.5 × 8T Nylon Nut	2
110	3/8" × UCN16 × 1-1/2" Socket Head Cap Bolt	4
111	3/8" × 2-1/2" Hex Head Bolt	1
112	3/8" × UCN16 × 2" Socket Head Cap Bolt	1
113	Bushing(Ø10×Ø14×14L)	5
114	Ø13 × Ø35 × 5T Nylon Washer	9
115	Ø3/8" × 35 × 2.0T Flat Washer	15
116	Ø10 × 2.0T Split Washer	5
117	3/8" × 7T Nylon Nut	2
119	M8 × P1.25 × 40mm Socket Head Cap Bolt	6
120	5/16" × 1.5T Split Washer	14
121	Ø5/16" × 16 × 1.0T Flat Washer	14
122	M8 × 1.25 × 95mm Button Head Socket Bolt	8
123	M8 × 55mm Hex Head Bolt	8
124	M8 × 1.25 × 6.5T Square Nut	16
125	Ø3/8" × Ø25 × 2.0T Flat Washer	18
126	M10 × 40mm Socket Head Cap Bolt	1
127	M10 × 80mm Socket Head Cap Bolt	1
128	M10 × 100mm Socket Head Cap Bolt	2
129	M8 × P1.25 × 55L Flat Head Countersink Bolt	6
130	M8 × 35mm Flat Head Countersink Bolt	2
131	M3 × 50mm Phillips Head Screw	4
132	M3 × 5T Nylon Nut	4
133	Ø10 × 2T Split Washer	26
134	3/8" × 2-1/4" Hex Head Bolt	4
135	3/8" × 3/4" Hex Head Bolt	4
136	3.5 × 12mm Sheet Metal Screw	18
137	5 × 12mm Sheet Metal Screw	6
138	5 × 25mm Tapping Screw	2
139	5 × 20mm Tapping Screw	23
140	3 × 25mm Tapping Screw	4
142	M5 × 12mm Phillips Head Screw	20
143	Ø5 × 1.5T Split Washer	18
144	M5 × 12mm Phillips Head Screw	16
145	M5 × 5T Nylon Nut	2
146	M5 Star Washer	4
150	3/8" × 3" Button Head Socket Bolt	10
151	3/8" × 3/4" Button Head Socket Bolt	6
152	M8 × 12mm Socket Head Cap Bolt	6
153	Ø8 × Ø16 × 2T Flat Washer	10
154	3/8" × UNC16 × 1-1/4" Button Head Socket Bolt	2
155	Ø10 × Ø23 × 1.5T Curved Washer	2
156	M8 × P1.25 × 20L Socket Head Cap Bolt	4

Part Number	Part Description	Qty per unit
158	Phillips Head Screw Driver	1
159	L Allen Wrench(6×25×67L)	1
160	L Allen Wrench(6×26L×76L)	1
161	Isolation Pad	8
162	Ending Tape(400mm)	1
163	Ending Tape(200mm)	1
164	M3 × 10mm_Phillips Head Screw	2
166	3 × 10mm_Sheet Metal Screw	5
167	Saving small plates	1
168	900mm_Computer Cable (Upper)	1
169	1800mm_Computer Cable (Lower)	1
170	Choke	1
171	100mm_Connecting Wire (Black)	1
172	350mm_跨 Connecting Wire (White)	1
173	TV Adapter	1
174	900mm_TV Signal Cable (Upper)	1
175	2400mm_TV Signal Cable (Lower)	1