

SPIRIT



CU800 ENT+ Upright Bike **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new upright bike.

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

IMPORTANT SAFETY INSTRUCTIONS

WARNING –When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the upright bike on a flat level surface with access to a 230-volt, 10-amp grounded outlet with only the upright bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 2m m² OR BETTER, WITH ONLY ONE OUTLET ON THE END. The upright bike 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 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- **Max. user's weight.: 150 kgs.**
- Do not operate upright bike on deeply padded, plush or shag carpet. Damage to both carpet and upright bike may result.
- Keep children away from the Upright Bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Upright Bike if it has a damaged cord or plug. If the Upright Bike 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.
- Please make sure that power-supply cord and adapter placed in dry area and kept away from heat.
- Do not attempt to use your upright bike 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 upright bike. Quality athletic shoes are recommended to avoid leg fatigue.
- **WARNING:** Injuries to health may result from incorrect or excessive training.
- 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 been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- To mount and dismount the equipment safely, one foot-platform should be in the lowest position.

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 upright bike 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 upright bike 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 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a upright bike is first turned on or even during use. If your Upright bike is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the Upright bike itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 10 amp circuit breaker.

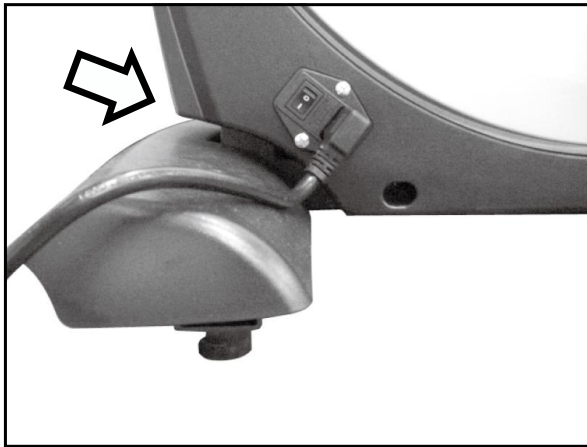
Grounding Instructions

This product must be grounded. If the upright bike 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. 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 upright bike without reading and completely understanding the results of any operational change you request from the computer.
- **All users** should have medical clearance before starting any rigorous exercise program. This is especially important for persons with a history of heart disease or other high risk factors.
- **The user** should adjust the seat to a position that is comfortable during exercise.
- Understand that changes in resistance and incline do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your Upright bike during an electrical storm. Surges may occur in your facility or household power supply that could damage Upright bike components. Unplug the Upright bike during an electrical storm as a precaution.
- Use caution while participating in other activities while pedaling on your upright bike ; 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 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.



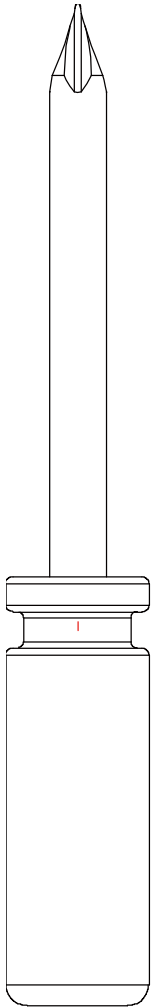
POWER CONNECTOR - FRONT, LEFT SIDE OF UNIT

ASSEMBLY INSTRUCTIONS

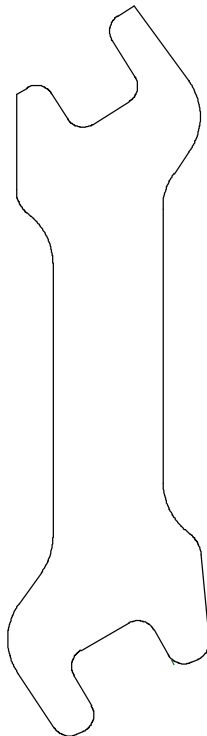
PRE-ASSEMBLY

1. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
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.

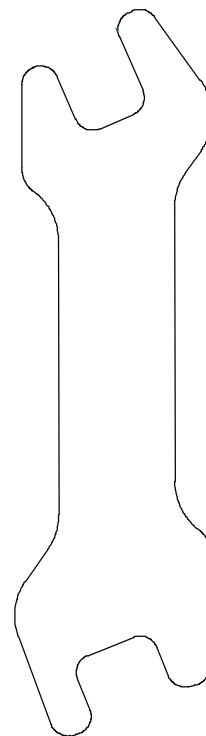
ASSEMBLY TOOLS



#93. Phillips Head
Screw Driver (1 pc)

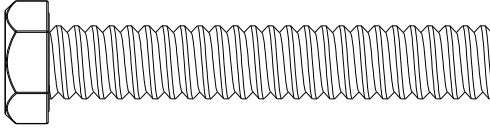


#92. 13/15mm
Wrench (1 pc)

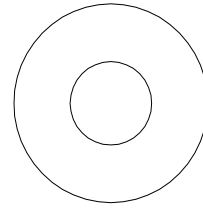


#100. 12/14mm
Wrench (1 pc)

STEP 1

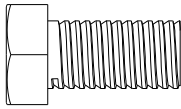


#50 - 3/8" x 135mm
Hex Head Bolt (2 pcs)

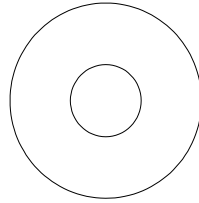


#151 - 3/8" x 23 x2.0T
Curved Washer (2 pcs)

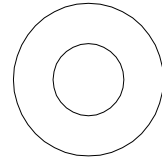
STEP 2



#51 - 5/16" x 5/8"
Hex Head Bolt (7 pcs)

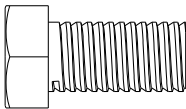


#99 - 5/16"x19 x1.5T
Curved Washer (1 pc)

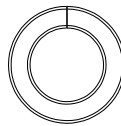


#72 - 5/16"x19 x1.5T
Flat Washer (6 pcs)

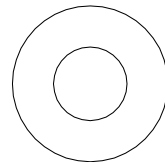
STEP 3



#51 - 5/16" x 5/8"
Hex Head Bolt (2 pcs)

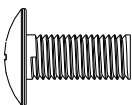


#103 - 5/16" x1.5T
Split Washer (2 pcs)

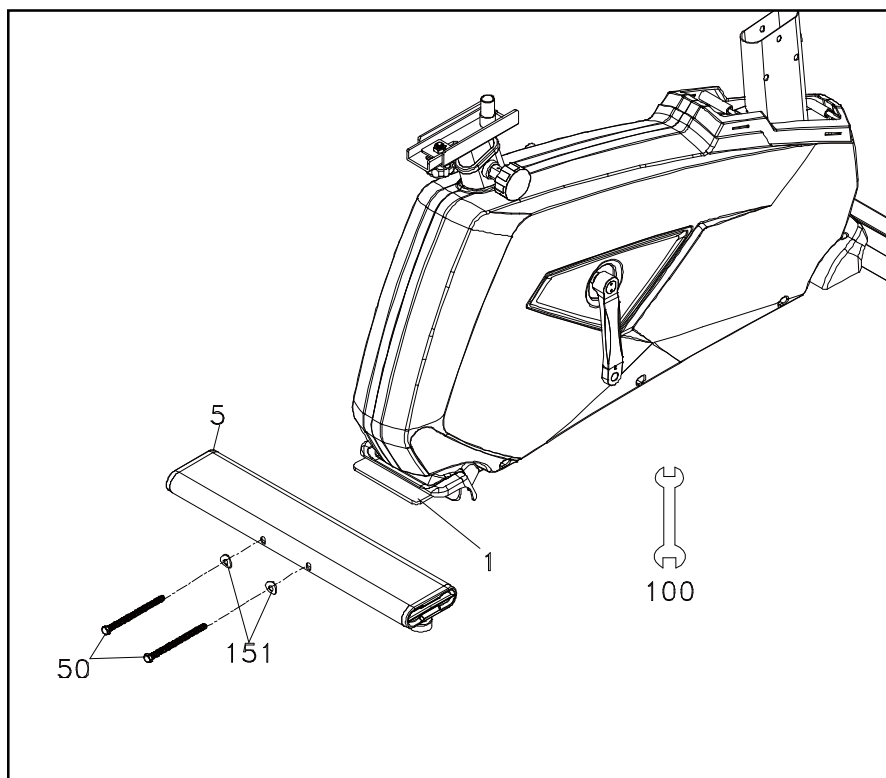


#72 - 5/16"x19 x1.5T
Flat Washer (2 pcs)

STEP 4

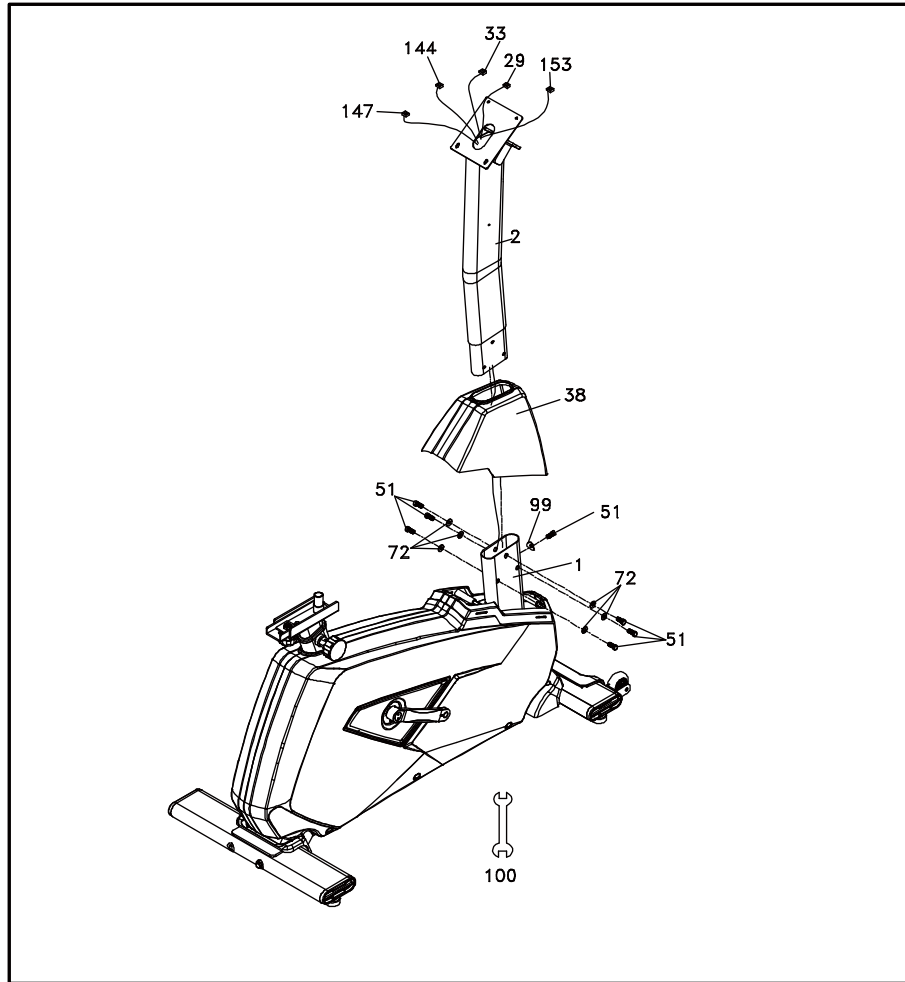


#58 - M5 x 12mm
Phillips Head Screw (6 pcs)



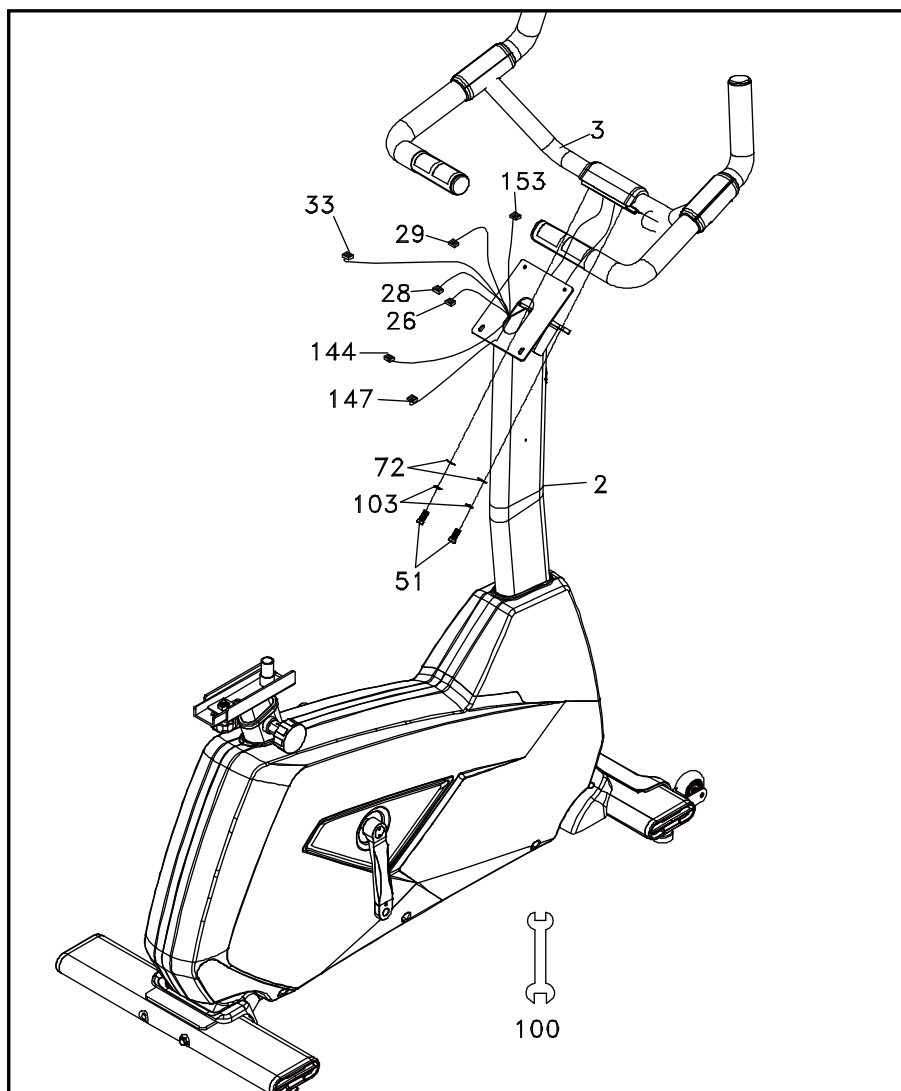
STEP 1

1. Install the Rear Stabilizer (No.5) onto the Main Frame with 2 Bolts (No.50) and 2 Washers (No.151).



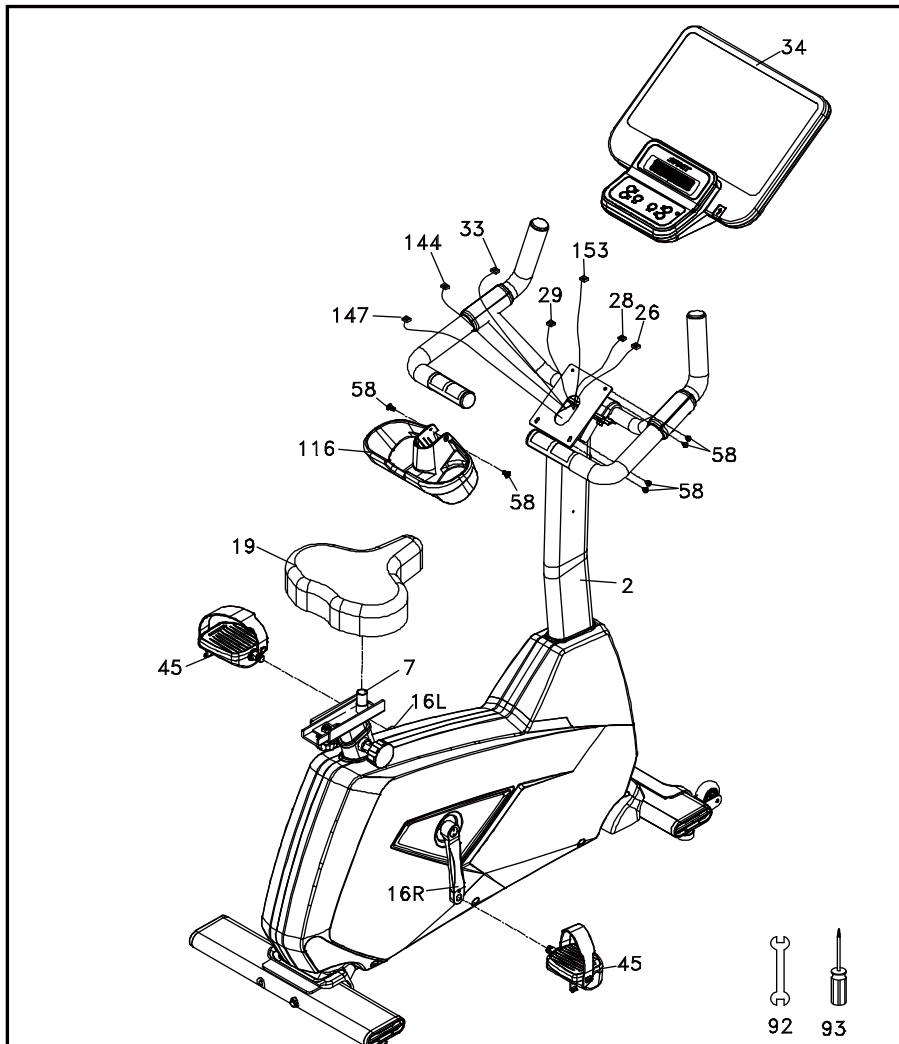
STEP 2

1. Slide the Console Mast Cover (No.38) through the Console Mast (No.2).
2. Making sure not to pinch the wires, run them through the Console Mast (No.2) and Console Mast Cover (No.38). The wires are: Computer Cable (No.29), CSAFE Connecting Wire (No.33), Network Connecting Cable (No.144), HDMI Connecting Wire (No.147) and TV Signal Cable (No.153).
3. Secure the Console Mast (No.2) to the Main Frame (No.1) using 6 Bolts (No.51) and 6 Flat Washers (No.72) on the sides of the Mast. On the back of the Mast, use 1 Bolt (No.51) and 1 Curved Washer (No.99).



STEP 3

1. Thread the Handpulse w/Cable (No.26) and Handpulse w/Cable (No.28) and Computer Cable (No.29) through the Console Mast (No.2).
2. Secure the Handlebar (No.3) to the Console Mast (No.2) using 2 Bolts (No.51), 2 Split Washers (No.103), and 2 Flat Washers (No.72).



STEP 4

1. Connect the Wires on the back of the console to their respective places: Computer Cable (No.29), Handpulse Wires (No.26 & 28), CSAFE Connecting Wire (No.33), Network Connecting Cable (No.144), HDMI Connecting Wire (No.147) and TV Signal Cable (No.153). Tuck excess cable into the Console Mast (No.2) being careful not to pinch the wires.
2. Secure the Console (No.34) to the Console Mast (No.2) using 4 Screws (No.58) using the Screwdriver (No.93).
3. Fasten the Beverage Holder (No.116) to the Console Mast (No.2) using 2 Screws (No.58).
4. Install the Pedals (No.45) onto the Crank Arms (No. 16L/16R) carefully using the Wrench (No.92) to hold the Pedal pivot then firmly fasten the pivot clockwise.
5. Install the Seat (No.19) onto the Sliding Seat Mount (No.7) then fasten the attached nut using the Wrench (No.100).

Getting on / off your Recumbent Bike

IMPORTANT

The Upright Bike comes with a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the Upright Bike.

First time users should familiarize themselves with using the Upright Bike by using the Stationary Handlebar first

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

Please follow the safety steps below.

To get on, Please hold the Stationary Handlebar with one of hands and sit on the seat.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.

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

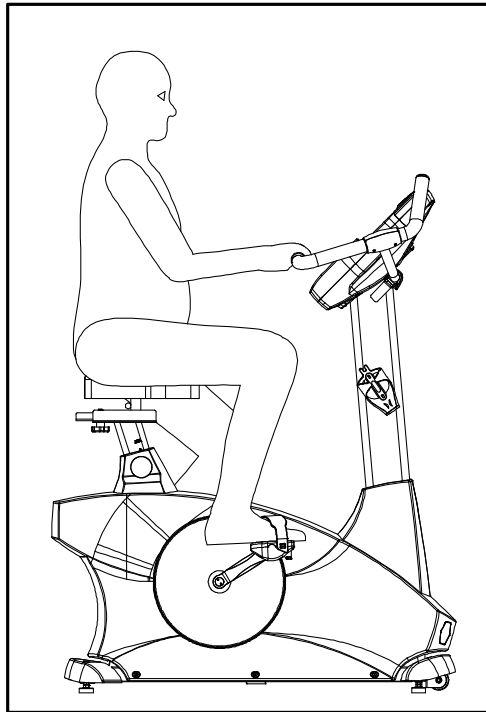
Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off.

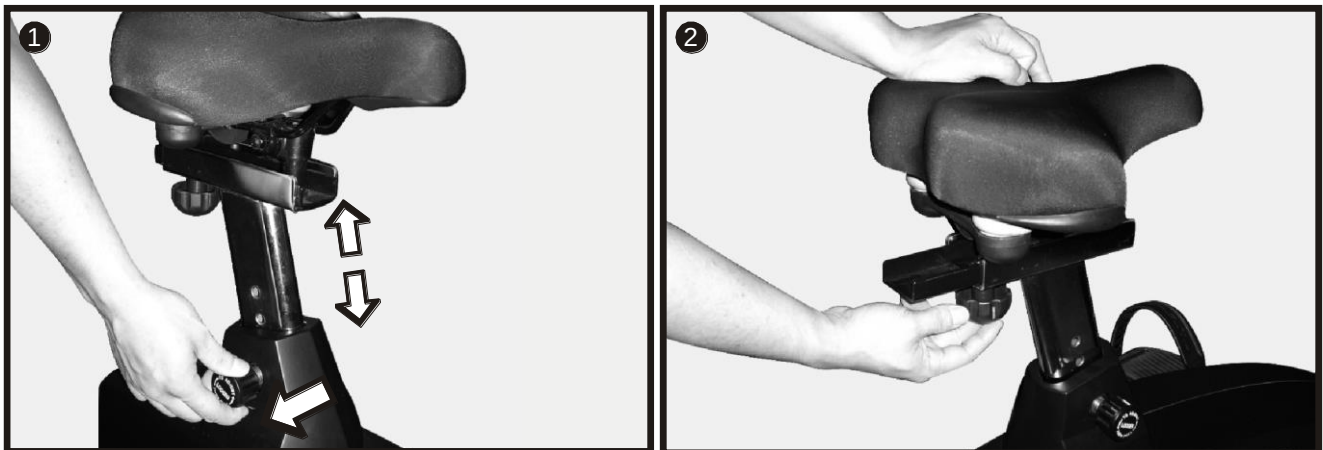
All equipment should be set-up and operated on solid, level surfaces.

Suggested Posture:

Sit straight on the saddle, grab the handle with both hands, position the feet on pedal through the pedal strap.



Seat Adjustment Instruction:



Adjustment

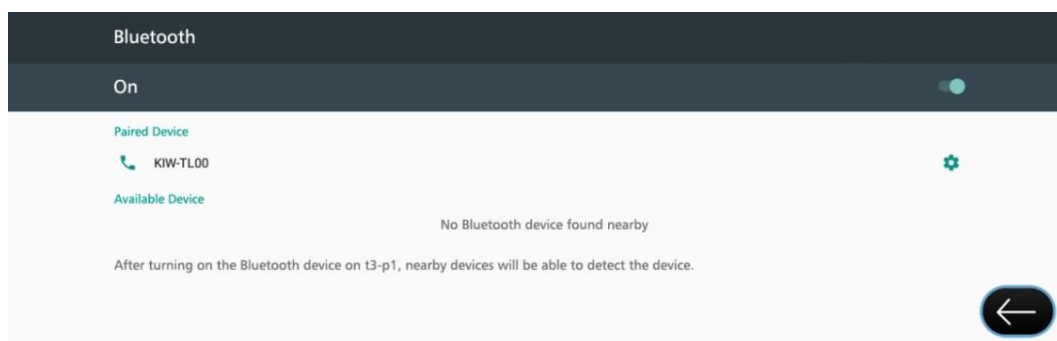
1. When you adjust the Seat Bottom Cushion Fore/Aft. Loosen the Fore Aft Adjustment and adjust the seat to the modest position then tighten the knob to fix the position.
2. When you adjust the Seat Bottom Cushion altitude, please pull the Locking Knob and put your hand on the Seat Bottom Cushion. Then adjust the altitude with the power of your hand.

OPERATION OF YOUR CONSOLE



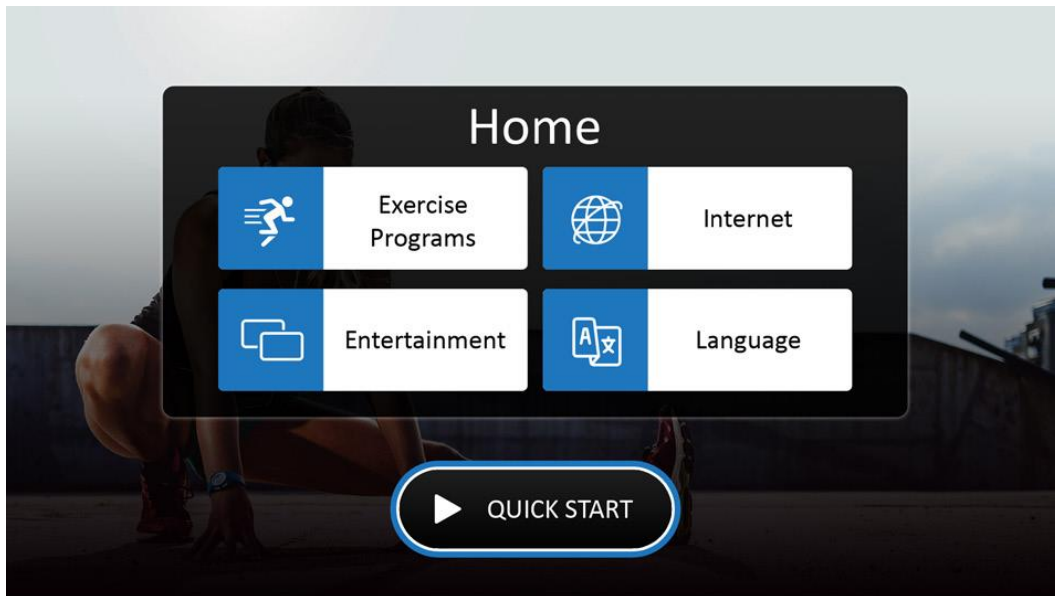
How to connect with the Bluetooth

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



STARTING OPERATION

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 upright bike functions.

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.

FUNCTIONS OF THIS UPRIGHT BIKE

The Touchscreen is used for operating all functions. You can directly touch any button on the screen or through quick button on the bottom to control functions. On the lower portion of the console there is the Start button to begin the workout, Stop button to pause/stop programs, Level button to change workload.

QUICK START

This is the quickest way to start a workout. After the console powers up you just press the Start button 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 on the screen or the Up and Down buttons on lower control panel.

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 CU800ENT+ will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

TOUCHSCREEN OPERATION

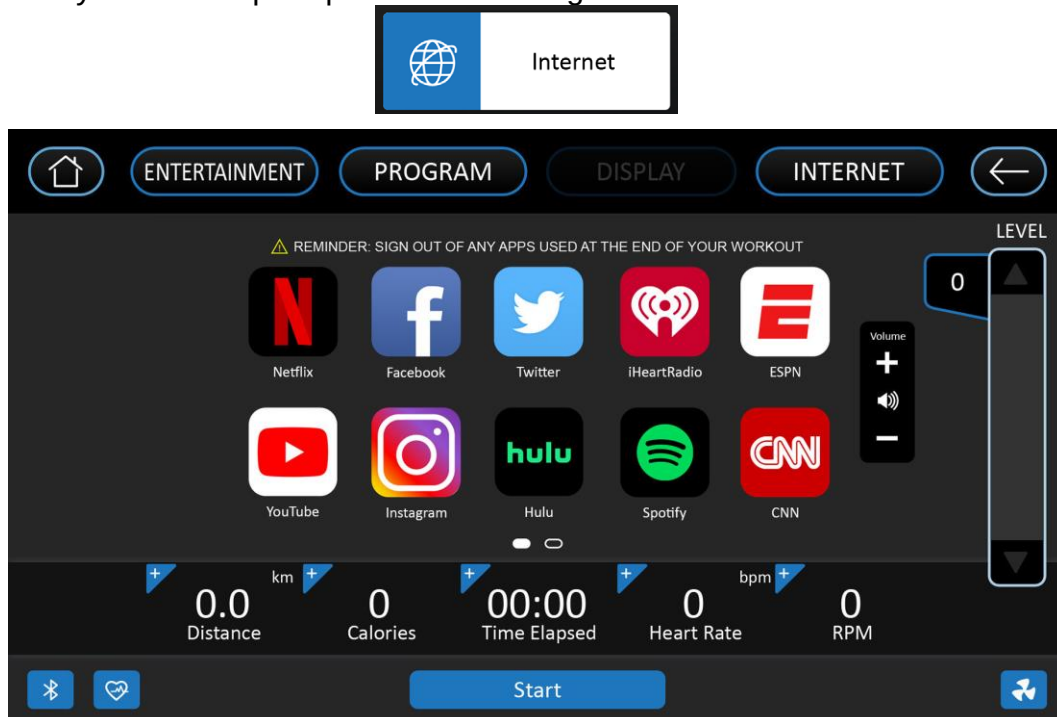
LANGUAGE

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

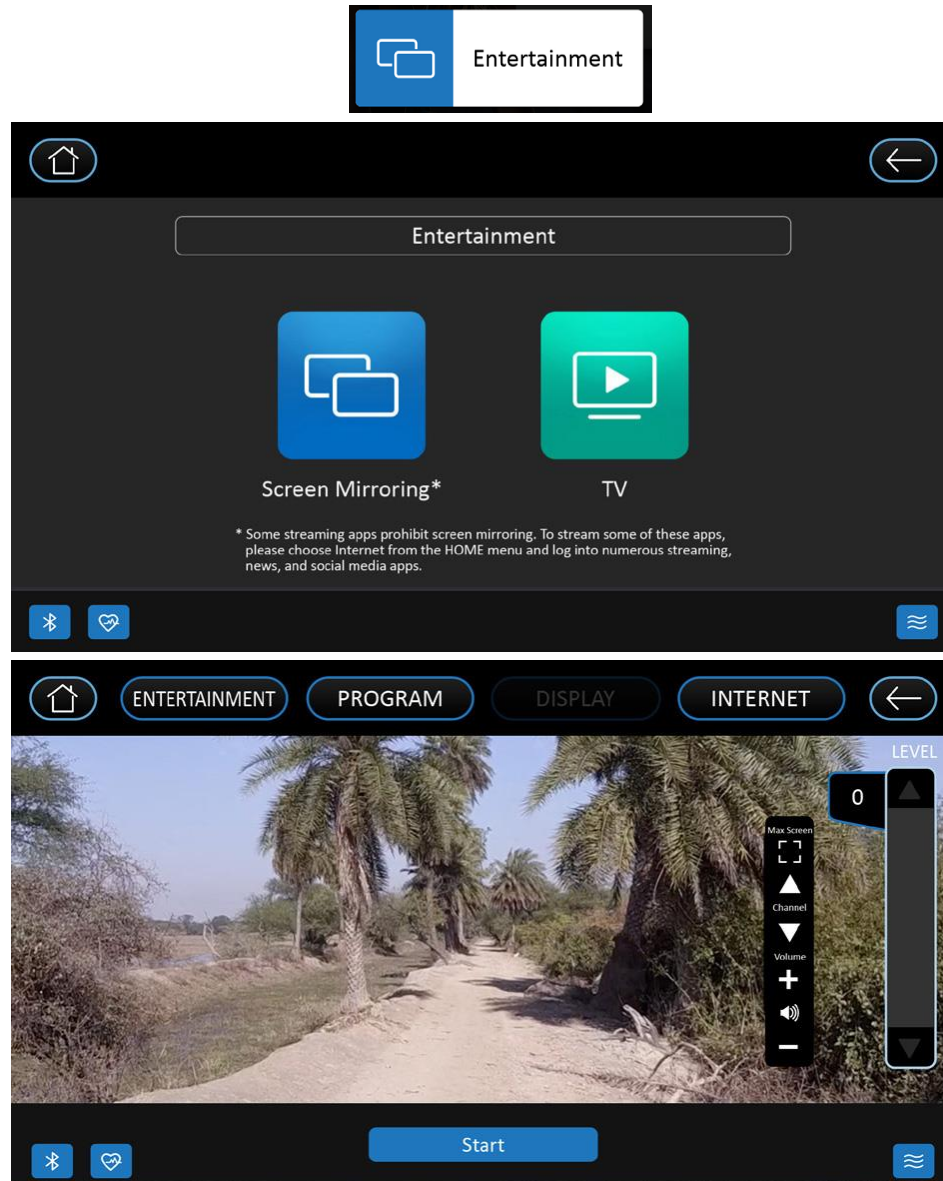
From the Home Screen, tap Entertainment to go to the entertainment menu. You will be given the options of Screen Mirroring and TV mode interface. There are two sources under the TV mode: from the Set-Top Box (STB) or antenna.

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 recumbent bike.

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 Resistance controls to make updates to your workout while in TV mode.
- Use the on-screen or physical Level 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

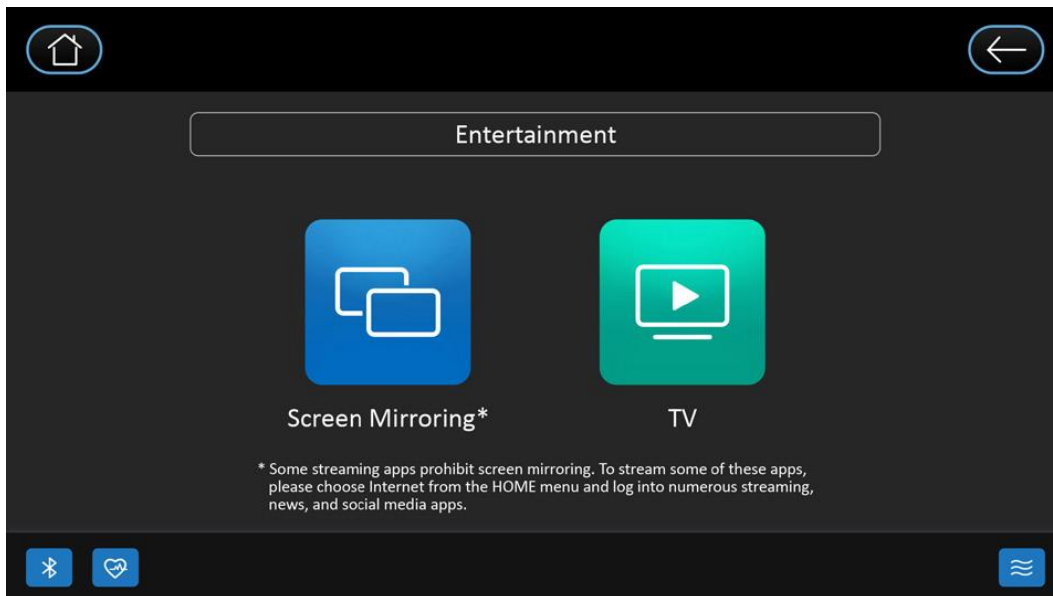
When Screen Mirroring is selected from the Entertainment screen, you may begin pairing your device.

iOS

Screen Mirroring displays your phone's screen on the touchscreen of the Upright bike. 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.

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

Min Screen
Volume

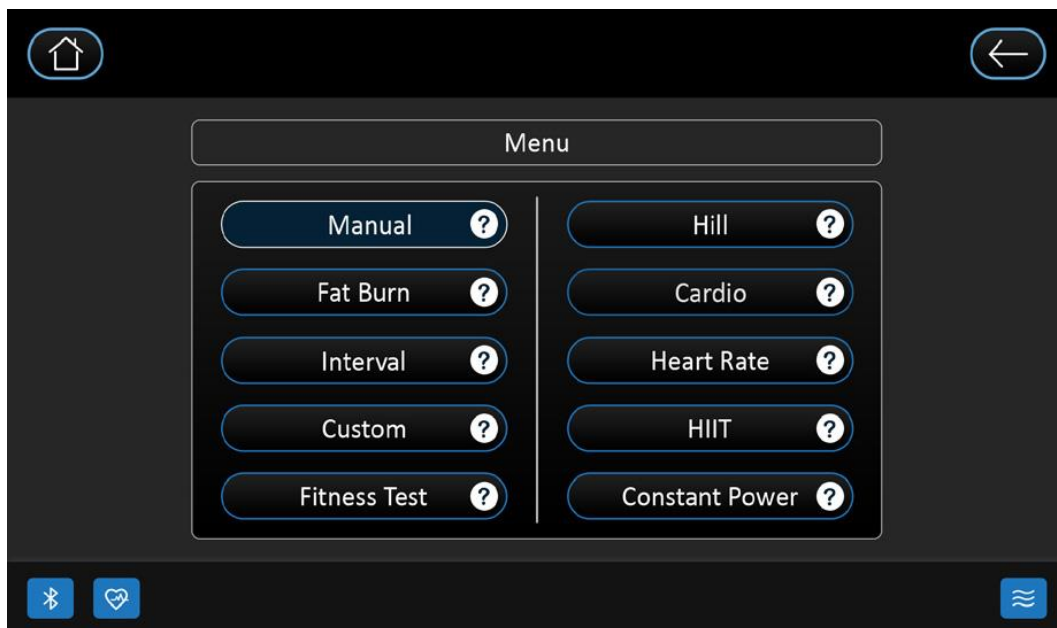
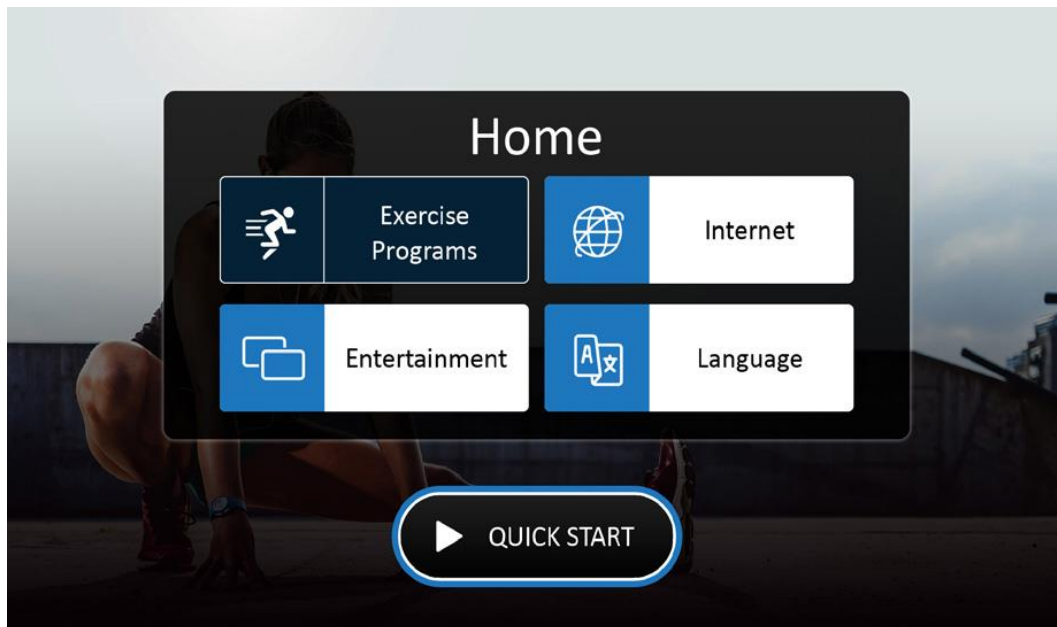




ENTERING A PROGRAM & CHANGING SETTINGS

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, HIIT, Interval, Heart Rate, Custom, Constant Power, 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.



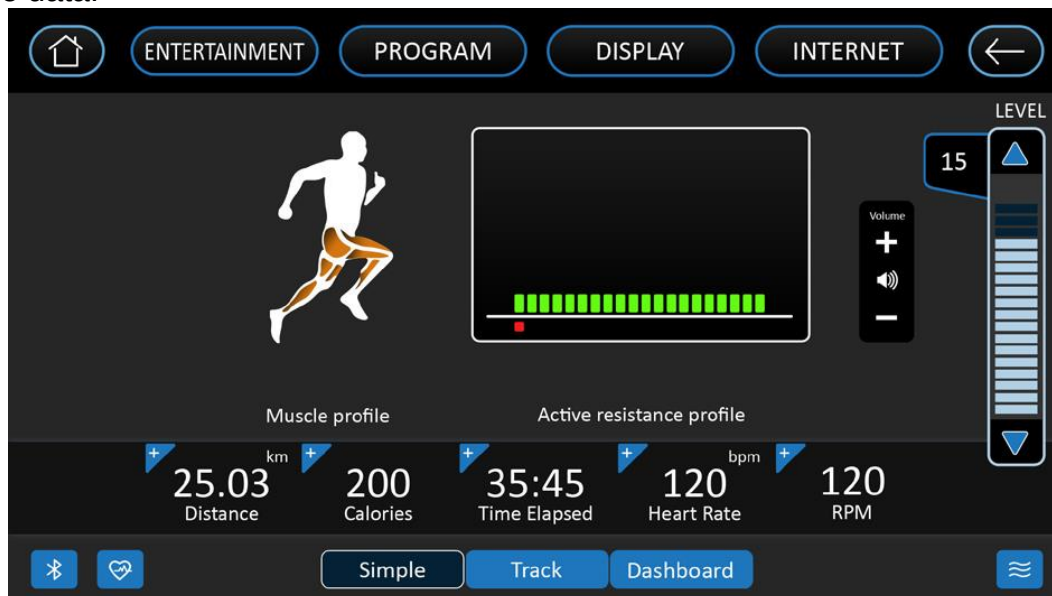
EXERCISE PROGRAM

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.

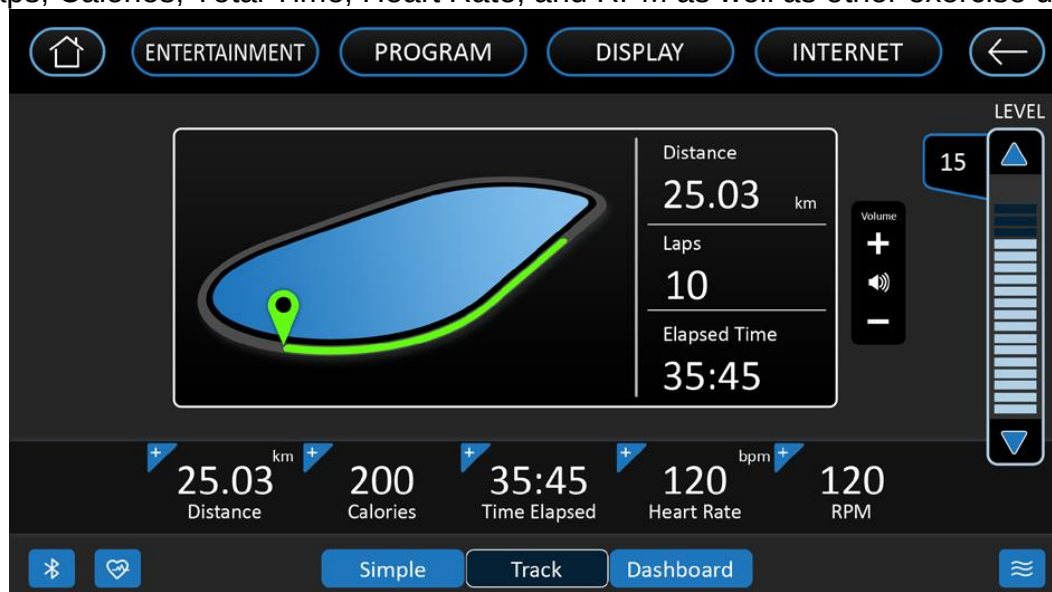
SIMPLE

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 Resistance level profile, as well as the elapsed Distance, Calories/Hr, Total Time, Heart Rate, and RPM as well as other exercise data.



TRACK

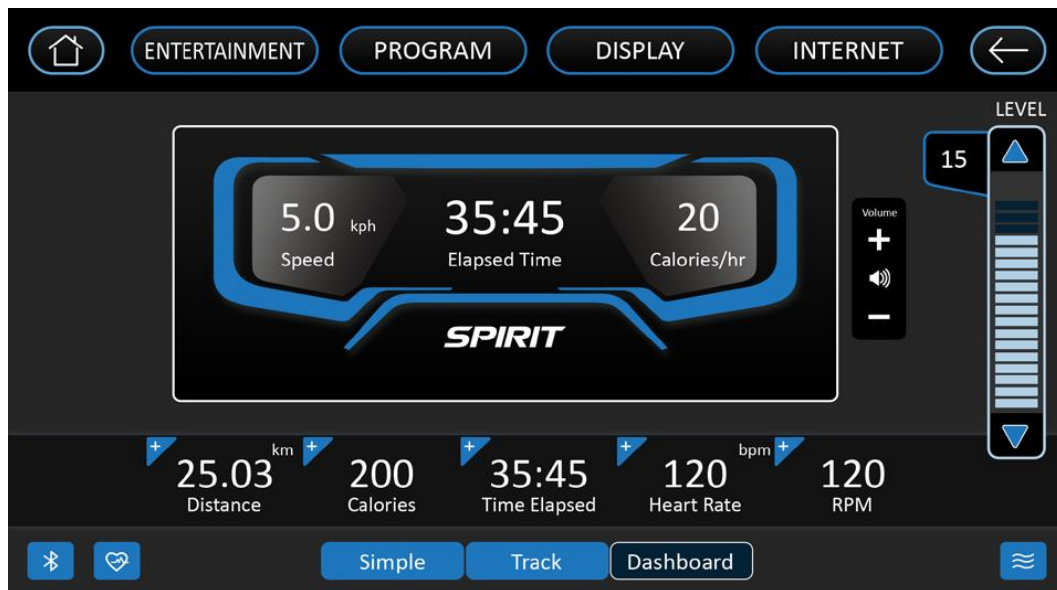
To switch the display to Track view, simply tap the Track button at the bottom of the screen. This view shows a virtual track that corresponds with the current workout, as well as the elapsed Distance, number of Laps, Calories, Total Time, Heart Rate, and RPM as well as other exercise data.



EXERCISE PROGRAM

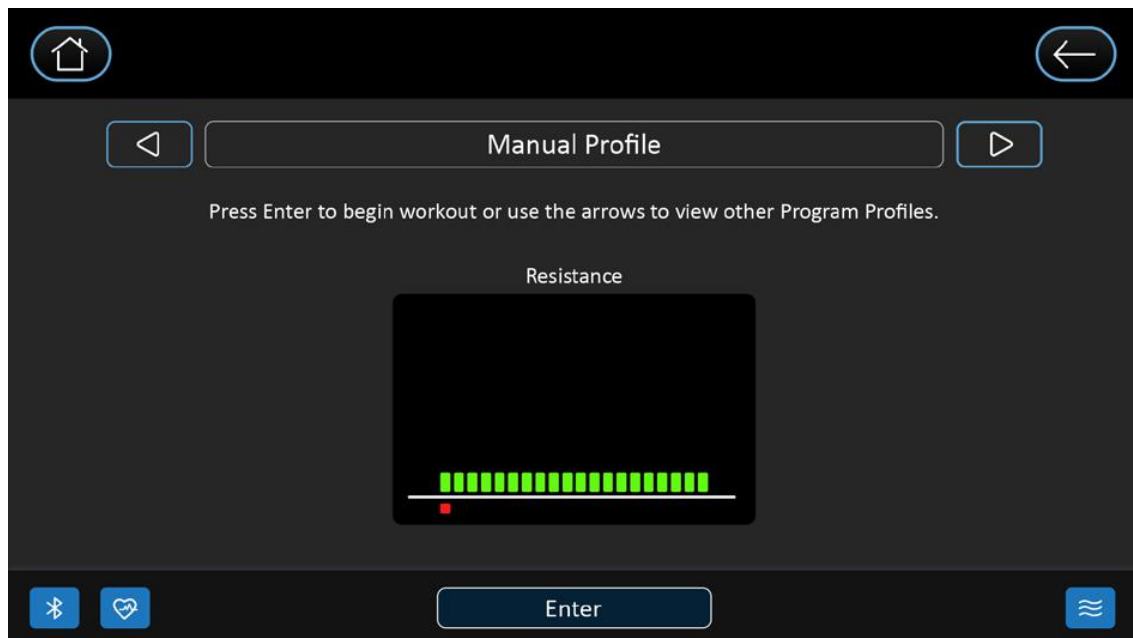
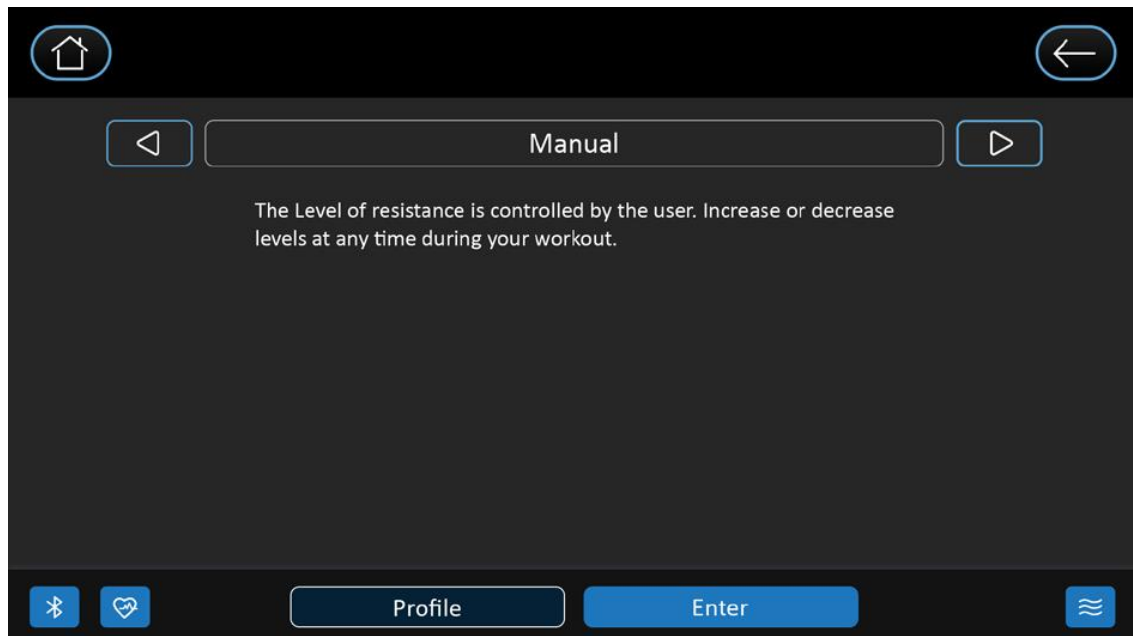
DASHBOARD

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 Upright bike display with information that corresponds with the current workout. Metrics such as elapsed Distance, Calories/Hr, Calories, Total Time, Heart Rate, and RPM are displayed as well as other exercise data.



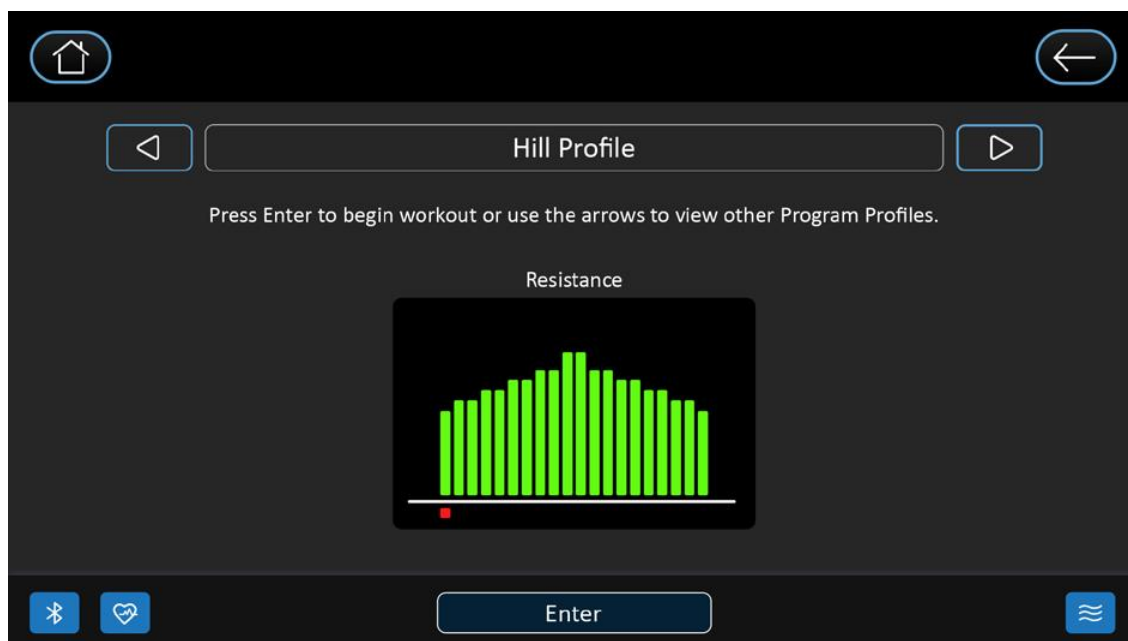
MANUAL

The level of resistance is controlled by the user. Increase or decrease levels at any time during your workout.



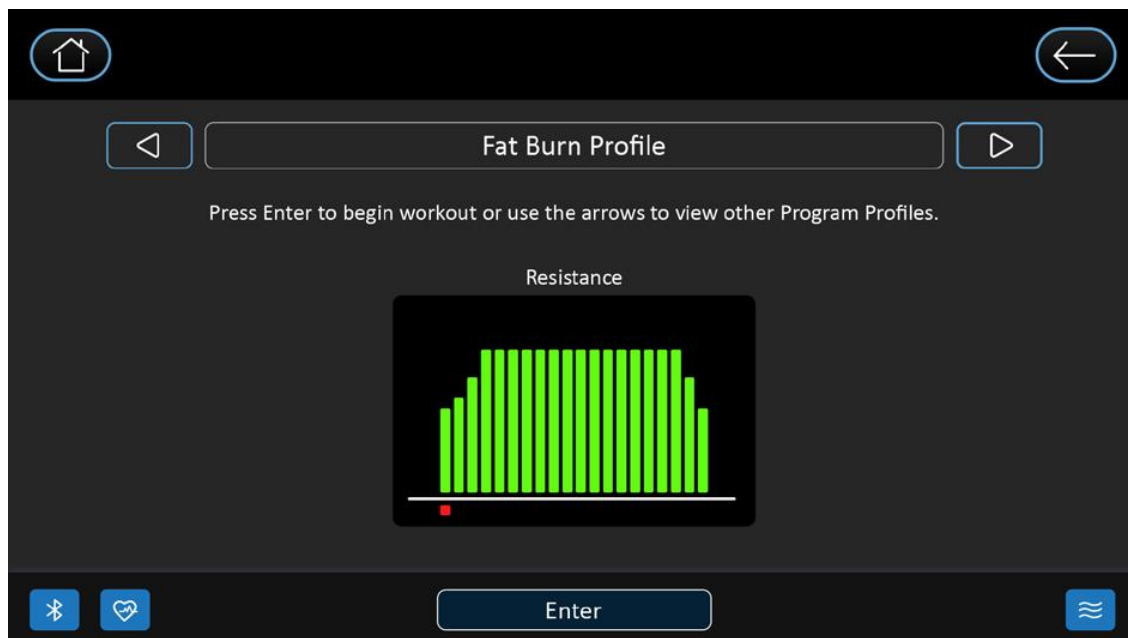
HILL

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.



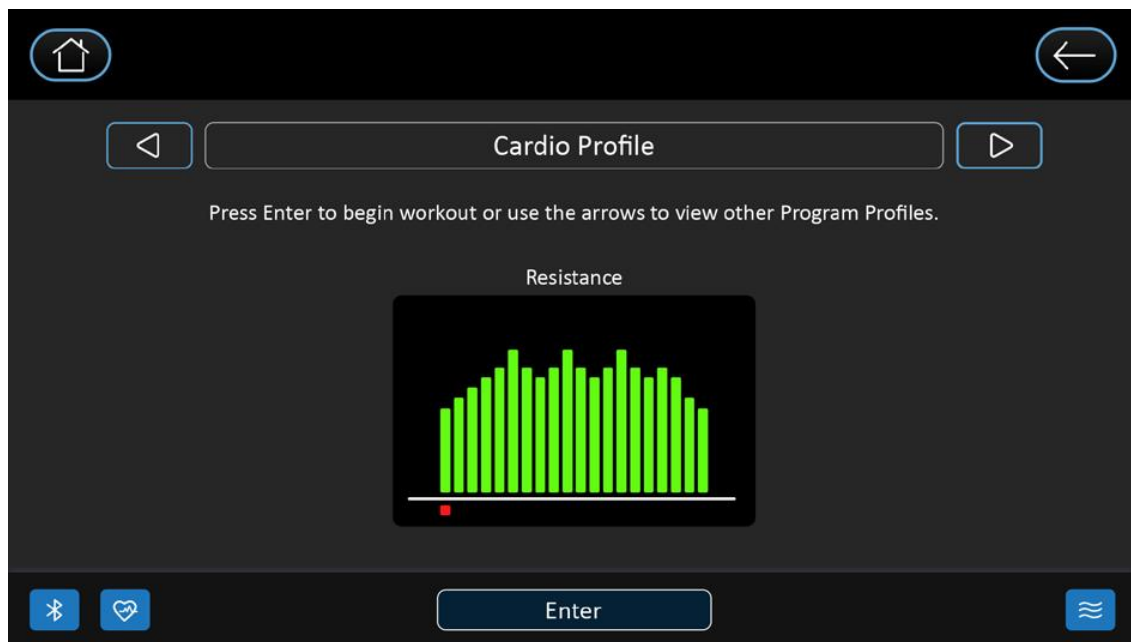
FAT BURN

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.



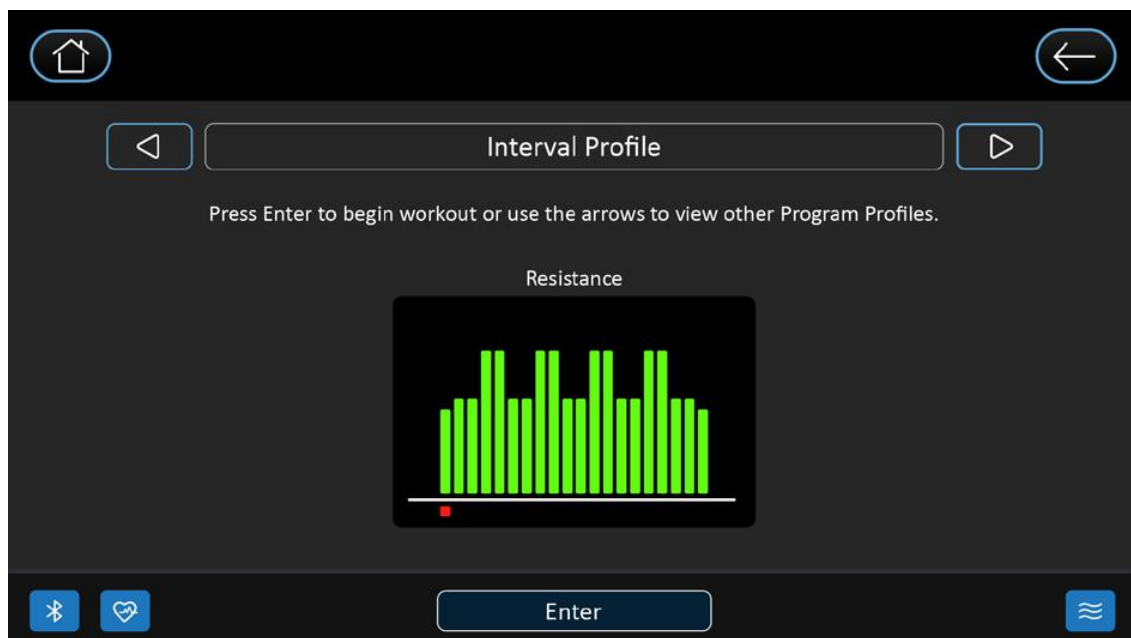
CARDIO

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.



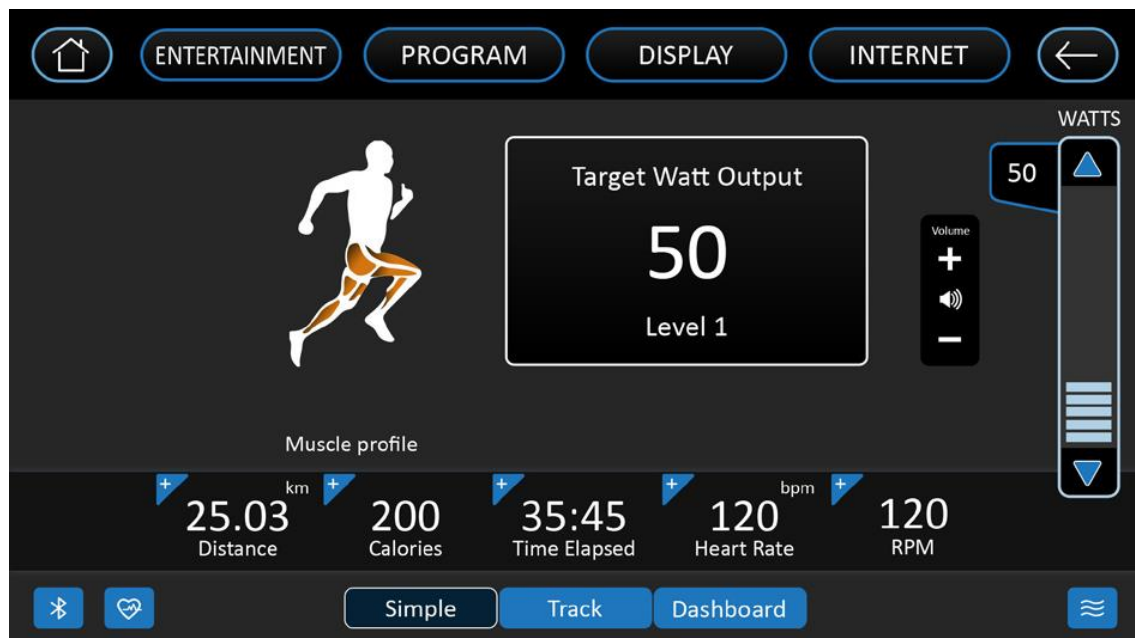
INTERVAL

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.



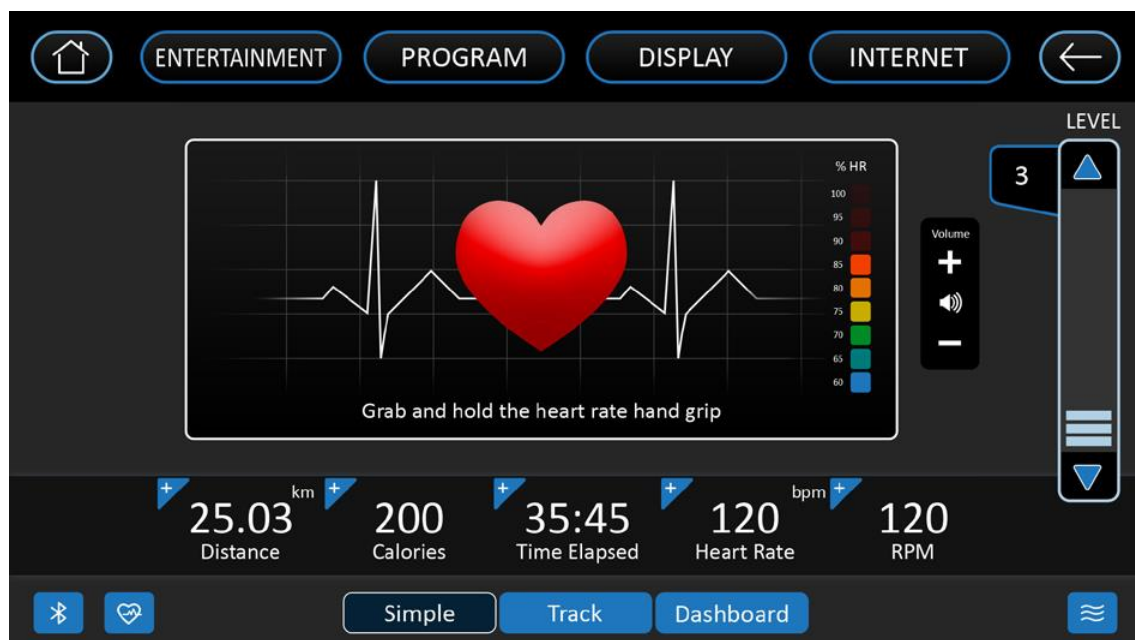
CONSTANT POWER

A watts program is a controllable constant power whose level adjusts when the speed is changed. Choose either faster pedaling at a lower resistance level or slower pedaling at a higher resistance level.



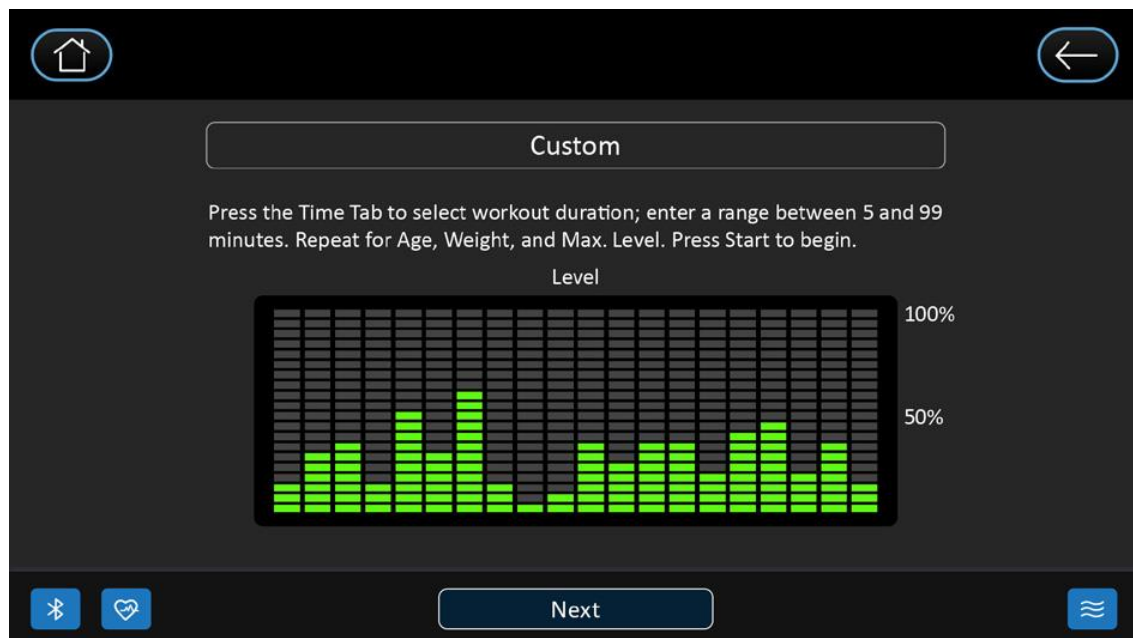
HEART RATE

The default value is 65% 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.



CUSTOM

You will create the desired resistance 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.

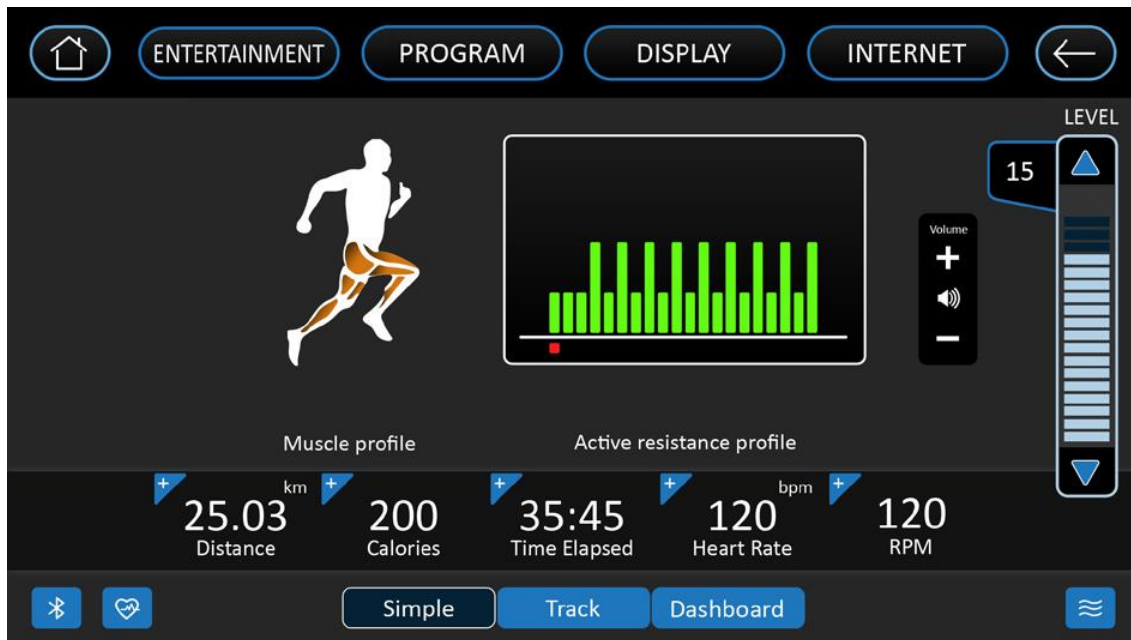


TO BEGIN A CUSTOM PROGRAM:

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. The window will show the corresponding level profile, 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.

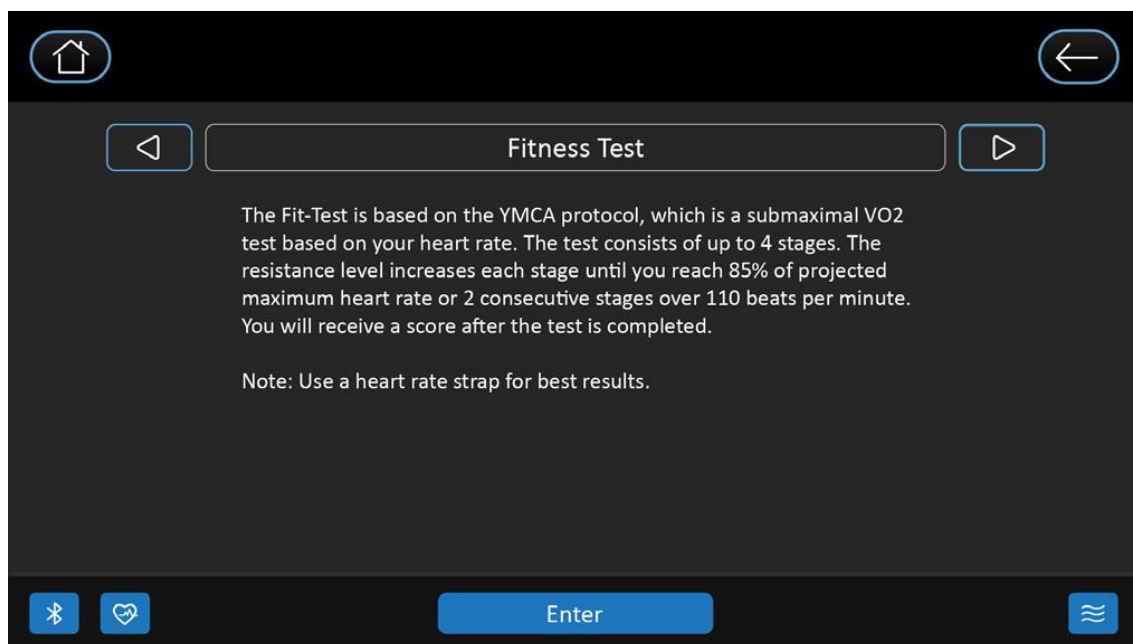


1. Select a program then press the Enter key to begin customizing the program with your personal data, and you are asked for and the number of intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
2. Next is entering the Interval 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 level and Rest level. 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 level. The program starts with a 3-minute warm-up period with the resistance level set to 50% of the sprint level selected previously. You can manually adjust the resistance level during warm-up if you wish.

FITNESS TEST

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given. VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, Male or Female at the beginning of the test.

This choice determines which test parameters will be used during the test as shown in the charts below.



Workload chart for male or very fit female:

1st Stage				300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		900 kgm/min			750 kgm/min			600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	1350 kgm/min	1200 kgm/min	1050 kgm/min	1200 kgm/min	1050 kgm/min	900 kgm/min	1050 kgm/min	900 kgm/min	750 kgm/min

Workload chart for female or de-conditioned male

1st Stage			150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	750 kgm/min	600 kgm/min	450 kgm/min	300 kgm/min
3rd Stage	900 kgm/min	750 kgm/min	600 kgm/min	450 kgm/min
4th Stage	1050 kgm/min	900 kgm/min	700 kgm/min	600 kgm/min

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.
- Hold the hand grips gently, do not tense up.

During the Test

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 rpm pedal speed. If your pedal speed drops below 48 rpm or goes above 52 rpm the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings by pressing the Display button under the Message Window.
- The Message Window will always display your pedal speed on the right side to help you maintain 50 rpm.
- The data shown during the test is:
 1. Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 2. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 3. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 4. Time is the total elapsed time of the test.

After The Test:

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

What your score means:

VO2max Chart for males and very fit females

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

VO2max Chart for females and de-conditioned males

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

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 cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

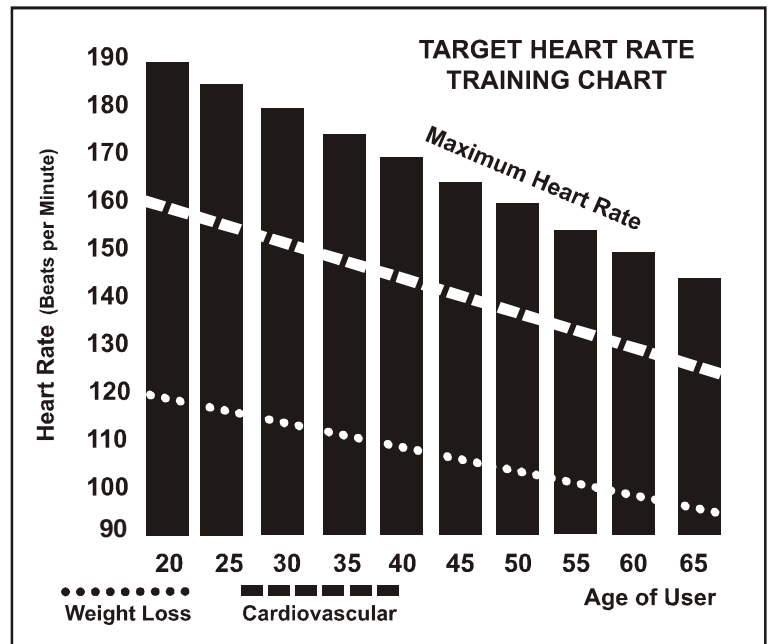
$220 - 40 = 180$ (maximum heart rate)
 $180 \times .65 = 117$ beats per minute (65% of maximum)
 $180 \times .85 = 153$ beats per minute (85% of maximum)

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 Heart Rate Control Upright bike you may use the heart rate monitor feature without using the Heart Rate Control 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 Upright bike 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. Upright Bike is not properly grounded.
2. Microwave ovens, TV's, small appliances, 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

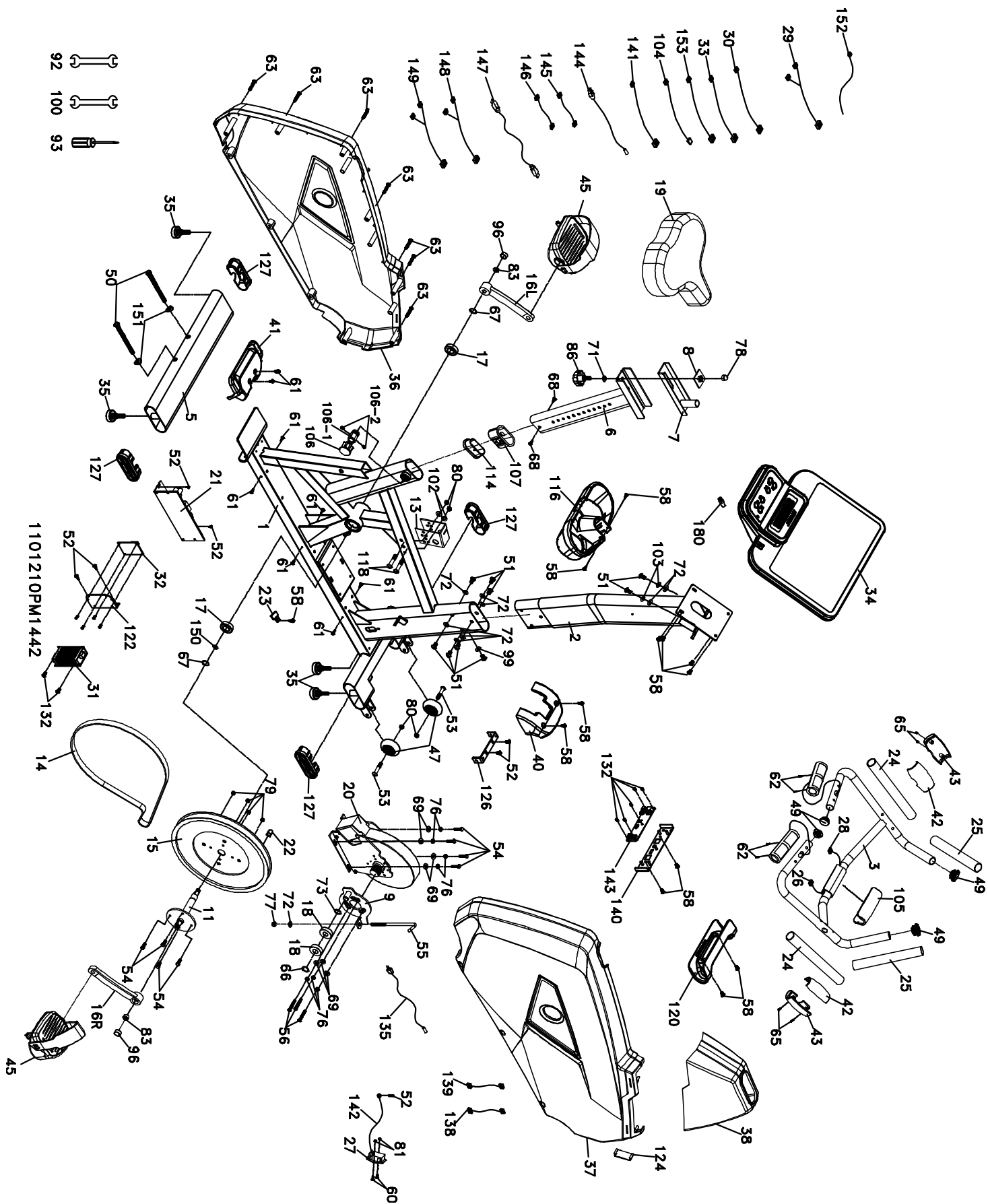
1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need 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. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - b. The crank arm nut needs to be retightened. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

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, Shaft, Bearing, Idler, Pedal.

EXPLODED VIEW DIAGRAM



PARTS LIST

Dwg #	Part description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Handle Bar	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
9	Idler Wheel Assembly	1
11	Crank Axle	1
13	Chain Cover Bracket	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm(L)	1
16R	Crank Arm(R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Induction Brake	1
21	EMS Controller	1
22	Magnet	1
23	500mm_Sensor W/Cable	1
24	Ø31.8 × 5T × 255mm_Handgrip Foam	2
25	Ø31.8 × 5T × 215mm_Handgrip Foam	2
26	850mm_Handpulse W/Cable Assembly(XHP-3)	1
27	AC Electronic Module	1
28	850mm_Handpulse W/Cable Assembly(XHP-4)	1
29	2500mm_Computer Cable	1
30	200mm_Wire Brake Coil Harness(Red)	1
31	Power Adaptor	1
32	Control Power Board	1
33	1500mm_CSAFE Connecting Wire	1
34	Console Assembly	1
35	Rubber Foot Assembly	4
36	Side Case (L)	1
37	Sider Case (R)	1
38	Console Mast Cover	1
40	Front Stabilizer Cover	1
41	Rear Stabilizer Cover	1
42	Handgrip Side Cap (Top)	2
43	Handgrip Side Cap (Bottom)	2
45	Pedal	1
47	Transportation Wheel	2
49	Ø32(1.8T)_Button Head Plug	4
50	3/8" × 135mm_Hex Head Bolt(30mm)	2
51	5/16" × UNC18 × 5/8" _Hex Head Bolt	9

Dwg #	Part description	Q'ty
52	5 × 19mm_Tapping Screw	7
53	5/16" × UNC18 × 1-3/4" Button Head Socket Bolt	2
54	1/4" × UNC20 × 3/4" Hex Head Bolt	8
55	M8 × 170mm_J Bolt	1
56	M6 × 15mm_Phillips Head Screw	3
58	M5 × 12mm_Phillips Head Screw	13
60	M4 × 12mm_Phillips Head Screw	2
61	Ø5 × 16L_Tapping Screw	8
62	3 × 20mm_Tapping Screw	4
63	3.5 × 16mm_Sheet Metal Screw	7
65	3 × 10mm_Tapping Screw	4
66	Ø17_C Ring	1
67	Ø20_C Ring	2
68	4 × 12mm_Sheet Metal Screw	2
69	Ø1/4" × 13 × 1.0T_Flat Washer	7
71	Ø3/8" × Ø25 × 2.0T_Flat Washer	1
72	Ø8 × Ø19 × 1.5T_Flat Washer	9
73	Ø17 × Ø23.5 × 1.0T_Flat Washer	1
76	Ø1/4" Split Washer	7
77	M8 × 7T_Nylon Nut-Blacking	1
78	3/8" × 7T_Cap Nut	1
79	1/4" × 8T_Nylon Nut	4
80	5/16" × 6T_Nylon Nut	4
81	M4 × P0.7 × 5T_Nylon Nut	2
83	M10 × P1.25 × 10T_Nut	2
86	Seat Fore/Aft Adjustment Knob	1
92	13/15mm_Wrench	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
99	Ø5/16" × 19 × 1.5T_Curved Washer	1
100	12/14mm_Wrench	1
102	Ø5/16" × 16 × 1.0T_Flat Washer	2
103	Ø5/16" × 1.5T_Split Washer	2
104	150mm_Connecting Wire,Power Cord	1
105	Handle Bar Cover	1
106	Seat Up/Down Adjustment Knob	1
106-1	Knob Nut	1
106-2	M4 × 5mm_Phillips Head Screw	2
107	Slider Sleeve	1
114	Slide Spacer	1
116	Beverage Holder	1
118	5/16" × 2-1/4" Hex Head Bolt	2
120	TVC Cover	1
122	Controller Back Plate	1
124	Electronic Module	1
126	Chain Cover Attaching Plate	1
127	End Cap	4

Dwg #	Part description	Q'ty
132	M3 × 10mm_Phillips Head Screw	7
135	Power Cord	1
138	80mm_Connecting Wire (Black)	1
139	80mm_Connecting Wire (White)	1
140	Transfer board	1
141	400mm_Computer Cable	1
142	200mm_Ground Wire	1
143	board	1
144	1500mm_Network Connecting Cable	1
145	150mm_Connecting Wire(Black)	1
146	150mm_Connecting Wire(White)	1
147	1600mm_HDMI Connecting Wire	1
148	1200mm_Connecting Wire(Black)	1
149	1200mm_Connecting Wire(White)	1
150	Rubber Pad	1
151	Ø3/8" × 23 × 2.0T_Curved Washer	2
152	300mm_Ground Wire	1
153	TV Signal Cable	1
180	Adapter	1