

# *SPIRIT*



## IS-1001 Low Row OWNER'S MANUAL

Please carefully read this entire manual before operating your new Low Row.

# Table Of Contents

SAFETY INSTRUCTIONS .....2

PRECAUTIONS ..... 3

WARNING LABELS AND STICKERS..... 4

SAFEGUARDS ..... 5

ASSEMBLY AND SETUP..... 6

PARTS LIST ..... 7

EXPLODED DIAGRAMS..... 9

ASSEMBLY INSTRUCTIONS ..... 11

    I-STRENGTH INSTRUCTIONS.....15

    I-STRENGTH SETTINGS. ....36

MAINTENANCE .....46

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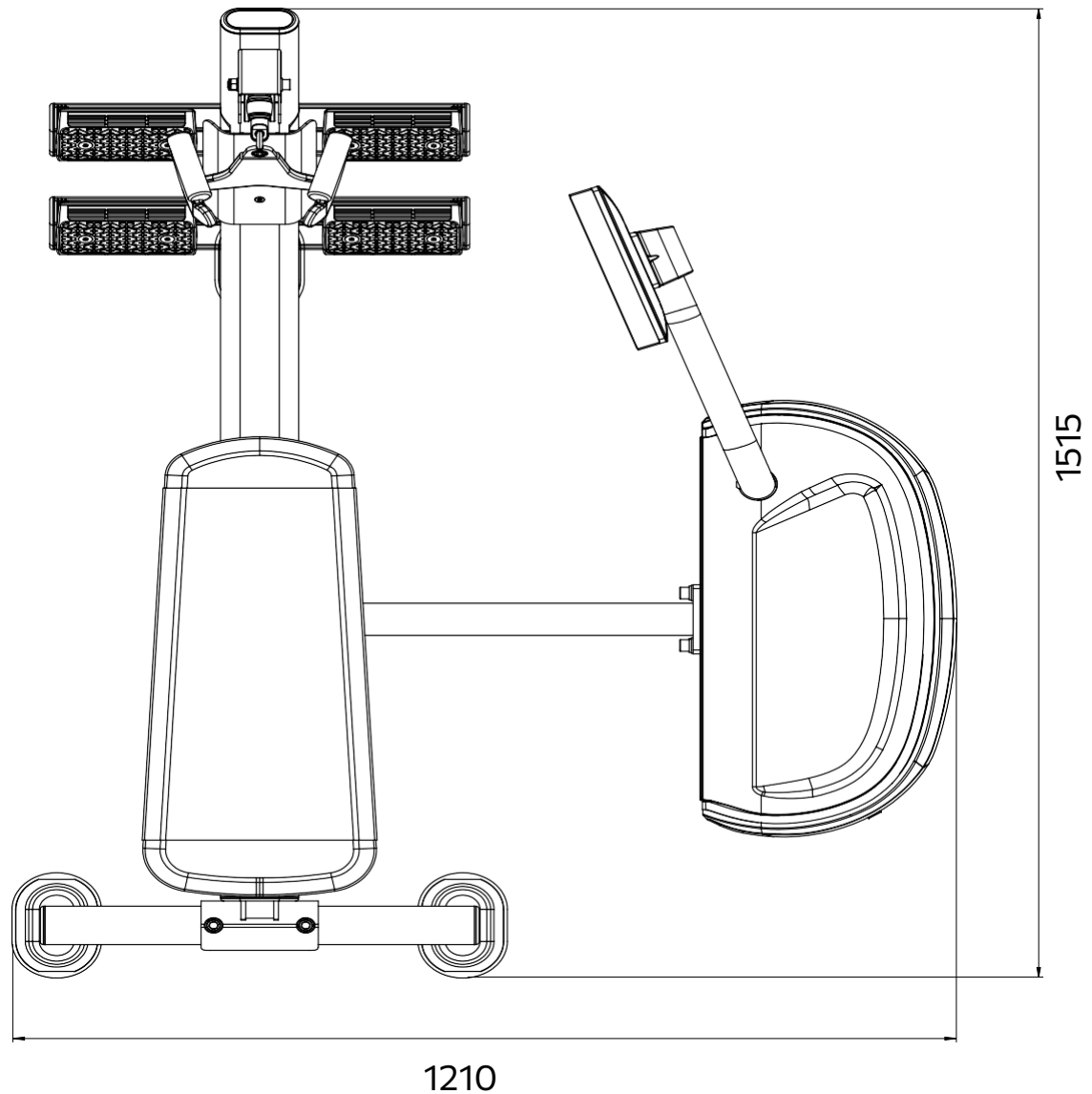
# Safety Instructions

This chapter includes precautions and fitness safeguards for the installation and use of the LOW ROW manufactured by SPIRIT FITNESS..

Please read this chapter carefully before installing or using your strength equipment.

## Live area and Training area

The live area shall be not less than 160cm / 63" greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency escape



# Precautions

These safety notes are directed to you as the owner of the Strength Equipment manufactured by Spirit Fitness. Please train all your users and fitness staff to follow these safety instructions.

## **DO**

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

## **DO NOT**

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

## **WARNING**

- Your Strength Equipment manufactured by Spirit Fitness is designed for exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

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# Warning Labels and Communication Stickers

The following pages show examples of Spirit® Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement.

If any instructions or information are not clear, please contact SPIRIT FITNESS customer service right away.

NOTE: **STICKERS AND LABELS ARE NOT SHOWN TO SCALE**

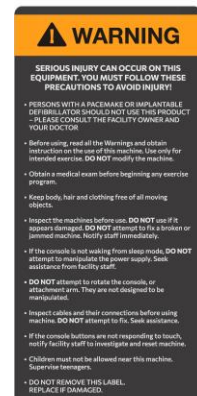
Name Plate Decal



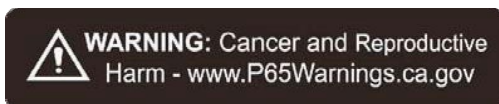
|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Company                                                                                                                                                                                                                                                                                                                                         | Dyaco International Inc.<br>12F, No. 111, Songjiang Road, Taipei 10486, Taiwan.                        |
| Product                                                                                                                                                                                                                                                                                                                                         | Low Row                                                                                                |
| Trade Mark                                                                                                                                                                                                                                                                                                                                      | <b>SPIRIT</b>                                                                                          |
| Model                                                                                                                                                                                                                                                                                                                                           | CSI-LROW                                                                                               |
| Load max.                                                                                                                                                                                                                                                                                                                                       | 160kg/360lb                                                                                            |
| Rating                                                                                                                                                                                                                                                                                                                                          | 110~220V                                                                                               |
| Standard                                                                                                                                                                                                                                                                                                                                        | EN 60335-1, EN 55032, EN ISO20957-1                                                                    |
| Classes                                                                                                                                                                                                                                                                                                                                         | Studio                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                 | <br>CSI LROW2511001 |
| Year of construction                                                                                                                                                                                                                                                                                                                            | 2025                                                                                                   |
| <b>WARNING-Use the stationary training equipment in a supervised environment.</b>                                                                                                                                                                                                                                                               |                                                                                                        |
|     |                                                                                                        |
| Made in Taiwan                                                                                                                                                                                                                                                                                                                                  |                                                                                                        |



Warning Decal



California Prop 65 Warning Decal (For USA model only)



# Safeguards

The following fitness safeguards and operating precautions are directed to purchasers and users of the Strength Equipment. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

## Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SPIRIT FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum weight for individuals using the Strength Equipment should not exceed 360lb / 163kg.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your fitness equipment for any purpose other than for the purpose it is intended.
- NEVER remove any cover without first disconnecting AC power.
- This product must be grounded. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Do not modify the plug provided with the product. This product is for use on a nominal 230-volt circuit.

## Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SPIRIT FITNESS equipment use only replacement parts supplied by SPIRIT FITNESS.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult SPIRIT FITNESS if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT use or repair any accessories not approved or provided by SPIRIT FITNESS.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

## Operating Warnings

- Keep young children away from the equipment. Children 13 years old and older should be supervised and taught proper form and usage.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

# Assembly & Setup

Use the following procedures to unpack and assemble your **Strength Equipment manufactured by Spirit Fitness.**

## Unpacking & Parts

1. Position the shipping carton so the Heavy End is located at the bottom.
2. Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts, and verify that all parts are included in your shipment:
3. 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.

**NOTE:** All tools required to assemble the Strength Equipment are included within the packaging. Using professional tools will decrease the time of tightening the hardware and will be more secure

Take time now to enter your Strength Equipment serial number in the space below. (Serial number is located on the center tube, see page 4).

Serial No. \_\_\_\_\_

**NOTE:**

If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call your local Spirit Fitness's Service department or the distributor whom sold you the product.

**CAUTION:**

Damage to the Strength Equipment during assembly is not covered as part of the limited Spirit Fitness warranty. Take care not to drop or lean the Strength Equipment on its side. Carefully stand the Strength Equipment up in the normal upright position on a stable surface so it will not tip over during assembly.

Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

## i-Strength Specifications

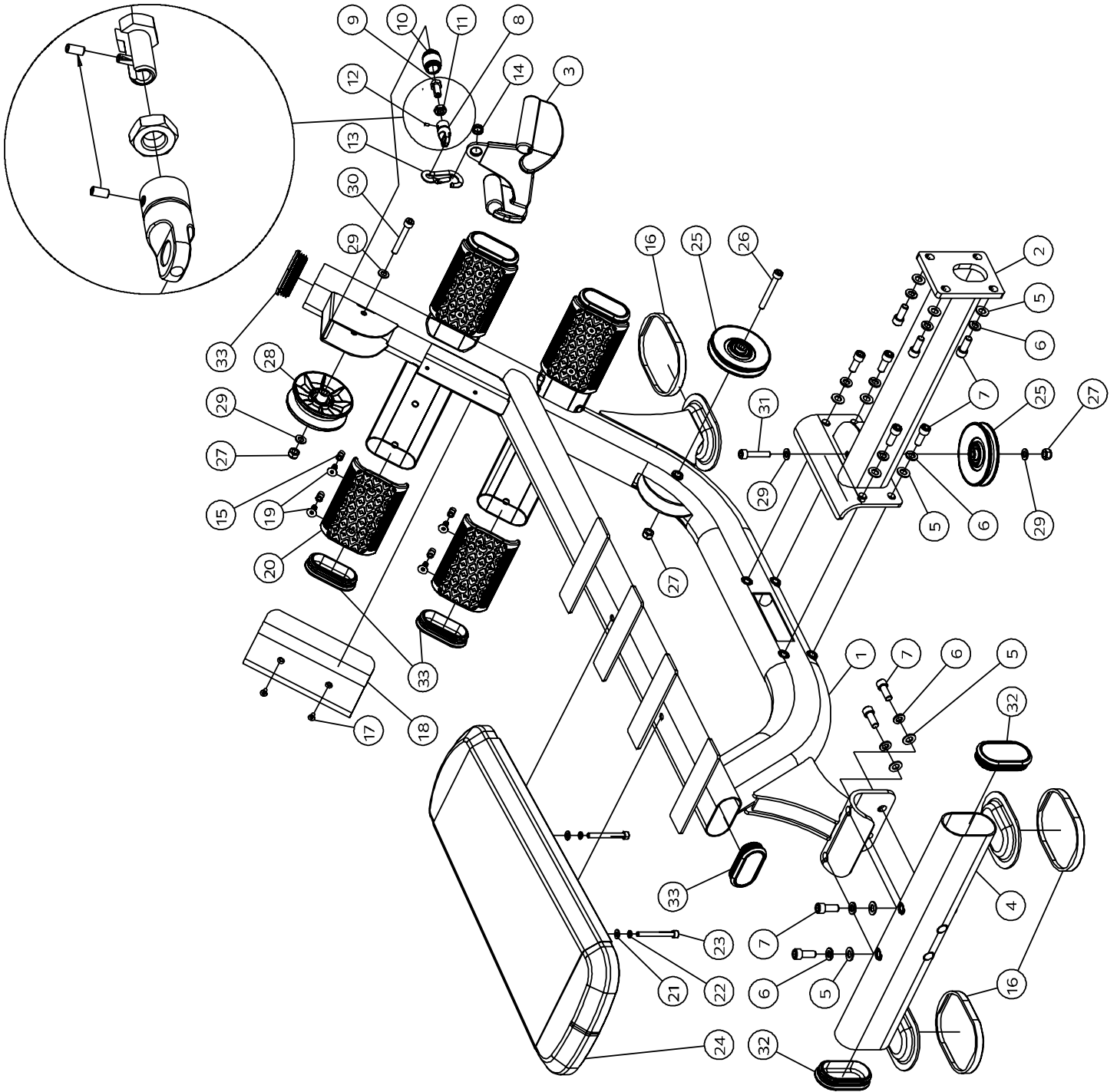
|                    |                                                 |
|--------------------|-------------------------------------------------|
| Minimum Resistance | 6kg / 13lb                                      |
| Maximum Resistance | 120kg / 265lb                                   |
| Machine Weight     | 90kg / 198.6lb                                  |
| Machine Dimensions | 1516 x 1210 x 1108mm /<br>59.7" x 47.6" x 43.6" |

# Parts List

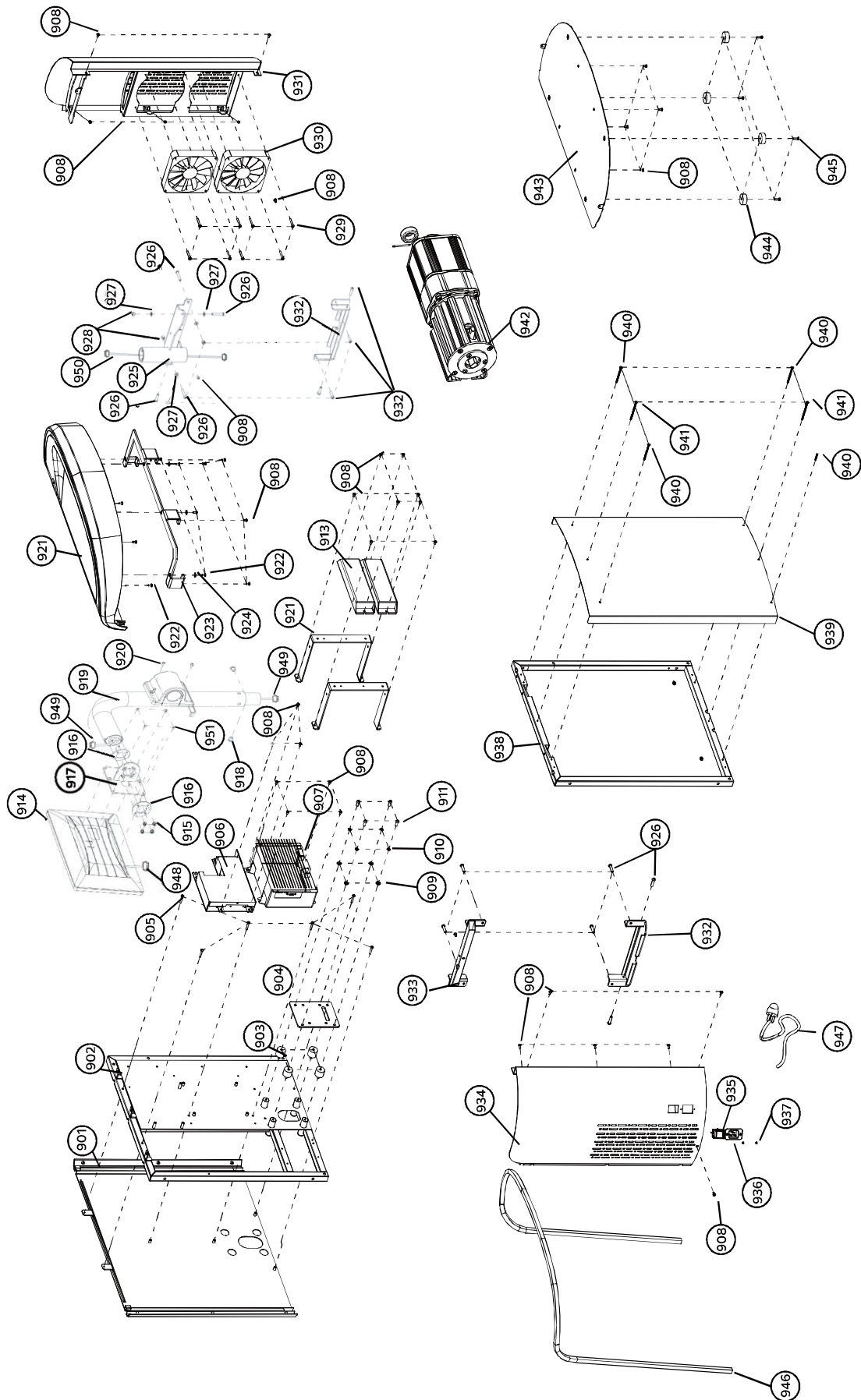
| NO. | DESCRIPTION             | SPECS           | Q'TY | Part No.    |
|-----|-------------------------|-----------------|------|-------------|
| 1   | Frame Assembly          |                 | 1    | IS-1001-001 |
| 2   | Cross Tube Assembly     |                 | 1    | IS-1001-002 |
| 3   | Handle Assembly         |                 | 1    | IS-1001-003 |
| 4   | Rear Foot Tube Assembly |                 | 1    | IS-1001-004 |
| 5   | Flat Washer             | D24xd13x2t      | 12   | IS-1001-005 |
| 6   | Spring Washer           | M12x3t          | 12   | IS-1001-006 |
| 7   | Socket Head Cap Screw   | M12xP1.75x30L   | 12   | IS-1001-007 |
| 8   | Hook Adapter            | D22x52L         | 1    | IS-1001-008 |
| 9   | Cable Screw             | M12x25L         | 1    | IS-1001-009 |
| 10  | Adapter Rubber Sleeve   | D33x47L         | 1    | IS-1001-010 |
| 11  | Hex Nut                 | M12x7L          | 1    | IS-1001-011 |
| 12  | Set Screw               | M4xP0.7x8L      | 3    | IS-1001-012 |
| 13  | Hook                    | 81x41xD8        | 1    | IS-1001-013 |
| 14  | Handle Bushing          | D19xd14x7L      | 1    | IS-1001-014 |
| 15  | Round Pull Cap          | M8              | 8    | IS-1001-015 |
| 16  | Foot Pad Rubber Sleeve  | 164.5x114.5x14L | 3    | IS-1001-016 |
| 17  | Flat Head Socket Screw  | M6xP1.0x12L     | 2    | IS-1001-017 |
| 18  | U-shaped Guard Plate    | 218x184x3t      | 1    | IS-1001-018 |
| 19  | Flat Head Socket Screw  | M8xP1.25x20L    | 8    | IS-1001-019 |
| 20  | Footrest pad            | 180x31x112x4t   | 4    | IS-1001-020 |
| 21  | Flat Washer             | D15.8xd8.5x1.5t | 2    | IS-1001-021 |
| 22  | Spring Washer           | M8x2t           | 2    | IS-1001-022 |
| 23  | Socket Head Cap Screw   | M8xP1.25x75L    | 2    | IS-1001-023 |
| 24  | Seat Assembly           |                 | 1    | IS-1001-024 |
| 25  | Pulley Assembly         | D115x25         | 2    | IS-1001-025 |
| 26  | Socket Head Cap Screw   | M10xP1.5x80L    | 1    | IS-1001-026 |
| 27  | Nylon Lock Nut          | M10xP1.5        | 3    | IS-1001-027 |
| 28  | Pulley Assembly         | D115x47.5L      | 1    | IS-1001-028 |
| 29  | Flat Washer             | D19.7xd10.6x2t  | 4    | IS-1001-029 |
| 30  | Socket Head Cap Screw   | M10xP1.5x70L    | 1    | IS-1001-030 |
| 31  | Socket Head Cap Screw   | M10xP1.5x50L    | 1    | IS-1001-031 |
| 32  | Tube Plug               | 110x60x3t       | 2    | IS-1001-032 |
| 33  | Tube Plug               | 100x50x2.5t     | 6    | IS-1001-033 |
| 34  | Resistance Module       |                 | 1    | IS-1001-034 |
| 901 | Front Sheet Metal       |                 | 1    | IS-RS-901   |
| 902 | Front Bracket           |                 | 1    | IS-RS-902   |
| 903 | Shock-Absorbing Pads    |                 | 4    | IS-RS-903   |
| 904 | Motor Mounting Plate    |                 | 1    | IS-RS-904   |
| 905 | Phillips Pan Head Screw | M4x20           | 5    | IS-RS-905   |
| 906 | Pfc Power Supply Board  |                 | 1    | IS-RS-906   |
| 907 | Controller              |                 | 1    | IS-RS-907   |
| 908 | Phillips Pan Head Screw | M4x12           | 40   | IS-RS-908   |
| 909 | M6 Washers              |                 | 4    | IS-RS-909   |

| <b>NO.</b> | <b>DESCRIPTION</b>                  | <b>SPECS</b> | <b>Q'TY</b> | <b>Part No.</b> |
|------------|-------------------------------------|--------------|-------------|-----------------|
| 910        | M6 Spring Washer                    |              | 4           | IS-RS-910       |
| 911        | Hexagon Socket Botton Head Bolt     | M6×15        | 4           | IS-RS-911       |
| 912        | Resistor Bracket                    |              | 2           | IS-RS-912       |
| 913        | Bleeder Resistance                  |              | 1           | IS-RS-913       |
| 914        | Display Screen                      |              | 1           | IS-RS-914       |
| 915        | Hexagon Flange Nut                  | M4           | 4           | IS-RS-915       |
| 916        | Damping Pad                         |              | 1           | IS-RS-916       |
| 917        | Screen Fixing Base                  |              | 1           | IS-RS-917       |
| 918        | Hexagon Socket Botton Head Bolt     | M8×15        | 1           | IS-RS-918       |
| 919        | Display Bracket                     |              | 1           | IS-RS-919       |
| 920        | Screen Cover                        |              | 1           | IS-RS-920       |
| 921        | Upper Cover                         |              | 1           | IS-RS-921       |
| 922        | Phillips Pan Head Tapping Screw     | ST4×12       | 7           | IS-RS-922       |
| 923        | Upper Cover Support Sheet Metal     |              | 1           | IS-RS-923       |
| 924        | Flat Washer                         | M4           | 4           | IS-RS-924       |
| 925        | Screen Mounting Bracket             |              | 1           | IS-RS-925       |
| 926        | Hexagon Socket Head Bolt            | M6×25        | 15          | IS-RS-926       |
| 927        | Flat Washer                         | M6           | 4           | IS-RS-927       |
| 928        | Hexagon Nut                         | M6           | 3           | IS-RS-928       |
| 929        | Phillips Pan Head Screw             | M4×25        | 8           | IS-RS-929       |
| 930        | Fan                                 |              | 2           | IS-RS-930       |
| 931        | Left Guard Plate                    |              | 1           | IS-RS-931       |
| 932        | Reinforcement                       |              | 2           | IS-RS-932       |
| 933        | Connecting Pipe                     |              | 1           | IS-RS-933       |
| 934        | Right Guard Plate                   |              | 1           | IS-RS-934       |
| 935        | Rocker Switch                       |              | 1           | IS-RS-935       |
| 936        | Iec Inlet (Power Socket)            |              | 1           | IS-RS-936       |
| 937        | Phillips Countersunk Head Screw     | M3×5         | 2           | IS-RS-937       |
| 938        | Rear Bracket                        |              | 1           | IS-RS-938       |
| 939        | Rear Cover Plate                    |              | 1           | IS-RS-939       |
| 940        | Phillips Pan Head Sharp Point Screw | M4*55        | 4           | IS-RS-940       |
| 941        | Phillips Pan Head Sharp Point Screw | M4*65        | 2           | IS-RS-941       |
| 942        | Motor Assembly                      |              | 1           | IS-RS-942       |
| 943        | Baseplate                           |              | 1           | IS-RS-943       |
| 944        | Foot Mat                            |              | 4           | IS-RS-944       |
| 945        | Phillips Screw                      | M4×15        | 4           | IS-RS-945       |
| 946        | Light Strip                         |              | 1           | IS-RS-946       |
| 947        | Power Cord                          |              | 1           | IS-RS-947       |
| 948        | Communication Cable Lower Section   |              | 1           | IS-RS-948       |
| 949        | Communication Cable Middle Section  |              | 1           | IS-RS-949       |
| 950        | Communication Cable Upper Section   |              | 1           | IS-RS-950       |
| 951        | Phillips Screw                      | M3×6         | 4           | IS-RS-951       |

# Exploded Drawing



# Exploded Drawing



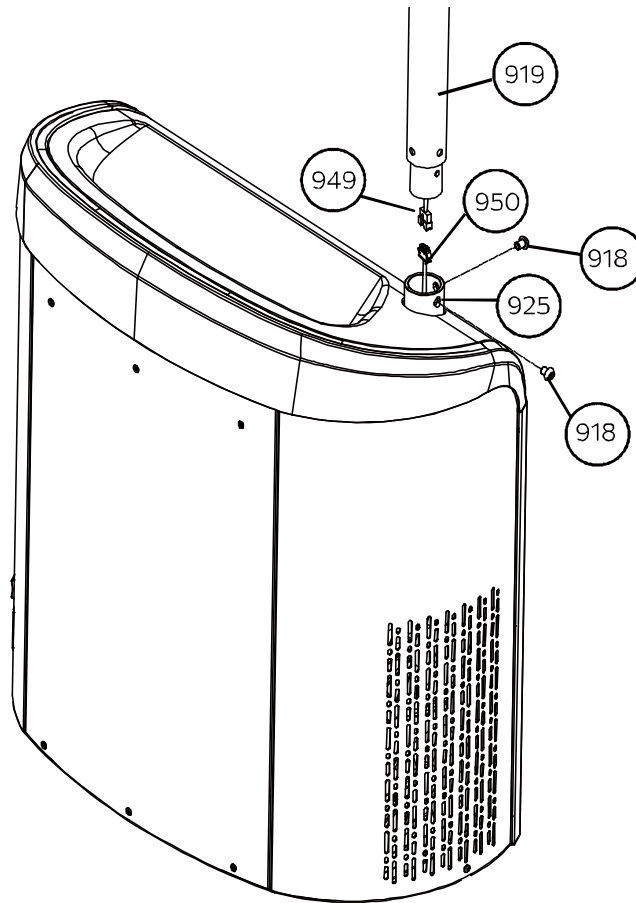
# Assembly Instruction

## STEP 1

| NO. | DESCRIPTION                        | SPECS | Q'TY |
|-----|------------------------------------|-------|------|
| 918 | Hexagon Socket Botton Head Bolt    | M8×15 | 2    |
| 919 | Display Bracket                    |       | 1    |
| 925 | Screen Mounting Bracket            |       | 1    |
| 949 | Communication Cable Middle Section |       | 1    |
| 950 | Communication Cable Upper Section  |       | 1    |

**Note:**

The (918) Hexagon Socket Botton Head Bolt are pre-installed on the machine. Please remove and restore them after assembly.



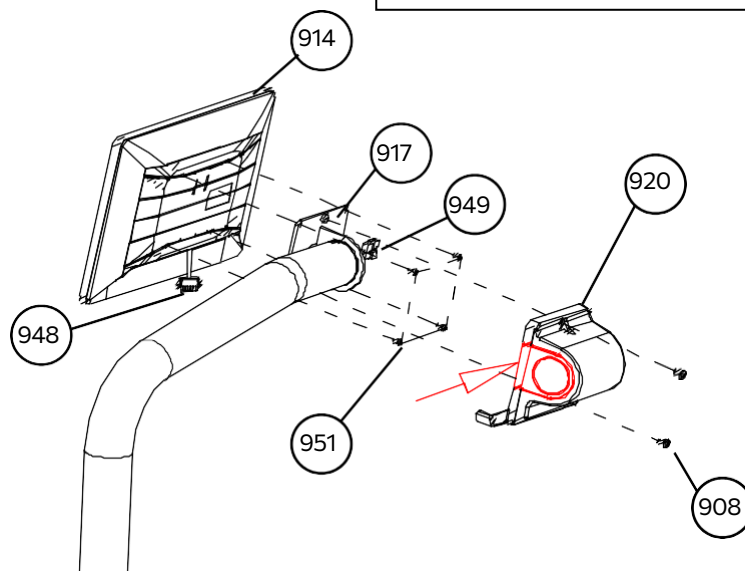
# Assembly Instruction

## STEP 2

| NO. | DESCRIPTION                        | SPECS | Q'TY |
|-----|------------------------------------|-------|------|
| 908 | Phillips Pan Head Screw            | M4×12 | 2    |
| 914 | Display Screen                     |       | 1    |
| 917 | Screen Fixing Base                 |       | 1    |
| 920 | Screen Cover                       |       | 1    |
| 948 | Communication Cable Lower Section  |       | 1    |
| 949 | Communication Cable Middle Section |       | 1    |
| 951 | Phillips Screw                     | M3×6  | 4    |

### Note:

1. cut out the (920) Screen Cover along the area indicated by the arrow (Be careful not to choose the wrong side, and wear gloves during the cutting process to avoid the sharp edges of the screen cover and potential hand injuries from the cutting tool)
2. The (951), (908) are pre-installed on the machine. Please remove and restore the preinstall screws and bolts during assembly.



Note: When the resistance box and the track are not fully assembled, the unit can be powered on, but resistance cannot be set and the operation interface should not be used. Furthermore, when pulling the steel cable, do so gently (with a force less than 8 kg). Excessive force is strictly prohibited. Violating these principles may cause the steel cable inside the resistance box to jam or even become damaged. If this occurs, open the rear cover and follow the after-sales guidance to restore functionality.

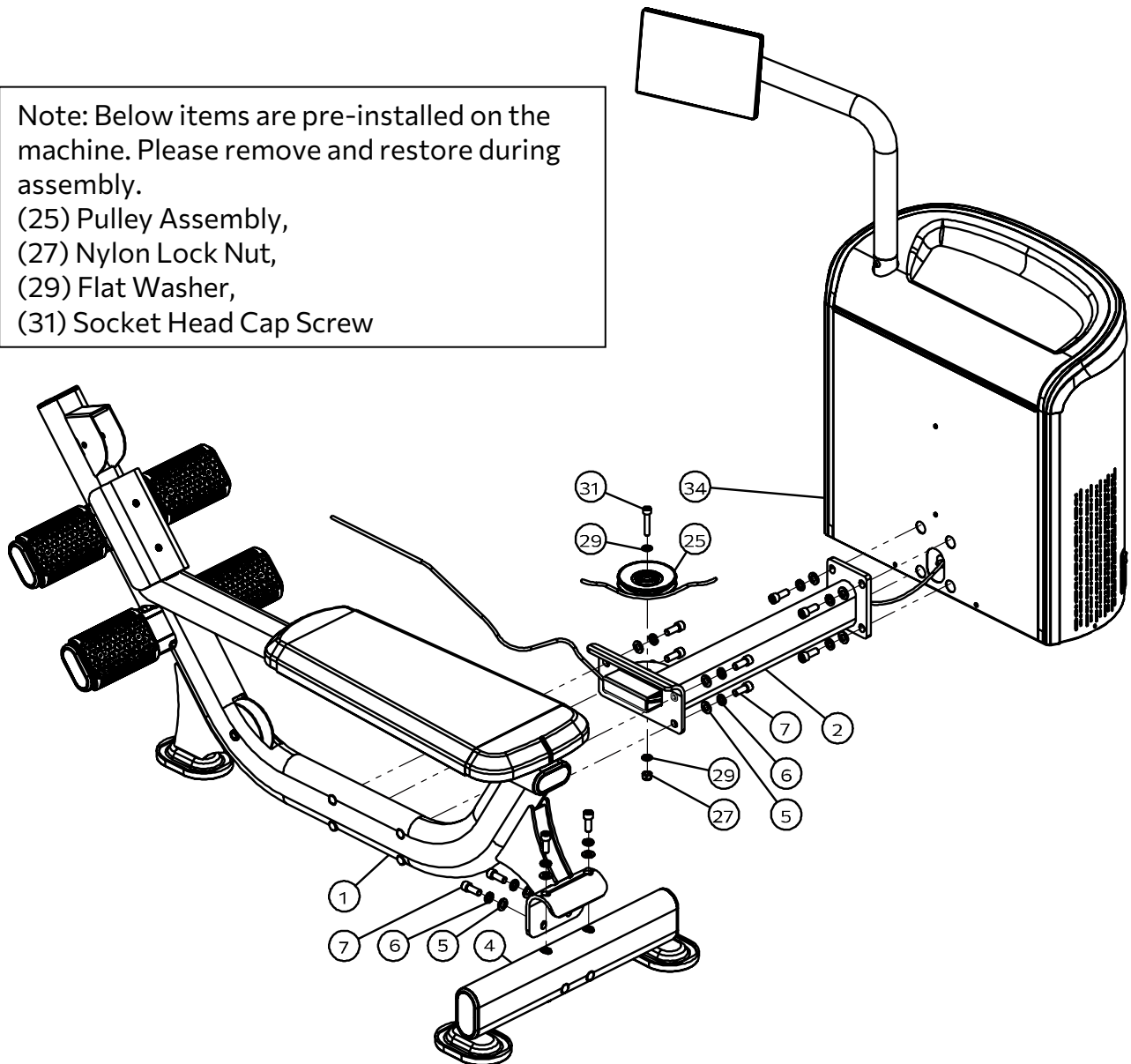
# Assembly Instruction

## STEP 3

| NO. | DESCRIPTION               | SPECS          | Q'TY |
|-----|---------------------------|----------------|------|
| 1   | Frame Assembly            |                | 1    |
| 2   | Cross Tube Assembly       |                | 1    |
| 4   | Rear Ground Tube Assembly |                | 1    |
| 5   | Flat Washer               | D24xd13x2t     | 12   |
| 6   | Spring Washer             | M12x3t         | 12   |
| 7   | Socket Head Cap Screw     | M12xP1.75x30L  | 12   |
| 25  | Pulley Assembly           | D115x25        | 1    |
| 27  | Nylon Lock Nut            | M10xP1.5       | 1    |
| 29  | Flat Washer               | D19.7xd10.6x2t | 2    |
| 31  | Socket Head Cap Screw     | M10xP1.5x50L   | 1    |
| 34  | Resistance Module         |                | 1    |

Note: Below items are pre-installed on the machine. Please remove and restore during assembly.

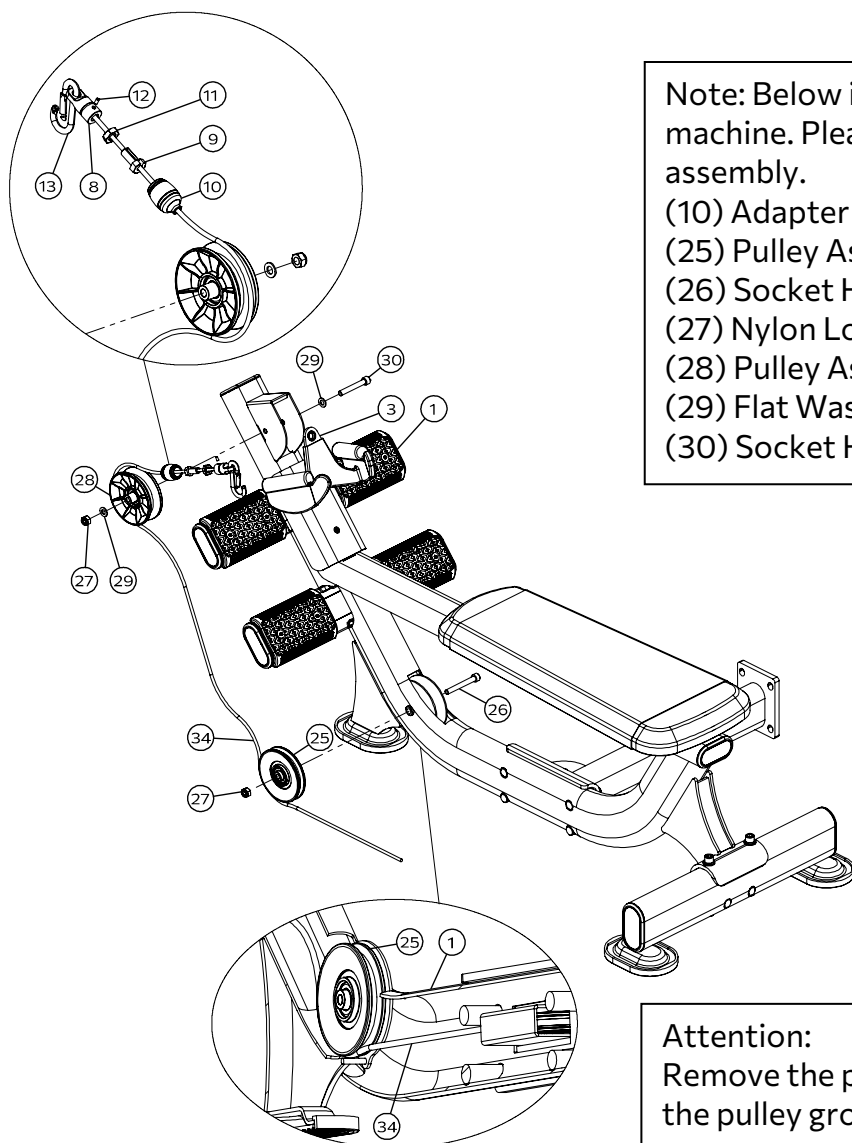
(25) Pulley Assembly,  
(27) Nylon Lock Nut,  
(29) Flat Washer,  
(31) Socket Head Cap Screw



# Assembly Instruction

## STEP 4

| NO. | DESCRIPTION           | SPECS          | Q'TY |
|-----|-----------------------|----------------|------|
| 1   | Frame Assembly        |                | 1    |
| 8   | Hook Adapter          | D22x52L        | 1    |
| 9   | Cable Screw           | M12x25L        | 1    |
| 10  | Adapter Rubber Sleeve | D33x47L        | 1    |
| 11  | Hex Nut               | M12x7L         | 1    |
| 12  | Set Screw             | M4xP0.7x8L     | 1    |
| 13  | Hook                  | 81x41xD8       | 1    |
| 25  | Pulley Assembly       | D115x25        | 1    |
| 26  | Socket Head Cap Screw | M10xP1.5x80L   | 1    |
| 27  | Nylon Lock Nut        | M10xP1.5       | 2    |
| 28  | Pulley Assembly       | D115x47.5L     | 1    |
| 29  | Flat Washer           | D19.7xd10.6x2t | 2    |
| 30  | Socket Head Cap Screw | M10xP1.5x70L   | 1    |



Note: Below items are pre-installed on the machine. Please remove and restore during assembly.

- (10) Adapter Rubber Sleeve
- (25) Pulley Assembly
- (26) Socket Head Cap Screw
- (27) Nylon Lock Nut
- (28) Pulley Assembly
- (29) Flat Washer
- (30) Socket Head Cap Screw

### Attention:

Remove the pulley to route the cable between the pulley grooves and cable retaining post.

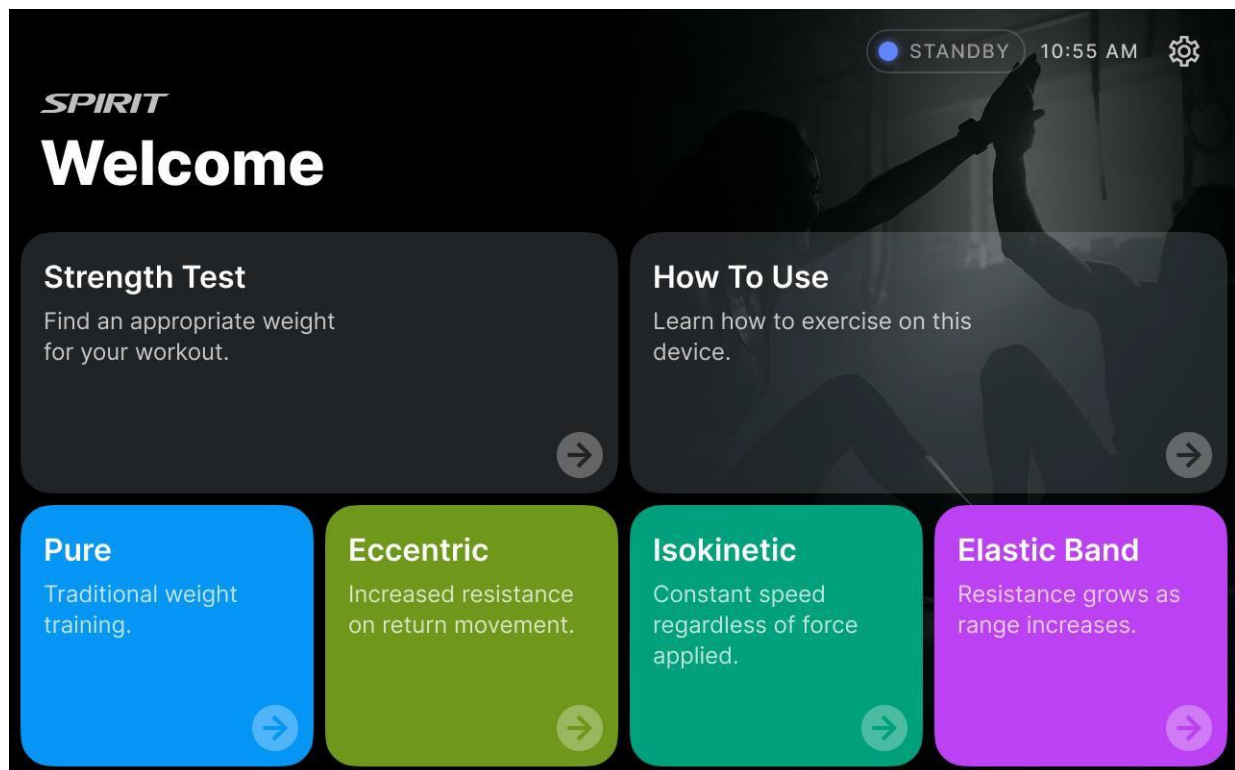
# i-Strength Instructions

Exercise has been reimagined with the i-Strength resistance system from SPIRIT Fitness. Train in ways that you've never thought. Using our silent electronic resistance system and intelligent software you're able to workout in ways that previously required specialized equipment, unavailable to the average gym member.

i-Strength is an advanced, electronically adaptive resistance system designed to challenge and motivate you to achieve new milestones on your fitness journey. Strength training is essential for overall health, longevity, and performance. With i-Strength you gain the tools to measure, train, and track your fitness sessions, helping you stay connected, motivated and efficient in every workout.

The i-Strength system allows users to train in 4 distinct modalities: PURE and ECCENTRIC Strength training, As well as ISOKINETIC and ELASTIC Strength training. Through our intuitive console interface members can sit in a machine and get started as fast as they would using a traditional weight stack machine. The i-Strength machine offers benefits that far exceed those of a traditional weight stack.

## Getting Started



i-Strength Resistance Module LED lighting scheme.

The LED lighting will change between the following colors and resistance parameters.

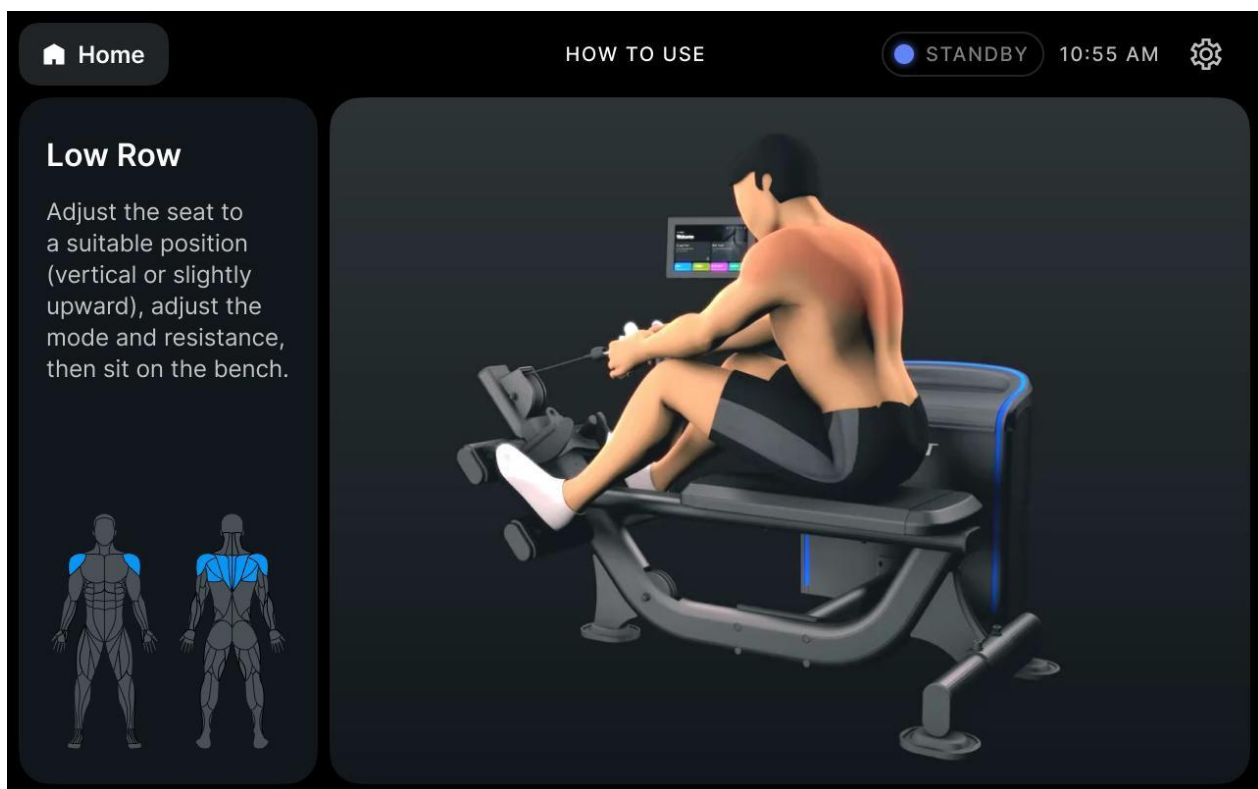
Blue – Starting workout with resistance 30% of maximum

Green – Starting workout with resistance 31% to 70% of maximum

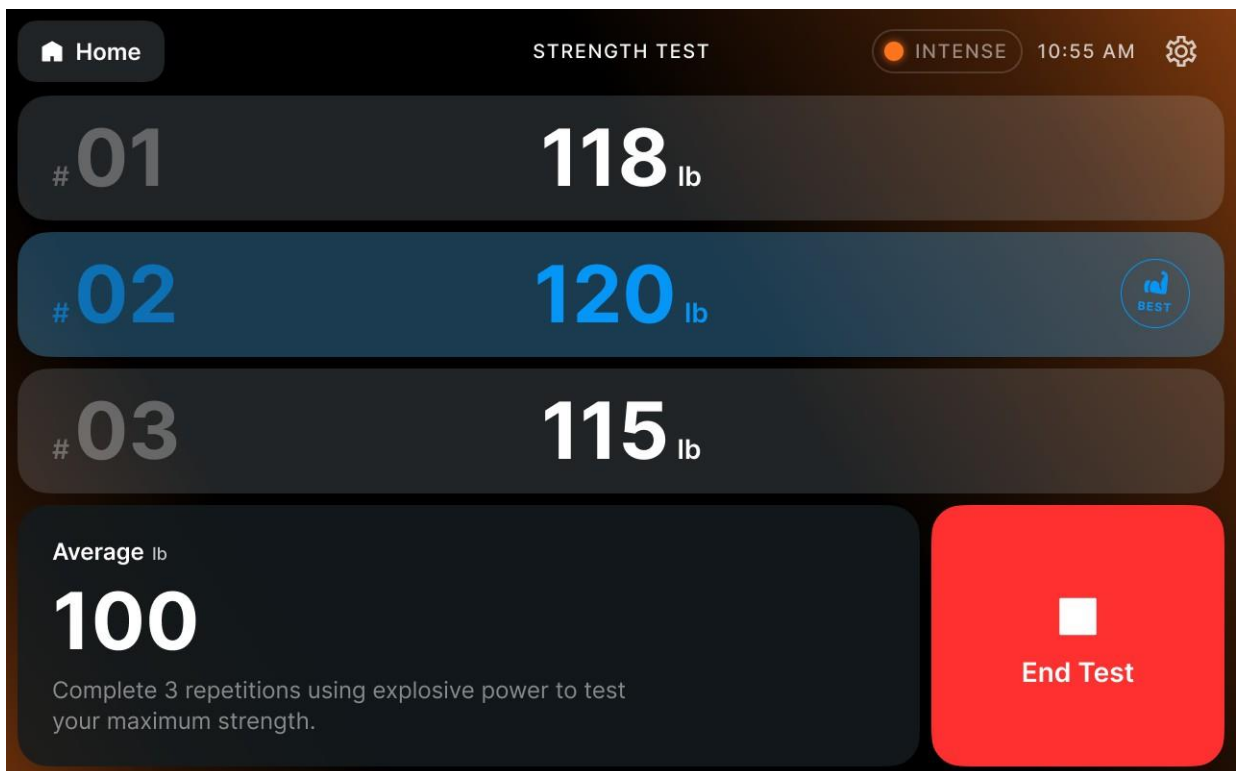
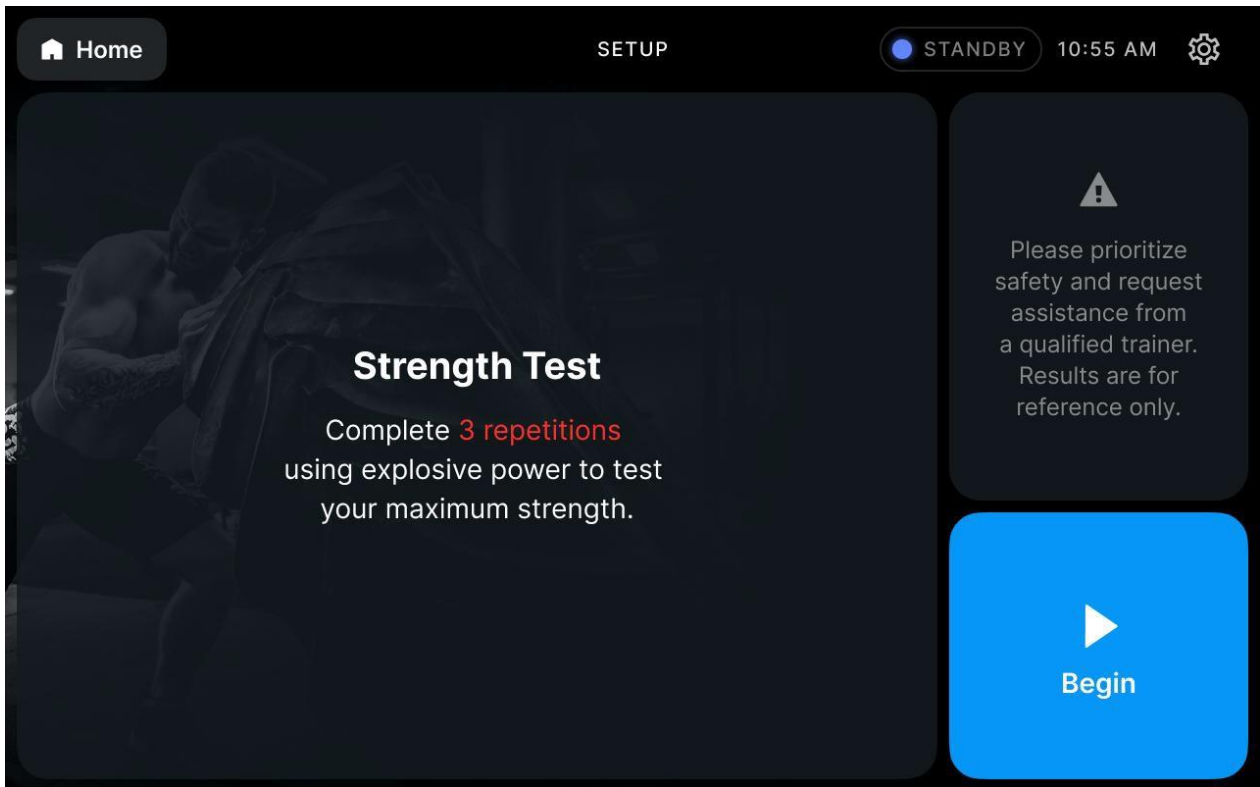
Yellow – Starting workout with resistance 71% of maximum

Red – Machine Error

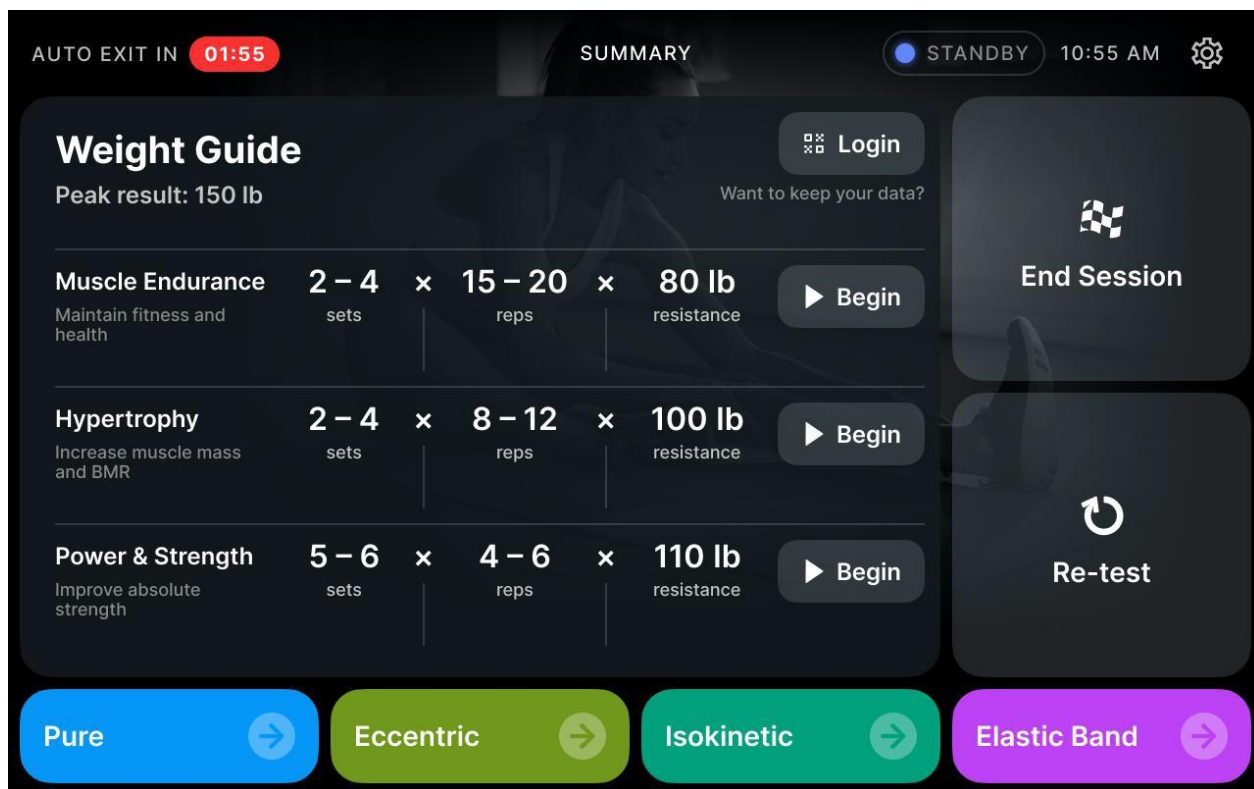
For each i-Strength machine, the Home Screen is the place you will start from. From here, you can learn How to perform the exercise by selecting **How To Use**,



The PURE mode also offers the chance to perform a **Strength Test** in order to find the appropriate resistance for your workout. Select Strength Test from the **Main Screen**.



Following the completion of the test, the console will provide suggested Sets, Reps and Resistance for each exercise goal, for that machine. Workout goals include Muscle Endurance, Hypertrophy, and Power & Strength.



**Muscle Endurance** refers to the ability of a muscle or group of muscles to sustain repeated contractions over a prolonged period without fatigue.

**Muscular Hypertrophy** refers to the increase in size and volume of skeletal muscles, resulting from resistance training or other forms of exercise.

Muscular Strength is the maximum force a muscle can produce in a single movement, while muscular power is the ability to exert that force quickly.

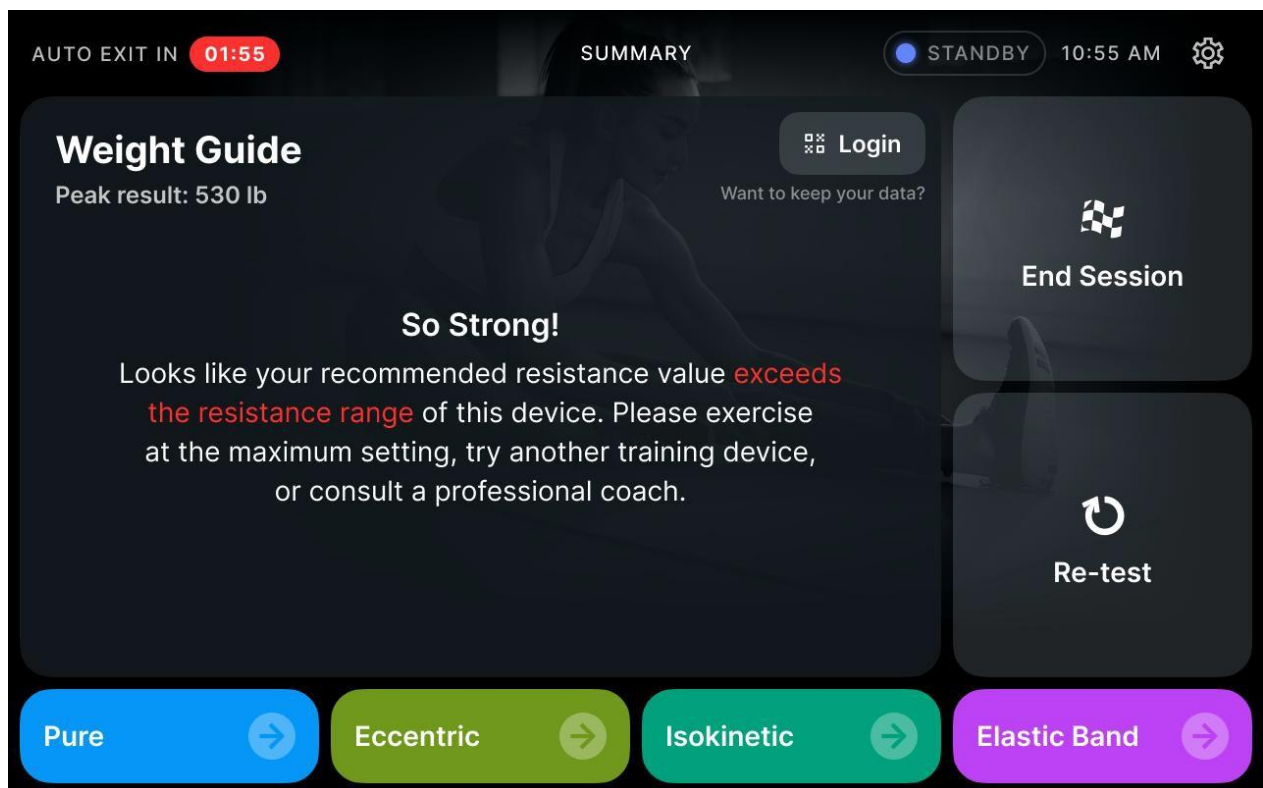
Select the desired workout to begin.

To perform test again, select

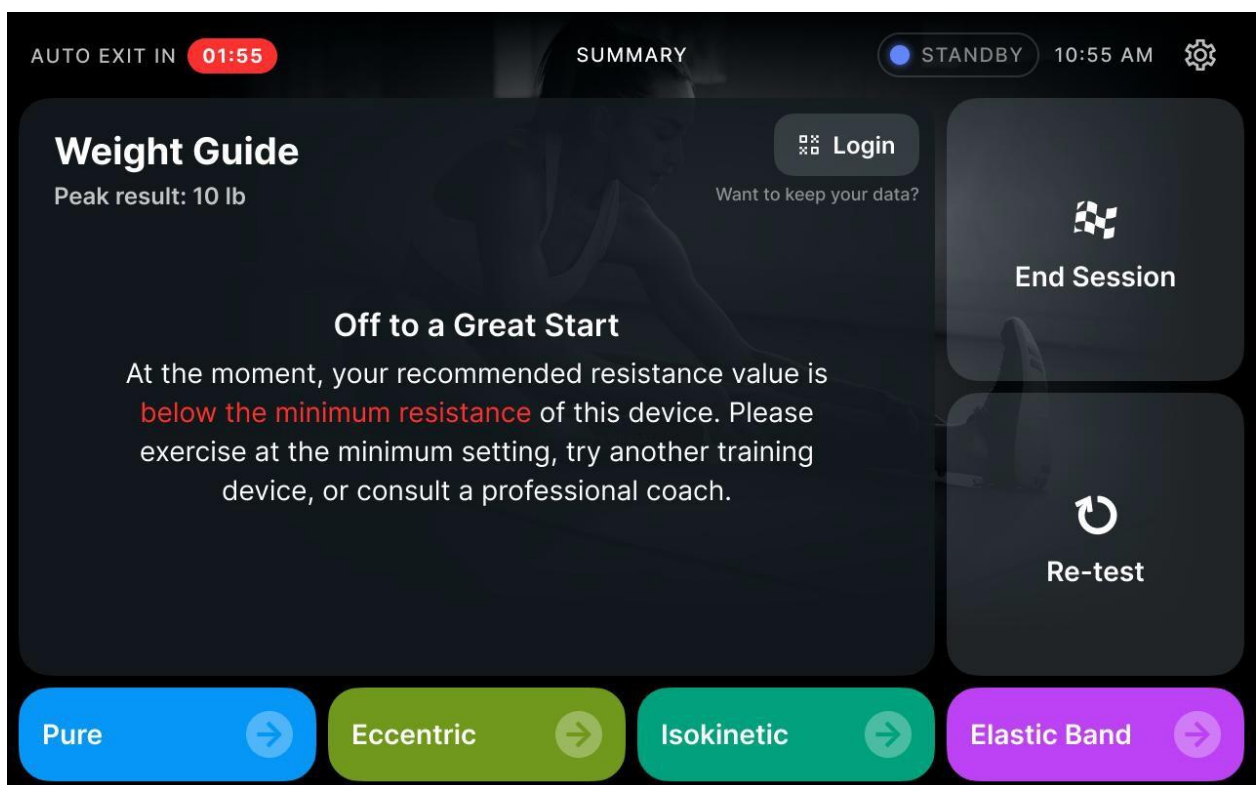
### Re-Test

To end the session, select **End Session**

If the resistance exceeds the capabilities of the motor system, a screen will display a **Too Heavy** message. Select **Re-Test** and attempt to exert a little less force.



If the resistance does not meet the minimum level for effective training resistance, a screen will display a **Too Light** message. Select **Re-Test** and attempt to exert a greater amount of effort.

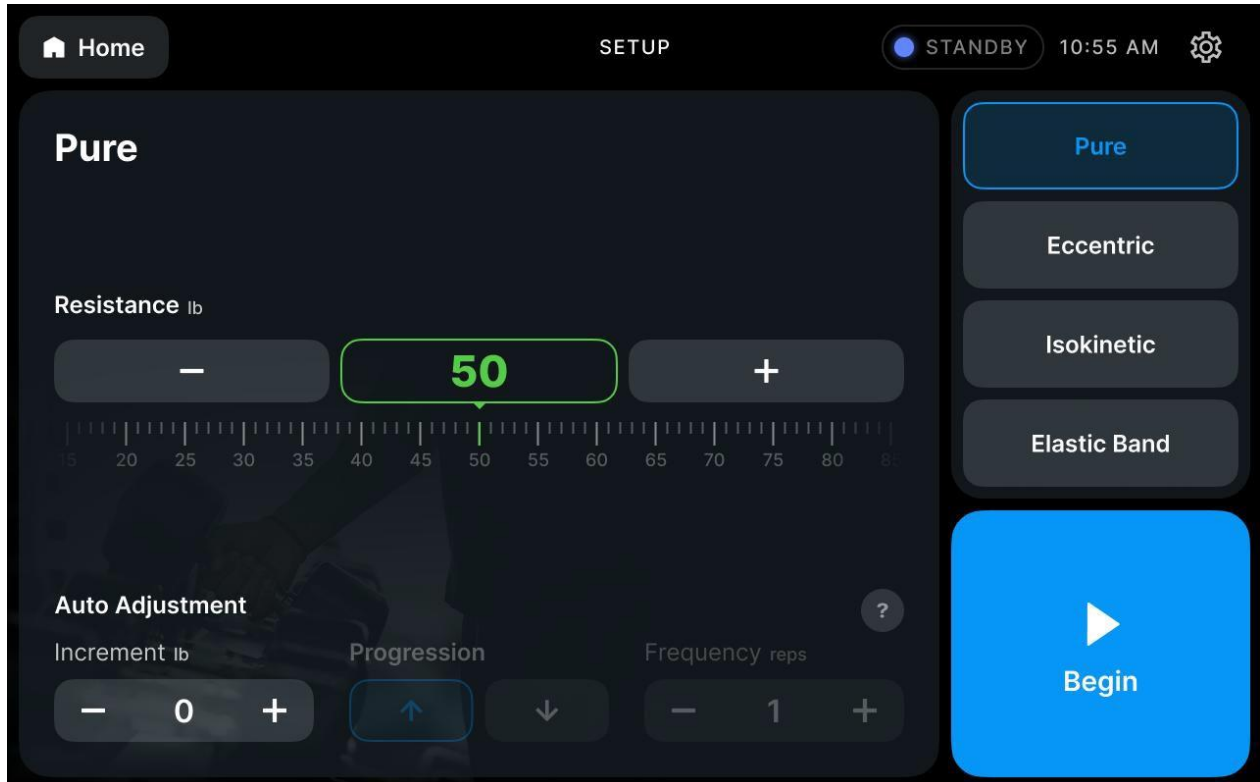


# Training Modes

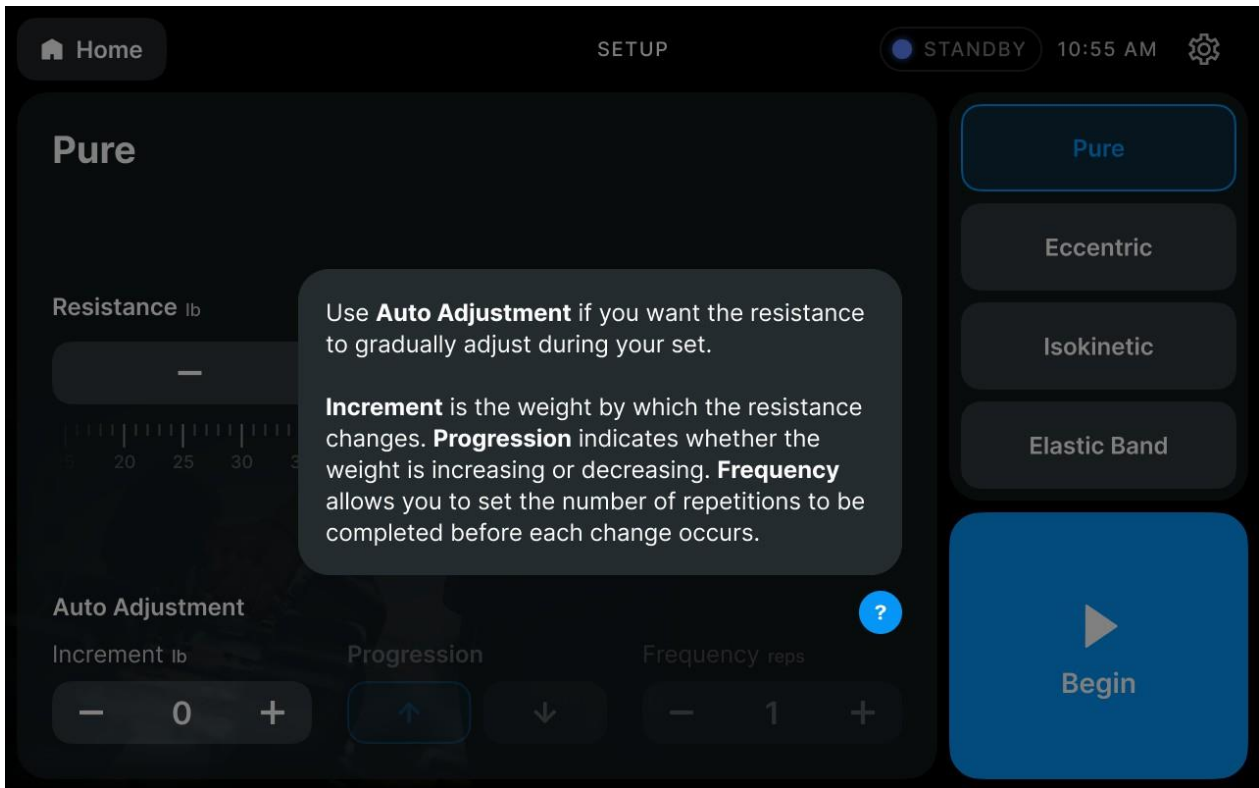
The i-Strength system allows users to train in 4 distinct modalities: PURE and ECCENTRIC Strength training, As well as ISOKINETIC and ELASTIC Strength training. Through our intuitive console interface members can sit in a machine and get started as fast as they would using a traditional weight stack machine. But the i-Strength machine offers benefits that far exceed those of a weight stack.

## PURE

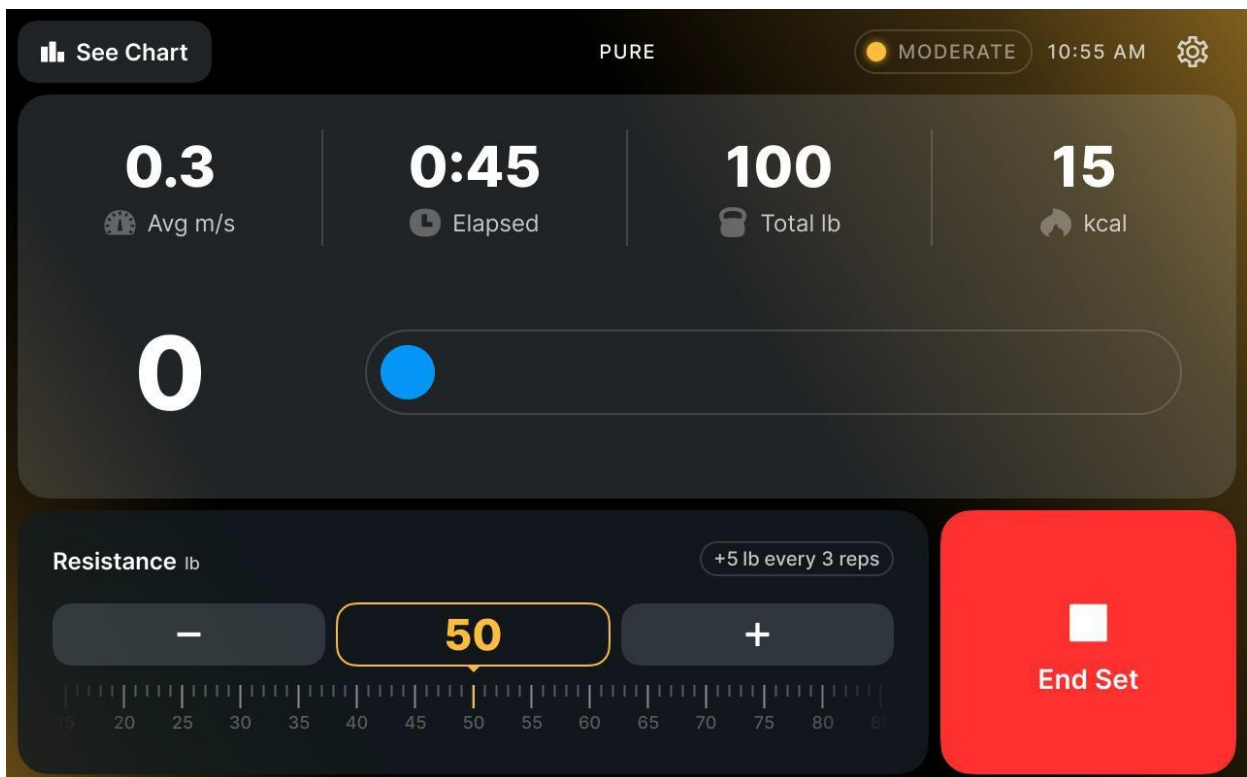
PURE strength training is the type of exercise you've been doing in the gym from the start. It controls concentric and eccentric muscular actions. This training mode doesn't even need a lot of setup in the console. You can sit down, and press start. Use your finger to adjust the resistance on the slide bar.



From the **Setup Screen**, adjust for the desired resistance, by either pressing on the **+** or **-** buttons, or using a finger to slide left or right to the desired resistance. When done and ready to begin the exercise, press the blue **BEGIN** button.



The exercise includes an **AUTO ADJUST** feature that will **increase or decrease** the resistance automatically with each repetition or every few repetitions. This is an easy method for performing Drop Sets, which is a popular exercise to challenge muscle fatigue. Ask a facility trainer if wanting to learn more about Drop Sets.



As the exercise begins, the **Progress Screen** displays and collects real time data for the exercise including Milliseconds, Elapsed Time, Total lb, KCAL, Repetitions.

**Avg m/s** provides possible benefits with athletic performance or physical therapy measures and may not be relevant to most users.

**Elapsed Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**KCAL** is the cumulative kcals for the entire set.

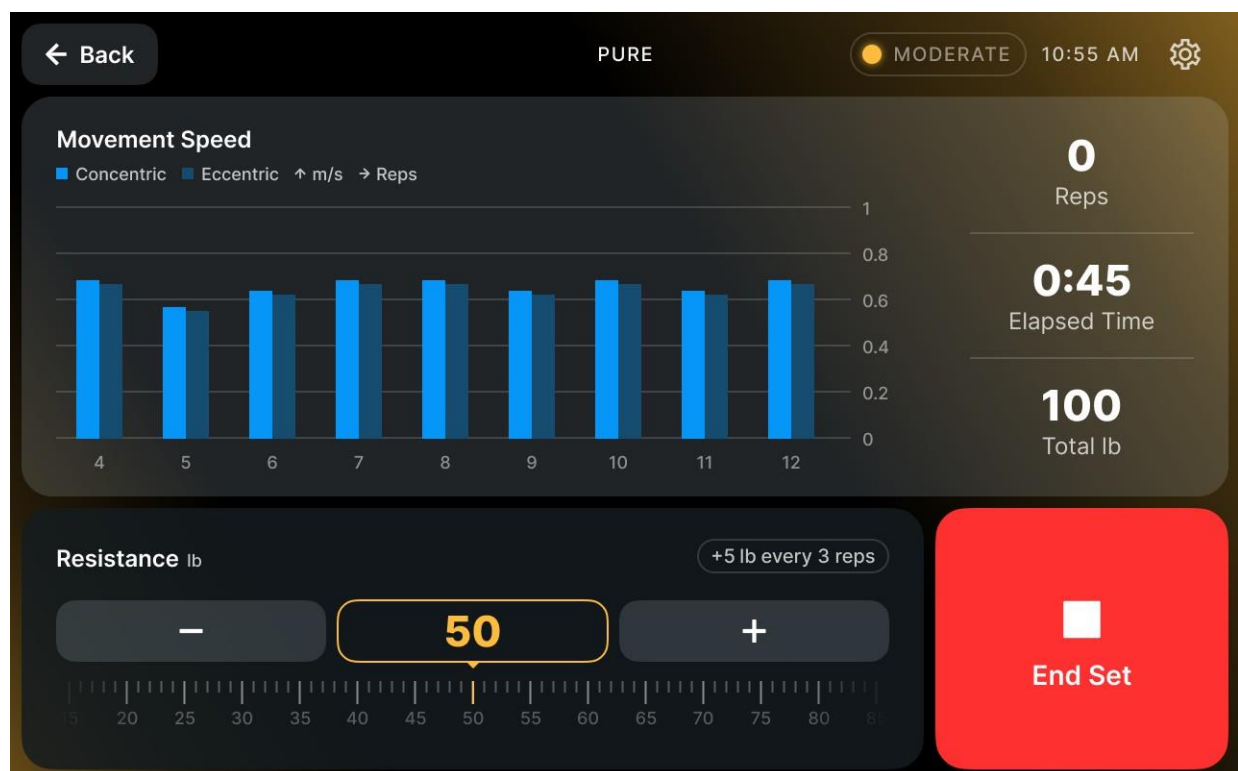
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

On this screen the resistance can be easily adjusted by either pressing on the + or – buttons or using a finger to slide left or right to the desired resistance.

Screen includes a Progress Bar, illuminated in Blue. The bar slides to the right to visually display the range of motion for each of the repetitions.

Select **See Chart** in the upper corner of the display to switch to a **Bar Graph** to graphically display the Concentric and Eccentric movements, Milliseconds and Repetitions. Adjusting the resistance and ending the set can also be done from this screen.

When the desired repetitions of the exercise are completed, press **End Set**.



When the program is ended, the **Summary Screen** displays and provides summary data from the exercise including Average Milliseconds, Total Time, Total lb, Total KCAL, Repetitions, Average Watts.

**Avg m/s** provides possible benefit with athletic performance or physical therapy measures and may not be relevant to most users.

**Total Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**Total KCAL** is the cumulative kcals for the entire set.

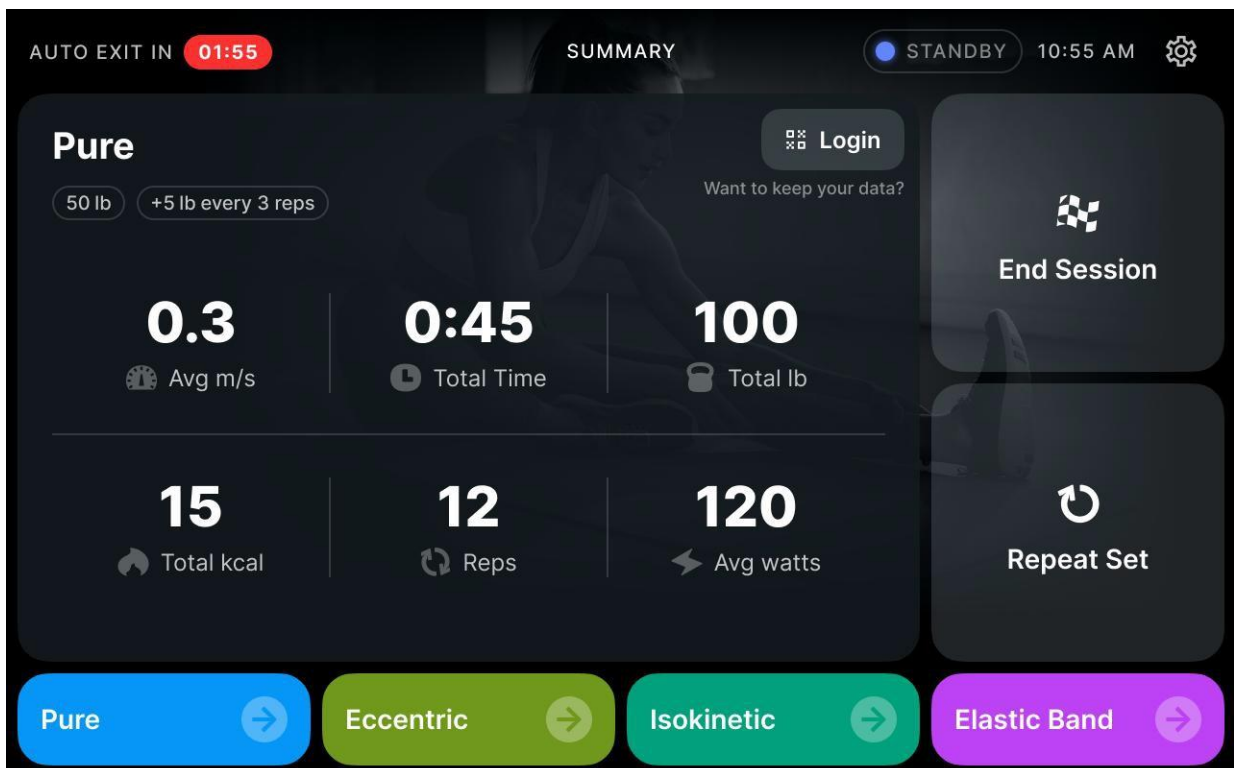
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

To end the current exercise session, press **End Session**.

To begin another set with all exercise data measurements reset to zero, press **Repeat Set**.

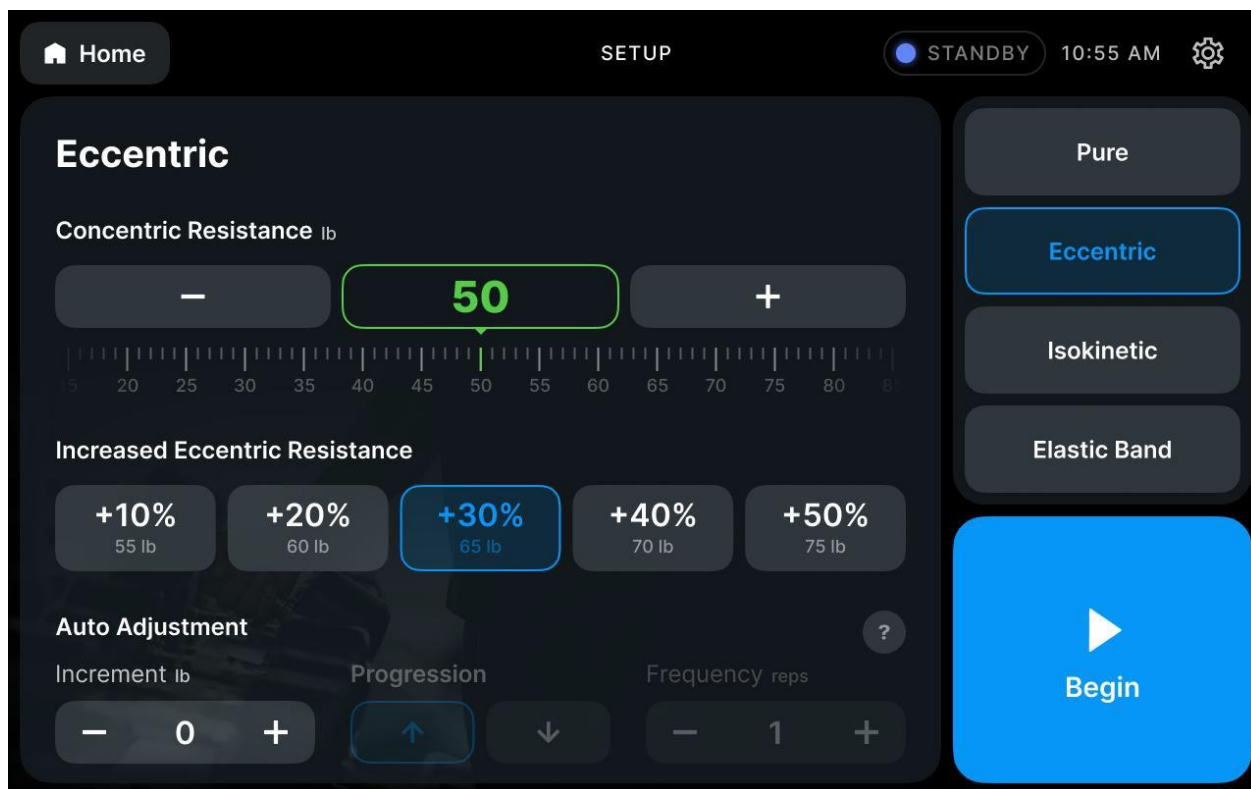
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

The console includes an **Auto Exit timer** which will automatically end the session of the machine if there is no activity **for about 2 minutes**



# ECCENTRIC

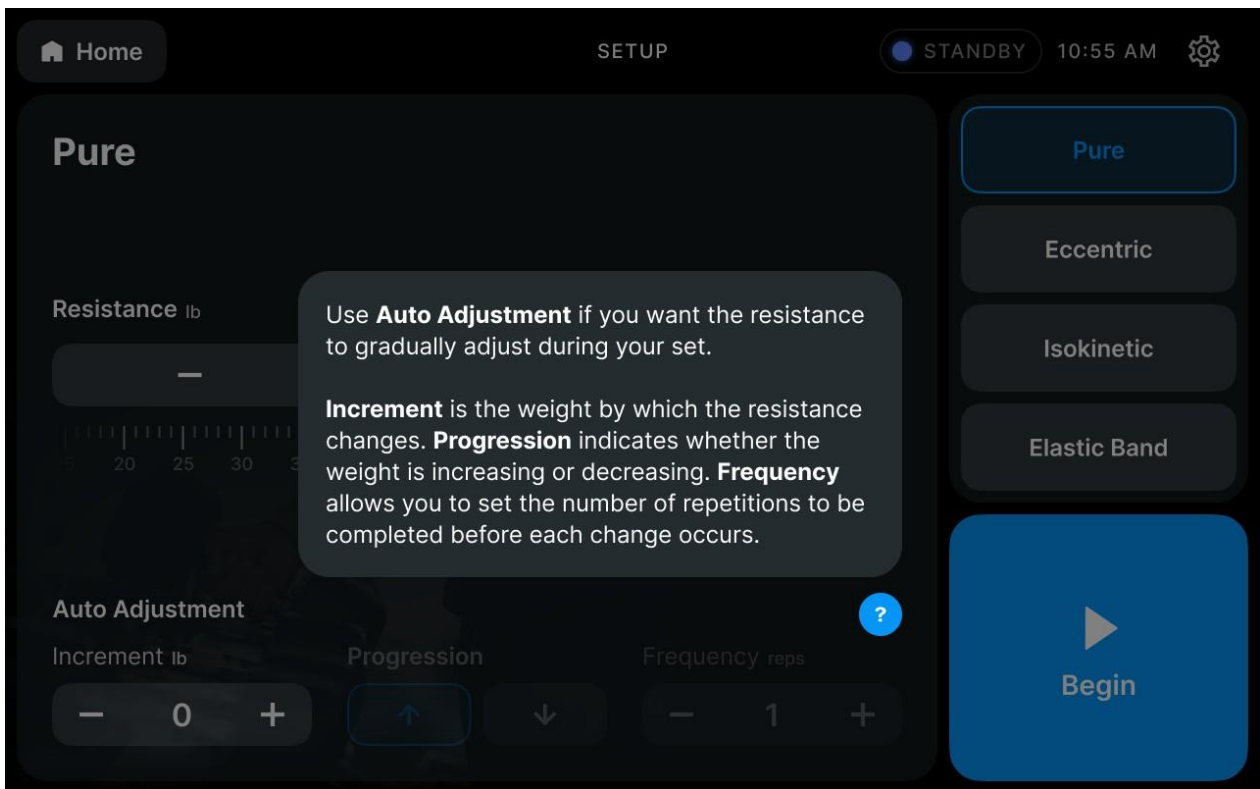
ECCENTRIC strength training is also a type of training that is done by many in the gym. It is when a training partner helps you lift the weight and then you lower it down by yourself with control. But in the i-Strength system software the software allows users to adjust the intensity for both directions, from entry level eccentrics to body building hard!



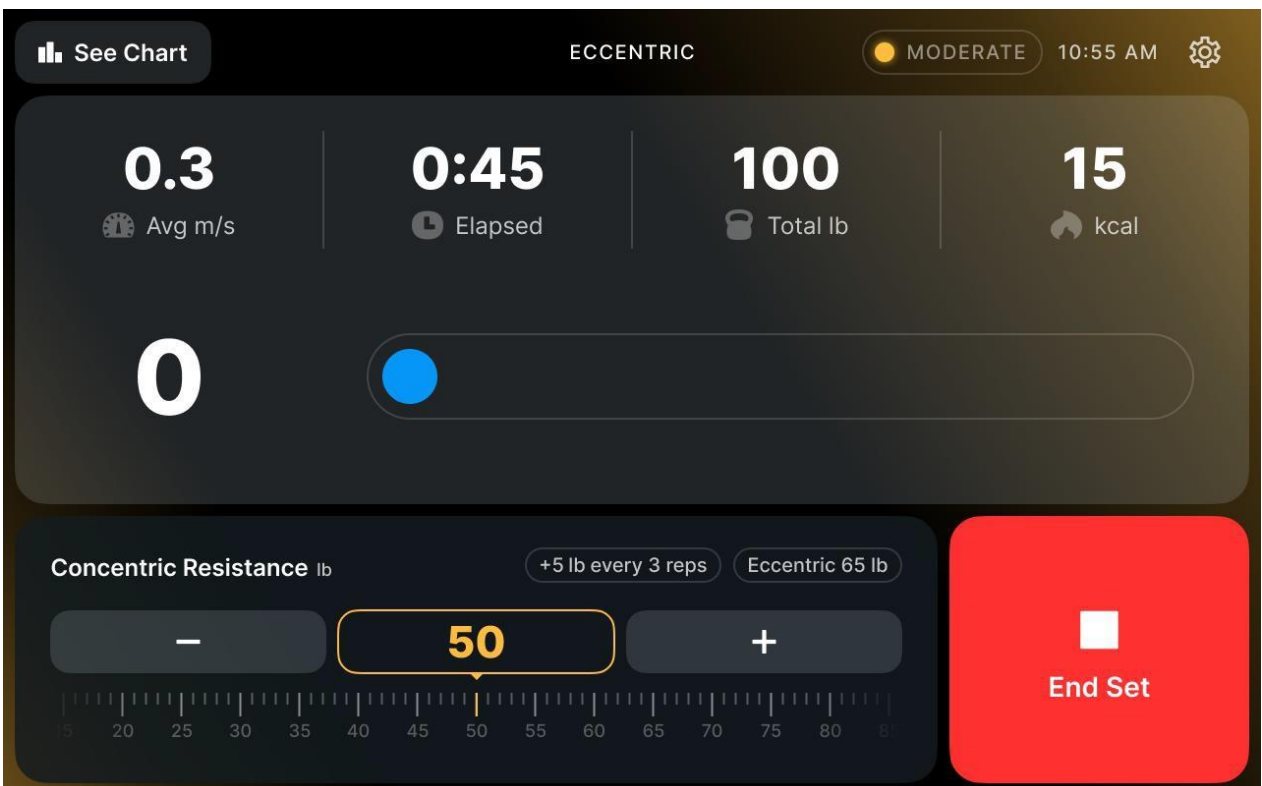
From the **Setup Screen**, adjust for the desired **Concentric Resistance**, by either pressing on the **+** or **-** buttons, or using a finger to slide left or right to the desired resistance.

Next, select the desired amount of **Increased Eccentric Resistance**. This increased resistance can be adjusted from +10% to +50%.

The display converts the added percentage to lb for easy understanding. When done and ready to begin the exercise, press the blue **BEGIN** button.



The exercise includes an **AUTO ADJUST** feature that will **increase or decrease** the concentric resistance automatically with each repetition or every few repetitions.



As the exercise begins, the **Progress Screen** displays and collects real time data for the exercise including Milliseconds, Elapsed Time, Total lb, KCAL, Repetitions.

**Avg m/s** provides possible benefits with athletic performance or physical therapy measures and may not be relevant to most users.

**Elapsed Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**KCAL** is the cumulative kcals for the entire set.

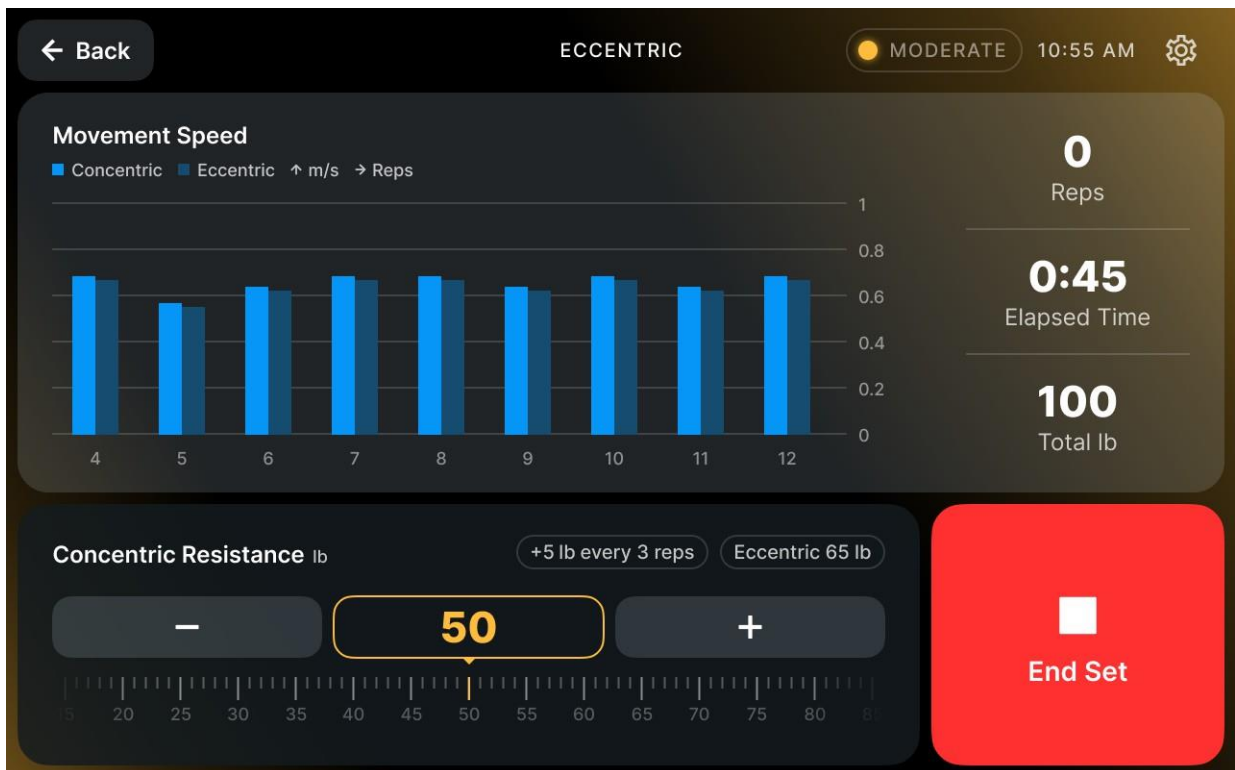
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

On this screen the resistance can be easily adjusted by either pressing on the + or – buttons or using a finger to slide left or right to the desired resistance.

Screen includes a Progress Bar, illuminated in Blue. The bar slides to the right to visually display the range of motion for each of the repetitions.

Select **See Chart** in the upper corner of the display to switch to a **Bar Graph** to graphically display the Concentric and Eccentric movements, Milliseconds and Repetitions. Adjusting the Concentric resistance and ending the set can also be done from this screen.

When the desired repetitions of the exercise are completed, press **End Set**.



When the program is ended, the **Summary Screen** displays and provides summary data from the exercise including Average Milliseconds, Total Time, Total lb, Total KCAL, Repetitions, Average Watts.

**Avg m/s** provides possible benefit with athletic performance or physical therapy measures and may not be relevant to most users.

**Total Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**Total KCAL** is the cumulative kcals for the entire set.

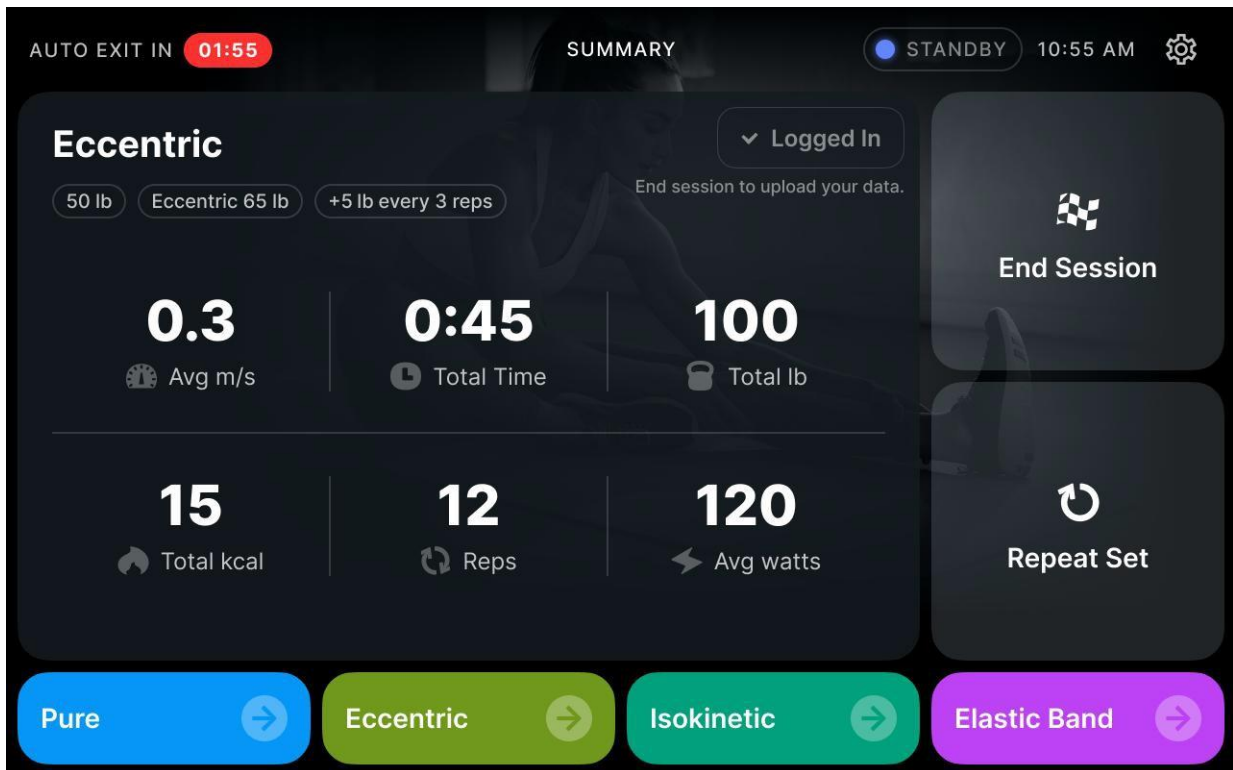
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

To end the current exercise session, press **End Session**.

To begin another set with all exercise data measurements reset to zero, press **Repeat Set**.

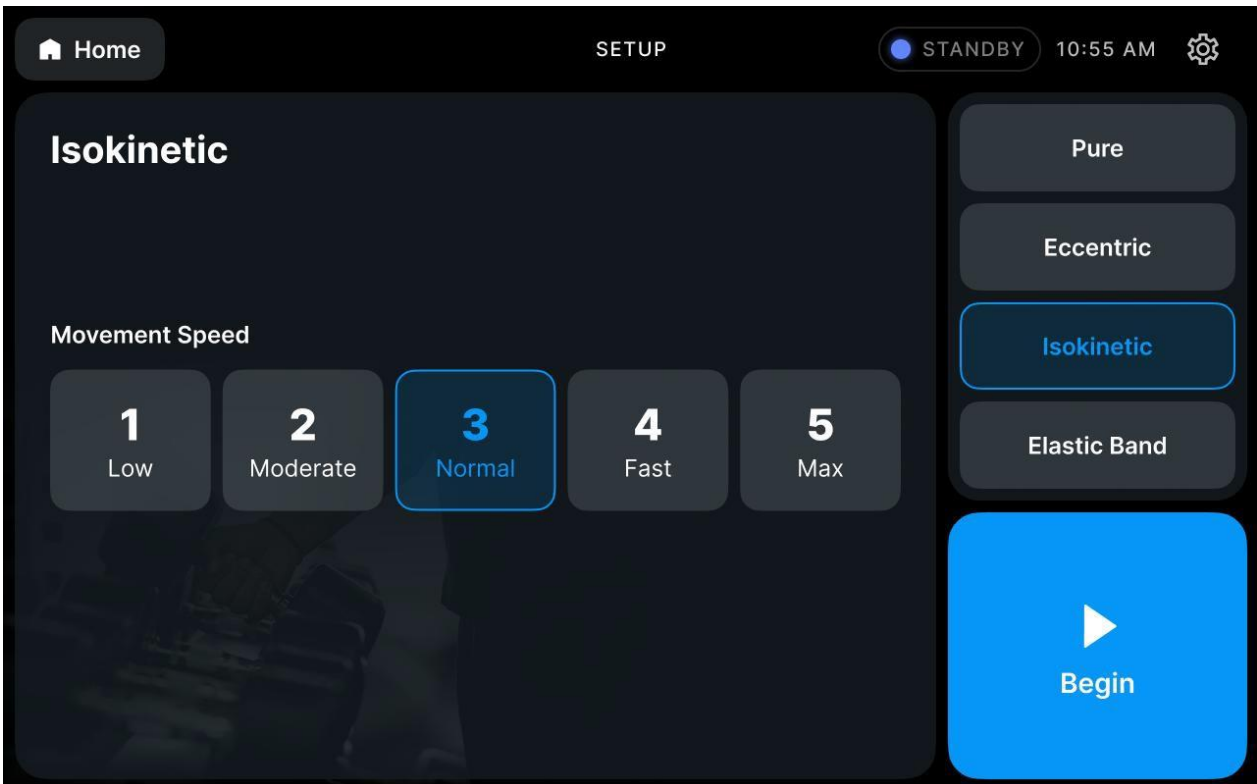
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

The console includes an **Auto Exit timer** which will automatically end the session of the machine if there is no activity



# ISOKINETIC

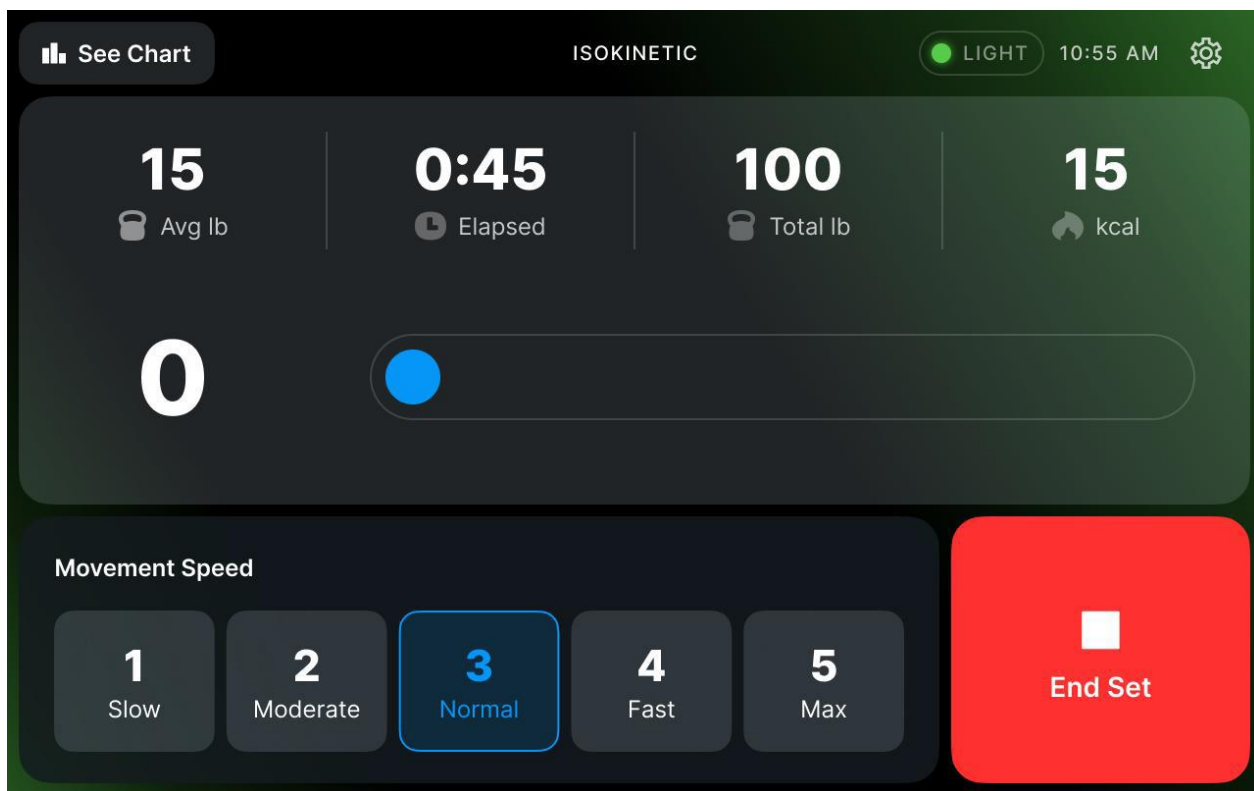
ISOKINETIC resistance training is all about speed of movement. Using a fixed amount of resistance you then train in the machine by increasing the speed of your movement. Traditionally used for rehabilitation, it is ideal for training a joint through a full range of movement



From the **Setup Screen**, select the desired **Movement Speed**, ranging from level 1 (Low) to Level 5 (Max).

NOTE: If user has not used this machine prior, it is recommended to start between level 1 to 3 to be comfortable with machine and technique.

When done and ready to begin the exercise, press the blue **BEGIN** button.



As the exercise begins, the **Progress Screen** displays and collects real time data for the exercise including Elapsed Time, Total lb, KCAL, Repetitions.

**Elapsed Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**KCAL** is the cumulative kcals for the entire set.

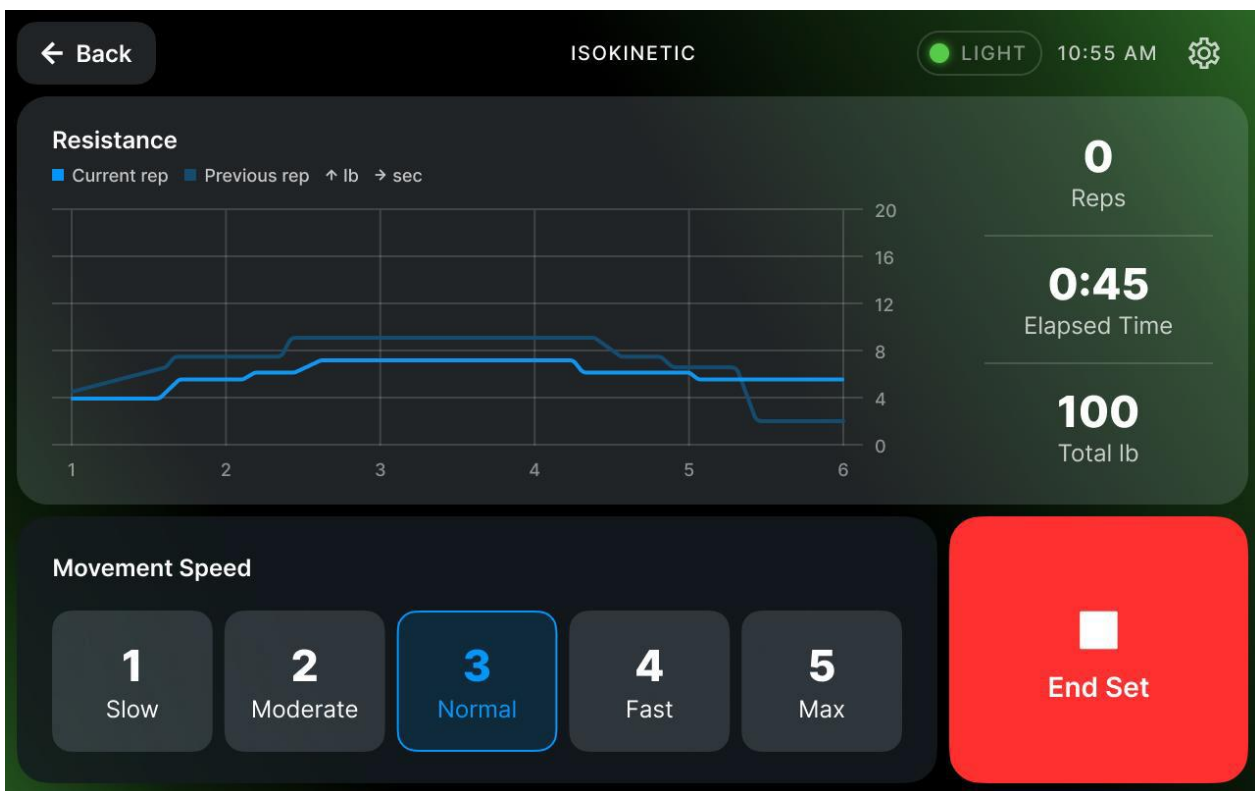
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

On this screen the isokinetic resistance can be easily adjusted by either pressing of the Movement Speeds to reach your desired level.

Screen includes a Progress Bar, illuminated in Blue. The bar slides to the right to visually display the range of motion for each of the repetitions.

Select **See Chart** in the upper corner of the display to switch to a **Line Graph** that compares the lb of force and time of the Current Repetition to the Previous Repetition. Adjusting the Movement Speed and ending the set can also be done from this screen. Force is displayed vertically, while Time is displayed horizontally.

When the desired repetitions of the exercise are completed, press **End Set**.



When the program is ended, the **Summary Screen** displays and provides summary data from the exercise including Average Milliseconds, Total Time, Total lb, Total KCAL, Repetitions, Average Watts.

**Avg m/s** provides possible benefits with athletic performance or physical therapy measures and may not be relevant to most users.

**Total Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**Total KCAL** is the cumulative kcals for the entire set.

**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

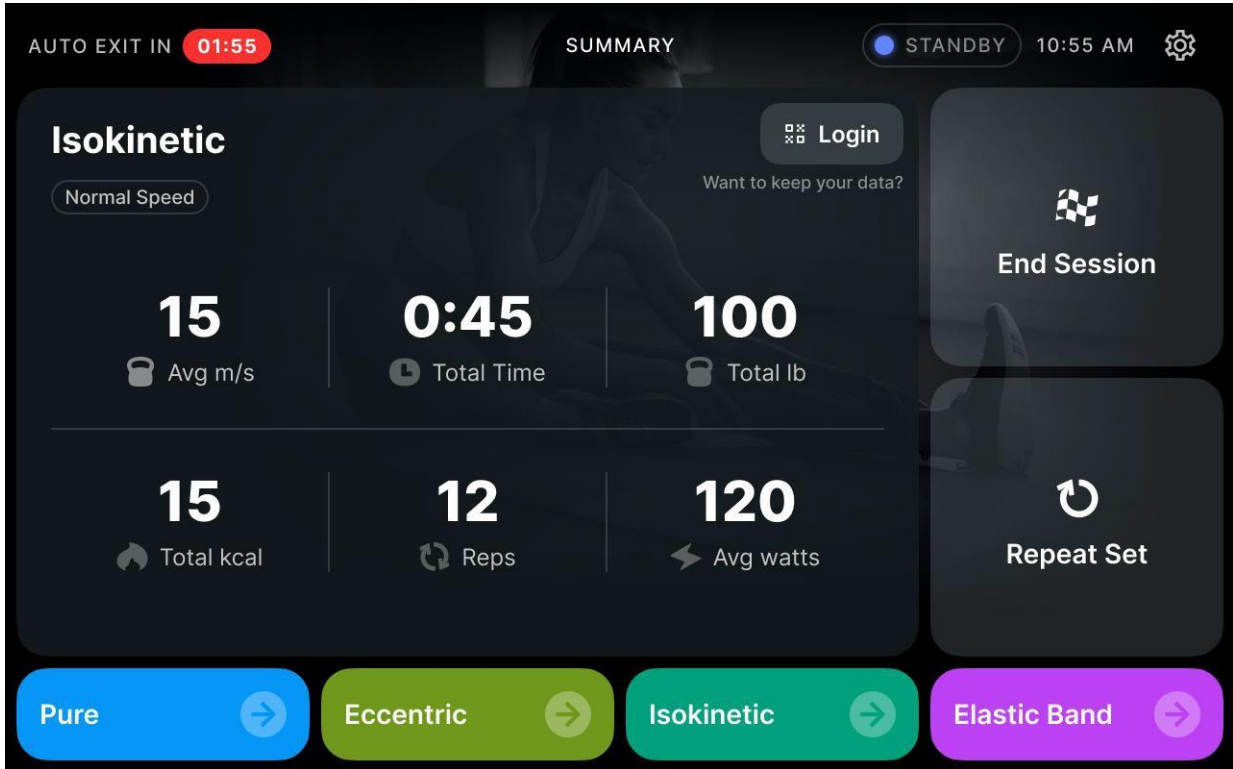
To end the current exercise session, press End Session.

To begin another set with all exercise data measurements reset to zero, press

**Repeat Set.**

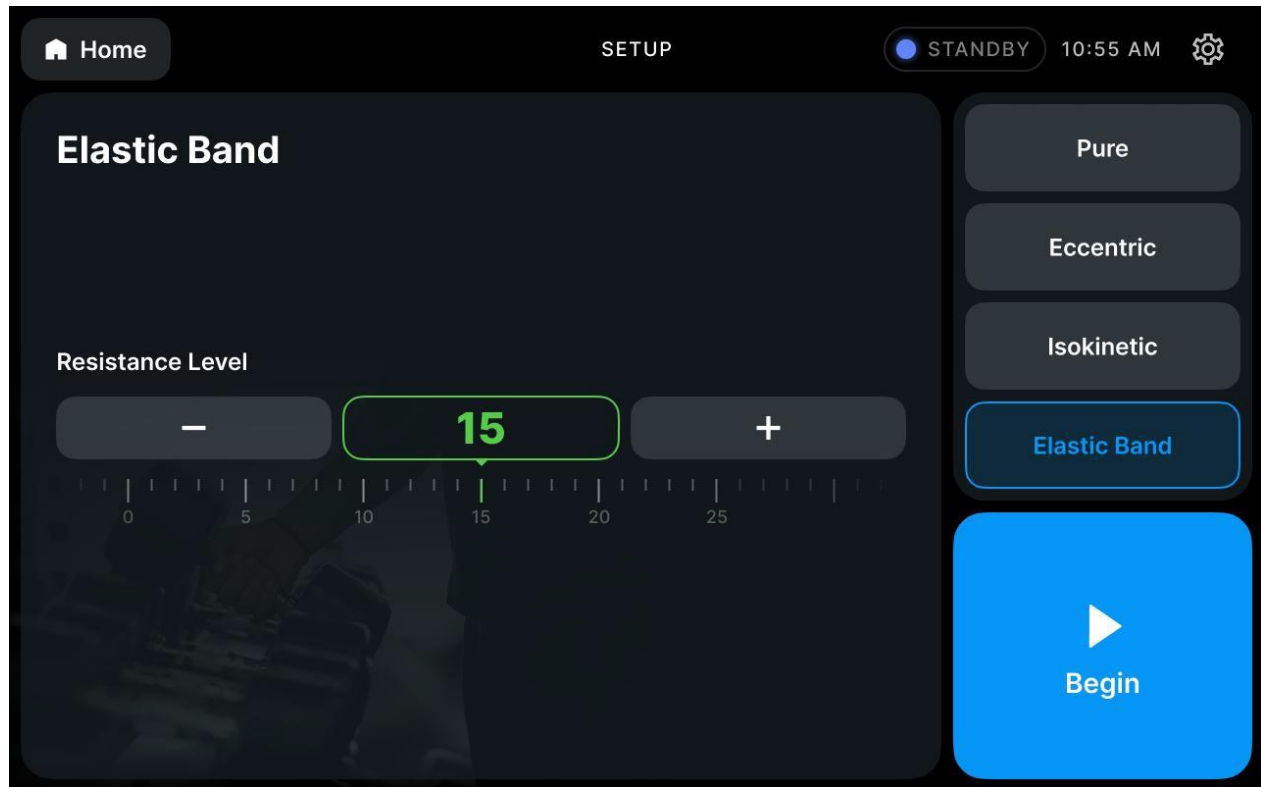
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

The console includes an **Auto Exit timer** which will automatically end the session of the machine if there is no activity.



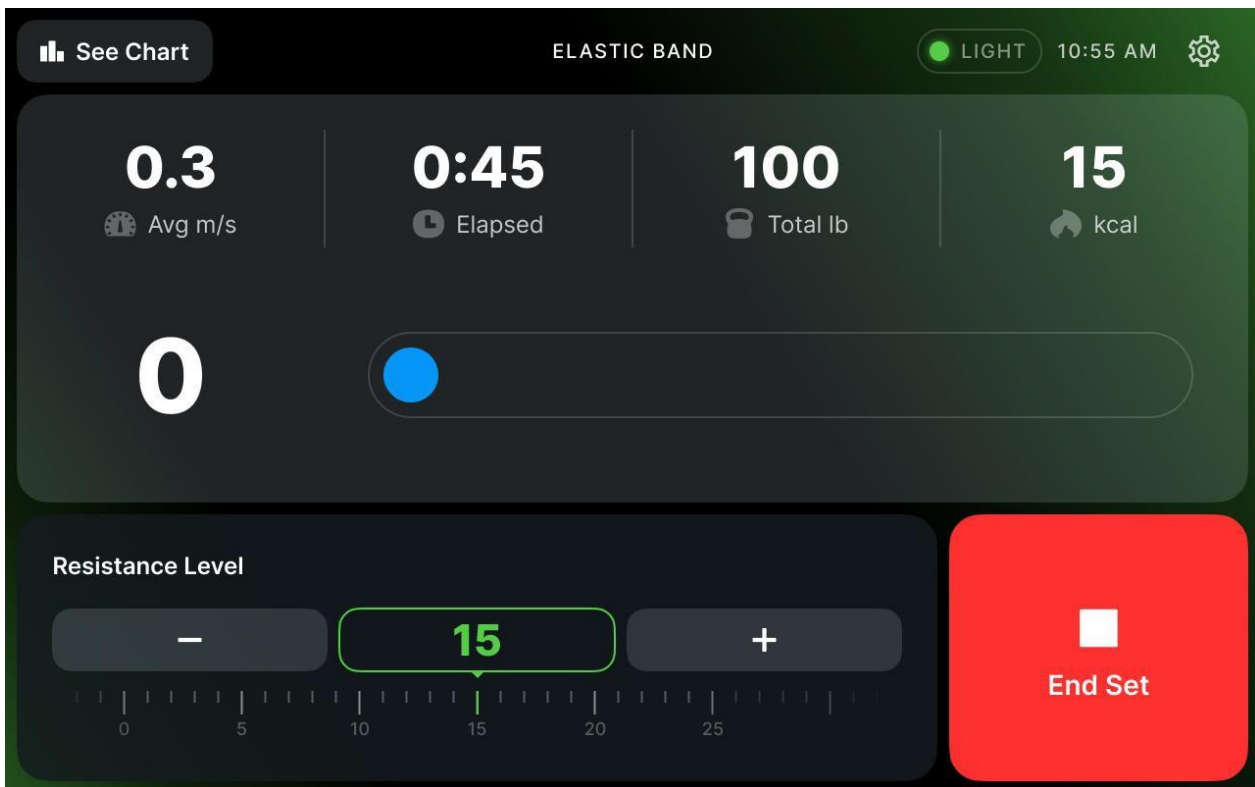
# ELASTIC

**ELASTIC** if you've ever used rubber tubing for resistance and found it too easy at the beginning but harder and harder when stretched out, then you are experiencing ELASTIC training. You will find a level that feels like you've nearly hit a wall and if you press further, then you hit ISOMETRICS. This type of training is fantastic for building joint integrity and ideal for the older population.



From the **Setup Screen**, select the desired **Resistance Level**, ranging from level 1 to 15. NOTE: If user has not used this machine prior, it is recommended to start below level 15 to be comfortable with machine and technique.

When done and ready to begin the exercise, press the blue **BEGIN** button.



As the exercise begins, the **Progress Screen** displays and collects real time data for the exercise including Average Milliseconds, including Elapsed Time, Total lb, KCAL, Repetitions.

**Avg m/s** provides possible benefits with athletic performance or physical therapy measures and may not be relevant to most users.

**Elapsed Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

**KCAL** is the cumulative kcals for the entire set.

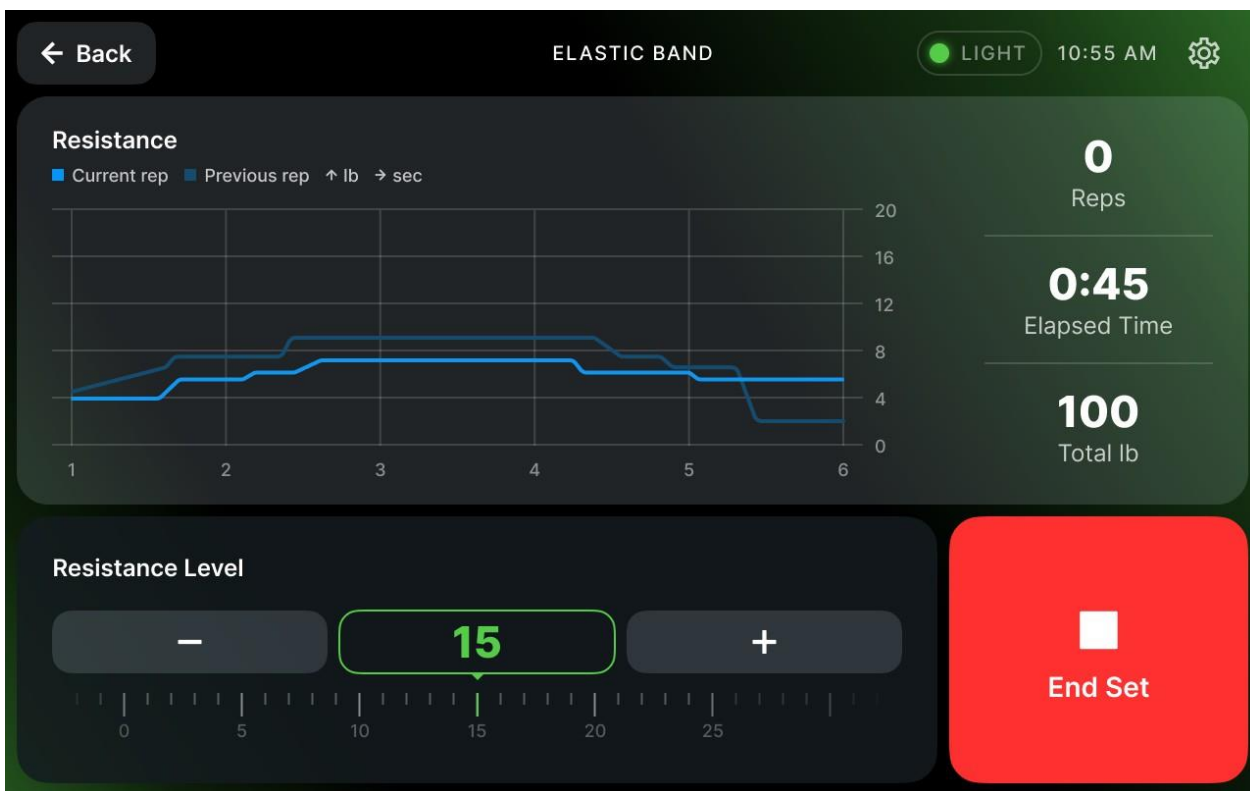
**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

On this screen the Elastic Band resistance can be easily adjusted by either pressing of the Resistance Level to reach your desired level.

Screen includes a Progress Bar, illuminated in Blue. The bar slides to the right to visually display the range of motion for each of the repetitions.

Select **See Chart** in the upper corner of the display to switch to a **Line Graph** that compares the lb of force and time of the Current Repetition to the Previous Repetition. Adjusting the Movement Speed and ending the set can also be done from this screen. Force is displayed vertically, while Time is displayed horizontally.

When the desired repetitions are completed, press **End Set**.



When the program is ended, the **Summary Screen** displays and provides summary data from the exercise including Average Milliseconds, Total Time, Total lb, Total KCAL, Repetitions, Average Watts.

**Avg m/s** provides possible benefits with athletic performance or physical therapy measures and may not be relevant to most users.

**Total Time** is the cumulative time counting upwards.

**Total lb** is the cumulative resistance lifted during the entire set.

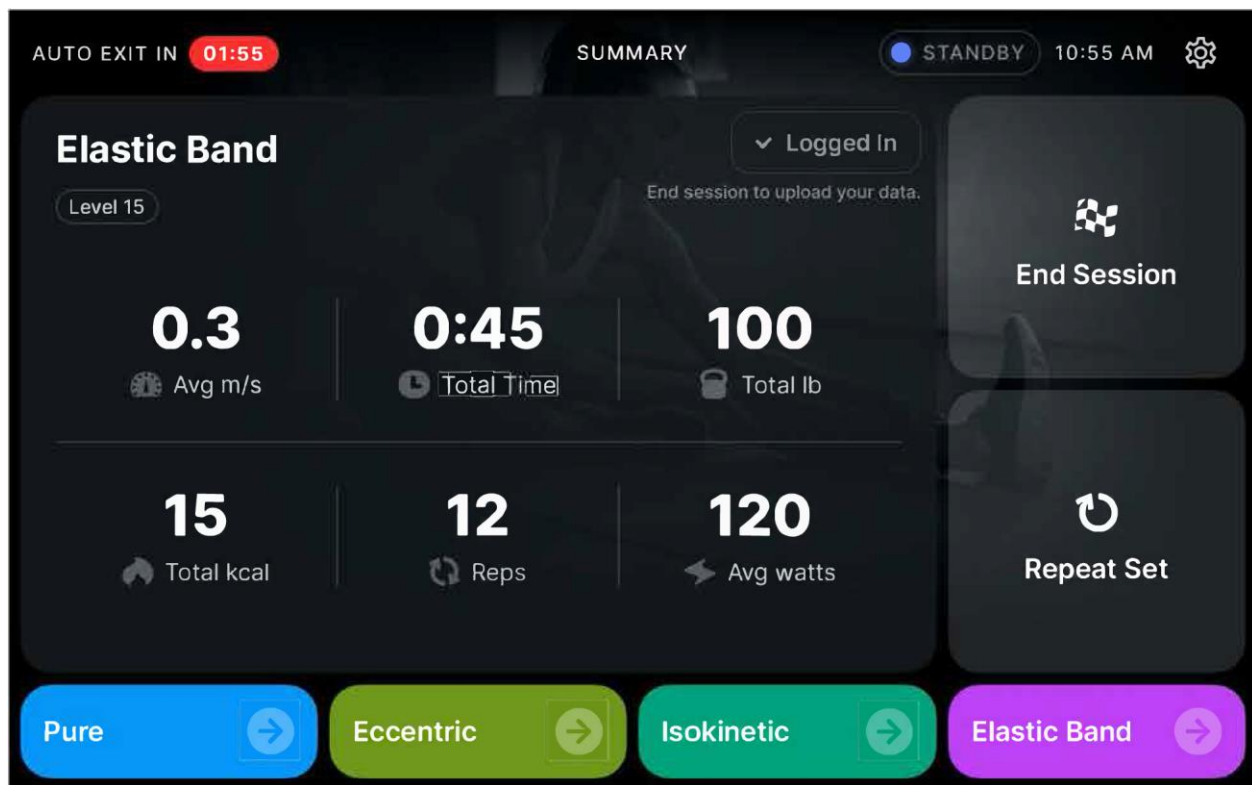
**Total KCAL** is the cumulative kcals for the entire set.

**Reps** are the cumulative repetitions for the set. This measure resets to zero with each set.

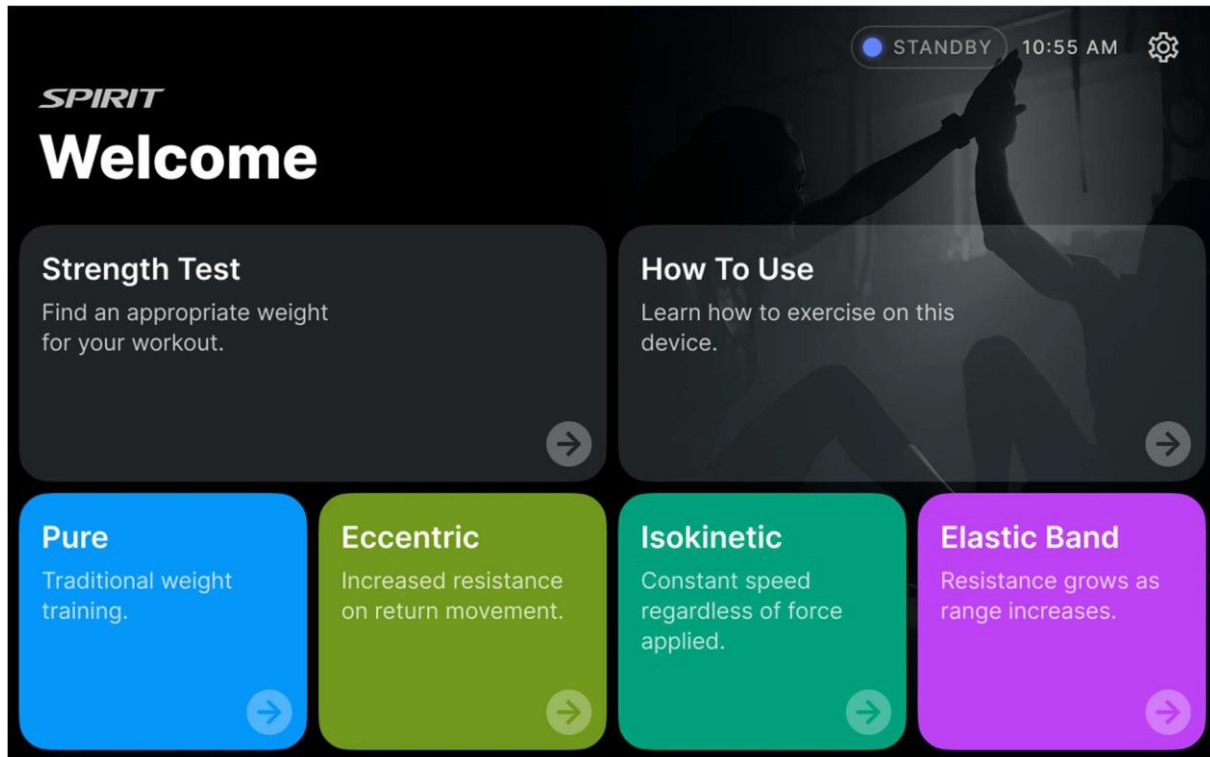
To end the current exercise session, press **End Session**.

To begin another set with all exercise data measurements reset to zero, press **Repeat Set**.

To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.



# i-Strength Settings

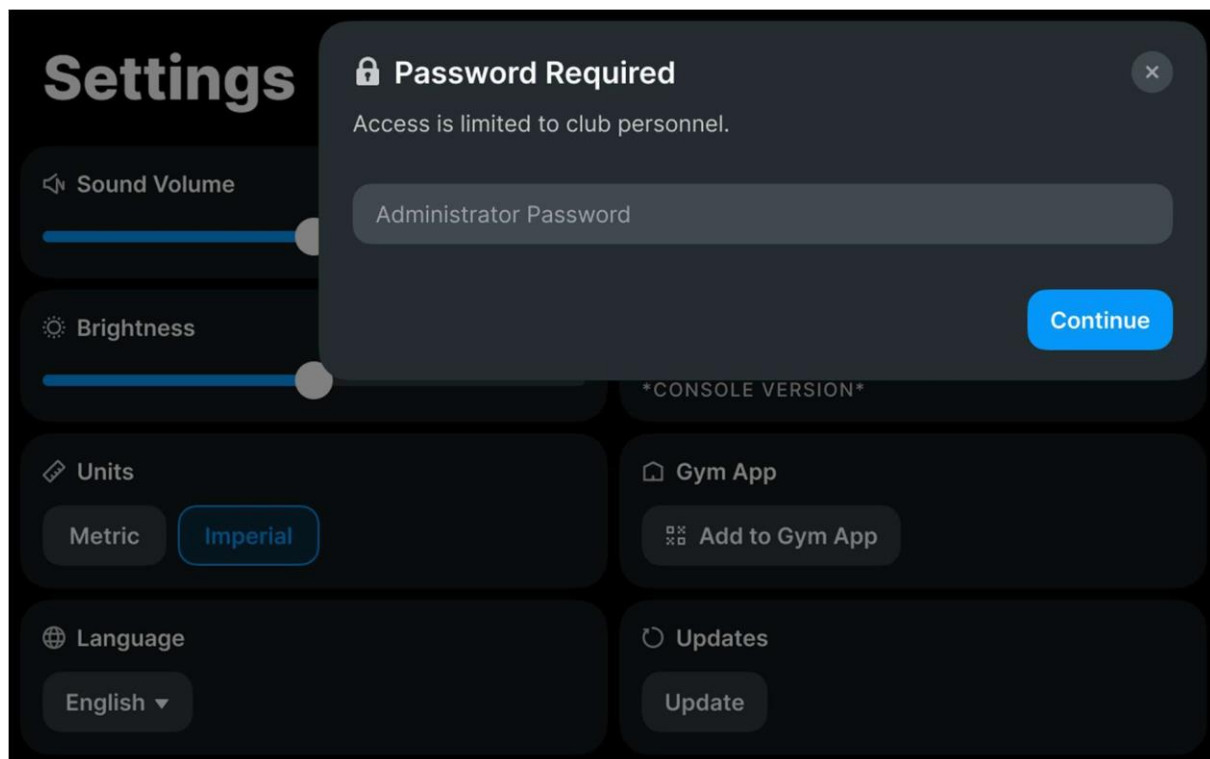


**Settings** are where facility staff can view and adjust pertinent machine settings. These would include Sound Volume, Screen Brightness, Units, Language, as well as viewing **System Software and Hardware**.

To enter **Settings**, select the gear symbol in the upper right of the screen, next to the **Time**.

Settings are password protected and for facility staff only.

**Password: Dy23751545**



Adjust the **Sound Volume** by sliding left and right

Adjust the **Screen Brightness** by sliding Right to Left.

Change the **Units** Change selecting Metric or Imperial.

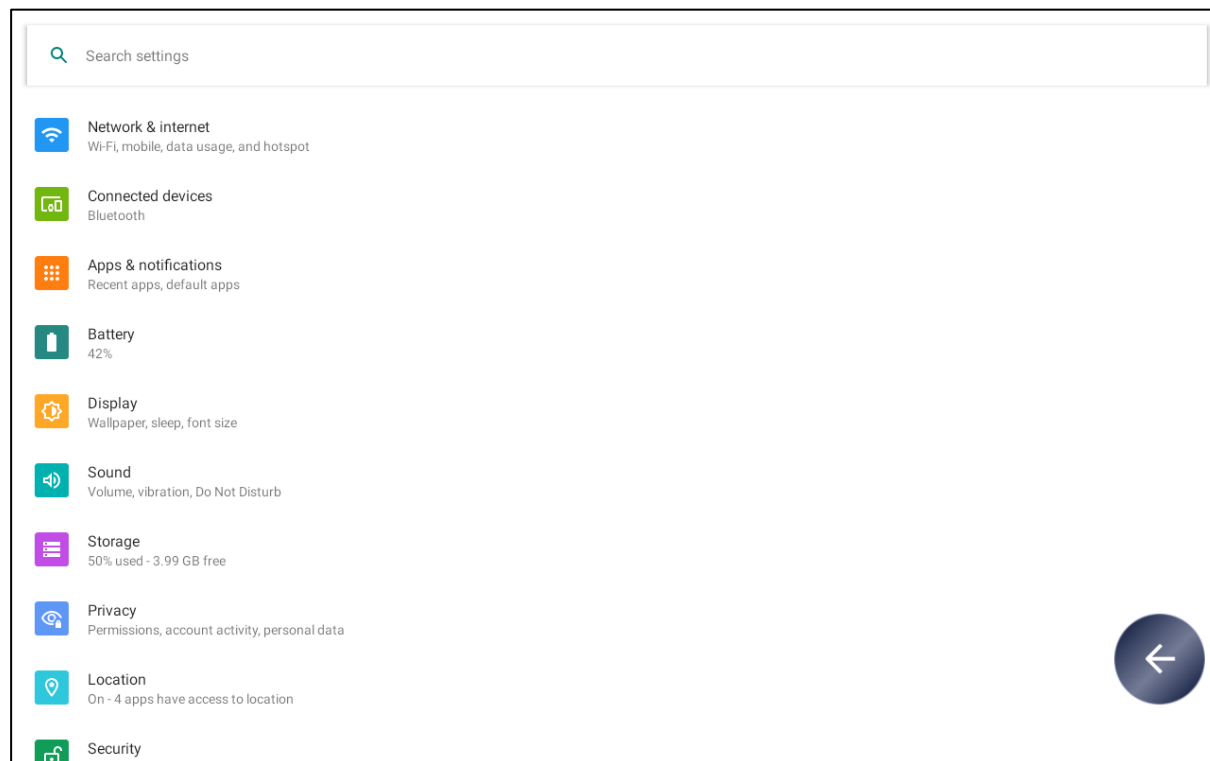
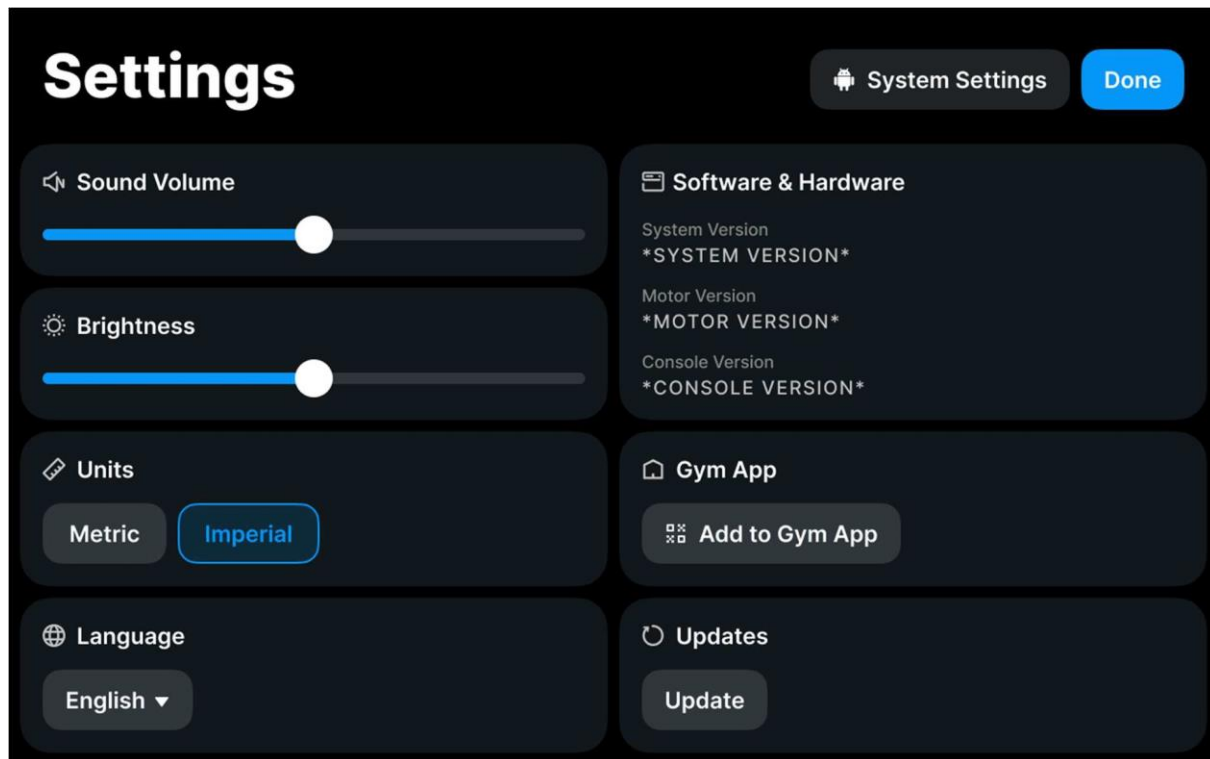
To adjust the desired language, select **Language** from the drop-down menu.

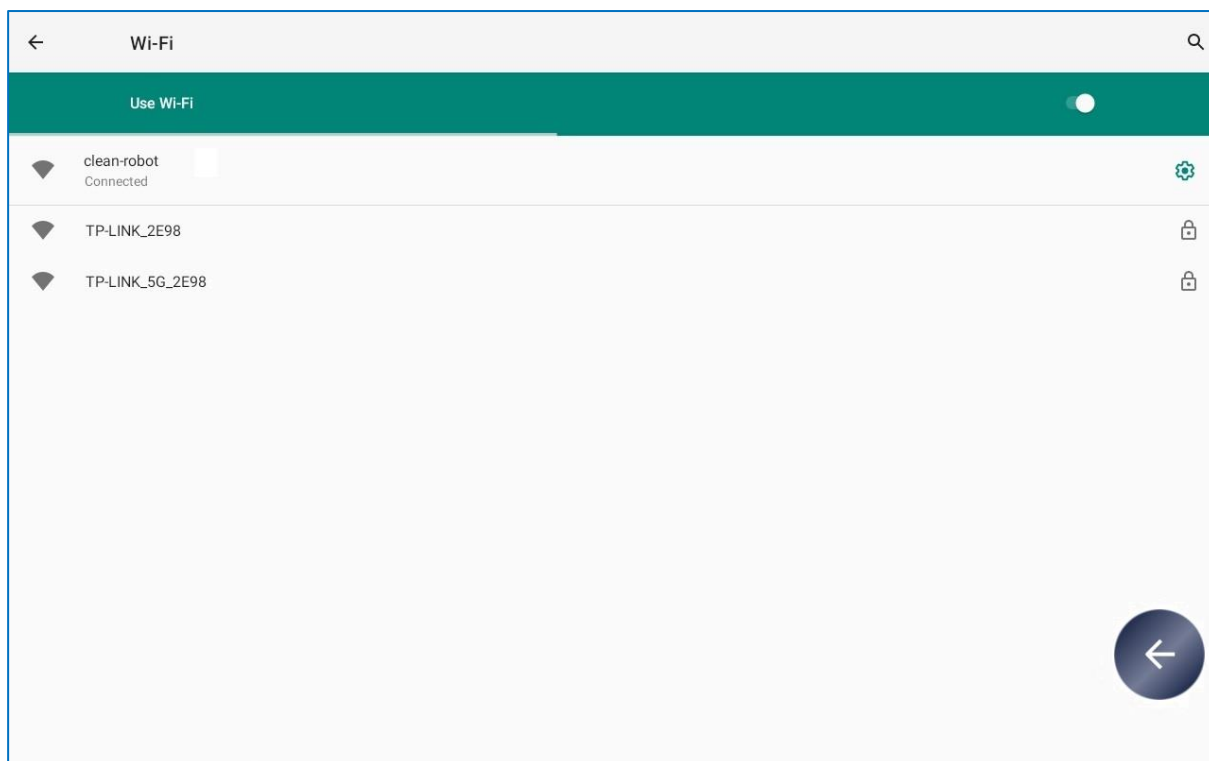
The i-Strength console is programmed in 9 languages. English, German, Finnish, Spanish, Italian, Russian, Traditional Chinese, Simplified Chinese, and Japanese.

To change the language, select the desired Language and press **Apply**.

Enter **System Settings** to set up the WIFI connection.

Enter **Network & Internet**, then press WIFI to select a network to connect.



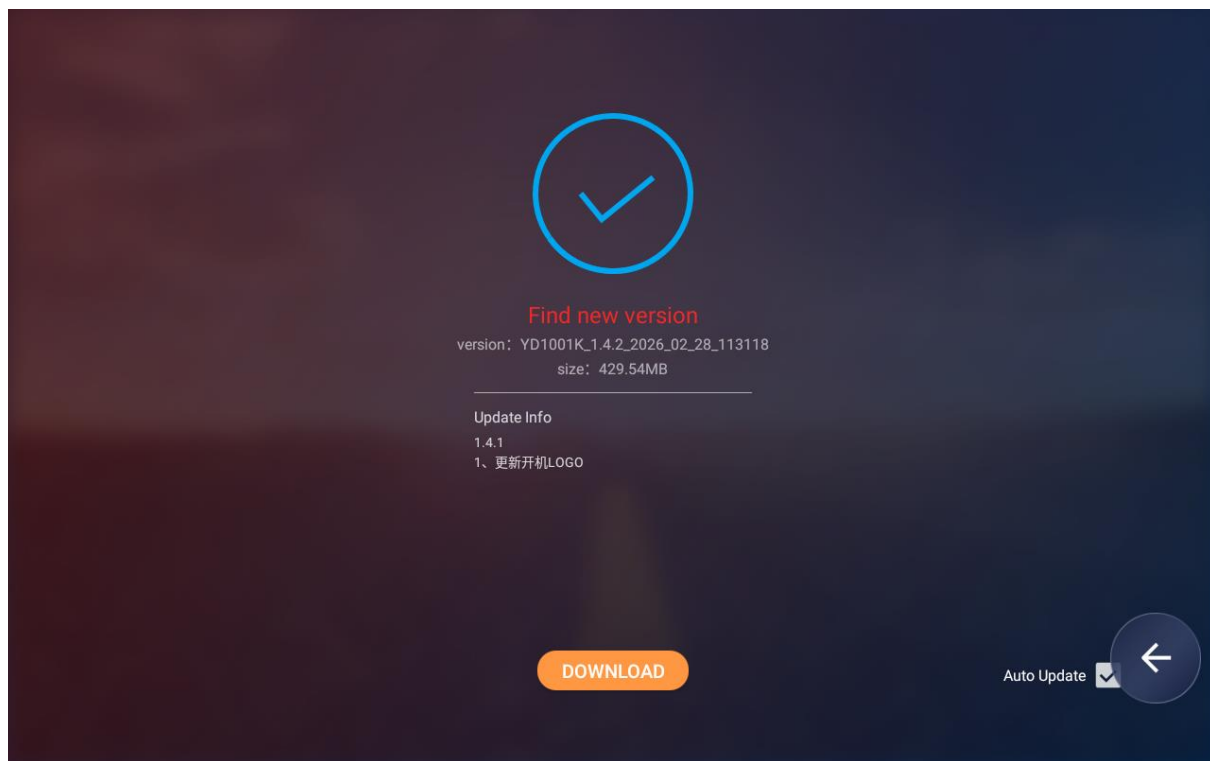
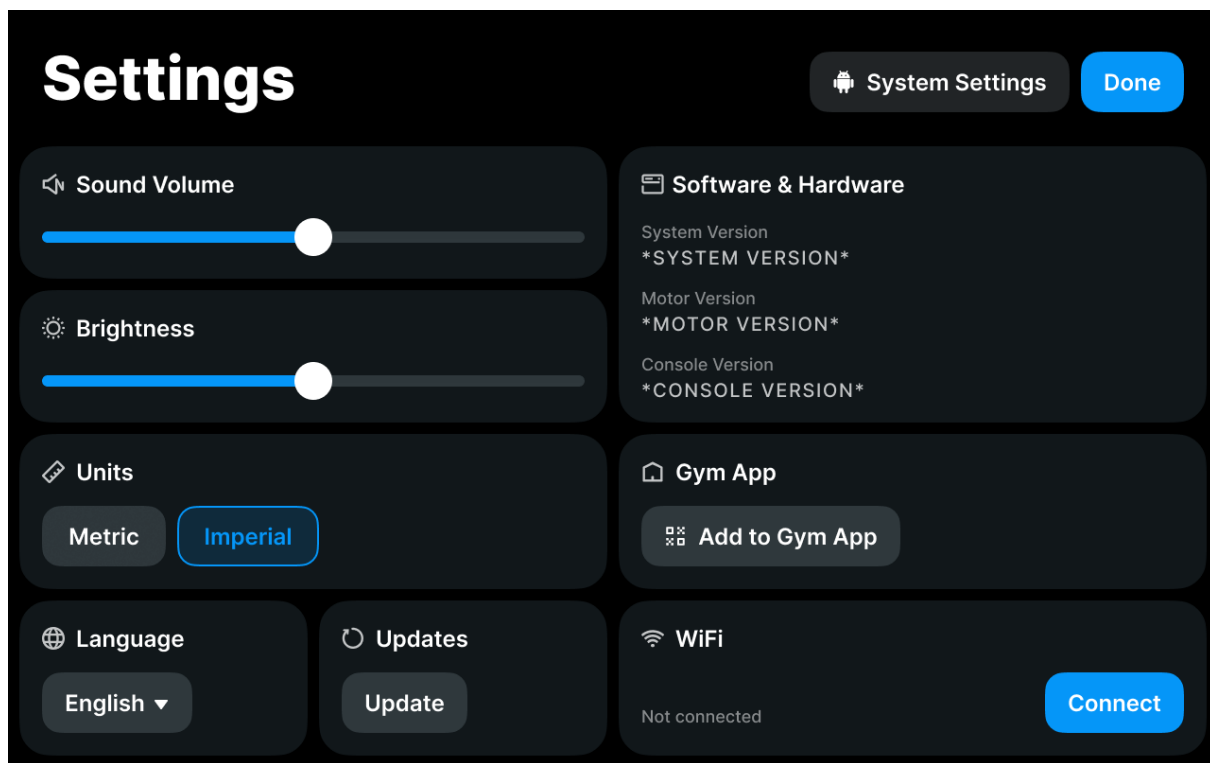


After connecting to WIFI go to the Settings page again.

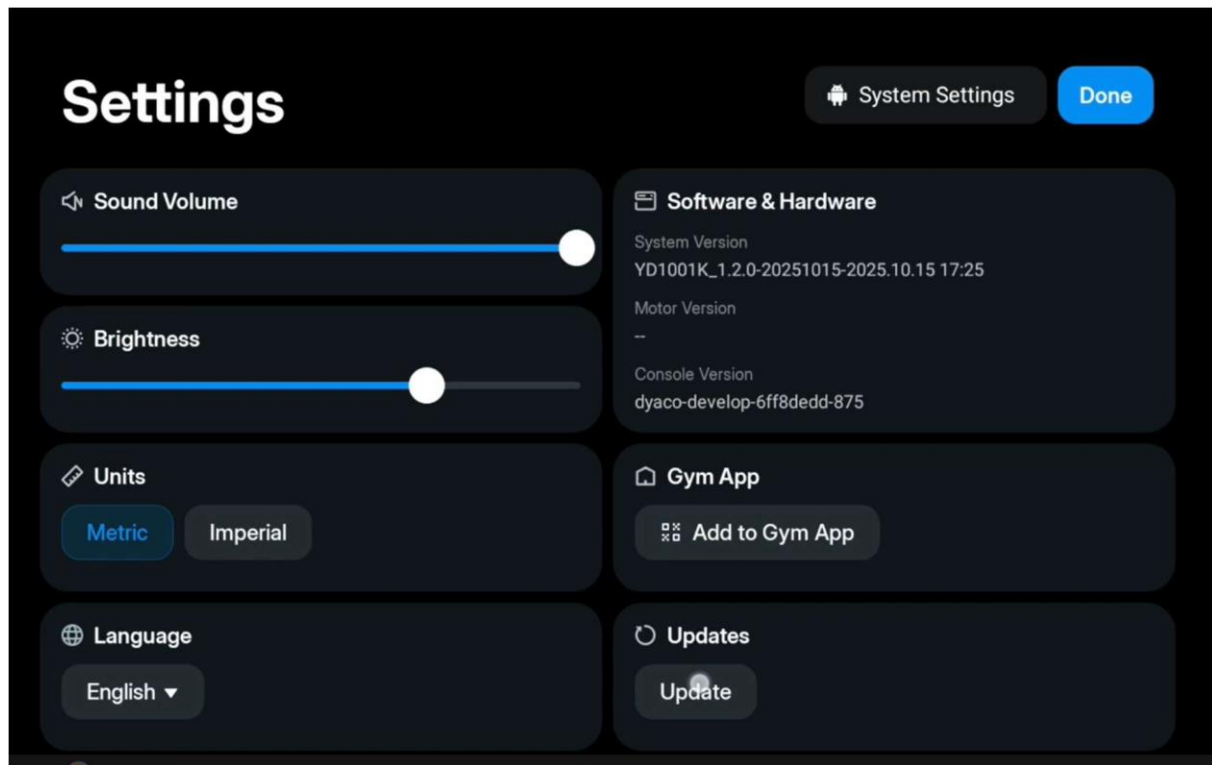
Quickly tap the text below System Versions 6 – 10 times to enter the Update screen.

Select **Download**. Download takes around 5 minutes.

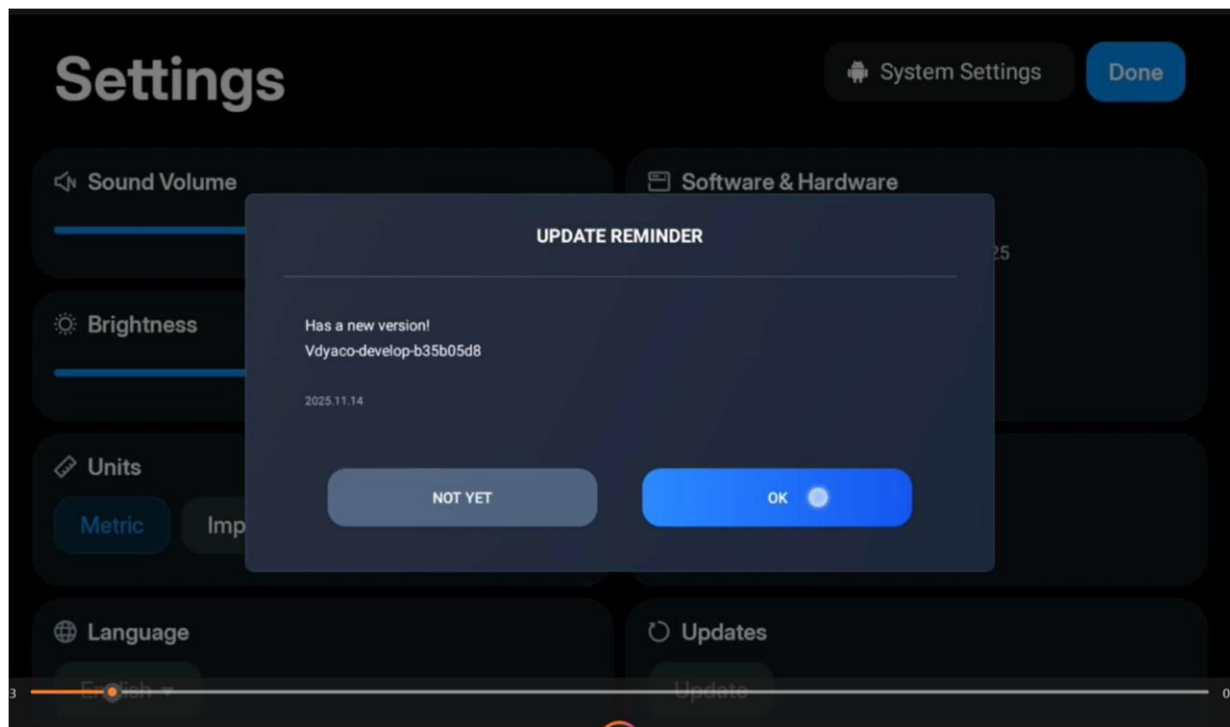
Select Reboot. When download is finished and console will reboot and install latest version program.



Software updates can occur automatically in the **Settings** when the console connects to WIFI. On the Settings screen, press **Update**



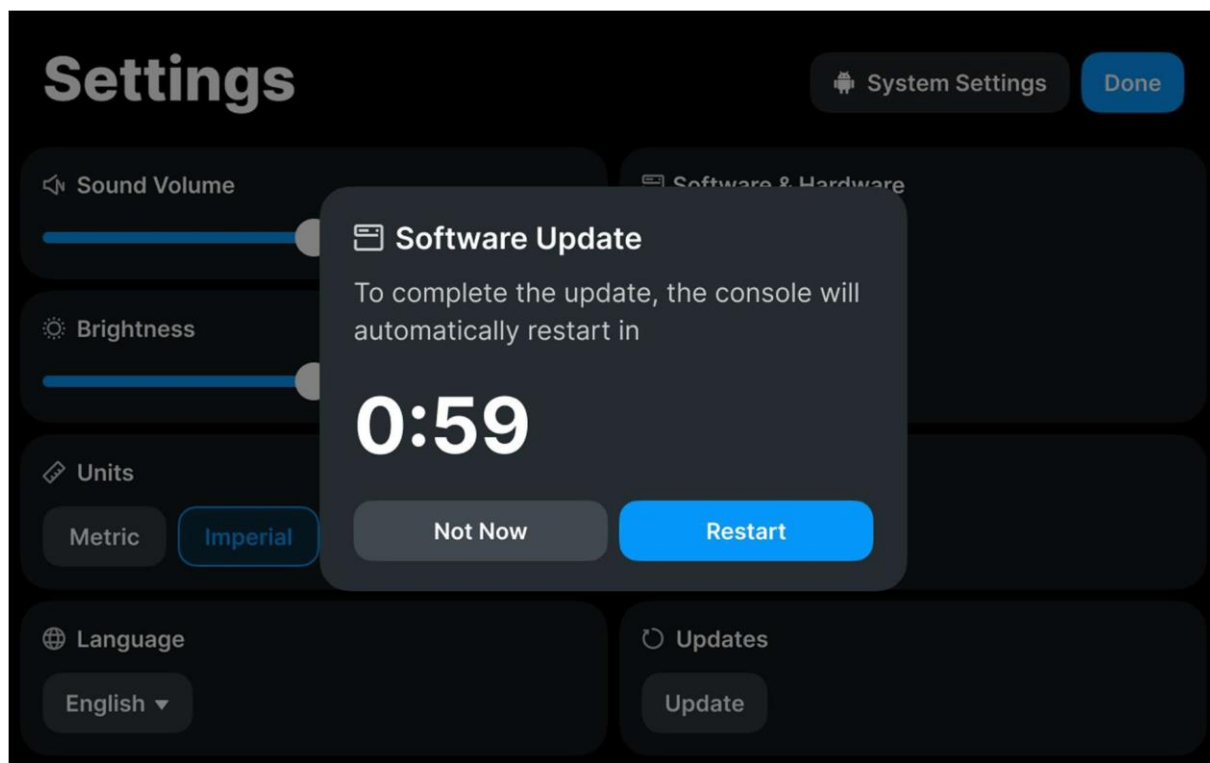
**Update Reminder** window pops-up. Press **OK** to download software update.  
Press **Not Yet** to delay update. Return to Settings to make future updates.



When software updates have been downloaded, pop-up window indicates to **Restart** to complete the update, the console will automatically restart in 0:59 seconds.

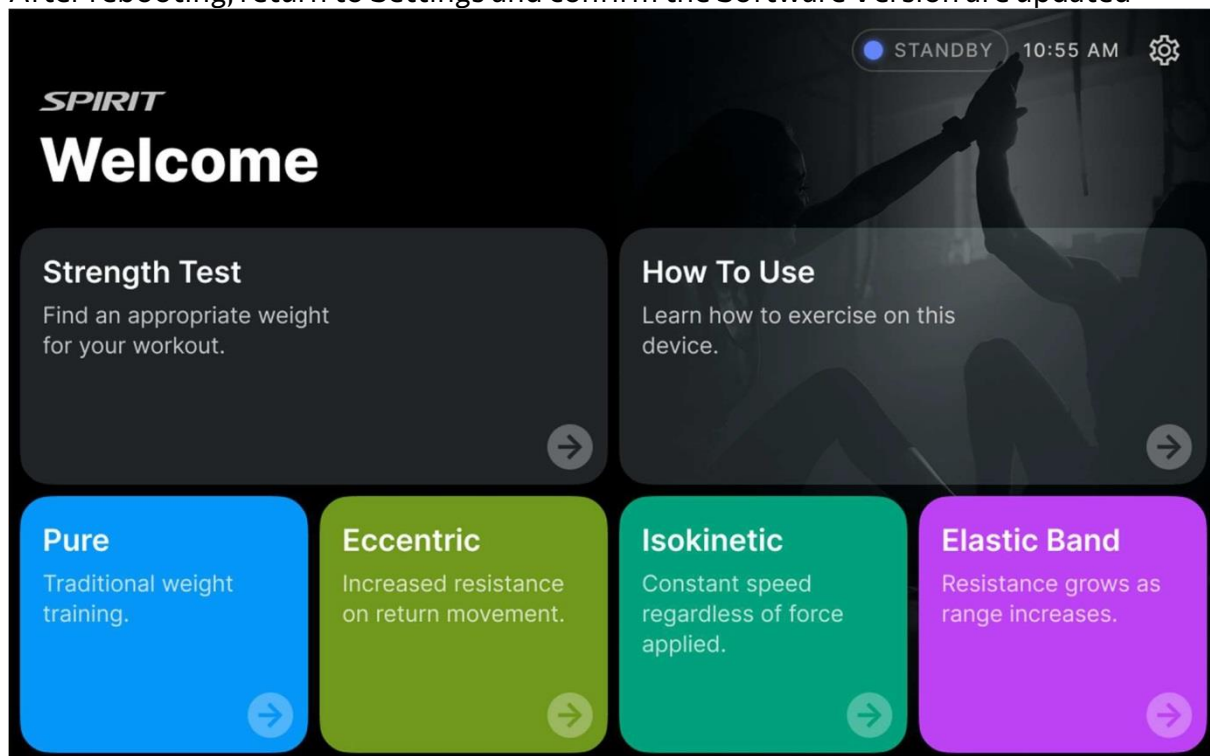
To delay the restart, select **Not Now**. Return to Settings to make future updates.

If console reconnects to WIFI then **Update Reminder** will automatically pop-up.



Console **Restart** opens to the **Home Screen**.

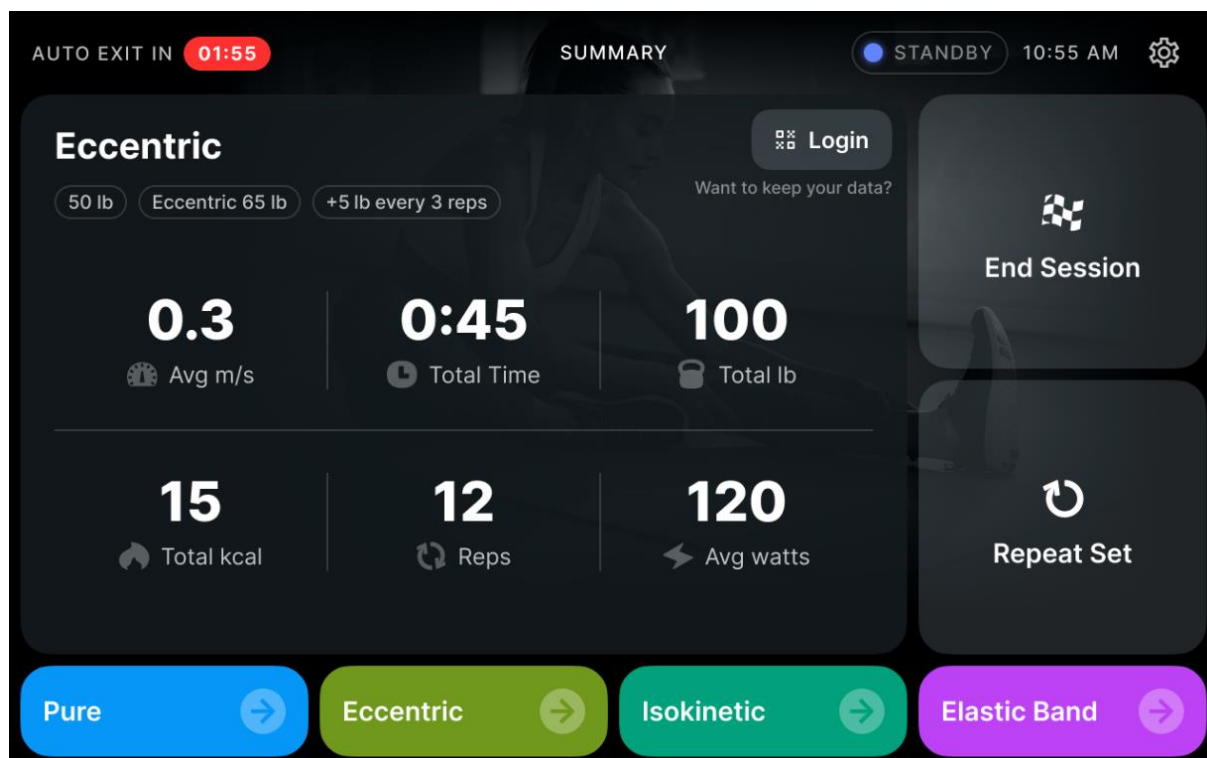
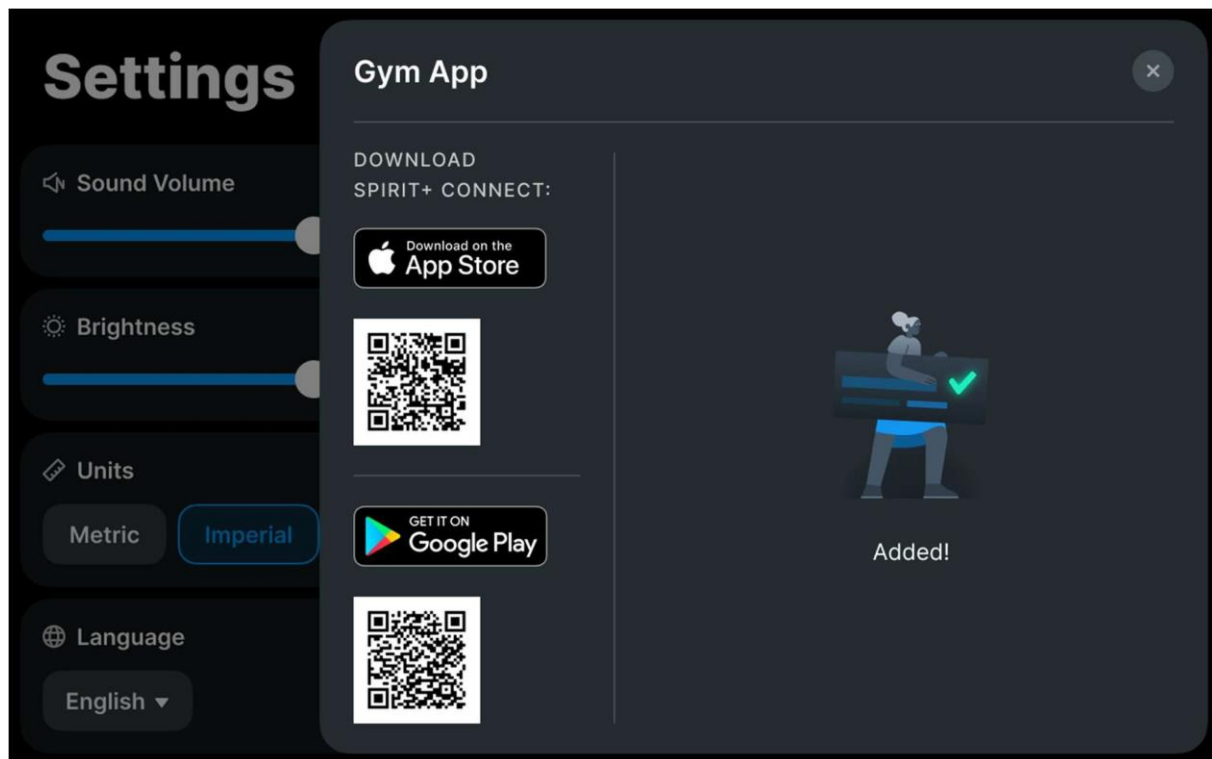
After rebooting, return to Settings and confirm the Software Version are updated



Spirit maintains two apps for facilities to monitor the activity of their equipment. The **SPiRiT+ Connect App** for facility management and the **SPiRiT+ Club App** for individuals to track their fitness achievements.

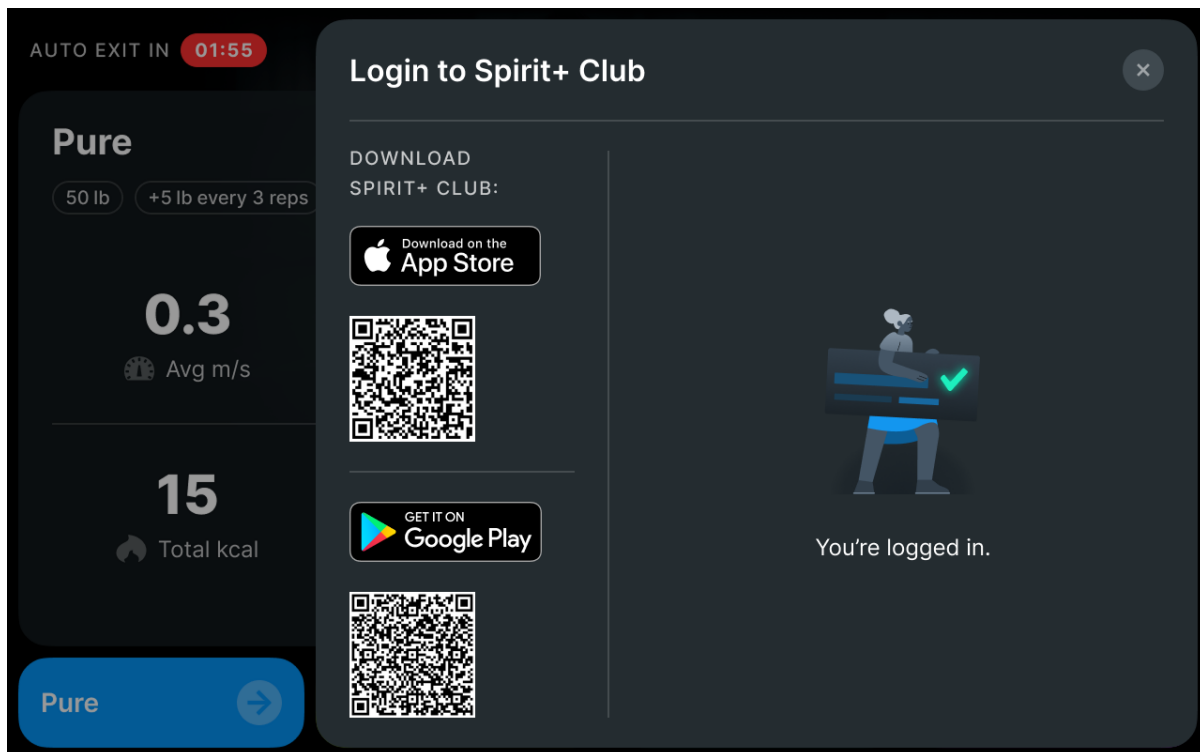
Download the **SPiRiT+ Connect App** by scanning the **QR Code** for either **Apple** or **Android**.

If you have previously created a Gym, follow the same steps to add another machine.



Save workout data after each set by pressing on the **Login** and scan the **QR code** of the machine.

Download the **SPIRIT+ Club App** if needed by scanning the **QR Code** for either **Apple** or **Android**.



# Maintenance

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into Daily, Weekly, & Monthly activities. Reference the table below on the preventative maintenance activities to be performed.

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all SPIRIT equipment. SPIRIT is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

If any items need replacement contact the Spirit Fitness Customer Support Department. For international customers, please contact your local distributor.

| Action           | Daily | Weekly | Monthly | Bi-annually |
|------------------|-------|--------|---------|-------------|
| <b>Cleaning</b>  |       |        |         |             |
| Upholstery       | ✓     |        |         |             |
| Handgrips        | ✓     |        |         |             |
| Main frame       | ✓     |        |         |             |
| Guide rod        |       | ✓      |         |             |
| Internal tower   |       |        |         | ✓           |
| <b>Inspect</b>   |       |        |         |             |
| Belts / Cables   |       |        | ✓       |             |
| Fasteners        |       |        | ✓       |             |
| Handgrips        |       |        | ✓       |             |
| Upholstery       |       |        | ✓       |             |
| Labels           |       |        | ✓       |             |
| Pulleys          |       |        | ✓       |             |
| Main Frame       |       |        |         | ✓           |
| <b>Lubricate</b> |       |        |         |             |
| Guide Rods       |       |        | ✓       |             |
| Add on track     |       |        | ✓       |             |

Owner's Manual  
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