

SPIRIT



IS-2001 Chest Press

OWNER'S MANUAL

Please carefully read this entire manual before operating your new Chest Press

Table Of Contents

SAFETY INSTRUCTIONS2

PRECAUTIONS 3

WARNING LABELS AND STICKERS..... 4

SAFEGUARDS 5

ASSEMBLY AND SETUP..... 6

PARTS LIST 7

EXPLODED DIAGRAMS..... 10

ASSEMBLY INSTRUCTIONS12

 I-STRENGTH INSTRUCTIONS..... 22

 I-STRENGTH SETTINGS.44

MAINTENANCE54

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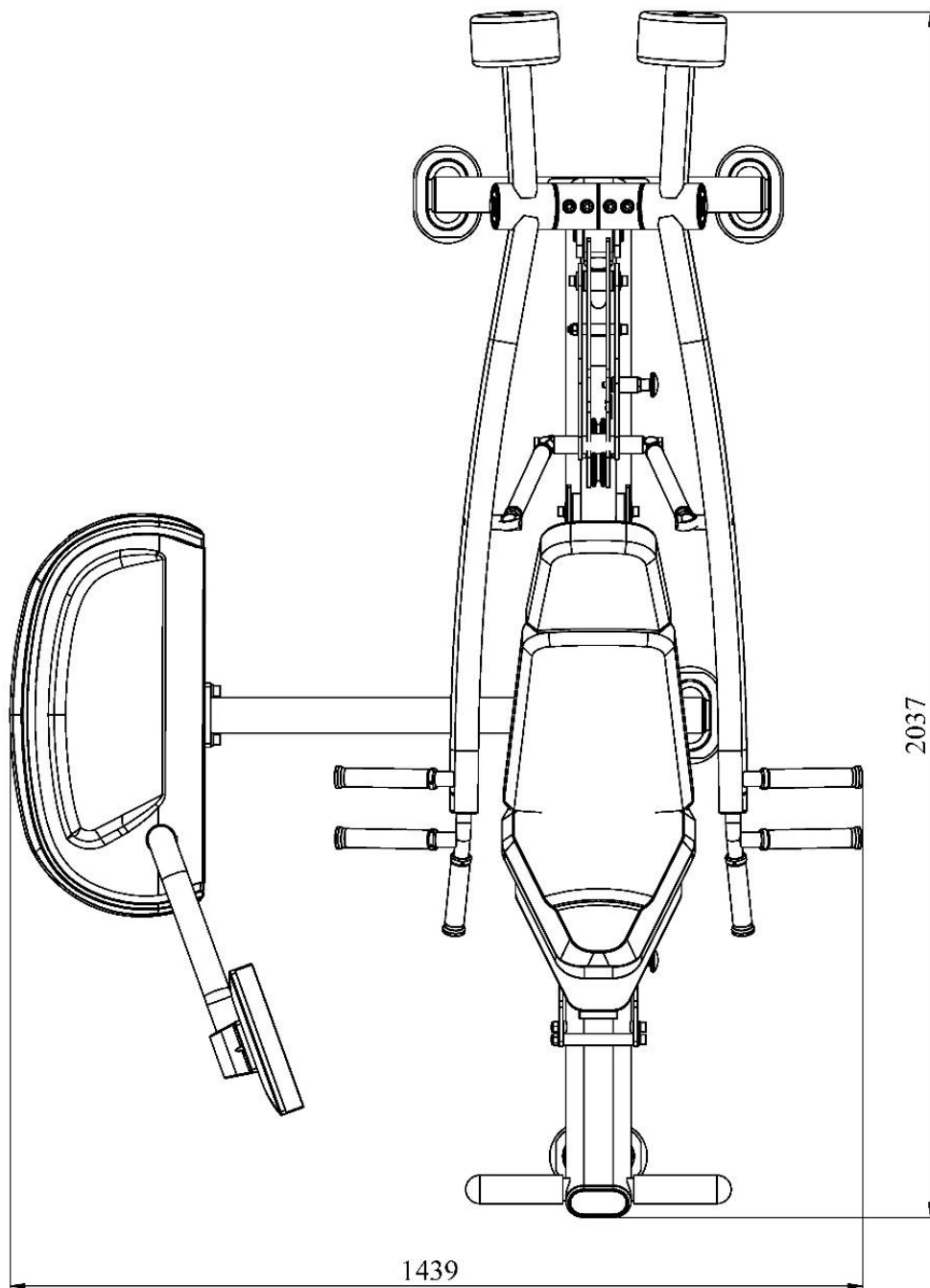
Safety Instructions

This chapter includes precautions and fitness safeguards for the installation and use of the Chest Press / Shoulder Press manufactured by SPIRIT FITNESS.. Manufacture Address: No. 1, Gong 1st Rd., Hemei Township, Changhua County 50843, Taiwan.

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

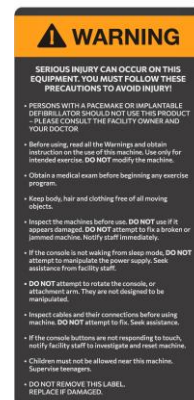


Name Plate Decal

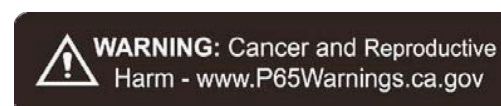
Company	Dyaco International Inc. 12F, No. 111, Songliang Road, Taipei 10486, Taiwan.
Product	Chest Press / Shoulder Pres
Trade Mark	SPIRIT
Model	CSI-CPSP
Load max.	160kg/360lb
Rating	110~220V
Standard	EN 60335-1, EN 55032, EN ISO20957-1
Classes	Studio
	 CSI CPSP2511001
Year of construction	2025
WARNING-Use the stationary training equipment in a supervised environment.	
   	
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 / 160kg.
- 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.
- This product is a class S device for indoor usage.

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.
- The cable is routed with pulley and please be aware finger catching during usage and maintenance.
- When exercise is completed, stop moving, release any pull pin and movement arm and carefully exit the machine
- Only use handles, rope, straps or bar attachments provided with the machine by Spirit Fitness

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	15kg / 33lb
Maximum Resistance	123kg / 271lb
Machine Weight	192kg / 423.3lb
Machine Dimensions	2042 x 1482 x 1632mm / 80" x 58" x 64"
Motor Maximum Load	120kg / 265lb

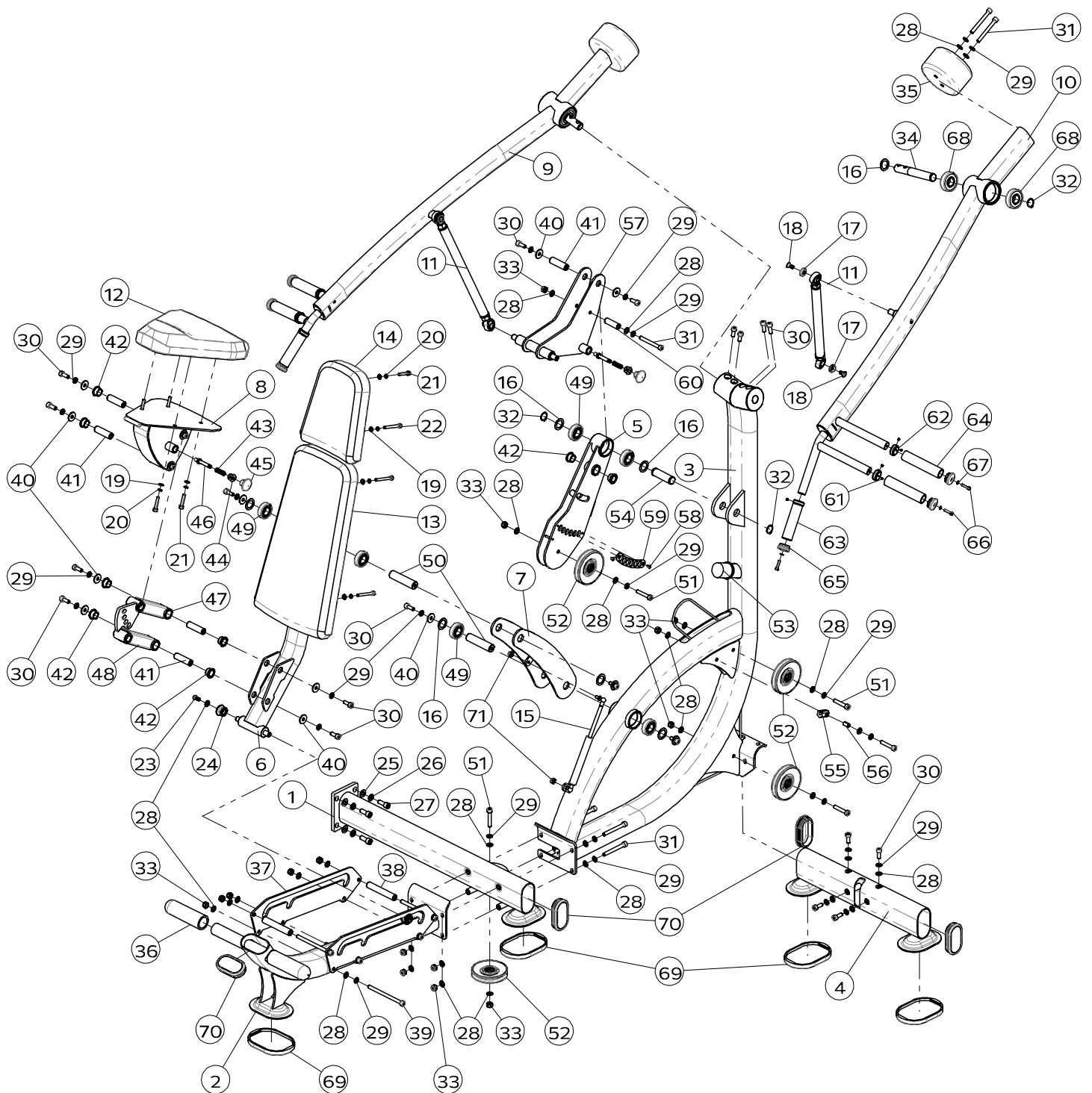
Parts List

NO.	DESCRIPTION	SPECS	Q'TY	Part No.
1	Control Box Mounting Tube Assembly		1	IS-2001-001
2	Front Base Tube Assembly		1	IS-2001-002
3	Main Frame Assembly		1	IS-2001-003
4	Ground Tube Assembly		1	IS-2001-004
5	Rotating Adjustment Frame Assembly		1	IS-2001-005
6	Cushion Frame Assembly		1	IS-2001-006
7	Support Frame Assembly		1	IS-2001-007
8	Seat Assembly		1	IS-2001-008
9	Right Arm Assembly		1	IS-2001-009
10	Left Arm Assembly		1	IS-2001-010
11	Rod Linkage Assembly		2	IS-2001-011
12	Seat Cushion	340x326	1	IS-2001-012
13	Backrest	600x320x55	1	IS-2001-013
14	Head Pillow	302x243x55	1	IS-2001-014
15	Gas Lift / Gas Spring		1	IS-2001-015
16	Flat Washer	D38xd26x1.5t	8	IS-2001-016
17	Conical Washer	D25xd8.5x8t	4	IS-2001-017
18	Flat Head Socket Screw	M8xP1.25x20L	4	IS-2001-018
19	Flat Washer	D15.8xd8.5x1.5t	8	IS-2001-019
20	Spring Washer	M8x2t	8	IS-2001-020
21	Socket Head Cap Screw	M8xP1.25x40L	5	IS-2001-021
22	Button Head Socket Screw	M8xP1.25x70L	3	IS-2001-022
23	Large Button Head Socket Screw	M8xP1.25x20L	2	IS-2001-023
24	Seat Pulley	D35xd15x20L	2	IS-2001-024
25	Flat Washer	D24xd13x2t	4	IS-2001-025
26	Spring Washer	M12x3t	4	IS-2001-026
27	Socket Head Cap Screw	M12xP1.75x30L	4	IS-2001-027
28	Flat Washer	D19.7xd10.6x2t	40	IS-2001-028
29	Spring Washer	M10x2.5t	37	IS-2001-029
30	Button Head Socket Screw	M10xP1.5x25L	22	IS-2001-030
31	Socket Head Cap Screw	M10xP1.5x90L	9	IS-2001-031
32	C-clip / Snap Ring	For D25 Axle	4	IS-2001-032
33	Nylon Lock Nut	M10xP1.5	15	IS-2001-033
34	Shaft	D25x172.5L	2	IS-2001-034
35	Weight Block	D150x85L	2	IS-2001-035
36	Foot Tube Pad	D48x164L	2	IS-2001-036
37	Seat Rail Mounting Plate	6t	2	IS-2001-037
38	Rail Positioning Sleeve	D20xd10.5x120L	2	IS-2001-038
39	Button Head Socket Screw	M10xP1.5x150L	5	IS-2001-039
40	Flat Washer	D30xd10x3t	14	IS-2001-040
41	Seat Fixing Axle	D20x68L	5	IS-2001-041
42	Bronze Bushing	D32x15L	10	IS-2001-042
43	Knob Spring	D12.5xCD1.2	2	IS-2001-043

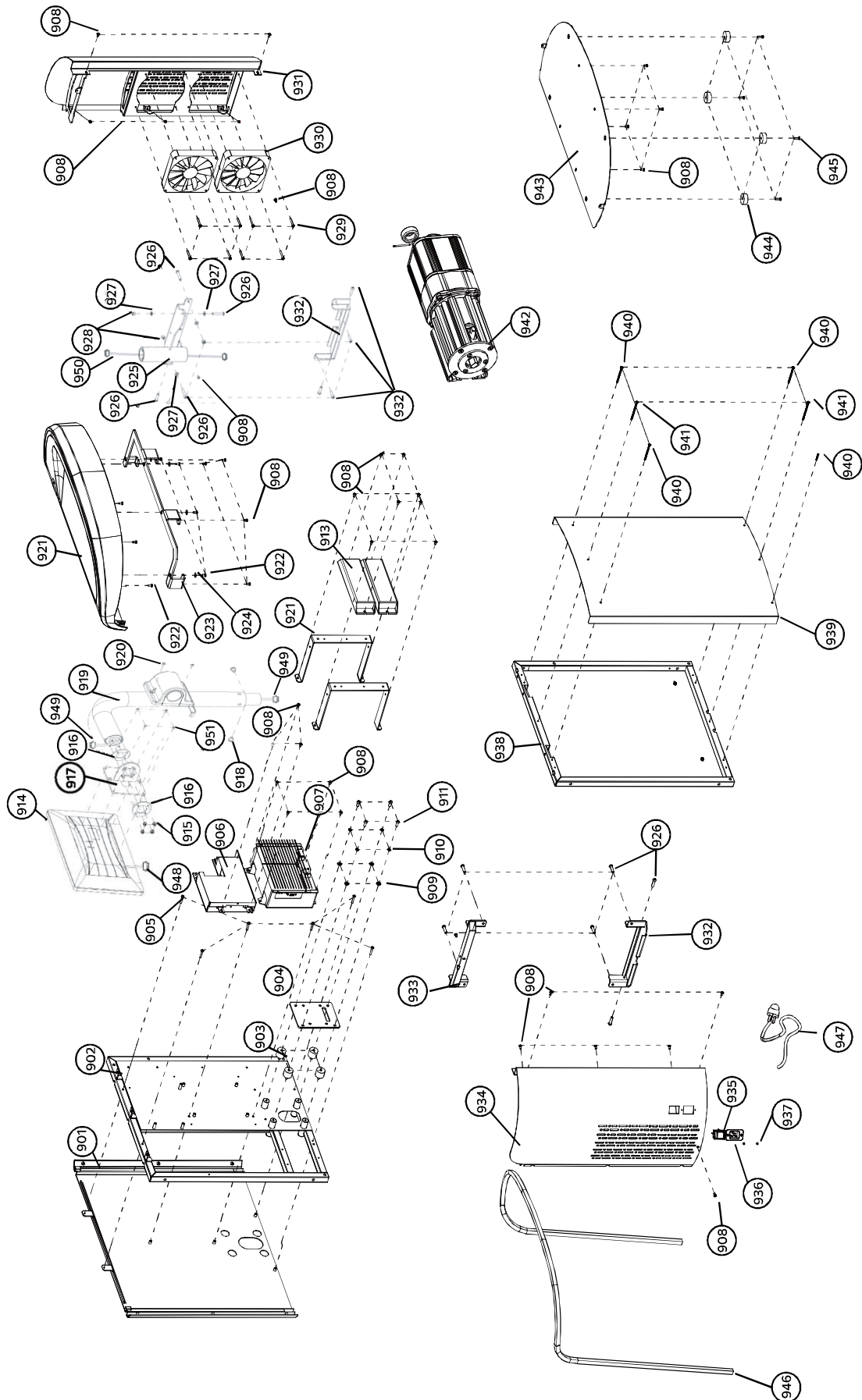
NO.	DESCRIPTION	SPECS	Q'TY	Part No.
44	Knob Nut	S22xd10x15.85L(3/4"-10)	2	IS-2001-044
45	Pull Knob	D40x3/8x29.5L(3/8"-16t)	2	IS-2001-045
46	Knob Shaft	D16xd10x71L	2	IS-2001-046
47	Seat Adjustment Frame Weldment		1	IS-2001-047
48	Buffer Linkage Weldment		1	IS-2001-048
49	Bearing	6205ZZ/D52xd25xL15	6	IS-2001-049
50	Backrest Fixing Axle	D25x105L	2	IS-2001-050
51	Button Head Socket Screw	M10xP1.5x55L	5	IS-2001-051
52	Pulley Assembly	D115x26	4	IS-2001-052
53	Rubber Foot Pad	D48x73L(M10)	1	IS-2001-053
54	Support Axle	D25x83L	1	IS-2001-054
55	Cable End Fixing Block	21x31L	1	IS-2001-055
56	Dry Bearing	D12x20L	1	IS-2001-056
57	Adjustment Frame Weldment		1	IS-2001-057
58	Flat Head Phillips Screw	M5xP0.8x10L	2	IS-2001-058
59	Rotating Frame Wear Plate	3t	1	IS-2001-059
60	Link Rod Adjustment Positioning Axle	D18xd10x56L	1	IS-2001-060
61	Set Screw	M5xP0.8x5L	12	IS-2001-061
62	Ring 3 / Collar 3	D35xd26x13L	6	IS-2001-062
63	Handle Grip B	D32x116L	2	IS-2001-063
64	Handle Grip A	D32x143L	4	IS-2001-064
65	Collar / Ring	D38xd6.4x18.65L	6	IS-2001-065
66	Socket Head Cap Screw	M6xP1.0x25L	6	IS-2001-066
67	Spring Washer	M6x1.5t	6	IS-2001-067
68	Bearing	6305ZZ/D62xd25x17L	4	IS-2001-068
69	Foot Pad Rubber Sleeve	164.5x114.5x14L	4	IS-2001-069
70	Tube Plug	110x60x3t	4	IS-2001-070
71	Nylon Lock Nut	M8xP1.25	2	IS-2001-071
72	Resistance Module		1	IS-2001-072
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
910	M6 Spring Washer		4	IS-RS-910
911	Hexagon Socket Botton Head Bolt	M6x15	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

NO.	DESCRIPTION	SPECS	Q'TY	Part No.
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



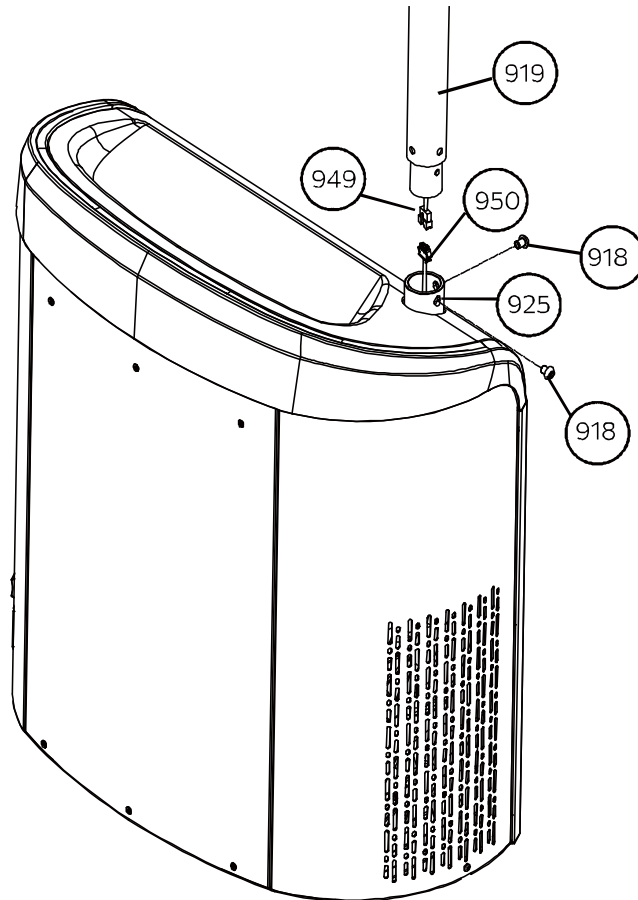
Assembly Instruction

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.



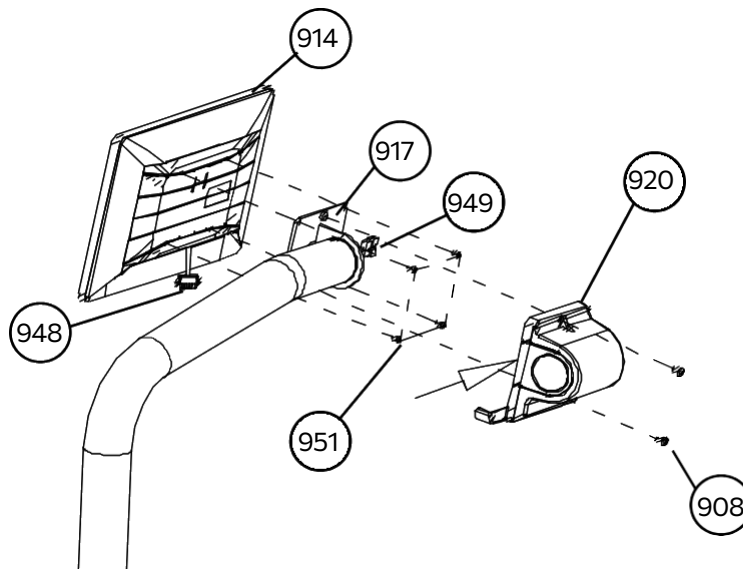
Assembly Instruction

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

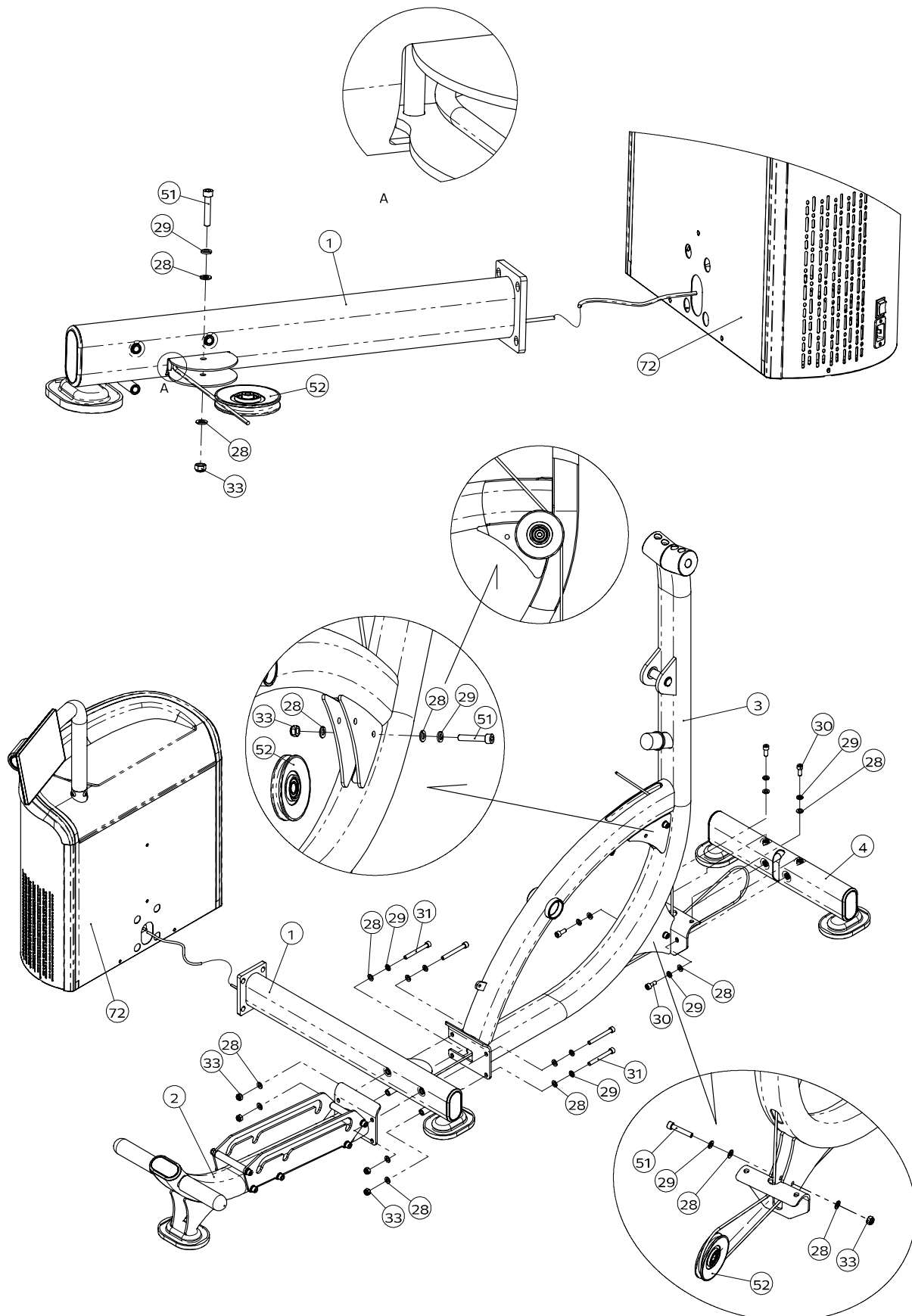
NO.	DESCRIPTION	SPECS	Q'TY
1	Control Box Mounting Tube Assembly		1
2	Front Base Tube Assembly		1
3	Main Frame Assembly		1
4	Ground Tube Assembly		1
5	Rotating Adjustment Frame Assembly		1
16	Flat Washer	D38xd26x1.5t	2
25	Flat Washer	D24xd13x2t	4
26	Spring Washer	M12x3t	4
27	Socket Head Cap Screw	M12xP1.75x30L	4
28	Flat Washer	D19.7xd10.6x2t	22
29	Spring Washer	M10x2.5t	13
30	Button Head Socket Screw	M10xP1.5x25L	4
31	Socket Head Cap Screw	M10xP1.5x90L	4
32	C-clip / Snap Ring	For D25 Axle	2
33	Nylon Lock Nut	M10xP1.5	9
51	Button Head Socket Screw	M10xP1.5x55L	5
52	Pulley Assembly	D115x25	4
54	Support Axle	D25x83L	1
55	Cable End Fixing Block	21x31L	1
56	Dry Bearing	D12x20L	1
72	Resistance Module		1

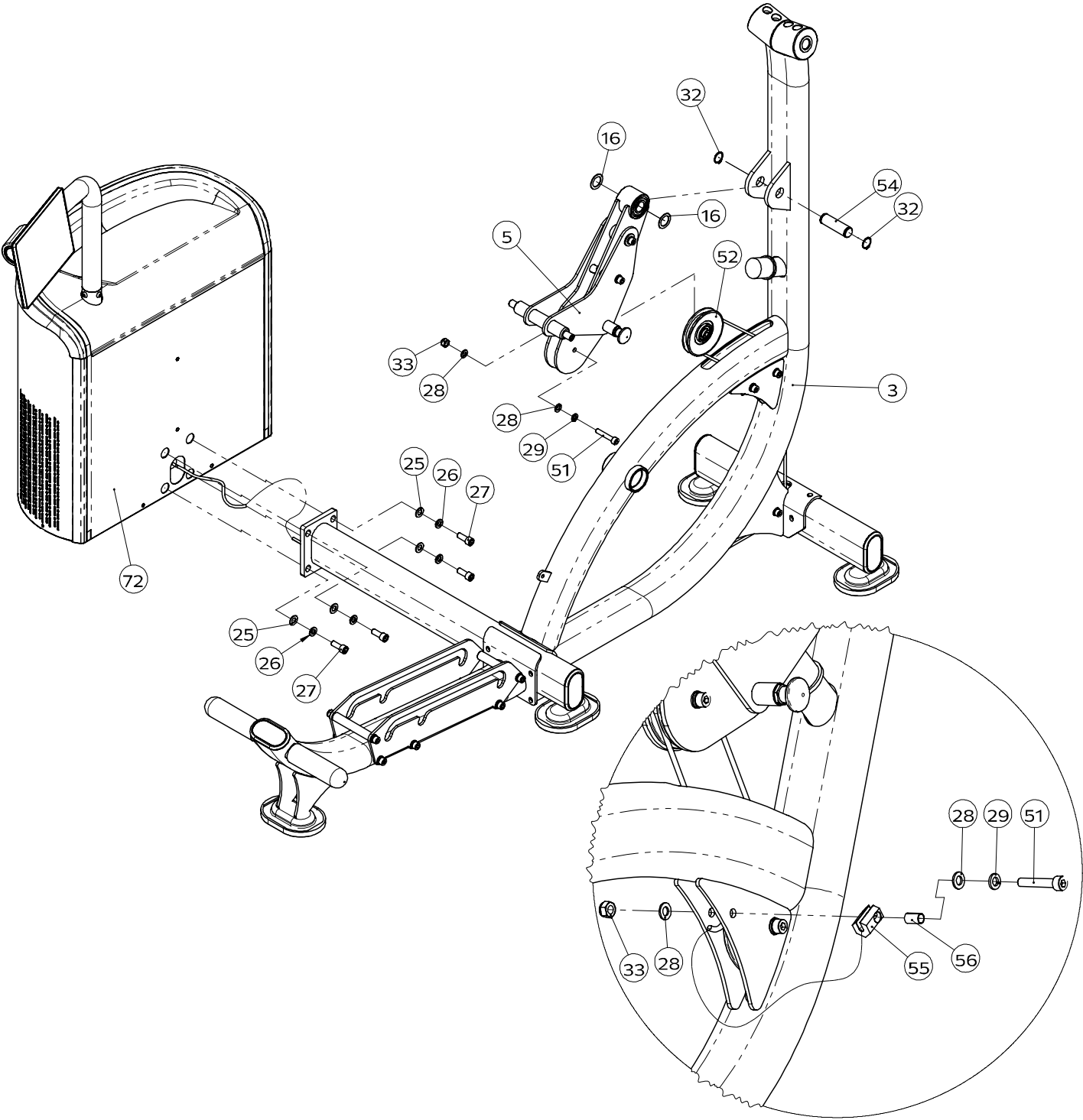
The items (16) (25) (26) (27) are in the screw pack. The rest bolts, washers, pulley are pre-installed on the machine. Please remove the pre-installed parts and restore them during assembly.

The item (55), please Install the part with the slot facing upward.

Assembly Instruction

STEP 3

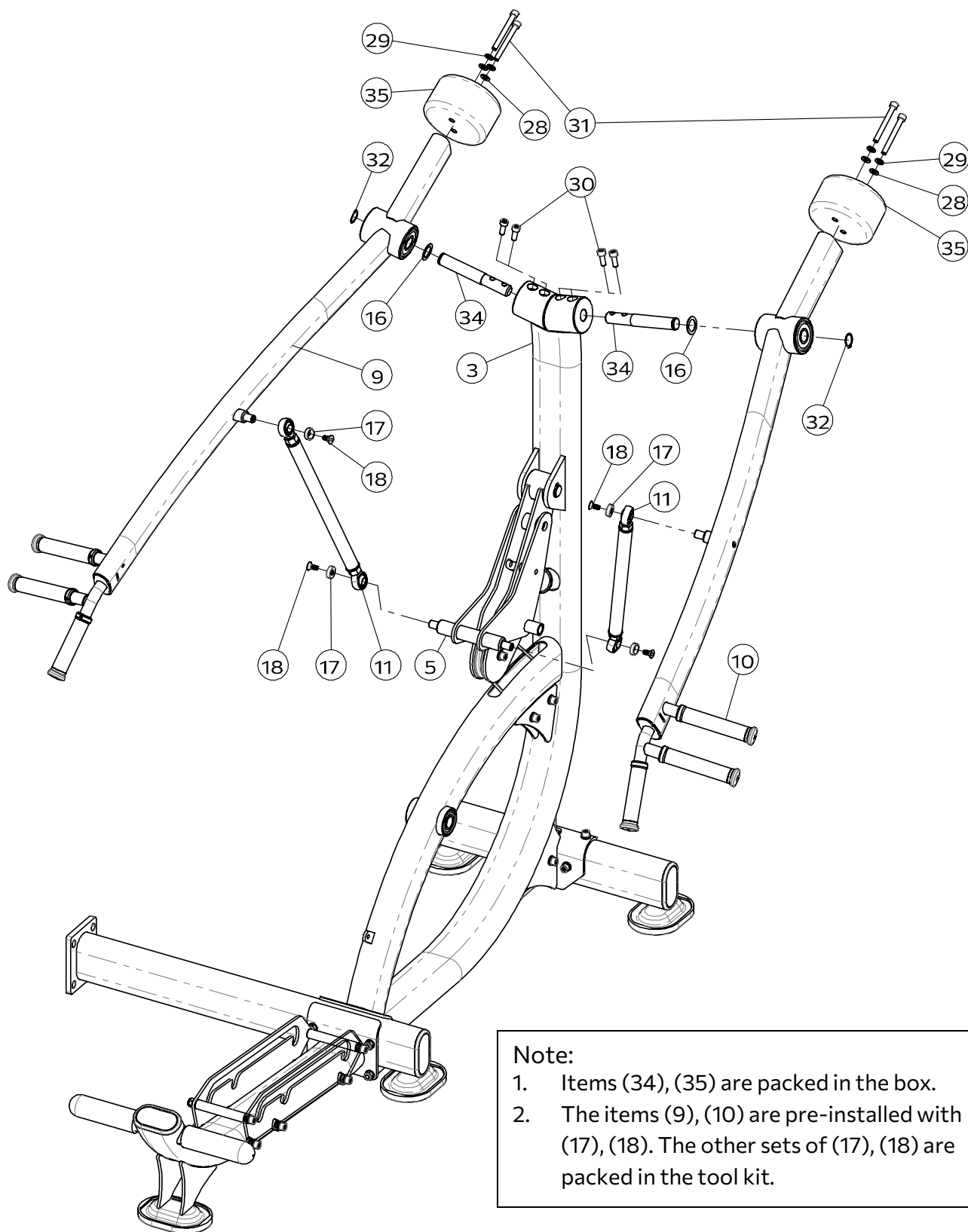




Assembly Instruction

STEP 4

NO.	DESCRIPTION	SPECS	Q'TY
3	Main Frame Assembly		1
5	Rotary Adjustment Frame Assembly		1
9	Right Arm Frame Assembly		1
10	Left Arm Frame Assembly		1
11	Rod Linkage Assembly		2
16	Flat Washer	D38xd26x1.5t	2
17	Conical Washer	D25xd8.5x8t	4
18	Flat Head Socket Screw	M8xP1.25x20L	4
28	Flat Washer	D19.7xd10.6x2t	4
29	Spring Washer	M10x2.5t	4
30	Button Head Socket Screw	M10xP1.5x25L	4
31	Socket Head Cap Screw	M10xP1.5x90L	4
32	C-Type Snap Ring	For D25 Axle	2
34	Shaft	D25x172.5L	2
35	Counterweight	D150x85L	2



Assembly Instruction

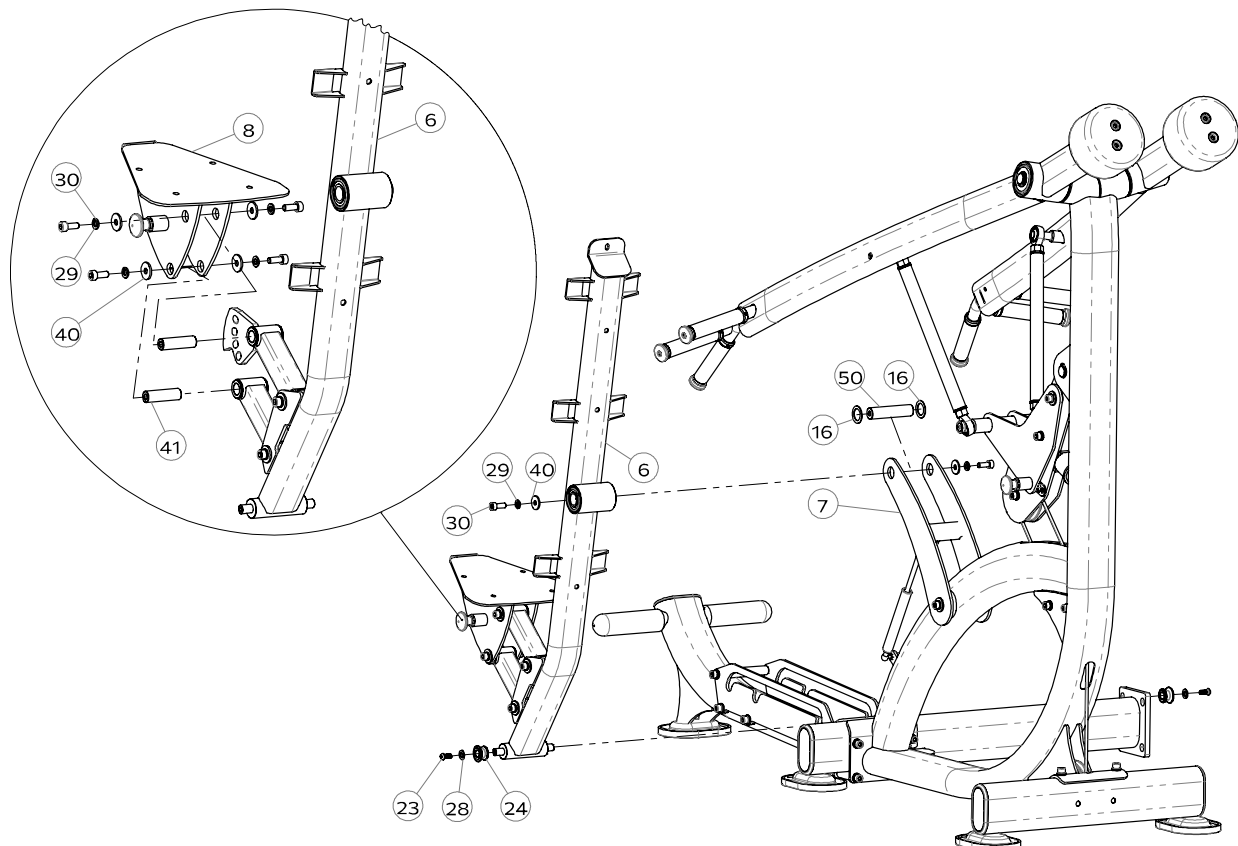
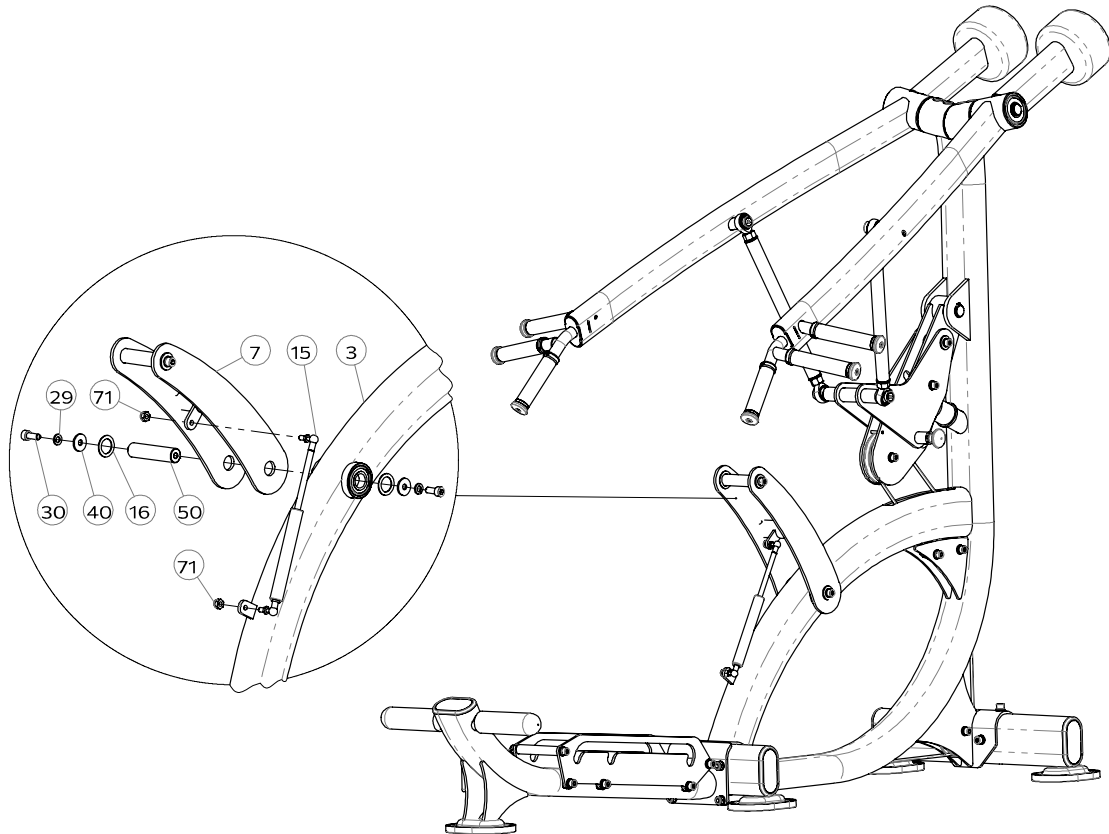
STEP 5

NO.	DESCRIPTION	SPECS	Q'TY
2	Front Base Tube Assembly		1
3	Main Frame Assembly		1
6	Cushion Frame Assembly		1
7	Support Frame Assembly		1
8	Seat Assembly		1
15	Gas Lift / Gas Spring		1
16	Flat Washer	D38xd26x1.5t	4
23	Large Button Head Socket Screw	M8xP1.25x20L	2
24	Seat Pulley	D35xd15x20L	2
28	Flat Washer	D19.7xd10.6x2t	2
29	Spring Washer	M10x2.5t	8
30	Button Head Socket Screw	M10xP1.5x25L	8
40	Flat Washer	D30xd10x3t	8
41	Seat Axle		2
50	Backrest Fixing Axle	D25x105L	2
71	Nylon Lock Nut	M8xP1.25	2

The items (23) (24) (28) (71) are in the screw pack. The rest bolts, washers, pulley are pre-installed on the machine. Please remove the pre-installed parts and restore them during assembly.

Assembly Instruction

STEP 5

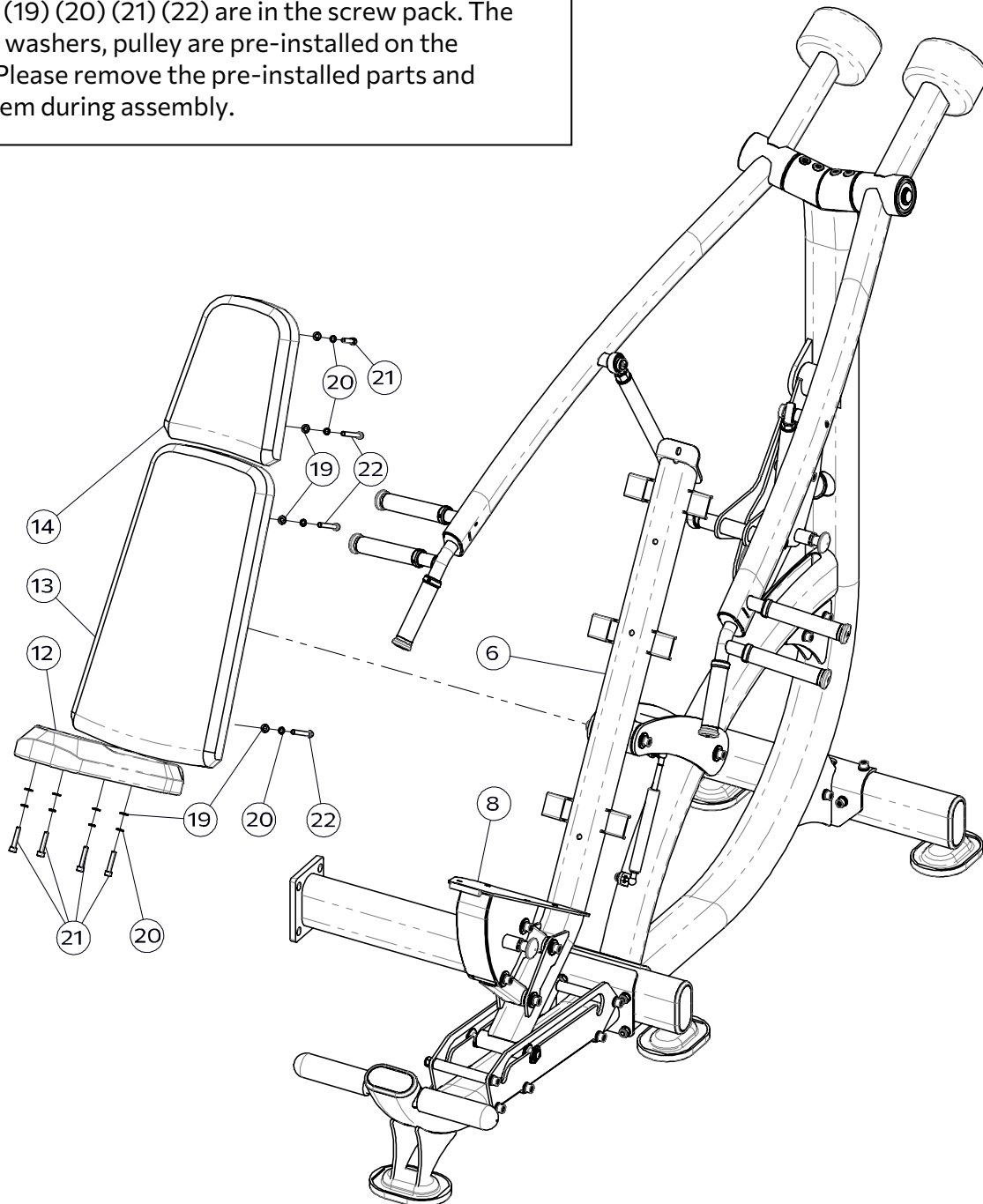


Assembly Instruction

STEP 6

NO.	DESCRIPTION	SPECS	Q'TY
6	Cushion Frame Assembly		1
8	Seat Assembly		1
12	Seat Cushion	341x326x65	1
13	Backrest pad	600x320x55	1
14	Headrest pad	302x243x55	1
19	Flat Washer	D15.8xd8.5x1.5t	8
20	Spring Washer	M8x2t	8
21	Button Head Socket Screw	M8xP1.25x40L	5
22	Button Head Socket Screw	M8xP1.25x70L	3

The items (19) (20) (21) (22) are in the screw pack. The rest bolts, washers, pulley are pre-installed on the machine. Please remove the pre-installed parts and restore them during assembly.



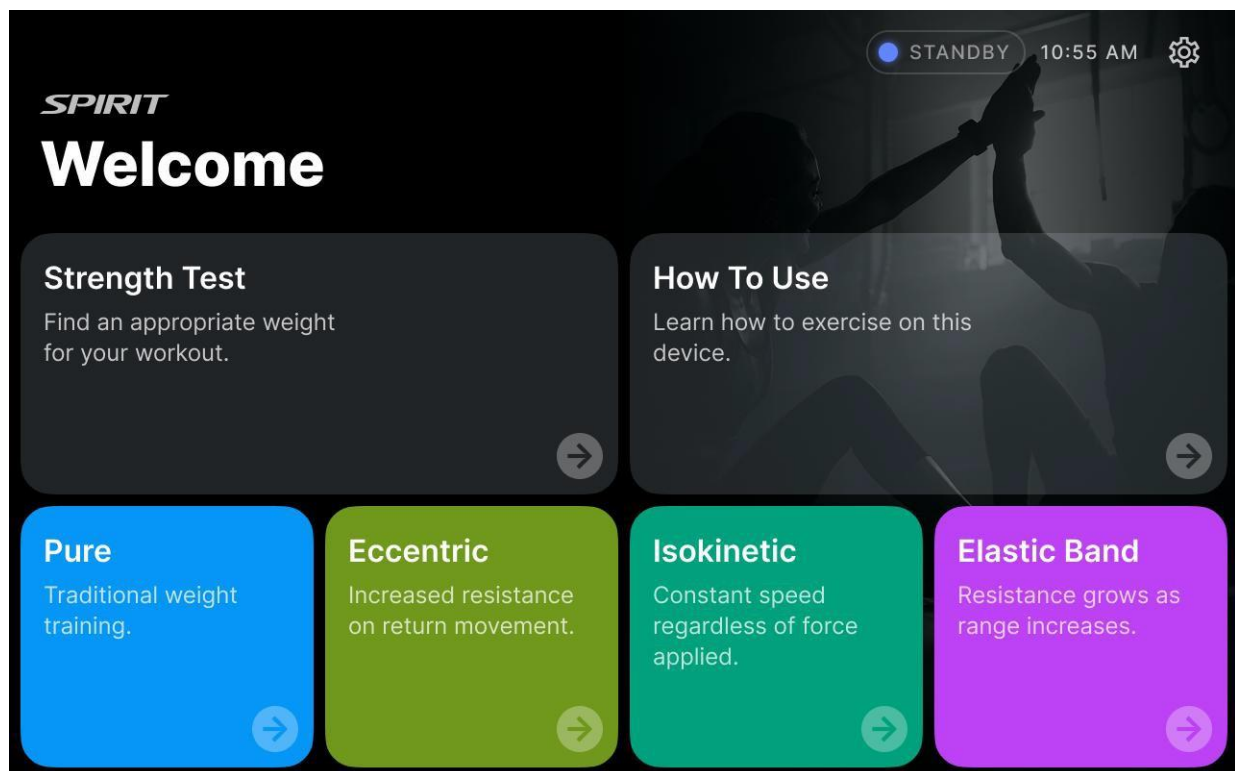
i-Strength Instructions

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.

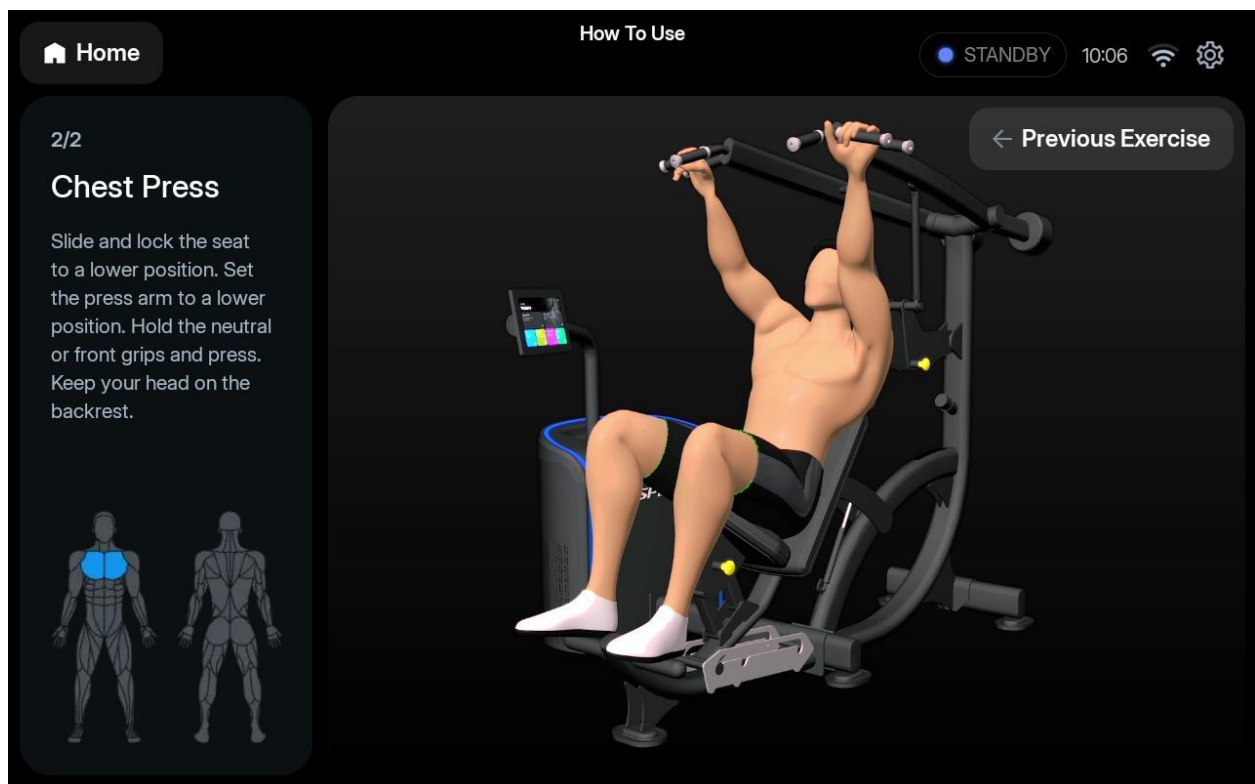
Green– Starting workout with resistance 30% of maximum

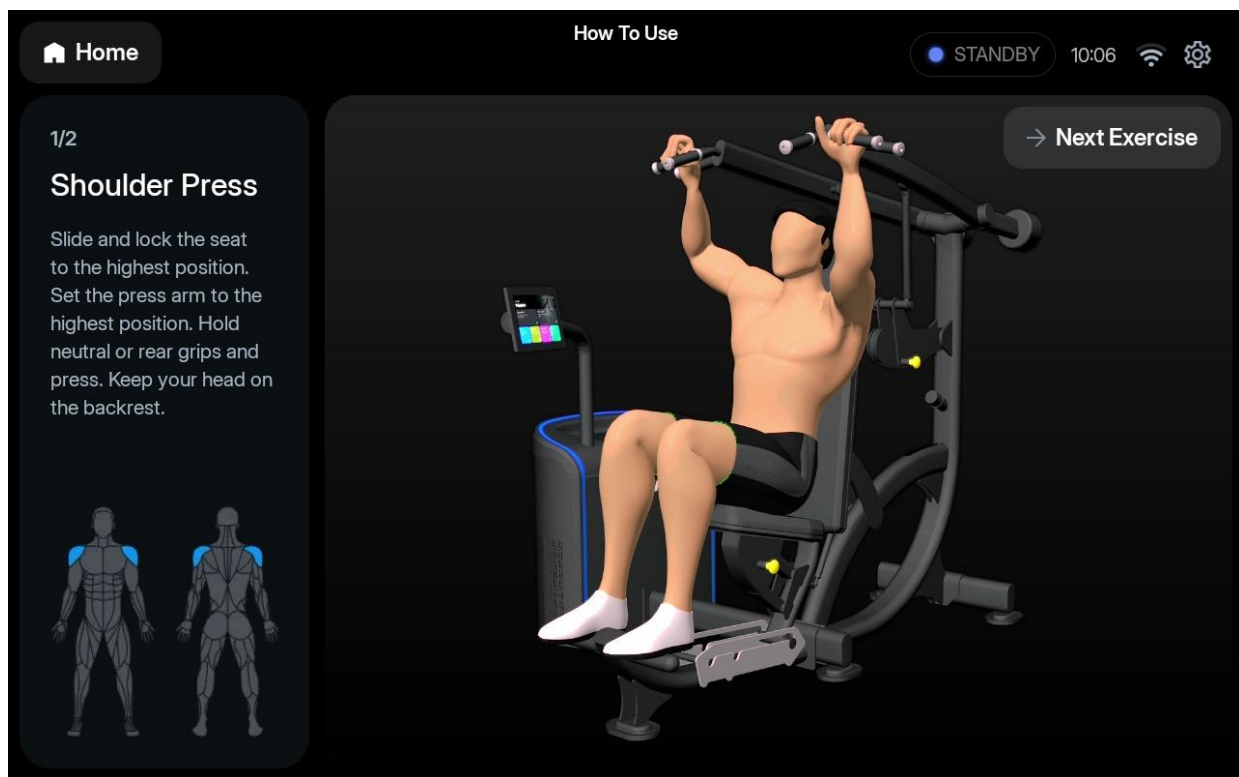
Yellow – Starting workout with resistance 31% to 70% of maximum

Orange – Starting workout with resistance 71% of maximum

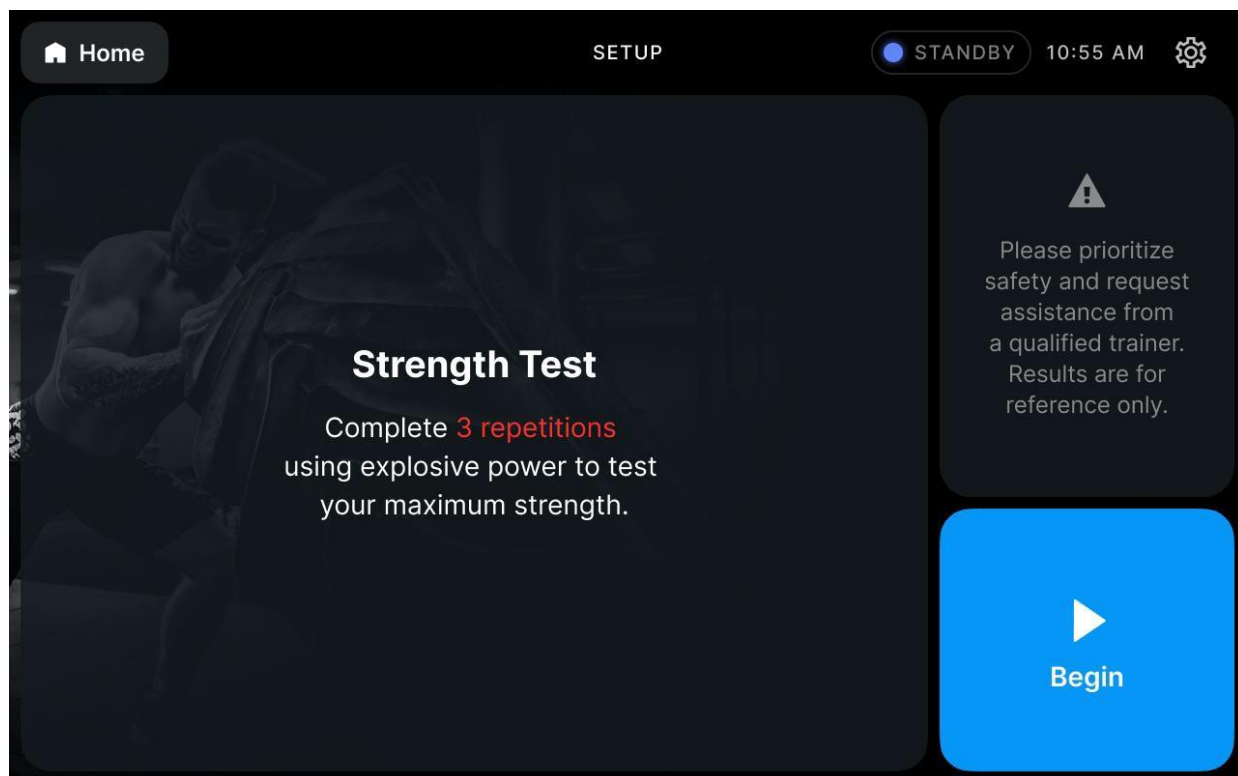
Red – Machine Error

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 buy 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**.



Home

STRENGTH TEST

INTENSE

10:55 AM

#01

118 lb

#02

120 lb

BEST

#03

115 lb

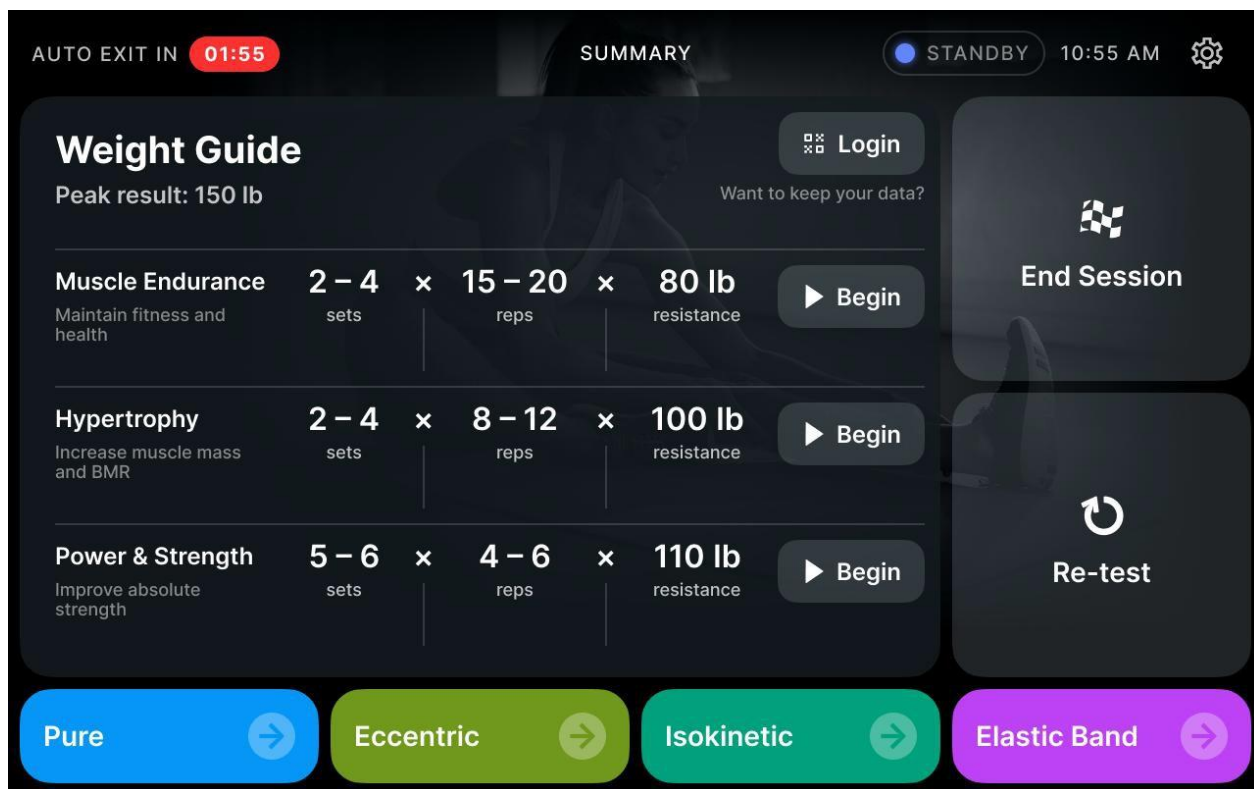
Average lb

100

Complete 3 repetitions using explosive power to test your maximum strength.

End Test

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.

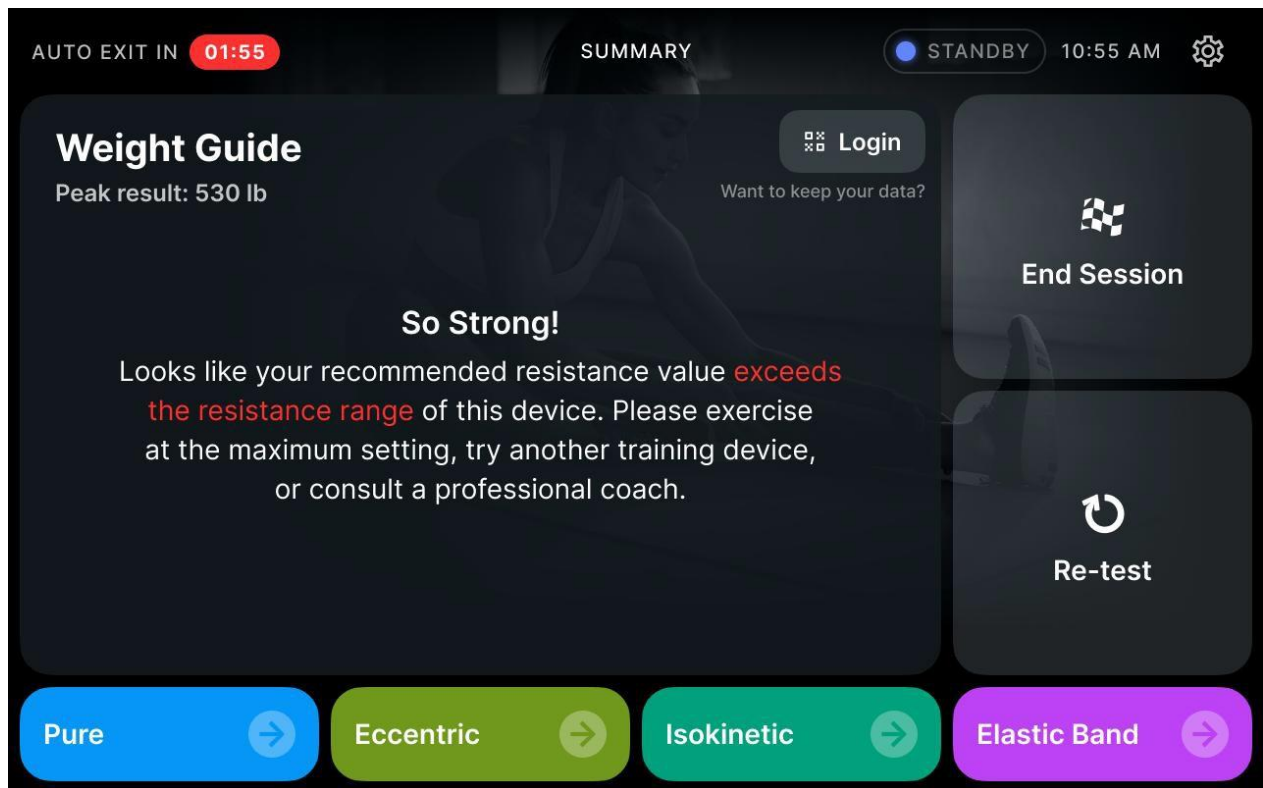
Muscular Strength is the maximum force a muscle can produce in a single movement, while muscular power is the ability to exert that force quickly.

Select the desired workout to begin.

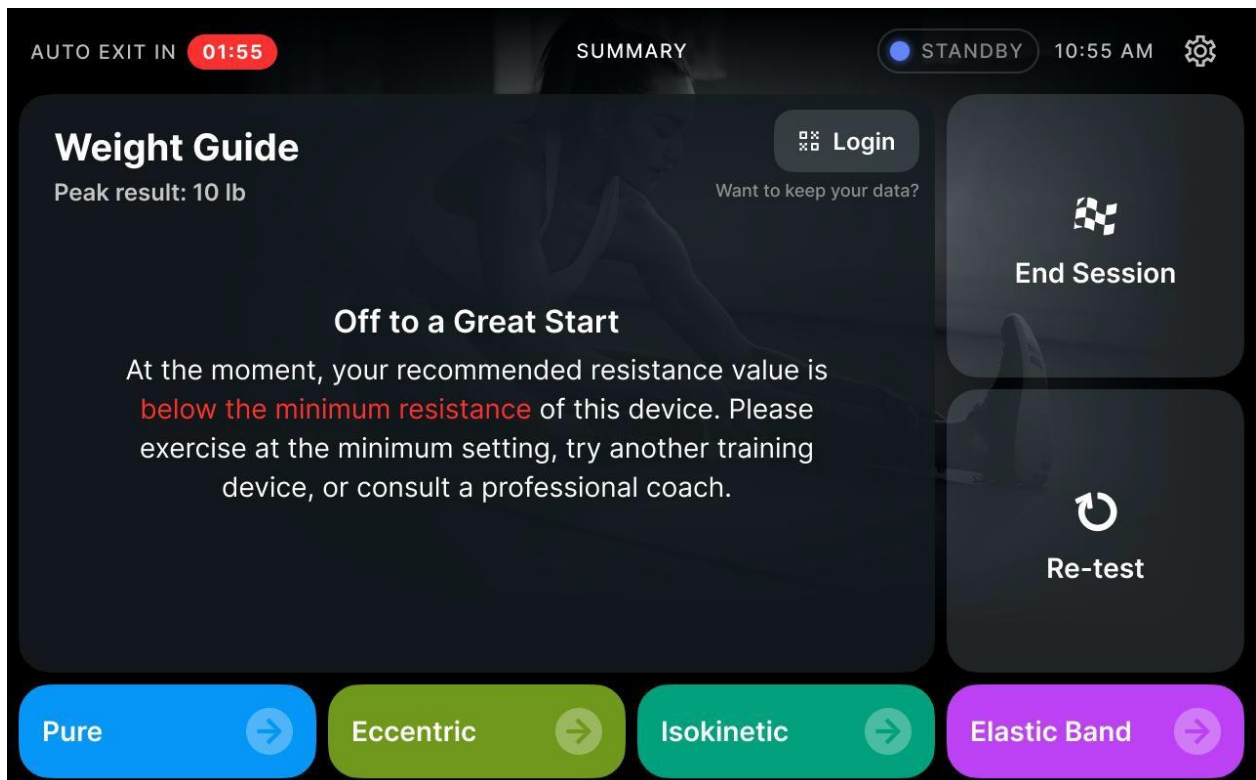
To perform test again, select **Re-Test**

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.

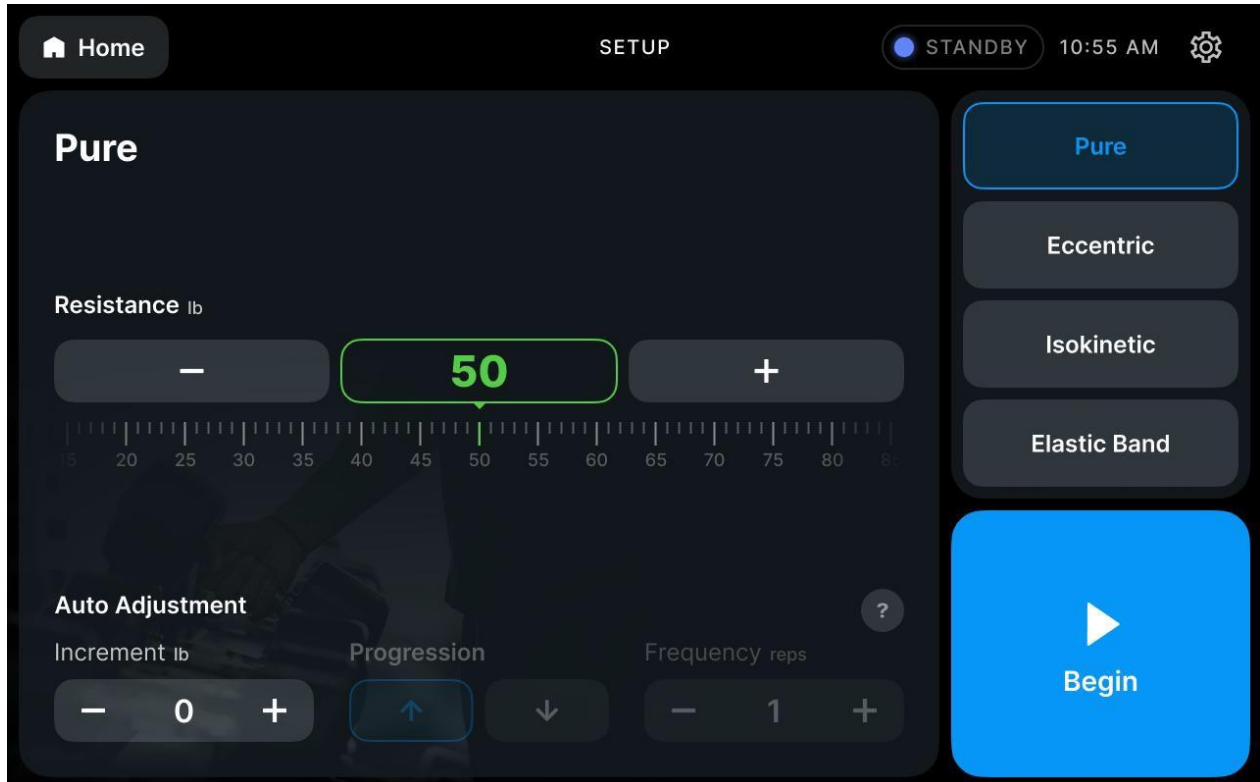


Training Modes

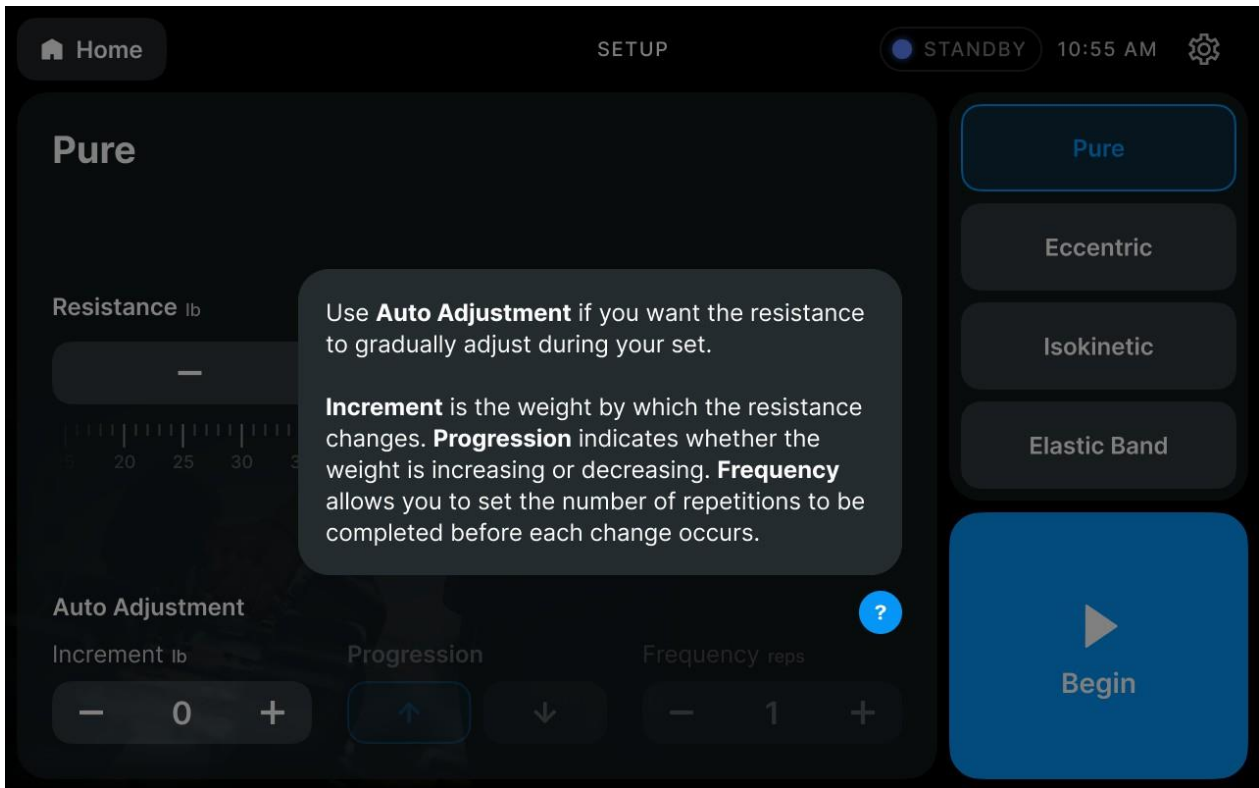
The i-Strength system allows users to train in 4 distinct modalities: PURE and ECCENTRIC Strength training, As well as ISOKINETIC and ELASTIC Strength training. Through our intuitive console interface members can sit in a machine and get started as fast as they would using a traditional weight stack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

PURE

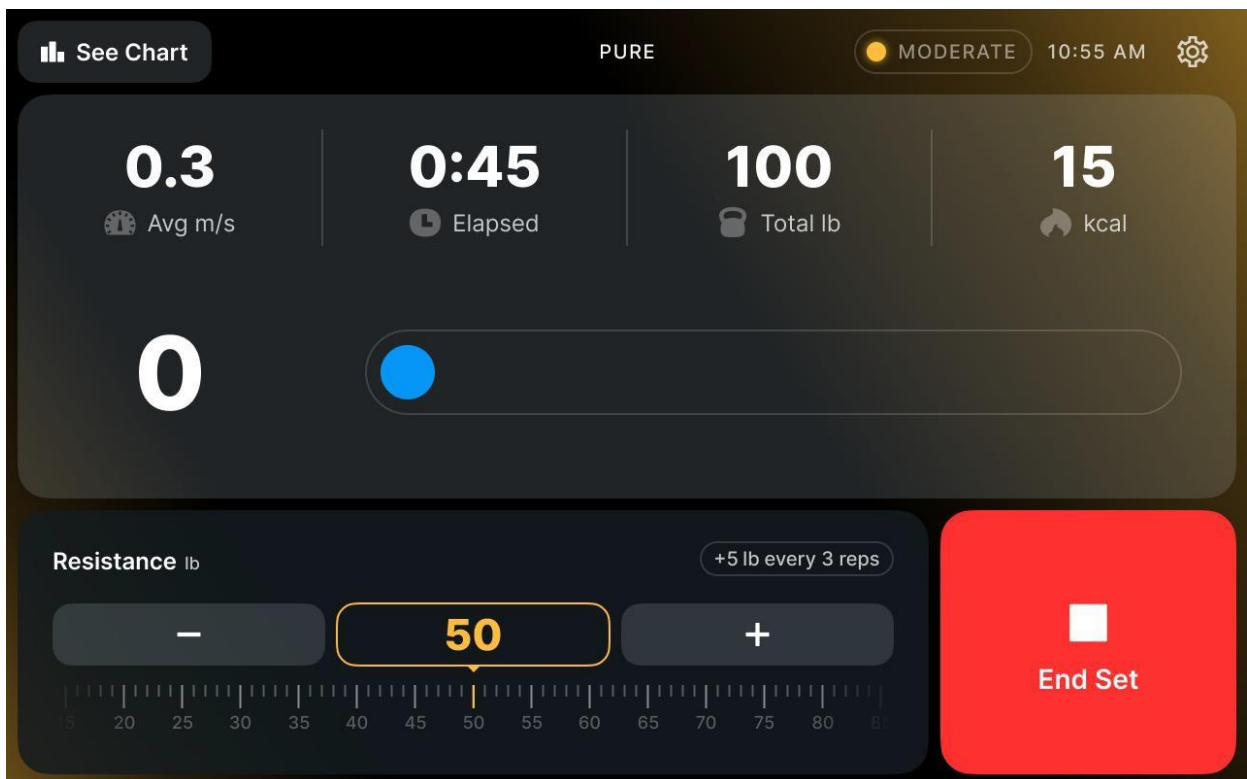
PURE strength training is the type of exercise you've been doing in the gym from the start. It controls concentric and eccentric muscular actions. This training mode doesn't even need a lot of setup in the console. You can sit down, and press start. Use your finger to adjust the resistance on the slide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

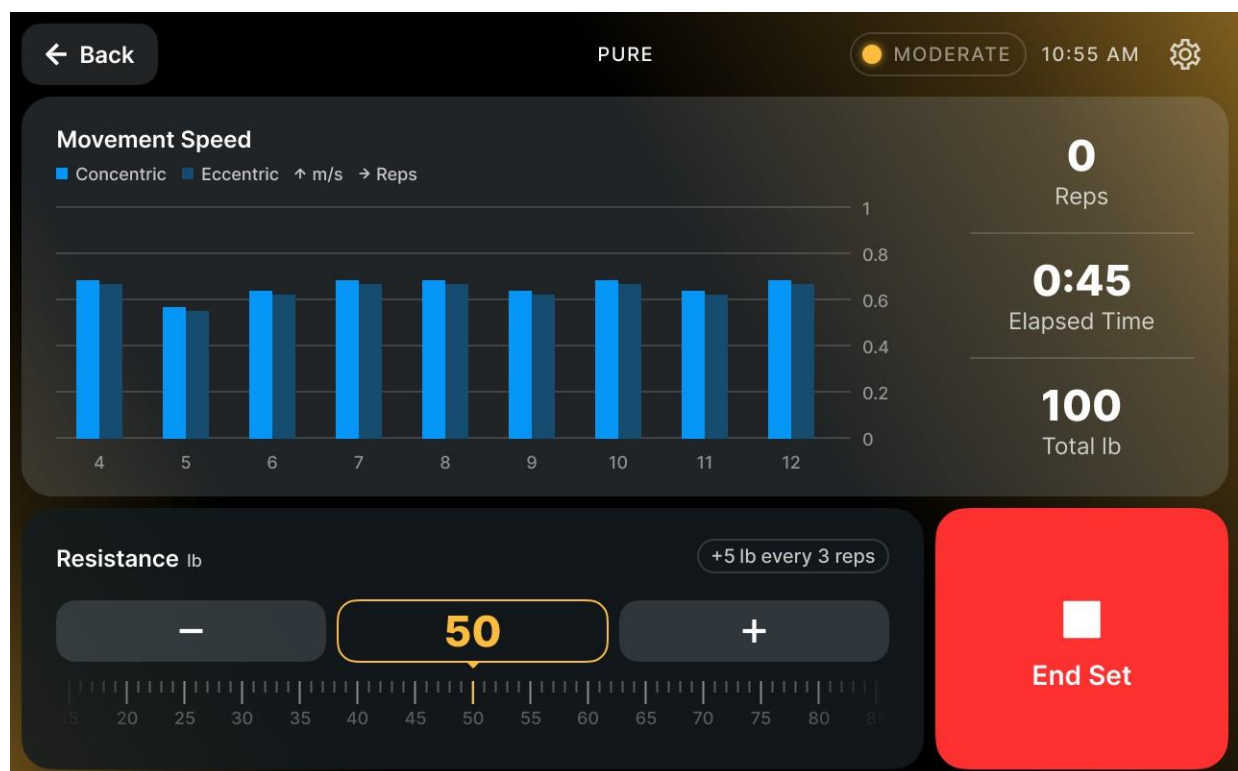
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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.

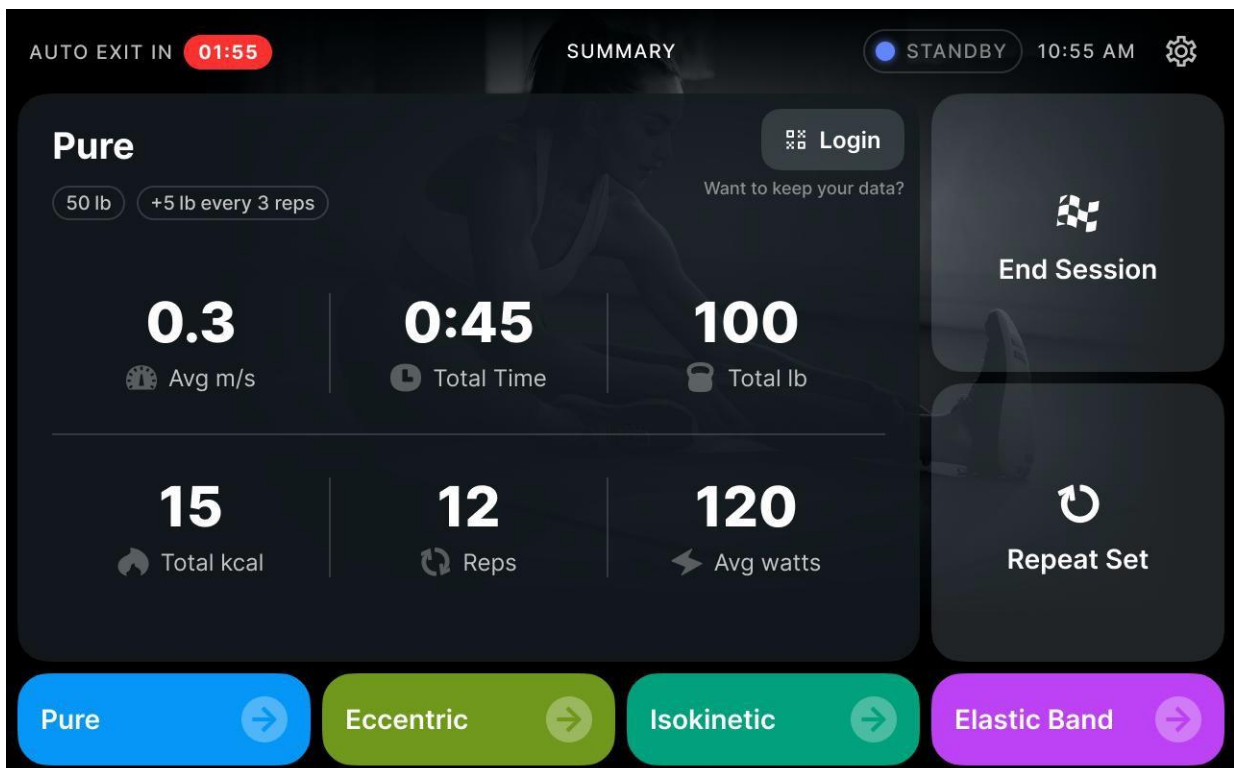
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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

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

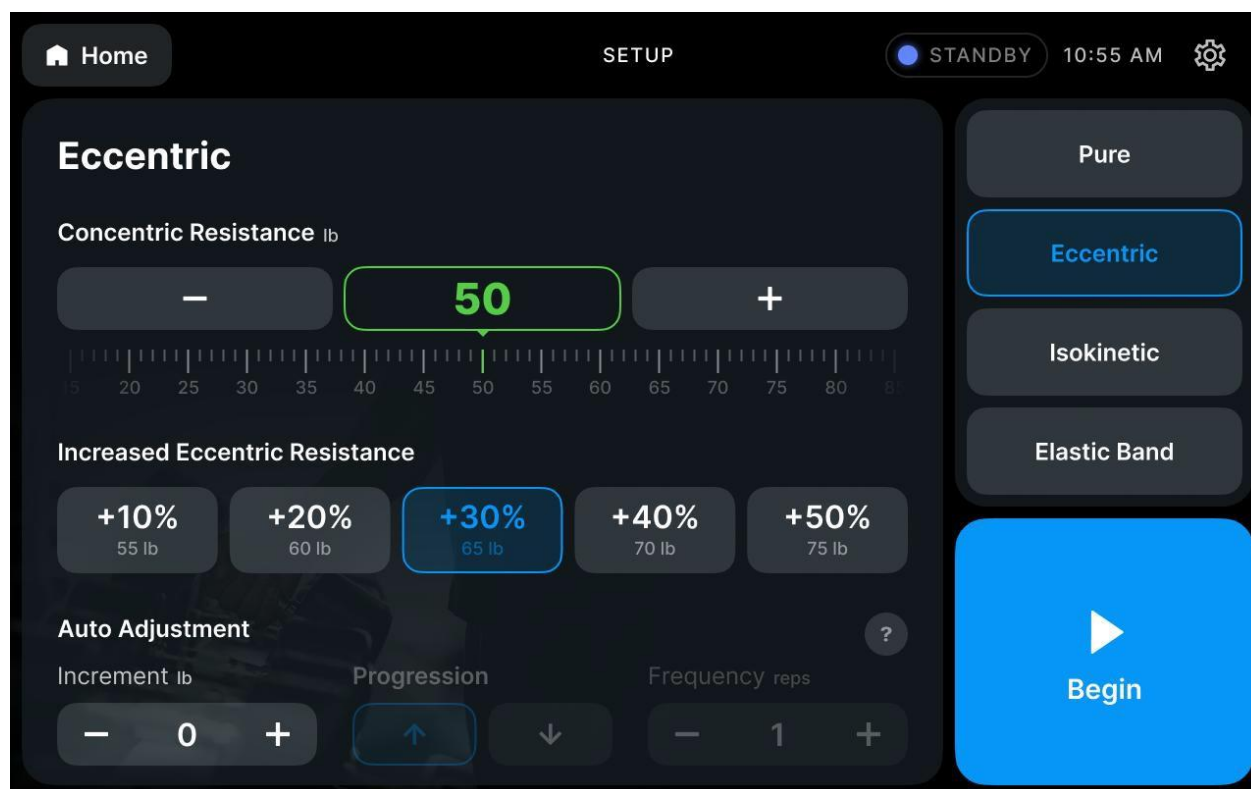
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

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!

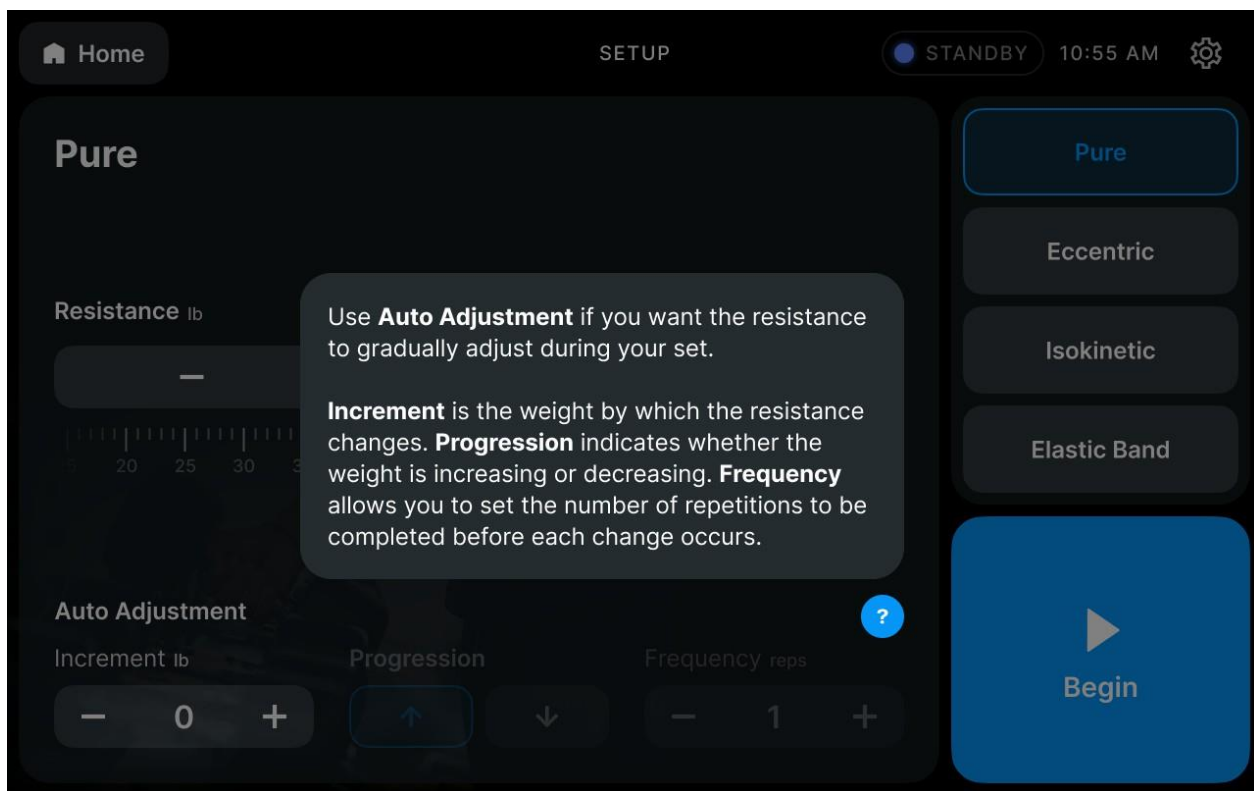


From the **Setup Screen**, adjust for the desired **Concentric Resistance**, by either pressing on the **+** or **-** buttons, or using a finger to slide left or right to the desired resistance.

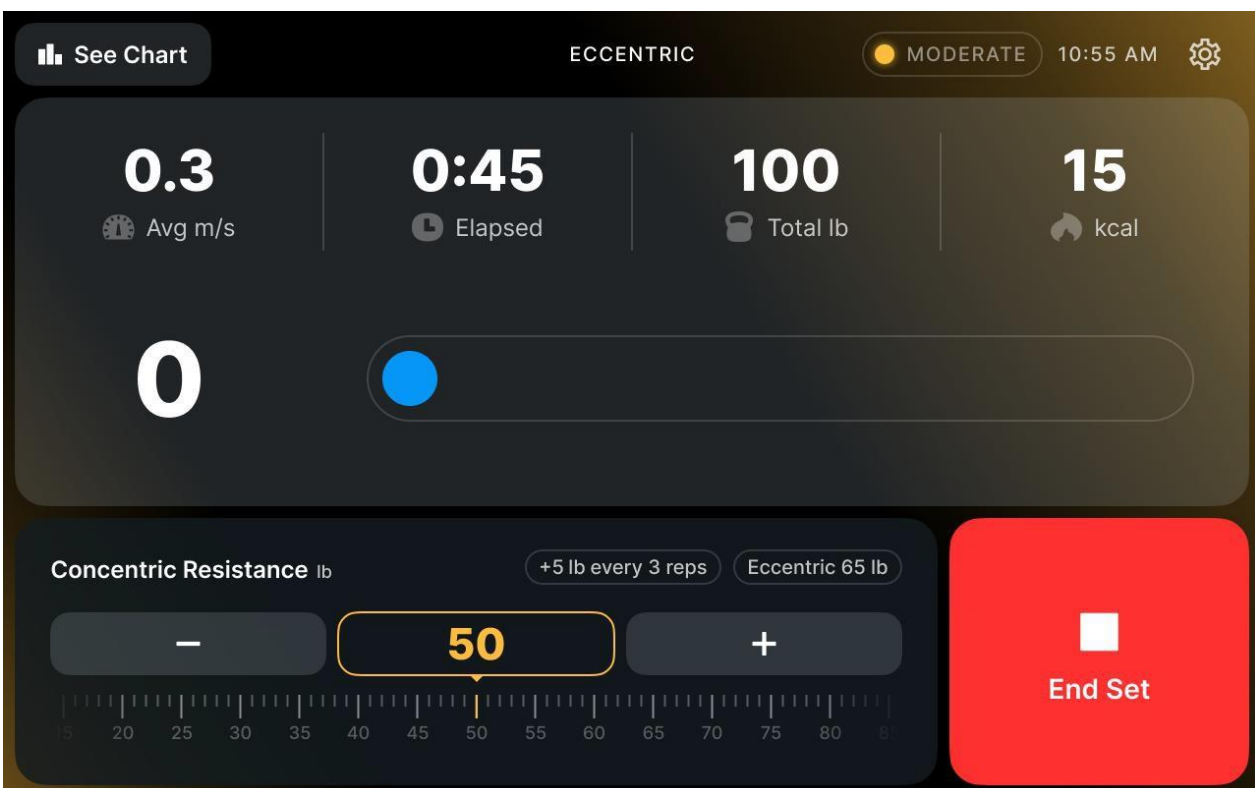
Next, select the desired amount of **Increased Eccentric Resistance**. This increased resistance can be adjusted from +10% to +50%.

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.

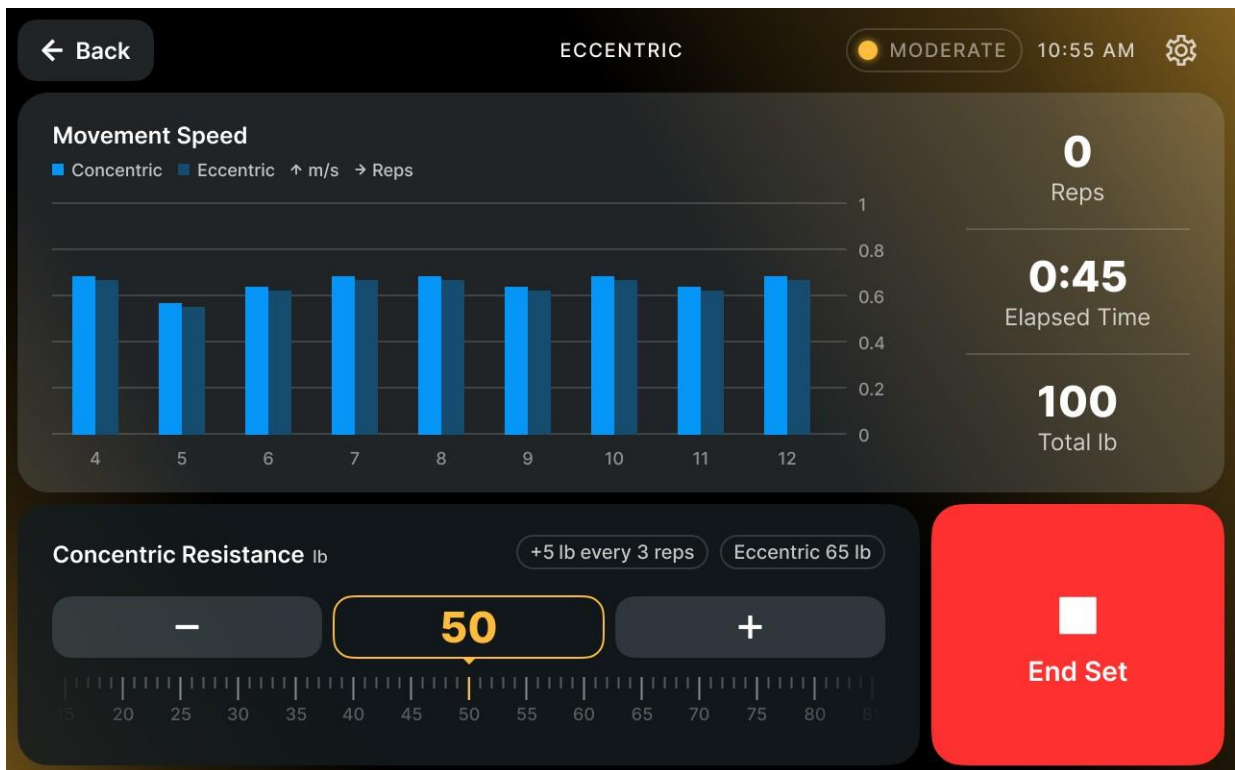
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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.

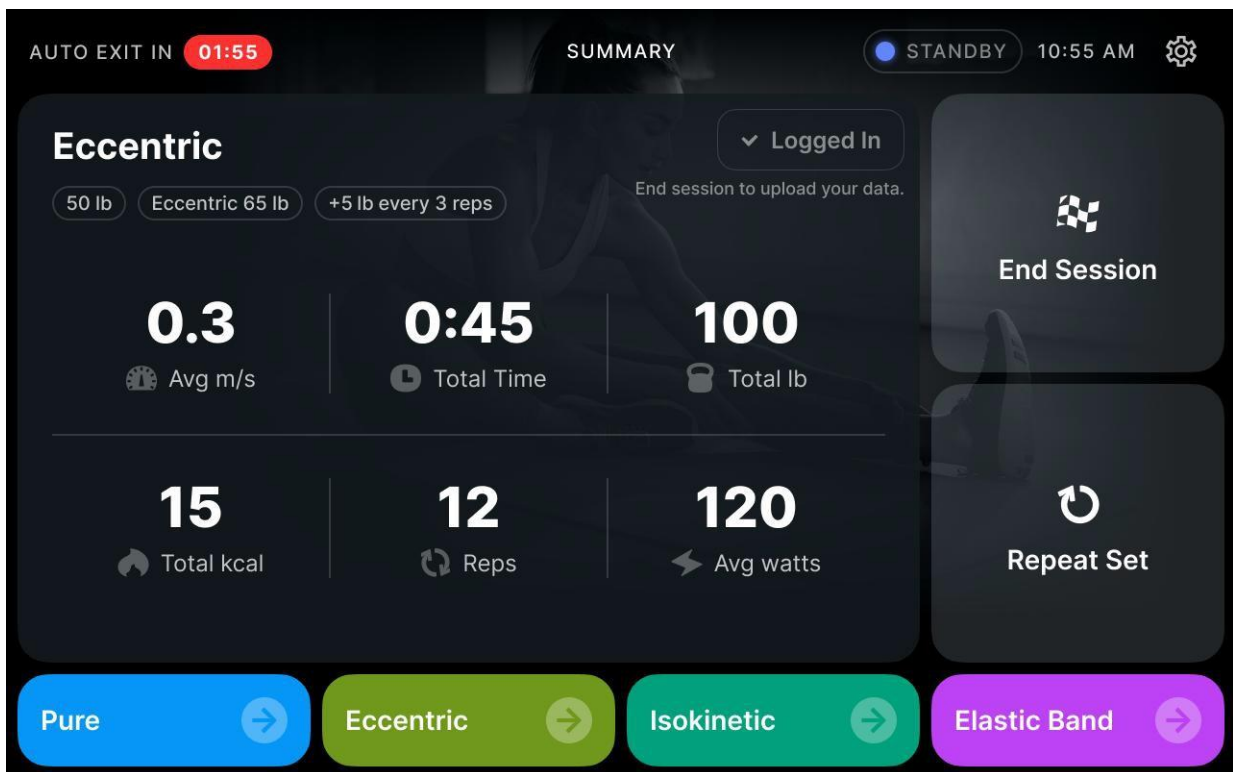
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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

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

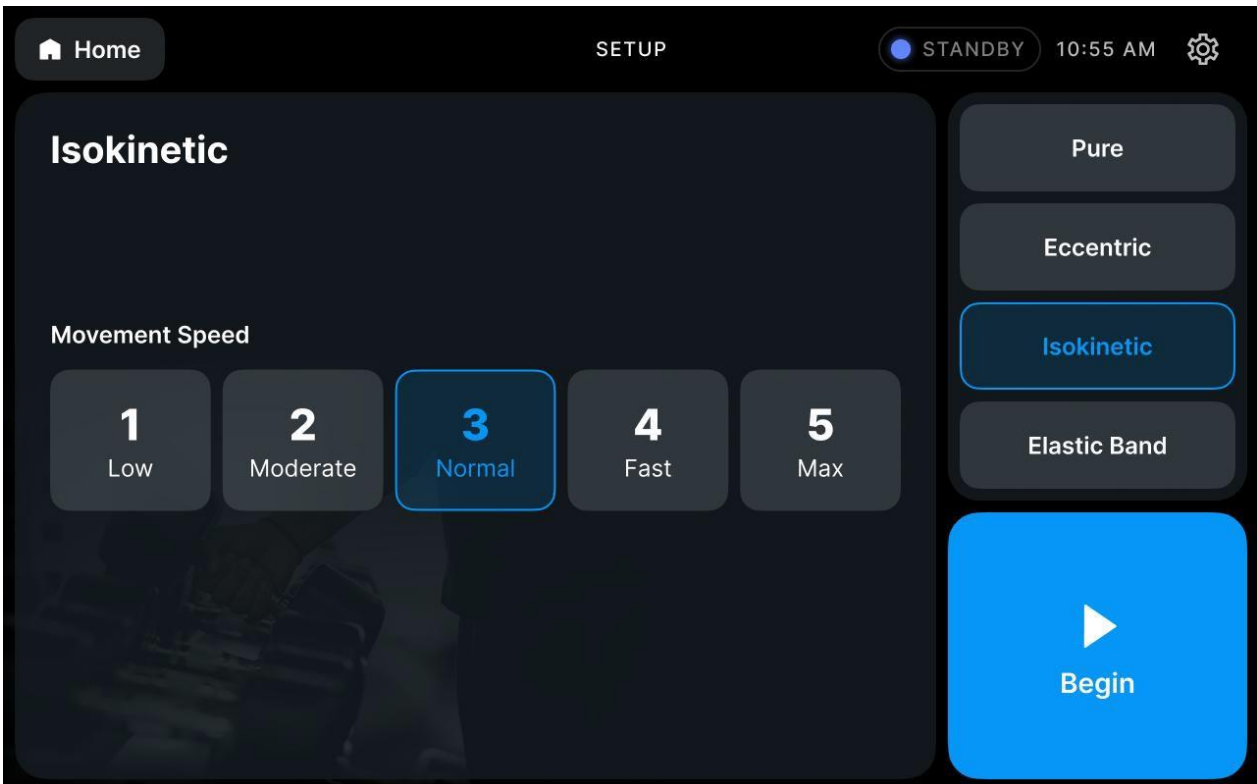
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

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



ISOKINETIC

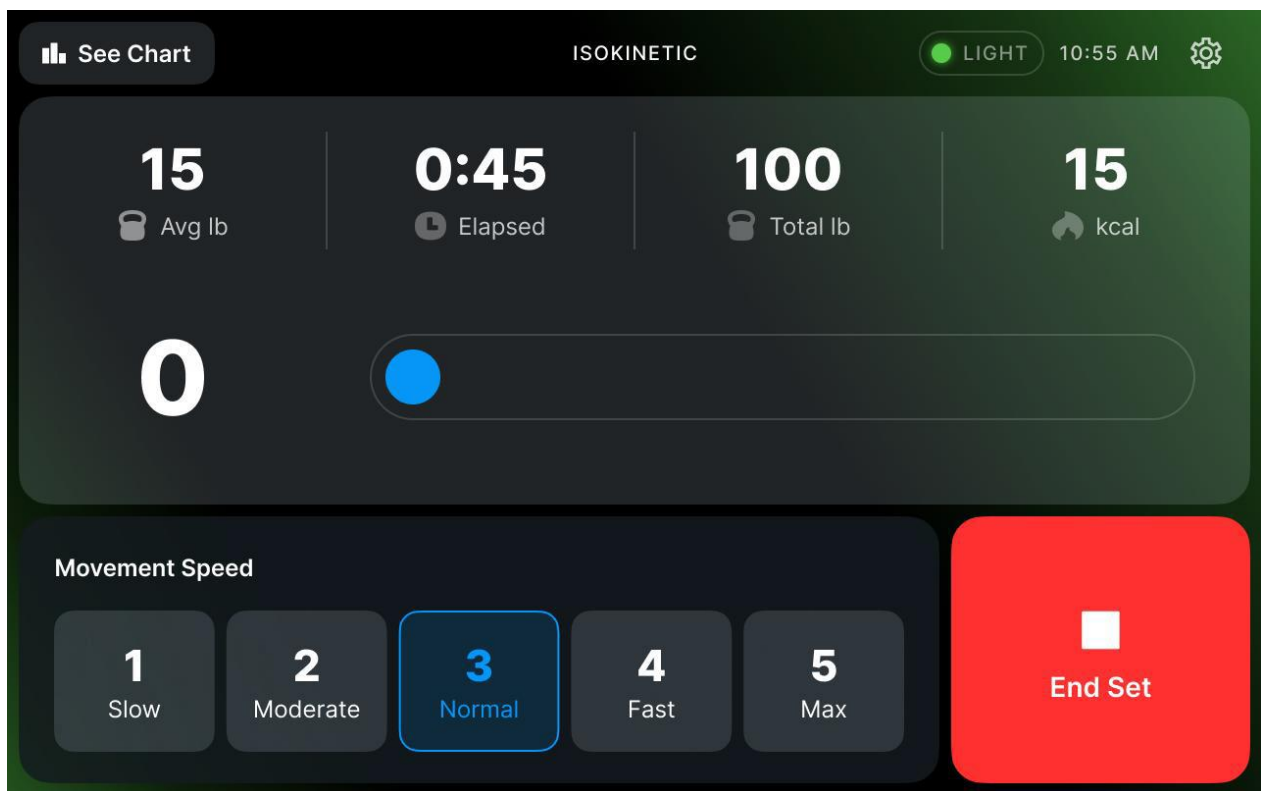
ISOKINETIC resistance training is all about speed of movement. Using a fixed amount of resistance you then train in the machine by increasing the speed of your movement. Traditionally used for rehabilitation, it is ideal for training a joint through a full range of movement



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.

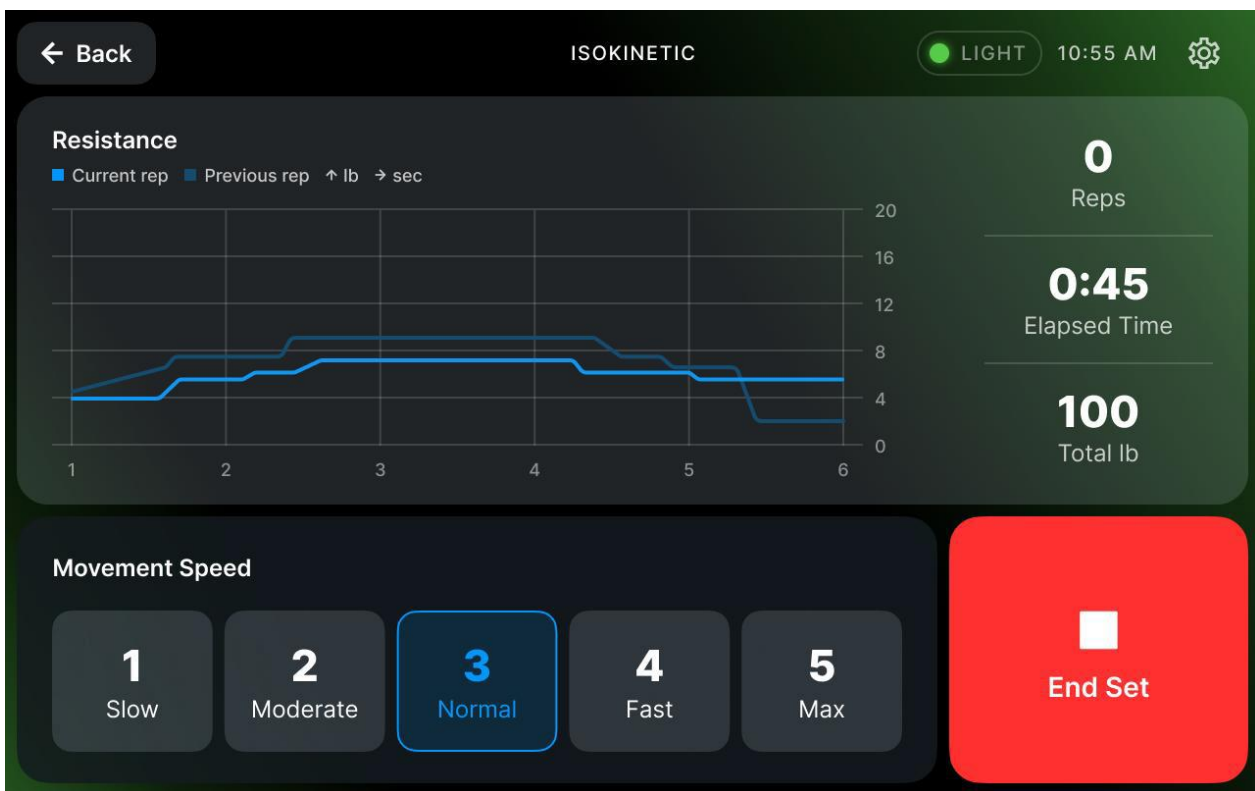
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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.

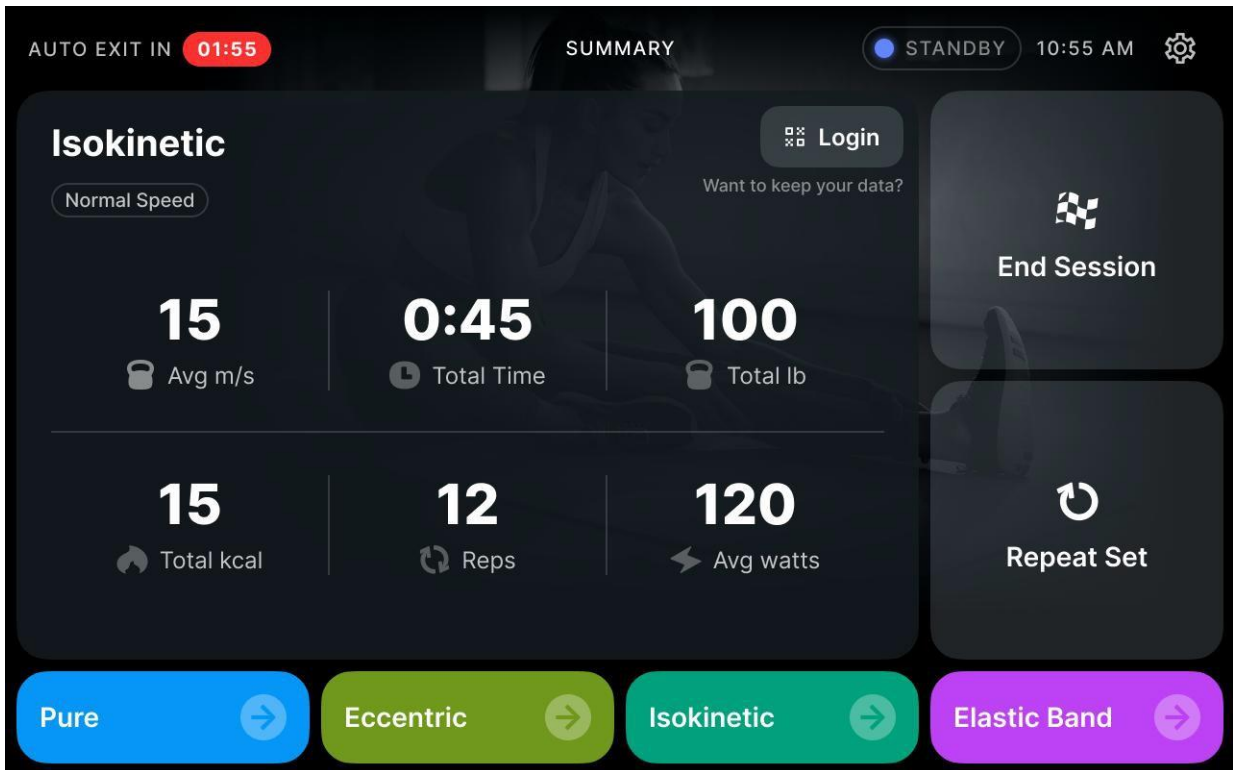
To end the current exercise session, press End Session.

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

Repeat Set.

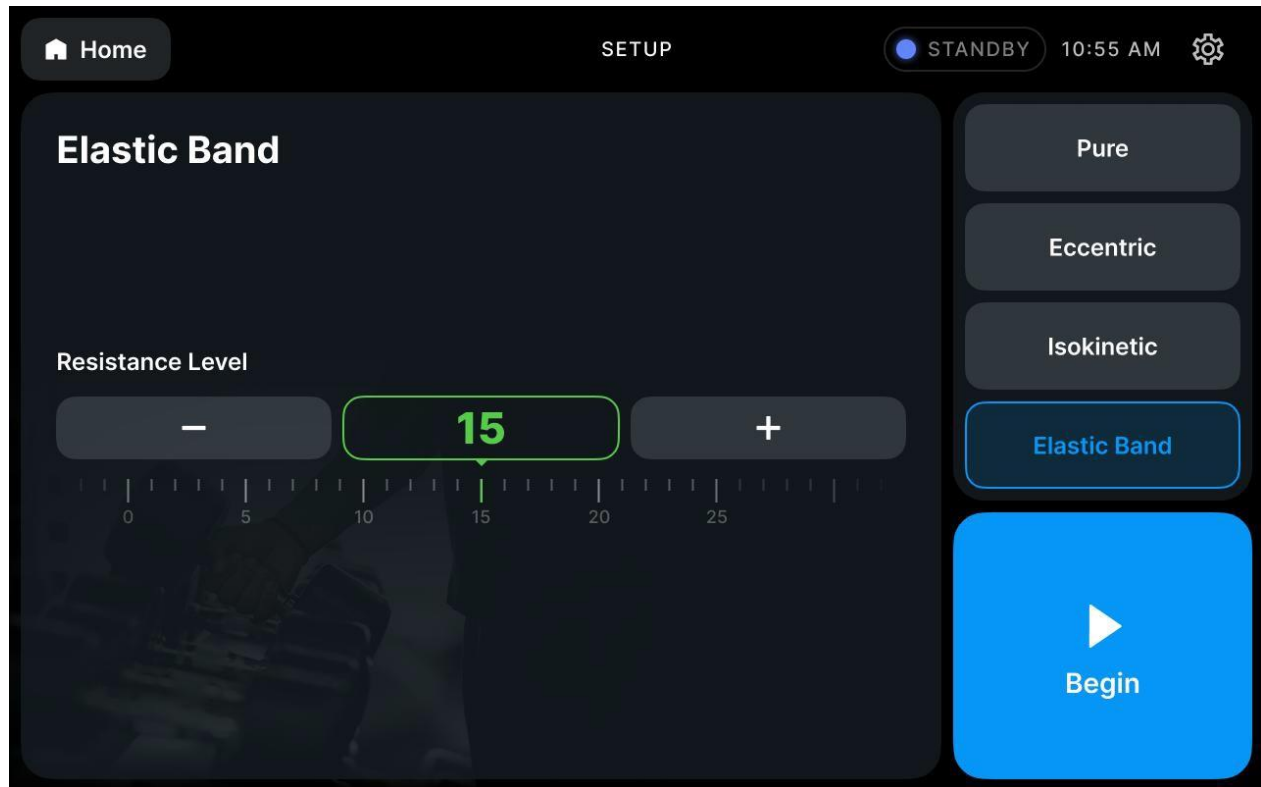
To Switch from the current mode of exercise to another, select from the modes displayed at the bottom of the screen.

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



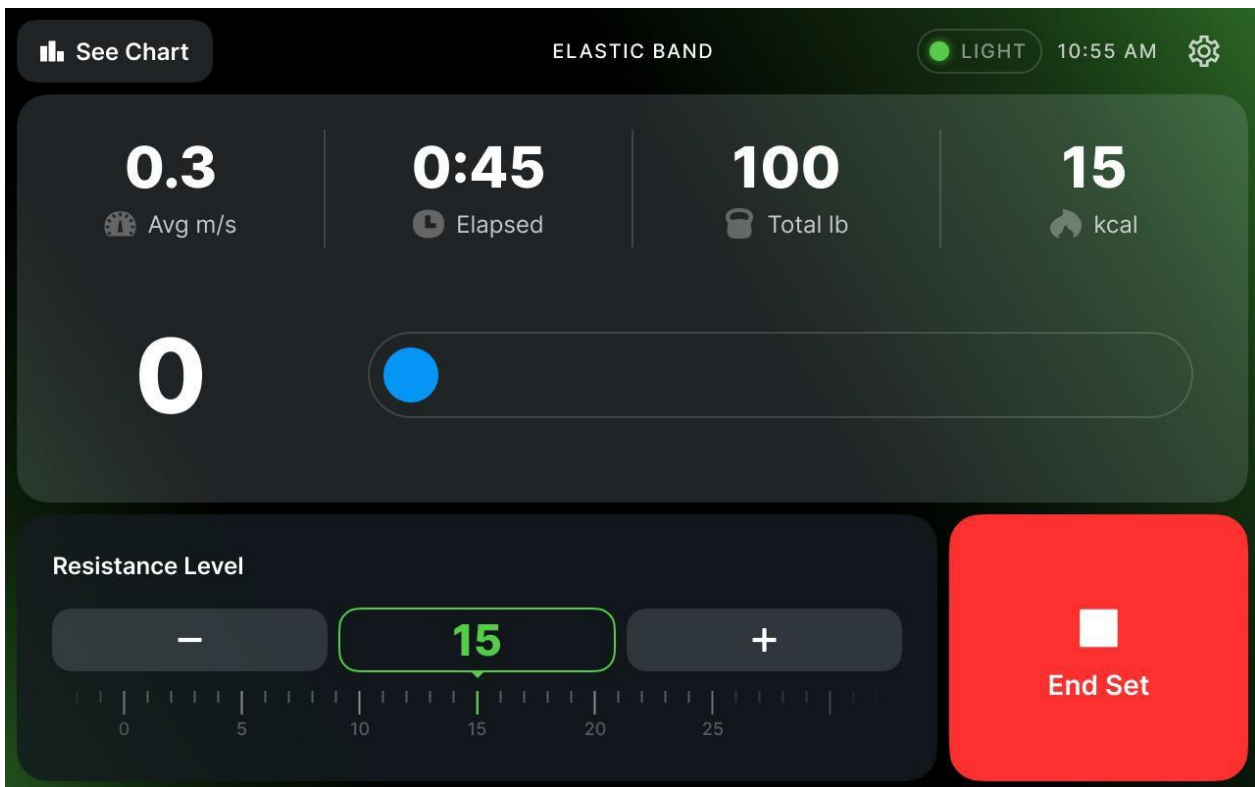
ELASTIC

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.

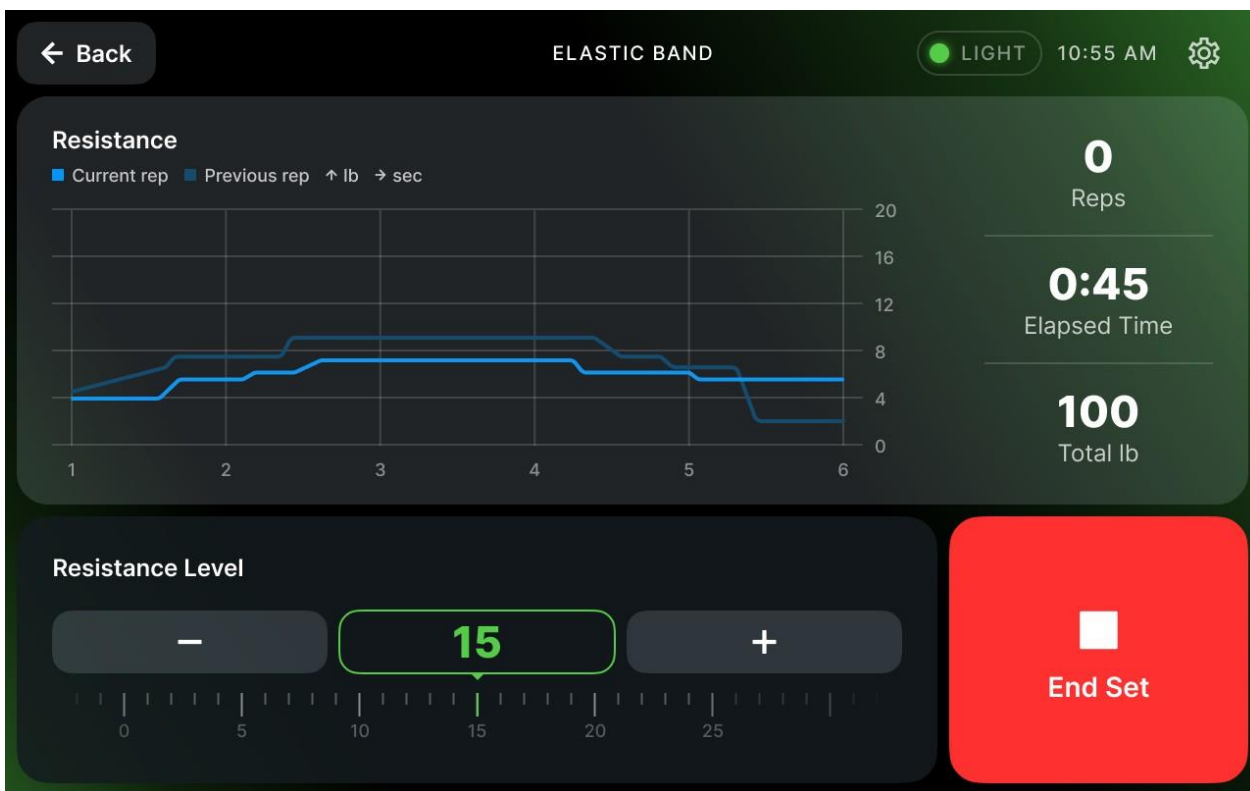
Reps are the cumulative repetitions for the set. This measure resets to zero with each set.

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.

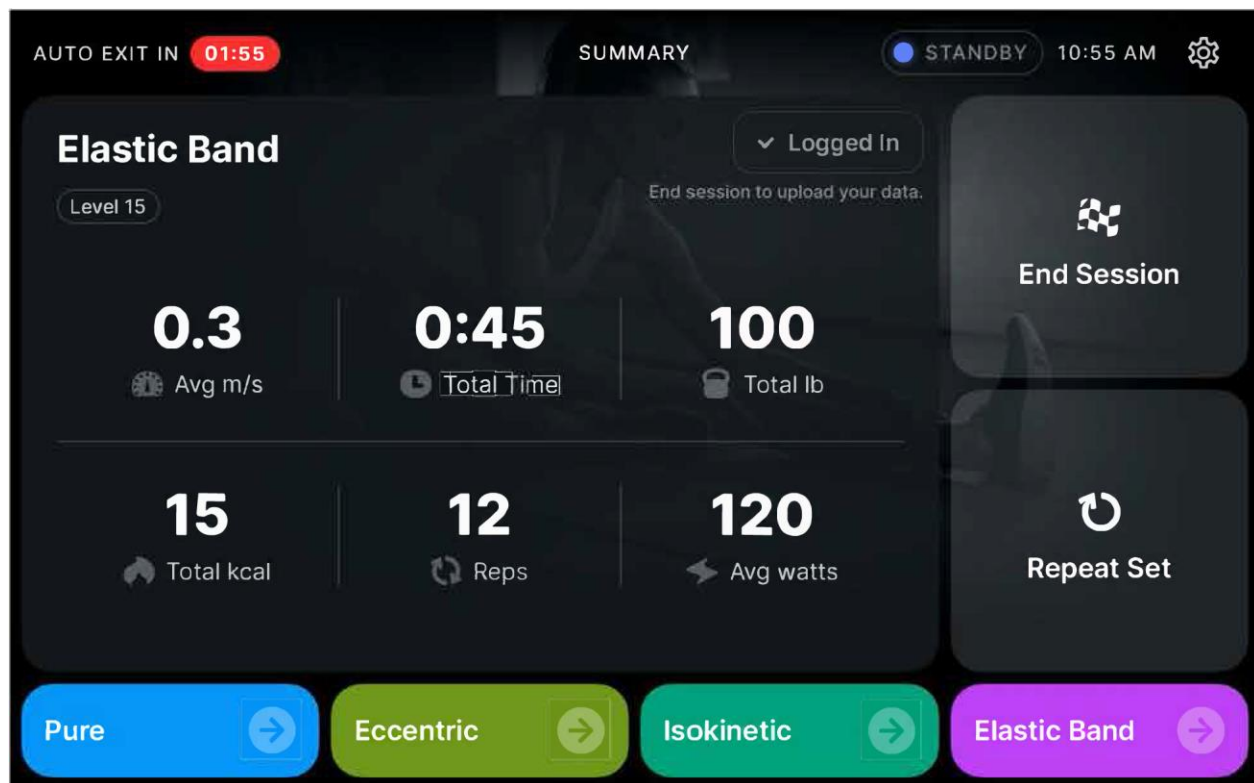
Total KCAL is the cumulative kcals for the entire set.

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

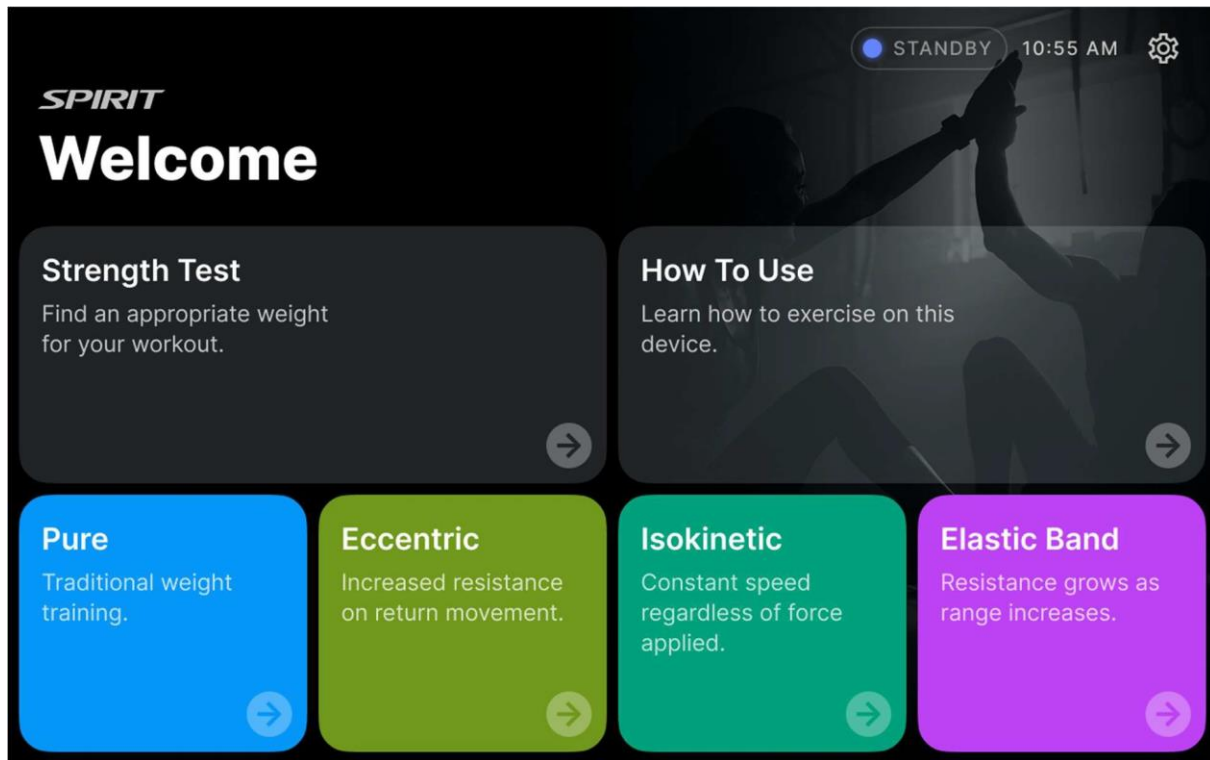
To end the current exercise session, press **End Session**.

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

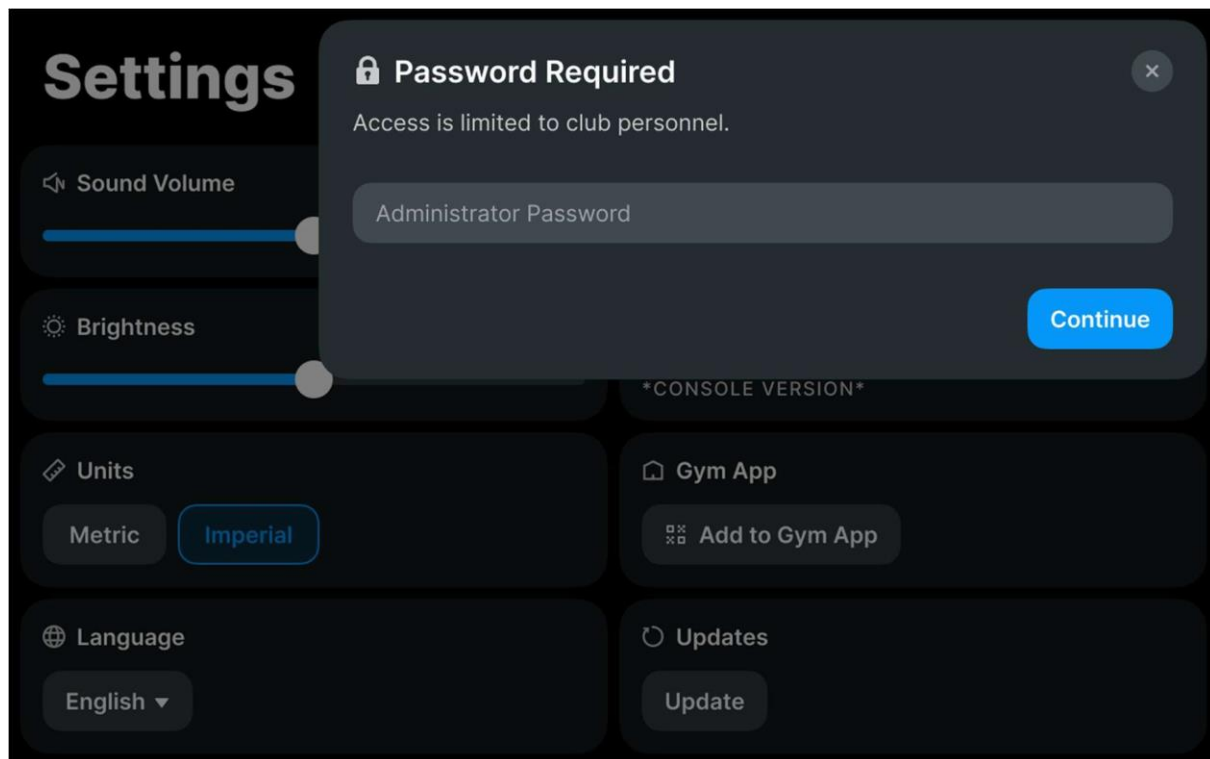


Settings are where facility staff can view and adjust pertinent machine settings. These would include Sound Volume, Screen Brightness, Units, Language, as well as viewing **System Software and Hardware**.

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.

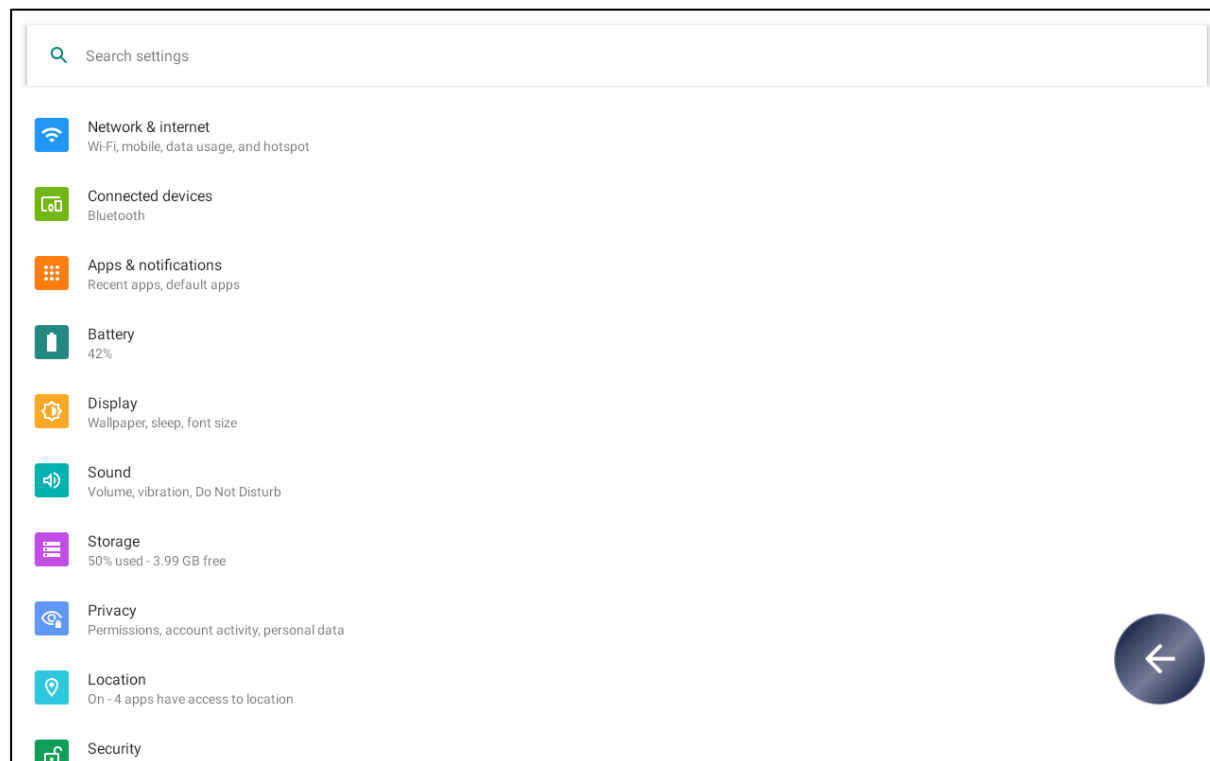
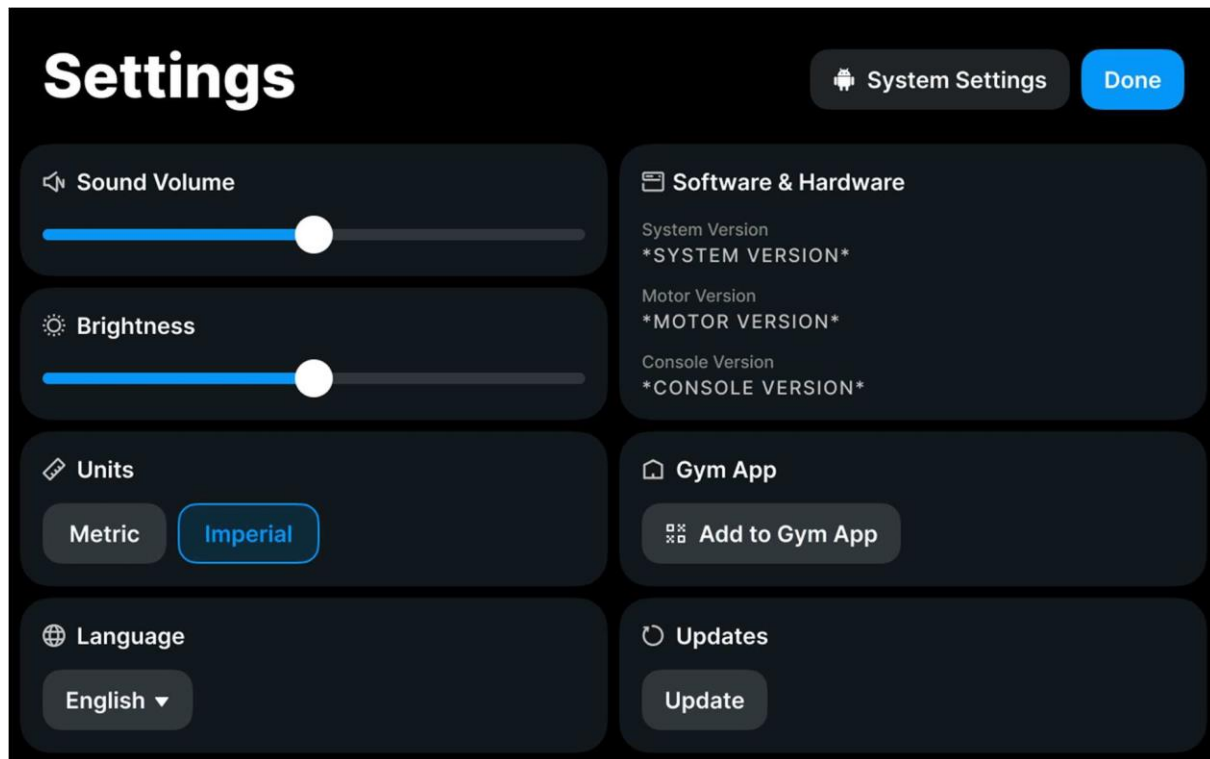
To adjust the desired language, select **Language** from the drop-down menu.

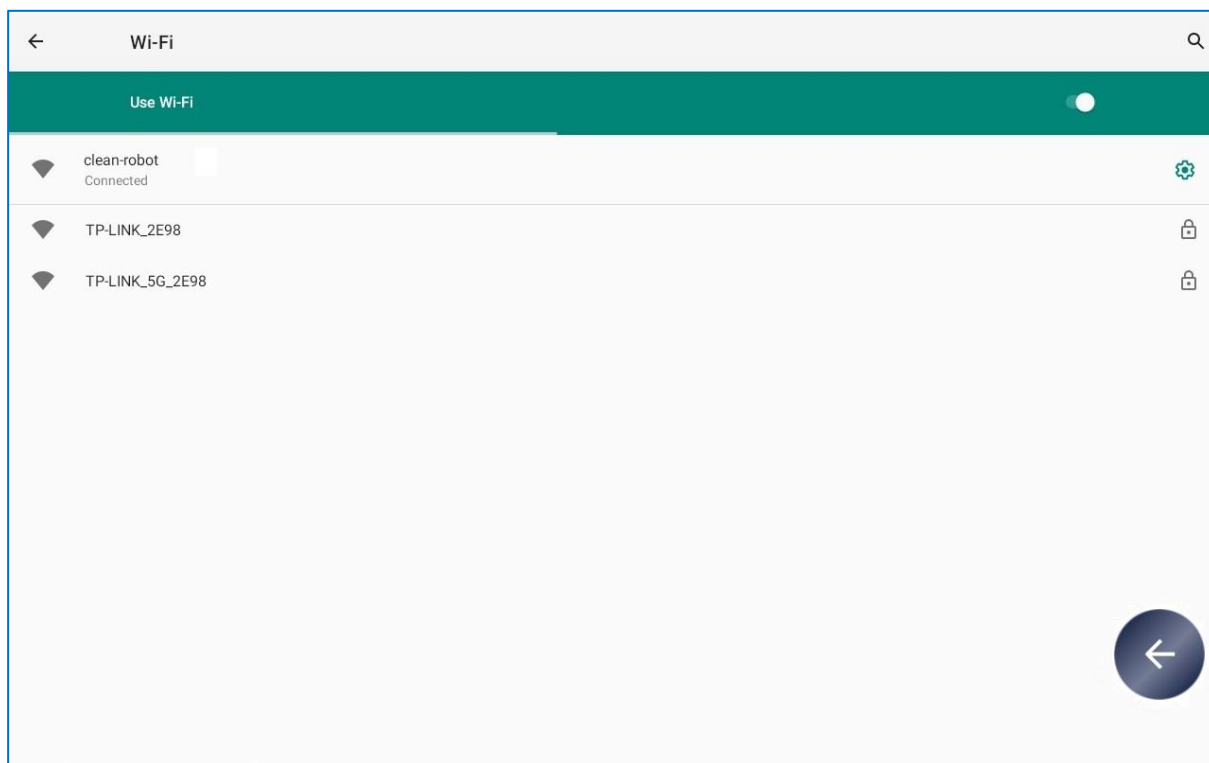
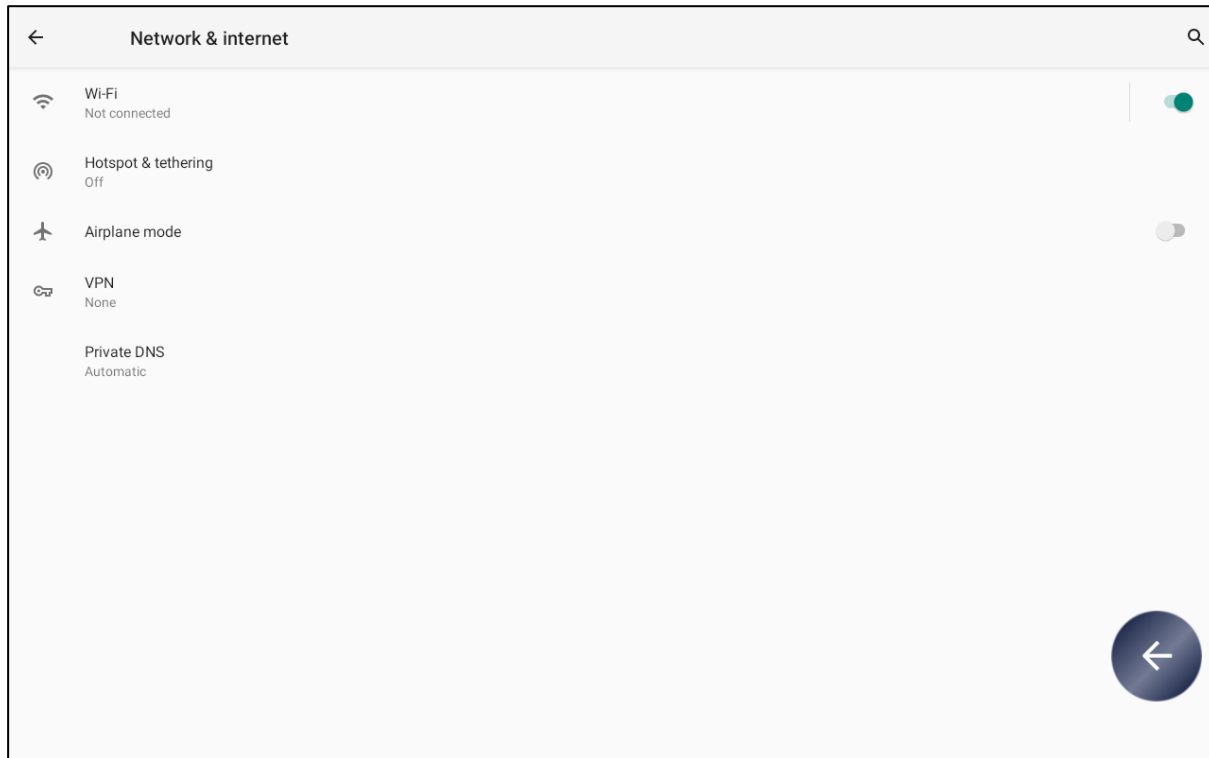
The i-Strength console is programmed in 9 languages. English, German, Finnish, Spanish, Italian, Russian, Traditional Chinese, Simplified Chinese, and Japanese.

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.



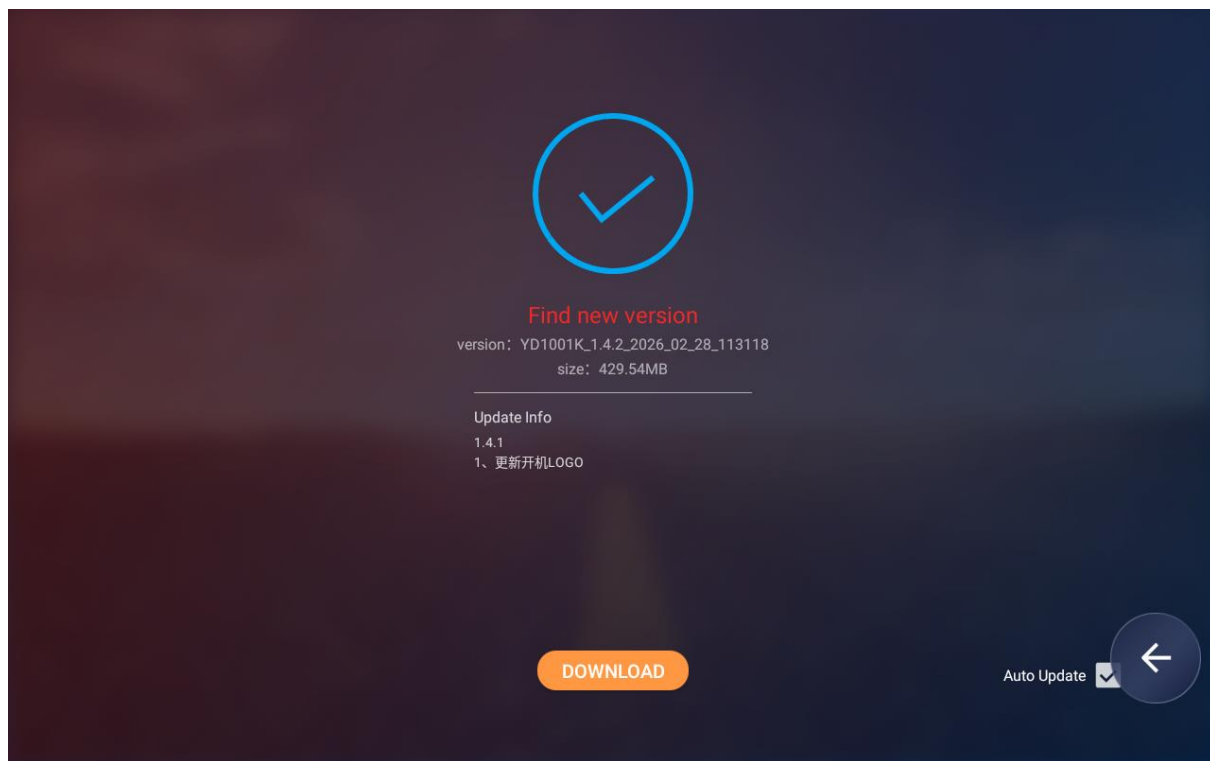
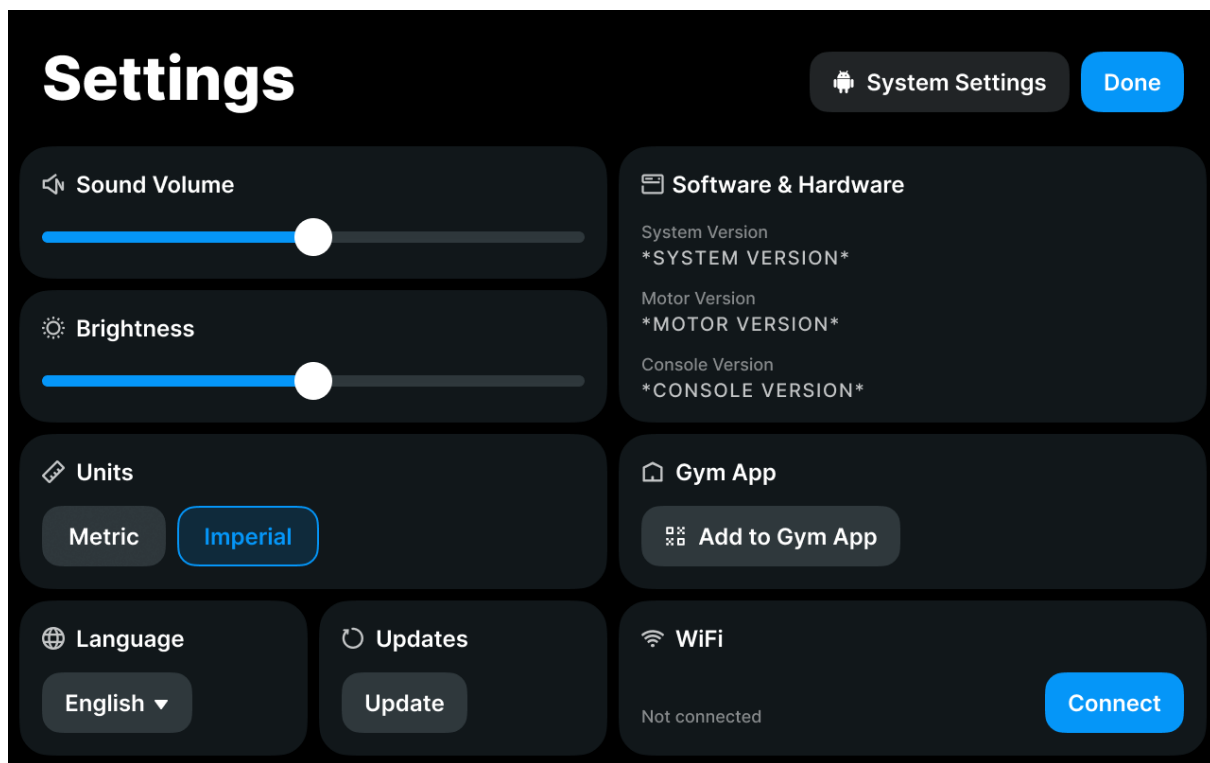


After connecting to WIFI go to the Settings page again.

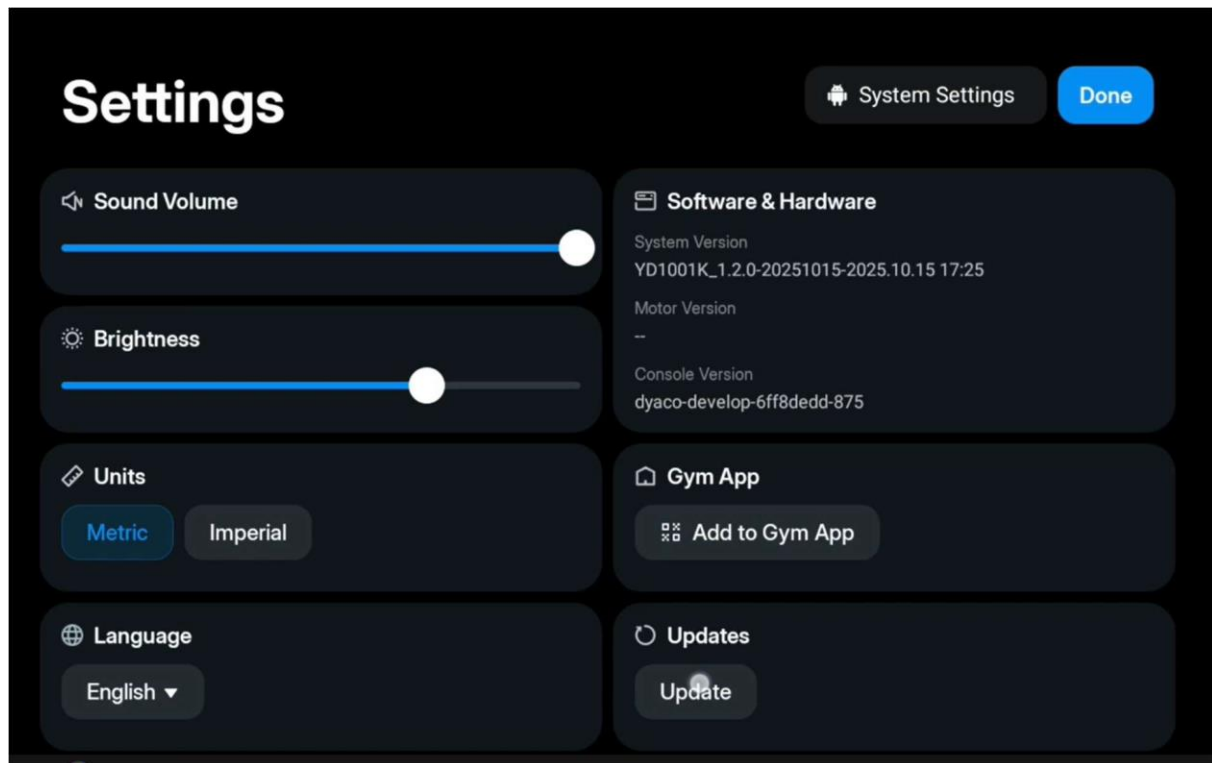
Quickly tap the text below System Versions 6 – 10 times to enter the Update screen.

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

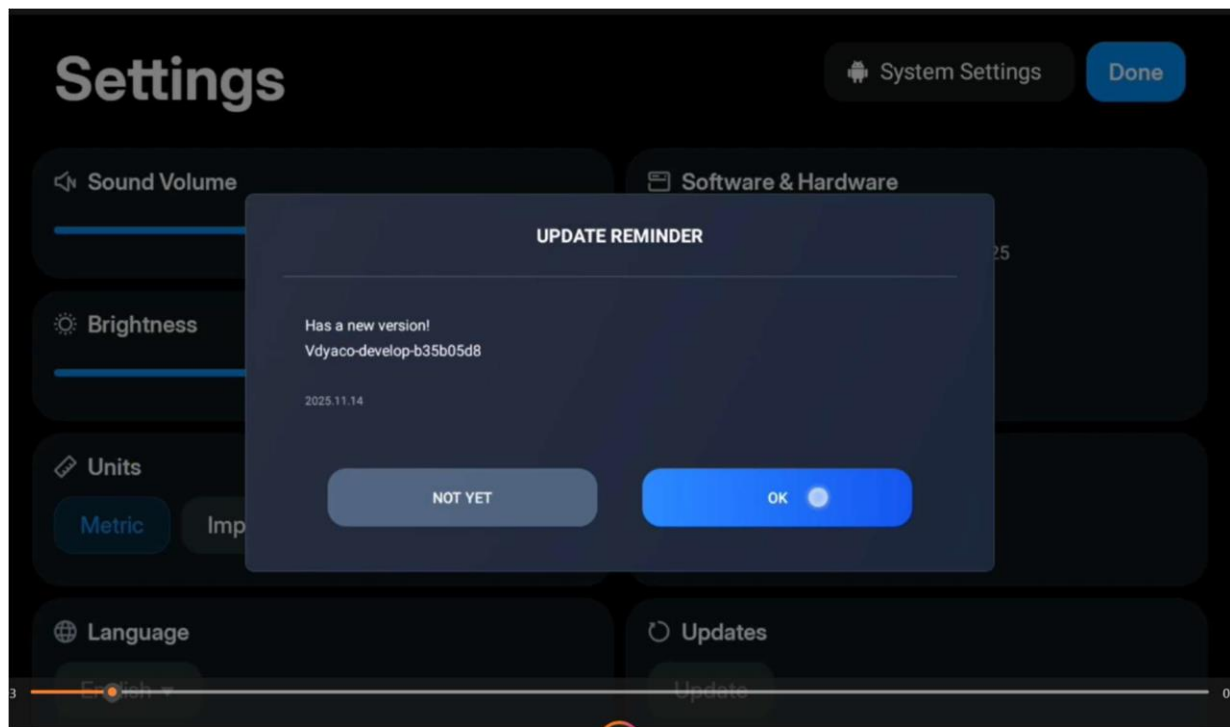
Select Reboot. When download is finished and console will reboot and install latest version program.



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



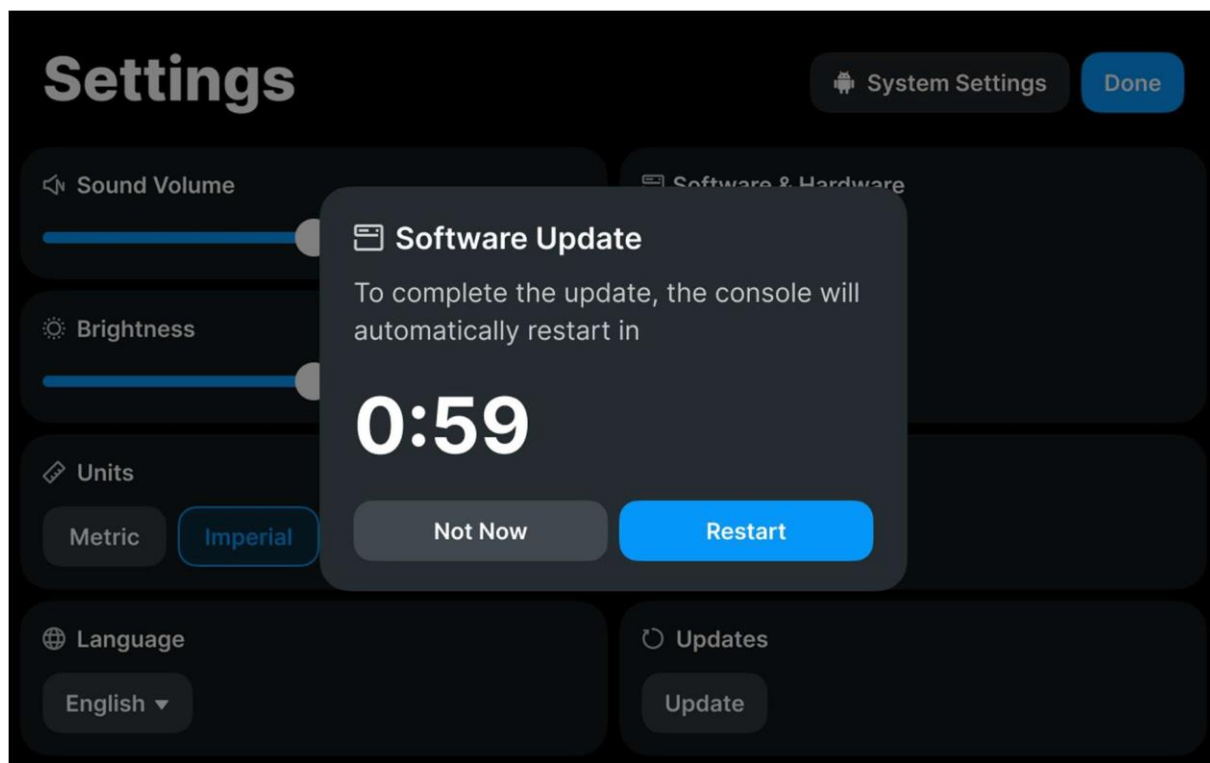
Update Reminder window pops-up. Press **OK** to download software update.
Press **Not Yet** to delay update. Return to Settings to make future updates.



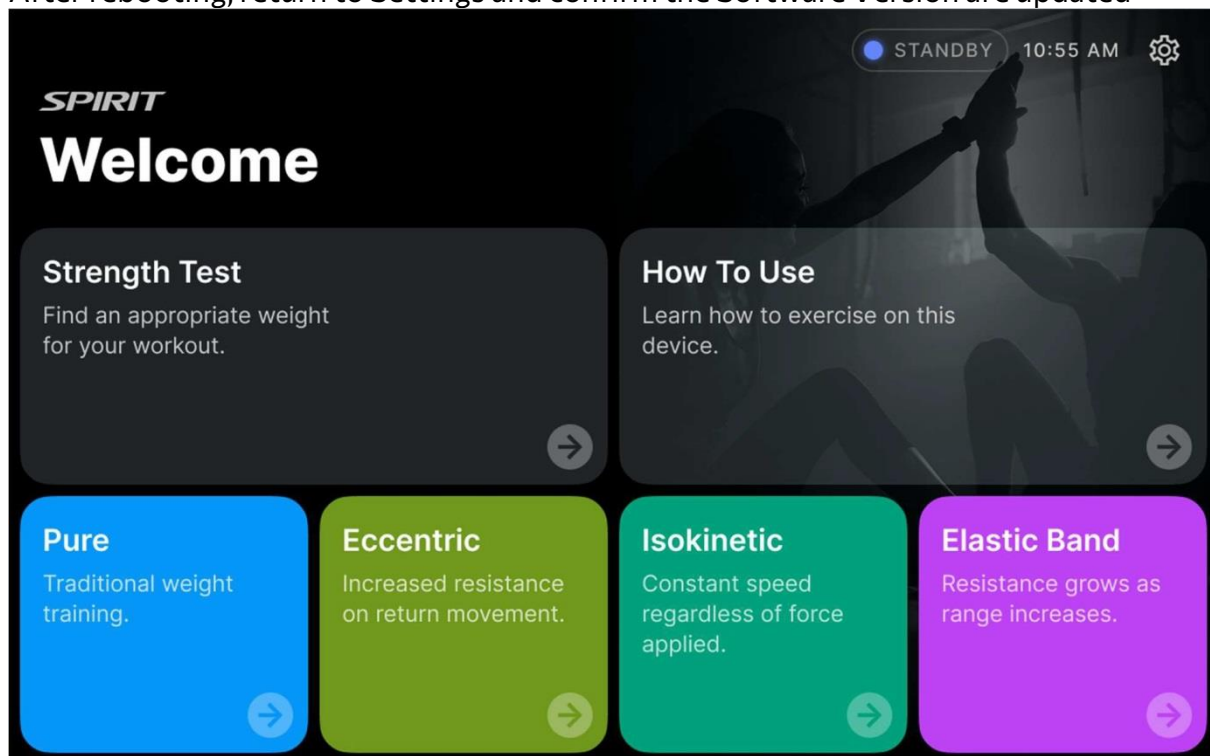
When software updates have been downloaded, pop-up window indicates to **Restart** to complete the update, the console will automatically restart in 0:59 seconds.

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.



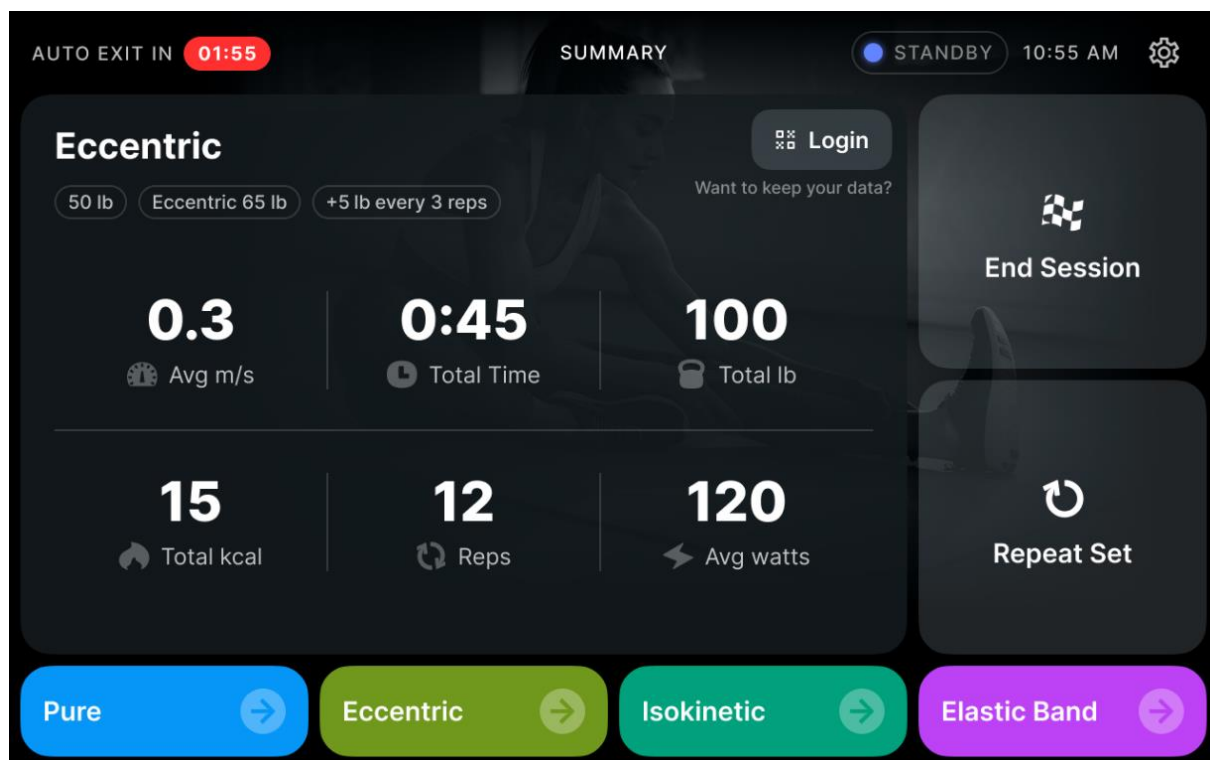
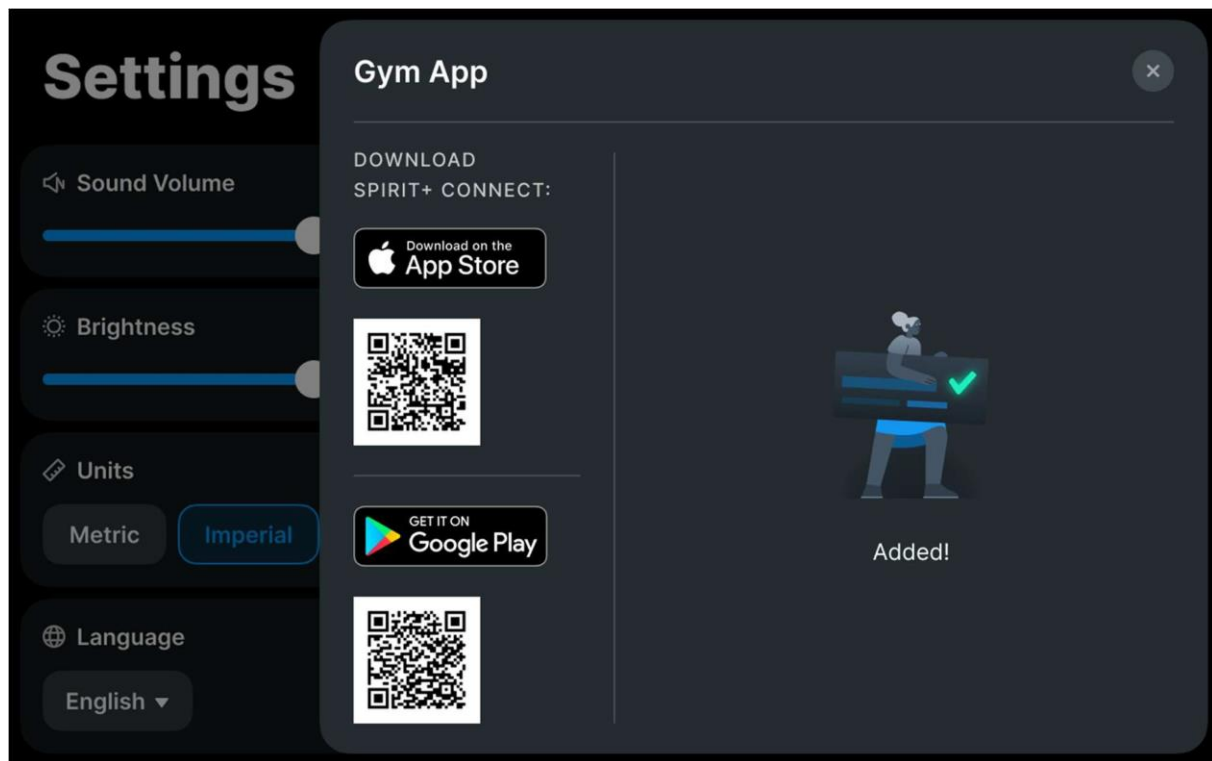
Console **Restart** opens to the **Home Screen**.
After rebooting, return to Settings and confirm the Software Version are updated



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.

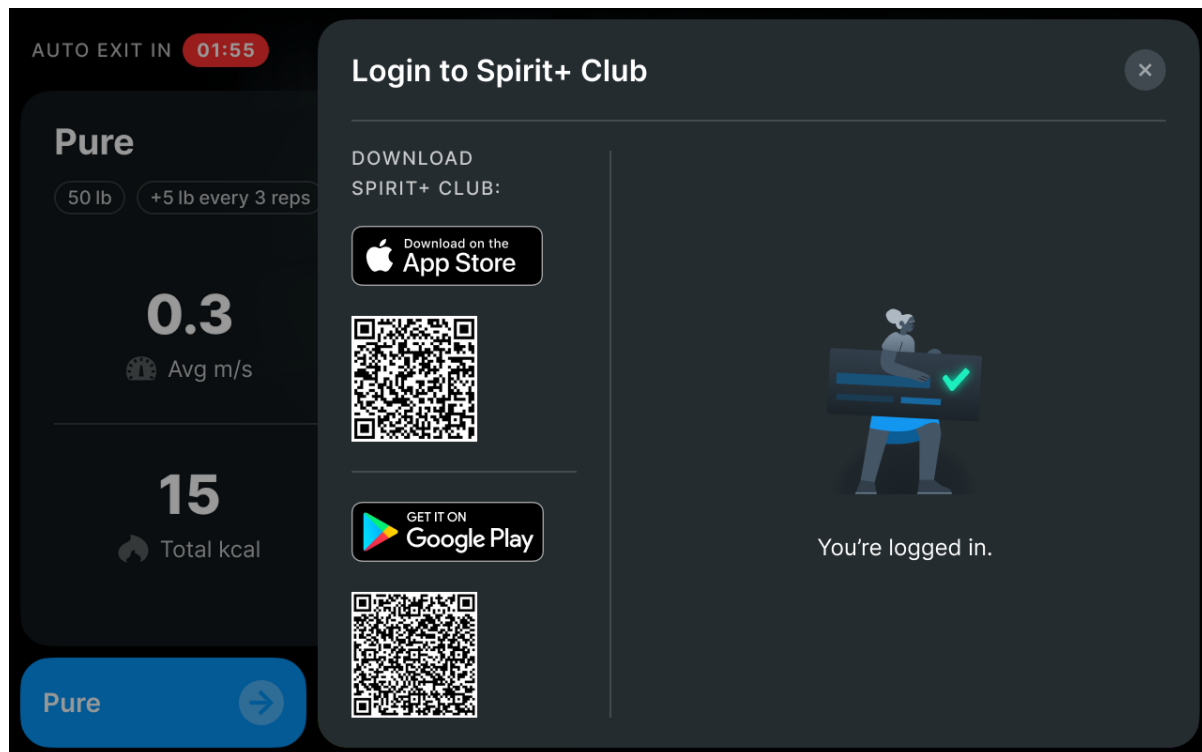
Download the **SPiRiT+ Connect App** by scanning the **QR Code** for either **Apple** or **Android**.

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 Email address: info@dyaco.com. For international customers, please contact your local distributor.

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

Owner's Manual
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SPIRIT