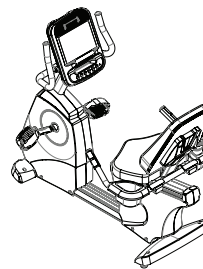




**SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*



# CR800 ENT FITNESS BIKE OWNER'S MANUAL



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



Congratulations on your new fitness bike and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality fitness bike from Spirit Fitness. Your new fitness bike was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this fitness bike is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,  
Spirit Fitness

NAME OF DEALER \_\_\_\_\_

DEALER PHONE # \_\_\_\_\_

PURCHASE DATE \_\_\_\_\_

## Important Safety Instructions

### WARNING

- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep children away from the fitness bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your fitness bike for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your fitness bike. Quality athletic shoes are recommended to avoid leg fatigue.
- Maximum User Weight: 450 lbs

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

### SAVE THESE INSTRUCTIONS - THINK SAFETY!

## Important Electrical Instructions

### WARNING

**NEVER** expose this fitness bike to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

# Important Operation Instructions

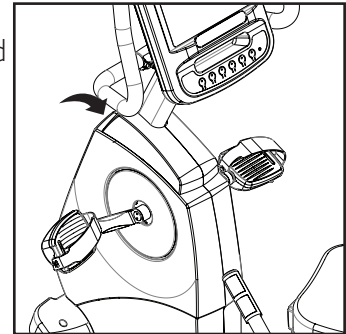
- **NEVER** operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment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

## Record Your Serial Number

Please record the serial number of this fitness product in the space provided below.

Serial Number:

Serial Number Location



## Register Your Purchase

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to <http://www.spiritfitness.com/commercialwarrantyregistration.html> under the Support tab to register online.

# CR800 ENT PRE ASSEMBLY

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## UNPACKING

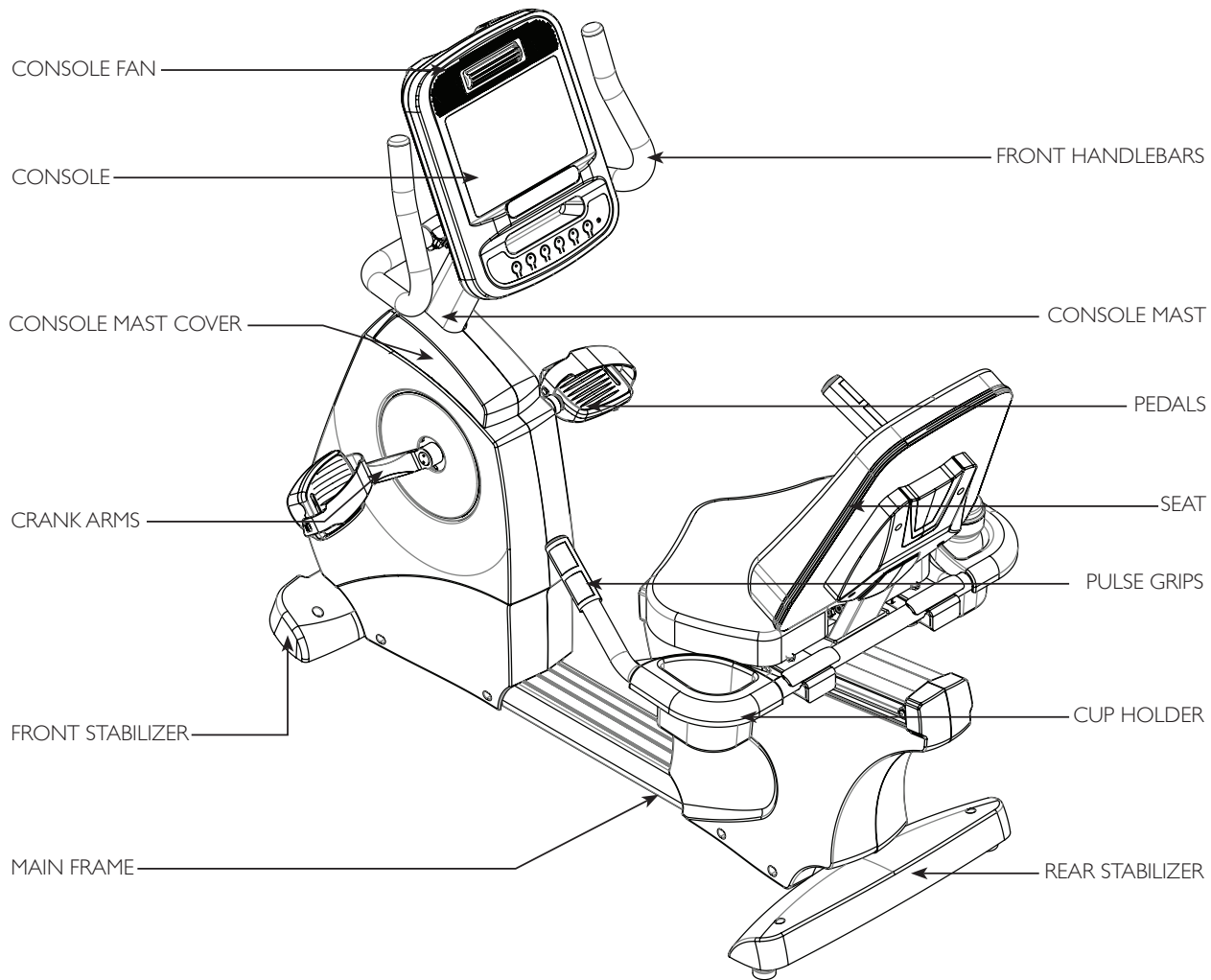
1. Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.
2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

## TOOLS INCLUDED:

- 14/15mm Wrench
- 12/14mm Wrench
- Phillips Screwdriver

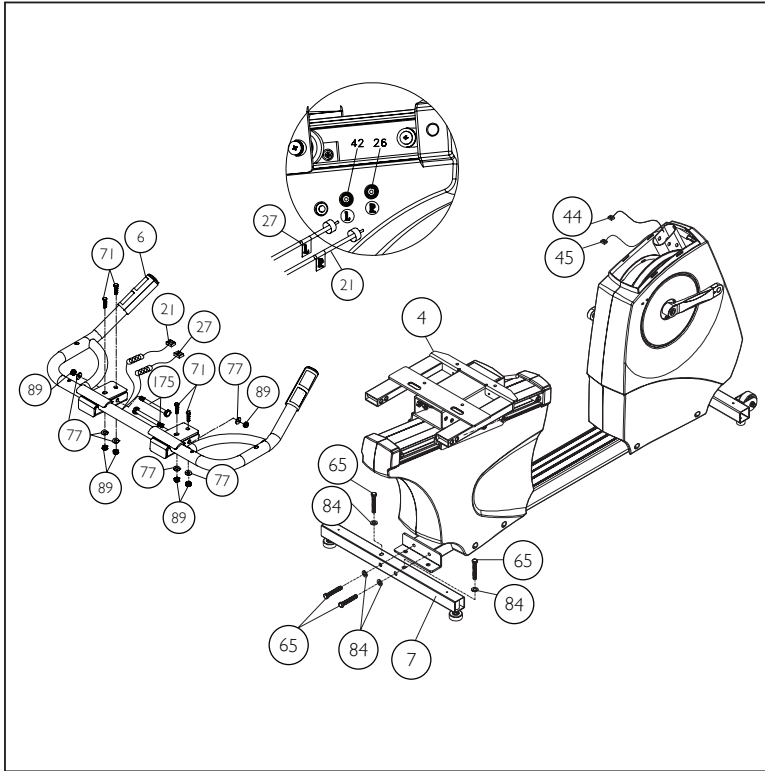
## PARTS INCLUDED:

- 1 Main Frame
- 1 Console Mast
- 1 Rear Stabilizer
- 1 Seat Back Frame
- 1 Front Handle Bar
- 1 Handle Bar
- 1 Seat Back Cover
- 1 Console Mast Cover
- 1 Front Stabilizer Cover
- 1 Rear Stabilizer Cover
- 1 Console
- 1 Seat Cushion
- 2 Cup Holders
- 2 Pedals
- 1 Hardware Kit





# CR800 ENT STEP ONE

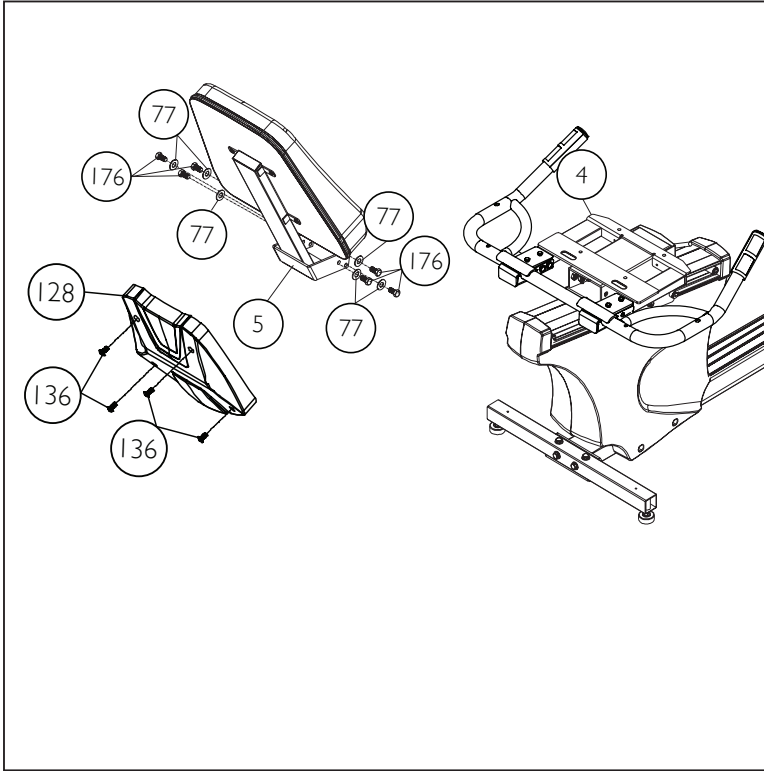


## HARDWARE FOR STEP I

PART	TYPE	DESCRIPTION	QTY
65	BOLT	3/8"X2-1/4"	4
71	BOLT	3/8"X2"	4
77	FLAT WASHER	3/8"X19	6
84	FLAT WASHER	3/8"X1"	4
89	NYLON NUT	3/8"	6
175	BOLT	3/8X2-3/4"	2

1. Gather **HARDWARE FOR STEP I**.
2. Install the **REAR STABILIZER (7)** onto the **MAIN FRAME** with 4 **BOLTS (65)** and 4 **WASHERS (84)**.
3. Install the **HANDLEBAR ASSEMBLY (6)** onto the **SEAT CARRIAGE (4)** with 4 **BOLTS (71)** installed through the top holes and secured with 4 **FLAT WASHERS (77)** and **NYLON NUTS (89)**. Install 2 **BOLTS (175)** through the side holes and secure with 2 **FLAT WASHERS (77)** and **NYLON NUTS (89)**.
4. Plug the **LEFT HAND PULSE WIRE (27)** into the corresponding **LEFT SOCKET (42)** located in the left plastic side case under the seat carriage, and the **RIGHT HAND PULSE WIRE (21)** into the **RIGHT SOCKET (26)**.

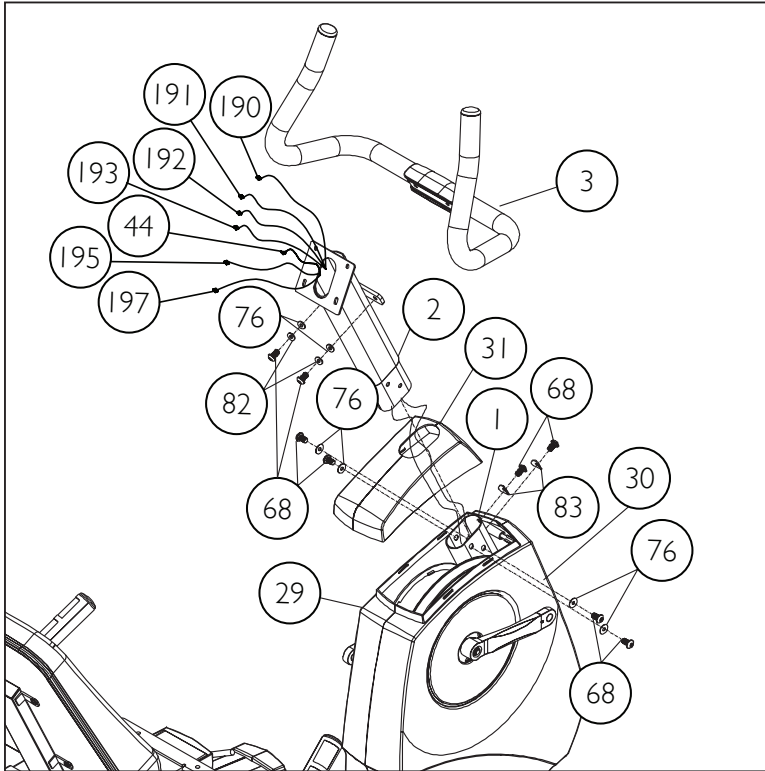
# CR800 ENT STEP TWO



HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
77	FLAT WASHER	3/8"X19"	6
136	SCREW	M5X15	4
176	BOLT	3/8"X3/4"	6

1. Gather **HARDWARE FOR STEP 2**.
2. Install the **SEAT BACK FRAME (5)** onto the **SEAT CARRIAGE (4)** with 6 **BOLTS (176)** and **FLAT WASHERS (77)**.
3. Install the **SEAT BACK COVER (128)** onto the Seat Back with 4 **PHILLIPS HEAD SCREWS (136)**.

# CR800 ENT STEP THREE

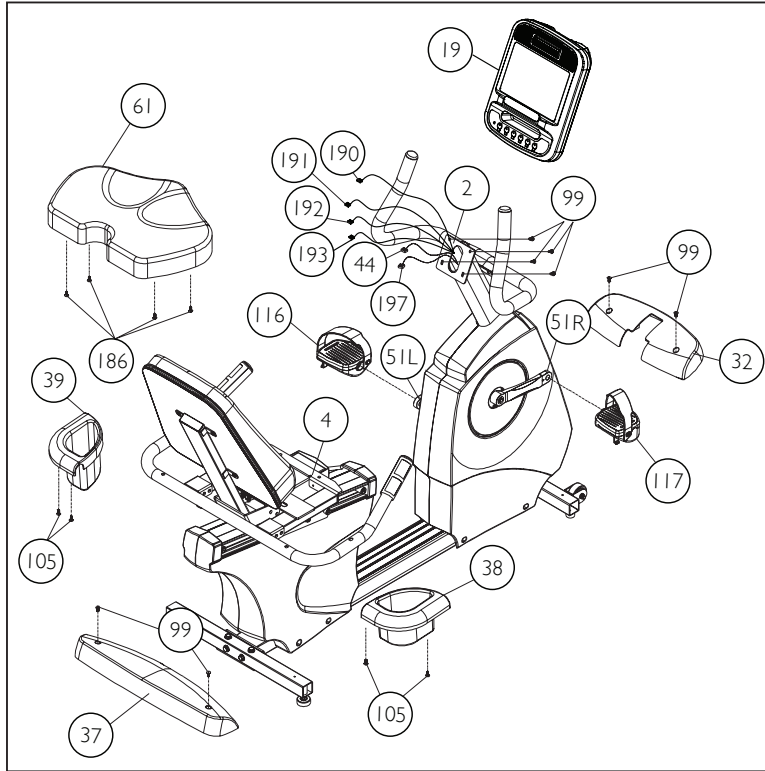


**HARDWARE FOR STEP 3**

PART	TYPE	DESCRIPTION	QTY
68	BOLT	5/16"X5/8"	8
76	WASHER	5/16"X1 1/16"	6
82	SPLIT WASHER	5/16"	2
83	CURVED WASHER	5/16"X3/4"	2

1. Gather **HARDWARE FOR STEP 3**.
2. Install the **CONSOLE MAST COVER (31)** onto the **CONSOLE MAST (2)**, making sure it is facing the correct direction as in the picture below. Run the **COMPUTER CABLE (44)**, **HANDPULSE WIRE (195)**, **CSAFE W/ CABLE (190)**, **TV SIGNAL CABLE (191)**, **NETWORK W/CABLE (192)**, **CONSOLE POWER CORD (193)**, and **HDMI CABLE (197)** through the bottom of the console mast tube and out the top opening.
3. Slide the **CONSOLE MAST** into the **RECEIVING TUBE (1)** being careful to not pinch the wires. Fasten the console mast with 6 **BOLTS (68)** and 4 **FLAT WASHERS (76)** on the side bolts and 2 **CURVED WASHERS (83)** on the front bolts. Snap the **CONSOLE MAST COVER** in place.
4. Install the **FRONT HANDLEBARS (3)** onto the **CONSOLE MAST** with 2 **BOLTS (68)**, **SPLIT WASHERS (82)** and **FLAT WASHERS (76)**.

# CR800 ENT STEP FOUR



HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
186	SCREW	M6X18MM	4
99	SCREW	M5X12MM	10
105	SCREW	4MMX16MM	4

1. Gather **HARDWARE FOR STEP 4**.
2. Install the front and rear **STABILIZER COVERS (32 & 37)** and secure to the frame with 4 **SCREWS (99)**.
3. Install the left and right **CUP HOLDERS (39 & 38)** to the rear handlebars with 4 **SELF TAPPING SCREWS (105)**.
4. Install the bottom **SEAT CUSHION (61)** to the **SEAT CARRIAGE (4)** with 4 **SCREWS (98)**.
5. Install the **PEDALS (116 L, 117 R)** into the **CRANK ARMS (51 L, 51 R)**. Remember that the left pedal has a reverse thread and will be screwed in with the opposite rotation. Make sure to tighten the pedals as much as you possibly can.
6. Connect the 7 **WIRE HARNESES (44, 195, 190, 191, 192, 193, & 197)** to the corresponding connectors on the back of the console. Install the **CONSOLE** onto the **CONSOLE MAST** and secure with 4 **SCREWS (99)** being careful to not pinch the wires.

# CU800 ENT CONSOLE OPERATION

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Large Touch-Screen LCD

Convenient cargo compartment for keys, phone, or MP3 player

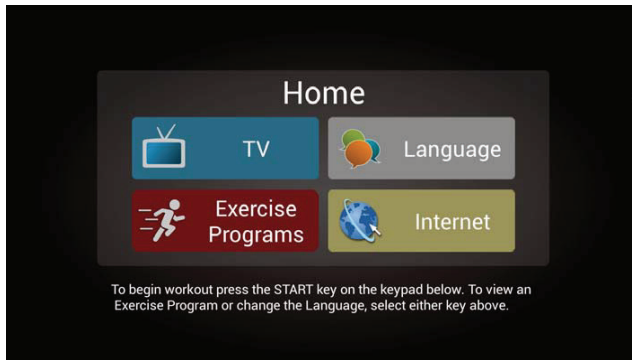
Fan to keep you cool

Ten innovative programs offer a variety of work-outs

Easy-Touch Control Buttons

# Starting the operation

Plug in the power cord and switch on the main power switch located at the front base of the unit. When the power is turned on, the screen will show the initial image and then enter the ready mode which is the beginning of the treadmill operation.



First page for you to operate by touching the icons.



Quick operating functional buttons are installed.

## Quick Start

- Press **Start** button and the console starts performing the program. Press **Level** up/down buttons further to change the resistance level you desire.
- Press first page Home button or Stop button to stop the unit.

## Featuring functions of this bike

Touch-control screen is installed for operating the bike. You can directly touch any functional button on the screen or through quick buttons on the bottom to control. On the bottom, there are **the Start** button to begin the workout, **Stop** button to pause/stop running and **Fan** button to turn the fan on or off.

## Pause/Stop

- Press **Stop** button once or **Home** button on the screen, the bike will stop and keep values of time, distance and calorie on the screen. The screen will count down for 5 minutes then reset and return to the initial status.
- Press **Start** button to continue the workout during pause.
- Press **Stop** button twice will terminate the setting with displaying the workout summary. If **Stop** button is pressed the third time, the console will return to the initial status (the beginning).

## Heart Rate Feature

The Pulse (Heart Rate) on the screen shows the current value of the heart beats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The Console will also pick up wireless heart rate transmitters that are bipolar compatible, including signal transmitting.

## To Turn Off The Bike

The screen will automatically turn off (go to sleep) after 30 minutes of inactivity. This function is called sleep mode. In sleep mode, the bike will power down everything except for a minimum of circuitry for detecting key presses, so it will start up again if this is activated. There is only a tiny amount of current used in sleep mode (about the same as your TV when it is turned off) and it is perfectly fine to leave the main power switch on in sleep mode.



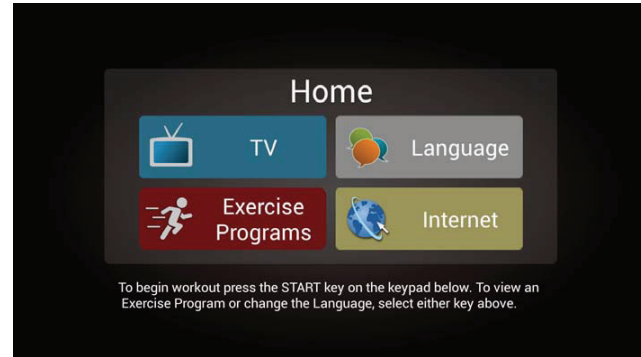
# Touch Screen Operation

## Language

There are four items to be selected. Generally the Language would be the first item to select.

When you press the Language button on Home page, it enters the menu with all language selections.

There are 12 languages to choose. Touch the desired language, and the system will return to the first page to begin the other program, or if you don't want to change the language, you could press **Home** button at the upper left corner to return to the first page or touch the return icon at right top corner to return to the previous page to continue your operation.

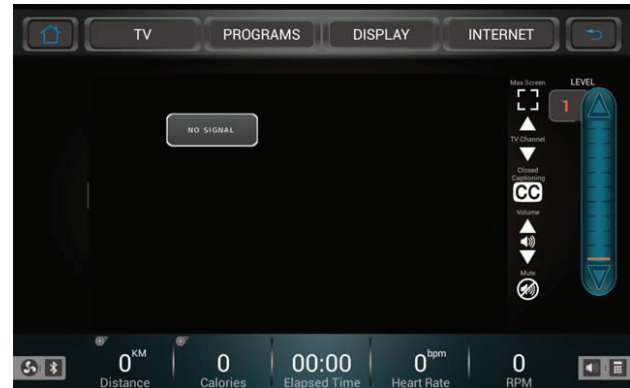


## TV

When the TV button on the **Home** page is pressed, it directly enters TV interface.

Now you can enjoy TV programs. If you want to enjoy TV while exercising, press **Start** button at front of the treadmill to start it.

You can change the TV channel by using **Up/Down** buttons on the TV channel or the channel control panel buttons at the right side of the screen for quick channel switching. You can also use up/down buttons on the volume to change the sound volume. If you want to be quiet, touch **Mute** button. Touch **Max Screen** to switch to full screen. When you want to resume the original screen display, just touch the image and the screen resumes. Use **Fast** and **Slow** buttons to control the speed and **Up** or **Down** button to set the incline level during the exercise. When you want to pause, just press **Home** button at left top or press **Stop** button once and the pause window will show up. If you want to stop, you can choose to end the program or press **Stop** button again to terminate the setting and show up the workout summary. If **Stop** button is pressed the third time, it returns to the initial status (the beginning)



## Internet

When the **Internet** button on the **Home** page is pressed, it directly enters Internet interface.

There are 6 internet connections to choose for you to go on the internet while you are exercising. (internet cable connection or WIFI connection is required)

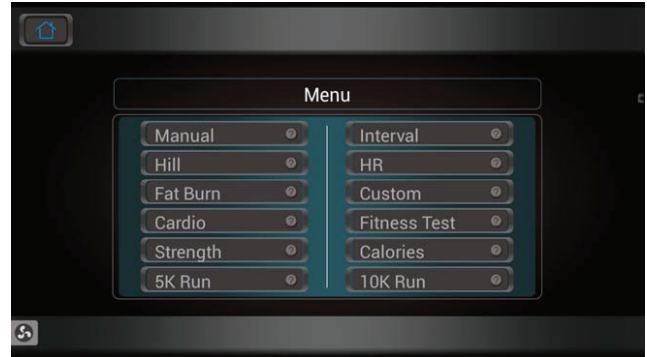
When you want to pause, just press **Home** button at left top or press **Stop** button once and the pause window will show up. If you want to stop, you can choose to end the program or press **Stop** button again to terminate the setting and show up the workout summary. If **Stop** button is pressed the third time, it returns to the initial status (the beginning)



## Exercise Programs

When the **Exercise** Program button on the **Home** page is pressed, it directly enters Menu interface.

There are 10 program modes in Menu interface for you to choose the desired program mode. For Manual Program as an example, just touch Manual button on the screen to enter the program for Manual.



## MANUAL

Press **Profile** button to enter the **Profile** interface. If this program is unwanted, just press **Home** icon at left top to return to the first page, or return icon at right top to return to the previous page to continue the last operation. If other profile is wanted, touch left or right arrow button to choose the wanted program.



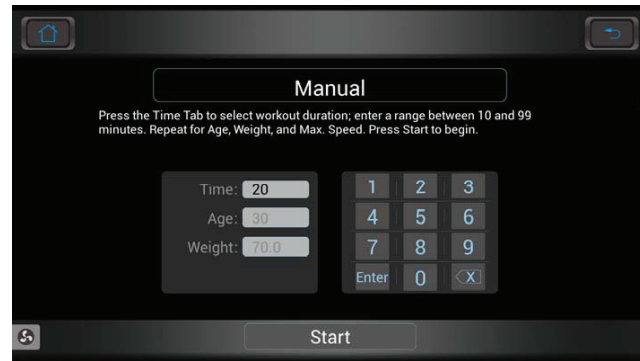
The profile interface image is as seen to the right.

If it is the program you want, touch **Enter** button at the bottom once to enter next image. If not, touch the **Home** icon at left top to return to the first page or the return icon at right top to return to the previous page to continue the last operation. If other profile is wanted, touch left or right arrow button to choose the wanted program.



## Setting Program Time

This image is for setting program time, user's age and weight. Press **Enter** button after entering parameters to confirm. Then press **Start** button to start the Manual Program. If not, just press **Home** icon at left top to return to the first page, or return icon at right top to return to the previous page to continue the last operation.



# Display Options

## Simple

The image after start is **Simple** which is with all values on the bottom concerning your workout. The resistance level is at the right side and is adjustable with the **Up** or **Down** buttons.

The bar chart for the resistance level is in the middle. **TV interface** button is on top to touch for entering the TV mode, or touch **Internet** for entering the internet interface. If **Program** button is touched, the system will ask you if you want to return to the first page for program selection with a field track and dashboard interfaces for the selection.



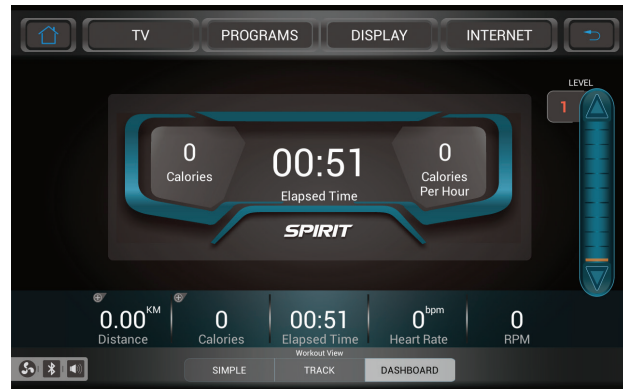
## Track

The operating is similar only with different interface. The image shows the track with number of laps and other values.



## Dashboard

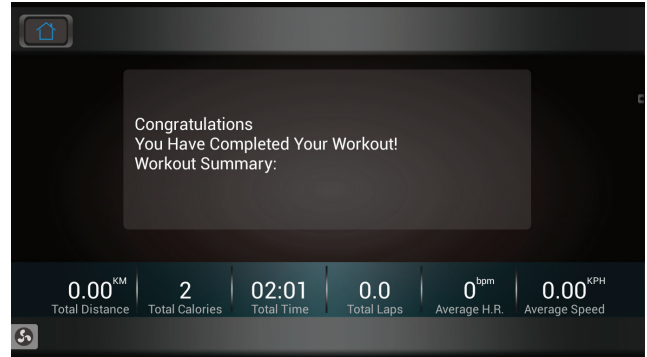
The operating is similar with a different interface only. You can choose one of three interfaces on the bottom with your own preference.



## Stop Button

When using the first page button or **Stop** button to end the program, it enters the summary image.

On the summary image, all accumulating values concerning the workout are displayed. You can touch the **Home** button at left top or press **Stop** button to return to the first page image.





# Programmable Features

## To Select and Start A Preset Program

The Spirit Fitness **CR800 ENT** offers ten preset programs: Hill, Fat Burn, Cardio, Calorie, Interval, Strength, HR, a Custom User defined program, Fitness Test and one Manual program.

1. Select a program then press the **Enter** key to begin customizing the program with your personal data, or just press the **Start** key to begin the program with the default settings.
2. After selecting a program and pressing enter to set your personal data, the **Time** window will blink with the default value of 20 minutes. You may use any of the **Up/Down** keys to adjust the time. After adjusting the time, press **Enter**. (Note: Except for the Calorie Program, you may press **Start** at any time during the programming to begin with only settings you have modified at that point).
3. The touch Age window will now be darkened a value indicating your Age. Entering the correct Age will affect the Heart rate bar graph accuracy and also needed for the HR programs. Use numeric keypads to make adjustments, and then press ENTER confirm. (Default age is 30 years old. Range=10 to 110 )
4. The touch Weight window will now be darkened a value indicating your Bodyweight. Entering your correct bodyweight affects the Kcal readout accuracy. Use numeric keypads to make adjustments, and then press ENTER confirm. (Default weight is 70KG. Range=10 to 150 )
5. The touch Mix Level window will now be darkened a value indicating your resistance. Entering your correct level affects the Mix level readout accuracy. Use numeric keypads to make adjustments, and then press ENTER confirm and continue. (Default mix Level is 5. Range=5 to 40 )
6. Now press the **Start** key to begin your workout, or the **Stop** button to return to the previous screen.

# Preset Programs

The bike has five different programs that have been designed for a variety of workout goals. These five programs have factory preset profiles for achieving these different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max level) for each program before beginning by following the instructions in the touch Mix Level window after selecting your program.

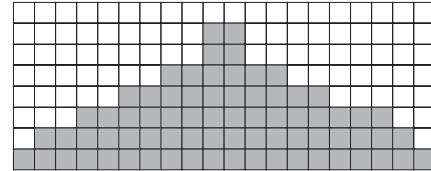
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	Resistance	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80
Fatburn	Resistance	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50
Cardio	Resistance	50	62.5	62.5	70	70	75	75	80	80	87.5	95	95	100	100	100	100	100	87.5	75	50
Strength	Resistance	50	62.5	62.5	70	70	75	75	80	80	87.5	95	95	100	100	100	100	100	87.5	75	50
Interval	Resistance	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50

# Preset Programs

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

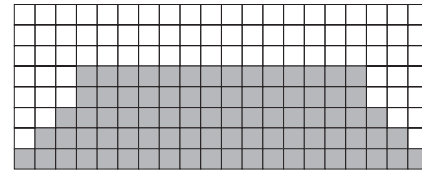
## HILL

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



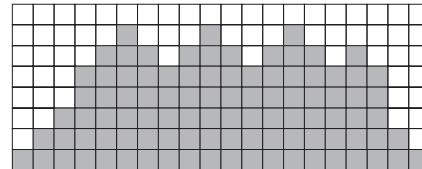
## FAT BURN

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



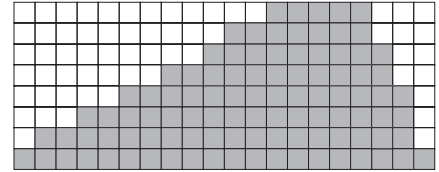
## CARDIO

The Cardio program is designed to increase your Cardio vascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



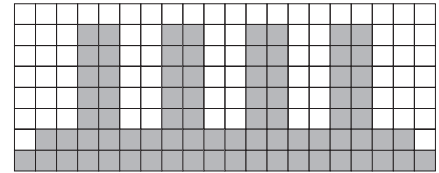
## STRENGTH

The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.



## INTERVAL

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.



## Custom User Defined Programs

The Custom Program allows you to build and save a custom program. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. The Custom Program allows you to further personalize it by adding your facility name.

1. Select a Custom program then press the **Enter** key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
2. The window will show the corresponding level profile, user can choose rename program by touching rename icon and entering profile. After new setting, level profile will be show on screen for adjustment.
3. Press next key save icon for new level profile then pop out next message window for Time, Age, Weight and Mix level entry.
4. Now press the **Start** key to begin your workout test for new program

# Fit-Test Program

The fitness test is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO<sub>2</sub>max score will be given. VO<sub>2</sub>max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, Male or Female at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. The only caveats are that if you are a very de-conditioned Male you need to choose option Female. If you are a very conditioned female you need to choose option Male.

Workload chart for male or very fit female:

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

Workload chart for female or de-conditioned male

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

## Fitness Test Programming

1. Press the **Fit-Test** button and press **Enter**.
2. The message window will ask you to enter your **gender**. You may adjust the **Age** and **Weight** setting by using numeric keypads.
3. Now press **Start** to begin the test.

## Before The Test

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

## During The Test

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

## After The Test

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

# What Your Score Means

VO2max Chart for males and very fit females

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

VO2max Chart for females and de-conditioned males

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



# Heart Rate Programs

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

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

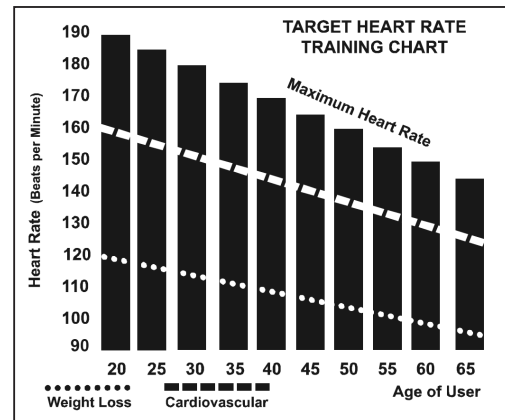
For someone who is 40 years old their target heart rate zone is calculated:

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

$180 \times .6 = 108$  beats per minute (60% of maximum)

$180 \times .8 = 144$  beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.



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

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Fitness Heart Rate programs you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate program automatically controls resistance at the pedals.

# Rate of Perceived Exertion

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

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

The scale is as follows:

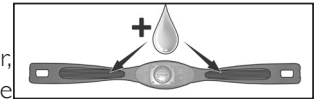
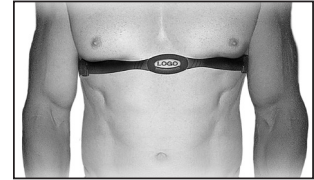
## Rating Perception of Effort

6 Minimal	10 Very light +	14 Somewhat hard +	18 Very hard +
7 Very, very light	11 Fairly light	15 Hard	19 Very, very hard
8 Very, very light +	12 Comfortable	16 Hard +	20 Maximal
9 Very light	13 Somewhat hard	17 Very hard	

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

## Wearing The Chest Strap

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



**Note:** *The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

# Erratic Operation

Caution! Do not use this fitness bike for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

# Heart Rate Program Operation

To start the HR program follow the instructions below or just press the HR key then the Enter button and follow the directions in the Message Window.

1. Press the **HR** key then press the **Enter** key.
2. The touch window will ask you to enter your Time. You may use numeric keypads to adjust the time, After press **Enter** confirm and continue.

3. The touch window will ask you to enter your Age.You may use numeric keypads to adjust the Age,After press **Enter** confirm and continue.
4. The touch window will ask you to enter your Weight.You may use numeric keypads to adjust the Weight,After press **Enter** confirm and continue.
5. The touch window will ask you to enter your Target HR(65%).You may use numeric keypads to adjust the Target HR(65%),After press **Enter** confirm and continue. (Default HR is 124. Range=60 to 200 )
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
7. If you want to increase or decrease the workload at any time during the program press the Up or Down key.This will allow you to change your target heart rate at any time during the program.

## Constant Power Program

A Watts program is a controllable constant power whose Level adjusts when the speed is changed.To start the Constant Power program follow the instructions below or just press the **Constant Power** key,then the **Enter** button and follow the directions in the Message Window.

1. Press the **Constant Power** key,then press the **Enter** key.
2. The touch window will ask you to enter your Time.You may use numeric keypads to adjust the time,After press **Enter** confirm and continue.
3. The touch window will ask you to enter your Age.You may use numeric keypads to adjust the Age,After press **Enter** confirm and continue.
4. The touch window will ask you to enter your Weight.You may use numeric keypads to adjust the Weight,After press **Enter** confirm and continue.
5. The touch window will ask you to enter your Target Watts.You may use numeric keypads to adjust the Target Watts, After press **Enter** confirm and continue. (Default Target Watts is 50. Range=50 to 200 )
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
7. If you want to increase or decrease the workload at any time during the program, press the **Up/Down** key.This will allow you to change your target Watt level at any time during the program.
8. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program.

# GENERAL MAINTENANCE

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

# Fitness Bike Warranty - Effective December 23, 2015

Spirit Fitness warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

<b>Warranty</b>	<b>Frame</b>	<b>Electronics</b>	<b>Parts</b>	<b>Labor</b>	<b>Console</b>
<b>Commercial (non-dues paying facility)</b>	<b>Lifetime</b>	<b>5 Years</b>	<b>5 Years</b>	<b>2 Year</b>	<b>3 Years Parts, 1 Year Labor</b>
<b>Residential</b>	<b>Lifetime</b>	<b>10Years</b>	<b>10 Years</b>	<b>2 Year</b>	<b>3 Years Parts, 1 Year Labor</b>

## NORMAL RESPONSIBILITIES OF THE CONSUMER

The consumer or non-dues paying facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase, or completed online to validate the manufacturer's limited warranty.
2. Proper use of the fitness equipment in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.
5. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
6. Damages to the fitness equipment finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. **CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.**  
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness equipment not requiring component replacement, or fitness equipment not in non-dues paying facility or household use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.



5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in a dues paying facility (YMCA, Health Club, Etc.)
9. Product used in prisons and correctional facilities
10. Warranties outside of the United States may vary. Please contact your local dealer for details.

#### SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier: DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

**Spirit Fitness, Inc.**  
**P.O. Box 2037**  
**Jonesboro, AR 72402-2037**

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.











800.258.4555  
spiritservice@spiritfitness.com  
www.spiritfitness.com



Spirit Fitness  
3000 Nestle Road  
Jonesboro, AR 72401



CR800 ENT Owners Manual  
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