



**SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*



# **CG800 e-Glide Trainer** OWNER'S MANUAL

Please carefully read this entire manual before operating your new e-Glide Trainer



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**Congratulations on your new e•Glide Trainer and welcome to the Spirit Fitness family!**

Thank you for your purchase of this quality group e•Glide Trainer from Spirit Fitness. Your new e•Glide Trainer 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 e•Glide Trainer 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. Please complete and mail your registration card today and enjoy your new e•Glide Trainer.

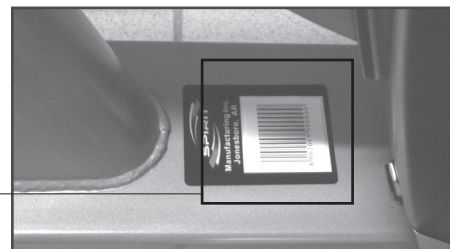
Yours in Health,  
Spirit Fitness

Name of Dealer \_\_\_\_\_  
Dealer Phone # \_\_\_\_\_  
Purchase Date \_\_\_\_\_

**Record Your Serial Number**

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

Serial Number \_\_\_\_\_



**Register Your Purchase**

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

**WARNING** - Read all instructions before using this appliance.

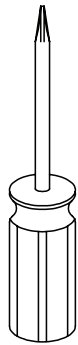
- Do not operate e•Glide Trainer on deeply padded, plush or shag carpet. Damage to both carpet and e•Glide Trainer may result.
- Keep children away from the e•Glide Trainer. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your e•Glide Trainer for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your e•Glide Trainer. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- Use caution while participating in other activities while using your e•Glide Trainer such as watching television, reading, etc. These distractions may cause you to lose balance and may result in serious injury.
- Always hold on to a handlebar while making control changes.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

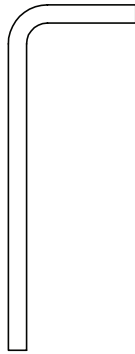
## Pre-Assembly

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
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.

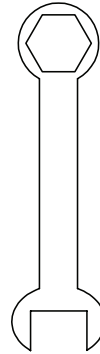
## Assembly Tools



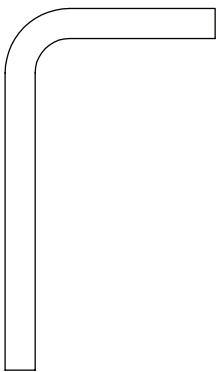
Phillips Head  
Screwdriver



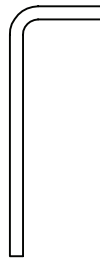
8mm  
Allen Wrench



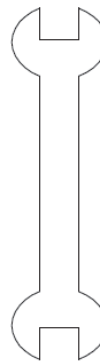
17mm  
Wrench



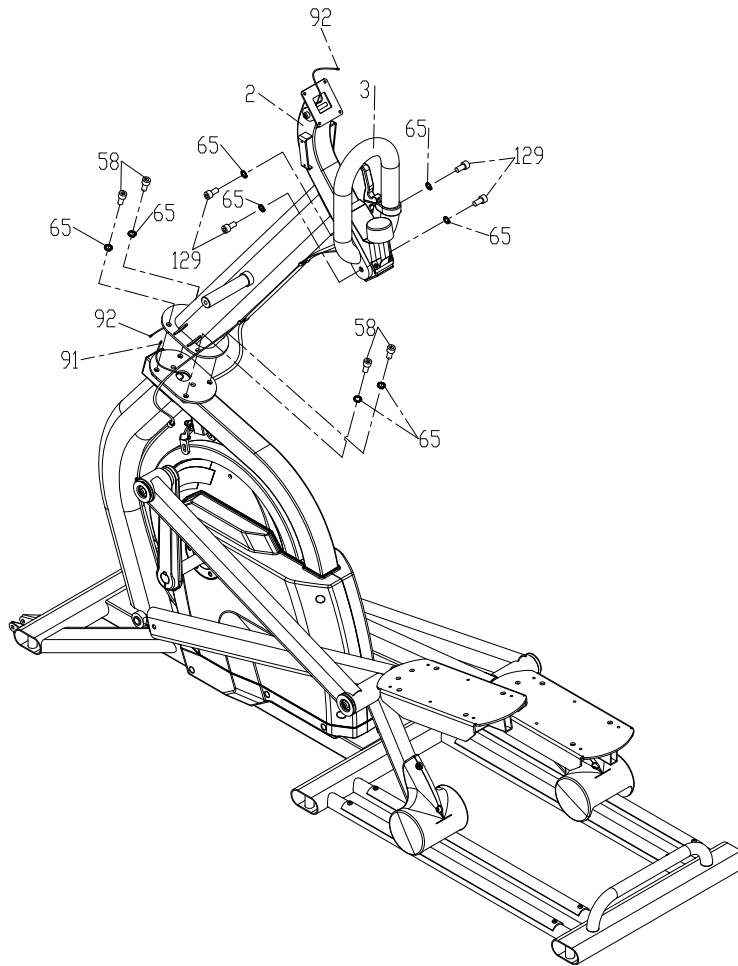
12mm  
Allen Wrench



5mm  
Allen Wrench



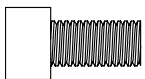
13/14mm Wrench



## STEP 1: Console Mast

1. The resistance adjustment cable and speed sensor wire are pre-installed to the console mast and main frame so be careful not to pull too hard on the console mast during assembly to avoid damaging them.
2. Lift the console mast (**2**) into place and align it so the locating pins in the mounting plate are set into the holes in the mating plate of the main frame. Be careful not to pinch the speed sensor wire between the console mast and the main frame plates during assembly.
3. Secure the console mast in place with the four stainless steel bolts (**58**) and split washers (**65**). Make sure the bolts are fastened as tightly as possible.
4. Install the stationary handlebars (**3**) to the console mast (**2**) with four stainless steel bolts (**129**) and four split washers (**65**). Make sure the bolts are securely tightened.

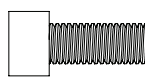
## HARDWARE



#**58**. M10 x 20mm  
Stainless Steel Bolt

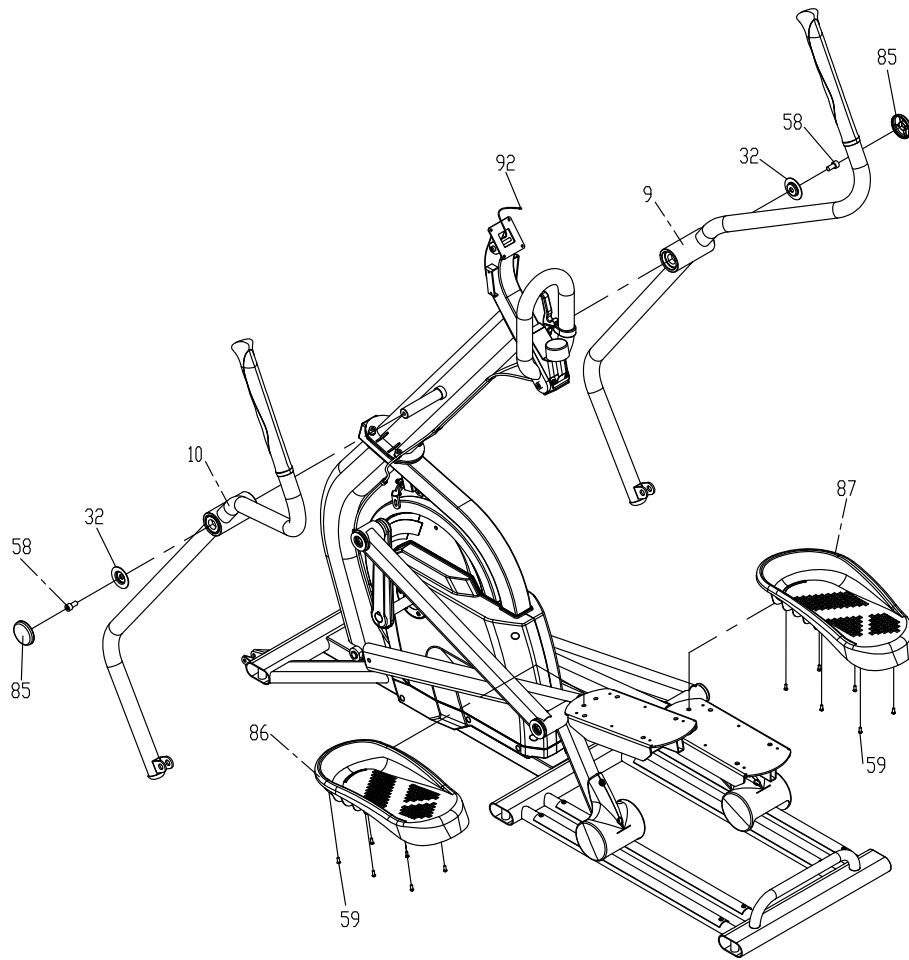


#**65**. M10  
Split Washer



#**129**. M10 x 25mm  
Stainless Steel Bolt

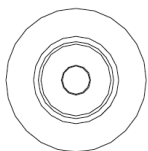




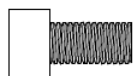
## STEP 2: Swing Arms & Pedals

1. Slide the two swing arms (**9** & **10**) onto the console mast axle. There is a left and right swing arm so make sure you assemble the correct one on each side. Do not force the arms onto the axle or use a hammer as damage to the bearings could occur. The swing arms have been previously installed at the factory and should fit properly, although it is a snug fit.
2. Secure the swing arms in place with the stainless steel bolts (**58**) and cup washers (**32**) and tighten. Snap the decorative caps (**85**) over the cup washers.
3. Attach the foot pedals (**86** left, **87** right) with twelve screws (**59**).

## HARDWARE



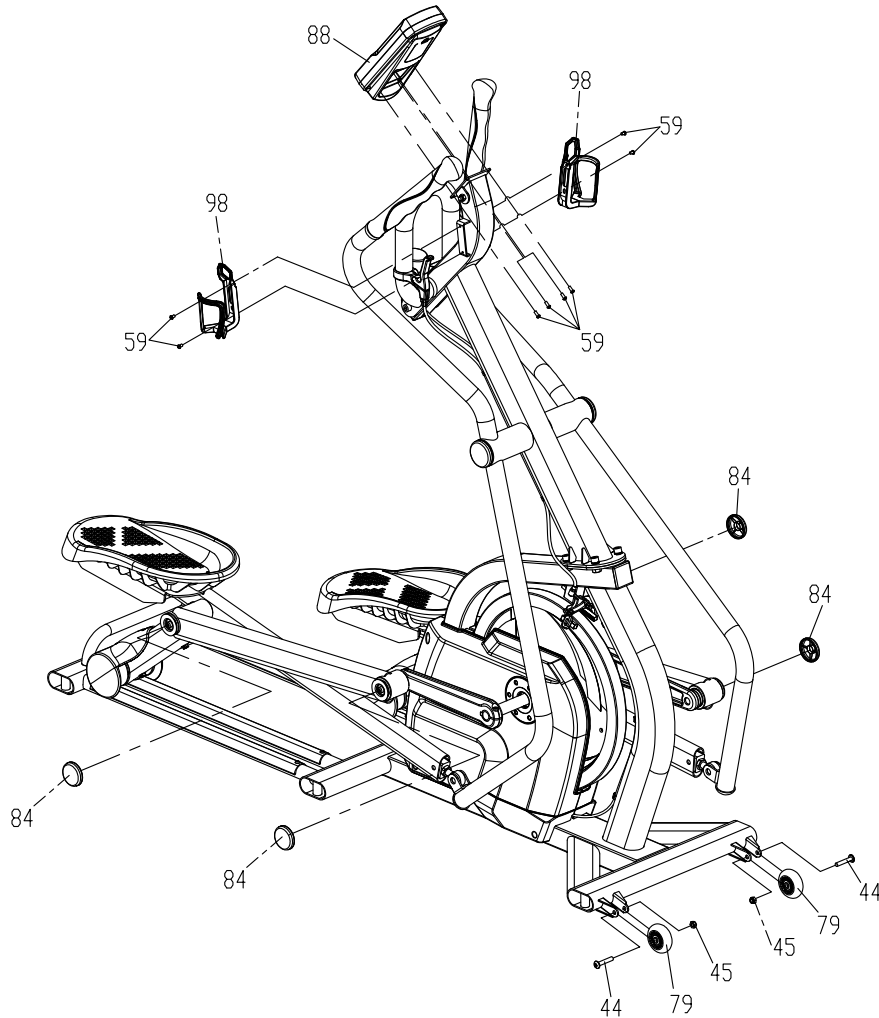
**#32.** Cup Washer



**#58.** M10 x 20mm  
Stainless Steel Bolt



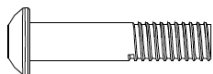
**#59.** M5 x 10mm  
Phillips Screw



## STEP 3: Console, Wheels & End Caps

1. Attach the transport wheels (**79**) with two bolts (**44**) and two nuts (**45**).
2. Unpack the console and install the 3 AA batteries. Connect the speed sensor wire into the white two pin connector accessed through the opening in the back of the console. Mount the console onto the console mast plate and secure with four screws (**59**).
3. Secure the two bottle holders (**98**) to the console mast with four screws (**59**). Snap the four end caps (**84**) onto the cup washers on the left & right pedal arm assemblies.

### HARDWARE



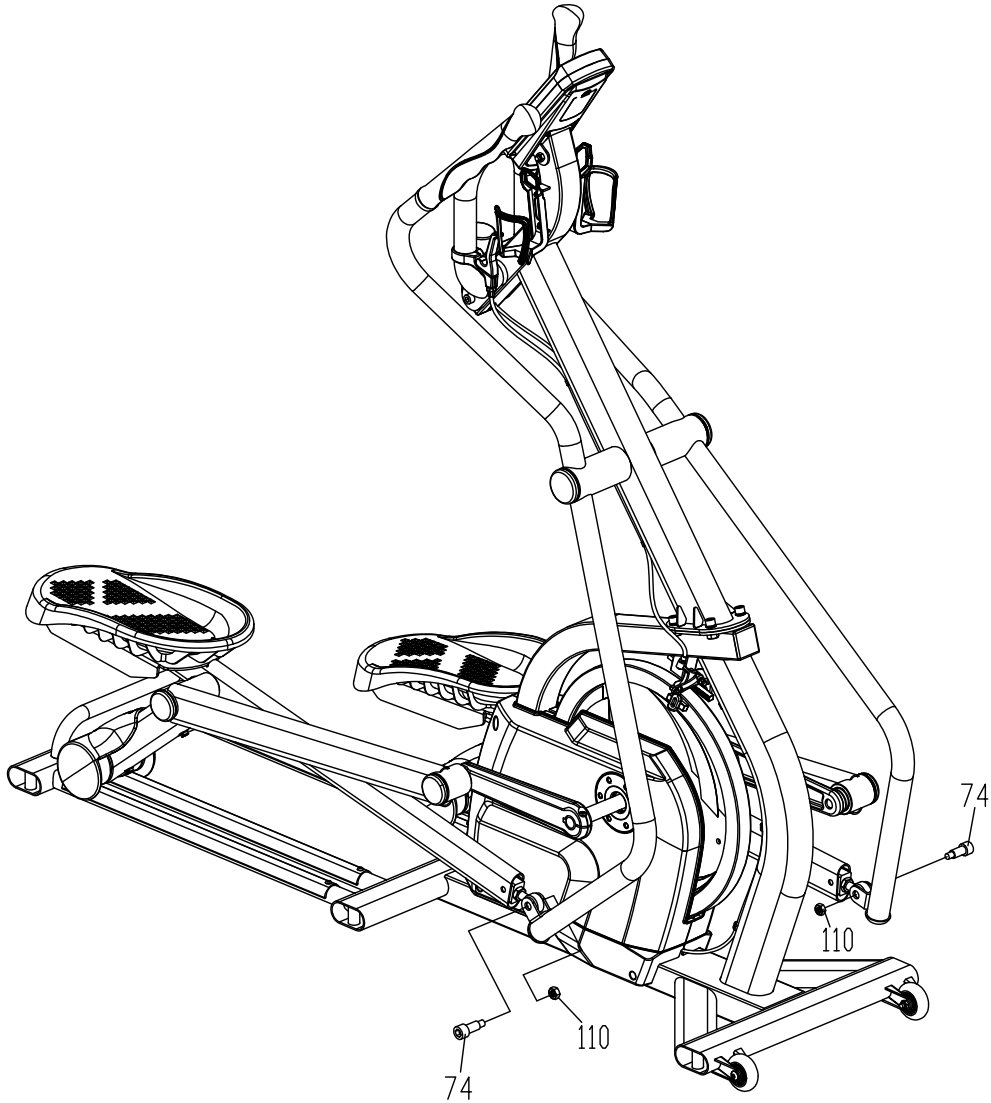
#44. 5/16" x 1-3/4"  
Bolt



#45. 5/16"  
Nut



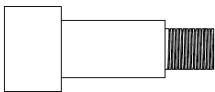
#59. M5 x 10mm  
Phillips Screw



## STEP 4: Arm Connection

- I. Assemble the bracket at the bottom of the swing arms (**9** & **10**) to the ends of the pedal arms using two shoulder bolts (**74**) and the two nuts (**110**).

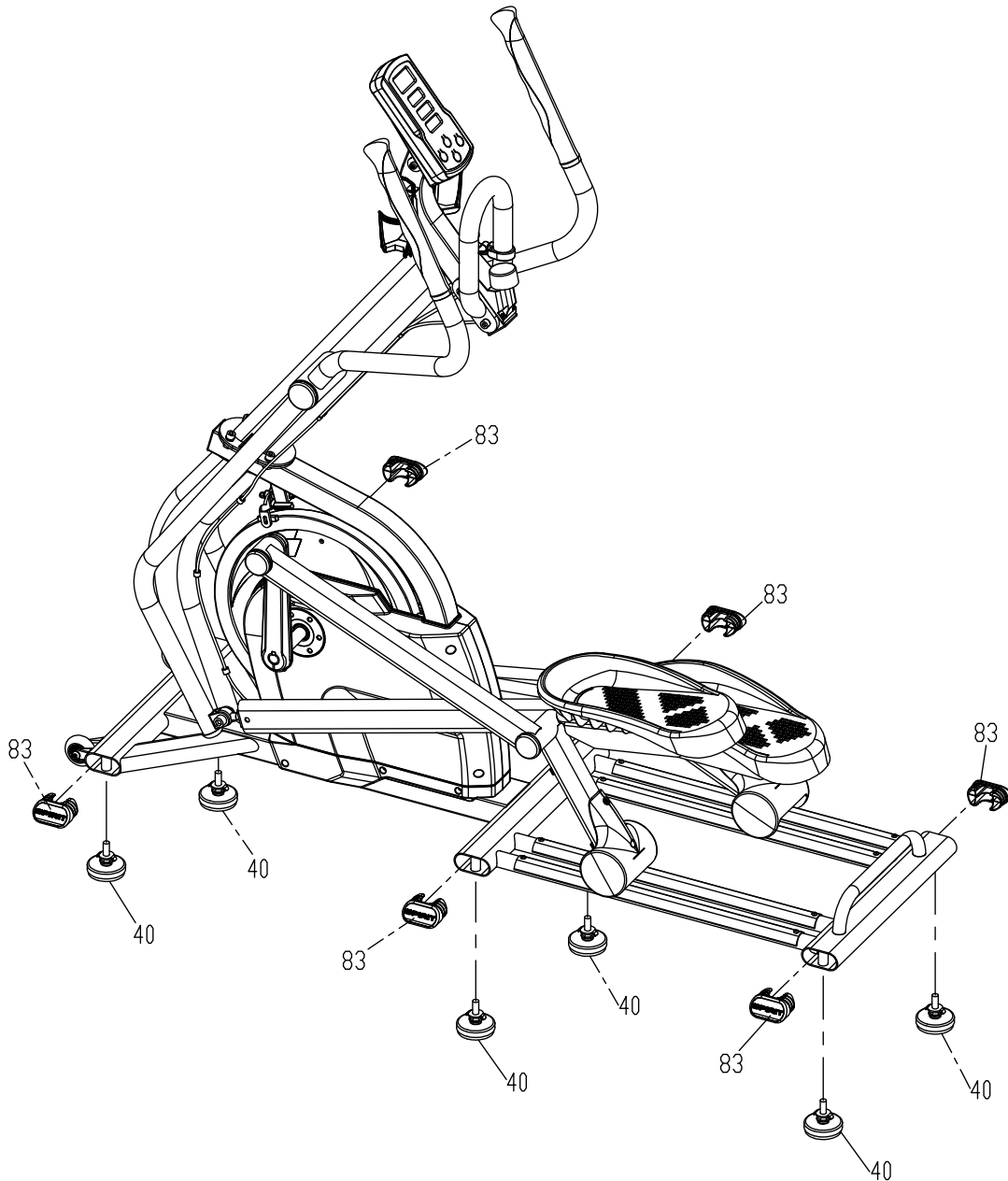
### HARDWARE



**#74.** M10 x 38mm  
Shoulder Bolt



**#110.** M10  
Nut



## STEP 5: Levelers & End Caps

1. Tilt the e•Glide Trainer to one side and put something under the unit for support. Install the three levelers (**40**) on that side. Tilt the unit to the other side and install those three levelers (**40**) on that side. Level the e•Glide Trainer once it is positioned where it will be used. Screw the two middle levelers all the way in and the front and rear levelers all the way in, then back them out about two or three turns. Level the unit using only the front and rear levelers first, then adjust the middle levelers so they touch the floor. Make sure to lock the levelers when finished by tightening the upper nuts of each leveler.
2. Press the six plastic end caps (**83**) into the oval stabilizer tubes. You may need to use a rubber mallet to insert these caps. Carefully tap the caps into place, if necessary.



## CG800 Console



### Power

The power for the console is provided by 3 AA alkaline batteries (provided) and will operate on rechargeable NiCd AA batteries. Once the batteries are installed the console will power on, the Time window will display an hour meter reading, the Distance window will display an odometer reading and the RPM/Cadence window will display the software version. The hour reading shows how long the e•Glide Trainer has been in use and the distance shows how many virtual miles the e•Glide Trainer has gone.

If the console does not detect a speed signal, or key activations, it will go to sleep to protect battery life. To wake the console up you can press any key.

## Displays

TIME: Displays workout time two ways; either count up (accumulated time) or count down (remaining time), depending on your preference.

SPEED/CADENCE/RPM: Displays the current pedaling speed as revolutions per minute.

DISTANCE: Displays virtual distance traveled in miles or kilometers (units selected through management mode, see page 12 for details).

HEART RATE: Displays heart rate in beats per minute when a heart rate chest belt transmitter is worn and detected by the console. The heart rate receiver is compatible with Polar coded transmitters.

## Keys

TIME + (UP): Used to set workout time before the start key is pressed. The up key will increase the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. The key is also used to switch the time reading to count up (elapsed time).

TIME - (DOWN): Used to set workout time before the start key is pressed. The down key will decrease the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. The key is also used to switch the time reading to count down (remaining time).

START/STOP: Starts and stops the program timer.

RESET: Performs a complete reset of the console.

## Operation

- Power the console on by pressing any key.
- Enter Quick start operation by simply pressing the START key. The time will count up from zero.
- You may set a workout time by using the TIME up and down keys. When you press the START key the time will count down to zero from the set time. After pressing START you can use the up and down keys to switch the time to count up or count down.
- Press the START/STOP button to pause the timer and also to resume the timer when it is in Pause mode.
- Press the RESET key to reset all the data.
- For Heart Rate readings you must wear a heart rate transmitter (sold separately). The console will pick up the transmitter signal and display your heart rate automatically.

The e•Glide Trainer is practically maintenance free. Just keep it clean by wiping down the unit with a damp cloth after each use. Do not use harsh detergents. Every month check that all the hardware is securely tightened. Do not use the e•Glide Trainer if any parts are loose or broken.

The wheels and aluminum tracks will need to be kept clean to prevent noise and maintain smoothness. No lubrication should be necessary but if persistent noises from the wheels develop you can use a small amount of lubricant. Natural lubricants work well such as vegetable oil or soy based lubrication products like Biokleen from Ecoviva: <http://www.ecoviva.com/html/soy-lube.php>

## Management Mode

- To enter the management mode press START/STOP and UP keys simultaneously for 3 seconds
- The TIME window will show the software checksum (for engineering use) then tests the LCD display by sequencing all segments on.
- The next display shows total usage time in the time window, software version In SPEED window and odometer in distance window.
- Press the RESET key for distance reading setting, use up & down keys to adjust:  
0 = Kilometers, 1 = Miles
- Press the RESET key for distance per pedal revolution setting: 1.83 = 1.83 meters (6 feet) per pedal revolution. Adjust to desired setting by using UP/DOWN keys.
- To clear odometer, press UP and DOWN at the same time.
- Press START/STOP to exit.



## e•Glide Trainer Warranty - Effective January 1, 2011

Spirit Fitness warrants all its e•Glide Trainer 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:

Warranty	Frame	Brake	Parts	Labor
Commercial (Health Clubs, YMCAs, Community Centers)	Lifetime	5 Years	5 Years	1 Year
Commercial	Lifetime	5 Years	5 Years	2 Years
Residential	Lifetime	Lifetime	10 Years	2 Years

### NORMAL RESPONSIBILITIES OF THE CONSUMER

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

- 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.
- Proper use of the fitness equipment in accordance with the instructions provided in this manual
- Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
- 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.
- 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.
- Damages to the fitness equipment finish during shipping, installation or following installation.
- Routine maintenance of this unit as specified in this manual.

### EXCLUSIONS

This warranty does not cover the following:

- 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.
- 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.
- 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.
- Products with original serial numbers that have been removed or altered.
- Products that have been: sold, transferred, bartered, or given to a third party.
- 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.
- 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.
- Product used in a dues paying facility (YMCA, Health Club, Etc.)
- Product used in prisons and correctional facilities
- 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:

- Contact your selling authorized Spirit Fitness dealer. OR
- Contact your local authorized Spirit Fitness service organization.
- If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
- 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.
- 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.
- For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness | 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. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 - Phone: 800-258-4555 - Fax: 870-935-7611

[www.spiritfitness.com](http://www.spiritfitness.com)

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**CG800** Owner's Manual  
Rev. 2