

SPIRIT

40 YEAR
ANNIVERSARY



HOME FITNESS

2024 Edition



WE BUILD THE HIGHEST QUALITY EQUIPMENT

We built our first fitness product back in 1983 with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.

It is that same simple purpose that continues today in designing and developing every piece of equipment that bears the Spirit Fitness name. We make sure that each new equipment design meets the same demanding standards that have crafted the Spirit Fitness brand.

DELIVERING UNMATCHED EXPERIENCE

Over the last thirty years, our focus has always been and will continue to be delivering a quality training experience with our equipment. We understand that our products are an investment and we design them to keep pace with your own long-term fitness goals. All of our products are produced in our ISO-certified factories for consistent quality.

SPiRt™

425 SERIES TREADMILLS

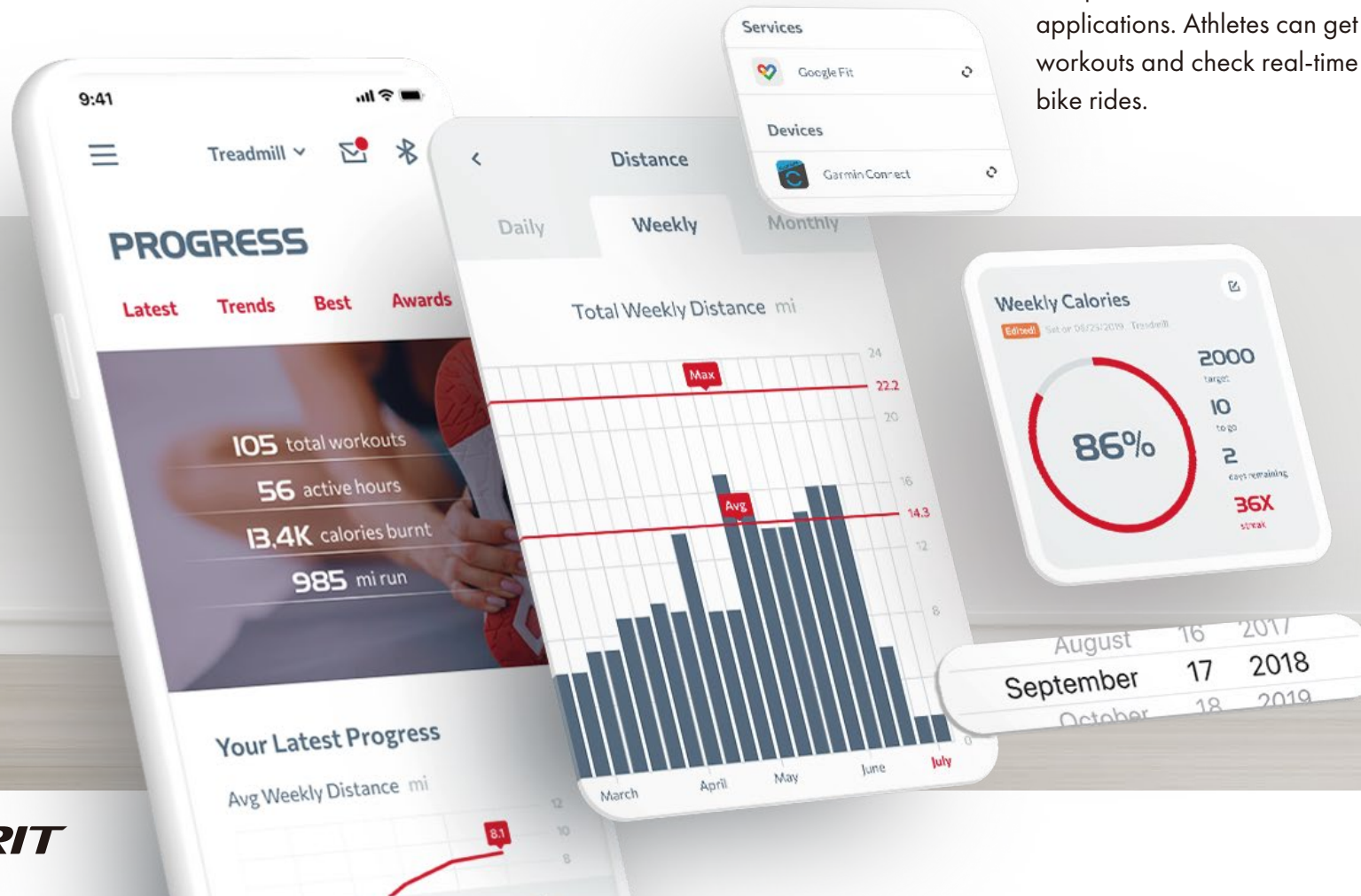
**BUILT
FOR LIFE.**



CONNECTED FITNESS

SPIRIT+

The SPIRIT+ App is designed for users who like to plan training, track progress, and set fitness goals. With the SPIRIT+ App, users can store all of their training data in one place and share workout information with other fitness applications. Athletes can get instant insights during workouts and check real-time stats of their runs, walks, and bike rides.



Zwift

Zwift is an app for cyclists, runners, and triathletes that makes indoor training fun. It allows athletes to reach their fitness goals within virtual worlds designed for a global community. There are two training categories available for Zwift users: running and cycling. Athletes can train on Spirit treadmills and stationary exercise bikes.



Kinomap

Kinomap is the world's largest geolocated video-sharing platform, with thousands of videos from the best tracks around the world. It is a subscription-based workout app that allows users to access a whole library of videos submitted by other users from all around the world. Kinomap pairs to Spirit equipment and responds to the incline and resistance as seen in the video on your screen. With a large variety of cardio training options, users of all fitness levels can find the workout they love.

**SPIRIT**

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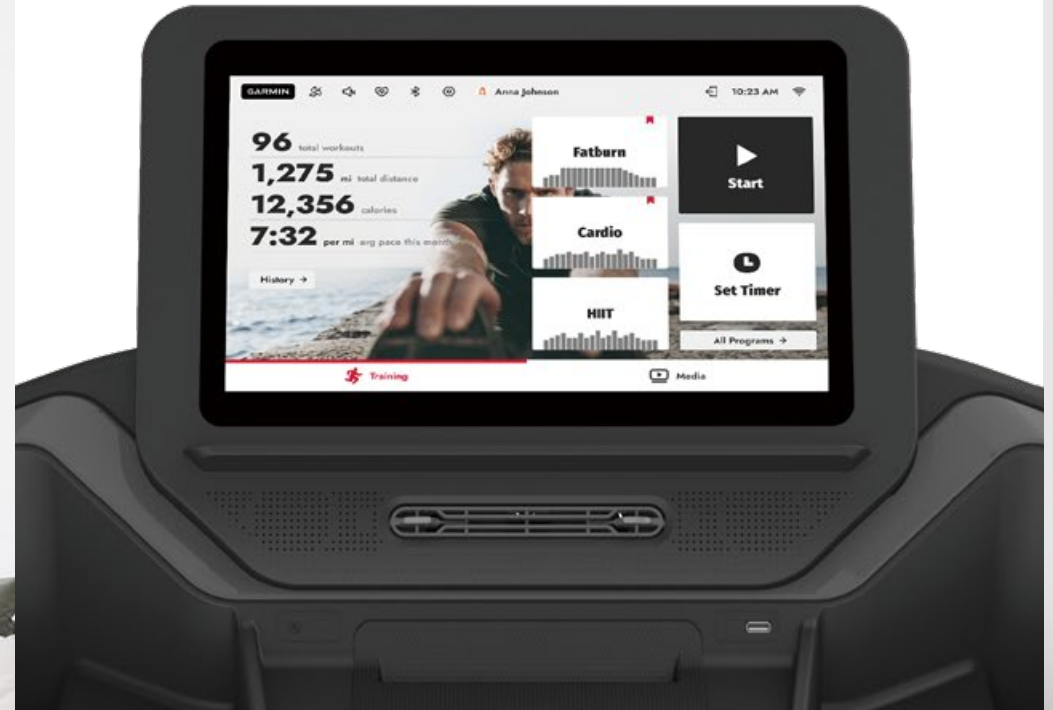
TREADMILLS

Personalized training experience for you

Our treadmills for residential space have a reputation for reliability and ultimate comfort. Spirit Fitness treadmills reduce joint stress, provide effective cardio workouts and offer entertainment for all levels of athletes.

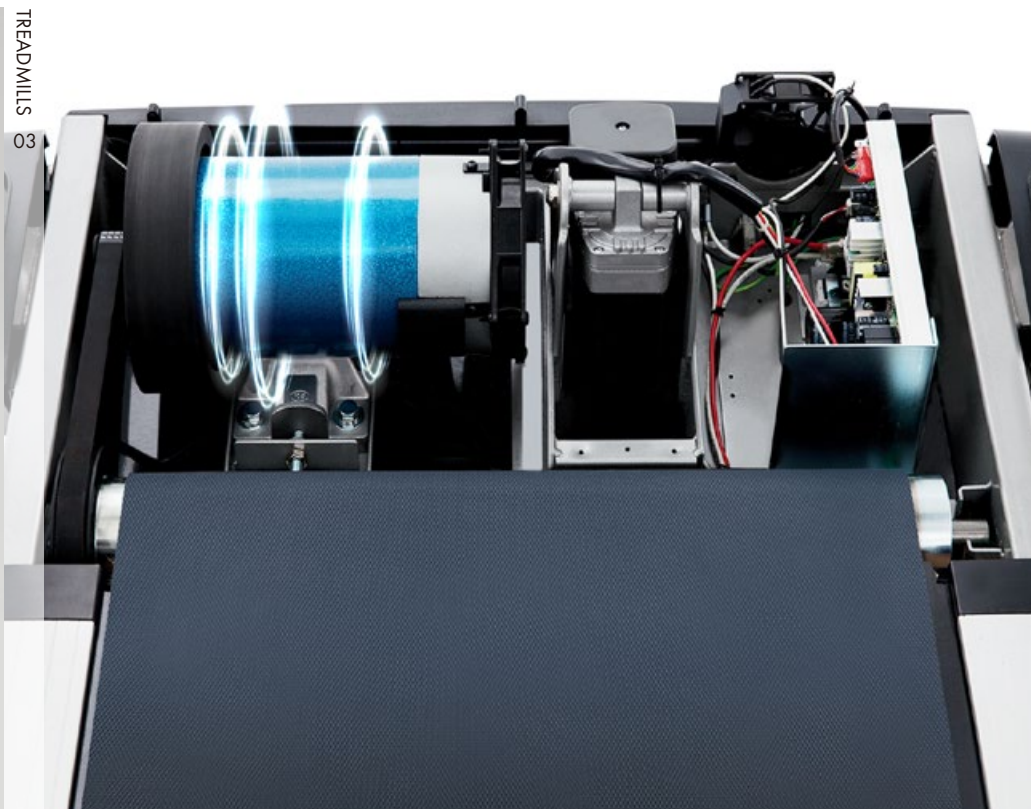


SPIRIT



New entertainment system

Redesigned interface to improve user training experience powered by a modern touch-screen display. Available in two sizes on all treadmills with ENT console.



Unmatched power

Industry-leading power train ranging from 3.0HP to 4.0HP provides the performance you deserve and need for extensive walking or running training.



Spacious deck

A low-maintenance deck system provides hassle-free use for thousands of miles, plus the spacious workout area (up to 22" x 60" deck) accommodates users of all heights and running stride length.



Ergonomic design

Our heart rate handlebars are designed to be closely associated with the natural position of our hands when arms are raised.



Folding structure

Easily fold and store Spirit residential treadmill when not in use with the lift assist and safe drop folding deck technology.



Accessible fitness

To encourage people with physical limitations to stay active and healthy, we offer extended handrails as an optional accessory.

*available on XT185 and XT285 only



Smart convenience

Handlebar-mounted incline and speed controls let users to change the training intensity safely and easily.

- ① Adjustable tablet holder
- ② 15.6" touch screen display
- ③ Storage space / water bottle holder
- ④ Hand pulse sensors
- ⑤ Direct speed
- ⑥ Direct incline
- ⑦ Adjustable cooling fan
- ⑧ Handlebar speed control
- ⑨ Handlebar incline control
- ⑩ USB charging port
- ⑪ Bookrack
- ⑫ Bluetooth speakers





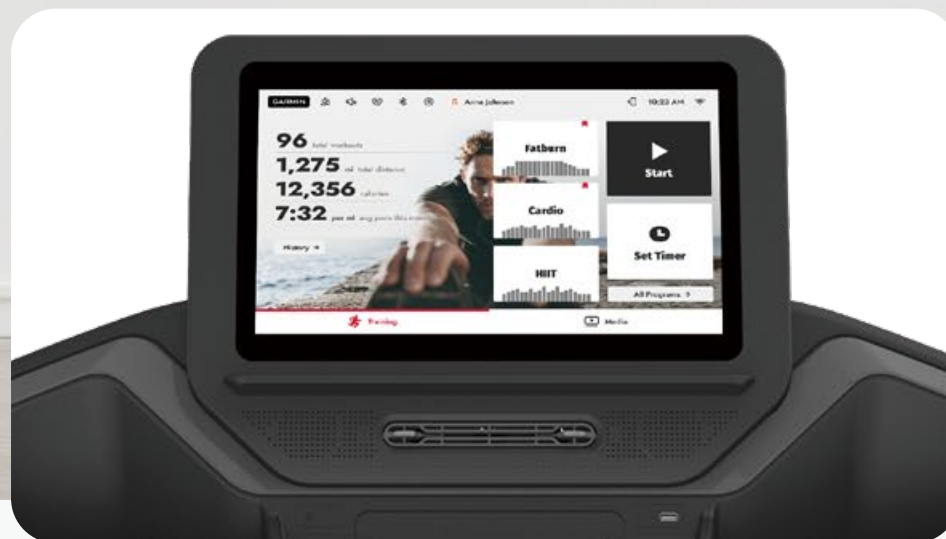
7.5" blue backlit LCD screen



7.5" black backlit LCD screen



9" black backlit LCD screen



Entertainment touch screen

	XT185	XT285	XT385	XT485	XT485ENT	XT685	XT685ENT
TREADMILL							
Console							
Console features							
Display	7.5" LCD (Blue)	7.5" LCD (Blue)	7.5" LCD (Black)	9" LCD (Black)	10.1" touch screen	9" LCD (Black)	15.6" touch screen
Adjustable fan	YES	YES	YES	YES	YES	YES	YES
Programs	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom, 4 HRC	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 8 Custom, 4 HRC, Fitness Tests (Gerkin, Army, Navy, Air Force, Marines corps, Coast Guard, PEB)	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 8 Custom, 4 HRC, Fitness Tests (Gerkin, Army, Navy, Air Force, Marines corps, Coast Guard, PEB)
Audio jack	NO	NO	NO	NO	YES	NO	YES
USB charging port	NO	YES	YES	YES	YES	YES	YES
Bluetooth	YES	YES	YES	YES	YES	YES	YES
Speaker	NO	YES	YES	YES	YES	YES	YES
Tablet holder	NO	NO	YES	YES	YES	YES	YES
Frame							
Running surface	510x1400mm / 20"x55"	510x1525mm / 20"x60"	560x1525mm / 22"x60"	560x1525mm / 22"x60"	560x1525mm / 22"x60"	560x1525mm / 22"x60"	560x1525mm / 22"x60"
Deck thickness	18mm / 0.7"	25mm / 1"	25mm / 1"	25mm / 1"	25mm / 1"	25mm / 1"	25mm / 1"
Rollers	ψ60 / ψ46, 2.5" / 2"	ψ60 / ψ46, 2.5" / 2"	ψ60 / ψ60, 2.5" / 2.5"	ψ60 / ψ60, 2.5" / 2.5"	ψ60 / ψ60, 2.5" / 2.5"	ψ75 / ψ75, 3" / 3"	ψ75 / ψ75, 3" / 3"
Motor	3.0HP	3.25HP	3.5HP	4.0HP	4.0HP	4.0HP	4.0HP
Speed range	1-16 kph (0.5-10 mph) (0.5kph/0.3mph low starting speed are available)	1-18 kph (0.5-12 mph)	1-20 kph (0.5-12 mph)	1-20 kph (0.5-12 mph)	1-20 kph (0.5-12 mph)	1-20 kph (0.5-12 mph)	1-20 kph (0.5-12 mph)
Incline range	0 -10 levels	0 -12 levels	0 -15 levels	0 -15 levels	0 -15 levels	0 -15 levels	0 -15 levels
Dimensions							
Set-up dimension	1930x885x1480mm	2055x885x1480mm	2060x920x1755mm	2060x920x1755mm	2060x920x1755mm	1960x920x1725mm	1960x920x1725mm
Folded dimension	1070x885x1680mm	1125x880x1790mm	1095x920x1815mm	1095x920x1815mm	1095x920x1815mm	NO	NO
Carton size	2035x910x380mm	2160x910x380mm	2170x940x375mm	2170x940x375mm	2170x940x375mm	2070x960x390mm	2070x960x390mm
NW / GW	102.2kg / 112kg	108.6kg / 118.7kg	130kg / 142kg	131kg / 143.5kg	131kg / 143.5kg	126kg / 138kg	126kg / 138kg
QTY 20'/40'/40'H	38 / 81 / 90	37 / 78 / 88	37 / 77 / 88	37 / 77 / 88	37 / 77 / 88	36 / 78 / 78	36 / 78 / 78
Max. User weight	125kg	130kg	150kg	150kg	150kg	150kg	150kg

Note: The height of set-up dimension and weight of XT385/XT485/XT485ENT/XT685/XT685ENT are including the tablet holder.

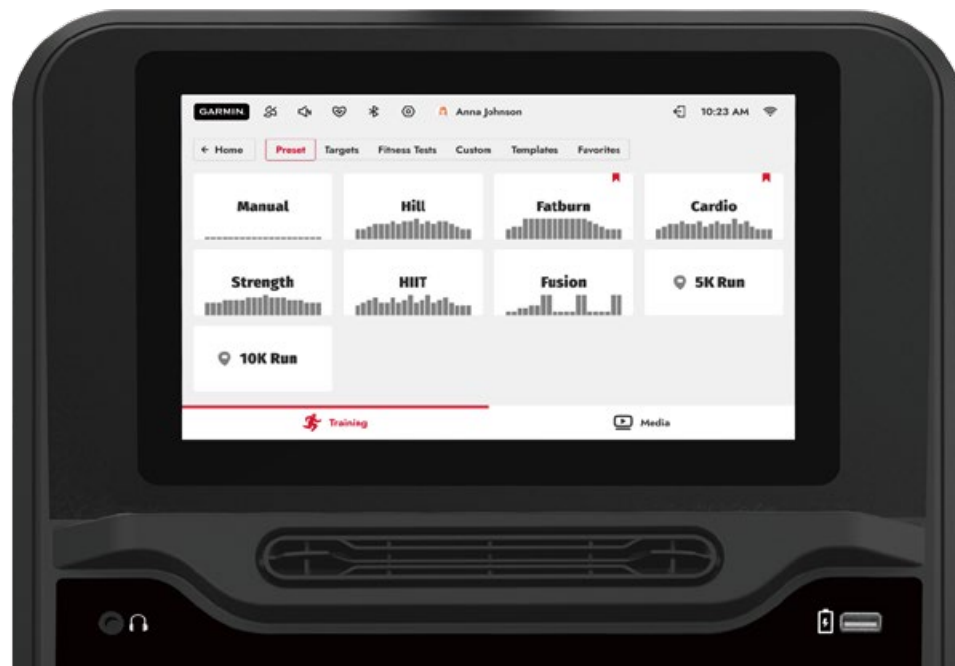


BIKES

Traditional yet effective cycling workout

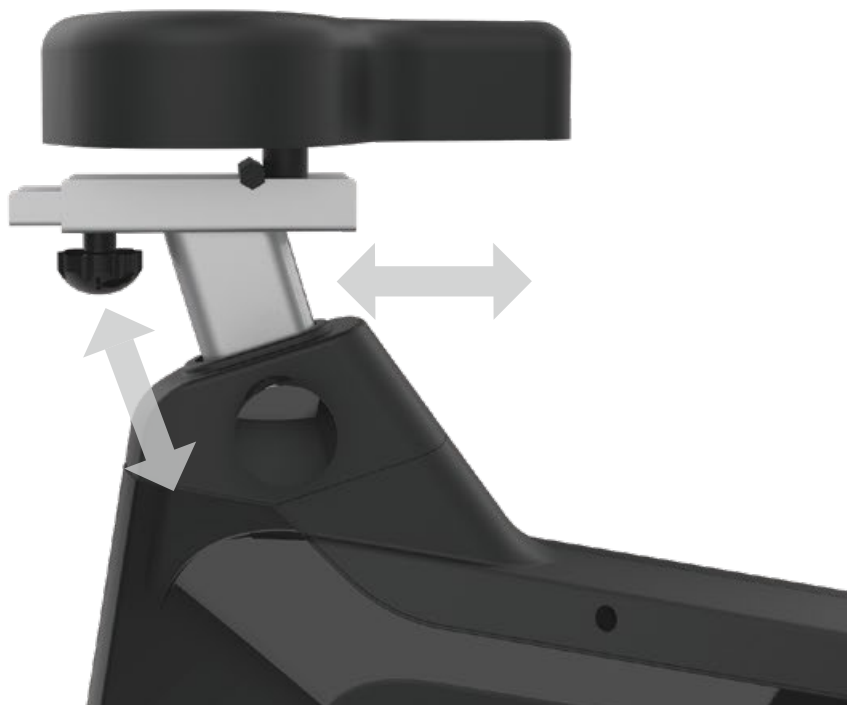
Indoor exercise bikes have been around for many decades. Their appeal and effectiveness have stood the test of time. Comfort, convenience, familiarity, enjoyment, and medical conditions are a few reasons this modality appeals to a large segment of the population.





Programs for all levels

The LCD display is packed with a variety of exciting programs including manual, hill, fat burn, cardio, strength, interval, calories, fusion, 2 users, 2 heart rate, and over 30 programs are available on the touch screen display.



Adjustable comfort

The easily adjustable padded seat on the upright bike allows for fast front/back and up/down adjustments for a comfortable ride, while a reclining backrest position plus a mesh back seat on the recumbent bike offers a comfortable cooling experience.



Foldable armrests

Recumbent bikes are widely used by athletes of different fitness levels and age demographics. To make it simpler for users to get on and off the bike we offer a foldable armrest design.

*available on XBR55ENT only



Handlebar resistance control

Recumbent bike with remote handlebar toggles for resistance allows for convenient workout changes without taking your hands off the handlebars.



Heart rate monitoring

Wireless chest strap heart rate transmitter and heart rate pulse grips help keep your workouts safe and effective.

Upright bike console

- ① Adjustable tablet holder
- ② 10.1" touch screen display
- ③ Hand pulse sensors
- ④ Direct level
- ⑤ Adjustable cooling fan
- ⑥ USB charging port
- ⑦ Level adjustment
- ⑧ Bookrack
- ⑨ Bluetooth speakers



Recumbent bike console

- ❶ Adjustable tablet holder
- ❷ 10.1" touch screen display
- ❸ Direct level
- ❹ Adjustable cooling fan
- ❺ USB charging port
- ❻ Level adjustment
- ❼ Audio out jack 3.5mm
- ❽ Bookrack
- ❾ Bluetooth speakers

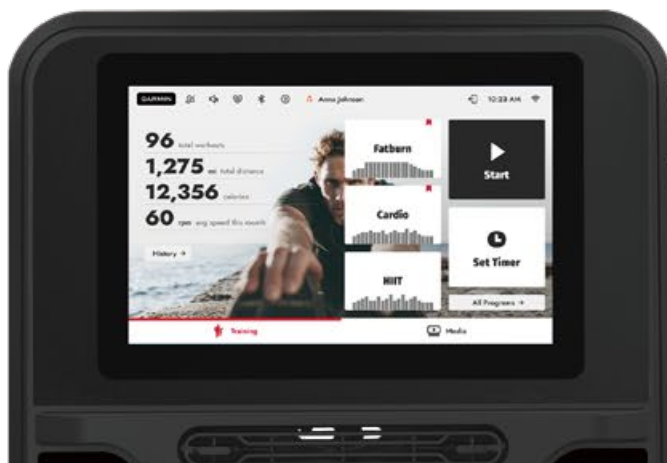




7.5" blue backlit LCD screen



7.5" black backlit LCD screen



Entertainment touch screen

XBR25



XBR55



XBR55ENT



XBR95



XBU55



XBU55ENT



RECUMBENT BIKE

Console				
Console features				
Display	7.5" LCD (Blue)	7.5" LCD (Black)	10.1" touch screen	7.5" LCD (Black)
Adjustable fan	YES	YES	YES	YES
Programs	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 2 Custom, 4 HRC	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 8 Custom, 4 HRC, Fitness test (YMCA Protocol)	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 2 Custom, 4 HRC
Audio jack	NO	NO	YES	NO
USB charging port	NO	YES	YES	YES
Bluetooth	YES	YES	YES	YES
Speaker	NO	YES	YES	YES
Tablet holder	NO	YES	YES	YES
Frame				
Power	DC12V/3.3A	DC12V/3.3A	DC12V/3.3A	Generator
Pedal	Regular	Large cushioned, Fast latching	Large cushioned, Fast latching	Large cushioned, Fast latching
Flywheel system	9kg / 20lb	11kg / 24lb	11kg / 24lb	14kg / 30lb
Resistance	20 levels, ECB	20 levels, ECB	20 levels, ECB	40 levels
Water bottle holder	Dual, seat handle mounted	Dual, seat handle mounted	YES, single	Dual, seat handle mounted
Seat adjustment	Forward back	Forward back, Reclining	Forward back, Reclining	Forward back, Reclining
Dimensions				
Set-up dimension	1440x750x1280mm	1440x750x1440mm	1440x750x1440mm	1440x750x1440mm
Carton size	1460x460x775mm	1460x460x775mm	1460x460x775mm	1460x460x775mm
NW / GW	62kg / 69kg	66.3kg / 74.3kg	71kg / 79kg	70kg / 77.2kg
QTY 20'/40'/40'H	60 / 120 / 120	60 / 120 / 120	60 / 120 / 120	60 / 120 / 120
Max. user weight	150kg	150kg	150kg	150kg

UPRIGHT BIKE

Console		
Console features		
Display	7.5" LCD (Black)	10.1" touch screen
Adjustable fan	YES	YES
Programs	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 2 Custom, 4 HRC	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Target (Time, Distance, Calories), 8 Custom, 4 HRC, Fitness test (YMCA Protocol)
Audio jack	NO	YES
USB charging port	YES	YES
Bluetooth	YES	YES
Speaker	NO	YES
Tablet holder	YES	YES
Frame		
Power	DC12V/3.3A	DC12V/3.3A
Pedal	Large cushioned, Fast Latching	Large cushioned, Fast Latching
Flywheel system	14kg / 30lb	14kg / 30lb
Resistance	20 levels, ECB	20 levels, ECB
Water bottle holder	YES	YES
Seat adjustment	Up/down/forward/back, standard seat post	Up/down/forward/back, standard seat post
Dimensions		
Set-up dimension	1080x550x1570mm	1080x550x1570mm
Carton size	1175x460x780mm	1175x460x780mm
NW / GW	47.8kg / 54.4kg	47.8kg / 54.4kg
QTY 20'/40'/40'H	75 / 150 / 150	75 / 150 / 150
Max. user weight	150kg	150kg

Note: The height of set-up dimensions and weight are including the tablet holder, excluding XBR25.

ELLIPTICALS

Enjoy the natural movement with a low-impact stride motion

We give our customers the ability to get more out of every workout while enjoying exceptional reliability and performance. Our smooth, fluid motion design provides a perfectly natural, low-impact stride, so athletes can work out longer and harder. Proper ergonomics and biomechanics, a solid feel, important workout data feedback, and effective programs will help you stick with your exercise routine and achieve your long-term fitness goals.



SPIRIT



Heart rate monitoring

Built-in wireless heart rate receiver compatible with 5KHz heart rate or bluetooth transmitter and contact hand pulse sensors on the handlebars help keep your workouts safe and effective.



Natural stride length

Ergonomic stride length (up to 20") provides a natural and comfortable elliptical motion for users of all sizes. Our proper stride length ensures that the user's natural gait is mimicked and that the user is able to maintain good posture and proper form throughout the workout.



Continuous challenge

Add extra intensity to your workout with impressive 20 levels of electronic resistance. Higher resistance levels make the workout more challenging and help to increase muscle strength and endurance. Lower resistance levels are better for recovery or warm-up sessions.



Accessible control

Remote resistance and incline controls are right where you need them to provide a comfortable and secure workout.



Adjustable pedals

Oversized, cushioned pedals bring comfort to your workout while providing a secure non-slip surface and 3 levels of adjustable pedal incline customize elliptical motion.

*available on XE295, XE395 and XE395ENT only



Build more strength

Easy to access speed and incline buttons on console provide the ability to quickly select a specific incline or speed with just a press of a button.



Mobile device holder

Watch movies, listen to music, or follow fitness apps while working out on your mobile device placed within your hand's reach.

- ① Adjustable tablet holder
- ② 10.1" touch screen display
- ③ Hand pulse sensors
- ④ Direct level
- ⑤ Direct incline
- ⑥ Adjustable cooling fan
- ⑦ Handlebar incline control
- ⑧ Handlebar level control
- ⑨ USB charging port
- ⑩ Bookrack
- ⑪ Bluetooth speakers

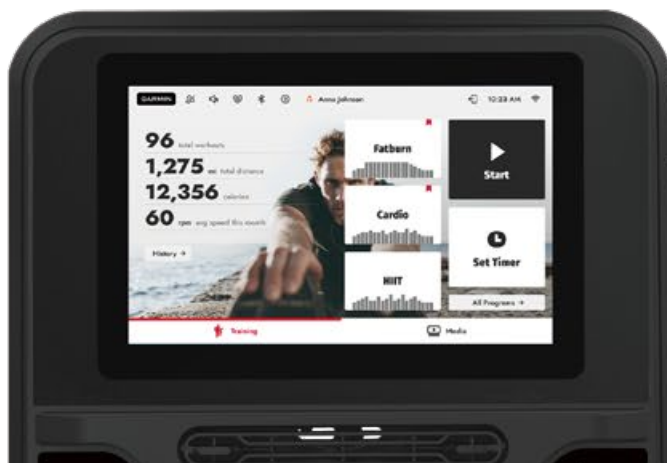




7.5" blue backlit LCD screen



7.5" black backlit LCD screen



Entertainment touch screen

	XE195	XE295	XE395	XE395ENT	XE795
ELLIPTICAL					
Console					
Console features					
Display	7.5" LCD (Blue)	7.5" LCD (Black)	7.5" LCD (Black)	10.1" touch screen	7.5" LCD (Black)
Adjustable fan	YES	YES	YES	YES	YES
Programs	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom, 4 HRC	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom, 4 HRC	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 8 Custom, 4 HRC, Fitness Test (YMCA Protocol)	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Target (Time, Distance, Calories), 2 Custom, 4 HRC
Audio jack	NO	NO	NO	YES	NO
USB charging port	NO	YES	YES	YES	YES
Bluetooth	YES	YES	YES	YES	YES
Speaker	NO	YES	YES	YES	YES
Tablet holder	NO	YES	YES	YES	YES
Frame					
Power	DC12V/3.3A	DC12V/3.3A	AC120V/60HZ, AC230V/50HZ	AC120V/60HZ, AC230V/50HZ	Self Generator
Stride length	508mm / 20"	508mm / 20"	508mm / 20"	508mm / 20"	508mm / 20"
Flywheel system	11kg / 24lb	14kg / 30lb	14kg / 30lb	14kg / 30lb	14kg / 30lb
Resistance	20 levels, ECB	20 levels, ECB	20 levels, ECB	20 levels, ECB	40 levels, self generator
Track system	Single	Dual	Dual	Dual	Dual
Incline range	NO	NO	1-20 levels	1-20 levels	NO
Handlebar controls	Yes, Resistance	Yes, Resistance	Yes, Incline / Resistance	Yes, Incline / Resistance	NO
Dimensions					
Set-up dimension	1793×555×1645mm	1785×752×1795mm	1915×752×1795mm	1915×752×1795mm	1760×804×1786mm
Carton size	1679×570×855mm	1679×570×855mm	1680×580×860mm	1680×580×860mm	1824×573×767mm
NW / GW	78kg / 90kg	89.8kg / 102.2kg	102.4kg / 117kg	102.4kg / 117kg	103kg / 116kg
QTY 20'/40'/40'H	26 / 56 / 84	26 / 56 / 84	26 / 56 / 84	26 / 56 / 84	36 / 75 / 75
Max. user weight	120kg	150kg	150kg	150kg	150kg

Note: The height of set-up dimensions and weight are including the tablet holder, excluding XE195.

INDOOR CYCLES

Fuel your ride with high-performance cycles

Our stationary bikes are high-performance indoor cycles that are extremely versatile. We bring the gym workouts home with the Spirit indoor cycles CIC850 and XIC600.



SPIRIT



Smooth and effective workout

Magnetic resistance for smooth and consistent, maintenance-free operation helps athletes stay fit and enjoy each training session.



Built-in bluetooth FTMS

Customize your ride by connecting the bike to your favorite cycling apps. Race with your friends in Zwift world or explore the beauty of Alps with Kinomap. You decide.



Comfort you deserve

Performance handlebars with micro fore/aft and reliable pop-pin up/down adjustments are paired with comfortable saddle with 4-way micro-adjustments. All this is designed with only one idea in mind – make your ride be as comfortable as possible.

- 1 Steel tablet holder, dipped PVC coated, removable
- 2 Wireless LCD console with backlight
- 3 Quick-stop brake is within easy reach
- 4 Dumbbell holder, removable
- 5 Perimeter weighted, high-inertia 37lb flywheel
- 6 Double-link pedals-SPD/toe-clip
- 7 Transport wheels



XIC600

CIC850



INDOOR CYCLE		
Console		
Console features		
Display	Wireless LCD	Wireless LCD
Console feedback	RPM, Heart rate, Calories, Speed, Time, Distance, Clock, Battery indicator	Distance, Speed, RPM, Pulse, Watts, Calories, Bluetooth indicator, Low battery indicator
Frame		
Power	2 AAA console / 2 AAA SPD sensor batteries	2 AAA batteries (console), 2 AAA batteries (speed sensor)
Resistance	Rotary knob, Micro adjustments (Push brake pad)	Rotary knob, Micro adjustments (Magnetic)
Heart rate	Receiver built-in (chest strap sold separately)	Receiver built-in (chest strap sold separately)
Bluetooth	NO	YES
Drive trian	Direct drive, Poly V belt	Rear drive, Industrial grade hutchinson Poly V Belt, ISPD axle, premium oversized ISIS bottom bracket
Flywheel	22kg / 48.5lb	15kg / 37lb
Seat	Racing saddle with comfort groove, Adjustable, easily replaceable	High density foam racing saddle
Adjustments	Micro adjustments, Fore/aft/up/down, quick levers	Up/down - reliable pop-pin adjustments; Fore/aft - knob tightening micro adjustments
Frame	High-strength steel with durable powder-coat paint	Heavy-gauge high strength steel with durable powder coat paint
Foot padels	Toe clips	Dual pedal design with SPD and toe cage
Handlebar	PVC coated, Multi-grip design, Built-in water bottle holder	PVC coated, Multi-grip design, Built-in dual water bottle holders
Handlebar / Seat posts	Stamped numerical indicators	Aluminum with stamped Numerical height indicators
Dimensions		
Dimensions	1066x533x1016mm	1498x558x1229mm
Product weight	64kg	57kg
Max. user weight	160kg	160kg

ROWERS

Be stronger mentally and physically with Spirit rowers

The Spirit rowing machines provide an unparalleled full-body workout in a convenient and durable design. The rowers' consoles with height and angle adjustment include motivating programs to keep you involved, inspired, and reaching your goals. The large flex footplates, comfortable padded handles, and generous seat height make the Spirit rowing machines one of the most comfortable and accessible rowers available.



SPIRIT



Mixed resistance

Our XRW600 rowing machine incorporates a combination of air and magnetic resistance to create a smooth and challenging workout experience for users. By combining these two types of resistance, users can customize their workout intensity to match their fitness level and goals.



Water resistance

CRW800H20 rowing machine uses water resistance to simulate the feeling of rowing on actual water. The resistance is generated by the paddles moving through the water, creating a smooth and natural resistance that mimics the feel of rowing on a lake or river.



Smart design

The seat is ergonomically designed with a comfortable and supportive cushion, and the foot pedals are adjustable to accommodate users of different sizes. The rowing handle is also ergonomically designed, with a comfortable grip that minimizes fatigue and allows for a natural range of motion.



Track your workout

A large and interactive LCD console that provides users with a wealth of information to help them track and monitor their workout progress. The console displays important workout metrics such as time, distance, strokes per minute, calories burned, and heart rate.

- ① LCD console
- ② Cushioned seat
- ③ Padded handlebar
- ④ Adjustable straps
- ⑤ Folding frame





Commercial-grade frame

The frame is made from heavy-duty aluminum to provide a sturdy and long-lasting construction that can withstand heavy use and be stored in an upright position.



Efficient Console

The water rowing machine features a 5.5-inch LCD screen that provides all the necessary workout information to keep the user motivated. The screen is easy to adjust to different angles and heights to ensure optimal viewing.

1 6 levels of water resistance

2 Ergonomically molded seat

3 Adjustable foot pedals

4 Console

5 Aluminum slide rails

6 Padded handlebar



XRW600

CRW800H2O



ROWER		
Console		
Console features		
Display	5.5" LCD (Blue)	5.5" LCD
Back light	YES	NO
Programs	Manual, Distance, Time, Calories, 20/10 Interval, 10/20 Interval, Custom Interval, Fat Burn, Cardio, Strength, Game	Manual, Target Time, Target Distance, Target Stroke, Target Calories, Target HR
Frame		
Heart rate	Receiver built-in (chest strap sold separately)	Telemetric compatible (chest strap sold separately)
Resistance	16 levels; Air and Magnetic	6 water levels
Power	Plug-in; 120 Volts	4 AA batteries (included)
Seat	Contoured and padded	Ergonomically molded seat
Footrests	Flex pedals with easy adjustnumbered settings	Flex pedals with easy adjustnumbered settings
Frame	High-strength steel with durable powder-coat paint; aluminum monorail	Heavy-duty frame with durable aluminum slide rails
Frame height	508mm / 20"	381mm / 15"
Rail length	1370mm / 54"	1042mm / 41"
Dimensions		
Set-up dimension	2458x460x965mm	2007x508x889mm
Folded dimension	1320x457x1574mm	NO
Carton size	1480x770x330mm	1143x569x660mm
NW / GW	36kg / 44kg	35kg / 44kg
Max. user weight	160kg	170kg



HIIT TRAINER AND VERTICAL CLIMBER

Effective time saving training

The Spirit Fitness XS895 adjustable incline stepper takes your HIIT workouts (high-intensity interval training) to a new level. It provides you with an arched incline adjustment that changes not only the stepping incline but also the height. Fine-tune your stepping motion with 20 incline adjustments from a 10" step height at 43° to a 14" step height at 60°.



Designed for all muscle groups

The HIIT trainer's multi-grip handles are designed to provide a more comfortable full-body workout experience. These handles allow athletes to target different muscle groups in their back and arms by adjusting their grip, leading to a more well-rounded workout.



Thoughtful engineering

The step height can be adjusted from 10 inches at a 43-degree angle to 14 inches at a 60-degree angle, allowing users to increase the intensity of their workout and target different muscle groups. This feature allows users to perform a variety of exercises and achieve their fitness goals.



Convenience at its best

The handlebar-mounted remote controls are designed to provide a comfortable and secure workout experience. This design makes it easy for users to adjust the resistance and incline levels during the workout without having to stop or reach for a separate control panel, which allows for a smooth and uninterrupted workout.

- ❶ 7.5" black backlit LCD display
- ❷ Hand pulse sensors
- ❸ Direct level
- ❹ Direct incline
- ❺ Adjustable cooling fan
- ❻ USB charging port
- ❼ Child lock





HIIT TRAINER AND VERTICAL CLIMBER

Reach new heights

The CVC800 vertical climber by Spirit Fitness is an efficient workout machine that offers a full-body workout while taking up minimal space. It features a natural 12-inch stepping motion and a narrow 2-inch pedal spacing, allowing for an effective upper-body workout. With 6 programs, 20 resistance levels, and various hand grip positions, users can tailor their workout to their fitness level. It's a great way to improve cardiovascular health in a compact design.



Suitable for all fitness levels

The vertical climber offers a variety of options for users of all fitness levels with 6 programs, 20 levels of resistance, and a 12-inch step height. Users can easily personalize their workouts to achieve their desired results. Additionally, the built-in heart rate receiver allows for accurate monitoring of exercise intensity.



Total body workout

The oversized foot pedals can be used as a stepper, or for a more intense workout, users can hold onto the upper handles for a full-body workout.



Multiple grip options

The handles can be adjusted for various grip options and for users of different heights. Additionally, there are stationary handles located under the console for added convenience during your workout.



- 1 Multi-grip handle
- 2 Built-in storage
- 3 Interactive display
- 4 Mobile device holder
- 5 Stationary handle

XS895

CVC800

STEPPER/CLIMBER

		
Console		
Console Features		
Display	7.5" LCD (Black)	5.5" LCD
Adjustable fan	YES	NO
Programs	Manual, Hill, Fat burn, Cardio, Strength, HIIT, Fusion, Target (Time, Vertical, Distance, Calories, Floors, Steps), Landmark buildings, 2 Custom, 4 HRC	Manual, Cardio, Hill, Strength, Fat burn, HIIT
Audio jack	NO	NO
USB charging port	YES	NO
Bluetooth	YES	YES
Frame		
Power	AC 120V/60HZ, AC 230V/50HZ	AC 100V / 50HZ, AC 240V / 60HZ
Frame	Heavy-gauge high strength with durable powder coat paint	Heavy-gauge high strength with durable powder coat paint
Flywheel system	10kg / 23lb	10kg / 23lb
Resistance	20 levels	20 levels
Heart rate	Hand pulse sensors, heart rate receiver (Chest strap sold separately)	Bluetooth compatible (Chest strap sold separately)
Incline range	1~20 (10"-14" step height range)	12" step height range
Handlebar controls	Yes, Incline / Resistance	NO
Dimensions		
Set-up dimension	1320x780x1890mm	1491x701x2141mm
Carton size	1313x570x990mm	1476x569x1011mm
NW / GW	93.5kg / 109kg	100kg / 120kg
QTY 20'/40'/40'H	32 / 72 / 90	28 / 64 / 64
Max. user weight	150kg	180kg

Note: The height of set-up dimension and weight of XS895 are including the tablet holder.

SPIRIT