



# SPIRIT FIT APP USER'S GUIDE

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VER: 2.1



# SPIRITFIT APP

## USER'S GUIDE

The SPIRITFIT APP is designed to monitor and record your workout data through an integrated Bluetooth 4.0 module that is compatible with most iOS and Android mobile devices.

Simply download the SPIRITFIT APP, set up the account, pair with your SPIRIT FITNESS equipment, then you're ready to track your workout schedule, design your workout plan, and set your workout program.

All of your personal profile and exercise data will be stored in your mobile device.

During your workout you can watch a movie, catch up on news, and check your email while the SPIRITFIT APP continues to record your exercise data in the background.

The SPIRITFIT APP also communicates with multiple open source training apps so you can continue using the fitness apps that you are familiar with and keep all your workout history in one safe place.

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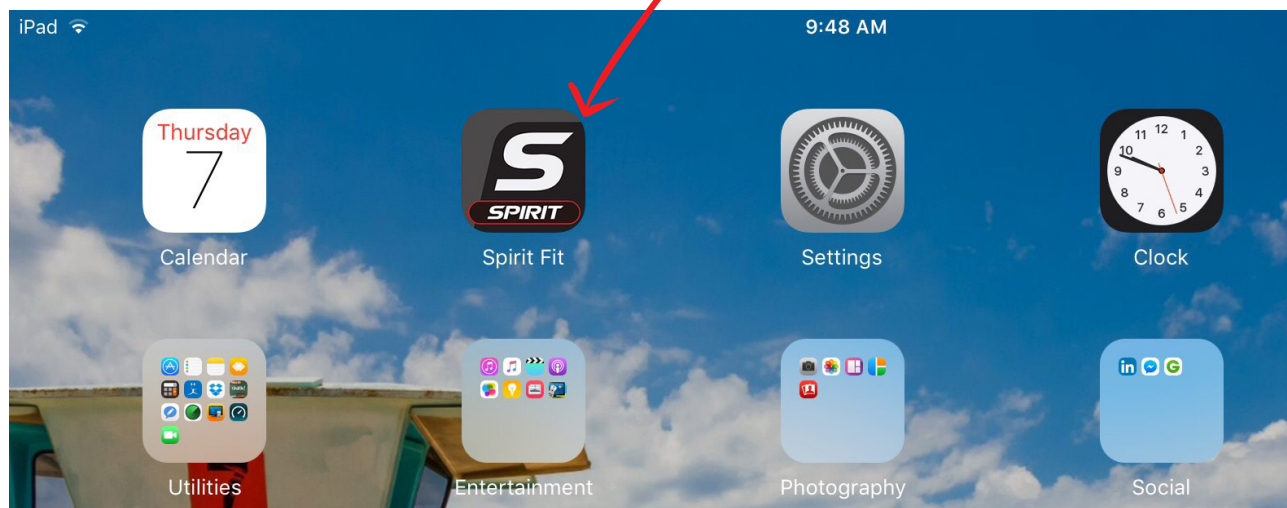
# DOWNLOADING THE APP

The SPIRITFIT App is compatible with iOS and Android devices. Download the SPIRITFIT APP from the Apple App Store or Google Play Store.

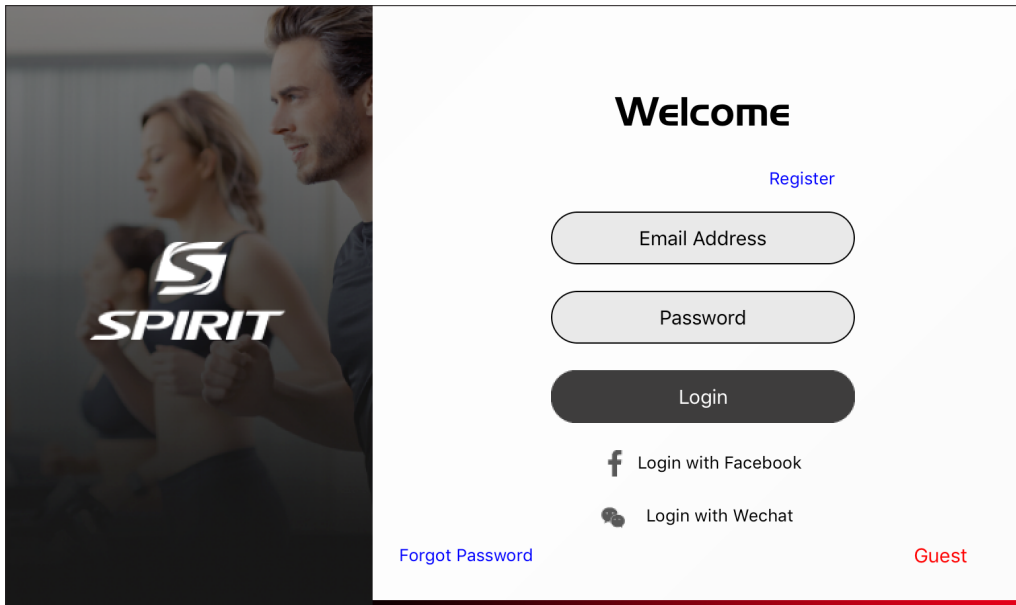
When searching for it in the Store of your choice use the full title to find it.

## SpiritFit App

Once downloaded it will show up on your device.

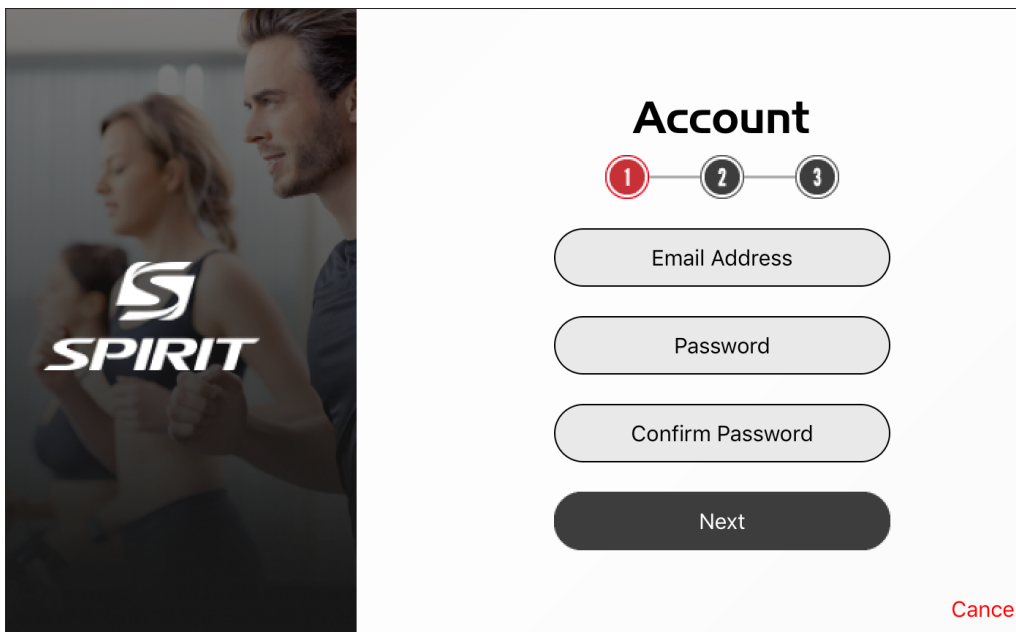


# CREATING AN ACCOUNT



## LOGIN PAGE

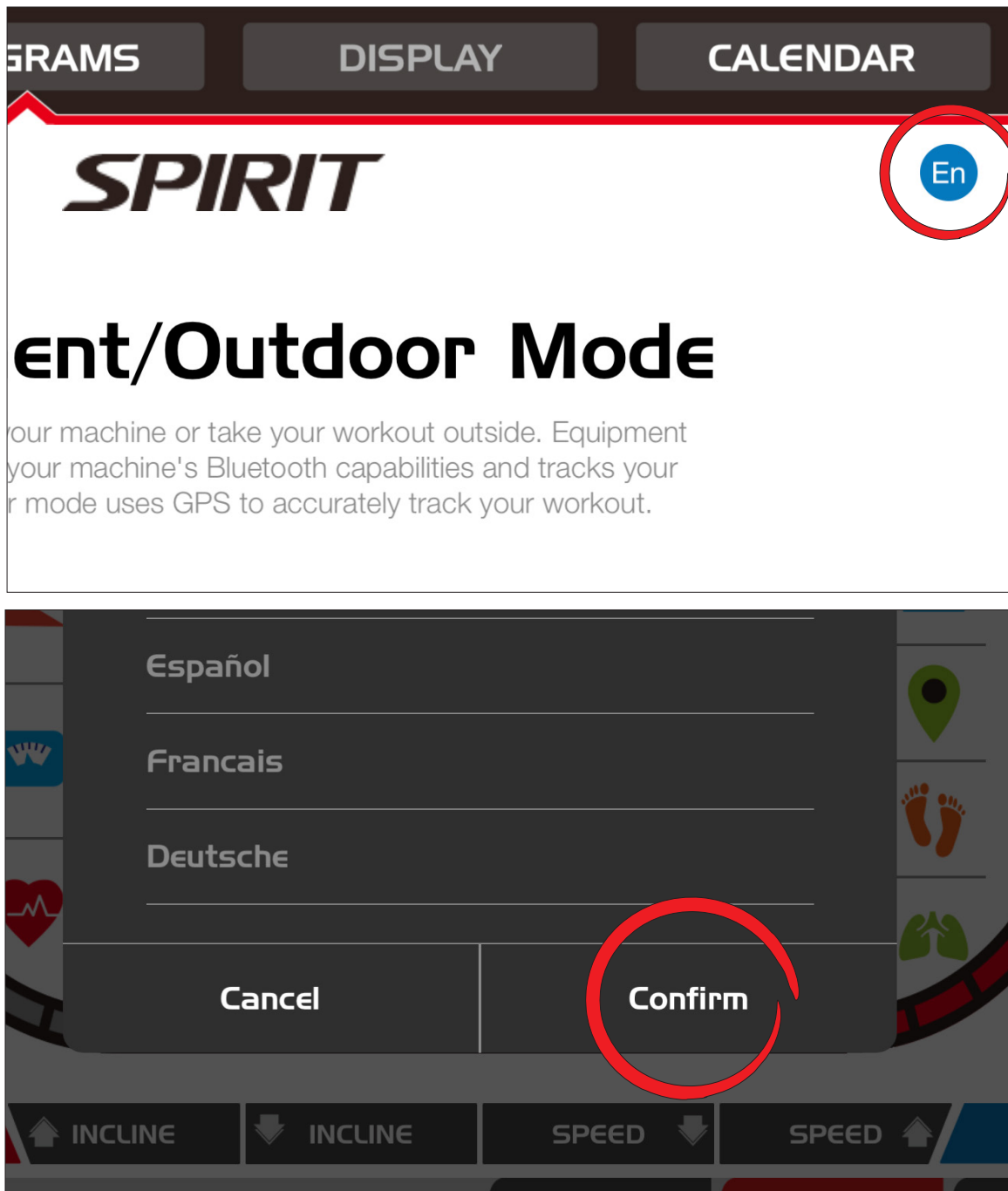
Upon opening the App, you will be prompted to create an account and user profile. For ease-of-access, you can login with a Facebook account, Wechat account, or continue as a guest. Note: If you continue as a guest, you'll lose access to the calendar and workout tracking features.



## CREATING A USER

You will be asked to use an email and create a password. The next few screens will help you create a user profile and will ask you questions about your height, weight, etc. Inputting this information helps make the calorie count displayed more accurate.

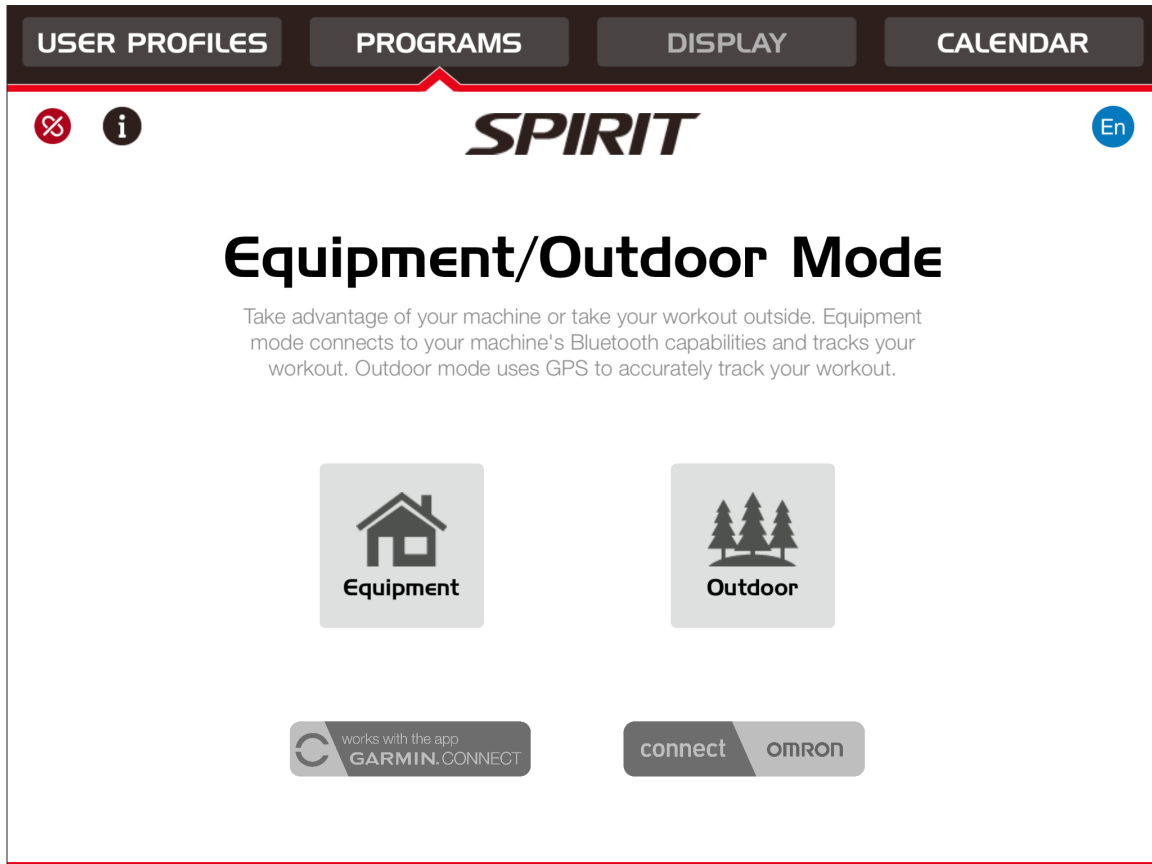
# CHANGING LANGUAGE



## LANGUAGE SELECTION

In the upper right corner of all screens you will see the language icon with the selected language shown ("En" for English). To change to an alternate language, press the blue language icon, scroll through the list of available languages, select your language, then press Confirm.

# INDOOR AND OUTDOOR MODES



## ONE APP - TWO MODES

Connect your equipment with bluetooth and track your workout data or take a walk somewhere and have your distance, calories, and time tracked using your phones GPS system.

Go to page 19 to learn more about outdoor mode.

The app can also work with GARMIN.CONNECT and with OMRON.



# TURNING ON BLUETOOTH



Your equipment is shipped to you with the Bluetooth feature ON. The following instructions show you how to toggle ON/OFF the Bluetooth on treadmills.

**Note:**

You cannot turn Bluetooth ON/OFF on Ellipticals and/or Bikes. It is permanently set to ON.

1. Pull out the safety key.
2. While holding down the INCLINE + button and the START button at the same time, re-insert the safety key – continue to hold down the INCLINE + button and START button for about two seconds until you hear a beep. After the beep you can stop pressing the INCLINE + button and the START button.



At the bottom of the console it will show BLUETOOTH OFF or ON.

3. Use the INCLINE +/- or SPEED +/- buttons to toggle BLUETOOTH ON or OFF.

# TURNING ON BLUETOOTH

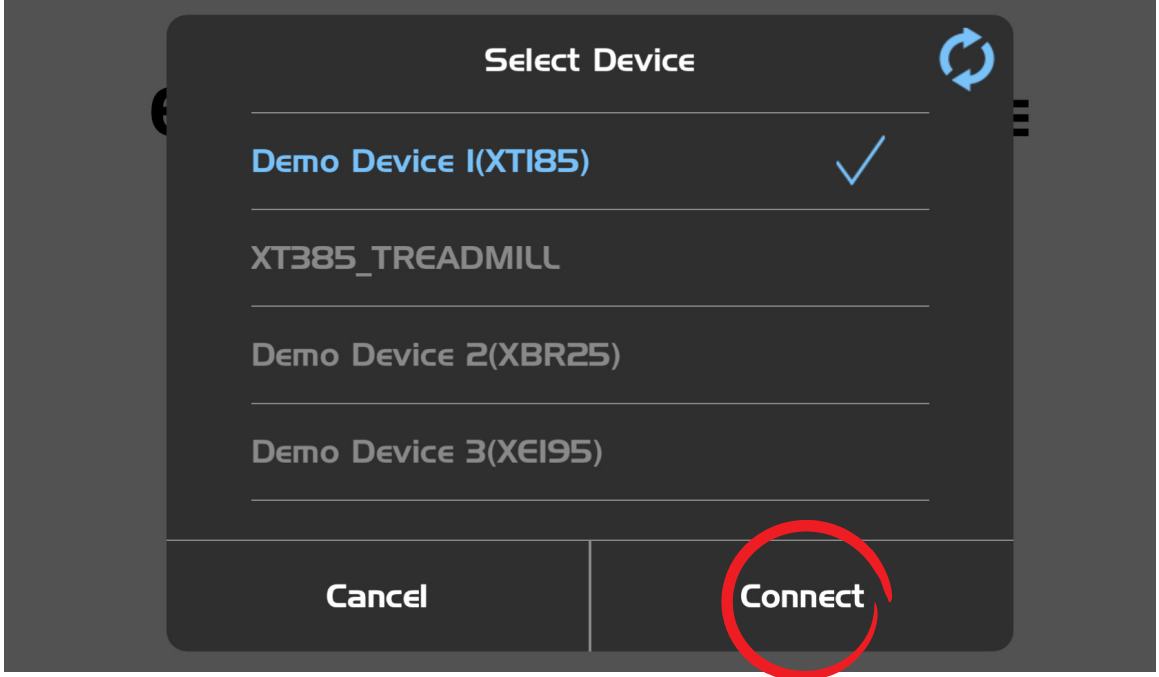
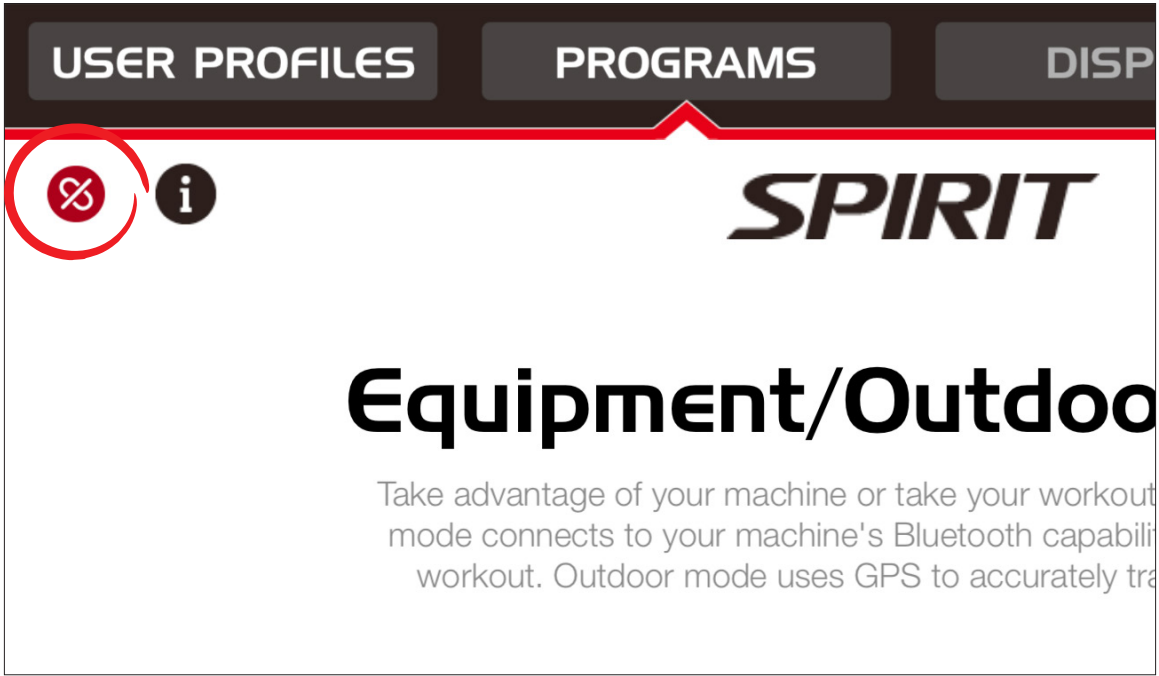


4. Once selection is made, press the STOP button to exit.

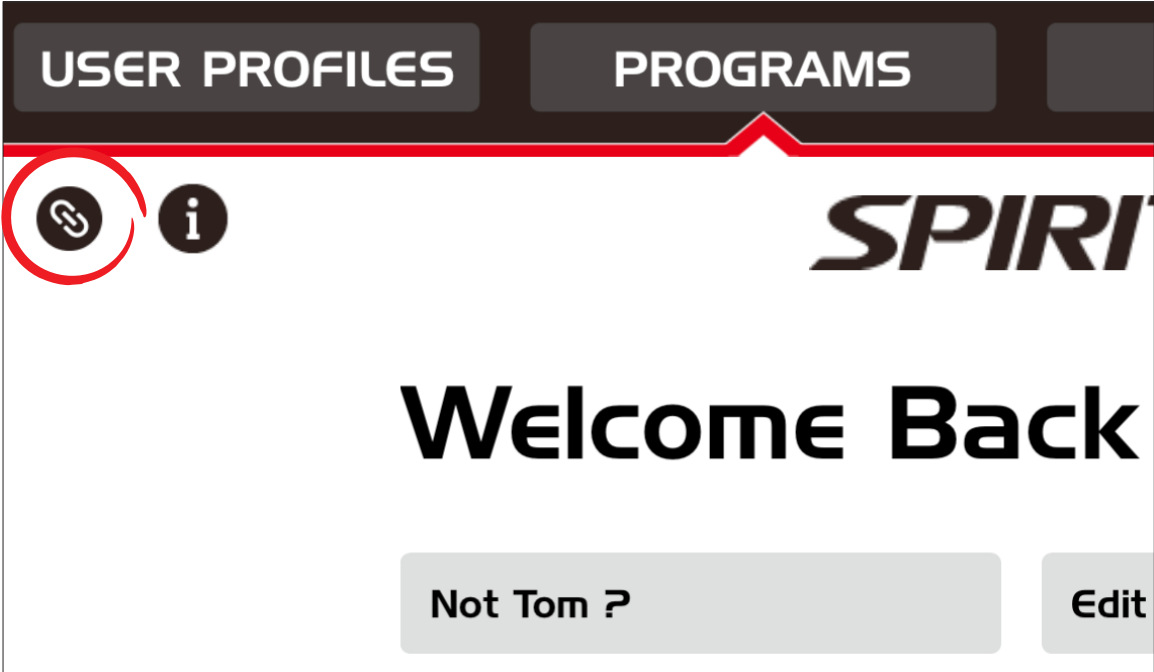
Please note: The Bluetooth symbol on the console LCD will not light up until you connect to the equipment through your phone/tablet in the next section.



# CONNECTING APP AND MACHINE



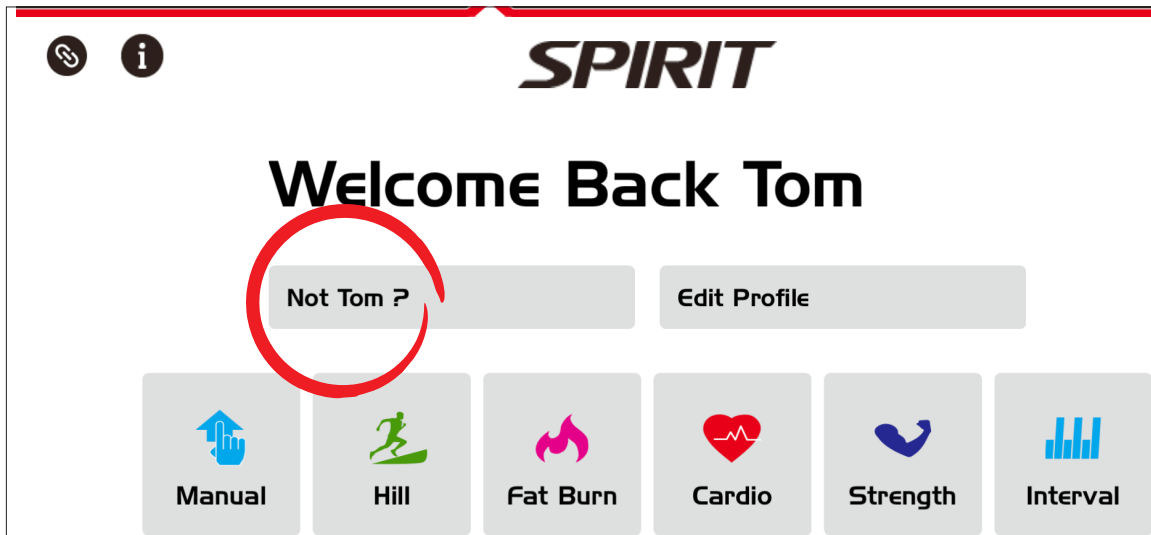
# CONNECTING APP AND MACHINE



# CHANGING AND EDITING USERS

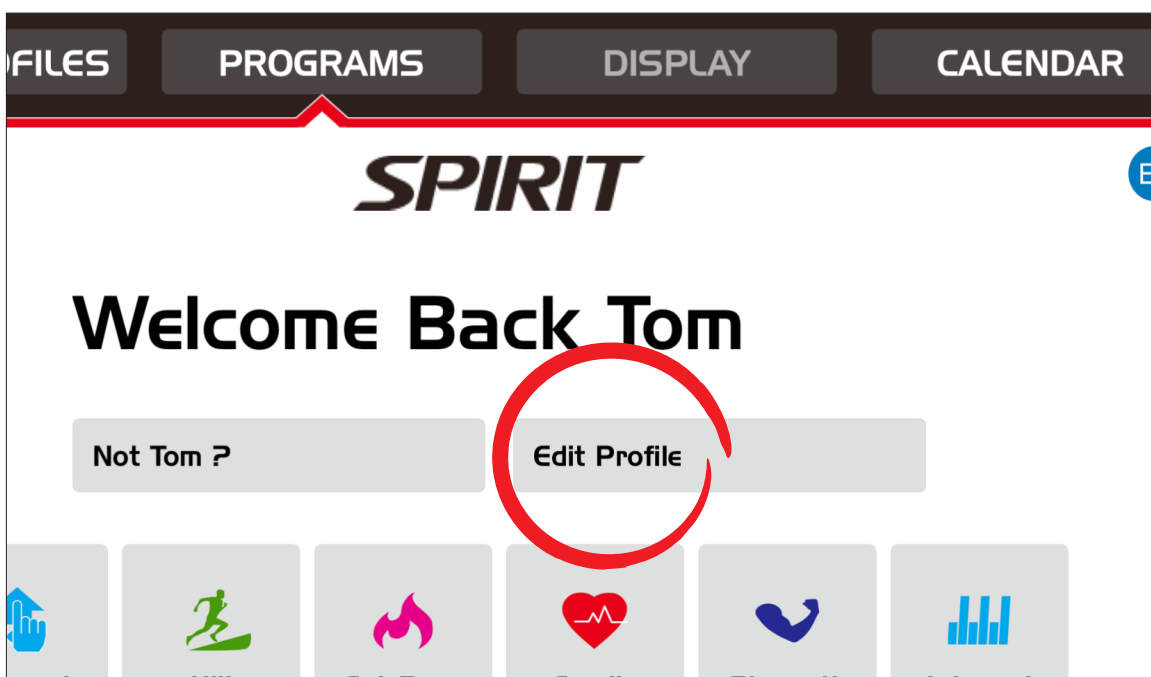
## CHANGING USERS

In the USER PROFILES menu if you would like to delete a user, simply press the X next to the user's name.

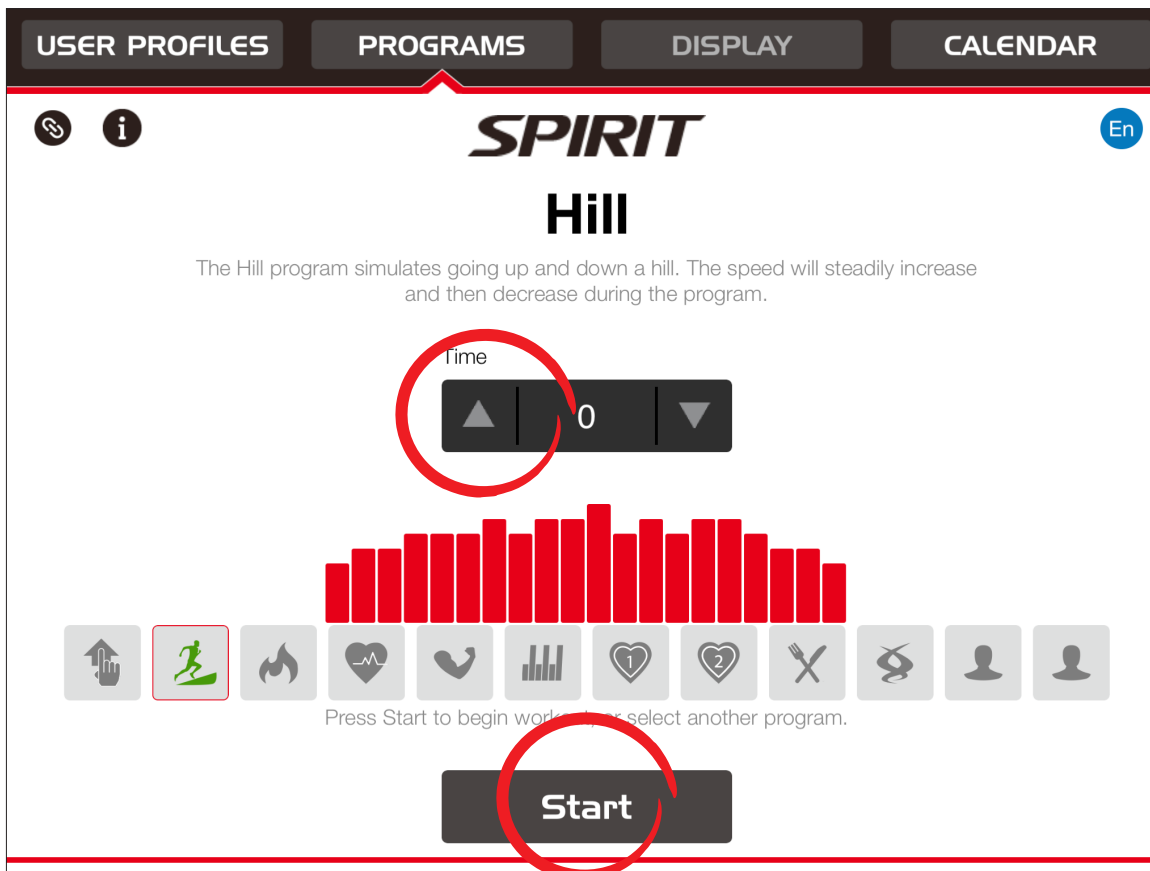
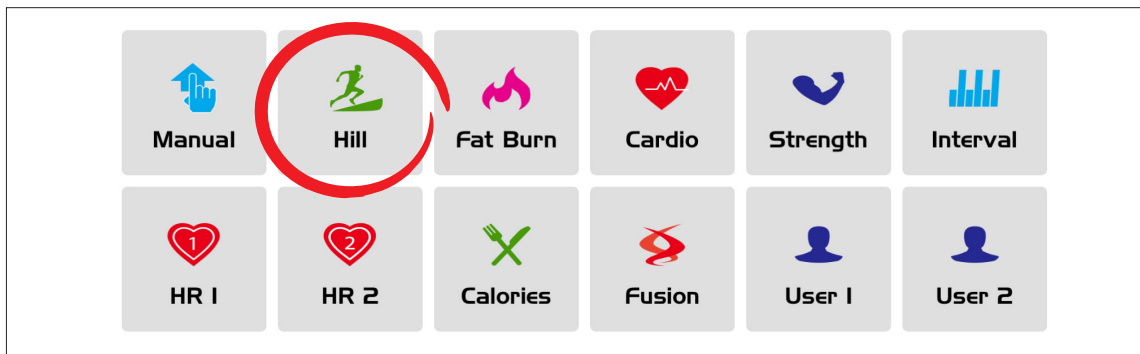


## EDITING USER INFORMATION

In the PROGRAMS menu, on the welcome screen, you can select Edit Profile to change your user information.



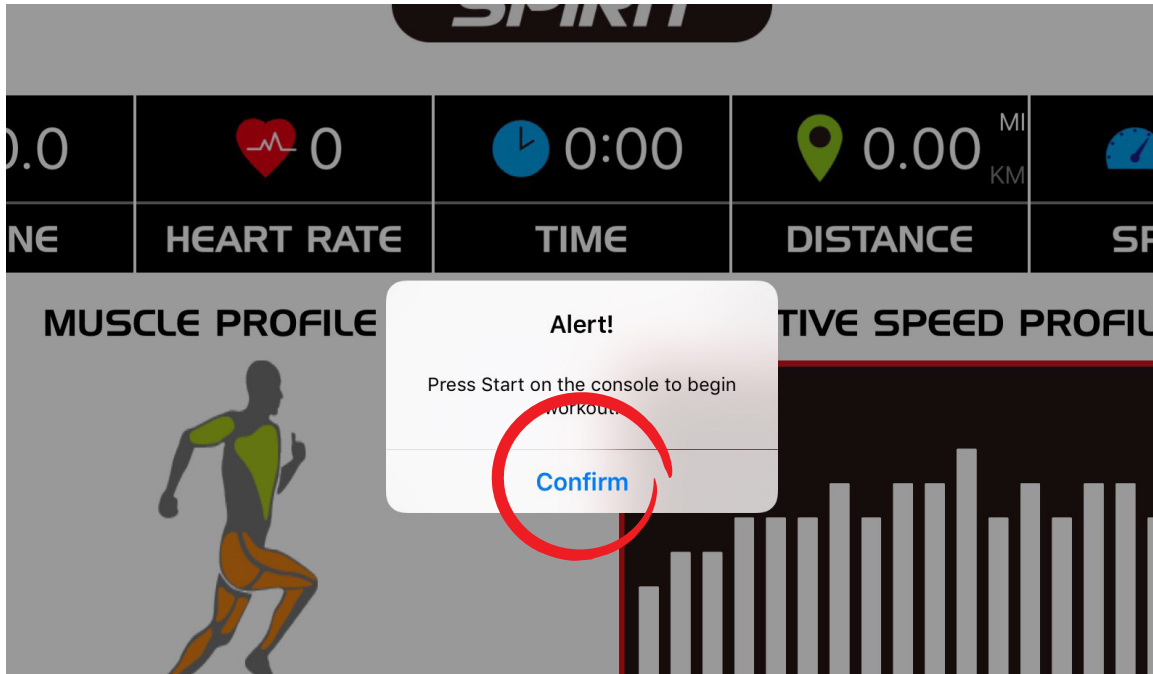
# SELECTING A PROGRAM



1. In the programs tab, you can select a program to begin.
2. The program will prompt you to enter Time – use the up/down arrows on the screen to choose the duration of your workout.
3. Select Start on the screen to begin.



# STARTING THE PROGRAM

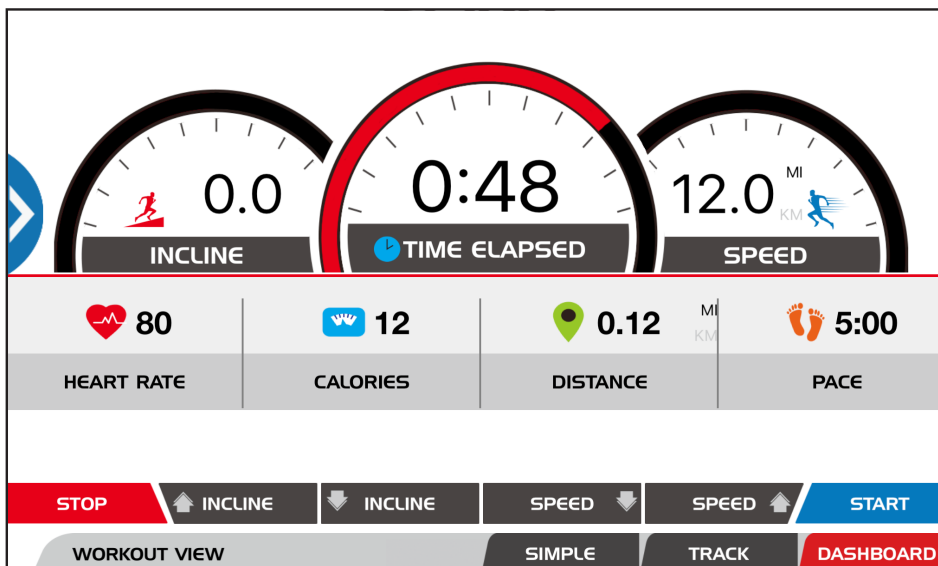
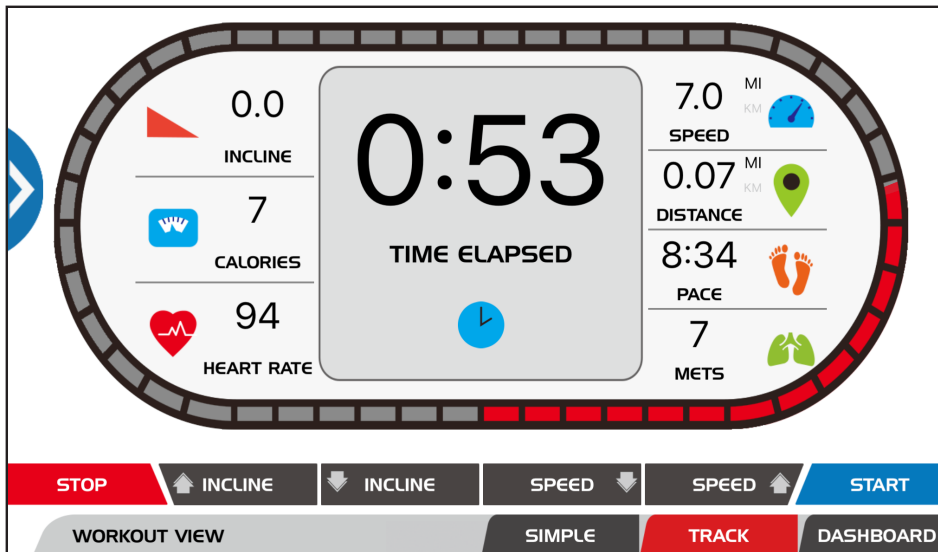
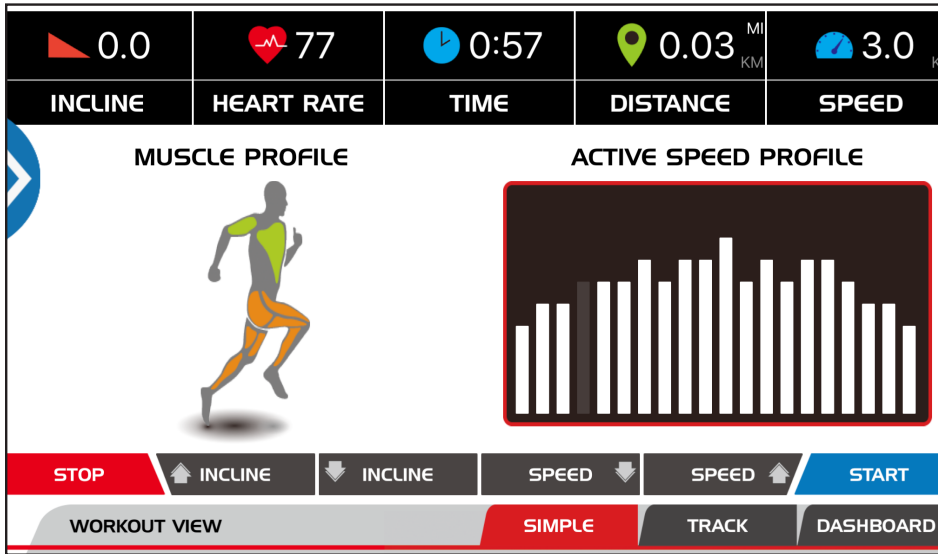


3. You will be shown an Alert message to confirm you are ready to begin. Press confirm.



4. Now press the START button on the console to begin your workout.

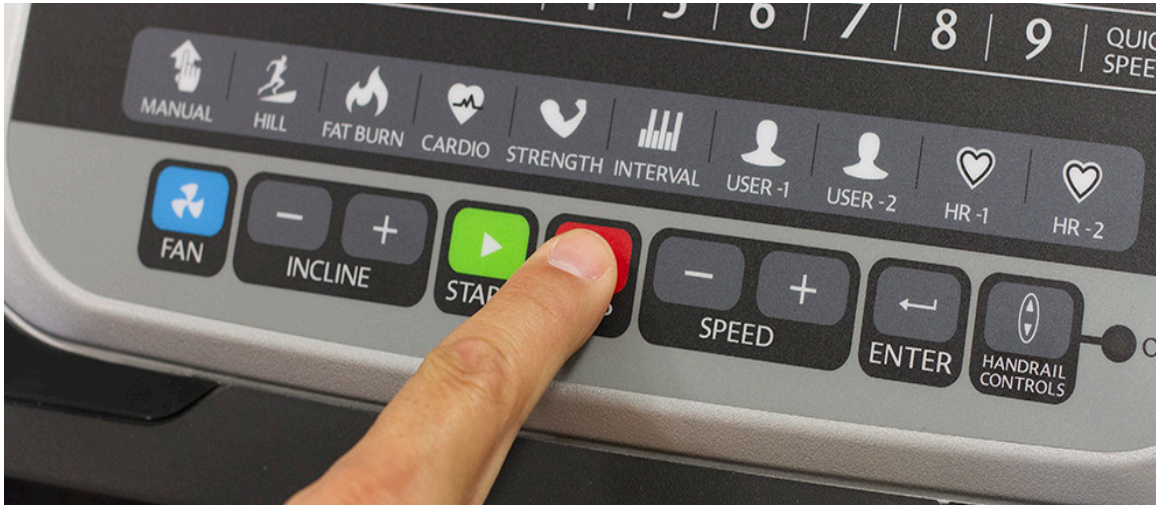
# IN-PROGRAM VIEWING



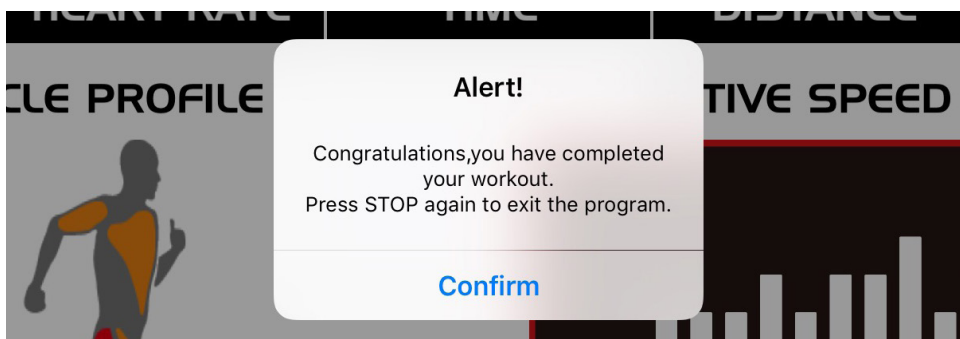
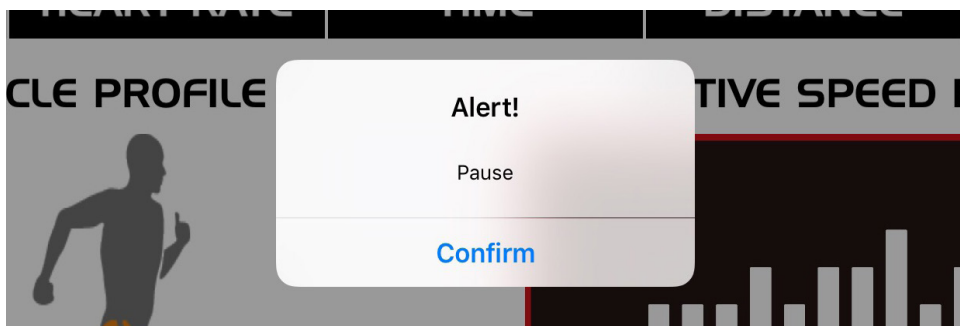
## 3 WORKOUT VIEWS

There are three workout views available during your workout – you can toggle between them at any time during your workout by pressing the tab of each workout view (SIMPLE, TRACK, DASHBOARD).

# PAUSING OR ENDING THE PROGRAM

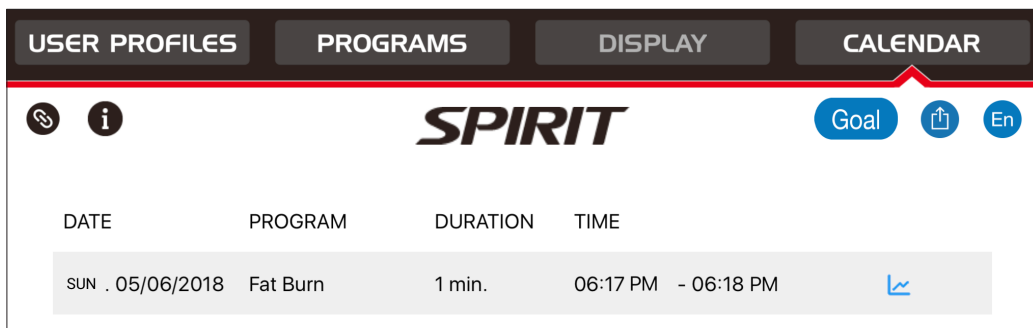
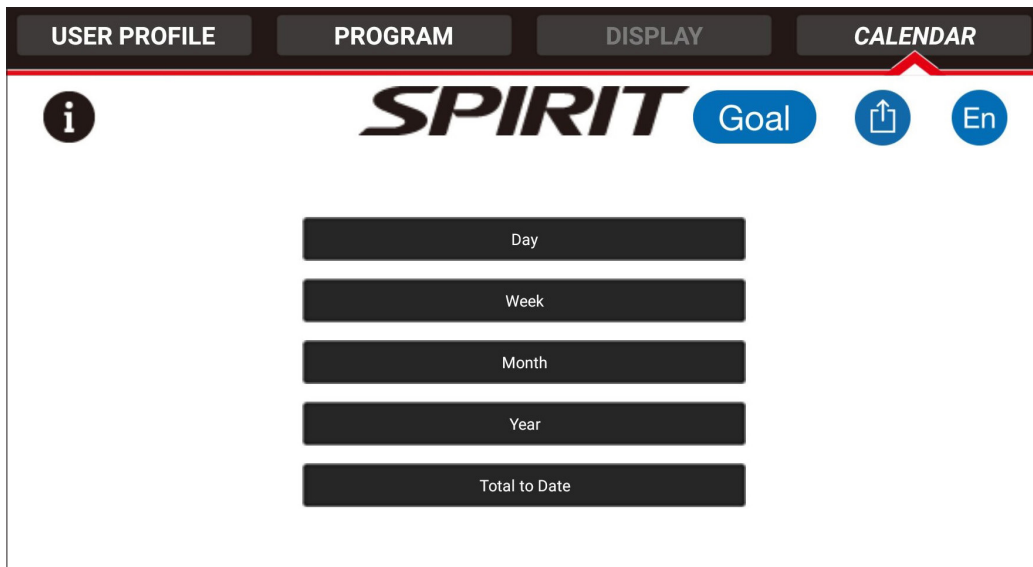
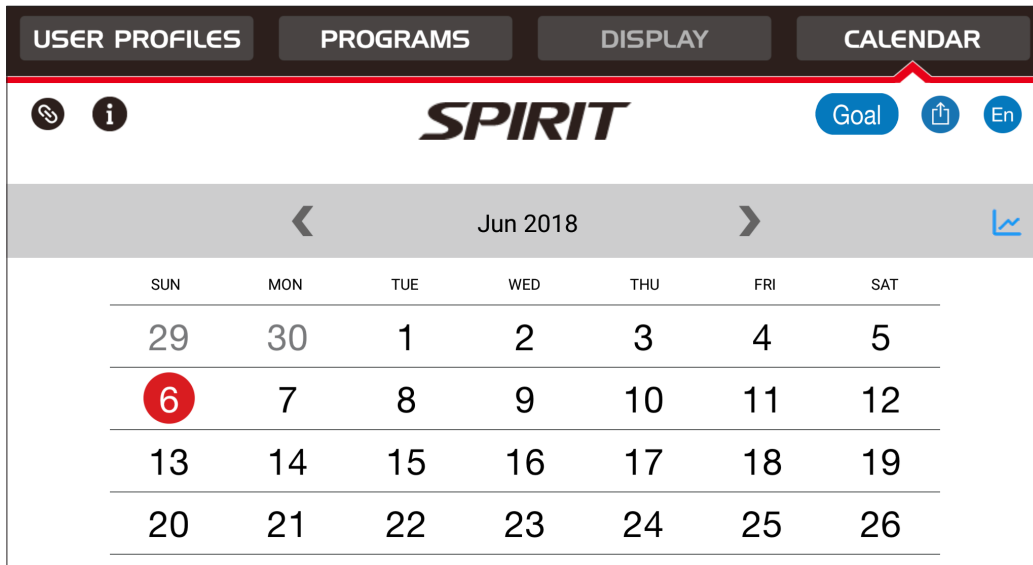


To pause your workout at any time, press the STOP button on the console. Pressing STOP on the console will result in your workout being paused and an Alert message being shown on your phone/tablet. If you have completed your workout and don't plan to continue, then press STOP on the console again. This will tell the SPIRITFIT APP that you have completed your workout. An Alert message will appear congratulating you on your workout.



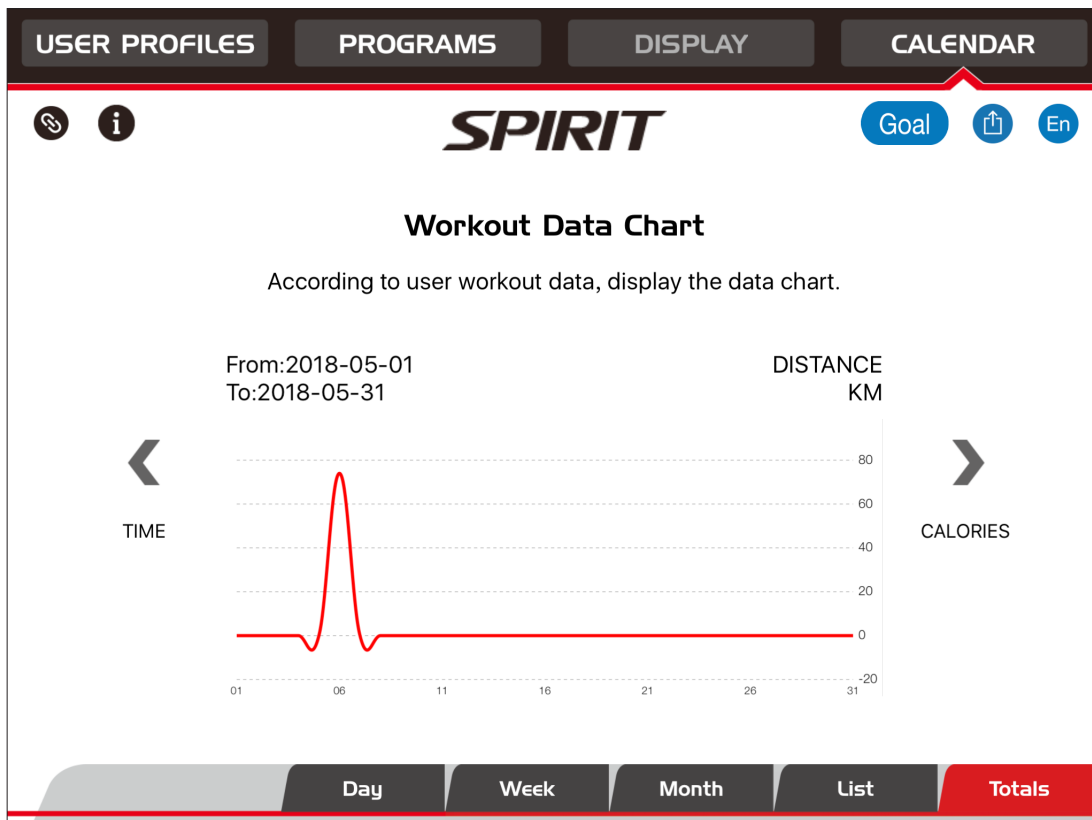
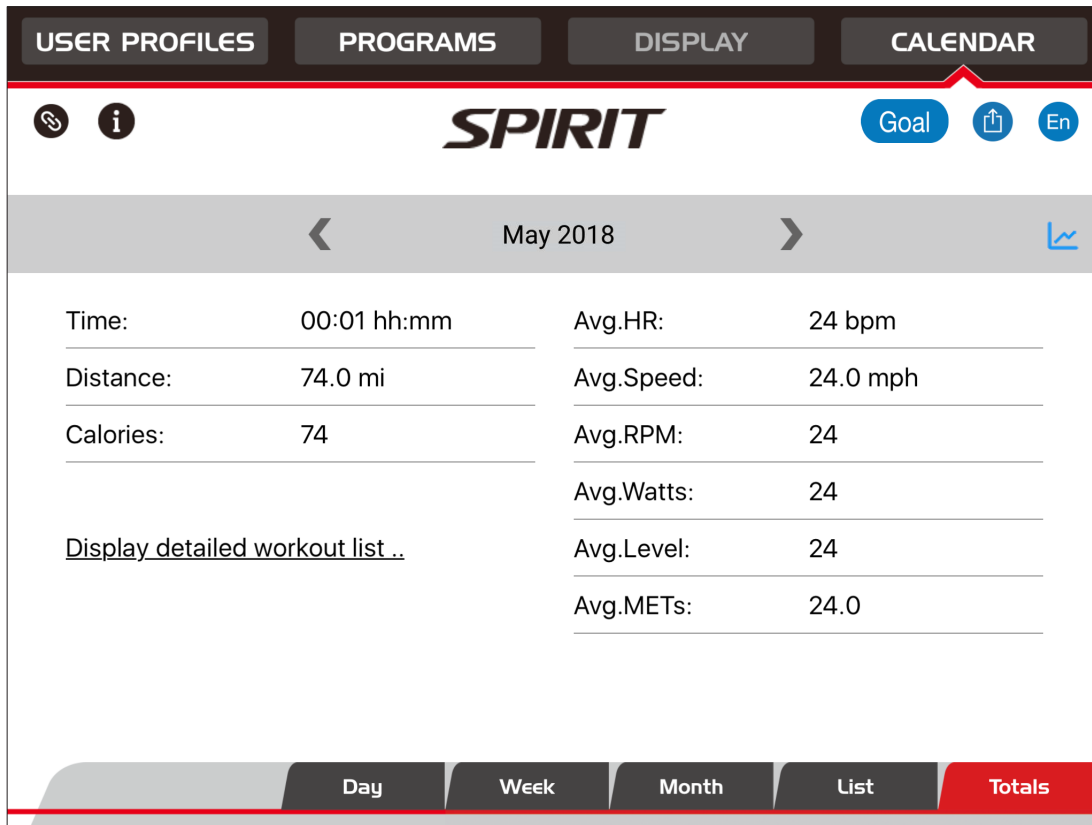
# CALENDAR

The CALENDAR menu will save your workout data and allow you to share your workout data with compatible apps. It also provides your workout history in multiple display formats (Day, Week, Month, List, Totals) which can be selected using the bottom tabs on the CALENDAR menu screen.

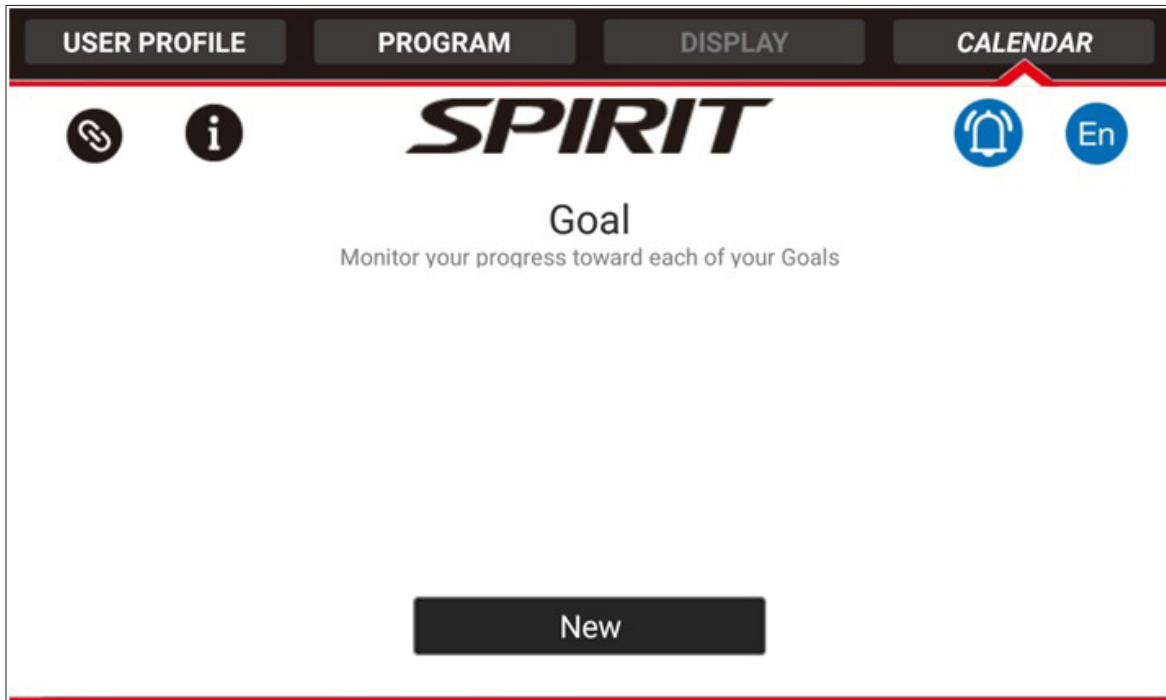




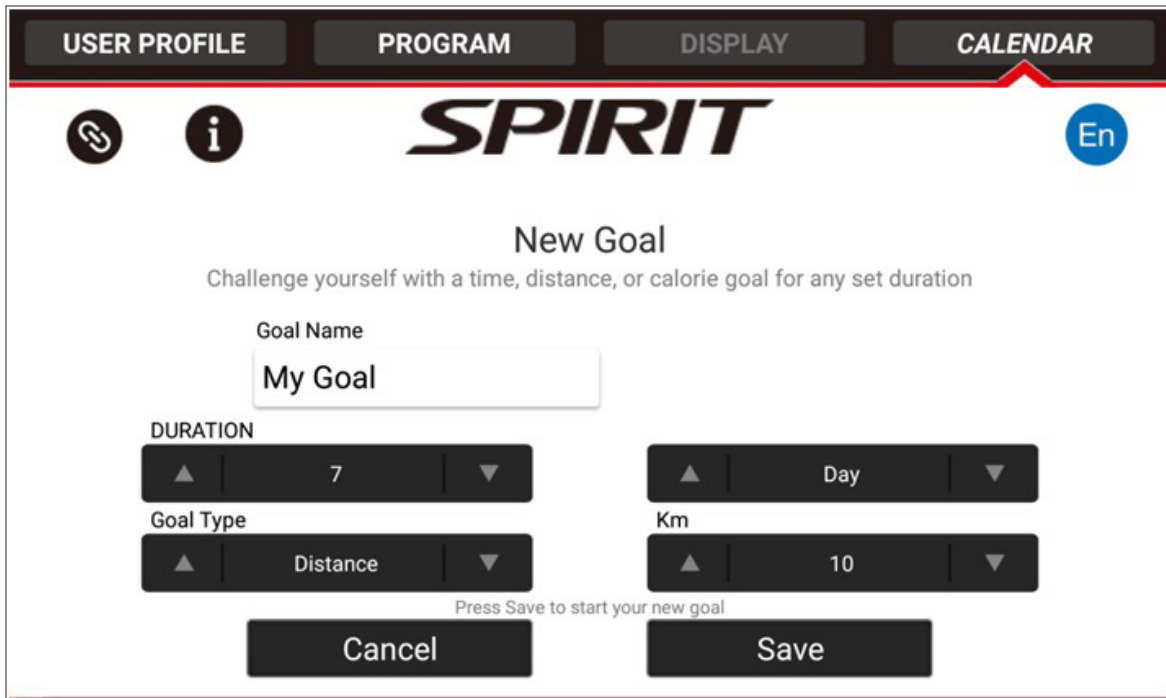
# WORKOUT TOTALS



# GOAL TRACKING



In the Calendar tab, you can set different workout "goals". You may want to walk 3 miles in a day or burn 400 calories. You can set different goal targets and track your progress in reaching them.



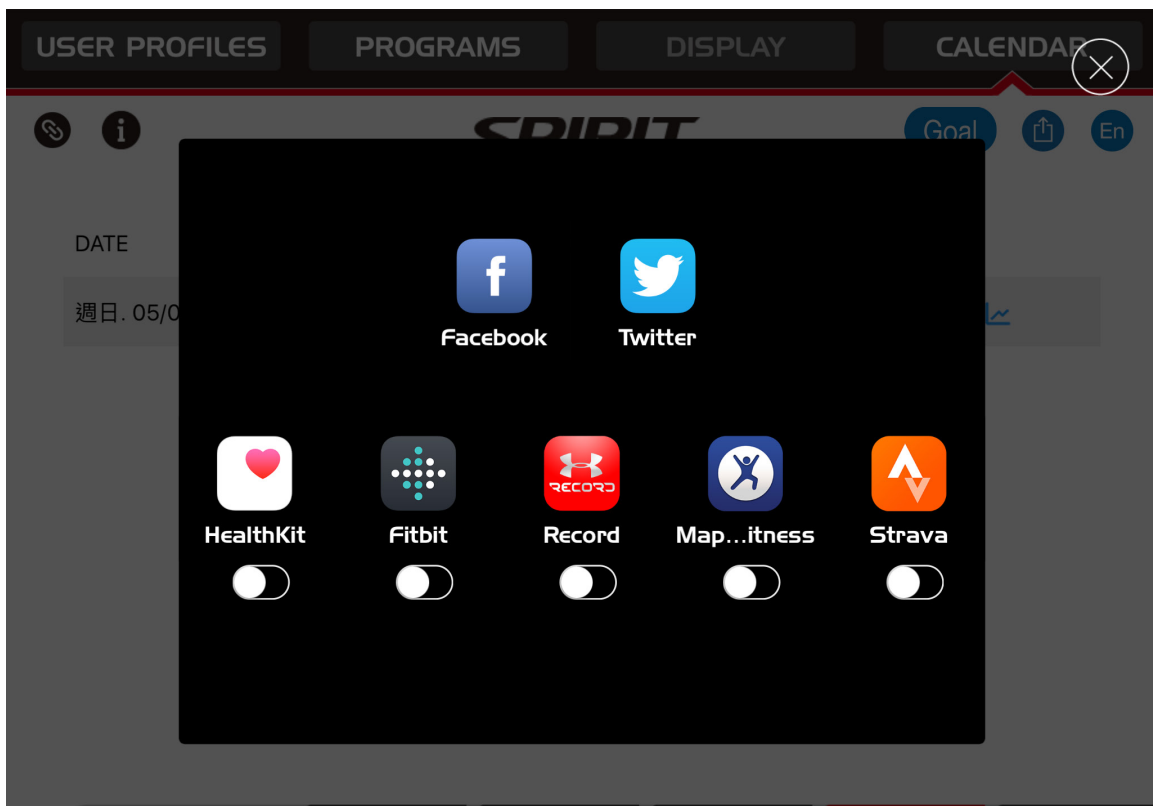
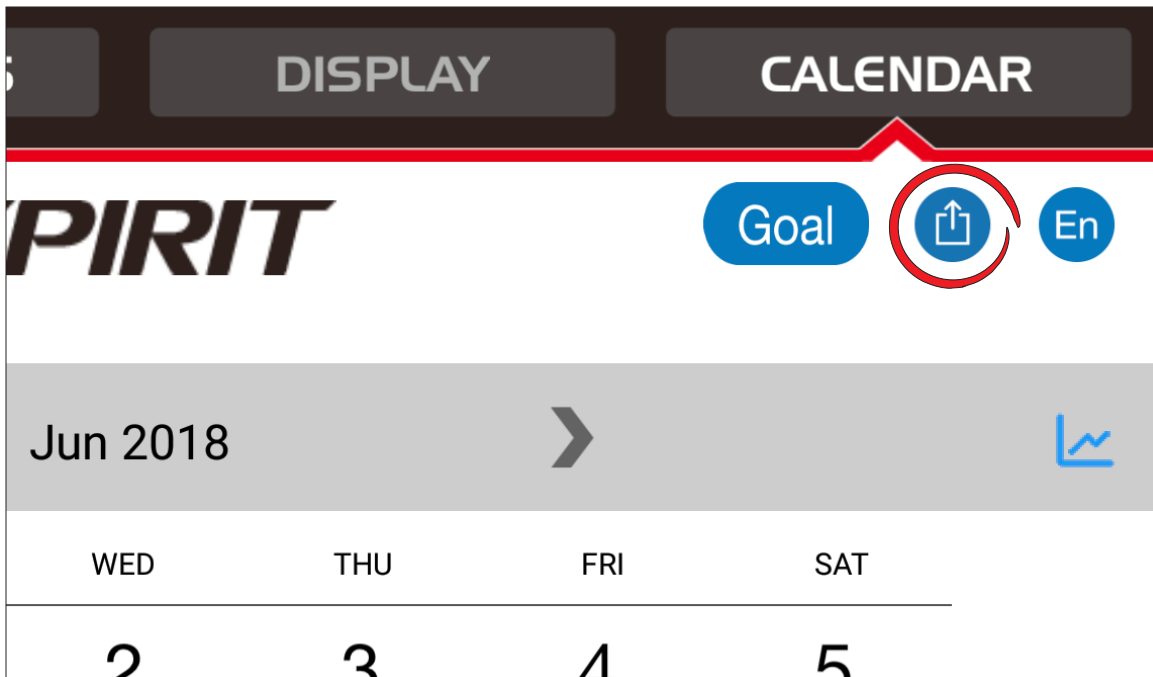
# GOAL TRACKING

The screenshot shows the 'GOAL TRACKING' interface. At the top, there are navigation tabs: 'USER PROFILE', 'PROGRAM', 'DISPLAY', and 'CALENDAR'. Below the tabs are icons for a link, information, and a notification bell. The 'SPIRIT' logo is prominently displayed. The main heading is 'Goal' with the subtitle 'Monitor your progress toward each of your Goals'. A single goal card is shown for 'Dyaco' with a status of 'Processing' and a progress indicator of '0%'. The card also displays 'Distance Week 1/10' and '0.0/10 Km'. A 'New' button is located at the bottom of the card area.

The screenshot shows the 'GOAL TRACKING' interface with three goal cards. The navigation tabs are 'USER PROFILES', 'PROGRAMS', 'DISPLAY', and 'CALENDAR'. The 'SPIRIT' logo and 'Goal' heading are present. The subtitle is 'Monitor your progress toward each of your Goals'. Three goal cards are displayed, each with a date of '05-06-2018' and a close button. The first card, 'My Goal3', is in 'Process' status with 37% progress, showing 'Calories Days 0/7' and '148.0/400 Kcal'. The second card, 'My Goal2', is in 'Process' status with 20% progress, showing 'Time Days 0/7' and '2.0/10 min/day'. The third card, 'My Goal', is in 'Process' status with 146% progress, showing 'Distance Days 0/7' and '147.9/101 KM'. A 'New' button is located at the bottom of the card area.

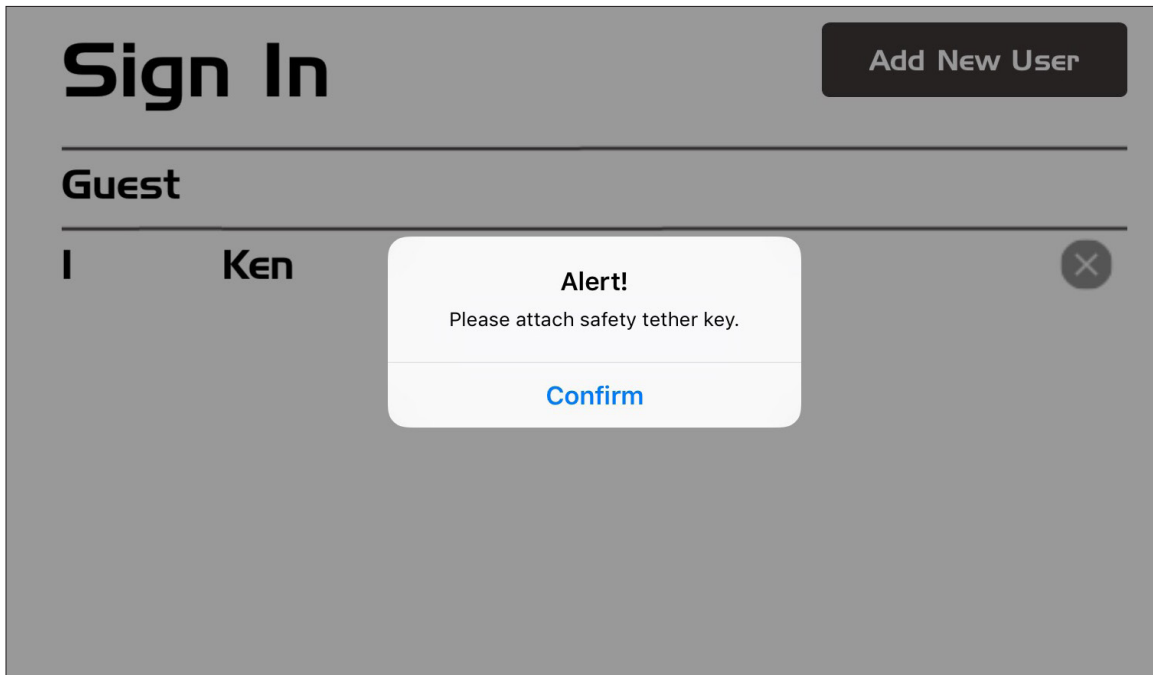
# 3RD PARTY APP SYNC

Press the upload icon at the upper right of the CALENDAR menu screen. Choose the App that you want to share your workout data with. All compatible apps will be listed, but only those shown in color are available/loaded on your specific phone/tablet.

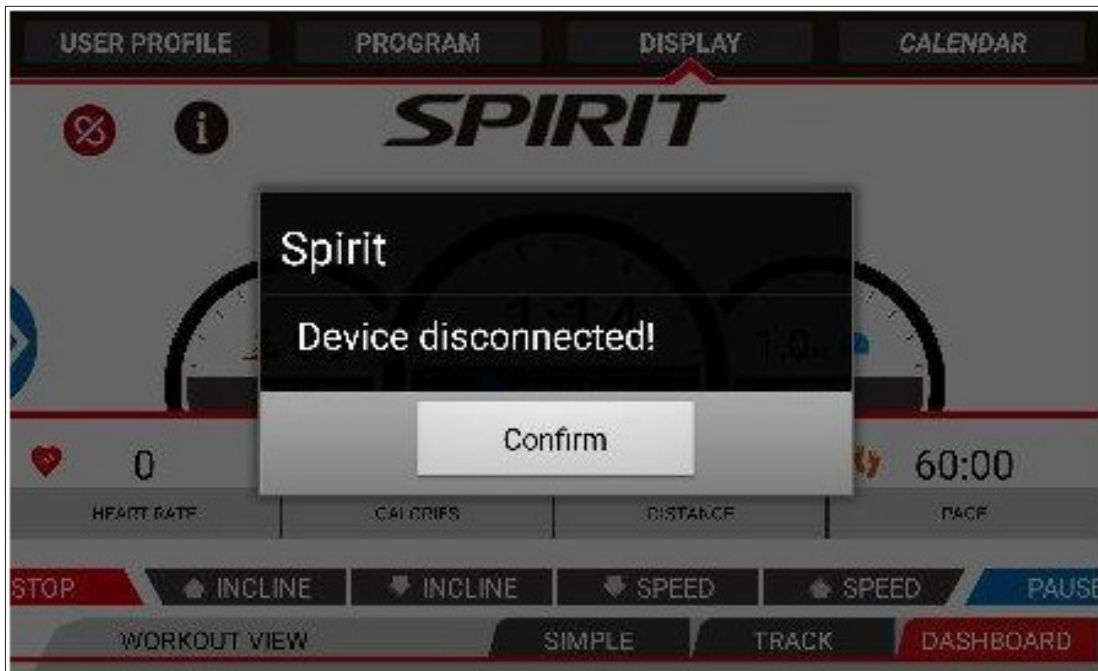




# ERROR ALERTS

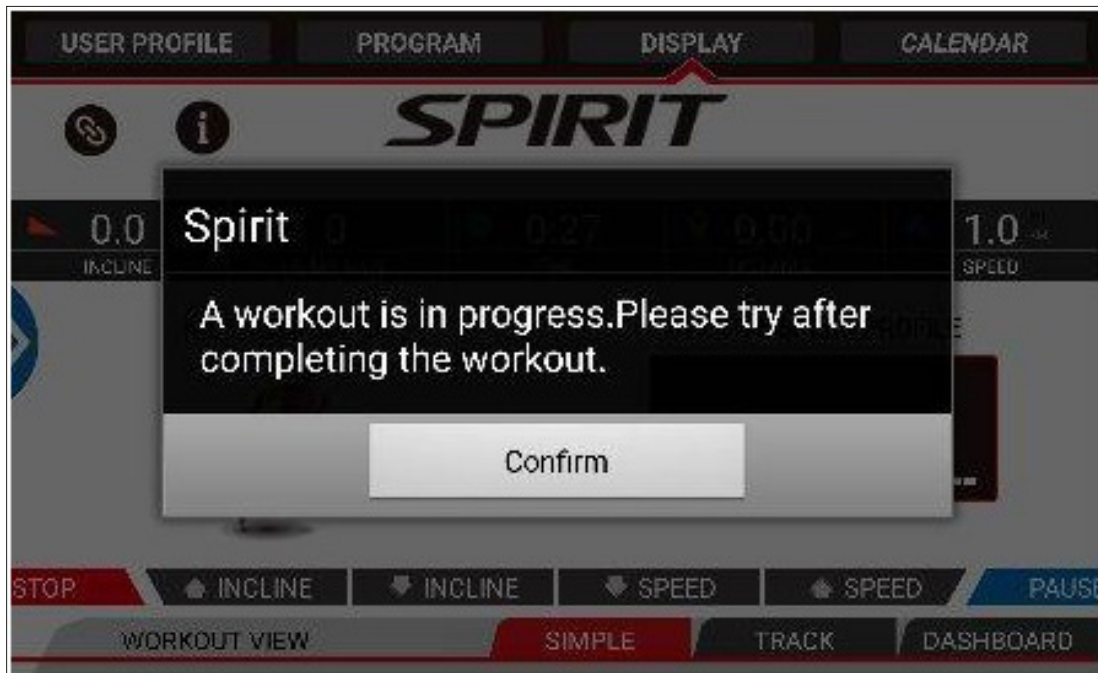


If the safety key is removed, you will be notified on the APP screen.

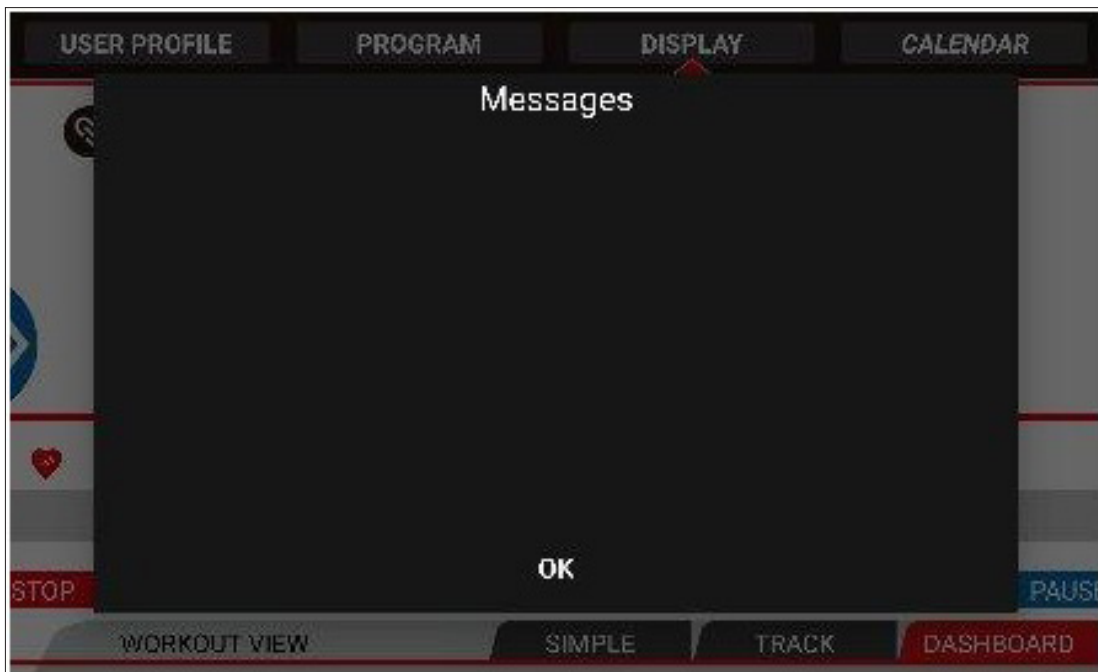


If you lose bluetooth connectivity during your workout, a window will pop up notifying you that the device has been disconnected. This will not interfere with the operation of the equipment.

# ERROR ALERTS

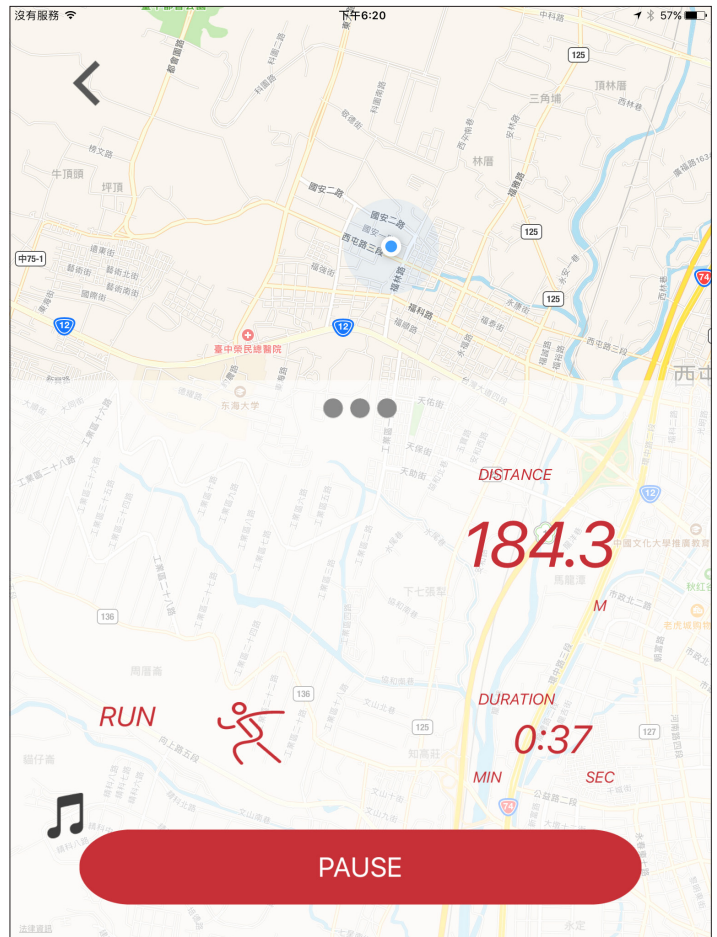
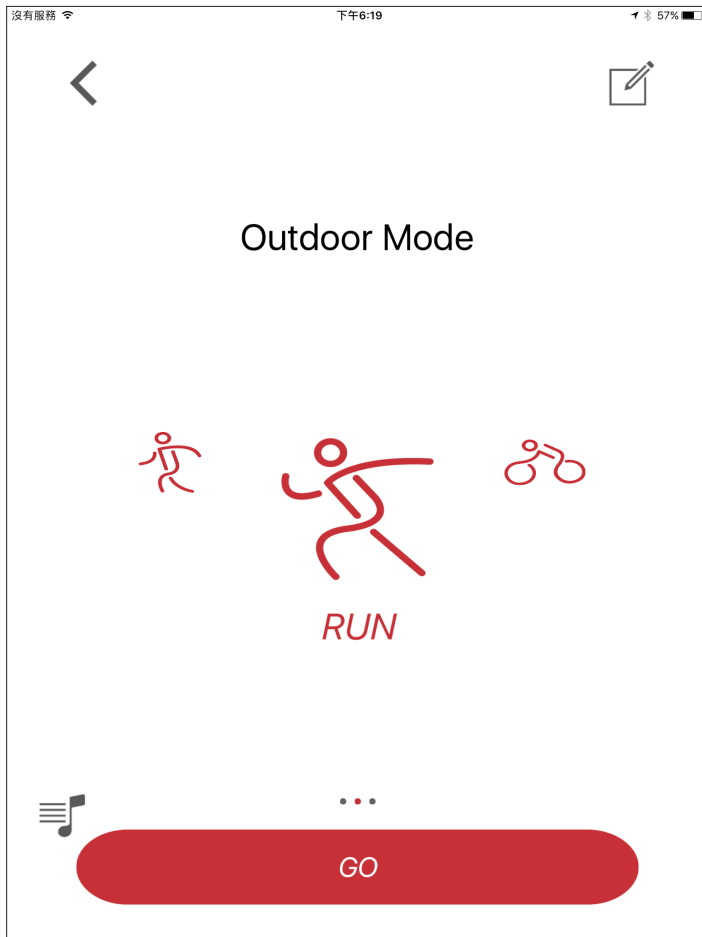


If you attempt to begin a program before the equipment has returned to idle mode, you will get this message.



Messages will be displayed in this pop-up window.

# OUTDOOR MODE



In Outdoor Mode, you select which activity you plan to do and press "GO". This will begin a workout timer and will track traveled distance. While in this mode, you can access your device's music to play while you workout. You can pause your workout at any time by pressing the "Pause" button. Pressing it again ends your workout.