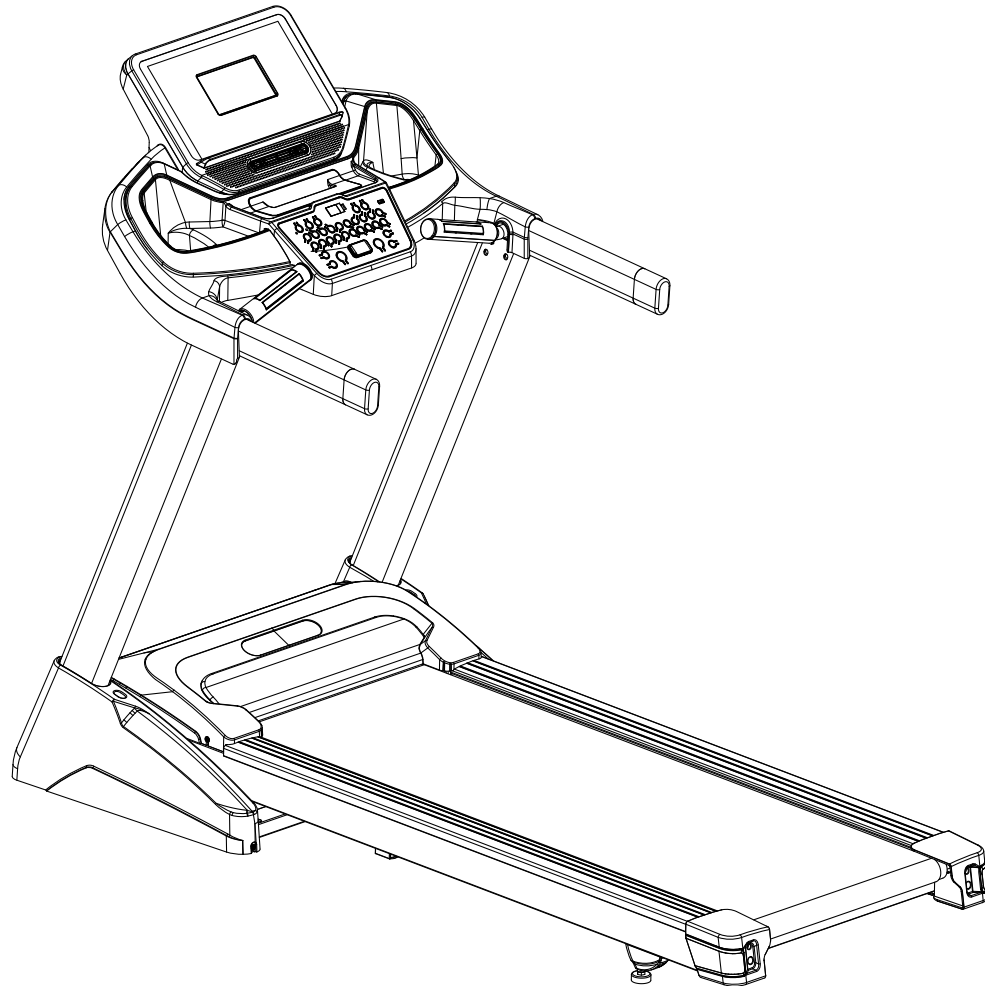


# SPIRIT



## XT185

XT185\_185823\_OM\_20231213

## TREADMILL

## Online Support



If you require assistance or are experiencing issues with your Spirit Machine, please contact customer care for additional help.



1-800-258-8511

[questions@spiritfitness.com](mailto:questions@spiritfitness.com)

## Warranty Registration



Scan to quickly and easily register your new Spirit Fitness machine.





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# PRODUCT REGISTRATION

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Congratulations on your new treadmill, and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality unit from Spirit Fitness. Your new unit 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 unit 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.

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

# WARRANTY REGISTRATION



Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

You can also go to [spiritfitness.com/warranty](https://spiritfitness.com/warranty) under the Support tab to register online.

# PRODUCT LABELS

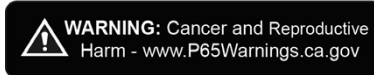


## SERIAL NUMBER STICKER

This sticker will be found on the rear of the motor cover. Please record the number below the barcode for the purpose of registering your treadmill's warranty.

## SAFETY WARNING STICKER

This sticker will be found on the interior side of your treadmill's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.



## PROPOSITION 65 WARNING

This sticker will be found on the interior side of your treadmill's upright. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.

## WARNING AVERTISSEMENT

### SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Consult your physician before use.
- Stop immediately if you become dizzy or experience chest pains and consult your physician.
- Heart Rate monitoring systems can be inaccurate; use them for reference only.
- Read all warnings on the unit and be properly instructed or read the Owner's Manual on how to use before beginning.
- Inspect this machine for damage prior to use.
- Keep body, clothing, and fitness accessories clear of moving parts.
- Risk of personal injury – Keep children under the age of 13 away from machine.

### Le non respect de ces directives pourrait entraîner des blessures graves, voir mortelles:

- Consultez votre médecin avant de l'utiliser.
- Arrêtez immédiatement en cas d'étourdissements ou des douleurs à la poitrine et consultez votre médecin.
- Les lectures de fréquence cardiaque peuvent être inexactes; utiliser à titre indicatif seulement.
- Lisez tous les avertissements et les instructions sur l'appareil et dans le manuel du propriétaire avant l'utilisation.
- Inspectez cet appareil pour tout dommages avant de l'utiliser.
- Garder le corps, les vêtements et accessoires d'entraînement à l'écart des pièces mobiles.
- Risque de blessures- gardez les enfants âgés de moins de 13 ans loin de l'appareil.

# SAFETY INSTRUCTIONS

---

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.



**DANGER** - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



**WARNING** - To reduce the risk of burns, fire electric shock, or

injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.

10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for household use.
14. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
15. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
16. 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.
17. Keep hands away from all moving parts.
18. The 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.
19. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
20. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

## 21. **User Weight Limit: 275 lbs.**



Please ensure that you review and adhere to the user weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.

# ELECTRICAL SAFETY

---



## WARNING!

Route the power cord away from any moving part of the unit including the elevation mechanism and transport wheels.

**NEVER** remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

**NEVER** expose this unit 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 temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

**Circuit breakers:** Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the unit drive electronics and motor. This is an issue that affects all unit brands. New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier.

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your unit; 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.

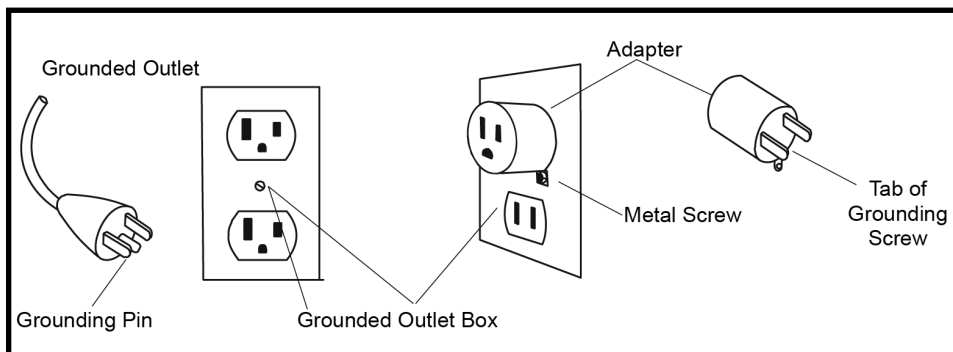


# GROUNDING & LOCATION REQUIREMENTS

**This product must be grounded.** If the unit should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**⚠ DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

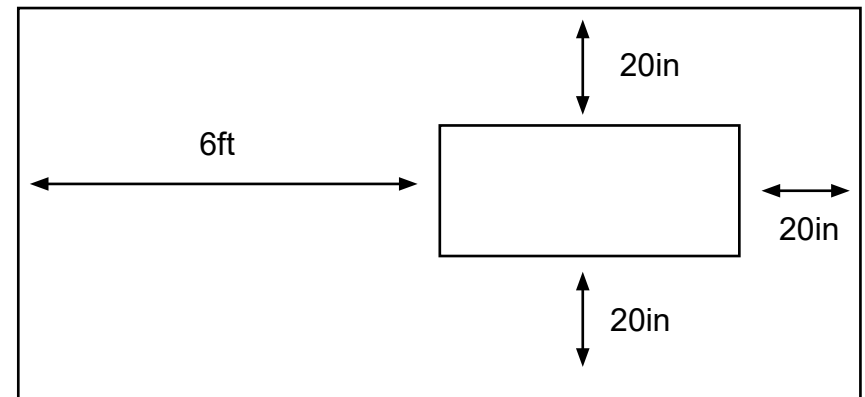
This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



## Location Requirements

After assembling your treadmill, you'll need to make sure you've installed it in a safe area.

- We recommend that you leave an area of at least 20in on the front, and sides of your machine. The front of the unit is where the motor is located.
- We recommend that you leave an area of at least 6ft behind the treadmill.
- Install your treadmill in an area where children and pets cannot access it.
- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.
- Do not install your treadmill on deeply padded, plush, or shag carpet.



# PARTS INCLUDED

---

## TOOLS INCLUDED:

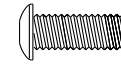
- L Allen Wrench
- Phillips Head Screwdriver
- Combination M5 Allen Wrench & Phillips Head Screwdriver
- Button Head Socket Bolt (2pcs)
- Philips Head Screws (6pcs)
- Hex Head Bolts (12pcs)
- Curved Washer (2pcs)



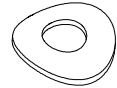
#70. 5/16"×1" Button Head Socket Bolt(2 pcs)



#153. M5 x 15mm Phillips Head Screw(6 pcs)



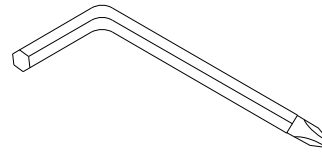
#93. 5/16" x 15mm Button Hex Head Bolt (12pcs)



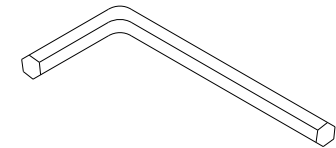
#132. 5/16" x 19 x 1.5T Curved Washer (2 pcs)

## PARTS INCLUDED:

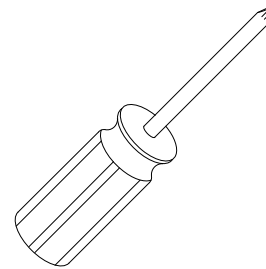
- 1 Main Frame
- 2 Uprights
- 2 Console Mast Covers
- 2 Frame Base Covers
- 1 Console
- 1 Deck
- 1 Power Cord
- 1 Lubricant
- 1 Hardware Kit



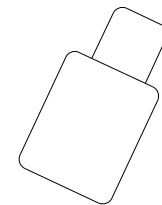
#96. M5\_ Combination M5 Allen Wrench & Phillips Head Screw Driver



#97. M6\_L Allen Wrench



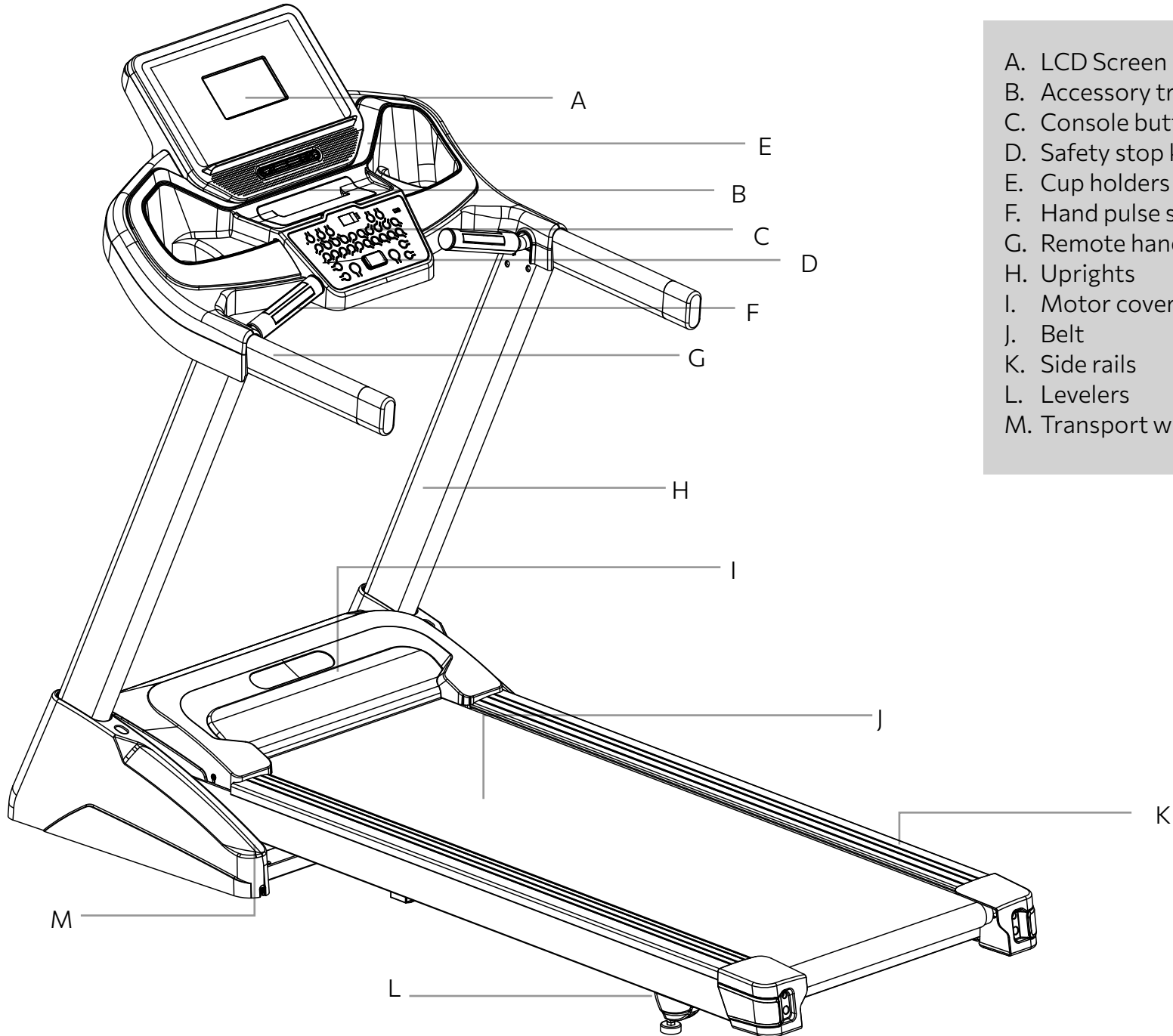
#122. Phillips Head Screw Driver



#58. Lubricant

# PARTS OF YOUR TREADMILL

---



- A. LCD Screen
- B. Accessory tray
- C. Console buttons
- D. Safety stop key
- E. Cup holders
- F. Hand pulse sensors
- G. Remote handlebar buttons
- H. Uprights
- I. Motor cover
- J. Belt
- K. Side rails
- L. Levelers
- M. Transport wheels

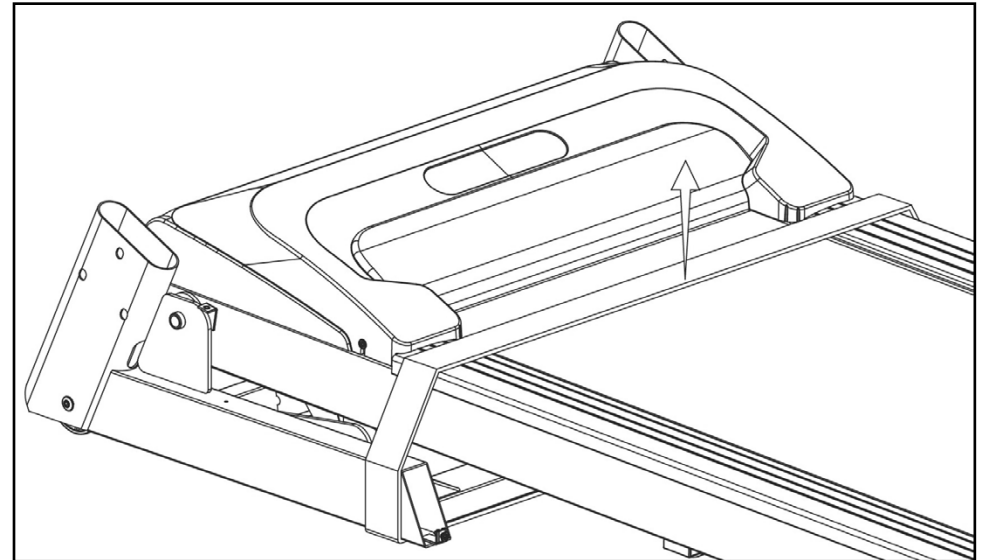
## PRE-ASSEMBLY

---

**!** **WARNING:** There is a Velcro strap installed around the treadmill base that prevents the unit from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the unit when the strap is removed.

To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the unit's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. 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

---

1. Take the treadmill deck out of the box and place it on level and clean ground.

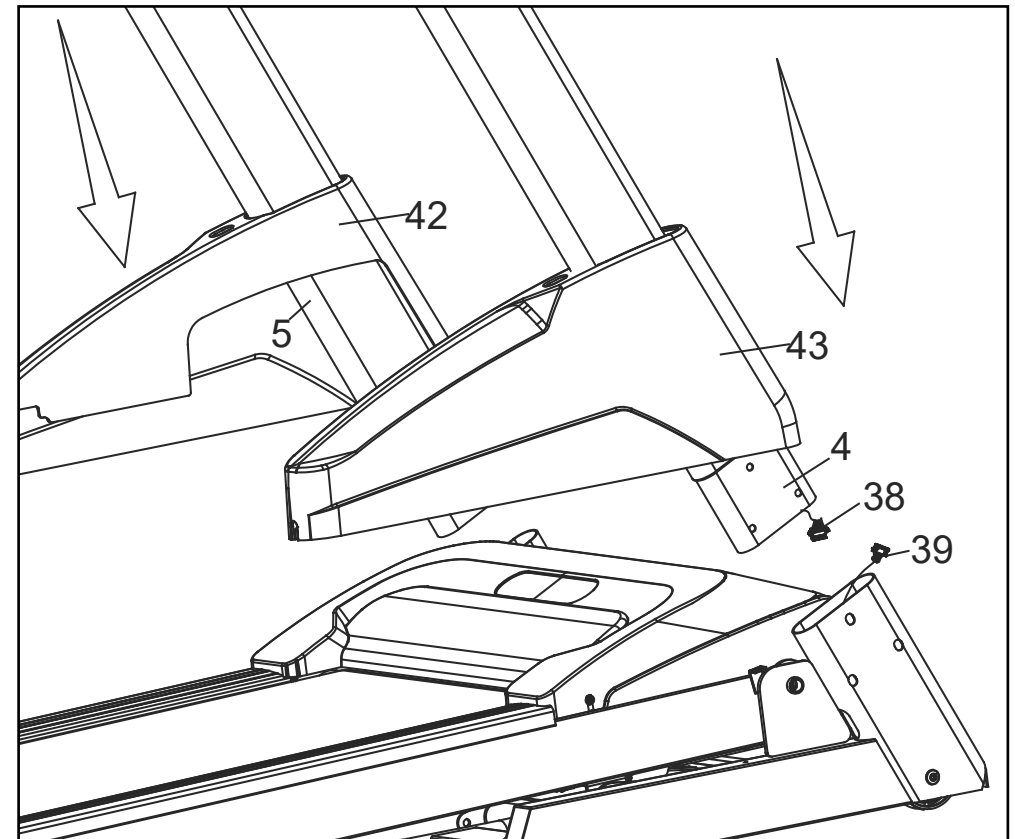
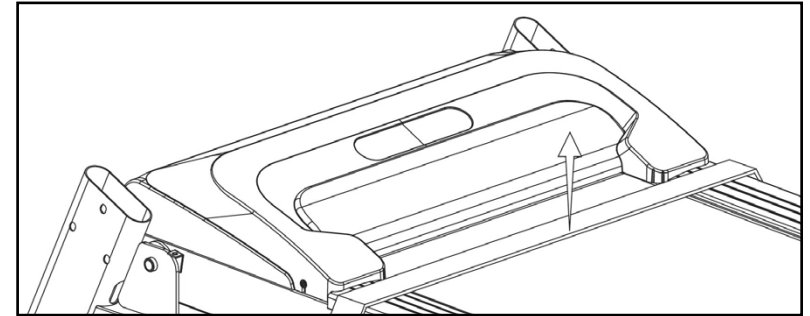
**!** **WARNING:** There is a Velcro strap installed around the treadmill base that prevents the unit from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the unit when the strap is removed.

To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the unit's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

2. You may need assistance holding the **Uprights (No.4/5)** for this step.

Insert the **Left Upright (5)** through the **Frame Base Cover (L) (42)** and insert the **Right Upright (4)** through the **Frame Base Cover (R) (43)**.

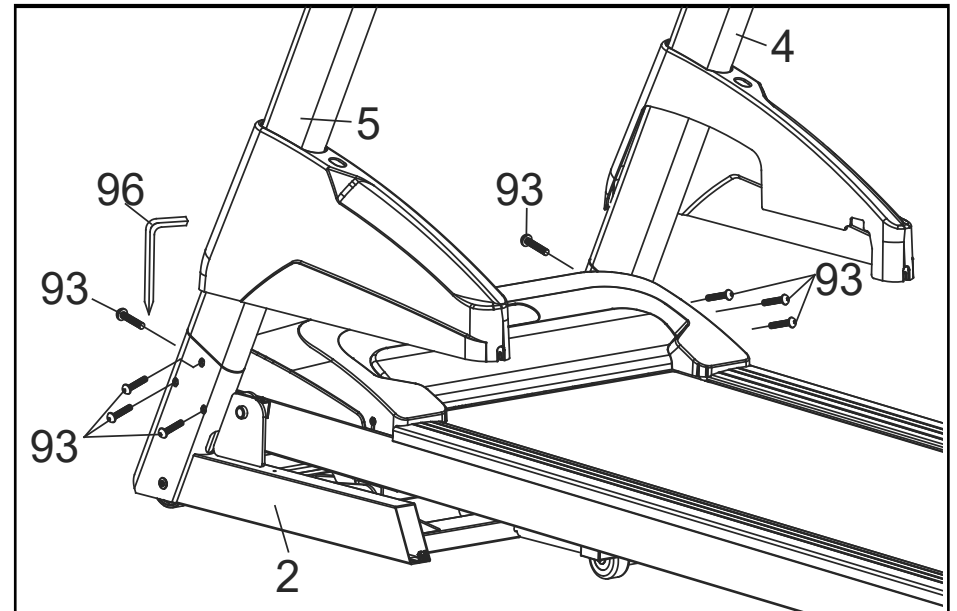
Connect the **Computer Cable (Middle) (38)** with the **Computer Cable(Lower) (39)**.



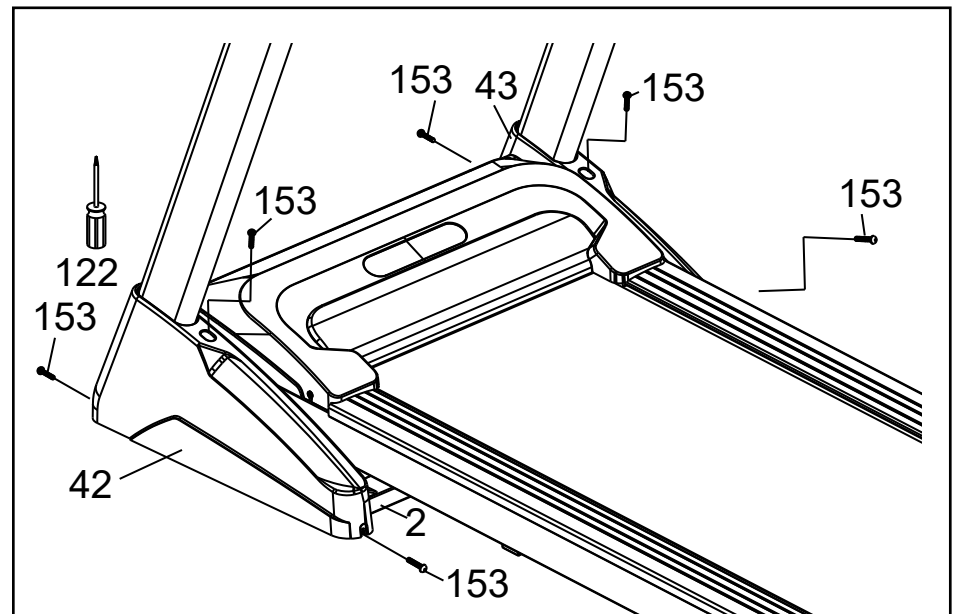
## ASSEMBLY - CONTINUED

---

- 3.** Insert the **Right and Left Uprights (4) and (5)** into the **Frame Base (2)** and use the **Combination M5 Allen Wrench Head Screw Wrench (96)** to tighten the 8pcs **5/16" × 15mm Button Head Socket Bolts(93)**.

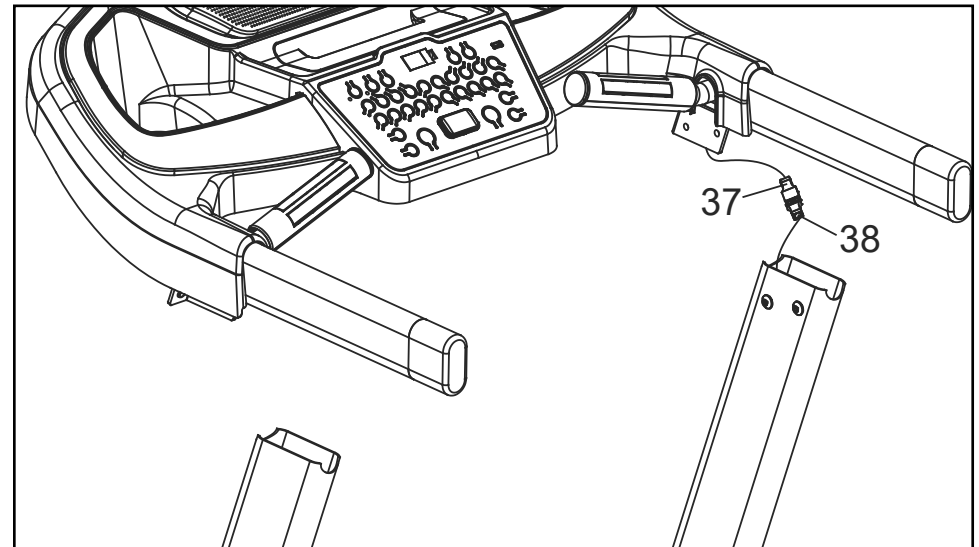


- 4.** Install the **Frame Base Covers (L) and (R),(42) and (43)**, on the **Frame Base (2)** and secure with 6 pcs **5 × 15mm Phillips Head Screws (153)** using the **Phillips Head Screw Driver (122)**.



## ASSEMBLY - CONTINUED

- 5.** Connect the **Computer Cable (Middle) (38)** and the **Computer Cable (Upper) (37)**.



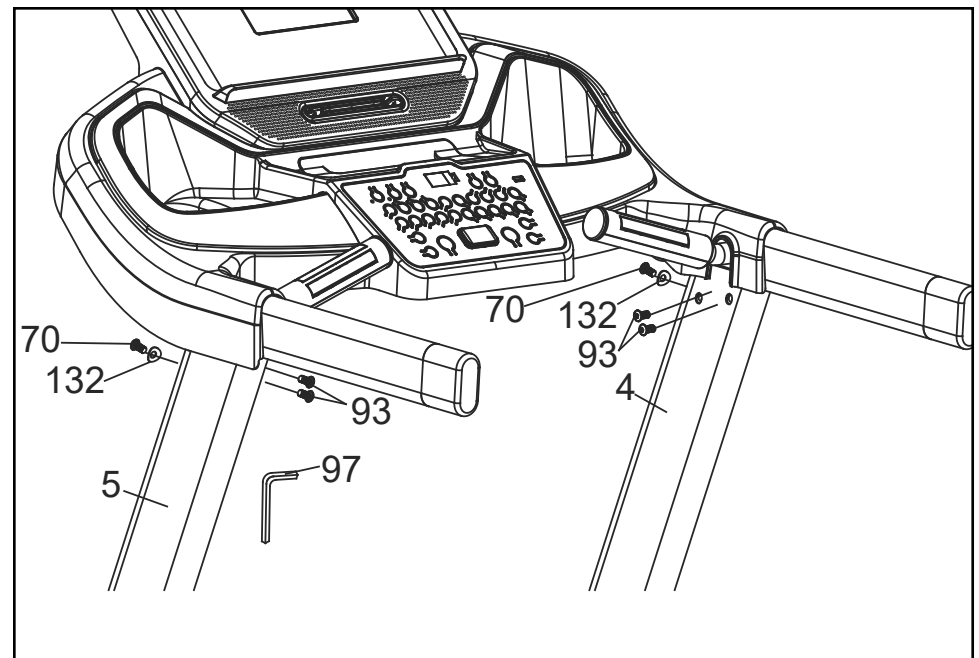
- 6.** Insert the **Console Assembly (40)** into the **Right and Left Uprights (4) and (5)** and secure with the 4 pcs **5/16" x 15mm Button Head Socket Bolts (93)** with 2pcs of **Ø5/16" x 19 x 1.5T Curved Washers (132)** and using 2pcs of **5/16" x 1" Button Head Sock Bolts (70)** by using the **M6 `L Allen Wrench (97)**.

**NOTE:** Please Tighten All Screws After All Components Have Been Assembled.

Note: Once your treadmill is fully assembled, be sure to check the belt lubrication before initial use by completing the following steps:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Use one hand to hold the treadmill belt up just enough so you can use your other hand to reach between the belt and deck. Verify that lubrication is present.

If lubrication is present, you may continue normal use. If lubrication is not present, please follow the steps on page 41 to lubricate your treadmill belt using approved treadmill belt lubricant.

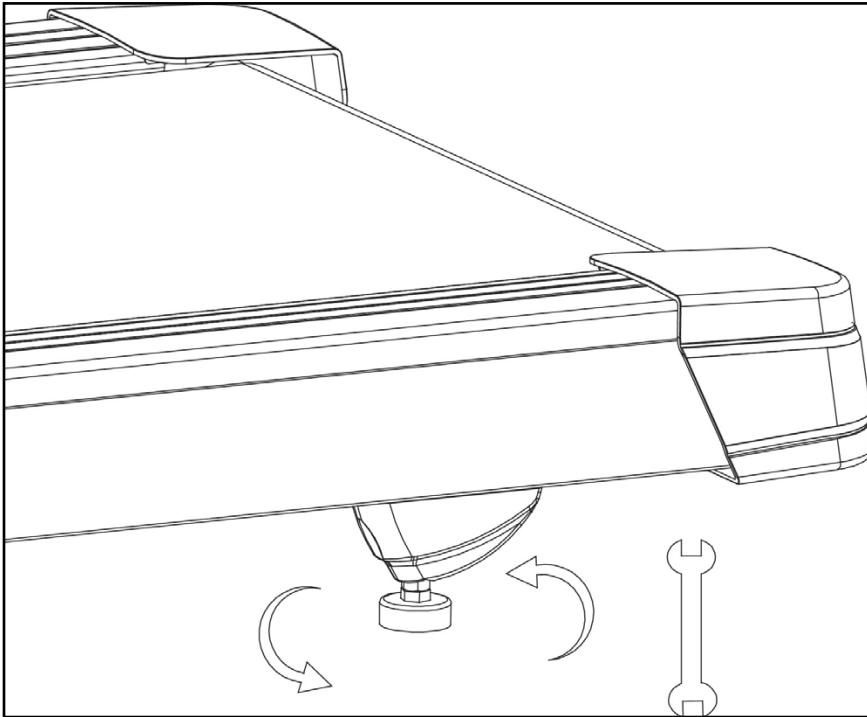


## SETTING UP YOUR TREAD

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### Leveling

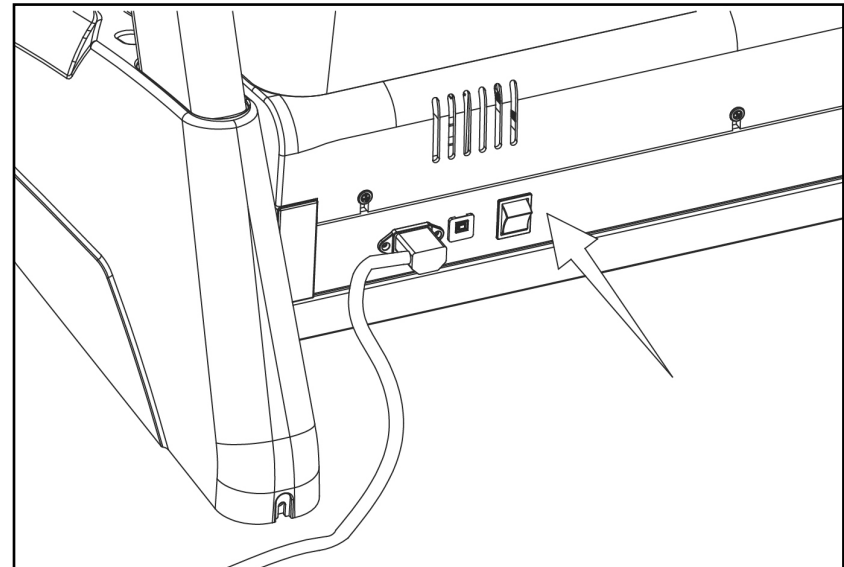
Use a M14 Wrench to adjust the height of the Leveling Feet.



### Plugging in and Powering On

Power the unit on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light up for a short time. Next, the Time and Distance windows will display Odometer readings. The time window will show how many hours the treadmill has been in use and the Distance window will show how many miles / Kilometers the treadmill has gone. Finally, a message will scroll across the Message Center showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

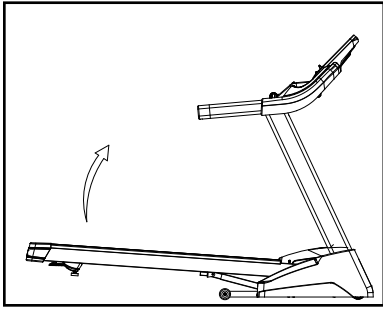




## SETTING UP YOUR TREAD - CONTINUED

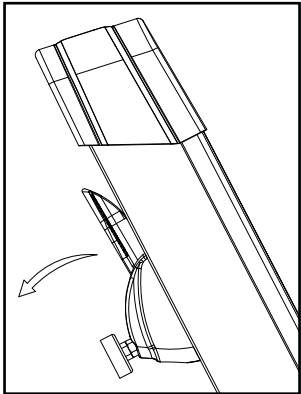
---

### Folding Your Treadmill

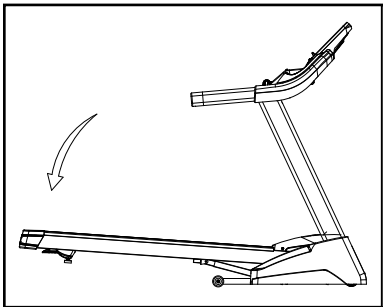


Lift the deck until the latch clicks in place.

### Unfolding Your Treadmill



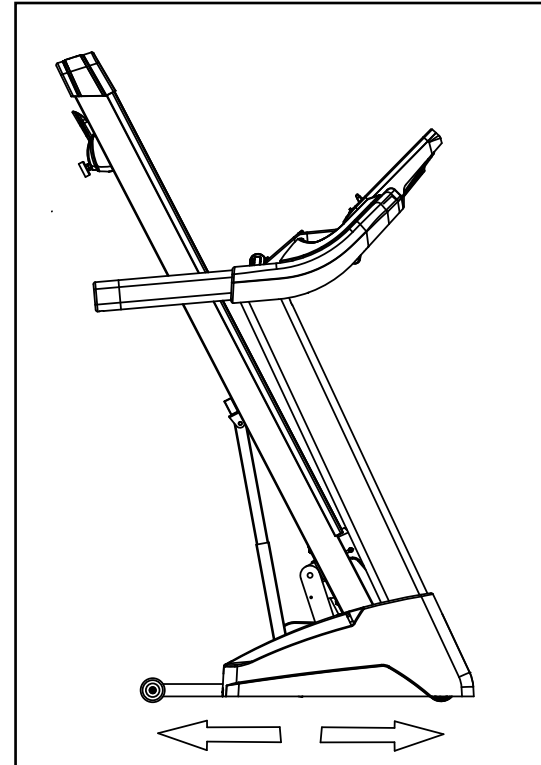
Push running deck forward with left hand and pull the release lever downward with right hand.



Gently lower the deck to the floor, supporting the deck with a hand.

### Moving The Treadmill

The treadmill is equipped with four transport wheels that are engaged when folded. After folding, simply roll the unit away. No need to tilt.



## SAFETY KEY

---



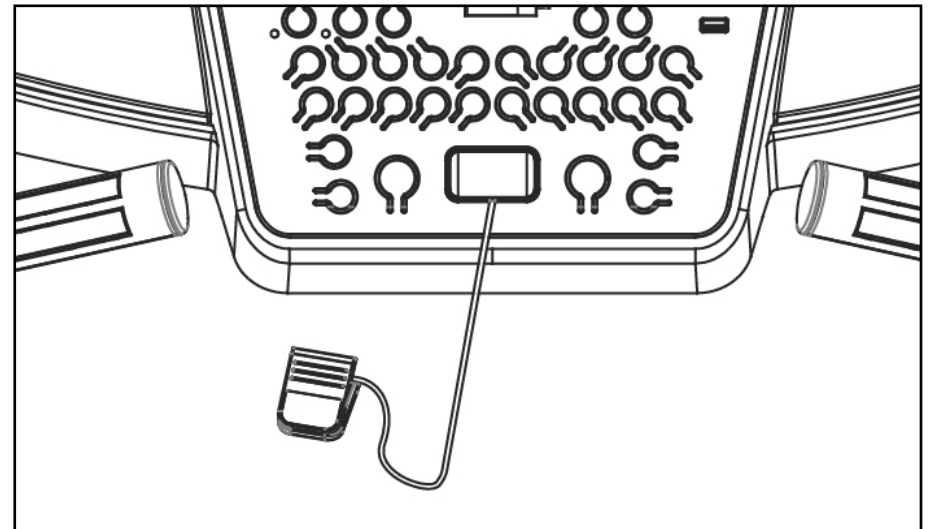
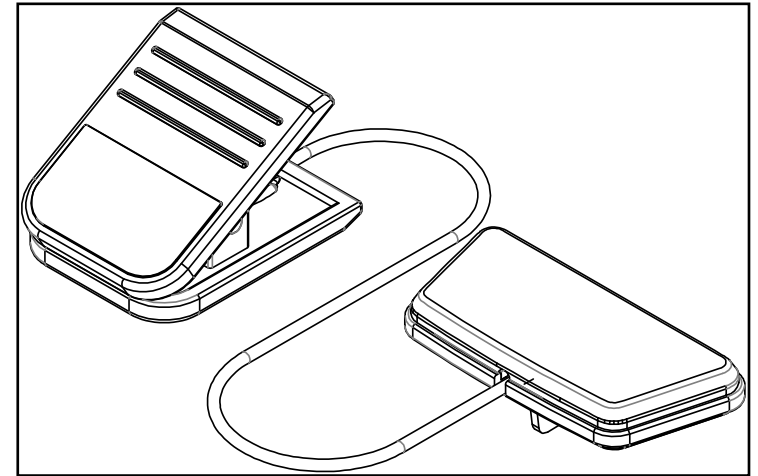
A safety tether cord is provided with this unit.

It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.

**Pulling this safety tether cord will stop tread-belt movement.**

To Use:

1. Place the magnet into position on the round metal portion of the console control head. Your unit will not start and operate without this. Removing the magnet also secures the unit from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to ensure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The unit will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.




## QUICK START

---

1. Press and release the **Start key** to wake display up (if not already on).  
Note: Installing the tether key will also wake up the console.
2. Press and release the **Start key** to begin belt movement, at 0.5 mph, then adjust to the desired speed using the **Speed + / -** or **Fast/Slow** keys (console or hand rail). You may also use the **Direct Speed** key, then 1 through 10 to adjust the speed.
3. To adjust the speed, press and hold **Speed Up / Down keys** (console or remote handlebar buttons) to achieve desired speed. You may also adjust to the desired speed by pressing **Direct Speed** and then 1 through 10.
4. To adjust the **Incline** level, press and hold the **Incline Up / Down keys** (console or remote handlebar buttons) to achieve desired gradient. You may also adjust to the desired incline by pressing the **Direct Incline key** and then 0 through 10.
5. To stop the tread-belt press and release the **Stop** key.

## ABOUT YOUR MACHINE


---


 Always use care and caution when operating your machine. Follow instruction in this manual to ensure safe operation and maintenance of your treadmill

**Did you know that you can personalize your experience with your new treadmill?** Create a profile and save custom workout programs by following the instructions on page 30.

Be sure to follow Spirit Fitness on your favorite social media platforms to view and share the latest fitness videos, images, and news.

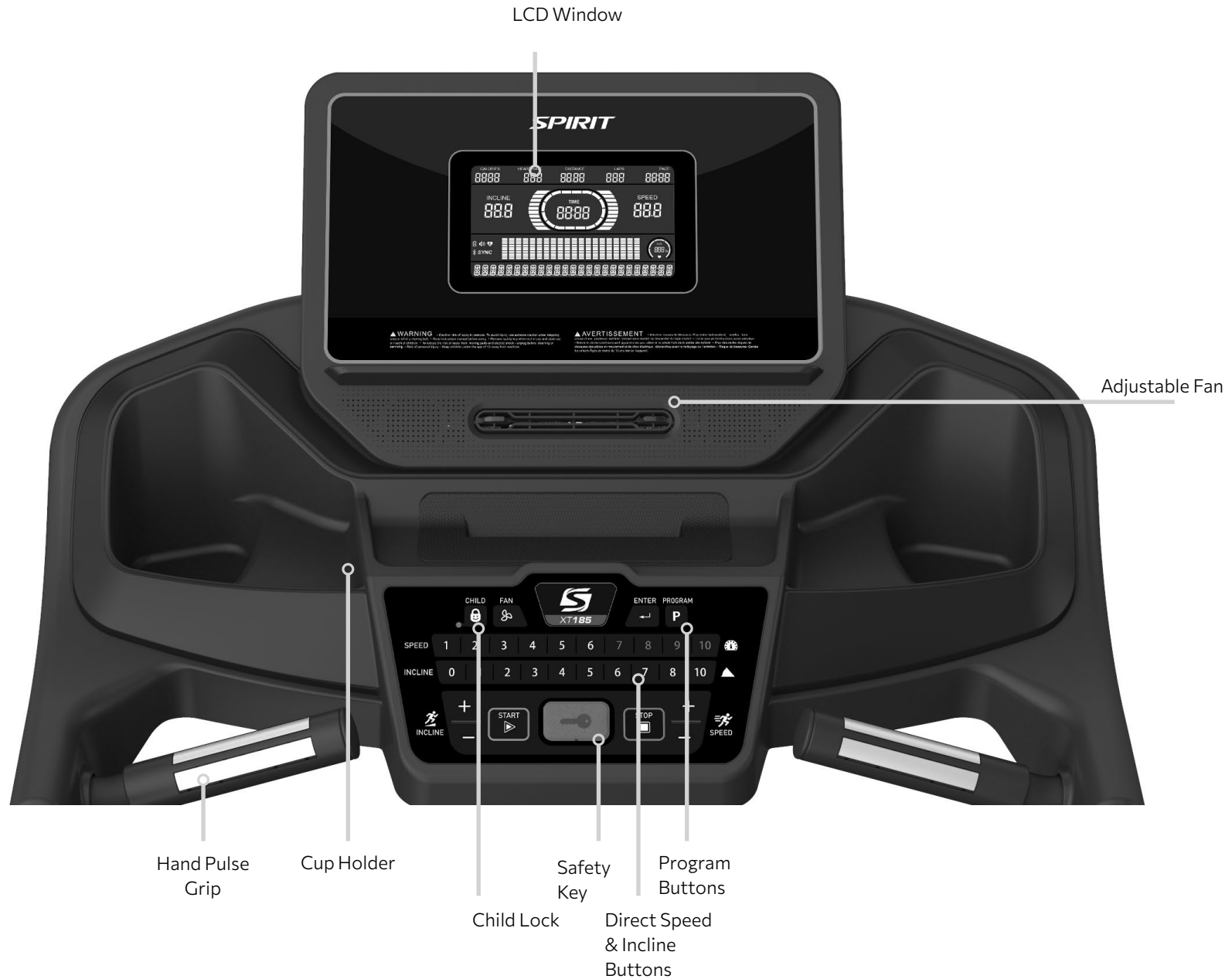
 [facebook.com/SpiritFitnessProducts](https://facebook.com/SpiritFitnessProducts)

 [www.instagram.com/spirit/](https://www.instagram.com/spirit/)

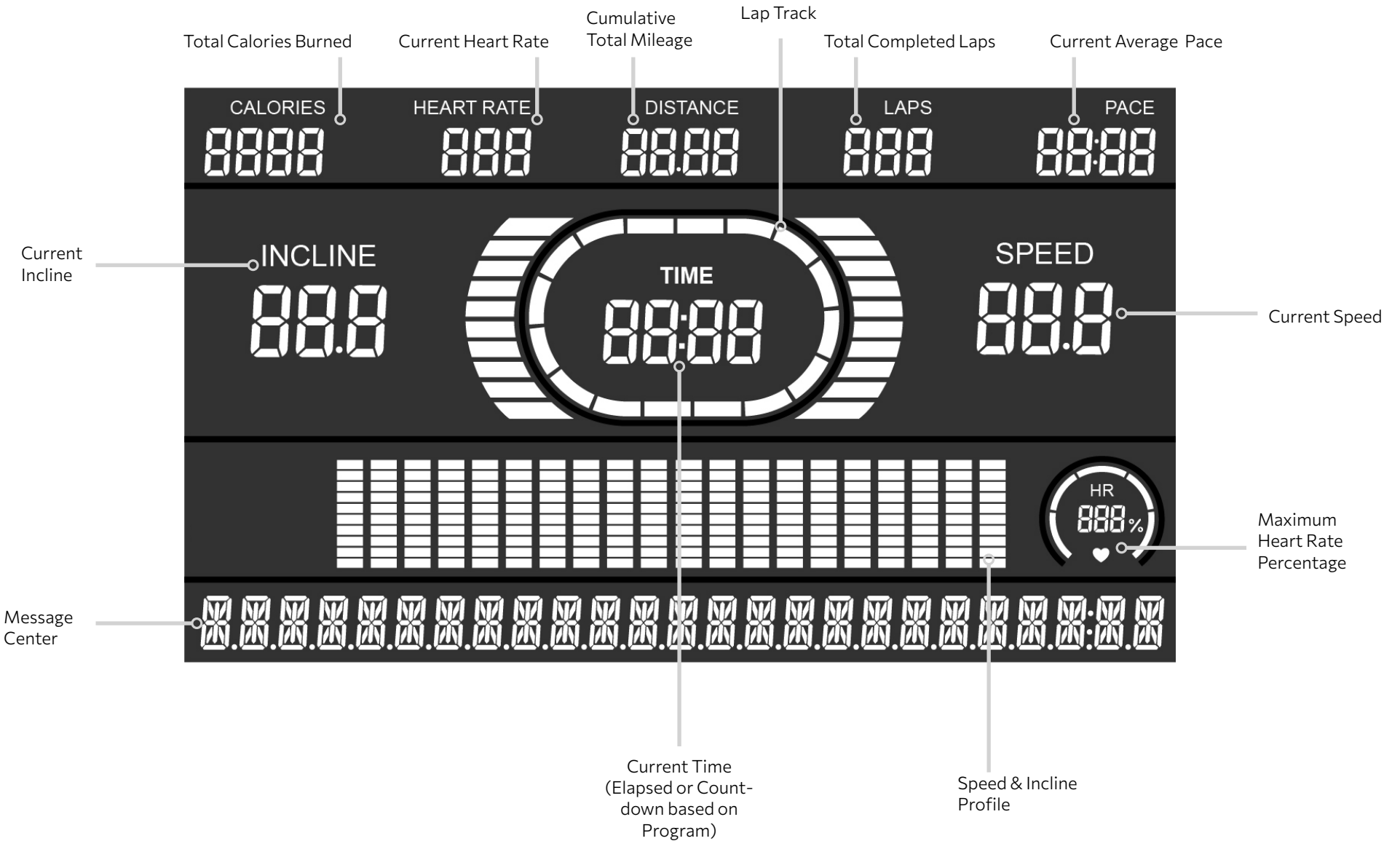
 [youtube.com/user/SpiritFitnessOnline](https://youtube.com/user/SpiritFitnessOnline)

# CONSOLE SCREEN - OVERVIEW

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# CONSOLE SCREEN - WORKOUT MODE



# FEATURES

---

## Direct Speed & Incline Buttons

You are able to set your speed and incline setting quickly by pressing the buttons on the console. Simply choose the desired speed and/or incline level from the console and the treadmill will automatically adjust to that level. This saves time because you don't have to press and hold or hold a button down until reaching the desired value.

## Console

The console will display Pace, Calories burned, Time (elapsed or countdown), Distance traveled, Pulse, Speed, Incline, Program Name, number of Laps completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

## Pause / Stop / Preset

1. When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

**Note:** Pause is executed when the Stop button is pressed once. If the Stop key is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

## Child Lock

Your machine is equipped with a child lock feature which disables the buttons on the console to prevent unauthorized use. To turn on, press Child Lock, then LED will light up. The treadmill will be in idle mode and cannot be operated. You must hold Child Lock for 3 seconds to unlock. After the LED light turns off, then press START to operate.

## FEATURES - CONTINUED

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### Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the resistance dot matrix window will build a profile “picture” as values are changed during a workout.

### 1/4 Mile Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again. The Lap track will move in a counterclockwise direction. There is a lap counter in the message window for monitoring your distance.

### Incline

- Incline may be adjusted anytime after belt movement
- Press and hold the +/- or Up/Down keys (console or handrail) to achieve desired level of effort. You may also choose a more rapid increase/decrease by simply pressing the desired level on the console.
- The display will indicate incline percent increases in increments of 0.5 as adjustments are made.
- The incline will return to zero unless the main power switch or safety key are turned off while at a higher setting.

### Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, and is not to be used for medical purposes.

### Pulse Grip Feature

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the stationary grips for the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

**Note:** Refer to Important Safety Instructions (page 6) concerning Pulse Grip operation.



# PROGRAMS INTRO

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## Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct predicted target heart rate zone. Entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

**CALORIE NOTE:** Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

**NOTE:** Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the treadmill, you will not have to enter it every time you work out unless either your Age or Weight changes, or someone else enters a different Age and Weight.

Each preset program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

## Entering a Program and Changing Settings

When you enter a program, by pressing the **Program** key, then **Enter** key, you have the option of entering your own personal settings. If you want to workout without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

## PROGRAMS - TO SELECT AND START A PROGRAM

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1. Press the desired program (Hill, Fat Burn, Cardio, Strength, HIIT) key. Press **Enter** to select the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age. Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the **+ / - keys** to adjust, then press Enter. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight. Entering the correct body weight will affect the calorie count. Use the **+ / - keys** to adjust, then press **Enter**.
4. The Message Center will be blinking a value, indicating Time. You may use any of the **+ / - keys** to adjust the time. After adjusting, or to accept the default, press **Enter**. (Note: You may press **Start** at any time during the programming to start the program).
5. The Message Center will now be blinking the preset top speed of the selected program. Use the **Speed + / - keys** to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The Message Center will be blinking the preset top incline of the selected program. Use the **Incline + / - keys** to adjust, then press **Enter**.  
You are now done programming data and may press **Start** to begin your workout or **Enter** to go back one level to change data entered in the programming phase.

**A note about the Calorie display:** No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

# PROGRAMS - PRESET

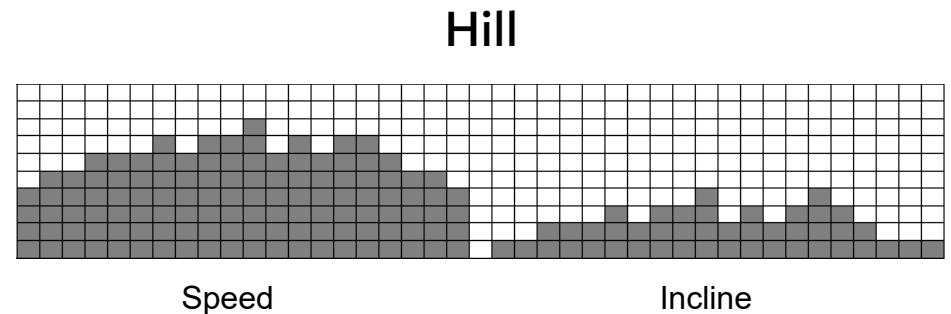
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The treadmill has eight different programs that have been designed for a variety of workouts. These eight programs have factory preset work level profiles for achieving different goals.

## Hill

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort

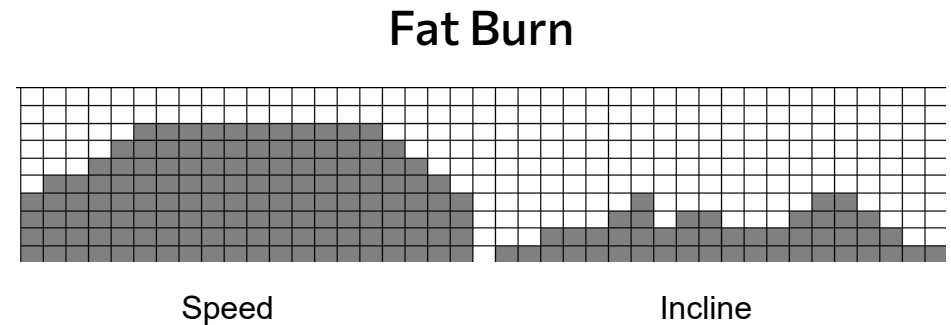
Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



## Fat Burn

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



# PROGRAMS

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## Cardio

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity

Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 15 are maximum elevation for this program.

## Strength

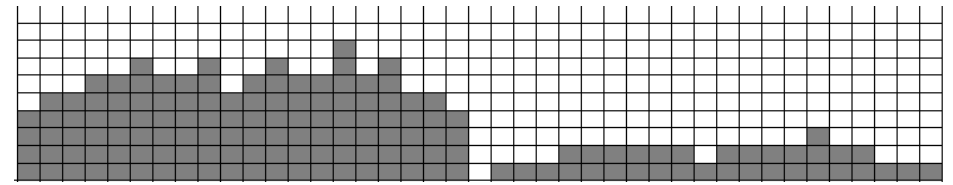
This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows.

Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.

## HIIT

The HIIT 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 cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

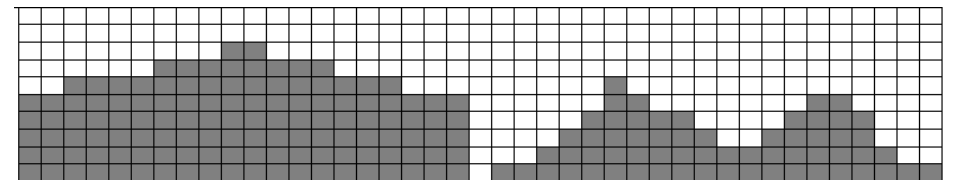
## Cardio



Speed

Incline

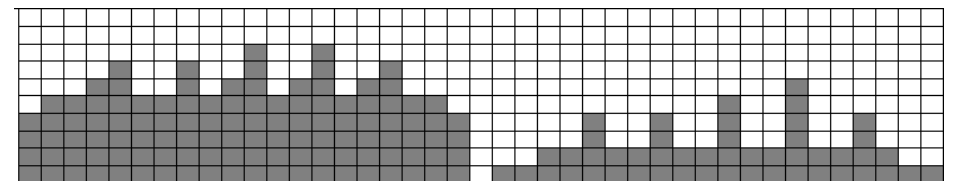
## Strength



Speed

Incline

## HIIT



Speed

Incline

# PROGRAMS

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## Fusion

1. Press the **PROGRAM** key to select the program. The screen will prompt you to program it. You can also press **Start** to start the program using the default values.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age. Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the + / - keys to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight. Entering the correct body weight will affect the calorie count. Use the + / - keys to adjust, then press **Enter**. A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.
4. The Message Center will now be blinking the preset top speed of the selected program. Use the **Speed** + / - keys to adjust, then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
5. The Message Center will be blinking the preset top incline of the selected program. Use the Incline + / - keys to adjust, then press **Enter**. You are now done programming data and may press Start to begin your workout or **Enter** to go back one level to change data entered in the programming phase.
6. The message center will now flash the selected program's interval motion (preset to 10), adjust using the + / - key, and then press **Enter**.
7. The information center will now flash the interval of the selected program. (Preset to 1), use the + / - key to adjust, then press **Enter**.
8. You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.

# PROGRAMS

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## 5K or 10K Program

1. Press **PROGRAM** to switch to 5K PROGRAM OR 10K PROGRAM. Press **Enter** to select a program. The display will prompt you to program the program, or you can simply press **Start** to start the program using the default values.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age. Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the + / - keys to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight.
4. The message window displays "USE SPEED +/- KEYS TO ADJUST SPEED". Use **Speed** +/- to adjust speed, and then press **Enter**.
5. You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.

## Countdown Mode

1. Press **PROGRAM** to select TARGET PROGRAM and then **ENTER** to display TARGET TIME. Press **PROGRAM** to switch to TARGET DISTANCE and TARGET CALORIES and press **ENTER** to confirm.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age. Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the + / - keys to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight.
4. The message window displays the time, distance, and calorie presets to be adjusted, depending on the program you choose. Use the **Incline** + / - key to adjust, then press **Enter**.
5. You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.

# PROGRAMS

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## Custom Workout Program

1. Press **PROGRAM** to select CUSTOM PROGRAM, then press **ENTER** to display CUSTOM1, then press **PROGRAM** to switch to CUSTOM2. If you want to select **ENTER** to confirm, note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program). If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The Message Window will display and flash the letter "A". To change it, press the any **Up** key, then "B" will be displayed; if the any **Down** key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press **Enter**. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press **Stop** and it will be stored under either CUSTOM 1 or CUSTOM2.
2. Next the Message Window is flashing Age. Use the **Incline** + - keys to adjust. Press **Enter**. This is a must to continue even if age is not adjusted.
3. The Message Window will now be blinking a body weight value. Enter your body weight and press **Enter**.
4. The Time Window and Message Window will now be blinking a Time value. Adjust the Time and press **Enter**.
5. The first column (segment) will now be blinking. Using the **Speed** + - or keys, adjust the speed level to your desired effort for the first segment then press Enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.
6. Press the **Start** button to begin the workout and also save the program to memory.

Note: While in a User program, if you change the speed, all segment speeds from there on will also change.

Examples: If you increase your current speed 1 mph, the remaining segment speeds will increase by 1 mph. If you decrease your current speed 0.5 mph, the remaining segment speeds will decrease by 0.5 mph, etc.

# MAINTENANCE & CARE

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## Post-Workout Machine Care

1. Store your machine according to the folding instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the machine.
3. Use a microfiber cloth to clean the touchscreen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

## General Cleaning

Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your unit on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate.



**UNPLUG THE POWER CORD BEFORE THIS TASK.**

## Sanitizing Your Spirit Fitness Equipment

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- For more details on sanitization, or to learn how to make your own spray solution, please visit:  
[support.spiritfitness.com/hc/en-us/articles/4406787148564](https://support.spiritfitness.com/hc/en-us/articles/4406787148564)



## MAINTENANCE & CARE - CONTINUED

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### Treadbelt Tracking Adjustment

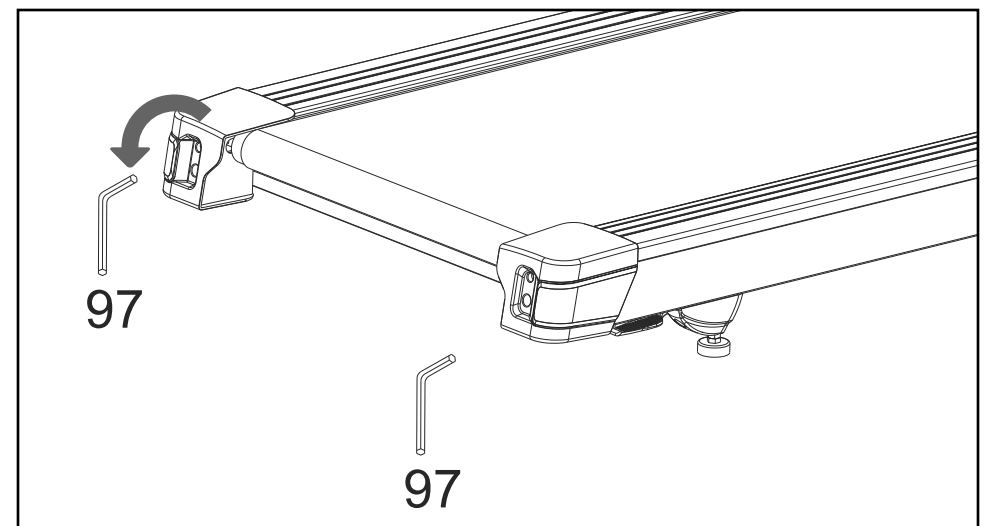
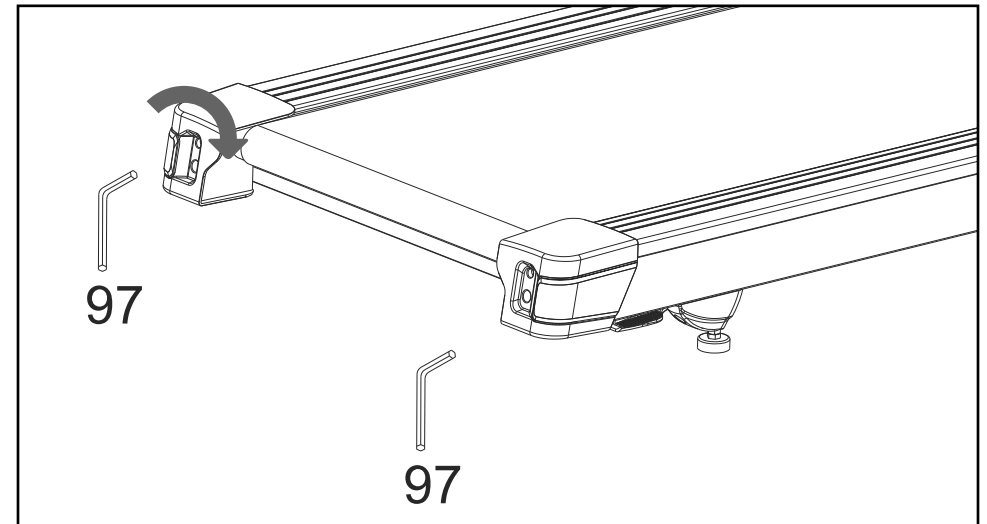
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

#### SETTING TREAD-BELT TRACKING

An 6mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away.

If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.



Damage to the running belt resulting from improper tracking / tension adjustments is not covered under the Spirit Fitness warranty.

## MAINTENANCE & CARE - CONTINUED

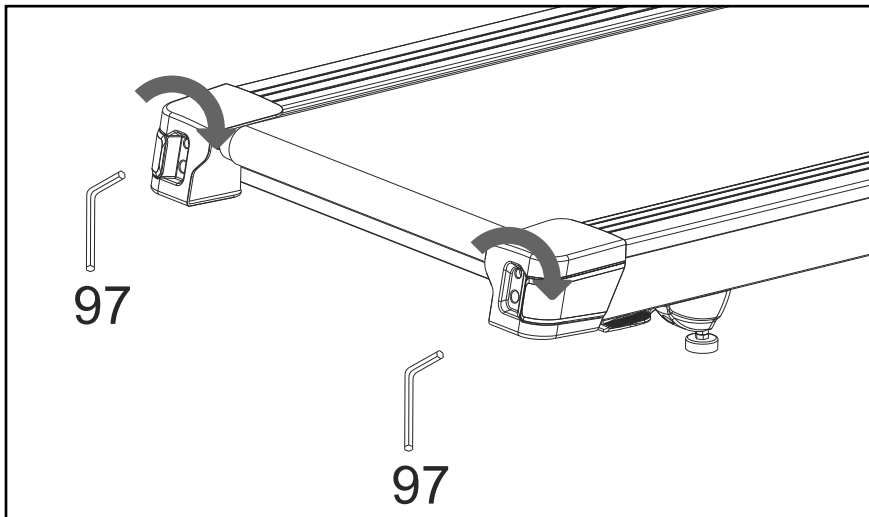
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### Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface.

Adjustment must be made from the rear roller with the 6mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



**DO NOT OVERTIGHTEN** – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

## DECK LUBRICATION

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To ensure the longevity and proper function of your treadmill, proper belt maintenance is required. You should regularly check between the treadmill belt and the top of the treadmill base for proper lubrication, and to ensure that no dirt or debris has become trapped. Keeping the deck clean and lubricated at the recommended intervals ensures the longest life possible for your unit. Should lubrication dry out, or dirt become trapped, the friction between the belt and deck increases. Increased friction places undue stress on the drive motor, drive belt, and electronic motor control board which could result in catastrophic failure of these essential, expensive components.

Failure to clean and lubricate the deck at regular intervals may void the warranty.

As a part of your routine maintenance schedule, belt lubrication and cleaning should be performed every 90 days, after 90 hours of use, or earlier if you notice that the deck is dry or dirty. Please also be sure to check belt lubrication before first use.

Do not lubricate with anything other than Spirit Fitness approved lubricant. Your treadmill comes with one tube of treadmill belt lubricant.

**Extra tubes can be ordered directly from: [www.Spiritfitness.com](http://www.Spiritfitness.com), or by calling our customer service department at (800)258-8511.**

To lubricate your treadmill belt:

1. Ensure that your machine is off, and unplugged to minimize risk of injury.
2. Reach between the belt and the top of the treadmill base to verify that lubrication is present.
3. While kneeling beside your treadmill deck, use one hand to hold the treadmill belt up and away from the treadmill base just enough so you can use your other hand to reach the lubrication underneath.
4. Starting about 1 foot from the motor cover, begin applying 1/2 of your lubricant bottle in a long "S" pattern about 4-6" from one edge.
5. Repeat steps 3 and 4 on the opposite side using the remaining 1/2 of the lubricant bottle.
6. Plug the unit power cord back in, and turn the power switch back on.
7. Walk on the belt at a moderate speed for 5 minutes to evenly distribute the lubricant along the treadmill belt and deck.
8. Your treadmill belt is now lubricated. Normal use can resume.

Regularly check belt lubrication by completing the following steps:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Reach between the running belt and the top of the treadmill base to verify that lubrication is present.

# **BELT AND DECK CLEANING & CALIBRATION PROCEDURE**

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## **Belt & Deck Cleaning**

To clean your treadmill belt:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Grab one edge of the treadmill belt, and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove cleaning cloth from treadmill before plugging back in.

## **Calibration Procedure**

1. Remove the Safety Key.
2. Press and hold **Start** and **Speed +** buttons and at the same time replace the Safety Key. Continue to hold **Start** and **Speed** keys until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the **incline +/-** key to show which you want, then press **Enter** (The maximum speed value is displayed in the speed window, and the maximum elevation value is displayed in the incline window.)
4. Grade return – On (This allows the incline to return to zero when **Stop** button is pressed. For sale in Europe, EU standards require this to be off )
5. Press **Start** button to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

## ENGINEERING MODE MENU

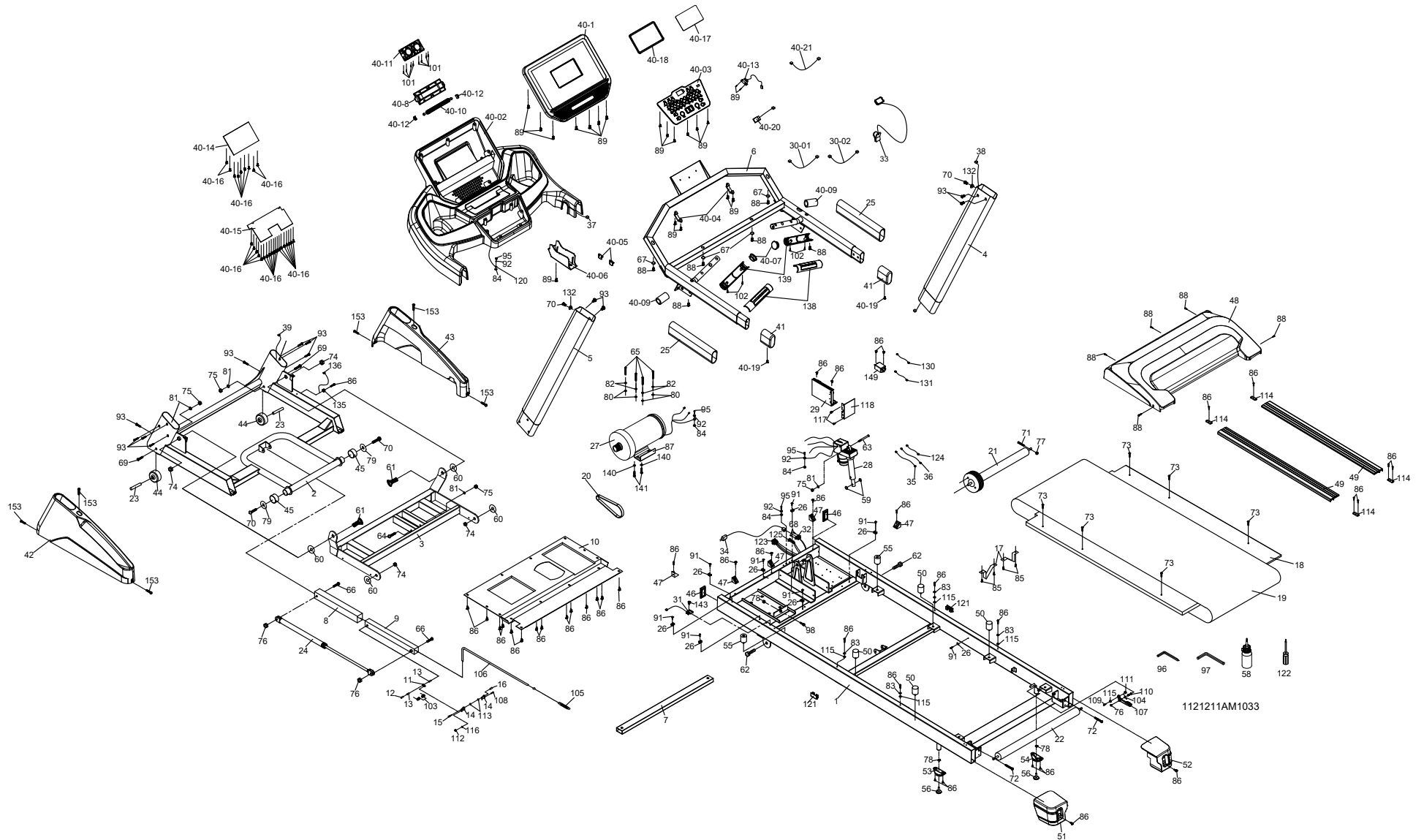
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The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Engineering Mode Menu, press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about 5 seconds and the Message Center will display Engineering Mode Menu. Press the **Enter** key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Functions (Press Enter to access settings and Speed + or - arrow to scroll)
  - Sleep Mode (Turn on to have the console power down automatically after 15 minutes of inactivity)
  - Pause Mode (Turn on to allow 5 minutes of pause, turn off to have the console pause indefinitely)
  - Maintenance (Reset lube message and odometer readings)
  - Units (Sets the display to readout in English or Metric display measurements)
  - Key Tone (Turns off the speaker so no beeping sound is heard)
  - BEEP (After closing, there is no sound for key operation)

4. Child Lock (Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Child Lock buttons for 3 seconds to unlock the console.)
5. Exit

# EXPLODED VIEW DIAGRAM



# PARTS LIST

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001	Main Frame	1	030-01	1400m/m_Handpulse Wire (RED)	1
002	Frame Base	1	030-02	1400m/m_Handpulse Wire(WHITE)	1
003	Incline Bracket	1	031	Sensor W/Cable	1
004	Right Upright	1	032	Power Socket	1
005	Left Upright	1	033	Trapezoidal Safety Key	1
006	Console Support	1	034	Power Cord	1
007	Deck Cross Brace	1	035	200m/m_Connecting Wire (White)	1
008	Outer Slide	1	036	200m/m_Connecting Wire (Black)	1
009	Inner Slide	1	037	1100m/m_Computer Cable(Upper)	1
010	Motor Bottom Cover	1	038	1100m/m_Computer Cable(Middle)	1
011	Link	1	039	1200m/m_Computer Cable(Lower)	1
012	Link Shaft	1	040	Console Assembly	1
013	Shaft Bushing	2	040-01	Console Top Cover	1
014	Fastening Bracket	2	040-02	Console Outer Cover	1
015	Clevis Pin	1	040-03	Console Inner Cover	1
016	Fastening Bushing	1	040-04	Console Bracket Anchor	2
017	Belt Guide	2	040-05	Square Magnet Stop Plate	2
018	Running Deck	1	040-06	Console Cover(Lower)	1
019	Running Belt	1	040-07	Handpulse End Cap	2
020	Drive Belt	1	040-08	Wind Duct	1
021	Front Roller W/Pulley	1	040-09	Handgrip Foam	2
022	Rear Roller	1	040-10	Deflector Fan Grill	1
023	Wheel Sleeve	2	040-11	Fan Assembly	1
024	Cylinder	1	040-12	Fan Grill Anchor	2
025	PVC Handgrip	2	040-13	Safety Switch Module W/ Cable	1
026	Wire Tie Mount	8	040-14	Console Display Board	1
027	Drive Motor	1	040-15	Key Board	1
028	Incline Motor	1	040-16	2.3 × 6m/m_Sheet Metal Screw	28
029	Motor Controller	1	040-17	LCD Transparent Piece	1

# PARTS LIST

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040-18	Water-resist Rubber	1
040-19	M5 × 10m/m_Flat Head Socket Screw	2
040-20	Backlight Board	1
040-21	700m/m_Connecting Wire	1
041	Handgrip End Cap	2
042	Frame Base Cover (L)	1
043	Frame Base Cover (R)	1
044	Transportation Wheel(A)	2
045	Transportation Wheel(B)	2
046	Square End Cap	2
047	Motor Cover Anchor(D)	5
048	Motor Top Cover	1
049	Foot Rail	2
050	Cushion	4
051	Rear Adjustment Base (L)	1
052	Rear Adjustment Base (R)	1
053	Adjustment Foot Pad Cap (L)	1
054	Adjustment Foot Pad Cap (R)	1
055	Cushion	2
056	Adjustment Foot	2
058	Lubricant	1
059	Nylon Washer (A)	2
060	Nylon Washer (B)	4
061	1/2" × UNC12 × 1-1/4" _Carriage Bolt	2
062	1/2" × 1" _Hex Head Bolt	2
063	3/8" × 4" _Hex Head Bolt	1
064	3/8" × 92m/m _Hex Head Bolt	1

065	3/8" × 3/4" _Hex Head Bolt	4
066	5/16" × 2-3/4" _Button Head Socket Bolt	2
067	Ø1/4" × 19 × 1.5T _Flat Washer	4
068	3.5 × 16m/m _Tapping Screw	2
069	3/8" × 2" _Flat Head Socket Bolt	2
070	5/16" × 1" _Button Head Socket Bolt	4
071	M8 × 60m/m _Hex Head Bolt	1
072	M8 × 80m/m _Socket Head Cap Bolt	2
073	M8 × 30m/m _Flat Head Countersink Bolt	6
074	1/2" × 8.0T _Nylon Nut	4
075	3/8" × 7.0T _Nylon Nut	4
076	5/16" × 6.0T _Nylon Nut	3
077	M8 × 7T _Nylon Nut	1
078	3/8" × 7T _Nut	3
079	Ø8 × 35 × 1.5T _Flat Washer	2
080	Ø3/8" × Ø25 × 2.0T _Flat Washer	4
081	19 × 10 × 1.5T _Flat Washer	4
082	Ø10 × 2.0T _Split Washer	4
083	Ø25 × 20 × 16 × 5 × 1.1T × 4.5H _Concave Washer	4
084	M5 _Star Washer	4
085	4 × 12m/m _Sheet Metal Screw	4
086	Ø5 × 16m/m _Tapping Screw	40
087	Motor Bracket	1
088	3 × 16m/m _Tapping Screw	11
089	3.5 × 12m/m _Sheet Metal Screw	20
091	Ø3.5 × 16m/m _Tapping Screw	8
092	Ø5 × 1.5T _Split Washer	4
093	5/16" × 15m/m _Button Head Socket Bolt	12



## PARTS LIST

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095	M5 × 10m/m_Phillips Head Screw	4
096	M5_Allen Wrench Head Screw Wrench	1
097	M6_L Allen Wrench	1
098	3/8" × 2" _Hex Head Bolt	1
101	3.5 × 40m/m_Sheet Metal Screw	8
102	3 × 12m/m_Tapping Screw	4
103	Dual Torsion-Spring	1
104	ChenChin Torsion-Spring	1
105	Steel Cable Tension Spring	1
106	Steel Cable	1
107	Release Lever	1
108	M3 × 10m/m_Phillips Head Screw	1
109	M5 × 20m/m_Phillips Head Screw	1
110	5/16" × 2" _Hex Head Bolt	1
111	M5 × 5.0T_Nylon Nut	1
112	M3 × 2.5T_Nut	1
113	Ø5 × Ø10 × 1T_Flat Washer	2
114	Ø5.5 × 27 × 60 × 1T × 2.5H_Concave Washer	4
115	Ø5 × Ø13 × 1.0T_Flat Washer	5
116	M3 × 1T_Split Washer	1
117	3 × 10m/m_Sheet Metal Screw	2
118	Controller Back Plate	1
120	500m/m_Console Ground Wire	1
121	Square End Cap	2
122	Phillips Head Screw Driver	1
123	AC Electronic Module	1
124	100m/m_Connecting Wire (Black)	1
125	Breaker	1

130	300m/m_Connecting Wire (White)	1
131	300m/m_Connecting Wire (Black)	1
132	Ø5/16" × 19 × 1.5T_Curved Washer	2
135	Wire Clamp	1
136	1000m/m_Ground Wire	1
138	Handpulse Sensor (w/o wire)	2
139	Handpulse Bottom Cover	2
140	Ø8 × 1.5T_Split Washer	2
141	M8 × P1.25 × 12m/m_Hex Head Bolt	2
143	5 × 19m/m_Tapping Screw	1
149	Filter	1
153	M5 x 15mm_Philips Head Screw	6

# WARRANTY - RESIDENTIAL

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Effective July 6, 2023- XT185 Treadmill LIMITED WARRANTY

Spirit Fitness Inc. warrants all its home use treadmill parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. Spirit Fitness's responsibilities include providing new or remanufactured parts, at Spirit Fitness's 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:

## Home Use Limited Warranty

Warranty	Frame	Motor	Deck	Parts	Labor
Residential	Lifetime	Lifetime	Lifetime	10 Years	1 Year

## RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer/facility is responsible for the items listed below:

1. Proper use of the treadmill in accordance with the instructions provided in this manual
2. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
3. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
4. Damages to the treadmill finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

## **WARRANTY - CONTINUED**

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What is not covered?

### **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 treadmill not requiring component replacement, or treadmill not in ordinary household or light commercial 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. 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 use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

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 include Alaska or Hawaii.

## **WARRANTY - CONTINUED**

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Responsibilities of the Owner

### **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.

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.

# TROUBLESHOOTING

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## Service Checklist Diagnosis Guide

Problem	Solution/ Cause
Display does not light	<ol style="list-style-type: none"> <li>1. Tether cord not in position.</li> <li>2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks.</li> <li>3. Plug is disconnected. Make sure plug is firmly pushed into 115 VAC wall outlet.</li> <li>4. Breaker panel circuit breaker may be tripped.</li> <li>5. Treadmill defect. Contact your Spirit Fitness dealer.</li> </ol>
Tread-belt does not stay centered Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See the Maintenance & Care section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	<ol style="list-style-type: none"> <li>1.If the belt moves, but stops after a short time and the display shows “E1”, run calibration.</li> <li>2. If you press Start and the belt never moves, then the display shows E1, contact service.</li> </ol>
Treadmill will only achieve approximately 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Maintenance & Care section on cleaning the deck.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See Maintenance & Care section.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is “crashing” the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit. See “Electrical Safety” section for more details.





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

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