

SPIRIT



XT485ENT Treadmill

OWNER'S MANUAL

Please carefully read this entire manual before operating your new treadmill.

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<u>NEW FITNESS PRODUCT</u>	

ATTENTION

This treadmill is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 230-volt,10-amp(120-volt,15-amp) grounded outlet.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill should be the only appliance in the electrical circuit. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions.**

- 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.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 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.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
- The appliance is intended for household use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- 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.

- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Use handrails provided; they are for your safety.
- The treadmill is not a medical device

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.

**Remove tether cord after use to prevent unauthorized treadmill operation.
SAVE THESE INSTRUCTIONS - THINK SAFETY!**

SAFETY TETHER CORD

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.

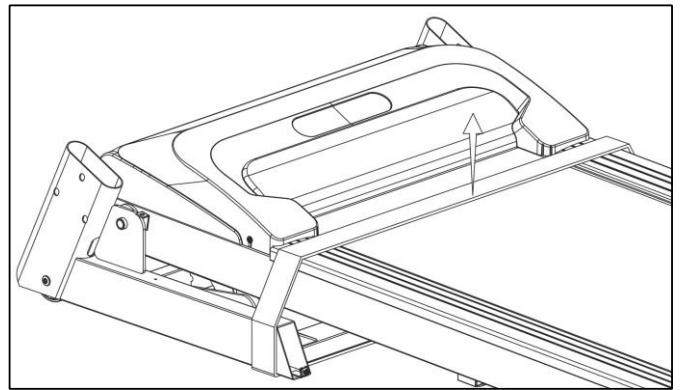
Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure 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 treadmill 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.

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 INSTRUCTIONS

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS. PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!

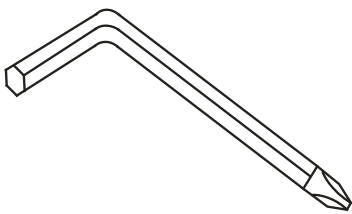
Serious injury could occur if this folding treadmill is not unpacked properly. There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill 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 treadmill'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.

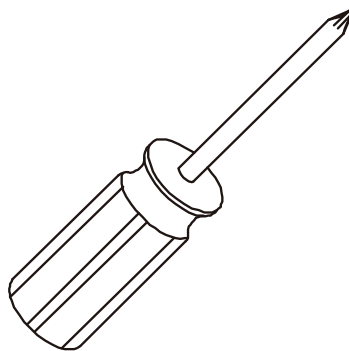
Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

Then remove the treadmill from the carton and lay it on a level surface.

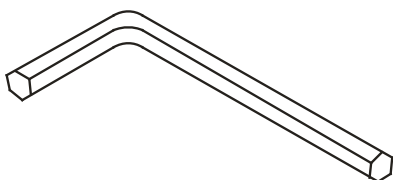
ASSEMBLY TOOLS



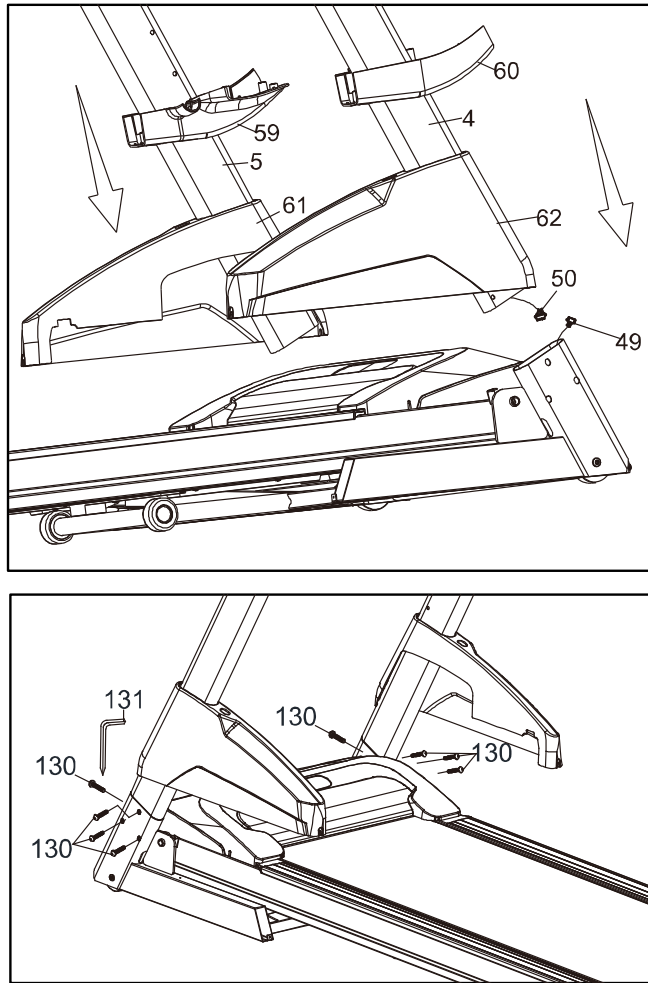
#131. Combination M5 Allen Wrench & Phillips Head Screw Driver



#148. Phillips Head Screw Driver



#132. M6 Allen Wrench

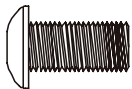


STEP 1

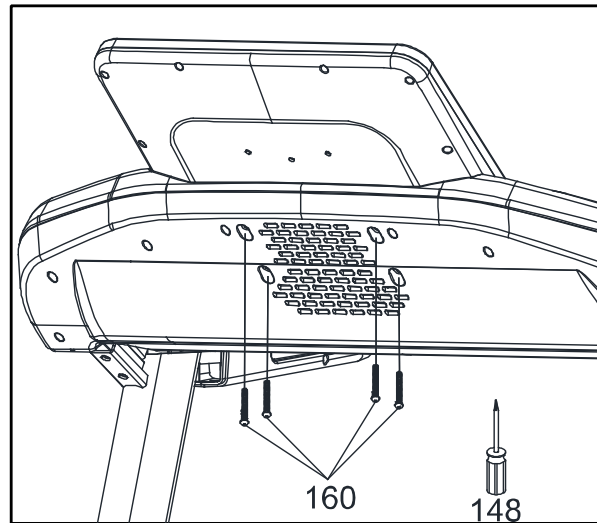
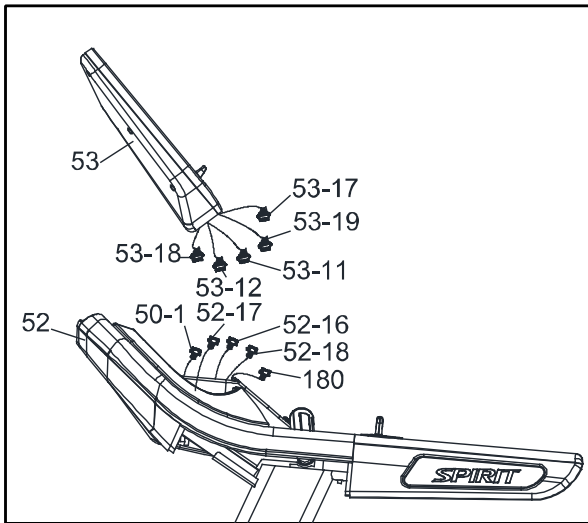
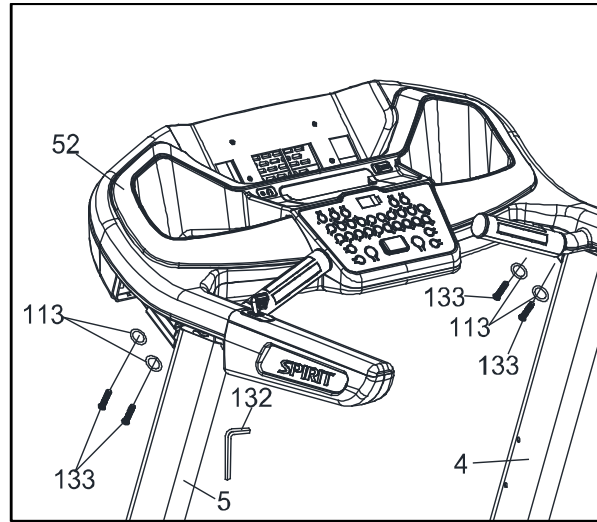
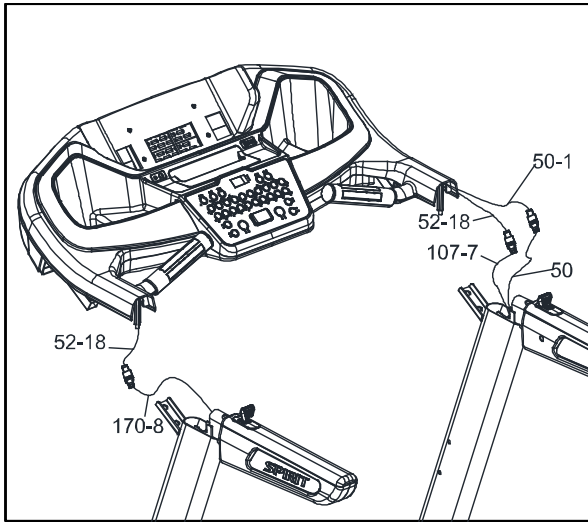
Install the **Right and Left Uprights (4, 5)** into the **Upright Cover L,R (59, 60)** and **Frame Base Cover (L & R)(61, 62)**. Connect the **Computer Cable (Lower)(49)** and **Computer Cable (Middle)(50)**.

Insert the **Right and Left Uprights (4) and (5)** into the **Frame Base (2)** and use the **Combination Allen Wrench & Phillips Head Screw Driver (131)** to tighten 8 pcs of **5/16" x 15mm Button Head Socket Bolts (130)**.

HARDWARE



#130. 5/16" x 15mm Button
Head Socket Bolt (8 pcs)



STEP 2

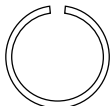
Connect the **Speed Cable (170-7)** into the **Handrail Wire (52-18)**. Connect the **Incline Cable (170-8)** into the **Handrail Wire (52-18)**. Connect the **Computer Cable(Middle) (50)** and **Computer Cable (Middle Upper) (50-1)**.

Insert **Console Assembly (Lower) (52)** into the **Right and Left Uprights (4)** and **(5)** and secure with 4 pcs of **3/8" x 1-1/2" Button Head Socket Bolts (133)** with 4 pcs of **Ø 10 x 2.0T Split Washers (113)** by using **L Allen Wrench (132)**.

NOTE: Please DON'T Tighten All Screws Connect 400/350mm **Handrail Wire (53-19)** with **Handrail Wire (52-18)** and connect **12P Connecting Cable (53-11)** with **12P Connecting Wire (52-16)** and connect **6P Connecting Cable (53-12)** with **6P Connecting Wire (52-17)** and connect **Connecting Cable (Upper) (53-18)** with **Connecting Cable (Middle Upper) (50-1)** and connect **Ground Wire(53-17)** with **Console Ground Wire(180)**.

Place **Console Assembly (Top) (53)** to **Console Assembly (Bottom) (52)** and use the **Phillips Head Screw Driver (148)** to tighten 4 pcs of **M5 x 45mm_Phillips Head Screw (160)**.

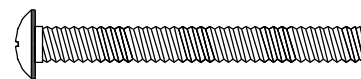
HARDWARE



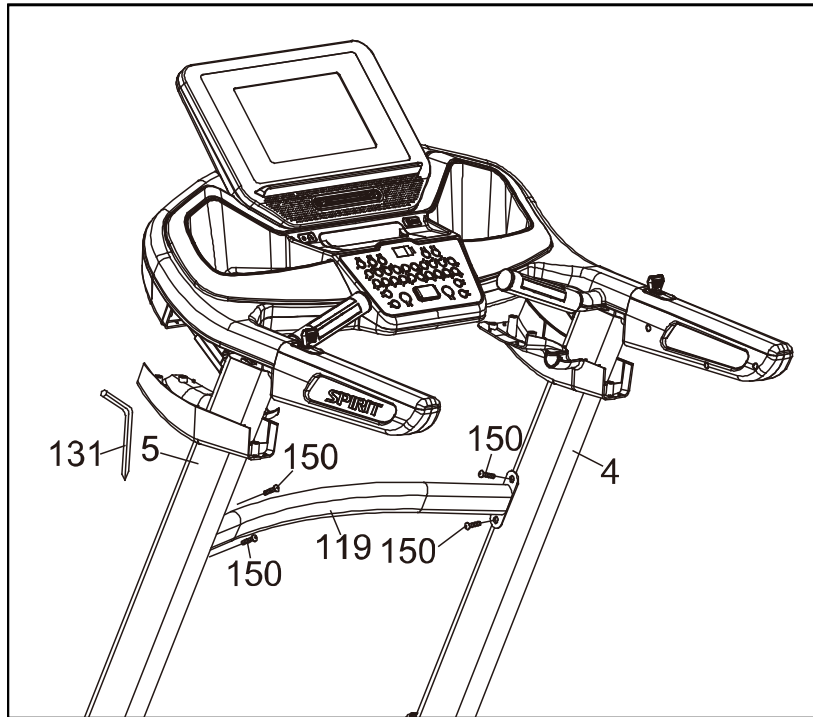
#113. Ø10 x 2 T
Split Washer (4 pcs)



#133. 3/8" x 1-1/2" Button
Head Socket Bolt (4 pcs)



#160. M5 x 45L Phillips
Head Screw (4 pcs)

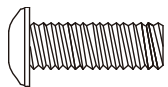


STEP 3

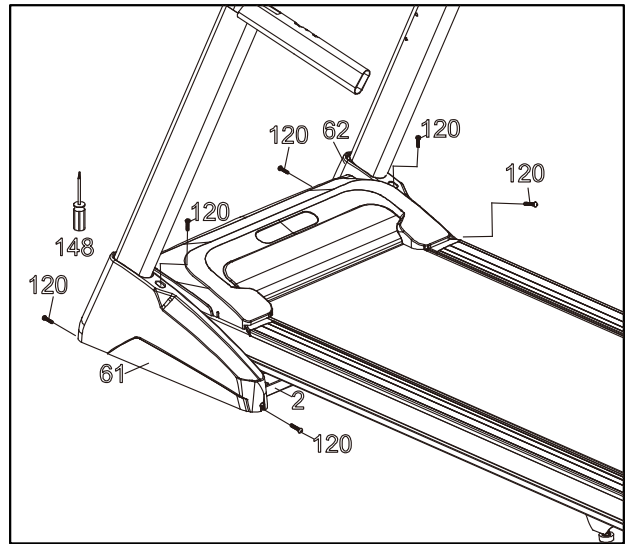
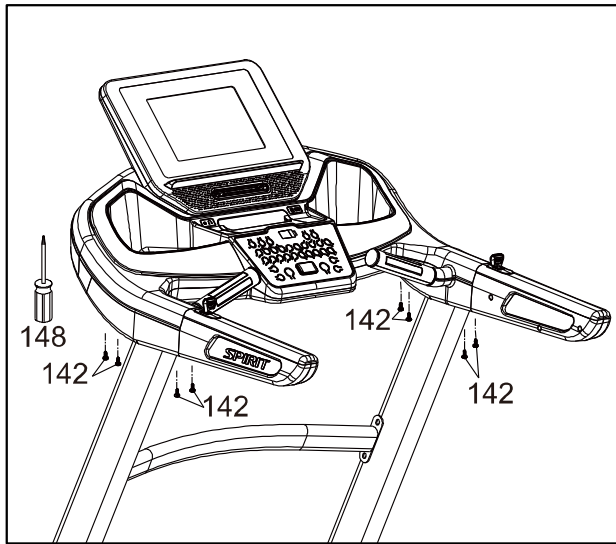
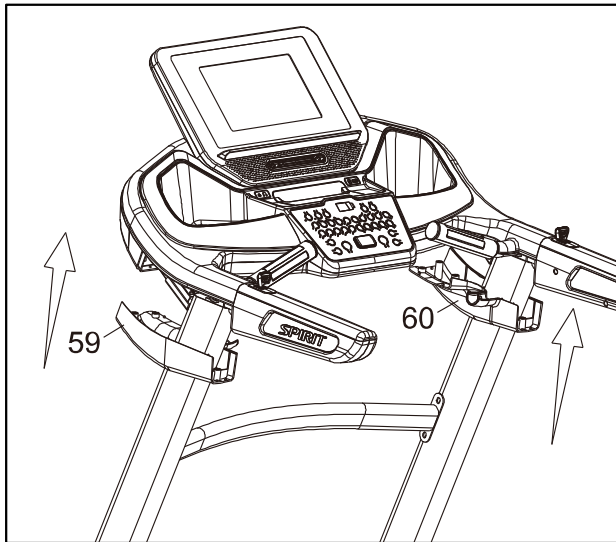
Install the **Handrails Support (119)** between the **Right and Left Uprights (4,5)** with the 4pcs of **5/16" x 3/4" Button Head Socket Bolts (150)** by using the **Combination Allen Wrench Head Screw Wrench (131)** and **Phillips Head Screw Driver (148)**.

NOTE: Please Tighten All Screw After All Components Assembly

HARDWARE



#150. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)

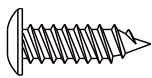


STEP 4

Install the **Upright Cover (R) and (L),(60) and (59)**, on the **Right and Left Uprights (4) and (5)** and **Console Support (6)** using 8 pcs of **3.5 × 16mm Sheet Metal Screws (142)** by using the **Phillips Head Screw Driver (148)**.

Install **Frame Base Covers (L) and (R),(61) and (62)**, on the **Frame Base (2)** and secure with 6 pcs of **M5 × 15mm_Phillips Head Screws (120)** by using the **Phillips Head Screw Driver (148)**.

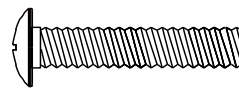
HARDWARE



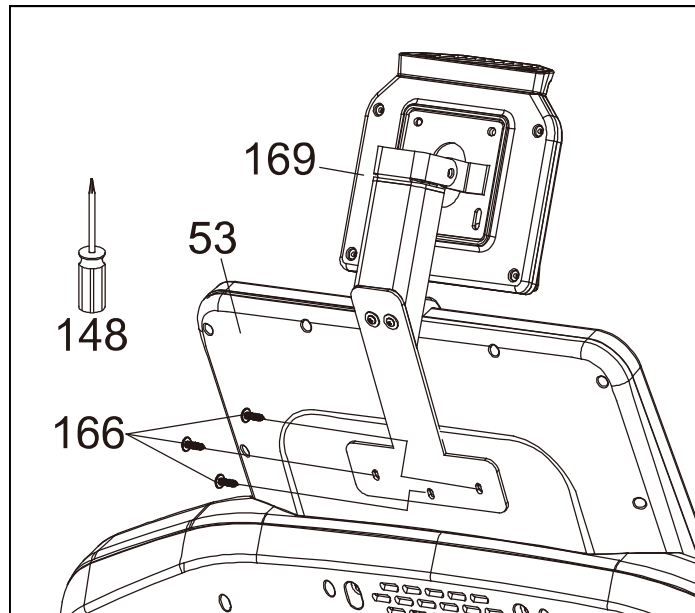
#142. 3.5 x 16L Sheet Metal Screw (8 pcs)



#120. M5 x 15L Phillips Head Screw (6 pcs)



#166. M5 x 25L Phillips Head Screw (3 pcs)



STEP 5

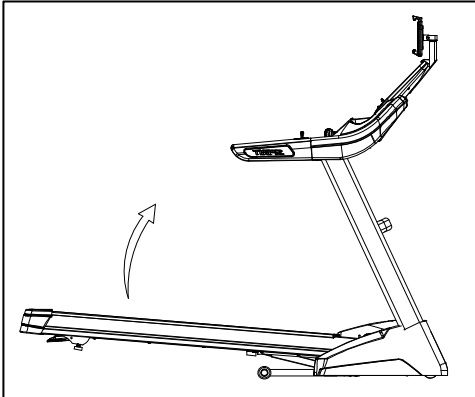
Place the **Tablet Holder (169)** on **Console Assembly (Top) (53)** and use **Phillips Head Screw Driver (148)** to tighten 3 pcs of **M5 x 25mm_Phillips Head Screw (166)**.

NOTE: Please Tighten All Screw After All Components Assembly

Folding Instructions

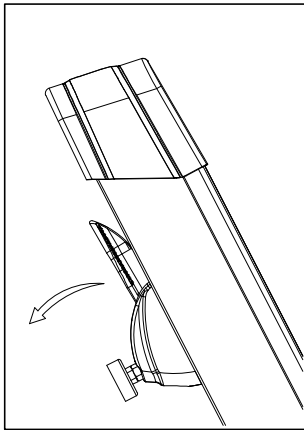
■ Folding Your Treadmill

Lift the deck until the latch clicks in place.

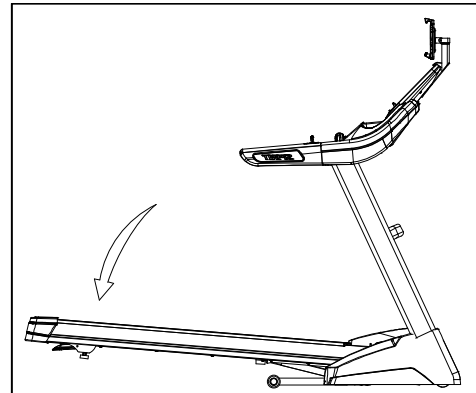


■ Unfolding Your Treadmill

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

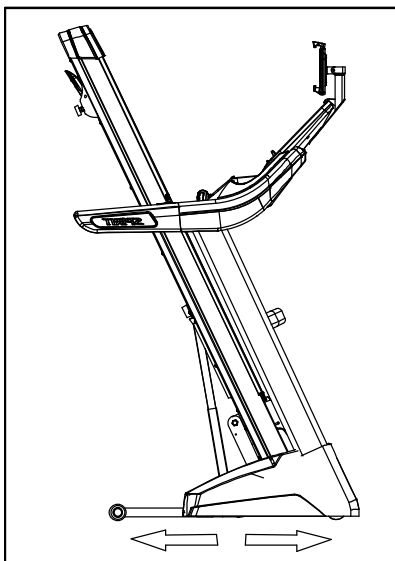


Gently lower the deck to the floor, supporting the deck with a hand.



Transportation Instructions

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



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

Your new Spirit Fitness treadmill has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions as below to learn more about using the Bluetooth capabilities to their fullest potential.

Downloading the Spirit+ app will help unlock more features- such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet, or scan the QR code as below.

Did you know that you can personalize your experience with your new treadmill? Create a profile and save custom work- out programs by following the instructions as below.



USING THE SPIRIT+ APP


In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the machine for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the spirit + App to operate properly.

The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu. Tap to connect. Now your device can transmit music to the exercise equipment.

The icon  lights up and the heart rate is displayed when successfully connected to a Bluetooth® heart rate chest strap. The icon will be off when the Bluetooth® heart rate chest strap is disconnected.



OPERATION OF YOUR CONSOLE

GETTING FAMILIAR WITH THE CONTROL PANEL



FEATURES

Handlebar Speed and Incline Controls

The treadmill allows you to make speed and incline changes using the speed and incline controls located on the handlebar. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the Handrail Control Button which is located on the console next to the child lock button. When the indicator light is lit, the handlebar speed and incline controls are disabled. This allows you to use the full length of the handrails without fear of activating the speed or incline controls.

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.

FEATURES – CONTINUED

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.

Pulse Grip Feature

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

Built-in Fan

The console includes a built-in fan to help keep you cool. To turn the Fan on, press the key on the left side of the console.

Audio Jack

There is an Audio output Jack on the front of the console and built-in speakers. The output jack is a headphone jack for private listening.

Charge Portable Devices with USB port

Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.
- ** Your device "charging" icon may or may not indicate it is charging. Depending on the amount of current your particular device requires for charging the icon may not be on but your device is still charging, but possibly at a lower charge rate.



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.

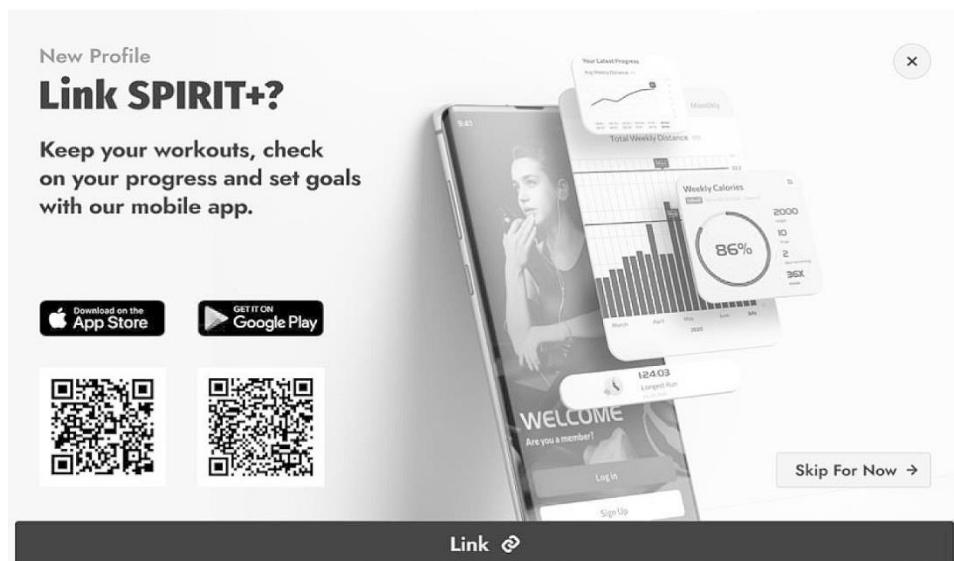
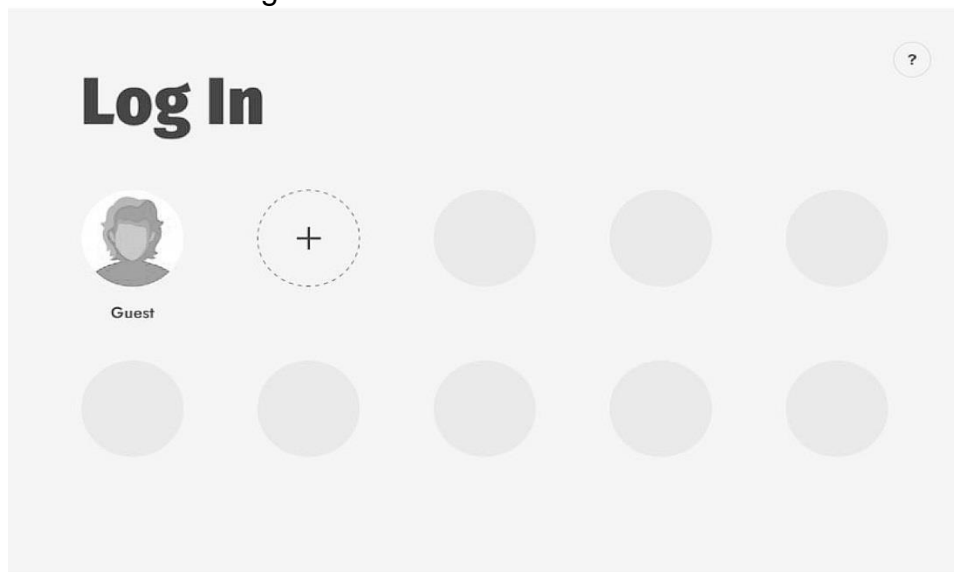
TOUCHSCREEN

Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy media content of your choice while on the go.

Getting Started

When launched for the first time, the console will prompt you to either enter as a guest, or create a new profile. It is recommended to set up your own profile: it allows your machine to remember your physical parameters and favorite programs; you will have your own custom programs with adjustable intensity patterns, and your workout records can be synchronized with the SPIRIT+ mobile app. Tap + to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.

To link a SPIRIT+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SPIRIT+ app, and scan the QR code once again to link your local profile with the SPIRIT+ account. Please keep in mind that your console profile cannot be linked to multiple SPIRIT+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.

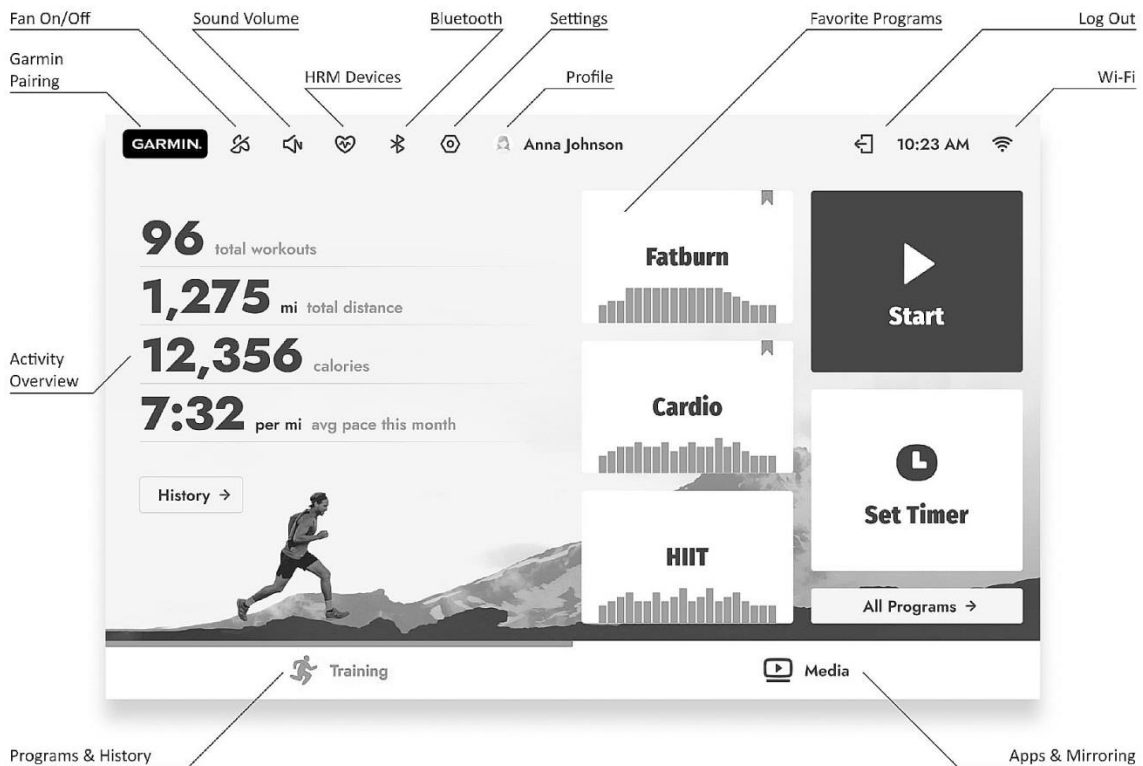


TOUCHSCREEN – CONTINUED

Home Screen

The main screen of the Training section displays an overview of your activity, and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Set Timer”), and 3—6 programs that you have marked as your favorites are arranged on this page for your quick access (the amount depends on your display size).

If in the Guest mode, you can set your age and weight here; it will help the machine calculate your workout summary more accurately.

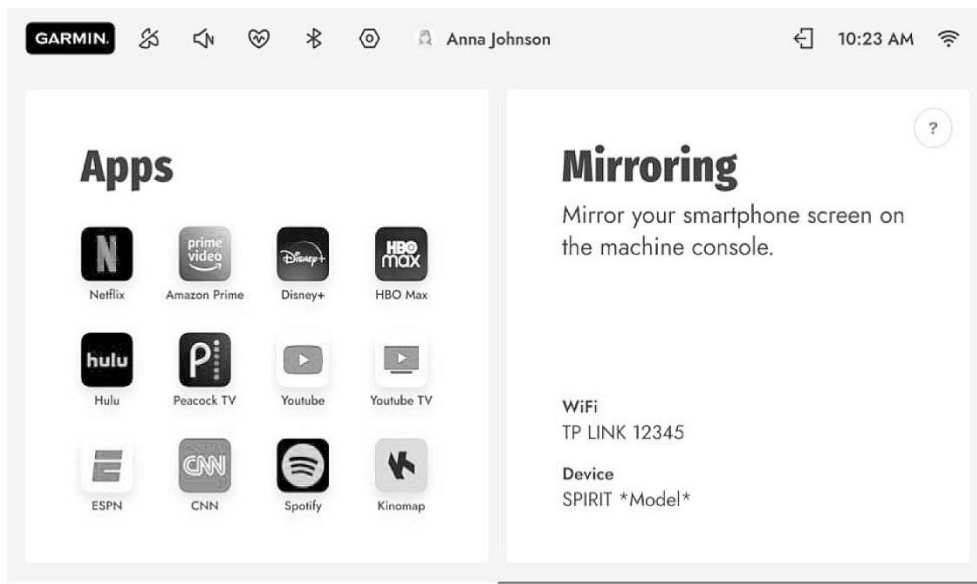


TOUCHSCREEN OPERATION – CONTINUED

Media

Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third party Apps, or use the Mirroring function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the ? icon.

Once the content is on, use the floating panel or navigation and operating full screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full screen mode without stats on the top and tabs on the bottom. Press Show Panels to bring the stats and tabs back up. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press "Apps" to go back to the content sources selection.

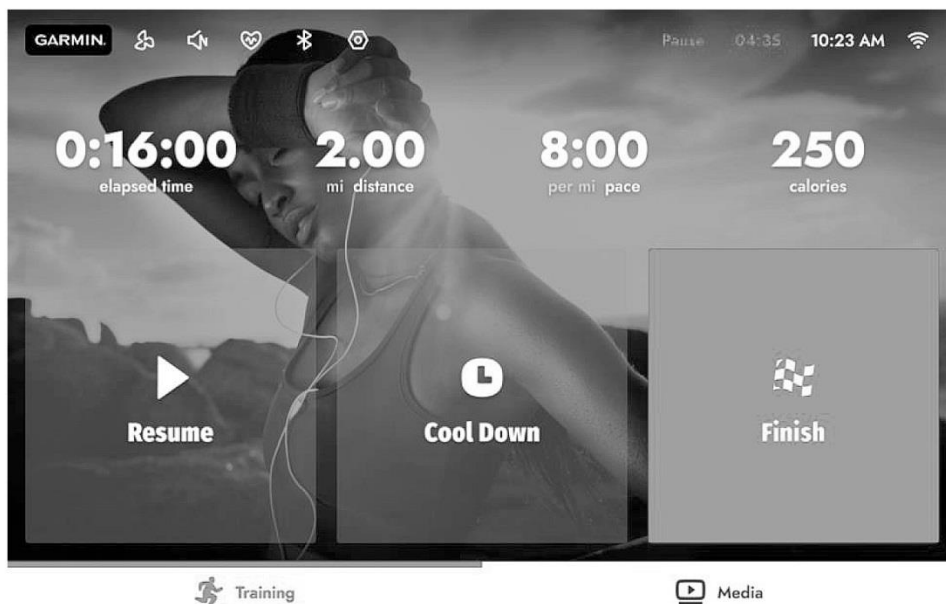


Workout Mode

Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool down phases may be skipped by pressing “Skip”.

During the workout, switch between **Stats**, **Charts** and **Track** views of the Training section, or go to Media section to enjoy your favorite media content. In the Stats view, you can select parameters you would like to display by tapping on the number.

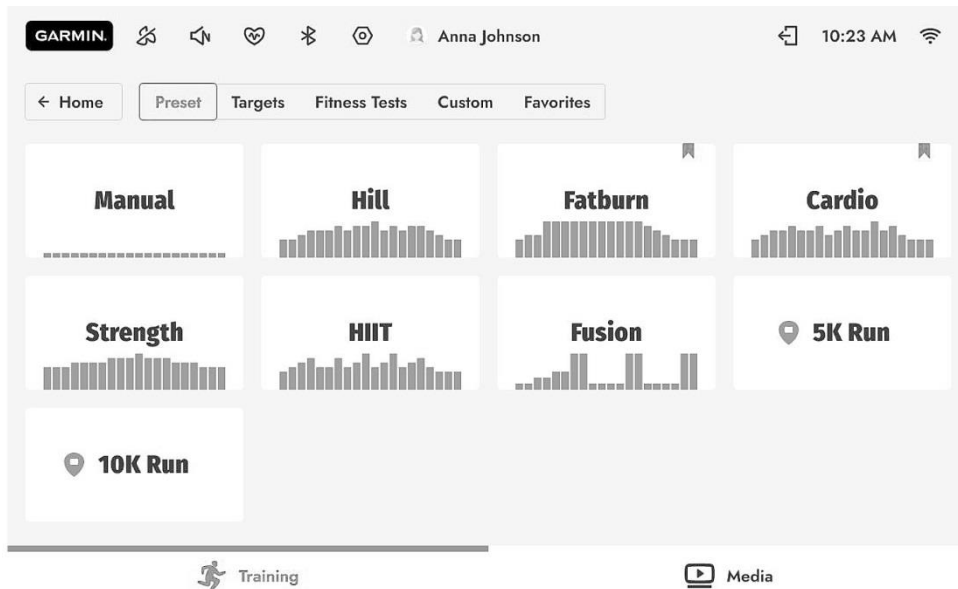
Please use physical keys to adjust speed and incline. Press the physical “STOP” key to pause the workout. Here, you can get back to running, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.



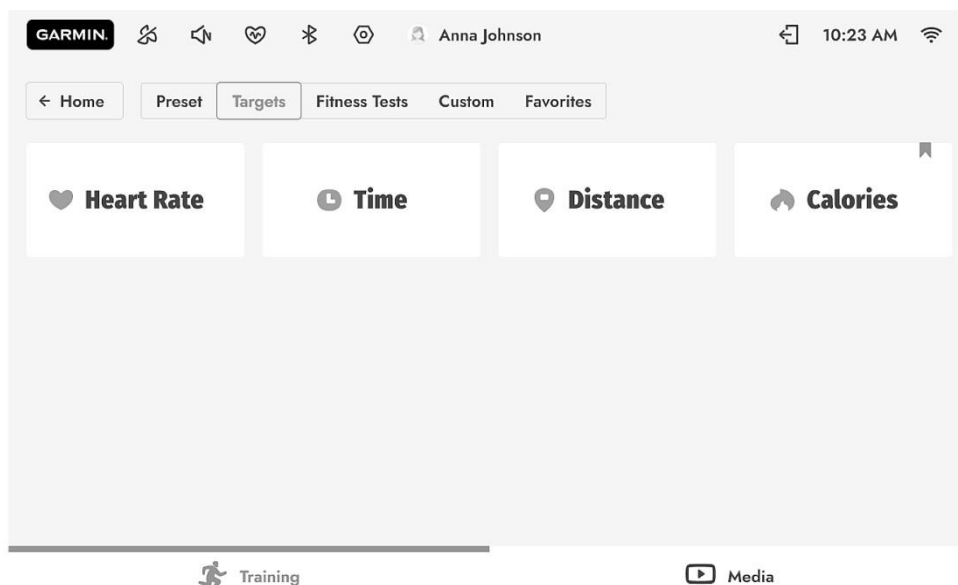
PROGRAMS INTRO

Workout Programs

To access all available categories of programs, press “All Programs” on the Home screen. Once inside, switch between categories using the tabs on the top of the screen: Preset, Targets, Fitness Tests, Custom and Favorites.



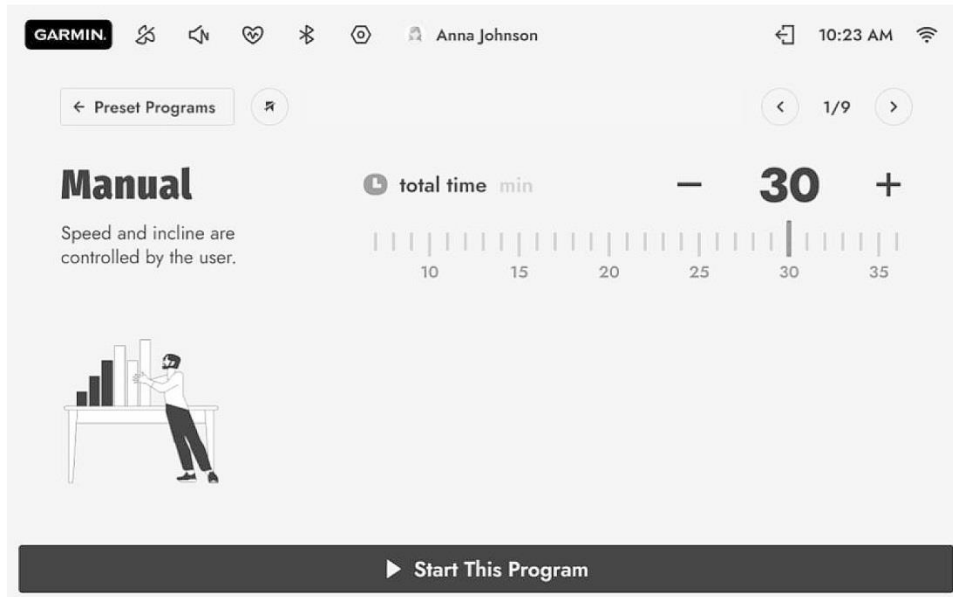
Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the + and - buttons, or tap on the number to open a numpad and input the value directly.



PROGRAMS

Manual

Manual (Timer) program is a timed workout with speed and incline controlled manually at any time during the run.

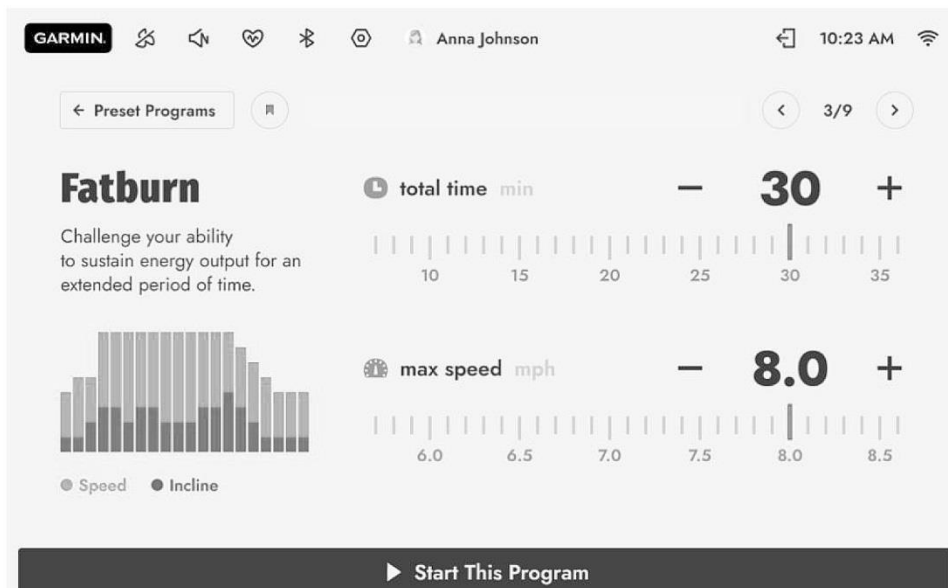


PROGRAMS - PRESET

Hill, Fatburn, Cardio, Strength, HIIT

The programs HILL, FATBURN, CARDIO, STRENGTH, HIIT feature preset speed and incline changing patterns. The Total Time and Max Speed settings define the duration and overall intensity of your workout.

The speed and incline levels for each segment of the programs are shown in the chart on page 23. Speed values represent a percentage of the max speed that was set before start. For instance, if the max speed was set to 10.0, and the value in the chart indicates 20, it means that this segment's speed will be 2.0. If the value in the chart indicates 100, this segment's speed will be equal to the max speed you have set before the workout. Incline values are absolute.



PROGRAMS PRESET – CONTINUED

Program		Warm-up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cooldown		
Hill	Speed	20	30	40	50	63	63	75	75	75	88	75	88	88	100	75	88	75	88	88	75	63	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	2	3	2	3	3	4	2	3	2	3	4	3	2	1	1	0	0	0	0
Fatburn	Speed	20	30	40	50	63	63	75	88	100	100	100	100	100	100	100	100	100	100	100	88	75	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	2	3	4	2	3	3	2	2	2	3	4	4	3	2	1	0	0	0	0
Cardio	Speed	20	30	40	50	63	63	75	75	88	75	75	88	63	75	88	75	75	100	75	88	63	63	50	40	30	20
	Incline	0	0	0	0	1	1	2	2	2	2	2	2	1	2	2	2	2	3	2	2	1	1	0	0	0	0
Strength	Speed	20	30	40	63	63	75	75	75	75	88	88	88	100	100	88	88	88	75	75	75	63	63	63	40	30	20
	Incline	0	0	0	0	1	2	3	4	7	6	4	4	3	2	2	3	4	6	6	4	2	1	0	0	0	0
HIIT	Speed	20	30	40	50	63	63	75	88	63	63	88	63	75	100	63	75	100	63	75	88	63	63	50	40	30	20
	Incline	0	0	0	0	1	2	2	4	2	2	4	2	2	6	2	2	7	2	2	4	2	1	0	0	0	0

Fusion

This program takes you through high and low intensity periods followed by strength exercises using free weights; elevation will spike in different segments. Work and recovery time can be customized for this program.

Interval	warm-up			1			2			3			4			5			Cooldown	
	Speed	Incline	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest	Cardio	Strength	Rest		
Speed	1	2	3	max	0	2	max	0	2	max	0	2	max	0	2	max	0	2	2	2
Incline	0	0	0	incline	0	0	incline	0	0	incline	0	0	incline	0	0	incline	0	0	0	0

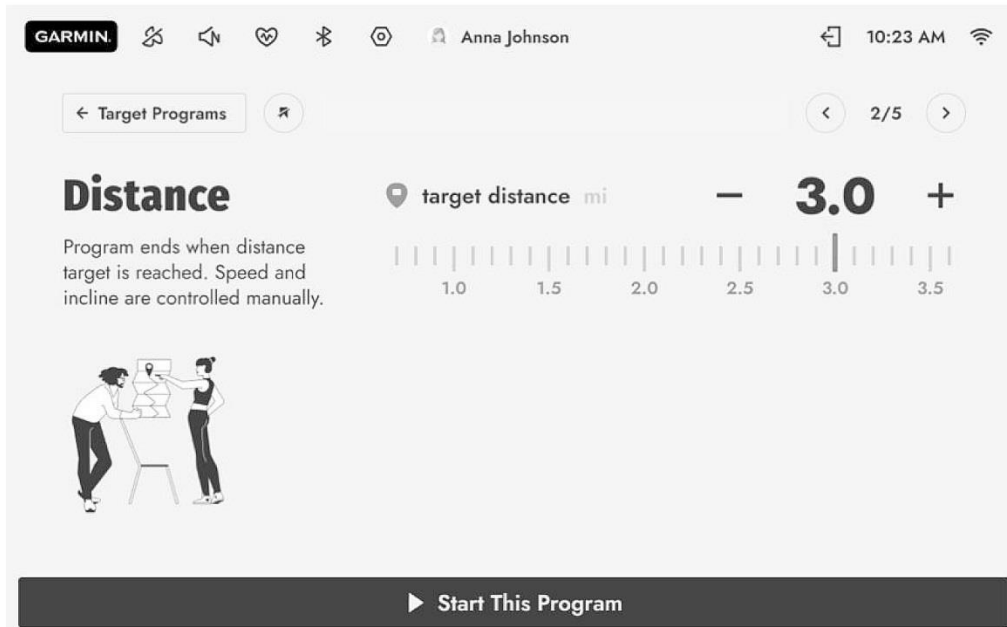
5K or 10K Program

The 5K or 10K programs automatically set a target distance for your workout (5 km and 10 km, respectively). On the program setup page, the console will show the estimated total time for this run based on the selected target speed.

The screenshot displays the Garmin Connect app interface for setting up a 5K or 10K run program. The user's name is Anna Johnson, and the time is 10:23 AM. The target speed is set to 8.0 mph. The 5K Run program is estimated to take ~23 minutes, while the 10K Run program is estimated to take ~47 minutes. Both programs allow for user-controlled speed and incline during the workout.

Target Programs

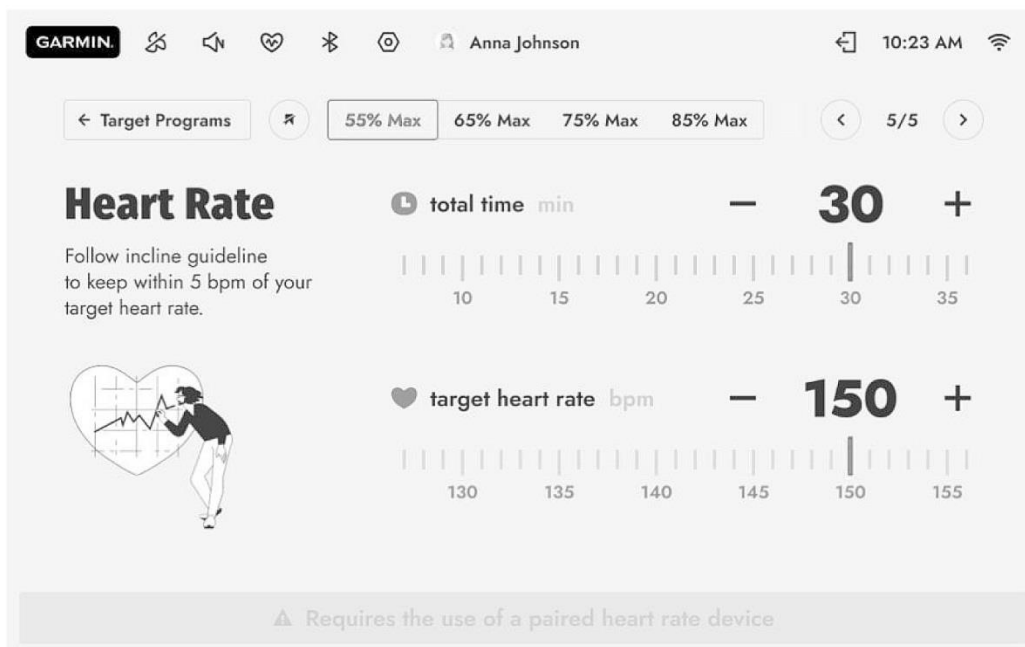
Heart rate, Time, Distance, and Calories are “target” programs, that end when the target set before start is reached.



Heart Rate Program

Heart Rate program uses incline to control your heart rate. The incline gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

On the program setup page, you can either set the target bpm directly or select 55%, 65%, 75% or 85% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. When choosing the second option, make sure you have let the machine know how old you are, otherwise the calculations will be based on the default values. The program is finished when the time is up, or if your heart rate is significantly higher than the target.



Custom

Users can create up to 12 Custom programs, each with fully customizable speed and incline patterns. In the Custom tab, press “+ New program”, then name your program and start editing. Mapping Speed profile is required, while Incline profile is optional. Connect dots to map your load throughout the program, from easiest on the bottom to hardest on the top. Each segment’s duration depends on the selected total time — you can set it right before start.

Speed levels in the pattern are relative, and the maximum value can be set after the pattern is finished; all the segments will be adjusted proportionally. Incline values are absolute and vary from 0 to 15.

Create Program

Program Name

1 2 3 x

Custom 01

Name must include up to 12 symbols/letters and should not match any of the preset programs.

Next →

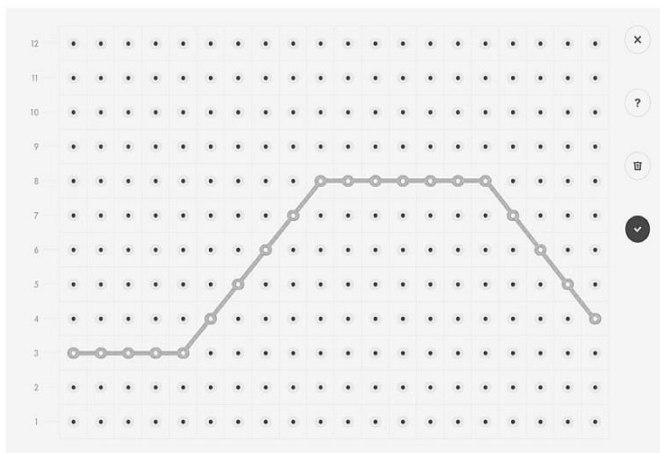
Create Program

Speed Profile

mph km/h v 2 3 x

+ Map Speed

← Previous Next →



Create Program

Speed Profile

mph km/h v 2 3 x

max speed mph - 8.0 +

6.0 6.5 7.0 7.5 8.0 8.5 9.0 9.5 10.0

← Previous Next →

Favorites

Any program can be labeled as a Favorite. 3 to 6 favorite programs, depending on your display size, will appear right on the Home screen, so you can access them easier. To “like” a program, open the program setup page and tap on the “ribbon” icon in the upper left corner of the screen. You can find all of the labeled programs under the Favorites tab. To remove the label, press “Edit”, or go to the program setup page directly and un-tap the “ribbon” icon.

Once you have decided on the program, press the “Start This Program” button on the screen, or the physical “START” key on the machine to begin your workout.

Fitness Tests

Choose from 7 options under the Fitness Tests tab. Tap on the test card to open the test setup page. Please make sure that the physical parameters displayed on this page are correct: this data may affect the course of the test and its results; if the data is not accurate, press “Edit Physical Data” to adjust the numbers.

Before the test:

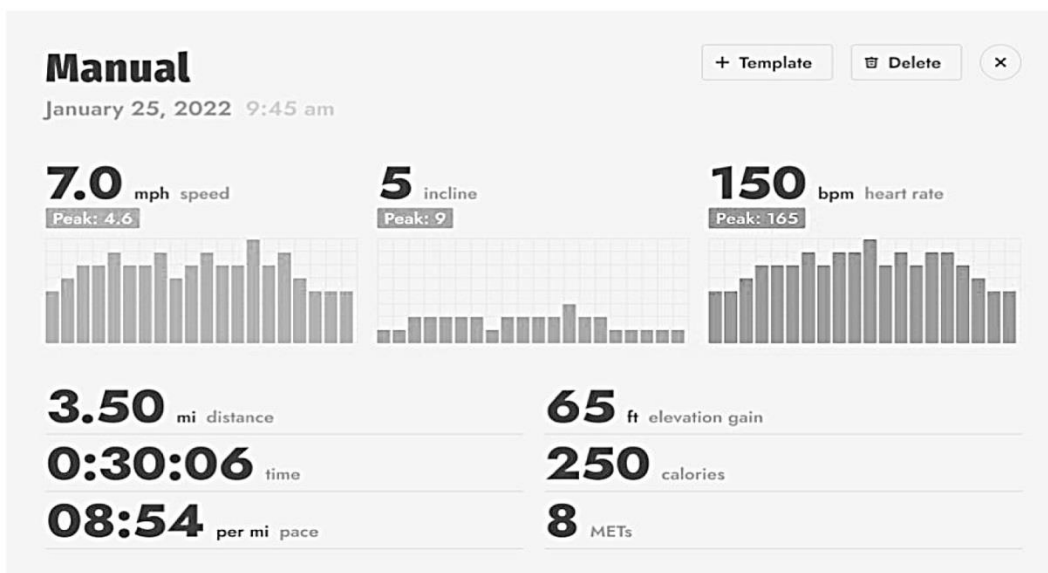
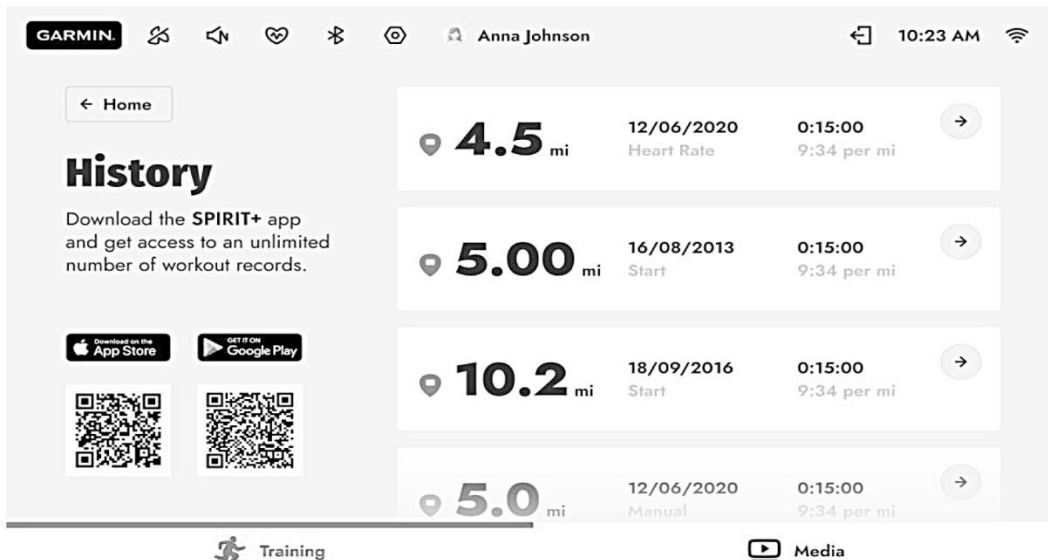
- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.

Gerkin Protocol is a sub maximal VO₂ (volume of oxygen) test, that increases speed and incline alternately until you reach 85% of your max heart rate (a heart rate monitor is required for this test). The time it takes for you to reach 85% determines the test score (VO₂ Max). The test starts with a 3-minute warm-up at a lower speed.

Air Force, Army, Navy, Coast Guard, PEB and Marine Corps are US military tests that measure the time required for you to cover a certain distance. The speed is controlled manually.

History

To see your latest workout records, press “History” on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile o the SPIRIT+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.



Heart Rate Exertion

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

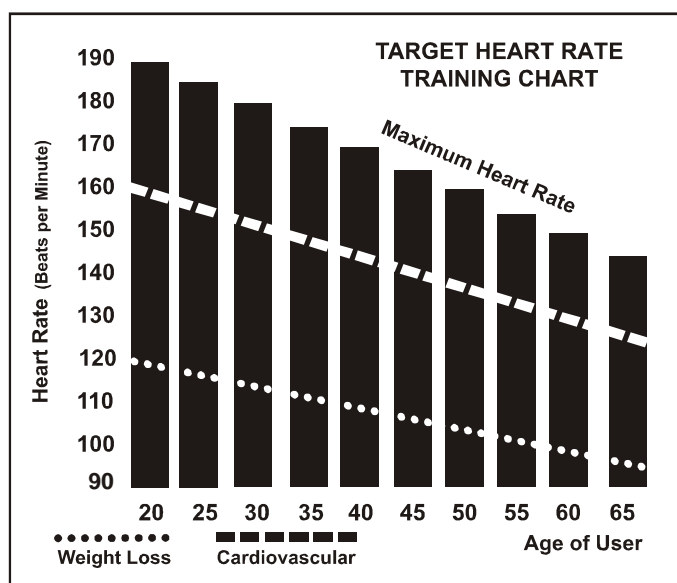
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range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

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

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute
(60% of maximum)
 $180 \times .8 = 144$ beats per minute
(80% of maximum)

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

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



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

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

Beginner's Guide To Exercise.

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why exercise?

Exercise has been proven essential for good health and general wellbeing.

Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Before You Start

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

Target heart rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN/MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Workout tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

How to begin

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

How hard should you work?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Stretching Guide

Tips for stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

Warm-up and Cool-down

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warm-up

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

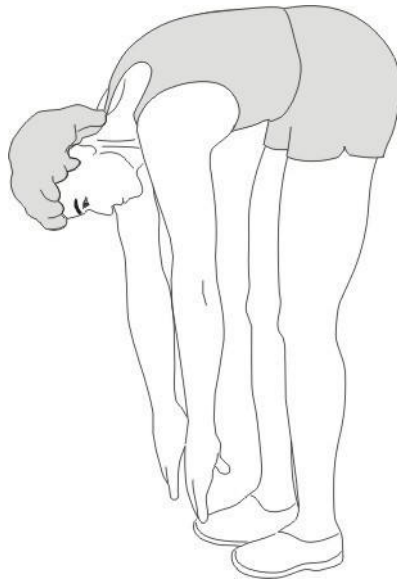
Stretches should be held for 15 to 30

Do not bounce or over- stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side Stretch

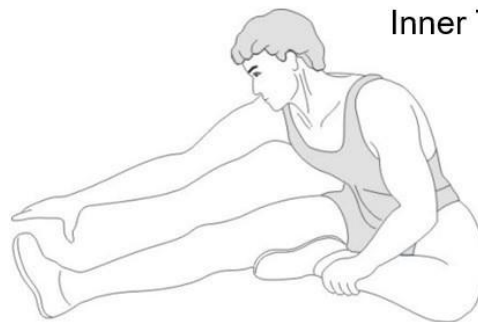
Always remember to check with your physician before starting any exercise program.



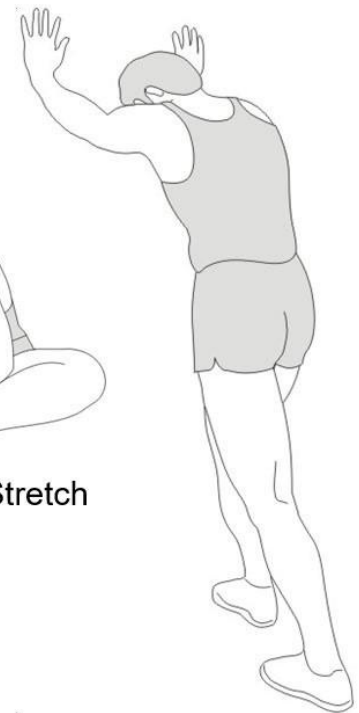
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

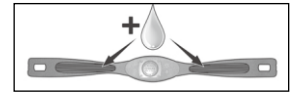
Cool-down

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.



4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

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

Erratic Operation

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

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

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

If you continue to experience problems contact your dealer.

MAINTENANCE & CARE

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 pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill 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 POWER CORD BEFORE THIS TASK.

Sanitizing Your Fitness Equipment

- Upholstered 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.

TREADBELT TRACKING ADJUSTMENT

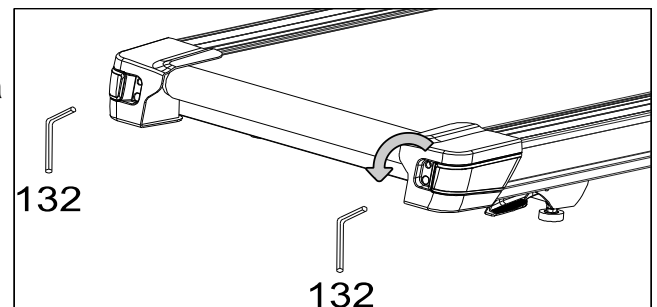
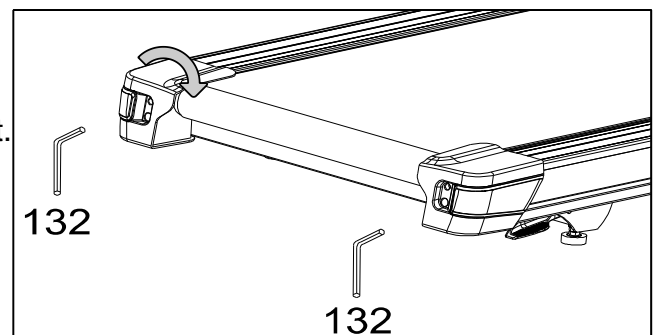
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

An 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph (5 kmph).

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.



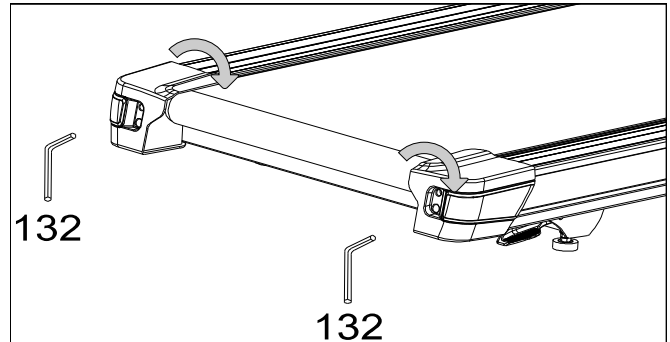
If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments 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.

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

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

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.

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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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

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.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM

SOLUTION/CAUSE

Display does not light

1. Tether cord not in position.
2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks.
3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet.
4. Household circuit breaker may be tripped.
5. Treadmill defect. Contact your dealer.

**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 **MAINTENANCE & CARE** section on **Tread-belt Tracking**. Adjust as necessary.

**Motor is not responsive after
pressing start**

1. If the belt moves, but stops after a short time and the display shows "E1", run calibration.
2. If you press start and the belt never moves, then the display shows E1, contact service.

**Treadmill will only achieve
approximately 12 kmph (7 mph)
but shows higher speed on
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 household voltage. Contact an electrician or your dealer. A minimum of 220(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 lubrication.

**Treadmill tripsonboard 10(15) amp
circuit**

High belt/deck friction. See **MAINTENANCE & CARE**

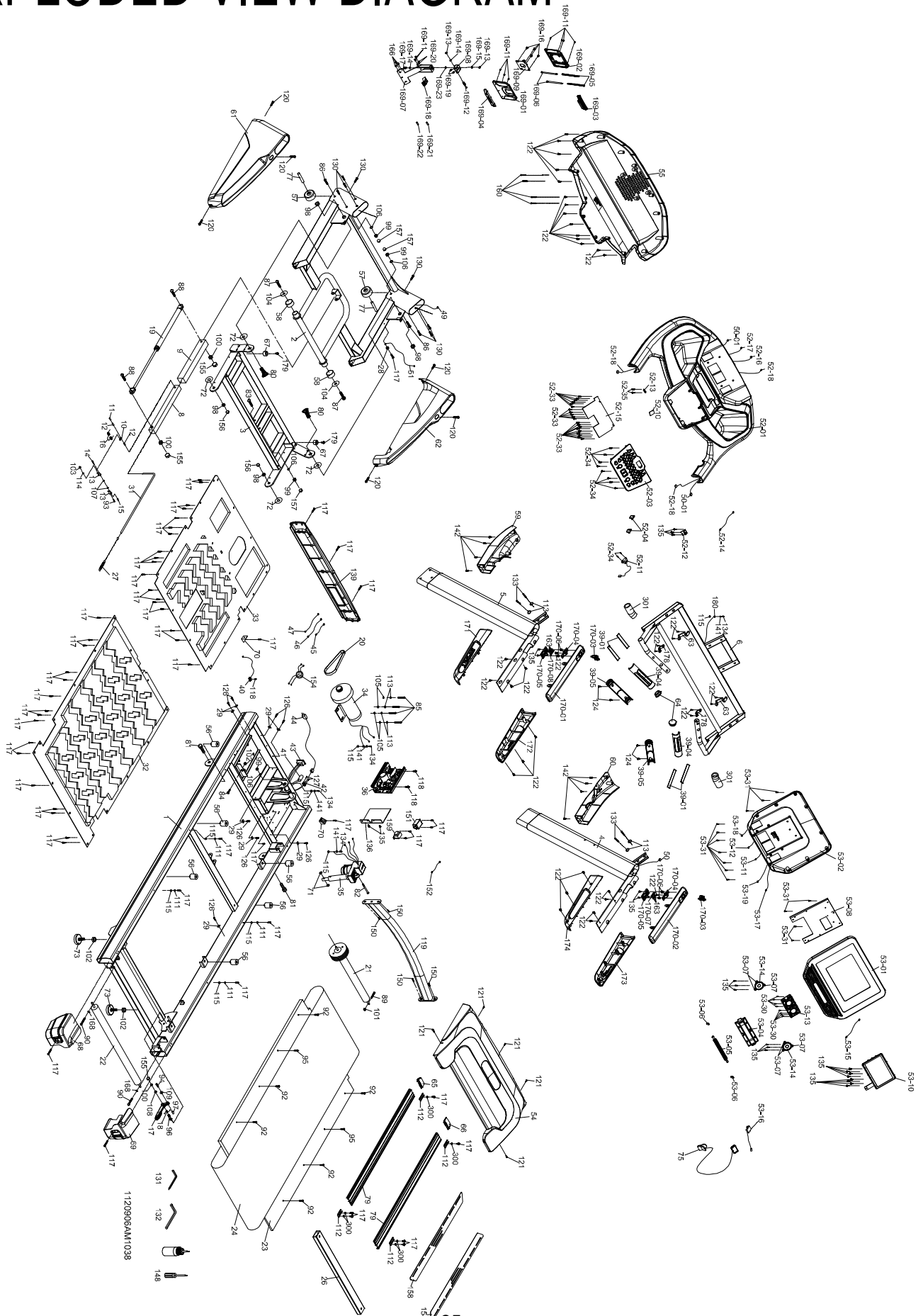
**Computer shuts off when console is
touched (on a cold day) while
walking/running**

Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions** on page 4.

**House circuit breaker trips, but not
the treadmill circuit breaker**

Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

EXPLODED VIEW DIAGRAM



PARTS LIST

Dwg #	Part description	Qty
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
8	Inner Slide	1
9	Outer Slide	1
10	Link	1
11	Link Shaft	1
12	Shaft Bushing	2
13	Fastening Bracket	2
14	Clevis Pin	1
15	Fastening Bushing	1
16	Dual Torsion-Spring	1
17	Release Lever	1
18	ChenChin Torsion-Spring	1
19	Cylinder	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
22	Rear Roller	1
23	Running Deck	1
24	Running Belt	1
26	Deck Cross Brace	1
27	Steel Cable Tension Spring	1
28	Wire Clamp	1
29	Wire Tie Mount	8
31	955m/m_Steel Cable	1
32	Top Frame Cover	1
33	Bottom Frame Cover	1
34	Drive Motor	1
35	Incline Motor	1
36	Motor Controller	1
39-01	Handpulse Plate	4
39-04	Handpulse Top Cover	2
39-05	Handpulse Bottom Cover	2
40	1200m/m_Sensor W/Cable	1
41	Breaker	1
42	Power Socket	1
43	On/Off Switch	1
44	Power Cord	1
45	70m/m_Connecting Wire (Black)	1
46	150m/m_Connecting Wire (White)	1
47	150m/m_Connecting Wire (Black)	1

Dwg #	Part description	Qty
49	1200m/m_ Computer Cable(Lower)	1
50	1250m/m_ Computer Cable(Middle)	1
50-01	1000m/m_ Computer Cable(Middle Upper)	1
51	1000m/m_ Ground Wire	1
52	Console Top Cover(big)	1
52-01	Console Top Cover(big)	1
52-03	Front Console Cover (Inner)	1
52-04	Square Magnet Stop Plate	2
52-10	Backlit Board	1
52-11	150m/m_ Safety Switch Module W/ Cable	1
52-12	USB Adapter	1
52-13	Audio Board	1
52-14	550m/m_ Connecting Wire(Lower)	1
52-15	Key Board	1
52-16	500m/m_ Connecting Wire(XHP-12)	1
52-17	500m/m_ Connecting Wire(XHP-6)	1
52-18	handrail Wire	1
52-33	2.3 x 6mm_ Sheet Metal Screw	20
52-34	3.5 x 12mm_ Sheet Metal Screw	10
52-35	3 x 8mm_ Sheet Metal Screw	2
53	Console Assembly	1
53-1	Console Top Cover	1
53-2	Console Bottom Cover	1
53-4	Wind Duct (R)	1
53-5	Deflector Fan Grill	1
53-6	Fan Grill Anchor	2
53-7	Speaker Grill Anchor	6
53-8	Gusset	1
53-10	Console Display Board	1
53-11	350m/m_ Connecting Cable(XHP-12)	1
53-12	350m/m_ Connecting Cable(XHP-6)	1
53-13	500m/m_ Fan Assembly	1
53-14	450m/m_ Speaker W/Cable	2
53-15	450m/m_ Connecting Wire(Upper)	1
53-16	W/Receiver, HR	1
53-17	400m/m_ Ground Wire	1
53-18	300m/m_ Computer Cable (Upper)	1
53-19	400m/m.350m/m_handrail Wire	1
53-30	3.5 x 40mm_ Sheet Metal Screw	8
53-31	3.5 x 12mm_ Sheet Metal Screw	14
54	Motor Top Cover	1
55	Console Bottom Cover(big)	1
56	Cushion	6
57	Ø75x35L_ Transportation Wheel(A)	2
58	Ø62xØ32x30L_ Transportation Wheel(B)	2
59	Upright Cover(L)	1
60	Upright Cover(R)	1

Dwg #	Part description	Qty
61	Frame Base Cover (L)	1
62	Frame Base Cover (R)	1
63	Anchor	2
64	Handpulse End Cap	2
65	Foot Rail Cap (L)	1
66	Foot Rail Cap (R)	1
67	Rubber Foot Pad	2
68	Adjustment Base (L)	1
69	Adjustment Base (R)	1
70	Motor Cover Anchor(D)	2
71	Ø25 x Ø10 x 3T_Nylon Washer (A)	2
72	Ø50 x Ø13 x 3T_Nylon Washer (B)	4
73	Adjustment Foot Pad	2
75	Square Safety Key	1
77	Wheel Sleeve	2
79	Aluminum Foot Rail	2
80	1/2" x 1-1/4" _Carriage Bolt	2
81	1/2" x 1" _Hex Head Bolt	2
82	3/8" x 4-1/2" _Socket Head Cap Bolt	1
83	3/8" x 3-3/4" _Button Head Socket Bolt	1
84	3/8" x 1-1/2" _Hex Head Bolt	1
85	3/8" x 1-1/4" _Hex Head Bolt	4
86	3/8" x 2" _Flat Head Socket Bolt	2
87	5/16" x 1" _Button Head Socket Bolt	2
88	5/16" x 2-3/4" _Button Head Socket Bolt	2
89	M8 x 60mm _Hex Head Bolt	1
90	M8 x 80mm _Socket Head Cap Bolt	2
92	M8 x 35mm _Flat Head Countersink Bolt	6
93	M3 x 10mm _Phillips Head Screw	1
94	M5 x 20mm _Phillips Head Screw	1
95	M8 x 55mm _Flat Head Countersink Bolt	2
96	5/16" x 42mm _Button Head Socket Bolt	1
97	M5 x 5T_Nylon Nut	1
98	1/2" x UNC12 x 8T_Nylon Nut	4
99	3/8" x 7T_Nylon Nut	4
100	5/16" x 6T_Nylon Nut	3
101	M8 x 7T_Nylon Nut	1
102	3/8" x 7T_Nut	3
103	M3 x 2.5T_Nut	1
104	Ø5/16" x Ø35 x 1.5T_Flat Washer	2
105	Ø3/8" x Ø25 x 2.0T_Flat Washer	4
106	Ø3/8" x Ø19 x 1.5T_Flat Washer	4
107	Ø5 x Ø10 x 1.0T_Flat Washer	2
108	Ø5/16" x Ø18 x 1.5T_Flat Washer	1
109	Ø5 x Ø12 x 1.0T_Flat Washer	1
111	Ø6 x Ø23 x Ø13 x 5.5T x 3T_Nylon Dished	4
112	Ø5.5 x 27 x 60 x 1.5T x 3.5H_Concave Washer	4

Dwg #	Part description	Qty
113	Ø10 × 2.0T_Split Washer	8
114	M3_Split Washer	1
115	M5_Star Washer	8
117	Ø5 × 16L_Tapping Screw	57
118	Ø5 × 32L_Tapping Screw	3
119	Handrail Support	1
120	M5 × 15mm_Phillips Head Screw	6
121	5 × 16mm_Tapping Screw	5
122	3.5 × 16mm_Sheet Metal Screw	38
124	3 × 10mm_Tapping Screw	4
126	3.5 × 16mm_Tapping Screw	8
127	3 × 10mm_Sheet Metal Screw	2
130	5/16" × 15mm_Button Head Socket Bolt	8
131	Combination Allen Wrench & Phillips Head Screw Driver	1
132	L Allen Wrench	1
133	3/8" × 1-1/2"_Button Head Socket Bolt	4
134	M5 × 10mm_Phillips Head Screw	4
135	3 × 10mm_Sheet Metal Screw	23
136	Controller Back Plate	1
139	Front Motor Cover	1
141	Ø5 × 1.5T_Split Washer	4
142	Ø3.5 × 16L_Sheet Metal Screw	8
148	Phillips Head Screw Driver	1
150	5/16" × 3/4"_Button Head Socket Bolt	4
151	Filter	1
152	250m/m_Connecting Wire (White)	1
154	600m/m_Connecting Cable Of Motor	1
155	Ø13m/m_Bolt Cap	3
156	Ø19m/m_Bolt Cap	2
157	Ø14m/m_Bolt Cap	3
158	Non-Slip Rubber(R.L)	2
159	Choke	1
160	M5 × 45mm_Phillips Head Screw	4
163	2 × 10mm_Sheet Metal Screw	8
166	M5 × 25mm_Phillips Head Screw	3
168	Ø8.5 × Ø16 × 1.5T_Flat Washer	2
169-01	IPAD Front Cover	1
169-02	IPAD Rear Cover	1
169-03	IPAD Cover (Top clip)	1
169-04	IPAD Cover (Bottom clip)	1
169-05	Spring	2
169-06	spring column	2
169-07	IPAD Tablet Holder Assembly	1
169-08	Rotate Axle Bracket	1
169-09	Console Holder Assembly	1
169-11	3.5 × 12mm_Sheet Metal Screw	9
169-12	5/16" × 2-1/2"_Hex Head Bolt	1

Dwg #	Part description	Qty
169-13	5/16" x 6T_Nylon Nut	2
169-14	Ø5/16" x 16 x 1.5T_Flat Washer	2
169-15	Ø8 x 1.5T_Split Washer	1
169-16	M5 x 12mm_Phillips Head Screw	4
169-17	5/16" x 15mm_Hex Head Bolt	1
169-18	Fixed block	1
169-19	8.2 x 16 x 0.6T_Flat Washer	2
169-20	Ø4 x 14 x 1T_Flat Washer	2
169-21	Foam One-sided Glue(28mmx9mmx4T)	1
169-22	Foam One-sided Glue(25mmx25mmx4T)	1
169-23	Pad	1
170	Handlebar Assembly	1
170-01	Handlebar Cover (TOP,INCLINE+-)	1
170-02	Handlebar Cover (TOP,SPEED+-)	1
170-03	Handle Power Input Cover	2
170-04	Handle Power Linkage Casing	2
170-05	Handgrip Fixing block	2
170-06	Spring	4
170-07	300m/m_Speed Cable	1
170-08	300m/m_Incline Cable	1
171	Handlebar Cover Outer(L)	1
172	Handlebar Cover Inner(L)	1
173	Handlebar Cover Outer(R)	1
174	Handlebar Cover Inner(R)	1
178	Anchor	2
179	Ø5 x 19L_Tapping Screw	2
180	400m/m_Console Ground Wire	1
300	Rubber gasket	6
301	Handgrip Foam	2

Product Specification

Spirit XT485 ENT -2023 Treadmill

Console:	10.1" touch screen
Motor:	4.0HP
Speed Range:	0.5-12 mph (1-20 Kph), 0.1 mph increments
Programs:	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, 5K, 10K, Time, Distance, Calories
Functions of Keyboard:	Fan, Start, Stop, Speed +/-, Incline +/-, Child Lock, Handlebar Lock
Bluetooth:	YES Spirit+/3rd Party Apps, HR, Audio/Speakers
Set Up Dimensions:	2060X920X1755 mm
Product Weight:	131 kgs
Carton Dimensions:	2170x940x375mm
Gross Weight:	143.5 kgs
Maximum User Weight:	193 kgs
Warranty:	5 years parts, 3 years labour, 10 years drive motor.

CONGRATULATIONS ON THE PURCHASE OF YOUR NEW FITNESS PRODUCT

Once you have installed your product you should register it for warranty at <https://form.jotformeu.com/DyacoUK/domestic-product-warranty-registr> by confirming the purchase.

If you are unable to complete, please call 0800 029 3865

ALL WARRANTIES ARE NON-TRANSFERABLE

Warranty Exclusions:

- Damaged caused by incorrect installation
- Damaged caused by an unauthorised Dyaco UK service provider or use of any parts other than original Dyaco UK supplied parts
- Products that have been sold or transferred by the original purchaser
- Accidental damaged
- Warranty will be void is machine purchased is used in an environment it is not manufactured for our products should be kept in the home not in an outbuilding/garage environment due to adverse / abrasive conditions (moisture, high/low temperatures, airborne particles like concrete dust etc.
- Does not include any island off Mainland UK
- Products that are not registered, Dyaco UK reserves the right to request a proof of purchase
- Incidental damages such as property damage i.e. Flooding or Electrical Fault

FAILURE TO FOLLOW GENERAL MAINTENANCE PROCEDURES IN ACCORDANCE WITH YOUR OWNERS/USERS MANUAL MAY INVALIDATE YOUR PRODUCTS WARRANTY

Customer Support.


Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT!! - Please retain your sales receipt, Dyaco Customer Care may request proof of purchase to validate eligibility for warranty service.

Warranty cover starts from the date shown on the proof of purchase.

Company	Dyaco International Inc. 12F, No. 111, Songjiang Rd., Taipei 104 Taiwan, R.O.C.
Article number	XT485ENT (SPIRIT)
Classes	HB
Product	Treadmill
Load max.	150kg
Nominal Voltage	230 VAC
Nominal frequency	50Hz
Nennaufnahme/Nominal power consumption	1630W
Standard	EN60335-1, EN ISO 20957-1, EN 957-6
Serial Number	
Year of construction	
This item is not suitable to use as medical device.	
	

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