

SPIRIT



XT485 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.

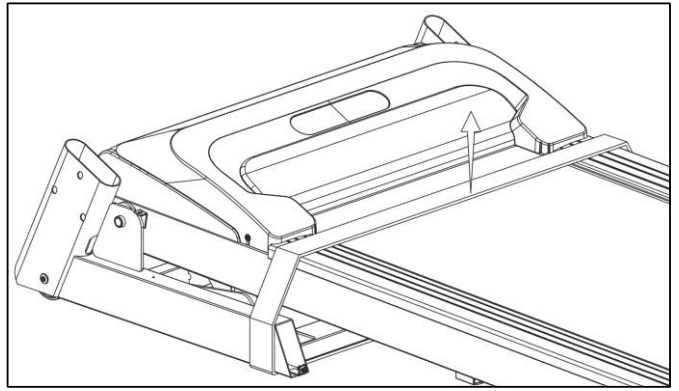
Pulling this safety tether cord will stop tread-belt movement.

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!!

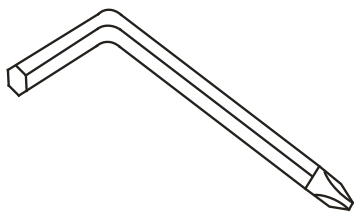
Serious injury could occur if this folding treadmill is not unpacked properly. There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause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

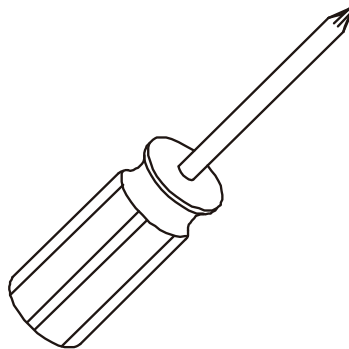
Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools 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.

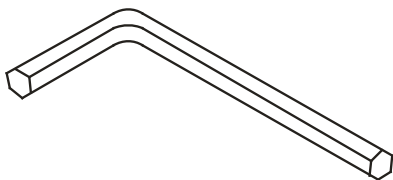
ASSEMBLY TOOLS



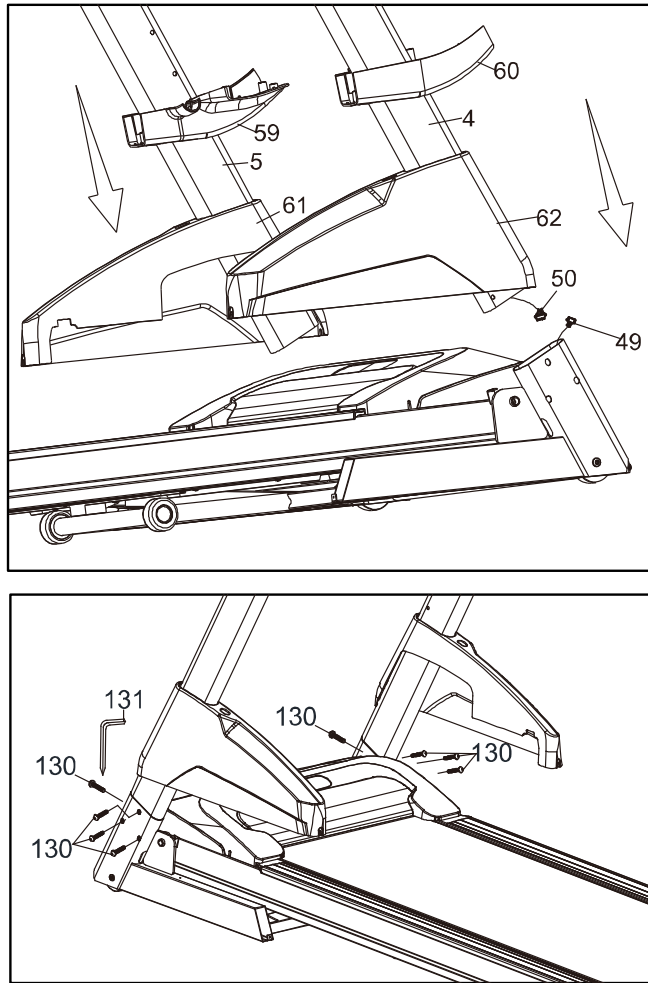
#131. Combination M5 Allen Wrench & Phillips Head Screw Driver



#148. Phillips Head Screw Driver



#132. M6 Allen Wrench

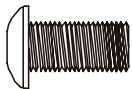


STEP 1

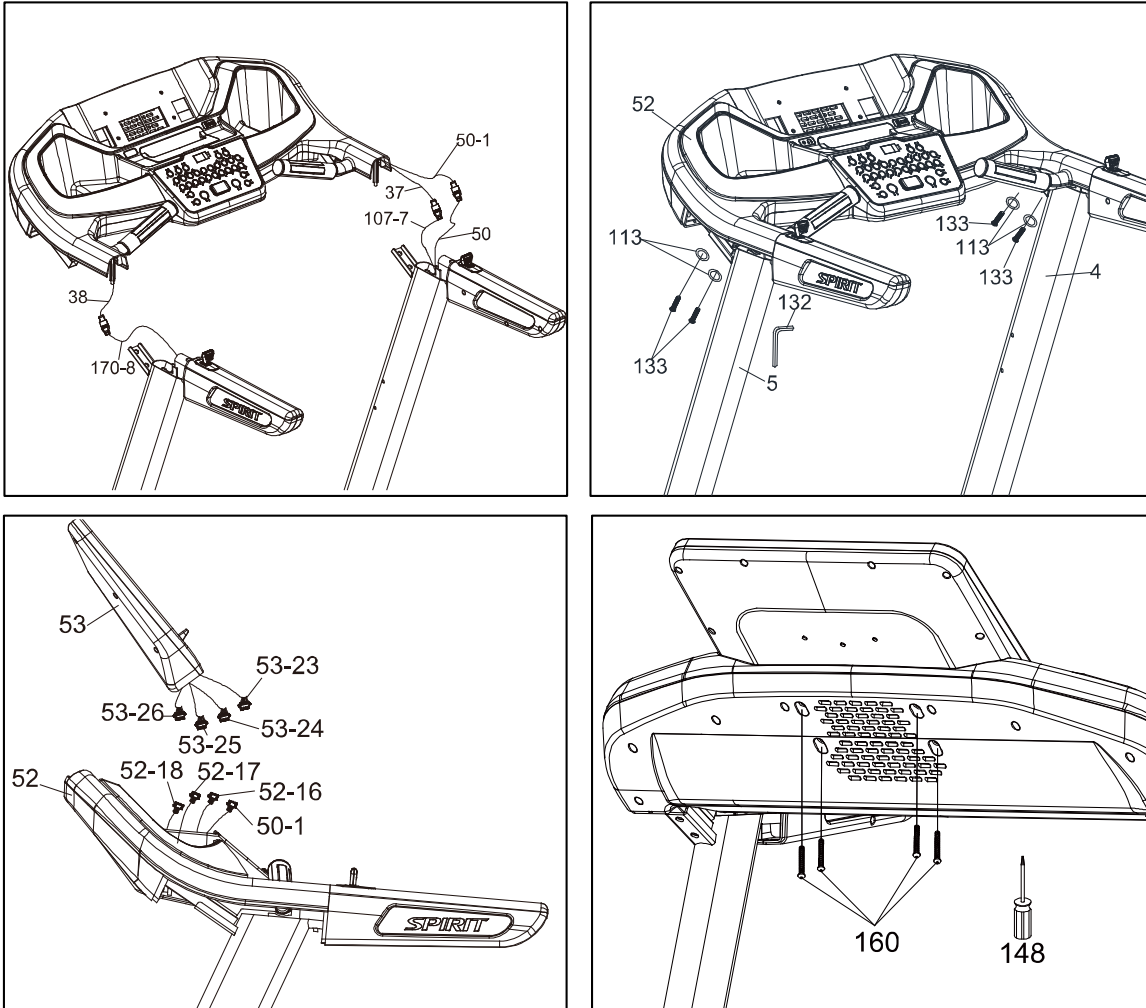
Install the **Right and Left Uprights (4, 5)** into the **Upright Cover L,R (59, 60)** and **Frame Base Cover (L & R))(61, 62)**. Connect the **Computer Cable (Lower)(49)** and **Computer Cable (Middle)(50)**.

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 \"**

HARDWARE



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



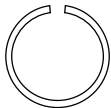
STEP 2

Connect the **Speed Cable (170-7)** into the **Speed Cable (Upper)(37)**.
 Connect the **Incline Cable (170-8)** into the **Incline Cable (Upper) (38)**.
 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"× 1-1/2" Button Head Socket Bolts (133)** with 4 pcs of **Ø 10 × 2.0T Split Washers (113)** by using **L Allen Wrench(132)**.

NOTE: Please DON'T Tighten All Screws

Connect **Computer Cable (53-23)** with **Computer Cable(Middle Upper) (50-1)** and connect **Connecting Cable (53-24)** with **Connecting Cable(52-16)** and connect **Connecting Cable(Upper) (53-25)** with **Connecting Cable (Lower) (52-17)** and connect **Connecting Cable(Red) (53-26)** with **Connecting Cable (52-18)**. Place **Console Assembly (Top) (53)** to **Console Assembly (Bottom) (52)** and use the **Phillips Head Screw Driver (148)** to tighten 4 pcs of **M5 × 45mm_Phillips Head Screw (160)**.

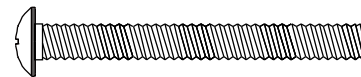
HARDWARE



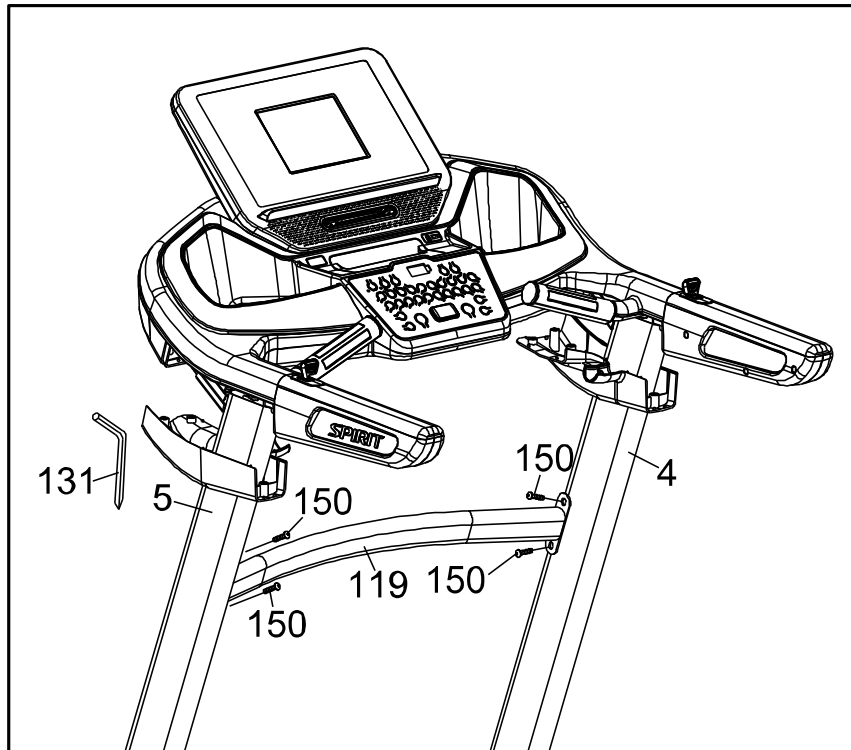
#113. Ø10 × 2.0T
Split Washer (4 pcs)



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



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

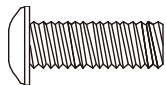


STEP 3

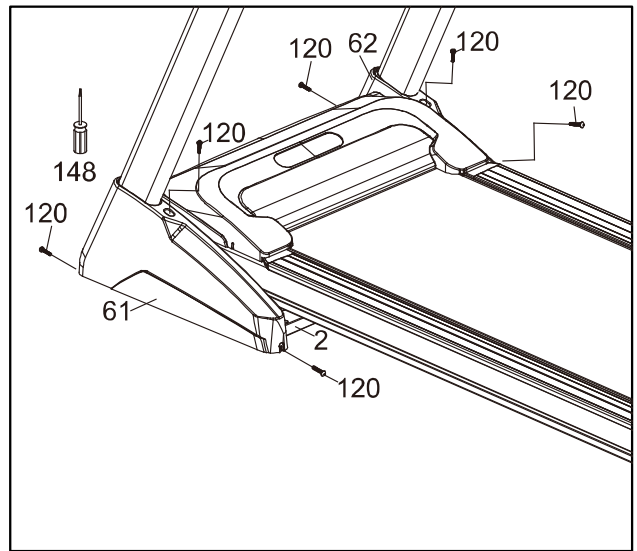
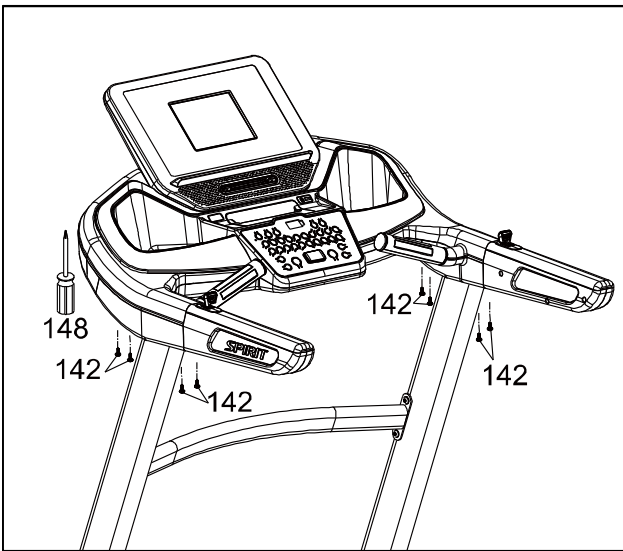
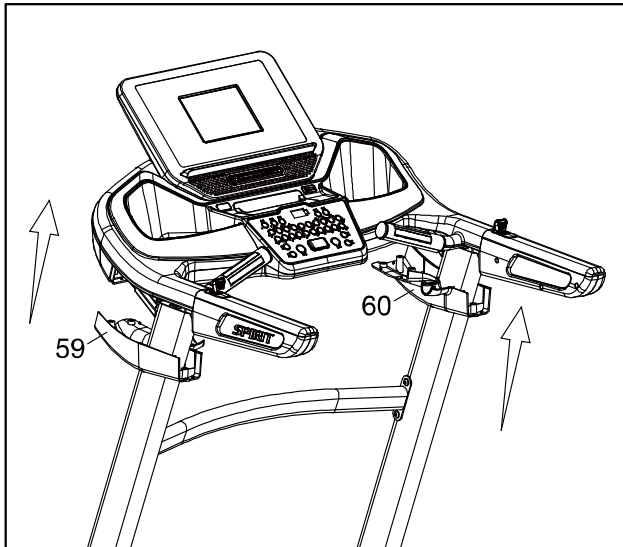
Install the **Handrails Support (119)** between the **Right and Left Uprights (4,5)** with the 4pcs of **5/16" x 3/4" Button Head Socket Bolts (150)** by using the **Combination Allen Wrench Head Screw Wrench (131)** and **Phillips Head Screw Driver (148)**.

NOTE: Please Tighten All Screw After All Components Assembly

HARDWARE



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



STEP 4

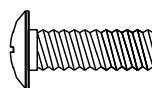
Install the **Upright Cover (R) and (L),(60) and (59)**, on the **Right and Left Uprights (4) and (5)** and **Console Support (6)** using 8 pcs of **3.5 × 16mm Sheet Metal Screws (142)** by using the **Phillips Head Screw Driver (148)**.

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)**.

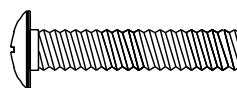
HARDWARE



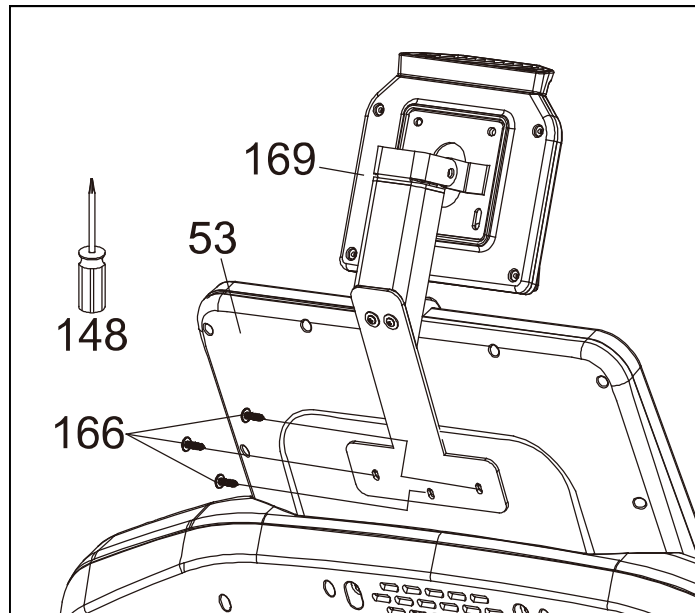
#142. 3.5 x 16L Sheet Metal Screw (8 pcs)



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



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



STEP 5

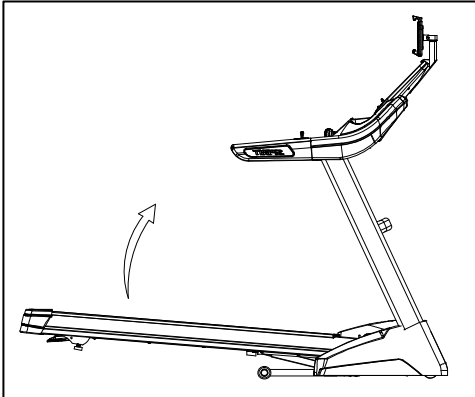
Place the **Tablet Holder (169)** on **Console Assembly (Top) (53)** and use **Phillips Head Screw Driver (148)** to tighten 3 pcs of **M5 x 25mm_Phillips Head Screw (166)**.

NOTE: Please Tighten All Screw After All Components Assembly

Folding Instructions

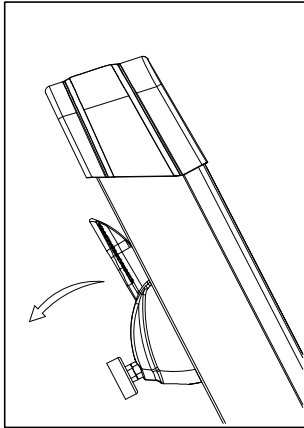
■ Folding Your Treadmill

Lift the deck until the latch clicks in place.

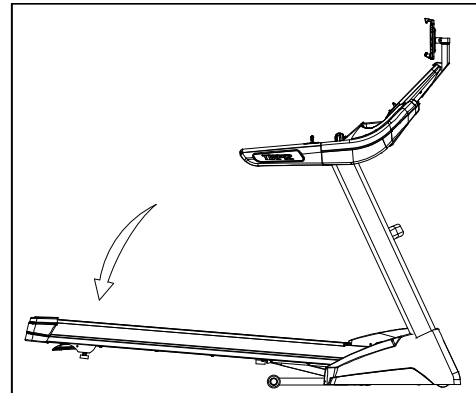


■ Unfolding Your Treadmill

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

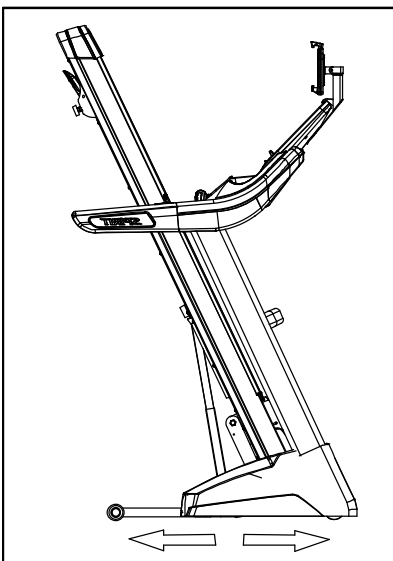


Gently lower the deck to the floor, supporting the deck with a hand.



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.

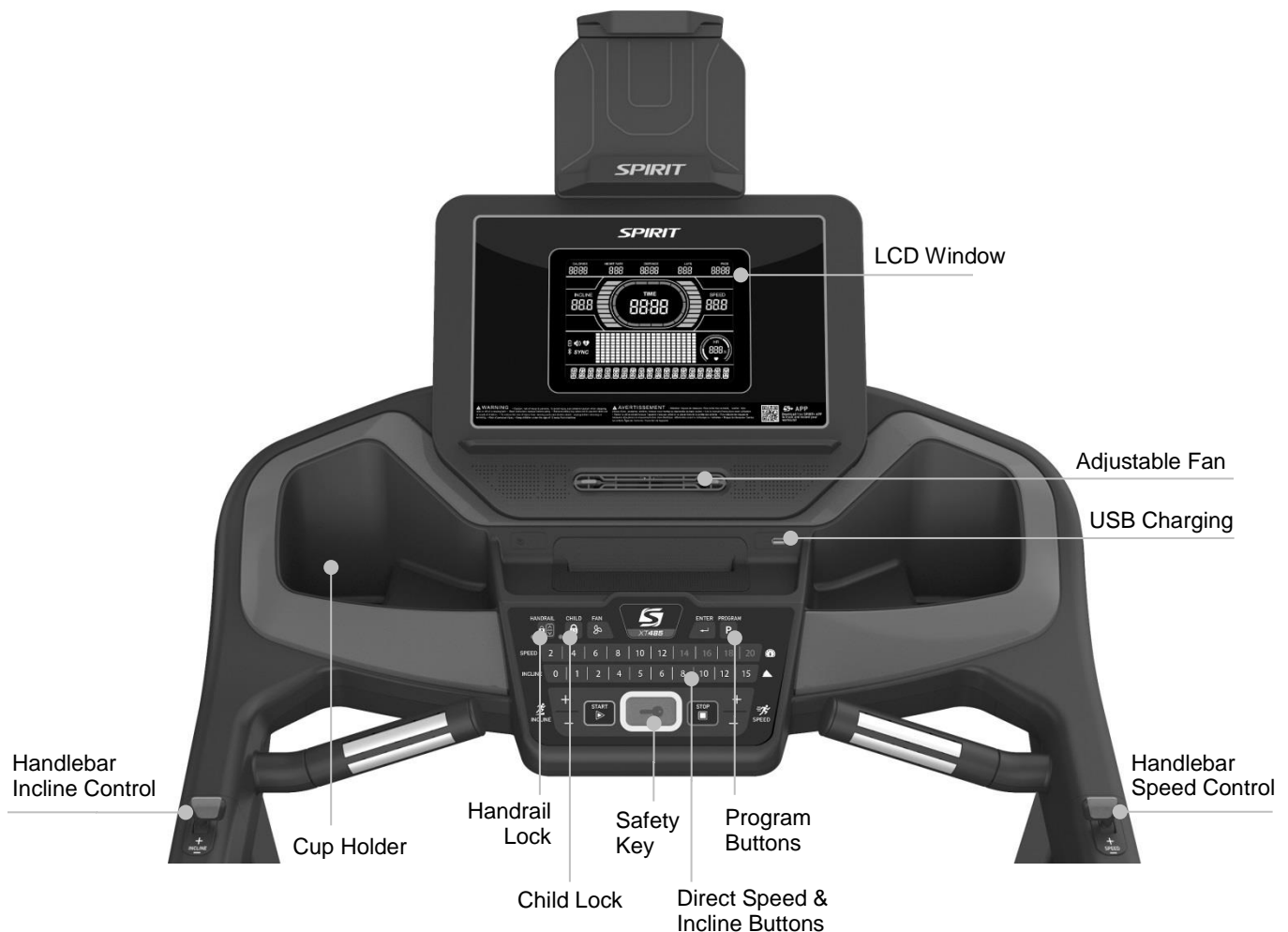
The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu. Tap to connect. Now your device can transmit music to the exercise equipment.

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



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 1.0 kph, then adjust to the desired speed using the **Speed + / -** or **Fast/Slow** keys (console or hand rail). You may also choose your desired speed level by pressing the 2 through 20 button on the console.
3. To adjust the speed, press and hold **Speed + / - keys** (console or remote handlebar buttons) to achieve desired speed. You may also adjust to the desired speed by pressing the 2 through 20 button on the console.
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 15 on the console.
5. To stop the tread-belt press and release the **Stop key**.

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.

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.

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.

FEATURES - CONTINUED

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.

The speed and incline profiles will display half of the program at one time (10 columns). They will both scroll right to left.

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 - 0.4km) 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.

FEATURES - CONTINUED

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.



Heart Rate Percent Profile

The console LCD screen will display your current heart rate anytime a pulse is detected. The Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any programs. The significance of the graph colors are as follows:

- 0-60% of maximum is White
- 61-70% of maximum is Blue
- 71-80% of maximum is Green
- 81-90% of maximum is Yellow
- 91% or more is Red

PROGRAMS INTRO

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.

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.

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.

PROGRAMS - TO SELECT AND START A PROGRAM

The treadmill offers eight factory preset programs, two custom user defined programs, three target programs and one Manual program.

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window. Also included are two user programs (**CUSTOM 1** and **CUSTOM2**) for custom workouts.

1. Press **PROGRAM** key to select the desired program (**Hill, Fat burn, Cardio, Strength, or HIIT**). Press **Enter** to set 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** (default is 35). Entering your correct age affects the heart rate Graph Display and the Heart Rate programs. Use the **+ or - keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the HR 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** (default is 150 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+ or - 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 be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the + or - 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 + or - 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 **Stop** to go back one level to change data entered in the programming phase.

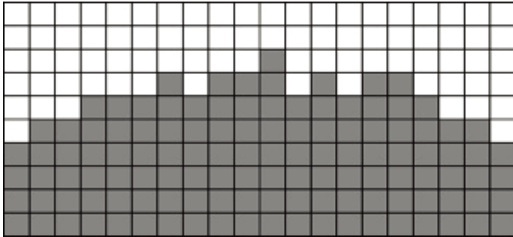
PROGRAMS- PRESET

The treadmill has eight different programs that have been designed for a variety of workouts. Six of these programs have factory preset Speed and Incline level profiles or achieving different goals.

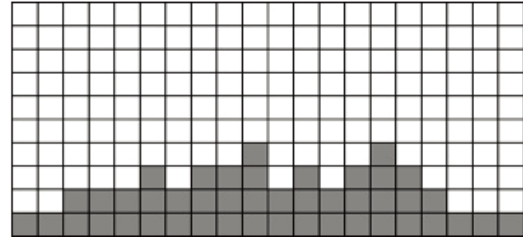
Hill

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.



Speed

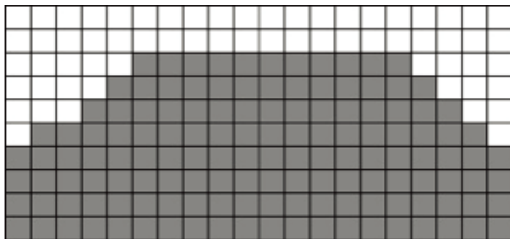


Incline

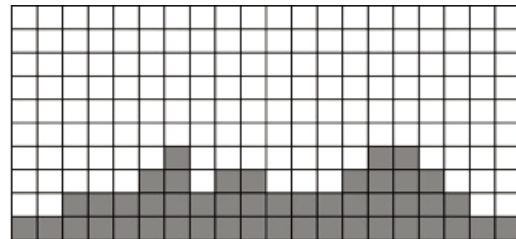
Fat Burn

This program follows a quick progression up to the maximum speed 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.



Speed

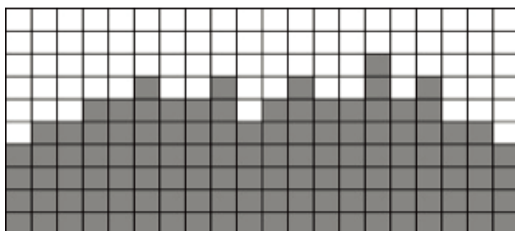


Incline

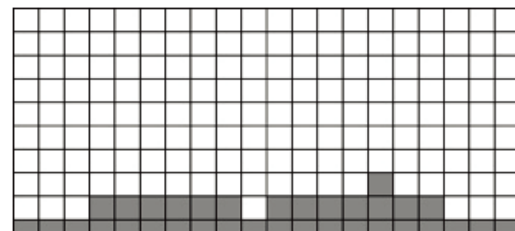
Cardio

This program presents a quick progression up to near maximum speed 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.



Speed

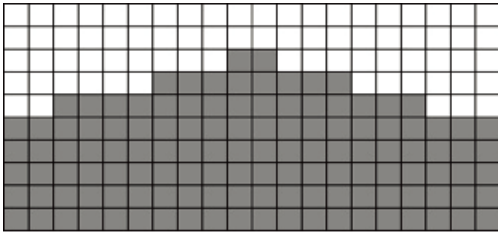


Incline

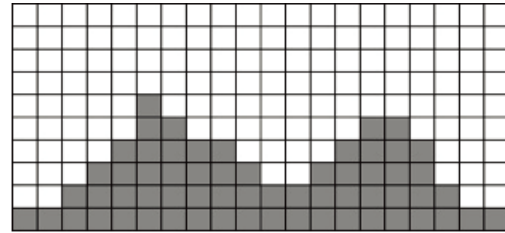
Strength

This program has a gradual progression of speed 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 gluts. A brief cool down follows.

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



Speed

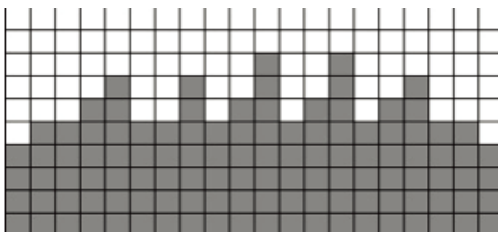


Incline

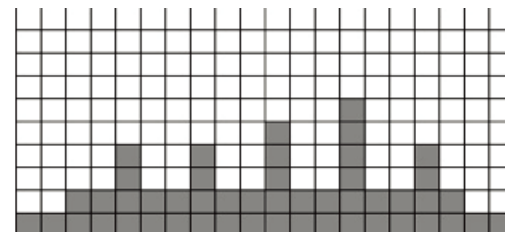
HIIT

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.

Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.



Speed



Incline

Fusion

Resistance: This program takes you through high levels of cardio & strength intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.

1. Press **PROGRAM** key to select FUSION program. The display will prompt you through the programming.
2. The Message Center will now be blinking a value, indicating your **Age** (default is 35). Entering your correct age affects the heart rate Graph Display and the Heart Rate programs. Use the **speed + or -** keys to adjust, then press Enter. Your age determines your recommended maximum heart rate. Since the HR 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**. (default is 150 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+ or - keys** to adjust, then press **Enter**.
Note: on average you will complete 15-20 repetitions of the strength exercise in a 0:30 interval. As a general rule, the longer the interval, the less weight (dumbbells) and speed (treadmill) required; use the **+ or - keys** to adjust, then press **Enter**.
4. The Message Center will now be blinking the preset top speed of the selected program. Use the **speed + or - 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 (1.0%). Use the **speed + or - keys** to adjust, then press **Enter**.
6. The Message Center will be blinking the # of intervals desired (default is 10; you may select 10, 20, or 30). Use the **speed + or - keys** to adjust, then press **Enter**.
7. The Message Center will be blinking the desired Interval time (default is 1:00). The time you select will be the duration of both the cardio & strength intervals.
8. The Message Center will be blinking the desired recovery time the default setting is 0:30 you desire after completing both the cardio & strength intervals. Use the **+ or - keys** to adjust, then press **Enter**.
9. You are now done programming data and may press **Start** to begin your workout.

5K or 10K Program

5K Run, 10K Run programs automatically set a target distance for your workout (5 km and 10 km, respectively). When the program begins the Distance will count down; once it reaches zero the program ends. Program ends when the target distance is reached.

*Please note that the Speed readout is in MPH if the console is not set to Metric readings.

1. Press **PROGRAM** key to select the 5K or 10K program. Press **Enter** to set 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** (default is 35). Use the **+ or - keys** to adjust, then press Enter.
3. The Message center will now be blinking a value, indicating your Body Weight (default is 150 lbs/ 70kgs.). Use the **+ or - keys** to adjust, then press **Enter**.
4. The **Message Center** will be blinking a value, indicating Speed (the default value is 1.0 kmph). You may use any of the **+ or - keys** to adjust the speed. After adjusting, or to accept the default, 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

Target programs can be set a **Target Time, Target Distance or Target Calories** for your workout. When the program begins the target item will count down; once it reaches zero the program ends.

1. Press **PROGRAM key** to select TARGET PROGRAM, then press **Enter**.
2. Press **PROGRAM key** to select the Target Time program, Target Distance program or Target Calories program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
3. If **Enter** was pressed, the Message center will now be blinking a value, indicating your **Age** (default is 35). Use the **+** or **- keys** to adjust, then press **Enter**.
4. The Message center will now be blinking a value, indicating your **Body Weight** (default is 150 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+** or **- keys** to adjust, then press Enter.
5. In Target Time program, the Message Center will be blinking a value, indicating **Time** (the default value is 5 minutes) In Target Distance program, the Message Center will be blinking a value, indicating **Distance** (the default value is 1.0 kmph) In Target Calories program, the Message Center will be blinking a value, indicating Calories (the default value is 300). You may use any of the **+** or **- keys** to adjust the target item. After adjusting, or to accept the default, press **Enter**.
6. You are now done programming data and may press **Start** to begin your workout.

Custom Workout Program

1. Press **PROGRAM** button to select CUSTOM PROGRAM, then press **Enter**.
2. Press PROGRAM button to select **CUSTOM 1** or **CUSTOM 2** then press **Enter**. Note that the dot matrix display portion will have a single row of segments at the bottom (Unless there is a previously stored program).
3. 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 **Speed + key**, then "B" will be displayed; if the **Speed - 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 **CUSTOM 2**.
4. The Message Center will now be blinking an Age value. Use the **Incline +/- keys or Speed +/- keys** to adjust. Press Enter. This is a must to continue even if age is not adjusted.
5. The Message Center will now be blinking a bodyweight value. Enter your bodyweight and press **Enter**.
6. Note the clock/Message Center is flashing. Use the **+ / - keys** to adjust up from 30 minutes (if desired). Press the Enter key. This is a must to continue even if time is not adjusted.
7. The first column (segment) will now be blinking. Using the **Speed +/- keys or Direct Access 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.

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 (1.6 kmph), the remaining segment speeds will increase by 1 mph (1.6 kmph). If you decrease your current speed 0.5 mph (0.8 kmph), the remaining segment speeds will decrease by 0.5 mph (0.8 kmph), etc.

8. Press the Start button to begin the workout and also save the program to memory.
9. The profile picture will be re-scaled to fit in the window, but the actual speed and incline settings will remain the same as programmed.

Heart Rate Program Operation

You must use a wireless chest strap transmitter to use the heart rate program. Heart Rate programs operate the same, the only difference is that **HR1** is set to 55%, **HR2** is set to 65%, **HR3** is set to 75% and **HR4** is set to 85% of the maximum heart rate. They are programmed the same way. To start an HR program follow the instructions below or just select the **HR 55%**, **HR 65%**, **HR 75%** or **HR 85%** program, then the Enter button and follow the directions in the **Message Center**.

After selecting your heart rate target, the program will attempt to keep you at or within 3 - 5 heart beats per minute of this value. Follow the prompts in the **Message Center** to maintain your selected heart rate value.

1. Press the **PROGRAM** KEY to select HR PROGRAM then press ENTER.
2. Press the **PROGRAM** key to select target HR 55%, target HR 65%, target HR 75% or target 85%, then press the **Enter** key.
3. The Message Center will ask you to enter your **Age**. You may enter your age, using the **Speed + or - keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the weight value using the **Speed + or - keys**, then press **Enter** to continue.
5. Next is Time. You may adjust the time using the **Speed + or - keys** and press **Enter** to continue.
6. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Speed + or - keys**, then press **Enter**
Note: The heart rate that appears is based on the % you accepted in Step 1. If you change this number it will either increase or decrease the % from Step 1.
7. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
Note: At any time during the editing of Data you can press the **Stop** key to go back one screen.
8. If you want to increase or decrease the workload at any time during the program press the **Incline + or - key** on the console or left handlebar. This will allow you to change your target heart rate at any time during the program.

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.

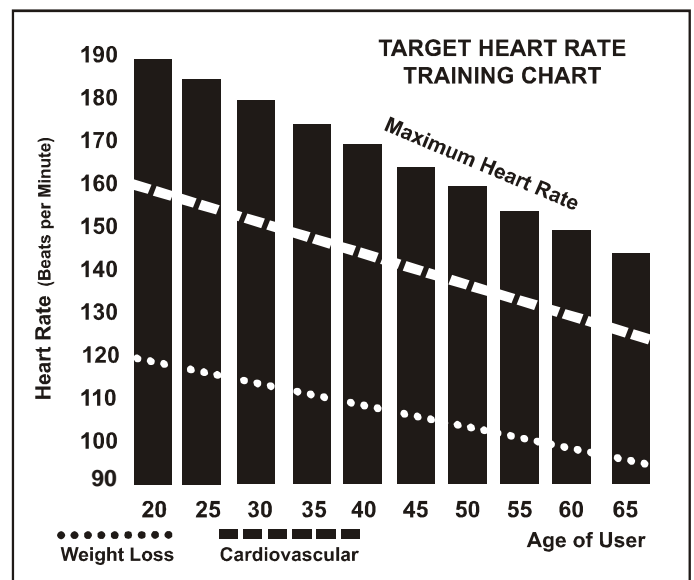
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range 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 cardio vascular 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:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute} \\ &\text{(60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute} \\ &\text{(80\% of maximum)} \end{aligned}$$

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.

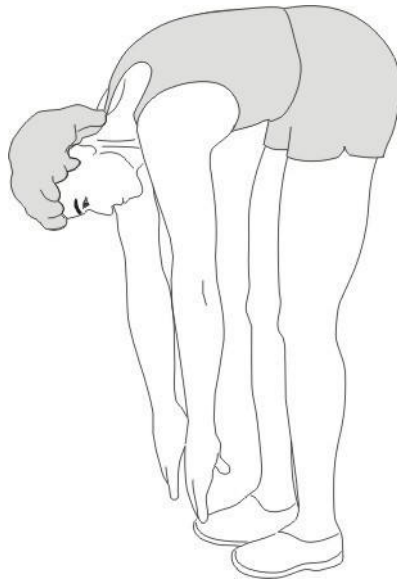
Stretches should be held for 15 to 30

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.



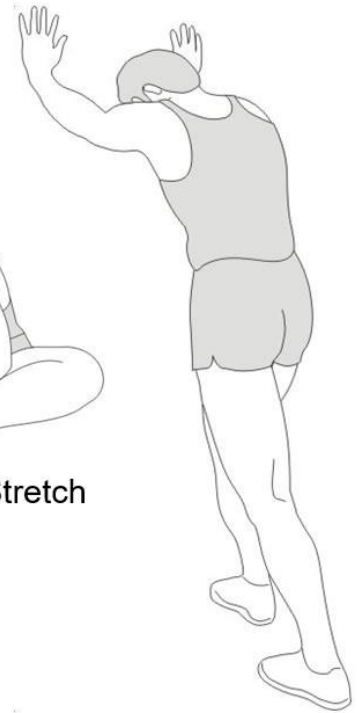
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

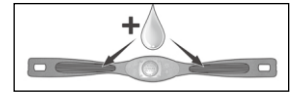
Cool-down

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.

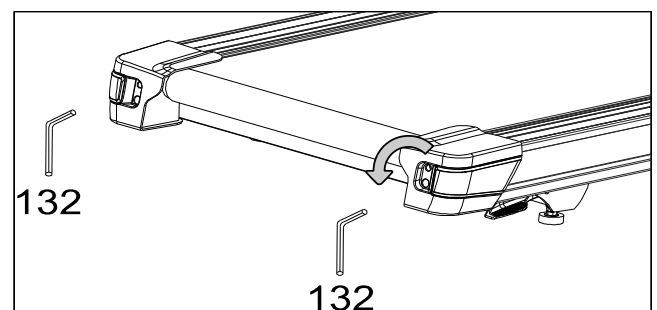
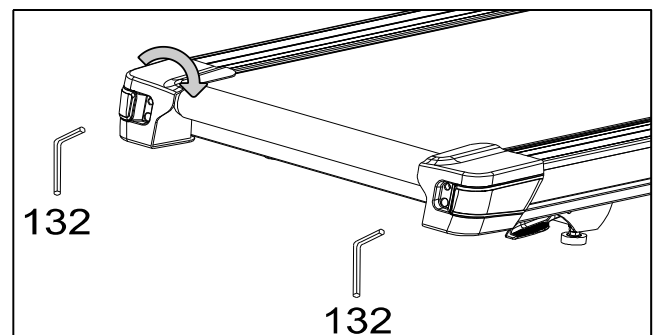
TREADBELT TRACKING ADJUSTMENT

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.



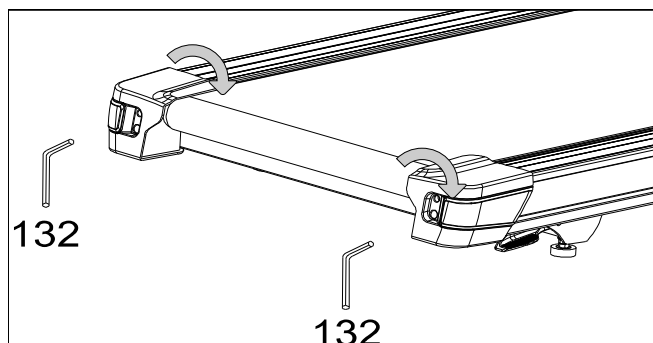
If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments 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 ½ 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 ½ 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

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 set- tings”, 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. Adjust the maximum speed (if needed) to 20.0 kph and then press **Enter**.
5. Adjust the minimum speed (if needed) to 1.0 kph and then press **Enter**.

6. Make sure the wheel size diameter is 2.43 then press **Enter**.
7. 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)
8. Press **Start** button to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

If the calibration does not pass you may need to check the speed sensor alignment.

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the mag-net. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished

Engineering Mode Menu

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)
 - 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

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 trips on board 10 (15) amp
circuit**

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

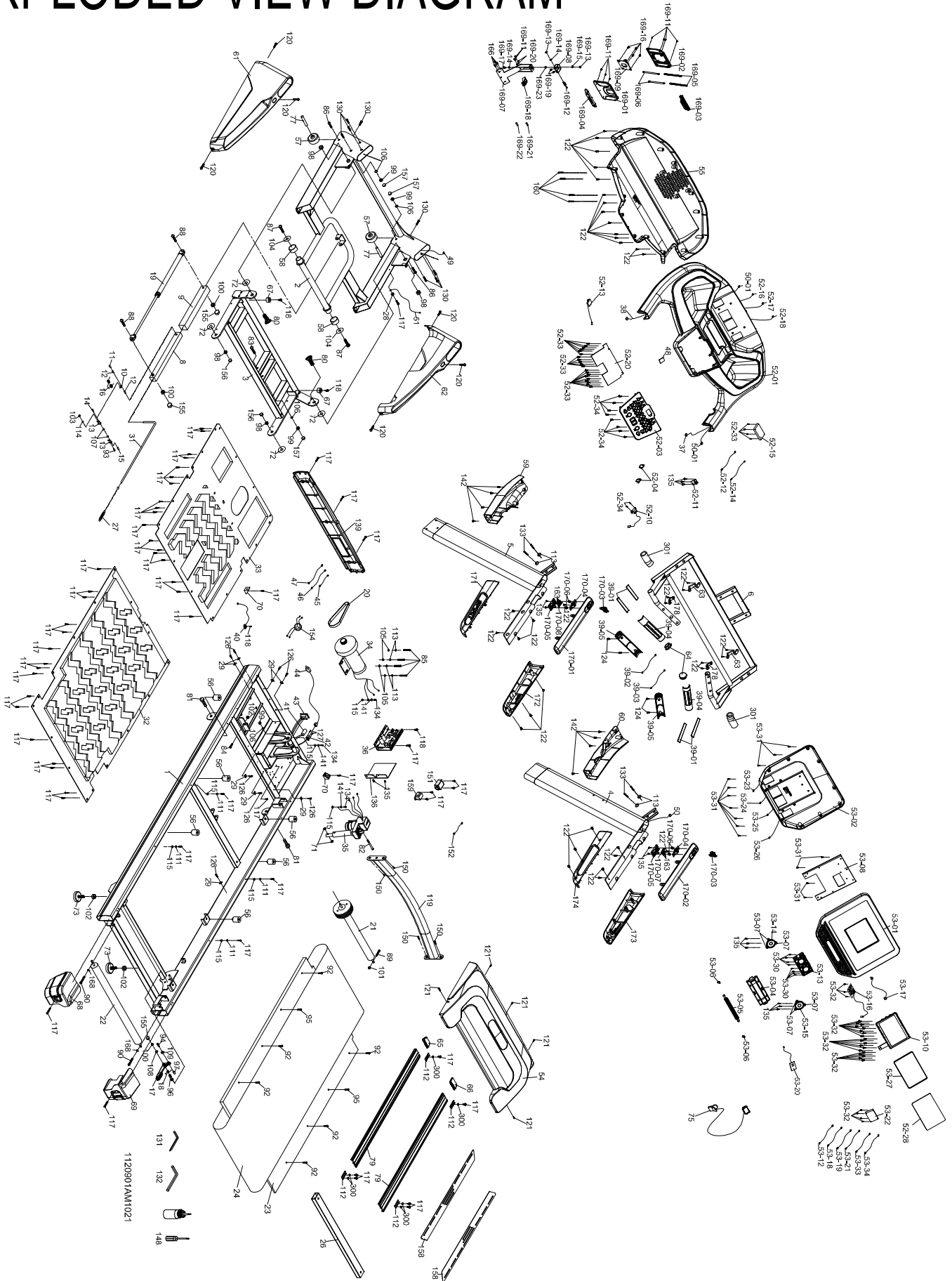
**Computer shuts off when console is
touched (on a cold day) while
walking/running**

Treadmill may not be grounded. Static electricity is "crashing" the computer.

**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
37	800m/m_Speed Cable (Upper)	1
38	800m/m_Incline Cable (Upper)	1
39-01	Handpulse Plate	4
39-02	1100m/m_Handpulse Wire-XHP-2(WHITE)	1
39-03	1100m/m_Handpulse Wire-XHP-2(RED)	1
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

Dwg #	Part description	Qty
45	70m/m_Connecting Wire (Black)	1
46	150m/m_Connecting Wire (White)	1
47	150m/m_Connecting Wire (Black)	1
48	Console Display Board	1
49	1200m/m_Computer Cable(Lower)	1
50	1250m/m_Computer Cable(Middle)	1
50-01	800m/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	300m/m_Safety Switch Module W/ Cable	1
52-11	Console Display Board	1
52-12	350m/m_Connecting Wire(Red)	1
52-13	Receiver, HR	1
52-14	350m/m_Connecting Wire	1
52-15	Interface Board	1
52-16	450m/m_Connecting Cable	1
52-17	450m/m_Connecting Cable(Lower)	1
52-18	450m/m_Connecting Cable	1
52-20	Key Board	1
52-33	2.3 x 6mm_Sheet Metal Screw	24
52-34	3.5 x 12mm_Sheet Metal Screw	10
53	Console Assembly(TOP)	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
53-12	350m/m_Connecting Cable	1
53-13	500m/m_Fan Assembly	1
53-14	200m/m_Speaker W/Cable	1
53-15	450m/m_Speaker W/Cable	1
53-16	Amplifier Controller	1
53-17	300m/m_Amplifier Cable	1
45	70m/m_Connecting Wire (Black)	1
46	150m/m_Connecting Wire (White)	1
47	150m/m_Connecting Wire (Black)	1
48	Console Display Board	1
49	1200m/m_Computer Cable(Lower)	1
50	1250m/m_Computer Cable(Middle)	1
50-01	800m/m_Computer Cable(Middle Upper)	1
51	1000m/m_Ground Wire	1

Dwg #	Part description	Qty
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	300m/m_Safety Switch Module W/ Cable	1
52-11	Console Display Board	1
52-12	350m/m_Connecting Wire(Red)	1
52-13	Receiver, HR	1
52-14	350m/m_Connecting Wire	1
52-15	Interface Board	1
52-16	450m/m_Connecting Cable	1
52-17	450m/m_Connecting Cable(Lower)	1
52-18	450m/m_Connecting Cable	1
52-20	Key Board	1
52-33	2.3 x 6mm_Sheet Metal Screw	24
52-34	3.5 x 12mm_Sheet Metal Screw	10
53	Console Assembly(TOP)	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
53-12	350m/m_Connecting Cable	1
53-13	500m/m_Fan Assembly	1
53-14	200m/m_Speaker W/Cable	1
53-15	450m/m_Speaker W/Cable	1
53-16	Amplifier Controller	1
53-17	300m/m_Amplifier Cable	1
53-18	300m/m_Connecting Wire	1
53-19	300m/m_Connecting Wire	1
53-20	Bluetooth	1
53-21	150m/m_Connecting Wire	1
53-22	Console Cover Adapter	1
53-23	400m/m_Computer Cable	1
53-24	400m/m_Connecting Cable	1
53-25	450m/m_Connecting Cable(Upper)	1
53-26	450m/m_Connecting Cable(Red)	1
53-27	Water-resist Rubber	1
53-28	LCD Transparent Piece	1
53-30	3.5 x 40mm_Sheet Metal Screw	8
53-31	3.5 x 12mm_Sheet Metal Screw	14
53-32	2.3 x 6mm_Sheet Metal Screw	26
53-33	350m/m_Connecting Wire(Red)	1
53-34	350m/m_Connecting Wire	1

Dwg #	Part description	Qty
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
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

Dwg #	Part description	Qty
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 3H_Concave Washer	4
113	Ø10 x 2.0T_Split Washer	8
114	M3_Split Washer	1
115	M5_Star Washer	7
117	Ø5 x 16L_Tapping Screw	58
118	Ø5 x 19L_Tapping Screw	4
119	Handrail Support	1
120	M5 x 15mm_Phillips Head Screw	6
121	5 x 16mm_Tapping Screw	5
122	3.5 x 16mm_Sheet Metal Screw	38
124	3 x 10mm_Tapping Screw	4
126	3.5 x 16mm_Tapping Screw	8
127	3 x 10mm_Sheet Metal Screw	2
130	5/16" x 15mm_Button Head Socket Bolt	8
131	Combination Allen Wrench & Phillips Head Screw Driver	1
132	L Allen Wrench	1
133	3/8" x 1-1/2" _Button Head Socket Bolt	4
134	M5 x 10mm_Phillips Head Screw	3
135	3 x 10mm_Sheet Metal Screw	15
136	Controller Back Plate	1
139	Front Motor Cover	1
141	Ø5 x 1.5T_Split Washer	3
142	Ø3.5 x 16L_Sheet Metal Screw	8
148	Phillips Head Screw Driver	1
150	5/16" x 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 x 45mm_Phillips Head Screw	4
163	2 x 10mm_Sheet Metal Screw	8
166	M5 x 25mm_Phillips Head Screw	3
168	Ø8.5 x Ø16 x 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

Dwg #	Part description	Qty
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 x 12mm_Sheet Metal Screw	9
169-12	5/16" x 2-1/2" _Hex Head Bolt	1
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
300	Rubber gasket	6
301	Handgrip Foam	2

Product Specification

Spirit XT485 -2023 Treadmill

Console:	9" LCD
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, Program, Enter, 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:	2170x940x375 mm
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	XT485 (SPIRIT)
Classes	HB
Product	Treadmill
Load max.	150kg
Nominal Voltage	230 VAC
Nominal frequency	50Hz
Nennaufnahme/Nominal power consumption	1610W
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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