



SPIRIT

HOME FITNESS



HOME FITNESS

The Spirit of innovation

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

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

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

Spirit aims to improve the quality of life for everyone. We aspire to boost your lifestyle to the next level by "Moving Your Spirit". We place customer experience and product innovation at the center of our brand, helping you accomplish your fitness goals through unprecedented product details and features tailored specifically for you.

#Move Your Spirit

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🌐 spiritfitness.com

02 SPIRIT HOME FITNESS

04 SPIRITFIT APP

06 TREADMILL

08 XT685

10 XT485 / XT385

12 XT285 / XT185

14 ELLIPTICAL

16 XE895

18 XE795 / XE395

20 XE295 / XE195

22 E-Glide XG400

24 STEPPER XS895

26 BIKE

28 XIC600

29 XBR95

30 XBR55 / XBR25

32 XBU55

33 ROWER XRW600

34 SPECIFICATIONS

40 SPIRIT AWARD / INTERNATIONAL DISTRIBUTO

"MOVE YOUR SPIRIT"

SPIRIT FIT APP

The New SPIRIT FIT APP is designed to monitor and record your workout data with all SPIRIT FITNESS equipment which now includes an integrated Bluetooth 4.0 module that is compatible with most iOS and Android mobile devices. Simply download the SPIRITFIT APP, set up the account, pair with your SPIRIT FITNESS equipment then you're ready to track your workout schedule, design your workout plan and set your workout program. All the personal profile and exercise data will be stored in your mobile device. You can now view your workout profile on your mobile device during your workout. Or you can watch a movie, news, check your mail while the SPIRITFIT APP continues to record your exercise data in the background. The SPIRITFIT APP also communicates with FitBit, iHealth, Record, mapmyfitness, Twitter, Facebook and other open source training apps so you can continue using the fitness apps that you are familiar with and keep all your workout history in one safe place.



The SPIRITFIT APP also communicates with FitBit, iHealth, Record, Mapmyfitness, Twitter, Facebook and other open source training apps so you can to continue using the fitness apps that you are familiar with and keep all your workout history in one safe place.



Fitbit



Record



iHealth



MapMyFitness



Twitter



Facebook



Strava



User Profile

Enter your name, age, gender, weight and other personal information. You could also enter your workout goal as a reminder. Allow access by multiple users.

Programs

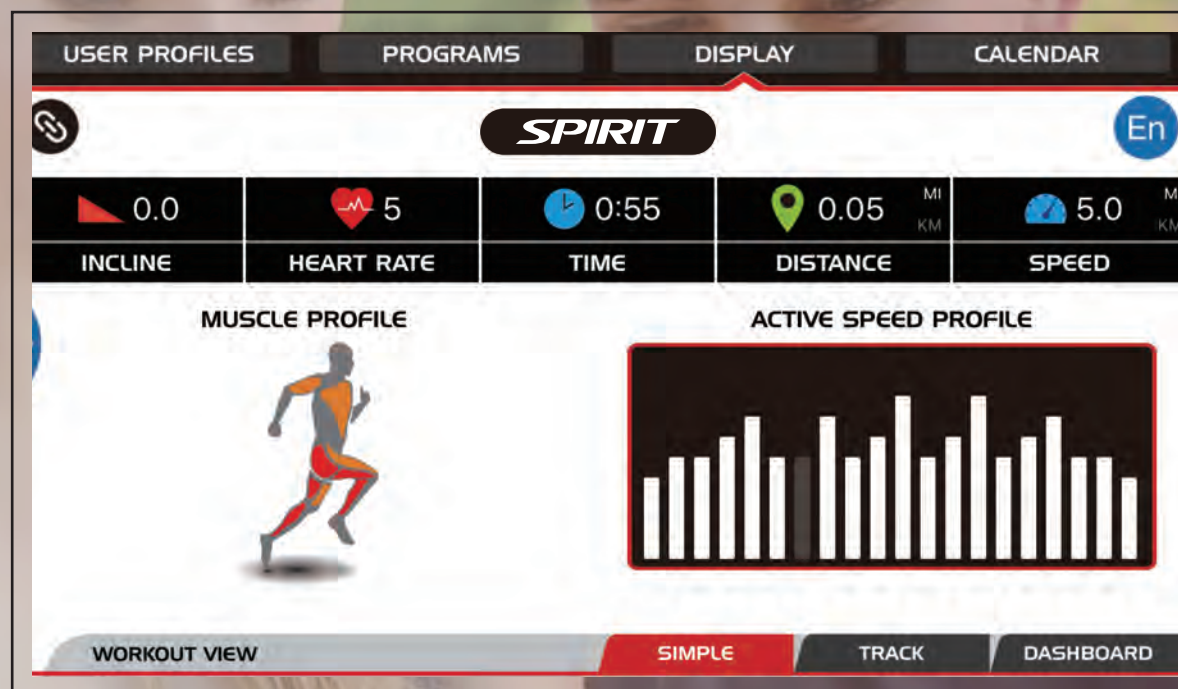
Multiple exercise mode, different exercise intensities and flexible workout length of time to choose by your need.

Display

Three types of display modes, showing speed/ distance/ time/ level/ pulse rate/ intensity and other info.

Calendar

Calendar keeps all your workout records, showing daily/ weekly/ monthly/ yearly records. You could sync with other trainer apps to track your workout journal.



Compatible With iOS/ Android



Home Series TREADMILL

XT685 / XT485 / XT385 / XT285 / XT185

Even though times change and fads come and go, a treadmill continues to remain a great investment.

There is nothing like replicating the natural movement of everyday life, especially when other factors often prevent you from accomplishing this outdoors such as poor weather, pollution, safety, location.

Spirit built its first treadmill in 1986 and we continue to use the highest quality components combined with years of engineering, manufacturing, customer service experience creating superbly reliability and user friendly treadmills.

We want to move your Spirit and we do this by combining product innovation with real passion and instilling these values into our products.



**WE BUILT
THE HIGHEST
QUALITY
EQUIPMENT**

CAST STEEL MOTOR MOUNTS

At Spirit Fitness, we spend our money on quality, such as cast steel motor mounts. Why cast? We do not believe that a stamped steel motor mount will give the motor the secure mount that is required for a high quality treadmill. If the motor shifts, then the drive belt will loosen, affecting the feel of the belt and possibly causing it to slip.



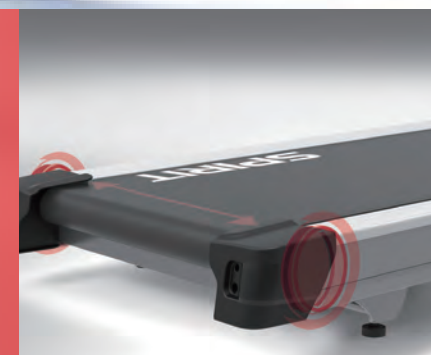
JOINT-FRIENDLY CUSHIONING SYSTEM

Comfort is delivered through our spacious running surface design, ensuring even tall runners can enjoy their workout just as much. And, with six cushions evenly distributing pressure throughout all our treadmills, ensuring less stress on your joints helping the body to keep running longer.



HIGHEST QUALITY COMPONENTS

All Spirit treadmills feature the highest quality components usually only found on commercial models like large oversized rollers, two-ply running belts, and extra wide running surfaces which guarantee a smooth and reliable workout for years to come.



Treadmill

XT685

There are several key areas that define a well designed treadmill. All Spirit Fitness models offer comfortable belts and cushioning systems, convenient storage and adjustments, generous features and programs, and eye catching aesthetics. Select the design elements you desire to create a product that will retain its value for years to come.

The XT685 is our flagship model and features larger diameter rollers and a 56cm(22") wider belt. This model is very appealing to someone that is a walker or a runner. This model features a non-folding platform base which is designed to stand up to the rigors of frequent running.

This unit features a bright blue backlit LCD console, Quick Speed and Incline keys, wireless heart rate (telemetric chest strap included), remote Speed and Incline controls, and an anatomical figure that specifies which muscles are minimally and maximally activated.



▶ **WORKOUT DISPLAY**

9" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

▶ **MUSCLE ACTIVATION PROFILE**

▶ **GRIPS TABLET FRIENDLY READING RACK HOLDER**

▶ **SWIVEL FAN**

▶ **BOTTLE HOLDER**

▶ **CONTACT HEART RATE GRIPS**

▶ **HEART RATE % PROFILE**

▶ **SPEAKERS**

▶ **PROGRAM KEY**



HEAVY-DUTY MOTOR

Featuring a powerful 4.0 HP heavy duty motor which effortlessly delivers up to 18km of running speed.



OVERSIZED RUNNING DECK

The generous 56cm wide has a special 25mm thick waxed finish for extra durability and long lasting running performance.



NON FOLDING FRAME

The XT685 features a non-folding club style platform base which is designed to stand up to the rigors of frequent running.

FEATURES

Treadmill

XT485

The XT485 has all the feature that come standard in a Spirit treadmill such as comfortable belts and cushioning systems, generous features but with an additional programmes. It also features a bright blue backlit LCD console, Quick Speed and Incline keys, wireless heart rate (telemetric chest strap included), remote Speed and Incline controls, and an anatomical figure that specifies which muscles are minimally and maximally activated.



FEATURES



9" BLUEBACKLIT LCD, W/MUSCLE + HR PROFILES

Oversized 9" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays for ultimate workout feedback and control.



56 CM X 152.5 CM RUNNING SURFACE

Featuring a generous 56cm x 152.5cm (22" x 60") deck workout area which is perfect for walking, jogging or running.



STORGE TRAY

Convenient storage tray for water bottle, keys, phone, wallet and other personal items.

Treadmill

XT385

The XT385 has all the features that come standard in a Spirit treadmill such as comfortable belts and cushioning systems, generous features. It also comes with 2 user programmes and up to 15% elevation capability. This model is very appealing to someone that is a walker, at a transitional stage from walking to running, or a mid level runner.

This model also features a bright blue backlit LCD console, Quick Speed and Incline keys, wireless heart rate (telemetric chest strap included), remote Speed and Incline controls, and an anatomical figure that specifies which muscles are minimally and maximally activated.



STABILITY BAR

Featuring a stability bar for extra durability and creating a more solid overall feel. Perfect for the mid level runner



7" BLUE BACKLIT LCD, MUSCLE + HR PROFILES

Large 7.5" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays for maximum workout feedback and motivation.



15 LEVELS OF INCLINE

The XT385 has up to 15 levels of incline elevation for a challenging workout controlled from the remote toggle keys.

FEATURES

Treadmill

XT285

The XT285 has all the feature that come standard in a Spirit treadmill such as comfortable belts and cushioning systems, generous features. It also comes with two heart rate programs, an audio jack for digital music listening, and a deck that is 25mm (1")thick to accommodate runners and higher weight capacities. This model is very appealing to someone that walks and is at a transitional stage to running.

This model also features a bright blue backlit LCD console, Quick Speed and Incline keys, wireless heart rate (telemetric chest strap included), and remote Speed and Incline controls.

▶ **WORKOUT DISPLAY**

7.5" LCD

▶ **SWIVEL FAN TO KEEP YOU COOL**

▶ **QUICK KEY**

▶ **BOTTLE HOLDER**

▶ **CONTACT HEART RATE GRIPS**

▶ **GRIPS TABLET FRIENDLY LEADING RACK HOLDER**

▶ **SPEAKERS**

▶ **PROGRAM KEY**



FEATURES



51CM X 152.5CM RUNNING DECK

Featuring a comfortable 51cm x 152cm (20" x 60") running deck and cushioning system - perfect for walking or jogging.



12 LEVELS OF INCLINE

The XT285 has up to 12 levels of incline elevation for a challenging workout controlled from the remote.



2-PLY RUNNING BELT

2 PLY 25mm RUNNING BELT for extra durability and performance for runners and higher weight capacities.

Treadmill

XT185

The XT185 is our entry level treadmill but with all the stand Spirit treadmill features. It will satisfy individuals that prefer minimal programming and the desire for simplicity to initiate their walk or run. Easy to understand command prompts or the ability to just press Start to begin your journey are attributes of this model.

This unit features a bright blue backlit LCD console, an extensive amount of exercise data, Quick Incline and Speed keys, and a post workout summary of the accumulated data.

- ▶ **WORKOUT DISPLAY**
7.5" LCD
- ▶ **GRIPS TABLET FRIENDLY READING RACK HOLDER**
- ▶ **SWIVEL FAN TO KEEP YOU COOL**
- ▶ **QUICK KEY**
- ▶ **BOTTLE HOLDER**
- ▶ **CONTACT HEART RATE GRIPS**



SPEAKERS ◀

PROGRAM KEY ◀



51CM X 140CM RUNNING SURFACE

Featuring a spacious 51cm x 140cm (20" x 55") running deck - perfect for walking, jogging or intermediate runners.



6 CUSHIONS

The unique Spirit 6 cushioning deck technology ensures minimum joint impact and effortless workout feeling.



FOLD-UP DESIGN

The easy fold up deck system minimises the space required when the treadmill is not in use. And the soft drop gently releases the deck back to the floor.

FEATURES

Home Series Elliptical

XE895 / XE795 / XE395 / XE295 /
XE195 / XG400/ XS895

Why choose to invest in an elliptical machine, instead of a treadmill or an exercise bike ?

The elliptical can be considered a middle ground product when comparing it to other forms of cardiovascular exercise. A reason to choose this over a treadmill would be the reduction of impact on the joints.

Another advantage is that along with strengthening your heart, you can also focus on strengthening all lower body muscles by increasing the resistance necessary to complete the ellipse pattern. Spirit produce both front driven and rear driven elliptical machines. Both systems perform the same function but fit into different environments.

We want to move your Spirit and we do this by combining product innovation with real passion and instilling these values into our products.



**DELIVERING
A QUALITY
EXPERIENCE**

LARGE STRIDE LENGTH

The electronically adjustable stride length of the XE895 from 46-61cm in 1.25cm increments accommodates users of all heights. It can replicate walking, jogging, and running depending on the length of stride selected.



ADJUSTABLE CONSOLE

You can easily adjust both the level and/or stride length without removing your hands from the swing arms –perfect for interval training.



HEART RATE MONITORING

The integrated bar graph in the console lets you know where your heart rate is in relation to projected maximum which is calculated when you enter your age in the programming set up.



Elliptical

XE895

The Spirit Fitness XE895 was designed with comfort, durability, and value in mind. The electronically adjustable stride length of 46- 61cm (18"-24" in 0.5" increments) and narrow pedal spacing ensure an ideal stride motion, while the oversized/cushioned foot pedals, and multi-position handlebars ensure maximum comfort for users of all sizes and fitness levels.

The XE895 features premium components including large sealed roller bearings used with the pedal arms and handlebars, dual roller wheels, and aluminum tracks to assure a smooth and reliable workout.

When you use our elliptical trainers, you can feel that every detail in product design is set to help you maximize performance.



- ▶ **WORKOUT DISPLAY**
7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE
- ▶ **MUSCLE ACTIVATION PROFILE**
- ▶ **GRIPS TABLET FRIENDLY READING RACK HOLDER**
- ▶ **SWIVEL FAN TO KEEP YOU COOL**



HEART RATE % PROFILE



DUAL TRACK RAILS

The XE895 features a Dual roller wheels and aluminium track system for a smooth, stable and reliable workout.



ADJUSTABLE STRIDE

The electronically adjustable stride length 4661cm Stride(18" - 24") in 0.5" increments and narrow pedal spacing ensures ideal stride motion.



REMOTE LEVEL AND STRIDE CONTROL

Remote Handlebar Toggles for both resistance and stride allow for secure workout changes without taking your hands off the handlebars.

FEATURES

Elliptical

XE795

The Spirit Fitness XE795 was designed with Comfort, Durability and Value in mind. The natural 51cm (20") stride length and narrow pedal spacing ensure an ideal stride motion, while the oversized/ cushioned foot pedals, and cushioned ergonomic hand grips ensure comfort at the touch points.

The XE795 is self-powered, meaning no cords to worry about. You can place this product anywhere. The large sealed roller bearings used with the pedal arms and handlebars, along with the dual roller wheels and aluminum tracks, assure a smooth and reliable workout. The frame has been constructed as one solid welded piece from front to back for added stability and durability, while minimizing noise.



► **MUSCLE ACTIVATION PROFILE**

► **SWIVEL FAN TO KEEP YOU COOL**



WORKOUT DISPLAY ►

7.5" LCD, HEART RATE % PROFILE,
MUSCLE ACTIVATION PROFILE

HEART RATE % PROFILE ►

PROGRAM KEY ►

FEATURES



SELF-POWERED GENERATOR

The XE795 is self powered meaning no power cords to worry about so you can position the product anywhere that is convenient.



TPR HANDLE BARS

The smooth ergonomic cushioned grip handle bars ensure secure and safe movement at all the touch points.



13.5KG OF FLYWHEEL

The solid 13.5kg (30lbs) flywheel and integrated generator together with the one piece welded frame give the XE795 a true club like feel.

Elliptical

XE395

The XE395 is our top of the line traditional elliptical. The large sealed roller bearings used with the pedal arms and handlebars, along with the dual roller wheels and aluminum tracks, assure a smooth and reliable workout. The frame has been constructed as one solid welded piece from front to back for added stability and durability, while minimizing noise. This model is very appealing to someone that values extensive feedback and maximum workout variety.

This unit also features a bright blue backlit LCD console, a multitude of program options, wireless heart rate, an anatomical figure that specifies which muscles are minimally and maximally activated, and a 5cm(2") Q-Factor (space between feet).

MUSCLE ACTIVATION PROFILE

SWIVEL FAN TO KEEP YOU COOL



WORKOUT DISPLAY

7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

HEART RATE % PROFILE

SWIVEL FAN TO KEEP YOU COOL

PROGRAM KEY



20 LEVELS OF POWER INCLINES

The Generous 20 levels of power controlled incline together with 3 foot plate angles give your workout challenging and effective at all times.



REMOTE RESISTANCE/INCLINE CONTROLS

The built in remote toggle hand controls for both incline and resistance give fast and safe control over your workout.



MULTI-POSITION HANDGRIPS

The unique multi - position handgrips give maximum workout variety to ensure your workout is challenging and fun every time.

FEATURES

Elliptical

XE295

The XE295 is our mid priced traditional elliptical. It has the great features found on our XE195 plus two heart rate and user programs, additional console feedback, adjustable pedal angle, and various handgrip positions. This model is very appealing to someone that values extensive feedback.

This unit features a bright blue backlit LCD console, a multitude of program options, wireless heart rate, an anatomical figure that specifies which muscles are minimally and maximally activated, and a 5cm(2") Q-Factor (space between feet).



► **MUSCLE ACTIVATION PROFILE**

► **SWIVEL FAN TO KEEP YOU COOL**



WORKOUT DISPLAY ◀
7.5" LCD, HEART RATE % PROFILE,
MUSCLE ACTIVATION PROFILE

HEART RATE % PROFILE ◀

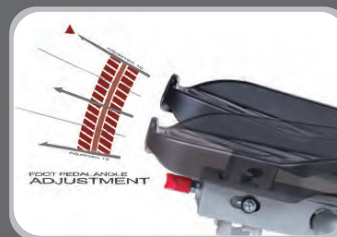
PROGRAM KEY ◀

FEATURES



DUAL TRACK RAILS

Dual track system with unique concave roller wheels for added stability and durability and performance.



ADJUSTABLE FOOTPADS

Our foot pedals have three different adjustment angles. Simply pull the handle on the back of the foot pedal and adjust from zero to five to ten degrees for the most comfortable position for your gait pattern.



MUSCLE PROFILE

On our elliptical trainers, you will be using your glute (bottom), hamstring (back of your thigh), quad (thigh), calf, pec and arm muscles. The LED lights will activate in three degrees of engagement: Green represents minimal muscle involvement, Amber for medium involvement, and Red, full or heavy involvement. Use this quick reference to challenge yourself during your workout.

Elliptical

XE195

The XE195 is our entry level elliptical. It comes with all the Spirit Elliptical features but with a few less programmes. This model is very appealing to someone that likes to create their own workout as they progress through their workout routine (Manual mode).

This unit features a bright blue backlit LCD console, an extensive amount of exercise data, electromagnetic resistance, a post workout summary of the accumulated data, and a 2" Q-Factor (space between feet).



WORKOUT DISPLAY

7.5" LCD

SWIVEL FAN TO KEEP YOU COOL

PROGRAM KEY



ADJUSTABLE CONSOLE

The large 7.5" bright blue backlit LCD console is also fully adjustable to ensure perfect visibility no matter what your height.



SURE TRACK STABILITY

Durable track system with concave roller wheels and aluminum rails for added stability and durability.



SWIVEL FAN

Cooling fans that swivel are standard on all of our elliptical trainers. This may just be the reason you extend your workout by a few minutes!

FEATURES

e•Glide trainer

XG400

All Spirit Fitness e•Glide Trainers are designed with convenience, comfort, reliability, and aesthetic appeal in mind. We are confident that if you enjoy the experience – proper ergonomics and biomechanics, a smooth, quiet stride, important workout data feedback, and challenging programs, that you will help you to adhere to a regular exercise routine.

The XG400 is geared around someone that values extensive feedback and maximum workout variety. It will appeal to both runners and cyclists as a cross training modality that is full weight bearing, without the impact.

This unit features the patent pending “Direct Drive” system that creates a fluid, friction free experience, electromagnetic resistance, contact and telemetric heart rate, and full programming capabilities.



▶ **WORKOUT DISPLAY**

7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

▶ **MUSCLE ACTIVATION PROFILE**

▶ **GRIPS TABLET FRIENDLY READING RACK HOLDER**

▶ **SWIVEL FAN TO KEEP YOU COOL**



▶ **HEART RATE % PROFILE**

▶ **PROGRAM KEY**



HEART RATE % PROFILE

The integrated bar graph in the console lets you know where you heart rate is in relation to projected maximum which is calculated when you enter your age in the programming set up.



HAND BRAKE

There is a conveniently mounted brake that can be used to quickly bring the linked flywheel to rest for quick, safe dismounting as well as remote toggle controls for resistance.



PATENTED DIRECT DRIVE

Patented direct drive technology creating a smooth fluid friction free motion unlike any elliptical trainer on the market.

FEATURES

Stepper

XS895

The Spirit Fitness XS895 Adjustable Incline Stepper takes your HIIT workouts (High-Intensity Interval Training) to a new level. It provides you with an arched incline adjustment that changes not only the stepping incline but also the height.

The additional 20 levels of resistance allow users of all fitness levels to maximize this effective lower body workout. The narrow 2" pedal spacing (Q-Factor), large cushioned pedals, and multi-grip handlebar design combine to give you an incredibly comfortable and space-efficient cardio unit.



WORKOUT DISPLAY

7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

TABLET FRIENDLY READING RACK

INTEGRATED SPEAKERS

ADJUSTABLE COOLING FAN

PROGRAM KEYS

AUDIO INPUT JACK



CONSOLE

7.5" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays.



ELECTRONIC CONTROLS

20 resistance levels and 20 incline adjustments from a 10" step height at 43 degrees all the way up to a 14" step height at 60 degrees deliver the ultimate lower body workout.



REMOTE HANDLEBAR TOGGLES

Remote Handlebar Toggles for both Incline and Resistance allow for fast and easy workout changes without taking your hands off the handlebar pulse grips.

FEATURES

Home Series FITNESS BIKE

XIC600 / XBR95 / XBR55 / XBR25
XBU55 / XRW600

Indoor exercise bikes have been around for many decades. Their appeal and effectiveness have stood the test of time.

Comfort, Convenience, Familiarity, enjoyment, are just a few reasons this form of exercise appeals to a large segment of the population.

The entire Spirit indoor exercise bike range focuses on two of these critical areas - comfort and convenience. We know that if you don't enjoy the experience that our products create, you won't feel compelled to make using them a part of your lifestyle : we offer a range of indoor exercise bikes that vary from basic models to models that offer more technology and convenience. Both Spirit Upright and Recumbent bike featured easy step thru for your convenient and user friendly' consoles and all other unique features to meet your highest expectation.



**OUR GOAL IS
TO IMPROVE
THE QUALITY OF LIFE
FOR EVERYONE**

ADJUSTABLE MESH SEATBACK

Easy access seat adjustments for fore/aft and reclining backrest positions with cool breathable airflow mesh back.



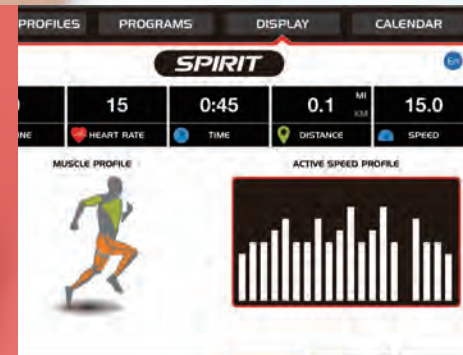
EFFICIENT KINETIC ENERGY

We have developed the perfect formula to assure a smooth start and finish during each pedal motion. The best way to feel the right kinetic energy at the pedal is to get on a Spirit Fitness bike and experience it yourself.



SPIRIT APP COMPATIBLE

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

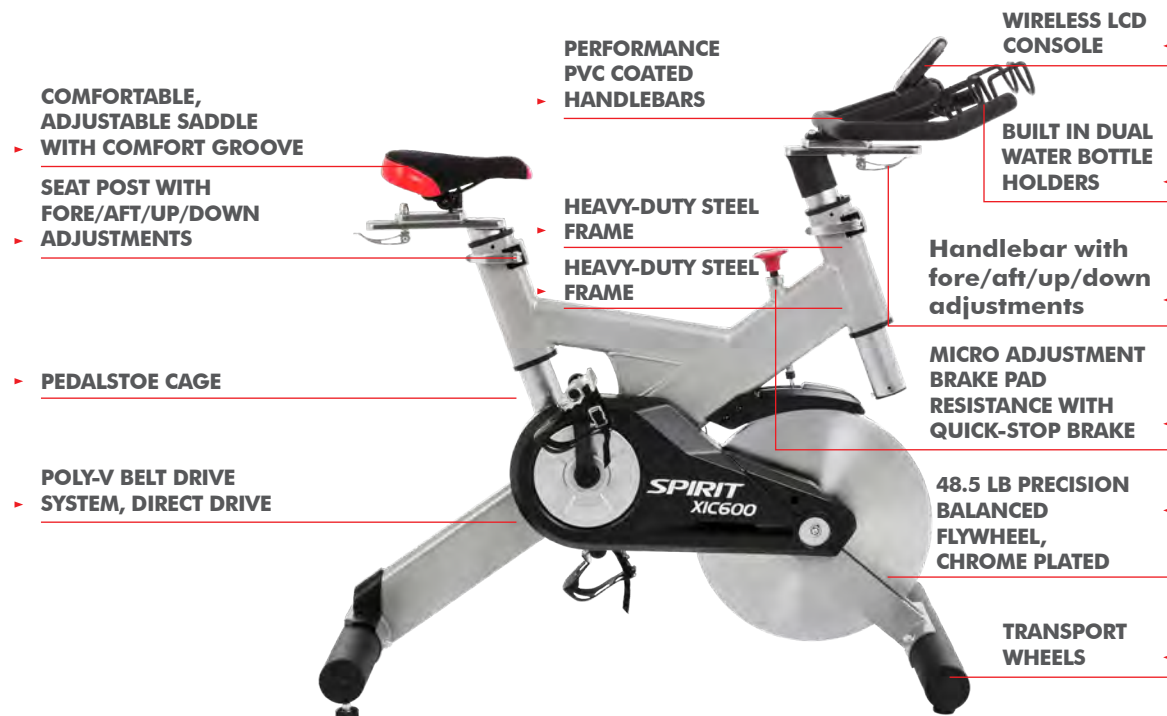


Indoor cycle

XIC600

With components of similar quality to expensive outdoor bikes, you can train on the XIC600 Indoor Cycle in the comfort of your own home.

A heavy duty 48.5 lb precision balanced chrome plated flywheel, belt drive system, and superior cranks create a system that is smooth, quiet, and durable. Both the seat and handlebar adjustments provide infinite settings (fore/aft/up/down) via the fast adjustment levers allowing you to precisely adjust your bike to your specific needs. Wireless LCD console, dual water bottle holders, comfort groove racing saddle, and PVC coated multi-grip handlebars are all standard.



FEATURES



ADJUSTABLE HANDLEBARS

Provide infinite settings (fore/aft/up/down) via the fast adjustment levers allowing you to precisely adjust your bike to your specific needs.



CONSOLE

Wireless LCD console shows all the relevant information



HEAVY-DUTY FLYWHEEL

The precision balanced 48.5 lbs flywheel makes for a smooth ride.



- ▶ **WORKOUT DISPLAY**
7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE
- ▶ **MUSCLE ACTIVATION PROFILE**
- ▶ **HEART RATE % PROFILE**
- ▶ **GRIPS TABLET FRIENDLY READING RACK HOLDER**
- ▶ **PROGRAM KEY**



Recumbent

XBR95

Durable, comfortable, and smooth are all qualities of the Spirit Fitness semi-recumbent bikes. Easy adjustments, bright LCD screens, a cooling fan, and mesh back seats are standard on all models.

The XBR95 is our top of the line semi-recumbent bike along with additional programmes, a heavier flywheel, 40 levels of resistance, and it's self generator means it is cord free!

We create the machines that can produce optimum performance and help you perform best.



SELF-POWERED GENERATOR

The XBR95 is self powered meaning no power cords to worry about so you can position the product anywhere that is convenient.



4.5CM OF INVERSION PEDALS

The dual coloured pedals feature a 4.5cm of inversion of each pedal which places your body into an anatomically correct position throughout the workout.



40 LEVELS OF RESISTANCES

The 40 levels of resistance together with heart rate monitoring and muscle activation settings gives the user a wide variety of challenging workouts together with accurate feedback.

FEATURES

Recumbent

XBR55

The XBR55 is our mid priced semi-recumbent bike and has all the qualities found in Spirit recumbent bikes such as easily adjustable bright LCD screens, cooling fan and mesh back seats along with 10 additional programs, audio jack and speakers, remote resistance controls, an adjustable back rest, and wireless heart rate monitoring.



MUSCLE ACTIVATION PROFILE ▶

WORKOUT DISPLAY ▶

7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

HEART RATE % PROFILE ▶

SWIVEL FAN
TO KEEP YOU COOL ▶

PROGRAM KEY ▶

FEATURES



MUSCLE PROFILE

On our fitness bikes, you will be using your glute (bottom), hamstring (back of your thigh), quad (thigh), and calf muscles. The LED lights will activate in three degrees of engagement: Green represents minimal muscle involvement, Amber for medium involvement, and Red, full or heavy involvement. Use this quick reference to challenge yourself during your workout.



HEART RATE % PROFILE

Heart Rate training is proven to be one of the best ways to measure your workout. Our Heart Rate % Profile gives you a quick reference of your % compared to maximum projected heart rate. The LED lights up in Amber for 50-60%, Green for 65% to 80%, and Red for 85%+



EASY SEAT ADJUSTMENT

Easy access seat adjustments for fore/aft and reclining backrest positions at the touch of a button.

Recumbent

XBR25

Easy adjustments, bright LCD screens, a cooling fan, and mesh back seats are standard on all models.

The XBR25 is our entry level semi-recumbent bike with easily adjustable bright LCD screen, cooling fan and mesh back seat, this unit also offers six programs with extensive console feedback. We've integrated a swivel fan, reading rack, an accessory holder, and dual drinks holders into the design for maximum convenience.



WORKOUT DISPLAY

7.5" BLUE BACKLIT LCD

SWIVEL FAN TO KEEP YOU COOL

PROGRAM KEY



ADJUSTABLE CONSOLE

The large 7.5" bright blue backlit LCD console is also fully adjustable to ensure perfect visibility no matter what your height.



ADJUSTABLE MESH SEATBACK

Easy access seat adjustments for fore/aft and reclining backrest positions with cool breathable airflow mesh back.



SWIVEL FAN

Cooling fans that swivel are standard on all of our elliptical trainers. This may just be the reason you extend your workout by a few minutes!

FEATURES

Upright bike

XBU55

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

Durable, comfortable, and smooth are all qualities of the XBU55 fitness bike. Easy adjustments, a cooling fan, high density foam seat, challenging programs, 20 levels of resistance, and a bright LCD display are all standard.



▶ WORKOUT DISPLAY

7.5" LCD, HEART RATE % PROFILE, MUSCLE ACTIVATION PROFILE

▶ MUSCLE ACTIVATION PROFILE

GRIPS TABLET FRIENDLY READING

▶ RACK HOLDER



HEART RATE % PROFILE

PROGRAM KEY

FEATURES



ADJUSTMENTS

Fully adjustable seat position allows for easy front/back and up/down adjustments to ensure the perfect position for a comfortable workout.



ADJUSTABLE CONSOLE

The large 7.5" bright blue backlit LCD console is also fully adjustable to ensure perfect visibility no matter what your height.



HEART RATE % PROFILE + MUSCLE PROFILE

Heart Rate training is proven to be one of the best ways to measure your workout. Our Heart Rate % Profile gives you a quick reference of your % compared to maximum projected.

Rower

XRW600

The XRW600 Rower combines a long list of high performance features with a reliable design. From the convenience of the 18" frame height and folding storage design to the combined air / magnetic resistance and remote handle controls, the XRW600 is sure to impress.

With Spirit fitness equipment , you can achieve the highest levels of performance.



LARGE BLUE BACKLIT LCD WINDOW

5.5" BLUE BACKLIT LCD

BUILT-IN HR RECEIVER

EASY-TOUCH CONTROL BUTTONS

THE ADVANCED MONITOR IS SOPHISTICATED YET EASY TO USE UTILISING A LARGE 5.5" BLUE BACKLIT DISPLAY AND BUILT IN HR RECEIVER. QUICK RESISTANCE BUTTONS ALLOW FOR CHANGES WITH REMOVING YOUR HANDS.



FOLDS FOR EASY STORAGE

The XRW600 feature a fold up frame for easy and convenient storage as well as wheels to quickly move it out of the way.



ADJUSTABLE PEDALS

Flexible secure pedals with easily adjustable setting and straps.



ALUMINUM MONORAIL



The solid steel frame and aluminium monorail give a sturdy and smooth workout allowing the seat to glide backwards and forwards with every rowing action.

FEATURES

SPECIFICATION





XT685

MOTOR	4.0HP
SPEED RANGE	0.5-12Mph (1-18 Kph)
INCLINE RANGE	0-15 levels
CONSOLE DISPLAY	9" LCD, Heart Rate % Profile, Muscle Activation Profile
PROGRAMS:PRESET	Manual, Hill, Fat Burn, Cardio, Strength, Interval, Calories, Fusion
PROGRAMS: USER	2
PROGRAMS: HRC	2
HANDPULSE GRIP	YES
REMOTE SPEED/ INCLINE SWITCH	YES
BUILT-IN RECEIVER	YES
SPEAKERS & AUDIO JACK	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
RUNNING SURFACE	560x1525mm(22"x60")
ROLLERS (FRONT / REAR)	ψ75/ψ75
PRODUCT DIMENSIONS	1955x940x1485mm(77"x37"x58")
CARTON SIZE	2070x960x390mm(81"x38"x15")
NW/GW (KG)	124.5KG/135.5KG(274lbs/299lbs)
QTY 20'/40'/40'HQ	36/78/78
MAX. USER WEIGHT	150kg(331lbs)





XT485



MOTOR	4.0HP
SPEED RANGE	0.5-12Mph (1-18 Kph)
INCLINE RANGE	0-15 levels
CONSOLE DISPLAY	9" LCD, Heart Rate % Profile, Muscle Activation Profile
PROGRAMS:PRESET	Manual, Hill, Fat Burn, Cardio, Strength, Interval, Calories, Fusion
PROGRAMS: USER	2
PROGRAMS: HRC	2
HANDPULSE GRIP	YES
REMOTE SPEED/ INCLINE SWITCH	YES
BUILT-IN RECEIVER	YES
SPEAKERS & AUDIO JACK	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
RUNNING SURFACE	560x1525mm(22"x60")
ROLLERS (FRONT / REAR)	ψ60/ψ60
PRODUCT DIMENSIONS	2070x940x1515mm(81"x37"x60")
CARTON SIZE	2170x940x390mm(85"x37"x15")
NW/GW (KG)	129.5KG/142KG(285lbs/313lbs)
QTY 20'/40'/40'HQ	37/77/77
MAX. USER WEIGHT	150kg(331lbs)





XT385

MOTOR	3.5HP
SPEED RANGE	0.5-12Mph (1-18 Kph)
INCLINE RANGE	0-15 levels
CONSOLE DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
PROGRAMS:PRESET	Manual, Hill, Fat Burn, Cardio, Strength, Interval
PROGRAMS: USER	2
PROGRAMS: HRC	2
HANDPULSE GRIP	YES
REMOTE SPEED/ INCLINE SWITCH	YES
BUILT-IN RECEIVER	YES
SPEAKERS & AUDIO JACK	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
RUNNING SURFACE	560x1525mm(22"x60")
ROLLERS (FRONT / REAR)	ψ60/ψ60
PRODUCT DIMENSIONS	2070x940x1515mm(81"x37"x60")
CARTON SIZE	2170x940x390mm(85"x37"x15")
NW/GW (KG)	128.5KG/140.5KG(283lbs/310lbs)
QTY 20'/40'/40'HQ	37/77/77
MAX. USER WEIGHT	150kg(331lbs)


XT285

MOTOR	3.0HP
SPEED RANGE	0.5-12Mph (1-18 Kph)
INCLINE RANGE	0-12 levels
CONSOLE DISPLAY	7.5" LCD
PROGRAMS:PRESET	Manual, Hill, Fat Burn, Cardio, Strength, Interval
PROGRAMS: USER	0
PROGRAMS: HRC	2
HANDPULSE GRIP	YES
REMOTE SPEED/ INCLINE SWITCH	YES
BUILT-IN RECEIVER	YES
SPEAKERS & AUDIO JACK	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
RUNNING SURFACE	510x1525mm(20"x60")
ROLLERS (FRONT / REAR)	ψ60/ψ46
PRODUCT DIMENSIONS	2055x890x1500mm(81"x35"x59")
CARTON SIZE	2160X910X385mm(85"x36"x15")
NW/GW (KG)	108.6KG/118.7KG(239lbs/262lbs)
QTY 20'/40'/40'HQ	37/78/78
MAX. USER WEIGHT	130kg(287lbs)


XT185

MOTOR	2.75HP
SPEED RANGE	0.5-10Mph (1-16 Kph)
INCLINE RANGE	0-10 levels
CONSOLE DISPLAY	7.5" LCD
PROGRAMS:PRESET	Manual, Hill, Fat Burn, Cardio, Strength, Interval
PROGRAMS: USER	0
PROGRAMS: HRC	0
HANDPULSE GRIP	YES
REMOTE SPEED/ INCLINE SWITCH	N/A
BUILT-IN RECEIVER	N/A
SPEAKERS & AUDIO JACK	N/A
BLUETOOTH FOR 2016 SPIRIT APP	YES  
RUNNING SURFACE	510x1400mm(20"x55")
ROLLERS (FRONT / REAR)	ψ60/ψ46
PRODUCT DIMENSIONS	1930x890x1500mm(76"x35"x59")
CARTON SIZE	2035X910X385mm(80"x36"x15")
NW/GW (KG)	102.2KG/112KG(225lbs/247lbs)
QTY 20'/40'/40'HQ	38/81/81
MAX. USER WEIGHT	125kg(276lbs)




XRW600

POWER SOURCE	DC 12V / 1.5 A
WORKOUT PROGRAMS	MANUAL, DISTANCE, TIME, CALORIES, 20/10 INTERVAL, 10/20 INTERVAL, CUSTOM INTERVAL, Fat Burn, Cardio, Strength, GAME
RAIL	ALUMINUM
RESISTANCE LEVELS	1~16
CONSOLE	5.5" backlit LCD, Heart Rate % Profile
ADJUSTABLE CONSOLE HEAD	YES
BLUETOOTH FOR 2016 SPIRIT APP	N/A
SPEAKERS & AUDIO JACK	NO
RECEIVER	YES
HANDPULSE GRIP	NO
COOLING FAN	NO
FLYWHEEL WEIGHT	7.61lbs
SET-UP DIMENSION	2458x460x965 mm(97"x18"x38")
CARTON SIZE	1480x770x330mm(58"x30"x13")
NW/GW (KG)	36.7kg/44.3kg(80.9lbs/97.6lbs)
QTY 20'/40'/40'HQ	70/166/190
MAX. USER WEIGHT	159kg(350lbs)

SPECIFICATION





X5895

RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
REMOTE CONTROLS	YES, (Stride&Resistance)
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Multi Position Grip - Coated
HEART RATE	Contact & Telemetric, Heart Rate Transmitter Strap Not Included
FLYWHEEL WEIGHT	23lbs
TRACK	Dual
DIMENSIONS	1370x610x1727mm(54"x24"x68")
FOOT PEDALS	Oversized and Padded
POWER	120 Volts, 15-Amp Circuit Recommended
PRODUCT WEIGHT	93kg(205lbs)
MAX. USER WEIGHT	181kg(400lbs)



XE895



RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
REMOTE CONTROLS	YES, (Stride&Resistance)
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Multi Position Grip - Coated
STRIDE LENGTH	18" ~ 24"
FLYWHEEL WEIGHT	30lbs
TRACK	Dual
SET-UP DIMENSION	2130x815x1765mm(84"x32"x69")
CARTON SIZE	1930x570x1000mm(76"x22"x39")
NW/GW (KG)	124KG/140KG(273lbs/309lbs)
QTY 20'/40'/40'HQ	24/48/48
MAX. USER WEIGHT	150kg(331lbs)





XE795

RESISTANCE LEVELS	1-40
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2, Calories, Fusion
REMOTE CONTROLS	N/A
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	N/A
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	TPR
STRIDE LENGTH	20"
FLYWHEEL WEIGHT	30lbs
TRACK	Dual
SET-UP DIMENSION	1760x570x1655mm(69"x22"x65")
CARTON SIZE	1824x573x767mm(72"x23"x30")
NW/GW (KG)	101KG/114KG (223lbs/251lbs)
QTY 20'/40'/40'HQ	36/75/75
MAX. USER WEIGHT	150kg(331lbs)




XE395

RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
REMOTE CONTROLS	Yes, Incline/Resistance
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Multi Position Grip - Coated
STRIDE LENGTH	20"
FLYWHEEL WEIGHT	30lbs
TRACK	Dual
SET-UP DIMENSION	1935x740x1635mm(76"x29"x64")
CARTON SIZE	1680x580x860mm(66"x23"x34")
NW/GW (KG)	100.4KG/115KG(221lbs/254lbs)
QTY 20'/40'/40'HQ	26/56/84
MAX. USER WEIGHT	150kg(331lbs)


XE295

RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
REMOTE CONTROLS	Yes, Resistance
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Multi Position Grip - Coated
STRIDE LENGTH	20"
FLYWHEEL WEIGHT	30lbs
TRACK	Dual
SET-UP DIMENSION	1785x550x1635mm(70"x22"x64")
CARTON SIZE	1679x570x855mm(66"x22"x34")
NW/GW (KG)	87.8KG/100.2KG (194lbs/221lbs)
QTY 20'/40'/40'HQ	26/56/84
MAX. USER WEIGHT	150kg(331lbs)




XE195

RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, H.R. 1
REMOTE CONTROLS	Yes, Resistance
WORKOUT DISPLAY	7.5" LCD
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	N/A
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Foam
STRIDE LENGTH	20"
FLYWHEEL WEIGHT	24lbs
TRACK	Single, short track
SET-UP DIMENSION	1785x550x1635mm(70"x22"x64")
CARTON SIZE	1679x570x855mm(66"x22"x34")
NW/GW (KG)	78KG/90KG(172lbs/198lbs)
QTY 20'/40'/40'HQ	26/56/84
MAX. USER WEIGHT	120kg(265lbs)

SPECIFICATION



XG400

RESISTANCE LEVELS	1-20
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
REMOTE CONTROLS	Yes, Resistance
WORKOUT DISPLAY	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
HANDLE BAR SPEC	Foam
STRIDE LENGTH	20"
FLYWHEEL WEIGHT	30lbs
TRACK	Dual track
SET-UP DIMENSION	1737x600x1670mm(68"x24"x66")
CARTON SIZE	1780x580x770mm(70"x23"x30")
NW/GW (KG)	95kg/106.5kg(209lbs/235lbs)
QTY 20'/40'/40'HQ	36/78/78
MAX. USER WEIGHT	150kg(331lbs)



XIC600

CONSOLE	Large Wireless LCD
CONSOLE FEEDBACK	RPM w/Bar Graphic, HR, Calories, Speed, Distance, Time, Clock, Low Battery Indicator
HEART RATE	Telemetric, (Heart Rate Strap not included)
BLUETOOTH	N/A
RESISTANCE	Rotary Knob (Push to Stop), Micro Adjustments, Brake Pad
DRIVE TRAIN	Fixed Gear, Poly-V Belt
FLYWHEEL	48.5 lb, Precision Balanced Steel, Chrome Plated
SEAT	Racing Saddle w/Comfort Groove, Adjustable, Easily Replaceable
FOOT PEDALS	Toe Cage, Adjustable Straps
HANDLEBAR	PVC Coated, Multi-Grip Design, Built-In Dual Water Bottle Holders
HANDLEBAR/ SEAT POSTS	Stamped Numerical Indicators
ADJUSTMENTS	Micro Adjustments, Fore/Aft/Up/Down, Quick Levers
FRAME	High-Strength Steel w/Durable Powder-Coat Paint
DIMENSIONS	41 X 21 X 40.5"
PRODUCT WEIGHT	141 lbs.
MAXIMUM USER WEIGHT	300 lbs.





XBR95

POWER SOURCE	Generator
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, Calories, Fusion, User 1~2, H.R. 1~2
STRIDE LENGTH	330.2mm / 13 inch
RESISTANCE LEVELS	1~40
CONSOLE	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
ADJUSTABLE CONSOLE HEAD	YES
BLUETOOTH FOR 2016 SPIRIT APP	N/A
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
FLYWHEEL WEIGHT	30lbs
SET-UP DIMENSION	1440x750x1280mm(57"x30"x50")
CARTON SIZE	1460x460x775mm(57"x18"x31")
NW/GW (KG)	68kg/75.2kg(150lbs/166lbs)
QTY 20'/40'/40'HQ	60/120/120
MAX. USER WEIGHT	150kg(331lbs)





XBR55

POWER SOURCE	DC12V/1.5A
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
STRIDE LENGTH	330.2mm / 13 inch
RESISTANCE LEVELS	1~20
CONSOLE	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
ADJUSTABLE CONSOLE HEAD	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
FLYWHEEL WEIGHT	24lbs
SET-UP DIMENSION	1440x750x1280mm(57"x30"x50")
CARTON SIZE	1460x460x775mm(57"x18"x31")
NW/GW (KG)	64.3kg/72.3kg(142lbs/159lbs)
QTY 20'/40'/40'HQ	60/120/120
MAX. USER WEIGHT	150kg(331lbs)





XBR25

POWER SOURCE	DC12V/1.5A
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Interval, H.R. 1
STRIDE LENGTH	330.2mm / 13 inch
RESISTANCE LEVELS	1~20
CONSOLE	7.5" blue backlit LCD
ADJUSTABLE CONSOLE HEAD	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	N/A
BUILT-IN RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
FLYWHEEL WEIGHT	20lbs
SET-UP DIMENSION	1440x750x1280mm(57"x30"x50")
CARTON SIZE	1460x460x775mm(57"x18"x31")
NW/GW (KG)	61.7kg/69kg(136lbs/152lbs)
QTY 20'/40'/40'HQ	60/120/120
MAX. USER WEIGHT	150kg(331lbs)



XBU55

POWER SOURCE	DC12V/1.5A
WORKOUT PROGRAMS	Manual, Hill, Fat burn, Cardio, Strength, Interval, User 1~2, H.R. 1~2
STRIDE LENGTH	330.2mm / 13 inch
RESISTANCE LEVELS	1~20
CONSOLE	7.5" LCD, Heart Rate % Profile, Muscle Activation Profile
ADJUSTABLE CONSOLE HEAD	YES
BLUETOOTH FOR 2016 SPIRIT APP	YES  
SPEAKERS & AUDIO JACK	YES
RECEIVER	YES
HANDPULSE GRIP	YES
COOLING FAN	YES
FLYWHEEL WEIGHT	30lbs
SET-UP DIMENSION	1080x550x1360mm(43"x22"x54")
CARTON SIZE	1175x460x780mm(46"x18"x31")
NW/GW (KG)	45.8kg/52.4kg(101lbs/116lbs)
QTY 20'/40'/40'HQ	75/150/150
MAX. USER WEIGHT	150kg(331lbs)

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