

# *SPIRIT*



## CE1000ENT Elliptical OWNER'S MANUAL

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

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# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** –When using an electrical exercise equipment, basic precautions should always be followed, including the following:

Read all instructions before using this exercise equipment.

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

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

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 230Vac (adapter 24Vdc/4.17A) grounded outlet with only the elliptical plugged into the circuit.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS 1.5 m m<sup>2</sup> OR BETTER, WITH ONLY ONE OUTLET ON THE END.** The elliptical should be the only exercise equipment in the circuit in which it is connected. **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.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:**

- **Max. user's weight.: 205 kg**
- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- 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.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The hand 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are being supervised and given instruction concerning use of the exercise equipment by a person responsible for their safety.

- This exercise equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the exercise equipment in a safe way and understand the hazards involved. Children shall not play with the exercise equipment. Cleaning and user maintenance shall not be made by children without supervision.
- Children should be supervised to ensure that they do not play with the exercise equipment.
- Notes on the correct posture and the fact the pedal crank training equipment of class B and C are not suitable for therapeutic purposes
- Be aware that the generator is producing AC power while the elliptical is being used. Do not service the elliptical while the generator is spinning; serious electric shock could occur.
- Please make sure that the power-supply cord and adapter placed in dry area and kept away from heat.

**WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately”.

**WARNING!** Injuries to health may result from incorrect or excessive training.

- The elliptical trainer is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.

**WARNING!** The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.

- The exercise equipment shall be disconnected from its power source during clean, service or maintenance.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- 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.
- Close supervision is necessary when this exercise equipment is used by, or near children, invalids, or disabled persons.

**WARNING!** The equipment shall be installed on a stable base and properly leveled.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT ELECTRICAL INSTRUCTIONS

## WARNING!

**NEVER** remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

**NEVER** expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95% non-condensing (no water drops forming on surfaces).

**Circuit Breakers:** Some circuit breakers used in homes are not rated for high inrush currents that can occur when a elliptical is first turned on or even during use. If your elliptical is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the elliptical itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacturer have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at [www.squared.com](http://www.squared.com) part #QO120HM. The electrical outlet used should have a dedicated 10 amp circuit breaker.

## Grounding Instructions

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

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician. This product is for use on a nominal 230-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

# IMPORTANT OPERATION INSTRUCTIONS

**NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.

- **NEVER** use your elliptical during an electrical storm. Surges may occur in your facility power supply that could damage the elliptical's components.
- **All users** should have medical clearance before starting any rigorous exercise program. This is especially important for persons with a history of heart disease or other high risk factors.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your elliptical, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handlebar while making control changes.
- If you feel the buttons are not functioning properly with normal pressure, contact your dealer.



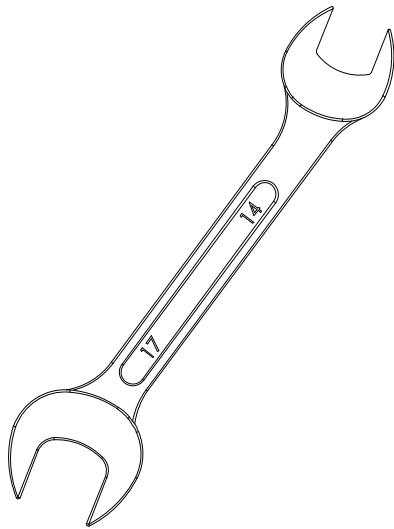
**POWER CONNECTOR – FRONT SIDE OF UNIT**

# ASSEMBLY INSTRUCTIONS

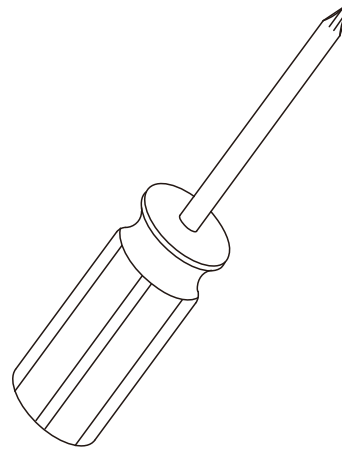
## UNPACKING

1. Cut the straps, then lift the box over the unit and unpack.
2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. 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.

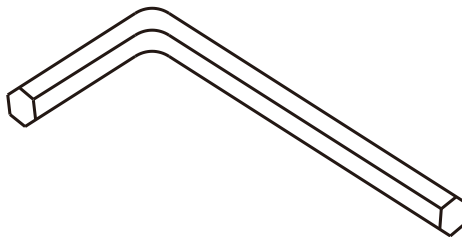
## ASSEMBLY TOOLS



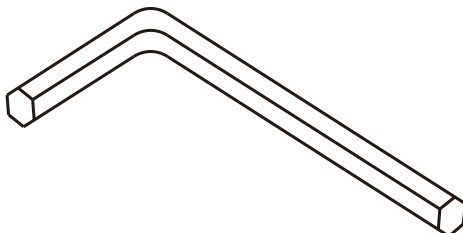
**#135.** 14/17 mm  
Wrench (1 pc)



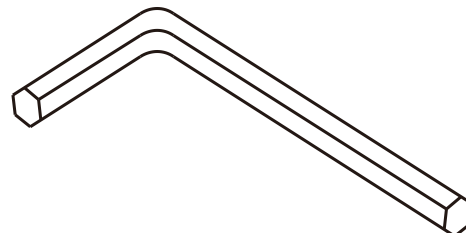
**#131.** Phillips Head  
Screw driver (1 pc)



**#134.** M8 L Allen Wrench (1 pc)



**#133.** 6mm L Allen Wrench (1 pc)

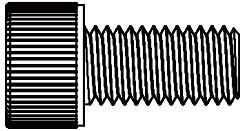


**#132.** 5mm L Allen Wrench (1 pc)

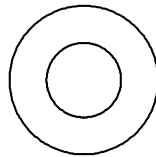
## STEP 1



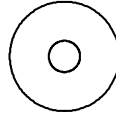
**#46** – 3.5 x12mm  
Sheet Metal Screw (2pcs)



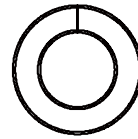
**#54** – M10 x 20mm  
Socket Head Cap Bolt (12pcs)



**#65** – Ø3/8" x Ø19 x 1.5T  
Flat Washer (4pcs)

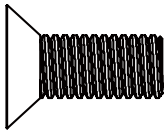


**#58** – Ø4 x 14 x 1.0T  
Flat Washer (2pcs)

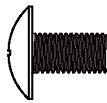


**#57** – Ø10 x 2T  
Split Washer (4pcs)

## STEP 2-1



**#150** –M8x20mm Flat Head  
Countersink Bolt (4pcs)

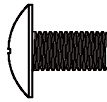


**#156** –M5x10mm  
Phillips Head Screw (4pcs)

## STEP 2-2



**#47** –5x16m/m  
Sheet Metal Screw (2pcs)

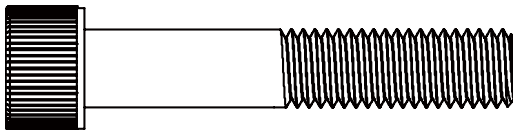


**#156** –M5x10mm  
Phillips Head Screw (8pcs)

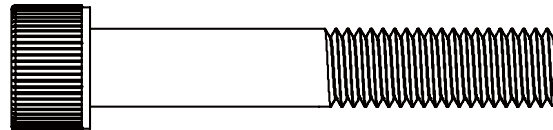


**#78** –M5 x1T Plate (2pcs)

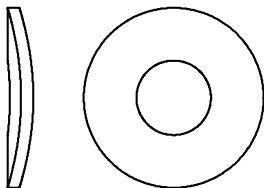
## STEP 3



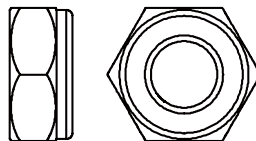
**#43** – M10 x55mm  
Socket Head Cap Bolt (2pcs)



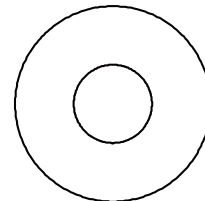
**#44** – M10 x60mm  
Socket Head Cap Bolt (4pcs)



**#68** –Ø10 x Ø23 x 1.5T  
Curved Washer (2pcs)

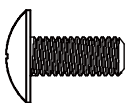


**#71** –M10 x 8T  
Nyloc Nut (6pcs)



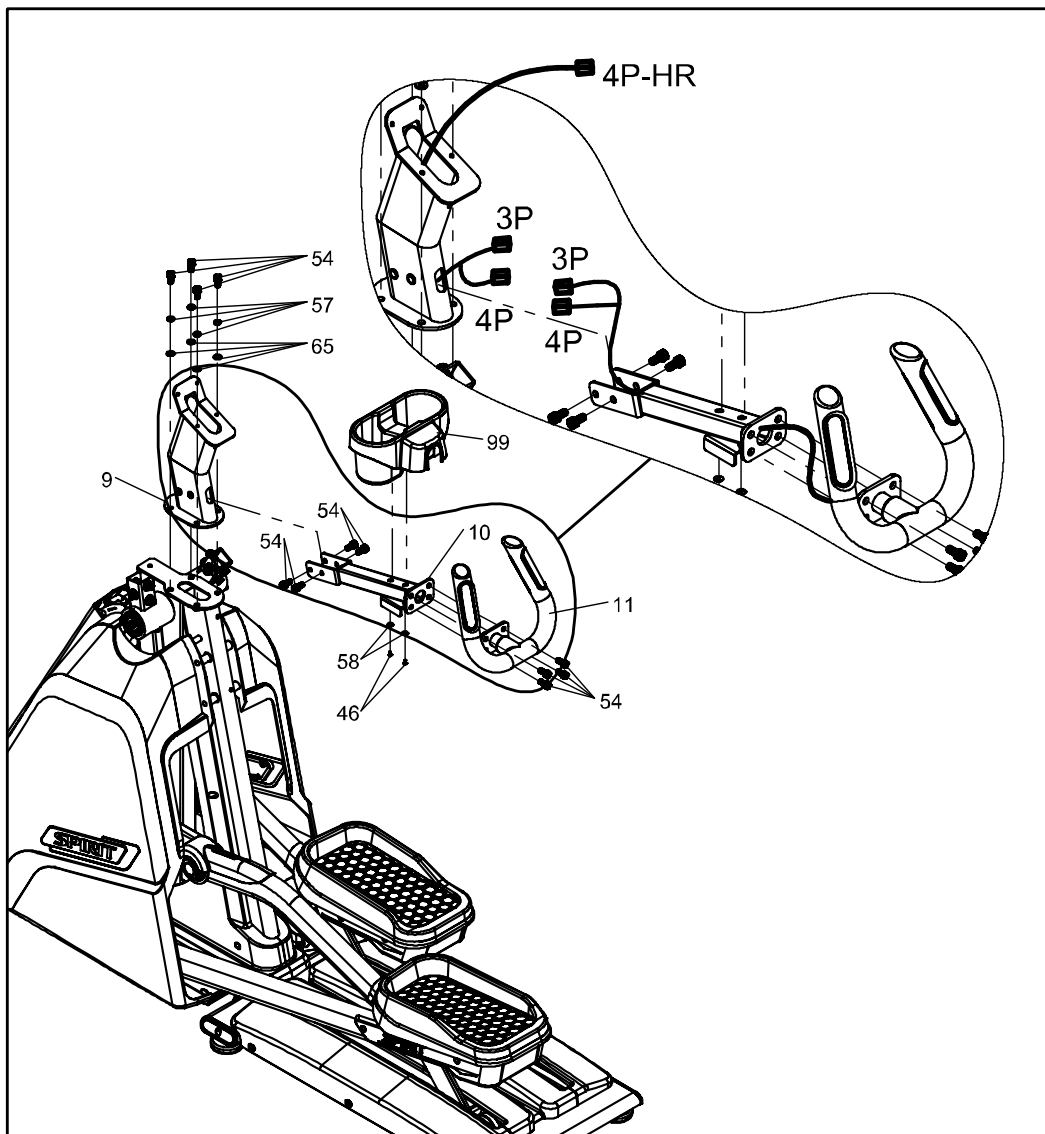
**#63** – Ø10 x Ø25 x 1.5T  
Flat Washer (10pcs)

## STEP 4



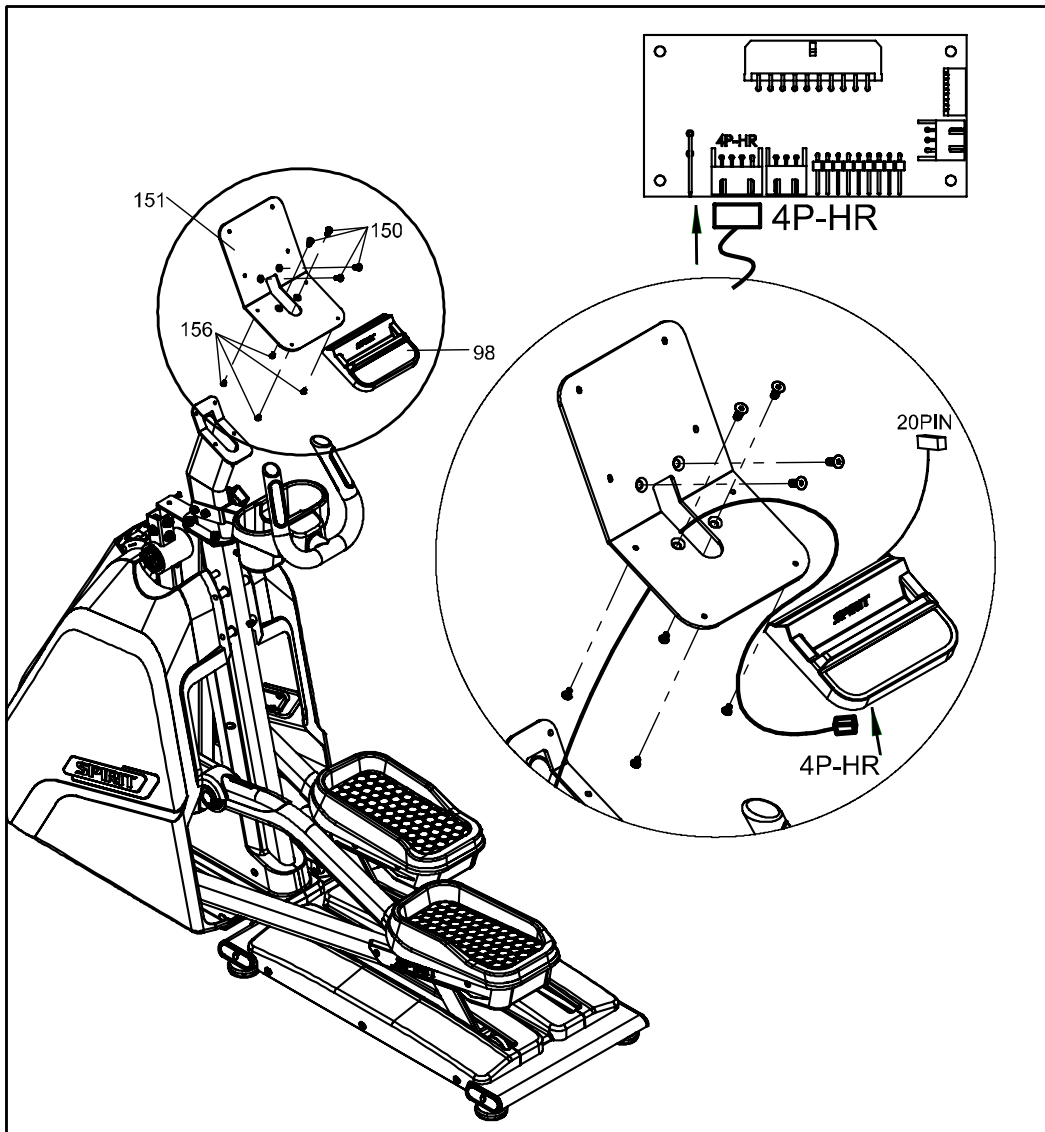
**#49** –M5x12mm  
Phillips Head Screw  
(4pcs)





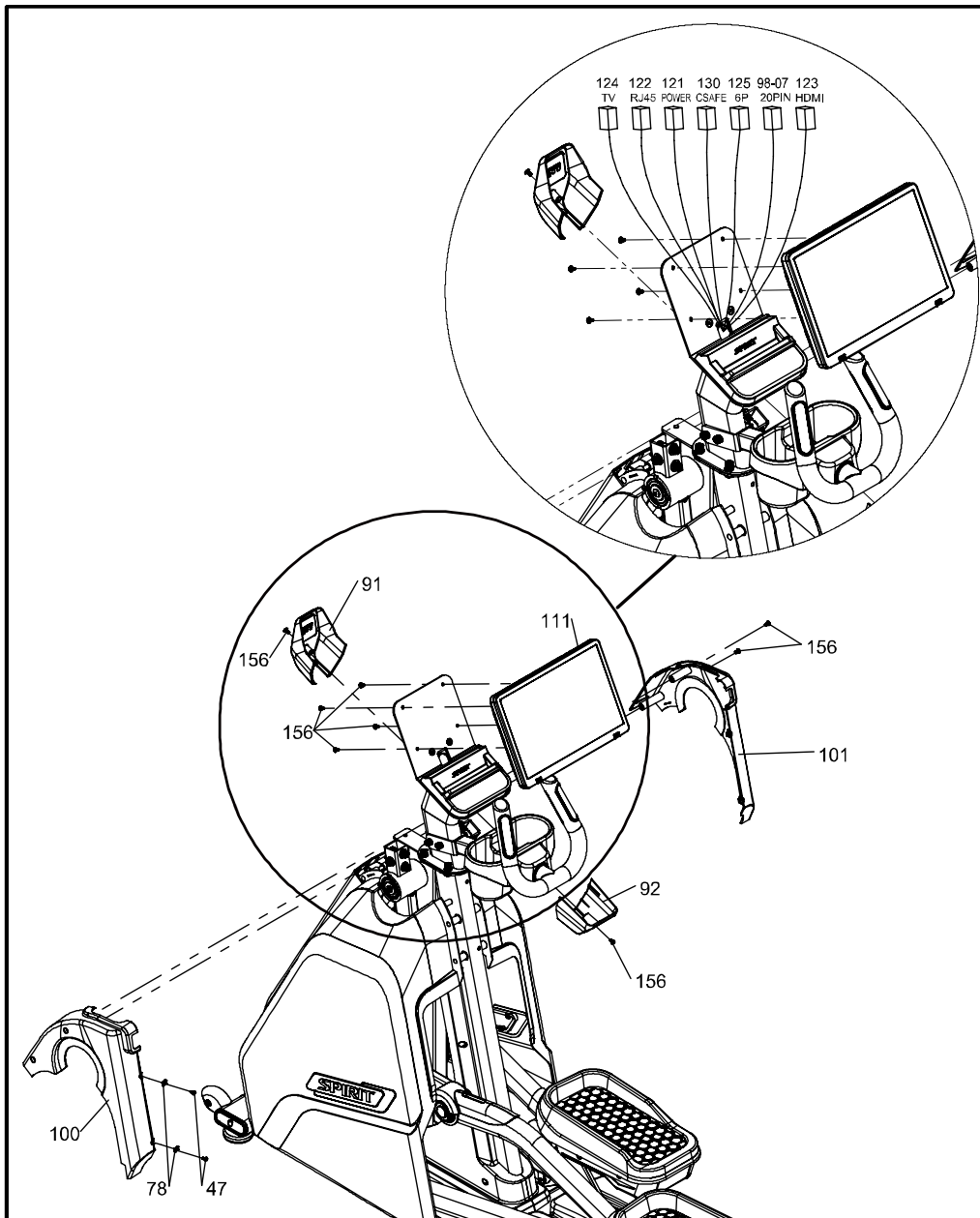
## STEP 1

1. Unwind wiring harness and run wires up through CONSOLE MAST (9). Bolt CONSOLE MAST (9) to MAIN FRAME (1) using 4 BOLTS (54), 4 LOCK WASHERS (57), and 4 WASHERS (65). Do not pinch wires.
2. Run wires from CENTER HANDLEBARS (11) through HANDLEBAR BRACKET (10), into CONSOLE MAST (9) and out the top.
3. Install CENTER HANDLEBARS (11) to HANDLEBAR BRACKET (10) using 4 BOLTS (54).
4. Install HANDLEBAR BRACKET (10) to CONSOLE MAST (9) using 4 BOLTS (54).
5. Attach CUP HOLDER (99) to HANDLEBAR BRACKET (10) using 2 SELF-TAPPING SCREWS (46) and 2 WASHERS (58).



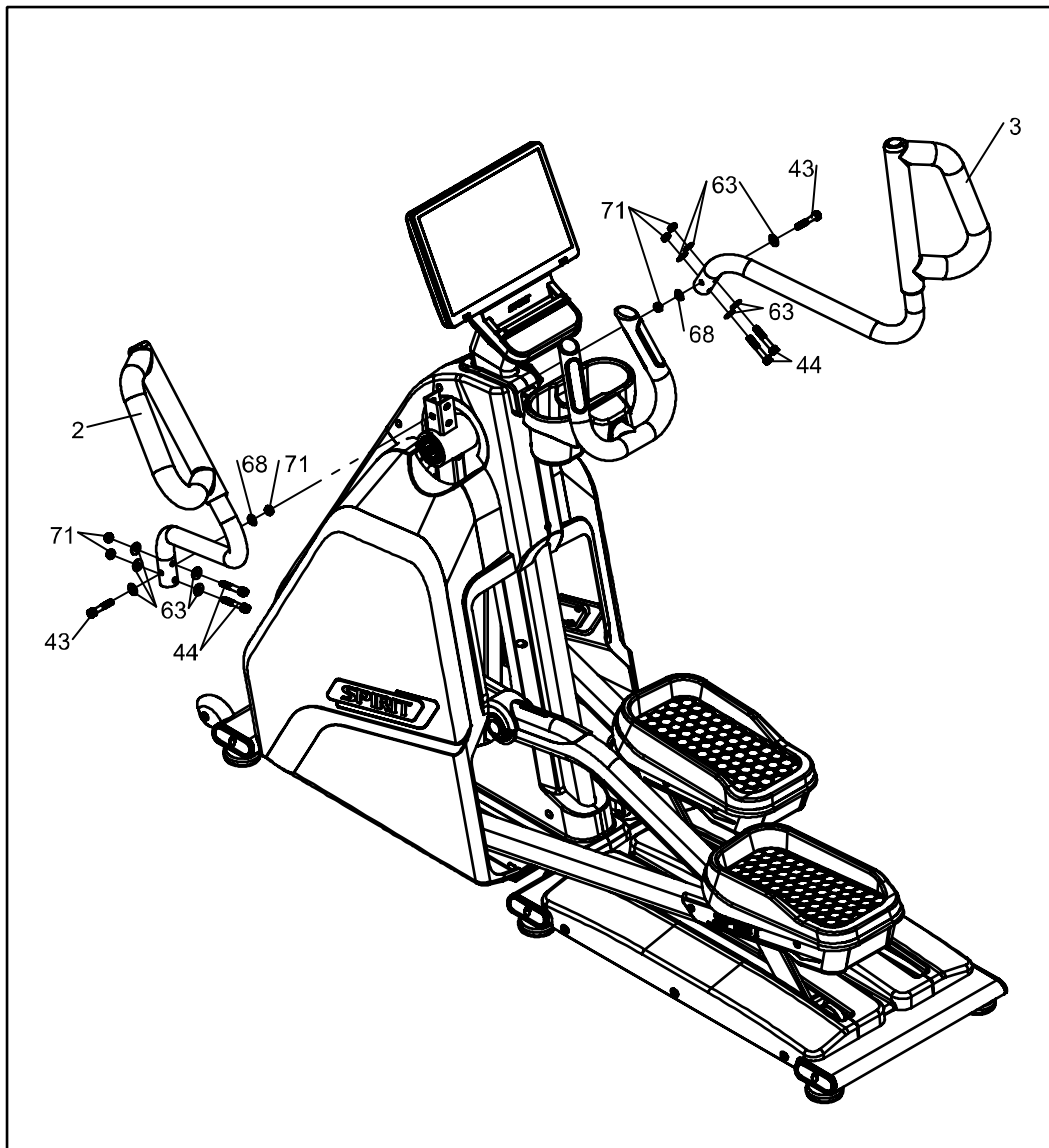
## STEP 2-1

1. Take out the CONSOLE HOLDER(151), and use L ALLEN WRENCH (132) & M8 (150) to screw the console holder on the console mast.
2. Please take the HR connector & 20pin connector through the hold of console holder. And use PHILLIPS HEAD SCREW DRIVER (131) & M5 SCREW (156) to screw the KEYPAD SET(98) on the CONSOLE HOLDER(151).



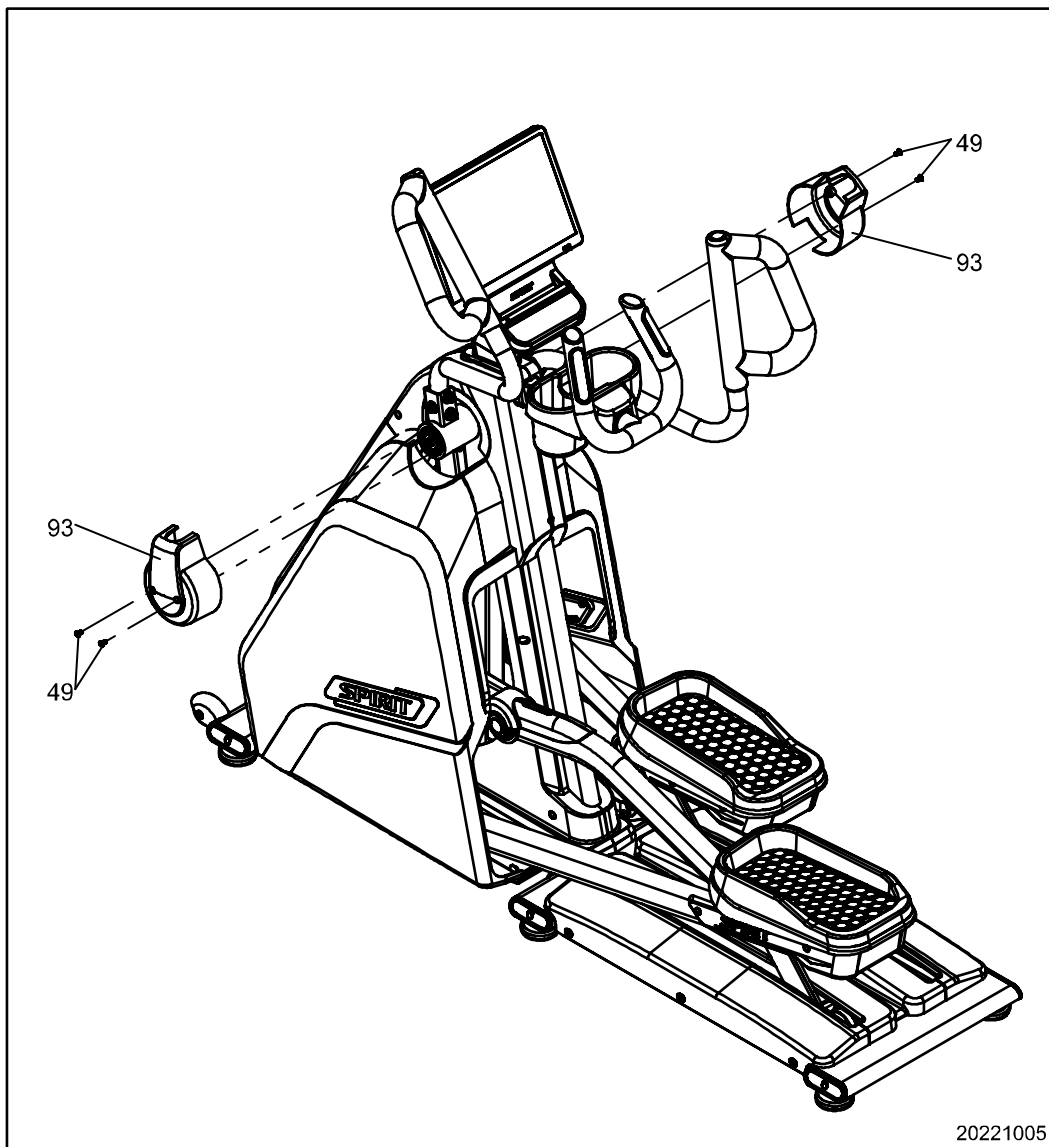
## STE P 2-2

1. Install 2 U-NUTS (78) to LEFT CONSOLE MAST COVER (100).
2. Attach CONSOLE MAST COVERS (100 & 101) to MAIN FRAME (1) using 2 SHEET METAL SCREW (47). Use 2 SCREWS (156) to connect covers to each other.
3. Use PHILLIPS HEAD SCREW DRIVER(131) & M5 SCREW(78) to assemble the CONSOLE MAST COVER(R) (101) with CONSOLE MAST COVER(L) (100)
4. Connect the 20pin connector with CONSOLE(111). And Use PHILLIPS HEAD SCREW DRIVER(131) & M5 PHILLIPS HEAD SCREW (156) to screw CONSOLE(111) on CONSOLE HOLDER(151).
5. Use PHILLIPS HEAD SCREW DRIVER(131) & M5 PHILLIPS HEAD SCREW (156) to set up the CHIN COVER (FRONT) (91) and CHIN COVER(REAR) (92) on the console mast.



## STEP 3

1. Install LEFT SIDE HANDLEBAR (2) to SWING ARM (12).
2. First install 2 longer BOLTS (44) with a WASHER (63) on both sides of SWING ARM (12) and a NUT (71). Do not tighten yet.
3. Then install 1 SHORTER BOLT (43) with a WASHER (63) through the SWING ARM (12) and CROSSTRaining HANDLEBAR (2), using a CURVED WASHER (68) and a NUT (71) on the back side.
4. Tighten after all hardware is installed.
5. Repeat process for RIGHT SIDE HANDLEBAR (3).



## STEP 4

1. Attach left SWING ARM HINGE COVER (93) to SWING ARM (12) using 4 SCREWS(49).  
Repeat for right side.

# Getting on / off your Elliptical

## **IMPORTANT**

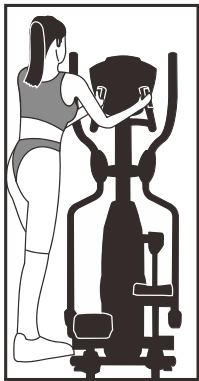
The elliptical comes with two Dual Action Handles and a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the elliptical.

First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

**Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.**

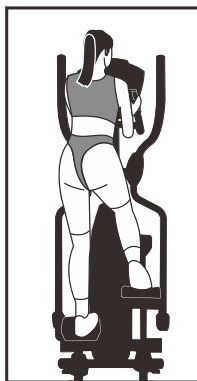
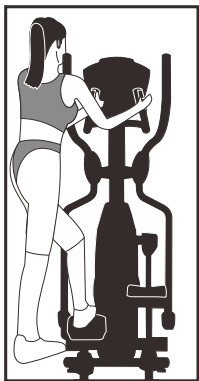
Caution should always be taken when getting on and off any exercise machine.  
Please follow the safety steps below.



Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.



## **Important**

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

## Correct Position



Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.



The elliptical can be used in forward or reverse motion.



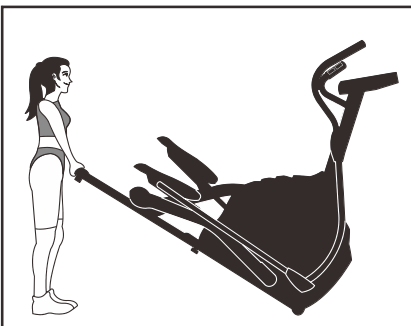
When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.

## **MOVING YOUR ELLIPTICAL**

The elliptical can be easily moved.



1. At the rear of the machine squat down and grasp the rear stabilizer bar.



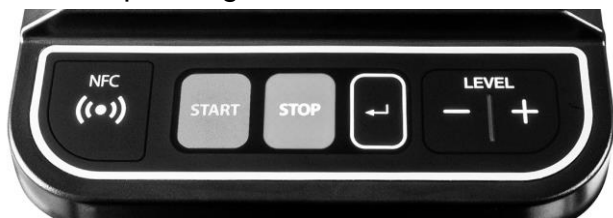
2. Lift the rear of the machine using your legs until the wheels in the front engage with the ground.

# CONSOLE OPERATION



## Starting the operation

- Plug in the power cord at the front of the bike.
- When the power cord is plugged in the screen will show the initial image and then enter the ready mode which is the beginning of the bike operation.
- Main Home page: Begin operation by touching the icons.
- Quick operating buttons are convenient for basic elliptical functions.





## QuickStart

- Press **Start** button and the console starts the Quick Start program. Press **Level** “+/-” buttons to change to the resistance level you desire.
- Press **Stop** button to stop the program.

## Featured functions of this elliptical

The Touch-control screen is used for operating all functions of the elliptical. You can directly touch any key on the screen or through quick keys on the bottom to control functions. On the lower portion of the console there is the **Start** key to begin the workout, **stop** button to pause/stop programs, **Level** keys to change workload.

## Heart Rate Feature

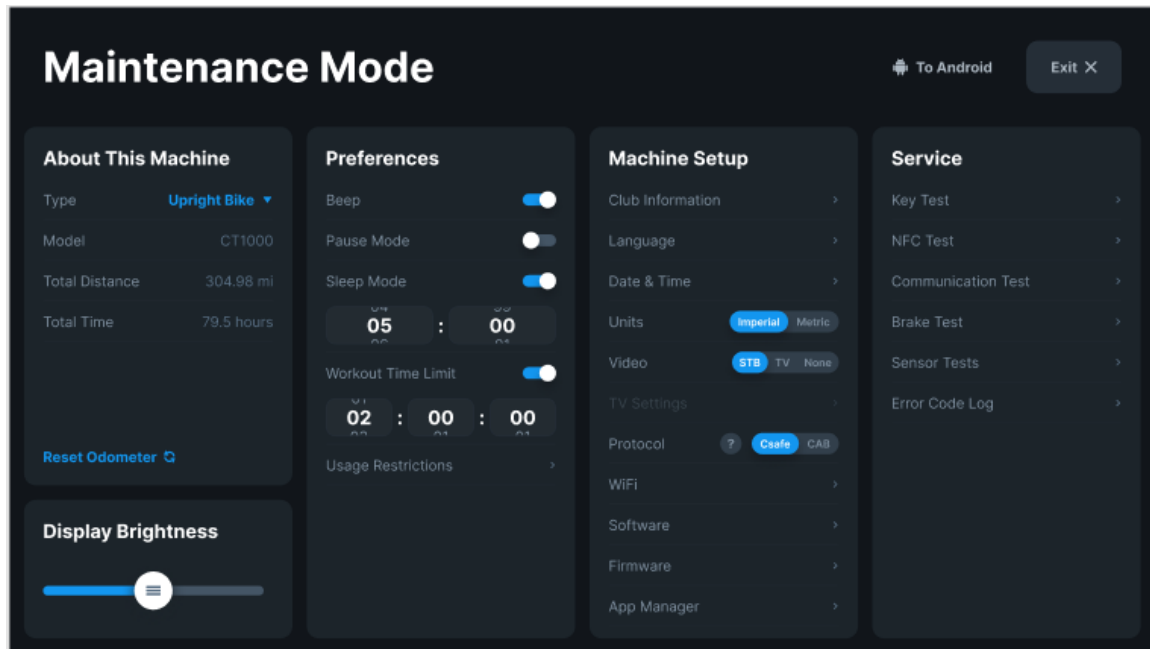
The Pulse (Heart Rate) on the screen shows the current value of your heart rate in beats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The Console will also pick up wireless heart rate transmitters that are ANT+ and Bluetooth compatible.

## Console Sleep Mode

The screen will automatically go into sleep mode after 30 minutes of inactivity. This function is called Sleep Mode. In sleep mode, the treadmill will power down everything except for a minimum of circuitry for detecting key presses, so it will start up again if this is activated. There is only a tiny amount of current used in sleep mode (about the same as your TV when it is turned off) and it is perfectly fine to leave the main power switch on in sleep mode.

## Maintenance Mode

Enter the maintenance mode from the Login page by pressing **WELCOME** 10 times to access the machine information, various settings and service procedures.

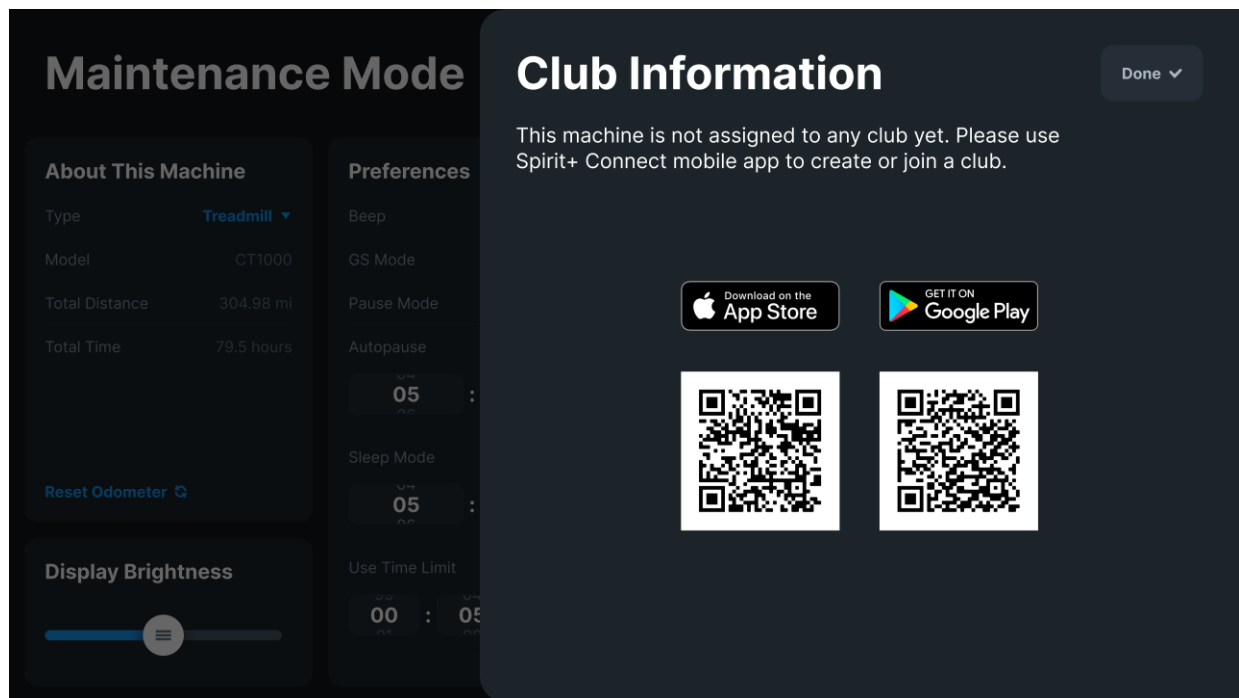


## Organization Account

Setting up a club organization account will let facility management or other personnel responsible for equipment management, to add cardio equipment to the organization account and then finally allow users to link their **Spirit+ Club** App accounts, to track their workout history and receive updates from the gym administration.

To set up an organization account, go to **Maintenance Mode / Machine Setup / Club Information** and scan the QR code on the screen to download the **Spirit+ Connect** app. Register on the mobile app and assign the machine to this account: press **Add** button on the Equipment page of the app and scan the QR on the machine. Once the unit is assigned, the system will analyze its usage and keep track of all occurring errors.

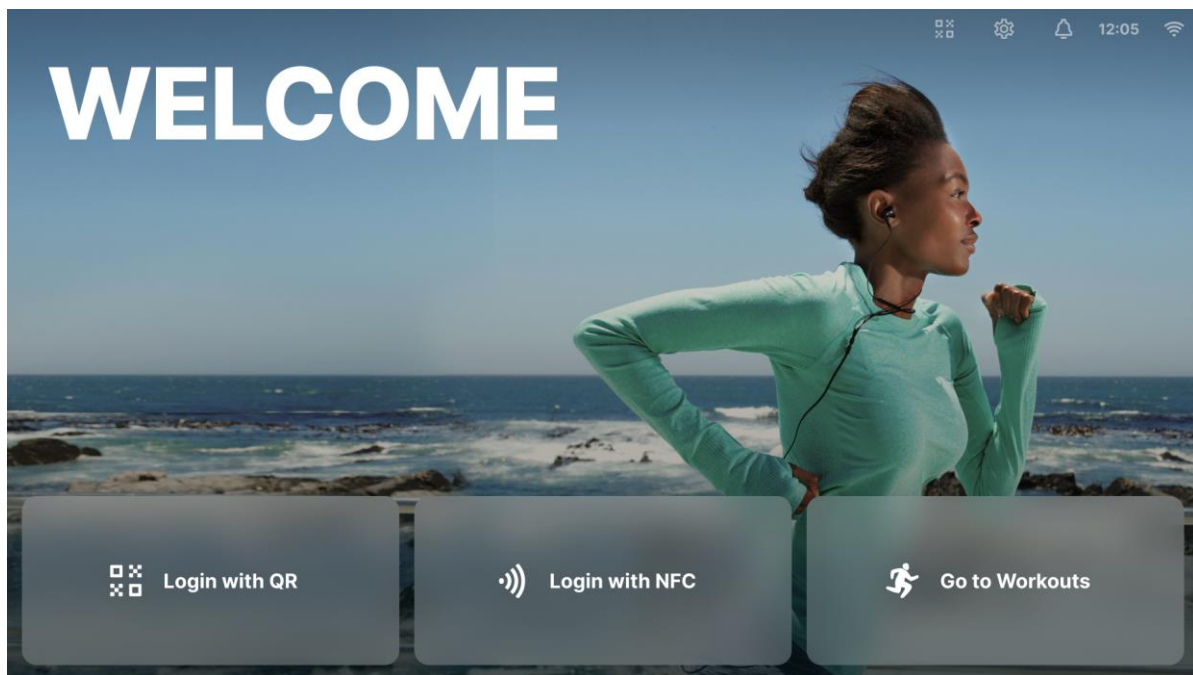
Use similar method to help customers sign in to the system. First, new gym members must install the **Spirit+ Club** app on their smartphones and create an account. Use **Spirit+ Connect** app to give them access: press **Add** button on the **Members** page and scan the QR code on their **Spirit+ Club** app; or present the club's QR code for them to scan.



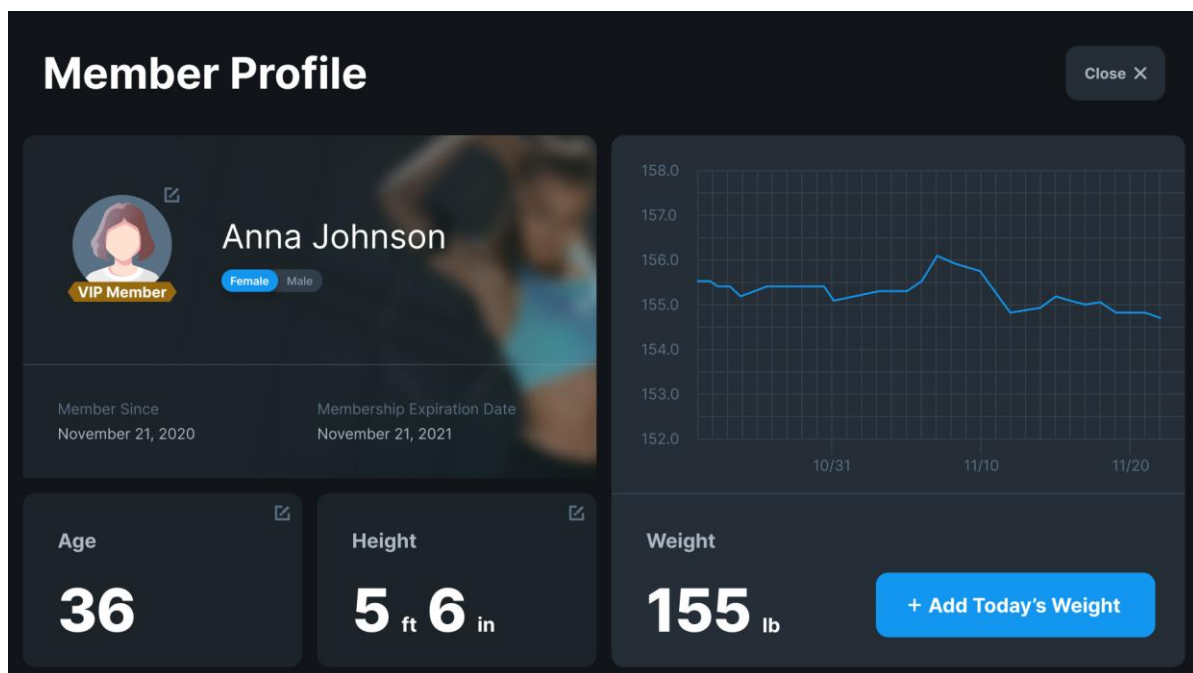
## Users & Guests

When starting operation of the equipment, members can choose to either log in or enter guest mode. The QR code login method is available for members once added by an administrator via **Spirit+ Connect** app.

Guest mode gives users access to all the programs, but their workout data is anonymous and cannot be reviewed later.

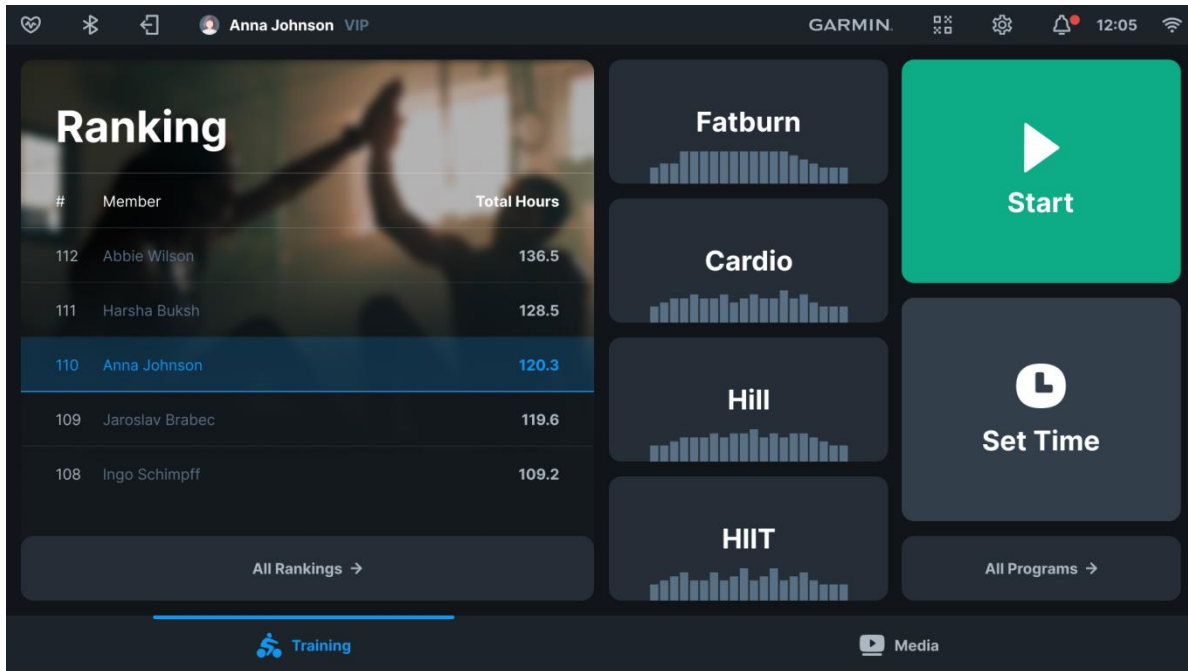


Authorized users can access their profile on both **Spirit+ Club** app and the machine console. Press on the username in the status bar to open it. Users can change avatars and edit personal information here.



# Basic Operation & Home Page

The console interface is divided into two main sections: **Training** and **Media**. Training section is focused on workout data and controls, while Media offers various entertainment options for an exercising user. Use the tab bar on the bottom of the screen to switch between the two sections before, during or after the workout.



Training section's main screen includes a ranking list and some of the most common workout choices, such as Quick Start, a timed workout, or popular programs. A workout can be started by either pressing **Start** button on the screen or using the physical **Start** key on the console.

Joining the ranking is optional and is only offered to authorized users when they log in for the first time. More ranking-related information can be accessed by pressing **All Rankings**.

Guest users are prompted to input age and weight instead, so that the machine could calculate calories based on real data.

The screenshot shows the 'Ranking' screen for the date 06/2021. At the top, there is a status bar with various icons: a heart rate icon, a Bluetooth icon, a QR code icon, a gear icon, a bell icon, the time 12:05, and a Wi-Fi icon. Below the status bar, the 'Ranking' title is displayed along with a 'Back' button. To the right of the title are four filter buttons: 'Time' (selected), 'Speed', 'Power', and 'Calories'. The main content is a table with the following columns: '#', 'Member', 'hours', 'mph', 'watts', and 'cal'. The table lists members from rank 114 to 120. Anna Johnson is highlighted in the 116th position. At the bottom of the screen, there are two tabs: 'Training' (selected) and 'Media'.

#	Member	hours	mph	watts	cal
114	A. Wilson	1:02:21	10.17	140.5	15.5K
115	Jumaima	1:02:11	10.16	139.5	15.4K
116	Anna Johnson	1:01:25	10.15	134.2	15.4K
117	Ingo S.	1:01:04	10.14	127.0	15.2K
118	Jaroslav	1:00:25	10.13	113.8	15.0K
119	A-Malakooti	59:32	10.12	112.7	14.5K
120	Juan-Jose	58:31	10.11	110.2	14.2K

Various tools and settings are available in the status bar on the top of the screen:



press the **WiFi** icon to open WiFi settings



press the **Bell** icon e-mail Inbox from club



press the **Gear** icon to change language or units of measurement



the **QR code** icon displays the machine's QR code



press on the Username to check your user profile



to pair a Garmin device, press on the **Garmin logo** (see details in **Garmin Pairing**)



to pair a Bluetooth device, press on the **Bluetooth** icon



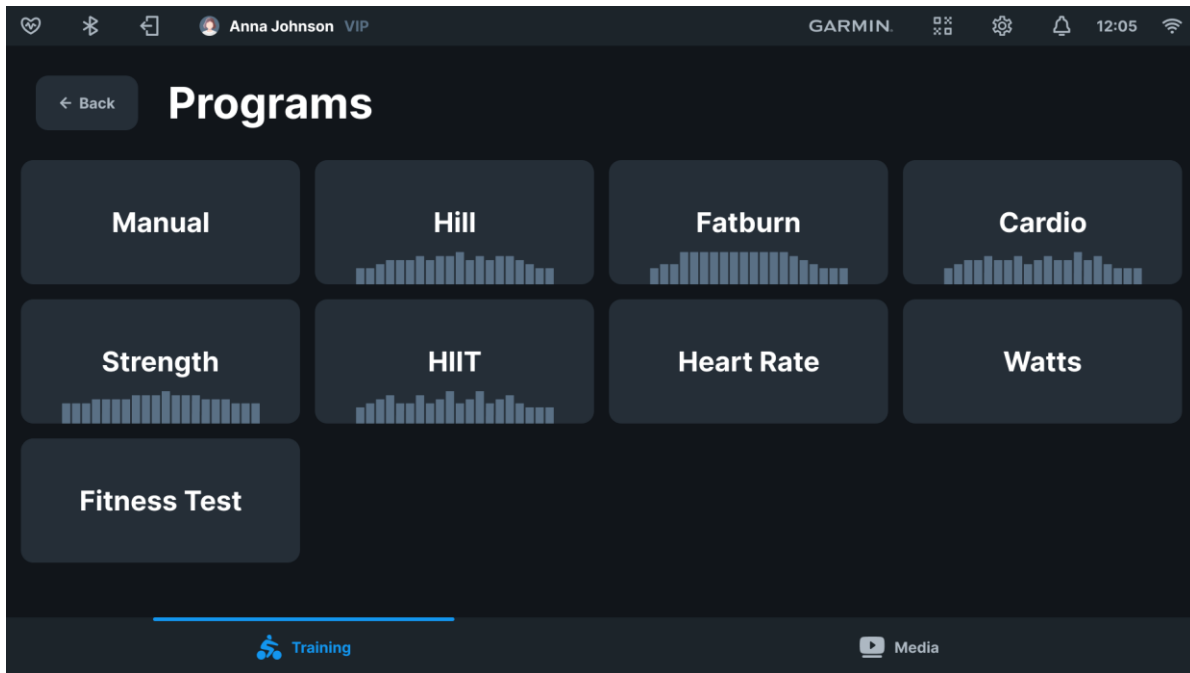
to pair a heart rate measuring device, select the **Heart Rate** icon



press the **Exit** button to go back to the Login screen.

## Programs

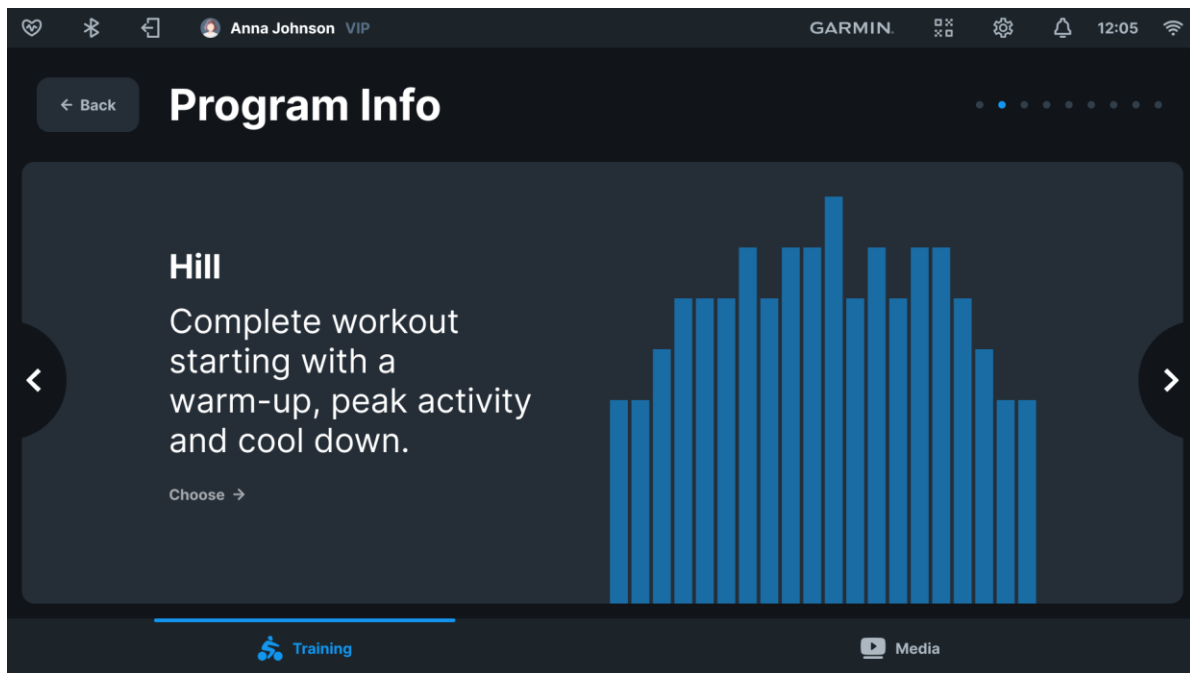
Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.



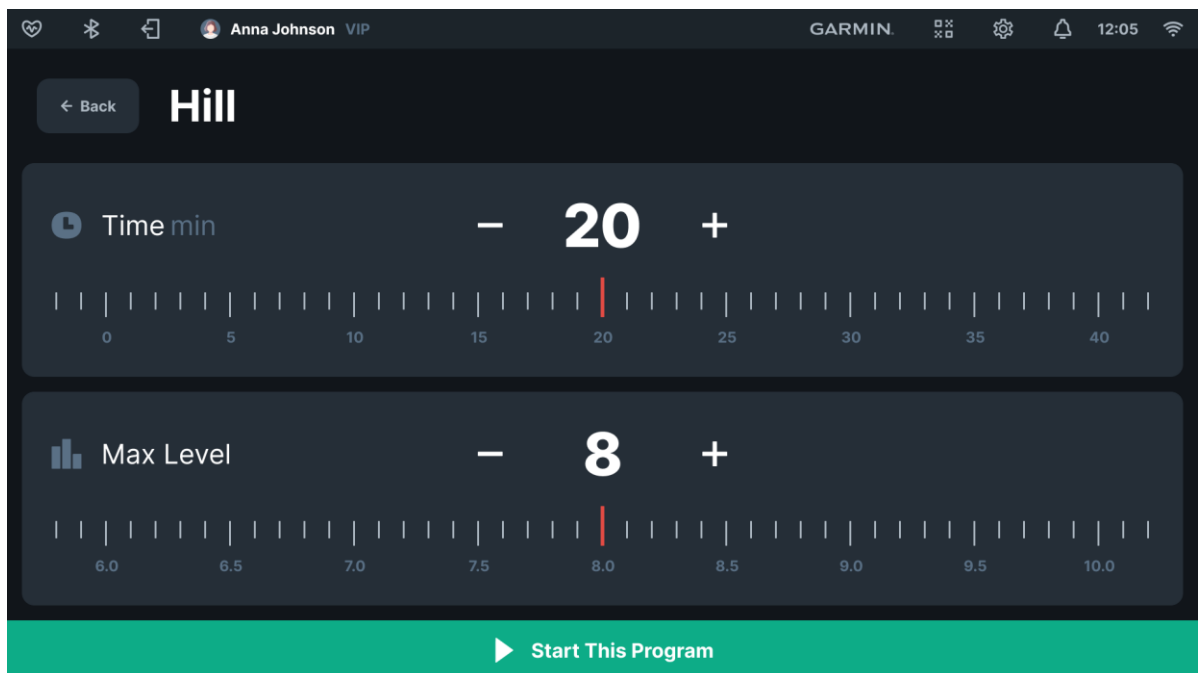
Tap on a program to learn more about it in the **Preview Mode**. Here, scroll between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen.

To see Fitness Tests, press **Fitness Tests**.

Tap on the program card once again to enter the **Program Setup** page.



Program Setup page allows users to customize their workout. To change the value, drag the scale, use **Plus & Minus** buttons, or tap on the number for a direct input. Different programs offer different parameters to adjust. Adjusting the parameters to personalized levels and values will achieve more accurate workout results as opposed to using program defaults.



Press **Start This Program** button to start the workout with selected parameters.  
Press **Back** to return to program selection.

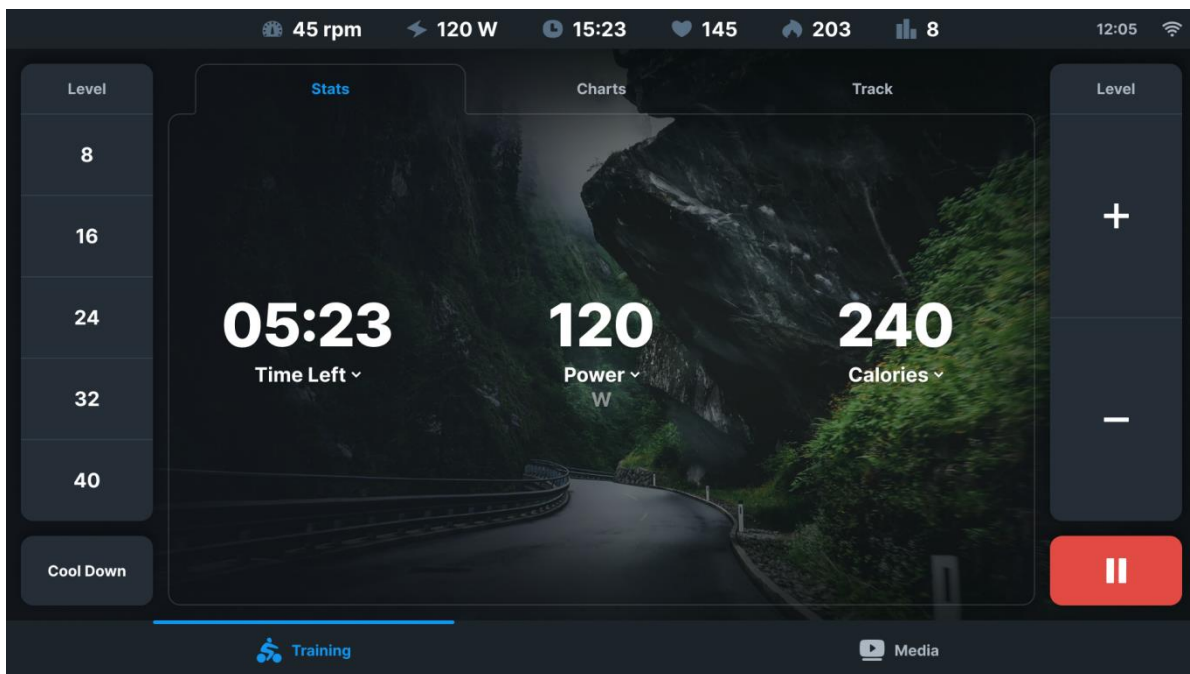


## Workout Mode

Workouts begin in the **Training Screen** displaying, and exercise starts with time counting. Use panels on the left and right sides of the screen to control **Level** accordingly.

Choose between three workout views (**Stats**, **Charts** and **Track**), or go to the **Media** section for entertainment content.

While in the Media section, Control requires the use of the physical keys to control **Level**.

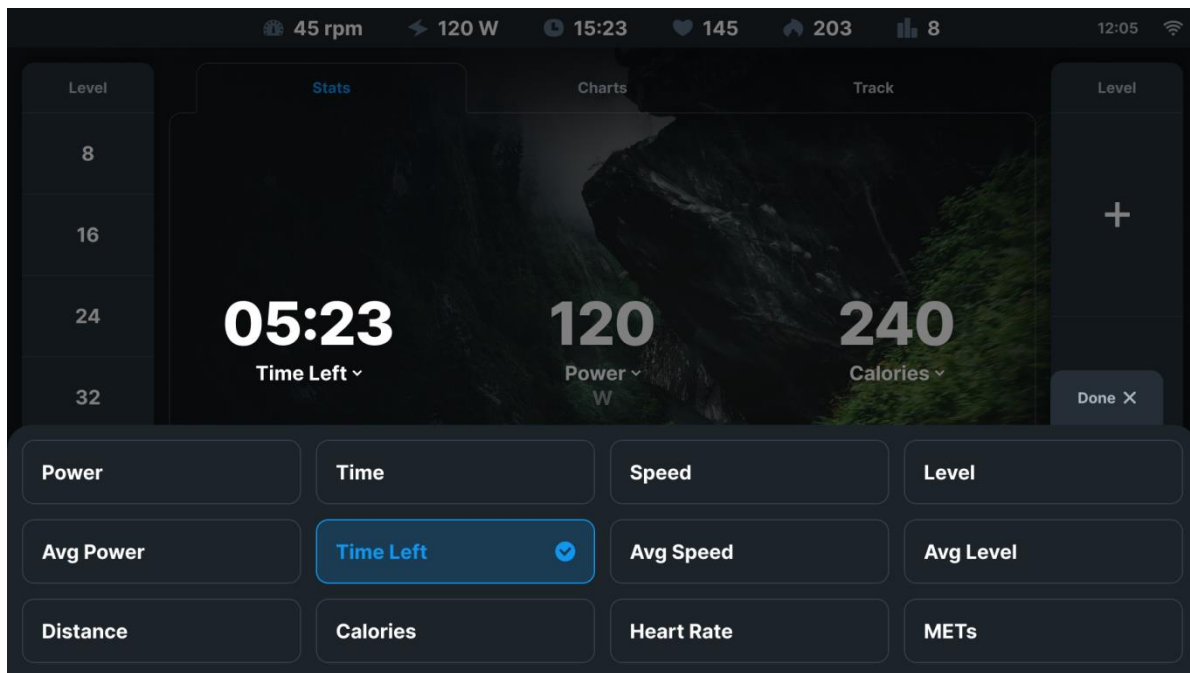


Performance metrics displayed in the **Stats** view can be customized; press on the number and select your preferred option. Metrics displayed include Power, Time, Speed, Level, Average Power, Time Left, Average Speed, Average Level, Distance, Calories, Heart Rate, METs.

Performance metrics displayed in the **Charts** view is level.

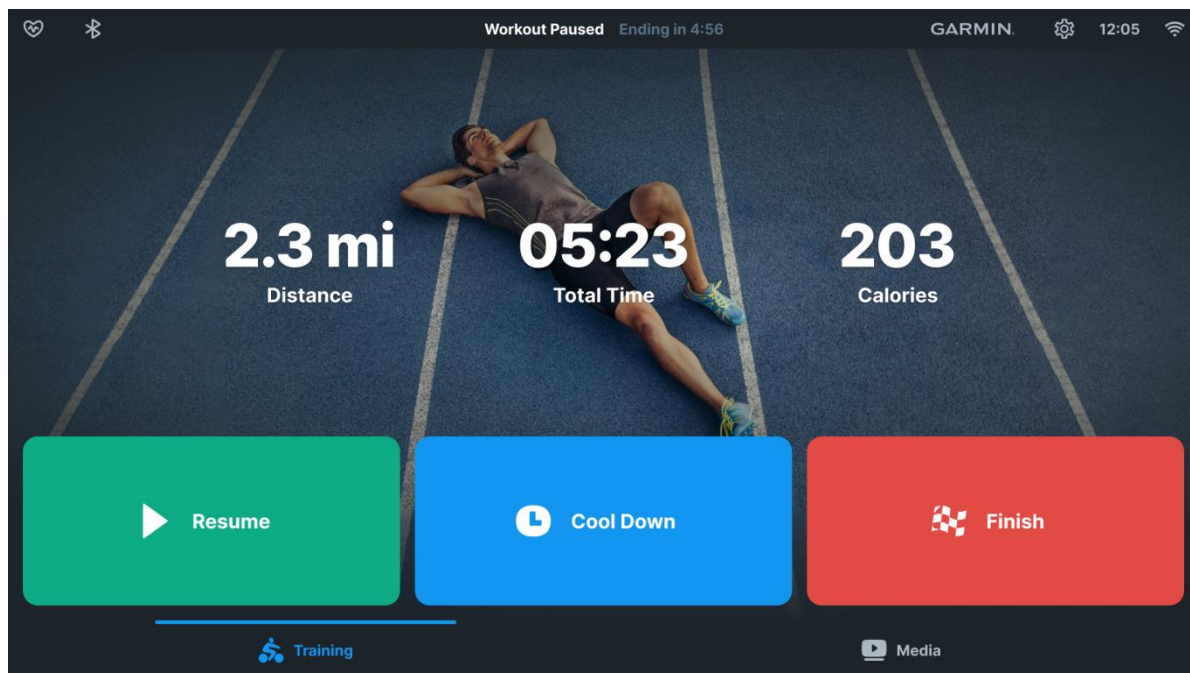
Performance metrics displayed in the virtual **Track** view are Laps completed and Distance.

Workout data will continually be displayed at the top of the touchscreen, regardless of if viewing the **Training Screen** or **Media**. Performance metrics displayed are RPM, Watts, Time, Heart Rate, Calories, and Level.



Ending the workout can be done on the physical console or on the touchscreen.

To end your workout, press **STOP** button on the console once, or tap on the **Pause** icon in the bottom right corner of the workout screen, then press **Finish**.

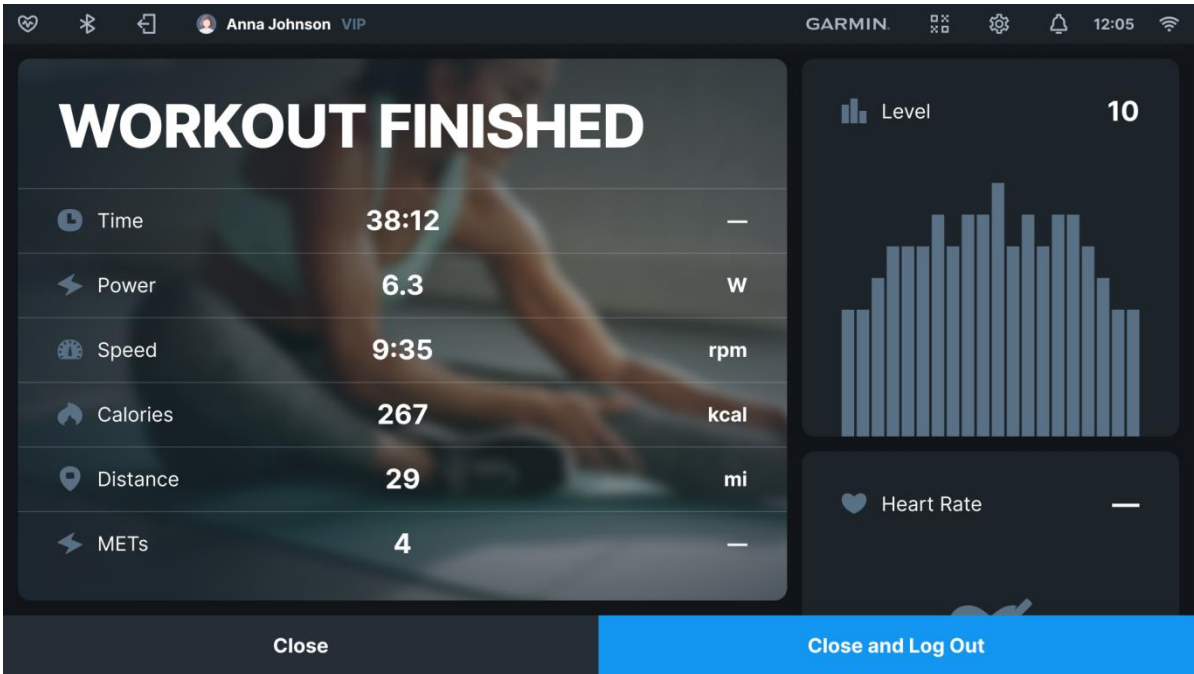


Tapping the **Pause** icon will pause the elliptical workout and timer for 5:00 minutes. **Workout Paused** will continually be displayed at the top of the touchscreen in addition to a countdown timer.

To **Resume** workout, tap on the **Resume** icon and the elliptical manual workout will restart at level 1 and the timer when paused. If elliptical is running a console program, tapping the **Resume** icon will restart the elliptical at the level and timer dictated by the program when paused.

To enter **Cool Down**, tap on the **Cool Down** icon and the elliptical level will decrease to level 1. **Cool Down** will continue for 3 minutes or until the **Finish** icon is pressed.

To **Finish** the workout, tap on the **Finish** icon and the level will decrease to level 1 and the **Workout Finished** screen will display.



When the workout is over, the workout summary will pop up. Slide up & down on the right side of the screen to see all available charts.

Workout data displayed includes Time, Power, Speed, Calories, Distance, and METs.

# Media

Press on the **Media** tab on the bottom of the screen to access various apps, television, and casting from your smartphone. Stable internet connection is required for all of the above, except Wirecast function.



To open an app, tap on its icon. Select from news, video and game content. Users do not have to log out when they have finished their workout: it happens automatically. Remember to check for updates regularly: access **Maintenance Mode/ App Manager** for managing all third party apps.

Users can access TV channels if television has been set up beforehand in the **Maintenance Mode** by gym staff. For **TV settings**, go to **Maintenance Mode**, enable the **TV Settings** section by switching **Video** format to **TV**, then press **TV Settings**.



Customers are allowed to choose either **Miracast** or **Wirecast** to transfer their own entertaining content from their smartphones to the console screen. To get familiar with the procedure, press **How It Works** and follow the instructions provided on the screen.

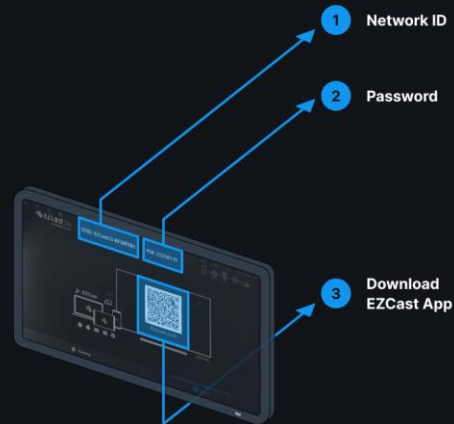
## How to Use Miracast

Close X

**Step 1** Open WiFi settings on your phone and connect to the console by selecting the same network ID as the one specified on the top of the Miracast page. Use the password displayed on the console.

**Step 2** On your phone, run the Screen Mirroring function (the name may vary depending on the OS) and select the same ID once again to start mirroring.

If your smartphone has no built-in mirroring function, scan the QR code to download the EZCast app.



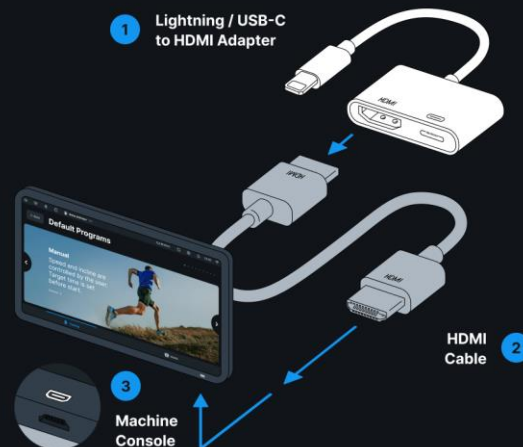
## How to Use Wirecast

Close X

**iPhone** Use a Lightning to HDMI adapter and an HDMI cable to connect your phone to the machine console.

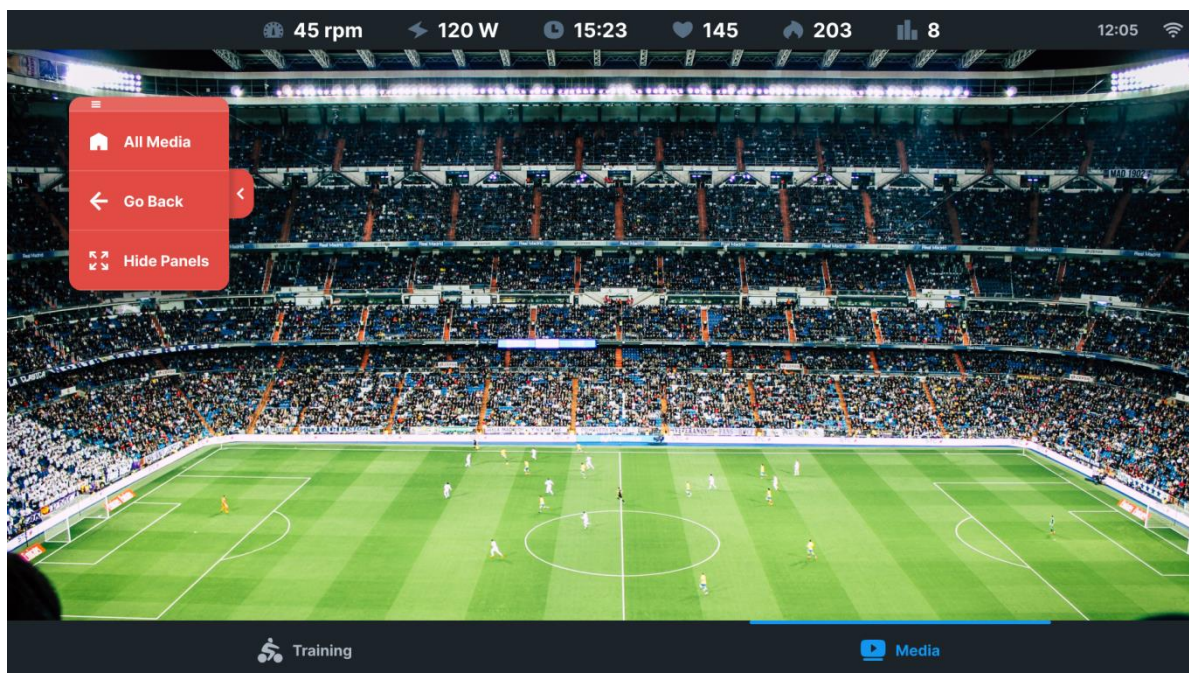
**Android Phone** Use a USB-C to HDMI adapter and an HDMI cable, or a direct USB-C to HDMI cable to connect your phone to the machine console. Make sure your Android smartphone supports video output over USB-C.

The HDMI port is located in the right corner of the machine console's underside.



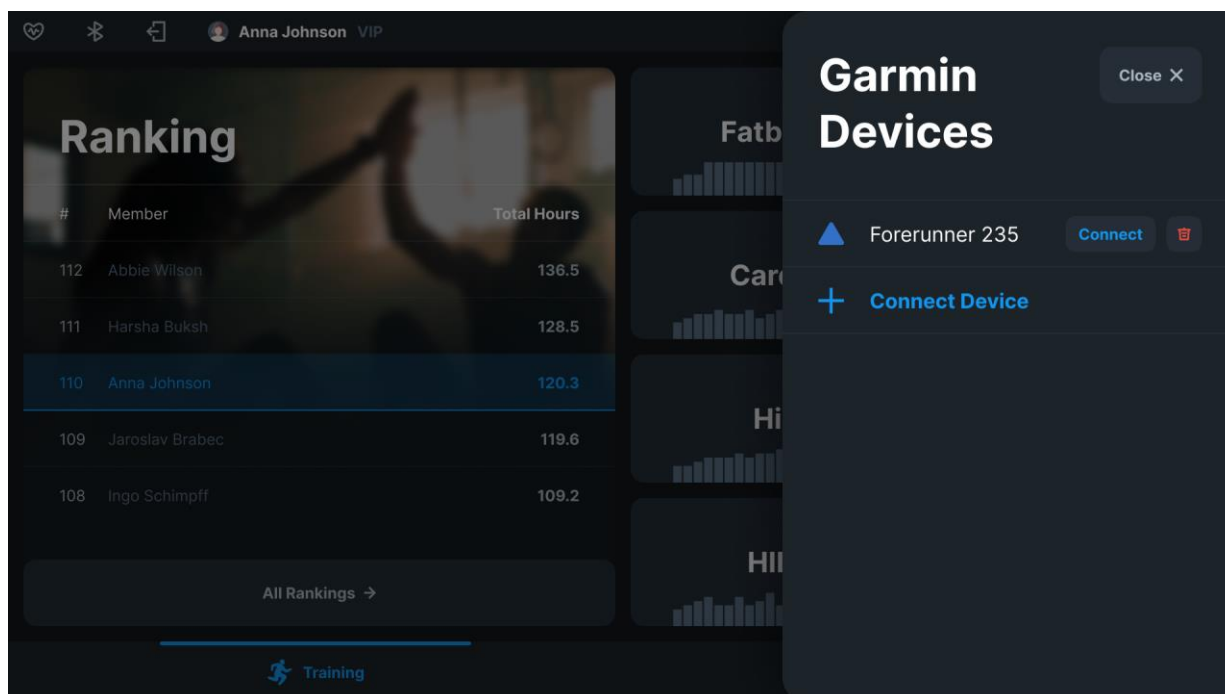
Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. **Press Hide** Panels to enter the full screen mode without stats on the top and tabs on the bottom and **Show Panels** to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press **All Media** to go back to the content sources selection.



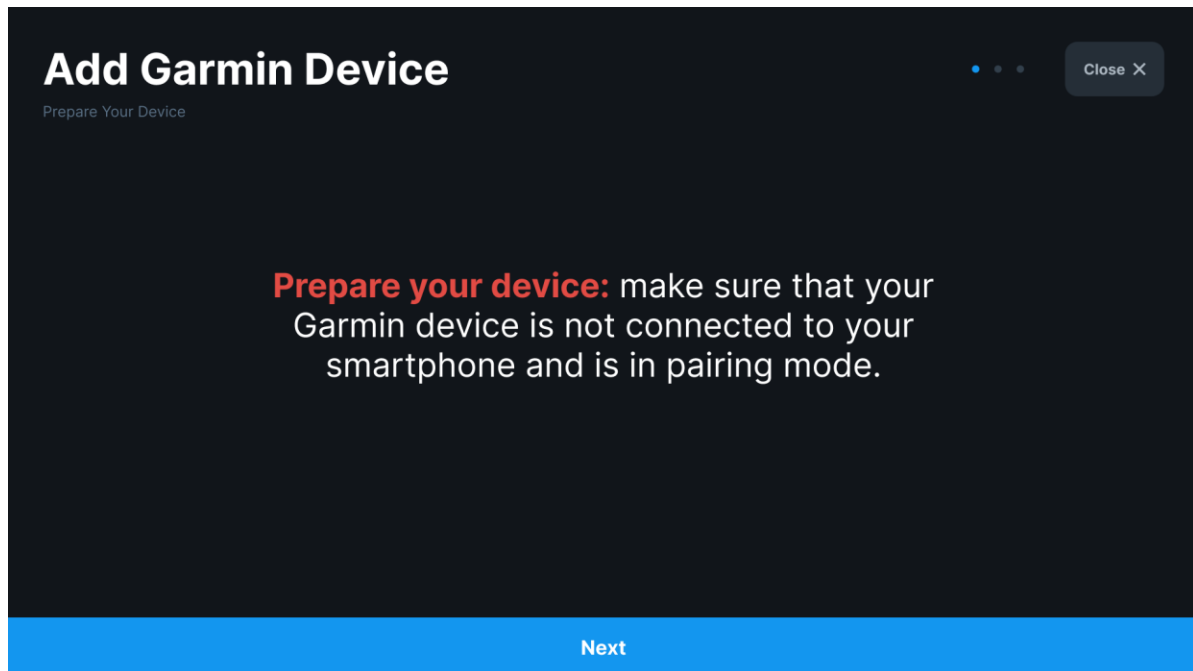


## Garmin Pairing

To connect to a Garmin device, one must first pair it with the console. Press on **Garmin Logo** in the status bar, then **Connect Device** button to run the pairing flow.



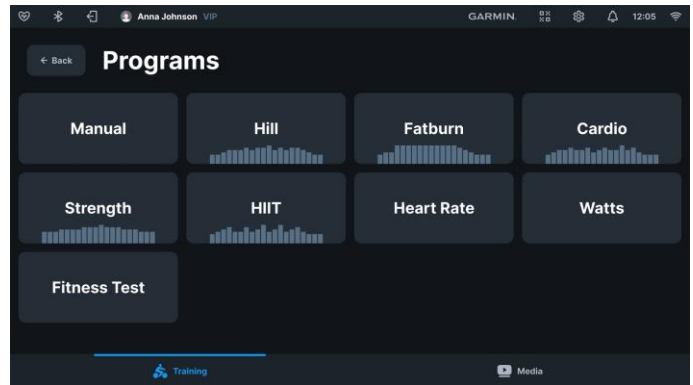
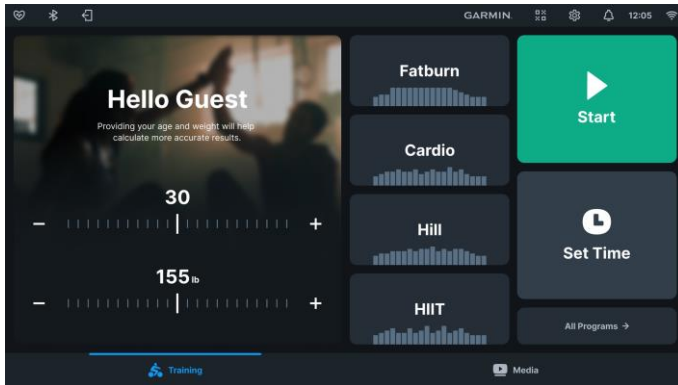
Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.





# PROGRAMS INTRODUCTION

The Spirit Fitness CE1000ENT console offers 8 preset programs (Manual, Hill, Fatburn, Cardio, Strength, HIIT, Heart Rate, Watts) and one Fitness Test.



## Program Selection

- Choose from featured programs on the home page, or press “All Programs” to access all available programs. If you are a guest user or logged in for the first time, it is recommended to input your age and weight: this data may affect the course of the program.
- Tap on a program card to see the program description & pattern. Slide left and right, or tap on the arrow buttons on the sides of the screen to switch between programs. Once you have made your choice, tap “Choose” to go to program setup page.
- Depending on the program you have selected, you will be prompted to set certain parameters. To adjust the value, you can drag the ruler, tap on the “+” and “–” buttons, or open the numeric keyboard by tapping on the number.
- Press “Start” button on the bottom of the screen to begin your workout. For some programs, there will be a 3-minute warm-up. You can skip it by pressing “Skip Warm-up” on the console screen.

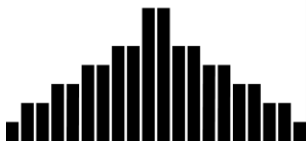
## Manual Program

To access the **Manual** program, press “Set Time” on the home page. Set your target time before start, then adjust the resistance level manually at any time of the workout.

## Preset Programs Level Settings

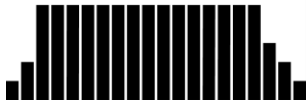
**Hill, Fatburn, Cardio and Strength** programs follow a preset resistance changing pattern. The built-in level of difficulty for each segment of the program is shown in the chart below. However, if you change the maximum level on the program setup page before start, all segments throughout the program will be adjusted proportionally.

Program	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	1	2	2	3	3	4	4	5	5	7	7	5	5	4	4	3	3	3	2	1
Fatburn	1	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2	1
Cardio	1	2	3	5	6	7	6	6	6	7	6	5	6	7	6	5	6	5	2	1
Strength	1	2	2	3	3	4	4	5	5	6	7	7	8	8	8	8	8	6	4	1



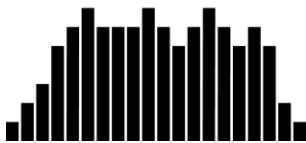
### Hill

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



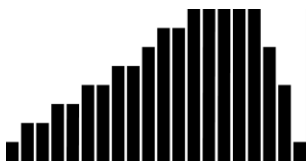
### Fatburn

As the name implies, the **Fatburn** program is designed to maximize the burning of fat. The best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



### Cardio

The Cardio program is designed to increase your cardiovascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



### Strength

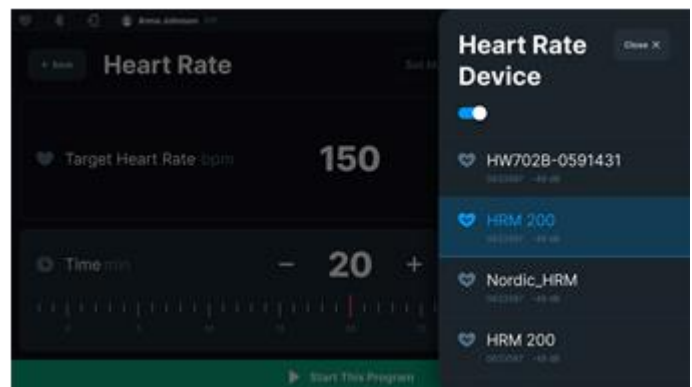
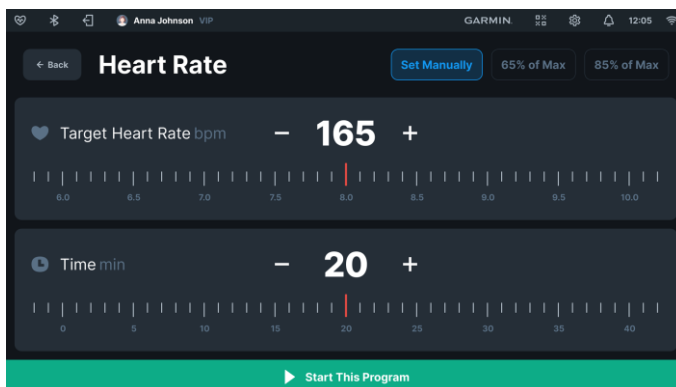
This program is designed for building strength and muscular endurance in the lower body and glutes.

## HIIT Program

In the **HIIT**, also known as “High Intensity Interval Training”, one performs short bursts of high intensity followed by rest periods. It is a fully customizable workout program, that allows you to set the number, intensity and duration of rest and sprint intervals. The program starts with a 3-minute warm-up at the 50% of your sprint level.

## Heart Rate Program

In the **Heart Rate** program, the machine uses the resistance level to control your heart rate. The resistance gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal.



On the program setup page, you can either set the target bpm directly by using a slider, or select 65% or 85% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, please make sure you have let the machine know how old you are, otherwise the calculations will be based on the default value.

A heart rate measuring device is required for this program. To pair, tap on the heart-shaped icon in the status bar on the top of the screen, then select your device from the list.

## Watts (Constant Power)

**Watts** is a computer-controlled constant power program where resistance level adjusts automatically based on changes in your movement speed. The constant power value is customizable and can be set on the program setup page right before start.

## FitnessTest

The fitness test is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 and 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test, or if your heart rate is between 110 bpm and 85% at the end of the two consecutive stages. At the end of the test your VO<sub>2</sub> max score will be displayed on the console. VO<sub>2</sub> max stands for Volume of Oxygen uptake, which is a measurement of how much oxygen you need to perform a known amount of work.

The YMCA protocol uses two to four 3-minute stages of continuous exercise (see charts below). Make sure to input your age and gender; this information will determine the results of your test.

### Male & Fit Female

Stage # 1	Watts	50								
	Kg-m/min	300								
Stage # 2	Heart Rate	< 90			90 — 105			> 105		
	Watts	150			125			100		
	Kg-m/min	900			750			600		
Stage # 3	Heart Rate	<120	120—135	>135	<120	120—135	>135	<120	120—135	>135
	Watts	225	200	175	200	175	150	175	150	125
	Kg-m/min	1350	1200	1050	1200	1050	900	1050	900	750

### Female & Non-Fit Male

Heart Rate	< 80	80 — 90	90 — 100	> 100
Stage #1	25 W			
	150 kg-m/min			
Stage #2	125 W	100 W	75 W	50 W
	750 kg-m/min	600 kg-m/min	450 kg-m/min	300 kg-m/min
Stage #3	150	125	100	75
	900 kg-m/min	750 kg-m/min	600 kg-m/min	450 kg-m/min
Stage #4	275	150	117	100
	1050 kg-m/min	900 kg-m/min	700 kg-m/min	600 kg-m/min

## Before The Test

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Pair a heart rate monitoring device: the console must be receiving a steady heart rate signal for the test to begin.

## During The Test

- Maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a beeping sound until you are within this range.

## After The Test

- Cool down for 1 — 3 minutes.
- When using a guest mode, remember to take note of your score after the test is finished; workout history is only available for logged in users with the Spirit Club app.

## VO<sub>2</sub> Max Score Chart

### Male & Fit Female

Age	Excellent	Good	Above Average	Average	Below Average	Poor	Very Poor
18 — 25	>60	52 — 60	47 — 51	42 — 46	37 — 41	30 — 36	<30
26 — 35	>56	49 — 56	43 — 48	40 — 42	35 — 39	30 — 34	<30
36 — 45	>51	43 — 51	39 — 42	35 — 38	31 — 34	26 — 30	<26
46 — 55	>45	39 — 45	36 — 38	32 — 35	29 — 31	25 — 28	<25
56 — 65	>41	36 — 41	32 — 35	30 — 31	26 — 29	22 — 25	<22
65+	>37	33 — 37	29 — 32	26 — 28	22 — 25	20 — 21	<20

### Female & Non-Fit Male

Age	Excellent	Good	Above Average	Average	Below Average	Poor	Very Poor
18 — 25	>56	47 — 56	42 — 46	38 — 41	33 — 37	28 — 32	<28
26 — 35	>52	45 — 52	39 — 44	35 — 38	31 — 34	26 — 30	<26
36 — 45	>45	38 — 45	34 — 37	31 — 33	27 — 30	22 — 26	<22
46 — 55	>40	34 — 40	31 — 33	28 — 30	25 — 27	20 — 24	<20
56 — 65	>37	32 — 37	28 — 31	25 — 27	22 — 24	18 — 21	<18
65+	>32	28 — 32	25 — 27	22 — 24	19 — 21	17 — 18	<17

# TARGET HEART RATE

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 train, you must first determine your Maximum Heart Rate. This can be accomplished by using 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 your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$  (maximum heart rate)  
 $180 \times .65 = 117$  beats per minute (65% of maximum)  
 $180 \times .85 = 153$  beats per minute (85% of maximum)

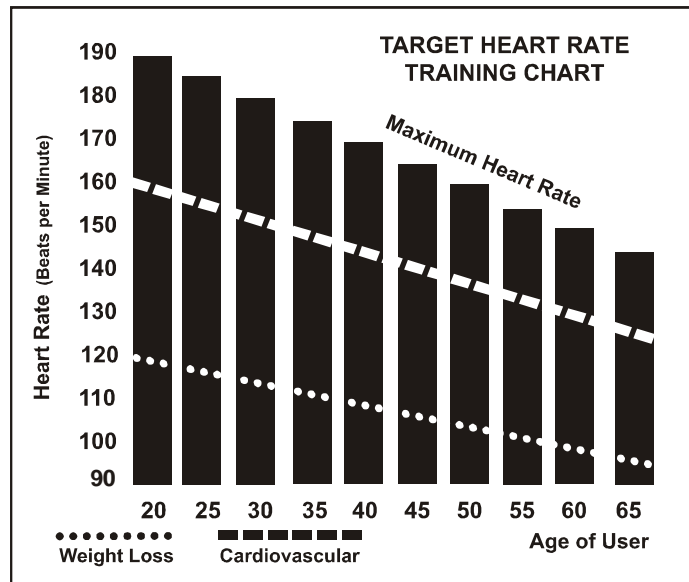
So, for a 40 year old the training zone would be 117 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate 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 Maximum Heart Rate 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 85% or 65%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control elliptical you may use the heart rate monitor feature without using the Heart Rate Control program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

**”WARNING”** Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.



to  
the

# RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

## Rating Perception of Effort

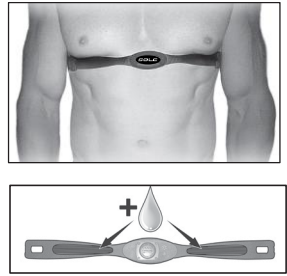
- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

# 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 body 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 immediately 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 immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



## ERRATIC OPERATION

**Caution!** Do not use this elliptical 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. Elliptical is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems. .
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.**

## GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
  - 1) The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
  - 2) The crank arm nut and/or the pedals need to be retightened.
3. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

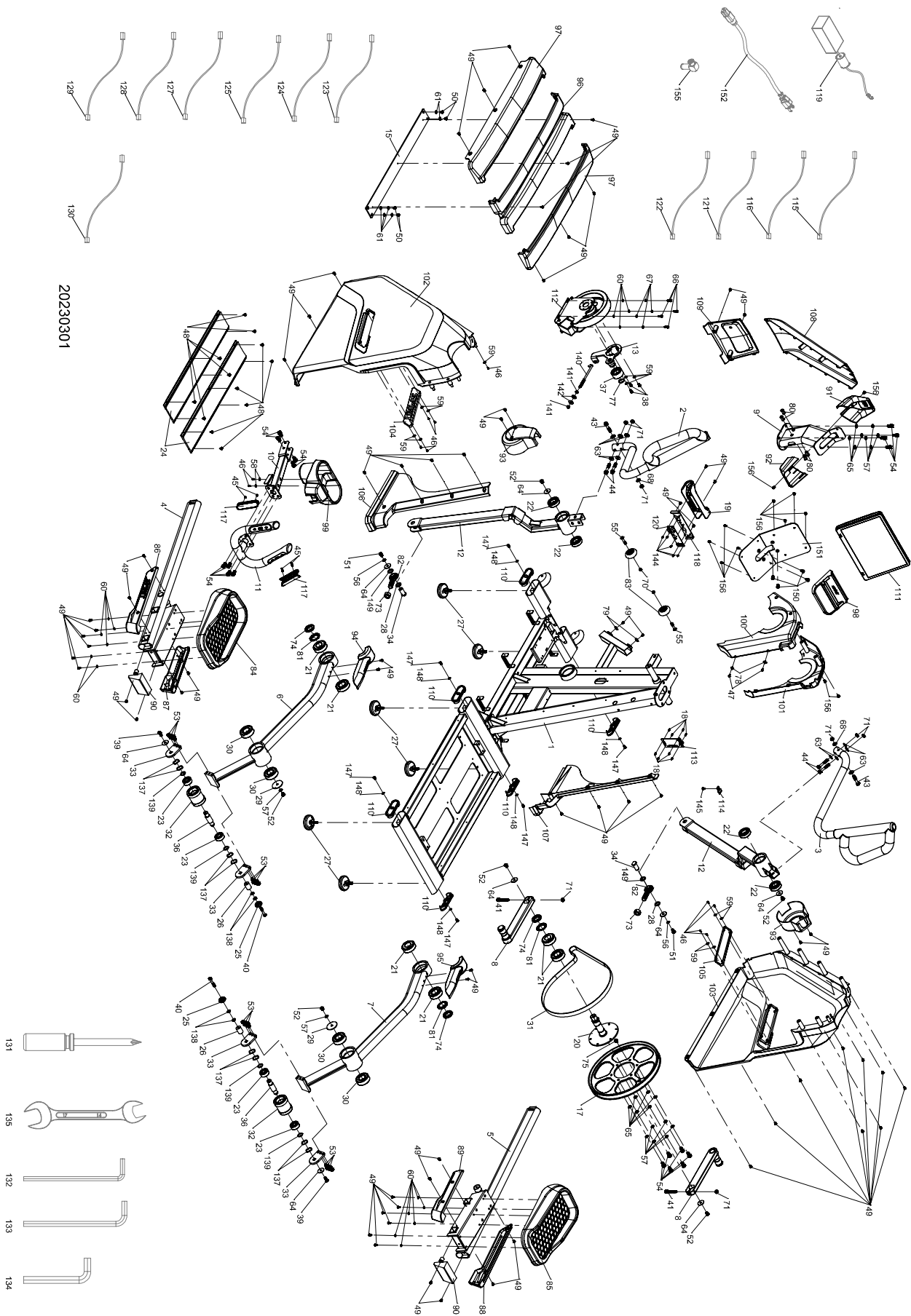
## WARNING

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

- 1) Replace defective components immediately and/or keep the equipment out of use until repair.
- 2) The components which are most susceptible to wear: Belt 、 PU wheel 、 Bearing 、 Idler.



## EXPLODED VIEW DIAGRAM



# PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Seat Handle Bar (L)	1
3	Seat Handle Bar (R)	1
4	Connecting Arm (L)	1
5	Connecting Arm (R)	1
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Crank Arm Assembly	2
9	Console Mast	1
10	Handpulse Assembly	1
11	Handpulse Assembly	1
12	Seat Handle Bar	2
13	Idler Wheel Assembly	1
15	Aluminum Track	1
17	Flywheel Pulley(Ø400×32)	1
18	Isolation Column	8
19	TVC Cover	1
20	Arbor	1
21	Ø72 × Ø35 × 24.3T_Bearing	6
22	6206_Bearing	4
23	Ø47 × Ø20 × 18T_Bearing	4
24	Rail	2
25	PU Wheel	2
26	Arbor	2
27	Foot Pad	6
28	Ø20.7 × Ø45 × 2.5T_Flat Washer	2
29	Ø59 × 3T_Wheel Cover	2
30	Ø72 × Ø35 × 23T_Bearing	4
31	Drive Belt	1
32	Transportation Wheel	2
33	Back Plate	4
34	Rod End Sleeve	2
36	Transportation Wheel Axle	2
37	Axle for Idler Wheel(30×59×28.3/13)	1
38	M5 × 15m/m_Socket Head Cap Bolt	3
39	M8 × 20m/m_Socket Head Cap Bolt	2
40	M8 × 55m/m_Socket Head Cap Bolt	2
41	M10 × 60m/m_Socket Head Cap Bolt	2
43	M10 × 55m/m_Socket Head Cap Bolt	2
44	M10 × 60m/m_Socket Head Cap Bolt	4
45	3 × 20m/m_Tapping Screw	4
46	3.5 × 12m/m_Sheet Metal Screw	11

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
<b>47</b>	5 × 16m/m_Sheet Metal Screw	2
<b>48</b>	M6 × 10m/m_Phillips Head Screw	12
<b>49</b>	M5 × P0.8 × 12L_Phillips Head Screw	69
<b>50</b>	M8 × 12m/m_Button Head Socket Bolt	4
<b>51</b>	M8 × P1.25 × 15m/m_Socket Head Cap Bolt	2
<b>52</b>	M10 × P1.5 × 15m/m_Button Head Socket Bolt	6
<b>53</b>	M10 × 20m/m_Socket Head Cap Bolt	12
<b>54</b>	M10 × P1.5 × 20m/m_Socket Head Cap Bolt	18
<b>55</b>	5/16" × 1-3/4"_Button Head Socket Bolt	2
<b>56</b>	Ø8.5 × 1.5T_Split Washer	2
<b>57</b>	Ø10 × 2T_Split Washer	12
<b>58</b>	Ø4 × 14 × 1.0T_Flat Washer	2
<b>59</b>	Ø5 × Ø15 × 1.0T_Flat Washer	12
<b>60</b>	Ø6.6 × Ø12 × 1.5T_Flat Washer	16
<b>61</b>	Ø8.5 × Ø16 × 1.5T_Flat Washer	6
<b>63</b>	Ø10 × Ø25 × 1.5T_Flat Washer	10
<b>64</b>	Ø3/8" × 35 × 2.0T_Flat Washer	8
<b>65</b>	Ø3/8" × Ø19 × 1.5T_Flat Washer	10
<b>66</b>	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
<b>67</b>	Ø1/4"_Split Washer	4
<b>68</b>	Ø10 × Ø23 × 1.5T_Curved WasherR38	2
<b>70</b>	5/16" × 7T_Nyloc Nut	2
<b>71</b>	M10 × 8T_Nyloc Nut	8
<b>73</b>	M20 × 15T_Nut	2
<b>74</b>	M35 × P1.5 × 8T_Nut	3
<b>75</b>	Magnet(Ø15×7T)	1
<b>77</b>	Ø28_C Ring	1
<b>78</b>	M5_Speed Nut Clip	2
<b>79</b>	M5 × P0.8 × 1T_Plate	2
<b>80</b>	M10 × 1.5L_Hex Blind Nut	4
<b>81</b>	Bolt	3
<b>82</b>	Rod End Bearing	2
<b>83</b>	Transportation Wheel(PU.Ø65)	2
<b>84</b>	Pedal (L)	1
<b>85</b>	Pedal (R)	1
<b>86</b>	Pedal Arm Cover A(L)	1
<b>87</b>	Pedal Arm Cover B(L)	1
<b>88</b>	Pedal Arm Cover A(R)	1
<b>89</b>	Pedal Arm Cover B(R)	1
<b>90</b>	Rear Shroud	2
<b>91</b>	Chin Cover (Front)	1
<b>92</b>	Chin Cover(Rear)	1
<b>93</b>	Handle Bar Cover	2
<b>94</b>	Cover (L)	1

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
<b>95</b>	Cover (R)	1
<b>96</b>	Slide Wheel Cover A	1
<b>97</b>	Slide Wheel Cover B	2
<b>98</b>	Keyboard	1
<b>99</b>	Drink Bottle Holder	1
<b>100</b>	Console Mast Cover(L)	1
<b>101</b>	Console Mast Cover(R)	1
<b>102</b>	Side Case (L)	1
<b>103</b>	Side Case (R)	1
<b>104</b>	Side Case Plate(L)	1
<b>105</b>	Side Case Plate(R)	1
<b>106</b>	Console Mast Inner Cover(L)	1
<b>107</b>	Console Mast Inner Cover(R)	1
<b>108</b>	Front Shroud	1
<b>109</b>	Power Switch Cover	1
<b>110</b>	Cap	6
<b>111</b>	Console Assembly	1
<b>112</b>	Generator/Resistance	1
<b>113</b>	Generator/Brake Controller	1
<b>114</b>	300m/m_Sensor W/Cable	1
<b>115</b>	850m/m_Handpulse Wire(SMR4)	1
<b>116</b>	850m/m_Handpulse Wire(SMP3)	1
<b>117</b>	30m/m_Handpulse W/Cable Assembly	2
<b>118</b>	Transfer board	1
<b>119</b>	Power Adaptor	1
<b>120</b>	Board	1
<b>122</b>	1900m/m_Communication Cable	1
<b>123</b>	2600m/m_HDMI Wire	1
<b>124</b>	1900m/m_TV Signal Cable	1
<b>125</b>	1150m/m_Computer Cable	1
<b>127</b>	750m/m_Wire Brake Coil Harness(Red)	1
<b>128</b>	900m/m_Connecting Wire	1
<b>129</b>	200m/m_DC Power Cord	1
<b>130</b>	1900m/m_Connecting Wire	1
<b>131</b>	Phillips Head Screw Driver	1
<b>132</b>	L Allen Wrench(5×26×120L)	1
<b>133</b>	6_L Allen Wrench	1
<b>134</b>	M8 L Allen Wrench	1
<b>135</b>	14/17m/m_Wrench	1
<b>137</b>	Ø20 × 0.3T_Wave Washer	8
<b>138</b>	Ø8 × 1.5T_Spring Washer	4
<b>139</b>	Back Plate	4
<b>140</b>	M8 × 170m/m_J Bolt	1
<b>141</b>	M8 × 6.3T_Luck Nut	2

<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
<b>142</b>	Ø3/8" x Ø25 x 2.0T_Flat Washer	2
<b>144</b>	M3 x 6m/m_Phillips Head Screw	5
<b>145</b>	M5 x 10L_Phillips Head Screw	1
<b>147</b>	M5 x P0.8 x 15L_Phillips Head Screw	6
<b>148</b>	Ø1/4" x 13 x 1.0T_Flat Washer	6
<b>149</b>	Ø20.3 x Ø38 x 2T_Flat Washer	2
<b>150</b>	M8 x 20L_Flat Head Countersink Bolt	4
<b>151</b>	Screen Plate	1
<b>152</b>	Power Cord(Optional)	1
<b>155</b>	Terminal	1
<b>156</b>	M5 x P0.8 x 10L_Phillips Head Screw	12