

SPIRIT



CR1000 ENT Recumbent Bike **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new recumbent bike.

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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 appliance.

DANGER - To reduce the risk of electric shock:

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

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

DO NOT USE AN EXTENSION CORD UNLESS IT IS 1.5 m m² OR BETTER, WITH ONLY ONE OUTLET ON THE END. The recumbent bike 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 kgs.**

- Do not operate bike on deeply padded, plush or shag carpet. Damage to both carpet and bike may result.
- Keep children away from the bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- 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.
- Please make sure that power-supply cord and adapter placed in dry area and kept away from heat.
- Do not attempt to use your bike 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 bike. 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 bike is being used. Do not service the bike while the generator is spinning; serious electric shock could occur.

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

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Never operate the exercise equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Use this exercise equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

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

- 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 recumbent bike 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 recumbent bike 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 recumbent bike is first turned on or even during use. If your recumbent bike is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the recumbent bike 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 manufacture 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 part #QO120HM. The electrical outlet used should have a dedicated 10 amp circuit breaker.

Grounding Instructions

This product must be grounded. If the recumbent bike 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 bike without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your bike during an electrical storm. Surges may occur in your facility power supply that could damage the bike's components. Unplug the recumbent bike during an electrical storm as a precaution.
- **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.
- **The user** should adjust the seat to a position that is comfortable during exercise.
- 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 bike; 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.
- If you feel the buttons are not functioning properly with normal pressure contact your dealer.



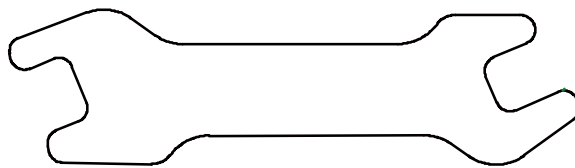
POWER CONNECTOR – FRONT SIDE OF UNIT

ASSEMBLY INSTRUCTIONS

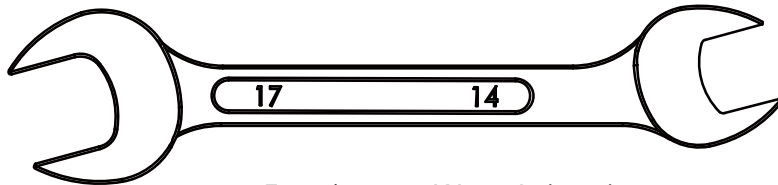
UNPACKING

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.

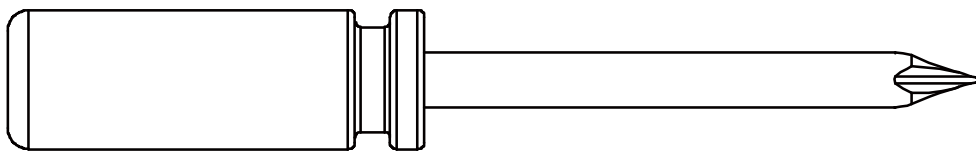
ASSEMBLY TOOLS



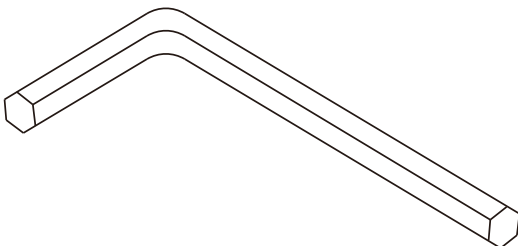
#126. 13/15mm Wrench (1 pc)



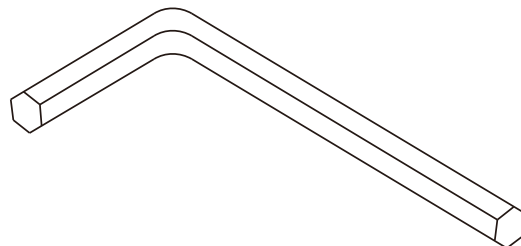
#125. 14/17 mm Wrench (2 pc)



#122. Phillips Head Screw driver (1 pc)

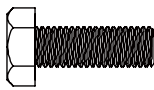


#124. 6mm L Allen Wrench (1 pc)



#123. 5mm L Allen Wrench (1 pc)

STEP 1



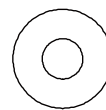
#145 - M10 x30mm
Hex Head Bolt (2pcs)



#92 - M6 x 12 mm Socket
Head Cap Bolt (6pcs)



#97 - M5 x12 mm
Phillips Head Screw
(2pcs)



#106 - Ø3/8" x Ø25 x 2.0T
Flat Washer (4pcs)



#108 - Ø1/4" x 13 x 1.0T
Flat Washer (6pcs)



#111 - Ø1/4"
Split Washer (6pcs)



#117 - 3.5 x12mm
Sheet Metal Screw
(5pcs)



#138 - Ø10 x 1.5T
Split Washer (4pcs)



#139 - M10 x 55mm
Hex Head Bolt (2pcs)



#152 - M8 x 20mm Flat Head
Countersink Bolt (4pcs)

STEP 2



#94 - M8 x 25mm
Socket Head Cap Bolt
(6pcs)



#156 - M5 x10mm
Phillips Head Screw
(10pcs)



#105 - Ø5/16" x Ø18 x
1.5T Flat Washer (6pcs)

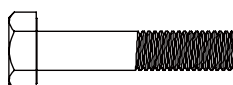


#112 - Ø5/16" x 1.5T
Split Washer (6pcs)

STEP 3



#85 - M10 x25mm
Hex Head Bolt
(6pcs)



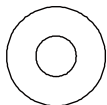
#86 - M10 x50mm
Hex Head Bolt
(6pcs)



#92 - M6 x 12 mm
Socket Head Cap Bolt
(2pcs)



#101 - M10 x 8T
Nyloc Nut (4pcs)



#106 - Ø3/8" x Ø25 x 2.0T
Flat Washer (16pcs)



#108 - Ø1/4" x 13 x 1.0T
Flat Washer (2pcs)



#111 - Ø1/4"
Split Washer (2pcs)



#116 - 4 x12mm
Sheet Metal Screw
(6pcs)

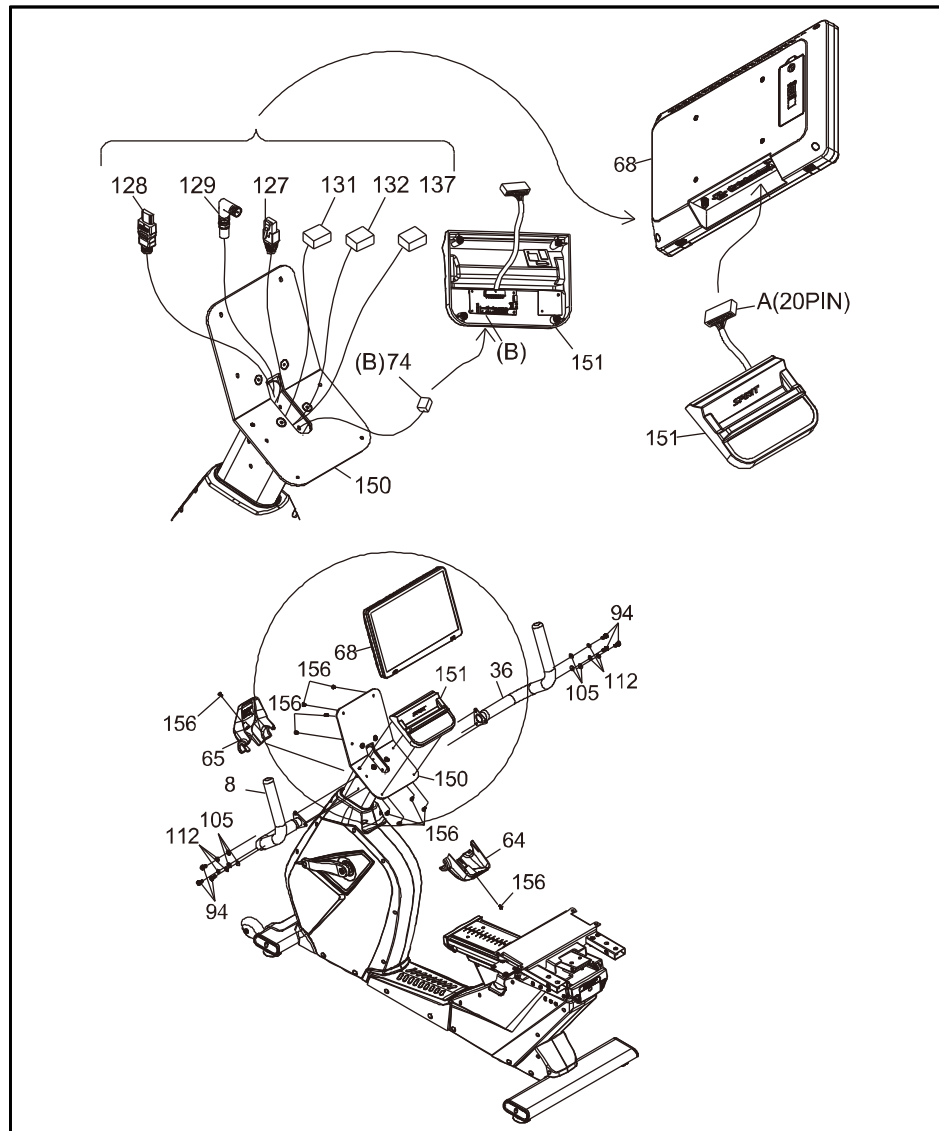
STEP 4



#90 - M8 x 20mm Button
Head Socket Bolt (4pcs)

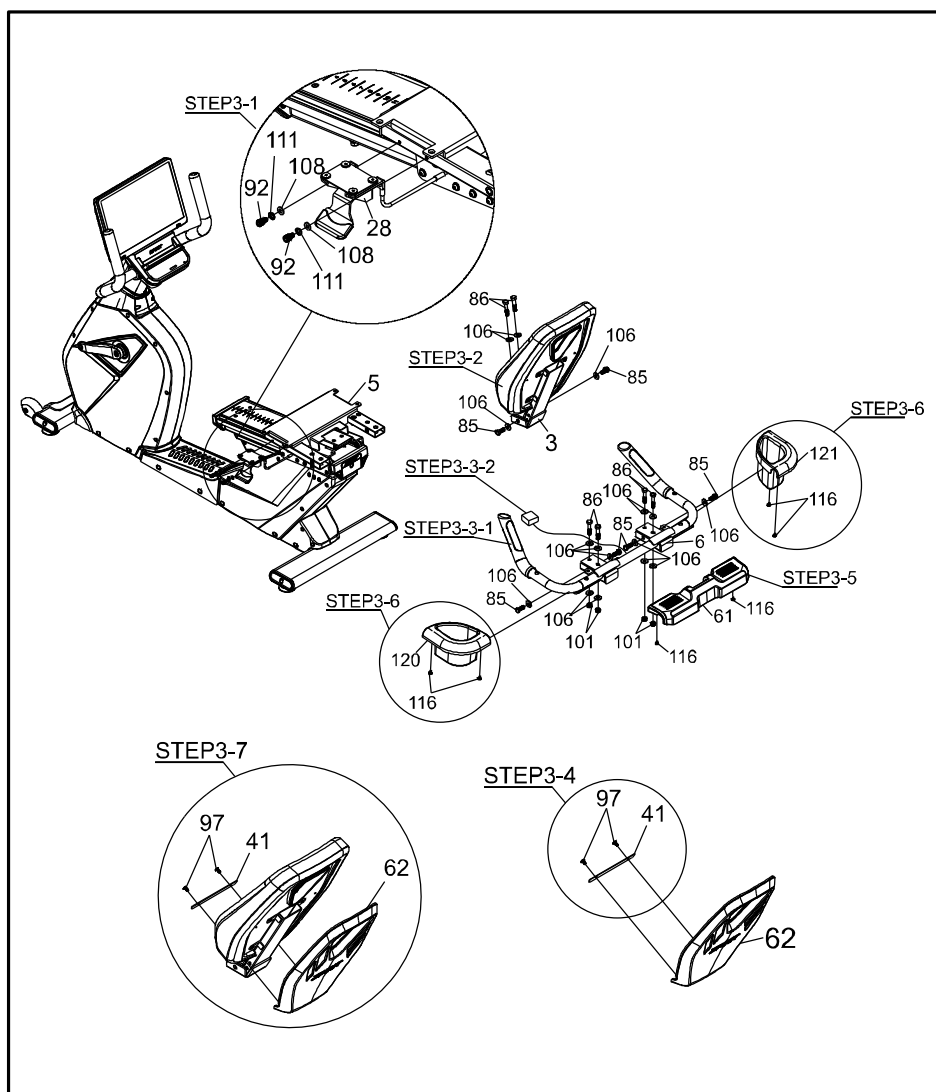


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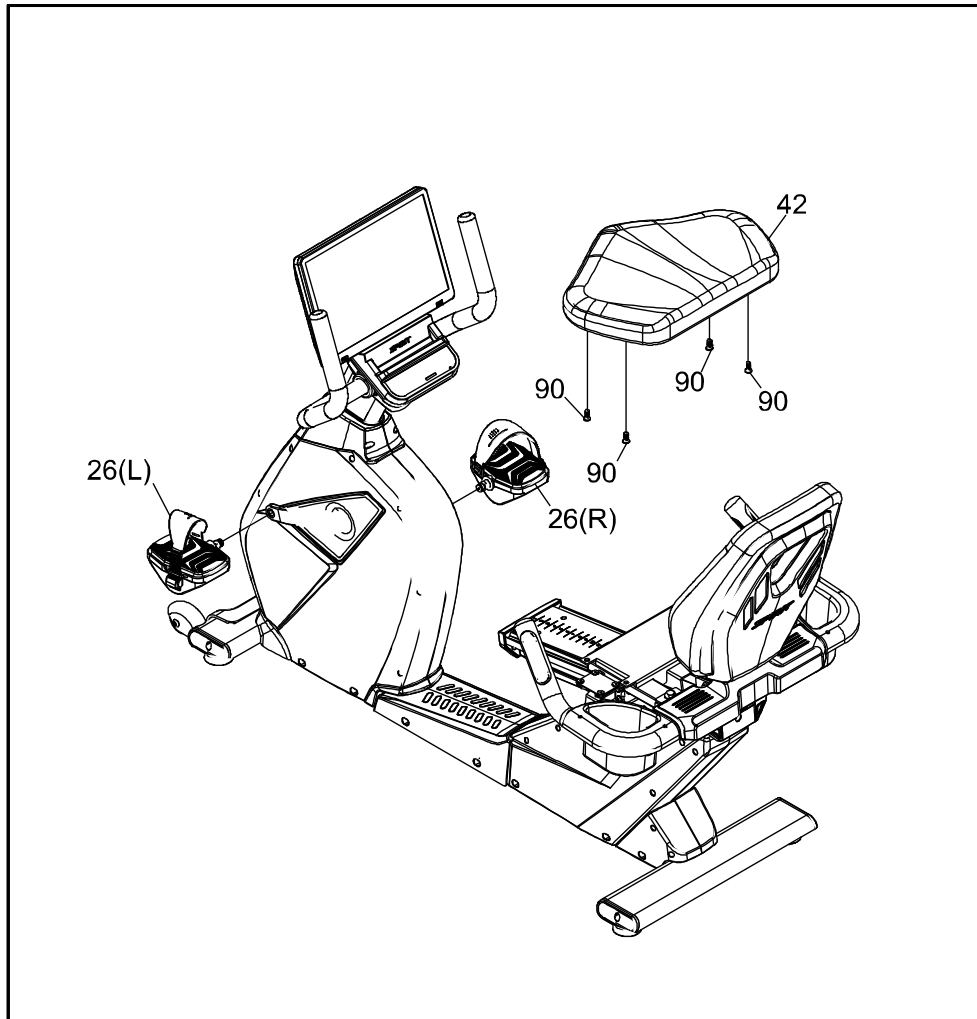
STEP 2

1. Attach HANDLE BAR(L&R) (8&36) to CONSOLE MAST (2) with 6 BOLTS (94), 6 SPLIT WASHERS (112) and 6 WASHERS (105).
2. Connect (#B) HANDPULSE WIRE of the KEYBOARD (151) and HANDLEBARS.
Install KEYBOARD(151) to SCREEN PLATE (150) with 4 SCREWS (156).
3. Connect all WIRING HARNESSSES and the (#A) 20PIN WIRE of KEYBOARD to corresponding connectors at the back of the CONSOLE (68).
4. Attach CONSOLE (68) to CONSOLE MAST (2) with 4 SCREWS (156). Ensure all cables do not become pinched.
Attach CONSOLE CHIN COVER (Front& Rear) (64&65) to CONSOLE MAST (2) using 2 SCREWS (156).



STEP 3

1. Install SEAT RELEASE LEVER (28) onto SEAT BACK BRACKET (5) with 2 BOLTS (92), 2 SPLIT WASHERS (111), and 2 WASHERS (108).
2. Install SEAT BACK FRAME (3) onto SEAT BACK BRACKET (5) with 2 short BOLTS (85), 2 long BOLTS (86), and 4 WASHERS (106).
3. Attach REAR HANDLE BAR (6) to SEAT BACK BRACKET (5) using 4 long BOLTS (86), 4 short BOLTS (85), 12 WASHERS (106), and 4 NUTS (101). And connect the WIRING HARNESS CABLES between REAR HANDLE BAR (6) and SEAT BACK BRACKET (5).
4. Loosen 2 SCREWS (97) to remove SEAT COVER RETAINING BRACKET (41) from SEAT BACK FRAME (3).
5. Attach REAR HANDLE BAR COVER (61) to REAR HANDLE BAR (6) using 2 SCREWS (116).
6. Attach DRINK BOTTLE HOLDERS (120 & 121) to REAR HANDLE BAR (6) using 4 SCREWS (116).
7. Attach SEAT BACK COVER (62) to SEAT BACK FRAME (3). Install SEAT COVER RETAINING BRACKET (41) using 2 SCREWS (97).



STEP 4

1. Attach SEAT (42) to SEAT BACK BRACKET (5) with 4 BOLTS (90).
2. Install the PEDALS (26L & 26R) onto the CRANK ARMS (22 & 23). The left pedal has a reverse thread and will be screwed in counterclockwise. Tighten to 300 in-lb (34 Nm) of torque.

Getting on / off your Recumbent Bike

IMPORTANT

The Recumbent Bike comes with a Stationary Handlebar & Seat Handlebar.

Always hold the Stationary Handlebar or Seat Handlebar when getting on and off the Recumbent Bike.

First time users should familiarize themselves with using the Recumbent Bike by using the Stationary Handlebar first and then progressing to the Seat Handlebar.

Caution should always be taken when getting on and off any exercise machine.

Please follow the safety steps below.

To get on, Please sit on the seat 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.

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

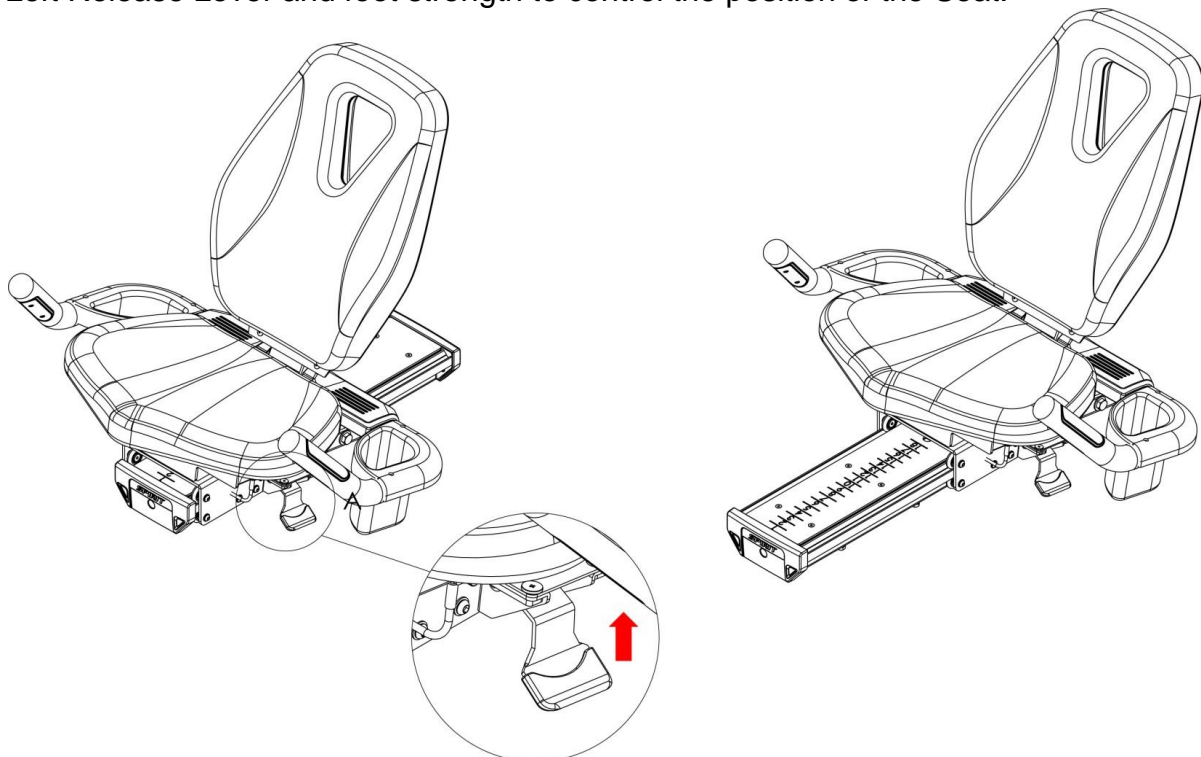
Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off.

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

Seat Adjustments

Use the Left Release Lever and foot strength to control the position of the Seat.

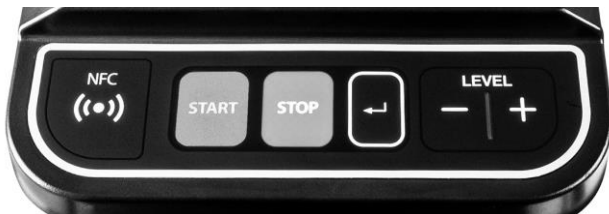


CONSOLE OPERATION



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 bike functions.



QuickStart

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

Featured functions of this bike

The Touch-control screen is used for operating all functions of the bike. 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

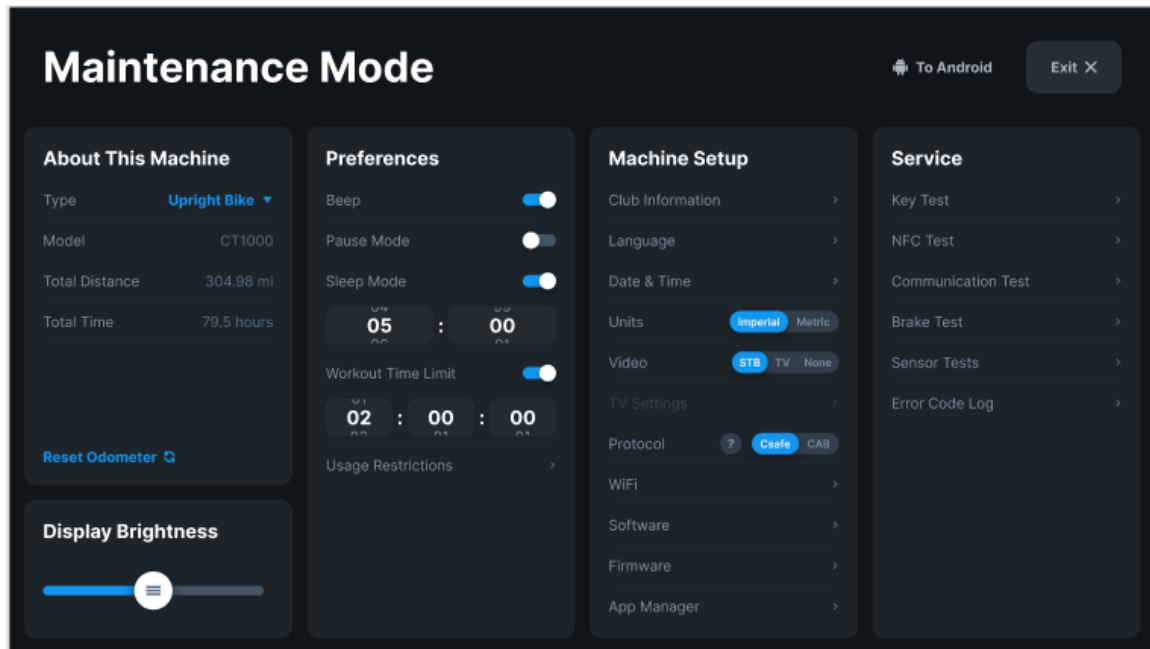
The Pulse (Heart Rate) on the screen shows the current value of your heart rate in beats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while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

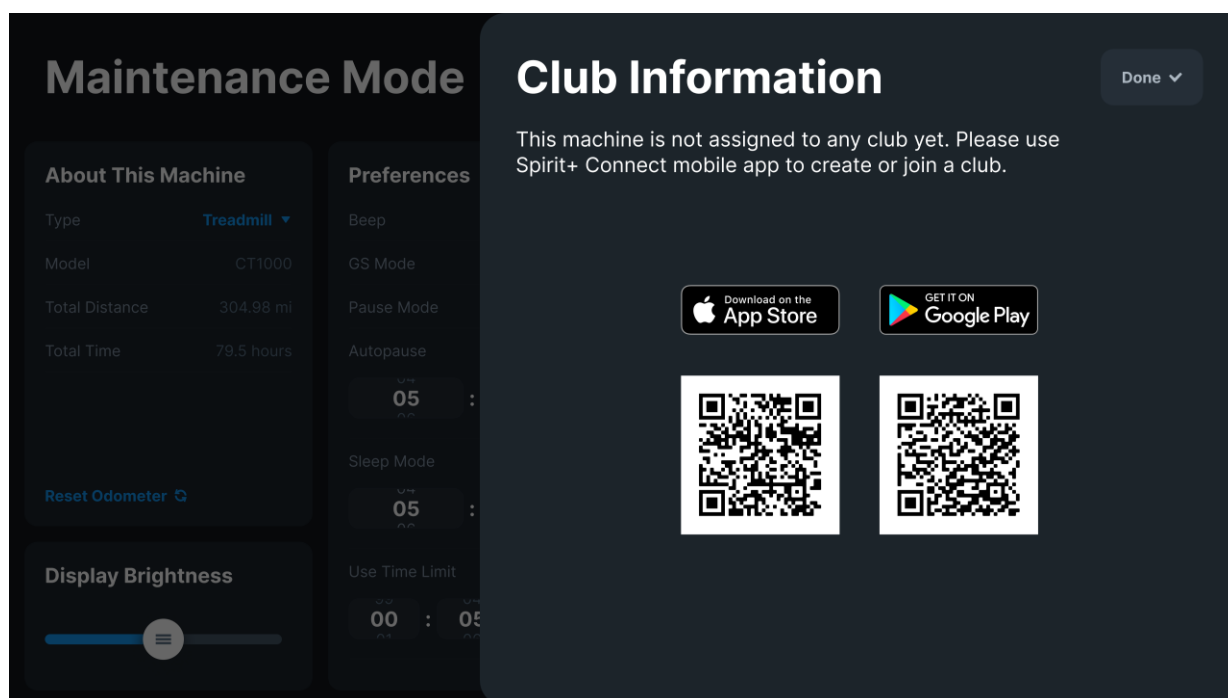


Organization Account

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.

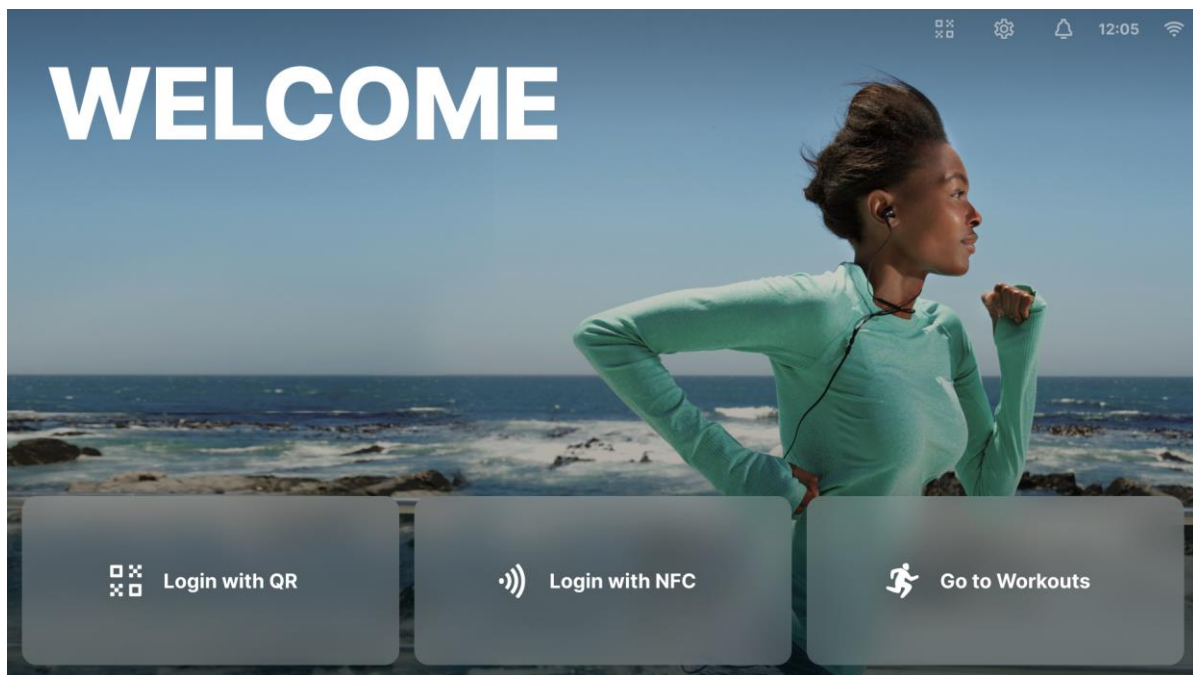
Use similar method to help customers sign in to the system. First, new gym members must install the **Spirit+ Club** app on their smartphones and create an account. Use **Spirit+ Connect** app to give them access: press **Add** button on the **Members** page and scan the QR code on their **Spirit+ Club**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



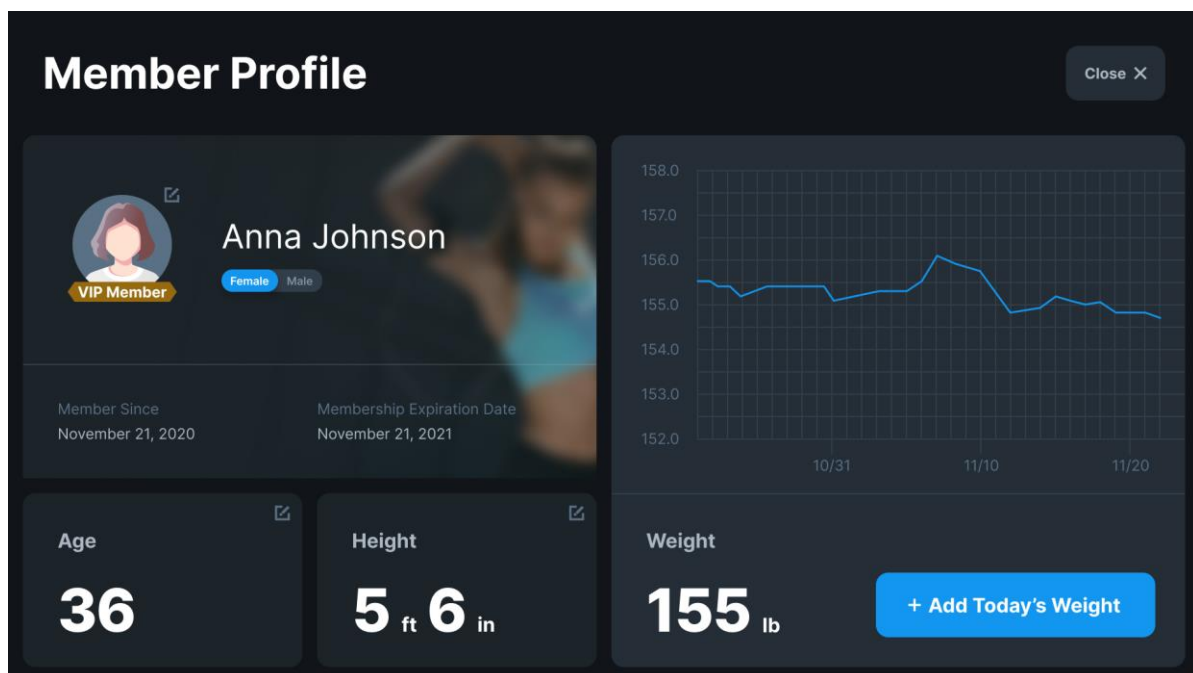
Users & Guests

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.

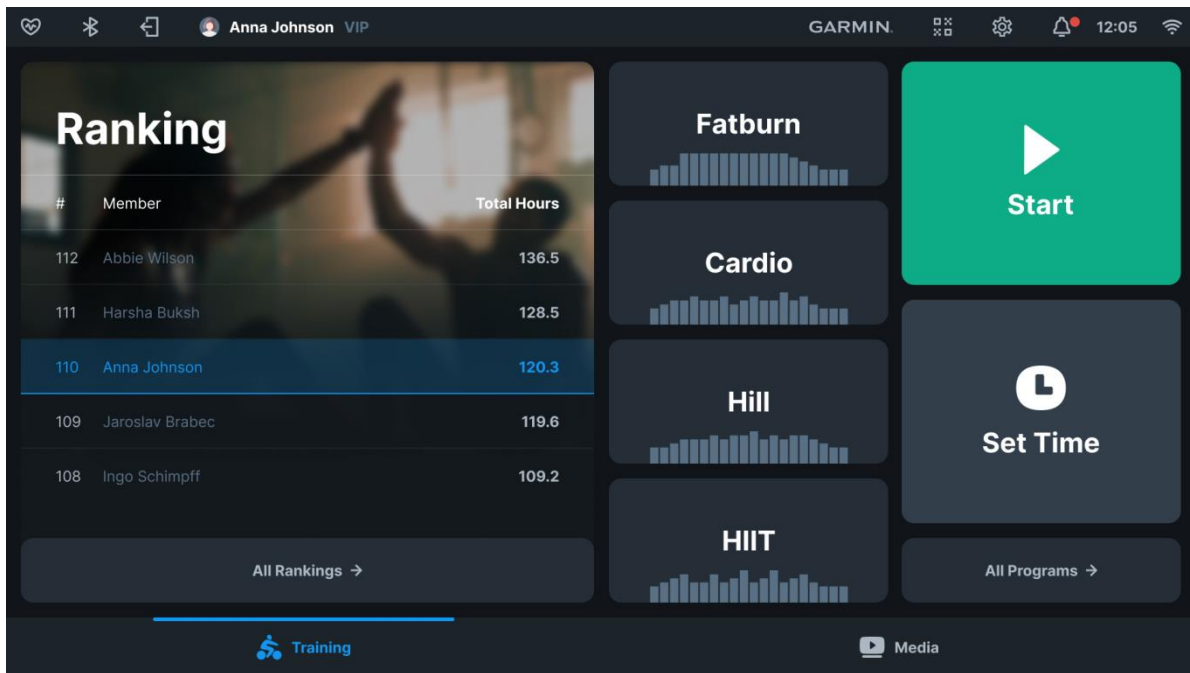


Authorized users can access their profile on both **Spirit+ Club** app and the machine console. Press on the username in the status bar to open it. Users can change avatars and edit personal information here.



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 immediate start, a timed workout, or popular workout patterns. 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.

#	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



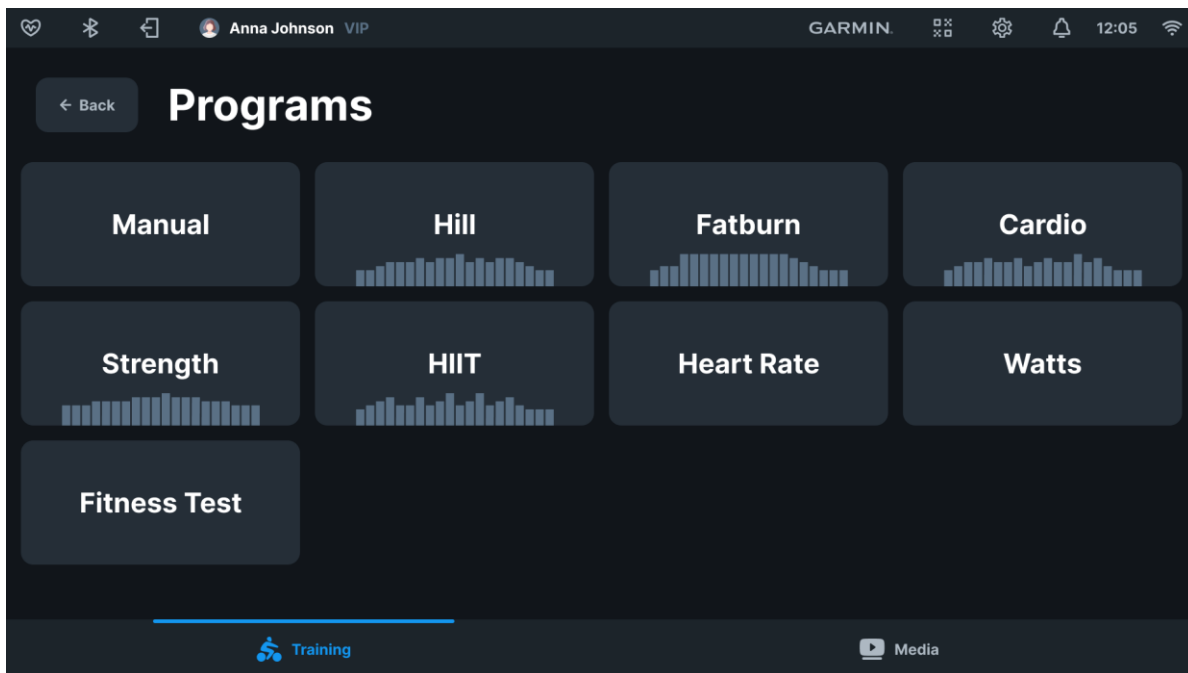
to pair a heart rate measuring device, select the **Heart Rate** icon



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

Programs

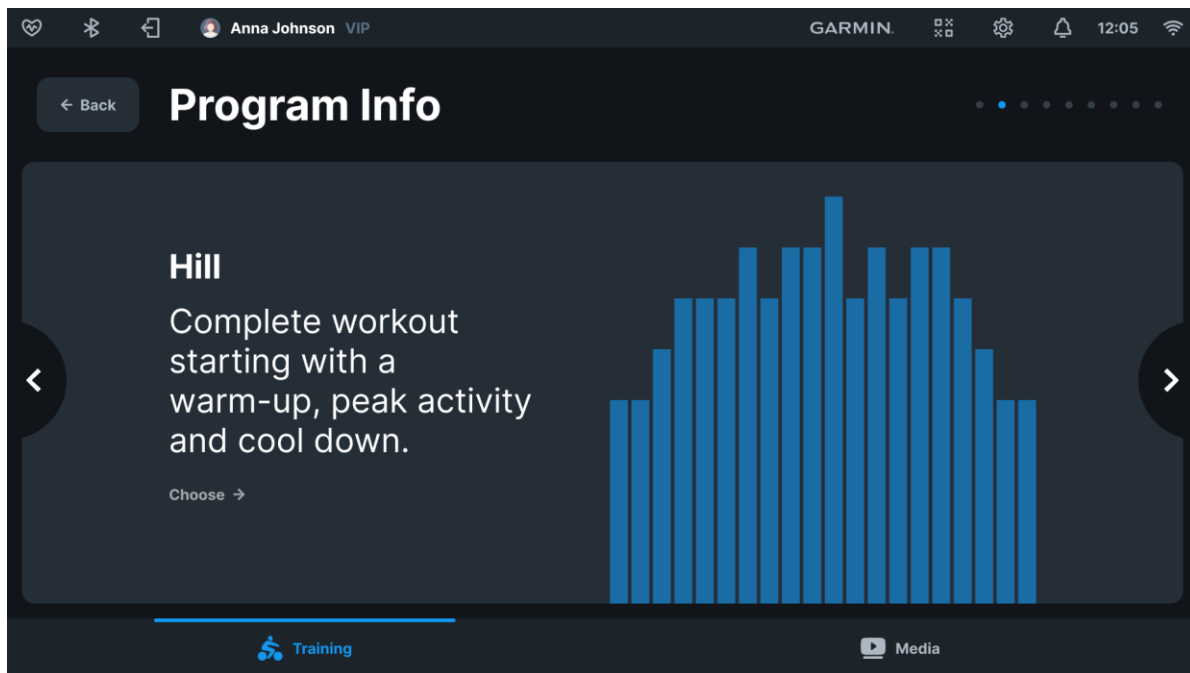
Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.



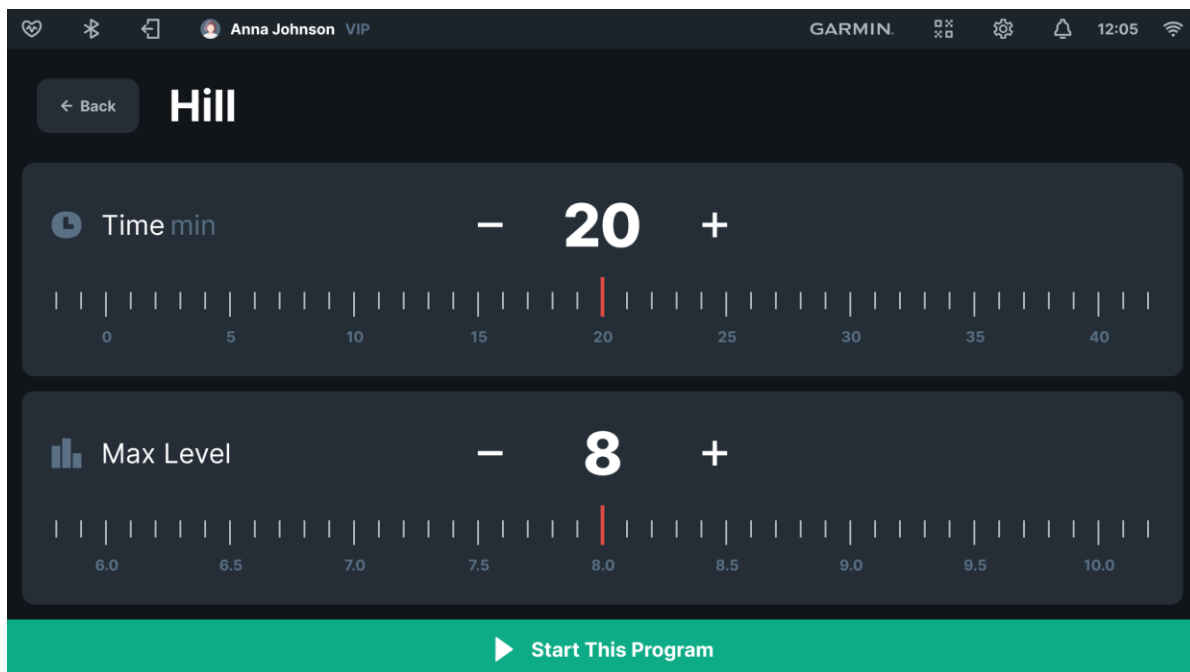
Tap on a program to learn more about it in the **Preview Mode**. Here, scroll between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen.

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.



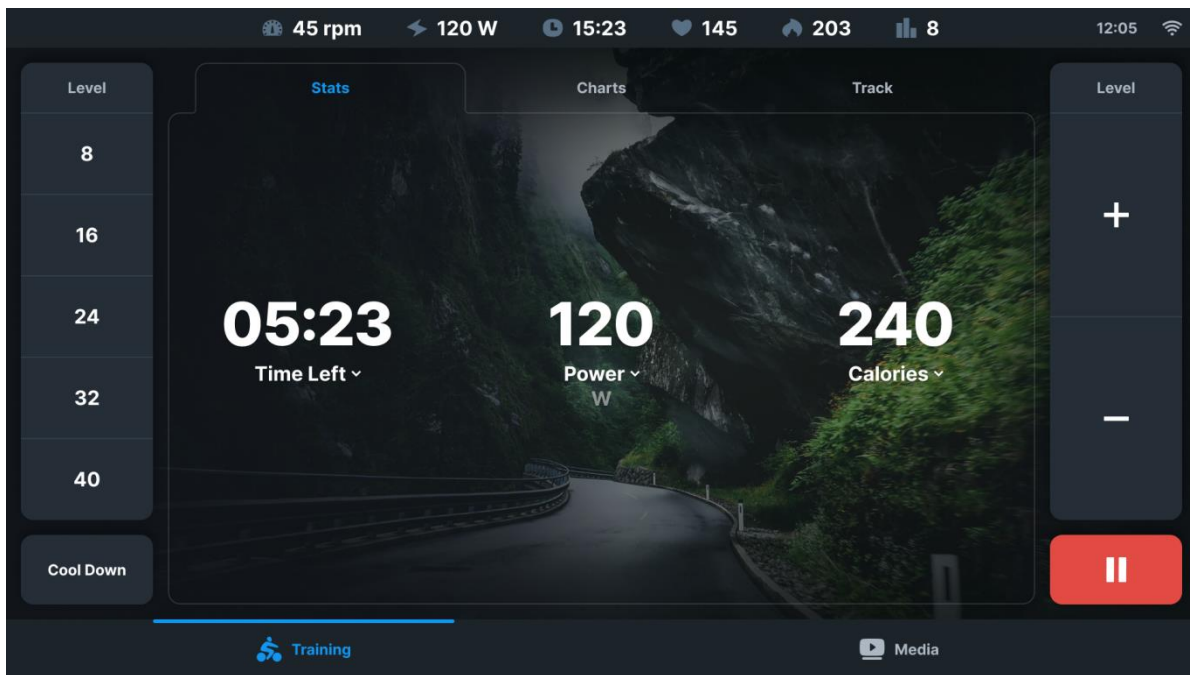
Press **Start This Program** button to start the workout with selected parameters.
Press **Back** to return to program selection.

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**.

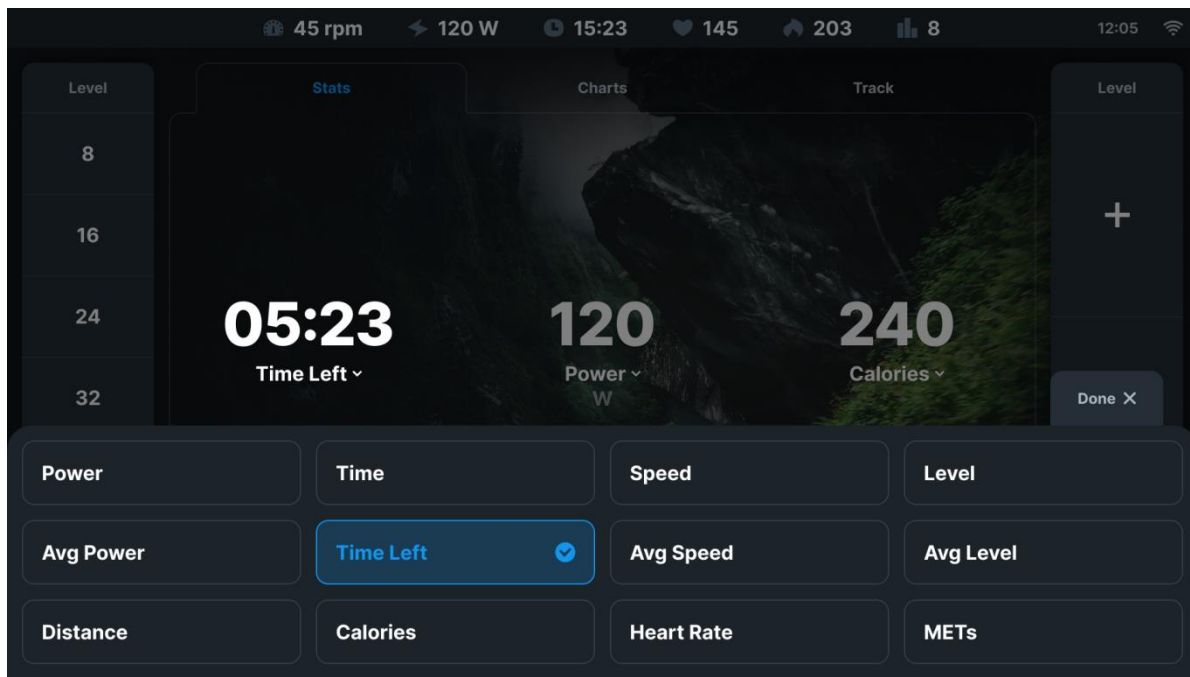


Performance metrics displayed in the **Stats** view can be customized; press on the number and select your preferred option. Metrics displayed include Power, Time, Speed, Level, Average Power, Time Left, Average Speed, Average Level, Distance, Calories, Heart Rate, METs.

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

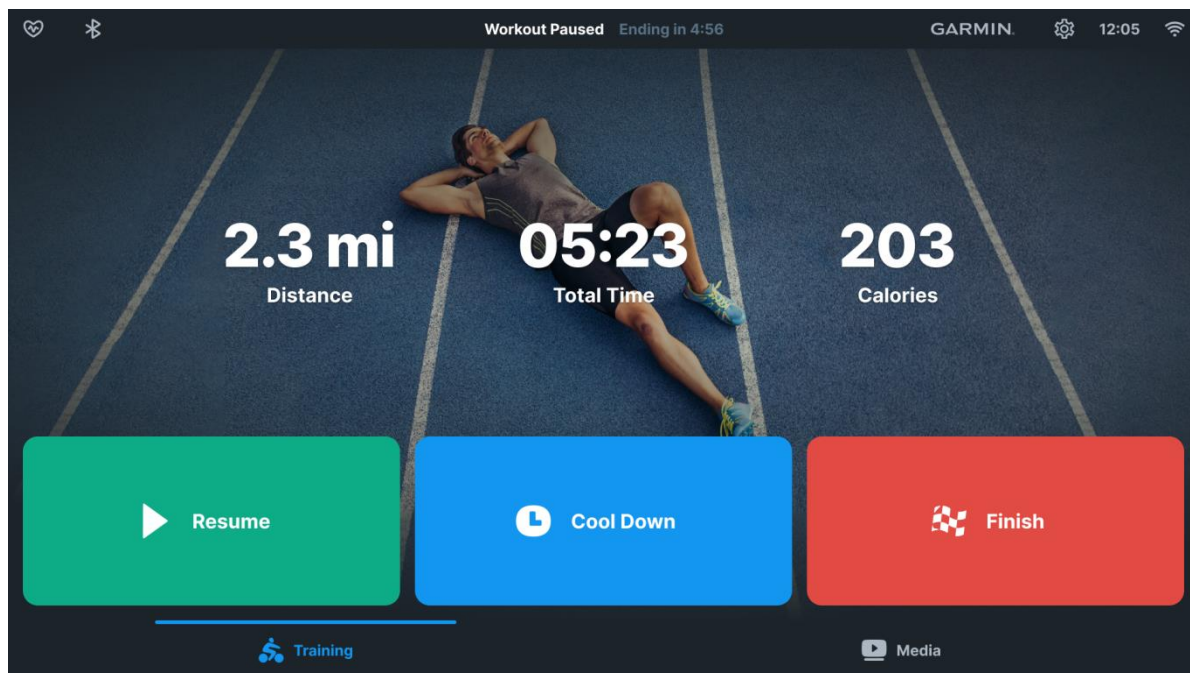
Performance metrics displayed in the virtual **Track** view are Laps completed and Distance.

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**.

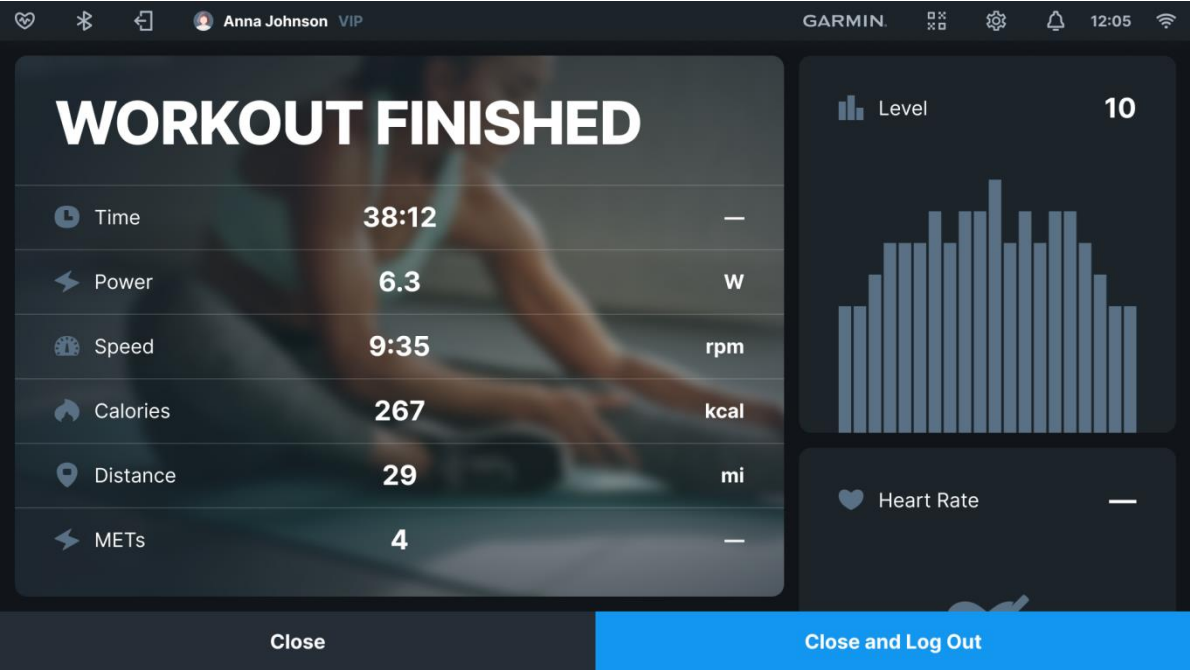


Tapping the **Pause** icon will pause the recumbent bike workout and timer for 5:00 minutes. **Workout Paused** will continually be displayed at the top of the touchscreen in addition to a countdown timer.

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

To enter **Cool Down**, tap on the **Cool Down** icon and the bike 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.

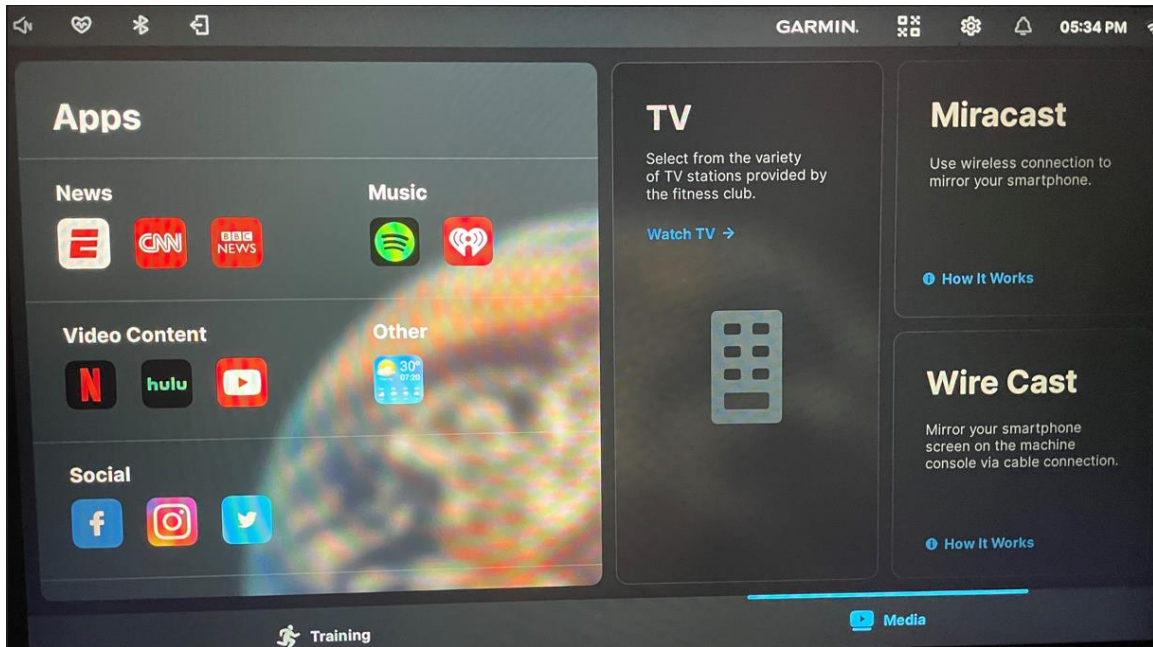


When the workout is over, the workout summary will pop up. Slide up & down on the right side of the screen to see all available charts.

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.

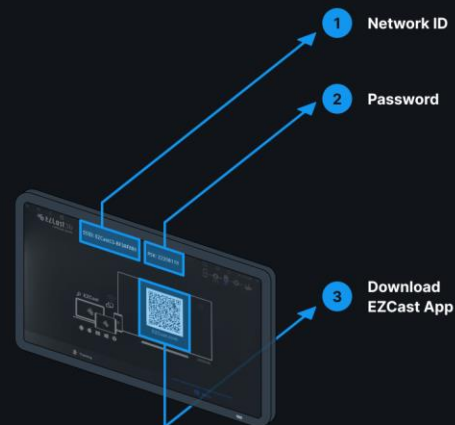
How to Use Miracast

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.



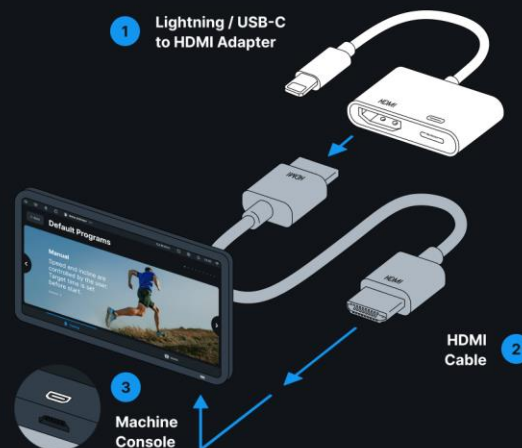
How to Use Wirecast

Close X

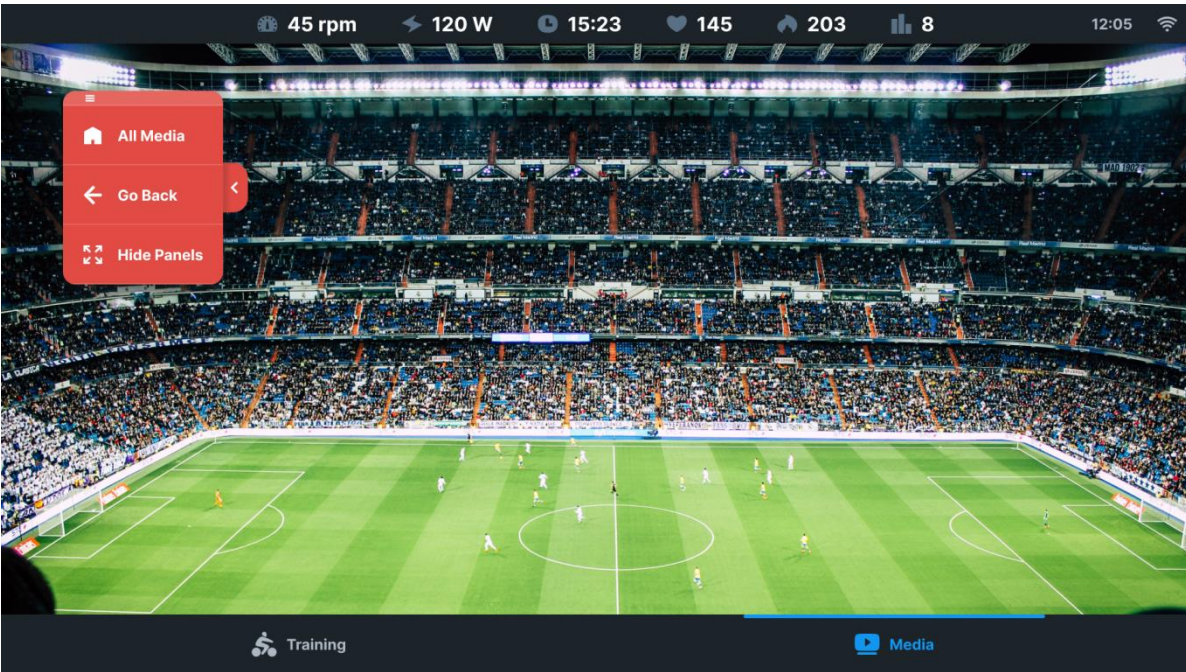
iPhone Use a Lightning to HDMI adapter and an HDMI cable to connect your phone to the machine console.

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.

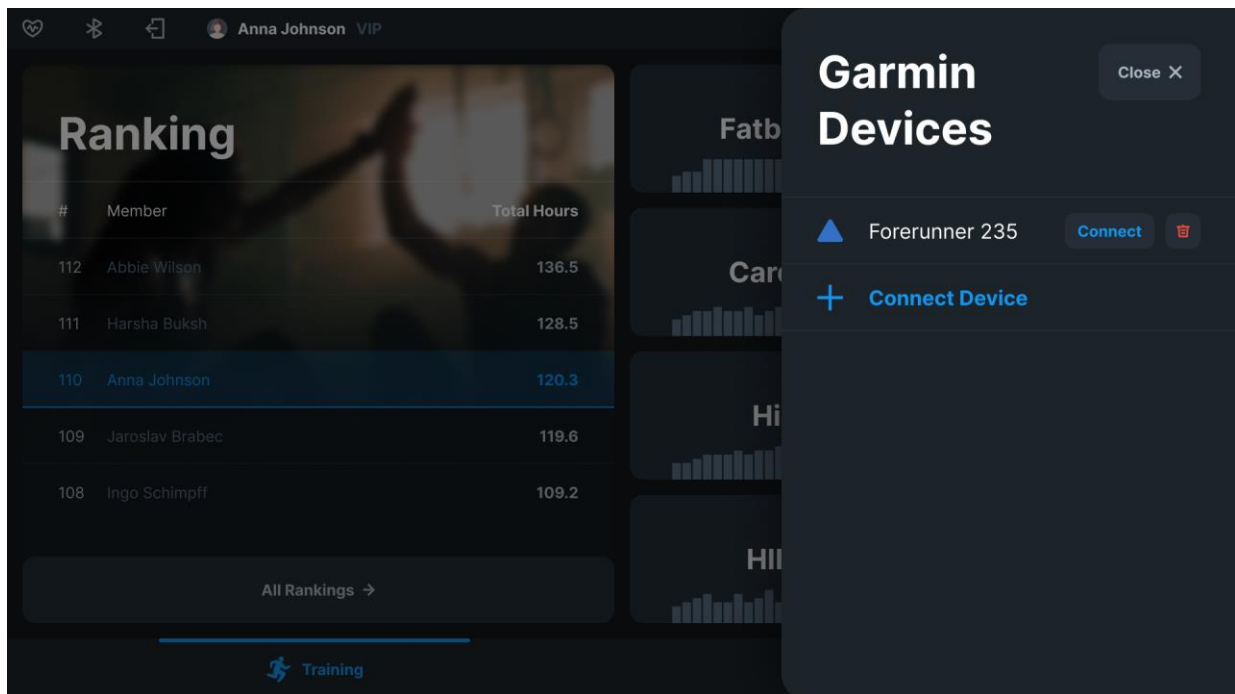


Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. **Press Hide Panels** to enter the full 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.

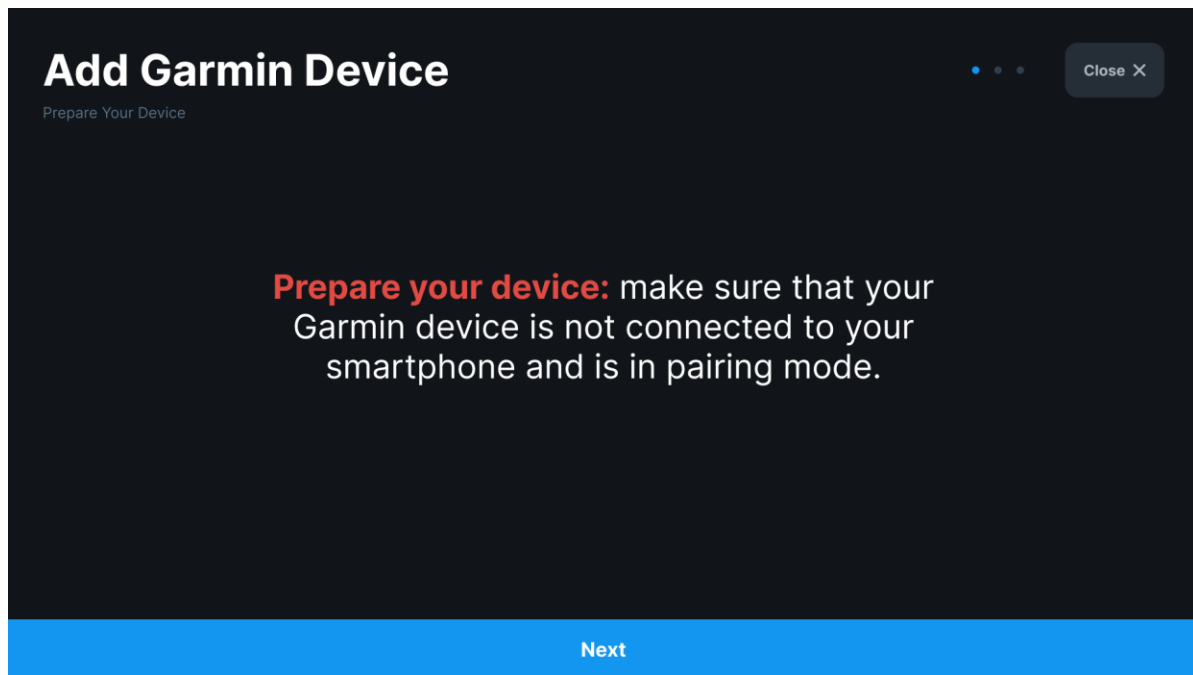


Garmin Pairing

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.

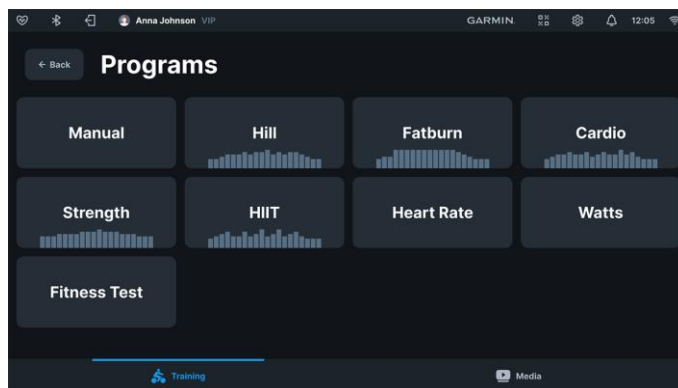
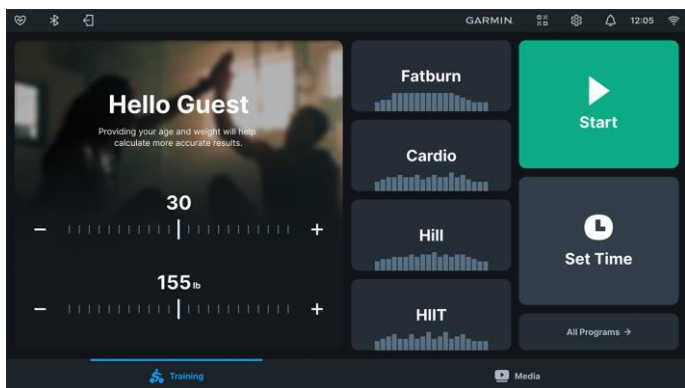


Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.



PROGRAMS INTRODUCTION

The Spirit Fitness CR1000ENT 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.

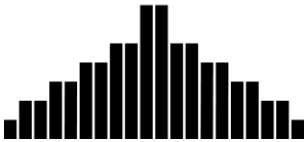
Manual Program

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

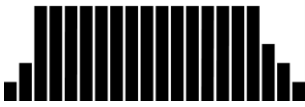
Hill, Fatburn, Cardio and Strength programs follow a preset resistance changing pattern. The built-in level of difficulty for each segment of the program is shown in the chart below. However, if you change the maximum level on the program setup page before start, all segments throughout the program will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



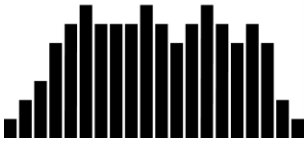
Hill

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



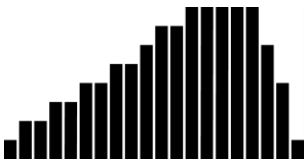
Fatburn

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

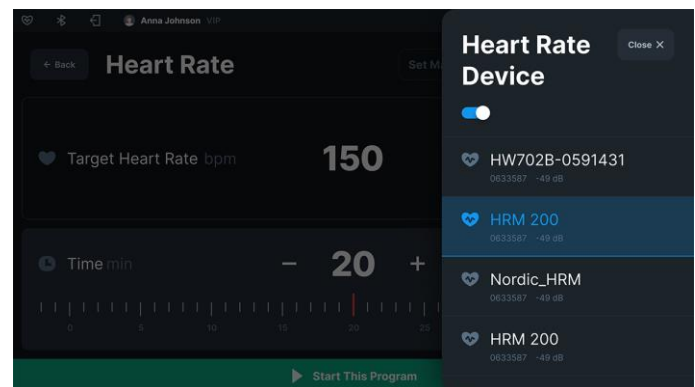
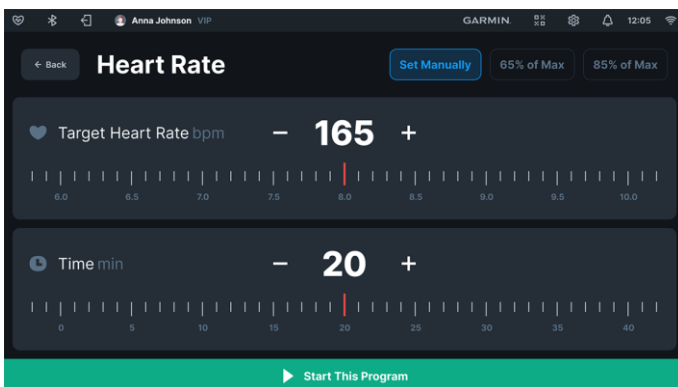
This program is designed for building strength and muscular endurance in the lower body and glutes.

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 VO₂ max score will be displayed on the console. VO₂ 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.
- Adjust the seat to the proper position so that when your leg is extended during pedaling there is a slight bend at the knee of about 5 degrees.
- 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.

VO2 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 to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage 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)

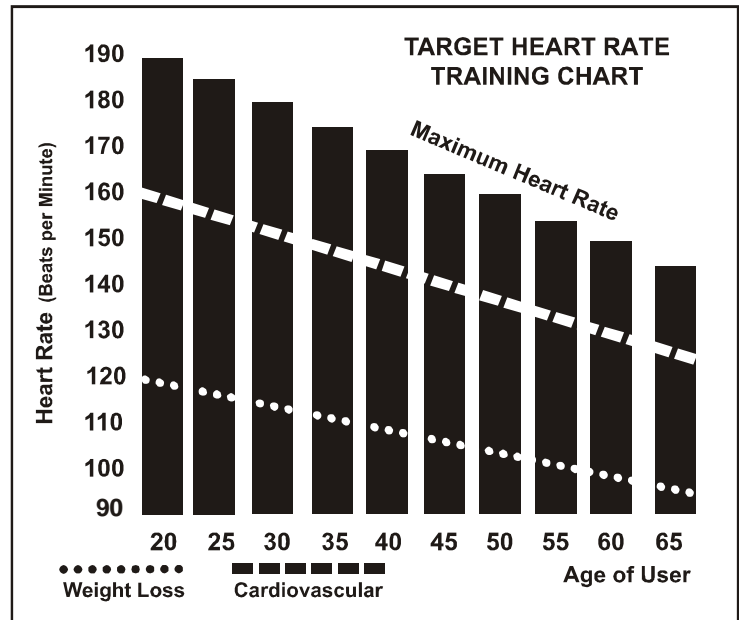
So for a 40 year old the training zone would be 117 to 153 beats per minute.

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 recumbent bike 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.



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 recumbent bike 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. Recumbent bike 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

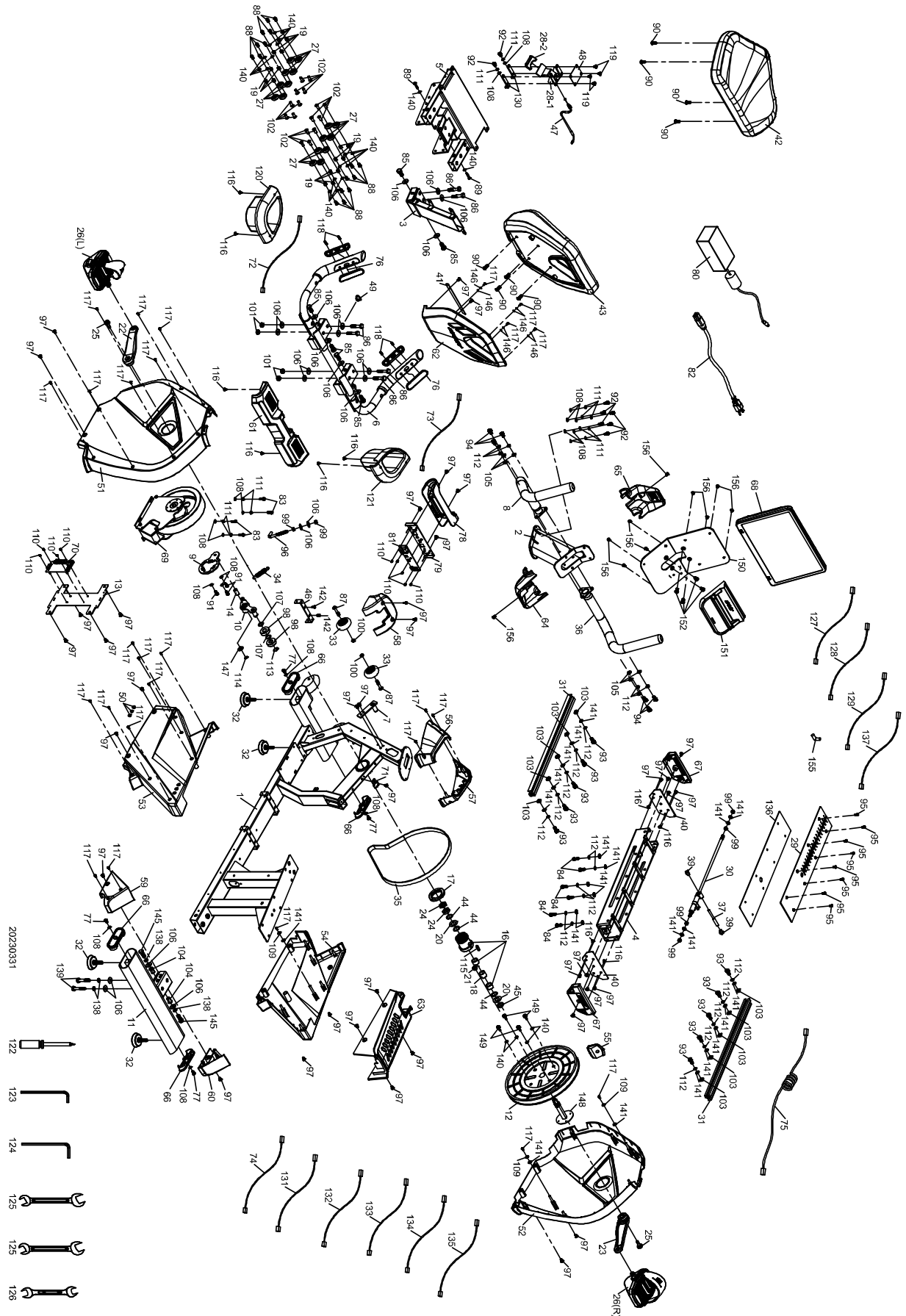
1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - 1) The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need 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 、 Shaft 、 Pedal

EXPLODED VIEW DIAGRAM



PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Console Mast	1
3	Seat Back Frame	1
4	Rail Assembly	1
5	Seat Back Bracket	1
6	Handlebar	1
7	Back-up Lever	1
8	Handle Bar(L)	1
9	Idler Bracket	1
10	Idler Wheel Assembly (Upper)	1
11	Rear Stabilizer	1
12	Drive Pulley	1
13	Lower Controller Plate	1
14	Podwer metallurgy Sleeve	1
16	Bearing Bracket	1
17	M50 × P1.5 × 11T_Nut	1
18	Ring	1
19	Core	16
20	Plate	2
21	Magnet	1
22	Crank Arm(L)	1
23	Crank Arm(R)	1
24	M20 × P1.0 × 6T_Nut	2
25	M8 × P1.0 × 25L_Arbor Screw	2
26	Pedal(L,R)	1
27	PU Wheel	16
28-1	Release Lever	1
28-2	Nylon Handgrip	1
29	Iron Board	1
30	Shaft	1
31	Seat Front Read Adjusting	2
32	Adjustment Foot	4
33	Ø65_Transportation Wheel	2
34	Tension Spring, Idler Assembly	1
35	Drive Belt	1
36	Handle Bar(R)	1
37	Moving Column	1
39	Sleeve	2
40	Stopper Plate	2
41	Seat Cover Retaining Bracket	1
42	Seat	1
43	Seat Back	1

NO.	DESCRIPTION	Q'TY
44	Back Plate	3
45	Axle Back Plate	1
46	Chain Cover Attaching Plate	1
47	Steel Cable	1
48	Handle Bar Back Plate	1
49	Ø7_HGP Wire Grommet	1
50	Block	3
51	Front Shroud (L)	1
52	Front Shroud (R)	1
53	Rear Shroud (L)	1
54	Rear Shroud (R)	1
55	On/Off Switch Bracket	1
56	Console Mast Cover (L)	1
57	Console Mast Cover (R)	1
58	Front Stabilizer Cover	1
59	Rear Stabilizer Cover (L)	1
60	Rear Stabilizer Cover (R)	1
61	Handlebar Cover	1
62	Seat Back Cover	1
63	Beam Cover	1
64	Console Chin Cover (Front)	1
65	Console Chin Cover(Rear)	1
66	Cap	4
67	Aluminum Axle End Cap	2
68	Console Assembly	1
69	Generator/Resistance	1
70	Generator/Brake Controller	1
71	1500mm_Sensor W/Cable	1
72	680mm_Handpulse Wire	1
73	800mm_Handpulse Wire	1
74	2400mm_Handpulse Wire	1
75	500mm_Handpulse Wire	1
76	30mm_Handpulse W/Cable Assembly	2
77	M5 x 15L_Phillips Head Screw	4
78	TVC Cover	1
79	Transfer board	1
80	Power Adaptor	1
81	Board	1
82	Power Cord (Optional)	1
83	1/4" x UNC20 x 3/4" _Hex Head Bolt	4
84	M8 x 20mm _Hex Head Bolt	6
85	M10 x P1.5 x 25L _Hex Head Bolt	6
86	M10 x 50mm _Hex Head Bolt	6

NO.	DESCRIPTION	Q'TY
87	5/16" x UNC18 x 1-3/4" _Button Head Socket Bolt	2
88	M6 x 15mm _Button Head Socket Bolt	16
89	M6 x P1.0 x 30L _Button Head Socket Bolt	2
90	M8 x 20mm _Button Head Socket Bolt	8
91	M5 x 15mm _Socket Head Cap Bolt	3
92	M6 x P1.0 x 12L _Socket Head Cap Bolt	8
93	M8 x 20mm _Socket Head Cap Bolt	10
94	M8 x 25mm _Socket Head Cap Bolt	6
95	M5 x P0.8 x 12L _Flat Head Countersink Bolt	8
96	M8 x 80mm _J Bolt	1
97	M5 x P0.8 x 12L _Phillips Head Screw	39
98	6203 _Bearing	2
99	M8 x 6.3T _Nut	6
100	5/16 x 6T _Nylon Nut	2
101	M10 x 8T _Nylon Nut	4
102	M6 x 19L _Nut	16
103	M8 x 1.25 x 6.5T _Square Nut	10
104	M10 x 1.5mm _Hex Blind Nut	2
105	Ø5/16" x Ø18 x 1.5T _Flat Washer	6
106	Ø3/8" x Ø25 x 2.0T _Flat Washer	22
107	Ø17 x Ø23.5 x 1.0T _Flat Washer	2
108	Ø1/4" x 13 x 1.0T _Flat Washer	19
109	Ø3/16" x Ø15 x 1.5T _Flat Washer	3
110	M3 x 6mm _Phillips Head Screw	9
111	Ø1/4" _Split Washer	12
112	5/16" x 1.5T _Split Washer	22
113	Ø17 _C Ring	1
114	Ø10 _C Ring	1
115	Woodruff Key	1
116	4 x 12mm _Sheet Metal Screw	10
117	3.5 x 12mm _Sheet Metal Screw	26
118	3 x 20mm _Tapping Screw	4
119	M6 x 10mm _Thumb Head Socket Screw	4
120	Drink Bottle Holder (R)	1
121	Drink Bottle Holder (L)	1
122	Phillips Head Screw Driver	1
123	5mm _L Allen Wrench	1
124	6mm _L Allen Wrench	1
125	14/17mm _Wrench	2
126	13/15mm _Wrench	1
127	1250mm _Network Connecting Cable	1
128	1400mm _HDMI Wire	1
129	1300mm _TV Signal Cable	1

NO.	DESCRIPTION	Q'TY
130	Handle Interface Board	2
131	2300mm_Computer Cable	1
132	2300mm_Power Cord	1
133	1000mm_Wire Brake Coil Harness	1
134	1100mm_Connecting Wire	1
135	200mm_DC Power Cord	1
136	Nylon Board	1
137	1250mm_CSAFE Connecting Wire	1
138	Ø10 x 1.5T_Split Washer	4
139	M10 x P1.5 x 55L_Hex Head Bolt	2
140	Ø1/4" x 13 x 1.0T_Flat Washer	22
141	Ø5/16" x 16 x 1.5T_Flat Washer	23
142	M5 x 12L_Tapping Screw	2
145	M10 x P1.5 x 30L_Hex Head Bolt	2
146	Ø4 x Ø8 x 0.8T_Flat Washer	8
147	Ø3/8" x 25 x 2T_Flat Washer	1
148	Crank Axle	1
149	M6 x 12mm_Socket Head Cap Bolt	4
150	Screen Plate	1
151	Keyboard	1
152	M8 x 20mm_Flat Head Countersink Bolt	4
155	Terminal	1
156	M5 x P0.8 x 10L_Phillips Head Screw	10