

SPIRIT



CT1000ENT Treadmill OWNER'S MANUAL

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

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this exercise equipment.

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

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 230Vac grounded outlet. 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 USE AN EXTENSION CORD UNLESS IT IS 2m m OR BETTER, WITH ONLY ONE OUTLET ON THE END. The treadmill 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 12 AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- **Max. user's weight.: 205 kg**
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill 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 treadmill 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 treadmill. 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.
- Suitable information about replacement parts that could affect the safe use of the treadmill
- The following statement: "Noise emission under load is higher than without load."
- If applicable, the value of the A-weighted emission sound pressure level at the trainer's ear
- Don't change any component by yourself, you may get injured or damage the treadmill Below mentioned sound pressure level is measured under the condition when the trainer is operating with 5m/h or 8 km/h with no load. Sound pressure level (dB) < 70dB. Noise emission under load is higher than without load.
- Please make sure that the power-supply cord and adapter placed in dry area and kept away from heat.

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

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

- **WARNING**–
 1. Examine the machine on a regular basis for needed repairs or replacement of damaged or worn parts.
 2. Replace defective components immediately and/or keep the equipment out of use until repair.
 3. The components which are most susceptible to wear: running belt, driver motor, incline motor.
 4. Please keep the Safety key in safe place when user stop workout that in order to prevent the children use the treadmill.
 5. If the treadmill have any problem or shutdown (ex: change the belt, running deck, console...), please contract with service center.

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

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill 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.

Do not attempt any servicing or adjustments other than those described in this manual. All else must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

NEVER expose this treadmill 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 temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the treadmill drive electronics and motor. This is an issue that affects all treadmill brands.

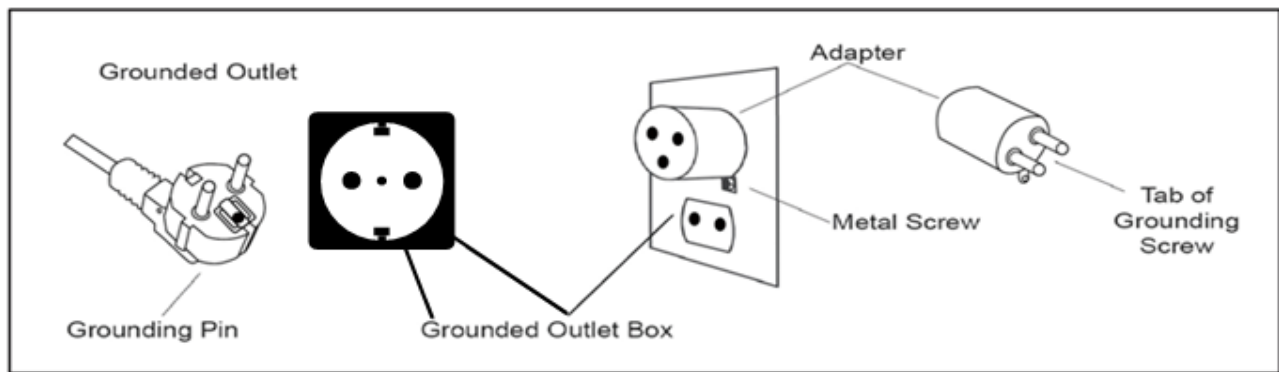
New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier. Optimally the treadmill should be the only device plugged into the circuit.

Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

Grounding Instructions

This product must be grounded. If the treadmill's electrical system 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 treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

GETTING ON / OFF YOUR TREADMILL

IMPORTANT

The treadmill comes with Handles.

Always hold the Handlebar when getting on and off the treadmill.

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

Once you have familiarized yourself with using the treadmill, you can progress to running without using the handles to provide a total body workout.

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



Ensure the belt is stationary and grasp the Stationary Handlebar with hands.

Place your both foot on the running belt.

Please slowly increase the speed of treadmill . 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, 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.

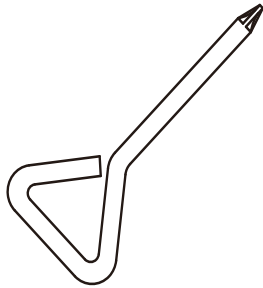
Always try and use the treadmill in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.

ASSEMBLY INSTRUCTIONS

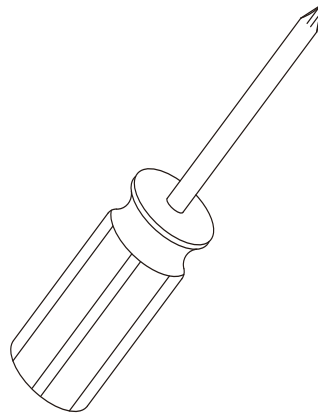
UNPACKING

1. Cut the straps and open box.
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.
3. Assembly of the machine needs to be performed by trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out assembly, maintenance and repair work.

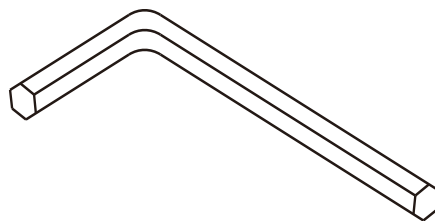
ASSEMBLY TOOLS



#112. Phillips Head Screw driver (1 pc)

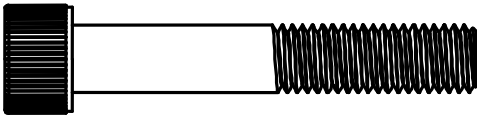


#111. Phillips Head Screw driver (1 pc)

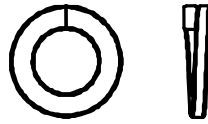


#110. 8mm L Allen Wrench (1 pc)

STEP1

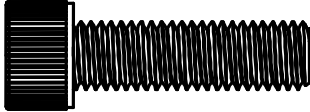


#65 - M10 × 60mm
Socket Head Cap Bolt
(10pcs)

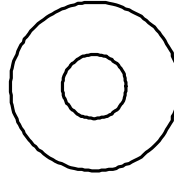


#79 - Ø10 × 2T
Spring Washer
(10pcs)

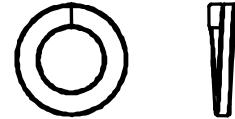
STEP2



#63 - M10 × 35mm
Socket Head Cap Bolt
(6pcs)



#74 - Ø3/8" × 25 × 3T
Flat Washer
(6pcs)



#79 - Ø10 × 2T
Spring Washer
(6pcs)

STEP3



#158 - M5×10mm
Phillips Head Screw
(8pcs)

STEP4



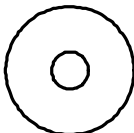
#158 - M5 × 10mm
Phillips Head Screw
(4pcs)



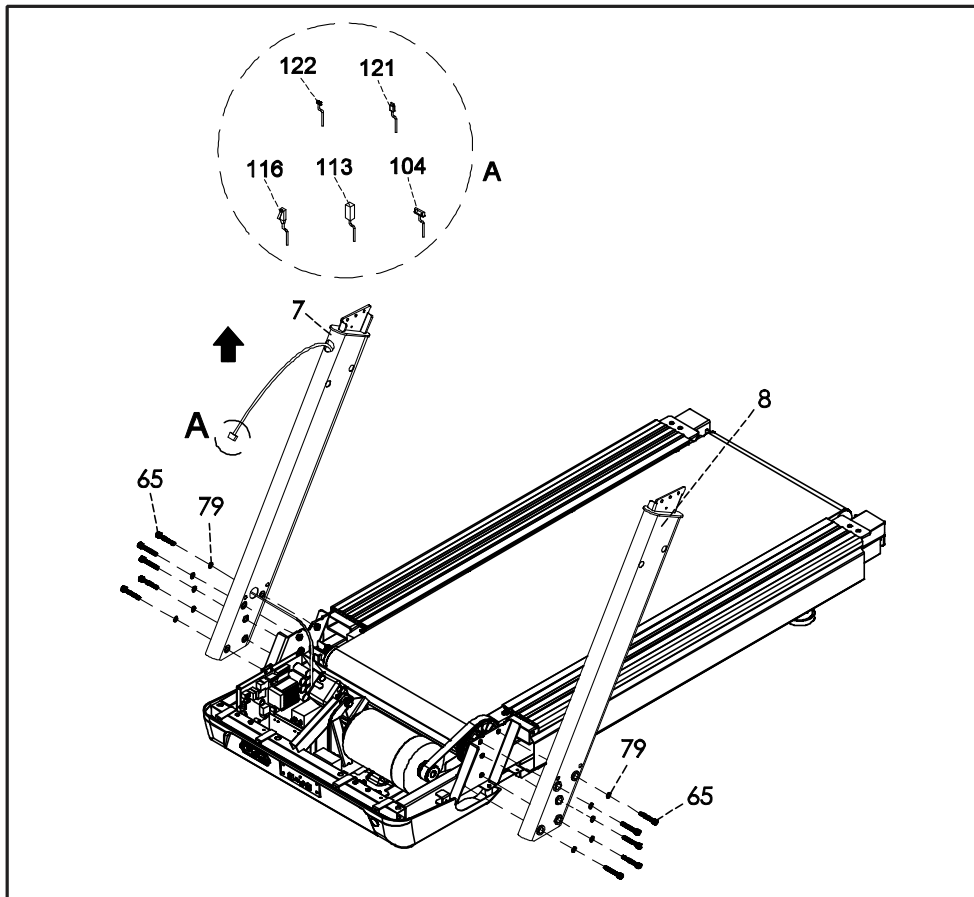
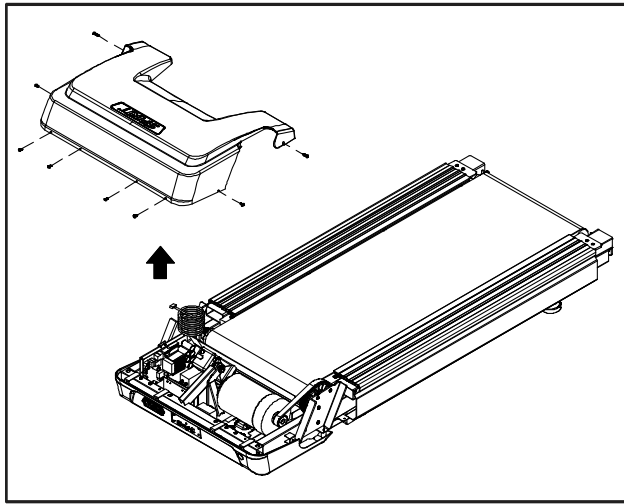
#69 - M5 × 25m/m
Phillips Head Screw
(2pcs)



#83 - 3.5 × 12m/m
Sheet Metal Screw
(18pcs)

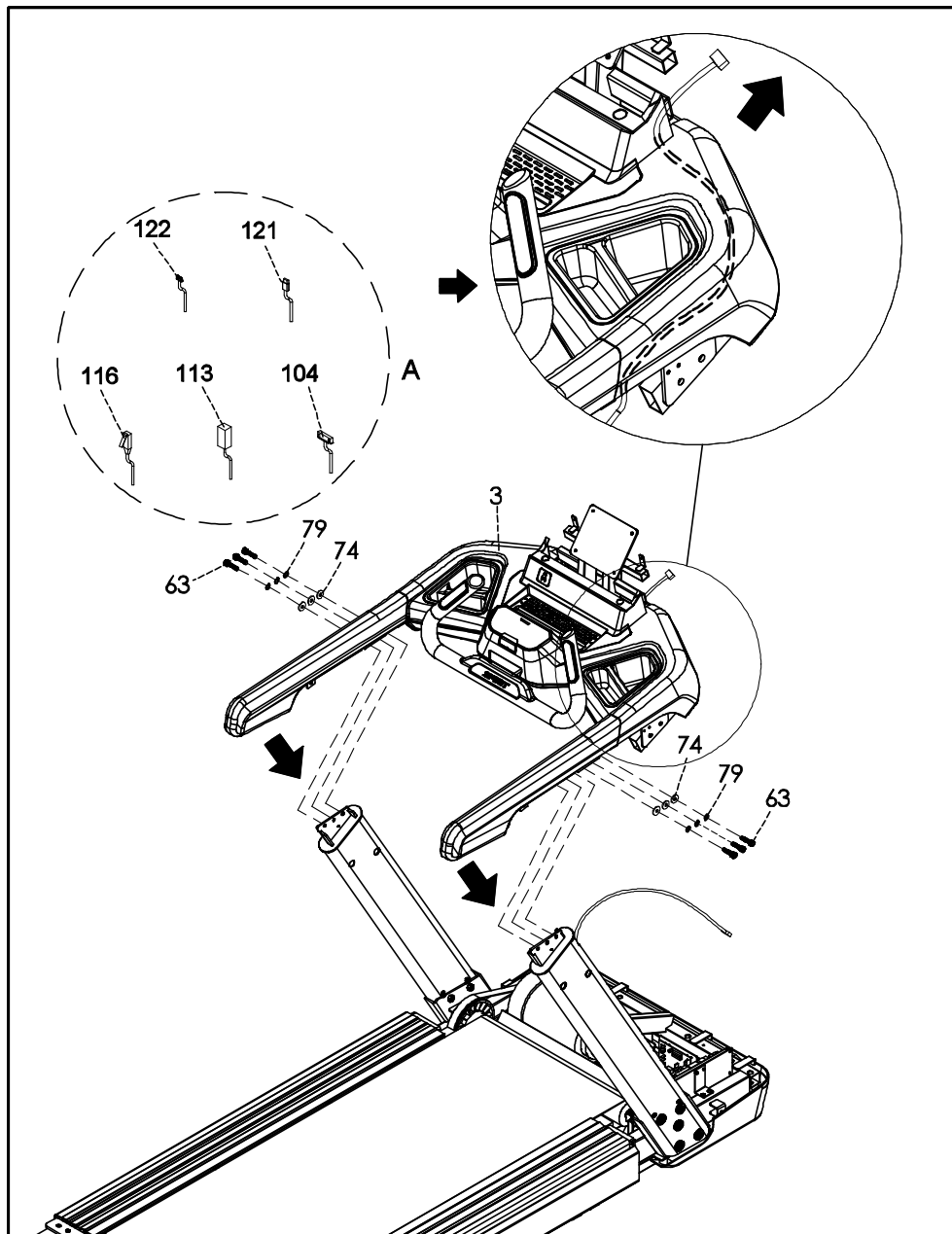


#75 - Ø5.5 × Ø19 ×
1.5T Flat Washer
(8pcs)



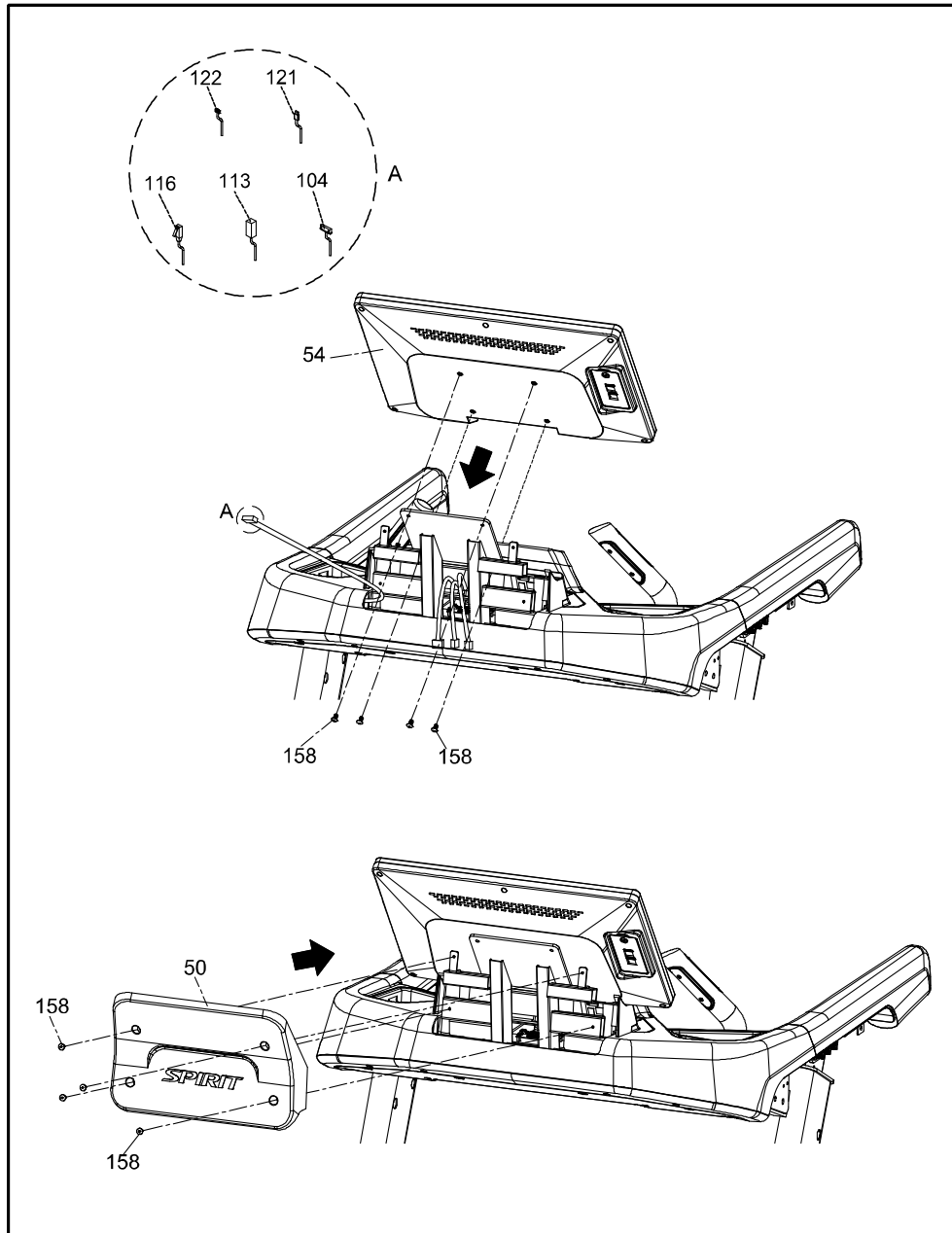
STEP 1

1. Loosen the 8 screws holding the MOTOR COVER (37) in place and remove the cover.
2. Uncoil wiring harness and run wires through the RIGHT UPRIGHT (7).
3. Use 5 BOLTS (65) and 5 LOCK WASHERS (79) to attach the RIGHT UPRIGHT (7) to the MAIN FRAME (1). Do not pinch wires. Do not tighten before putting the console on.
4. Use 5 BOLTS (65) and 5 LOCK WASHERS (79) to attach the LEFT UPRIGHT (8) to the MAIN FRAME (1). Do not tighten before putting the console on.



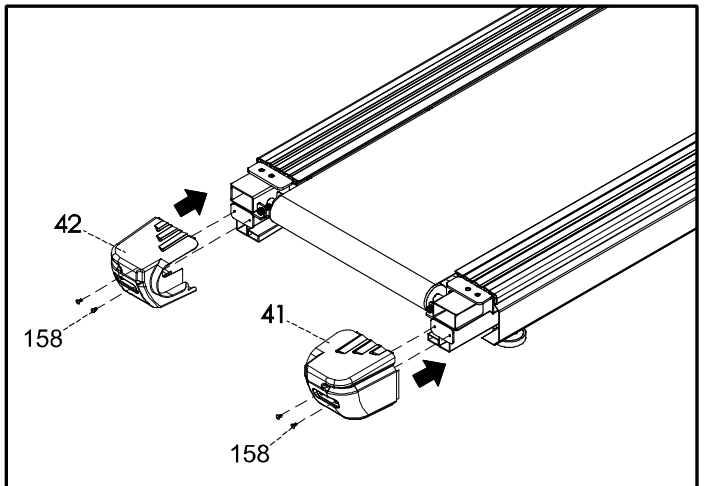
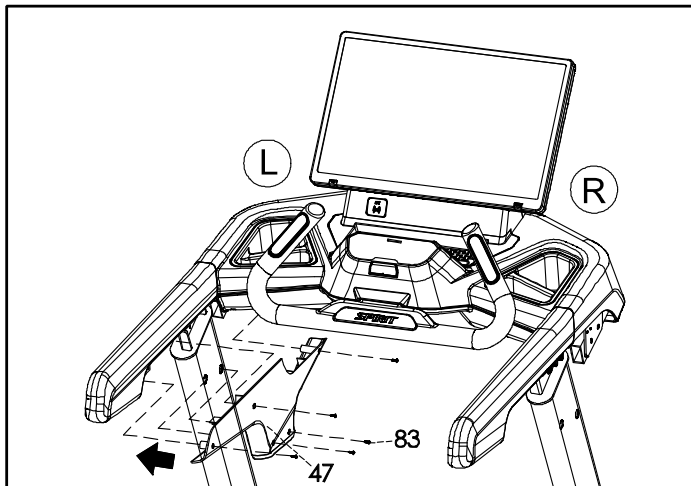
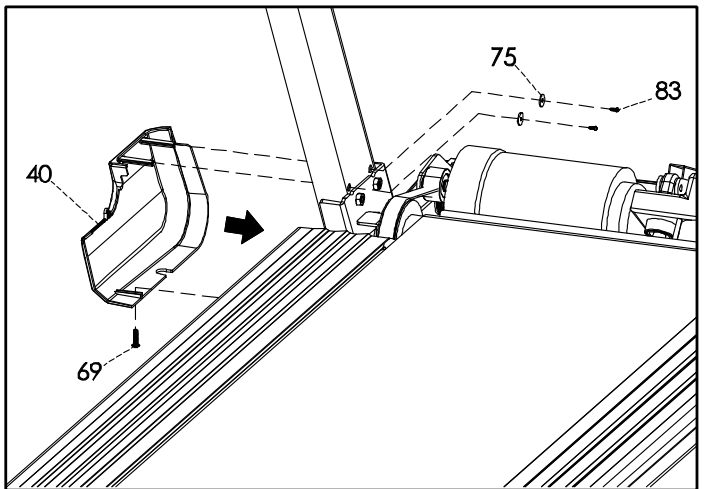
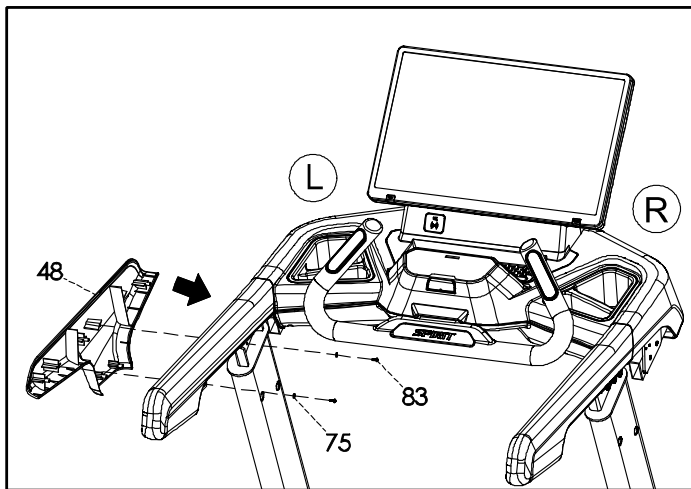
STEP 2

1. Install MAIN PANEL (3) onto the uprights using 6 BOLTS (63), 6 LOCK WASHERS (79) and 6 FLAT WASHERS (74).
2. Run the wiring harness through the MAIN PANEL (3) as shown in the illustration.
3. Tighten all bolts and washers on both uprights (7 and 8) from previous step.



STEP 3

1. Wires should be away from the console mounting bracket.
2. Install the CONSOLE (54) using 4 BOLTS (158).
3. Connect wiring harness to CONSOLE (54).
4. Attach CONSOLE BRACKET COVER (50) to MAIN PANEL using 4 BOLTS (158).



STEP 4

1. Attach LEFT OUTER HANDRAIL COVER (48) to MAIN PANEL using 2 SCREWS (83) and 2 FLAT WASHERS (75).
2. Attach LEFT INNER HANDRAIL COVER (47) to MAIN PANEL using 5 SCREWS (83).
3. Attach LEFT LOWER UPRIGHT COVER (40) to MAIN FRAME (1) using 2 SCREWS (83), 2 FLAT WASHERS (75), and 1 long SCREW (69).
4. Attach LEFT END CAP (42) to MAIN FRAME (1) using 2 SCREWS (158).
5. Repeat to install right side covers (45, 46, 39, 41).
6. Reinstall the MOTOR COVER (37) using the bolts removed in Step 1.

CONSOLE OPERATION



Starting the operation:

- Plug in the power cord and switch on the main power switch located at the front, under the motor hood of the treadmill and make sure that the safety key is put on as the treadmill is unable to operate without the safety key.
- When the power is turned on, the screen will show the initial image and then enter the ready mode which is the beginning of the treadmill operation.

Quick operating buttons are convenient for basic treadmill functions.



Quick start operation:

- Press “START” button and the belt speed will increase to 0.8 km/h (0.5 MPH).
- Press SPEED “+ / -” buttons to adjust the speed.
- Press and hold SPEED “-” button to slow down to the desired speed.
- Press “STOP” button to stop the belt.

Featured functions of this treadmill:

Touch-control screen is used for operating all functions of the treadmill. You can directly touch any functional button on the screen or through quick buttons on the bottom to control functions. On the bottom there are Speed “+ / -” buttons to control the speed, “START” button to begin the workout, “STOP” button to pause/stop running and INCLINE “+ / -” buttons to control the incline of the treadmill.

Incline:

- The incline is adjustable any time during the workout.
- Press and hold INCLINE “+ / -” button on the screen to change the incline to the desired level.

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.

No User Detected

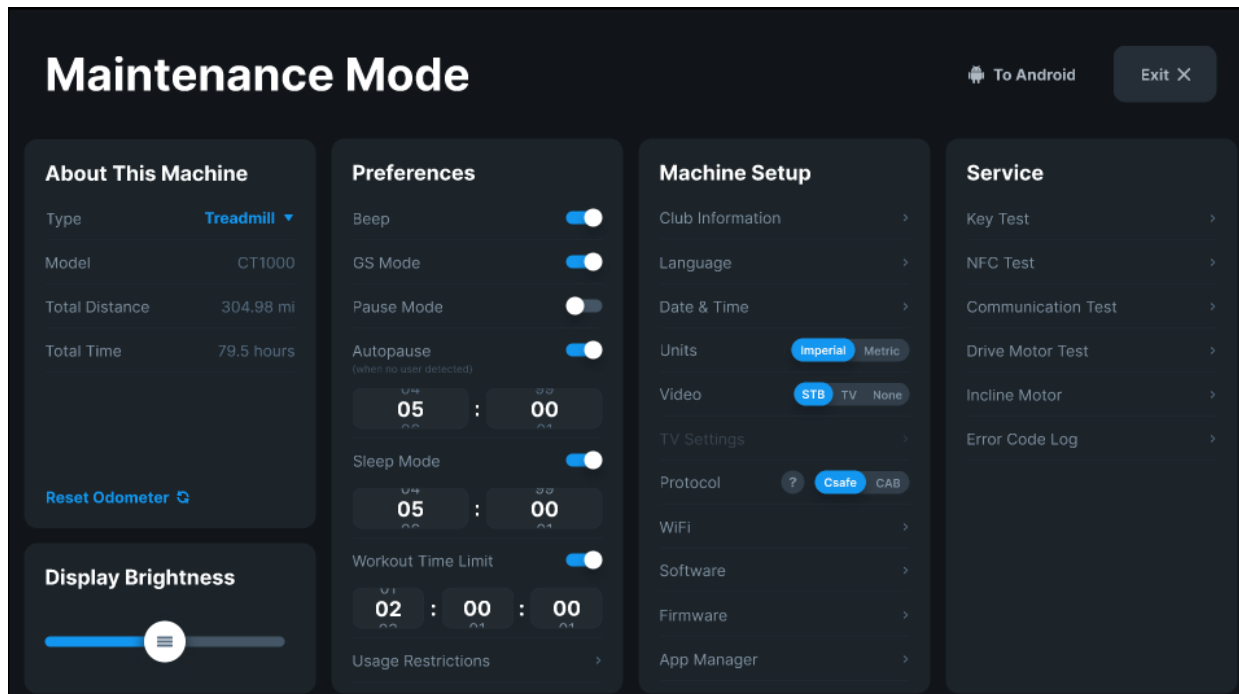
Machine will pause automatically if no user is detected for **1 min**. When treadmill is operating with speed higher than 0.8km/hr (0.5mile/hr), protecting mechanism will be activated. Pop up window will ask user whether to stop/resume workout program. This pop up window will remain on the screen for 5 minutes. The treadmill will end workout automatically if no actions are taken within 5 minutes.

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.

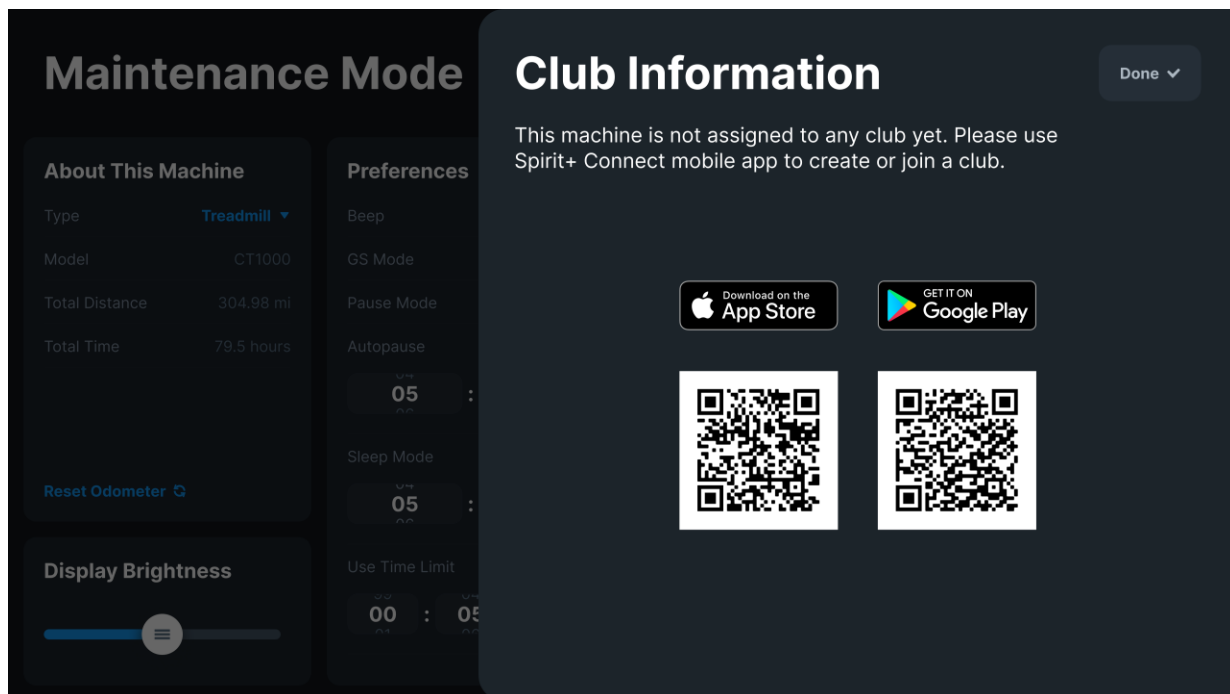


Organization Account

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.

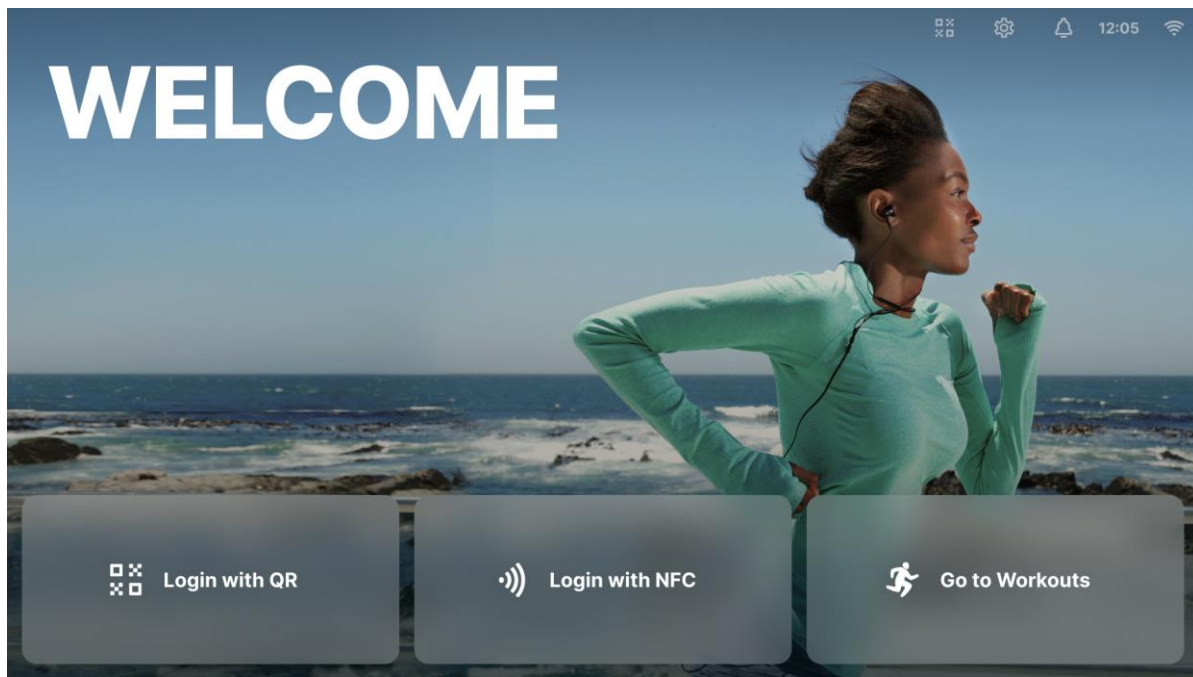
Use similar method to help customers sign in to the system. First, new gym members must install the **Spirit+ Club** app on their smartphones and create an account. Use **Spirit+ Connect** app to give them access: press **Add** button on the **Members** page and scan the QR code on their **Spirit+ Club**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



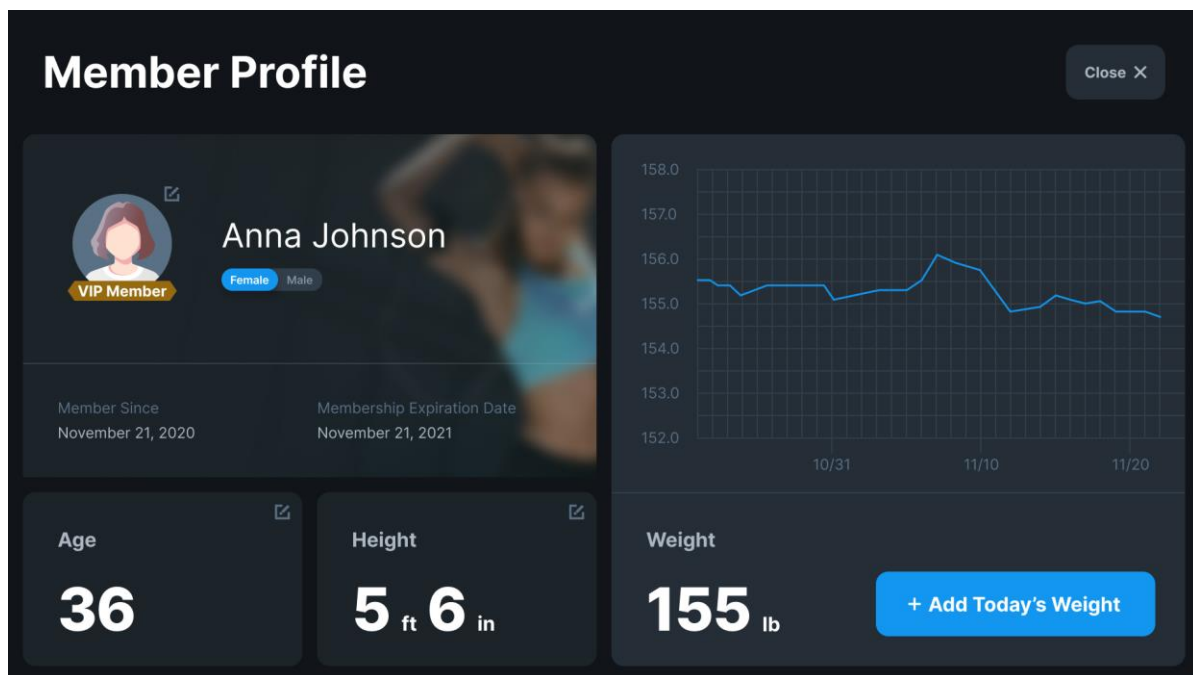
Users & Guests

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.

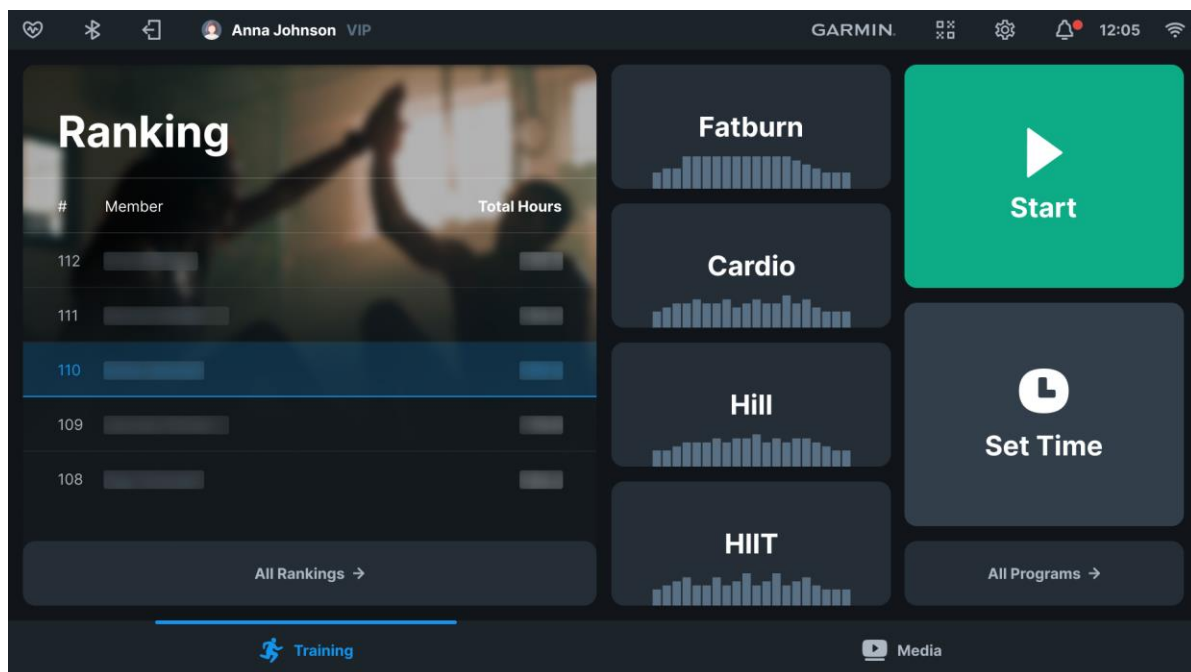


Authorized users can access their profile on both **Spirit+ Club** app and the machine console. Press on the username in the status bar to open it. Users can change avatars and edit personal information here.



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.

#	Member	hours	mph	mi	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 to access 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



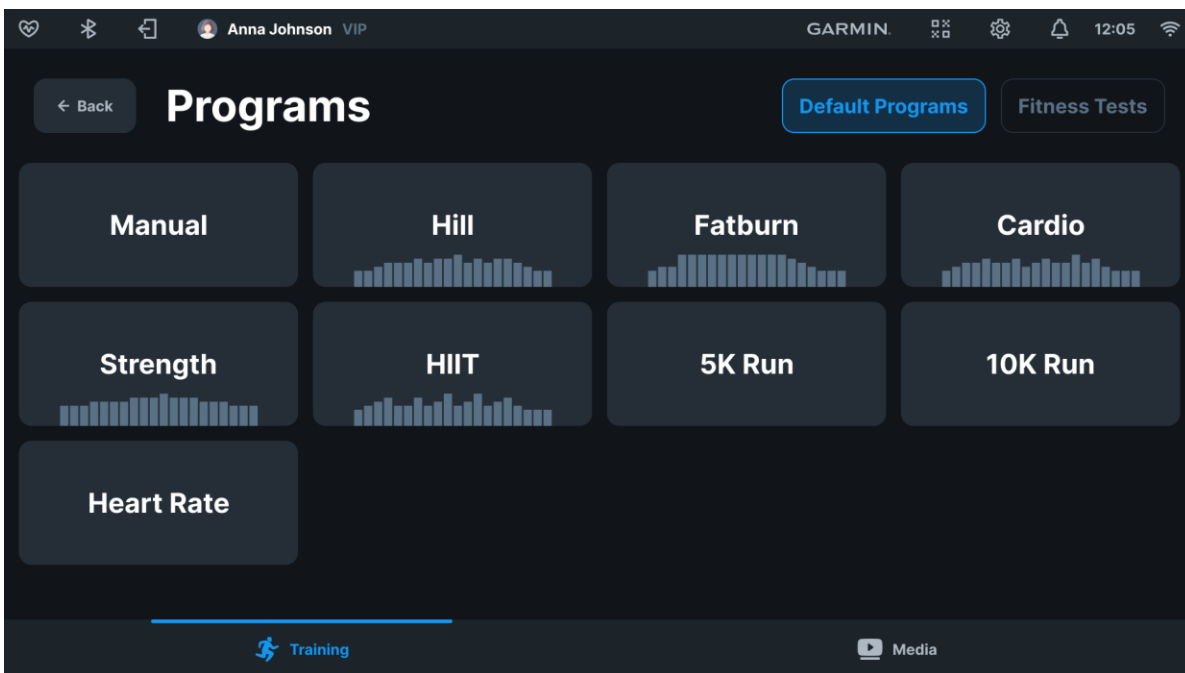
to pair a heart rate measuring device, select the **Heart Rate** icon



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

Programs

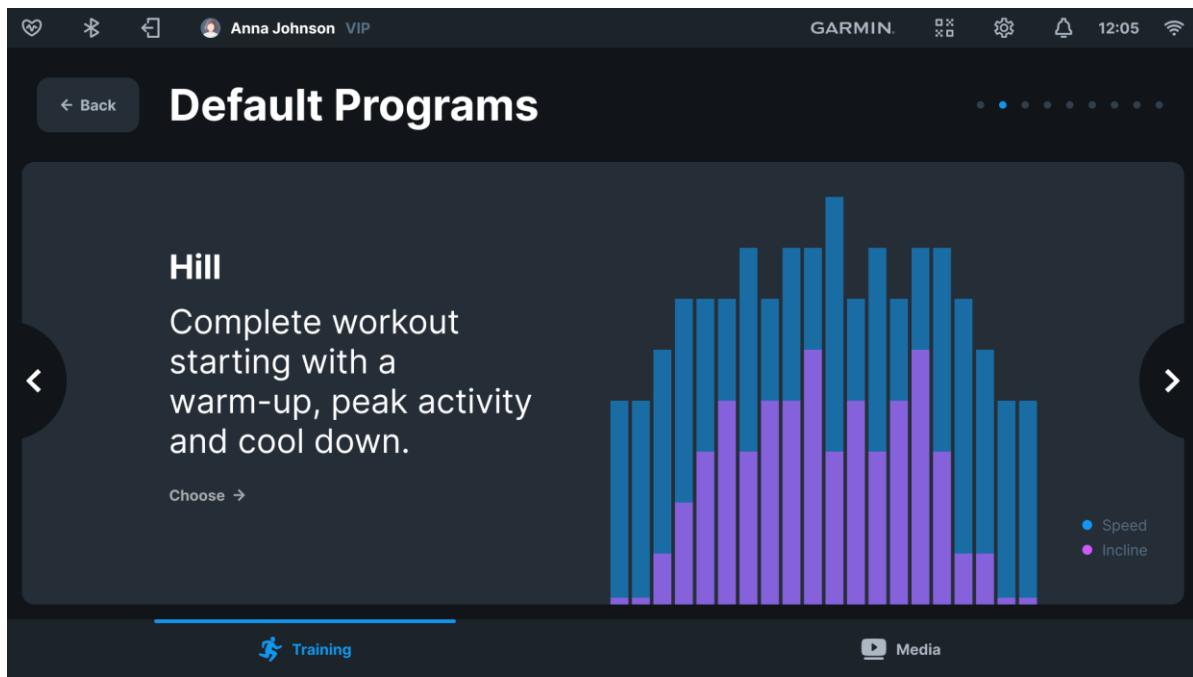
Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.



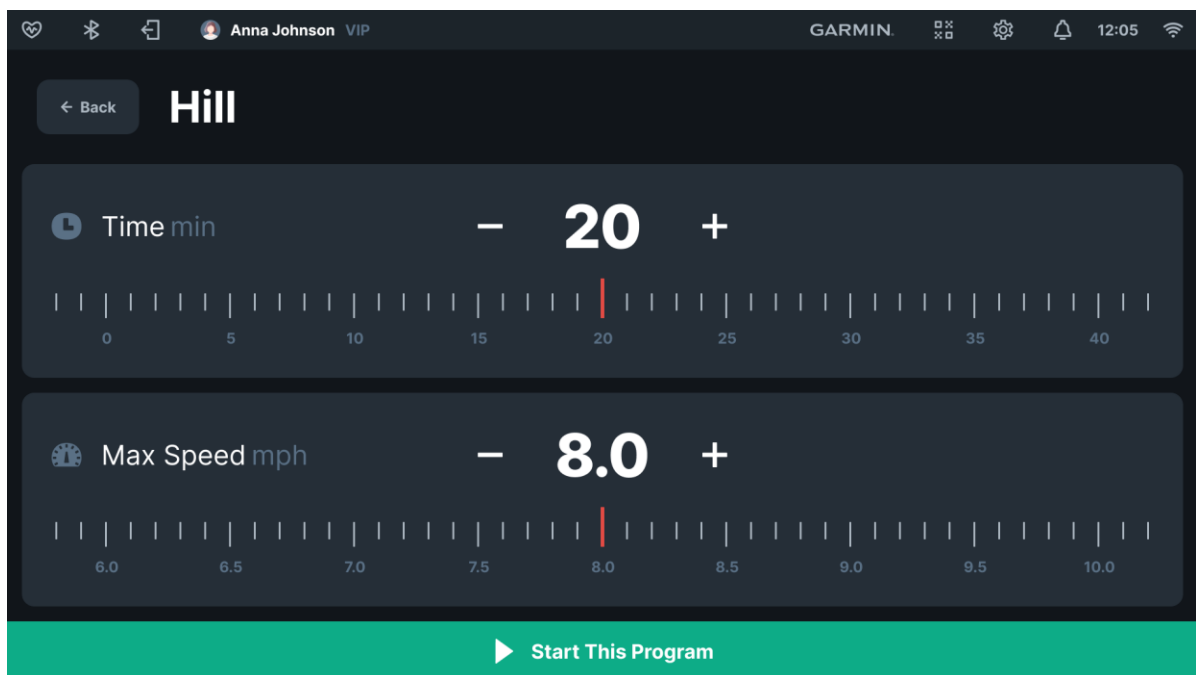
Tap on a program to learn more about it in the **Preview Mode**. Here, scroll between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen.

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.

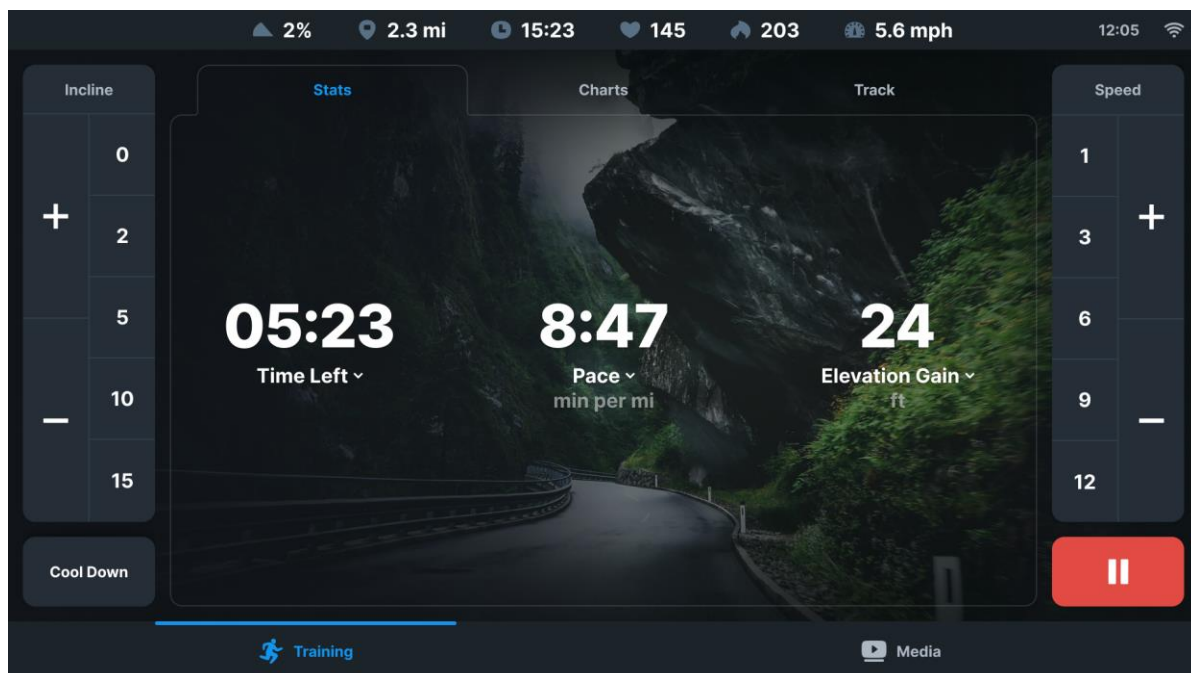
Press **Back** to return to program selection.

Workout Mode

Workouts begin with a **Warm-Up** of 3 minutes. Warm-Up can be skipped by tapping on the **Skip Warm-Up** icon. Once Warm-Up is complete or skipped, the **Training Screen** displays, and exercise starts with time counting. Use panels on the left and right sides of the screen to control **Speed** and **Incline** accordingly. When using one of the console programs, **Warm-Up** will follow the parameters set by the program.

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 **Speed** and **Incline**

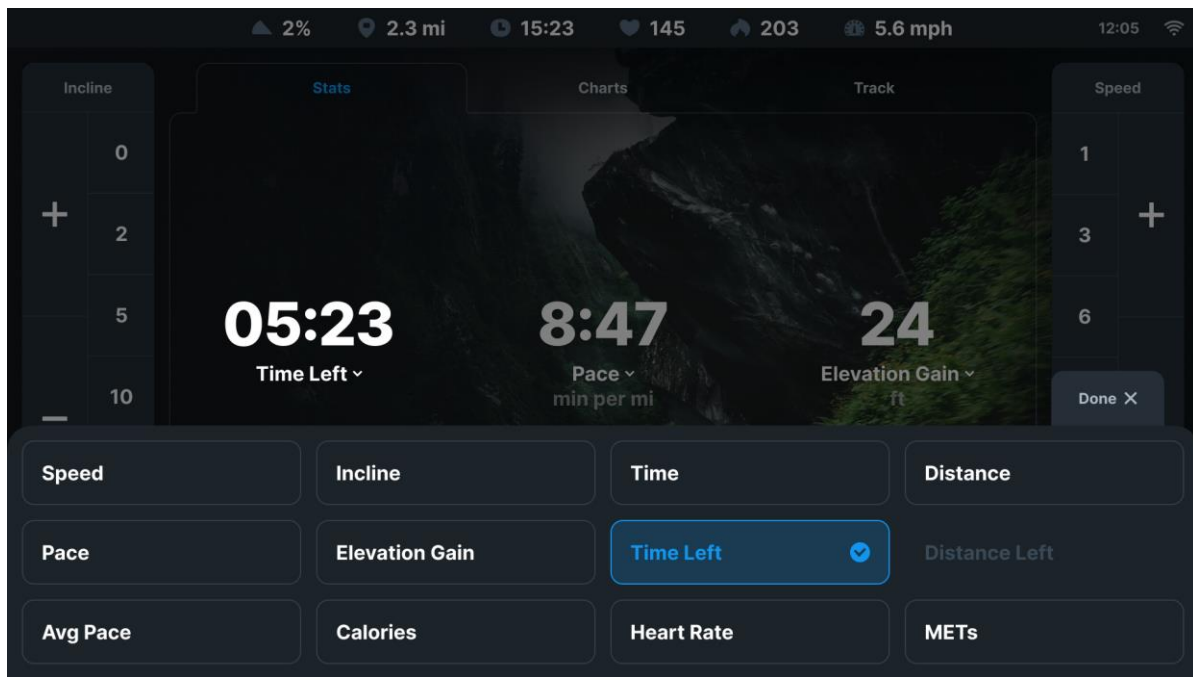


Performance metrics displayed in the **Stats** view can be customized; press on the number and select your preferred option. Metrics displayed include Speed, Incline, Time, Distance, Pace, Elevation Gain, Time Left, Distance Left (when running a program with a set distance), Average Pace, Calories, Heart Rate, METs.

Performance metrics displayed in the **Charts** view are Speed and Incline.

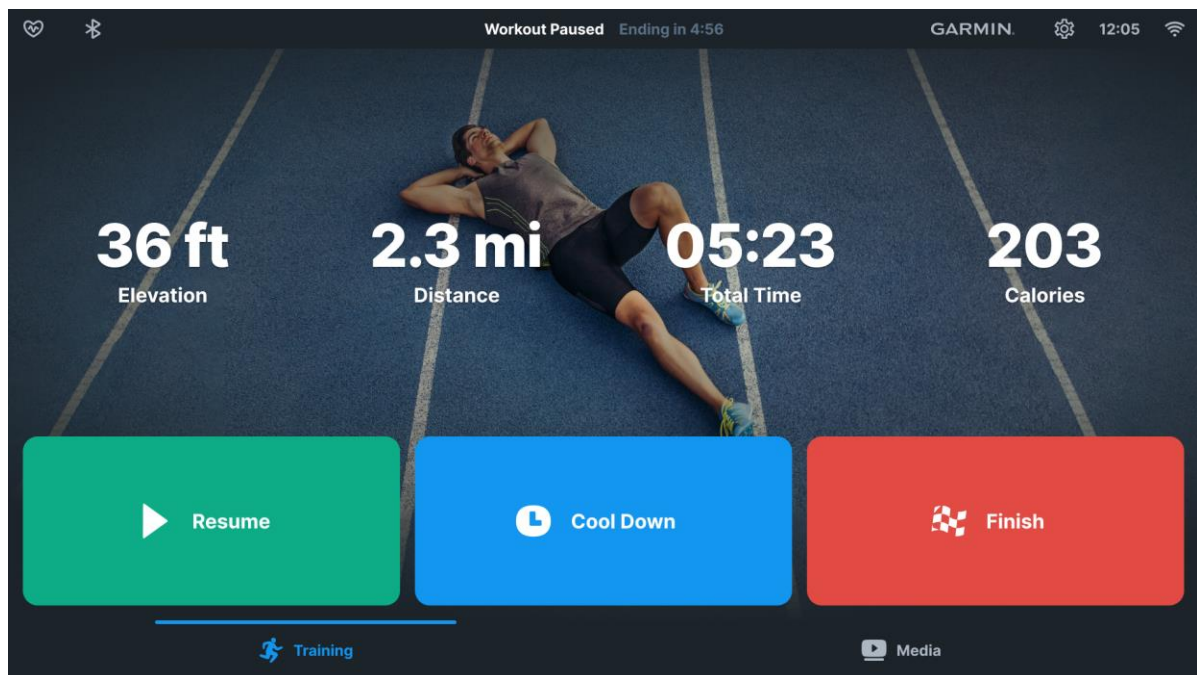
Performance metrics displayed in the virtual **Track** view are Laps completed and Distance.

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 Incline, Distance, Time, Heart Rate, Calories and Speed.



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**.

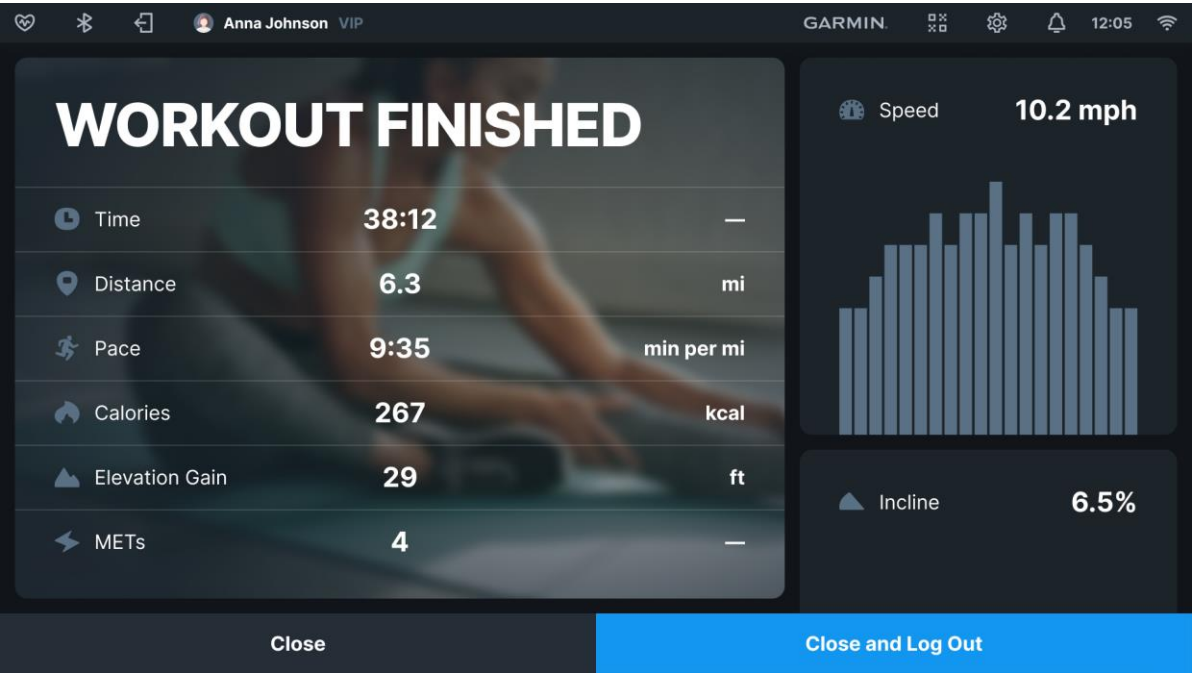


Tapping the **Pause** icon will stop the treadmill belt and reduce incline level to 0% incline. Time allowed for pausing the workout is 5:00 minutes. **Workout Paused** will continually be displayed at the top of the touchscreen in addition to a countdown timer.

To **Resume** workout, tap on the **Resume** icon and the treadmill manual workout will restart at 0.8 km/h (0.5 MPH), after an initial 3 second count down. Incline will resume at 0% incline. If treadmill is running a console program, tapping the **Resume** icon will restart the treadmill at the speed dictated by the program when paused, and at the incline dictated by the program when paused.

To enter **Cool Down**, tap on the **Cool Down** icon and the treadmill speed will gradually decrease over the 3 minute **Cool Down** period. Incline will decrease to 0% incline. **Cool Down** speed is decreased by a percentage each minute: 40% minute 1; 30% minute 2; 20% minute 3, based on the maximum speed of the workout. **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 incline will decrease to 0% 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, Distance, Pace, Calories, Elevation Gain, 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 Wire Cast 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. 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.

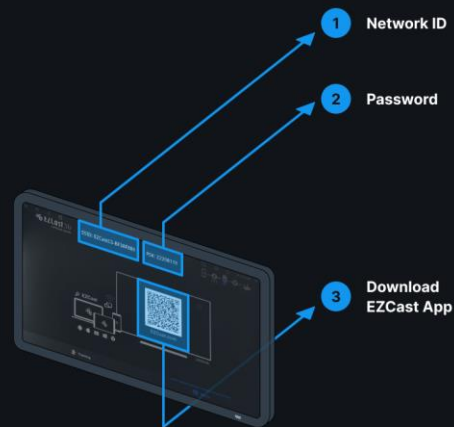
How to Use Miracast

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.



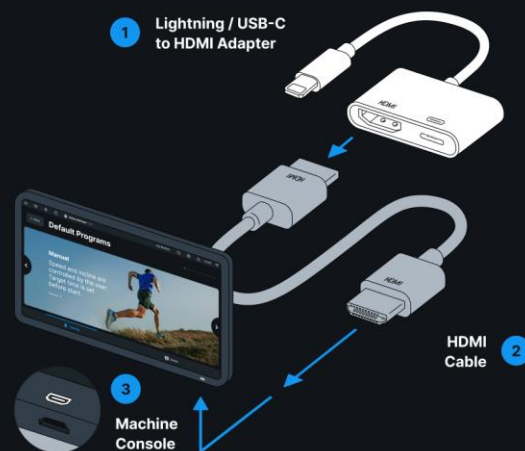
How to Use Wirecast

Close X

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

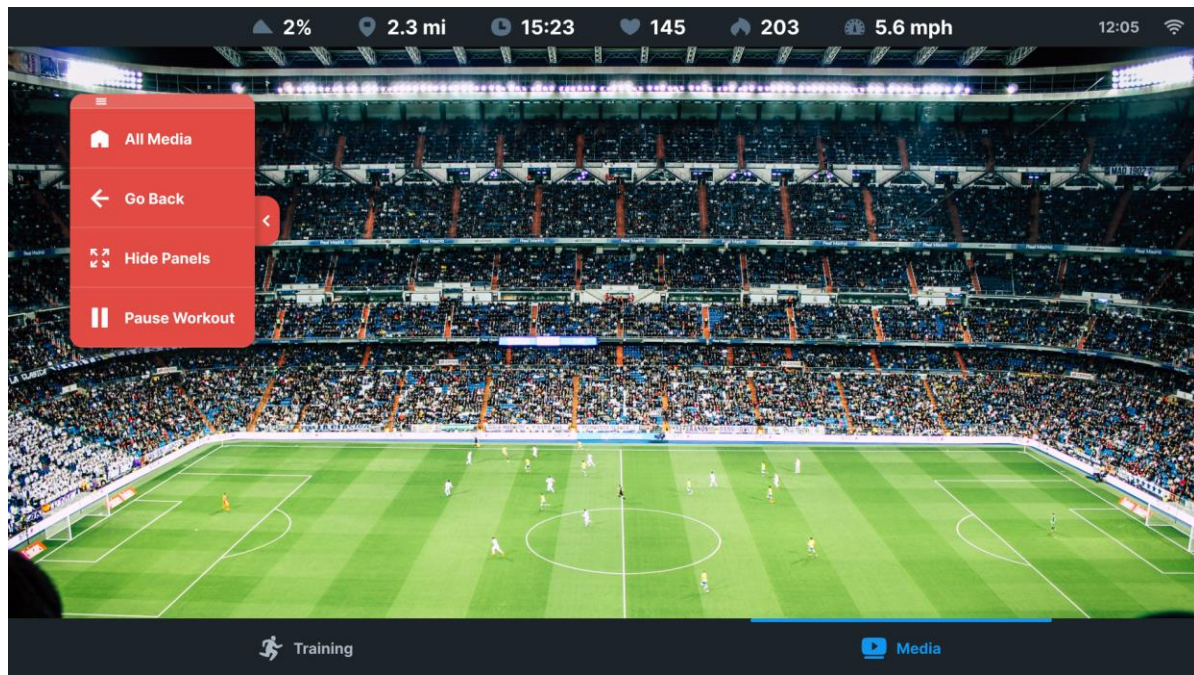
Android Phone Use a USB-C to HDMI adapter and an HDMI cable, or a direct USB-C to HDMI cable to connect your phone to the machine console. Make sure your Android smartphone supports video output over USB-C.

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



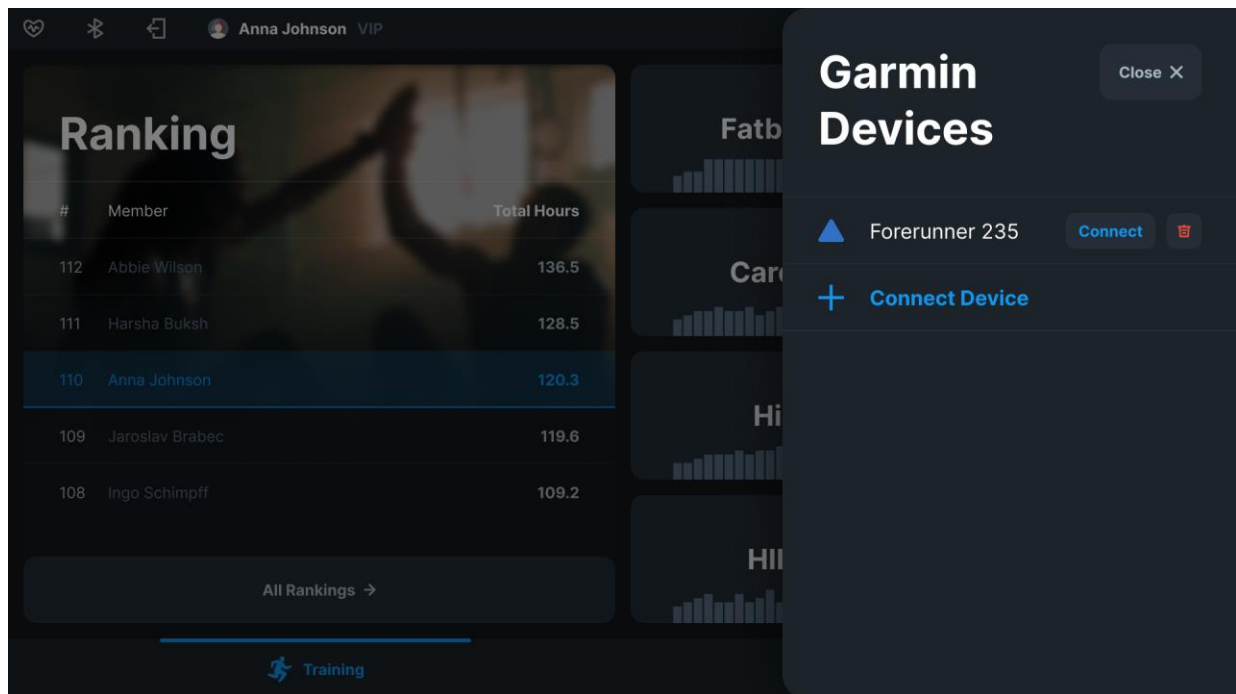
Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press **Hide Panels** to enter the full screen mode without stats on the top and tabs on the bottom and **Show Panels** to bring them back.

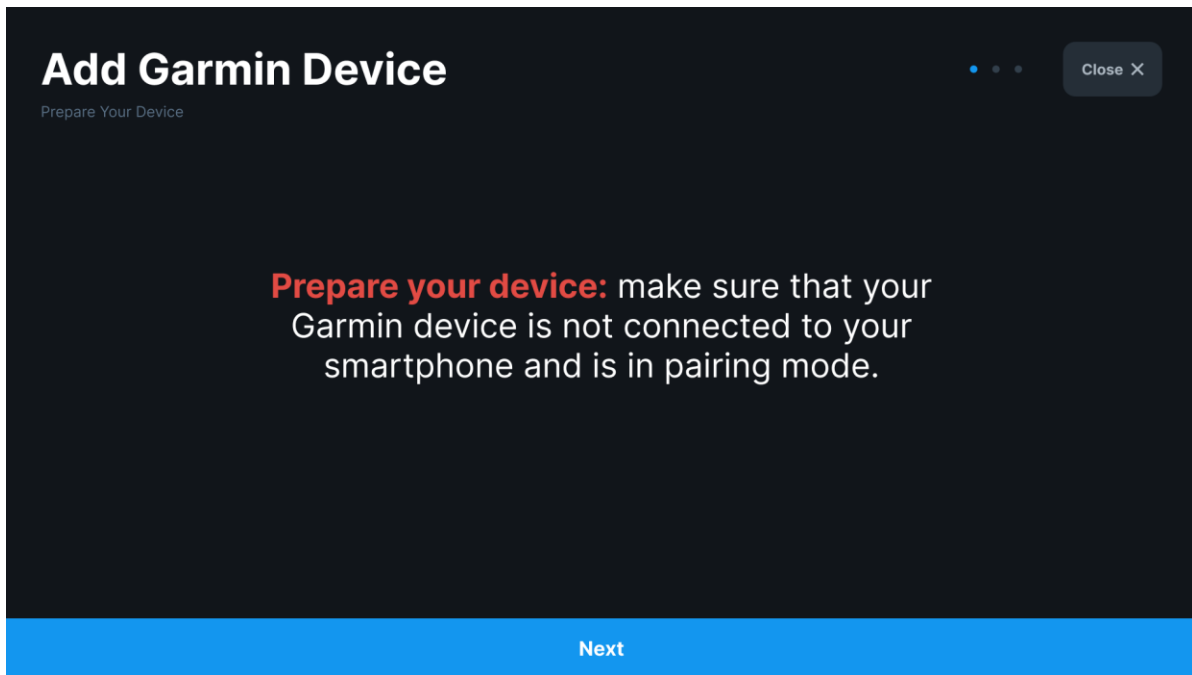
Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press **All Media** to go back to the content sources selection.



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.

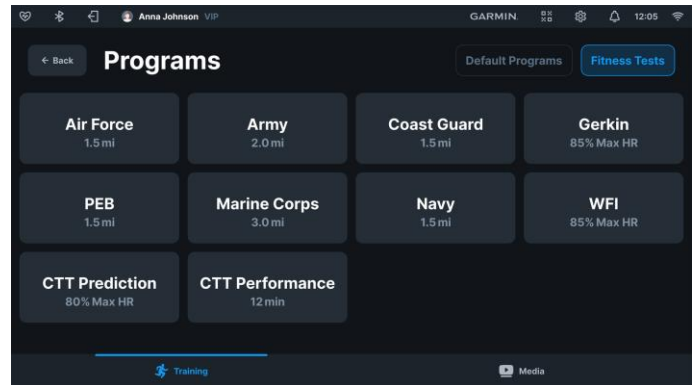
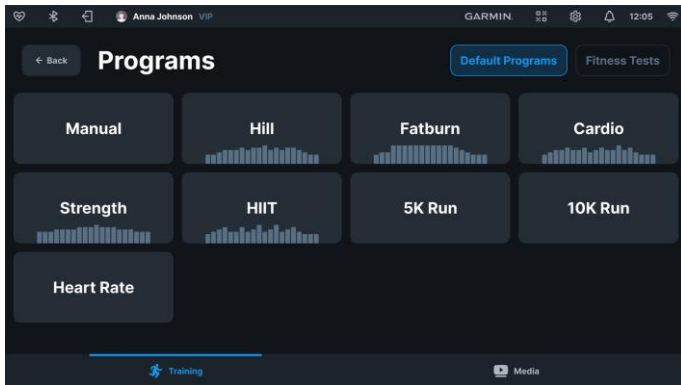




Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.

PROGRAMS INTRODUCTION

The Spirit Fitness CT1000ENT console offers 19 preset programs, including 10 fitness tests: Manual, Hill, Fatburn, Cardio, Strength, HIIT, 5K Run, 10K Run, Heart Rate, Air Force, Army, Coast Guard, Gerkin, PEB, Marine Corps, Navy, WFI, CTT Prediction and CTT Performance.



Program Selection

- Choose from featured programs on the home page, or press “All Programs” to access all available programs. Switch between two categories using the tabs in the top right corner of the screen. 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.

Preset Programs Speed / Incline Settings

Hill, Fatburn, Cardio and Strength programs follow preset speed & incline changing patterns. The speed and incline levels for each segment of the program are shown in the chart below. Speed values represent a percentage of the max speed that was set before start. For instance, if the max speed was set to 10.0 mph, and the value in the chart indicates 20, it means that this segment’s speed will be 2.0 mph. If the value in the chart indicates 100, this segment’s speed will be equal to the max speed you have set before the workout. Incline values are absolute.

Prog.	Param.	Warmup			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool Down		
Hill	Speed	20	30	40	50	60	60	70	70	70	80	80	70	80	80	100	100	70	80	80	70	70	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0
Fatburn	Speed	20	30	40	50	80	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	80	50	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0
Cardio	Speed	20	30	40	50	60	60	70	70	70	80	70	50	80	80	60	70	80	80	70	80	60	60	50	40	30	20
	Incline	0	0	0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	3	2	1	1	0	0	0	0
Strength	Speed	20	30	40	50	60	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	40	30	20
	Incline	0	0	0	0	1	2	3	5	2	3	6	2	3	7	2	3	8	2	3	5	3	1	0	0	0	0

Distance Programs

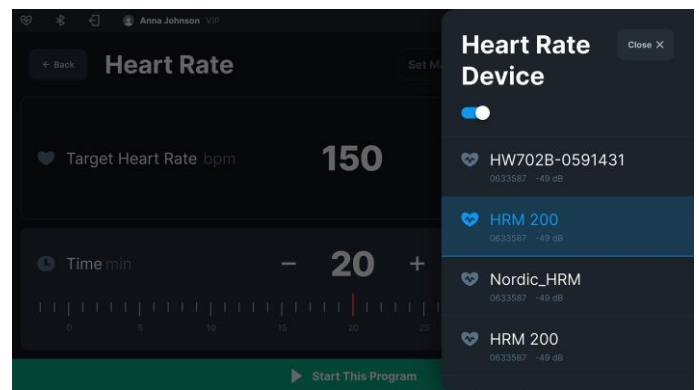
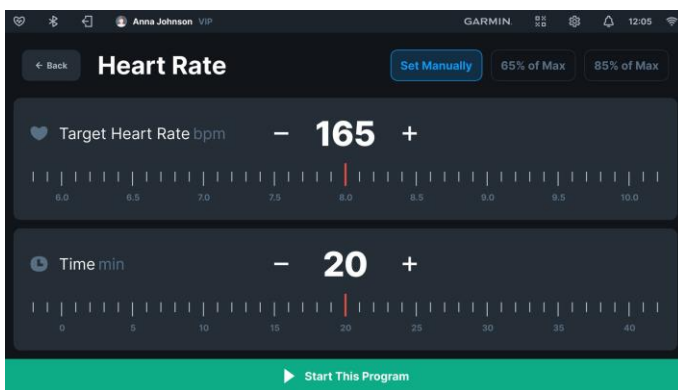
5K Run and **10K Run** programs automatically set a target distance for your workout (5 km and 10 km, respectively). On the program setup page, the console will show the estimated total time for this run based on the selected target speed. Program ends when the target distance is reached.

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 speed.

Heart Rate Program

In the **Heart Rate** program, the machine uses incline to control your heart rate. Ascents and descents affect heart rate much more efficiently than changes in speed alone. The incline 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.

Manual Program

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

VO₂ Fitness Tests

Gerkin (also known as the fireman's protocol) and **WFI** are a sub maximal VO₂ (volume of oxygen) tests. The test will increase speed and incline alternately until you reach 85% of your max heart rate (a heart rate monitor is required for this test). The time it takes for you to reach 85% determines the test score (VO₂ max). Make sure to input your age and weight data on the program setup page before start. Tests start with a 3-minute warm-up at a lower speed. Speed and incline levels of each segment of the test are as shown in the charts below:

Gerkin

Stage #	Time	Speed	Incline	VO2 Max
1	0 to 1:00	4.5 mph	0	31.15
2.1	1:15	4.5 mph	2%	32.55
2.2	1:30	4.5 mph	2%	33.6
2.3	1:45	4.5 mph	2%	34.65
2.4	2:00	4.5 mph	2%	35.35
3.1	2:15	5.0 mph	2%	37.45
3.2	2:30	5.0 mph	2%	39.55
3.3	2:45	5.0 mph	2%	41.3
3.4	3:00	5.0 mph	2%	43.4
4.1	3:15	5.0 mph	4%	44.1
4.2	3:30	5.0 mph	4%	45.15
4.3	3:45	5.0 mph	4%	46.2
4.4	4:00	5.0 mph	4%	46.5
5.1	4:15	5.5 mph	4%	48.6
5.2	4:30	5.5 mph	4%	50
5.3	4:45	5.5 mph	4%	51.4
5.4	5:00	5.5 mph	4%	52.8
6.1	5:15	5.5 mph	6%	53.9
6.2	5:30	5.5 mph	6%	54.9
6.3	5:45	5.5 mph	6%	56
6.4	6:00	5.5 mph	6%	57

Stage #	Time	Speed	Incline	VO2 Max
7.1	6:15	6.0 mph	6%	57.7
7.2	6:30	6.0 mph	6%	58.8
7.3	6:45	6.0 mph	6%	60.2
7.4	7:00	6.0 mph	6%	61.2
8.1	7:15	6.0 mph	8%	62.3
8.2	7:30	6.0 mph	8%	63.3
8.3	7:45	6.0 mph	8%	64
8.4	8:00	6.0 mph	8%	65
9.1	8:15	6.5 mph	8%	66.5
9.2	8:30	6.5 mph	8%	68.2
9.3	8:45	6.5 mph	8%	69
9.4	9:00	6.5 mph	8%	70.7
10.1	9:15	6.5 mph	10%	72.1
10.2	9:30	6.5 mph	10%	73.1
10.3	9:45	6.5 mph	10%	73.8
10.4	10:00	6.5 mph	10%	74.9
11.1	10:15	7.0 mph	10%	76.3
11.2	10:30	7.0 mph	10%	77.7
11.3	10:45	7.0 mph	10%	79.1
11.4	11:00	7.0 mph	10%	80

WFI

Time	Speed	Incline
00:00 — 1:00	3.0 mph	0%
1:01 — 2:00	3.0 mph	0%
2:01 — 3:00	3.0 mph	0%
3:01 — 4:00	4.5 mph	0%
4:01 — 5:00	4.5 mph	2%
5:01 — 6:00	5.0 mph	2%
6:01 — 7:00	5.0 mph	4%
7:01 — 8:00	5.5 mph	4%
8:01 — 9:00	5.5 mph	6%

Time	Speed	Incline
9:01 — 10:00	6.0 mph	6%
10:01 — 11:00	6.0 mph	8%
11:01 — 12:00	6.0 mph	8%
12:01 — 13:00	6.5 mph	10%
13:01 — 14:00	7.0 mph	10%
14:01 — 15:00	7.0 mph	12%
15:01 — 16:00	7.5 mph	12%
16:01 — 17:00	7.5 mph	14%
17:01 — 18:00	8.0 mph	14%

Military Tests

Military tests measure the time required for you to cover a certain distance. The speed is controlled manually. To pass the test, try not to exceed the time that is indicated for your age and gender below.

Army

2.0mi

Age	Male	Female
17 — 21	16:36	19:42
22 — 26	17:30	20:36
27 — 31	17:54	21:42
32 — 36	18:48	23:06
37 — 41	19:30	24:06

Age	Male	Female
42 — 46	19:54	25:18
47 — 51	20:48	25:36
52 — 56	21:06	25:48
57 — 61	21:06	26:06
62+	21:06	26:18

Navy

1.5mi

Age	Male	Female
17 — 19	12:31	15:01
20 — 24	13:31	15:31
25 — 29	14:01	16:09
30 — 34	14:31	16:46
35 — 39	15:01	17:01
40 — 44	15:31	17:16

Age	Male	Female
45 — 49	16:09	17:24
50 — 54	16:46	17:31
55 — 59	17:10	18:35
60 — 64	18:53	19:44
65+	20:36	20:53

Air Force

1.5mi

Age	Male	Female
<30	13:36	16:22
30 — 39	14:00	16:57
40 — 49	14:52	18:14
50 — 59	16:22	19:43
60+	18:14	22:28

Marine Corps

3.0mi

Age	Male	Female
17 — 26	28:00	31:00
27 — 39	29:00	32:00
40 — 45	30:00	33:00
46+	33:00	36:00

Physical Efficiency Battery (PEB)

1.5mi

Age	Male	Female
20 — 24	10:53	13:36
25 — 29	11:05	13:43
30 — 34	11:26	13:43
35 — 39	11:47	14:37
40 — 44	12:28	15:12

Age	Male	Female
45 — 49	13:07	16:02
50 — 54	13:49	17:02
55 — 59	14:48	17:37
60+	15:07	17:37

US Coast Guard

1.5mi

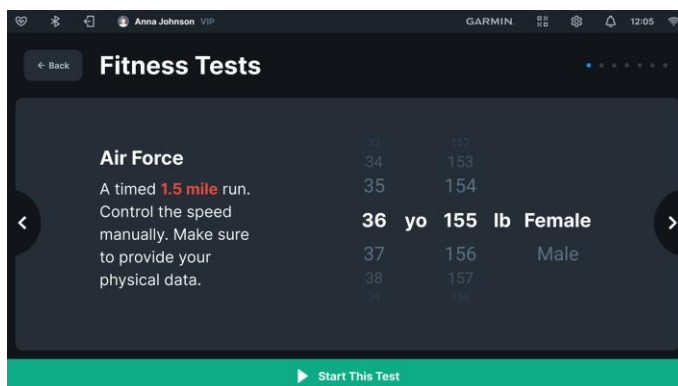
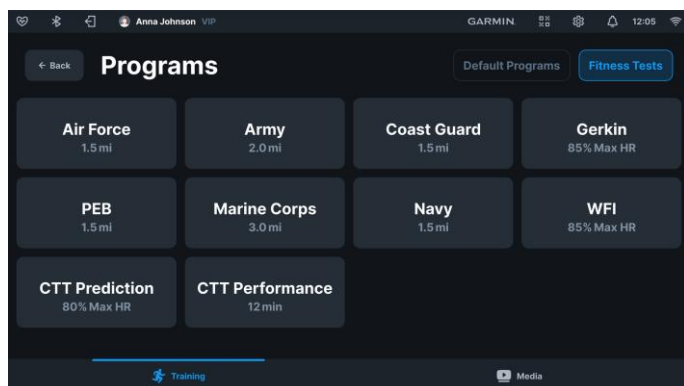
Age	Male	Female
<30	12:52	15:27
30 — 39	13:37	15:58
40 — 49	14:30	16:59
50 — 59	15:27	17:56
60+	16:41	18:45

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.

Test Selection:

- On the home page, press “All Programs”, then select the “Fitness Tests” tab on the top right corner of the screen.
- Tap on the test card to see more details about the test, and access age, weight and height settings. This information affects the results, so make sure it is filled correctly.
- Pair a heart rate monitoring device, if required.
- To begin the test, tap on the “Start This Test” button on the bottom of the console screen, or press the physical START key on the machine.



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

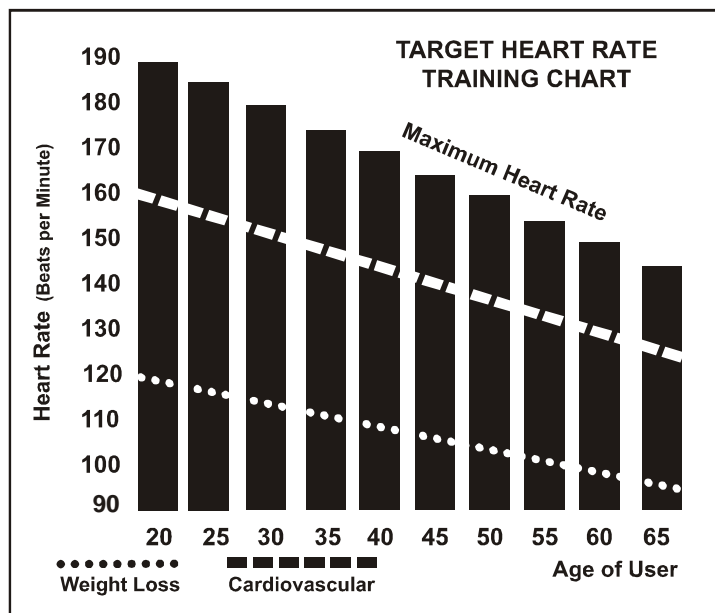
TARGET HEART RATE

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 treadmill 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 A 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 treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look for interference which may cause erratic heart rate:

1. Treadmill 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

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

The components which are most susceptible to wear: Belt 、 Idler 、 roller 、 Desk 、 Tread-belt.

Belt and Deck - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow the belt to dry before using.**

The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 kilometers on each side. If the original side of the deck shows significant wear, it needs to be flipped.

Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

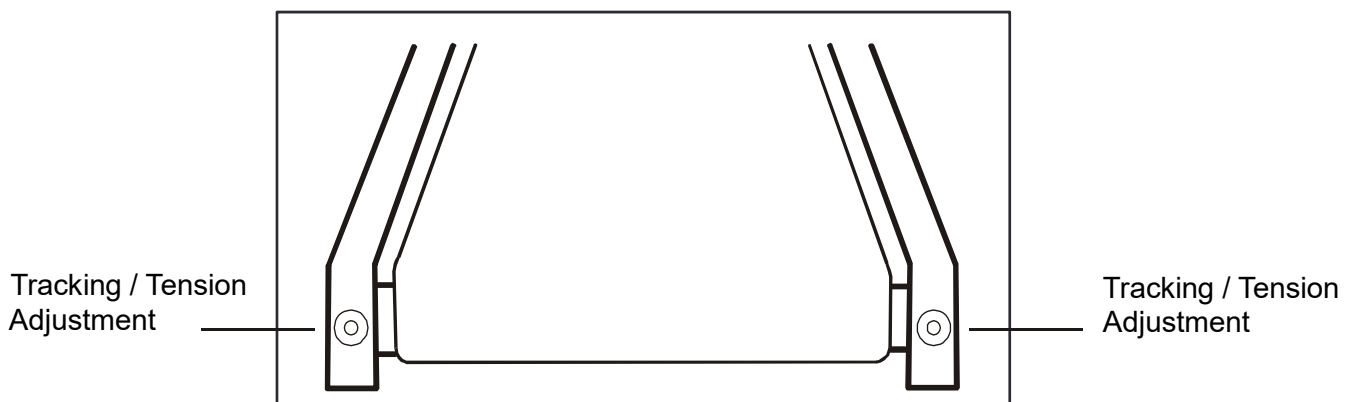
Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS PERFORMING THIS TASK. Do not** attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

BELT ADJUSTMENTS:

Running surface : 56x224cm

Tread-belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Note: Adjustment is through small hole in the end cap.

Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

- If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

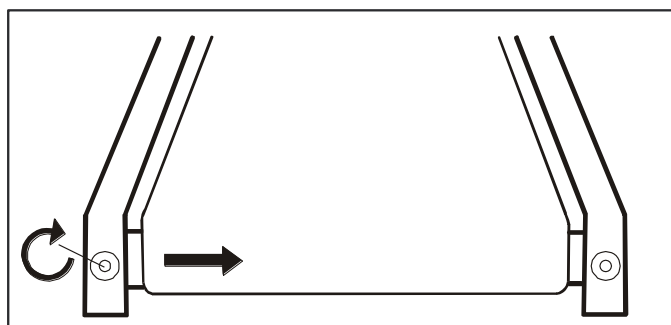
The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 8 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 3 to 5 kph.

Remember, a small adjustment can make a dramatic difference!

Turn the bolt clockwise to move the belt to the right. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt is stabilized and the edge is within between step rails.



The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:

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

Unplug treadmill before performing any maintenance.

Task	How To	Daily	Weekly	Monthly	Semi-Annually	Annually
Wipe down unit	Damp cloth w/ water	•				
Clean under belt	Towel or vacuum			•		
Check belt tension/tracking	Feel/visual		•			
Clean under motor cover	Vacuum carefully				•	
Check hardware	Wrench			•		
Inspect for deck wear	Visual				•	
Inspect drive belt	Visual				•	

RECOMMENDED MAINTENANCE OF RUNNING BELT/DECK

Total Using Distance	20,000 Km/ 12,500 Miles	40,000 Km/ 25,000 Miles
Tasks	Flipping Deck	Replacing Belt and Deck

Note:

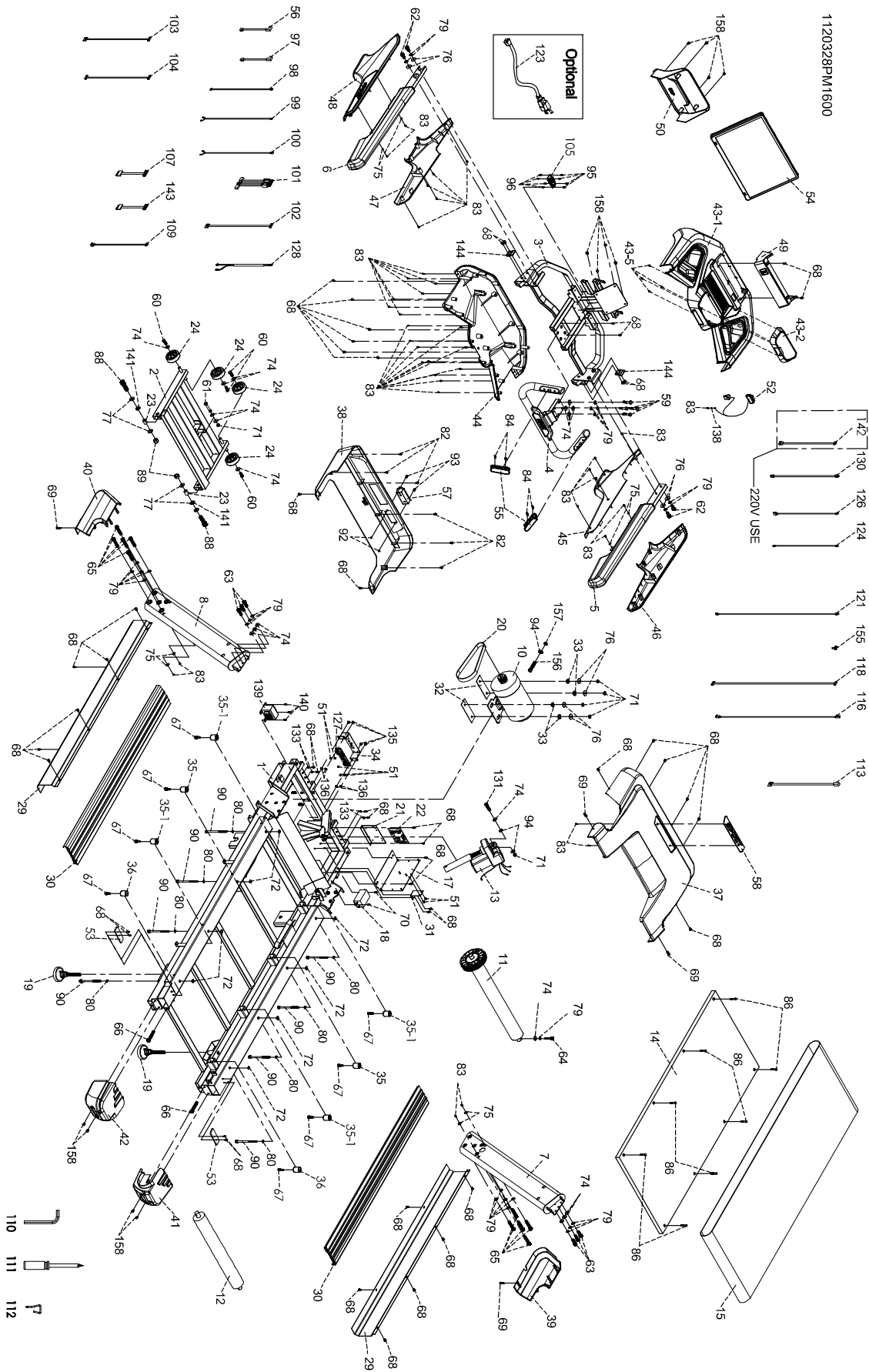
- Please clean wax on roller during flipping deck or replacing belt/belt.
- The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 Kilometer/12,500 Miles on each side. If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

TROUBLESHOOTING

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

PROBLEM	SOLUTION/CAUSE
Display does not light	1) Tether cord not in position. 2) Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3) Plug is disconnected. Make sure plug is firmly pushed into 230 Vac wall outlet. 4) Breaker panel circuit breaker may be tripped. 5) Treadmill defect. Contact your dealer.
Treadmill belt does not stay centered	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement.
Treadmill belt hesitates when walking/run on	See General Maintenance section on Treadbelt Tension. Adjust as necessary.
Motor is not responsive after pressing start	1. Reset power. If still no good contact service.
Treadmill will only achieve approximately 7mph/10 kph but shows higher speed on display	This indicates motor should be receiving power to operate. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 2mm ² minimum, low voltage. Contact an electrician or your dealer. A minimum of 200 Vac current is required.
Treadmill trips on board 230 Vac /15A circuit	High belt/ deck friction. See General Maintenance section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions
Circuit breaker trips, but not the treadmill circuit breaker.	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

EXPLODED VIEW DIAGRAM



PARTS LIST

Part NO.	Part Description	Q'ty
1	Main Frame	1
2	Incline Bracket	1
3	Console Mounting Bracket	1
4	Handpulse Assembly	1
5	Handrail (R)	1
6	Handrail (L)	1
7	Right Upright	1
8	Left Upright	1
10	AC Motor	1
11	Front Roller W/Pulley	1
12	Rear Roller	1
13	AC Incline Motor	1
14	Running Deck	1
15	Running Belt	1
17	Motor Inverter	1
18	AC Power Filter	1
19	Leveling Foot Pad	2
20	Drive Belt	1
21	Interface Board Bracket	1
22	Inverter Board	1
23	Copper Bushing	2
24	Transportation Wheel	4
29	Aluminum Side Rail	2
30	Step Rail	2
31	Inverter Support Bracket	1
32	Motor Insulator	2
33	Motor Insulating bushing	4
34	Interface Dummy Bracket	1
35	Cushion A	2
35-01	Cushion B	4
36	Running Deck Bracket	2
37	Motor Top Cover	1
38	Motor Bottom Cover	1
39	Frame Base Cover (R)	1
40	Frame Base Cover (L)	1
41	Rear End Cap (R)	1
42	Rear End Cap (L)	1
43~01	Beverage Holder Cover	1
43~02	Beverage Holder Inner Cover	1
43~05	3.5 × 12m/m Sheet Metal Screw	4
44	Beverage Holder Cover(Bottom)	1
45	Handrail Cover Inner (R)	1
46	Handrail Cover Outer (R)	1
47	Handrail Cover Inner (L)	1
48	Handrail Cover Outer (L)	1
49	Console Chin Cover (Front)	1

Part NO.	Part Description	Q'ty
50	Console Cover (Rear)	1
51	M3 × 5m/m_Phillips Head Screw	7
52	Safety Key	1
53	Step Rail Rear Support Plate	2
54	Console Assembly	1
55	30m/m_Handpulse Assembly	2
56	450m/m_Connecting Wire (Black)	1
57	AC Power Input Module	1
58	Motor Cover Plate	1
59	M10 × 50m/m_Hex Head Bolt	4
60	3/8" × 1" _Hex Head Bolt	4
61	M10 × 65m/m_Hex Head Bolt	1
62	M10 × P1.5 × 25m/m_Socket Head Cap Bolt	4
63	M10 × P1.5 × 35m/m_Socket Head Cap Bolt	6
64	M10 × P1.5 × 45m/m_Socket Head Cap Bolt	1
65	M10 × P1.5 × 60m/m_Socket Head Cap Bolt	10
66	M10 × P1.5 × 75m/m_Socket Head Cap Bolt	2
67	M8 × P1.25 × 12m/m_Flat Head Bolt	8
68	M5 × P0.8 × 12m/m_Phillips Head Screw	48
69	M5 × P0.8 × 25m/m_Phillips Head Screw	4
70	M4 × P0.7 × 12m/m_Phillips Head Screw	2
71	M10 × P1.25 × 8T_Nyloc Nut	6
72	M8 × P1.25 × 6.5T_Nyloc Nut	8
74	Ø3/8" × Ø25 × 3T_Flat Washer	18
75	Ø5.5 × Ø19 × 1.5T_Flat Washer	8
76	Ø3/8" × Ø30 × 3T_Flat Washer	8
77	Ø16.5 × Ø30 × 3T_Flat Washer	4
79	Ø10 × 2T_Spring Washer	25
80	Ø8 × 1.5T_Spring Washer	8
82	Ø5 × 15m/m_Sheet Metal Screw	6
83	Ø3.5 × 12m/m_Sheet Metal Screw	39
84	Ø3 × 20m/m_Tapping Screw	4
86	M6 × P1.0 × 35L_Flat Head Bolt	8
88	M16 × P2.0 × 55m/m_Socket Head Cap Bolt	2
89	M16 × 16T_Nyloc Nut	2
90	M8 × P1.25 × 140m/m_Socket Head Cap Bolt	8
92	M5 × 5T_Nyloc Nut	2
93	M5 × 12m/m_Phillips Head Screw	2
94	Ø10 × Ø25 × 2.5T_Nylon Washer	3
95	M3 × 0.5 × 6L_Plastic Screw	4
96	Isolation Column	4
97	450m/m_Connecting Wire (White)	1
98	300m/m_Ground Wire	1
99	800m/m_Handpulse Wire(SMP3)	1
100	800m/m_Handpulse Wire(SMR4)	1
101	400m/m_Connecting Wire	1

Part NO.	Part Description	Q'ty
102	350m/m Connecting Wire(XHP-7)	1
103	350m/m Connecting Wire(XHP-8)	1
104	2300m/m Computer Cable	1
105	Interface Board	1
107	800m/m Keyboard Wire	1
109	300m/m Connecting Wire	1
110	L Allen Wrench	1
111	Phillips Head Screw Driver	1
112	Short Phillips Head Screw Driver	1
113	2500m/m Connecting Wire	1
116	2400m/m Network Connecting Cable(Lower)	1
118	2400m/m CSAFE Connecting Wire	1
121	2600m/m HDMI Wire	1
123	Power Cord (Optional)	1
124	2400m/m TV Signal Cable	1
126	500m/m Ground Wire	1
127	Board	1
128	200m/m Handpulse Wire	1
130	400m/m Motor Power Cord	1
131	M10 × P1.5 × 50m/m Hex Head Bolt(15L)	1
133	M5 Star Washer	4
135	M5 × P0.8 × 20L Plastic Screw	4
136	Pad	4
138	Ø4 × Ø10 × 1T Flat Washer	1
139	Choke	1
140	M5 × 6m/m Phillips Head Screw	3
141	Ø17 × Ø28 × 2T Nylon Washer	2
142	450m/m Connecting Wire	1
143	200m/m Keyboard Wire	1
144	Beverage Holder Pad(Upper)	2
155	Terminal	1
156	M10 × P1.5 × 60m/m Hex Head Bolt	4
157	WFM-1012-06 Bushing	1
158	M5 × P0.8 × 10m/m Phillips Head Screw	12