

SPIRIT



SP-3516 Hip Abductor/Adductor **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new strength equipment.

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INTRODUCTION

This manual will acquaint you with the assembly, operation and maintenance of your strength equipment.

- SPIRIT Series – SP-3516 Hip Abductor/Adductor manufactured by Spirit Fitness®

Be sure to read and follow the information and instructions before assembling, using or servicing SPIRIT strength equipment.

MANUFACTURER

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If any items need replacement contact the Spirit Fitness Customer Support Department. For international customers, please contact your local distributor.

IMPORTANT SAFETY INSTRUCTIONS

Read the Owner's Manual carefully before assembling, servicing or using the equipment. It is the responsibility of the facility owner and/or owner of the equipment to instruct users on proper operation of the equipment and review all labels.

WARNING: Serious injury could occur if these safety precautions are not observed:

USER SAFETY PRECAUTIONS

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
- Obtain instructions before using.
- Read and understand the owner's manual and all warnings posted on the machine before using.
- Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
- Keep body and clothing free from and clear of all moving parts.
- Use the machine only for the intended use. DO NOT modify the machine.
- Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
- Inspect all cables and connections prior to use. DO NOT use if any components are worn, frayed or damaged.
- DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- DO NOT use if guards are missing or damaged.
- Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
- Never pin the weights in an elevated position. DO NOT use this machine if found in this condition. Seek assistance from floor staff.
- DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.
- DO NOT use this machine outdoors.

FACILITY SAFETY PRECAUTIONS

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Make sure that each machine is set up and operated on a solid level surface.
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Spirit Fitness supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed or damaged.

NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

SECURING EQUIPMENT

The machine has holes in the feet, which allow for ease in anchoring to the floor. Spirit Fitness strongly recommends that to eliminate rocking, tipping or falling over due to incorrect usage and misuse, equipment be secured to a solid, level surface.

The solid, level surface should not deviate more than 1/8" over a 10' distance or as defined and required by local building and architectural codes.

Anchoring of equipment must be completed by a qualified licensed contractor.

Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.

Due to the wide variation of flooring on which machines may be anchored or installed, verify anchoring method and anchoring fasteners with a qualified and licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

Do not use machine until it is properly anchored.

SAFETY GUIDELINES AND PRACTICES

Spirit Fitness recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner.

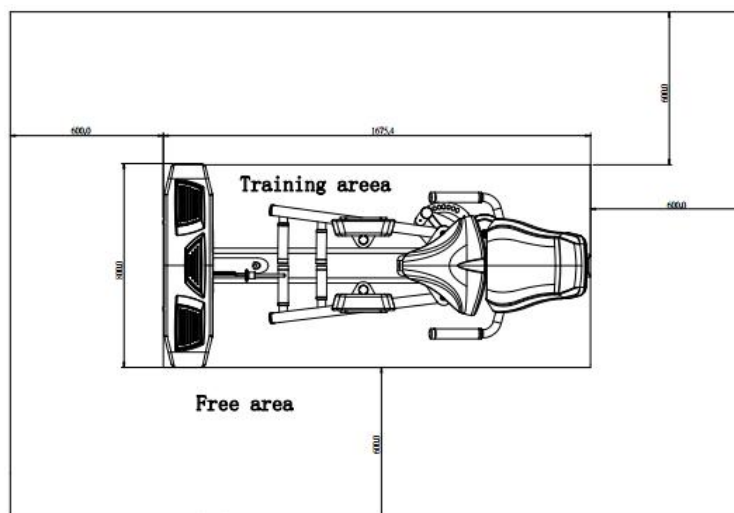
It is the responsibility of the purchaser/user of Spirit Fitness products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

PROPER USAGE

- Use machine only as described in the manual. Failing to follow proper instructions may result in injury.
- Do not lean against or pull on the framework or any component, whether machine is at rest or in use. Inappropriate or improper use may result in injury to users or third parties (bystanders).
- Do not use machine if it is not located on a solid level surface or is improperly installed.
- Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

Live area and Training area

The live area shall be not less than 600mm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.



California Prop 65 Warning



WARNING: This product can expose you to chemicals including Toluene and Acrylamide, which are known to the State of California to cause cancer and birth defects or other reproductive harm.
For more information go to www.P65Warnings.ca.gov.

PRECAUTIONS

These safety notes are directed to you as the owner of the Strength Equipment manufactured by Spirit Fitness. Please train all your users and fitness staff to follow these safety instructions.

DO

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

WARNING

- Your Strength Equipment manufactured by Spirit Fitness is designed for the exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

SPIRIT FITNESS® and the Spirit Fitness logo are registered trademarks of Dyaco International.

WARNING LABELS AND COMMUNICATION STICKERS

The following pages show examples of Spirit® Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement.

If any instructions or information are not clear, and please contact to SPIRIT FITNESS customer service right away.

NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE



SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users of the Strength Equipment. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

Proper Usage

- DO NOT use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SPIRIT FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum weight for individuals using the Strength Equipment should not exceed 330 pounds (150 kilograms).

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SPIRIT FITNESS equipment use only replacement parts supplied by SPIRIT FITNESS.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult SPIRIT FITNESS if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE SPIRIT FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

Note: This Strength Equipment is not suitable for therapeutic purposes.

ASSEMBLY & SETUP

Use the following procedures to unpack and assemble your **Strength Equipment manufactured by Spirit Fitness**.

UNPACKING & PARTS

1. Position the shipping carton so the Heavy End is located at the bottom.
2. Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts, and verify that all parts are included in your shipment:
3. 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.

NOTE: All tools required to assemble the Strength Equipment are included within the packaging.

Take time now to enter your Strength Equipment serial number in the space below.
(Serial number is located on the center tube, see page 7).

Serial No. _____

NOTE: If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call your local Spirit Fitness's Service department or the distributor whom sold you the product. Please see page 4 for a listing of international corporate offices and locate the office nearest you. Have your serial number ready.

CAUTION: Damage to the Strength Equipment during assembly is not covered as part of the limited Spirit Fitness warranty. Take care not to drop or lean the Strength Equipment on its side. Carefully stand the Strength Equipment up in the normal upright position on a stable surface so it will not tip over during assembly.

Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

PRODUCT SPECIFICATIONS

Maximum Training Weight	109KG/240LBS
Products Weight	276KG/608LBS
Overall Dimensions	800*1675*1592MM

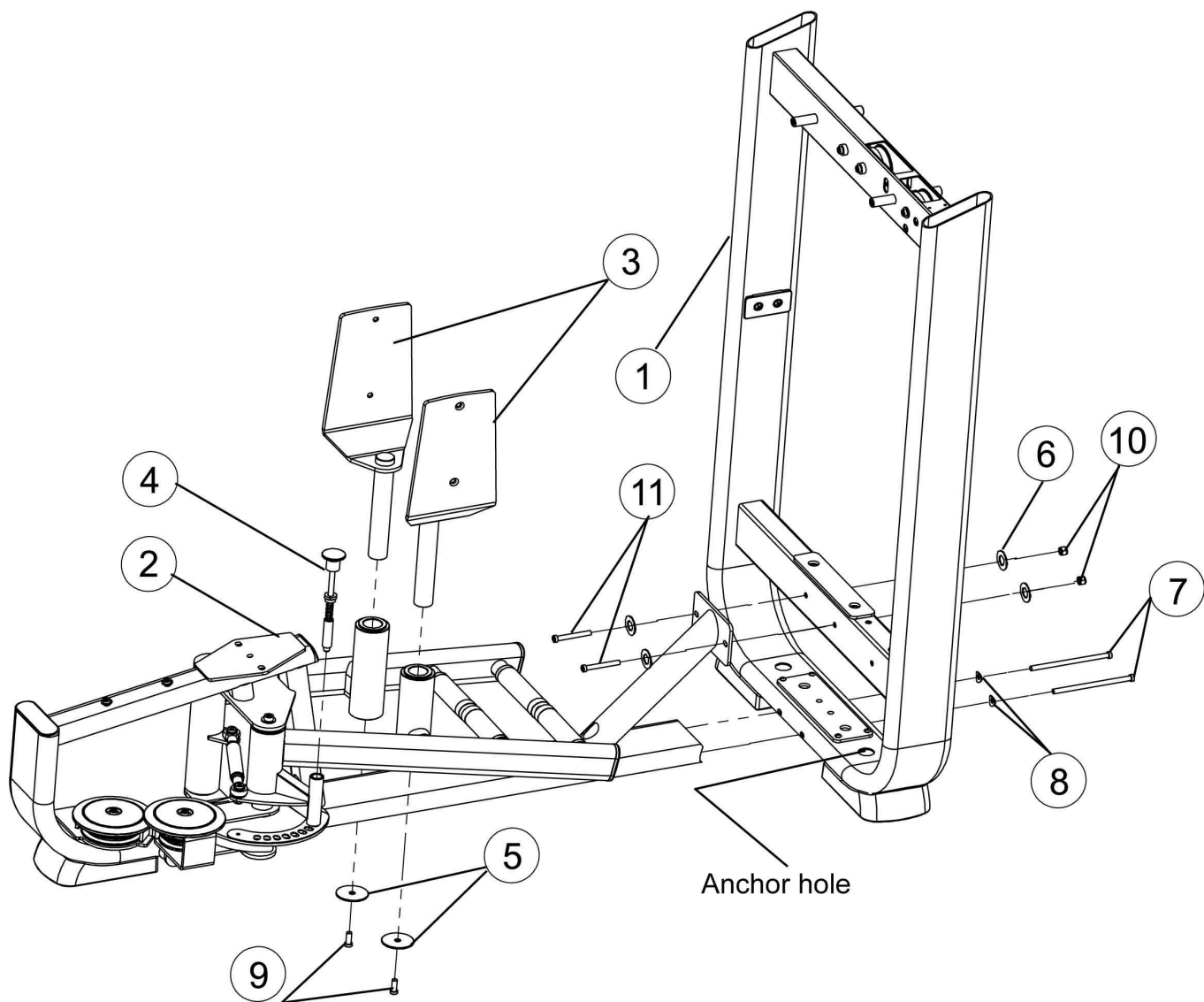
PARTS LIST

ITEM	DESCRIPTION	SPECIFICATION	QTY	PART NO.
001	TOWER		1	SP-3516-001
002	FRAME		1	SP-3516-002
003	KNEE PAD SUPPORT		2	SP-3516-003
004	ADJUST PLUG		1	SP-3516-004
005	ALUMINUM END CAP	Φ60	2	SP-3516-005
006	FLAT WASHER	Φ20x10.5x1.0t	25	SP-3516-006
007	BOLT, SOCKET HEAD	Φ3/8"-16UNCX6 1/4"L 159MM	2	SP-3516-007
008	CURVED WASHER	Φ22XΦ10X1.5t	2	SP-3516-008
009	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 "L	2	SP-3516-009
010	NYLON NUT	Φ3/8"-16UNCX11t	11	SP-3516-010
011	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 3/4 "L	3	SP-3516-011
012	TOWER BASE COVER		1	SP-3516-012
013	BOLT, FLAT HEAD SOCKET	#10-32UNx1/2"L	4	SP-3516-013
014	GUIDE ROD		2	SP-3516-014
015	BUSHING, GUIDE ROD RETAINER	Φ46xΦ19.5x45h	2	SP-3516-015
016	7.5LB WEIGHT STACK		1	SP-3516-016
017	CUSHION, WEIGHT STACK	Φ63.5xΦ20x25.4h	2	SP-3516-017
018	GUIDE ROD SHAFT COLLAR	Φ33.4xΦ19.2x15h	2	SP-3516-018
019	15 LB TOP PLATE	WITH SELECTOR ROD	1	SP-3516-019
020	15 LB WEIGHT PLATE		15	SP-3516-020
021	CABLE		1	SP-3516-021
022	PULLEY,BIG		2	SP-3516-022
023	PLATE, SET 4-1/2 PULLEY		1	SP-3516-023
024	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 "L 51MM	2	SP-3516-024
025	BOLT, SOCKET HEAD	Φ3/8"-16UNCX4 3/4 "L 121MM	2	SP-3516-025
026	BELT		1	SP-3516-026
027	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 1/4 "L 32MM	2	SP-3516-027
028	PLATE	SPHt6.0x25Wx65L	2	SP-3516-028
029	SPACER	Φ16xΦ10.1x30L	1	SP-3516-029
030	HOUSING, CABLE SWIVEL END	Φ42xΦ24x55L	1	SP-3516-030
031	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 1/4 "L 58MM	1	SP-3516-031
032	END, CABLE SWIVEL		1	SP-3516-032
033	BEARING, CYLINDRICAL ROLLER		1	SP-3516-033
034	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 1/2"L 38MM	2	SP-3516-034
035	REAR SHROUD		1	SP-3516-035
036	UPPER COVER		1	SP-3516-036
037	TRAY, TOWER CAP - LARGE	176.9Lx105.5W	2	SP-3516-037
038	TRAY, TOWER CAP - SMALL	205Lx66W	1	SP-3516-038
039	UPPER COVER, FRONT		1	SP-3516-039
040	M6 SOCKET HEAD BOLT	M6x1.0Px20L	2	SP-3516-040
041	INSTRUCTION STICKER		1	SP-3516-041

ITEM	DESCRIPTION	SPECIFICATION	QTY	PART NO.
042	STAND OFF MOUNT	Φ30.5xΦ10.5x43.5h	4	SP-3516-042
043	SHROUD, TOWER FRONT - LH		1	SP-3516-043
044	SHROUD, TOWER FRONT - RH		1	SP-3516-044
045	LABEL, WEIGHT STACK 15LBS		1	SP-3516-045
046	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 1/2"L 64MM	2	SP-3516-046
047	BACK PAD		1	SP-3516-047
048	HEAD PAD		1	SP-3516-048
049	BACK PAD SUPPORT		1	SP-3516-049
050	M8 SOCKET HEAD BOLT	M8X1.25PX30L	4	SP-3516-050
051	M8 SOCKET HEAD BOLT	M8X1.25PX70L	2	SP-3516-051
052	FLAT WASHER	Φ16xΦ8.5x1.0t	6	SP-3516-052
053	LEG PAD		2	SP-3516-053
054	M8 HEXAGON PAN BOLT	M8X1.25PX30L	4	SP-3516-054
055	SEAT PAD		1	SP-3516-055

STEP 1

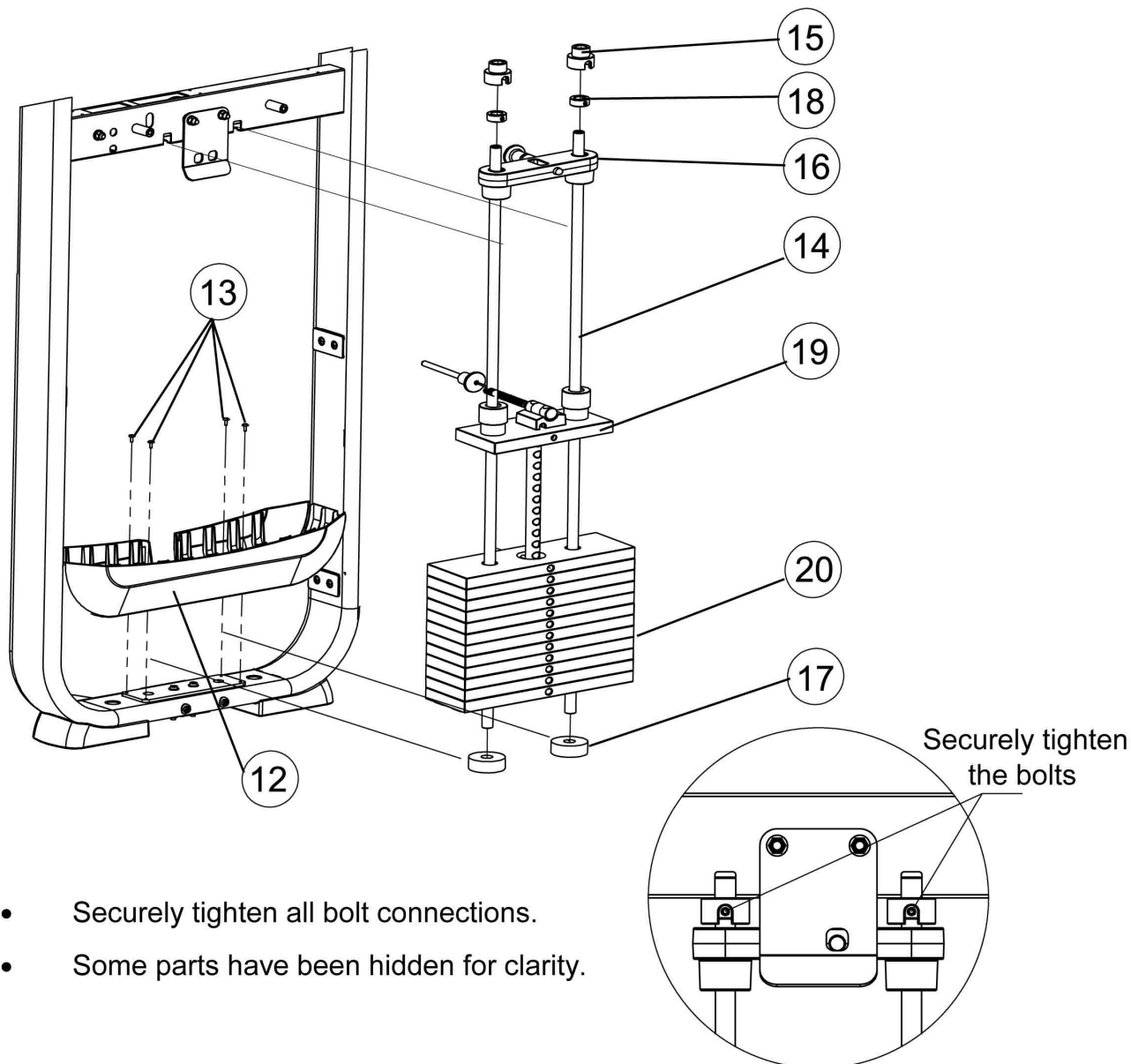
ITEM	DESCRIPTION	SPECIFICATION	QTY
1	TOWER		1
2	FRAME		1
3	KNEE PAD SUPPORT		2
4	ADJUST PLUG		1
5	ALUMINUM END CAP	Φ60	2
6	FLAT WASHER	Φ20x10.5x1.0t	4
7	BOLT, SOCKET HEAD	Φ3/8"-16UNCX6 1/4"L 159MM	2
8	CURVED WASHER	Φ22XΦ10X1.5t	2
9	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 "L	2
10	NYLON NUT	Φ3/8"-16UNCX11t	2
11	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 3/4 "L	2



- Securely tighten all bolt connections.
- Stabilize the machine firmly on the floor with the anchor hole.
- Note: The accurate assembling details please consult the professional agent.
- Note: No.6 flat washer images were magnified 2 times, it will not be marked again after here.

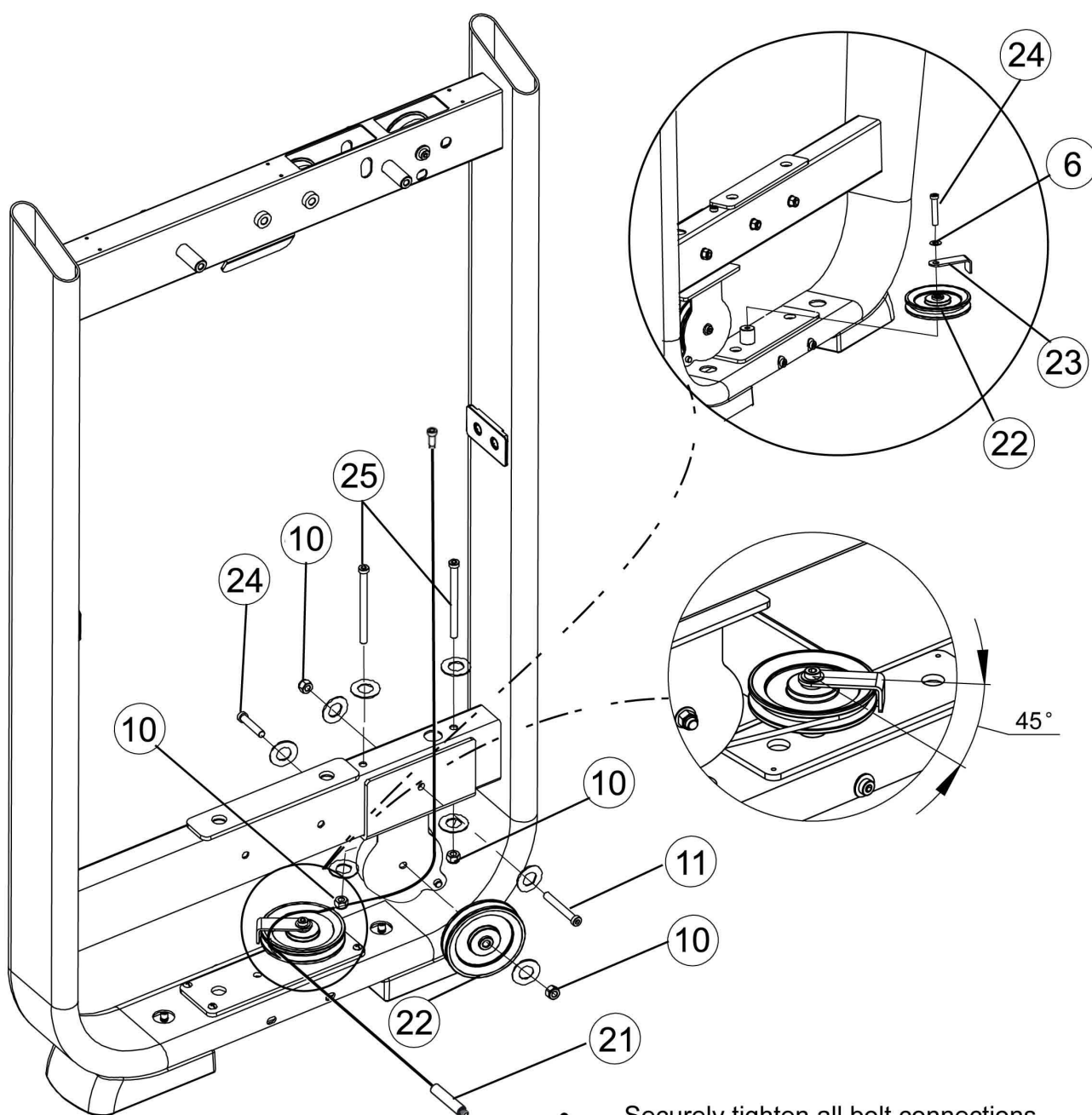
STEP 2

ITEM	DESCRIPTION	SPECIFICATION	QTY
12	TOWER BASE COVER		1
13	BOLT, FLAT HEAD SOCKET	#10-32UNx1/2"L	4
14	GUIDE ROD		2
15	BUSHING, GUIDE ROD RETAINER	Φ46xΦ19.5x45h	2
16	7.5LB WEIGHT STACK		1
17	CUSHION, WEIGHT STACK	Φ63.5xΦ20x25.4h	2
18	GUIDE ROD SHAFT COLLAR	Φ33.4xΦ19.2x15h	2
19	15 LB TOP PLATE	WITH SELECTOR ROD	1
20	15 LB WEIGHT PLATE		15



STEP 3

ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	9
10	NYLON NUT	$\Phi 3/8"$ -16UNCX11t	4
11	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX2 3/4 "L	1
21	CABLE		1
22	PULLEY,BIG		2
23	PLATE, SET 4-1/2 PULLEY		1
24	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX2 "L 51MM	2
25	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX4 3/4 "L 121MM	2



Note: Make sure Cable is seated in groove of Pulley before tighten the bolts.

- Securely tighten all bolt connections.
- Some parts have been hidden for clarity.

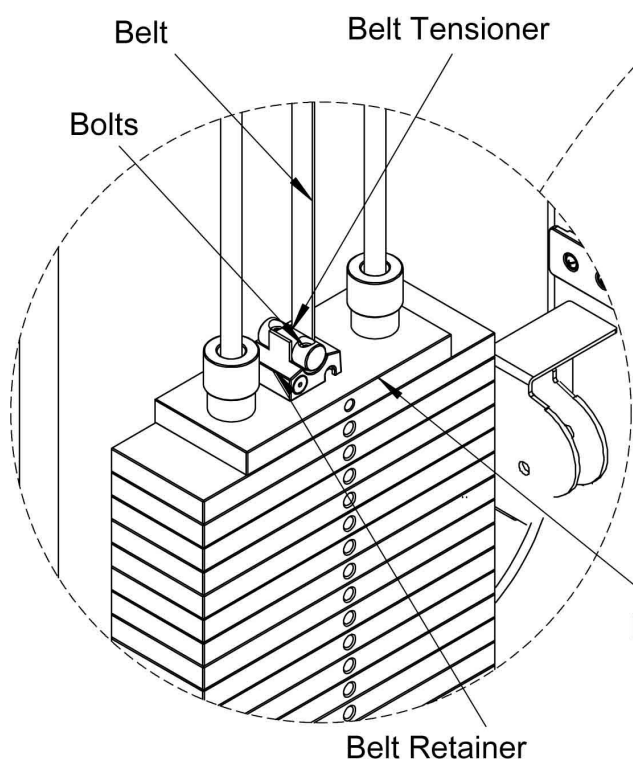
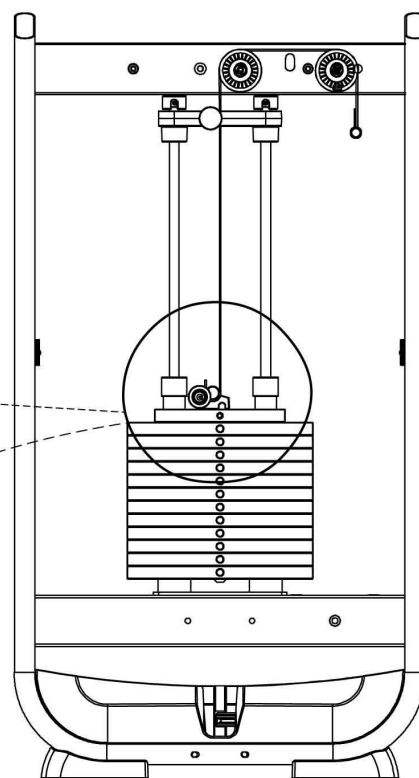
STEP 4

Note: The belt must be routed directly down the center of the Head Plate as shown.

BELT ROUTING

Follow these steps to assemble the Belt to the Head Plate:

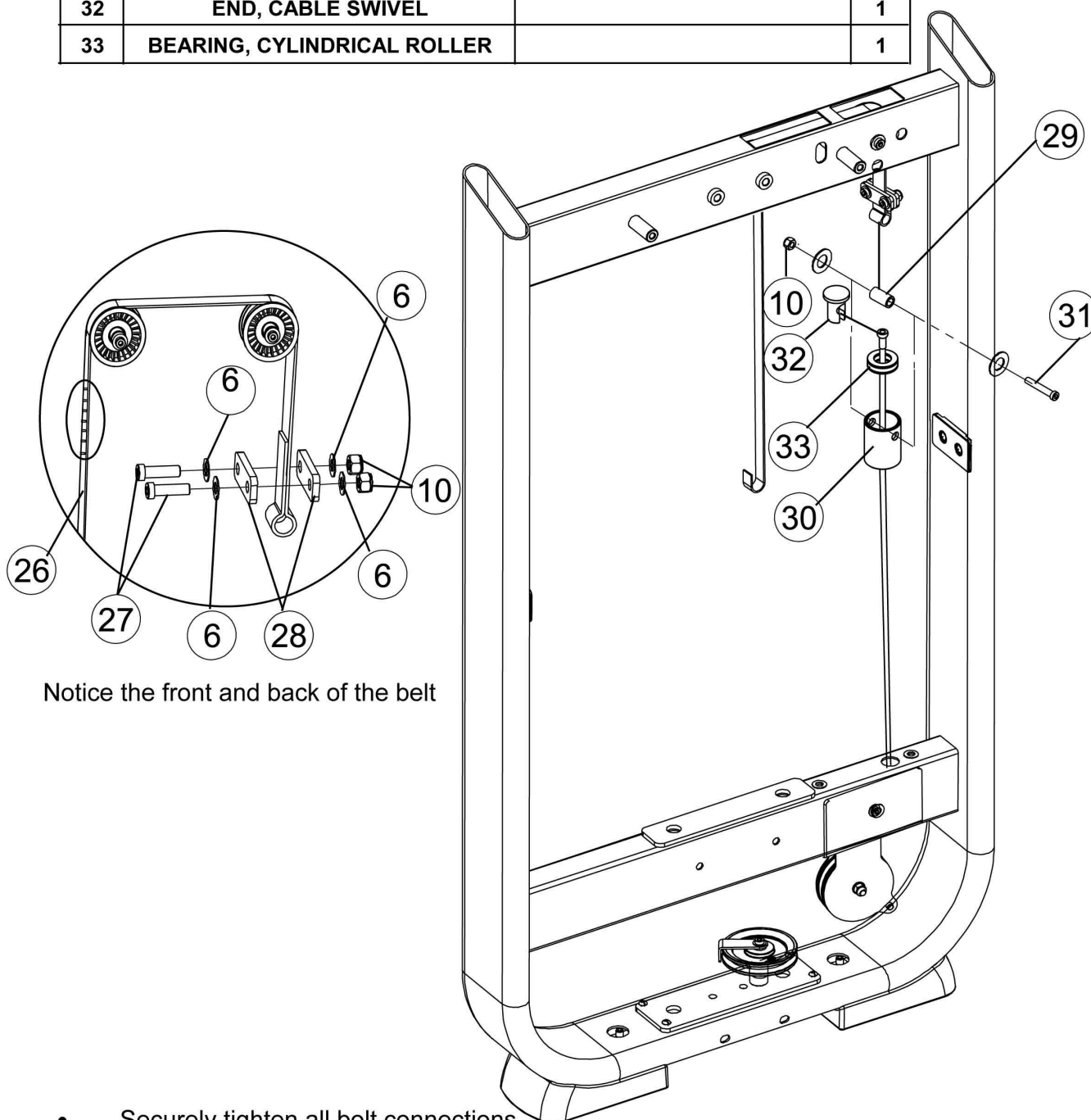
- A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer.
- B) Slide the Belt underneath the Belt Tensioner between the Bolts leaving approximately 1" of Belt exposed on the other side.
- C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer.



- Securely tighten all bolt connections.
- Some parts have been hidden for clarity.

STEP 5

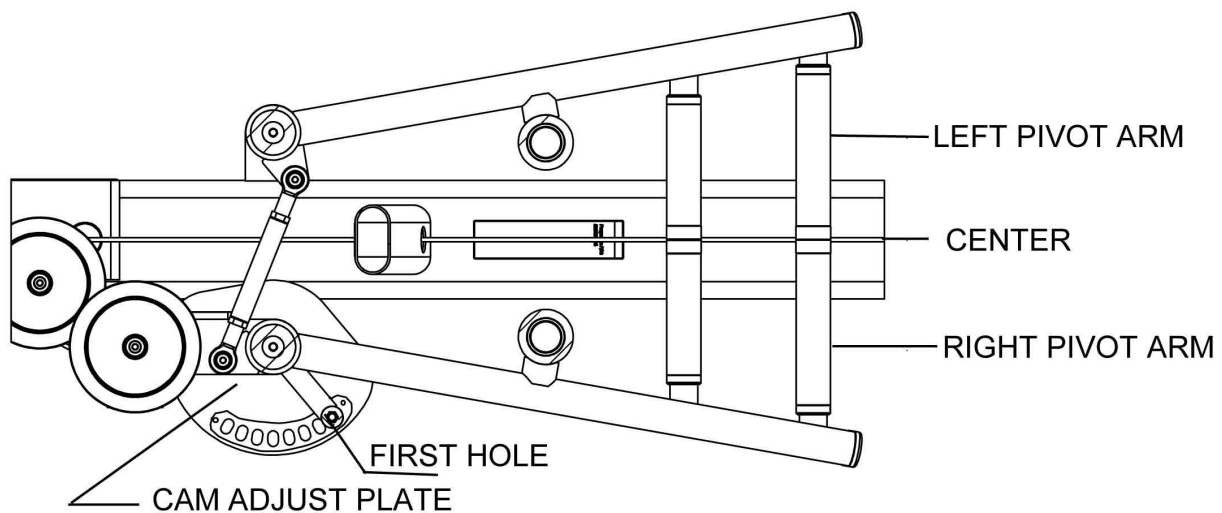
ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	6
10	NYLON NUT	$\Phi 3/8''-16UNC \times 11t$	3
26	BELT		1
27	BOLT, SOCKET HEAD	$\Phi 3/8''-16UNC \times 1\ 1/4''L\ 32MM$	2
28	PLATE	SPHt6.0x25Wx65L	2
29	SPACER	$\Phi 16 \times \Phi 10.1 \times 30L$	1
30	HOUSING, CABLE SWIVEL END	$\Phi 42 \times \Phi 24 \times 55L$	1
31	BOLT, SOCKET HEAD	$\Phi 3/8''-16UNC \times 2\ 1/4''L\ 58MM$	1
32	END, CABLE SWIVEL		1
33	BEARING, CYLINDRICAL ROLLER		1



Notice the front and back of the belt

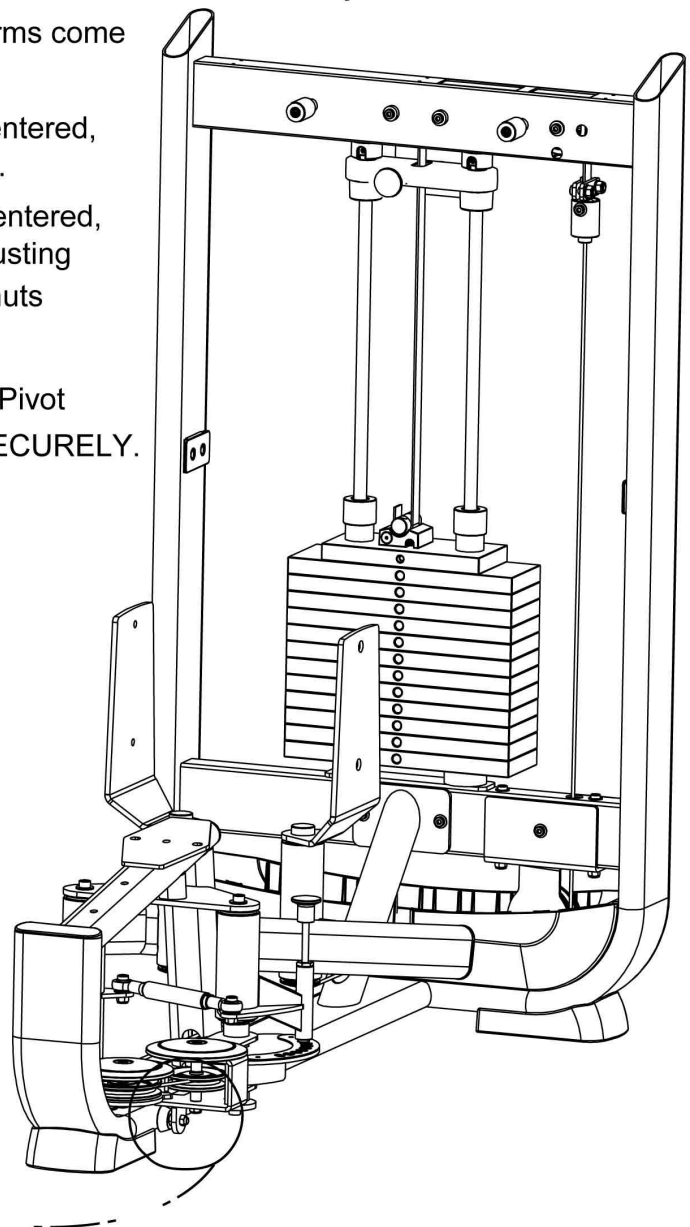
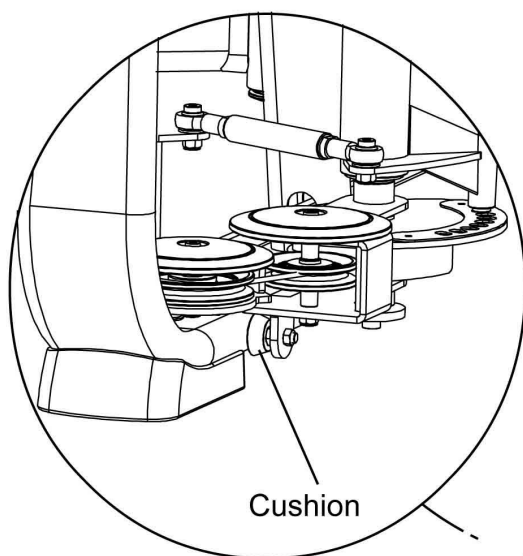
- Securely tighten all bolt connections.
- Some parts have been hidden for clarity.

STEP 6



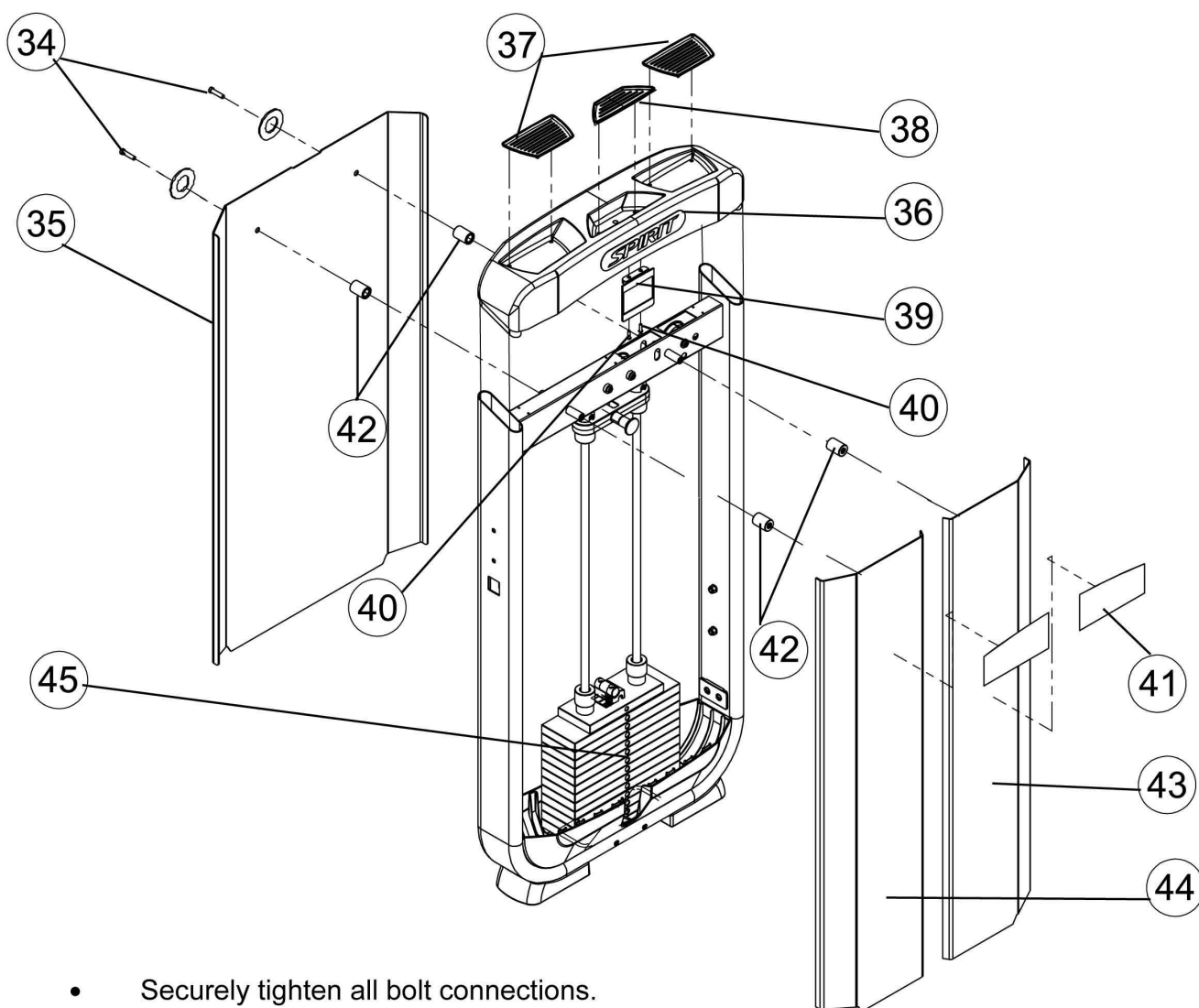
- Make sure that the Right Pivot arm is in the first hole of the Cam Adjust Plate.
- Make sure that the Right and Left Pivot Arms come together at the center of the machine.
- If the Right and Left Pivot Arms are not centered, adjust the Leveler in or out to center Arms.
- Once the Right and Left Pivot Arms are centered, Adjust all the slop out of the Cable by adjusting the nuts from the previous step. Tighten nuts **SECURELY**.

Assemble Pivot Link to the Right and Left Pivot Arms as shown, and tighten connection **SECURELY**.



STEP 7

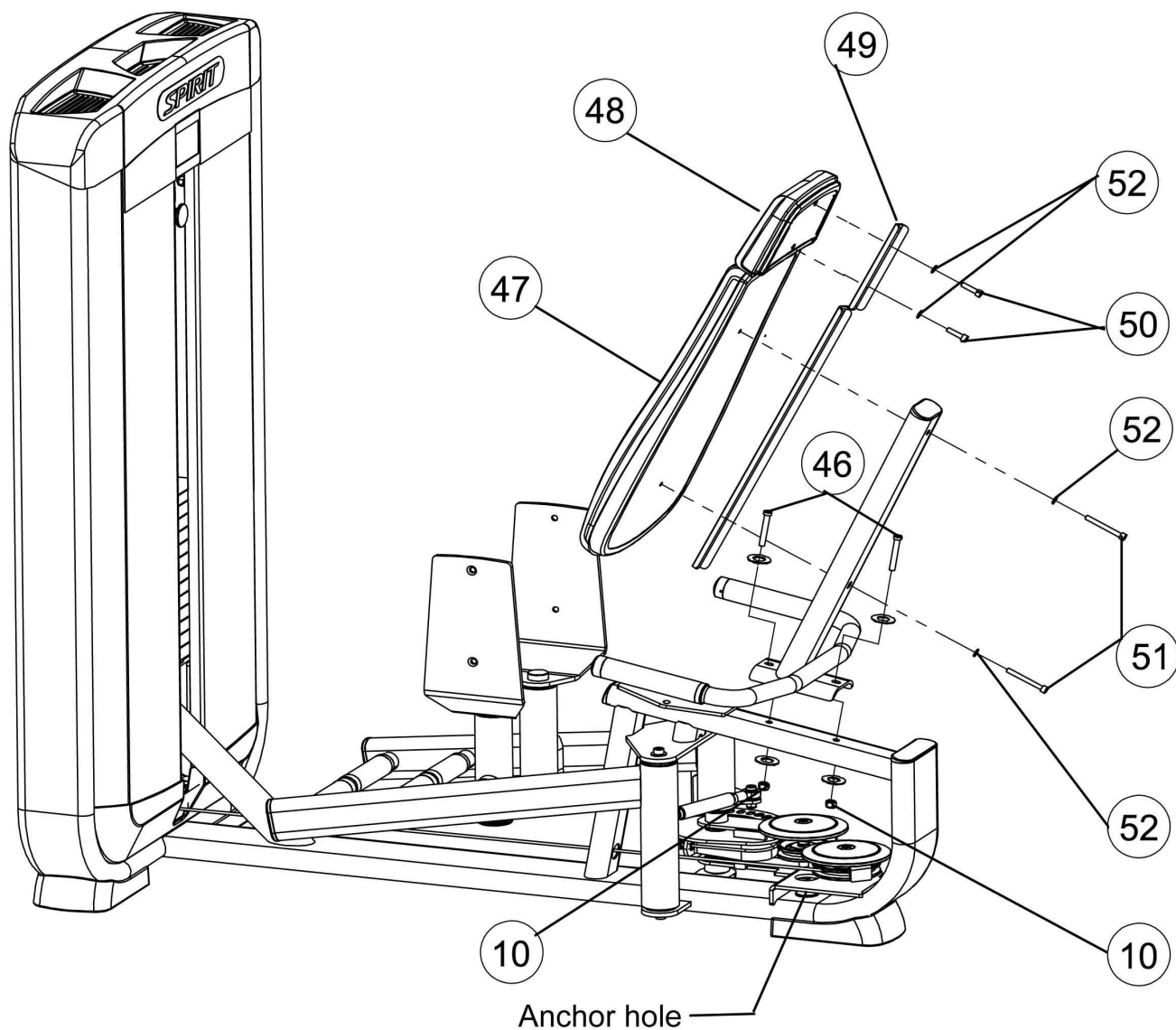
ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	2
34	BOLT, SOCKET HEAD	$\Phi 3/8''-16UNC \times 1\ 1/2''L\ 38MM$	2
35	REAR SHROUD		1
36	UPPER COVER		1
37	TRAY, TOWER CAP - LARGE	176.9Lx105.5W	2
38	TRAY, TOWER CAP - SMALL	205Lx66W	1
39	UPPER COVER, FRONT		1
40	M6 SOCKET HEAD BOLT	M6x1.0Px20L	2
41	INSTRUCTION STICKER		1
42	STAND OFF MOUNT	$\Phi 30.5 \times \Phi 10.5 \times 43.5h$	4
43	SHROUD, TOWER FRONT - LH		1
44	SHROUD, TOWER FRONT - RH		1
45	LABEL, WEIGHT STACK 15LBS		1



- Securely tighten all bolt connections.
- Some parts have been hidden for clarity.

STEP 8

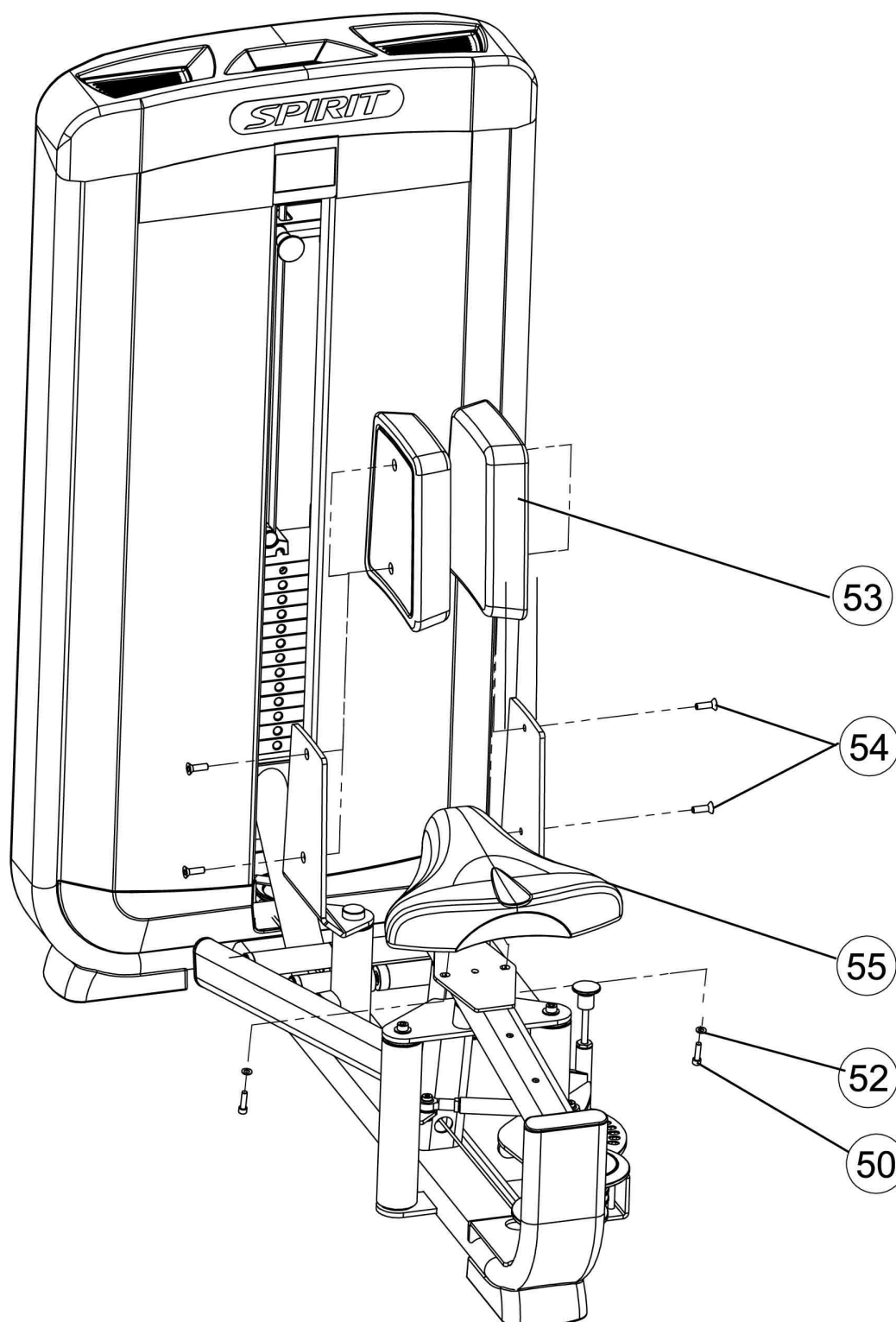
ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	4
10	NYLON NUT	$\Phi 3/8''-16UNC \times 11t$	2
46	BOLT, SOCKET HEAD	$\Phi 3/8''-16UNC \times 2\ 1/2''L\ 64MM$	2
47	BACK PAD		1
48	HEAD PAD		1
49	BACK PAD SUPPORT		1
50	M8 SOCKET HEAD BOLT	M8X1.25PX30L	2
51	M8 SOCKET HEAD BOLT	M8X1.25PX70L	2
52	FLAT WASHER	$\Phi 16 \times \Phi 8.5 \times 1.0t$	4



- Securely tighten all bolt connections.

STEP 9

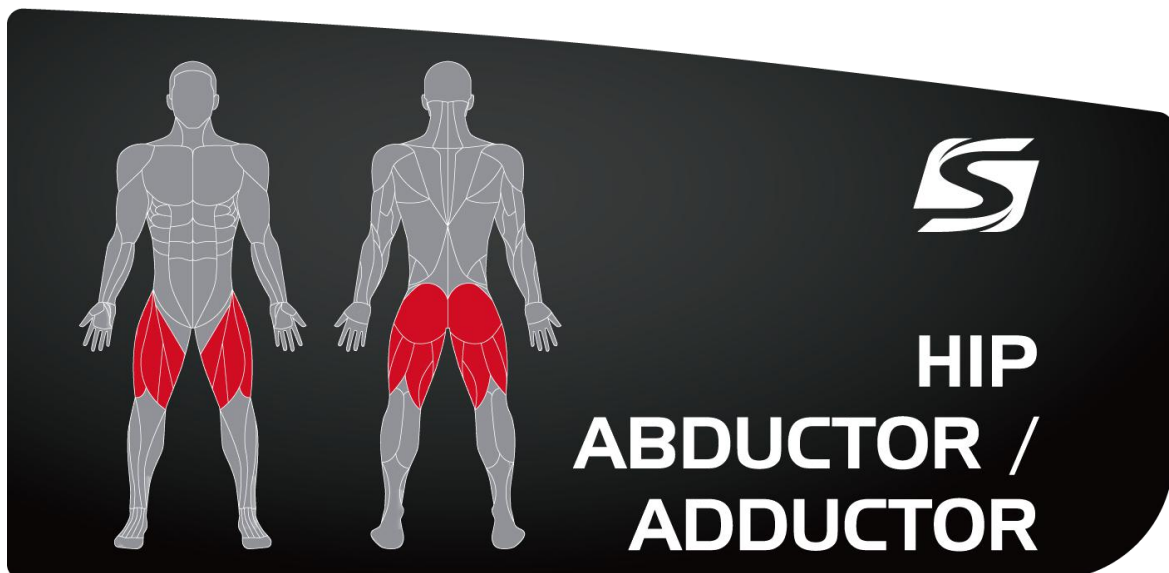
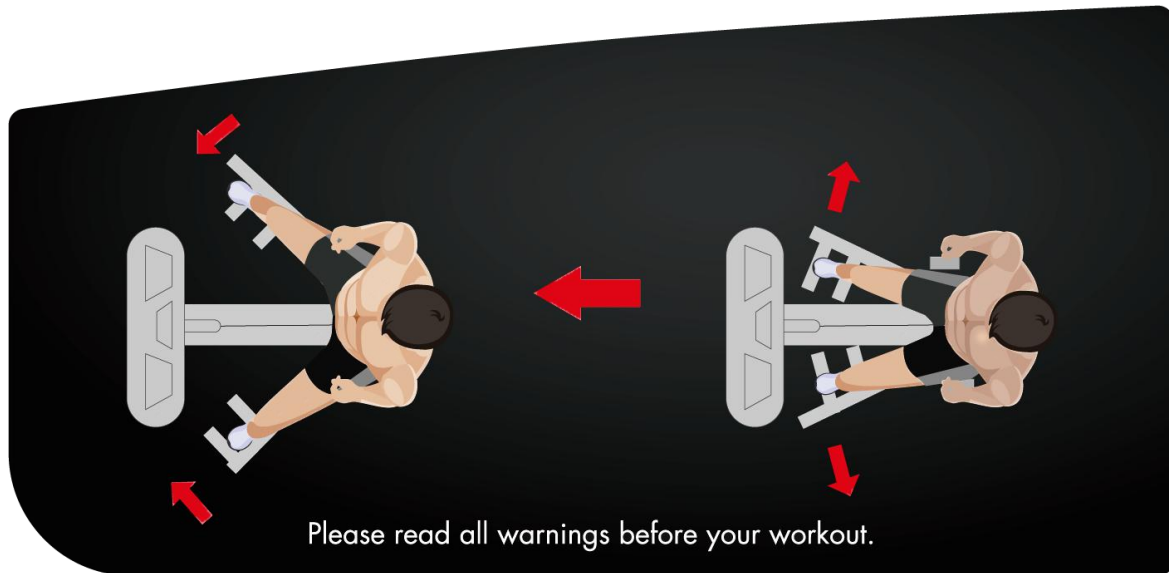
ITEM	DESCRIPTION	SPECIFICATION	QTY
50	M8 SOCKET HEAD BOLT	M8X1.25PX30L	2
51	FLAT WASHER	Φ16xΦ8.5x1.0t	2
52	LEG PAD		2
53	M8 HEXAGON PAN BOLT	M8X1.25PX30L	4
54	SEAT PAD		1



- Securely tighten all bolt connections.
- Some parts have been hidden for clarity.

START WORKOUT

Warning: Improper use and form on the product might cause injury



MAINTENANCE

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Details on each activity can be found in the "Maintenance" section of this document.

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all SPIRIT equipment. SPIRIT is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Item	Time Frame	Instructions
Belt & Cable	Daily	Make sure terminals of cables are fixed securely.
Upholstery	Daily	Make sure Upholstery clean and without broken..
Bolts & Screw	Daily	Make sure joints of frames are fixed securely
Weight Stacks	Every two weeks	To spread grease or silicon on posts of weight stacks every 2 weeks if it moves not smoothly.
Movement part	Every two weeks	To spread grease or silicon on contact surface of all moving parts every 2 weeks if they move not smoothly (To much grease or silicon may cause splashes and dirt).
Frame	Every month	To make sure security of all joints.
Machine	As Needed	Regularly checking the condition of fasteners, cables and belt are needed.

Owner's Manual
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