

SPIRIT



SP-4330 Squat / Standing Calf

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-4330 Squat / Standing calf** 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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Edogawa Tokyo 134-0088, Japan
Tel: 03-6808-4588
Fax: 03-6808-4677
Email: info@dyaco.jp

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.

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.

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SAFETY GUIDELINES AND PRACTICES

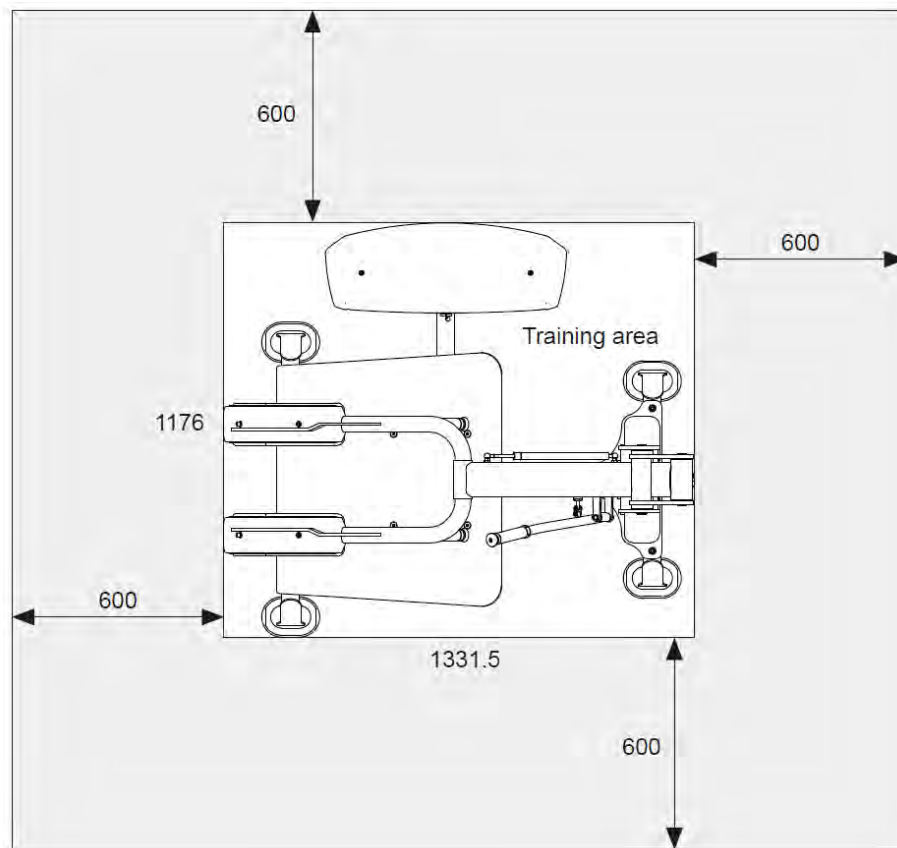
- Spirit Fitness recommends that all fitness equipment be used in a supervised area.
- Further, It is recommended that the equipment be located in an access-controlled area, and that control is the responsibility of the owner.
- The ultimate extent of control is at the discretion of the owner.
- It is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

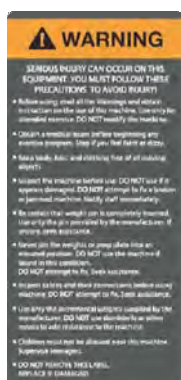
Warning Labels and Communication Stickers

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.

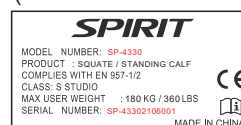
If any instructions or information are not clear, and please contact to SPIRIT FITNESS customer service right away.

NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

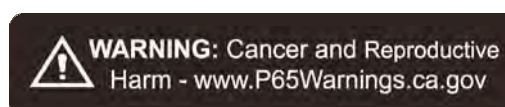
Warning Decal



Serial Number Decal
(At bottom of tower)



California Prop 65 Warning Decal(For US model only)



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.
- 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 17).

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 3 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

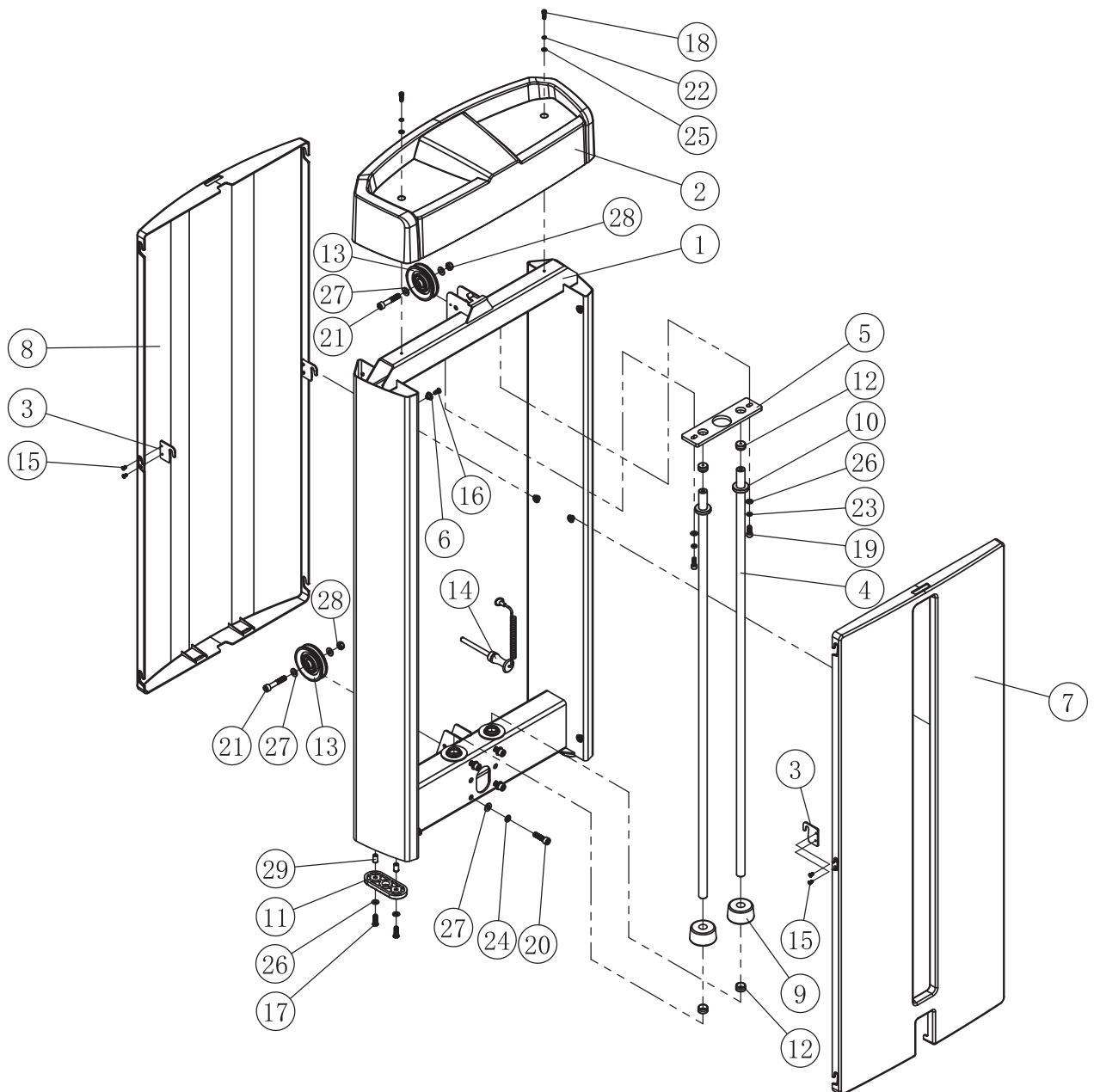
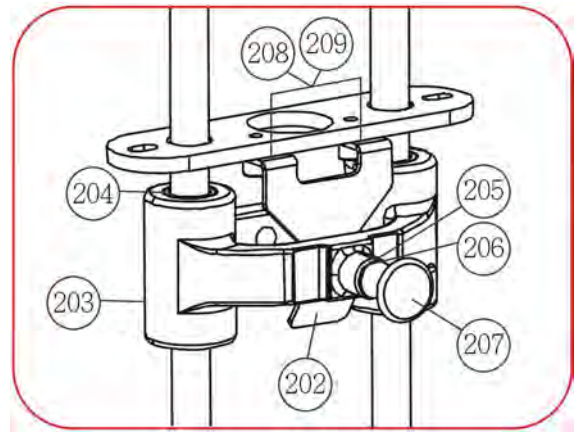
Maximum Training Weight	180 kgs / 360 lbs
Products Weight	290kgs / 639 lbs
Overall Dimensions	1332*1770*1513 mm / 53*70*60 inches

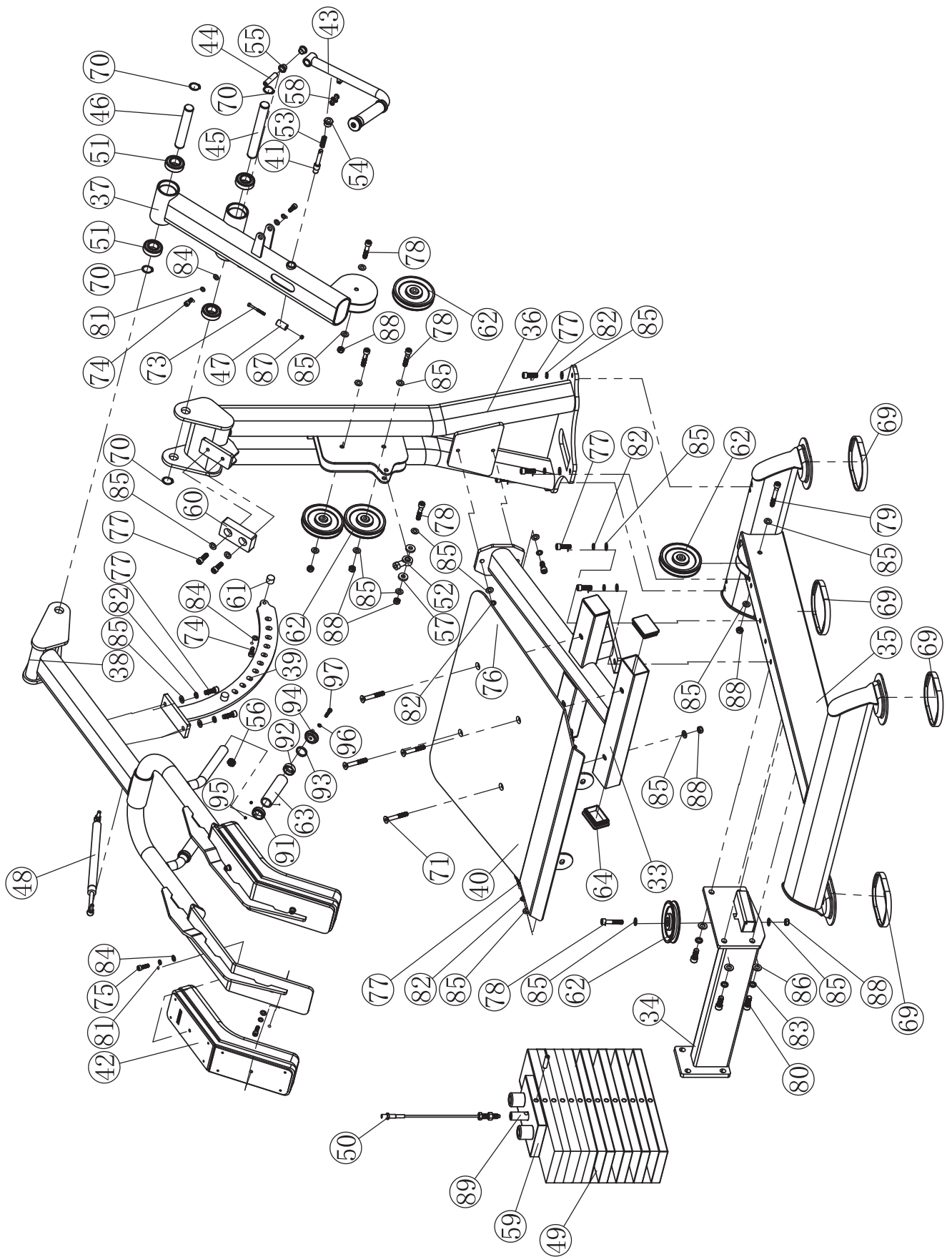
Parts List

No.	Description	Specifications	Qty	Parts no.
1	Doorframe		1	SP-4330-001
2	Upper shield		1	SP-4330-002
3	Shield fixed plate		4	SP-4330-003
4	Guide rod		2	SP-4330-004
5	Guide rod fixed plate		1	SP-4330-005
6	Fixed bushing		12	SP-4330-006
7	Front shield		1	SP-4330-007
8	Back shield		1	SP-4330-008
9	Rubber bumper	Φ64*Φ32*Φ20*35	2	SP-4330-009
10	Rubber bumper	Φ38*Φ21*10	2	SP-4330-010
11	Floor cushion		2	SP-4330-011
12	Rod end cover		3	SP-4330-012
13	Pulley sets	Φ89*32	2	SP-4330-013
14	Selector pin		1	SP-4330-014
15	cross recessed countersunk head screw	M5*10	8	SP-4330-015
16	Countersunk head hexagon socket screw	M6*16	12	SP-4330-016
17	Inner HexagonMushroom Head Bolt	M8*25	4	SP-4330-017
18	Inner Hexagon Socket Head Bolt	M6*16	2	SP-4330-018
19	Inner Hexagon Socket Head Bolt	M8*20	2	SP-4330-019
20	Inner Hexagon Socket Head Bolt	M10*35	4	SP-4330-020
21	Inner Hexagon Socket Head Bolt	M10*55	2	SP-4330-021
22	Spring washer	M6	2	SP-4330-022
23	Spring washer	M8	2	SP-4330-023
24	Spring washer	M10	4	SP-4330-024
25	Flat washer	Φ12*Φ6.4*1.6	2	SP-4330-025
26	Flat washer	Φ16*Φ8.4*1.6	6	SP-4330-026
27	Flat washer	Φ20*Φ10.5*2	8	SP-4330-027
28	Nylon nut	M10	2	SP-4330-028
29	Rivet nut with small countersunk head	M8*18	4	SP-4330-029
33	Front support frame		1	SP-4330-033
34	Cross connection frame		1	SP-4330-034
35	Middle ground frame		1	SP-4330-035
36	Stand frame		1	SP-4330-036
37	Bearing frame		1	SP-4330-037
38	Swinging rack		1	SP-4330-038
39	Adjusting rack		1	SP-4330-039
40	Foot rest		1	SP-4330-040
41	Adjusting pin		1	SP-4330-041
42	Shoulder pad		2	SP-4330-042
43	Adjusting handle frame		1	SP-4330-043
44	Small rotating shaft		1	SP-4330-044
45	Axis 1		1	SP-4330-045
46	Axis 2		1	SP-4330-046
47	Nylon roller		1	SP-4330-047
48	Gas spring cylinder		1	SP-4330-048
49	20 lb selection of iron components		13	SP-4330-049
50	Pulley set		1	SP-4330-050
51	Step rolling bearing		4	SP-4330-051
52	Joint bearing		1	SP-4330-052
53	Spring		1	SP-4330-053
54	M20 nut		1	SP-4330-054
55	Copper sleeve		2	SP-4330-055
56	Reed nut	M6*Φ20.8*10	3	SP-4330-056
57	Washer		2	SP-4330-057
58	Roller link header		1	SP-4330-058
59	10 pounds of counterweight		1	SP-4330-059
60	Bummper		1	SP-4330-060
61	Limit rubber		2	SP-4330-061
62	Pullery set		5	SP-4330-062
63	Handle gloves with through-hole		3	SP-4330-063
64	Pipe plug		4	SP-4330-064
69	Grand rubber mat		4	SP-4330-069
70	Elastic retaining ring for shaft d0=25		4	SP-4330-070
71	Hexagon socket screws with countersunk head	M10*70	4	SP-4330-071

Parts List

73	Hexagon socket screws with cylindrical head	M5*50	1	SP-4330-073
74	Hexagon socket screws with cylindrical head	M8*20	4	SP-4330-074
75	Hexagon socket screws with cylindrical head	M8*30	4	SP-4330-075
76	Hexagon socket screws with cylindrical head	M10*25	2	SP-4330-076
77	Hexagon socket screws with cylindrical head	M10*30	11	SP-4330-077
78	Hexagon socket screws with cylindrical head	M10*50	5	SP-4330-078
79	Hexagon socket screws with cylindrical head	M10*75	1	SP-4330-079
80	Hexagon socket screws with cylindrical head	M12*30	4	SP-4330-080
81	Spring washer	M8	8	SP-4330-081
82	Spring washer	M10	11	SP-4330-082
83	Spring washer	M12	4	SP-4330-083
84	Flat washer	Φ16*Φ8.4*1.6	8	SP-4330-084
85	Flat washer	Φ20*Φ10.5*2	29	SP-4330-085
86	Flat washer	Φ24*Φ13*2.5	4	SP-4330-086
87	Nut	M5	1	SP-4330-087
88	Nut	M10	10	SP-4330-088
89	14 hole selection shaft		1	SP-4330-089
91	Aluminum baffle ring		3	SP-4330-091
92	Aluminum ring		3	SP-4330-092
93	Plastic ring		3	SP-4330-093
94	Aluminum end cover		3	SP-4330-094
95	Set screws with inner hexagonal cone end	M5*5	3	SP-4330-095
96	Spring washer	M6	3	SP-4330-096
97	Hexagon socket screws with cylindrical head	M6*25	3	SP-4330-097
202	Fixing plate	79*33*80*3	1	SP-43-202
203	Counter weight	175*119*80	1	SP-43-203
204	Copper bush	Φ28*Φ21.5*10	4	SP-43-204
205	Adjustable pin	Φ12*Φ57	1	SP-43-205
206	Spring	Φ11.5*Φ1*25	1	SP-43-206
207	Knob	Φ24*Φ12*32	1	SP-43-207
208	Socket cap screw	M8*12	2	SP-43-208
209	Spring washer	M8	2	SP-43-209

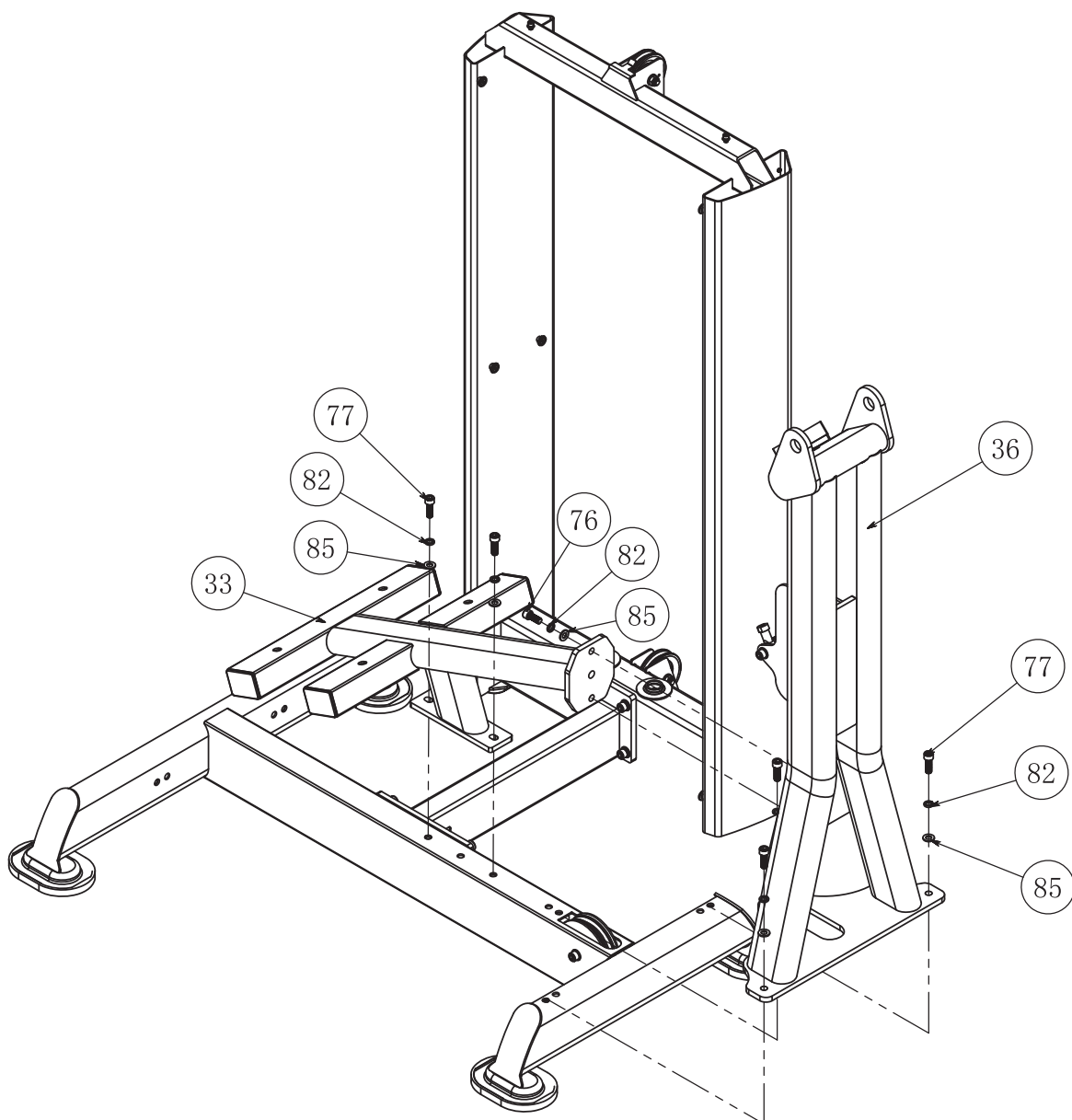




Assembly Instructions

STEP 1

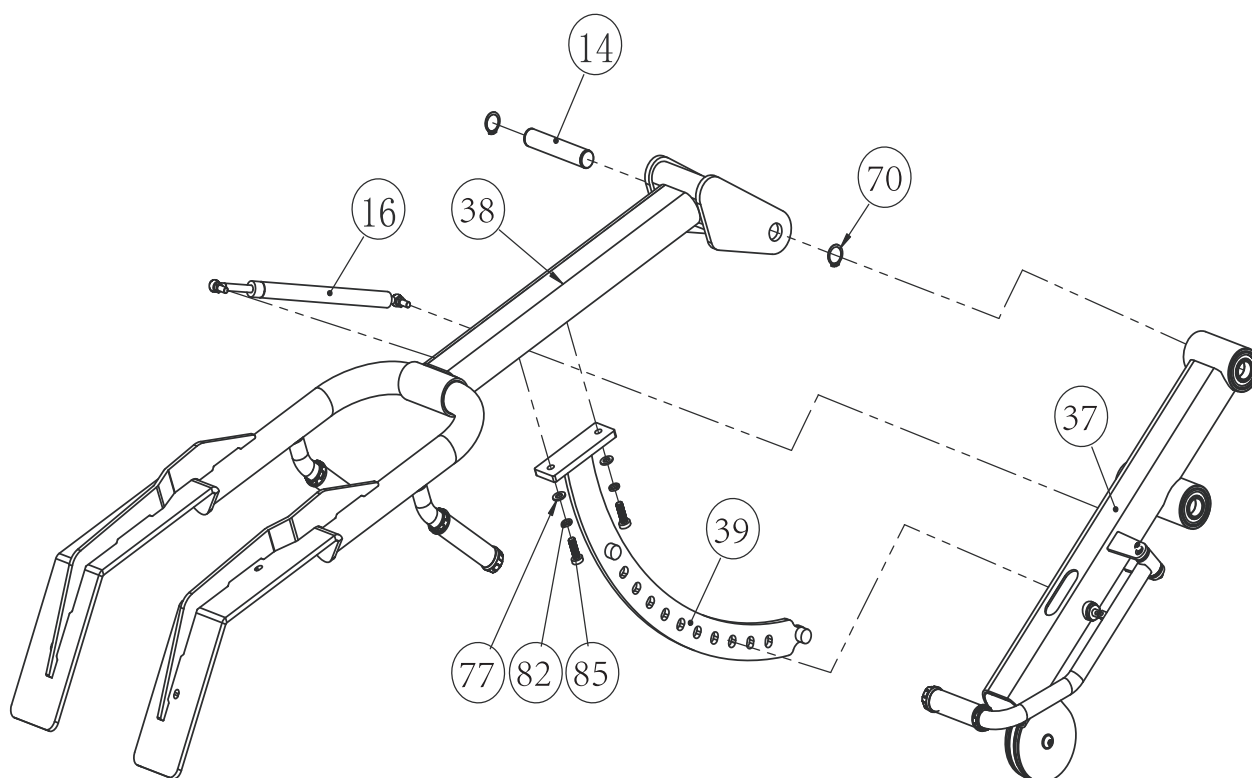
Step	No.	Description	Specifications	Qty
2	34	Cross connection frame		1
	36	Stand frame		1
	76	Hexagon socket screws with cylindrical head	M10*25	2
	77	Hexagon socket screws with cylindrical head	M10*30	5
	82	Spring washer	M10	7
	85	Flat washer	Φ20*Φ10.5*2	7



Assembly Instructions

STEP 2

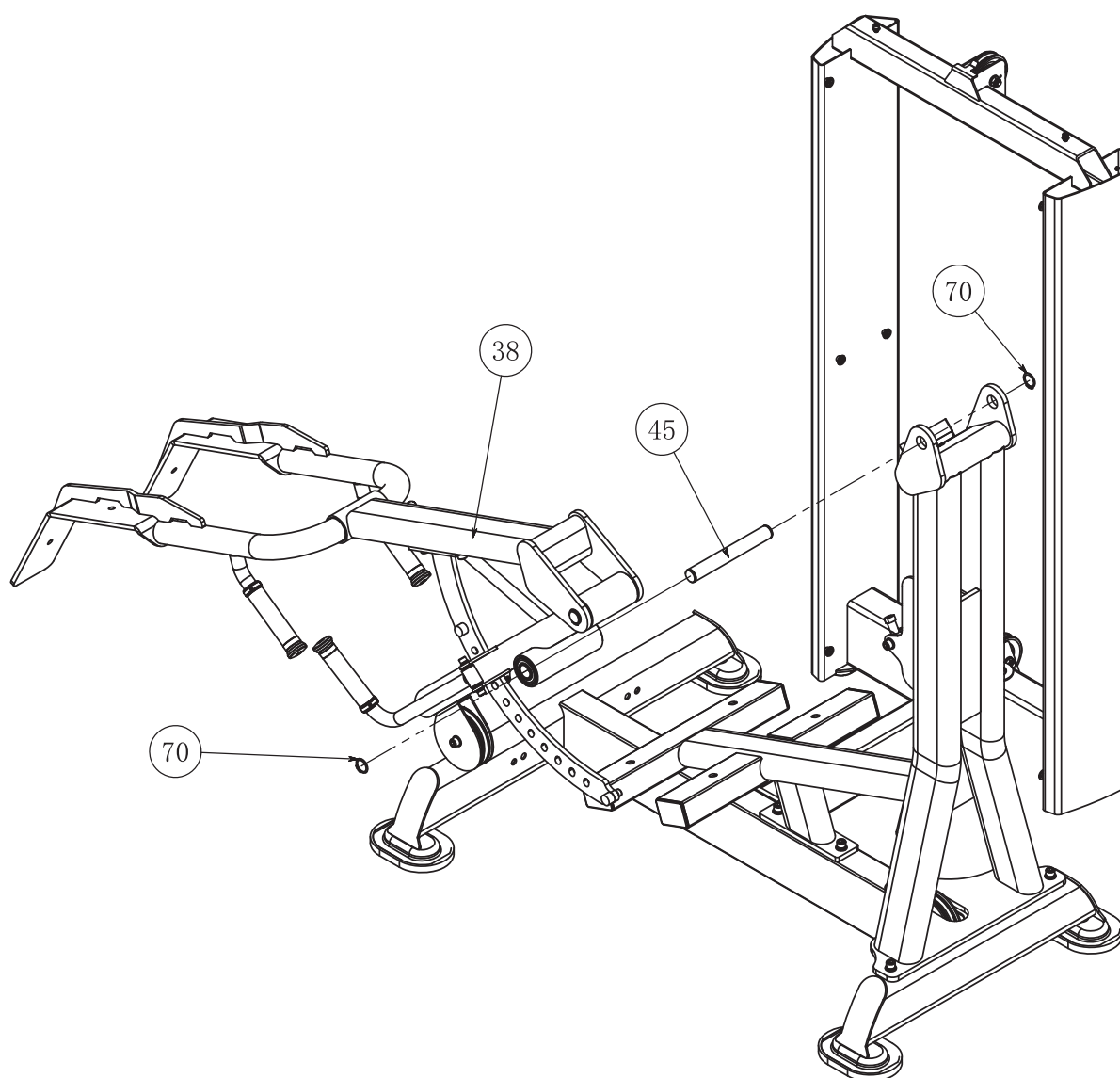
Step	No.	Description	Specifications	Qty
3	37	Bearing frame		1
	38	Swinging rack		1
	39	Adjusting rack		1
	46	Axis 2		1
	48	Gas spring cylinder		1
	70	Elastic retaining ring for shaft	d0=25	2
	77	Hexagon socket screws with cylindrical head	M10*30	2
	82	Spring washer	M10	2
	85	Flat washer	Φ20*Φ10.5*2	2



Assembly Instructions

STEP 3

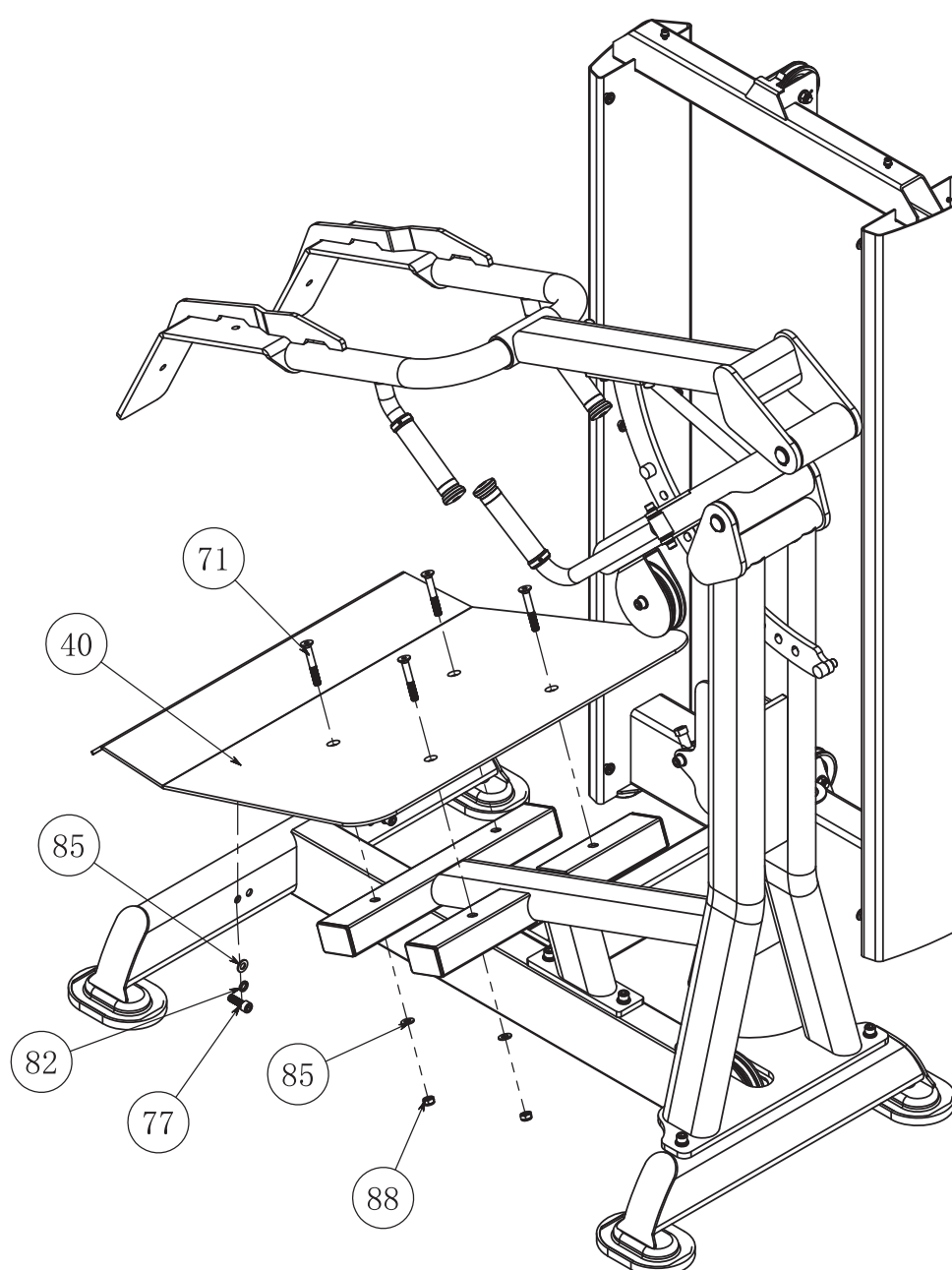
Step	No.	Description	Specifications	Qty
4	38	Swinging rack		1
	45	Axis 1		1
	70	Elastic retaining ring for shaft	d0=25	2



Assembly Instructions

STEP 4

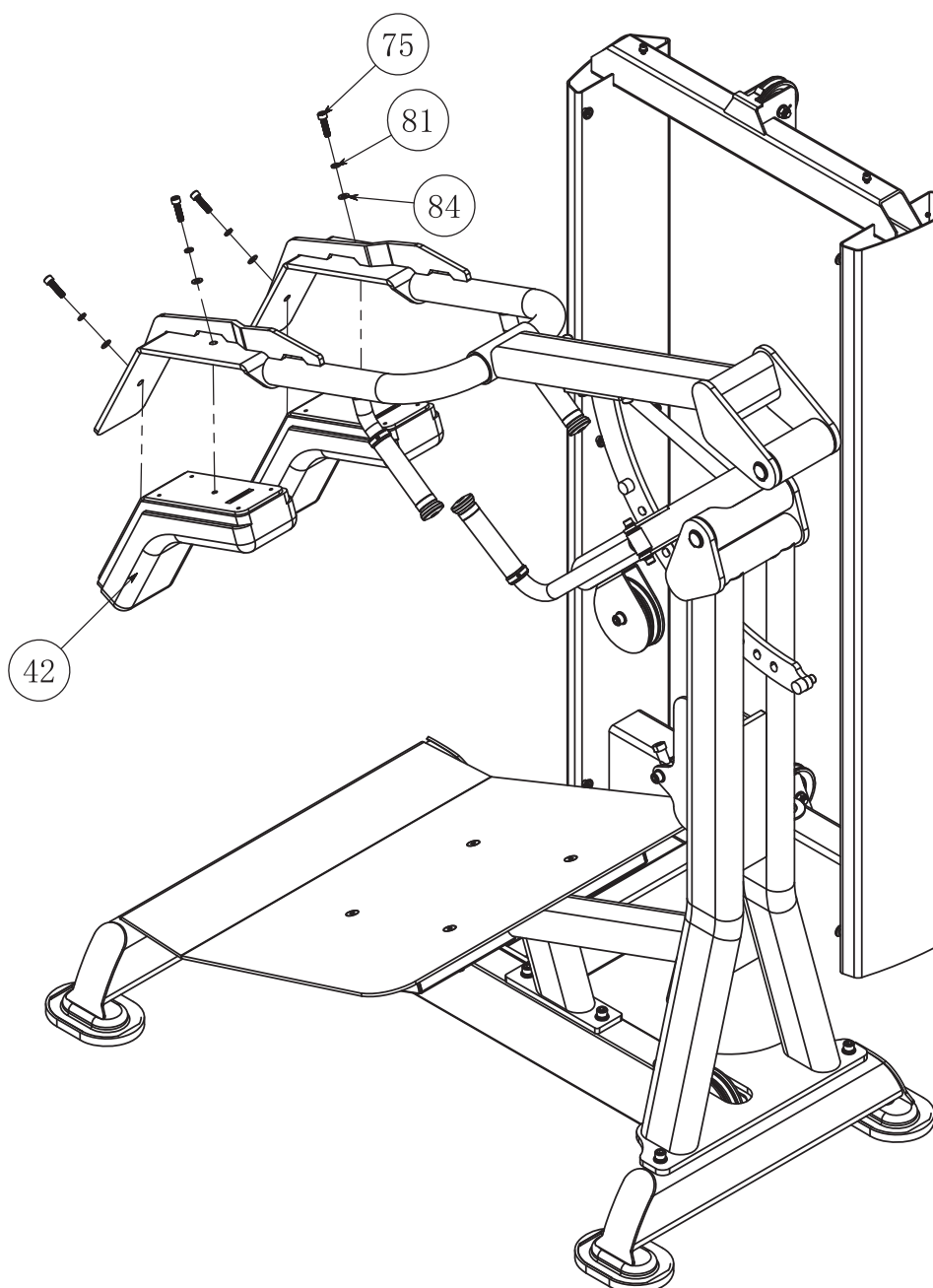
Step	No.	Description	Specifications	Qty
5	40	Foot rest		1
	71	Hexagon socket screws with countersunk head	M10*70	4
	77	Hexagon socket screws with cylindrical head	M10*30	2
	82	Spring washer	M10	2
	85	Flat washer	Φ20*Φ10.5*2	6
	88	Nut	M10	4



Assembly Instructions

STEP 5

Step	No.	Description	Specifications	Qty
6	42	Shoulder pad		2
	75	Hexagon socket screws with cylindrical head	M8*30	4
	81	Spring washer	M8	4
	84	Flat washer	Φ16*Φ8.4*1.6	4



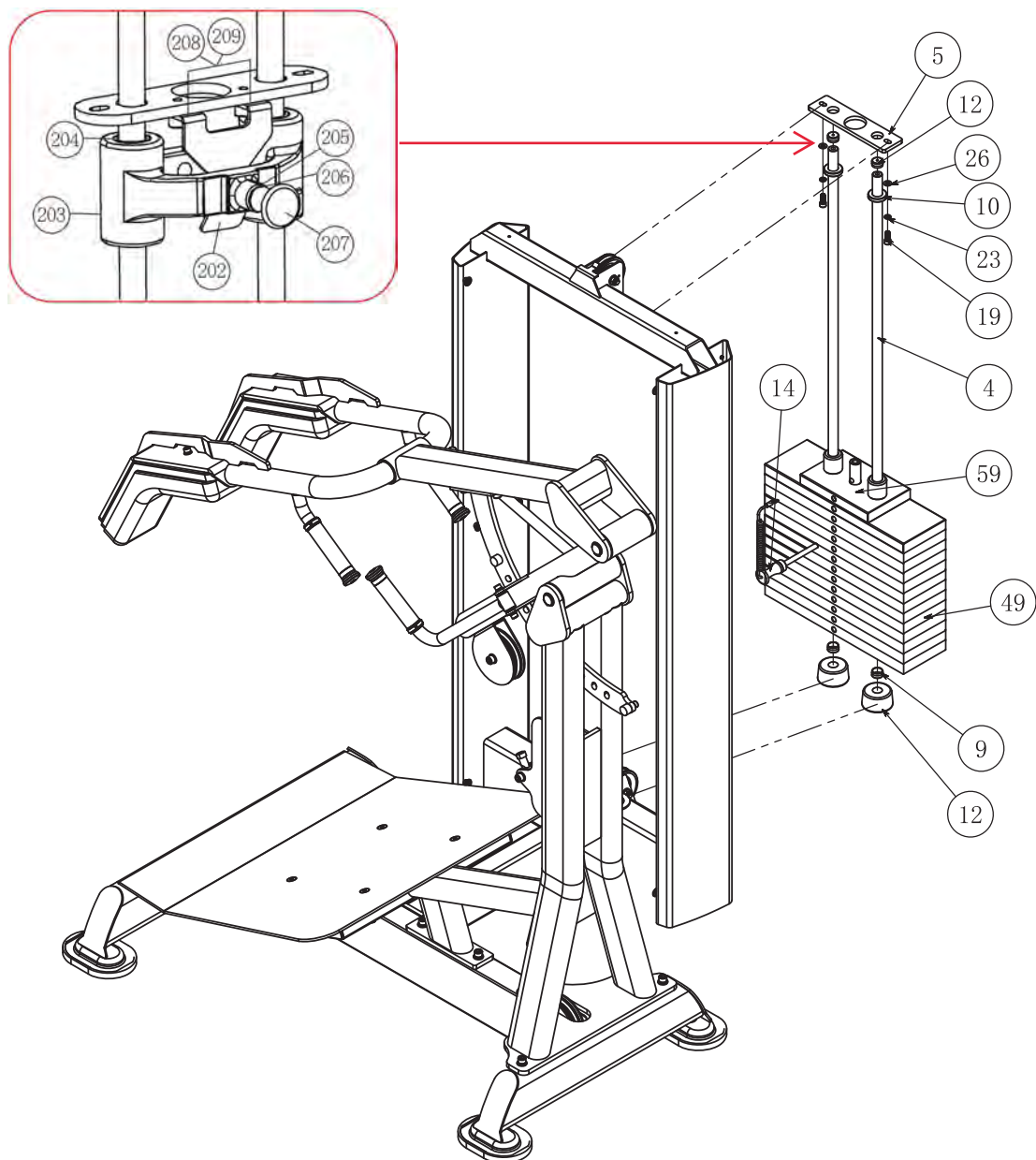
Assembly Instructions

STEP 6

No.	Description	Specifications	Qty
4	Guide rod		2
5	Guide rod fixed plate		1
9	Rubber bumper	φ64*φ32*φ20*35	2
10	Rubber bumper	φ38*φ21*10	2
12	Rod end cover		3
14	Selector pin		1
19	Inner Hexagon Socket Head Bolt	M8*20	2
23	Spring washer	M8	2
26	Flat washer	Φ16*Φ8.4*1.6	6
28	Nylon nut	M10	2
49	20 lb selection of iron components		13
59	10 pounds of counterweight		1
202	Fixing plate	79*33*80*3	1
203	Counter weight	175*119*80	1
204	Copper bush	φ28*φ21.5*10	4
205	Adjustable pin	Φ12*57	1
206	Spring	Φ11.5*Φ1*25	1
207	Knob	Φ24*Φ12*32	1
208	Socket cap screw	M8*12	2
209	Spring washer	M8	2

Assembly Instructions

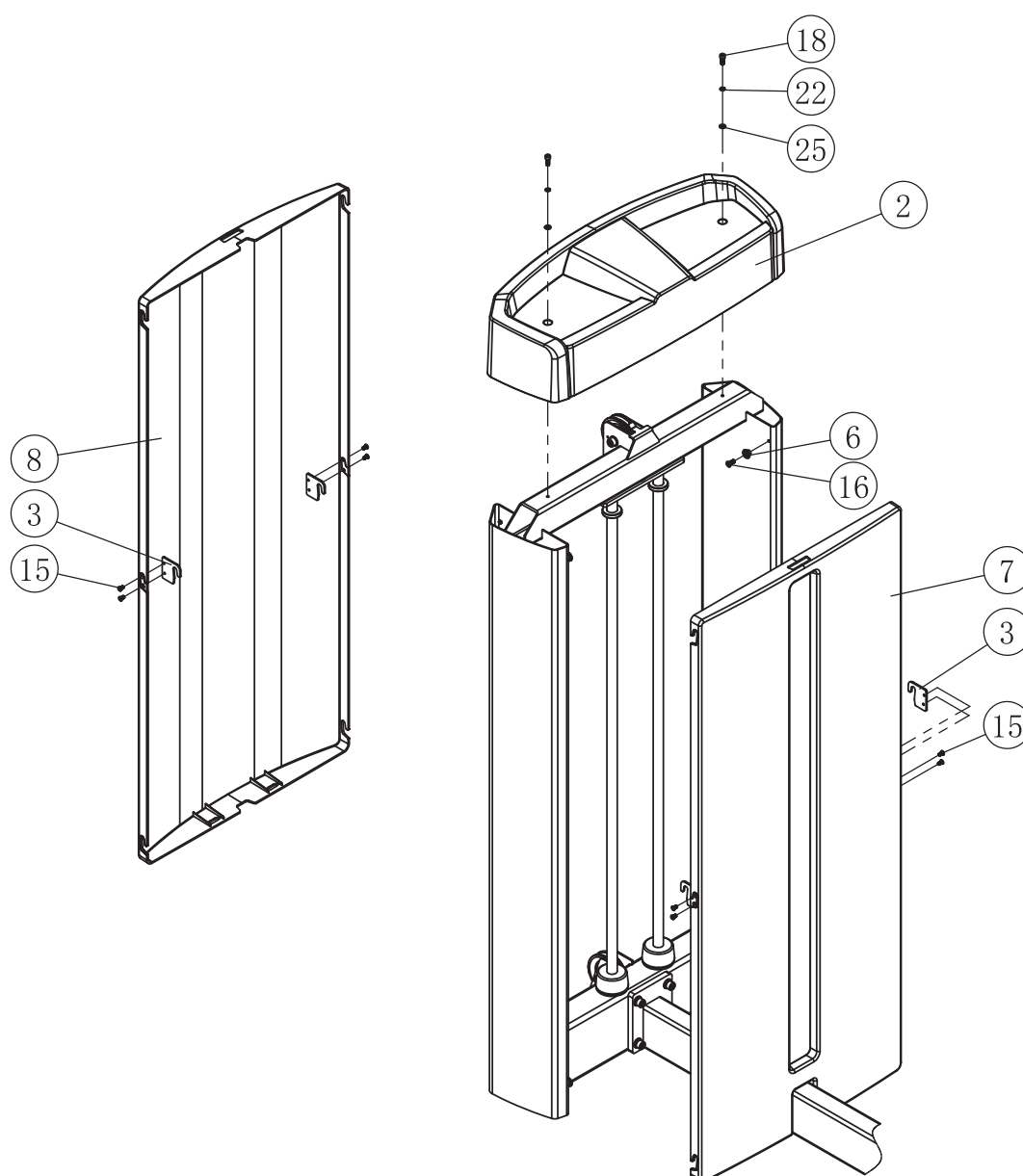
STEP 6



Assembly Instructions

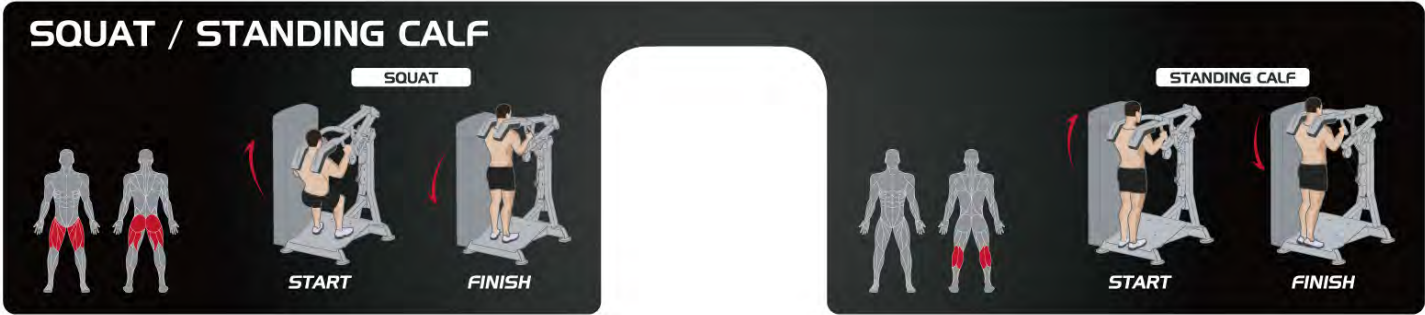
STEP 7

Step	No.	Description	Specifications	Qty
8	2	Upper shield		1
	3	Shield fixed plate		4
	6	Fixed bushing		12
	7	Front shield		1
	8	Back shield		1
	15	cross recessed countersunk head screw	M5*10	8
	16	Countersunk head hexagon socket screw	M6*16	12
	18	Inner Hexagon Socket Head Bolt	M6*16	2
	22	Spring washer	M6	2
	25	Flat washer	Φ12*Φ6.4*1.6	2



START WORKOUT

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

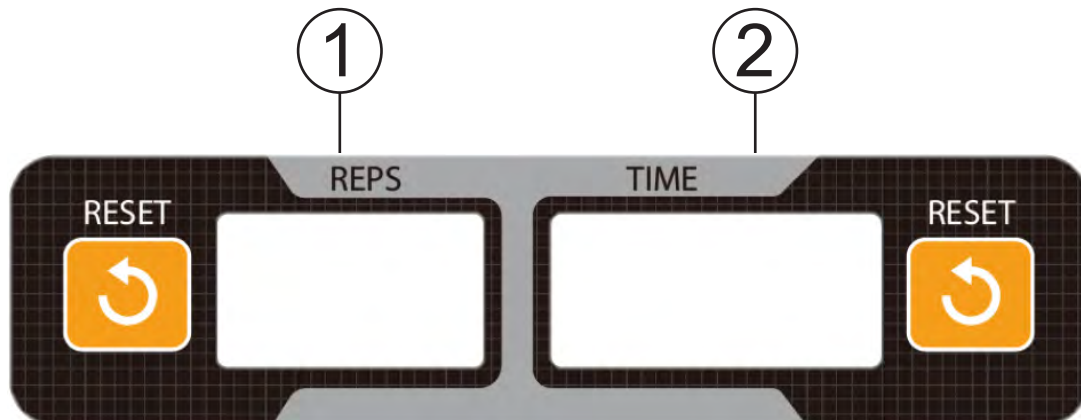


Repetition and Time Counter

A battery-operated console is available for use on SP-43 Series Selectorized Strength Equipment.

The console tracks workout time and number of repetitions per set.

1	Repetition Counter
2	Time Counter



- This counter is powered by 2 pcs of C batteries.
(Alkaline Battery Recommended)

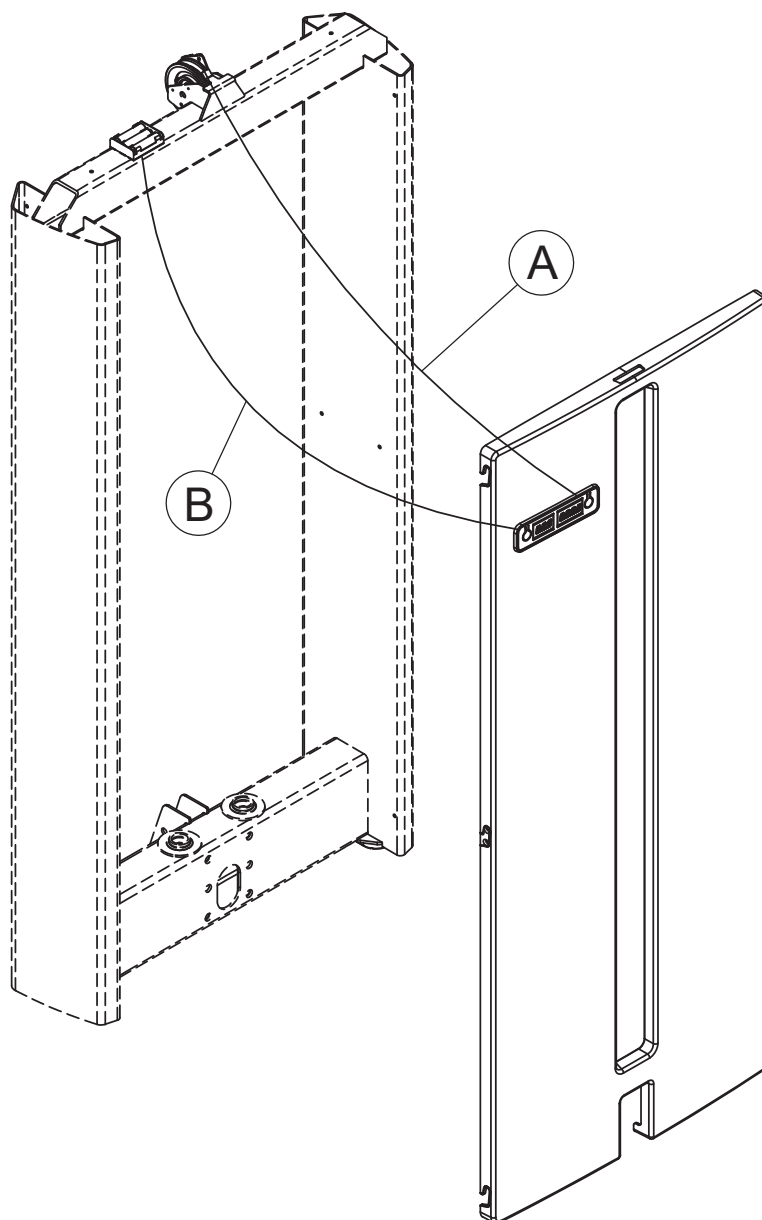
Troubleshooting

PROBLEM	TROUBLESHOOTING
Display does not turn on when you pickup the weight	<ul style="list-style-type: none"> • Replace batteries. • Check the magnet is still in position and the reed switch is still positioned next to the magnet. • Check connections at back of console for battery and switch assembly. • Replace the console. <p>NOTE: A console comes with the magnet and reed switch assembly.</p>
Rep counter turns ON when you pick up the head plate but does not count reps.	<ul style="list-style-type: none"> • Make sure you are doing a full repetition. Magnet must go up past the counter reed switch and back down past it to count ONE repetition. • Check for broken or cut wires. If broken or cut wires found, replace the console. <p>NOTE: Console includes all wiring.</p>

Assembly Instructions

STEP 8

No.	Description	Spec	Qty
A	Dry Reed Pipe Connection Wire		1
B	Power Line		1



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. Reference the table below on the preventative maintenance activities to be performed.
- 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.

Action	Daily	Weekly	Monthly	Bi-annually
Cleaning				
Upholstery	✓			
Handgrips	✓			
Main frame		✓		
Guide rod			✓	
Internal tower				✓
Inspect				
Belts / Cables		✓		
Fasteners			✓	
Handgrips			✓	
Upholstery			✓	
Labels			✓	
Pulleys				✓
Main Frame				✓
Lubricate				
Guide Rods			✓	
Add on track			✓	

Owner's Manual
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