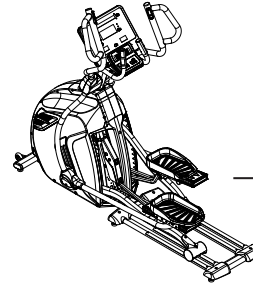


Available At IRON COMPANY



CE850 ELLIPTICAL TRAINER

OWNER'S MANUAL

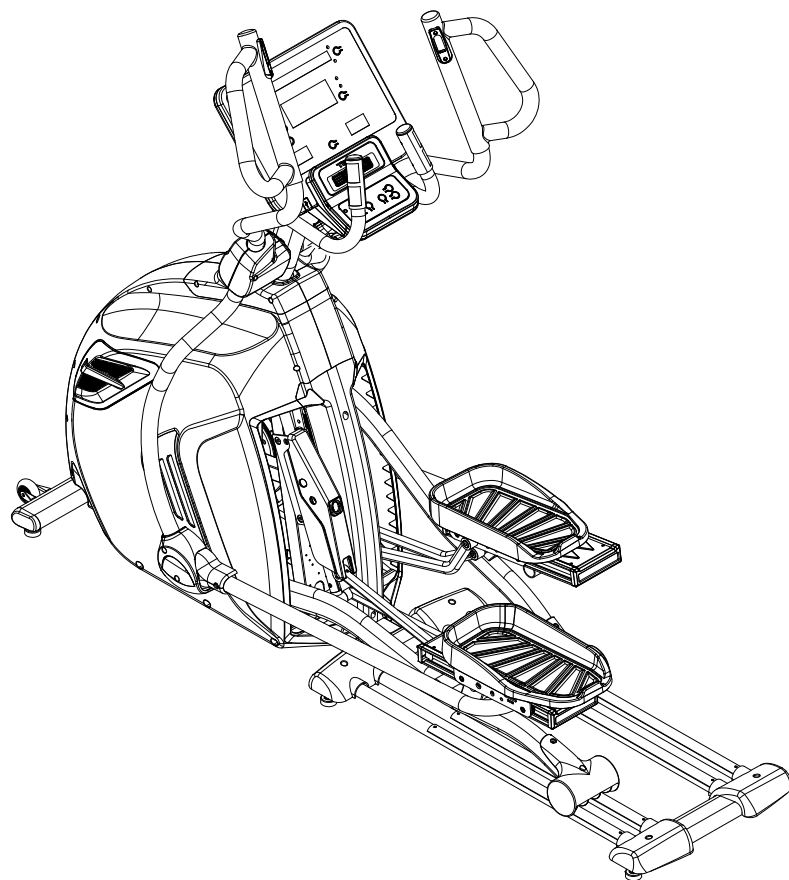


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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.



Congratulations on your new elliptical trainer and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality elliptical trainer from Spirit Fitness. Your new elliptical trainer was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this elliptical trainer is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

RECORD YOUR SERIAL NUMBER

Please record the serial number of this fitness product in the space provided below.

Serial Number:

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to <http://www.spiritfitness.com/warranty> under the Support tab to register online.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.
DANGER – To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 110-volt, 5-amp grounded outlet with only the elliptical plugged into the circuit.

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

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.

- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the

accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.
- User Weight Limit: 450 lb

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. NEVER expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

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

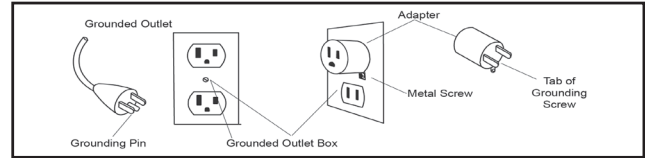
com part #QO120HM. The electrical outlet used should have a dedicated 5 amp circuit breaker.

GROUNDING INSTRUCTIONS

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

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt/5 amp dedicated circuit, and has a grounding plug



that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

IMPORTANT OPERATION INSTRUCTIONS

- NEVER operate this elliptical trainer without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur

immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.

- Use caution while participating in other activities while pedaling on your elliptical trainer; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

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

CE850 PRE-ASSEMBLY

UNPACKING

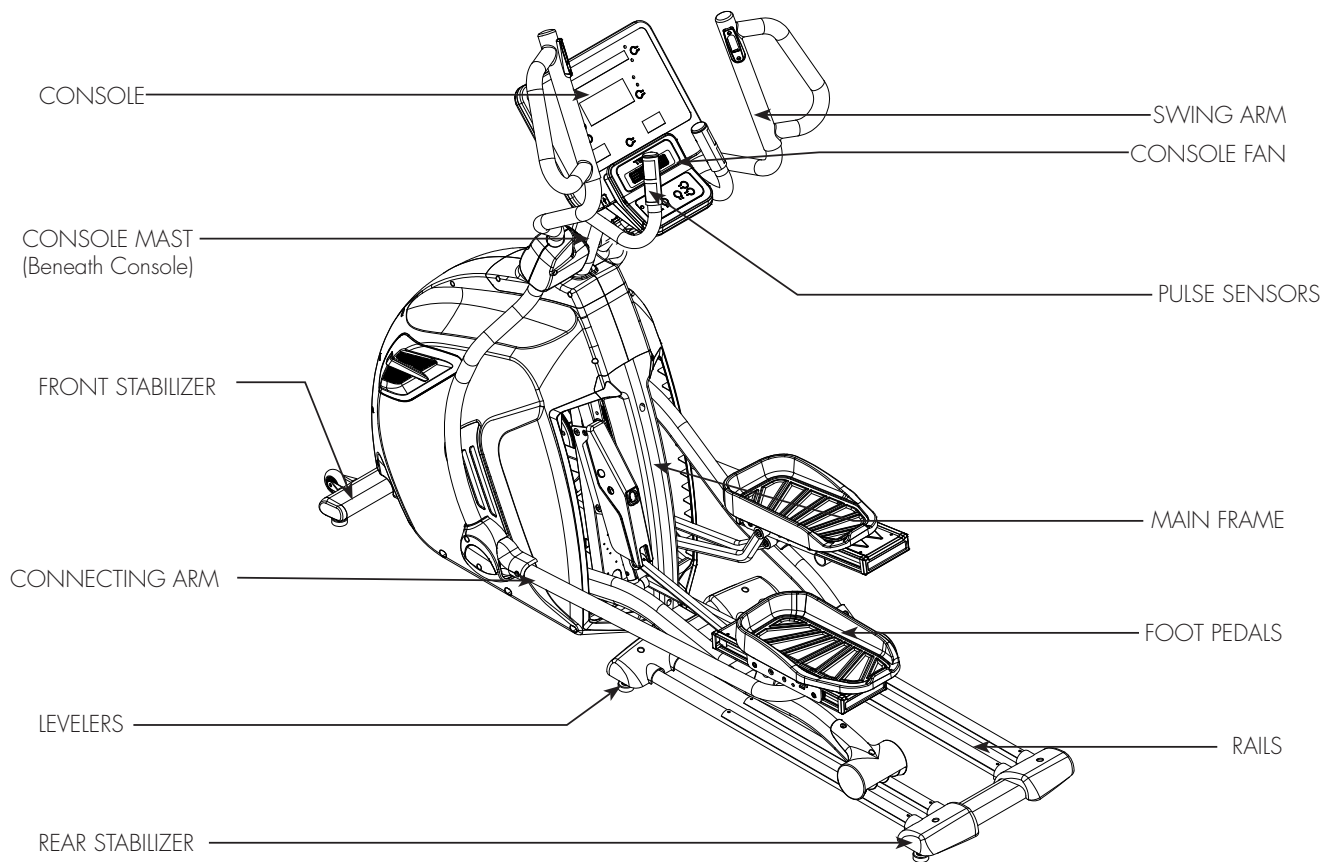
1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first. Remove the hardware for each 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.

TOOLS INCLUDED:

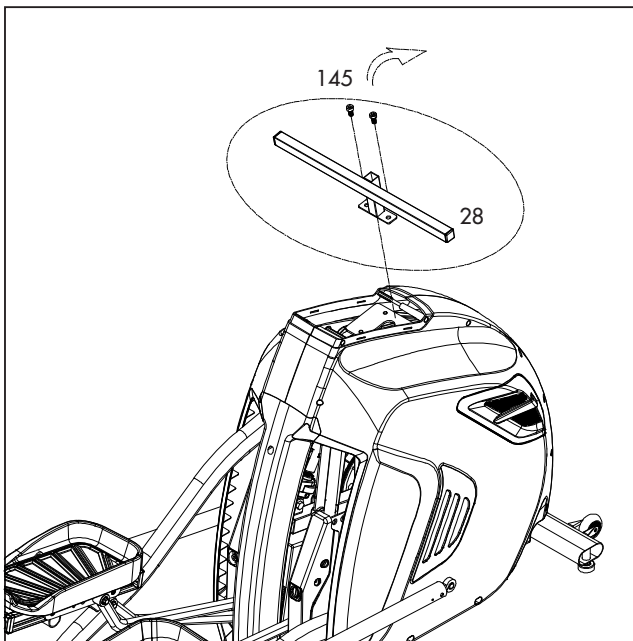
- ☐ 13/14mm Wrench
- ☐ 12/14mm Wrench
- ☐ Phillips Screwdriver
- ☐ 8mm L Allen Wrench

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Console Mast
- ☐ 1 Console Mast Cover
- ☐ 2 Swing Arms
- ☐ 2 Connecting Arms
- ☐ 6 Levelers
- ☐ 1 Console
- ☐ 2 Foot Pedals
- ☐ 1 Power Cord
- ☐ 1 Audio Cable
- ☐ 2 Transport Wheels
- ☐ 1 Hardware Kit

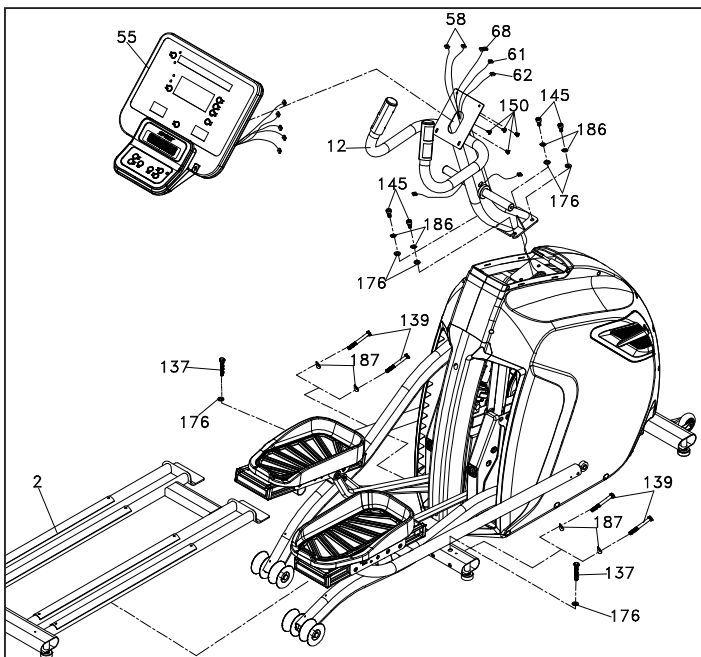


CE850 STEP ZERO



1. Use the **Allen Wrench (No.193)** to release 2 **Socket Head Cap Bolts (No.145)**, which are attached to the **Main Frame** for securing the **Mast Tube**, to remove and dispose the **Side Back (No.28)**.

CE850 STEP ONE

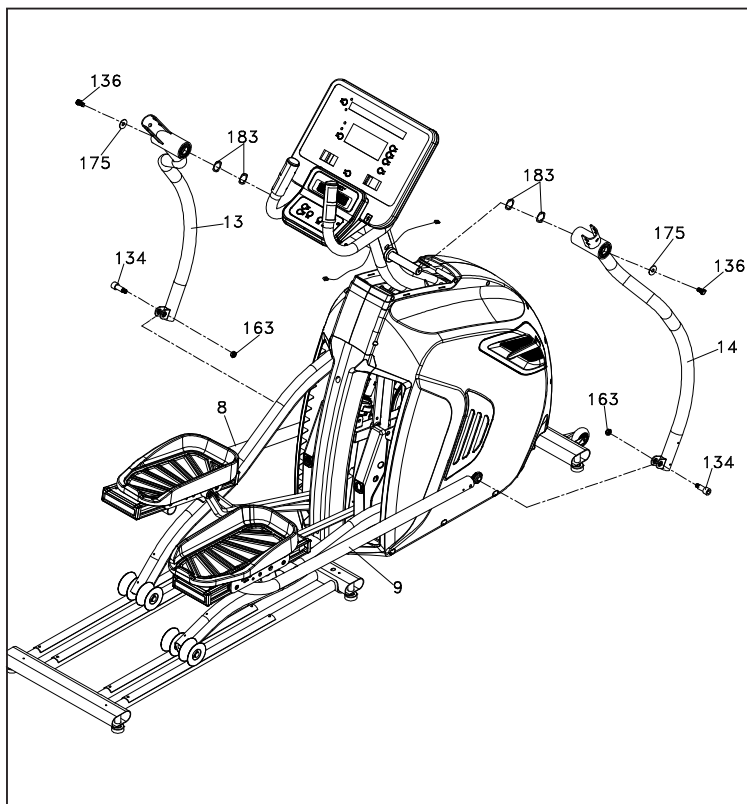


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
137	HEX HEAD BOLT	3/8" X 2-1/4"	2
139	HEX HEAD BOLT	3/8" X 3-3/4"	4
145	SOCKET HEAD CAP BOLT	3/8"X3/4"	4
150	SCREW	M5X10	4
176	FLAT WASHER	3/8"X19X1.5T	6
186	SPRING WASHER	3/8"X2T	4
187	CURVED WASHERS	3/8" X 23 X 2T	4

1. Place 2 Flat Washers (No.176) against 2 Hex Head Bolts (No.137) and hand-tighten them through the top of the Rear Stabilizer Tube (Main Frame), into the Rear Rail Assembly (No.2) by using the Wrench (No.194).
2. Place 4 Curved Washers (No.187) against 4 Hex Head Bolts (No.139) and hand-tighten them through the Front of the Rear Stabilizer Tube, into the Rear Rail Assembly (No.2) by using Wrench (No.194).
3. Pierce 14P Computer Cable (No.68) from bottom of the console mast tube through it and pull out of the top. Use 4 Socket Head Cap Bolts (No.145), 4 Spring Washers (No.186) and 4 Flat Washers (No.176) to secure.
4. Untie the Computer Cable (No.68), connect 2 Handpulse W/Cable Assembly (No.58) and Handle Wire (Upper), Resistance/ Incline (White/Red) (No.61/62) with the Console Assembly (No.55) respectively. Then place the Console on top of the Mast and use Phillips Head Screw Driver (No.192) to tighten 4 Phillips Head Screws (No.150) to secure.

CE850 STEP TWO

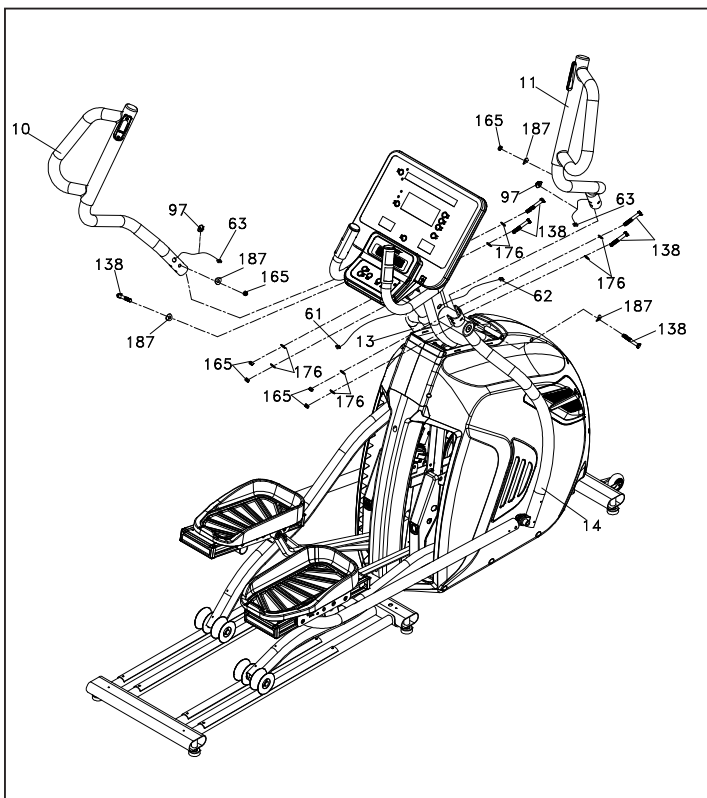


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
134	HEX HEAD BOLT	M10 x 1.5	2
136	HEX HEAD BOLT	3/8" x 3/4"	2
163	NYLOC NUT	M10 x 8T	2
175	FLAT WASHER	3/8"x 30 x 2.0T	2
183	WAVE WASHER	ø25	4

1. Locate **Left** and **Right Lower Swing Arms** (No.13, 14) together with 4 **Wave Washers** (No. 183) onto **Left** and **Right Shafts** of the console mast tube then tighten with 2 **Hex Head Bolts** (No.136) and two **Flat Washers** (No.175) by using the **Wrench** (No.194).
2. Untie the **Rod End Bearing** on **Left Connecting Arm** (No.8) and pierce a **Hex Head Bolt** (No.134) through the rod end holes and rod end bearing then tighten with and **Nyloc Nut** (No.163) by using the **Wrench** (No.200) and **Wrench** (No.201). Repeat for the **Right Connecting Arm** (No.9) and **right Lower Handle Bar** (No.14).

CE850 STEP THREE



HARDWARE FOR STEP 3

PART	TYPE	DESCRIPTION	QTY
97	SWITCH WIRE CAP	-	2
138	HEX HEAD BOLT	3/8"X2-1/4"	6
165	NYLOC NUT	3/8"X7T	6
176	FLAT WASHER	3/8"X19X1.5T	8
187	CURVED WASHER	3/8"X23X2T	4

1. Insert **Left Upper Swing Arm (No.10)** onto **Left Lower Swing Arm (No.13)** and secure with 3 **Hex Head Bolts (No.138)**, 4 **Flat Washers (No.176)**, 2 **Curved Washers (No.187)** and 3 **Nyloc Nuts (No.165)** by using **Wrench (No.194)** and **Wrench (No.195)**. Repeat for the **Right Upper Swing Arm (No.11)** and **Right Lower Swing Arm (No.14)**.
2. Connect **Handle Wire (Upper)**, **Resistance (White, 61)** and **Handle Wire (Upper)**, **Incline (Red, 62)** to 2 **Handle Wires (Lower)**, **Resistance/Incline (No.63)** respectively and shove the excessive wires into the console mast tube. Finally, plug the **Switch Wire Caps (No.97)** onto the console mast tube to secure the wires.

This exploded view diagram illustrates the assembly of a recumbent exercise bike. The main frame is the central component. Key parts shown in an exploded state include:

- Resistance Unit and Console:** Located at the top, featuring a digital display (100) and control buttons (101, 102, 103).
- Flywheel and Crank Assembly:** The large central flywheel (119) is connected to the crank arms (112, 113) and pedals (114, 115).
- Pedals and Straps:** Pedals (114, 115) are shown with straps (116, 117) and toe clips (118).
- Seat and Backrest:** The seat (121) and backrest (122) are mounted on the frame.
- Adjustable Components:** Various adjustment levers and knobs (104, 105, 106, 107, 108, 109, 111, 120, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154) are shown for adjusting the bike's position and resistance.

CE850 STEP FOUR

HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
152	PHILLIPS HEAD SCREW	M5 x 15L	14
153	SHEET METAL SCREW	3.5 x 12L	8
154	SHEET METAL SCREW	4 x 15mm	2

1. Secure the **Left Connecting Arm Cover B (No.121)** onto the **Left Connecting Arm** with **Phillips Head Screw (No.152)** by using the **Phillips Head Screw Driver (No.192)** then secure the **Left Connecting Arm Cover A (No.119)** with 2 **Phillips Head Screws (No.152)** onto the **Lower Handle Bar**. Repeat the same way for the **Right Connecting Arm Cover B (No.122)** and **Right Connecting Arm Cover A (No.120)** onto the **Right Connecting Arm** and **Right Lower Handle Bar**, respectively.
2. Secure 2 **Slide Wheel Covers (No.99)** on both **left** and **right Pedal arms** with 4 **Phillips Head Screws (No.152)** by using **Phillips Head Screw Driver (No.192)**.
3. Use **Phillips Head Screw Driver (No.192)** with 4 **Phillips Head Screws (No.152)** to secure 2 **Rear Stabilizer Covers (A) (No.104)** and 2 **Rear Stabilizer Cover (B) (No.105)** on both left and right sides of rear tube of rear rail assembly.
4. Match the **Left and Right Console Mast Covers (No.111, 112)** with **Left and Right** side cases respectively and secure with 2 **Sheet Metal Screws (No.154)** by using the **Phillips Head Screw Driver (No.192)**.
5. Match the **Front Handle Bar Cover (No.100)** and **Rear Handle Bar Cover (No.101)** with each other on **Left Lower Handle Bar** and use **Phillips Head Screw Driver** to tighten 4 **Sheet Metal Screws (No.153)**. Do the same for **Right Front Handle Bar Covers (No.102)** and **Rear Handle Bar Cover (No.103)**. (Be carefeul not to pinch the wire)
6. Plug in both **Oval End Caps (No.89)** onto both ends of the **front stabilizer tube**.



CE850 CONSOLE OPERATION



POWER

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the **Dot Matrix Message Center** will show the software version (i.e.: VER 1.0). The **LED Data Display Windows** show the distance in miles and shows the total hours of use. The odometer will remain displayed for only a few seconds then the console will go to the start up display. The **Dot Matrix Message Center** will be scrolling through the different profiles of the programs and will be scrolling the start up message. You may now begin to use the console.

C-SAFE FEATURE

Your console is equipped with a C-SAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with fitness software applications.

QUICK START

This is the quickest way to start a workout. After the console powers up you just press the **Start** key to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the **Up** and **Down** buttons. The **Dot Matrix Message Center** will show a ¼ mile (0.4km) track display or just the bottom row lit at first, depending on how the display button has been set (see Basic information below). As you increase the workload, more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase. The **Dot Matrix Message Center** has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 20 levels of resistance – displayed as 10 rows of lights - available for plenty of variety. The first 5 levels are very easy workloads, and the changes between levels are set to a good progression. for de-

conditioned users. Levels 5-10 are more challenging but the increases from one level to the next remain small. Levels 10-15 start getting tough as the levels jump more dramatically. Levels 15-20 are extremely hard and are good for short interval peaks and elite athletic training.

BASIC INFORMATION

The **Dot Matrix Message Center**, or **Profile Window**, will display the workout **Profile**. The **LED Data Display Windows** displays pertinent exercise data. There is a **Stride** window for pedal speed and a **Level** window indicating machine resistance.

The **LED Data Display Window** will initially be displaying **Distance**, **Calories**, **Pulse** and **Time Elapsed** information. When the **Up/Down Scan** key is pressed the next set of information will appear: **Speed**, **Watts**, **METs**, **Time Remaining**. Pressing the **Up/Down Scan** button, the Scan mode is activated and the **LED Data Display Window** will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the **Up/Down Scan** button again will bring you back to the beginning.

The **Stop** key button actually has several functions. Pressing the **Stop** key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the **Start** key. If the **Stop** key is pressed twice during a workout, the program will end and the console will return to the start-up screen. If the **Stop** key button is held down for 3 seconds, the console will perform a complete **Reset**. During data entry for a program the **Stop** key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the **Stop** key button.

The **Program** Key is used to preview each program. When you first turn the console on, you may press **Program** key to preview what the program profile looks like. If you decide that you want to try a program, press the **Enter** key to select the program and enter into the data setup mode.

1/4 MILE TRACK

The 1/4-mile track (0.4 km) will be displayed around the dot matrix window. The flashing dot indicates your progress. In the center of the track there is a lap counter for reference.

HEART RATE WINDOW

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. 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 CE850 will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

TO TURN ELLIPTICAL OFF

The display will automatically turn off (go to sleep) after 30 minutes of inactivity. This function is called sleep mode. In sleep mode, the elliptical will power down most everything except for a minimum of circuitry for detecting button presses and the safety button so it will start up again if these are 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. Of course you may also remove the safety button or turn off the main power switch to power down the elliptical.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Age** ensures that the Heart Rate bar graph shows the correct number. Your **Age** is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your **Age**. Otherwise the workout settings could be too high or low for you; entering your **Weight** aides in calculating a more correct calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

STRIDE LENGTH ADJUSTMENT

The CE850 has a unique adjustable stride length feature that will further increase the variety of your workouts. When the stride setting is at its lowest (shortest) position the stride length will be 18 inches. This setting is used when pedaling slowly, during quick bursts at very high resistance, and to closely simulate a walking motion. The highest (longest) setting is 24 inches and closely simulates the longer stride of a running motion. The stride adjustment can also be used to select a stride length that is comfortable for you. The stride length can also be computer controlled in some programs. The stride length can be controlled by buttons on the left swing arm and also can be automatically adjusted during the built-in workout programs.

MANUAL

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program follow the instructions below.

1. Using the **Program** button select **Manual** then press the **Enter** key.
2. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your Age, using the **Up and Down keys**, then press the **Enter key** to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Up and Down keys**, then press **Enter** to continue.
4. The next setting is **Time**. You may adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start key**. You can also go back and modify your settings by pressing the **Enter key**.
*NOTE: At any time during the editing of data you can press the **Stop key** to go back one level, or screen.*
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the **Up key**; the **Down key** will decrease the workload. At the same time, you can to control stride length at any time press the stride up/down keys.
7. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program.

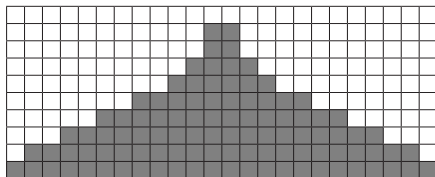
PRESET PROGRAMS

The elliptical trainer has seven different programs that have been designed for a variety of workouts. These seven programs have factory preset work level profiles for achieving different goals.

HILL

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort

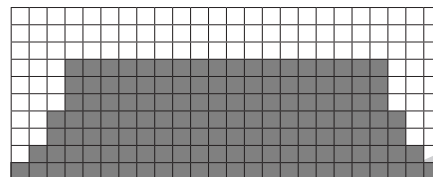
RESISTANCE LEVEL



FAT BURN

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

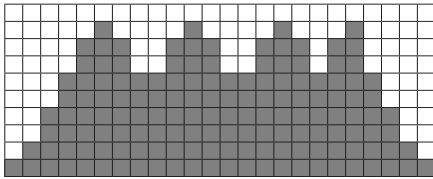
RESISTANCE LEVEL



CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity

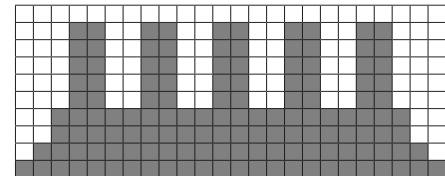
RESISTANCE LEVEL



INTERVAL

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

RESISTANCE LEVEL



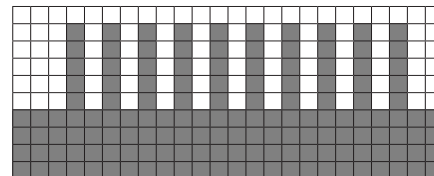
PROGRAMMING PRESET PROGRAMS

1. Using the **Program** button select your desired program then press the **Enter** button.
2. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may adjust the age setting, using the **Up** and **Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Up** and **Down** keys, then press **Enter** to continue.
4. Next is **Time**. You may adjust the **Time** and press **Enter** to continue.
5. Now you are asked to adjust the **Max Level**. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program press the **Up** or **Down** key. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the **Dot Matrix Message Center** will show the current column, and program maximum, levels of work.
8. During the program you will be able to scroll through the data in the **LED Data Display Windows** by pressing the **Up/Down Scan** key next to the **LED Data Display Windows**.
9. When the program ends the **LED Data Display Window** will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.

1. Using the **Program** button choose the **HIIT** program then press **Enter**. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your **Age**, using the **Up** and **Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Up** and **Down** keys then press **enter** to continue.
3. Next you are asked for the number of **Intervals** you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Now you are asked to adjust the **Sprint** Level. This is the resistance level you will experience during the **Sprint** segments of the program. Adjust the level and then press **Enter**.
5. Now you are asked to adjust the **Rest** Level. This is the resistance level you will experience during the Rest segments of the program. Adjust the level and then press **Enter**.
6. Next is entering the **Interval** time. The **Dot Matrix Message Center** shows: Sprint Time:30 and Rest Time:30. The Sprint Time will be blinking. You may use the **Up** and **Down** keys to adjust the Sprint time from 20 to 60 seconds then press **Enter**. The time for the Rest period will blink and you can adjust the time using the up and down keys and press **Enter**.
7. The **LED Data Display Window** will now display the total time for the HIIT workout; now press **Start** to begin. There is a 3-minute warm-up period before the first **Sprint** begins. The resistance level during warm-up is set to 5 but can be adjusted manually.
8. The **Dot Matrix Message Center** in the HIIT program is a speed indication display, not a power or resistance display. During the **Sprint** the **Dot Matrix Message Center** will show a blinking LED at the first **Sprint** segment. That is the target speed LED and indicates 90 pedal rpm. As you pedal faster the lights below the target speed LED light up the faster you go. When you exceed 90 rpm the target LED will move up showing you are past the target speed. You should maintain at least 90 rpm throughout the **Sprint** segments. The rest segments of the HIIT program are set to resistance level 5 and you can pedal at any speed you choose as your heart rate recovers. You can manually adjust the resistance levels during the **Sprint** and **Rest** segments.
9. At the end of the last **Sprint** there is a 2-minute cool-down period. You can bypass this by pressing the **Stop** key and the workout summary will be displayed.



FITNESS TEST PROGRAM

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given. VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, "Male" or "Female" at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. If you are a de-conditioned male, you may want to choose the option for "Female" to assist in the correct calculations. Similarly, if you are a very conditioned female, you may want to choose the option for "Male."

Workload Chart For Male Or Very Fit Female:

1st Stage				300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		900 kgm/min			750 kgm/min			600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	1350 kgm/min	1200 kgm/min	1050 kgm/min	1200 kgm/min	1050 kgm/min	900 kgm/min	1050 kgm/min	900 kgm/min	750 kgm/min

Workload Chart For Female Or De-Conditioned Male

1st Stage			150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	750 kgm/min	600 kgm/min	450 kgm/min	300 kgm/min
3rd Stage	900 kgm/min	750 kgm/min	600 kgm/min	450 kgm/min
4th Stage	1050 kgm/min	900 kgm/min	700 kgm/min	600 kgm/min

FITNESS TEST PROGRAMMING

1. Using the **Program** button choose **Fitness Test** and press **Enter**.
2. The **Dot Matrix Message Center** will display **Gender**. Use the **Up** and **Down** arrows if you need to change, then press **Enter**. The choice of gender determines which workload chart will be used for the test.
3. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may adjust the age setting, using the **Up** and **Down** buttons then press the **Enter** button to accept the new number and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the weight number using the **Up** and **Down** buttons then press **Enter** to continue.
5. Now press **Start** to begin the test.

Before The Test:

- Make sure you are in good health; check with your physician before beginning a new exercise routine, especially if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During The Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the **LED Data Display Windows** by pressing the **Up/Down Scan** button next to the **LED Data Display Windows**.
- The **LED Data Display Windows** will always display your pedal speed on the right side to help you maintain 50RPM.
- The data shown during the test is:
 - a. Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - b. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 - d. Time is the total elapsed time of the test.

After The Test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What Your Score Means:

VO2MAX CHART FOR MALES AND VERY FIT FEMALES

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2MAX CHART FOR FEMALES AND DE-CONDITIONED MALES

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

CUSTOM USER DEFINED PROGRAMS

The Custom Program allows you to build and save a custom program.

1. Using the **Program** button choose **Custom** program then press the **Enter** button to begin programming
2. Enter your name in the **Dot Matrix Message Center**, the letter "A" will be blinking. Use the **Up/Down** buttons to select the appropriate first letter of your name (pressing the **Up** button will switch to the letter "B"; pressing the **Down** button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.
3. If there is a program already stored you will have an option to run the program as it is or delete the program and build a new one. The **Dot Matrix Message Center** will ask: Run Program? Use the **Up/Down** arrows to select "Yes" or "No". If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your age, using the **Up/Down** buttons, then press the **Enter** button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your **Weight**. You may adjust the **Weight** value using the **Up/Down** buttons, then press **Enter** to continue.
6. Next is **Time**. You may adjust the **Time** and press **Enter** to continue.
7. Now you are asked to adjust the **Max Level** and **Max Stride**. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**.
8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the **Up** button. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty-four segments have been set.
10. After saving the program the **Dot Matrix Message Center** says "New Program Saved" then will give you the option to start or modify the program. Pressing **Stop** will exit to the start up screen.

HEART RATE PROGRAMS

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 of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardio vascular system. This 60% 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:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

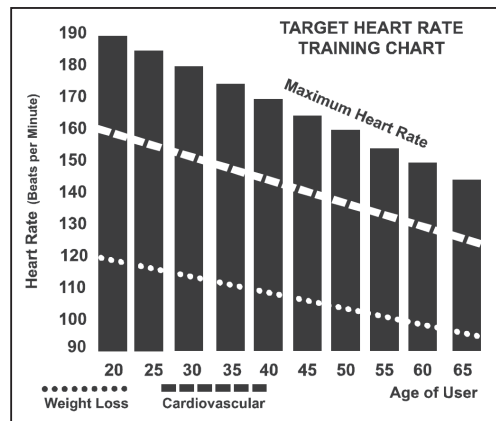
$$180 \times .6 = 108 \text{ beats per minute (60\% of maximum)}$$

$$180 \times .85 = 153 \text{ beats per minute (85\% of maximum)}$$

So for a 40 year old the training zone would
be 108 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 programs. After calculating your MHR 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 represent the MHR 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 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.



With all Spirit Fitness machines you may use the heart rate monitor feature without using the Heart Rate 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.

HEART RATE PROGRAM OPERATION

To start the HR program follow the instructions below.

1. Using the **Program** button select the **HR program** (65% or 80%) then press the **Enter** key.
2. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your **Age**, using the **Up/Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Up/Down** keys, then press **Enter** to continue.
4. Next is **Time**. You may adjust the **Time** and press **Enter** to continue.
5. Now you are asked to adjust your target **Heart Rate**. This is the heart rate level you will try to maintain during the program. Adjust the value and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key. Note: At any time during the editing of data you can press the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the resistance at any time during the program, press the **Level Up/Down** key. This will allow you to change your target heart rate at any time during the program.
8. The program will automatically increase or decrease the amount of resistance, depending on whether your heart rate is above or below your target.

RATE OF PERCEIVED EXERTION

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.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. The scale helps users determine an approximate heart rate level when a heart rate monitor was not in use. Using the scale below, rate the level of intensity of your workout, or the perception of your effort during your workout. Once the rating has been determined, simply add a "0" to the rating to get your approximate heart rate. For example, if your workout felt comfortable, you would rate it a "12". Then add a "0" to get an approximate heart rate during your workout of 120 beats per minute. The scale is as follows:

Rating Perception of Effort:

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light

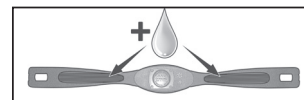
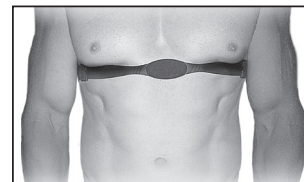
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard

14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard

18 Very hard +
19 Very,very hard
20 Maximal

WEARING THE CHEST STRAP (SOLD SEPARATELY)

1. Attach the transmitter to the elastic strap using the interlocking button.
2. Adjust the strap as tightly as possible while ensuring it is still comfortable.
3. Position the transmitter with the logo centered in the middle of your torso 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 directly 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.
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 directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is CR2032. The chest strap is sold separately. Chest straps that operate using Bluetooth or ANT+ should also work with this machine.

ERRATIC OPERATION

Caution! Do not use this elliptical for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Electric fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.

- b. The crank arm nut needs to be retightened
- c. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

SANITIZING YOUR SPIRIT FITNESS EQUIPMENT

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- For more details on sanitization, or to learn how to make your own spray solution, please visit <https://support.spiritfitness.com/hc/en-us/articles/4406787148564>.

ENGINEERING MODE

Maintenance Menu in console software: To enter the Maintenance Mode, press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about 5 seconds. Press the **Enter** key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Function
 - Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
 - Pause mode (have five minutes)
 - Odometer Reset (Resets the odometer)
 - Sleep mode
 - Beep sound (Control Beep)
 - CAB Protocol or CSAFE Protocol
4. Service
 - Motor test
 - Stride test
 - Csafe test
 - Sensor test
5. Exit

ELLIPTICAL TRAINER WARRANTY EFFECTIVE NOVEMBER 08,2021

Spirit Fitness, Inc. (Spirit Fitness) warrants all its elliptical trainer parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Warranty	Frame	Brake	Parts	Labor
Commercial (Non-Dues Paying Facilities)	Lifetime	5 Years	5 Years	2 Years
Residential	Lifetime	10 Years	10 Years	2 Years

*Prisons and correctional facilities are excluded from warranty coverage.

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household or Light Commercial use (see restrictions above), and the consumer/facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the elliptical trainer in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the elliptical trainer and with all local electric codes.
4. Expenses for making the elliptical trainer accessible for servicing, including any item that was not part of the elliptical trainer at the time it was shipped from the factory.
5. Damages to the elliptical trainer finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for elliptical trainer not requiring component replacement, or elliptical trainer not in ordinary household or light commercial use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.
9. Prisons and correctional facilities are excluded from warranty coverage.
10. Warranties outside of the United States may vary. Please contact your local dealer for details.

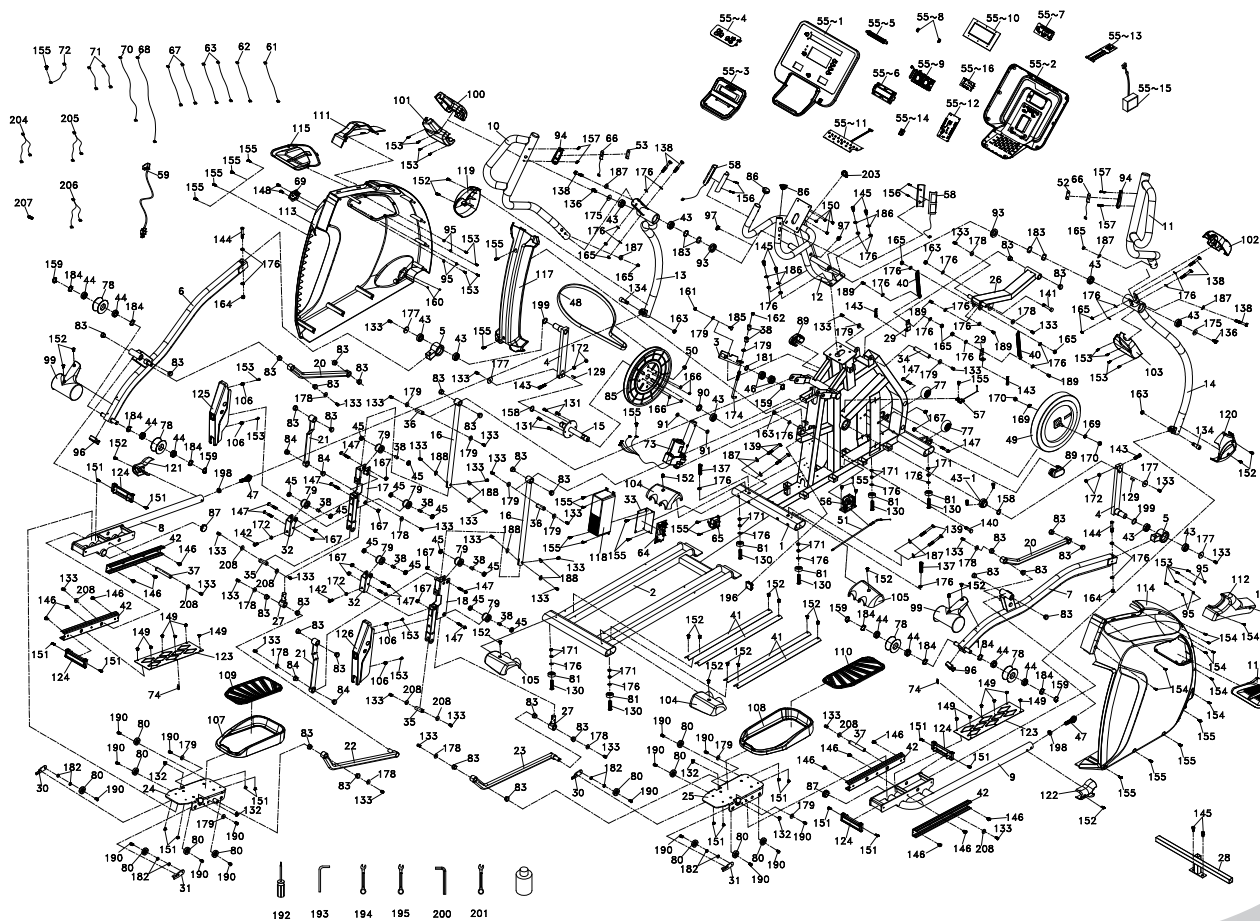
SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

SPIRIT FITNESS, INC.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Manufacturing, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.



CE850-XE898D-SEO28-01_Part List_SPIRIT		
1	Main Frame	1
2	Rear Rail Assembly	1
3	Idler Wheel Assembly	1
4	Crank Arm Assembly	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Seat Handle Bar (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Lower Handle Bar (L)	1
14	Lower Handle Bar (R)	1
15	Crank Axle	1
16	Swing Assembly	2
17	Slider Adjustment (L)	1
18	Slider Adjustment (R)	1
20	Joint Assembly	2
21	Adjusting Lever	2
22	Left Driving Assembly	1
23	Right Driving Assembly	1
24	Left Pedal Base	1
25	Right Pedal Base	1
26	Moving Range Adjusting Assembly	1
27	connecting Component	2
28	Side Back	1
29	Fixing Piece	2
30	Adjustment Wheel Fixing Plate(L)	2
31	Adjustment Wheel Fixing Plate(R)	2
32	Wheel Base	2
33	Control Fixing Plate	1
34	Incline Rotate Axle	1
35	Ø17 × 34L Rotate Axle A	2
36	Ø17 × 41L Rotate Axle B	2
37	Pedal Axle	2
38	Ø11.9 × Ø8.5 × 15m/m Rod End Sleeve	8
40	Spring	2
41	32 × 11 × 2.5T × 625m/m Aluminum Rail	4

42	Aluminum Track	4
43	6005 Bearing	9
43-1	6005-2RS Bearing	1
44	6003 Bearing	8
45	608ZZ Bearing	12
46	6203-C3 Bearing	2
47	Rod End Bearing	2
48	Drive Belt	1
49	Flywheel	1
50	Magnet	1
51	Steel Cable(250L)	1
52	Handgrip Resistance Label (STRIDE)	1
53	Handgrip Resistance Label (LEVEL)	1
55	Console Assembly	1
55~1	Console Top Cover	1
55~2	Console Bottom Cover	1
55~3	Console Inner Cover	1
55~4	Key Board	1
55~5	Deflector Fan Grill	1
55~6	Wind Duct	1
55~7	End Cap	1
55~8	Fan Grill Anchor	2
55~9	500m/m Fan Assembly	1
55~10	Console Display Board	1
55~11	Main Key Board	1
55~12	Interface Board	1
55~13	Bluetooth	1
55~14	USB charging module	1
55~15	W/Receiver, HR	1
55~16	CASFE Board	1
56	Gear Motor	1
57	850m/m Sensor W/Cable	1
58	850m/m Handpulse W/Cable Assembly	2
59	Power Cord	1
61	450m/m Handle Wire (Upper), Resistance(White)	1
62	450m/m Handle Wire (Upper), Incline(Red)	1
63	900m/m Handle Wire (Lower), Resistance/Incline	2
64	Incline Controller	1
65	Adaptor	1

66	Resistance Button W/Cable	2
67	1250m/m_Connecting Wire, Controller(Red)	2
68	2250m/m_Computer Cable	1
69	AC Electronic Module	1
70	650m/m_Computer Cable	1
71	80m/m_Connecting Wire (White)	2
72	200m/m_Ground Wire	1
73	Incline Motor	1
74	Conductive Terminal	2
77	Ø65 Transportation Wheel	2
78	Ø78 Slide Wheel , Urethane	4
79	Ø40 Adjustment Transportation Wheel	6
80	Ø38 Slide Wheel , Urethane	12
81	Ø35 x 10m/m_Rubber Foot	6
83	WFM-1719-12_Bushing	30
84	J4FM-1719-09_Bushing	4
85	Ø330 Drive Pulley	1
86	Ø32(1.8T) Button Head Plug	2
87	Ø38 x 2.5T Pedal End Cover	2
89	Ø40 x Ø80 Oval End Cap	2
90	Spacer Bushing	1
91	Ø25 x Ø10 x 3T Nylon Washer (A)	2
93	Ø45 x Ø35 x Ø26 x 10T Isolator	2
94	Handle Switch Bracket	2
95	Speaker Grill Anchor	8
96	Oval End Cap	2
97	Switch Wire Cap	2
99	Slide Wheel Cover	2
100	Front Handle Bar Cover (L)	1
101	Rear Handle Bar Cover (L)	1
102	Front Handle Bar Cover (R)	1
103	Rear Handle Bar Cover (R)	1
104	Rear Stabilizer Cover (A)	2
105	Rear Stabilizer Cover (B)	2
106	End Cap Stopper	4
107	Pedal (L)	1
108	Pedal (R)	1
109	Pedal Foam (L)	1

110	Pedal Foam (R)	1
111	Console Mast Cover(L)	1
112	Console Mast Cover(R)	1
113	Side Case(L)	1
114	Side Case(R)	1
115	Side Case Plate(L)	1
116	Side Case Plate(R)	1
117	Side Case Rear Shroud	1
118	Circuit Cover	1
119	Connecting Arm Cover (L)(A)	1
120	Connecting Arm Cover (R)(A)	1
121	Connecting Arm Cover (L)(B)	1
122	Connecting Arm Cover (R)(B)	1
123	Frame Cover	2
124	Aluminum Axle End Cap	4
125	Left Slider Cover	1
126	Right Slider Cover	1
129	7 x 7 x 19L Woodruff Key	2
130	3/8" x 2" Flat Head Socket Bolt	6
131	1/4" x 3/4" Hex Head Bolt	4
132	1/4" x 1/2" Hex Head Bolt	4
133	5/16" x 1/2" Hex Head Bolt	34
134	M10 x P1.5 x 14L Bolt	2
136	3/8" x 3/4" Hex Head Bolt	2
137	3/8" x 2-1/4" Hex Head Bolt	2
138	3/8" x 2-1/4" Hex Head Bolt	6
139	3/8" x 3-3/4" Hex Head Bolt	4
140	Ø10 x 40L Incline Set Screws	1
141	Ø10 x 62L Incline Set Screws	1
142	M8 x 20L Socket Head Cap Bolt	2
143	M8 x 40L Socket Head Cap Bolt	4
144	3/8" x 2-1/4" Socket Head Cap Bolt	2
145	3/8" x 3/4" Socket Head Cap Bolt	6
146	5/16" x 1/2" Button Head Socket Bolt	12
147	5/16" x 1-3/4" Button Head Socket Bolt	10
148	M4 x 12L Phillips Head Screw	2
149	M5 x 6L Phillips Head Screw	12
150	M5 x 10L Phillips Head Screw	4

151	M5 x 10L Phillips Head Screw	16
152	M5 x 15L Phillips Head Screw	22
153	Ø3.5 x 12L Sheet Metal Screw	20
154	Ø4 x 15L Sheet Metal Screw	10
155	5 x 19L Tapping Screw	23
156	Ø3 x 20L Tapping Screw	4
157	M5 x 20L Flat Head Socket Screw	4
158	Ø25 C Ring	2
159	Ø17 C Ring	5
160	M4 x 5T Nyloc Nut	2
161	M8 x 7T Nyloc Nut	1
162	M8 x 9T Nyloc Nut	1
163	M10 x 8T Nyloc Nut	4
164	3/8" x 11T Nyloc Nut	2
165	3/8" x 7T Nyloc Nut	10
166	1/4" x 8T Nyloc Nut	4
167	5/16" x 7T Nyloc Nut	10
169	3/8" x UNF26 x 4T	2
170	3/8" x UNF26 x 11T	2
171	3/8" x 7T Nut	12
172	M8 x 6.3T Nut	6
174	M8 x 155L Bolt	1
175	3/8" x 30 x 2.0T Flat Washer	2
176	Ø3/8" x Ø19 x 1.5T Flat Washer	34
177	Ø5/16" x Ø35 x 1.5T Flat Washer	4
178	Ø8.5 x Ø26 x 2.0T Flat Washer	10
179	Ø5/16" x Ø23 x 1.5T Flat Washer	12
181	Ø17 x Ø23.5 x 1T Flat Washer	1
182	Ø8 x Ø16 x 2T Flat Washer	8
183	Ø25 Wave Washer	4
184	Ø17 x 0.5T Wave Washer	8
185	M8 x 20L Carriage Bolt	1

186	Ø10 x 2T Spring Washer	4
187	Ø3/8" x 23 x 2T Curved Washer	8
188	Ø5/16" x 23 x 1.5T Curved Washer	6
189	3/8" x 19L Hex Head Bolt	4
190	5/16" x 15L Hex Head Bolt	16
192	Phillips Head Screw Driver	1
193	L Allen Wrench	1
194	13/14m/m Double Open-End Wrench	1
195	12/14m/m Double Open-End Wrench	1
196	38 x 38L Square End Cap	1
198	M14 x 7m/m Lock Nut	2
199	Rubber Pad	2
200	M12 L Allen Wrench	1
201	Open End Combination Spanner Wrench	1
203	Bolt Access Cap	1
204	100m/m Connecting Wire (White)	1
205	100m/m Connecting Wire (Black)	1
206	100m/m Connecting Wire (Green)	1
207	TV Adapter	1
208	Ø5/16" x Ø23 x 3T Flat Washer	8
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NOTES

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