

SPIRIT



*EL1
Elliptical*

OWNER'S MANUAL

**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE
OPERATING YOUR NEW ELLIPTICAL!**

Table of Contents

Product Registration.....	2
Important Safety Instructions.....	3
Important Electrical Information.....	4
Important Operation Instructions.....	4
Assembly Instructions.....	5
Operation of Your New Elliptical.....	11
Manufacturer’s Limited Warranty.....	15

SPIRIT

**CONGRATULATIONS ON YOUR
NEW ELLIPTICAL AND WELCOME
TO THE SPIRIT FAMILY!**

Thank you for your purchase of this quality elliptical trainer from Spirit Manufacturing, Inc. Your new elliptical 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 will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this elliptical is your administrator for all Spirit 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. Please complete and mail your registration card today and enjoy your new elliptical.

Yours in Health,
Spirit Manufacturing, Inc.

Name of Dealer _____
Telephone Number of Dealer _____
Purchase Date _____

Product Registration

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 Manufacturing, Inc or visit: www.spiritfitness.com/warranty.htm to register online.

EL1 ver. A

Important Safety Instructions

WARNING - Read all instructions before using this appliance.

- 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. 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.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Information

WARNING!

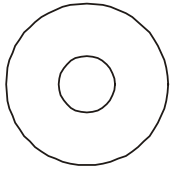
- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company 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 limit is 95%, non-condensing (no water drops forming on surfaces).

Important Operation Instructions

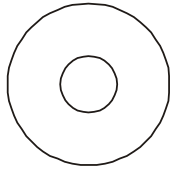
- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance, and that may result in serious injury.
- Always hold on to a handrail or hand bar while making control changes.
Do not use excessive pressure on console control keys. They are precision set to properly function with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your Spirit dealer.

Assembly Pack Check List

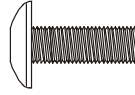
Step 1



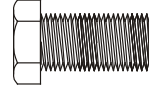
5/16"x 23 x1.5T
Flat Washer (4pcs)



5/16"x 23 x2T
Curved Washer (2pcs)

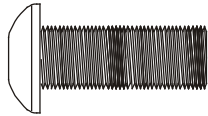


M5 x 10m/m
Phillips Head Screw (4pcs)

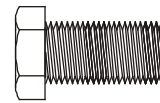


5/16" x 15m/m
Hex Head Bolt (6pcs)

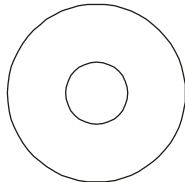
Step 2



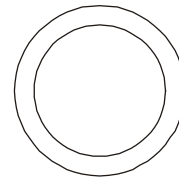
5/16" x 15m/m
Button Head Socket Bolt (6pcs)



5/16" x 15m/m
Hex Head Bolt (2pcs)

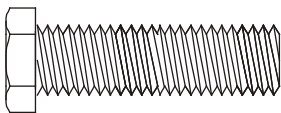


5/16" x 23 x 1.5T
Flat Washer (2pcs)



Ψ7
Wave Washer (2pcs)

Step 3



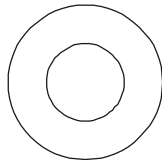
5/16 x 32m/m
Hex Head Bolt (2 pcs)



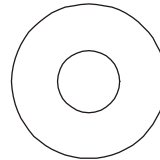
5/16" x 7T
Nylon Nut (2 pcs)



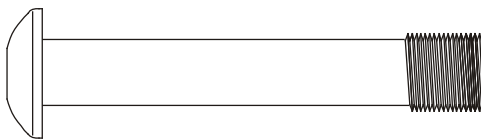
3/8" x 7T
Nylon Nut (2 pcs)



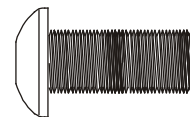
3/8" x 19 x 1.5T
Flat Washer (2 pcs)



5/16" x 20 x 1.5T
Flat Washer (4 pcs)

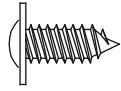


3/8 x 2-1/4"
Button Head Socket Bolt (2 pcs)

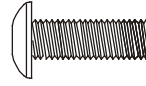


5/16 x 3/4"
Button Head Socket Bolt (2 pcs)

Step 4

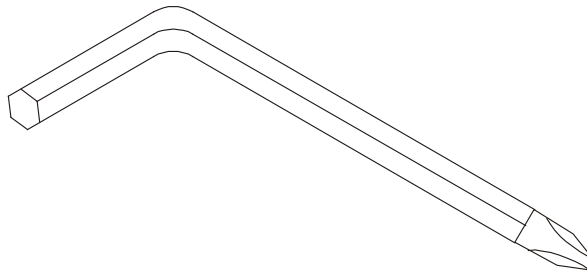


3.5x12m/m
Self Tapping Screw (8pcs)

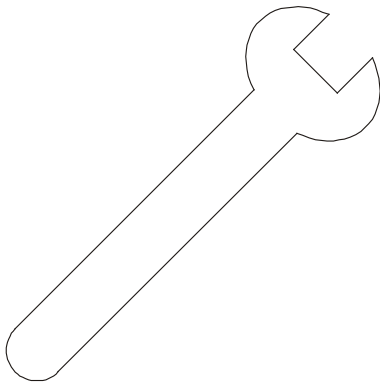


M5 x 15m/m
Phillips Head Screw (8pcs)

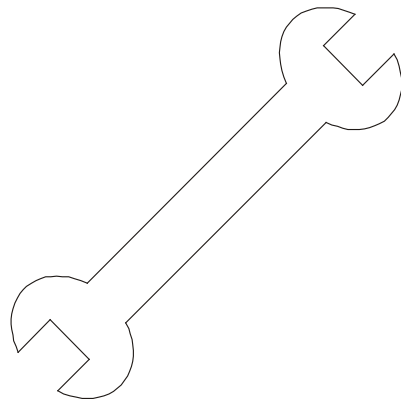
Tools



Combination M5 Allen Wrench
& Phillips Head Screw Driver (1 pc)



12m/m Wrench (1pc)



13/14m/m Wrench (2pcs)

Assembly Instructions

■ UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

STEP 1: CONSOLE MAST ASSEMBLY

1. Locate the Console Mast and Console Mast Cover and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover is facing the correct way.
2. At the top opening of the Main Frame of the elliptical is a Computer Cable. Unravel and straighten out the Computer Cable and feed it into the bottom of the console mast tube and out of the top opening.
3. Install the Console Mast into the receiving bracket in the top of the Main Frame. Put the 4pcs of 5/16"x 23 x1.5T Flat Washers onto the 4pcs of 5/16" x 15m/m Hex Head Screws and the 2pcs of 5/16" x 23 x 2T Curved Washers onto the 2pcs of 5/16" x 15m/m Hex Head Screws. Install, and hand tighten by using the 12m/m Wrench.
NOTE: There is a electrical wire running through the Console Mast Tube. Be careful not to damage or pinch this Computer Cable during this procedure.
4. Locate the Console and the 4 pcs of M5 x 10m/m Phillips Head Screws.
5. There will be three electrical wire connectors at the top opening of the Console Mast, two 2 pin Hand pulse Cables, one Computer Cable. Connect these to the mating connectors on the back of the Console. The connectors are keyed so you cannot plug them in the wrong way so do not force them. The 2 pin Hand pulse Cables are both the same. It does not matter how you connect them.
6. Storing the excess wire back into the Console Mast, carefully install the Console onto the mounting plate of Console Mast and secure using the 4 pcs of M5 x 10m/m Phillips Head Screws.

STEP 2: HANDLE BAR ASSEMBLY

1. Install the 2 pcs of 17m/m Wave Washers onto the Left and Right side of the Handle Bar axle.
2. Slide the Lower Left and Right Handle Bars onto the appropriate side of the axle.
3. Put the 2 pcs of 5/16" x 23 x 1.5T Flat Washers onto the 2 pcs of 5/16" x 15m/m Hex Head Screws and install, and tighten, in the threaded holes in the ends of the axle.
4. Install the Left and Right Handle Bars into the Lower Left and Right Handle Bars with 6pcs of 5/16 x15m/m Button Head Socket Screws by using the Combination M5 Allen Wrench & Phillips Head Screw Driver.

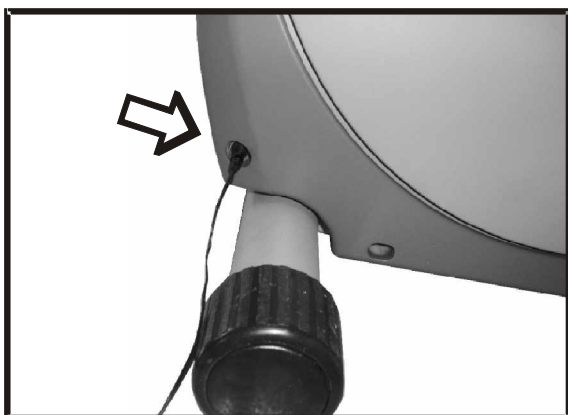
STEP 3: CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the Connecting arms (L&R)(pivoting rod end) with the hole in the bracket of the Lower Handle Bars (L&R). The rod end should be on the inside of the Lower Handle Bars (L&R) bracket. Take 2pcs of 5/16" x 1-1/4" Hex Head Screws and install it through the Lower Handle Bars (L&R) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers, 2pcs of 5/16" x 7T Nyloc Nuts tighten firmly using the 12m/m Wrench on the 5/16" x 7T Nyloc Nut and one on the 5/16" x 1-1/4" Hex Head Screw.
2. Install the 2 pcs of Rails into the receiving bracket in the end of Main Frame with 2 pcs of 3/8" x 2-1/4" Button Head Socket Screws, 2pcs of 3/8" x 19 x 1.5T Flat Washers and 2 pcs of 3/8" x 7T Nyloc Nut by using 2 pcs of 13/14m/m Wrench.
3. Put the Lug Covers (L&R) onto the Rail Strap. Slip the Rail Strap through the slots in the Lug Covers, then Install onto the Rails with 2 pcs of 5/16" x 3/4" Button Head Socket Screws and 2 pcs of 5/16" x 20 x 1.5T Flat Washers by using Combination M5 Allen Wrench & Phillips Head Screw Driver.

STEP 4: PLASTICS ASSEMBLY

1. Install the Connecting Arm Covers (L & R) over the connection of the rod end and Lower Handle Bars (L & R) with 4pcs of M5 x 15m/m Phillips Head Screws and 2pcs of 3.5x12m/m Self Tapping Screws by using the Combination M5 Allen Wrench & Phillips Head Screw Driver.
2. Install the 2pcs of Wheel Covers using the 4pcs of M5x15m/m Phillips Head Screws.
3. Install the Front Handle Bar Cover (L & R) and Rear Handle Bar Cover (L & R) over the Handle Bars axle connections with the 6 pcs of 3.5x12m/m Self Tapping Screws by using Phillips Head Screw Driver.

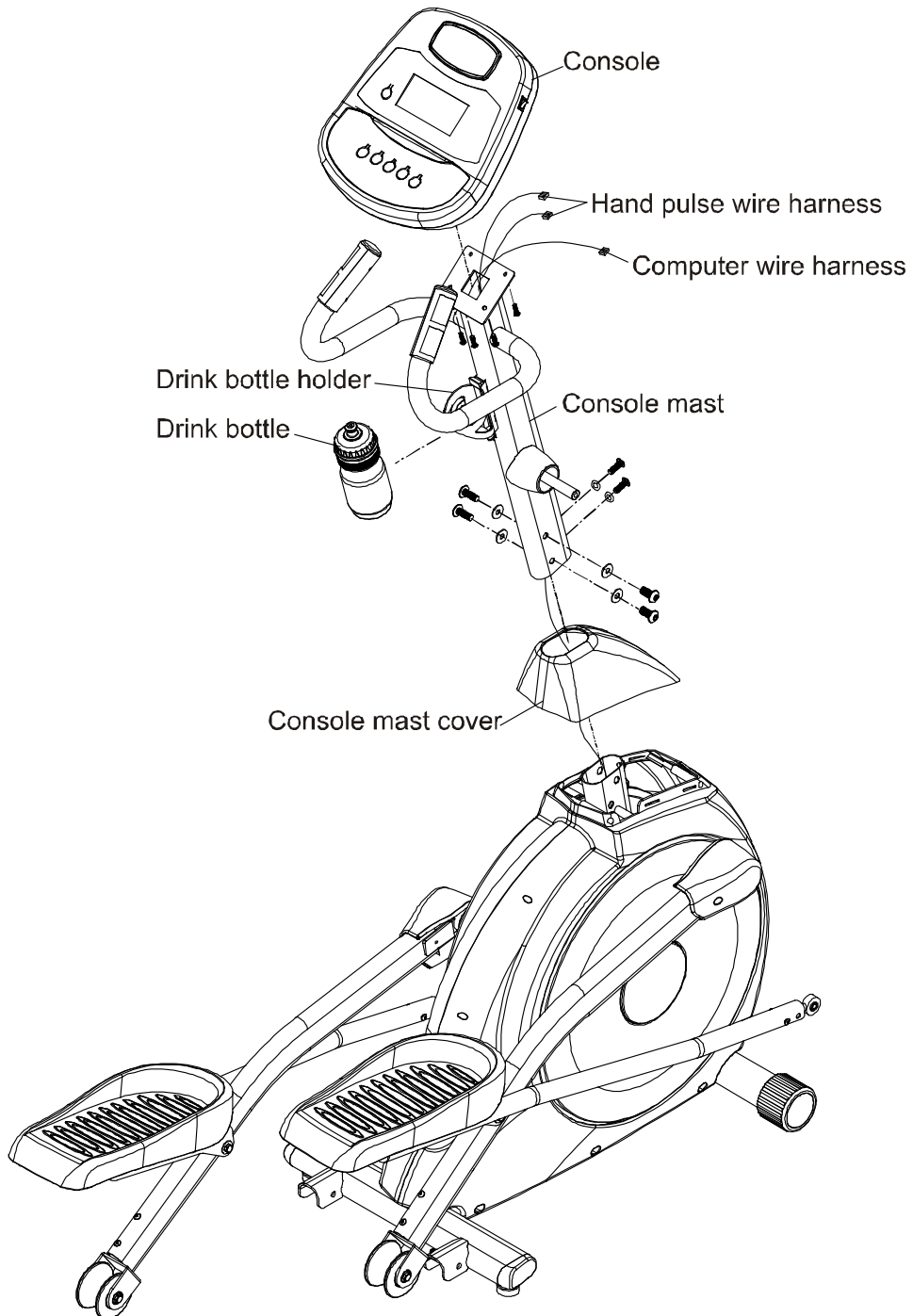
PLEASE ENSURE ALL FASTENERS ARE TIGHT AFTER THE COMPONENTS HAVE BEEN ASSEMBLED.



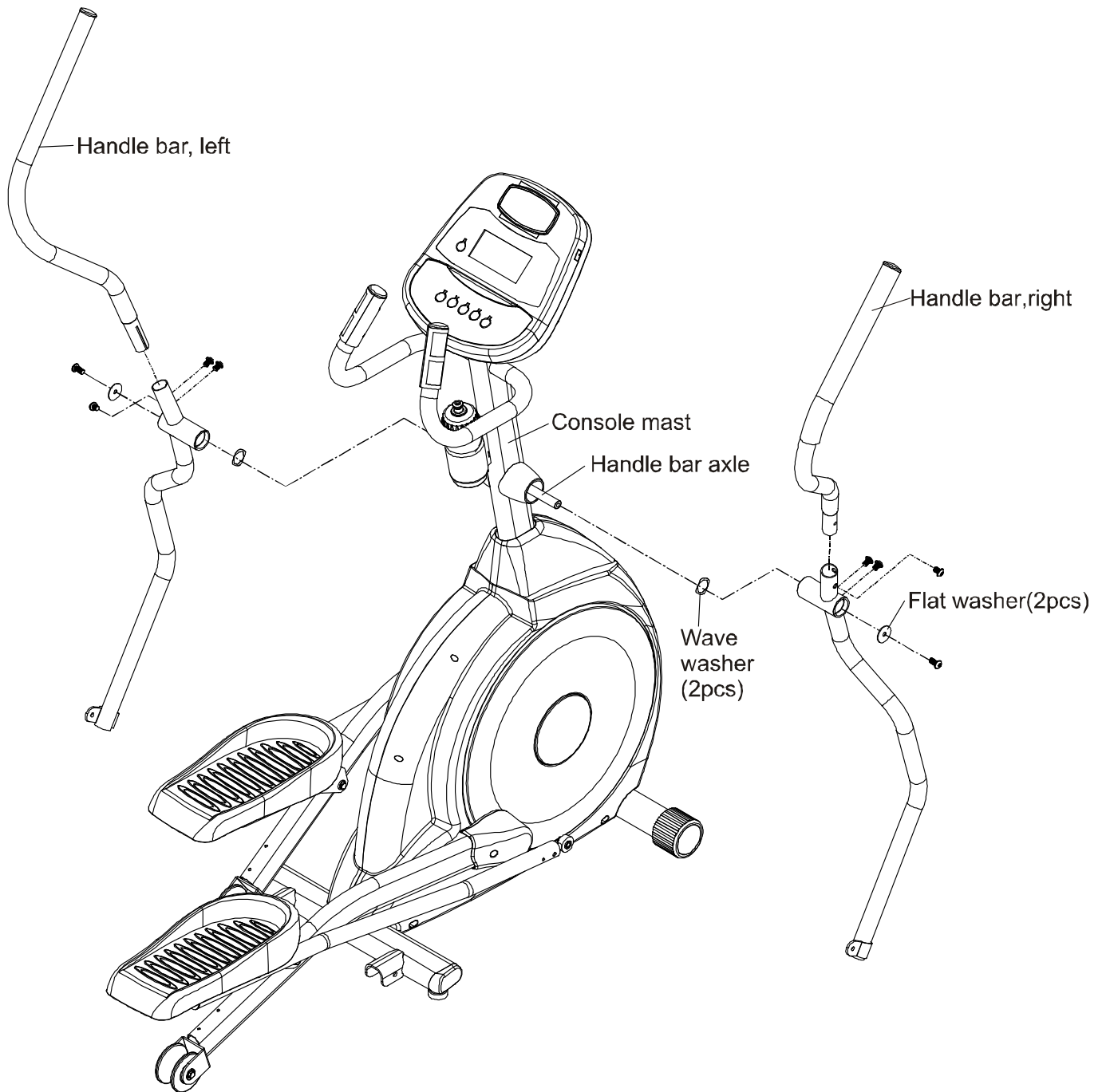
POWER CONNECTOR LOCATED ON FRONT, LEFT HAND SIDE OF UNIT.

Assembly drawing

step 1

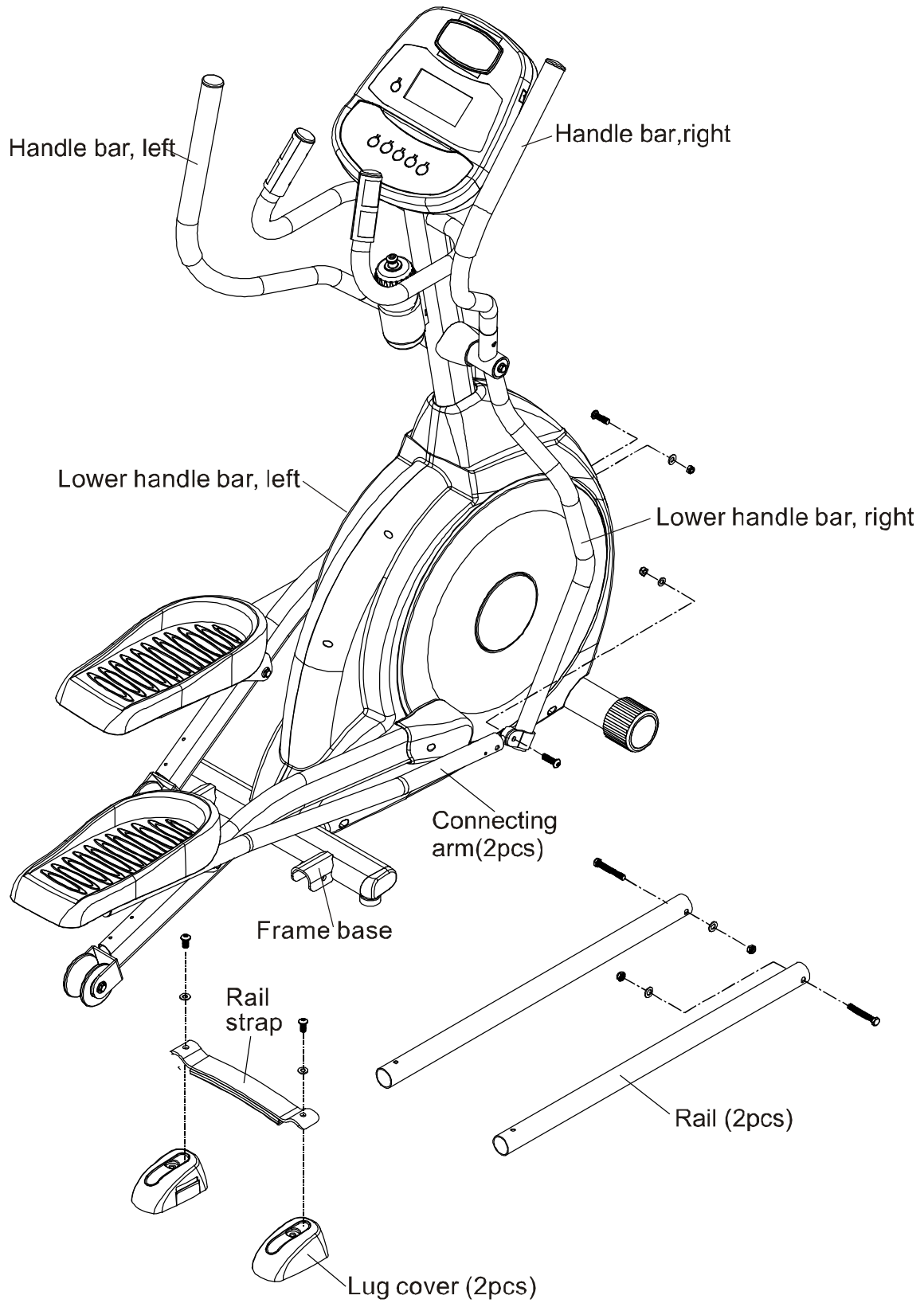


step 2

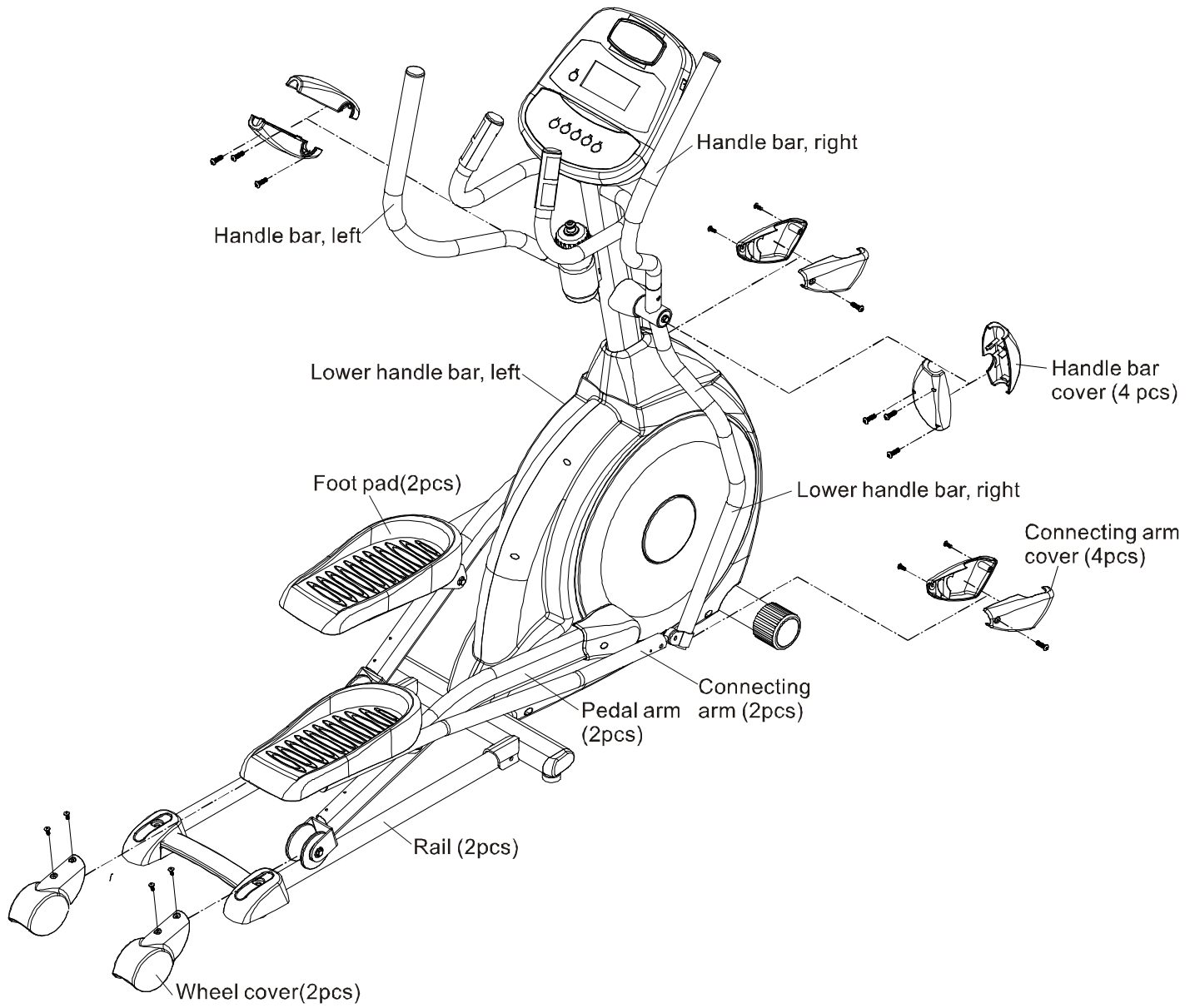


step 3

3



step 4

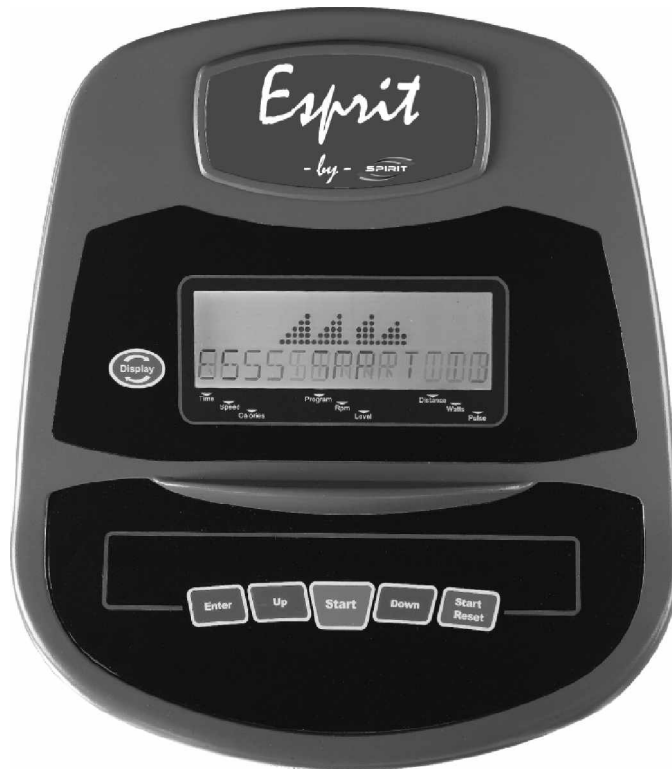


Transportation

The elliptical is equipped with two transport wheels that are engaged when the rear of the Elliptical is lifted.

Operation of Your Elliptical

Getting familiar with the control panel



Power up

The Elliptical is supplied with an external power supply. When power is connected to the Elliptical, the console will automatically power up. If there is no input to the console for 20 minutes the console will go to stand-by mode. In stand-by mode the console display will turn off. To turn the console on press any key.

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 display will show a software version (i.e.: VER 1.0) and the message window will display an odometer reading. The odometer reading displays how many hours the elliptical has been used and how many virtual miles the elliptical has gone. The time in hours will be to the left and the odometer in miles will be displayed to the right.

The odometer will remain displayed for only a few seconds, then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and the message window will be scrolling the start up message. You may now begin to use the console.

Console Operation

Quick Start mode

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 and the workload may be adjusted manually by pressing the Up or Down button. The dot matrix display will show a 1/4-mile track with a lap counter in the center to monitor your progress.

Basic information and functions:

The Message Window:

Will initially be displaying the Time, Program name and Distance (in miles). Each time the Display button is pressed the next set of information will appear, three sets of data in all. The next set of information displayed is: Speed (in mph), RPM (pedaling speed) and Watts (indication of work level). The third set displayed is: Calories, Level (work level from 1-20) and Pulse (heart rate in beats per minute). Pressing the Display key one more time will set the display to scan mode where the data will change every 4 seconds.

The Elliptical has a built in **heart rate monitoring system**. Simply grasping the hand pulse sensors on the stationary handle bars, or wearing the heart rate transmitter, will start the heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or Pulse, in beats per minute. You may purchase an optional heart rate chest strap transmitter from your local dealer so you can take advantage of the HR control program feature. The console has a built-in receiver for picking up a chest strap.

The **Stop/Reset** button actually has several functions. Pressing the Stop/Reset 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/Reset button is pressed twice during a workout the program will end and a summary of your workout is displayed. If the Stop/Reset key is held down for 3 seconds the console will perform a complete **Reset**. During data entry for a program the Stop/Reset key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the Stop/Reset key.

Programming the console

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** is necessary during the Heart Rate control program to ensure the correct settings are entered in the program. 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.

A message about Calories: 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 about the same rate as during exercise for an hour or more after you have finished exercising!

Entering a program/Changing Settings

Use the Up or Down key to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the enter key to select a program and begin customizing the settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

The default computer settings are: Age = 35, Weight = 155 Lbs., Time = 20:00, Max Level: each program has a different maximum work level: Hill = 7, Fat-burn = 5, Cardio = 7, Strength = 8, Interval = 7.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the Elliptical you will not have to enter it every time you work out unless either your Age or Weight changes or someone else enters a different Age and Weight.

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 or just press the Manual button then the Enter button and follow the directions in the message window.

1. Highlight the **Manual** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may adjust the weight 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 **Age**. You may adjust the age setting using the Up and Down keys then press enter to continue.
4. Next is the **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 Stop key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to 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.
7. During the Manual program you will be able to scroll through the data in the message window by pressing the **Display** key.
8. When the program ends the message 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.

Preset Programs

The Elliptical has five different programs that have been designed for a variety of workouts. These five programs have factory preset profiles for achieving different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty for each program before beginning by following the instructions in the message window after selecting your program.

The Programs

HILL

The **Hill** program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program. To start the Hill program follow the instructions below or just select the Hill program then the Enter button and follow the directions in the message window.

1. Select the **Hill** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may adjust the weight 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 **Age**. You may adjust the age 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). The factory setting is level seven. 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 only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Hill program you will be able to scroll through the data in the message window by pressing the **Display** key.
9. When the program ends the message 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.

Fat Burn

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

To start the Fat Burn program follow the instructions below or just select the Fat Burn program then the Enter button and follow the directions in the message window.

1. Select the **Fat Burn** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may enter your weight 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 **Age**. You may adjust the age 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. 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 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 only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Fat Burn program you will be able to scroll through the data in the message window by pressing the **Display** key.
9. When the program ends the message 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.

Cardio

The **Cardio** program is designed to increase your Cardio vascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work. To start the Cardio program follow the instructions below or just select the Cardio program then the Enter button and follow the directions in the message window

1. Select the **Cardio** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may enter your weight 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 **Age**. You may adjust the age 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. 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 only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Cardio program you will be able to scroll through the data in the message window by pressing the **Display** key.
9. When the program ends the message 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.

Strength

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes. To start the Strength program follow the instructions below or just select Strength then the Enter button and follow the directions in the message window.

1. Select the **Strength** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may enter your weight 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 **Age**. You may adjust the age 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. 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 only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Strength program you will be able to scroll through the data in the message window by pressing the **Display** key.
9. When the program ends the message 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.

Interval

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way. To start the Interval program follow the instructions below or just select the Interval program then the Enter button and follow the directions in the message window.

1. Select the **Interval** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may enter your weight 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. 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 only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
8. During the Interval program you will be able to scroll through the data in the message window by pressing the **Display** key.
9. When the program ends the message 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.

Custom User Defined Programs

The customizable **User** program allows you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the **User** program then press enter.
2. The message window will ask you to enter your **Weight**. You may enter your weight 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 **Age**. You may adjust the age 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 the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change,

then press enter to continue to the next segment.

6. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press enter. Continue this process until all twenty segments have been set.
7. The message window will then tell you to start to begin (and save the program) or enter to modify the program. Pressing Stop will exit to the start up screen.
8. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will only affect the workload for the present position in the profile. When the profile changes to the next column it will return to the preset work level.
9. During the User 1 or User 2 program you will be able to scroll through the data in the message window by pressing the **Display** key.
10. When the program ends the message 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.

Heart Rate Control Program operation (optional chest strap required)

To start the **HRC** program follow the instructions below or just select the HRC program then the Enter button and follow the directions in the message window.

1. Select the **HRC** program then press the **Enter** key.
2. The message window will ask you to enter your **Weight**. You may enter your weight using the Up and Down keys or the numeric key pad, 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 **Age**. You may adjust the age number using the Up and Down keys or the numeric key pad, 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 **HRC** percent. The default is 70%; you may select 60% or 80% also. Adjust the level and then press enter.
6. You are now asked to select the Target heart rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press enter.
7. 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.
8. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will allow you to change your target heart rate at any time during the program.
9. During the HRC program you will be able to scroll through the data in the message window by pressing the adjacent **Display** key.
10. When the program ends the message 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.

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:
 - i. 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 or the rear rails being dirty.
 - ii. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels, and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled.

Maintenance Menu in console software:

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance menu (may be called Engineering mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Engineering mode". Press the enter button to access the menu below. Press the up and down keys to navigate the menu.

- a. **Key test** (will allow you to test all the keys to make sure they are functioning)
- b. **Display test** (tests all the display functions)
- c. **Functions** (Press enter to access settings, use up/dn keys to scroll)
 - i. **ODO reset** (reset the odometer)
 - ii. **Units** (Set to English or Metric display readings)
 - iii. **Sleep mode** (Turn on to have the console power down automatically after 20 minutes of inactivity)
 - iv. **Motor test** (continually runs the tensioning gear motor)
 - v. **Manual** (Allows stepping of the gear motor)
 - vi. **Key tone** (Turn on or off the beep when a key is pressed)
- d. **Security** (Allows you to lock the keypad so no unauthorized use is allowed)
Press the Start & Enter Key for 3 seconds to unlock for use.

Manufacturer's Limited Warranty

Effective September 15, 2007 ELLIPTICAL WARRANTY

Spirit Manufacturing Inc. warrants all its elliptical 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 receipt eighteen (18) months from the original factory shipping date. Spirit's responsibilities include providing new or remanufactured parts, at Spirit's 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 directly to a consumer. The warranty period applies to the following components:

Labor	1 Year
Frame and Brake	Lifetime
All Other Components	2 Years

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer 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 in accordance with the instructions provided in this manual
3. Proper installation by an authorized Spirit service company in accordance with instructions provided with the elliptical and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical finish during shipping, installation or following installation. If the finish is damaged due to shipping, notify the shipping company and Spirit immediately.

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 not requiring component replacement, or elliptical not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Spirit service companies; use of parts other than original Spirit parts; or external causes such as 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 Mfg. Spirit 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.

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 dealer. OR
2. Contact your local authorized Spirit service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. If no local service is available, Spirit will repair or replace the parts, at Spirit's option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Spirit. Spirit 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.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Manufacturing, 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 50 states of the U.S.A.