SPT0043

XE395 Elliptical
OWNER'S MANUAL

Please carefully read this entire manual before operating your new elliptical

TABLE OF CONTENTS

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. If not purchased direct from Spirit, 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 trainer.

Yours in Health,
BOYLES FITNESS Equipment Pty Ltd.

> **Name of Dealer**_____
> **Purchase Date**_____

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

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

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 230-volt, 10-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 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.

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).

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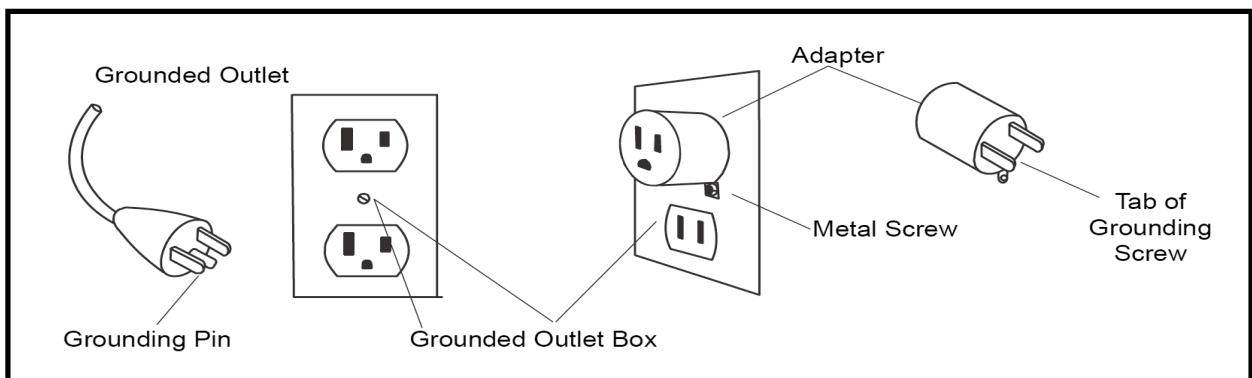
IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this 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 resistance 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. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while pedaling on your elliptical; 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.

ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY

1. Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.
2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.
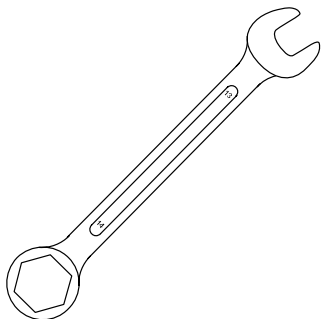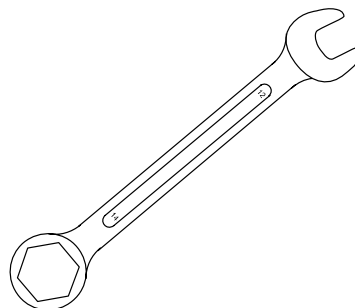
ASSEMBLY TOOLS
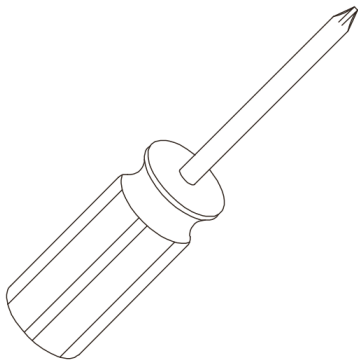
#126. Phillips Head Screw Driver
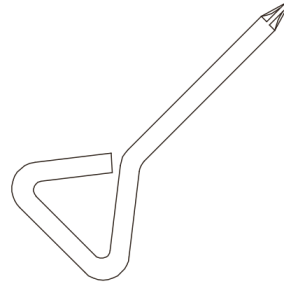
#125. Short Phillips Head Screw Driver
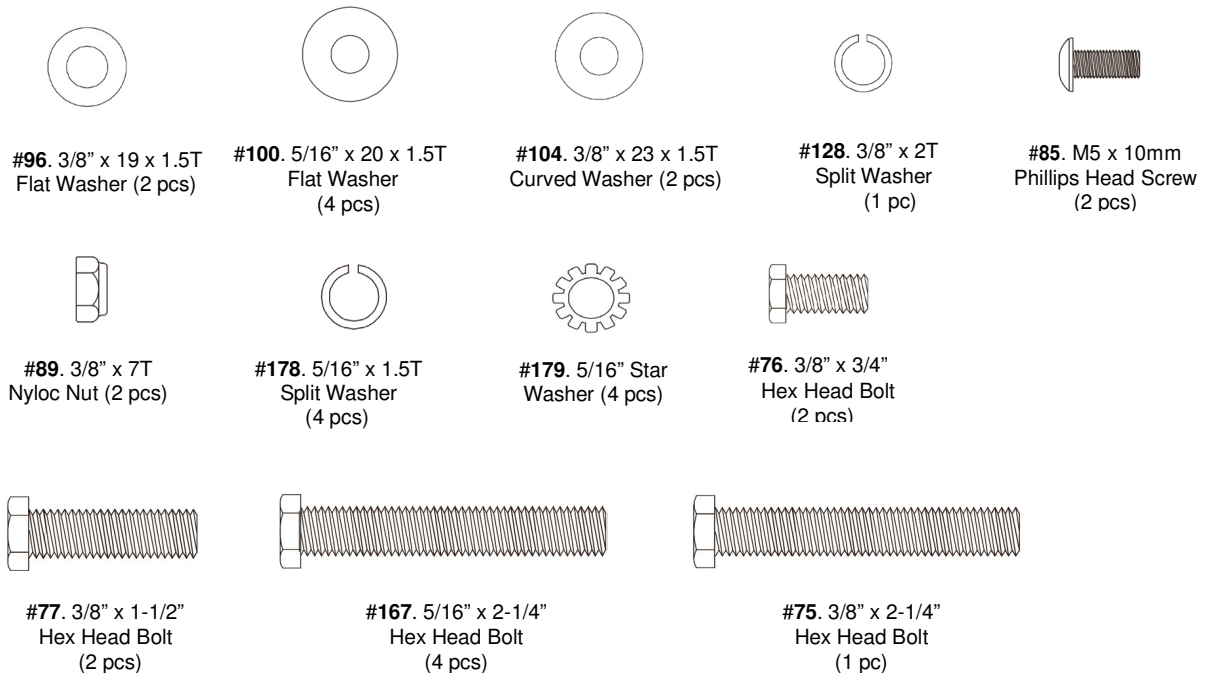
#124. 13/14mm Wrench
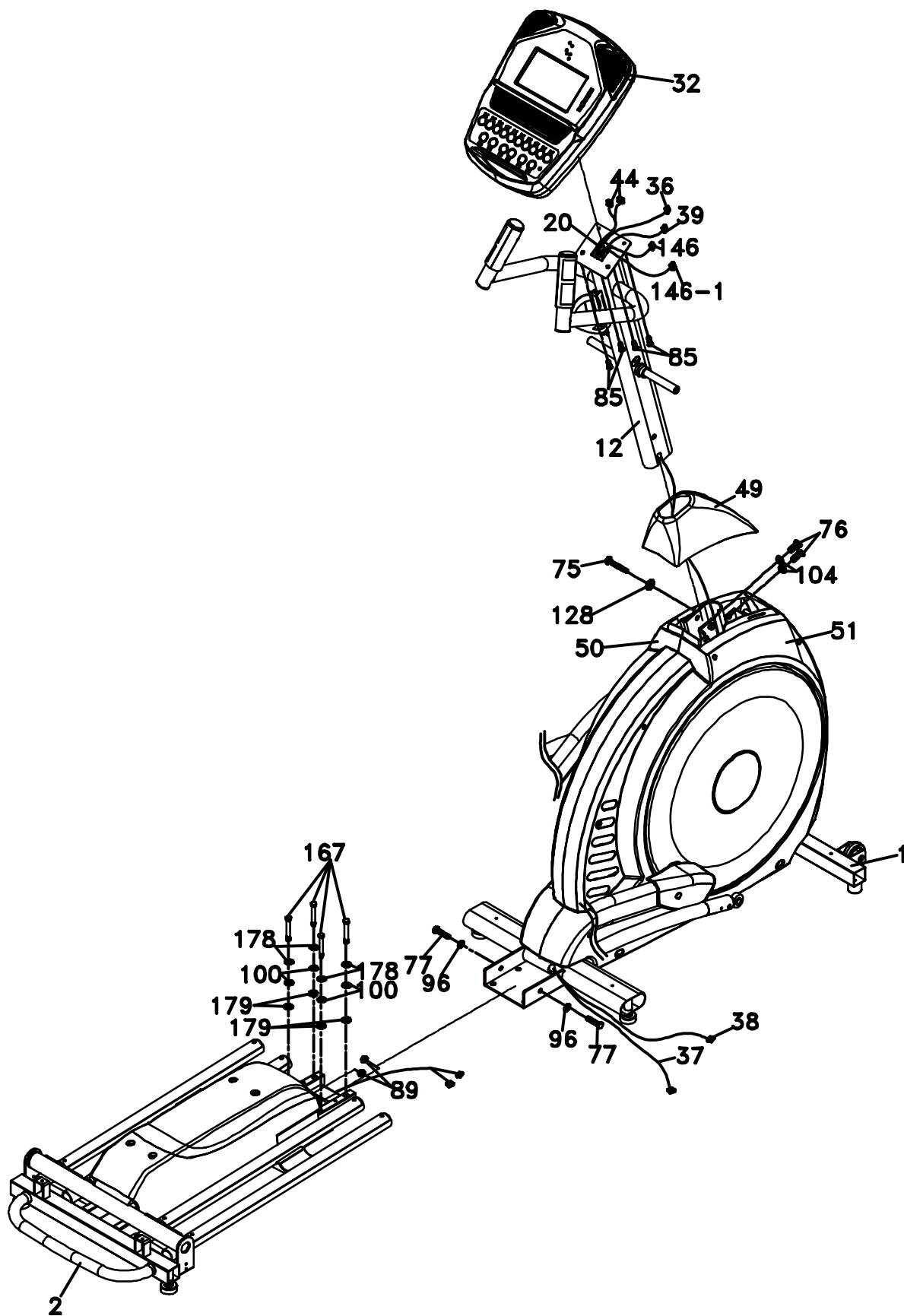
#129. 12/14mm Wrench

1 INCLINE RAIL & CONSOLE MAST ASSEMBLY

1. Slide the Incline Rail Assembly (**2**) into the U channel of the Main Frame (**1**).
   Be very careful not to damage the wires that exit each part.
2. Connect the Incline Rail Assembly (**2**) horizontally to the U channel of the Main Frame (**1**) with two Hex Head Bolts (**77**), two   Flat Washers (**96**), and two Nyloc Nuts (**89**). Secure it vertically with four Hex Head Bolts (**167**), four split washers (**178**), four Flat Washers (**100**), and four star washers (**179**). Tighten using the wrenches provided (**124** & **129**).
3. Connect the Incline Motor wires (**37** & **38**) to the wiring harness & black wire that exits the Incline Rail Assembly (**2**). Push the excess cable inside the U channel.
4. Guide the twist tie that is attached to the Computer Cables (**36** & **39**) bundle through the Console Mast Cover (**49**) and the bottom of the Console Mast (**12**) until it exits the top of the steel tube *Note: make sure the console mast cover is positioned like the illustration.* Secure the Console Mast (**12**) by loosely threading two Hex Head Bolts (**76**) from the front and two Curved Washers (**104**) first. Then secure the mast from the side by loosely threading a Hex Head Bolt (**75**) and a Split Washer (**128**); *NOTE: there is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast.* Tighten the bolt from the left side last.
5. Tighten the two front bolts first, then the side bolts with the wrench (**124**). Secure the Console Mast Cover (**49**) over the top of the plastic side covers (**50** & **51**).
6. Untie the twist tie, which is attached to the Computer Cables (**36** & **39**). Plug in the connectors of the two Hand pulse cables (**44**), Computer cable (**36** & **39**), Resistance cable (**146**), and Incline cable (**146-1**) in the bottom of the Console (**32**). Secure the Console (**32**) onto the mounting plate with four Phillips Head Screws (**85**). Tighten them with the Phillips Head Screw Driver (**126**).

HARDWARE

#96. 3/8" x 19 x 1.5T Flat Washer (2 pcs)	**#100**. 5/16" x 20 x 1.5T Flat Washer (4 pcs)	**#104**. 3/8" x 23 x 1.5T Curved Washer (2 pcs)	**#128**. 3/8" x 2T Split Washer (1 pc)	**#85**. M5 x 10mm Phillips Head Screw (2 pcs)
#89. 3/8" x 7T Nyloc Nut (2 pcs)	**#178**. 5/16" x 1.5T Split Washer (4 pcs)	**#179**. 5/16" Star Washer (4 pcs)	**#76**. 3/8" x 3/4" Hex Head Bolt (2 pcs)	
#77. 3/8" x 1-1/2" Hex Head Bolt (2 pcs)	**#167**. 5/16" x 2-1/4" Hex Head Bolt (4 pcs)	**#75**. 3/8" x 2-1/4" Hex Head Bolt (1 pc)		

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146-1

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100 96

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2 SWING ARM ASSEMBLY

1. Place two Wave Washers (**103**) onto the left and right Console Mast shafts; Slide the left (**10**) and right (**11**) swing arms onto the shafts and secure with two Hex Head Bolts (**74**) and two Flat Washers (**99**); tighten with the wrench (**129**). *Note: make sure the arms are placed on their respective shafts as shown in the illustration.*
2. Slide a grommet (**145**) onto the left cable (**146-1**); connect that cable to the cable (**147**) of the left swing arm (**10**); snap the grommet into the hole on the side of the console mast tube, then push the excess amount of cable through the grommet. Repeat this process on the right side, connecting cables (**146** & **147**).
3. Match the Front Handle Bar Cover (L) (**68**) with Rear Handle Bar Cover (L) (**68-1**) on left Swing Arm (**10**) and secure with three Sheet Metal Screws (**107**). Tighten using the Phillips Head Screw Driver (**126**). Repeat for the right Swing Arm (**11**), matching covers (**69** & **69-1**).
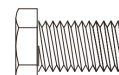
HARDWARE
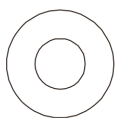
#**103**. 17mm Wave Washer (4 pcs)
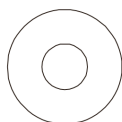
#**99**. 5/6" x 23 x 1.5T Flat Washer (2 pcs)
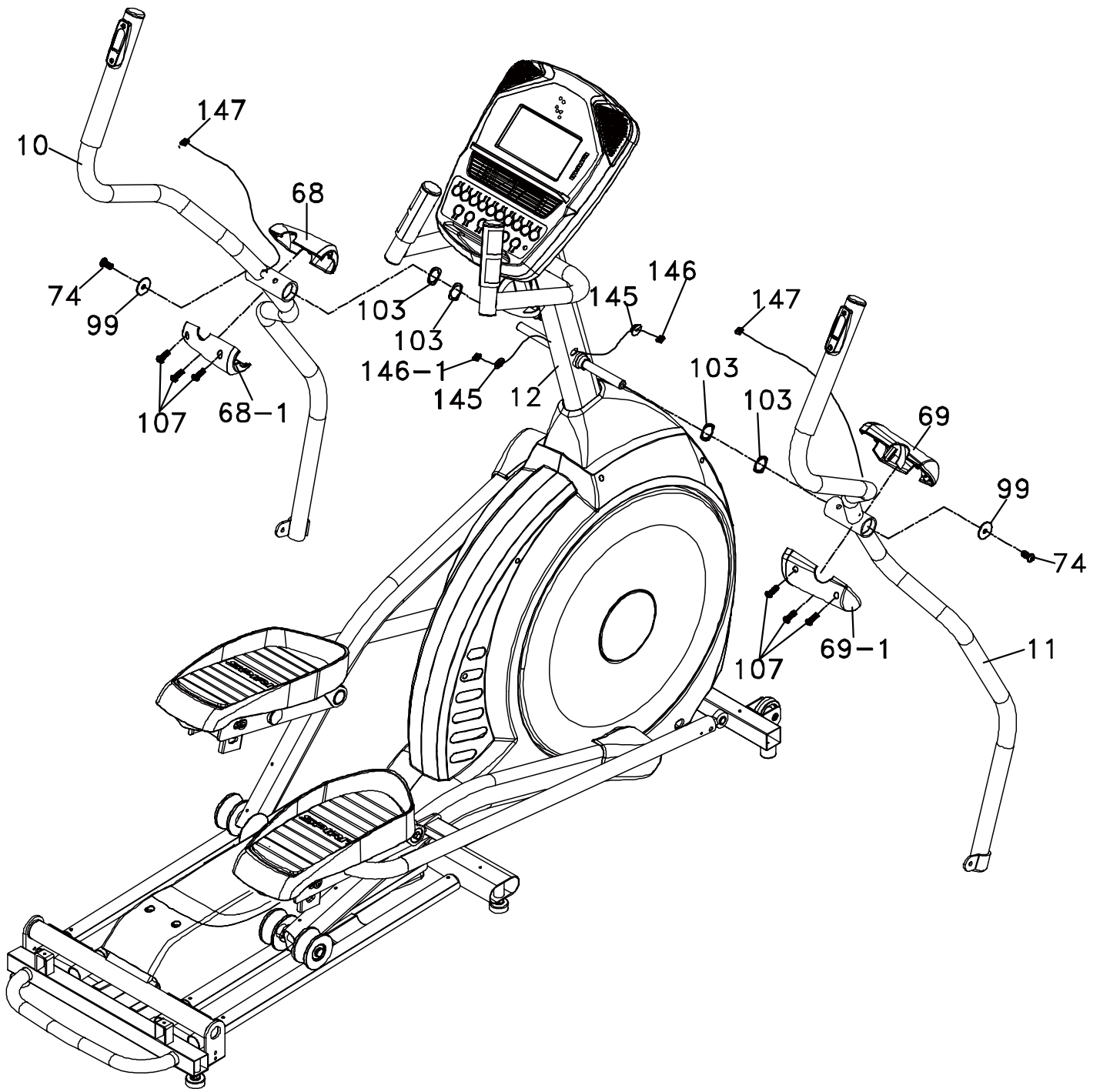
#**107**. 3.5 x 12mm Sheet Metal Screw (6 pcs)

#**74**. 5/6" x 15mm Hex Head Bolt (2 pcs)

#**145**. Grommet (2 pcs)

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103

146-1

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68-1

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103

103

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74

107

69-1

11
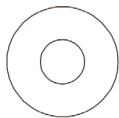
3 CONNECTING ARM ASSEMBLY

1. Untie the wire on the Rod End Bearing; connect the Swing Arm (L) (**10**) with Connecting Arm (L) (**8**) and secure with a Hex Head Bolt (**79**), Rod End Sleeve (**22**), a Flat Washer (**100**), and a Nyloc Nut (**91**). Tighten using the wrenches provided (**124** & **129**).
2. Repeat the process for the Right Connecting Arm (R) (**9**) and Right Swing Arm (R) (**11**).

HARDWARE

#**100**. 5/16" x 20 x1.5T
Flat Washer(2 pcs)
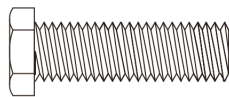
#**79**. 5/16" x 1-1/4"
Hex Head Bolt
(2 Pcs)

#**91**. 5/16" x 7T
Nyloc Nut
(2 pcs)

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11

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22

100

91

91 100

22

79

8

9

12
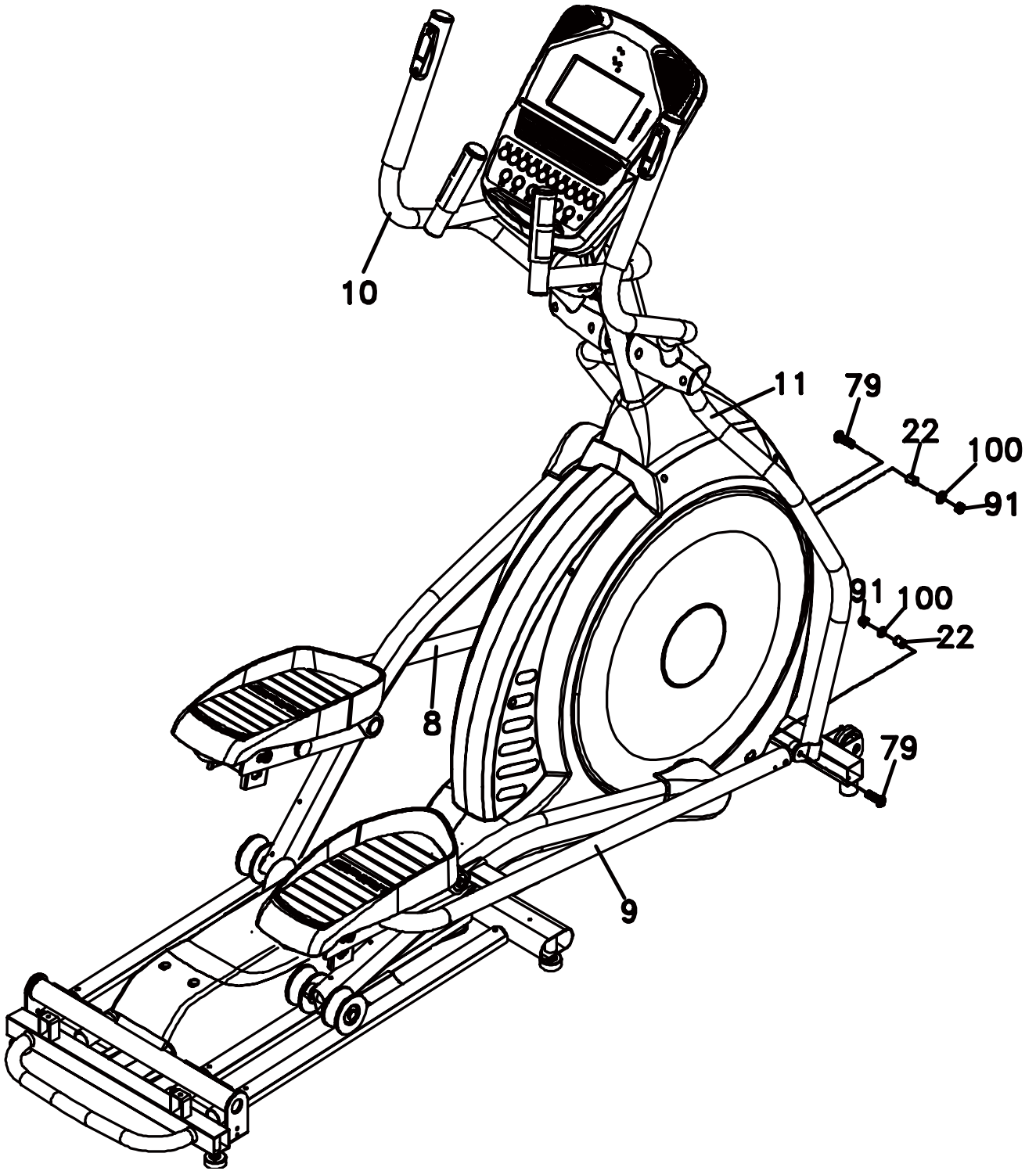
4 PLASTIC PARTS ASSEMBLY

1. Mate the Connecting Arm Covers (**71** and **72**) over the Left Connecting Arm (**8**) and secure with two Phillips Head Screws (**82**) and a Sheet Metal Screw (**107**). Tighten the screws using the Short Phillips Head Screw Driver (**125**). Repeat for the opposite side.
2. Install Roller Covers (**64**) onto each set of Rollers. Secure with four Phillips Head Screws (**82**). Tighten using the Phillips Head Screw Driver (**126**).
3. Attach the two covers (L-**60**) & (R-**61**) to the middle stabilizer tube (there is a sticker on the bottom side identifying each). Secure with a M5×15mm Phillips Head Screw (**82**) on each side. Secure with the Phillips Head Screw Driver (**126**).
4. Attach the Front Stabilizer Cover (**59**) to the front stabilizer tube with Use two Phillips Head Screws (**82**). Secure with the Phillips Head Screw Driver (**126**).
5. Attach a steel bracket (**156**) to the rear stabilizer tube on the left and right sides (with the single hole facing the rear), and secure them with four Phillips Head Screws (**157**). Secure using the Phillips Head Screw Driver (**126**).
6. Attach the front Rear Stabilizer Cover to the rear stabilizer tube with two Phillips Head Screws(**82**). Secure with the Phillips Head Screw Driver (**126**). Attach the back Rear Stabilizer Cover (**73-3**) onto the rear stabilizer tube with four Phillips Head Screws (**82**). Secure using the Phillips Head Screw Driver (**126**).
7. Plug in the electrical cord to a properly grounded outlet and turn on the power button, located at the bottom front of the unit. Raise the incline to Level "8" and attach the Incline Cover (**73**) with two Phillips Head Screws (**82**). Secure using the Phillips Head Screw Driver (**126**). Return the Incline to "0".
8. Look closely at the four floor levelers underneath the middle and rear of the elliptical. If any of these aren't in contact with the floor, use the wrench (**124**) to loosen the bottom nut. Once the nut has been loosened, turn the rubber pad clockwise until it makes solid contact with the floor. Retighten the bottom nut to prevent it from moving.

HARDWARE

#**107**. 3.5 x 12mm Sheet Metal Screw (2 pcs)	#**82**. M5 x15mm Phillips Head Screw (20 pcs)	#**157**. M6 x10mm Phillips Head Screw (4 pcs)	#**147**. Bracket (2 pcs)

82 71
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82 107

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59

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82 107

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156

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82
61

64

156
157

82
73-2

82

64

82 82
82
82

73-3

82

14
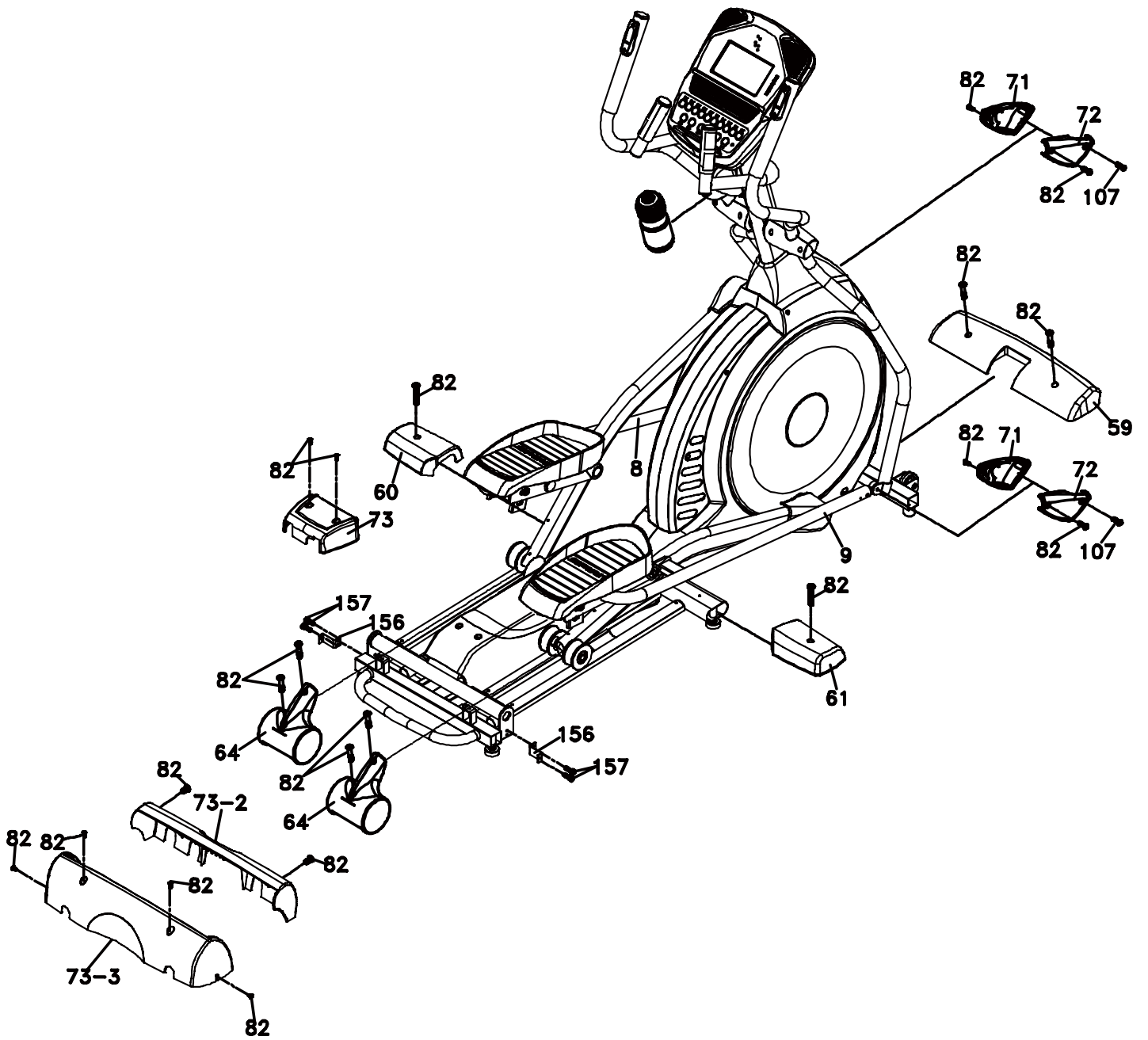
FEATURES

FOOTPADS

Through research performed with a leading sports scientist and physical rehabilitation expert, Spirit engineering has developed a breakthrough in pedal design. No other elliptical, at any price, offers these unique features. The history of elliptical use over the past few years tells us that many users suffer from numb toes while working out on elliptical trainers. Many other users complain of ankle, Achilles tendon, knee and/or hip pain. While researching a solution to these common problems Spirit engineers consulted Richard DeKok, P.T., M.T.C., of St. Bernards Industrial Rehabilitation Center in Jonesboro Arkansas.

Together we identified the inherent problem in elliptical designs and developed solutions to solve the problems. What we found is that when you use an elliptical you tend to push outward during the power stroke and not just straight back. This causes stress on the outer part of the foot and throws off the natural alignment of the joints. The second problem we found is that many people tend to stay up on the ball of their foot during the elliptical motion. Our solutions were simple   but effective:

- The first solution was to add a 2-degree inward angle to the footpads. This might sound simple but what it achieves is not. Pedaling an elliptical, no matter how close together the pedals may be, puts the users musculoskeletal system out of neutral alignment. Adding the 2-degree angle positions the user back into a neutral alignment which eases the over stress of the outer ankles, knees, and hips.

- The second solution was to make the foot pedal adjustable to the user's style of pedaling the elliptical. We achieved this by adding an adjustment that allows the angle of the footpad to be changed. There are three positions available with a simple pull-pin adjustment located under the footpads (see illustration below). The lowest position will set the footpads at zero (0) degrees, or flat at the bottom of the elliptical stroke. The second position sets the footpad at five (5) degrees and the top position sets the footpads at ten (10) degrees. Because everybody is different, we found there is no one angle that fits every user. Some users are up on the balls of their feet, resulting in numb toes, so we decided to allow the user to adjust the back of the foot pad upward to support the heel, taking the pressure off of the nerves in the balls of the feet and the Achilles tendon. The result was relief from the toes going numb. Some users are uncomfortable at a fixed angle, therefore we added the adjustable pedal angles so they could find one that feels best for them. A great side benefit of the adjustable footpad angle is that you end up working the muscles of the lower extremities in a different way. At the highest angle, you will work the quadriceps more. At the lowest angle, you work the hamstrings and gluts harder.
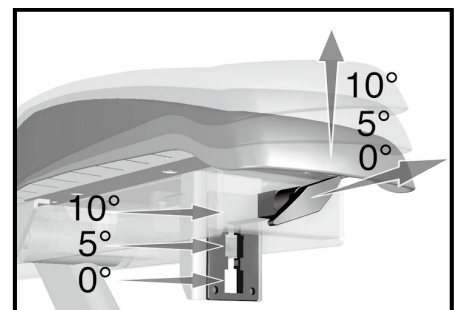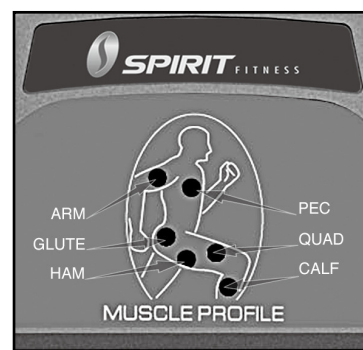
CONSOLE

POWER INCLINE

The XE395 has a motorized incline ramp feature that allows you to simulate walking uphill. There are 40 (in increments of .5) different incline levels that can be adjusted by pressing the Incline ^ or v buttons on the left swing arm.

MUSCLE ACTIVATION FIGURE

There is an anatomical figure located at the top of the console. This figure will light all areas that are activated when using the elliptical trainer. These will light up during any of the programs. You can control which muscles are activated by changing up the pedal pattern or switching your hand position during the manual program. The pre-set programs will determine which lower body muscles will be activated by automatically adjusting the incline. Generally the following guidelines hold true:
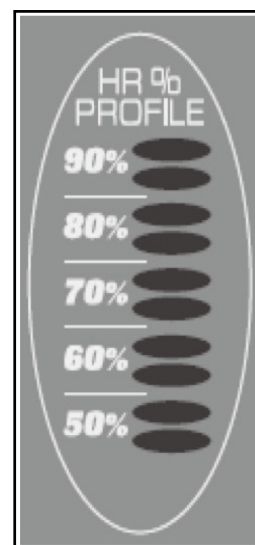
- The upper body lights will activate when you are either holding onto the swing arms or at anytime yours hands aren't holding onto the pulse grip sensors
- The lower body lights will activate in three degrees of engagement: Green represents minimal muscle involvement, Amber represents medium involvement, and Red represents full or heavy activation.
- These are the different scenarios for lower body muscle activation
    - Forward pedal rotation
        - Levels 0-7.5 Incline: Gluteals & Quadriceps are Amber; Hamstrings & Calves are Green
        - Levels 8-20 Incline: Gluteals are Red; Quadriceps are Amber; Hamstrings & Calves are Green
        - Reverse pedal rotation
        - Levels 0.7.5 Incline: Calves, Hamstrings, and Quadriceps are Amber; Gluteals are Green
        - Levels 8-20 Incline: Calves, Hamstrings & Quadriceps are Red; Gluteals are Green

HEART RATE BAR GRAPH

The console LCD screen will display your current heart rate anytime a pulse is detected. The Bar Graph, located left of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any of the 10 programs. The significance of the bar graph colors are as follows:
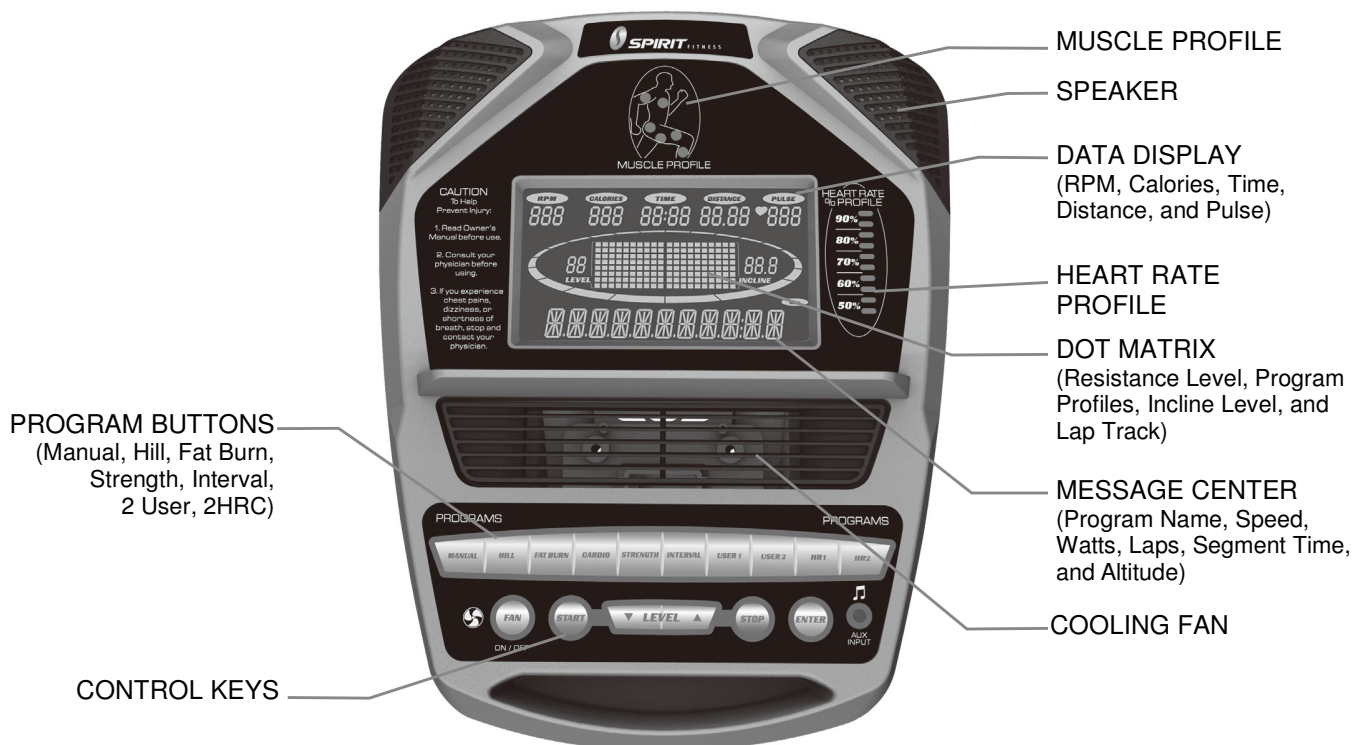
- 50-60% of maximum is Gold
- 65-80% of maximum is Gold and Green
- 85-90% or more is Gold, Green, and Red

OPERATION OF YOUR CONSOLE
GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

MUSCLE PROFILE

SPEAKER

DATA DISPLAY
(RPM, Calories, Time,
Distance, and Pulse)

HEART RATE
PROFILE

DOT MATRIX
(Resistance Level, Program
Profiles, Incline Level, and
Lap Track)

PROGRAM BUTTONS
(Manual, Hill, Fat Burn,
Strength, Interval,
2 User, 2HRC)

MESSAGE CENTER
(Program Name, Speed,
Watts, Laps, Segment Time,
and Altitude)

COOLING FAN

CONTROL KEYS

POWER UP

When the A.C. power cord is connected to the Elliptical and the power switch turned on, 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 Message Center will show the software version (i.e.: VER 1.0). The distance window shows the distance in miles and the time window 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 display will be scrolling through the different profiles of the programs and the Message Center will be scrolling the start up message. You may now begin to use the console.

QUICK START

This is the quickest way to start a workout. After the console powers up, press the **Start** key to begin, this will initiate the Quick Start mode. In Quick Start, the Time will count up from zero. The workload may be adjusted manually by pressing the Level Up or Down buttons. The dot matrix display will have only the bottom row lit at first. As you increase the work load more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase.
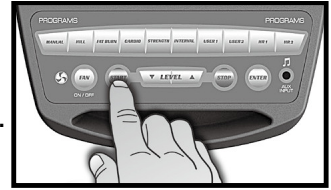
There are 20 levels of resistance available for plenty of variety. The first 5 levels are very easy workloads and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tough as the levels jump more dramatically. Levels 16-20 are extremely hard and are good for short interval peaks and elite athletic training.

BASIC INFORMATION

The **Message Center** will initially be displaying the Program name. When in scan mode during a program, **Speed** will be displayed for four seconds, then move on and display Watts (indication of workload). If 100 watts is displayed, you are doing enough work to keep a 100-watt light bulb lit. The data changes to Segment Time, Laps completed, and Altitude (elevation gain from start to finish, based on the Incline level throughout the program). Pressing the **Enter** button again will bring you back to the beginning.

The **Stop** 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** button is pressed twice during a workout the program will end and the console will display your Workout Summary (Avg. Speed, Avg. Watts, Avg. Incline, Laps completed, and total Altitude or elevation gain). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete **Reset**. During data entry for a program the **Stop** key performs a **Previous Screen or segment** function. This allows you to go back to change programming data.

PROGRAM KEYS

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

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.

The consoles include a built-in fan to help keep you cool. To turn the fan on, press the button on the left side of the console.

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 programs to ensure the correct settings are in the program for your Age. Otherwise the work 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!

ENTERING A PROGRAM AND CHANGING SETTINGS

When you enter a program, by pressing a program key, then **Enter** key, you have the option of entering your own personal 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 Center**. If you start a program without changing the settings, the default or saved settings will be used.

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.

PROGRAMMABLE FEATURES

MANUAL

The Manual program works as the name implies, manually. This means that you control the workload 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 Center**.

1. Press the Manual key, then press the **Enter** key.
2. The **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 value and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** value 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 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. NOTE: At any time during the editing of Data you can press the **Stop** key to go back one level, or screen.
6. Once the program starts you will be at Resistance 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 on the console or the right swing arm; the Down key on the console or right swing arm will decrease the work-load.
7. The program starts with no Incline. If you want to increase the Incline at any time during the program, press the Up key on the left swing arm. Pressing the Down key on the swing arm will decrease the Incline.
8. During the Manual program you will be able to scroll through the data in the **Message Center** by pressing the **Enter** key.
9. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program or you can save the program you just completed as a custom user program by pressing a User key and following the instructions in the **Message Center**.
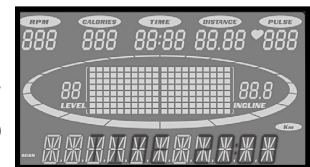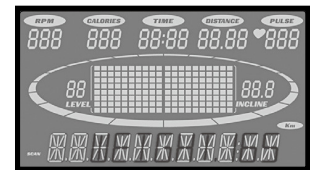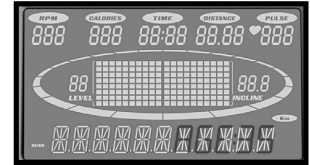
PRESET PROGRAMS

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

Hill

Resistance: 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

Incline: The pedal elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.
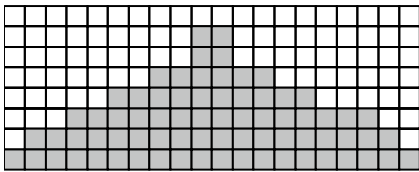
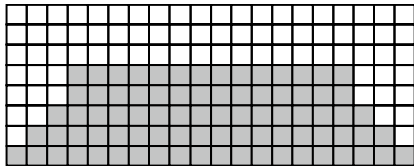RESISTANCE   INCLINE
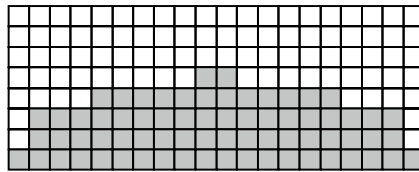
Fat Burn

Resistance: 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.

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.

RESISTANCE   INCLINE
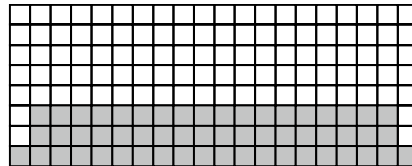
Cardio

Resistance: 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.

Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.

RESISTANCE   INCLINE

21
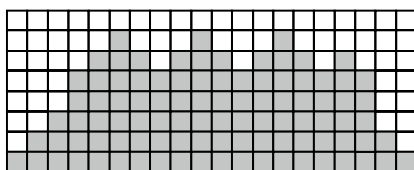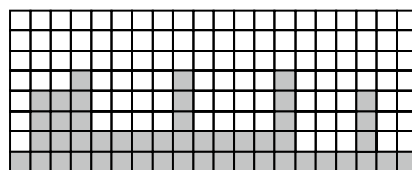
Strength

Resistance: This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and gluts. A brief cool down follows.

Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.
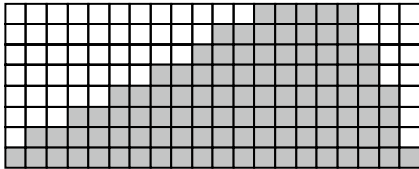
RESISTANCE   INCLINE
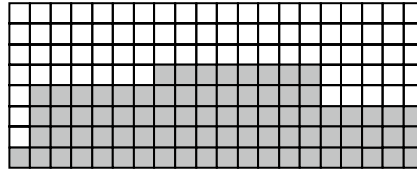
Interval

Resistance: 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.

Incline: This program will spike similar to the resistance profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.
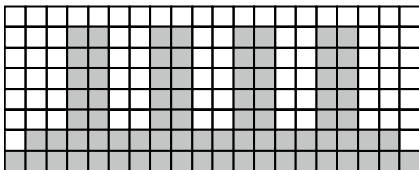
RESISTANCE   INCLINE
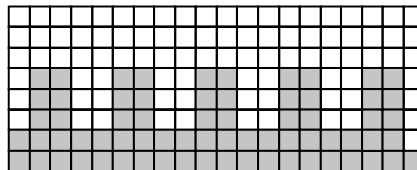
PROGRAMMING PRESET PROGRAMS

1. Select the desired program button then press the **Enter** key.
2. The **Message Center** will ask you to enter your **Age**. You may adjust the age setting, using the Level 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 value using the Level 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 Resistance Level**. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**. Adjust the level on the console or the right swing arm, and then press **Enter**.
6. Now you are asked if you want the **Incline** On or Off. If you enter On, the machine will automatically adjust the incline at random times throughout the program profile. If you enter Off, the incline will not function automatically. You can adjust the level manually on the left swing arm at any time during the program.
7. If you accepted Incline on, you are asked to adjust the **Max Incline Level**. This is the peak elevation level you will experience during the program. Adjust the level and then press **Enter**. Adjust the level on the console or the left swing arm, and then press **Enter**.
8. 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 screen.
9. If you want to increase or decrease the resistance at any time during the program, press the Level Up or Down keys on the console or the right handlebar (swing arm). This will change the resistance 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 half of the profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the **Message Center** will show the current column and program maximum levels of work.
10. During the program you will be able to scroll through the data in the message window by pressing the **Enter** key.
11. When the program ends the **Message Center** 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.
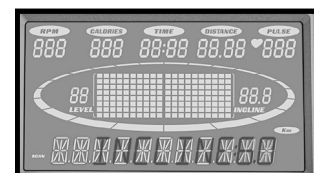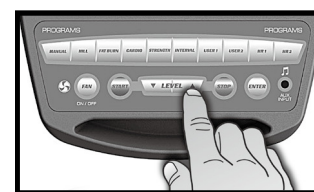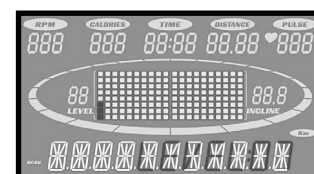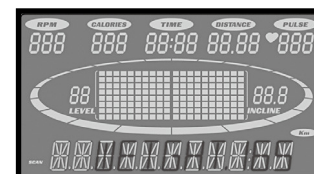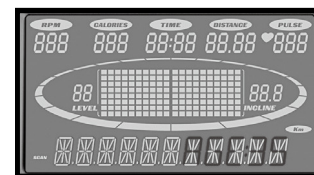
CUSTOM USER DEFINED PROGRAMS

There are two customizable **User** programs that allow you to build and save your own workout. The two programs, **User 1** and **User 2**, operate exactly the same way so there is no reason to describe them separately. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

1. Press the **User 1** or **User 2** key. The **Message Center** will show a welcome mes- sage. If you had previously saved a program the message will contain your name. Then press the **Enter** key to begin programming.
2. When you press **Enter**, the **Message Center** will show "Name - A", if there is no name saved. If the name "David" had been previously saved the **Message Center** will show "Name - David" and the D will be blinking. If there is a name saved you can change it or you may press the **Stop** key to keep the name and continue to the next step. If you want to enter a name use the **Up** and/or the **Down** key to change the first letter then press **Enter** to save the first letter and continue to the next
letter. When you have finished entering the name press the **Stop** key to save the name and continue to the next step.
3. The **Message Center** will ask you to enter your **Age**. You may enter your age, using the **Level Up** and **Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the weight value using the **Up** and **Down** keys or the numeric key pad, then press **Enter** to continue.
5. Next is **Time**. You may adjust the time and press **Enter** to continue.
6. Now you are asked to adjust the **Resistance Level** for each segment of the profile.
7. 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 **Level Up** key. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
8. 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 segments have been set.
9. The first column will be blinking once more for building an Incline profile. Follow the same procedure as in step 7 & 8 to build the Incline profile.
10. The **Message Center** will then tell you to press **Enter** to save the program. After saving the program the **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 zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
        (60% of maximum)
180 X .8 = 144 beats per minute
        (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your MHR you can decide upon which goal you would like to pursue.
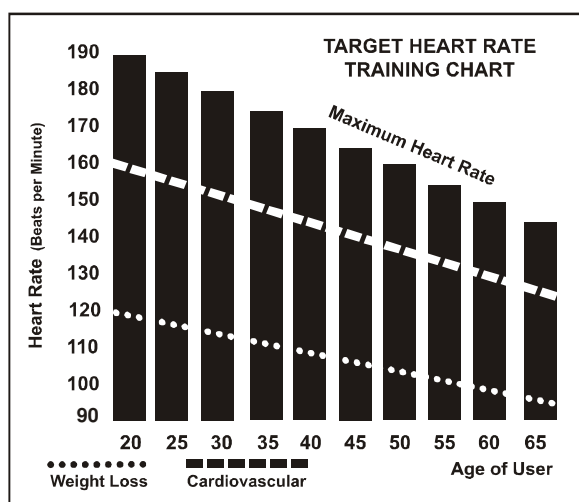
The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular 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 80% 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 Heart Rate Control elliptical machines you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your 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. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter 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.
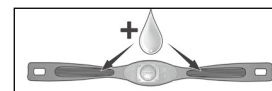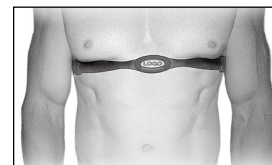
Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

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. Perimeter 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 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.

HEART RATE CONTROL PROGRAM OPERATION

Note: You must wear the heart rate transmitter strap for these programs

Both programs operate the same, the only difference is that **HR1** is set to 60% and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way.

To start an HRC program follow the instructions below or just select the **HR1** or **HR2** program, then the Enter button and follow the directions in the **Message Center**.

After selecting your heart rate target, the program will attempt to keep you at or within 3 - 5 heart beats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

1. Press the **HR 1** (60% of max heart rate default) or **HR 2** (80% of max heart rate default) key, then press the **Enter** key.
2. The **Message Center** will ask you to enter your **Age**. You may enter your age, using the **Level Up** and **Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the weight value using the **Level 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 **Heart Rate Target**. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Level Up** and **Down** keys, then press **Enter**. *Note: The heart rate that appears is based on the % you accepted in Step 1. If you change this number it will either increase or decrease the % from Step 1.*
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. NOTE: At any time during the editing of Data you can press the Stop key to go back one screen.
7. If you want to increase or decrease the workload at any time during the program press the **Level Up** or **Down** key on the console or right swing arm. This will allow you to change your target heart rate at any time during the program.
8. During the **HR 1** or **HR 2** programs you will be able to scroll through the data in the **Message Center** by pressing the **Enter** key.
9. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program or you can save the program you just completed as a custom user program by pressing a **User** key and following the instructions in the **Message Center**.

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:
    I. 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. 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. There are 4 leveling pads on the bottom of the rear rails, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

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 center will display ALTXXXX Engineering mode. Press the **Enter** button to access the menu below:

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)
    i. **Sleep Mode** (Turn on to have the console power down automatically after 20 minutes of inactivity)
    ii. **Safety** (Off. To turn safety on, press and hold Start and Enter at the same time)
    iii. **Motor Test** (Press enter to run the resistance motor up and down in a continuous loop. Display shows level setting and position sensor reading. Press stop to end test.)
    iv. **Beep** (Turn on or off the beep when a key is pressed)
    v. **Units** (Set to English or Metric display readings)
    vi. **ODO** reset (reset the odometer)
    vii. **Pause Mode** (Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely)
    viii. **Incline On or Off** switching to off elimnates the incline feature
d. **Security** (Allows you to lock the keypad so no unauthorized use is allowed; Off; to turn On, press Level Up, then the **Enter** key)
e. **Factory Settings** (Access only allowed by manufacturing)
f. **Exit**
g. **Calibration:** If the console shows an error for the incline/ramp, re-calibrating the system may resolve the problem. Press and hold the Start & resistance level UP keys for 5 seconds. The **Message Center** will show Calibration; press enter. The calibration process is automatic and the system will restart when finished.

EXPLODED VIEW DIAGRAM
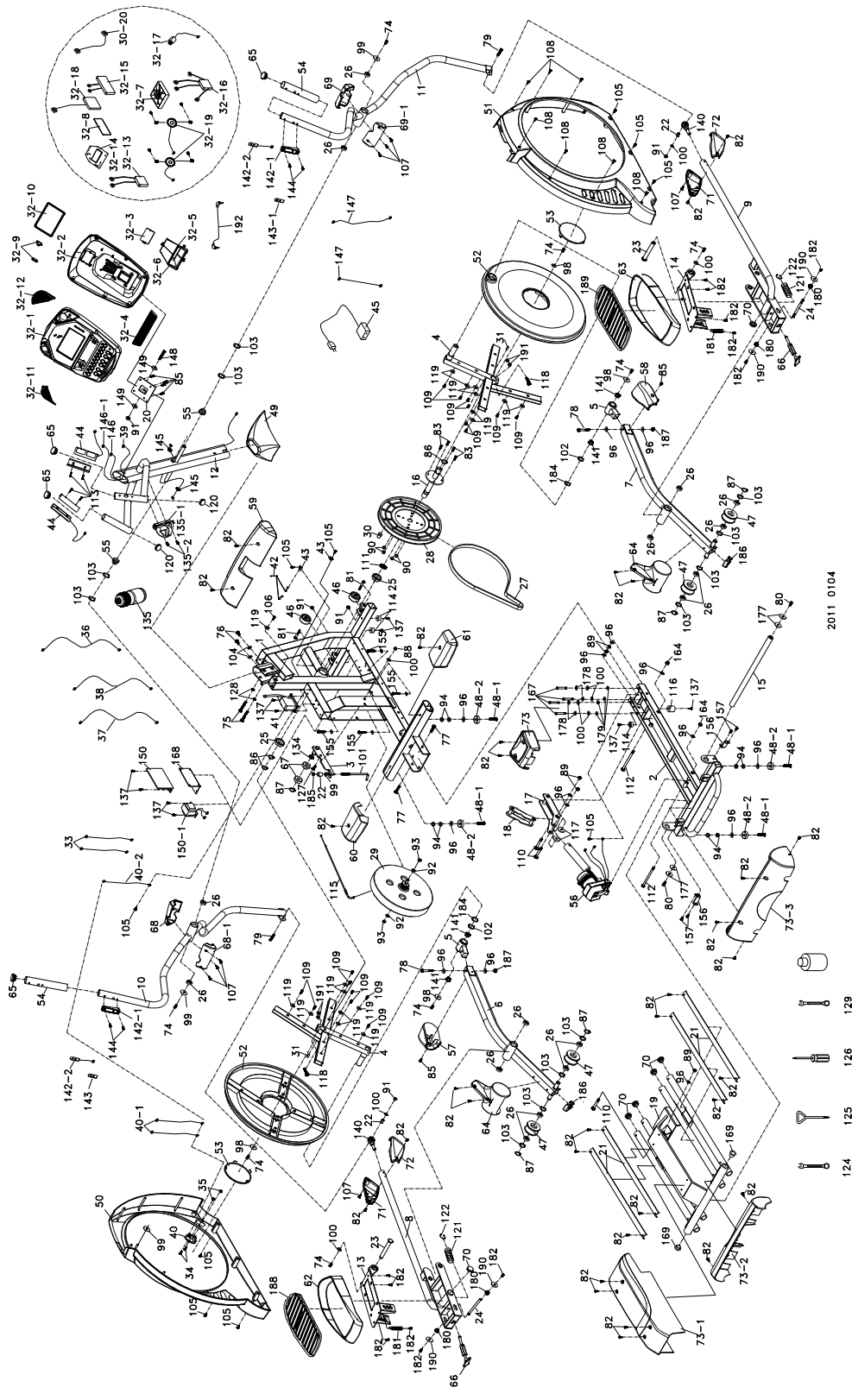
PARTS LIST

Dwg #	Part description	Qty
1	Main Frame	1
2	Inclinable Rail Assembly	1
3	Idler Wheel Assembly	1
4	Cross Bar	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	Swing Arm (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Adjustable Pedal (L)	1
14	Adjustable Pedal (R)	1
15	Locking Tube Assembly	1
16	Crank Axle	1
17	Incline Device	1
18	Incline Motor Holder	1
19	Rear Rail Assembly	1
20	Console Holder Assembly	1
21	2.0T × 625m/m_Aluminum Rail	4
22	Ø11.9 × Ø8.5 × 15m/m_Rod End Sleeve	3
23	Carriage Bolt	2
24	Axle Of Locking Pin	2
25	6005_Bearing	2
26	6003_Bearing	16
27	Drive Belt	1
28	Ø330_Drive Pulley	1
29	Flywheel	1
30	Magnet	1
31	7 × 7 × 25L_Woodruff Key	2
32	Console Assembly	1
32~1	Console Top Cover	1
32~2	Console Bottom Cover	1
32~3	Battery Cover	1
32~4	Deflector Fan Grill	1
32~5	Wind Duct (L)	1
32~6	Wind Duct (R)	1
32~7	Fan Assembly	1
32~8	Water-resist Rubber	1
32~9	Fan Grill Anchor	2
32~10	Face Plate Lens Cover	1
32~11	Console Speaker Cover (L)	1

Dwg #	Part description	Qty
32~12	Console Speaker Cover (R)	1
32~13	270m/m_W/Receiver, HR	1
32~14	Console Display Board	1
32~15	Key Board	1
32~16	Interface Board	1
32~17	Earphone socket with cable and securing metal	1
32~18	Amplifier Controller	1
32~19	250m/m_Speaker W/Cable	2
32~20	250m/m_Amplifier Cable	1
33	300m/m_Connecting Wire, Controller	2
34	M4 × 12m/m_Phillips Head Screw	2
35	M4 × 5T_Nyloc Nut	2
36	650m/m_Computer Cable	1
37	900m/m_Connecing Wire, Incline Motor Power Cord	1
38	850m/m_Connecting Wire, Incline Motor	1
39	1550m/m_Computer Cable	1
40	AC Electronic Module	1
40~1	80m/m_Connecting Wire (White)	2
40~2	200m/m_Ground Wire	1
41	Gear Motor	1
42	Sensor W/Cable	1
43	Sensor Rack	2
44	850m/m_Handpulse W/Cable Assembly	2
45	Power Cord	1
46	Transportation Wheel	2
47	Ø78_Slide Wheel , Urethane	4
48~1	3/8" × 2"_Flat Head Socket Bolt	4
48~2	Ø35 × 10m/m_Rubber Foot	4
49	Console Mast Cover	1
50	Side Case (L)	1
51	Side Case (R)	1
52	Round Disk	2
53	Round Disk Cover	2
54	Ø31.8 × 3T × 420m/m_Handgrip Foam	2
55	Ø30 × 19m/m_Console Mast Bushing	2
56	Incline Motor	1
57	Pedal Arm Cover (L)	1
58	Pedal Arm Cover (R)	1
59	Front Stabilizer Cover	1
60	Middle Stabilizer Cover (L)	1
61	Middle Stabilizer Cover (R)	1
62	Pedal (L)	1
63	Pedal (R)	1
64	Slide Wheel Cover	2
65	Ø32(1.8T)_Button Head Plug	4
66	Locking Pin Assembly	2
67	6203_Bearing	2

Dwg #	Part description	Qty
68	Front Handle Bar Cover (L)	1
68~1	Rear Handle Bar Cover (L)	1
69	Front Handle Bar Cover (R)	1
69~1	Rear Handle Bar Cover (R)	1
70	32 × 2.5T_Round Cap	6
71	Connecting Arm Cover (L)	2
72	Connecting Arm Cover (R)	2
73	Incline Bottom Cover	1
73~1	Incline Cover	1
73~2	Inclinable Rail Cover	1
73~3	Rear Bar Cove	1
74	5/16" × 15m/m_Hex Head Bolt	8
75	3/8" × 2-1/4"_Hex Head Bolt	2
76	3/8" × 3/4"_Hex Head Bolt	2
77	3/8" × 1-1/2"_Hex Head Bolt	2
78	3/8" × 2-1/4"_Socket Head Cap Bolt	2
79	5/16" × 1-1/4"_Hex Head Bolt	2
80	5/16" × 1"m/m_Hex Head Bolt	2
81	5/16" × 2"_Button Head Socket Bolt	2
82	M5 × 15m/m_Phillips Head Screw	32
83	1/4" × 3/4"_Hex Head Bolt	4
85	M5 × 10m/m_Phillips Head Screw	6
86	Ø25_C Ring	3
87	Ø17_C Ring	5
88	M8 × 7T_Nyloc Nut	1
89	3/8" × 7T_Nyloc Nut	5
90	1/4"_Nyloc Nut	4
91	5/16" × 7T_Nyloc Nut	5
92	3/8" -UNF26 × 4T_Nut	2
93	3/8" -UNF26 × 9T_Nut	2
94	3/8" × 7T_Nut	8
96	3/8" × 19 × 1.5T_Flat Washer	15
98	5/16" × 35 × 1.5T_Flat Washer	4
99	5/16" × 23 × 1.5T_Flat Washer	4
100	5/16" × 20 × 1.5T_Flat Washer	9
101	M8 × 170m/m_J Bolt	1
102	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
103	Ø17_Wave Washer	12
104	3/8" × 23 × 1.5T_Curved Washer	2
105	5 × 16m/m_Tapping Screw	10
106	4 × 19m/m_Sheet Metal Screw	1
107	Ø3.5 × 12m/m_Sheet Metal Screw	8
108	4 × 19m/m_Sheet Metal Screw	7
109	5 × 16m/m_Tapping Screw	16
110	3/8" × 2-1/2"_Hex Head Bolt	3
111	Bushing	1
112	M10 × 130m/m_Hex Head Bolt	2

Dwg #	Part description	Qty
113	Ø3 × 20m/m_Tapping Screw	4
114	Ø4.5 × Ø25 × 15T_Rubber Foot Pad	3
115	Steel Cable	1
116	Ø25 × 25mm_Rubber Foot Pad	1
117	3/8 × 35 × 5T_Nylon Washer	2
118	M8 × 40L_Socket Head Cap Bolt	2
119	1/4" × 19m/m_Flat Washer	17
120	32 × 1.8T_Round Cap	2
121	Ø13.5 × 38.5m/m_Latch Spring	2
122	Ø10_C Ring	2
124	13.14m/m_Wrench(160m/m)	1
125	Short Phillips Head Screw Driver	1
126	Phillips Head Screw Driver	1
127	M8 × 20m/m_Carriage Bolt	1
128	3/8" × 2T_Split Washer	2
129	12.14m/m_Wrench(160m/m)	1
134	Ø17 × 23.5 × 1T_Flat Washer	1
135	Drink Bottle	1
135~1	Drink Bottle Holder	1
135~2	M5 × 12m/m_Phillips Head Screw	2
137	5 × 19m/m_Tapping Screw	10
140	M12 × P1.75_Rod End Bearing	2
141	WFM-2528-21_Bushing	4
142~1	Handle Switch Bracket	2
142~2	Handpulse Adjustment Thin Film Label	2
143	UP/DOWN_Handgrip Resistance Label (L)	1
143~1	UP/DOWN_Handgrip Resistance Label (R)	1
144	M5 × 20m/m_Flat Head Socket Screw	4
145	Switch Wire Cap	2
146	450m/m_Handle Wire (Upper), Resistance	1
146~1	450m/m_Handle Wire (Upper), Incline	1
147	900m/m_Handle Wire (Lower), Incline, Resistance	2
148	5/16" × 2-1/2"_Hex Head Bolt	1
149	5/16" × 25 × 3T_Nylon Washer	2
150	Incline Controller	1
150~1	Incline Adaptor	1
155	Ø3.5 × 16m/m_Tapping Screw	4
156	Cover Holder(B)	2
157	M6 × 10m/m_Phillips Head Screw	4
164	M10 × 8T_Nyloc Nut	2
167	5/16" × 2-1/4"_Hex Head Bolt	4
168	Controller Back Plate	1
169	Ø38 × Ø34 × Ø26 × 4+16T_Bushing	2
177	5/16" × 35 × 2.0T_Flat Washer	4
178	5/16" × 1.5T_Split Washer	4
179	Ø5/16"_Star Washer	4
180	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	4

Dwg #	Part description	Qty
181	Ø10 × Ø1 × 44L_Pedal Tension Spring	2
182	M5 × 10m/m_Phillips Head Screw	12
184	Ø25_Wave Washer	2
185	M8 × 9T_Nyloc Nut	1
186	Oval End Cap	2
187	3/8" × 11T_Nyloc Nut	2
188	Pedal Foam (L)	1
189	Pedal Foam (R)	1
190	Ø5 × 16 × 1.5T_Flat Washer	4
191	M8 × 6.3T_Nut	4
192	Audio Cable	1

WARRANTY, SAFETY AND ASSEMBLY INFORMATION
SPT0043- XE395

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their Elliptical to be free from defects in material and workmanship under normal use and service conditions.

The various components of the Elliptical are warranted against defects and workmanship for the time periods specified as follows:

SPT0043 – XE395

Frame	**Lifetime**
Brake	**Lifetime**
parts	**10 Years**
Labor	**1 Year**

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to our **Freecall 1800 465 070.**

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Freecall   1800 465 070

Hours   9:00am – 4:00pm Mon-Fri (excluding public holidays),
9:00am – 12:00pm Sat

Website   www.bfe.net.au