CRS800S RECUMBENT STEPPER

OWNER'S MANUAL

CONSOLE

CONSOLE FAN

SWING ARMS

CONSOLE MAST

SEAT BACK

PEDALS

PULSE GRIPS

FRONT STABILIZER

MAIN FRAME

REAR STABILIZER

TABLE OF CONTENTS

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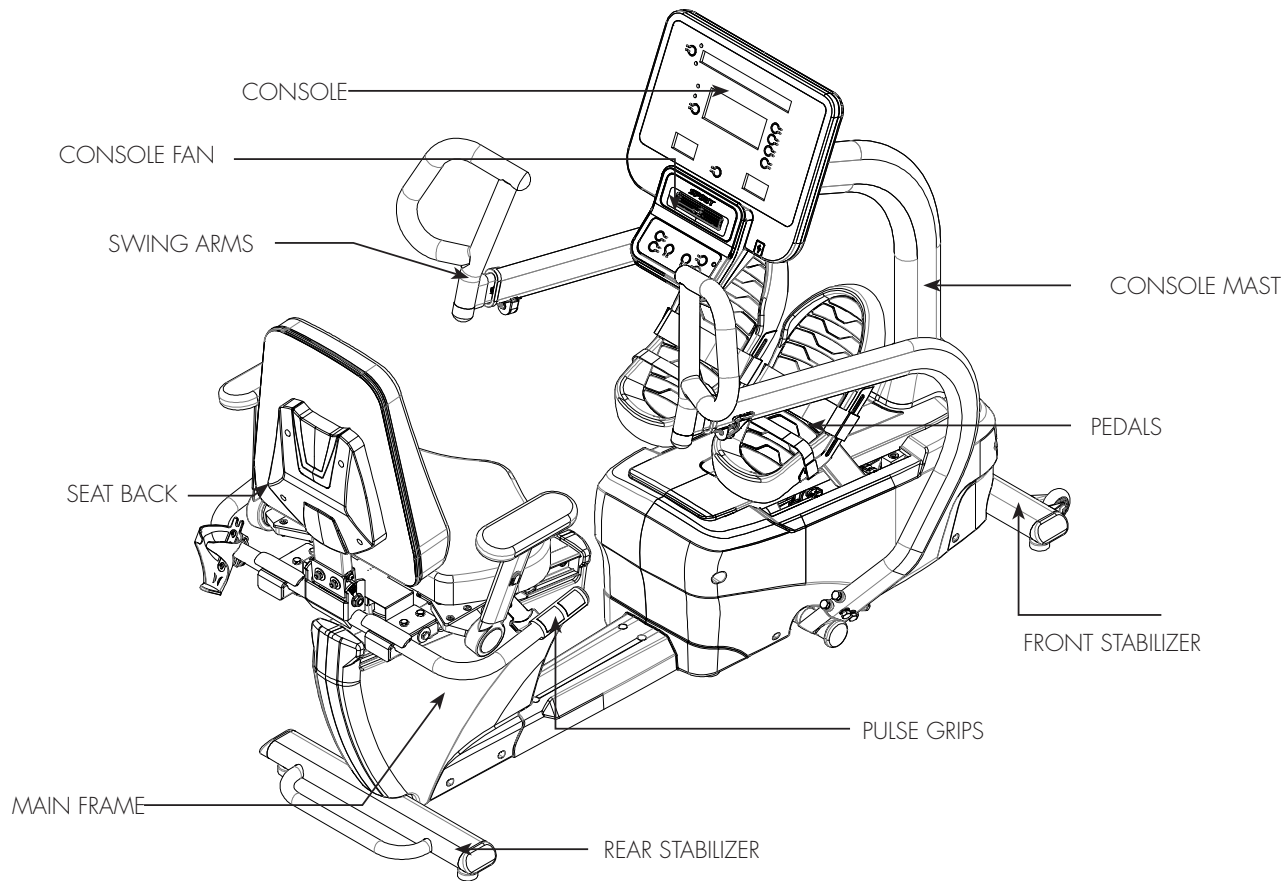
IMPORTANT SAFETY INSTRUCTIONS
⚠️WARNING

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using this appliance.

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

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons, install the stepper on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the stepper 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 stepper on deeply padded, plush or shag carpet. Damage to both carpet and stepper may result.
- Keep children away from the stepper. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.

- Never operate the stepper if it has a damaged cord or plug. If the stepper 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 stepper for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your stepper. Quality athletic shoes are recommended to avoid leg fatigue.

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.
- User Weight Limit: 450 lb

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS
⚠WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your stepper 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 machine to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit Breakers: some circuit breakers used in homes are not rated for high inrush currents that can occur when a stepper is first turned on or even during use. If your stepper is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the machine itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 5-amp circuit breaker.

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this machine without reading

and completely understanding the results of any operational change you request from the console.

- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment button. The console will obey the command gradually.
- Use caution while participating in other activities while pedaling on your stepper; 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 buttons. They are precision set to function properly with little finger pressure.

⚠️**WARNING**

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

CRS800S PRE-ASSEMBLY

UNPACKING

1. Cut the straps, then lift the box over the unit and unpack.

2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.

3. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

TOOLS INCLUDED:
❑ 5mm L Allen Wrench
❑ 6mm L Allen Wrench
❑ 8mm L Allen Wrench
❑ 12/14mm Wrench
❑ 13/14mm Wrench
❑ Phillips Screwdriver
❑ Short Phillips Screwdriver

PARTS INCLUDED:
❑ 1 Main Frame
❑ 2 Foot Pedals
❑ 1 Seat Cover
❑ 1 Connecting Arm
❑ 1 Console Mast
❑ 1 Console Mast Cover
❑ 1 Drink Bottle Holder
❑ 4 End Caps
❑ 2 Transport Wheels
❑ 1 Seat
❑ 1 Seat Back Frame
❑ 2 Swing Arms
❑ 1 Console
❑ 1 Hardware Kit
❑ 1 Power Cord
❑ 1 Audio Cable

CRS800S STEP ONE
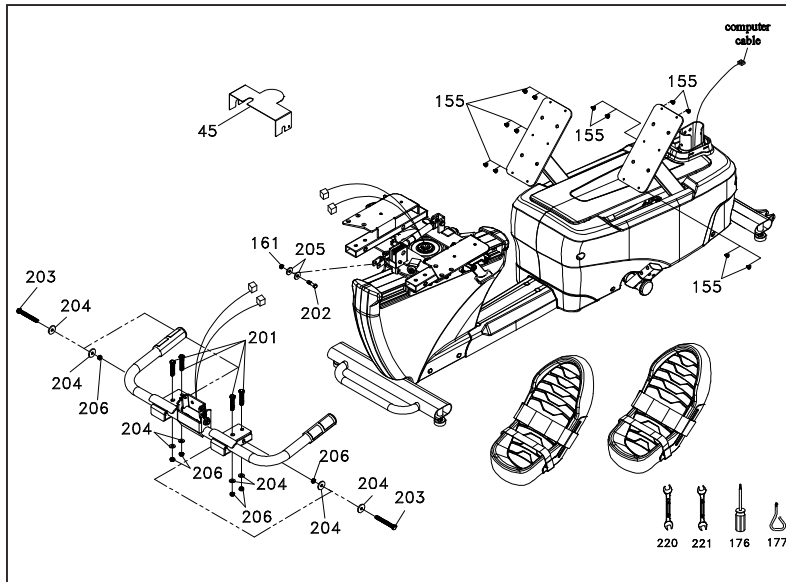
HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
203	HEX HEAD BOLT	3/8" x 3-1/4"	2
201	HEX HEAD BOLT	3/8" x 2"	4
202	HEX HEAD BOLT	5/16" x 1-1/4"	1
155	PHILLIPS HEAD SCREW	M5 x 15	12
204	FLAT WASHER	3/8"	8
205	FLAT WASHER	5/16"	2
206	NYLOC NUT	3/8"	6
161	NYLOC NUT	5/16"	1

1. Secure the **Pedals** to the pedal plates with 6 **Phillips Head Screws (No.155)** each.

2. Use a **Hex Head Bolt (No.202)**, 2 **Flat Washers** (**No.205**), and a **Nyloc Nut** (**No.161**) to secure the locking gas piston on the seat bottom.

3. Install **Seat Cover (No.45)**.

4. Use 2 **Hex Head Bolts (No.203)** with 2 **Flat Washers (No.204)** and 2 **Nyloc Nuts (No.206)** to secure the handgrip.

5. Use 4 **Hex Head Bolts (No.201), 4 Flat Washers (No.204)** and 4 **Nyloc Nuts (No.206)** to secure Handlebar to the Seat Assembly.

6. Connect the **Hand Pulse Cables**; arrange cables taking care so they are not crushed during seat rotation and adjustment.

CRS800S STEP TWO

computer cable

76

67

208

161   87   211   207

209   169   210

161   207 210   206

87

209

67

2
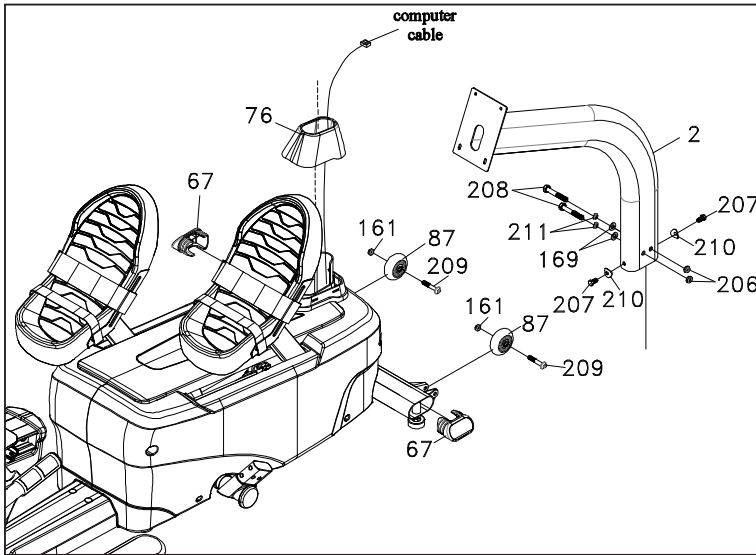
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
209	BUTTON HEAD BOLT	5/16" x 1-3/4"	2
207	HEX HEAD BOLT	M8 x 16	2
208	HEX HEAD BOLT	3/8" x 2-1/2"	2
169	FLAT WASHER	3/8"	2
210	CURVED WASHER	M8	2
206	NYLOC NUT	3/8"	2
161	NYLOC NUT	5/16"	2
211	SPLIT WASHER	1-3/8"	2

1.   Install **Transportation Wheels (No.87)** with **Button Head Bolts (No.209)** and **Nyloc Nuts (No.161)**.

2.   Place the **Console Mast (No.2)** through the **Console Mast Cover (No.76)** with the correct orientation. Snake the **Computer Cable** through the bottom end of the console mast and out through the top.

3. Insert the mast on the **Main Frame** and use **Hex Head Bolts (No.208)** with **Split Washers (No.211)**, **Flat Washers (No.169)** and **Nyloc Nuts (No.206)** to secure on the side. Then use **Hex Head Bolts (No.207)** and **Curved Washers (No.210)** to secure at the front and back of tube.

11

CRS800S STEP TWO - Continued
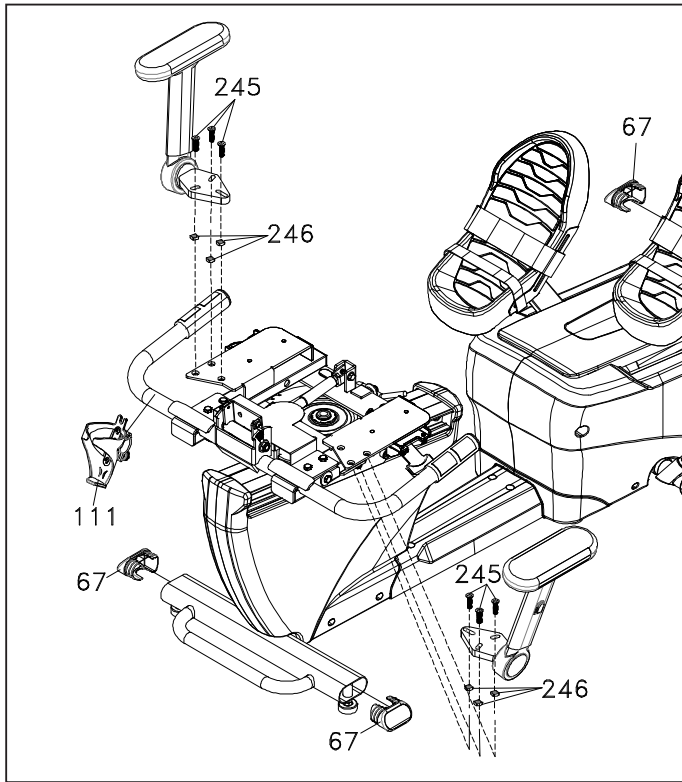
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
245	FLAT HEAD SOCKET SCREW	M8 X 1.25 X 30L	6
246	SQUARE NUT	M8 X 1.25 X 6.5T	6

1. Plug in the **End Caps (No.67)** on **Oval Stabilizer Tubes**. *NOTE: Do not pinch wires*

2. Secure the **Handle Sliders (No.7&8)** using 3 **Flat Head Socket Screws (No.245)** and 3 S**quare Nuts (No.246)** on each side.

3. Clamp the **Water Bottle Cage (No.111)** to either Handlebar.

CRS800S STEP THREE
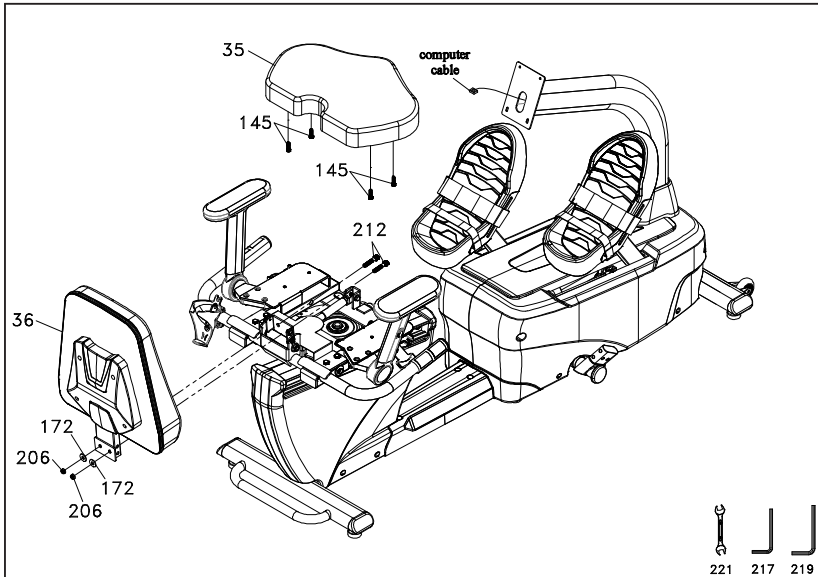
HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
145	HEX HEAD BOLT	M6	4
172	FLAT WASHER	3/8"	2
206	NYLOC NUT	3/8" x 7	2
212	HEX HEAD BOLT	3/8" x 1-3/4"	2

1. Insert the **Seat Back (No.36)** in the **Seat Carriage** and secure with **Hex Head Bolts (No.212), Flat Washers (No.172)** and **Nyloc Nuts (No.206)**.

2. Put the **Seat Cushion (No.35)** on the **Seat Carriage** and secure with **Hex Head Bolts (No.145)**.
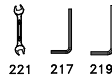
CRS800S STEP FOUR
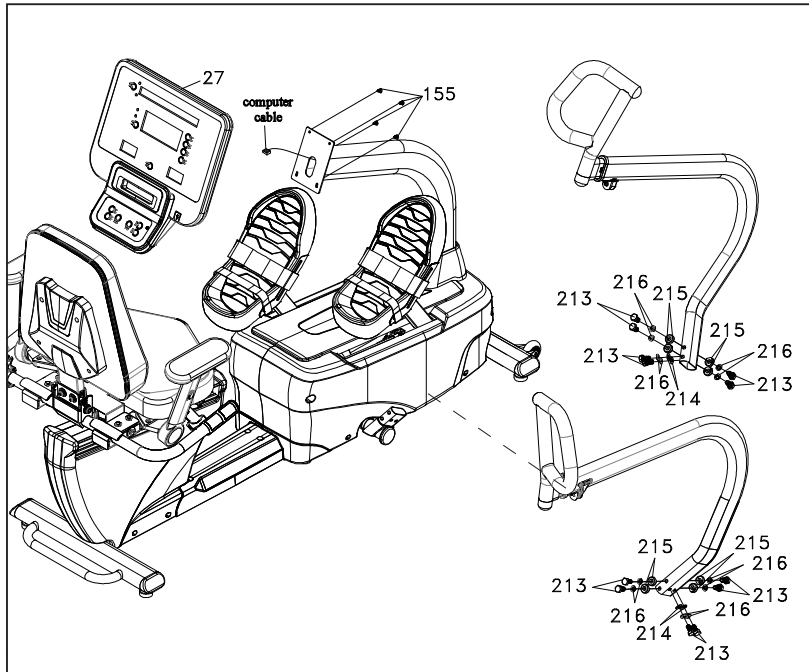
HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
155	PHILLIPS HEAD SCREWS	M5 x 12	4
213	BUTTON HEAD BOLT	3/8" x 3/4"	12
214	FLAT WASHER	3/8" x 19 x 1.5	4
215	CURVED WASHER	ø10 x 21.3 x 7.8T	8
216	SPLIT WASHER	ø10 x 2T	12

1. Connect the computer cables from the mast to the **Console (No.27)** and use **Phillips Head Screws (No.155)** to secure it.

2. To install **Left** and **Right Swing Arms (No. 4 & 3)** onto the **Main Frame** use **Button Head Bolts (No.213)**, **Flat Washers (No.214)**, **Split Washers (No.216)** and **Curved Washers (No.215)**.

RECUMBENT STEPPER SETUP

SEAT ROTATION

Lift left lever and hold while rotating the seat to desired position.
Release lever.
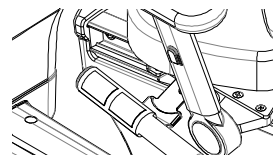
SEAT RECLINE

Lift right lever and hold while adjusting seat position to the desired position.
Release lever.
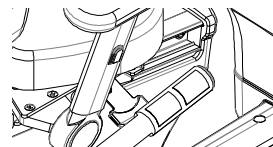
SEAT FORE/AFT ADJUSTMENT

Lift lever and hold while adjusting seat position to the desired distance from
the console. Release lever.
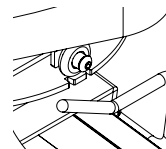
ARMREST ADJUSTMENT

Push the button and hold while adjusting armrests position to the desired angle.
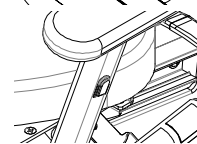
HANDHOLD ADJUSTMENT

Open lever. Adjust handhold to desired distance from seat. Close lever securely.

SPIRIT COMMERCIAL
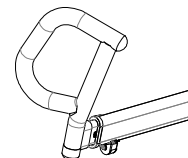
CRS800S CONSOLE OPERATION

Scan Button for
LED Windows

LED Data Display
Windows

Scan Button for
Dot Matrix

STEP   CALORIES   PULSE   TIME ELAPSED

1.77   132   129   16.54

DISTANCE   WATTS   METs   TIME REMAINING

TRACK

PROFILE

ENTER

1.4Mi

WARNING!
Heart rate monitoring system may be inaccurate.
If you feel faint stop exercising immediately.
AVERTISSEMENT!
Le système de lecture de la fréquence
cardiaque peut être inexact.
Si vous vous sentez faible, arrêtez
immédiatement de faire de l'exercice.

PROGRAM

Dot Matrix
Message Center

Up, Down,
Program Controls

SPM   22   4   LEVEL

SPIRIT

Fan

USB
Charger

LEVEL   START   STOP   LEVEL

Start, Stop, Level
Controls

POWER

When the DC Power cord is connected to the equipment, the console will automatically power up.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the **Dot Matrix Message Center** will show the software version (i.e.: VER 1.0). The **LED Data Diplay Window** shows the total hours of use and total ksteps.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The **Dot Matrix Message Center** will be scrolling through the different profiles of the programs and will be scrolling the start up message. You may now begin to use the console.

C-SAFE FEATURE

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

QUICK START

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

There are 20 levels of resistance 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 difficult and are good for short interval peaks and elite athletic training.

BASIC INFORMATION

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

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

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

The **Program** Key is used to preview each program. When you first turn the console on, you may press

program key to preview what the program profile looks like. If you decide that you want to try a program, press the **Enter** key to select the program and enter into the data set-up mode.

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

HEART RATE WINDOW
The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The CRS800S will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

TO TURN STEPPER OFF
This function is called sleep mode. The display will automatically turn off (go to sleep) after 30 minutes of inactivity. In sleep mode, the treadmill will power down most everything except for a minimum of circuitry for detecting button presses and the safety button so it will start up again if these are activated. The default setting for sleep mode is OFF, follow the instructions on page 35 to turn it on.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the 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, you have the option of entering your own personal settings. If you want to work out 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 **Dot Matrix Message Center**. If you start a program without changing the settings, the default, or pre-saved settings will be used.

MANUAL

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

1. Using the **Program** button choose **Manual** then press the **Enter** key.

2. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your **Age**, using the **Up** and **Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.

3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Up** and **Down** keys, then press **Enter** to continue.

4. The next setting is **Time**. You may adjust the **Time** and press **Enter** to continue.

5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key. NOTE: At any time during the editing of data you can press the **Stop** key to go back one level, or screen.

6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the **Level Up** key; the **Level Down** key will decrease the workload.

7. 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 program by pressing the **Program** button and selecting **Custom**, then following the instructions in the **Dot Matrix Message Center**.

PROGRAMMING PRESET PROGRAMS

1. Using the **Program** button select your desired program then press the **Enter** button.
2. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may adjust the age setting, using the **Level Up/Down** buttons, then press the **Enter** button 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/Down** buttons, 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**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** button. You can also go back and modify your settings by pressing the **Enter** button.
7. If you want to increase or decrease the resistance at any time during the program, press the **Level Up/Down** buttons on the console or above the heart rate sensor grips of the stationary handlebars. 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 the entire 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 **Dot Matrix Message Center** will show the current column and program maximum levels of work.
8. During the program you will be able to scroll through the data in the **LED Data Diplay Window** by pressing the **Scan** button.
9. When the program ends the **LED Data Display Window** will show a summary of your workout. The summary will be displayed for a short time, then the console will return to the start-up display.

PRESET PROGRAMS

The Semi-Recumbent stepper has seven 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

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.
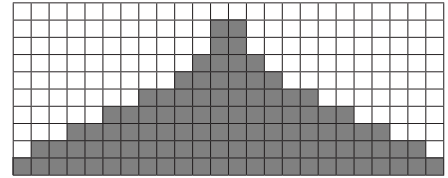
FAT BURN

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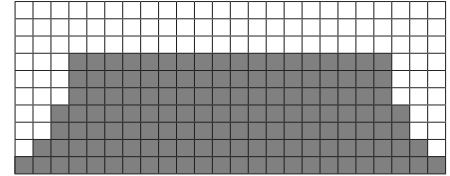
CARDIO

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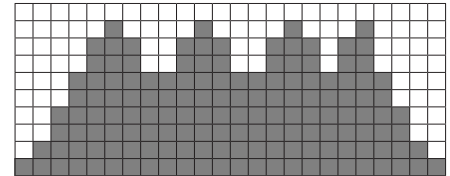
STRENGTH

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 glutes. A brief cool down follows.
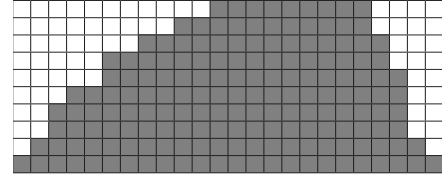
INTERVAL

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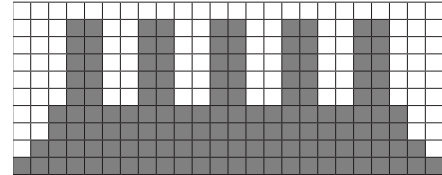
CUSTOM USER DEFINED PROGRAMS

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

1. Using the **Program** button choose the **Custom** programs then press Enter. The **Dot Matrix Message Center** will show a welcome message. If you had previously saved a program the message will contain your name. Then press the **Enter** button to begin programming.

2. If you have already saved a program to either **CUS1** or **CUS2**, it will be displayed and you are ready to begin. If not, you will have the option of inputing a username. In the **LED Data Diplay Window**, the letter "A" will be blinking. Use the **Up/Down Level** buttons to select the appropriate first letter of your name (pressing the **UP** button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.

3. If there is a program already stored in **Custom**, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start** or **Enter** you will ask: Run Program? Use the **Up/Down** arrows to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.

4. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your age, using the **Level Up/Down** buttons, then press the **Enter** button to accept the new value and proceed on to the next screen.

5. You are now asked to enter your Weight. You may adjust the weight value using the **Up/Down** buttons or the numeric button pad, then press **Enter** to continue.

6. Next is **Time**. You may adjust the time and press **Enter** to continue.

7. Now you are asked to adjust the Max Resistance Level of the program, press **Enter** when resistance has been selected.

8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the **Level Up** button. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.

9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.

10. The **Dot Matrix Message Center** will then tell you to press **Enter** to save the program. After saving the program the **Dot Matrix Message Center** says "Program Saved" then will give you the option to start or modify the program. Pressing **Stop** will exit to the start up screen.

HEART RATE PROGRAMS

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.
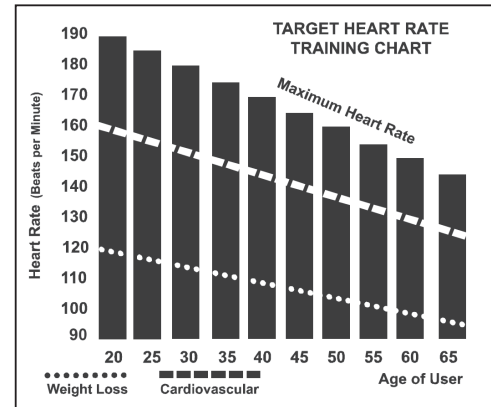
For someone who is 40 years old their
target heart rate zone is calculated:
220 − 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .85 = 153 beats per minute (85% of maximum)
So for a 40 year old the training zone would
be 108 to 153 beats per minute.

HEART RATE PROGRAM OPERATION
To start the HR program follow the instructions below.

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

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Fitness machines you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

RATE OF PERCEIVED EXERTION

There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout.
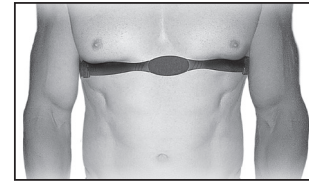
The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. The scale helps users determine an approximate heart rate level when a heart rate monitor was not in use. Using the scale below, rate the level of intensity of your workout, or the perception of your effort during your workout. Once the rating has been determined, simply add a "0" to the rating to get your approximate heart rate. For example, if your workout felt comfortable, you would rate it a "12". Then add a "0" to get an approximate heart rate during your workout of 120 beats per minute. The scale is as follows:
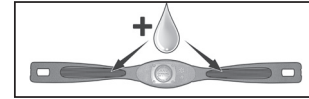
Rating Perception of Effort:

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

WEARING THE CHEST STRAP (SOLD SEPARTELY)

1. Attach the transmitter to the elastic strap using the interlocking button.
2. Adjust the strap as tightly as possible while ensuring it is still comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

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

ERRATIC OPERATION

Caution! Do not use this Semi-Recumbent stepper for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

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

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

Wipe down all areas in the sweat path with a damp cloth after each workout.

If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:

    a.   The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. 90% of calls to the service department for noise issues can be traced to loose hardware.

    b.   If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the front and 2 leveling pads on the back of the unit.

STEP RAIL AND CARRIAGE MAINTENANCE

Dirt and dust can accumulate on the pedal carriage components causing a rough feel which means the rails and wheels most likely need cleaning.

1. Remove mast cover and center cover.

    a.   Firmly press in at the bottom of the small mast cover at the front and rear and pull up.

    b.   Firmly press in at the top of the main cover near the top and pull up on the center cover. Repeat this process at all four corners of the cover.

    c.   Slide the mast and center covers up the mast tube. Tie a rag around the tube and let the covers rest on it so they stay in place.

2. Move the pedals so one is all the way forward. Clean the wheels and rails using a rag and alcohol.

3. Replace the covers when done.

SANITIZING YOUR SPIRIT FITNESS EQUIPMENT

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

ENGINEERING MODE MENU

To enter the Maintenance Mode, pedal the Semi-Recumbent Stepper and 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 Maintenance Mode. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Function

    - Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
    - Pause mode (have five minutes)
    - Odometer Reset (Resets the odometer)
    - Sleep mode (Default Off)
    - Beep sound(Control Beep)
    - CAB Protocol or CSAFE Protocol
4. Service
    - Motor test
    - Csafe test
    - Sensor test(Test the speed sensor function)
5. Exit

RECUMBENT STEPPER WARRANTY EFFECTIVE October 8, 2021

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

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

*Prisons and correctional facilities are excluded from warranty coverage.

NORMAL RESPONSIBILITIES OF THE OWNER

The consumer or non-dues paying facility is responsible for the items listed below:

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

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. *NOTE: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.*

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for stepper not requiring component replacement, or stepper not in ordinary household or light commercial use.

3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.

4. Products with original serial numbers that have been removed or altered.

5. Products that have been: sold, transferred, bartered, or given to a third party.

6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.

7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

8. Product use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.

9. Warranties outside of the United States may vary. Please contact your local dealer for details.

SERVICE

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

1. Contact your selling authorized Spirit Fitness dealer. OR

2. Contact your local authorized Spirit Fitness service organization.

3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.

4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.

5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
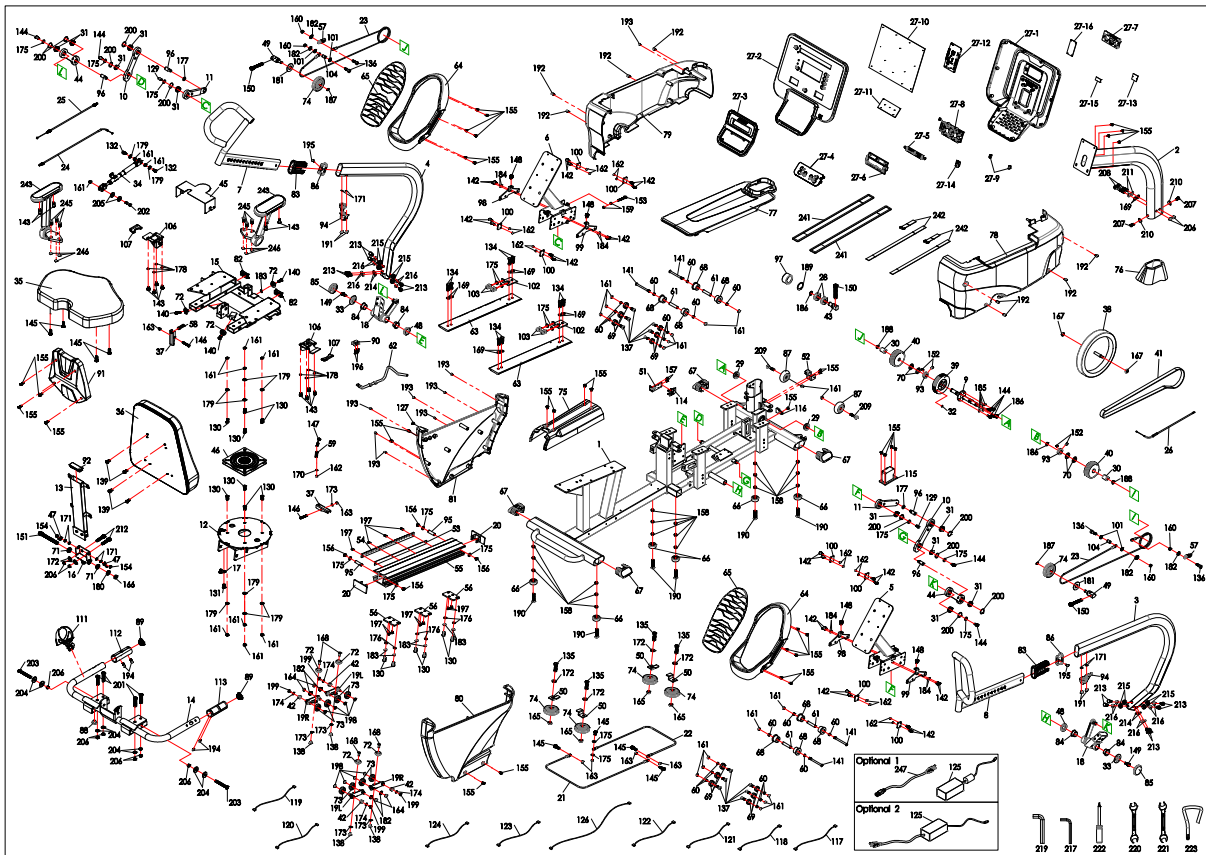
CRS800S-RS8100A-SS004-01 Part List_SPIRIT(SAP)		
1	Main Frame	1
2	Console Mast	1
3	Swing Arm (R)	1
4	Swing Arm (L)	1
5	Pedal Plate (R)	1
6	Pedal Plate (L)	1
7	Handle Slider (R)	1
8	Handle Slider (L)	1
9	Drive Pulley	1
10	Lower Linkage A	2
11	Lower Linkage B	2
12	Seat Carriage	1
13	Seat Back Bracket	1
14	Handle Bar	1
15	Rotate Seat Assembly	1
16	Seat Back Bracket	1
17	Cantilever Anchor Assembly	1
18	Swing Arm Drive Weldment	2
19L	Seat Wheel Adjustment Plate(L)	2
19R	Seat Wheel Adjustment Plate(R)	2
20	Seat Stop Assembly	2
21	Front Connecting Cable(750L)	1
22	Rear Connecting Cable(800L)	1
23	Drive Cable(1820L)	2
24	Steel Cable	1
25	Drive Cablee(45L)	1
26	Drive Cable(52L)	1
27	Console Assembly	1
27~1	Console Top Cover	1
27~2	Console Bottom Cover	1
27~3	Console Inner Cover	1
27~4	Key Board	1
27~5	Deflector Fan Grill	1
27~6	Wind Duct	1
27~7	Wind Duct (R)	1
27~8	500m/m_Fan Assembly(White)	1
27~9	Fan Grill Anchor	2

27~10	Console Display Board	1
27~11	Main Key Board	1
27~12	Interface Board	1
27~13	Console Display Board	1
27~14	USB charging module	1
27~15	W/Receiver, HR	1
27~16	CASFE Board	1
28	6203_Ball Bearing	2
29	**6003_Ball Bearing**	**2**
30	One Way Bearing	2
31	6902_Ball Bearing	10
32	Magnet	1
33	Ø9 × Ø49 × 1.5T_Cup Washers	2
34	Locking Gas Cylinder	1
35	Seat Cushion	1
36	Seat Back	1
37	Seat Position Latch	2
38	Fly Wheel	1
39	Ø106 × 22L_Drive Wheel	1
40	Ø84 × 32L_Cable Drive Pulley	2
41	Belt (8PJ), 1321mm	1
42	5/8" × 13.2 × 8L_Sleeve	4
43	Adjustable Idler Wheel Axle	1
44	Lower Linkage	2
45	Safety Cover	1
46	Rotate Disk	1
47	Scale Arrowhead	2
48	Flywheel Axle Set Collar (R)	2
49	Cable Guide Wheel Axle	2
50	Shroud Bracket	4
51	Sensor Bracket	1
52	Shroud Fixing Plate	1
53	Seat Track Fixing Plate	1
54	Rack, Seat Position	1
55	Aluminum Track	1
56	Backing Plate	3
57	Ø15.5 × 26.5L_Spring	2
58	Ø13.5 × 54L_Spring	1
59	Ø13.5 × 30L_Spring	1

60	Metal Sleeve(8.2×12.7x5Lmm)	20
61	Metal Sleeve(8.1x12x56.2Lmm)	4
62	Ø10 × 386L_Seat Front/Aft Adjustment Lever	1
63	Aluminum Track	2
64	Pedal	2
65	Pedal Foam Cushion	2
66	Leveling Foot	6
67	End Cap, Oval Stabilizer Tube	4
68	Transportation Wheel, Aluminum Axle	8
69	Transportation Wheel	12
70	Ø18 × Ø32 × 1.5T_High-Performance Polymer Washer	4
71	Podwer metallurgy Sleeve	2
72	PU Wheel	7
73	Ø38_Seat Track Wheel	8
74	Roller	6
75	Bottom Step Cover	1
76	Console Mast Cover	1
77	Top Cover	1
78	Shroud (R)	1
79	Shroud (L)	1
80	Rear Shroud (R)	1
81	Rear Shroud (L)	1
82	Slider Sleeve	2
83	Hollow Plug(30×70×98.5L)	2
84	WFM-2528-16_Plastic Bushing	4
85	End Cap	2
86	Slide End Cap Spacer	2
87	Ø65_Transportation Wheel	2
88	Ø7_HGP Wire Grommet	1
89	Button Head Plug	2
90	Lever Anchor	1
91	Seat Back Cover	1
92	Square End Cap	1
93	Main Frame Housing	2
94	Quick Release	2
95	Seat Stop Axle	2
96	Axle	4
97	Ø52 × Ø40 × 28L_Bearing	1

98	Adjusting Plate (L)	2
99	Adjusting Plate (R)	2
100	Plastic flaps	8
101	Ø25 × Ø10 × 3T_Nylon WasherA	4
102	Cushion Fixing Plate	2
103	Rubber Foot	4
104	Podwer metallurgy Sleeve	2
106	Release Lever	2
107	Nylon Handgrip	2
111	Drink Bottle Holder	1
112	750m/m_Hand Pulse W/Cable Assembly(L)	1
113	900m/m_Hand Pulse W/Cable Assembly(R)	1
114	Optical Sensor Board	1
115	Gear Motor	1
116	400m/m_Sensor W/Cable	1
117	250m/m_Conneting Wire	1
118	350m/m_Encoder Cable	1
119	300m/m_Handpulse Wire	1
120	300m/m_Handpulse Wire(White)	1
121	100m/m_DC Power Cord	1
122	1550m/m_Computer Cable	1
123	550m/m_Handpulse Wire	1
124	550m/m_Handpulse Wire(White)	1
125	Power Adapter (110V,220V)	1
126	2900m/m_Hand Pulse Cable, Lower	1
127	Block	1
129	M6 × 15m/m_Hex Head Bolt	2
130	5/16" × UNC18 × 3/4"_Hex Head Bolt	14
131	5/16" × UNC18 × 3/4"_Hex Head Bolt	1
132	5/16" × UNC18 × 5/8"_Hex Head Bolt	2
134	3/8" × 1-1/4"_Hex Head Bolt	8
135	M10 × 40m/m_Hex Head Bolt	4
136	M8 × P1.25_Bolt	4
137	5/16" × UNC18 × 1"_Button Head Socket Bolt	12
138	M6 × 10m/m_Button Head Socket Bolt	4
139	M8 × 20m/m_Button Head Socket Bolt	4
140	M8 × 25m/m_Button Head Socket Bolt	3
141	5/16" × UNC18 × 95m/m_Button Head Socket Bolt	4
142	M5 × P0.8 × 15m/m_Socket Head Cap Bolt	24

143	M6 × P1.0 × 12m/m_Socket Head Cap Bolt	8
144	M6 × P1.0 × 15m/m_Socket Head Cap Bolt	8
145	M6 × 25m/m_Socket Head Cap Bolt	8
146	M6 × 38m/m_Socket Head Cap Bolt	2
147	M5 × P0.8 × 45m/m_Socket Head Cap Bolt	1
148	M8 × P1.25 × 12m/m_Socket Head Cap Bolt	4
149	M8 × P1.25 × 20m/m_Socket Head Cap Bolt	2
150	M10 × P1.5 × 75m/m_Socket Head Cap Bolt	3
151	M12 × P1.75 × 120m/m_Socket Head Cap Bolt	1
152	M5 × P0.8 × 10m/m_Slotted Set Screw	4
153	M6 × 57m/m_Eye Bolt	1
154	M5 × 6m/m_Phillips Head Screw	2
155	M5 × 12m/m_Phillips Head Screw	35
156	M6 × 10m/m_Phillips Head Screw	4
157	M4 × P0.7 × 10m/m_Phillips Head Screw	2
158	3/8" × 7T_Luck Nut	18
159	M6 × P1.0 × 5T_Luck Nut	2
160	M8 × 6T_Luck Nut	4
161	5/16" × 6T_Nyloc Nut	29
162	M5 × 5T_Nyloc Nut	17
163	M6 × 6T_Nyloc Nut	6
164	M8 × 7T_Nyloc Nut	4
165	M10 × 8T_Nyloc Nut	4
166	M12_Nyloc Nut	1
167	M10 × P1.5 × 8T_Nut	2
168	M6 × 19L_Nut	4
169	Ø3/8" × Ø19 × 1.5T_Flat Washer	10
170	Ø5 × Ø10 × 1T_Flat Washer	1
171	Ø5 × Ø12 × 1T_Flat Washer	8
172	Ø3/8" × Ø25 × 2T_Flat Washer	6
173	Ø1/4" × 13 × 1T_Flat Washer	5
174	Ø1/4" × Ø16 × 1T_Flat Washer	4
175	Ø6 × Ø19 × 3T_Flat Washer	16
176	Ø5/16" × 16 × 1.5T_Flat Washer	6
177	Ø3/8" × 20 × 3T_Flat Washer	2
178	Ø6.6 × Ø12 × 1.5T_Flat Washer	8
179	Ø8.5 × Ø18 × 1.5T_Flat Washer	10
180	Ø1/2" × Ø26 × 2.0T_Flat Washer	1
181	Ø45 × Ø21.8 × 2.5T_Flat Washer	2

182	Ø8 × Ø18 × 3T_Knurled Lock Washer	8
183	Ø8 × 1.5T_Spring Washer	7
184	Ø5 × 1.5T_Spring Washer	8
185	M6 × 1T_Spring Washer	4
186	Ø17_C Ring	3
187	Ø10_C Ring	2
188	Ø16_C Ring	2
189	Ø40_C Ring	1
190	3/8" × 2"_Flat Head Socket Bolt	6
191	M5 × 6m/m_Phillips Head Screw	4
192	M5 × P0.8 × 12L_Phillips Head Screw	8
193	3.5 × 12m/m_Sheet Metal Screw	8
194	3 × 20m/m_Tapping Screw	4
195	Ø5 × 16L_Tapping Screw	2
196	M5 × 25m/m_Tapping Screw	2
197	M5 × 12m/m_Tapping Screw	10
198	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
199	M6 × P1.0 × 10L_Flat Phillips Head Screw	4
200	Ø28_Wire Clamp	10
201	3/8" × 2"_Hex Head Bolt	4
202	5/16" × UNC18 × 1-1/4"_Hex Head Bolt	1
203	3/8" × UNC16 × 3-1/4"_Hex Head Bolt	2
204	Ø3/8" × Ø30 × 3T_Flat Washer	8
205	Ø8.5 × Ø26 × 2T_Flat Washer	2
206	3/8" × 7T_Nyloc Nut	10
207	M8 × P1.25 × 16L_Hex Head Bolt	2
208	3/8" × UNC16 × 2-1/2"_Hex Head Bolt	2
209	5/16" × UNC18 × 1-3/4"_Button Head Socket Bolt	2
210	Ø8 × 23 × 1.5T_Curved Washer	2
211	Ø10 × 2T_Spring Washer	2
212	3/8" × UNC16 × 1-3/4"_Socket Head Cap Bolt	2
213	3/8" × 3/4"_Hex Head Bolt	12
214	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
215	Ø10 × 21.3 × 7.8T_Curved Washer	8
216	Ø10 × 2T_Spring Washer	12
217	L Allen Wrench(5×26×120L)	1
219	M8_Allen Wrench	1
220	12/14m/m_Wrench	1
221	13/14m/m_Wrench	1

222	Phillips Head Screw Driver	1
223	Short Phillips Head Screw Driver	1
241	Sticky Banding Stripe	2
242	Sticky Banding Stripe	2
243	Handgrip	1
244	M6 × P1.0 × 12L_Socket Head Cap Bolt	4
245	M8 × P1.25 × 30L_Flat Head Socket Screw	6
246	M8 × 1.25 × 6.5T_Square Nut	6
247	Transformer Power Cord (220V,Optional)	1
200224		
200304(AM1090301/R10903004)		