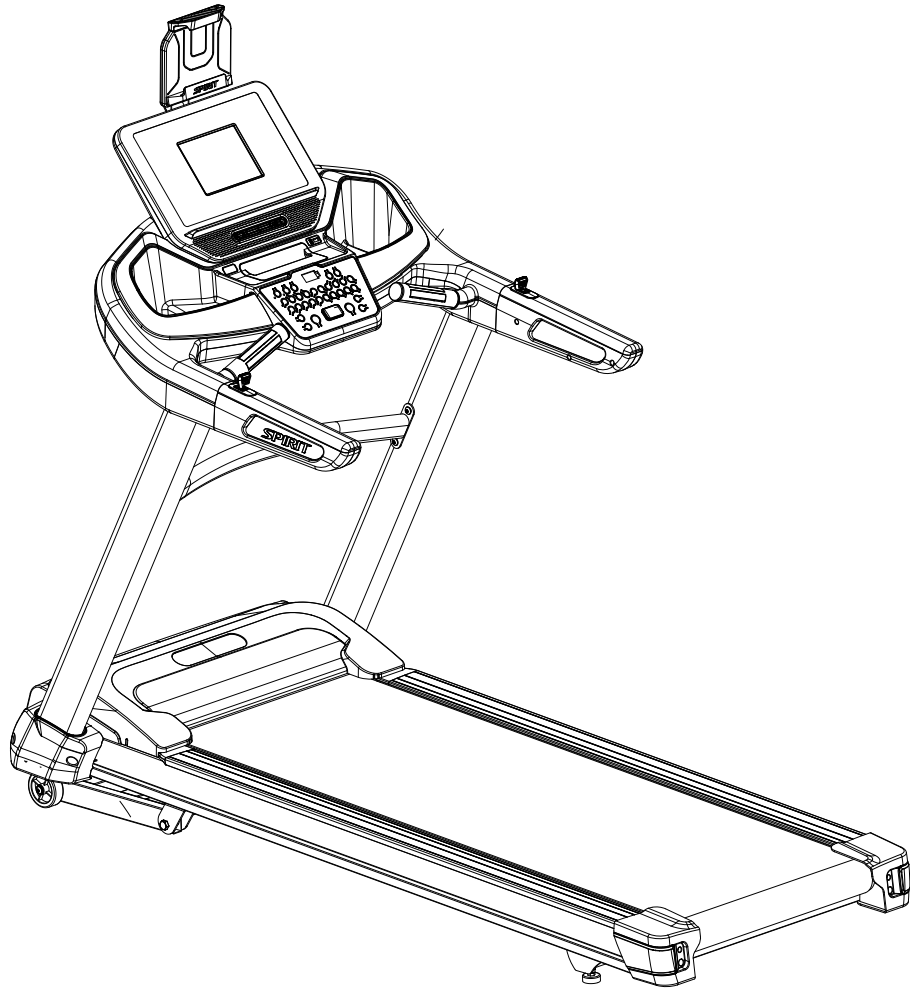


SPIRIT



XT685 TREADMILL

XT685_685823_OM_20231019

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PRODUCT REGISTRATION

Congratulations on your new treadmill, and welcome to the Spirit Fitness family!

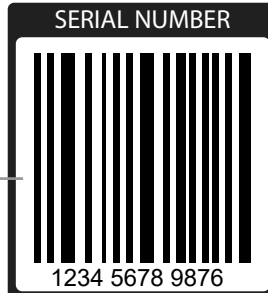
Thank you for your purchase of this quality unit from Spirit Fitness. Your new unit was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come.

If not purchased direct from Spirit Fitness, the local dealership where you purchased this unit is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

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

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

PRODUCT LABELS

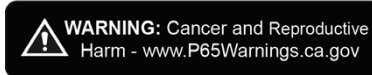


SERIAL NUMBER STICKER

This sticker will be found on the rear of the motor cover. Please record the number below the barcode for the purpose of registering your treadmill's warranty.

SAFETY WARNING STICKER

This sticker will be found on the interior side of your treadmill's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.



PROPOSITION 65 WARNING

This sticker will be found on the interior side of your treadmill's upright. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.

WARNING AVERTISSEMENT

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Consult your physician before use.
- Stop immediately if you become dizzy or experience chest pains and consult your physician.
- Heart Rate monitoring systems can be inaccurate; use them for reference only.
- Read all warnings on the unit and be properly instructed or read the Owner's Manual on how to use before beginning.
- Inspect this machine for damage prior to use.
- Keep body, clothing, and fitness accessories clear of moving parts.
- Risk of personal injury – Keep children under the age of 13 away from machine.

Le non respect de ces directives pourrait entraîner des blessures graves, voir mortelles:

- Consultez votre médecin avant de l'utiliser.
- Arrêtez immédiatement en cas d'étourdissements ou des douleurs à la poitrine et consultez votre médecin.
- Les lectures de fréquence cardiaque peuvent être inexactes; utiliser à titre indicatif seulement.
- Lisez tous les avertissements et les instructions sur l'appareil et dans le manuel du propriétaire avant l'utilisation.
- Inspectez cet appareil pour tout dommages avant de l'utiliser.
- Garder le corps, les vêtements et accessoires d'entraînement à l'écart des pièces mobiles.
- Risque de blessures- gardez les enfants âgés de moins de 13 ans loin de l'appareil.

WARNINGS, COMPLIANCE AND NOTICES

This product has been certified to meet the following standards:

- FCC part 15
- UL
- Bluetooth (with FTMS)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

CAUTION:

- To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter

SAFETY INSTRUCTIONS

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:

injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.

10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for household use.
14. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
15. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
16. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
17. Keep hands away from all moving parts.
18. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
19. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
20. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

21. User Weight Limit: 425 lbs.



Please ensure that you review and adhere to the user weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.

ELECTRICAL SAFETY

WARNING!

Route the power cord away from any moving part of the unit including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit 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 unit 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 temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the unit drive electronics and motor. This is an issue that affects all unit brands. New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier.

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

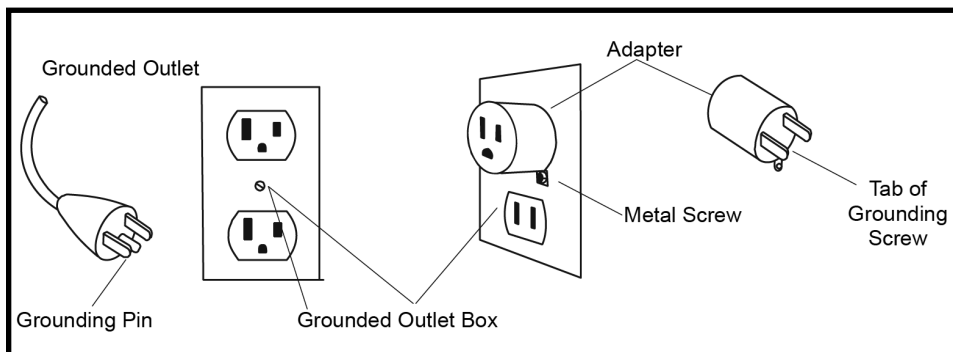
- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your unit; 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.

GROUNDING & LOCATION REQUIREMENTS

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

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

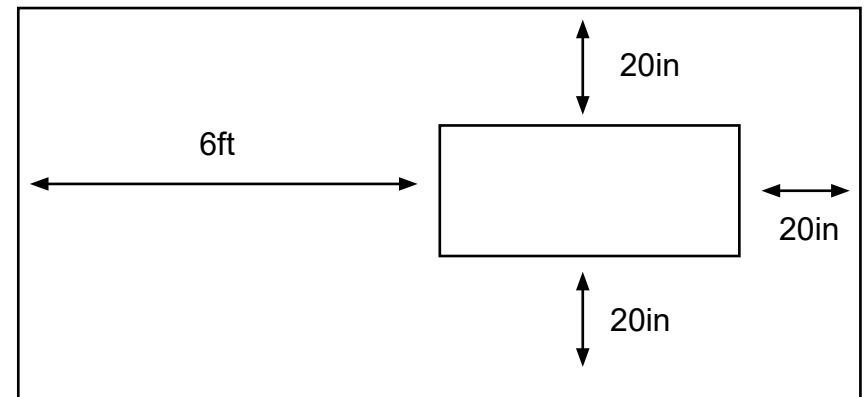
This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. 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.



Location Requirements

After assembling your treadmill, you'll need to make sure you've installed it in a safe area.

- We recommend that you leave an area of at least 20in on the front, and sides of your machine. The front of the unit is where the motor is located.
- We recommend that you leave an area of at least 6ft behind the treadmill.
- Install your treadmill in an area where children and pets cannot access it.
- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.
- Do not install your treadmill on deeply padded, plush, or shag carpet.



PARTS INCLUDED

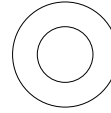
TOOLS INCLUDED:

- L Allen Wrench
- Phillips Head Screwdriver
- Combination M5 Allen Wrench & Phillips Head Screwdriver

PARTS INCLUDED:

- 1 Main Frame
- 2 Uprights
- 2 Console Mast Covers
- 2 Frame Base Covers
- 1 Console
- 1 Deck
- 1 Power Cord
- 1 Lubricant
- 1 Hardware Kit

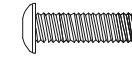
STEP 1.



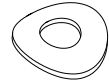
#79. 3/8" x 19 x 1.5T Flat Washer (6 pcs)



#86. Ø10 x 2.0T Split Washer (6 pcs)



#100. 5/16" x 3/4" Button Head Socket Bolt (4pcs)



#124. 8 x 23 x 1.5T Curved Washer (4 pcs)



#123. 3/8" x 2-1/2" Button Head Socket Bolt (6 pcs)

STEP 2.



#86. Ø10 x 2T Split Washer (4 pcs)

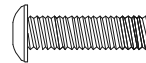


#91. 3/8" x 1-1/2" Button Head Socket Bolt (4 pcs)



#165. M5 x 45L Phillips Head Screw (4 pcs)

STEP 3.



#100. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)

STEP 4.



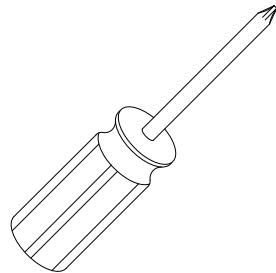
#127. M5 x 10L Phillips Head Screw (4 pcs)



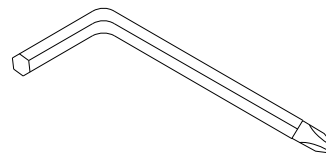
#125. 3.5 x 16L Sheet Metal Screw (8 pcs)



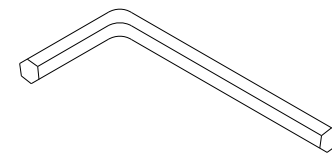
#166. M5 x 25L Phillips Head Screw (3 pcs)



#126. Phillips Head Screw Driver

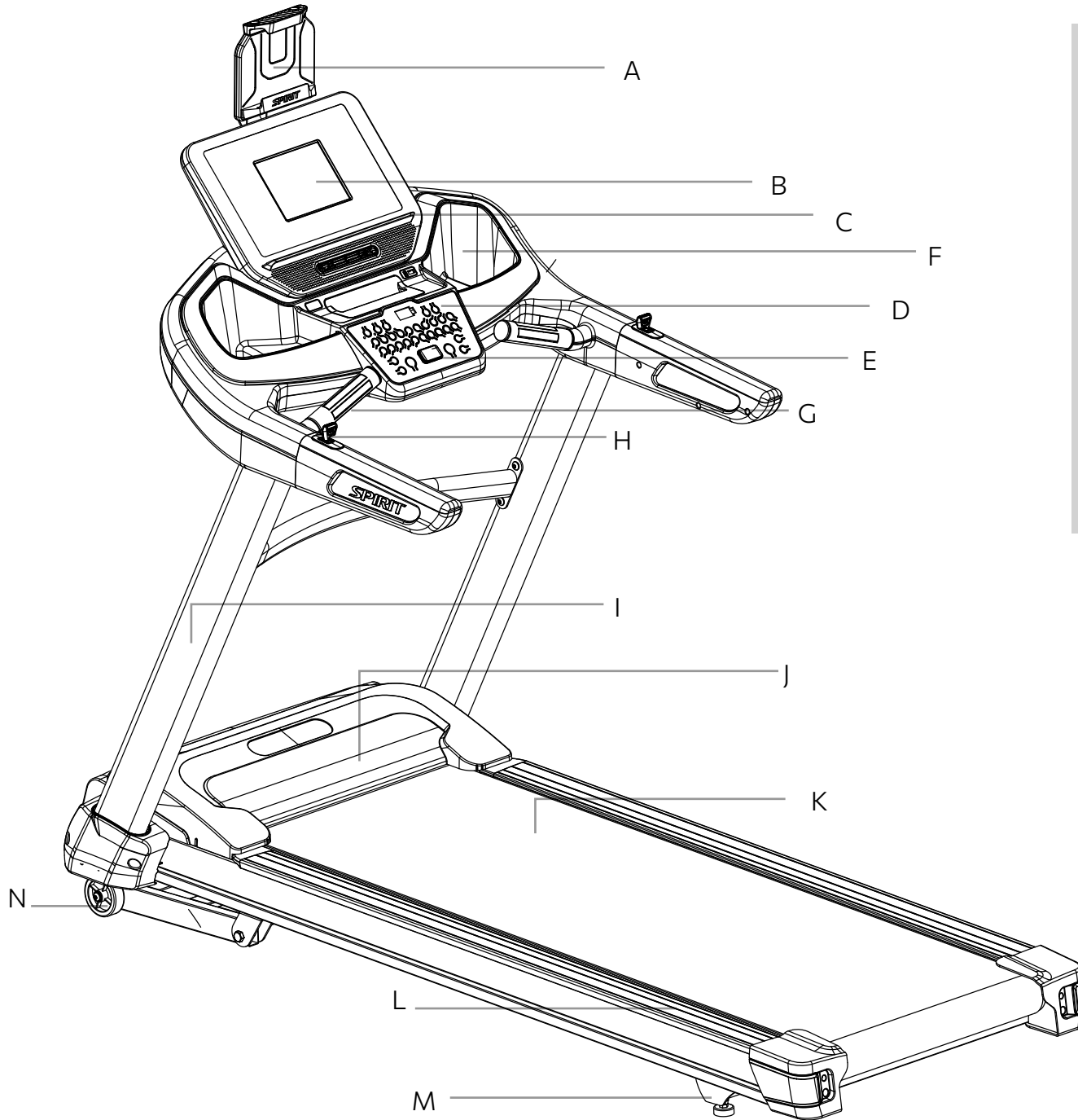


#103. M5_ Combination M5 Allen Wrench & Phillips Head Screw Driver



#104. M6_L Allen Wrench

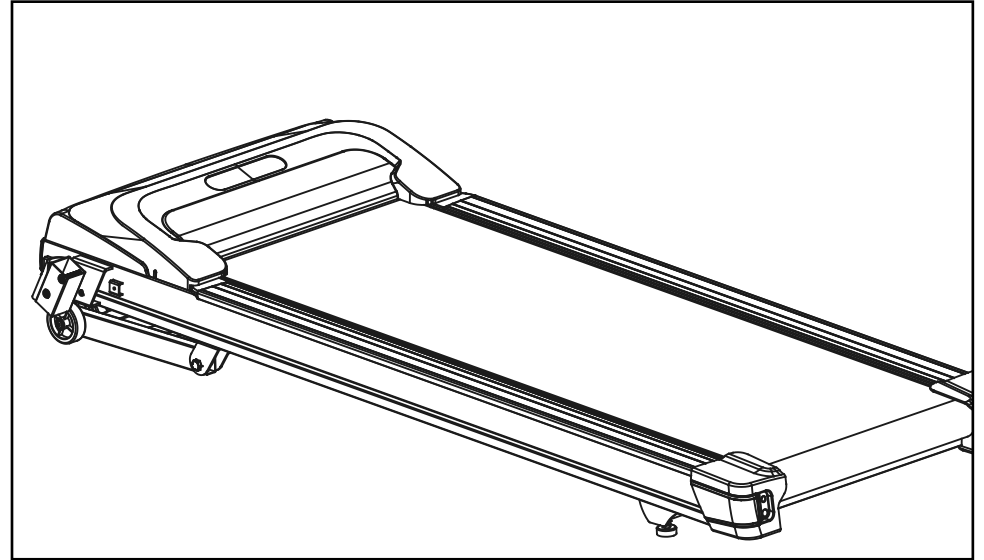
PARTS OF YOUR TREADMILL



- A. Tablet Holder
- B. LCD Screen
- C. Accessory tray
- D. Console buttons
- E. Safety stop key
- F. Cup holders
- G. Hand pulse sensors
- H. Handlebar Speed/Incline
- I. Uprights
- J. Motor cover
- K. Belt
- L. Side rails
- M. Levelers
- N. Transport wheels

PRE-ASSEMBLY

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.
4. 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.

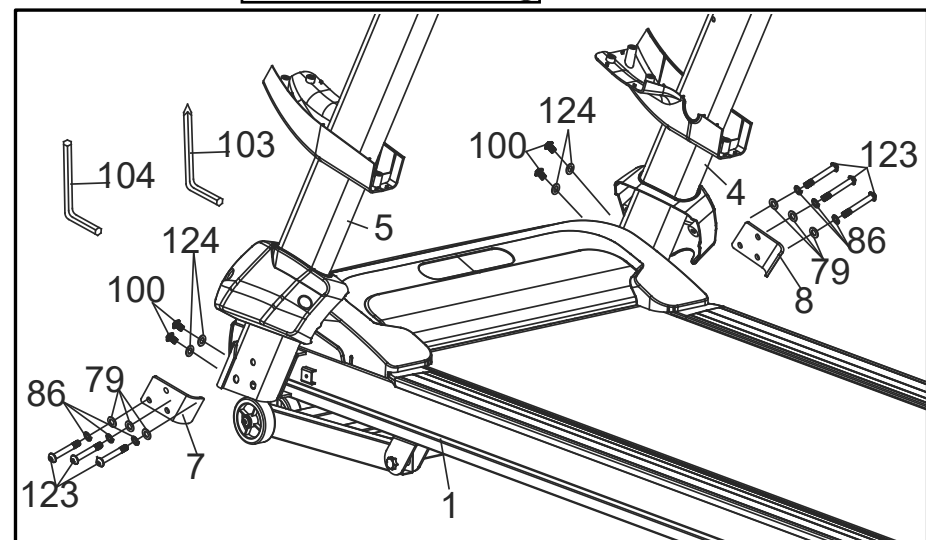
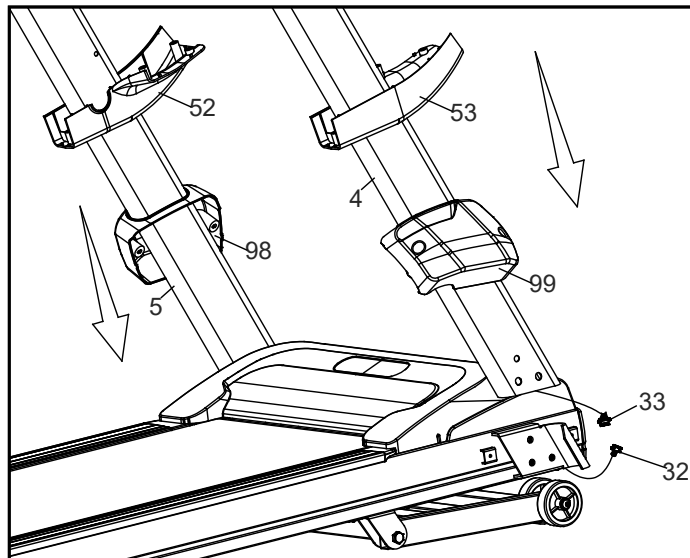
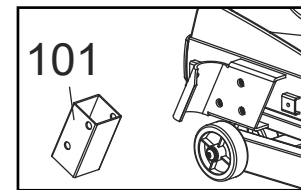
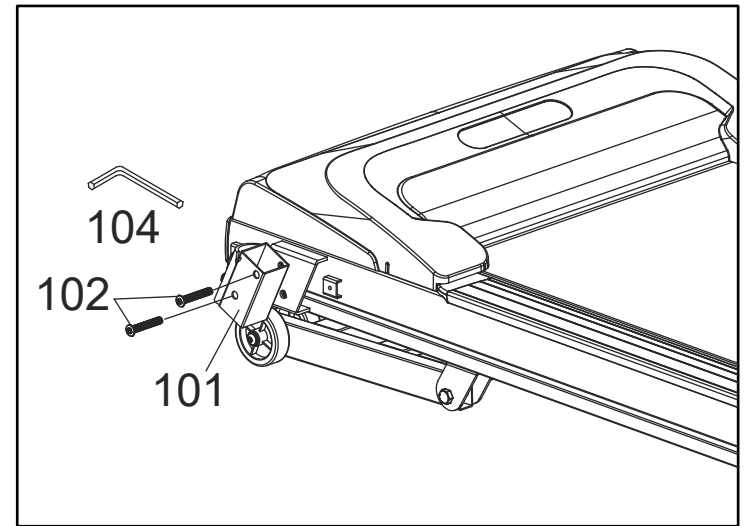


ASSEMBLY

1. Remove 4 pcs $3/8'' \times 2 1/4''$ Flat Head Socket Bolts (102) using the L Allen Wrench (104) and then remove the 2 Fixing Plate Stabilizers (101) on both sides of the unit.

Install the Right and Left Uprights (4,5) into the Upright Cover (L,R) (52,53) and Console Mast Side Cap (L & R)(98,99). Connect the Computer Cable (33) and Computer Cable (Middle)(32).

Insert the Right and Left Uprights (4, 5) onto the Mainframe (1) and use Combination Allen Wrench Head Screw Wrench (103) to tighten four $5/16'' \times 3/4''$ Button Head Socket Bolts (100) together with four $\text{Ø}8 \times 23 \times 1.5\text{T}$ Curved Washers (124) then continue to use L Allen Wrench (104) to tighten the left and right Gusset (7, 8) with six $3/8'' \times 2 1/2''$ Button Head Socket Bolts (123) together with six $\text{Ø}3/8'' \times \text{Ø}19 \times 1.5\text{T}$ Flat Washers (79) and six $\text{Ø}10 \times 2.0\text{T}$ Spring Washers (86).



ASSEMBLY - CONTINUED

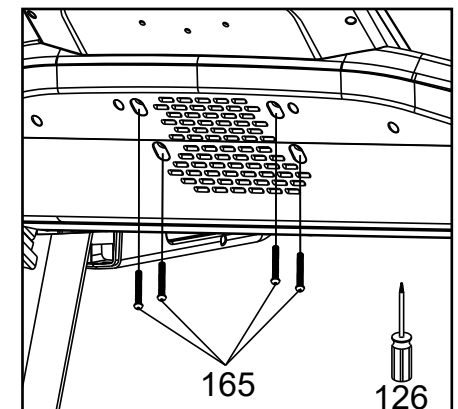
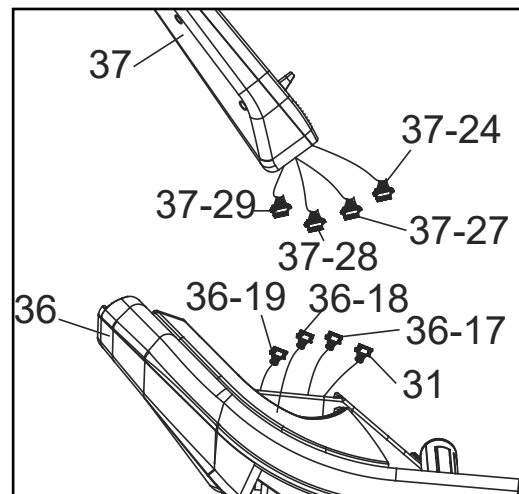
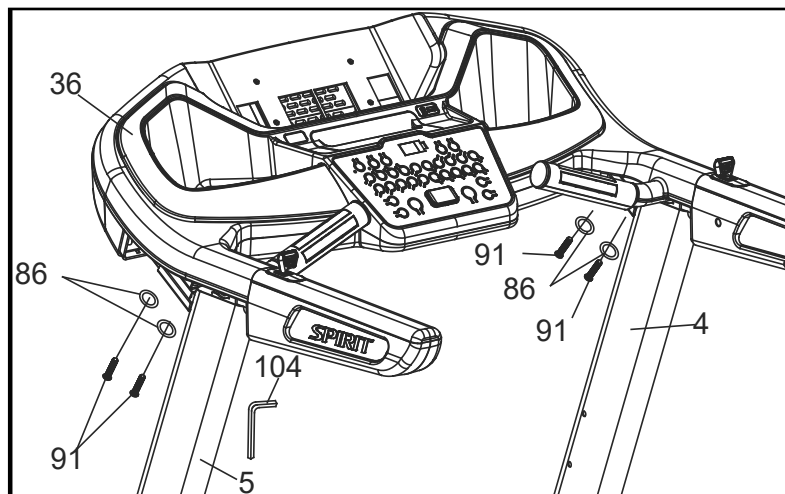
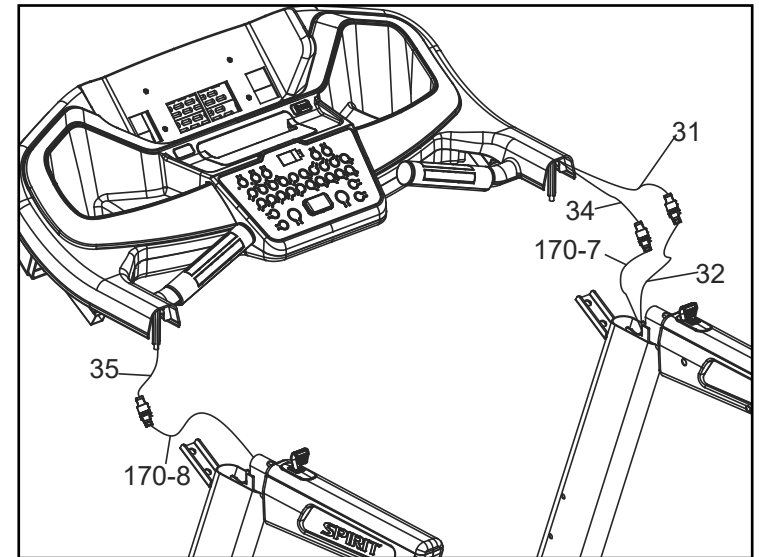
- 2.** Connect the **Speed Cable (170-7)** into the **Speed Cable (Upper)(34)**.
Connect the **Incline Cable (170-8)** into the **Incline Cable (Upper) (35)**.
Connect the **Computer Cable(Middle) (32)** and **Computer Cable (Middle&Upper) (31)**.

Insert **Console Assembly (36)** into the **Right and Left Uprights (4) and (5)** and secure with 4 pcs of **3/8" × 1 1/2" Button Head Socket Bolts (91)** with 4 pcs of **Ø 10 × 2.0T Split Washers (86)** by using **L Allen Wrench (104)**.

NOTE: Please DON'T Tighten All Screws

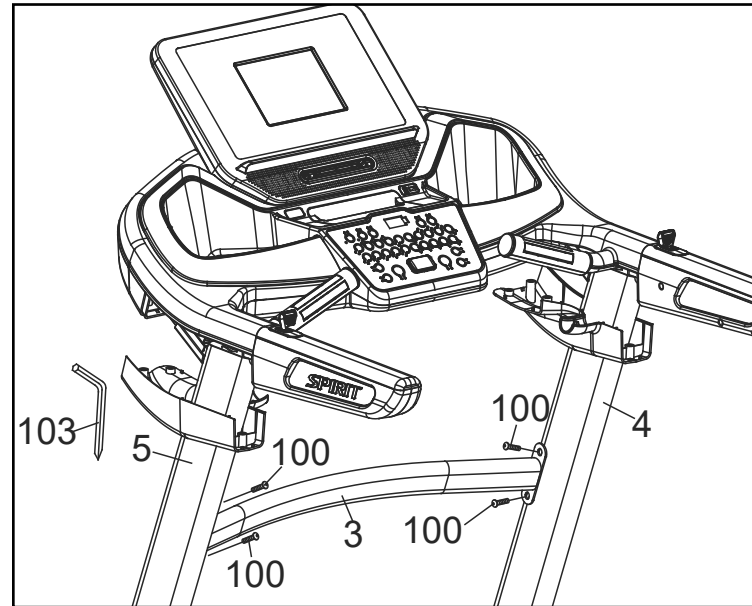
Connect **Computer Cable (37-24)** with **Computer Cable(Middle&Upper) (31)** and connect **Connecting Cable (37-27)** with **Connecting Cable (36-17)** and connect **Connecting Cable(Upper) (37-28)** with **Connecting Cable (Lower) (36-18)** and connect **Connecting Cable(Red) (37-29)** with **Connecting Cable (36-19)**.

Place **Console Assembly(Top) (37)** to the **Console Assembly(Bottom) (36)** and use the **Phillips Head Screw Driver (126)** to tighten 4 pcs of **M5 × 45mm Phillips Head Screws (165)**.



ASSEMBLY - CONTINUED

3. Install the **Handrails Support (3)** between the **Uprights (R, L)(4,5)** with the 4 pcs of five **5/16" × 3/4" Button Head Socket Bolt s (100)** by using the **Combination Allen Wrench Head Screw Wrench (103)**.



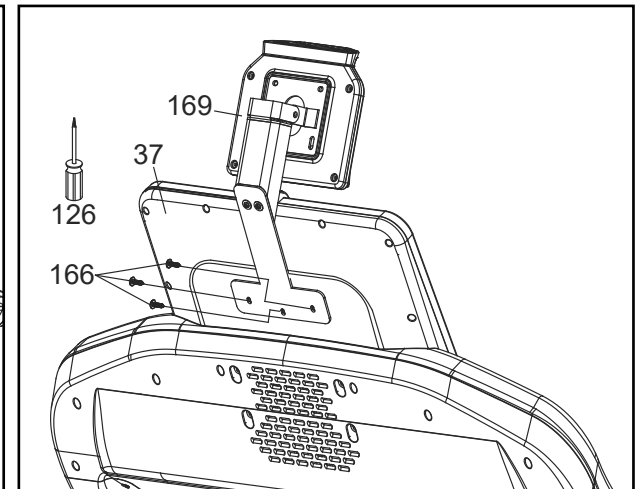
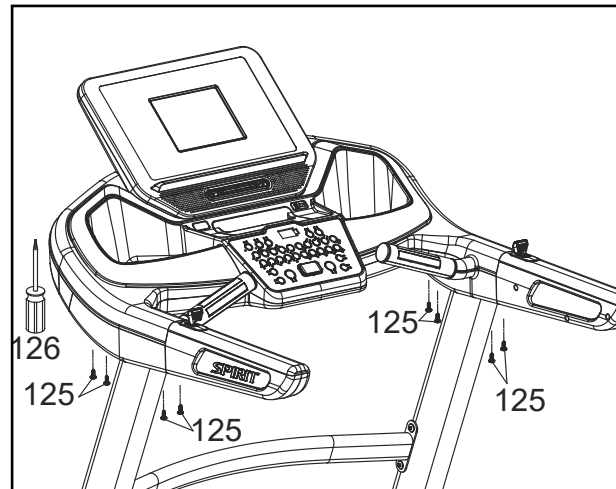
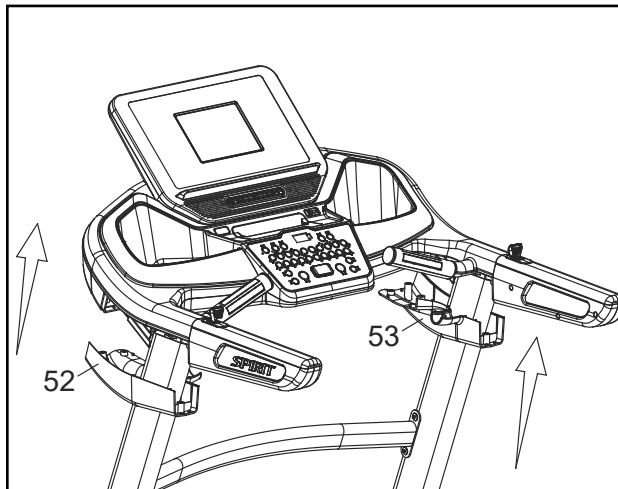
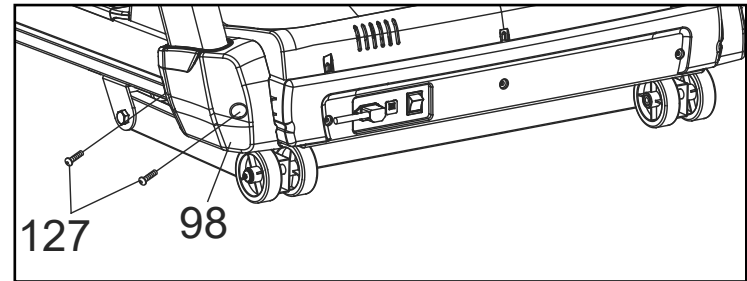
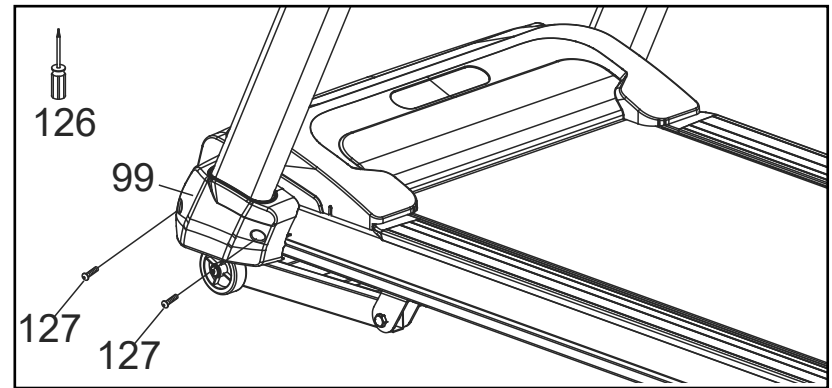
ASSEMBLY - CONTINUED

4. Install **Console Mast Side Cap (R) and (L), (99) and (98)**, on the **Main Frame (1)** and secure with 4 pcs of **M5 × 10mm_Phillips Head Screws (127)** by using the **Phillips Head Screw Driver (126)**.

Install **Upright Cover(L) and (R), (52) and (53)**, on the **right and left Uprights (4) and (5)** and **Console Support (6)** with 8 pcs of **Ø 3.5 × 16L_Sheet Metal Screws (125)** by using **Phillips Head Screw Driver (126)**.

Place the **Tablet Holder (169)** on **Console Assembly(Top) (37)** and use the **Phillips Head Screw Driver (126)** to tighten 3 pcs of **M5 × 25mm Phillips Head Screw (166)**.

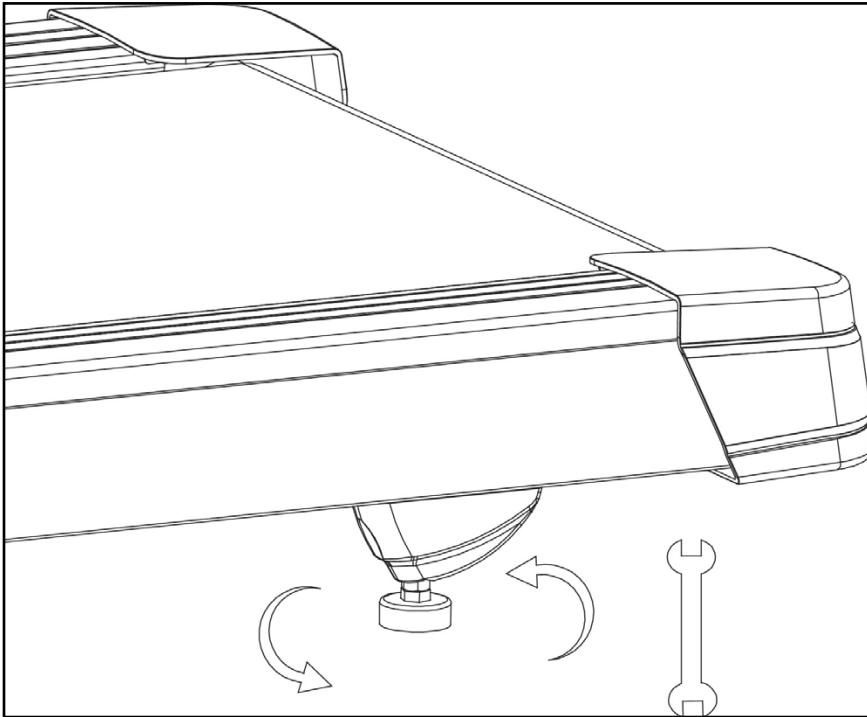
NOTE: Please Tighten All Screw After All Components Assembly Complete.



SETTING UP YOUR TREAD

Leveling

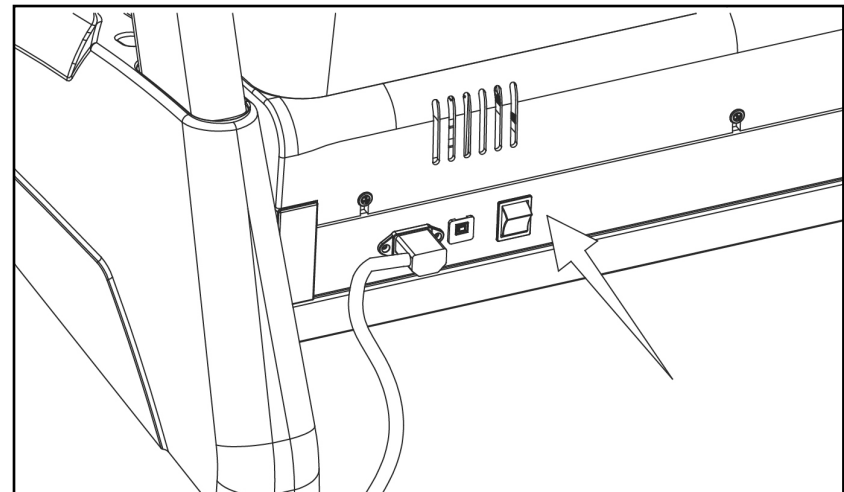
Use a M14 Wrench to adjust the height of the Leveling Feet.



Plugging in and Powering On

Power the unit on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

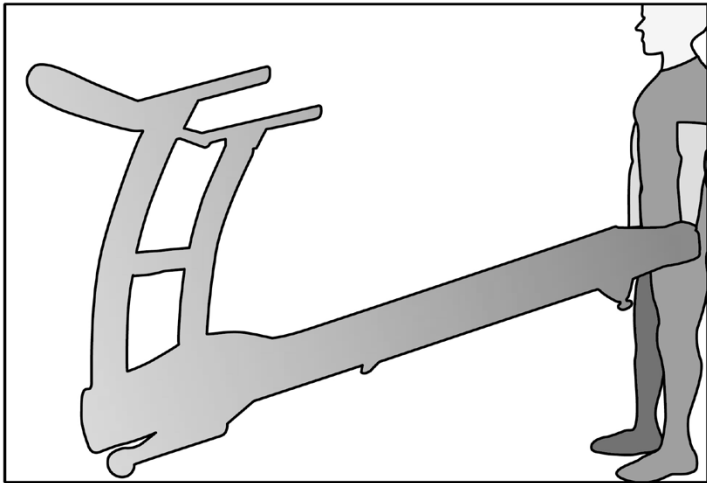
When it is first powered on, the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Message Window will show a software version (i.e.: VER 1.0) and the Distance window will display an odometer reading. The odometer reading displays how many virtual miles the fitness treadmill has gone. The Time window displays how many hours the treadmill has been used. The odometer and time will remain displayed for only a few seconds then the console will go to the startup display. The dot matrix display will be scrolling through the different workout profiles and the Message Window will scroll the start-up message. You may now begin to use the console.



SETTING UP YOUR TREAD - CONTINUED

Moving The Treadmill

Carefully lift the treadmill at the rear roller area, grasping the two end caps, and roll the treadmill away.



SAFETY KEY



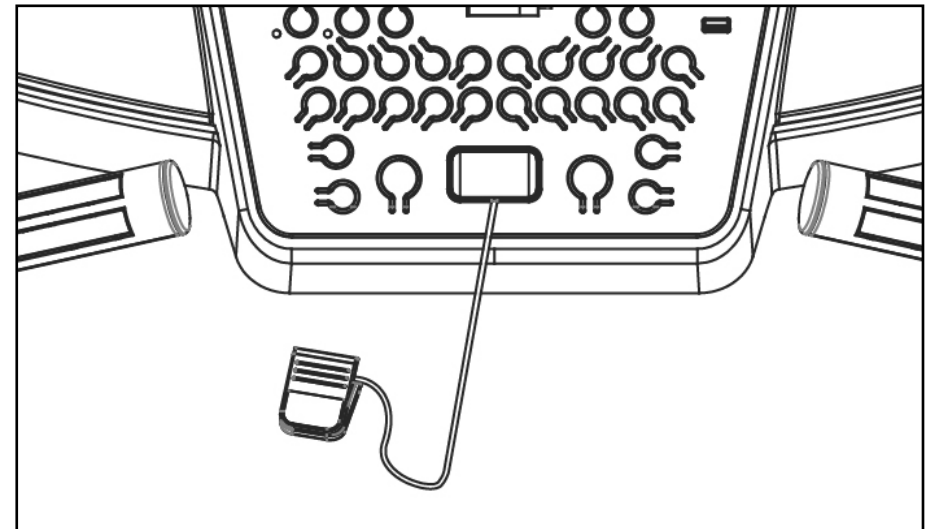
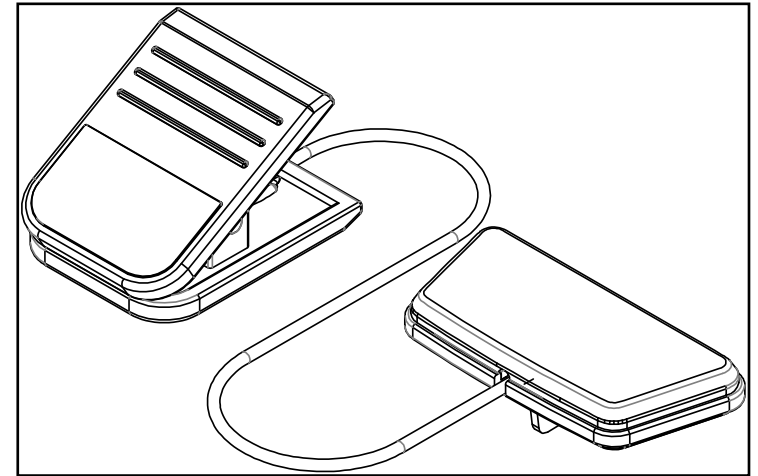
A safety tether cord is provided with this unit.

It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.

Pulling this safety tether cord will stop tread-belt movement.

To Use:


1. Place the magnet into position on the round metal portion of the console control head. Your unit will not start and operate without this. Removing the magnet also secures the unit from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to ensure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The unit will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.



QUICK START

1. Press and release the **Start key** to wake display up (if not already on).
Note: Installing the tether key will also wake up the console.
2. Press and release the **Start key** to begin belt movement, at 0.5 mph, then adjust to the desired speed using the **Speed + / -** or **Fast/Slow** keys (console or hand rail). You may also choose your desired speed level by pressing the 1 through 12 button on the console.
3. To adjust the speed, press and hold **Speed + /- keys** (console or remote handlebar buttons) to achieve desired speed. You may also adjust to the desired speed by pressing the 1 through 12 button on the console.
4. To adjust the **Incline** level, press and hold the **Incline Up / Down keys** (console or remote handlebar buttons) to achieve desired gradient. You may also adjust to the desired incline by pressing the 0 through 15 button on the console.
5. To stop the tread-belt press and release the **Stop** key.

ABOUT YOUR MACHINE

 Always use care and caution when operating your machine. Follow instruction in this manual to ensure safe operation and maintenance of your treadmill



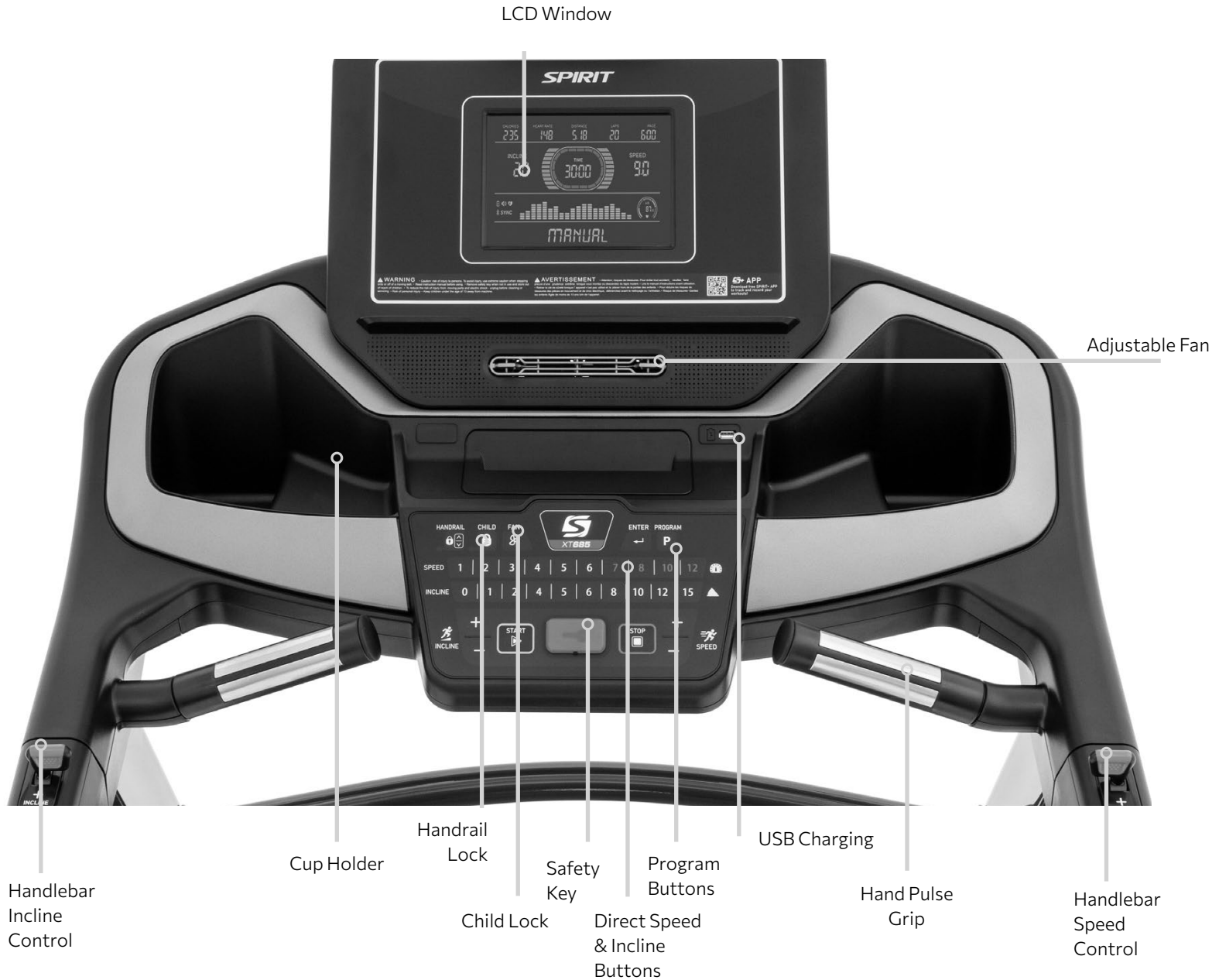
Your new Spirit Fitness treadmill has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions on page 22 and 23 to learn more about using the Bluetooth capabilities to their fullest potential.



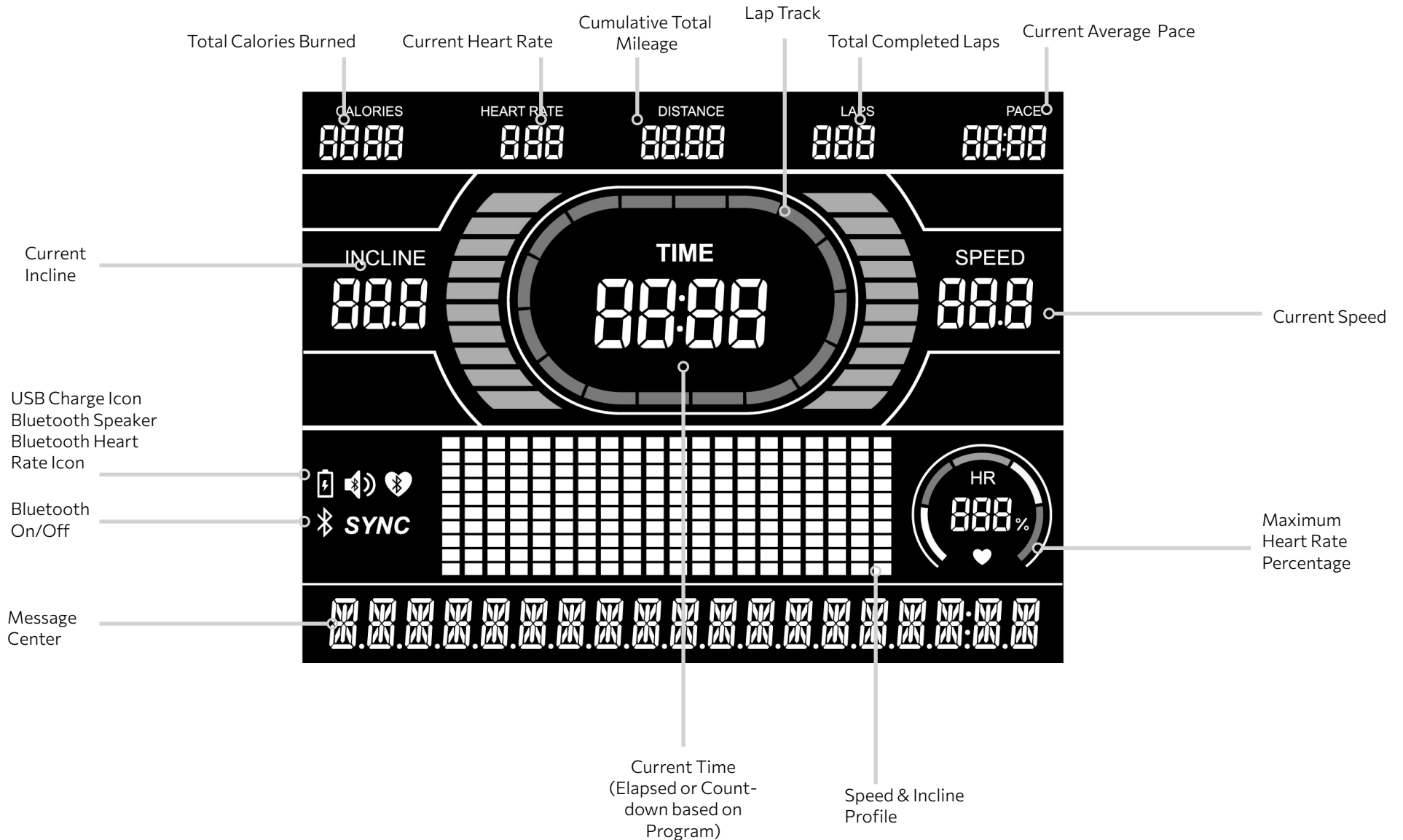
Downloading the Spirit+ app will help unlock more features - such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet, or scan the QR code on the right

Did you know that you can personalize your experience with your new treadmill? Create a profile and save custom workout programs by following the instructions on page 36.

CONSOLE SCREEN - OVERVIEW



CONSOLE SCREEN - WORKOUT MODE



USING THE SPIRIT+ APP

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.


Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the machine for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the spirit + App to operate properly.

The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu. Tap to connect. Now your device can transmit music to the exercise equipment.



The icon  lights up and the heart rate is displayed when successfully connected to a Bluetooth® heart rate chest strap. The icon will be off when the Bluetooth® heart rate chest strap is disconnected.

FEATURES

Handlebar Speed and Incline Controls

The XT685 treadmill allows you to make speed and incline changes using the speed and incline controls located on the handlebar. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the Handrail Control Button which is located on the console next to the child lock button. When the indicator light is lit, the handlebar speed and incline controls are disabled. This allows you to use the full length of the handrails without fear of activating the speed or incline controls.

Direct Speed & Incline Buttons

You are able to set your speed and incline setting quickly by pressing the buttons on the console. Simply choose the desired speed and/or incline level from the console and the treadmill will automatically adjust to that level. This saves time because you don't have to press and hold or hold a button down until reaching the desired value.

Console

The console will display Pace, Calories burned, Time (elapsed or countdown), Distance traveled, Pulse, Speed, Incline, Program Name, number of Laps completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.

Pause / Stop / Preset

1. When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

Note: Pause is executed when the Stop button is pressed once. If the Stop key is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

Child Lock

Your machine is equipped with a child lock feature which disables the buttons on the console to prevent unauthorized use. To turn on, press **Child Lock**, then LED will light up. The treadmill will be in idle mode and cannot be operated. You must hold **Child Lock** for 3 seconds to unlock. After the LED light turns off, then press **START** to operate.

Built-in Fan

The console includes a built-in fan to help keep you cool. To turn the Fan on, press the key on the left side of the console.

FEATURES - CONTINUED

Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the resistance dot matrix window will build a profile “picture” as values are changed during a workout. The speed and incline profiles will display half of the program at one time (10 columns). They will both scroll right to left.

1/4 Mile Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again. The Lap track will move in a counterclockwise direction. There is a lap counter in the message window for monitoring your distance.

Incline

- Incline may be adjusted anytime after belt movement.
- Press and hold the +/- or Up/Down keys (console or handrail) to achieve desired level of effort. You may also choose a more rapid increase/decrease by simply pressing the desired level on the console.
- The display will indicate incline percent increases in increments of 0.5 as adjustments are made.
- The incline will return to zero unless the main power switch or safety key are turned off while at a higher setting.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, and is not to be used for medical purposes.

Pulse Grip Feature

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the stationary grips for the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

Note: Refer to Important Safety Instructions (page 6) concerning Pulse Grip operation.

FEATURES - CONTINUED

Charge Portable Devices with USB port

Charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.



Heart Rate Percent Profile

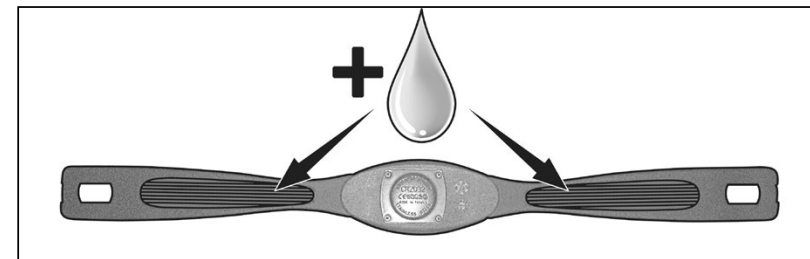
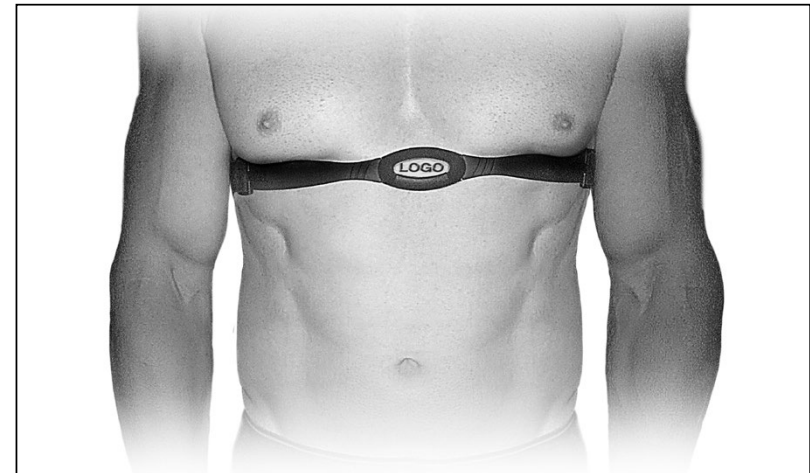
The console LCD screen will display your current heart rate anytime a pulse is detected. The Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any programs. The significance of the graph colors are as follows:

- **0-60% of maximum is White**
- **61-70% of maximum is Blue**
- **71-80% of maximum is Green**
- **81-90% of maximum is Yellow**
- **91% or more is Red**

HEART RATE CHEST STRAP* (NOT INCLUDED)


1. Attach the transmitter to the elastic strap using the interlocking key.
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.
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.



CHEST STRAP WARNING* (NOT INCLUDED)

Erratic Operation

 Caution! Do not use this treadmill 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 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 Spirit Fitness.

HEART RATE EXERTION

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 80% is recommended for strengthening the cardiovascular 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)

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

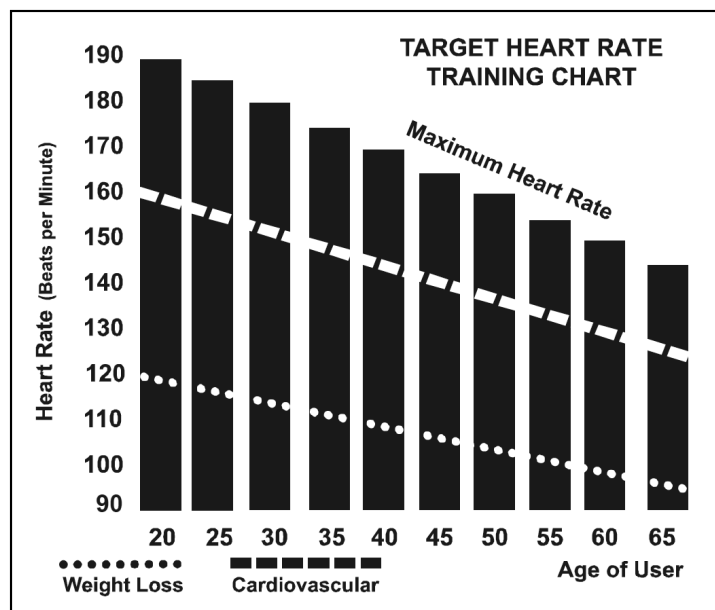
$180 \times .8 = 144$ beats per minute (80% of maximum)

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 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 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

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



HEART RATE - 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 known 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 on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. 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 difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

PROGRAMS INTRO

Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information 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 programs to ensure the correct predicted target heart rate zone. 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 only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

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 treadmill, 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. Each preset program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

Entering a Program and Changing Settings

When you enter a program, by pressing the **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.

PROGRAMS - TO SELECT AND START A PROGRAM

The treadmill offers eight factory preset programs, two custom user defined programs, three target programs and one Manual program.

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window. Also included are two user programs (**CUSTOM 1** and **CUSTOM 2**) for custom workouts.

1. Press **PROGRAM** key to select the desired program (**Hill, Fat burn, Cardio, Strength, or HIIT**). Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
2. If **Enter** was pressed, the **Message center** will now be blinking a value, indicating your **Age** (default is 35). Entering your correct age affects the heart rate Graph Display and the Heart Rate programs. Use the **+ or - keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the HR Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message center will now be blinking a value, indicating your **Body Weight** (default is 150 lb/ 70kg). Entering the correct body weight will affect the calorie count. Use the **+ or - keys** to adjust, then press **Enter**.

A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

4. The **Message Center** will be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the **+ or - keys** to adjust the time. After adjusting, or to accept the default, press **Enter**. (Note: You may press start at any time during the programming to start the program).
5. The **Message Center** will now be blinking the preset top speed of the selected program (3 mph or 5 kmph). Use the **Speed + or - keys** to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The **Message Center** will be blinking the preset top incline of the selected program. Use the **Incline + / - keys** to adjust, then press **Enter**. You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.

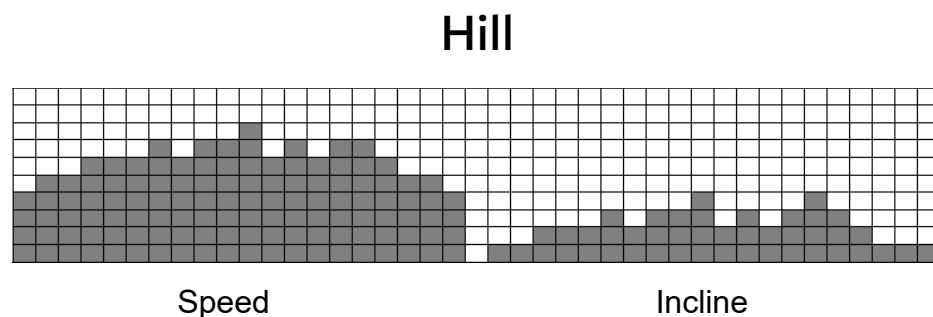
PROGRAMS - PRESET

The treadmill has eight different programs that have been designed for a variety of workouts. Six of these programs have factory preset Speed and Incline 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

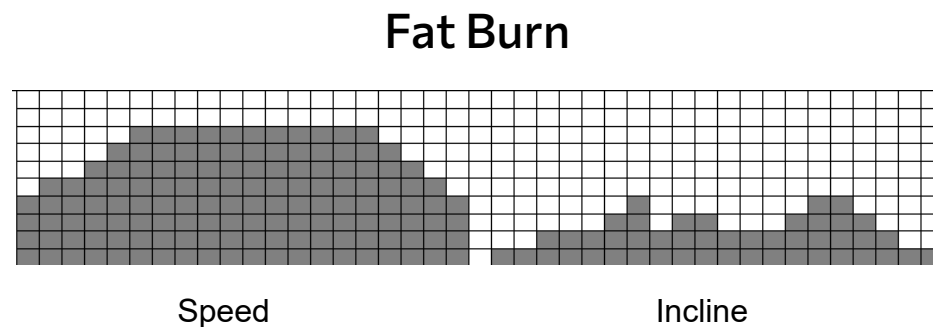
Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



Fat Burn

This program follows a quick progression up to the maximum speed 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.

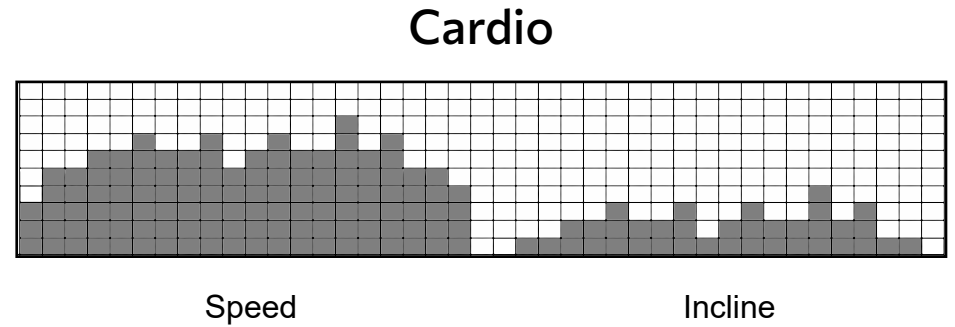


PROGRAMS

Cardio

This program presents a quick progression up to near maximum speed 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

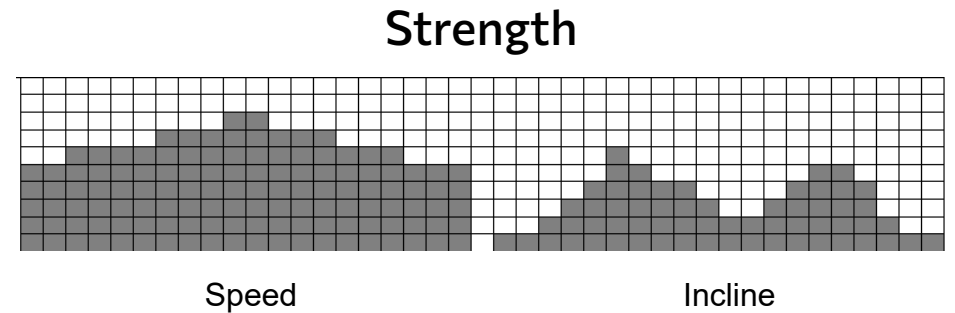
Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout.



Strength

This program has a gradual progression of speed 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.

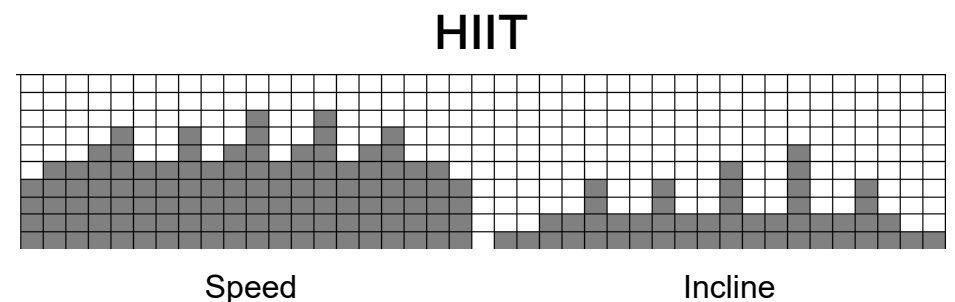
Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



HIIT

The HIIT program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

Incline: This program will spike similar to the speed 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.



PROGRAMS

Fusion

Resistance: This program takes you through high levels of cardio & strength 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 speed 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.

1. Press **PROGRAM** key to select FUSION program. The display will prompt you through the programming.
2. The Message Center will now be blinking a value, indicating your **Age** (default is 35). Entering your correct age affects the heart rate Graph Display and the Heart Rate programs. Use the **speed + or - keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the HR Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your **Body Weight** (default is 150lb / 70kg).

Entering the correct body weight will affect the calorie count. Use the **+ or - keys** to adjust, then press **Enter**.

Note: on average you will complete 15-20 repetitions of the strength exercise in a 0:30 interval. As a general rule, the longer the interval, the less weight (dumbbells) and speed (treadmill) required; use the **+ or - keys** to adjust, then press **Enter**.

4. The Message Center will now be blinking the preset top speed of the selected program (3 mph or 5 kmph). Use the **speed + or - keys** to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
5. The Message Center will be blinking the preset top incline of the selected program (1.0%). Use the **speed + or - keys** to adjust, then press **Enter**.
6. The Message Center will be blinking the # of intervals desired (default is 10; you may select 10, 20, or 30). Use the **speed + or - keys** to adjust, then press **Enter**.
7. The Message Center will be blinking the desired Interval time (default is 1:00). The time you select will be the duration of both the cardio & strength intervals.
8. The Message Center will be blinking the desired recovery time the default setting is 0:30 you desire after completing both the cardio & strength intervals. Use the **+ or - keys** to adjust, then press **Enter**.
9. You are now done programming data and may press **Start** to begin your workout.

PROGRAMS

Program-Example

- The user selects 10 intervals (5 cardio and 5 strength) with the following interval durations – length of each cardio & strength interval is 0:30, recovery interval is 1:00
- Program begins with a 3:00 warm up (1:00 @ 1mph/kmph, 1:00 @ 2mph/kmph, and 1:00 @ 3mph/kmph)
- 1st cardio interval begins, lasting 0:30; console counts down to 0:00 and the Message Center displays “STRENGTH INTERVAL 1 BEGIN DUMBBELL ROW”
- User steps off of the treadmill to perform the strength exercise. The console counts down to 0:00 and beeps 3x signaling the user to get back on the treadmill.
- Console displays “PRESS START TO BEGIN RECOVERY”; user walks @ 2mph/kmph for 1:00
- Console then displays 2nd cardio interval and the process proceeds until the user has performed 5 cardio, strength, and recovery intervals; the 5 strength exercises will be performed sequentially as listed in this manual.
- The last 2:00 are a Cool Down phase with the user walking on the treadmill @ 2 mph/kmph
- If 20 intervals was selected, you would perform each strength exercise twice, before moving on to the next exercise. If 30 intervals is selected, you will perform each exercise once, then repeat the sequence of all 5 exercises a 2nd & 3rd time.

Caution:

Exercises that require dumbbell use - Select a pair of dumbbells that you will be able to safely and effectively maneuver over the strength interval time you have chosen.

Dumbbell bent over row

EMPHASIS: MID/UPPER BACK & FRONT OF ARMS

1. Grasp the dumbbells with an overhand grip and arms fully extended in front of thighs; feet are spaced shoulder width apart.
2. Maintain a slightly arched lower back throughout the exercise (see side view)
3. Begin the exercise by drawing your elbows up and out until there is a 90° bend in your elbows
4. Slowly lower the dumbbells back to the start position
5. Repeat this sequence for the duration of the strength interval

PROGRAMS

Program Example - Continued

Push up

EMPHASIS: CHEST, SHOULDERS, & BACK OF ARMS

There are two variations of this exercise. If you aren't able to perform the exercise, place your knees on the floor, a padded mat, or a pillow. Also, a wider hand position places more emphasis on the chest and shoulder muscles, while a narrower hand position places more emphasis on the Tricep muscles (back of the arm)

1. Place your hands on the floor or a set of dumbbells (Caution: be aware that the dumbbells may roll and result in injury, especially if the ends are round); draw your stomach muscles towards your spine to maintain a straight line between your ankles and shoulders
2. Begin with your elbows bent at 90°
3. Fully straighten your arms
4. Repeat this sequence for the duration of the strength interval.

Dumbbell shoulder press

EMPHASIS: SHOULDERS

1. Hold the dumbbells at shoulder height with an overhand (palms facing forward) or neutral (palms facing one another) grip
2. Press the dumbbells straight overhead until your arms are fully extended
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval

Dumbbell tricep overhead extension

EMPHASIS: BACK OF ARMS

1. Hold the dumbbells at shoulder height behind your head with a neutral grip (palms facing one another); your elbows should be pointed straight ahead
2. Raise the dumbbells overhead until your arms are fully extended; your upper arms should remain stationary, pivoting at the elbows
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval

DUMBBELL BICEP CURL

EMPHASIS: FRONT OF ARMS

1. Hold the dumbbells with an underhand grip (palms facing forward) beside your thighs
2. Tuck your upper arms into your ribcage
3. Curl the dumbbells to shoulder height by pivoting at your elbows
4. Slowly lower to the start position
5. Repeat this sequence for the duration of the strength interval

PROGRAMS

5K or 10K Program

5K Run, 10K Run programs automatically set a target distance for your workout (5 km and 10 km, respectively). When the program begins the Distance will count down; once it reaches zero the program ends. Program ends when the target distance is reached.

*Please note that the Speed readout is in MPH if the console is not set to Metric readings.

1. Press **PROGRAM** key to select the 5K or 10K program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
2. If **Enter** was pressed, the **Message center** will now be blinking a value, indicating your **Age** (default is 35). Use the **+ or – keys** to adjust, then press **Enter**.
3. The **Message center** will now be blinking a value, indicating your **Body Weight** (default is 150 lb / 70kg). Use the **+ or – keys** to adjust, then press **Enter**.
4. The **Message Center** will be blinking a value, indicating Speed (the default value is 0.5 mph). You may use any of the + or - keys to adjust the speed. After adjusting, or to accept the default, press **Enter**.
5. You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.

Countdown Mode

Target programs can be set a **Target Time, Target Distance or Target Calories** for your workout. When the program begins the target item will count down; once it reaches zero the program ends.

1. Press **PROGRAM** key to select TARGET PROGRAM, then press **Enter**.
2. Press **PROGRAM** key to select the Target Time program, Target Distance program or Target Calories program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
3. If **Enter** was pressed, the Message center will now be blinking a value, indicating your **Age** (default is 35). Use the **+ or – keys** to adjust, then press **Enter**.
4. The Message center will now be blinking a value, indicating your **Body Weight** (default is 150 lb/ 70kg). Entering the correct body weight will affect the calorie count. Use the **+ or – keys** to adjust, then press **Enter**.
5. In Target Time program, the Message Center will be blinking a value, indicating **Time** (the default value is 5 minutes) In Target Distance program, the Message Center will be blinking a value, indicating **Distance** (the default value is 1.0 mile) In Target Calories program, the Message Center will be blinking a value, indicating **Calories** (the default value is 300). You may use any of the **+ or - keys** to adjust the target item. After adjusting, or to accept the default, press **Enter**.
6. You are now done programming data and may press **Start** to begin your workout.

PROGRAMS

Custom Workout Program

1. Press **PROGRAM** button to select CUSTOM PROGRAM, then press **Enter**.
 2. Press PROGRAM button to select **CUSTOM 1** or **CUSTOM 2** then press **Enter**. Note that the dot matrix display portion will have a single row of segments at the bottom (Unless there is a previously stored program).
 3. If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The message window will display and flash the letter "A". To change it, press the **Speed + key**, then "B" will be displayed; if the **Speed - key** is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press enter. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press **Stop** and it will be stored under either **CUSTOM 1** or **CUSTOM 2**.
 4. The Message Center will now be blinking an Age value. Use the **Incline +/- keys** or **Speed +/- keys** to adjust. Press **Enter**. This is a must to continue even if age is not adjusted.
 5. The Message Center will now be blinking a bodyweight value. Enter your bodyweight and press **Enter**.
 6. Note the clock/Message Center is flashing. Use the **+ / - keys** to adjust up from 30 minutes (if desired). Press the **Enter** key. This is a must to continue even if time is not adjusted.
 7. The first column (segment) will now be blinking. Using the **Speed +/- keys** or **Direct Access keys**, adjust the speed level to your desired effort for the first segment then press **Enter**. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.
- Note: While in a User program, if you change the speed, all segment speeds from there on will also change.
- Examples: If you increase your current speed 1 mph (1.6 kmph), the remaining segment speeds will increase by 1 mph (1.6 kmph). If you decrease your current speed 0.5 mph (0.8 kmph), the remaining segment speeds will decrease by 0.5 mph (0.8 kmph), etc.
8. Press the **Start** button to begin the workout and also save the program to memory.
 9. The profile picture will be re-scaled to fit in the window, but the actual speed and incline settings will remain the same as programmed.

PROGRAMS

Heart Rate Program Operation

You must use a wireless chest strap transmitter to use the heart rate program. Heart Rate programs operate the same, the only difference is that **HR1** is set to 55%, **HR2** is set to 65%, **HR3** is set to 75% and **HR4** is set to 85% of the maximum heart rate. They are programmed the same way. To start an HR program follow the instructions below or just select the **HR 55%**, **HR 65%**, **HR 75%** or **HR 85%** 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 **PROGRAM** KEY to select HR PROGRAM then press ENTER.
2. Press the **PROGRAM** key to select target HR 55%, target HR 65%, target HR 75% or target 85%, then press the **Enter** key.
3. The Message Center will ask you to enter your **Age**. You may enter your age, using the **Speed + or - 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 **Speed + or - keys**, then press **Enter** to continue.
5. Next is **Time**. You may adjust the time using the **Speed + or - keys** and press **Enter** to continue.
6. 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 **Speed + or - 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.

7. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.

Note: At any time during the editing of Data you can press the **Stop** key to go back one screen.

8. If you want to increase or decrease the workload at any time during the program press the **Incline + or - key** on the console or left handlebar. This will allow you to change your target heart rate at any time during the program.

MAINTENANCE & CARE

Post-Workout Machine Care

1. Store your machine according to the folding instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the machine.
3. Use a microfiber cloth to clean the touchscreen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

General Cleaning

Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your unit on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate.



UNPLUG THE POWER CORD BEFORE THIS TASK.

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.

MAINTENANCE & CARE - CONTINUED

Treadbelt Tracking Adjustment

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

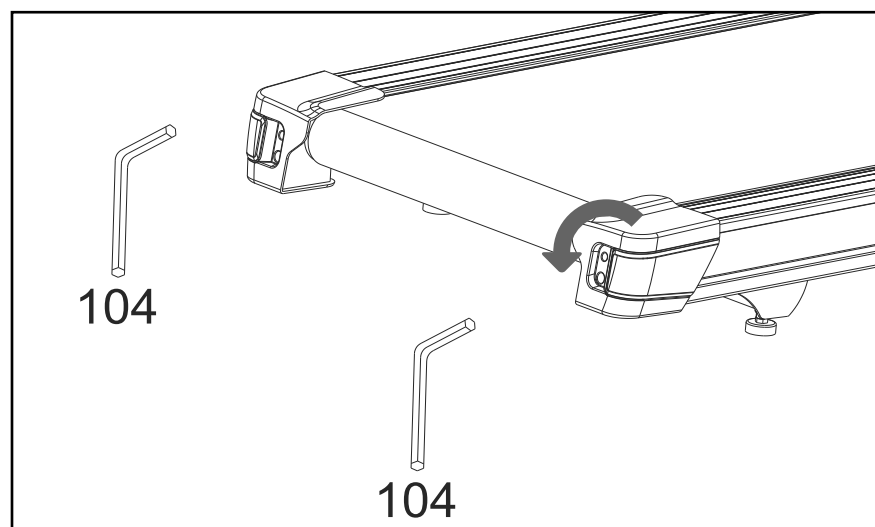
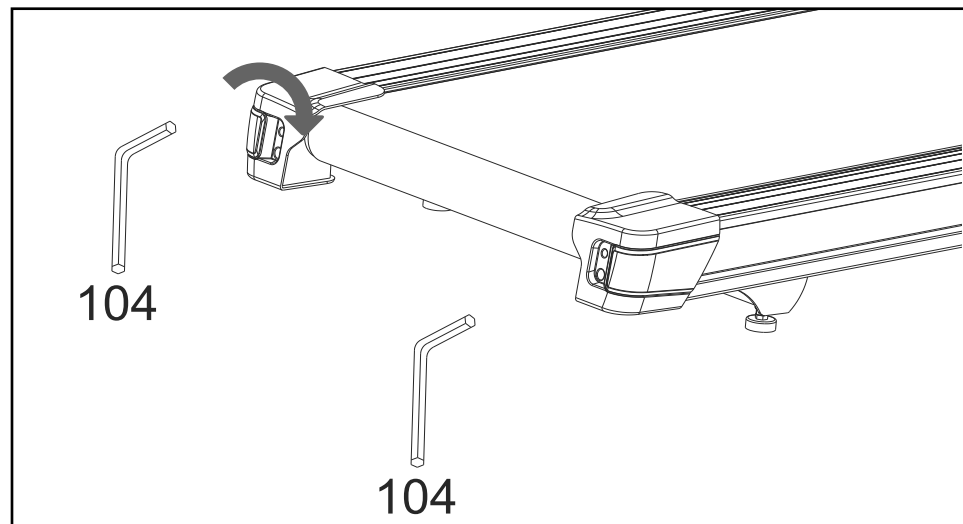
An 6mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away.

If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.



Damage to the running belt resulting from improper tracking / tension adjustments is not covered under the Spirit Fitness warranty.



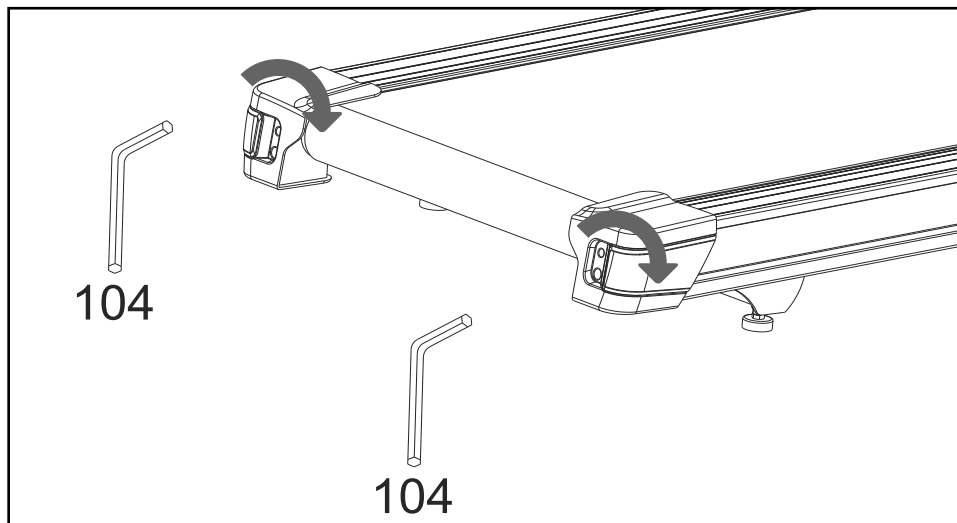
MAINTENANCE & CARE - CONTINUED

Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface.

Adjustment must be made from the rear roller with the 6mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

BELT / DECK GENERAL MAINTENANCE

Your treadmill uses a 2-ply belt that is pre-lubed with a high-efficient proprietary liquid wax combination to minimize friction while extending the life of the belt and deck.

Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

BELT AND DECK CLEANING & CALIBRATION PROCEDURE

Belt & Deck Cleaning

To clean your treadmill belt:

1. Ensure that your machine is off, and that the power cord is unplugged to minimize risk of injury.
2. Grab one edge of the treadmill belt, and lift slightly to expose the area between the top of the treadmill base and the running belt.
3. Do a visual check for any dirt or debris accumulation.
4. Should dirt and debris be present, slide a towel or cleaning cloth between the treadmill belt and top of the treadmill base until you can grasp one end on each side. (The cleaning cloth should be longer than the running belt is wide to achieve this.)
5. Using both hands, drag the cleaning cloth up and down the length of the treadmill base 1-2 times.
6. For excessive dirt accumulation, rotate the belt halfway, and repeat step 5. Continue until your cleaning cloth is no longer picking up any dirt.
7. Remove cleaning cloth from treadmill before plugging back in.

Calibration Procedure

1. Remove the Safety Key.
2. Press and hold **Start** and **Speed +** buttons and at the same time replace the Safety Key. Continue to hold **Start** and **Speed** keys until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the **incline +/- key** to show which you want, then press **Enter** (The maximum speed value is displayed in the speed window, and the maximum elevation value is displayed in the incline window.)
4. Adjust the maximum speed (if needed) to 12.0 mph and then press **Enter**.
5. Adjust the minimum speed (if needed) to 0.5 mph and then press **Enter**.
6. Make sure the wheel size diameter is 3.01 then press **Enter**.
7. Grade return – On (This allows the incline to return to zero when **Stop** button is pressed. For sale in Europe, EU standards require this to be off)
8. Press **Start** button to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

If the calibration does not pass you may need to check the speed sensor alignment.

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished.

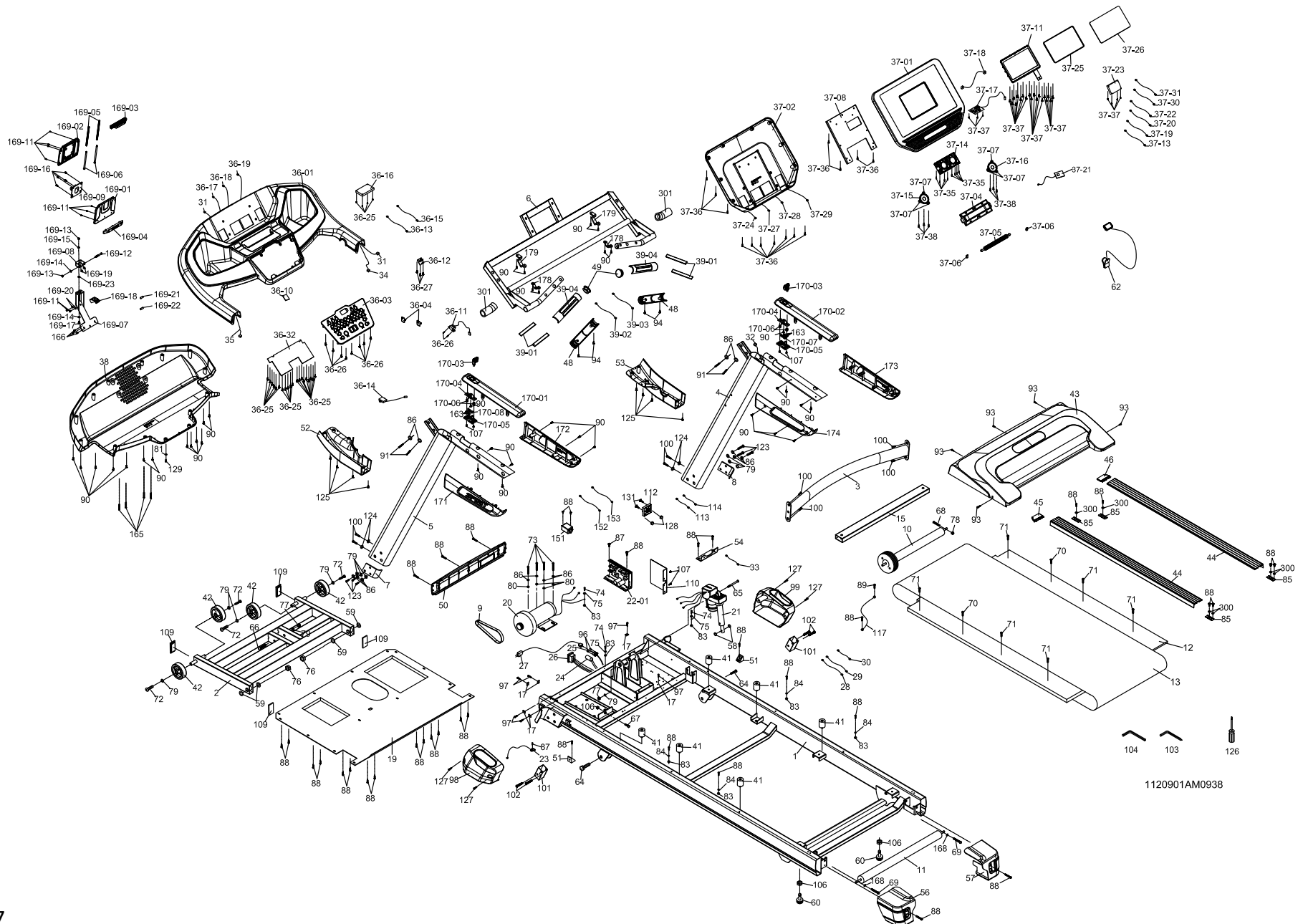
ENGINEERING MODE MENU

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 Engineering Mode Menu, 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 Engineering Mode Menu. 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. Functions (Press Enter to access settings and Speed + or- arrow to scroll)
 - Sleep Mode (Turn on to have the console power down automatically after 15 minutes of inactivity)
 - Pause Mode (Turn on to allow 5 minutes of pause, turn off to have the console pause indefinitely)
 - Maintenance
 - Units (Sets the display to readout in English or Metric display measurements)
 - BEEP (After closing, there is no sound for key operation)
4. Child Lock (Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Child Lock buttons for 3 seconds to unlock the console.)
5. Exit

EXPLODED VIEW DIAGRAM



1120901AM0938

PARTS LIST

1	Main Frame	1
2	Incline Bracket	1
3	Handrail Support	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Gusset (L)	1
8	Gusset (R)	1
9	Drive Belt	1
10	Front Roller W/Pulley	1
11	Rear Roller	1
12	Running Deck	1
13	Running Belt	1
15	Deck Cross Brace	1
17	Wire Tie Mount	6
19	Frame Cover	1
20	Drive Motor	1
21	Incline Motor	1
22-01	Motor Controller	1
23	1200m/m_Sensor W/Cable	1
24	Breaker	1
25	Power Socket	1
26	On/Off Switch	1
27	Power Cord	1
28	70m/m_Connecting Wire (Black)	1
29	150m/m_Connecting Wire (White)	1
30	150m/m_Connecting Wire (Black)	1

31	800m/m_Computer Cable(Middle&Upper)	1
32	1250m/m_Computer Cable(Middle)	1
33	550m/m_Computer Cable	1
34	800m/m_Speed Cable (Upper)	1
35	800m/m_Incline Cable (Upper)	1
36	Console Top Cover(big)	1
36-01	Console Top Cover(big)	1
36-03	Front Console Cover (Inner)	1
36-04	Square Magnet Stop Plate	2
36-10	Console Display Board	1
36-11	300m/m_Safety Switch Module W/ Cable	1
36-12	Console Display Board	1
36-13	Connecting Wire(Red)	1
36-14	Receiver, HR	1
36-15	350m/m_Connecting Wire	1
36-16	Interface Board	1
36-17	450m/m_Connecting Cable	1
36-18	450m/m_Connecting Cable (Lower)	1
36-19	450m/m_Connecting Cable	1
36-25	2.3 × 6mm_Sheet Metal Screw	24
36-26	3.5 × 12mm_Sheet Metal Screw	10
36-27	3 × 10mm_Sheet Metal Screw	3
36-32	Key Board	1
37	Console Assembly(Top)	1
37-01	Console Top Cover	1
37-02	Console Bottom Cover	1
37-04	Wind Duct (R)	1
37-05	Deflector Fan Grill	1
37-06	Fan Grill Anchor	2

PARTS LIST

37-07	Speaker Grill Anchor	6
37-08	Gusset	1
37-11	Console Display Board	1
37-13	Connecting Cable	1
37-14	500m/m_Fan Assembly	1
37-15	200m/m_Speaker W/Cable	1
37-16	450m/m_Speaker W/Cable	1
37-17	Amplifier Controller	1
37-18	300m/m_Amplifier Cable	1
37-19	300m/m_Connecting Wire	1
37-20	300m/m_Safety Key Connecting Wire	1
37-21	Bluetooth	1
37-22	150m/m_Connecting Wire	1
37-23	Console Cover Adapter	1
37-24	400m/m_Computer Cable	1
37-25	9" Water-resist Rubber	1
37-26	Clear Acryl	1
37-27	400m/m_Connecting Cable	1
37-28	450m/m_Connecting Cable(Upper)	1
37-29	450m/m_Connecting Cable(Red)	1
37-30	350m/m_Connecting Wire(Red)	1
37-31	350m/m_Connecting Wire	1
37-35	3.5 × 40mm_Sheet Metal Screw	8
37-36	3.5 × 12mm_Sheet Metal Screw	14
37-37	2.3 × 6mm_Sheet Metal Screw	26
37-38	3 × 10mm_Sheet Metal Screw	6
38	Console Bottom Cover(big)	1

39-01	Handpulse Plate	4
39-02	1100m/m_Handpulse Wire(WHITE)	1
39-03	1100m/m_Handpulse Wire(RED)	1
39-04	Handpulse Top Cover	2
41	Cushion	6
42	Transportation Wheel	4
43	Motor Top Cover	1
44	Aluminum Foot Rail	2
45	Foot Rail Cap (L)	1
46	Foot Rail Cap (R)	1
48	Handpulse Bottom Cover	2
49	Handpulse End Cap	2
50	Front Motor Cover	1
51	Motor Cover Anchor(D)	2
52	Upright Cover(L)	1
53	Upright Cover(R)	1
54	Fan Mounting Plate	1
56	Adjustment Base (L)	1
57	Adjustment Base (R)	1
58	Ø25×Ø10×3T_Nylon Washer (A)	2
59	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
60	Adjustment Foot Pad	2
62	Square Safety Key	1
64	1/2" × 57mm_Hex Head Bolt	2
65	3/8" × 4-1/2" _Socket Head Cap Bolt (Alloy Steel)	1
66	3/8" × 4" _Socket Head Cap Bolt (Alloy Steel)	1
67	3/8" × 1-3/4" _Hex Head Bolt	1
68	M8 × 60mm_Hex Head Bolt	1

PARTS LIST

69	M8 × 80mm_Socket Head Cap Bolt	2
70	M8 × 55mm_Flat Head Countersink Bolt	2
71	M8 × 35mm_Flat Head Countersink Bolt	6
72	3/8" × 3/4" _Button Head Socket Bolt	4
73	3/8" × 1-1/4" _Hex Head Bolt	4
74	M5 × 10mm _Phillips Head Screw	3
75	Ø5 × 1.5T _Split Washer	3
76	1/2" × 15T _Nylon Nut	2
77	3/8" × 7T _Nylon Nut	2
78	M8 × 7T _Nylon Nut	1
79	Ø3/8" × Ø19 × 1.5T _Flat Washer	12
80	Ø3/8" × Ø25 × 2.0T _Flat Washer	4
81	Ø6.5 × Ø16 × 1.0T _Flat Washer	1
83	M5 _Star Washer	7
84	Ø6 × Ø23 × Ø13 × 5.5T × 3T _Nylon Dished	4
85	Ø5.5 × 27 × 60 × 1.5T × 3.5H _Concave Washer	4
86	Ø10 × 2.0T _Split Washer	14
87	5 × 19mm _Tapping Screw	2
88	Ø5 × 16L _Tapping Screw	37
89	4 × 12mm _Sheet Metal Screw	1
90	3.5 × 16mm _Sheet Metal Screw	37
91	3/8" × 1-1/2" _Button Head Socket Bolt	4
93	5 × 16mm _Tapping Screw	5
94	3 × 10mm _Tapping Screw	4
96	3 × 10mm _Sheet Metal Screw	2
97	3.5 × 16mm _Tapping Screw	6

98	Console Mast Side Cap (L)	1
99	Console Mast Side Cap (R)	1
100	5/16" × 3/4" _Button Head Socket Bolt	8
101	Fixing Plate Stabilizer	2
102	3/8" × 2-1/4" _Flat Head Socket Bolt	4
103	Combination Allen Wrench & Phillips Head Screw Driver	1
104	L Allen Wrench	1
106	3/8" × 7T _Nut	3
107	3 × 10mm _Sheet Metal Screw	6
109	Square End Cap	4
110	Controller Back Plate	1
112	Fan	1
113	400m/m _Motor Fan Connecting Cable-White	1
114	400m/m _Motor Fan Connecting Cable-Black	1
117	600m/m _Ground Wire	1
123	3/8" × 2-1/2" _Button Head Socket Bolt	6
124	Ø8 × 23 × 1.5T _Curved Washer	4
125	Ø3.5 × 16L _Sheet Metal Screw	8
126	Phillips Head Screw Driver	1
127	M5 × 10mm _Phillips Head Screw	4
128	M4 × 5T _Nylon Nut	2
129	3.5 × 20mm _Sheet Metal Screw	1
131	M4 × 35mm _Phillips Head Screw	2
151	Filter	1
152	250m/m _Connecting Wire (White)	1
153	250m/m _Connecting Wire (Black)	1

PARTS LIST

163	2 × 10mm_Sheet Metal Screw	8
165	M5 × 45mm_Phillips Head Screw	4
166	M5 × 25mm_Phillips Head Screw	3
168	Ø8.5 × Ø16 × 1.5T_Flat Washer	2
169-01	IPAD Front Cover	1
169-02	IPAD Rear Cover	1
169-03	IPAD Cover (Top clip)	1
169-04	IPAD Cover (Bottom clip)	1
169-05	Spring	2
169-06	spring column	2
169-07	IPAD Tablet Holder Assembly	1
169-08	Rotate Axle Bracket	1
169-09	Console Holder Assembly	1
169-11	3.5 × 12mm_Sheet Metal Screw	9
169-12	5/16" × 2-1/2" _Hex Head Bolt	1
169-13	5/16" × 6T_Nylon Nut	2
169-14	Ø5/16" × 16 × 1.5T_Flat Washer	2
169-15	Ø8 × 1.5T_Split Washer	1
169-16	M5 × 12mm_Phillips Head Screw	4
169-17	5/16" × 15mm_Hex Head Bolt	1
169-18	Fixed block	1
169-19	8.2 × 16 × 0.6T_Flat Washer	2
169-20	Ø4 × 14 × 1T_Flat Washer	2
169-21	Foam One-sided Glue(28mm×9mm×4T)	1
169-22	Foam One-sided Glue(25mm×25mm×4T)	1
169-23	Pad	1
170	Handlebar Assembly	1

170-01	Handlebar Cover (TOP,INCLINE+-)	1
170-02	Handlebar Cover (TOP,SPEED+-)	1
170-03	Handle Power Input Cover	2
170-04	Handle Power Linkage Casing	2
170-05	Handgrip Fixing block	2
170-06	Spring	4
170-07	300m/m_Speed Cable	1
170-08	300m/m_Incline Cable	1
171	Handlebar Cover Outer(L)	1
172	Handlebar Cover Inner(L)	1
173	Handlebar Cover Outer(R)	1
174	Handlebar Cover Inner(R)	1
178	Anchor	2
179	Anchor	2
300	Rubber gasket	6
301	Handgrip Foam	2

WARRANTY - RESIDENTIAL

Effective September 12, 2023- XT685 Treadmill LIMITED WARRANTY

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

Home Use Limited Warranty

Warranty	Frame	Motor	Deck	Parts	Labor
Residential	Lifetime	Lifetime	Lifetime	10 Years	1 Year

Light Commercial Warranty*

*Prisons and correctional facilities are excluded from warranty coverage

Warranty	Frame	Motor	Deck	Parts	Labor
Light Commercial	Lifetime	5 Years	3 Years	3 Years	1 Year

RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use or light commercial use, and the consumer/facility is responsible for the items listed below:

1. Proper use of the treadmill in accordance with the instructions provided in this manual
2. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
3. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
4. Damages to the treadmill finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

WARRANTY - CONTINUED

What is not covered?

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 treadmill not requiring component replacement, or treadmill 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. 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.

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

WARRANTY - CONTINUED

Responsibilities of the Owner

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.

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.

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TROUBLESHOOTING

Service Checklist Diagnosis Guide

Problem	Solution/ Cause
Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 115 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See the Maintenance & Care section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 1.If the belt moves, but stops after a short time and the display shows “E1”, run calibration. 2. If you press Start and the belt never moves, then the display shows E1, contact service.
Treadmill will only achieve approximately 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Maintenance & Care section on cleaning the deck. If cleaning doesn’t prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side
Treadmill trips on board 15 amp circuit	High belt/deck friction. See Maintenance & Care section. If cleaning doesn’t prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is “crashing” the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit. See “Electrical Safety” section for more details.