SPIRIT
COMMERCIAL

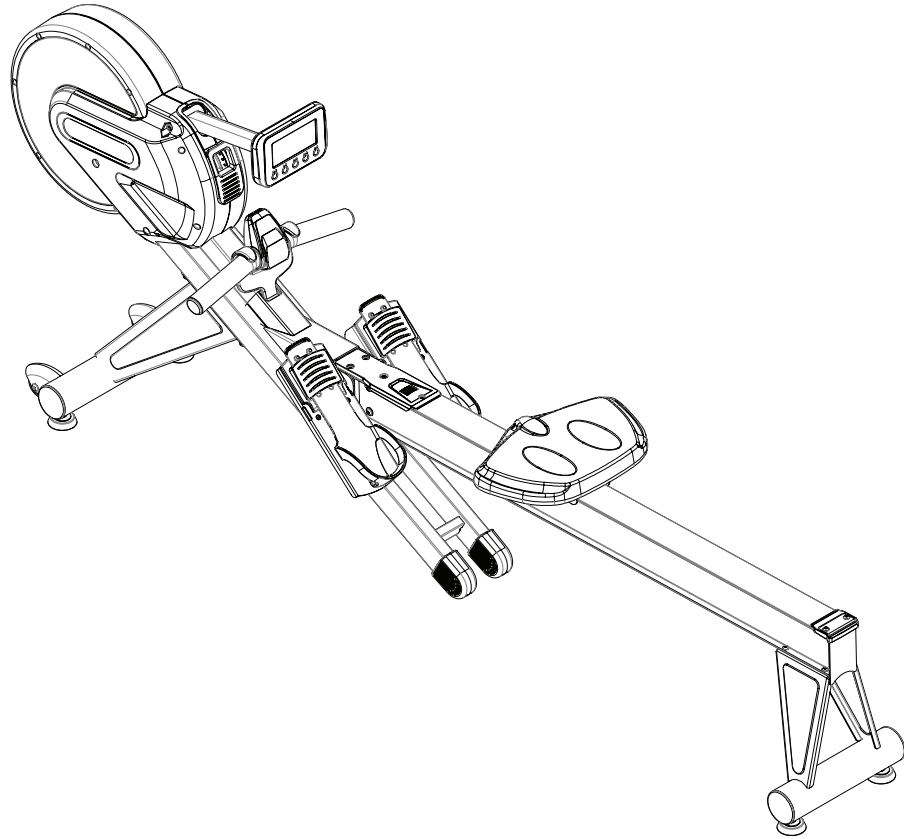# CRW800 ROWER
OWNER'S MANUAL

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.

SPIRIT
COMMERCIAL

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

Thank you for your purchase of this quality Rower from Spirit Fitness. Your new Rower 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 Rower is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

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

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

RECORD YOUR SERIAL NUMBER

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

Serial Number:

REGISTER YOUR PURCHASE

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

IMPORTANT SAFETY INSTRUCTIONS

⚠️WARNING

- Do not operate Rower on deeply padded, plush or shag carpet. Damage to both carpet and Rower may result.
- Keep children away from the Rower. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Rower is damaged. If the Rower is not working properly, call your dealer.
- 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.
- Do not attempt to use your Rower for any purpose other than for the purpose it is intended.
- Use of a chest strap transmitter (sold separately) is an accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Rower. 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.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

⚠️WARNING

NEVER expose this Rower 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).

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this Rower without reading and completely understanding the results of any operational change you request from the computer.

- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.

- Use caution while participating in other activities while pedaling on your Rower; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.

- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

⚠ WARNING

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

www.P65Warnings.ca.gov

CRW800 PRE-ASSEMBLY

UNPACKING

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

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

3. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.
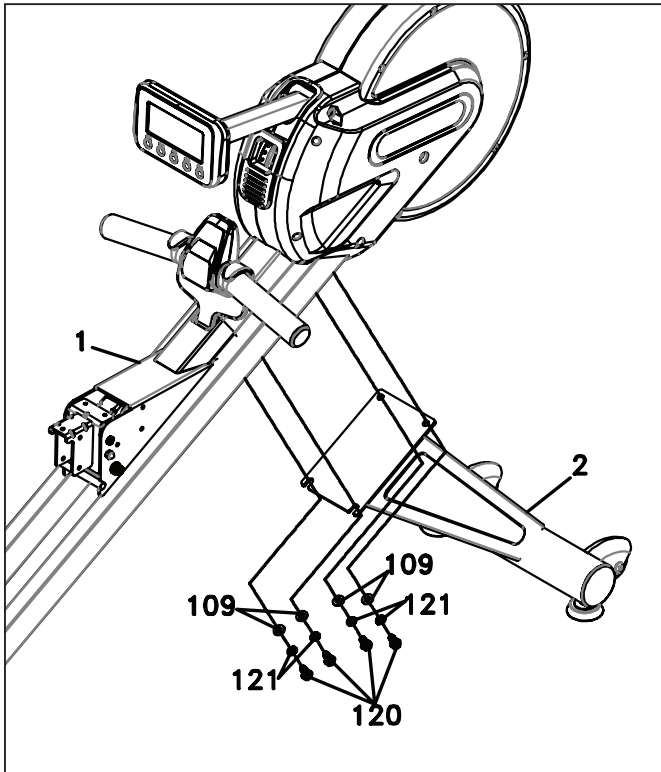
TOOLS INCLUDED:
- ❑ 13/14mm Wrench
- ❑ Combination Wrench
- ❑ 4mm L Allen Wrench

PARTS INCLUDED:
- ❑ 1 Main Frame
- ❑ 1 Aluminum Rail
- ❑ 1 Front Stabilizer
- ❑ 1 Rear Stabilizer
- ❑ 1 Console Mast
- ❑ 1 Console
- ❑ 2 Foot Pedals
- ❑ 1 Hardware Kit

CRW800 STEP ONE

HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
109	FLAT WASHER	3/8"X19X1.5T	4
120	BOLT	3/8"X3/4"	4
121	SPRING WASHER	10X2T	4

1. Gather **HARDWARE FOR STEP 1**.

2. Use the **WRENCH** (**128**) to tighten 4 **HEX HEAD BOLTS** (**120**) together with 4 **SPRING WASHERS** (**121**) and 4 **FLAT WASHERS** (**109**) to secure the **MAIN FRAME** (**1**) and **FRONT STABILIZER** (**2**) together.

CRW800 STEP TWO
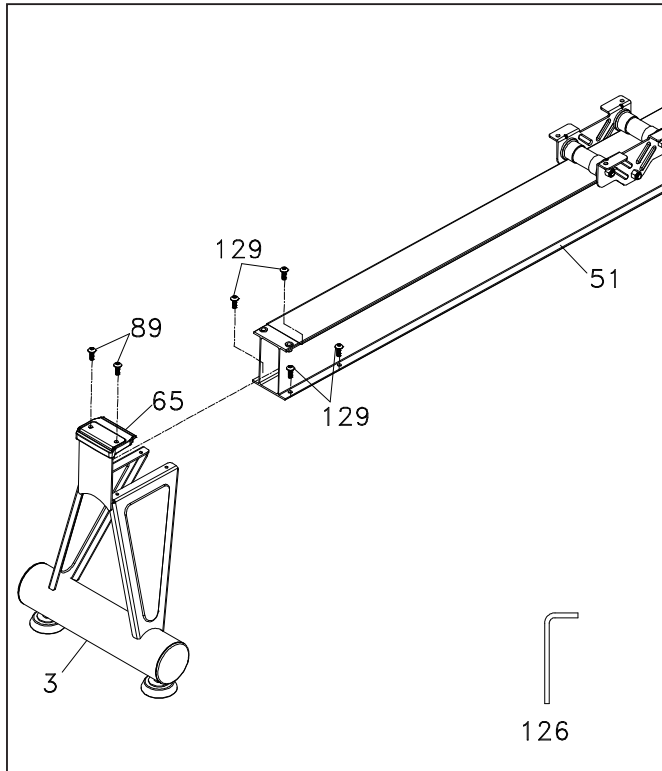
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
89	BOLT	M6XP1.0X18	2
129	BOLT	M6XP1.0x10	4

1. Gather **HARDWARE FOR STEP 2**.

2. Use **ALLEN WRENCH (126)** to remove 2 **BUTTON HEAD SOCKET BOLTS (89)** on **ALUMINUM TRACK (51)**, then attach **SEAT STOP COVER (65)** to **REAR STABILIZER (3)** and install at rear end of the **ALUMINUM TRACK (51)**. Use **ALLEN WRENCH (126)** to tighten 2 **BUTTON HEAD SOCKET BOLTS (89)** and **4 BUTTON HEAD SOCKET BOLTD (129)** onto the **ALUMINUM TRACK (51)**.
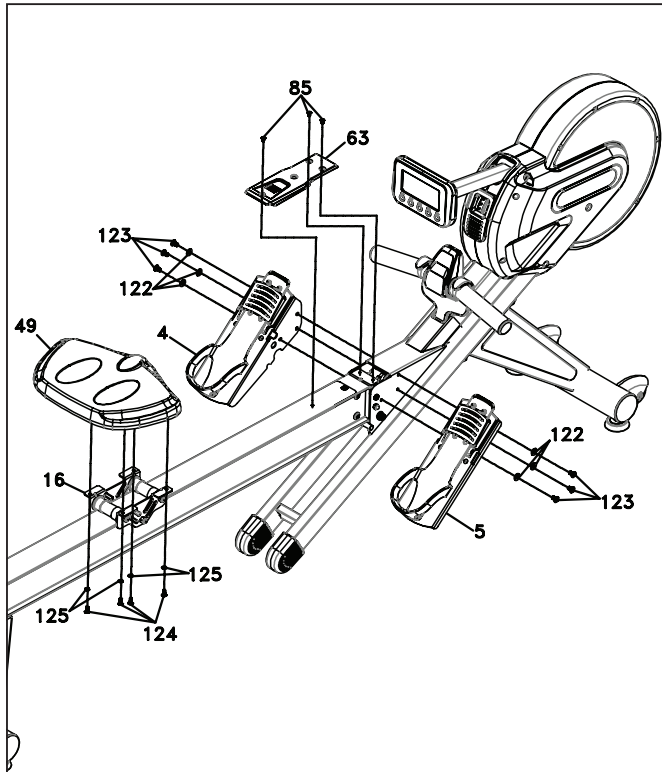
CRW800 STEP THREE
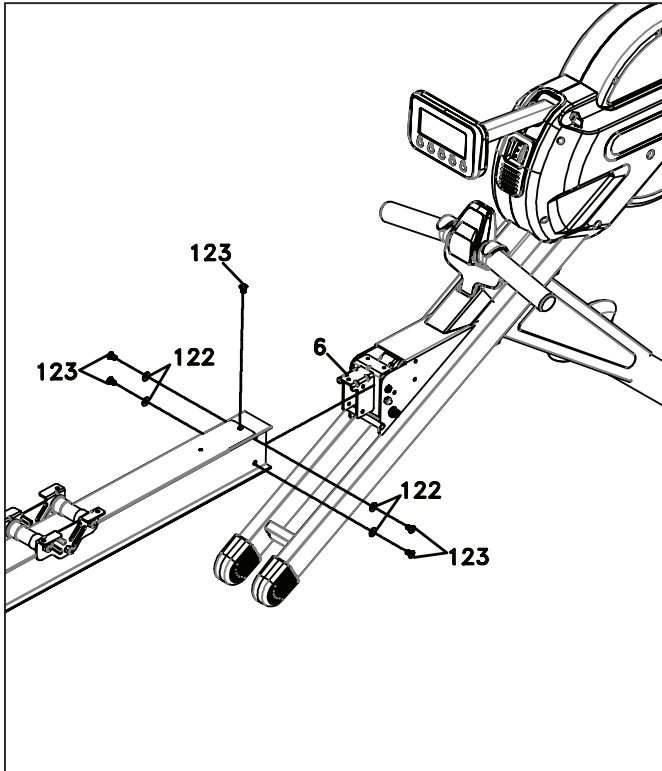
HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
122	FLAT WASHER	5/16"X18X1.5T	4
123	BOLT	M8XP1.25X12	5

1. Gather **HARDWARE FOR STEP 3**.

2. Attach the other end of the **ALUMINUM TRACK** (**51**) to **FOLDING END ASSEMBLY** (**6**) and use **COMBINATION WRENCH** (**127**) to tighten the 5 **BUTTON HEAD SOCKET BOLTS** (**123**) together with 4 **FLAT WASHERS** (**122**).

9

HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
85	SCREW	M5X10	3
122	BOLT	5/16"X18X1.5T	6
123	BOLT	M8XP1.25X12	6
124	SCREW	M6X15	4
125	SPRING WASHER	1/4"	4

1. Gather **HARDWARE FOR STEP 4**.

2. Install left and right **PEDALS** (**4,5**) on the **MAIN FRAME** (**1**) with 6 **BUTTON HEAD SOCKET BOLTS** (**123**) and 6 **FLAT WASHERS** (**122**) by using **COMBINATION WRENCH** (**127**) to tighten. Use again **COMBINATION WRENCH** (**127**) to install **CONNECTING COVER** (**63**) on **ALUMINUM TRACK** (**51**) with 3 **PHILLIPS HEAD SCREWS** (**85**). Install **SEAT** (**49**) and **SEAT ATTACHING BOARD** (**16**) with 4 **PHILLIPS HEAD SCREWS** (**124**) together with 4 **SPRING WASHERS** (**125**) by using **COMBINATION WRENCH** (**127**).

CRW800 CONSOLE OPERATION

Large LED Matrix Window

Built-in Heart Rate Receiver

Ten innovative programs offer a variety of workouts

Easy-Touch Control Buttons

POWER

Wake the console by pressing any button and the LCD will turn on. If speed is sensed by speed sensor, manual workout mode will begin. After 30 seconds of inactivity, the LCD will turn off, and then 270 second later, the console will automatically go to sleep.

BATTERY INSTALLATION
The console operates on 2*C batteries (not included). The battery compartement is on the back side of the console.

WINDOW FUNCTIONS

STROKE/MIN
• S/m value shows the equivalent strokes per minute.

TIME
• Shows the **Time**.
• Range of time: 00:00~99:59(minute: second)
• The time is accumulated for each workout mode.
• When time is set to count down, it shows the time remaining.

DISTANCE
• The distance range is 0~9999 and switches to the format of 1X.XX when the value is over 9999.
• The distance will be accumulated for each workout mode.
• When the distance is set to count down, it shows the remaining distance.

HEART RATE
• The heart rate range is 40~220 bpm
• When the heart rate signal is detected, the small dot at lower right corner of the heart rate window will be blinking together with heart rate value showing.
• When there is no heart rate signal detected, the heart rate window shows nothing.

CALORIES
- The **Calorie** window shows the value of calorie dissipated.
- The calorie range is 0~999.

WATTS
- The **Watts** window shows Watt value for each stroke.
- The Watt range is 0~2000
- When the numbers over 999 to four digits, the display would use point to show digit in thousands. E.g. 1000 shows 1.00, 1009 shows 1.01, 1240 shows 1.24, 1250 shows 1.25, 2000 shows 2.00, etc.

LEVEL
- The **Level** window shows the current resistance level.
- The level range is 1~16
- Level 1 and 2 would light the first dot, level 3 and 4 would light the second dot, etc.

500M/TIME
- Only workout modes of **Manual, Distance, Time** and **Calorie** are with this display function.
- For Manual workout mode as an example: When the console starts, Matrix in the middle of LCD will show the wave pattern then switch to 500M/TIME 00:00 across center display after 5 seconds then switch again back to the wave pattern after another 5 seconds and continue to repeat the cycle. This is the function of **Scan**.
- The console goes directly into **Scan** mode after start. If **Mode button** is pressed, it shows the wave pattern. Pressing the **Mode button** again, it displays 500M/TIME and repeat again by pressing **Mode button** it goes back with **Scan** function (recyclable).

BUTTON FUNCTION

MODE BUTTON
- Under idle mode, pressing **MODE** button each time switches the workout mode with the following sequence: **MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » FAT BURN » CARDIO » STRENGTH » GAME**
- The default workout mode after turning on the unit is **Manual** mode.
- To choose the target workout mode, when the matrix window shows the desired workout pattern and parameter window value to be set will be blinking each second.

UP BUTTON
- Under the setting mode of the target workout, the parameter is will be counted up. The value increases one increment when **Up** button is pressed once.

DOWN BUTTON
- Under the setting mode of the target workout, the parameter is will be counted down. The value decreases one increment when **Down** button is pressed once.

START/STOP BUTTON
- Under idle mode, pressing **Start/Stop button** enters **Manual** workout mode.
- To confirm the value the window is showing when setting the parameter under each target workout mode and to start the workout mode. Press to end the current workout mode and all message windows stop counting.

RESET BUTTON
- Pressing this button under stopping mode, the image switches to the idle mode.
- The **Reset button** is valid only in stopping mode. Under any mode, pressing this button for 3 seconds turns on the console again.

PROGRAMMABLE FEATURES

The screen is with full display and the buzzer beeps for two seconds after turning on. Pressing **Start** button goes directly to **Manual** workout mode or pressing **MODE** button to switch and select a workout mode with the workout sequence shown as below:

MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM NTERVAL » Fat Burn » Cardio » Strength » Game

The program name will scroll from left to right to tell the user what it is.
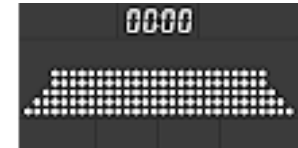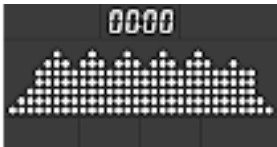
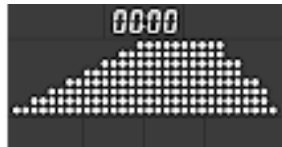| MANUAL	DISTANCE	TIME	CALORIES

20/10 INTERVAL	10/20 INTERVAL	CUSTOM INTERVAL	FAT BURN

CARDIO	STRENGTH	GAME

MANUAL MODE
To choose **Manual** mode (Fig. 1-1)

Pressing **Start/Stop button** begins the workout mode or pulling the paddle under the idle mode enters directly into Manual workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 1-2) and 500M/TIME (Fig. 1-3) or pressing **MODE** button to cancel scanning with wave pattern only. Pressing **Mode** again switches the image to show **500M/TIME**.

Fig 1-1

Fig 1-2

Fig 1-3

TARGET DISTANCE

To choose target distance count-down **Distance** workout mode (Fig. 2-1)

Use **Up/Down** buttons to adjust and set the workout distance. The default distance is 100M with increment of 50M up or down. Press **Start/Stop button** to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 2-2) and 500M/TIME (Fig. 2-3) or pressing **Mode button** to cancel scanning with wave pattern only. Pressing **Mode** again switches the image to show **500M/TIME**.

Distance window counts down from target distance setting value and shows the remaining distance of the workout. Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level.

When the distance is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the distance count-down repeats.

Fig 2-1   Fig 2-2   Fig 2-3

TARGET TIME

To choose target time count-down **Time** workout mode (Fig. 3-1).

Use **Up/Down buttons** to adjust and set the workout time. The default distance is 1:00 with 1-minute increment of up or down (99:00 maximum). Press Start/Stop button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 3-2) and 500M/TIME (Fig. 3-3) or pressing **Mode button** to cancel scanning with wave pattern only. Pressing **Mode** again switches the image to show 500M/TIME.

Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level. Time window counts down from the setting time value and shows the remaining time of the workout.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Fig 3-1

Fig 3-2

Fig 3-3

TARGET CALORIE

To choose target calorie count-down **Calories** workout mode (Fig. 4-1).

Use **Up and Down buttons** to adjust and set the target calorie. The default value is 100 with increment of 10 up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 4-2) and 500M/TIME (Fig. 4-3) or pressing **Mode button** to cancel scanning with wave pattern only. Pressing **MODE** again switches the image to show **500M/TIME**.

Calorie window counts down from the setting target calorie value and shows the remaining calorie of the workout. Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level.

When calorie is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats

Fig 4-1   Fig 4-2   Fig 4-3

20/10 INTERVAL
To choose **20/10 Interval** workout mode (Fig. 5-1).

The image at the center of LCD: 20 seconds (Exercise)/10 seconds (Rest). Pressing **Start/Stop button** starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave (Fig. 5-2) or rest time count-down and mark (Fig. 5-3).

Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Fig 5-1   Fig 5-2   Fig 5-3

10/20 INTERVAL

To choose **10/20 Interval** workout mode (Fig. 6-1)

The image at the center of LCD: 10 seconds (Exercise)/20 seconds (Rest) Pressing **Start/Stop button** starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave (Fig. 6-2) or rest time count-down and mark (Fig. 6-3).

Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Fig 6-1

Fig 6-2

Fig 6-3

CUSTOM INTERVAL

To choose **Custom Interval** workout mode (Fig. 7-1).

User-defined time (Exercise)/time (Rest): the default is 10 seconds (Exercise)/10 seconds (Rest) The value at left side of the matrix window flashes for setting the exercise time. Use **Up/Down buttons** to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop** button to confirm the setting and start the workout mode.

The value at right side of the matrix window flashes for setting the rest time. Use **Up/Down buttons** to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press **Start/Stop button** to confirm the setting and start the workout mode.

The image at the center of LCD: 10 seconds (Exercise)/10 seconds (Rest). Pressing **Start/Stop button** starts the workout mode. The image at the center of LCD shows time count-down of current workout and wave (Fig. 7-1) or rest time count-down and mark (Fig. 7-2) Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
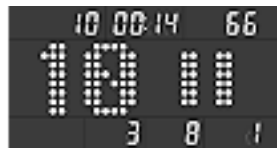

Fig 7-1

Fig 7-2

Fig 7-2

FAT BURN
To choose **Fat Burn** workout mode (Fig. 8-1).

Pressing **Start/Stop button** and begins the workout mode or setting the workout time. Use **Up/Down button** to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop button** to start the workout mode.

The image at the center of LCD shows the fat burn profile (Fig. 8-2) Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
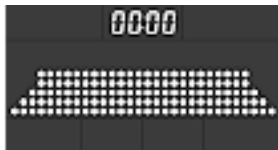
Fig 8-1   Fig 8-2

CARDIO WORKOUT

To choose cardio workout mode (Fig. 9-1).

Pressing **Start/Stop button** and begins the workout mode or setting the workout time. Use **Up or Down buttons** to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop button** to start the workout mode.

The image at the center of LCD shows the cardio profile (Fig. 9-2) Under the workout mode, pressing **Up** or **Down button** adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
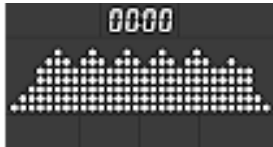

Fig 9-1

Fig 9-2

STRENGTH WORKOUT

To choose **Strength** workout mode (Fig. 10-1).

Pressing **Start/Stop button** and begins the workout mode or setting the workout time. Use **Up/Down buttons** to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press **Start/Stop button** to start the workout mode.

The image at the center of LCD shows the strength profile (Fig. 10-2). Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Fig 10-1

Fig 10-2

GAME WORKOUT

To choose Game workout mode (Fig. 11-1).

Pressing **Start/Stop button** and begins the **Game** workout mode (11-2).

Three dots at left side represents the user position and the image shift one profile left per second and continue to scroll.

The position of the user will not shift. However, the faster the user stroke, the higher the user's position. When there is no stroke, the position of the user goes down to the lowest. The height of the user's position is equivalent to the speed the user strokes.

The time for the game workout starts counting down from 5 minutes and ends when time is up.
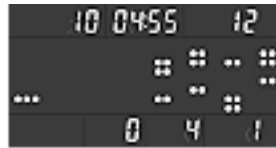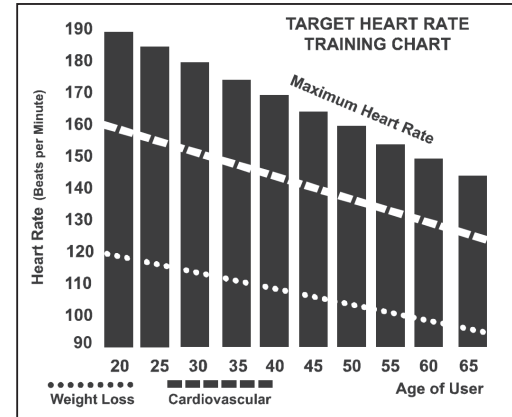

Fig 11-1

Fig 11-2

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.

TARGET HEART RATE TRAINING CHART

Heart Rate (Beats per Minute): 190, 180, 170, 160, 150, 140, 130, 120, 110, 100, 90

Maximum Heart Rate

Age of User: 20, 25, 30, 35, 40, 45, 50, 55, 60, 65

Weight Loss   Cardiovascular

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.

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.
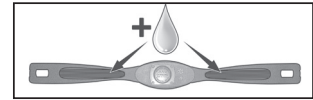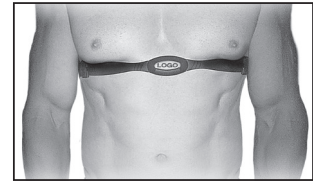
Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions 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.

ERRATIC OPERATION

Caution! Do not use this 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.

WIRELESS HANDLE CODING STEPS

1. After replacing the battery (CR2032), the wireless handle control needs to be coded again.
2. When the console is turned on again, press and hold the **Up** or **Down handle button** for 3 seconds to complete the coding between console and handlebar.
3. Check if coding between console and handlebar is successful: Press **Start button** on the console and then press **Up** or **Down button** on the handle to see if **LEVEL** on LCD changes. If yes, it is successful otherwise go back to step 1 to repeat Coding between Console and Handlebar.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
    a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
    b. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.
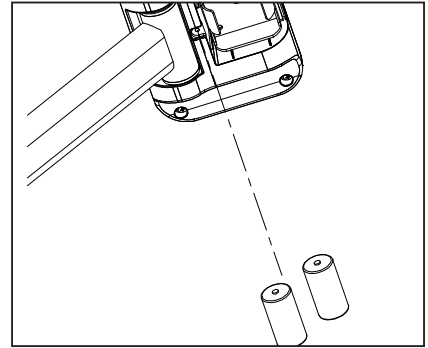
BATTERY CHANGING INSTRUCTIONS
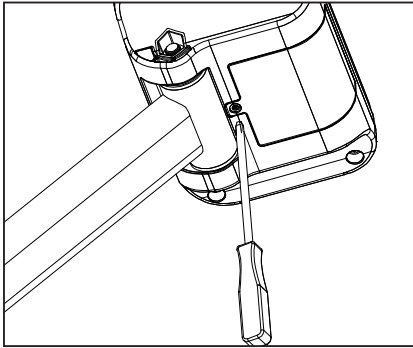
1. Remove the battery cover screw
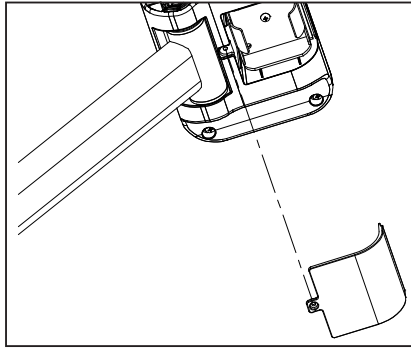
2. Remove the battery cover.

3. Replace the battery with new one, put on the cover and secure.

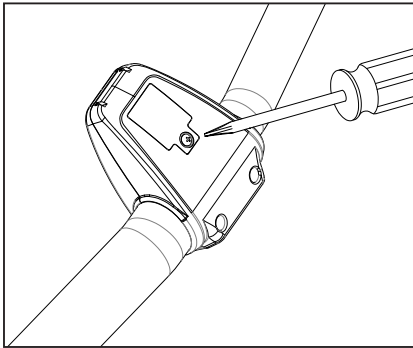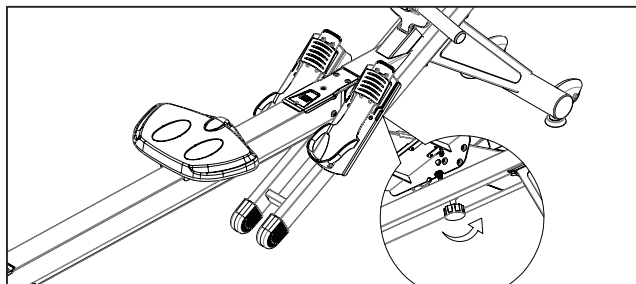

1. Remove the battery cover screw
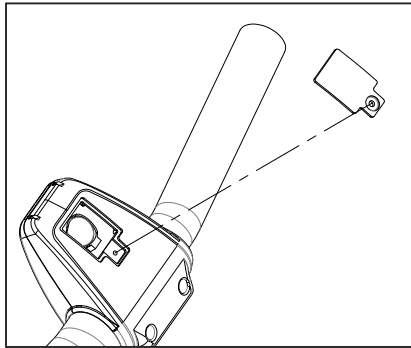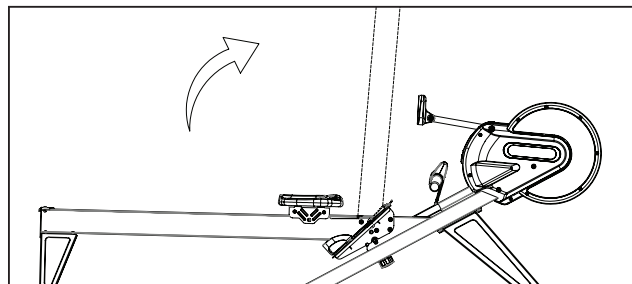

2. Remove the battery cover.
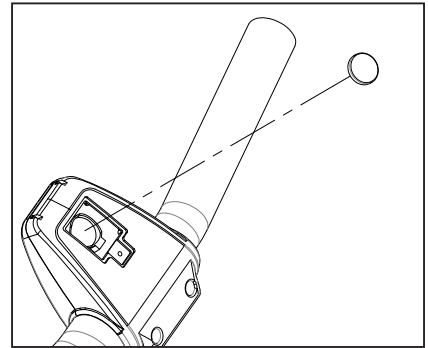
3. Replace the battery with new one, put on the cover and secure.

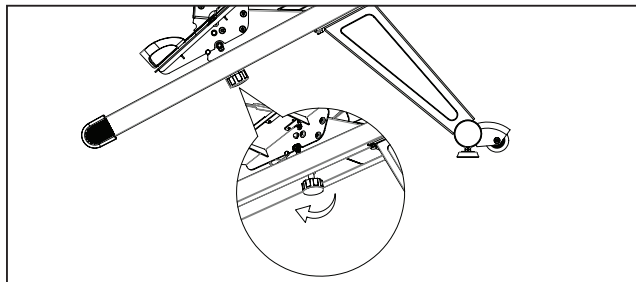# FOLDING/UNFOLDING PROCEDURES

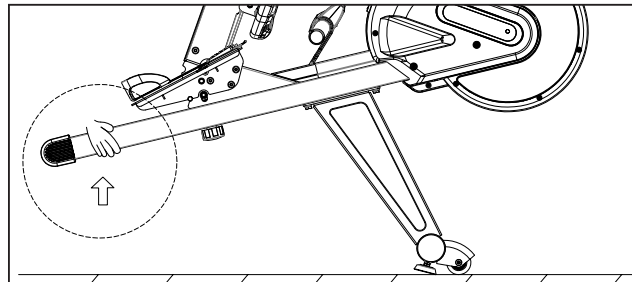1. Turn the knob counterclockwise to release.

2. Fold up the aluminum rail assembly.

3. Turn the knob clockwise to tighten.

MOVING PROCEDURES

1. Fold the aluminum rail assembly up.
2. Lift the rear and roll away.

ROWER WARRANTY – EFFECTIVE APRIL 20, 2020

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

Warranty		Frame	Brake	Parts	Labor
Commercial	*(Non-dues paying facility)*	Lifetime	5 Years	5 Years	2 Years
Residential		Lifetime	10 Years	10 Years	2 Years

NORMAL RESPONSIBILITIES OF THE CONSUMER

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

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

EXCLUSIONS

This warranty does not cover the following:

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

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for Rower not requiring component replacement, or Rower 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.
6. For any further information, or to contact our service department by mail, send your correspondence to:

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

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Manufacturing, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.
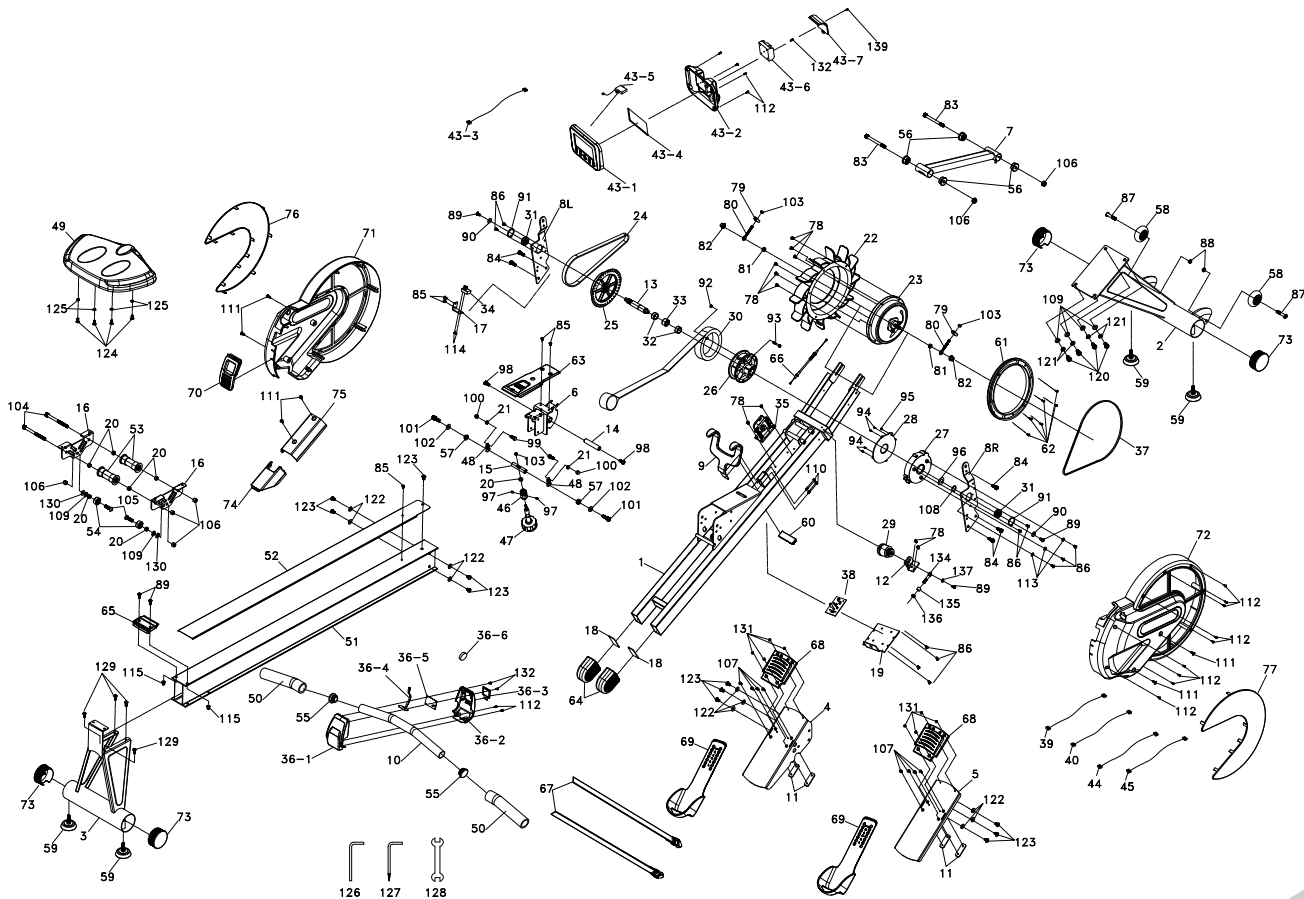
CW800B-YR003-01 Part List_SPIRIT		
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Pedal (L)	1
5	Pedal (R)	1
6	Folding End Assembly	1
7	Console Holder Assembly	1
OO8L	Attaching Plate (L)	1
OO8R	Attaching Plate (R)	1
9	Hook	1
10	Handle	1
11	Pedal Attaching Board	4
12	Fixing Plate	1
13	Flywheel Pulley Axle	1
14	Track Axle	1
15	Seat Stop Axle	1
16	Seat Attaching Board	2
17	Sensor Plate	1
18	Back Plate	2
19	Controller Back Plate	1
20	Sleeve(Ø10×Ø14×7L)	7
21	Sleeve(Ø8.2×Ø12.7×5L)	2
22	Fan	1
23	Flywheel	1
24	Drive Belt	1
25	Flywheel Pulley	1
26	Latch	1
27	Spring Latch	1
28	Spring Cover	1
29	Generator/Brake Controller	1
30	Ribbon Roll	1
31	Bearing(6201 UOU)	2
32	Bearing(HK2012)	2
33	Unidirectional Bearing(HF2016)	1
34	Board	1
35	Gear Motor	1

36	Controller Assembly	1
36~1	Top Handgrip Cap	1
36~2	Rear Handgrip Cap	1
36~3	Battery Cover	1
36~4	Resistance Button W/Cable+Faceplate	1
36~5	RF Module	1
36~6	Battery	1
37	Belt	1
38	Lower Control Board	1
39	600m/m_Connecting Wire	1
40	400m/m_Motor Connecting Wire	1
43	Console Assembly	1
43-01	Console Top Cover	1
43-02	Console Bottom Cover	1
43-03	150m/m_Receiver, HR	1
43-04	Console Display Board	1
43-05	W/Receiver, HR	1
43-06	Battery case	1
43-07	battery cover	1
132	3 × 10m/m_Sheet Metal Screw	1
139	M3 × 10m/m_Phillips Head Screw	1
44	500m/m_Computer Cable (Upper)	1
45	500m/m_Computer Cable (Lower)	1
46	22L × M16 × M22 × 37L_Knob Nut	1
47	Seat Up/Down Adjustment Knob	1
48	Tension Spring	2
49	Seat	1
50	PVC Sleeve	2
51	Aluminum Track	1
52	Aluminum Board	1
53	Aluminum Track Pulley	2
54	Pulley	2
55	Ø32(1.8T)_Button Head Plug	2
56	Axle End Cover	4
57	Bushing	2
58	Ø65 _Transportation Wheel	2
59	Adjustment Foot Pad	4
60	Square End Cap	1
61	Drive Pulley	1

62	M5 × P0.8 × 15L_Phillips Head Screw	6
63	Connecting Cover	1
64	End Cover	2
65	Seat Stop Cover	1
66	Steel Cable	1
67	Wire Tie Mount	2
68	Pedal	2
69	Pedal Plate	2
70	Chain Cover Foam	1
71	Chain Cover (L)	1
72	Chain Cover (R)	1
73	Stabilizer End Cap	4
74	Front Gear Motor Cover	1
75	Rear Gear Motor Cover	1
76	Galvanized iron net (L)	1
77	Galvanized iron net (R)	1
78	M5 × P0.8 × 15L_Phillips Head Screw	10
79	Ø6_Nut Stopper	2
80	M6 × 57L_Idle Wheel Screw	2
81	3/8" × UNF26 × 6T_Luck Nut	2
82	3/8" × UNF26 × 11T_Nut	2
83	3/8" × UNC16 × 3-3/4"_Socket Head Cap Bolt	2
84	M8 × P1.25 × 20L_Socket Head Cap Bolt	5
85	M5 × 10L_Phillips Head Screw	5
86	M5 × 10L_Phillips Head Screw	11
87	5/16" × UNC18 × 1-3/4"_Button Head Socket Bolt	2
88	5/16" × 6T_Nyloc Nut	2
89	M6 × P1.0 × 18L_Button Head Socket Bolt	5
90	Ø6 × Ø19 × 1.5T_Flat Washer	2
91	Ø32 × 1.6T_C Ring	2
92	M5 × 5T_Nyloc Nut	1
93	M5 × P0.8 × 32L_Socket Head Cap Bolt	1
94	3 × 10L_Sheet Metal Screw	4
95	3 × 10L_Sheet Metal Screw	1
96	Ø20 × Ø30 × 0.5T_Flat Washer	1
97	M4 × 5L_Phillips Head Screw	2
98	M8 × P1.25 × 15L_Socket Head Cap Bolt	2
99	M8 × P1.25 × 20L_Hex Head Bolt	2
100	M8 × P1.25 × 13T_Cap Nut	2

101	3/8" × UNC16 × 1"_Socket Head Cap Bolt	2
102	Ø3/8" × 20 × 3.0T_Flat Washer	2
103	M6 × 6T_Nyloc Nut	3
104	3/8" × UNC16 × 4-1/4"_Socket Head Cap Bolt	2
105	3/8" × UNC16 × 32L_Flat Head Socket Bolt	2
106	3/8" × 11T_Nyloc Nut	6
107	M5 × 12L_Flat Head Socket Screw	8
108	Ø20_C Ring	1
109	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
110	M5 × P0.8 × 50L_Socket Head Cap Bolt	2
111	Ø5 × 16L_Tapping Screw	6
112	3.5 × 12L_Sheet Metal Screw	15
113	Ø5 × Ø13 × 2T_Flat Washer	3
114	Ø2.6 × 8L_Tapping Screw	2
115	M6,Ø6 × 1.5 + 14.5L_Hex Blind Nut	2
120	3/8" × 3/4"_Hex Head Bolt	4
121	Ø10 × 2T_Spring Washer	4
122	Ø5/16" × Ø18 × 1.5T_Flat Washer	10
123	M8 × P1.25 × 12L_Button Head Socket Bolt	11
124	M6 × 15L_Phillips Head Screw	4
125	Ø1/4"_Spring Washer	4
126	M4_L Allen Wrench	1
127	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
128	13/14m/m_Wrench	1
129	M6 × P1.0 × 10L_Button Head Socket Bolt	4
130	Ø3/8" × Ø21 × 2T_Flat Washer	2
131	M4 × 6L_Phillips Head Screw	8
132	3 × 10L_Sheet Metal Screw	2
134	M8 × P1.25 × 45L_Idle Wheel Screw	1
135	Shaft Bushing	1
136	M8 × 7T_Nylon Nut	1
137	Ø6 × Ø14 × 1T_Flat Washer	1
200428		

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spiritservice@spiritfitness.com
www.spiritfitness.com

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Jonesboro, AR 72401

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