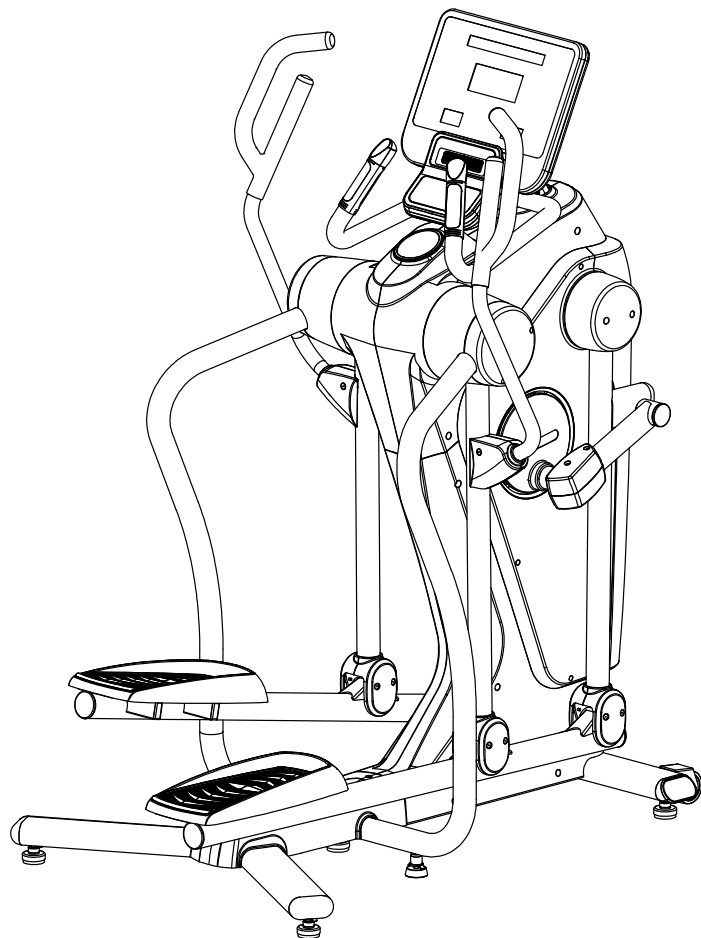


SPIRIT



CES880 SUSPENSION
ELLIPTICAL

CES880_880043_OM_20241212

Online Support



If you require assistance or are experiencing issues with your Spirit Machine, please contact customer care for additional help.



1-800-258-8511



questions@spiritfitness.com

Warranty Registration



Scan to quickly and easily register your new Spirit Fitness machine.

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PRODUCT REGISTRATION

Congratulations on your new Suspension Elliptical, 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 | |

WARRANTY REGISTRATION



Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

You can also go to **spiritfitness.com/warranty** under the Support tab to register online.

Version: 3.0
Revision: 12.12.2024

PRODUCT LABELS



SERIAL NUMBER STICKER

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



PROPOSITION 65 WARNING

This sticker will be found on the rear stabilizer. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.



SAFETY WARNING STICKER

This sticker will be found on the front of your Elliptical's shroud. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

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.

SAFETY INSTRUCTIONS

To reduce risk of injury to persons:

Read all instructions before using this appliance.



WARNING - To reduce the risk of injury to persons:

1. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. The appliance is intended for household use.
7. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
8. 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.
9. Keep hands away from all moving parts.
10. 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.
11. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
12. 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.
13. **User Weight Limit: 400 lbs.**



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

PARTS INCLUDED

Hardware is packaged in section A, B, C that correspond to the step with which they are used. Not all steps require hardware. Some small parts may have been pre-attached for shipping. If a part is not in the hardware, check to see if it has been pre-assembled.

B Step 8, 10



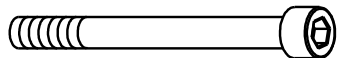
115---4pcs Nylon Nut (M10xp1.5)



118---6pcs Screw, Phillips Truss Head (M4x20mm)



124---4pcs Screw, Phillips Pan Head (M6xp1.0x15mm)

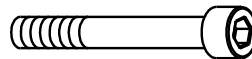


132---4pcs Bolt, Socket Head (M10xp1.5x90mm)

A Step 2, 4



122---8pcs Screw, Phillips Pan Head (M5xp0.8x15mm)



130---4pcs Bolt, Socket Head (M10xp1.5x65mm)

C Step. 12, 14



099---4pcs Lock Washer (M8)



101---4pcs Washer (8x16x2.0t)



127---4pcs Bolt, Socket Head (M8xp1.25x15mm)

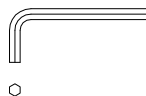


122---2pcs Screw, Phillips Pan Head (M5xp0.8x15mm)

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



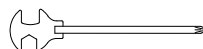
SOCKET WRENCH
(13 & 17mm)



ALLEN WRENCH
(8 mm)



PHILLIPS SCREWDRIVER
(6mm)

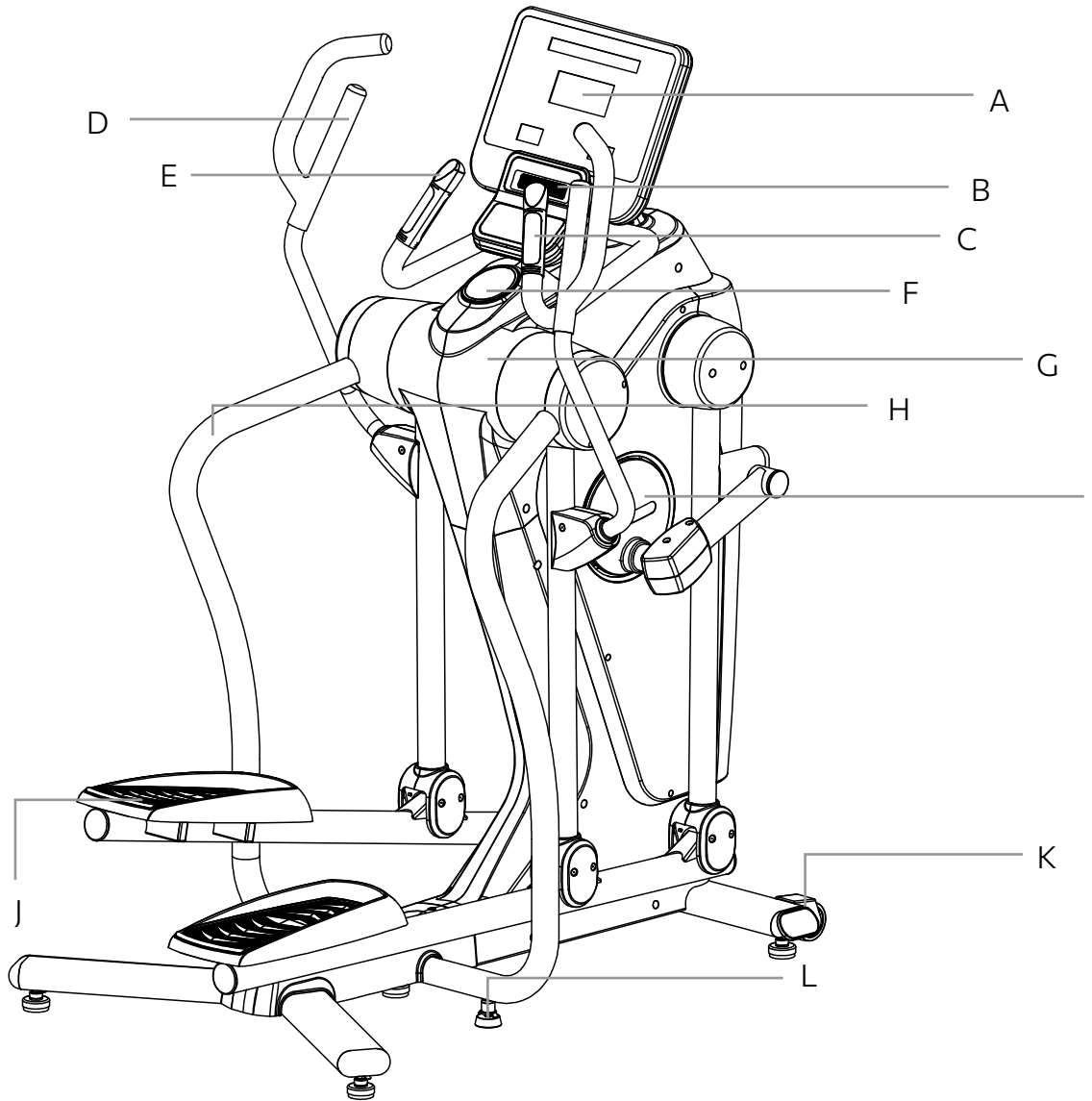


COMBINATION
WRENCH (130mm)

PARTS INCLUDED

| | | | |
|------------------------------------------|------------------------------------------|--------------------------------------|------------------------------------------------|
| Console (86) & Console Bottom Cover (88) | Upper Handrail (53, 54) | Fixed Handlebar (78) | Middle Pivoting Arm Cover (59, 60) |
| | | | |
| Front Swing Arm Cover (61) | Inner Stationary Handrail Cover (50, 51) | Outer Stationary Handrail Cover (45) | Leveler (28, 52) |
| | | | |
| Non-Slip Pad (68) & Pedal (69) | Base Cover (76) | Base Frame (77) | Bottom Swing Arm Cover (65) |
| | | | |
| Main Frame (1) | Stationary Handrail (48, 49) | Pedal Arm (74, 75) | Upper Handrail Cover (55, 56) & Screw Cap (64) |
| | | | x22pcs |

PARTS OF YOUR ELLIPTICAL

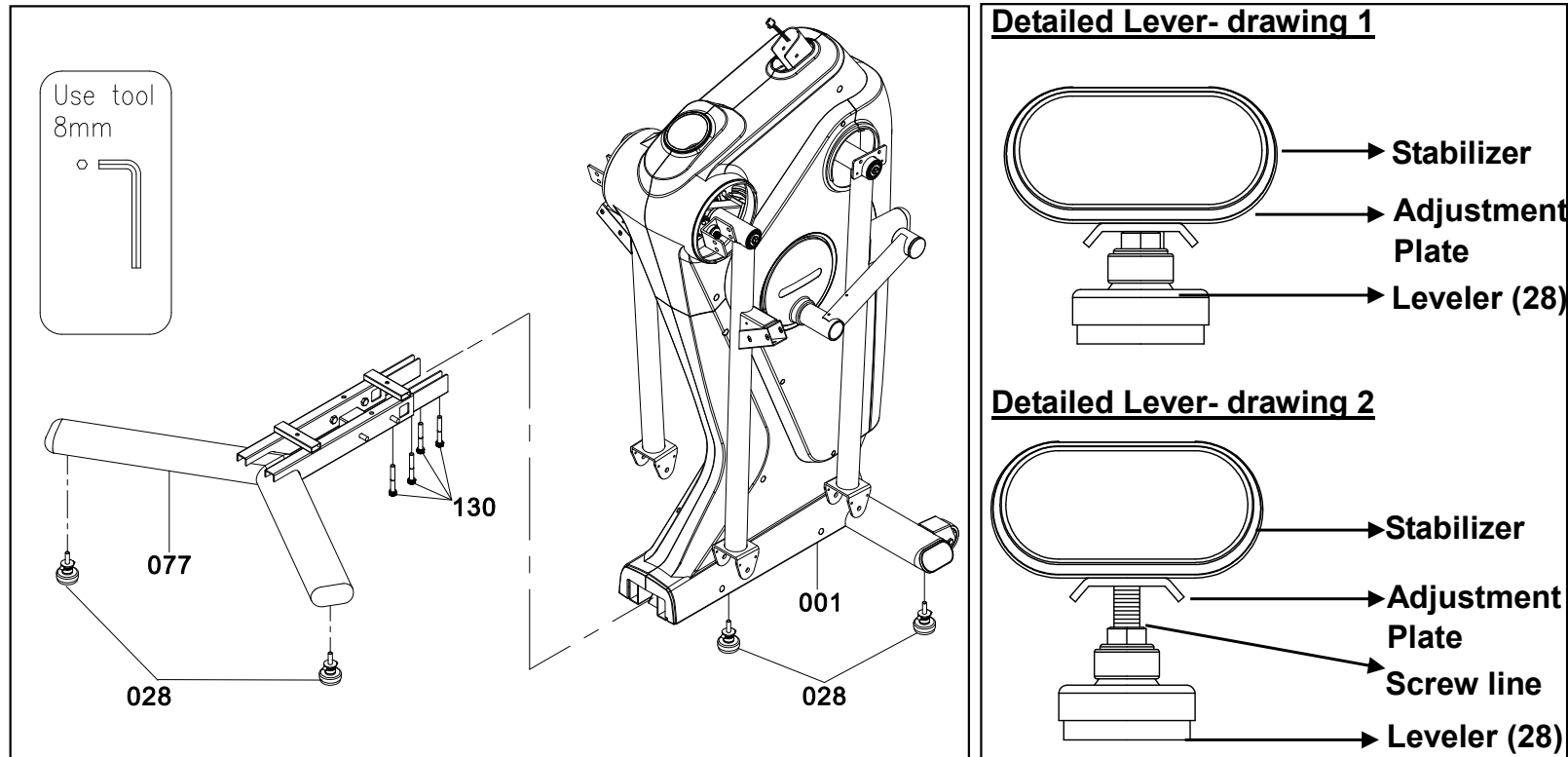


- A. LCD Screen
- B. Adjustable Fan
- C. Hand Pulse Grips
- D. Upper Handlebar
- E. Direct Access Key
- F. Accessory Tray
- G. Shroud
- H. Stationary Handrail
- I. Internal Flywheel
- J. Pedal
- K. Transport Wheels
- L. Levelers

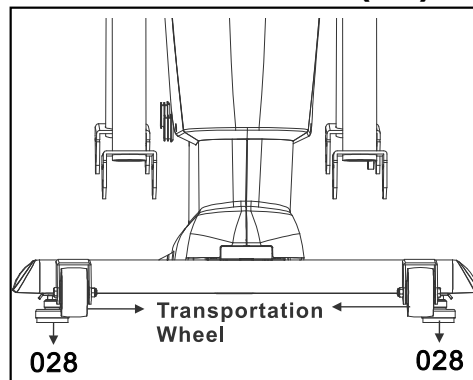
PRE-ASSEMBLY

1. Place all parts from the box in a cleared area and position them on the floor in front of you.
2. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.
3. Read each step carefully before beginning.

ASSEMBLY - STEP ONE



STEP 1 – Leveler (28) & Main Frame Assembly



- Refer left, attach 2pcs **Levelers (28)** under the **Main Frame's Front Stabilizer** (transportation wheels on the front). **NOTE:** This step could require two people.
- Be sure to tighten the **Levelers (28)** securely until screw lines are eliminated as the **drawing 1** shown on the top right corner. **NOTE:** If not level, review the **LEVELING NOTE** to level correctly.

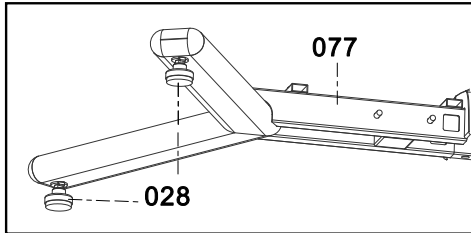
LEVELING NOTE: After placing the item in the intended location, check the stability of the item. If the item is not level, review below steps:

- Loosen the Leveler (28) to make the Adjustment Plate become less tight.
- Use one hand to adjust the Leveler (28) for leveling.
- Once the item is level, use the other hand to tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (28) in stable position as the above drawing 2 shown.

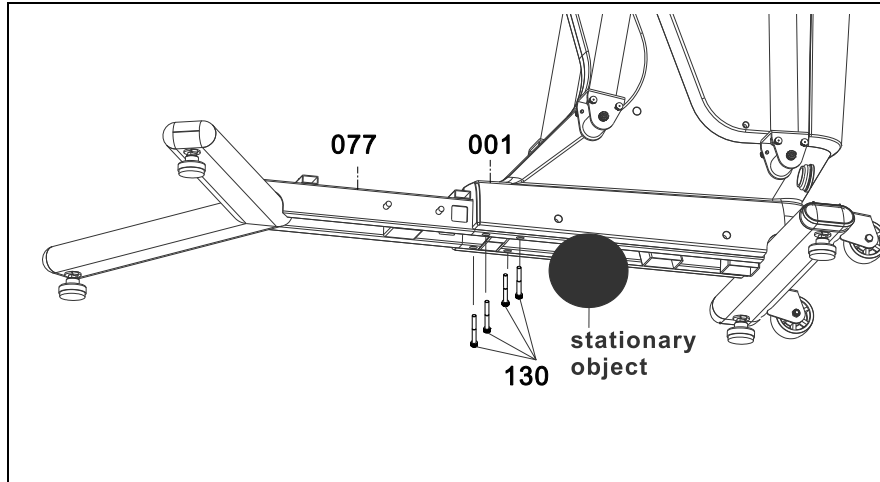
ASSEMBLY - STEP TWO & THREE

STEP 2 – Leveler (28) & Base

Frame (77) Assembly



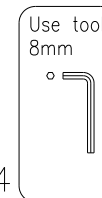
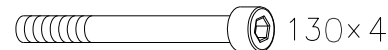
Refer left, attach 2pcs **Levelers (28)** under the **Base Frame (77)**. Be sure to follow the process found in Step 1 to level the **Levelers (28)**.



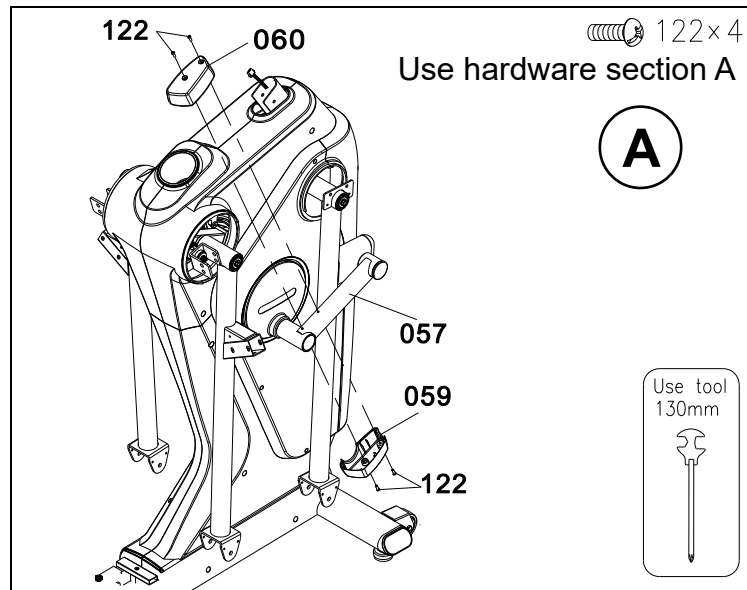
STEP 3 – Base Frame (77) Assembly

Place any stationary object under the **Main Frame (1)** and attach the **Base Frame (77)** to the **Main Frame (1)** and **fully tighten** 4pcs **Bolts, Socket Head (M10xp1.5x65mm)(130)**. NOTE: This step could require two people.

Use hardware section A



ASSEMBLY - STEP FOUR & FIVE

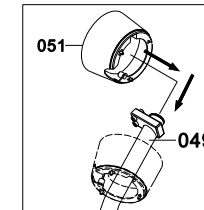


STEP 4 – Middle Pivoting Arm Cover (59, 60) Assembly

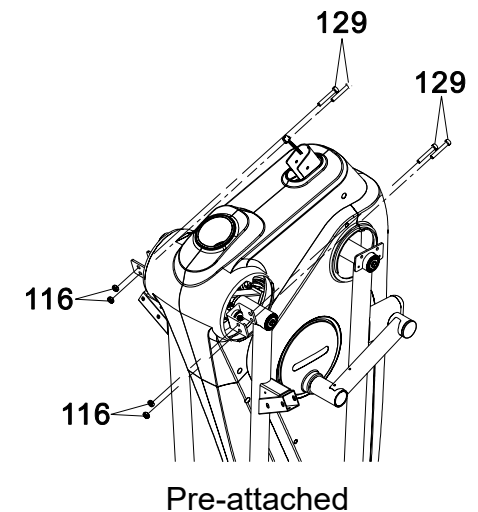
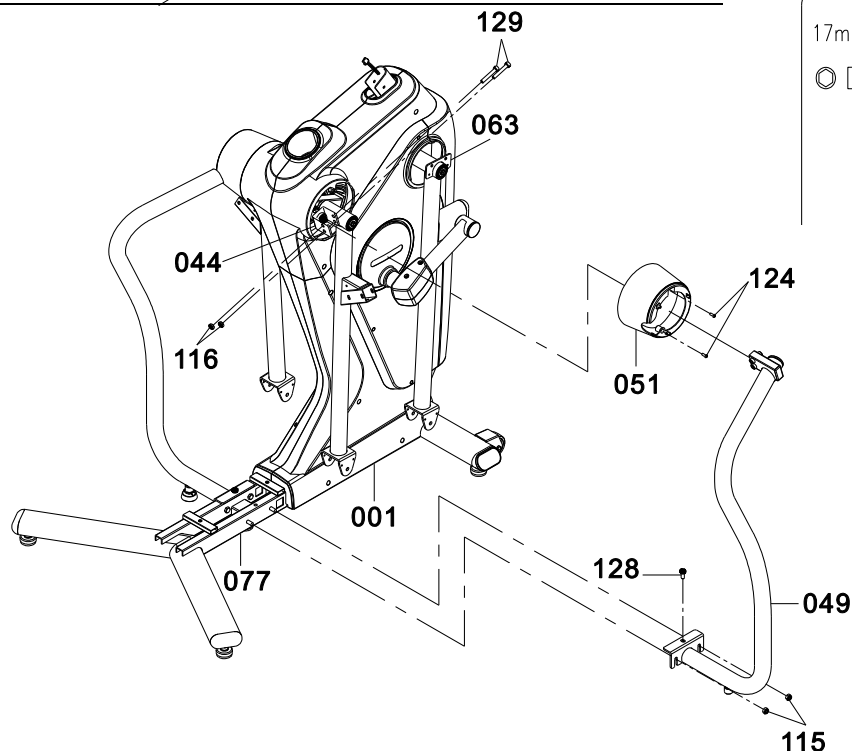
- Refer left, assembly the Front & Back Pivoting Arm Cover (59, 60) to the Outer Crank Linkage (57) and fully tighten with 4pcs **Screws, Phillips Pan Head (M5xp0.8x15mm)(122)**.
- Repeat the above same procedure for the left side.

STEP 5 – Inner Stationary Handrail Cover (50, 51) & Stationary Handrail (48, 49) Assembly

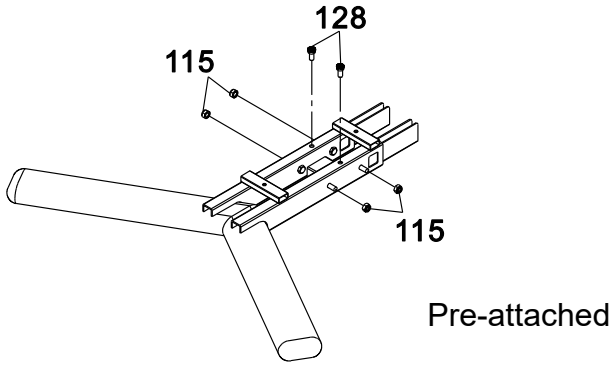
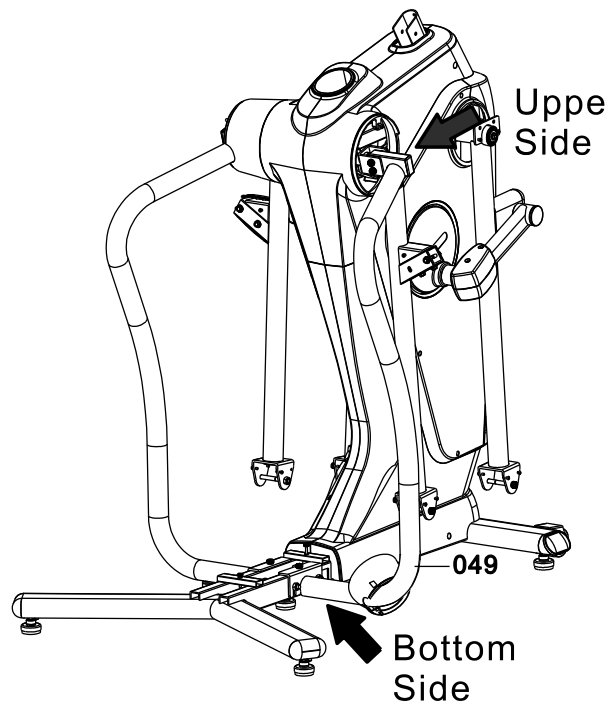
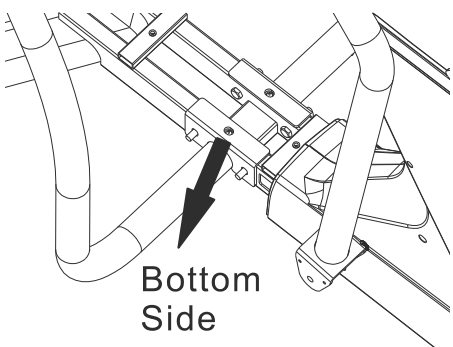
- There is a “L” & “R” decal on the Inner Handrail Cover (50, 51).
- Slide the **Right Inner Handrail Cover (51)** onto the **Stationary Handrail (49)**.



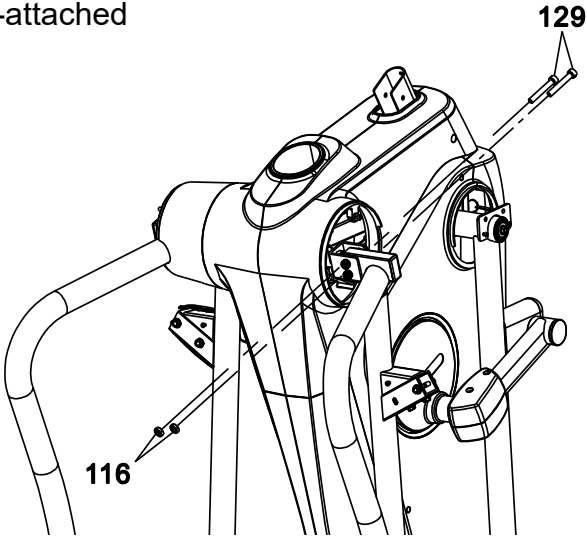

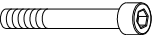
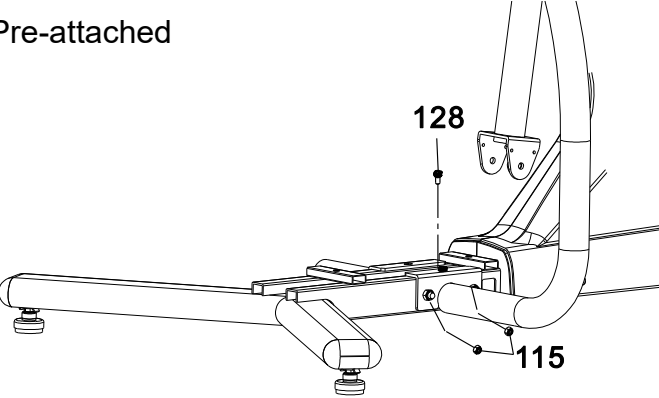

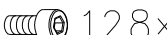
- Repeat the above same procedure for the left side.
- Refer below, 4pcs **Socket Bolts (M10xp1.5x60mm)(129)** and 4pcs **Thin Nylon Nuts (M10xp1.5)(116)** have preassembled on the **Swing Linkage Support Bracket (44)**.
- Remove the above **Bolts (129)** and **Nuts (116)**.



ASSEMBLY - STEP FIVE - CONTINUED

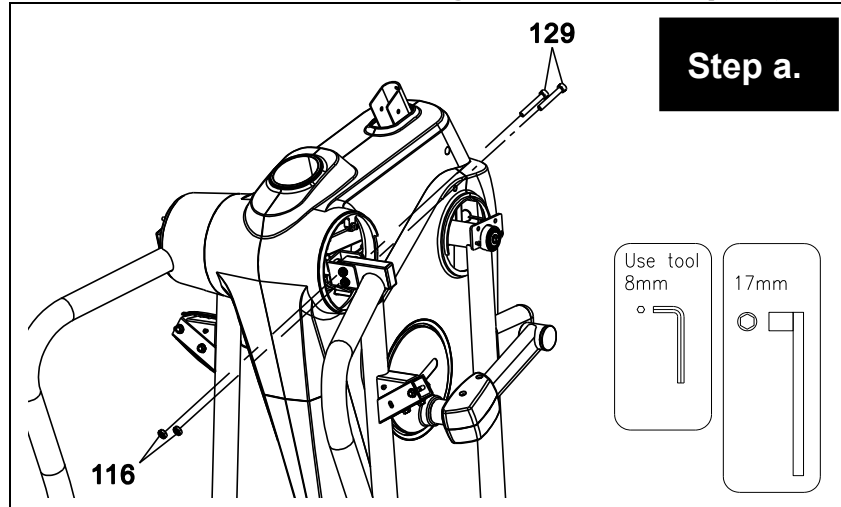
| | |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Pre-attached</p> | <p>f. Refer left, 4pcs Nylon Nuts (M10xp1.5)(115) and 2pcs Socket Bolts (M10xp1.5x20mm)(128) have preassembled on the Base Frame (77).</p> <p>g. Remove the above bolts (128) and nuts (115).</p> |
|  <p>Upper Side</p> <p>Bottom Side</p> <p>049</p> | <p>h. Refer left, slide the Right Stationary Handrail (49) into the Main Frame (1).</p> <p>i. It would be easier if you slide the bottom side of the Handrail (49) first.</p> <p>j. Make sure the Handrail bottom side's screw hole matches to the Main Frame screw hole as shown below.</p>  <p>Bottom Side</p> <p>k. Then gently push the upper side of the Handrail (49) into the Main Frame (1).</p> |

ASSEMBLY - STEP FIVE - CONTINUED

| | |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pre-attached</p>  | <p>l. Slightly attach 2pcs thin Nylon Nuts (M10xp1.5)(116) and 2pcs Socket Bolts (M10xp1.5x60mm)(129). NOTE: Please do not tighten at this moment.</p> <div style="text-align: center;">  116×2  129×2 </div> |
| <p>Pre-attached</p>  | <p>m. Slightly attach 2pcs Nylon Nuts (M10xp1.5)(115) and 1pcs Socket Bolt (M10xp1.5x20mm)(128). NOTE: Please do not tighten at this moment.</p> <div style="text-align: center;">  115×2  128×1 </div> <p>n. Repeat above same procedure for the left side.</p> |

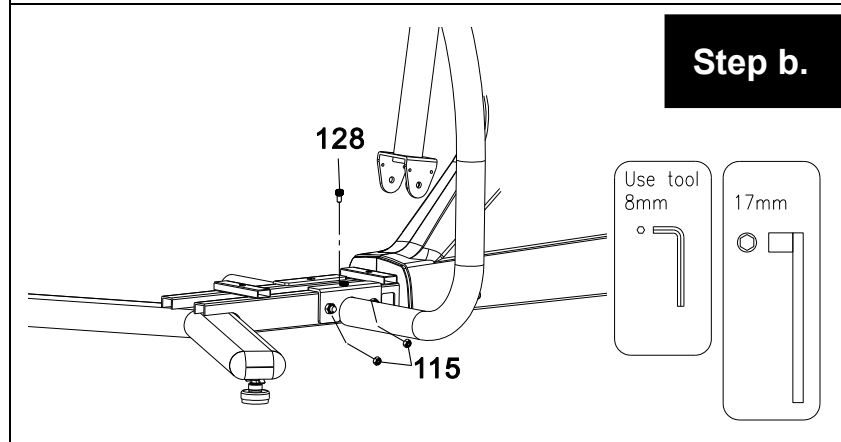
ASSEMBLY - STEP SIX

STEP 6 – Stationary Handrail (48, 49) Tighten Process



Step a.

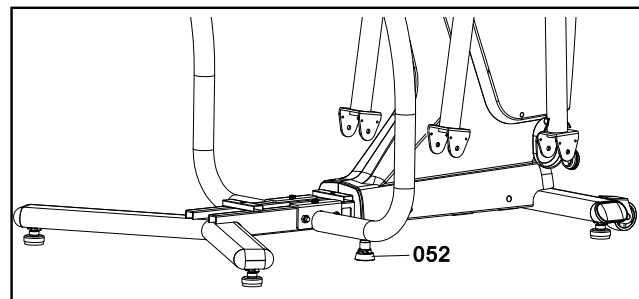
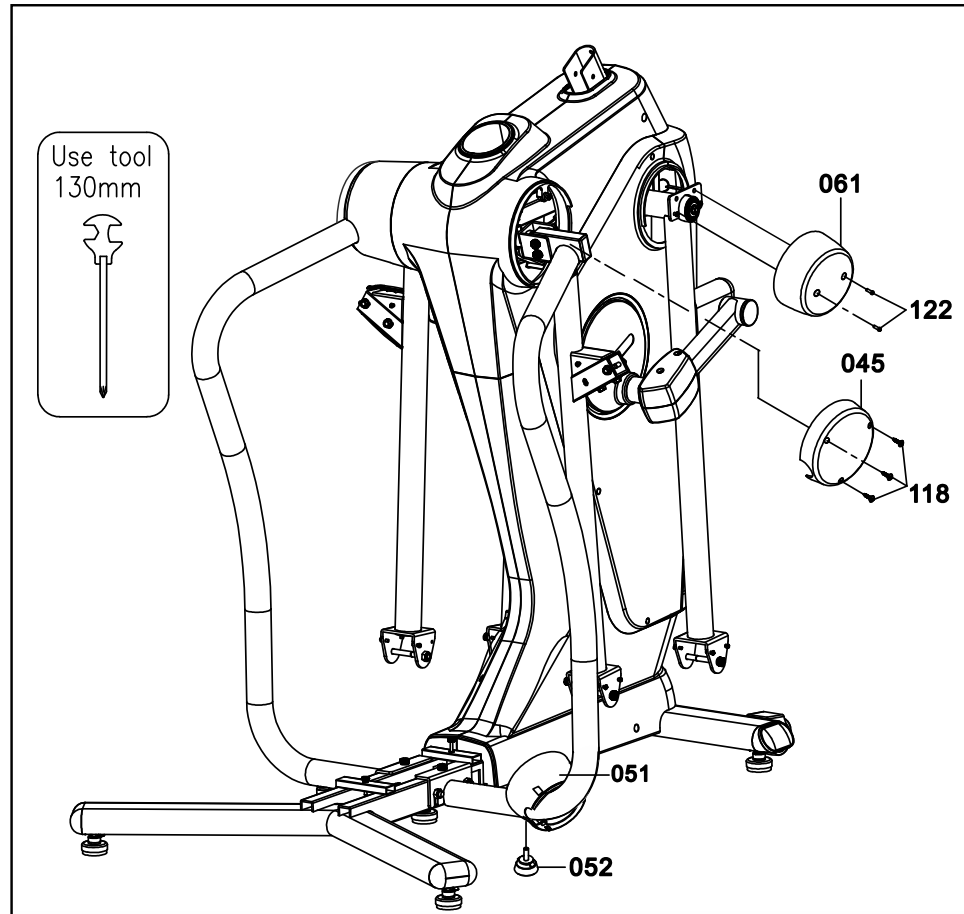
- Follow **Step a.** and **b.** to use the left tools to fully tighten smoothly. **NOTE:** Be sure to fully tighten step a location first.
- Repeat above same procedure for the left side.



Step b.

ASSEMBLY - STEP SEVEN

STEP 7 – Basic Leveler (52) Assembly

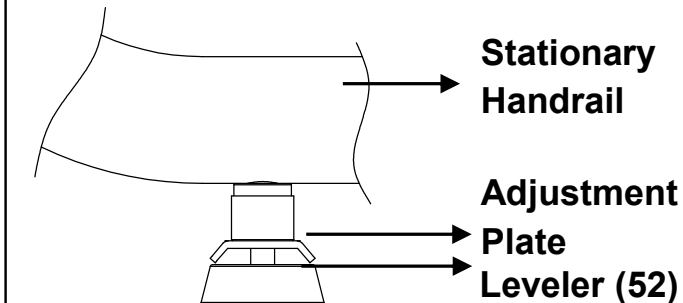


- Refer left, attach 2pcs **Basic Levelers (52)** under the **Stationary Handrail (49)**. **NOTE:** This step could require two people.
- Be sure to tighten the **Levelers (52)** securely until

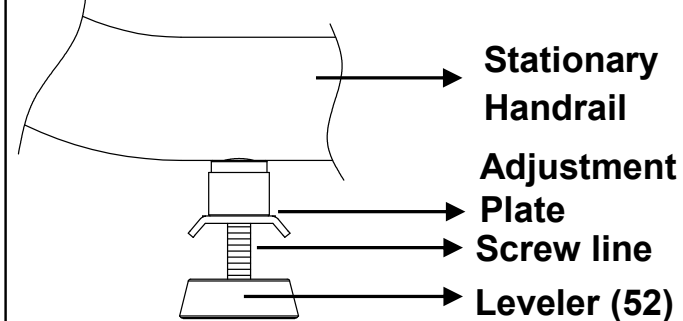
screw lines are eliminated as the **drawing 1** shown on the top right corner.

NOTE: If not level, review the **LEVELING NOTE**.

Detailed Lever- drawing 1



Detailed Lever- drawing 2

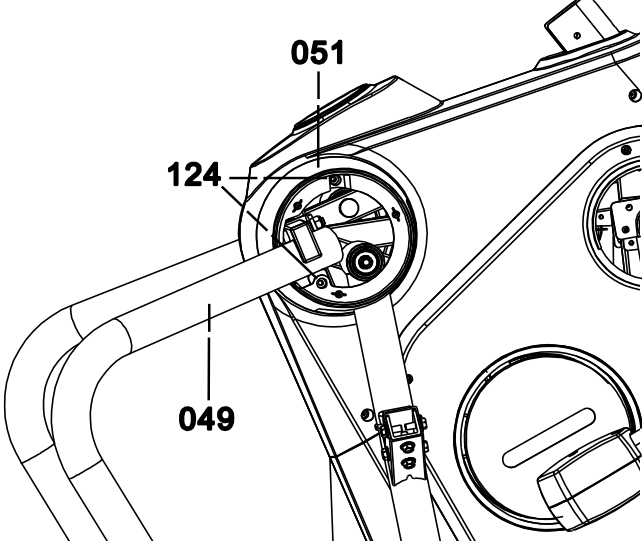
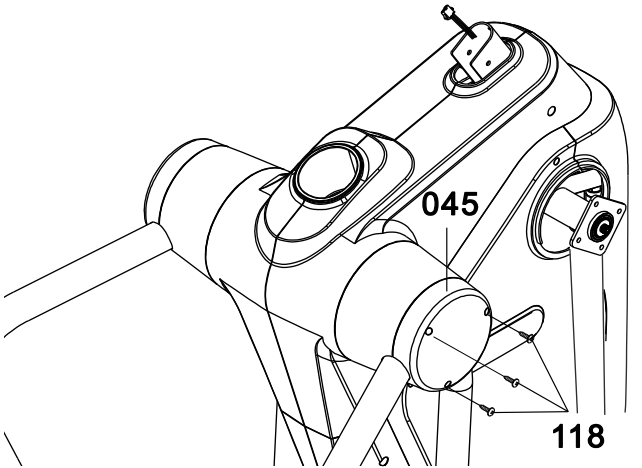


LEVELING NOTE: After placing the item in the intended location, check the stability of the item. If the item is not level, review the below steps:

- Loosen the Leveler (52) to make the Adjustment Plate become less tight.
- Use one hand to adjust the Leveler (52) for leveling.
- Once the item is level, use the other hand to tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (52) in stable position as the above drawing 2 shown.

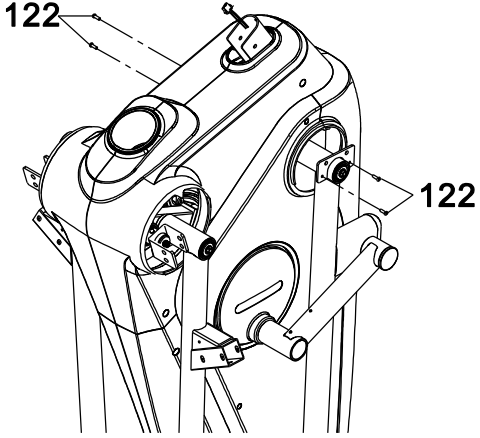
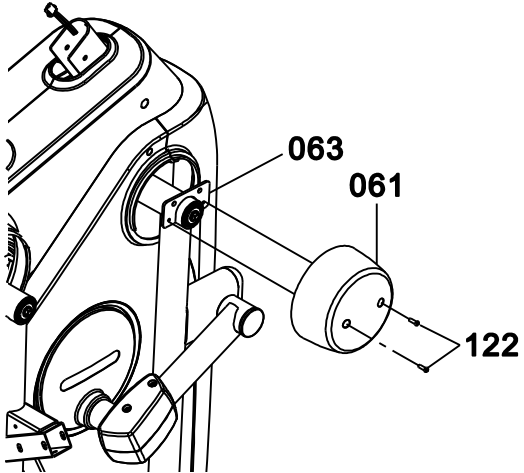

ASSEMBLY - STEP EIGHT

STEP 8 – Inner & Outer Handrail Cover (51, 45) Assembly

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>051</p> <p>124</p> <p>049</p> <p>124×2</p> <p>Use hardware section B</p> <p>(B)</p> <p>Use tool 130mm</p> | <p>a. Slide the to slide the Right Inner Handrail Cover (51) up to the Right Stationary Handrail (49) and fully tighten 2pcs Screws, Philips Pan Head (M6xp1.0x15mm)(124).</p> |
|  <p>045</p> <p>118</p> <p>118×3</p> <p>Use hardware section B</p> <p>(B)</p> <p>Use tool 130mm</p> | <p>b. Continue attach the Outer Handrail Cover (45) and fully tighten with 3pcs Screws, Philips Truss Head (M4x20mm)(118).</p> <p>c. Repeat the above same procedure for the left side</p> |

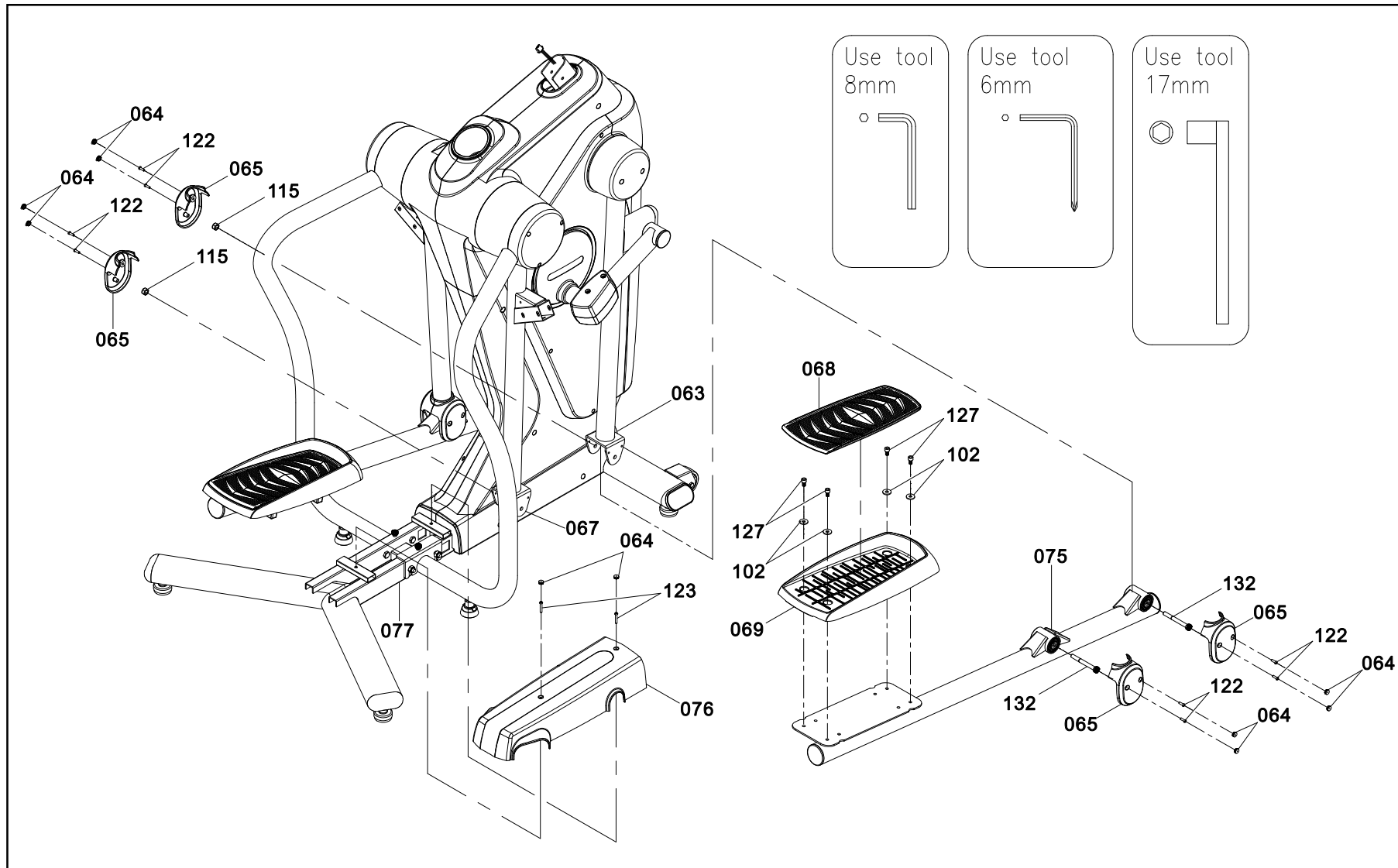
ASSEMBLY - STEP NINE

STEP 9 – Front Swing Arm Cover (61) Assembly

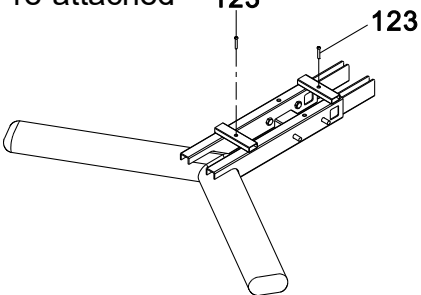

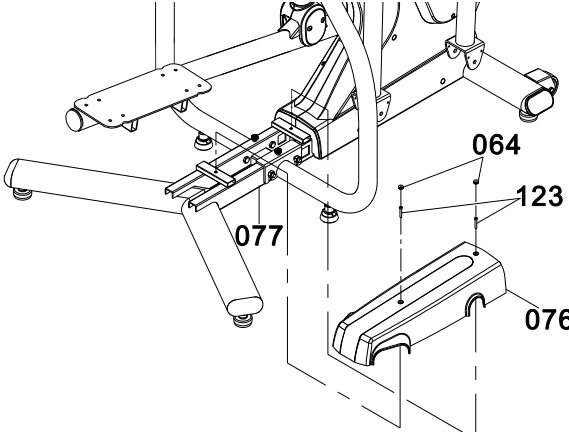

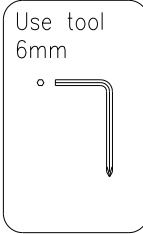
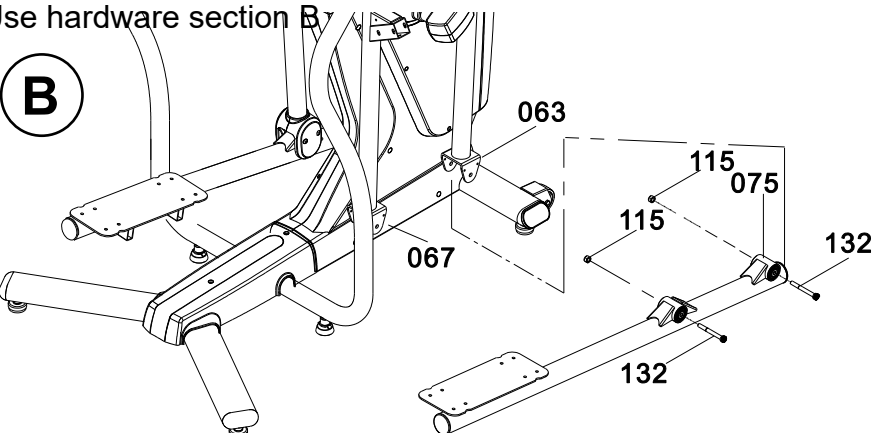


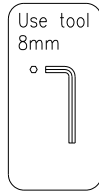
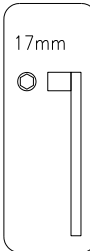
| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>122</p> <p>Pre-attached</p> | <p>a. Refer left, 4pcs Screws, Phillips Pan Head (M5xp0.8x15mm)(122) have preassembled on the Front Swing Arm (62, 63).</p> <p>b. Remove the above screws (122).</p> |
|  <p>063</p> <p>061</p> <p>122</p> <p>122 x 2</p> <div data-bbox="836 1038 946 1263"> <p>Use tool 130mm</p>  </div> | <p>c. Attach the Front Swing Arm Cover (61) to the Main Frame (1) and fully tighten with 2pcs Screws, Philips Pan Head (M5xp0.8x15mm)(122).</p> <p>d. Repeat the above same procedure for the left side</p> |

ASSEMBLY - STEP TEN

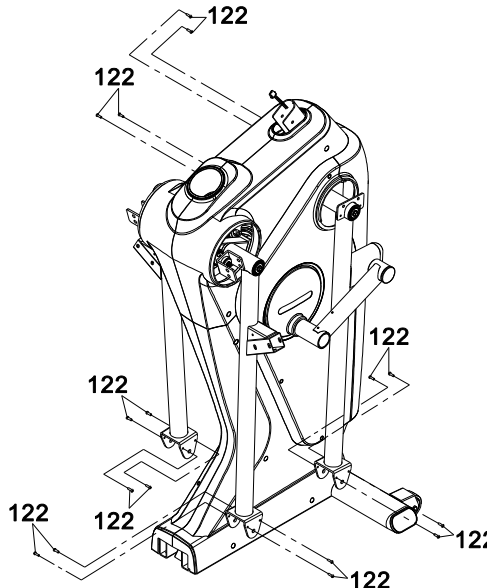

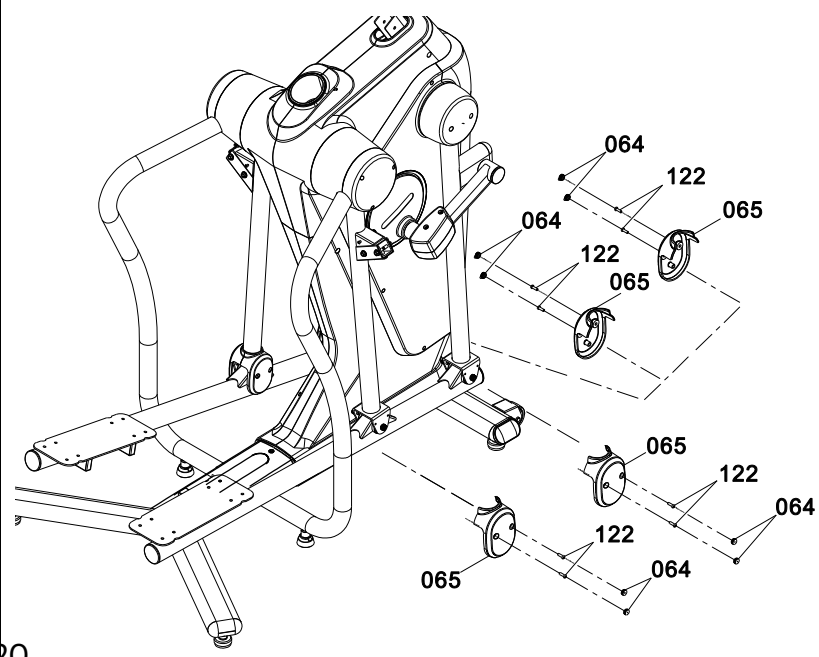


STEP 10 – Base Cover (90), Pedal Arm (74, 75), Swing Arm Cover (65) Assembly



ASSEMBLY - STEP TEN - CONTINUED

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pre-attached</p>  <p>123</p> <p>123</p> |  123×2 <p>a. Refer above, 2pcs Screws, Philips Pan Head (M5×p0.8×30mm)(123) have preassembled on the Base Frame (77).</p> <p>b. Remove the above Screws (123).</p> |
|  <p>064</p> <p>123</p> <p>077</p> <p>076</p> |  123×2 <p>Use tool 6mm</p>  <p>c. Attach the Base Cover (76) onto the Base Frame (77) and fully tighten 2pcs Screws (123).</p> <p>d. Then press 2pcs Screw Caps (64) onto the Base Cover (76).</p> |
| <p>Use hardware section B</p> <p>B</p>  <p>063</p> <p>067</p> <p>115</p> <p>075</p> <p>115</p> <p>132</p> <p>132</p> |  115×2  132×2 <p>Use tool 8mm</p>  <p>17mm</p>  <p>e. Attach the Right Pedal Arm (75) to the Swing Arm (63, 67) and fully tighten 2pcs Bolts, Socket Head (M10xp1.5x90mm)(132) and 2pcs Nylon Nuts (M10xp1.5)(115).</p> <p>f. Repeat above same procedure for the left side.</p> |

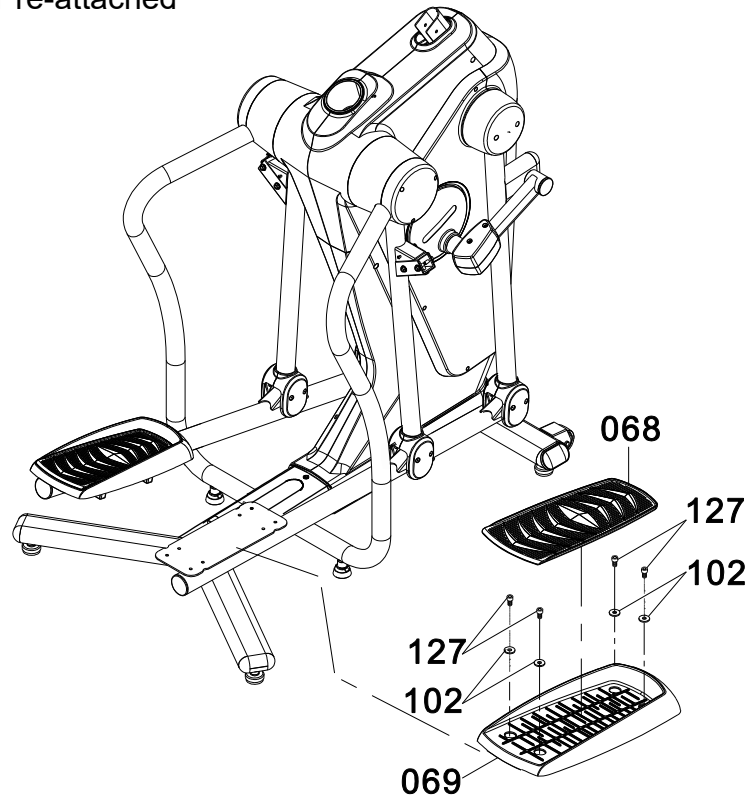
ASSEMBLY - STEP TEN - CONTINUED

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>  122×16 Pre-attached </p> <p> g. Refer to left, 16pcs Screws, Phillips Pan Head (M5xp0.8x15mm)(122) have preassembled on the Front & Back Swing Arm (63, 67). </p> <p> h. Remove the above Bolts (122). </p> |
|  <div data-bbox="1013 998 1145 1206"> <p>Use tool 6mm</p>  </div> | <p>  122×16 </p> <p> i. Attach 4pcs Bottom Swing Arm Covers (65) to the Swing Arm (63, 67) and fully tighten with 8pcs Screws (122) </p> <p> j. Then press 8pcs Screw Caps (64) onto the Covers (65). </p> <p> k. Repeat above same procedure for the left side. </p> |

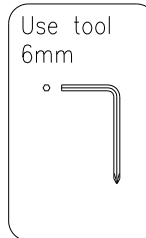
ASSEMBLY - STEP ELEVEN

STEP 11 – Pedal (69) & Non-Slip Pad (68) Assembly

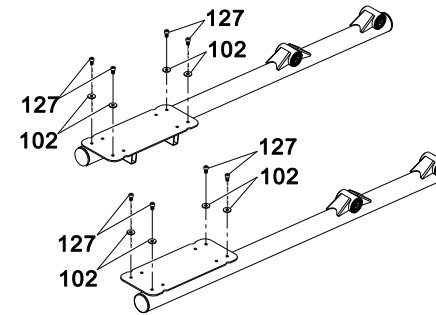
Pre-attached



102×8
127×8



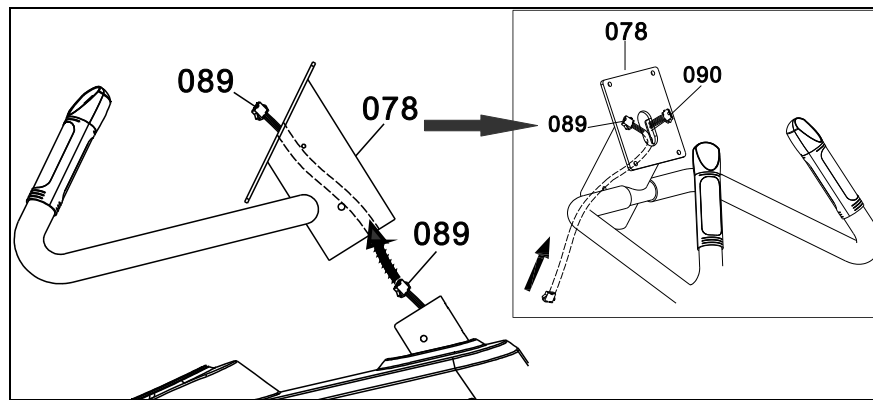
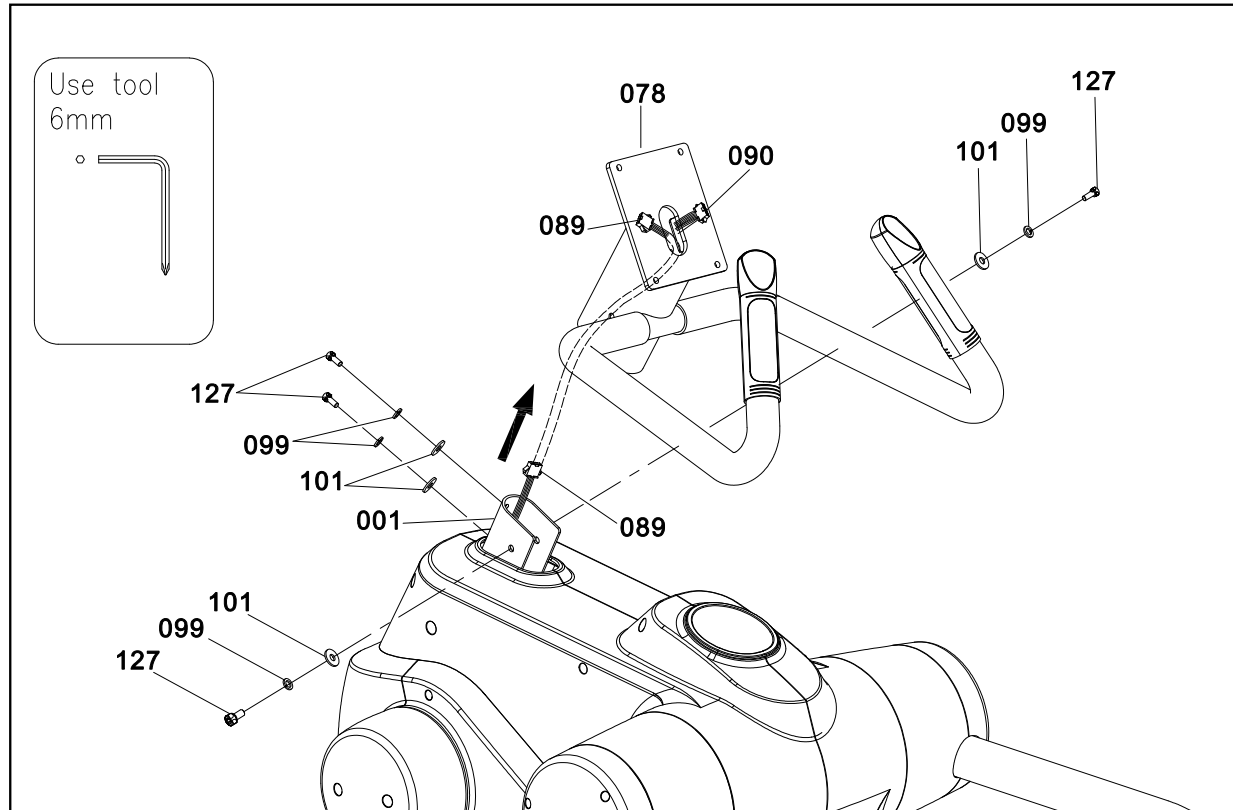
- a. Refer left, 8pcs **Bolts, Socket Head (M8×p1.25×15mm)(127)** and 8pcs **Washers (8×19×2.0t)(102)** have preassembled on the **Pedal Arm (74, 75)**.



- b. Remove the above **Bolts (127)** and **Washers (102)**.
- c. Attach the **Right Pedal (69)** to the **Right Pedal Arm (75)** and fully tighten with 4pcs **Bolts (127)** and 4pcs **Washers (102)**.
- d. Repeat above same procedure for the left side.

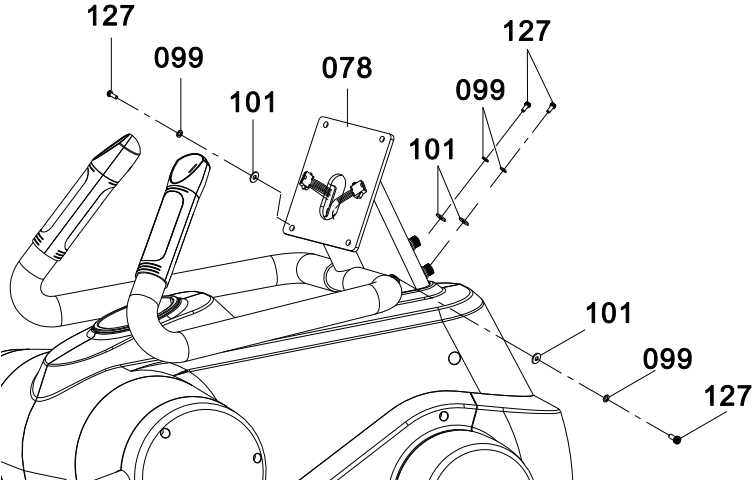
ASSEMBLY - STEP TWELVE

STEP 12 – Fixed Handlebar (78) Assembly



- Gently insert the **Connection Wire (89)** to the left side into the **Fixed Handlebar (78)**.

ASSEMBLY - STEP TWELVE - CONTINUED



127 099 101 078 099 127 101 099 127

101×4
099×4
127×4

Use tool
6mm

Use hardware section C

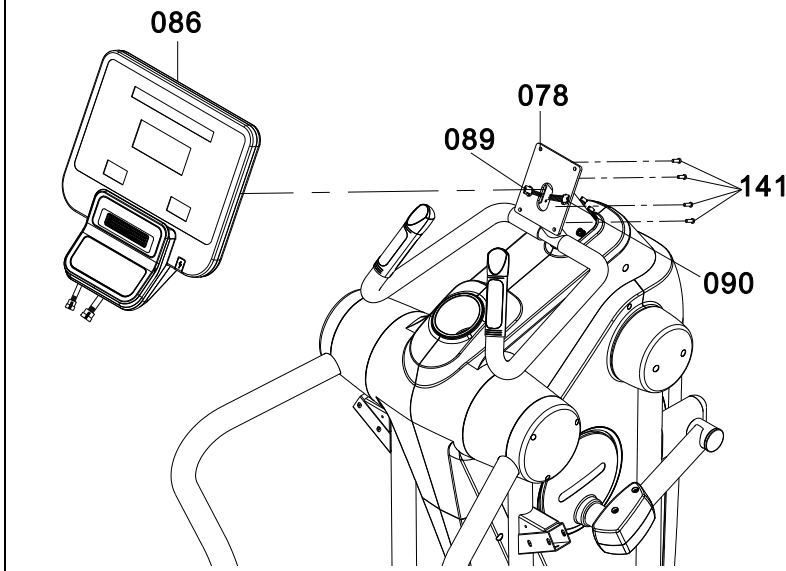
C

b. Attach the **Fixed Handlebar (78)** to the **Main Frame (1)** and slightly attach all 4pcs **Bolts (M8×p1.25×15mm)(127)**, 4pcs **Lock Washers (M8)(99)** and 4pcs **Washers (8×16×2.0t)(101)**.

c. Then fully tighten above **Bolts (127)**, **Lock Washers (99)** and **Washers (101)**.

ASSEMBLY - STEP THIRTEEN & FOURTEEN

STEP 13 – Console (86) Assembly



086

078

089

090

141

Use tool 6mm

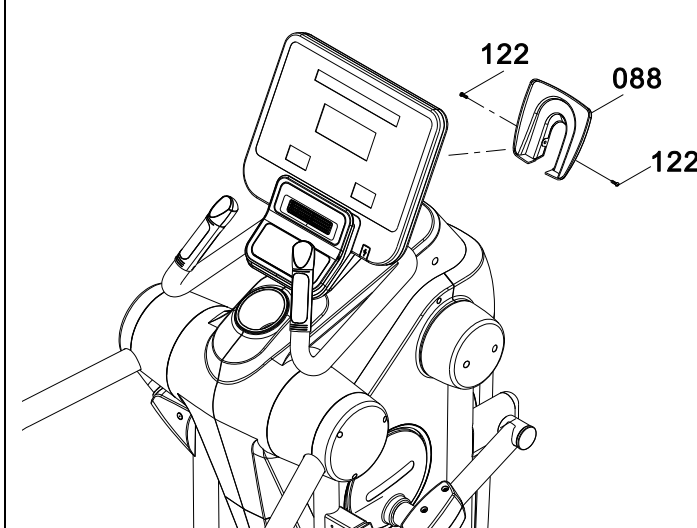
Pre-attached

a. Connect the **Console Wire** to the **Connection Wire (89)**.
NOTE: Be careful not to pinch the wires.

b. Connect the **Console Wire** to the **Pulse Sensor Wire (90)**.
NOTE: Be careful not to pinch the wires.

c. Attach the **Console (86)** to the **Fixed Handlebar (78)** and fully tighten with 4pcs **Screws, Phillips Pan Head (M5xp0.8x20mm)(141)**.

STEP 14 – Console Bottom Cover (88) Assembly



122

088

122

Use tool 6mm

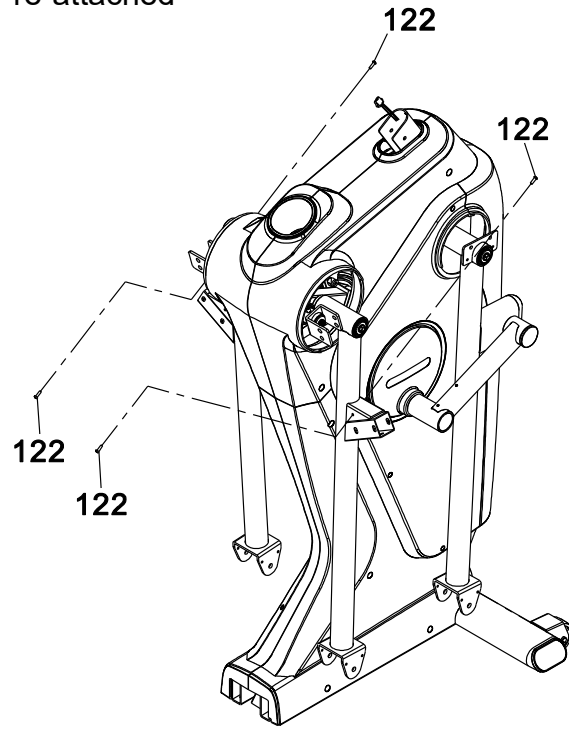
Use hardware section C

Then continue attach the **Console Bottom Cover (88)** to the **Console (86)** an fully tighten with 2pcs **Screws, Philips Pan Head (M5xp0.8x15mm)(122)**.

ASSEMBLY - STEP FIFTEEN

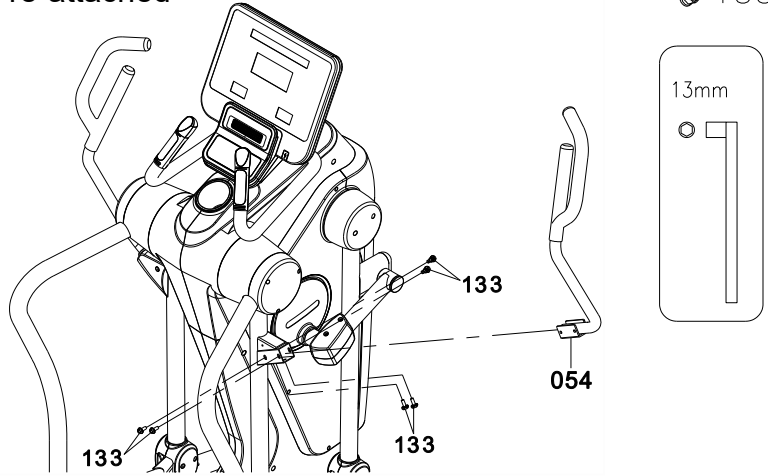
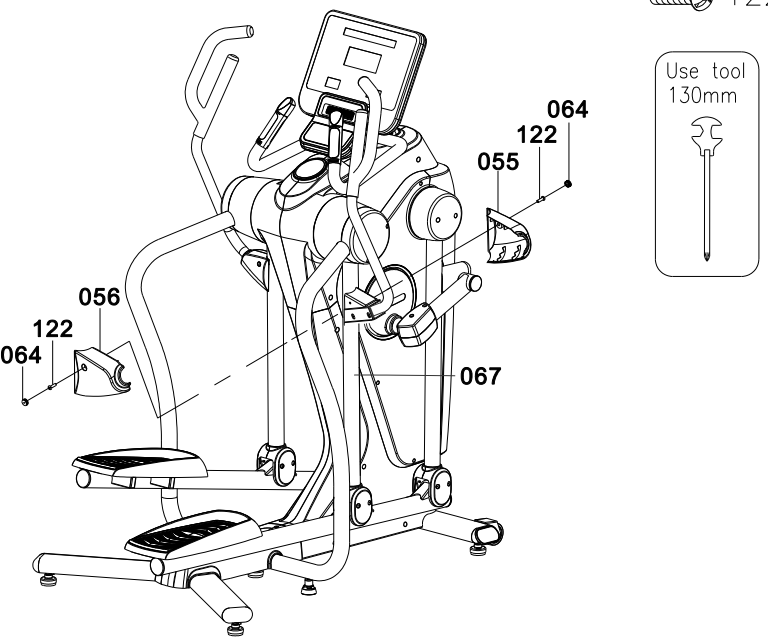
STEP 15 – Upper Handrail (53, 54), Upper Handrail Cover (55, 56) Assembly

Pre-attached



- Refer above, 4pcs **Screws, Philips Pan Head (M5xp0.8x15mm)(122)** have preassembled on the **Back Swing Arm (67)**.
- Remove the above **Bolts (122)**.

ASSEMBLY - STEP FIFTEEN - CONTINUED

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pre-attached</p>  <p>133x6</p> <p>13mm</p> <p>133</p> <p>054</p> | <p>c. There is a “R” & “L” decal on the Upper Handrail (53, 54).</p> <p>d. Attach the Right Upper Handrail (54) to the Right Back Swing Arm (67) and fully tighten with 6pcs Bolts, Hex Head Flange (M8xp1.25x15mm)(133).</p> |
|  <p>122x2</p> <p>Use tool 130mm</p> <p>055</p> <p>064</p> <p>122</p> <p>056</p> <p>067</p> | <p>e. Attach the Front & Back Upper Handrail Cover (55, 56) and fully tighten with 2pcs Screws, Phillips Pan Head (M5xp0.8x15mm)(122).</p> <p>f. Then press 8pcs Screw Caps (64) onto the Covers (55, 56).</p> <p>g. Repeat the above same procedure for the left side.</p> <p>NOTE:</p> <ul style="list-style-type: none"> ● For the final step, make sure all the bolts and nuts are fully tightened before using the item. ● Check whether the levelers are even on the floor (if the levelers are not even will produce noise), if not, review the LEVELING NOTE. |

SETTING UP YOUR SUSPENSION ELLIPTICAL

Plugging in and Powering On

Spirit Fitness commercial elliptical trainers have a built-in generator for power and do not need to be plugged into an AC outlet. To power up the elliptical trainer simply start to pedal, the console will turn on automatically.

When initially powered on, the console will perform an internal self-test. During this time the display may not light up for a few seconds. Continue pedaling and the display will light up. Once powered on, the Dot Matrix Message Center will be scrolling the start-up message. You may now begin your workout program.

C-Safe Feature

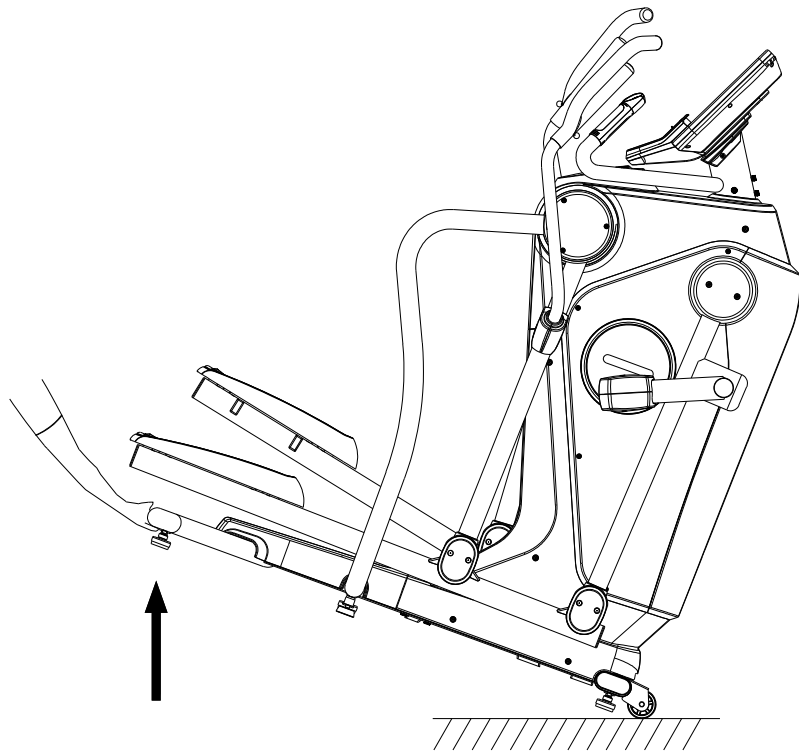
Your console is equipped with a C-SAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with fitness software applications.



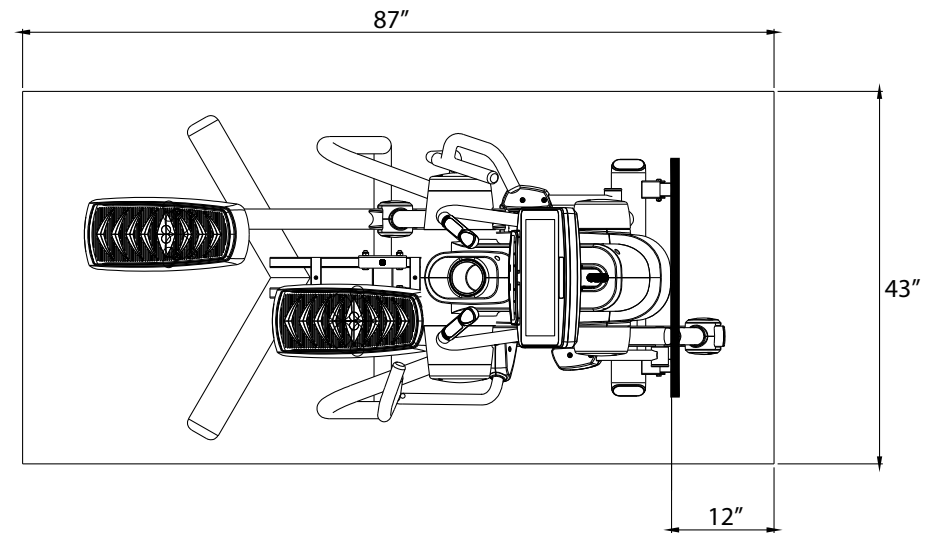
SETTING UP AND MOVING YOUR ELLIPTICAL

Hold the Base Frame (77) up with two hands and tow the item to the desired place carefully.

- Make sure the floor is level while towing the item.




Place the item in the area where it will be used. The maximum usage dimensions of the item are approximately 74" L x 38" W. An area of at least 87" L x 43" W is required for safe operation of the item. Make sure that adequate space is available in the front for at least 12" for access to and passage around the item.



QUICK START

1. This is the quickest way to start a workout. After the console powers up you just press the Start button to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Level Up and Down buttons. The Dot Matrix Message Center display will show just the bottom row lit. As you increase the workload more rows will light indicating a harder workout. The elliptical trainer will get harder to pedal as the rows increase. The Dot Matrix Message Center has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.
2. There are 40 levels of resistance – displayed as 10 rows of lights – available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and elite athletic training.

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 Suspension Elliptical.



Your new Spirit Fitness Suspension Elliptical has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions on page 33 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 Suspension Elliptical? Create a profile and save custom workout programs by following the instructions on page 40.




The Spirit Fitness app is available on Google Play and the Apple App Store. Scan the QR Code below, and quickly and easily sign up to start taking your workout experience to a whole new level.



Be sure to follow Spirit Fitness on your favorite social media platforms to view and share the latest fitness videos, images, and news.

 facebook.com/SpiritFitnessProducts

 www.instagram.com/spirit/

 youtube.com/user/SpiritFitnessOnline

CONSOLE SCREEN - OVERVIEW



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.

FEATURES

Basic Information

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

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

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

The Program button is used to preview each program. When you first turn the console on, you may press program key to preview what the program profile looks like. If you decide that you want to try a program, press the Enter key to select the program and enter into the data set-up mode.

1/4 Mile / 0.4k 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.

Heart Rate Monitoring

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout.

You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The item will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

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.

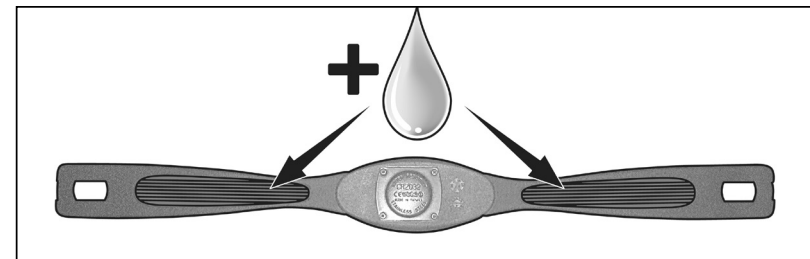
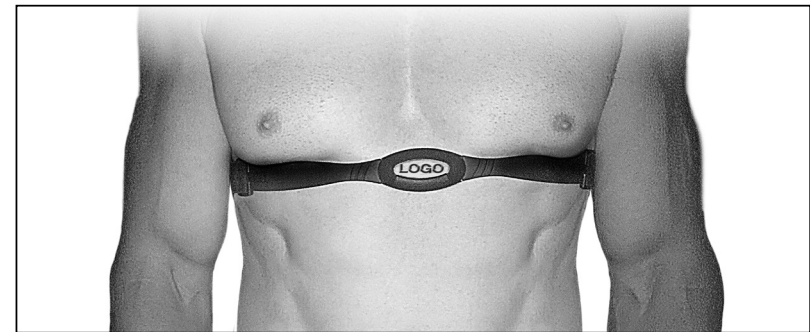
NOTE:

- 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 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 Suspension Elliptical for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

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

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit 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.

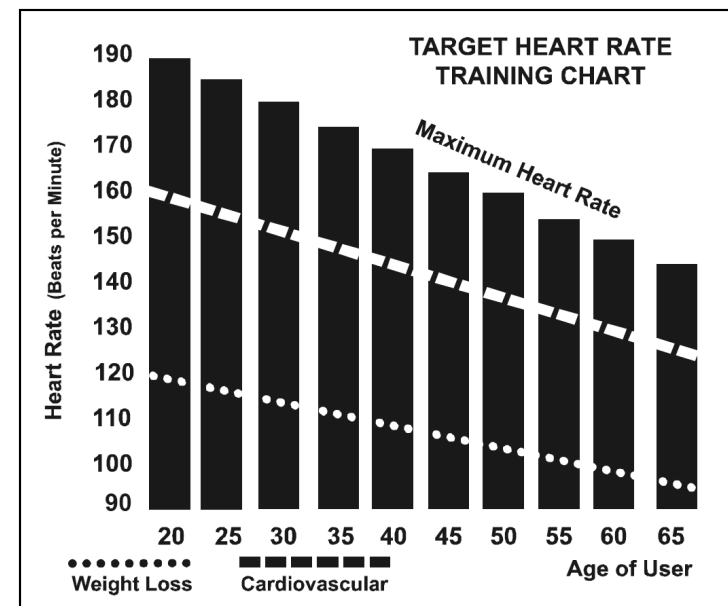
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range 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 cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:
 $220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ 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 all Heart Rate program you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any of the nine different programs.



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:

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.

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 |

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 asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct settings are in the program for your Age. Your weight is used to give a more accurate calorie count.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

PROGRAMS - TO SELECT AND START A PROGRAM

Manual

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

1. Using the Program button choose Manual then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down buttons, then press the Enter button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down buttons, then press enter to continue.
4. The next setting is Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Enter button. NOTE: At any time during the editing of data you can press the Stop button to go back one level, or screen.
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Level Up button; the Level Down button will decrease the workload.
7. When the program ends you may press Start to begin the same program again or Stop to exit the program.

PROGRAMS - TO SELECT AND START A PROGRAM

Preset

1. Using the Program button select your desired program then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down buttons, then press the Enter button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight number using the Up and Down buttons, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Stop button to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program press the Level Up or Level Down button. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the Dot Matrix Message Center will show the current column, and program maximum, levels of work.
8. During the program you will be able to scroll through the data in the LED Data Display Windows by pressing the Up/Down Scan button next to the LED Data Display Windows.
9. When the program ends the LED Data Display Windows will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

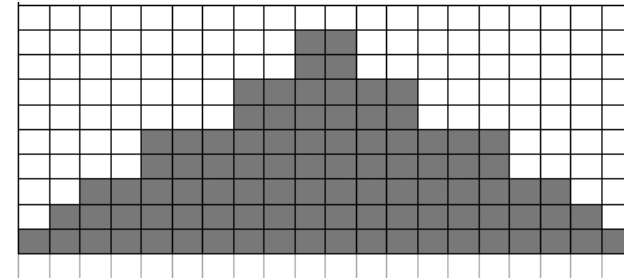
PROGRAMS - PRESET

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

Hill

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.

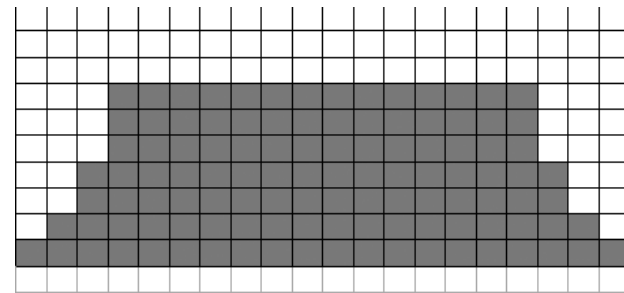
Hill



Fat Burn

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

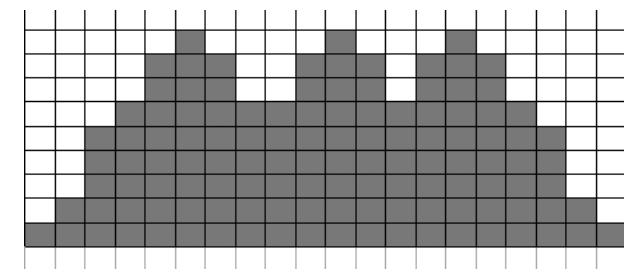
Fat Burn



Cardio

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

Cardio

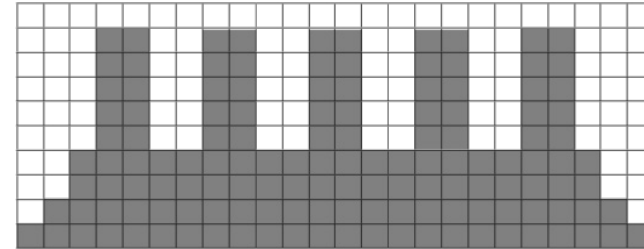


PROGRAMS

Interval

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

Interval



PROGRAMS

HIIT Program

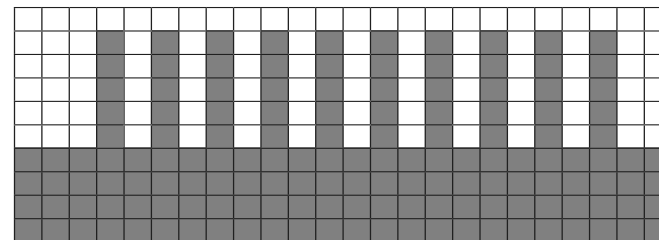
The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness.

During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.

1. Using the Program button select the HIIT program then press Enter. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys then press Enter to continue.
3. Next you are asked for the number of intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Now you are asked to adjust the Sprint Level. This is the resistance level you will experience during the Sprint segments of the program. Adjust the level and then press Enter.
5. Now you are asked to adjust the Rest Level. This is the resistance level you will experience during the Rest segments of the program. Adjust the level and then press Enter.
6. Next is entering the Interval time. The Dot Matrix Message Center shows: Sprint Time:20 and Rest Time:30. The Sprint

time will be blinking. You may use the up and down keys to adjust the Sprint time from 20 to 60 seconds then press Enter. The time for the Rest period will blink and you can adjust the time using the up and down keys and press Enter.

7. The LED Data Display Window will now display the total time for the HIIT workout; now press Start to begin. There is a 3-minute warm-up period before the first Sprint begins. The resistance level during warm-up is set to 5 but can be adjusted manually.
8. The Dot Matrix Message Center display in the HIIT program is a speed indication display, not a power or resistance display. During the Sprint the Dot Matrix Message Center display will show a blinking LED at the first Sprint segment. That is the target speed LED and indicates 90 pedal rpm. As you pedal faster the lights below the target speed LED light up the faster you go. When you exceed 90 rpm the target LED will move up showing you are past the target speed. You should maintain at least 90 rpm throughout the Sprint segments. The rest segments of the HIIT program are set to resistance level 5 and you can pedal at any speed you choose as your heart rate recovers. You can manually adjust the resistance levels during the Sprint and Rest segments.
9. At the end of the last Sprint there is a 2-minute cool-down period. You can bypass this by pressing the Stop key and the workout summary will be displayed.



PROGRAMS

Constant Power Program

A Watts program is a controllable constant power whose Level adjusts when the speed is changed.

To start the Constant Power program follow the instructions below.

1. Using the Program button choose the Constant Power program, then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. Input your Age, using the Up/Down buttons, then press the Enter button to accept the new age and proceed on to the next screen.
3. You are now asked to enter your Weight. Adjust Weight using the Up/Down buttons then press Enter to continue.
4. Next is Time. Adjust the Time, then press Enter to continue.
5. Now you are asked to adjust the Target Watt Level. This is the constant power you will experience during the program. Adjust using the Up/Down buttons, then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start button. You can also go back and modify your settings by pressing the Enter button. NOTE: At any time during the editing of data, you can press the Stop button to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program, press the Up/Down button. This will allow you to change your target Watt level at any time during the program.
8. During the Constant Power program you will be able to scroll through the data in the LED Data Display Window by pressing the adjacent Up/Down Scan buttons.
9. When the program ends, you may press Start to begin the same program again or Stop to exit the program.

PROGRAMS

Fitness Test Program

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given.

VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (se charts below). You will be asked to choose either, "Male" or "Female" at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. If you are a de-conditioned male, you may want to choose the option for "Female" to assist in the correct calculations. Similarly, if you are a very conditioned female, you may want to choose the option for "Male."

Workload chart for male or very fit female:

| | | | | | | | | | |
|------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|------------------------------------------|-------------------------------------------|------------------------------------------|------------------------------------------|
| 1st Stage | | | | Level 12 - 50 watts - 300 kgm/min | | | | | |
| HR | | < 90 | | | 90 - 105 | | | > 105 | |
| 2nd Stage | | Level 29 - 150 watts - 900 kgm/min | | | Level 26 - 125 watts - 750 kgm/min | | | Level 23 - 100 watts - 600 kgm/min | |
| HR | HR <120 | HR 120-135 | HR >135 | HR <120 | HR 120-135 | HR >135 | HR <120 | HR 120-135 | HR >135 |
| 3rd stage | Level 36 - 225 watts - 1350 kgm/min | Level 34 - 200 watts - 1200 kgm/min | Level 32 - 175 watts - 1050 kgm/min | Level 34 - 200 watts - 1200 kgm/min | Level 32 - 175 watts - 1050 kgm/min | Level 29 - 150 watts - 900 kgm/min | Level 32 - 175 watts - 1050 kgm/min | Level 29 - 150 watts - 900 kgm/min | Level 26 - 125 watts - 750 kgm/min |

PROGRAMS

Workload chart for female or de-conditioned male

| | | | | |
|------------------------------|---------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1st Stage | | | Level 5 (25W) 150 kgm/min | |
| Heart Rate | HR<80 | HR: 80-90 | HR: 90-100 | HR>100 |
| 2nd Stage | Level 26 (125W) 750 kgm/min | Level 23 (100W) 600 kgm/min | Level 18 (75W) 450 kgm/min | Level 12 (50W) 300 kgm/min |
| 3rd Stage | Level 29 (150W) 900 kgm/min | Level 26 (125W) 750 kgm/min | Level 23 (100W) 600 kgm/min | Level 18 (75W) 450 kgm/min |
| 4th Stage (if needed) | Level 32 (175W) 1050 kgm/min | Level 29 (150W) 900 kgm/min | Level 25 (117W) 700 kgm/min | Level 23 (100W) 600 kgm/min |

PROGRAMS

Fitness Test Programming

1. Using the Program button choose Fitness Test and press Enter.
2. The Dot Matrix Message Center will display Gender. Use the Up and Down arrows if you need to change, then press Enter. The choice of gender determines which workload chart will be used for the test.
3. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down buttons then press the Enter button to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the weight number using the Up and Down buttons then press Enter to continue.
5. Now press Start to begin the test.

Before the test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During the test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the LED Data Display Windows by pressing the Up/Down Scan button next to the LED Data Display Windows.
- The LED Data Display Windows will always display your pedal speed on the right side to help you maintain 50RPM.
- The data shown during the test is:
 - a. Work in KGM is actually an abbreviated form of kg-m/min, which is a work measurement of kilogram-force meter/minute.
 - b. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 - d. Time is the total elapsed time of the test.

After the test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

PROGRAMS

Fitness Test Programming

What your score means:

VO2max Chart for males and very fit females

| | 18-25 years old | 26-35 years old | 36-45 years old | 46-55 years old | 56-65 years old | 65+ years old |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|
| excellent | >60 | >56 | >51 | >45 | >41 | >37 |
| good | 52-60 | 49-56 | 43-51 | 39-45 | 36-41 | 33-37 |
| above average | 47-51 | 43-48 | 39-42 | 35-38 | 32-35 | 29-32 |
| average | 42-46 | 40-42 | 35-38 | 32-35 | 30-31 | 26-28 |
| below average | 37-41 | 35-39 | 31-34 | 29-31 | 26-29 | 22-25 |
| poor | 30-36 | 30-34 | 26-30 | 25-28 | 22-25 | 20-21 |
| very poor | <30 | <30 | <26 | <25 | <22 | <20 |

PROGRAMS

Fitness Test Programming

VO2max Chart for females and de-conditioned males

| | 18-25 years old | 26-35 years old | 36-45 years old | 46-55 years old | 56-65 years old | 65+ years old |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|
| excellent | 56 | 52 | 45 | 40 | 37 | 32 |
| good | 47-56 | 45-52 | 38-45 | 34-40 | 32-37 | 28-32 |
| above average | 42-46 | 39-44 | 34-37 | 31-33 | 28-31 | 25-27 |
| average | 38-41 | 35-38 | 31-33 | 28-30 | 25-27 | 22-24 |
| below average | 33-37 | 31-34 | 27-30 | 25-27 | 22-24 | 19-22 |
| poor | 28-32 | 26-30 | 22-26 | 20-24 | 18-21 | 17-18 |
| very poor | <28 | <26 | <22 | <20 | <18 | <17 |

PROGRAMS

Custom Program

You can build your own custom program by following the instructions below.

1. Using the Program button, select Custom and then then press the Enter button to begin programming.
2. Enter your name in the Dot Matrix Message Center, the letter "A" will be blinking. Use the Up/Down buttons to select the appropriate first letter of your name (pressing the Up button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press Stop.
3. If there is a program already stored in Custom, you will have an option to run the program as it is or delete the program and build a new one. The Dot Matrix Message Center will ask: Run Program? Use the Up/Down arrows to select "Yes" or "No". If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Dot Matrix Message Center will ask you to enter your Age. You may enter your age, using the Up/Down buttons, then press the Enter button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the Up/Down buttons, then press Enter to continue.
6. Next is Time. You may adjust the time and press Enter to continue.
7. Now you are asked to adjust the Max Resistance Level of the program, press Enter when resistance has been selected.
8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the Up button. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty-four segments have been set.
10. After saving the program the Dot Matrix Message Center says "New Program Saved" then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.

PROGRAMS

Heart Rate Program Operation

To start the HRC program follow the instructions below.

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

MAINTENANCE & CARE

Post-Workout Machine Care

1. Store your machine according to the 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 screen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

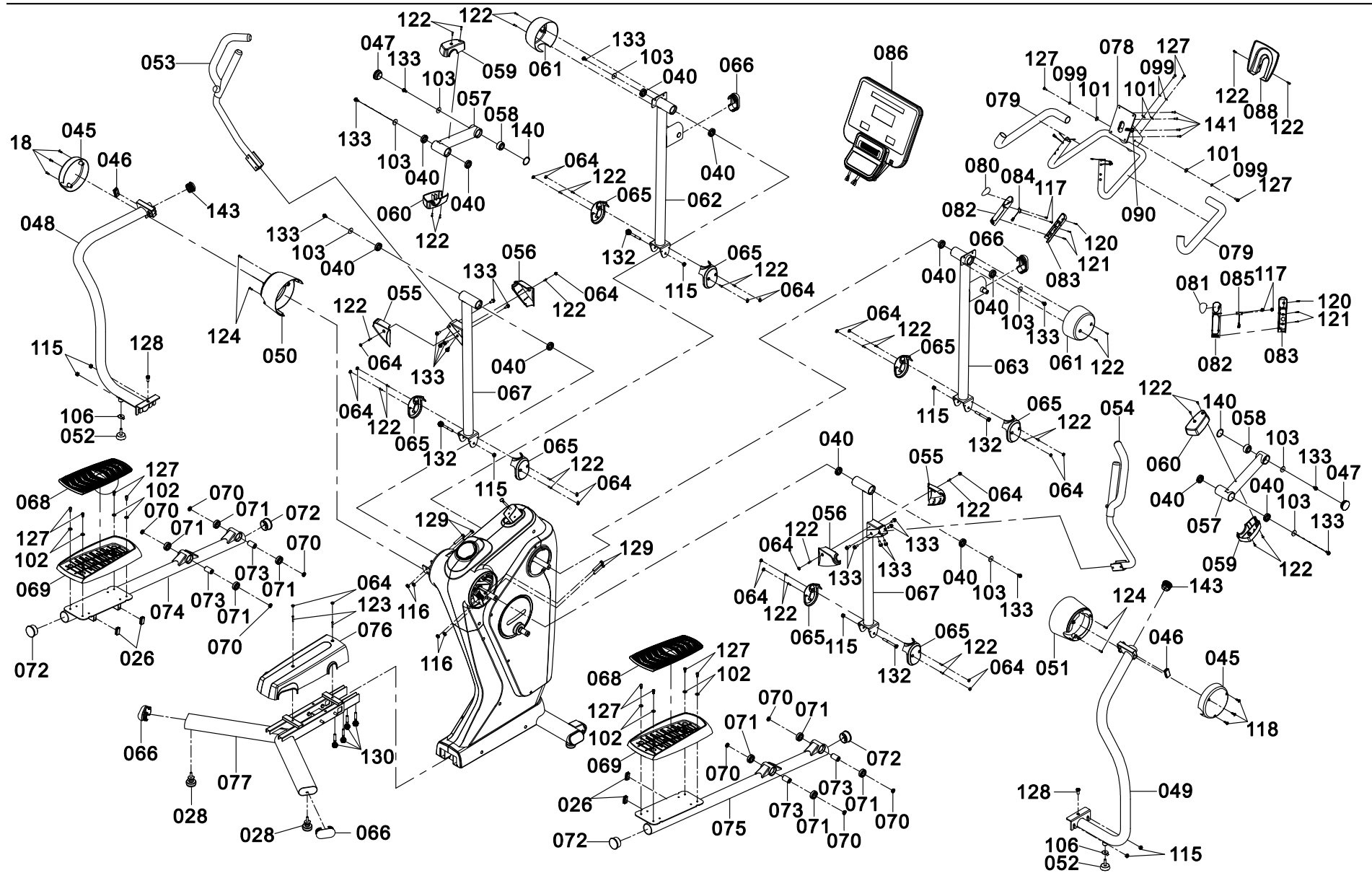
Sanitizing Your Spirit Fitness Equipment

- 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.
- For more details on sanitization, or to learn how to make your own spray solution, please visit:
support.spiritfitness.com/hc/en-us/articles/4406787148564

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EXPLODED VIEW DIAGRAM



WARRANTY - COMMERCIAL

Effective January 30, 2024- CES880 Suspension Elliptical LIMITED WARRANTY

Spirit Fitness warrants all its Suspension Elliptical parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a 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:

Commercial Warranty

*Prisons and correctional facilities are excluded from warranty coverage

| Warranty | Frame | Brake | Parts | Labor |
|------------|----------|---------|---------|---------|
| Commercial | Lifetime | 5 Years | 3 Years | 3 Years |

RESPONSIBILITIES OF THE FACILITY

1. The facility is responsible for the items listed below:
2. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase, or completed online to validate the manufacturer’s limited warranty.
3. Proper use of the fitness equipment in accordance with the instructions provided in this manual
4. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
5. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.
6. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
7. Damages to the fitness equipment finish during shipping, installation or following installation.
8. 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 Suspension Elliptical not requiring component replacement, or Suspension Elliptical 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 used in prisons and correctional facilities.
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.
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.
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.

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 Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 | Phone: 800-258-8511 | Fax: 870-935-7611

www.spiritfitness.com

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