

SPIRIT



CTSBS900

CTSBS900_900885_OM_20260702

SLAT BELT SLED TREADMILL

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.

Table of Contents

Product Registration	2
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Warning / Safety Instructions

Product Labels	3
Warnings, Compliance, and Notes	4
Safety Instructions	5
Electrical Safety	6
Grounding Instructions	7

Parts and Assembly

Parts Included	8
Parts of Your Treadmill	10
Pre-Assembly	11
Assembly	12
Setting Up Your Unit	18
Quick Start	19

Technology and Features

Features	20
Console Screen - Overview	23

Programs

Programmable Features	24
Programs	26

Heart Rate Monitoring

Heart Rate Control	34
--------------------------	----

Heart Rate Chest Strap	35
------------------------------	----

Chest Strap Warning	36
---------------------------	----

Heart Rate Exertion	37
---------------------------	----

Safety Stop Key	39
-----------------------	----

Maintenance

Machine Care	40
---------------------------	----

Troubleshooting	45
-----------------------	----

Error Codes	46
-------------------	----

Maintenance Mode	49
------------------------	----

Exploded View Diagram	53
------------------------------------	----

Warranty

Warranty	54
----------------	----

PRODUCT REGISTRATION

Congratulations on your new Slat Belt Sled Treadmill, and welcome to the Spirit Fitness family!

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

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

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

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION

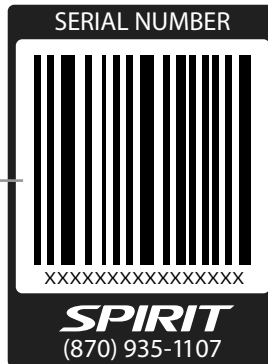
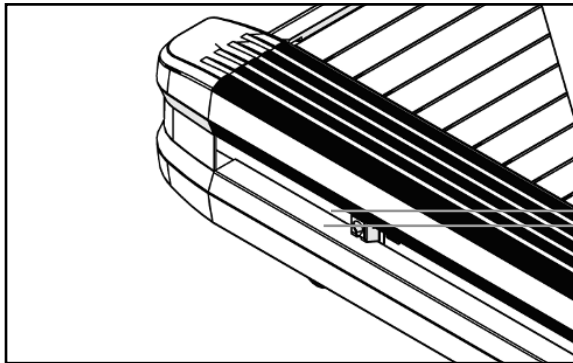


Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

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

Version: 3.0
Revision: 07.02.2026

PRODUCT LABELS

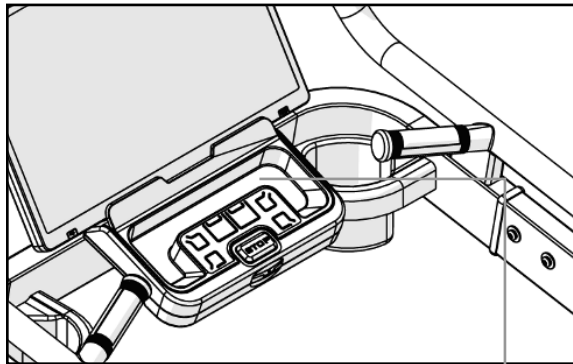
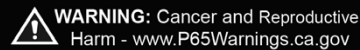


SERIAL NUMBER STICKER

This sticker will be found on the side frame near the plug-in. Please record the number below the barcode for the purpose of registering your Slat Belt Sled Treadmill's warranty.

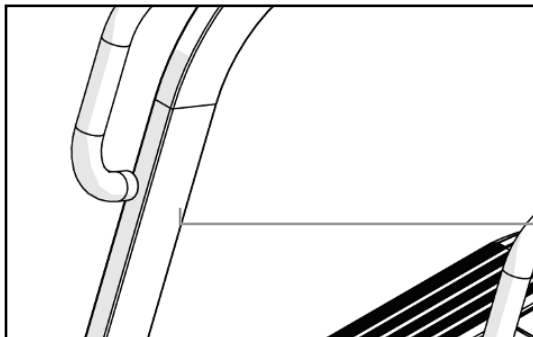
PROPOSITION 65 WARNING

This sticker will be found on the side frame near the plug-in. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.



CONSOLE WARNING STICKER

This sticker will be found in the accessory pocket of your console. Please read and be aware of the precautions before operating your unit.



SAFETY WARNING STICKER

This sticker will be found on the left side of your Slat Belt Sled Treadmill's upright. 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.

WARNINGS, COMPLIANCE AND NOTICES

This product has been certified to meet the following standards:

- FCC part 15
- UL

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

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

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

CAUTION:

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

SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.



DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.



WARNING - To reduce the risk of burns, fire electric shock, or

injury to persons:

1. 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.
2. Keep children away from the Treadmill. There are obvious pinch points and other caution areas that can cause harm.
3. Keep hands away from all moving parts.
4. Never drop or insert any object into any openings.
5. Do not use outdoors.
6. Do not attempt to use your Treadmill for any purpose other than for the purpose it is intended.
7. The hand 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.
8. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
9. 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.
10. Keep children under the age of 13 away from this machine.

11. Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
12. Keep the cord away from heated surfaces.
13. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
14. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
15. ASTM F2115-05 Specifications 6.1.2.11—The recommended minimum clearance required around each Treadmill for access to, passage around, and emergency dismount shall be stated. The minimum dimensions are to be: 0.5 m (19.7 in.) on each side of the Treadmill, and 1m (39 in.) behind the machine.
16. When preparing to use the treadmill, do not stand on the running belt. Before starting the treadmill, first turn on the power, grasp the side handrails, and position both feet on the protective strips on either side of the machine. Then press the "Start" button, and only after the motor begins to operate at a low speed should you place both feet on the running platform to commence exercise.
17. Do not attempt to start the treadmill at a fast running speed or jump onto the treadmill. In the event of an emergency, hold onto the front or side handrails and jump off the running platform to the protective strips on either side of the machine.
18. In case of an emergency, you can use the emergency stop system to halt the operation of the running belt.
19. **User Weight Limit: 400 lb.**



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

ELECTRICAL SAFETY



WARNING!

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

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this unit to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

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

- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your unit; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

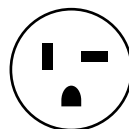
GROUNDING INSTRUCTIONS

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

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

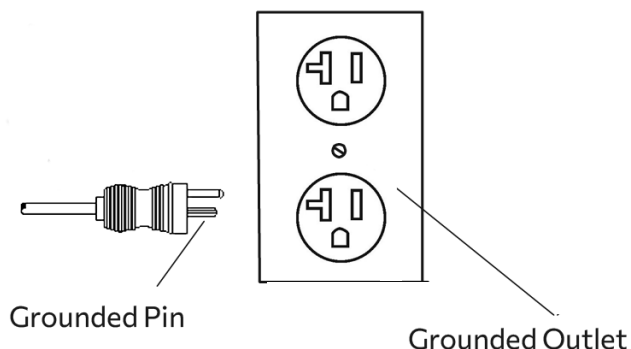
Wiring should comply with local electrical regulations. High-voltage lines, low-voltage lines, and underground cables must be routed separately and must not be connected to or intertwined with other lines.

- Motor: 4.0HP AC
- Power: 120 volts, 60 Hz, dedicated 20-amp circuit (NEMA 5-20P standard power plug/ receptacle type) recommended



NEMA 5-20P

Grounded Outlet



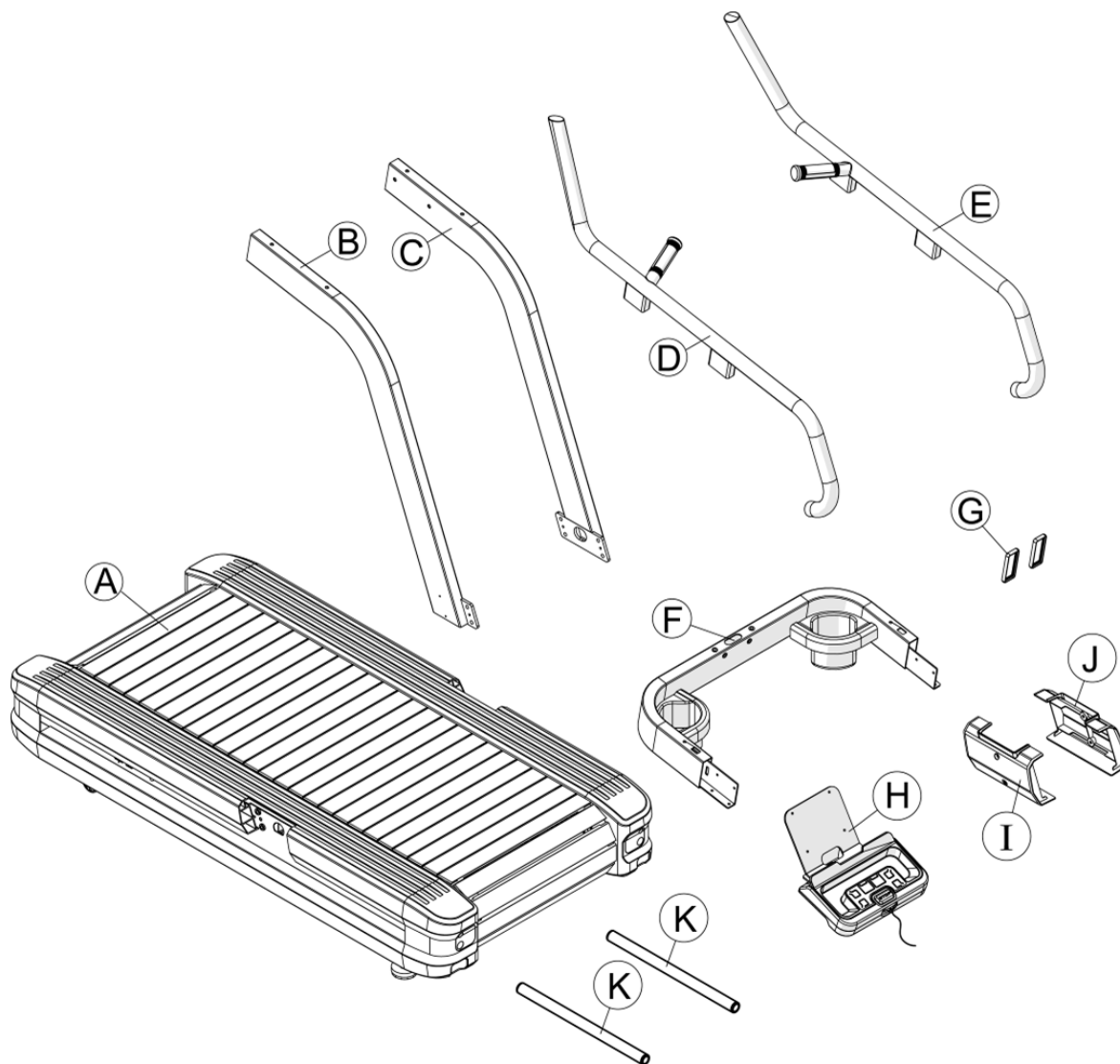
PARTS INCLUDED

TOOLS

- ❑ 8mm Allen Wrench
- ❑ 6mm Allen Wrench
- ❑ 1 Phillips Screwdrivers

PARTS INCLUDED:

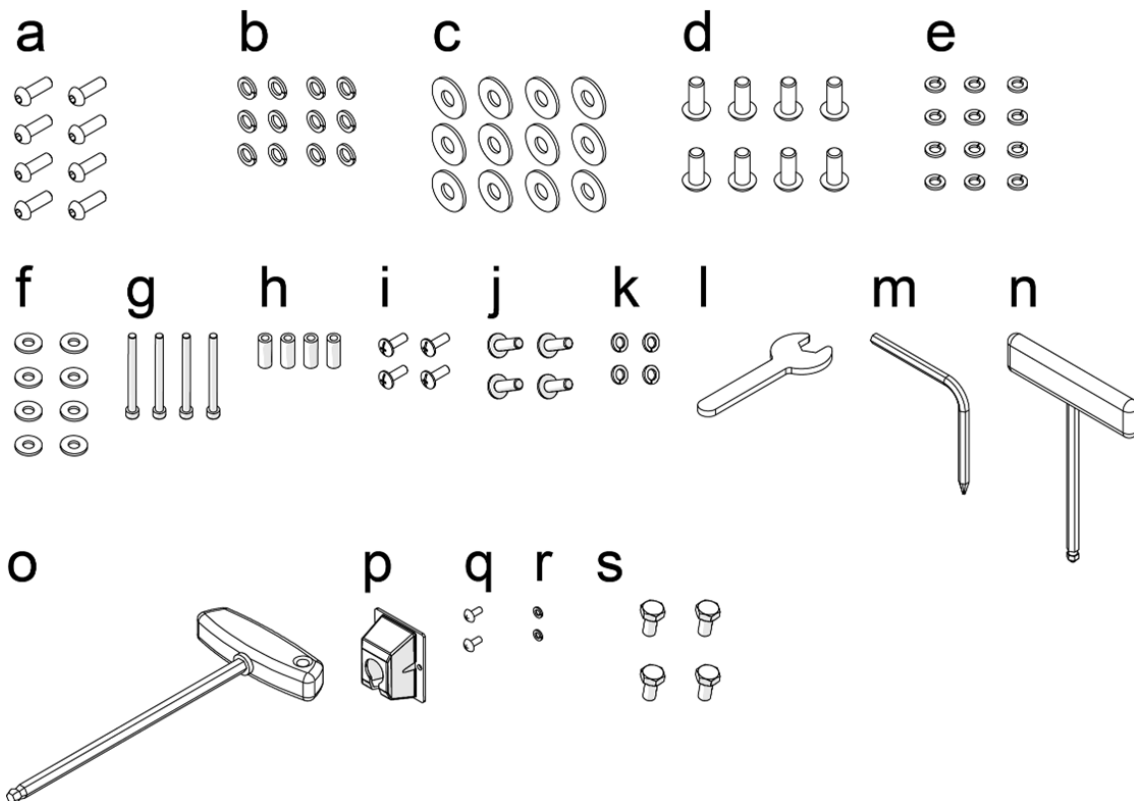
- A. Frame assembly
- B. Handlebar upright tube (left)
- C. Handlebar upright tube (right)
- D. Handrail tube assembly (left)
- E. Handrail tube assembly (right)
- F. Water cup holder assembly
- G. Decorative ring
- H. Console bracket
- I. Upright tube cover (left)
- J. Upright tube cover (right)
- K. Handling tube



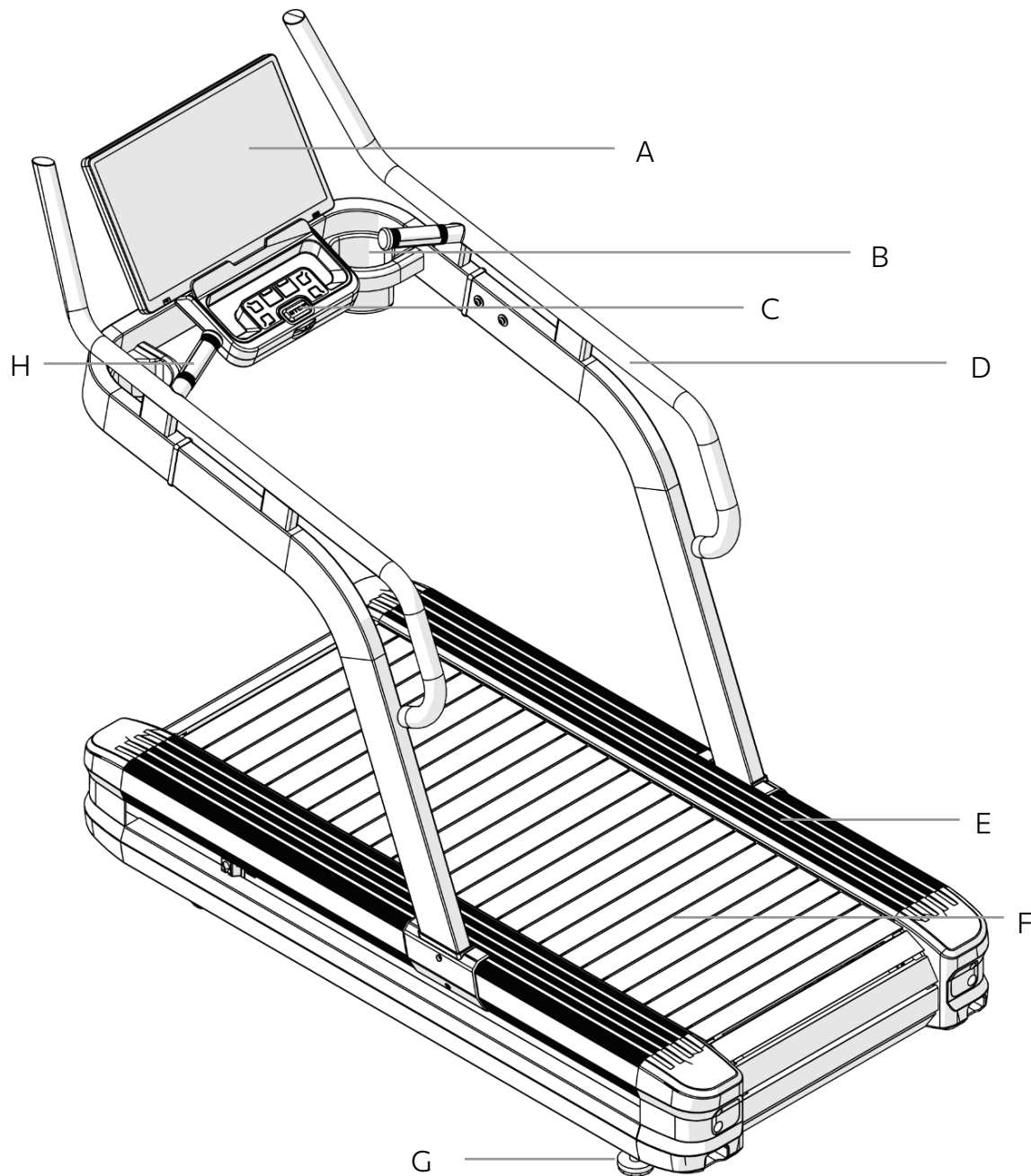
PARTS INCLUDED

TOOLS

- a. Umbrella hex socket cap screw M10x25 (steel)
- b. Spring washer M10
- c. Washer $\phi 10 \times \phi 25 \times 2.0t$
- d. Umbrella hex socket cap screw M8x20 (steel)
- e. Spring washer M8
- f. Flat washer 8x25x2.0t
- g. Hex socket cap screw M8x100 (steel)
- h. Sleeve
- i. Umbrella head cross screw (cut tail) - M5x15
- j. Umbrella head cross screw M5x15
- k. Spring washer M5
- l. Open-end wrench 17mm
- m. L-shaped hex wrench + cross screwdriver 5mm
- n. T-shaped wrench 6mm
- o. T-shaped wrench 8mm
- p. Power cord switch cover
- q. Umbrella head cross screw (cut tail) - M4x10
- r. Spring washer M4
- s. Outer hexagon screw M10xP1.5x25mm



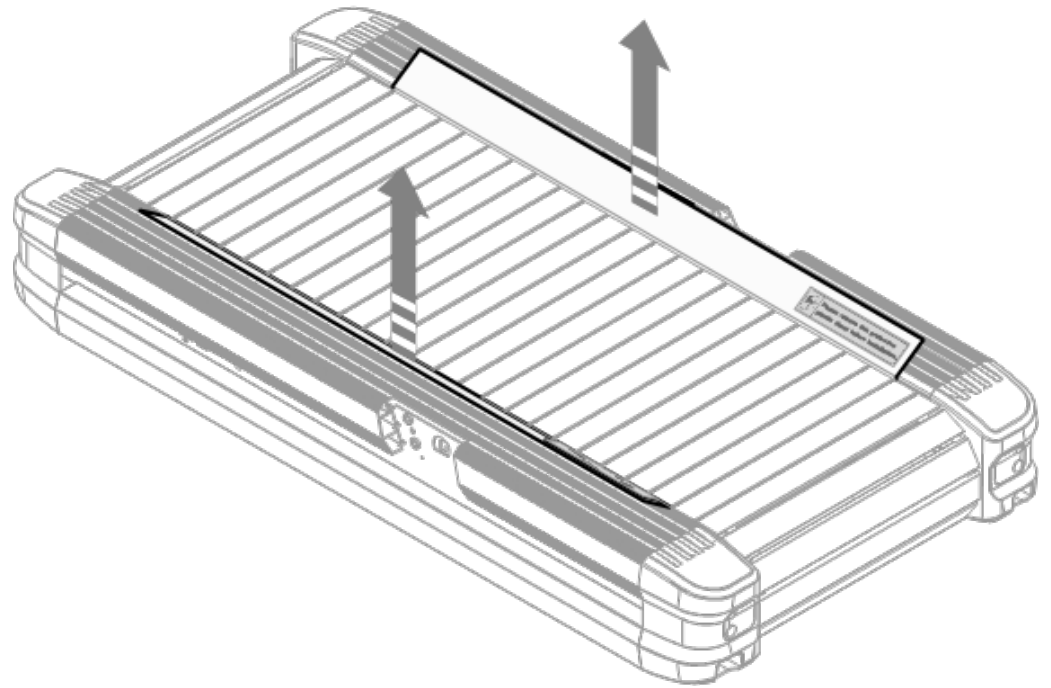
PARTS OF YOUR SLAT BELT SLED TREADMILL



- A. Console
- B. Cup Holders
- C. Safety Stop Button
- D. Handrails
- E. Frame Assembly
- F. Running Belt
- G. Levelers
- H. Hand Pulse Grips

PRE-ASSEMBLY

1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.
5. Remove the protective plastic film before installation.



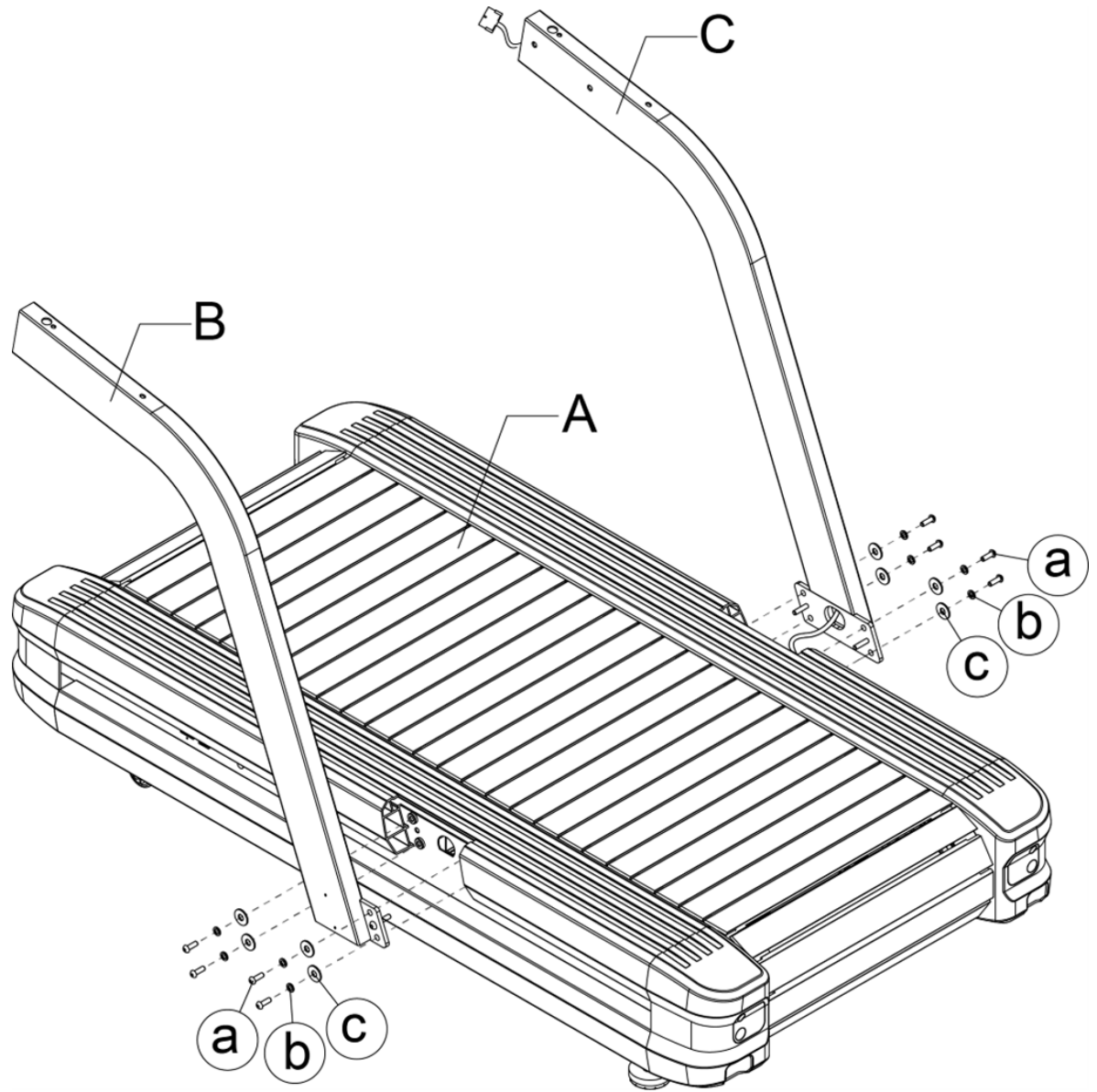
ASSEMBLY - STEP ONE

1. **Note:** To avoid any potential hazards, the assembly of the machine must be carried out by two or more individuals; do not attempt to assemble it alone.

Use the magic tape attached inside the **Right Handlebar Upright Tube (C)** to secure the wires of the platform tightly, then thread them through the upright tube.

2. Use **Screws (a)**, **Spring washers (b)**, and **Washers (c)** to secure the left and right **Handlebar Upright Tubes (B, C)**, but do not tighten them at this stage.

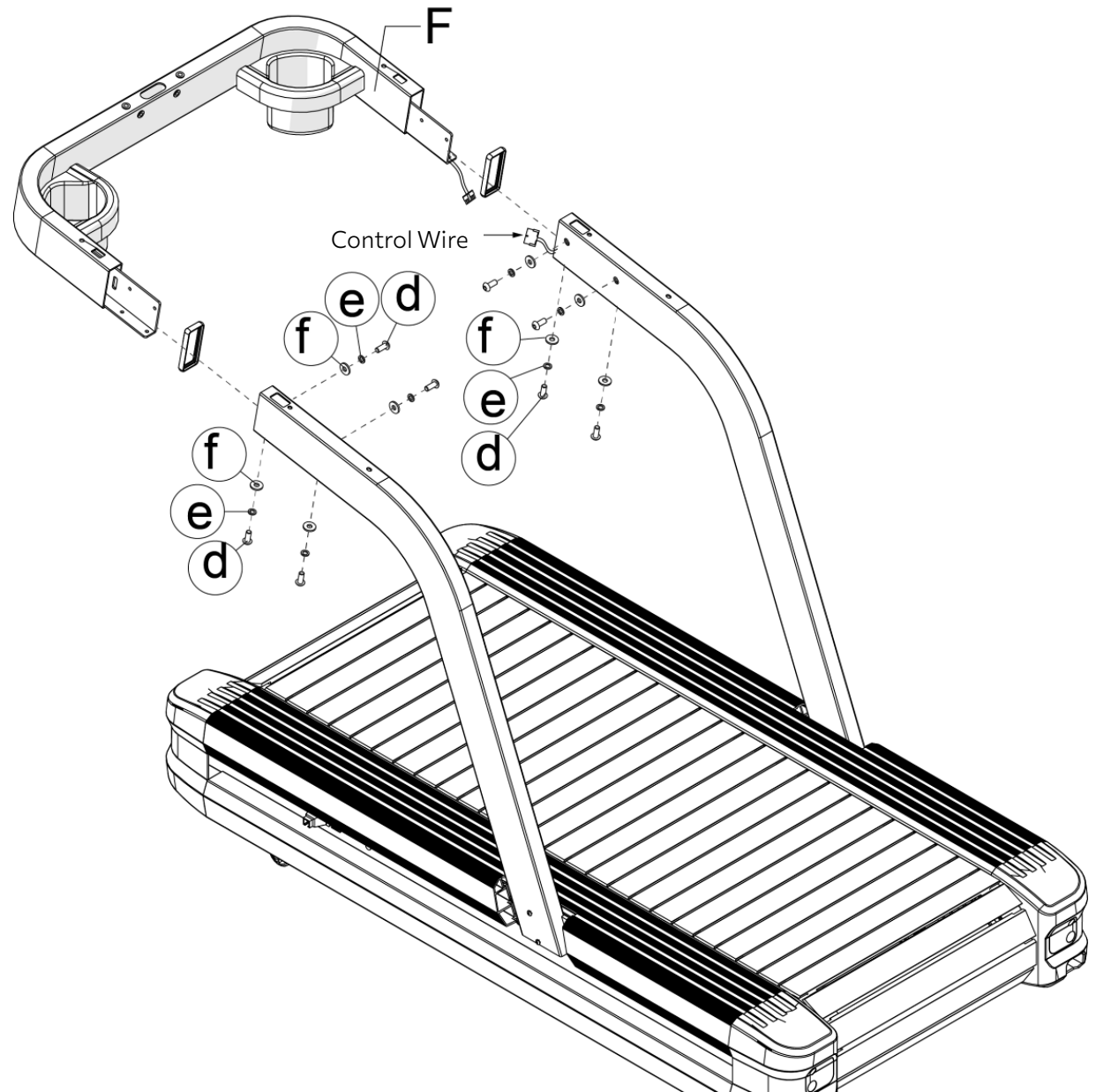
Note: During assembly, take care not to pinch any wires.



ASSEMBLY - STEP TWO

1. Position the **Water Cup Holder Assembly (F)** on the **Left and Right Handlebar Upright Tubes**, and pull the **Heartbeat Wire** of the **Water Cup Holder Assembly** out through the upper hole of the **Right Handlebar Upright Tube**. After connecting the **Control Wires**, place the wires inside the **Upright Tube**.
2. Then secure it with **Screws (d)** and **Washers (e, f)** without tightening them. Ensure that the screws for the **Water Cup Holder Assembly (F)** can all be tightened simultaneously with the **Left and Right Handlebar Upright Tubes** before using a tool to fully tighten all screws.

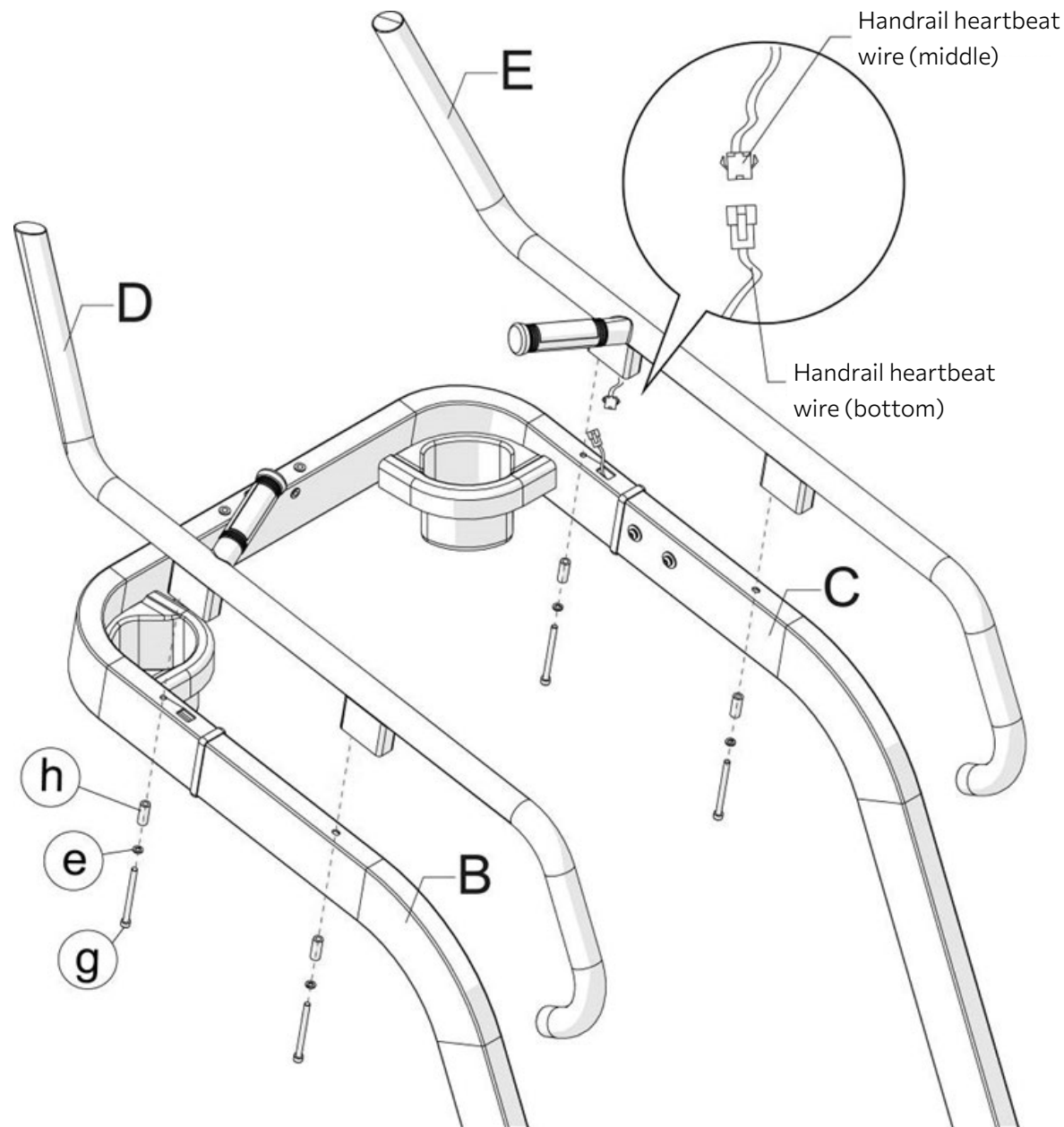
Note: During assembly, take care not to pinch any wires.



ASSEMBLY - STEP THREE

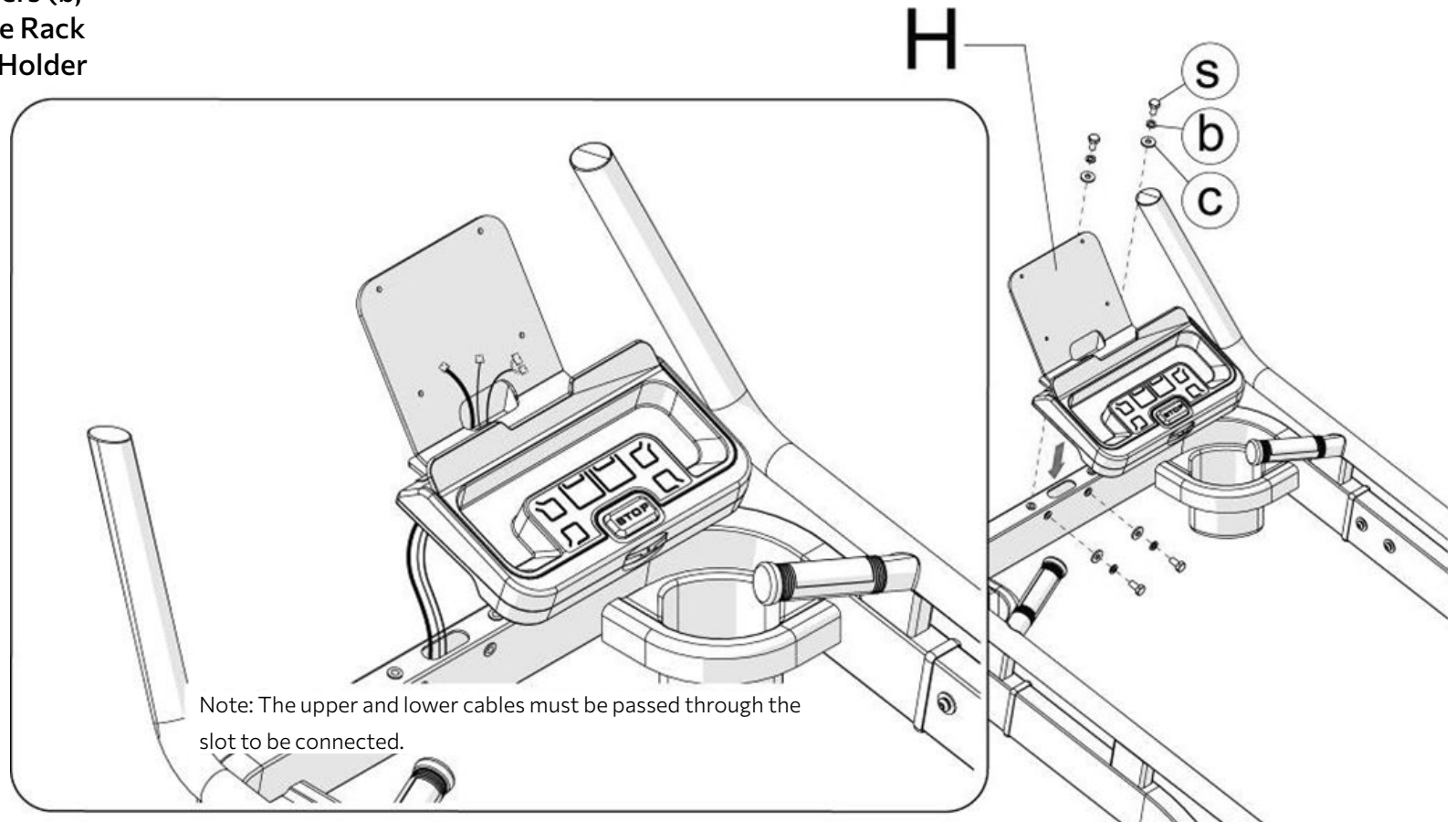
1. Connect the wiring of the **Water Cup Holder Assembly** to the wiring of the **Right Handrail Tube Assembly (E)**, then organize the wires and tuck them into the **Right Handrail Tube Assembly (E)**.
2. Use **Screws (g)**, **Spring Washers (e)**, and **Sleeves (h)** to securely fasten the **Left and Right Handrail Pipe Assemblies (D, E)** to the **Left and Right Handlebar Upright Tubes** as shown.

Note: During assembly, take care not to pinch any wires.



ASSEMBLY - STEP FOUR

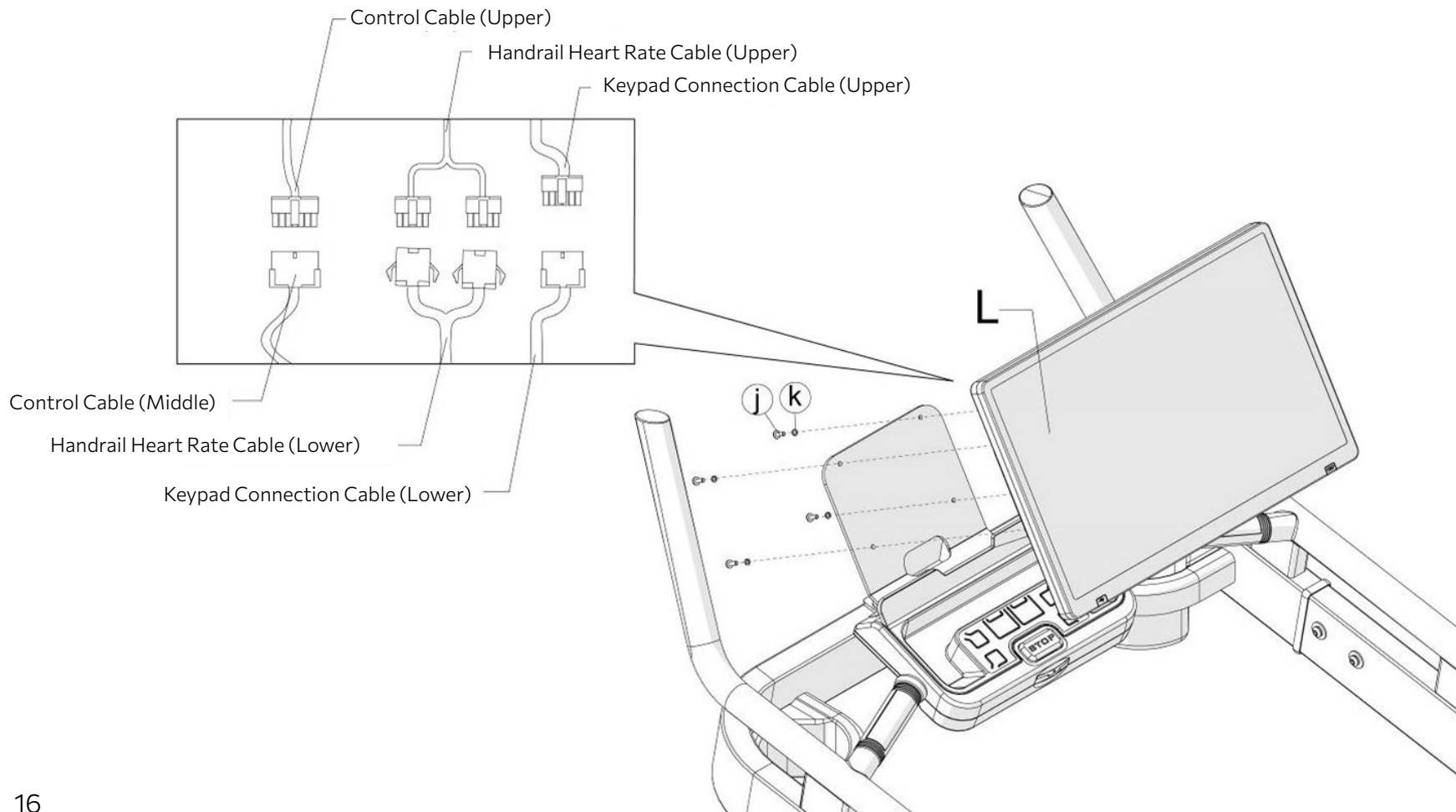
1. Place the **Console Bracket (H)** onto the previously assembled **Water Cup Holder Assembly**, then secure it with **Screws (s)** and **Washers (b, c)** to lock the **Console Rack** onto the **Water Cup Holder Assembly**.



ASSEMBLY - STEP FIVE

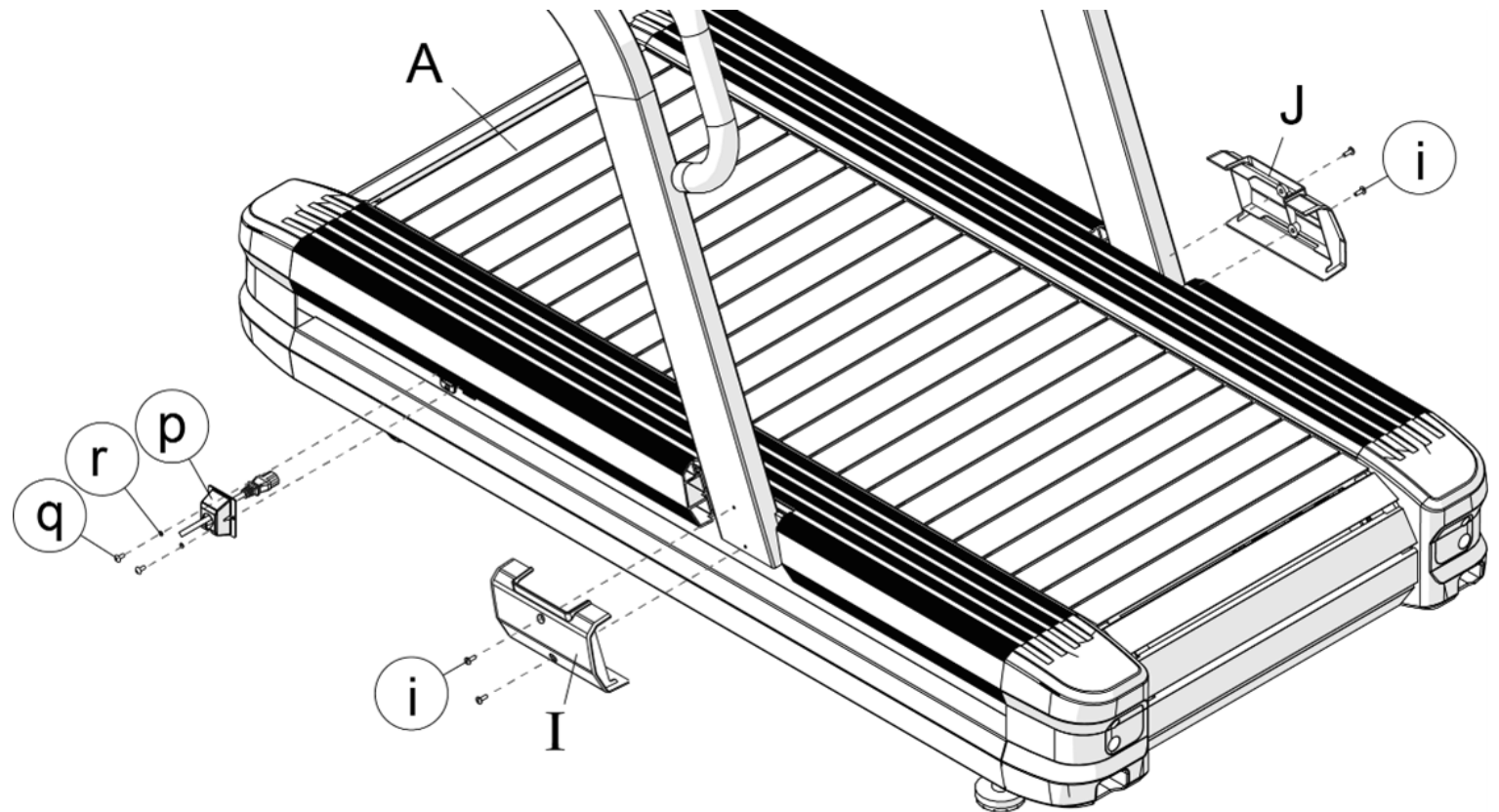
1. Connect the wiring of the console rack to the wiring of the **Console (L)**.
2. Place the **Console (L)** onto the previously assembled console rack, then secure it with **screws (j)** and **washers (k)** to lock the console assembly onto the console rack.

Note: During assembly, take care not to pinch any wires. The cable is reserved for the TV system; this model does not require it, and the console does not have a cable.



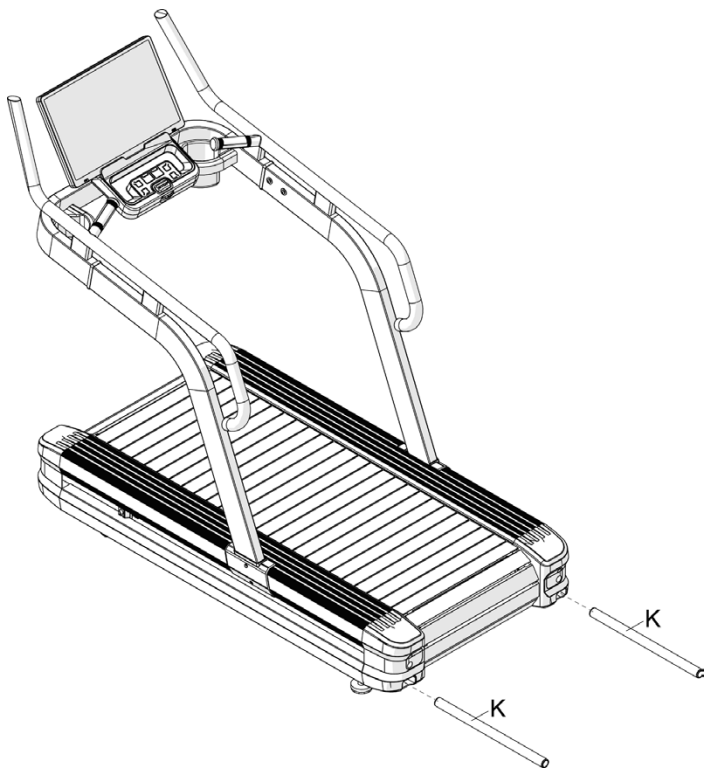
ASSEMBLY - STEP SIX

1. Cover the **Left And Right Upright Tube Covers (I, J)** and secure them with **Screws (i)**. Next, insert the power cord into the power cord socket as indicated by the icon, then cover the **Power Cord Switch Cover (P)** and secure it with **Screws (q) And Spring Washers (r)**, tightening them.



SETTING UP YOUR SLAT BELT SLED TREADMILL

Moving the Machine



When moving the machine, you can insert the **Handling Tube (K)** into the hole of the rear adjustment box to facilitate the relocation of the machine.

Powering On

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power switch is turned on the treadmill console will take around 10 seconds to power on. The console will then enter idle mode, which is the starting point for operation.

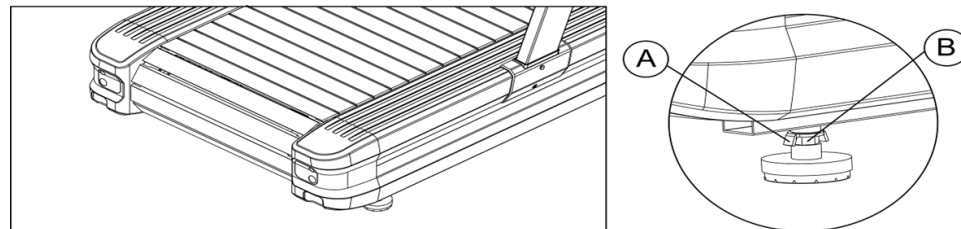
The power switch is located on the panel at the bottom of the treadmill. The switch position “1” represents the ON state, while “0” represents the OFF state.

Level Adjustment

Placing the treadmill on an uneven surface or unstable supports can cause it to wobble during use, and the incline adjustment may also be affected.

The method for level adjustment is as follows:

1. Rotate A counterclockwise to loosen it.
2. Adjust B to the appropriate height.
3. Rotate A clockwise to tighten it.
4. The adjustment method is the same for both sides.



QUICK START

1. Press any key to wake display up if not already on.
2. Press the **Start** key to begin belt movement at 0.5 mph / 0.8 kph then adjust to the desired speed using the **Speed +/- keys**, or by typing the desired speed on the numeric keypad. Once desired setting is selected, press **Enter**.
3. To stop the slat belt, press and release the **Stop** key

FEATURES

How to Connect with the Bluetooth

After powering on, the device automatically activates the Bluetooth functionality, remaining ready to connect and allowing simultaneous pairing with both the app and the Bluetooth chest strap (sold separately).

1. When the user returns to idle mode, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.
2. When the user presses pause, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.
3. When the user pauses a workout but does not return to idle mode, if no signal connection is detected within 3 minutes of standby, both the app and heart rate monitor will automatically disconnect.

FEATURES - CONTINUED

Pause / Stop / Reset

When the Treadmill is running the pause feature may be utilized by pressing the red **Stop** button once. This will slowly decelerate the Treadmill belt to a stop. The incline will go to zero percent. The **Time, Distance and Calorie** readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.

- To resume your exercise when in Pause mode, press the **Start** button. The speed and incline will return to their previous settings.
- Pressing the **Stop** button twice will end the program and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen.
- If the **Stop** button is held down for more than 3 seconds the console will reset.
- When you are setting data, such as age and time, for a program pressing the **Stop** button will allow you to go back one step for each button press.

Incline

- Incline may be adjusted anytime after the belt starts moving.
- Press and hold the adjust **incline Up/Down** buttons to achieve desired level of incline.
- The display will indicate incline numbers as percent of grade (the same as grade of a road) as adjustments are made.

Dot Matrix Message Center

- Ten rows of dots indicate each level of a workout in manual mode. The dots are only to show an approximate level (speed/ incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline **Dot Matrix Message Center** will build a profile “picture” as values are changed during a workout. There are twenty-four columns, indicating time. The 24 columns are divided into 1/24th of the total time of the program. When the time is counting up from zero (as in quick start) each column represents 1 minute.

1/4 Mile Track

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

Heart Rate Window

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control.

FEATURES - CONTINUED

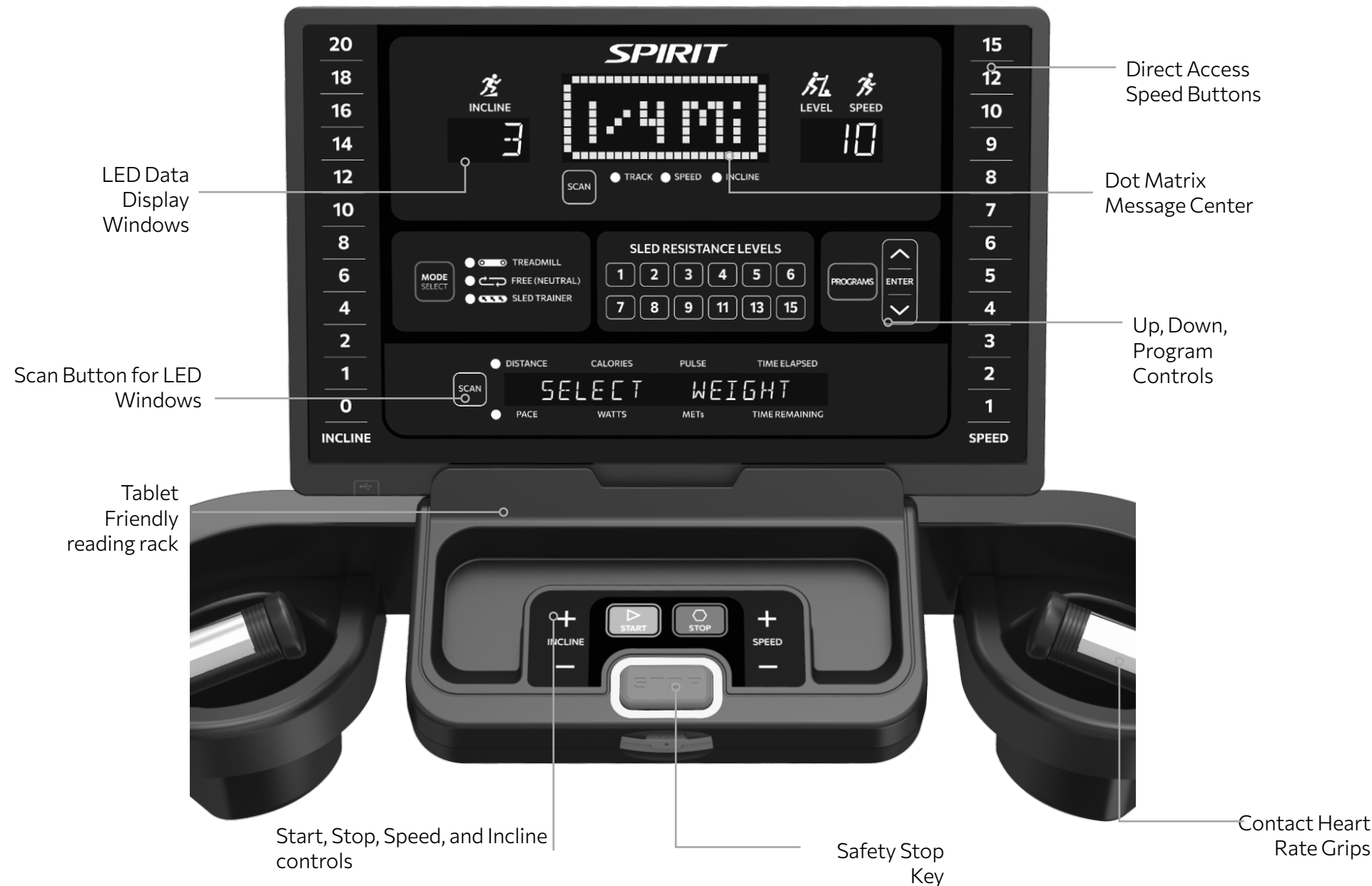
Heart Rate Bar Graph

Displays a graphical representation of your heart rate as a percentage of your estimated maximum heart rate. When you enter your age during programming, the console will calculate your maximum heart rate then light up the graph to show the percent of estimated maximum heart rate you are currently achieving.

Message Window Display

Displays messages that help guide you through the programming process. During a program the message window displays your workout data.

CONSOLE SCREEN - OVERVIEW



PROGRAMMABLE FEATURES

The Spirit Fitness Slat Belt Sled Treadmill offers a variety of exercise program options to choose from: **Manual, Four Preset Programs (Hill, Fat Burn, Cardio, Interval), 5K/10K Run, Heart Rate Control, High Intensity Interval Training (HIIT), and Nine Fitness Testing Protocols: Gerkin, WFI, Army (pft), Navy (prt), Air Force (prt), Marines (pft), Law Enforcement (peb), U.S. Coast Guard and U.K. Chester Fireman (Performance & Prediction protocols).**

In Idle mode, press the **Mode** key to select from the following options:

- **Treadmill Mode**
- **Free Run Mode**
- **Sled Trainer Mode**

FREE MODE

Running belt is able to move freely under free mode.

1. Select free mode to enter free mode
2. Running belt can move freely under free mode. Please hold on to hand rail and start running.
3. Incline can be adjusted from 4% - 8% (default is 6%)
4. Press **Stop** and wait for the incline to go down to 0 level and exit free mode.

SLED MODE

In Sled Mode, the running belt generates resistance to simulate the user pushing a sled. The resistance level can be directly adjusted through from the console.

Manual

1. Select Sled Mode to enter the mode.
2. The resistance level can be directly adjusted from the console.
3. After completing your program settings, press the **ENTER** key to confirm, then press the **START** key to begin the program.
4. Press the **STOP** button once to pause, twice to view the Workout Summary, and three times to exit Sled Mode and return to the idle screen.

Custom Interval

1. Set SLED TIME (default 20 seconds, range 5 seconds to 5 minutes)
2. Set REST TIME (default 20 seconds, range 5 seconds to 5 minutes)
3. Set Sled Resistance (default 4, range 1-12), user can also adjust the sled resistance at any time and the resistance will remain at that resistance for the total duration of the interval program.
4. Display will show SLED TIME with countdown timer for sled exercise, then will show REST TIME with countdown timer for rest time.
5. User will continue the back and forth between sled time and rest time until they press **STOP**.

PROGRAMMABLE FEATURES - CONTINUED

To Select and Start a Preset Program

1. Select a preset program button then press Enter to begin customizing the program with your personal data, or just press the **Start button** to begin the program with the default settings.
2. After selecting a program and pressing enter to set your personal data, the **Message window** will prompt you through the settings starting with time. The default value of 20 minutes will be displayed and you may press Enter to accept or change it using the button pad or **Up / Down buttons** and just press enter to move to the next step
3. The **Message Window** will now be blinking a value indicating your Age. Entering the correct age will affect the **Heart Rate Bar Graph** accuracy and also needed for the HR programs. Use the button pad or **Up / Down buttons** to adjust, and then press enter.
4. The **Message Window** will now be blinking a value indicating your Bodyweight. Entering your correct bodyweight affects the Calorie readout accuracy. Use the button pad or **Up / Down buttons** to adjust, and then press Enter.
5. The **Message Window** will now be blinking, showing the preset top speed of the selected program. Use the button pad or **Up / Down buttons** to adjust and then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will attain during your workout.
6. Now press the **Start button** to begin your workout, or the **Stop** button to return to the previous screen.
7. There will be a 3-minute warm-up to begin. You can press the **Start** button to bypass this and go straight to the workout. During the warm-up the clock will count down from three minutes.

PRESET PROGRAMS SPEED / INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for P1 (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above).

If the user sets the top speed to 15.6 mph, then the first segment will be 3 mph. You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 15.6 mph or simply 15.6 mph.

P1= Hill; P2= Fatburn; P3= Cardio; P4= Interval

Programs	SEG	Warmup			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Cooldown		
P1 - Hill	Speed	20	30	40	50	60	60	70	70	70	80	80	70	80	80	100	100	70	80	80	70	70	80	80	70	60	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	3	4	3	3	4	4	5	3	3	4	3	3	4	4	5	4	3	1	1	0	0	0	0
P2 - Fatburn	Speed	20	30	40	50	60	60	70	80	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	80	70	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	3	3	4	5	3	3	4	4	3	3	2	2	3	4	5	6	4	2	1	0	0	0	0
P3 - Cardio	Speed	20	30	40	50	60	60	70	70	70	80	70	70	80	80	60	70	80	80	70	70	70	100	70	80	60	60	50	40	30	20
	Incline	0	0	0	0	1	1	1	2	2	3	2	2	3	3	1	2	3	3	2	2	4	4	2	3	1	1	0	0	0	0
P4 - Interval	Speed	20	30	40	50	60	60	70	80	100	60	60	70	80	100	60	70	100	60	70	100	60	70	80	70	60	60	50	40	30	20
	Incline	0	0	0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	4	3	1	0	0	0	0

PROGRAMS - CONTINUED

HIIT

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. Next you will enter the Interval time. The **Dot Matrix Message Center** shows: Sprint Time:30 and Rest Time:30. The Sprint time will be blinking. You may use the **Up/Down** keys to adjust the Sprint time from 30 to 60 seconds then press **Enter**. The time for the Rest period will blink and you can adjust the time using the **Up/Down** keys and press **Enter**. The **Dot Matrix Message Center** will display the total program time.
5. The **Dot Matrix Message Center** now displays SPRINT SPD 6.0 MPH. Use the **Up/Down** buttons to adjust the sprint speed you desire and press **Enter**.
6. The **Dot Matrix Message Center** now displays REST SPEED 3.0 MPH. Use the **Up/Down** buttons to adjust the res speed you desire and press **Enter**.
7. You may now press **Start** to begin the HIIT program. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

PROGRAMS - CONTINUED

5K RUN

This program automatically sets a 5K distance as your goal. The track display will show one loop that is the equivalent of 5 kilometers and the **Distance** window will also show 5K to start. When the program begins the **Distance** will count down; once it reaches zero the program ends.

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

FITNESS TEST

When the **Fit Test** program is selected, the DM displays **GERKIN..** This is the first of 9 different tests available: **Gerkin, WFI, Army (pft), Navy (prt), Air Force (prt), Marines (pft), Law Enforcement (peb), U.S. Coast Guard, and U.K. Chester Fireman (Performance & Prediction protocols)**. The initial test is **GERKIN**; to select a different test press the **Fitness Test** button again and the next test will be shown. Continue to press the **Fitness Test** button until the test you want is shown in the message window. To select your desired fitness test, press **Enter**.

FIT TEST OPERATION

1. For each program the Message Window will prompt you to enter your personal data such as **Age, Weight, Height, Gender**. You may adjust the settings using the keypad or **Up and Down** buttons then press the **Enter** button to accept the new number and proceed on to the next screen.
2. After all required data is entered you may now press **Start** to begin the test.

PROGRAMS - CONTINUED

ARMY

A timed 2 mile run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

For more information visit: <http://bit.ly/SF-Army>

NAVY

A timed 1.5 mile run. You control the speed manually. Maximum time allowed to pass the test:

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

Age	Male	Female
45-49	16:09	17:02
50-54	16:46	17:27
55-59	17:10	18:35
60-64	18:53	19:44
65+	20:36	20:53

For more information visit: <http://bit.ly/SF-Navy>

AIR FORCE

A timed 1.5 mile run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
<20	12:36	16:22
20-30	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:42
60+	18:14	22:28

For more information visit: <http://bit.ly/SF-AirForce>

MARINES

A timed 3 mile run. You control the speed manually.
Maximum time allowed to pass the test:

Age	Male	Female
17-26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

For more information visit: <http://bit.ly/SF-Marines>

PROGRAMS - CONTINUED

PEB (LAW ENFORCEMENT)

A timed 1.5 mile run. You control the speed manually. Maximum time allowed to pass the test:

Age	Male	Female	Age	Male	Female
20-24	10:43	13:36	45-49	13:07	16:02
25-29	11:05	13:43	50-54	13:49	17:02
30-34	11:26	13:43	55-59	14:48	17:37
35-39	11:47	14:37	60+	15:07	17:37
40-44	12:28	15:12			

For more detailed information, visit: <https://www.fletc.gov/peb-scores-age-and-gender>

COAST GUARD

A timed 1.5 mile run. You control the speed manually. Maximum time allowed to pass the test:

Male	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<9:17	<9:33	<9:51	<10:37	<11:26
Excellent	9:18-10:09	9:34-10:46	9:52-11:15	10:28-12:08	11:27-13:23
Good	10:10-11:29	10:47-11:54	11:16-12:24	12:09-13:35	13:24-15:04
Fair	11:30-12:38	11:55-12:58	12:25-13:50	13:36-15:06	15:05-16:46
Poor	12:39-14:00	12:59-14:34	13:51-15:24	15:07-16:58	16:47-19:10
Very Poor	>14:00	>14:34	>15:24	>16:58	>19:10
Failure	>12:51	>13:36	>14:29	>15:26	>16:40
Female	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<10:28	<11:00	<11:33	<12:53	<14:05
Excellent	10:29-11:58	11:01-12:24	11:34-13:23	12:54-14:34	14:06-16:33
Good	11:59-13:24	12:25-14:08	13:24-14:53	14:35-16:35	16:34-18:27
Fair	13:25-14:50	14:09-15:43	14:54-16:31	16:36-18:18	18:28-20:16
Poor	14:51-16:46	15:44-17:38	16:32-18:37	18:19-20:44	20:17-22:52
Very Poor	>16:46	>17:38	>18:37	>20:44	>22:52
Failure	>15:26	>15:57	>16:58	>17:55	>18:44

For more information visit: <http://bit.ly/SF-CoastGuard>

PROGRAMS SETUP - CONTINUED

GERKIN

The **Gerkin** protocol, also known as the fireman's protocol, is a sub-max Vo2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO2max) as shown in the chart below.

Stage	Time	Speed	Grade	VO2 Max		6.4	6:00	6.0mph	6%	57
1	0 to 1:00	4.5mph	0%	31.15		7.1	6:15	6.0mph	6%	57.7
2.1	1:00	4.5mph	2%	32.55		7.2	6:30	6.0mph	6%	58.8
2.2	1:30	4.5mph	2%	33.6		7.3	6:45	6.0mph	6%	60.2
2.3	1:45	4.5mph	2%	34.65		7.4	7:00	6.0mph	8%	61.2
2.4	2:00	5.0mph	2%	35.35		8.1	7:15	6.0mph	8%	62.3
3.1	2:15	5.0mph	2%	37.45		8.2	7:30	6.0mph	8%	63.3
3.2	2:30	5.0mph	2%	39.55		8.3	7:45	6.0mph	8%	64
3.3	2:45	5.0mph	2%	41.3		8.4	8:00	6.5mph	8%	65
3.4	3:00	5.0mph	4%	43.4		9.1	8:15	6.5mph	8%	66.5
4.1	3:15	5.0mph	4%	44.1		9.2	8:30	6.5mph	8%	68.2
4.2	3:30	5.0mph	4%	45.15		9.3	8:45	6.5mph	8%	69
4.3	3:45	5.0mph	4%	46.2		9.4	9:00	6.5mph	10%	70.7
4.4	4:00	5.5mph	4%	46.5		10.1	9:15	6.5mph	10%	72.1
5.1	4:15	5.5mph	4%	48.6		10.2	9:30	6.5mph	10%	73.1
5.2	4:30	5.5mph	4%	50		10.3	9:45	6.5mph	10%	73.8
5.3	4:45	5.5mph	4%	51.4		10.4	10:00	7.0mph	10%	74.9
5.4	5:00	5.5mph	6%	52.8		11.1	10:15	7.0mph	10%	76.3
6.1	5:15	5.5mph	6%	53.9		11.2	10:30	7.0mph	10%	77.7
6.2	5:30	5.5mph	6%	54.9		11.3	10:45	7.0mph	10%	79.1
6.3	5:45	5.5mph	6%	56		11.4	11:00	7.0mph	10%	80

PROGRAMS SETUP - CONTINUED

WFI

The **WFI** test is a modified **Gerkin** protocol. The actual test is the same as the **Gerkin** chart above, but the score is calculated differently.

Before The Gerkin/WFI 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.
- The test will start with a 3 minute warm-up at 3 MPH before the actual test begins.
- The data shown during the test is:
 - a. Time indicates total elapsed time
 - b. Incline in percent grade
 - c. Distance in Miles or Kilometers depending on preset parameter.
 - d. Speed in MPH or KPH depending on preset parameter.
 - e. Target Heart Rate and Actual Heart Rate are shown in the **Message Window**.

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 SETUP - CONTINUED

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

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

HEART RATE CONTROL

Heart Rate Control (HRC) uses your Slat Belt Sled Treadmill's incline system to control your heart rate via information from pulse grips or wireless chest strap (sold separately). Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

Selecting a Heart Rate Control Program: You have the option, during the setup mode, to choose either the Weight Control (HR 1) program or the Cardiovascular (HR 2) program. The Weight Control program will attempt to maintain your heart rate at 60% of your Maximum Heart Rate. The Cardiovascular program will attempt to maintain your heart rate at 85% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from a constant of 220. Your HR setting is automatically calculated during the setup mode when you enter your age.

Heart Rate Control Programming:

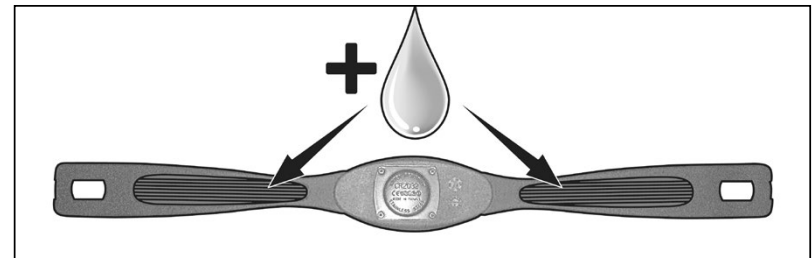
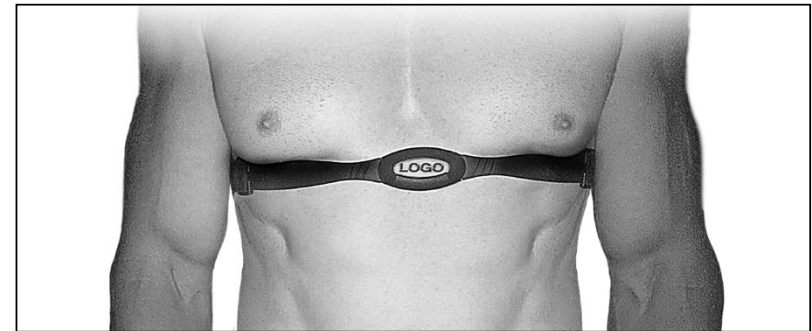
1. Using the Program button, choose the **Heart Rate Control** program and then press **Enter**.
2. Now the window will show **PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT**. You can either press the **Enter** button for settings or press the Start button to execute the program.
3. When the Enter button is pressed, the **Message Window** shows **PRESS 1 OR 2 TO SELECT THEN PRESS ENTER**. At the same time, the dot matrix window is showing "1" and you can press numeric buttonpad 1 or 2 and then the **Enter** button.
4. Now Message Window is showing **ADJUST TIME THEN PRESS ENTER** with **Time Window** blinking. Use **Up/Down buttons** or numeric buttons to adjust. After setting time, press the Enter button again.
5. Now **Message Window** is showing **ADJUST AGE THEN PRESS ENTER** with **Incline Window** blinking. Use **Up/Down/ Fast/Slow buttons** or numeric buttons to adjust. Adjusting age will change HR value (as the HR formula described previously). After age is set, press the **Enter** button again.
6. Now **Message Window** is showing **ADJUST BODY WEIGHT THEN PRESS ENTER** with **Incline Window** blinking. Use **Up/Down buttons** or numeric buttons to adjust. After the weight is set, press **Enter** button again.
7. Now **Message Window** is showing **ADJUST HEART RATE THEN PRESS ENTER** with **Speed Window** blinking. Use **Up/Down buttons** or numeric buttons to adjust. After the target heart rate value is set, press the **Enter** button again.
8. The **Message Window** is then showing **PRESS START TO BEGIN WORKOUT OR ENTER TO MODIFY**. Press **Start button** to begin the workout or **Stop** button to return to the previous screen.

NOTE: When the Message Window is showing CHECK PULSE, there is no pulse signal received and the program cannot be performed. Please check and make sure that heart rate strap functions normally.

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 Slat Belt Sled Treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

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

1. Slat Belt Sled Treadmill is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. 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.
7. 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.
8. 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. 65% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardiovascular system. This 65% 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)

$180 \times .65 = 117$ beats per minute (65% of maximum)

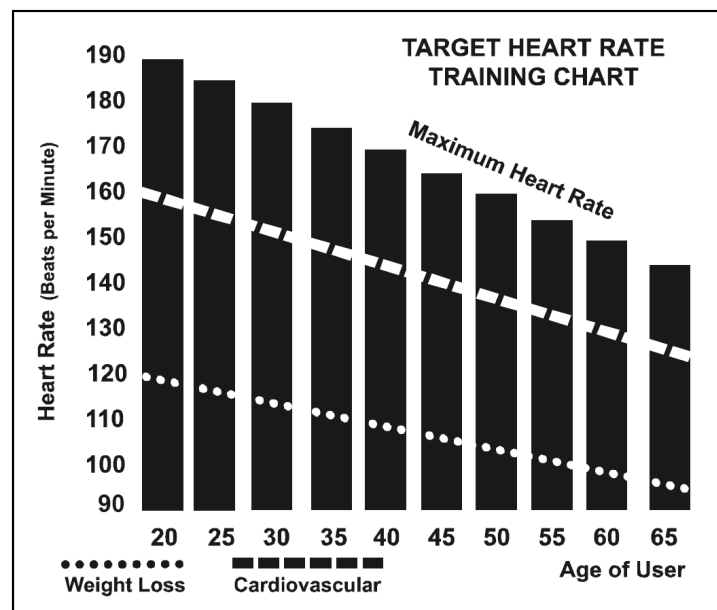
$180 \times .85 = 153$ beats per minute (85% of maximum)

So for a 40 year old the training zone would be 117 to 153 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 85% or 65%, 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

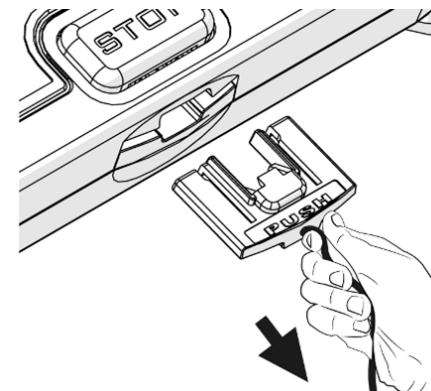
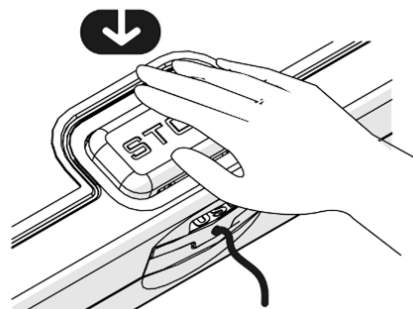
6	Minimal
7	Very, Very Light
8	Very, Very Light +
9	Very Light
10	Very Light +
11	Fairly Light
12	Comfortable
13	Somewhat Hard
14	Somewhat Hard +
15	Hard
16	Hard +
17	Very Hard
18	Very Hard +
19	Very, Very Hard
20	Maximal

SAFETY TETHER CORD

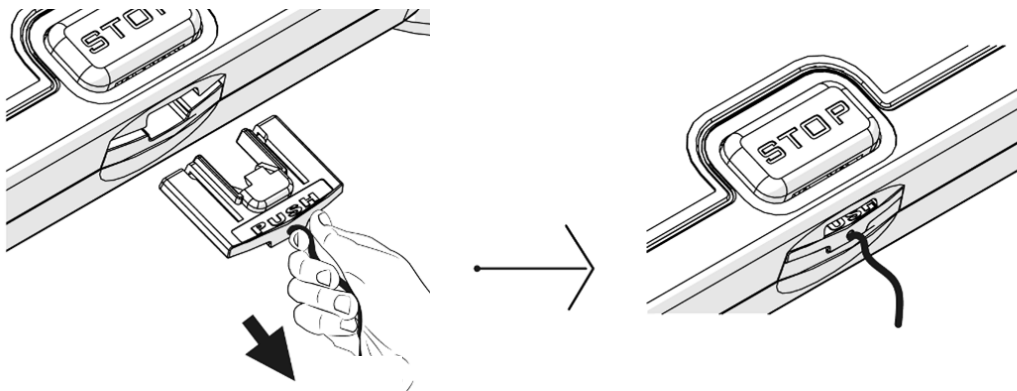


This treadmill is equipped with a safety system. There are two ways to make an emergency stop:

1. Hit the safety button downwards to stop the treadmill immediately.
2. Directly pull out the cord below to stop.



Note: When the safety switch is activated by hitting or pressing it, the part tethered by the cord below will be pulled out. To return the treadmill to standby mode, please push the pulled-out part back in.



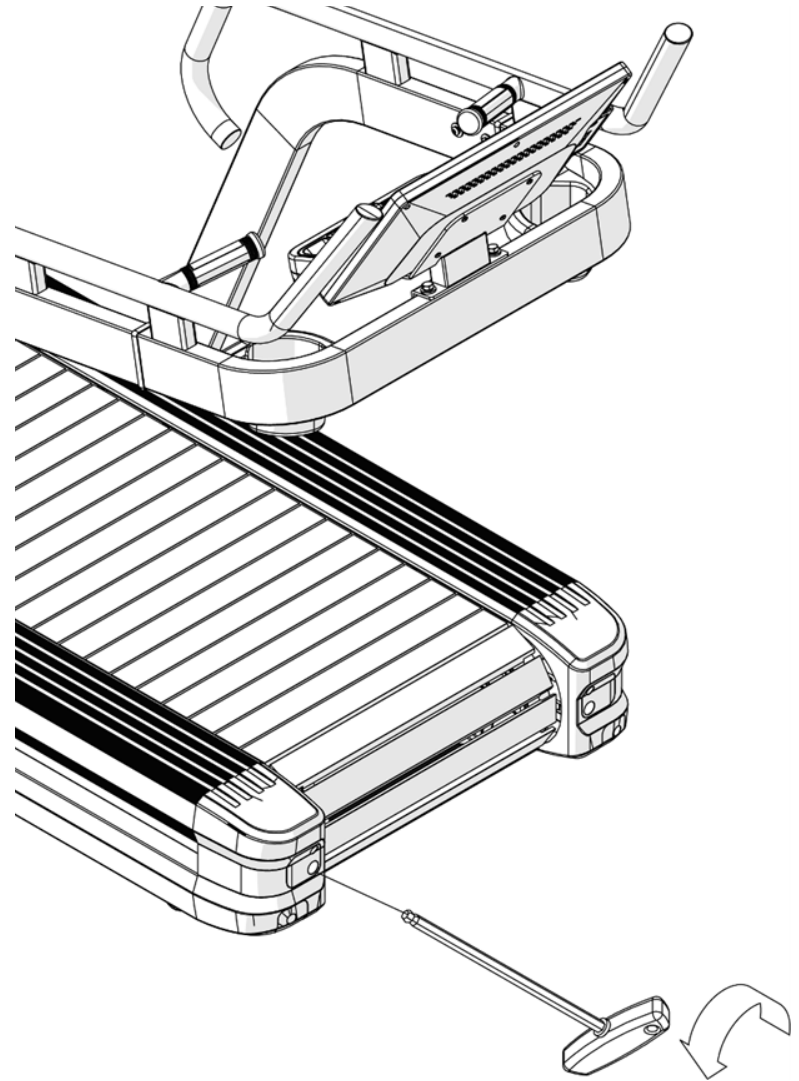
POST WORKOUT - MACHINE CARE

ADJUSTING THE TIGHTNESS OF THE RUNNING BELT

If it is necessary to adjust the tension of the running belt, please follow the steps below:

- 1 After assembling and stabilizing the treadmill, check whether the running belt operates normally. First, ensure that the power supply meets the requirements. Plug in the power cord, start the treadmill by pressing the quick start button (START), and then press the increase speed button to raise the speed to 4.0 miles per hour (MPH), which is equivalent to 6.4km per hour (KPH).
- 2 To tighten the belt, rotate both sides clockwise by 1/4 turn. To loosen the belt, rotate both sides counterclockwise by 1/4 turn.

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

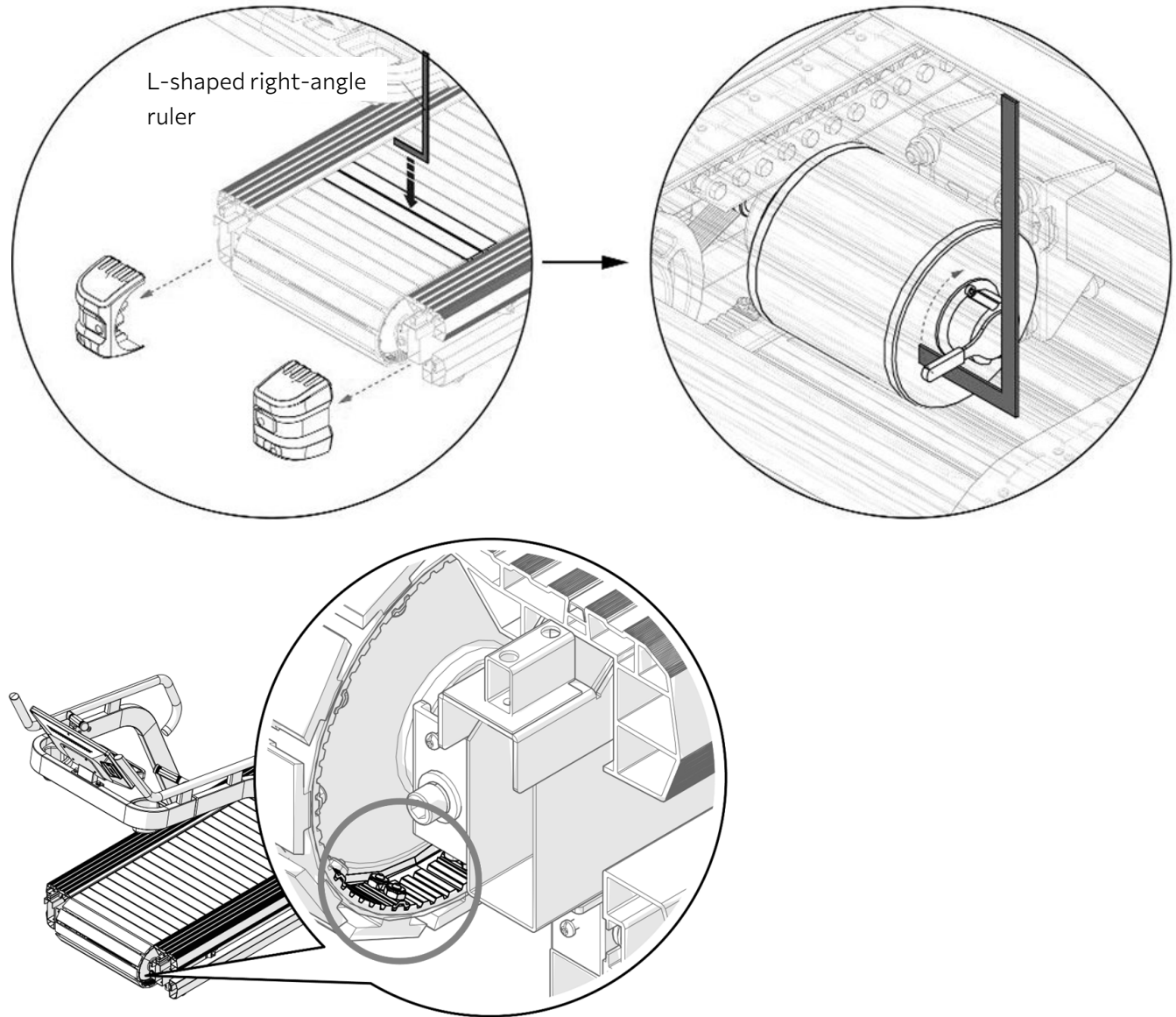


MACHINE CARE - CONTINUED

APPLICATION OF GREASE TO THE TOOTH SURFACE AND SIDE OF THE RUNNING BELT

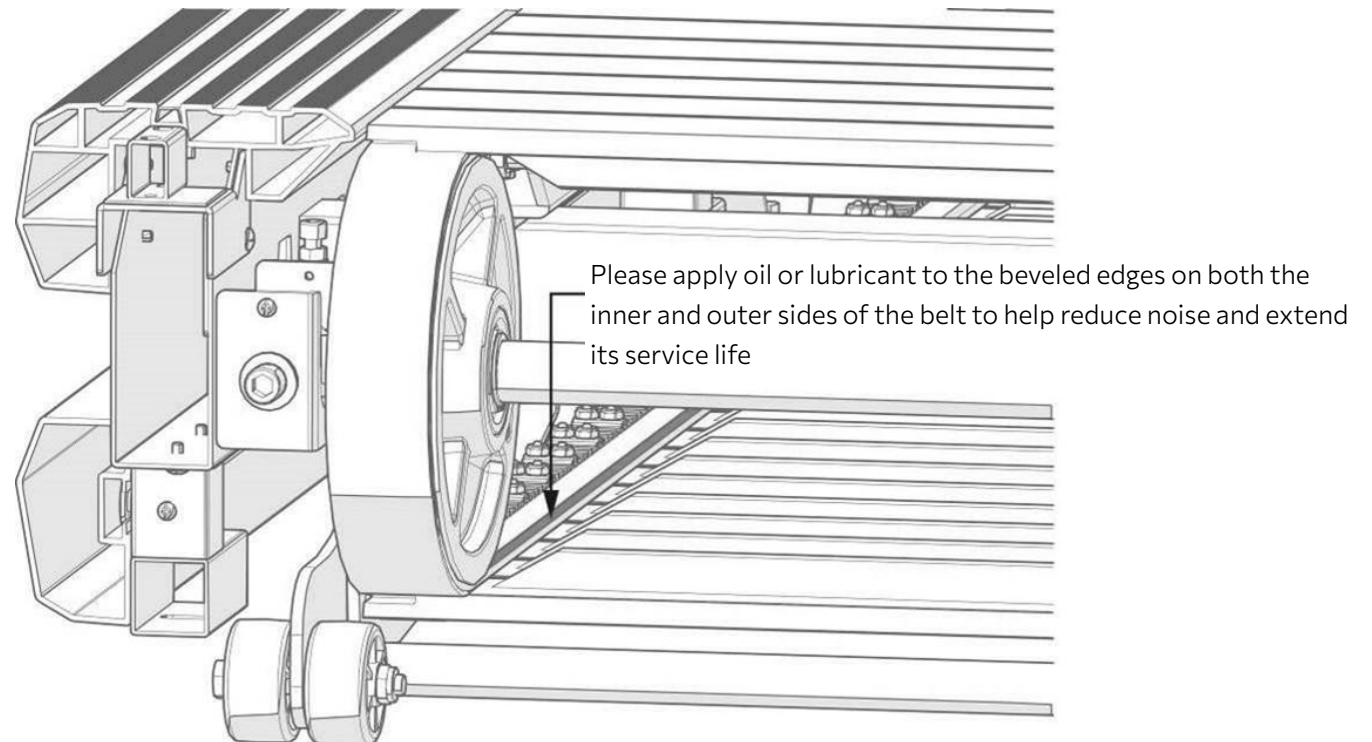
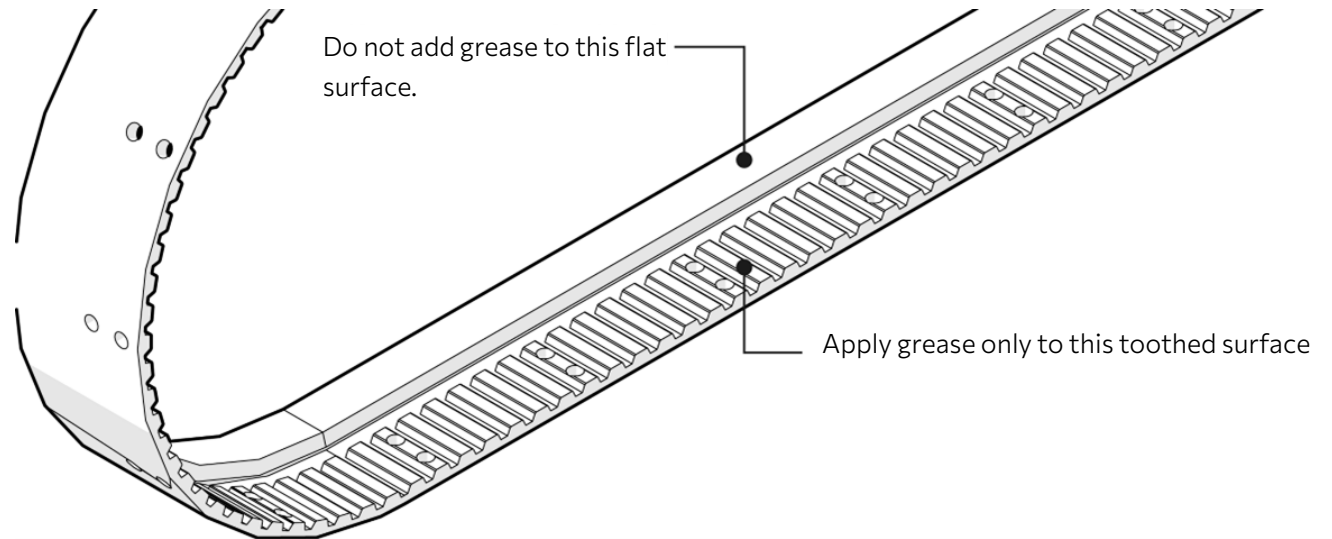
When unusual noises are detected from the machine, first check whether the tooth surface of the drive belt is devoid of lubricating oil. If lubrication is required, please use the manufacturer-specified SL-41031 lubricating grease.

1. Remove the adjustment boxes from both front sides, and pull the red handle at the back of the motor upwards to loosen the running belt.
2. Slowly rotate the running belt by hand and inspect the tooth profile on the belt at the red circle to determine if there is any grease remaining. If there is no grease, please apply solid grease.



MACHINE CARE - CONTINUED

APPLICATION OF GREASE TO THE TOOTH SURFACE AND SIDE OF THE RUNNING BELT - CONTINUED



MACHINE CARE - CONTINUED - SCHEDULE

UNPLUG SLAT BELT SLED TREADMILL BEFORE PERFORMING ANY MAINTENANCE.

Item	Weekly	Monthly	Quarterly	Biannually	Annually
Unit Hardware		Inspect			
Console Hardware			Inspect		
Motor Cover	Clean	Vacuum / Clean			
Motor Electronic Compartment				Inspect	
Deck				Inspect	
Drive Belt				Inspect	
Under Belt		Clean w/ Towel or Vacuum			
Levelers	Inspect				
Front / Rear Roller				Inspect	
Side Step Area	Clean		Inspect		
Belt Tension / Tracking	Inspect				
Frame, Toe Guard, End Caps		Visual / Inspect			
Handlebar / Handrails	Clean			Inspect	
Console Overlay	Clean			Inspect	
USB Port	Inspect				
Accessory Cups	Clean				Inspect
Stop Switch	Clean			Inspect	
Emergency Switch	Clean			Inspect	

MACHINE CARE - CONTINUED

Post-Workout Machine Care

Wipe down all areas in the sweat path with a damp cloth after each workout. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:

1. 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. It is important to note that 90% of calls to the service department for noise issues can be traced to loose hardware.
2. The crank arm nut needs to be retightened. 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.

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.

WARNING

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

1. Replace defective components immediately and/or keep the equipment out of use until repair.
2. The components which are most susceptible to wear: Belt, PU wheel, Bearing, Idler, Shaft, Pedal

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

TROUBLESHOOTING

- Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the Slat Belt Sled Treadmill's warranty.

Problem	Solution/ Cause
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 120 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Slat Belt Sled Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered Slat Belt Sled Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See the Machine Care section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	Reset power. If still no good contact service
Slat Belt Sled Treadmill will only achieve approximately 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to Slat Belt Sled Treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 110 volt AC current is required.
Slat Belt Sled Treadmill trips on board 120V / 20 amp circuit	High belt/deck friction. See Machine Care section. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Slat Belt Sled Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the Slat Belt Sled Treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit See "Electrical Safety" section for more details.

ERROR CODES

Error Code	Error Description	Possible Cause	Corrective Action
No Code	No power to console	1. Power switch is OFF	Turn on the power switch
		2. Power switch indicator not lit	Check outlet with multimeter
		3. Inverter no DC 12V output	Replace inverter
		4. Control cable failure	Replace control cable
		5. Console failure	Replace console
		6. ERP small board failure	Replace ERP small board
LE1	Inverter low voltage	1. Mains voltage too low	Check if mains voltage meets inverter requirement
		2. Inverter failure	Replace inverter
		3. Filter failure	Replace filter
		4. Choke failure	Replace Choke
NTCF	Inverter temperature sensor fault	1. Inverter temperature sensor failure	Replace inverter
OC	Inverter output overcurrent	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
OE	Inverter overvoltage	1. Braking resistor wire detached	Check wiring
		2. Braking resistor failure	Replace braking resistor
		3. Inverter failure	Replace inverter

ERROR CODES - CONTINUED

GF	Inverter ground fault	1. Inverter ground fault	Replace inverter
		2. Insulation pad under AC motor cracked, causing arcing from motor shell to frame	Replace motor insulation pad
OH	Inverter overheat	1. Inverter fan clogged with dust/ Poor heat dissipation"	Clean inverter fan
		2. Running belt/deck aging	Apply lubricant to running belt
		3. Running belt/deck damaged	Replace running deck and belt
		4. Inverter failure	Replace inverter
OL	Motor overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
		4. Motor failure	Replace motor
OL1	Inverter overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
OLO	System overload	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter
LF	Motor phase loss detection	1. Motor wire detached	Check motor wiring
		2. Inverter failure	Replace inverter
		3. Motor failure	Replace motor
DBUP	Braking fault detection	1. Braking resistor failure	Replace braking resistor
		2. Inverter failure	Replace inverter

ERROR CODES - CONTINUED

PRER	Inverter Flash memory error	1. Inverter failure	Replace inverter
EER	Inverter EEPROM error	1. Inverter failure	Replace inverter
LP	Inverter low voltage warning	1. Mains voltage too low	Check if mains voltage meets inverter requirement
		2. Inverter failure	Replace inverter
		3. Filter failure	Replace filter
		4. Choke failure	Replace Choke
ESP	Emergency stop activated	1. Safety key cable detached	Check safety key wiring
		2. Safety key switch failure	Replace safety key switch
		3. Control cable failure	Replace control cable
		4. Inverter failure	Replace inverter
		5. Console main PCB failure	Replace console main PCB
HT	Inverter high temperature	1. Running belt/deck aging	Apply lubricant to running belt
		2. Running belt/deck damaged	Replace running deck and belt
		3. Inverter failure	Replace inverter

MAINTENANCE MODE

When pressing Start, Stop, and Enter keys simultaneously and holding for 2 seconds, the console will enter Maintenance Mode.

KEY TEST	
DISPLAY TEST	
FUNCTION >	
	UNITS – ENGLISH / METRIC
	PAUSE MODE – ON/OFF (ON)
	ODOMETER RESET
	SLEEP MODE– ON/OFF (OFF)
	BEEP MODE – ON/OFF (ON)
	GS MODE-ON/OFF (OFF)
	OTA AUTO ON/OFF (ON)
SERVICE >	
Update software by USB	USB UPDATE UPDATE YES/NO
Update software by OTA	OTA MCU >101 NO WIFI HAVE NEW CODE 102 (new software) press Enter to Software UPDATE NO NEW CODE (no new software)
Update Wifi Module	OTA BLE >101 NO WIFI HAVE NEW CODE 102 (new software) press Enter to Software UPDATE 50 PCT NO NEW CODE (no new software)
EXIT	

MAINTENANCE MODE - CONTINUED

2. Maintenance Mode is operated through a menu system. After entering Maintenance Mode, a long beep will sound and the MW will display: "MAINTENANCE MODE MENU – PRESS ENTER."

2.1 Press the Enter key to access the first main menu item, Key Test, and the MW will display "KEY TEST."

2.2 Use the Up/Down keys to select each option in the main menu.

2.3 When Key Test is selected, the MW will display "KEY TEST." Press the Enter key to enter the Key Test, and the MW will show "PRESS ALL KEYS."

Each key pressed will display its corresponding key label. After all keys have been pressed, the display will show "TEST PASSED" for 3 seconds, then return to the main menu.

2.4 If Display Test is selected, the MW will show "DISPLAY TEST." Press the Enter key to enter the Display Test, and a long beep will sound to begin the test.

2.4.1 All LEDs turn ON for 2 seconds.

2.4.2 All LEDs turn OFF for 2 seconds.

2.4.3 The MW displays all characters from "0" to "9" and "A" to "Z," changing once per second. At the same time, the DM switches one row every 0.5 seconds until all 8 rows have been displayed; then the DM switches one column every 0.5 seconds until all 24 columns have been displayed; then all LEDs will display in sequence once.

2.5 If Function > is selected, press the Enter key to access the submenu UNITS – ENGLISH / METRIC, and use the Up/Down keys to select each option in the menu.

2.5.1 If UNITS – ENGLISH / METRIC is selected, the MW will display "UNITS – ENGLISH" or "UNITS – METRIC." Press the Enter key to change the setting. The default value is English.

2.5.2 If PAUSE MODE – ON/OFF is selected, the MW will display "PAUSE MODE – ON" or "PAUSE MODE – OFF." Press the Enter key to change the setting. The default value is ON.

2.5.3 If ODOMETER RESET is selected, the MW will display "ODOMETER RESET." Press the Enter key to clear the total distance and total time.

2.5.4 If SLEEP MODE – ON/OFF is selected, the MW will display "SLEEP MODE – ON" or "SLEEP MODE – OFF." Press the Enter key to change the setting. The default value is OFF.

2.5.5 If BEEP MODE – ON/OFF is selected, the MW will display "BEEP MODE – ON" or "BEEP MODE – OFF." Press the Enter key to change the setting. The default value is ON.

MAINTENANCE MODE - CONTINUED

2.5.6 If GS MODE – ON/OFF is selected, the MW will display “GS MODE – ON” or “GS MODE – OFF.” Press the Enter key to change the setting. The default value is OFF.

2.5.7 If OTA AUTO – ON/OFF is selected, the MW will display “OTA AUTO – ON” or “OTA AUTO – OFF.” Press the Enter key to change the setting. The default value is ON.

2.6 If SERVICE > is selected, press the Enter key to enter the submenu USB UPDATE, and use the Up/Down keys to select each option in the menu.

2.6.1 USB UPDATE After pressing the Enter key, the display will show “USB UPDATE > NO.”

Press the Up key to change it to “USB UPDATE > YES.” Insert the USB flash drive into the USB port, then press the Enter key. The display will show “CONSOLE RESET.” After a few seconds, if an update file is found, the update will begin. Once the update is completed successfully, the display will show “UPDATE SUCCESS.”

2.6.2 OTA MCU The display will show “OTA MCU > XXX (version number).” Press Enter:

- If no WiFi is available, it will display “NO WIFI.”
- If no new version is available, it will display “NO NEW CODE.”
- If a new version is available, it will display “HAVE NEW CODE XXX (version number).”

Then it will show “USB UPDATE > NO.” Press the Up key to change it to “USB UPDATE > YES,” then press Enter. The display will show “SW UPDATE...” and begin updating. After the update is successful, it will display “UPDATE SUCCESS.”

2.6.3 OTA BLE The display will show “OTA BLE > XXX (version number).” Press Enter:

- If no WiFi is available, it will display “NO WIFI.”
- If no new version is available, it will display “NO NEW CODE.”
- If a new version is available, it will display “HAVE NEW CODE XXX (version number).”

Then it will show “USB UPDATE > NO.” Press the Up key to change it to “USB UPDATE > YES,” then press Enter. The display will show “SW UPDATE XXX PCT” and begin updating. Once the update is complete, it will display “UPDATE SUCCESS.”

Factory Mode:

1. Entering Factory Mode: When the console performs a power-on reset, press the Start and Speed Up keys simultaneously to enter Factory Mode.
2. After entering Factory Mode, the MW will first display “FACTORY SETTING,” then display “UNITS – ENGLISH” or “UNITS – METRIC.” Use the Up/Down keys to switch between English and Metric units, and press Enter to confirm.
3. The MW will display “ADJUST MIN SPEED,” and the SPEED window will show the value. Use the Up/Down keys to adjust the setting.

*Metric range: 0.8–1.0 KPH

*English range: 0.5–0.6 MPH Press Enter to confirm.

MAINTENANCE MODE - CONTINUED

4. The MW will display “ADJUST MAX SPEED,” and the SPEED window will show the value. Use the Up/Down keys to adjust the setting.

*Metric range: 16.0–25.0 KPH

*English range: 10.0–15.6 MPH Press Enter to confirm.

5. The MW will display “FINISHED,” followed by the scrolling message “CONSOLE RESET.”

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WARRANTY

Effective May 06, 2026- CTSBS900 Slat Belt Sled Treadmill LIMITED WARRANTY

Spirit Fitness Inc. warrants all its home use Slat Belt Sled Treadmill 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 Limited Warranty

Warranty	Frame*	Motor	Deck	Parts	Labor	Wear Items**
Commercial (Dues Paying Facilities)	10 Years	5 Years	3 Years	3 Years	3 Years	6 Months
Residential	10 Years	5 years	5 Years	5 Years	3 Years	6 Months

*Frame is defined as the welded metal base of the unit and does not include removable parts, wear items, or coatings.
**Wear items include: plastic covers, overlay, grips, hardware, pull pins/knobs, decals/stickers, headphone jack, USB port, paint/coatings/finish, straps, and pedals.

Prisons and correctional facilities are excluded from warranty coverage.

RESPONSIBILITIES OF THE FACILITY

1. The facility is responsible for the items listed below:
2. The warranty registration must be 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 units not requiring component replacement, or units 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.

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