SPIRIT

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

✉ service@spiritfitness.com

Warranty Registration

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

CT1000ENT TREADMILL

CT1000ENT_210854_OM_20241202

Table of Contents

PRODUCT REGISTRATION

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

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

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

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

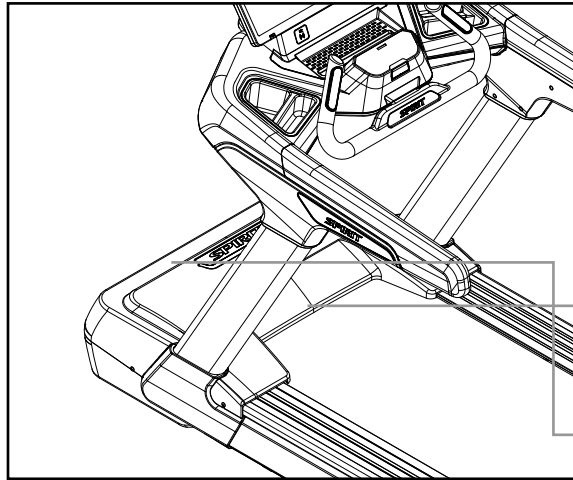|	
Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

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: 2.0
Revision: 12.02.24

PRODUCT LABELS

SERIAL NUMBER STICKER
This sticker will be found on the back of the motor cover. Please record the number below the barcode for the purpose of registering your Treadmill's warranty.

⚠ **WARNING:** Cancer and Reproductive Harm - www.P65Warnings.ca.gov

PROPOSITION 65 WARNING
This sticker will be found on the left side of your Treadmill's upright. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.
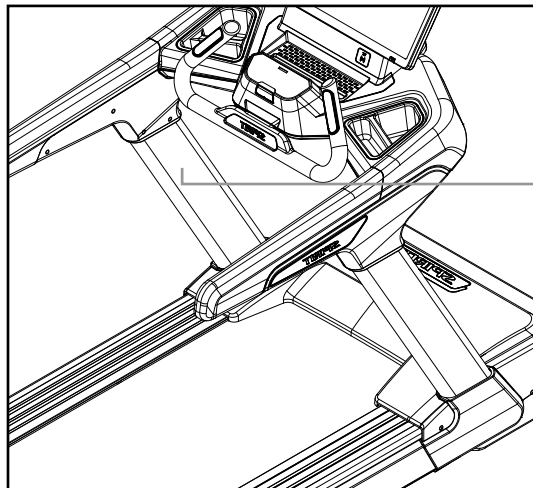
SAFETY WARNING STICKER
This sticker will be found on the left side of your Treadmill's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

⚠ **WARNING AVERTISSEMENT**

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

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

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

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

WARNINGS, COMPLIANCE AND NOTICES

This product has been certified to meet the following standards:

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

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

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

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from that 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. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for household use.
14. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
15. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
16. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
17. Keep hands away from all moving parts.
18. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
19. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
20. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
21. **User Weight Limit: 450 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.

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

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

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

- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.

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

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

GROUNDING INSTRUCTIONS & LOCATION REQUIREMENTS

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

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.
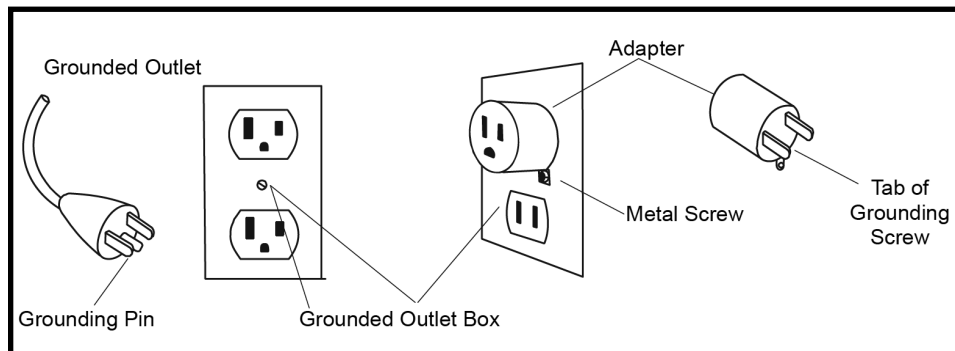
Location Requirements

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

- We recommend that you leave an area of at least 20in on the front, and sides of your machine. The front of the unit is where the motor is located.

- We recommend that you leave an area of at least 6ft behind the treadmill.

- Install your treadmill in an area where children and pets cannot access it.

- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.

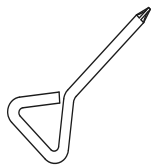- Do not install your treadmill on deeply padded, plush, or shag carpet.
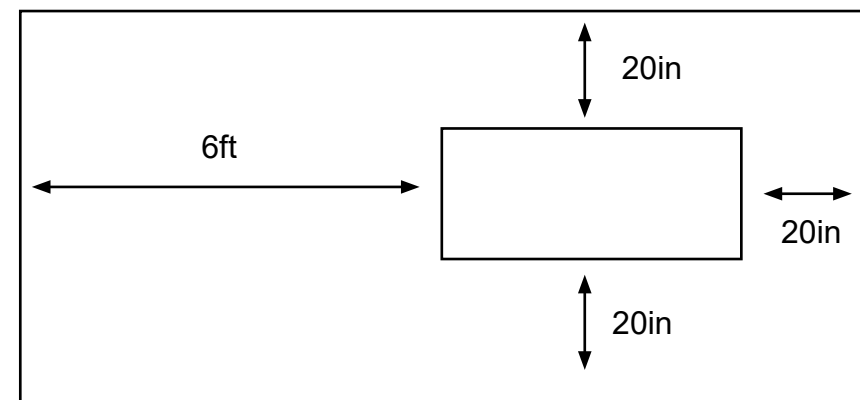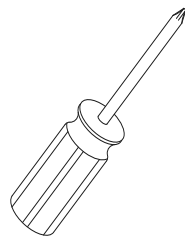
PARTS INCLUDED

TOOLS
- ❑ L Allen Wrench
- ❑ Triangular Phillips Head Screwdriver
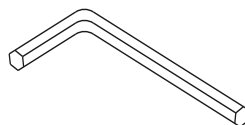- ❑ Phillips Head Screwdriver

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

#112. Phillips Head Screw driver (1 pc)

#111. Phillips Head Screw driver (1 pc)

#110. 8mm L Allen Wrench (1 pc)

STEP1

#65 - M10 × 60mm
Socket Head Cap Bolt
(10pcs)

#79 - Ø10 × 2T
Spring Washer
(10pcs)

STEP2
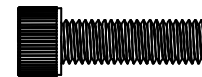
#63 - M10 × 35mm
Socket Head Cap Bolt
(6pcs)
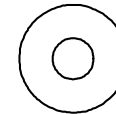
#74 - Ø3/8" × 25 × 3T
Flat Washer
(6pcs)
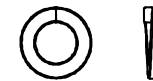
#79 - Ø10 × 2T
Spring Washer
(6pcs)

STEP3

#158 - M5×10mm
Phillips Head Screw
(8pcs)

STEP4

#158 - M5 ×10mm
Phillips Head Screw
(4pcs)

#69 - M5 × 25m/m
Phillips Head Screw
(2pcs)

#83- 3.5 × 12m/m
Sheet Metal Screw
(18pcs)

#75 - Ø5.5 × Ø19 ×
1.5T Flat Washer
(8pcs)

PARTS OF YOUR TREADMILL

A

B

F

C

D

E

G

H

I

J

K

L

M
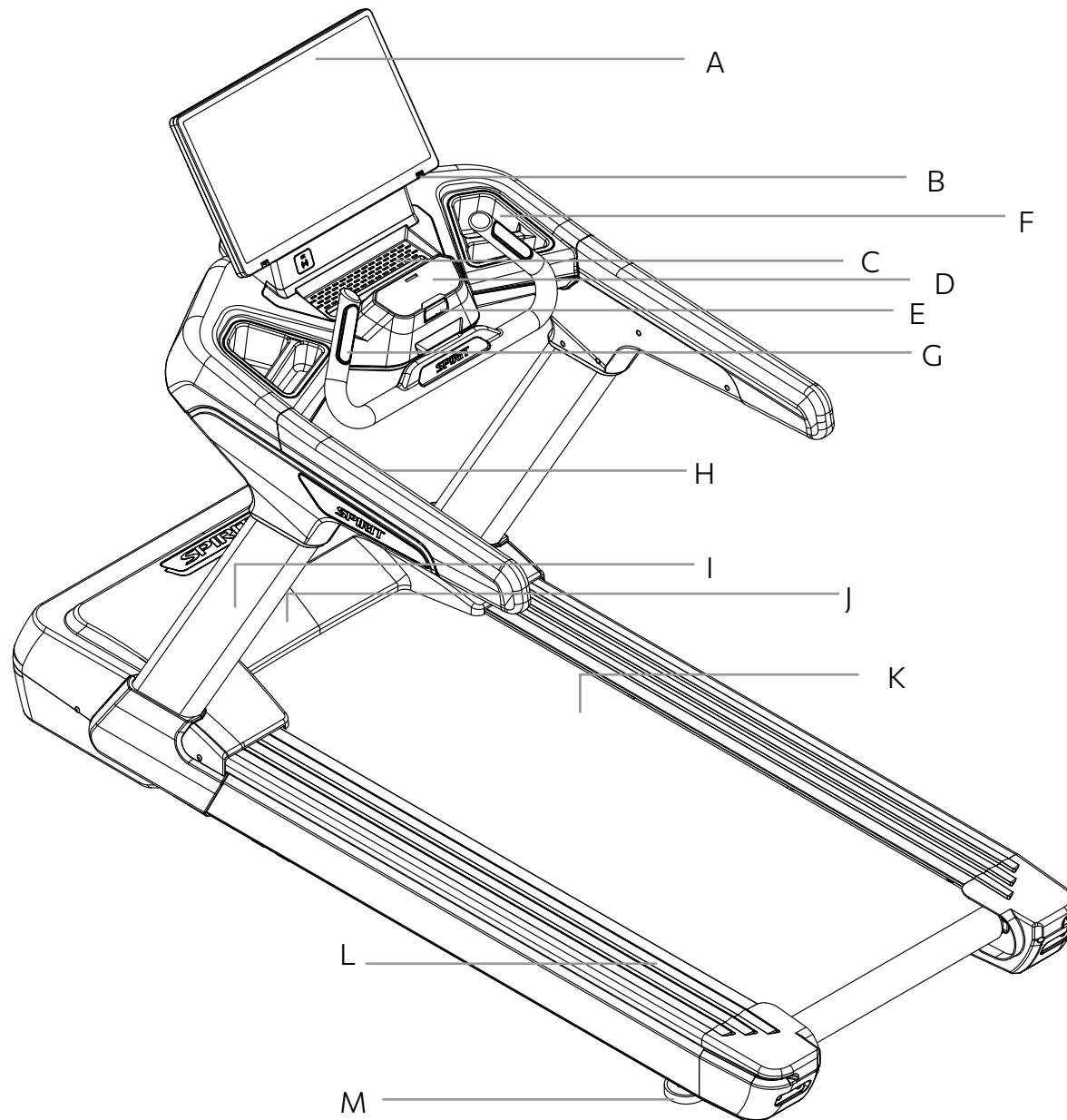
A. Touch Screen
B. USB Chargers
C. Accessory tray
D. Console buttons
E. Safety stop key
F. Cup holders
G. Hand pulse sensors
H. Handlebars
I. Uprights
J. Motor cover
K. Belt
L. Side rails
M. Levelers

PRE-ASSEMBLY

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

ASSEMBLY - STEP ONE

1. Loosen the 8 screws holding the **MOTOR COVER (37)** in place and remove the cover.

2. Uncoil wiring harness and run wires through the **RIGHT UPRIGHT (7)**.

3. Use 5 **BOLTS (65)** and 5 **LOCK WASHERS (79)** to attach the **RIGHT UPRIGHT (7)** to the **MAIN FRAME (1)**. Do not pinch wires. Do not tighten before putting the console on.

4. Use 5 **BOLTS (65)** and 5 **LOCK WASHERS (79)** to attach the **LEFT UPRIGHT (8)** to the **MAIN FRAME (1)**. Do not tighten before putting the console on.
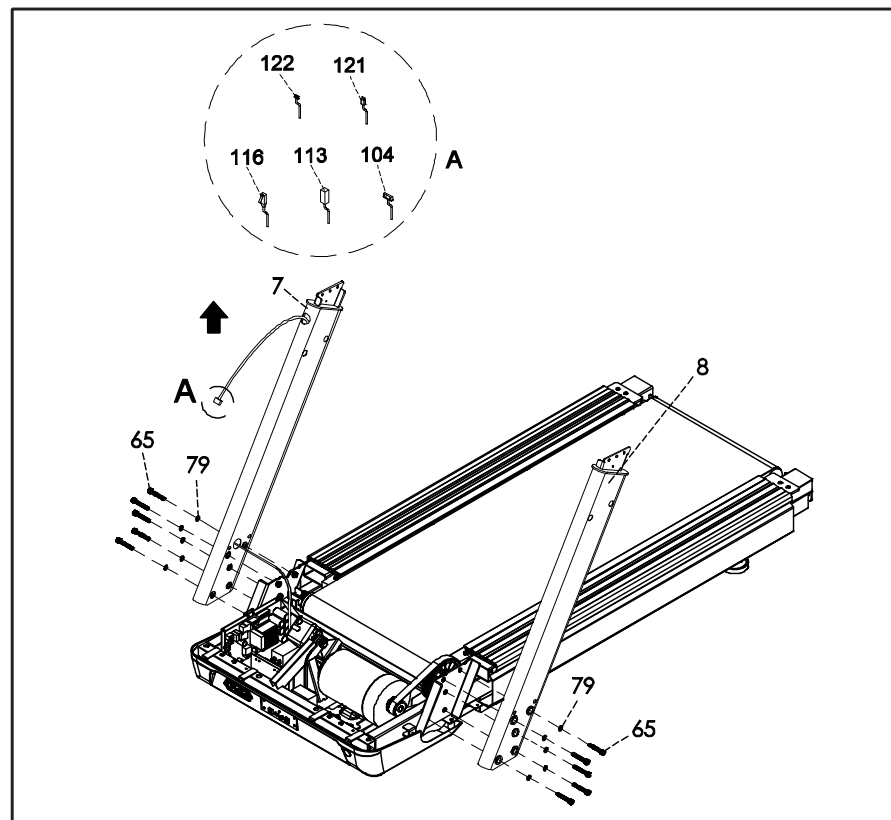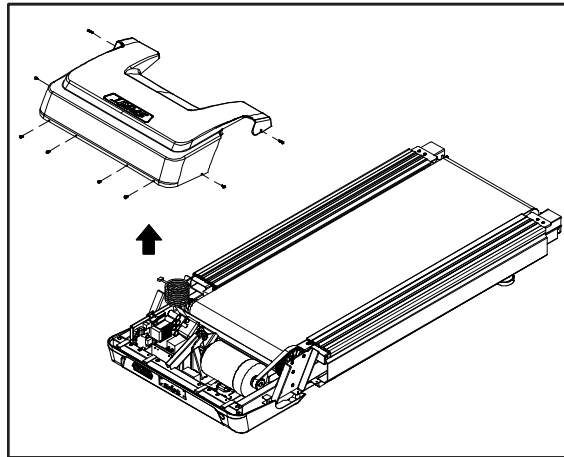
ASSEMBLY - STEP TWO

1. Install **MAIN PANEL (3)** onto the uprights using 6 **BOLTS (63)**, 6 **LOCK WASHERS (79)** and 6 **FLAT WASHERS (74)**.

2. Run the wiring harness through the **MAIN PANEL (3)** as shown in the illustration.

3. Tighten all bolts and washers on both **UPRIGHTS (7 AND 8)** from previous step.
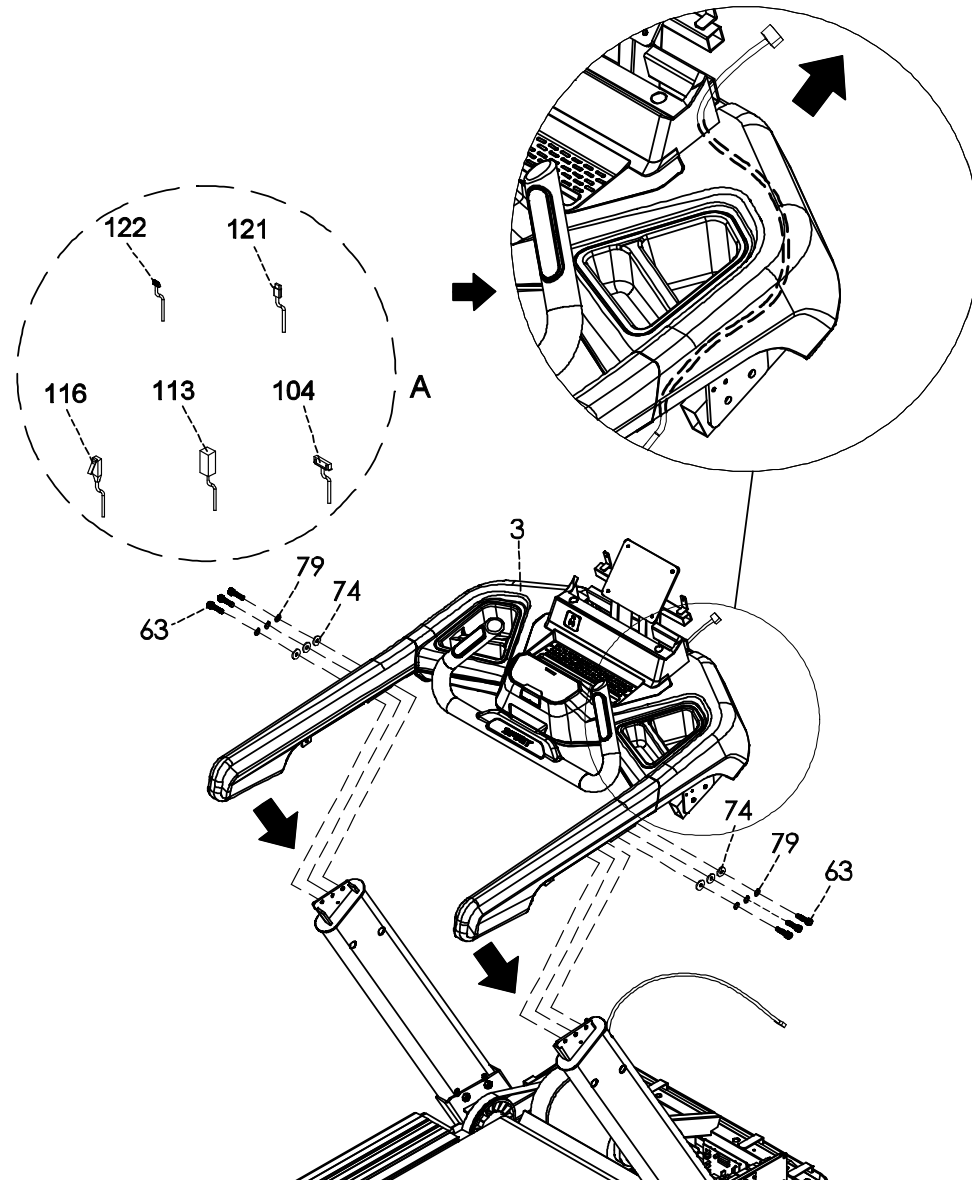
ASSEMBLY - STEP THREE

1. Wires should be away from the console mounting bracket.

2. Install the **CONSOLE (54)** using 4 **BOLTS (158)**.

3. Connect wiring harness to **CONSOLE (54)**.

4. Attach **CONSOLE BRACKET COVER (50)** to **MAIN PANEL** using 4 **BOLTS (158)**.
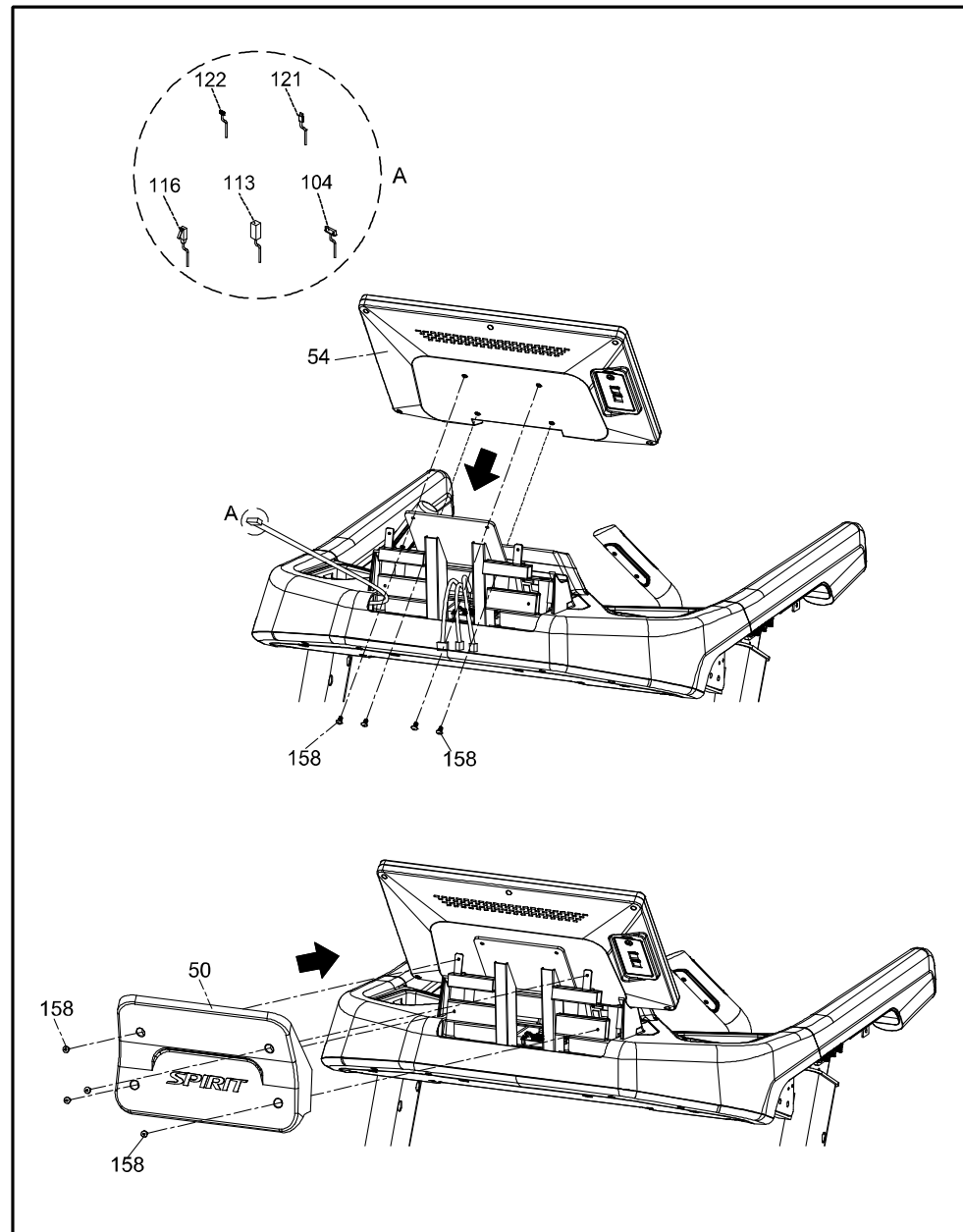
ASSEMBLY - STEP FOUR

1. Attach **LEFT OUTER HANDRAIL COVER (48)** to **MAIN PANEL** using 2 **SCREWS (83)** and 2 **FLAT WASHERS (75)**.

2. Attach **LEFT INNER HANDRAIL COVER (47) TO MAIN PANEL** using 5 **SCREWS (83)**.

3. Attach **LEFT LOWER UPRIGHT COVER (40)** to **MAIN FRAME (1)** using 2 **SCREWS (83)**, 2 **FLAT WASHERS (75)**, and 1 **LONG SCREW (69)**.

4. Attach **LEFT END CAP (42)** to **MAIN FRAME (1)** using 2 **SCREWS (158)**.

5. Repeat to install **RIGHT SIDE COVERS (45, 46, 39, 41)**.

6. Reinstall the **MOTOR COVER (37)** using the bolts removed in Step 1.
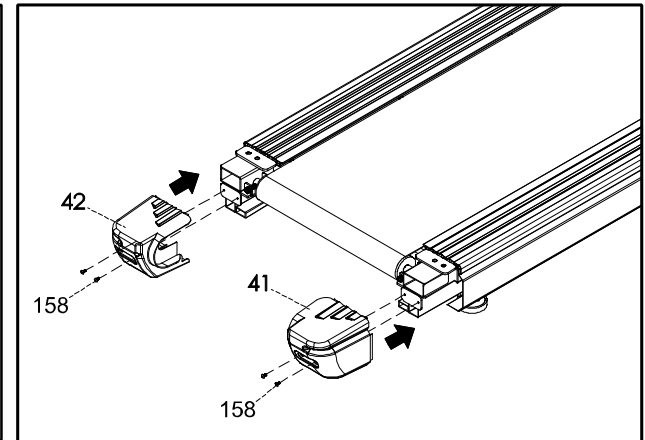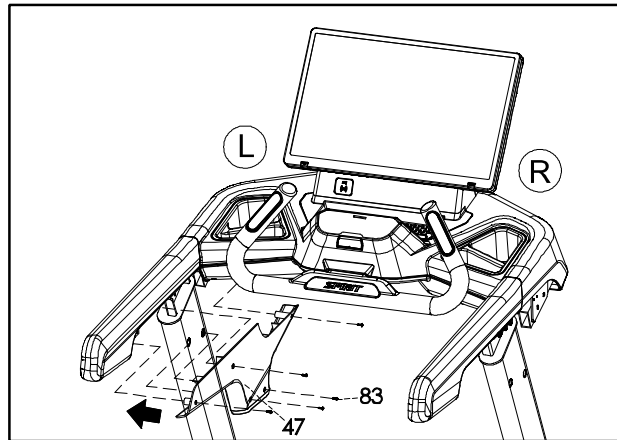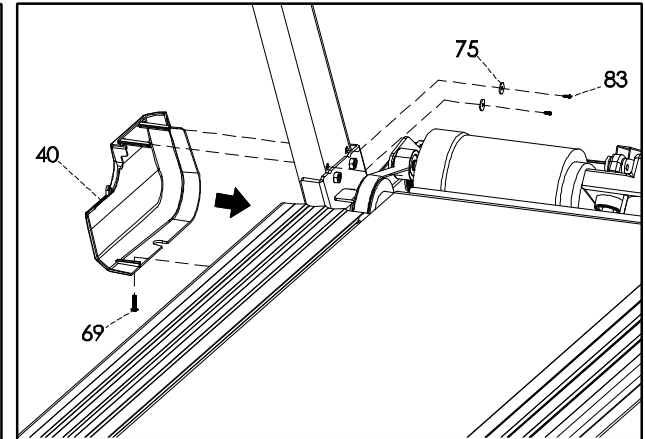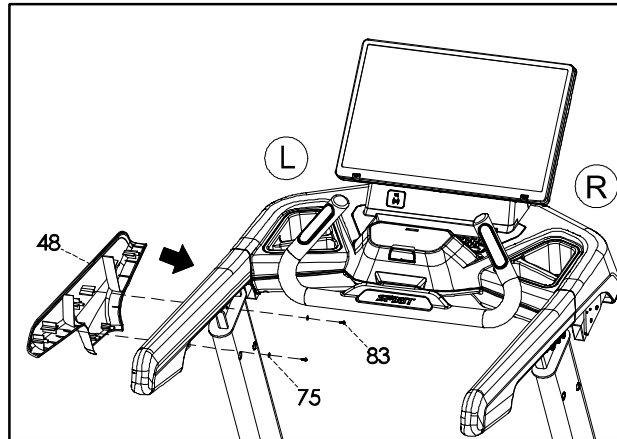
SETTING UP YOUR TREADMILL

- Plug in the power cord and switch on the main power switch located at the front of the treadmill. Make sure the safety key is inserted (machine will not operate without the presence of the safety key.)

- When the power is turned **ON**, the screen will show a brief loading screen and then display the **Home Screen** which indicates that the machine is ready to operate.
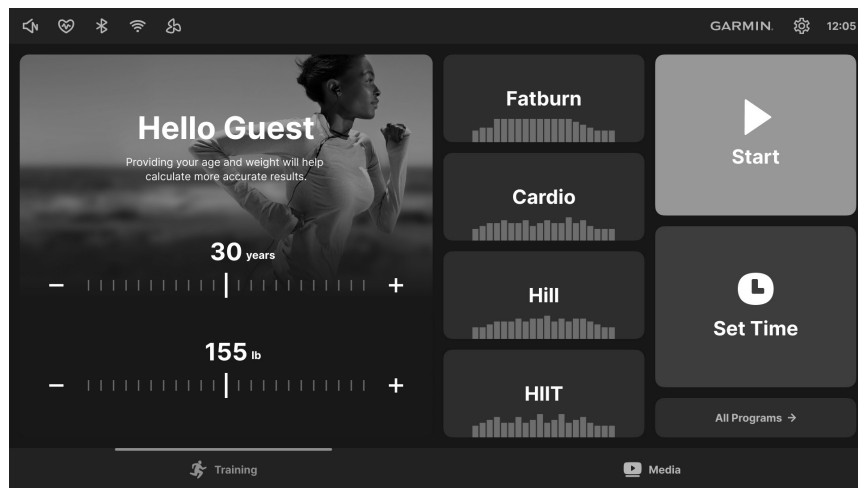
Home Screen: Begin operation by touching the icons.

The treadmill comes with Handles. Always hold the Handlebars when getting on and off the treadmill.

Once you have familiarized yourself with using the treadmill, you can progress to running without using the handles to provide a total body workout. Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below.

Ensure the belt is stationary and grasp the Stationary Handlebar with hands. Place your feet on the running belt. Please slowly increase the speed of treadmill . Get balanced and begin your workout.

Important

To get off, come to a complete stop and reverse the procedure. Always wear rubber soled shoes, such as tennis shoes. It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, ensure you are well balanced. All equipment should be set up and operated on solid, level surfaces.

Correct Position

Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain.

Always try and use the treadmill in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.

QUICK START

Press the **Start** button to begin belt movement at 0.5 mph then adjust to the desired speed using the **Speed ▲ / ▼** button.

- To slow the treadmill belt, press the **Speed ▼** key until the desired speed is reached.

- To stop the treadbelt press and release **Stop** button.

FEATURES

Basic Information

FUNCTIONS OF THIS TREADMILL

The touchscreen is used for operating most functions of the treadmill. You can directly touch any button on the screen, or use the **Quick Operating Buttons** to control the treadmill's various functions. The **Speed ▲/▼** buttons control the speed, the **Start** button begins the workout, the **Stop** button will pause or stop the workout, and **Incline ▲/▼** buttons control the degree of incline of the treadmill.

Incline

The incline is adjustable any time during the workout.

- Press and hold INCLINE "Up / Down" button on the screen to change the incline to the desired level.

Pulse Grip Feature

The Pulse (Heart Rate) on the screen shows the current value of your heart rate in beats per minute. 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 Console will also pick up wireless heart rate transmitters that are ANT+ and Bluetooth compatible.

Pause / Stop

When the treadmill is running, the **PAUSE** feature may be utilized by pressing the red **Stop** button once. This will slowly decelerate the treadbelt 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.

- 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).

No User Detected

Machine will pause automatically if no user is detected for 30 seconds. When treadmill is operating with speed higher than 0.8km/hr (0.5mile/hr), protecting mechanism will be activated. Pop up window will ask user whether to stop/resume workout program. This pop up window will remain on the screen for 5 minutes. The treadmill will end workout automatically if no actions are taken within 5 minutes.

FEATURES

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.

Safety Key

⬢❗ A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.
Pulling this safety tether cord will stop tread-belt movement.

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

ABOUT YOUR MACHINE

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

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

TOUCHSCREEN OPERATION

Maintenance Mode

Enter the maintenance mode from the Home page by pressing **Hello Guest** 10 times to access the machine information, various settings and service procedures.

In the maintenance mode, you can upload your own visual materials via USB. Select **Retail Mode Video** under the Customization tab and follow the guidelines to change the videos when the console enters Retail Mode
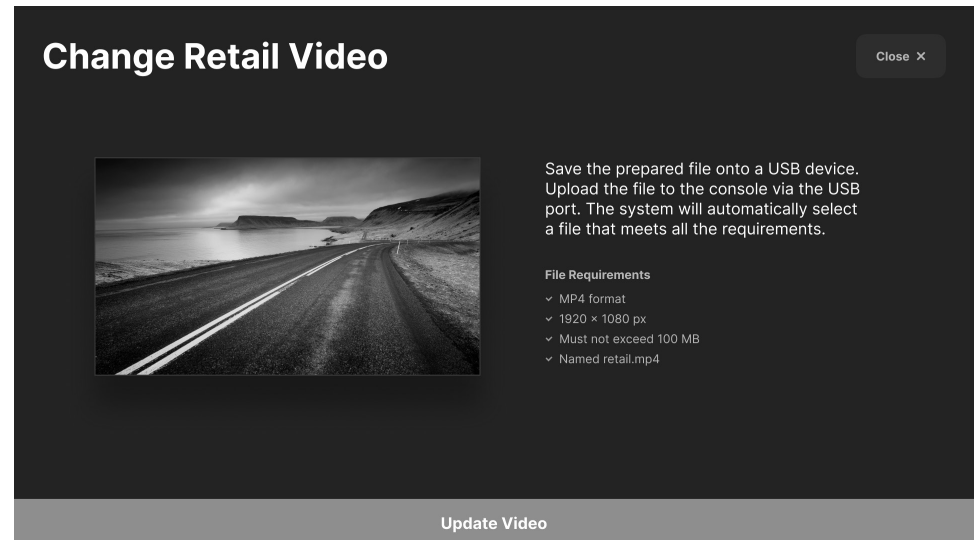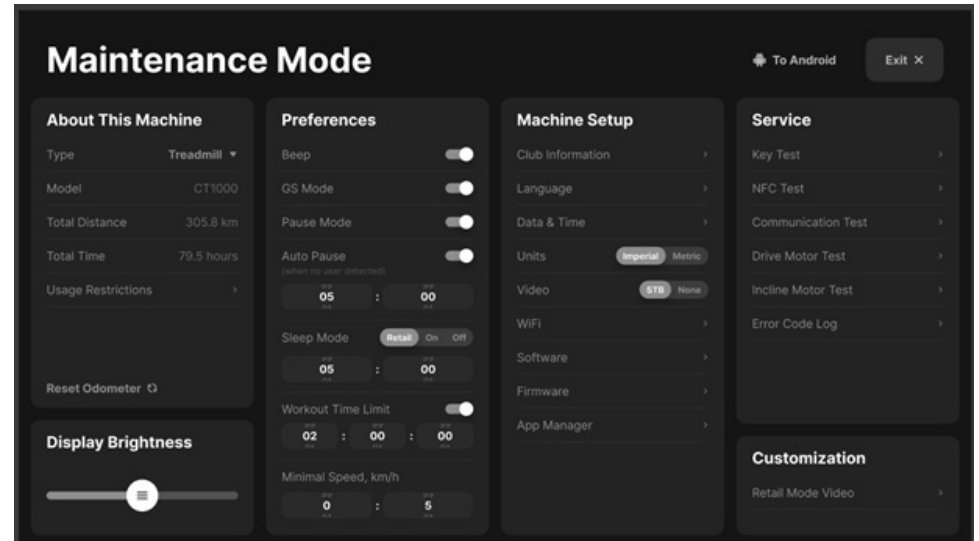
Basic Operation & Home Page

The console interface is divided into two main sections: Training and Media. Training section is focused on workout data and controls, while Media offers various entertainment options for an exercising user. Use the tab bar on the bottom of the screen to switch between the two sections before, during or after the workout.

Training section's main screen includes a ranking list and some of the most common workout choices, such as immediate start, a timed workout, or popular workout patterns. A workout can be started by either pressing **Start** button on the screen, or using the physical **Start** key on the console.

Various tools and settings are available in the status bar on the top of the screen:
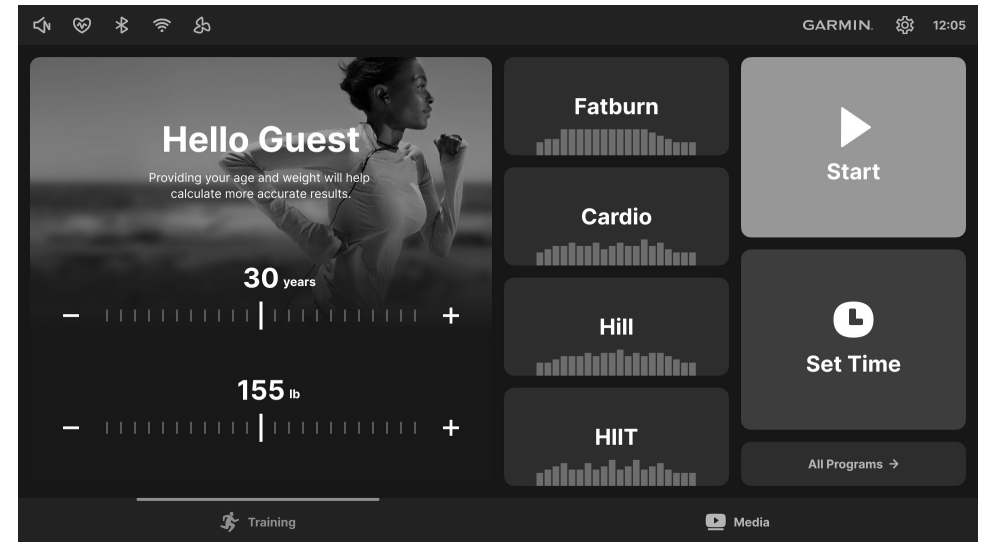
press the WiFi icon to open WiFi settings.
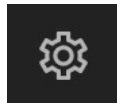
press the Gear icon to change language or units of measurement.

to pair a Garmin device, press on the Garmin logo (see details in Garmin Pairing).

to pair a Bluetooth device, press on the Bluetooth icon.
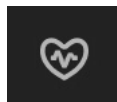
to pair a heart rate measuring device, select the Heart Rate icon

21

How to connect with the Bluetooth

Click of the **Bluetooth** icon to enter the pairing page. The system will be searching the available BT signal device around the treadmill. Then pressing the device that you would like to connect with.
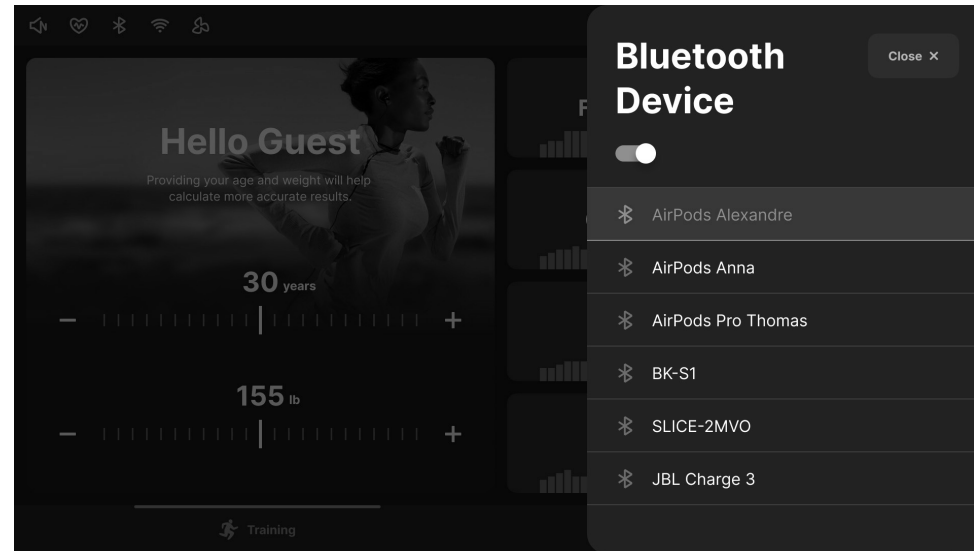
Programs

Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.
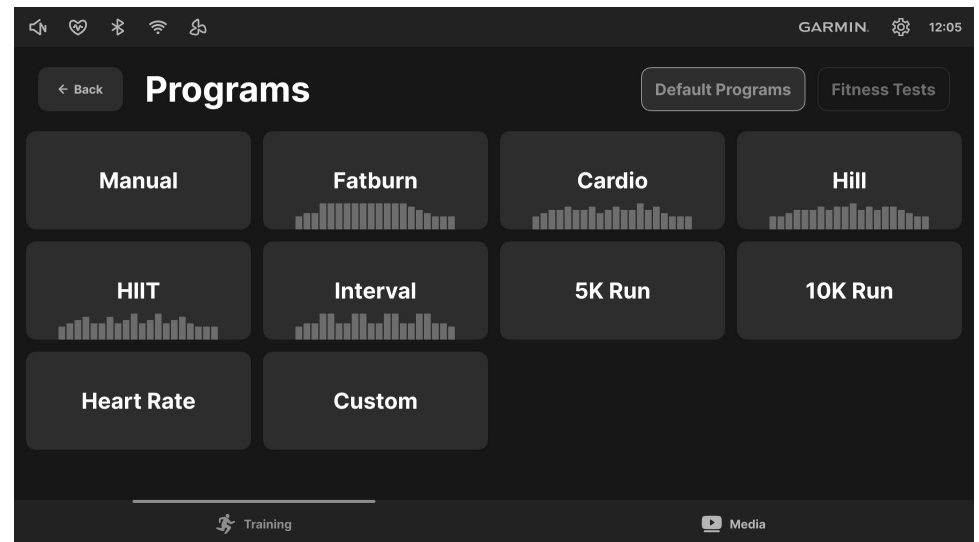
TOUCHSCREEN OPERATION - CONTINUED

Tap on a program to learn more about it in the **Preview Mode**. Here, switch between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen. Tap on the program card once again to enter the **Program Setup** page

Program Setup page allows users to customize their workout. To change the value, drag the scale, use **Plus & Minus** buttons, or tap on the number for a direct input. Different programs offer different parameters to adjust. Press **Start This Program** button to start the workout with selected parameters. Press **Back** to return to program selection
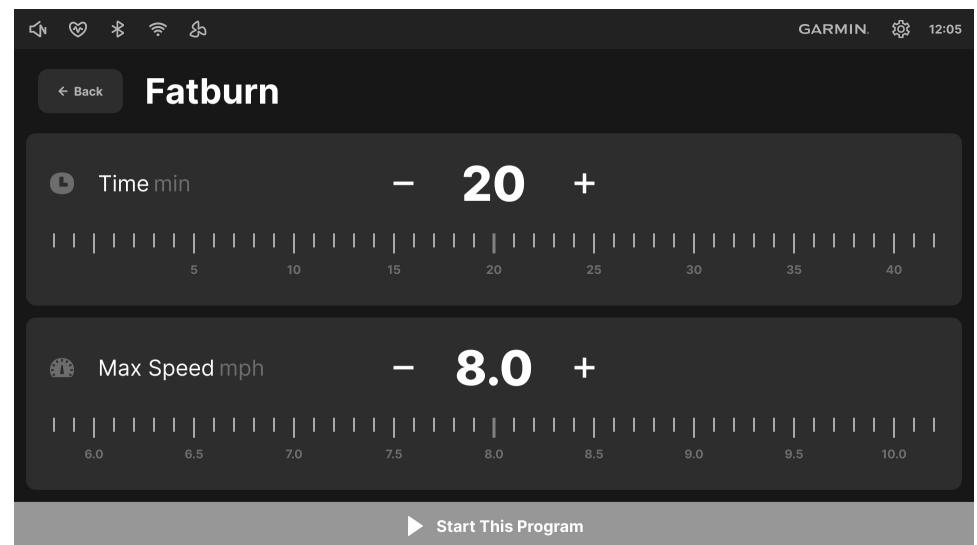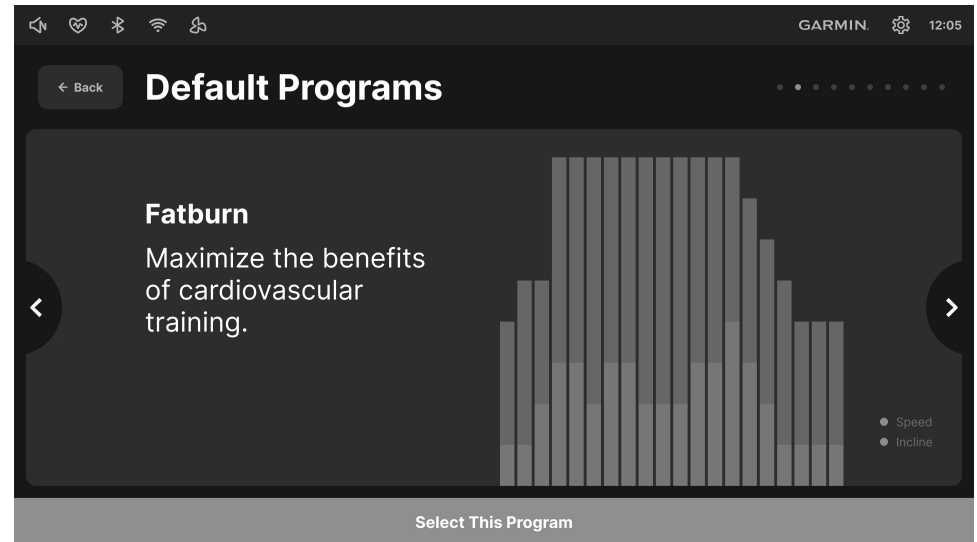
TOUCHSCREEN OPERATION - CONTINUED

Workout Mode

Start exercising once the console is in the workout mode and the time has started counting. Use panels on the left and right sides of the screen to control **incline and speed**, accordingly. Choose between three workout views (Stats, Charts and Track), or go to the Media section for entertainment content. While in the Media section, please use physical keys to control **speed and incline**.
Parameters displayed in the **Stats** view can be customized: press on the number and select your preferred option
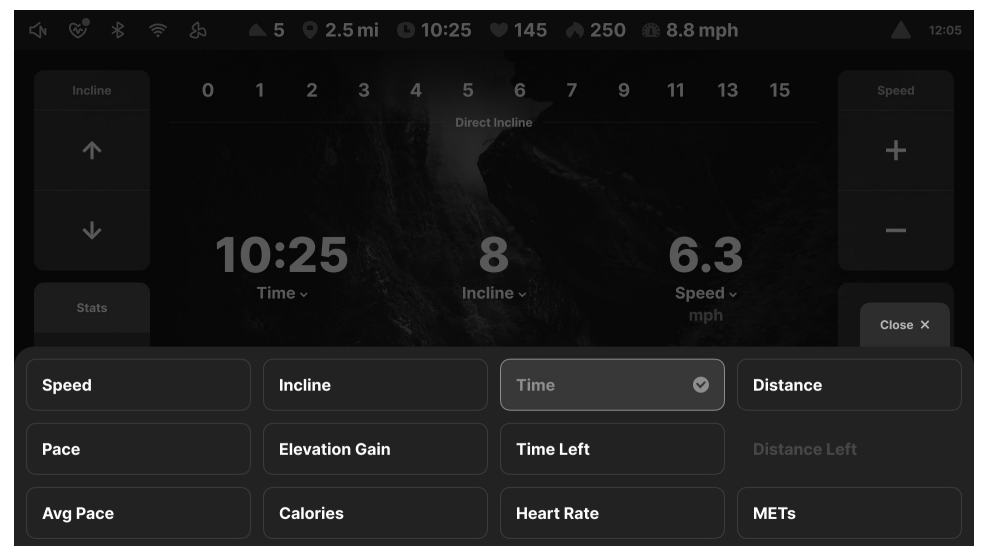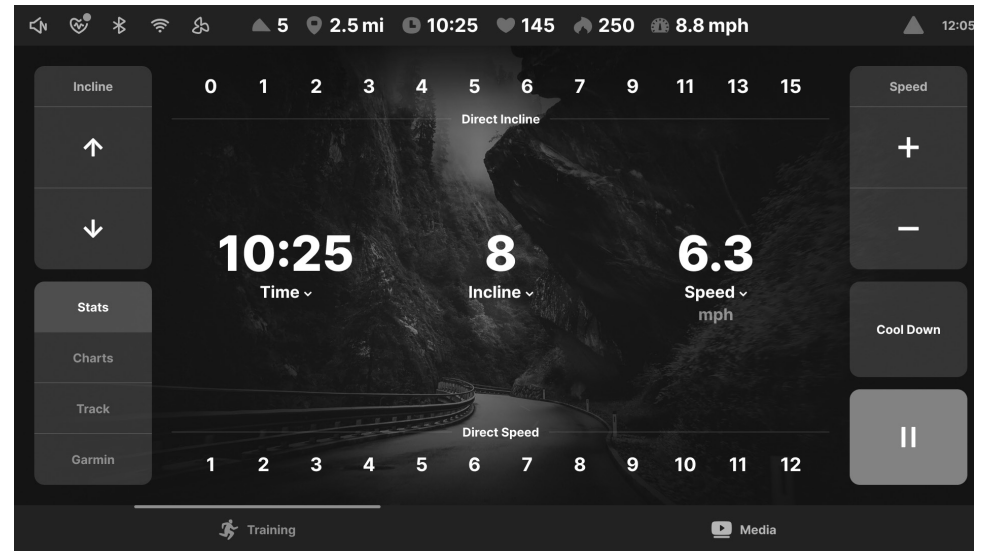
TOUCHSCREEN OPERATION - CONTINUED

To finish your workout, press physical **STOP** button on the console twice, or tap on the **Pause** icon in the bottom right corner of the workout screen, then press **Finish**.

When the workout is over, the workout summary will pop up. Slide up & down on the right side of the screen to see all available charts.
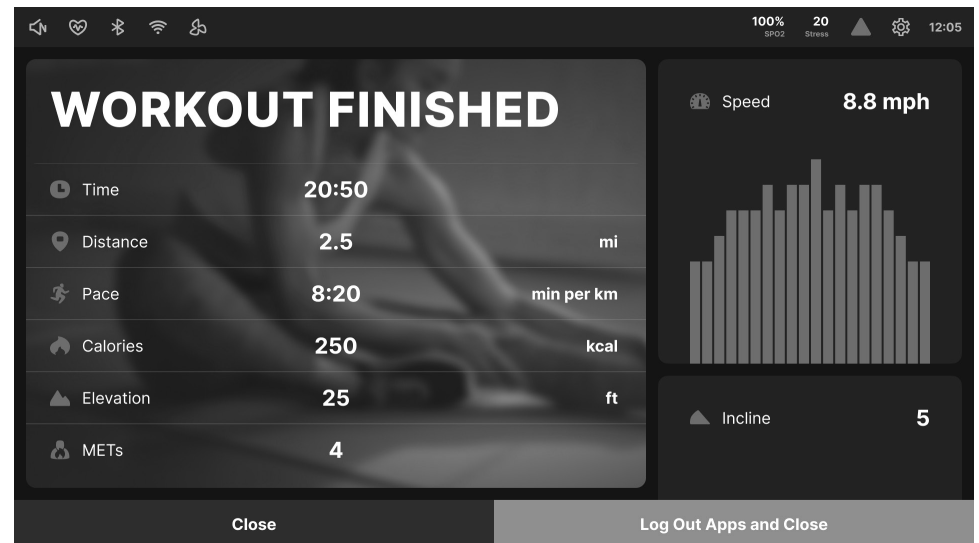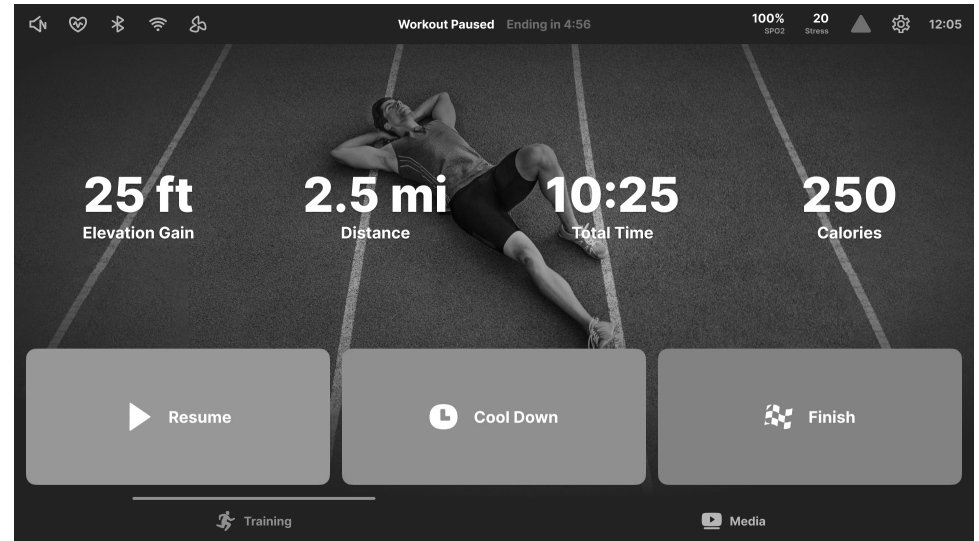
TOUCHSCREEN OPERATION - CONTINUED

Media

Press on the **Media** tab on the bottom of the screen to access various apps and casting from your smartphone. Stable internet connection is required for all of the above.

To open an app, tap on its icon. Select from news, video and other content. Users do not have to log out when they have finished their workout: it happens automatically. Remember to check for updates regularly: access **Maintenance Mode / App Manager** for managing all third party apps.

Customers are allowed to choose **Mirroring** to transfer their own entertaining content from their smartphones to the console screen. To get familiar with the procedure, press **How It Works** and follow the instructions provided on the screen.
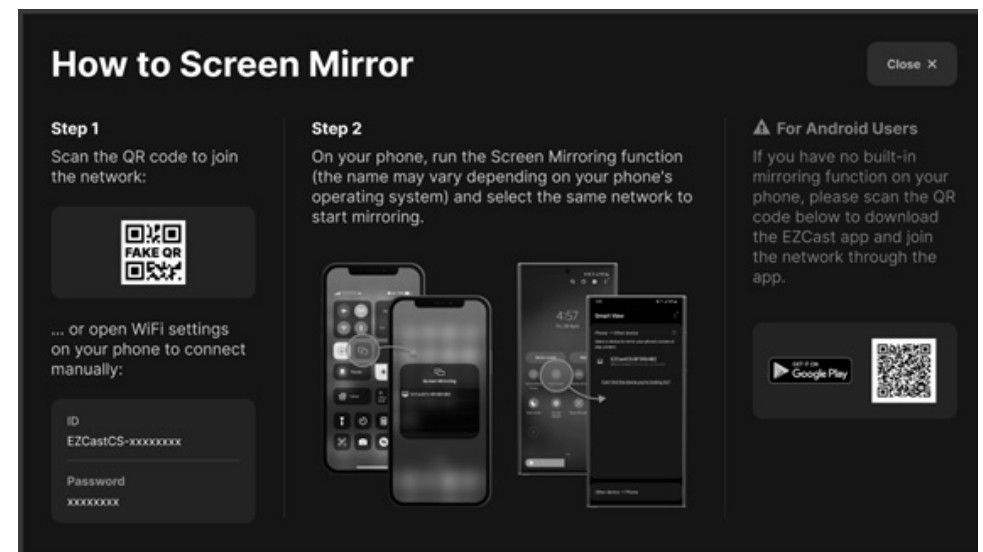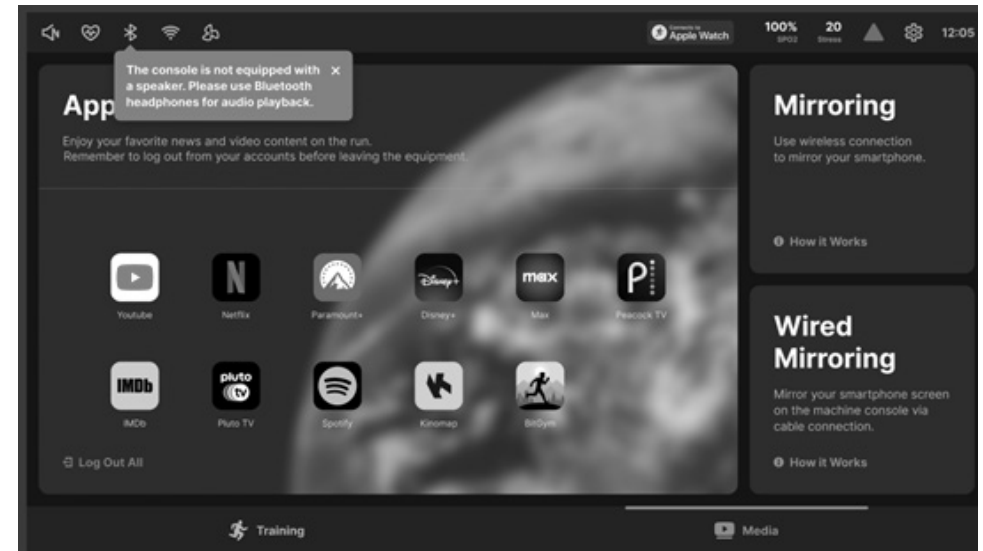
TOUCHSCREEN OPERATION - CONTINUED

Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press **Hide Panels** to enter the full screen mode without stats on the top and tabs on the bottom, and **Show Panels** to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press **All Media** to go back to the content sources selection.
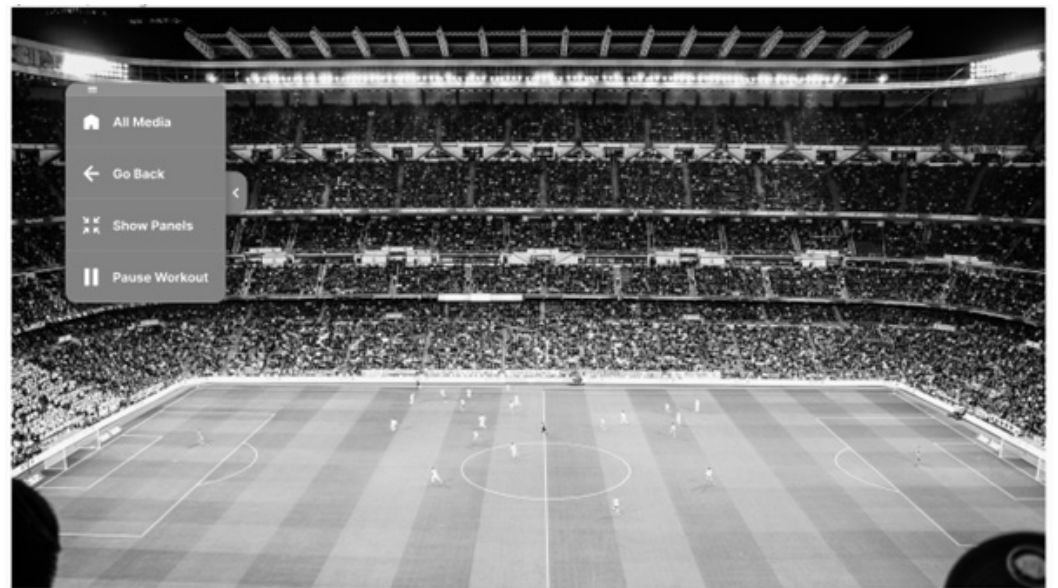
Garmin Pairing

To connect to a Garmin device, one must first pair it with the console. Press on the **Garmin Logo** in the status bar, then **Connect Device** button to run the pairing flow.

Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.
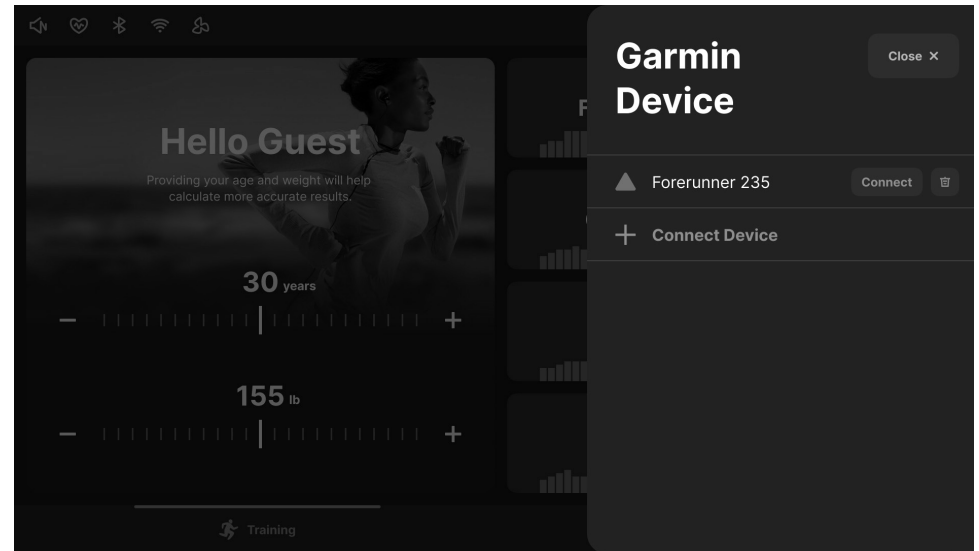
CONSOLE SCREEN - OVERVIEW

Touchscreen

USB
Charger

HDMI

Small Storage Tray

Water bottle
holder and cargo
compartment for
buttons, phone, or MP3
player

Start, Stop, Speed, and Incline
controls

Safety Key

Contact Heart
Rate Grips

Hello Guest
Providing your age and weight will help
calculate more accurate results.

30 years

155 lb

Fatburn

Cardio

Hill

HIIT

Start

Set Time

All Programs →

Training

Media

GARMIN. 12:05

INCLINE   CT 1000   SPEED

START   STOP

PROGRAMMABLE FEATURES

Entering A Program & Changing Settings

When pressing **All Programs** on the Home Screen, the screen displays a menu of the different programs available: Manual, Hill, Fat Burn, Cardio, Interval, Heart Rate, Custom, 5k Run, 10k Run, HIIT, and Fitness Test. To select and start a preset program:

1. Select a program by tapping it on the screen, then press **Enter** to begin. Customize the program on the following screens by entering your data, or press the **Start** button to begin the program using the default settings.
2. Press the **Start** button to begin your workout, or press the **Stop** button to return to the previous screen.
3. Once the workout begins, a 3- minute warm-up will commence. 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. Note: 5K Run, 10K Run, HR, Custom, Fitness Tests and the manual programs do not have a warm-up.
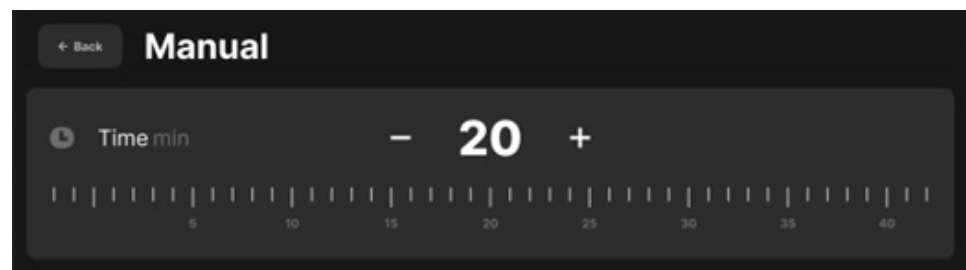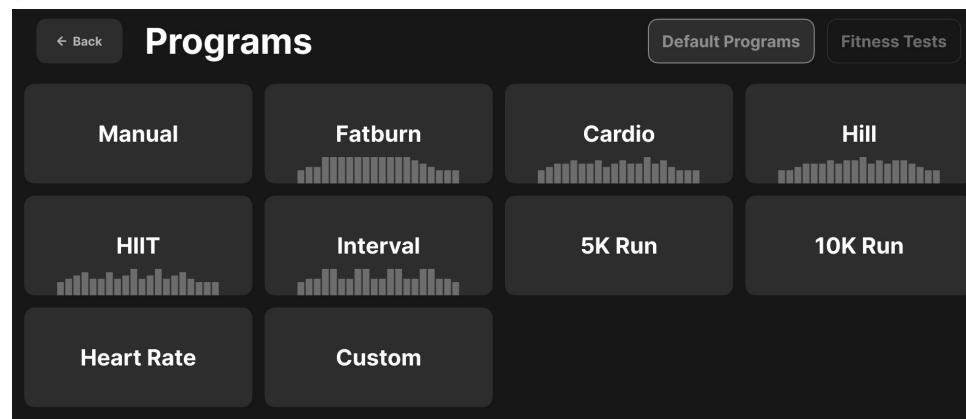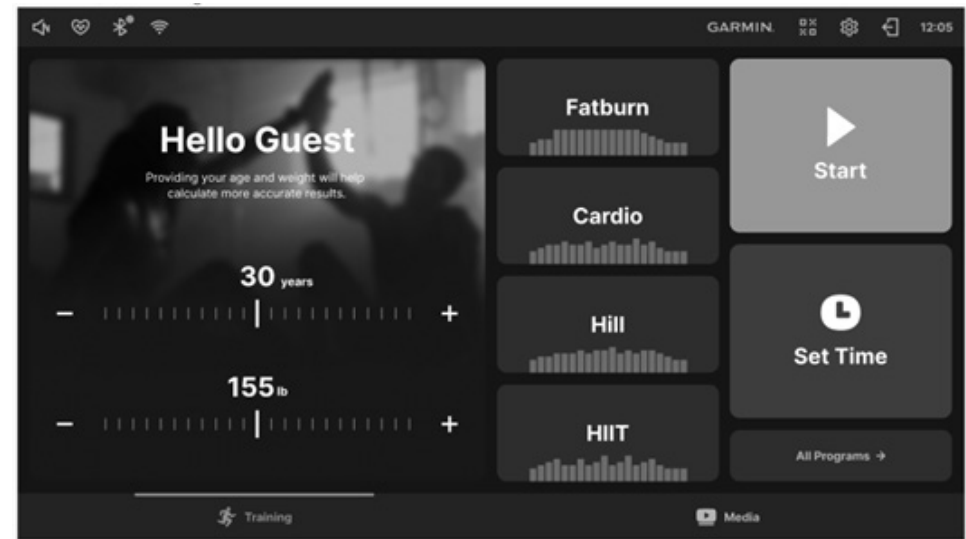
PROGRAMMABLE FEATURES - CONTINUED

Changing The Workout Display

During your workout, you may change the display based on the view that works best for your needs. Once your workout begins, you will see 3 preset views available at the bottom of the screen: **Stats, Charts, and Track**.

STATS

To switch the display to **Stats** view, simply tap the **Stats** button on the top side of the central screen. This view shows an overview of the real-time workout data including the Elapsed Time, Total Distance, Average Pace and other workout data.
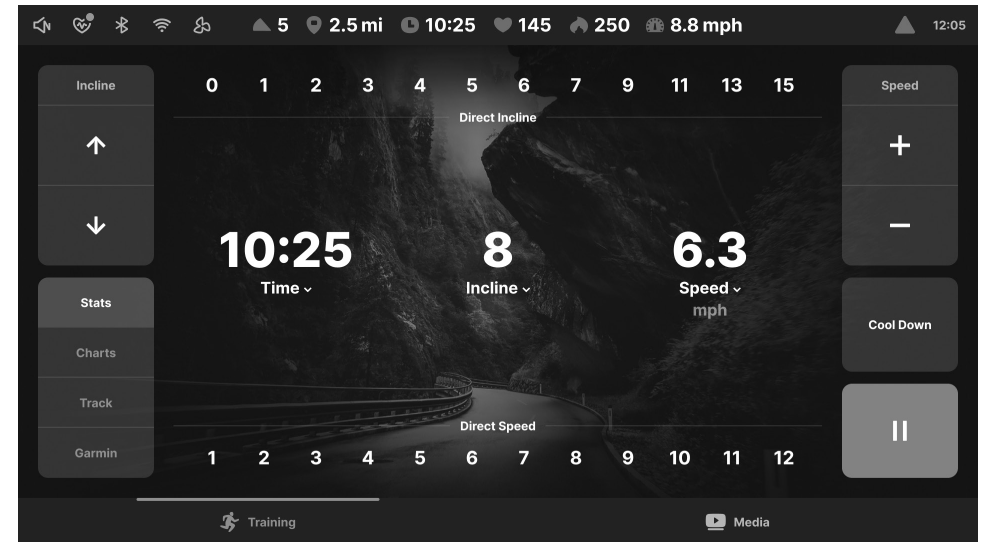
TRACK

To switch the display to **Track** view, simply tap the **Track** button on the top of the central screen. This view shows a virtual track that corresponds with the current workout, as well as the total **Distance**, number of **Laps**, and other workout data.
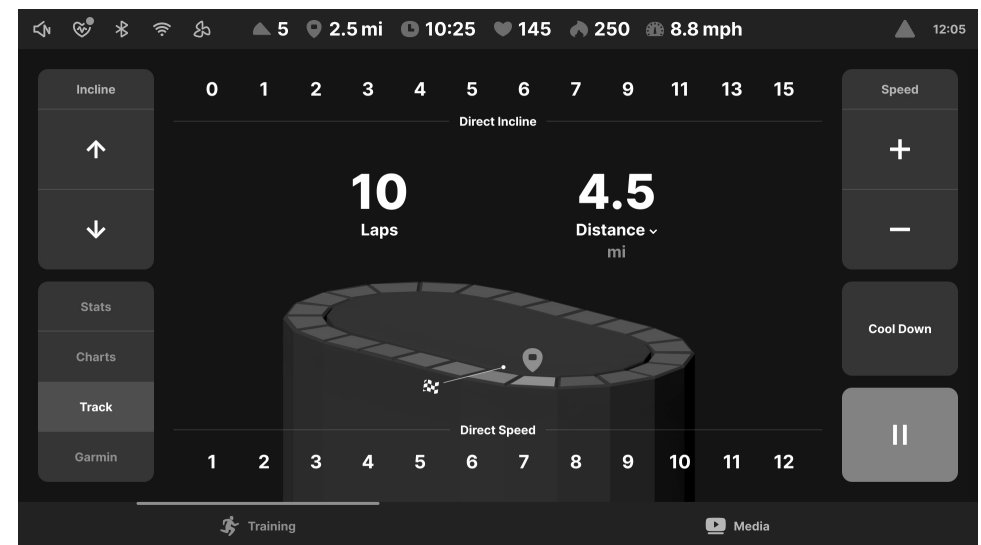
PROGRAMMABLE FEATURES - CONTINUED

CHARTS

To switch the display to Charts view, simply tap the Charts button on the top of the central screen. This view shows the speed and incline profile during the current workout.
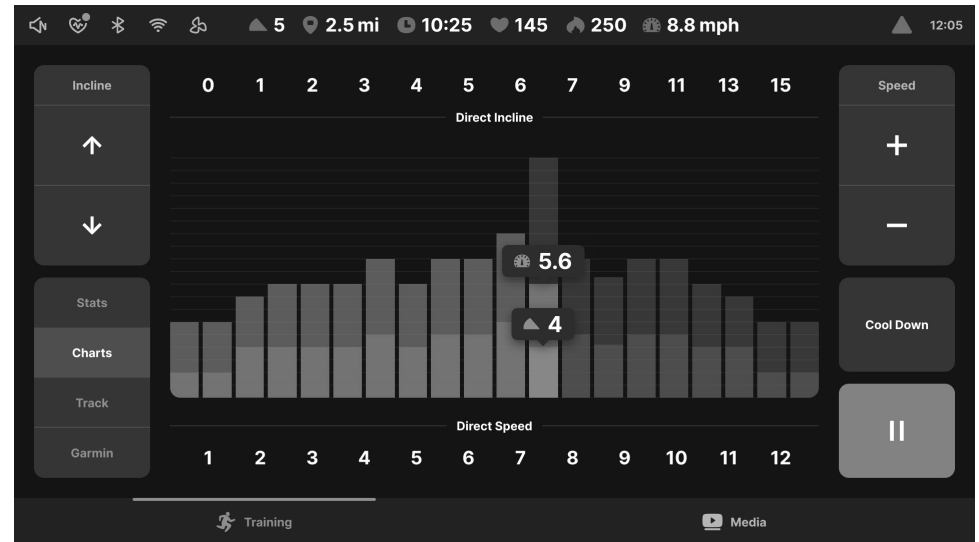
PRESET PROGRAMS SPEED / INCLINE SETTINGS

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 10 mph, then the first segment will be 2 mph. You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 10 mph or simply 10 mph.

Program	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
Hill	Speed	20 30 40	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80	40	30	20	50	40 30 20
Hill	Incline	0 0 0	0	1	2	3	3	4	3	4	4	5	3	4	3	4	5	4	3	1	1	0	0	0	0	0	0 0 0
Fatburn	Speed	20 30 40	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50	40	30	20	50	40 30 20
Fatburn	Incline	0 0 0	0	1	2	3	3	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0	0	0 0 0
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	40	30	20	50	40 30 20
Cardio	Incline	0 0 0	0	1	1	2	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0	0	0 0 0
Interval	Speed	20 30 40	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50	40	30	20	50	40 30 20
Interval	Incline	0 0 0	0	1	2	3	5	6	2	3	5	6	7	2	3	7	2	3	8	2	3	5	0	0	0	0	0 0 0

PROGRAMS

MANUAL

Both Speed and Incline are controlled by the user. Increase or decrease levels at any time during your workout.
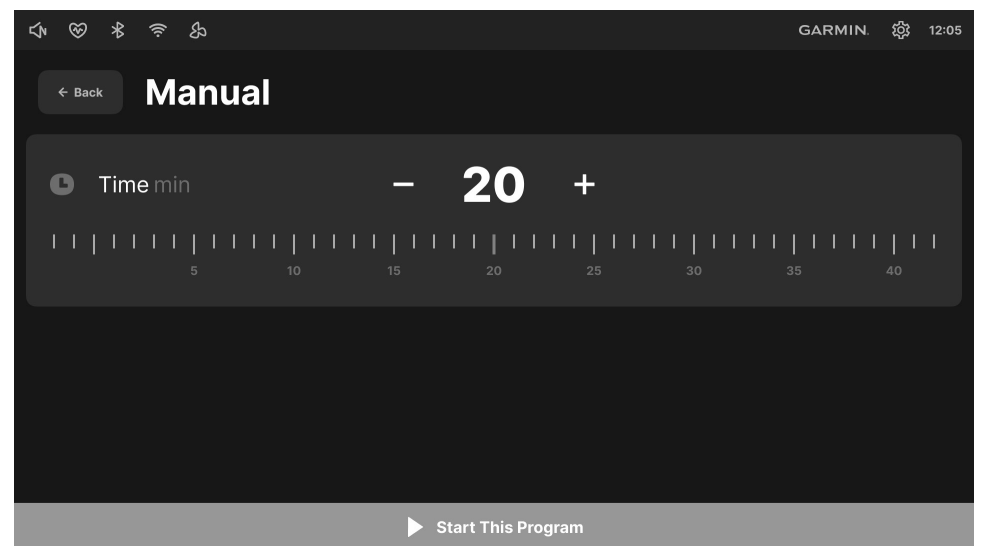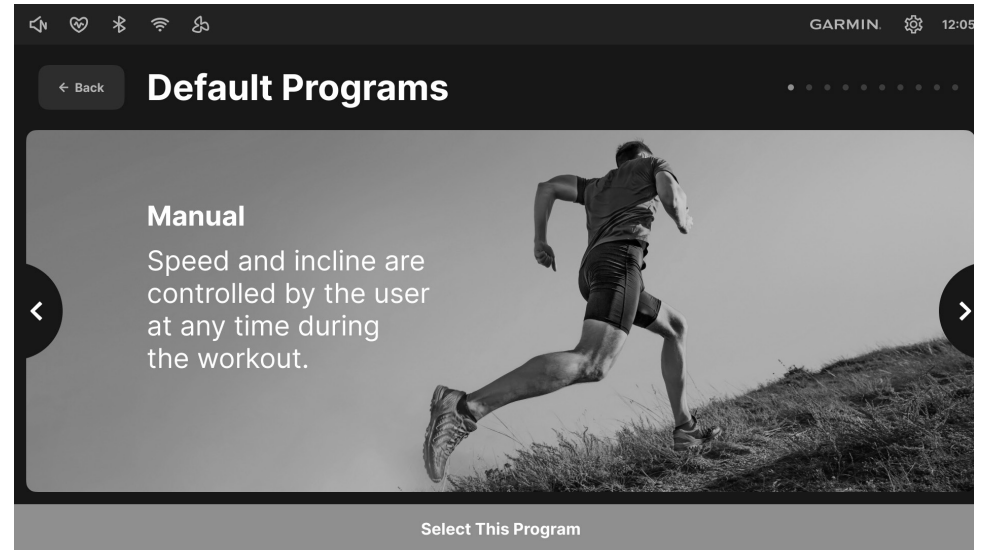
PROGRAMS - CONTINUED

HILL

Speed: This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you choose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of Speed back to approximately 10% of maximum effort.

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

Hill

Complete workout starting with a warm-up, peak activity and cool down.

● Speed
● Incline

Select This Program
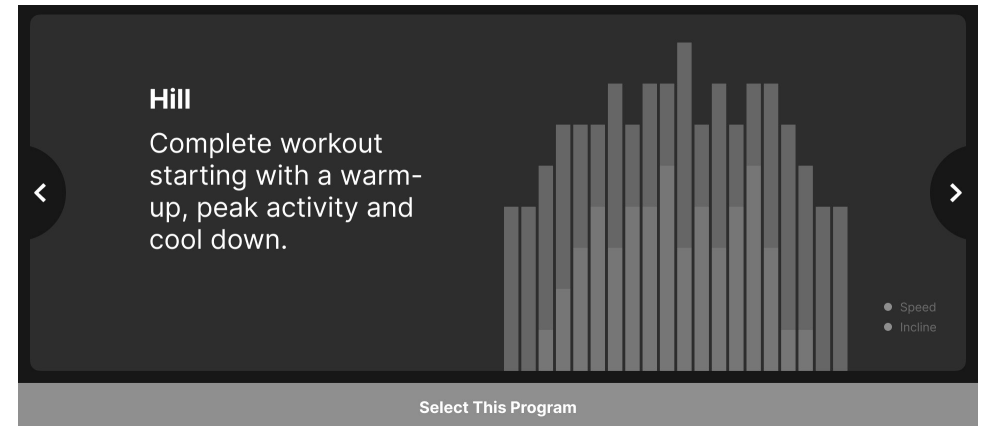
PROGRAMS - CONTINUED

FAT BURN

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

Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.

PROGRAMS - CONTINUED

CARDIO

Speed: This program presents a quick progression up to near maximum speed level (default or user input level). It has slight fluctuations up and down to allow heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout

5K RUN / 10K RUN

Both speed and incline are controlled by the user. Increase or decrease levels at any time during your workout. When the program begins, the distance will begin to count down; once it reaches zero the program ends.

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

Cardio

Maximize endurance training by alternating high and low intensity.

- Speed
- Incline

10K Run

Speed and incline are controlled by the user. Target speed is set before start.

GARMIN. 12:05

← Back   **5K Run**

Target Speed mph   — **8.0** +

6.0   6.5   7.0   7.5   8.0   8.5   9.0   9.5   10.0

Estimated Time   **23:15**
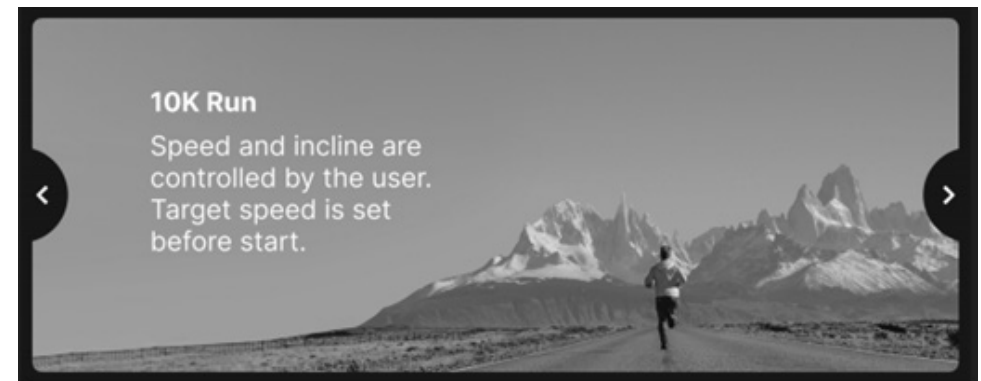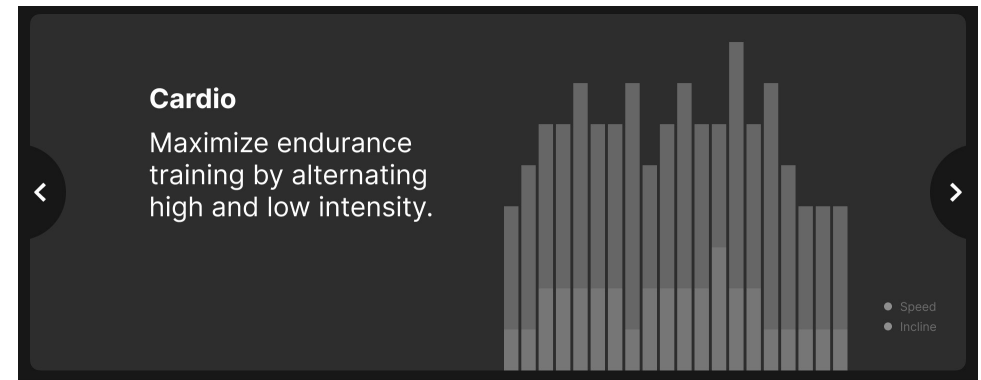
INTERVAL

Speed: 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.

Incline: All of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25% and 65% of maximum elevation.

HR

The default value is 65% or 85% of your projected rate maximum. You have the option of changing your target heart rate. The machine will attempt to keep you within five beats of your target heart rate.

Interval
Alternating low and high speed intervals with incline gradually increasing.

● Speed
● Incline

Heart Rate
Follow incline recommendations to keep within 5 bpm of target heart rate.

GARMIN. 12:05

← Back **Heart Rate**   Set Manually   65% of Max   85% of Max

♥ Target Heart Rate bpm   **150**

🕐 Time min   **— 20 +**

5   10   15   20   25   30   35   40
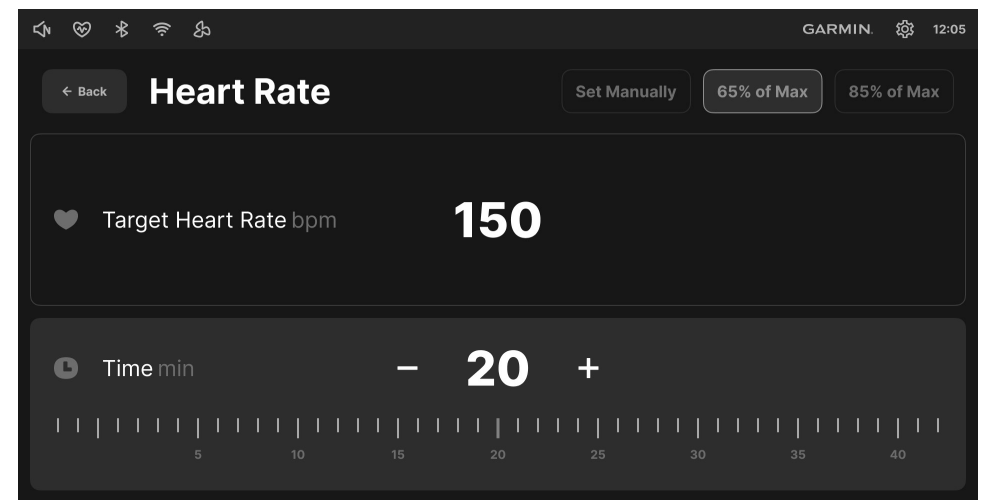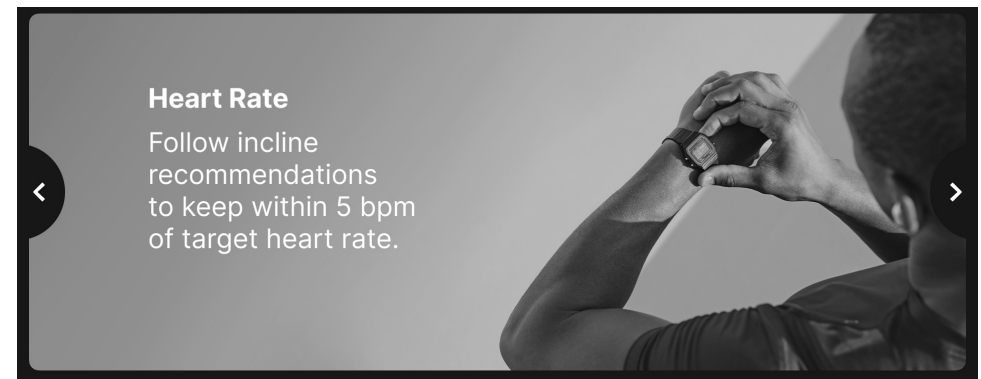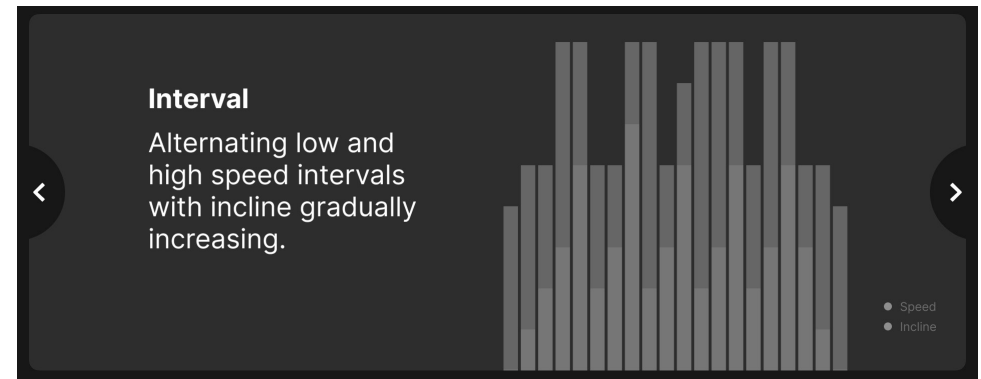
PROGRAMS - CONTINUED

CUSTOM

You will create the desired speed and incline levels for each of the 20 segments of the program using the keyboard on the screen. You may change these levels at any time during the workout.
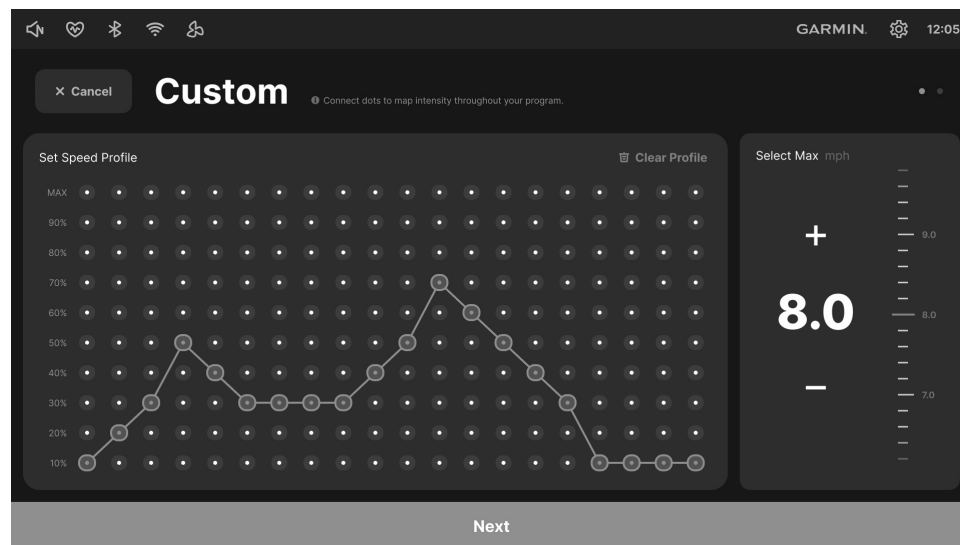
TO BEGIN A CUSTOM PROGRAM:

1. Select the Custom program to begin customizing the program with your personal data.

2. To adjust the Speed and Incline profiles, use the on-screen interface to complete the desired workout profiles. Remember to give max. speed and desired workout time. Once complete, press **Start this program**.
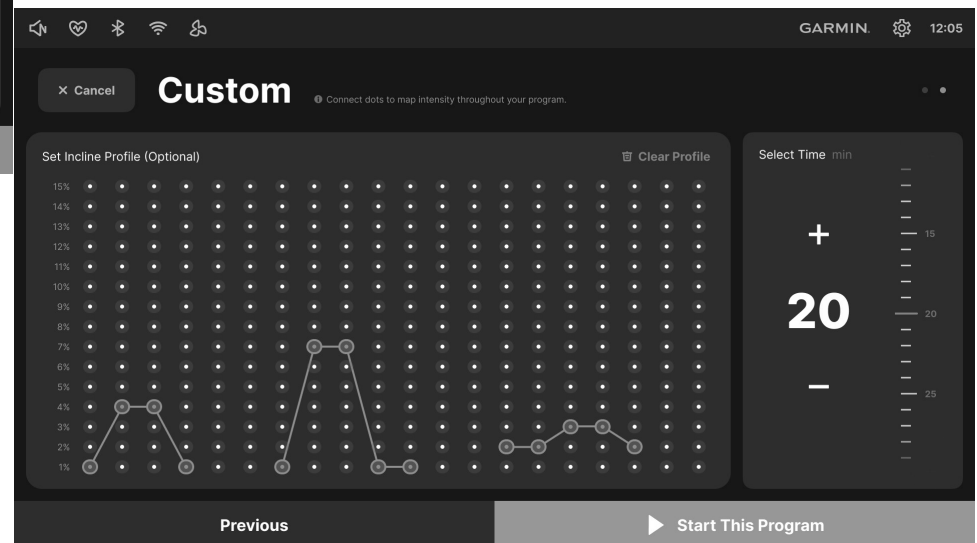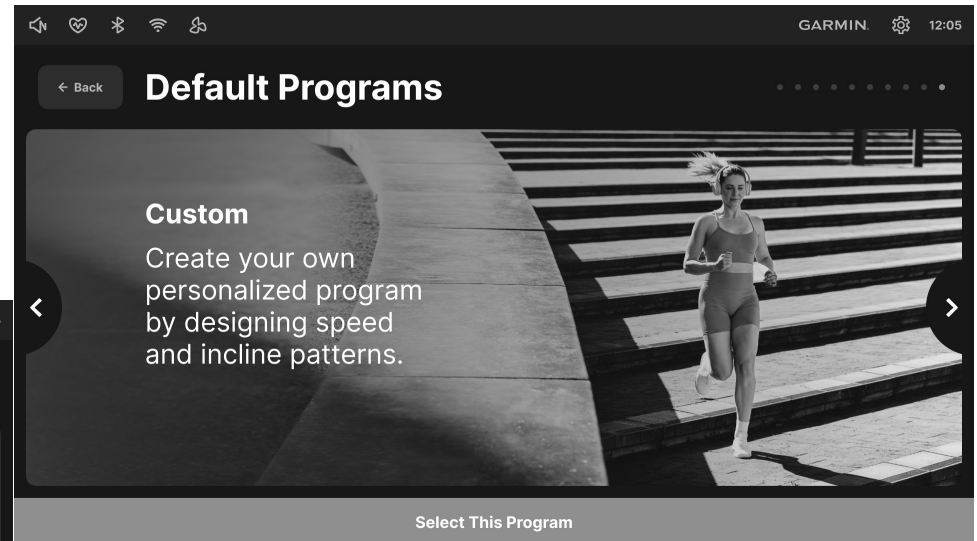
PROGRAMS - CONTINUED

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.

HIIT
Short bursts of high intensity sprinting followed by short rest periods.

● Speed
● Incline

Sprint Time sec   — **20** +

5   10   15   20   25   30   35   40

Sprint Speed mph   — **8.0** +

6.0   6.5   7.0   7.5   8.0   8.5   9.0   9.5   10.0

Rest Time sec   — **20** +

5   10   15   20   25   30   35   40

Rest Speed mph   — **8.0** +

6.0   6.5   7.0   7.5   8.0   8.5   9.0   9.5   10.0

Previous   Next

GARMIN.   12:05

← Back   **HIIT**

Intervals   — **20** +

5   10   15   20   25   30   35   40

Estimated Time   **23:15**

Previous   ▶ Start This Program

1. **Select this program** to begin customizing the program with your personal data,
2. **Next** is to set Sprint time/Sprint Speed and Rest time/Rest speed.
3. Finally, to set the number of intervals you want to do. One interval stands for 1 Sprint and 1 Rest segment.
4. Press **Start this program** 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

FITNESS TEST

When the Fitness Test button is selected from the Programs Menu screen, the available preset fitness test programs include Coast Guard, Navy, Air Force, Army, Gerkin, Marine Corps, and Physical Efficiency Battery (PEB). Tap the program to begin

Before the Test:

· Make sure you are in good health; check with your physician before performing any test 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.
· If using the hand pulse sensors hold the hand grips gently, do not tense up.

Starting the Test:

1. At the beginning of each program you will be prompted to enter your Age, Weight, Height, and Gender. Adjust the settings as necessary and press the Enter button to accept and continue.
2. Once data is entered, press Start to begin the test.

During the GERKIN 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 (sold separately).
· The test will start with a 3-minute warm-up at 1.5 MPH /2.4KPH before the actual test begins (GERKIN only).

After the GERKIN 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 - CONTINUED

AIR FORCE

A timed 1.5 mile /2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: http://bit.ly/SF-AirForce

AGE	MALE	FEMALE
<30	13:36	15:50
30-39	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

These don't match the current doc Dyaco provided, but I don't have the images for these

ARMY

A timed 2 mile /3.2 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table.

For more detailed information, visit: https://bit.ly/SF-Army

AGE	MALE	FEMALE
≤21	20:12	23:48
22-26	21:54	25:30
27-31	22:30	26:30
32-36	24:12	26:30
37+	25:12	26:30

NAVY

A timed 1.5 mile /2.4 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: https://bit.ly/SF-Navy

AGE	MALE	FEMALE
≤19	12:30	15:00
20-24	13:30	15:30
25-29	14:00	16:08
30-34	14:30	16:45
35-39	15:00	17:00
40-44	15:30	17:15

AGE	MALE	FEMALE
45-49	16:08	17:23
50-54	16:45	17:30
55-59	17:09	18:34
60-64	18:52	19:43
65+	20:35	20:52

MARINES

A timed 3 mile /4.8 km run. You control the speed manually. Maximum time allowed to pass the test is shown on the table:

For more detailed information, visit: https://bit.ly/SF-Marines

AGE	MALE	FEMALE
≤26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

PROGRAMS - 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. Note: Use a heart rate strap for best results
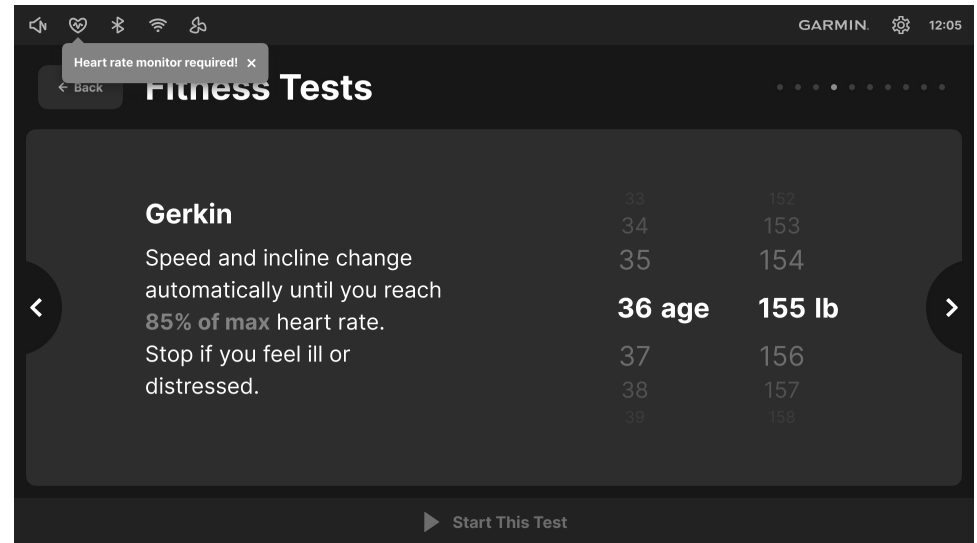
PROGRAMS - CONTINUED

Stage	Time	Speed	Grade	VO2 Max	Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	7.2KPH	0%	31.15	1	0 to 1:00	4.5MPH	0%	31.15
2.1	1:00	7.2KPH	2%	32.55	2.1	1:00	4.5MPH	2%	32.55
2.2	1:30	7.2KPH	2%	33.6	2.2	1:30	4.5MPH	2%	33.6
2.3	1:45	7.2KPH	2%	34.65	2.3	1:45	4.5MPH	2%	34.65
2.4	2:00	8.0KPH	2%	35.35	2.4	2:00	5.0MPH	2%	35.35
3.1	2:15	8.0KPH	2%	37.45	3.1	2:15	5.0MPH	2%	37.45
3.2	2:30	8.0KPH	2%	39.55	3.2	2:30	5.0MPH	2%	39.55
3.3	2:45	8.0KPH	2%	41.3	3.3	2:45	5.0MPH	2%	41.3
3.4	3:00	8.0KPH	4%	43.4	3.4	3:00	5.0MPH	4%	43.4
4.1	3:15	8.0KPH	4%	44.1	4.1	3:15	5.0MPH	4%	44.1
4.2	3:30	8.0KPH	4%	45.15	4.2	3:30	5.0MPH	4%	45.15
4.3	3:45	8.0KPH	4%	46.2	4.3	3:45	5.0MPH	4%	46.2
4.4	4:00	8.8KPH	4%	46.5	4.4	4:00	5.5MPH	4%	46.5
5.1	4:15	8.8KPH	4%	48.6	5.1	4:15	5.5MPH	4%	48.6
5.2	4:30	8.8KPH	4%	50	5.2	4:30	5.5MPH	4%	50
5.3	4:45	8.8KPH	4%	51.4	5.3	4:45	5.5MPH	4%	51.4
5.4	5:00	8.8KPH	6%	52.8	5.4	5:00	5.5MPH	6%	52.8
6.1	5:15	8.8KPH	6%	53.9	6.1	5:15	5.5MPH	6%	53.9
6.2	5:30	8.8KPH	6%	54.9	6.2	5:30	5.5MPH	6%	54.9
6.3	5:45	8.8KPH	6%	56	6.3	5:45	5.5MPH	6%	56
6.4	6:00	9.6KPH	6%	57	6.4	6:00	6.0MPH	6%	57
7.1	6:15	9.6KPH	6%	57.7	7.1	6:15	6.0MPH	6%	57.7
7.2	6:30	9.6KPH	6%	58.8	7.2	6:30	6.0MPH	6%	58.8
7.3	6:45	9.6KPH	6%	60.2	7.3	6:45	6.0MPH	6%	60.2
7.4	7:00	9.6KPH	8%	61.2	7.4	7:00	6.0MPH	8%	61.2
8.1	7:15	9.6KPH	8%	62.3	8.1	7:15	6.0MPH	8%	62.3
8.2	7:30	9.6KPH	8%	63.3	8.2	7:30	6.0MPH	8%	63.3
8.3	7:45	9.6KPH	8%	64	8.3	7:45	6.0MPH	8%	64
8.4	8:00	10.4KPH	8%	65	8.4	8:00	6.5MPH	8%	65
9.1	8:15	10.4KPH	8%	66.5	9.1	8:15	6.5MPH	8%	66.5
9.2	8:30	10.4KPH	8%	68.2	9.2	8:30	6.5MPH	8%	68.2
9.3	8:45	10.4KPH	8%	69	9.3	8:45	6.5MPH	8%	69
9.4	9:00	10.4KPH	10%	70.7	9.4	9:00	6.5MPH	10%	70.7
10.1	9:15	10.4KPH	10%	72.1	10.1	9:15	6.5MPH	10%	72.1
10.2	9:30	10.4KPH	10%	73.1	10.2	9:30	6.5MPH	10%	73.1
10.3	9:45	10.4KPH	10%	73.8	10.3	9:45	6.5MPH	10%	73.8
10.4	10:00	11.2KPH	10%	74.9	10.4	10:00	7.0MPH	10%	74.9
11.1	10:15	11.2KPH	10%	76.3	11.1	10:15	7.0MPH	10%	76.3
11.2	10:30	11.2KPH	10%	77.7	11.2	10:30	7.0MPH	10%	77.7
11.3	10:45	11.2KPH	10%	79.1	11.3	10:45	7.0MPH	10%	79.1
11.4	11:00	11.2KPH	10%	80	11.4	11:00	7.0MPH	10%	80

44

HEART RATE CHEST STRAP* (NOT INCLUDED)

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

2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.

3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.

4. Position the transmitter directly below the pectoral muscles.

5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens.

6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.
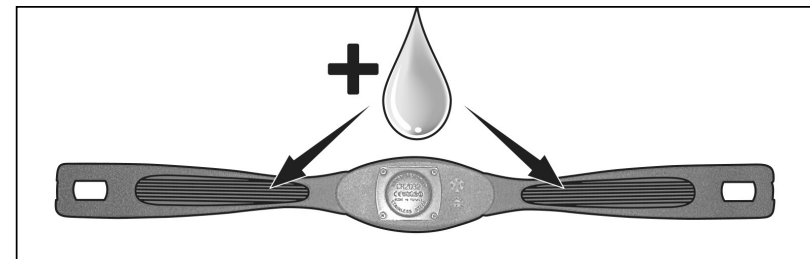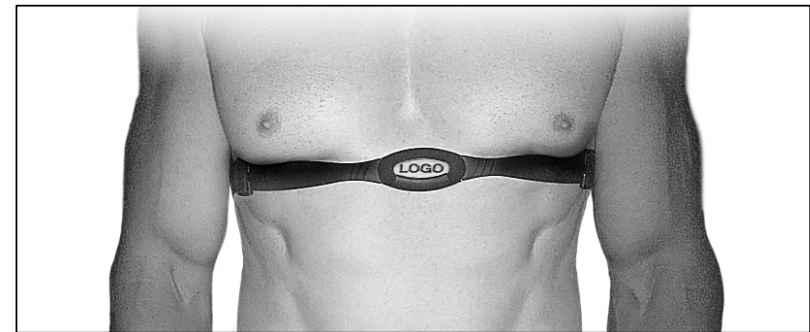
CHEST STRAP WARNING* (NOT INCLUDED)

Erratic Operation

⬡❗ Caution! Do not use this Treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed
indicate a problem.

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

1. Treadmills 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 cardio vascular 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 x .65 = 117 beats per minute (65% of maximum)
180 X .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.
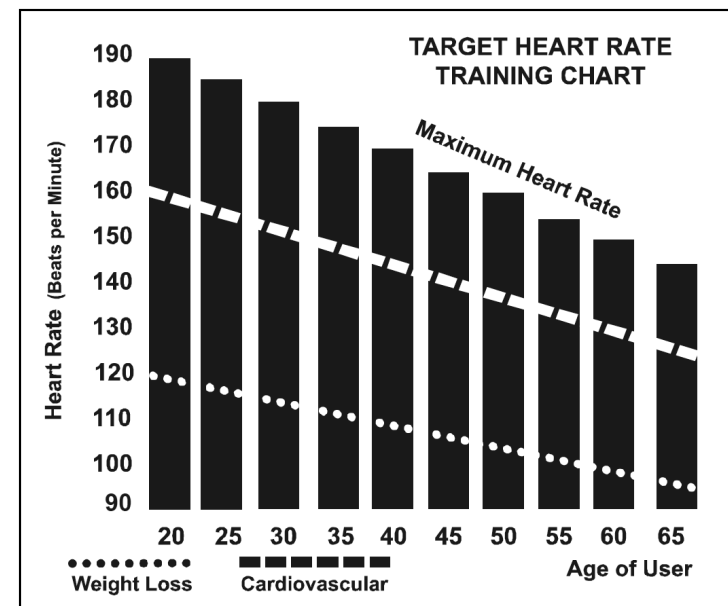
HEART RATE - PERCEIVED EXERTION

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

MACHINE CARE

Post-Workout Machine Care

WARNING: The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear. The components which are most susceptible to wear: Belt, Idler, Roller, Deck, Tread-belt.

Belt and Deck - Your treadmill uses a very high-efficient low-friction belt. Performance is maximized when the belt is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 kilometers on each side. If the original side of the deck shows significant wear, it needs to be flipped.

Contact your service technician for assistance. **Do not apply any type of lubricant or wax to the surface.**

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE PERFORMING THIS TASK. Do not attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be left to trained service personnel familiar with electromechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment: Adjustments must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.

Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

Tracking / Tension Adjustment

If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.
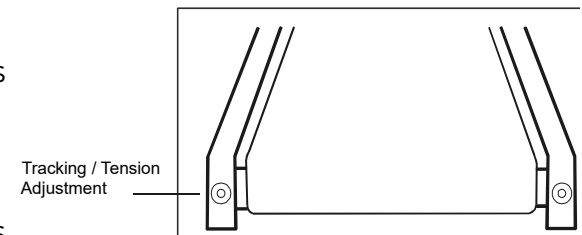
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

MACHINE CARE - CONTINUED

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

An 8 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 2 to 3 MPH.
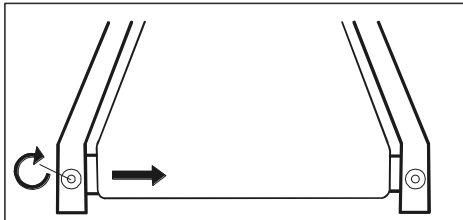
Remember, a small adjustment can make a dramatic difference!

Turn the bolt clockwise to move the belt to the right.

Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt is stabilized and the edge is between step rails..

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a

maintenance concern as the belt is used.
Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING /TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SPIRIT WARRANTY.

UNPLUG TREADMILL BEFORE PERFORMING ANY MAINTENANCE.

Task	How To	Daily	Weekly	Monthly	Semi-Monthly
Wipe Down Unit	Damp cloth w/ water	✓			
Check under belt	Towel or Vacuum			✓	
Check belt tension / tracking	Feel / Visual		✓		
Clean under motor cover	Vacuum carefully				✓
Check hardware	Wrench			✓	
Inspect for deck wear	Visual				✓
Inspect drive belt	Visual				✓

MACHINE CARE - BELT / DECK MAINTENANCE

Total Using Distance	12,500 Miles / 20,000 KM	25,000 Miles / 40,000 KM
Tasks	Flipping Deck	Replacing Belt and Deck

- Please clean wax on roller during flipping deck or replacing belt.

- The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 Kilometer/12,500 Miles on each side. If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

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 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. Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See the Machine Care section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	Reset power. If still unresponsive, contact service.
Treadmill will only achieve approximately 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 100 Vac current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Machine Care section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side
Treadmill trips on board 15 amp circuit	High belt/deck friction. See Machine Care section. If cleaning doesn't prevent this from re-occurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit. See "Electrical Safety" section for more details.

EXPLODED VIEW DIAGRAM
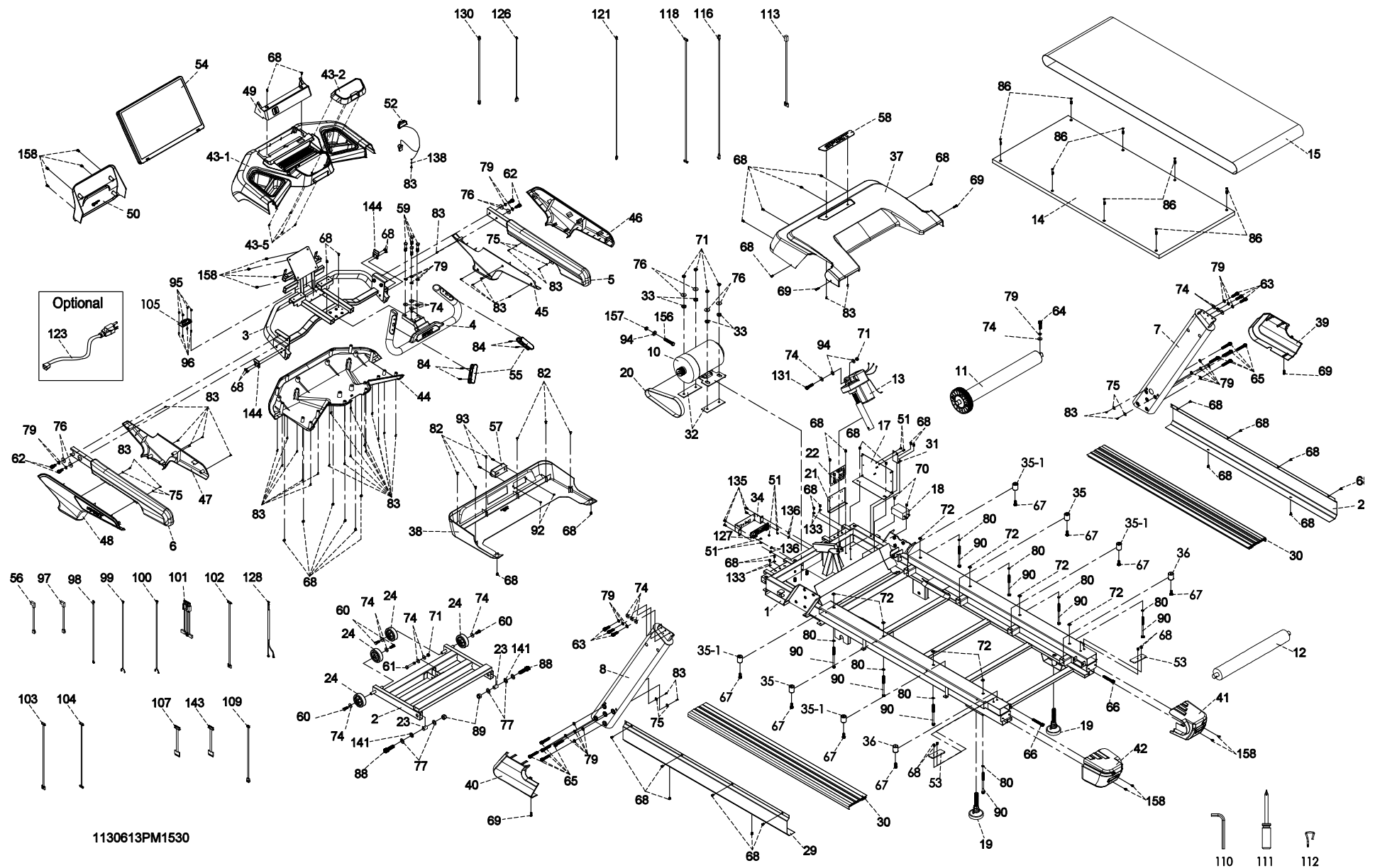
1130613PM1530

PARTS LIST

1	Main Frame	1
2	Incline Bracket	1
3	Console Mounting Bracket	1
4	Handpulse Assembly	1
5	Handrail (R)	1
6	Handrail (L)	1
7	Right Upright	1
8	Left Upright	1
10	AC Motor	1
11	Front Roller W/Pulley	1
12	Rear Roller	1
13	AC Incline Motor	1
14	Running Deck	1
15	Running Belt	1
17	Motor Inverter	1
18	AC Power Filter	1
19	Leveling Foot Pad	2
20	Drive Belt	1
21	Interface Board Bracket	1
22	Inverter Board	1
23	Copper Bushing	2
24	Transportation Wheel	4
29	Aluminum Side Rail	2
30	Step Rail	2
31	Inverter Support Bracket	1
32	Motor Insulator	2
33	Motor Insulating bushing	4
34	Interface Dummy Bracket	1
35	Cushion A	2
35-01	Cushion B	4
36	Running Deck Bracket	2
37	Motor Top Cover	1
38	Motor Bottom Cover	1
39	Frame Base Cover (R)	1
40	Frame Base Cover (L)	1
41	Rear End Cap (R)	1
42	Rear End Cap (L)	1
43~01	Beverage Holder Cover	1
43~02	Beverage Holder Inner Cover	1
43~05	3.5 x 12m/m_Sheet Metal Screw	4
44	Beverage Holder Cover(Bottom)	1
45	Handrail Cover Inner (R)	1
46	Handrail Cover Outer (R)	1
47	Handrail Cover Inner (L)	1
48	Handrail Cover Outer (L)	1
49	Console Chin Cover (Front)	1
50	Console Cover (Rear)	1
51	M3 x 5m/m_Phillips Head Screw	7
52	Safety Key	1
53	Step Rail Rear Support Plate	2
54	Console Assembly	1
55	30m/m_Handpulse Assembly	2
56	450m/m_Connecting Wire (Black)	1
57	AC Power Input Module	1
58	Motor Cover Plate	1
59	M10 x 50m/m_Hex Head Bolt	4
60	3/8" x 1"_Hex Head Bolt	4
61	M10 x 65m/m_Hex Head Bolt	1
62	M10 x P1.5 x 25m/m_Socket Head Cap Bolt	4
63	M10 x P1.5 x 35m/m_Socket Head Cap Bolt	6
64	M10 x P1.5 x 45m/m_Socket Head Cap Bolt	1
65	M10 x P1.5 x 60m/m_Socket Head Cap Bolt	10
66	M10 x P1.5 x 75m/m_Socket Head Cap Bolt	2
67	M8 x P1.25 x 12m/m_Flat Head Bolt	8
68	M5 x P0.8 x 12m/m_Phillips Head Screw	48
69	M5 x P0.8 x 25m/m_Phillips Head Screw	4
70	M4 x P0.7 x 12m/m_Phillips Head Screw	2
71	M10 x P1.25 x 8T_Nyloc Nut	6
72	M8 x P1.25 x 6.5T_Nyloc Nut	8
74	Ø3/8" x Ø25 x 3T_Flat Washer	18
75	Ø5.5 x Ø19 x 1.5T_Flat Washer	8
76	Ø3/8" x Ø30 x 3T_Flat Washer	8
77	Ø16.5 x Ø30 x 3T_Flat Washer	4

PARTS LIST

79	Ø10 × 2T_Spring Washer	25		130	400m/m_Motor Power Cord	1
80	Ø8 × 1.5T_Spring Washer	8		131	M10 × P1.5 × 50m/m_Hex Head Bolt(15L)	1
82	Ø5 × 15m/m_Sheet Metal Screw	6		133	M5_Star Washer	4
83	Ø3.5 × 12m/m_Sheet Metal Screw	39		135	M5 × P0.8 × 20L_Plastic Screw	4
84	Ø3 × 20m/m_Tapping Screw	4		136	Pad	4
86	M6 × P1.0 × 35L_Flat Head Bolt	8		138	Ø4 × Ø10 × 1T_Flat Washer	1
88	M16 × P2.0 × 55m/m_Socket Head Cap Bolt	2		141	Ø17 × Ø28 × 2T_Nylon Washer	2
89	M16 × 16T_Nyloc Nut	2		143	200m/m_Keyboard Wire	1
90	M8 × P1.25 × 140m/m_Socket Head Cap Bolt	8		144	Beverage Holder Pad(Upper)	2
92	M5 × 5T_Nyloc Nut	2		156	M10 × P1.5 × 60m/m_Hex Head Bolt	4
93	M5 × 12m/m_Phillips Head Screw	2		157	WFM-1012-06_Bushing	1
94	Ø10 × Ø25 × 2.5T_Nylon Washer	3		158	M5 × P0.8 × 10m/m_Phillips Head Screw	12
95	M3 × 0.5 × 6L_Plastic Screw	4				
96	Isolation Column	4				
97	450m/m_Connecting Wire (White)	1				
98	300m/m_Ground Wire	1				
99	800m/m_Handpulse Wire(SMP3)	1				
100	800m/m_Handpulse Wire(SMR4)	1				
101	500m/m_Connecting Wire	1				
102	350m/m_Connecting Wire(XHP-7)	1				
103	350m/m_Connecting Wire(XHP-8)	1				
104	2300m/m_Computer Cable	1				
105	Interface Board	1				
107	800m/m_Keyboard Wire	1				
109	300m/m_Connecting Wire	1				
110	L Allen Wrench	1				
111	Phillips Head Screw Driver	1				
112	Short Phillips Head Screw Driver	1				
113	2500m/m_Connecting Wire	1				
116	2400m/m_Network Connecting Cable(Lower)	1				
118	2400m/m_CSAFE Connecting Wire	1				
121	2600mm_HDMI Wire	1				
123	Power Cord	1				
126	500m/m_Ground Wire	1				
127	Board	1				
128	200m/m_Handpulse Wire	1				

WARRANTY - COMMERCIAL

Effective June 21, 2024- **CT1000ENT Treadmill LIMITED WARRANTY**

Spirit Fitness Inc. warrants all its home use Treadmill parts for a period of time listed below from the date of retail sale, as determined by 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	Console Parts	Console Labor	Wear Items: **
Full Commercial	10 Years	5 Years	3 Years	3 Years	3 Years	2 Years	1 Year	6 Months
Light Commercial	10 Years	5 Years	5 Years	5 Years	3 Years	2 Years	1 Year	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

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