

Owner's Manual

Model No.
1611683900

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:

Read and understand this manual before operating unit



Retain For Future Reference

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ATTENTION

This fitness bike is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.



Thank you for your purchase of this quality stationary bike trainer from Dyaco Canada Inc. Your new bike 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, Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this bike is your administrator for all Dyaco Canada Inc. 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. Please complete and mail your registration card today and enjoy your new bike.

Yours in Health,

Name of Dealer _____
Dealer Phone # _____
Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Dyaco Canada Inc

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

- Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness bike may result.
- Keep children away from the fitness bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your fitness bike for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap is a much more accurate method of heart rate analysis. 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your fitness bike. Quality athletic shoes are recommended to avoid leg fatigue.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT OPERATION INSTRUCTIONS

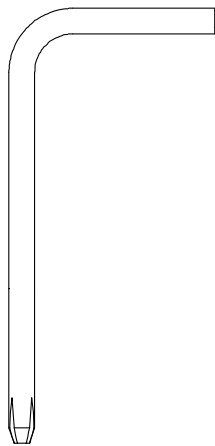
WARNING!

- **NEVER** expose this fitness bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).
- **NEVER** operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your fitness bike; 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.

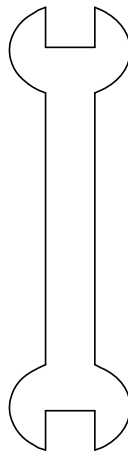
Assembly Instructions 1611683900

Pre-Assembly

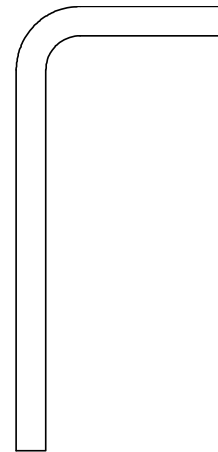
1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.



#87. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1pc)



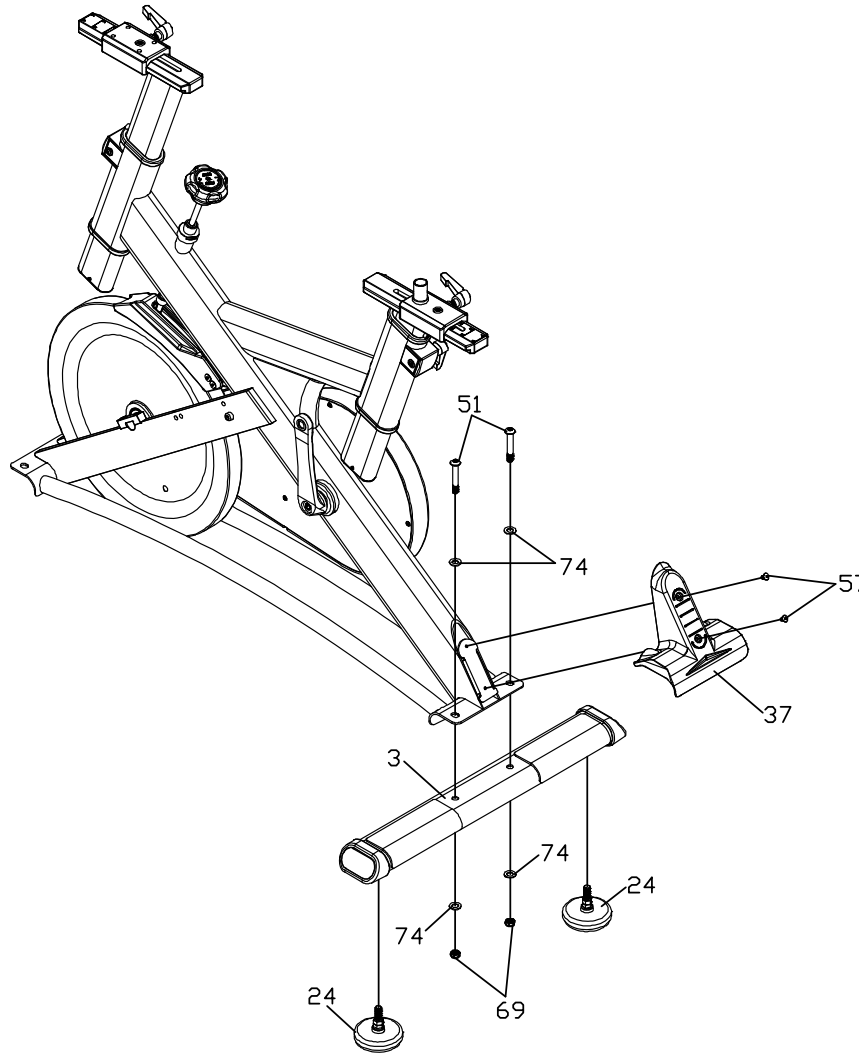
#86. 14/15m/m Wrench (1pc)



#85. 6m/m L Allen Wrench (1pc)

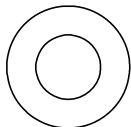
Assembly Instructions

1 Rear Stabilizer Assembly



First, screw in two Leveling Glides (24) onto the Rear Stabilizer (3) and place the Rear Stabilizer (3) under the frame attaching plates at the rear end of the mainframe. Align the screw holes and insert two 3/8" x 2-1/4" Button Head Socket Bolts (51) with 3/8" x 19 x 1.5T Flat Washers (74) through the holes and tighten with 3/8" x 19 x 1.5T Flat Washers (74) and 3/8" - 11T Nyloc Nuts (69) by using 6m/m_L Allen Wrench (85) and 14.15m/m_Wrench (86). Cover the rear end of the mainframe with Rear Step Cover (37) to be tightened with M5 x 10m/m Phillips Head Screws (57) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (87).

HARDWARE



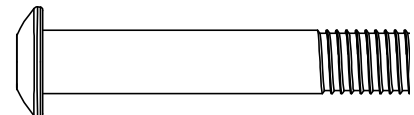
#74. 3/8" x 19 x 1.5T
Flat Washer (4pcs)



#69. 3/8" Nyloc Nut
(2pcs)

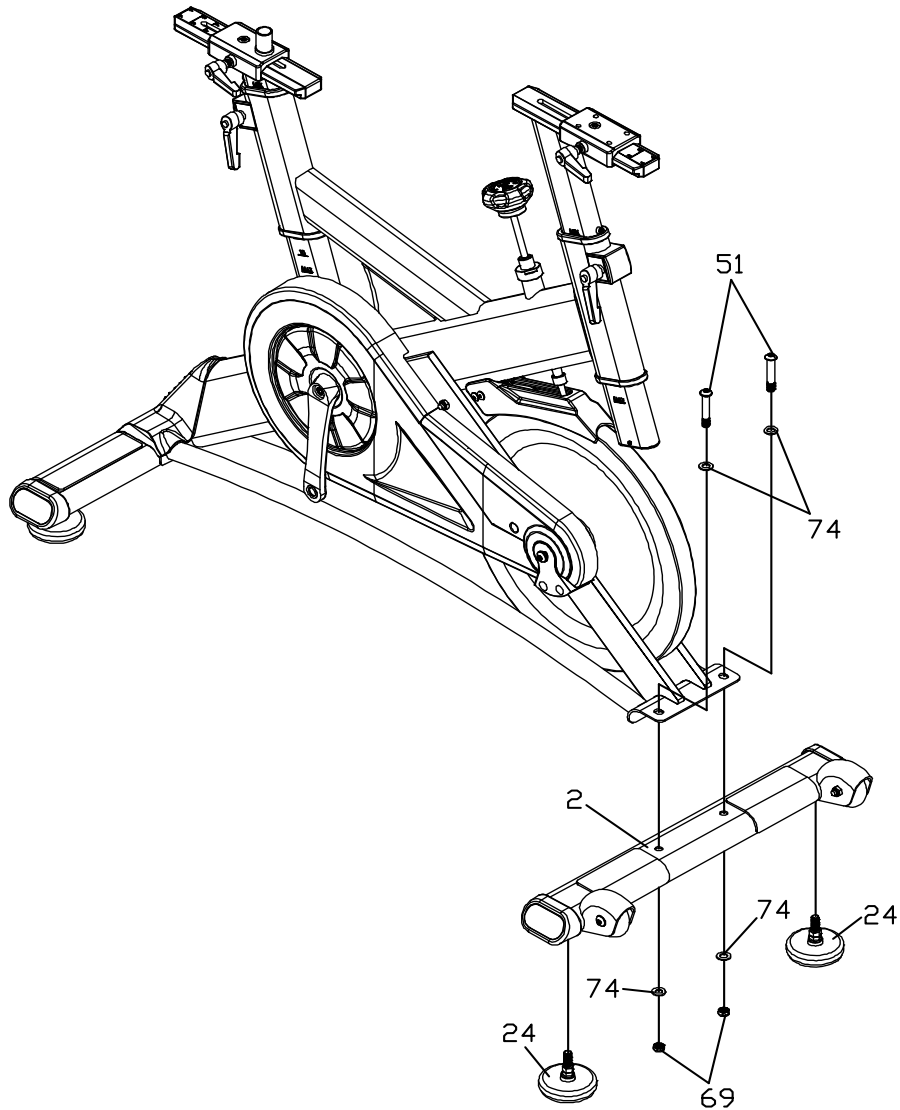


#57. M5 x 10m/m Phillips
Head Screw (2pcs)



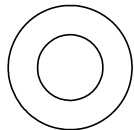
#51. 3/8" x 2-1/4"
Button Head Socket Bolt
(2pcs)

2 Front Stabilizer Assembly



Screw in two Leveling Glides (24) onto the Front Stabilizer (2) and Place the Front Stabilizer (2) under the frame attaching plates at the front end of the mainframe. Align the screw holes and insert two 3/8" × 2-1/4" Button Head Socket Bolts (51) with 3/8" × 19 × 1.5T Flat Washers (74) through the holes and tighten with 3/8" × 19 × 1.5T Flat Washers (74) and 3/8" - 11T Nyloc Nuts (69) by using 6m/m L Allen Wrench (85) and 14.15m/m Wrench (86).

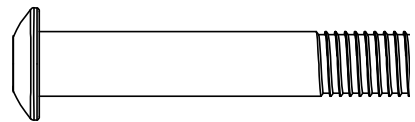
HARDWARE



#74. 3/8" × 19 × 1.5T
Flat Washer (4pcs)

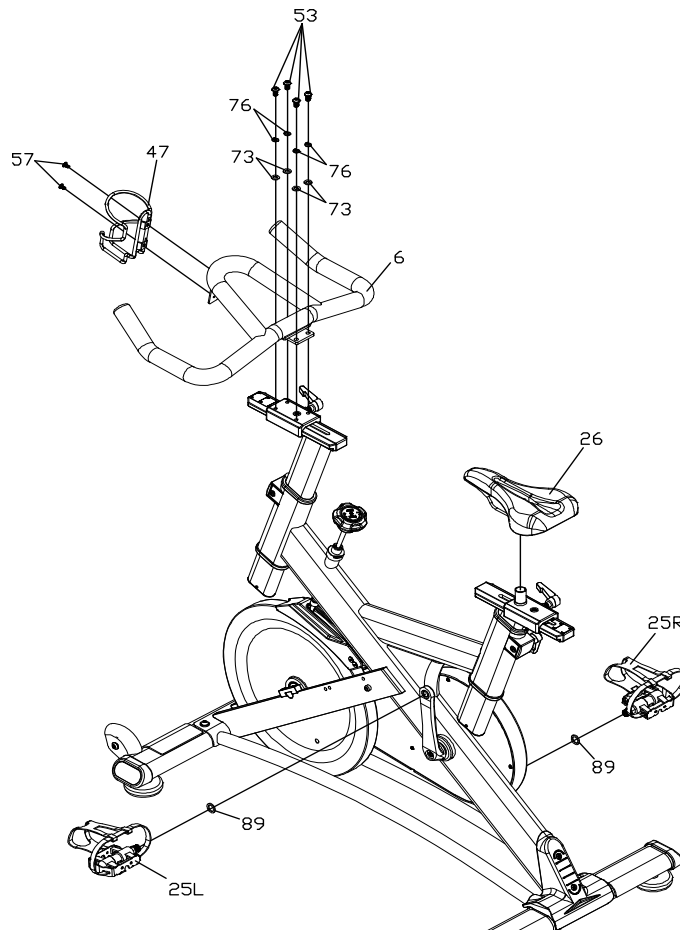


#69. 3/8" Nyloc Nut
(2pcs)



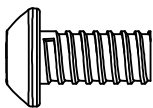
#51. 3/8" × 2-1/4"
Button Head Socket Bolt
(2pcs)

3 Handlebar, Saddle and Pedals Assembly



Place the Handle Bar (6) on the top end of the Handlebar Post and secure with M8 x 15L Button Head Socket Bolts (53), Ø8 x 1.5T (5/16" x 1.5T) Split Washers (76) and 5/16" x 16 x 1.5T Flat Washers (73) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (87). Use the same screw driver (87) to secure the Drink Bottle Holder with M5 x 10m/m Phillips Head Screws (57). Finally, use 14.15m/m Wrench (86) to secure the Saddle (26). Apply Ø14 x 20 x 2.0T Flat Washers (89) on Pedals (25L, 25R) and again use 14.15m/m Wrench (86) to secure.
Note: the left pedal uses a left hand thread, so you will tighten by threading it in counterclockwise.

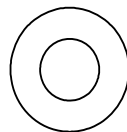
HARDWARE



#53. M8 x 15mm
Button Head Socket
Bolt (4pcs)



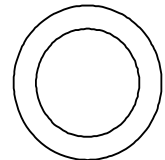
#76. 5/16" x 1.5T
Split Washer
(4pcs)



#73. 5/16" x 16 x 1.5T
Flat Washer
(4pcs)



#57. M5 x 10m/m
Phillips Head Screw
(2pcs)



#89. Ø14 x 20 x 2.0T
Flat Washer
(2pcs)

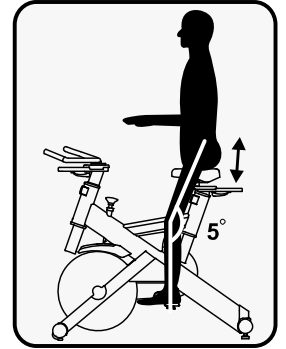
ADJUSTING THE BIKE FOR A PROPER FIT

Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

Adjustment of Seat Position:

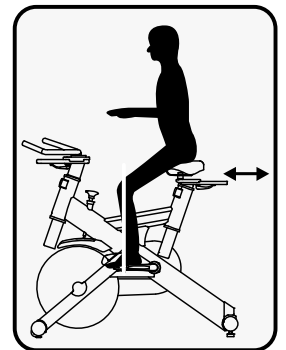
Seat Height Adjustment

1. Standing next to the bike, adjust seat until it is about hip height.
2. Rotate crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in toe cage of pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch pedal you will need to lower seat height. If your leg is bent too much you will need to raise seat height.
5. Dismount the bike. Loosen the quick release lever on seat post and adjust up or down as necessary.
6. When seat is in the desired position, tighten the quick release to secure the seat post.
7. Note the final position mark on the seat post for future reference.



Seat Forward/Aft Adjustment

1. Sit on bike with crank arms in the 3 and 9 o'clock positions. For road bike training, a proper forward/aft position of the seat is achieved when small bump at the top of the shin is above pedal axle.
2. Dismount the bike. Loosen the quick release under the seat and slide the seat forward or backward as desired; then tighten the quick release.



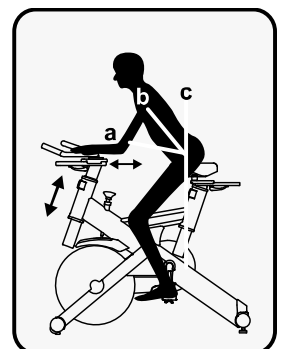
Handlebar Adjustment:

Handlebar Height Adjustment

1. The Handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening quick release on handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the quick release to secure the handlebar post. Note the final position mark on handlebar post for future reference.

Adjustment of Handlebar's Forward/Aft Position

1. Loosen the quick release under the handlebar and slide the handlebar forward or backward as desired. Suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the quick release to secure the handlebar assembly.



HOW TO USE OUR DUAL FUNCTION PEDAL

Attaching Cleats to Your Shoes

If you have questions it is recommended that you consult a bicycle dealer for assistance, and also refer to your shoe manufacturer's instructions.

When fixing the cleat the lateral center line should be under the center of the ball of the foot. Adjust forward and backward via the slots in the shoe sole. Adjust laterally via play between cleat washer and cleat. Tighten cleats very firmly. Cleat position can be fine-tuned, according to personal preference, after trial use. It may take time to find your optimum cleat set-up.

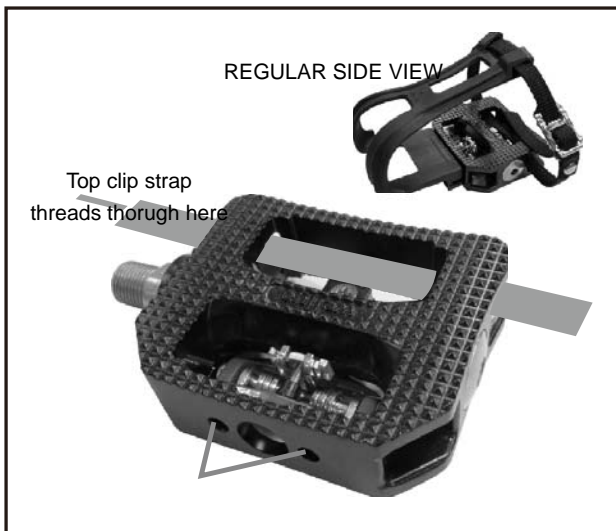
Toe Clips

All standard toe clips can be attached to the pedals. Use fixing hardware and installation instructions supplied with toe clips and ensure the attachment screws are firmly tightened before use.

To Use Pedals

Engage cleated shoes in pedals by placing cleat between bindings while pushing down. Disengage by twisting heel outwards away from exercise bike. Binding tension is adjustable and should be set so that cleat and shoe do not disengage when pedaling. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, counterclockwise to decrease binding tension.

Use the opposite side of the pedal from the clip-in side when wearing regular sports training shoes. The regular side can be used with or without toe clips.



If attaching toe
Clip use these holes



Adjust rear binding tension
Here using a 3.0mm allen wrench

BASIC OPERATION

Now that you have established a proper riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the handlebar lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance until you feel confident that you could ride in that position for the duration of your workout.

WARNING!

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING AT ONCE. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

1. Pedaling resistance is controlled by the tension knob. Resistance can be changed at any time by turning tension knob: clock-wise for more resistance; counterclockwise for less resistance.
2. To apply the brake, press down on the tension knob.
3. Before dismounting, apply the brake to stop flywheel, or increase resistance and let flywheel come to a stop.

MAINTENANCE GUIDELINES

MAINTENANCE SCHEDULE

PART	RECOMMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Pedals	Ensure that pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each use	N/A	N/A
Frame	Wipe down by using a soft damp clean cloth	Daily	Water	N/A
Flywheel	Wipe down by using a soft damp clean cloth.	Weekly	Water	N/A
Brake Pad	Check for wear.	Monthly	N/A	N/A

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

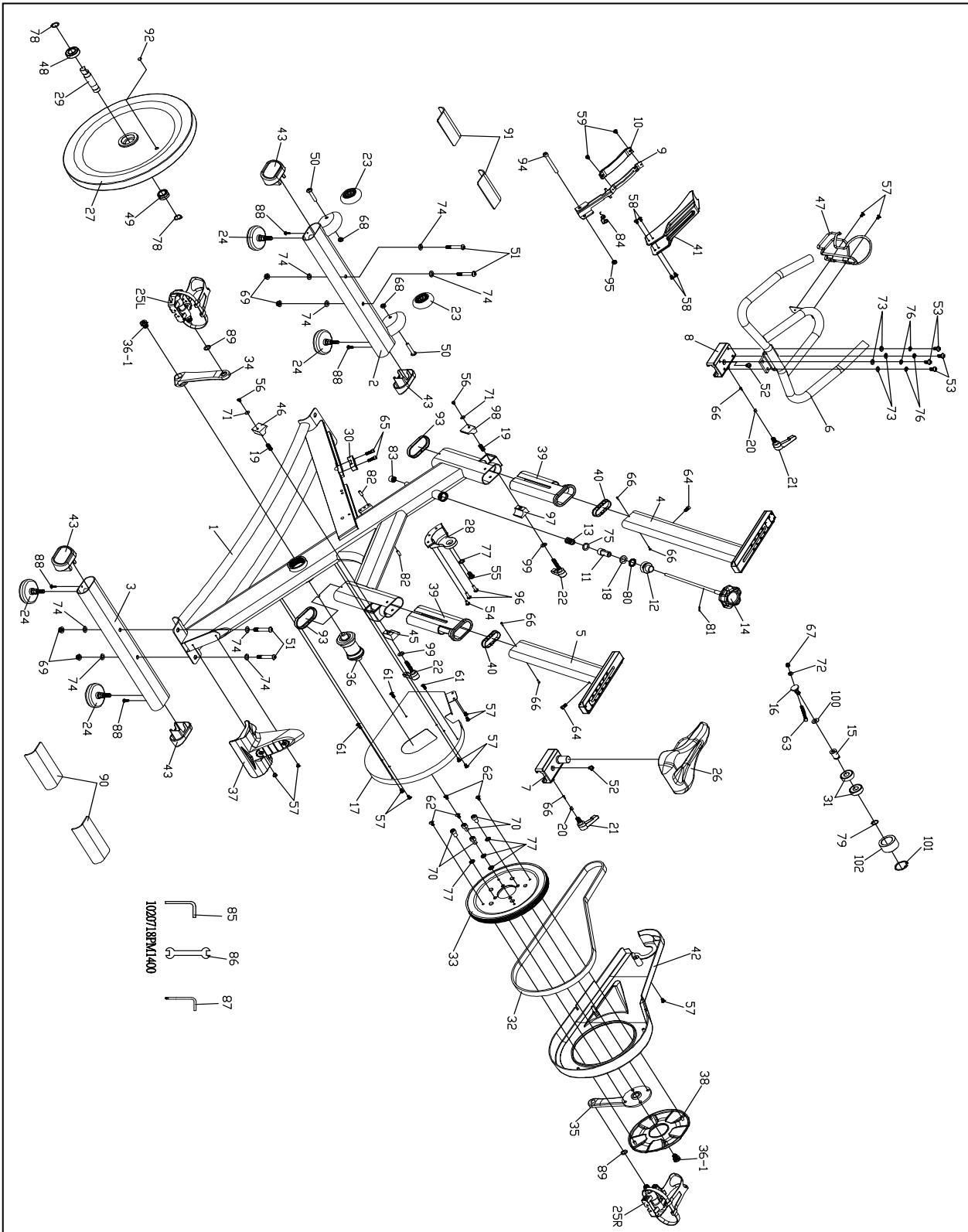
PARTS LIST

Key No.	Part No.	Description	Qty
1	168390001	Mainframe Assembly	1
2	168390002	Front Stabilizer	1
3	168390003	Rear Stabilizer	1
4	168390004	Handlebar Mast Tube	1
5	168390005	Seat Mast Tube	1
6	168390006	Handle Bar	1
7	168390007	Seat Mount_Slide	1
8	168390008	Handle Bar Mount_Slide	1
9	168390009	Felt Pad Mounting Arm	1
10	168390010	Felt Pad	1
11	168390011	Brake Push Rod Bushing	1
12	168390012	Brake Push Rod Assembly Cap	1
13	168390013	Brake Return Spring	1
14	168390014	Resistance Knob	1
15	168390015	Idler Bearing Axle	1
16	168390016	Idler Axle Bolt & Adjustment Slider	1
17	168390017	Belt Guard Cover, Rear	1
18	168390018	Double-D Flat Washer	1
19	168390019	1.0 x 8 x11 x 25m/m_Constrict Spring	2
20	168390020	Lateral Wedge, Seat_Handle Bar Slide	2
21	168390021	M10 x 17L_Seat/Handlebar Adj. Locking Lever	2
22	168390022	M8 x 42.5L_Seat/Handlebar Mast Adj. Locking Lever	2
23	168390023	Transport Wheel	2
24	168390024	Leveling Glide	4
25	168390025	Pedal (Left and Right)	1
26	168390026	Saddle	1
27	168390027	Flywheel	1
28	168390028	Flywheel Axle Mount, Right Side	1
29	168390029	Flywheel Axle	1
30	168390030	Flywheel Axle Hold-Down, Left Side	1
31	168390031	6203_Bearing	2
32	168390032	Poly-V Drive Belt	1
33	168390033	Drive Pulley	1
34	168390034	Crank Arm (L)	1
35	168390035	Crank Arm (R)	1
36	168390036	Bottom Bracket Cartridge	1
36-1	168390036-1	M12_Crank Arm Retaining Bolt	2
37	168390037	Rear Step Cover	1

Key No.	Part No.	Description	Qty
38	168390038	Right Crank Arm Cover	1
39	168390039	Tube Slide Bushing	2
40	168390040	Tube Slide Insert	2
41	168390041	Flywheel Fender	1
42	168390042	Belt Guard Cover	1
43	168390043	Oval End Cap with SPIRIT logo	4
45	168390045	V-Block, Right(6061-T6)	1
46	1683900446	V-Block, Left(6061-T6)	1
47	168390047	Water Bottle Cage	1
48	168390048	6004_Bearing	1
49	168390049	Flywheel Bearing, Needle	1
50	168390050	5/16" x 42m/m_Button Head Socket Bolt	2
51	168390051	3/8" x 2-1/4"_Button Head Socket Bolt	4
52	168390052	M8 x 10L_Button Head Socket Bolt	2
53	168390053	M8 x 15L_Button Head Socket Bolt	4
54	168390054	M6 x 10L_Button Head Socket Bolt	1
55	168390055	M10 x 15L_Button Head Socket Bolt	1
56	168390056	M4 x 8L_Phillips Head Screw	2
57	168390057	M5 x 10m/m_Phillips Head Screw	11
58	168390058	M6 x 15m/m_Phillips Head Screw	4
59	168390059	M5 x 12m/m_Tapping Screw	2
61	168390061	3.5 x 12m/m_Sheet Metal Screw	3
62	168390062	5 x 16m/m_Sheet Metal Screw	4
63	168390063	1/4" x 3"_Hex Head Bolt	1
64	168390064	M6 x 12L_Socket Head Cap Bolt	2
65	168390065	M6 x 20L_Socket Head Cap Bolt	2
66	168390066	M3 x 6m/m_Socket Head Cap Bolt	6
67	168390067	1/4" - 5.5T_Nyloc Nut	1
68	168390068	5/16"- 7T_Nyloc Nut	2
69	168390069	3/8" - 11T_Nyloc Nut	4
70	168390070	M10 x 1.25 x 15L_Socket Head Cap Bolt	4
71	168390071	Ø4 x 14 x 1.0T_Flat Washer	2
72	168390072	1/4" x 13 x 1.0T_Flat Washer	1
73	168390073	5/16" x 16 x 1.5T_Flat Washer	4
74	168390074	3/8" x 19 x 1.5T_Flat Washer	8
75	168390075	Ø8.7 x Ø20 x 1.5T_Flat Washer	1
76	168390076	Ø8 x 1.5T (5/16" x 1.5T)_Split Washer	4
77	168390077	M10 x 16.5 x 2T x 4H_Split Washer	5
78	168390078	Ø20_C Ring	2
79	168390079	Ø17_C Ring	1

Key No.	Part No.	Description	Qty
80	168390080	25.5 x Ø16_Star Washer	1
81	168390081	Ø2 x 12m/m_Fixing Pin	1
82	168390082	M6 x 1.0-20L_Slotted Set Screw	2
83	168390083	Sleeve, Brake Push Rod	1
84	168390084	Return Spring, Felt Pad	1
85	168390085	6m/m_L Allen Wrench	1
86	168390086	14.15m/m_Wrench	1
87	168390087	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
88	168390088	M5 x 15m/m_Phillips Head Screw	4
89	168390089	Ø14 x 20 x 2.0T_Flat Washer	2
90	168390090	160 x 80mm x 1T_Rubber Pad	2
91	168390091	120 x 80mm x 1T_Rubber Pad	2
92	168390092	Magnet	1
93	168390093	Hollow Plug	2
94	168390094	M8 x 70m/m_Socket Head Cap Bolt	1
95	168390095	M8 x 7T_Nyloc Nut	1
96	168390096	M6 x 15L_Button Head Socket Bolt	2
97	168390097	Aluminum Locking V-Blocks(6061-T6)	1
98	168390098	Aluminum Locking V-Blocks(6061-T6)(M8)	1
99	168390099	Ø8 x 16 x 1.0T_Flat Washer	2
100	1683900100	Ø3/8" x 22 x 1.5T_Flat Washer	1
101	1683900101	Ø40_C Ring	1
102	1683900102	Ø52 x Ø40 x 28m/m_Bushing	1

Exploded View Drawing



Manufacturer's Limited Warranty

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

COMMERCIAL WARRANTY (DUES PAYING FACILITY)

Labour	1 Year
Parts	3 Years
Wear items (grips, end caps, pedal straps, chain cover)	1 Year
Frame weldments	10 Years

COMMERCIAL WARRANTY (NON DUES PAYING FACILITY)

Labour	1 Year
Parts	3 Years
Wear items (grips, end caps, pedal straps, chain cover)	1 Year
Frame weldments	15 Years

HOME WARRANTY

Labour	1 Year
Parts	3 Years
Wear items (grips, end caps, pedal straps, chain cover)	1 Year
Frame weldments	Lifetime

This warranty is not transferable and is extended only to the original owner. The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations. This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the Spirit cycle shown in figure can be ordered from Dyaco Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0B3. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store. To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968, email customerservice@dyaco.ca or visit our website at www.dyaco.ca. Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

