

Owner's Manual

Model No.
1613185

XT185

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:

Read and understand this manual before operating unit



Retain For Future Reference

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**CONGRATULATIONS ON YOUR
NEW TREADMILL**

Thank you for your purchase of this quality treadmill from **Dyaco Canada Inc.** Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through you 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 treadmill is your administrator for all 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 treadmill.

Name of Dealer _____

Telephone Number of Dealer _____

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 INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: ##Before starting any exercise program, it is recommended that you consult your physician.

WARNING: *Connect this unit to a properly grounded outlet only.*

DANGER: #To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

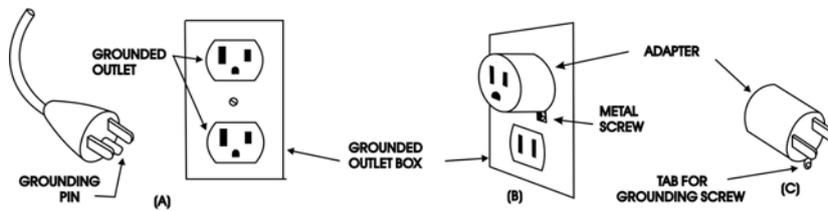
To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Use 120 volt a.c. household current on a dedicated circuit.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a 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. See diagram below for grounding methods.

Figure 1.
Grounding methods



AA 200

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand and test the emergency stop procedure before using the treadmill
11. Do not insert any objects into any openings.
12. Inspect and properly tighten all parts of the treadmill regularly.
13. Keep children and pets away from this equipment at all times while exercising.
14. Handicapped individuals should have medical approval and close supervision when using this treadmill.
15. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
16. Never turn on treadmill while standing on treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
17. To disconnect, turn all controls to the off position, then remove plug from outlet.

18. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See **page 13** on how to fold and move the treadmill. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must not use any attachments that are not recommended by the manufacturer.
19. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
20. User weight should not exceed **275 lbs (125kg)**.
21. Never allow more than one person on the treadmill at once.
22. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
23. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
24. Start your program slowly and very gradually increase your speed and distance.
25. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
26. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.

▲WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

Important Electrical Information

WARNING!

- **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill 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 treadmill 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. See Diagnosis Guide, [page 26](#).
- **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

This product must be grounded. If the treadmill 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.

- **NEVER** operate this treadmill 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 treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Spirit treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your Spirit dealer.

Safety Tether Cord

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:

To Use:

1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure 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 treadmill 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.

ASSEMBLY INSTRUCTIONS

**!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.
PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!**

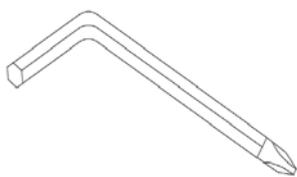
Serious injury could occur if this folding treadmill is not unpacked properly. There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

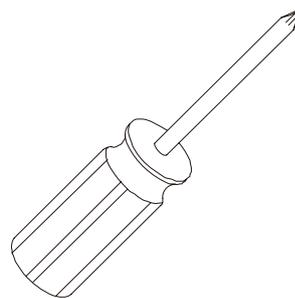
Cut the banding straps with a short box cutter (razor knife); separate the carton from the one underneath it by prying up on the staples (if applicable). Pull the carton over the treadmill parts and locate the hardware pack. The hardware pack is separated into five sections; one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix ups.

Then remove the treadmill from the carton and lay it on a level surface.

ASSEMBLY TOOLS



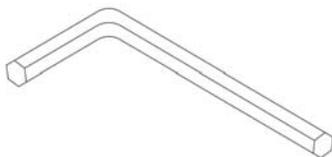
#96. Combination M5 Allen Wrench & Phillips Head Screw Driver



#122. Phillips Head Screw Driver



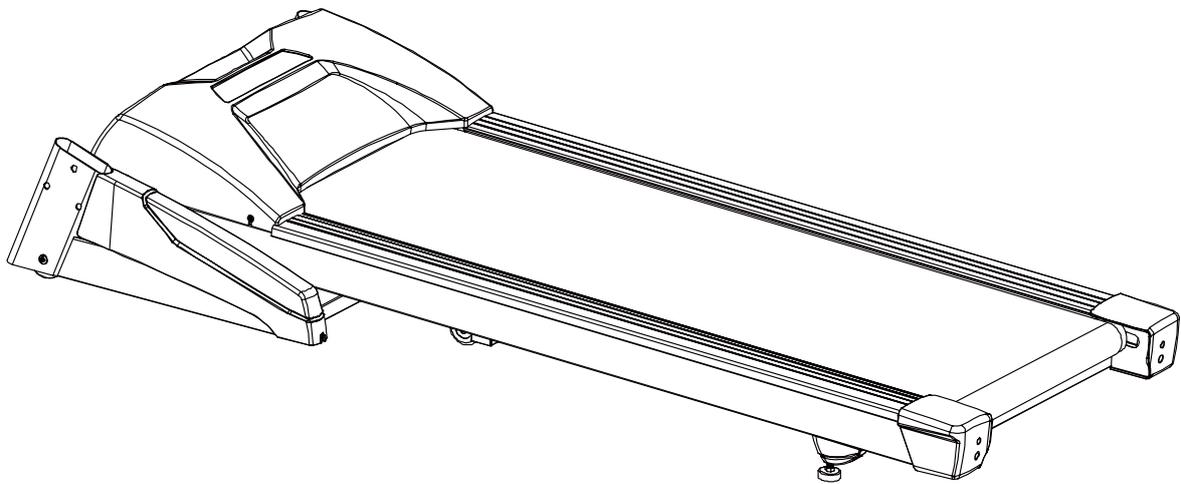
#58. Deck/Belt Lubricant



#97. M6 Allen Wrench



#33. Safety Key



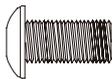
1 UPRIGHT TUBE ASSEMBLY

1. Take the Left and Right upright tubes (part numbers **5 & 4**) and slide the upright covers (**99 & 100** right) onto the tubes (observe the cover orientation is correct). Connect the Middle Console Cable (**38**) that exits from the bottom of the right upright tube with the lower Console Cable (**39**). Insert the Left and Right (**5 & 4**) Uprights into the Left and Right Receiving Tubes (holes are on the outside of the tubes). Be careful not to pinch the wire when installing the upright.

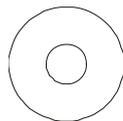
NOTE: Partially tighten all bolts in this Step. This will allow for easier console assembly.

2. Attach the tubes with three Button Head Socket Bolts (**93**) from each side and two Button Head Socket Bolts (**93**) and two Curved Washers (**94**) from the front. Partially tighten using the Combination M5 Allen Wrench & Phillips Head Screw Driver (**96**).

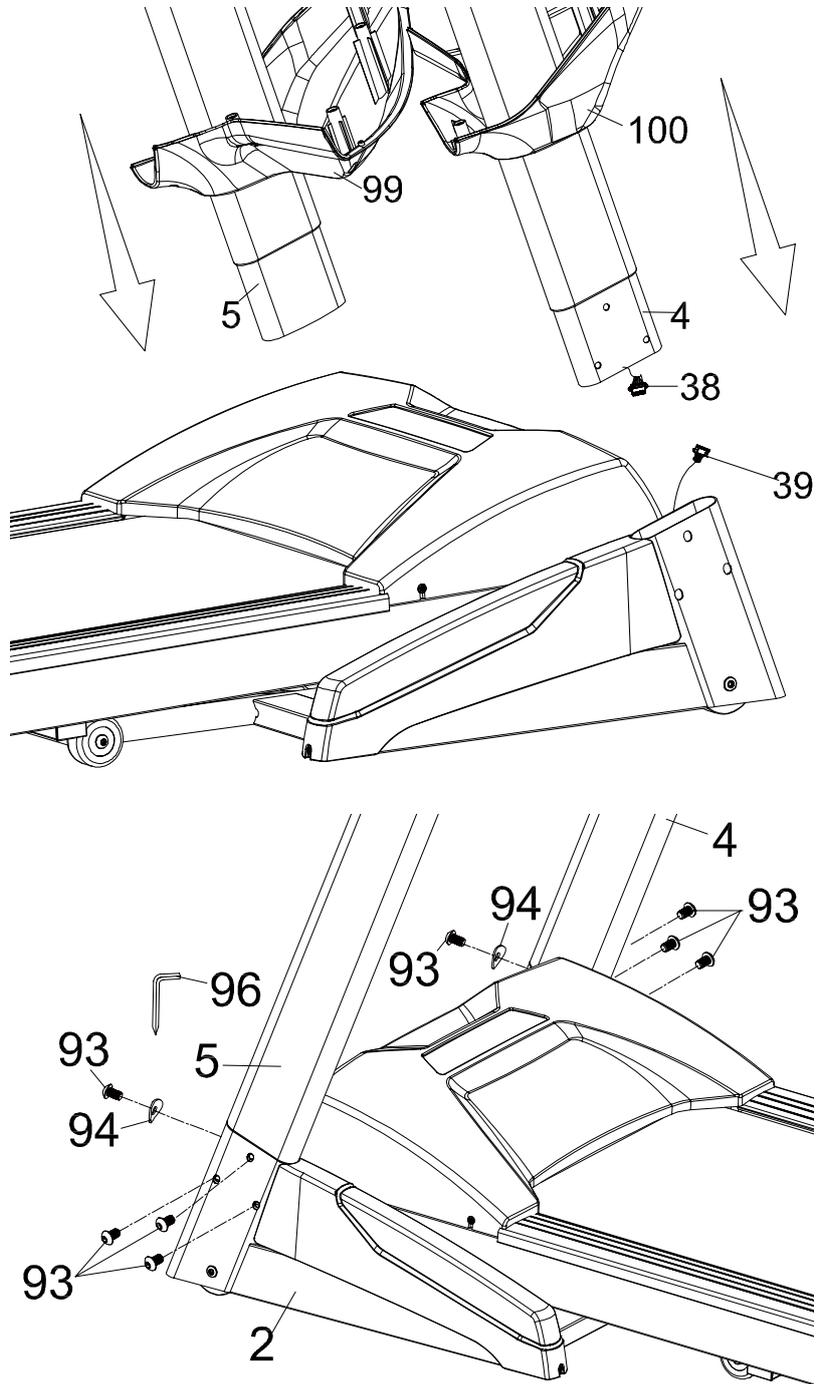
HARDWARE

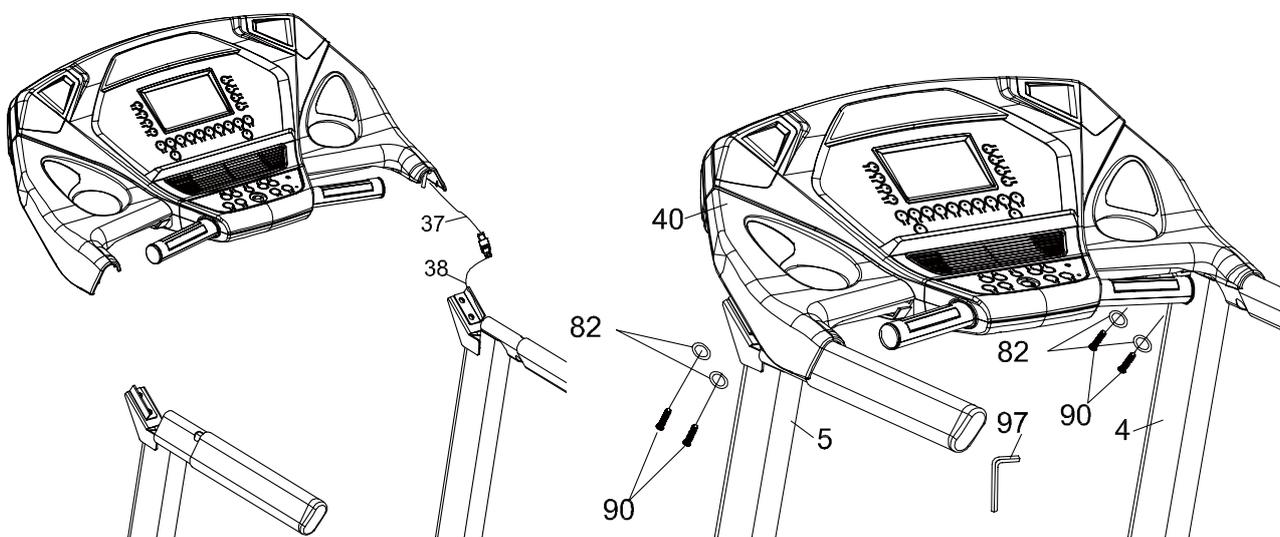


#93. 5/16" x 15mm
Button Head Socket Bolt
(8 pcs)



#94. 5/16" x 19 x 1.5T
Curved Washer (2 pcs)

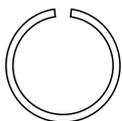




2 CONSOLE ASSEMBLY

1. Connect the Computer Cable (Middle) (**38**) to the Computer Cable (Upper) (**37**).
2. Insert Console Assembly (**40**) into right and left Uprights (**4**) and (**5**) and secure with four Button Head Socket Bolts (**90**) and four Split Washers (**82**) using the M6 Allen Wrench (**97**). Now go back and completely tighten the 8 bolts (**93**) inserted in Step 1 that join the upright tubes (**4 & 5**) to the main frame.

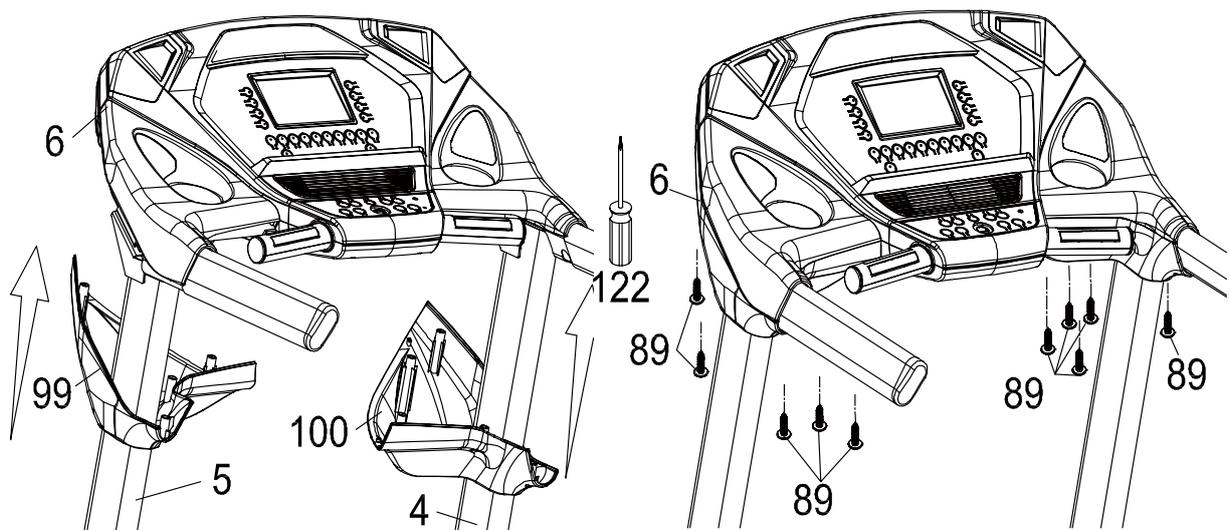
HARDWARE



#82. 3/8" x 2.0T
Split Washer (4 pcs)



#90. 3/8" x 1-3/4"
Button Head Socket Bolt
(4 pcs)



3 PLASTIC PARTS ASSEMBLY

1. Attach the Console Covers (Left - 99) and (Right - 100) to the console (6) with ten Sheet Metal Screws (89) using the Phillips Head Screw Driver (122).

HARDWARE



#89. 3.5 x 12mm
Sheet Metal Screw (10 pcs)

Folding Instructions

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

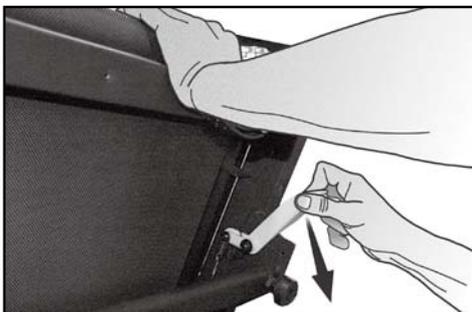
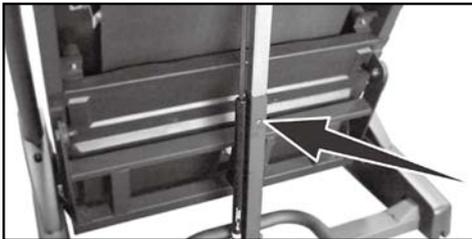
■ TO FOLD THE TREADMILL

Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

■ TO UNFOLD THE TREADMILL

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

*At the rear roller area to relieve pressure on the locking system.



Transportation

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

FEATURES

QUICK SPEED & INCLINE BUTTONS

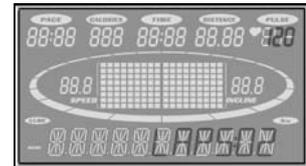
You are able to set your speed and incline settings quickly by using the quick keys on the console. Just press either Speed or Incline, then select either 1 or 2 digits and the treadmill will automatically adjust to that value. This saves time because you don't have to press and hold or hold a button down until reaching the desired value. The maximum value you may input for speed is 9.9 mph or kph and incline 9.5%



- Examples: Press the Quick Incline button, then 1, 0 = Incline Level 1.0
- Press the Quick Incline button, then 3, 5 = Incline Level 3.5
- Press the Quick Speed button, then 8, 0 = 8.0 mph or kph
- Press the Quick Speed button, then 0, 8 = 0.8 mph or kph

CONSOLE

The console will display Pace, Calories burned, Time (elapsed or countdown), Distance travelled, Pulse, Speed, Incline, Program Name, # of Laps completed, and Segment Time. There is also a Speed & Incline profile graph that lets you see how hard you have worked and how challenging the upcoming segments will be.



OPERATION OF YOUR CONSOLE

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE



GETTING STARTED

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor cover. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. Then a message in the **message center** will show the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START/MANUAL OPERATION

STEP 1: Press and release the **Start** key to wake display up (if not already on).

Note: Installing the tether key will also wake up the console.

STEP 2: Press and release the **Start** key to begin belt movement, at .5 mph (1 kph), then adjust to the desired speed using the + / - or **Fast/Slow** keys. You may also use the quick speed key, then 0 through 9 to adjust the speed.

STEP 3: To slow the tread-belt press and hold the down key to the desired speed. You may also press the quick speed adjust keys, 0 through 9.

STEP 4: To adjust the Incline level, pressed and hold the **Incline + / -** or **Up/Down** keys; you may also adjust to the desired incline by pressing the **Quick Incline** key and then 0 through 9.

STEP 5: To stop the tread-belt press and release the **Stop** key.

PAUSE/STOP/RESET FEATURE

STEP 1: When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.

STEP 2: To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

- Pause is executed when the **Stop** button is pressed once. If the **Stop** key is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Press and hold the + / - or **Up/Down** keys to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting the **Quick Incline** key, then 0 through 9, on the left hand side of console.
- The display will indicate incline percent in increments of .5 as adjustments are made.
- The incline will return to zero unless the main power switch or safety key are turned off while incline is at a higher setting.

DOT MATRIX CENTER DISPLAY (Manual Operation)

Eighteen columns of boxes (8 high) indicate each segment of a workout. The boxes only show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline dot matrix window will build a profile "picture" as values are changed during a workout.

The speed and incline profiles will display half of the program at one time (9 columns). They will both scroll right to left. The Lap track will move in a counterclockwise direction.

1/4 MILE (0.4 KM) TRACK

The 1/4-mile or 0.4 km track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again. There is a lap counter in the message window for monitoring your distance.

PULSE GRIP FEATURE

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Grip Pulse feature while in Heart Rate programs.

Note: Refer to Important Safety Instructions (page 4) concerning Pulse Grip operation.

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

TO TURN TREADMILL OFF

1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove the tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

OPTIONAL: There is an Audio Input Jack on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, Ipod, portable radio, CD player or even a TV or computer audio signal. There is an audio patch cable included to and also a headphone jack for private listening.

PROGRAMMABLE FEATURES

The treadmill offers five factory preset-programs and one Manual program. Each pre-set program has a maximum Speed and Incline level that is displayed when a desired workout is chosen. The maximum Speed and Incline that the particular program will achieve will be displayed in the Message Center.

SELECT A PRESET PROGRAM

STEP 1: Press the desired **Program** key. Press enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

STEP 2: If Enter was pressed, the Message Center will now be blinking a value, indicating your **Age** (default is 35). Entering your correct age affects the Heart Rate programs. Use the + or - keys to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. The Heart Rate feature is based on a percentage of your maximum heart rate, it is important to enter the correct age for this feature to work properly.

STEP 3: The Message Center will now be blinking a value, indicating your **Body Weight** (default is 150#). Entering the correct body weight will affect the calorie count. Use the + or - keys to adjust, then press **Enter**.

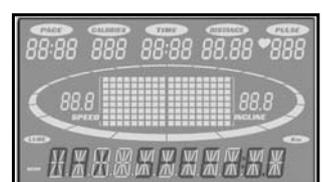
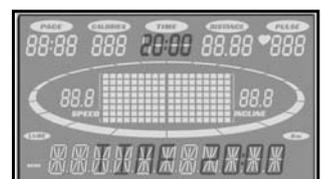
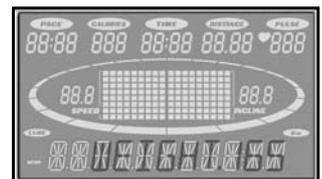
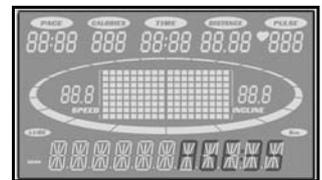
*A note about the **Calorie** display:* No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.

STEP 4: The Message Center will be blinking a value, indicating **Time** (the default value is 30 minutes). You may use any of the + or - keys to adjust the time. After adjusting, or to accept the default, press **Enter**. (*Note: You may press start at any time during the programming to start the program*).

STEP 5: The Message Center will now be blinking the preset top speed of the selected program (3 mph or 5 kph). Use the Speed + or - keys to adjust, then press **Enter**. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.

STEP 6: The Message Center will be blinking the preset top incline of the selected program (6.0%). Use the Incline + or – keys to adjust, then press **Enter**.

You are now done programming data and may press **Start** to begin your workout or **Stop** to go back one level to change data entered in the programming phase.



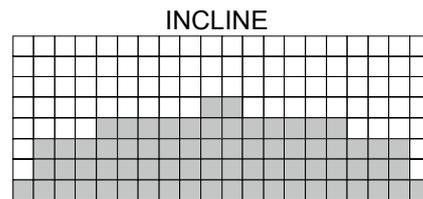
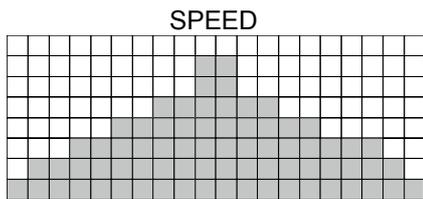
PRESET PROGRAMS

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

Hill

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

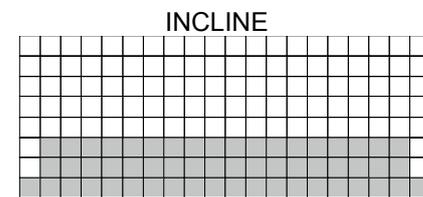
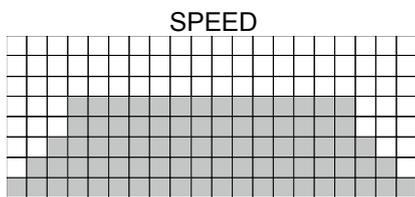
Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



Fat Burn

Resistance: 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.

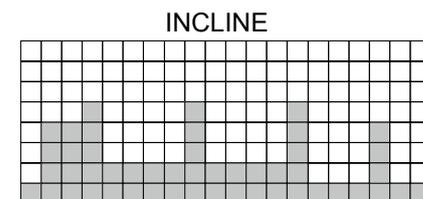
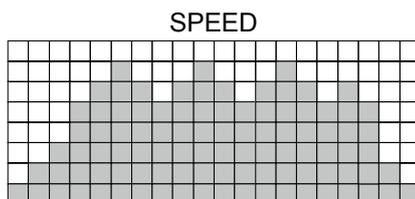
Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



Cardio

Resistance: 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 your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.

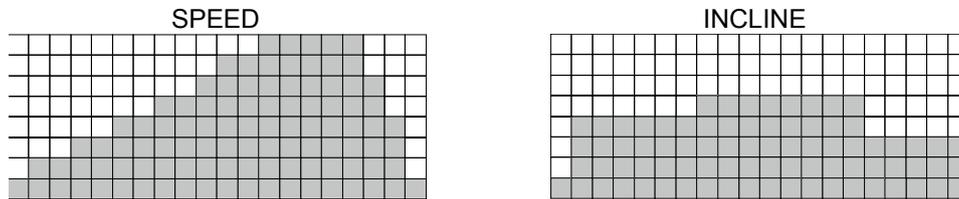
Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segments 4, 9, and 14 are maximum elevation for this program.



Strength

Resistance: This program has a gradual progression of speed up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and gluts. A brief cool down follows.

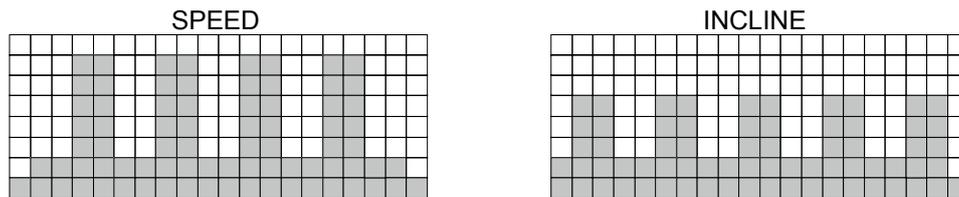
Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



Interval

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

Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.



HEART RATE PROGRAMS

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

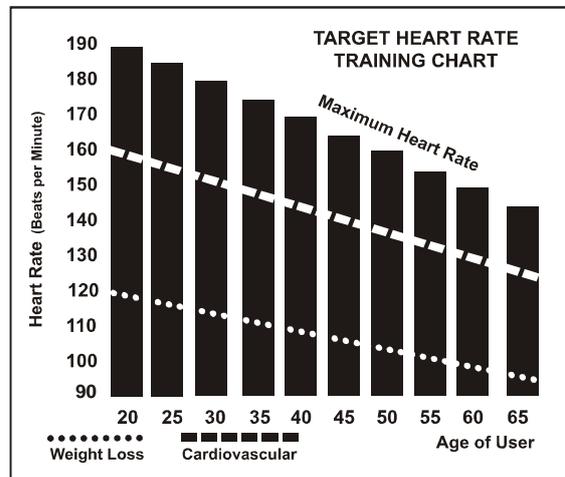
$$180 \times .6 = 108 \text{ beats per minute}$$

(60% of maximum)

$$180 \times .8 = 144 \text{ beats per minute}$$

(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. 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 above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60% respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

RATE OF 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 know 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:

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

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 up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. 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 harder. Again, this will show up in your RPE and you will train at the proper level for that day.

GENERAL MAINTENANCE

BELT/DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT/DECK

This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

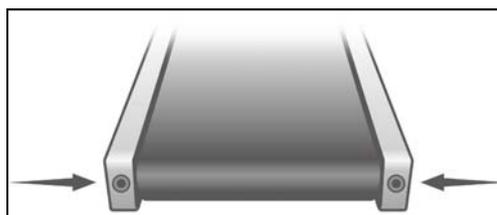
GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



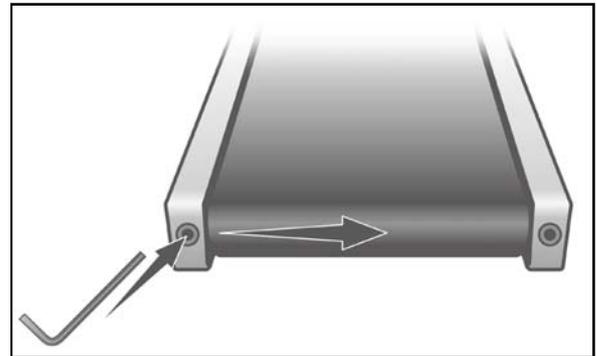
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar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

TREADBELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph (5 kph). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.



Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may 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.

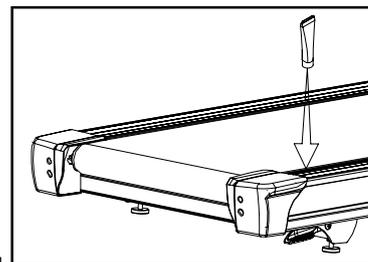
ATTENTION:

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

BELT/DECK LUBRICATION PROCEDURE

Do not lubricate with other than approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from your authorized dealer. There are commercially available lube kits, but the only one currently approved is Lube-N-Walk.

These kits come with an application wand that makes applying the lubrication easier. The kits can be purchased directly from Lube-N-Walk here: <http://www.jadfitness.com/>. The proper kit should be silicon based, NOT paraffin wax.



Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty. The belt & deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use. The console has a built in lubrication reminder indicator that lights every 180 hours of use.

Use the Lubricant to lubricate the deck beneath the belt. If you can reach under the belt approximately 6" on each side, use the following procedure: Unplug the electrical cord. At the middle of the deck, lift up on the belt and reach under with the tube of lubricant. Squirt most of the lubricant on the deck surface. Repeat the process on the opposite side. Plug the electrical cord back into the outlet and walk on the belt at a moderate speed for five minutes.

If unable to perform the above procedure, it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps -- enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 45 cm (18 inches) from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-footline should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking. Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 5 kph (3 mph) without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

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	<ol style="list-style-type: none"> 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 AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	<p>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 General Maintenance section on Tread-belt Tension. Adjust as necessary.</p>
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 1. If the belt moves, but stops after a short time and the display shows "LS", run calibration. 2. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 18 kph (12 mph) but shows higher speed on display	<p>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 household voltage. Contact an electrician or your dealer. A minimum of 120 volt AC current is required.</p>
Tread-belt stops quickly/suddenly when tether cord is pulled	<p>High belt/deck friction. See General Maintenance section on lubrication.</p>
Treadmill trips on board 15 amp circuit	<p>High belt/deck friction. See General Maintenance.</p>
Computer shuts off when console is touched (on a cold day) while walking/running	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.</p>
House circuit breaker trips, but not the treadmill circuit breaker	<p>Need to replace the house breaker with a "High In-rush current" type breaker.</p>

CALIBRATION PROCEDURE

1. Remove the safety key
2. Press and hold down the **Start** and **Fast +** buttons and replace the safety key.
Continue to hold the **Start** and **Fast** key until the window displays “Factory settings”, then press the **Enter** key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the up or down key to show which you want, then press **Enter**.
4. Make sure the wheel size diameter is 2.30 then press **Enter**
5. Adjust the minimum speed (if needed) to 0.5 mph/ 1.0 kph and then press **Enter**
6. Adjust the maximum speed (if needed) to 10.0 mph / 16 kph and then press **Enter**
7. Adjust the maximum elevation (if needed) to 10 and then press **Enter**
8. Grade return – OFF (This allows the incline to return to zero when stop is pressed. For sale in Europe, EU standards require this to be off)
9. Press **Start** to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

If the calibration does not pass you may need to check the speed sensor alignment.

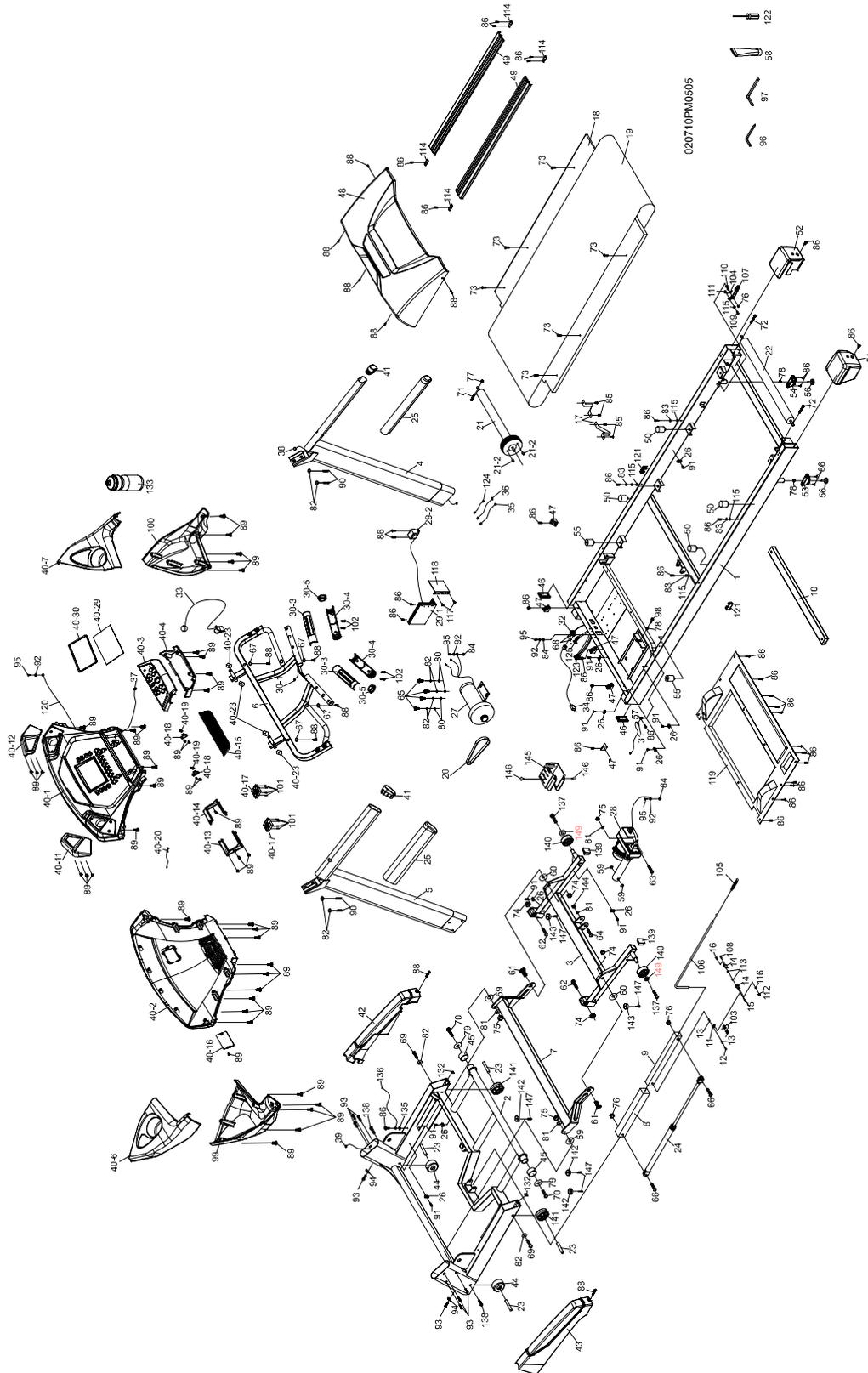
1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor.
Re-tighten the screw when finished.



MAINTENANCE MENU

1. Press and hold the **Start**, **Stop** and **Enter** key at the same time, until the display shows “Engineering mode” (it may say maintenance menu, depending on version). Press the **Enter** key.
2. You can now scroll through the menu using the + and- keys. Use the **Stop** key to return to previous menu selection. The menu selections are:
 - A. **Key Test**- Tests that each key is functioning properly
 - B. **Display** - Test the LCD display segments are all lighting properly
 - C. **Functions**
 - I. **Sleep Mode** - Allows you to turn off the sleep mode. Console will stay on all the time unless power is turned off.
 - II. **Pause Mode** - When the console is paused during a program this will allow you to keep the console paused indefinitely instead of 5 minutes.
 - III. **Odometer** - Allows you to reset the odometer
 - IV. **English**- When enter is pressed allows you to change the settings for data to metric.
 - V. **Motor Test** - For service personnel only when troubleshooting motor problems.
 - VI. **Beep** - Allows you to disable the speaker so there is no beeping.
 - D. **Security**- Allows you to lock the keypad so the treadmill cannot be used. Press Enter to change setting (also called child lock).
 - E. **Factory Settings** - For factory use only.

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY #	PART#	Part description	Qty
1	318501	Main Frame	1
2	318502	Frame Base	1
3	318503	Incline Bracket	1
4	318504	Right Upright	1
5	318505	Left Upright	1
6	318506	Console Support	1
7	318507	Folding Assembly Bracket	1
8	318508	Outer Slide	1
9	318509	Inner Slide	1
10	318510	Deck Cross Brace	1
11	318511	Link	1
12	318512	Link Shaft	1
13	318513	Shaft Bushing	2
14	318514	Fastening Bracket	2
15	318515	Clevis Pin	1
16	318516	Fastening Bushing	1
17	318517	Belt Guide	2
18	318518	Running Deck	1
19	318519	Running Belt	1
20	318520	Drive Belt	1
21	318521	Front Roller W/Pulley	1
21~2	318521~2	Magnet	2
22	318522	Rear Roller	1
23	318523	Wheel Sleeve	4
24	318524	Cylinder	1
25	318525	PVC Handgrip	2
26	318526	Wire Tie Mount	9
27	318527	Motor	1
28	318528	Incline Motor	1
29~1	318529~1	Motor Controller	1
29~2	318529~2	Adaptor	1
30	318530	Handpulse Assembly	2
30~1	318530~1	800m/m_Handpulse Wire, Coiled	1
30~3	318530~3	Handpulse Top Cover	2
30~4	318530~4	Handpulse Bottom Cover	2
30~5	318530~5	Handpulse End Cap	2
31	318531	1200m/m_Sensor W/Cable	1
32	318532	Power Socket	1
33	318533	Safety Key	1
34	318534	Power Cord	1
35	318535	200m/m × 764 × 764_Connecting Wire (White)	1

KEY #	PART#	Part description	Qty
36	318536	200m/m × 764 × 764_Connecting Wire (Black)	1
37	318537	800m/m_Computer Cable (Upper)	1
38	318538	1300m/m_Computer Cable (Middle)	1
39	318539	1400m/m_Computer Cable (Lower)	1
40	318540	Console Assembly	1
40~1	318540~1	Console Top Cover	1
40~2	318540~2	Console Bottom Cover	1
40~3	318540~3	Front Console Cover (Top)	1
40~4	318540~4	Front Console Cover (Bottom)	1
40~6	318540~6	Left Drink Bottle Holder (Upper)	1
40~7	318540~7	Right Drink Bottle Holder (Upper)	1
40~11	318540~11	Console Speaker Cover (L)	1
40~12	318540~12	Console Speaker Cover (R)	1
40~13	318540~13	Wind Duct (L)	1
40~14	318540~14	Wind Duct (R)	1
40~15	318540~15	Deflector Fan Grill	1
40~16	318540~16	Battery Cover	1
40~17	318540~17	Fan Assembly	2
40~18	318540~18	Fan Grill Anchor	2
40~19	318540~19	Anchor	2
40~20	318540~20	Sensor W/Cable	1
40~23	318540~23	Bolt Cap	4
40~29	318540~29	LCD Transparent Piece	1
40~30	318540~30	Water-resist Rubber	1
41	318541	Handgrip End Cap	2
42	318542	Frame Base Cover (R)	1
43	318543	Frame Base Cover (L)	1
44	318544	Frame Base Front Wheel	2
45	318545	Frame Base Rear Wheel	2
46	318546	□30 × 80m/m_Square End Cap	2
47	318547	Motor Cover Anchor	5
48	318548	Motor Top Cover	1
49	318549	Foot Rail	2
50	318550	Cushion	4
51	318551	Rear Adjustment Base (L)	1
52	318552	Rear Adjustment Base (R)	1
53	318553	Adjustment Foot Pad Cap (L)	1
54	318554	Adjustment Foot Pad Cap (R)	1
55	318555	Cushion	2
56	318556	Rear Up/Down Adjustable Foot	2
57	318557	Sensor Rack	1
58	318558	Lubricant	1
59	318559	Ø10 × Ø24 × 3T_Nylon Washer (A)	4
60	318560	Ø50 × Ø13 × 3T_Nylon Washer (B)	2

KEY #	PART#	Part description	Qty
61	318561	1/2" × 23m/m_Carriage Bolt	2
62	318562	1/2" × 60m/m_Hex Head Bolt	2
63	318563	3/8" × 1-1/2" _Hex Head Bolt	1
64	318564	M10 × 63m/m_Hex Head Bolt	1
65	318565	3/8" × 1" _Hex Head Bolt	4
66	318566	5/16" × 2-3/4" _Button Head Socket Bolt	2
67	318567	Ø6.5 × Ø19 × 1.5T_Flat Washer	4
68	318568	Ø3 × 10m/m_Sheet Metal Screw	2
69	318569	3/8" × 2" _Flat Head Socket Bolt	2
70	318570	5/16" × 1" _Button Head Socket Bolt	2
71	318571	M8 × 60m/m_Hex Head Bolt	1
72	318572	M8 × 80m/m_Socket Head Cap Bolt	2
73	318573	M8 × 30m/m_Flat Head Countersink Bolt	6
74	318574	1/2" × 8.0T_Nyloc Nut	4
75	318575	3/8" × 7.0T_Nyloc Nut	3
76	318576	5/16" × 6.0T_Nyloc Nut	3
77	318577	M8 × 7.0T_Nyloc Nut	1
78	318578	3/8" × 7.0T_Nut	3
79	318579	Ø8 × Ø35 × 1.5T_Flat Washer	2
80	318580	Ø10 × Ø25 × 2.0T_Flat Washer	4
81	318581	Ø10 × Ø19 × 1.5T_Flat Washer	4
82	318582	Ø10 × 2.0T_Split Washer	10
83	318583	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	4
84	318584	Ø5 × 1.5T_Star Washer	3
85	318585	Ø4 × 12m/m_Sheet Metal Screw	4
86	318586	Ø5 × 16m/m_Tapping Screw	39
88	318588	Ø5 × 16m/m_Tapping Screw	11
89	318589	Ø3.5 × 12m/m_Sheet Metal Screw	45
90	318590	3/8" × 1-3/4" _Button Head Socket Bolt	4
91	318591	Ø3.5 × 16m/m_Tapping Screw	9
92	318592	Ø5 × 1.5T_Split Washer	4
93	318593	5/16" × 15m/m_Button Head Socket Bolt	8
94	318594	Ø8 × 19 × 1.5T_Curved Washer	2
95	318595	M5 × 10m/m_Phillips Head Screw	4
96	318596	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
97	318597	M6 (66 × 86)_L Allen Wrench	1
98	318598	3/8" × 2" _Hex Head Bolt	1
99	318599	Left Drink Bottle Holder (Lower)	1
100	3185100	Right Drink Bottle Holder (Lower)	1
101	3185101	Ø3.5 × 32m/m_Sheet Metal Screw	8
102	3185102	Ø3 × 12m/m_Tapping Screw	4
103	3185103	Dual Torsion-Spring	1
104	3185104	ChenChin Torsion-Spring	1
105	3185105	Steel Cable Tension Spring	1

KEY #	PART#	Part description	Qty
106	3185106	Steel Cable	1
107	3185107	Release Lever	1
108	3185108	M3 × 10m/m_Phillips Head Screw	1
109	3185109	M5 × 20m/m_Phillips Head Screw	1
110	3185110	5/16" × 2" _Hex Head Bolt	1
111	3185111	M5 × 5.0T_Nyloc Nut	1
112	3185112	M3 × 2.5T_Nut	1
113	3185113	Ø5 × 1.0T_Flat Washer	2
114	3185114	Ø6.5 × 25 × 50 × 1.5T × 2.5H_Concave Washer	4
115	3185115	Ø5 × Ø13 × 1.0T_Flat Washer	5
116	3185116	Ø3 × 1.0T_Split Washer	1
117	3185117	Ø3 × 10m/m_Sheet Metal Screw	2
118	3185118	Controller Back Plate	1
119	3185119	Frame Cover	1
120	3185120	400m/m_Console Ground Wire	1
121	3185121	20 × 40m/m_Square End Cap	2
122	3185122	Phillips Head Screw Driver	1
123	3185123	On/Off Switch	1
124	3185124	100mm × 764 × 764_Connecting Wire (Black)	1
125	3185125	Breaker	1
132	3185132	M5_Speed Nut Clip	2
133	3185133	Drink Bottle	1
135	3185135	Wire Clamp	1
136	3185136	1000m/m_Ground Wire	1
137	3185137	5/16" × 1/2" _Button Head Socket Bolt	2
138	3185138	3/8" × 2-1/4" _Flat Head Socket Bolt	2
139	3185139	30 × 30m/m_Square End Cap	2
140	3185140	Transportation Wheel	2
141	3185141	Slide Wheel , Urethane	2
142	3185142	Foot Pad	3
143	3185143	Rubber Foot Pad	2
144	3185144	M10 × 8.0T_Nyloc Nut	1
145	3185145	Incline Motor Cover	1
146	3185146	4 × 6m/m_Phillips Head Trilobular Screw	2
147	3185147	Ø5 × 19m/m_Tapping Screw	5
149	3185149	Ø8 × Ø18 × 1.5T_Flat Washer	2

MANUFACTURER LIMITED WARRANTY, REPAIR AND SERVICE

Manufacturer's One Year Warranty

WHAT DOES THIS WARRANTY COVER? This warranty covers your **Spirit** Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

HOW LONG DOES THE COVERAGE LAST? This warranty lasts one year on labour, **five** years on all parts from date of purchase, lifetime on the motor, deck and frame. This warranty is not transferable and is extended only to the original owner.

WHAT WILL **DYACO CANADA INC. DO?** **Dyaco Canada Inc.** will provide a replacement part and/or service at no charge for any part found defective in workmanship or materials during the warranty period.

HOW DO YOU GET SERVICE? In order to obtain replacement parts or service as provided by this warranty, you may call the number below: 1-888-707-1880 Monday to Friday 8:30 a.m. to 5:00 p.m. eastern standard time.

To activate your warranty, you must send in your warranty registration card.

This warranty shall not apply to treadmills which are (1) used for commercial or other income producing purpose, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations

This warranty provided herein is in lieu of all other express warranties. Any implied warranties, including any implied warranties of merchantability or fitness for particular purpose are limited in duration to the first 12 months from the date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded

All of the parts for the Spirit Treadmill, 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 or email us at customerservice@dyaco.ca. Office hours are from 8:30 A.M. to 5:00 P.M. 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