

# *SPIRIT*



## Group Exercise Elliptical OWNER'S MANUAL

Please carefully read this entire manual before operating your group bike!

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# IMPORTANT SAFETY INSTRUCTIONS

**WARNING - Read all instructions before using this appliance.**

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. 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 elliptical for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance and may result in serious injury.
- Always hold on to a handrail or hand bar while making control changes.
- To avoid injury when stopping the E-Glide pull on the brake lever that is attached to the stationary handlebar. The E-Glide produces high amounts of inertia when pedaled at higher speeds. Using the brake will allow you to stop the pedals within one revolution.



**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

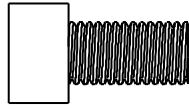
# Features

This all new product from the company is a next generation elliptical machine specially designed for use with group exercise workouts or for serious training at home. Here are the top reasons why we believe the group exercise elliptical is among the best elliptical machines available, for everyone:

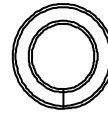
- **State of the Art** patent-pending, industry-leading, super-smooth, super-fast elliptical motion that opens up vast new possibilities for riders to vary their workouts, by duration, intensity, frequency and personal goals, whether health, fitness, endurance, strength, or professional athletic.
- **Compatible Uses** with both ElliptiCore group exercise programs, as well as with all indoor group cycle programs, gives riders an exercise choice in the same room, which empowers club owners to offer variety in group exercise programs, to fill open slots, and to improve overall financial performance of dedicated group exercise space.
- **Safety** features include an emergency hand brake and a manual lever to lock the flywheel when not in use.
- Thirty pound **Steel Flywheel**, along with a patented transmission system, provides the perfect amount of inertia that both challenges the rider, and assists in maintaining a smooth and even ride at every cadence.
- **Powerful Magnetic Resistance** provides super smooth, abundant resistance for high intensity workouts, ride variation, and larger riders.
- **Generous Footpads** allow precise foot placement both fore-aft and inside-out, and remain in a basic horizontal orientation throughout the elliptical stride, eliminating undesirable tipping forward of the feet.
- **Center-Mounted** fixed hand grips facilitate mounting and dismounting, in-ride recovery, and controlled sprints and interval training.
- **Essential Data** of cadence (RPM), total distance, heart rate and total elapsed time are displayed on an adjustable, heads up, LCD digital console.
- **Self-Powered** operation with no need for electricity (other than recyclable AA batteries).
- **Enhanced Movability** with a rear mounted hand grip, front-mounted heavy duty casters, and a narrower footprint.
- **Commercial Quality** materials with precision engineering and automated robotic welding give the machine consistent quality and long term durability.
- **Affordable Excellence** makes the elliptical a best buy in the market, for both clubs and individuals.

# ASSEMBLY INSTRUCTIONS

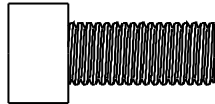
## Step1



**#58.** M10 x 20mm  
Stainless steel bolt

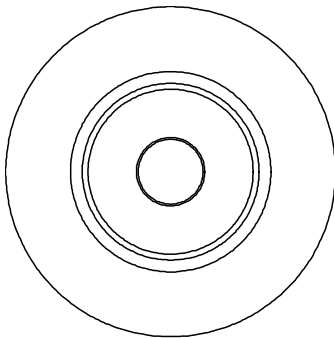


**#65.** Split washer M10

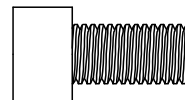


**#129.** M10 x 25mm  
Stainless steel bolt

## Step2



**#32.** Cup washer



**#58.** M10 x 20mm  
Stainless steel bolt

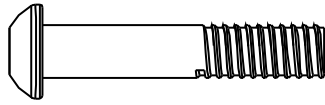


**#59.** M5 x 10mm  
Phillips head screw



**#145.** 25mm  
Wave Washer

### Step3



**#44.** 5/16" x 1-3/4" Bolt

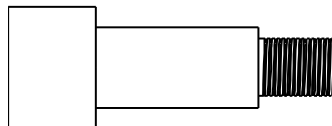


**#45.** 5/16" Nut



**#59.** M5 x 10mm  
Phillips head screw

### Step4

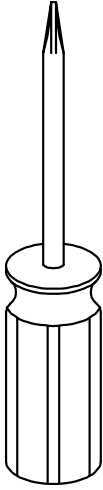


**#74.** M10 x 38mm  
Shoulder Bolt

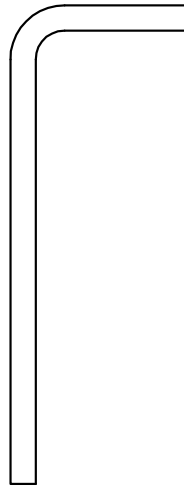


**#110.** M10 Nut

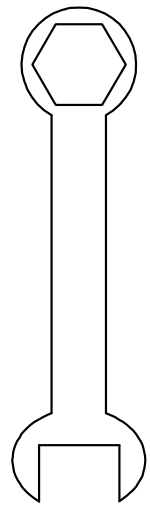
## Tools



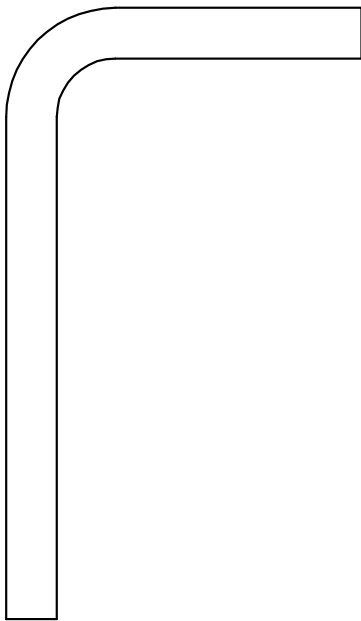
**#115-** Phillips Head  
Screw Driver



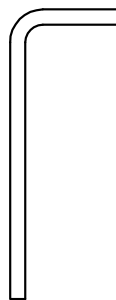
**#116-** 8mm Allen Wrench



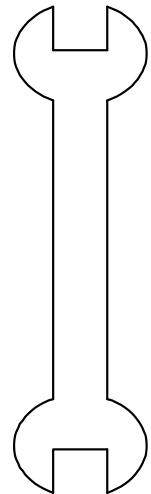
**#117-** 17mm Wrench



**#118.** 12mm Allen Wrench



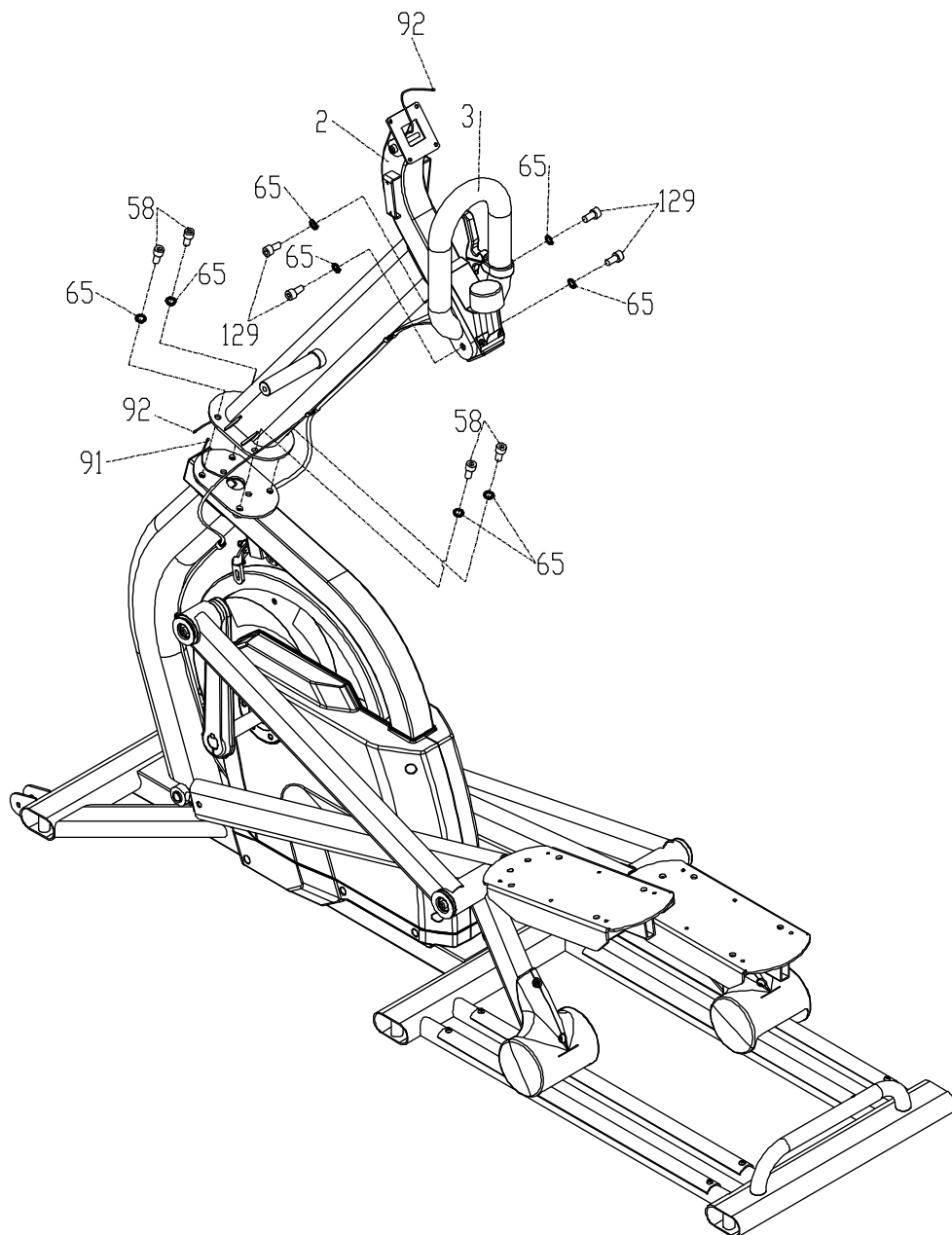
**#119.** 5mm Allen Wrench



**#120.** 13 & 14 m/m Wrench

## STEP 1: CONSOLE MAST

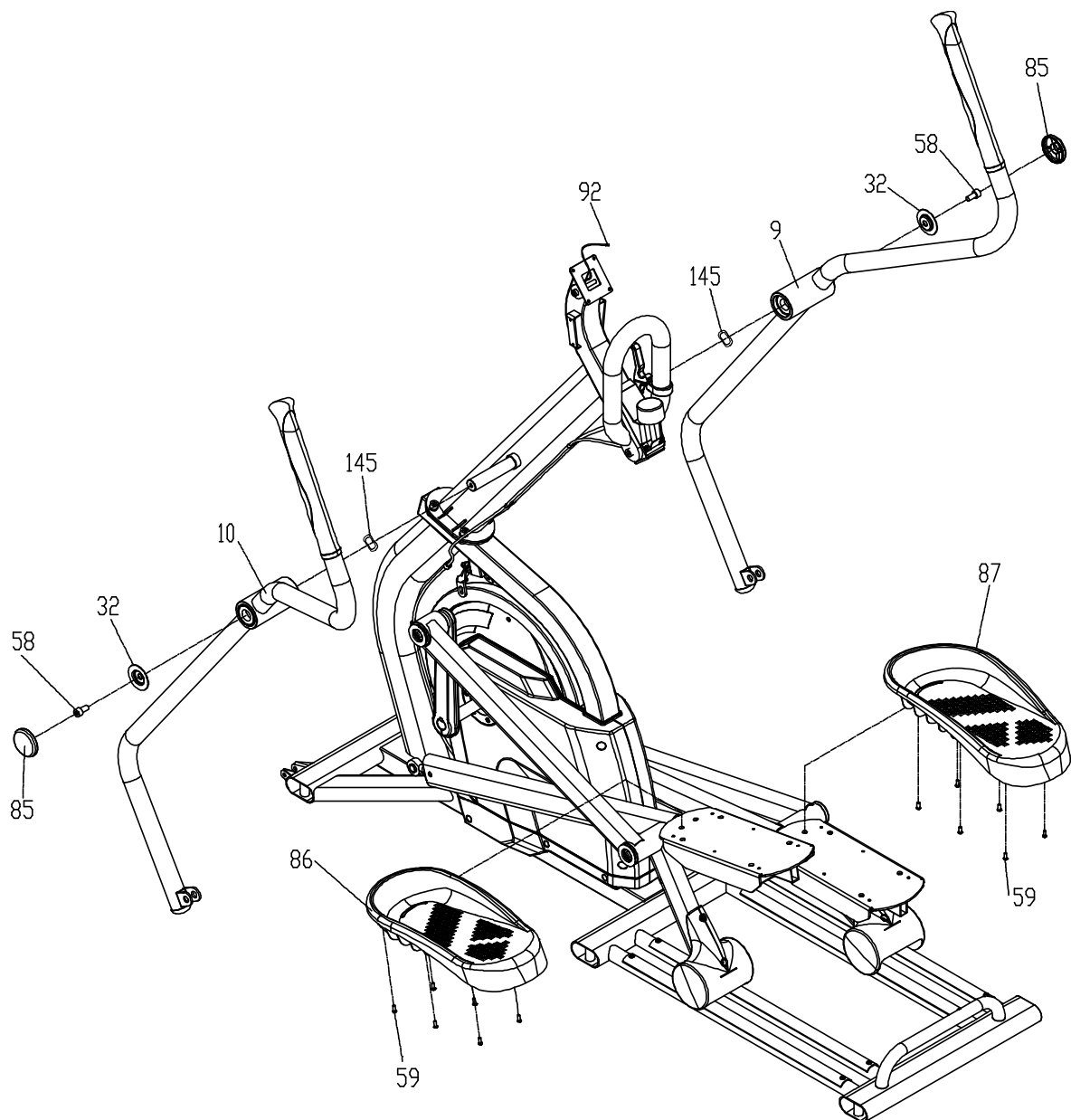
- The tension adjustment cable and speed sensor wire are pre-installed to the console mast and main frame so be careful not to pull too hard on the console mast during assembly to avoid damaging them. Connect the two speed sensor wires together.
- Lift the console mast (2) into place and align it so the locating pins in the mounting plate are set into the holes in the mating plate of the main frame. **Be careful not to pinch the speed sensor wire between the console mast and the main frame plates during assembly.**
- Secure the console mast in place with the four M10 x 20mm stainless steel bolts (58) and M10 split washers (65). Make sure the bolts are securely tightened.
- Install the stationary handlebars (3) to the console mast with four M10 x 25mm stainless steel bolts (129) and M10 split washers (65). Make sure the bolts are securely tightened.





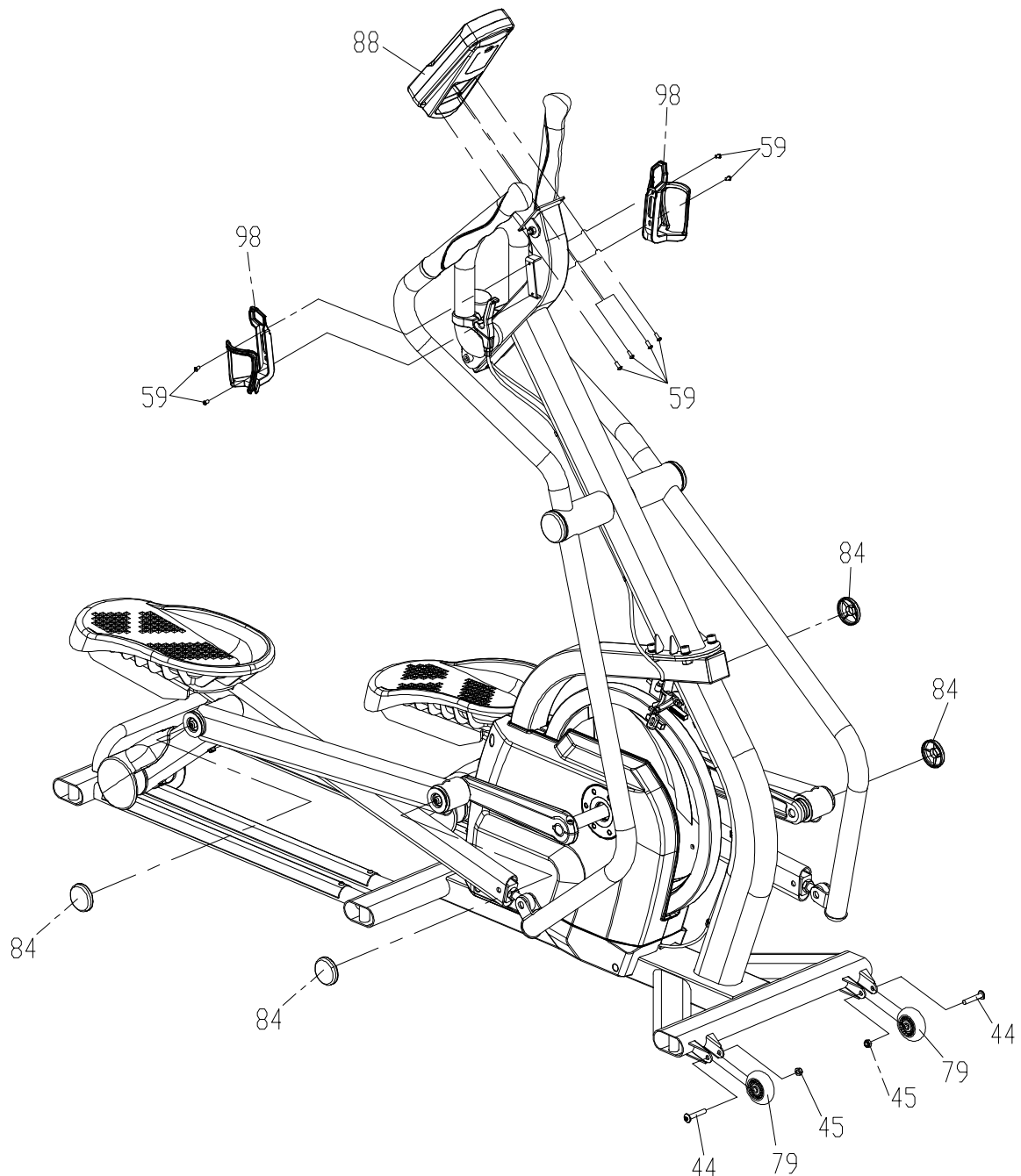
## STEP 2: SWING ARMS & PEDALS

- Put one wave washer (145) at each side of the mast axle prior to sliding the two swing arms ( 9 Right & 10 Left ) onto the console mast axle. There is a left and right swing arm ( marked with an "R" and an "L") so make sure you assemble the correct one on each side. Do not force the arms onto the axle or use a hammer as damage to the bearings could occur. The swing arms have been previously installed at the factory and should fit properly, although it is a snug fit.
- Secure the swing arms in place with the stainless steel bolts (58); flat side of washers should be on the outside and cup washers (32) and tighten with the wrench (116). Snap the decorative caps (85) over the cup washers.
- Install the foot pedals (86 Left & 87 Right) with twelve Phillips head screws (59) and tighten with the Phillips head screw driver (115). The pedals are identified with an L or R on the bottom.



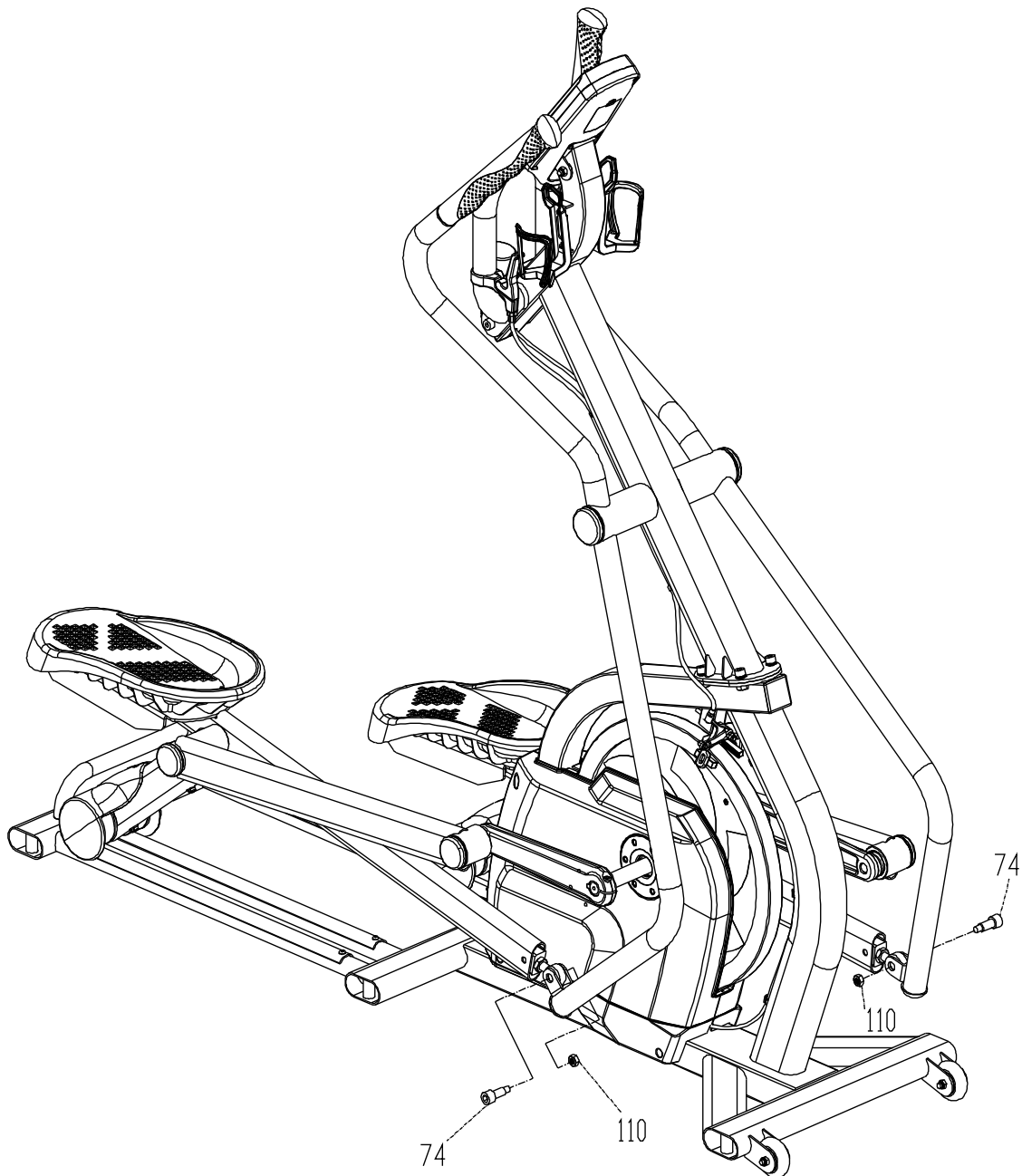
## STEP 3: CONSOLE

- Assemble the transport wheels (79) with the two 5/16" x 1-3/4" bolts (44) and 5/16" nuts (45).
- Unpack the console and install the 3 AA batteries. Connect the speed sensor wire into the white two pin connector accessed through the opening in the back of the console. Mount the console onto the console mast plate and secure with four M5 x 10mm screws (59).
- Secure the two bottle cages (98) to the console mast with four M5 x 10mm screws (59).
- Snap the four end caps (84) onto the cup washers on the left & right pedal arm assemblies.



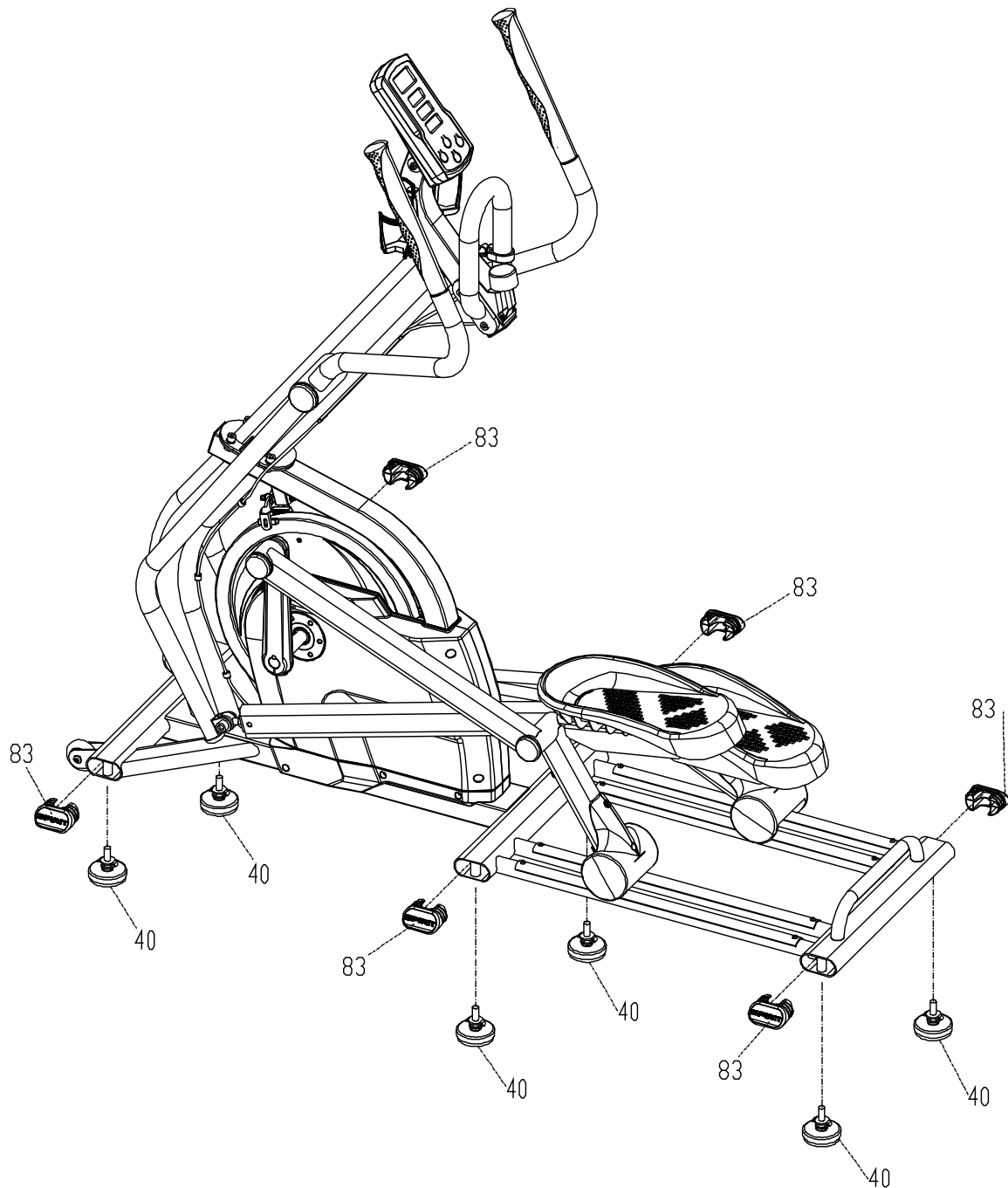
## STEP 4: SWING ARMS

Assemble the bracket at the bottom of the swing arms to the rod ends on the pedal arms using the M10 x 38mm shoulder bolts (74) and the M10 nuts (110). Tighten securely.



## STEP 5: LEVELERS & END CAPS

- Tilt the elliptical to one side and put something under the unit for support and install the three levelers (40) for that side. Tilt the unit to the other side and install those three levelers (40). Level the elliptical once it is positioned where it will be used. Screw the two middle levelers all the way in and the front and rear levelers all the way in, then back them out about two or three turns. Level the unit using only the front and rear levelers first, then adjust the middle levelers so they touch the floor. Make sure to lock the levelers when finished.
- Press the six plastic end caps (83) into the oval stabilizer tubes.



# CONSOLE OPERATION



## Power

The power for the console is provided by 3 AA alkaline batteries (provided) and will operate on rechargeable NiCd AA batteries. Once the batteries are installed the console will power on, the Time window will display an hour meter reading, the Distance window will display an odometer reading and the RPM/Cadence window will display the software version. The hour reading shows how long the elliptical has been in use and the distance shows how many virtual miles the elliptical has gone.

If the console does not detect a speed signal, or key activations, it will go to sleep to protect battery life. To wake the console up you can press any key.

## Displays

**Time:** Displays workout time two ways; either count up (accumulated time) or count down (remaining time), depending on your preference selected before starting the timer.

**Speed/Cadence/ RPM:** Displays the current pedaling speed as revolutions per minute. Displays Speed in mph or kph, depending on setting, when the Display key is pressed.

**Distance/Calories:** Displays virtual distance traveled in miles or kilometers (units selected through management mode, see page 13 for details). Displays Calories burned when the Display key is pressed.

**Heart Rate:** Displays heart rate in beats per minute when a heart rate chest belt transmitter is worn and detected by the console. The heart rate receiver is compatible with Polar coded transmitters.

## Keys

**Time + (up):** Used to set workout time before the start key is pressed. The up key will increase the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. The key is also used to switch the time reading to count up (elapsed time).

**Time - (Down):** Used to set workout time before the start key is pressed. The down key will decrease the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. The key is also used to switch the time reading to count down (remaining time).

**Start/Stop/Reset:** Starts and stops the program timer. Performs a complete reset of the console when held for 3 seconds.

**Display:** Changes the display information in the RPM window from RPM to Speed in mph/kph and from Distance to Calories readout in the Distance window.

## Operation

- **Power** the console on by pressing any key.
- Enter **Quick start** operation by simply pressing the start key. The time will count up from zero.
- You may **set a workout time** by using the Time up and down keys. When you press the Start key the time will count down to zero from the set time. After pressing start you can use the up and down keys to switch the time to count up or count down.
- Press the start/stop key to **Pause** the timer and also to resume the timer when it is in Pause mode. Hold key for 3 seconds to reset all data.
- Press the **Display** key to show all the display information.
- For **Heart Rate readings** you must wear a heart rate transmitter. The console will pick up the transmitter signal and display your heart rate automatically.

# MAINTENANCE

The elliptical is practically maintenance free. Just keep it clean by wiping down the unit with a damp cloth after each use. Do not use harsh detergents. Every month check that all the hardware is securely tightened. Do not use the elliptical if any parts are loose or broken.

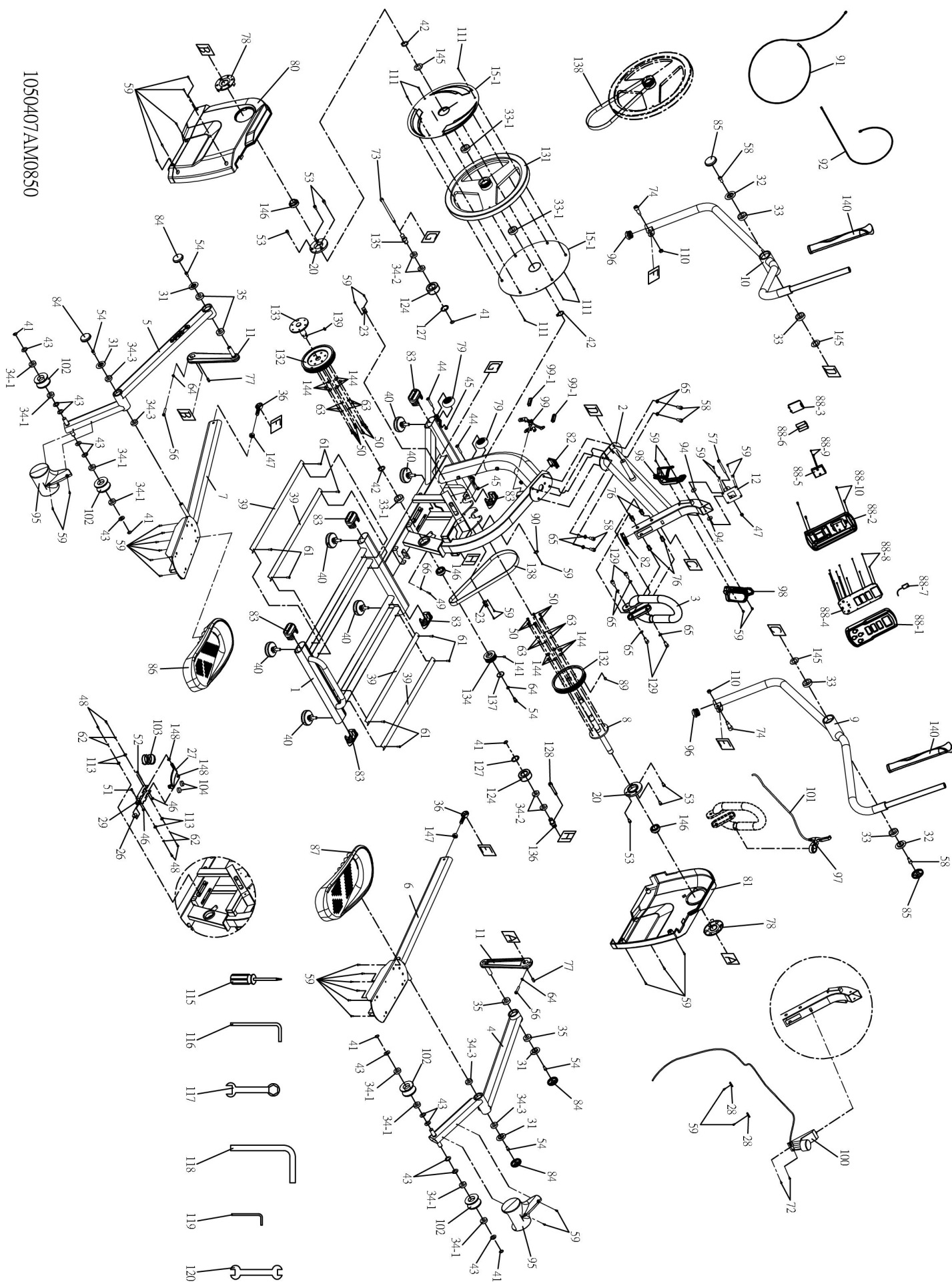
**No Lubrication should be applied on the wheels and aluminum tracks, only need to be kept clean to prevent noise and maintain smoothness.**

## Management Mode

- To enter the management mode press Start/Stop and Up keys simultaneously for 3 seconds
- The time window will show the software checksum (for engineering use) then tests the LCD display by sequencing all segments on.
- The next display shows total usage time in the time window, software version In Speed window and odometer in distance window.
- Press the Reset key for distance reading setting, use up & down keys to adjust: 0 = Kilometers, 1 = Miles
- Press the Reset key for distance per pedal revolution setting: 1.83 = 1.83 meters (6 feet) per pedal revolution. Adjust to desired setting by using up & down keys.
- To clear odometer, press **up** and **down** at the same time.
- Press start/stop to exit.

# EXPLODED VIEW DIAGRAM

1050407AM0850





# PARTS LIST

Dwg #	Part description	Qty
1	Main Frame	1
2	Console Mast	1
3	Handlebar Assembly	1
4	Sliding Pedal Arm (R)	1
5	Sliding Pedal Arm (L)	1
6	Connecting Pedal Arm (R)	1
7	Connecting Pedal Arm (L)	1
8	Main Crank Axle	1
9	Swing Arm (R)	1
10	Swing Arm (L)	1
11	Crank Arm	2
12	Console Mounting Plate	1
15-1	Flywheel covers	2
20	Bearing Housing, Crank Axle	2
23	Side Case bracket	2
26	Tension Cable Pulley	1
27	Brake Magnet Mounting Arm	1
28	Tension Cable Retainers	2
29	Brake Mounting Bracket	1
31	Cup Washer For M8 Bolt	4
32	Cup Washer For M10 Bolt	2
33	Bearing ( 6005 )	4
33-1	Bearing ( 6005 )(NTN)	3
34-1	Bearing ( 6003 )(NTN)	8
34-2	Bearing ( 6003 )(CN TMT)	4
34-3	Bearing ( 6003 )(C3 TMT)	4
35	Bearing ( 6203 )(C3 TMT)	4
36	Rod End Bearing (S.B-NOS14R)	2
39	Aluminum Track 2.5T × 625L	4
40	Leveling Foot M12 × 1.75 × 75mm dia	6
41	C Ring 17mm dia	6
42	C Ring 25mm dia	3
43	Wave Washer 17mm dia	12
44	Button Head Socket Bolt 5/16" × 13/4"	2
45	Nyloc Nut 5/16" - 7t	2
46	Nyloc Nut M6 - 6t	2
47	Nyloc Nut M8 - 7t	1
48	Socket Head Cap Bolt M5 × 0.8 - 12mm	4
49	Socket Head Cap Bolt M5 × 0.8 - 20mm	1
50	Socket Head Cap Bolt M6 × 1.0 - 20mm	12
51	Socket Head Cap Bolt M6 × 1.0 - 25mm	1
52	Socket Head Cap Bolt M6 × 1.0 - 50mm	1
53	Socket Head Cap Bolt M8 × 1.25 - 12mm	6
54	Socket Head Cap Bolt M8 × 1.25 - 15mm	5
56	Socket Head Cap Bolt M8 × 1.25 - 35mm	2
57	Socket Head Cap Bolt M8 × 1.25 - 70mm	1
58	Socket Head Cap Bolt M10 × 1.5 - 20mm (Stainless steel)	6
59	Phillips Head Screw M5 × 0.8 - 10mm	39
61	Phillips Head Screw M6 × 1.0 - 10mm (Stainless steel)	8

<b>Dwg #</b>	<b>Part description</b>	<b>Qty</b>
<b>62</b>	Split Washer M5	4
<b>63</b>	Split Washer M6	12
<b>64</b>	Split Washer M8	3
<b>65</b>	Split Washer M10 (Stainless steel)	8
<b>66</b>	Nut M5 - 4t	1
<b>72</b>	Flat Head Socket Screw M4 × 10mm (Stainless steel)	2
<b>73</b>	Idle Adj. Bolt M10 × 1.5 × 220L	1
<b>74</b>	Shoulder Bolt 14mm dia x M10 x 38mm	2
<b>76</b>	Riv-Nut 13mm dia x- M10 × 1.5	4
<b>77</b>	Woodruff Key ( 7 × 7 × 23L )	2
<b>78</b>	Round Side Case Insert	2
<b>79</b>	Transportation Wheel (65mm dia )	2
<b>80</b>	Side Case (L)	1
<b>81</b>	Side Case (R)	1
<b>82</b>	Square End Cap ( □50 )	2
<b>83</b>	Oval End Bevel Cap	6
<b>84</b>	M8 Snap-Cap	4
<b>85</b>	M10 Snap-Cap	2
<b>86</b>	Foot Pedal (L)	1
<b>87</b>	Foot Pedal (R)	1
<b>88</b>	Console Assembly	1
<b>88-1</b>	Top Console Cover	1
<b>88-2</b>	Bottom Console Cover	1
<b>88-3</b>	Battery cover	1
<b>88-4</b>	Console Display Board	1
<b>88-5</b>	Battery Bracket	1
<b>88-6</b>	Battery (3 × AA)	3
<b>88-7</b>	Receiver, HR	1
<b>88-8</b>	Circuit board Screw ( ST2.3 × 6mm )	12
<b>88-9</b>	Battery Holder Screws (ST3.0 × 10mm)	2
<b>88-10</b>	Cover Screw ( M4 × 0.7 - 15mm )	4
<b>89</b>	Speed Magnet	1
<b>90</b>	Speed Sensor Mounting Bracket	1
<b>91</b>	Speed Sensor W/Cable 950mm × 24AWG	1
<b>92</b>	Speed Sensor Connecting Cable (Upper) 1150mm	1
<b>94</b>	Nylon Washer ( 5/16" × 25 × 3t )	2
<b>95</b>	Slide Wheel Cover, Black	2
<b>96</b>	Button Head Plug	2
<b>97</b>	Emergency Brake Lever	1
<b>98</b>	Drink Bottle Holder	2
<b>99</b>	Emergency Brake Assembly	1
<b>99-1</b>	Emergency Brake Pad	2
<b>100</b>	Tension Knob Assembly	1
<b>101</b>	Emergency Brake Cable	1
<b>102</b>	Sliding Wheel (PU 72mm dia )	4
<b>103</b>	Brake Return Spring (52 x 3.5 x 50L)	1
<b>104</b>	Brake Magnet N35 ( 25 x 10L )	2
<b>105</b>	Sweat Tube Retainers	4
<b>106</b>	Ø1/4 × 1.5-450m/m_Drainage Tube, PVC	2
<b>110</b>	Nyloc Nut M10 - 8t	2
<b>111</b>	Tapping Screw M4 x 12mm, Black	6
<b>113</b>	Flat washer M5	4
<b>115</b>	Phillips HeadScrew Driver	1

<b>Dwg #</b>	<b>Part description</b>	<b>Qty</b>
<b>116</b>	8th L Allen Wrench	1
<b>117</b>	17m/m_Combination Wrench	1
<b>118</b>	12th L Allen Wrench	1
<b>119</b>	5th L Allen Wrench	1
<b>120</b>	13.14m/m_Wrench	1
<b>124</b>	Idler Wheel	2
<b>127</b>	35 Retaining Ring for Bore	2
<b>128</b>	Socket Head Cap Bolt M10 × 1.5 - 80mm	1
<b>129</b>	Socket Head Cap Bolt M10 × 1.5 - 25mm (Stainless steel)	4
<b>131</b>	Flywheel	1
<b>132</b>	Pulley Ø174	2
<b>133</b>	Drive Axle	1
<b>134</b>	Pulley Ø60	1
<b>135</b>	Axle for Idler Wheel (L)	1
<b>136</b>	Axle for Idler Wheel (R)	1
<b>137</b>	Flat Washer Ø8 × 35 × 3.0T	1
<b>138</b>	Poly-V Belt, 6PK 1000mm	2
<b>139</b>	Twin Circle Key 6 × 6 × 16L	1
<b>140</b>	TPR Handle Bar Axle Inner Cover	2
<b>141</b>	M8-10m/m_Slotted Set Screw	1
<b>144</b>	Flat Washer Ø6 × Ø19 × 3.0T	12
<b>145</b>	Ø25_Wave Washer	3
<b>146</b>	6005_Bearing(2RS/B10+2M5)	3
<b>147</b>	M14 × P1.5 × 11T_Nut	2
<b>148</b>	Bushing	2