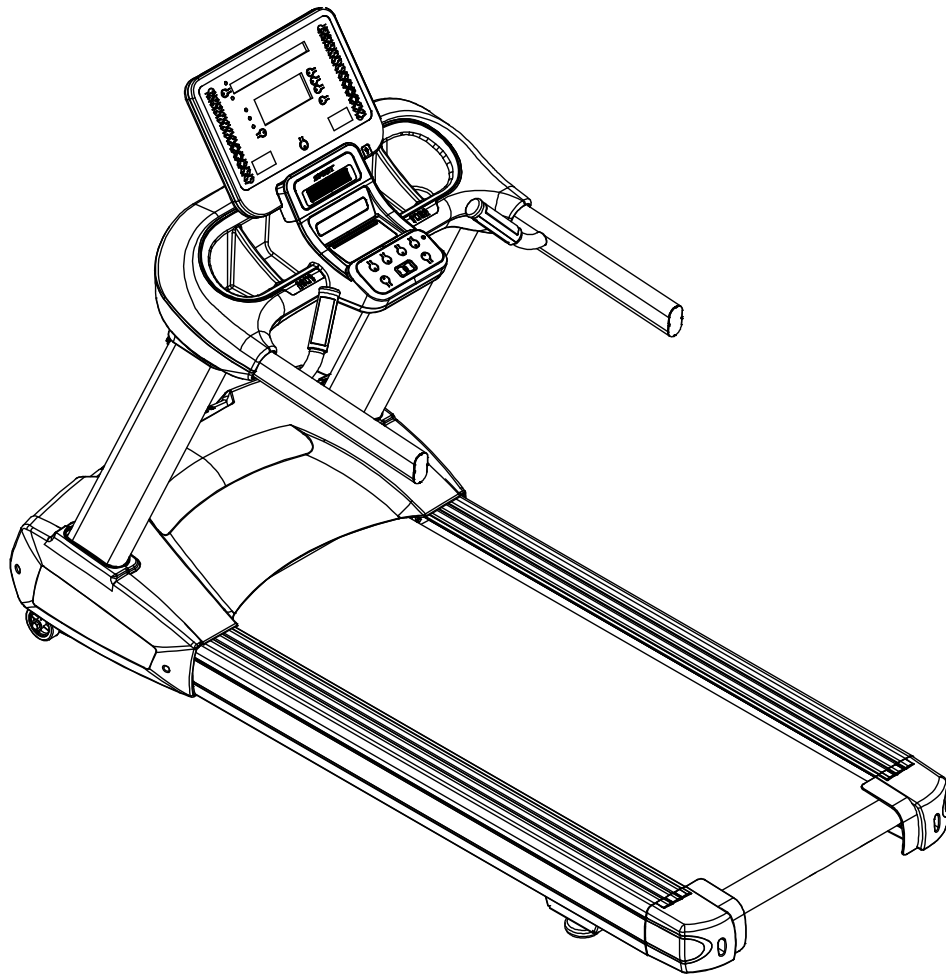


SPIRIT



CT850 TREADMILL

CT850_850825_OM_20260109

Online Support



If you require assistance or are experiencing issues with your Spirit Machine, please contact customer care for additional help.



1-800-258-8511



questions@spiritfitness.com

Warranty Registration



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

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PRODUCT REGISTRATION

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

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

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

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

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION



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

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

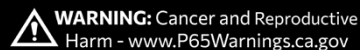
Version: 2.0
Revision: 01.09.2026

PRODUCT LABELS



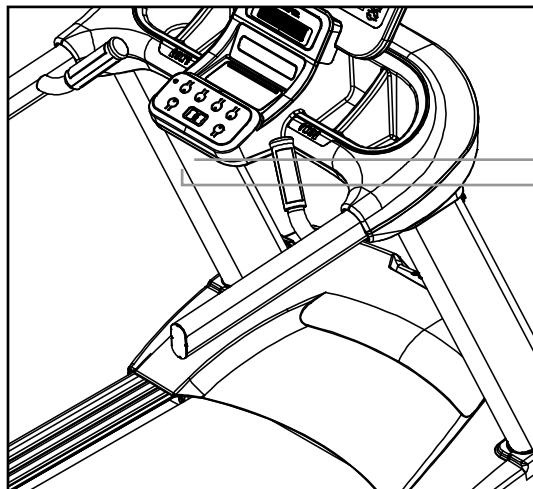
SERIAL NUMBER STICKER

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



PROPOSITION 65 WARNING

This sticker will be found on the left side of your Treadmill's upright. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.



SAFETY WARNING STICKER

This sticker will be found on the left side of your Treadmill's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

WARNING AVERTISSEMENT

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

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

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

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

WARNINGS, COMPLIANCE AND NOTICES

This product has been certified to meet the following standards:

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

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

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

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

CAUTION:

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

SAFETY INSTRUCTIONS

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

Read all instructions before using this appliance.



DANGER - To reduce the risk of electric shock:

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



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

injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.

10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
13. The appliance is intended for household use.
14. To disconnect, turn all controls to the off position, then remove the plug from the outlet.
15. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
16. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
17. Keep hands away from all moving parts.
18. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
19. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
20. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

21. User Weight Limit: 450 lb.



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

ELECTRICAL SAFETY



WARNING!

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

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

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

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

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

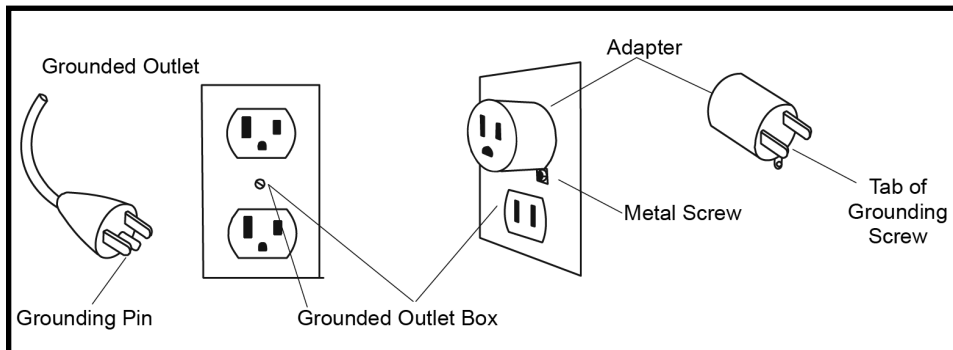
- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key.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

GROUNDING INSTRUCTIONS & LOCATION REQUIREMENTS

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

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

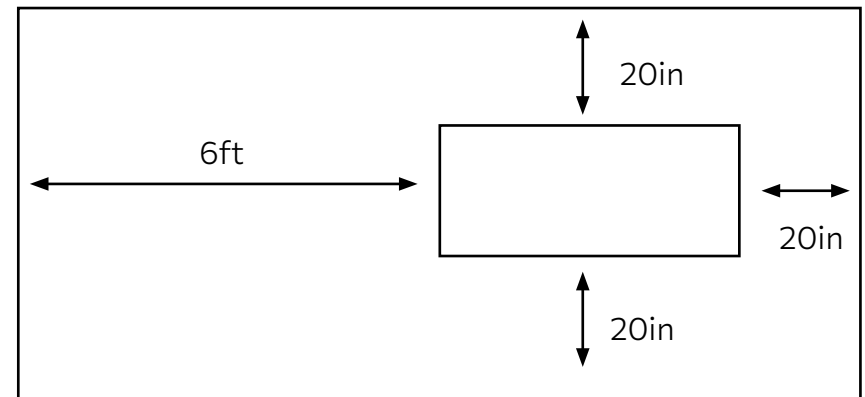
This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Location Requirements

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

- We recommend that you leave an area of at least 20in on the front, and sides of your machine. The front of the unit is where the motor is located.
- We recommend that you leave an area of at least 6ft behind the treadmill.
- Install your treadmill in an area where children and pets cannot access it.
- Always keep the area around your treadmill clear of furniture, exercise equipment and other debris.
- Do not install your treadmill on deeply padded, plush, or shag carpet.



PARTS INCLUDED

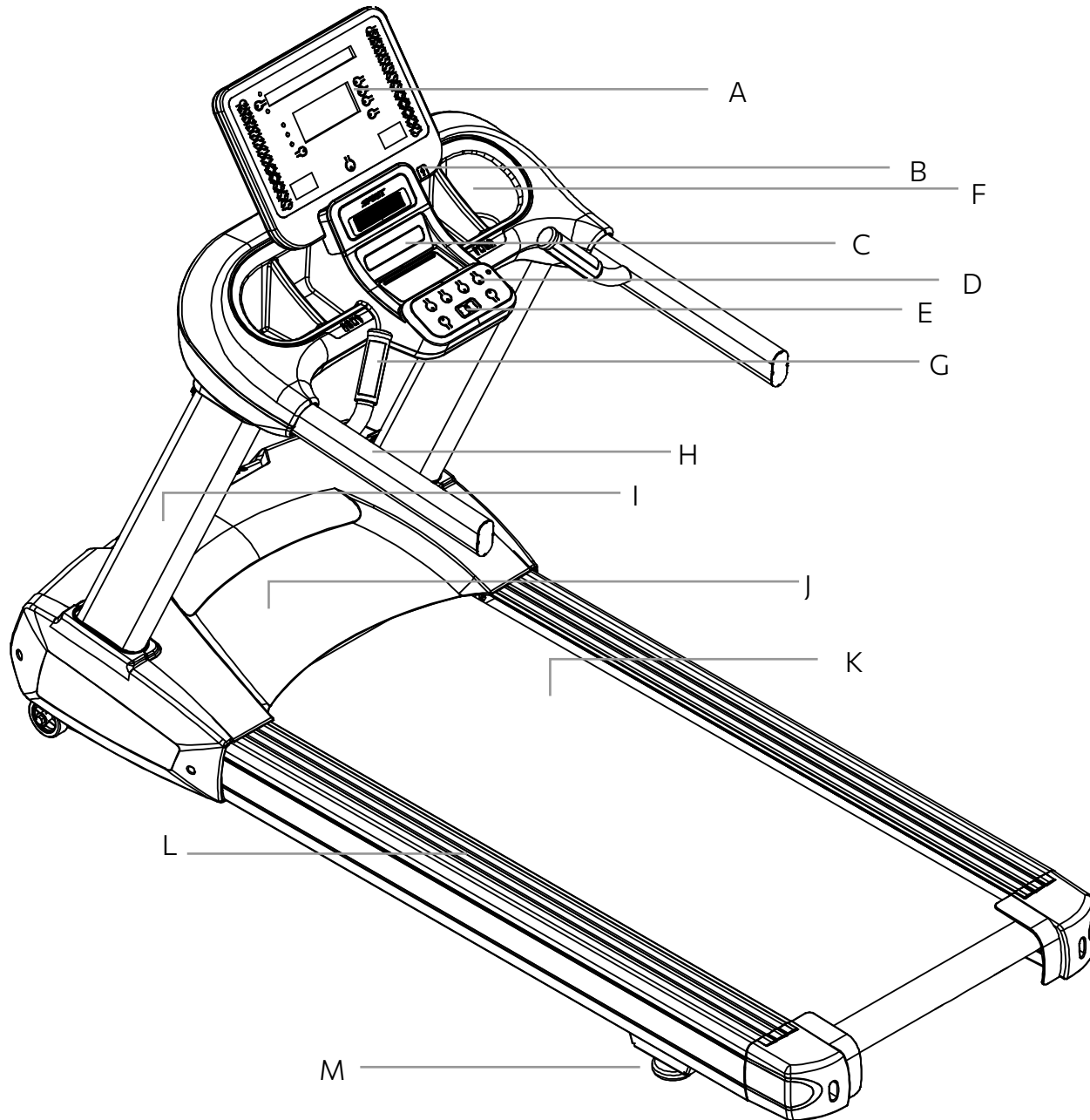
TOOLS

- ☐ 3/8" Allen Wrench
- ☐ 10mm Allen Wrench
- ☐ Phillips Head Screwdriver

PARTS INCLUDED:

- ☐ 2 Console Masts
- ☐ 2 Side Covers
- ☐ 1 Base Frame
- ☐ 1 Console Support
- ☐ 1 Console
- ☐ 1 Safety Button
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

PARTS OF YOUR TREADMILL



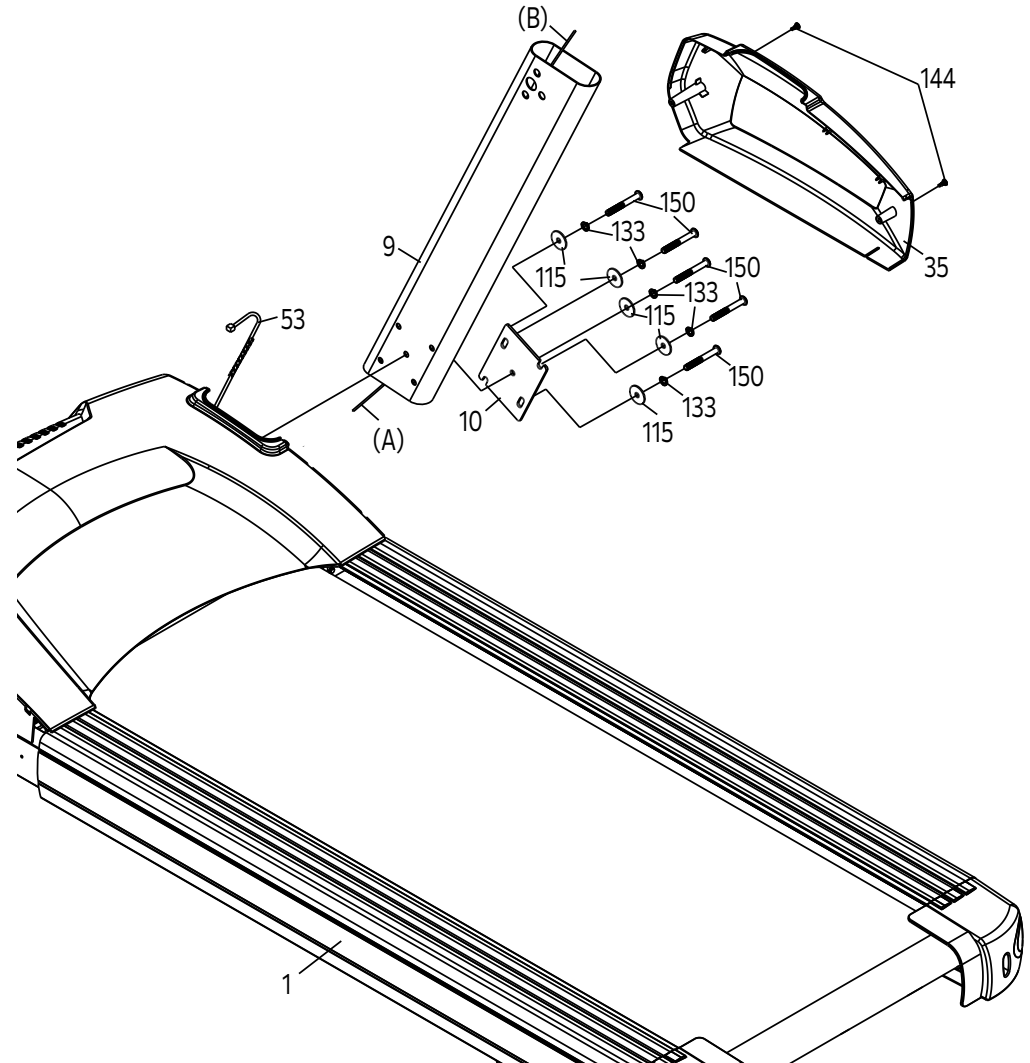
- A. Console
- B. USB Chargers
- C. Accessory tray
- D. Console buttons
- E. Safety stop key
- F. Cup holders
- G. Hand pulse sensors
- H. Handlebars
- I. Uprights
- J. Motor cover
- K. Belt
- L. Side rails
- M. Levelers

PRE-ASSEMBLY

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

ASSEMBLY - STEP ONE

1. Gather **Hardware for Step 1**.
2. Thread the **Computer Cable (No.53)** up through the center of the **Right Upright Column (No.9)**.
3. Use four sets of **Button Head Socket Bolt (No.150)**, **Split Washer (No.133)** against a **Flat Washer (No.115)** to secure the **Upright Fixing Plate (No.10)** to the **Right Uprights (No.9)** to the **Main Frame (No.1)** using the **Allen Wrench (No.160)**.
4. Use two **Phillips Head Screws (No.144)** to secure the **Motor Base Cap Right (No.35)** to **Main Frame (No.1)** using the **Screw Driver (No.158)**.
5. Repeat the previous two steps on the left side.

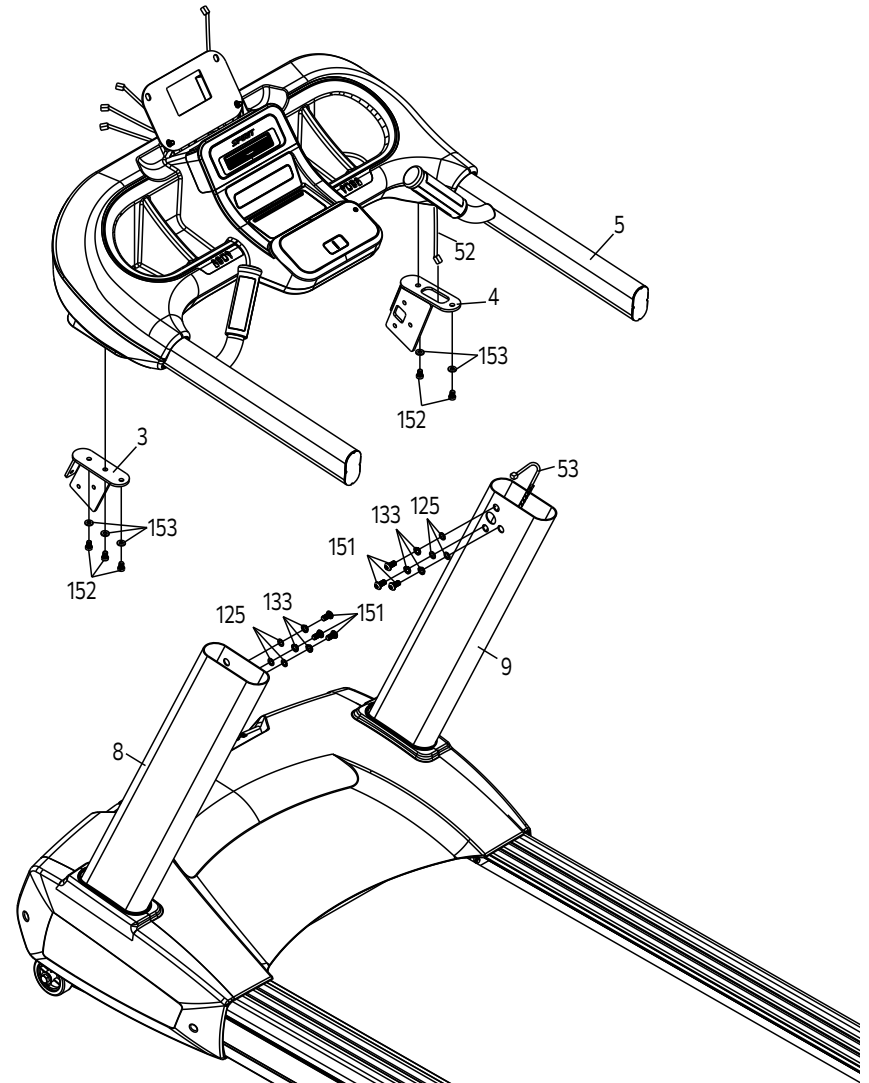


HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
150	BUTTON HEAD SOCKET BOLT	3/8" x 3"	10
133	SPLIT WASHER	Ø10 x 2T	10
115	FLAT WASHER	Ø3/8" x 35 x 2.0T	10
144	PHILLIPS HEAD SCREWS	M5 x 12mm	4

ASSEMBLY - STEP TWO

1. Gather **Hardware for Step 2**.
2. On the underside of the **Console Support (No.5)** is where the **Locking Plate Assembly (No. 3 & 4)** can be attached. Use 2 **Socket Head Cap Bolts (No.152)** and 2 **Flat Washers(No.153)** on each side to secure.
3. Connect the **Computer Cable (No. 53)** with the **Upper Computer Cable (No.52)**. Be careful not to pinch the wires and slide them into the **Right Upright (No.9)**.
4. Gently slot the **Console Support (No.5)** into the **Left/ Right Uprights (No.8 & 9)** and secure with 3 **Button Head Socket Bolts (No.151)**, 3 **Split Washers (No.133)**, and 3 **Flat Washers (No.125)** on both sides using the **Allen Wrench (No.160)**.

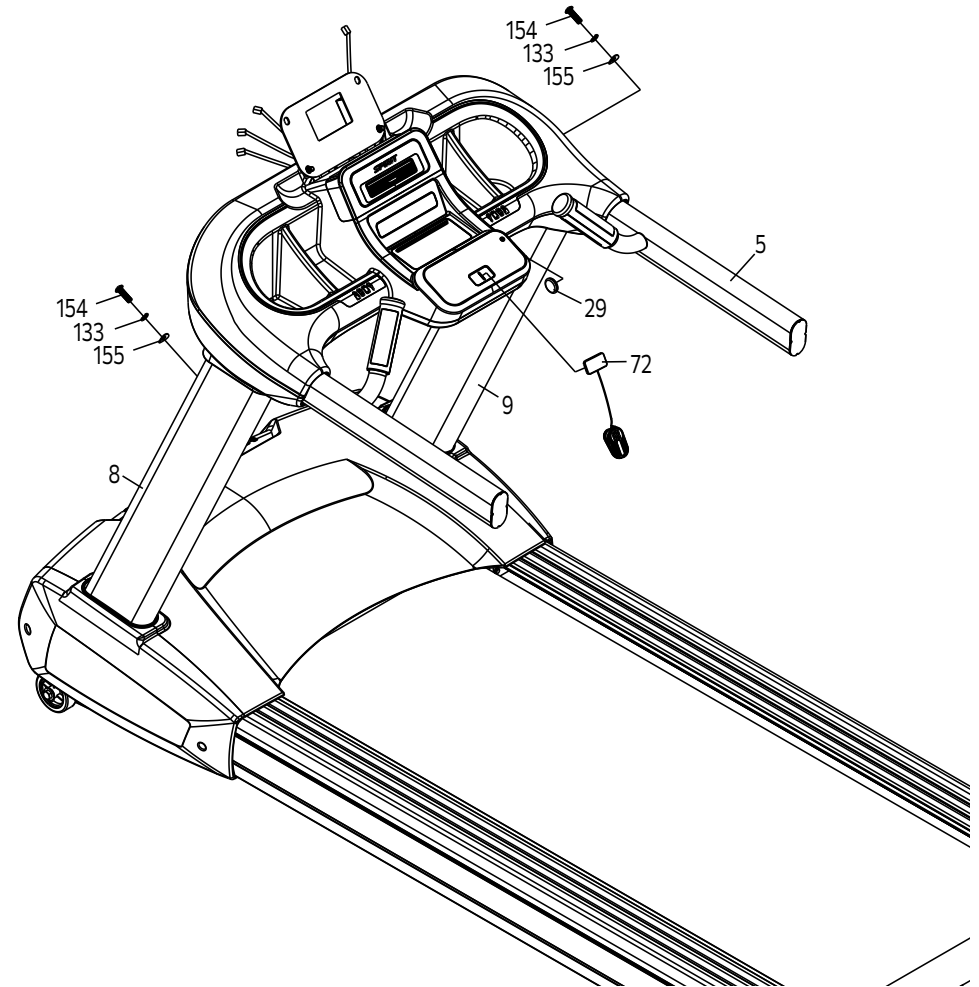
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
152	SOCKET HEAD CAP BOLT	M8 x 12mm	5
153	FLAT WASHER	Ø8 x Ø16 x 2T	5
151	BUTTON HEAD SOCKET BOLT	3/8" x 3/4"	6
133	SPLIT WASHER	Ø10 x 2T	6
125	FLAT WASHER	Ø3/8" x Ø25 x 2.0T	6



ASSEMBLY - STEP THREE

1. Gather **Hardware For Step 3**.
2. Further secure the uprights by inserting a **Button Head Socket Bolt (No.154)** through a **Split Washer (No.133)**, and a **Curved Washer (No.155)** onto the backside of both **Left/Right Uprights (No. 8 & 9)** using the **Allen Wrench (No.160)**.
3. Plug the **Round Cap (No.29)** into the **Right Upright (No.9)**.
4. Plug the **Safety Key (No.72)** into the Safety Key base on the **Console Support (No.5)**.

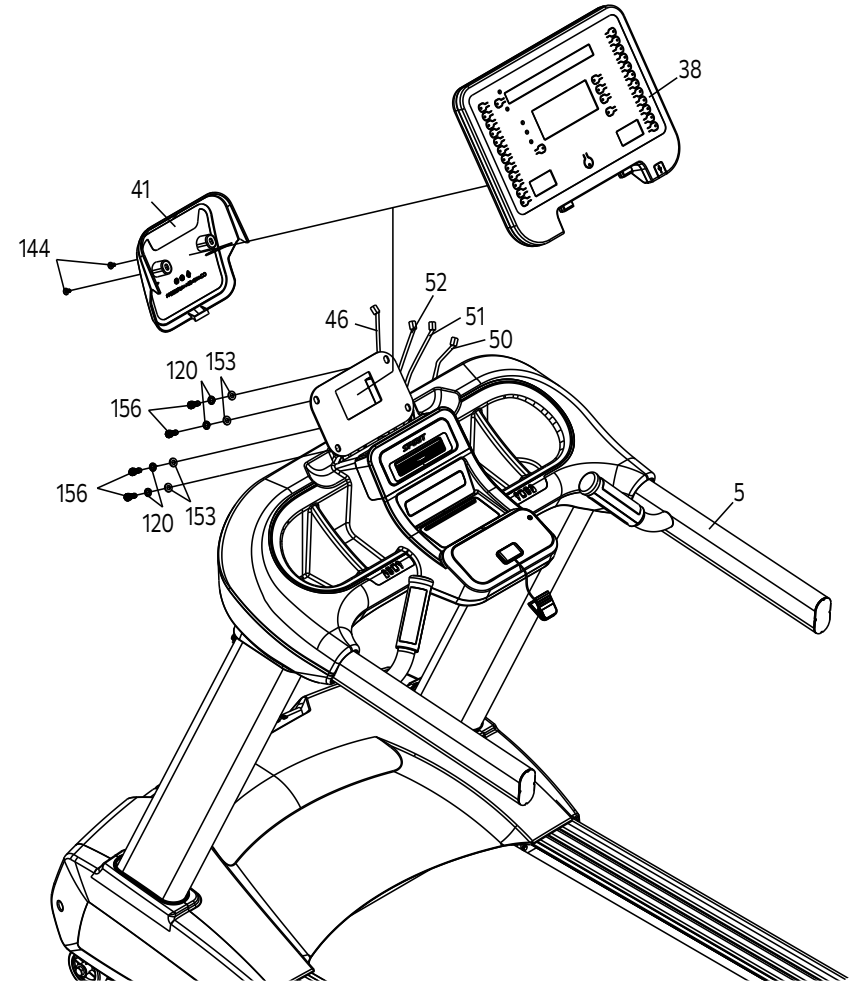
HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
154	BUTTON HEAD SOCKET BOLT	3/8" x UNC16 x1-1/4	2
133	SPLIT WASHER	Ø10 x 2T	2
155	CURVED WASHER	Ø10 x Ø23 x 1.5T	2
29	ROUND CAP		1



ASSEMBLY - STEP FOUR

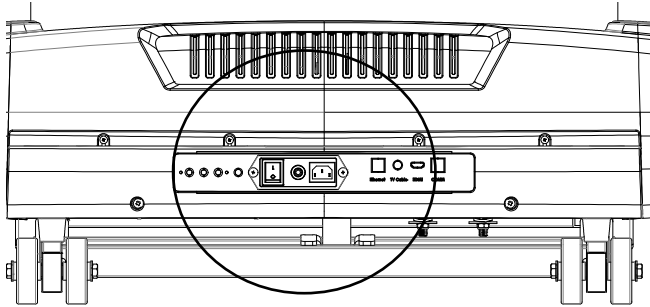
1. Gather Hardware for Step 4.
2. Place the Console Assembly (No.38) onto the Console Support (No.5). Secure with 4 Socket Head Cap Bolts (No.156), 4 Split Washer (No.120), and 4 Flat Washers (No.153) using the Allen Wrench (No.159).
3. Connect the Upper Handpulse Wires (No.50 & 51) and Upper Computer Cable (No.52) to Console Assembly (No.38).
4. Fasten the Console Cover (No.41) with 1 Phillips Head Screw (No.144) to the Console Support (No.5) using the Screw Driver (No.158).

HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
156	SOCKET HEAD CAP BOLT	M8 x P1.25 x 20L	4
120	SPLIT WASHER	Ø8 x 1.5T	4
153	FLAT WASHER	Ø8 x Ø16 x 2T	4
144	PHILLIPS HEAD SCREW	M5 x 12mm	2



SETTING UP YOUR TREADMILL

Plugging in & Starting Operation



Power Input Located as shown above.

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety button 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; see maintenance for changing settings) the treadmill has gone. A message will be displayed showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

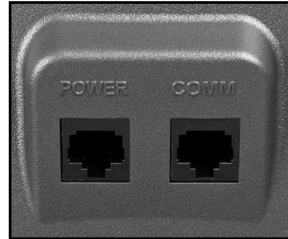
QUICK START

1. Press and release any button to wake display up if not already on.
2. Press and release the **Start** button to begin belt movement at 0.5 mph, then adjust to the desired speed using the **Up/Down Speed buttons**. You may also use the **Direct Access Speed Buttons** 1 through 12 to set to a specific speed directly.
3. To slow the treadmill belt press and hold the **Speed Down button** (console or hand rail) to the desired speed. You may also press the **Direct Access Speed Buttons**, 1 through 12.
4. To stop the treadmill belt press and release the red **Stop** button.

FEATURES

C-Safe Features

Your console is equipped with a CSAFE feature. The Power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the Power port at the back of the console. The Communication port (COMM) can be used to interact with fitness software applications.



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:

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.

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.

Pause / Stop / Reset

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

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

Incline

- Incline may be adjusted anytime after the belt starts moving.
- Press and hold the adjust **Incline Up/Down** buttons to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting a rapid incline button, 1 through 15, on left hand side of console (incline).
- The display will indicate incline numbers as percent of grade (the same as grade of a road) as adjustments are made.

FEATURES

Dot Matrix Message Center

- Ten rows of dots indicate each level of a workout in manual mode. Displays messages that help guide you through the programming process. During a program the message window displays your workout data. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline **Dot Matrix Message Center** will build a profile “picture” as values are changed during a workout. There are twenty-four columns, indicating time. The 24 columns are divided into 1/24th of the total time of the program. When the time is counting up from zero (as in quick start) each column represents 1 minute.
- Next to the **Dot Matrix Message Center** are three LED lights labeled: **Track, Speed and Incline**, along with a **Up/Down Scan** button. When the **Track** LED is lit the **Dot Matrix Message Center** displays the **Track** profile, when the **Speed** LED is lit the **Dot Matrix Message Center** displays the Speed profile and when the **Incline** LED is lit it displays the Incline profile. You may change the profile view by pressing the **Up/Down Scan** button. After scrolling through the three profiles the **Dot Matrix Message Center** will automatically scroll through the three displays showing each one for four seconds. The LED associated with each profile will blink while that view is displayed. One more press of the **Up/Down Scan** button will return you to the **Track** profile.

1/4 Mile Track

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

Heart Rate Window

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The CT850 will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

ABOUT YOUR MACHINE

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



Your new Spirit Fitness treadmill has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions on page 20 to learn more about using the Bluetooth capabilities to their fullest potential.



Downloading the Spirit+ app will help unlock more features - such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet, or scan the QR code on the right

Did you know that you can personalize your experience with your new treadmill? Create a profile and save custom workout programs by following the instructions on page 26.



The Spirit Fitness app is available on Google Play and the Apple App Store. Scan the QR Code below, and quickly and easily sign up to start taking your workout experience to a whole new level.



Be sure to follow Spirit Fitness on your favorite social media platforms to view and share the latest fitness videos, images, and news.

 facebook.com/SpiritFitnessProducts

 www.instagram.com/spirit/

 youtube.com/user/SpiritFitnessOnline

USING THE SPIRIT+ APP

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the machine for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the spirit + App to operate properly.



CONSOLE SCREEN - OVERVIEW



PROGRAMMABLE FEATURES

To Select and Start a Preset Program

The Spirit Fitness CT850 offers twelve preset programs, Hill, Fat Burn, Cardio, Interval, HIIT (High Intensity Interval Training), 5k Run, 10k Run, a Custom User defined program, two heart rate control programs, a Fitness Test (Gerkin, Army, Navy, Airforce, Marine Corps, Coast Guard, PEB), and one Manual program.

1. Press the Program button to select a program, then press the Enter button to begin customizing the program with your personal data, or just press the Start button to begin the program with the default settings.
2. After selecting a program and pressing Enter to set your personal data, the Time window will blink with the default value of 20 minutes. You may use any of the Up/Down buttons to adjust the time. After adjusting the time, press Enter. (Note: You may press Start at any time during the programming to begin with only settings you have modified at that point).
3. The Incline window will now be blinking a value indicating your Age. Use the Up/Down buttons to adjust, and then press enter.
4. The Distance window will now be blinking a value indicating your Bodyweight. Entering your correct bodyweight affects the Kcal readout accuracy. Use the Up/Down buttons to adjust, and then press Enter.
5. The Speed window will now be blinking, showing the preset top speed of the selected program. Use the Up/Down buttons to adjust, and then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will attain during your workout.
6. Now press the Start button to begin your workout, or the Stop button to return to the previous screen.
7. There will be a 3 minute warm-up to begin. You can press the Start button to bypass this and go straight to the workout. During the warm-up the clock will count down from 3 minutes. (5k Run, 10k Run, HR 1& 2, Custom, and Manual do not have warm-up)

PRESET PROGRAMS SPEED / INCLINE SETTINGS

The preset program Speed and Incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for P1 (Program 1, HILL) shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above). If the user sets the top speed to 10 mph, then the first segment will be 2 mph. You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 10 mph or simply 10 mph.

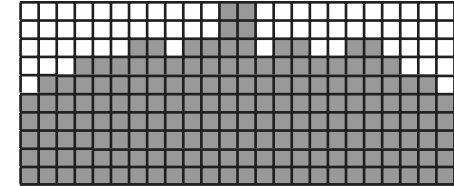
P1= Hill; P2= Fatburn; P3= Cardio; P4= Interval

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

PROGRAMS

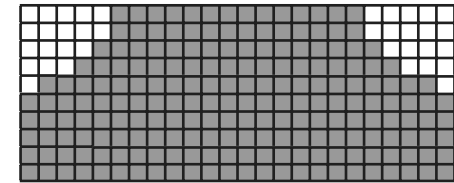
HILL

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



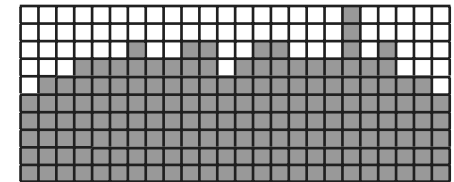
FAT BURN

This program follows a quick progression up to the maximum resistance 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.



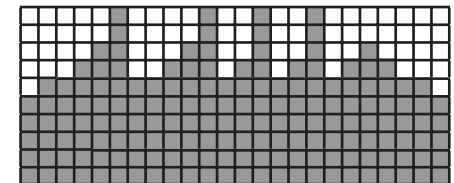
CARDIO

This program presents a quick progression up to near maximum resistance 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.



INTERVAL

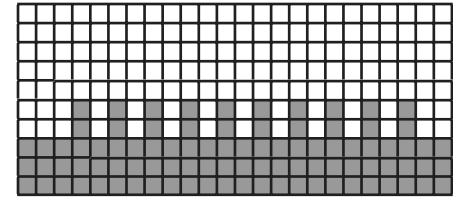
This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart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



PROGRAMS - CONTINUED

HIIT

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.



1. Using the **Program** button select the **HIIT** program then press **Enter**. The **Dot Matrix Message Center** will ask you to enter your **Age**. You may enter your **Age**, using the **Up** and **Down** keys, then press the Enter key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your **Weight**. You may adjust the Weight number using the **Up** and **Down** keys then press **Enter** to continue.
3. Next you are asked for the number of intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Next you will enter the Interval time. The **Dot Matrix Message Center** shows: Sprint Time:30 and Rest Time:30. The Sprint time will be blinking. You may use the **Up/Down** keys to adjust the Sprint time from 30 to 60 seconds then press **Enter**. The time for the Rest period will blink and you can adjust the time using the **Up/Down** keys and press **Enter**.
5. The **Dot Matrix Message Center** now displays SPRINT SPD 6.0 MPH. Use the **Up/Down** buttons to adjust the sprint speed you desire and press **Enter**.
6. The **Dot Matrix Message Center** now displays REST SPEED 3.0 MPH. Use the **Up/Down** buttons to adjust the res speed you desire and press **Enter**.
7. You may now press **Start** to begin the HIIT program. The program starts with a 3-minute warm-up period with the speed set to 50% of the sprint speed selected previously. You can manually adjust the speed during warm-up if you wish.

PROGRAMS - CONTINUED

CUSTOM PROGRAM

1. Select the **Custom** program using the **Program** button then press **Enter**. Note that the **Dot Matrix Message Center** will light a single row of dots at the bottom (Unless there is a previously saved program).
2. The clock (**Time**) window will be flashing. Use the **Up/Down** buttons to set the program for the desired time. Press the **Enter** button. This is a must to continue even if the time is not adjusted.
3. The **Incline** window will now be blinking a value indicating your **Age**. Use the **Up/Down** buttons to adjust and then press **Enter**.
4. The **Distance** window will now be blinking a value indicating your **Bodyweight**. Entering your correct bodyweight affects the **Calorie** readout accuracy. Use the **Up/Down** buttons to adjust, and then press **Enter**.
5. The first speed setting column (segment) will now be blinking. Using the **Up/Down** buttons, adjust the speed to your desired effort level for the first segment then press **Enter**. The second column will now be blinking. Note that the previous segment value has been carried over to the new segment. Repeat the above process until all segments have been programmed.
6. The first column will be blinking again. The console is now ready for the incline settings. Repeat the same process used to set the speed values for programming the segments for incline.
7. Press the **Start** button to begin the workout and also save the program to memory.

5K RUN 10K RUN

This program automatically sets a 5k or 10k (5 or 10 kilometer) distance as your goal. The track display will show one loop that is the equivalent of 5 or 10 kilometers and the Distance window will also show 5k or 10k to start. When the program begins the Distance will count down; once it reaches zero the program ends.

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

PROGRAM - CONTINUED

FITNESS TEST

When the Fit-Test button is pressed the dot matrix displays the 5 different tests available: Gerkin, Army, Navy, Air Force, Marines, PEB, Coast Guard. To select your desired fitness test use the arrow button and press enter.

FITNESS TEST OPERATION

1. The **Dot Matrix Message Window** will ask you to enter your **Weight**. You may adjust the weight setting, shown in the Distance window, using the **Up** and **Down** buttons then press the **Enter** button to accept the new number and proceed on to the next screen.
2. You are now asked to enter your **Age**. You may adjust the age setting, shown in the **Incline** window, using the **Up** and **Down** buttons then press **Enter** to continue.
3. You are now asked to enter your **Gender**. You may adjust the gender setting, shown in the **Incline** window, using the **Up** and **Down** buttons then press **Enter** to continue.
4. Now press **Start** to begin the test.

GERKIN TEST

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

Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	4.5mph	0%	31.15
2.1	1:15	4.5mph	2%	32.55
2.2	1:30	4.5mph	2%	33.6
2.3	1:45	4.5mph	2%	34.65
2.4	2:00	4.5mph	2%	35.35
3.1	2:15	5.0mph	2%	37.45
3.2	2:30	5.0mph	2%	39.55
3.3	2:45	5.0mph	2%	41.3
3.4	3:00	5.0mph	2%	43.4
4.1	3:15	5.0mph	4%	44.1
4.2	3:30	5.0mph	4%	45.15
4.3	3:45	5.0mph	4%	46.2
4.4	4:00	5.0mph	4%	46.5
5.1	4:15	5.5mph	4%	48.6
5.2	4:30	5.5mph	4%	50
5.3	4:45	5.5mph	4%	51.4
5.4	5:00	5.5mph	4%	52.8
6.1	5:15	5.5mph	6%	53.9
6.2	5:30	5.5mph	6%	54.9
6.3	5:45	5.5mph	6%	56

6.4	6:00	5.5mph	6%	57
7.1	6:15	6.0mph	6%	57.7
7.2	6:30	6.0mph	6%	58.8
7.3	6:45	6.0mph	6%	60.2
7.4	7:00	6.0mph	6%	61.2
8.1	7:15	6.0mph	8%	62.3
8.2	7:30	6.0mph	8%	63.3
8.3	7:45	6.0mph	8%	64
8.4	8:00	6.0mph	8%	65
9.1	8:15	6.5mph	8%	66.5
9.2	8:30	6.5mph	8%	68.2
9.3	8:45	6.5mph	8%	69
9.4	9:00	6.5mph	8%	70.7
10.1	9:15	6.5mph	10%	72.1
10.2	9:30	6.5mph	10%	73.1
10.3	9:45	6.5mph	10%	73.8
10.4	10:00	6.5mph	10%	74.9
11.1	10:15	7.0mph	10%	76.3
11.2	10:30	7.0mph	10%	77.7
11.3	10:45	7.0mph	10%	79.1
11.4	11:00	7.0mph	10%	80

PROGRAMS - CONTINUED

ARMY

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

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

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

NAVY

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

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

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

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

AIR FORCE

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

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

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

MARINES

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

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

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

PROGRAMS - CONTINUED

PEB

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

Age	Male	Female
20-24	10:43	13:36
25-29	11:05	13:43
30-34	11:26	13:43
35-39	11:47	14:37
40-44	12:28	15:12

Age	Male	Female
45-49	13:07	16:02
50-54	13:49	17:02
55-59	14:48	17:37
60+	15:07	17:37

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

COAST GUARD

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

Age	Male	Female
<30	12:52	15:27
30-39	13:37	15:58
40-49	14:30	16:59
50-59	15:27	17:56
60+	16:41	18:46

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

Before The Test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During The Test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- The test will start with a 3 minute warm-up at 3 MPH before the actual test begins.
- The data shown during the test is:
 - a. Time indicates total elapsed time
 - b. Incline in percent grade
 - c. Distance in Miles or Kilometers depending on preset parameter.
 - d. Speed in MPH or KPH depending on preset parameter.
 - e. Target Heart Rate and Actual Heart Rate are shown in the **Dot Matrix Message Center**.

After The Test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

PROGRAMS SETUP - CONTINUED

WHAT YOUR SCORE MEANS

Vo2max Chart For Males And Very Fit Females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

Vo2max Chart For Females And De-Conditioned Males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

HEART RATE CONTROL

Heart Rate Control (HRC) uses your treadmill's incline system to control your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

Selecting a Heart Rate Control Program:

You have the option, during the setup mode, to choose either the Weight Control (HR-1) program or the Cardiovascular (HR-2) program. The Weight Control program will attempt to maintain your heart rate at 65% of your Maximum Heart Rate. The Cardiovascular program will attempt to maintain your heart rate at 80% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from a constant of 220. Your HR setting is automatically calculated during the setup mode when you enter your age.

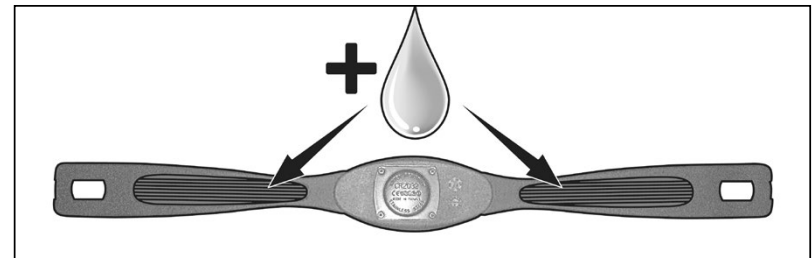
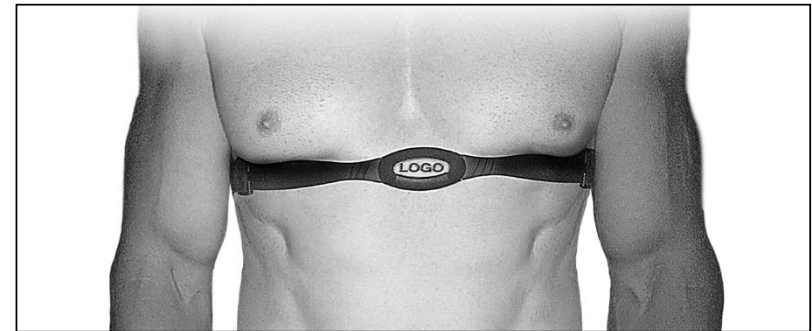
HEART RATE CONTROL PROGRAMMING

1. You must receive a strong / steady value in heart rate window or the program will not start. **Dot Matrix Message Center** will show "Check Pulse" if there is no pulse signal.
2. Use the **Program** button to select the **HR** program to begin.
3. The **Dot Matrix Message Center** will show "Press **Enter** to modify or **Start** to begin workout". You can either press the **Enter** button for settings or press the **Start** button to execute the default program.
4. When **Enter** is pressed, the **Dot Matrix Message Center** will read, "Press 1 or 2 to select then press **Enter**". At the same time, the **Dot Matrix Message Center** will show "1".
5. The **Dot Matrix Message Center** will show "Adjust Time then press **Enter**" with the Time window blinking. Use the **Up/Down & Fast/Slow** buttons to adjust. After setting a time, press **Enter**.
6. The **Dot Matrix Message Center** will prompt you to enter **Age**. Press **Enter** once adjusted.
7. The **Dot Matrix Message Center** will prompt you to enter **Body Weight**. Press **Enter** once adjusted.
8. The **Dot Matrix Message Center** will prompt you to enter **Heart Rate**. Press **Enter** once adjusted.
9. Press **Start** to begin your workout or **Enter** to modify. Press **Stop** to return to the previous screen.

HEART RATE CHEST STRAP* (NOT INCLUDED)

1. Attach the transmitter to the elastic strap using the interlocking key.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

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



CHEST STRAP WARNING* (NOT INCLUDED)

Erratic Operation

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

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

1. Treadmills is not properly grounded.
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact Spirit Fitness.

HEART RATE EXERTION

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

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 65% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardiovascular system. This 65% to 85% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$ (maximum heart rate)

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

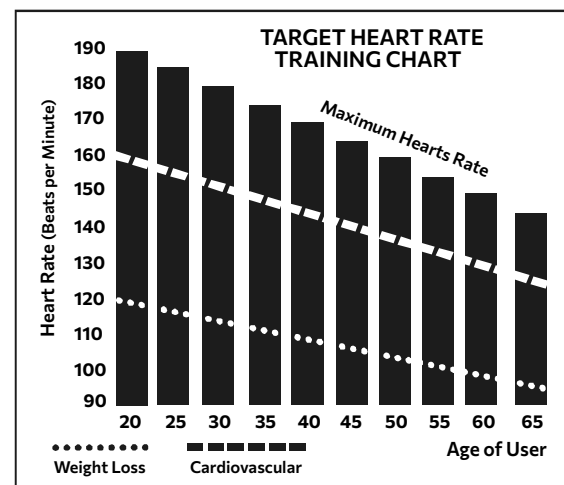
$180 \times .85 = 153$ beats per minute (85% of maximum)

So for a 40 year old the training zone would be 117 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate program you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any of the nine different programs.



HEART RATE - PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort. The scale is as follows:

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

Rating Perception of Effort

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

CALIBRATION PROCEDURE & ENGINEERING MODE MENU

1. Remove the safety key.
2. Press and hold down the **Start** and **Speed Up** buttons and replace the safety button. Continue to hold the Start and **Speed Up** button until the window displays “Factory settings”, then press the **Enter** button.
3. You will now be able to set the display to show Metric or Imperial settings (Meters vs. Miles). To do this, press the **Up** or **Down** button to show which you want, then press **Enter**.
4. Make sure the wheel size diameter is 2.98 then press **Enter**.
5. Adjust the minimum speed (if needed) to 0.5 and then press **Enter**.
6. Adjust the maximum speed (if needed) to 12.0 and then press **Enter**.
7. Adjust the maximum elevation (if needed) to 15 and then press **Enter**.
8. Press **Start** to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ENGINEERING MODE MENU

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a button is pressed for example. To enter the Engineering Mode Menu press and hold down the **Start**, **Stop** and **Enter** buttons, then insert the safety button. Keep holding the buttons down for about 5 seconds until the Message Center displays Engineering Mode Menu. Press the **Enter** button to access the menu below:

1. Key Test (Will allow you to test all the buttons to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Security (Allows the keypad to be locked to prevent unauthorized use)
4. Functions (Press Enter to access settings and Up arrow to scroll)
 - a. Sleep Mode -Turn on to have the console power down automatically after 30 minutes of inactivity
 - b. Pause Mode -Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely
 - c. Maintenance - Reset maintenance reminder message and odometer readings
 - d. GS Mode - Returns the elevation to lowest setting when pause is pressed
 - e. Beep Mode- Turns the speaker (beep sound) on or off.
5. Security - Sets the Child Lock function. This function locks out the keypad until a pre-determined key sequence is pressed. Key sequence = Incline UP held down together until unlocked.

POST WORKOUT - MACHINE CARE

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

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

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

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

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE PERFORMING THIS TASK.** Do not attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be

left to trained service personnel familiar with electromechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

BELT ADJUSTMENTS:

Tread-belt Tension Adjustment - 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 8mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram to the right.

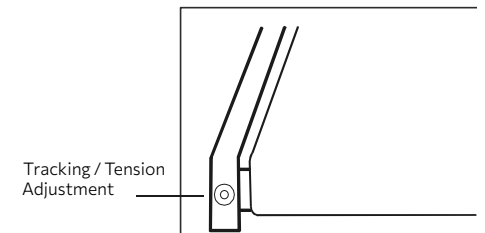
Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, 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 OVER TIGHTEN -

Over tightening will cause belt damage and premature bearing failure. If you tighten

the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.



MACHINE CARE - CONTINUED

TREADBELT TRACKING ADJUSTMENT:

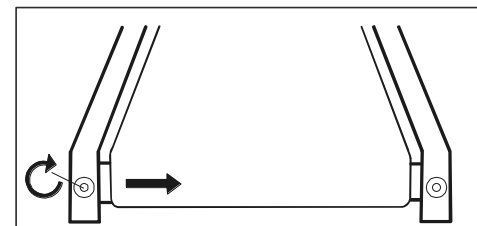
The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

An 8 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 2 to 3 MPH.

Remember, a small adjustment can make a dramatic difference!

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



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

Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:

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

MACHINE CARE - CONTINUED - SCHEDULE

UNPLUG TREADMILL BEFORE PERFORMING ANY MAINTENANCE.

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

MACHINE CARE - CONTINUED

Post-Workout Machine Care

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

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. It is important to note that 90% of calls to the service department for noise issues can be traced to loose hardware.
2. The crank arm nut needs to be retightened. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

Post-Workout Machine Care

1. Store your machine according to the instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the machine.
3. Use a microfiber cloth to clean the screen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

WARNING

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

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

Sanitizing Your Spirit Fitness Equipment

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- For more details on sanitization, or to learn how to make your own spray solution, please visit:
support.spiritfitness.com/hc/en-us/articles/4406787148564

TROUBLESHOOTING

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

Problem	Solution/ Cause
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 230 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See the Machine Care section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	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 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 120 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Machine Care section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side
Treadmill trips on board 15 amp circuit	High belt/deck friction. See Machine Care section. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the treadmill circuit breaker	Need to replace the breaker with a "High In-rush current" type breaker. See "Electrical Safety" section for more details.

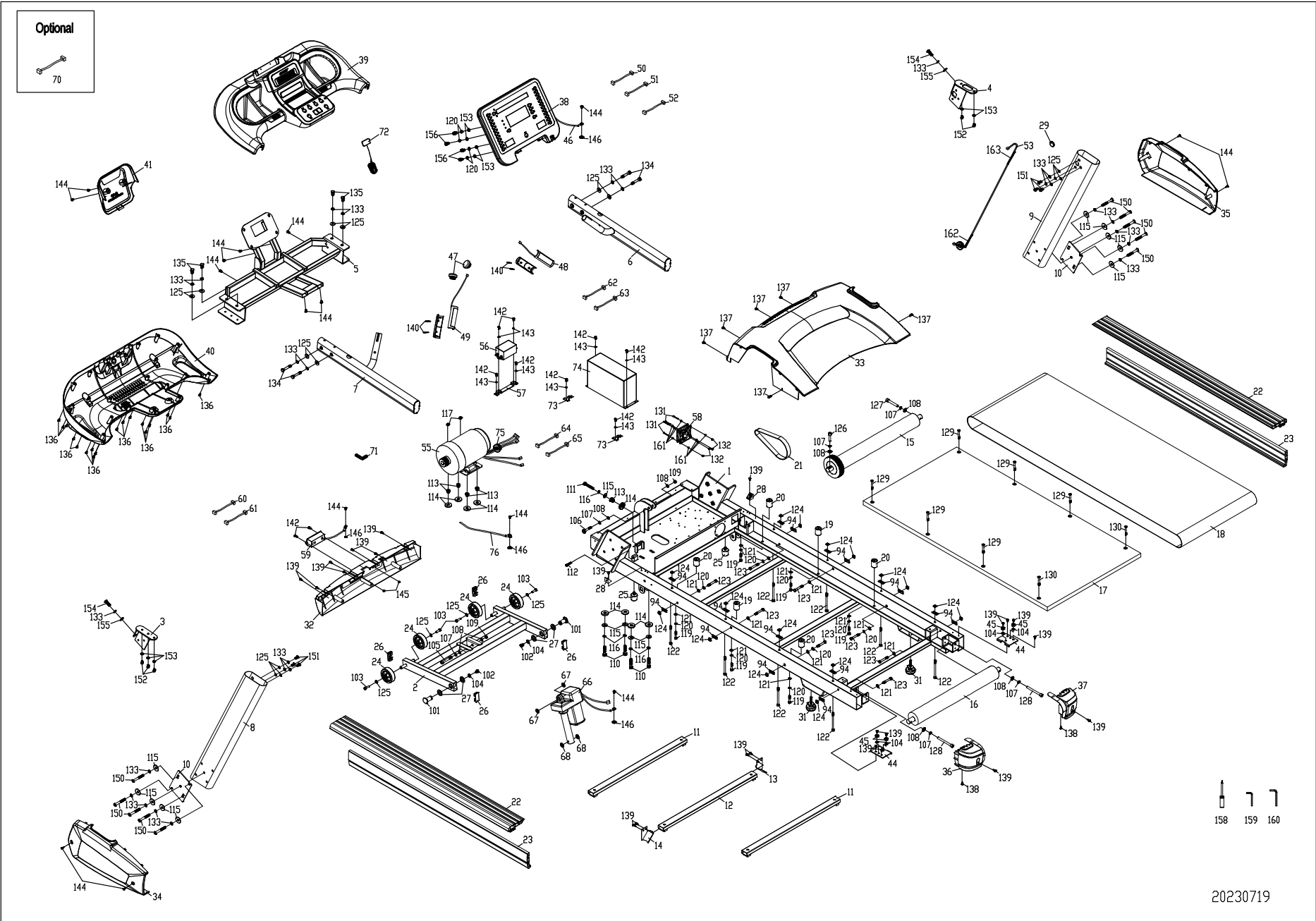
ERROR CODES

Error Code	CAUSE	SOLUTION
E-01H	Abnormal AC input voltage.	Check the AC input voltage is stable 100~120V.
E-02H	Feedback voltage of IGBT temperature sensor is too low.	The Inverter temperature sensor is defective, try to reboot the treadmill that may restore the sensor.
E-04H	Output over current.	Check if the motor, driver belt, rollers, and running belt cause the motor stuck.
E-06H	The inverter is overvoltage.	Check the AC input voltage is stable 100~120V.
E-07H	The communication from console to the controller is delay.	Check all the wires from the controller board to the console.
E-09H	The inverter is over heat.	1. Check the fan of inverter. 2. Clean the inverter. 3. Is the ambient temperature too high?
E-0AH	The overcurrent of the motor.	The running belt is worn need lubricate or replacement.
E-0BH	The overcurrent of the inverter.	The running belt is worn need lubricate or replacement.
E-0CH	The overcurrent of the system.	The running belt is worn need lubricate or replacement.
E-21H	PrEr Flash program is defective.	Reboot the treadmill may restore or the console requires replacement.
E-22H	EEPROM is defective.	1. Try to press and hold the STOP button to reset the console. 2. The console requires replacement.
E-23H	Low voltage.	Check the AC input voltage is stable 100~120V.
E-25H	The warning of emergency stop.	Check the wires of Safe Key set or reboot the treadmill.
E-26H	drvFDriver setting abnormal.	Reboot the treadmill may restore or the console requires replacement.
E-27H	LP input low voltage.	Reboot the treadmill may restore.
E-28H	HP input high voltage.	Reboot the treadmill may restore.
E-29H	The inverter is over heat.	1. Check the fan of inverter. 2. Clean the inverter. 3. Is the ambient temperature too high?
E-41H	OLO The system is overload.	1. Check if the motor, driver belt, rollers, and running belt cause the motor stuck. 2. The running belt is worn need lubricate or replacement.
E-42H	The warning of high temperature.	1. Check the fan of inverter. 2. Clean the inverter. 3. Is the ambient temperature too high?

ERROR CODES

E-50H	The communication from console to the controller is abnormal.	Check all the wires from the controller board to the console.
E-51H	The communication inside the console is abnormal.	Check all the wires from the controller board to the console.
E-52H	The incline motor can't work normally when doing the calibration procedure.	1. Recalibration again. 2. Check the wires of incline motor. 3. Check the incline motor is stuck.
E3	The incline motor can't work normally	1. Recalibration again. 2. Check the wires of incline motor. 3. Check the incline motor is stuck.

EXPLODED VIEW DIAGRAM



PARTS LIST

1	Main Frame	1	36	Rear Adjustment Base (L)	1
2	Incline Bracket	1	37	Rear Adjustment Base (R)	1
3	Locking Plate Assembly (L)	1	38	Console Assembly	1
4	Locking Plate Assembly (R)	1	39	Rack Top Cover	1
5	Console Support	1	40	Rack Bottom Cover	1
6	Handle Bar (R)	1	41	Console Cover	1
7	Handle Bar (L)	1	44	Adjustment Rail Pad	2
8	Left Upright	1	45	Rubber Foot Pad	4
9	Right Upright	1	46	300mm Ground Wire	1
10	Upright Fixing Plate	2	47	Handpulse End Cap	2
11	Running Deck Stabilizer Assembly(A)	2	48	900mm Handpulse W/Cable Assembly(SMP-03)	1
12	Running Deck Stabilizer Assembly(B)	1	49	900mm Handpulse W/Cable Assembly(SMR-03)	1
13	Belt Guide(R)	1	50	400mm Handpulse Wire (Upper)	1
14	Belt Guide(L)	1	51	400mm Handpulse Wire (Upper)	1
15	Front Roller W/Pulley	1	52	1100mm Computer Cable(Upper)	1
16	Rear Roller	1	53	2000mm Computer Cable	1
17	Running Deck	1	55	Drive Motor	1
18	Running Belt	1	56	Filter	1
19	Cushion A	2	57	Filter Plate	1
20	Cushion B	4	58	Fan	1
21	Drive Belt	1	59	AC Electronic Module	1
22	Foot Rail(Upper)	2	60	450mm Connecting Wire (White)	1
23	Foot Rail	2	61	450mm Connecting Wire (Black)	1
24	Transportation Wheel	4	62	350mm Connecting Wire(White)	1
25	Incline Rubber Foot	2	63	350mm Connecting Wire (Black)	1
26	Square End Cap	4	64	400mm Motor Fan Connecting Cable(Black)	1
27	Stable Wheel Spacer	4	65	400mm Motor Fan Connecting Cable(White)	1
28	Motor Cover Anchor(D)	2	66	Incline Motor	1
29	Round Cap	1	67	Ø10 × Ø25 × 0.8T Nylon Washer	2
31	Foot Pad	2	68	Ø10 × Ø25 × 2.5T Nylon Washer	2
32	Front Motor Cover	1	70	Power Cord	1
33	Motor Top Cover	1	71	TV Adapter (5C2V)	1
34	Motor Base Cap (L)	1	72	Square Safety Key	1
35	Motor Base Cap (R)	1	73	Inverter Plate	2

PARTS LIST

74	Inverter	1	131	M3 × 40mm Phillips Head Screw	4
75	Ø35×21×13L Ferrite Core	1	132	M3 × 5T Nylon Nut	4
76	300mm Ground Wire	1	133	Ø10 × 2T Split Washer	26
94	Ø30 × 14 × 1.5T × 3.5H Concave Washer	16	134	3/8" × 2-1/4" Hex Head Bolt	4
101	Ø18 × Ø19 × 41L Carriage Bolt	2	135	3/8" × 3/4" Hex Head Bolt	4
102	M8 × 12mm Hex Head Bolt	2	136	3.5 × 12mm Sheet Metal Screw	18
103	3/8" × 25mm Hex Head Bolt	4	137	5 × 12mm Sheet Metal Screw	6
104	Ø8.5 × Ø26 × 2.0T Flat Washer	6	138	5 × 25mm Tapping Screw	2
105	M10 × P1.5 × 65mm Hex Head Bolt	1	139	5 × 19mm Tapping Screw	23
106	M10 × P1.5 × 50mm Hex Head Bolt	1	140	3 × 25mm Tapping Screw	4
107	Ø10 × 1.5T Split Washer	6	142	M5 × 12mm Phillips Head Screw	10
108	Ø3/8" × Ø19 × 1.5T Flat Washer	8	143	Ø5 × 1.5T Split Washer	8
109	M10 × P1.5 × 8T Nylon Nut	2	144	M5 × 12mm Phillips Head Screw	16
110	3/8" × UNC16 × 2" Socket Head Cap Bolt	4	145	M5 × 5T Nylon Nut	2
111	3/8" × 2-1/2" Hex Head Bolt	1	146	M5 Star Washer	4
112	3/8" × UCN16 × 2" Socket Head Cap Bolt	1	150	3/8" × 3" Button Head Socket Bolt	10
113	Ø10 × Ø14 × 14L Bushing	5	151	3/8" × 3/4" Button Head Socket Bolt	6
114	Ø13 × Ø35 × 5T Nylon Washer	9	152	M8 × 12mm Socket Head Cap Bolt	5
115	Ø3/8" × 35 × 2.0T Flat Washer	15	153	Ø8 × Ø16 × 2T Flat Washer	9
116	Ø10 × 2.0T Split Washer	5	154	3/8" × UNC16 × 1-1/4" Button Head Socket Bolt	2
117	3/8" × 7T Nylon Nut	2	155	Ø10 × Ø23 × 1.5T Curved Washer	2
119	M8 × 1.25 × 40mm Socket Head Cap Bolt	6	156	M8 × P1.25 × 20L Socket Head Cap Bolt	4
120	Ø8 × 1.5T Split Washer	14	158	Phillips Head Screw Driver	1
121	Ø5/16" × 16 × 1.0T Flat Washer	14	159	L Allen Wrench	1
122	M8 × 1.25 × 95mm Button Head Socket Bolt	8	160	Allen Wrench	1
123	M8 × 55mm Hex Head Bolt	8	161	Isolation Pad	8
124	M8 × 1.25 × 6.5T Square Nut	16	162	Ending Tape(400mm)	1
125	Ø3/8" × Ø25 × 2.0T Flat Washer	18	163	Ending Tape(200mm)	1
126	M10 × 40mm Socket Head Cap Bolt	1			
127	M10 × 80mm Socket Head Cap Bolt	1			
128	M10 × 100mm Socket Head Cap Bolt	2			
129	M8 × P1.25 × 55L Flat Head Countersink Bolt	6			
130	M8 × 35mm Flat Head Countersink Bolt	2			

WARRANTY - COMMERCIAL

Effective September 17, 2024- CT850 Treadmill LIMITED WARRANTY

Spirit Fitness Inc. warrants all its home use Treadmill parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness’ responsibilities include providing new or remanufactured parts, at Spirit Fitness’ option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Commercial Limited Warranty

Warranty	Frame*	Motor	Deck & Parts	Labor	Wear Items**
Commercial (Non-Dues Paying Facilities)	10 Years	5 Years	5 Years	2 Years	6 Months
Residential	10 Years	Lifetime (Motor & Deck)	10 Years	2 Years	6 Months

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

Prisons and correctional facilities are excluded from warranty coverage.

RESPONSIBILITIES OF THE FACILITY

1. The facility is responsible for the items listed below:
2. The warranty registration must be completed online to validate the manufacturer’s limited warranty.
3. Proper use of the fitness equipment in accordance with the instructions provided in this manual
4. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
5. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.
6. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
7. Damages to the fitness equipment finish during shipping, installation or following installation.
8. Routine maintenance of this unit as specified in this manual.

WARRANTY - CONTINUED

What is not covered?

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for units not requiring component replacement, or units not in ordinary household or light commercial use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in prisons and correctional facilities.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not include Alaska or Hawaii.

WARRANTY - CONTINUED

Responsibilities of the Owner

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. **DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER.** All units arriving without a return authorization number will be refused.

For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

3000 Nestle Road Jonesboro, AR 72401 | Phone: 800-258-8511 | Fax: 870-935-7611

www.spiritfitness.com

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