



CRS800S RECUMBENT STEPPER

OWNER'S MANUAL

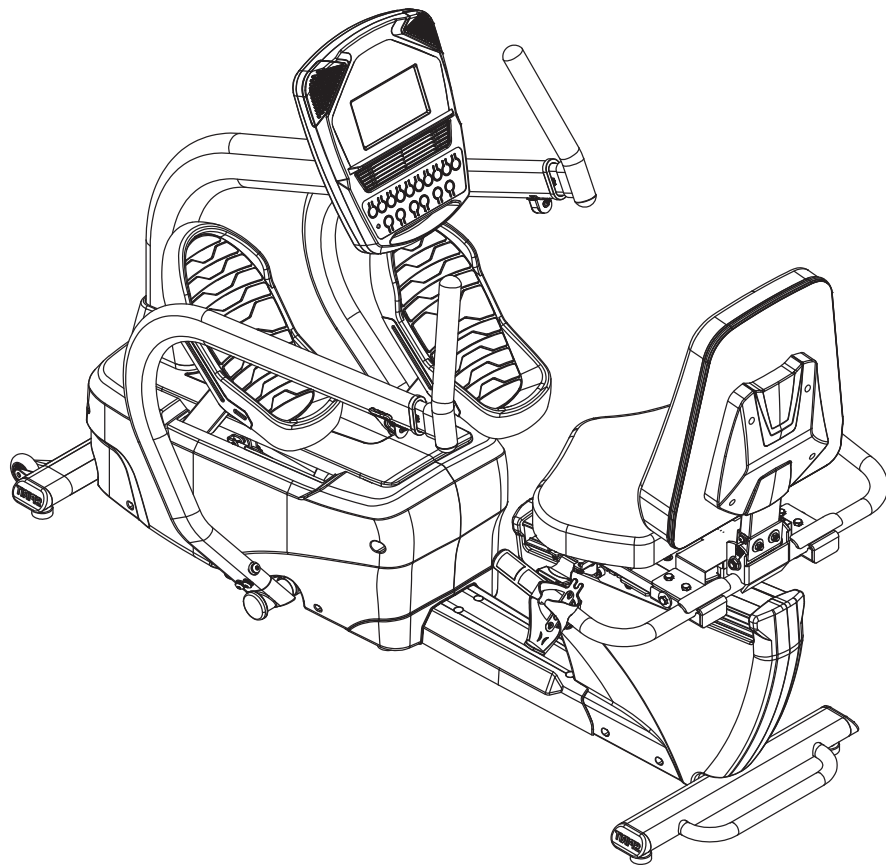


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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.



Congratulations on your new Semi-Recumbent Stepper and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality Semi-Recumbent Stepper from Spirit Fitness. Your new Semi-Recumbent Stepper 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 Semi-Recumbent Stepper 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.

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

IMPORTANT SAFETY INSTRUCTIONS

WARNING

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, install the Stepper on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the Stepper plugged into the circuit. **DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:**

- Do not operate Stepper on deeply padded, plush or shag carpet. Damage to both carpet and Stepper may result.
- Keep children away from the Stepper. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.

- Never operate the Stepper if it has a damaged cord or plug. If the Stepper is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your Stepper for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Stepper. Quality athletic shoes are recommended to avoid leg fatigue.

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Stepper 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 Stepper to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and

humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit Breakers: some circuit breakers used in homes are not rated for high inrush currents that can occur when a Stepper is first turned on or even during use. If your Stepper is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the Stepper itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 5-amp circuit breaker.

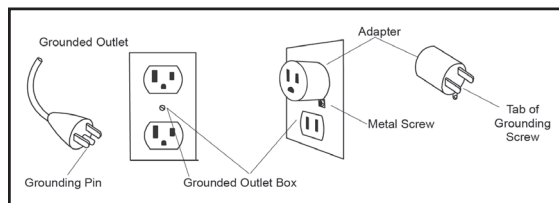
GROUNDING INSTRUCTIONS

This product must be grounded. If the Stepper 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/5-amp dedicated 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.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this Semi-Recumbent Stepper without reading and completely understanding the results of any operational change you request from the console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment button. The console will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Semi-Recumbent Stepper; 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 buttons. They are precision set to function properly with little finger pressure.

WARNING

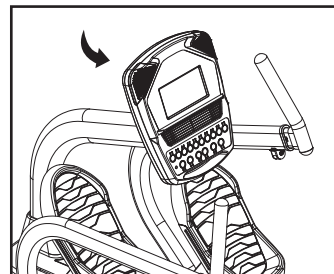
This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov

RECORD YOUR SERIAL NUMBER

Please record the serial number of this fitness product in the space provided below.

Serial Number:

Serial Number Location *



* located under console mast cover

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to <https://www.spiritfitness.com/commercialwarrantyregistration.html> under the Support tab to register online.

CRS800S PRE-ASSEMBLY

UNPACKING

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. 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.

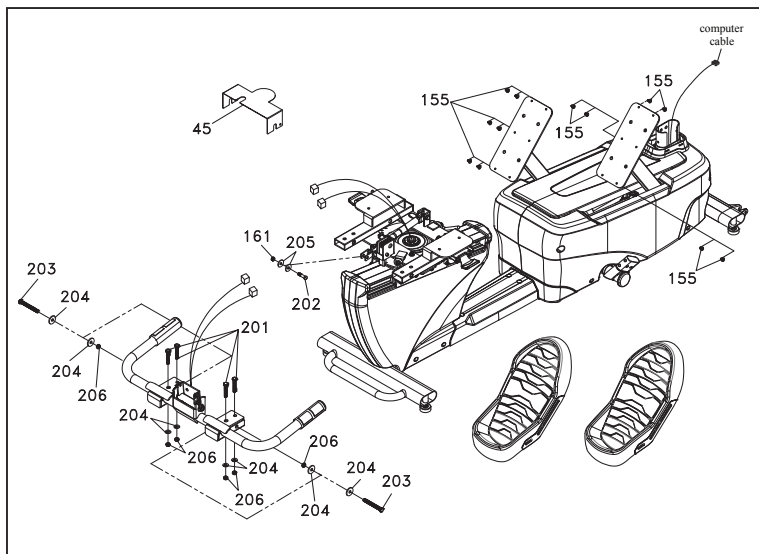
TOOLS INCLUDED:

- ☐ 5mm L Allen Wrench
- ☐ 6mm L Allen Wrench
- ☐ 8mm L Allen Wrench
- ☐ 12/14mm Wrench
- ☐ 13/14mm Wrench
- ☐ Phillips Screwdriver
- ☐ Short Phillips Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 2 Foot Pedals
- ☐ 1 Seat Cover
- ☐ 1 Connecting Arm
- ☐ 1 Console Mast
- ☐ 1 Console Mast Cover
- ☐ 1 Drink Bottle Holder
- ☐ 4 End Caps
- ☐ 2 Transport Wheels
- ☐ 1 Seat
- ☐ 1 Seat Back Frame
- ☐ 2 Swing Arms
- ☐ 1 Console
- ☐ 1 Hardware Kit
- ☐ 1 Power Cord
- ☐ 1 Audio Cable

CRS800S STEP ONE

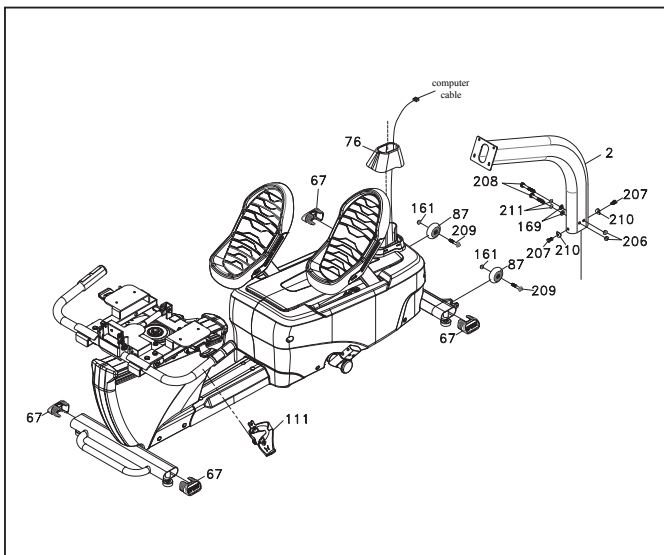


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
203	HEX HEAD BOLT	3/8" x 3-1/4"	2
201	HEX HEAD BOLT	3/8" x 2"	4
202	HEX HEAD BOLT	5/16" x 1-1/4"	1
155	PHILLIPS HEAD SCREW	M5 x 12	12
204	FLAT WASHER	3/8"	8
205	FLAT WASHER	5/16"	2
206	NYLOC NUT	3/8"	6
161	NYLOC NUT	5/16"	1

1. Secure the **PEDALS** with **PHILLIPS HEAD SCREWS (155)**.
2. Install **SEAT COVER (45)**.
3. Use **HEX HEAD BOLTS (203)** with **FLAT WASHERS (204)** and **NYLOC NUTS (206)** and **HEX HEAD BOLTS (201)** and **FLAT WASHERS (204)** and **NYLOC NUTS (206)** to secure **HANDLEBAR** on the **SEAT ASSEMBLY**.
4. Connect **HAND PULSE CABLES**; arrange cables taking care so they are not crushed during seat rotation and adjustment.

CRS800S STEP TWO

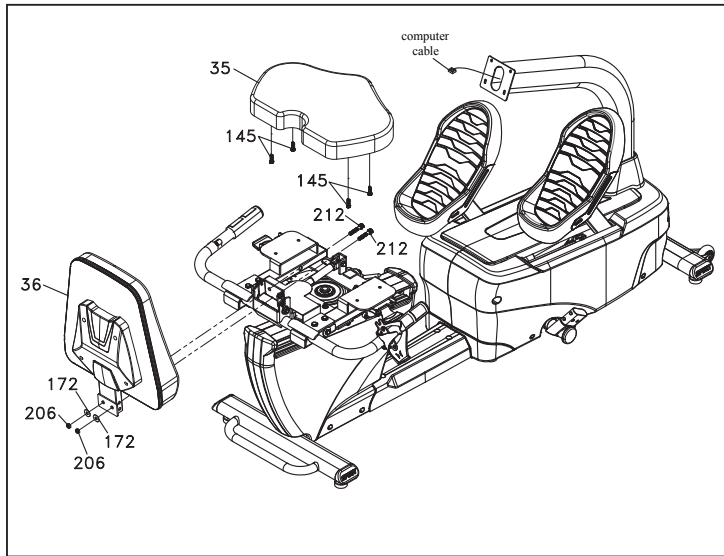


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
209	BUTTON HEAD BOLT	5/16" x 1-3/4"	2
207	HEX HEAD BOLT	M8 x 16	2
208	HEX HEAD BOLT	3/8" x 2-1/2"	2
169	FLAT WASHER	3/8"	2
210	CURVED WASHER	M8	2
206	NYLOC NUT	3/8"	2
161	NYLOC NUT	5/16"	2
211	SPLIT WASHER	3/8"	2

1. Install **TRANSPORTATION WHEELS (87)** with **BUTTON HEAD BOLTS (209)** and **NYLOC NUTS (161)**.
2. Place the **CONSOLE MAST (2)** through the **CONSOLE MAST COVER (76)** with the correct orientation. Snake the console cables through the bottom end of the console mast and out through the top.
3. Insert the mast on the **MAIN FRAME** and use **HEX HEAD BOLTS (208)** with **SPLIT WASHERS (211)**, **FLAT WASHERS (169)** and **NYLOC NUTS (206)** to secure on the side. Then use **HEX HEAD BOLTS (207)** and **CURVED WASHERS (210)** to secure at the front and back of tube.
4. Plug in the **END CAPS (67)** on **OVAL STABILIZER TUBES**. *NOTE: Do not pinch wires.*
5. Install **WATER BOTTLE CAGE (111)**.

CRS800S STEP THREE

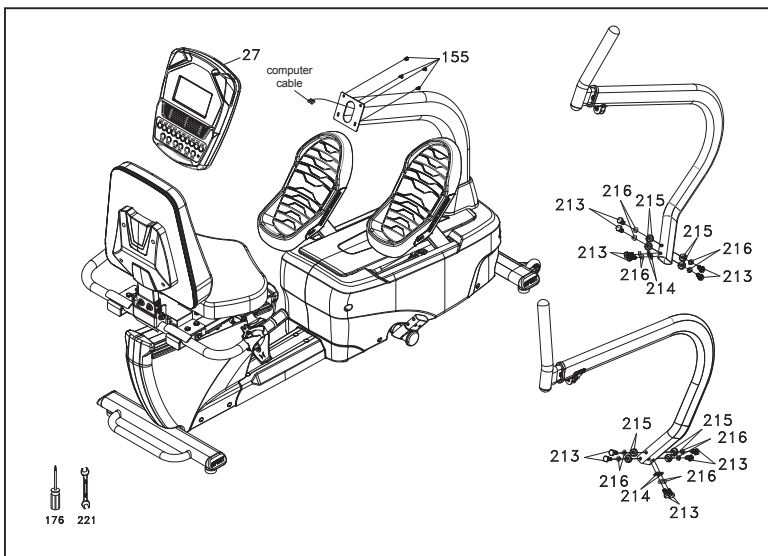


HARDWARE FOR STEP 3

PART	TYPE	DESCRIPTION	QTY
145	HEX HEAD BOLT	M6	4
172	FLAT WASHER	3/8"	2
206	NYLOC NUT	3/8" x 7	2
212	HEX HEAD BOLT	3/8" x 1-3/4"	2

1. Put the **SEAT CUSHION** on the **SEAT CARRIAGE** and secure with **HEX HEAD BOLTS (145)**.
2. Insert the **SEAT BACK** in the **SEAT CARRIAGE** and secure with **HEX HEAD BOLTS (212)**, **FLAT WASHERS (172)** and **NYLOC NUTS (206)**.

CRS800S STEP FOUR



HARDWARE FOR STEP 4

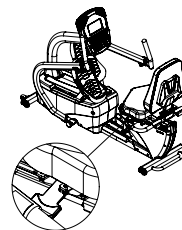
PART	TYPE	DESCRIPTION	QTY
155	PHILLIPS HEAD SCREWS	M5 x 12	4
213	HEX HEAD BOLT	3/8" x 3/4"	12
214	FLAT WASHER	3/8" x 19 x 1.5	4
215	CURVED WASHER	3/8"	8
216	SPLIT WASHER	3/8"	12

1. Connect the cables from the mast to the **CONSOLE (27)** and use **PHILLIPS HEAD SCREWS (155)** to secure it.
2. To install **LEFT** and **RIGHT SWING ARMS** use **HEX HEAD BOLTS (213)**, **FLAT WASHERS (214)**, **SPLIT WASHERS (216)** and **CURVED WASHERS (215)**.

RECUMBENT STEPPER SETUP

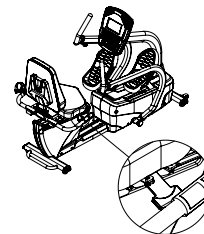
SEAT ROTATION

Lift left lever and hold while rotating the seat to desired position.
Release lever.



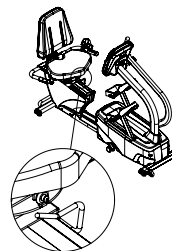
SEAT RECLINE

Lift right lever and hold while adjusting seat position to the desired position.
Release lever.



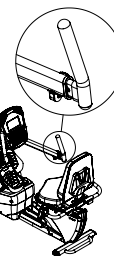
SEAT FOR/AFT ADJUSTMENT

Lift lever and hold while adjusting seat position to the desired distance from the console. Release lever.



HANDHOLD ADJUSTMENT

Open lever. Adjust handhold to desired distance from seat. Close lever securely.





CRS800S CONSOLE OPERATION

Integrated speakers
for MP3 Player

Large LCD with
scrolling feedback
and scrolling
message center

Swivel fan to
keep you cool

Convenient cargo
compartment for
buttons, phone, or
MP3 player



Muscle activation profile

Heart Rate % Profile

Ten innovative programs
offer a variety of workouts

Easy-touch control buttons

POWER

When the DC Power cord is connected to the equipment, the console will automatically power up. If there is no input to the console for 20 minutes the console will go to stand-by mode. In stand-by mode the console display will turn off. To turn the console on press any button.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Message Center will show the software version (i.e.: VER 1.0). The distance window shows the distance in miles and the time window shows the total hours of use.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles of the programs and the Message Center will be scrolling the start up message. You may now begin to use the console.

DOT MATRIX CENTER DISPLAY

Twenty columns of boxes (8 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value – only an approximate percent to compare levels of intensity. In Manual Operation the resistance dot matrix window will build a profile “picture” as values are changed during a workout.

1/4 MILE TRACK

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again.

PULSE GRIP FEATURE

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

CALORIE DISPLAY

Displays the cumulative calories burned at any given time during your workout. *NOTE: This is only a rough guide used for comparison of different exercise sessions, and is not to be used for medical purposes.*

SPEAKERS

The console has built-in speakers and an audio input jack. There is no volume control on the console. The volume must be controlled on the Audio Source.

MUSCLE ACTIVATION FIGURE

There is an anatomical figure located at the top of the console. This figure will light up all areas that are activated when using the Semi-Recumbent Stepper. These will light up during any of the programs. You can control which muscles are activated by customizing the resistance profile during the set up phase of console programming. If you accept the default program profile, the selected program will determine which muscles will be activated by automatically adjusting the resistance. Generally the following guidelines hold true:

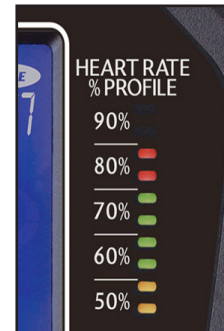
- The lower body lights will activate in three degrees of engagement:
Green represents minimal muscle involvement, yellow represents medium involvement, and red represents full or heavy activation.
- These are the different scenarios for lower body muscle activation:
 - Levels 1-10: Green – Hamstrings & Gluteals light up; Amber – Arm, Pec, Quadriceps & Calves light up
 - Levels 11-20: Amber – Arm, Pec, Hamstrings & Gluteals light up; Red – Quadriceps & Calves light up



HEART RATE % PROFILE

The console LCD screen will display your current heart rate anytime a pulse is detected. The Bar Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any of the 10 programs. The significance of the bar graph colors are as follows:

- 50-60% of maximum is Amber



- 65-80% of maximum is Amber and Green
- 85-90% or more is Amber, Green, and Red

QUICK START

This is the quickest way to start a workout. After the console powers up you just press the **Start** button to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the **Level Up/Down** buttons. The dot matrix display will have only the bottom row lit at first. As you increase the work load more rows will light indicating a harder workout. The Semi-Recumbent Stepper will get harder to pedal as the rows increase.

There are 20 levels of resistance available for plenty of variety. The first 5 levels are very easy workloads and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tough as the levels jump more dramatically. Levels 16-20 are extremely difficult and are good for short interval peaks and elite athletic training.



BASIC INFORMATION

The Message Center will initially be displaying the Program name. When in scan mode during a program, METS will be displayed for four seconds, then move on and display Segment time, Max level. Pressing the **Enter** button again will bring you back to the beginning.



The **Stop** button actually has several functions. Pressing the **Stop** button once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause, just press the **Start** button. If the **Stop** button is pressed twice during a workout, the program will end and the console will display your Workout Summary (Average MET, Total time & Average HR). If the **Stop** button is held down for 3 seconds or a third time during the program, the console will perform a complete **Reset**. During data entry for a program the **Stop** button performs a previous screen or segment function. This allows you to go back to change programming data.



PROGRAM BUTTONS

The program buttons are used to preview each program. When you first turn the console on you may press each program button to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program button and then press the **Enter** button to select the program and enter into the data-setting mode.

The Semi-Recumbent Stepper has a built in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handle bars or wearing the heart rate transmitter (see Using Heart Rate Transmitter section) will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or Pulse in beats per minute.

The console includes a built-in fan to help keep you cool. To turn the fan on, press the button on the left side of the console.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct predicted target heart rate zone. Entering your Weight aides in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

ENTERING A PROGRAM AND CHANGING SETTINGS

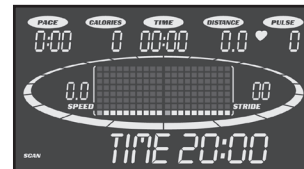
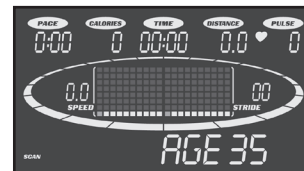
When you enter a program, by pressing a program button, then **Enter** button, you have the option of entering your own personal settings. If you want to workout without entering new settings, then just press the **Start** button. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the Semi-Recumbent Stepper, you will not have to enter it every time you work out unless either your Age or Weight changes, or someone else enters a different Age and Weight.

MANUAL

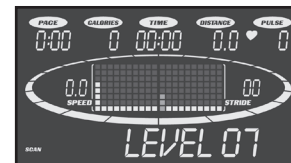
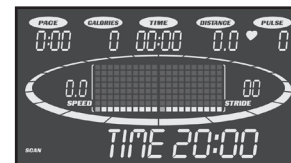
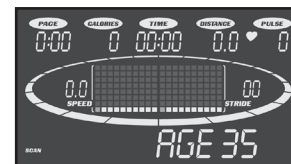
The Manual program works as the name implies, manually. This means that you control the workload and not the console. To start the Manual program, follow the instructions below or just press the **Start** button.

1. Press the **Manual** button, then press the **Enter** button.
2. The Message Center will ask you to enter your **Age**. You may enter your age, using the **Up/Down** buttons, then press the **Enter** button to accept the new value and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the Weight value using the **Up/Down** buttons, then press **Enter** to continue.
4. Next is **Time**. You may adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** button.
6. Once the program starts you will be at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the **Up** button; the **Down** button will decrease the work load.
7. During the Manual program you will be able to scroll through the data in the Message Center by pressing the **Enter** button.
8. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program or you can save the program you just completed as a custom user program by pressing a **User** button and following the instructions in the Message Center.



PROGRAMMING PRESET PROGRAMS

1. Select the desired program button then press the **Enter** button.
2. The Message Center will ask you to enter your Age. You may adjust the age setting, using the **Level Up/Down** buttons, then press the **Enter** button to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level Up/Down** buttons, then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Max Resistance Level. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** button. You can also go back and modify your settings by pressing the **Enter** button.
7. If you want to increase or decrease the resistance at any time during the program, press the **Level Up/Down** buttons on the console or above the heart rate sensor grips of the stationary handlebars. This will change the resistance settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the Message Center will show the current column and program maximum levels of work.
8. During the program you will be able to scroll through the data in the message window by pressing the **Enter** button.
9. When the program ends the Message Center will show a summary of your workout. The summary will be displayed for a short time, then the console will return to the start-up display.



CUSTOM USER DEFINED PROGRAMS

There are two customizable User programs that allow you to build and save your own workout. The two programs, **User 1** and **User 2**, operate exactly the same way so there is no reason to describe them separately. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

1. Press the **User 1** or **User 2** button. The Message Center will show a welcome message. If you had previously saved a program the message will contain your name. Then press the **Enter** button to begin programming.
2. If you have already saved a program to either **U1** or **U2**, it will be displayed and you are ready to begin. If not, you will have the option of inputting a username. In the **Message Window**, the letter "A" will be blinking. Use the **Up/Down Level** buttons to select the appropriate first letter of your name (pressing the **UP** button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.
3. If there is a program already stored in **User** when you press the button, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start** or **Enter** you will be prompted: Run Program? Use the **Up/Down** arrows to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Message Center will ask you to enter your **Age**. You may enter your age, using the **Level Up/Down** buttons, then press the **Enter** button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the **Up/Down** buttons or the numeric button pad, then press **Enter** to continue.
6. Next is **Time**. You may adjust the time and press **Enter** to continue.
7. Now you are asked to adjust the Max Resistance Level of the program, press **Enter** when resistance has been selected.

8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the **Level Up** button. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.
10. The Message Center will then tell you to press **Enter** to save the program. After saving the program the Message Center says "Program Saved" then will give you the option to start or modify the program. Pressing **Stop** will exit to the start up screen.

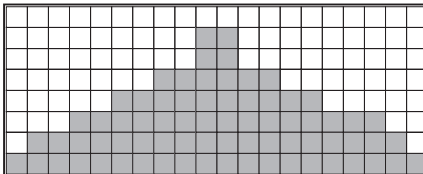
PRESET PROGRAMS

The Semi-Recumbent Stepper has seven different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

HILL

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.

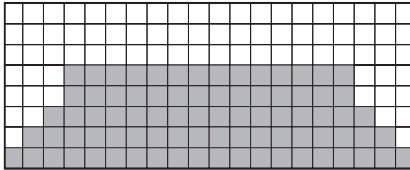
RESISTANCE LEVEL



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.

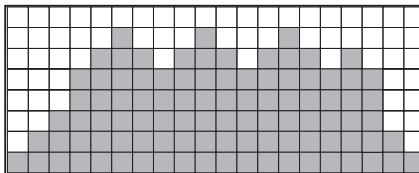
RESISTANCE LEVEL



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.

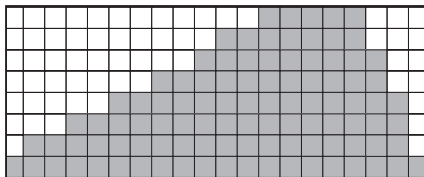
RESISTANCE LEVEL



STRENGTH

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

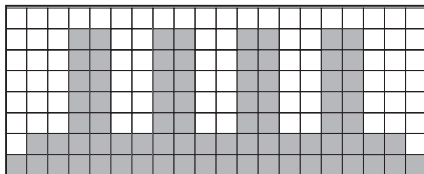
RESISTANCE LEVEL



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.

RESISTANCE LEVEL



HEART RATE PROGRAMS

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

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

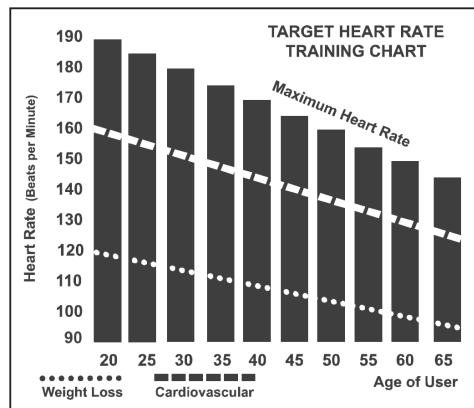
For someone who is 40 years old their target heart rate zone is calculated:

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

$180 \times .6 = 108$ beats per minute (60% of maximum)

$180 \times .8 = 144$ beats per minute (80% of maximum)

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



If you enter your age during programming, the console will perform this calculation automatically. 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 previous 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 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Fitness Heart Rate programs 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. The Heart Rate program automatically controls resistance at the pedals.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out 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 work out. 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:

Rating Perception of Effort

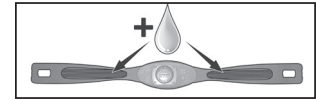
6 Minimal	10 Very light +	14 Somewhat hard +	18 Very hard +
7 Very,very light	11 Fairly light	15 Hard	19 Very,very hard
8 Very,very light +	12 Comfortable	16 Hard +	20 Maximal
9 Very light	13 Somewhat hard	17 Very hard	

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 upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

WEARING THE CHEST STRAP

NOTE: The chest strap transmitter is not a standard part, but is a separate purchase.

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

ERRATIC OPERATION

Caution! Do not use this Semi-Recumbent Stepper 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. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. 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.
6. 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.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

HEART RATE PROGRAM OPERATION

NOTE: You must wear the heart rate transmitter strap for these programs. Both programs operate the same, the only difference is that **HR1** is set to 60% and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way. To start an HR program follow the instructions below or just select the **HR1** or **HR2** program, then the **Enter** button and follow the directions in the Message Center. After selecting your heart rate target the program will attempt to keep you at or within 3-5 heart beats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

1. Press the **HR 1** or **HR 2** button then press the **Enter** button.
2. The Message Center will ask you to enter your Age. You may enter your age, using the **Level Up/Down** buttons, then press the **Enter** button to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight value using the **Level Up/Down** buttons, then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Level Up/Down** buttons, then press **Enter**. Note: The heart rate that appears is based on the % you accepted in Step 1. If you change this number it will either increase or decrease the % from Step 1.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** button. You can also go back and modify your settings by pressing the **Enter** button.
Note: At any time during the editing of Data you can press the **Enter** button to go back one screen.
7. If you want to increase or decrease the workload at any time during the program press the **Level Up/Down** button. This will allow you to change your target heart rate at any time during the program.
8. During the HR 1 or HR 2 programs you will be able to scroll through the data in the Message Center by pressing the **Enter** button.
9. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program.

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. Keep holding the buttons down for about 5 seconds and the Message Center will display 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. **LCD Test** (Tests all the display functions)
3. **Functions** (Press **Enter** to access settings and Up arrow to scroll)
 - a. **Display Mode** (Turn off to have the console power down automatically after 20 minutes of inactivity)
 - b. **Pause Mode** (Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely)
 - c. **ODO Reset** (Resets the odometer)
 - d. **Motor Test** (Continually runs the tensioning gear motor)
 - e. **SAFETY**
 - f. **SENSOR TEST**
4. **Security** (Allows the keypad to be locked to prevent unauthorized use)

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - a. 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. 90% of calls to the service department for noise issues can be traced to loose hardware.
 - b. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the front and 2 leveling pads on the back of the unit.

STEP RAIL AND CARRIAGE MAINTENANCE

Dirt and dust can accumulate on the pedal carriage components causing a rough feel which means the rails and wheels most likely need cleaning.

1. Remove mast cover and center cover.
2. Firmly press in at the bottom of the small mast cover at the front and rear and pull up.
 - a. Firmly press in at the top of the main cover near the top and pull up on the center cover. Repeat this process at all four corners of the cover.
 - b. Slide the mast and center covers up the mast tube. Tie a rag around the tube and let the covers rest on it so they stay in place.
3. Move the pedals so one is all the way forward. Clean the wheels and rails using a rag and alcohol.
4. Replace the covers when done.

RECUMBENT STEPPER WARRANTY EFFECTIVE JANUARY 1, 2017

Spirit Fitness, Inc. (Spirit Fitness) warrants all its Semi-Recumbent Stepper 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:

Warranty	Frame	Parts	Labor
Commercial	Lifetime	5 Years	2 Year
Residential	Lifetime	10 Years	2 Year

NORMAL RESPONSIBILITIES OF THE OWNER

The consumer or non-dues paying facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase, or completed online to validate the manufacturer's limited warranty.
2. Proper use of the fitness equipment in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
4. 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.
5. 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.
6. Damages to the fitness equipment finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

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 Stepper not requiring component replacement, or Stepper 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. Products that do not have a warranty registration card on file at Spirit Fitness. 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 use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

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. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
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.
6. 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 Manufacturing, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.



800.258.4555
spiritservice@spiritfitness.com
www.spiritfitness.com



Spirit Fitness
3000 Nestle Road
Jonesboro, AR 72401



CRS800S Owners Manual
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