SPIRIT

XBR55ENT SEMI - RECUMBENT BIKE
OWNER'S MANUAL

TABLE OF CONTENTS

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.

SPIRIT

Congratulations on your new semi-recumbent bike and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality semi-recumbent bike from Spirit Fitness. Your new semi-recumbent bike was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, 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 bike 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 _____

Record Your Serial Number
Please record the serial number of this fitness product in the space provided below.

Serial Number:

Register Your Purchase

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

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 bike on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- To reduce the risk of burns, fire electric shock, or injury to persons:
- 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.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close super vision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 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.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
- Connect this appliance to a properly grounded outlet only.
- The appliance is intended for household use.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Keep children under the age of 13 away from this machine.
  SAVE THESE INSTRUCTIONS - THINK SAFETY!

Fitness Equipment Safety Instructions

To disconnect turn all controls to the off position, then remove the plug from the outlet.

- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- 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.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Keep hands away from all moving parts.
- The 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 equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

Important Electrical Instructions
⚠WARNING

NEVER remove any cover without first disconnecting D.C. power. If voltage varies by ten percent (10%) or more, the performance of your fitness bike 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 Semi-Recumbent Bike to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a equipment is first turned on or even during use. If your equipment is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the equipment 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 15 amp circuit breaker.*

⚠️**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

Important Operation Instructions

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

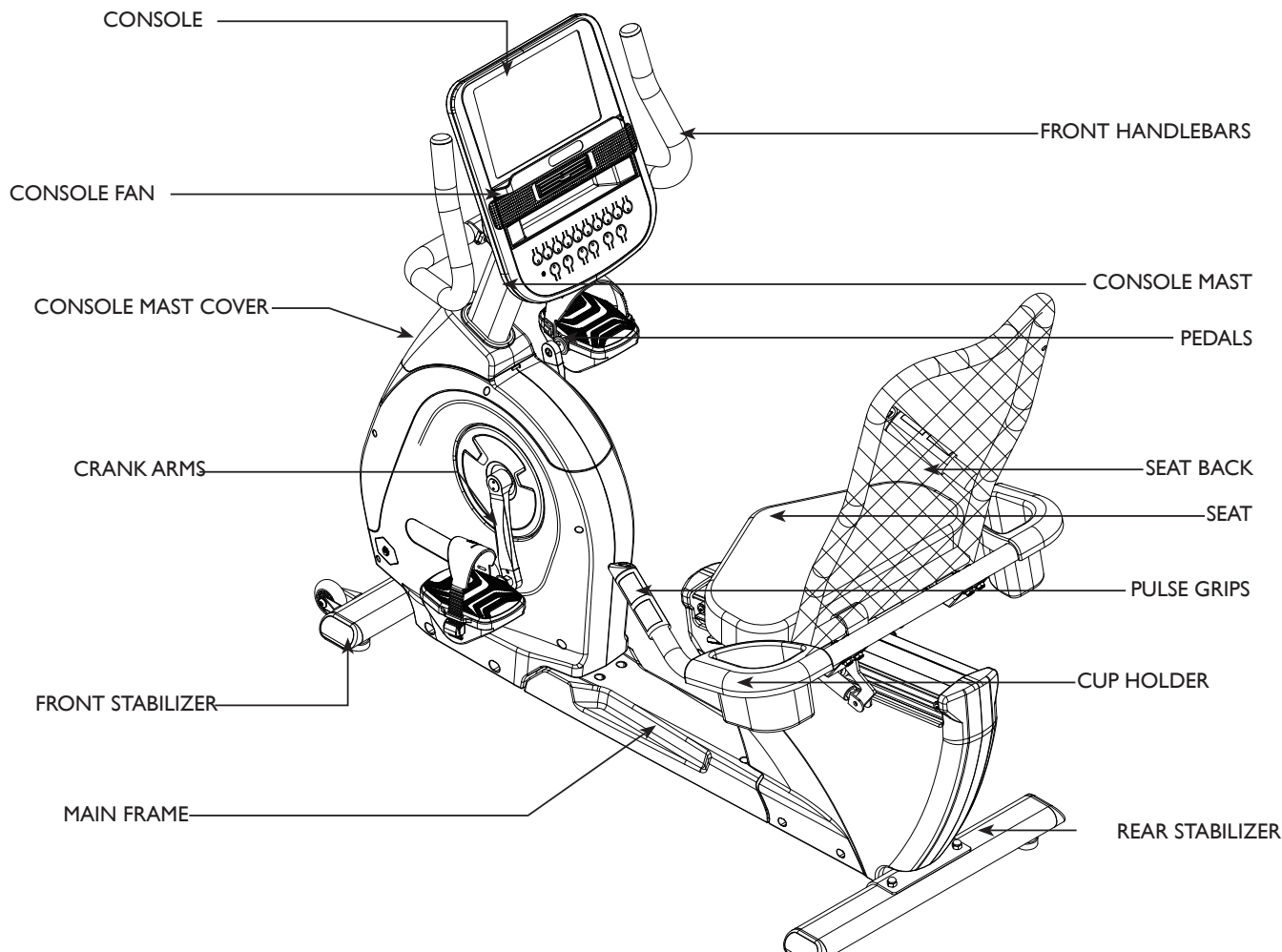# **XBR55ENT** PRE ASSEMBLY

UNPACKING

1. Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.

2. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.
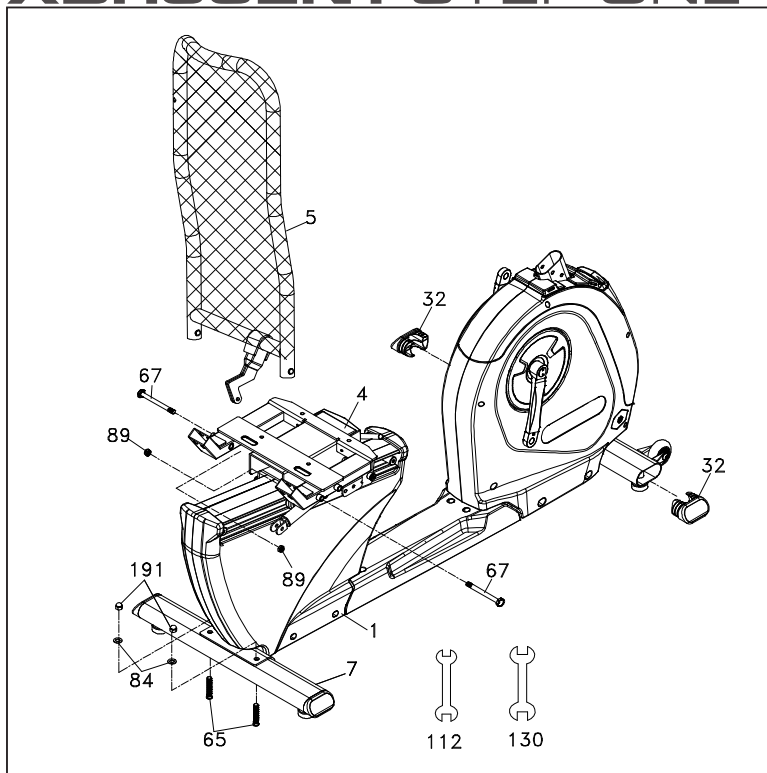
TOOLS INCLUDED:

- ❑ 12/14mm Wrench
- ❑ 13/15mm Wrench
- ❑ Phillips Screwdriver
- ❑ 13/14mm Wrench

PARTS INCLUDED:

- ❑ 1 Main Frame
- ❑ 1 Console Mast
- ❑ 1 Rear Stabilizer
- ❑ 1 Seat Back Frame
- ❑ 1 Front Handle Bar
- ❑ 1 Handle Bar
- ❑ 1 Seat Back Cover
- ❑ 1 Console Mast Cover
- ❑ 1 Front Stabilizer Cover
- ❑ 1 Rear Stabilizer Cover
- ❑ 1 Console
- ❑ 1 Seat Cushion
- ❑ 2 Cup Holders
- ❑ 2 Pedals
- ❑ 1 Hardware Kit

CONSOLE

FRONT HANDLEBARS

CONSOLE FAN

CONSOLE MAST COVER

CONSOLE MAST

PEDALS

CRANK ARMS

SEAT BACK

SEAT

PULSE GRIPS

FRONT STABILIZER

CUP HOLDER

MAIN FRAME

REAR STABILIZER

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XBR55ENT STEP ONE

HARDWARE FOR STEP 1			
PART	**TYPE**	**DESCRIPTION**	**QTY**
65	CARRIAGE BOLT	3/8"X53mm	2
67	HEX HEAD BOLT	3/8"XUNC16X4"	2
84	FLAT WASHER	Ø3/8" × Ø25 × 2T	2
89	NYLOC NUT	3/8"X7T	2
191	CAP NUT	3/8"XUNC16X12.5T	2

1. Gather **HARDWARE FOR STEP 1**.

2. Attach the **REAR STABILIZER (7)** to the **MAIN FRAME (1)** with the 2 **BOLTS (65)** and 2 **FLAT WASHERS (84)** and 2 **CAP NUTS (191)**. Tighten completely with the **WRENCH (112)**.

3. Attach the **SEAT BACK (5)** to the **SEAT CARRIAGE (4)** of the main frame. Slide 1 **BOLT (67)** through each side, then attach a **NYLOC NUT (89)** to each bolt. Tighten the bolts just enough so there is no side to side play, but freedom of movement front to back. Use the **WRENCHES** provided **(112 & 130)**.

4. Insert an **END CAP (32)** into each opening of the **Front Stabilizer Tube**. You may need to tap them in with a rubber mallet if they are tight..
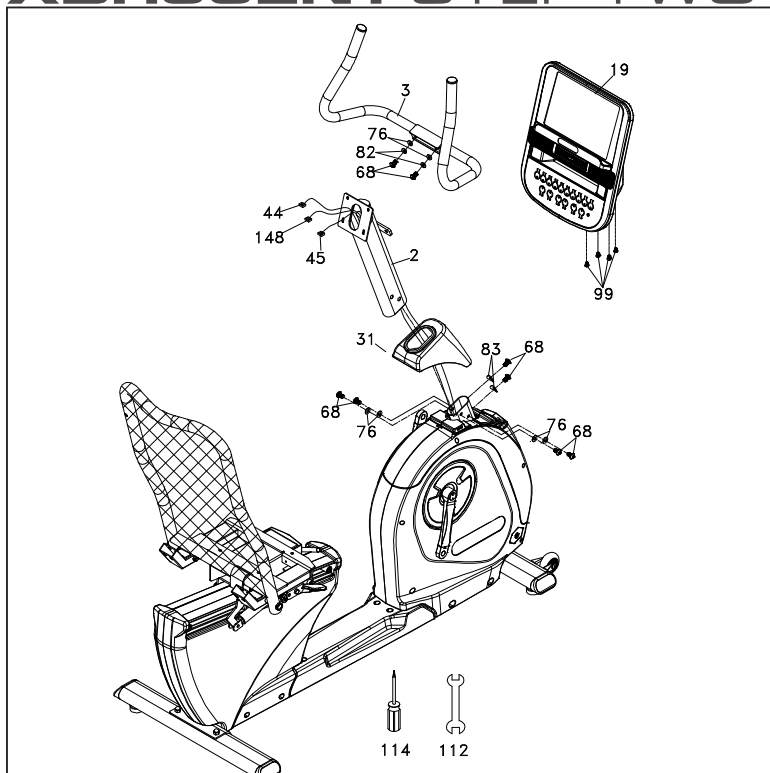
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
68	HEX HEAD BOLT	5/16"XUNC18X5/8"	8
76	FLAT WASHER	Ø5/16" × Ø18 × 1.5T	6
82	SPLIT WASHER	5/16"X1.5T	2
83	CURVED WASHER	Ø5/16" × 19 × 1.5T	2
99	PHILLIPS HEAD SCREW	M5 × 12mm	4

1. Gather **HARDWARE FOR STEP 2**.

2. Slide the **COMPUTER CABLE (44)**, **HANDLEBAR RESISTANCE CONTROL CABLE (148)**, and **HAND PULSE CABLE (45)** through the bottom of the **CONSOLE MAST COVER (31)** and then the bottom of the **CONSOLE MAST (2).** Make sure the Console Mast Cover is correctly oriented (see illustration).

3. Install the **CONSOLE MAST (2)** into the receiving tube (make sure not to pinch cables; damage to the electronics could occur) of the **MAIN FRAME (1).** Insert 2 **BOLTS (68)** and 2 **FLAT WASHERS (76)** on each side. Insert 2 **BOLTS** and 2 **CURVED WASHERS (83)** on the front. Tighten all 6 bolts firmly with the **WRENCH (112).**

11

4. Remove the white Styrofoam pad (factory installed to prevent bolts from being accidentally dropped into the Console Mast Tube).

5. Attach the **HANDLE BAR ASSEMBLY (3)** onto the **CONSOLE MAST (2)** bracket with the 2 **BOLTS (68)**, 2 **SPLIT WASHERS (82)**, and 2 **FLAT WASHERS (76)**. Completely tighten with the **WRENCH (112).** Insert the **COMPUTER CABLE (44), HANDLEBAR RESISTANCE CONTROL CABLE (148)**, and **HAND PULSE CABLE (45)** into their respective connectors in the back of the **CONSOLE ASSEMBLY (19).** Attach the console onto the mounting plate with 4 **PHILLIPS HEAD SCREWS (99).** Tighten with the **PHILLIPS HEAD SCREW DRIVER (114).**

XBR55ENT STEP THREE

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
71	HEX HEAD BOLT	3/8" X 1-3/4"	4
77	FLAT WASHER	Ø3/8" X Ø19 X 1.5T	4
89	NYLOC NUT	3/8"X7T	4
98	PHILLIPS HEAD SCREW	M6X15MM	4

1. Gather **HARDWARE FOR STEP 3**.

2. Install the **SEAT (61)** on the **SEAT CARRIAGE (4)** with 4 **PHILLIPS HEAD SCREWS (98)**. Tighten with the **PHILLIPS HEAD SCREW DRIVER (114)**.

3. Attach the **SEAT HANDLE BAR (6)** to the **SEAT CARRIAGE (4)** with the 4 **Hex Head Bolts (71)**, 4 **FLAT WASHERS (77)**, and 4 **Nyloc Nuts (89)**. Tighten with the **WRENCHES** provided **(112 & 130).**

4. Plug the **HAND PULSE SENSOR CABLES (27)** into the rear two holes on the left side of the rear plastic cover. Plug the **HANDLEBAR RESISTANCE CABLES (150)** into the remaining front hole..
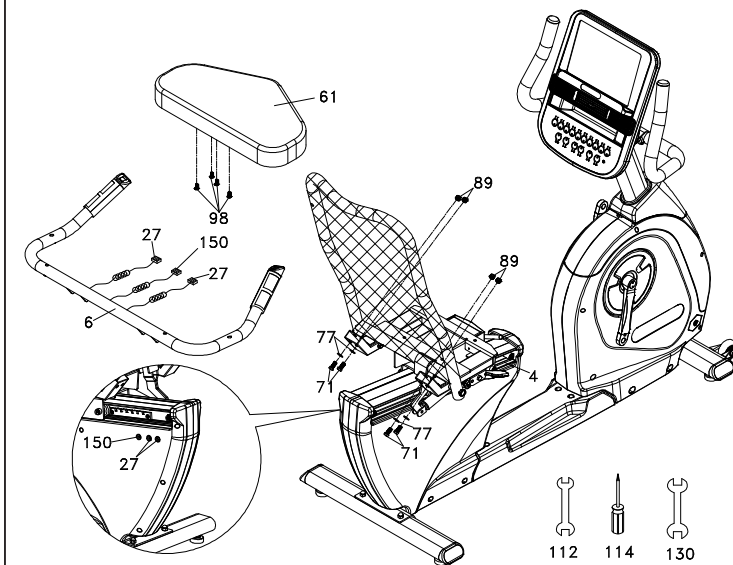
XBR55ENT STEP FOUR
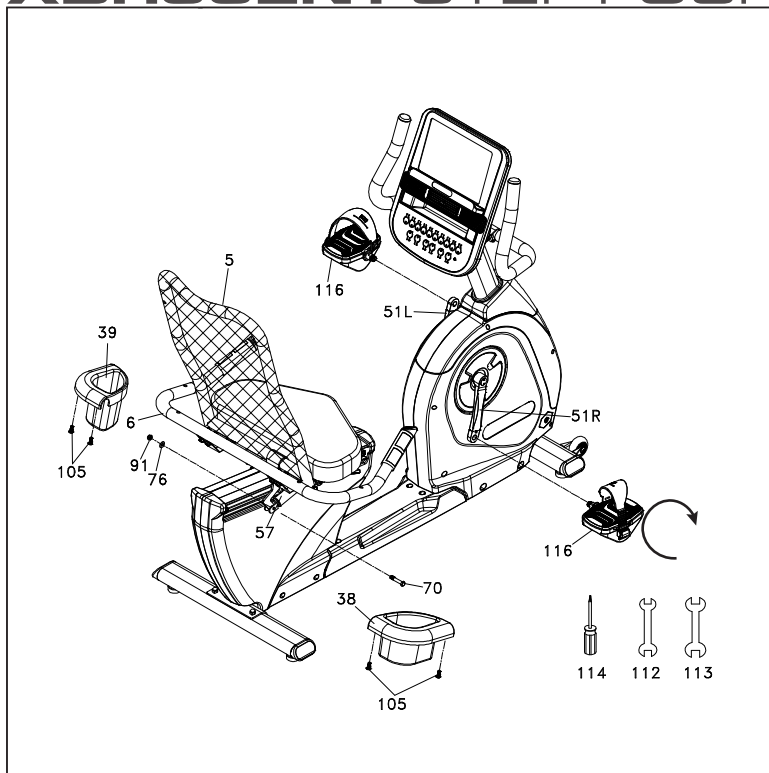
HARDWARE FOR STEP 4			
PART	**TYPE**	**DESCRIPTION**	**QTY**
70	HEX HEAD BOLT	5/16"XUNC18X1-1/4"	1
76	FLAT WASHER	Ø5/16" × Ø18 × 1.5T	1
91	NYLOC NUT	5/16"X6T	1
105	SHEET METAL SCREW	4X16MM	4

1. Gather **HARDWARE FOR STEP 4**.

2. Install the **GAS CYLINDER (57)** on the **SEAT BACK FRAME (5)** with 1 **BOLT (70)**, 1 F**LAT WASHER (76)** and 1 **NYLOC NUT (91)** by using the **WRENCHES** provided **(112 & 113)**.

3. Attach the **PEDALS (116L, 117R)** to the **CRANK ARMS (51L, 51R).** Tighten with the **WRENCH (113)**. Remember that the **LEFT PEDAL** has a reverse thread and will be threaded onto the Crank arm in a **COUNTERCLOCKWISE** motion. There is an "L" stamped in the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as firmly as you can. It may be necessary to re-tighten the pedals if you feel a thumping while pedaling the bike. A thumping or clicking noise is usually caused by loose pedals.

4. Attach the **DRINK BOTTLE HOLDERS (39L & 38R)** to the sides of the **SEAT HANDLE BAR (6)** with 4 **SHEET METAL SCREWS (105)**. Tighten with the **PHILLIPS HEAD SCREW DRIVER (114)**

XBR55ENT CONSOLE OPERATION

Touchscreen Display

Phone and Tablet Reading Rack

Swivel Fan to keep you cool

Convenient cargo compartment for keys, phone, or MP3 player

Integrated Speakers for MP3 Player

Easy-Touch Control Keys

HELLO, GUEST!

Providing your age and weight will help calculate more accurate results

30 years

155 lb

START WORKOUT

Choose a Program

Choose from Saved

SPIRIT

XBR55ENT

FAN

START

LEVEL

STOP

POWER

When the power cord is connected to the fitness bike, the console will automatically power up.

Quick Start

This is the quickest way to start a workout. After the console powers up you just press **START WORKOUT** on the screen, or press the **Start** key 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.

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. Levels16-20 are extremely hard and are good for short interval peaks and elite athletic training.

Basic Information

The Stop button actually has several functions. Pressing the Stop key 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 key. If the Stop button is pressed twice during a workout, the program will end and the console will display your Workout Summary (Total time, Avg. Speed, Avg. Watts, Avg.

HR, total Laps). If the Stop key 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 key performs a previous screen or segment function. This allows you to go back to change programming data.

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Age** ensures that the Heart Rate bar graph shows the correct number. Your **Age** is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your **Age**. Otherwise the work settings could be too high or low for you; 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 not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

CHARGE PORTABLE DEVICES WITH USB PORT

You can charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.
Step 2: Check to make sure your device icon indicates it is charging.

NOTE:
- USB charging cable is not included, make sure compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

WIFI SETUP

Once the console is powered on, connect to the available WiFi network either by pressing the Signal icon on the top right corner or from the SETTINGS menu on the bottom right corner. Without WiFi, saving workout data to the cloud, using apps and casting content will not work. If WiFi connection is not set up, please set data and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner on the screen.

SETTINGS

- Tap on **DISPLAY BRIGHTNESS** to adjust the brightness of the screen.
- Tap on **WIFI** for internet connection settings.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices including the Bluetooth type of chest straps, earphones, or speakers.
- Tap on **SOFTWARE** to check the current software version or to update, if a new one is available. Press
- Update to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12 and 24 hours formats are available.
- Tap on **CHILD LOCK** to lock the screen.
- Tap on **UNITS** to switch between imperial and metric system.
- Tap on **DISPLAY MODE** to turn ON/OFF the screen.
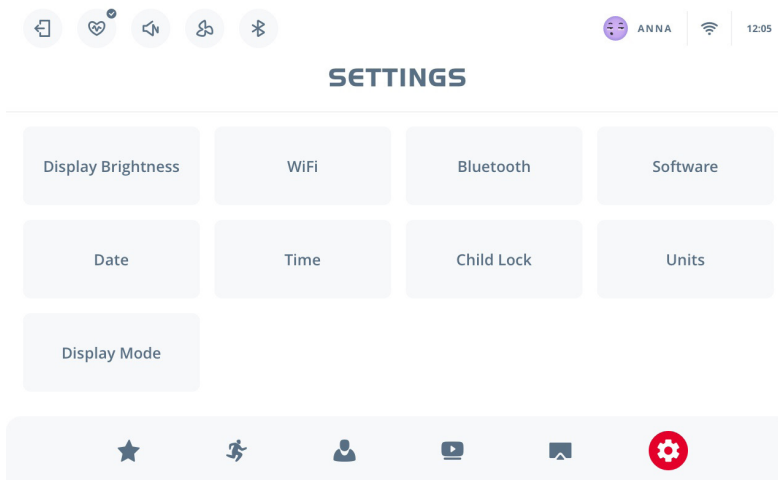
PROFILE

To create a new profile, press + button on the starting screen. If you already have a Spirit APP account, open the app and select **CONNECT TO MACHINE**. Then use your phone's camera to scan the QR code that appears on the screen. This action will not only upload your already existing personal info to the machine, but also link two profiles together, so your workout history will be fully displayed in the Spirit app. One Spirit app account cannot be linked to multiple profiles on one machine.

If you do not have a Spirit account, press the **I DON'T** button to continue and build one by filling in the form.

There are 3 tabs in the Profile section: **Info**, **History**, and **Favorites**. Creating a profile lets your machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press **Save**. If you haven't linked your Spirit account to the local machine profile, you can also do it here by pressing "Spirit Account" field.
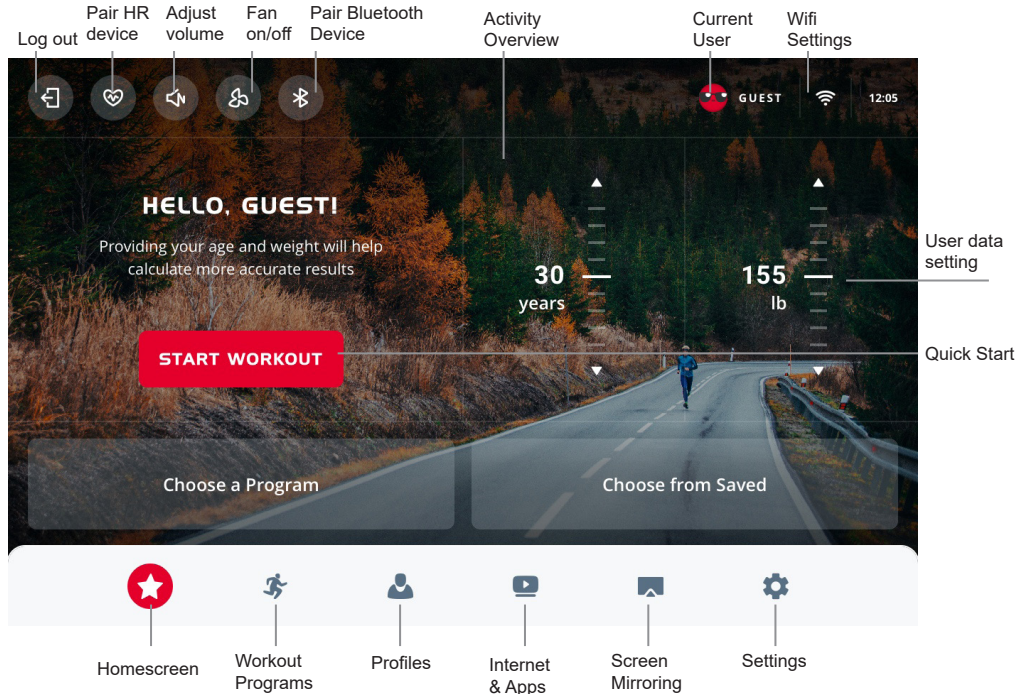
Ten records of the latest activity can be found in **HISTORY** tab. Workout history only shows work- outs that were completed by the current user. Tap on the record preview for details. All the records are available in the Spirit app account, if the profile is linked to the Spirit app account.

FAVORITES tab is where all the programs that were labeled as favorites by the current user can be seen and deleted.

Different users can choose different unit systems, select their personal favorite programs and save their own templates.

INFO HISTORY FAVORITES

USERNAME
Anna

HEIGHT
170 cm

AGE
31

DELETE PROFILE

GENDER
Female

WEIGHT
70.0 kg

SPIRIT ACCOUNT
EMAIL@GMAIL.COM
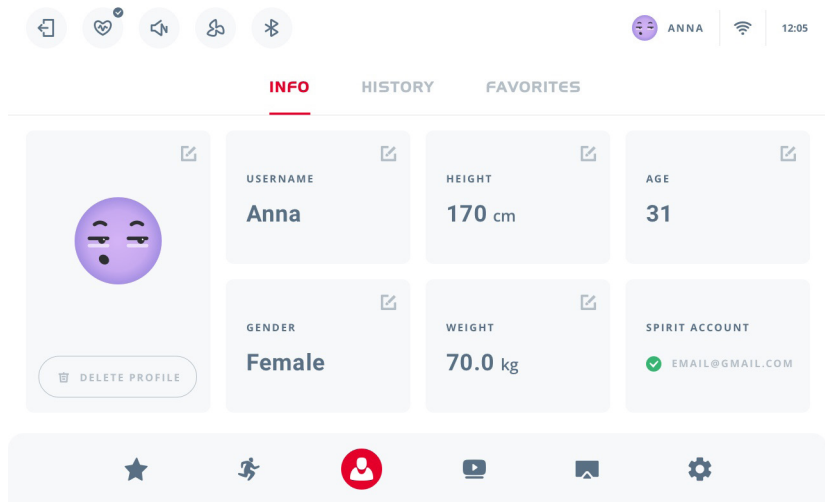
HOMESCREEN

The Homescreen provides activity overview and suggests shortcuts to the training options.
If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight. Start Workout button starts the workout immediately.

Log out · Pair HR device · Adjust volume · Fan on/off · Pair Bluetooth Device · Activity Overview · Current User · Wifi Settings

GUEST · 12:05

HELLO, GUEST!

Providing your age and weight will help calculate more accurate results

30 years

155 lb

User data setting

Quick Start

START WORKOUT

Choose a Program · Choose from Saved

Homescreen · Workout Programs · Profiles · Internet & Apps · Screen Mirroring · Settings

INTERNET & APPS

In this section there are a variety of third party apps to keep you entertained during your workout. To use them, make sure your machine is connected to WiFi (see page 18 for instructions). Then choose the app you want to use by clicking on it. Note that some apps may require a subscription to access. Press ⤬ to enter full screen mode. Press ⤭ to exit full screen mode. Press ⌂ to choose another app.

ANNA   12:05

⚠ WHEN CLOSING THE APP, YOU ARE NOT SIGNED OUT AUTOMATICALLY
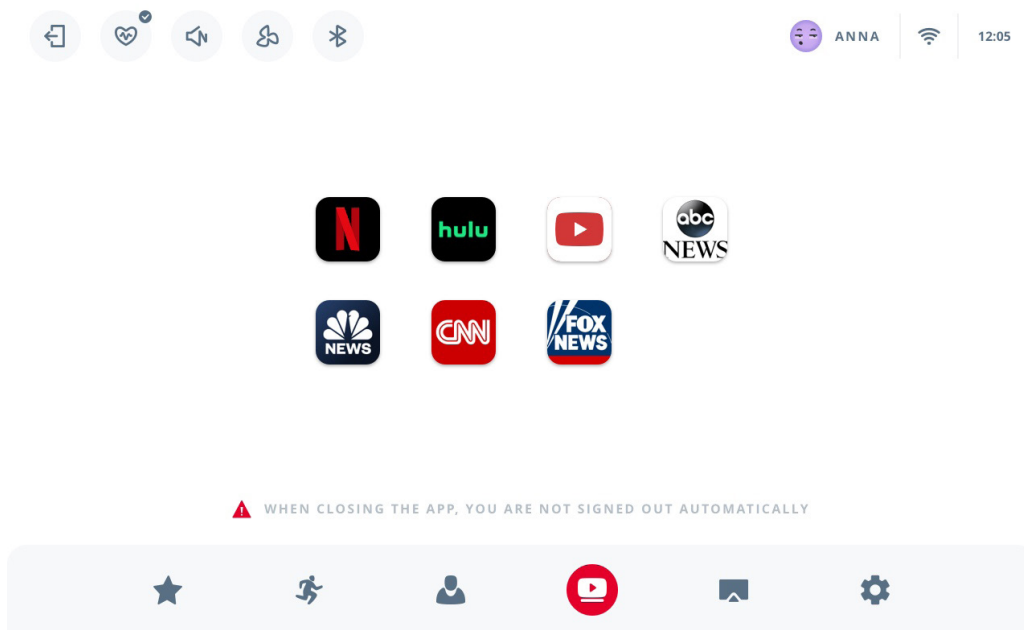
SCREEN MIRRORING

To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press ⤢ to enter full screen mode. Press ⤢ to exit full screen mode.

ANNA 12:05

IOS   ANDROID

Connect your device to the facility's WiFi network. Press the 'Screen Mirroring' button on your device, then select the SPIRIT device.

WIFI NAME: TP-LINK 40CF
(A STRONG CONNECTION IS REQUIRED)
DEVICE NAME: SPIRIT *MODEL*

WORKOUT VIEWS

Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing **Skip**.
The panel on the left is fixed and shows your current **WORKOUT STATS**. More related stats can be revealed by pressing on the + icon. **LEVEL CONTROLS** can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the workout is paused, you can also access HR device pairing settings. The bottom panel is with 3 views from the left to the right:

- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs it is time counting down; for distance programs it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself making laps on a 1/4 mile track and shows your progress depending on distance covered.

INTERNET and **SCREEN MIRRORING** work the same way as in non-workout mode. To pause or finish the workout, press Stop on the bottom right corner.

Goal View:

Profile View:
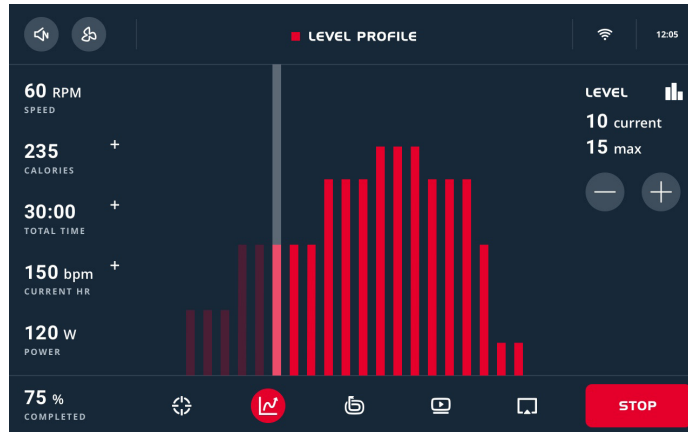
Track View
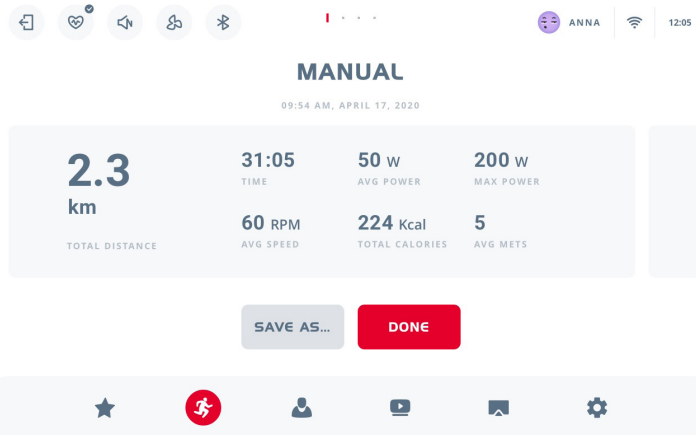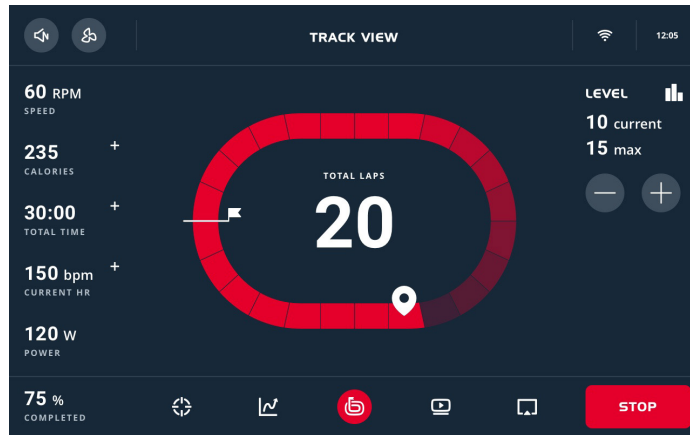
After the workout is finished, the workout summary will appear. Slide to the left to get more details or press **Done** to go back to the Home screen. You can also save the completed program as a template from here, if you press **Save** as button. The workout record will appear in History tab of the Profile section.

WORKOUT PROGRAMS

In this section, there are 2 program categories available: Programs (programs with predefined level changing profiles) and Templates (regular programs, saved with your personal adjustments). Tap on the category names to switch between them.

To get more info on each program, tap on the program preview. In this view you can scroll to the side to see all the program descriptions of the selected category. Press **CHOOSE** to select and adjust a program.
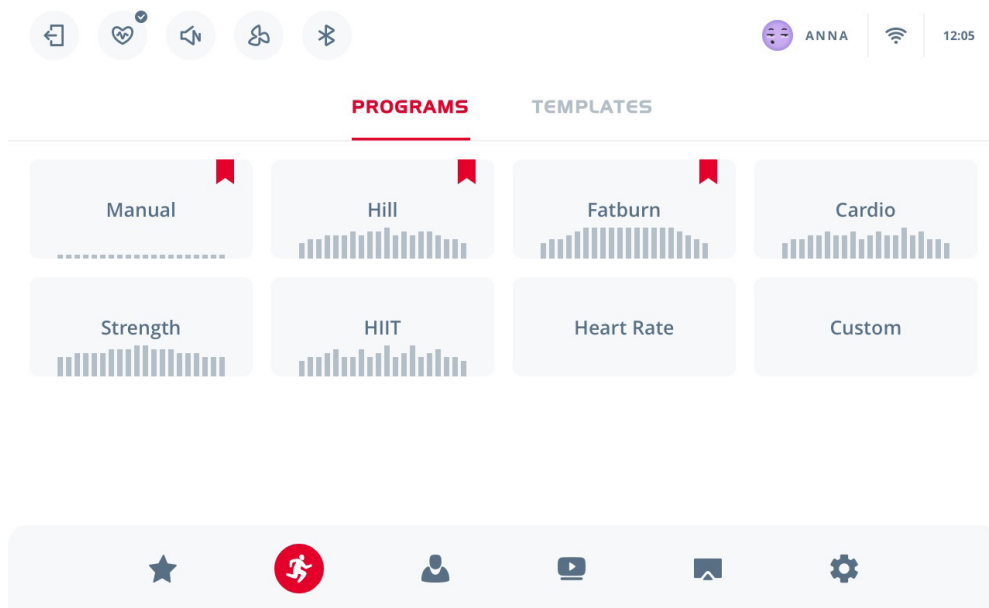
Any program can be labeled as FAVORITE.
Favorite programs appear on the Homescreen, so you can access them anytime you want.
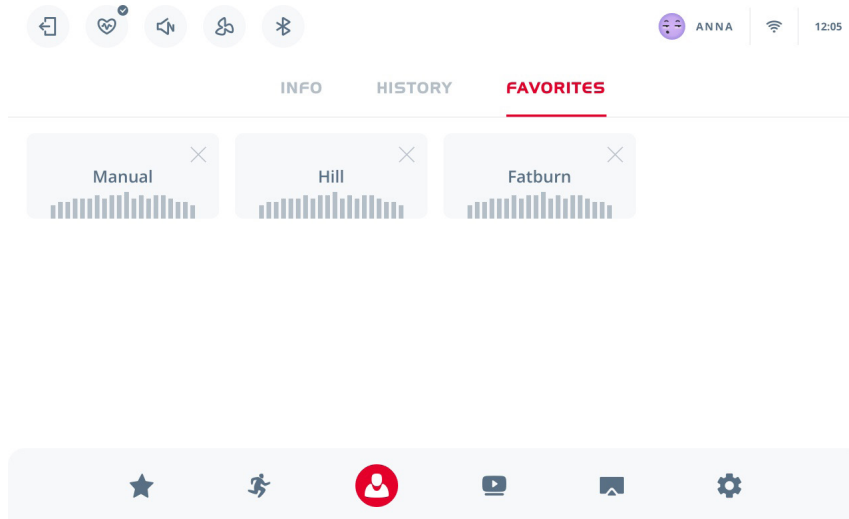
MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Level is adjusted manually while running. Press **START** to begin workout.
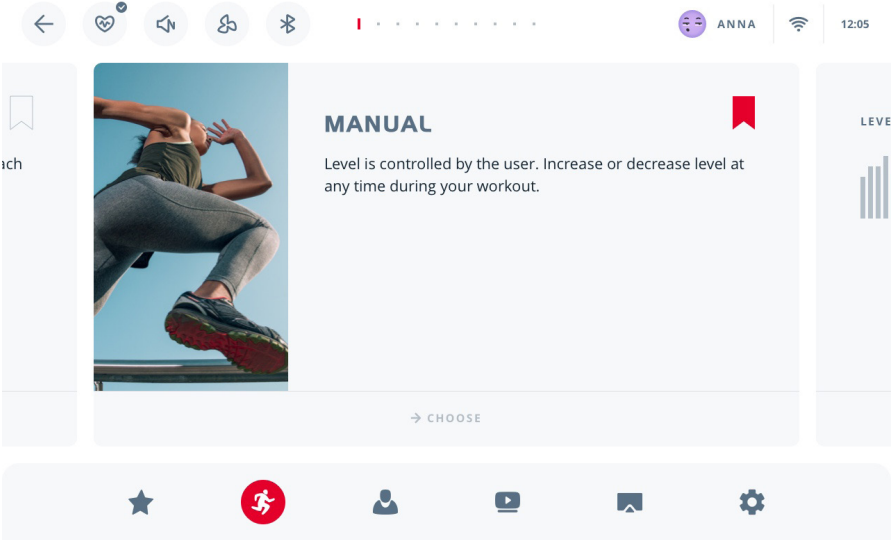
PRESET PROGRAMS

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

HILL 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..
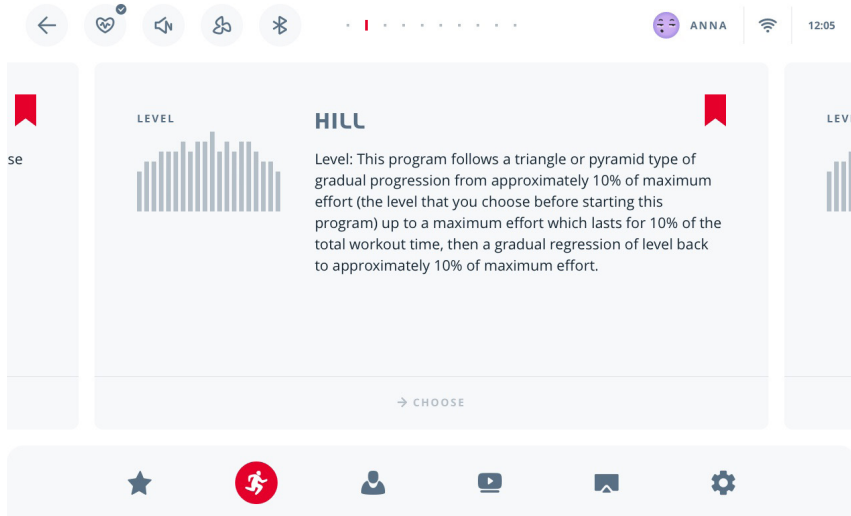
FAT BURN program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.

FATBURN

Level: This program follows a fast progression up to the maximum 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.

→ CHOOSE

ANNA   12:05
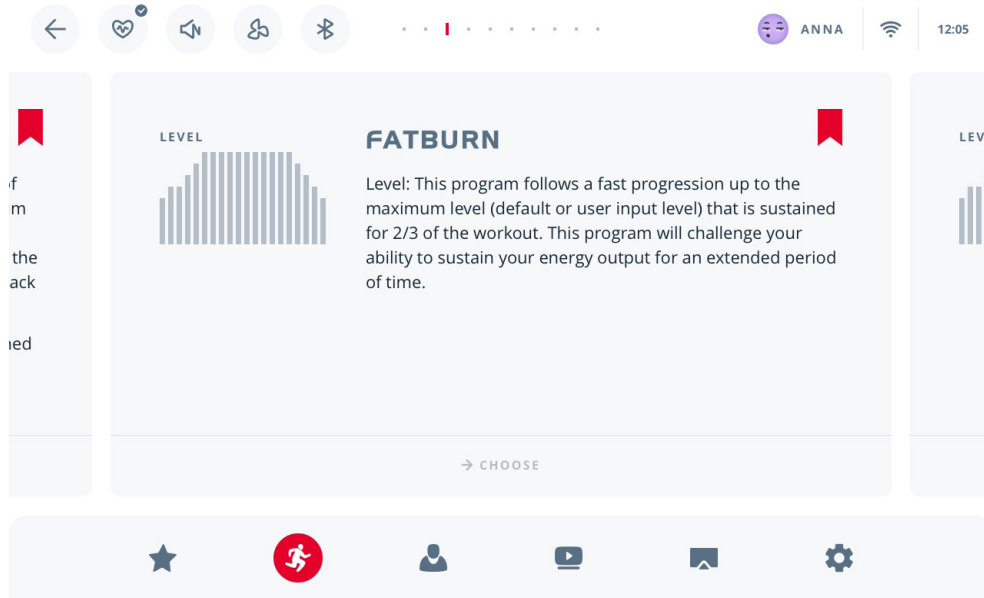
CARDIO program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.

ANNA   12:05

CARDIO

LEVEL

Level: This program presents a fast progression up to near maximum level 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 cool down.This will build up your heart muscle and increase blood flow and lung capacity.

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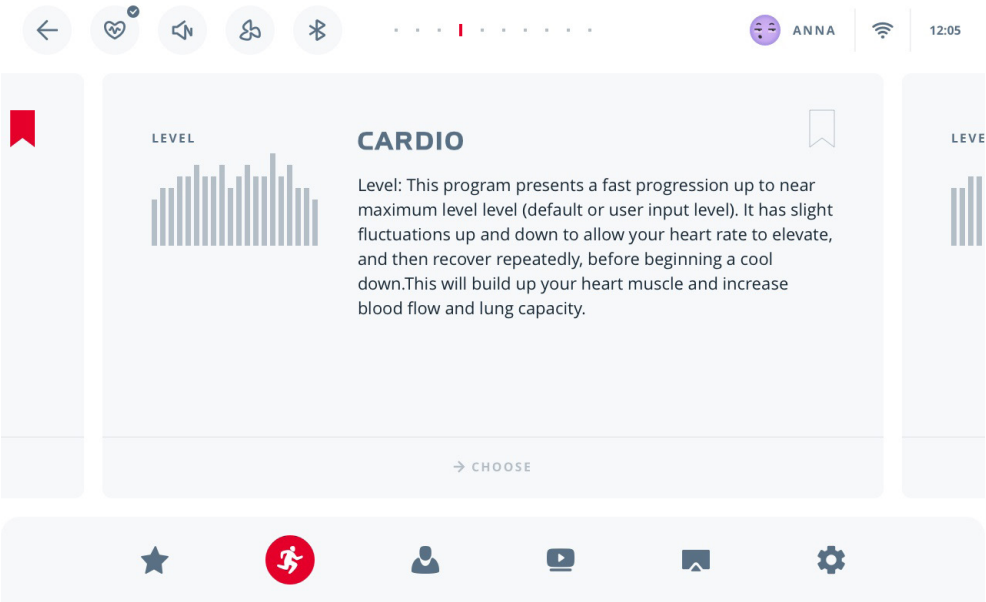
STRENGTH program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows.

ANNA   12:05

LEVEL

STRENGTH

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

→ CHOOSE
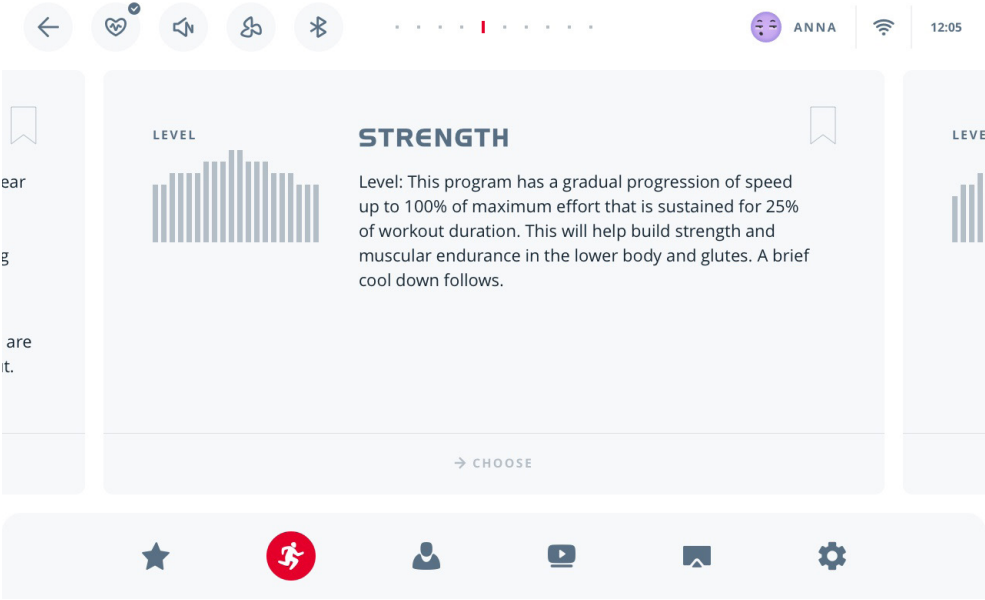
HIIT, OR HIGH INTENSITY INTERVAL Training, program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your "Fast Twitch" muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your 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.
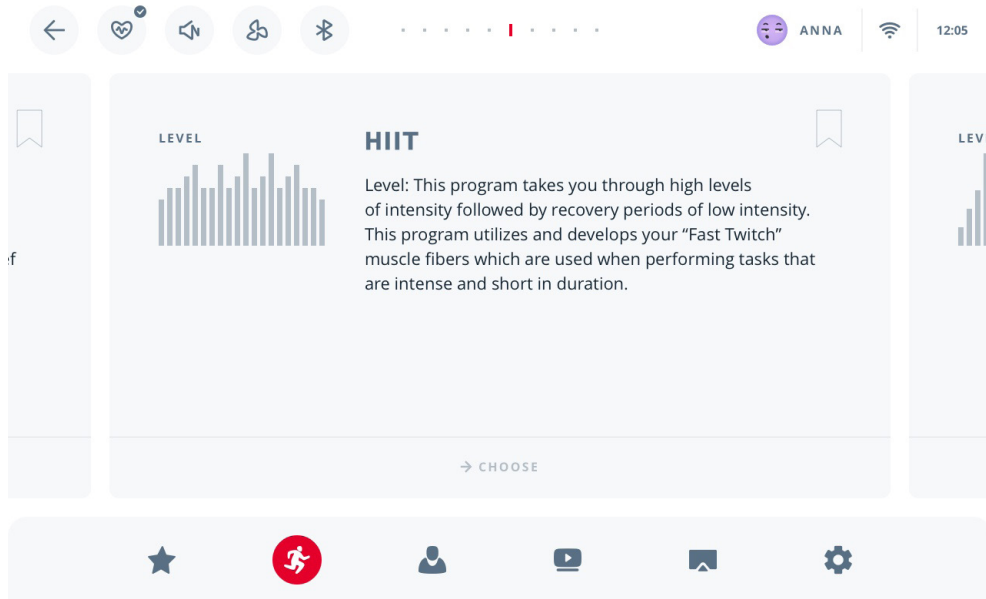
CUSTOM program allows you to set the level variations within a program profile. Once the profile is defined, choose target time and maximum level, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press Save as to save the program with the current settings. You can manage saved programs in TEMPLATES. To delete a template, tap on it, then press Delete in the top right corner. Maximum of 12 template programs can be stored. A Template program is only available to a user who created it.
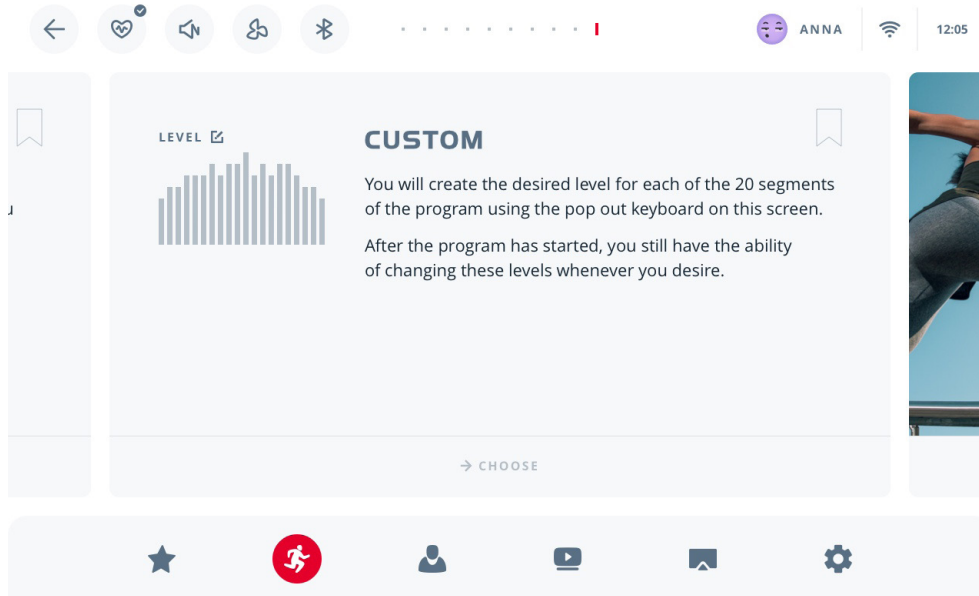
HEART RATE PROGRAMS

Note: You must wear a 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 select the HR1 or HR2 program, then the Next button and follow the directions on the screen.

ANNA   12:05

HEART RATE

MAX HR

110 BPM

◄ | | | | | | | | | | | ►

TARGET HR (% OF MAX)

60%   80%

NEXT
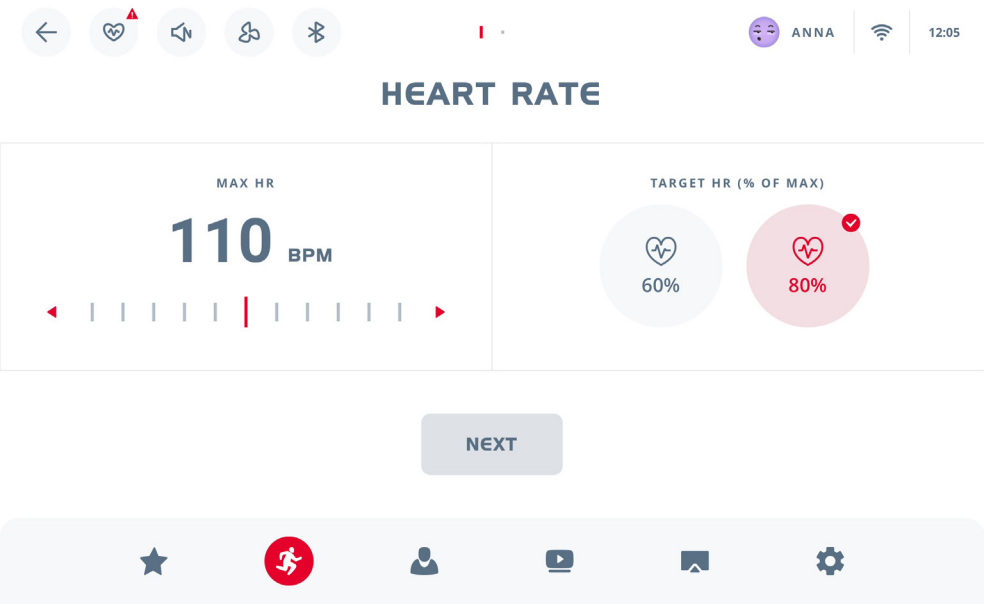
Heart Rate Programs

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 cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their
target heart rate zone is calculated:
220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 X .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.

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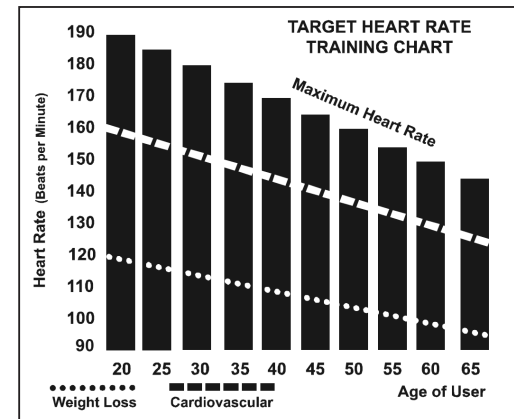
If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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

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 workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

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

The scale is as follows:
Rating Perception of Effort

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

Wearing The Chest Strap

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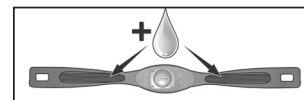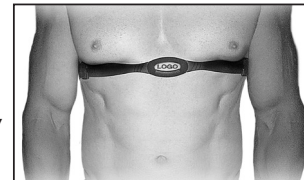
Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions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

Erratic Operation

Caution! Do not use this Semi - Recumbent Bike 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. Treadmill not properly grounded - Proper grounding is a must!
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 your dealer.

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. Now you can view current workout data in three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media/email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

The Spirit App also allows you to sync your workout data with one of many fitness cloud sites.

Syncing the App with your exercise machine:
1. Download the App.
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 icon in the top left corner to search for your Spirit equipment (shown right).
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Spirit Fitness product.
5. When you workout is finished, the data is automatically saved and 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, 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 7 or Android 4.4 for the Spirit App to operate properly.

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:
   I. 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. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
   II. The crank arm nut needs to be retightened
   III. 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.

Recumbent Bike Warranty - Effective February 4, 2021

Spirit Fitness warrants all its Semi - Recumbent Bike 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	Brake	Parts	Labor
Residential	Lifetime	Lifetime	10 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer 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 to validate the manufacturer's limited warranty.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the fitness bike 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 wiring.
5. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
6. Damages to the fitness bike 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:

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.

1. 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 fitness bike not requiring component replacement, or fitness bike not in ordinary household use.
2. 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.

3. Products with original serial numbers that have been removed or altered.
4. Products that have been: sold, transferred, bartered, or given to a third party.
5. 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.
6. 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.
7. Product use in any environment other than a residential setting.
8. Warranties outside of North America 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:

9. Contact your selling authorized Spirit Fitness dealer. OR
10. Contact your local authorized Spirit Fitness service organization.
11. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
12. 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.
13. 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.
14. 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.

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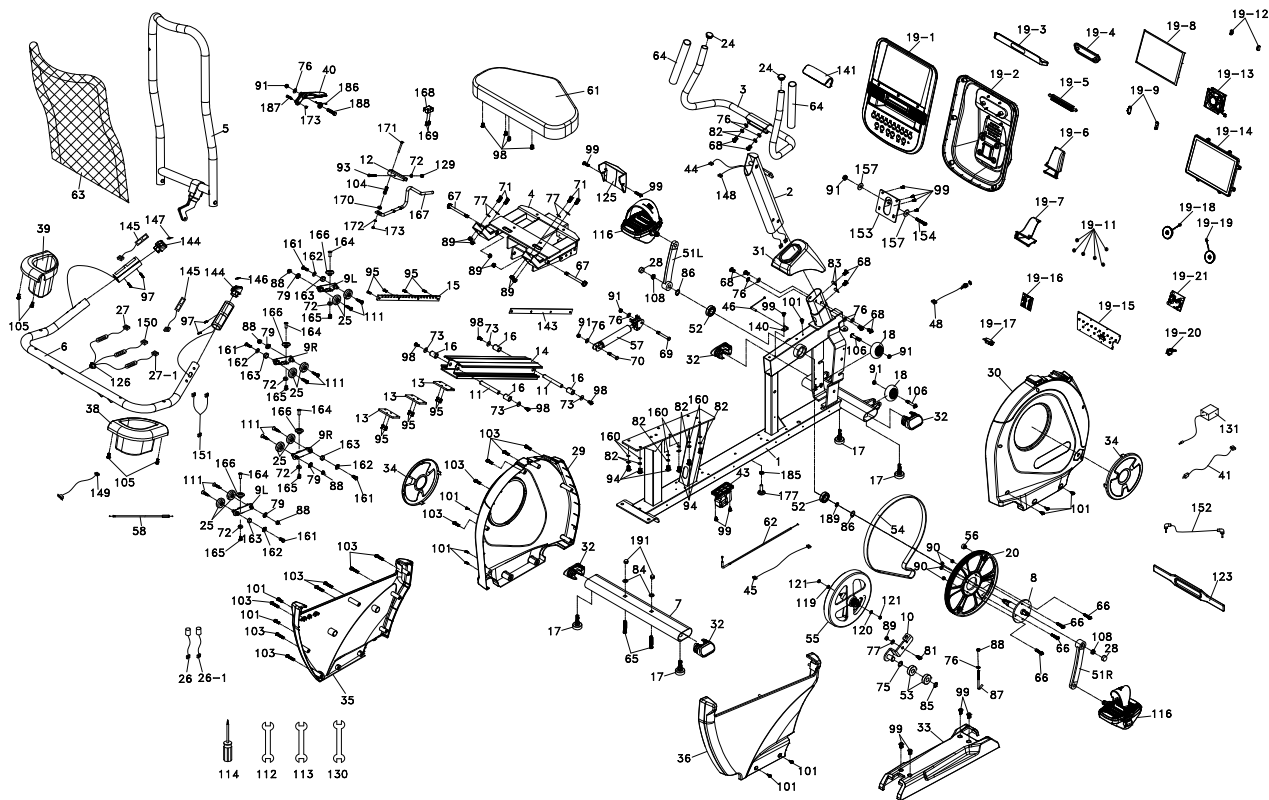
XBR55ENT Parts List		
I	Main Frame	1
2	Console Mast	1
3	Mast Handle bar Assembly	1
4	Seat Carriage	1
5	Seat Back Frame	1
6	Seat Handle Bar	1
7	Rear Stabilizer	1
8	Crank Axle	1
9L	Seat Wheel Adjustment Plate (L)	2
9R	Seat Wheel Adjustment Plate (R)	2
10	Idler Wheel Assembly	1
11	Seat Stop Axle	2
12	Seat Position Latch	1
13	Backing Plate	3
14	Aluminum Track	1
15	Rack	1
16	Spacer for Stopper Axle	4
17	Rubber Foot	4
18	Transportation Wheel	2
19	Console Assembly	1
19-1	Console Top Cover	1
19-2	Console Bottom Cover	1
19-3	Book Rack	1
19-4	Deflector Fan Grill	1
19-5	Deflector Fan Grill	1
19-6	Wind Duct (R)	1
19-7	Wind Duct (L)	1
19-8	Water-resist Rubber	1
19-9	Fan Grill Anchor	2
19-11	Speaker Grill Anchor	6

19-12	Fan Grill Anchor	2
19-13	Fan Assembly	1
19-14	Console Display Board	1
19-15	Key Board	1
19-16	Interface Board	1
19-17	300m/m_W/Receiver, HR	1
19-18	250m/m_Speaker W/Cable	1
19-19	460m/m_Speaker W/Cable	1
19-20	Earphone Socket	1
19-21	USB Board	1
20	Drive Pulley	1
24	Button Head Plug	2
25	Seat Track Wheel	8
26	300m/m_Hand Pulse Sensor Assembly W/Cable	1
26-1	300m/m_Hand Pulse Sensor Assembly W/Cable(White)	1
27	750m/m_Handpulse W/Cable Assembly(L)	1
27-1	950m/m_Handpulse W/Cable Assembly(R)	1
28	Crank Arm End Cap	2
29	Front Shroud (L)	1
30	Front Shroud (R)	1
31	Console Mast Cover	1
32	Handgrip End Cap	4
33	Bottom Cover	1
34	Round Disk Cover	2
35	Rear Shroud (L)	1
36	Rear Shroud (R)	1
38	Drink Bottle Holder (R)	1
39	Drink Bottle Holder (L)	1
40	Release Lever	1
41	Transformer Power Cord	1
43	Gear Motor	1

44	750m/m_Computer Cable	1
45	2100m/m_Hand Pulse Sensor Assembly W/Cable	1
46	250m/m_Sensor W/Cable	1
48	750m/m_DC Power Cord	1
51L	Crank Arm(L)	1
51R	Crank Arm(R)	1
52	6004_Bearing	2
53	6203_Bearing	2
54	Drive Belt	1
55	Flywheel	1
56	Magnet	1
57	Gas Cylinder	1
58	Steel Cable	1
61	Seat	1
62	Steel Cable	1
63	Mesh Seat Back	1
64	Handgrip Foam	2
65	3/8" × 53m/m_Carriage Bolt	2
66	1/4" × 3/4"_Hex Head Bolt	4
67	3/8" × UNC16 × 4"_Hex Head Bolt	2
68	5/16" × UNC18 × 5/8"_Hex Head Bolt	8
69	5/16" × 2- 1/2"_Hex Head Bolt	1
70	5/16" × UNC18 × 1-1/4"_Hex Head Bolt	1
71	3/8" × 1-3/4"_Hex Head Bolt	4
72	Ø1/4" × 13 × 1T_Flat Washer	5
73	Ø1/4" × 19 × 1.5T_Flat Washer	4
75	Ø17 × Ø23.5 × 1T_Flat Washer	1
76	Ø5/16" × Ø18 × 1.5T_Flat Washer	10
77	Ø3/8" × Ø19 × 1.5T_Flat Washer	5
79	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
81	3/8" × 3/4"_Button Head Socket Bolt	1

82	5/16" × 1.5T_Split Washer	8
83	5/16" × 19 × 1.5T_Curved Washer	2
84	Ø3/8" × Ø25 × 2T_Flat Washer	2
85	Ø17_C Ring	1
86	Ø20_C Ring	2
87	M8 × 130m/m_J Bolt	1
88	M8 × 7T_Nylon Nut	5
89	3/8" × 7T_Nylon Nut	7
90	1/4" × 8T_Nylon Nut	4
91	5/16" × 6T_Nylon Nut	6
93	M6 × 38m/m_Socket Head Cap Bolt	1
94	5/16" × UNC18 × 3/4"_Hex Head Bolt	6
95	M5 × 12m/m_Flat Head Socket Screw	10
97	3 × 20m/m_Tapping Screw	4
98	M6 × 15m/m_Phillips Head Screw	8
99	M5 × 12m/m_Phillips Head Screw	13
101	Ø5 × 16m/m_Tapping Screw	11
103	3.5 × 16m/m_Sheet Metal Screw	12
104	Spring	1
105	Ø4 × 16m/m_Sheet Metal Screw	4
106	5/16" × UNC18 × 1-3/4"_Button Head Socket Bolt	2
108	M10 × 1.25m/m_Nut	2
111	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
112	12/14m/m_Wrench	1
113	13/15m/m_Wrench	1
114	Phillips Head Screw Driver	1
116	Pedal (L.R)	1
119	3/8"-UNF26 × 3T_Nut	1
120	3/8"-UNF26 × 4T_Nut	1
121	3/8"-UNF26_Nut	2
123	Chest Strap	1

125	Seat Carriage Cover	1
126	HGP Wire Grommet	1
129	M6 × 6T_Nylon Nut	1
130	13/14m/m_Wrench	1
131	Power Adaptor	1
140	Sensor Rack	1
141	Handle Bar Cover	1
143	Seat Track Fixing Plate	1
144	Handgrip End Cap	2
145	Resistance Button W/Cable	2
146	Handgrip Key Label(+)	1
147	Handgrip Key Label(-)	1
148	2100m/m_Switch Cable (Upper)	1
149	300m/m_Handle Switch Bracket	1
150	180m/m_Resistance Connecting Cable	1
151	Switch Cable (Lower)	1
152	400m/m_Audio Cable	1
153	Console Holder Assembly	1
154	5/16" × 2-1/2"_Hex Head Bolt	1
157	5/16" × 25 × 3T_ Nylon Washer	2
160	Ø5/16" × 16 × 1.5T_Flat Washer	6
161	M6 × 10L_Flat Phillips Head Screw	4
162	Ø1/4" × Ø16 × 1.0T_Flat Washer	4
163	Sleeve	4
164	M6 × 19L_Nut	4
165	M6 × 10L_Button Head Socket Bolt	4
166	PU Wheel	4
167	Seat Front/Aft Adjustment Lever	1
168	Lever Anchor	1
169	M5 × 25m/m_□□□□□□	2
170	Ø15 × Ø6 × 4T_Nylon Washer	1

171	M5 × 45m/m_Socket Head Cap Bolt	1
172	Ø5 × Ø10 × 1.0T_Flat Washer	1
173	M5 × 5T_Nylon Nut	2
177	Rubber Foot Pad	1
185	3/8" × 4T_Nut	1
186	ChenChin Torsion-Spring	1
187	M5 × 20L_Phillips Head Screw	1
188	5/16" × UNC18 × 1-1/2"_Hex Head Bolt	1
189	Rubber Pad	1
191	3/8" × UNC16 × 12.5T_Cap Nut	2
210111		

NOTES

NOTES

800.258.4555
spiritservice@spiritfitness.com
www.spiritfitness.com

Spirit Fitness
3000 Nestle Road
Jonesboro, AR 72401

SPIRIT