

CVC800 Vertical Climber

OWNER'S MANUAL

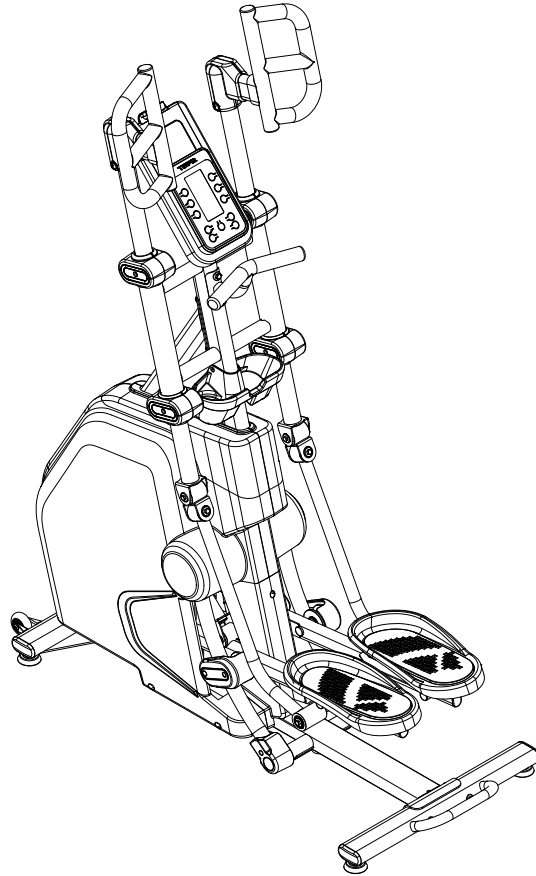


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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.



Congratulations on your new Vertical Climber and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality Vertical Climber from Spirit Fitness. Your new Vertical Climber 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 Vertical Climber 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 <http://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 Vertical Climber on a flat level surface with access to a 110-volt, 1.5-amp grounded outlet with only the Vertical Climber 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 Vertical Climber on deeply padded, plush or shag carpet. Damage to both carpet and Vertical Climber may result.

- Keep children away from the Vertical Climber. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Vertical Climber if it has a damaged cord or plug. If the Vertical Climber 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 Vertical Climber 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 Vertical Climber. 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.
- User Weight Limit: 400 lb

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 Vertical Climber 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 Vertical Climber 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 Vertical Climber is first turned on or even during use. If your Vertical Climber is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the Vertical Climber 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.

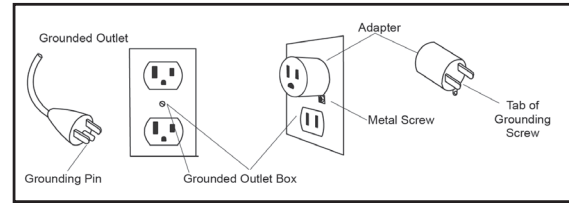
GROUNDING INSTRUCTIONS

This product must be grounded. If the Vertical Climber 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 Vertical Climber 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 button. The computer will obey the command gradually.

- Use caution while participating in other activities while pedaling on your Vertical Climber; 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

CVC800 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.

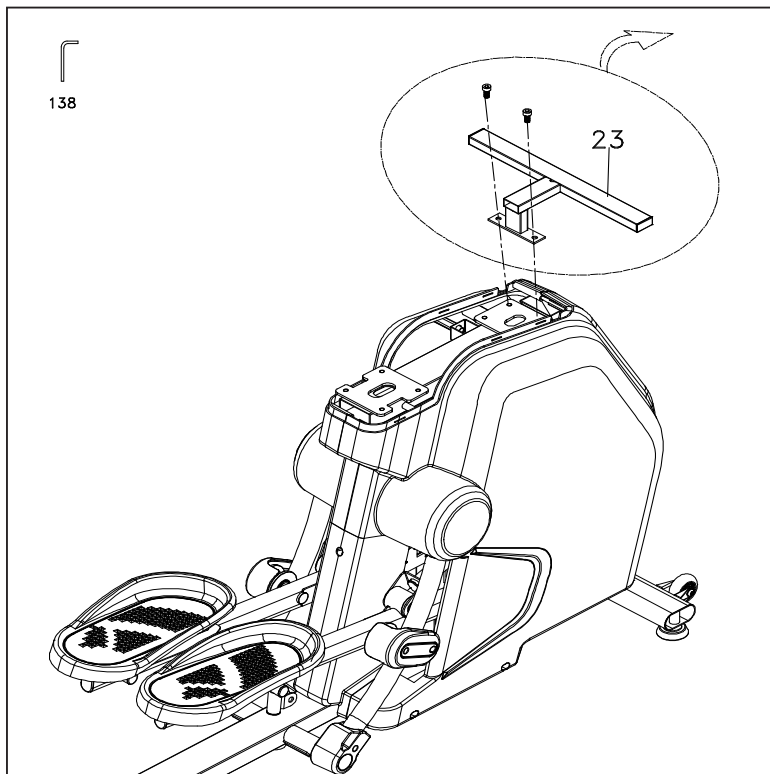
TOOLS INCLUDED:

- 13/14m/m_Wrench
- 12/14m/m_Wrench
- Phillips Head Screw Driver
- L Allen Wrench-M8

PARTS INCLUDED:

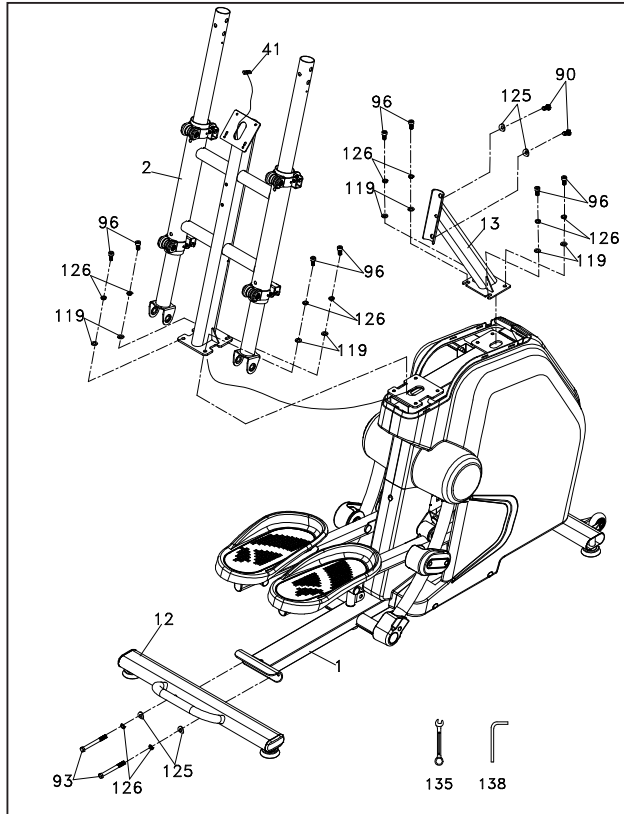
- 1 Main Frame
- 1 Console Mast
- 2 Console Mast Cover (Left and Right)
- 4 Handlebar Tubing
- 4 Levelers
- 1 Rear Stabilizer
- 1 Console
- 2 Foot Pedals
- 1 Power Cord
- 2 Transport Wheels
- 1 Water Bottle Holder
- 1 Hardware Kit

CVC800 STEP ZERO



1. Use L Allen Wrench (No.138) to remove two $3/8'' \times 3/4''$ Socket Head Cap Bolts that hold the protective Side Back (No.23) onto the mounting plate on the Main Frame. Discard the bolts and set the Side Back (No.23) aside.

CVC800 STEP ONE

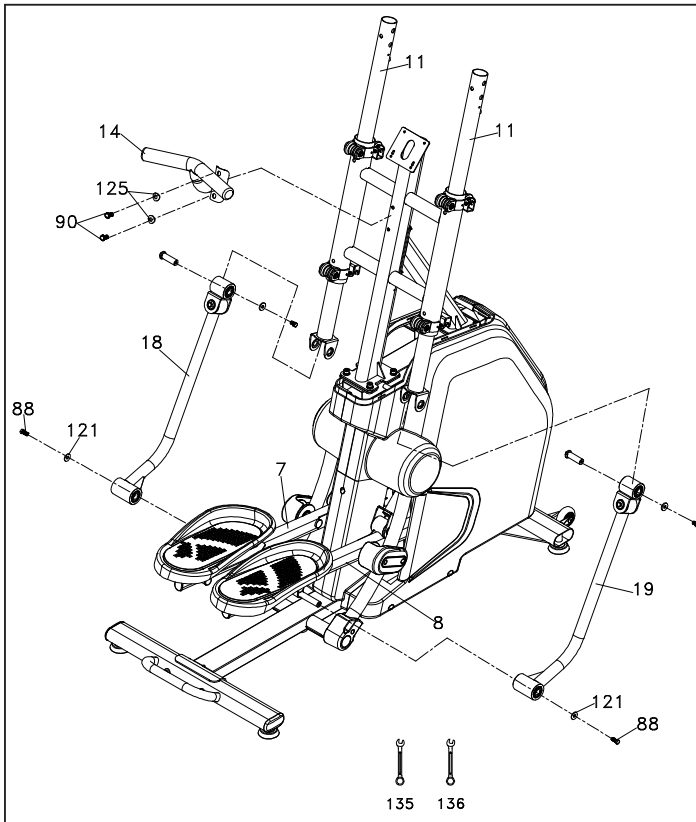


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
90	HEX HEAD BOLT	3/8" x 3/4"	2
93	HEX HEAD BOLT	3/8" x 3-3/4"	2
96	SOCKET HEAD CAP BOLT	3/8" x 3/4"	8
119	FLAT WASHER	3/8" x ø19 x 1.5T	8
125	CURVED WASHER	3/8" x 23 x 2.0T	4
126	SPLIT WASHER	ø10 x 2T"	10

1. Attach **Rear Stabilizer with Handle (No.12)** to mounting plate on the **Main Frame (No.1)** and secure with **2 Hex Head Bolts (No.93)**, **2 Spring Washers (No.126)** and **Curved Washers (No.125)** by using **Wrench (No.135)**.
2. Pull the tie on the **Console Mast (No.2)** to have **Computer Cable (No.41)** go through the mast from bottom and out of the mast on top. Secure the **Console Mast (No.2)** on the mounting plate on the **Main Frame (No.1)** with four **Socket Head Cap Bolts (No.96)**, **4 Split Washers (No.126)** and **4 Flat Washers (No.119)** by using **L Allen Wrench (No.138)**.
3. Secure the **Console Mast Bracket (No.13)** to the **Main Frame (No.1)** using **4 Socket Head Cap Bolts (No.96)**, **4 Split Washers (No.126)**, and **4 Flat Washers (No.119)**. Use **2 Hex Head Bolts (No.90)** and **2 Curved Washers (No.125)** to secure the **Strap Hold Down (No.2)** to the **Console Mast Bracket (No.13)**.

CVC800 STEP TWO

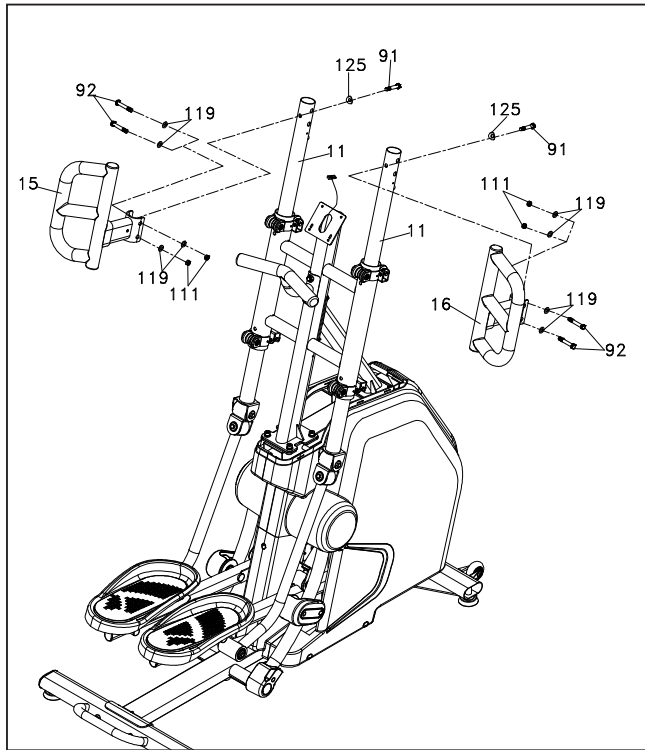


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
88	HEX HEAD BOLT	5/16" x 15mm	2
121	FLAT WASHER	5/16" x 23 x 1.5T	2
90	HEX HEAD BOLT	3/8" x 3/4"	2
125	CURVED WASHER	Ø3/8" x 23 x 2.0T	2

1. Take off the axle & screw from the **Right Driving Assembly (No.19)**, install lower hole of **Right Driving Assembly** to axle of **Connecting Arm (R)(#8)** to connect together, then firmly fasten one **Hex Head Bolt (No.88)** through one **Flat Washer (No.121)** using the **Wrench (No.136)**.
2. Install into the upper hole of the **Right Driving Assembly** to lower U shaped plate of **Handgrip Stabilizer Assembly (No.11)**, then insert the Axle into upper hole through the lower U shaped plate, firmly fasten with the previously removed screw using the **Wrench (No.136)**. Repeat for the left side.
3. Install the **Mast Handlebar Assembly (No.14)** onto the **Console Mast (No.2)**. Secure with 2 **Hex Head Bolts (No.90)**, 2 **Curved Washers (No.125)** using the **Wrench (No.135)**.

CVC800 STEP THREE

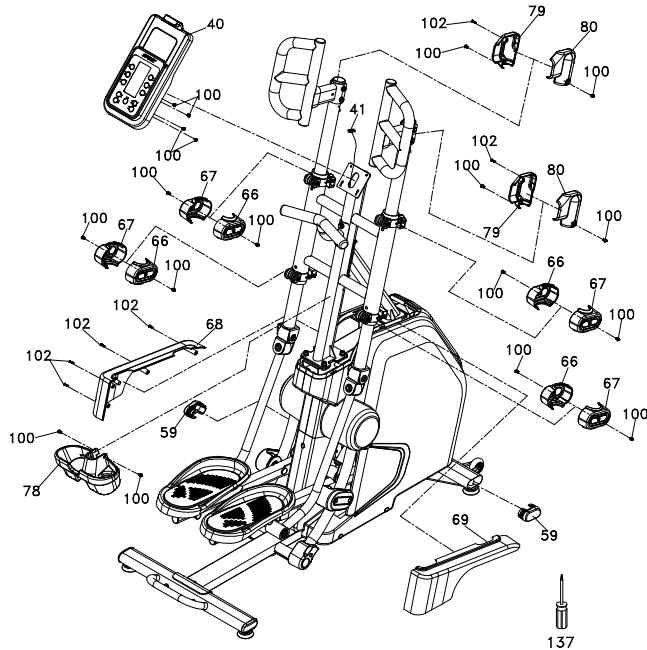


HARDWARE FOR STEP 3

PART	TYPE	DESCRIPTION	QTY
91	HEX HEAD BOLT	3/8" X 2-1/4"	2
125	CURVED WASHER	3/8" X 23 X 2.0T	2
92	HEX HEAD BOLT	3/8" X UNC16 X 2-1/2	4
119	FLAT WASHER	3/8" x 19 x 1.5T	8
111	NYLON NUT	3/8" x 7T	4

1. Install the **Seat Handle Bar (No.15L)** onto upper **Handgrip Stabilizer Assembly (No.11)**, firmly fasten one **Hex Head Bolts (No.91)** through one **Curved Washer (No.125)** using the **Wrench (No.135)**, and firmly fasten 2 **Hex Head Bolts (No.92)** through 4 **Flat Washers (No.119)**, 2 **Nylon Nuts (No.111)** using the **Wrench (No.136)**. Repeat on the right side.

CVC800 STEP FOUR



HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
100	PHILIPS HEAD SCREW	M5 X 10MM	18
102	SHEET METAL SCREW	3.5 x 12mm	6

1. Plug the **Computer Cable (No.41)** into **Console Assembly (No.40)**. Install the **Console Assembly** on top of the mast of the **Console Mast (No.2)** (stuff rest cables into the mast tube), then firmly fasten 4 **Tapping Screw (No.100)** using the **Screw Driver (No.137)**.
2. Install the **Console Mast Cover (No.68L)** & **Console Mast Cover (No.69R)** to **Chain Cover (No.70L)** & **Chain Cover (No.71R)**, firmly fasten 4 **Sheet Metal Screw (No.102)** using the **Screw Driver (No.137)**.
3. Install one **Handlebar Cover (No.79L)** & one **Handlebar Cover (No.80R)** onto upper left **Handgrip Stabilizer Assembly (No.11)**, firmly fasten 2 **Tapping Screw (No.100)** & one **Sheet Metal Screw (No.102)** using the **Screw Driver (No.137)**. Repeat with the **Handlebar Cover (No.79L)** & **Handlebar Cover (No.80R)** & upper right **Handgrip Stabilizer Assembly (No.11)**.
4. Plug in the **Oval End Caps (No.59)** onto ends front stabilizer tube of **Main Frame (No.1)**.
5. Install the **Track Slide Wheel Cover A (No.66)** & the **Track Slide Wheel Cover B (No.67)** onto the upper left **Strap Hold Down (No.2)** fastening with two **Tapping Screws (No.100)** using the **Screw Driver (No.137)**. Repeat with the other 3 sets to the lower left, upper right, and lower right of the **Strap Hold Down (No.2)**.
6. Install the **Beverage Holder (No.78)** onto **Strap Hold Down (No.2)** using 2 **Tapping Screws (No.100)**.



CVC800 CONSOLE OPERATION



POWER

When the display is powered up, the all characters on the console will light up. The LCD Data Display Window will show the software version and the total time the climber has been used since it was new. After 3 seconds the console will go to the start-up display and your climber will be ready to use.

QUICK START

To begin working out in **QUICK START** mode, simply press the **START** key after the console has powered up. In **QUICK START** mode, the **TIME** will count up from zero, and the workload/resistance may be adjusted manually by pressing the **UP/DOWN** keys. Pressing the **STOP** key once will **PAUSE** the workout. Press **START** to resume the workout. Press the **STOP** key twice to end the workout.

NOTE: **FLS** (Total Floors Climbed), **FPM** (Floors Per Minute)

CONNECTING BLUETOOTH

The Bluetooth connection can be used for either pairing with your phone/tablet (APP) or with a wireless Bluetooth chest strap (BLECHESTSTRAP). Please note that the default setting is for connection with APP. To change the setting to pair with a Bluetooth chest strap, please follow the steps below.

- During the **IDLE MODE**, press the “**ENTER**” button for 2 seconds – you are now in **SETTING MODE**.
- Message in window will show “**APP**” – press either **LEVEL UP** or **LEVEL DOWN** to change between “**APP**” and “**BLECHESTSTRAP**” – then press **STOP/ENTER** to return to **IDLE MODE**.
- The Bluetooth connection will now pair with a Bluetooth chest strap.

NOTE: If machine is powered off/on, the console will automatically revert to the default setting of connecting to “**APP**” – to change to connect to “**BLECHESTSTRAP**” repeat steps above.

MANUAL

The **Manual** program works as the name implies, manually. This means that you control the program yourself and not the computer. To start the Manual program follow the instructions below.

1. Press the **Manual** key, then press the **ENTER** key.
2. Enter your age using the **UP/DOWN** keys, then press the **ENTER** key to accept the new number and proceed.
3. Enter your weight using the **UP/DOWN** keys, then press **ENTER** to continue. This information is used to help generate a more accurate caloric reading.
4. Enter the desired length of Time using the **UP/DOWN** keys, then press **ENTER** to continue.
5. You may now begin your workout by pressing the **START** key. To modify any of the settings, press the **STOP** key to go back one step and repeat the steps above.
6. The program will start at level 1 to warm up. If you want to increase/decrease the workload simply press the **UP/DOWN** keys.
7. During the Manual program you will be able to adjust the level manually by pressing the **UP/DOWN** keys.
8. During the Manual program you may press the **STOP** key once to enter the **PAUSE** mode and press the **START** key to resume the workout. Press the **STOP** key twice to exit the program.
9. When the program ends the display 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.

PRESET PROGRAMS

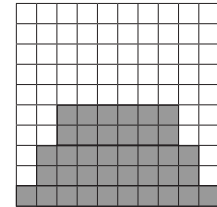
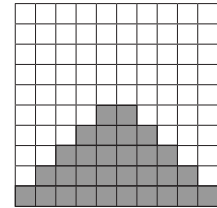
The climber has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

HILL

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.

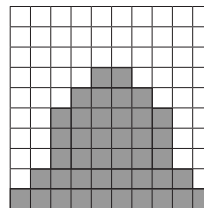
FAT BURN

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



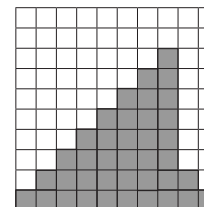
CARDIO

The Cardio program is designed to increase your cardiovascular function and endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



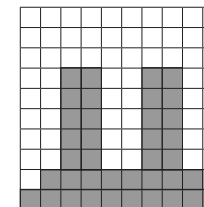
STRENGTH

The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes.



HIIT

The HIIT program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.



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 85% is recommended for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.

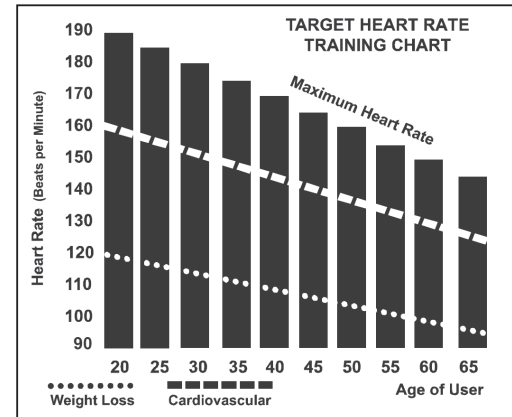
For someone who is 40 years old their target heart rate zone is calculated:

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

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

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

So for a 40 year old the training zone would be 108 to 153 beats per minute.



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

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 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 machines you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.

RATE OF PERCEIVED EXERTION

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.

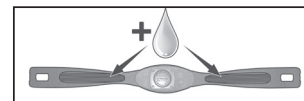
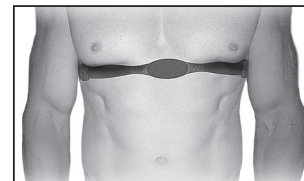
The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. The scale helps users determine an approximate heart rate level when a heart rate monitor was not in use. Using the scale below, rate the level of intensity of your workout, or the perception of your effort during your workout. Once the rating has been determined, simply add a "0" to the rating to get your approximate heart rate. For example, if your workout felt comfortable, you would rate it a "12". Then add a "0" to get an approximate heart rate during your workout of 120 beats per minute. 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	

WEARING THE CHEST STRAP (SOLD SEPARATELY)

1. Attach the transmitter to the elastic strap using the interlocking button.
2. Adjust the strap as tightly as possible while ensuring it is still 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 CR2032. The chest strap is sold separately. Chest straps that operate using Bluetooth should also work with this machine.

ERRATIC OPERATION

Caution! Do not use this Vertical Climber 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. Electric 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.

GENERAL MAINTENANCE

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

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. It is important to note that 90% of calls to the service department for noise issues can be traced to loose hardware.
2. The crank arm nut needs to be retightened. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.
3. Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
4. For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner. Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
5. For more details on sanitization, or to learn how to make your own spray solution, please visit <https://support.spiritfitness.com/hc/en-us/articles/4406787148564> .

ENGINEERING MODE

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 key is pressed for example. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys keep holding the keys down for about 2 seconds and the Message Window will display "Engineering Mode". Press the **Enter** button to access the menu below. Press the **Up/Down** keys to navigate the menu, then press the **Enter** key to select functions (Key Test, Display Test, Functions , Factory Set and Exit).

- A. Key Test- Will allow you to test all the keys to make sure they are functioning
- B. Display Test- Automatically tests all LCD's
- C. Functions- Press Enter to access settings, use **Up/Down** keys to scroll
 - i. ODO Reset- Resets the odometer
 - ii. Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
 - iii. Sleep Mode- Turn on to have the console power down automatically after 30 minutes of inactivity
 - iv. Motor Test- Continually runs the tensioning gear motor
 - v. Manual- Allows stepping of the gear motor
 - vi. Pause Mode- Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely
 - vii. Key Tone- Turn on or off the beep sound when a key is pressed
- D. Factory Set
- E. Exit- Select to exit Maintenance Mode

VERTICAL CLIMBER WARRANTY EFFECTIVE September 22, 2021

Spirit Fitness warrants all its Vertical Climber 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 facility. The warranty period applies to the following components:

WARRANTY	FRAME	PARTS	BRAKE	LABOR
Commercial (Non-Dues Paying Facilities)	Lifetime	5 Years	5 Years	2 Years
Residential	Lifetime	10 Years	10 Years	2 Years

*Prisons and correctional facilities are excluded from warranty coverage.

NORMAL RESPONSIBILITIES OF THE CONSUMER

The 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 Vertical Climber not requiring component replacement, or Vertical Climber 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. Prisons and correctional facilities are excluded from warranty coverage.
10. Warranties outside of the United States may vary. Please contact your local dealer for details.

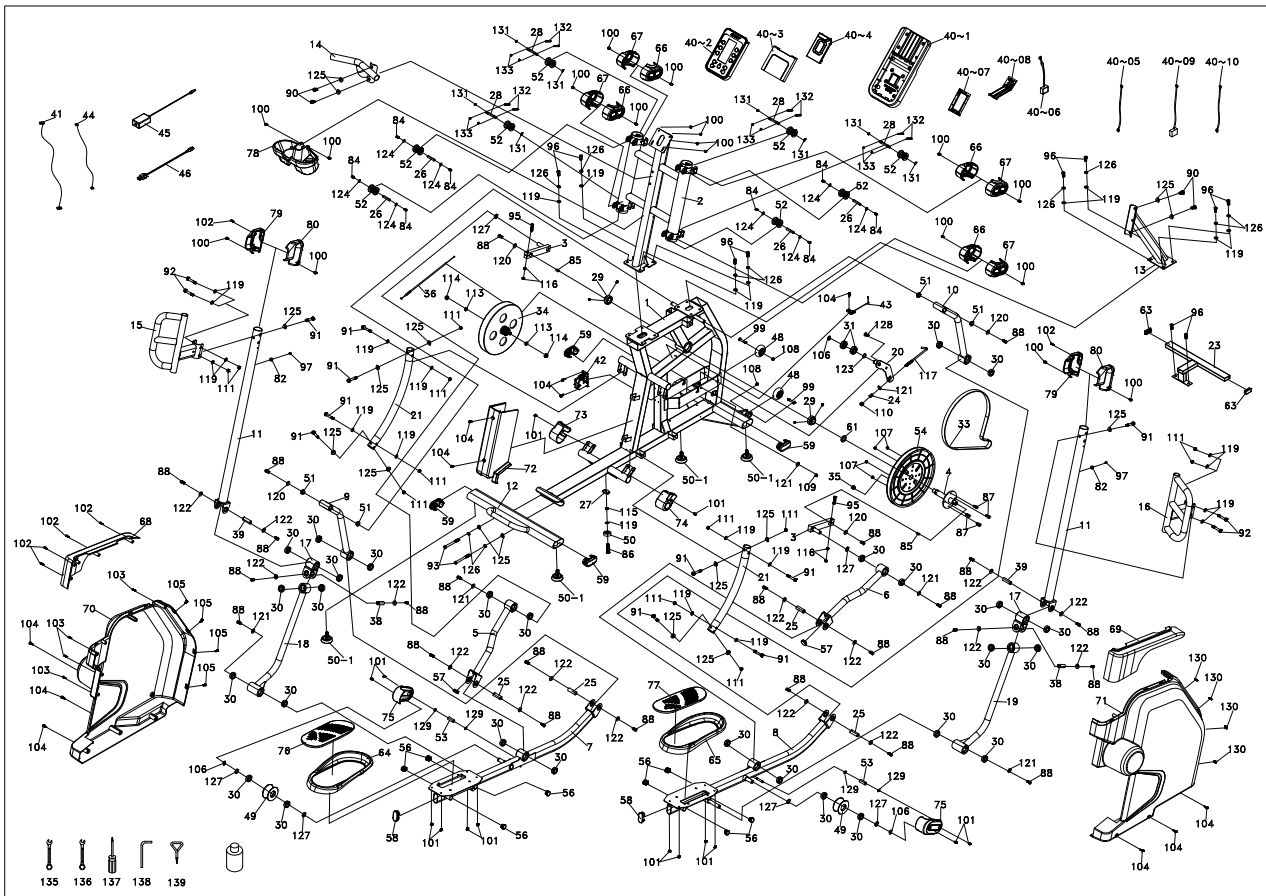
SERVICE

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.



CVC800 Parts List		
1	Main Frame	1
2	Strap Hold Down	1
3	Crank Arm	2
4	Crank Axle	1
5	Linked Assembly (L)	1
6	Linked Assembly (R)	1
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Left Swing Assembly	1
10	Right Swing Assembly	1
11	Handgrip Stabilizer Assembly	2
12	Rear Stabilizer	1
13	Connection Welding Group	1
14	Mast Handle bar Assembly	1
15	Seat Handle Bar (L)	1
16	Seat Handle Bar (R)	1
17	Driving Assembly	2
18	Left Driving Assembly	1
19	Right Driving Assembly	1
20	Idler Wheel Assembly	1
21	Rail Tube	2
23	Side Back	1
24	Rod End Sleeve	1
25	Axle	4
26	Slide Wheel Fixing Axle	4
27	Foot Pad Adjusting Plate	1
28	Slide Wheel adjustment Axle	4
29	6005 Bearing	2
30	6003 Bearing	28
31	6203 Bearing	2
33	Drive Belt	1
34	Flywheel	1
35	Magnet	1
36	Steel Cable	1
38	Axle for Slide Wheel	2
39	Axle	2
40	Console Assembly	1
40-01	Console Outer Cover	1

40-02	Console Inner Cover	1
40-03	IPAD Plate	1
40-04	IPAD Front Cover	1
40-05	150m/m Receiver, HR	1
40-06	W/Receiver, HR	1
40-07	Console Display Board	1
40-08	Interface Board	1
40-09	Bluetooth	1
40-10	250m/m Connecting Wire	1
41	1350m/m Computer Cable	1
42	Gear Motor	1
43	300m/m Sensor W/Cable	1
44	970m/m DC Power Cable	1
45	Power Adaptor	1
46	Transformer Power Cord	1
48	Transportation Wheel	2
49	Slide Wheel , Urethane	2
50	Ø35 x 10m/m Rubber Foot	1
50-1	Adjustment Foot	4
51	Bushing	4
52	Track Wheel	8
53	Sleeve	2
54	Drive Pulley	1
56	25.4 x 2.0T Round Cap	8
57	Ø32 x 1.8T Round Cap	2
58	Oval End Cap(30x60x2.5T)	2
59	Oval End Cap(Ø40xØ80)	4
61	Spacer Bushing	1
63	20mm x 40mm Square End Cap	2
64	Pedal (L)	1
65	Pedal (R)	1
66	Track Slide Wheel Cover A	4
67	Track Slide Wheel Cover B	4
68	Console Mast Cover (L)	1
69	Console Mast Cover (R)	1
70	Chain Cover (L)	1
71	Chain Cover(R)	1
72	Rear Shroud	1
73	Left Slider Cover	1

74	Right Slider Cover	1
75	Slide Wheel Cover	2
76	Pedal Foam (L)	1
77	Pedal Foam (R)	1
78	Beverage Holder	1
79	Handlebar Cover (L)	2
80	Handlebar Cover (R)	2
82	Fixing Piece	2
84	M5 x P0.8 x 10L Hex Head Bolt	8
85	7 x 7 x 19m/m Woodruff Key	2
86	3/8" x 2" Flat Head Socket Bolt	1
87	1/4" x UNC20 x 3/4" Hex Head Bolt	4
88	5/16" x 15m/m Hex Head Bolt	24
90	3/8" x 3/4" Hex Head Bolt	4
91	3/8" x 2-1/4" Hex Head Bolt	10
92	3/8" x UNC16 x 2-1/2" Hex Head Bolt	4
93	3/8" x 3-3/4" Hex Head Bolt	2
95	M8 x 35m/m Socket Head Cap Bolt	2
96	3/8" x 3/4" Socket Head Cap Bolt	10
97	M5 x P0.8 x 6L Socket Head Cap Bolt	2
99	5/16" x UNC18 x 1-3/4" Button Head Socket Bolt	2
100	M5 x 10m/m Tapping Screw	18
101	M5 x 10m/m Phillips Head Screw	14
102	3.5 x 12m/m Sheet Metal Screw	6
103	3.5 x 16m/m Sheet Metal Screw	4
104	5 x 19m/m Tapping Screw	11
105	5 x 16m/m Tapping Screw	4
106	Ø17 C Ring	3
107	1/4" x 8T Nylon Nut	4
108	5/16" x 7T Nylon Nut	2
109	M8 x 7T Nylon Nut	1
110	M8 x 9T Nylon Nut(Blacking)	1
111	3/8" x 7T Nylon Nut	12
113	3/8" x UNF26 x 4T Nut	2
114	3/8" x UNF26 x 11T Nut	2
115	3/8" x 7T Nut	1
116	M8 x 6.3T Nut	4
117	M8 x P1.25 x 1.55L Bolt	1

119	Ø3/8" x Ø19 x 1.5T Flat Washer	25
120	Ø8.5 x Ø26 x 2.0T Flat Washer	4
121	Ø5/16" x Ø23 x 1.5T Flat Washer	6
122	Ø5/16" x Ø23 x 3T Flat Washer	16
123	Ø17 x Ø23.5 x 1.0T Flat Washer	1
124	Ø5 x Ø15 x 1.5T Flat Washer	8
125	Ø3/8" x 23 x 2.0T Curved Washer	16
126	Ø10 x 2T Split Washer	10
127	Ø17 Wave Washer	6
128	M8 x 20m/m Carriage Bolt	1
129	7 x 14 x 0.8T E-Clip	4
130	M5 Speed Nut Clip	4
131	Ø10 C Ring	8
132	M5 x 35m/m Socket Head Cap Bolt	8
133	M5 x 5T Nylon Nut	8
135	13/14m/m Wrench	1
136	12/14m/m Wrench	1
137	Phillips Head Screw Driver	1
138	8mm L Allen Wrench	1
139	Short Phillips Head Screw Driver	1
200416		



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