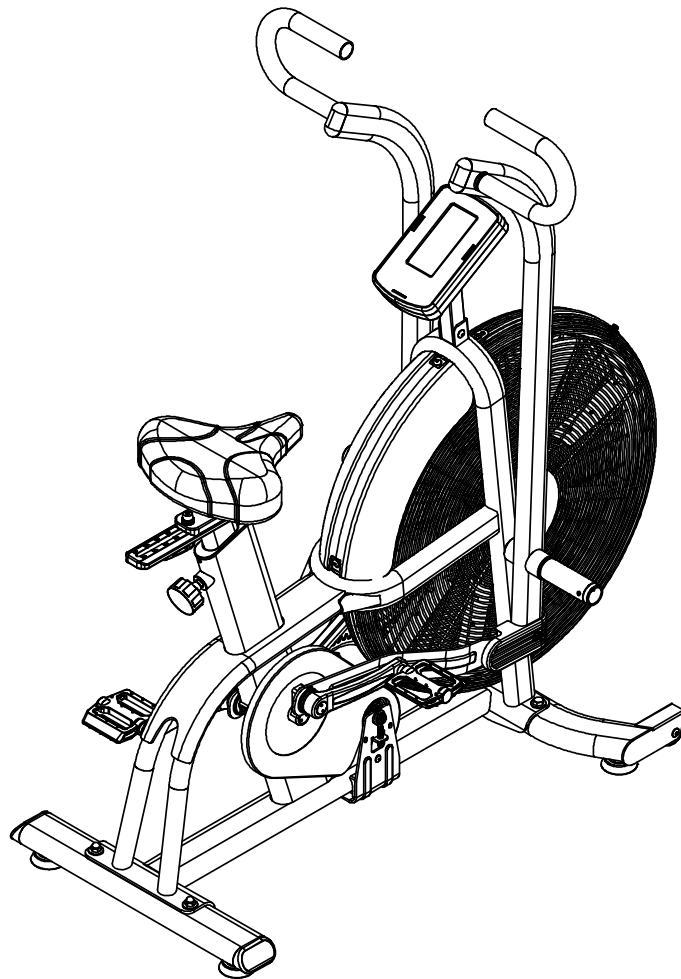


SPIRIT



AB950

AIR BIKE

AB950_950744_OM_20240419

Online Support



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



1-800-258-8511

questions@spiritfitness.com

Warranty Registration



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

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PRODUCT REGISTRATION

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

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

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

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

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION

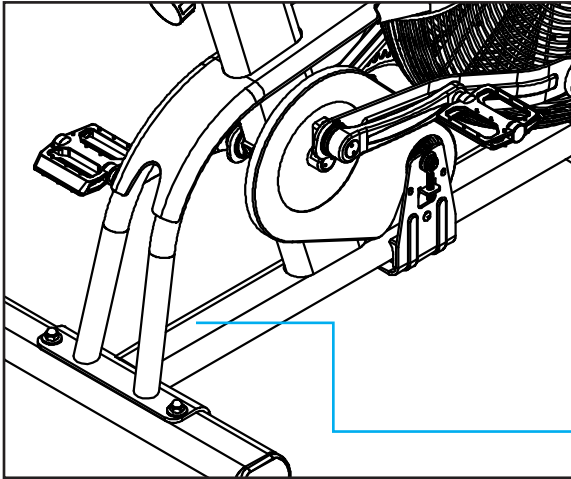


Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

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

Version: 1.0
Revision: 04.19.2024

PRODUCT LABELS



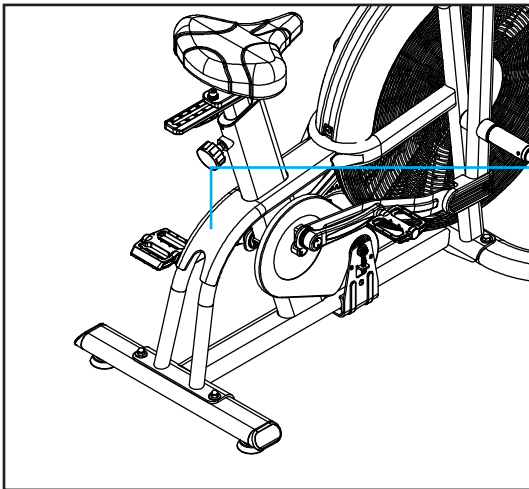
SERIAL NUMBER STICKER

This sticker will be found near the rear stabilizer. Please record the number below the barcode for the purpose of registering your Bike's warranty.



PROPOSITION 65 WARNING

This sticker will be found near the rear stabilizer. The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.



SAFETY WARNING STICKER

This sticker will be found on the rear of your Bike's shroud. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

WARNING AVERTISSEMENT

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

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

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

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

SAFETY INSTRUCTIONS

To reduce risk of injury to persons:

Read all instructions before using this appliance.



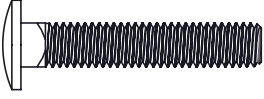
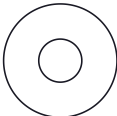









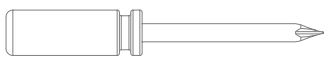





WARNING - To reduce the risk of injury to persons:

1. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. The appliance is intended for household use.
7. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
8. 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.
9. Keep hands away from all moving parts.
10. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
11. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
12. 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.
13. **User Weight Limit: 350 lbs.**

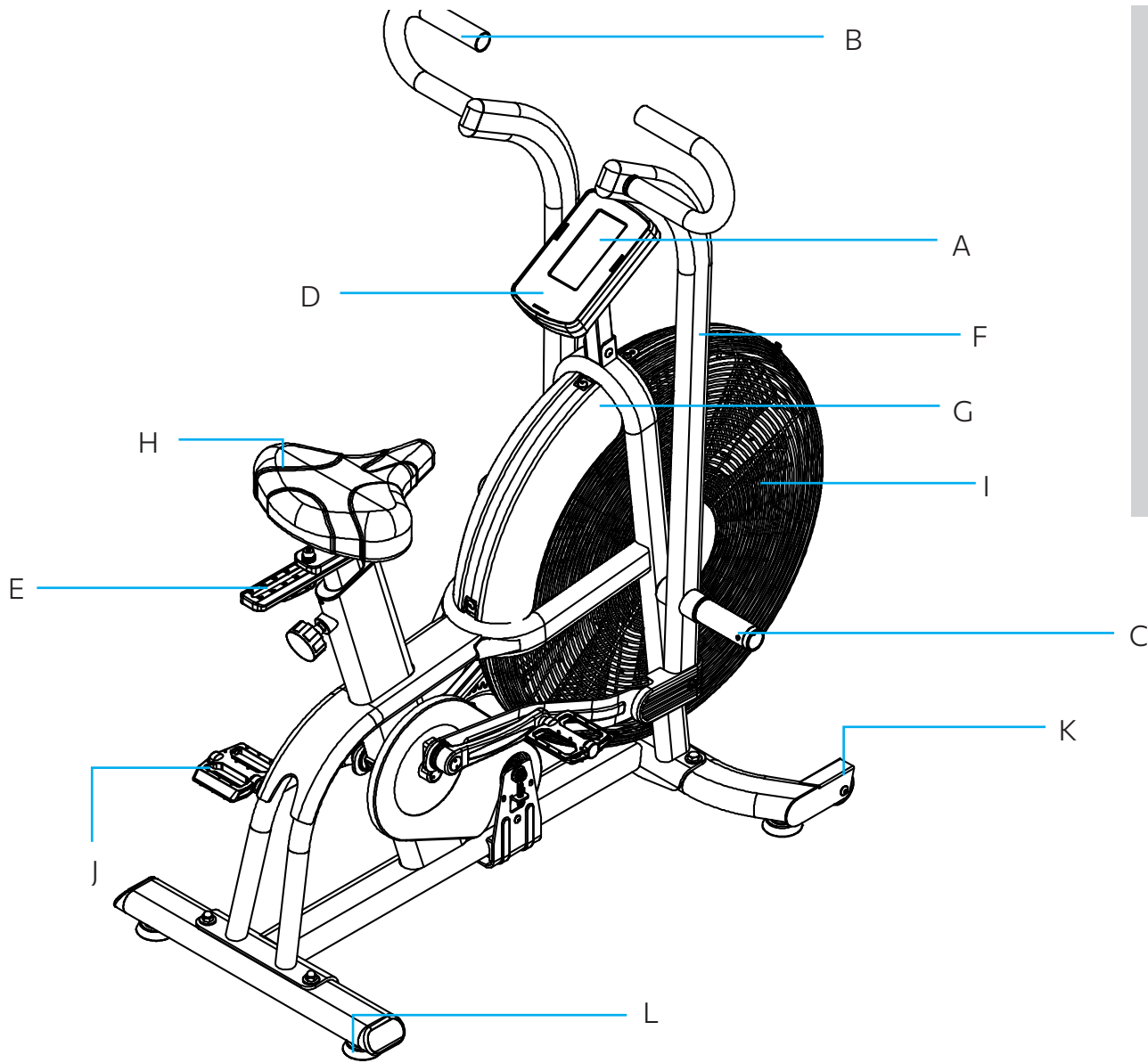


Please ensure that you review and adhere to the user weight restrictions of your new machine. Failure to do so may result in serious injury or damage to your machine.

PARTS INCLUDED

<p>STEP1</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  #50-3/8"x53L(2pcs) </div> <div style="text-align: center;">  #71-3/8"x25x2T(4pcs) </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  #84-3/8"x2-1/4"(2pcs) </div> <div style="text-align: center;">  #135-3/8"(2pcs) </div> </div>		<p>STEP3</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  #75-M6(2pcs) </div> <div style="text-align: center;">  #81-5/16"x20x3T(2pcs) </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  #136-8x20L(2pcs) </div> <div style="text-align: center;">  #159-M10x40L(2pcs) </div> </div>	
<p>STEP2</p> <div style="text-align: center; margin-top: 20px;">  #90-M6x10L(3pcs) </div>	<p>STEP4</p> <div style="text-align: center; margin-top: 20px;">  #58-M5x12L(4pcs) </div> <div style="text-align: center; margin-top: 20px;">  #90-M6x10L(2pcs) </div>	<p>TOOLS</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <div style="margin-bottom: 10px;">  #93-Phillips Head Screw driver (1 pc) </div> <div style="margin-bottom: 10px;">  #94-10mm Wrench (1 pc) </div> <div style="margin-bottom: 10px;">  #100-14/15mm Wrench (1 pc) </div> <div style="margin-bottom: 10px;">  #126-#4 L Allen Wrench (1 pc) </div> </div> <div style="width: 45%;"> <div style="margin-bottom: 10px;">  #157-#8 L Allen Wrench (1 pc) </div> <div style="margin-bottom: 10px;">  #158-13/15mm Wrench (1 pc) </div> </div> </div>	

PARTS OF YOUR BIKE



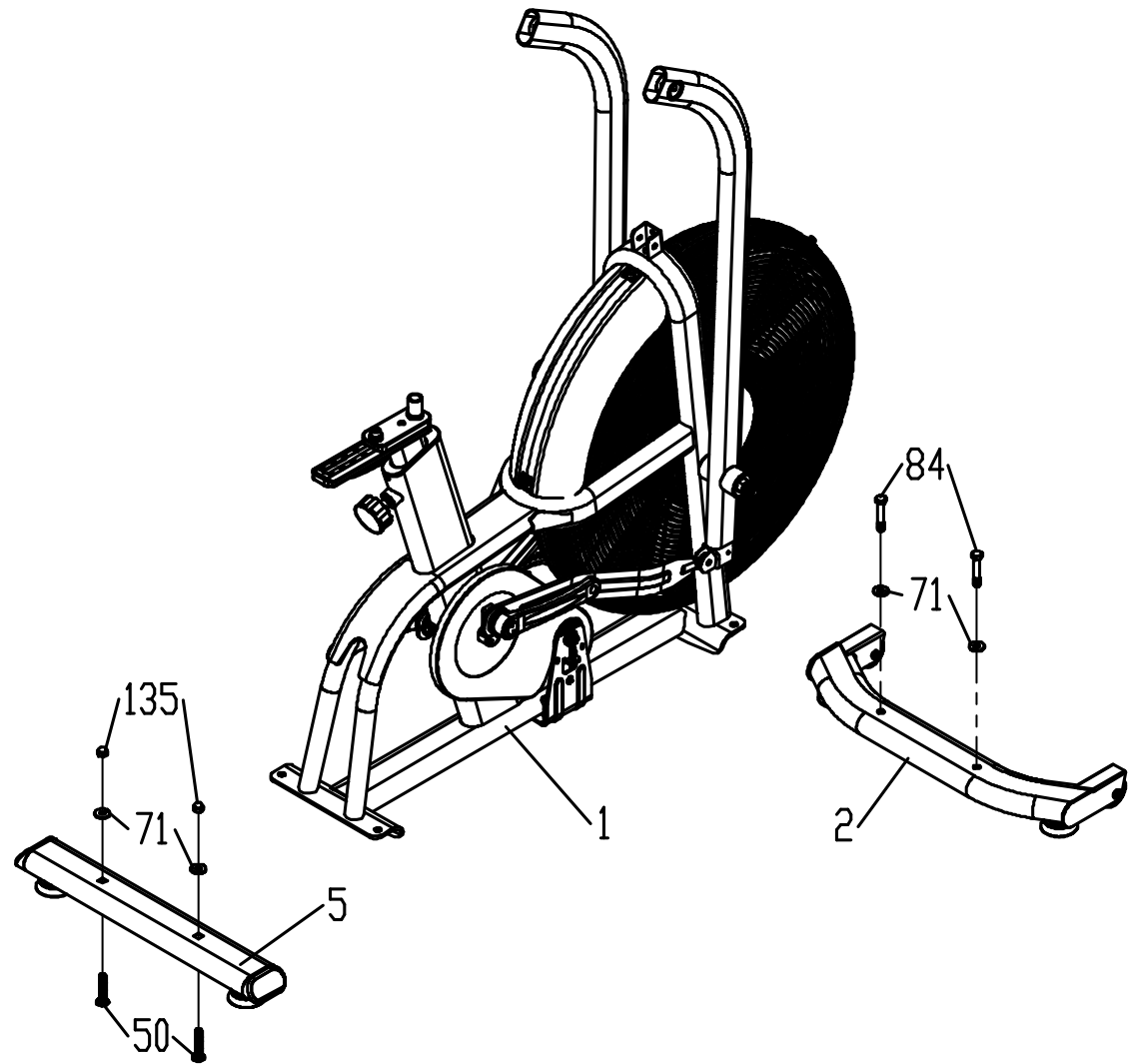
- A. LCD Screen
- B. Hand Grips
- C. Foot Peg
- D. Console
- E. Seat Adjustments
- F. Swing Arm
- G. Shroud
- H. Seat
- I. Flywheel
- J. Pedal
- K. Transport Wheels
- L. Levelers

PRE-ASSEMBLY

1. Place all parts from the box in a cleared area and position them on the floor in front of you.
2. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.
3. Read each step carefully before beginning.

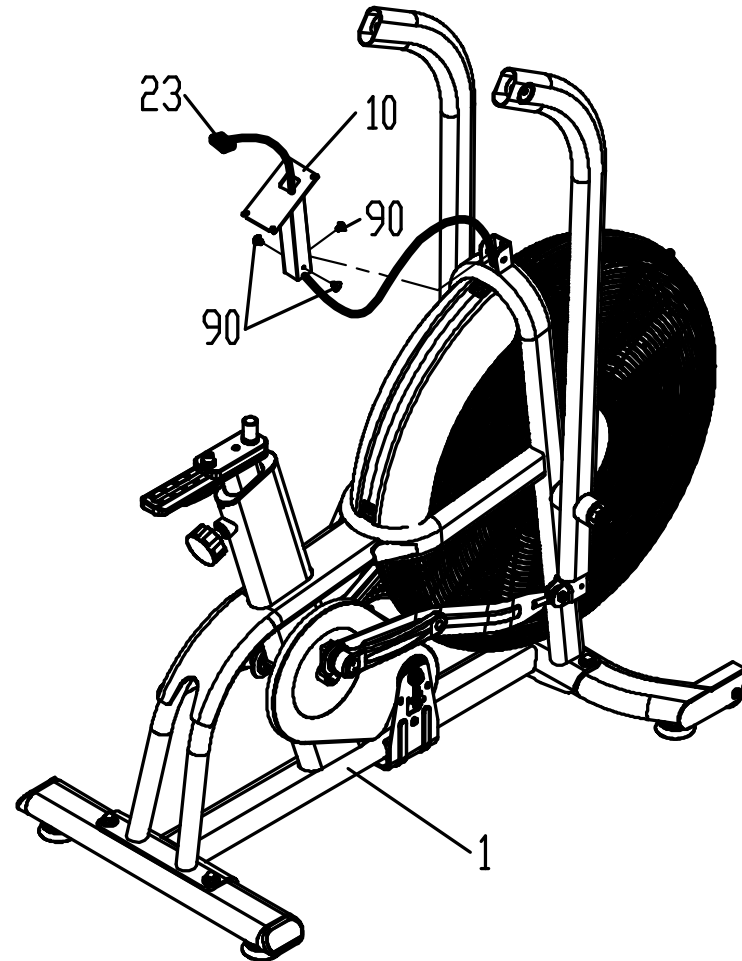
ASSEMBLY - STEP ONE

1. Use the **WRENCH (100)** to fasten the **FRONT STABILIZER (2)** onto the **MAIN FRAME (1)** with two sets of **HEX HEAD BOLTS (84)** and **FLAT WASHERS (71)**.
2. Use the **WRENCH (100)** to fasten the **REAR STABILIZER (5)** onto the **MAIN FRAME (1)** with two sets of **CARRIAGE BOLTS (50)**, **FLAT WASHERS (71)**, AND **CAP NUTS (135)**.



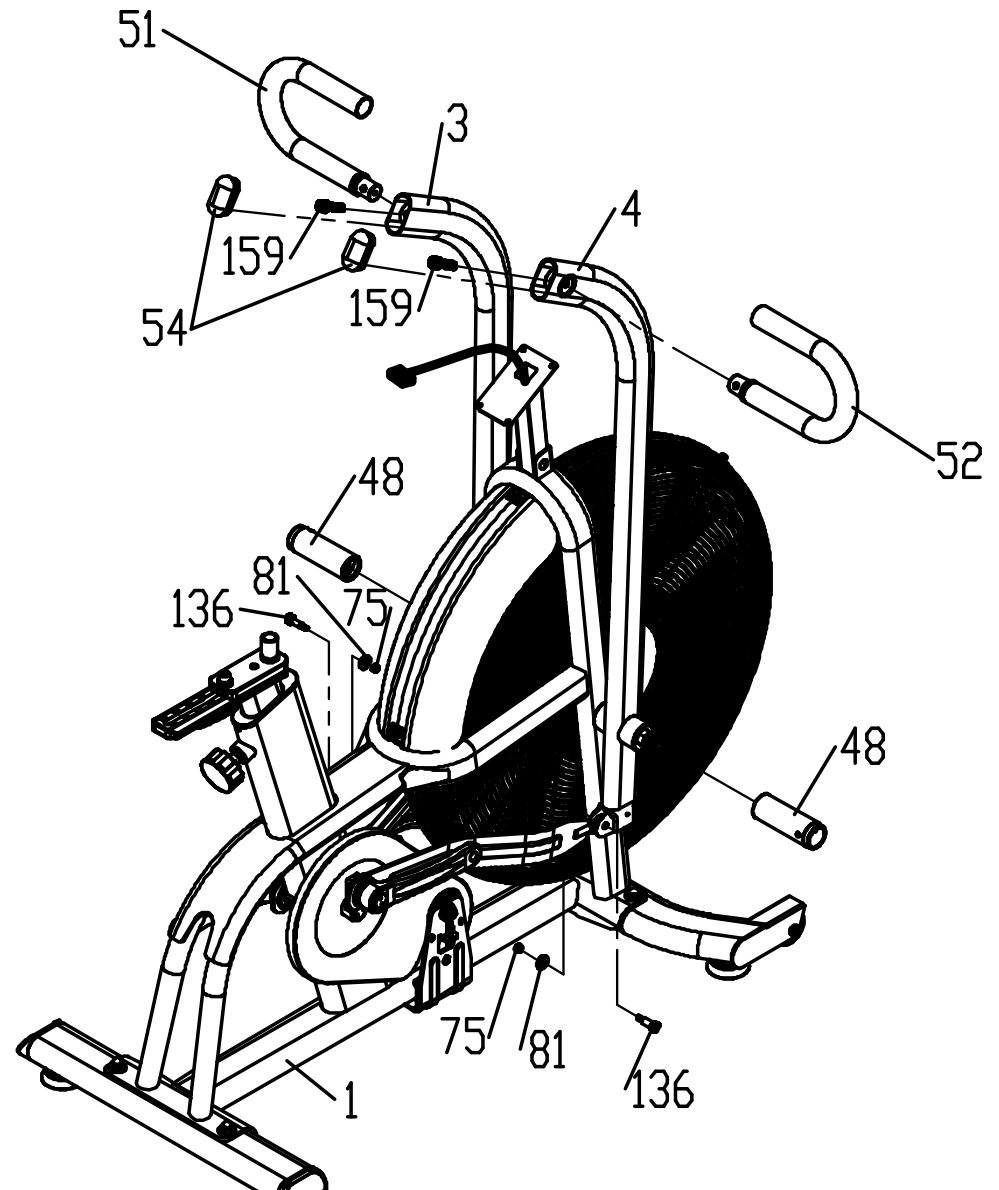
ASSEMBLY - STEP TWO

1. Insert the **CABLE (23)** through the hole of the **CONSOLE BASE (10)** carefully.
2. Use the **SCREW DRIVER (93)** to fasten the **CONSOLE BASE (10)** onto the **MAIN FRAME (1)** with three **PHILLIPS HEAD SCREWS (90)**.



ASSEMBLY - STEP THREE

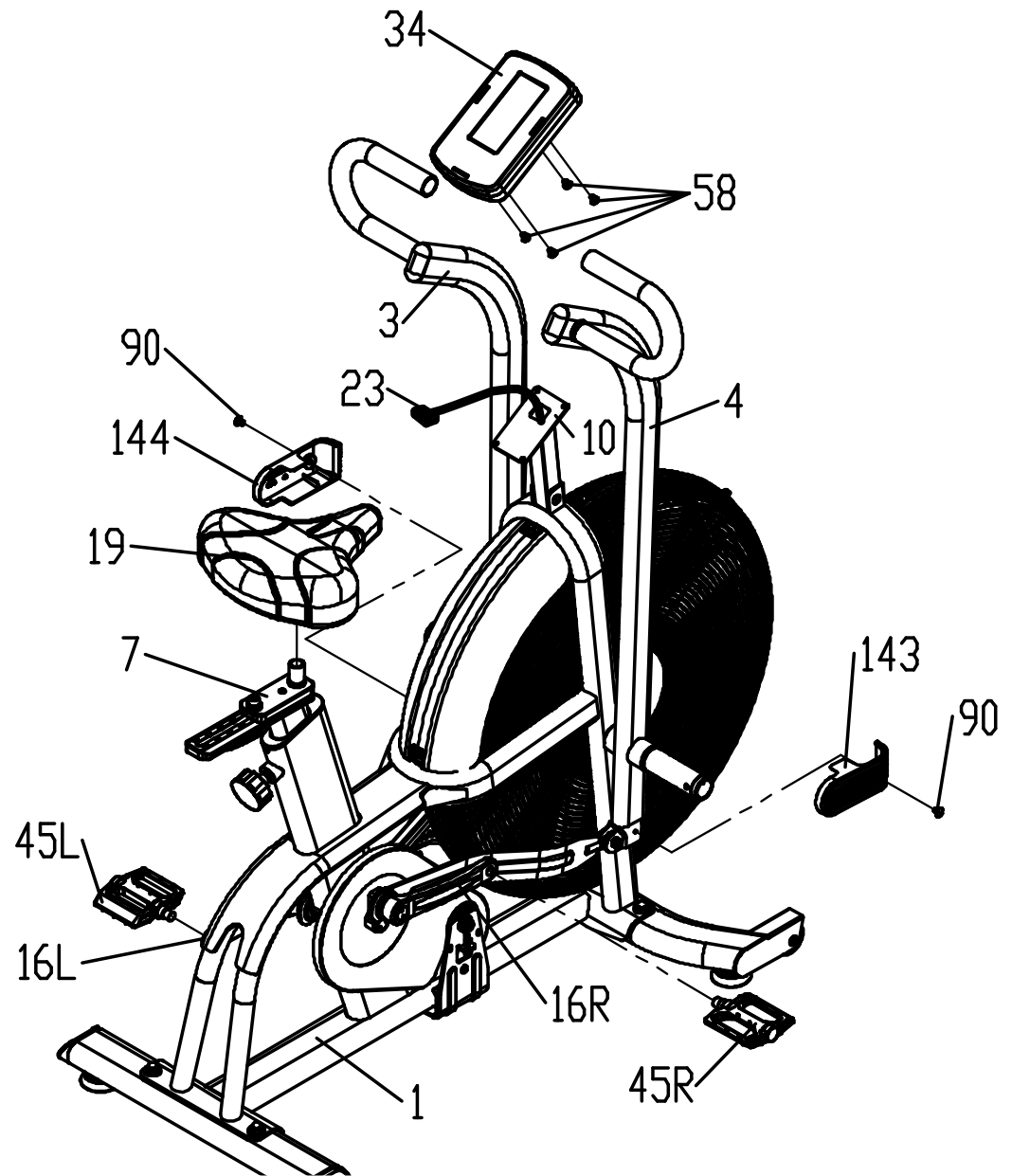
1. Attach the **LEFT HANDLEBAR (3)** and right **HANDLEBAR (4)** with the **ROCKER LINKS (8)** on both sides of the main frame with two sets of **BOLTS (136)**, **ROD END BEARINGS (64)**, **FLAT WASHERS (81)**, **NYLON NUTS (75)**.
2. Use the **WRENCH (94)** and the **ALLEN WRENCH (126)** to fasten all bolts and washers.
3. Attach the two **PEDAL BARS (48)** to the **LEFT HANDLEBAR (3)** and **RIGHT HANDLEBAR (4)**.
4. Use an **ALLEN WRENCH (157)** to fasten the **LEFT ARMREST HANDLE (51)** to the **LEFT HANDLEBAR (3)** with one **SOCKET HEAD CAP BOLT (159)** then insert an **OVAL END CAP (54)** into the opening of the **LEFT HANDLEBAR (3)**.
5. Use an **ALLEN WRENCH (157)** to fasten the **RIGHT ARMREST HANDLE (52)** to the **RIGHT HANDLEBAR (4)** with one **SOCKET HEAD CAP BOLT (159)** then insert an **OVAL END CAP (54)** into the opening of the **RIGHT HANDLEBAR (4)**.



ASSEMBLY - STEP FOUR

1. Connect the **CABLE (23)** to the **CONSOLE SET (34)** carefully.
2. Use a **SCREW DRIVER (93)** to fasten the **CONSOLE SET (34)** onto the **CONSOLE BASE (10)** with four **SCREWS (58)**.
3. Use a **WRENCH (100)** to fasten the **LEFT PEDAL (45L)** onto the **LEFT CRANK ARM (16L)** and **RIGHT PEDAL (45R)** onto the **RIGHT CRANK ARM (16R)** respectively.
4. Use a **WRENCH (158)** to fasten the **SEAT (19)** onto the **SLIDING SEAT MOUNT (7)**.
5. Use a **SCREW DRIVER (93)** to fasten the **LEFT CONNECTING ARM COVER (144)** onto the **LEFT HANDLEBAR (3)** with one **PHILLIPS HEAD SCREW (90)**.
6. Use a **SCREW DRIVER (93)** to fasten the **RIGHT CONNECTING ARM COVER (143)** onto the **RIGHT HANDLEBAR (4)** with one **PHILLIPS HEAD SCREW (90)**.

Note: To prevent any damage, verify the cable harness is not kinked and out of the way of the brackets when connecting the console mast to the base of the machine.



SETTING UP YOUR AIR BIKE

Testing Your Bike

Use this checklist to perform the bike test procedure.

- Recheck all the bolts and make sure they are all tightened to the proper torque specification (if indicated) and no parts are missing.
- Test the seat post to make sure they move freely and you are able to lock in at different positions.
- Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seats horizontal adjustment for movement front to rear and check it by setting it at different settings.
- Adjust seat post to your needs (Refer to seat adjustment directions). Ride/test the bike for proper operation according to this owner's manual.

CAUTION: The movement arms move whenever the pedals are turning. Do not dismount the bike until the pedals and movement arms come to a complete stop.

- Pedal the bike at a moderate pace and test for proper and smooth movement of the pedals and arms.
- When the testing is complete, even the movement arms, and tip the bike forward using the arms and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

Seat Adjustments

- Proper bike setup gives you a more comfortable ride and reduces your risk of injury. To adjust the seat height:
- Dismount the bike. Loosen and pull out on the seat height pop-pin to release it from its current preset location, while holding the seat with one hand. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole.
- **SEAT HEIGHT**
At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke. (Figure 1)
- **FORE/AFT POSITION**
Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower. (Figure 2)

FIGURE 1

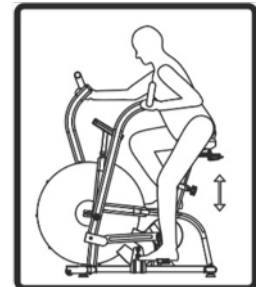
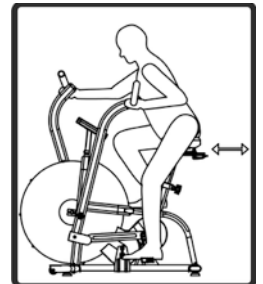


FIGURE 2



SETTING UP AND MOVING YOUR BIKE

Moving and Leveling

- To move the bike to a new location: Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.
- To level the bike: Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

USING YOUR BIKE

Your Air Bike is easy to use. There are no resistance knobs to adjust as the resistance comes from the isokinetic resistance created by the movement of air with the fan-shaped flywheel. Control over the resistance is obtained by simply varying the pace of pedaling and of the push / pull on the movement arms. Typically, exercising at a slower pace generates a lower resistance from the flywheel, enabling a cardiovascular endurance workout that can be sustained for extended periods of time. Higher pace exercise involving faster pedaling and more forceful pushing / pulling on the movement arms creates a greater resistance level that will deliver a greater muscle endurance or anaerobic workout. Anaerobic exercise and High Intensity Interval Training (HIIT) are much more strenuous forms of exercise that should only be undertaken by users that have established a baseline fitness level capable of adapting to this form of exercise. Users are also encouraged to discuss their health program or fitness regimen with their healthcare professional.

Additionally, the bike can be operated with only the use of the movement arms for an upper-body-only workout. The front foot pegs, located on either side of the flywheel are to be used when exercising only with the movement arms. Position feet securely on these platforms while pushing / pulling on the movement arms.

NOTE: that the pedals will continue to rotate when the bike is used with the movement arms only. Be certain to maintain feet on the front foot platforms when exercising with the movement arms only so that feet stay clear of the rotating pedals.

Before Beginning

Be sure the seat is adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.

Warm-Up

Once you are in position and sitting on the bike with your hands in a comfortable position on the movement arms, slowly begin pedaling, while pushing / pulling on the arms. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.

Work Out

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% – 80% of your maximum heart rate.


Cool-Down

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to a resting level.

Dismounting Bike


WARNING: DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE MOVEMENT ARMS HAVE STOPPED COMPLETELY. Failure to comply may lead to loss of control and serious personal injury.


ABOUT YOUR MACHINE

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

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

 facebook.com/SpiritFitnessProducts

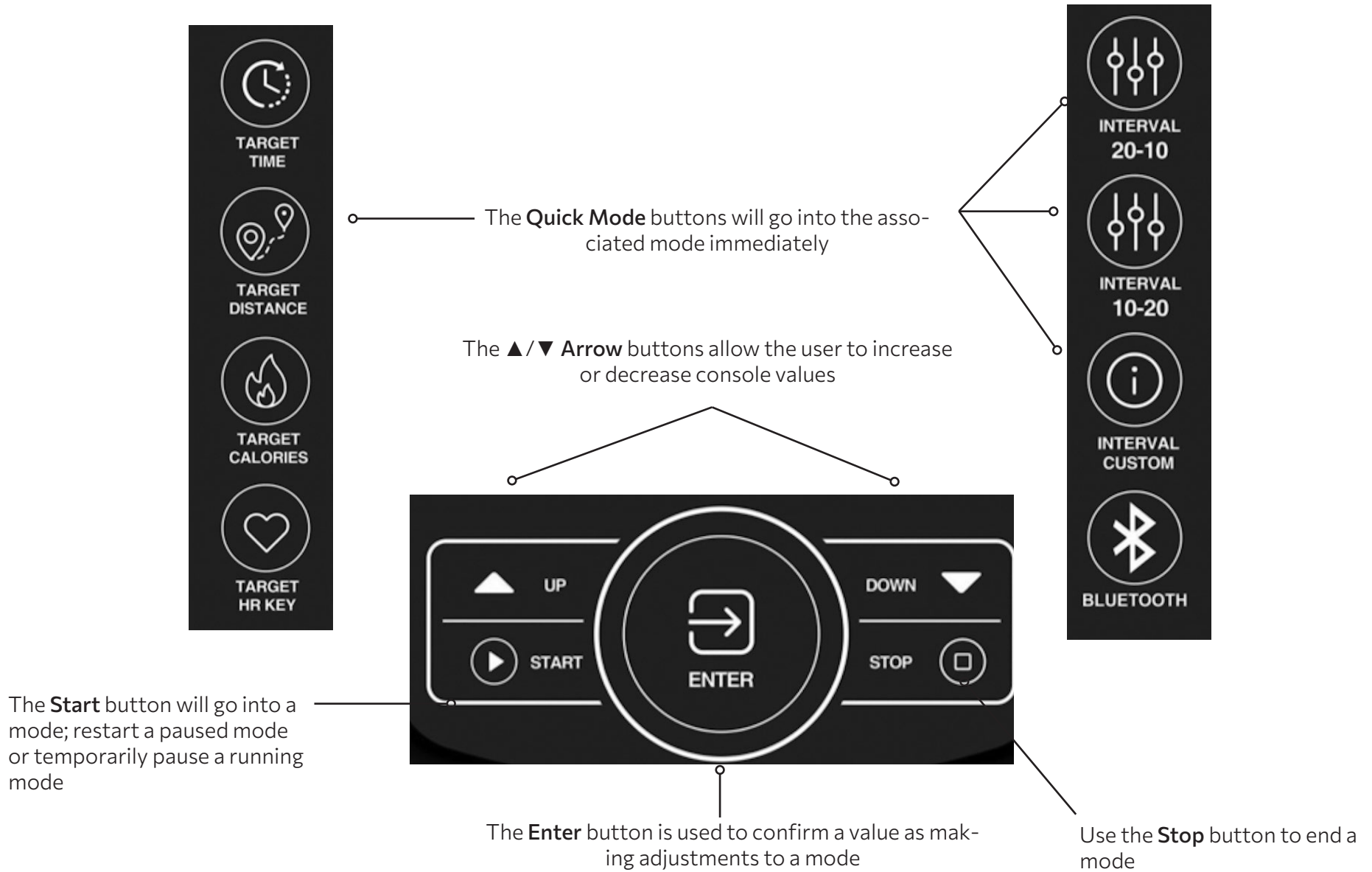
 www.instagram.com/spirit/

 youtube.com/user/SpiritFitnessOnline

CONSOLE SCREEN - OVERVIEW



CONSOLE SCREEN - BUTTONS



FEATURES - CONSOLE DISPLAY

INTERVAL DISPLAY

The Interval Display Panel will show all details for the Interval 20/10, Interval 10/20 and Interval Custom mode. In upper banner will tell which interval mode is operating. This display will instruct whether the current operating interval is in WORK or REST period. The TOTAL TIME launch will show the total run time while the large numeric display will show the WORK or REST segment time. The 88/88 will show the current interval and the total number of intervals.



TARGET TIME, DISTANCE & CALORIES DISPLAY

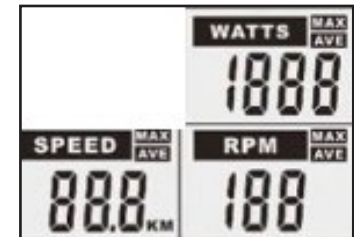
The Target Display Panel will show Time, Distance and Calories. As any of the target symbol is appears means that target mode is operating. The TIME will alternate show the remain or elapsed time. The DISTANCE will countdown in miles or kilometers depending upon the initial console setup. The CALORIES will countdown the number of calories burned during workout.



WATTS, SPEED & RPM DISPLAY

Watts, Speed and RPM will be displayed during all modes. The watts will show the amount of work produced in a particular time during workout.

The speed will show the value which is derivative from the RPM or pedal speed. The value will show in miles or kilometers depending upon the initial console setup. RPM (revolutions-per-minute) is the speed of the spinning cranks.



HEART RATE DISPLAY

This panel will show every user's heart rate relating information.

When console detected a signal from the wireless monitor, the BPM (beats- per-minute) will show in the large three-digit field and the heart icon will flash. However, if console is not detected any signal, it will show --- in that field.

When the target heart rate mode is operating, the console helps the user maintain in a BPM range to build cardiovascular endurance. The target value range will post next to the 65% of Max HR and 85% of Max HR banners. The ▲ or ▼ symbol will flash to tell that an increased or decreased pedal speed is needed to reach the desired range. When the user's heart rate is in the target range, the Target Heart Rate Achieved banner will light.



FEATURES - CONSOLE SETUP

BATTERY INSTALLATION

The console operates on 4*AA batteries (not included). The battery compartment is on the back side of the console.

SETTING METRIC & IMPERIAL UNITS – SETUP MODE

The default setting is in Imperial Units (mph). In the Ready Mode press and hold the Start and Enter buttons for two (2) seconds until KM or M is flashing, pressing ▲ or ▼ to select metric (KM) or imperial (M) units, and then press Enter to confirm.

SLEEP MODE

After 60 seconds of inactivity, the console will switch into the power-saving Sleep Mode. The display will switch off. Rotating the pedals or pressing any button on the console will launch the Ready Mode.

READY MODE

The Ready Mode informs the user that the console is powered on and ready to enter into any mode. After a period of 60 seconds of inactivity the console will switch into the Sleep Mode.

PAUSE MODE

During any mode of operation, pressing the Start button will launch the Pause Mode for 5 minutes. The console will beep every 30 seconds and the display will flash, to remind that the console is in Pause Mode. If there is no activity within the 5 minute period of Pause Mode, the console will switch into Ready Mode.

To exit the Pause Mode and continue the current program, press the Start button. To quit the paused program at any time, press the Stop button to launch the Ready Mode.

WORKOUT SUMMARY

The console provides a brief workout summary after completed the workout. Data displayed includes: Total Time, Total Distance and Total Watts.

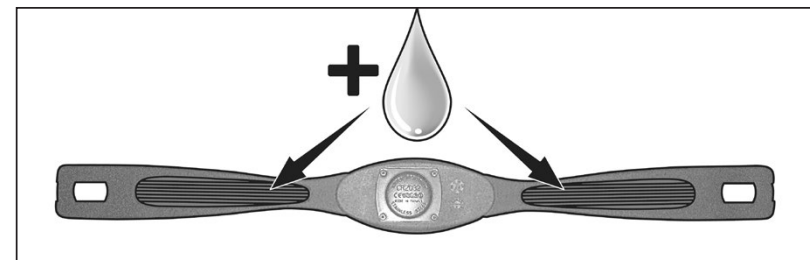
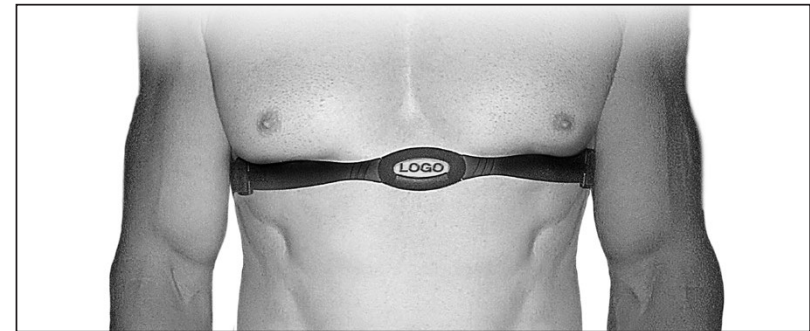
RESET PROCESS

To reset all saved settings (except the metric or imperial units setting), press and hold Stop button for 2 seconds.

HEART RATE CHEST STRAP* (NOT INCLUDED)


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

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



CHEST STRAP WARNING* (NOT INCLUDED)

Erratic Operation

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

If you continue to experience problems contact Spirit Fitness.

HEART RATE EXERTION

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

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

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

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

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

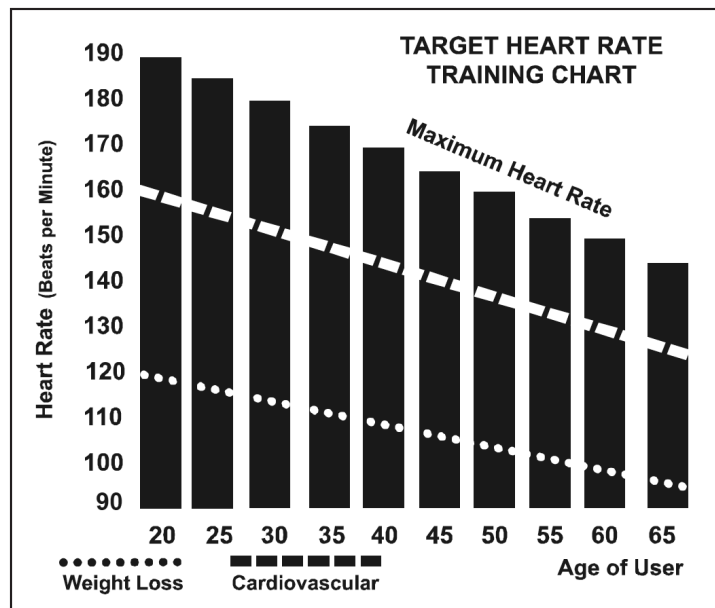
$180 \times .8 = 144$ beats per minute (80% of maximum)

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

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

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

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



HEART RATE - PERCEIVED EXERTION

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

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

The scale is as follows:

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

Rating Perception of Effort

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

PROGRAMS

Quick Start

The Quick Start Mode automatically begins displaying workout information as soon as pedaling begins.

No programs run during Quick Start. The console will show up all data, including Heart Rate (if a heart rate chest strap is detected).

Quick Start will end once pedaling is stopped.

Pressing the **STOP** key will end the Quick Start Mode and display the workout summary.

Interval 20/10 & 10/20 Mode

The Interval Mode provides a series of 8 workout intervals with preset time segments. This training method is known as Tabata® or High Intensity Interval Training (H.I.I.T.). The Interval Mode will indicate the start of each work/rest period of each interval.

20/10	10/20
Number of Intervals: 8 Work - Interval Length: 20sec Rest - Interval Length: 10sec	Number of Intervals: 8 Work - Interval Length: 10sec Rest - Interval Length: 20sec

Launch: Press the **Interval 10/20 or 20/10 button**.

Start: The interval begins with a countdown starting from three, informing the start each work interval

End: The Interval Mode will end immediately after the last segment of the 8th interval. Pressing the **Stop** button at any time will also end the Interval Mode. The workout summary will be shown after the Interval Mode has ended or the **Stop** button has been pressed.

Interval Custom Mode

Interval Custom Mode allows the length of the work/rest segments to be customized as well as the total number of intervals.

Launch: Press the **Interval Custom Mode button**.

Setup: When operating the Interval Custom Mode (after the console has been reset), user will enter the total amount of intervals, and work/rest time interval. Adjust the value by pressing **▲** or **▼** buttons, then pressing the **Enter** button to confirm for each setting.

Start: The interval begins with a countdown starting from three, informing the start each work interval.

End: The Custom Interval Mode will end immediately after the last segment of the final interval. Pressing the **Stop** key at any time will also end the Interval Mode. The workout summary will be shown after the Custom Interval Mode has ended or the **Stop** button has been pressed.

PROGRAMS

Target Time, Distance, Calories Mode

Target Time, Target Distance and Target Calories Mode allows the target goal of each value to be customized.

Launch: Press the desired **Target button** (TIME, DISTANCE, CALORIES).

Setup: When operating a Target Mode (after the console has been reset), user will enter the target value. Adjust the value by pressing ▲ or ▼ buttons, then pressing the **Enter** button to confirm the setting. If no value has been entered, the console will use the last setting as the Target value on each mode.

Start: Each mode display field will light up and begin to showing as following:

For the TARGET TIME MODE the time target will begin to countdown.

For the TARGET DISTANCE MODE the distance will begin calculating.

For the TARGET CALORIES MODE the calories will begin calculating.

End: The mode will end when the Target Mode is achieved. Pressing the Stop button at any time will also end the Target Mode. The workout summary will be shown after the Target Mode has ended or the **Stop** button has been pressed.

Target Heart Rate Mode

The Target Heart Rate Mode allows the maximum beats per minute (BPM) target to be customized to maximize cardiovascular training, according to the user's age. The Heart Rate Mode calculates the maximum heart rate value to optimize the training target between 65% - 85% of users calculated or theoretical maximum heart rate.

Launch: Press the **Target Heart Rate Mode button**.

Setup: When operating a Target Mode (after the console has been reset), the user enters their age. Adjust the value by pressing ▲ or ▼ buttons, then pressing the **Enter** button to confirm.

Start: The display field will light up and begin to display heart rate and progress toward cardiovascular goal. When the users heart rate is lower than 65% of the calculated maximum HR range, the 65% display will flash indicating minimum goal has not yet been achieved. When the users heart rate is over 85% of the calculated of maximum HR range, the 85% display will flash indicating heart rate is over maximum goal.

End: The mode will end when the user stops pedaling. Pressing the **Stop** button at any time will also end the Target Mode. The workout summary will be shown after the Target Mode has ended or the **Stop** button has been pressed.

PROGRAMS

Bluetooth

The Bluetooth function will only connect when the console is in the Stop Mode.

When the console is in Stop Mode, press the Bluetooth button.

The Bluetooth symbol will flash on the display.

Connect to the console through the Bluetooth function on your device.

After a positive connection, the workout summary will upload to the APP.

MAINTENANCE & CARE

Post-Workout Machine Care

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

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, Spirit Fitness recommends having the tools listed below available when performing maintenance.

Sanitizing Your Spirit Fitness Equipment

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

TOOLS	PURPOSE
Crank Puller	Removing cranks and pedals
Metric Allen (Hex Key) Wrench Set	Tightening or removing various Allen head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratchet Wrenches	To use in conjunction with Allen head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.

MAINTENANCE & CARE - CONTINUED

Daily Maintenance

The life of your product will be determined by how consistently you perform the daily maintenance procedures. Dry the Air Bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

Wipe Down/Cleaning: To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give attention to the following areas:

- Handgrips
- Seat / adjustable slide for the seat
- Back leg assembly
- Guards
- Pop Pins
- Leveling Feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

WEEKLY MAINTENANCE

Weekly maintenance should focus on the overall performance of the bike. During these inspections, look for vibration and possible loose assemblies. Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any “unusual” feeling from the drive belt. Either faulty flywheel alignment or a loose belt can cause vibration.

Check for proper flywheel alignment. Torque flywheel nuts as necessary.

Inspect each bike for loose assemblies, parts, bolts and nuts.

Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pop-pin handles.
- Tighten seat hardware.

MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the bike in addition to the weekly maintenance.

MAINTENANCE & CARE - CONTINUED

Inspect major moving parts that require constant proper torque. Loose or mis-adjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Pedals

Verify that the pedals are re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. Use a torque wrench if components are loose.

NOTE: The pedal to the crank arm bolt torque is: 33-37 lb-ft.

IMPORTANT: It is not recommended that members change out the pedals on the bike.

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:

- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Tighten seat hardware.
- Leveling feet.

Frame Care

It is recommended that the frame on the bike is sealed from sweat impurities that may speed the corrosion process at least once a month.

Cleaning: Using a clean terry cloth that is dampened in 30 parts water to 1 part non-abrasive detergent or car wash soap rub over the frame of the product.

Wash/Dry: Dampen a clean terry cloth in an only water solution to wipe away any soap residue. Using a second clean and dry terry cloth; dry off any liquid residue.

Sealing: The frame can be sealed by applying a wax or polishing coat that can help repel away liquids like human perspiration. Apply the wax or polish per the manufacturer's instructions for best results.

Parts Replacement

Depending on the use and maintenance of the product, certain items may need to be replaced upon inspection due to wear. These can be identified during scheduled inspections as described in the Maintenance section of this owner's manual beginning on page 29.

ENGINEERING MODE

Press Start and Enter buttons for 2 seconds to enter Engineering Mode. The console will also beep for 1 second. DISTANCE banner will blink first. Press ▲ or ▼ button to select setting section. (DISTANCE > SOUND > ODO > DISTANCE)

While in Engineering Mode if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the Reset button twice will exit the Engineering Mode. The console will not erase the setting value or ODO value under RESET mode. However, removing the batteries will make the console return to original factory settings and the ODO value will turn zero.

Metric/Imperial

- Under Engineering Mode of the DISTANCE setting, the DISTANCE banner will blink. Press Enter to get into.
- After pressing Enter, M or KM will blink.
- If the console is on Imperial system, the M sign will blink.
- If the console is on Metric system, the KM sign will blink.
- Press ▲ or ▼ button to select Imperial or Metric units. Press Enter to confirm and the console will return to Engineering mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the Reset button twice will exit the Engineering Mode.

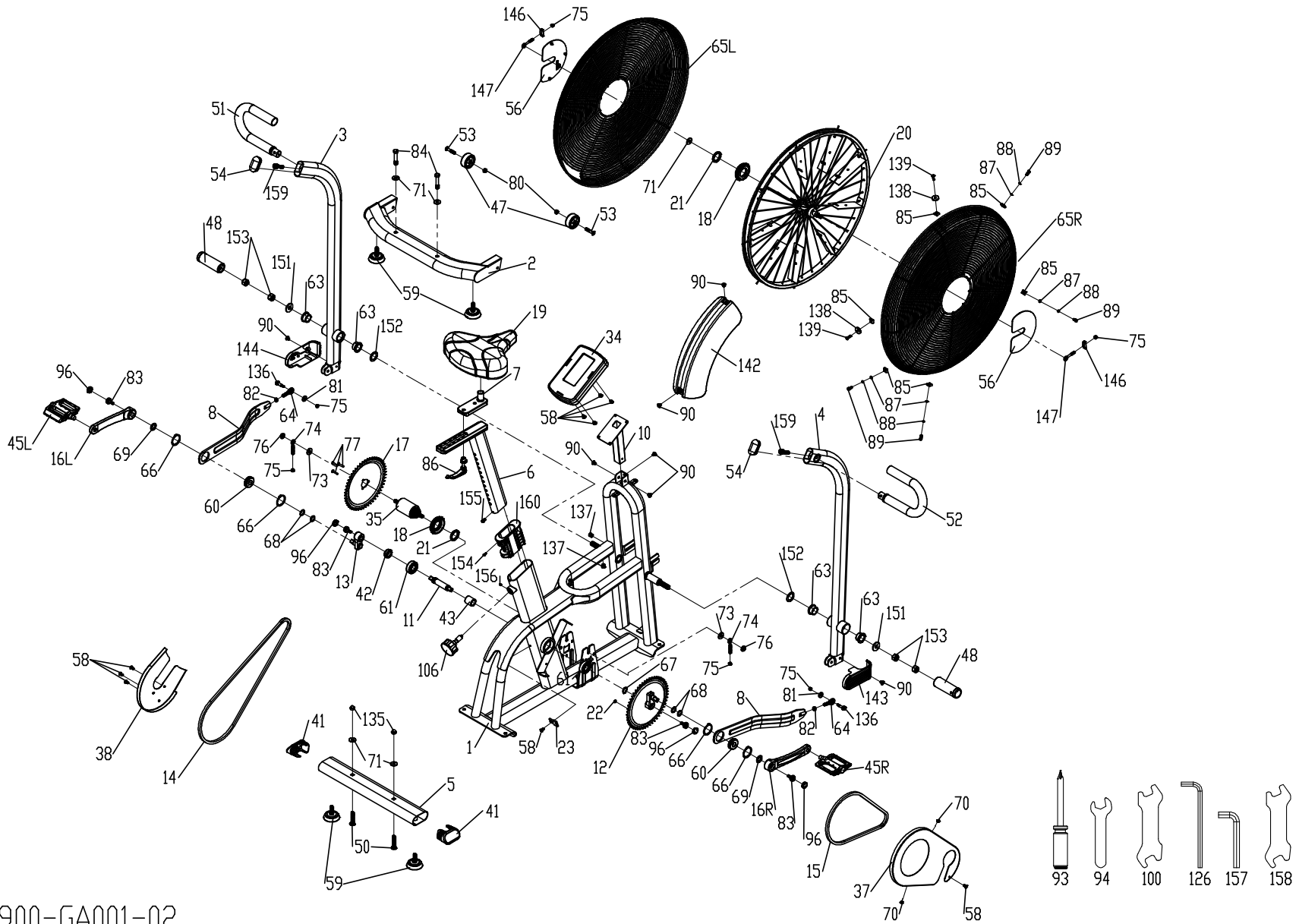
Audio ON/OFF

- Under Engineering Mode of the Audio ON/OFF setting. The SOUND sign will blink. Press Enter to get into.
- After pressing Enter, the console will display “ON” or “OFF”
- If the audio is on, the “ON” sign will blink.
- If the audio is off, the “OFF” sign will blink.
- Press Enter to confirm and the console will return to Engineering Mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the Reset button twice will exit the Engineering Mode.

ODO

- Under Engineering Mode of the ODO setting. The ODO sign will blink. Press Enter to get into.
- When exercise time over 1:59:59, the LCD will display “H” sign.
- When exercise distance over 99.99, the LCD will display KM or ML and the number will not have the decimals.
- Press UP or Down to switch to other Engineering mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the Reset button twice will exit the Engineering Mode.

EXPLODED VIEW DIAGRAM



AU900-GA001-02
20230412

PARTS LIST

1	Main Frame	1
2	Front Stabilizer	1
3	Handle Bar (L)	1
4	Handle Bar (R)	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Rocker link	2
10	Console Base	1
11	Crank Axle	1
12	Chainring	1
13	Crank Arm	1
14	Chain Joint(100)	1
15	Chain Joint(68)	1
16L	Crank Arm(L)	1
16R	Crank Arm(R)	1
17	Chainring	1
18	Gear	2
19	Seat	1
20	Fan Assembly	1
21	Left Cone	2
22	Magnet	1
23	Sensor W/Cable	1
34	Console Assembly	1
35	Zhonghua Drum Group	1
37	Outside Chain Cover (R)	1
38	Outside Chain Cover	1

41	Handgrip End Cap	2
42	M20 × P1.0 × 12.5T_Nylon Nut	1
43	Sleeve	1
45	Pedal (L.R)	1
47	Transportation Wheel	2
48	Pedal Bar	2
50	3/8" × 53L_Carriage Bolt	2
51	Armrest Handle(L)	1
52	Armrest Handle(R)	1
53	M8 × P1.25 × 40L_Button Head Socket Bolt	2
54	Oval End Cap	2
56	Cover	2
58	M5 × 12mm_Phillips Head Screw	9
59	Adjustment Foot	4
60	6203_Bearing	2
61	6204_Bearing	2
63	Copper Bushing	4
64	Rod End Bearing	2
65L	Fan Net (L)	1
65R	Fan Net (R)	1
66	C Ring(40x1.85T)	4
67	Ø20_C Ring	1
68	Ø17 × Ø23.5 × 1T_Flat Washer	4
69	Ø17 × Ø28 × 2T_Nylon Washer	2
70	M5 × 6mm_Phillips Head Screw	2
71	Ø3/8" × Ø25 × 2.0T_Flat Washer	5
73	Ø3/8" × 25 × 3.0T_Flat Washer	2

PARTS LIST

74	M6 × 57L_Idle Wheel Screw	2
75	M6 × 6T_Nylon Nut	6
76	3/8" × UNF26 × 7T_Nut	2
77	M6 × P1.0 × 10L_Button Head Socket Bolt	3
80	M8 × 7T_Nylon Nut	2
81	Ø5/16" × 20 × 3.0T_Flat Washer	2
82	M8 × 6T_Nut	2
83	M8 x P1.0 x 20L_Arbor Screw	4
84	3/8" × 2-1/4" _Hex Head Bolt	2
85	Fixing Plate	6
86	Quick Release lever	1
87	Ø5 × Ø10 × 1.0T_Flat Washer	4
88	Ø5 × 1.5T_Split Washer	4
89	5 × 16mm_Tapping Screw	4
90	M6 × 10L_Phillips Head Screw	7
93	Phillips Head Screw Driver	1
94	10mm_Wrensh	1
96	Crank Arm End Cap	4
100	14/15mm_Wrench	1
106	Seat Up/Down Adjustment Knob	1
126	L Allen Wrench	1
135	3/8" × UNC16 × 12.5T_Cap Nut	2
136	Ø8 × 20L_Bolt	2
137	Wire Cap	2
138	Ø8 × Ø25 × 5T_Nylon Washer	2
139	5 × 19mm_Tapping Screw	2
142	Iron Net Wind Cover	1
143	Connecting Arm Cover (R)	1

144	Connecting Arm Cover (L)	1
146	Ø6_Nut Stopper	2
147	M6 × 40L_Idle Wheel Screw	2
151	Ø14 × Ø35 × 3T_Flat Washer	2
152	Ø26 × Ø38 × 1.5T_Flat Washer	2
153	M14×P1.5×14T_Nylon Nut	4
154	3.5 × 12mm_Sheet Metal Screw	1
155	M5 × 10mm_Socket Head Cap Bolt	1
156	M4 × P0.7 × 6L_Slotted Set Screws	1
157	M8_L Allen Wrench	1
158	13/15mm_Wrench	1
159	M10 × 40mm_Socket Head Cap Bolt	2
160	Center Spatial Wrap	1

WARRANTY - COMMERCIAL

Effective April 23, 2024- **AB950 Air Bike LIMITED WARRANTY**

Spirit Fitness warrants all its Air 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

*Prisons and correctional facilities are excluded from warranty coverage

Warranty	Frame	Console	Parts	Labor
Commercial	5 Years	2 Years	2 Years	1 Year
Residential	5 Years	2 Years	2 Years	1 Year

RESPONSIBILITIES OF THE FACILITY

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

WARRANTY - CONTINUED

What is not covered?

EXCLUSIONS

This warranty does not cover the following:

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

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

WARRANTY - CONTINUED

Responsibilities of the Owner

SERVICE

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

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

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

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

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

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

www.spiritfitness.com

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