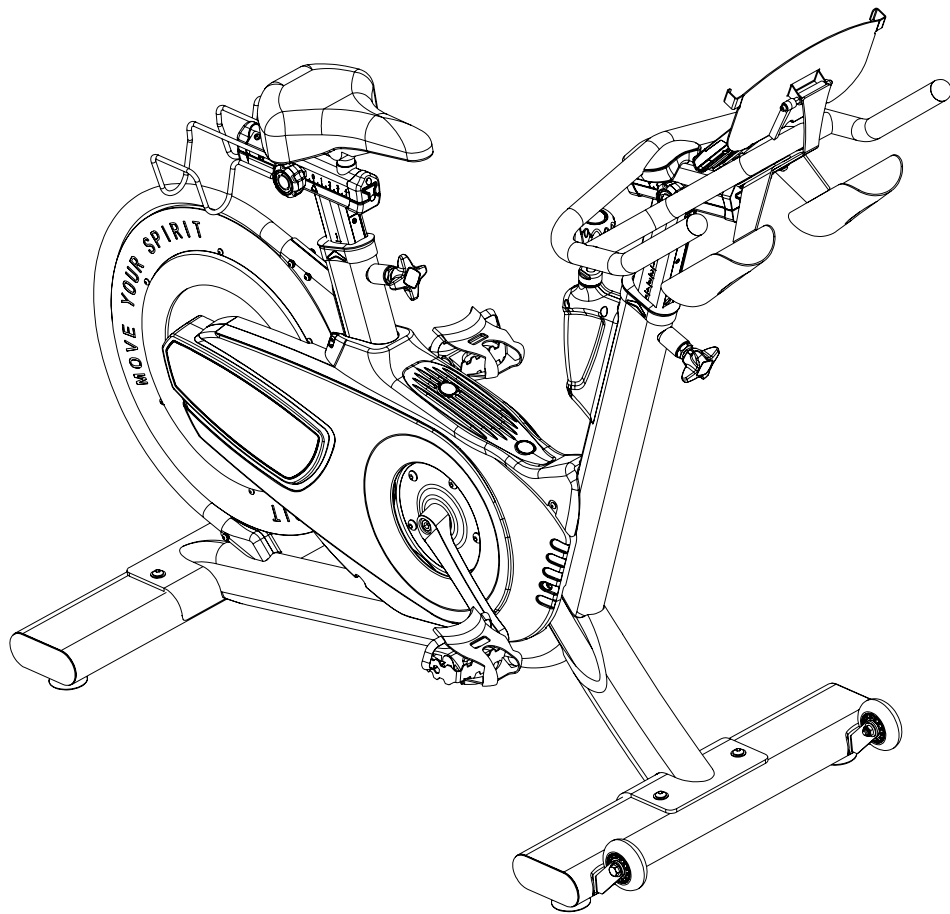


# SPIRIT



## CIC850 INDOOR CYCLE

CIC850\_850394\_OM\_20240904

### 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](mailto:questions@spiritfitness.com)

### Warranty Registration



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



# Table of Contents

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<b>Product Registration</b> .....	2	<b>Exploded View Diagram</b> .....	35
<b>Warning / Safety Instructions</b>		<b>Parts List</b> .....	36
Product Labels .....	3	<b>Warranty</b>	
Warnings, Compliance, and Notes.....	4	Warranty .....	38
Safety Instructions .....	5		
Electrical Safety.....	6		
<b>Parts and Assembly</b>			
Parts Included .....	7		
Parts of Your Indoor Cycle .....	8		
Pre-Assembly .....	9		
Assembly.....	10		
Setting Up Your Unit.....	18		
<b>Technology and Features</b>			
Console Screen - Overview.....	24		
Console Screen - Options .....	25		
<b>Connecting to Apps</b> .....	28		
<b>Maintenance</b>			
Troubleshooting.....	31		
Maintenance & Care.....	33		

## PRODUCT REGISTRATION

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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

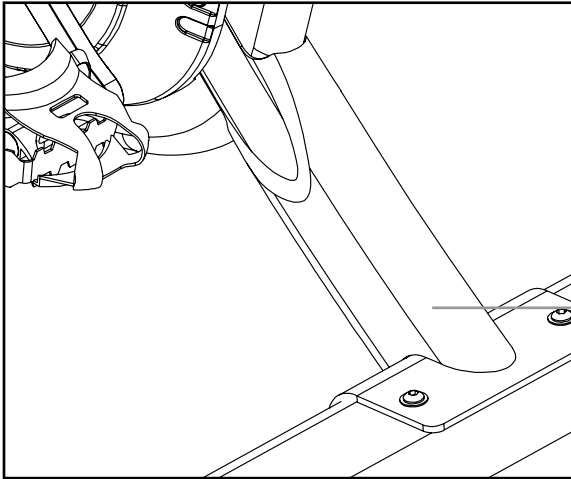


Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

You can also go to [spiritfitness.com/warranty](https://spiritfitness.com/warranty) under the Support tab to register online.

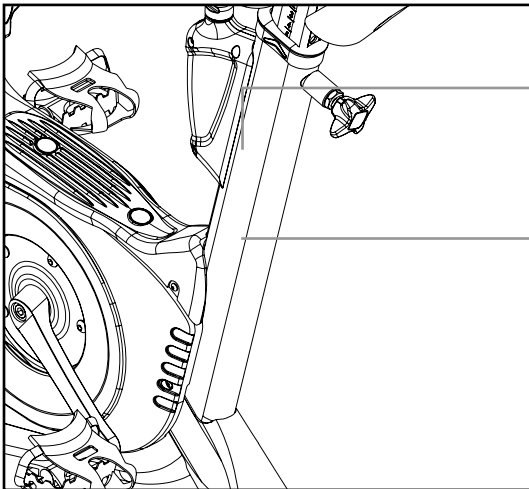
Version: 1.0  
Revision: 09.03.24

# PRODUCT LABELS



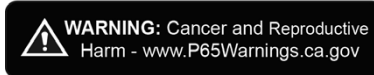
## SERIAL NUMBER STICKER

This sticker will be found on the front stabilizer tube. Please record the number below the barcode for the purpose of registering your Indoor Cycle's warranty.



## SAFETY WARNING STICKER

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



## PROPOSITION 65 WARNING

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

## WARNING AVERTISSEMENT

### SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

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

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

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

## **WARNINGS, COMPLIANCE AND NOTICES**

---

This product has been certified to meet the following standards:

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

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

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

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Consult the dealer or an experienced radio/TV technician for help.

**CAUTION:**

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

# SAFETY INSTRUCTIONS

---

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

Read all instructions before using this appliance.



**WARNING** - To reduce the risk injury to persons:

1. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
2. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
5. Never drop or insert any object into any opening.
6. Do not use outdoors.
7. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
8. The appliance is intended for household use.
9. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
10. 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.
11. Keep hands away from all moving parts.
12. 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.

13. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
14. 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.

**15. User Weight Limit: 350 lbs.**



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

## IMPORTANT OPERATION INSTRUCTIONS

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### WARNING!

**NEVER** expose the bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).



# PARTS INCLUDED

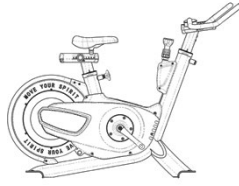
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## TOOLS INCLUDED:

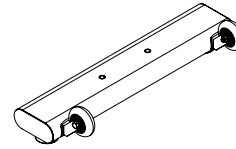
- 4mm Allen Wrench A
- 5mm Allen Wrench B
- 13/17mm Combination Wrench C
- M22 Wrench D

## PARTS INCLUDED:

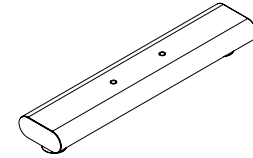
- 1 Main Frame
- 1 Front Stabilizer
- 1 Rear Stabilizer
- 1 Adjustment Handlebar Knob
- 1 Water Bottle Holder
- 1 Handlebar Post
- 1 Handlebar
- 2 Foot Pedals
- 1 Hardware Kit
- 1 Tablet Holder
- 1 Dumbbell Holder
- 1 Console Bracket



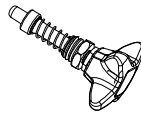
Main Frame



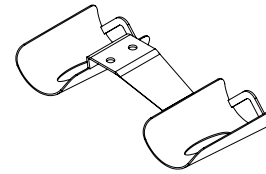
Front Stabilizer



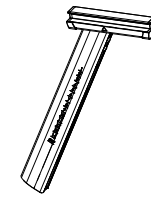
Rear Stabilizer



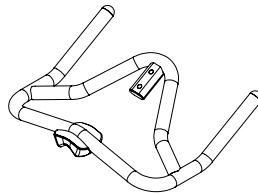
Adjustment Handlebar Knob



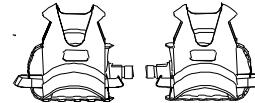
Water Bottle Holder



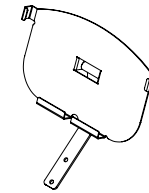
Handlebar Post



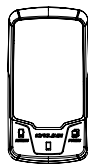
Handlebar



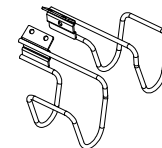
Pedals



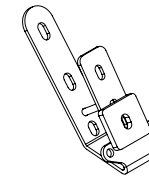
TABLET Holder



Console



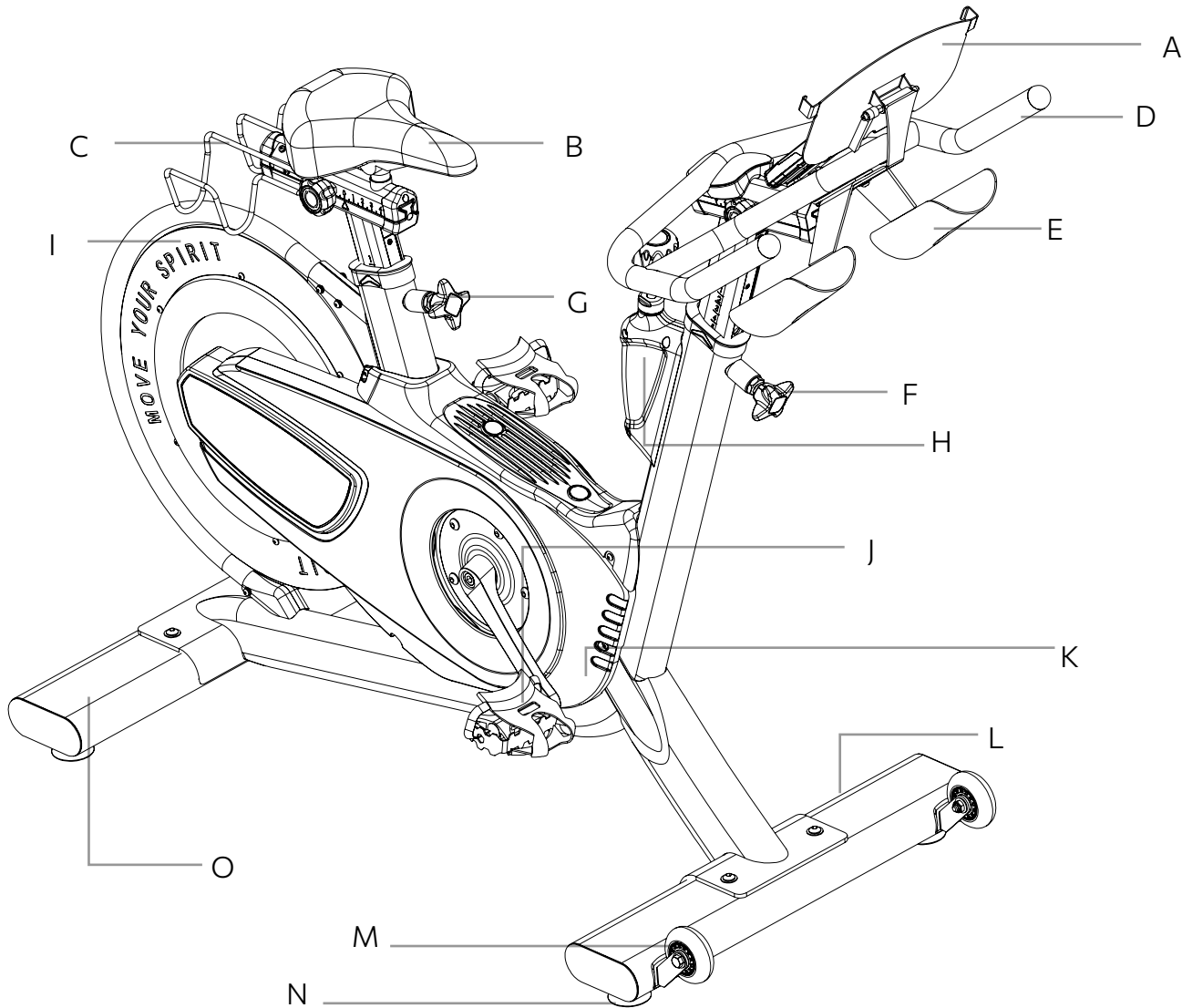
Dumbbell Holder



Console Bracket

# PARTS OF YOUR INDOOR CYCLE

---



- A. Tablet Holder
- B. Seat
- C. Dumbbell Holders
- D. Handlebar Forward/Aft Adjustment
- E. Waterbottle Holder
- F. Handlebar Adjustments
- G. Seat Height Adjustment
- H. Resistance Adjustment
- I. Flywheel
- J. Pedal
- K. Main Frame
- L. Front Stabilizer
- M. Transport Wheels
- N. Levelers
- O. Rear Stabilizer

## PRE-ASSEMBLY

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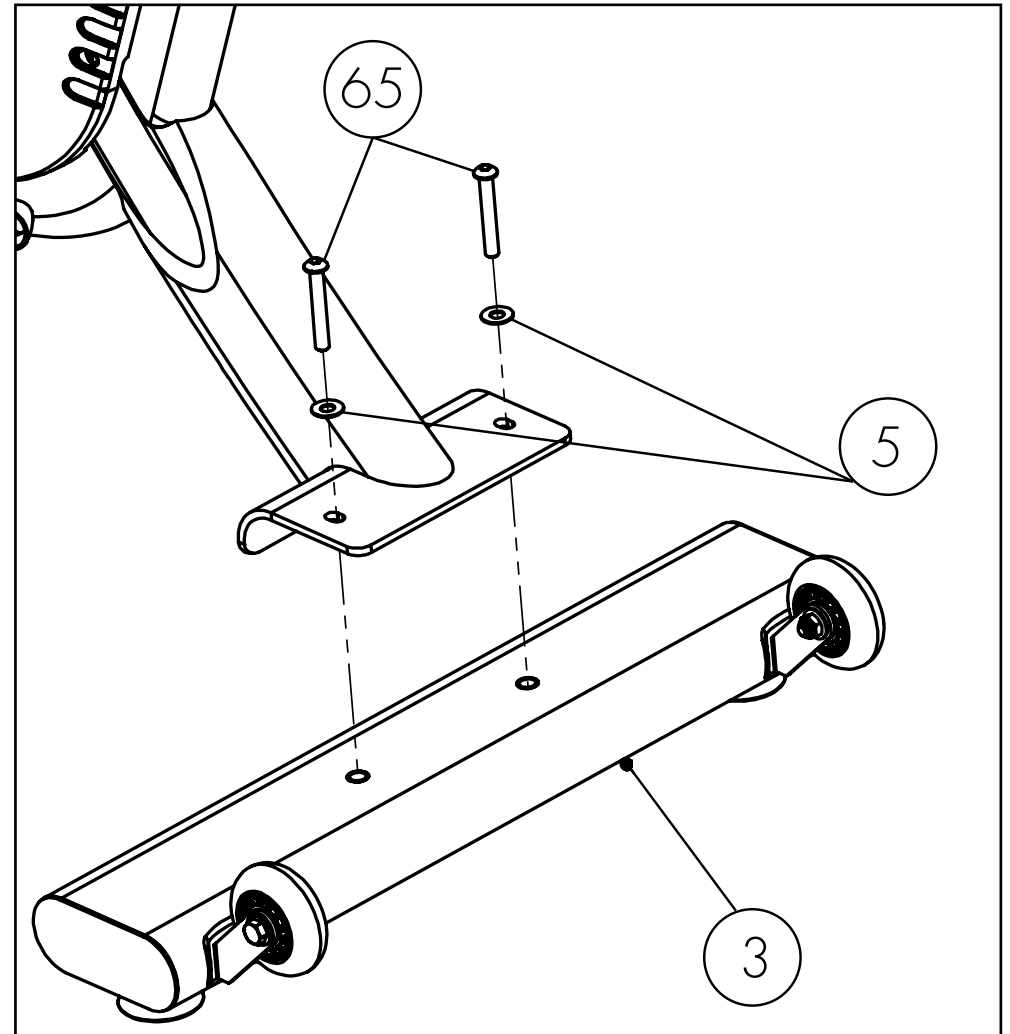
1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. Remove the hardware for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

## ASSEMBLY - STEP ONE

---

1. Gather **HARDWARE FOR STEP 1**.
2. Position the **FRONT STABILIZER (3)** on the **FRAME BRACKET** as shown in the figure. Make sure the **TRANSPORT WHEELS** are facing up and toward the front of the bike.
3. Attach the **STABILIZER** with 2 **HEX SCREWS (65)** and 2 **FLAT WASHERS (5)**. Do not overtighten as deformation of the stabilizer may occur.
4. Make sure the **LEVELING FEET** with nut are fully screwed into the **STABILIZER**.

HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
65	SCREW	M8 X 1.25 X 55L	2
5	FLAT WASHER	M8	2

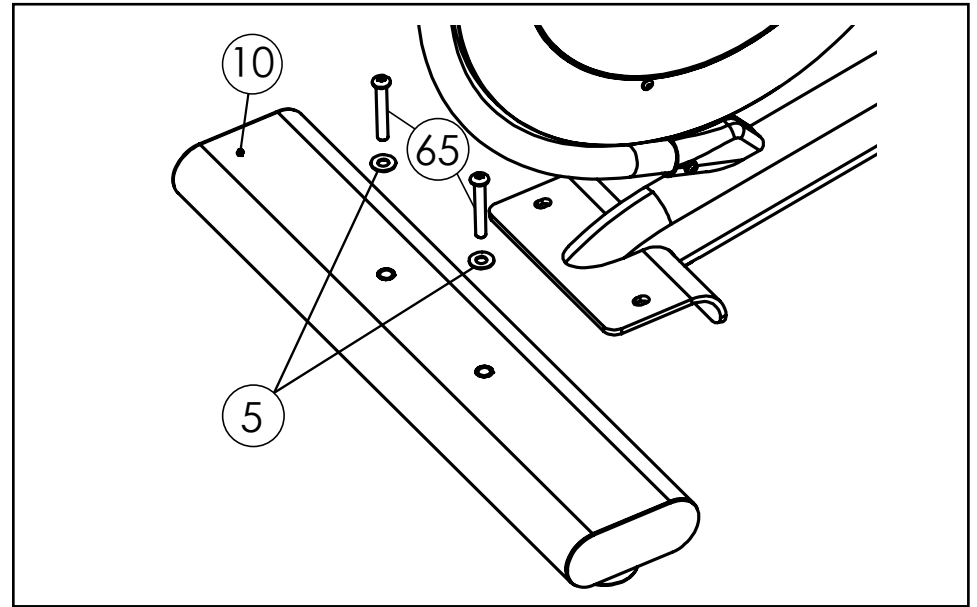


## ASSEMBLY - STEP TWO

---

1. Gather **HARDWARE FOR STEP 2**.
2. Position the **REAR STABILIZER (10)** on the **FRAME BRACKET** as shown in the figure.
3. Attach the **STABILIZER** with 2 **HEX SCREWS (65)** and 2 **FLAT WASHERS (5)**. Do not overtighten as deformation of the stabilizer may occur.

HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
65	SCREW	M8 X 1.25 X 55L	2
5	FLAT WASHER	M8	2

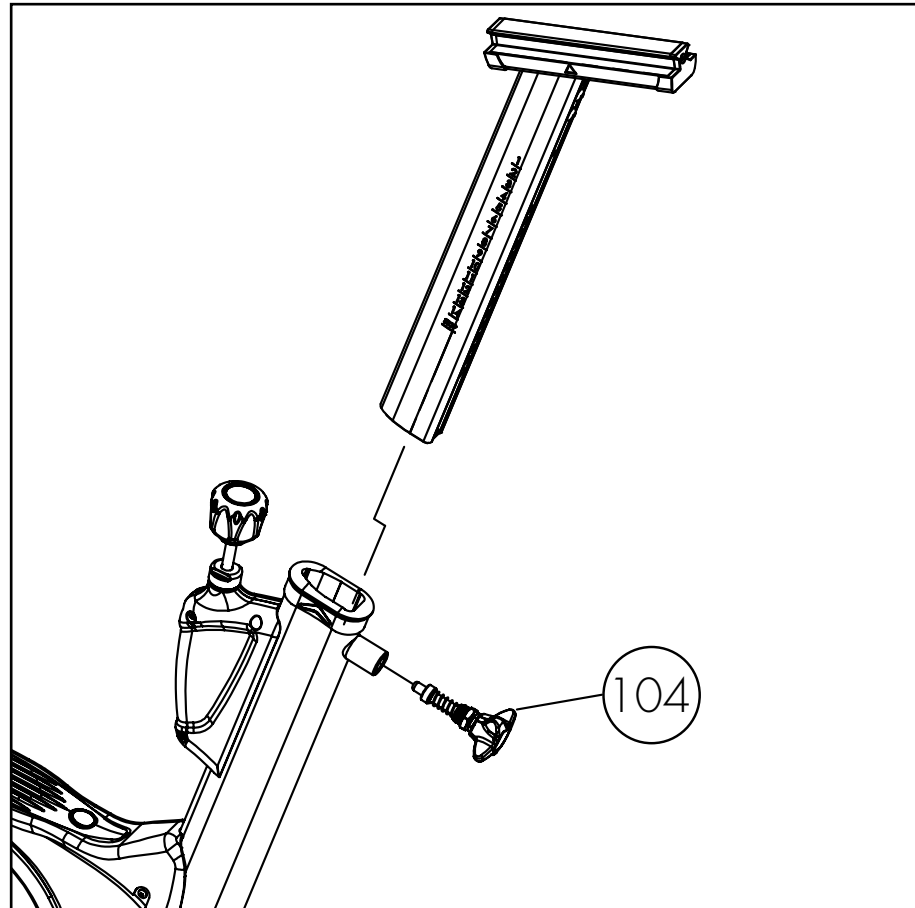


## ASSEMBLY - STEP THREE

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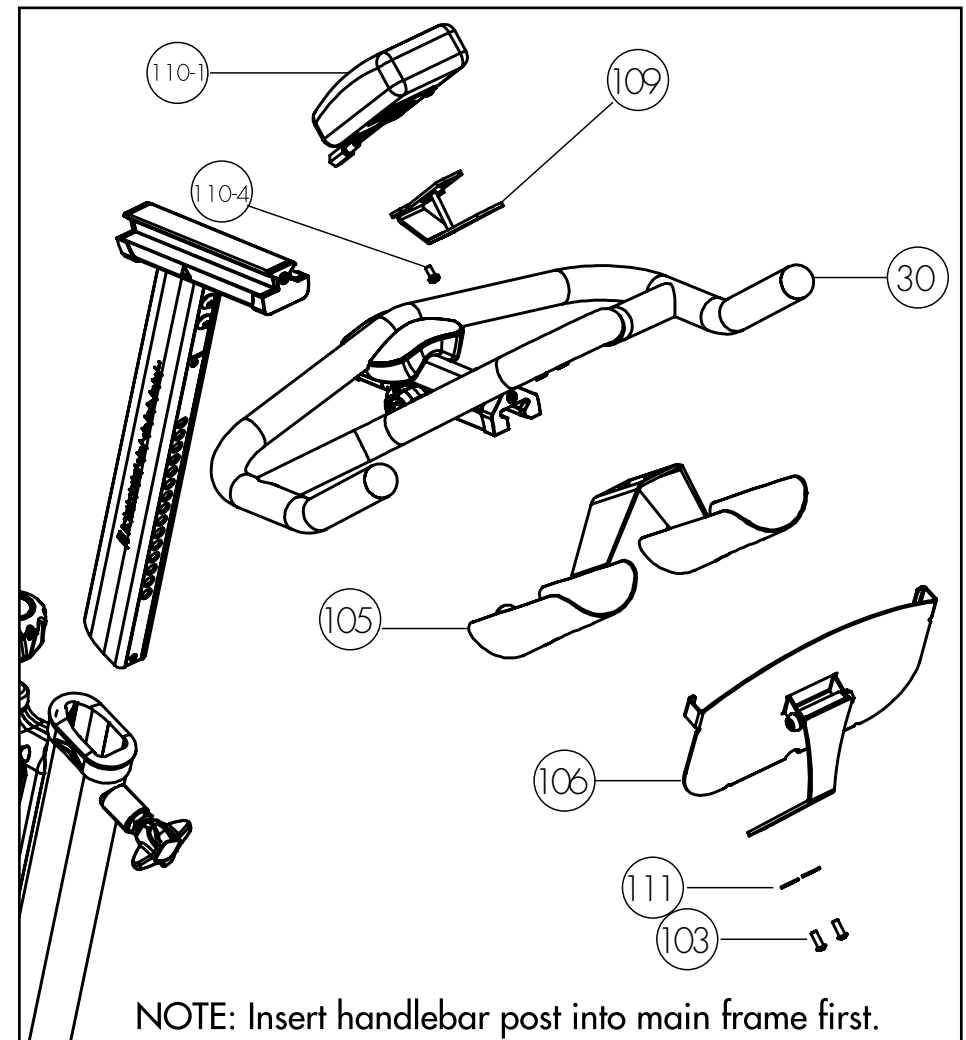
1. Remove the **STAR-POP PIN (104)** from the components box and turn clockwise to tighten firmly into the **FRAME** with **WRENCH (D)**.

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
104	KNOB	STAR POP-PIN	1



## ASSEMBLY - STEP FOUR

1. Gather **HARDWARE FOR STEP 4**. Handlebars should be attached for assembly process.
2. Remove the battery cover from the back of the **CONSOLE (110-1)**. Screw for securing the battery cover can be found inside the compartment. Insert 2 AAA batteries inside the compartment and reinstall the cover. When battery working voltage is low, the “**LOW BATTERY**” indicator will show up on the console display.
3. Place the **CONSOLE BRACKET (109)** on the back of the console and secure it using 1 **SCREW (110-4)** from the console box. Tighten using the **COMBINATION CROSS WRENCH (C)**.
4. Position the **CONSOLE BRACKET (109)** on the **HANDLEBAR (30)**, making sure to align the screw holes of the Handlebar. Align the screw holes of the **WATER BOTTLE HOLDER (105)** with the **TABLET HOLDER (106)** and the **CONSOLE BRACKET (109)** and the Handlebar. Secure using 2 **SCREWS (103)** and 2 **FLAT WASHERS (111)** and tighten with the **L-HEX WRENCH (A)**.  
**NOTE:** Reverse step four assembly steps when replacing the console battery.

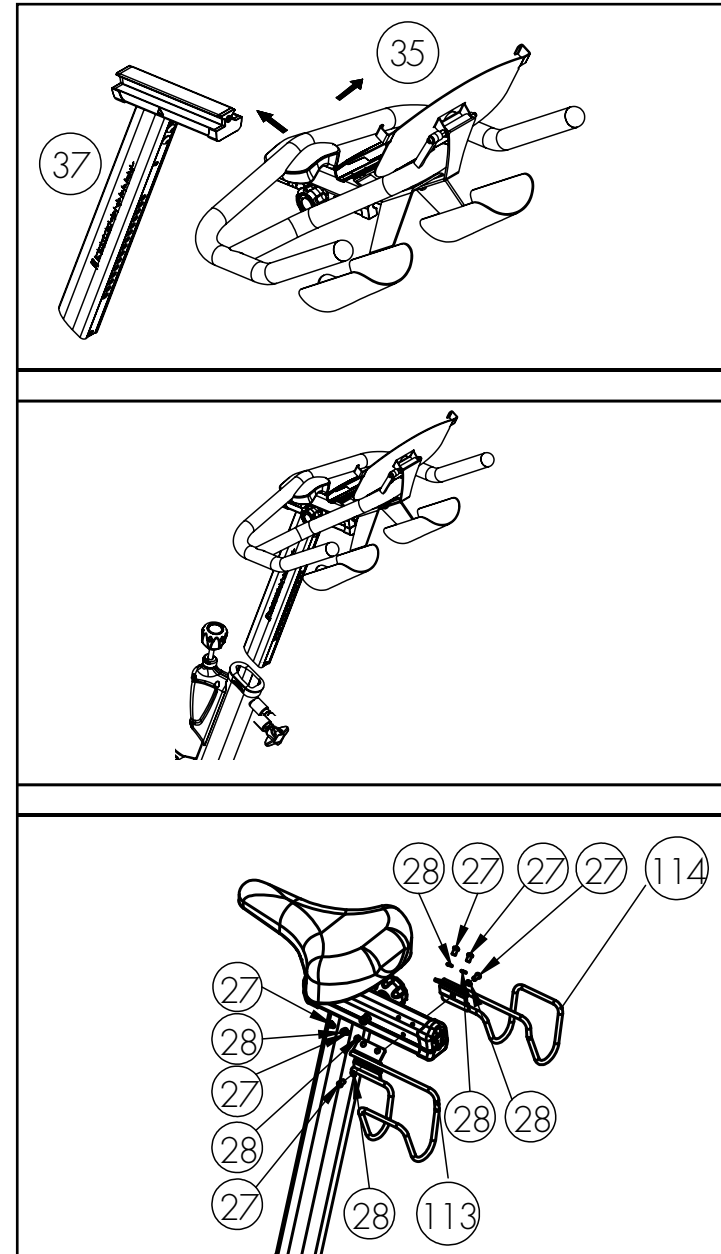


HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
110	CONSOLE	DT-3268F	1
109	CONSOLE BRACKET	/	1
137	SCREW	M5*1.5L	1
30	HANDLEBAR	/	1
105	WATER BOTTLE HOLDER	BLACK	1
106	TABLET HOLDER	BLACK	1
103	SCREW	M6*P1.0*20L	2
111	FLAT WASHERS	M6(D16*d6.5*1.0)	2

# ASSEMBLY - STEP FIVE

1. Gather **HARDWARE FOR STEP 5**.
2. Pull out the **SAFETY PIN (35)** and slide the **HANDLEBAR** onto the **POST (37)**.
3. Insert the **HANDLEBAR ASSEMBLY** into the **FRAME TUBE** and tighten firmly with the **STAR-POP PIN**.
4. Remove the 3 **SCREWS (27)** with 3 **SPRING WASHERS (28)** from the seat slider assembly. Attach the **LEFT DUMBBELL HOLDER (113)** to the seat slider and secure with 3 **SCREWS (27)** and 3 **SPRING WASHERS (28)** by using the **WRENCH (C)** to tighten.
5. Repeat for the **RIGHT DUMBBELL HOLDER (114)**.

HARDWARE FOR STEP 5			
PART	TYPE	DESCRIPTION	QTY
35	SAFETY PIN	/	1
37	HANDLEBAR POST	/	1
27	Flat cross head screw	M5*PO.8*8L	6
28	Spring Washer	SW5*1.0t	6
113	Left dumbbell Holder	/	1
114	Right dumbbell Holder	/	1



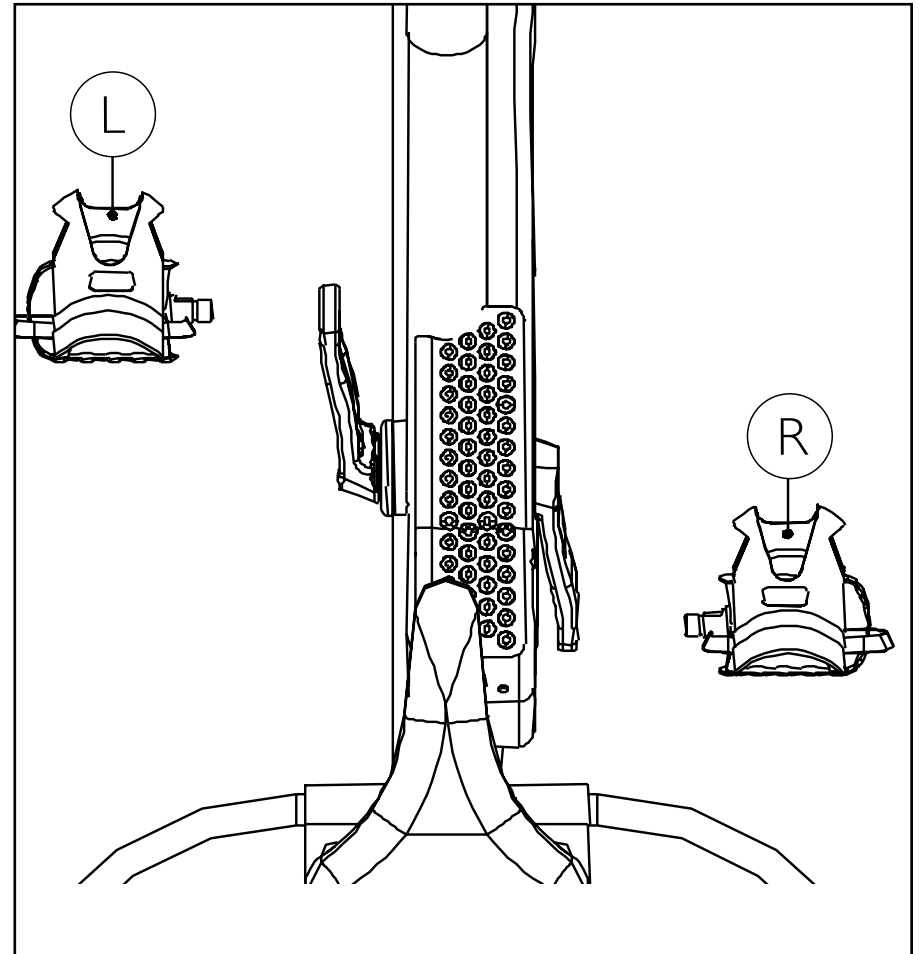


## ASSEMBLY - STEP SIX

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1. Remove pedals from the components box.
2. Look at the end of the pedal axle and notice each pedal is marked with an R and L on the spindle. It is indicated which side of bike the pedal is intended to assemble.
3. Apply some grease to the threads if needed. Locate the pedal marked "R" on the spindle on the right side of crank (chain guard side). Turn **clockwise** and tighten with the wrench firmly.
4. Apply some grease to the threads if needed. Locate the pedal marked "L" on the spindle on the left side of the crank. Turn **counter-clockwise** and tighten with the wrench firmly.

HARDWARE FOR STEP 6			
PART	TYPE	DESCRIPTION	QTY
136L/R	PEDAL	Left / Right	2

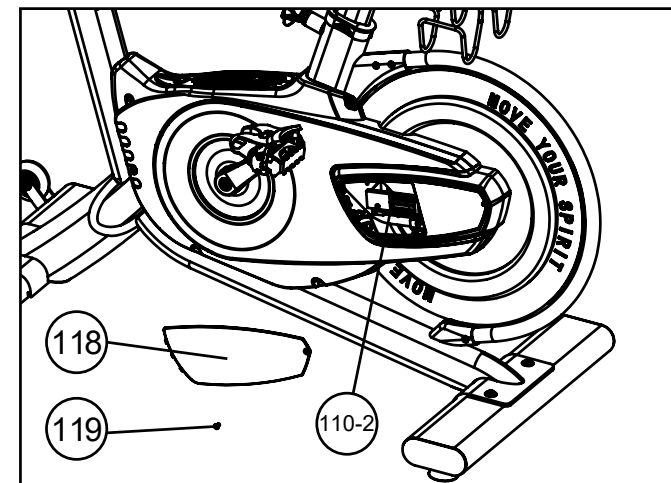
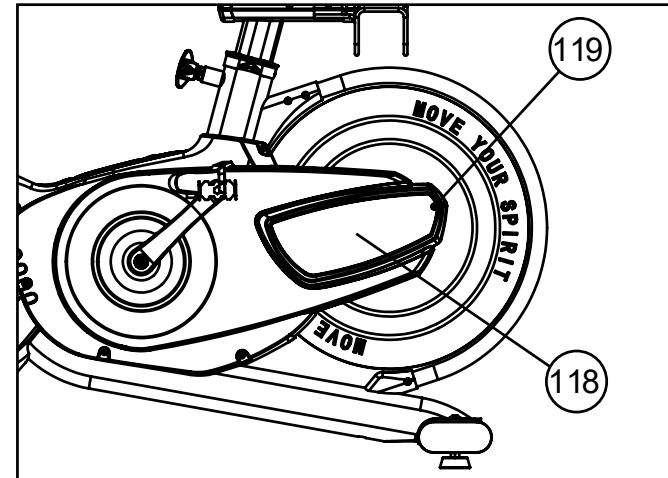


## ASSEMBLY - STEP SEVEN

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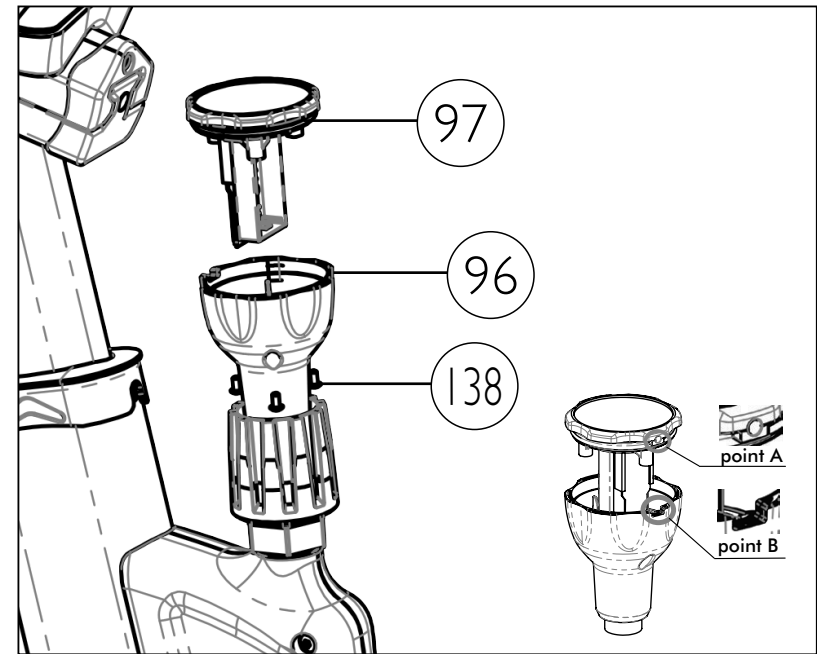
1. Loosen the **SCREW (119)** using the **Wrench (C)**. Remove the **LEFT CHAIN GUARD B (118)**.
2. Insert the new battery on the sensor board. Replace the **SMALL CHAINGUARD COVER (118)** and secure with the **SCREW**.

HARDWARE FOR STEP 7			
PART	TYPE	DESCRIPTION	QTY
119	SCREW		1

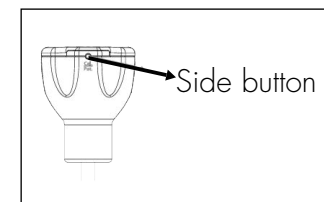
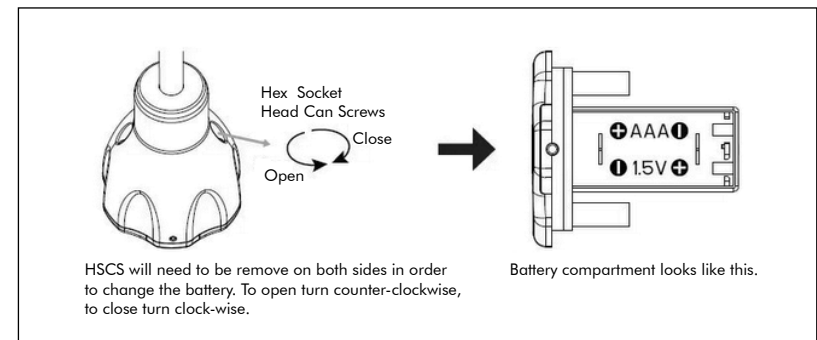


## ASSEMBLY - STEP EIGHT

1. Loosen the **SCREWS (138)** using the **Wrench (E)**.
2. Dig out the **BRAKE KNOB UP COVER (97)** with your fingers and pull it off. Insert 2 AAA batteries into the **BRAKE KNOB UP COVER (97)**.
3. Replace the **BRAKE KNOB UP COVER (97)** into the **BRAKE KNOB (96)**. Paying attention to the direction not to install in reverse. Insert the protruding point A into the recessed point B. Secure the **SCREWS (138)** with **Wrench (E)**. After the batteries are installed, the smart tension will flash blue light.
4. After installing the battery, there may be a mismatch between the level data on the console and the smart tension. Please turn Smart Tension to the lightest resistance (LEVEL). Then use a plastic rod or a toothpick poke the "Side Button" on the smart tension, the level data will match with smart tension. Calibration complete.



HARDWARE FOR STEP 8			
PART	TYPE	DESCRIPTION	QTY
96	BRAKE KNOB		1
97	BRAKE KNOB UP COVER		1
138	SCREW		3



# SETTING UP YOUR BIKE

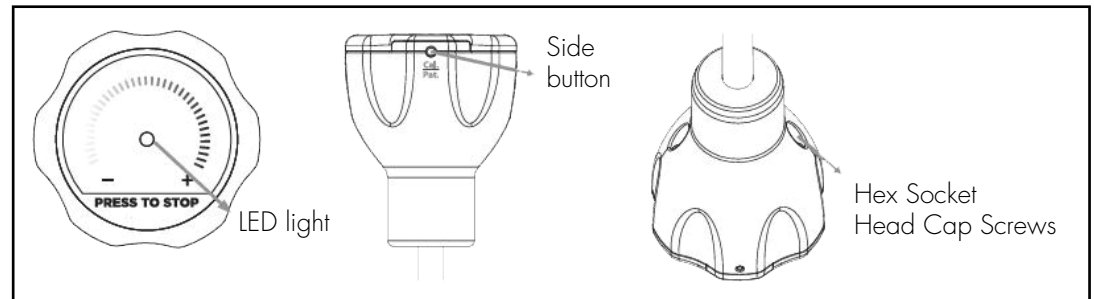
## Leveling

Use a M14 Wrench to adjust the height of the Leveling Feet.



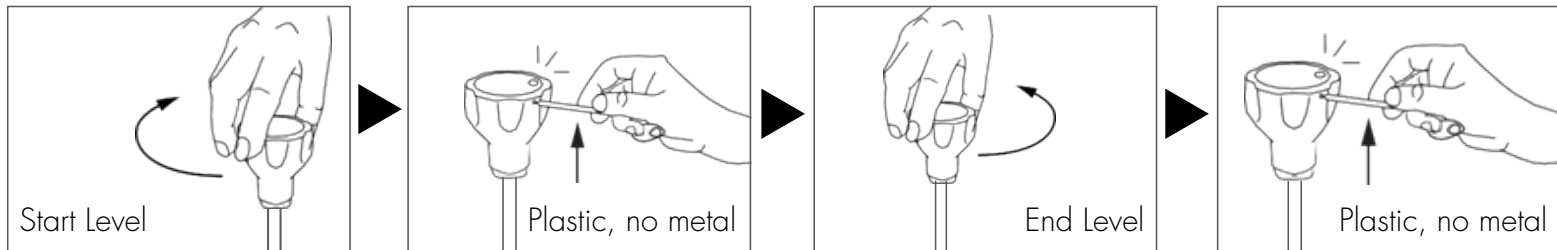
## Tension Knob

Install the tension knob to your spinner bike. Once installed, the following steps will need to be taken in order to have the correct measurement of your resistance level.



## Setting Up Steps

1. In the mode of power saving (standby mode) and no connection, the user needs to press any button to wake up the console every time you want to use it, the LEVEL symbol on the console screen will start flashing, ready to connect to smart tension, and then touch to wake up the Smart tension (do not turn quickly directly), Smart tension will flash blue light, indicating that it has woken up, if there is no flashing blue light. Please touch the smart tension in a large area, the smart tension is already connected to the console when the blue light flashes, when the LEVEL symbol on the console stops flashing, it means that the connection is successful, and you can start use.
2. A blue light will show when the tension knob is touched, and when it is working properly. The blue light will go off when it is not touched.



## SETTING UP YOUR BIKE - CONTINUED

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### Battery Life

Tension Knob - 2 AAA battery approximately 450hrs  
Console - 40hr with backlight; 2200hr without backlight function.  
RPM - 1200hr

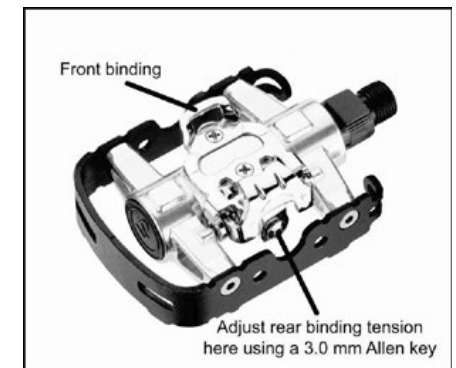
A red flashing light on the tension knob indicates that the battery needs to be replaced soon.

### Using the SPD Clip-in Pedals

Engage the clip-in pedals by placing clip-in between bindings while pushing down. Disengage by twisting heel outwards away from exercise bike. Binding tension is adjustable and should be set so that clip-in and shoe do not disengage when pedaling. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, counterclockwise to decrease binding tension.

### Adjusting the Pedal Straps

Place your feet in between the aluminum surface of the pedal and the nylon foot strap that wraps around it. To adjust the fit, pull the end of the adjustable strap down to tighten, or pull the strap up to loosen.



## SETTING UP YOUR BIKE - CONTINUED

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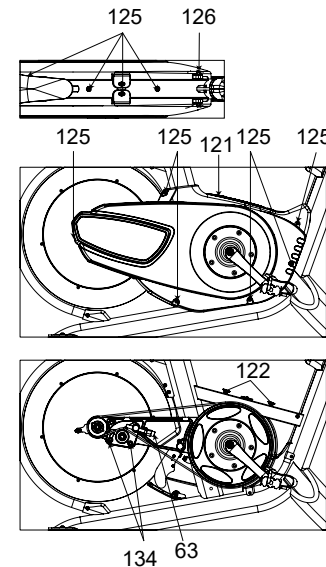
### Belt Tension adjustment

The belt tension had been set before shipping. It should not need to be adjusted when first using. However, you may need to make the minor tension adjustment over time.

NOTE: Make sure you adjust both sides equally - either tighten or loosen the belt tension so that the flywheel maintains alignment with the frame.

### Adjust the Belt tension

1. Remove the 2 **Guard (Top) Cover (122)** on the **Guard (top) (121)**. Remove the 4 **Screws (125)** and 2 **Screws (126)**. Remove the **Guard (top) (121)**.
2. Remove the 7 **Screws (125)** and remove the **Right guard (120)**.
3. Use **L type wrench (B)** to loosen 2 **Hex Screws (134)** with two turns counterclockwise.
4. Use **L type wrench (B)** to adjust **Screw (63)**. Turn counter-clockwise to loosen belt. Turn clockwise to tighten belt. Then adjust the belt. Tighten the 2 **Hex Screws (134)** clockwise.
5. Turn the crank to see if belt runs smoothly. You can also try riding the bike to test the belt tension. If there is still a problem, repeat step #4 until belt is at correct tension.
6. Put the **Right guard (120)** back on and re-tighten the **Screws (125)**. Put the **Guard (top) (121)** back on and re-tighten the 4 **Screws (125)** and 2 **Screws (126)**.



# SETTING UP YOUR BIKE - CONTINUED

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## Indoor Cycle Setup

### LEVELERS

Place the cycle on a level area, if at all possible. If the cycle needs leveling, turn the levelers clockwise or counterclockwise until the base is stable and does not rock.

### ADJUSTMENT KNOBS

All four adjustment levers function the same way. Turn the knob clockwise to tighten and counterclockwise to loosen.

### SEAT

The pitch of the saddle can be adjusted to accommodate all users. Loosen the horizontal bolt under the seat to adjust the pitch, then retighten.

### TRANSPORTATION

The indoor cycle is equipped with two transport wheels, which are engaged when the rear of the CIC850 indoor cycle is lifted.

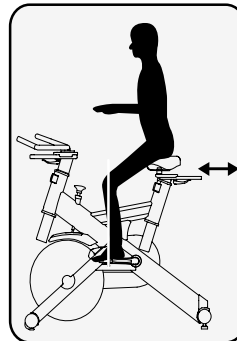
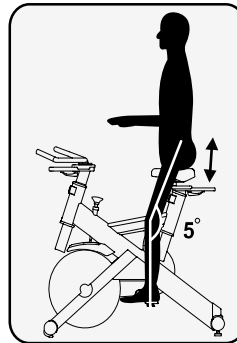
## SETTING UP YOUR BIKE - CONTINUED

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Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

### SEAT HEIGHT ADJUSTMENT

1. Standing next to the bike, adjust the seat until it is about hip height.
2. Rotate the crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat height. If your leg is bent too much, you will need to raise the seat height.
5. Dismount the bike. Then loosen the knob on the seat post and adjust up or down as necessary.
6. When the seat is in the desired position, tighten the knob to secure the seat post.
7. Note the final position mark on the seat post for future reference.

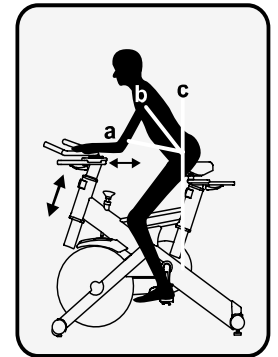


### SEAT FORWARD/AFT ADJUSTMENT

1. Sit on the bike with the crank arms in the 3 and 9 o'clock positions. A proper forward/aft position (for road bike training) of the seat is achieved when the small bump at the top of your shin is above the pedal axle.
2. Dismount the bike. Loosen the knob under the seat and slide the seat forward or backward as desired; tighten the knob.

### HANDLEBAR HEIGHT ADJUSTMENT

1. The handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening the knob on the handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the knob to secure the handlebar post. Note the final position mark on the handlebar post for future reference.



### ADJUSTMENT OF HANDLEBAR'S FORWARD/AFT POSITION

1. Loosen the knob under the handlebar and slide the handlebar forward or backward as desired. A suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the knob to secure the handlebar assembly.

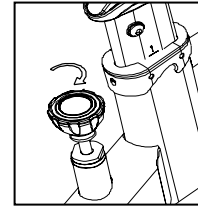


## SETTING UP YOUR BIKE - CONTINUED

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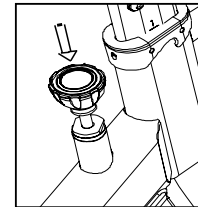
### RESISTANCE ADJUSTMENT

Resistance can be adjusted easily at any time while riding to change the intensity of workout. Turn the knob clockwise (+) to increase resistance. Turn the knob counterclockwise (-) to decrease resistance.



### EMERGENCY BRAKE

In case of emergency or before dismounting the indoor cycle, presses directly DOWN on the resistance knob to stop the flywheel and pedal.



### PEDAL STRAP ADJUSTMENT

Place the ball of your feet in the toe clip till the front of the shoe is snugly in the cage. Then tighten the strap of toe clip around your shoe by pulling up on the strap until cage of toe clip fits snugly around the shoe.

# CONSOLE SCREEN - OVERVIEW

---



Cadence Bar Graphic: 0 - 199RPM  
RPM: 0 - 199RPM  
SPEED: 0 - 99 KM/H  
PULSE: 30 - 240BPM  
TIME: Count Down Range 1 - 99 Minutes  
Count Up Range 00:01 - 99:59  
LEVEL: 1-100  
Protocol: BLE4.0

# CONSOLE SCREEN - OPTIONS

## TIME

Time is the length of time (min. / sec.) The time will count up or count down during user peddling. When peddling stopped, the time will stop to count up or count down after 3 seconds.

## CADENCE & SPEED

Cadence is the measurement of how fast the cranks are rotating in RPM's. The approximate speed of the bike can also be display (MPH/KPH) in the section. In addition to the MPH/KPH, the CADENCE will also display a bar graph that allows the rider to keep track of the approximate cadence that has been achieved. Average Cadence or Speed will be automatically shown after the rider stop the pedaling for 3 seconds.

## DISTANCE

Distance is the measurement of the approximate distance achieved on the bike. This distance is based on the user riding a bike with tires that are the same size as the bikes flywheel.

## KCAL

Kcal is the approximation of calories burned during your work out. The calories are calculated by measuring the rider's instantaneous heart rate, age, and weight.

## HEART RATE (apply to HR featured models only)

This is the approximation of heart rate detect from the chest belt during the work out. Average Heart Rate will be automatically shown after 3 seconds if the console cannot detect the current Heart Rate.

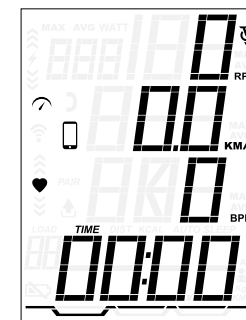
## QUICK START

In Power Saving Mode, Press Page Key will bring the CONSOLE to 'Quick Start' active state.

Power Saving Mode

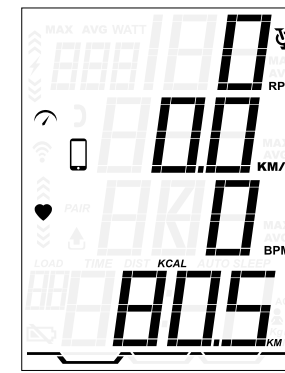
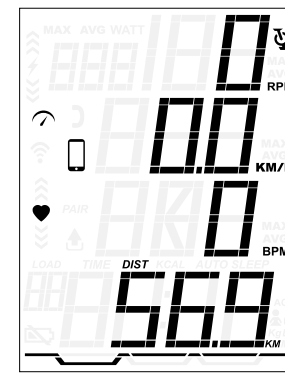
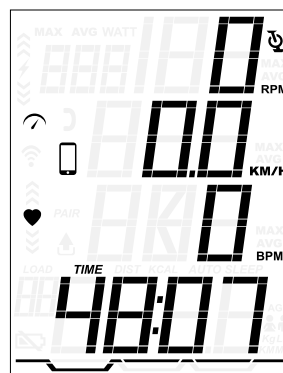


Quick Start Mode



## MODE SELECT

Press 'MODE' key to select the TIME, DIST, KCAL display.



## LEVEL

Level is an approximation of tension setting loosen or tight during workout. This is measured by the wireless smart tension. Only pair with Smart tension the level function will appear.

# CONSOLE SCREEN - OPTIONS

---

## RESETTING ALL MEASURED VALUE

To clear all the measured values, press and hold the Page key under the TIME Mode for 3 seconds. All the measured value for AVG SPEED, AVG PULSE, TIME, DIST, KCAL will reset to zero.

## TIMER SETTING

The TIMER displays users' exercise-workout time. Set the count down time by holding the "Page" button down for 3 seconds. Press "Page" again to continue. Now, press the "Mode" button until the desired time is displayed. If the user does not set the COUNT DOWN TIME, the TIME will count up from 00:00 to 99:59.

If user prior set the COUNT DOWN TIME, the TIME will count down to zero with flashing display and Alarm automatically from counting down to counting up from 00:01. The user can go into TIMER setting from SPEED or DISTANCE Mode by press and hold 'SET' key for 3 seconds.

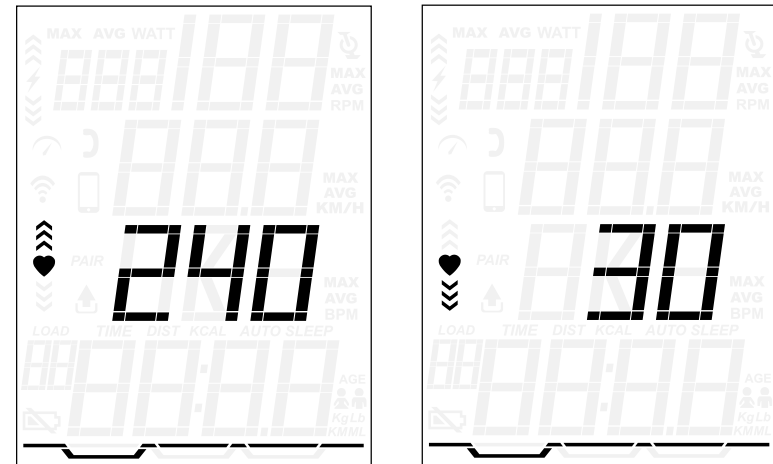
## CHANGING BETWEEN METRIC AND IMPERIAL

Hold the PAGE button for 3 seconds until the display starts flashing with TIME displayed. Press the PAGE button to select KG or LB (metric or imperial). Press MODE to confirm your selection.

## HEART RATE TARGET ZONES

Under the DIST or KCAL, hold the Page Key for 3 seconds to go into the settings. Press MODE to go to the heart rate icon then press Page to go to the heart rate target zone window.

Press the MODE key to increase the maximum heart rate limit. After setting the maximum heart rate, press the Page key to adjust the minimum heart rate.



# CONSOLE SCREEN - OPTIONS

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## PERSONAL DATA SETTINGS

Accurate personal data will make your calories burned more accurate. Under KCAL or DISTANCE MODE, Hold Page key for 3 seconds to go into the setting, continually press 'MODE' key to get to the heart rate windows.

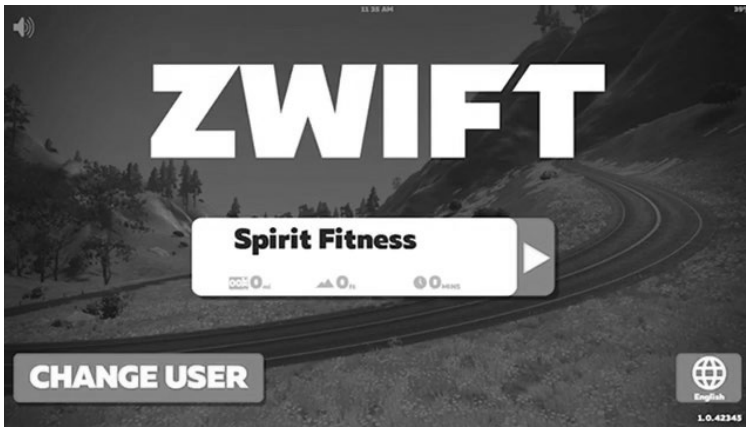
1. Press the Page key to select the gender, either: Male / Female
2. Press the Page key to go to the weight unit setting. Press the Mode key to select the weight, either: Kg. / Lb.  
Note: this change of metric units to imperial units will affect the displaying units: MPH/KPH, Lb/KG and ML/KM.
3. Press the Page key, this will go to the weight setting. Press the Mode key to increase the weight by 0.5 Kg. or 0.5Lb.

## BLUETOOTH PAIRING

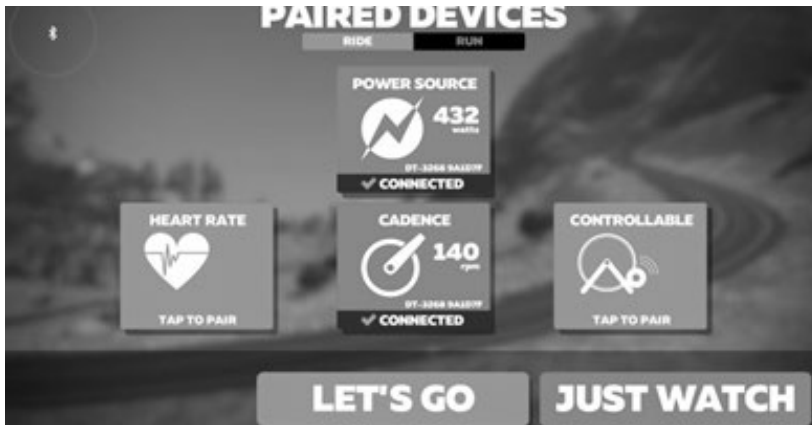
1. Press the smart phone key on the console.
2. On your phone, open the desired app and search for devices to pair.
3. Select the bike console once it is shown on your device. The app and bike console should now be paired.

# CONNECTING TO ZWIFT

1. Log in to Zwift



2. Select the power source and cadence, the system will prompt you to select machine.



3.



4. Select ride to start



5. Enjoy the ride!

# CONNECTING TO KINOMAP

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1. Select “More” on the bottom right corner



2. Select equipment management



3. Select “+” on the top right corner



4. Select exercise bike



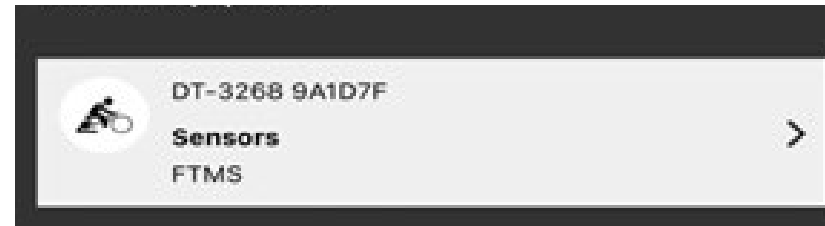
5. Select “sensor” at the very bottom



6. Select machine you wish to connect

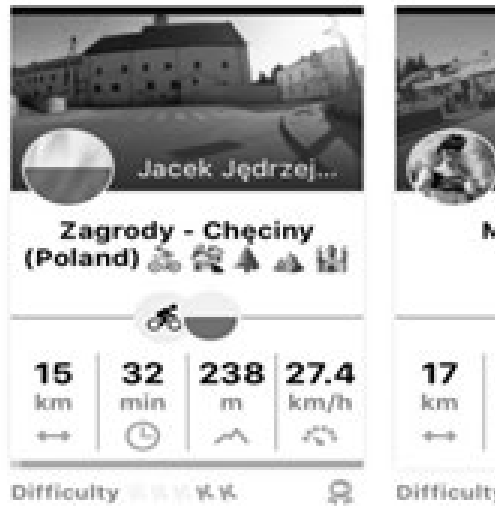


7. Successfully paired machine will show up on this page

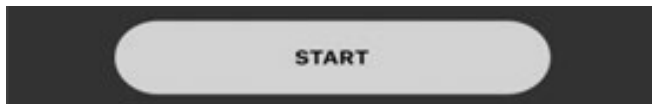


# CONNECTING TO KINOMAP - CONTINUED

8. Go to browse to select a video you would like to play



9. Select Start



10. Press start on the console when kinomap ask you to start pedaling



11. Enjoy the ride!



The console is compatible with most virtual active apps available.



# TROUBLESHOOTING

---

## No Display on Console

1. Press any key to bring the console to 'Quick Start' mode.
2. Ensure that the batteries are installed properly in the Console and Transmitter. If they are, install fresh batteries.

## No Heart Rate signal displayed

1. Ensure that your chest strap is worn correctly, and that there is moisture under the electrodes of the chest strap.
2. Relocate the bike away from any equipment that could potentially interrupt the radio frequency signal, such as a DVD player or television, etc.

## RPM or HR does not change

1. Press 'MODE key' repeatedly to toggle between SPEED (SPD), DISTANCE (DIST), TIME (TIME) and CLOCK (CLK) values.
2. Press and Hold 'SET key' repeatedly to clear past measured value or go into setting and exit.

## Cadence number jumps high or low

1. Separate bikes that may be paired to the same console code and are cross-talking, or simply run transmitter pair stage again on the bike.
2. Relocate the bike to a different part of the room, away from any RF interference areas.

## Heart Rate signal gets interrupted or drops out

1. Ensure that there is a minimum distance of 36 inches between bikes.
2. Verify that your chest strap is secure and that the electrodes are making contact with your chest at all times.

## **SMART TENSION WITH CONSOLE OTHER FUNCTION DESCRIPTIONS**

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1. In the mode of power saving (standby mode) and no connection, the user needs to press any button to wake up the console every time you want to use it, the LEVEL symbol on the console screen will start flashing, ready to connect to smart tension, and then touch to wake up the Smart tension (do not turn quickly directly), Smart tension will flash blue light, indicating that it has woken up, if there is no flashing blue light. Please touch the smart tension in a large area, the smart tension is already connected to the console when the blue light flashes, when the LEVEL symbol on the console stops flashing, it means that the connection is successful, and you can start use.
2. Smart Tension uses touch to wake up, and the blue light flashes quickly for 2 seconds when it boots up. If the Smart Tension is not connected to other Bluetooth devices, touched or rotated, it will enter sleep mode after 20 seconds.
3. Because it is a mechanical structure, the number of resistance level will have some errors, if you turn to the first level of resistance, the first level of resistance is not displayed, but the number of other level resistance, at this time please press the smart tension side button to reset, the number of resistance level will be displayed to the first level of resistance, then the software will automatically correct the completion.

# MAINTENANCE & CARE

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## 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.

## General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
3. 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. We cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
4. The crank arm nut needs to be retightened.
5. 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.

## 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](https://support.spiritfitness.com/hc/en-us/articles/4406787148564)

## MAINTENANCE SCHEDULE

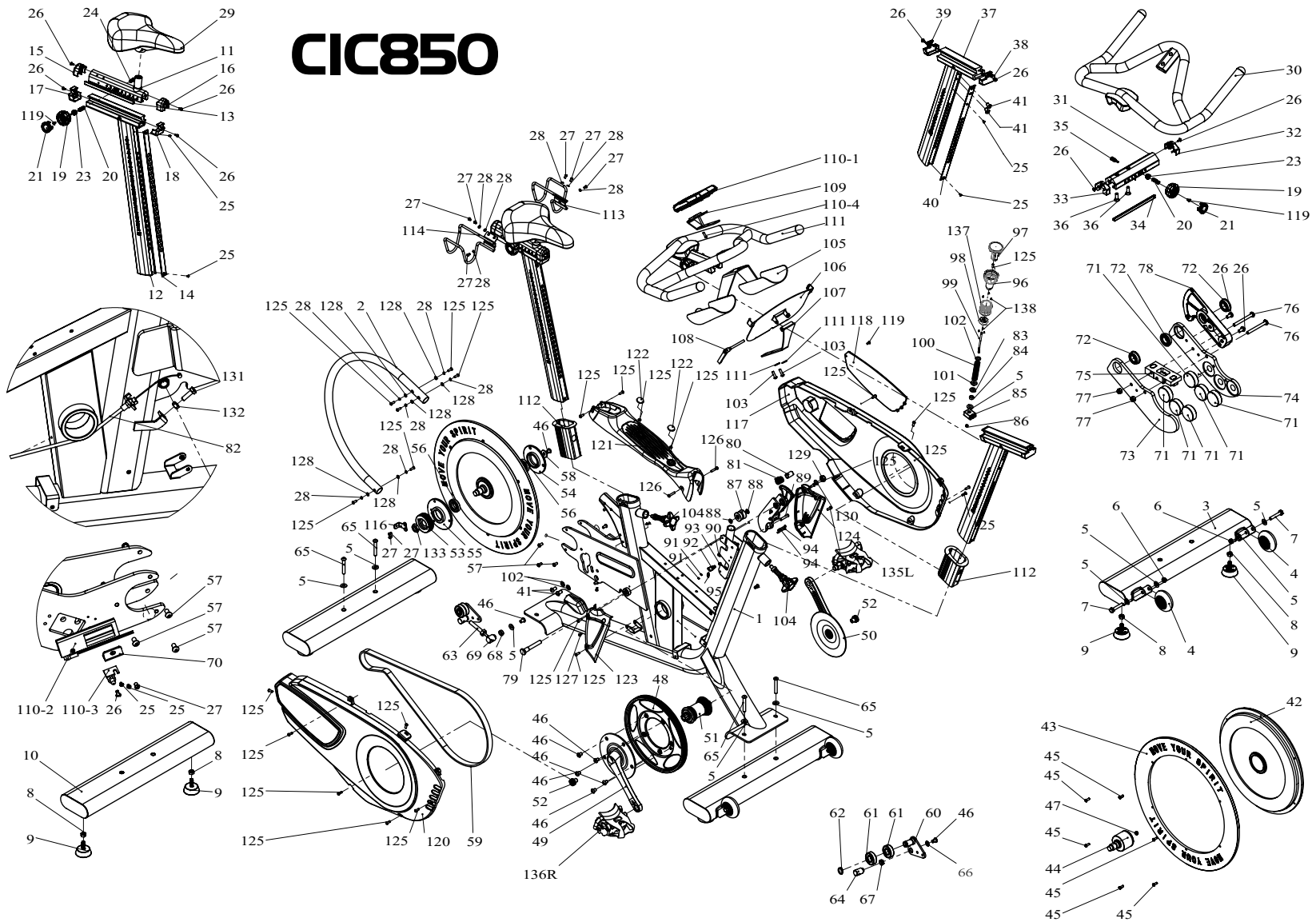
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Part	Recommended Action	Frequency	Cleaner
Pedals	Ensure that pedals are tight in crank arms, that all screws on pedals are tight, and that the pedal straps are not frayed.	Before each Use	N/A
Frame	Wipe down using a clean, soft damp cloth	Daily	Water
Flywheel	Wipe down using a clean, soft damp cloth	Weekly	Water
Brake Pad	Check for wear	Monthly	N/A

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

# EXPLODED VIEW DIAGRAM

## CIC850



# PARTS LIST

CIC850 PARTS LIST		
No.	DESCRIPTION	QTY
1	Frame	1
2	Outer circle tube assembly	1
3	Front stabilizer assembly	1
4	Transportation wheel	2
5	Flat washer SUS304 M8(D19*d8.5*1.0t)	8
6	Nylon nut SUS304 M8*P1.25	2
7	Hex screw M8*1.25*45L	2
8	Hex nut 3/8"*16T*8t	4
9	Leveler foot	4
10	Rear stabilizer assembly	1
11	Seat slider welding assembly	1
12	Seat post assembly	1
13	Seat adjustment taut block	1
14	Seat post panel	1
15	Up sweat guard(back)	1
16	Up sweat guard(front)	1
17	Down sweat guard(back)	1
18	Down sweat guard(front)	1
19	Adjustable knob	2
20	Konb screw (UCP)9*27.5L	2
21	Brake knob--cover	2
22	Flat cross head screw (UCP)M4*P0.7*10L	3
23	Knob bolt block	2
24	Pop pin knob( short)	1
25	Flat cross head screw SUS304 M3*P0.5*6L	6
26	Flat cross head screw SUS304 M4*P0.7*8L	11
27	Flat cross head screw M5*P0.8*8L	9
28	Spring Washer SW5*1.0t	12
29	Saddle	1
30	Handlebar	1
31	Adjustment handlebar block(up)	1
32	Up sweat guard(front) (wider)	1

33	Up sweat guard(back) (wider)	1
34	Handlebar adjustment taut block	1
35	Pop pin knob(long)	1
36	Flat hex screw SUS304 M8*P1.25*25L	2
37	Handlebar Post assembly	1
38	Down sweat guard(front) (wider)	1
39	Down sweat guard(back) (wider)	1
40	Handlebar post panel	1
41	Flat cross head screw SUS304 M8*P1.25*12L	2
42	Flywheel set	1
43	Aluminum Ring	1
44	Flywheel AXIS	1
45	Flat cross head screw SUS304 M5*P0.8*16L	6
46	Flat cross head screw M8*P1.25*10L	8
47	Permanent magnet	1
48	Sprocket / pulley	1
49	Right crank	1
50	Left crank	1
51	Bottom bracket set	1
52	Crank fix screw	2
53	Small sprocket / pulley	1
54	Bearing block (left)	1
55	Bearing block (right)	1
56	Bearing 16004ZZ	2
57	Flat cross head screw SUS304 M6*P1.0*12L	6
58	Flat washer UCP D24*d8.5*1.5t	1
59	Belt 5PK 1360L	1
60	Idler pulley arm assembly	1
61	Bearing-6203ZZ	2
62	C type clip	1
63	Idler pully adjust screw	1
64	Idler pully positioning nut	1
65	Flat cross head screw SUS304 M8*P1.25*55L	4
66	Flat washer M8(D16*d8.2*1.0t)	3
67	Idler pully casing	1
68	Flywheel Fixed sheet casing A	1
69	Flywheel Fixed sheet Positioning nut	1

# PARTS LIST

70	Sensor board fixing piece	1
71	Permanent magnet	6
72	Bearing-LF-1910ZZ	3
73	Brake block (right)	1
74	Brake block (left)	1
75	Brake gasket assembly	1
76	Flat cross head screw SUS304 M4*P0.7*40L	2
77	Nylon nut SUS304 M4*P0.7	2
78	Brake line Turntable	1
79	Brake block axis	1
80	Brake block axis Lining	1
81	Brake Spring	1
82	Brake line	1
83	PE Washer	1
84	Nylon nut SUS304 M8*P2.0	1
85	Slider block	1
86	Nylon nut SUS304 M5*P0.8	1
87	Fixed pulley	1
88	Nylon bushing (black)	2
89	Handbrake shaft pin L	1
90	E type circlip 5	1
91	E type circlip 3	2
92	Swing arm assembly	1
93	Nylon fixed pulley	1
94	Handbrake shaft pin B	2
95	Extension spring	1
96	Brake Knob	1
97	Brake knob up cover	1
98	Brake knob cover	1
99	Brake rod	1
100	Compression spring	1
101	Square plastic bushing	1
102	Flat washer SUS304 M8(D16*d8.1*1.6t)	1
103	Flat cross head screw SUS304 M6*P1.0*20L	2
104	Star-type pop pin knob	2
105	Water bottle holder	1
106	Tablet Holder	1

107	Fixed base assembly	1
108	L type knob	1
109	Console bracket	1
110	Console DT-3268F	1
111	Flat washer SUS304 M6(D16*d6.5*1.0t)	2
112	Bushing (seat post/handlebar)	2
113	Left dumbbell Holder	1
114	Right dumbbell Holder	1
115	Outside plate fixing part backing plate	1
116	Outside plate fixing	1
117	Left chain guard A	1
118	Left chain guard B	1
119	Flat cross head screw M4*P0.7*10L	1
120	Right chain guard B	1
121	Chin guard up	1
122	Chin guard up cover	2
123	Brake guard right	1
124	Brake guard left	1
125	Flat cross head screw M5*P0.8*14L	25
126	Flat cross head screw M5*P0.8*25L	2
127	Round head Phillips tapping screws	1
128	Flat washer M5(5.3*10*1t)	6
129	Nylon nut SUS304 M10*P1.5	1
130	Flat washer (D16*d10.2*1.0t)	1
131	Hex screw M6*P1.0*20L	1
132	Hex nuts (UCP)M6*P1.0*5.0t	1
133	Hex nuts (UCP)M16*P1.5*7.8t	1
134	Flat cross head screw M8*P1.25*15L	2
135	Pedal L/R	1
/136		
137	Magnet holder	1
138	Flat cross head screw M3*P0.5*6L	6

# WARRANTY - COMMERCIAL

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Effective August 07, 2023- **CIC850 Indoor Cycle LIMITED WARRANTY\***

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

Warranty	Frame*	Parts	Labor	Console & Wear Items**
<b>Commercial</b> (Health Clubs, YMCA, Community Centers, dues paying facilities)	10 Years	3 Years	1 Year	1 Year
<b>Commercial</b> (non-dues paying facilities)	15 Years	3 Years	1 Year	1 Year
<b>Residential</b>	Lifetime	3 Years	1 Year	1 Year

\* Frame is defined as the welded metal base of the unit and does not include removable parts, wear items, or coatings

\*\*Wear items include: plastic covers, overlay, grips, hardware, pull pins/knobs, decals/stickers, headphone jack, USB port, paint/coatings/finish, straps, and pedals.

\*Prisons and correctional facilities are excluded from warranty coverage.

## RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer/facility is responsible for the items listed below:

1. Proper use of the Indoor Cycle in accordance with the instructions provided in this manual
2. Proper installation in accordance with instructions provided with the Indoor Cycle and with all local electric codes.
3. Expenses for making the Indoor Cycle accessible for servicing, including any item that was not part of the Indoor Cycle at the time it was shipped from the factory.
4. Damages to the Indoor Cycle finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.



## **WARRANTY - CONTINUED**

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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 Indoor Cycle not requiring component replacement, or Indoor Cycle 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 use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

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**

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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. 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.

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

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

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



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[www.spiritfitness.com](http://www.spiritfitness.com)

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