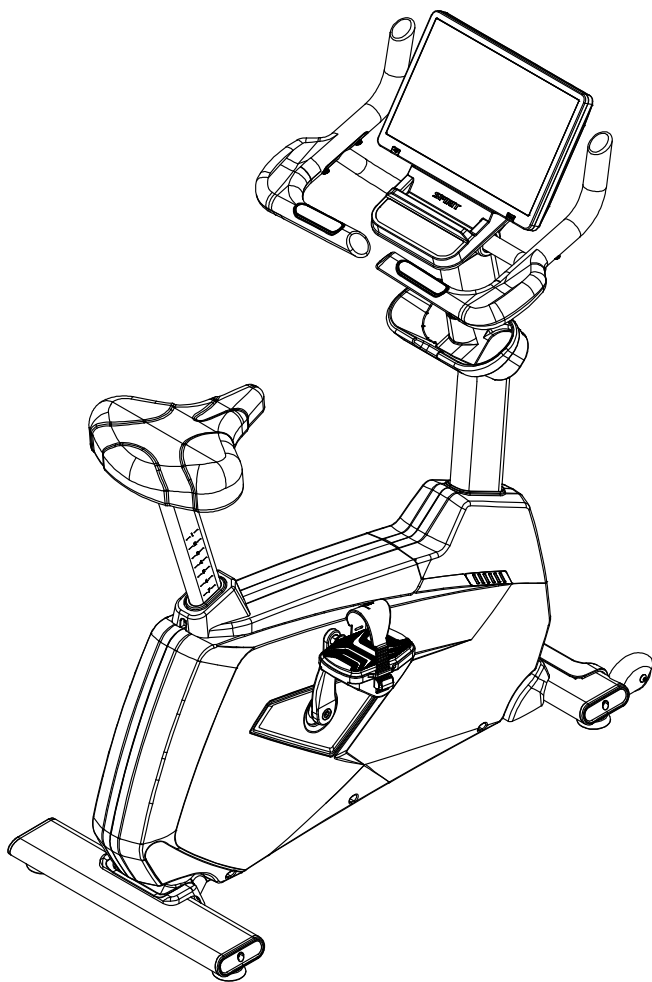


# SPIRIT



## CU1000ENT UPRIGHT BIKE

CU1000ENT\_210354\_OM\_20241202

### 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



service@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>	<b>2</b>
-----------------------------------	----------

## **Warning / Safety Instructions**

Product Labels .....	3
Warnings, Compliance, and Notes.....	4
Safety Instructions .....	5
Electrical Safety .....	7
Grounding Instructions .....	8
Important Operation Instructions .....	8

## **Parts and Assembly**

Parts Included .....	9
Parts of Your Upright Bike .....	10
Pre-Assembly .....	11
Assembly.....	12
Setting Up Your Unit .....	16

<b>Quick Start.....</b>	<b>18</b>
-------------------------	-----------

## **Technology and Features**

Features .....	19
About Your Machine .....	21
Touchscreen Operation .....	22
Console Screen Overview .....	31

## **Programs**

Programmable features .....	32
Programs .....	34

## **Heart Rate Monitoring**

Heart Rate Chest Strap .....	46
Chest Strap Warning.....	47
Heart Rate Exertion .....	48

<b>Machine Care .....</b>	<b>50</b>
---------------------------	-----------

<b>Exploded View Diagram .....</b>	<b>52</b>
------------------------------------	-----------

<b>Parts List.....</b>	<b>53</b>
------------------------	-----------

## **Warranty**

Warranty .....	55
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## PRODUCT REGISTRATION

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Congratulations on your new Upright 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



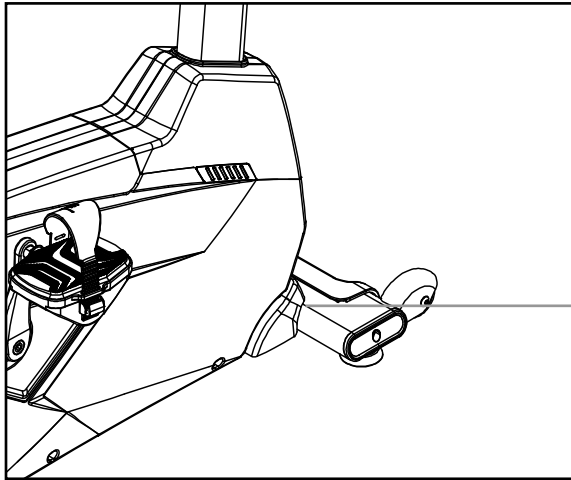
Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

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

Version: 2.0  
Revision: 12.02.24

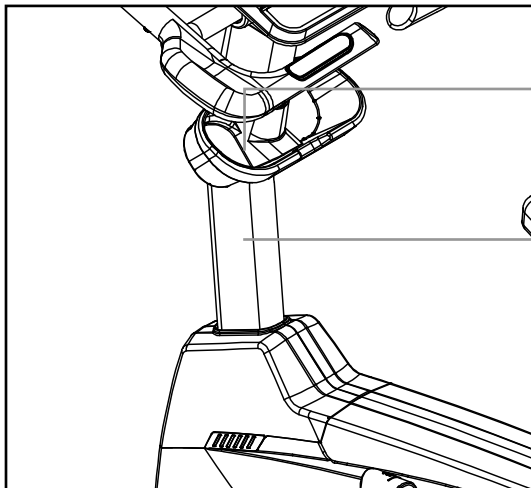


## PRODUCT LABELS



### SERIAL NUMBER STICKER

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



### SAFETY WARNING STICKER

This sticker will be found on the left side of your Upright Bike'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 Upright Bike'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. Connect the equipment to an outlet on a circuit different from that which the receiver is connected.
4. 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

---

To reduce risk of injury to persons:

Read all instructions before using this appliance.



**WARNING** - To reduce the risk of burns, fire electric shock, or injury to persons:

1. Read all instructions before using this appliance.
2. Do not operate Upright Bike on deeply padded, plush or shag carpet. Damage to both carpet and Upright Bike may result.
3. Keep children away from the Upright Bike. There are obvious pinch points and other caution areas that can cause harm.
4. Keep hands away from all moving parts.
5. Never operate the Upright Bike if it has a damaged cord or plug. If the Upright Bike is not working properly, call your dealer.
6. Keep the cord away from heated surfaces.
7. Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
8. Never drop or insert any object into any openings.
9. Do not use outdoors.
10. To disconnect, turn all controls to the off position and then remove the plug from the outlet.
11. Do not attempt to use your Upright Bike for any purpose other than for the purpose it is intended.
12. The hand 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. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Upright Bike. Quality athletic shoes are recommended to avoid leg fatigue.
14. This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are being supervised and given instruction concerning use of the exercise equipment by a person responsible for their safety.
15. This exercise equipment can be used by children aged from 13 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the exercise equipment in a safe way and understand the hazards involved. Children shall not play with the exercise equipment. Cleaning and user maintenance shall not be made by children without supervision.
16. Children should be supervised to ensure that they do not play with the exercise equipment.
17. Notes on the correct posture and the fact the pedal crank training equipment of class B and C are not suitable for therapeutic purposes
18. Be aware that the generator is producing AC power while the Upright Bike is being used. Do not service the Upright Bike while the generator is spinning; serious electric shock could occur.
19. Please make sure that the power-supply cord and adapter placed in dry area and kept away from heat.
20. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
21. WARNING! Injuries to health may result from incorrect or excessive training.
22. The Upright Bike is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
23. WARNING! The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.
24. The exercise equipment shall be disconnected from its power source during clean, service or maintenance.

## SAFETY INSTRUCTIONS

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- 25. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- 26. 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.
- 27. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 28. WARNING: The equipment shall be installed on a stable base and properly leveled.
- 29. **User Weight Limit: 450 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.

## ELECTRICAL SAFETY

---



### WARNING!

Route the power cord away from any moving part of the unit including the transport wheels.

**NEVER** remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

**NEVER** expose this unit to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

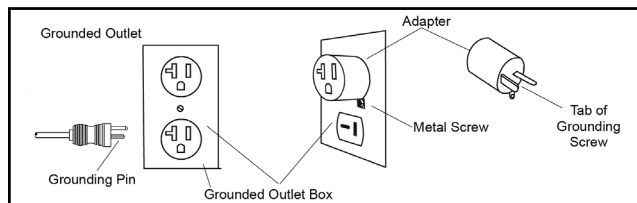
- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while cycling on your unit; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

# GROUNDING & IMPORTANT OPERATION INSTRUCTIONS

---

This product must be grounded. If the Upright Bike should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not



fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it

must be held in place by a metal screw.

## **WARNING!**

- NEVER operate this Upright Bike without reading and completely understanding the results of any operational change you request from the computer console.
- NEVER use your Upright Bike during an electrical storm. Surges may occur in your facility power supply that could damage the Upright Bike's components.
- All users should have medical clearance before starting any rigorous exercise program. This is especially important for persons with a history of heart disease or other high risk factors.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Upright Bike; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handlebar while making control changes.
- If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

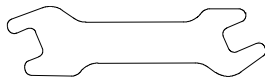
# PARTS INCLUDED

## TOOLS

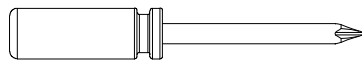
- ☐ 13/15mm Wrench
- ☐ 5mm L Allen Wrench
- ☐ M8 L Allen Wrench
- ☐ 6mm L Allen Wrench
- ☐ Phillips Head Screwdriver

## PARTS INCLUDED:

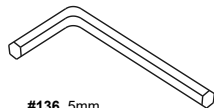
- |  |   |
|--|---|
| <input type="checkbox"/> 1 Main Frame            | <input type="checkbox"/> 1 Console      |
| <input type="checkbox"/> 1 Console Mast          | <input type="checkbox"/> 1 Seat Cushion |
| <input type="checkbox"/> 1 Rear Stabilizer       | <input type="checkbox"/> 2 Cup Holders  |
| <input type="checkbox"/> 1 Seat Back Frame       | <input type="checkbox"/> 2 Pedals       |
| <input type="checkbox"/> 1 Front Handle Bar      | <input type="checkbox"/> 1 Hardware Kit |
| <input type="checkbox"/> 1 Handle Bar            |   |
| <input type="checkbox"/> 1 Seat Back Cover       |   |
| <input type="checkbox"/> 1 Console Tablet Holder |   |



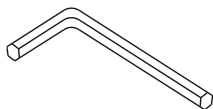
#137. 13/15mm Wrench (1 pc)



#97. Phillips Head Screw driver (1 pc)



#136. 5mm L Allen Wrench (1 pc)

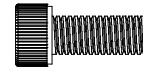


#107. M8 L Allen Wrench (1 pc)



#99. 6mm L Allen Wrench (1 pc)

## STEP 1



#52 - M8 x 20mm  
Socket Head Cap Bolt  
(4pcs)



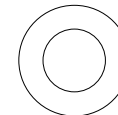
#53 - Ø8.5 x Ø18 x 1.5T  
Flat Washer (4pcs)



#61 - M10 x 55mm  
Socket Head Cap Bolt (3pcs)

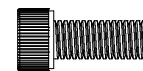


#59 - M5 x 12mm  
Phillips Head Screw  
(4pcs)



#60 - Ø13 x 23 x  
2.0T Flat Washer  
(3pcs)

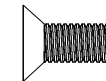
## STEP 2



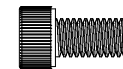
#52 - M8 x 20mm  
Socket Head Cap Bolt  
(6pcs)



#112 - Ø8.5 x Ø16 x 1.5T  
Flat Washer (12pcs)



#56 - M8 x 20mm  
Flat Head Countersink Bolt  
(4pcs)



#57 - M8 x 15mm  
Socket Head Cap Bolt  
(6pcs)



#131 - Ø8 x 1.5T  
Split Washer (6pcs)

## STEP 3



#138 - M5 x 10mm  
Phillips Head Screw  
(10pcs)

## STEP 4



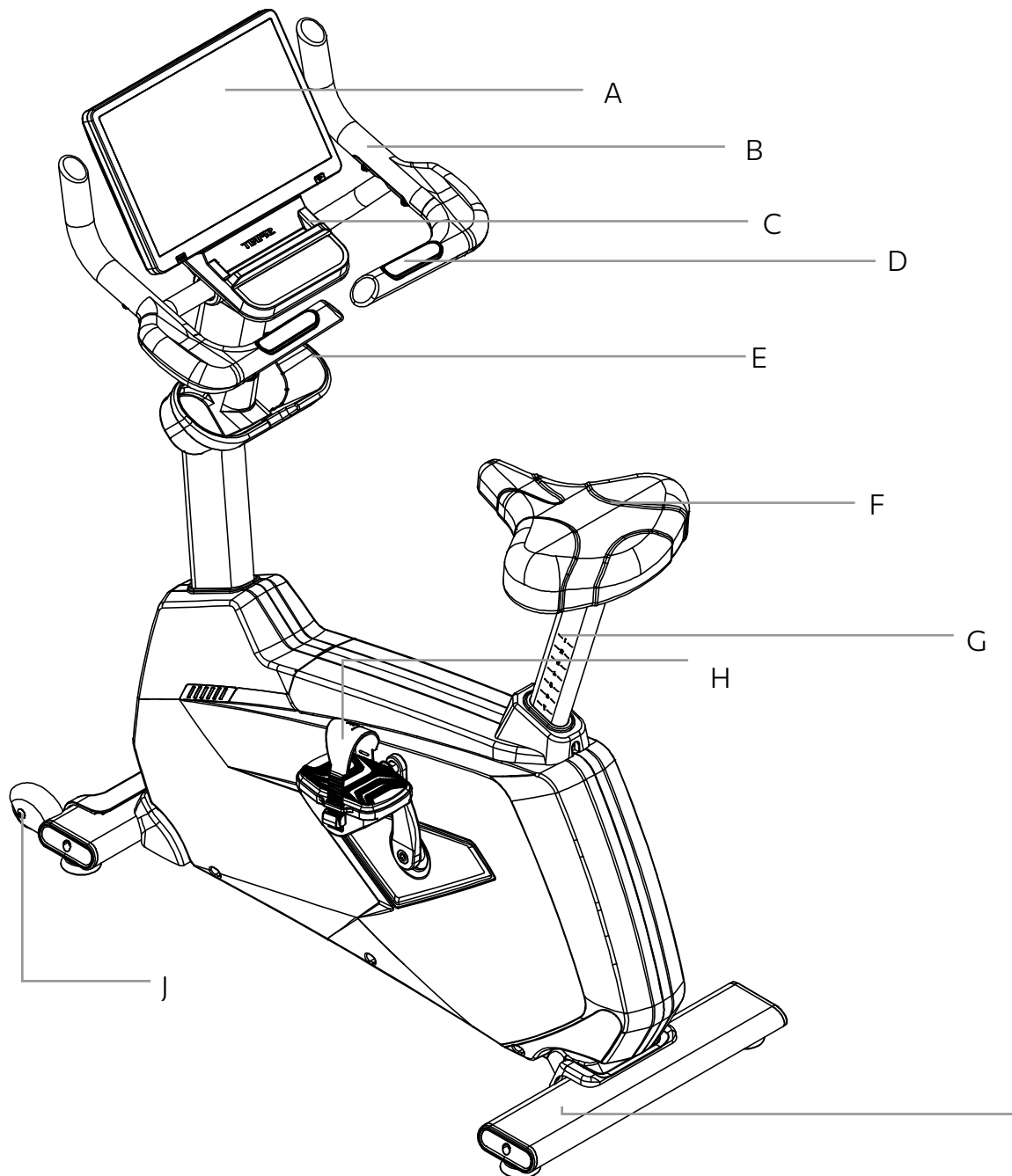
#54 - M5 x 12mm  
Phillips Head Screw  
(2pcs)



#55 - 3.5 x 12mm  
Sheet Metal Screw  
(4pcs)

## PARTS OF YOUR UPRIGHT BIKE

---



- A. Touchscreen
- B. Standing Grip Handlebars
- C. Console Buttons
- D. Hand Pulse Grips
- E. Water Bottle Holder
- F. Cushioned Seat
- G. Seat Adjustment Knob
- H. Pedal
- I. Rear Stabilizer
- J. Transport Wheel



## PRE-ASSEMBLY

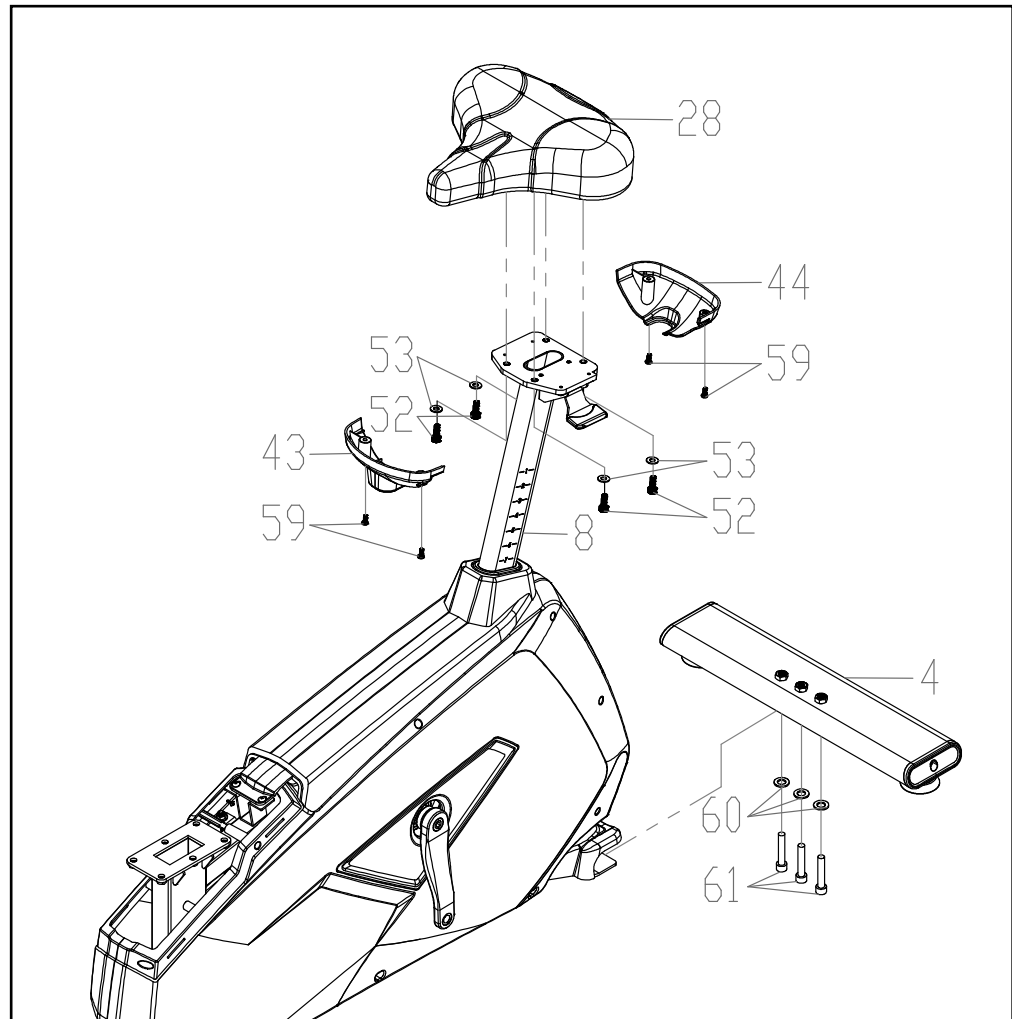
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1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. 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

---

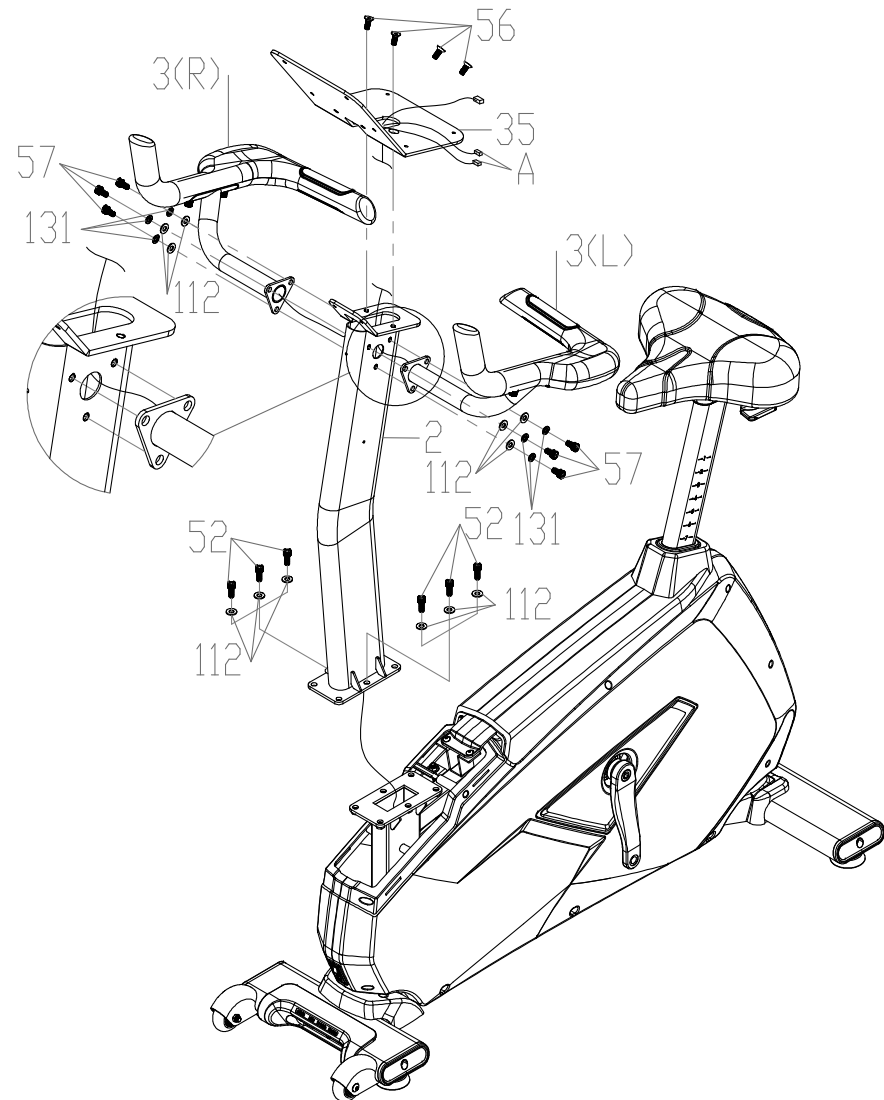
1. Install **REAR STABILIZER (4)** to **MAIN FRAME (1)** with 3 **BOLTS (61)** and 3 **WASHERS (60)**.
2. Install **SEAT (28)** to **RAIL ASSEMBLY (8)** with 4 **BOLTS (52)** and 4 **WASHERS (53)**.
3. Attach **SEAT COVERS (FRONT & REAR) (43 & 44)** to **RAIL ASSEMBLY (8)** with 4 **SCREWS (59)**.



## ASSEMBLY - STEP TWO

---

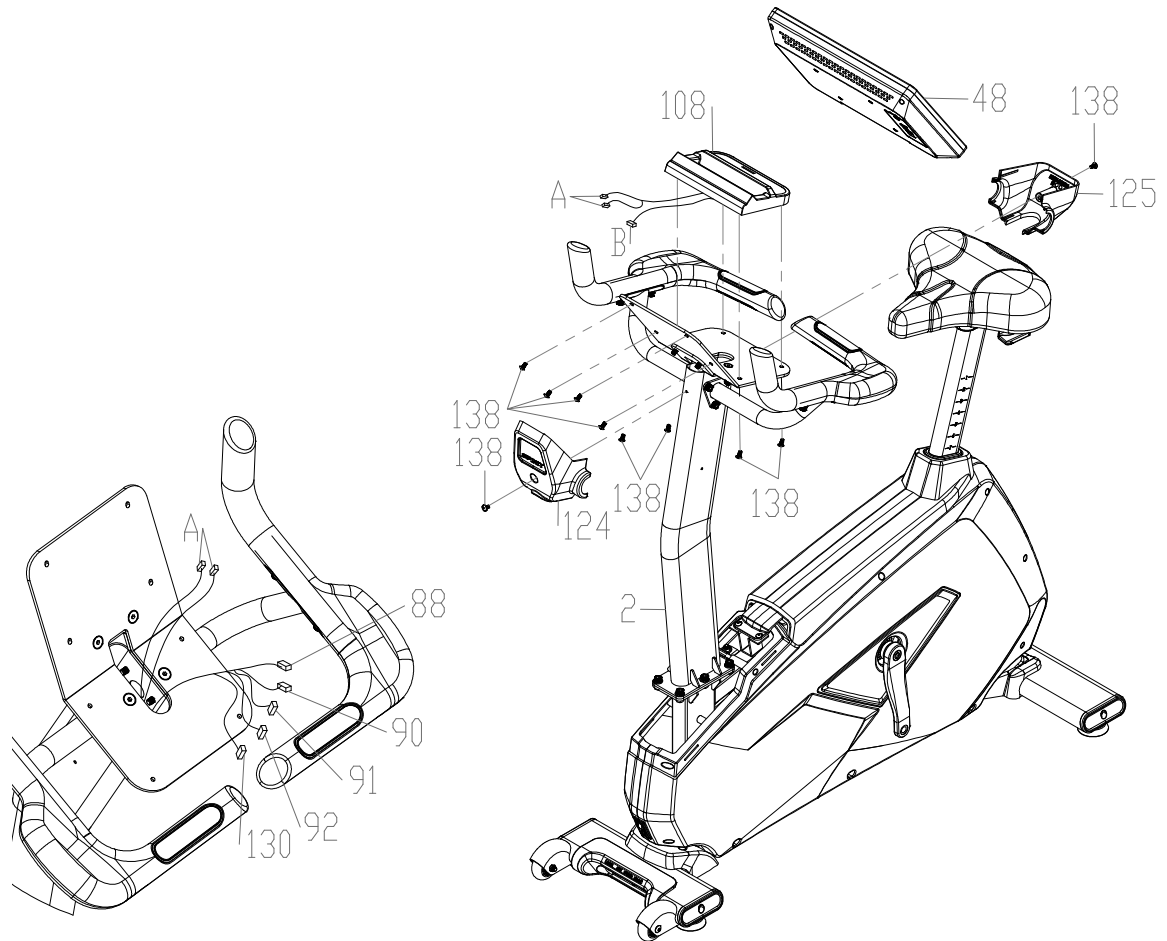
1. Install **SCREEN PLATE (35)** to **CONSOLE MAST (2)** with 4 **BOLTS (56)**.
2. Run the **WIRING HARNESS** through the **CONSOLE MAST (2)** and **SCREEN PLATE (35)** then out of the top. Install **CONSOLE MAST (2)** to **MAIN FRAME (1)** with 6 **BOLTS (52)** and 6 **WASHERS (112)**.
3. Run the **(#A) HANDPULSE WIRE** of **HANDLEBARS(3L&3R)** through the **CONSOLE MAST (2)** and **SCREEN PLATE (35)**. Install **HANDLEBARS(3L&3R)** to **CONSOLE MAST (2)** with 6 **BOLTS (57)**, 6 **SPLIT WASHERS (131)** and 6 **WASHERS (112)**.



## ASSEMBLY - STEP THREE

---

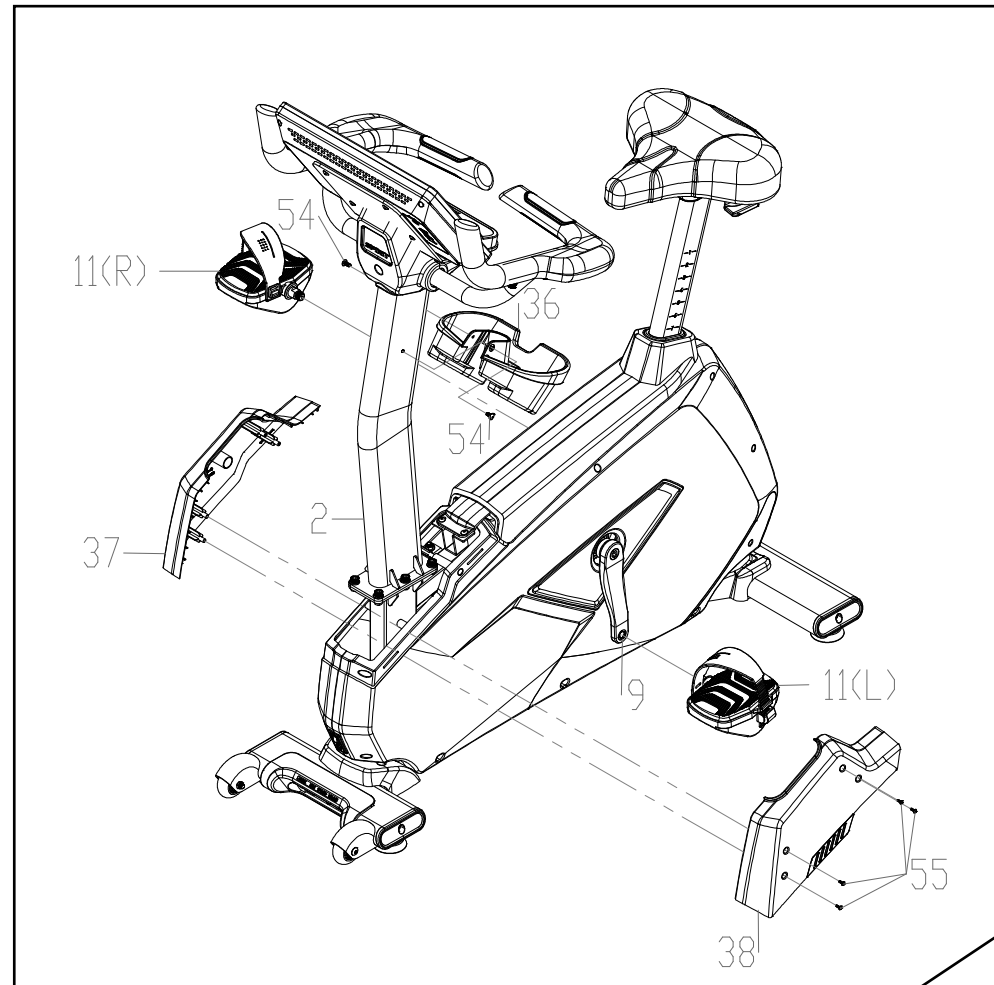
1. Connect (#A) HANDPULSE WIRE of the **KEYBOARD (108)** and **HANDLEBARS**. Install **KEYBOARD(108)** to **SCREEN PLATE (35)** with 4 **SCREWS (138)**.
2. Connect all **WIRING HARNESSSES** and the **(#B) WIRE** of **KEYBOARD** to corresponding connectors at the back of the **CONSOLE (48)**. Install **CONSOLE (48)** to **SCREEN PLATE (35)** using 4 **SCREWS (138)**. Be careful not to pinch any wires.
3. Attach **CONSOLE CHIN COVER (FRONT& REAR) (124&125)** to **CONSOLE MAST (2)** with 2 **SCREWS (138)**.



## ASSEMBLY - STEP FOUR

---

1. Attach **CONSOLE MAST COVERS (37 & 38)** over **CONSOLE MAST (2)** using 4 **SCREWS (55)**.
2. Attach **BEVERAGE HOLDER (36)** to **CONSOLE MAST (2)** using 2 **SCREWS (54)**.
3. Install **PEDALS (11)** into **CRANK ARMS (9 & 10)**. The left pedal has a reverse thread and will be screwed in counterclockwise. Tighten to 300 in-lb (34 Nm) of torque.



## SETTING UP YOUR UPRIGHT BIKE

---

### Plugging in & Starting Operation

- Plug in the power cord at the front of the bike.
- When the power cord is plugged in the screen will show the initial image and then enter the ready mode which is the beginning of the bike operation.
- Main Home page: Begin operation by touching the icons.
- Quick operating buttons are convenient for basic Upright Bike functions.



The Upright Bike comes with a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the Upright Bike.

First time users should familiarize themselves with using the Upright Bike by using the Stationary Handlebar first

Caution should always be taken when getting on and off any exercise machine.

Please follow the safety steps below.

To get on, Please hold the Stationary Handlebar with one of hands and sit on the seat. Place your left foot on the left Foot Pedal and get secure. Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.

To get off, come to a complete stop and reverse the procedure. Always wear rubber soled shoes, such as tennis shoes. It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off.

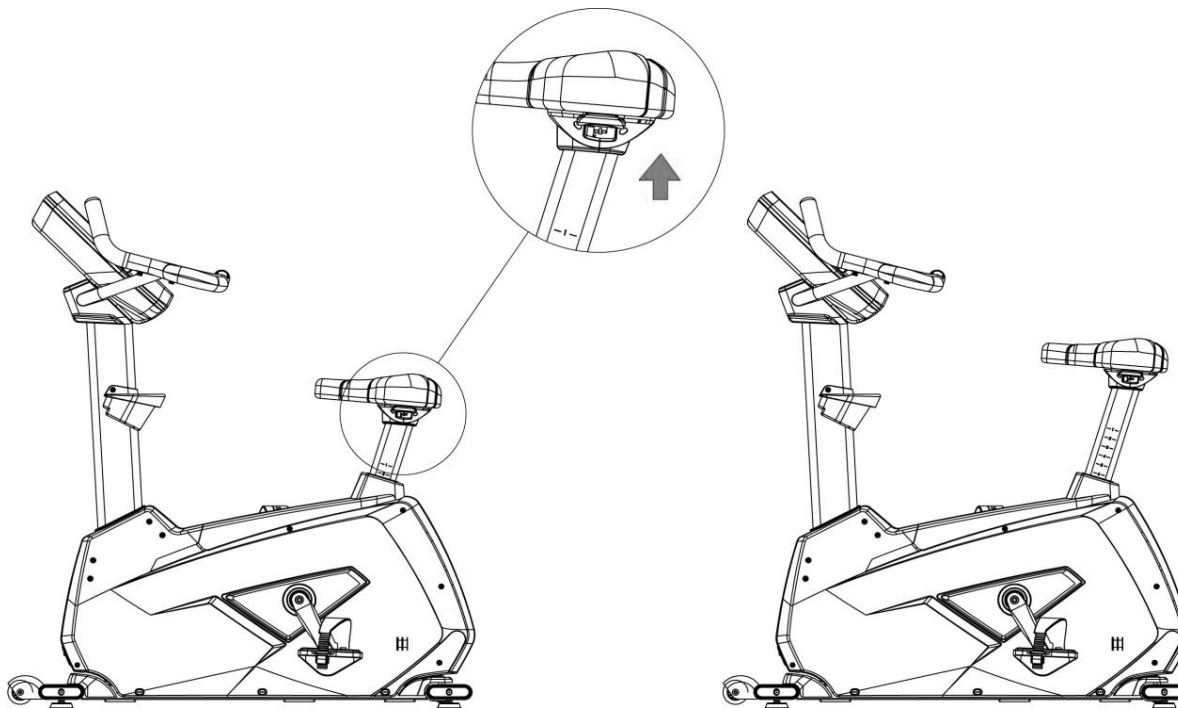
All equipment should be set up and operated on solid, level surfaces.

## SETTING UP YOUR UPRIGHT BIKE - CONTINUED

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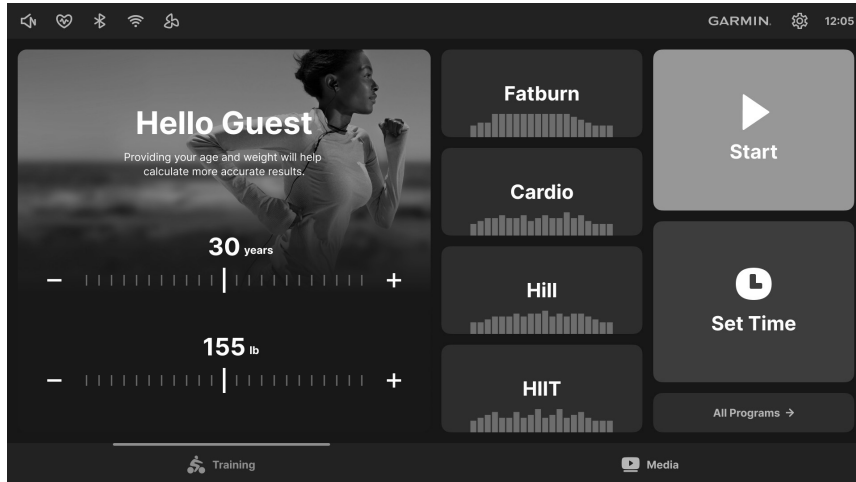
### Seat Adjustments

1. When you sit on the Seat Bottom Cushion, pull the Release Lever upward. Using your feet, push down on Pedals to lessen the weight upon the seat, and adjust the Seat Bottom Cushion upward.
2. If you want to adjust the Seat Bottom Cushion downward, please sit on the front end of Seat Bottom Cushion, then pull the Release Lever upward adjust.



## SETTING UP YOUR UPRIGHT BIKE

- When the power is turned **ON**, the screen will show a brief loading screen and then display the **Home Screen** which indicates that the machine is ready to operate.



**Home Screen:** Begin operation by touching the icons.



**Quick operating buttons** are conveniently located for basic Upright Bike functions.

## FUNCTIONS OF THIS UPRIGHT BIKE

The Touchscreen is used for operating all functions. You can directly touch any button on the screen or through the physical buttons below the console to control functions. On the lower portion of the console there is the **Start** button to begin the workout, **Stop** button to pause/stop programs, **Level** button to change workload.



## QUICK START

---

1. This is the quickest way to start a workout. After the console powers up you just press the Start button to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing on the screen or the Up and Down buttons on lower control panel.

## FEATURES

---

### Pulse Grip Feature

The Pulse (Heart Rate) on the screen shows the current value of your heart rate in beats per minute. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The Console will also pick up wireless heart rate transmitters that are ANT+ and Bluetooth compatible.

### Charge Portable Devices with USB port

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

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.


Step 2: Check to make sure your device icon indicates it is charging.

#### NOTE:

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


## 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 Upright 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](https://facebook.com/SpiritFitnessProducts)

 [www.instagram.com/spirit/](https://www.instagram.com/spirit/)

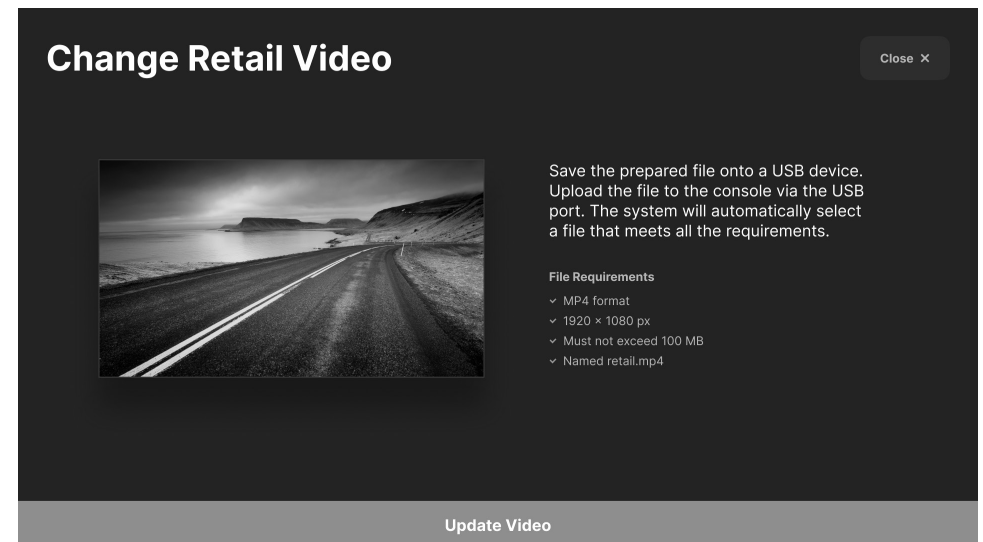
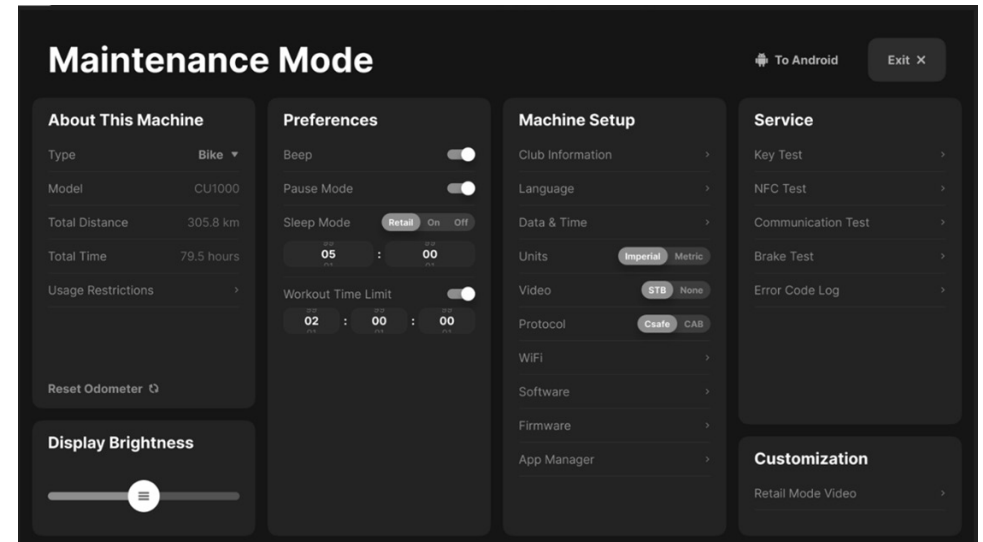
 [youtube.com/user/SpiritFitnessOnline](https://youtube.com/user/SpiritFitnessOnline)

# TOUCHSCREEN OPERATION

## Maintenance Mode

Enter the maintenance mode from the Home page by pressing **Hello Guest** 10 times to access the machine information, various settings and service procedures.

In the maintenance mode, you can upload your own visual materials via USB. Select **Retail Mode Video** under the Customization tab and follow the guidelines to change the videos when the console enters Retail Mode



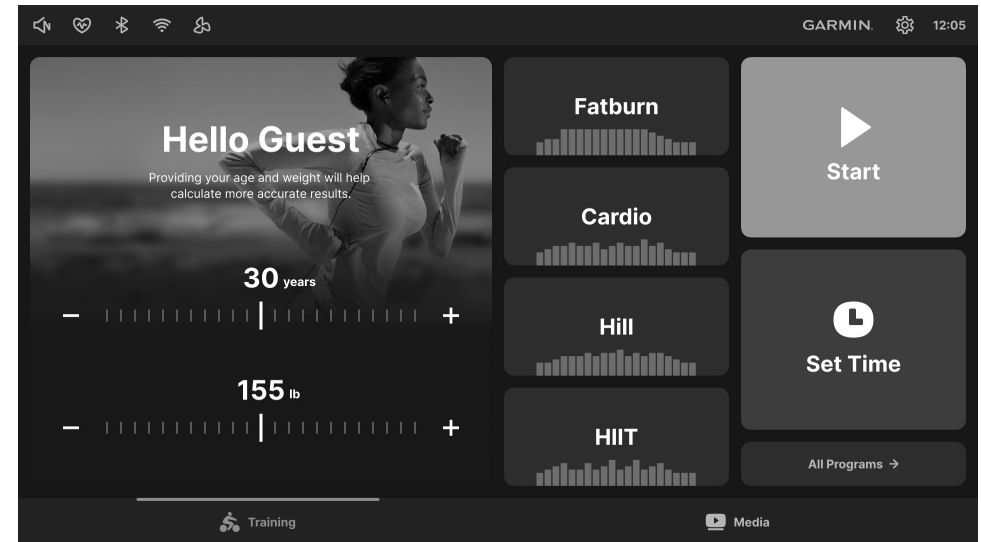
## TOUCHSCREEN OPERATION - CONTINUED

### Basic Operation & Home Page

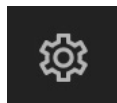
The console interface is divided into two main sections: Training and Media. Training section is focused on workout data and controls, while Media offers various entertainment options for an exercising user. Use the tab bar on the bottom of the screen to switch between the two sections before, during or after the workout.

Training section's main screen includes a ranking list and some of the most common workout choices, such as immediate start, a timed workout, or popular workout patterns. A workout can be started by either pressing **Start** button on the screen, or using the physical **Start** key on the console.

Various tools and settings are available in the status bar on the top of the screen:



press the WiFi icon to open WiFi settings.



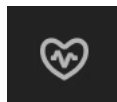
press the Gear icon to change language or units of measurement.



to pair a Garmin device, press on the Garmin logo (see details in Garmin Pairing).



to pair a Bluetooth device, press on the Bluetooth icon.



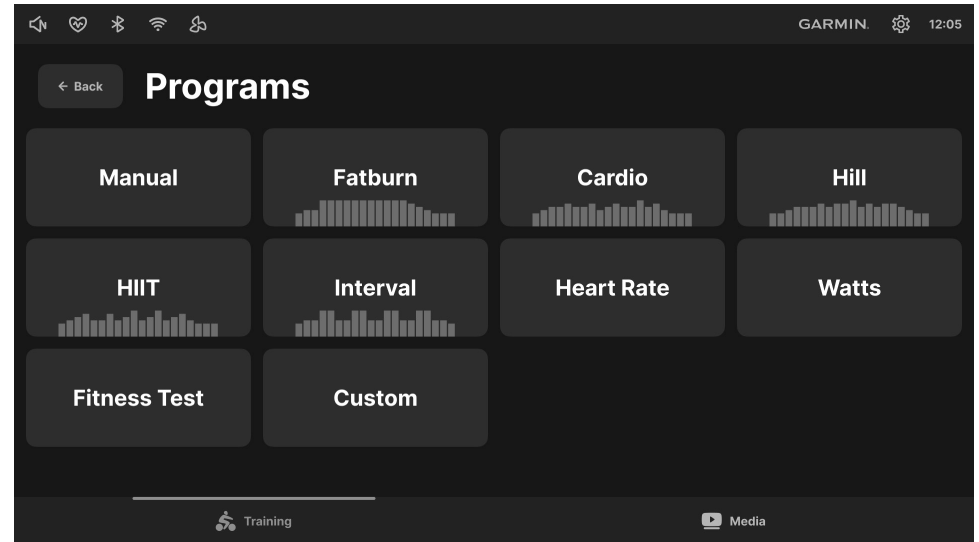
to pair a heart rate measuring device, select the Heart Rate icon

## TOUCHSCREEN OPERATION - CONTINUED

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### Programs

Press **All Programs** on the home page to open a full selection of the preset programs and fitness tests.

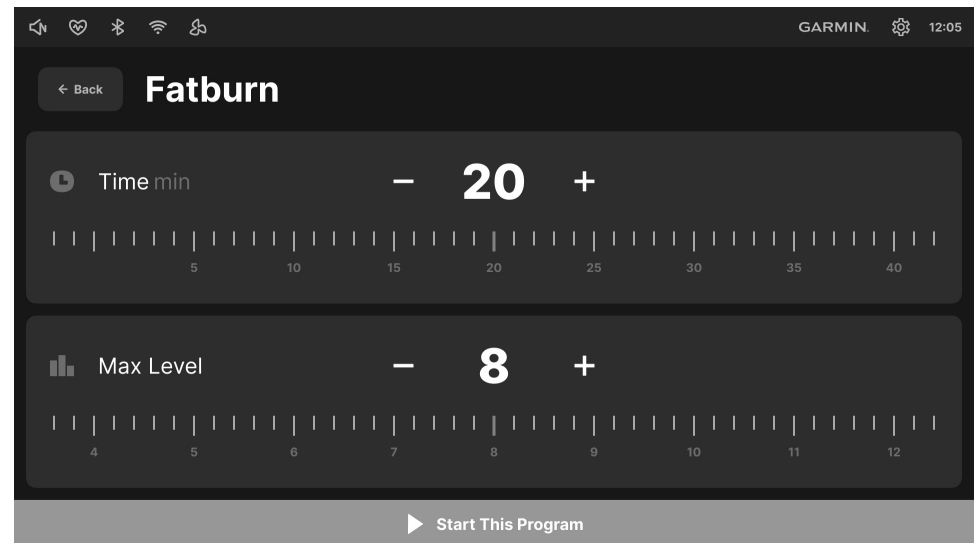
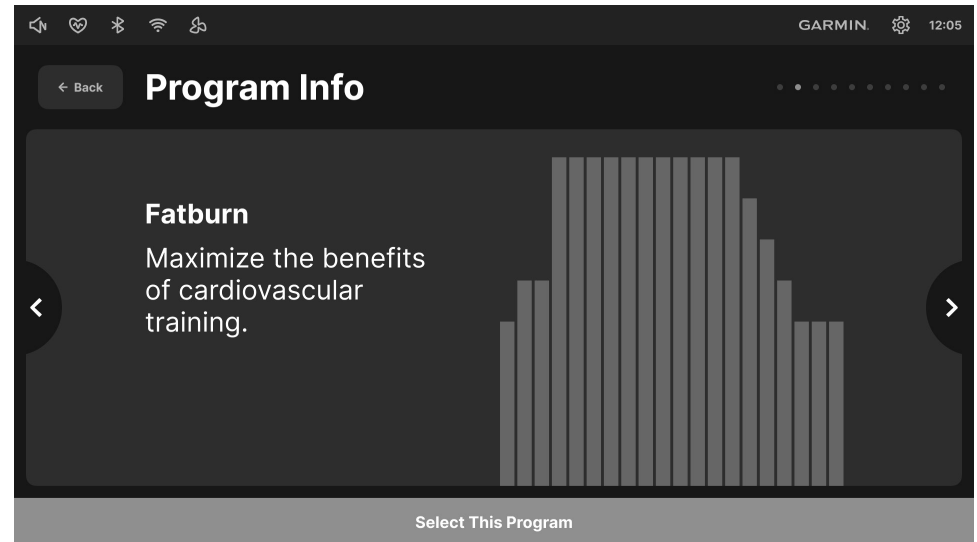


## TOUCHSCREEN OPERATION - CONTINUED

Tap on a program to learn more about it in the **Preview Mode**. Here, switch between programs of the same category easily by sliding left and right, or by using the arrow icons on both sides of the screen. Tap on the program card once again to enter the **Program Setup** page

**Program Setup** page allows users to customize their workout. To change the value, drag the scale, use **Plus & Minus** buttons, or tap on the number for a direct input. Different programs offer different parameters to adjust.

Press **Start This Program** button to start the workout with selected parameters. Press **Back** to return to program selection

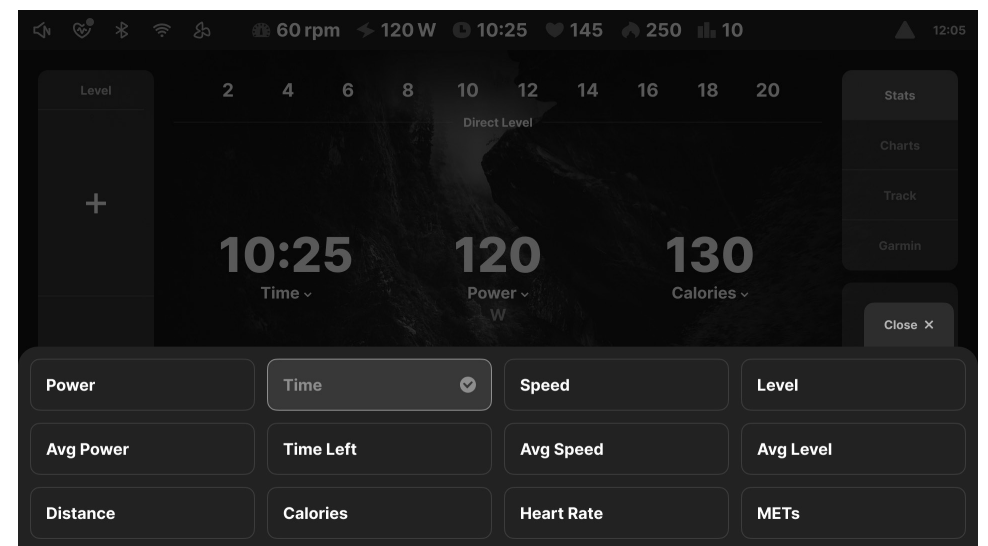


## TOUCHSCREEN OPERATION - CONTINUED

### Workout Mode

Start exercising once the console is in the workout mode and the time has started counting. Use panels on the left and right sides of the screen to control **level**, accordingly. Choose between three workout views (Stats, Charts and Track), or go to the Media section for entertainment content. While in the Media section, please use physical keys to control **level**.

Parameters displayed in the **Stats** view can be customized: press on the number and select your preferred option

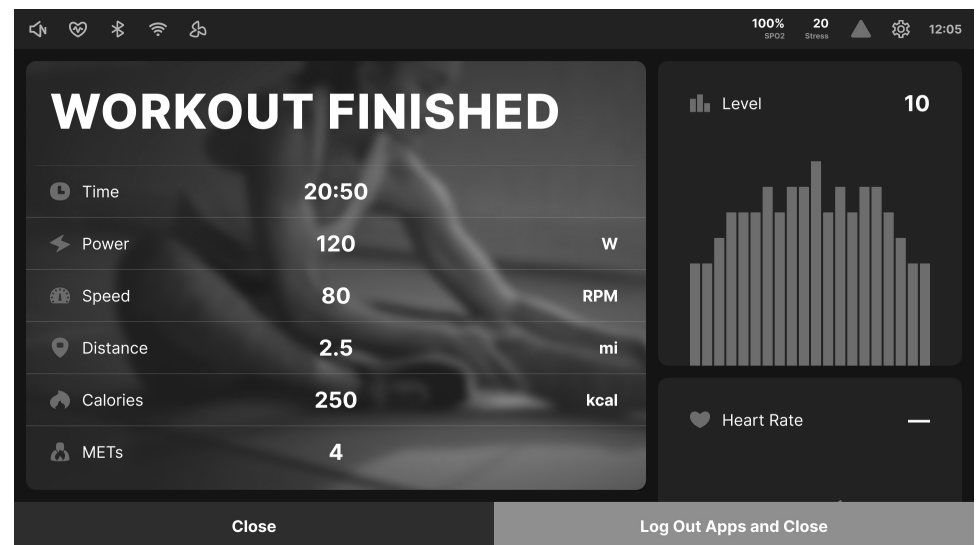
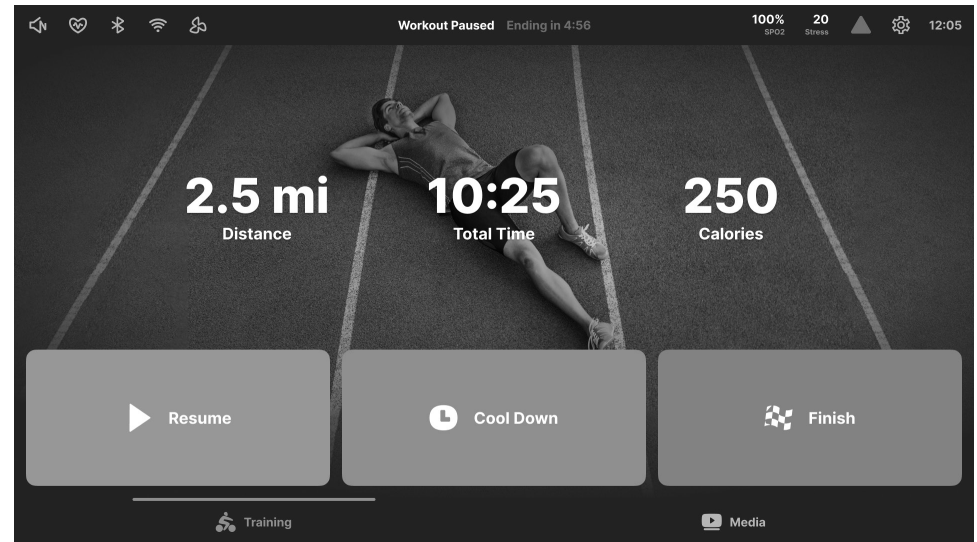




## TOUCHSCREEN OPERATION - CONTINUED

To finish your workout, press physical **STOP** button on the console twice, or tap on the **Pause** icon in the bottom right corner of the workout screen, then press **Finish**.

When the workout is over, the workout summary will pop up. Slide up & down on the right side of the screen to see all available charts.



## TOUCHSCREEN OPERATION - CONTINUED

### Media

Press on the **Media** tab on the bottom of the screen to access various apps and casting from your smartphone. Stable internet connection is required for all of the above.

To open an app, tap on its icon. Select from news, video and other content. Users do not have to log out when they have finished their workout: it happens automatically. Remember to check for updates regularly: access **Maintenance Mode / App Manager** for managing all third party apps.

Customers are allowed to choose **Mirroring** to transfer their own entertaining content from their smartphones to the console screen. To get familiar with the procedure, press **How It Works** and follow the instructions provided on the screen.



## TOUCHSCREEN OPERATION - CONTINUED

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Once the content is on, use the **Floating Panel** to navigate and pause your workout when needed. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press **Hide Panels** to enter the full screen mode without stats on the top and tabs on the bottom, and **Show Panels** to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press **All Media** to go back to the content sources selection.

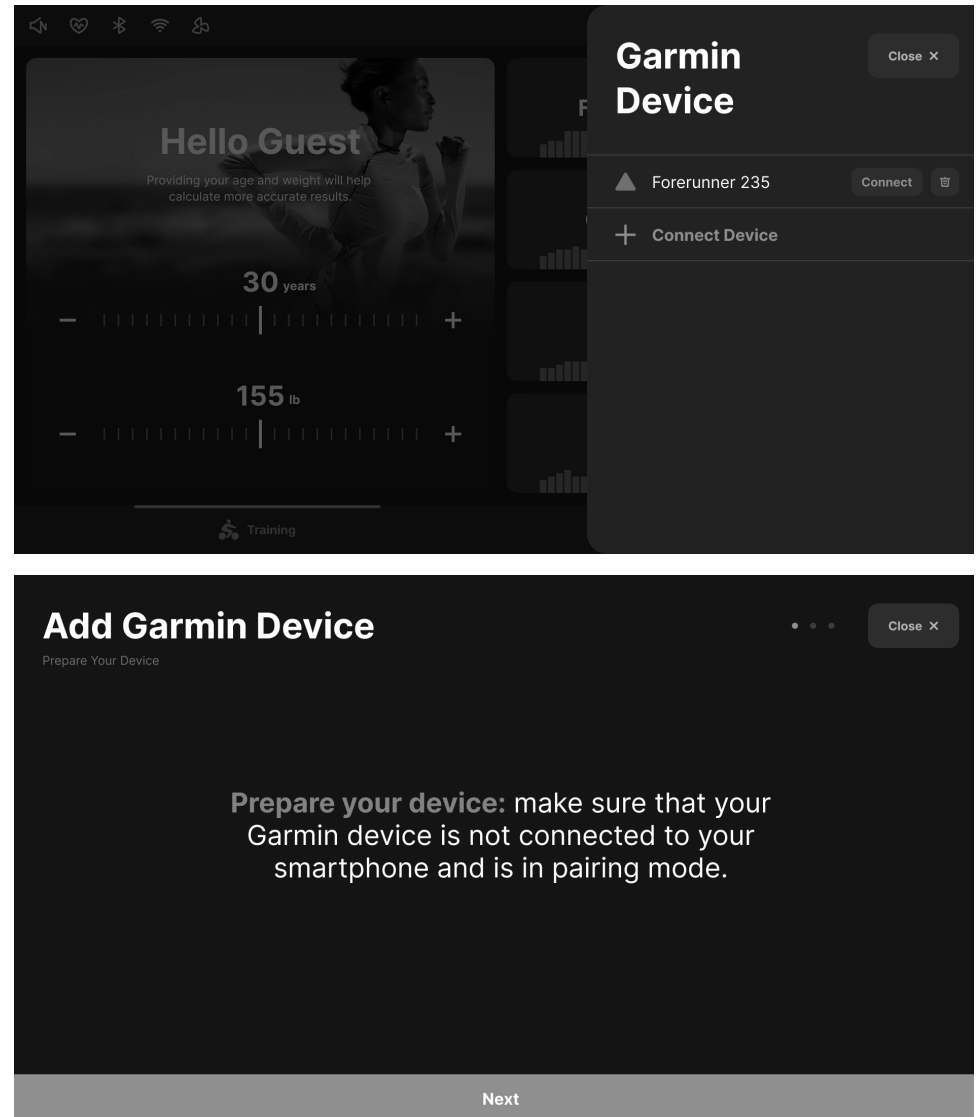


## TOUCHSCREEN OPERATION - CONTINUED

### Garmin Pairing

To connect to a Garmin device, one must first pair it with the console. Press on the **Garmin Logo** in the status bar, then **Connect Device** button to run the pairing flow.

Step by step, follow the instructions provided on the screen: switch your Garmin device into pairing mode, then select it on the console screen and input the pin-code displayed on your device.



# CONSOLE SCREEN - OVERVIEW



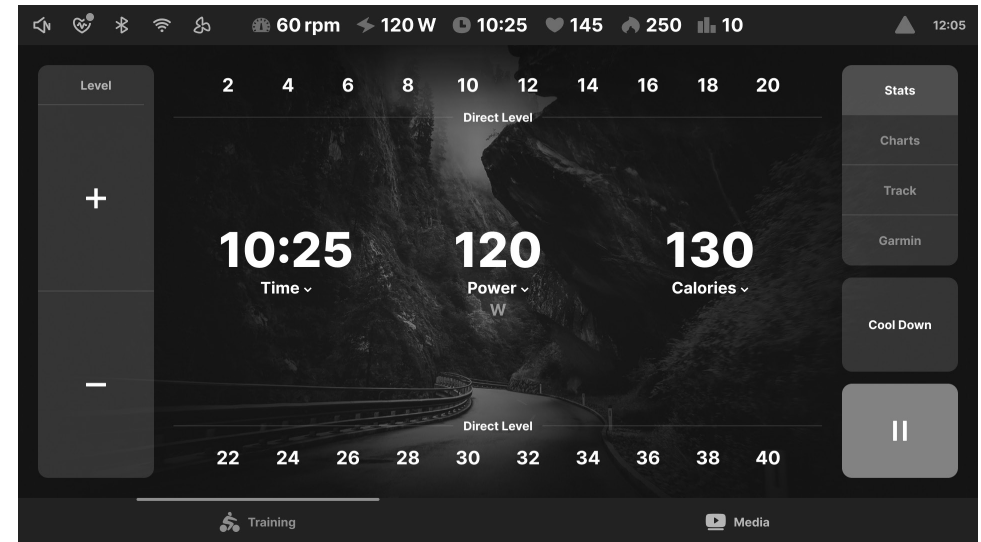
# PROGRAMMABLE FEATURES

## Changing The Workout Display

During your workout, you may change the display based on the view that works best for your needs. Once your workout begins, you will see 3 preset views available at the bottom of the screen: **Stats**, **Charts**, and **Track**.

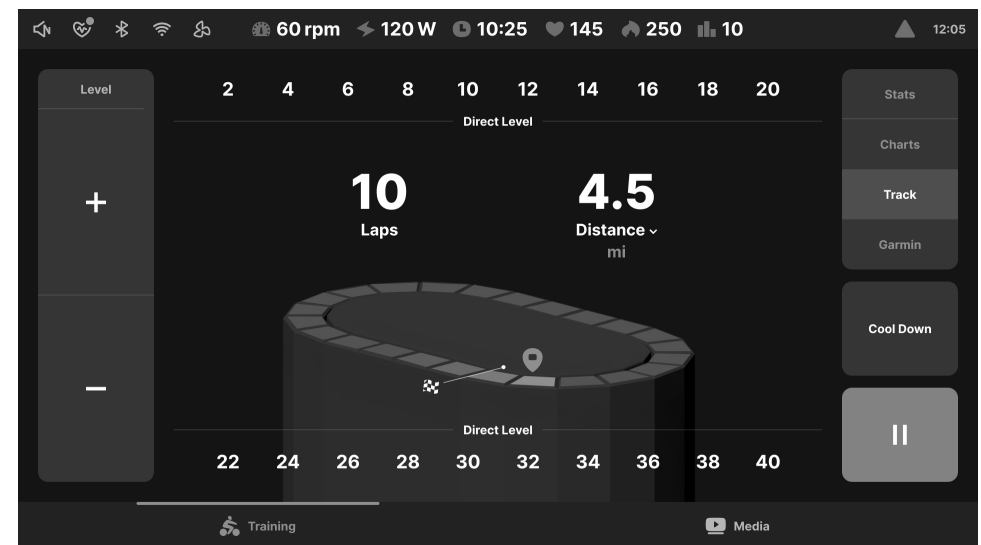
### STATS

To switch the display to **Stats** view, simply tap the **Stats** button on the top side of the central screen. This view shows an overview of the real-time workout data including the Elapsed Time, Total Distance, Average Power and other workout data.



### TRACK

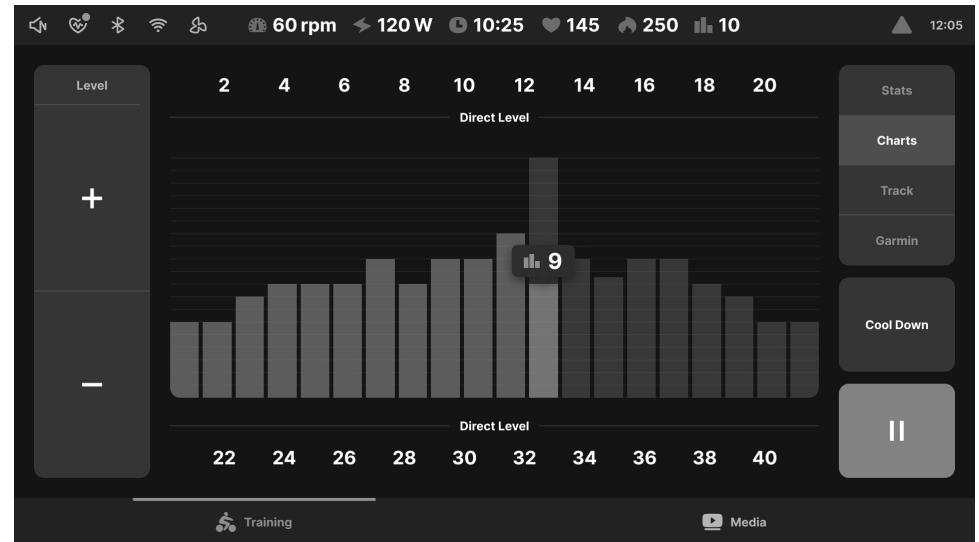
To switch the display to **Track** view, simply tap the **Track** button on the top of the central screen. This view shows a virtual track that corresponds with the current workout, as well as the total **Distance**, number of **Laps**, and other workout data.



# PROGRAMMABLE FEATURES - CONTINUED

## CHARTS

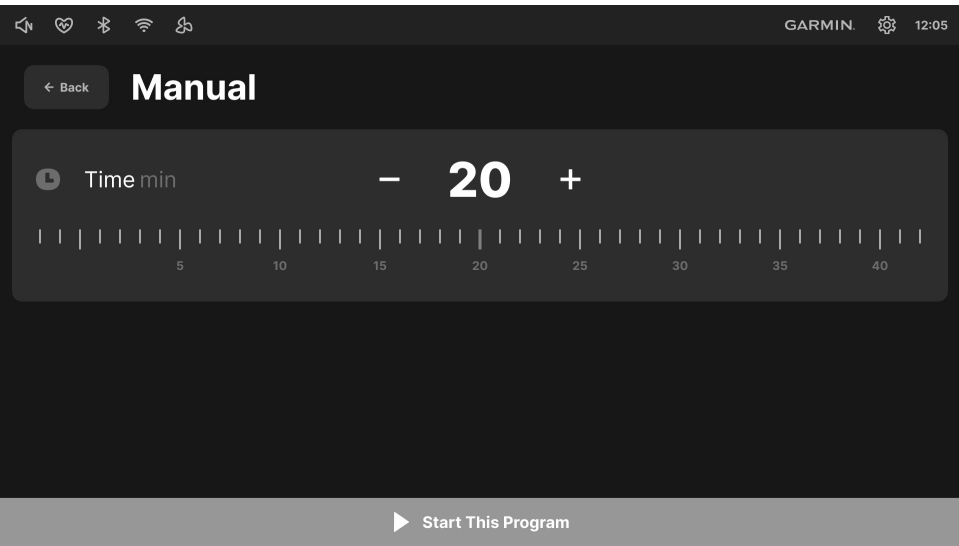
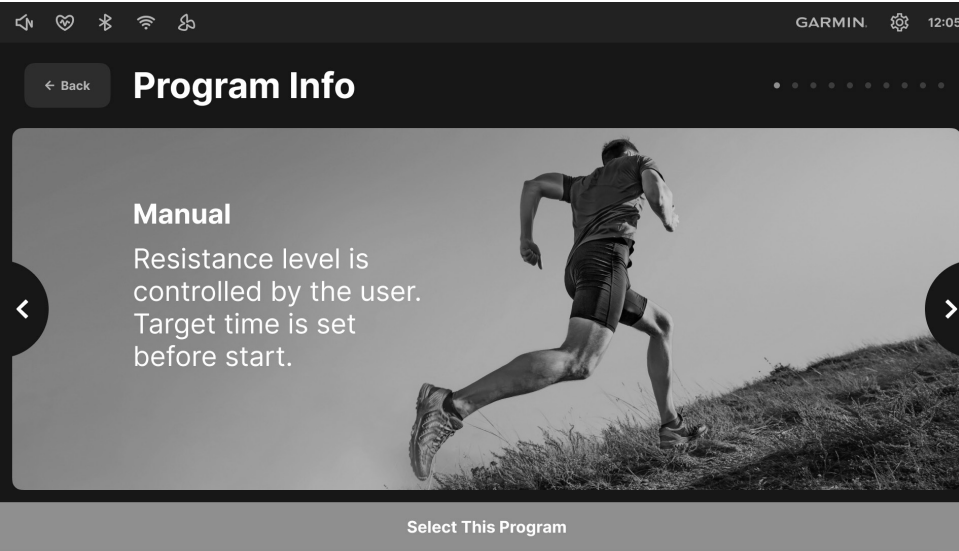
To switch the display to **Charts** view, simply tap the **Charts** button on the top of the central screen. This view shows the level profile during the current workout.



# PROGRAMS

## MANUAL

The Level of resistance is controlled by the user. Increase or decrease levels at any time during your workout.



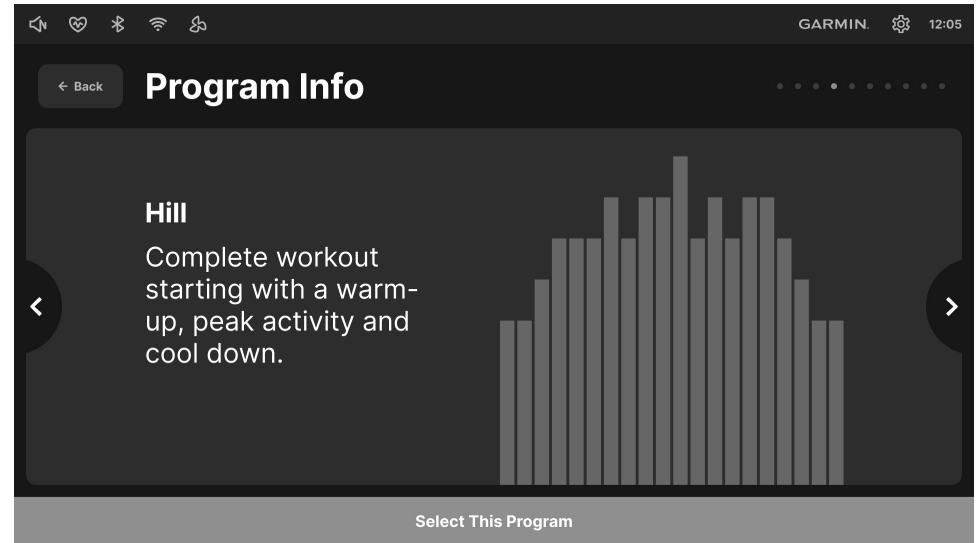


## PROGRAMS - CONTINUED

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### HILL

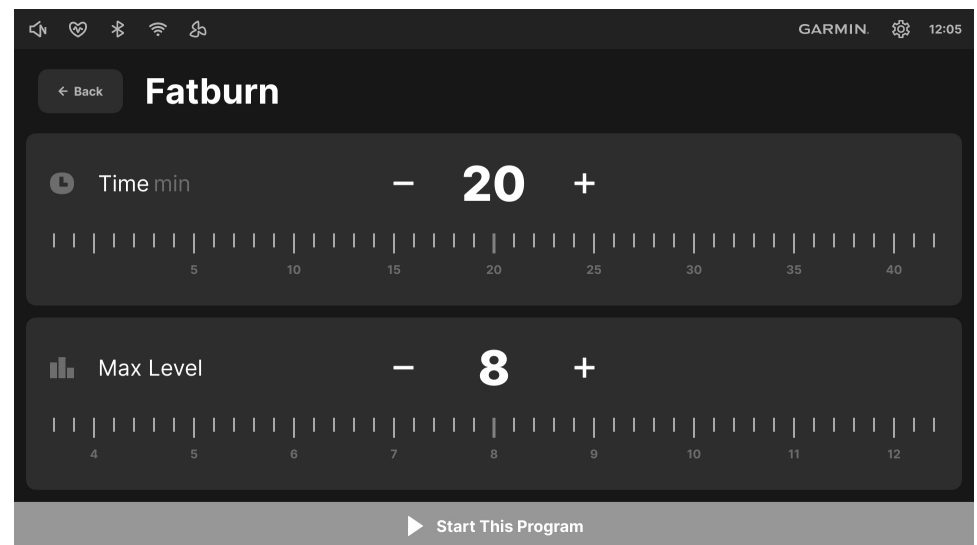
This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort.



## PROGRAMS - CONTINUED

### FAT BURN

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

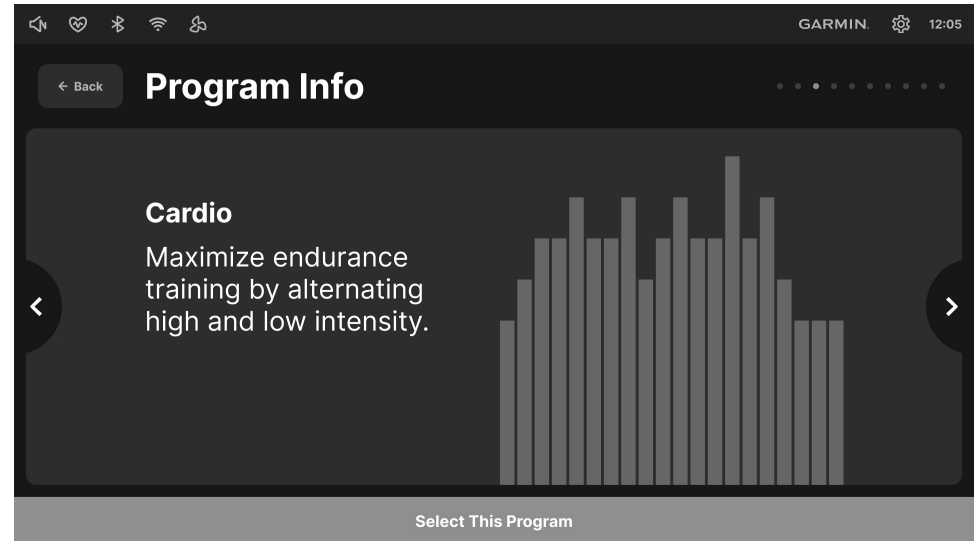


## PROGRAMS - CONTINUED

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### CARDIO

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

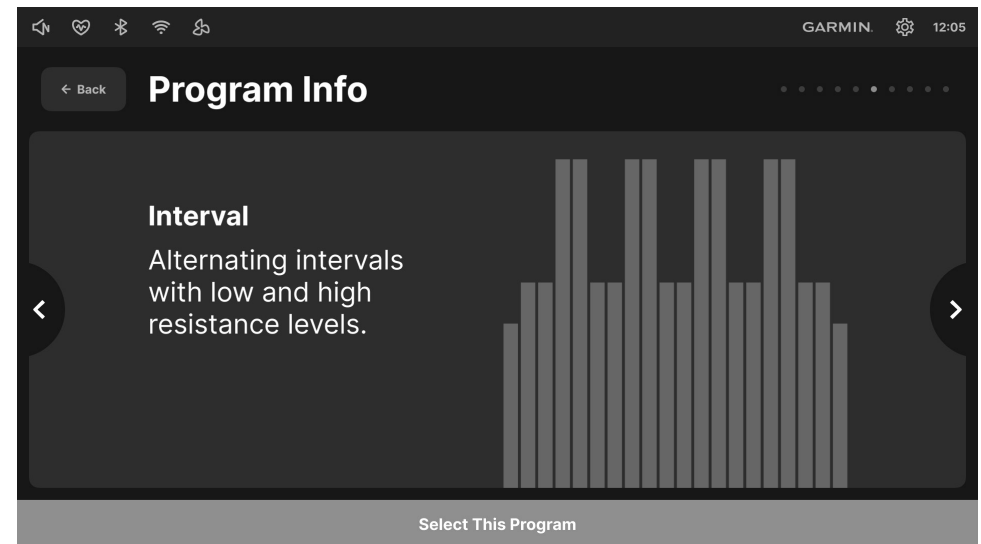


## PROGRAMS - CONTINUED

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### INTERVAL

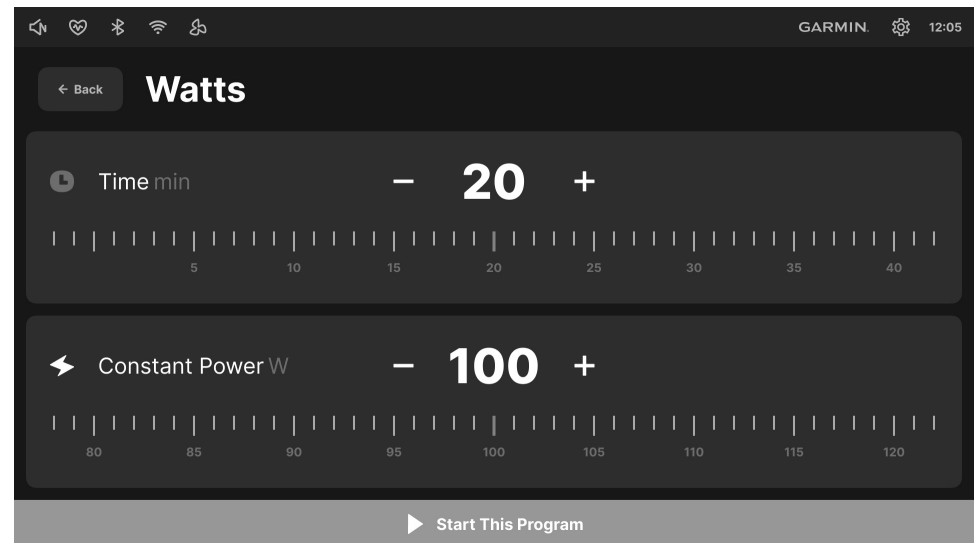
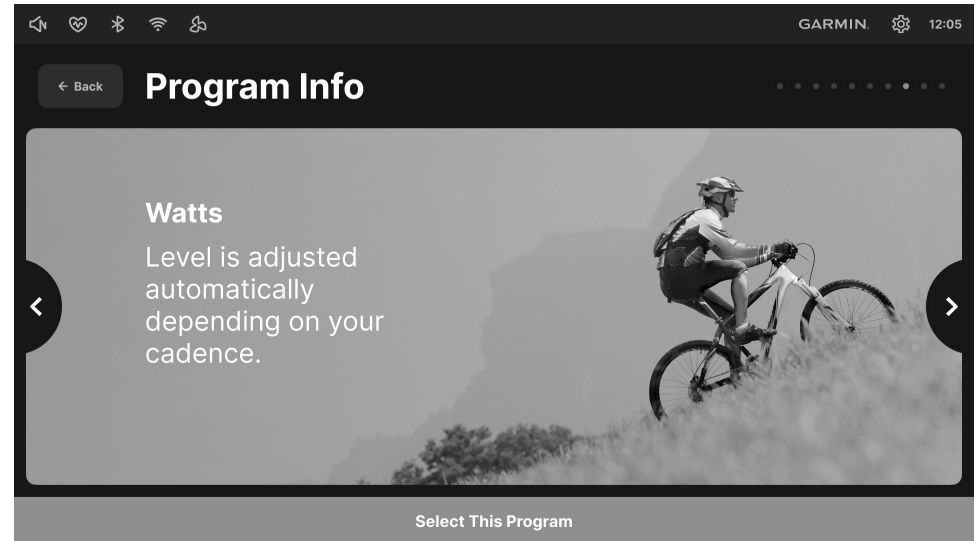
This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your fast twitch muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.



## PROGRAMS - CONTINUED

### WATTS

A watts program is a controllable constant power whose level adjusts when the speed is changed. Choose either faster pedaling at a lower resistance level or slower pedaling at a higher resistance level.

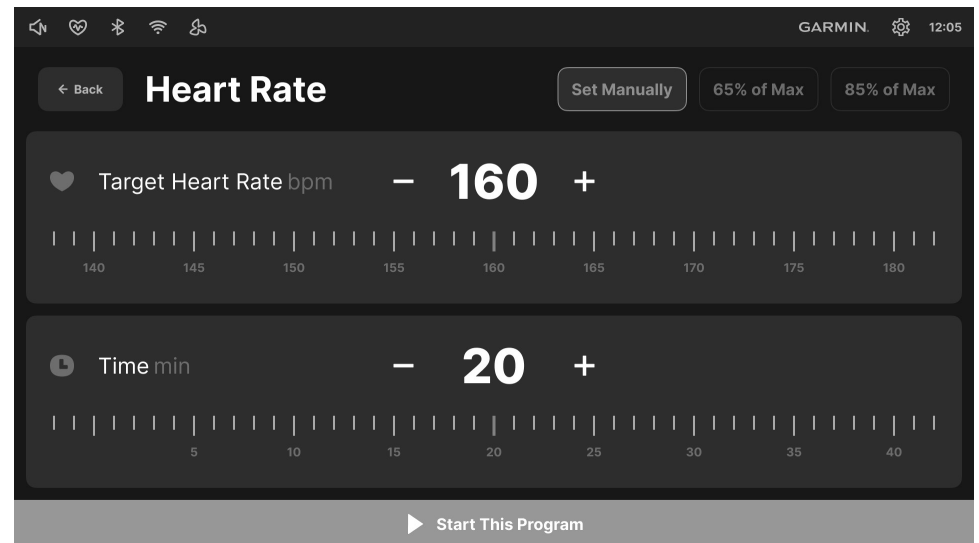
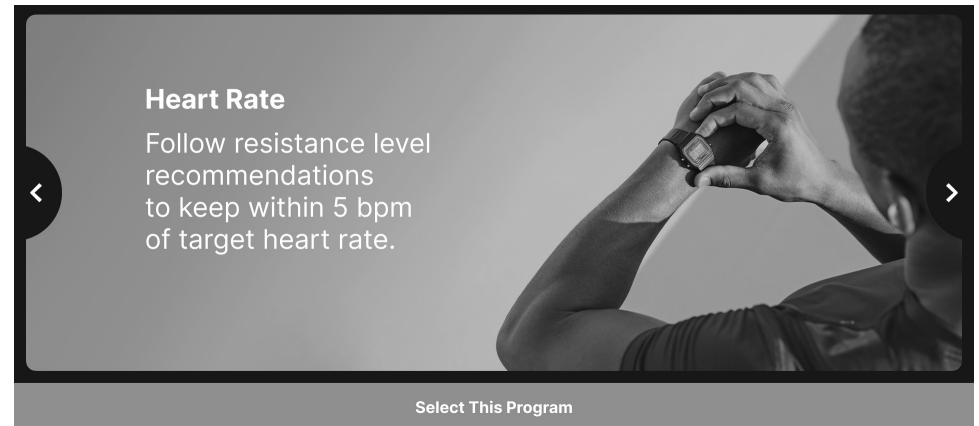


## PROGRAMS - CONTINUED

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### HEART RATE

The default value is 65% of your projected rate maximum. You have the option of changing your target heart rate. The machine will attempt to keep you within five beats of your target heart rate.



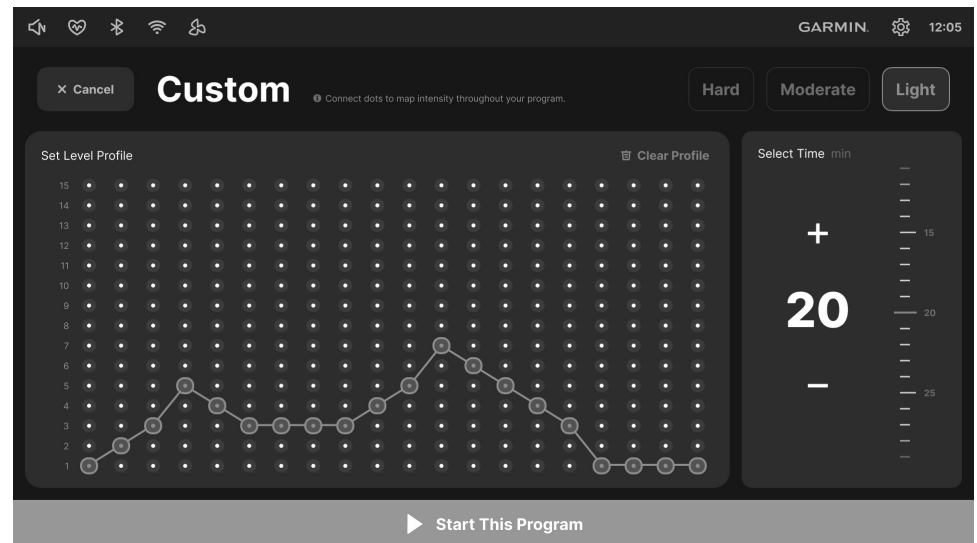
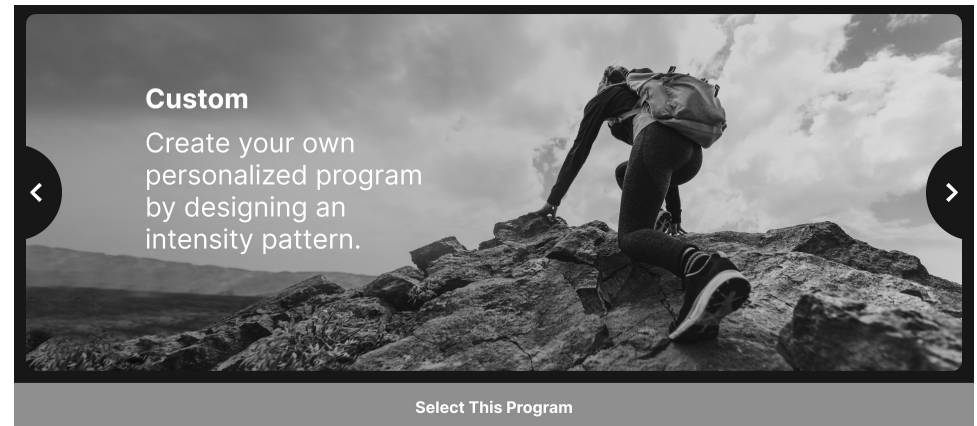
## PROGRAMS - CONTINUED

### CUSTOM

You will create the desired resistance levels for each of the 20 segments of the program using the keyboard on the screen. You may change these levels at any time during the workout.

#### TO BEGIN A CUSTOM PROGRAM:

1. Select the Custom program to begin customizing the program with your personal data.
2. To adjust the resistance level profiles, use the on-screen interface to complete the desired workout profile and desired workout time. Once complete, press **Start this program**.



## PROGRAMS - CONTINUED

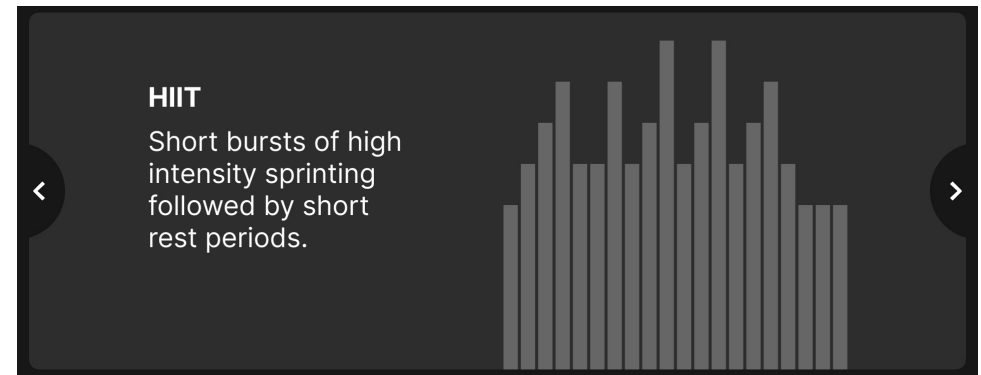
### HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.

The image shows four sequential screenshots of a smartwatch interface for customizing the HIIT program. Each screen has a dark background with white text and a horizontal scale bar at the bottom.

- Screen 1:** "Sprint Time sec" is set to 20. The scale bar ranges from 5 to 40.
- Screen 2:** "Sprint Level" is set to 8. The scale bar ranges from 4 to 12.
- Screen 3:** "Rest Time sec" is set to 20. The scale bar ranges from 5 to 40.
- Screen 4:** "Rest Level" is set to 8. The scale bar ranges from 4 to 12.

At the bottom of the last two screens, there are "Previous" and "Next" buttons.



This is the final customization screen for the HIIT program. It features a "Back" button, the "HIIT" title, and a "Intervals" setting set to 20 (scale 5-40). Below this, the "Estimated Time" is displayed as 23:15. At the bottom, there are "Previous" and "Start This Program" buttons.

1. Select this program to begin customizing the program with your personal data,
2. Next is to set Sprint time/Sprint Level and Rest time/Rest Level.
3. Finally, to set the number of intervals you want to do. One interval stands for 1 Sprint and 1 Rest segment.
4. Press **Start this program** to begin the HIIT program. The program starts with a 3-minute warm-up period with the resistance level set to 50% of the sprint speed selected previously. You can manually adjust the resistance level during warm-up if you wish.



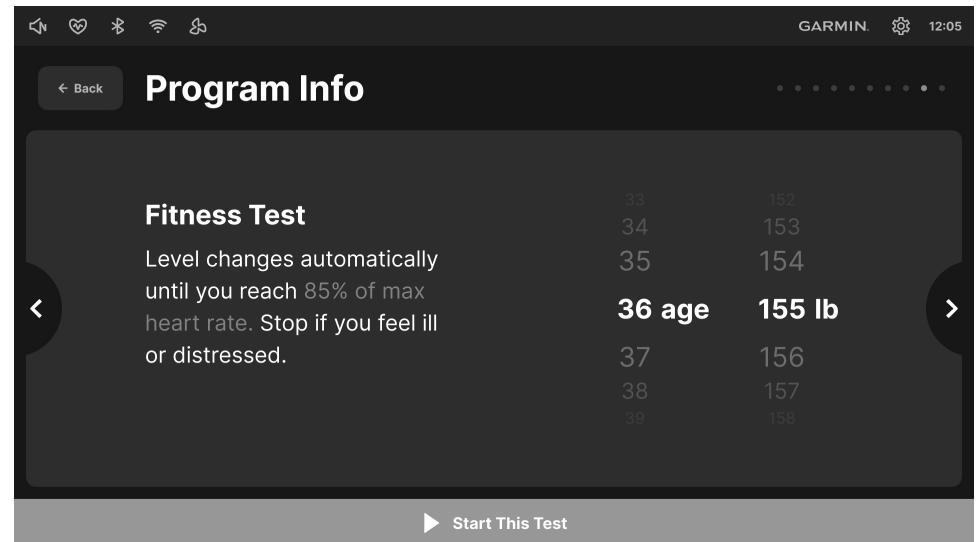
## PROGRAMS - CONTINUED

### FITNESS TEST

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness.

The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given. VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, Male or Female at the beginning of the test.

This choice determines which test parameters will be used during the test as shown in the charts below.



## PROGRAMS - CONTINUED

WORKLOAD CHART FOR MALE OR VERY FIT FEMALE:

1st Stage				300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		900 kgm/min			750 kgm/min			600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	1350 kgm/min	1200 kgm/min	1050 kgm/min	1200 kgm/min	1050 kgm/min	900 kgm/min	1050 kgm/min	900 kgm/min	750 kgm/min

WORKLOAD CHART FOR FEMALE OR DE-CONDITIONED MALE

1st Stage			150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	750 kgm/min	600 kgm/min	450 kgm/min	300 kgm/min
3rd Stage	900 kgm/min	750 kgm/min	600 kgm/min	450 kgm/min
4th Stage	1050 kgm/min	900 kgm/min	700 kgm/min	600 kgm/min

# PROGRAMS - CONTINUED

## Before the Test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

## During the Test

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 rpm pedal speed. If your pedal speed drops below 48 rpm or goes above 52 rpm the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings by pressing the Display button under the Message Window.
- The Message Window will always display your pedal speed on the right side to help you maintain 50 rpm.
- The data shown during the test is:
  1. Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
  2. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
  3. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
  4. Time is the total elapsed time of the test.

## After The Test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

## What Your Score Means:

**VO2max Chart for males and very fit females**

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

**VO2max Chart for females and de-conditioned males**

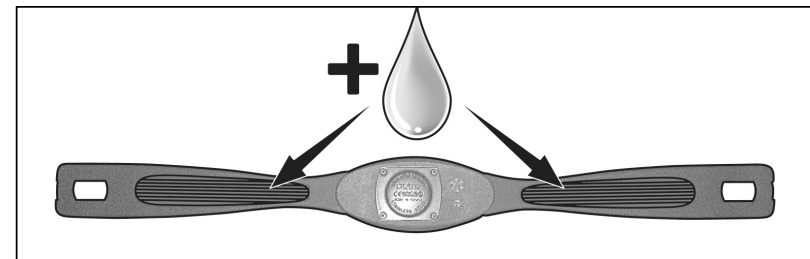
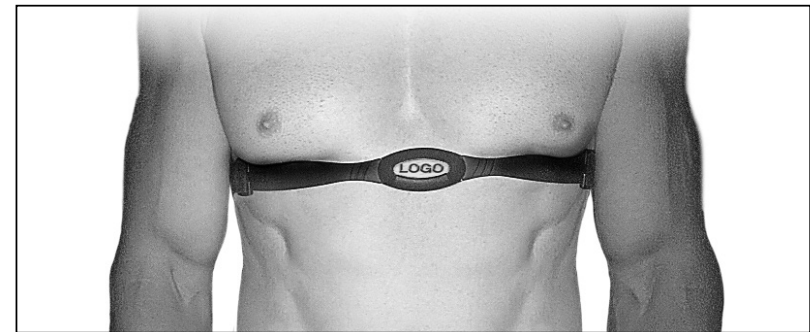
	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

## HEART RATE CHEST STRAP\* (NOT INCLUDED)

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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)

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### Erratic Operation

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

If you continue to experience problems contact 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.

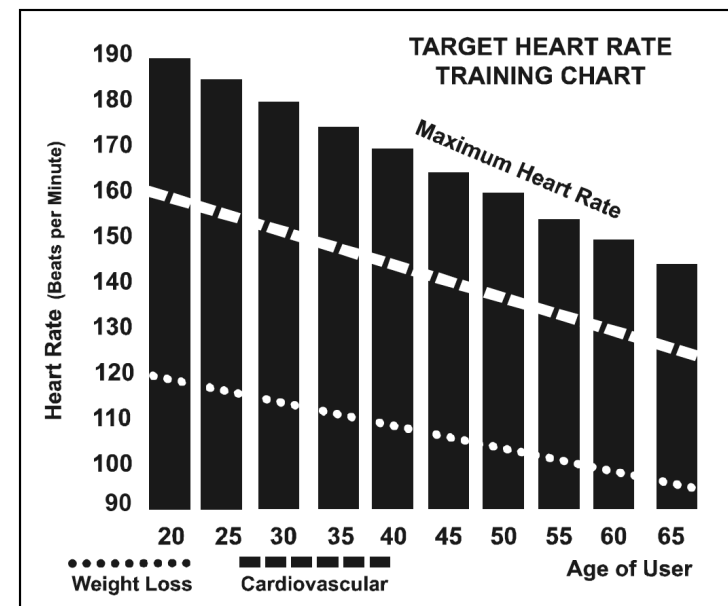
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range 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. 65% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardio vascular system. This 65% to 85% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:  
 $220 - 40 = 180$  (maximum heart rate)  
 $180 \times .65 = 117$  beats per minute (65% of maximum)  
 $180 \times .85 = 153$  beats per minute (85% of maximum)  
So for a 40 year old the training zone would be 117 to 153 beats per minute.

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

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, 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

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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

## MACHINE CARE - SCHEDULE

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**UNPLUG UPRIGHT BIKE BEFORE PERFORMING ANY MAINTENANCE.**

Item	Daily	Weekly	Monthly	Quarterly	Biannually
Entire Bike	Clean		Inspect		
Unit Hardware		Inspect			
Detailed Cleaning		Clean			
Console Hardware				Inspect	
Levelers	Inspect				
Handle / Seat	Clean		Vertically Adjust		
Pedals	Clean		Inspect		
Connections & Fixings			Inspect		
Console Overlay	Clean				Inspect
USB Port		Inspect			
Accessory Cups	Clean				



# MACHINE CARE

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## Post-Workout Machine Care

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

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. It is important to note that 90% of calls to the service department for noise issues can be traced to loose hardware.
2. The crank arm nut needs to be retightened. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

## 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.

## WARNING

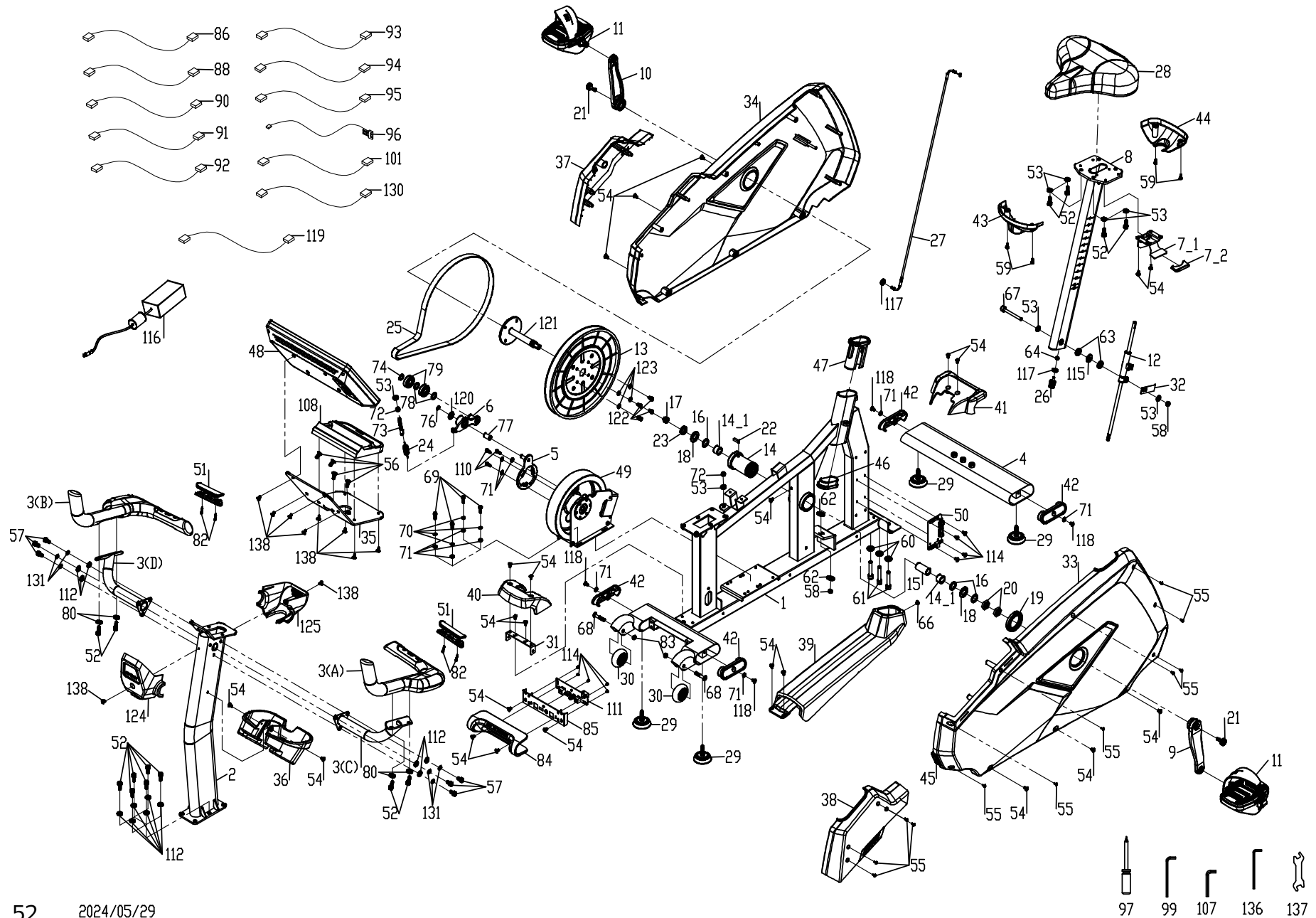
The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

1. Replace defective components immediately and/or keep the equipment out of use until repair.
2. The components which are most susceptible to wear: Belt, PU wheel, Bearing, Idler, Shaft, Pedal

## 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)

# EXPLODED VIEW DIAGRAM



## PARTS LIST

1	Main Frame	1
2	Console Mast	1
3(A)	Seat Handle Bar (L)	1
3(B)	Seat Handle Bar (R)	1
3(C)	Handgrip Stabilizer Assembly(L)	1
3(D)	Handgrip Stabilizer Assembly(R)	1
4	Rear Stabilizer	1
5	Idler Bracket	1
6	Idler Wheel Assembly (Lower)	1
7-1	Release Lever	1
7-2	Nylon Handgrip	1
8	Rail Assembly	1
9	Crank Arm(L)	1
10	Crank Arm(R)	1
11	Pedal(L,R)	1
12	Shaft	1
13	Drive Pulley	1
14	Bearing Bracket	1
15	Core	1
16	Back Plate	3
17	Magnet	1
18	Plate	2
19	M50 x P1.5 x 11T Nut	1
20	M20 x P1.0 x 6T Nut	2
21	M8 x P1.0 x 25L Arbor Screw	2
22	Woodruff Key	1
23	Axle Back Plate	1
24	Tension Spring, Idler Assembly	1
25	Drive Belt	1
26	Rubber Foot	1
27	Steel Cable	1
28	Seat	1
29	Adjustment Foot	4
30	Transportation Wheel	2
31	Chain Cover Attaching Plate	1
32	Fixing Plate	1

33	Chain Cover (L)	1
34	Chain Cover (R)	1
35	Screen Plate	1
36	Beverage Holder	1
37	Console Mast Cover (R)	1
38	Console Mast Cover (L)	1
39	Console Mast Cover	1
40	Front Stabilizer Cover	1
41	Rear Stabilizer Cover	1
42	Cap	4
43	Front Seat Cover	1
44	Rear Seat Cover	1
45	On/Off Switch Bracket	1
46	40 x 80 x 23L Slider Sleeve	1
47	40 x 80 Slider Sleeve	1
48	Console Assembly	1
49	Induction Brake	1
50	Generator/Brake Controller	1
51	30mm Handpulse W/Cable Assembly	2
52	M8 x P1.25 x 20L Socket Head Cap Bolt	14
53	Ø8.5 x Ø18 x 1.5T Flat Washer	8
54	M5 x P0.8 x 12L Phillips Head Screw	23
55	3.5 x 12L Sheet Metal Screw	11
56	M8 x P1.25 x 20L Flat Head Countersink Bolt	4
57	M8 x P1.25 x 15L Socket Head Cap Bolt	6
58	M8 x 7T Nylon Nut	2
59	M5 x P0.8 x 12L Phillips Head Screw	4
60	Ø13 x Ø23 x 2.0T Flat Washer	3
61	M10 x P1.5 x 55L Socket Head Cap Bolt	3
62	Ø8.5 x Ø26 x 2.0T Flat Washer	2
63	Ø10 x Ø24 x 3T Nylon Washer	2
64	M6 x P1.0 x 5.0T Nut	1
66	M5 x 6mm Phillips Head Screw	1
67	M8 x 80mm Socket Head Cap Bolt	1
68	5/16" x UNC18 x 1-3/4" Button Head Socket Bolt	2
69	1/4" x UNC20 x 3/4" Hex Head Bolt	4

## PARTS LIST

70	Ø1/4" Split Washer	4
71	Ø1/4" x 13 x 1.0T Flat Washer	11
72	M8 x 6T Nut	2
73	M8 x 80mm I Bolt	1
74	Ø17 C Ring	1
76	Ø10 C Ring	1
77	Podwer metallurgy Sleeve	1
78	Ø17 x Ø23.5 x 1.0T Flat Washer	2
79	6203 Bearing	2
80	Ø8 x Ø20 x 3T Flat Washer	4
82	3 x 20mm Tapping Screw	4
83	5/16" x 6T Nylon Nut	2
84	TVC Cover	1
85	Transfer Board	1
86	800mm Handpulse Wire	1
88	1350mm Communication Cable	1
90	1450mm Connecting Wire	1
91	2000mm 6P Computer Cable	1
92	1950mm Console Power Cord	1
93	200mm DC Power Cord	1
94	1100mm Connecting Wire	1
95	400mm Wire Brake Coil Harness	1
96	800mm Sensor W/Cable	1
97	Phillips Head Screw Driver	1
99	6mm L Allen Wrench	1
101	800mm Handpulse Wire	1
107	8mm L Allen Wrench	1
108	Keyboard	1
110	M5 x 15L Socket Head Cap Bolt	3
111	Board	1
112	Ø8.5 x Ø16 x 1.5T Flat Washer	12
114	M3 x 6mm Phillips Head Screw	9
115	Ø8.5 x Ø26 x 2.0T Flat Washer	1
116	Power Adaptor	1
117	Ø6 x Ø19 x 3.0T Flat Washer	2
118	M5 x 15mm Phillips Head Screw	4

119	Power Cord	1
120	Ø3/8" x 25 x 2T Flat Washer	1
121	Crank Axle	1
122	M6 x 12mm Socket Head Cap Bolt	4
123	Ø1/4" x 13 x 1.0T Flat Washer	4
124	Console Chin Cover (Front)	1
125	Console Chin Cover(Rear)	1
130	1400mm Connecting Wire	1
131	Ø8 x 1.5T Split Washer	6
136	5mm L Allen Wrench	1
137	13/15mm Wrench	1
138	M5 x PO.8 x 10L Phillips Head Screw	10

# WARRANTY - COMMERCIAL

Effective June 21, 2024- CU1000ENT Upright Bike LIMITED WARRANTY

Spirit Fitness Inc. warrants all its home use Upright 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:

## Commercial Limited Warranty

Warranty	Frame*	Brake	Parts	Labor	Console Parts	Console Labor	Wear Items: **
Full Commercial	10 Years	5 Years	3 Years	3 Years	2 Years	1 Year	6 Months
Light Commercial	10 Years	5 Years	5 Years	3 Years	2 Years	1 Year	6 Months

\*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 FACILITY

1. The facility is responsible for the items listed below:
2. The warranty registration must be 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

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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 units not requiring component replacement, or units 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

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

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