

OWNER'S MANUAL

MODEL NO.
16607607950
XE795

- Assembly
- Operation
- Maintenance
- Parts
- Warranty

CAUTION:

You must read and understand this owner's manual before operating unit.

SPIRIT



Retain For Future Reference

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ATTENTION

This elliptical is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.

SPIRIT

**CONGRATULATIONS ON YOUR
NEW ELLIPTICAL**

Thank you for your purchase of this quality elliptical from Dyaco Canada Inc. Your elliptical 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, Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this elliptical is your administrator for all 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.

Please go to www.dyaco.ca/warranty.html and complete the online warranty registration.

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

Product Registration

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

REGISTER YOUR PURCHASE

Please visit us at www.dyaco.ca/warranty.html to register your purchase.

IMPORTANT SAFETY INSTRUCTIONS

WARNING- Read all instructions before using this appliance.

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

1. Do not operate elliptical trainer on deeply padded, plush or shag carpet. Damage to both carpet and elliptical trainer may result.
2. 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.
3. Keep children away from the elliptical trainer. 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 elliptical trainer if any of the parts are damaged. If the elliptical trainer is not working properly, call your dealer.
6. 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.
7. Never drop or insert any object into any openings.
8. Do not use outdoors.
9. Do not attempt to use your elliptical trainer for any purpose other than for the purpose it is intended. The hand pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap is a much more accurate
10. The pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
11. Method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
12. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical trainer. Quality athletic shoes are recommended to avoid leg fatigue.
13. Maximum User Weight: 400 lbs

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

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

- Be aware that the generator is producing A.C. power while the elliptical trainer is being used. Do not service the elliptical trainer while the generator is spinning; serious electric shock could occur.
- NEVER expose this elliptical trainer to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedalling on your elliptical, 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.

Elliptical Lubrication

1. Pour 2c.c of the lubricant under the middle of the rail. You must lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c.of the lubricant.



TRANSPORTATION

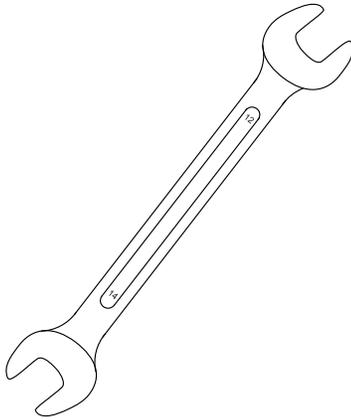
The elliptical is equipped with transport wheels, which are engaged when the rear of the elliptical is lifted.

ASSEMBLY INSTRUCTIONS

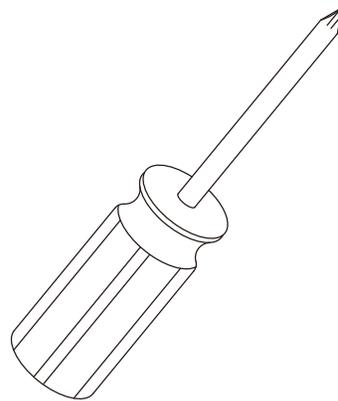
PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

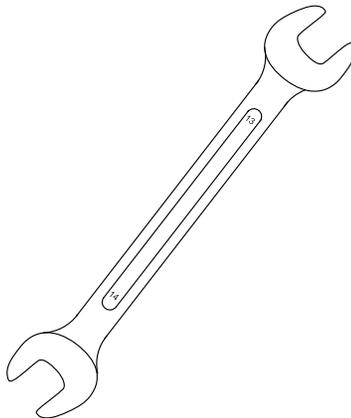
ASSEMBLY TOOLS



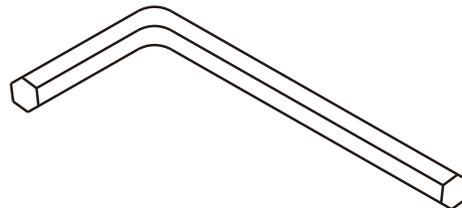
#98. 12/14mm Wrench (1 pc)



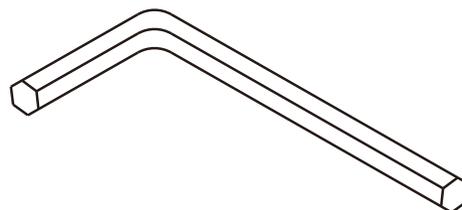
#94. Phillips Head Screwdriver (1 pc)



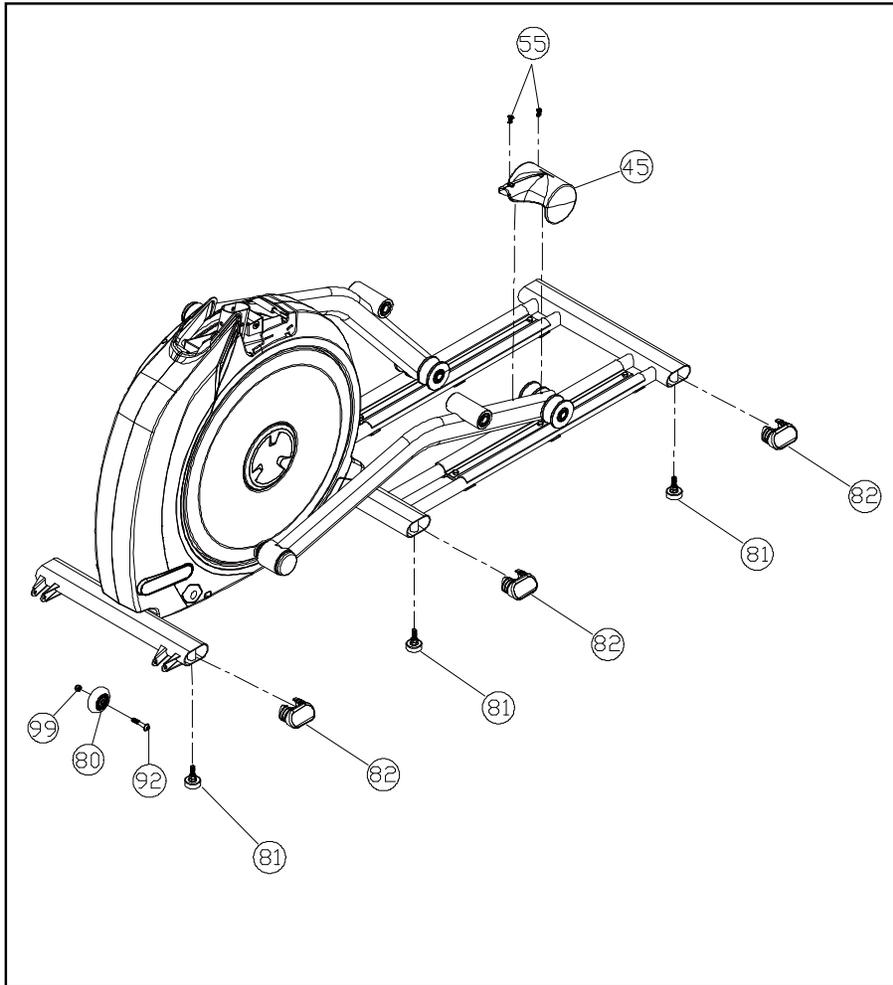
#93. 13/14mm Wrench (1 pc)



#97. L Allen Wrench (1 pc)



#95. 8mm L Allen Wrench (1 pc)



STEP 1

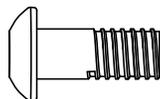
Gather **HARDWARE FOR STEP 1**.

1. Tilt the elliptical trainer to one side (you may want to place a piece of Styrofoam or a block under the unit for support). Install the 3 **LEVELERS (81)** to the underside of the unit. Repeat this lever assembly on opposite side of the unit.
2. Press the 6 **END CAPS (82)** into the oval stabilizer tubes.
3. Attach the **TRANSPORT WHEELS (80)** to each bracket with 2 **BOLTS (92)** and 2 **NUTS (99)**. Partially tighten with the **13/14MM WRENCH (93)** and **8MM L WRENCH (95)**. Over tightening the hardware will prevent the wheels from rotating.
4. Attach the **ROLLER WHEEL COVERS (45)** with 4 **SCREWS (55)**. Tighten with the screwdriver.

HARDWARE



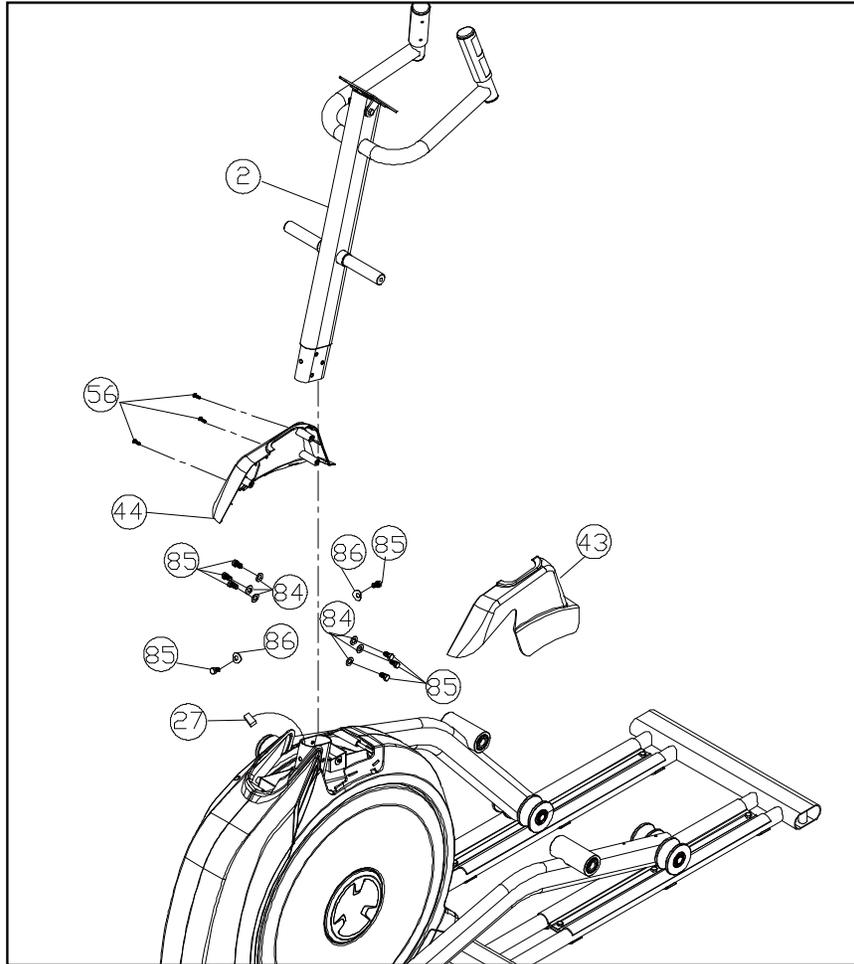
#55. M5 × 10m/m
Phillips Head Screw
(4pcs)



#92. 5/16" × 1-3/4" Button
Head Socket Bolt
(2 pcs)



#99. 5/16"
Nyloc Nut
(2 pcs)

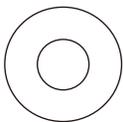


STEP 2

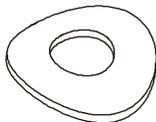
Gather **HARDWARE FOR STEP 2**.

1. Feed the twist tie wire and **COMPUTER CABLE (27)** into the bottom of the **CONSOLE MAST (2)** and out of the opening at the top. Be extremely careful not to pinch the cables between the tubing. If the cable gets pinched, this may affect the electrical functions of the console.
2. Secure the mast to the frame with 3 **BOLTS (85)** and 3 **FLAT WASHERS (84)** to each side of the mast. Secure with a **BOLT (85)** and **CURVED WASHER (86)** to both the front and back of the mast. Tighten all bolts with the **13/14 WRENCH (93)**.
3. Bring **UPRIGHT COVER LEFT (43)** and **UPRIGHT COVER RIGHT (44)** together at the **CONSOLE MAST (2)**. Secure the covers together with 3 **SHEET METAL SCREWS (56)**.

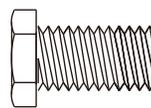
HARDWARE



#84. 5/16" x 18 x 1.5T
Flat Washer
(6 pcs)



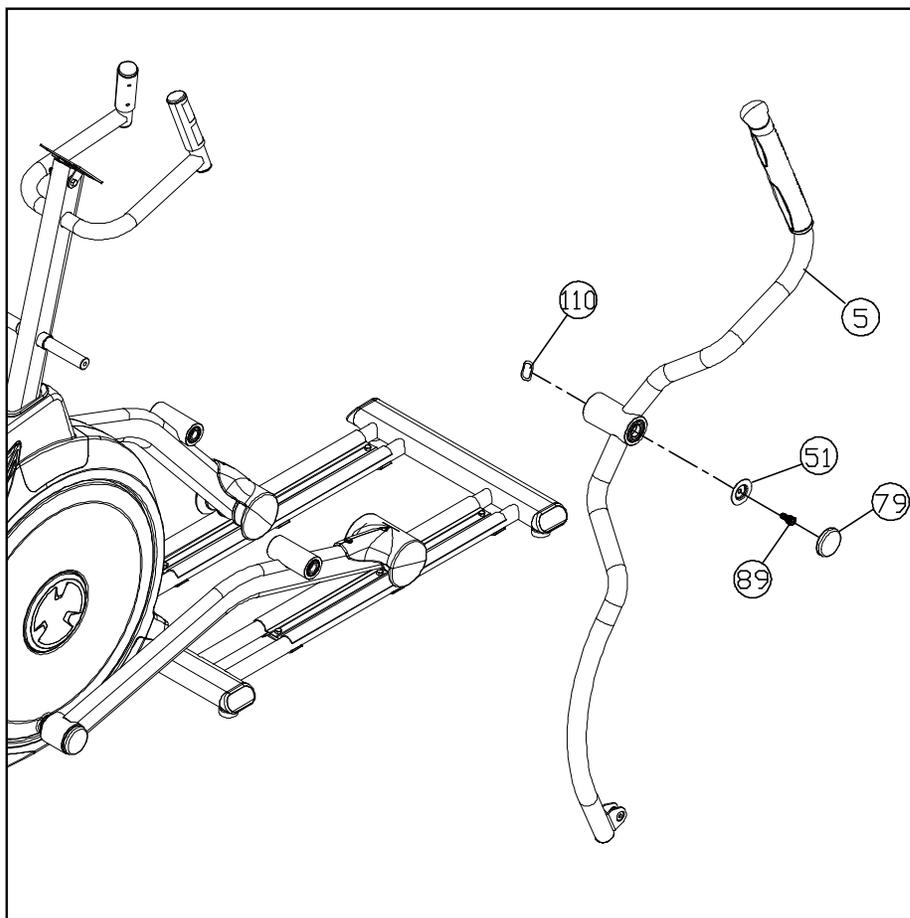
#86. 5/16" x 23 x 1.5T
Curved Washer
(2 pcs)



#85. M8x15mm
Hex Head Bolt
(8 pcs)



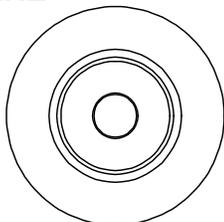
#56. 3.5 x16mm
Sheet Metal Screw
(3 pcs)



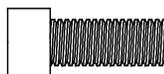
STEP 3

1. Gather **HARDWARE FOR STEP 3**.
2. Remove the foam from the console mast axles and the plastic ties from the swing arm tube.
3. The swing arms will be labelled "L" for left and "R" for right. Slide the **WAVE WASHER (110)** and **LEFT SWINGARM (5)** onto the left console mast axle. The swing arms have been preassembled at the factory to assure a proper fit. The fit will be snug. Please do not force the arm on the axle or use a hammer, as damage to the bearings could occur.
4. Secure the swing arm to the mast with the **BUSHING WASHER (51)** and the **SOCKET HEAD CAP BOLT (89)**. Tighten with the **8MM L WRENCH (95)**.
5. Snap-on the decorative **BUSHING COVER (79)**.
6. Repeat these steps on the right side.

HARDWARE



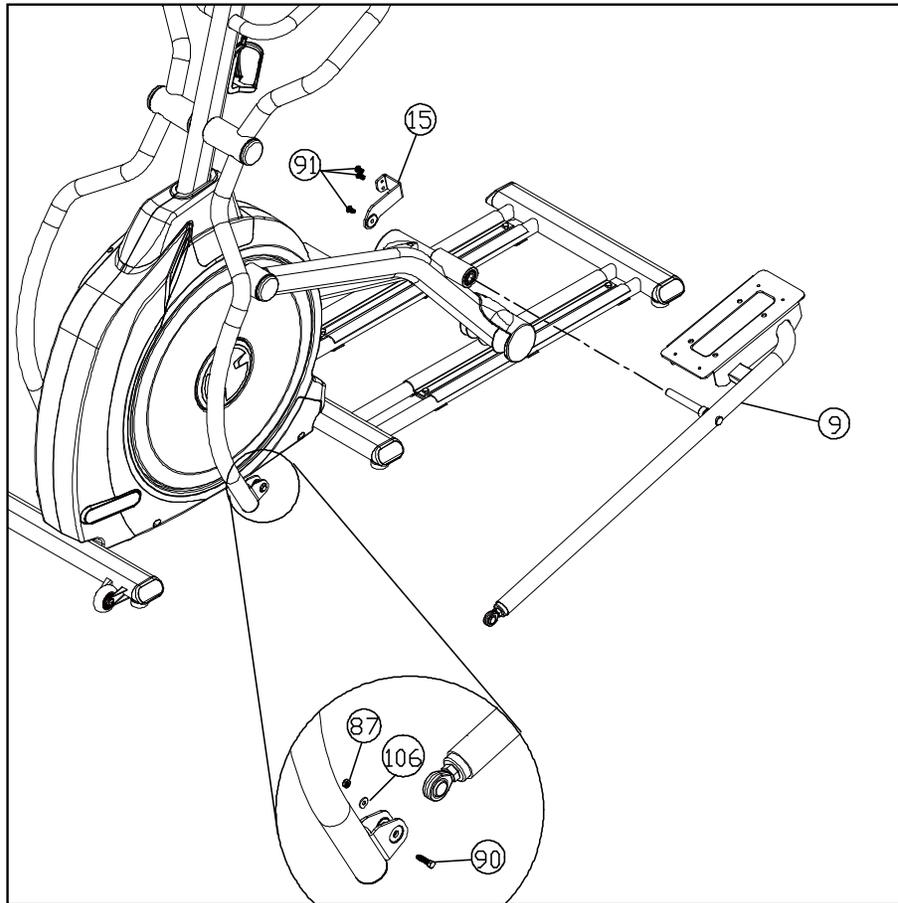
#51. M10
Bushing Washer
(2 pcs)



#89. M10 × 20m/m
Socket Head Cap Bolt
(2 pcs)



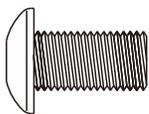
#110. Ø25
Wave Washer
(2 pcs)



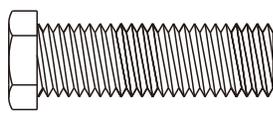
STEP 4

1. Gather **HARDWARE FOR STEP 4**.
2. Take the **LEFT CONNECTING ARM (9)** and slide the axle through the rotation tube on the left pedal arm.
3. Secure the **LEFT CONNECTION ARM (9)** in place with the **LEFT CONNECTION BRACKET (15)** and 3 **BUTTON HEAD SOCKET BOLTS (91)**. Tighten with the **8MM L WRENCH (95)**.
4. Line up the socket joint at the end of the pedal arm to the bracket on the bottom of the swingarm. Secure together with the **BOLT (90)**, **WASHER (106)** and **NUT (87)**. Tighten with the **13/14 WRENCH (93)** and the **12/14 WRENCH (98)**.
5. Repeat these steps on the right side.

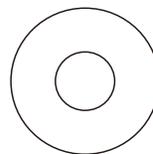
HARDWARE



#91. M8 x15m/m
Button Head Socket Bolt
(6 pcs)



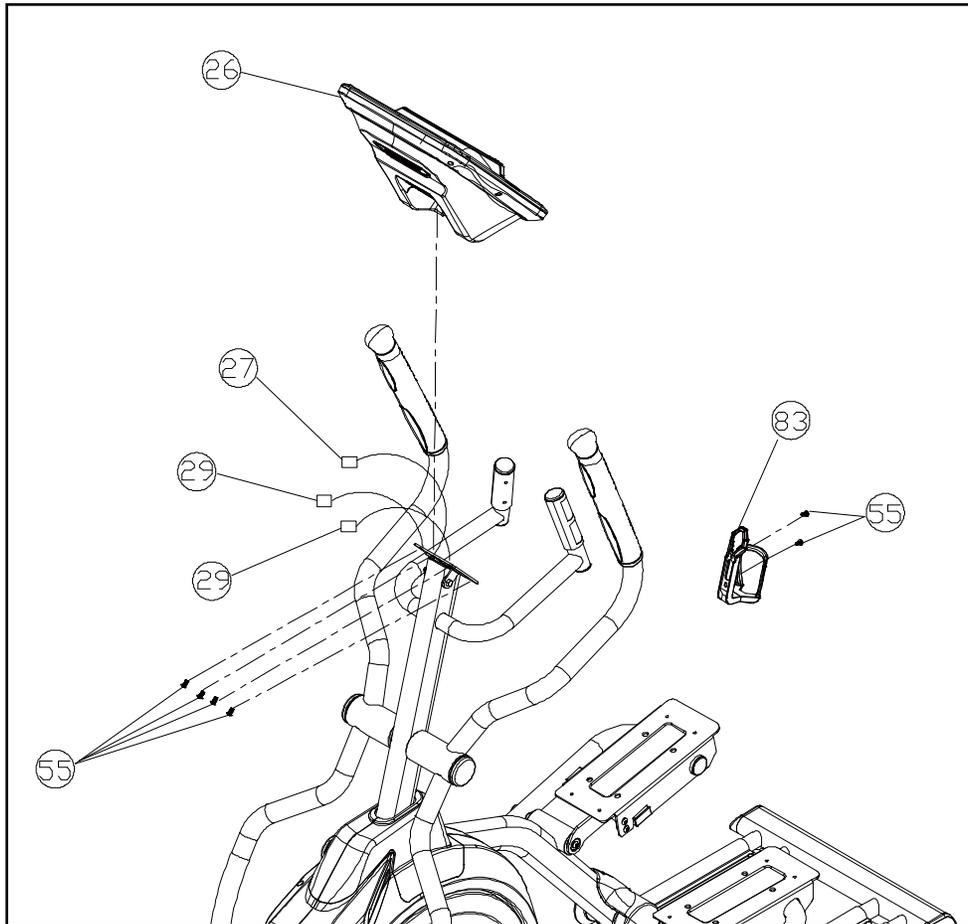
#90. 5/16" x 1- 1/4"
Hex Head Bolt
(2 pcs)



#106. 5/16" x 20 x 1.5T
Flat Washer
(2 pcs)



#87. 5/16" x 9T
Nyloc Nut
(2 pcs)



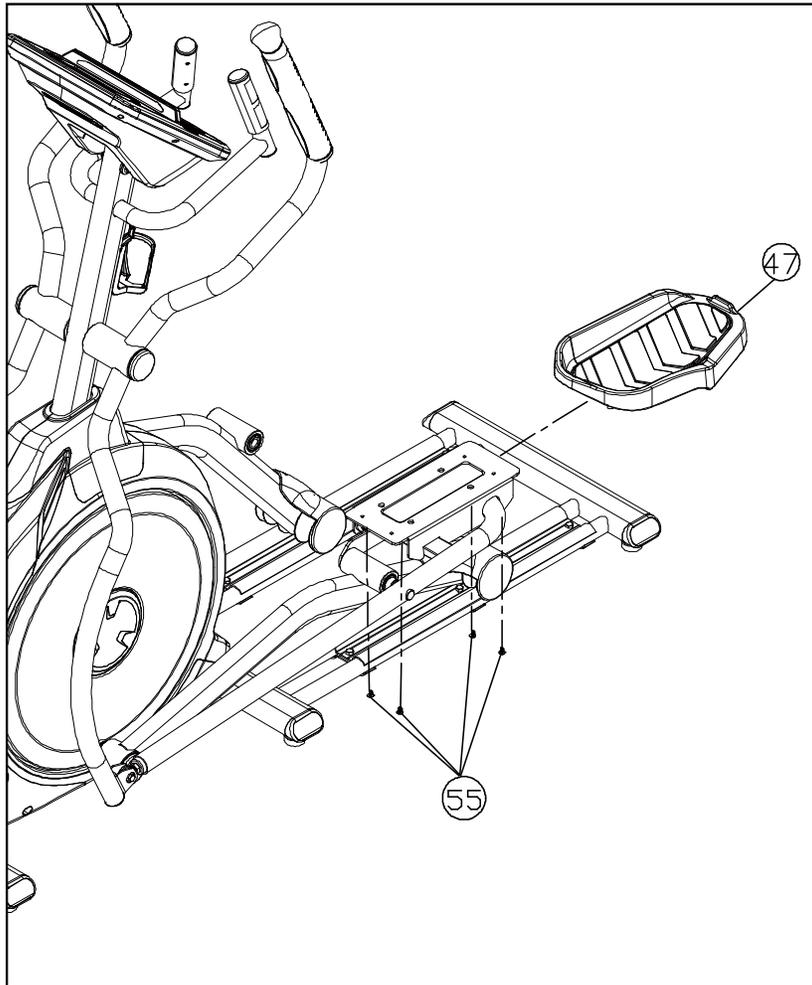
STEP 5

1. Gather **HARDWARE FOR STEP 5**.
2. Secure the **CONSOLE (26)** to the **CONSOLE MAST (02)** with 4 **SCREWS (55)**. Tighten with the **SCREWDRIVER (94)**.
3. Secure the **WATER BOTTLE HOLDER (83)** to the **CONSOLE MAST (02)** with 2 **SCREWS (55)**. Tighten with the **SCREWDRIVER (94)**.

HARDWARE



#55. M5 × 10m/m
Phillips Head Screw
(6pcs)



STEP 6

1. Gather **HARDWARE FOR STEP 6**.
2. Install the **FOOT PEDALS (L 47) (R 48)** with 8 **PHILLIPS HEAD SCREWS (55)**.
3. Tighten with the **SCREWDRIVER (94)**.

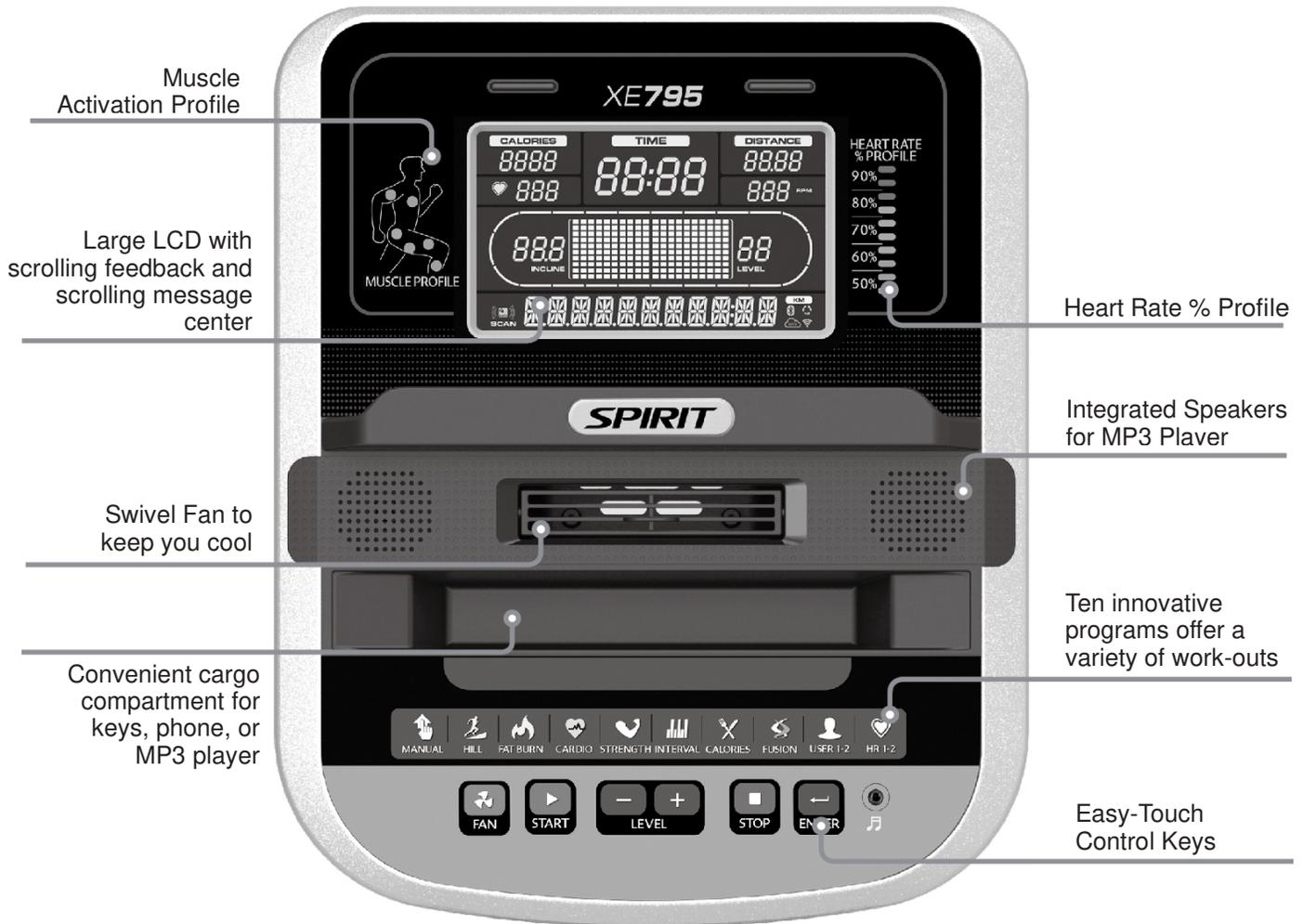
HARDWARE



#55. M5 × 10m/m
Phillips Head Screw
(8pcs)

OPERATION OF YOUR ELLIPTICAL

GETTING FAMILIAR WITH THE CONTROL PANEL



Power

The console power is created by a built-in generator. When you begin pedalling the Elliptical trainer, the console will automatically power up. If there is no movement at the flywheel, the console will go to standby mode. In standby mode, the console display will turn off. To turn the console on, begin pedalling.

When initially powered on, the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Message Center will show the software version (i.e.:VER, 1.0). The distance window shows the distance in miles or kilometres, and the time window shows the total hours of use.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different profiles of the programs, and the Message Center will be scrolling the start up message. You may now begin to use the console.

Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation, the resistance dot matrix window will build a profile "picture" as values are changed during a workout.

1/4 Mile/ 0.4k Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4km) is complete, this feature will begin again. There is a lap counter in the message window for monitoring your distance.

Pulse Grip Feature

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the stationary grips or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Pulse Grip feature while in Heart Rate Programs.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions and is not to be used for medical purposes.

Speakers

The console has built-in speakers and an audio input jack. There is no volume control on the console.

The volume must be controlled on the Audio Source.

Muscle Activation Figure

There is an anatomical figure located at the left of the console. This figure will light all areas that are activated when using the elliptical trainer. These will light up during any of the programs. You can control which muscles are activated by customizing the resistance profile during the set up phase of console programming. If you accept the default program profile, the selected program will determine which muscles will be activated by automatically adjusting the resistance. Generally, the following guidelines hold true:

- The upper body LED's will not light
- The lower body lights will activate in three degrees of engagement: Green represents minimal muscle involvement, yellow represents medium involvement, and red represents full or heavy activation.
- These are the different scenarios for lower body muscle activation:
- Levels 1-20: Green – Hamstrings & Gluteals light up; Amber – Quadriceps & Calves light up
- Levels 21-40: Amber – Hamstrings & Gluteals light up; Red – Quadriceps & Calves light up

Heart Rate % Profile

The console LCD screen will display your current heart rate anytime a pulse is detected. The Bar Graph, located to the right of the LCD screen, will show your current heart rate % in relation to your projected maximum heart rate, which is determined by your age that you entered during the programming phase of any of the 10 programs. The significance of the bar graph colours are as follows:

- 50-60% of maximum is Amber
- 65-80% of maximum is Amber and Green
- 85-90% or more is Amber, Green, and Red

Quick Start

This is the quickest way to start a workout. After the console powers up, you just press the **Start** key to begin; this will initiate the Quick Start mode. In Quick Start, the Time will count up from zero, and the workload may be adjusted manually by pressing the **Level Up/Down** keys. The dot matrix display will have only the bottom row lit at first. As you increase the workload, more rows will light, indicating a harder workout. The elliptical trainer will get harder to pedal as the rows increase.

There are 40 levels of resistance available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely difficult and are good for short interval peaks and elite athletic training.

Basic Information

The Message Center will initially be displaying the Program name. When in scan mode during a program, speed will be displayed for four seconds, then move on and display Watts (indication of workload). If 100 watts is displayed, you are doing enough work to keep a 100-watt light bulb lit. The data changes to Laps completed Segment time, Max level. Pressing the **Enter** key again will bring you back to the beginning.

The **Stop** key actually has several functions. Pressing the **Stop** key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause, just press the **Start** key. If the **Stop** key is pressed twice during a workout, the program will end, and the console will display your Workout Summary (Total time, Avg. Speed, Avg. Watts, Avg. HR, total Laps). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete **Reset**. During data entry for a program, the **Stop** key performs a previous screen or segment function. This allows you to go back to change programming data.

Program Keys

The program keys are used to preview each program. When you first turn the console on, you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the **Enter** key to select the program and enter into the data-setting mode.

The elliptical trainer has a built-in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handlebars or wearing the heart rate transmitter (see Using Heart Rate Transmitter section) will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate or Pulse in beats per minute.

The console includes a built-in fan to help keep you cool. To turn the fan on, press the key on the left side of the console.

Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct predicted target heart rate zone. Entering your Weight aids in calculating a more correct Calorie reading. Although we cannot provide an exact calorie count, we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are only an estimate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout.

Entering A Program And Changing Settings

When you enter a program, by pressing a program key, then **Enter** key, you have the option of entering your own personal settings. If you want to work out without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout.

If you want to change the personal settings, then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

NOTE: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the elliptical trainer, you will not have to enter it every time you work out unless either your Age or Weight changes, or someone else enters a different Age and Weight.

PROGRAMMABLE FEATURES

MANUAL

The Manual program works, as the name implies, manually. This means that you control the workload and not the computer. To start the Manual program, follow the instructions below or just press the **Start** key.

1. Press the **Manual** key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level Up/Down** keys; then press **Enter** to continue.
4. Next is Time. You may adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key.
NOTE: At any time during the editing of Data, you can press the Stop key to go back one level or screen.
6. Once the program starts, you will be at level one. This is the easiest level, and it is a good idea to stay at level one for a while to warm up. If you want to increase the workload at any time, press the **Up** key; the **Down** key will decrease the workload.
7. During the Manual program, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
8. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program, or you can save the program you just completed as a custom user program by pressing a **User** key and following the instructions in the Message Center.

Calorie Program

1. Press the **Calories** key. Press **Enter** to select the program. The display will prompt you through the programming.
2. If **Enter** was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the **Level Up/Down keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate program features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 100). Entering the correct bodyweight will affect the calorie count. Use the **Level Up/Down keys** to adjust, then press **Enter**.

A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors that determine exact calorie burn for a particular person. Even if someone is the exact same bodyweight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

4. The Message Center displays "Use Level Up or Down keys to adjust Calorie burn" (default is 300). After adjusting, press **Enter**.
5. The Message Center will now be blinking the preset Avg. Pedal RPM (revolutions per minute) (default is 50). After adjusting, press **Enter**.
6. The Message Center will now be blinking the preset top resistance of the selected program (default is Level 5). Use the **Level Up/Down keys** to adjust, then press **Enter**. Each program has various resistance changes throughout; this allows you to limit the highest resistance the program can reach.
7. The Message Center displays the Program Time (a value that was determined by the data you entered in steps 3-6); Press **Start** to accept the calculated Time or the **Enter** key to return to steps 4-6 and change the data which will recalculate the Program Time.
 - When the **Start** key is pressed, the program begins with a 3:00 warm-up (1:00 @ Level 1, 1:00 @ Level 2, and 1:00 @ Level 3), or you have the option of pressing the Enter key again to bypass and begin the workout.
 - When the program begins, both the Calorie and Time windows will count down to 0. If the Time expires before calories burned reaches 0, the Time window will begin accumulated time until Calories reach 0.
 - After the program has ended, there will be a 3:00 cool down (1:00 @ Level 3, 1:00 @ Level 2, and 1:00 @ Level 1), or you have the option of pressing the **Enter** key to end the workout.

Fusion Program

In this interval program, you will alternate between mid-high intensity cardiovascular intervals on the elliptical trainer, strength exercises off of the elliptical trainer, and low-intensity recovery intervals on the elliptical trainer. You will need a pair of objects that can be comfortably held in your hands (dumbbells, water jugs, soup cans, etc.) for 4 of the 5 strength exercises performed in this program

1. Press the **Fusion** key. Press **Enter** to select the program. The display will prompt you through the programming.
2. If Enter was pressed, the Message center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the **Level Up/Down keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 150 lbs). Entering the correct bodyweight will affect the calorie count. Use the **Level Up/Down keys** to adjust, then press **Enter**.

A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors that determine exact calorie burn for a particular person. Even if someone is the exact same bodyweight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout. The calorie count displayed in this program won't be accurate because the machine can't calculate calories expended while strength training.

4. The Message Center will now be blinking the preset top Resistance level of the selected program (default/minimum resistance is Level 5). Use the **Level Up/Down keys** to adjust, then press **Enter**. This value will be the Level for all cardio intervals. The resistance level can be adjusted at any time during the program.
5. The Message Center will be blinking the number of intervals desired (default is 10); you may select 10 (5 cardio & 5 strength), 20 (10 cardio & 10 strength), or 30 (15 cardio & 15 strength). Use the **Level Up/Down keys** to adjust, then press **Enter**.
6. The Message Center will be blinking the desired Interval time (default is 2:00). The time you select will be the duration of each cardio interval.
Note: As a general rule, the longer the interval, the less resistance (elliptical trainer) is required and the more repetitions you perform, the less weight (dumbbells) you need to use; use the **Level Up/Down keys** to adjust, then press **Enter**.
7. The Message Center will be blinking the recovery time you desire (default is 0:30) after completing both the cardio & strength intervals. Use the **Level Up/Down keys** to adjust, then press **Enter**.

CAUTION: The shorter the recovery time, the longer your heart rate will stay elevated; if you are new to exercise or have recently resumed an exercise program after a considerable amount of time off, it is recommended that your recovery interval length either matches or exceeds the length of the cardio interval.

Programming Preset Programs

1. Select the desired program key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may adjust the age setting using the **Level Up/Down** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level Up/Down** keys; then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Max Resistance Level. This is the peak exertion level you will experience during the program. Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
7. If you want to increase or decrease the resistance at any time during the program, press the **Level Up/Down** keys on the console or above the heart rate sensor grips of the stationary handlebars. This will change the resistance settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed, it also would be distorted and not a true representation of the actual profile. When you make a change to the resistance, the Message Center will show the current column and program maximum levels of work.
8. During the program, you will be able to scroll through the data in the message window by pressing the **Enter** key.
9. When the program ends, the Message Center will show a summary of your workout. The summary will be displayed for a short time; then, the console will return to the start-up display.

Custom User Defined Programs

There are two customizable User programs that allow you to build and save your own workout. The two programs, **User 1** and **User 2**, operate exactly the same way, so there is no reason to describe them separately. You can build your own custom program by following the instructions below, or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

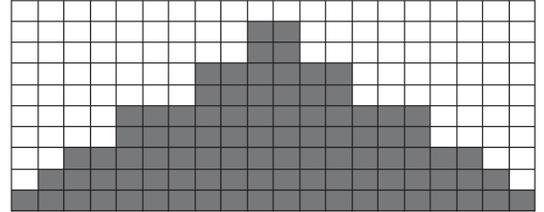
1. Select the **User** program (**U1** or **U2**), then press **Enter**. If you have already saved a program to either **U1** or **U2**, it will be displayed, and you are ready to begin. If not, you will have the option of inputting a username. In the **Message Window**, the letter "A" will be blinking. Use the **Level Up/Down buttons** to select the appropriate first letter of your name (pressing the **Level Up button** will switch to the letter "B"; pressing the **Down button** will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished, press **Stop**.
2. If there is a program already stored in **User**, when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start** or **Enter**, you will be prompted: Run Program? Use the **Level Up/Down** to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. If there is a program already stored in User, when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing Start or Enter, you will be prompted: Run Program? Use the **Level Up/Down** to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the weight value using the **Level Up/Down keys** or the numeric keypad, then press **Enter** to continue.
6. Next is Time. You may adjust the time and press **Enter** to continue.
7. Now you are asked to adjust the Max Resistance Level of the program; press **Enter** when resistance has been selected.
8. Now the first column will be blinking, and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the **Level Up key**. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment, then press **Enter**. Continue this process until all twenty segments have been set.
10. The Message Center will then tell you to press **Enter** to save the program. After saving the program, the Message Center says "PROG SAVED," then will give you the option to start or modify the program. Pressing **Stop** will exit to the start up screen.

Preset Programs

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

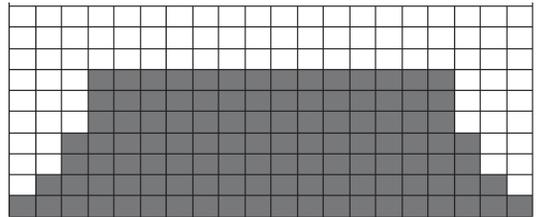
HILL

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



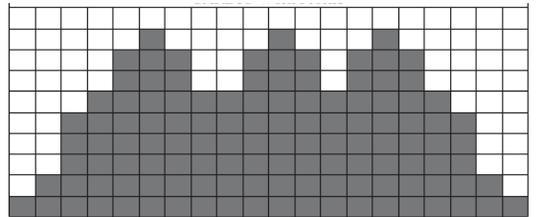
FAT BURN

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.



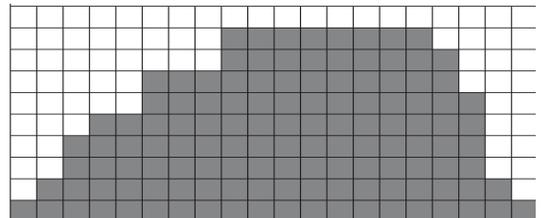
CARDIO

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.



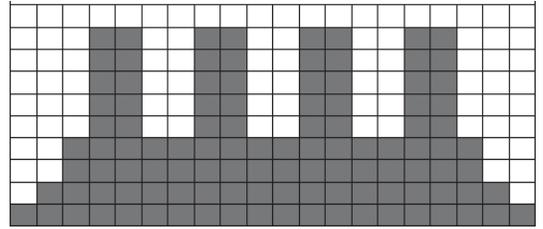
STRENGTH

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



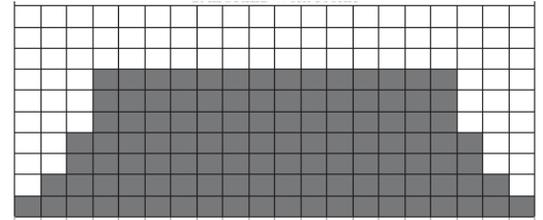
INTERVAL

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 fibres 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.



CALORIES

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.



HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

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.

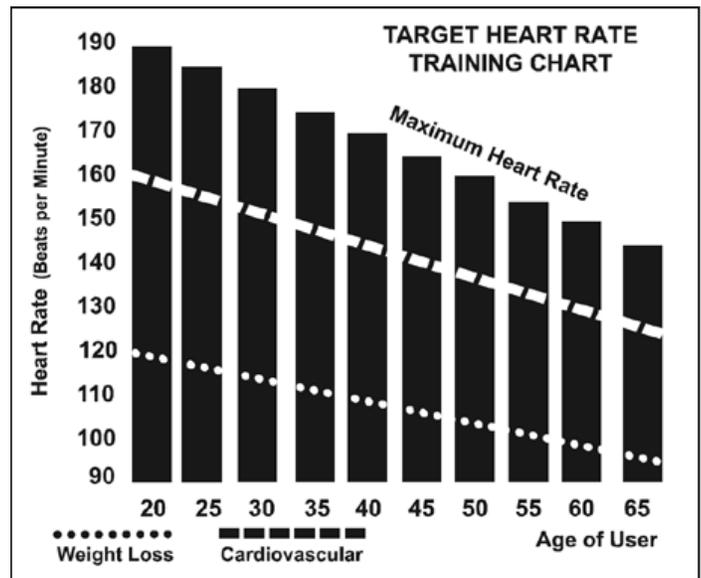
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range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

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

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ beats per minute (80% of maximum)

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

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



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

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out 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 Borg scale is as follows:

Rating Perception of Effort

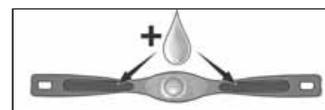
- 6** Minimal
- 7** Very, very light
- 8** Very, very light +
- 9** Very light
- 10** Very light +
- 11** Fairly light
- 12** Comfortable
- 13** Somewhat hard
- 14** Somewhat hard +
- 15** Hard
- 16** Hard +
- 17** Very hard
- 18** Very hard +
- 19** Very, very hard
- 20** Maximal

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

USING HEART RATE TRANSMITTER (Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
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 centred in the middle of your body 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 immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat 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 workout. 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. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
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 immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



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

ERRATIC OPERATION

Caution! Do not use this elliptical for Heart Rate Control 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 that may cause erratic heart rate:

1. Microwave ovens, TVs, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down. Normally the transmitter will be oriented, so the logo is right-side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.

HEART RATE PROGRAM OPERATION

Note: You must wear the heart rate transmitter strap for these programs

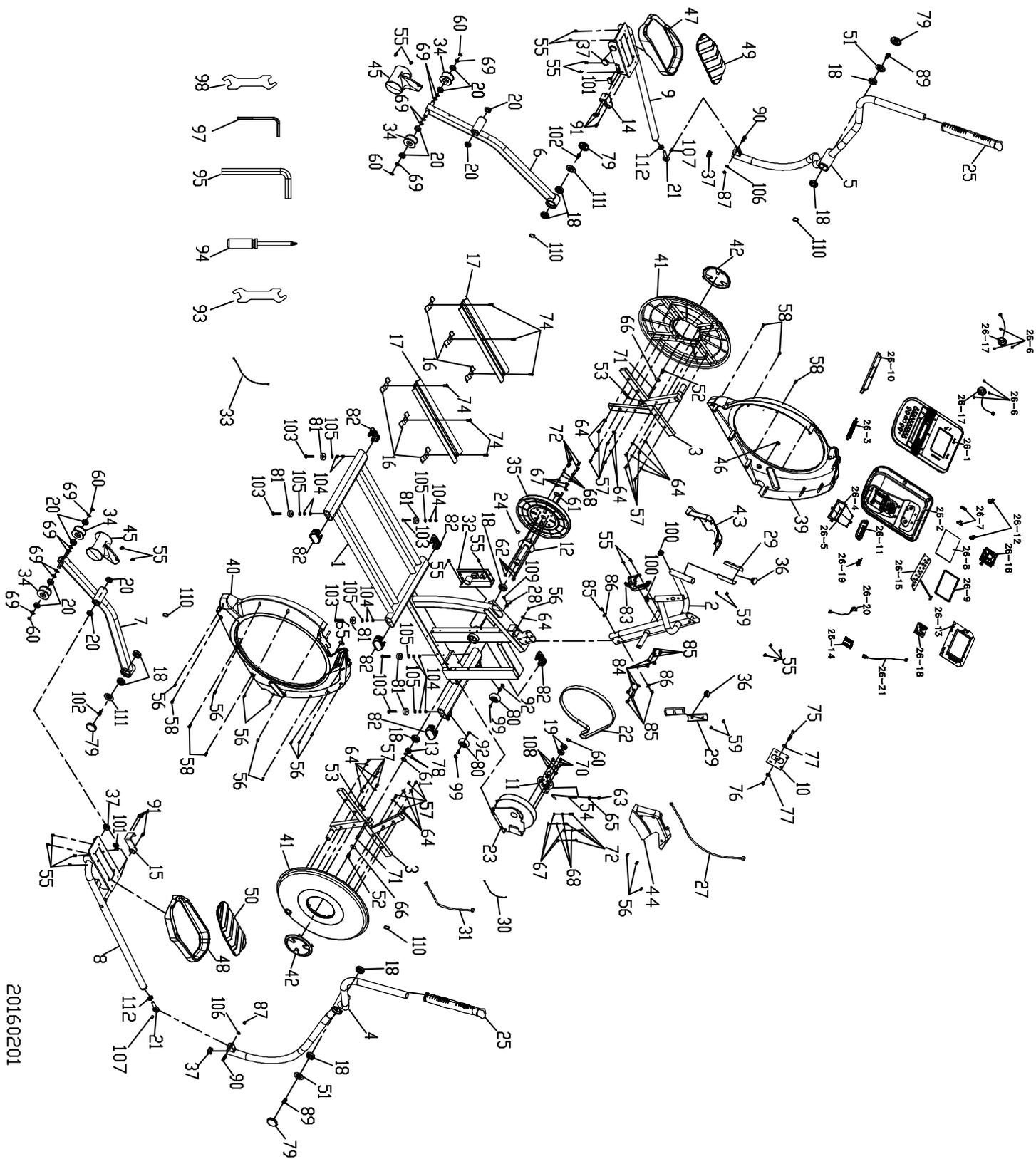
Both programs operate the same; the only difference is that **HR1** is set to 60%, and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way.

To start an HR program, follow the instructions below or just select the **HR1** or **HR2** program, then the **Enter** button and follow the directions in the Message Center.

After selecting your heart rate target, the program will attempt to keep you at or within 3 - 5 heartbeats per minute of this value. Follow the prompts in the Message Center to maintain your selected heart rate value.

1. Press the **HR 1** or **HR 2** key, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age using the **Level Up/Down** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight value using the **Level Up/Down** keys; then press **Enter** to continue.
4. Next is Time. You may adjust the time and press **Enter** to continue.
5. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Level Up/ Down** keys, then press **Enter**. *Note: The heart rate that appears is based on the % you accepted in Step 1.*
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
7. If you want to increase or decrease the workload at any time during the program, press the **Level Up/Down** key. This will allow you to change your target heart rate at any time during the program.
8. During the HR 1 or HR 2 programs, you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
9. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program.

EXPLODED VIEW DIAGRAM



20160201

PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	6079501	Main Frame	1
2	6079502	Console Mast	1
3	6079503	Cross Bar	2
4	6079504	Swing Arm (R)	1
5	6079505	Swing Arm (L)	1
6	6079506	Pedal Arm (L)	1
7	6079507	Pedal Arm (R)	1
8	6079508	Connecting Arm (R)	1
9	6079509	Connecting Arm (L)	1
10	6079510	Console Holder Assembly	1
11	6079511	Idler Wheel Assembly	1
12	6079512	Crank Axle	1
13	6079513	Axle Stopper	1
14	6079514	Connection Bracket (L)	1
15	6079515	Connection Bracket (R)	1
16	6079516	Retaining Bracket, Aluminum Track	6
17	6079517	Aluminum Track	2
18	6079518	6005_Bearing	10
19	6079519	6203_Bearing	2
20	6079520	6003_Bearing	12
21	6079521	M12 x P1.75_Rod End Bearing	2
22	6079522	Drive Belt	1
23	6079523	Induction Brake	1
24	6079524	Magnet	1
25	6079525	Ø38 x 380m/m_TPR Handle Bar Axle Inner Cover	2
26	6079526	Console Assembly	1
27	6079527	1300m/m_Computer Cable	1
28	6079528	150m/m_Sensor W/Cable	1
29	6079529	850m/m_Handpulse W/Cable Assembly	2
30	6079530	600m/m_Wire Brake Coil Harness(Red)	1
31	6079531	Generator Wire Harness	1
32	6079532	Generator/Brake Controller	1
33	6079533	400m/m_Audio Cable	1
34	6079534	Ø78_Slide Wheel Urethane	4
35	6079535	Ø330_Drive Pulley	1
36	6079536	Ø32(1.8T) Button Head Plug	2
37	6079537	Pedal End Cover	4
39	6079539	Side Case (L)	1
40	6079540	Side Case (R)	1

KEY NO.	PART NO.	DESCRIPTION	QTY
41	6079541	Round Disk	2
42	6079542	Round Disk Cover	2
43	6079543	Upright Cover(L)	1
44	6079544	Upright Cover(R)	1
45	6079545	Roller Wheel Cover	2
46	6079546	End Cap	1
47	6079547	Pedal (L)	1
48	6079548	Pedal (R)	1
49	6079549	Pedal Foam (L)	1
50	6079550	Pedal Foam (R)	1
51	6079551	M10_Bushing washer	2
52	6079552	3/8" × UNC16 × 10L_Button Head Socket Bolt	2
53	6079553	M8 × 30m/m_Socket Head Cap Bolt	2
54	6079554	M8 × 170m/m_J Bolt	1
55	6079555	M5 × 10m/m_Phillips Head Screw	20
56	6079556	3.5 × 16m/m_Sheet Metal Screw	13
57	6079557	5 × 16m/m_Tapping Screw	16
58	6079558	Ø5 × 16m/m_Tapping Screw	6
59	6079559	3 × 20m/m_Tapping Screw	4
60	6079560	Ø17_C Ring	5
61	6079561	Ø25_C Ring	2
62	6079562	1/4" × 8T_Nyloc Nut	4
63	6079563	M8 × 9T_Nyloc Nut	1
64	6079564	Ø1/4" × 19m/m_Flat Washer	17
65	6079565	Ø5/16" × Ø23 × 1.5T_Flat Washer	2
66	6079566	Ø10 × 30 × 1.0T_Flat Washer	2
67	6079567	Ø1/4" × 13 × 1T_Flat Washer	8
68	6079568	Ø1/4" Spring Washer	8
69	6079569	Ø17_Wave Washer	12
70	6079570	M6 × 15m/m_Phillips Head Screw	3
71	6079571	7 × 7 × 25_Woodruff Key	2
72	6079572	1/4" × 3/4" Hex Head Bolt	8
74	6079574	5/16" × 3/4" Hex Head Bolt	6
75	6079575	5/16 × 2-1/2" Hex Head Bolt	1
76	6079576	5/16" × 7T_Nyloc Nut	1
77	6079577	5/16" × 25 × 3T_Nylon Washer	2
78	6079578	M5 × 5m/m_Slotted Set Screw	2
79	6079579	Bushing Cover	4
80	6079580	Transportation Wheel	2

KEY NO.	PART NO.	DESCRIPTION	Q'TY
81	6079581	Levelers	6
82	6079582	Handgrip End Cap	6
83	6079583	Water Bottle Holder	1
84	6079584	Ø5/16" × Ø18 × 1.5T_Flat Washer	6
85	6079585	M8 × 15L_Hex Head Bolt	8
86	6079586	Ø5/16" × 23 × 1.5T_Curved Washer	2
87	6079587	5/16" × 9T_Nyloc Nut	2
89	6079589	M10 × P1.5 × 20m/m_Socket Head Cap Bolt	2
90	6079590	5/16" × 1-1/4" _Hex Head Bolt	2
91	6079591	M8 × 15m/m_Button Head Socket Bolt	6
92	6079592	5/16" × 1-3/4" _Button Head Socket Bolt	2
93	6079593	13/14m/m_Wrench	1
94	6079594	Phillips Head Screwdriver	1
95	6079595	8 m/m L Allen Wrench	1
97	6079597	L Allen Wrench	1
98	6079598	12/14m/m_Wrench	1
99	6079599	5/16" × 7T_Nyloc Nut	2
100	60795100	Ø32 (1.8T) Round Cap	2
101	60795101	40 × 20m/m_Square End Cap	2
102	60795102	5/16" × 19m/m_Socket Head Cap Bolt	2
103	60795103	3/8" × 2" _Thumb Head Screw	6
104	60795104	3/8" × 7T_Nut	12
105	60795105	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
106	60795106	Ø5/16" × Ø20 × 1.5T_Flat Washer	2
107	60795107	Rod End Sleeve	2
108	60795108	Idler Bolt Bearing	3
109	60795109	M5 × 10m/m_Phillips Head Screw	1
110	60795110	Ø25_Wave Washer	4
111	60795111	M8 × 56 × 1.5T_Bushing washer	2
112	60795112	M12 × P1.75 × 10T_Luck Nut	2

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking, or rough feeling develops, the main cause is most likely one of two reasons:
 - i. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - ii. The crank arm nut needs to be retightened
3. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer; use a 14mm wrench (or an adjustable wrench) to adjust the levellers.

ENGINEERING MODE MENU

The console has built-in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed, for example. To enter the Engineering Mode Menu, press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds, and the Message Center will display Engineering Mode Menu. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. LCD Test (Tests all the display functions)
3. Functions (Press **Enter** to access settings and **Up** arrow to scroll)
 - a) Display Mode (Turn off to have the console power down automatically after 20 minutes of inactivity)
 - b) Pause Mode (Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely)
 - c) ODO Reset (Resets the odometer)
 - d) Units (Sets the display to readout in English or Metric display measurements)
 - e) Beep (Turns off the speaker, so no beeping sound is heard)
 - f) DA Test (Tests the brake resistance)
4. Security (Allows the keypad to be locked to prevent unauthorized use)

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its elliptical parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'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 Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Limited Warranty

Frame and Brake:	Lifetime
Parts:	10 Years
Labour:	1 Year

This warranty is not transferable and is extended only to the original owner. The warranty shall not apply to exercise units that are (1) used for commercial or other income-producing purposes or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties; any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages, are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the elliptical shown in figure can be ordered from Dyaco Canada Inc., 5955 Don Murie Street, Niagara Falls, Ontario L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check, or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca or visit us at www.dyaco.ca Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

dyaco

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

SPIRIT

spiritfitness.ca

XTEERRA

xterrafitness.ca

UFC

dyaco.ca/UFC/UFC-home.html

SOLE
FITNESS

solefitness.ca

EVERLAST

dyaco.ca/products/everlast.html

 *Johnny G*
by **SPIRIT**

spiritfitness.ca/johnnyg.html

TRAINOR
SPORTS

trainorsports.ca

For more information, please contact Dyaco Canada Inc.

Dyaco Canada Inc. dyaco.ca

