

SPIRIT

powered by dyaco



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.

4.0T Treadmill

4.0T_740885_OM_20260108

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PRODUCT REGISTRATION

Thank you for your recent purchase of the 4.0T. Spirit by Dyaco provides simple, reliable products that offer the most relevant feedback to caregivers and users to achieve best-in-class outcomes and empower individuals to build confidence in rebuilding and maintaining healthy lifestyles and keep in touch with their communities.

Your new product has been manufactured by one of the world's leading medical product manufactures. It is backed by one of the most comprehensive warranties in the industry. Through our dealers, distributors and manufacturer's representatives, we will do all we can to provide many years of successful and prosperous ownership. Your warranty and service needs will be addressed either through your regional sales representative or our highly trained service technicians.

It is their responsibility to provide you with both the technical knowledge and access to service personnel to make your ownership experience more informed, and resolve any issues quickly.

Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION

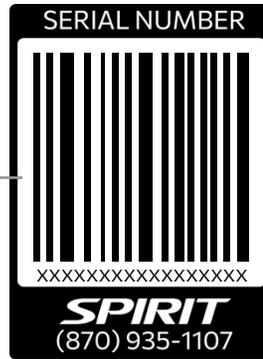


Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

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

Version: 1.2
Revision: 01.08.2026

PRODUCT LABELS



SERIAL NUMBER STICKER

This sticker will be found on the back of the motor cover. Please record the number below the barcode for the purpose of registering your Treadmill's warranty.



PROPOSITION 65 WARNING

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

SAFETY INSTRUCTIONS

To reduce risk of injury to persons:

Read all instructions before using this appliance.

 **WARNING** - To reduce the risk of electric shock, disconnect your 4.0T from the electrical outlet prior to cleaning and/or service work.

Read all instructions before using this appliance.

1. Before beginning exercise on this product, or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with preexisting health conditions.
2. To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 20-amp grounded outlet.
3. **DO NOT USE AN EXTENSION CORD UNLESS IT IS 1 mm² OR BETTER, WITH ONLY ONE OUTLET ON THE END.** The treadmill should be the only appliance in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.
4. Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
5. Children should be supervised to ensure that they do not play with the appliance.
6. Keep hands away from all moving parts.
7. Never drop or insert any object into any openings.
8. Do not use outdoors.
9. To disconnect, turn all controls to the off position and then remove the plug from the outlet.
10. Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
11. Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
12. Do not attempt to use this product for any purpose other than for the purpose it is intended.
13. 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.
14. Never operate the product if it has a damaged cord or plug, if the product is not working properly, call your dealer. If it has been dropped or damaged, or dropped into water, call your dealer.
15. Keep the cord away from heated surfaces.
16. 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 an exercise aid in determining heart rate trends in general.
17. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
18. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
19. The product should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.

SAFETY INSTRUCTIONS

20. Connect the product to a properly grounded outlet only. See Grounding Instructions.
21. This appliance can be used by children aged from 8 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 appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
22. Suitable information about replacement parts that could affect the safe use of the treadmill.
23. The following statement: "Noise emission under load is higher than without load."
24. If applicable, the value of the A-weighted emission sound pressure level at the trainer's ear.
25. Don't change any component by yourself, it maybe got injured or destroyed the treadmill.
26. Below mentioned sound pressure level is measured under the condition when the trainer is operating with 8 km/hr with no load. Sound pressure level (dB) < 70dB. Noise emission under load is higher than without load.
27. Injuries to health may result from incorrect or excessive training.
28. Remove tether cord after use to prevent unauthorized treadmill operation.

29. The user should mount the treadmill and stand on the step rails before starting the treadmill operation. Start the belt speed at a low setting and carefully step on the belt while holding the handrails until you get used to the speed. The hand rails are used for initial stability and not for continuous use.

30. User Weight Limit: 440 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.

Figure 1: Training Area

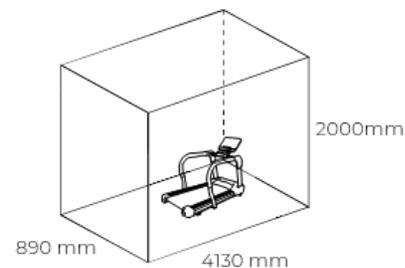
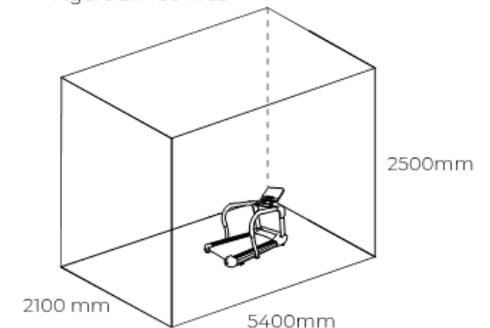


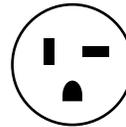
Figure 2: Free Area



ELECTRICAL SAFETY

WARNING!

- Never use a RCD - Residual Current Device (U.S. ver. = GFCI, a ground fault circuit interrupter) wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
 - Do not attempt any servicing or adjustments other than those described in this manual. All else must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.
 - Never remove any cover without first disconnecting AC power. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
 - Never expose this product 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).
- Circuit Breakers: Some circuit breakers are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the facility breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacturer have no ability to control. This part is available through most electrical supply stores.
 - Motor: 4.0HP AC
 - Power: 120 volts, 60 Hz, dedicated 20-amp circuit (NEMA 5-20P standard power plug/ receptacle type)

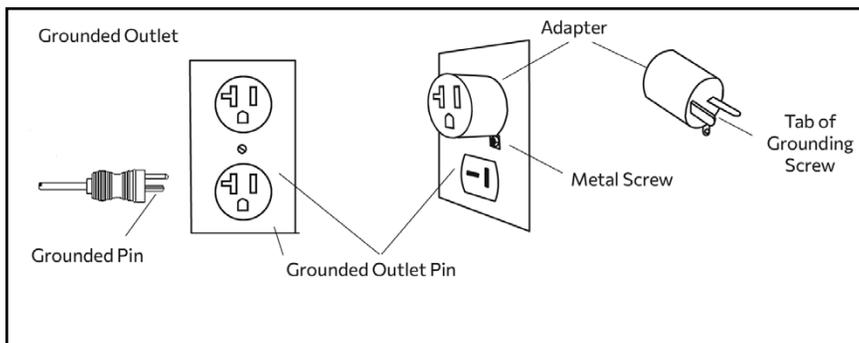


NEMA 5-20P

GROUNDING INSTRUCTIONS

This product must be grounded. In the unlikely event that the 4.0T's electrical system should malfunction or breakdown grounding provides a path of the 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 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.



OPERATION INSTRUCTIONS



WARNING!

- Never operate this product without reading and completely understanding the results of any operational change you request from the console.
- Never use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Understand that changes in speed or incline do not occur immediately. Set your desired speed or incline level on the console and release the adjustment key. The console will obey the command gradually.
- Use caution while participating in other activities while on your Treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Never mount or dismount the treadmill while the belt is moving. Treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.
- **SAVE THESE INSTRUCTIONS - THINK SAFETY!**

PARTS OF YOUR TREADMILL



- A. Console
- B. Handlebar with hand pulse grips
- C. Safety tether cord placement
- D. Water bottle holder
- E. Extended handrails
- F. Console mast
- G. Motor cover
- H. Belt
- I. Side rail
- J. Tracking / Tension adjustment bolts

PRE-ASSEMBLY

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

Tools:

- 5mm L Allen Wrench
- 6mm L Allen Wrench
- 1 Phillips Screwdriver

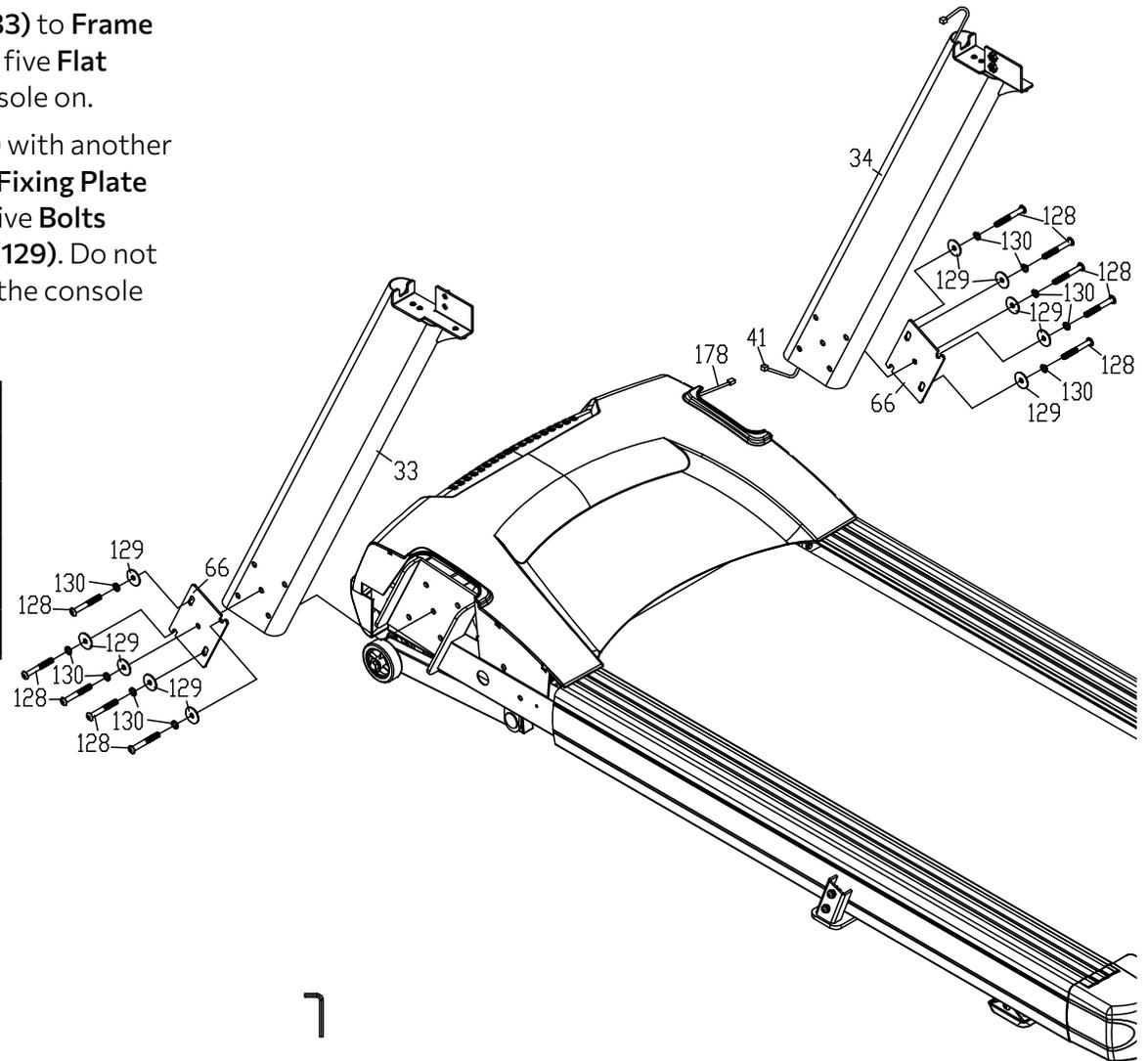
Parts Included:

- 1 Main Frame
- 2 Console Mast
- 1 Main Panel
- 1 Console
- 1 Console Bracket Cover
- 4 Handrail Cover

ASSEMBLY - STEP ONE

1. Attach one **Fixing Plate (66)** and **Left Console Mast (33)** to **Frame (1)** using five **Bolts (128)**, five **Split Washers (130)**, and five **Flat Washers (129)**. Do not tighten before putting the console on.
2. **Connect Wires (41)** from the **Right Console Mast (34)** with another **Wires (178)** from the **Frame (1)**. Then attach another **Fixing Plate (66)** and **Right Console Mast (34)** to **Frame (1)** using five **Bolts (128)**, five **Split Washers (130)**, and five **Flat Washers (129)**. Do not pinch **Wires (41 & 178)**. Do not tighten before putting the console on.

Hardware for Step 1			
Part	Type	Description	QTY
128	Bolt	3/8" x 3"	10
129	Flat Washer	Ø3/8" x Ø35 x 2T	10
130	Split Washer	Ø10 x 2.0T	10

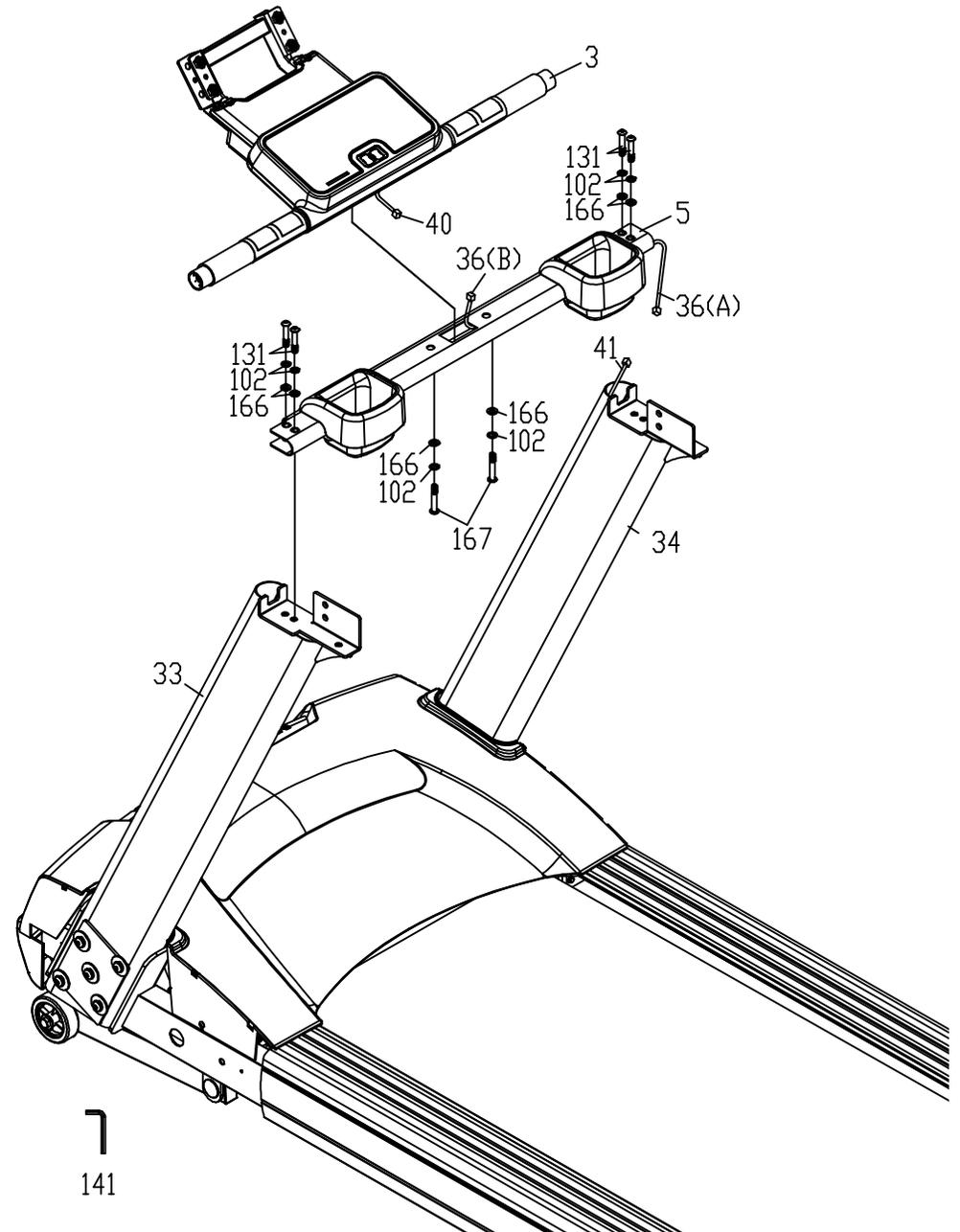


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ASSEMBLY - STEP TWO

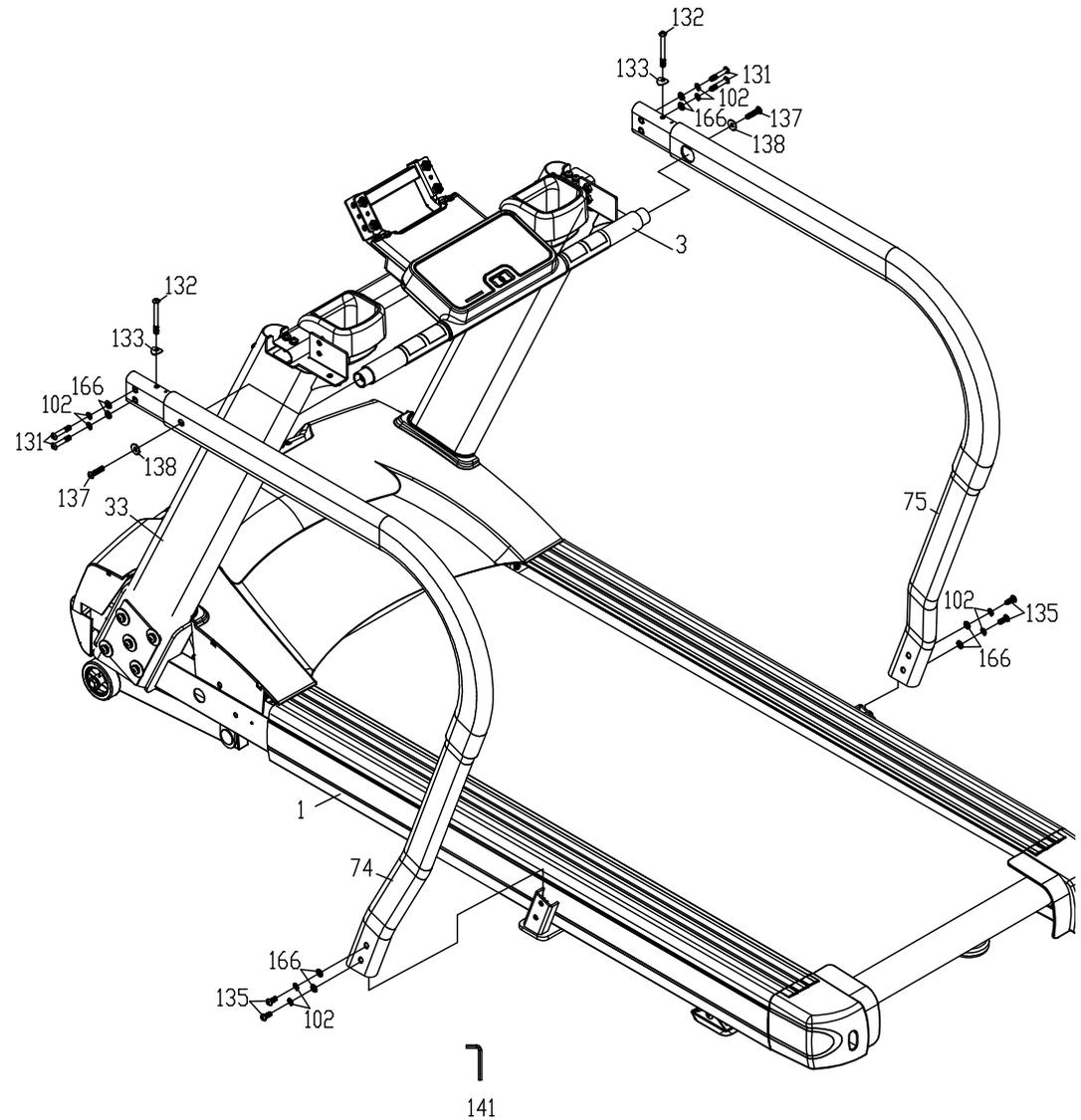
1. Connect Wires (41) with Handle Bar Wires (36A) from Handle Bar Frame (5). Do not pinch Wires (41 & 36A).
2. Install Handle Bar Frame (3) onto the console masts using Bolts (131), Split Washers (102) and Flat Washers (166). Do not tighten before putting the console on.
3. Connect Wires (40) from Lower Console Assembly (3) with Handle Bar Wires (36A).
4. Install Lower Console Assembly (3) onto Handle Bar Frame (3) using Bolts (167), Split Washers (102) and Flat Washers (166). Do not tighten before putting the console on.

Hardware for Step 2			
Part	Type	Description	QTY
102	Split Washer	Ø8 x 1.5T	6
131	Bolt	M8 x 45mm	4
166	Flat Washer	Ø8 x Ø16 x 1.5T	6
167	Bolt	M8 x 50mm	2



ASSEMBLY - STEP THREE

1. Attach **Left Handrail (74)** onto **Frame (1)** and **Lower Console Assembly (3)**, at the top area using two **Bolts (131)**, two **Split Washers (102)**, two **Flat Washers (166)**, one **Bolt (132)**, one **Curved Washer (133)**, one **Bolt (137)** and one **Flat Washer (138)** at the bottom area using two **Bolts (135)**, two **Split Washers (102)** and two **Flat Washers (166)**. Do not tighten before putting both handrails on.
2. Attach **Right Handrail (75)** onto **Frame (1)** and **Lower Console Assembly (3)**, at the top area using two **Bolts (131)**, two **Split Washers (102)**, two **Flat Washers (166)**, one **Bolt (132)**, one **Curved Washer (133)**, one **Bolt (137)** and one **Flat Washer (138)** at the bottom area using two **Bolts (135)**, two **Split Washers (102)** and two **Flat Washers (166)**.
3. Tight all bolts and washers from previous step.

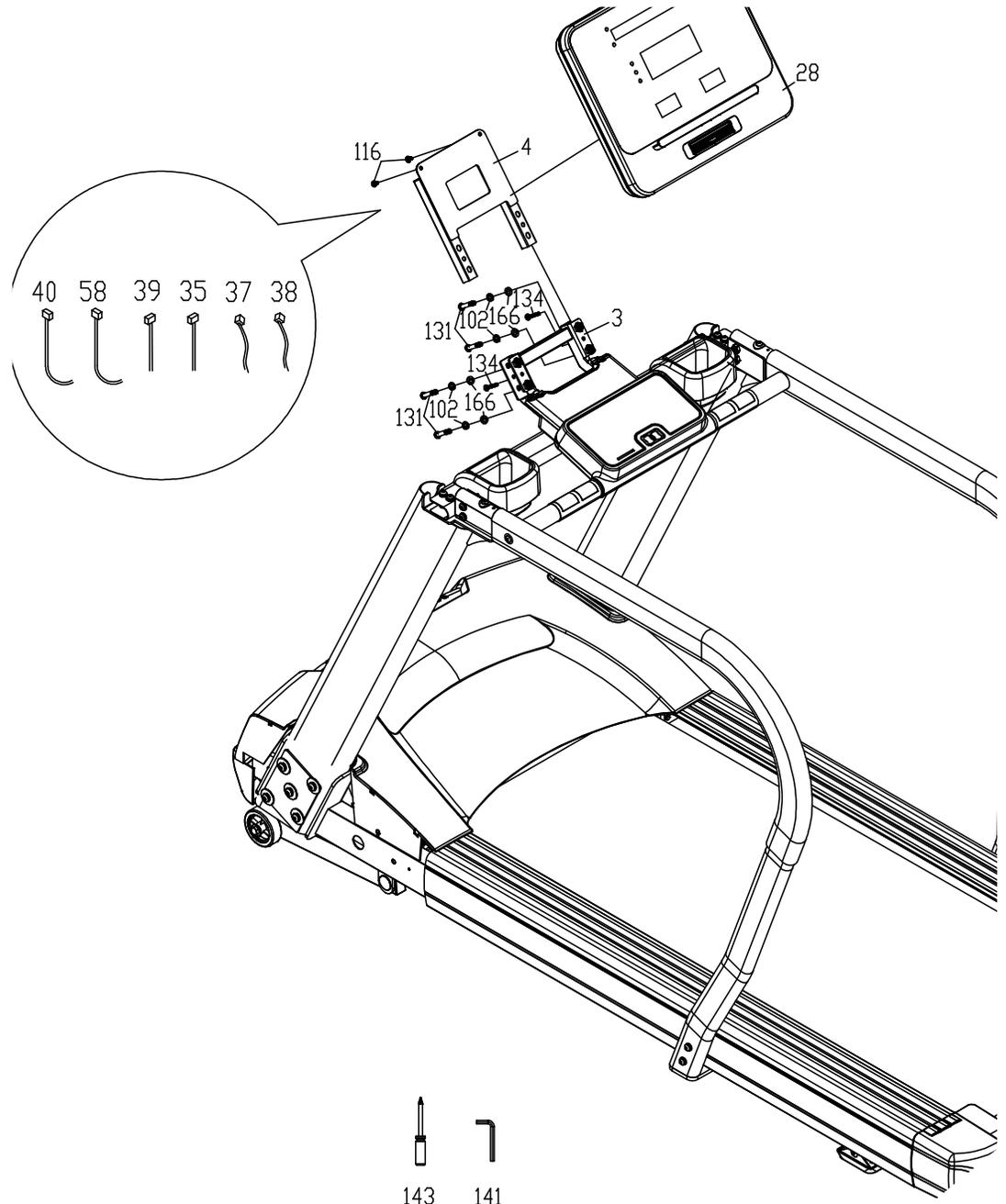


Hardware for Step 3			
Part	Type	Description	QTY
102	Split Washer	Ø8 x 1.5T	8
131	Bolt	M8 x 45mm	4
132	Bolt	M8 x 80mm	2
133	Curved Washer	Ø10 x Ø23 x 1.5T	2
135	Bolt	M8 x 20 mm	4
137	Bolt	M8 x 35mm	2
138	Flat Washer	Ø5/16" x Ø35 x 1.5T	2
166	Flat Washer	Ø8.5 x Ø16 x 1.5T	8

ASSEMBLY - STEP FOUR

1. Attach **Console Frame (4)** on **Lower Console Assembly (3)** using four **Bolts (131)**, four **Split Washers (102)** and four **Flat Washers (166)**.
2. Connect the **Wiring Harness (35.37.38.39.40.58)** with **Console (28)**, attach **Console (28)** on **Console Frame (4)** using two **Screws (116)**, and two **Screws (134)**.

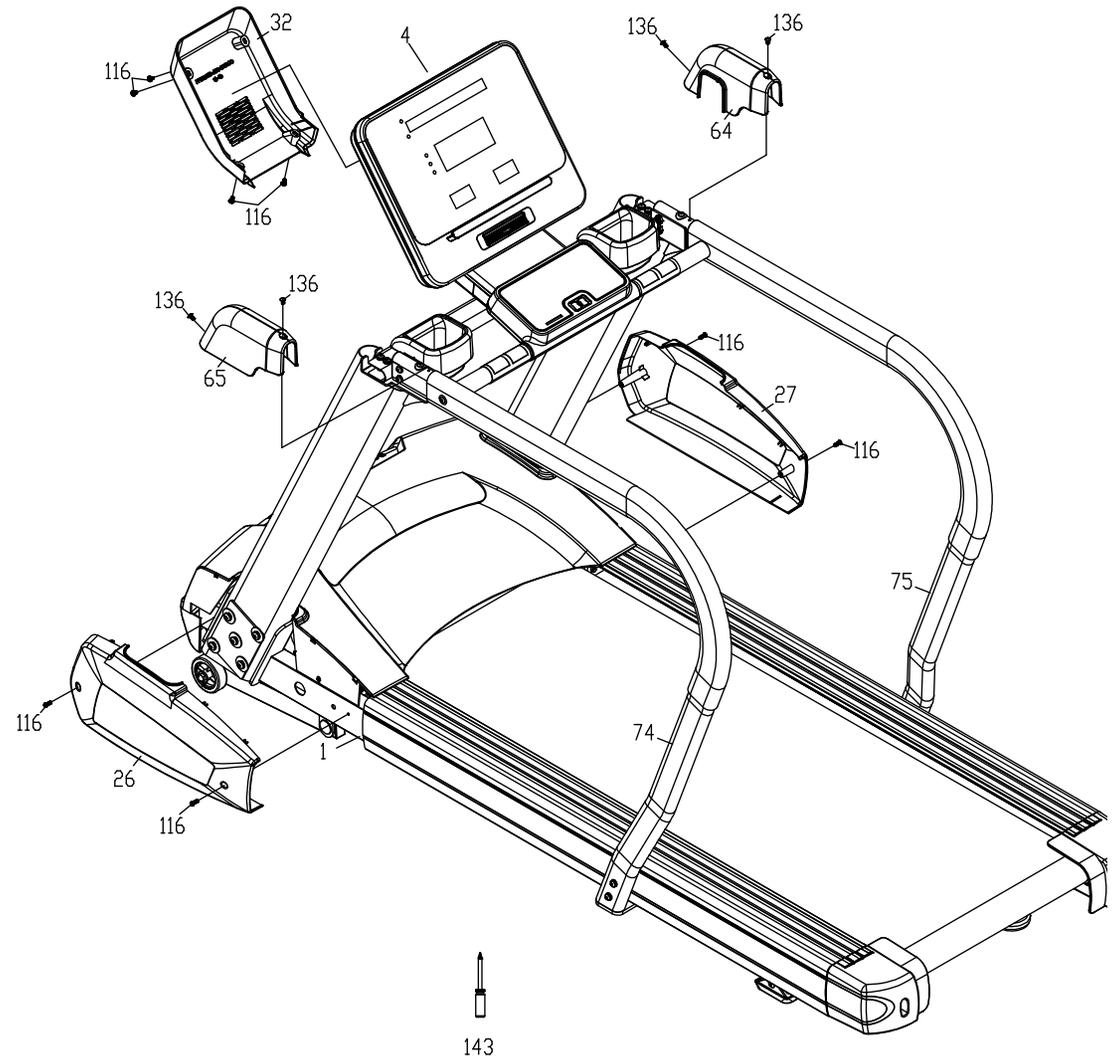
Hardware for Step 4			
Part	Type	Description	QTY
116	Screw	M5 x 12mm	2
102	Split Washer	Ø8 x 1.5T	4
131	Screw	M8 x 45mm	4
134	Screw	M5 x 40mm	2
166	Flat Washer	Ø8.5 x Ø16 x 1.5T	4



ASSEMBLY - STEP FIVE

1. Attach **Right & Left Lower Console Mast (26 & 27)** on **Frame (1)** using four **Screws (116)** (Black).
2. Attach **Right & Left Upper Console Mast (64,65)** on **Right & Left Handrail (74,75)** using four **Screws (136)** (Silver).
3. Attach **Console Back Cover (32)** on **Console Frame (4)** using four **Screws (116)**.

Hardware for Step 5			
Part	Type	Description	QTY
116	Screw	M5 x 12mm	8
136	Screw	M5 x 12mm	4



SETTING UP YOUR TREADMILL

Power On

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power switch is turned on the console will go to the start up display, also known as Idle Mode. The Message Window will be scrolling the start up message. You may now begin to use the 4.0T.

C-Safe

Your console is equipped with a CSAFE feature. The power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the power port at the back of the console. The Communication port (COMM) can be used to interact with software applications.

Safety tether cord

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the belt. Pulling this safety tether cord will stop belt movement. To use:

- Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
- Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.
- If for any reason you feel unstable on the moving belt, immediately step off of the belt and onto the step rails while holding the handrails for support. You can then step off the treadmill safely

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, all workout data will start to accrue and the workload may be adjusted manually by pressing the Plus and Minus keys. As you increase the workload more rows will light indicating a harder workout.

CONSOLE SCREEN - OVERVIEW



BASIC INFORMATION

When you begin a program the dot matrix will display the workout Profile.

The Message Window will initially be displaying distance, calories, pulse and time information. On the bottom left of the lower keypad is a key labeled Display. Each time this Display key is pressed the next set of information will appear. If the Display key is pressed during the second set of information display the Scan mode will come on and the Message Window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Display key again will bring you back to the first set of information as beginning.

The dot matrix window is used for displaying graphic feedback and has three basic displays for most programs. When you begin a program the dot matrix window will display a speed profile. On the bottom right of the lower keypad is a key labeled Profile. Pressing this key will switch the display to show an incline grade and then a track. When the LEDs are blinking the graph will scan through the three displays.

The product has a built in heart rate monitoring system. Simply grasping the hand pulse sensors, or wearing a heart rate chest belt transmitter will start the heart rate detection, The Message Window will display your heart rate, or Pulse, in beats per minute (this may take a few seconds).
NOTE: You must enter your correct age during program setup for heart rate control program to be accurate. Refer to Using a Heart Rate transmitter section for details about these features and how they can help you work out more efficiently.

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 a summary of information of the exercise session will be displayed, and then the console will return to the start up screen. If the Stop key is held down for 3 seconds the console will perform a complete Reset. During data entry for a program the Stop key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop key.

The program keys may be used to preview each program when in the idle mode. 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 Confirm key to select the program and enter into the data-setup mode.

The console includes a built-in fan to help keep you cool.

PROGRAMS SETUP

Selecting and Customizing Programs

When you enter a program (by pressing a program key, then Confirm key) you have the option of modifying the settings. If you want to begin without entering new settings just press the Start key. This will bypass the programming of data and take you directly to the start of the program. If you want to change the settings just follow the instructions in the Message Window. If you start a program without changing the settings the default or pre-saved setting will be used.

Manual

The Manual program works as the name implies, manually. This means that you control the workload yourself, not the computer. To start the Manual program follow the instructions below or just press the Manual key then the Confirm key and follow the directions in the Message Window.

- Press the Fitness key and select the Manual program then press the Confirm key.
- The Message Window will ask you to enter your Age. You may enter your Age, using the Plus and Minus keys, then press the confirm button to accept the new number and proceed on to the next screen.
- You are now asked to enter your Weight. You may adjust the Weight number using the Plus and Minus keys, then press confirm to continue.

- The next setting is Time. You may adjust the Time and press confirm key to continue.
- 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 Confirm key.
- Note: At any time during the editing of data you can press the Stop key to go back one level, or screen.
- During the Manual program you will be able to scroll through the data in the Message Window by pressing the Display key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age ensures that the Heart Rate window shows the correct number. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the work settings could be too high or low for you; entering your Weight aides 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 facility or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines.

This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

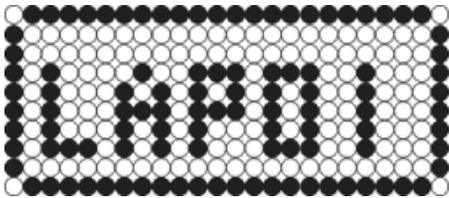
PRESET PROGRAMS

The treadmill has four different programs that have been designed for a variety of workout goals. These programs factory preset work level profiles for achieving different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max speed) for each program before beginning.

PROGRAMS PRESET - CONTINUED

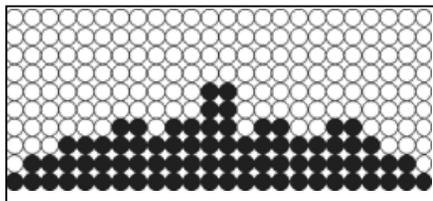
5K Run

This program automatically sets a 5 Kilometer distance as your goal. The dot matrix will show how many track you have (one track is equivalent of 0.4 kilometers or 1/4 miles). When the program begins the Distance will count down; once it reaches zero the program ends. *Please note that the Speed readout is in MPH if the console is not set to Metric.



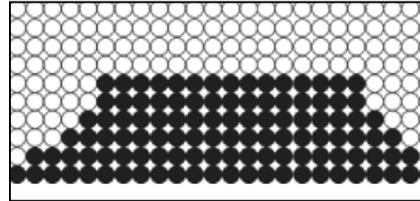
Hill

The Hill program simulates going up and down a hill. The speed and grade will increase and decrease during the program.



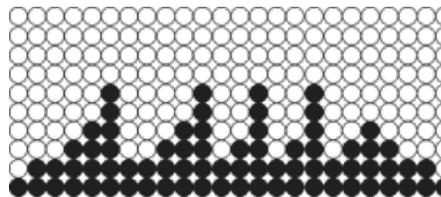
Plateau

The Plateau program provides a steady speed and varied grade exercise with warm up and cool down periods.



Interval

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way.



PROGRAMS PRESET - CONTINUED

PROGRAMMING PRESET PROGRAMS

- Select the desired program by pressing Fitness key then press Confirm key.
 - The Message Window will ask you to enter your Age. You may adjust the age setting, using the Plus and Minus keys, then press Confirm key to accept the new number and proceed on to the next screen.
 - You are now asked to enter your Weight. You may adjust the weight number using the Plus and Minus keys, then press Confirm to continue.
 - Next is Time (excluding the 5K program). You may adjust the Time and press Confirm to continue.
 - Now you are asked to adjust the Max Speed. This is the peak exertion level you will experience during the program. Adjust the speed and then press Confirm.
 - 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 to go back one level, or screen.
 - If you want to increase or decrease the workload at any time during the program press the Plus and Minus key. This will change the workload 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 will look distorted and not a true representation of the actual profile. When you make a change to the workload, the Message Window will show the current column, and program maximum levels of workload.
- During the program you will be able to scroll through the data in the Message Window by pressing the Display key.
 - When the program ends the Message Window 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 PROGRAM

The custom program allows you to build and save a custom program. You can build your own custom program by following the instructions below. The custom program allows you to further personalize it by adding your facility name.

- Designing and saving a new program as a custom program. The message window will show a welcome message; if you had previously saved a program the message will contain the name you gave it. Then press the Confirm key to begin programming.
- When you press Confirm, the Message Window will show “Name – XXXXXXX”, if there is no name saved. If the name “CustomA” had been previously saved the Message Window will show “Name – CustomA” and the C in Custom will be blinking. If there is a name saved you can change it or you may press the Stop key to keep the name and continue to the next step. If you want to enter a name use the Plus and/or the Minus key to change the first letter then press Confirm to save the first letter and continue to the next letter. When you have finished entering the name press the Stop key to save the name and continue to the next step.
- The Message window will ask you to enter an Age. You may enter an Age, using the Plus and Minus keys, then press the Confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter a Weight. You may adjust the Weight number using the Plus and Minus keys and then press Confirm to continue.
- Next is Time. You may adjust the Time and press Confirm to continue.
- Now you are asked to enter the speed of each segment.
- Now the first column will be blinking and you are asked to adjust the level of speed for the first segment of the workout. When you finish adjusting the first segment, or if you don’t want to change, then press Confirm to continue to the next segment.
- The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Confirm. Continue this process until all twenty four segments have been set.
- Now you are asked to enter the grade of each segment. Repeat the process same as above speed setting, until all twenty four segments have been set.
- The Message Window will then tell you to press Confirm to save the program. After saving the program the Message Window says “PRESS START TO BEGIN OR CONFIRM TO MODIFY” then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.
- During the Custom program you will be able to scroll through the data in the Message Window by pressing the Display key.
- Use the heart rate monitoring features and can switch to Heart Rate Auto-Pilot mode (See HR auto pilot section for details of this feature).

REVERSE MODE

The reverse mode allows for targeted training for muscle groups used in backward locomotion, such as the hamstrings, glutes, and calves.

While in the initial speed (0.3 mph), press the speed key decrease button to reduce the speed to 0.0 mph, ensure that the belt completely stops moving. Two seconds later, the message “REVERSE BELT SPEED” will flash three times to remind you the reverse mode is going to start at a speed of 0.3 mph.

- The maximum reverse speed is limited to 3.0 mph.
- The forward speed shortcut keys are nonfunctional during this mode.

**Please note the belt may not stop due to move inertia, which means the belt will not be locked down by motor and stop. Therefore, after the belt stops moving, wait for about 3 seconds before pressing the reverse button for safety.

VO2 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 determined based on the heart rate readings measured as the test progresses.

At the end of the test a VO2 score will be displayed. VO2 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 employs two to four stages, lasting 3 minutes each, of continuous exercise (see charts below). You will be prompted to choose either, Male or Female at the beginning of the test. This choice determines which protocol will be used during the test as shown in the charts below. The only caveat is if you are a very de-conditioned male you may need to choose option Female. If you are a very conditioned female you may need to choose option Male.

VO2 test programming

- When the VO2 key is pressed the message window displays: GERKIN. This is the first of 9 different tests available: Gerkin, WFI (Wellness Fitness Initiative), Army, Navy, Air Force, Marines, PEB (Physical Efficiency Battery), Coast Guard, and CTT (Chester Treadmill Test). The initial test is Gerkin; to select a different test press the VO2 key again and the next test will be shown. Continue to press the VO2 key until the test you want is shown in the message window. To select your desired test, press Confirm.
- (Except CTT-performance) You are now prompted to enter your Age. You may adjust the age using the Plus and Minus key then press Confirm to continue.
- You are now prompted to enter your Weight. You may adjust the weight using the Plus and Minus key then press enter to continue (Only for WFI) You are now prompted to enter your Height. You may adjust the age using the Plus and Minus key then press Confirm to continue.
- The Message Window will prompt you to enter your Gender. Use the Plus and Minus keys to change and press the Confirm key to accept and proceed on to the next screen.
- Now press Start to begin the test.

VO2 - 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 if you don't wear your wireless chest strap transmitter, 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, although chest strap transmitter is recommended.
- The test will start with a 3-minute warm-up at 3 MPH (4.8 km/hr) before the actual test begins.

After the test

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

VO2 - CONTINUED

What the 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

GERKIN

The Gerkin protocol, also known as the fireman's protocol, is a sub-max Vo2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (VO2max) as shown in the chart below.

Stage	Time	Speed	Grade	VO2 Max
1	0 to 1:00	4.5mph (7.2 km/hr)	0%	31.15
2.1	1:00	4.5mph (7.2 km/hr)	2%	32.55
2.2	1:30	4.5mph (7.2 km/hr)	2%	33.6
2.3	1:45	4.5mph (7.2 km/hr)	2%	34.65
2.4	2:00	5.0mph (8.0 km/hr)	2%	35.35
3.1	2:15	5.0mph (8.0 km/hr)	2%	37.45
3.2	2:30	5.0mph (8.0 km/hr)	2%	39.55
3.3	2:45	5.0mph (8.0 km/hr)	2%	41.3
3.4	3:00	5.0mph (8.0 km/hr)	4%	43.4
4.1	3:15	5.0mph (8.0 km/hr)	4%	44.1
4.2	3:30	5.0mph (8.0 km/hr)	4%	45.15
4.3	3:45	5.0mph (8.0 km/hr)	4%	46.2
4.4	4:00	5.5mph (8.8 km/hr)	4%	46.5
5.1	4:15	5.5mph (8.8 km/hr)	4%	48.6
5.2	4:30	5.5mph (8.8 km/hr)	4%	50
5.3	4:45	5.5mph (8.8 km/hr)	4%	51.4
5.4	5:00	5.5mph (8.8 km/hr)	6%	52.8
6.1	5:15	5.5mph (8.8 km/hr)	6%	53.9

6.2	5:30	5.5mph (8.8 km/hr)	6%	54.9
6.3	5:45	5.5mph (8.8 km/hr)	6%	56
6.4	6:00	6.0mph (9.6 km/hr)	6%	57
7.1	6:15	6.0mph (9.6 km/hr)	6%	57.7
7.2	6:30	6.0mph (9.6 km/hr)	6%	58.8
7.3	6:45	6.0mph (9.6 km/hr)	6%	60.2
7.4	7:00	6.0mph (9.6 km/hr)	6%	61.2
8.1	7:15	6.0mph (9.6 km/hr)	8%	62.3
8.2	7:30	6.0mph (9.6 km/hr)	8%	63.3
8.3	7:45	6.0mph (9.6 km/hr)	8%	64
8.4	8:00	6.5mph (10.4 km/hr)	8%	65
9.1	8:15	6.5mph (10.4 km/hr)	8%	66.5
9.2	8:30	6.5mph (10.4 km/hr)	8%	68.2
9.3	8:45	6.5mph (10.4 km/hr)	8%	69
9.4	9:00	6.5mph (10.4 km/hr)	10%	70.7
10.1	9:15	6.5mph (10.4 km/hr)	10%	72.1
10.2	9:30	6.5mph (10.4 km/hr)	10%	73.1
10.3	9:45	6.5mph (10.4 km/hr)	10%	73.8
10.4	10:00	7.0mph (11.2 km/hr)	10%	74.9
11.1	10:15	7.0mph (11.2 km/hr)	10%	76.3
11.2	10:30	7.0mph (11.2 km/hr)	10%	77.7
11.3	10:45	7.0mph (11.2 km/hr)	10%	79.1
11.4	11:00	7.0mph (11.2 km/hr)	10%	80

WFI, ARMY, NAVY

The WFI test is a modified Gerkin protocol. The actual test is the same as the Gerkin chart above, but the score is calculated differently.

Program Speed and Incline Chart

TIME	SPEED	% Grade
0:00 - 1:00	3.0 mph (4.8 km/hr)	0
1:01 - 2:00	3.0 mph (4.8 km/hr)	0
2:01 - 3:00	3.0 mph (4.8 km/hr)	0
3:01 - 4:00	4.5 mph (7.2 km/hr)	0
4:01 - 5:00	4.5 mph (7.2 km/hr)	2
5:01 - 6:00	5.0 mph (8.0 km/hr)	2
6:01 - 7:00	5.0 mph (8.0 km/hr)	4
7:01 - 8:00	5.5 mph (8.8 km/hr)	4
8:01 - 9:00	5.5 mph (8.8 km/hr)	6
9:01 - 10:00	6.0 mph (9.6 km/hr)	6
10:01 - 11:00	6.0 mph (9.6 km/hr)	8
11:01 - 12:00	6.5 mph (10.4 km/hr)	8
12:01 - 13:00	6.5 mph (10.4 km/hr)	10
13:01 - 14:00	7.0 mph (11.2 km/hr)	10
14:01 - 15:00	7.0 mph (11.2 km/hr)	12
15:01 - 16:00	7.5 mph (12.0 km/hr)	12
16:01 - 17:00	7.5 mph (12.0 km/hr)	14
17:01 - 18:00	8.0 mph (12.8 km/hr)	14

ARMY

A timed 2 mile (3.2 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Army>

Age	Male	Female
17-21	16:36	19:42
22-26	17:30	20:36
27-31	17:54	21:42
32-36	18:48	23:06
37-41	19:30	24:06

NAVY

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Navy>

Age	Male	Female
19	12:30	15:00
20-24	13:30	15:30
25-29	14:00	16:08
30-34	14:30	16:45
35-39	15:00	17:00
40-44	15:30	17:15

Age	Male	Female
45-49	16:08	17:23
50-54	16:45	17:30
55-59	17:09	18:34
60-64	18:52	19:43
65+	20:35	20:52
40-44	15:30	17:15

AIR FORCE, MARINES, PEB

AIR FORCE

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-AirForce>

Age	Male	Female
<30	13:36	16:22
30-30	14:00	16:57
40-49	14:52	18:14
50-59	16:22	19:43
60+	18:14	22:28

MARINES

A timed 3 mile (4.8 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

- For more detailed information, visit: <http://bit.ly/SF-Marines>

Age	Male	Female
17-26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

PEB

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

- For more detailed information, visit: <https://www.fletc.gov/peb-scores-age-and-gender>

COAST GUARD

A timed 1.5 mile (2.4 kilometer) run. You control the speed manually. Maximum time allowed to pass the test.

Male	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<9:17	<9:33	<9:51	<10:37	<11:26
Excellent	9:18-10:09	9:34-10:46	9:52-11:15	10:28-12:08	11:27-13:23
Good	10:10-11:29	10:47-11:54	11:16-12:24	12:09-13:35	13:24-15:04
Fair	11:30-12:38	11:55-12:28	12:25-13:50	13:36-15:06	15:05-16:46
Poor	12:39-14:00	12:59-14:34	13:51-15:24	15:07-16:28	16:47-19:10
Very Poor	>14:00	>14:34	>15:24	>16:28	>19:10
Failure	>12:51	>13:36	>14:29	>15:26	>16:40
Female	20-29 Yrs. Old	30-39 Yrs. Old	40-49 Yrs. Old	50-59 Yrs. Old	60+ Yrs. Old
Superior	<10:28	<11:00	<11:33	<12:53	<14:05
Excellent	10:29-11:59	11:01-12:24	11:34-13:23	12:54-14:34	14:06-16:33
Good	11:59-13:34	12:25-14:08	13:24-14:53	14:35-16:35	16:34-18:27
Fair	13:25-14:50	14:09-15:43	14:54-16:31	16:36-18:18	18:28-20:16
Poor	14:51-16:46	15:44-17:38	16:32-18:37	18:19-20:44	20:17-22:52
Very Poor	>16:46	>17:38	>18:37	>20:44	>20:52
Failure	>15:26	>15:57	>16:58	>17:55	>18:44

CTT

This test has two modes: CTT Performance and CTT Prediction (of Aerobic Capacity)

CTT Performance is a 12 minute graded, treadmill walk test with a fixed speed of 6.2km/hr (3.8 MPH) designed to assess whether or not the subject can achieve the minimum recommended standard for aerobic capacity, namely 42mlsO₂/kg/min.

Procedures:

1. Check there are no medical contraindications to performing exhaustive exercise
2. Subject walks at 6.2km/hr (3.8 MPH) at 0% for 2 mins
3. Every 2 mins increase gradient by 3%
4. Test is completed after 12 mins
5. Test should be stopped if subject is showing overt signs of distress and exhaustion or RPE=18+

CTT Prediction is a submaximal test designed to predict aerobic capacity

1. Same walk protocol as CTT Performance but wearing HR monitor
2. Test is stopped when the subject reaches 80%HRMax or RPE=14
3. A VO₂ score is given at the end of the test

METS PROGRAM

- METs stands for metabolic equivalent, which is one way that exercise physiologists estimate how many calories are burned during physical activity.
 - 1 MET is essentially the amount of energy produced relative to body mass whilst at rest. As you sit here now reading you are expending 1 MET of energy.
 - Using 1 MET as the reference value, light activities burn up to 3 times as many calories as rest, moderate activities burn 3-6 times as many and vigorous exercise more than 6 times as much energy as rest.
1. Press the METs key and then press Confirm.
 2. The Message Window will prompt you to enter your age. Use the Plus and Minus keys to change and press the Confirm key to continue.
 3. You are now prompted to enter your weight. You may adjust the age using the Plus and Minus key then press Confirm key to continue.
 4. You are now prompted to enter your workout time. You may adjust the time using the Plus and Minus key then press Confirm to continue.
 5. You are now prompted to enter your target METs. You may adjust the target METs using the Plus and Minus keys then press Confirm to continue.
 6. Now press Start to begin the program.

Physical Activity	MET
Light Intensity Activities	<3
Sleeping	0.9
Watching Television	1
Writing, Desk Work, Typing	1.5
Walking, 1.7mph (2.7 Km/H), Level Ground, Strolling, Very Slow	2.3
Walking 2.5 Mph (4 Km/H)	2.9
Moderate Intensity Activities	3 to 6
Bicycling, Stationary, 50 Watts, Very Light Effort	3
Walking 3.0 Mph (4.8 Km/H)	3.3
Calisthenics, Home Exercise, Light Or Moderate Effort, General	3.5
Walking 3.4 Mph (5.5 Km/H)	3.6
Bicycling, <10 Mph (16 Km/H), Leisure, To Work Or For Pleasure	4
Bicycling, Stationary, 100 Watts, Light Effort	5.5
Sexual Activity	5.8
Vigorous Intensity Activities	> 6
Jogging, General	7
Calisthenics (E.g. Pushups, Situps, Pullups, Jumping Jacks), Heavy, Vigorous Effort	8
Running Jogging, In Place	8
Jogging, 5.6 Mph (9.0 Km/H)	8.8
Rope Jumping (66/Min)	9.8
Rope Jumping (70/Min)	10
Rope Jumping (84/Min)	10.5
Rope Jumping (100/Min)	11
Jogging, 6.8 Mph (11.0 Km/H)	11.2

HEART RATE AUTO PILOT MODE

The HR auto pilot mode only works in Fitness programs (Manual / 5K / Hill / Plateau / Interval / Custom). When you are exercising in a fitness program and decide to just maintain the HR level you are at currently you can just press auto pilot and the console will automatically switch to HR control and will maintain your current HR. To start the HR auto pilot mode follow the instructions below and the directions in the message window.

- Press the HR auto pilot key during the fitness programs. It is necessary to wear HR strap to enter this mode. If a HR is not detected the message window shows NO HEART RATE.
- At the end of the HR auto pilot program a workout summary will be displayed in the message window.

USING A HEART RATE TRANSMITTER

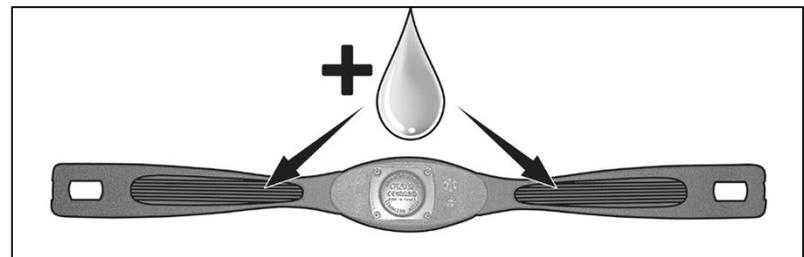
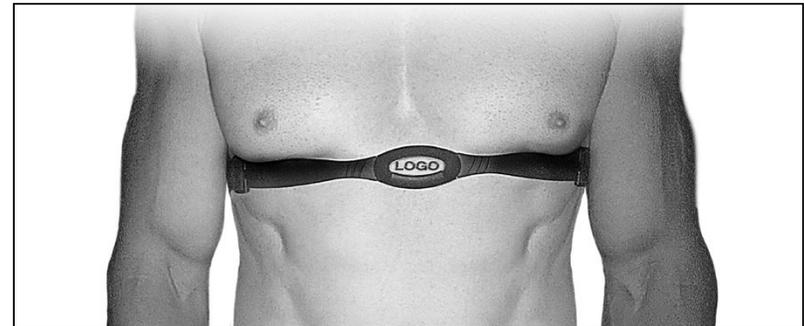
Note: The chest strap transmitter is not a standard part, but is a separate purchase. Most transmitters that operate at Bluetooth or ANT+ will also work.

How to wear your wireless chest strap transmitter?

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered 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.
- Position the transmitter immediately below the pectoral muscles.
- 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 black square areas on the reverse side of the belt and either side of 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. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
- 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). If your chest strap has a replaceable battery the replacement battery is CR2032.



CHEST STRAP WARNING* (NOT INCLUDED)

Erratic Operation

 Caution! Do not use this 4.0T 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 which may cause erratic heart rate:

1. Treadmills 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 your dealer.

HEART RATE PROGRAM OPERATION

To start the HR program follow the instructions below and follow the directions in the message window.

- Press the HR key to select the HR program (TA HR 65% / TA HR 80% /HR interval) and then press the confirm key to enter.
- The message Window will ask you to enter your age. You may enter your age, using the plus and minus key, then press the confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter your weight. You may adjust the weight number using the plus and minus keys, then press confirm to continue.
- Next is Time. You may adjust the Time and press enter to continue.
- Now you are asked to adjust the target HR. This is the 65% / 80% heart rate level you will experience during the program. Adjust the target number and then press confirm.
- 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 confirm key.

NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.

- If you want to increase or decrease the workload at any time during the program press the plus or minus keys. This will allow you to change your target heart rate at any time during the program.
- During the HR program you will be able to scroll through the data in the message window by pressing the display key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program.

HEART RATE EXERTION

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

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

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

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

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

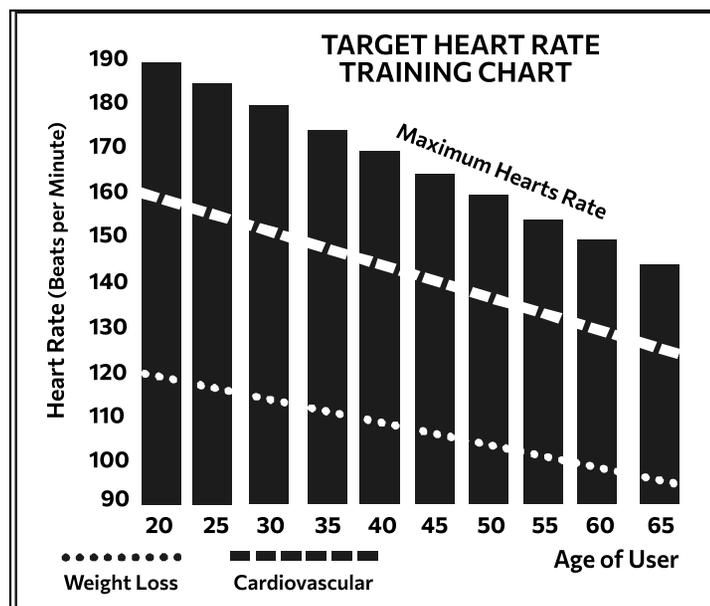
$180 \times .8 = 144$ beats per minute (80% of maximum)

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

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

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

With all Spirit Fitness Treadmills you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate.



HEART RATE - PERCEIVED EXERTION

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

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

The scale is as follows:

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending 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.

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

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.

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

MACHINE CARE - CONTINUED

Belt and deck

Your 4.0T uses a very high-efficient low-friction deck and belt. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

The low maintenance (routine monthly cleaning), dual-sided hard wax deck is designed to withstand up to 20,000 miles (32,000 kilometers) on each side. If the original side of the deck shows significant wear, it needs to be flipped. Contact your service technician for assistance. Do not apply any type of lubricant or wax to the surface.

Belt dust

This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General cleaning

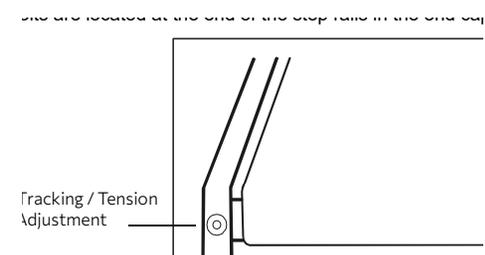
Dirt, dust, carpet fibers, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.** Do not attempt any servicing or adjustments other than those described in this manual. Opening the motor cover must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.

Belt adjustments

Running surface : 56 x 153 cm (22" x 60")

Tread-belt tension adjustment

Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 8mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.



Note: Adjustment is through small hole in the end cap.

MACHINE CARE - CONTINUED

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

Do not over tighten

Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt—located under the motor cover—that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

Treadbelt tracking adjustment

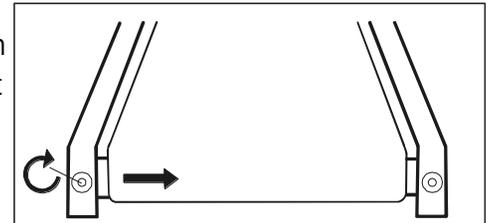
The treadmill is designed so that the belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to

center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

To set treadbelt tracking

An 8mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set the belt speed to 3 mph (5 km/hr). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.



If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/ running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

Remember, a small adjustment can make a dramatic difference!

TROUBLESHOOTING

Before contacting your dealer for aid, please review the following information. It may save you both time and expense.

Problem	Cause
Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure the plug is firmly pushed into 110 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped.
Belt does not stay centered Treadmill Belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See Maintenance section on Tread- belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	1. Reset power. If still no good contact service.
Circuit breaker trips, but not the treadmill circuit breaker	Need to replace the breaker with a “High Inrush current” type breaker
Treadmill will only achieve approximately 7 mph (11 kmph) but shows higher speed on display	This indicates motor should be receiving power to operate. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty, 16-gauge minimum, low voltage. Contact an electrician or your dealer.
Belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See Maintenance section on cleaning the deck. If cleaning doesn’t prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side.
Treadmill trip on board 20-amp circuit	High belt/deck friction. See Maintenance. If cleaning doesn’t prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped on its original side.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is crashing the computer. Refer to Grounding Instructions.

MACHINE CARE - CONTINUED - SCHEDULE

UNPLUG TREADMILL BEFORE PERFORMING ANY MAINTENANCE.

Task	How To	Daily	Weekly	Monthly	Semi-Annually	Annually
Wipe down unit	Damp cloth w/ Water	✓				
Clean under belt	Towel or vacuum			✓		
Check belt tension/tracking	Feel/visual		✓			
Clean under motor cover	Vacuum carefully				✓	
Check hardware	Wrench			✓		
Inspect for deck wear	Visual				✓	
Inspect drive belt	Visual				✓	

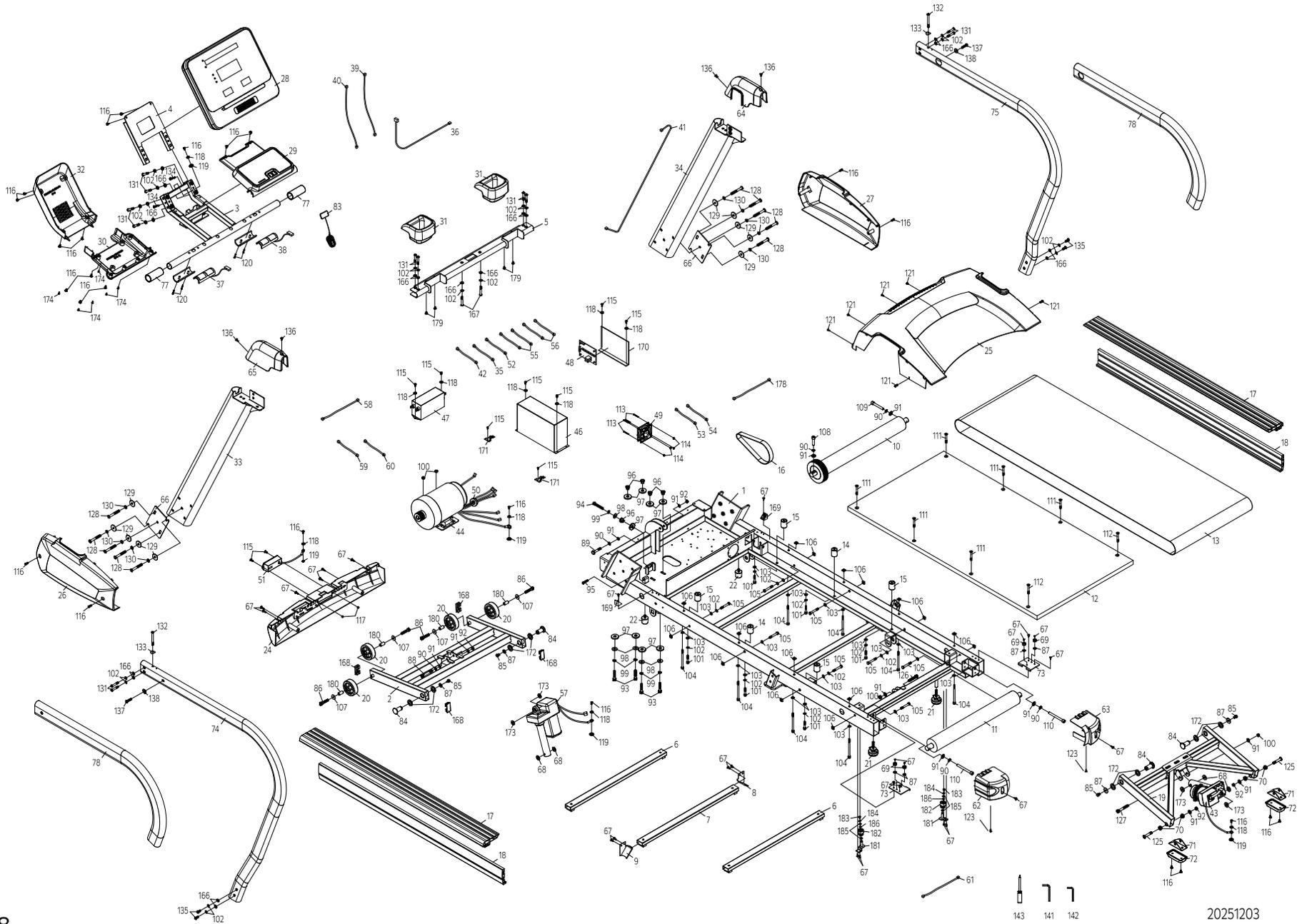
MAINTENANCE MODE

Console Software

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance mode press and hold down the Start, Stop and Confirm key. Keep holding the keys down for about 2 seconds and the Message Window will display “Maintenance mode”. Press the Confirm key to access the menu below:

- **Key test**
 - Will allow you to test all the keys to make sure they are functioning. Press all the keys one at a time.
- **Display test**
 - Tests all the display functions by lighting each LED light sequentially.
- **Functions (press Confirm to access menu)**
 - Unit
 - Set to English (imperial units) or metric display readings. The default is imperial, which means data such as bodyweight and height will be in pounds and inches.
 - Pause mode
 - Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely.
 - Odometer reset
 - Resets the odometer to zero (Time and distance)
 - Beep sound
 - Turn on or off the speaker to silence beeping sound.
 - LED Brightness
 - Adjust the LED brightness
 - Model
 - Select the kind of device
- **Service**
 - Brake Test
 - CSAFE Test
 - Test the CSAFE functions
- **ANT ID**
 - Adjust the ANT ID.
- **Update Code**
 - Switch bootloader on/off. The default is off.
- **Exit**
 - Press confirm key to leave maintenance mode and restart.

EXPLODED VIEW DIAGRAM



PARTS LIST

1	Main Frame	1
2	Incline Bracket	1
3	Console Support	1
4	Console Support	1
5	Handle Bar	1
6	Running Deck Stabilizer Assembly(A)	2
7	Running Deck Stabilizer Assembly(B)	1
8	Belt Guide(R)	1
9	Belt Guide(L)	1
10	Front Roller W/Pulley	1
11	Rear Roller	1
12	Running Deck	1
13	Running Belt	1
14	Cushion A	2
15	Cushion B	4
16	Drive Belt	1
17	Aluminum Foot Rail(122×39×1390L)	2
18	Aluminum Foot Rail(101×29×1390L)	2
19	Rear Incline Bracket	1
20	Transportation Wheel	4
21	Foot Pad	2
22	Incline Rubber Foot	2
24	Front Motor Cover	1
25	Motor Top Cover	1
26	Motor Base Cap (L)	1
27	Motor Base Cap (R)	1
28	Console Assembly	1
29	Switch Top Cover	1
30	Switch Bottom Cover	1
31	Drink Bottle Holder	2
32	Console Cover	1
33	Left Upright	1
34	Right Upright	1
35	200m/m_Ground Wire	1
36	550m/m_Computer Cable (Upper/Lower)	1
37	900m/m_Handpulse W/Cable Assembly(XHP-4)	1
38	900m/m_Handpulse W/Cable Assembly(XHP-3)	1
39	600m/m_Computer Cable	1

40	600m/m_Computer Cable (Upper)	1
41	Computer Cable(Lower)	1
42	300m/m_Connecting Wire	1
43	Incline Motor	1
44	AC Motor	1
46	Inverter	1
47	Filter	1
48	Inverter Board	1
49	Fan	1
50	Ø35 × 21 × 13L Ferrite Core	1
51	AC Electronic Module	1
52	450m/m_Connecting Wire (White)	1
53	Motor Fan Connecting Cable(White)	1
54	Motor Fan Connecting Cable (Black)	1
55	250m/m_Connecting Wire(White)	2
56	250m/m_Connecting Wire(Black)	2
57	Incline Motor	1
58	600m/m_Connecting Cable	1
59	300m/m_Ground Wire	1
60	450m/m_Connecting Wire (Black)	1
61	Power Cord(Optional)	1
62	Rear Adjustment Base (L)	1
63	Rear Adjustment Base (R)	1
64	Handgrip Cap (R)	1
65	Handgrip Cap (L)	1
66	Upright Fixing Plate	2
67	5 × 19m/m_Tapping Screw	26
68	Ø10 × Ø25 × 2.5T_Nylon Washer	4
69	Ø25 × Ø25 × 15T_Rubber Foot Pad	4
70	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	4
71	Foot Pad Bracket	2
72	Foot Pad	2
73	Adjustment Rail Pad	2
74	Handle Bar(L)	1
75	Handle Bar(R)	1
77	Handgrip Foam	2
78	Ø30 × 70 × 3T × 1160m/m_Handgrip Foam	2
83	Square Safety Key	1

PARTS LIST

84	Ø18 × Ø19 × 41L_Carriage Bolt	4
85	M8 × 12m/m_Hex Head Bolt	4
86	3/8" × 1-3/4" Socket Head Cap Bolt	4
87	Ø8.5 × Ø26 × 2.0T_Flat Washer	8
88	M10 × 65m/m_Hex Head Bolt	1
89	M10 × 50m/m_Hex Head Bolt	1
90	Ø10 × 1.5T_Split Washer	6
91	Ø3/8" × Ø19 × 1.5T_Flat Washer	12
92	M10 × P1.5 × 8T_Nylon Nut	4
93	3/8" × UNC16 × 1-1/2" Socket Head Cap Bolt	4
94	3/8" × 2-1/2" Hex Head Bolt	1
95	3/8" × UCN16 × 2" Socket Head Cap Bolt	1
96	Ø10 × Ø14 × 14L_Bushing	5
97	Ø13 × Ø35 × 5T_Nylon Washer	9
98	Ø3/8" × 35 × 2.0T_Flat Washer	5
99	Ø10 × 2.0T_Split Washer	5
100	3/8" × 7T_Nylon Nut	4
101	M8 × 1.25 × 40m/m_Socket Head Cap Bolt	6
102	Ø8 × 1.5T_Split Washer	28
103	Ø5/16" × 16 × 1.0T_Flat Washer	22
104	M8 × 1.25 × 90m/m_Socket Head Cap Bolt	8
105	M8 × 55m/m_Hex Head Bolt	8
106	M8 × 1.25 × 6.5T_Square Nut	16
107	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
108	M10 × 40m/m_Socket Head Cap Bolt	1
109	M10 × 80m/m_Socket Head Cap Bolt	1
110	M10 × 100m/m_Socket Head Cap Bolt	2
111	M8 × P1.25 × 55L_Flat Head Countersink Bolt	6
112	M8 × 35m/m_Flat Head Countersink Bolt	2
113	M3 × 40m/m_Phillips Head Screw	4
114	M3 × 5T_Nylon Nut	4
115	M5 × 12m/m_Phillips Head Screw	10
116	M5 × 12m/m_Phillips Head Screw	25
117	M5 × 5T_Nylon Nut	2
118	Ø5 × 1.5T_Split Washer	11
119	M5_Star Washer	5

120	3 × 20m/m_Tapping Screw	4
121	5 × 12m/m_Sheet Metal Screw	6
123	5 × 25m/m_Tapping Screw	2
125	M10 × P1.5 × 50L_Button Head Socket Bolt	2
126	3/8" × UNC16 × 1-1/2" Socket Head Cap Bolt	1
127	3/8" × UNC16 × 2-1/2" Socket Head Cap Bolt (Alloy Steel)	1
128	3/8" × 3" Button Head Socket Bolt	10
129	Ø3/8" × 35 × 2.0T_Flat Washer	10
130	Ø10 × 2.0T_Split Washer	10
131	M8 × 45m/m_Button Head Socket Bolt	12
132	M8 × 80L_Button Head Socket Bolt	2
133	Ø10 × Ø23 × 1.5T_Curved Washer	2
134	M5 × 40m/m_Phillips Head Screw	2
135	M8 × 20m/m_Button Head Socket Bolt	4
136	M5 × 12m/m_Phillips Head Screw	4
137	M8 × P1.25 × 35L_Button Head Socket Bolt	2
138	Ø5/16" × Ø35 × 1.5T_Flat Washer	2
141	L Allen Wrench	1
142	6mm Allen Wrench	1
143	Phillips Head Screw Driver	1
166	Ø8.5 × Ø16 × 1.5T_Flat Washer	18
167	M8 × 50m/m_Button Head Socket Bolt	2
168	25m/m × 50m/m_Square End Cap	4
169	Motor Cover Anchor(D)	2
170	Control Fixing Plate	1
171	Inverter Plate	2
172	Stable Wheel Spacer	8
173	Ø10 × Ø25 × 0.8T_Nylon Washer	4
174	3.5 × 12m/m_Sheet Metal Screw	6
178	Computer Cable	1
179	Ø4 × 16m/m_Sheet Metal Screw	4
180	Powder metallurgy Sleeve	4
181	Guide wheel Assembly Bracket	2
182	Cable Wheel	2
183	M5 × P0.8 × 10L_Flat Phillips Head Screw	2
184	C Ring	2
185	Ø10 × Ø15 × 1T_Flat Washer	4
186	Ø10 × 0.3T_Wave Washer	2

WARRANTY - COMMERCIAL

Effective December 08, 2025- 4.0T Treadmill LIMITED WARRANTY

Spirit Fitness warrants all its Treadmill 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 Warranty

*Prisons and correctional facilities are excluded from warranty coverage

Warranty	Parts	Labor
Commercial	5 Years	1 Year

RESPONSIBILITIES OF THE FACILITY

1. The facility is responsible for the items listed below:
2. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase, or completed online to validate the manufacturer's limited warranty.
3. Proper use of the fitness equipment in accordance with the instructions provided in this manual
4. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
5. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.
6. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
7. Damages to the fitness equipment finish during shipping, installation or following installation.
8. Routine maintenance of this unit as specified in this manual.

WARRANTY - CONTINUED

What is not covered?

EXCLUSIONS

This warranty does not cover the following:

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

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

WARRANTY - CONTINUED

Responsibilities of the Owner

SERVICE

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

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

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

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

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

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www.spiritfitness.com

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