

SPIRIT

powered by dyaco



4.0U Upright Bike

4.0U_740245_OM_20260109

Online Support



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



1-800-258-8511

questions@spiritfitness.com

Warranty Registration



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

Table of Contents

Product Registration	2
Warning / Safety Instructions	
Product Labels	3
Safety Instructions	4
Electrical Safety.....	6
Important Operation Instructions	6
Parts of your unit	7
Assembly Instructions	8
Setting up your bike	13
Console Operation	15
Program Operation	17
Heart Rate	28
Machine Care	33
Exploded View	35
Parts List.....	36
Warranty	38

PRODUCT REGISTRATION

Thank you for your recent purchase of the 4.0U. 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: 2.0
Revision: 01.09.2026

PRODUCT LABELS



SERIAL NUMBER STICKER

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



PROPOSITION 65 WARNING

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

SAFETY INSTRUCTIONS

To reduce risk of injury to persons:

Read all instructions before using this appliance.

 **WARNING** - 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. Keep children away from the bike. There are obvious pinch points and other caution areas that can cause harm.
3. Children should be supervised to ensure that they do not play with the device.
4. Keep hands away from all moving parts.
5. Never drop or insert any object into any openings.
6. Do not use outdoors.
7. Do not operate this product on deeply padded, plush or shag carpet. Damage to both carpet and product may result.
8. Do not attempt to use this product for any purpose other than for the purpose it is intended.
9. 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 aids in determining heart rate trends in general.
10. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
11. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your bike. Quality athletic shoes are recommended to avoid leg fatigue.
12. 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.
13. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
14. Notes on the correct posture and the fact the pedal crank training equipment of class B and C are not suitable for therapeutic purposes.
15. The bike is not a medical device.
16. Place the machine on a level surface. For ease of access, there should be an accessible space preferentially on both sides of the machine equal to 2 ft (0.6 meters) to allow a user access to the machine from either side. Do not place the machine in any area that will block any vent or air openings. The machine should not be located in a garage, covered patio, near water or outdoors.
- 17. User Weight Limit: 440 lb.**

SAFETY INSTRUCTIONS

Figure 1: Training Area

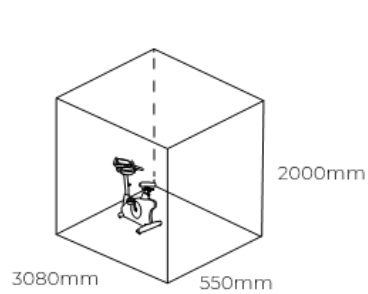
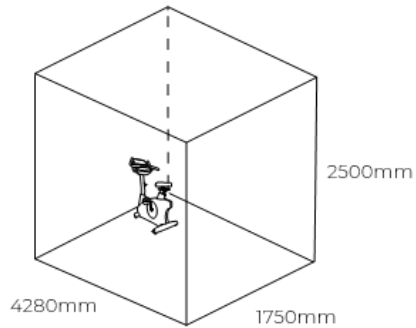


Figure 2: Free Area



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.

- Save these instructions - think safety!

ELECTRICAL SAFETY & OPERATION INSTRUCTIONS



WARNING!

- Be aware that the generator is producing A.C. power while the bike is being used. Do not service the bike while the generator is spinning; serious electric shock could occur.
- 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).



WARNING!

- Never operate this product without reading and completely understanding the results of any operational change you request from the console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment key. The console will obey the command gradually.
- Use caution while participating in other activities while pedaling on your product; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handle bar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.
- **SAVE THESE INSTRUCTIONS - THINK SAFETY!**

PARTS OF YOUR UPRIGHT BIKE



- A. Console
- B. Tablet Rack
- C. Pulse Grips
- D. Water Bottle Holder
- E. Seat
- F. Fore/Aft Seat Adjustment
- G. Vertical Seat Adjustment Knob
- H. Crank Arm
- I. Rear Stabilizer
- J. Pedal

PRE-ASSEMBLY

1. Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.
2. 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.

Tools:

- 13/15mm wrench
- 12/14mm wrench
- 6 mm L Allen wrench
- Phillips screwdriver

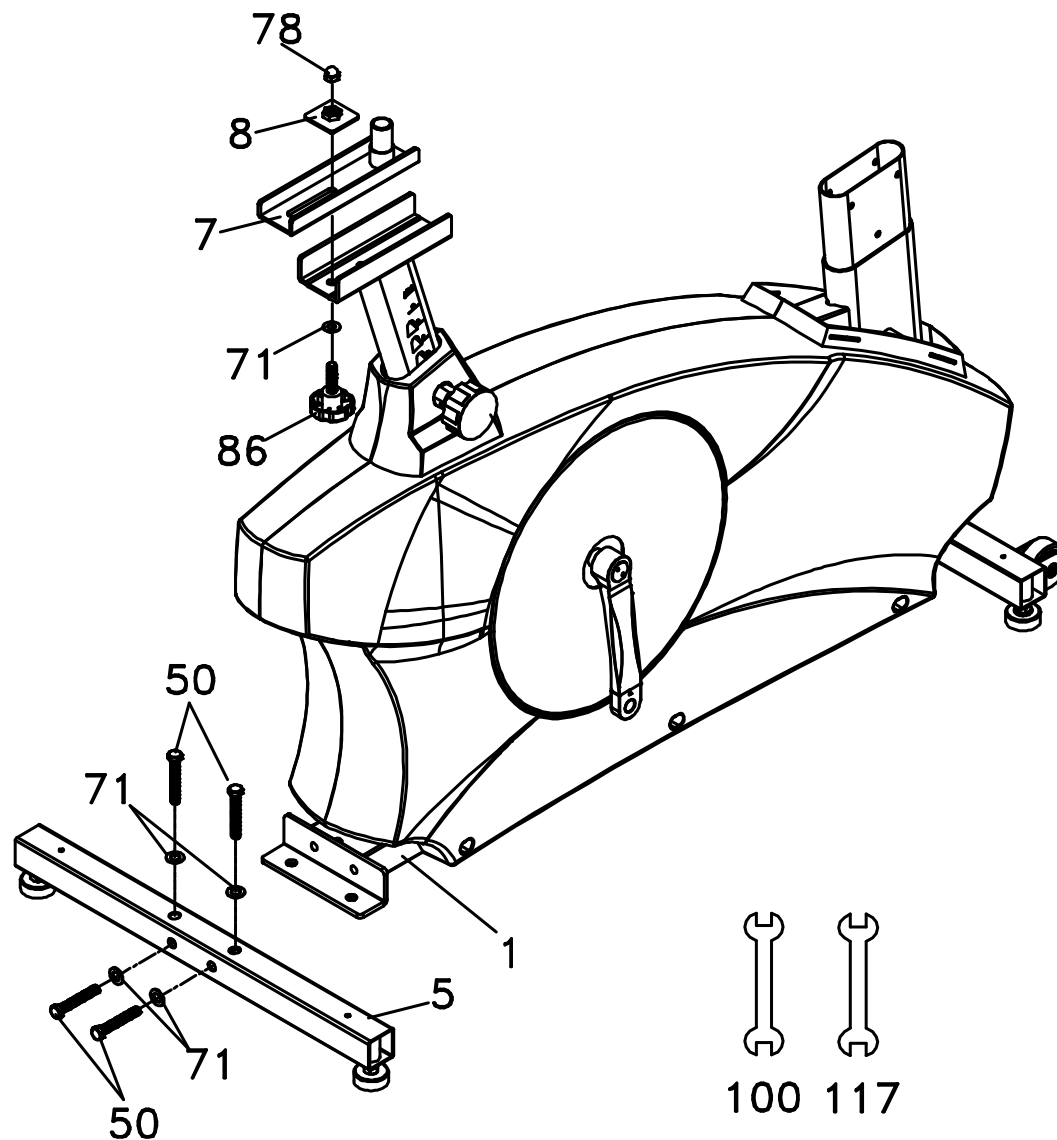
Parts Included:

- 1 main frame
- 1 rear stabilizer
- 1 console mast
- 1 handle bar
- 1 console mast cover
- 1 front stabilizer cover
- 1 rear stabilizer cover
- 1 console
- 1 drink bottle holder
- 2 pedals
- 1 hardware kit

ASSEMBLY - STEP ONE

1. Install the **rear stabilizer (5)** onto the **main frame (1)** with the four **hex head bolts (50)** and four **flat washers (71)**.
2. Install the **seat mount slide (7)** onto the track on top of the seat tube with the seat post facing forward with the **seat adjustment knob (86)**, **flat washers (71)**, **fixing plate (8)** and **nut (78)**.

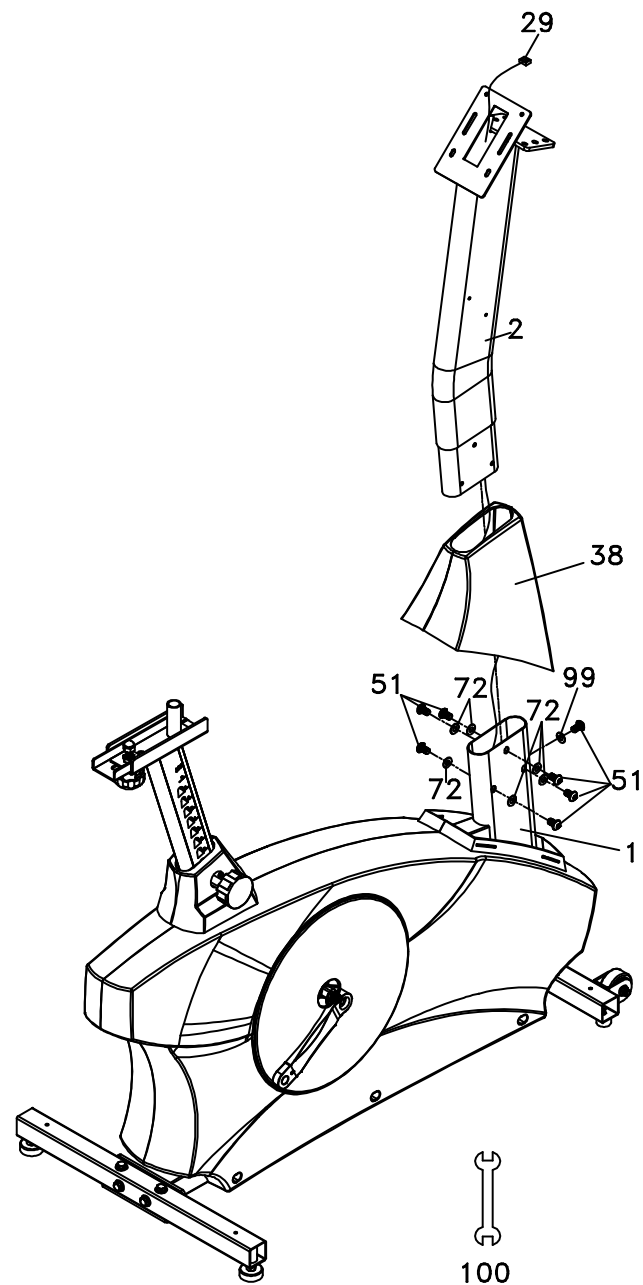
Hardware for Step 1			
Part	Type	Description	QTY
50	Hex Head Bolt	3/8" x 2-1/4"	4
71	Flat Washer	Ø3/8"	5
78	Cap Nut	3/8" x 12.5T	1



ASSEMBLY - STEP TWO

1. Run the **wiring harness (29)** through the **console mast (2)** and **console mast cover (38)** and out the top.
2. Assemble **console mast (2)** to **main frame (1)** with 6 **bolts (51)** and 6 **washers (72)** on the both side screws, 1 **bolt (51)** and 1 **curved washer (99)** on the front screw. Do not pinch any wires.

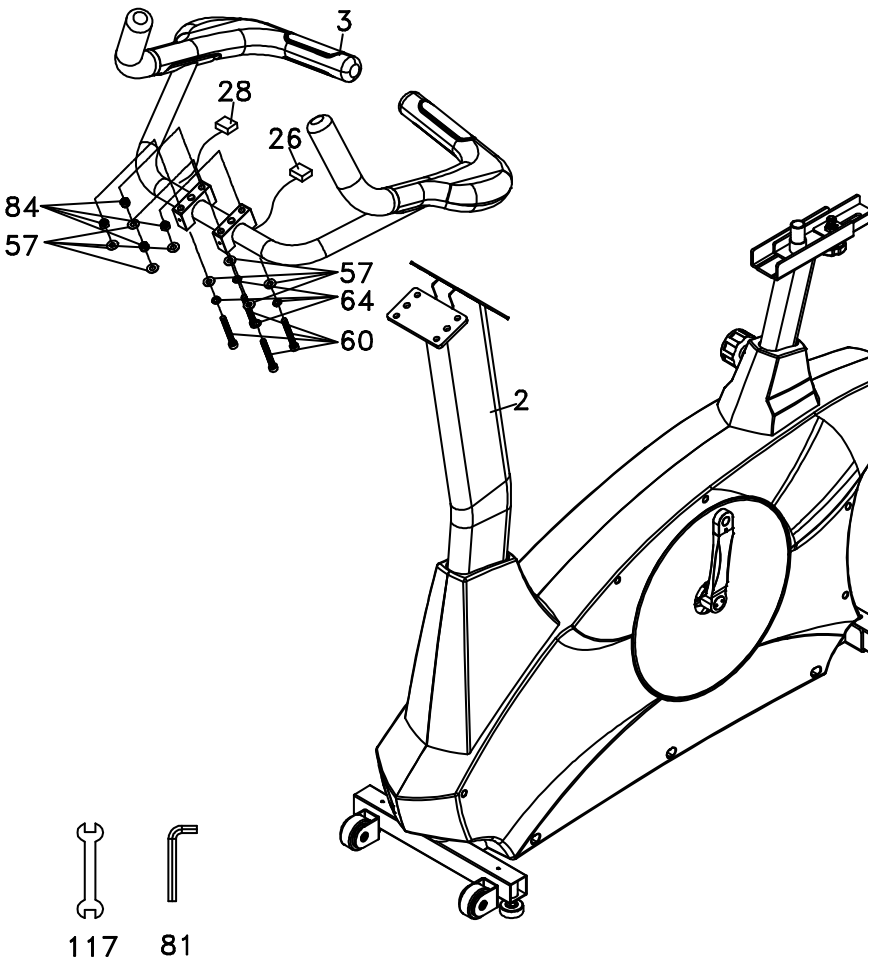
Hardware for Step 2			
Part	Type	Description	QTY
51	Hex Head Bolt	5/16" x 5/8"	7
72	Flat Washer	Ø5/16"	6
99	Curved Washer	Ø5/16"	1



ASSEMBLY - STEP THREE

- 1. Install the **handlebars (3)** to **console mast (2)** with 4 **bolts (60)**, 4 **lock washers (64)**, 8 **washers (57)**, and 4 **nuts (84)**.
- 2. Run the 2 **hand pulse wires (26 & 28)** into the hole in the handle bar mounting plate and out through the hole in the console plate.

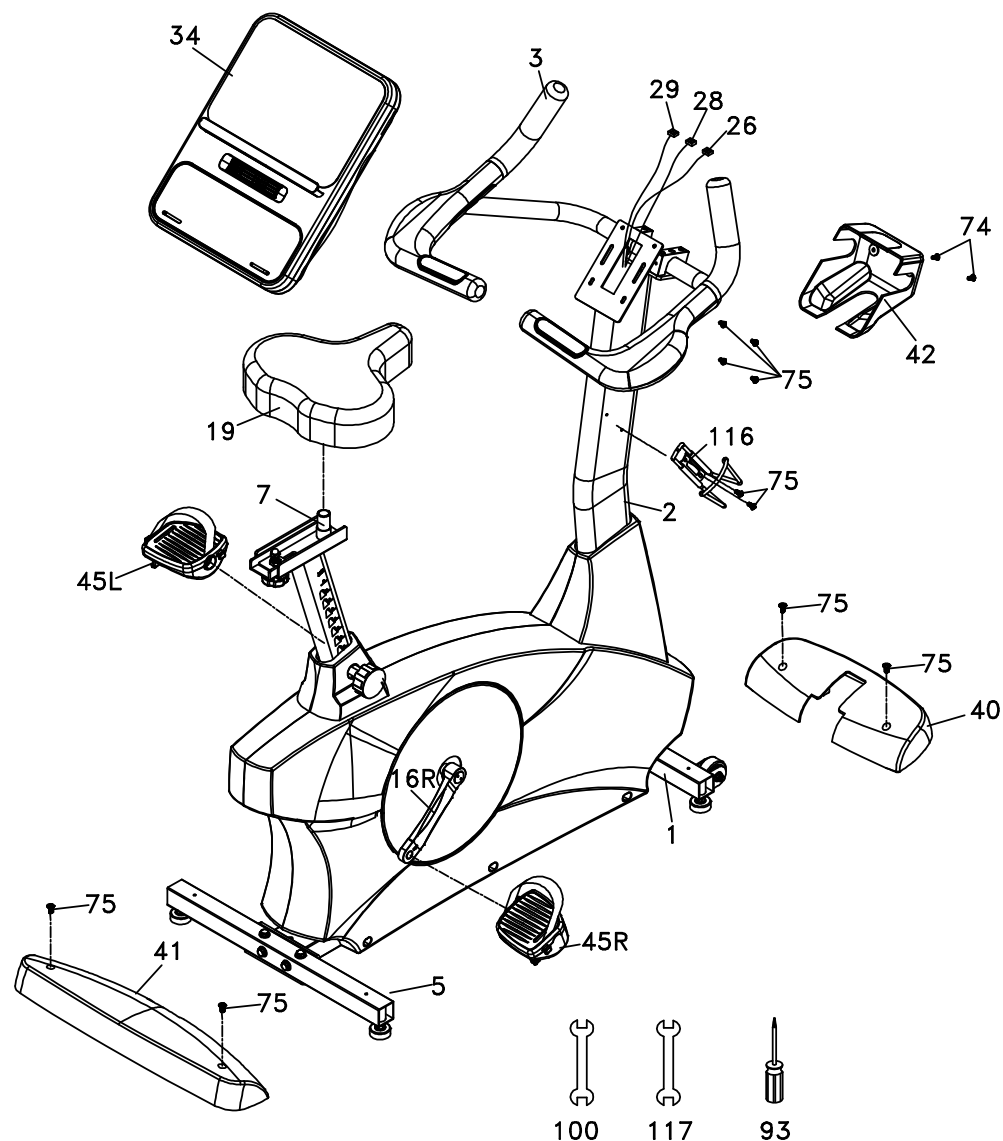
Hardware for Step 3			
Part	Type	Description	QTY
57	Flat Washer	Ø8.5	8
60	Socket head cap bolt	M8 x 65L	4
64	Split Washer	Ø8 x 1.5T	4
84	Nyloc Nut	M8 x 7T	4



ASSEMBLY - STEP FOUR

1. Connect **wiring harness (26 & 28 & 29)** to **console (34)**. Attach **console (34)** to **console mast (2)** using 4 **screws (75)**. Be careful not to pinch any wires.
2. Attach **console bracket cover (42)** to **handlebars (3)** using 2 **screws (74)**.
3. Install the **front stabilizer cover (40)** and the rear **stabilizer cover (41)** onto the **main frame (1)** with 4 **screws (75)**.
4. Attach **cup holder (116)** to **console mast (2)** using 2 **screws (75)**.
5. Install the **left and right pedals (45 L & 45 R)** onto the **left and right crank arms (16 L & 16 R)**. The left pedal has a reverse thread and will be screwed in with the opposite rotation. Make sure to tighten the pedals as much as possible.
6. Install the **seat (19)** onto the **seat post (7)**.

Hardware for Step 4			
Part	Type	Description	QTY
74	Philips head screw	M5 x 8L	2
75	Philips head screw	M5 x 12L	10



SETTING UP YOUR UPRIGHT BIKE

Powering On

The 4.0U has a built-in generator for power and does not need to be plugged into an AC outlet. To power up the bike simply start to pedal, the console will turn on automatically.

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 4.0U.

Leveling the 4.0U

Once the 4.0U is assembled, and placed on a flat level floor, it may be necessary to adjust the leveling glides on the bottom of the 4.0U to ensure proper stability of the 4.0U. Use a 1/2" wrench to loosen the top nut of the leveler. Adjust the levelers by hand as necessary to remove any wobble in the 4.0U. Then tighten the top nut against the bottom of the stabilizer tube. Make sure the bottom nut remains cinched against the leveling foot.

Adjusting the seat vertical position

To raise the seat position, loosen the knob one or two turns and lift up from under the rear of the seat. The Knob has a spring-loaded pin that will automatically seat in the slots in the seat post at each position. Once the seat is at the desired setting, tighten the knob to ensure the seat post won't accidentally slide downward during use. To lower the seat, loosen the knob then hold under the rear of the seat and pull the knob out to disengage the pin from the seat post. You can then lower the seat position to just below the desired setting then release the knob and pull the seat up until the pin clicks into place and tighten the knob. There is a numbered scale located on the seat post, under the seat, for repeatable settings.

Adjusting the seat fore/aft position

Loosen the knob and slide the seat to the desired position. There is a numbered scale located on the seat slide, under the rear of the seat, for repeatable settings.

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.

QUICK START

1. 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. The bike will get harder to pedal as the rows increase.
2. 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 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and higher performance training.

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 key pad 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 button again will bring you back to the first set of information as beginning.

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 or start pedaling.

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 manual key 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.
- The program automatically starts you 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 work load at any time press the Plus key; the Minus key will decrease the workload.
- 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!

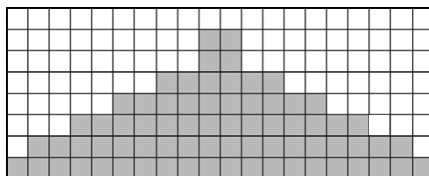
PRESET PROGRAMS

The bike has three 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 level) for each program before beginning.

PROGRAMS PRESET - CONTINUED

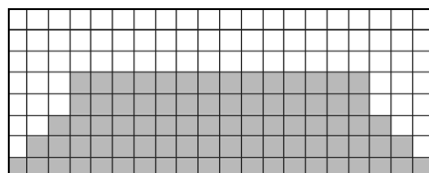
Hill

This program follows a triangle or pyramid type of gradual progression to simulate going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



Plateau

The Plateau program provides a steady state 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 cardio vascular 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. You may adjust the Time and press confirm to continue.
- Now you are asked to adjust the max level. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press confirm.
- Now you are finished editing the settings and can begin your workout by pressing the start button. 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 work.
- 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 Enter key to begin programming.
- When you press confirm, the message window will show “name – a”, if there is no name saved. If the name “custom workout” had been previously saved the message window will show “name – custom workout” 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 adjust the max level. This is the peak exertion level you will experience during the program. Adjust the level and then press confirm.
- Now the first column will be blinking and you are asked to adjust the level 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.
- The message window will then tell you to press confirm to save the program. After saving the program the message window says “new program saved” 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).
- Running a saved program – Enter the custom program then press confirm key.
- Enter time and press confirm. Then press start to begin program.

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. The test will take anywhere between 6 to 15 minutes to complete, depending on the fitness level of the user. The test ends when the user's heart rate reaches 85% of maximum at any time during the test, or the heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be displayed.

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.

Workload chart for male or very fit female

1st Stage				50 watts - 300 kgm/min					
HR		< 90			90 -105			> 105	
2nd Stage		150 watts - 900 gm/min			125 watts - 750 gm/min			100 watts- 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	225 watts - 1350 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	125 watts- 750 kgm/min

Workload chart for female or de-conditioned male

		1st Stage	25W 150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min	50W 300 kgm/min
3rd Stage	150W 900 kgm/min	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min
4th Stage (if needed)	175W 1050 kgm/min	150W 900 kgm/min	117W 700 kgm/min	100W 600 kgm/min

VO2 - CONTINUED

VO2 test programming

- Press the VO2 button and press enter.
- The message window will prompt you to enter your Gender. Use the Up and Down keys to change and press the Enter key to accept and proceed on to the next screen.
- You are now prompted to enter your Age. You may adjust the age using the Up or Down key then press enter to continue.
- You are now prompted to enter your Weight. You may adjust the weight using the Up or Down key then press enter to continue.
- Now press Start to begin the test.

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.
- Adjust the seat to the proper position so that when your leg is extended during pedaling there is a slight bend at the knee of about 5 degrees.
- Make sure you have warmed up and stretched before taking the test.
- Do not take caffeine before the test.

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 user must maintain a steady 50 RPM pedal speed. If the pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound and the RPM number will flash until the speed is within this range.

- You may scroll through the various data readings in the message window by pressing the Display button under the message window.
- The message window will always display your pedal speed on the right side to help you maintain 50 RPM.
- The data shown during the test is
- Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
- Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
- HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
- Time is the total elapsed time of the test.

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

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 / 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 5kHz frequency will also work.

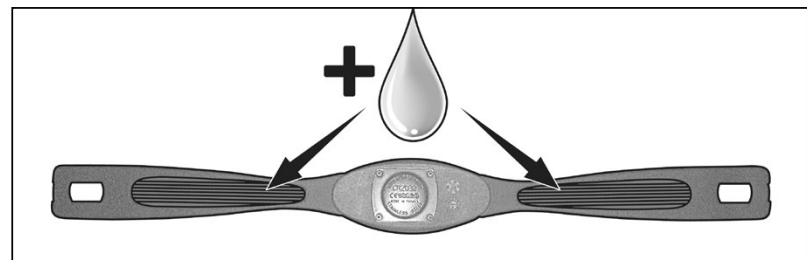
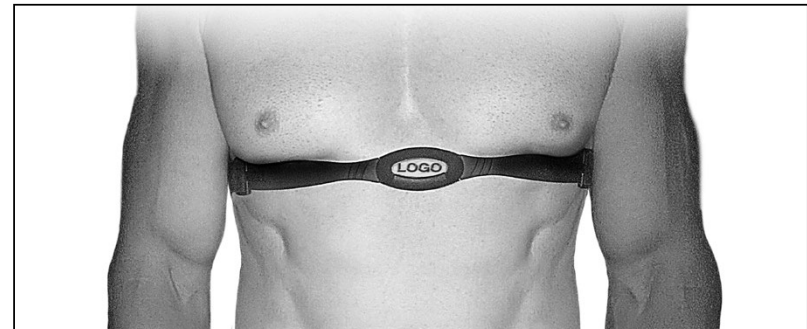
How to wear your wireless chest strap transmitter?

- 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.

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

If you continue to experience problems contact 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)

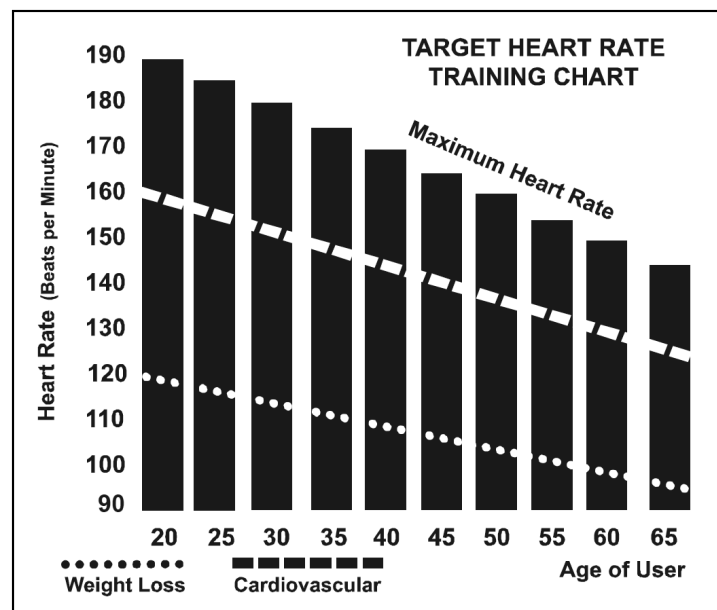
$180 \times .8 = 144$ beats per minute (80% of maximum)

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 Recumbent Bikes 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. Wipe down all areas in the sweat path with a damp cloth after each use to prevent rust.
2. Check the pedal to make sure they are tight (monthly).
3. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - 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.
 - The crank arm nut and/or the pedals need to be retightened.
4. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 1/2" (14mm) wrench (or adjustable wrench) to adjust the levelers.

Post-Workout Machine Care

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

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

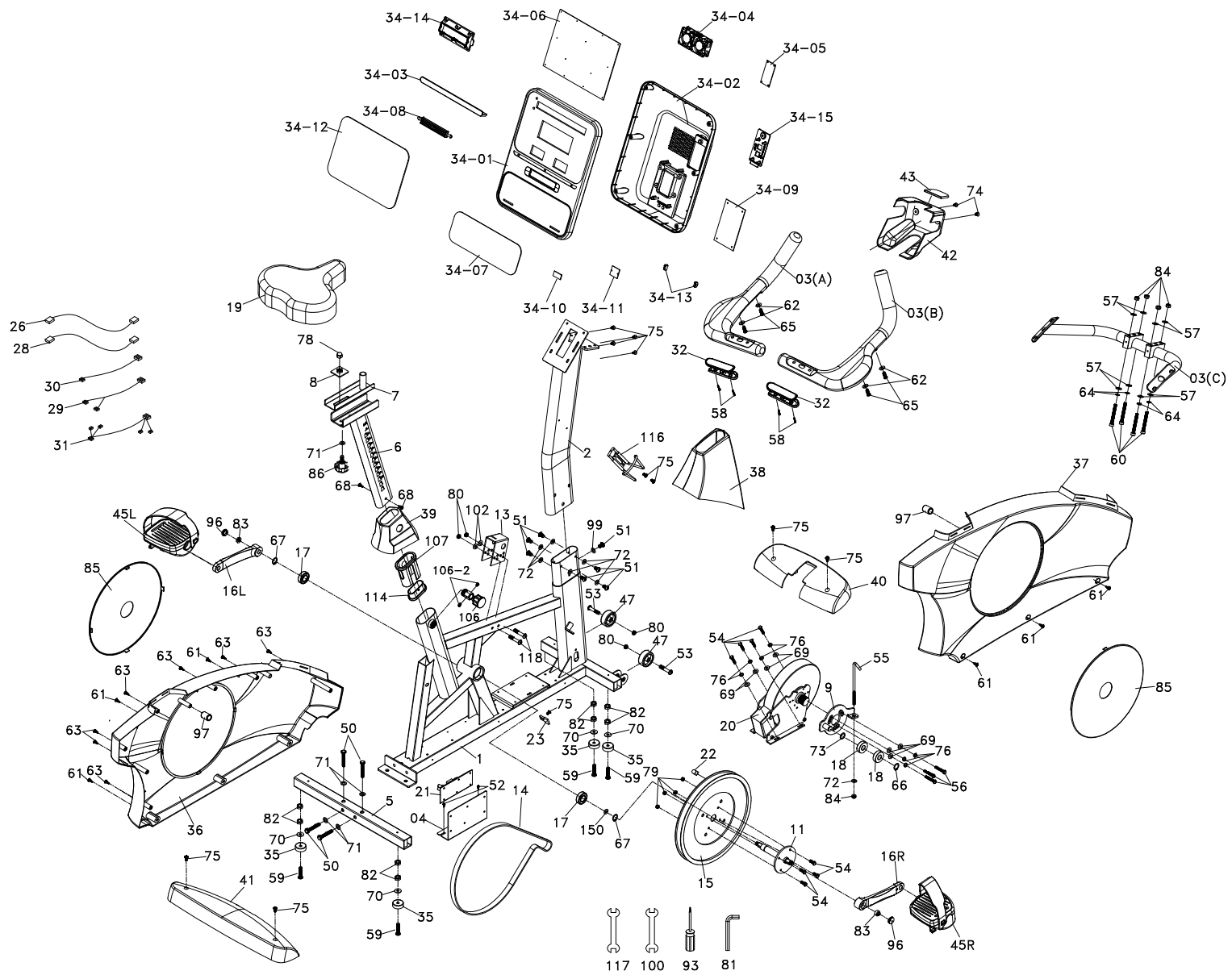
MACHINE CARE

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 enter 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
 - Adjust PWM value
 - 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	Console Mast	1
3(A)	Seat Handle Bar (L)	1
3(B)	Seat Handle Bar (R)	1
3(C)	Rear Folding End Assembly	1
4	Plate	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
9	Idler Wheel Assembly	1
11	Crank Axle	1
13	Chain Cover Bracket	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm (L)	1
16R	Crank Arm (R)	1
17	6004 Bearing	2
18	6203 Bearing	2
19	Seat	1
20	Induction Brake	1
21	Generator/Brake Controller	1
22	Magnet	1
23	Sensor W/Cable	1
26	950m/m Handpulse Wire (XHP-3)	1
28	950m/m Handpulse Wire (XHP-4)	1
29	2100m/m Computer Cable	1
30	200m/m Wire Brake Coil Harness	1
31	Generator Wire Harness	1
32	30m/m Handpulse Assembly	2
34	Console Assembly	1

34~01	Console Top Cover	1
34~02	Console Bottom Cover	1
34~03	Book Rack	1
34~04	Fan Assembly	1
34~05	Interface Board	1
34~06	Console Display Board	1
34~07	Resistance Button W/Cable	1
34~08	Deflector Fan Grill	1
34~09	Bluetooth	1
34~10	CSAFE W/Board	1
34~11	Interface Board	1
34~12	Faceplate Label	1
34~13	Fan Grill Anchor	2
34~14	Wind Duct	1
34~15	End Cap	1
35	Rubber Foot	4
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
39	Seat Post Cover	1
40	Front Stabilizer Cover	1
41	Rear Stabilizer Cover	1
42	Rear Cover	1
43	End Cap	1
45	Pedal (L.R)	1
47	Transportation Wheel	2
50	3/8" × 2-1/4" Hex Head Bolt	4
51	5/16" × 5/8" Hex Head Bolt	7
52	5 × 19m/m Tapping Screw	2
53	5/16" × 1-3/4" Button Head Socket Bolt	2
54	1/4" × 3/4" Hex Head Bolt	8
55	M8 × 170m/m J Bolt	1

PARTS LIST

56	M6 × 15m/m Phillips Head Screw	3
57	Ø8.5 × Ø18 × 1.5T Flat Washer	8
58	3 × 20m/m Tapping Screw	4
59	3/8" × 2m/m Flat Head Socket Bolt	4
60	M8 × P1.25 × 65L Socket Head Cap Bolt	4
61	Ø5 × 16m/m Tapping Screw	6
62	Ø8 × Ø19 × 2T Flat Washer	4
63	Ø3.5 × 16m/m Sheet Metal Screw	7
64	Ø8 × 1.5T Split Washer	4
65	M8 × 20L Button Head Socket Bolt	4
66	Ø17 C Ring	1
67	Ø20 C Ring	2
68	4 × 12m/m Sheet Metal Screw	2
69	1/4" × 13 × 1T Flat Washer	7
70	Ø3/8" × Ø19 × 1.5T Flat Washer	4
71	Ø3/8" × Ø25 × 2.0T Flat Washer	5
72	Ø5/16" × Ø18 × 1.5T Flat Washer	7
73	Ø17 × 23.5 × 1T Flat Washer	1
74	M5 × P0.8 × 8L Phillips Head Screw	2
75	M5 × 12L Phillips Head Screw	11
76	Ø1/4" Split Washer	7
78	3/8" × UNC16 × 12.5T Cap Nut	1
79	1/4" × 8T Nyloc Nut	4
80	5/16" × 6T Nyloc Nut	4
81	6 L Allen Wrench	1
82	3/8" × 7T Nut	8
83	M10 × P1.25 × 10T Nut	2
84	M8 × 7T Nyloc Nut	5
85	Round Disk	2
86	Fore Aft Adjustment Knob	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2

97	Spacer for Stopper Axle	2
99	Ø5/16" × 19 × 1.5T Curved Washer	1
100	12/14m/m Wrench	1
102	Ø5/16" × 16 × 1.0T Flat Washer	2
106	Knob Adjustor	1
106~2	M4 × 5L Phillips Head Screw	2
107	Slider Sleeve	1
114	Slide Spacer	1
116	Drink Bottle Holder	1
117	13/15m/m Wrench	1
118	5/16" × 2-1/4" Hex Head Bolt	2
150	Rubber Pad	1

WARRANTY - COMMERCIAL

Effective October 03, 2025- **4.OU Upright Bike LIMITED WARRANTY**

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

Commercial 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 Upright Bike not requiring component replacement, or Upright Bike not in ordinary household or light commercial use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in prisons and correctional facilities.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

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

WARRANTY - CONTINUED

Responsibilities of the Owner

SERVICE

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

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

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

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

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

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

www.spiritfitness.com

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