

# SPIRIT



*XT200 / XT600  
Motorized Treadmill*



*XT800  
Motorized Treadmill*

## **OWNER'S MANUAL**

**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE  
OPERATING YOUR NEW TREADMILL!**

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***ATTENTION-THIS TREADMILL IS INTENDED FOR RESIDENTIAL USE ONLY AND IS WARRWNTED FOR THAT APPLICATION. ANY OTHER APPLICATION VOIDS THIS WARRANTY IN ITS ENTIRETY.***

# SPIRIT

**CONGRATULATIONS ON YOUR  
NEW TREADMILL AND WELCOME  
TO THE SPIRIT FAMILY!**

Thank you for your purchase of this quality treadmill from Spirit Manufacturing, Inc. Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this treadmill is your administrator for all Spirit warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new treadmill.

Yours in Health,  
Spirit Manufacturing, Inc.

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

Purchase Date \_\_\_\_\_

## ***Product Registration***

### **RECORD YOUR SERIAL NUMBER**

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

Serial Number \_\_\_\_\_

### **REGISTER YOUR PURCHASE**

The self-addressed product registration card must be completed in full and returned to Spirit Manufacturing, Inc.

# ***Important Safety Instructions***

**WARNING** - Read all instructions before using this appliance.

**DANGER** - To reduce the risk of electric shock disconnect your Spirit treadmill from the electrical outlet prior to cleaning and/or service work.

**WARNING** - 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.

**DO NOT USE AN EXTENSION CORD: 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. See Grounding Instructions, page 3.**

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- 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.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- 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.

**Remove tether cord after use to prevent unauthorized treadmill operation.  
SAVE THESE INSTRUCTIONS - THINK SAFETY!**

## ***Important Electrical Information***

### **WARNING!**

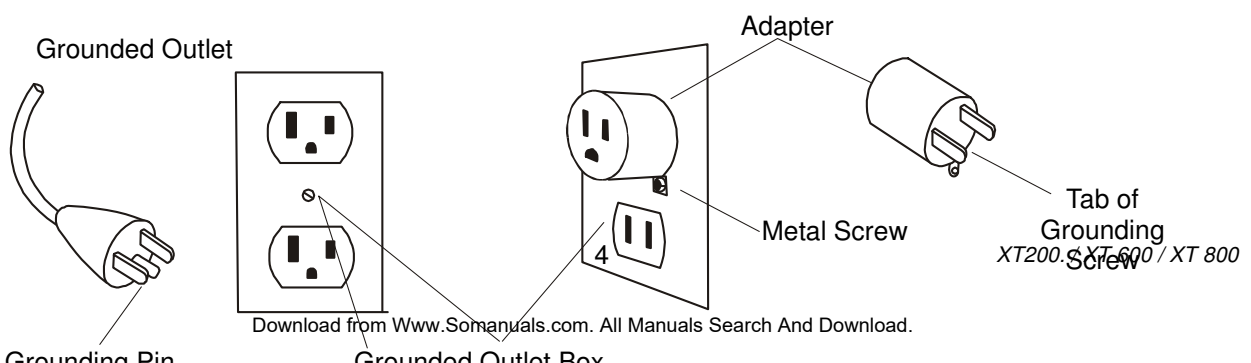
- **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- **NEVER** remove any cover without first disconnecting AC power.
- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide, page 27.
- **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

## ***Grounding Instructions***

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

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

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



- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Spirit 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 Spirit dealer.

## ***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 tread-belt.

Pulling this safety tether cord will stop tread-belt movement.

### **To Use:**

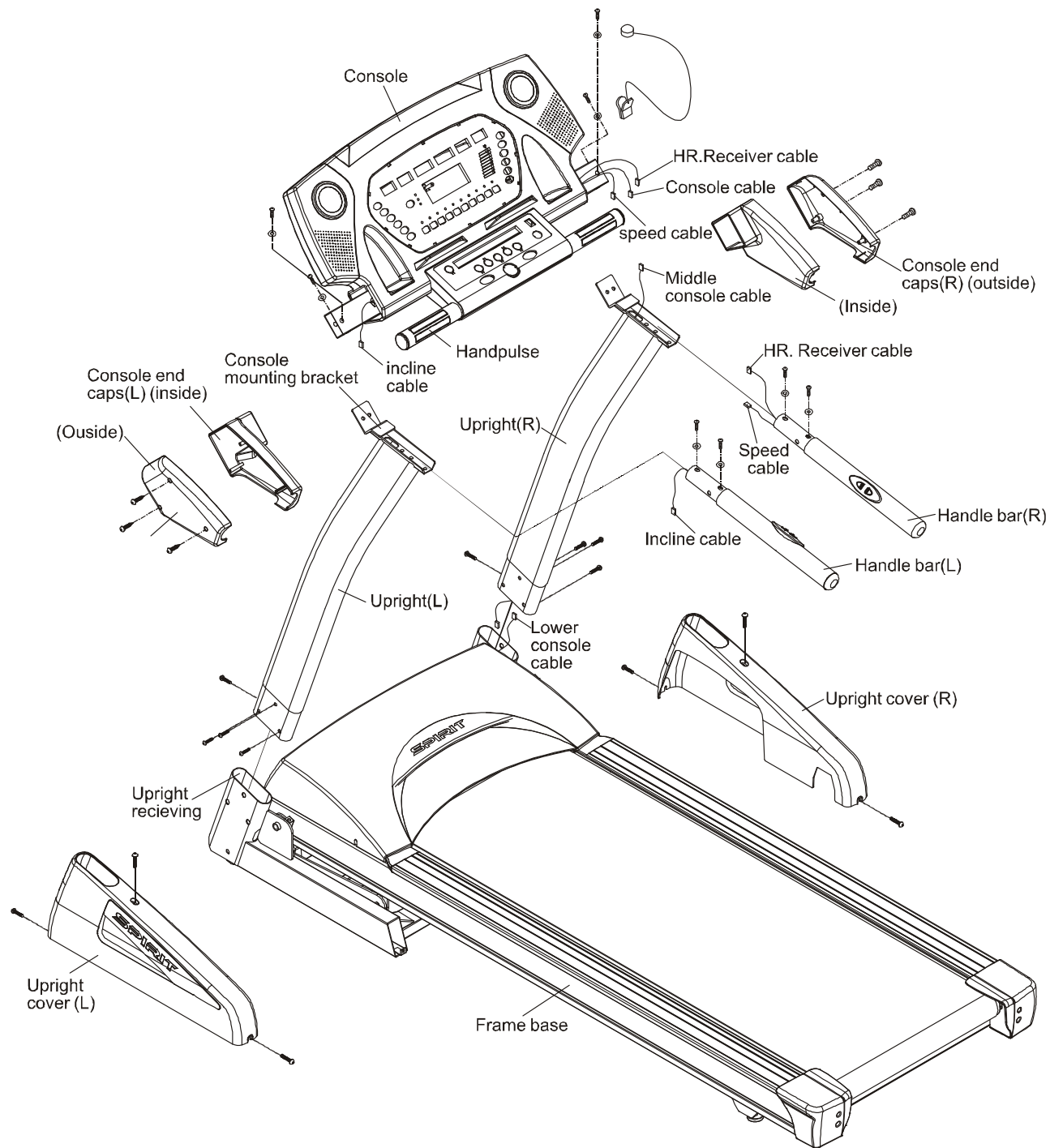
1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. 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 red Stop / Pause switch in normal operation.



# Assembly Instructions (XT200 / XT600)





## **ASSEMBLY PACK CHECK LIST (XT200 /XT600)**

- (8 pcs) 5/16" x 15m/m Button Head Socket Screw
- (4 pcs) 5/16" x 2" Button Head Socket Screw
- (4 pcs) 8 x 23 x 1.5T Curve Washer
- (2 pcs) 5/16" x 2-3/4" Button Head Socket Screw
- (2 pcs) 5/16" x 1-1/2" Button Head Socket Screw
- (4 pcs) 8 x 23 x 1.5T Flat Washer
- (6 pcs) 3.5x38 m/m Self Tapping Screw
- (1pc) Safety Key
- (1 pc) Deck / Belt Lubricant
- (1 pc) Combination M5 Allen Wrench & Screwdriver
- (1 pc) M6 Allen Wrench

## **Assembly (XT200 /XT600)**

Unpack the treadmill and locate the hardware pack. The hardware pack is separated into: one section containing tools and four sections labeled steps 1-4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix-ups.

### **STEP 1**

1. Take the Left and Right upright tubes and slip the upright covers onto the tubes (observe the cover orientation is correct). Connect the Middle Console Cable that exits from the bottom of the right upright tube with the lower Console Cable. Install the Left and Right (L & R) Uprights into the Left and Right Receiving Tubes. **Be careful not to pinch the wire when installing the upright.**
2. Install and hand tighten the 2pcs of 3/8" x 2" Button Head Socket Screw and 2pcs of 3/8" split washer into the top hole on the sides of the L & R tubes. Then install and hand tighten the 6pcs of 5/16"x 5/8" Button Head Socket Screw in the remaining holes on the sides and front of the L & R tubes. **Do not tighten these screws until assembly is complete.**

## STEP 2

1. Mount the L&R Handle bars onto Handle bar mounting plates at the top of the upright tubes with 4pcs of 5/16" x 2" Button Head Socket Screw and 4pcs of curved washer. **NOTE: The L&R handle bars are different. The Right handle bar has two wires and the switches on the handle bar say "Fast and Slow" while the Left handle bar switch says "Up and Down".**

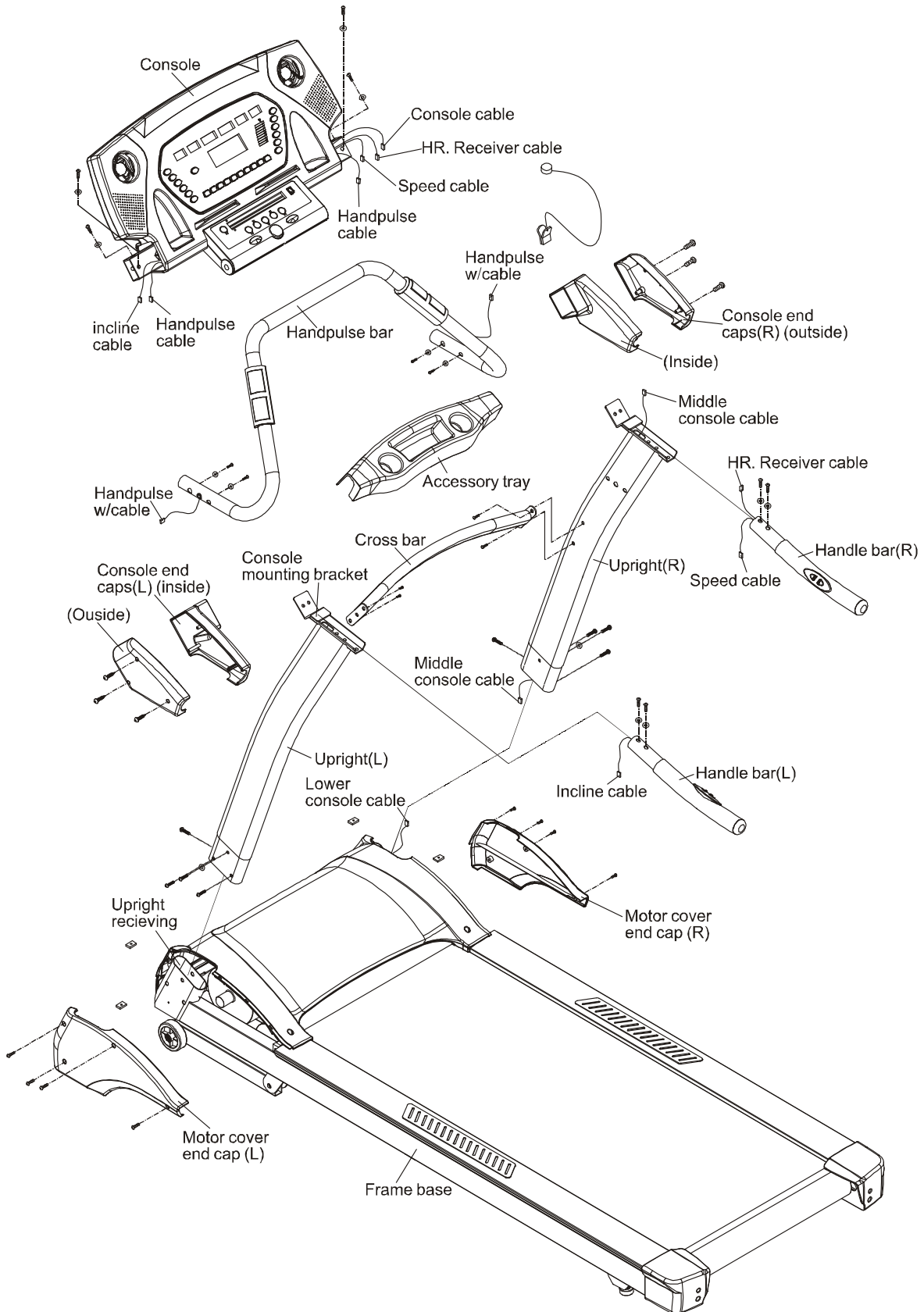
## STEP 3

1. Install the L & R **inside** console end caps onto the ends of the 1-1/4" X 2-3/8" console mounting tube. Ensure the end caps are oriented correctly and facing the correct direction (see diagram). Also ensure that the wiring is fed through the end caps.
2. Place the console onto the L & R mounting brackets at the top of the upright tubes. Then install and hand tighten the 2 pcs. of 5/16" x 2-3/4" Hex Head Screw and flat washers through the hole in the top of the 1-1/4" X 2-3/8" console mounting tube and the 2 pcs. Of 5/16" x 1-1/2" Button Head Socket Screw and flat washers through the hole in the front of the 1-1/4" X 2-3/8" console mounting tube.
3. Connect all of the connectors from the console to the mating connectors at the top of the upright tubes. There should be three connectors on the right side and one connector on the left side.
4. Install the outside pieces of the console end caps with 6pcs of 3.5mm x 25mm Phillips head Screw. (Be careful, don't cut the wires.)

## STEP 4

1. Tighten all the screws securely from the previous steps.
2. The mounting screws for the Upright covers are screwed into the base of the treadmill. You must remove these first. Install the 6pcs of 3.5mm x 25mm Phillips head Screw into the upright covers.

# Assembly Instructions (XT800)



## **ASSEMBLY PACK CHECK LIST (XT800)**

- (2 pcs) 3/8" x 2" Button Head Socket Screw
- (10 pcs) 5/16" x 15m/m Button Head Socket Screw
- (2 pcs) 3/8" x 2T Spring Washer
- (4 pcs) 5/16" x 2" Button Head Socket Screw
- (2 pcs) 5/16" x 2-3/4" Hex Head Screw
- (2 pcs) 5/16" x 1-1/2" Button Head Socket Screw
- (4 pcs) 8 x 23 x 1.5T Flat Washer
- (8 pcs) 8 x 23 x 1.5T Curve Washer
- (4 pcs) 5/16" x 1-3/4" Button Head Socket Screw
- (4 pcs) M5 Iron Plate Nut
- (2 pcs) 5x16 m/m Tapping Screw
- (6 pcs) 5 x 16 m/m Tapping Screw
- (6 pcs) 3.5x38 m/m Self Tapping Screw
- (1pc) Safety Key
- (1 pc) Deck / Belt Lubricant
- (1 pc) Combination M5 Allen Wrench & Screwdriver
- (1 pc) M6 Allen Wrench
- (1 pc) 12m/m Wrench

## **Assembly (XT800)**

Unpack the XT800 and locate the hardware pack. The hardware pack is separated into: one section containing tools and four sections labeled steps 1- 4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix-ups.

### **STEP 1**

- 1 Take the Right upright tube and connect the Middle Console Cable that exits from the bottom of the tube, with the lower Console Cable. Install the Left and Right (L & R) Uprights into the Left and Right Receiving Tubes. **Be careful not to pinch the wire when installing the upright.**
- 2 Install and hand tighten the 2pcs of 3/8" x 2" Button Head Socket Screw and 2pcs of 3/8" split washer into the top hole on the sides of the L & R tubes. Then install and hand tighten the 6pcs of 5/16"x 15mm Button Head Socket Screw in the remaining holes on the sides and front of the L & R tubes. **Do not tighten these screws until assembly is complete.**

## STEP 2

1. Install the L & R **inside** console end caps onto the ends of the 1-1/4" X 2-3/8" console mounting tube. Ensure the end caps are oriented correctly and facing the correct direction (see diagram). Also ensure that the wiring is fed through the end caps.
2. Place the console onto the L & R mounting brackets at the top of the upright tubes. Then install and hand tighten the 2 pcs. of 5/16" x 2-3/4" Hex Head Screw and flat washers through the hole in the top of the 1-1/4" X 2-3/8" console mounting tube and the 2 pcs. Of 5/16" x 1-1/2" Button Head Socket Screw and flat washers through the hole in the front of the 1-1/4" X 2-3/8" console mounting tube
3. Mount the L&R Handle bars onto Handle bar mounting plates at the top of the upright tubes with 4pcs of 5/16" x 2" Button Head Socket Screw and 4pcs of curved washer. **NOTE: The L&R handle bars are different. The Right handle bar has two wires and the switches on the handle bar say "Fast and Slow" while the Left handle bar say "Up and Down".**

## STEP 3

1. Install Hand pulse Bar onto the inside of the Left and Right upright tubes with 4pcs of 5/16" x 1-3/4" Button Head Socket Screw and 4pcs of curved washer (hand tighten only). Carefully feed the wires on the sides into the center hole in the upright and snake them out of the top of the uprights.
2. Install the cross bar into the Left and Right uprights with 4pcs of 5/16" x 5/8" Button Head Socket Screw.
3. Tighten all the screws installed in steps 1-3 above.

## STEP 4

4. Connect all of the connectors from the console to the mating connectors at the top of the upright tubes. There should be 4 connectors on the right side and two connectors on the left side.
5. Put the 4pcs of Tinnerman clip fastener onto the sides of the motor cover. There are two places for the clips on either side of the motor cover that look like an upside down "U". They are located on the small lip on the side of the motor cover. Install the L&R motor cover end caps with 2pcs of 5mm x 16mm self tapping screw and 6pcs of 5mm x 16mm self tapping Screw.
6. Install the outside pieces of the console end caps with 6pcs of 3.5mm x 25mm Button Head Socket Screw. (Be careful, don't cut the wires.)
7. Attach the accessory tray onto the cross bar.

## ***XT200 / XT600 Folding Instructions***

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

### ■ **To Fold The Treadmill:**

**Make certain the treadmill is at minimum incline.** Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

### ■ **To Unfold The Treadmill:**

Apply slight forward pressure\* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

\*At the rear roller area to relieve pressure on the locking system.

## ***Transport***

### ■ **XT200 / XT600**

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away.

### ■ **XT800**

Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.



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