

SPIRIT



XT375 / XT475
Motorized Treadmill



XT675
Motorized Treadmill

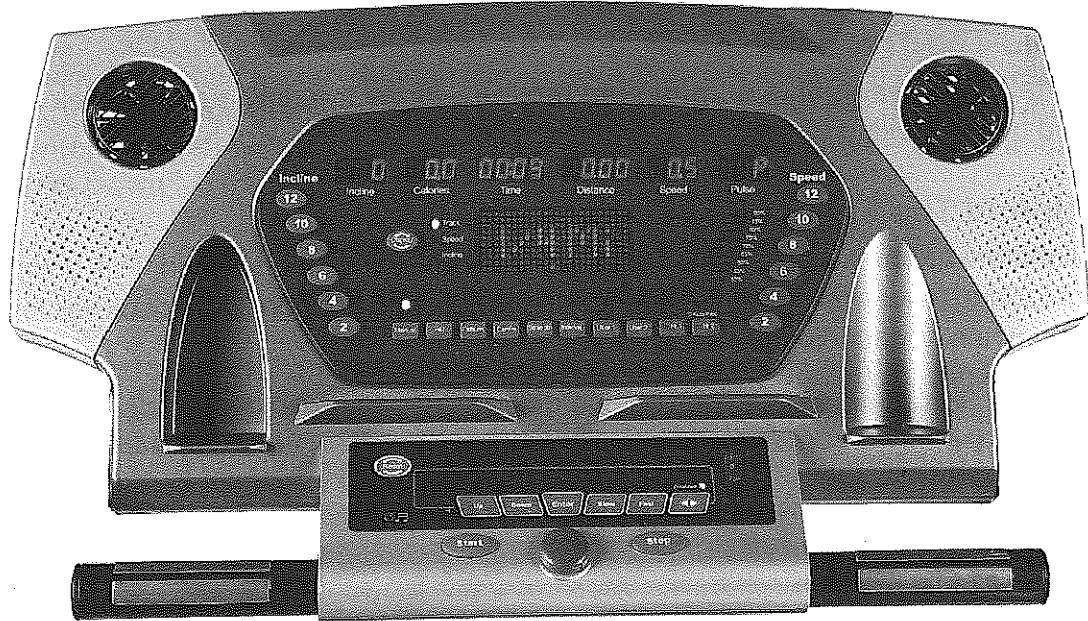
OWNER'S MANUAL

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

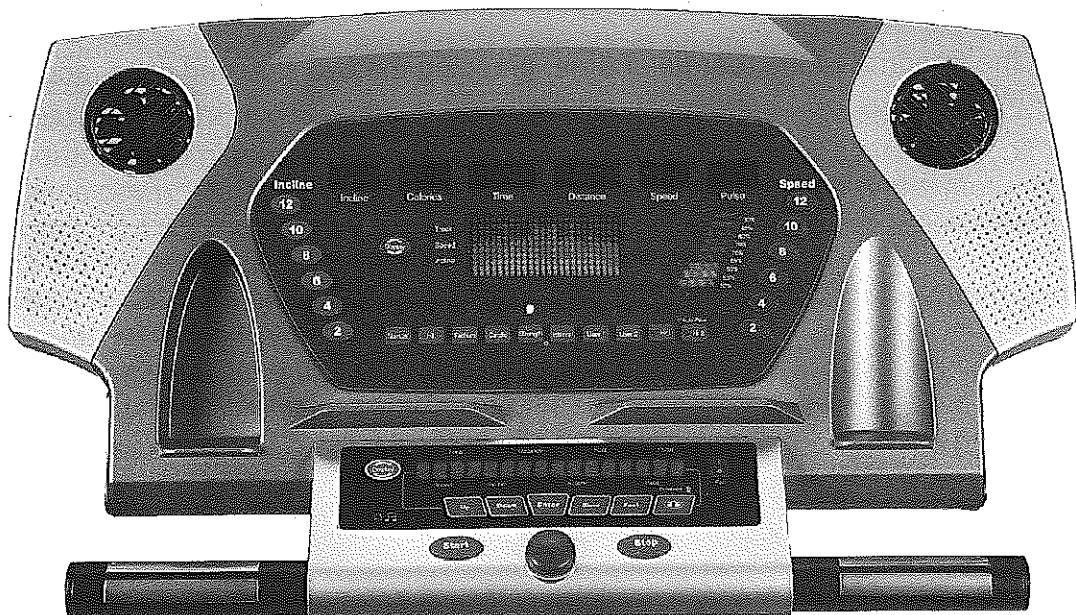
Operation of Your Treadmill

Getting familiar with the control panel

■ XT375 Console



■ XT475 / XT675 Console



Getting started:

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 is turned on, all the lights on the display will light for a short time. Then the **Time** and **Distance** windows will display Odometer readings for a short time. The **Time** window will show how many hours the treadmill has been in use and the **Distance** window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. Then a message will scroll across the message window (XT475/XT675) or the dot matrix (XT375) showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

Quick-Start Operation:

STEP 1: Press and release the **Start** key to wake display up (if not already on).

Note: Installing the tether key will also wake up the console.

STEP 2: Press and release the **Start** key to **begin belt movement**, at .5 mph, then adjust to the desired speed using the **Fast / Slow** keys (console or hand rail). You may also use the rapid speed keys 2 through 12 to adjust the speed.

STEP 3: To slow tread-belt press and hold the **Slow** key (console or hand rail) to the desired speed. You may also press the rapid speed adjust keys, 2 through 12.

STEP 4: To stop the tread-belt press and release red **Stop** key.

Pause/Stop/Reset Feature:

STEP 1: When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.

STEP 2: To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

- Pause is executed when the **Stop** button is pressed once. If the **Stop** key is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset.

Incline Feature:

- Incline may be adjusted anytime after belt movement.
- Press and hold the **Adjust ▲▼** keys (console or hand rail) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 2 through 12, on left hand side of console (incline).
- The display will indicate incline percent as adjustments are made.
- Incline will remain in it's position when display is turned off.

Dot Matrix Center Display (Manual Operation):

Twenty four rows of Red (Tri-color on XT475/XT675) "dots"(10 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline dot matrix window will build a profile "picture" as values are changed during a workout.

Next to the Dot Matrix window are three LEDs labeled: Track, Speed and Incline, along with a Display button. When the Track LED is lit the Dot matrix displays the Track profile, when the Speed LED is lit the Dot matrix displays the Speed profile and when the Incline LED is lit the Dot Matrix displays the Incline profile. You may change the Dot Matrix profile view by pressing the Display button. After scrolling through the three profiles, by pressing the Display button, the Dot matrix will automatically scroll through the three displays showing each one for four seconds. The LED associated with each profile will blink while that view is displayed. One more press of the Display button will return you to the Track profile.

1/4-Mile Track:

The 1/4-mile track will be displayed around the dot matrix window. The flashing dot indicates your progress. Once the 1/4-mile is complete this feature will begin again. There is a lap counter in the center of the track for monitoring your distance.

Pulse Grip Feature:

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal. You may not use the Grip Pulse feature while in Heart Rate Control.

Note: Refer to Important Safety Instructions (page 2) concerning Pulse Grip operation.

Calorie Display:

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

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Auto-Pilot feature

This unique feature allows the user to instantly enter the Heart Rate Control mode at any time with the press of a button.

The HR2 program button also doubles as the Auto-Pilot button. During any program the user may press the Auto-Pilot button to enter the HRC program. Your current heart rate (the heart rate you are at when you press Auto-Pilot) will be maintained automatically by the Auto-Pilot program. You may press the elevation/incline up or down buttons to change your target heart rate while in the Auto-Pilot mode.

Speakers:

The console has built-in Speakers. You may Plug an Audio Source (CD player, MP3, Computer, etc.) into the Jack on the Left side of console. There is no volume control on the console. The volume must be controlled on the Audio Source.

Handrail buttons disable switch

Just above the Stop button there is a button with a picture of the handrail switches on it and an indicator light above it labeled Disabled. When the indicator light is lit, the handrail switches are disabled. This allows you to use the full length of the handrails without fear of activating the speed or elevation controls.

To Turn Treadmill Off:

- (1) Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
- (2) Remove tether cord.
- (3) Turn of the main switch on the front of the treadmill, below the motor cover.

Programmable Features

The XT Series offers seven factory preset-programs, two user defined programs and one Manual program. Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window.

Also included are two user programs (User 1 and User 2) for custom workouts.

To Select a Program:

STEP 1: Press the desired **PROGRAM** key. Press enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

STEP 2: If enter was pressed, the **Time** window will blink with the default value of 20 minutes. You may use any of the up/down keys to adjust the time. After adjusting, or to accept the default, press enter. (Note: You may press start at any time during the programming to start

the program.)

STEP 3: The **Calorie** window will now be blinking a value, indicating your **Body Weight**. Entering the correct body weight will affect the calorie count. Use the Up/Down keys to adjust, then press enter.

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

STEP 4: The **Heart Rate** window will now be blinking a value, indicating your **Age**. Entering your correct age affects the heart rate **Bar Graph Display** and the **Heart Rate Control** programs. Use the Up/Down keys to adjust, then press enter.

Your age determines the maximum heart rate you may achieve. Since the Bar Graph Display and the Heart Rate control features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.

STEP 5: The **Speed** window will now be blinking the preset top speed of the selected program. Use the Up/Down keys to adjust, then press enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.

User Programs:

STEP 1: Select User 1 or User 2 via the **PROGRAM** key then press **Enter**. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).

STEP 2: Note the clock (Time) window is flashing. Use the **Adjust ▲▼** keys to adjust up from 10 minutes (if desired). Press **ENTER** key. This is a must to continue even if time is not adjusted.

STEP 3: The Calorie window will now be blinking a bodyweight value. Enter your bodyweight and press **Enter**.

STEP 4: The Pulse window will now be blinking an Age value. Adjust the age and press enter.

STEP 5: The first column (segment) will now be blinking. Using the **Fast / Slow** keys, adjust the speed level to your desired effort for the first segment then press enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.

STEP 6: Press the **Start** button to begin the workout and also save the program to memory.

Target Heart Rate

Heart Rate programs

Before we get started, a word about Heart Rate:

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

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

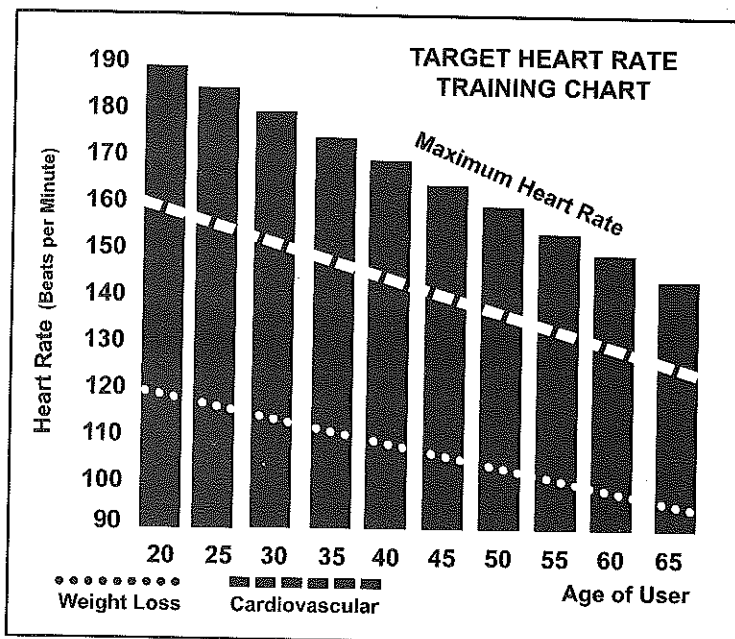
For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute (60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute (80\% of maximum)} \end{aligned}$$

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

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

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



Rate of Perceived Exertion

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

Rating Perception of Effort

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

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.