



MOTORIZED TREADMILL OWNER'S MANUAL

**IN300T
IN400T**

Part No. 22412

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



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 CONGRATULATIONS ON YOUR 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 _____

*All claims are based upon published, available data at the time of this manual's printing. Through our program of constant product improvement, some specifications are subject to change without notice.

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 it 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.
- 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 plug from 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 to be used 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!

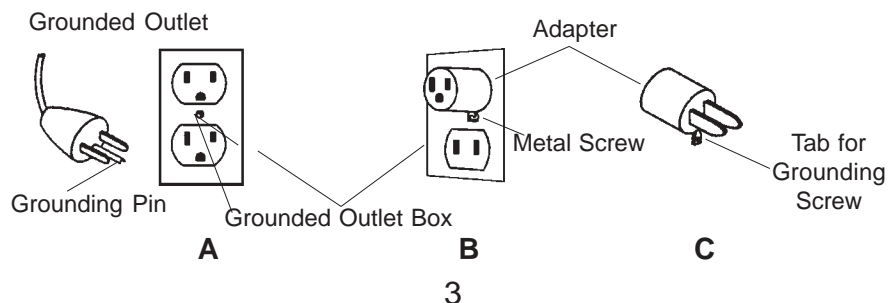
- **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- **NEVER** remove any cover without first disconnecting AC power.
- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect your voltage is low, contact your local power company or a licensed electrician for testing. See Diagnosis Guide, page 15.
- **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.
- A red lighted power switch is located on the front base near the power cord. It is not necessary to turn this switch off except when service issues arise.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce 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 in sketch A. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) 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.



IN300T
IN400T

Important Operation Instructions

- **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 zero 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 grab bar while making control changes (incline, speed, etc.). Do not use excessive pressure on console control overlays. 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; adjustments can be made. All buttons should operate and control treadmill functions without excessive finger effort. Damage to overlay will result if excessive control pressure continues.

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 treadbelt. Pulling this safety tether cord will stop treadbelt movement.

To Use:

1. Place magnet into position on the yellow 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 and 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.

IN300T / 400T Folding Instructions

CAUTION!

You must be able to safely lift 40 lbs. in order to raise / lower and move the treadmill.

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:

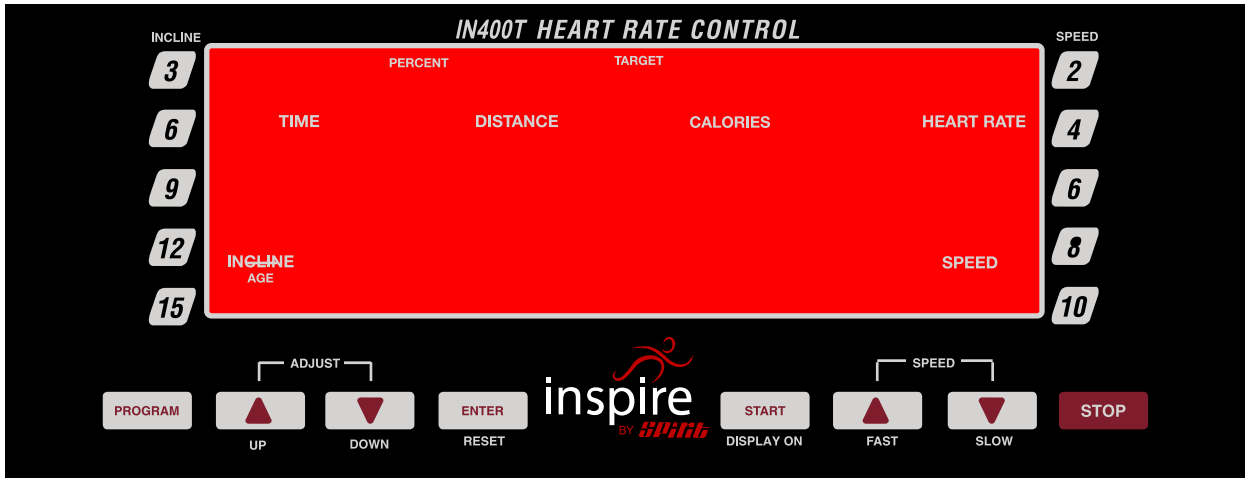
Apply slight forward pressure* on the treadmill running deck with one hand. Lift up on the orange unlocking lever and slowly lower the running deck to the floor. Do not allow the base to drop. It becomes heavier at waist level.

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

Transport

Do not attempt to move the unit unless it is in the locked position. Be sure the power cord is secured to avoid possible damage. It may be awkward and difficult to maneuver for many individuals. Use both hand rails to maneuver the unit to desired position.

Operation of Your Treadmill



Note: Refer to upper drawing showing console display layout. IN400T display is shown, IN300T is similar. You have two option control choices for speed and incline. The right hand handle bar has a remote speed switch offering the same function as the display control keys. The left hand handle bar remotely controls incline.

DO NOT STAND ON THE WALKING BELT WHILE LEARNING TO OPERATE YOUR NEW TREADMILL!!

Basic Operation*:

- STEP 1: Press and release Start / Display On key to wake display up (if not already on).
Note: If installing the tether key, the display is already lit (woke up).
- STEP 2: Press and release Start / Display On key to begin belt movement at .6 mph and adjust speed with Fast / Slow keys (console or hand rail). You must have belt movement for Fast / Slow keys to function. You may also select the rapid speed adjust values 2 thru 10.
- STEP 3: To slow treadbelt push and maintain Slow key (console or hand rail) to desired speed. You may also select the rapid speed adjust values 2 thru 10.
- STEP 4: To stop treadbelt, depress and maintain pressure on the Slow key (console or hand rail) or press and release red Stop key.

*Tether cord must be in position. See also page 7, To Turn Treadmill Off, item (1). Display is in manual mode when 1/4 mile track is displayed.

Elapsed Time Feature:

When display is lit (before belt movement) you may adjust the time up (value will flash) for countdown to automatic shut off (no belt movement). Use Adjust Up / Down keys to set to desired time before belt movement.

Pause Feature:

- STEP 1: When operating the treadbelt, the pause feature may be utilized by pressing the red Stop key. This will slowly decelerate the treadbelt to zero. Time, Distance and Calorie will hold while unit is in the pause mode. After 4 minutes the display will blank out but values are held in memory to resume workout. This feature can be used in manual or programmable mode.
- STEP 2: To resume your exercise, you must reset desired speed (in manual mode). See above step 2.

Incline Feature:

- May be adjusted anytime after belt movement.
- Press and maintain **Adjust ▲▼** keys (console or hand rail) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired value on left hand (incline).
- 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 rows of "dots"(8 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. The dot matrix window will show the speed profile when mph is adjusted. A small flashing light (near Speed window) indicates the dot matrix value is speed. If incline is adjusted (small light is steady), the dot matrix window will become an incline profile. Only a slight press of the appropriate key is required to change the dot matrix display from speed to incline (visa-versa). This window will remain a speed or incline profile based on last adjustment. Only the vertical segment that flashes will be changed (along with all to the right). This display profile picture is based on a 20 minute workout. After 20 minutes the dot will adjust "backwards" (to the left).

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.

*Manual operation only

Reset Feature*:

While in Pause mode, press and maintain the **ENTER** reset key until the clock, Distance and Calorie values zero out. You may restart your workout with different values or reset clock (countdown).

*Manual operation only

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. **Calories are not calculated while in Heart Rate Control.**

To Turn Treadmill Off (Blank out Display):

Two methods accomplish this: Use either one.

- (1) Display will automatically turn off (blank out) after 4 minutes (no key operations) in Pause / Stop mode. **Display will "wake" back up in mode it was in when it automatically blanked out.**
- (2) Remove tether cord. This clears the display to "wake" back up in Manual mode.

Programmable Features

The SL Series offers 7 factory preset programs on the IN400T and 10 on the IN300T unit.

Note: You may change any speed / incline level during a workout. It will not be held in memory.

Each preset program (P-1 and up) has a maximum speed and incline 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. Similar with incline.

Also included are two user programs (U-1 / U-2) for custom workouts.

Programmable Operation of Your Treadmill

To Select a Program:

STEP 1: Press and release the **START** key. Display will light.

STEP 2: Press the **PROGRAM** key. The **Speed** window will display the maximum **speed** that this program will achieve. The **Incline** window will display the maximum **incline** of this program.

STEP 3: All programs have the workout preset at 20 minutes. You may adjust up from 20 minutes (countdown) using **Adjust ▲▼** keys.

STEP 4: After selecting a program, press and release the **START** key. Treadmill will begin to move and workout has begun.

Note: The segment time will always be 1/20th of the session time. Within 5 seconds of the end of a segment run, a chime will alert a change. This statement applies to both preset and user programs.

Dot Matrix Display:

Both Incline and Speed profiles will be displayed. However, only one (speed or incline) will be displayed at a time. Anytime the speed is adjusted the display will illustrate that (speed) profile. Similar with incline. Only a slight press of the appropriate key is required to change the dot matrix display from speed to incline (visa-versa). A red dot just left below Speed window, will flash if the dot matrix is profiling mph. A solid red light indicates an incline profile. This statement also applies to Manual operation.

User Programs:

STEP 1: Select User U-1 or U-2 via the **PROGRAM** key. Note that the dot matrix display portion will have a single row of dots at the bottom.

STEP 2: Note the clock (Time) window is flashing. Use the **Adjust ▲▼** keys to adjust up from 20 minutes (if desired). Press **ENTER** key. This is a must to continue even if time is not adjusted.

Note: The time (countdown) value is not held in memory.

STEP 3: Using the **Fast / Slow** key adjust the speed level to your desired effort. Similar with incline **Adjust ▲▼** keys.

STEP 4: Press **ENTER** key. Note the next row of dots will flash. This indicates the next segment (out of 20) that will be programmed. Repeat step 2 and continue that procedure until all segments (20) are complete.

STEP 5: Press and release the **START** key to begin workout.

Target 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 choice of exercise intensity is 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: $220 - \text{User's Age} = \text{Maximum Heart Rate}$. 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

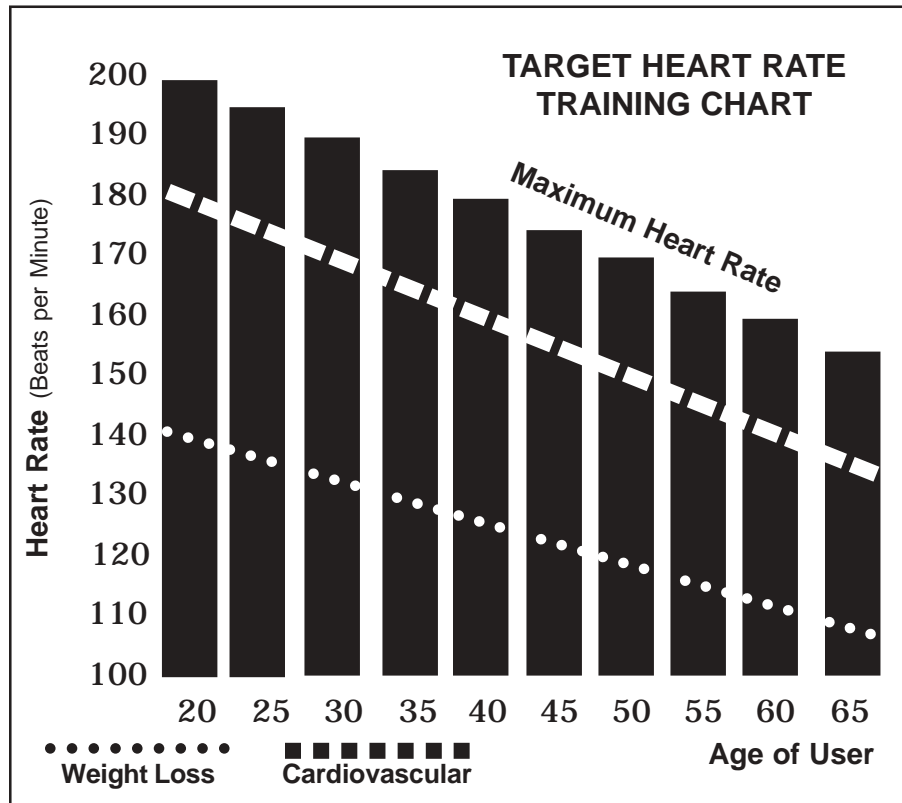


chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate for either cardiovascular fitness or weight loss is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom 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 90% or 70%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

- With all Spirit Heart Rate Control treadmills, you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls incline and overrides manual adjustment of incline grade.

Note: Refer to Heart Rate Control Operation for computer calculated target heart rate.

CAUTION!

The target value used in H-1 and H-2 programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

Using a Heart Rate Transmitter

The included chest strap is a special high frequency design to minimize outside noise interference. It is not compatible with other brands of wrist monitors. The on-board radio receiver is also not compatible with most transmitter chest straps (Polar for example).

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the Spirit 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.
4. Position the transmitter immediately below the pectoral muscles.
5. 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 effect performance.
6. Your workout must be within range - distance between transmitter/receiver - to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings.

Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

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

Erratic Operation:

Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

If you are receiving erratic radio signals, the large center display will show ERR. You must correct the cause of interference to continue.

Areas to look for on interference:

- (1) Treadmill not properly grounded - **A must!**
- (2) Microwave ovens, T.V.'s, small appliances, etc.
- (3) Fluorescent lights.
- (4) Some household security systems.
- (5) Perimeter fence for a pet.
- (6) Loose treadmill console / upright.

Heart Rate Control

WARNING!

DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

Special Operations of Heart Rate Functions:

All Spirit treadmills that are factory equipped with a Heart Rate Control system have many distinct features both in the Heart Rate Control program and during heart rate monitoring. This section will give you a more detailed background to use your treadmill in the most effective manner.

How the Heart Rate Control Program Works:

Heart Rate Control uses your treadmill's incline system to adjust your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed. Additionally, changes in incline keep you in control of the machine's speed instead of the machine controlling you.

Note: Once you begin the Heart Rate Control mode by pressing the **START** key, you **cannot** make incline adjustments by pressing the "UP" and "DOWN" keys. The computer makes all incline adjustments for you.

Selecting a Heart Rate Control Program (H-1 to H-3):

You have the option, during the setup mode, to choose either the Weight Control (H-1) program or the Cardiovascular (H-2) program. Weight Control attempts to maintain your heart rate at 70% of your Maximum Heart Rate. Cardiovascular attempts to maintain your heart rate at 90% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from 220. Your age input is performed during the setup mode.

Note: H-3 program allows you to set the desired target before belt movement regardless of age input or set percentages.

CAUTION!

The target value used in H-1 and H-2 programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal. Program H-3 allows the user to set the desired target and should be used if H-1 / H-2 levels do not match the user's ability.

Heart Rate Control Operation

CAUTION!

Intended for wireless transmitter chest strap only. Do not use Pulse Grip bar for Heart Rate Control. You must receive a strong / steady value in heart rate window. See page 10.

STEP 1: Press and release the **START** key.

STEP 2: Use **PROGRAM** key to choose one of 3 heart rate control programs (H-1 thru H-3).

STEP 3: If choosing H-1 or H-2 an Age value (30) will appear in Incline window. Use **Adjust ▲▼** keys to match your age. Press **ENTER** key. This age input value will be held in memory.

STEP 4: You may, if desired, adjust the Time (countdown) up from 20:00 minutes.

STEP 5: Press and release **START** key to begin your workout.

Note: Calorie calculation does not function in Heart Rate Control.

Heart Rate Monitor (Only)

The display will automatically show a heart rate value when receiving a signal input (chest strap or pulse grip). You may use this feature in Manual mode or any Programmable workout.

Note: Pulse Grip option is considered a monitor **only**. Do not use for Heart Rate Control.

General Maintenance

Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. 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 bed 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 to dry before using.**

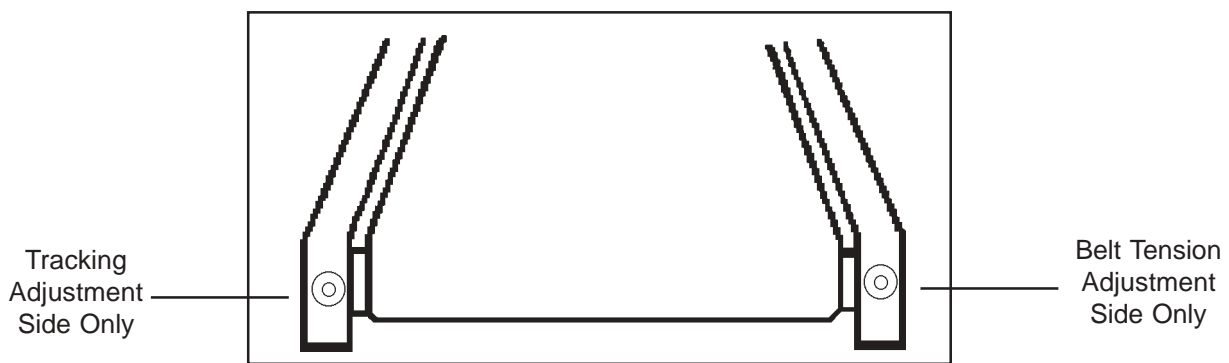
Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, 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.**

BELT ADJUSTMENTS:

Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface.

Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.



Note: Adjustment is thru small hole of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. **When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.** This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

DO NOT OVERTIGHTEN - Overtightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

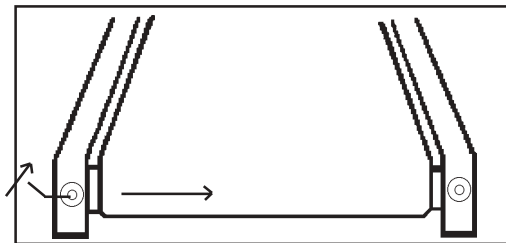
The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to vary near a side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn 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.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the treadbelt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

CAUTION - KEEP HANDS CLEAR OF MOVING REAR PULLEY!



Note: Adjustment is thru small hole of end cap. Belt will move in direction of allen wrench.

ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SPIRIT WARRANTY.

BELT / DECK LUBRICATION:

Do not relube with other than Spirit lubricant. Spirit provides one application with this unit. See your Spirit dealer for additional purchases. The use of some other lubricants may destroy the deck surface or belt and will void warranty. Conditions exist beyond Spirit's control on belt / deck cleanliness which relates to friction.

You should apply the enclosed belt lubrication after approximately the first 50 hours of operation. Use all the contents of one container (no more) and spread lubricant onto middle portion (away from edges) of the deck (under treadbelt) along its **width**. When walked on, the belt will make certain an even coat is applied. Lubricant is not harmful to the skin. Lube will be distributed properly by walking at 2 to 3 mph for 3 to 5 minutes on all areas of the belt. Use handrails for support. The first few minutes you will be polishing your deck and lubricating the belt backing. **Do not run on a newly lubricated belt until the above break-in procedure is done.** If the treadmill belt/deck is kept reasonably clean it is possible to expect over 1000 hours before additional relubing is necessary.

Service Checklist - Diagnosis Guide

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	Tether cord not in position.
	Circuit breaker on front grill tripped. Push circuit breaker in until it locks.
	Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet.
	Household circuit breaker may be tripped.
Treadbelt does not stay centered	Treadmill defect. Contact your Spirit dealer.
	See General Maintenance section under Belt Tracking.
Treadmill belt hesitates when walked/run on	A 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 Treadbelt Tension. Adjust as necessary.
Motor is not responsive / Display is lit	Make certain clock is running. This indicates motor should be receiving power to operate. Contact your Spirit dealer. Diagnostics will indicate if warrantable.
	Possible treadmill defect. Contact your Spirit dealer. Diagnostics will indicate if warrantable.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	Low AC voltage to treadmill. 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 household voltage. Contact an electrician or your Spirit dealer. A minimum of 110 volt AC current is required.
Treadbelt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on lubrication.
Treadmill trips on board 15 amp circuit breaker when running/walking	High belt/deck friction. See General Maintenance section on lubrication.
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill is not grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 3.

Manufacturer's Limited Warranty

Effective October 15, 2003
TREADMILL WARRANTY

Spirit Manufacturing Inc. warrants all its treadmills' parts for a period of one (1) year from the date of retail sale, as determined by sale receipt, or eighteen (18) months from the original factory shipping date, whichever comes first. Spirit's responsibilities include providing new or remanufactured parts, at Spirit's option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit directly to a consumer. An extended warranty period applies to the following components:

	IN300T Series	IN400T Series
Drive Motor	10 Years	10 Years
Deck Wear	2 Years	2 Years
Electronics / Belt / Rollers	2 Years	2 Years
Frame Weldments	Lifetime	Lifetime
All Other Components	2 Years	2 Years

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including belt tracking.
3. Proper installation by an authorized Spirit servicer in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.

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 treadmills not requiring component replacement, or treadmills not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Spirit servicers; use of parts other than original Spirit parts; or external causes such as 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. Products that do not have a warranty registration card on file at Spirit Mfg. Spirit 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.

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 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 dealer. OR
2. Contact your local authorized Spirit service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. If no local service is available, Spirit will repair or replace the parts, at Spirit's option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Spirit. Spirit 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.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Manufacturing, 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 Manufacturing, Inc. This warranty applies only in the 50 states of the U.S.A. and Canada.

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