

SPIRIT



*ZE 110
Elliptical*



*ZE 120
Elliptical*

OWNER'S MANUAL

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

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

SPIRIT

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

Thank you for your purchase of this quality elliptical trainer from Spirit Manufacturing, Inc. Your new elliptical 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 elliptical 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 elliptical.

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 or visit www.spiritfitness.com to register online.

ver. A

Important Safety Instructions

WARNING - Read all instructions before using this appliance.

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical 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, then remove the plug from the outlet.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- 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 exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Information

WARNING!

- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical 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.
- **NEVER** expose this elliptical to rain or moisture. This product is **NOT** designed for Use outdoors, near a pool or spa, or in any other high humidity environment.

Important Operation Instructions

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components.
- Use caution while participating in other activities while using your elliptical such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Always hold on to a handrail or hand bar while making control changes.
Do not use excessive pressure on console control keys. They are precision set to properly function 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.

Assembly Instructions (ZE110)

■ UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

STEP 1: CONSOLE MAST ASSEMBLY

1. Locate the Console Mast and Console Mast Cover and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover is facing the correct way.
2. At the top opening of the Main Frame of the elliptical is a Computer Cable. Unravel and straighten out the Computer Cable and feed it into the bottom of the console mast tube and out of the top opening.
3. Install the Console Mast into the receiving bracket in the top of the Main Frame. Put the 4pcs of 5/16"x 23 x1.5T Flat Washers onto the 4pcs of 5/16" x 15m/m Hex Head Screws and the 2pcs of 5/16" x 23 x 2T Curved Washers onto the 2pcs of 5/16" x 15m/m Hex Head Screws. Install, and hand tighten by using the 12m/m Wrench.
NOTE: There is a electrical wire running through the Console Mast Tube. Be careful not to damage or pinch this Computer Cable during this procedure.
4. Locate the Console and the 4 pcs of M5 x 10m/m Phillips Head Screws.
5. There will be **three** electrical wire connectors at the top opening of the Console Mast, **two** 2 pin Hand pulse Cables, one Computer Cable. Connect these to the mating connectors on the back of the Console. The connectors are keyed so you cannot plug them in the wrong way so do not force them. **The 2 pin Hand pulse Cables are both the same. It does not matter how you connect them.**
6. Storing the excess wire back into the Console Mast, carefully install the Console onto the mounting plate of Console Mast and secure using the 4 pcs of M5 x 10m/m Phillips Head Screws.

STEP 2: HANDLE BAR ASSEMBLY

1. Install the 2 pcs of 17m/m Wave Washers onto the Left and Right side of the Handle Bar axle.
2. Slide the Lower Left and Right Handle Bars onto the appropriate side of the axle.
3. Put the 2 pcs of 5/16" x 23 x 1.5T Flat Washers onto the 2 pcs of 5/16" x 15m/m Hex Head Screws and install, and tighten, in the threaded holes in the ends of the axle.
4. Install the Left and Right Handle Bars into the Lower Left and Right Handle Bars with 6pcs of 5/16 x15m/m Button Head Socket Screws by using the Combination M5 Allen Wrench & Phillips Head Screw Driver.

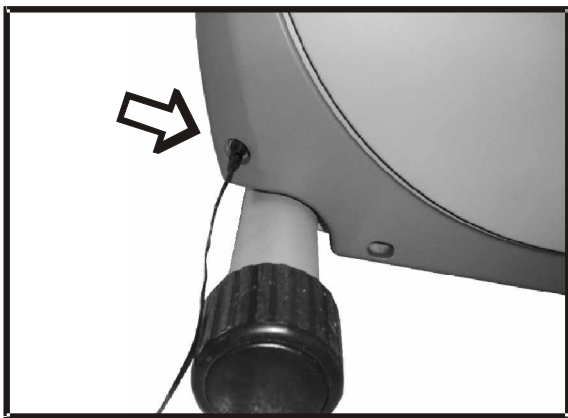
STEP 3: CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the Connecting arms (L&R)(pivoting rod end) with the hole in the bracket of the Lower Handle Bars (L&R). The rod end should be on the inside of the Lower Handle Bars (L&R) bracket. Take 2pcs of 5/16" x 1-1/4" Hex Head Screws and install it through the Lower Handle Bars (L&R) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers, 2pcs of 5/16" x 7T Nyloc Nuts tighten firmly using the 12m/m Wrench on the 5/16" x 7T Nyloc Nut and one on the 5/16" x 1-1/4" Hex Head Screw.
2. Install the 2 pcs of Rails into the receiving bracket in the end of Main Frame with 2 pcs of 3/8" x 2-1/4" Button Head Socket Screws, 2pcs of 3/8" x 19 x 1.5T Flat Washers and 2 pcs of 3/8" x 7T Nyloc Nut by using 2 pcs of 13/14m/m Wrench.
3. Put the Lug Covers (L&R) onto the Rail Strap. Slip the Rail Strap through the slots in the Lug Covers, then Install onto the Rails with 2 pcs of 5/16" x 3/4" Button Head Socket Screws and 2 pcs of 5/16" x 20 x 1.5T Flat Washers by using Combination M5 Allen Wrench & Phillips Head Screw Driver.

STEP 4: PLASTICS ASSEMBLY

1. Install the Connecting Arm Covers (L & R) over the connection of the rod end and Lower Handle Bars (L & R) with 4pcs of M5 x 15m/m Phillips Head Screws and 2pcs of 3.5x12m/m Self Tapping Screws by using the Combination M5 Allen Wrench & Phillips Head Screw Driver.
2. Install the 2pcs of Wheel Covers using the 4pcs of M5x15m/m Phillips Head Screws.
3. Install the Front Handle Bar Cover (L & R) and Rear Handle Bar Cover (L & R) over the Handle Bars axle connections with the 6 pcs of 3.5x12m/m Self Tapping Screws by using Phillips Head Screw Driver.

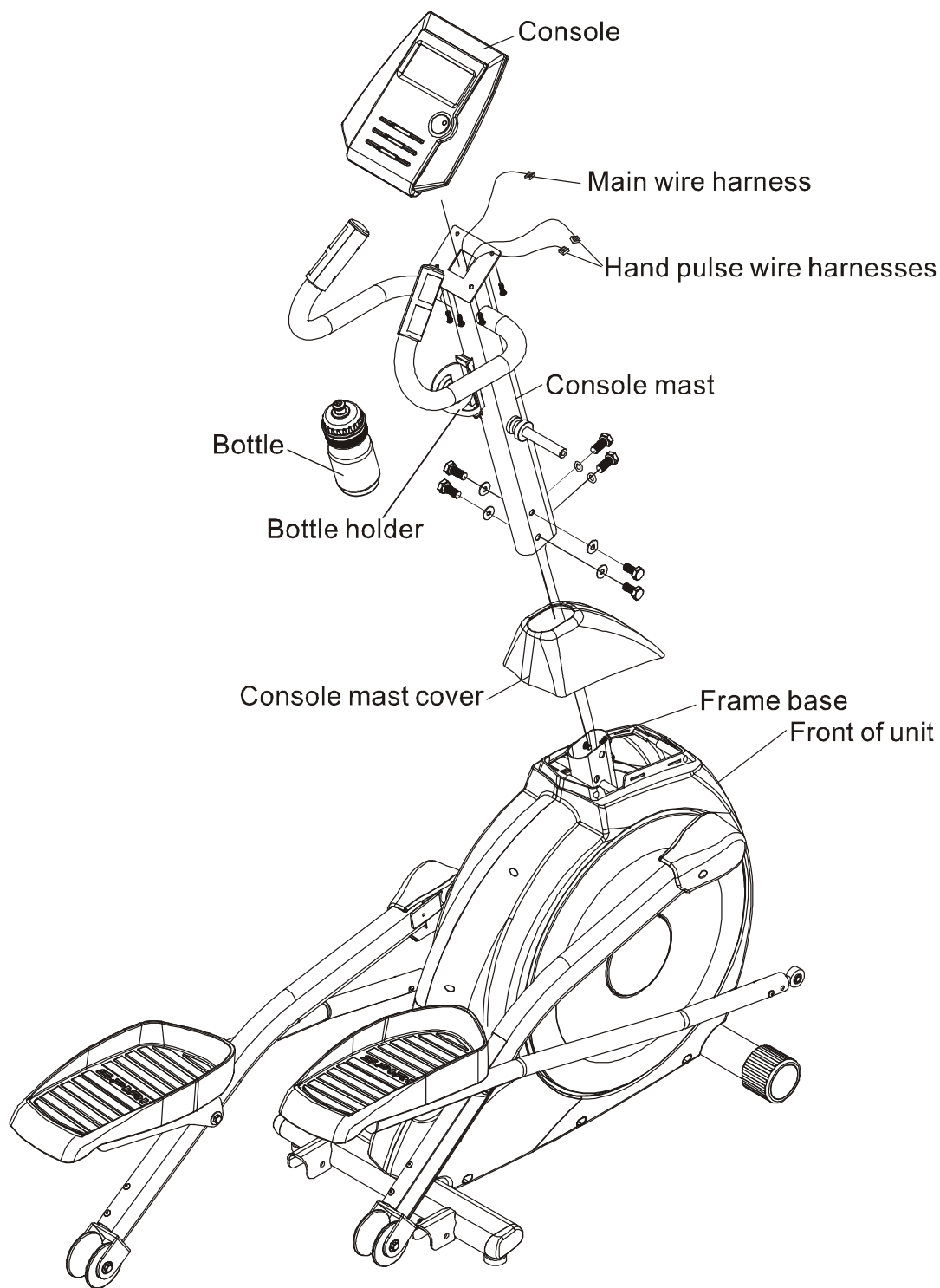
PLEASE ENSURE ALL FASTENERS ARE TIGHT AFTER THE COMPONENTS HAVE BEEN ASSEMBLED.



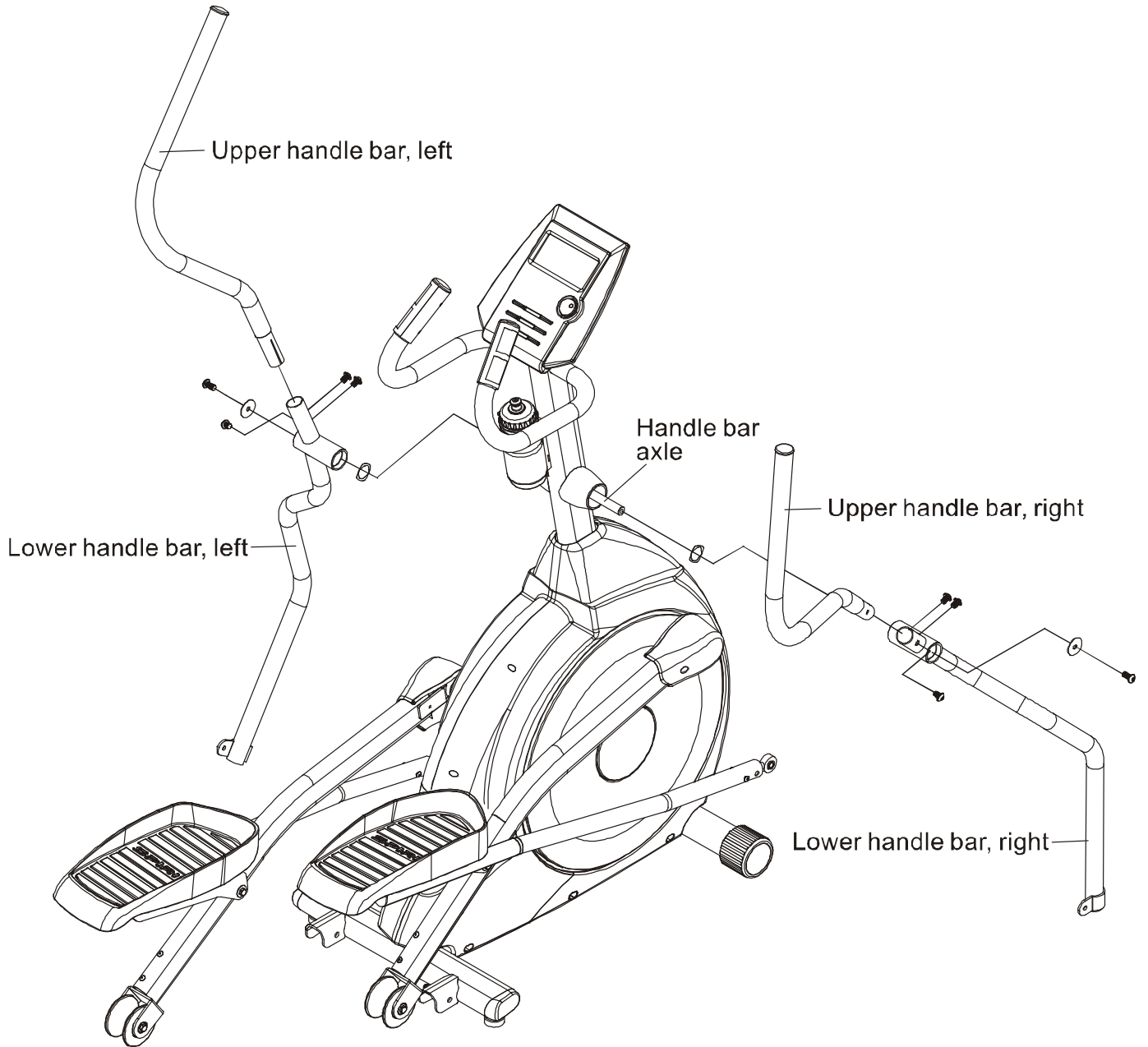
POWER CONNECTOR LOCATED ON FRONT, LEFT HAND SIDE OF UNIT.

Assembly drawing (ZE110)

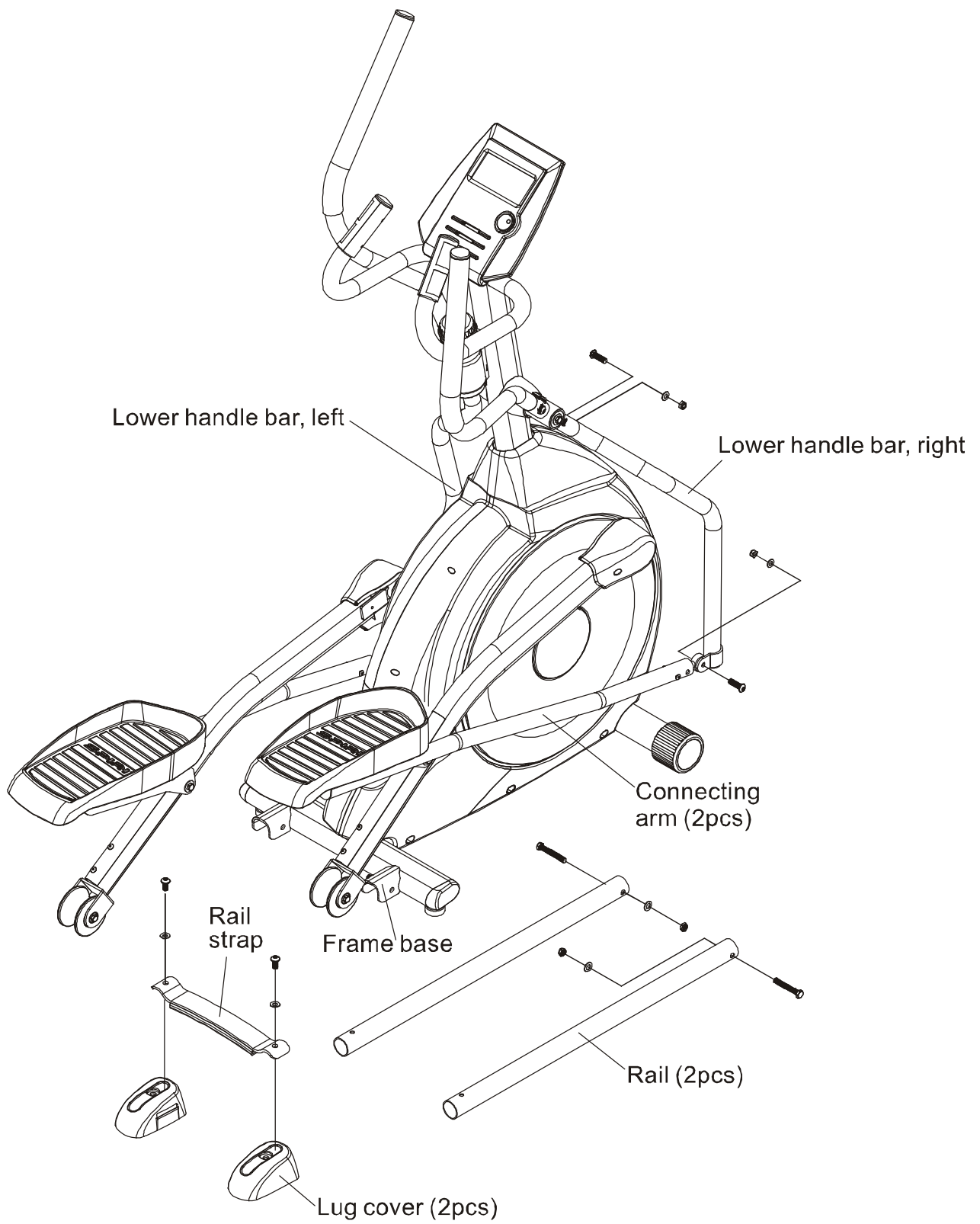
Step 1



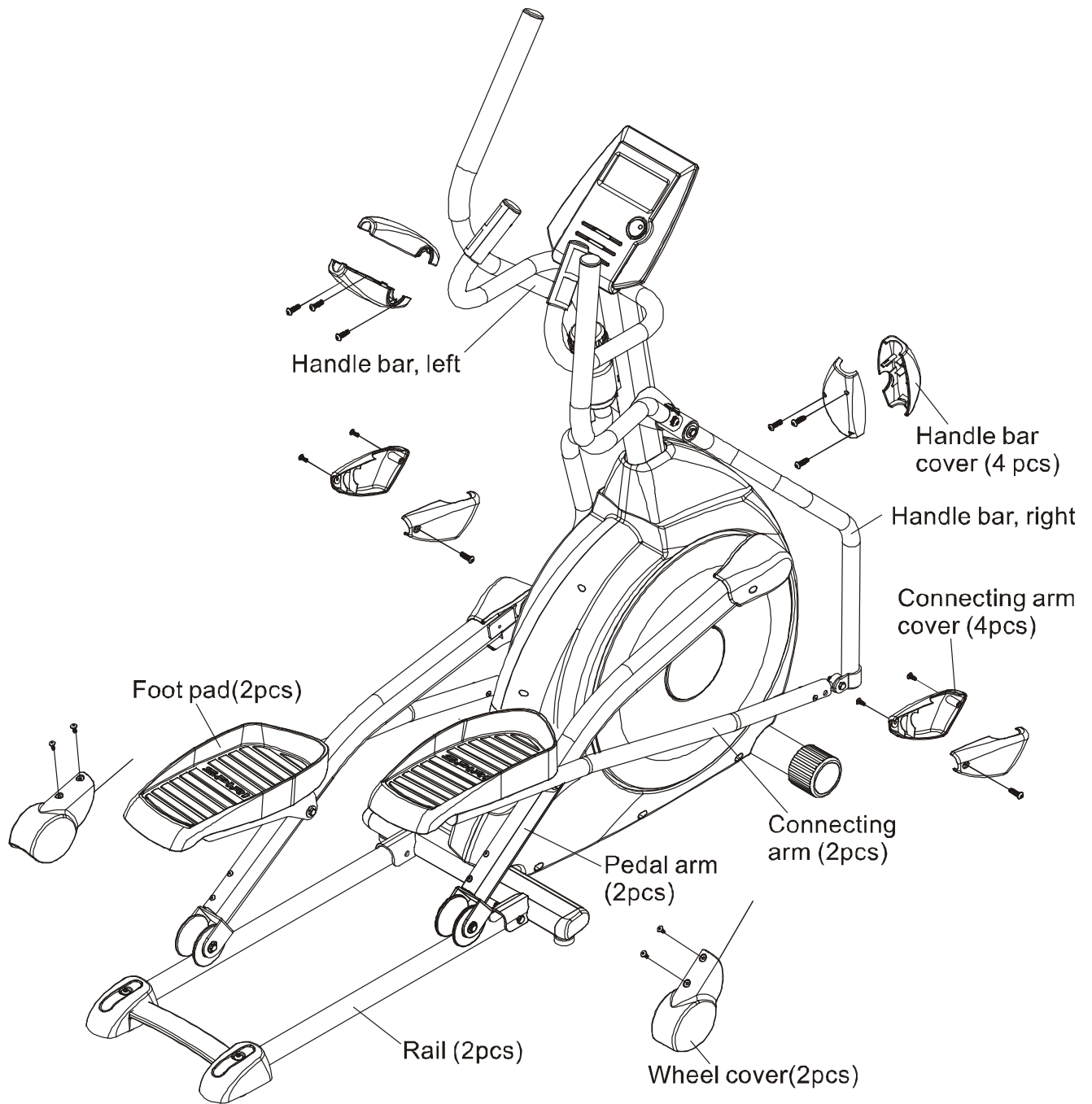
Step 2



Step 3



Step 4



Assembly Instructions (ZE120)

■ UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

STEP 1: CONSOLE MAST ASSEMBLY

1. Locate the Console Mast and Console Mast Cover and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover is facing the correct way.
2. At the top opening of the Main Frame of the elliptical is a Computer Cable. Unravel and straighten out the Computer Cable and feed it into the bottom of the console mast tube and out of the top opening.
3. Install the Console Mast into the receiving bracket in the top of the Main Frame.
NOTE: there is one bolt already installed in the receiving bracket that will engage with the slot at the bottom of the Console Mast. This needs to be tightened at the end along with the three other console mast bolts.
4. Put the 1pc of 3/8" x 2T Spring Washer onto the 1pc of 3/8" x 2-1/4" Hex Head Screw and the 2pcs of 3/8" x 23 x 1.5T Curved Washers onto the 2pcs of 3/8" x 3/4" Hex Head Screws. Install, and hand tighten, the Hex Head Screw through the left side of the receiving bracket into the Console Mast.
NOTE: There is a electrical wire running through the Console Mast Tube. Be careful not to damage or pinch this Computer Cable during this procedure. Damage to the Console could result. Install, and hand tighten, the 2pc of 3/8" x 3/4" Hex Head Screws through the front of the receiving bracket into the Console Mast.
5. Using the 13/14m/m Wrench tighten the three bolts, and the fourth bolt which is pre-installed, firmly. These bolts should be tightened as much as you possibly can.
6. Locate the Console and the 4 pcs of M5 x 10m/m Phillips Head Screws.
7. There will be **three** electrical wire connectors at the top opening of the Console Mast, **two** 2 pin Hand pulse Cables, one Computer Cable. Connect these to the mating connectors on the back of the Console. The connectors are keyed so you cannot plug them in the wrong way so do not force them. **The 2 pin Hand pulse Cables are both the same. It does not matter how you connect them.**
8. Storing the excess wire back into the Console Mast, carefully install the Console onto the mounting plate of Console Mast and secure using the 4 pcs of M5 x 10m/m Phillips Head Screws.

STEP 2: HANDLE BAR ASSEMBLY

1. Install the 2 pcs of 17m/m Wave Washers onto the Left and Right side of the Handle Bar axle.
2. Slide the Left and Right Handle Bars onto the appropriate side of the axle.
3. Put the 2 pcs of 5/16" x 23 x 1.5T Flat Washers onto the 2 pcs of 5/16" x 15m/m Hex Head Screws and install, and tighten, in the threaded holes in the ends of the axle.

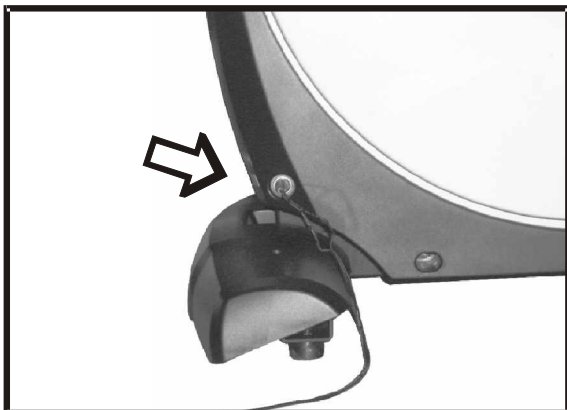
STEP 3: CONNECTING ARM ASSEMBLY

1. Align the hole in the end of the Connecting arms (L&R)(pivoting rod end) with the hole in the bracket of the Handle Bars (L&R). The rod end should be on the inside of the Handle Bars (L&R) bracket. Take 2pcs of 5/16" x 1-1/4" Hex Head Screws and install it through the Handle Bar (L&R) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers, 5/16" x 7T Nyloc Nuts and 11.9 x 8.5 x 16m/m Sleeve Spacer on the 5/16" x 1-1/4" Hex Head Screw and tighten firmly using a 12m/m Wrench on the 5/16" x 7T Nyloc Nut and one on the 5/16" x 1-1/4" Hex Head Screw.

STEP 4: PLASTICS ASSEMBLY

1. Install the Connecting Arm Covers (L & R) over the connection of the rod end and Handle Bars (L & R) with 4pcs of M5 x 15m/m Phillips Head Screws and 2pcs of 3.5x12m/m Self Tapping Screws by using the Short Phillips Screw Driver.
2. Install the 2pcs of Wheel Covers using the 4pcs of M5x15m/m Phillips Head Screws.
3. Locate the 2 pcs of Rear Stabilizer Covers and 2 pcs of Middle Stabilizer Covers for the Rear Rail Assembly and install with 4 pcs of M5 x 15m/m Phillips Head Screws by using the Phillips Head Screw Driver.
Then install front stabilizer cover with 2 pcs of M5 x 15m/m Phillips Head Screws by using the Phillips Head Screwdriver.
4. Install the Front Handle Bar Cover (L & R) and Rear Handle Bar Cover (L & R) over the Handle Bars axle connections with the 6 pcs of 3.5x12m/m Self Tapping Screws by using Phillips Head Screw Driver.

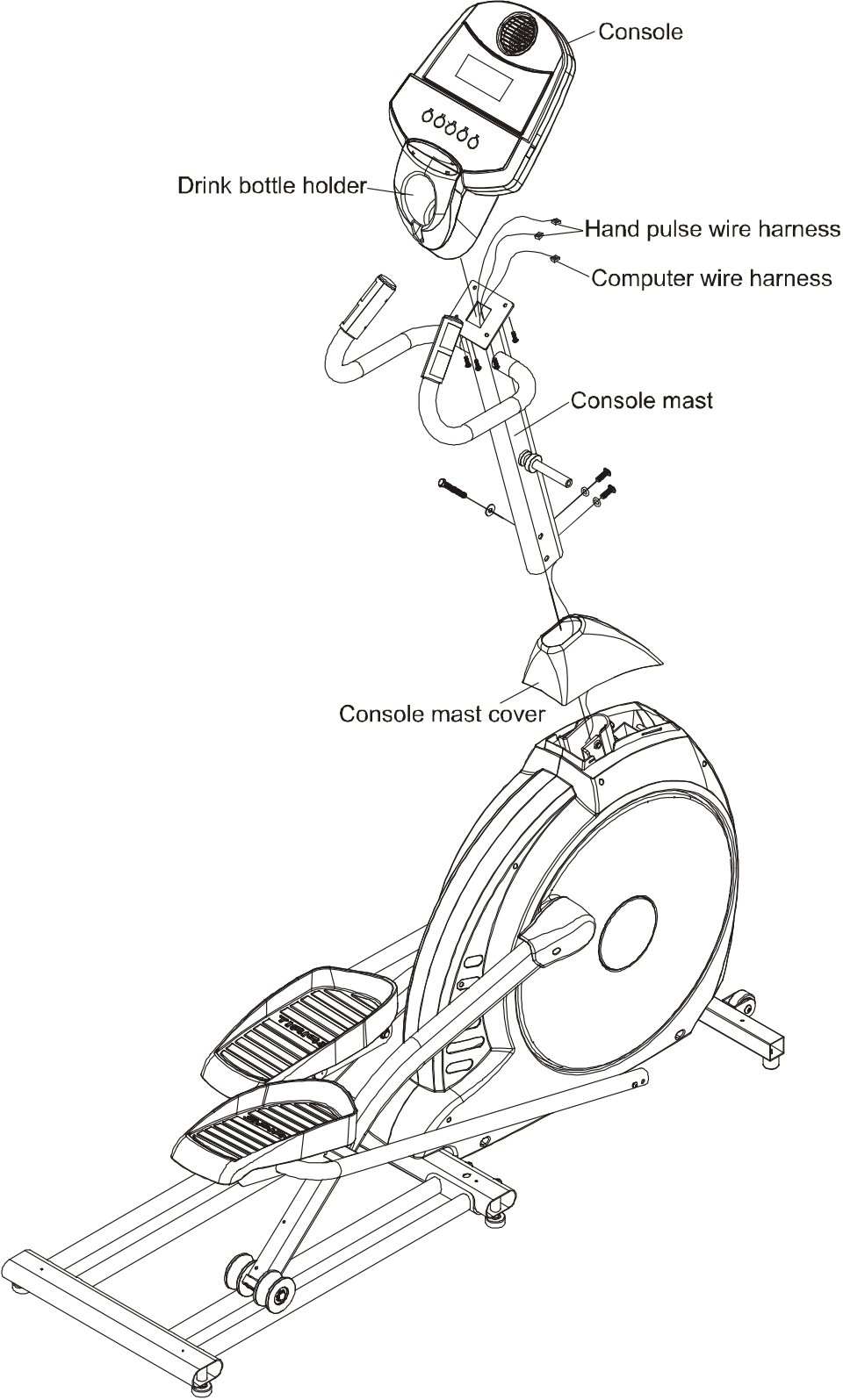
PLEASE ENSURE ALL FASTENERS ARE TIGHT AFTER THE COMPONENTS HAVE BEEN ASSEMBLED.



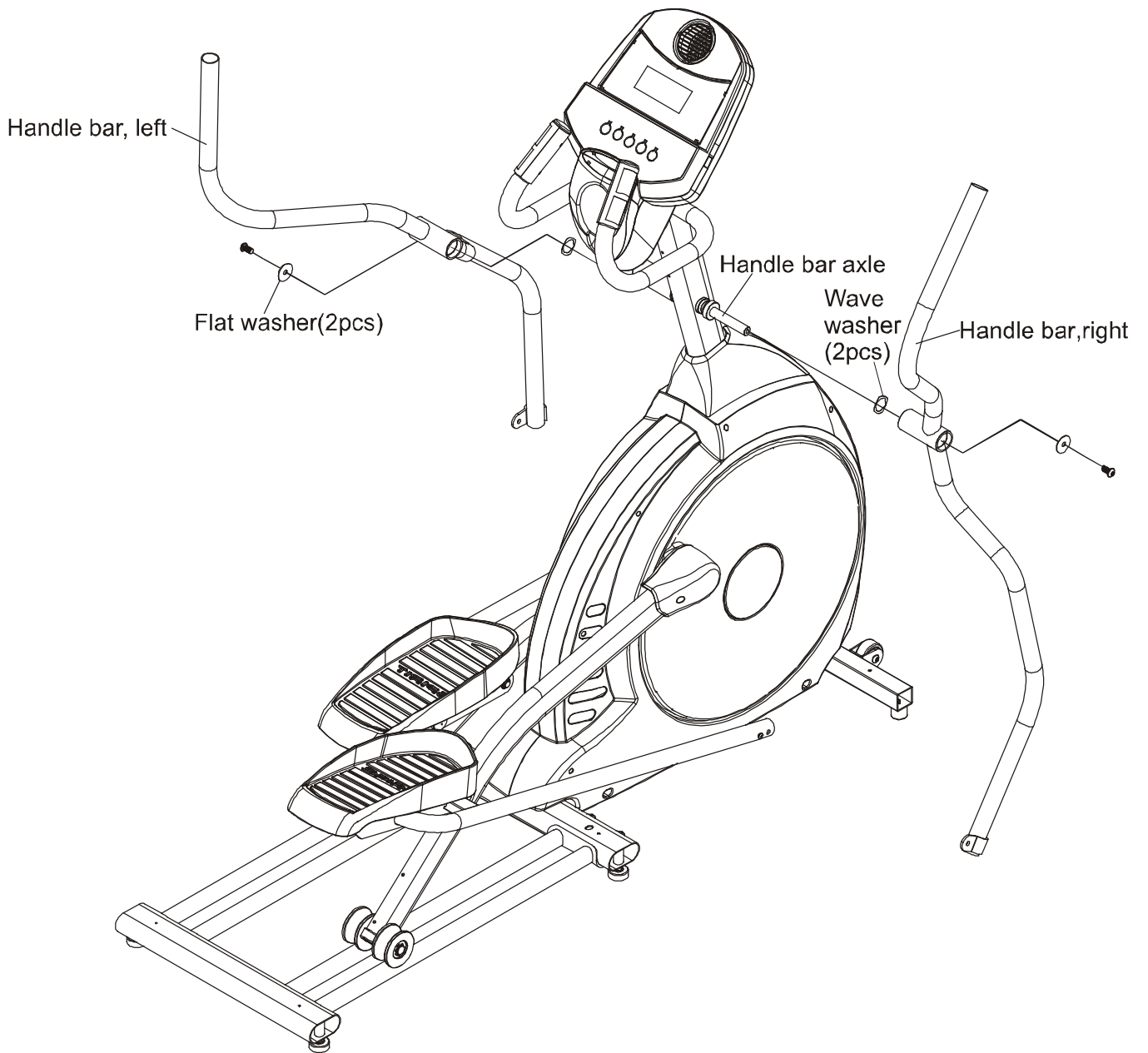
POWER CONNECTOR LOCATED ON FRONT, LEFT HAND SIDE OF UNIT.

Assembly drawing (ZE120)

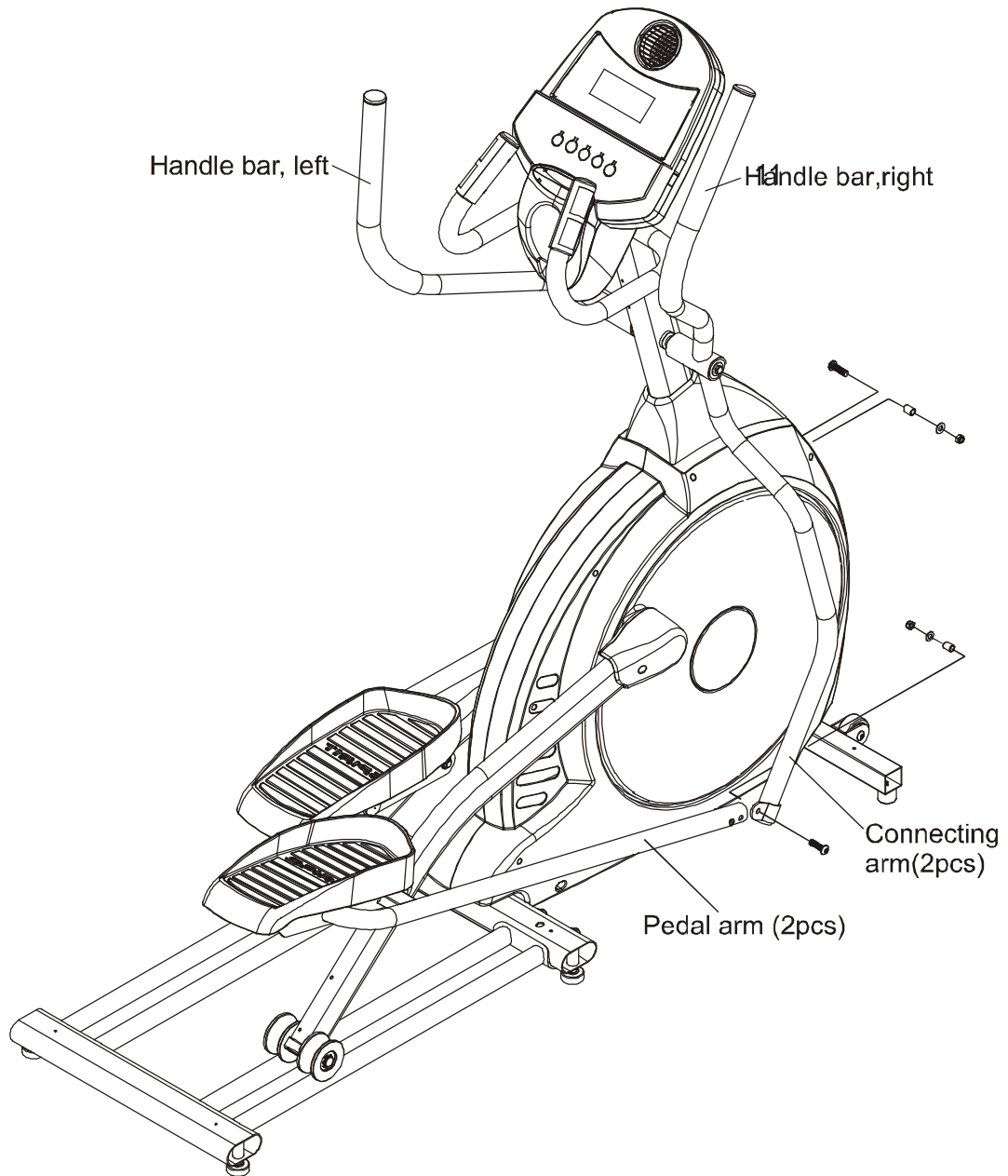
Step 1



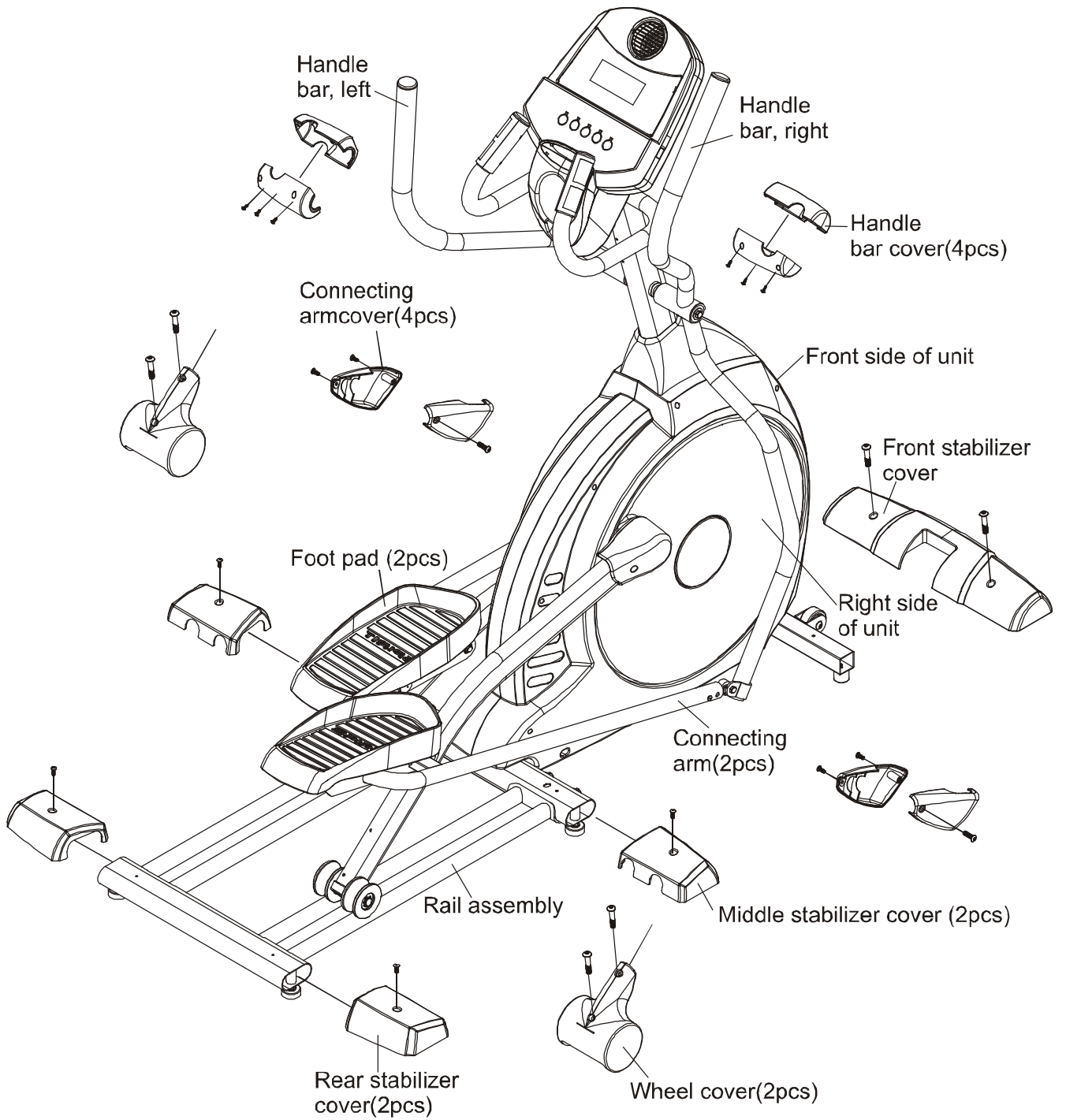
Step 2



Step 3



Step 4



Transport

Transportation

The elliptical is equipped with two transport wheels which are engaged when rear of ZE Series Elliptical is lifted.

Operation of Your Elliptical

Getting familiar with the control panel

■ ZE110 Console



Starting a program

Quick Start

After the console power on you must to set date and time by rotating Enter key, then press Enter key to confirm. After finishing you may press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by rotating the Enter button. Distance and Calories will accrue, starting from zero.

The bottom right data window will switch between RPM and Speed every 5 seconds. RPM is your actual pedal rotation speed, and the Speed readout is in MPH, indicating approximate road speed as if pedaling a bicycle in 7th gear.

The Distance window shows distance traveled, based on pedal speed, in miles. The Pulse window will display your heart rate in beats per minute if you are holding the heart rate hand sensors, or wearing a chest strap transmitter.

The Calorie reading shows total Calories burned and is an approximate number. The Watt reading indicates how much work you are doing. If the Watt reading is 100, this means you are doing enough work to light a 100 watt light bulb.

Manual

After power up, or reset, highlight the Manual icon at the bottom of the display and press Enter key. The profile will be blinking and you may rotate the Enter key to adjust the program workload and then press Enter. The Time window will now be blinking. Rotate the Enter key to adjust the program Time and then press Enter. The Distance window will now be blinking and you can adjust a target Distance using the Enter key then press Enter. The Calories window will now be blinking and you can adjust a target Calories using the Enter key then press Enter. Pulse will now be blinking, repeat the same process as above to set, then press Enter. After adjusting all the parameters, press Start to begin your workout.

Preset Programs

There are 12 preset programs to choose from. After power up, or reset, rotate the Enter key to highlight the Program icon. Press the Enter key to enter the program mode. The display will show P1, for two seconds, then change to the P1 program profile. You may keep rotating the Enter key to scroll through the 12 programs. When you see a program you want, press the Enter key to enter. At this point you may press start to begin the program with the default settings or you may customize the program.

To customize the workload, rotate the Enter key. You will see the profile increase in size. When the workload is where you like it press the Enter key (If you do not want to customize the profile, just press the Enter key to bypass).

The Time window will now be blinking. Use the Enter key to adjust the workout time and then press Enter.

The Distance window will now be blinking. Repeat the same process to set the distance to count down, if desired, and press Enter.

The Calorie window will now be blinking. Repeat the same process then press Enter.

The Pulse window will now be blinking. Entering a Pulse number will set an alarm that will beep when your heart rate reaches the programmed number to let you know you have reached your target.

Once you have set the data you may press Start to begin the program. You may also press Start at any time during the programming to begin. Any data that is not programmed at that point will count up from zero.

When the program ends there is a series of audible beeps. You may press Start to restart the program or press Reset to return to the start-up screen.

User Program

This mode allows you to build and save your own custom program.

Rotate the Enter key until the User icon at the bottom of the display is blinking then press Enter. The first column of the profile will be blinking. Rotate the Enter key to adjust the work load then press Enter. The second column will now be blinking. Repeat the same process as above and press Enter. Repeat this process until all the columns are adjusted to your liking. All the settings will be saved as a custom program. You may press the Start key to begin.

Target HR

This program allows you to set a target heart rate and the machine will automatically adjust the work load to safely reach the target and maintain that target.

Use the Enter key to select the Target HR program and press Enter. The display will show a number and the age icon at top will be blinking. Rotate the Enter key to adjust the age and press Enter. The display will now show a blinking percent number or the letters THR.

You may use the Enter key to choose either 55%, 75%, 90% or THR. The percentage choices will automatically set the target to a percent of your maximum heart rate, based on your age. This is why it is important to adjust the age properly. The console will use a formula to determine the correct percentage: $220 - \text{age} = \text{maximum HR}$. For example a 30 year old persons' Max HR is 190 BPM ($220 - 30 = 190$ BPM). If the 30 year old wants to work at 75%, their target HR will be 142BPM.

If you want to choose to work at 75% - for example - then use the Enter arrow to highlight 75% and press Enter. Now the Time window will be blinking and you can program it and other data the same as other programs. If you want to set your own custom Target HR then rotate the Enter arrow to highlight THR and press Enter. The Pulse window will now be blinking. Use the Enter arrows to set your own Target HR and press Enter to continue.

Watt

After power up, or reset, rotate the Enter key to highlight the Watt icon. Press the Enter key to enter the Watt mode. When you choose to set the Watts then the machine will automatically adjust the workload to maintain continuous work. What this means is that if you set the Watt to 100 the machine will try to keep you working at a rate of work that equals 100 Watts (or working at a rate that will keep a 100 Watt light bulb burning). Watts are determined by the amount of work you are doing. On the Elliptical this means the speed you are pedaling at combined with the workload of the machine.

In Watt mode, if you change your speed the machine will automatically change the workload to maintain the same Watt load. If you pedal faster the workload will decrease and if you pedal slower the workload increases.

After adjusting all the parameters, press Start to begin your workout.

Recovery

Used to measure how fast your heart rate (HR) recovers from exercise. The faster your HR returns to normal from exercise level, the better aerobic shape you are in. Pressing the recovery button will start a 60 second count down. Hold the hand pulse sensors and do not exercise during the count down. At the end of the 60 seconds a score will be displayed ranging from F1 to F6 with F1 being the highest score and F6 being the lowest.

FUNCTIONS

- TIME:** Count up: accumulates training time from zero to 99:59.
Count down: counts down from preset time to zero.
- SPEED/ RPM:** Automatically toggles between SPEED and RPM every 6 seconds.
Speed is in miles per hour (or kilometers per hour)
- DISTANCE:** Count up: accumulates training distance from 0.00 to 99.9 miles.
Count down: counts down from preset distance to zero.
- CALORIES:** Accumulates calories burned from 0 to 999. This is an estimated number only to be used from workout to workout to compare your progress. Actual calorie burn cannot be measured accurately on any consumer exercise equipment because every individual burns calories at a different rate.
- WATT:** Indicates the amount of work being done in Watts.
- PULSE:** Displays your current heart rate when you grasp the hand sensors or wear the chest strap transmitter.
- LOAD:** Shown next to the workout profile. Indicates the level of work being done from 1 to 8.
- RECOVERY:** Used to measure how fast your heart rate (HR) recovers from exercise. The faster your HR returns to normal from exercise level, the better aerobic shape you are in. Pressing the recovery button will start a 60 second count down. Hold the hand pulse sensors and do not exercise during the count down. At the end of the 60 seconds a score will be displayed ranging from F1 to F6 with F1 being the highest score and F6 being the lowest.
- TEMPERATURE:** Displays current room temperature from 0 to 140 degrees F.

■ ZE120 Console



Starting a program **Quick Start**

After the console powers up you may press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the Up/Down buttons. Distance and Calories will accrue, starting from zero.

The Calorie window will switch between Calories and Watts every 5 seconds. The Calorie reading shows total Calories burned and is an approximate number. The Watt reading indicates how much work you are doing. If the Watt reading is 100, this means you are doing enough work to light a 100 watt light bulb.

The bottom left data window will switch between RPM and Speed every 5 seconds. RPM is your actual pedal rotation speed, and the Speed readout is in MPH, indicating approximate road speed as if pedaling a bicycle in 7th gear.

The Distance window shows distance traveled, based on pedal speed, in miles. The Pulse window will display your heart rate in beats per minute if you are holding the heart rate hand sensors, or wearing a chest strap transmitter.

Manual

Using the Up/Down keys, highlight the Manual icon at the top of the display and press Enter key. The profile will be blinking and you may use the Up/Down keys to adjust the program work level and then press Enter. The Time window will now be blinking. Use the Up/Down keys to adjust the program Time and then press Enter. The Distance window will now be blinking and you can adjust a target Distance using the Up/Down keys then press Enter. Calories will now be blinking, repeat the same process as above to set, then press Enter. The Watt icon will be blinking. If you choose to set the Watts then the machine will automatically adjust the workload to maintain continuous work. What this means is that if you set the Watt to 100 the machine will try to keep you working at a rate of work that equals 100 Watts (or working at a rate that will keep a 100 Watt light bulb burning). Watts are determined by the amount of work you are doing. On the Elliptical this means the speed you are pedaling at combined with the workload of the machine. In Watt mode, if you change your speed the machine will automatically change the workload to maintain the same Watt level. If you pedal faster the workload will decrease and if you pedal slower the workload increases. After adjusting all the parameters, press Start to begin your workout.

Preset Programs

There are 12 preset programs to choose from. After power up, or reset, press the Up/Down keys to highlight the Program icon. Press the Enter key to enter the program mode. The display will show P1, for two seconds, then change to the P1 program profile. You may keep pressing the Up/Down keys to scroll through the 12 programs. When you see a program you want, press the Enter key to enter. At this point you may press start to begin the program with the default settings or you may customize the program.

To customize the work level, press the Up key. You will see the profile increase in size. When the work level is where you like it press the Enter key (If you do not want to customize the profile, just press the Enter key to bypass).

The Time window will now be blinking. Use the Up and Down keys to adjust the workout time and then press Enter.

The Distance window will now be blinking. Repeat the same process to set the distance to count down, if desired, and press Enter.

The Calorie window will now be blinking. Repeat the same process then press Enter.

The Pulse window will now be blinking. Entering a Pulse number will set an alarm that will beep when your heart rate reaches the programmed number to let you know you have reached your target.

Once you have set the data you may press Start to begin the program. You may also press Start at any time during the programming to begin. Any data that is not programmed at that point will count up from zero.

When the program ends there is a series of audible beeps. You may press Start to restart the program or press Reset to return to the start-up screen.

User Program

This mode allows you to build and save your own custom program.

Press the Up or Down key until the User icon at the top of the display is blinking then press Enter. The first column of the profile will be blinking. Use the Up/Down keys to adjust the work level then press Enter. The second column will now be blinking. Repeat the same process as above and press Enter. Repeat this process until all the columns are adjusted to your liking. All the settings will be saved as a custom program.

Target HR

This program allows you to set a target heart rate and the machine will automatically adjust the work load to safely reach the target and maintain that target.

Use the Up/Down keys to select the Target HR program and press Enter. The display will show a number and the age icon at top will be blinking. Use the Up/Down keys to adjust the age and press Enter. The display will now show a blinking percent number or the letters THR.

You may use the Up/Down keys to choose either 55%, 75%, 90% or THR. The percentage choices will automatically set the target to a percent of your maximum heart rate, based on your age. This is why it is important to adjust the age properly. The console will use a formula to determine the correct percentage: $220 - \text{age} = \text{maximum HR}$. For example a 30 year old persons' Max HR is 190 BPM ($220 - 30 = 190$ BPM). If the 30 year old wants to work at 75%, their target HR will be 142BPM.

If you want to choose to work at 75% - for example - then use the Up/Down arrows to highlight 75% and press Enter. Now the Time window will be blinking and you can program it and other data the same as other programs. If you want to set your own custom Target HR then use the Up/Down arrow to highlight THR and press Enter. The Pulse window will now be blinking. Use the Up/Down arrows to set your own Target HR and press Enter to continue.

Watt

After power up, or reset, rotate the Enter key to highlight the Watt icon. Press the Enter key to enter the Watt mode. When you choose to set the Watts then the machine will automatically adjust the workload to maintain continuous work. What this means is that if you set the Watt to 100 the machine will try to keep you working at a rate of work that equals 100 Watts (or working at a rate that will keep a 100 Watt light bulb burning). Watts are determined by the amount of work you are doing. On the Elliptical this means the speed you are pedaling at combined with the workload of the machine.

In Watt mode, if you change your speed the machine will automatically change the workload to maintain the same Watt load. If you pedal faster the workload will decrease and if you pedal slower the workload increases.

After adjusting all the parameters, press Start to begin your workout.

Recovery

Used to measure how fast your heart rate (HR) recovers from exercise. The faster your HR returns to normal from exercise level, the better aerobic shape you are in. Pressing the recovery button will start a 60 second count down. Hold the hand pulse sensors and do not exercise during the count down. At the end of the 60 seconds a score will be displayed ranging from F1 to F6 with F1 being the highest score and F6 being the lowest.

FUNCTIONS

- TIME:** Count up: accumulates training time from zero to 99:59.
Count down: counts down from preset time to zero.
- SPEED/ RPM:** Automatically toggles between SPEED and RPM every 6 seconds. Speed is in miles per hour (or kilometers per hour)
- DISTANCE:** Count up: accumulates training distance from 0.00 to 99.99 miles.
Count down: counts down from preset distance to zero.
- CALORIES:** Accumulates calories burned from 0 to 9999. This is an estimated number only to be used from workout to workout to compare your progress. Actual calorie burn cannot be measured accurately on any consumer exercise equipment because every individual burns calories at a different rate.
- WATTS:** Indicates the amount of work being done in Watts.
- PULSE:** Displays your current heart rate when you grasp the hand sensors or wear the chest strap transmitter.
- LEVEL:** Shown next to the workout profile. Indicates the level of work being done from 1 to 16.

Manufacturer's Limited Warranty

Effective September 15, 2006 ELLIPTICAL WARRANTY

Spirit Manufacturing Inc. warrants all its elliptical parts for a period of 2 years from the date of retail sale, as determined by sale receipt, or **in the absence of a receipt** eighteen (18) months from the original factory shipping date, 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:

Labor	1 Year
Frame Weldments	Lifetime
All Other Components	5 Years for ZE120
All Other Components	3 Years for ZE110

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 elliptical in accordance with the instructions provided in this manual
3. Proper installation by an authorized Spirit service company in accordance with instructions provided with the elliptical 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 elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical 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 elliptical not requiring component replacement, or elliptical not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Spirit service companies; 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.