Owner's Manual

Model No.
16807348950

XS895

- Assembly
- Operation
- Adjustments
- Parts
- Warranty

CAUTION:
Read and understand this manual before operating unit

SPIRIT

Retain For Future Reference

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ATTENTION

This HIIT Trainer is intended for residential use only and is warranted for this application. Any other application voids this warranty in its entirety.

SPIRIT

CONGRATULATIONS ON YOUR NEW HIIT TRAINER

Thank you for your purchase of this quality HIIT Trainer from Dyaco Canada Inc. Your new HIIT Trainer 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, Dyaco Canada Inc. 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 HIIT Trainer is your administrator for all Dyaco Canada Inc. warranty and service needs. Their responsibility is to provide you with 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 never forget that you are the reason we are in business.
Please go to www.dyaco.ca/warranty and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____
Dealer Phone #_____
Purchase Date _____

Product Registration

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

Serial Number_____

REGISTER YOUR PURCHASE

Please visit us at www.dyaco.ca/warranty to register your purchase.

Important Safety Instructions

To reduce the risk of injury to persons:
Read all instructions before using this equipment.
WARNING - To reduce the risk of burns, fire electric shock, or injury to persons:

1. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
2. Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. The equipment is intended for household use.
7. Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
8. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
9. Keep hands away from all moving parts.
10. 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.
11. Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
12. Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
13. User Weight Limit: 400 lbs.

Please ensure that you review and adhere to the user weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

Important Electrical Instructions

WARNING!

Route the power cord away from any moving part of the unit including the transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your unit 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 unit to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The temperature specification is 40 degrees C, and humidity is 95%, noncondensing (no water drops forming on surfaces).

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

Important Operation Instructions

- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Use caution while participating in other activities while cycling on your unit, such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the bike. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

WARNING / AVERTISSEMENT

Model/Modèle#:

Serial#/Numéro de série:

For consumer use only.
Max user weight limit

CAUTION:SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.
WARNING:KEEP CHILDREN AWAY FROM THE
KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS
THE POSSIBILITY OF SERIOUS INJURIES OR DEATH IF CAUTION IS NOT USED.
READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

Usage à des fins personnelles seulement
poids maximum de l'utilisateur

ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT UTILISER AUCUN APPAREIL D'EXERCICE SANS LA SURVEILLANCE D'UNE PERSONNE QUALIFIÉE.
AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU . GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAPREIL POURRAIT ENTRAÎNER DE GRAVES BLESSURES ET MÊME LA MORT.
LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT UTILISATION.
REMPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE.

Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, Ontario
L2G 0A9

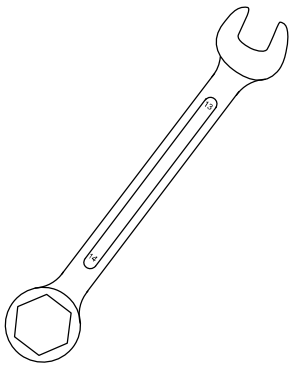
Customer Service
Service à la clientèle
1-888-707-1880

ASSEMBLY INSTRUCTIONS

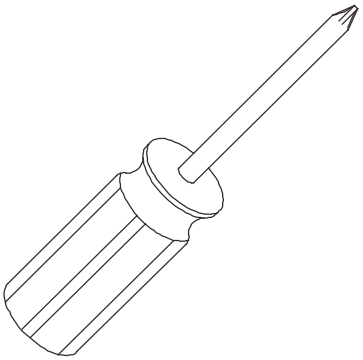
PRE-ASSEMBLY

1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first.
4. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item numbers from the assembly drawing for reference.

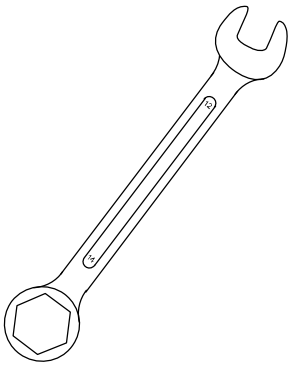
ASSEMBLY TOOLS



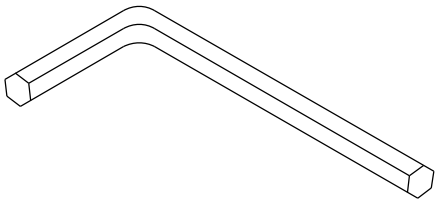
#149. 13/14mm Wrench (1 pc)



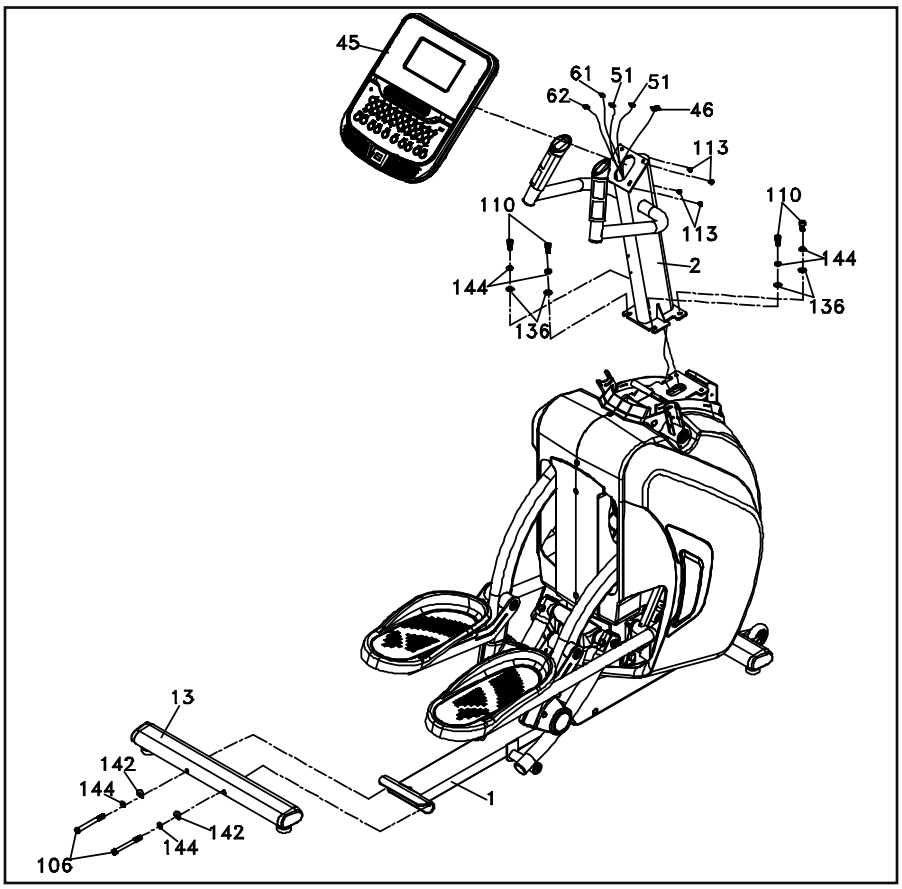
#151. Phillips Head Screwdriver (1 pc)



#150. 12/14mm Wrench (1 pc)



#152. L Allen Wrench (1 pc)

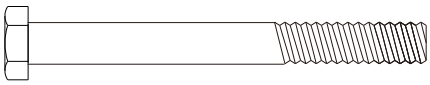


STEP 1:

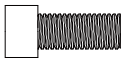
1. Attach Rear Stabilizer with handle (**13**) to the mounting plate on the main frame and secure with two 3/8" × 3-3/4"_Hex Head Bolts (**106**) two Ø10 × 2T_ Split Washers (**144**) and Ø3/8" × 23 × 2.0T_Curved Washers (**142**) by using 13/14m/m_Wrench (**149**).
2. Pull the tie on the Computer Cable to have Computer Cable (**46**) go through the mast from the bottom and out of the mast on top. Secure the Console Mast (**2**) on the mounting plate on the Main Frame with four 3/8" × 3/4"_Socket Head Cap Bolts (**110**), four Ø10 × 2T_ Split Washers (**144**) and four Ø3/8" × Ø19 × 1.5T_Flat Washers (**136**) by using L Allen Wrench (**152**).
3. Take off the tie from the Computer Cable (**46**) and plug it into the Console Assembly (**45**) together with two Handpulse Assembly (**51**) and Resistance/ Incline (White/Red) (**61,62**) cables. Place the Console on the mounting plate of the Console Mast and secure it with four M5 × 10m/m_Phillips Head Screws (**113**) by using Phillips Head Screwdriver (**151**).

(Make sure the cables are tucked into the tube and don't pinch the cables.)

HARDWARE



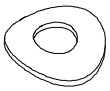
#106. 3/8" × 3-3/4"
Hex Head Bolt (2 pcs)



#110. 3/8”X3/4” Socket
Head Cap Bolt (4 pcs)

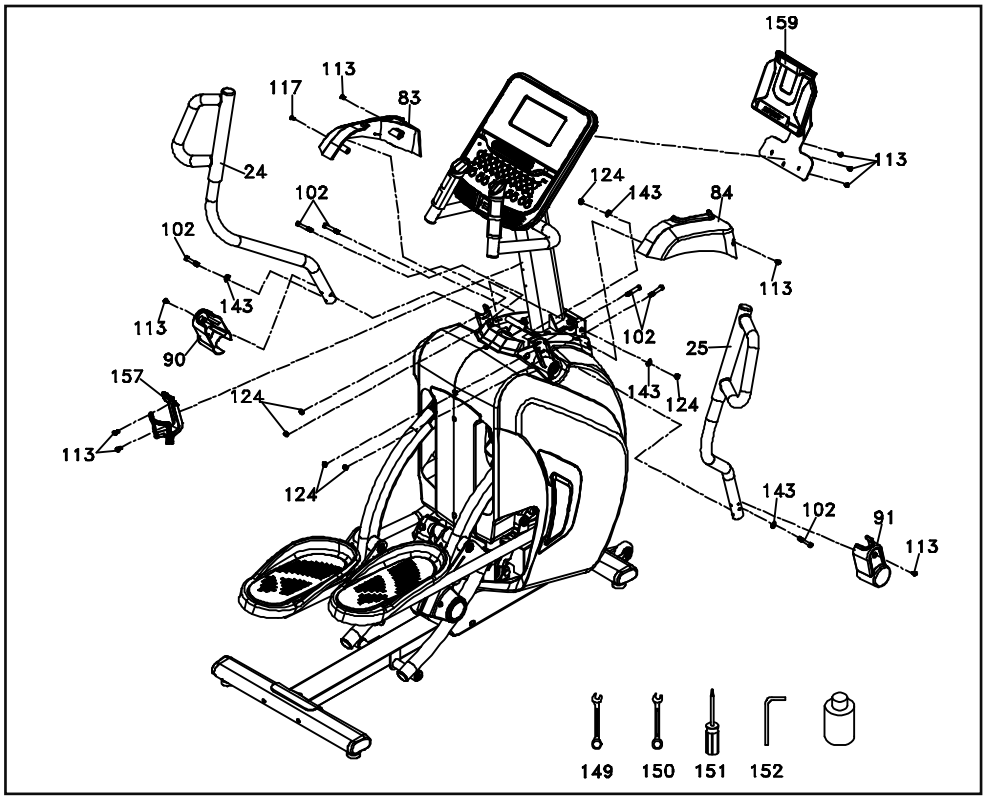
#113. M5 × 10mm Phillips
Head Screw (4 pcs)

#136. 3/8" × Ø19 × 1.5T
Flat Washer (4 pcs)



#142. 3/8"×23×2T
Curved Washer (2 pcs)

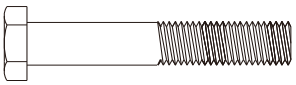
144. Ø10 × 2T
Split Washer (6 pcs)



STEP 2:

1. Match Left Console Mast Cover (**83**) with Right Console Mast Cover (**84**) on top of the left and right Chain Covers and around the Console Mast and secure with one 3.5 × 16L_Sheet Metal Screws (**117**) and two Phillips Head Screw (**113**) by using Phillips Head Screwdriver (**151**)
2. Attach Upper Handlebar (L) (**24**) to the mounting plates on Swing Arm (L) (**17**) and secure with three 5/16" × 1-3/4"_Hex Head Bolts (**102**), two 5/16" × 19 × 1.5T_Curved Washers (**143**) and three 5/16" × 7T_Nyloc Nuts (**124**) by using 12/14m/m_Wrench (**150**) and 13/14m/m_Wrench (**149**). Use the same way with the same quantity of bolts to secure the Upper Handlebar (R) (**25**) onto the mounting plates on the Swing Arm (R) (**18**).
3. Install the Left Handlebar Cover (**90**) on Left Lower Handlebar and secure it with two M5 × 10m/m_Phillips Head Screws (**113**) by using Phillips Head Screwdriver (**151**). Use the same way with the same quantity of bolts to secure the Right Handlebar Cover (**91**) on the Upper Right Handgrip and Right Lower Handlebar.
4. Install the Drink Bottle Holder (**157**) on Console Mast with 2 Phillips Head Screws (**113**) using the Screwdriver (**151**).
5. Install the Tablet Holder onto the Console Assembly (**45**) with three M5 × 10mm_Phillips Head Screws (**113**) by using Phillips Head Screwdriver (**151**).

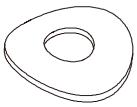
HARDWARE



#102. 5/16" × 1-3/4"_ Hex Head Bolt (6 pcs)

#113. M5 × 10mm Phillips Head Screw (9 pcs)

#117. 3.5 × 16mm Sheet Metal Screw (1 pcs)



#143. 5/16"×19×1.5T Curved Washer (4 pcs)

#124. 5/16" Nyloc Nut (6 pcs)

Setting Up Your Hiit Trainer

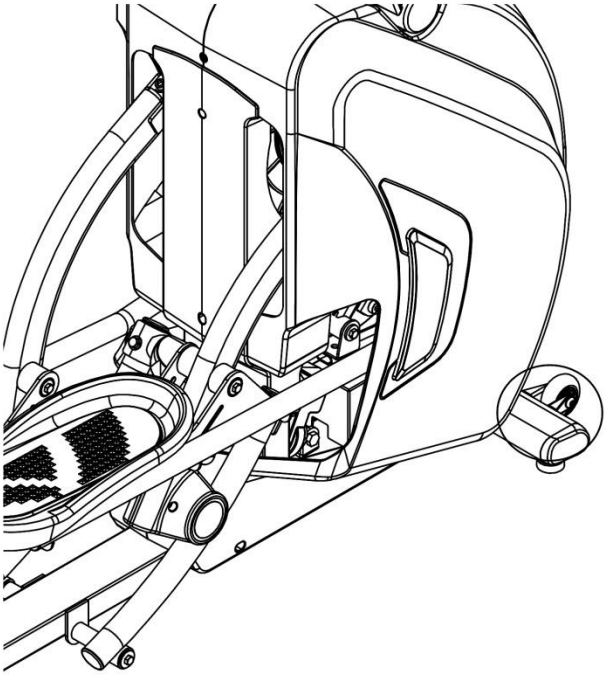
■ Plugging in and Powering On

When power is connected to the HIIT Trainer the console will automatically power up. This model is connected directly to 120-volt,15-amp and there is a power switch located where the line cord plugs into the unit on the left side near the middle. When it is first powered on, the console will perform an internal self-test. During this time all the lights will turn on, the Message Window display will show a software version (i.e.: VER 1.0), and the STEPS Window will display the total step reading. The Time Window shows how many total hours the HIIT Trainer has been used.

The total step and time will remain displayed for only a few seconds then the console will go to the start-up display. The dot matrix display will scroll through the different profiles of the programs and the Message Center will scroll through the start-up message. You may now begin to use the console.

■ Moving The HIIT Trainer

Gently tilt the HIIT Trainer up and roll it away.



ABOUT YOUR MACHINE

Always use care and caution when operating your machine. Follow the instructions in this manual to ensure the safe operation and maintenance of your HIIT Trainer.

Your new Spirit Fitness HIIT Trainer has Bluetooth connectivity to give you access to the most advanced workout experiences available. Follow the instructions below to learn more about using the Bluetooth capabilities to their fullest potential.

Downloading the Spirit+ app will help unlock more features- such as tracking workouts and sharing data via Google Fit and Apple Fitness. Simply search for “Spirit+” in the app store on your smartphone or tablet or scan the QR code below.

Did you know that you can personalize your experience with your new HIIT Trainer? Create a profile and save custom workout programs by following the instructions below.

USING THE SPIRIT+ APP

To help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit+ App. Just download the free Spirit+ App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.

Press the “DISPLAY” button from the APP to view the display of the current workout data. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. The Spirit + App also allows you to sync your workout data with one of many fitness cloud sites we support Apple Health, Google Fit, MapMyFitness or Fitbit, with more to come.

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth® icon to search for your Spirit + equipment.
4. Under the Bluetooth® scan result list, select the machine for connection. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Spirit + App.
5. When your exercise is complete, choose “END & SAVE WORKOUT” to store the workout data. You will be prompted to sync your data with each available fitness cloud site. Please note, that you will have to download the applicable compatible fitness App, such as Apple Health, Google Fit, MapMyFitness, Fitbit, etc., for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 13.1 or Android 8.0 for the Spirit + App to operate properly.

Available on the App Store

GET IT ON Google play

The exercise equipment can also play music wirelessly via Bluetooth®. Turn on your mobile phone or tablet’s Bluetooth® function. Search for the name “Bt-speaker” in your device’s Bluetooth® menu. Tap to connect. Now your device can transmit music to the exercise equipment.

The icon lights up and the heart rate is displayed when successfully connected to a Bluetooth® heart rate chest strap. The icon will be off when the Bluetooth® heart rate chest strap is disconnected.

OPERATION OF YOUR CONSOLE

QUICK START

1. This is the quickest way to start a workout. After the console powers up you just press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the **Level +/- keys.** The dot matrix display will have only the bottom row lit at first. As you increase the workload more rows will light indicating a harder workout. The HIIT Trainer will get harder to pedal as the rows increase.
2. There are 20 levels of resistance available for plenty of variety. The first 5 levels are very easy workloads and the changes between levels are set to a good progression for de-conditioned users. Levels 6-10 are more challenging, but the increases in resistance from one level to the next remain small. Levels 11-15 start getting tougher as the levels jump more dramatically. Levels 16-20 are extremely difficult and are good for short-interval peaks and elite athletic training.

FEATURES

Basic Information

The Message Center will initially be displaying the Program name. When in scan mode during a program, Segment time will be displayed for four seconds, then move on and display FPM (floors per minute). The data changes to Segment time, SCAN. Pressing the **Enter** key again will bring you back to the beginning.

The **Stop** key has several functions. Pressing the **Stop** key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause, just press the **Start** key. If the **Stop** key is pressed twice during a workout, the program will end and the console will display your Workout Summary (Total time, Avg. fpm, total floors, Avg. HR). If the **Stop** key is held down for 3 seconds or a third time during the program, the console will perform a complete Reset. During data entry for a program the **Stop,** key performs a previous screen or segment function. This allows you to go back to change programming data.

1/4 Mile / 0.4k Track

The 1/4-mile track (one lap) will be displayed around the dot matrix window. The flashing segment indicates your progress. Once the 1/4-mile (Metric - 0.4k) is complete this feature will begin again.

Program Key

The Program Key is used to preview each program. When you first turn the console on you may press the program key to preview what the program profile looks like.

Heart Rate Monitoring

The HIIT Trainer has a built-in heart rate monitoring system. Simply grasping the hand pulse sensors on the stationary handlebars or wearing the heart rate transmitter (see Using Heart Rate Transmitter section) will start the Heart Icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate or Pulse in beats per minute.

Built-in Fan

The console includes a built-in fan to help keep you cool. To turn the fan on, press the button on the left side of the console.

Child Lock

Your machine is equipped with a child lock feature which disables the buttons on the console to prevent unauthorized use. To turn it on, press **Child Lock**, and then the LED will light up. The HIIT Trainer will be in idle mode and cannot be operated. You must hold **Child Lock** for 3 seconds to unlock. After the LED light turns off, press **START** to operate.

Charge Portable Devices with USB port

Charge your device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and your device.
Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure a compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

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 and is not to be used for medical purposes.

Direct Resistance & Incline Buttons

You can set your resistance and incline level settings quickly by pressing the buttons on the console. Simply choose the desired level of resistance and incline from the console and the HIIT Trainer will automatically adjust to that level. This saves time because you don't have to press and hold or hold a button down until you reach the desired level.

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 or the heart rate transmitter chest strap to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal. You may not use the Grip Pulse feature while in Heart Rate Programs.

Dot Matrix Center Display

Twenty columns of boxes (10 high) indicate each segment of a workout. The boxes only show an approximate level (resistance) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the resistance dot matrix window will build a profile "picture" as values are changed during a workout.

PROGRAMMABLE FEATURES

Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age is necessary during the Heart Rate programs to ensure the correct settings are in the program for your Age. Your weight is used to give a more accurate calorie count.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

Entering a Program and Changing Settings

When you enter a program, by pressing the **Program** key, then **Enter** key, you have the option of entering your settings. If you want to work without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings, then just follow the instructions in the Message Center. If you start a program without changing the settings, the default or saved settings will be used.

NOTE: Age and Weight default settings will change when you enter a new number. So, the last Age and Weight entered will be saved as the new default settings. If you enter your Age and Weight the first time you use the HIIT Trainer, you will not have to enter it every time you work out unless either your Age or Weight changes or someone else enters a different Age and Weight.

PROGRAMS - TO SELECT AND START A PROGRAM

Preset

1. Press the **PROGRAM** key to select the desired program button, then press the **Enter** key.
2. The Message Center will ask you to enter your Age.
   You may adjust the age setting, using the **+ and -** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight number using the **+ and -** keys, then press **Enter** to continue.
4. Next is Time. You may adjust the Time and press **Enter** to continue.
5. Now you are asked to adjust the Max Resistance Level.
   This is the peak exertion level you will experience during the program (at the top of the hill).
   Adjust the level and then press **Enter**.
6. Now you have finished editing the settings and can begin your workout by pressing the **Start** key.
7. If you want to increase or decrease the workload at any time during the program press the **+ or -** key.
8. During the program you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
9. When the program ends the Message Center will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Manual

The Manual program works as the name implies, manually. This means that you control the workload and not the computer. To start the Manual program, follow the instructions below.

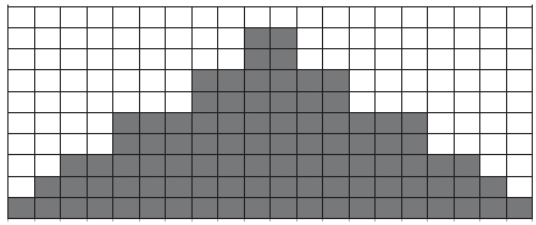
1. Press the **PROGRAM** key to select Manual, then press the **Enter** key.
2. The Message Center will ask you to enter your Age. You may enter your age, using the **Level +/- keys**, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight value using the **Level +/- keys**, then press **Enter** to continue.
4. Next is Time. You may adjust the Time and press **Enter** to continue.
5. Now you have finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
6. Once the program starts you will be at level one. This is the easiest level, and it is a good idea to stay at level one for a while to warm up. If you want to increase the workload at any time press the **Level + key**; the **Level - key** will decrease the workload.
7. During the Manual program you will be able to scroll through the data in the Message Center by pressing the **Enter** key.
8. When the program ends, you may press **Start** to begin the same program again or **Stop** to exit the program.

PROGRAMS - PRESET

The HIIT Trainer has multiple different programs that have been designed for a variety of workouts. These eight programs have factory preset work level profiles for achieving different goals.

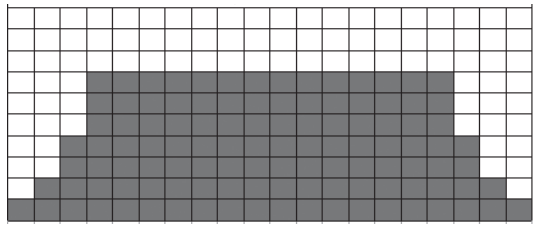
HILL

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort



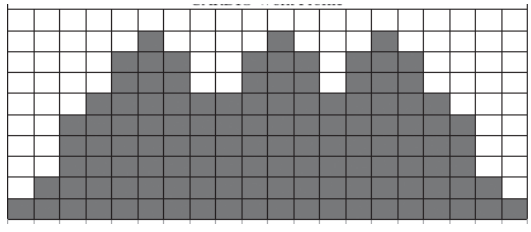
FAT BURN

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period.



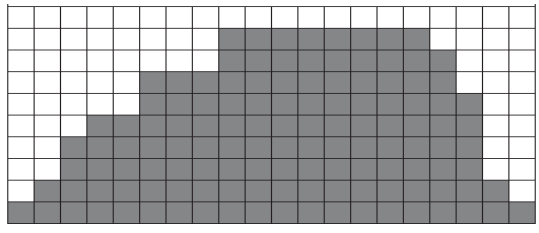
CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.



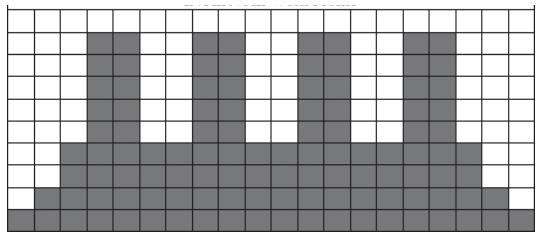
STRENGTH

This program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of the workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool-down follows.



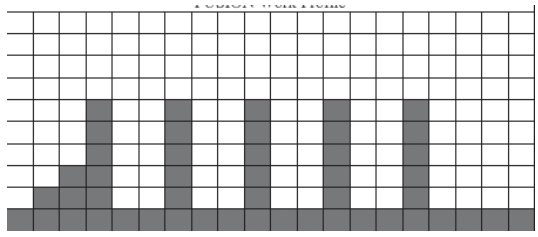
HIIT

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.



FUSION

This program takes you through high levels of cardio & strength intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration.
These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.



PROGRAMS

Fusion

In this interval program, you will alternate between mid-high intensity cardiovascular intervals on the HIIT Trainer, strength exercises off of the HIIT Trainer, and low-intensity recovery intervals on the HIIT Trainer. You will need a pair of objects that can be comfortably held in your hands (dumbbells, water jugs, soup cans, etc.) for 4 of the 5 strength exercises performed in this program.

1. Press the **PROGRAM** key to select the Fusion program button, then press the **Enter** key.
2. If Enter was pressed, the Message center will now be blinking at a value, indicating your Age (default is 35). Use the **Level +/- keys** to adjust, then press **Enter**. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate 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.
3. The Message Center will now be blinking a value, indicating your Body Weight. Entering the correct body weight will affect the calorie count. Use the **Level +/- keys** to adjust, then press **Enter**.

   Note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine the exact calorie burn for a particular person. Even if someone is the 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. The calorie count displayed in this program won't be accurate because the machine can't calculate calories expended while strength training.
4. The Message Center will now be blinking the preset top Resistance level of the selected program (default/minimum resistance is Level 5). Use the **Level +/- keys** to adjust, then press **Enter**. This value will be the Level for all cardio intervals. The resistance level can be adjusted at any time during the program.
5. The Message Center will be blinking the number of intervals desired (default is 10); you may select 10 (5 cardio & 5 strength), 20 (10 cardio & 10 strength), or 30 (15 cardio & 15 strength). Use the **Level +/- keys** to adjust, then press **Enter**.
6. The Message Center will be blinking the desired Interval time (default is 2:00). The time you select will be the duration of each cardio interval. Note: As a general rule, the longer the interval, the less resistance (HIIT Trainer) is required and the more repetitions you perform, the less weight (dumbbells) you need to use; use the **Level +/- keys** to adjust, then press **Enter**.
7. The Message Center will be blinking the recovery time you desire (default is 0:30) after completing both the cardio & strength intervals. Use the **Level +/- keys** to adjust, then press **Enter**.

   CAUTION: The shorter the recovery time, the longer your heart rate will stay elevated; if you are new to exercise or have recently resumed an exercise program after a considerable amount of time off, it is recommended that your recovery interval length either matches or exceeds the length of the cardio interval.

Countdown Mode

Target programs can set a **Target Time, Target Vertical Distance, Target Calories, Target Floors and Target Steps** for your workout. When the program begins the target item will count down; once it reaches zero the program ends.

1. Press the **PROGRAM** key to select TARGET PROGRAM, then press **Enter**.
2. Press the **PROGRAM** key to select the Target Time program, Target Vertical Distance program, Target Calories program, Target Floors program, and Target Steps program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
3. If **Enter** was pressed, the **Message center** will now be blinking at a value, indicating your Age (default is 35). Use the **+ or –** keys to adjust, then press **Enter**.
4. The Message center will now be blinking a value, indicating your **Body Weight** (default is 155 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+ or –** 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 the exact calorie burn for a particular person. Even if someone is the 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.
5. In the Target Time program, the Message Center will be blinking a value, indicating Time (the default value is 5 minutes) In the Target Distance program, the Message Center will be blinking a value, indicating Vertical Distance (the default value is 3.00 feet) In Target Calories program, the Message Center will be blinking a value, indicating Calories (the default value is 300). In the Target Floors program, the Message Center will be blinking a value, indicating Floors (the default value is 100) In the Target Steps program, the Message Center will be blinking a value, indicating Steps (the default value is 10000). You may use any of the **+ or -** keys to adjust the target item. After adjusting, or accepting the default, press **Enter**.
6. You are now done programming data and may press **Start** to begin your workout.

Building Program

1. Press the **PROGRAM** key to select **Building** program, then press **Enter**.
2. Press the **PROGRAM** key to select the **Burj Khalifa** program, **Willis Tower** program, **Empire State Building** program, **Chrysler Building** program, **and Transamerica Pyramid Building** program. Press **Enter** to set the program. The display will prompt you through the programming or you can just press **Start** to begin the program with default values.
3. If **Enter** was pressed, the Message center will now be blinking a value, indicating your Age (default is 35). Use the **+ or – keys** to adjust, then press **Enter**.
4. The Message center will now be blinking at a value, indicating your Body Weight (default is 155 lbs/ 70kgs.). Entering the correct body weight will affect the calorie count. Use the **+ or – keys** to adjust, then press **Enter**.
5. You are now done programming data and may press **Start** to begin your workout.

Custom Workout Program

Two customizable User programs allow you to build and save your workout. The two programs, Custom 1 and Custom 2 operate the same way so there is no reason to describe them separately. You can build your custom program by following the instructions below or you can save any other preset program you complete as a custom program. Both programs allow you to further personalize it by adding your name.

1. Press the **PROGRAM** key to select the Custom program button (Custom 1 or Custom 2), then press the **Enter** key. If you have already saved a program to either Custom 1 or Custom 2, it will be displayed, and you are ready to begin. If not, you will have the option of inputting a username. In the Message Window, the letter “A” will be blinking. Use the **Level +/-** buttons to select the appropriate first letter of your name (pressing the **LEVEL +/-** button will switch to the letter “B”; pressing the Down button will switch to the letter “Z”). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.
2. If there is a program already stored in Custom when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing **Start or Enter** you will be prompted: Run Program? Use the **Level +/-** to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one. The Message Center will ask you to enter your Age. You may enter your age, using the **Level +/-** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
3. The Message Center will ask you to enter your Age. You may enter your age, using the **Level +/-** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the weight value using the **Level +/-** keys, then press **Enter** to continue.
5. Next is Time. You may adjust the time and press **Enter** to continue.
6. Now the first column will be blinking, and you are asked to adjust the resistance level for the first segment (SEGMENT> 1) of the workout by using the **Level +/-** key. When you finish adjusting the first segment, or if you don’t want to change, then press **Enter** to continue to the next segment.
7. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.
8. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.

Heart Rate Program Operation

Note: You must wear the heart rate transmitter strap for these programs. Both programs operate the same.

Heart Rate programs operate the same, the only difference is that **HR1** is set to 55%, **HR2** is set to 65%, **HR3** is set to 75% and **HR4** is set to 85% of the maximum heart rate. They are programmed the same way. To start an HR program follow the instructions below or just select the **HR 55%, HR 65%, HR 75% or HR 85%** program, then the Enter button and follow the directions in the M**essage Center**.

After selecting your heart rate target, the program will attempt to keep you at or within 3 - 5 heartbeats per minute of this value. Follow the prompts in the **Message Center** to maintain your selected heart rate value.

1. Press the **PROGRAM KEY** to select **HR PROGRAM** then press **ENTER**.
2. Press the **PROGRAM** key to select target HR 55%, target HR 65%, target HR 75% or target 85%, then press the **Enter** key.
3. The Message Center will ask you to enter your **Age**. You may enter your age, using the L**evel + or -** keys, then press the **Enter** key to accept the new value and proceed on to the next screen.
4. You are now asked to enter your **Weight**. You may adjust the weight value using the **Level + or -** keys, then press **Enter** to continue.
5. Next is **Time**. You may adjust the time using the **Level + or –** keys and press **Enter** to continue.
6. Now you are asked to adjust the Heart Rate Target. This is the heart rate level you will strive to maintain during the program. Adjust the level using the **Level + or -** keys, then press **Enter**.
   Note: The heart rate that appears is based on the % you accepted in Step 2. If you change this number it will either increase or decrease the % from Step 2.
7. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key.
   Note: At any time during the editing of Data you can press the **Stop** key to go back one screen.
8. If you want to increase or decrease the workload at any time during the program press the **Level + or -** key on the console. This will allow you to change your target heart rate at any time during the program.

HEART RATE EXERTION

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 is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

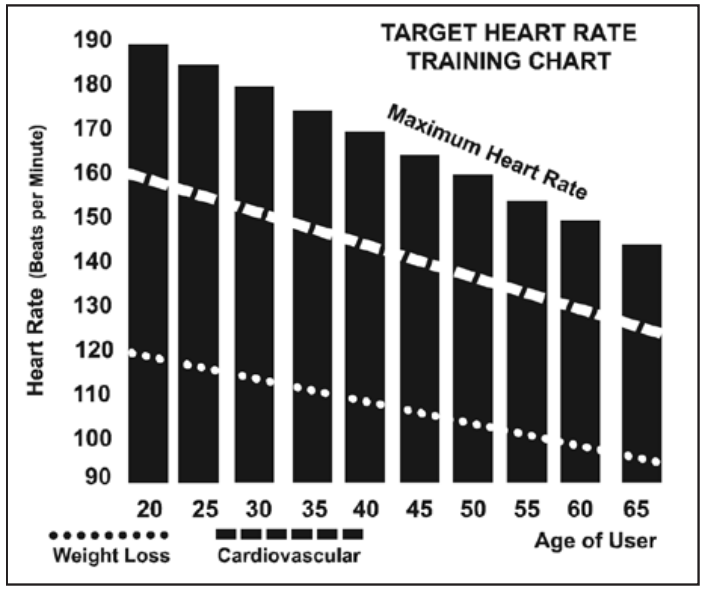
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range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

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

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute (60% of maximum)
180 x .8 = 144 beats per minute (80% of maximum)

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

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate 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.

With all Heart Rate Control HIIT Trainer machines, you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

HEART RATE - PERCEIVED EXERTION

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

USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:
Attach the transmitter to the elastic strap using the locking parts.

1. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
2. Position the transmitter centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
3. Position the transmitter immediately below the pectoral muscles.
4. Sweat is the best conductor to measure very minute heartbeat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
5. 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 a Panasonic CR2032.

Erratic Operation

Caution! Do not use this HIIT Trainer for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.
Areas to look for interference which may cause erratic heart rate:

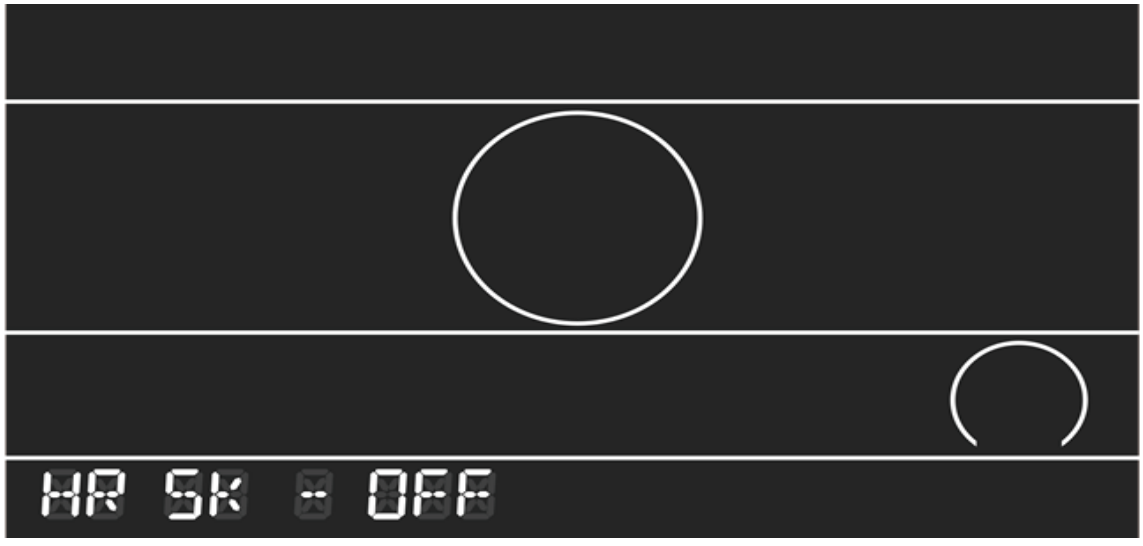
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

Instructions For The 5KHZ Receiver Function

Since the 5 kHz heart rate signal is an older specification, it is prone to interference.
Therefore, the 5 kHz heart rate reception function is set to be off by default.
If you need to enable this function, please follow these steps:

1. Turn on the machine's power. Wait until the machine enters idle mode, then press and hold the ENTER key for approximately 3 seconds.
2. The message window will display "HR 5K - OFF" as shown in the image.
3. Press the UP/DOWN keys to select "ON."
4. Once selected, press the ENTER key to confirm and complete the process.



MAINTENANCE & CARE

Post-Workout Machine Care

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

Sanitizing Your Fitness Equipment

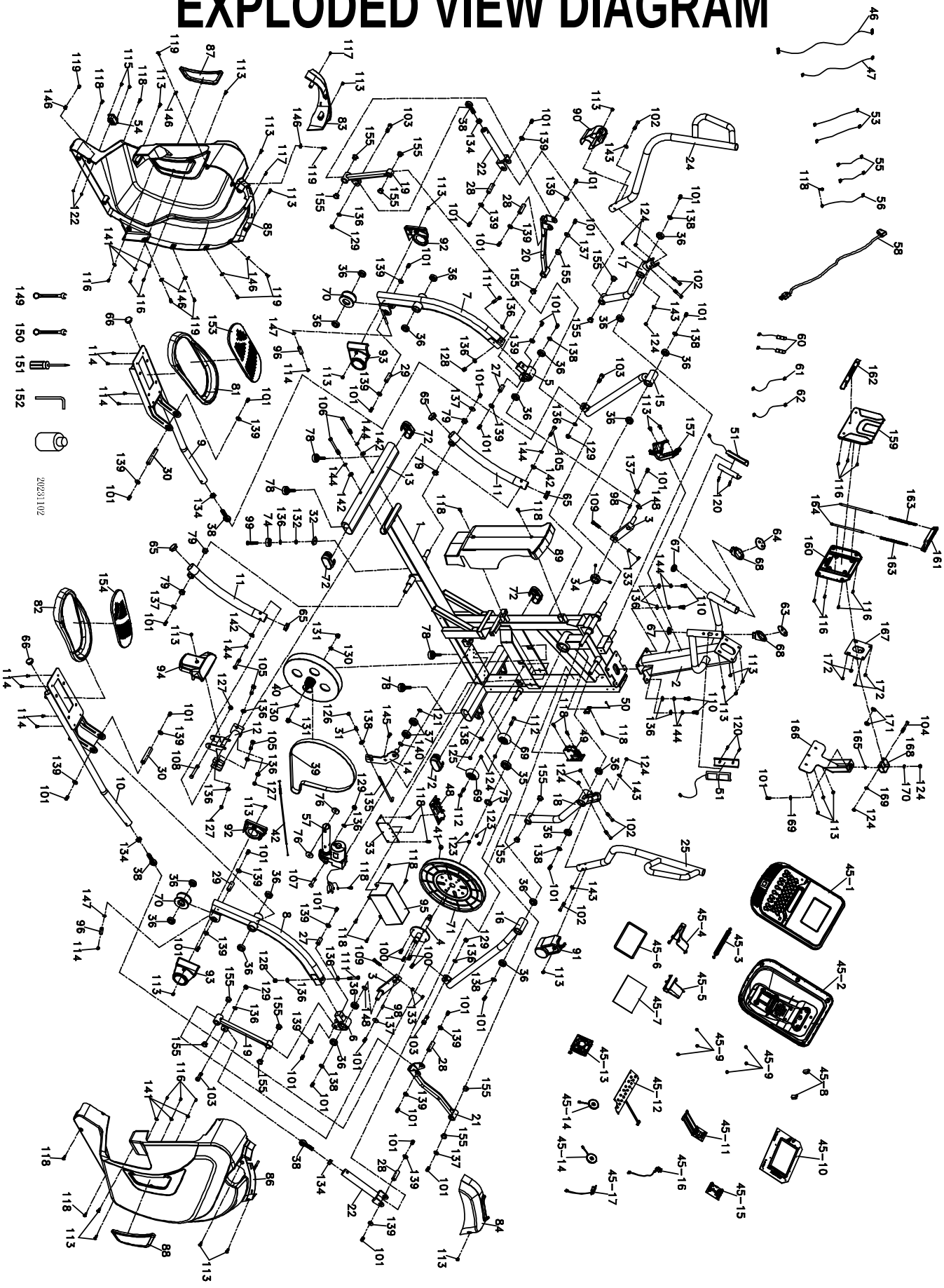
- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized and use a dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

Engineering Mode Menu

The console has built-in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Engineering Mode Menu, press and hold down the **Start, Stop and Enter** keys. Keep holding the keys down for about 5 seconds and the Message Center will display Engineering Mode Menu. Press the **Enter** key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Functions (Press Enter to access settings and + or- arrow to scroll)
   - Units (Sets the display to read in English or Metric display measurements)
   - Pause Mode (Turn on allow 5 minutes of pause, and turn off to have the console pause indefinitely)
   - ODO Reset (Resets the odometer)
   - Sleep Mode (Turn off o have the console power down automatically after 15 minutes of inactivity)
   - Beep (Turns off the speaker so no beeping sound is heard)
   - Motor test (Continually runs the tensioning gear motor)
4. Child Lock (Allows the keypad to be locked to prevent unauthorized use)
5. Exit

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Crank Arm Assembly	2
4	Crank Axle	1
5	Bushing Housing, Pedal Arm (L)	1
6	Bushing Housing, Pedal Arm (R)	1
7	Pedal Arm(L)	1
8	Pedal Arm(R)	1
9	Pedal Assembly (L)	1
10	Pedal Assembly (R)	1
11	Rear Rail Assembly	2
12	Incline Bracket	1
13	Rear Stabilizer	1
14	Idler Wheel Assembly	1
15	Pedal Bar Assembly (L)	1
16	Pedal Bar Assembly (R)	1
17	Swing Arm (L)	1
18	Swing Arm (R)	1
19	Swing Arm A	2
20	Swing Arm B (L)	1
21	Swing Arm B (R)	1
22	Swing Arm C	2
24	Upper Handle Bar (L)	1
25	Upper Handle Bar (R)	1
27	Rotate Axle A	2
28	Axle	4
29	Axle for Slide Wheel	2
30	Pedal Axle	2
31	Rod End Sleeve	1
32	Foot Pad Adjusting Plate	1
33	Controller Fixing Plate	1
34	6005-2RSB10+2M5_Bearing	1
35	6005_Bearing	1
36	6003_Bearing	20
37	6203_Bearing	2
38	Rod End Bearing	4
39	Drive Belt	1
40	Flywheel	1
41	Magnet	1
42	Steel Cable	1
45	Console Assembly	1

Key	Part Description	Q'ty
46	1700mm_Computer Cable	1
47	550mm_Computer Cable	1
48	Incline Controller	1
49	Gear Motor	1
50	Sensor W/Cable	1
51	850mm_Handpulse W/Cable Assembly	2
53	Connecting Wire, Controller	2
54	AC Input Module	1
55	80mm_Connecting Wire (White)	2
56	200mm_Ground Wire	1
57	Incline Motor	1
58	Power Cord	1
60	Resistance Button W/Cable	2
61	800mm_Handle Wire, Resistance(White)	1
62	800mm_Handle Wire, Incline(Red)	1
63	Handgrip Resistance Label(LEVEL)	1
64	Handgrip Resistance Label(INCLINE)	1
65	Ø38_Round Cap	4
66	32 × 2.5T_Round Cap	2
67	Ø32 × 1.8T_Round Cap	2
68	Handgrip End Cap	2
69	Transportation Wheel	2
70	Slide Wheel	2
71	Drive Pulley	1
72	Oval End Cap	4
74	Rubber Foot	1
75	Spacer Bushing	1
76	3/8" × 35 × 5T_Nylon Washer	2
78	Rubber Foot	4
79	Bushing	4
81	Pedal (L)	1
82	Pedal (R)	1
83	Console Mast Cover(L)	1
84	Console Mast Cover(R)	1
85	Chain Cover(L)	1
86	Side Case(R)	1
87	Side Case Plate(L)	1
88	Side Case Plate(R)	1
89	Rear Side Case	1
90	Handle Bar Cover (L)	1
91	Handle Bar Cover (R)	1
92	Slide Wheel Cover(L)	2
93	Slide Wheel Cover(R)	2

Key	Part Description	Q'ty
94	Incline Cover	1
95	Controller Cover	1
96	Sleeve	2
98	Woodruff Key	2
99	3/8" × 2"_Flat Head Socket Bolt	1
100	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
101	5/16" × 15mm_Hex Head Bolt	33
102	5/16" × 1-3/4"_Hex Head Bolt	6
103	M10 × P1.5 × Ø12 × 20L_Bolt	4
104	5/16" × UNC18 × 2-1/2"_Hex Head Bolt	1
105	3/8" × 2-1/4"_Hex Head Bolt	4
106	3/8" × 3-3/4"_Hex Head Bolt	2
107	Ø10 × 40L_Incline Set Screws	1
108	3/8" × 2-1/2"_Hex Head Bolt	1
109	M8 × 35mm_Socket Head Cap Bolt	2
110	3/8" × 3/4"_Socket Head Cap Bolt	4
111	3/8" × 2-1/4"_Socket Head Cap Bolt	2
112	5/16" × UNC18 × 1-3/4"_Button Head Socket Bolt	2
113	M5 × 10mm_Phillips Head Screw	26
114	M5 × 10mm_Phillips Head Screw	10
115	M4 × 12mm_Phillips Head Screw	2
116	3.5 × 12mm_Sheet Metal Screw	13
117	3.5 × 16mm_Sheet Metal Screw	2
118	5 × 19mm_Tapping Screw	16
119	5 × 16mm_Tapping Screw	7
120	3 × 20mm_Tapping Screw	4
121	Ø17_C Ring	1
122	M4 × P0.7 × 5T_Nylon Nut	2
123	1/4" × 8T_Nylon Nut	4
124	5/16" × 6T_Nylon Nut	10
125	M8 × 7T_Nylon Nut	1
126	M8 × 9T_Nylon Nut	1
127	3/8" × 7T_Nylon Nut	3
128	3/8" × 11T_Nylon Nut	2
129	M10 × 8T_Nylon Nut	5
130	3/8" × UNF26 × 4T_Nut	2
131	3/8" × UNF26 × 11T_Nut	2
132	3/8" × 7T_Nut	1
133	M8 × 6.3T_Nut	4
134	M12 × 10T_Nut	4
135	M8 × 170mm_J Bolt	1
136	Ø3/8" × Ø19 × 1.5T_Flat Washer	18
137	Ø8.5 × Ø26 × 2.0T_Flat Washer	6

Key	Part Description	Q'ty
138	Ø5/16" × Ø23 × 1.5T_Flat Washer	8
139	Ø5/16" × Ø23 × 3T_Flat Washer	20
140	Ø17 × Ø23.5 × 1.0T_Flat Washer	1
141	Ø5 × Ø15 × 1.2T_Flat Washer	6
142	Ø3/8" × 23 × 2.0T_Curved Washer	4
143	Ø5/16" × 19 × 1.5T_Curved Washer	4
144	Ø10 × 2T_Split Washer	8
145	M8 × 20mm_Carriage Bolt	1
146	M5_Speed Nut Clip	7
147	E7_E-Clip	2
148	Rubber Pad	2
149	13/14mm_Wrench	1
150	12/14mm_Wrench	1
151	Phillips Head Screwdriver	1
152	8mm L Allen Wrench	1
153	Pedal Foam (L)	1
154	Pedal Foam (R)	1
155	Bushing	16
157	Drink Bottle Holder	1
159	Tablet Holder Front Cover	1
160	Tablet Holder Rear Cover	1
161	Tablet Holder Top clip	1
162	Tablet Holder Bottom clip	1
163	Spring	2
164	Spring column	2
165	Pad	1
166	Tablet Holder Assembly	1
167	Console Holder Assembly	1
168	Rotate Axle Bracket	1
169	Ø5/16" × 16 × 1.5T_Flat Washer	2
170	Ø8 × 1.5T_Split Washer	1
171	8.2 × 16 × 0.6T_Flat Washer	2
172	M5 × 12mm_Phillips Head Screw	4

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its HIIT Trainer parts for a period listed below, from the date of retail sale, as determined by a sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'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 Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Warranty	Frame	Flywheel	Parts	Labour
Light Commercial	Lifetime	5 Years	3 Years	1 Year
(5 Hours use or less in a non-dues paying facility)				
Residential	Lifetime	Lifetime	10 Years	1 Year

The consumer is responsible for the items listed below

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty and complete the online warranty registration.
2. Proper use of the HIIT Trainer by the instructions provided in this manual.
3. Proper installation by instructions provided with the HIIT Trainer 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 HIIT Trainer accessible for servicing, including any item that was not part of the HIIT Trainer at the time it was shipped from the factory.
6. Damages to the HIIT Trainer finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

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 IMPLIED WARRANTY.
   Note: Some areas 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 HIIT Trainer not requiring component replacement, or HIIT Trainer, not in ordinary household or light commercial use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY INSTEAD OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour 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. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'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 Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during 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.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

spiritfitness.ca

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca