



**SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*



## XG200 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 this application. Any other application voids this warranty in its entirety.



**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. If not purchased direct from Spirit, 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 trainer.

Yours in Health,  
Spirit Manufacturing, Inc.

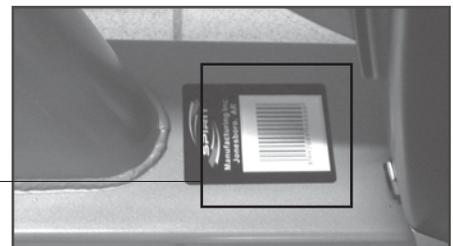
Name of Dealer \_\_\_\_\_  
Dealer Phone # \_\_\_\_\_  
Purchase Date \_\_\_\_\_

# 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. You can also go to [www.spiritfitness.com/warranty.asp](http://www.spiritfitness.com/warranty.asp) under the support tab to register online.

# IMPORTANT SAFETY INSTRUCTIONS

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

***If using the optional power supply:***

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

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the elliptical plugged into the circuit.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:**

- 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. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. 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 INSTRUCTIONS

## **WARNING!**

**NEVER** remove any cover without first disconnecting AC power. If 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. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).



**POWER CONNECTOR** - Middle of unit

# 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 resistance 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. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while pedaling on your elliptical; 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.

## FEATURES

Here are the top reasons why we believe this Spirit elliptical trainer is among the best elliptical machines available for everyone:

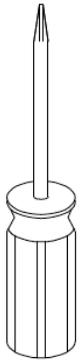
- **State of the Art** patent-pending, industry-leading, super-smooth, super-fast elliptical motion that opens up vast new possibilities for riders to vary their workouts, by duration, intensity, frequency and personal goals, whether health, fitness, endurance, strength, or professional athletic.
- **Safety** features include an emergency hand brake and a manual lever to lock the flywheel when not in use.
- Thirty pound **Steel Flywheel**, along with a patented transmission system, provides the perfect amount of inertia that both challenges the rider, and assists in maintaining a smooth and even ride at every cadence.
- **Powerful Magnetic Resistance** provides super smooth, abundant resistance for high intensity workouts, ride variation, and larger riders.
- **Generous Footpads** allow precise foot placement both fore-aft and inside-out, and remain in a basic horizontal orientation throughout the elliptical stride, eliminating undesirable tipping forward of the feet.
- **Center-Mounted** fixed hand grips facilitate mounting and dismounting, in-ride recovery, and controlled sprints and interval training.
- **Essential Data** of Total Time, RPM, Speed, Level, Distance, Pulse, and total elapsed time are displayed on an adjustable, heads up, LCD digital console.
- **Enhanced Movability** with a rear mounted hand grip, front-mounted heavy duty casters, and a narrower footprint.

# XG200 ASSEMBLY INSTRUCTIONS

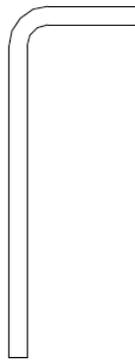
## PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the 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 four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

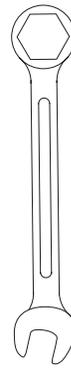
## ASSEMBLY TOOLS



#107. Phillips Head  
Screwdriver



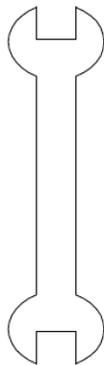
#108. 8mm Allen  
Wrench



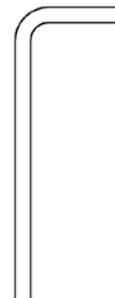
#109. 17mm  
Wrench



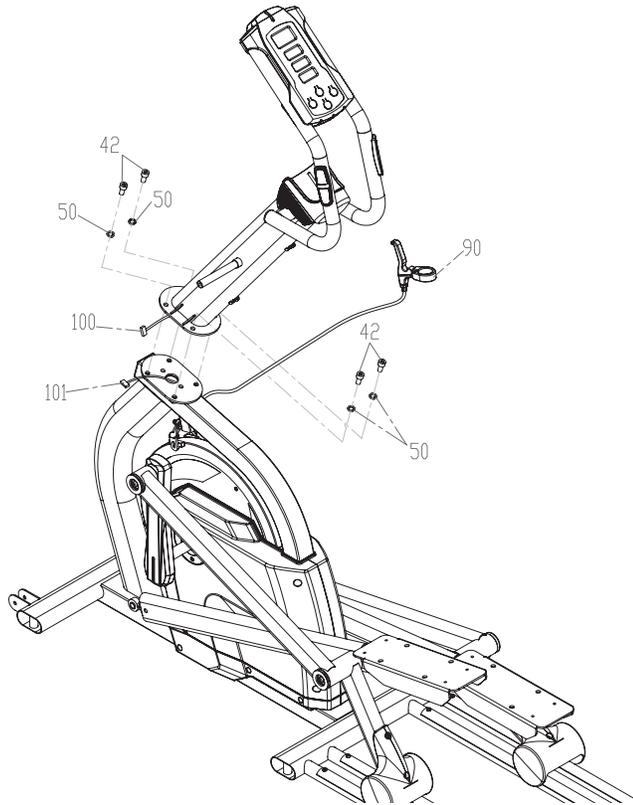
#110. 5mm Allen  
Wrench



#111. 14mm  
Wrench



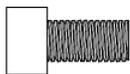
#116. 6mm Allen  
Wrench



# 1 CONSOLE MAST

1. The computer cable is pre-installed to the console mast and main frame so be careful not to pull too hard on the console mast during assembly to avoid damaging them.
2. Connect cable **(100)** to **(101)**.
3. Place the console mast onto the mating plate of the main frame; Be careful not to pinch the speed sensor wire between the console mast and the main frame plates during assembly.
4. Secure the console mast in place with the four stainless steel bolts **(42)** and split washers **(50)**. Make sure the bolts are securely tightened using the 8mm Allen wrench **(108)**.
5. Attach the hand brake lever **(90)** to the handlebars as follows:
  - Remove the screw that is threaded into the nut on the backside of the hand brake with the Phillips head screw driver **(107)**
  - Place the hand brake bracket around the front of the right handlebar vertical tube, then insert the bolt through the back of the bracket and thread back into the nut. Tighten with the Phillips head screw driver **(107)**
  - Loosen the two cable retainer brackets on the back of the console mast with the Phillips head screw driver **(107)** just enough to allow the cable to nest behind them. Retighten the screws after placing the cable behind them.

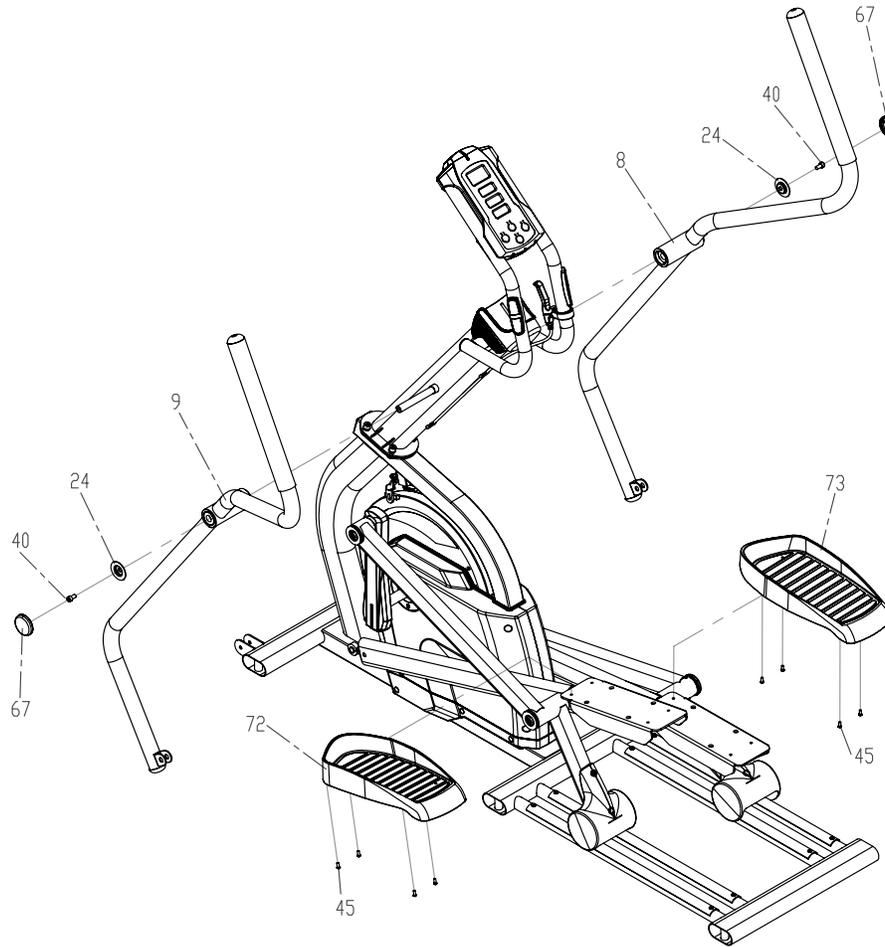
## HARDWARE



**#42.** M10 x 20mm  
Stainless Steel Bolt  
(4 pcs)



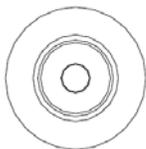
**#50.** M10  
Split Washer  
(4 pcs)



## 2 SWING ARMS & PEDALS

1. Remove the foam from the console mast axles and the plastic ties from the tubes that slide onto the console mast axles.
2. Slide the two swing arms (**8** Right & **9** Left) onto the console mast axle. There is a left and right swing arm (marked with an “R” and an “L”) so make sure you assemble the correct one on each side. Do not force the arms onto the axle or use a hammer, as damage to the bearings could occur. The swing arms have been previously installed at the factory and should fit properly, although it is a snug fit.
3. Secure the swing arms in place with the stainless steel bolts (**40**; flat side of washers should be on the outside) and cup washers (**24**) and tighten with the wrench (**108**). Snap the decorative caps (**67**) over the cup washers.
4. Install the foot pedals (**72** Left & **73** Right) with eight Phillips head screws (**45**) and tighten with the Phillips head screw driver (**107**). The pedals are identified with an L or R on the bottom.

### HARDWARE



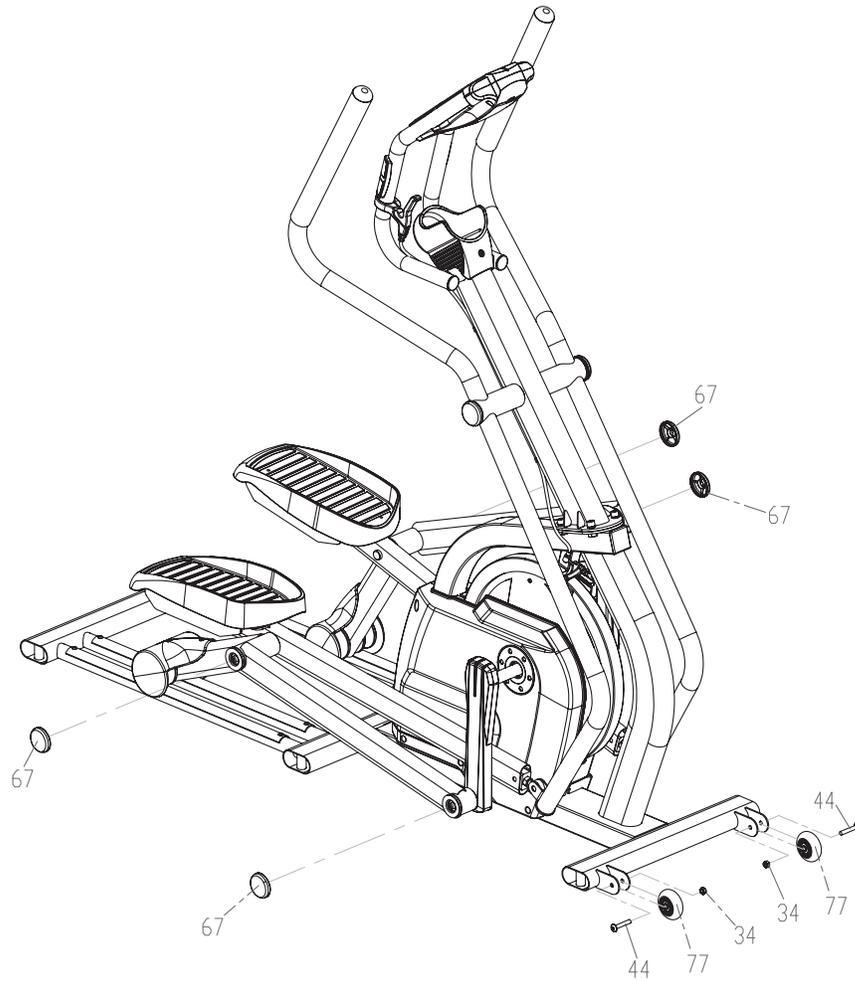
**#24.** Cup Washer  
(2 pcs)



**#40.** M8 x 15mm  
Stainless Steel Bolt  
(2 pcs)



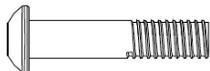
**#45.** M5 x 10mm  
Phillips Screw  
(8 pcs)



# 3 CONSOLE

1. Attach the transport wheels (77) to each bracket with the two bolts (44) and nuts (34). Partially tighten with the wrenches provided (110 & 111). Over tightening the hardware won't allow the wheels to rotate.
2. Remove the cover on the back of the console and install the 4 C batteries.
3. Snap the four end caps (67) onto the cup washers on the left & right pedal arm assemblies.

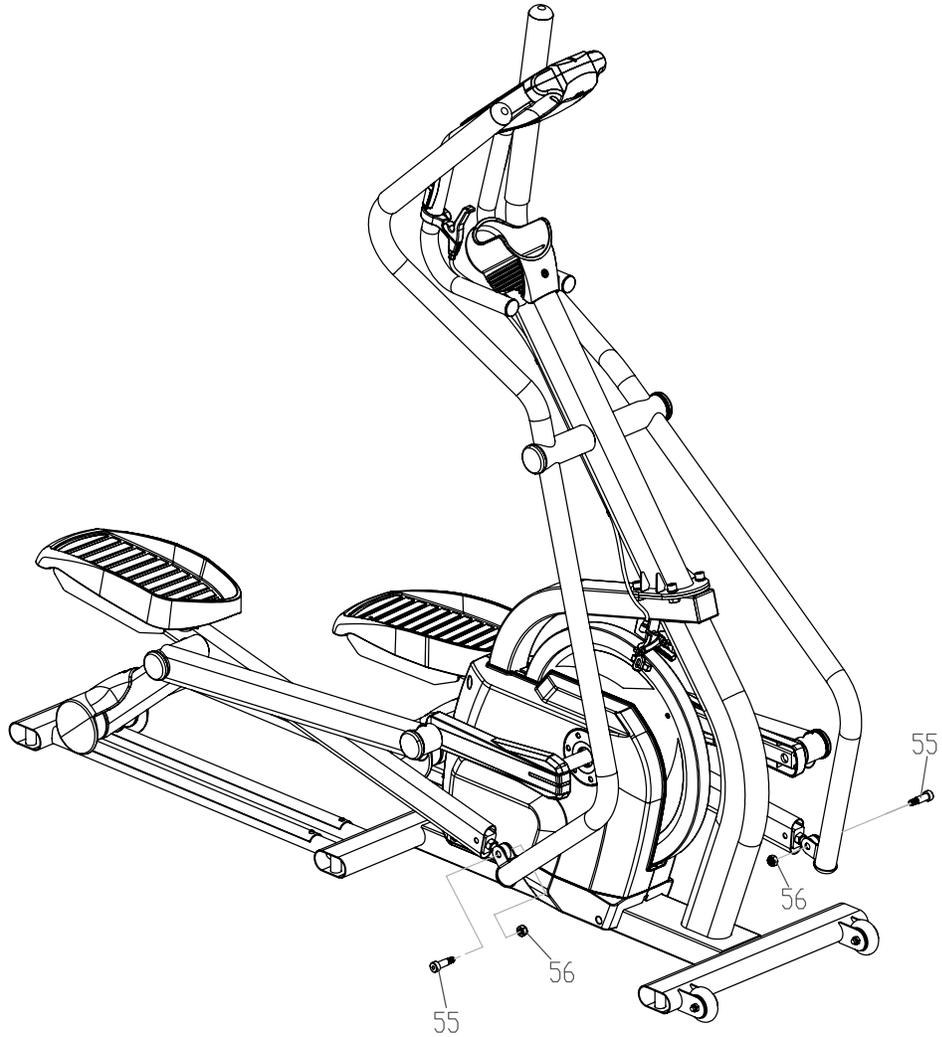
## HARDWARE



**#44.** 5/16" x 1-3/4"  
Bolt  
(2 pcs)



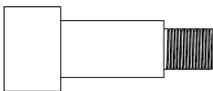
**#34.** 5/16"  
Nut  
(2 pcs)



# 4 ARM ATTACHMENTS

1. Assemble the brackets at the bottom of the swing arms to the pedal arms using a shoulder bolt (55) and a nut (56) on each side. Tighten securely with the wrenches provided (109 & 116).

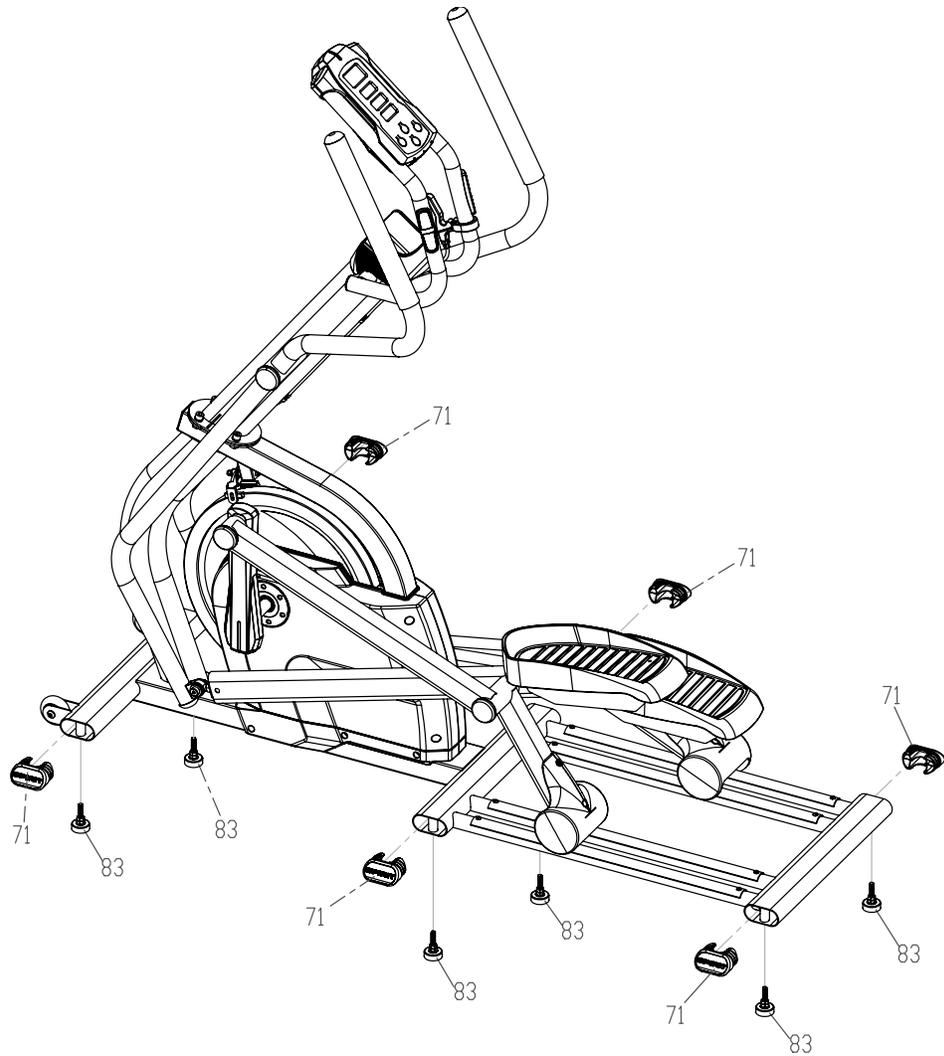
## HARDWARE



#55. M10 x 20mm  
Shoulder Bolt  
(2 pcs)



#56. M10  
Nut  
(2 pcs)



# 5 LEVELERS & END CAPS

1. Tilt the elliptical to one side and put something under the unit for support and install the three levelers (**83**) for that side. Tilt the unit to the other side and install those three levelers (**83**). Level the elliptical once it is positioned where it will be used. Screw the two middle levelers all the way in and the front and rear levelers all the way in, then back them out about two or three turns. Level the unit using only the front and rear levelers first, then adjust the middle levelers so they touch the floor. Make sure to lock the levelers when finished.
2. Press the six plastic end caps (**71**) into the oval stabilizer tubes.
3. Unlock the black lever located near the flywheel at the end of the brake cable (**90**). This is locked for shipping purposes, but also serves as a safety lock mechanism to prevent unauthorized use of this machine.



# CONSOLE OPERATION

## POWER

The power for the console is provided by 4 C alkaline batteries (provided) and will operate on rechargeable NiCd C batteries. There is an AC electrical power supply that will override the batteries when used. The power supply will not charge the batteries. The NiCD batteries will need to be charged separately. Once the batteries are installed or the electrical cord is plugged into an outlet, the console will power on, the Time window will display an hour meter reading, the Level/Distance window will display an odometer reading and the RPM/Speed window will display the software version. The hour reading shows how long the elliptical has been in use and the distance shows how many virtual miles the elliptical has gone.

If the console does not detect a speed signal, or key activations, it will go to sleep to protect battery life or save electricity. To wake the console up you can press any key.

## DISPLAYS

**TIME:** Displays workout time two ways; either count up (accumulated time) or count down (remaining time), depending on your preference.

**RPM/SPEED:** Displays the current pedaling speed as revolutions per minute or miles per hour.

**LEVEL/DISTANCE:** Displays resistance Level or virtual distance traveled in miles or kilometers (units selected through management mode, see page 13 for details).

**CALORIES/PULSE:** Displays total calories burned during the current exercise session or heart rate in beats per minute when the pulse sensors are held with both hands.

## KEYS

**TIME + (UP):** Used to set workout time before the start key is pressed. The up key will increase the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. After the start key has been pressed, pressing the + key once will increase the level of resistance 1 level. Holding the key down will rapidly increase the resistance level.

**TIME - (DOWN):** Used to set workout time before the start key is pressed. The down key will decrease the time setting by 1 minute for each key press. The time will change more rapidly when the key is held down for 2 seconds. After the start key has been pressed, pressing the - key once will decrease the level of resistance 1 level. Holding the key down will rapidly decrease the resistance level.

**START/STOP:** Starts, pauses, and stops the program timer. Resets console when held continuously for 3 seconds or more

**DISPLAY:** Allows you to switch back and forth between 2 sets of data by pressing the button once: 1st set: RPM, Resistance Level, and Calories are displayed; if the key is pressed once, a 2nd set of data is displayed: Speed, Distance, and Pulse; pressing the key again will switch back to the 1st set of data

## OPERATION

- Power the console on by pressing any key.
- Enter Quick start operation by simply pressing the START key. The time will count up from zero.
- You may set a workout time by using the TIME + or - keys. When you press the START/STOP key the time will count down to zero from the set time.
- Press the START/STOP key to Pause the timer and also to resume the timer when it is in Pause mode.
- Press and hold the START/STOP key for three seconds to reset all the data.
- For Heart Rate readings you must grasp both sensors.

# GENERAL MAINTENANCE

The elliptical is practically maintenance free. Just keep it clean by wiping down the unit with a damp cloth after each use. Do not use harsh detergents. Every month check that all the hardware is securely tightened. Do not use the elliptical if any parts are loose or broken.

The wheels and aluminum tracks will need to be kept clean to prevent noise and maintain smoothness. No lubrication should be necessary but if persistent noises from the wheels develop you can use a small amount of lubricant. Natural lubricants work well such as vegetable oil or soy based lubrication products like Biokleen from Ecoviva: <http://www.ecoviva.com/html/soy-lube.php>

## MANGEMENT MODE

- To enter the management mode press the START/STOP key until the console resets. During the reset, while the LCD segments are all lit, hold down the START/STOP and + keys until the Time window displays “EN”.
- The LCD segments will be tested and will automatically light sequentially
- The next display shows total usage time in the time window, software version In Speed window and odometer in distance window.
- Press the DISPLAY key for distance reading setting, use up & down keys to adjust: 0 = Kilometers, 1 = Miles
- Press the DISPLAY key for “distance per pedal revolution” setting: If the console is set to MILES, then the number shown will be how many feet are accumulated for each pedal revolution; the default is 6. If set to metric the number will be displayed in METERS; the default is 1.83. To adjust the desired settings, use the +/- keys
- To clear odometer, press + and - at the same time.
- Press DISPLAY to exit.

# MANUFACTURER'S LIMITED WARRANTY

## ELLIPTICAL WARRANTY - Effective September 15, 2010

Spirit Fitness Inc. warrants all its elliptical parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales 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 Fitness directly to a consumer. The warranty period applies to the following components:

### Warranty

Frame	Brake	Parts	Labor
Lifetime	Lifetime	10 Years	1 Year

### 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 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.
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 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 Fitness service companies; use of parts other than original Spirit 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 card on file at Spirit Fitness Inc. Spirit Fitness 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.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

### 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 labor 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 Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit's obligation under this warranty is limited to repairing or replacing, at Spirit's option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. 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.
6. For any further information, or to contact our service department by mail, send your correspondence to:

**Spirit Fitness, 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 Fitness, Inc. This warranty applies only in the 50 states of the U.S.A.