



inspire
BY *SPiRiT*



IN839
Motorized Treadmill

OWNER'S MANUAL

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

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



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

Thank you for your purchase of this quality treadmill from Spirit Manufacturing, Inc. Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this treadmill is your administrator for all Spirit warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new treadmill.

Yours in Health,
Spirit Manufacturing, Inc.

Name of Dealer _____
Telephone Number of Dealer _____
Purchase Date _____

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.

Important Safety Instructions

WARNING - Read all instructions before using this appliance.

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

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 120-volt, 20-amp grounded outlet.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET. A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 4.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill 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, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg

fatigue.

**Remove tether cord after use to prevent unauthorized treadmill operation.
SAVE THESE INSTRUCTIONS - THINK SAFETY!**

Important Electrical Information

WARNING!

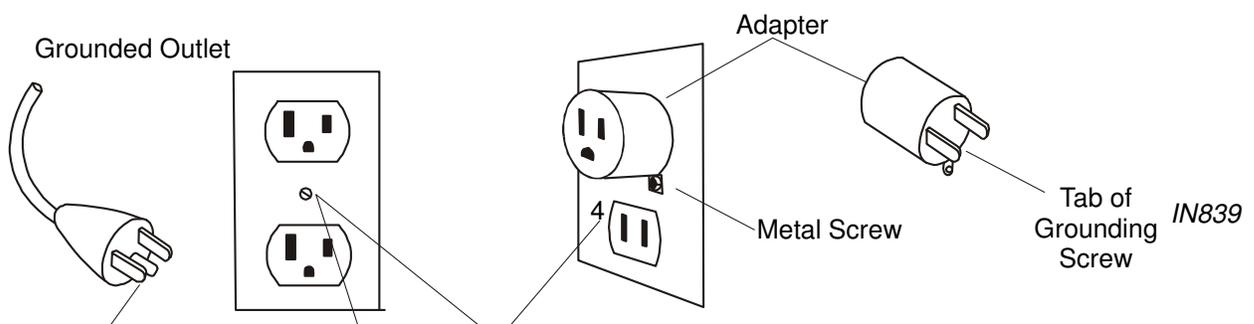
- **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- **NEVER** remove any cover without first disconnecting AC power.
- If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide, page 13.
- **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

Grounding Instructions

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Important Operation Instructions

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. Spirit treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your Spirit dealer.

Safety Tether Cord

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.

Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.

Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red

Stop / Pause switch in normal operation.

Assembly Instructions (IN839)

ASSEMBLY PACK CHECK LIST (IN839)

5/16"x 1/2" Button Head Socket Screw (x2)
5/16"x 3/4" Button Head Socket Screw (x2)
5/16"x 1-1/2" Button Head Socket Screw (x2)
5/16"x 19 x1.5T Curve Washer (x2)
M5 x 10 mm Button Head Socket Screws (x4)
Safety Key (x1)
Lubricant (x1)
Combination M5 Allen Wrench & Screwdriver (x1)

Assembly (IN839)

■ **STEP 1**

Remove all parts from the carton. (As shown in Figure 1.)

■ **STEP 2**

Fasten the Left and Right Handrails onto the Frame Base with 2 pcs of 5/16"x3/4" Button Head Socket Screws, 2 pcs of 5/16"x19x1.5T Curve Washers and 2pcs of 5/16"x1-1/2" Button Head Socket Screws by using the Combination M5 Allen Wrench & Screwdriver. (As shown in Figure 2.)

(※ Don't fasten these bolts tightly at this moment)

■ **STEP 3**

Install the Console Support into the Left and Right Handrails with 2pcs of 5/16"x1/2" Button Head Socket Screw by using the Combination M5 Allen Wrench & Screwdriver. (As shown in figure 3.)

■ **STEP 4**

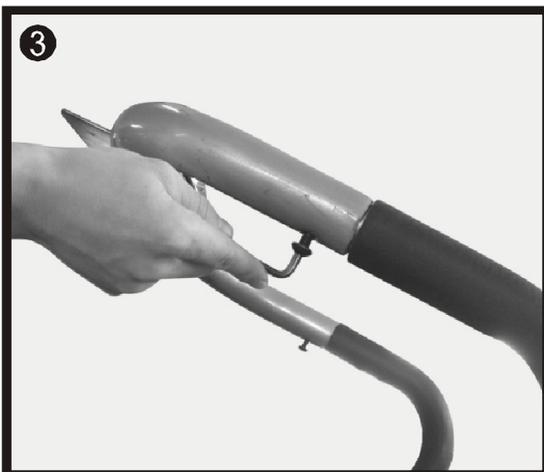
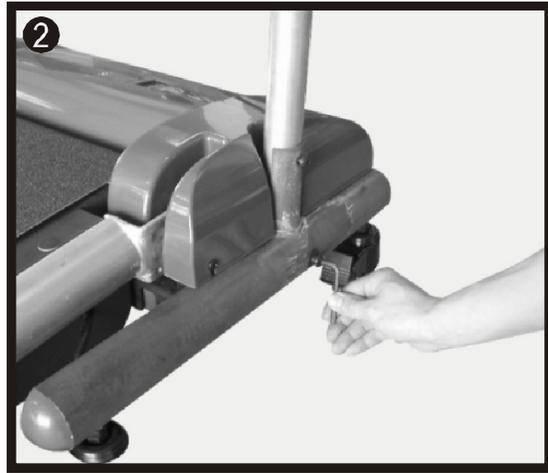
Plug the Computer Cable into the socket in back of Console. (As shown in figure 4.)

■ **STEP 5**

Install the console into the Console Support with 4 pcs of M5 x 10 mm Button Head Socket Screws by using the Combination M5 Allen Wrench & Screwdriver.
(As shown in figure 5.)

- **PLEASE LOCK DOWN ALL HARDWARE AFTER THE ACCESSORIES HAVE BEEN ASSEMBLED.**

Assembly Instructions (IN839)



IN839 Folding Instructions

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

- **To Fold The Treadmill:**

Pull the locking knob with left hand, right hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob.

- **To Unfold The Treadmill:**

Pull locking knob and hold running board and lower down to the floor.

Transport

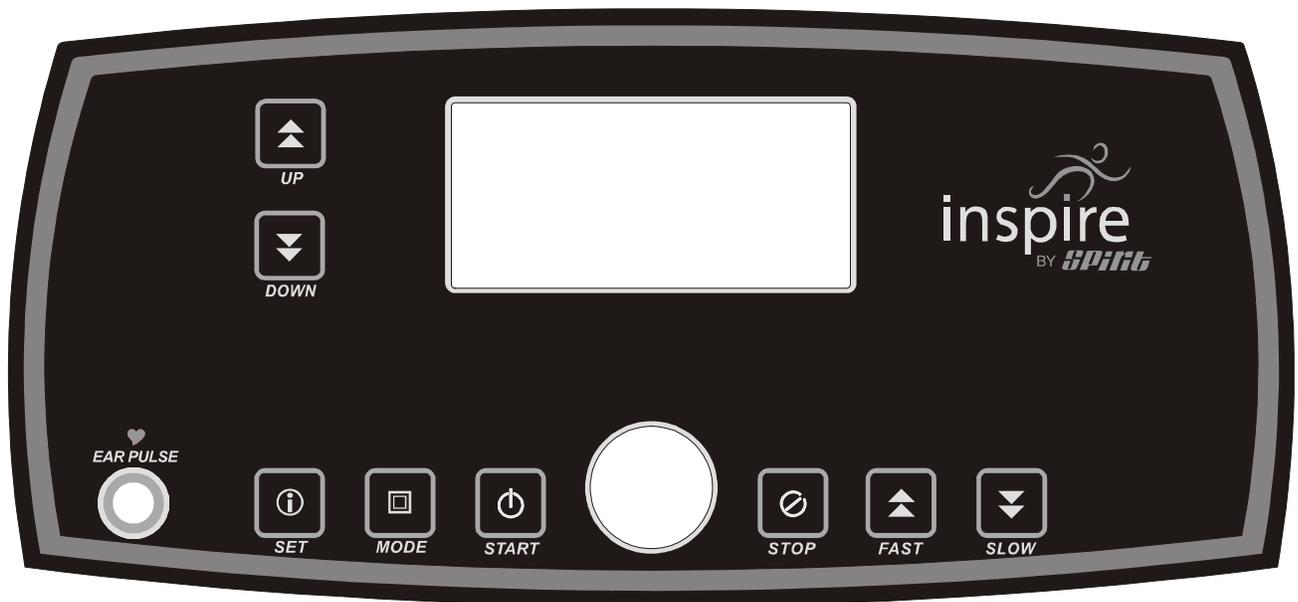
- **IN839**

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away.

Operation of Your Treadmill

Getting familiar with the control panel

- IN839 Console



WINDOW DISPLAY:

SPEED: Displays the current running speed from 0.8Mph- 6Mph.

TIME: Accumulates total workout time from 00:00 to 99:59.

DISTANCE: Accumulates total workout distance from 0.00 to 99.99 miles.

CALORIES: Accumulates the user's calorie consumption during exercise. Max. Value is

999.9 calories.

PULSE: Displays your current heart rate in beats per minute during workout from 40 to 220.

INCLINE: Displays your current workout elevation from 0 to 15.

FUNCTION BUTTONS:

START: Press “START” button to start training.

STOP: Press “STOP” button to stop training.

FAST: Press “FAST” button to increase your speed. Each increment is 0.1.

SLOW: Press “SLOW” button to decrease your speed. Each decrement is 0.1.

MODE: Press “MODE” button to select different displaying mode. In stop mode, you can set count down TIME, DISTANCE, CALORIES.

UP: Press “UP” button to increase elevation position. Each increment is 1.

DOWN: Press “DOWN” button to decrease elevation position. Each decrement is 1.

SET: Press “SET” to clear data in exercise or setting count down.

SAFETY KEY: Put safety key in position to power on the computer. When safety key is pulled away from its position, the computer will automatically shut down.

CONSOLE OPERATION:

- 1、 Put the safety key in position and all data will be displayed for 2 seconds then press “START” button to begin exercising.
- 2、 While exercising, you can press FAST/SLOW button to adjust the speed manually.
- 3、 While exercising, you can press “STOP” button to stop your workout or pull safety key away from its position to shut down the computer.
- 4、 In “STOP” mode, press “MODE” button to set count down time, distance, calories. Press “SET” to clear data or press “FAST” and “SLOW” to adjust value. You can set single or multi data, that you have set data will count down and others data will count up. After setting, press “START” to start training.
- 5、 If after pressing “STOP” button to stop the treadmill, and you want to resume your workout, you can press “START” button again to start the treadmill then all previous data will resume counting.

ERROR MESSAGE:

ERR: Treadmill doesn't receive the speed signal for 6 seconds or controller fault then treadmill will stop. Restart the treadmill after fixing the problem.

General Maintenance

Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt.

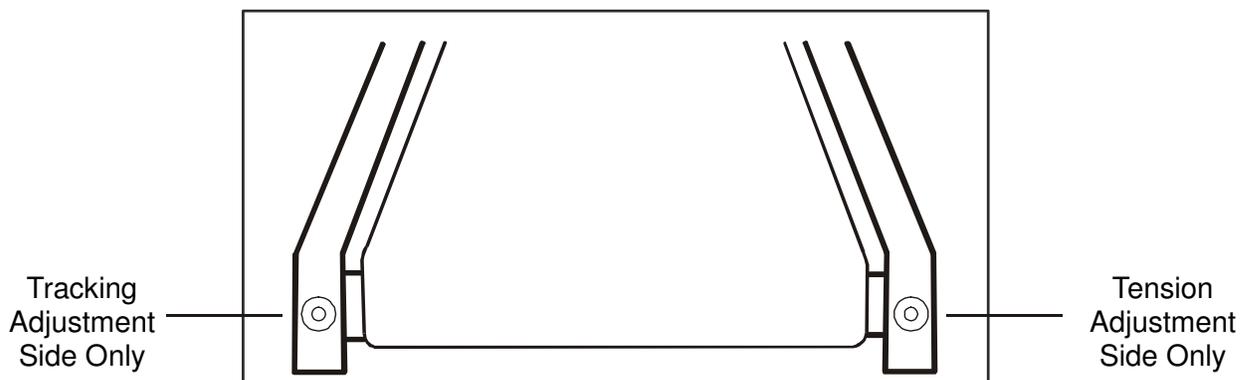
Allow to dry before using.

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

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS:

Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.



Note: Adjustment is thru small hole of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. **When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.** This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time. **DO NOT OVERTIGHTEN** – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

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

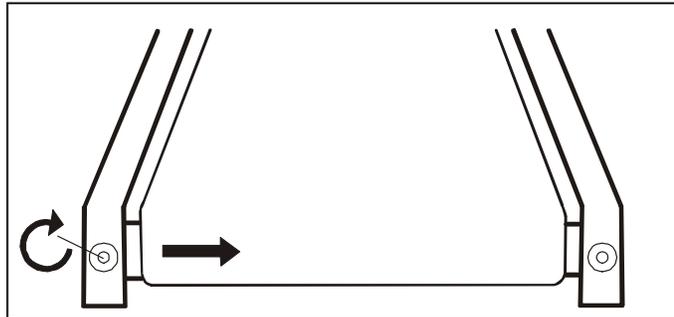
The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move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

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 2 to 3 mph.

A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. The belt may require periodic tracking adjustment depending on use and

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



ATTENTION:

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

BELT / DECK LUBRICATION:

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

You should apply the enclosed belt lubrication after approximately the first 50 hours of operation. Use all the contents of one container (no more) and spread lubricant onto

middle portion (away from edges) of the deck (under treadbelt) along its **width**. When walked on, the belt will make certain an even coat is applied. Lubricant is not harmful to the skin. Lube will be distributed properly by walking at 2 to 3 mph for 3 to 5 minutes on all areas of the belt. Use handrails for support. The first few minutes you will be polishing your deck and lubricating the belt backing. **Do not run on a newly lubricated belt until the above break-in procedure is done.** If the treadmill belt/deck is kept reasonably clean it is possible to expect over 1000 hours before additional re-lubing is necessary.

CAUTION - KEEP HANDS CLEAR OF MOVING REAR PULLEY!

Service Checklist - Diagnosis Guide

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

| PROBLEM | SOLUTION/CAUSE |
|--|---|
| Display does not light | Tether cord not in position. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. Household circuit breaker may be tripped. Treadmill defect. Contact your Spirit dealer. |
| Treadbelt does not stay centered Treadmill belt hesitates when walked/run on | A user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See General Maintenance section on Treadbelt Tension. Adjust as necessary. |
| Motor is not responsive / Display is lit | Make certain clock is running. |
| Treadmill will only achieve approximately 7 mph but shows higher speed on display | This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your Spirit dealer. A minimum of 110 volt AC current is required. |
| Treadbelt stops quickly/suddenly when tether cord is pulled | High belt/deck friction. See General Maintenance section on lubrication. |
| Treadmill trips on board 15amp circuit | High belt/deck friction. See General Maintenance |
| Computer shuts off when console is | |

touched (on a cold day)while walking/running

Treadmill is not grounded. Static electricity is “crashing” the computer. Refer to Grounding Instructions on page 4.

Manufacturer’s Limited Warranty

Effective October 15, 2004

TREADMILL WARRANTY

Spirit Manufacturing Inc. warrants all its treadmills’ parts for a period of 2 years from the date of retail sale, as determined by sale receipt, or eighteen (18) months from the original factory shipping date, whichever comes first. Spirit’s responsibilities include providing new or remanufactured parts, at Spirit’s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit directly to a consumer. An extended warranty period applies to the following components:

NORMAL RESPONSIBILITIES OF THE CONSUMER

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

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

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmills not requiring component replacement, or treadmills not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Spirit 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.

IN839 Series

Drive Motor 10 Years

Labor 1 Year

Electronics 2 Years / Belt 2 Years / Rollers 2 Years

Frame Weldments Lifetime

All Other Components 2 Years