SPIRIT

800.258.8511
www.spiritfitness.com

USER'S GUIDE

SPIRIT**FIT** APP

The New SPIRITFIT APP is designed to monitor and record your workout data through an integrated Bluetooth 4.0 module that is compatible with most iOS and Android mobile devices.

Simply download the SPIRITFIT APP, set up the account, pair with your SPIRIT FITNESS equipment, then you're ready to track your workout schedule, design your workout plan, and set your workout program.

All of your personal profile and exercise data will be stored in your mobile device.

During your workout you can watch a movie, catch up on news, and check your email while the SPIRITFIT APP continues to record your exercise data in the background.

The SPIRITFIT APP also communicates with Fitbit, iHealth, RECORD, MapMyFitness, MyFitnessPal and other open source training apps so you can continue using the fitness apps that you are familiar with and keep all your workout history in one safe place.

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APP DOWNLOAD

The SPIRITFIT App is compatible with iOS and Android devices. Download the SPIRITFIT APP from the Apple App Store or Google Play Store.

Once downloaded it will show up on your device.
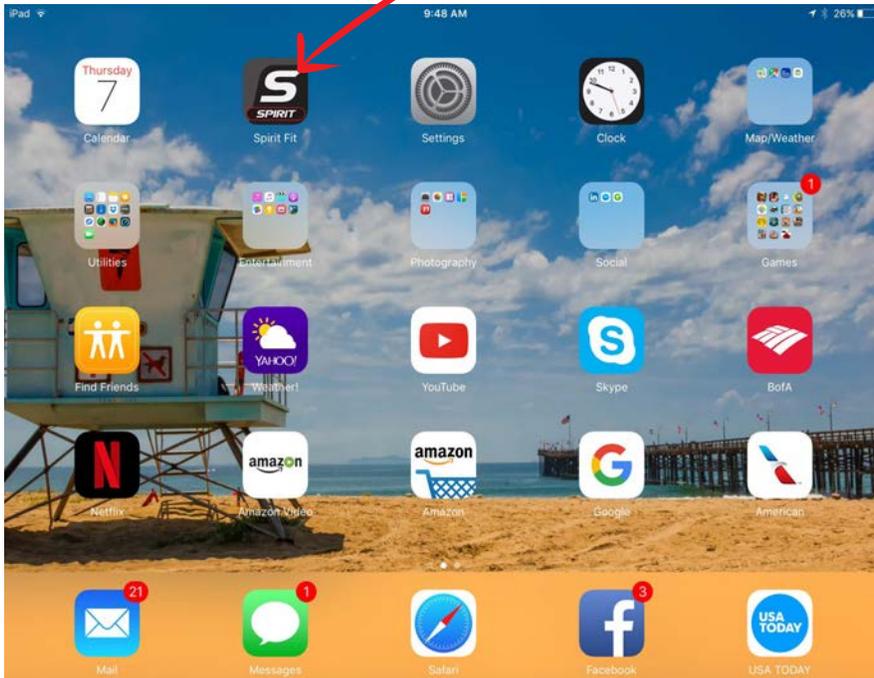
Note: Please make sure to download the APP that matches your equipment.

SPIRIT**FIT** APP

Spirit Fitness App: Used only with App Console (shown here)
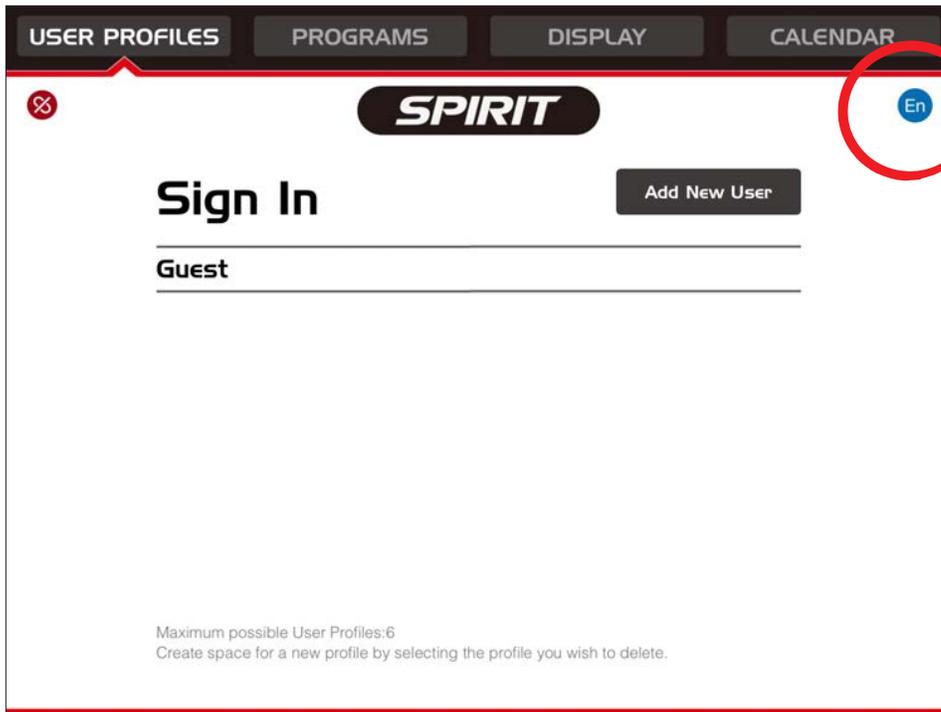
LANGUAGE SELECTION

In the upper right corner of all screens you will see the language icon with the selected language shown ("En" for English).
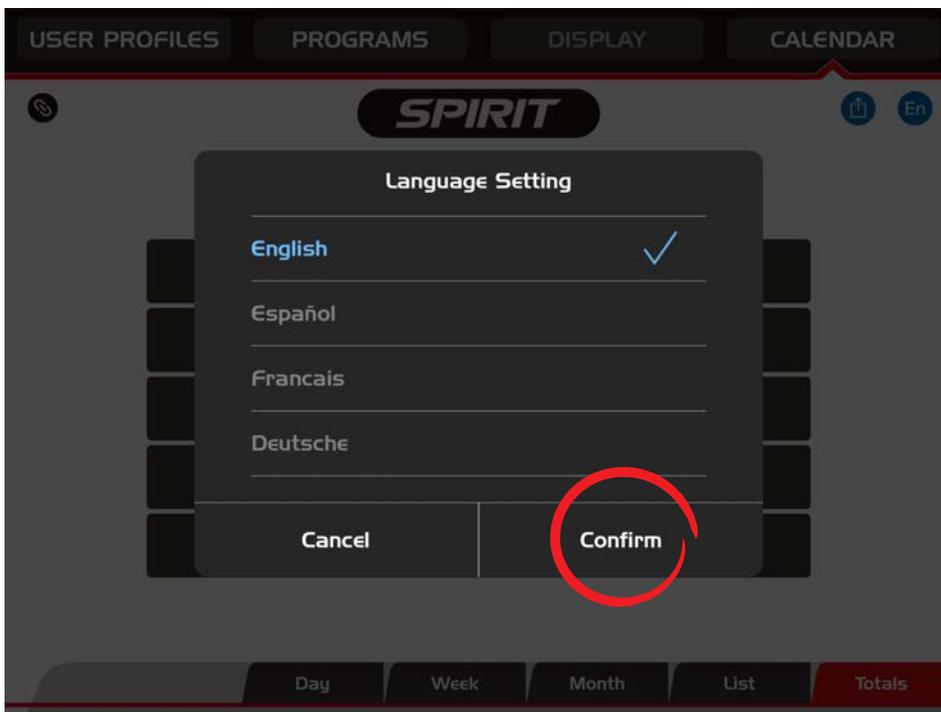
To change to an alternate language, press the blue language icon, scroll through the list of available languages, select your language, then press Confirm.

BLUETOOTH ON/OFF

Your equipment is shipped to you with the Bluetooth feature ON. The following instructions show you how to toggle ON/OFF the Bluetooth on treadmills.

EQUIPMENT

Treadmills

1. Pull out the safety key.

2. While holding down the INCLINE + button and the START button at the same time, re-insert the safety key – continue to hold down the INCLINE + button and START button for about two seconds until you hear a beep. After the beep you can stop pressing the INCLINE + button and the START button.

At the bottom of the console it will show BLUETOOTH OFF or ON.

3. Use the INCLINE +/- or SPEED +/- buttons to toggle BLUETOOTH ON or OFF.

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4. Once selection is made, press the STOP button to exit.

Please note: The Bluetooth symbol on the console LCD will not light up until you connect to the equipment through your phone/ tablet in the next section CONNECTING.
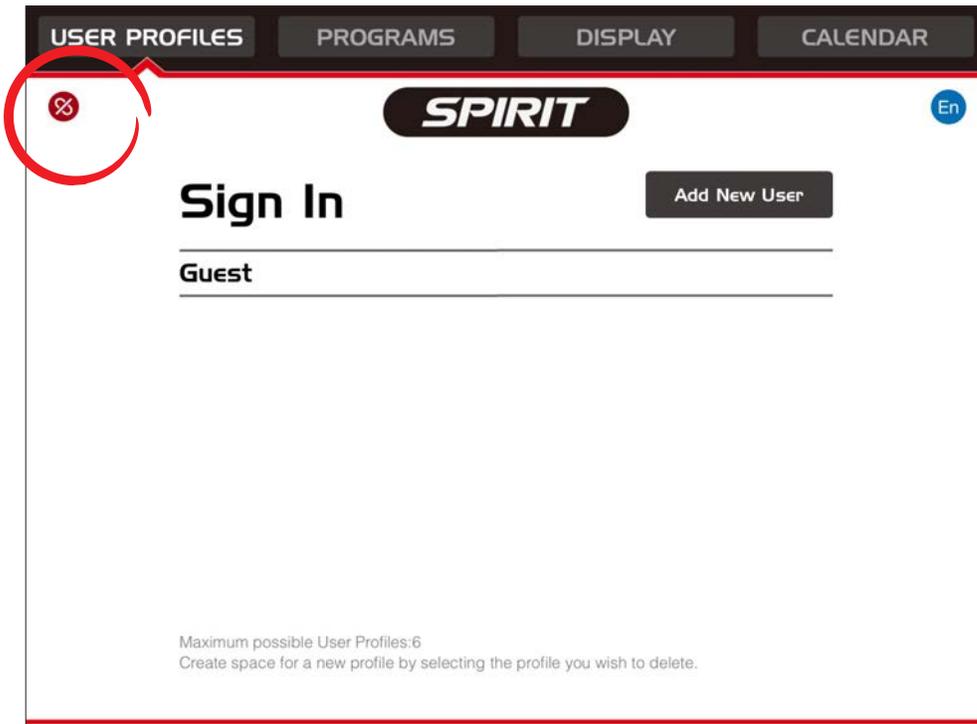
CONNECTING

Once the SPIRITFIT App is opened you will need to connect with your equipment. On your phone/tablet, access your device settings and turn on Bluetooth.

1. Select the red connect icon in the upper left of the screen.
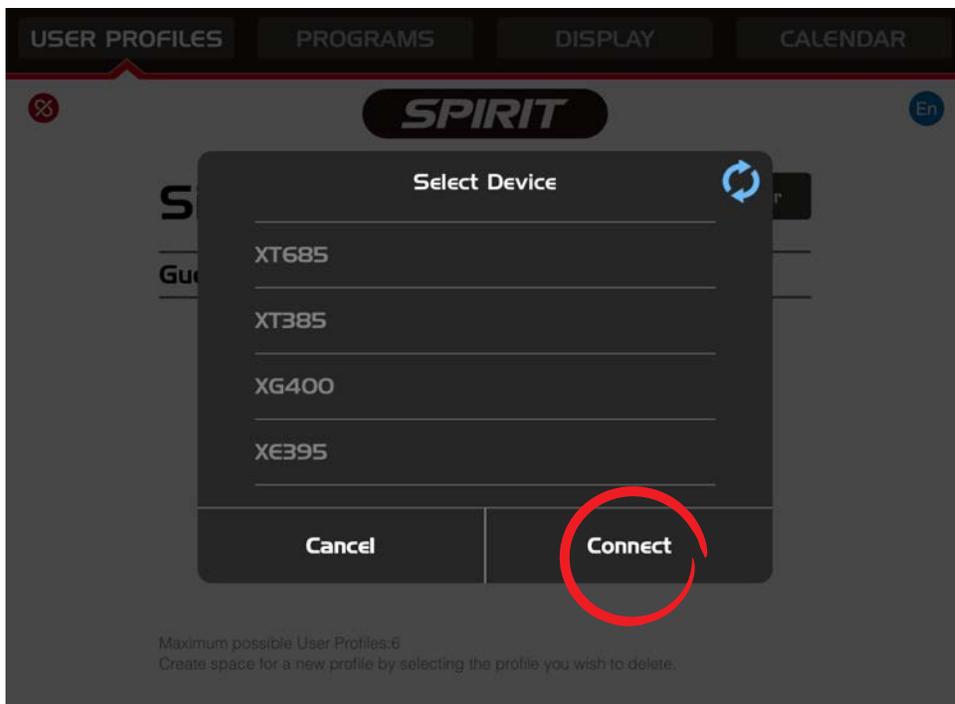
2. Select your equipment listed by model number and press Connect.
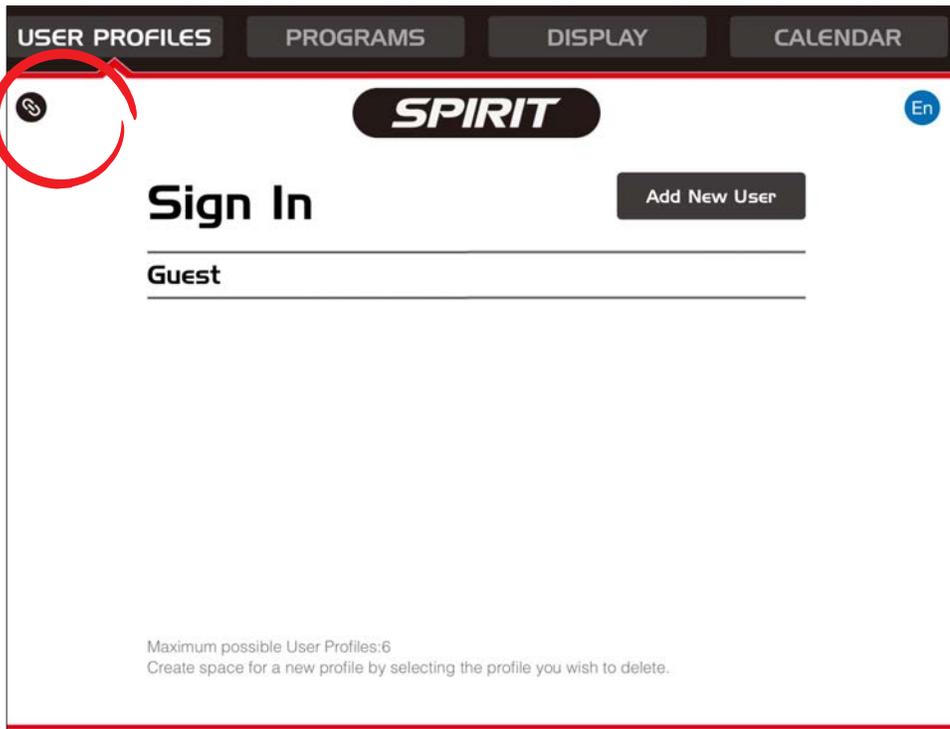
3. Once connected the connection icon in the upper left of the APP screen will change from red to black and the Bluetooth icon on the equipment LCD screen will light up .

ADD NEW USER

NEW USER

1. In order to track your information you must create a New User Profile – select Add New User.

2. Enter all user profile information and press Save.

3. You will be prompted to confirm the new user set up – press Confirm.
Each user entered will be listed – up to six users can be saved.

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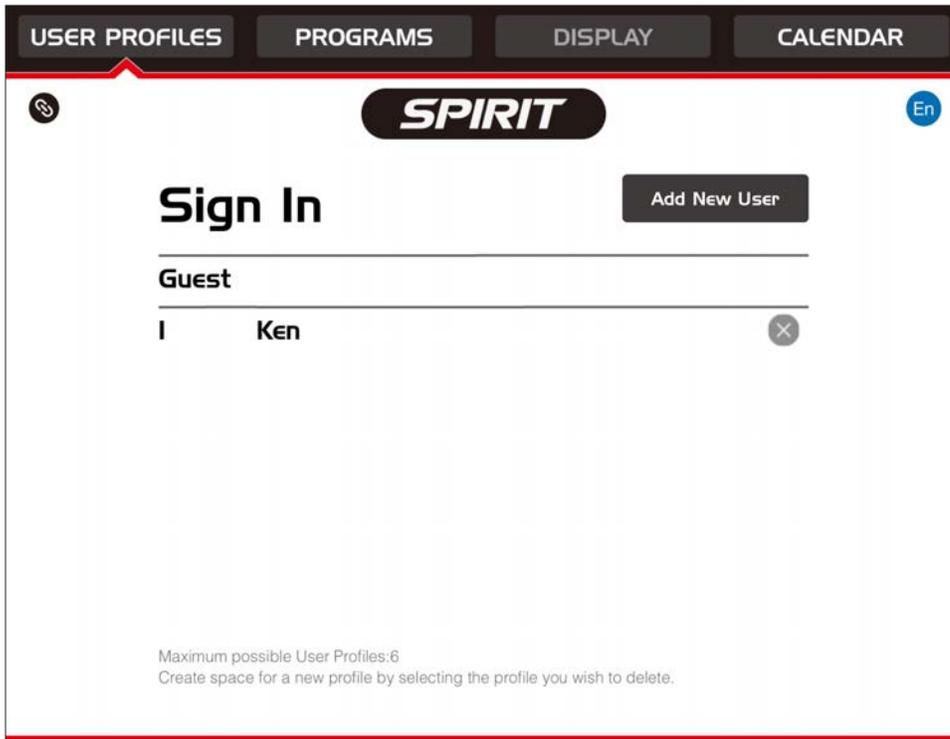
SELECTING USER

In the USER PROFILES menu, select your user.
You will then be shown the PROGRAMS screen with a welcome message.

GUEST
If you prefer not to track your information, then you can log in as a guest by selecting Guest.
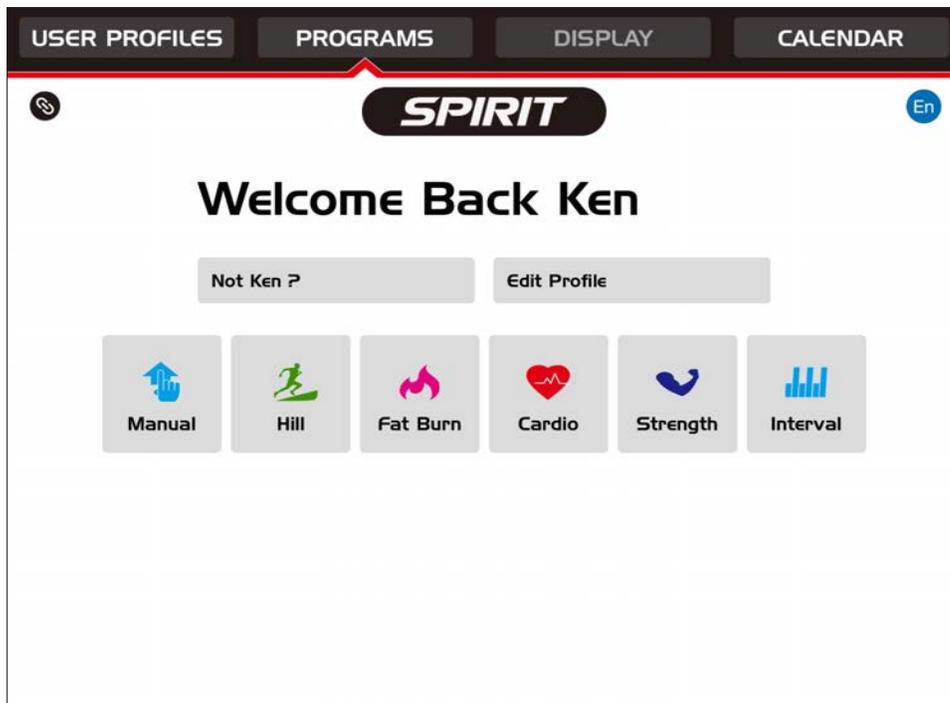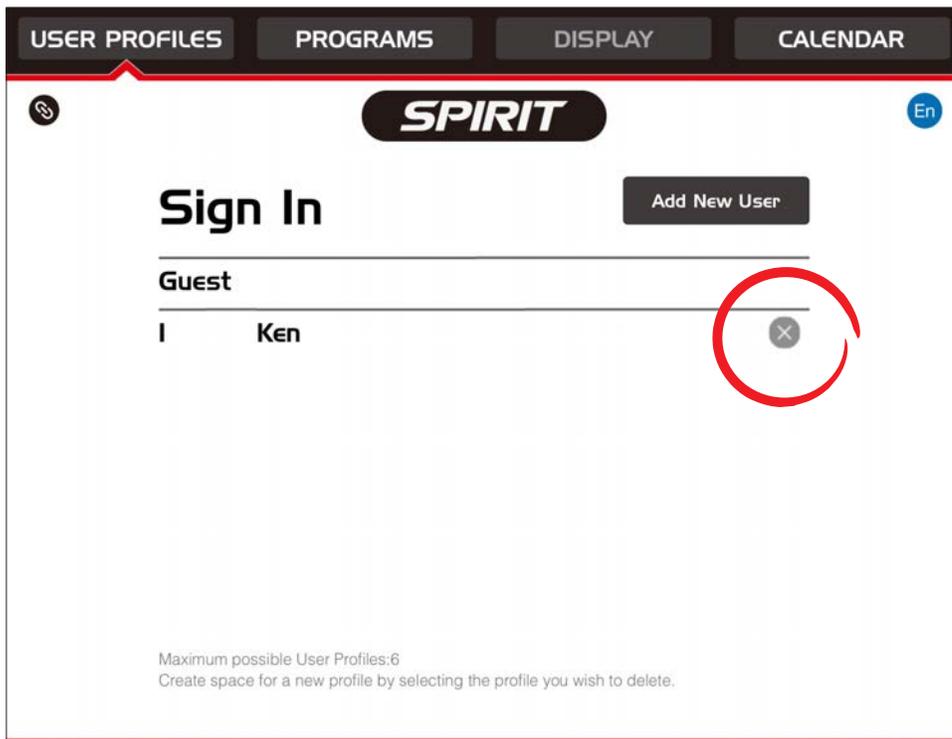
DELETING USER

In the USER PROFILES menu if you would like to delete a user, simply press the X next to the user's name.
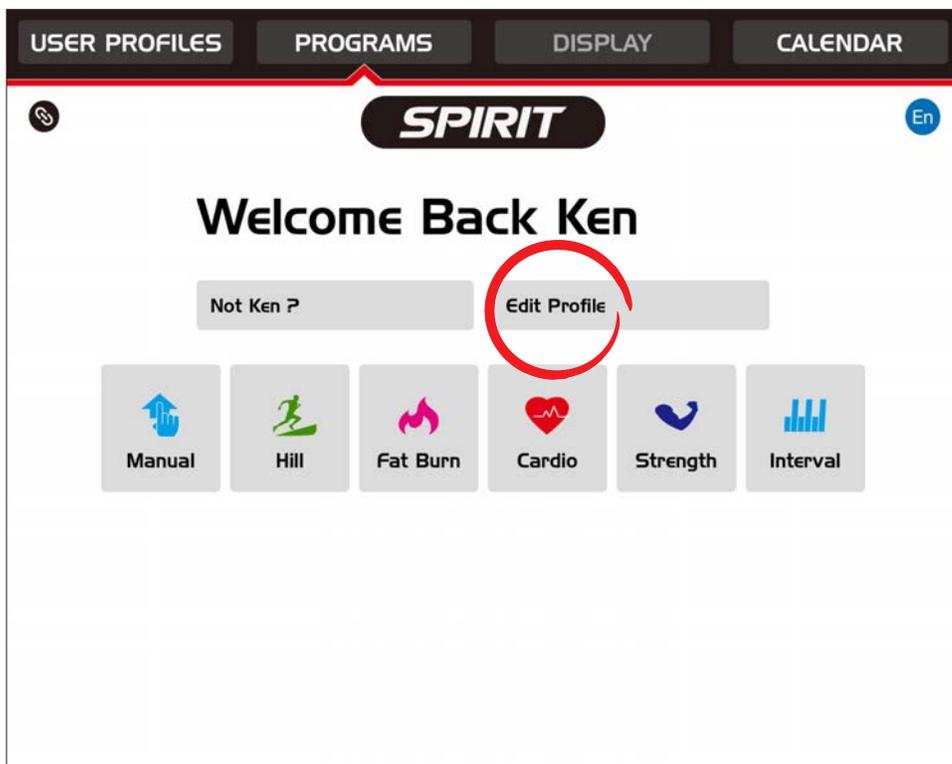
EDITING USER INFORMATION

In the PROGRAMS menu, on the welcome screen, you can select Edit Profile to change your user information.

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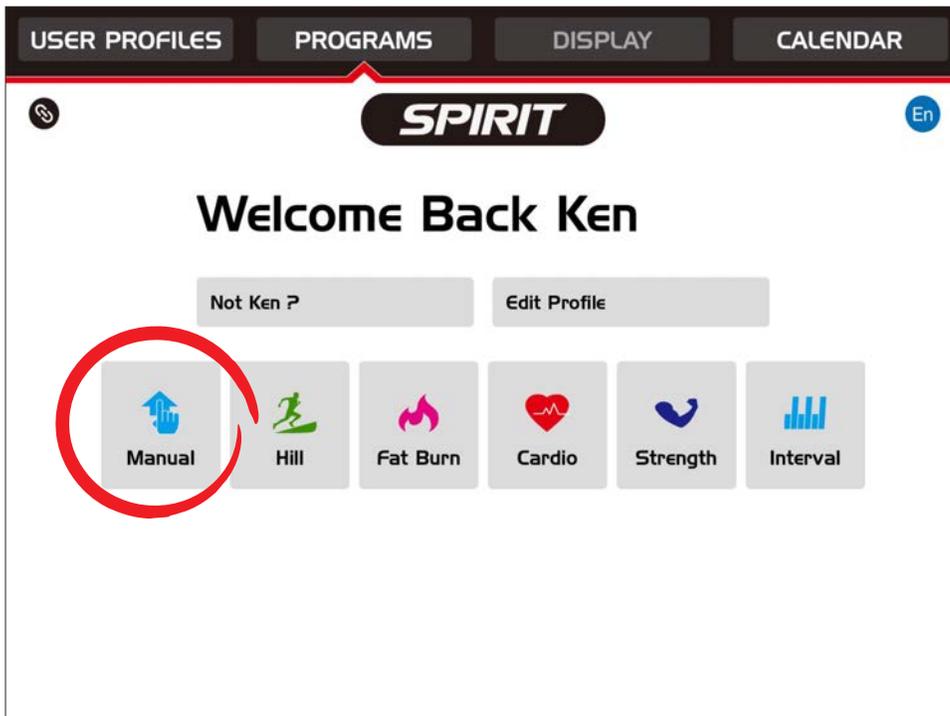
CHOOSING PROGRAM

In the PROGRAMS menu, select the desired program.
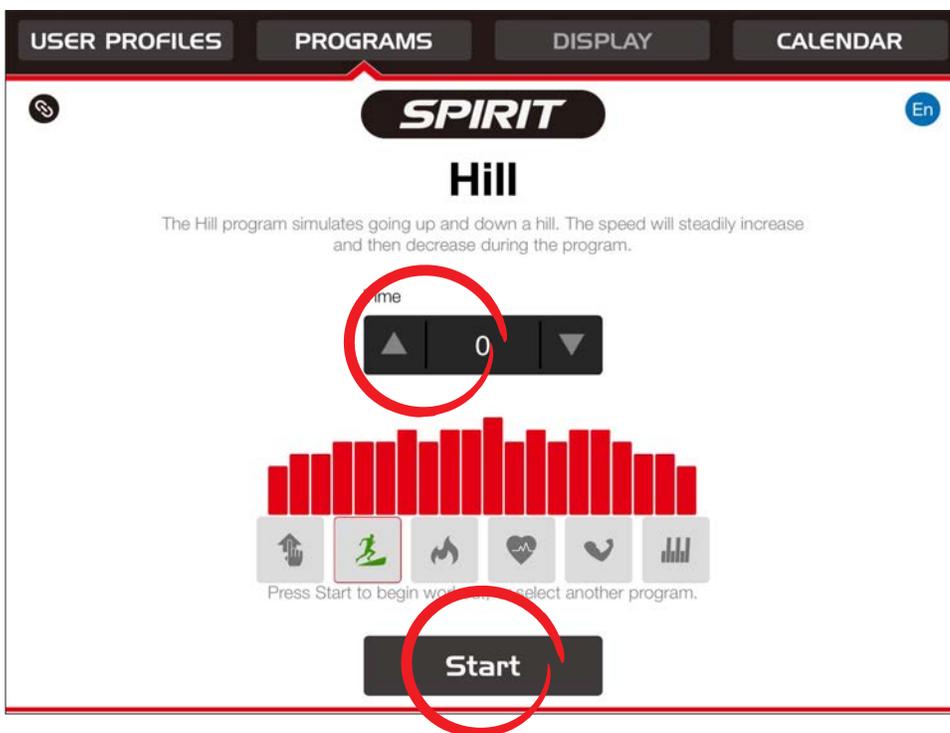
1. The program will prompt you to enter Time – use the up/down arrows on the screen to choose the duration of your workout.

2. Select Start on the screen to begin.
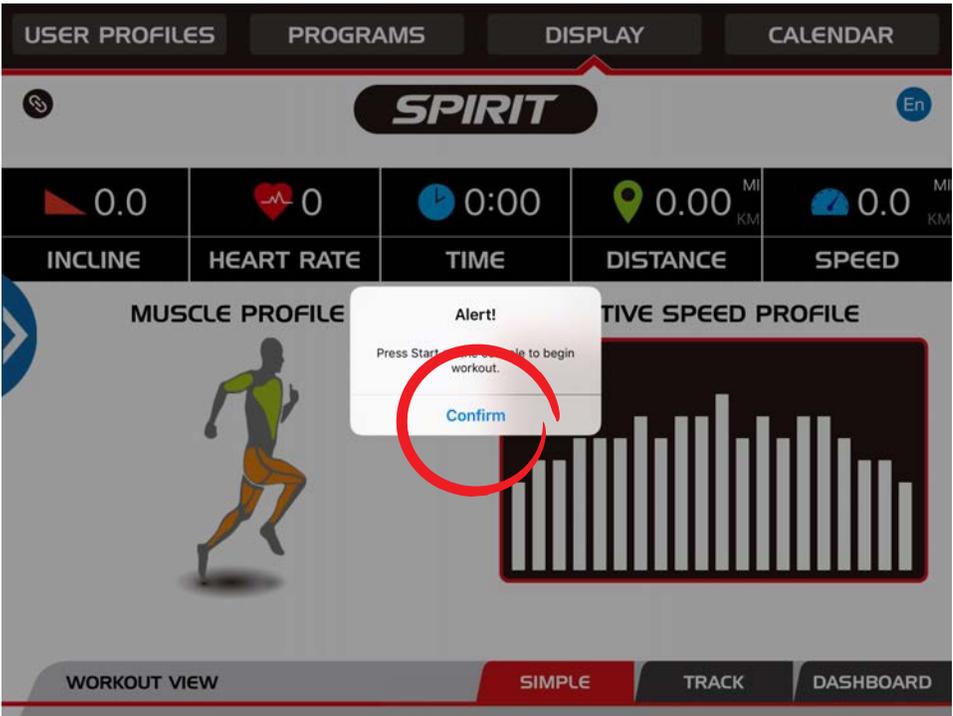
3. You will be shown an Alert message to confirm you are ready to begin. Press confirm.


4. Now press the START button on the console to begin your workout.
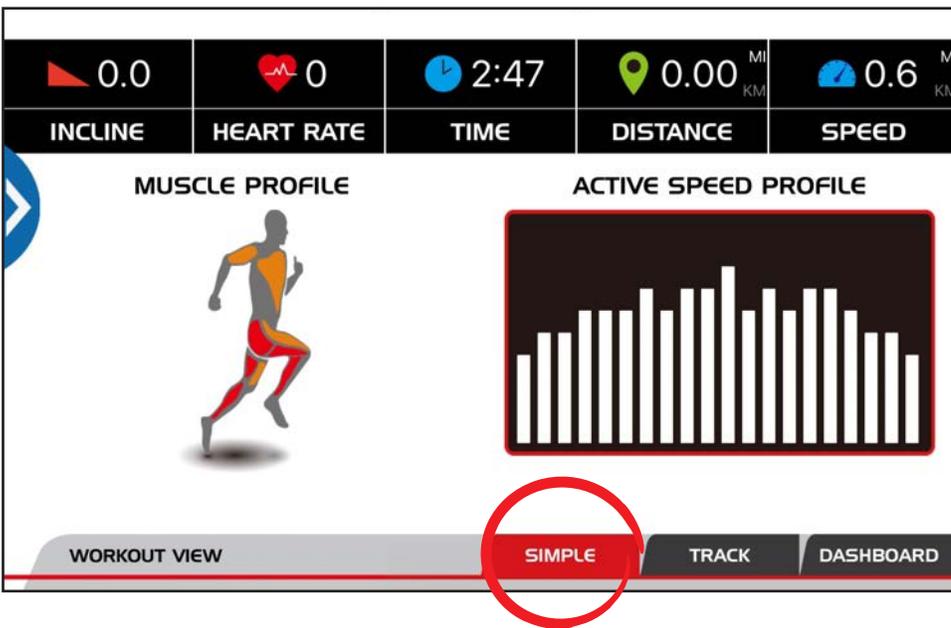
3 WORKOUT VIEWS

There are three workout views available during your workout – you can toggle between them at any time during your workout by pressing the tab of each workout view (SIMPLE, TRACK, DASHBOARD).
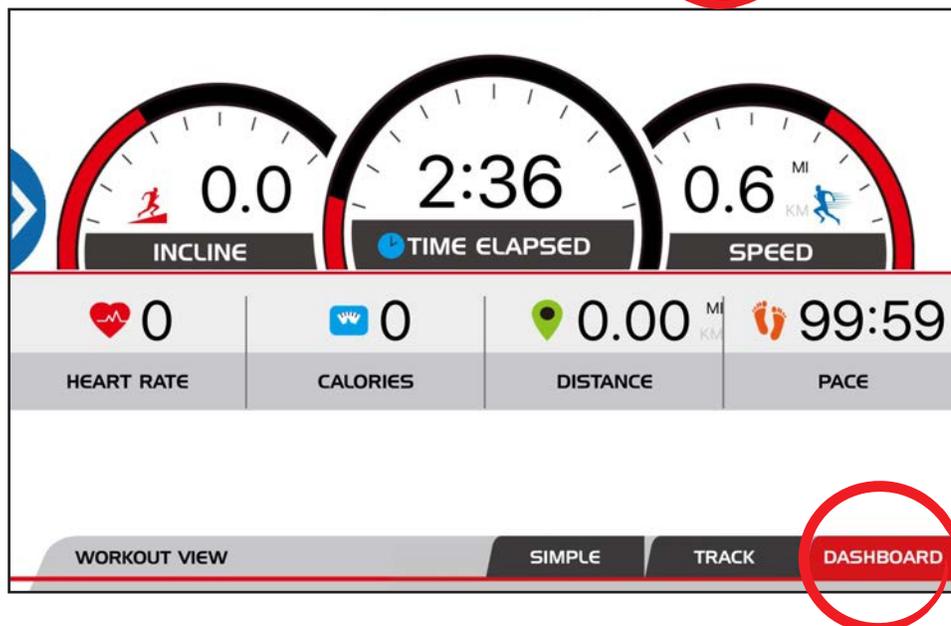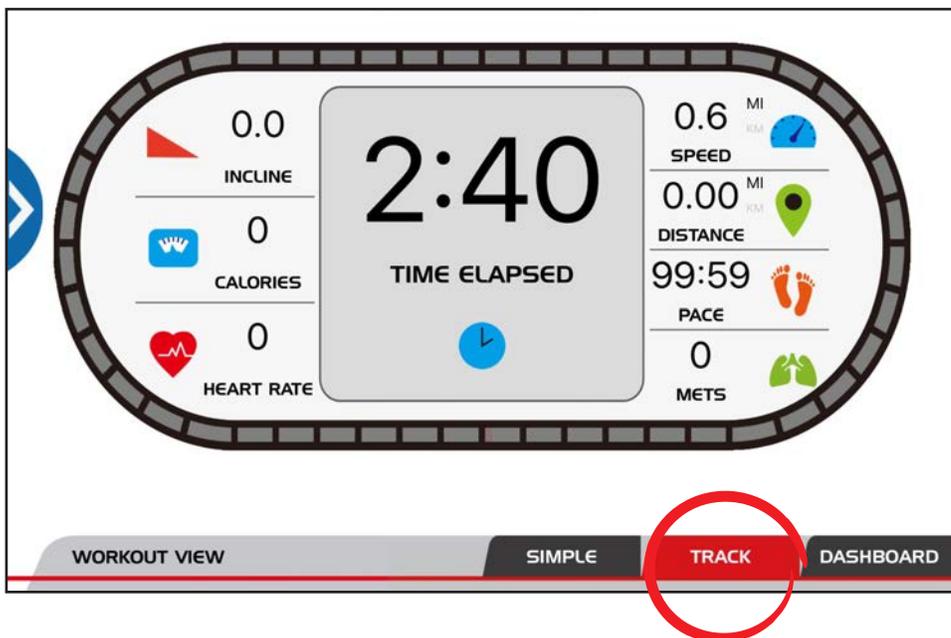
COMPLETING YOUR WORKOUT

To pause your workout at any time, press the STOP button on the console.
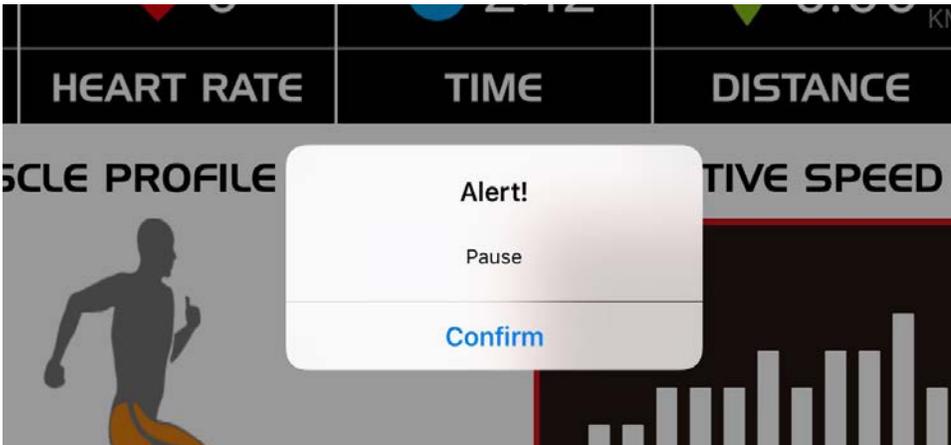
Pressing STOP on the console will result in your workout being paused and an Alert message being shown on your phone/tablet.
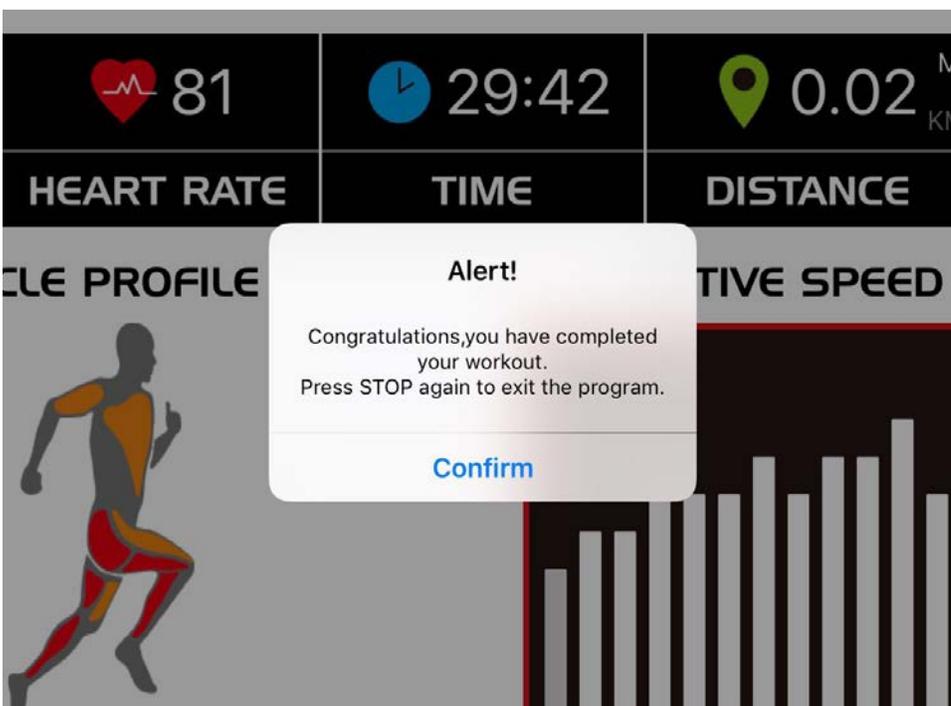
If you have completed your workout and don't plan to continue, then press STOP on the console again.

This will tell the SPIRITFIT APP that you have completed your workout.

An Alert message will appear congratulating you on your workout.
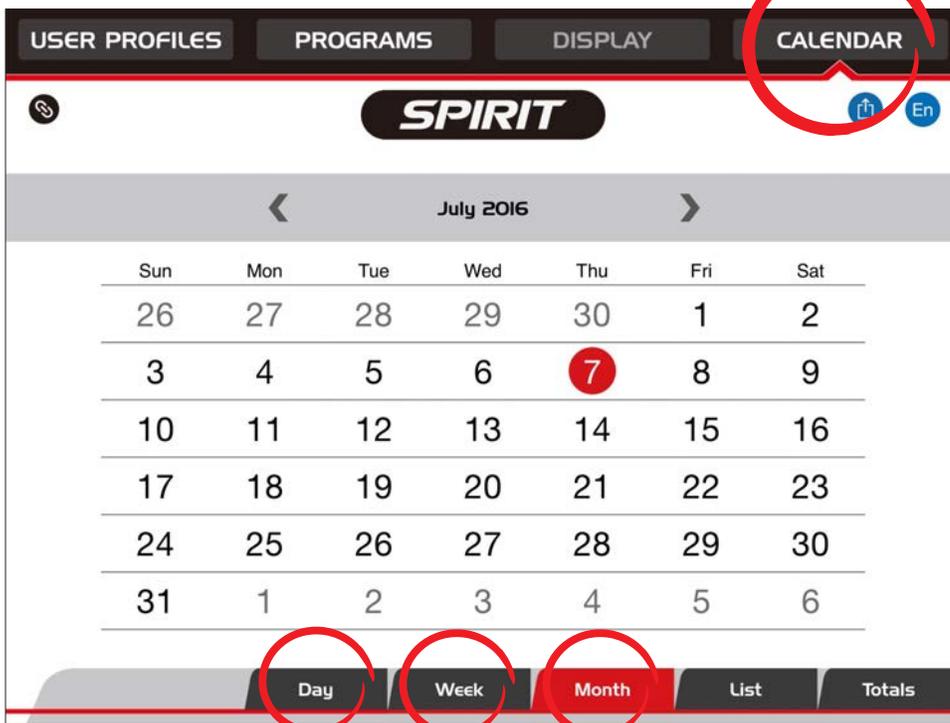
CALENDAR

The CALENDAR menu will save your workout data and allow you to share your workout data with compatible apps.

It also provides your workout history in multiple display formats (Day, Week, Month, List, Totals) which can be selected using the bottom tabs on the CALENDAR menu screen.
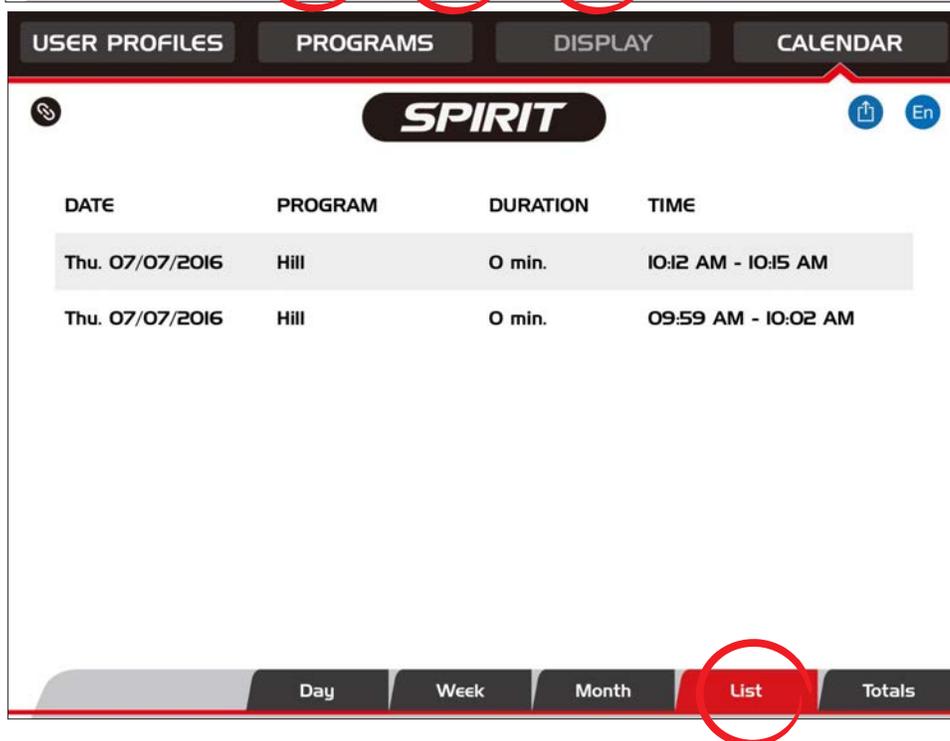
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Day

Week

Month

Year

Total to Date

Day | Week | Month | List | Totals
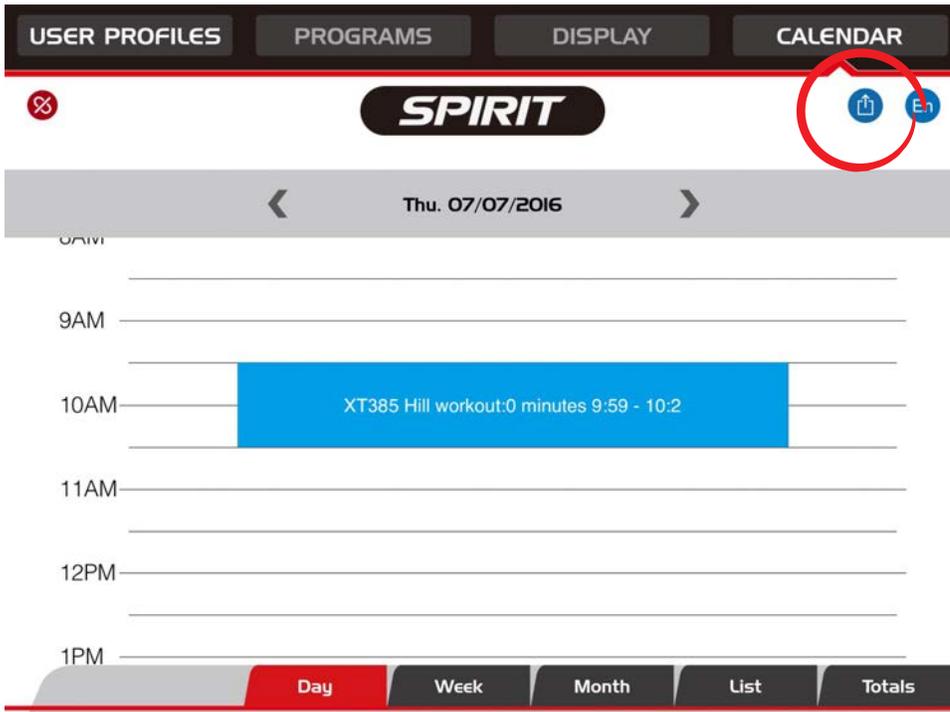
3rd PARTY APP SYNC

Press the upload icon at the upper right of the CALENDAR menu screen.

Choose the App that you want to share your workout data with. All compatible apps will be listed, but only those shown in color are available/loaded on your specific phone/tablet.
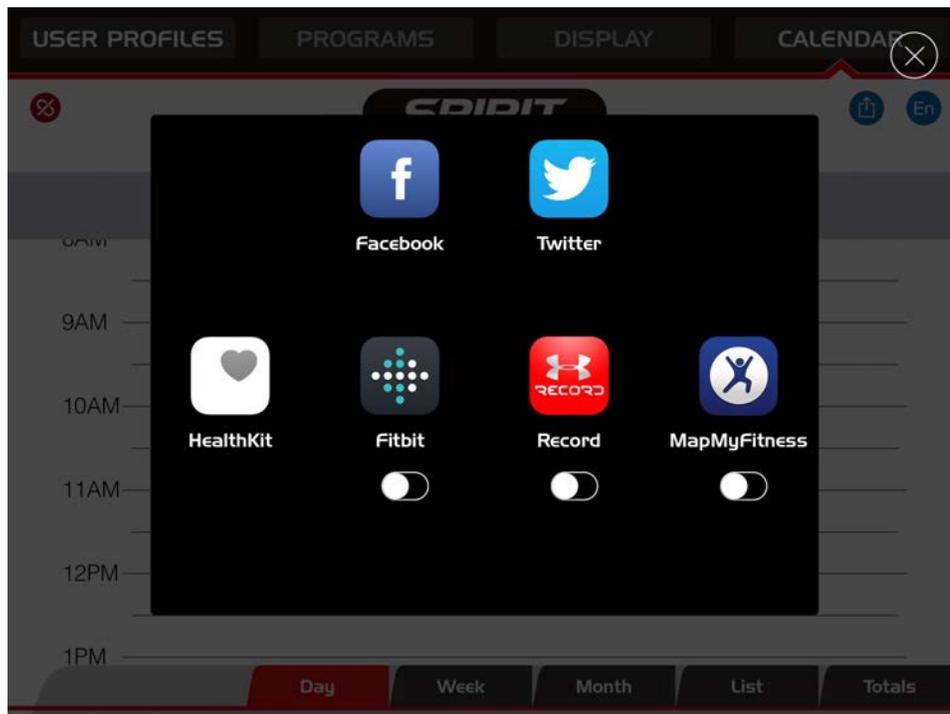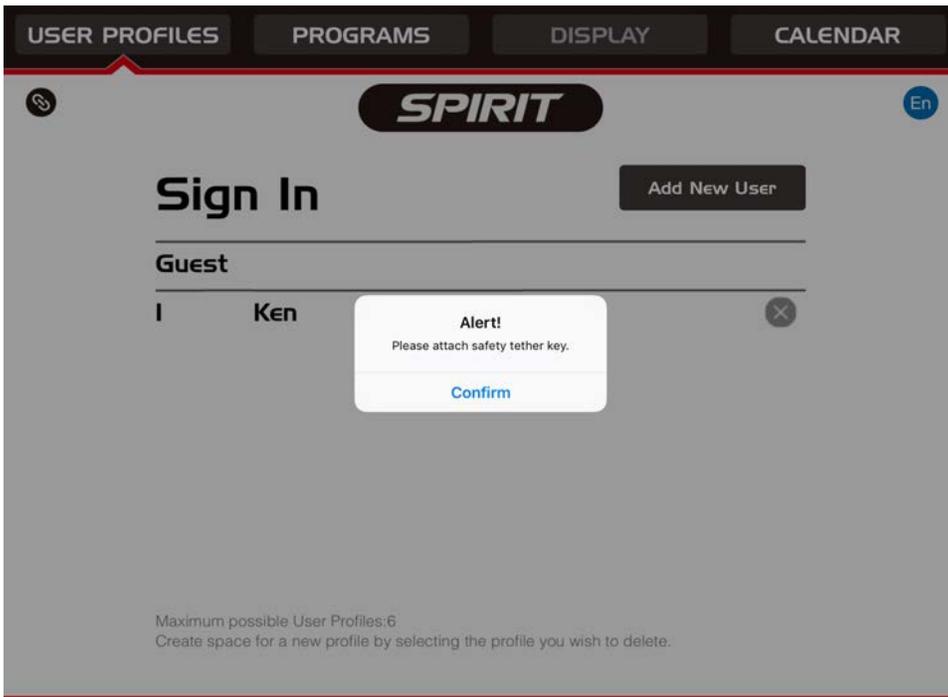
SAFETY TETHER KEY

If the safety key is removed, you will be notified on the APP screen.

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