

# *SPIRIT*



## **SP-3521 Rotary Torso** **OWNER'S MANUAL**

Please carefully read this entire manual before operating your new strength equipment.

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# INTRODUCTION

This manual will acquaint you with the assembly, operation and maintenance of your strength equipment.

- SPIRIT Series – SP-3521 Rotary Torso      manufactured by Spirit Fitness®

Be sure to read and follow the information and instructions before assembling, using or servicing SPIRIT strength equipment.

# MANUFACTURER

## **Dyaco International Inc.**

Taipei HQ Office  
12F, No.111, SongJiang  
Rd. Taipei City, Taiwan, 10486  
TEL: +886-2-2515-2288  
FAX: +886-2-2515-9963  
Email: info@dyaco.com

# INTERNATIONAL OFFICES

Spirit Fitness  
3000 Nestle Rd.  
Jonesboro, AR 72401  
TEL: +1-870-935-1107 (Local)  
TOLL FREE: +1-800-258-8511  
EMAIL: spirit@spiritfitness.com

Dyaco Japan  
Nishi Kasai Medical Bldg. 3F,  
6-24-7 Nishi Kasai, Edogawa,  
Tokyo, 134-0088 JAPAN  
Tel: +81-3- 6808-3385  
Fax: +81-3- 6808-3386  
Email: info@dyaco.jp

Dyaco Shanghai  
Room 1001, Building C,  
No.728, ShiGuang Road,  
YangPu District,  
Shanghai, China  
Tel: (86) 21-65068300  
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Dyaco UK Ltd  
Unit 5 Mill Square  
Featherstone Road  
Wolverton Mill South  
Milton Keynes,  
MK12 5ZD, UK  
Tel: +44 (0)800 029 3865  
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51429 Bergisch Gladbachß  
Tel: +49 (0)2204 844 340  
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Dyaco Canada  
5955 Don Murie Street  
Niagara Falls, ONL2G 0A9  
Canada  
Tel: +1 888-707-1880  
Fax: +1 905-353-8968  
Email: sales@dyaco.ca

If any items need replacement contact the Spirit Fitness Customer Support Department. For international customers, please contact your local distributor.

# IMPORTANT SAFETY INSTRUCTIONS

Read the Owner's Manual carefully before assembling, servicing or using the equipment. It is the responsibility of the facility owner and/or owner of the equipment to instruct users on proper operation of the equipment and review all labels.

**WARNING:** Serious injury could occur if these safety precautions are not observed:

## USER SAFETY PRECAUTIONS

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
- Obtain instructions before using.
- Read and understand the owner's manual and all warnings posted on the machine before using.
- Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
- Keep body and clothing free from and clear of all moving parts.
- Use the machine only for the intended use. DO NOT modify the machine.
- Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
- Inspect all cables and connections prior to use. DO NOT use if any components are worn, frayed or damaged.
- DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- DO NOT use if guards are missing or damaged.
- Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
- Never pin the weights in an elevated position. DO NOT use this machine if found in this condition. Seek assistance from floor staff.
- DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.
- DO NOT use this machine outdoors.

## FACILITY SAFETY PRECAUTIONS

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Make sure that each machine is set up and operated on a solid level surface.
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Spirit Fitness supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed or damaged.

*NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*



## SECURING EQUIPMENT

The machine has holes in the feet, which allow for ease in anchoring to the floor. Spirit Fitness strongly recommends that to eliminate rocking, tipping or falling over due to incorrect usage and misuse, equipment be secured to a solid, level surface.

The solid, level surface should not deviate more than 1/8" over a 10' distance or as defined and required by local building and architectural codes.

Anchoring of equipment must be completed by a qualified licensed contractor.

Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.

Due to the wide variation of flooring on which machines may be anchored or installed, verify anchoring method and anchoring fasteners with a qualified and licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

Do not use machine until it is properly anchored.

## SAFETY GUIDELINES AND PRACTICES

Spirit Fitness recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner.

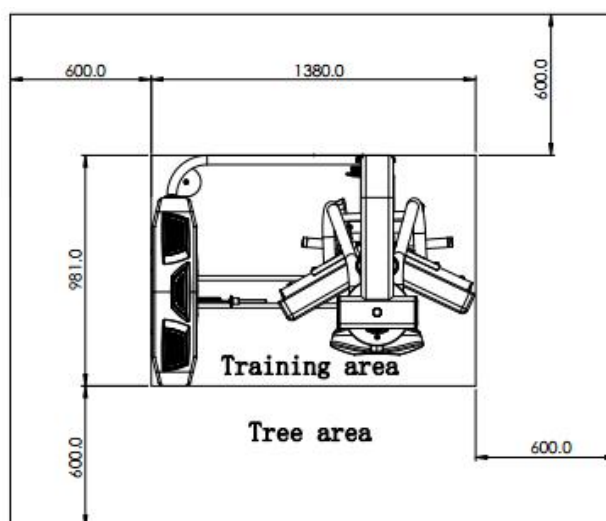
It is the responsibility of the purchaser/user of Spirit Fitness products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

## PROPER USAGE

- Use machine only as described in the manual. Failing to follow proper instructions may result in injury.
- Do not lean against or pull on the framework or any component, whether machine is at rest or in use. Inappropriate or improper use may result in injury to users or third parties (bystanders).
- Do not use machine if it is not located on a solid level surface or is improperly installed.
- Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

### Live area and Training area

The live area shall be not less than 600mm (23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.



## California Prop 65 Warning



**WARNING:** This product can expose you to chemicals including Toluene and Acrylamide, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

# PRECAUTIONS

These safety notes are directed to you as the owner of the Strength Equipment manufactured by Spirit Fitness. Please train all your users and fitness staff to follow these safety instructions.

## DO

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

## DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

# WARNING

- Your Strength Equipment manufactured by Spirit Fitness is designed for the exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

SPIRIT FITNESS® and the Spirit Fitness logo are registered trademarks of Dyaco International.

# WARNING LABELS AND COMMUNICATION STICKERS

The following pages show examples of Spirit® Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement.

If any instructions or information are not clear, and please contact to SPIRIT FITNESS customer service right away.

**NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE**

**Pictogram**



**Serial Number Decal**



**Warning Decal**



**California Prop 65 Warning Decal (For US model only)**



# SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users of the Strength Equipment. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

## **Proper Usage**

- DO NOT use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SPIRIT FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum weight for individuals using the Strength Equipment should not exceed 330 pounds (150 kilograms).

## **Inspection**

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SPIRIT FITNESS equipment use only replacement parts supplied by SPIRIT FITNESS.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult SPIRIT FITNESS if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE SPIRIT FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

## **Operating Warnings**

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

**Note: This Strength Equipment is not suitable for therapeutic purposes.**

# ASSEMBLY & SETUP

Use the following procedures to unpack and assemble your **Strength Equipment manufactured by Spirit Fitness**.

## UNPACKING & PARTS

1. Position the shipping carton so the Heavy End is located at the bottom.
2. Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts, and verify that all parts are included in your shipment:
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.

**NOTE:** All tools required to assemble the Strength Equipment are included within the packaging.

Take time now to enter your Strength Equipment serial number in the space below.  
(Serial number is located on the center tube, see page 7).

Serial No. \_\_\_\_\_

**NOTE:** If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call your local Spirit Fitness's Service department or the distributor whom sold you the product. Please see page 4 for a listing of international corporate offices and locate the office nearest you. Have your serial number ready.

**CAUTION:** Damage to the Strength Equipment during assembly is not covered as part of the limited Spirit Fitness warranty. Take care not to drop or lean the Strength Equipment on its side. Carefully stand the Strength Equipment up in the normal upright position on a stable surface so it will not tip over during assembly.

Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

## PRODUCT SPECIFICATIONS

Maximum Training Weight	109KG/240LBS
Products Weight	280KG/617LBS
Overall Dimensions	981*1380*2010MM

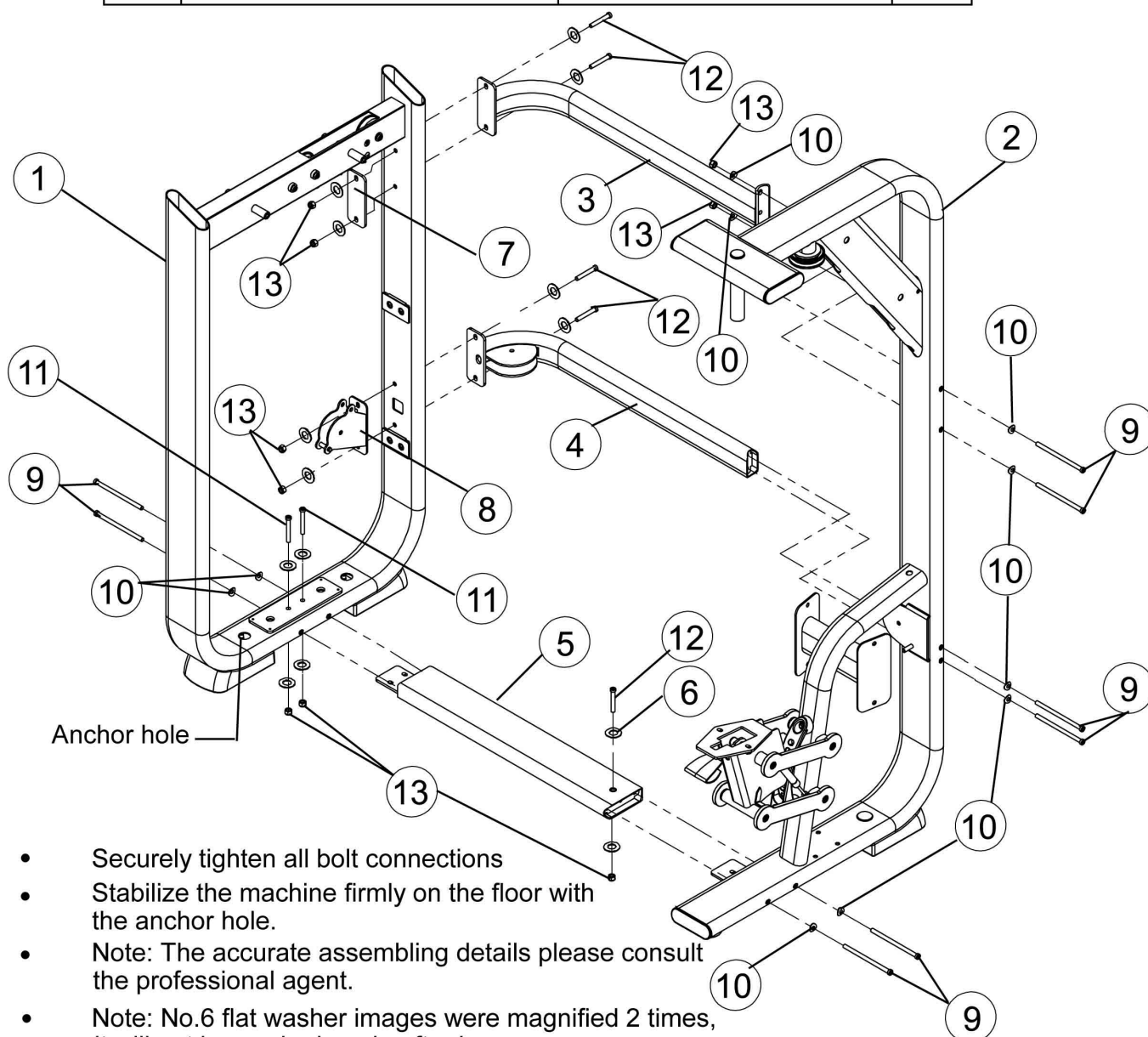
# PARTS LIST

ITEM	DESCRIPTION	SPECIFICATION	QTY	PART NO.
001	TOWER		1	SP-3521-001
002	FRAME		1	SP-3521-002
003	TOP CONNECTOR		1	SP-3521-003
004	BACK CONNECTOR		1	SP-3521-004
005	BASE CONNECTOR		1	SP-3521-005
006	FLAT WASHER	Φ20x10.5x1.0t	38	SP-3521-006
007	PLATE		1	SP-3521-007
008	PULLEY SUPPORT		1	SP-3521-008
009	BOLT, SOCKET HEAD	Φ3/8"-16UNCX6 1/4 "L 159MM	8	SP-3521-009
010	CURVED WASHER	Φ22XΦ10X1.5t	10	SP-3521-010
011	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 3/4 "L 70MM	3	SP-3521-011
012	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 1/2 "L 64MM	9	SP-3521-012
013	NYLON NUT	Φ3/8"-16UNCX11t	22	SP-3521-013
014	TOWER BASE COVER		1	SP-3521-014
015	BOLT, FLAT HEAD SOCKET	#10-32UNx1/2"L	4	SP-3521-015
016	GUIDE ROD		2	SP-3521-016
017	BUSHING, GUIDE ROD RETAINER	Φ46xΦ19.5x45h	2	SP-3521-017
018	CUSHION, WEIGHT STACK	Φ63.5xΦ20x25.4h	2	SP-3521-018
019	GUIDE ROD SHAFT COLLAR	Φ33.4xΦ19.2x15h	2	SP-3521-019
020	15 PLATE HEAD PLATE		1	SP-3521-020
021	15LB WEIGHT PLATE	* 195 lbs version:12pcs	15	SP-3521-021
022	7.5LB WEIGHT STACK		1	SP-3521-022
023	BELT		1	SP-3521-023
024	PLATE, BELT CLAMP	SPHT6.0x25Wx65L	2	SP-3521-024
025	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 1/4"L 32MM	2	SP-3521-025
026	BELT - 4.5 PULLEYS 90DGE		1	SP-3521-026
027	FLANGE SPACER	Φ16.2xΦ10.1x6h	2	SP-3521-027
028	SPACER	Φ16xΦ10.1x36L	1	SP-3521-028
029	SPAVER, PIVOT ARM	Φ63.5xΦ35.1x12L	1	SP-3521-029
030	CAM		1	SP-3521-030
031	SUPPORTING RING	Φ45xΦ32x8L	2	SP-3521-031
032	TW ARM		1	SP-3521-032
033	ALUMINUM END CAP	Φ60	1	SP-3521-033
034	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 "L 25MM	3	SP-3521-034
035	SUPPORT, SHOILDER PAD		1	SP-3521-035
036	PEDALS		1	SP-3521-036
037	SMALL PULLEY		2	SP-3521-037
038	CABLE		1	SP-3521-038
039	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 "L 51MM	4	SP-3521-039
040	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 3/4 "L 45MM	1	SP-3521-040
041	BIG PULLEY		4	SP-3521-041

ITEM	DESCRIPTION	SPECIFICATION	QTY	PART NO.
042	PULLEY COVER		1	SP-3521-042
043	SPACER		1	SP-3521-043
044	FLANGE SPACER	Φ16.2xΦ10.1x7.5h	5	SP-3521-044
045	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 1/4"L 58MM	2	SP-3521-045
046	CABLE END COUPL		1	SP-3521-046
047	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 1/2"L 38MM	2	SP-3521-047
048	REAR SHROUD		1	SP-3521-048
049	UPPER COVER		1	SP-3521-049
050	TRAY, TOWER CAP - LARGE	176.9Lx105.5W	2	SP-3521-050
051	TRAY, TOWER CAP - SMALL	205Lx66W	1	SP-3521-051
052	UPPER COVER, FRONT		1	SP-3521-052
053	M6 SOCKET HEAD BOLT	M6x1.0Px20L	2	SP-3521-053
054	INSTRUCTION STICKER		1	SP-3521-054
055	STAND OFF MOUNT	Φ30.5xΦ10.5x43.5h	4	SP-3521-055
056	SHROUD, TOWER FRONT - LH		1	SP-3521-056
057	SHROUD, TOWER FRONT - RH		1	SP-3521-057
058	LABEL, WEIGHT STACK 15LBS		1	SP-3521-058
059	SHOULDER PAD		2	SP-3521-059
060	LEG PAD		2	SP-3521-060
061	FLAT WASHER	Φ16XΦ8.5X1.0t	10	SP-3521-061
062	M8 SOCKET HEAD BOLT	M8X1.25PX30L	6	SP-3521-062
063	M8 SOCKET HEAD BOLT	M8X1.25PX65L	4	SP-3521-063
064	SEAT PAD		1	SP-3521-064

## STEP 1

ITEM	DESCRIPTION	SPECIFICATION	QTY
1	TOWER		1
2	FRAME		1
3	TOP CONNECTOR		1
4	BACK CONNECTOR		1
5	BASE CONNECTOR		1
6	FLAT WASHER	Φ20x10.5x1.0t	14
7	PLATE		1
8	PULLEY SUPPORT		1
9	BOLT, SOCKET HEAD	Φ3/8"-16UNCX6 1/4 "L 159MM	8
10	CURVED WASHER	Φ22XΦ10X1.5t	10
11	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 3/4 "L 70MM	2
12	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 1/2 "L 64MM	5
13	NYLON NUT	Φ3/8"-16UNCX11t	9

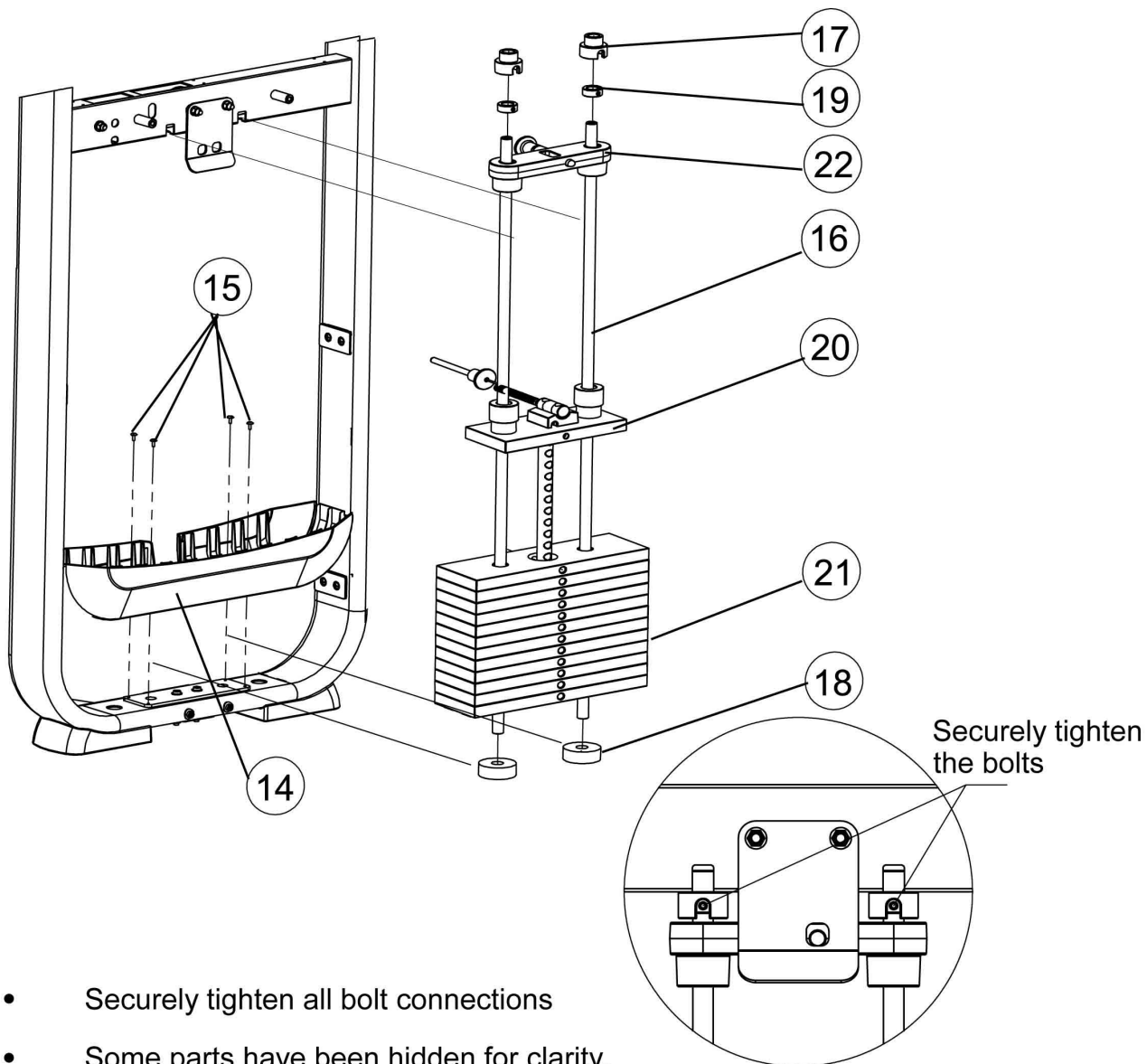


- Securely tighten all bolt connections
- Stabilize the machine firmly on the floor with the anchor hole.
- Note: The accurate assembling details please consult the professional agent.
- Note: No.6 flat washer images were magnified 2 times, it will not be marked again after here.



## STEP 2

ITEM	DESCRIPTION	SPECIFICATION	QTY
14	TOWER BASE COVER		1
15	BOLT, FLAT HEAD SOCKET	#10-32UNx1/2"L	4
16	GUIDE ROD		2
17	BUSHING, GUIDE ROD RETAINER	Φ46xΦ19.5x45h	2
18	CUSHION, WEIGHT STACK	Φ63.5xΦ20x25.4h	2
19	GUIDE ROD SHAFT COLLAR	Φ33.4xΦ19.2x15h	2
20	15 PLATE HEAD PLATE		1
21	15LB WEIGHT PLATE	* 195 lbs version:12pcs	15
22	7.5LB WEIGHT STACK		1

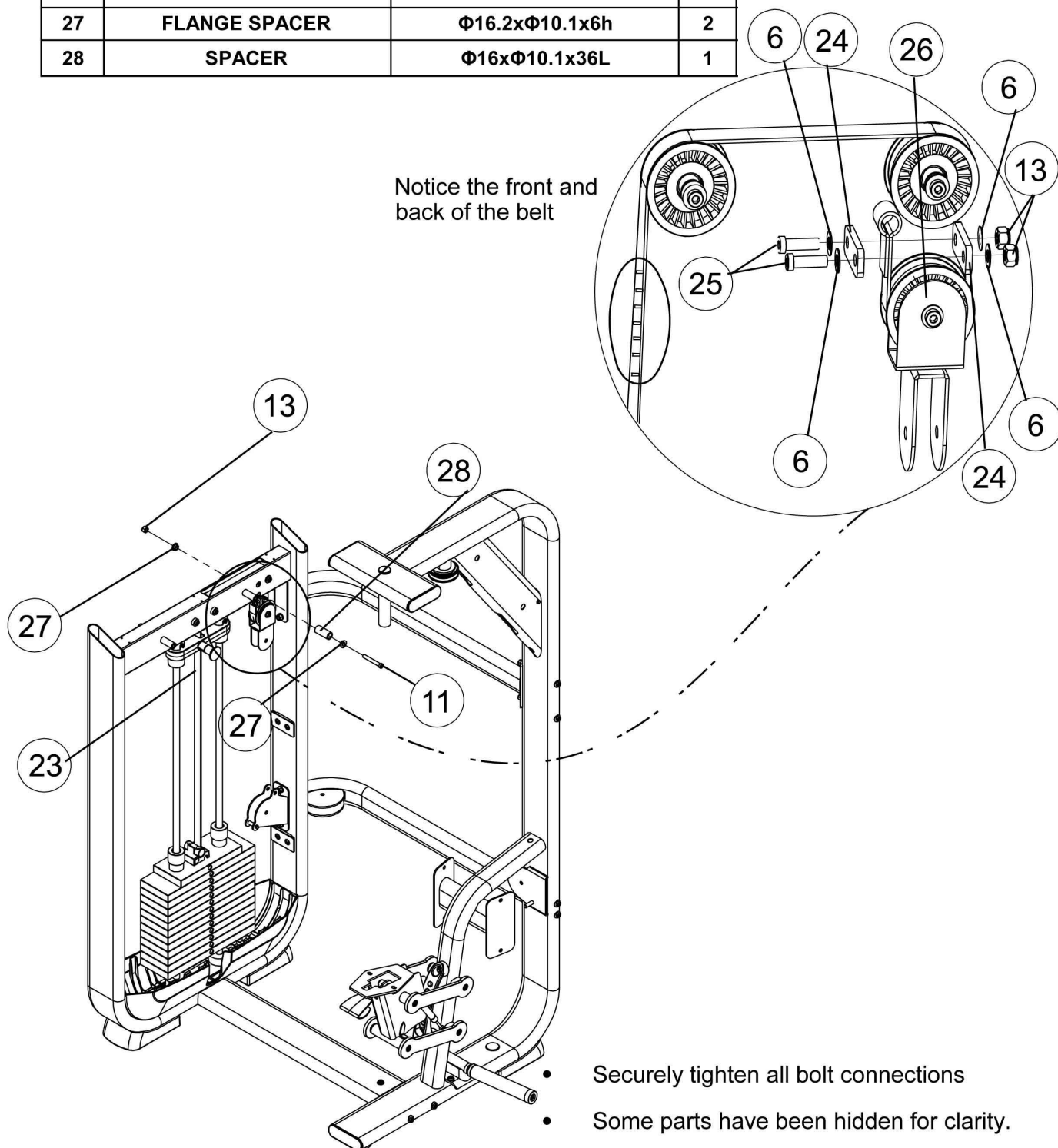


- Securely tighten all bolt connections
- Some parts have been hidden for clarity.

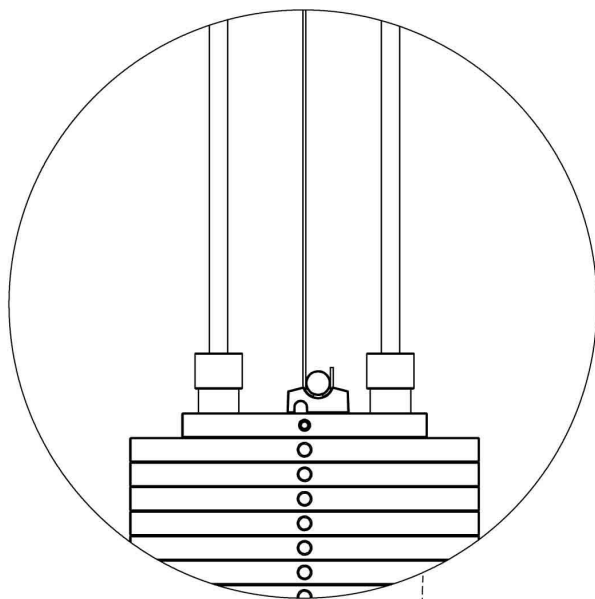
## STEP 3

ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	4
11	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX2 3/4 "L 70MM	1
13	NYLON NUT	$\Phi 3/8"$ -16UNCX11t	3
23	BELT		1
24	PLATE, BELT CLAMP	SPHT6.0x25Wx65L	2
25	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX1 1/4"L 32MM	2
26	BELT - 4.5 PULLEYS 90DGE		1
27	FLANGE SPACER	$\Phi 16.2 \times \Phi 10.1 \times 6h$	2
28	SPACER	$\Phi 16 \times \Phi 10.1 \times 36L$	1

Notice the front and back of the belt



## STEP 4

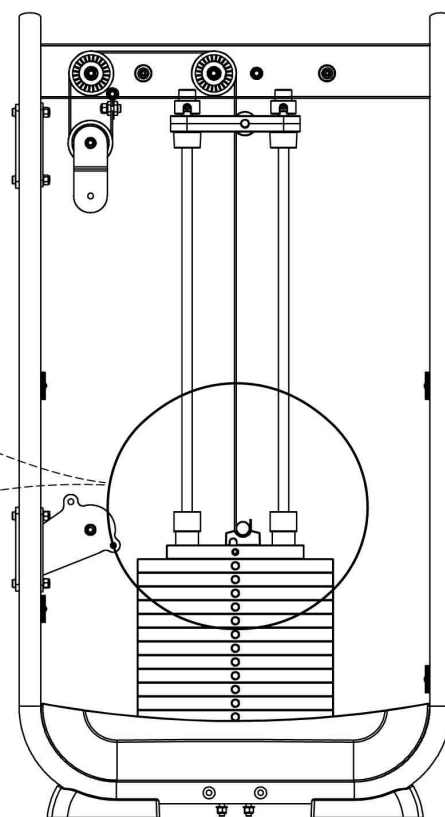
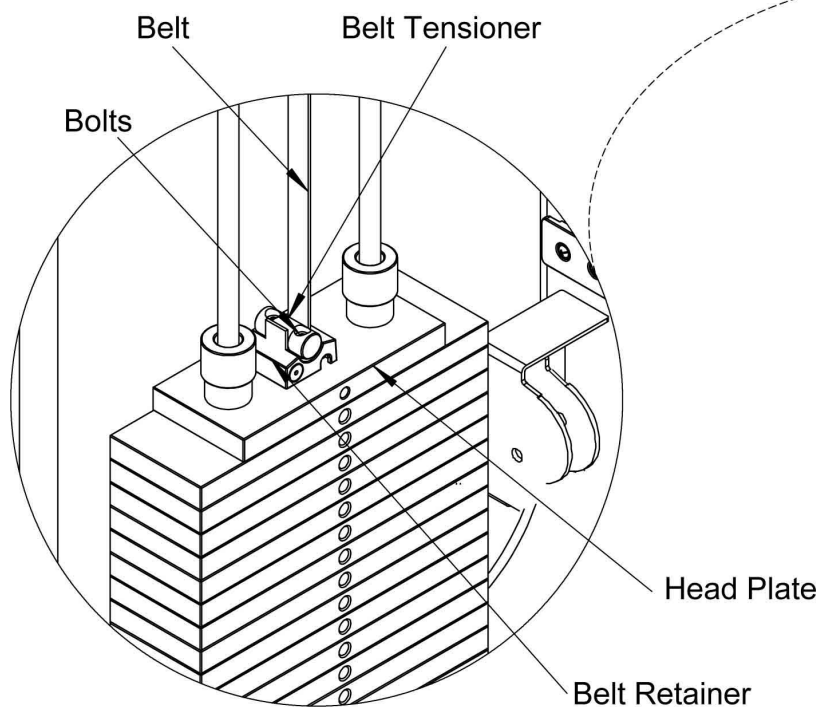


Assemble the Belt to the head plate according to steps below

Follow these steps to assemble the Belt to the Head Plate:

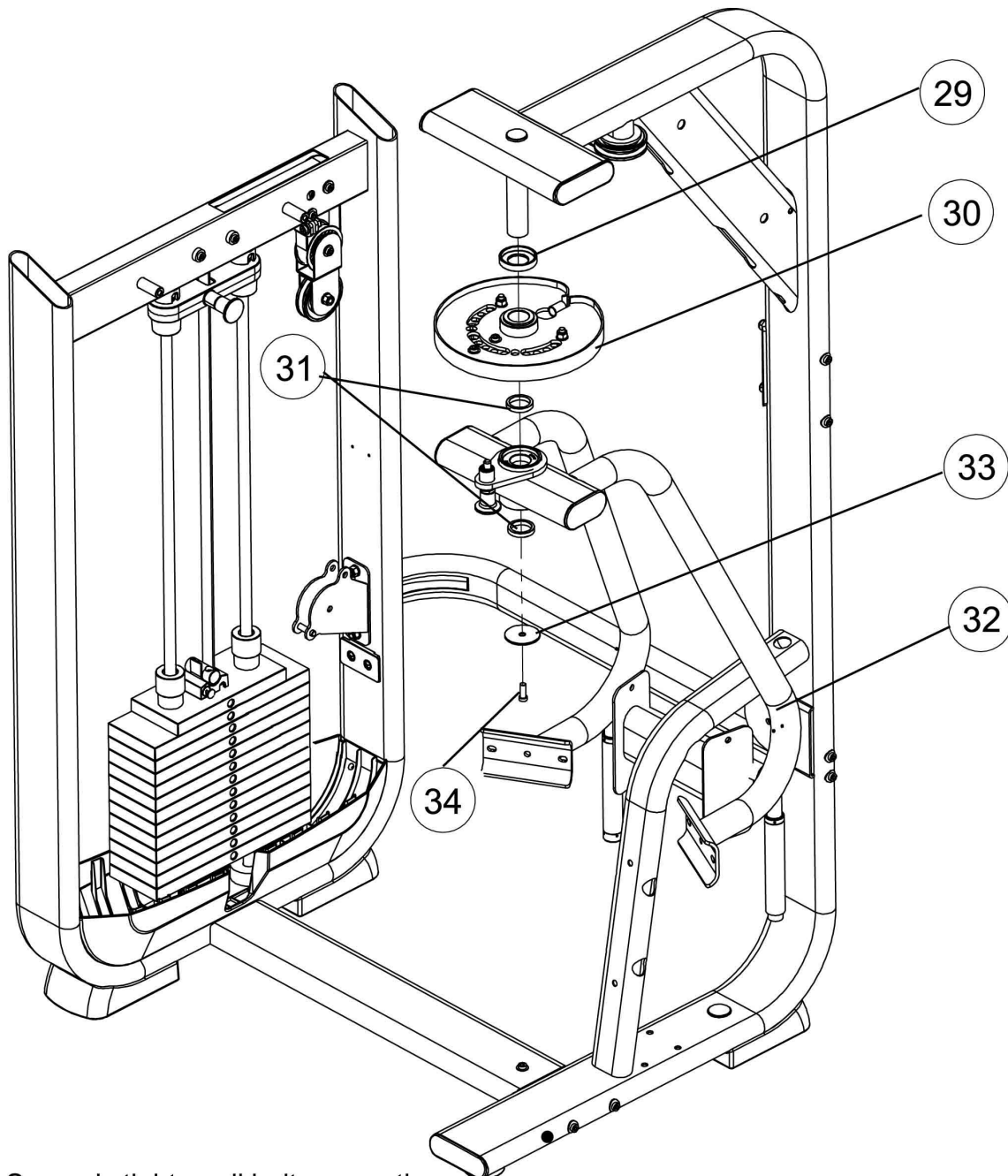
- A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer.
- B) Slide the Belt underneath the Belt Tensioner between the Bolts leaving approximately 1" of Belt exposed on the other side.
- C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer.

- Securely tighten all bolt connections
- Note: The belt must be routed directly down the center of the Head Plate as shown.



## STEP 5

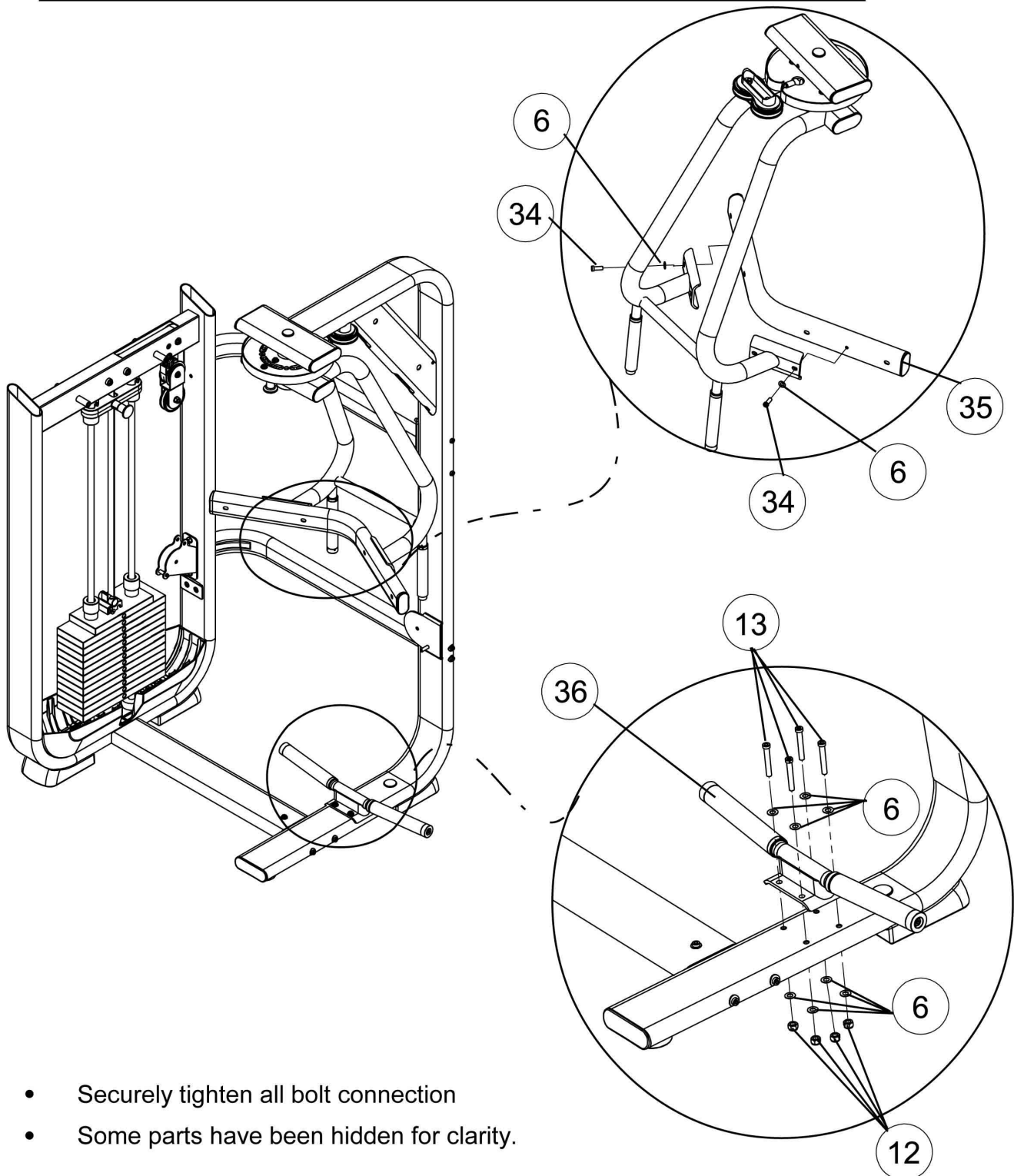
ITEM	DESCRIPTION	SPECIFICATION	QTY
29	SPAVER, PIVOT ARM	$\Phi 63.5 \times \Phi 35.1 \times 12L$	1
30	CAM		1
31	SUPPORTING RING	$\Phi 45 \times \Phi 32 \times 8L$	2
32	TW ARM		1
33	ALUMINUM END CAP	$\Phi 60$	1
34	BOLT, SOCKET HEAD	$\Phi 3/8"-16UNC \times 1" L 25MM$	1



- Securely tighten all bolt connections
- Some parts have been hidden for clarity.

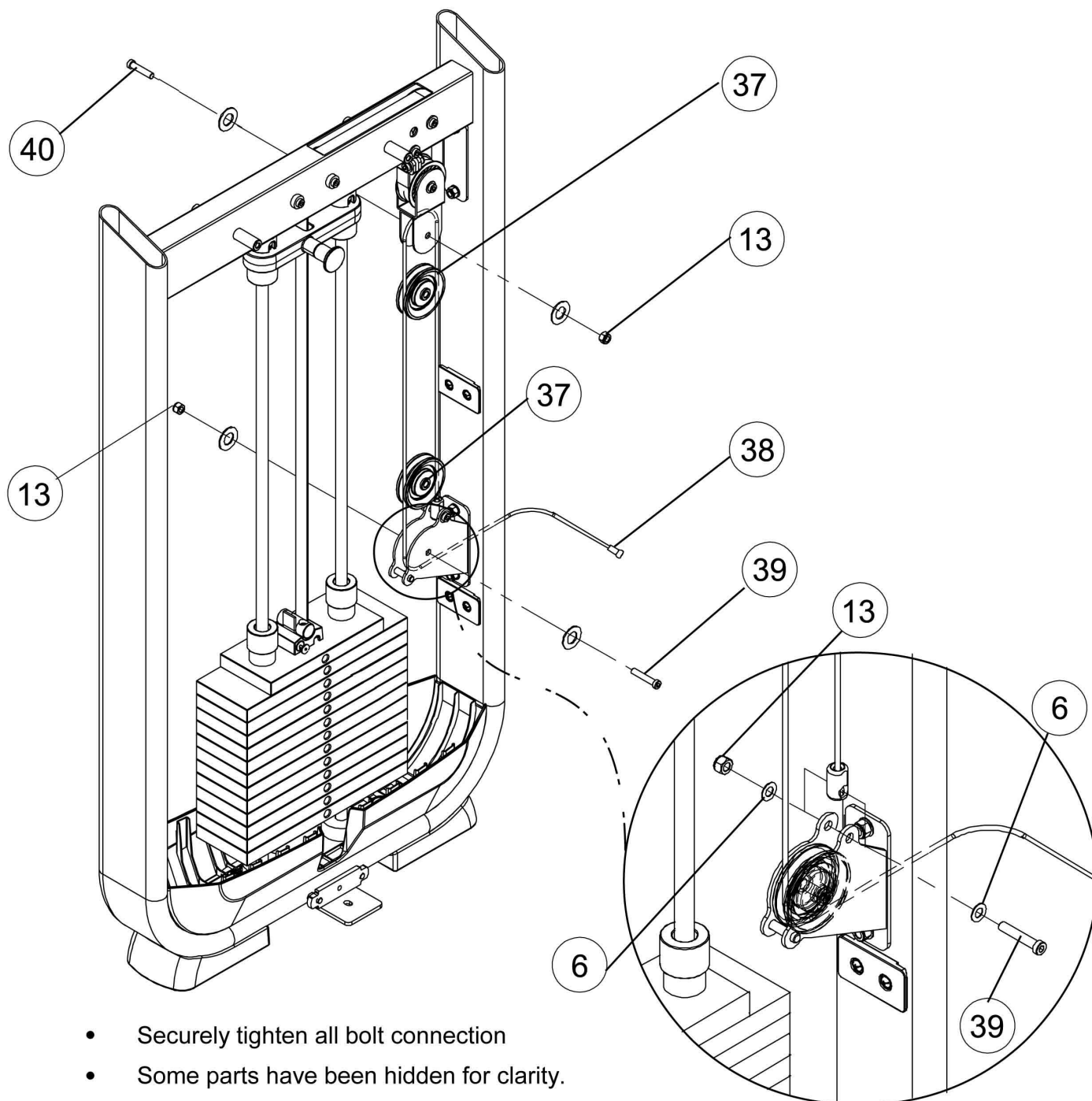
## STEP 6

ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	10
12	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX2 1/2 "L 64MM	4
13	NYLON NUT	$\Phi 3/8"$ -16UNCX11t	4
34	BOLT, SOCKET HEAD	$\Phi 3/8"$ -16UNCX1 "L 25MM	2
35	SUPPORT, SHOILDER PAD		1
36	PEDALS		1



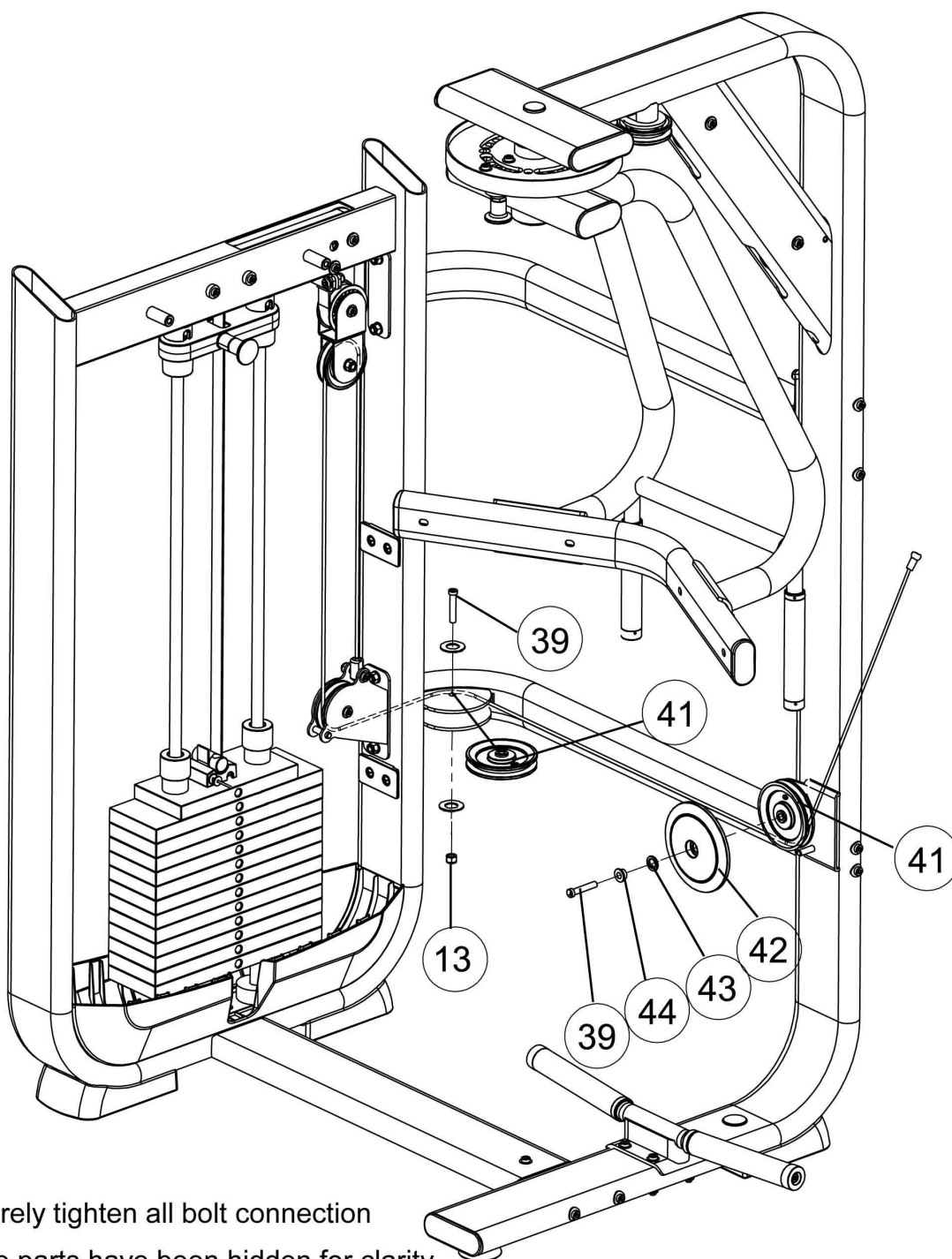
## STEP 7

ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	Φ20x10.5x1.0t	6
13	NYLON NUT	Φ3/8"-16UNCX11t	3
37	SMALL PULLEY		2
38	CABLE		1
39	BOLT, SOCKET HEAD	Φ3/8"-16UNCX2 "L 51MM	2
40	BOLT, SOCKET HEAD	Φ3/8"-16UNCX1 3/4 "L 45MM	1



## STEP 8

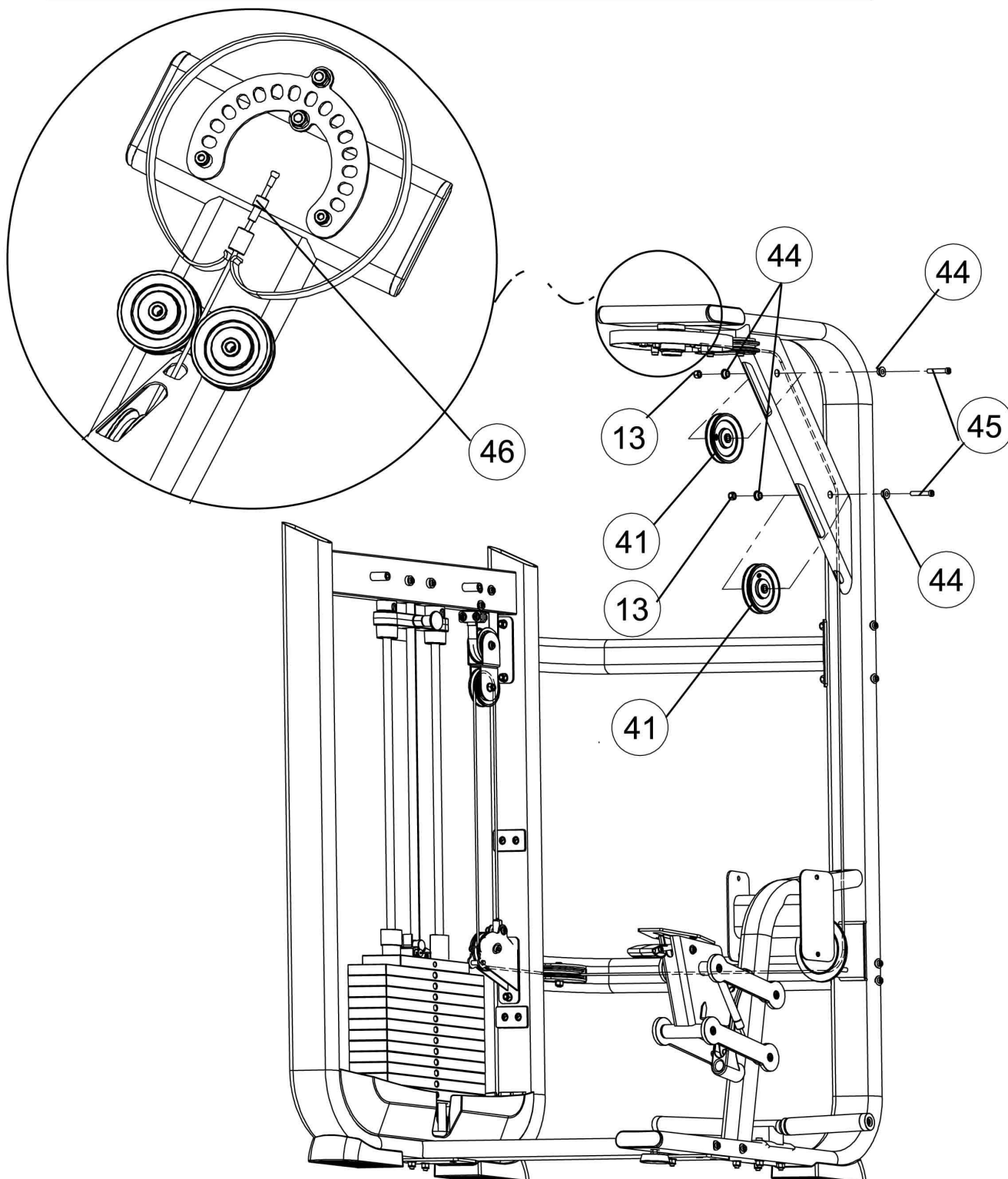
ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	2
13	NYLON NUT	$\Phi 3/8''-16UNC \times 11t$	1
39	BOLT, SOCKET HEAD	$\Phi 3/8''-16UNC \times 2'' L 51MM$	2
41	BIG PULLEY		2
42	PULLEY COVER		1
43	SPACER		1
44	FLANGE SPACER	$\Phi 16.2 \times \Phi 10.1 \times 7.5h$	1



- Securely tighten all bolt connection
- Some parts have been hidden for clarity.

## STEP 9

ITEM	DESCRIPTION	SPECIFICATION	QTY
13	NYLON NUT	$\Phi 3/8''$ -16UNCX11t	2
41	BIG PULLEY		2
44	FLANGE SPACER	$\Phi 16.2 \times \Phi 10.1 \times 7.5h$	4
45	BOLT, SOCKET HEAD	$\Phi 3/8''$ -16UNCX2 1/4"L 58MM	2
46	CABLE END COUPL		1

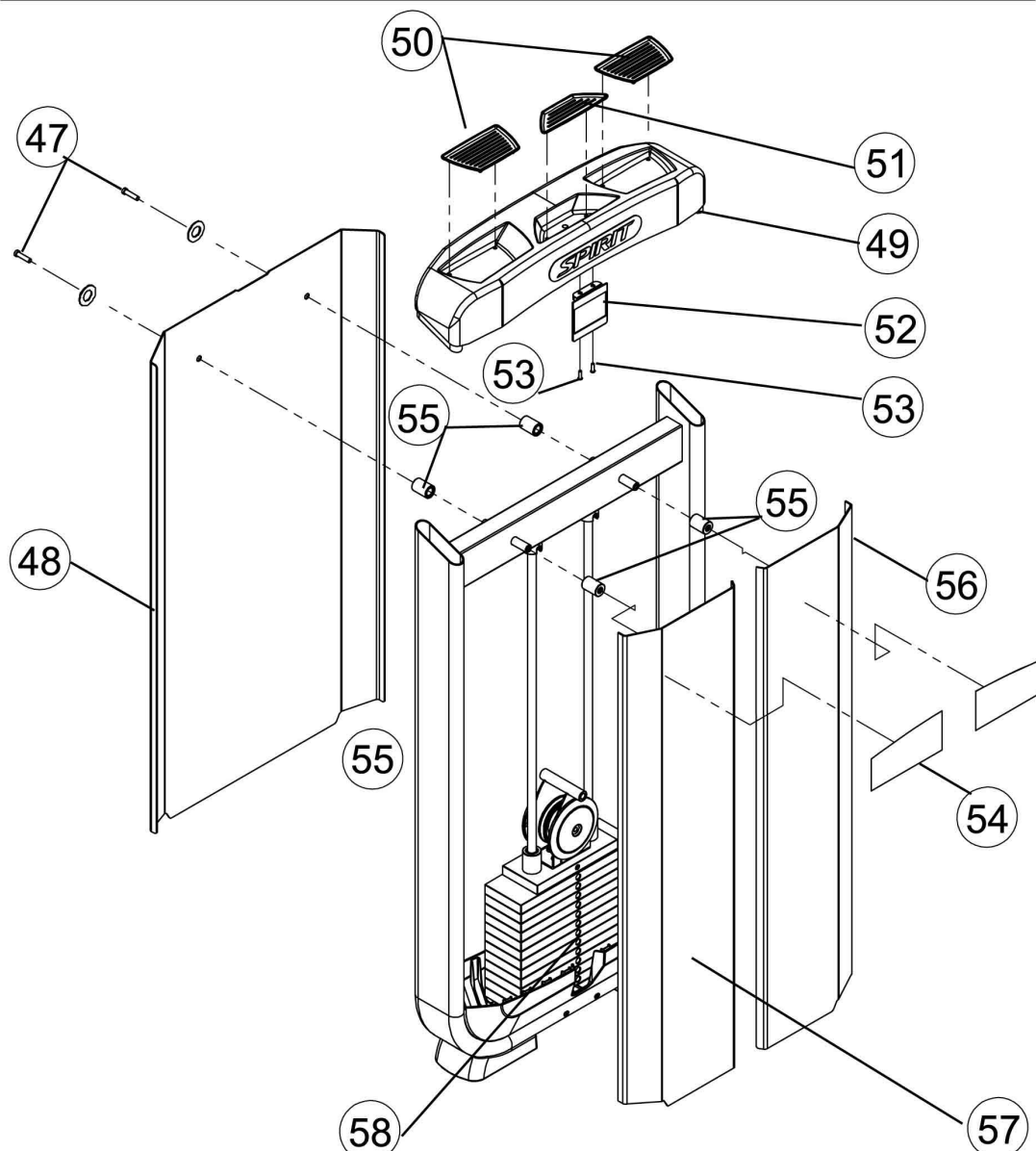


- Securely tighten all bolt connection
- Some parts have been hidden for clarity.



## STEP 10

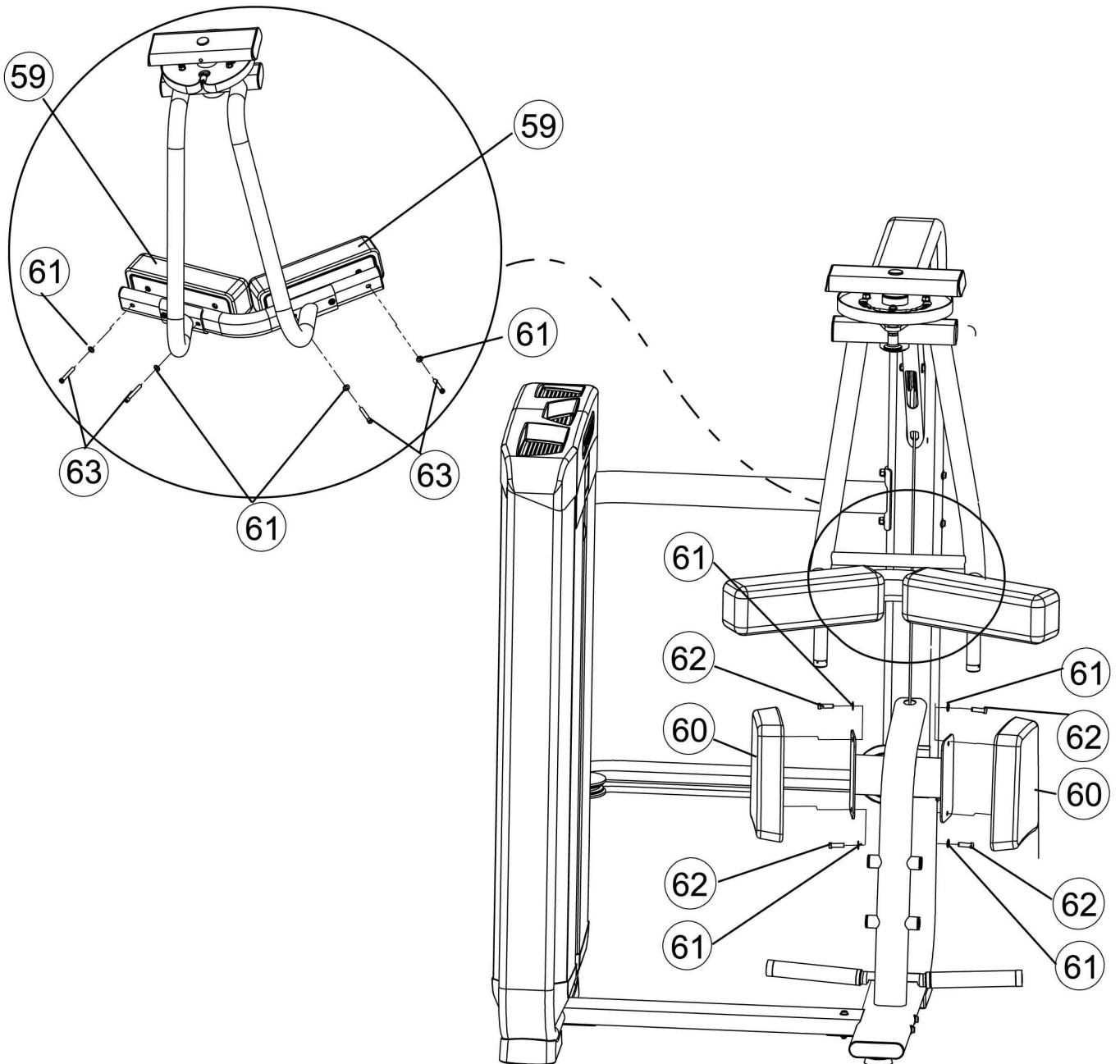
ITEM	DESCRIPTION	SPECIFICATION	QTY
6	FLAT WASHER	$\Phi 20 \times 10.5 \times 1.0t$	2
47	BOLT, SOCKET HEAD	$\Phi 3/8'' - 16 \text{UNC} \times 1\ 1/2'' \text{L}$ 38MM	2
48	REAR SHROUD		1
49	UPPER COVER		1
50	TRAY, TOWER CAP - LARGE	176.9Lx105.5W	2
51	TRAY, TOWER CAP - SMALL	205Lx66W	1
52	UPPER COVER, FRONT		1
53	M6 SOCKET HEAD BOLT	M6x1.0Px20L	2
54	INSTRUCTION STICKER		1
55	STAND OFF MOUNT	$\Phi 30.5 \times \Phi 10.5 \times 43.5h$	4
56	SHROUD, TOWER FRONT - LH		1
57	SHROUD, TOWER FRONT - RH		1
58	LABEL, WEIGHT STACK 15LBS		1



- Securely tighten all bolt connection
- Some parts have been hidden for clarity.

## STEP 11

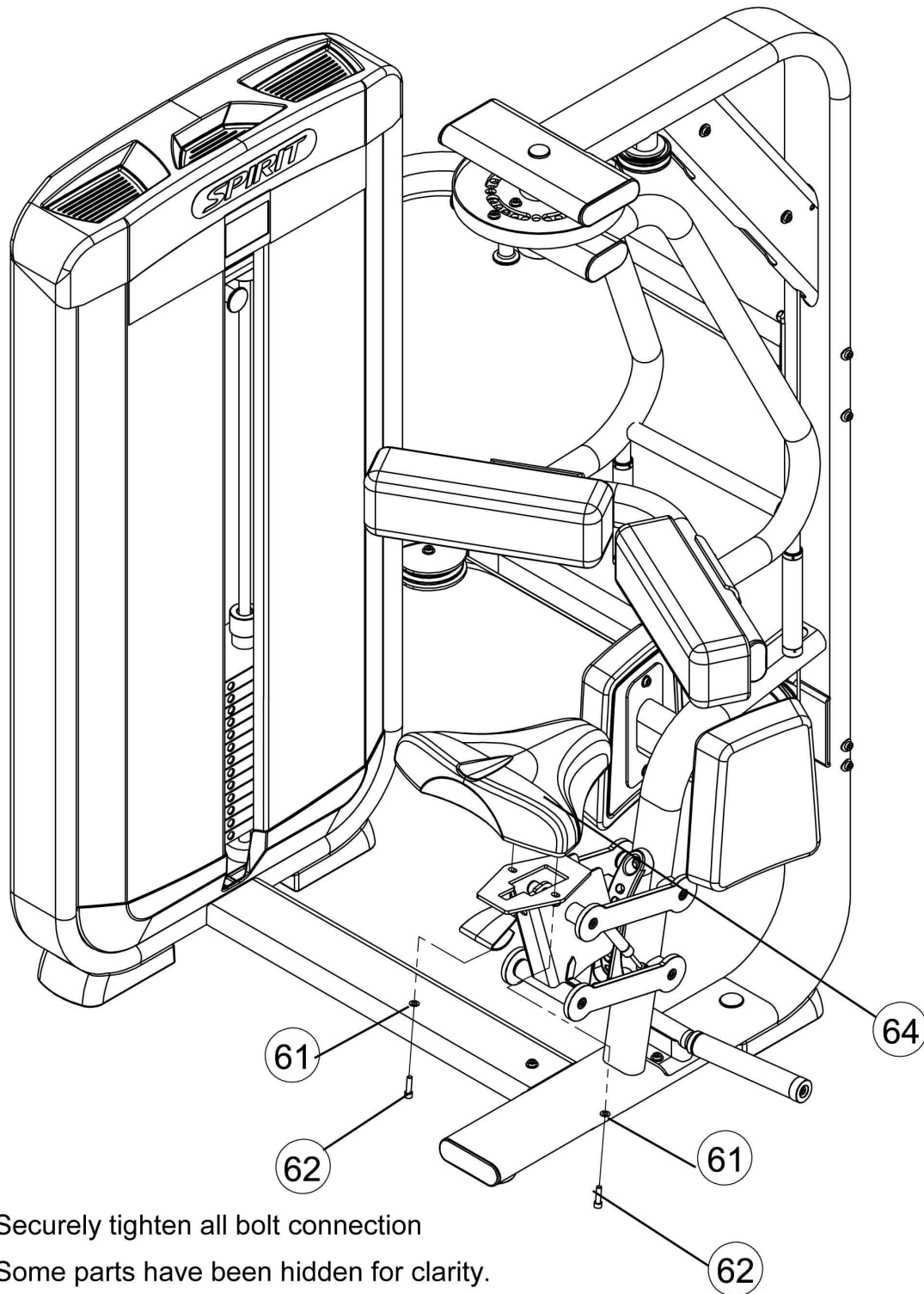
ITEM	DESCRIPTION	SPECIFICATION	QTY
59	SHOULDER PAD		2
60	LEG PAD		2
61	FLAT WASHER	Φ16XΦ8.5X1.0t	8
62	M8 SOCKET HEAD BOLT	M8X1.25PX30L	4
63	M8 SOCKET HEAD BOLT	M8X1.25PX65L	4



- Securely tighten all bolt connection
- Some parts have been hidden for clarity.

## STEP 12

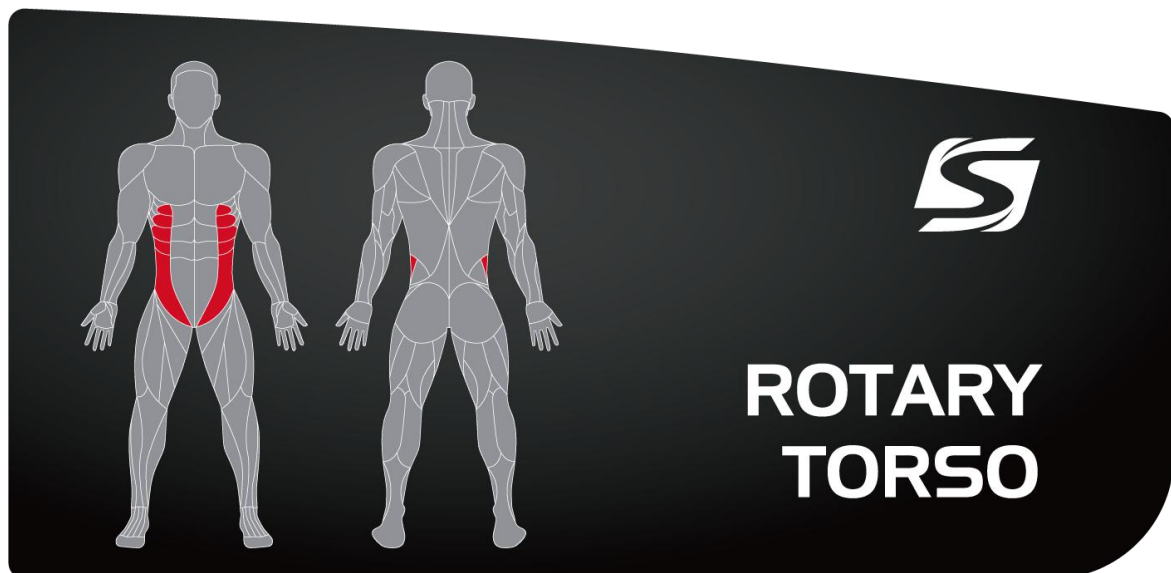
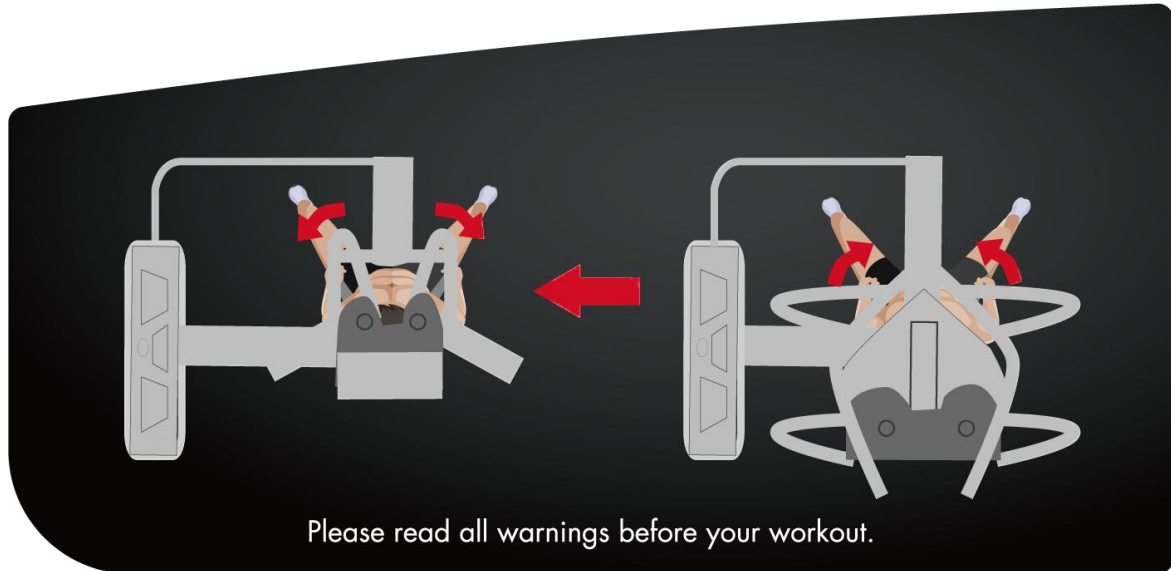
ITEM	DESCRIPTION	SPECIFICATION	QTY
61	FLAT WASHER	Φ16XΦ8.5X1.0t	2
62	M8 SOCKET HEAD BOLT	M8X1.25PX30L	2
64	SEAT PAD		1



- Securely tighten all bolt connection
- Some parts have been hidden for clarity.

# START WORKOUT

**Warning: Improper use and form on the product might cause injury**



# MAINTENANCE

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Details on each activity can be found in the "Maintenance" section of this document.

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all SPIRIT equipment. SPIRIT is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Item	Time Frame	Instructions
Belt & Cable	Daily	Make sure terminals of cables are fixed securely.
Upholstery	Daily	Make sure Upholstery clean and without broken..
Bolts & Screw	Daily	Make sure joints of frames are fixed securely
Weight Stacks	Every two weeks	To spread grease or silicon on posts of weight stacks every 2 weeks if it moves not smoothly.
Movement part	Every two weeks	To spread grease or silicon on contact surface of all moving parts every 2 weeks if they move not smoothly (To much grease or silicon may cause splashes and dirt).
Frame	Every month	To make sure security of all joints.
Machine	As Needed	Regularly checking the condition of fasteners, cables and belt are needed.

Owner's Manual  
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