



home and commercial
e·Glide TRAINERS





We built our first fitness product in 1983, with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.

It is that same simple purpose which continues today in designing and developing every piece of equipment that bears the Spirit Fitness name. We make sure that each new product we design meets the same demanding standards that have crafted the Spirit Fitness brand.

Over the last nearly three decades, our focus has always been—and will continue to be—delivering a quality experience with our equipment. We understand that our products are an investment and we design them to keep pace with your own long term fitness goals. All of our products are produced in our ISO-certified factories for consistent quality.

Our passion has always been innovation that improves our customers' experience. That is why our engineers and designers set out to create a completely new work-out experience, which we call the *e-Glide*.

We reviewed all of the different products and fitness trends in the market, along with what was most engaging to the user. In that research, we came across the growing popularity of indoor cycling. We noticed how smooth the cycling motion was, along with how the user could quickly increase the RPMs, and their heart rate, yet stay fluid and comfortable.

The challenge for our team was how to take this concept and create a full-body work-out. Many years, samples, and designs later, we created the **CG800** Commercial **e-Glide**, designed to work with indoor cycling classes. The response from people that have used the **CG800** has been overwhelmingly positive. They speak of a “floating” feeling they get from our patent-pending direct drive system. We also noticed that the motion of the **e-Glide** eliminates the uncomfortable bobbing up and down typical of so many standard elliptical trainers. Read on to discover the many other unique advantages of the **e-Glide** Trainer.



Visit your local Specialty Fitness retailer (you can find them at www.spiritfitness.com) and try a Spirit Fitness bike, treadmill, elliptical or **e-Glide** Trainer. There are many companies that produce fitness equipment, but few that focus on the details that you will find in a Spirit Fitness product.

Award-winning Spirit Fitness **e-Glide** Trainers are sold exclusively through Specialty Fitness retailers across the country. These fitness professionals have years of experience matching customers with the exact piece of equipment to help them reach their goals.

The Specialty Fitness retailer in your area will ensure that the product is delivered and properly assembled, and make certain you fully understand all the features of your new Spirit Fitness **e-Glide** Trainers. They will even take you through the programming to ensure that you get the most out of your new Spirit Fitness product.

The Two-Degree Difference

Spirit Fitness *e·Glide* Trainers have an integrated two-degree inward tilt to make your work-out more comfortable. This exclusive design puts you in a more ergonomically correct position.

Two degrees may not sound like much, but this is an example of where the spirit of innovation makes for a better work-out experience. This small but critical detail is only one example of what separates the Spirit Fitness *e·Glide* Trainers from their competitors.



2° Camber Angle



Camber Angle 2°

Dual Wheels

All Spirit Fitness *e·Glide* Trainers come with dual wheels on aluminum extruded tracks. Our custom-designed dual concave wheels give each pedal twice the support of a single wheel, which translates into a more stable pedaling motion. Combine this with our aircraft-quality T6069 extruded aluminum wheel track and you get the smoothest and most stable trainer on the market.





Patent-Pending Direct Drive System

Our exclusive patent-pending Direct Drive System offers the smoothest possible motion on the market. The flywheel mounts on the same drive axle as the cranks and is directly driven by the pedals through our patented transmission system. This allows the inertia of the flywheel to constantly be connected to the pedals, which provides the smoothest feel possible in both forward and reverse pedaling directions.

The combination of our Direct Drive System along with balancing the precise weight of our pedal arms, dual-action handlebars, foot pedal angle, and stride length, offers the perfect formula to assure the smoothest work-out motion. This motion creates what we call the “floating” effect. Once you reach a certain RPM, you start to “float” and feel the smoothest possible motion. Once you try a Spirit Fitness *e-Glide* Trainer, we are confident that you will agree it is the smoothest piece of fitness equipment to help you achieve your fitness goals.

Built to Last

We have one of the best warranties in the industry because we have been building fitness products for over thirty years. All of that experience gives us the understanding of what happens to fitness products not just after two years or five years, but ten to fifteen to twenty years. We still hear from satisfied customers who have been using their Spirit Fitness products for decades.

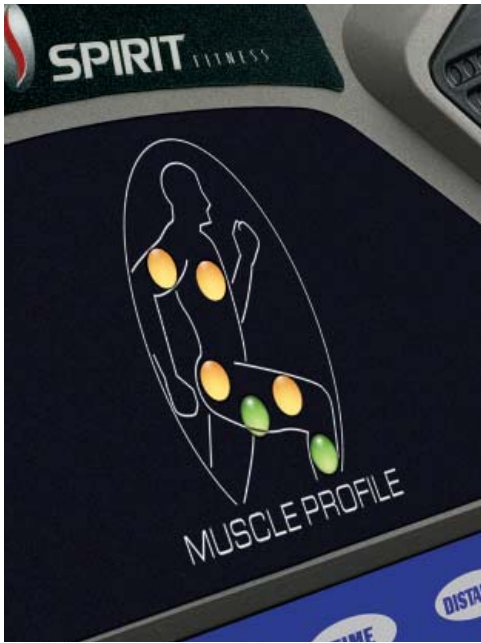


We combine the highest quality components with years of engineering experience and then assemble them in our own ISO 9001 factories (International Organization for Standardization. Standard 9001 is a quality management system to help ensure the factory produces quality products.)



The Spirit of Innovation

As with any product, a major key is the user interface. Whether it is your cell phone, car, or fitness equipment, you want to quickly be able to use it and get the information that is important to you. We focused on this simple principle in the development of our new consoles. A quick press of a button and you are off on a manual work-out or one of the many specialized work-outs. Some models even allow you to develop your own programs. Our large, easy-to-read consoles give you constant feedback from calories to distance to time. There are even separate displays for heart rate and muscle activation, explained on the facing page.



Muscle Activation Profile

It's important to understand which muscle groups are gaining the most benefit during your work-out. On our *e-Glide* Trainers, you will be using your glutes (bottom), hamstring (back of your thigh), quad (thigh), calf, and pecs and arm muscles. The LED's lights will activate in two degrees of engagement: Green represents minimal/medium muscle involvement, while Amber signifies medium/heavy involvement. Use this quick reference to challenge yourself during your work-out.



Music & Air Conditioning

We have integrated into most of our consoles a set of audio speakers. Simply plug in your choice of MP3 player or cell phone (adapter cord provided) and you can enjoy your favorite music to keep you going the extra mile. We've also built a swivel fan into all our consoles to keep you a little cooler.



Heart Rate % Profile

Heart Rate training is proven to be one of the best ways to measure your work-out. Our Heart Rate % Profile gives you a quick reference of your % compared to maximum projected heart rate. This is determined by your age, which you entered during the programming phase of any of the programs. The LED lights up in Amber for 50-60%, Green for 65% to 80%, and Red for 85%+. This is a quick reference for you to gauge your work-out.

Easy-to-Read Consoles

All of the consoles on our *e-Glide* Trainers are easy to use and easy to read. Our *XG400* console even tilts up to ten degrees for the perfect viewing angle. Our dual-action handlebars have a long padded grip so you can find the most comfortable position, and all of the *e-Glide* Trainers have a hand brake so you can quickly stop the flywheel. The contact heart rate grips on our *XG200* and *XG400* are perfectly positioned to keep you in the proper ergonomic position during your work-out.



fitness within your grasp



All of our *e-Glide* Trainers are designed so you can easily adjust the resistance during your work-out. You can adjust the resistance level on the *XG200* from with a simple push of a button on the console. Our *XG400* allows you to adjust the resistance level from the console and the thumb switches, which are integrated into the heart rate grips located on the lower handlebars. The commercial *CG800* has an adjustment knob which with a quick turn adjusts your resistance, and the bar graph shows the resistance level. No matter which *e-Glide* Trainer you choose, you can quickly and easily adjust the resistance during your work-out.

Built for the Long Run

All Spirit Fitness *e-Glide* Trainers are built with extra-heavy-gauge steel tubing to give them a stable base. Our frames go through a complete chemical-dip process to assure that the durable powder-coat paint is scratch-resistant. We even use high-quality bearings rather than bushings to ensure a longer life and a smoother motion. Spirit Fitness *e-Glide* Trainers are built for the long run.



XG400
e-Glide Trainer

XG200
e-Glide Trainer



features
that fit



FEATURE	XG200	XG400	CG800
Heart Rate % Profile	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Muscle Activation Profile	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Fan & Speakers	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Programs	<input type="checkbox"/>	10 Total	<input type="checkbox"/>
Heart Rate	Contact	Contact & Telemetric	Telemetric
Resistance Levels	20	20	Variable Manual
Power	Plug-In or Battery	Plug-In	Battery to power Console
Home Parts Warranty	10 Years	10 Years	10 Years
Commercial Warranty	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Choosing the right fitness trainer can be confusing. This is an important investment in your health and should not be taken lightly. The following page lists all of the detailed specifications for each model, while the above graph provides a quick reference for the differences between each of the Spirit Fitness *e·Glide* Trainers. The professionals at your local Specialty Fitness store have years of experience to help guide you to the best product for your budget and to reach your goals.

We are confident that whichever model you choose, you will have a great tool towards achieving your personal fitness goals.



FEATURE	XG200	XG400	CG800
Console	4-Window LCD, Reset, Start/Stop, Time, and Resistance Adjustment	7.5" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Integrated Reading Rack	4-Window LCD, Reset, Start/Stop, and Time Adjustment
Console Feedback	Time, RPM, Distance, Calories, Level, and Heart Rate	Time, Resistance Level, Distance, Calories, RPMs, Segment Time, Program name, Watts, Laps, Speed, and Heart Rate	Time, RPM, Distance, and Heart Rate
Programs	No Programs	10: Manual, Hill, Fat Burn, Cardio, Strength, Interval; 2 User, 2 Heart Rate	No Programs
Heart Rate	Contact	Contact & Telemetric; Heart Rate Strap included	Telemetric
Resistance	20 Levels	20 Levels	Infinite Levels
Drive Train	Magnetic Brake	Magnetic Brake	Magnetic Resistance w/ Variable Adjustable Knob & Hand Brake
Power	Plug-In, 9V or battery	Plug-In; 12V	3 AA Batteries
Flywheel	30 lbs.	30 lbs.	30 lbs.
Foot Pedals	Oversized, w/ 2-Degree Inversion	Oversized, w/ 2-Degree Inversion	Oversized, w/ 2-Degree Inversion, Built-In Sweat Drains
Stride Length	20"	20"	20"
Frame	Heavy-Gauge High-Strength Steel, Durable Powder-Coat Paint	Heavy-Gauge High-Strength Steel, Durable Powder-Coat Paint	Heavy-Gauge High-Strength Steel, Zinc Undercoating w/ Durable Powder-Coat Paint
Unique Features	Patent-Pending Direct Drive System, 2-Degree Inversion Foot Pedals	Patent-Pending Direct Drive System, MP3 Audio Jack & Speakers, Swivel Fan, Muscle Profile depicts specific activated muscle groups, Heart Rate % Profile, 2-Degree Inversion Foot Pedals	Patent-Pending Direct Drive System, 2-Degree Inversion Foot Pedals
Dimensions	69" x 24" x 66"	69" x 24" x 66"	69" x 24" x 66"
Product Weight	207 lbs.	211 lbs.	230 lbs.
Max User Weight	300 lbs.	400 lbs.	450 lbs.
Home Warranty*	Lifetime: Frame & Brake; 10 Yrs: Parts; 1 Yrs: Labor	Lifetime: Frame & Brake; 10 Yrs: Parts; 1 Yrs: Labor	Lifetime: Frame & Brake; 10 Yrs: Parts; 2 Yrs: Labor
Light Commercial Warranty*	NA	NA	Lifetime: Frame; 5 Yrs: Brake & Parts; 2 Yrs: Labor (5 hours daily use)
Commercial Warranty*	NA	NA	Lifetime: Frame; 5 Yrs: Brake & Parts; 1 Yr: Labor



If you are looking for an extra-durable *e-Glide* Trainer, our *CG800* is designed and built for the commercial market. Created to work with indoor cycling classes and the demands of those customers, it can also be found in hotels, apartments, schools, and personal training studios. The *CG800* offers the same easy-to-use features as our home products, but is designed for the extended hours of use required by these markets.

* For additional warranty information, please visit: www.spiritfitness.com

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