



home and commercial
TREADMILLS





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 equipment design meets the same demanding standards that have crafted the Spirit Fitness brand.

Over the last thirty years, 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 longterm fitness goals. All of our products are produced in our ISO-certified factories for consistent quality.

Our other passion has always been on innovation that improves our customers' experience. We were one of the first to integrate cooling fans on our products; a high-quality fan is now standard on nearly all Spirit Fitness products. We also integrate audio speakers for MP3 players on most of our products. The number one reason people stop exercising is from boredom, and we know that if you are a little more comfortable, you will work-out longer and achieve your fitness goals that much faster.

These, along with many other exclusive features outlined in this brochure, are put into our products to help you achieve success. 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.

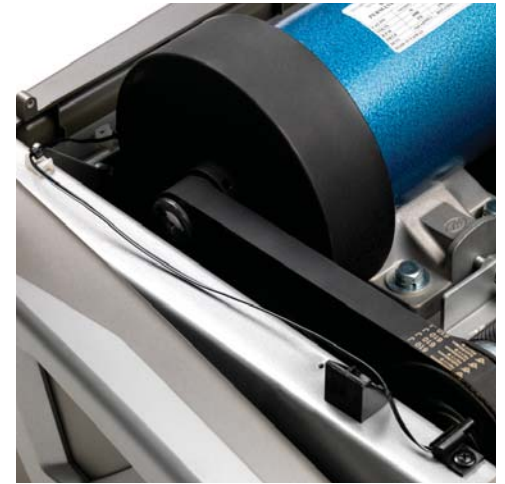
Award-winning Spirit Fitness treadmills are sold exclusively through Specialty Fitness retailers across the country. These fitness professionals have years of experience matching customers with the exact piece of equipment to help them reach their goals. The Specialty Fitness retailer in your area will ensure that the product is delivered and properly assembled, and make certain you fully understand all the features of your new Spirit Fitness treadmill. They will even take you through the programming to ensure that you get the most out of your new Spirit Fitness product.

In August of 2010 the Specialty Fitness retailers voted in an independent survey and awarded Spirit Fitness as the Best Selling treadmills. It is a vote of confidence that these professionals chose the Spirit Fitness treadmill over all other brands. You can be assured your investment will be around for years to come.



It all Starts with a Stable Mount

You can tell a lot about the quality of a product based on where the manufacturer invests their money in the product. Do they spend it on useless bells and whistles, or do they spend it on parts that actually enhance the quality and performance of the product? At Spirit Fitness, we spend our money on quality, such as cast motor mounts. Why cast? We do not believe that a stamped steel motor mount will give the motor the secure mount that is required for a high quality treadmill. If the motor shifts, then the drive belt will loosen, which will make the walking belt feel like it is slipping. Take off the motor cover and look beneath the hood, you can learn a lot about the design of a treadmill.



Fold it Away for Extra Space

The Spirit Fitness Folding Treadmill is easy to fold up and down for your work-out. This feature gives you a full size treadmill for working out, but then folds into a tight compact space when not in use. Simply pull the yellow handle located on the back of the treadmill frame and the unit will unfold. It's design will allow you to let go and it will come to a soft landing on your floor with no need to bend over and guide it to the floor. To fold up, simply pick up the treadmill deck and lift. You will notice that our assisted design makes this easy and convenient.



Keep It Cool

One thing that will destroy a treadmill or any electronic device is heat. It is critical that the drive motor, elevation motor and electronics under a motor cover be kept cool. Our engineers have developed an airflow system that promotes air circulation around the motor and electronics to help keep them cool. Our motor covers are designed with ventilation and we use large aluminum frames on our lower electronics, which act as heat sinks to absorb excess heat. Our **XT185** and **XT285** have vents on the front of the motor cover. Our **XT385**, **XT485** and **XT685** have vents on the front along with ventilation on the top of the motor covers to promote extra air-flow. All Spirit Fitness treadmills are designed to keep the treadmill cool and running for years.



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.)



Integrated Speakers
for MP3 player

Swivel Fan to
keep you cool

Heart Rate
% Profile

Convenient water bottle holder
and cargo compartment for
keys, phone, or MP3 player

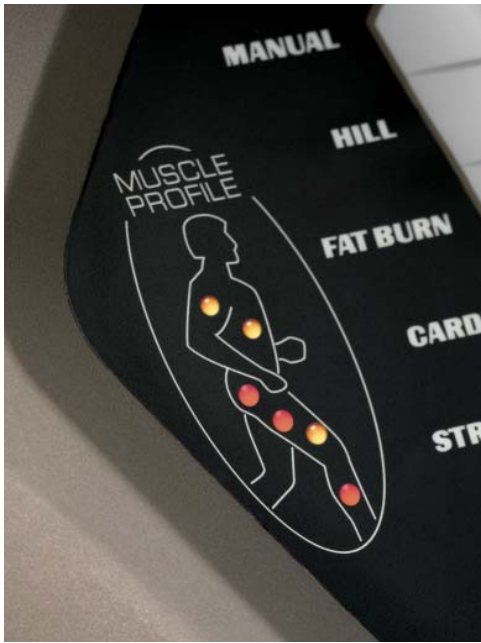
Contact Heart
Rate Grips

Muscle Activation
Profile

Large LCD with
feedback and scrolling
message center

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 walk or a run, 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 treadmills, 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: Amber represents medium involvement, and Red, full or 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-use Consoles

Most of our treadmills have multiple locations to adjust the speed and elevation. You can always adjust the speed and elevation on the console with the quick keys or with the + and – keys on the lower console. The speed can also be adjusted with the + / - button located on the right handlebar. The left handlebar allows for the incline to be changed. There is even a button on the lower console that allows you to disable the buttons on the handlebars. It is important that you feel comfortable on your treadmill. Allowing you to choose how you make the critical speed and elevation adjustments is just one of the features you will find on Spirit Fitness Treadmills.



fitness within your grasp



All of our home treadmill consoles have easy to read, bright blue LCD screens. The consoles and keypads are positioned so you can easily reach them to set up your program and push start. Our contact heart rate grips are comfortably located in the proper ergonomic position. Our center mounted swivel fan (found on all our home treadmills) helps keep you cool during your work-out. We have also located the water bottle / cargo holders for easy access. Put your water in one and your MP3 / cell phone into the other so you can listen to your favorite music.

Built for the Long Run

All Spirit Fitness treadmills 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. Spirit Fitness treadmills are built for the long run.



XT385
folding treadmill



XT285
folding treadmill



FEATURE	<i>XT185</i>	<i>XT285</i>	<i>XT385</i>	<i>XT485</i>	<i>XT685</i>	<i>CT800</i>
Bright Blue Backlit LCD	7.5"	7.5"	7.5"	9"	9"	LED
Heart Rate % Profile	□	□	■	■	■	■
Muscle Activation Profile	□	□	■	■	■	□
Integrated Speakers	□	■	■	■	■	□
Programs	6 Total	8 Total	10 Total	12 Total	12 Total	10 Total
Heart Rate	Contact	Contact & Telemetric	Contact & Telemetric	Contact & Telemetric	Contact & Telemetric	Contact & Telemetric
Handlebar Controls	□	■	■	■	■	□
Drive Motor	2.5 hp	2.75 hp	3.0 hp	3.5 hp	3.5 hp	3.0 hp DC
Rollers	2.5"	2.5"	2.75"	2.75"	3.0"	3.0"
Home Parts Warranty	5 Years	10 Years	10 Years	10 Years	10 Years	10 Years
Commercial Warranty	□	□	□	□	■	■



Choosing the right treadmill 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 treadmills. 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	XT185	XT285	XT385	XT485	XT685	CT800
Console	7.5" Blue Backlit LCD, Integrated Reading Rack	7.5" Blue Backlit LCD, Integrated Reading Rack	7.5" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Integrated Reading Rack	9" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Integrated Reading Rack	9" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Integrated Reading Rack	Large Blue-LED Matrix Window w/ 20-Character Message Center, and 4 Separate LED Windows, Heart Rate % Profile, Integrated Reading Rack
Console Feedback	Time, Distance, Speed, Elevation, Calories, Pace, Altitude, Laps, Segment Time, and Heart Rate	Time, Distance, Speed, Elevation, Calories, Pace, Altitude, Laps, Segment Time, and Heart Rate	Time, Distance, Speed, Elevation, Calories, Pace, Altitude, Laps, Segment Time, and Heart Rate	Time, Distance, Speed, Elevation, Calories, Pace, Avg. Pace, Altitude, Laps, Segment Time, Avg. Heart Rate, and Heart Rate	Time, Distance, Speed, Elevation, Calories, Pace, Avg. Pace, Altitude, Laps, Segment Time, Avg. Heart Rate, and Heart Rate	Time, Distance, Calories, Pace, Speed, Incline, Pulse, METs
Programs	6: Manual, Hill, Fat Burn, Cardio, Strength, Interval	8: Manual, Hill, Fat Burn, Cardio, Strength, Interval, 2 Heart Rate	10: Manual, Hill, Fat Burn, Cardio, Strength, Interval, 2 User, 2 Heart Rate	12: Manual, Hill, Fat Burn, Cardio, Strength, Interval, Calorie, Fusion, 2 User, 2 Heart Rate	12: Manual, Hill, Fat Burn, Cardio, Strength, Interval, Calorie, Fusion, 2 User, 2 Heart Rate	10: Manual, Hill, Fat Burn, Cardio, 5K Run, Interval, Custom, Fit Test (Gerkin Protocol), 2 Heart Rate
Speed	.5 to 10 mph	.5 to 12 mph	.5 to 12 mph	.5 to 12 mph	.5 to 12 mph	.5 to 12 mph
Incline	0 to 10%	0 to 12%	0 to 15%	0 to 15%	0 to 15%	0 to 15%
Heart Rate	Contact	Contact & Telemetric, Heart Rate Strap included	Contact & Telemetric, Heart Rate Strap included	Contact & Telemetric, Heart Rate Strap included	Contact & Telemetric, Heart Rate Strap included	Contact & Telemetric
Drive Motor	2.5 hp	2.75 hp	3.0 hp	3.5 hp	3.5 hp	3.0 hp DC Drive w/ Grade H Insulation
Deck	3/4" Phenolic, Silicone Lubricated, Folding	1" Phenolic, Silicone Lubricated, Folding	1" Phenolic, Silicone Lubricated, Folding	1" Phenolic, Silicone Lubricated, Folding	1" Phenolic, Silicone Lubricated	1" Phenolic, Reversible, Double-Sided, Wax-Coated
Belt	20" x 50", 1.5 ply (1.6T)	20" x 55", 1.5 ply (1.6T)	20" x 58", 1.5 ply (2.5T)	20" x 60", 1.5 ply (2.5T)	22" x 60", 1.5 ply (2.5T)	22" x 60" Habasit® Commercial, Multi-Ply
Rollers	2.5"	2.5"	2.75"	2.75"	3.0"	3.0"
Cushioning	6 Cushions (rear rigid mount)	6 Cushions (rear rigid mount)	6 Cushions (rear rigid mount)	6 Cushions (rear rigid mount)	6 Cushions (rear rigid mount)	6 Cushions (rear rigid mount)
Handrails	Short Lateral	Short Lateral, Incline & Speed controls on handlebars	Short Lateral, Incline & Speed controls on handlebars	Short Lateral, Incline & Speed controls on handlebars	Short Lateral, Incline & Speed controls on handlebars	Stout, Short Lateral Dipped Tubing
Frame	Commercial-Grade Structural Steel w/ durable Powder-Coat Paint	Commercial-Grade Structural Steel w/ durable Powder-Coat Paint	Commercial-Grade Structural Steel w/ durable Powder-Coat Paint	Commercial-Grade Structural Steel w/ durable Powder-Coat Paint	Heavy-Gauge High-Strength Steel w/ durable Powder-Coat Paint	Heavy-Gauge High-Strength Steel w/ durable Powder-Coat Paint, Aluminum Console Masts
Unique Features	Swivel Fan, Folding, Dual Water Bottle Holders	MP3 Audio Jack & Speakers, Swivel Fan, Folding, Dual Water Bottle Holders	MP3 Audio Jack & Speakers, Swivel Fan, Folding, Muscle Profile depicts specific activated muscle groups, Heart Rate % Profile, Dual Water Bottle Holders	MP3 Audio Jack & Speakers, Swivel Fan, Folding, Fusion Program: Alternating Strength & Cardio Intervals, Muscle Profile depicts specific activated muscle groups, Heart Rate % Profile, Dual Water Bottle Holders	MP3 Audio Jack & Speakers, Swivel Fan, Fusion Program: Alternating Strength & Cardio Intervals, Muscle Profile depicts specific activated muscle groups, Heart Rate % Profile, Dual Water Bottle Holders	2 Motor Cooling Fans, Console Cooling Fan, Grade H Insulation Drive Motor, Fit Test (Gerkin Protocol), Heart Rate % Profile, Dual Water Bottle Holders
Dimensions	71" x 35" x 52"	76" x 35" x 52"	78" x 36" x 56"	80" x 36" x 56"	80" x 34" x 56"	84" x 35" x 57"
Product Weight	198 lbs.	211 lbs.	264 lbs.	268 lbs.	279 lbs.	353 lbs.
Max User Weight	275 lbs.	350 lbs.	375 lbs.	425 lbs.	425 lbs.	450 lbs.
Home Warranty*	Lifetime: Frame, Motor, & Deck 5 Yrs: Parts 1 Yr: Labor	Lifetime: Frame, Motor, & Deck 10 Yrs: Parts 1 Yr: Labor	Lifetime: Frame, Motor, & Deck 10 Yrs: Parts 1 Yr: Labor	Lifetime: Frame, Motor, & Deck 10 Yrs: Parts 1 Yr: Labor	Lifetime: Frame, Motor, & Deck 10 Yrs: Parts 1 Yr: Labor	Lifetime: Frame, Motor, & Deck 10 Yrs: Parts 2 Yrs: Labor
Light Commercial Warranty*	NA	NA	NA	NA	Lifetime: Frame 5 Yrs: Motor 3 Yrs: Deck & Parts 1 Yr: Labor (5 hours daily use)	Lifetime: Frame 5 Yrs: Motor, Deck, & Parts 2 Yrs: Labor

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

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