



## SPIRIT CS800 Stepper Machine User Manual

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### SPIRIT CS800 Stepper Machine



The CS800 Stepper combines the familiar dependent stepping action with an arched step-rail design and

impressive 16" maximum step height for an effective lower body workout. The narrow 2" pedal spacing (Q-Factor), large cushioned pedals, and solid handrail design combine to give you an incredibly comfortable and space-efficient cardio unit.

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## CS800 STEPPER

- 16-inch maximum step height with 20 levels of resistance satisfy the needs of beginners or advanced exercisers
- 2 degrees of inversion at each foot pedal places the user in an anatomically correct position
- Arched step-rail design allows for a more natural stepping motion
- Padded handlebars surround the user for a secure and stable workout
- Shielded concave roller wheel system for superior stability and durability
- Ease of use allows users of any fitness level to get an effective workout
- Adjustable cooling fan and dual storage trays



## CS800 CONSOLE FEATURES

The electronics in the CS800 are designed to provide intuitive operation. The console features a large easy-to-read display with a variety of program options for users of all fitness levels, an integrated fan to keep clients cool, and a USB charging port for keeping their device charged. The conveniently located hand pulse grip sensors

provide heart rate monitoring on demand.

## EQUIPMENT SPECIFICATIONS



<b>Console</b>	white multi-window LED displays (18-character message center, profile matrix, SPM, and level), cooling fan, USB charging port, Bluetooth FTMS (connects to fitness apps), C-Safe
<b>Programs</b>	manual, hill, fat burn, cardio, HIIT, interval, 2 HR, custom
<b>Heart Rate</b>	contact and Bluetooth compatible (chest strap sold separately)
<b>Stride Length</b>	16" arched step
<b>Resistance</b>	20 levels
<b>Power</b>	120 Volt; 15-amp circuit recommended
<b>Flywheel System</b>	23 lb
<b>Pedals</b>	oversized and padded with 2-degree inversion
<b>Storage</b>	reading rack, dual water bottle holders
<b>Frame</b>	heavy-gauge high-strength steel with durable powder-coat paint
<b>Dimensions</b>	55" L x 32" W x 67" H
<b>Product Weight</b>	184 lb
<b>Max User Weight</b>	450 lb

## WARRANTY INFORMATION

**Commercial Warranty (Non-dues Paying Facilities)** – Lifetime frame, 5 years parts and electronics, and 2 years labour

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	<p><a href="#">SPIRIT CS800 Stepper Machine</a> [pdf] User Manual CS800, Stepper Machine</p>
	<p><a href="#">SPIRIT CS800 Stepper</a> [pdf] Owner's Manual CS800 Stepper, CS800, Stepper</p>

References

-  [P65Warnings.ca.gov](https://www.p65warnings.ca.gov/)
-  [Square D | Schneider Electric USA](#)