

SPIRIT



TARGET
TIME



TARGET
DISTANCE



TARGET
CALORIES



TARGET
HR KEY

ELAPSED		REMOVED	ELAPSED	
READY		TOTAL	TIME	
0:00		88:88		
0:00		88/88		
WORK		ROUND		
REST				
TIME		DISTANCE		
1:00:00		88.88		
CALORIES		WATER		ADD DROP
888		1888		
SPEED		RPM		ADD DROP
88.8		188		
888		AGE	88	
888		88%	888	
		88%	888	



INTERVAL
20-10



INTERVAL
10-20



INTERVAL
CUSTOM



BLUETOOTH



UP



START



ENTER

DOWN



STOP



Spirit Xe300 Manual

Y Pai



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