

BODYCRAFT

R18 Operations Manual



DISPLAY DESCRIPTION

MODE: The MODE bar displays the workout mode.

TIME / STOP: Displays the elapsed time, or the time remaining if you have set a time goal.

SPEED / RPM: Displays both speed and pedal RPM. The display alternates every 6 seconds.

QUICK START: Press this key to immediately put the bike in Manual mode and accrue all data.

SCROLL WHEEL / ENTER: Turn this wheel to highlight selections, and increase or decrease workload. Press this wheel to Enter data or choose selections.

USER DATA: Displays the current user.

PULSE: Displays your heart rate.

CALORIES / WATTS: Displays approximate calorie expenditure and the current wattage workload.

DISTANCE: Displays simulated distance travelled.

START / STOP: Press this key to Start or Stop your workout program.

PROGRAM PROFILES: Displays the program workload profile.

RESET: Press this key to reset the computer back to the main menu. Or, hold for 5 seconds for total reset.

BODYCRAFT

BEFORE YOU BEGIN

CONGRATULATIONS! And THANK YOU for selecting the BODYCRAFT R18 recumbent exercise bike! Your choice reflects a wise investment in you and your family's health and wellness. We hope you use it for many healthy years!

For your safety and benefit, please read this entire manual. Please keep the manual in a convenient place for quick reference when needed.

BODYCRAFT offers a complete array of high quality fitness equipment. Please refer to our web site at www.bodycraft.com to view more ways to enhance your lifestyle.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35, pregnant women, or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. Consult with your physician before beginning to use this product for an exercise program.
2. If you experience any abnormal systems such as, but not limited to; chest pains, dizziness, or nausea, stop using this product immediately and seek further guidance from your physician.
3. This product must be assembled on a flat, level surface to assure its proper function.
4. Inspect the product before each use. Tighten any loose parts. This is especially important after the first 10 hours of use. Pedals and other hardware can sometimes work themselves loose.
5. Do not operate this product if it is defective in any way. Call your local Bodycraft dealer for service if needed.
6. Keep children away from the R18 at all times.
7. Keep pets away from the R18 at all times.
8. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
9. Wear appropriate clothing and shoes.
10. If unsure about the proper use of the BODYCRAFT R18 call your local BODYCRAFT dealer or our customer service department at 800-990-5556.

If you have any questions or problems, please contact your local BODYCRAFT dealer, or us at:

BODYCRAFT
PO BOX 181

SUNBURY, OH 43074

800-990-5556

info@bodycraft.com

www.bodycraft.com

POWER ON

Once your bike is fully assembled and adjusted to sit flat on the floor then insert the plug-in adaptor. The computer console will automatically power up and all the LCD segments will briefly light up. If not, please first check power connections and circuit breakers. If the computer console displays an error code, please first check power connections then call your local BodyCraft dealer for service if the problem persists.

AUTO POWER UP: The computer console will automatically power up when you simply start pedaling, or when you press any key. The default user displayed will be User 0.

AUTO POWER DOWN: The computer console will automatically power down four minutes after you stop pedaling, at which time the computer will dimly display the temperature.

OPERATION

QUICK START: This is the quickest way to start a workout. After the console powers up, just press the QUICK START Key to begin. This will initiate the Quick Start Manual mode. In Quick Start Manual mode, the Time will count up from zero, and display a flat profile. All workout data will start to accrue and the workload may be adjusted manually by turning the SCROLL WHEEL up (clockwise), or down (counter clockwise). The dot matrix display will show only the bottom row lit at first. As you increase the workload, more rows will light indicating a harder workout. The bike will get harder to pedal as the rows increase. The dot matrix has 16 columns of lights and each column represents 1/10th of a mile. At the end of the 16th column (or 1.6 miles) the display will wrap around and start at the first column again.

STANDARD OPERATION: Press any key to power up the console. The console will default to User 0. User 0 is meant for general use and any data entered will not be saved after the workout. User 0 is also where you will be able to use the predefined programs. Press ENTER (SCROLL WHEEL) to select User 0. Then begin to enter personal data; sex, age, height in inches, and weight. Turn the SCROLL WHEEL to select options, or to increase or decrease numbers. Each time you will press ENTER to input the data and progress to the next prompt. Then you will be prompted to enter the Mode of exercise; Manual, Program 1-12, Watt.

NOTE: At any time, you can skip entering data and begin your workout by pressing the START / STOP KEY. The more personal data you enter, the more accurate the approximated calorie expenditure calculations.

MANUAL mode is completely user defined.

PROGRAM mode is controlled by the preset programs.

WATT mode is controlled by your input watt goal. The bike will change workload related to your pedal RPM to maintain user watt energy expenditure. Here, you will set a desired wattage as a measure of workload and the bike will maintain that wattage; increasing workload at lower pedal RPM and decreasing workload as you increase pedal RPM.

PERSONAL mode is controlled by your personal user profile. Users 1-4 contain memory banks to remember personal data and programs designed by individual users. In this mode, you can design your own program profile before the workout begins, or you can make it up as you go along. Either way, the profile will be saved for your next workout.

MANUAL OPERATION

As the name implies, in MANUAL operation, you control the workload. You can use the QUICK START Key to enter Manual mode, or you can enter Manual mode after inputting personal data and when prompted by the computer to choose an operation mode. You can then press the START / STOP Key to begin, or you can enter individual goals.

ADDING PERSONAL GOALS / TARGET VALUES

Once you have selected a mode, or program, you can add personal goals, or target values. This is an option. If you do not care to add target values, simply press the START / STOP Key to begin your workout. If you wish to add target values, after you have selected your workout regimen, press ENTER. You will notice the TIME window will blink. You can set a time goal by rotating the SCROLL WHEEL, then pressing START / STOP. If you would prefer to set a distance goal, press ENTER twice so that the DISTANCE window is blinking. Pressing ENTER three times will allow you to set a calorie expenditure goal. Pressing ENTER four times will allow you to set a pulse goal. You can set any goal individually, or in any combination. Any time any personal goal is reached, the computer will stop and sound an alarm. Press the START / STOP KEY to end the alarm.

TIME: Range is from 1:00 to 99:00 minutes in 1 minute increments

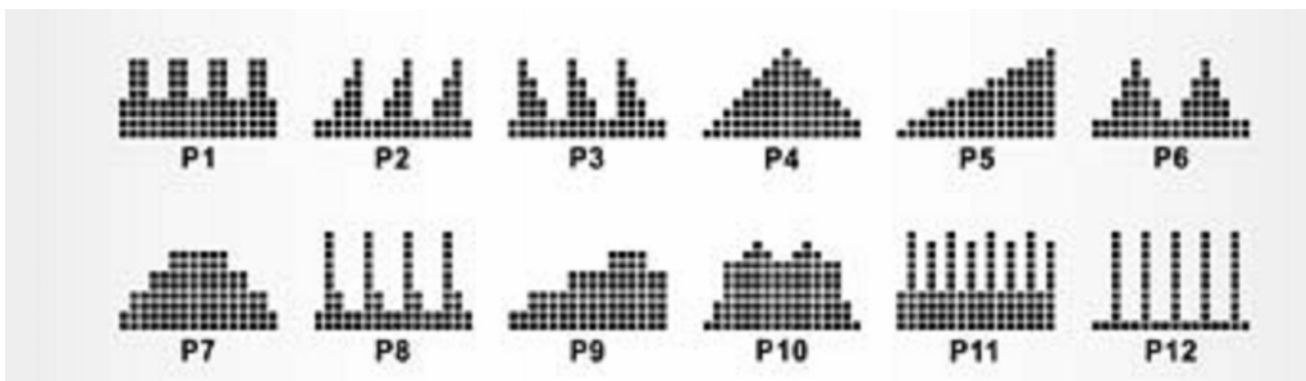
DISTANCE: Range is from .1 to 99.9 miles in .1 increments

CALORIES: Range is from 10 to 990 calories in 10 calories increments

TARGET HEART RATE: Range is from 30 to 240 bpm in single bpm increments

PROGRAMS

The computer will automatically adjust the workload levels according to the Program Profile you select. During the workout you can adjust the workload levels up or down by rotating the SCROLL WHEEL. There are 12 different Program Profiles to choose from.



Once you enter Program Mode, turn the SCROLL WHEEL to select the desired program. Press ENTER to select the desired program and press START / STOP KEY to begin your workout. Or, you can add personal goals.

A WORD ON WATTS

Watt is a measure of power. On your bike, the watt readout is the amount of power you output at your current RPM. The WATT PROGRAM is designed to keep your watt output at a constant level that you have selected. If you pedal faster, the computer will reduce the workload to keep your wattage output constant. The reverse happens if you pedal slower. During the workout you can adjust the watt value by turning the SCROLL WHEEL up or down. You can enter the Watt Mode during the setup procedure. Like the other modes, once you have chosen the Watt Mode, you can begin your workout by pressing the START / STOP KEY, or you can enter personal target values by continuing to press ENTER and setting the target values.

PERSONAL MODE

The computer will automatically adjust the resistance levels according to the User Profile Program you design.

During your workout you can adjust the resistance levels by turning the SCROLL WHEEL up or down.

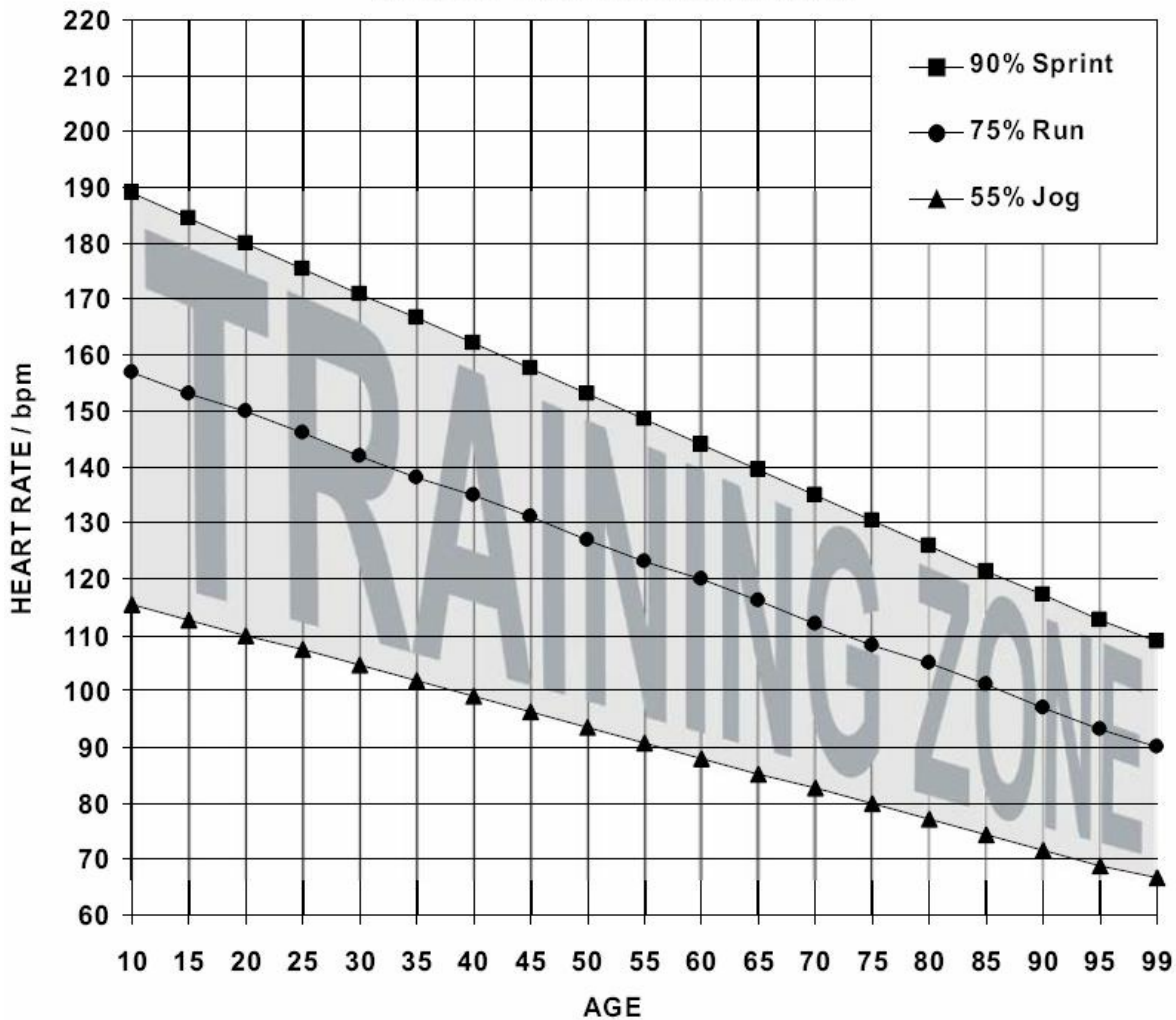
If you would like to save your personal profile and workout data, during initial setup turn the scroll wheel to select either User 1, 2, 3, or 4. For example, turn the SCROLL WHEEL to select User 1. Then select User 1 by pressing ENTER (SCROLL WHEEL). You will then be prompted to enter personal data; sex, age, height in inches, and weight. Turn the SCROLL WHEEL to select options, or to increase or decrease numbers. Each time you will press ENTER to input the data and progress to the next prompt. After entering your weight and pressing ENTER, the first segment in the Program Profile window will blink. You can either start your workout by pressing the START / STOP KEY, or you can pre-design your workload profile. To design your workload profile, turn the SCROLL WHEEL to increase, or decrease the segment to your desired level. Then press ENTER to skip to the next segment. Again turn the SCROLL WHEEL to increase, or decrease the segment to your desired level and press ENTER. Repeat for each segment, then, press the START / STOP Key to begin your custom workout.

CALCULATING TARGET HEART RATE

Your optimal heart rate range during exercise is referred to as your training zone. To achieve the most effective results you should perform your exercise within your training zone. Refer to the TARGET HEART RATE CHART below to calculate your T.H.R at 55%, 75%, and 90% of your suggested training zone. We suggest you begin your workout program at the 55% T.H.R. level and increase your T.H.R. % as your fitness level improves.

The Target Heart Rate formula is: $220 - \text{age} \times \text{T.H.R. \%}$ (e.g.: $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)

TARGET HEART RATE CHART



Hand Pulse Sensors

Both palms of your hands should be in contact with both hand pulse sensors. The hand pulse sensors should be held firmly. Jiggling or moving your hands will cause incorrect pulse signals. Slightly moist hands are desirable. Dry hands can cause incorrect pulse signals.

RECOVERY PROGRAM

The Recovery Program is designed to evaluate your fitness level immediately after your workout. Be sure to provide the computer with a pulse signal either via the Hand Pulse Sensors.

To activate the Recovery Program, immediately after completing your workout press the STOP / START KEY, then press the RECOVERY KEY.

The computer will analyze your dropping heart rate for one full minute then give you a score as follows:

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

F1: SUPER FIT

F2: VERY FIT

F3: FIT

F4: FAIR

F5: UNFIT

F6: VERY UNFIT

MISCELLANEOUS

ADJUSTING THE SEAT: Adjust the seat to your comfort. Generally, you will want to adjust the seat so that there is still a slight bend in the knee at full extension. To release the seat, pull up on the Seat Adjustment Handle, slide the seat to desired position, then rotate the Seat Adjustment Handle forward. Push the Seat Adjustment Handle with sufficient force to keep the seat from sliding during use.

ADJUSTING THE SEAT BACK: Loosen the two Back Pad Adjustment Knobs by unscrewing just enough to allow the Seat Back to slide up & down. Slide the Seat Back to desired height then tighten the Back pad Adjustment Knobs by screwing in firmly.

POWER SUPPLY: Plug in AC adaptor; 6 Volt, 1 Amp

SWITCH READOUT TO METRIC: In STOP mode, press and hold ENTER & RESET KEYS together.

WARRANTY

Please register your warranty on our web site at www.bodycraft.com. If you are unable to register electronically, please complete the enclosed warranty card and send to us via US mail.

CONTACT US

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We reserve the right to make improvements to this product at any time and without notice.

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