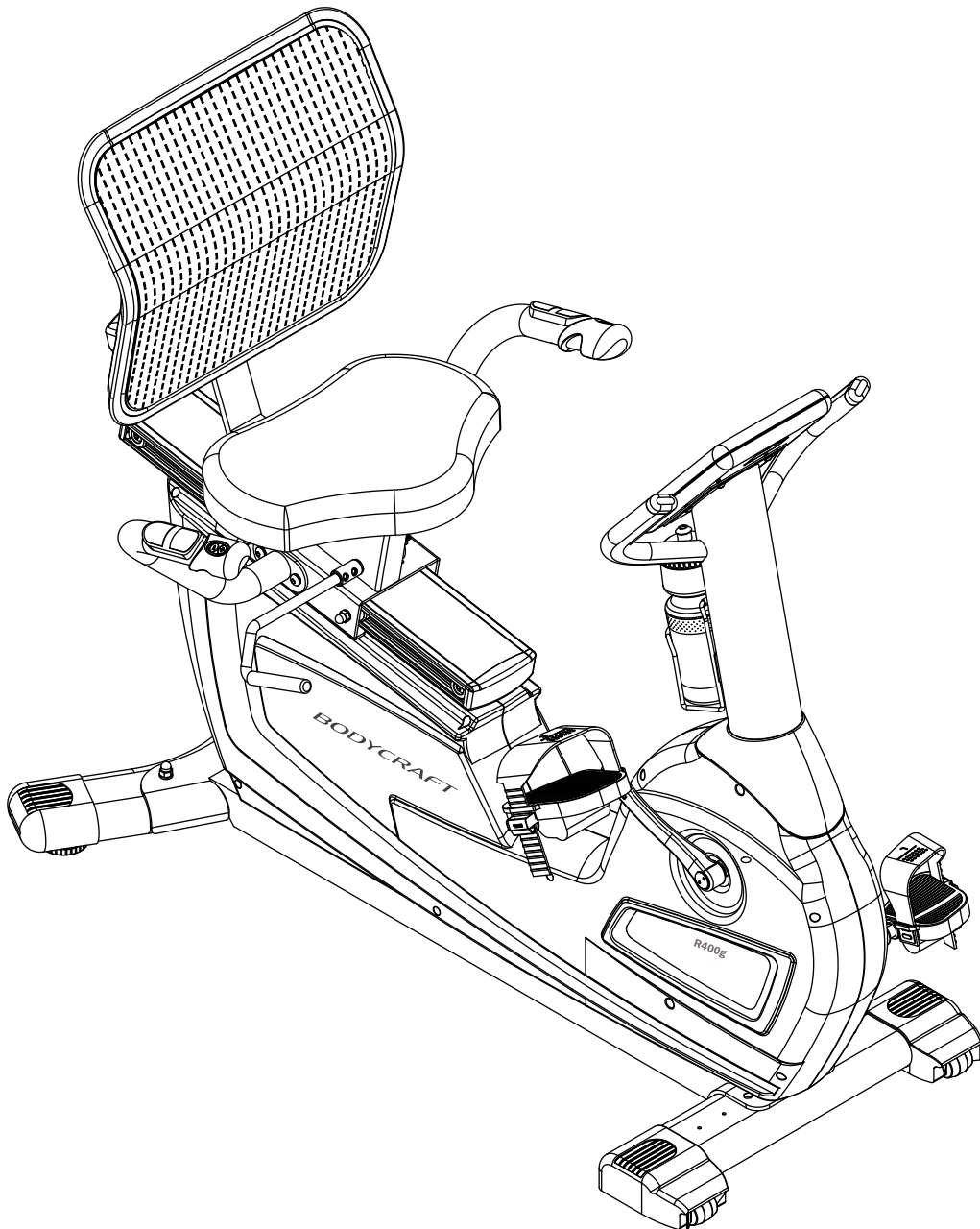


# ***BODYCRAFT***

## **R400g Recumbent OWNERS MANUAL**



MA902  
Model No. R400g  
BODYCRAFT is a division of Recreation Supply  
[www.bodycraft.com](http://www.bodycraft.com) 800-990-5556

Recreation Supply Inc.  
7699 Green Meadows Drive  
Lewis Center, OH 43035  
[info@bodycraft.com](mailto:info@bodycraft.com)

**CONGRATULATIONS! And THANK YOU for selecting the BODYCRAFT R400g Recumbent 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](http://www.bodycraft.com) to view more ways to enhance your lifestyle.

Your Bodycraft R400g has all the quality and design elements to make your workout extremely efficient and comfortable. Your new Recumbent Bike is a serious cardio fitness machine that will keep you motivated, challenged and within reach of your fitness goals. The Bodycraft R400g will provide an efficient, low impact cardiovascular workout that will help improve energy levels and your quality of life. Cardiovascular training is vital for all ages and the Bodycraft R400g will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted. Spending 15 to 30 minutes a day, three times a week is all you need to start seeing the benefits of a regular exercise program.

As a premium exercise equipment manufacturer we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or Bodycraft.

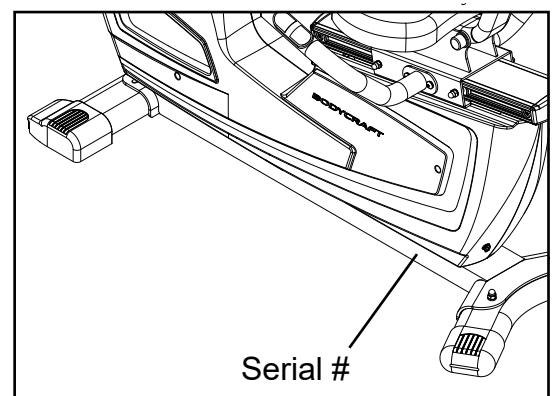
**Phone:** 800-990-5556 9am - 5pm EST    **Email:** [service@bodycraft.com](mailto:service@bodycraft.com)  
Recreation Supply, Inc.  
7699 Green Meadows Dr.  
Lewis Center, OH 43035

**Purchaser's Reference Information:**

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: R400g Recumbent Bike

Serial Number: R B \_\_\_\_\_



Proof of purchase must be supplied to validate warranty and the product must have been registered with Bodycraft via online at [www.bodycraft.com](http://www.bodycraft.com) or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

# TABLE OF CONTENTS

Product Safety.....	1
Parts Contents.....	2
Assembly.....	3
Adjustments.....	6
Detailed Parts List.....	8
Exploded Drawing.....	11
Computer Operation.....	13
Warranty.....	19

# IMPORTANT SAFETY NOTES

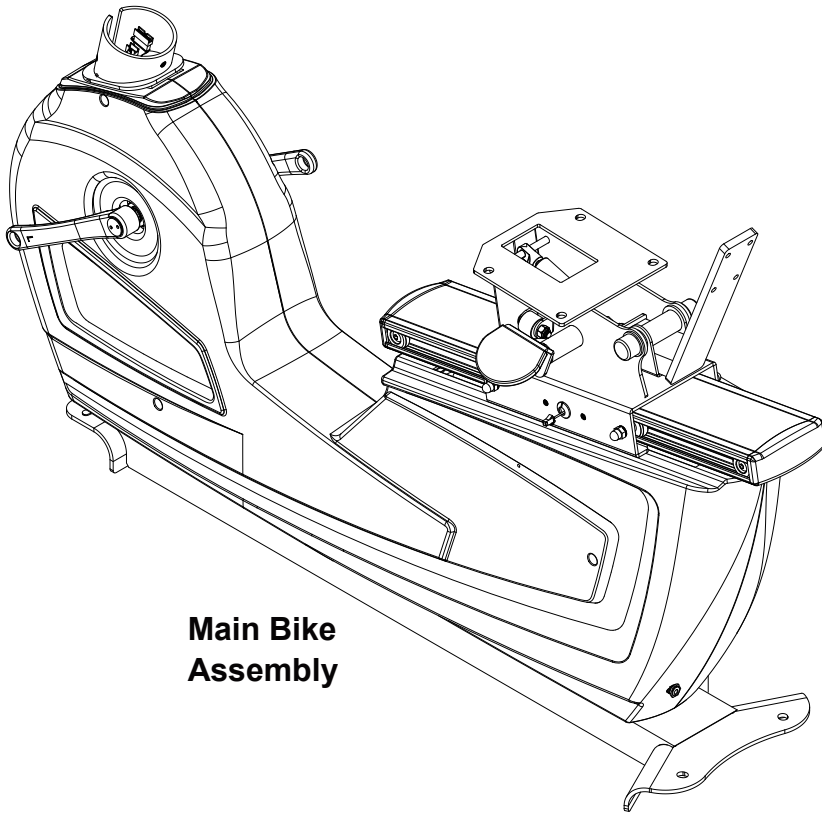
**Basic precautions should always be followed, including the following safety instructions when using this equipment:**

**Read all instructions before using this equipment.**

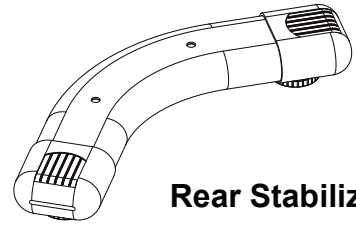
**WARNING:** There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35, pregnant women, or persons with pre-existing health problems. Recreation Supply,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

1. It is recommended that you perform warm up exercises before using this equipment.
2. Please make sure all components are not damaged and in working order. Inspect the product before each use. This is especially important after the first 10 hours of use. Pedals and other hardware can sometimes work themselves loose. Tighten any loose parts.
3. This equipment should be assembled and placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Use caution when stepping on or stepping off the machine. Always hold the stationary handlebars when getting on and off the machine.
7. Do not use the equipment outdoors.
8. This equipment is for household or light commercial use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only.
11. If you feel chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 350 lbs /160 kgs.
13. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
14. If unsure about the proper use of the BODYCRAFT R400g call your local BODYCRAFT dealer or our customer service department at 800-990-5556.

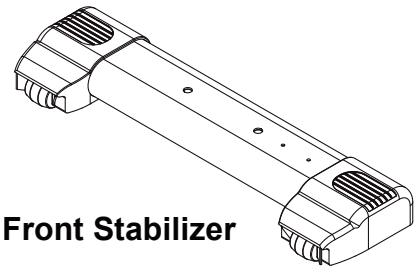
# R400g PARTS CONTENTS



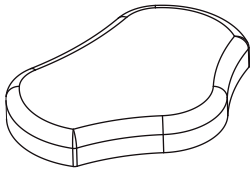
**Main Bike Assembly**



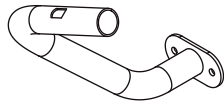
**Rear Stabilizer**



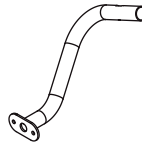
**Front Stabilizer**



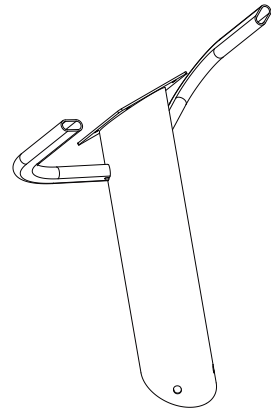
**Seat Pad**



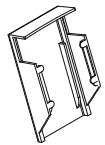
**Right Handlebar**



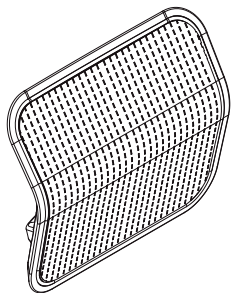
**Left Handlebar**



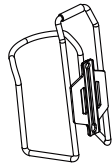
**Console Mast**



**Back Pad Cover**



**Mesh Back Pad**



**Bottle Holder**



**Water Bottle**



**Computer Console**



**Console Mast Cover**



**Left Pedal**

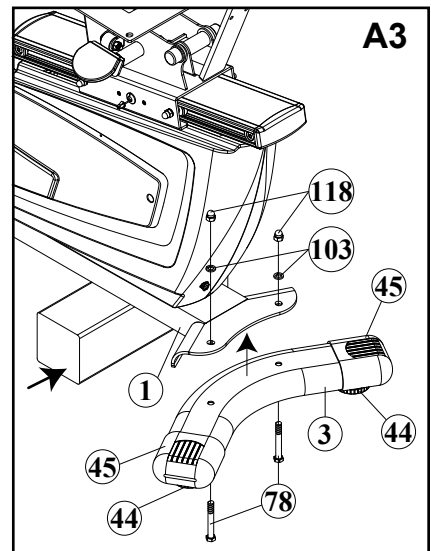
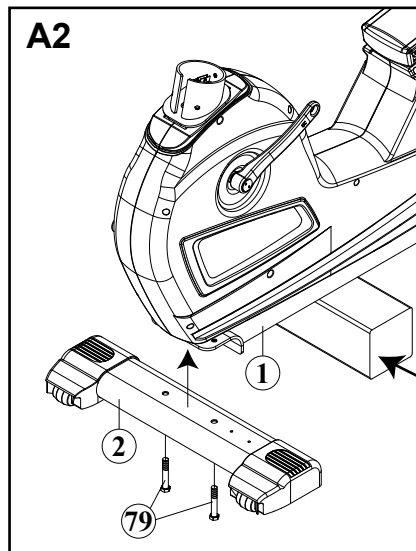
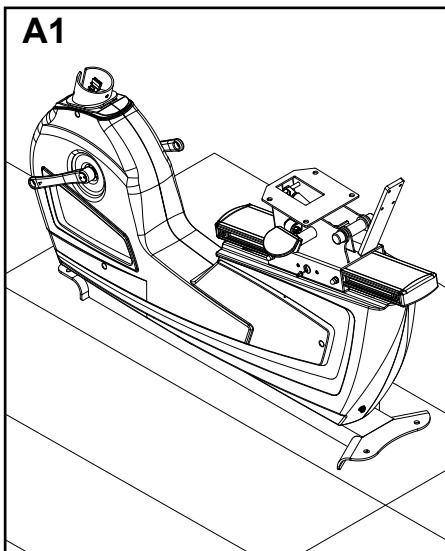


**Right Pedal**

# ASSEMBLY

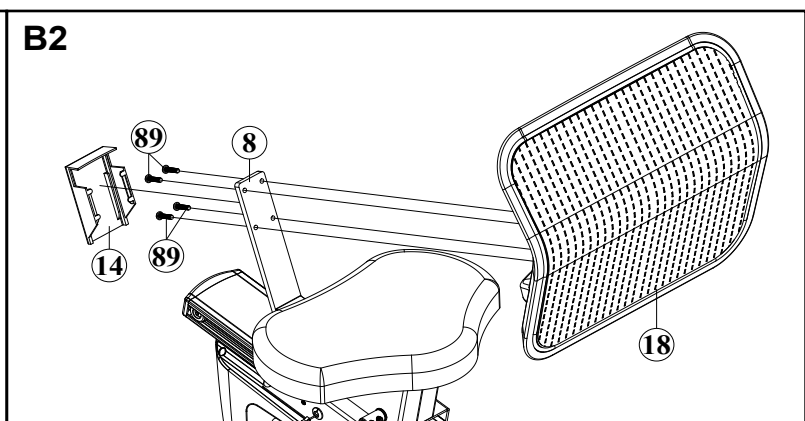
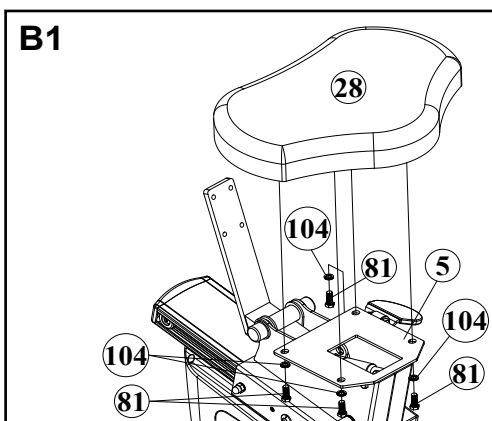
## Step 1 Front & Rear Stabilizer

1. Use a Styrofoam block from the packing material to raise the front of the Bike Assembly then attach the Front Stabilizer (2) using two 3/8" x 2-1/4" Hex Head Bolts (79), as shown in Fig. A2. Tighten these bolts. Remove the Styrofoam block.
2. Use a Styrofoam block from the packing material to raise the rear of the Bike Assembly then attach the Rear Stabilizer (3) using two 3/8" x 2-3/4" Hex Head Bolts (78), two 3/8" Spring Washers (103), and two 3/8" Acorn Nuts (118), as shown in Fig. A3. Tighten these bolts. Remove the Styrofoam block.
3. Once the bike is in its final location, there are Adjustable Levelers (44) under each end of the Rear Stabilizer (3) that need to be adjusted to ensure the bike is totally stable on the floor.



## Step 2 Seat & Mesh Back

1. Attach the Seat Pad (28) to the Seat Frame (5) using four M8 Spring Washers (104) and four M8 x 20L Hex Head Threaded Bolts (81) as shown in Fig. B1. Tighten these bolts.
2. Unsnap the Back Frame Cover (14) from the Mesh Back Support (18). Attach the Mesh Back Support (18) to the Back Support Frame (8) using four 1/4" x 1" Machine Screws (89). Tighten these screws. Reapply the Back Frame Cover (14).



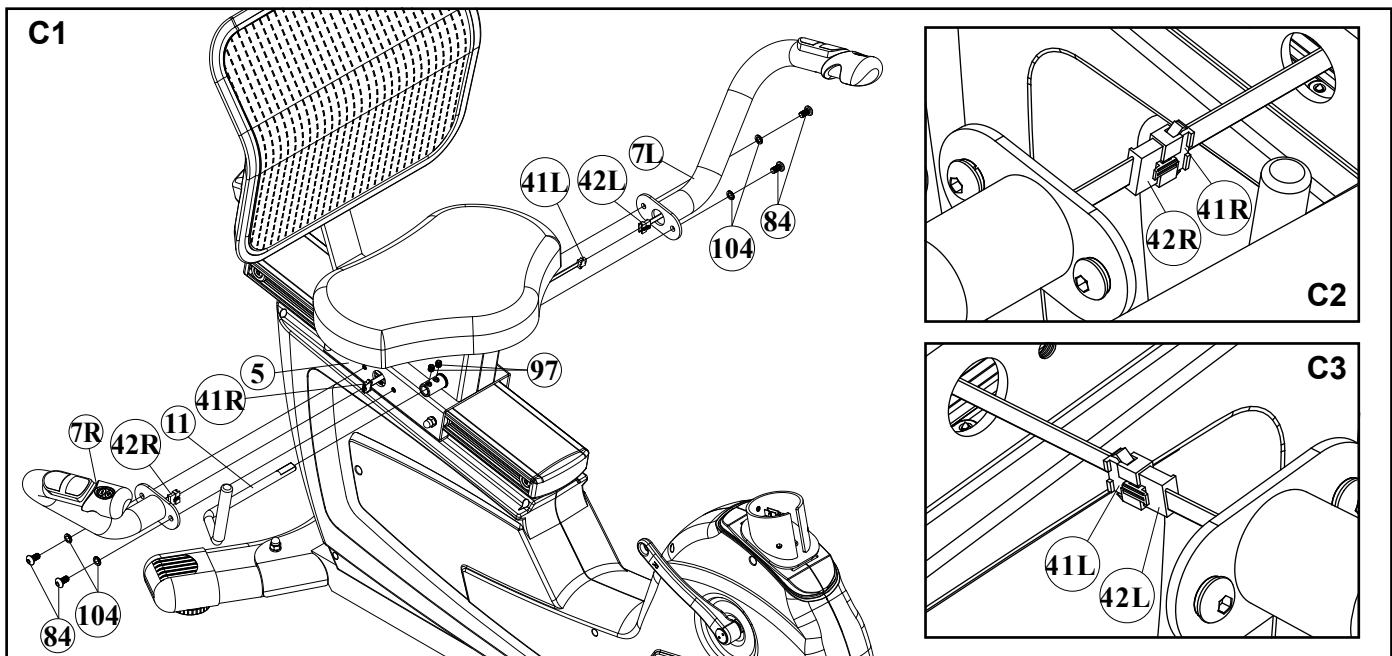
# ASSEMBLY

## Step 3 Handlebars

1. Before bolting the Handlebars (7L, 7R) to the Seat Frame (5), you must first connect the Pulse Handlebar Wire (42) to the Pulse Coiled Wire (41) on the Seat Frame (5). Store excess wire in the Handlebar. Attach each Handlebar (7L & 7R) to the Seat Frame (5) using two M8 Spring Washers (104), and two M8 x 15L Dome Head Allen Bolts (84) as shown in Fig. C1.
2. Insert the Seat Adjustment Handle (11) into the bracket welded to the Seat Frame (5). As shown in Fig. C1. Orient the flat side on the Seat Adjustment Handle (11) toward the two M8 x 8L Set Screws (97) and then tighten the Set Screws (97) against the flat side.

### **IMPORTANT NOTE!**

*Be Careful not to pinch any of the wires while assembling the handlebars.*

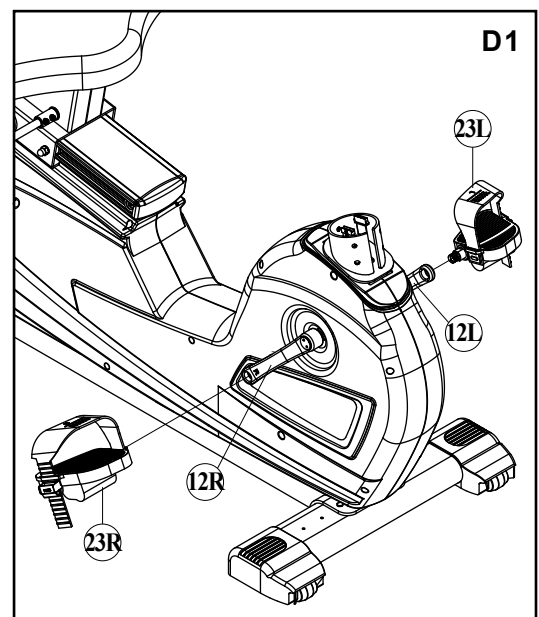


### **IMPORTANT** *The Left Pedal is Reverse Thread*

Start threading each pedal by **HAND**, **THEN FULLY TIGHTEN** each pedal with a wrench. Using a wrench to start the procedure or not fully tightening the pedals can damage the crank arms.

## Step 4 Assemble Pedals

1. The pedals are specific to each side. The Right side has an "R" on the end of the threaded axle and the Left has an "L". **CAREFULLY** screw each pedal in by **HAND**. **The Left pedal screws in counter-clockwise.**
2. **FULLY** tighten each pedal with **Wrench (122)**.



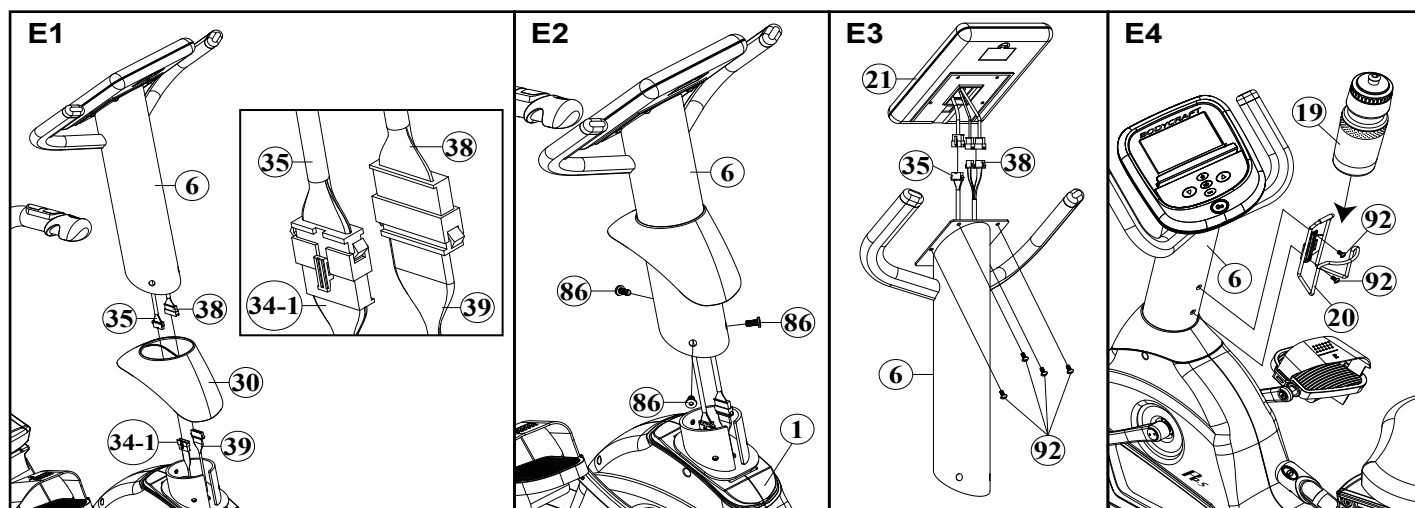


# ASSEMBLY

## Step 5 Console Mast & Computer Console

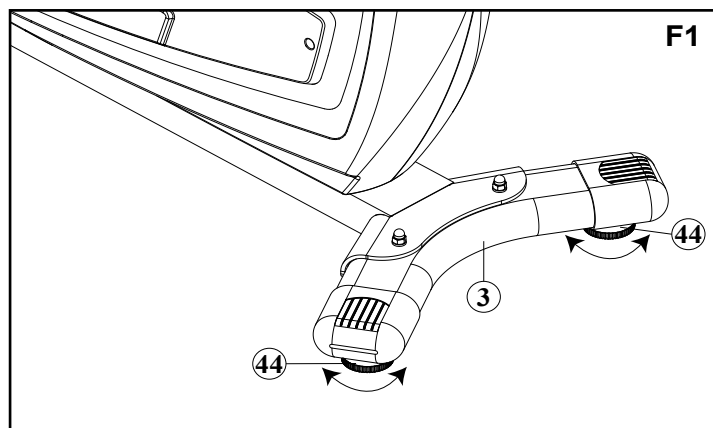
**IMPORTANT NOTE!** *Be Careful not to pinch any of the wires while assembling the Console Mast and Computer.*

1. Slide the Console Mast Cover (30) onto the Console Mast (6). See Fig. E1 and E2.
2. Hold the Console Mast (6) close to the Bike Assembly and connect both wires; the 4 Pin Console Mast Harness (38) to the Pulse Connect Harness (39), and the Brake Motor Assembly Cable (34-1) to the 8 Pin Console Mast Harness (35).
3. Slide the Console Mast (6) onto the Bike Assembly (1) being careful not to pinch any wires. Secure the Console Mast (6) using three M8 x 16L Flat Head Allen Bolts (86). Tighten Bolts.
4. Hold the Console Computer (21) close to the top of the Console Mast (6) and connect both wires; the 4 Pin Console Mast Harness (38), and the Pin Console Mast Harness (35).
5. Attach and tighten Console Computer (21) to Console Mast (6) using four M5 x 10L Machine Screws (92).
6. Attach and tighten Bottle Holder (20) to Console Mast (6) using two M5 x 10L Machine Screws (92).



## Step 6 Leveling the Bike

1. SEE F1. There are Adjustable Levelers (44) under each end of the Rear Stabilizer (3) that need to be adjusted to ensure the bike is totally stable on the floor.

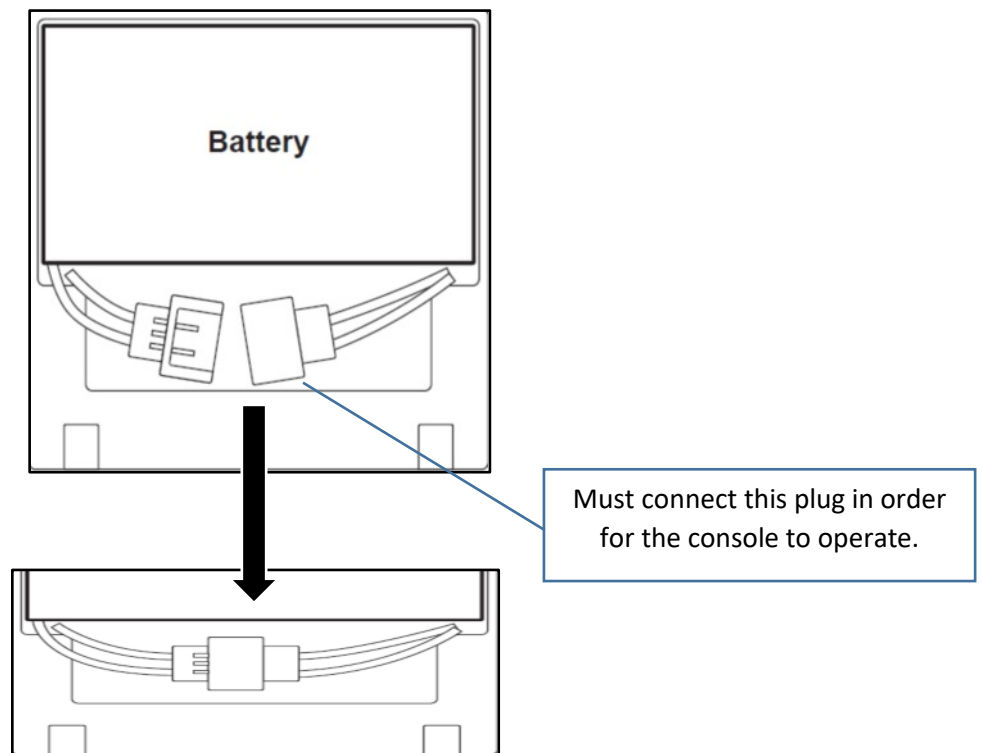




# *BODYCRAFT*

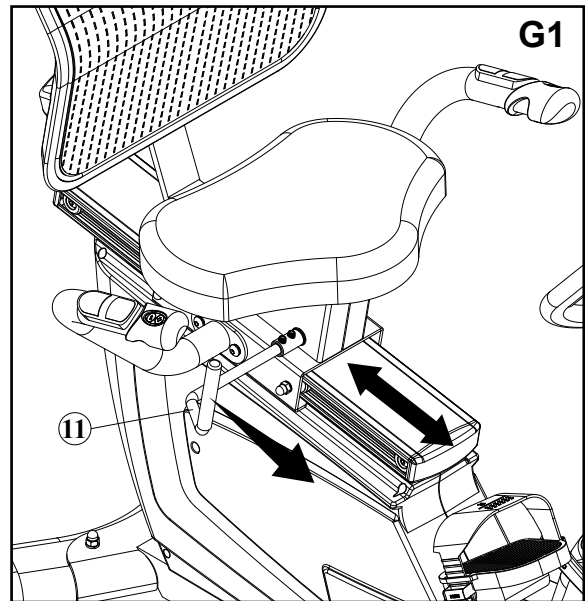
## **ATTENTION!**

**Battery must be connected before using this console.  
Please open the battery cover and connect the battery plug to activate the  
console. Failure to do so will result console to malfunction.**

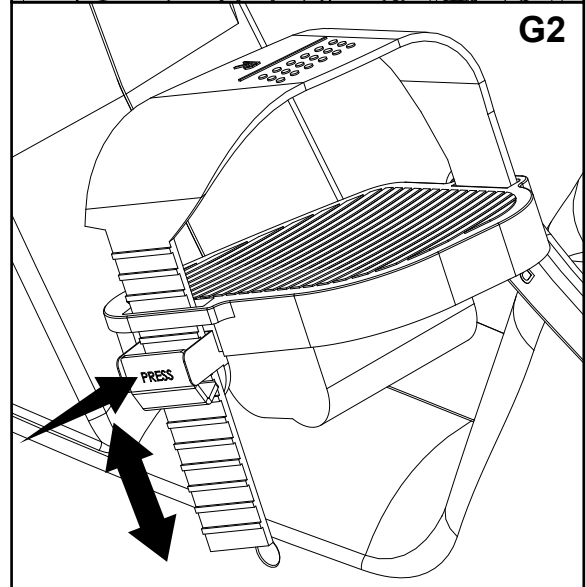


# ADJUSTMENTS

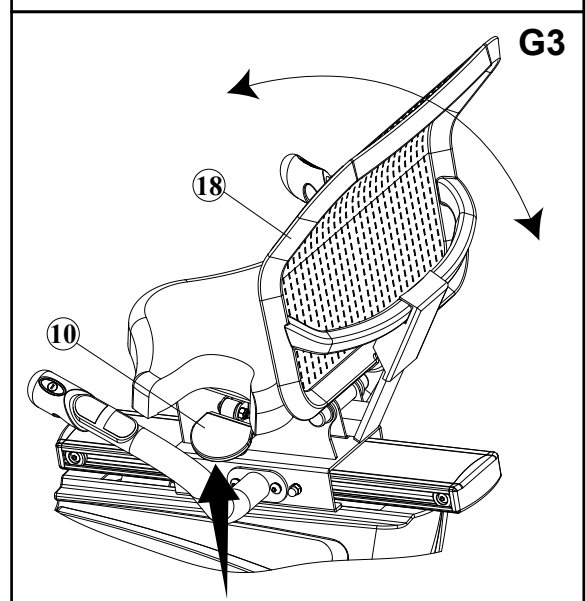
**G1** The seat can adjust front-to-back to accommodate your leg length. Simply rotate the Seat Adjustment Handle (11) upward to loosen then rotate downward with force to lock the seat into place.



**G2** The Pedal Straps can be adjusted to fit your shoes.

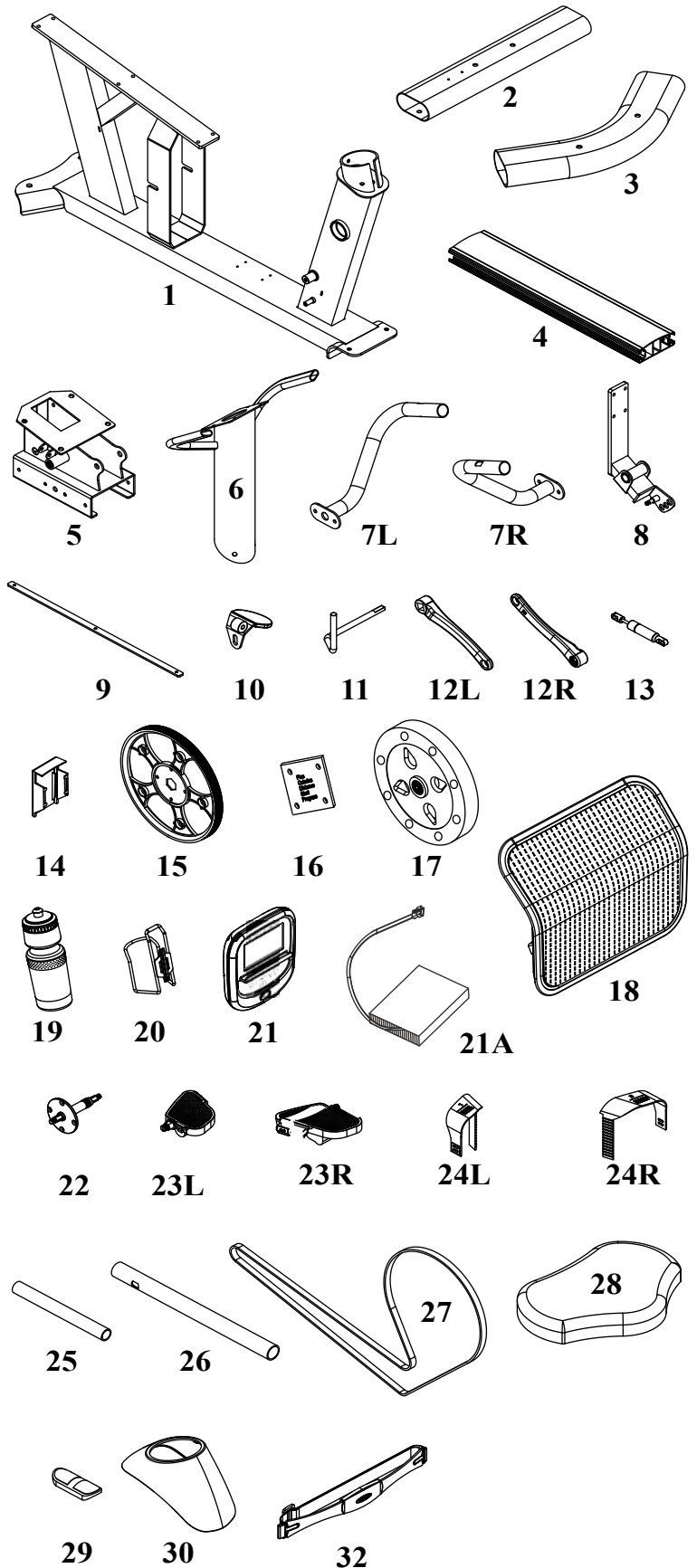


**G3.** The Mesh Back Support (18) can be adjusted for your comfort. Simply squeeze the Back Pad Adjustment lever to release the Mesh Back Support (18).



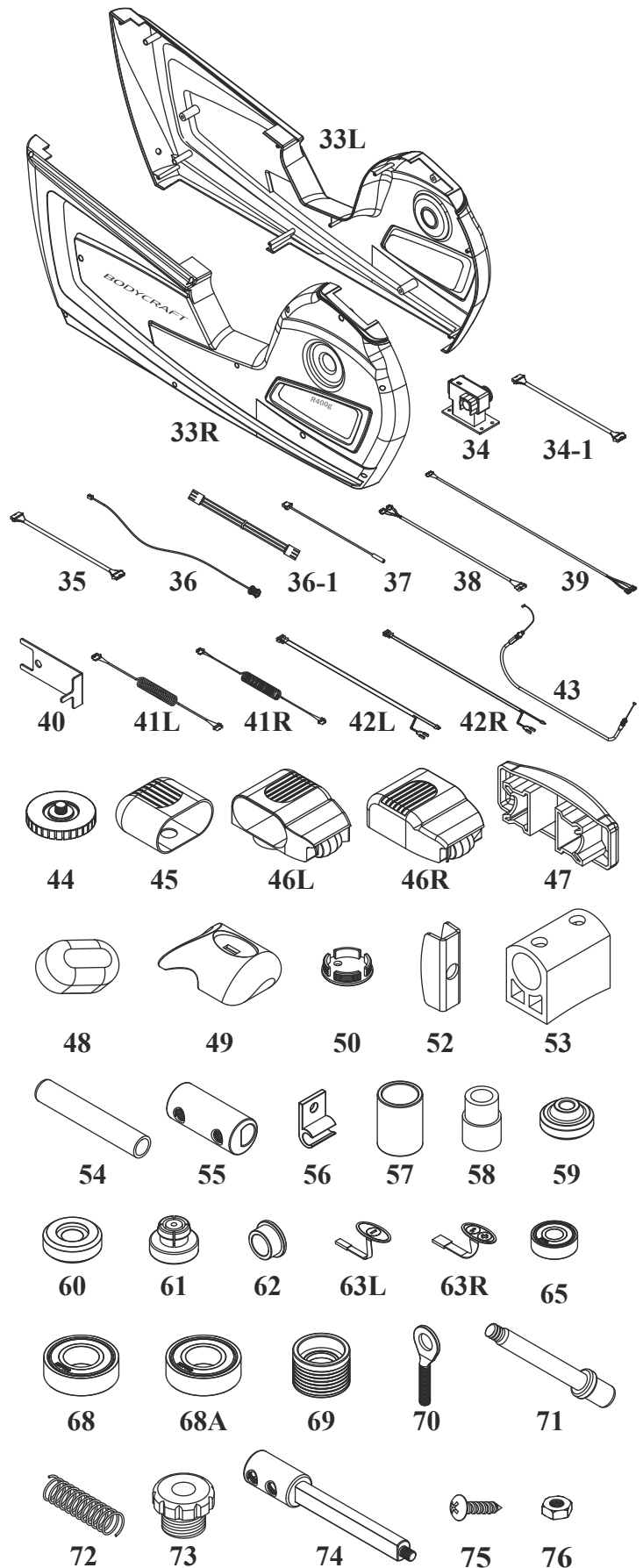
# DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	REAR STABILIZER	1
4	SLIDING SEAT TRACK	1
5	SEAT FRAME	1
6	CONSOLE MAST	1
7 L	LEFT HANDLEBAR	1
7 R	RIGHT HANDLEBAR	1
8	BACK SUPPORT FRAME	1
9	SEAT TRACK BACKING PLATE	2
10	BACK PAD ADJUSTMENT LEVER	1
11	SEAT ADJUSTMENT HANDLE	1
12 L	LEFT CRANK ARM	1
12 R	RIGHT CRANK ARM	1
13	ASSIST SHOCK	1
14	BACK FRAME COVER	1
15	CRANK PULLEY	1
16	CONTROL BOARD	1
17	SELF-POWERED GENERATOR SYSTEM (GREEN ECB)	1
18	MESH BACK SUPPORT	1
19	WATER BOTTLE	1
20	BOTTLE HOLDER	1
21	COMPUTER CONSOLE	1
21A	BATTERY (Inside computer)	1
22	CRANK SHAFT	1
23 L	LEFT PEDAL	1
23 R	RIGHT PEDAL	1
24 L	LEFT PEDAL STRAP	1
24 R	RIGHT PEDAL STRAP	1
25	CONSOLE MAST GRIP	2
26	HANDLEBAR GRIP	2
27	DRIVE BELT 1956mm J7	1
28	SEAT PAD	1
29	HAND PULSE SENSOR PLATE	2
30	CONSOLE MAST COVER	1
32	HEART RATE BELT	1



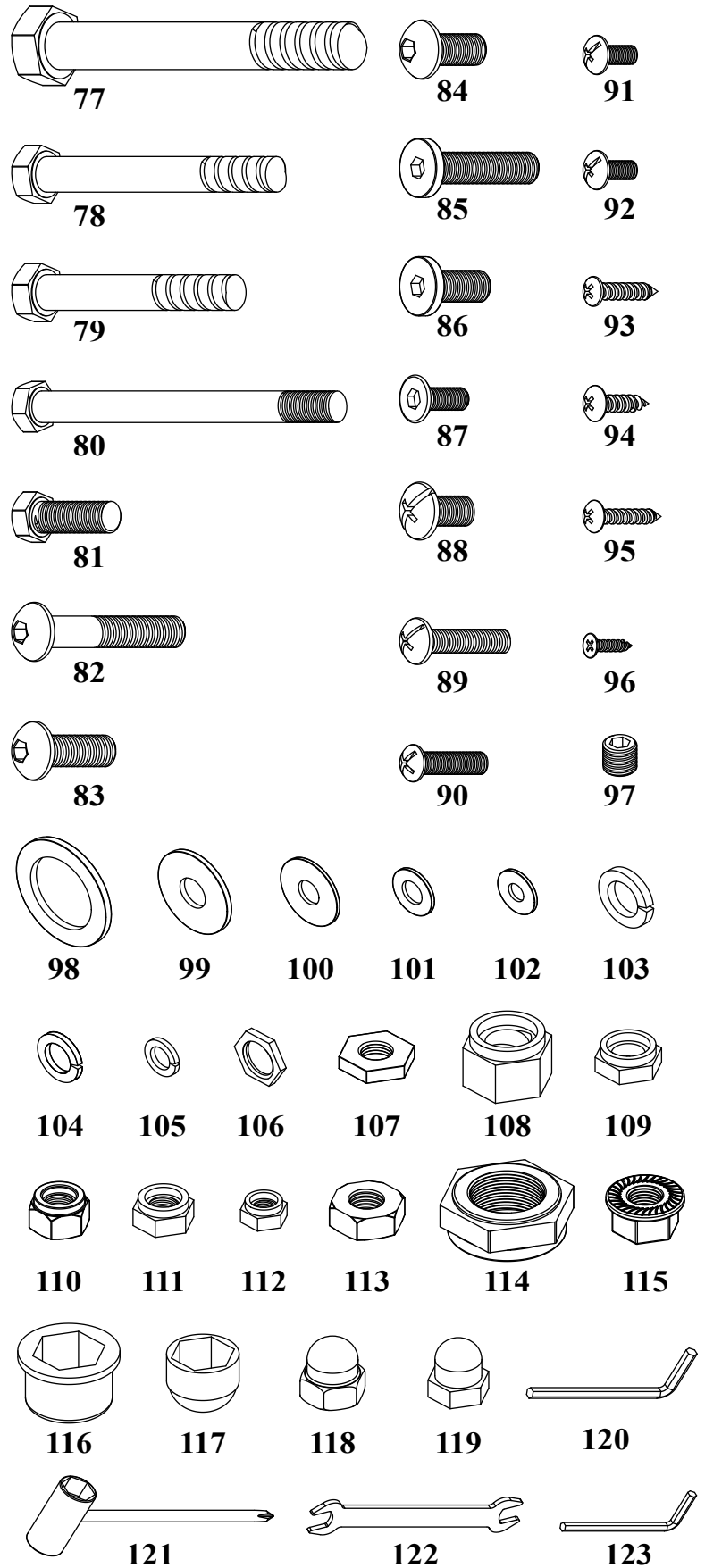
# DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
33 L	LEFT SHROUD (pre-assembled)	1
33 R	RIGHT SHROUD (pre-assembled)	1
34	BRAKE MOTOR ASSEMBLY	1
34-1	8 PIN CONSOLE MAST HARNESS	1
35	8 PIN CONSOLE MAST HARNESS	1
36	POWER RECEPTACAL HARNESS	1
36-1	HARNESS OF CONTROL BOARD AND SELF-POWERED GENERATOR SYSTEM	1
37	SPEED SENSOR PICKUP CABLE	1
38	6 PIN 4 PIN CONSOLE MAST HARNESS	1
39	PULSE CONNECTHARNESS	1
40	BRAKE ANTI-ROTATION BRACKET	1
41 L	4 PIN LEFT PULSE COILED WIRE	1
41 R	6 PIN RIGHT PULSE COILED WIRE	1
42 L	4PIN LEFT PULSE HANDLEBAR WIRE	1
42 R	6 PIN RIGHT PULSE HANDLEBAR WIRE	1
43	BRAKE MOTOR PUSH/PULL CABLE	1
44	ADJUSTMENT LEVELER FOOT	2
45	50 X 100mm END CAP	2
46 L	50 X 100mm LEFT WHEEL CAP	1
46 R	50 X 100mm RIGHT WHEEL CAP	1
47	SEAT TRACK END CAP	2
48	15 X 30mm OVAL END CAP	2
49	HANDLEBAR CAP	2
50	1" CRANK CAP	2
52	FLYWHEEL ADJUSTMENT BRACKET	2
53	SEAT STOP BRAKE	1
54	SEAT STOP GRIP	1
55	1-1/4" BRAKE CONNECTOR	1
56	SPEED SENSOR HOLDER	1
57	CRANK SPACER	1
58	STEEL ROLLER BUSHING	4
59	RUBBER SEAT STOPPER	4
60	SEAT ROLLER	4
61	MAGNET	1
62	1/2" BUSHING FOR SEAT ADJ.	4
63 L	LEFT HANDLEBAR KEYSTROKE (GO)	1
63 R	RIGHT HANDLEBAR KEYSTROKE (UP+DOWN)	1
65	6000Z BEARING	2
68	6004Z SKF BEARING	2
68 A	6004Z TPI BEARING	2
69	SMALL BELT PULLEY	1
70	FLYWHEEL ADJ. FASTENER	2
71	SEAT ADJ. PLUNGER	1
72	SPRING	1
73	PLUNGER RETAINER CLIP	1
74	SEAT STOP HANDLE COUPLING	1
75	1/8" X 16L TAPPING SCREW	4
76	M5 X 4mmH NUT	4

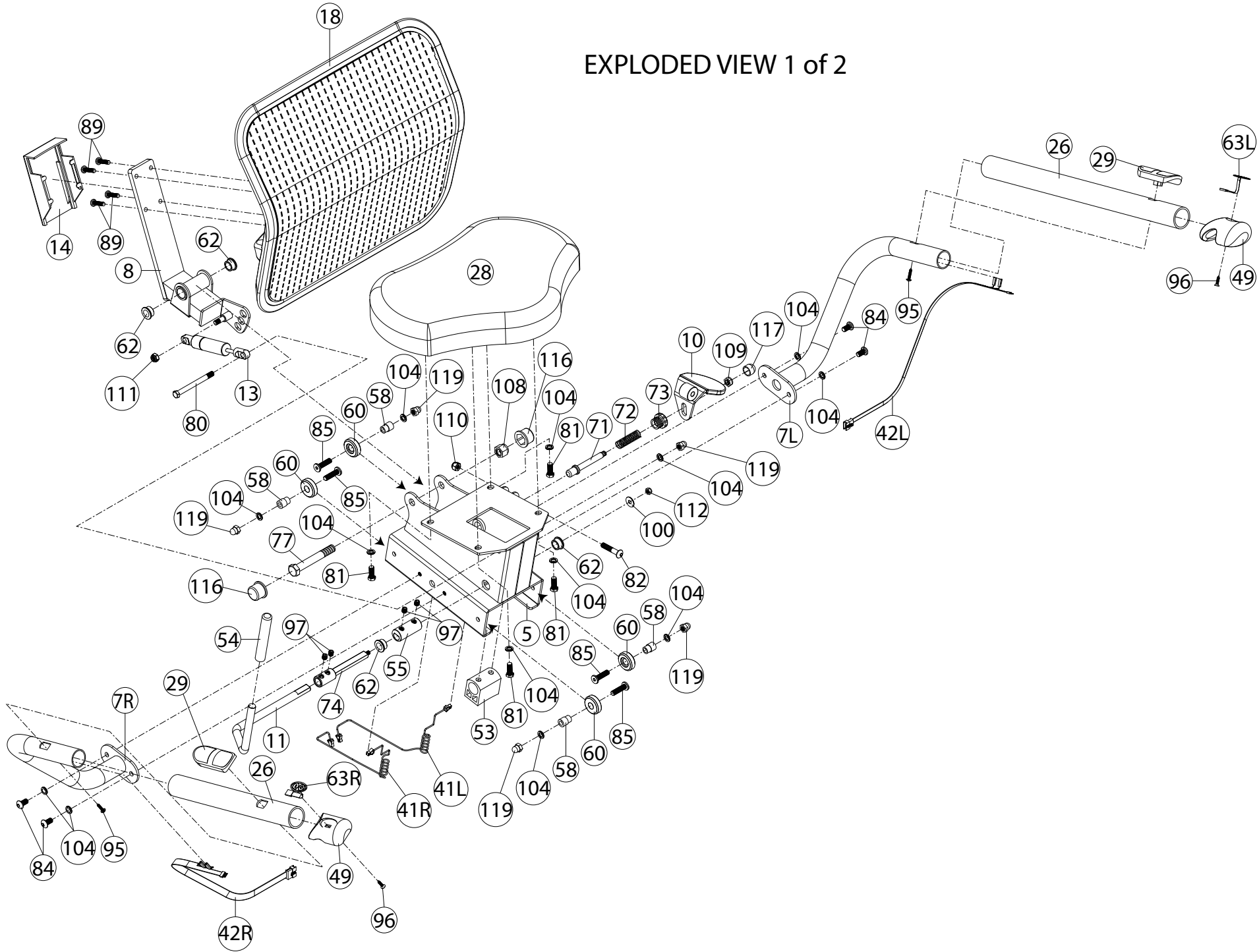


# DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
77	1/2" X 3-1/2" HEX HEAD BOLT	1
78	3/8" X 2-3/4" HEX HEAD BOLT	2
79	3/8" X 2-1/4" HEX HEAD BOLT	2
80	M8 X 85L HEX HEAD BOLT	1
81	M8 X 20L HEX HEAD THREADED BOLT	4
82	M8 X 40L DOME HEAD ALLEN BOLT	1
83	M8 X 20L DOME HEAD ALLEN BOLT	4
84	M8 X 15L DOME HEAD ALLEN BOLT	4
85	M8 X 30L FLAT HEAD ALLEN BOLT	4
86	M8 X 16L FLAT HEAD ALLEN BOLT	3
87	M6 X 15L FLAT HEAD ALLEN BOLT	4
88	M8 X 10L MACHINE SCREW	1
89	1/4" X 1" MACHINE SCREW	4
90	M6 X 20L MACHINE SCREW	6
91	M5 X 10L MACHINE SCREW	1
92	M5 X 10L MACHINE SCREW	6
93	3/16" X 19L SCREW	8
94	3/16" X 16L SCREW	11
95	M4 X 20L SCREW	2
96	M4 X 12L SCREW	2
97	M8 X 8L SET SCREW	4
98	M20 WASHER	1
99	M8 WASHER (f23)	1
100	M6 WASHER (f18.8)	1
101	M6 WASHER (f13)	2
102	M5 WASHER	1
103	3/8" SPRING WASHER	2
104	M8 SPRING WASHER	13
105	M6 SPRING WASHER	6
106	LGH2184 NUT	1
107	3/8" HEX NUT	1
108	1/2" NYLON NUT	1
109	3/8" NYLON NUT	1
110	M8 NYLON NUT	1
111	M8 LOW HEIGHT NYLON NUT	5
112	M6 NYLON NUT	7
113	M10 NUT	2
114	M20 NYLON NUT	1
115	3/8" SELF LOCKING NUT	2
116	1/2" CAP FOR NUT	2
117	3/8" CAP FOR NUT	1
118	3/8" ACORN NUT	2
119	M8 ACORN NUT	5
120	ALLEN WRENCH	1
121	SCREWDRIVER/MULTI-TOOL	1
122	WRENCH	1
123	ALLEN WRENCH	1

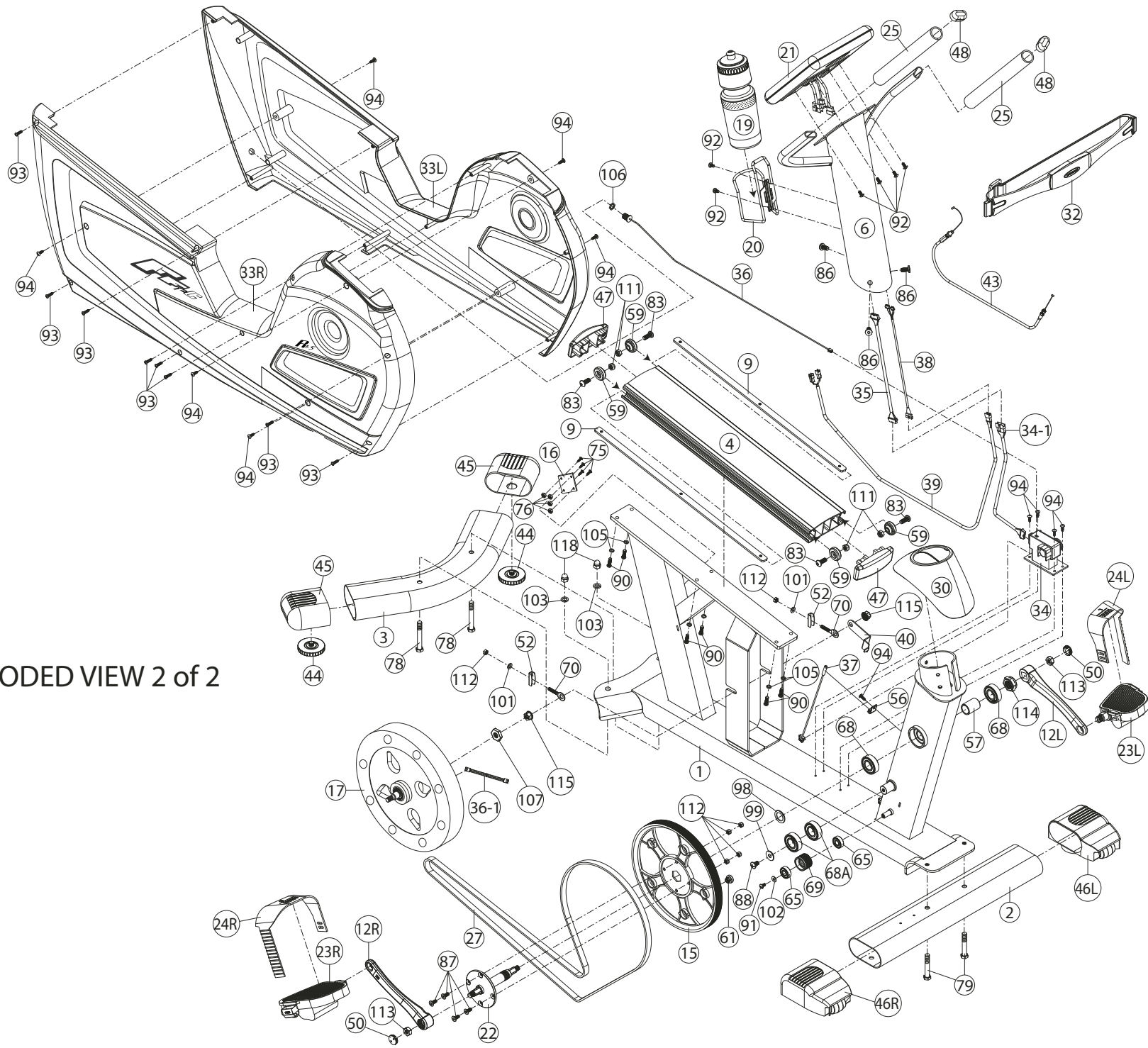


EXPLODED VIEW 1 of 2





EXPLODED VIEW 2 of 2

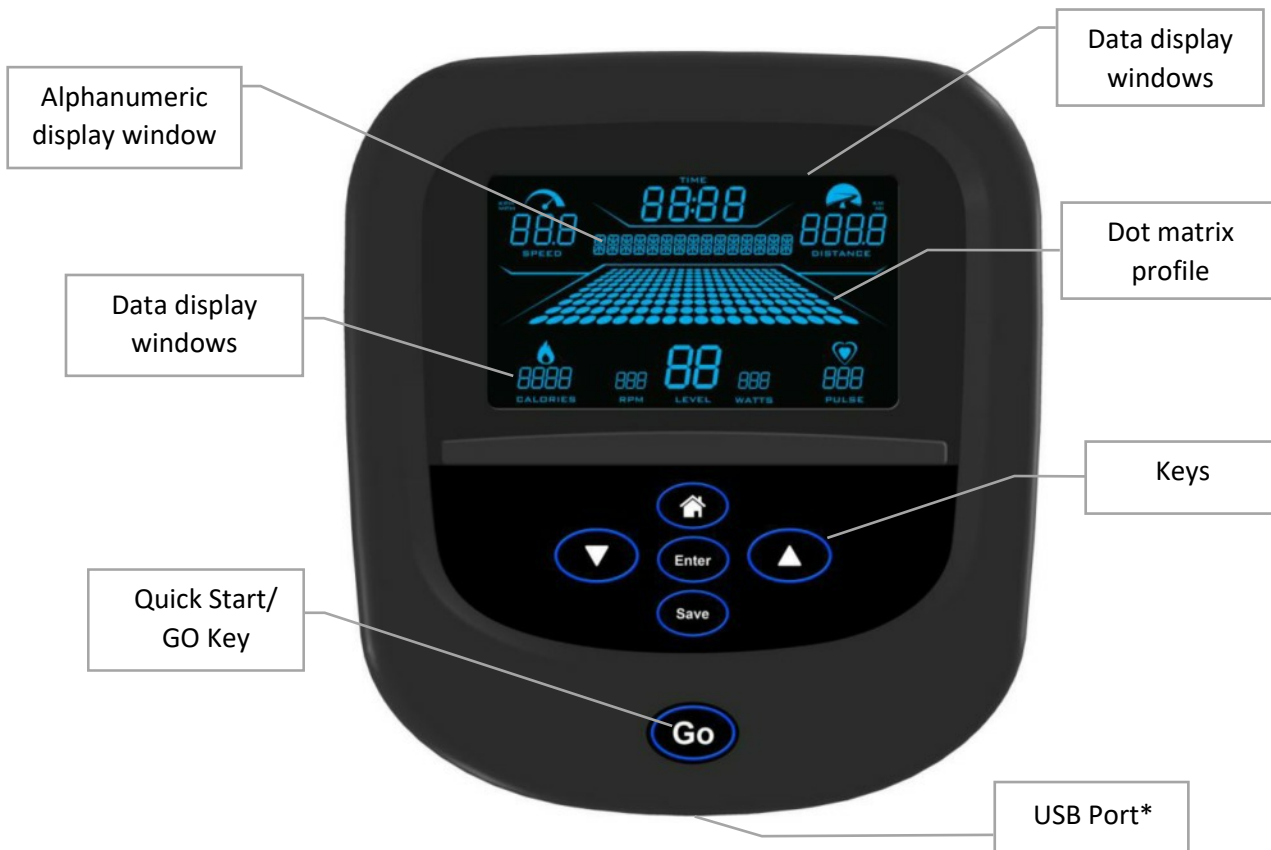


# COMPUTER OPERATION

## Console Operation Instruction

Please thoroughly read the console operation instructions before use. It is important that you get familiar with the computer console and understand the functions. Below is the console layout and detailed operation instructions.

### Layout:



--- \*The USB port is for software updates only, please do not use for charging or other software usages. ---

### Displays

- Dot matrix profile window:  
Displays program profile during program setting and execution. The program profile will be different according to which program is selected. *Except HR programs, all other program profiles will follow display rules below.*

There are 20 columns of Dots representing 20 segments of time; each segment time = total program time divided by 20 columns, except Quick Start program which represents 1 minute per column. During exercising, a column of Dots will blink to indicate the time segment you are currently in and show your workout progress.

There are also 10 rows of Dots representing 20 levels of resistance. Each row represents 2 levels of resistance. The appropriate row of Dots will light up when you adjust the resistance level.

# COMPUTER OPERATION

- Data display windows:  
There are 8 data display windows displaying “speed, time, distance, calories, rpm, level watts, and pulse” during exercising.
- Alphanumeric display window: this display will prompt instruction messages to assist you setting up the program and during exercising.

## Keys

- Go key: Pressing this key during idle mode before you select a program will activate the Quick Start program immediately with default user values. Or pressing this key during the program setup after a program is selected will start the selected program.
- ▲/▼ keys: Used for toggle between different programs during idle mode, user data adjusting during program setup and resistance level/ heart rate adjustment while a program is running.
- Enter key: Used to confirm program and data entry.
- Home key: Used to exit the current activities and go back home/idle mode.
- Save key: Pressing this key while a program is running to save current program profile as well as user personal data into the custom program for later use with the exception of heart rate control programs. Heart rate control program can't be saved as a custom program. After saving message, it will return to previous activities.

## Basic Operation

- Power up: If this is a self-generating product, user must pedal the product to power up the console.
- Pause a program: If a program is running and there is no RPM for 10 seconds, the console will pause and stop accumulating data. The pause time is 3 minutes. After that, the console will reset back to idle mode. Within pause mode, pedal again to resume the program.
- Power save function: This console is equipped with power save function. If there is no RPM, the console screen will be off and enter power save mode.
- Start a program: To begin a workout program during idle mode, press the “Go” key to quick start the program or “▲/▼” key to toggle through different programs and “Enter” key to select a program. Then follow the instruction on the alphanumeric window to set up the personal data. When finished entering data, press the “Go” key to begin the workout. (You may press “Go” key anytime during setup to bypass and start the workout immediately.)
- Default values: Initially the console is coded with a set of defaults for express quick start. If you didn't adjust these values before the program started, they will be used for data calculations, such as calories. It is recommended you adjust these values with your own personal data to get the most accurate workout feedbacks. The factory defaults are:

# COMPUTER OPERATION

- Age – 35
  - Weight – 150lbs or 70kg
  - Program time – 30 minutes
  - Target HR & Work HR – 70% max HR (*Max HR is calculated as 220-age*)
- End a program and review summary: When program time is reached, it will end the program and enter summary review mode. There are 30 seconds for you to review and record the workout summary before it resets and back home.
  - Units switching: The default units setting is English. To switch this to Metric system, first, press and hold both “▲ & ▼” keys at the same time in idle mode for 2 seconds to go to “engineering mode”; second, when message window shows “UNITS: ENGLISH”, press “▲ / ▼” key to switch. Afterwards press Enter key to confirm. Anytime in “engineering mode”, you may press “Home” key to return home.

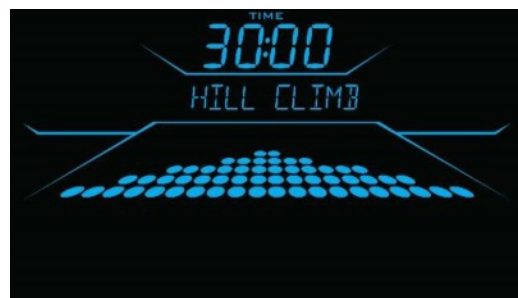
## Workout Programs

Besides Quick Start function, there are 8 program options for your selection: Manual, Random, Interval, Hill Climb, Strength, Target HR, HR Interval and Custom.

**Quick Start:** Pressing “GO” key during idle mode will quick start the console. The program will use factory defaults for calculation and display. The time will count up and each segment of progress profile equals 1 minute. You may stop pedaling at any time or press “Home” key to end the program.

**Classic programs:** This group includes Manual, Random, Intervals, Hill Climb & Strength program. These programs are preset profile programs and behave similar. When the desired program appears on the screen, press Enter key to confirm. Then follow the instruction to set up the user data and start the program. You may adjust the resistance level by pressing “▲ / ▼” key during program. The dot matrix profile will update accordingly.

- Manual program: The default resistance level for Manual program is L1.
- Random program: This is a computer generated profile program and it is different each time.
- Intervals program profile:
  - Hill Climb program profile:



# COMPUTER OPERATION

- Strength program profile:



**HR programs:** The Heart Rate programs are designed to keep you training at the chosen heart rate level. **These programs will only work when there is a valid heart rate signal.** For your safety, the program will start with a warm up session to get the heart rate up within 20% of the target before it begins the heart rate training session.



During warm up, user may press “▲/▼” key to adjust the resistance and get the heart rate up. As soon as the heart rate training session begins, the console will take control and adjust the resistance level automatically to ensure your target heart rate is achieved and maintained during the entire program.

- Target HR program: Default heart rate target is set at 70% max HR (*calculated as 220-Age*). You may also press “▲/▼” key to adjust the target heart rate setting during heart rate control session of the exercise.
- HR Interval program profile: There are two phases of this training: Work Interval and Rest Interval. After warm up, the console will take the default target setting to begin Work interval and adjust the resistance automatically. When the target setting is reached the Work Interval lasts for 30 seconds, it will then enter Rest interval and reduce the resistance down to level 2 for 2 segments of time for resting. It will repeat this process throughout the entire program.
- During exercise, the profile on the Dot Matrix display will show your selected target heart rate setting and your progress so far. The pulse data display window will show the actual heart rate.  
*Example: HR interval program exercising screen*

# COMPUTER OPERATION



**Custom program:** This program is a space for you to build your own workout profile and store it for future use. If you have previously saved a custom program, you may recall it and press "Go" key to begin immediately without the hassle of entering user information again because it has been stored along with the program profile you created. However if you desire, you may still go through the program setting and change it as well. Follow the message prompts to operate this program the same way as the original program.

## Heart Rate Monitoring Devices & Exercise Tips

### Pulse Hand Grips

This product comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading. (Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)

**Pulse Grip Operating Tips:** If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

### Built in Wireless Heart Rate Receiver

*Note: Chest strap transmitter does not come with this unit; contact BODYCRAFT, or your dealer for purchase.* This product is equipped with a built-in receiver for your heart rate monitoring. Any heart rate telemetry strap that transmits at 5 kHz is compatible. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

*(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)*

While using heart rate control modes, the computer monitors the exact measurement of your pulse. IT is highly recommended that you use a Heart Rate Belt for these programs. Your heart rate is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the resistance to maintain heart rate at the preprogrammed level.

### **How to Wear Your Sensor/ Transmitter (Chest Strap)**

1. Buckle one end of the chest strap onto the transmitter.



# COMPUTER OPERATION

2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

*(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)*

## **Erratic Heart Rate Readings:**

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your product is not within range of other strong electromagnetic signals. Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

(In rare cases some people may need to purchase Electrode gel. This is available online or at a local medical supply. We recommend the brand Signa Gel brand).

If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document.

## **Heart rate is an important key to your exercise**

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

## **Get a smart start on exercising.**

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

- Always stretch before your workout to loosen muscles, and afterwards to cool down.
- The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
- After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

*Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.*

# R400g WARRANTY

## VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

REGISTER your product at [www.bodycraft.com](http://www.bodycraft.com) or call our customer service department at 800-990-5556.

This warranty applies to Residential and Light Commercial use only.

**Residential Warranty:** Lifetime Frame, [7] Year(s) Parts, [1] Year(s) Wear Items and [2] Year(s) Labor.

**Light Commercial Warranty:** [10] Year(s) Frame, [3] Years Parts, 1 Year Wear Items and Labor.

### This warranty is valid only in accordance with the following conditions:

- The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.
- This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty info specific to your region.
- The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).
- This warranty does not cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.

### This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, walk belts, pedal straps, wheels, foot rails, labels and logos.
3. Consumables such as batteries and heart rate belts that do not have a replaceable battery.
4. Eprom/Software version upgrades unless determined as necessary.
5. Any accessories not included in the original packaging.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement). Serial number may be required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

\*This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BodyCraft product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BodyCraft product.