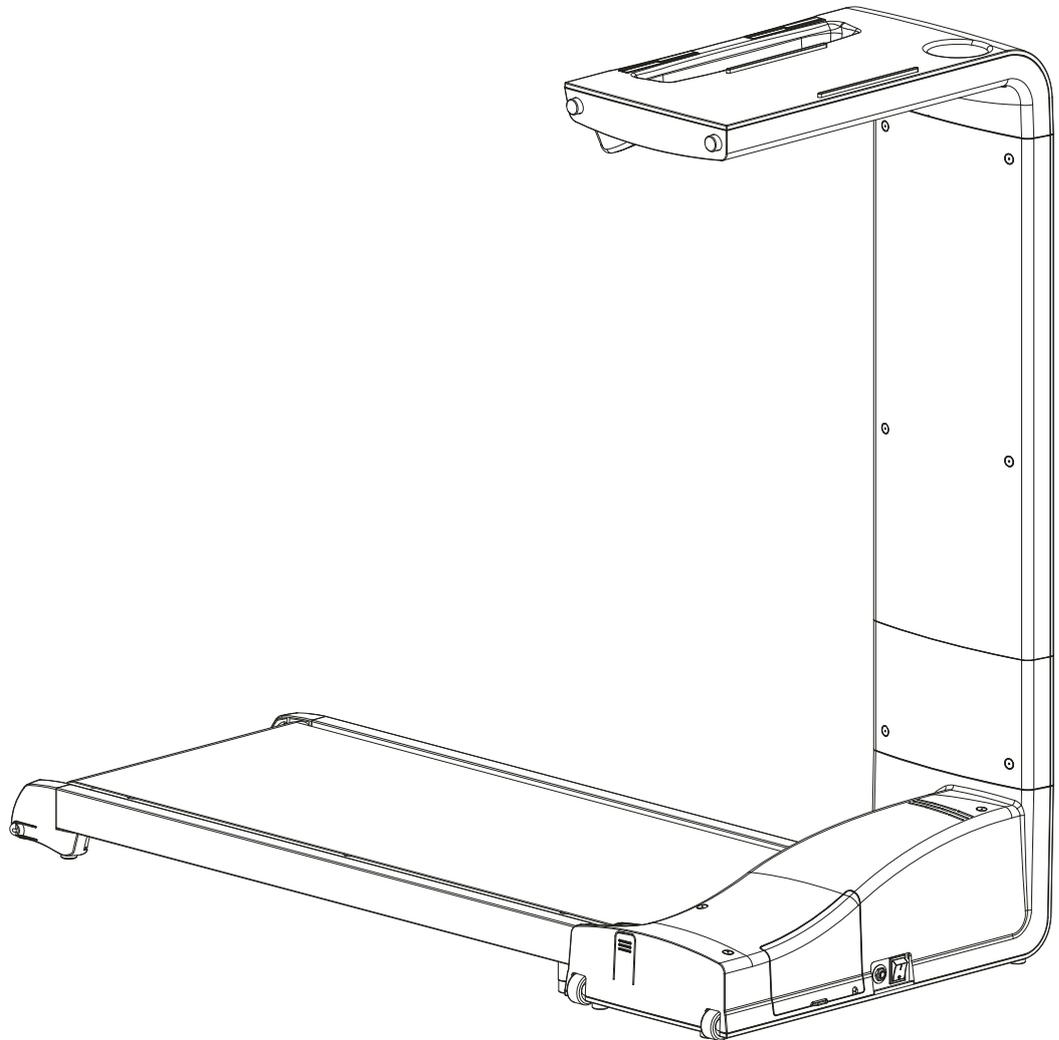


BODYCRAFT

LT100 SpaceWalker



PURCHASER REFERENCE INFORMATION:

It is imperative that you fill in the following information and refer to it should the need for service arise.

Product Name: Bodycraft SpaceWalker Treadmill

Serial Number: L T _____

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

Recreation Supply, Inc. dba BODYCRAFT

7699 Green Meadows Dr., Lewis Center, Ohio 43035

Tel: 800.990.5556

info@bodycraft.com

www.bodycraft.com

Rev.C
CSA

SAFETY INSTRUCTION

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the item.

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness

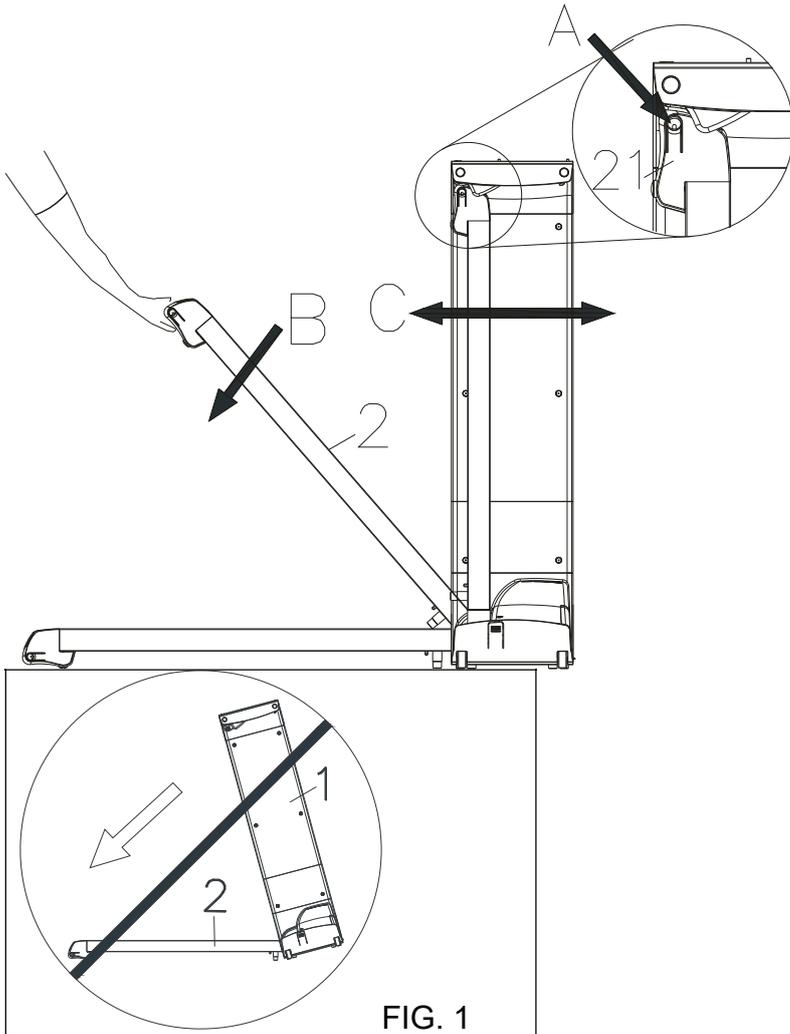
If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if not all instructions are followed.

1. Read this manual and follow it carefully before using the equipment. Make sure that it is properly tightened before use.
2. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
3. It is recommended that you place this exercise equipment on an equipment mat. Operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
4. Inspect the equipment for worn or loose components prior to each use. Tighten / replace any loose or worn components prior to using the equipment.
5. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
6. Hold on to handrails when adjusting speed, or other controls.
7. Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
8. Use care when getting on or off the treadmill. When stepping on the running belt, always grasp the handrail when stepping and keep the initial speed at or below 1 mile per hour (mph). Never step off the treadmill while the running belt is moving.
9. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury.
10. Never insert any object or body parts into any opening.
11. Always unplug the treadmill before cleaning and/or maintaining.
12. Persons weighing over 300 pounds /135 kgs. should not use the equipment.
13. Only one person should use the equipment at a time.
14. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
15. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter (3 feet) from any obstruction object while using the machine.

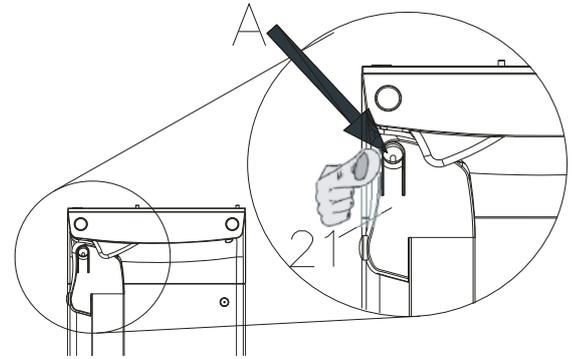
READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

If you have questions or need support, please contact us at support@bodycraft.com or visit www.bodycraft.com or, call us Monday – Friday 9am-5pm EST at 1-800-990-5556.

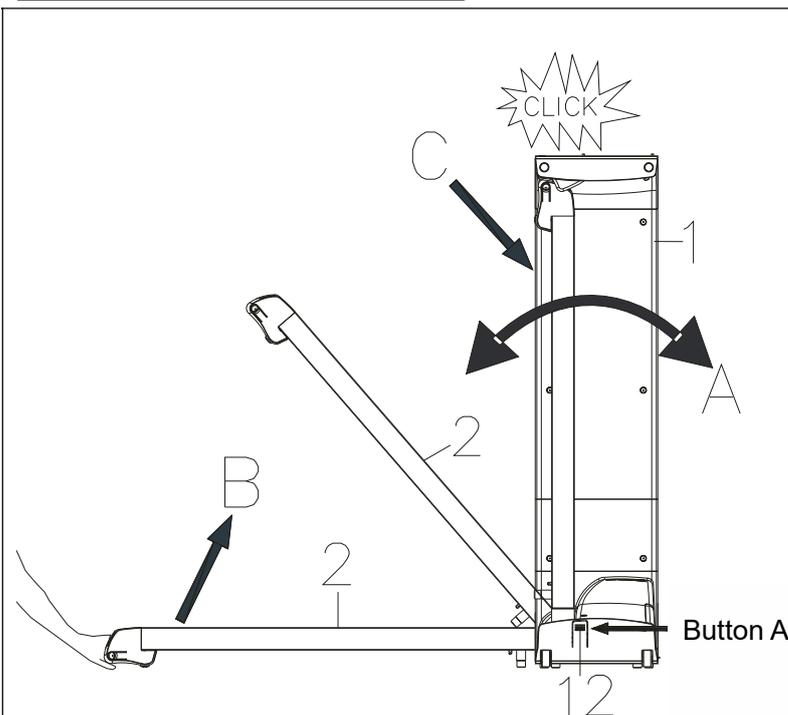
UNFOLDING INSTRUCTIONS



- A. Gently press the **button (A)** located on the right upper side of **Right Rear EndCap (21)** as shown. The **Deck (2)** will start to descend. Keep holding the **Deck (2)** with two hands until hearing a “click” sound to make sure the deck has fully descended to the floor.

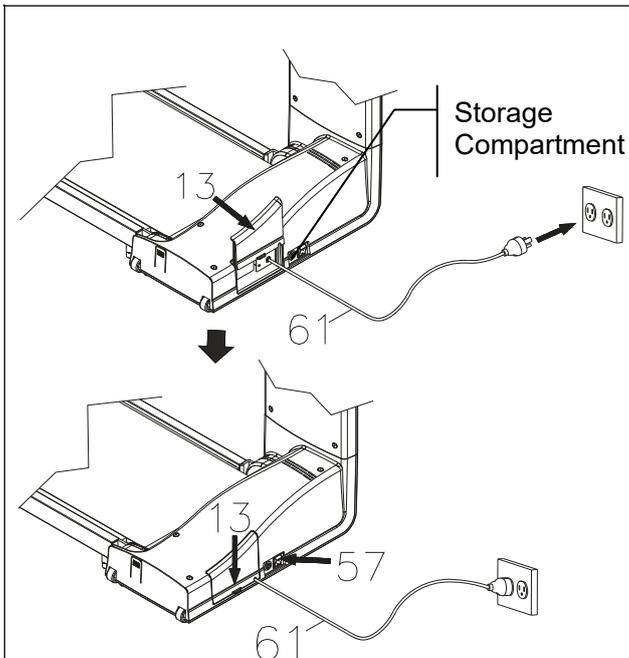


- B. In order to prevent the danger of the **Main Frame (1)** falling like **FIG 1** shown, gently move/shake the **Main Frame (1)** front and back to double make sure the **Deck (2)** has totally locked and fully descended to the floor.
- C. For safety, the console will shut down automatically after the treadmill folds up.
- D. Unfolds the deck, the console will re-power again.



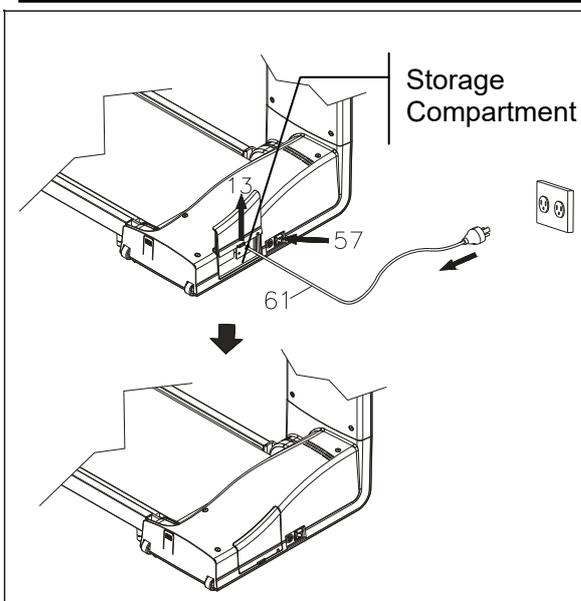
- A. Press **STOP** on the console and wait until the belt has fully stopped.
- B. Gently press the **button (A)** located on the right bottom side of **Upper Motor Cover (12)**.
NOTE: If the treadmill is on an uneven surface, the button (A) might be hard to press. To make the button (A) easy to press, gently shake the Main Frame (1) front and back.
- C. Keep pressing the **button (A)** while using the other hand to fold up the **Deck (2)** from **B** to **C** position until hearing a “click” sound to make sure the deck has fully locked to the **Main Frame (1)**.
- D. For safety, the console will shut down automatically after the treadmill folds up.
- E. Unfolds the deck, the console will re-power again.

POWER CORD OPERATION INSTRUCTIONS



- Open the **Storage Door (13)** by simply sliding it upward.
- Unwrap the **Power Cord (61)** from the unit's storage compartment.
- Before plugging the **Power Cord (61)** into the electrical outlet, make sure that the supply voltage matches the voltage information stated on the label (on front of the item).
- Connect the **Power Cord (61)** to the electrical outlet, then close the **Storage Door (13)**. To light up the console, turn on the **Main Power Switch (57)** located at the front of the unit, near the power cord.

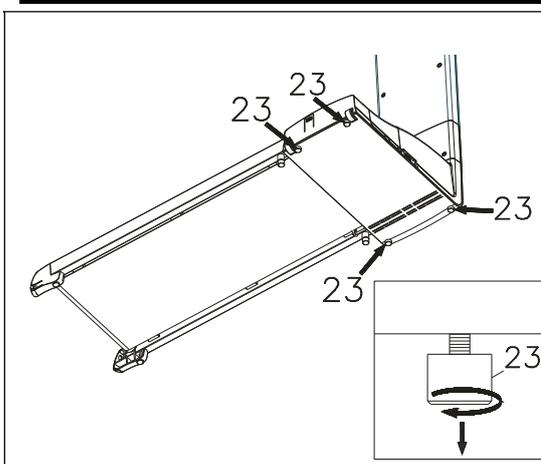
POWER CORD STORAGE INSTRUCTIONS



To store power cord in a safe storage compartment, please follow the following steps.

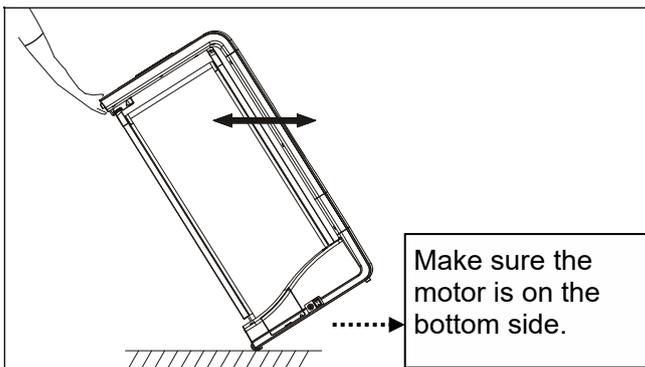
- Turn off the **Main Power Switch (57)** and unplug the **Power Cord (61)** from the electrical outlet.
- Neatly wrap the **Power Cord (61)** around the storage compartment and gently close the **Storage Door (13)**.

LEVEL ADJUSTMENT INSTRUCTIONS



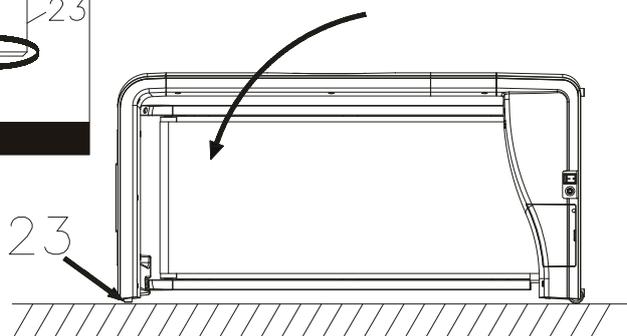
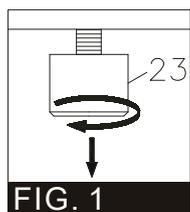
- After placing the equipment in the intended location for use, make sure the item rests firmly on the floor. To level the item, please follow the following steps.
- Tip the item to the left/right. You will then see the **Levelers (23)**. To make the **Leveler (23)** rests firmly on the floor, turn the **Leveler (23)** clockwise until the **Leveler (23)** touches the floor without rocking. Repeat the above process until the item is level.

MOVING THE TREADMILL INSTRUCTIONS



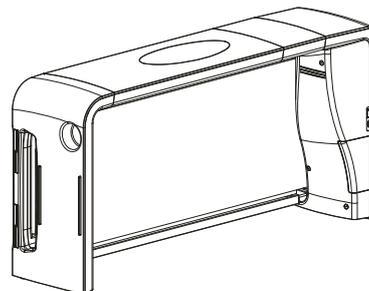
- A. Turn the power switch off.
- B. Unplug the power cord.
- C. Fold the treadmill and make sure the lock is secured.
- D. Make sure the motor is on the bottom side.
- E. Simply roll the treadmill with two transportation wheels to the desired location.

CHANGING TO TABLE/ BENCH INSTRUCTIONS

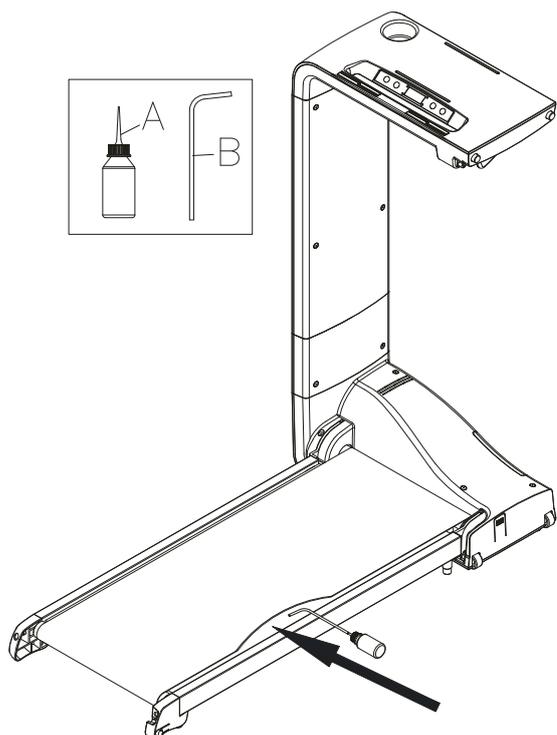
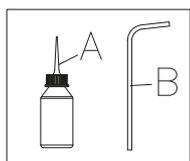


To change the treadmill into table or bench position, follow the drawing on the left to gently lie the treadmill on the floor.

NOTE: The purpose of the adjustable **Stand (23)** is to level the item. Adjust the **Stand (23)** in four side until the item sets on the floor without rocking.



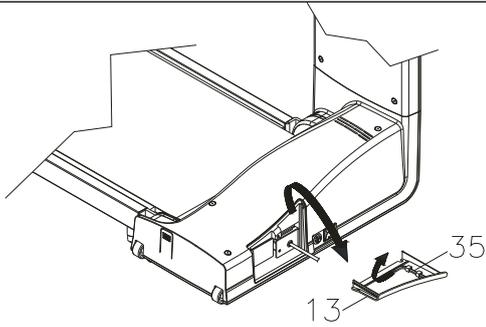
LUBRICATION INSTRUCTIONS



Lubrication of the deck is very important to your treadmill.

- A. Lubricate your running deck if it's too dry or every 6 months to maintain optimal performance. **NOTE: Lubricant is optional, please contact your supplier.**
- B. Wipe entire deck surface with a clean, lint free cloth.
- C. While lifting the side of the **running belt**, gently position the nozzle between the running belt and the running deck from the front of the treadmill to the rear. **NOTE: If you lubricate too much, the running belt may slip or liquid may flow out from the machine.**
- D. Repeat the above procedure on the other side of the belt.
- E. Then run the treadmill without anyone on it for at least 2~3 minutes to let the lubricant spread evenly across the running deck and underside of the running belt.
- F. Check the belt whether is off-center or slips, if it does, go to page 7 to center the belt or adjust the belt tightness until the belt has been tightened properly.
- G. Plug in the power cord to start using the treadmill.

WALKING BELT ADJUSTMENT INSTRUCTIONS



- A. Open the **Storage Door (13)**.
- B. **Allen Wrench (35)** is attached on back of the **Storage Door (13)**.
- C. To adjust the belt, please take a look at the following steps.

CENTERING THE BELT: If the walking belt is off center to the LEFT:

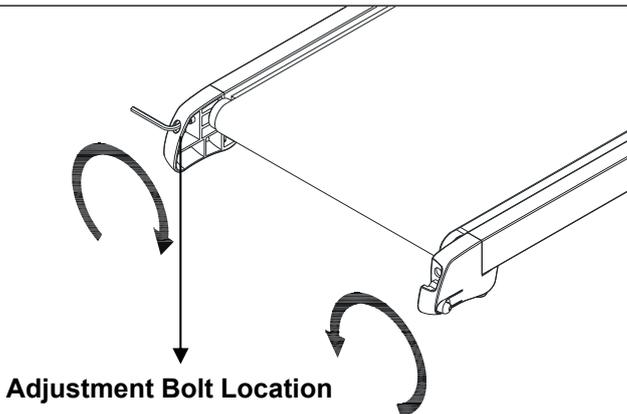
1. If the belt is slightly off-center, first run the treadmill without anyone on it at 4 mph for 1-2 minutes to see whether the treadmill could automatically center the running belt. If not, move to step 2. to start centering the belt.
2. Stand behind the treadmill, with the treadmill running at 6kph (4mph) observe the running belt. If the belt tracks off center to the **left**, please take a look at the following process to center the belt.

Caution: Be very careful to keep your fingers and any object away from the belt and rollers

3. Use the Allen Wrench –
 - a. To turn the **left rear roller adjustment bolt** 1/4 turn in **clockwise** direction, which moves the running belt to the right.
 - b. Or turn the **right rear roller adjustment bolt** 1/4 turn in **counterclockwise** direction, which moves the running belt to the right.

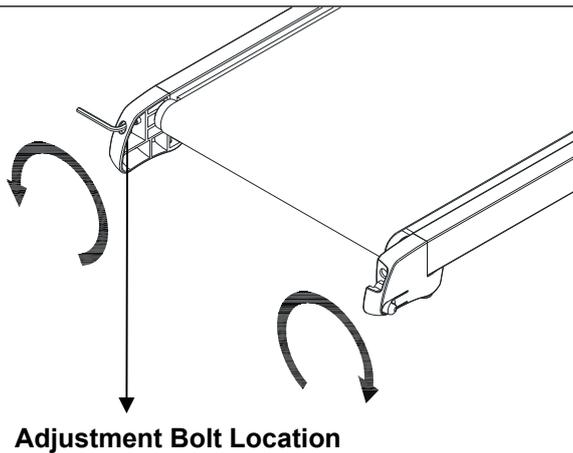
Caution: Do not turn the adjustment bolt more than 1/4 turn at a time. Overtightening the belt can damage the treadmill.

Repeat the above procedure until the walking belt is centered. It may be necessary to test walking belt tension once you have completed the above procedure if the belt feels like it's slipping while walking. Refer to below to the "**Walking Belt Slipping**" instructions on Page 7.



Adjustment Bolt Location

WALKING BELT ADJUSTMENT INSTRUCTIONS



CENTERING THE BELT: If the walking belt is off center to the RIGHT:

1. If the belt is slightly off-center, first run the treadmill without anyone on it at 6 kph (4 mph) for 1-2 minutes to see whether the treadmill could automatically center the running belt. If not, move to step 2. to start centering the belt.
2. Stand behind the treadmill, with the treadmill running at 6kph (4mph) observe the running belt. If the belt tracks off center to the **right**, please take a look at the following process to center the belt.

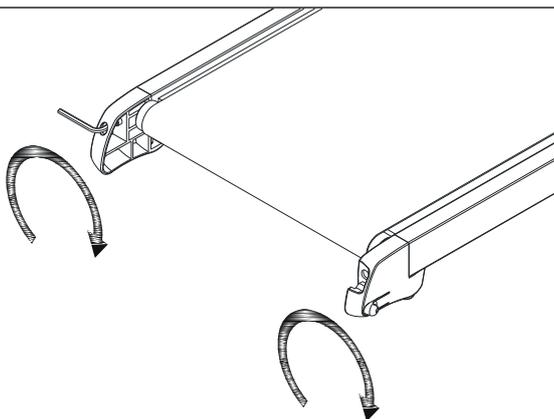


CAUTION: Be very careful to keep your fingers and any object away from the belt and rollers

3. Use the Allen Wrench –
 - a. To turn the **right rear roller adjustment bolt** 1/4 turn in **clockwise** direction, which moves the running belt to the left.
 - b. Or turn the **left rear roller adjustment bolt** 1/4 turn in **counterclockwise** direction, which moves the running belt to the left.

Caution: Do not turn the adjustment bolt more than 1/4 turn at a time. Overtightening the belt can damage the treadmill.

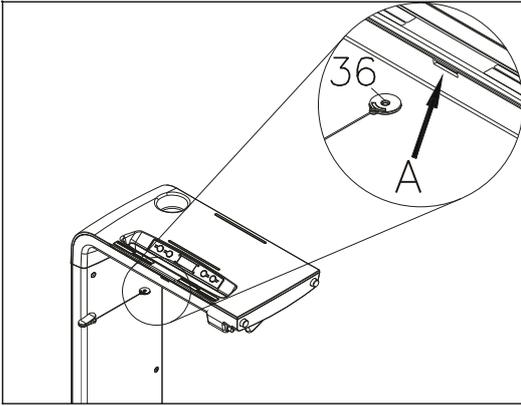
4. Repeat the above procedure until the walking belt is centered. It may be necessary to test walking belt tension once you have completed the above procedure if the belt feels like it's slipping while walking. Refer to below to the "Walking Belt Slipping" instructions on Page 7.



WALKING BELT SLIPPING: If the walking belt slips when used.

1. First remove and unplug the power cord. Using the Allen Wrench, turn **both left and right rear roller adjustment bolt clockwise**, usually a 1/4 turn. **NOTE: NEVER TURN the bolts more than 1/4 turn at a time and always keep the running belt centered.**
2. Test the tightness of the belt. **NOTE: Overtightening the belt can damage the treadmill.**
3. Plug in the power cord, insert the key and walk on the treadmill at low speed (around 2 kph/1mph) to determine if the belt is still slipping. If the belt is still slipping, repeat the above procedure until the walking belt has been tightened properly.

SAFETY KEY OPERATION INSTRUCTIONS

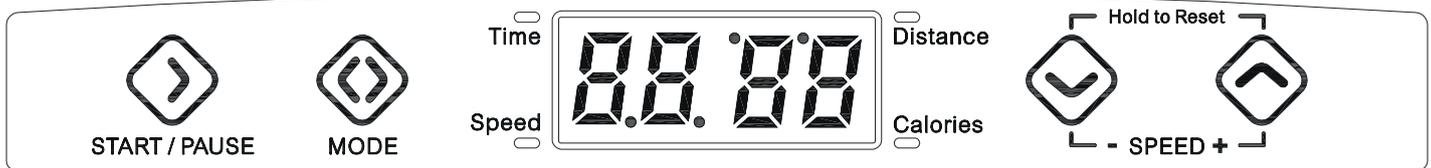


The **Safety Key (36)** is designed to cut the power off for emergency. **In an emergency, disengage the Safety Key (36) from the console to stop the treadmill.**

- This treadmill will not start unless the **Safety Key (36)** is inserted into **position A**.
- Always attach the **Safety Key (36)** securely to your clothing when using the treadmill.
- After workout, pull off the **Safety Key (36)** and keep it well when you do not use the machine.

CONSOLE OPERATION

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions.
- We recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track.**



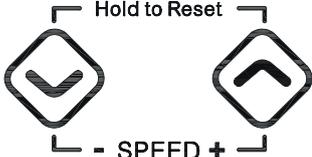
Power ON

- Make sure to plug the power cord into an electrical outlet.
- Turn on the **Main Power Switch** located at the front of the treadmill.

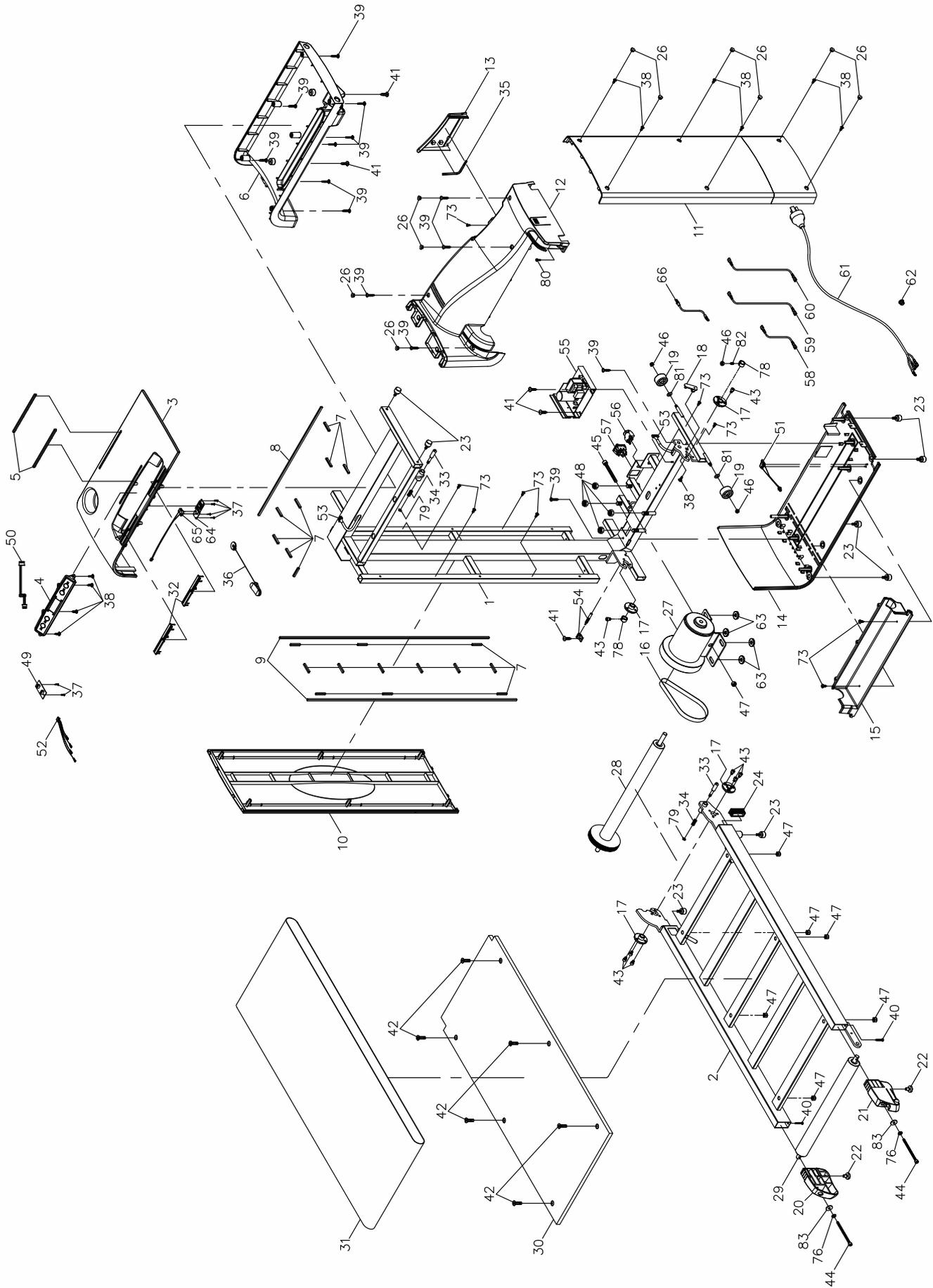
Power Off

The console would automatically go to **SLEEP mode** after **3 minutes** of inactivity.

Console Buttons

 START / PAUSE	<ol style="list-style-type: none"> Press START/PAUSE to begin your exercise. Press START/PAUSE again to stop and pause all functions. Press START/PAUSE again to resume the program and all the data displayed will continue until the program has finished.
 MODE	<ol style="list-style-type: none"> Press MODE to review each following function TIME – SPEED – DISTANCE – CALORIE - PULSE). <u>Continue press MODE for 3 seconds</u> until having a short beep sound. The computer will then automatically rotate display the following functions. Each function will display for 5 seconds on TIME-SPEED-DISTANCE-CALORIE-PULSE.
 - SPEED +	<ol style="list-style-type: none"> Press SPEED (+) to increase the setting values of SPEED. Press SPEED (-) to decrease the setting values of SPEED. HOLD TO RESET function: Continue pressing SPEED (+) and SPEED (-) together, all the data will return to 0 and the console will return to POWER ON status.

PRODUCT PARTS DRAWING



PART LIST

NO.	Item Name	Q'ty
1	Main Frame	1
2	Running Deck Frame	1
3	Upper Console Table Cover	1
4	Console	1
5	Non-Slip Strip	2
6	Bottom Console Table Cover	1
7	Shock Absorption Strip (35mm)	20
8	Shock Absorption Strip (470mm)	1
9	Shock Absorption Strip (780mm)	2
10	Outer Upright Cover	1
11	Inner Upright Cover	1
12	Upper Motor Cover	1
13	Storage Door	1
14	Bottom Motor Cover	1
15	Bottom Side Cover	1
16	Belt	1
17	Roller Plug	2
18	Locking Button	1
19	Transportation Wheel	2
20	Left Rear EndCap	1
21	Right Rear EndCap	1
22	Stand	2
23	Leveler	8
24	Front Plug for Running Deck Frame	1
26	Round Plug	10
27	Motor	1
28	Front Roller	1
29	Rear Roller	1
30	Walking Deck	1
31	Walking Belt	1
32	Hand Pulse Sensor	4
33	Locking Button Axle	2
34	Locking Button Spring	2
35	Allen Wrench	1

NO.	Item Name	Q'ty
36	Safety Key	1
37	Screw (M2.6×8mm)	6
38	Screw (M4×12mm)	11
39	Screw, Pan Head (M4×20mm)	14
40	Screw, Flat Head (M4×20mm)	2
41	Screw (M5×18mm)	5
42	Bolt (M8×p1.25×25mm)	6
43	Bolt (M6×p1.0×10mm)	8
44	Bolt (M6×p1.0×80mm)	2
45	Bolt (M8×p1.25×55mm)	1
46	Nylon Nut (M6×p1.0)	3
47	Nylon Nut (M8×p1.25)	7
48	Thin Nylon Nut (M10×p1.5)	4
49	Heart Rate Board	1
50	Heart Rate Connection Wire	1
51	micro switch	1
52	Hand Pulse Wire	1
53	Middle Connection Wire (CSA spec.)	1
54	Sensor Wire	1
55	Control Board	1
56	Breaker	1
57	Power Switch	1
58	Connection Wire A	1
59	Connection Wire B	1
60	Connection Wire C	1
61	Power Cord	1
62	Power Cord Stopper	1
63	Washer (10x23x2.0t)	4
64	Safety Key Socket	1
65	Miniature Switch	1
66	Grounding Wire	1
73	Screw (M4×10mm)	9
76	Washer (6×13×2.0t)	2
78	Retaining Ring	2

NO.	Item Name	Q'ty
79	E Ring	2
80	Screw (M3 x6mm)	1
81	Nylon Washer (8x16x1.0t)	2
82	Screw (M6xp1.0x10mm)	1
83	Washer (6x20x2.0t)	2

If you need parts or service, please email support@bodycraft.com or visit www.bodycraft.com and go the Customer Support section of our website for parts request. You may also call 1-800-990-5556 Monday - Friday 9am - 5pm EST.

BODYCRAFT SPACEWALKER 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 material and workmanship for the time stated below to the original purchaser.

Residential Warranty: Lifetime* Frame, 3 years Parts & Electronics and 90 days Labor.

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

- The warranty begins on the original date of purchase at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise.
- This warranty is available only for purchases made within the USA and Canada, and currently residing in the USA or Canada.**
- In order for the warranty to be valid for the terms listed below, the product must be registered with BODYCRAFT within 30 days of purchase.
- The warranty is not transferable and does not cover normal maintenance.
- This warranty applies to Residential use only and is void when used in a Commercial environment.
- This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
- This warranty does not cover damage resulting from shipping, accident, misuse, water, tampering, unreasonable use, unauthorized or improper repairs and alterations.
- This warranty does not cover normal wear and tear.
- BODYCRAFT cannot guarantee that the heart rate system on its products will work for all users. Heart rate measurement accuracy varies based on a number of factors, including the user's physical condition, the heart rate measurement method is used, external interference, and other factors that may influence heart rate acquisition.
- 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 request a return of the part(s) or photographic evidence of the damaged part(s) prior to replacement at the owner's expense).
- Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via the included warranty card or online at www.BODYCRAFT.com.
- 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 the BODYCRAFT SpaceWalker. 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 SpaceWalker.

** Lifetime is defined as the period the original owner owns it, or 5 years after the product has been discontinued.*

*** If you do not reside within the USA or Canada, please contact your local BODYCRAFT distributor for details specific to you.*