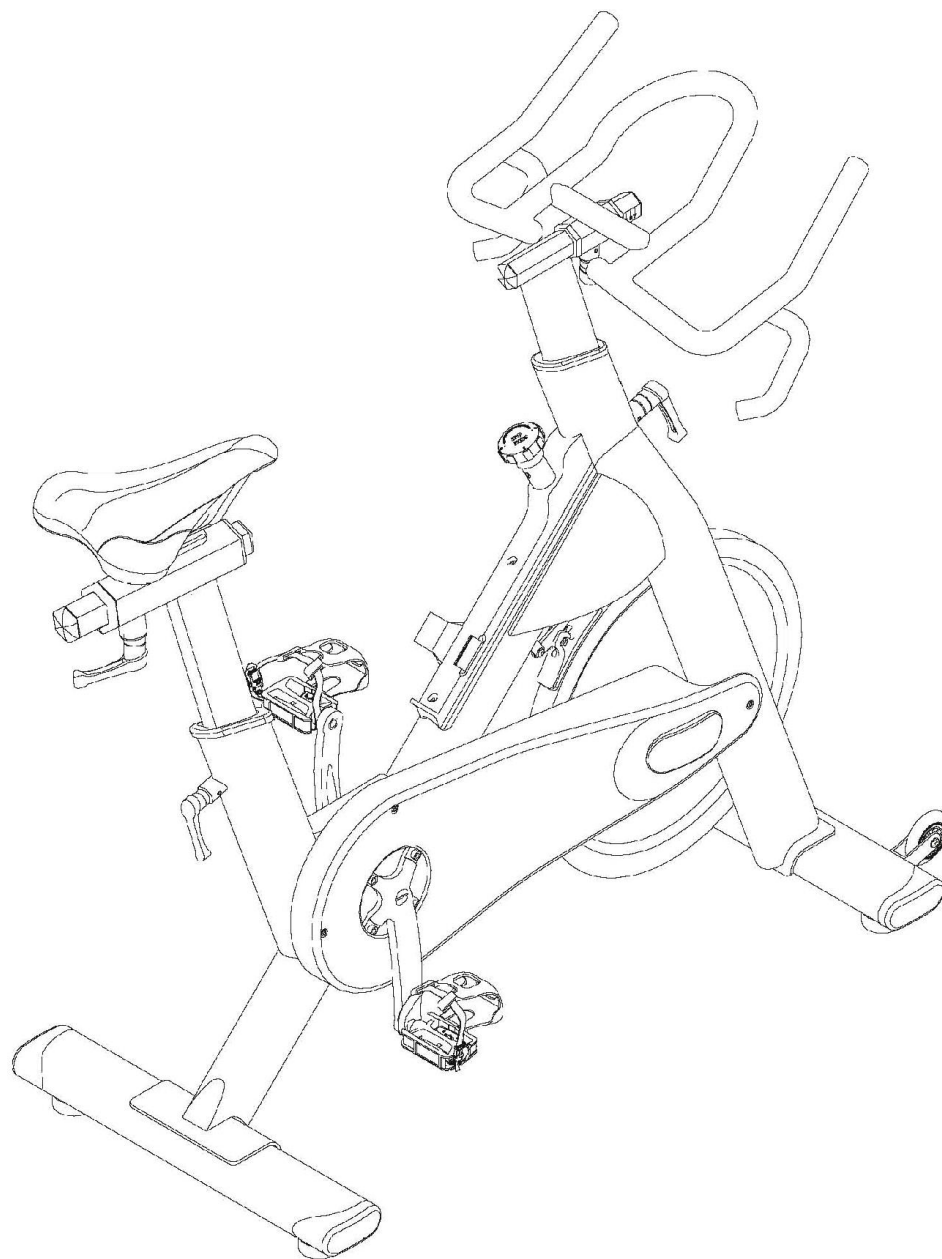


BODYCRAFT SPT V2

OWNER'S MANUAL



Questions?

As a quality exercise equipment supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BODYCRAFT at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

*Bodycraft is a division of Recreation Supply Inc.
P. O. Box 181
Sunbury, OH 43074*

BEFORE YOU BEGIN

Congratulations! And Thank You for purchasing the **BODYCRAFT SPT V2 INDOOR TRAINING CYCLE**. The **SPT V2** is a high quality way to promote cardiovascular wellness and lower body strength conditioning .

For your safety and benefits, read this manual and the accompanying literature before using the **SPT V2 INDOOR TRAINING CYCLE**. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealers or our customer service department at 800-990-5556 Monday through Friday, 9:00 am until 5:00 pm Eastern Time.

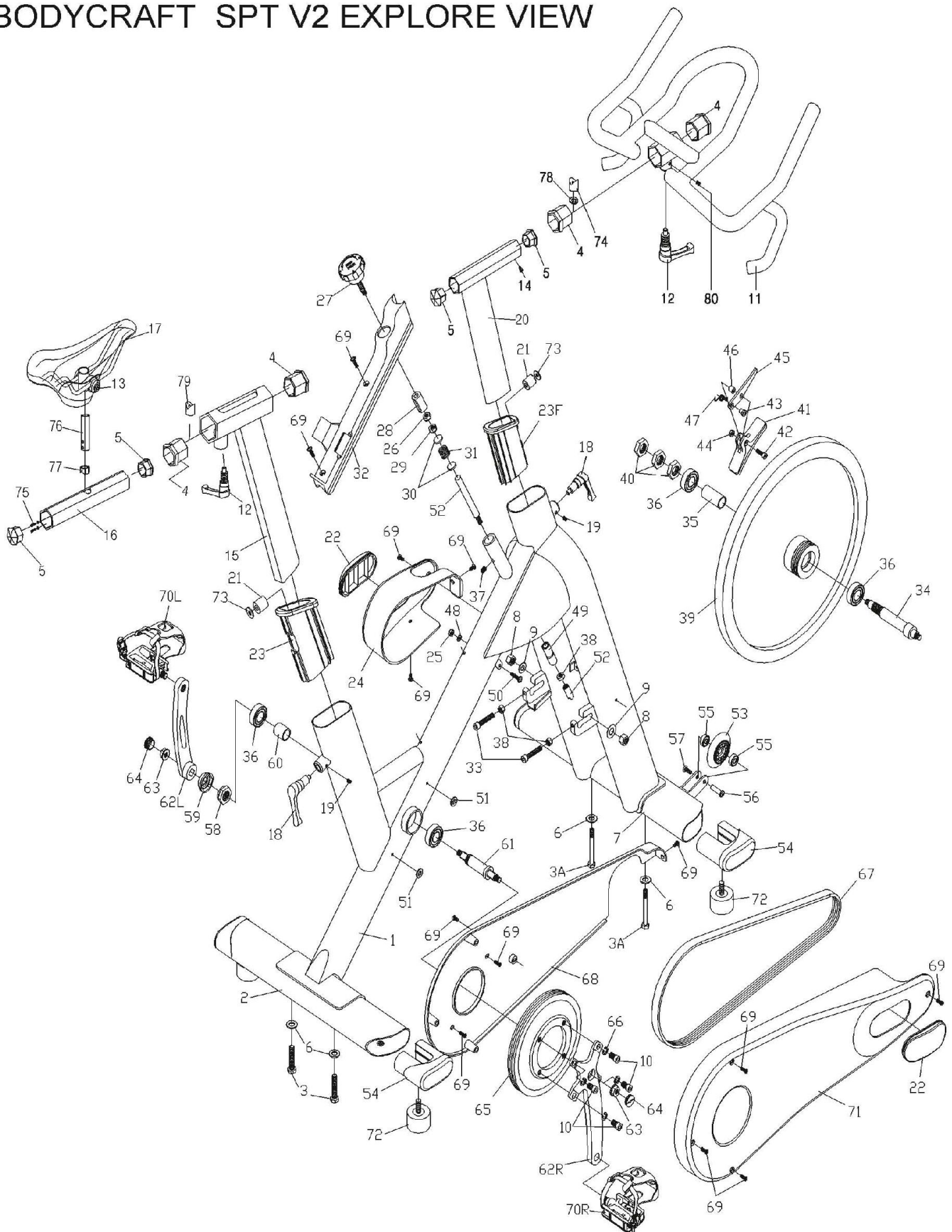
IMPORTANT SAFETY NOTES

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 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. This product must be assembled on a flat, level surface to assure its proper function.
2. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the **SPT V2 INDOOR TRAINING CYCLE** at all times.
4. Keep your hands away from flywheel and all moving parts.
5. Adjust seat and handlebars carefully. Be certain locking levers are securely tightened to avoid any slipping that could lead to injury.
6. Wear soft jogging shoes and put your foot as far forward as you can to toe-clip, use two hands to adjust the strap of pedal to tighten.
7. Do Not adjust Handlebar Stem and Seat Post beyond the marked **SAFETY LINE** Failure to do so may result in serious injury.
8. If unsure about the proper use of the **SPT V2 INDOOR TRAINING CYCLE** call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

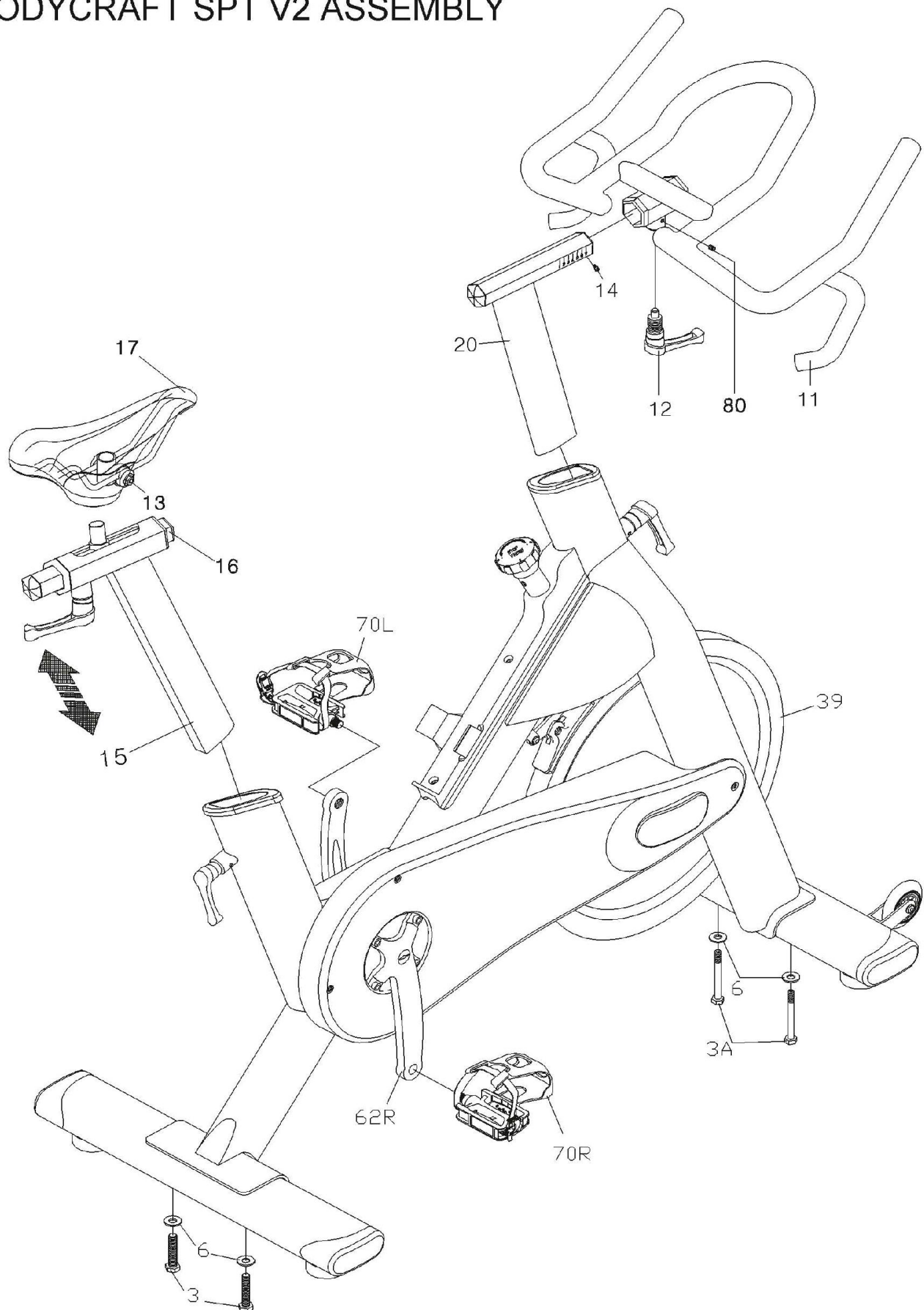
EXPLODED 1

BODYCRAFT SPT V2 EXPLORE VIEW



EXPLODED 2

BODYCRAFT SPT V2 ASSEMBLY



BODYCRAFT SPT V2 Parts List

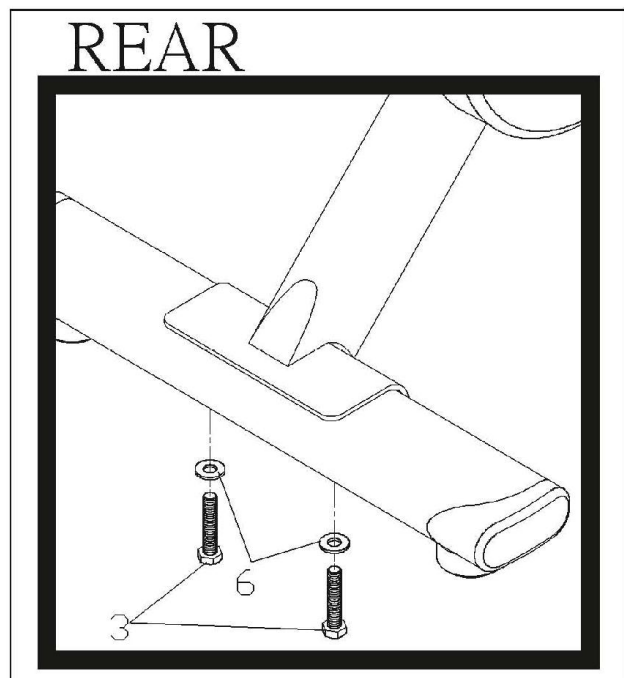
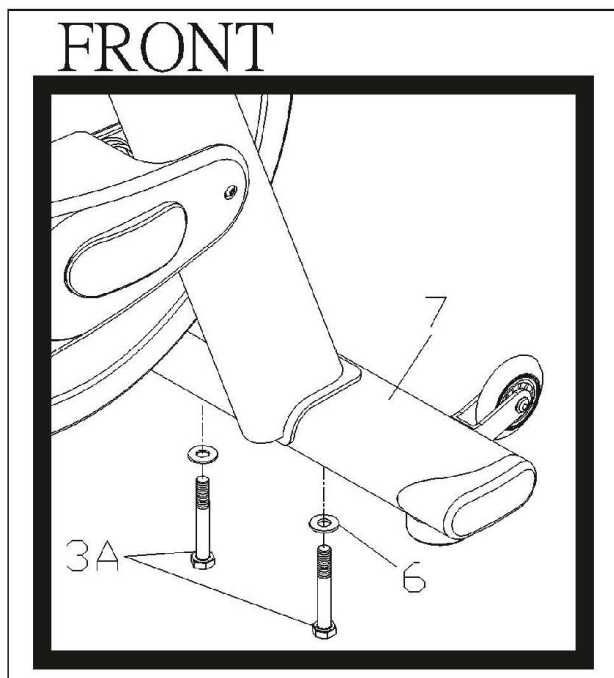
parts no.	description	q'ty
1	Main Frame	1
2	Rear Stabilizer	1
3	Rear Stabilizer fixed bolts	2
3A	Front Stabilizer fixed bolts	2
4	plastic sleeve .	4
5	Plastic end cap	4
6	Washer	4
7	Front Stabilizer	1
8	Fly Wheels Fixed Nut	2
9	Washer	2
10	bolts	4
11	Handlebar	1
12	Lock lever for HB and seat	2
13	Saddle clamp	1
14	Slider's safety stop screw	1
15	Seat Post	1
16	Saddle slider	1
17	Saddle	1
18	Lock Lever For Stem & Post	2
19	Set Screw	2
20	Handlebar Stem	1
21	Locking Piece	2
22	Pop cover	2
23F/23	Plastic Sleeve for H/T and	2
24	Left Cover	1
25	Nut	1
26	Nut	1
27	Adjust Knob	1
28	Floating Piece	1
29	Nut	1
30	Round steel plate	2
31	Spring	1
32	Integrated Plastic Bottle	1
33	Axles Adjusting Bolts	2
34	Fly Wheels Axle	1
35	Spacer	1
36	B.B & Fly Wheel Axle's	4
37	Floating piece set screw	1
38	Nut	3
39	Fly Wheel	1
40	Lock Nut	3

BODYCRAFT SPT V2 Parts List

parts no.	description	q'ty
41	Brake pad	1
42	Brake pad fixed screw	1
43	Bush	1
44	Nut	1
45	Brake Arm	1
46	Spacer	1
47	Lift spring	1
48	Washer	1
49	Stud B	1
50	Brake arms fixed Bolt	1
51	Washer	2
52	Stud A	1
53	Transportation wheel	2
54	Front Stabilizer End Cap	4
55	Bearing 608ZZ	4
56	Nut	2
57	Bolt	2
58	Axle Lock Nut	1
59	Dusty Cover	1
60	Spacer	1
61	B.B Axle	1
62L	Left Crank	1
62R	Right Crank	1
63	Flange Nut	2
64	Plastic cap	2
65	Driving Pulley	1
66	Spring washer	4
67	Belt	1
68	Inner Cover	1
69	Screw	13
70R/L	LU-214 alloy body w/ toe clip& strap.	1
71	Outer Chain Cover	1
72	Height Adjuster	4
73	Washer	2
74	Stem locking piece	1
75	Saddle stud fix screw	2
76	Saddle Rod	1
77	Saddle stud's plastic sleeve	1
78	Washer	1
79	Saddle slider's locking piece	1
80	Set screw	1

STEP 1 FRONT AND REAR STABILIZER

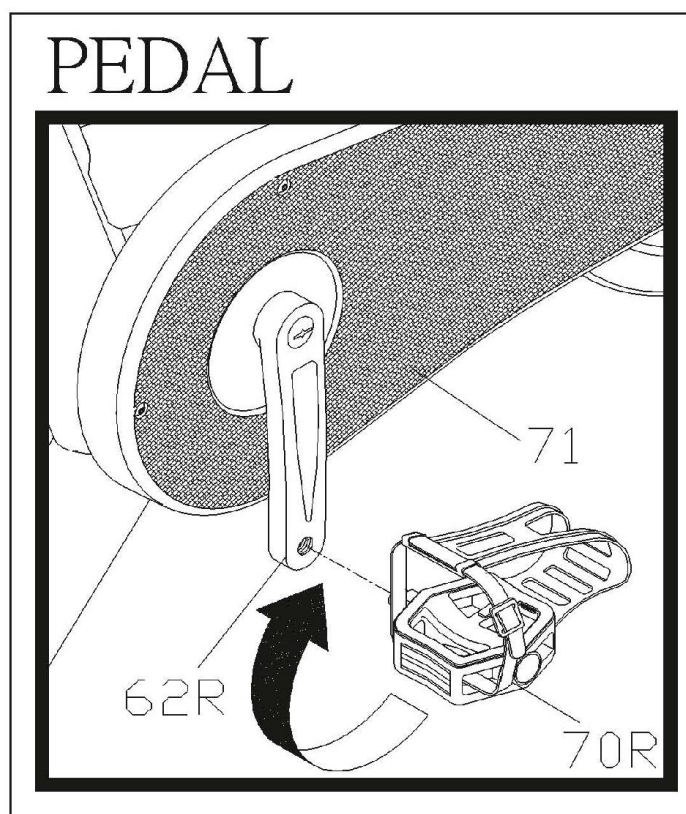
1. Attach the Front Stabilizer (7) to the Main Frame (1) on a flat level surface floor , using two M8 Dome Bolts (3A) , two M8 Washers (6).
2. Attach the Rear Stabilizer (2) to the Main Frame (1) , using two M8 X 4" Dome Bolts (3) ,two M8 Washers (6).
3. There are Height Adjuster (72) underneath the Rear End Caps (54) that need to be adjusted until the bike is totally stable on the floor.



STEP 2 PEDALS ASSEMBLY

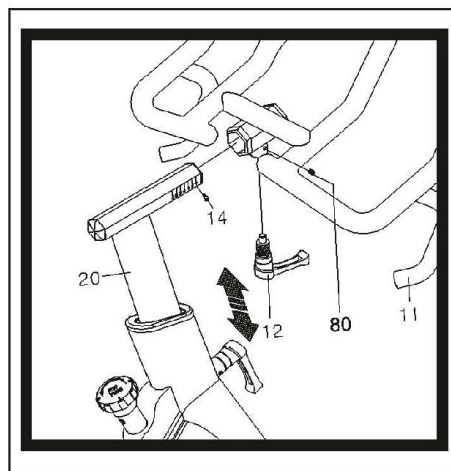
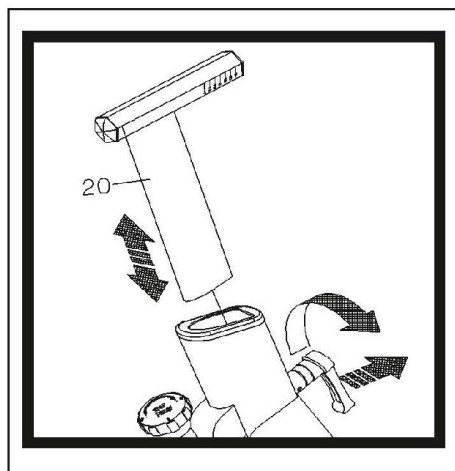
1. Carefully align the thread of the axle on the Right Pedal (70R) ("R" marked on the end of pedal axle). With threaded hole on the right crank arm and screw in clockwise by HAND. Tighten the pedal to the crank arm using a 15mm wrench.
2. Repeat the same procedure for the Left Pedal , but screw the Left Pedal (70L) in counter-clockwise.

IMPORTANT: First assemble pedals by HAND , not using a wrench. It is important to match thread exactly. Using a wrench to start the procedure can easily damage the crank threads. This problem is not covered under warranty.



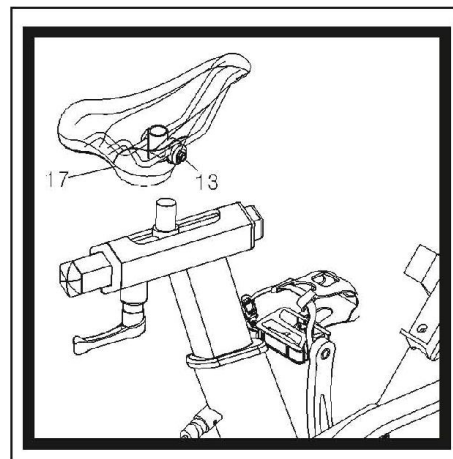
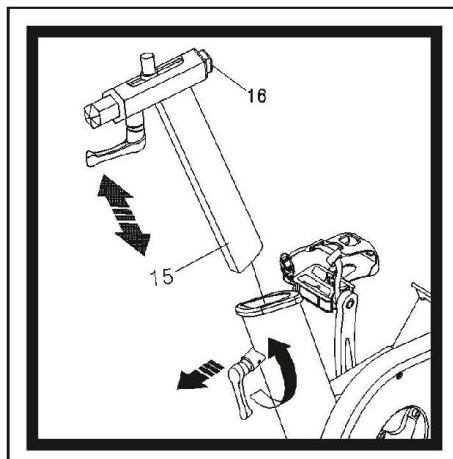
STEP 3 ASSEMBLE HANDLEBAR AND STEM

1. Insert the Handlebar Stem (20) into the Front tube of the Main Frame (1) . You will be able to adjust the height of the Handlebar Stem and then using the pre-installed Locking Lever (18). If you do not have room to turn the handle on the locking lever . It can disengage from the covered screw by simply pulling outward on the handle. Then place the handle where needed to complete tightening , release and it will be re-engage with the cover screw. ***Remember to not make any adjustment past the marked safety line.***
2. Remove the pre-installed Sliders Safety Screw (14) on the front of the Handlebar Stem (20) . Then slide Handlebar (11) into the Handlebar Stem. Re-insert the Sliders Safety Screw (14) and tighten . This Sliders Safety Screw (14) keeps the Handlebar from sliding all the way off.



STEP 4 SADDLE AND SEAT POST ASSEMBLY

1. Insert the Seat Post (15) into the rear tube on the Main Frame (1) . You will be able to adjust the height of the seat post and then tighten using the pre-installed Locking Lever (18). If you do not have room to turn the handle on the Locking Lever. It can disengage from the covered screw by simply pulling outward on the handle . Then place the handle where needed to complete tightening, release, and it will re-engage with the covered screw. ***Remember to not make any adjustments past the marked safety line.***
2. Attach the Saddle (17) to the top Saddle Rod (76) and tighten by nut (13) . Adjust the Saddle Slider's (16) to your desired position and tighten by Locking Lever (18).



Assembly is complete! Please take the following steps before using the Bodycraft SPT V2 INDOOR TRAINING CYCLE:

1. Make certain all bolts are tightened securely.
2. Seat Post (15) and Handlebar Stem (20) are adjusted to your personal desired height and locked with the Lock Lever (18). Note: You can pull the LockLever to position the lever away from the frame if needed. Then release the lever and screw tight.
3. Wipe sweat away after every use. Failure to do so may result in a rusty bike.
4. Do not over tighten the V-Block fixed screws (19) . The depth is preset at the factory. Over tightening can result in stripped threads.
5. Enjoy many years of a fit lifestyle!

Thank you for purchasing the BodyCraft SPT V2 Indoor Training Cycle. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.