

BODYCRAFT

T1000 Treadmill Owners Manual



Scan this QR code with your
Portable Device to link to
additional product information.
www.bodycraft.com/t1000-qr

OWNERS MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

CONGRATULATIONS! And THANK YOU for selecting the BODYCRAFT T1000 Treadmill! 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.

Your BODYCRAFT T1000 has all the quality and design elements to make your workout extremely efficient and comfortable. Your new Treadmill is a serious cardio fitness machine that will keep you motivated, challenged and within reach of your fitness goals. The BODYCRAFT T1000 will provide an efficient cardiovascular workout that will help improve energy levels and your quality of life. Cardiovascular training is vital for all ages and the BODYCRAFT T1000 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
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: T1000 Treadmill
Serial Number: TR _____

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.

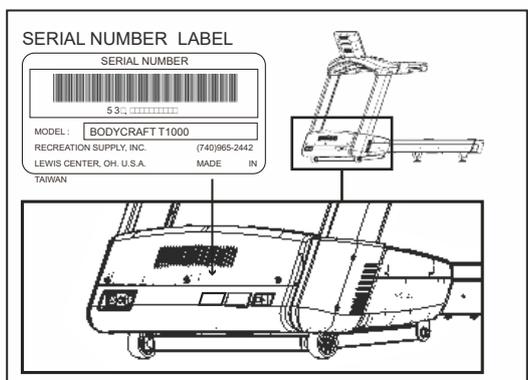


TABLE OF CONTENTS

Product Safety	3
Product Overview	5
Parts Identification Chart	6
Assembly Instructions	7
Console Operation Instructions	11
Warm Up and Cool Down	18
Maintenance	19
Part List	22
Exploded View	25
Product Warranty	27

PRODUCT SAFETY

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

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Treadmill.

1. Wear the safety cord and clip all times while using the treadmill. Always stand on the side rails before the treadmill starts.
2. Before beginning any exercise program on the treadmill, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight or pregnant, consult with your physician before beginning any exercise program.
4. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing.
5. Drink fluids if you exercise for twenty or more minutes on the treadmill.
6. Always follow the console instructions for proper operation.
7. This treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before servicing or moving the unit.
8. Close supervision is necessary when using this treadmill around children, pets, or disabled persons. Keep children & pets away from the treadmill. Hands and feet may get caught in the moving parts which could result in serious injury.
9. Never operate your treadmill if it has a damaged cord or plug, or if it is not working properly. Contact your authorized BODYCRAFT fitness dealer for service and repair.
10. Keep the power cord away from heated surfaces.
11. Never insert any objects into openings. Keep hands and feet away from all moving parts.
12. Use the handrails when getting on and off your treadmill.
13. Check the power requirement for your unit to see if it matches your local power outlet.
14. Do not operate the heart rate monitor transmitter together with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
15. Inspect this treadmill prior to exercising to ensure it is working properly. Always make sure all components are fastened securely.
16. This treadmill is intended for indoor use. Do not place the unit outdoors.
17. Place your treadmill on a solid, level surface when it is in use. Adjust the levelers at the rear of the treadmill if necessary.
18. Do not dismount the treadmill until it has come to a complete stop.
19. Make sure the running belt is at a complete stop before exiting the machine.
20. Do not operate if oxygen equipment is being utilized or if aerosol (spray) products are being used in the area.

21. Keep the treadmill away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.
22. To ensure proper functioning of your treadmill, do not install attachments or accessories not provided or recommended by BODYCRAFT.
23. Place the treadmill in an area that will meet minimum clearance requirements: Front & Sides: 1 ft / 30 cm, Back 6 ft. / 225 cm.
24. Always wear proper clothing and shoes when exercising on the treadmill.
25. Do not stand on the tread belt while performing auto-calibration.
26. Never walk or jog or run backwards on the treadmill.
27. Higher speed and higher incline is not for everyone. It is designed for occasional use of a skilled runner and may exceed many users' capabilities. Stop right away if you feel any discomfort.
28. Use this treadmill only for its intended use as described in this manual. User weight is not to exceed 500 pounds / 225 kilograms.
29. Do not remove the treadmill covers or other components. Only an authorized BODYCRAFT Fitness dealer should perform service.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord grounded plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

POWER REQUIREMENTS

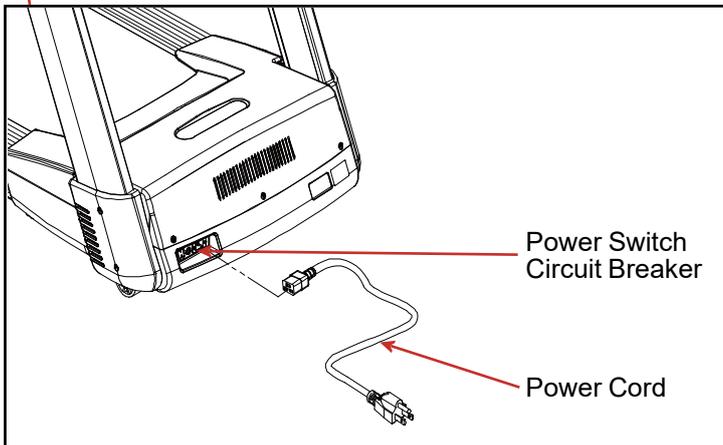
It is recommended that your treadmill be plugged into a dedicated 120 volt 20 amp circuit with a ground. In a commercial environment, this is required. The treadmill must be connected to a grounded receptacle having the same configuration as the plug. Improper connection of the grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with this product- if it will not fit the outlet, have a proper outlet installed by a qualified electrician. A power strip should never be used and extensions cords should be avoided, but we realize that in some cases an extension cord is needed. In this case, Appliance Grade extension cords are available at most if not all hardware stores. Buy only the minimum length required. We would avoid anything longer than 6 feet, Try to find one made with 12 gauge wire (3-wire is required). Do not use an adapter with your treadmill. To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after use and before cleaning.

SAFETY KEY CLIP & TETHER

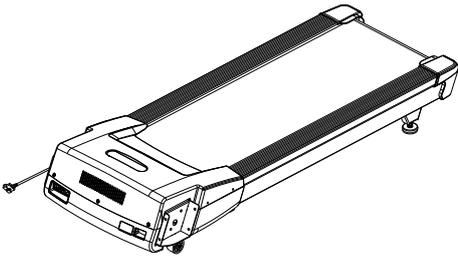
Your treadmill will not start unless the safety key is placed on the proper location of treadmill console. Attach the safety key clip properly onto your clothes before operating treadmill. In case of an emergency, pull the safety key off the treadmill, it will cut off the power to the console and stop the treadmill immediately. Place the safety key back in place, the treadmill will resume back to idle mode. Contact your dealer for a safety key replacement if you do not have one.

Retain this Owner's Manual for future reference.

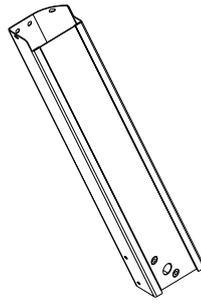
PRODUCT Overview



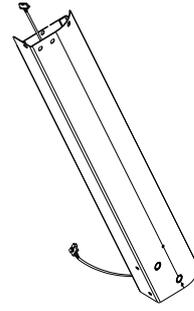
PRODUCT Hardware Identification



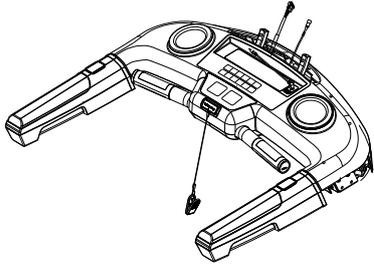
FRAME X1



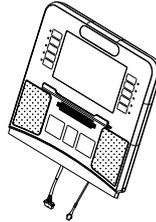
LEFT UPRIGHT TUBE X1



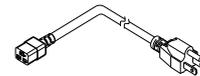
RIGHT UPRIGHT TUBE X1



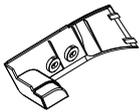
HANDRAILS AND CONTROL PLATFORM X1



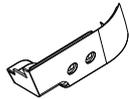
CONSOLE X1



POWER CORD X1



LEFT HANDLEBAR COVER X1



RIGHT HANDLEBAR COVER X1



LEFT UPRIGHT TUBE COVER X1



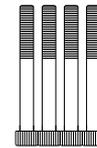
RIGHT UPRIGHT TUBE COVER X1



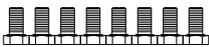
TWO-WAY AUDIO CABLE X1



M6X35L SCREW X2



M8X70L SCREW X4



M8X15L SCREW X8



M8X20L SCREW X8



M5X12L SCREW X4



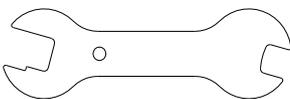
M5X113L TOOL X1



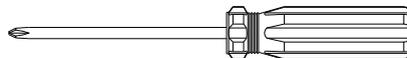
M6X191L TOOL X1



M8X180L TOOL X1



TOOL X1



TOOL X1

PRODUCT ASSEMBLY



Please DO NOT Tighten Bolts until told to do so.

1

8P

Be Careful to not Pinch Wires

2

4X

2X

TOOL

M6X191L

NO.152 M8X15L(4PCS)

NO.153 M8X70L(2PCS)

3

4X

2X

TOOL

M6X191L

NO.152 M8X15L(4PCS)

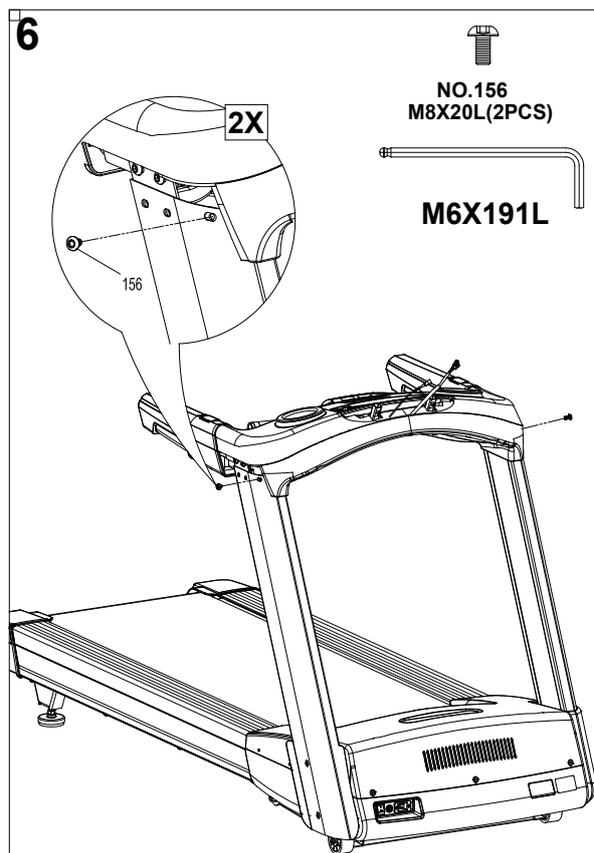
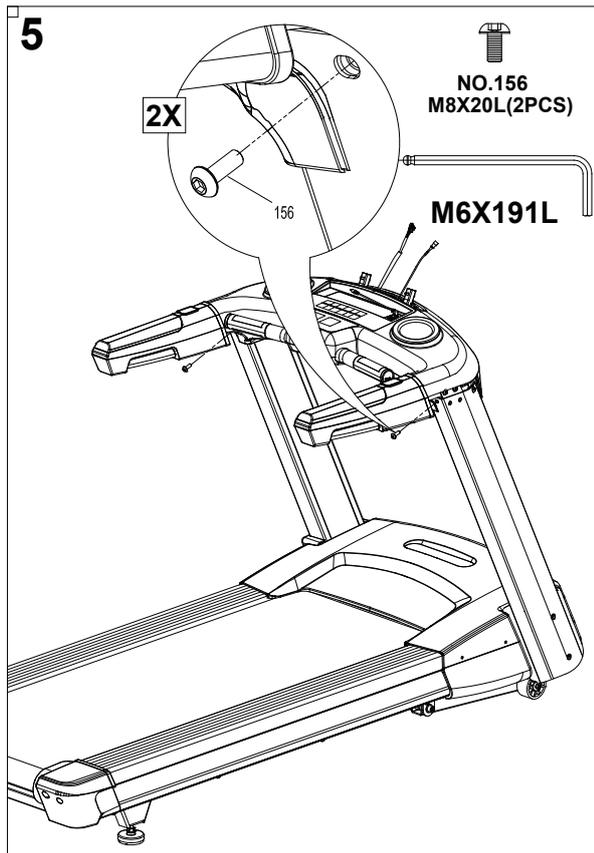
NO.153 M8X70L(2PCS)

4

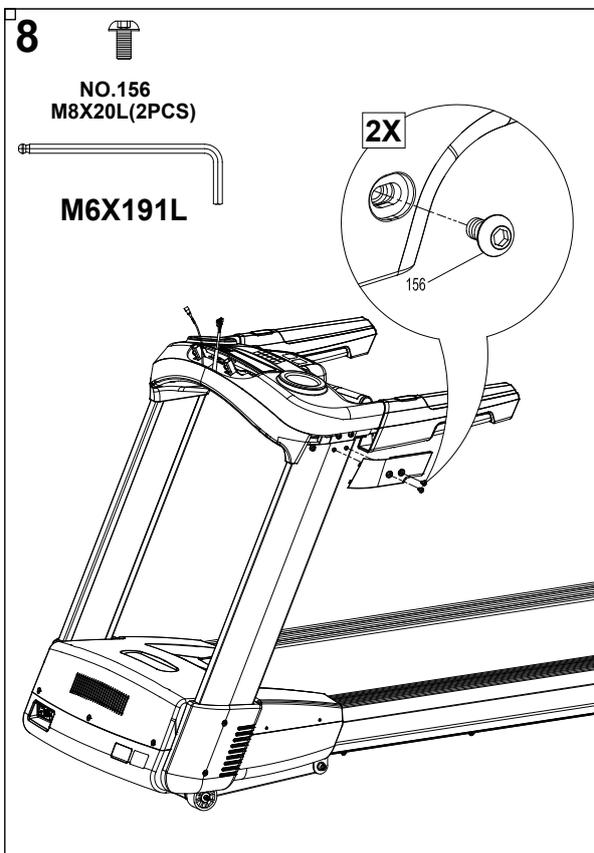
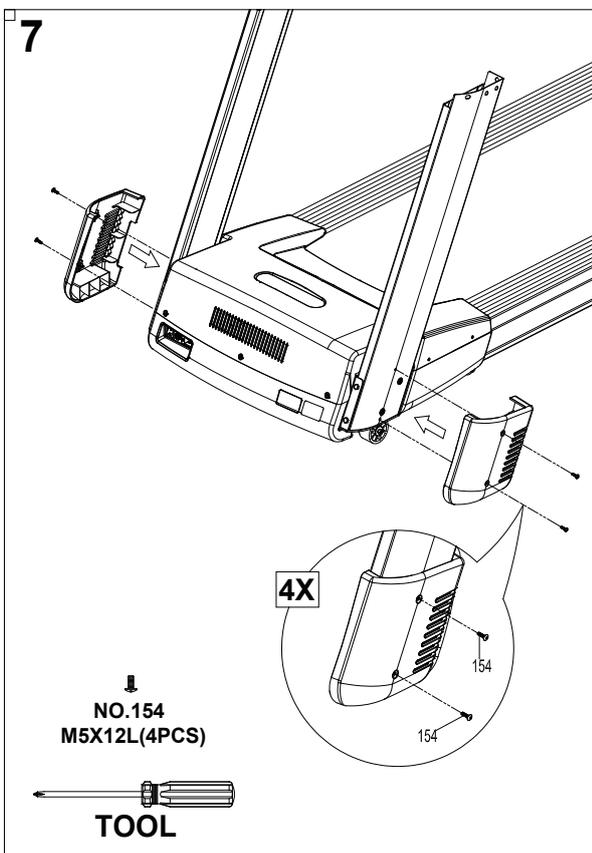
8P

Be Careful to not Pinch Wires

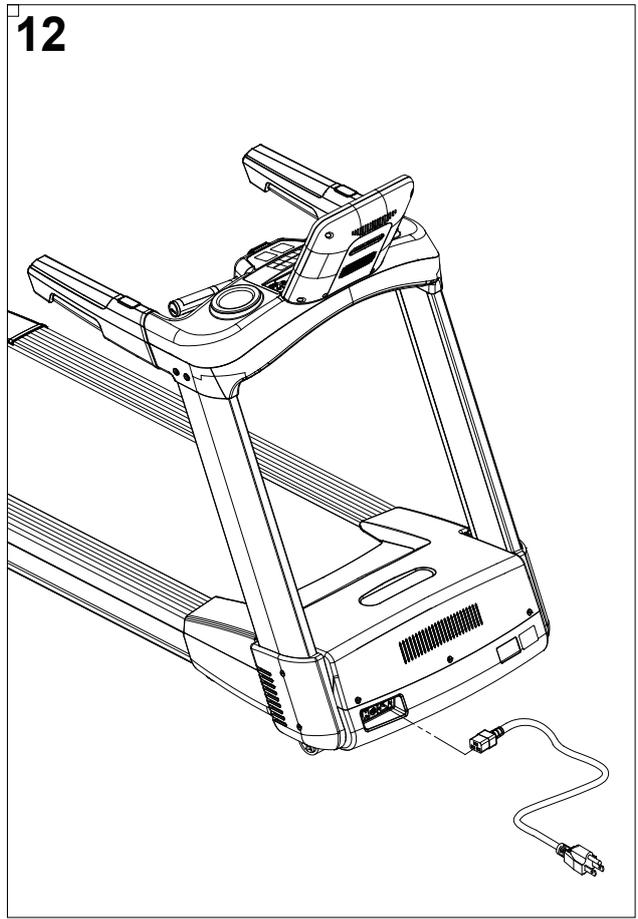
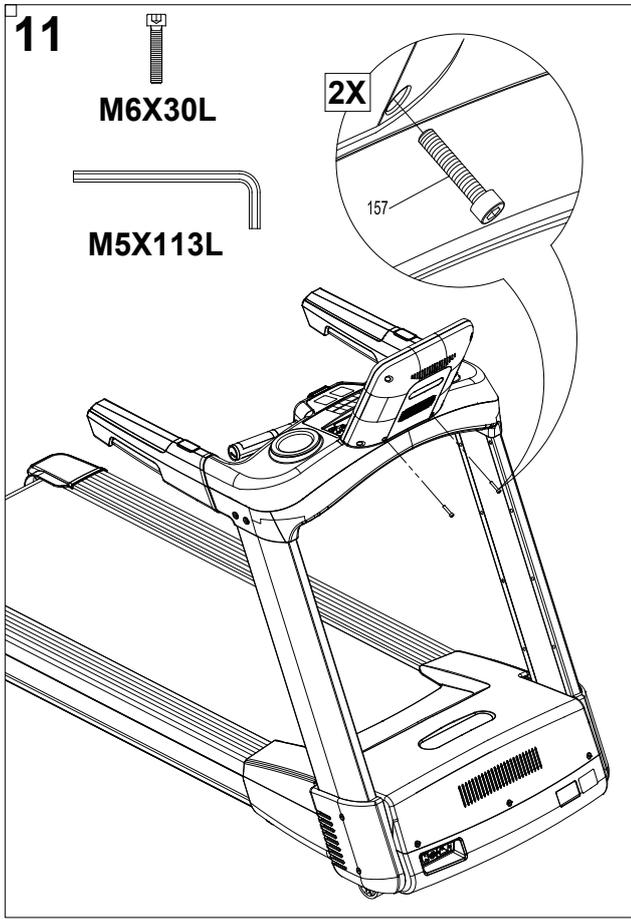
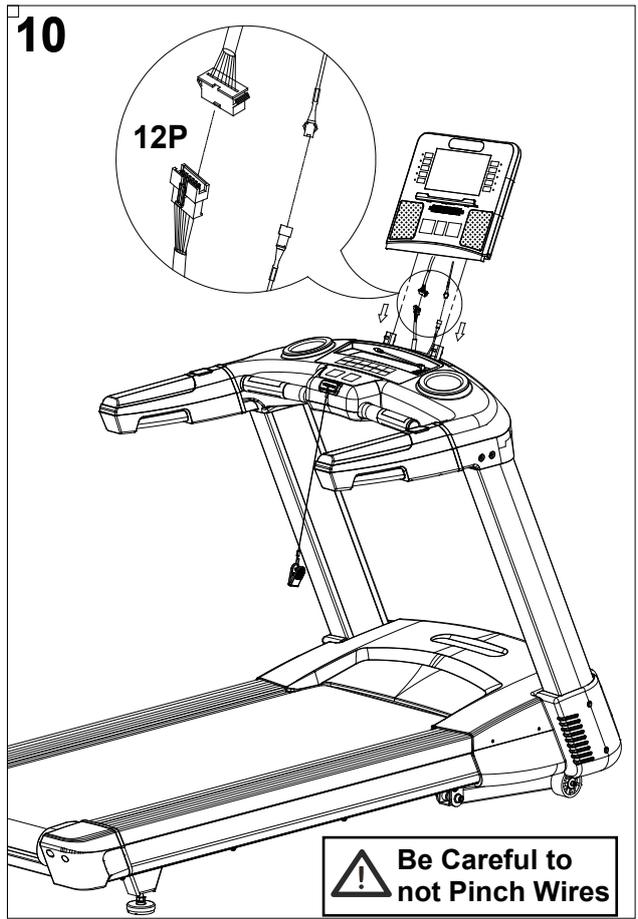
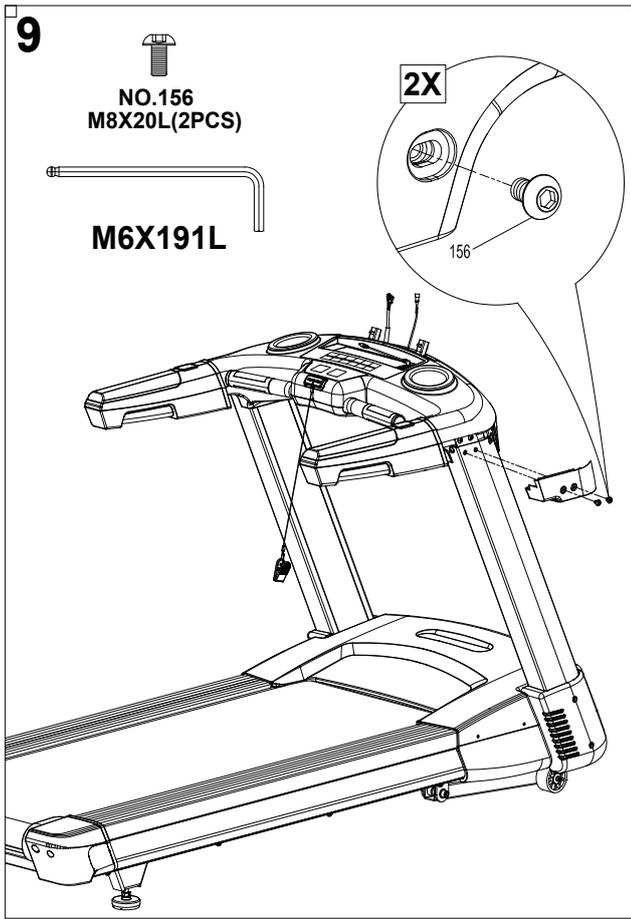
PRODUCT ASSEMBLY



**⚠ Please Tighten all Bolts at this time!
Then continue to step 7 below.**

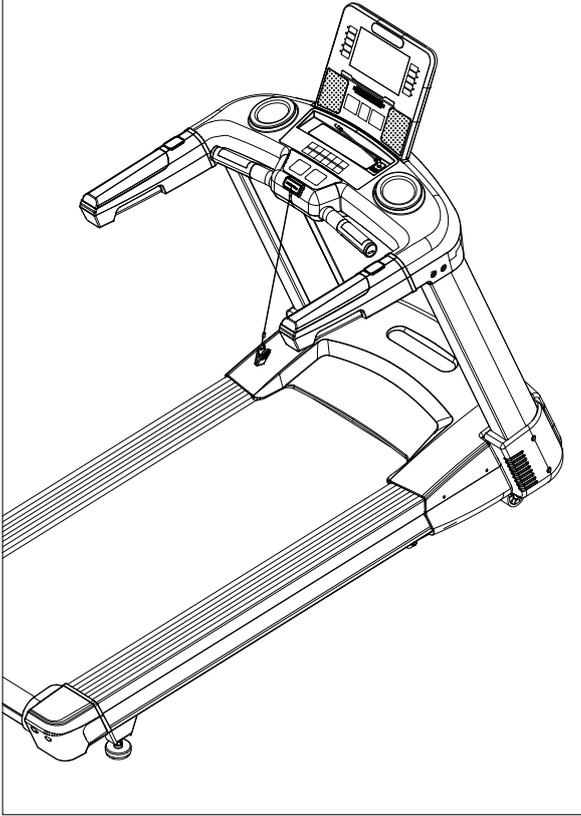


PRODUCT ASSEMBLY



 Please Tighten the remaining Bolts at this time.

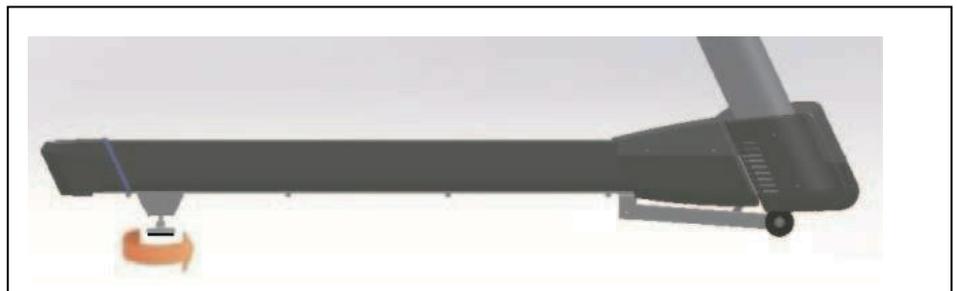
13



14. LEVELING THE TREADMILL

Sometimes floor surfaces are not level or even. Once your treadmill is in the desired location, take the time to ensure that it is stable. All four contact points should make contact with the floor (2 wheels at the front and 2 adjustable rear stabilizers). If necessary, adjust the height of the rear stabilizers by turning it clockwise or counterclockwise to either lower or raise the machine. Test by walking or running the machine to ensure that the treadmill is not rocking on your floor. It must be level and stable to operate properly and eliminate any undue wear and tear on the treadmill or your floor.

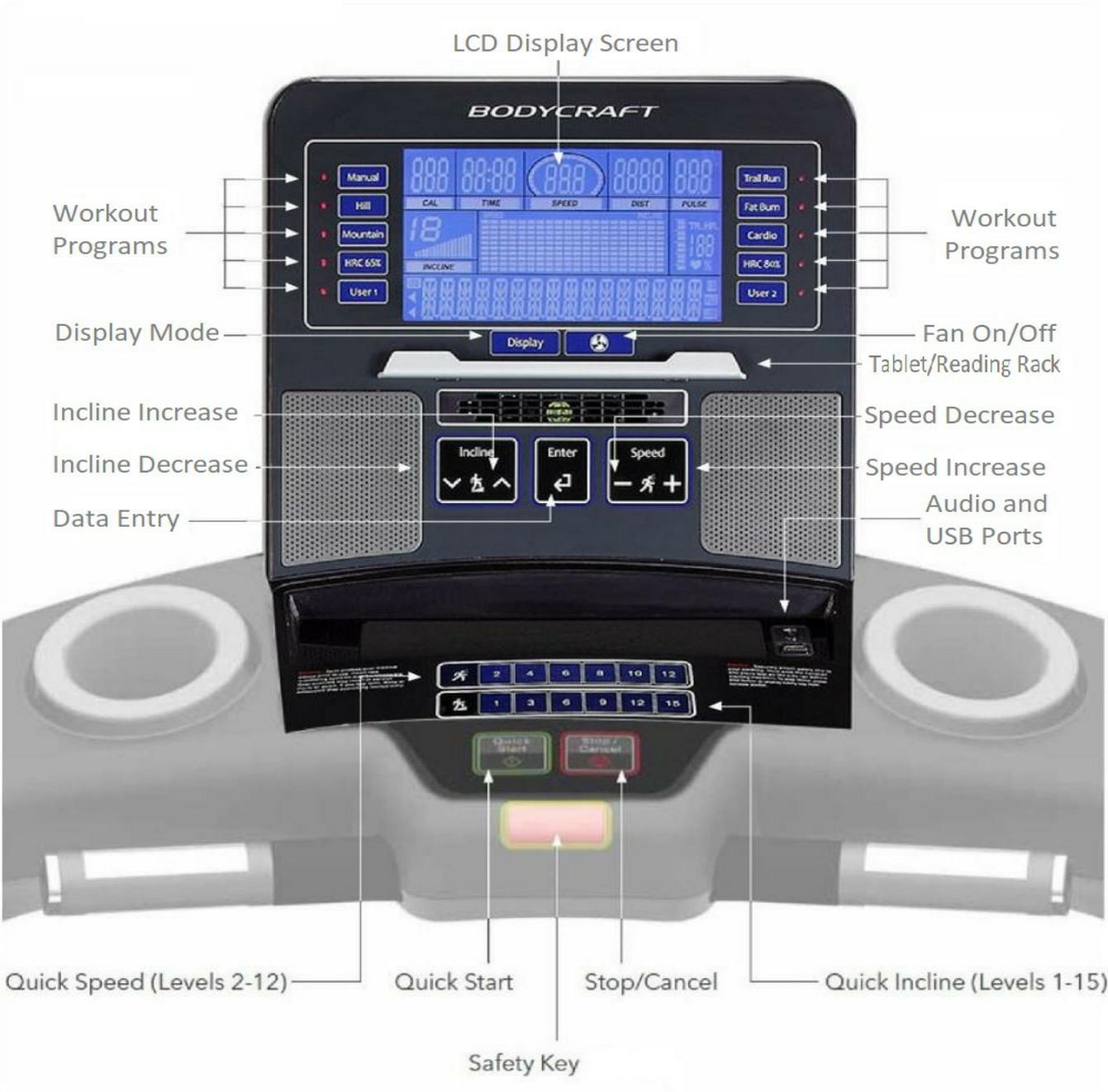
In some cases you may need to purchase an optional mat that will also help level all 4 contact points. Mats will also help reduce noise and can help to protect most types of flooring. If you wish to purchase a mat, contact the dealer you purchased the treadmill from or contact BODYCRAFT.



CONSOLE OPERATION INSTRUCTIONS

Please read this section thoroughly to familiarize yourself with the console layout. Practice using the console before you start in order to better understand the functions of your treadmill. Below is the console layout and detailed operation instructions.

Layout:





- **Dot matrix profile window:**

Displays program profile during program setting and executing. The program profile will vary depending on which program has been selected.

The Dot Matrix portion is a 20 x 10 grid. The vertical 10 segment portion represents the Speed or Incline level. You can toggle between the Speed and Incline profile by pressing the “DISPLAY” button. The word Speed or Incline will be illustrated for the profile level that is currently displayed on the screen. The Horizontal 20 segments represent the time; each segment time = total program time divided by 20 columns (except Quick Start program which represents 1 minute each). During exercising, a column of the grid will blink to indicate the time segment you are currently in and show your workout progress.

- **Data display windows:** During the workout there are 7 data display windows displaying CAL, TIME, SPEED, DIST, PULSE, INCLINE and HR%.
- **Alphanumeric display window:** this display will prompt instruction messages to assist you setting up the program and offer additional information during your workout.

Device Ports

Audio Input Jack

You may listen to an audio feed from your device (MP3 player, iPod.. etc., not included) through the built in speakers. A two way Audio Cable is included with your treadmill to facilitate this connection.

USB port

Charge your device (cord not included) and Console updates.



Note: Your media device compatibility with the Audio Tether and USB Charging will depend on the brand and model.

When listening to audio through the speakers, it may affect the charging function. Some unintended interference may also result in a diminished listening experience.

Keys

- **Quick Start 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.
- **Stop/Pause key:** Press this key once during exercise to pause the treadmill. Press this key the 2nd time to end the program and review summary. Press & hold this key for a few seconds to reset the console and back to idle mode.
- **Speed & Incline keys:** There are 2 sets of +, - keys (console & handrails) for each Speed & Incline. Use these keys to adjust the user settings during program as well as the Speed & Incline settings during exercise.
- **Enter key:** Used to confirm program and data entry.
- **Speed & Incline quick keys:** press these quick keys to rapidly change the Speed or Incline settings during exercise.

Basic Operation

- **Power up:** Locate the Power Cable attached to the front of the treadmill and plug it into a 120V, grounded wall outlet. Turn on the power switch. The treadmill console will wake up and get into idle mode. Always turn off the treadmill when not in use.
- **Pause a program:** Press Stop/Pause key to pause the treadmill, the motor will stop and the console will stop accumulating data. The pause time is 3 minutes. After that, the console will reset back to idle mode. Within pause mode, press START key to resume the program.
- **Power save function:** This treadmill is equipped with power save function. This means after 5 minutes of inactivity the treadmill will automatically power off. Press any key to wake up the console from power save mode.
- **Start a program:** To begin a workout program during idle mode, press the “Quick Start” key to quick start the program or any “Program” key to select a program and “Enter” key to confirm a program. Then follow the instruction on the alphanumeric window to set up the personal data. When finished entering data, press the “Start” key to begin the workout. (You may press “Start” 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:
 - Age – 30
 - Weight – 155lbs or 70kg
 - Program time – 30 minutes
 - Program goal for Manual program – Time
- **End a program and review summary:** When program time is reached, it will end the program and enter summary review mode. There are 60 seconds for you to review and record the workout summary before it resets and back idle mode.
- **Switching between English and Metric :** The default units setting is English. To switch this to Metric system, press and hold “ENTER” key in idle mode for 2 seconds to go to “unit setting mode”. When message window shows “SELECT UNITS” &, press “Speed +/-” key to switch and a “MILE” or “KM” indicator will show for the current setting. Afterwards press Enter key to confirm and Enter key again to get back to idle mode.

Workout Programs

In addition to the Quick Start function, there are 10 built-in program options for your selection: Manual, Hill, Mountain, Trail Run, Fat Burn, Cardio, HRC 65%, HRC 80%, User 1 & 2.

Quick Start: Pressing “Quick Start” 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 at any time by pressing “Stop/Pause” key to pause or end the program.

Profile programs: This group includes Manual, Hill, Mountain, Trail Run, Fat Burn & Cardio.

These programs are preset speed & incline profile programs and behave similar. When the desired program appears on the screen, press Enter key to confirm. Then follow the instructions to set up the user data and start the program. You may adjust the Speed or Incline by pressing Speed “+/-” or Incline” +/-“ key or quick key any time during program. The dot matrix profile will update accordingly.

- **Manual program:** The default speed for Manual program is 0.5mph and 0% incline. The program goal can also be switched from the default of Time to either “Distance or Calories”. During program setting, the goal that was last set (otherwise remains as “0”), will be the new default goal. Each of the new goals count down from the set target during the program.
- **All other programs:** There is a Max Speed setting for each program setup. You set the max speed you'd like and the program profile will be adjusted according to the new max speed. However, you can still increase the max speed manually for each individual segment during the program.

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.** It is recommended to use wireless heart rate chest strap rather than hand grip pulse sensors for this program.

The HRC 65% and HRC 80% programs are the theoretical 65% or 80% of your max HR. This number is calculated by using your age, calculated as $220 - \text{Age} = 100\% \text{ Max Heart}$, then you take a percentage of that number. (EXAMPLE: A 30 year old wanting to workout at 80% would be $220 - 30 = 190$, then you take the 190 and multiply it by the percentage, in this case 80% or .8 which equals 152.

If you wish to select a custom Target HR %: When adjusting the settings in either the HRC 65% or 80% programs, when to Alpha numeric displays your target HR based on age and %, "Target HR > xxx" you can change the target value by pressing the "+/-" keys.

Once the heart rate program begins, the console will take control and adjust the speed & incline automatically to ensure your target heart rate is achieved and maintained during the entire program. At any time during the HR program you may manually "override" the speed or incline, by pressing the respective "+/-" keys. The override will keep until the next target heart rate adjustment segment.

User 1 & 2 programs: These programs are the spaces for you to build your own workout profiles and store for future use. If you save a program before, you may recall it and press "Quick Start" key to begin immediately without the hassle of entering user information again because it has been stored along with the program profile you created.

To build your own profile, just follow the message prompts to set up your personal data. Once user data is set, you can then build the speed profile by adjust the speed setting in individual segment, press "Enter" to confirm the setting each time. After a few segments, if you want, you can press & hold the "Enter" key for a few seconds to bypass the rest of the speed profile and enter Incline profile building. As expected, the Incline profile building is the same as Speed profile building. Once the profile is set, the user information & profile is stored for future use.

Heart Rate Monitoring Device & 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. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage 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.
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. manmade fibers, can also be the cause. Please try wetting the T-shirt in the area where the transmitter is.

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 checkup 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.

WARMUP AND COOLDOWN

Warm up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

Suggested Stretching Exercises

HEAD ROLLS



Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

SHOULDER LIFTS



Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES



Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH



Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

TOE TOUCHES



Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCH



Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCHES



Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the

Remember always to check with your physician before starting any exercise program.

Cool Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool down lowers your heart rate and allows blood to return to the heart. Your cool down should include the stretches listed above and should be completed after each strength training session.

General Maintenance

CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. **Turn power switch to the “OFF” position and unplug electrical cord from the outlet before attempting maintenance.** Inspect unit for loose parts and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware as necessary.

After training, always wipe down your treadmill. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. A proper maintenance will extend the life and ensure a better performance of the treadmill.

Notes regarding the BODYCRAFT Running Belt:

You have a high quality, thick running belt on your treadmill. The belt has been on the treadmill, in a box, in a static position for a while, and will need to stretch a bit (a new belt needs a wear-in period). You may hear initial noise or thumping due lack of use for an extended period of time. Go ahead and put the belt through a few hours of rotation and exercise as usual. Any belt noise should subside. Check for alignment and tension in the early few hours of use for any initial adjustment requirements.

Overall Cleaning

Belt dust from a brand-new belt is normal. If you see black belt dust appears on the floor behind the treadmill simply wipe it up as it appears.

Dirt, dust, lint, hair and other small particles can partially block air flow in and around the treadmill. You should vacuum underneath and around your treadmill on a regular basis to minimize the negative impact on your treadmill.

The deck on your treadmill has a low-coefficient of friction and provides a very smooth running experience. However, those same particles you vacuumed from around and underneath your treadmill can accumulate in between the running belt and the deck. Keep this area clean with a soft rag, or cloth. Use a damp cloth to clean outer surface and console of the treadmill. **DO NOT USE PETROLEUM BASED PRODUCTS TO CLEAN ANY PART OF THE TREADMILL.** Use a clean, lint free, cloth to occasionally clean the deck surface.

Belt/Deck Maintenance

Belt Tension and Alignment Adjustment

Proper belt adjustment is important for smooth and safe operation of the treadmill. If the belt is too loose, you will feel a slight hesitation each time you take a step. The adjustment screws must be tightened evenly in order to adjust the belt properly. The adjustment screws are located at the rear of the treadmill in the end caps.

Both adjustment screws should be tightened 1/4 turn in a clockwise direction with a wrench and the belt checked for slipping after each adjustment. If the belt continues to slip, repeat this process until the belt stops slipping. Make sure to only turn the adjustment screws 1/4 turn each time until the slipping stops. This will insure that you do not over-tighten the rollers. Over-tighten the rollers may cause serious damage to the treadmill.

Belt Alignment

If the belt tracks too close to one side, loosen the adjustment screw on the opposite side, turning it counterclockwise 1/4 turn. Restart the treadmill and run it at 5 mph / 8 kph for 1 to 2 minutes to insure the belt will stay in the center. Repeat the procedure if necessary.

If noises develop or malfunctions occur, contact your authorized BODYCRAFT fitness



Lubrication

Lubrication to the deck is very important to your treadmill.

Your treadmill is equipped with a pre-lubricated low friction, reversible deck, that reduces the frictional forces working against the treadmill's drive motor. Over time, belt and deck wear due to regular use can increase friction forces and make your treadmill's motor work harder. This is true for any motor driven mechanical device. Keeping friction to a minimum helps extend component life. Additionally, nonuse of the treadmill for an extended period can lead to a dry deck. If the treadmill belt slows down very quickly after you have completed your workout, it may lack adequate silicone.

BODYCRAFT also provides a Lube Indicator LCD on your console indicating that belt lubrication is required. This is set at 3750 miles/6000 km at first time, 125 miles/200 km intervals from the second time. If you see this indicator pop up on the screen, please follow the lubrication instruction and lube that belt! Please be sure your **treadmill is powered off before performing this maintenance.**

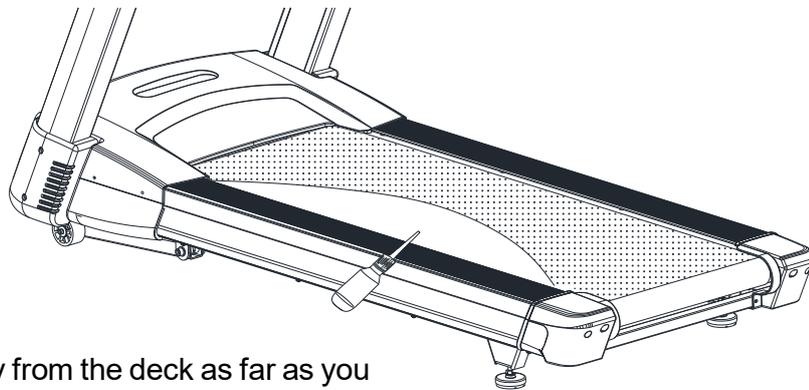


Lubricating the Belt and Deck

STEP 1: Clean the area between the deck and the belt as described on previous page. **STEP 2:** Locate the Silicone Oil Bottle . Lift the belt up and away from the deck as far as you can on the left side of the treadmill. Point the silicone bottle nozzle under the belt and lay a small bead of silicone on the deck, while moving down the deck continue holding the belt up as you go. Repeat the process on the right side of the belt. See below drawing

STEP 3: Turn the power to your treadmill on and walk on your treadmill at a low to moderate speed for 5 minutes to evenly distribute the silicone lubricant.

STEP 4: After STEP 3 is completed, press STOP for 5 seconds to return IDLE mode, the LUBE sign is now turned off.



Lift the belt up and away from the deck as far as you can and add 10 ml of silicone oil on the left side. Do the same thing for the right side.

Note: Lubricate deck only with the BODYCRAFT Lubrication Kit (which can also be purchased through the BODYCRAFT website.)

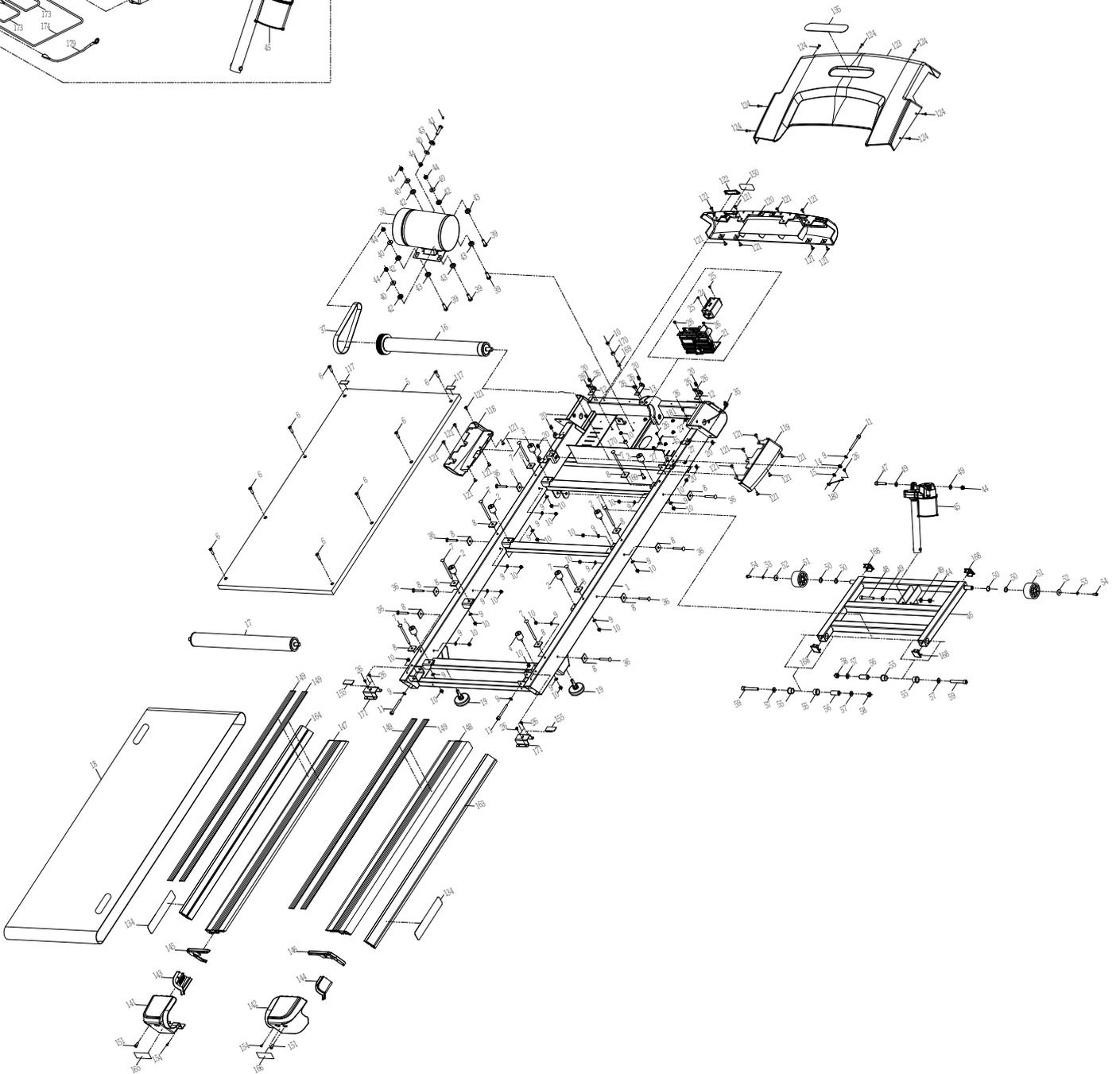
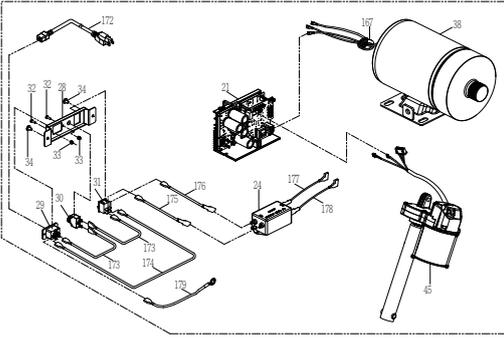
PARTS LIST

T1000 PARTS LIST					
Part #	Name	Qty	Part #	Name	Qty
1	Main Frame (T)	1	34	Screw M6 * 10	2
2	Rubber washer	4	35	Console Cable - Lower	1
3	Rubber washer	2	36	Screw M8*60L	8
4	Rubber washer	2	37	Pulley Ribbed Belt	1
5	Running Deck	1	38	AC. Driver Motor	1
6	Screw M8*1.25*30L	8	39	Screw M10*30L	4
7	Screw M8*120L	8	40	Flat Washer M10*25*2.5	5
8	Side foot rail fixing	16	41	Screw M10*50L	1
9	Flat Washer M8*16*1.2	21	42	insulation spacer(Upper)	4
10	Nylon Locknut (M8)	21	43	insulation spacer(Down)	5
11	Screw M8*1.25*90L	3	44	Nylon Locknut (M10)	7
12	Plate for motor cover	2	45	Power Incline Motor	1
13	Plate for motor cover	1	46	Front Incline Frame (T)	1
14	Nylon Locknut (M8)	1	47	Screw M10*50L	1
15	Flat Washer O8.3*O15*T0.8	1	48	Screw M10*70L	1
16	Front Running Belt Roller	1	49	Flat Washer M10*21*2.0	4
17	Rear Running Belt Roller	1	50	Flat Washer 18.6*24*0.3T	4
18	Running Belt	1	51	Moving Wheel	2
19	Adjust foot glide	2	52	Flat Washer M8*28*1.5T	2
20	U shape clip	7	53	Flat Washer M8	4
21	Inverter	1	54	Screw M8*15L	2
22	Computer surface button membrane	1	55	Bushing	4
23	Computer start&stop button membrane	1	56	Incline frame bushing	2
24	Filter	1	57	Flat Washer M12*24*2.5T	4
25	Screw M4*8L	2	58	Nylon Locknut (M12)	2
26	Screw M5*10L	15	59	Screw M12*80L	2
27	Grounding sticker	3	60	Arm (Left and Right)	2
28	Plate for switch	1	61	Left foam arm	1
29	Power (Kettle) Socket	1	62	Right foam arm	1
30	Circuit Breaker Module	1	63	Left arm- top	1
31	On/Off Rocker Switch	1	64	Right arm- top	1
32	Screw M4 * 12	2	65	Left arm- upper	1
33	Nylon Locknut (M4)	2	66	Right arm- upper	1

Part #	Name	Qty	Part #	Name	Qty
67	Arm button nameplate / Incline	1	100	Safe key sticker	1
68	Arm button nameplate / Speed	1	101	USB symbol Sticker	1
69	Arm button connect cable (Left)	1	102	Computer surface button nameplate	1
70	Arm bottom connect cable (Right)	1	103	Computer start&stop button nameplate	1
71	Left arm decoration ring	1	104	Anti slip rubber sticker	1
72	Right arm decoration ring	1	105	Safe Key rack	1
73	Arm bottom PC board	2	106	Screw M3*8	2
74	Screw M2.3*6L	4	107	Earphone plug- male	1
75	Screw M6*8L	6	108	Earphone plug	1
76	Screw M4*15L	11	109	Foam	2
77	Screw M5*12L	6	110	Safe key assembly	1
78	Screw M6*35L	4	111	safe key-upper (Yellow)	1
79	Screw M5*12L	6	112	safe key - top (Red)	1
80	Console base cover - lower	1	113	safe key-bottom (Yellow)	1
81	Top Console Support & Handlebar (T)	1	114	Safe key clip + cotton string	1
82	Hand grip	2	115	Screw M2*5L	4
83	Hand Pulse Sensor	2	116	Screw M4*12L	12
84	Aluminum cover	2	117	Foam	2
85	Hand pulse cover	2	118	Motor cover - Left	1
86	Sticker	2	119	Motor cover - Right	1
87	Hand Pulse Sensor Wire	1	120	Motor cover - front	1
88	Screw Ø8*M6*18.5L	4	121	Screw M6*12L	20
89	USB PC Board	1	122	Cover	1
90	USB connect cable	1	123	Motor cover - top	1
91	Screw M2.6*8L	6	124	Screw M5*25L	7
92	Break-out board	1	125	Left Upright Post (T)	1
93	Console cable- lower	1	126	Right Upright Post (T)	1
94	Console Cable - Upper	1	127	Console base cover - Left	1
95	Screw M8*100L	2	128	Console base cover - Right	1
96	Receiver build in	1	129	Console base inside cover - Left	1
97	Console base cover - upper	1	130	Console base inside cover - Right	1
98	Mechanical safe key	1	131	Left upright post cover - lower	1
99	Water Bottle Holder	2	132	Right upright post cover - lower	1

Part #	Name	Qty	Part #	Name	Qty
133	Console Cable - Mid	1	165	Sticker - Left rail cover (rear)	1
134	Sticker	2	166	Sticker - Right rail cover (rear)	1
135	sticker	1	167	Ferrite	1
136	Console	1	168	End Cover	4
137	Maintenance Cover	1	169	Screw M8*25L	2
138	Screw M4*12L	4	170	Motor location bushing	2
139	Connect Cable - Earthing	1	171	Strengthen plate for rear rail cover	2
140	sticker	2	172	Power Cable	1
141	Left rail cover (rear)	1	173	Connect Cable	2
142	Right rail cover(rear)	1	174	Connect Cable	1
143	Left Side Panel (Plastic)	1	175	Connect Cable	1
144	Right Side Panel (Plastic)	1	176	Connect Cable	1
145	Left side rail ring (rear)	1	177	Connect Cable	1
146	Right side rail ring(rear)	1	178	Connect Cable	1
147	Left top side rail	1	179	Connect Cable	1
148	Right top side rail	1	180	Connect Cable	1
149	Aluminum rail	4	181	PVC Strip	1
150	Sticker	1			
151	Screw M8*16L	2			
152	Screw M8*15L	8			
153	Screw M8*70L	4			
154	Screw M5*12L	6			
155	Foam	2			
156	Screw M8*20L	8			
157	Screw M6*35L	2			
158	Safety Key Limit Switch	1			
159	Cable For Safety Key Limit Switch	1			
160	Screw M3*16L	2			
161	Antistatic Board	1			
162	Warning label	1			
163	Right upper side rail	1			
164	Left upper side rail	1			

EXPLODED VIEW 2/2



PRODUCT 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 or call our customer service department at 800-990-5556.

Residential Warranty: Lifetime Frame, [10] Year(s) Parts and [2] Year(s) Labor.

Commercial Warranty: [10] Year(s) Frame, [5] Years Parts and [1] Year 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.