T400DC Treadmill

Scan this QR code with your Portable Device to link to additional product information. www.bodycraft.com/t400-qr.html

Owners Manual
Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting a BODYCRAFT Treadmill. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

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

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new T400DC Treadmill is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which 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.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST  
Email: service@bodycraft.com

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.

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: T400 Treadmill
Serial Number: 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.
Energy Saving function: These treadmill consoles are equipped with power saving function. This means after 10 minutes of inactivity; the treadmill will automatically power off. Press any key on the dash board to wake up the console from power save mode.
PRODUCT SAFETY

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

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 12” (.3m), Sides: 24” (.6m) & Back 79” (2m)

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 T400DC only for its intended use as described in this manual. User weight is not to exceed 350 pounds / 159 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 plug it into a Dedicated 120V/15A for home (120V/20A for commercial applications with the T1000AC & T800DC units). 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

- Console
- Water Bottle / Accessory Holder
- Grip Pulse Handrails
- Quick Speed Controls
- Quick Incline Controls
- Emergency Stop Key and Safety Clip
- Console Support Posts
- Motor Cover
- Side Rail Caps
- Side Rails
- Running Belt / Running Deck
- Rear Roller Adjustment Screw
- Power Switch
- Circuit Breaker
- Power Cord
**PRODUCT SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Physical Dimensions</th>
<th>Shipped Dimension Box 1</th>
<th>Shipped Dimension Box 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>80.3&quot;/204cm</td>
<td>90.5&quot;/230cm</td>
</tr>
<tr>
<td>Width</td>
<td>35.6&quot;/90.5cm</td>
<td>38&quot;/97.5cm</td>
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<tr>
<td>Height</td>
<td>59.3&quot;/150.6cm</td>
<td>13.7&quot;/35cm</td>
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<tr>
<td>Weight w/ console</td>
<td>254lb/115kg</td>
<td>282lb/127.7kg</td>
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</table>

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**UNDER THE HOOD**

- Powerful Low Maintenance Industrial 3 HP DC Drive Motor - (Speed Range 0.5 - 11 mph)
- Industrial Incline Motor Operates on a Planetary Gear System for High Torque and Low Motor Load for a Lifetime of Use - (Incline Range 0 - 15°)
- Heavy Duty Motor Control Lower Board Designed for both Walkers and the Most Aggressive Runners
- Hutchinson Kevlar Reinforced Drive Belt for Long Life and Virtually Maintenance Free Operation
- Precision Balanced, Sealed Bearing 2.5" Crowned Front and Rear Rollers for Smooth Operation Long Walk Belt Life
## Parts Identification Chart

- **Main Base Frame**
  - (In Box #1)
  - Total 1 each

- **Upright Tube - Left**
  - Total 1 each

- **Upright Tube - Right**
  - Total 1 each

- **Handrails & Control Platform**
  - (In Box #1)
  - Total 1 each

- **Console (In Box #3)**
  - Total 1 each

- **Upright Tube Cover - Left**
  - Total 1 each

- **Upright Tube Cover - Right**
  - Total 1 each

- **Handlebar Cover - Left**
  - Total 1 each

- **Handlebar Cover - Right**
  - Total 1 each

- **Power Cord 120v**
  - Total 1 each

- **M5 x 20mm L**
  - Phillips Head Screws
  - Total 4 each #150

- **M8 x 16mm L**
  - Allen Head Bolts
  - Total 16 each #72

- **M6 x 35mm L**
  - Allen Head Bolts
  - Total 2 each #149

- **6mm x 103mm L**
  - Allen Wrench & Screwdriver

- **5mm x 113mm L**
  - Allen Wrench

- **6mm x 191mm L**
  - Allen Wrench
Please hand tighten all bolts until finished with Step #9

**Step #1**

Be careful to not pinch wires.

**Step #2**

M8 x 16mm L Allen Head Bolts
4 each #72

6mm x 191mm L Allen Wrench

**Step #3**

M8 x 16mm L Allen Head Bolts
4 each #72

6mm x 191mm L Allen Wrench

**Step #4**

Be careful to not pinch wires.
PRODUCT ASSEMBLY

Please Hand Tighten All Bolts Until Finished With Step # 9

Step # 5
Requires two persons due to the weight and wire-harness connections to be done at the same time.

*Note: Please be careful of pinching the wires and your fingers.*

**CAUTION**
TWO PERSON LIFT REQUIRED

Pinch Point
Keep hands clear of edges

Step # 6

M8 x 16mm L Allen Head Bolts
2 each #72

6mm x 191mm L Allen Wrench

Step # 7

M8 x 16mm L Allen Head Bolts
2 each #72

6mm x 191mm L Allen Wrench

Be Careful To Not Pinch Wires
Step # 8
M8 x 16mm L
Allen Head Bolts
2 each #72

Step # 9
M8 x 16mm L
Allen Head Bolts
2 each #72

Step # 10
M5 x 20mm L
Phillips Head Screws
Total 2 each #150

Step # 11
M5 x 20mm L
Phillips Head Screws
Total 2 each #150

Please Tighten All Bolts at this time!
Then continue to Step #10 below.
Step # 12

Be Careful To
Not Pinch Wires

Step # 13

M6 x 35mm L
Allen Head Bolts
Total 2 each #149

5mm x 113mm L
Allen Wrench

Step # 14

Install Power Cord into power socket

Step # 15

Install Emergency
Stop Key into dash

Please Confirm All Bolts are Tightened at this time!
**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.

**SPACING REQUIREMENTS**

BODYCRAFT recommendation is to leave a minimum of a 79 inches (2m) safety zone at the rear of the treadmill, 24 inches (0.6m) on each side of the treadmill and 12 inches (0.3m) in front of treadmill.

**U.S. and other regions:** The ASTM International (ASTM ) F2115 - 12 Standard recommends the minimum dimensions to be 1.64 ft. (0.5 m) on each side of the treadmill and 6.5 ft. (2 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.

**EU:** The European EN ISO 20957 Safety Standard requires a 6.5 ft. (2 m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.

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**BODYCRAFT.COM**
When you need more room in your home or simply want to move your treadmill to another location, it is very easy to do so with our exclusive Fold-N-Go Feature.

**Warning!!** Before folding the treadmill, make sure the running surface has come to a completed stop and it is at 0° incline or horizontal position. **Do not operate a folded treadmill.**

**Step 1:** While using the proper lifting technique (bend at your knees, use your legs to lift the treadmill, not your back), firmly grab the treadmill deck with both hands, at the side rail ends.

**Step 2:** Lift the deck upward.

**Step 3:** Continue lifting the deck. You will feel the assistance from the cylinder. Lift the deck until it locks in place. You should be able to see and hear it lock. To verify the cylinder is locked, simply pull down on the deck. The deck should not move. Your treadmill will remain locked in the upright position.

**CAUTION:** *Do not grab the belt itself, as it may roll and you may lose your grip.*

**Warning!!** When treadmill is folded, be cautious with young adults, children and pets playing on, around or underneath the treadmill.

16. **MOVING THE TREADMILL**
This treadmill is equipped with very easy to move transportation system. With the treadmill locked in the folding position, there are now 4 wheels on the ground. You should be able to grab the treadmill and push it wherever you would like.
UNFOLDING THE TREADMILL

Step 1: With the treadmill in a folded position, firmly grab the treadmill deck with both hands at the side rail ends.

Step 2: Slightly push UP on the treadmill deck and use your foot to push forward on the upper part of the locked cylinder. While continuing to press on the cylinder with your foot, release your upward effort and move your hands away from the deck.

Step 3: The cylinder is now unlocked and the deck will begin lowering to the floor slowly. Step back out of the way as the deck lowers to the floor. Your treadmill is now in place and ready to use. No locking is required.
Please read the console operational instructions thoroughly and get familiar with the console layout. Practice using this console before you start to get a better understanding of the functions. Below are the console layout and detailed operational instructions.

At Installation: The console needs to be paired with the treadmill product model correctly to ensure smooth operation. When the console is powered on the first time, it needs to be calibrated. Please follow the message window prompts to calibrate before use.

To power up the treadmill, locate the power cord attached to the front of the treadmill and plug it into a Dedicated 120V/15A for home use (120V/20A for commercial applications on the T1000AC or T800DC units) with a grounded wall outlet. Turn on the power switch to wake up the treadmill and go into the idle mode.

Always turn off the treadmill after hours when not in use.

At Installation: The console needs to be paired with the treadmill product model correctly to ensure smooth operation. When the console is powered on the first time, it needs to be calibrated. Please follow the message window prompts to calibrate before use.
CONSOLE OPTIONS

16" SmartTouch Console
- 16" TFT Touchscreen
- CSAFE Compatible
- USB Input - Power Charging - Software Updates - MP3/MP4 Player
- Headphone Jack - 3.5mm Line Out
- SR6 Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver - Wahoo Compatible
- Bluetooth Audio
- 3 Speed Tiltin Fan
- 30 Programs and 10 Favorites for Each User
- 6 Custom User Profiles - Stores Comprehensive Data
- WiFi & Ethernet Connectivity, Media Includes - YouTube, Chrome, Facebook, Pinterest, Instagram, Twitter, Music, Video, HDMI, Screen Mirroring

10" SmartTouch Console
- 10" TFT Touchscreen
- CSAFE Compatible
- USB Input - Power Charging - Software Updates - MP3/MP4 Player
- Headphone Jack - 3.5mm Line Out
- SR6 Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver - Wahoo Compatible
- Bluetooth Audio
- 3 Speed Tiltin Fan
- 30 Programs and 10 Favorites for Each User
- 6 Custom User Profiles - Stores Comprehensive Data
- WiFi & Ethernet Connectivity, Media Includes - YouTube, Chrome, Facebook, Pinterest, Instagram, Twitter, Music, Video, HDMI, Screen Mirroring

9" Blu-View Console
- 9" Backlit LCD
- CSAFE Compatible
- USB Input - Power Charging - Software Updates - MP3/MP4 Player
- SR6 Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver
- 3 Speed Tiltin Fan
- 16 Programs
- 2 Custom User Profiles - Stores Comprehensive Data

See Console Owners Manual for complete details.
**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 3’ feet of the console, and a minimum of four feet from others using a heart rate monitoring device. This BODYCRAFT unit is also equipped with BLE, ANT+, as well as 5K heart rate receivers.

*Note: The Transmitter may fluctuate erratically if you are too close too the hear-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.
PREVENTIVE MAINTENANCE

The responsibility of the owner not cover under warranty.

(Example of changing oil and rotating tires on new car.)

To maximize life your treadmill, and minimize downtime, all BODYCRAFT commercial equipment requires regular cleaning, and maintenance items performed on a scheduled basis. Always unplug the power cord from the wall before servicing near potential moving parts or under the hood. ONLY qualified service professionals or BODYCRAFT dealers should remove the motor hood.

Service icon on the display

- A service Icon on the console will turn on the first time at 3,750 miles/6,000 km to remind the owner that maintenance is needed. After service is completed, press STOP for 5 seconds to return IDLE mode. Then 250 miles/400 km intervals for the remainder of the running belt / deck life.

Daily Maintenance Items

- Clean entire machine using water and mild detergent such as "Simple -Green" (cleaning agents should be alcohol and ammonia free), including console, handlebar / grip area and running belt.
- Check Emergency Stop Key and tether cord for proper operation.

Monthly Maintenance Items

- Vacuum under treadmill and wipe off all dirt around rollers & belt/deck areas.
- Inspect power cord for damage, inspect hand grip areas. and inspect the Emergency Stop tether cord.
- Check running belt for proper tension, adjust if needed. It is especially important to check the running belt for tension after the first 30 days of usage. All new belts will stretch, and belt slippage can be detected by users if the running belt does not have the proper tension.

Quarterly / Semi-Annual Maintenance Items

- Unplug the power cord from the wall, then remove the front plastic cover, and vacuum entire inside area of the machine - be careful when working around the lower PC board not to bump any wires or connections loose.
- Check drive belt for visible wear, i.e., cracking, tears, -etc. The belt should be replaced if there are any visible signs of damage. Proper alignment of the pulley needs to be confirmed.
- T400DC UNITS – On DC drive motors, blow out dirt, clean commutator, and brushes.

Annual Maintenance Items

- Unplug the power cord from the wall, inspect the underside of running belt for damage - checking /cracking, glazed surface.
- If the belt has damage or wear to it that warrants replacement, please note that the running deck must also be flipped when a new belt is installed. If the deck has previously been flipped and no longer has an unused side available. it needs to be replaced when the new belt is installed.
- Unplug the power cord from the wall, clean between belt and deck with a large towel, then lube with BODYCRAFT deck lube. Walk-in lube for 1 min, then run belt at 8 mph for 2 mins.
- Start the unit and raise incline settings to maximum height. Turn power switch off at front of the machine to prevent it from lowering accidentally. Lubricate incline motor screw (Recommends using Superlube brand grease with PTFE (Teflon) additive).
- During normal operating conditions. the running belt and deck replacement should be done every 20,000 miles.
- T400DC UNITS – On DC drive motors, blow out dirt, clean commutator, and brushes. Replace brushes if less than 50% about ½ inch, replace with original BODYCRAFT parts.
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 provides a *Lube Indicator* on your console indicating when the running belt lubrication is required. The indicator will light up every 250 miles/400 km. If you see this indicator pop up on the screen, follow the lubrication instruction below or call a certified BODYCRAFT service provider.

⚠️ 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:** Take the BODYCRAFT 100% Pure Silicone Oil Bottle and cut the tip off. Then lift the running belt up and away from the deck as far as you can on the left side of the treadmill. Point the silicone bottle nozzle towards the center of the running deck. Lay a small bead of silicone on the deck, while moving down the deck continue holding the belt up as you go. Stop the lube about 2” from the side of the running belt edge.

Repeat the process on the right side of the belt. See below drawing

**STEP 3:** After Step 2, turn the power back on.

- For LCD console, press STOP button for a few seconds until the Lube indicator light turns off.
- For TFT (SmartTouch) console, please follow on screen instruction to reset the Lube timer.

**STEP 4:** Use QUICK START and walk on your treadmill at a low to moderate speed for 5 minutes to evenly distribute the silicone lubricant.

Lift up the running belt up and away from the deck as far as you can and add 10 ml of silicone oil towards the center of the running deck from 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.*

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**Metric Steel Bolts Torque Specifications**

<table>
<thead>
<tr>
<th>Bolt Size</th>
<th>Thread Pitch</th>
<th>Torque, N·m (lbs-ft)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6mm</td>
<td>1.25</td>
<td>10 to 13.5 (8 to 10)</td>
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<tr>
<td>8mm</td>
<td>1.25</td>
<td>25.5 to 28.5 (19 to 21)</td>
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<tr>
<td>10mm</td>
<td>1.75</td>
<td>55.5 to 58 (41 to 43)</td>
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<tr>
<td>12mm</td>
<td>1.25</td>
<td>61 to 65 (45 to 48)</td>
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- Torque all hardware to values as specified above, unless noted otherwise.
<table>
<thead>
<tr>
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<td>Side foot rail bracket</td>
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<td>Gas Cylinder outer tube</td>
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<td>Screw M5 x 25mm L</td>
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<td>Adjust foot pad</td>
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<td>Incline frame bushing (small)</td>
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<td>Rear Running Belt Roller</td>
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<td>Incline frame bushing (big)</td>
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<td>T401-13</td>
<td>Bolt M8 x 70mm L</td>
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<td>Bolt O M12mm x 25mm L x 10mm</td>
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<td>T401-14</td>
<td>Spring Flat Washer M8</td>
<td>5</td>
<td>T401-59</td>
<td>Bolt M15 x 61.9mm L</td>
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<td>Running Belt 508mm x 3230mm (TF)</td>
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<td>Flat Washer M8 x 28mm x 1.5mm T</td>
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<td>Inductor bracket</td>
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<td>Cylinder outer plastic cover</td>
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</tr>
<tr>
<td>T401-17</td>
<td>Filter</td>
<td>1</td>
<td>T401-62</td>
<td>Rubber pad for Incline motor</td>
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</tr>
<tr>
<td>T401-18</td>
<td>Washer M5 x 15mm x 1.2mm T</td>
<td>2</td>
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<td>Left Upright Post ( T )</td>
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<td>Right Upright Post ( T )</td>
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<td>Lower Control Board Assembly (SR)</td>
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<td>Right foam arm</td>
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<td>Screw M4 x 20mm L</td>
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<td>Left arm decoration ring</td>
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<tr>
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<td>On/Off Switch</td>
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<td>T401-68</td>
<td>Right arm decoration ring</td>
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<tr>
<td>T401-24</td>
<td>Circuit Breaker Module</td>
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<td>Foam</td>
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<td>Foam</td>
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<td>Screw M4 x 12mm</td>
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<td>Antistatic Board</td>
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<tr>
<td>T401-27</td>
<td>Driver Motor DC 3.0hp (TR)</td>
<td>1</td>
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<td>Bolt M8 x 16mm L</td>
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<tr>
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<td>Ferite Core</td>
<td>1</td>
<td>T401-73</td>
<td>Connect Cable - Earthing</td>
<td>1</td>
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<tr>
<td>T401-29</td>
<td>Motor bracket</td>
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<td>T401-74</td>
<td>Warning label</td>
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<td>Flat Washer M8 x 16mm x 1.2mm T</td>
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<td>T401-76</td>
<td>NUT 3/8&quot;-16</td>
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<td>Connect Cable (Black)</td>
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<td>Console Support &amp; Handlebar ( T )</td>
<td>1</td>
</tr>
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<td>T401-33</td>
<td>Nylon Locknut M8</td>
<td>6</td>
<td>T401-78</td>
<td>Hand grip</td>
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<td>Bolt M8 x 25mm L</td>
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<td>Hand Pulse Sensor</td>
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<td>Pulley Belt - Ribbed 508J (HS)</td>
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<td>Aluminum cover</td>
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<td>T401-36</td>
<td>Incline Motor - Power (JS)</td>
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<td>Hand pulse cover</td>
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<td>T401-37</td>
<td>Bolt M10 x 60mm L</td>
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<td>Sticker</td>
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<td>Flat Washer M10 x 21mm x 2.0mm T</td>
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<td>Mechanical safe key</td>
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<td>Nylon Locknut M10 X 1.5P</td>
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<td>Safe Key bracket</td>
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<td>Bolt M10 x 45mm L</td>
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<td>Screw M3 x 8mm L</td>
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<td>Screw #6-32 x 12mm L</td>
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<td>Bolt M6 x 35mm L (#175)</td>
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<td>T401-42</td>
<td>Moving Wheel</td>
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<td>T401-87</td>
<td>Screw M2.6 x 8mm L</td>
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<td>Break-out board</td>
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<td>Console base cover - top</td>
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<td>T401-45</td>
<td>Flat Washer M8 x 16mm x 1.2mm T</td>
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<td>Water Bottle Holder</td>
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<td>U shape clip</td>
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<td>Safe key sticker</td>
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<td>Console base cover - left</td>
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<td>Start &amp; stop button overlay</td>
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<td>Safe Key Assembly</td>
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<td>Screw M4 x 15mm L</td>
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<td>Screw 4mm x 12mm L</td>
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<td>Screw M5 x 12mm L</td>
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<td>Nut M10 x 1.5P</td>
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<td>Nut M10</td>
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<td>Screw M5 x 0.8mm x 20mm L</td>
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<td>Cylinder lock &amp; release sticker</td>
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<td>Warning label</td>
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<td>START/STOP button cable</td>
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<td>Cable Grommet</td>
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<td>Bolt M8 x 100mm L</td>
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<td>Screw 5mm x 16mm L</td>
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<td>Spring Washer M8</td>
<td>2</td>
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<td>Connect Cable (Black)</td>
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<td>T401-113</td>
<td>PVC Strip</td>
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<td>Connect Cable (Red)</td>
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<td>Button PC board</td>
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<td>Connect Cable (Red)</td>
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<td>Button PC board</td>
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<td>Connect Cable (Black)</td>
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</tr>
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<td>T401-116</td>
<td>Left side rail assembly</td>
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<td>Connect Cable</td>
<td>2</td>
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<td>Right side rail assembly</td>
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<td>T401-164</td>
<td>Connect Cable (Red)</td>
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<td>T401-118</td>
<td>Aluminum rail</td>
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<td>T401-165</td>
<td>Main Cable - Lower</td>
<td>1</td>
</tr>
<tr>
<td>T401-119</td>
<td>End Cover</td>
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<td>T401-166</td>
<td>Speed Sensor Wire</td>
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</tr>
<tr>
<td>T401-120</td>
<td>Side rail sticker (T400)</td>
<td>2</td>
<td>T401-167</td>
<td>Main Cable - Mid</td>
<td>1</td>
</tr>
<tr>
<td>T401-121</td>
<td>Left side rail ring (rear)</td>
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<td>Main Cable - Upper</td>
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<td>Right side rail ring (rear)</td>
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<td>Screw M2 x 5mm L</td>
<td>4</td>
</tr>
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<td>T401-123</td>
<td>Left side rail ring (front)</td>
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<td>T401-170</td>
<td>Console cable - lower</td>
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</tr>
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<td>T401-124</td>
<td>Right side rail ring (front)</td>
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<td>T401-171</td>
<td>Safe key assembly (#183)</td>
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</tr>
<tr>
<td>T401-125</td>
<td>Left rail cover (rear)</td>
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<td>T401-172</td>
<td>Safe key - Upper (Yellow) (#184)</td>
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</tr>
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<td>T401-126</td>
<td>Right rail cover (rear)</td>
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<td>T401-173</td>
<td>Safe key - Top (Red) (#185)</td>
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</tr>
<tr>
<td>T401-127</td>
<td>Screw M4 x 16mm L</td>
<td>4</td>
<td>T401-174</td>
<td>Safe key board (#186)</td>
<td>1</td>
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<tr>
<td>T401-128</td>
<td>Bolt M8 x 16mm L</td>
<td>2</td>
<td>T401-175</td>
<td>Safe key clip + cotton string (#187)</td>
<td>1</td>
</tr>
<tr>
<td>T401-129</td>
<td>Motor cover - Top</td>
<td>1</td>
<td>T401-176</td>
<td>Rounding sticker</td>
<td>2</td>
</tr>
<tr>
<td>T401-130</td>
<td>Motor cover - Bottom</td>
<td>1</td>
<td>T401-177</td>
<td>Incline key connect cable</td>
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<tr>
<td>T401-131</td>
<td>Motor cover - Left</td>
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<td>T401-178</td>
<td>Speed key connect cable</td>
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</tr>
<tr>
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<td>Motor cover - Right</td>
<td>1</td>
<td>T401-179</td>
<td>Arm button plastic board</td>
<td>2</td>
</tr>
<tr>
<td>T401-133</td>
<td>Bolt M8 x 6mm x 18.5mm L</td>
<td>4</td>
<td>T401-180</td>
<td>Screw M4 x 10mm L</td>
<td>2</td>
</tr>
<tr>
<td>T401-134</td>
<td>Motor cover sticker</td>
<td>1</td>
<td>T401-181</td>
<td>Arm button PC board</td>
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<td>T401-135</td>
<td>Power Cable Clip</td>
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<td>T401-182</td>
<td>Screw M2.3 x 6mm L</td>
<td>4</td>
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<td>T401-136</td>
<td>Screw M5 x 10mm L</td>
<td>12</td>
<td>T401-183</td>
<td>Screw M3 x 16mm L (#172)</td>
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<td>Power bracket cover</td>
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<td>USB cover</td>
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# Troubleshooting & Error Codes

This troubleshooting guide is intended to assisting diagnostics only and is not all inclusive. Technical specifications, error codes and programming are subject to change without notice.

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Any questions or additional help contact the BODYCRAFT Customer Support at 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com for assistance with troubleshooting and diagnostics.

<table>
<thead>
<tr>
<th>Malfunction</th>
<th>Possible Cause</th>
<th>Corrective Action</th>
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<tbody>
<tr>
<td>No Power</td>
<td>Unit turned off</td>
<td>Verify the On/Off switch is at the ON position</td>
</tr>
<tr>
<td></td>
<td>Damaged power cord</td>
<td>Replace power cord</td>
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<tr>
<td></td>
<td>Power cord not fully seated in socket</td>
<td>Inspect power connection at the unit and outlet</td>
</tr>
<tr>
<td></td>
<td>No power at outlet</td>
<td>Using a voltmeter verify power at outlet</td>
</tr>
<tr>
<td></td>
<td>Tripped circuit breaker</td>
<td>The location of the circuit breaker is next to the On/Off switch. Verify the circuit breaker is not open. If the breaker is open reset.</td>
</tr>
<tr>
<td>Unit resets or pauses randomly</td>
<td>Damaged power cord</td>
<td>Replace power cord</td>
</tr>
<tr>
<td></td>
<td>Power cord not fully seated in socket</td>
<td>Inspect power connection at the unit and outlet</td>
</tr>
<tr>
<td></td>
<td>Safety e-stop key not fully engaged</td>
<td>Re-engage the safety/e-stop key to the console</td>
</tr>
<tr>
<td></td>
<td>Insufficient power</td>
<td>Verify output voltage from Dedicated 120v/15amp (20amp commercial use) wall outlet with a voltmeter</td>
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<tr>
<td></td>
<td>Error code is displayed on console</td>
<td>Contact BODYCRAFT Customer Support 800-990-5556 9 am - 5 pm EST or Email: <a href="mailto:service@bodycraft.com">service@bodycraft.com</a></td>
</tr>
<tr>
<td></td>
<td>Pinched or loose main communication cable</td>
<td></td>
</tr>
<tr>
<td>Walking belt is off center</td>
<td>Uneven floor</td>
<td>Adjust treadmill with rear leveling feet. Go to page 19: Running Belt Alignment</td>
</tr>
<tr>
<td></td>
<td>Adjust belt tracking</td>
<td>Go to page 19: Centering the Running Belt</td>
</tr>
<tr>
<td>Walking belt hesitates or slips</td>
<td>Adjust belt tension</td>
<td>Go to page 19: Tensioning the Running Belt</td>
</tr>
<tr>
<td>when stepping</td>
<td>Lubricate running belt</td>
<td>Go to page 20: Treadmill Lubrication</td>
</tr>
<tr>
<td>Rubbing sound from treadmill when</td>
<td>Walking belt is rubbing a straddle cover</td>
<td>Adjust belt tracking go to page 17: Belt Tension and Alignment Adjustment</td>
</tr>
<tr>
<td>in operation</td>
<td>Foreign object may be stuck under walking belt</td>
<td>Inspect under the unit. Remove any object that may be under the unit.</td>
</tr>
<tr>
<td></td>
<td>Foreign object may be stuck in motor compartment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roller bearings may be damaged</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Drive motor may be damaged</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Drive belt may be misaligned</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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BODYCRAFT
The Art and Science of Movement

BODYCRAFT.COM
## Troubleshooting & Error Codes

<table>
<thead>
<tr>
<th>Malfunction</th>
<th>Possible Cause</th>
<th>Corrective Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart rate is displaying erratically or not displaying</td>
<td>Transmitter belt contacts are not making good contact with the skin</td>
<td>Re-adjust the transmitter belt so that it is in full contact with the skin</td>
</tr>
<tr>
<td></td>
<td>Contacts on the transmitter belt are not moist</td>
<td>Moisten the contacts on the transmitter belt</td>
</tr>
<tr>
<td></td>
<td>Transmitter belt is not with in 3 feet (1 meter) of the heart rate receiver</td>
<td>Adjust your position on the belt so that you are within 3 feet (1 meter) of the console</td>
</tr>
<tr>
<td></td>
<td>The battery inside the transmitter belt is depleted</td>
<td>Replace the transmitter belt with a compatible transmitter belt</td>
</tr>
<tr>
<td></td>
<td>Another user wearing a compatible transmitter strap is within 3 foot (1 meter) of the unit</td>
<td>Move the units so that there is more space in-between units</td>
</tr>
<tr>
<td></td>
<td>Environmental interference from high voltage power lines</td>
<td>Move the unit to another position within the room or move the cause of the interference until heart rate reading are stable. If the probable source of interference is plugged into the same outlet move the suspect source to another outlet.</td>
</tr>
<tr>
<td></td>
<td>Environmental interference from computers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Environmental interference from motor driven appliances</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Environmental interference from cell or cordless phone</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Environmental interference from Wi-Fi router</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Error Code for DC Motors</th>
<th>Definition</th>
<th>Possible Cause</th>
<th>Corrective Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-1</td>
<td>Current Overload / Over Heating / Protection</td>
<td>Belt and deck may require lubricant or Belt and deck may be worn excessively</td>
<td>Go to page 20: Treadmill Lubrication. If not fixed after lubrication procedure, then contact BODYCRAFT Customer Support</td>
</tr>
<tr>
<td>E-5</td>
<td>Low AC Voltage</td>
<td>- Unstable Voltage input. - Too many machines on one circuit</td>
<td>- Turn off all machines in the same room. - Run one treadmill for 5-10 mins while heavy running. - Confirm no extension cords &amp; Dedicated 120v/15amp (20amp commercial use) circuit per treadmill.</td>
</tr>
<tr>
<td>E-6</td>
<td>High AC Voltage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>E-2</td>
<td>No Speed Signal</td>
<td>Controller is not receiving the speed signal</td>
<td>Check wire harness for damage or completely connected at each connection point then recalibrate. If continues then contact BODYCRAFT Customer Support</td>
</tr>
<tr>
<td>E-16</td>
<td>Incline Error</td>
<td>- Bad connection with wire harness or connection. - Need recalibration.</td>
<td>- Check wire harness for damage or completely connected at each connection point. - Recalibration procedure needed.</td>
</tr>
<tr>
<td>E-21</td>
<td>Console EEPROM failure</td>
<td>Console display is damaged</td>
<td>Turn off &amp; wait 5 mins. Turn back on, if still E-21 replace display.</td>
</tr>
</tbody>
</table>
T400
TREADMILL CIRCUIT DIAGRAM

CIRCUIT DIAGRAM

MOTOR

PLUG

CONNECTOR (FEMALE)

AC POWER INPUT

600L (12V)
8 PIN CABLE (UPPER)

1200L (12V)
8 PIN CABLE (MIDDLE)

750L (12V)
8 PIN CABLE (LOWER)

(650L)

GROUND WIRE

Red WIRE
Black WIRE

(310L) Red WIRE
(80L) Black WIRE

(100L) Red WIRE
(80L) Black WIRE

FILTER

AC SOCKET

BREAKER

AC SWITCH

3 PIN INCLINE COMPUTER CABLE TO J400

3 PIN INCLINE COMPUTER CABLE TO J400

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

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 information 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.

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.

<table>
<thead>
<tr>
<th>Product Warranty (T1000AC/T800DC/T400DC):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame: Lifetime, Parts: 10 years, Display: 3 years, Labor: 2 years</td>
</tr>
<tr>
<td>Headphone Jack, HDMI, CSAFE, ETHERNET &amp; USB Port: 90 days and Labor: None</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Commercial Warranty (T1000AC &amp; T800DC):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame: 10 years, Parts: 5 years, Display: 3 years, and Labor: 1 year.</td>
</tr>
<tr>
<td>Headphone Jack, HDMI, CSAFE, ETHERNET &amp; USB Port: 90 days and Labor: None</td>
</tr>
<tr>
<td>- T1000AC Up to 8 hrs per day.</td>
</tr>
<tr>
<td>- T800DC Up to 5 hrs per day.</td>
</tr>
<tr>
<td>- T400DC Home use only.</td>
</tr>
</tbody>
</table>

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.

* 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.

REGISTER your product at www.bodycraft.com or call our customer service department at 800-990-5556.
This page intentional left blank
Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to https://www.bodycraft.com/product-registration.html and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT, 7699 Green Meadows Dr., Lewis Center, Ohio 43035 (or save postage and register online at https://www.bodycraft.com/product-registration.html)

---

**Commercial Warranty Registration**

**PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW. REQUIRED FOR WARRANTY REGISTRATION:**

**BASE UNIT SERIAL NUMBER:**

**CONSOLE SERIAL NUMBER:**

Model Type: _______________________________

Date of Purchase ____________________________

Your Company Name _________________________

Contact First Name _________________________

Contact Last Name _________________________

Address ________________________________

City________________________State____ZIP____

Email Address ______________________Website________________________

Phone________________________Fax __________________________

1. Where did you first learn about BODYCRAFT?
   - a. Dealer
   - b. Website
   - c. Advertisement
   - d. Referral
   - e. Current Customer
   - f. Other

2. Why did you purchase a BODYCRAFT product?
   - a. Design/Appearance
   - b. Dealer Suggestion
   - c. Price/Value
   - d. Quality Construction
   - e. Performance
   - f. BODYCRAFT Reputation
   - g. Other: ________________________________

3. Please indicate your type of facility:
   - a. Apartment/Condo
   - b. Corporate Fitness Center
   - c. Municipality
   - d. Health Club/Gym/Spa
   - e. Hotel/Resort
   - f. Military Base
   - g. Student Rec Center
   - h. Home

4. What other types of equipment does your company or home currently own?
   - a. Treadmill
   - b. Elliptical
   - c. Bike/Indoor Cycle
   - d. Free Weights/Gym

5. How many people use your facility on a daily basis?
   - a. <25
   - b. 25-75
   - c. 76-150
   - d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?
   - Yes ______ No ______

7. If you answered “yes” to question 6, what type do you plan to purchase?
   - a. Treadmill
   - b. Elliptical
   - c. Bike/Indoor Cycle
   - d. Free Weights
   - e. Gym
   - f. Other

8. Would you recommend BODYCRAFT to other club or home owners?
   - Yes ______ No ______

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain: