OWNERS Manual

www.bodycraft.com  800-990-5556  service@bodycraft.com

US PATENT : 9884222

Scan this QR code with your Portable Device to link to additional product information.
www.bodycraft.com/td250-qr.html
CONGRATULATIONS! And thank you for selecting the BODYCRAFT TD250 Treadmill Desk! 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 TD250 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 TD250 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 TD250 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 9 am - 5 pm EST      Email: service@bodycraft.com
BODYCRAFT (a division of 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: TD250 TDESK Treadmill
Serial Number: T D 2 5 _ _ _ _ _ _ _ _ _ _

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.
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We at Bodycraft believe in the continued improvement processes and reserve the right to make changes at any time without notice that may or may not effect color, parts and materials.
PRODUCT SAFETY

WARNING: To reduce the risk of injury, basic precautions should always be followed, including the following Safety Instructions:

1. Wear the safety tether at all times while using the treadmill. Stand on the side rails before the treadmill starts.

2. Before beginning any exercise program, it is important to consult with your physician. It is especially important if you have a 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, overweight or pregnant, consult with your physician before beginning a 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. Read the entire owners manual.

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. Check that all components are secure.

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 if needed.

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 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.

Continued on next page
22. To ensure proper functioning of your treadmill, do not install attachments or accessories not provided or recommended by BODYCRAFT.

23. Place 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 or service.

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 300 pounds / 135 kilograms.

29. Do not remove the treadmill covers or other components. Only an authorized BODYCRAFT Fitness dealer should perform service.

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**GROUNDING INSTRUCTIONS**

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for the electric current and will reduce the risk of electric shock. The treadmill is equipped with a grounded power cord. All 3 prongs 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. 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. Avoid anything longer than 6 feet, and find one made with 14 gauge wire (3-wire is required). DO NOT use a 2-prong 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 the 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 shut down the power to the console and stop the treadmill immediately. Replace the safety key and the treadmill will return to idle mode. Contact your dealer for a safety key replacement if you do not have one.

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Retain this Owner’s Manual for future reference
CAUTION: BEFORE AND AFTER RUNNING ON THE TREADMILL

Before Running:

1. Read this manual in its entirety to familiarize yourself with the computer and other important features.
2. Before starting the treadmill, always stand on side rails (not on the running belt) as shown below.
3. The safety key must be in place on the computer console, and the safety clip must be securely attached to an article of your clothing.
4. Start the treadmill and allow it to reach at speed of at least 1.0 mph, and hold onto the handrail before you start to walk or run on the running belt.

After Running:

1. If you hear unusual noises from the treadmill, please discontinue use and contact your Bodycraft Dealer for necessary maintenance.
2. Please refer below to the RUNNING DECK LUBRICATION section for necessary periodical maintenance that will insure long-term and functional operation.

PLEASE NOTE: IF PERIODICAL MAINTENANCE IS NOT PERFORMED, YOU MAY VOID THE WARRANTY.

RUNNING DECK LUBRICATION

Why lubricate?
Your treadmill comes pre lubricated from our factory. As the lubrication dissipates, the friction between the running belt and the deck will rise and place undue stress on the drive motor, drive belt and electronic motor control board, which, over time, will result in catastrophic failure of these important and expensive components. To purchase Lubrication, email service@bodycraft.com or go to www.bodycraft.com.

When to lubricate?
We use a high-efficiency, low-friction Running Deck/Belt combination on this machine. The deck is pre-lubricated and subsequent lubrication should be performed every 100 miles (160 KM), or every 3 months of operation, whichever comes first. Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill.
RUNNING DECK LUBRICATION

What to lubricate?
Use only our approved lubricants for the deck of your treadmill. Your treadmill includes silicone lube. More can be purchased from www.bodycraft.com or 1-800-990-5556.

How to lubricate?
Refer to the above drawing. Start by wiping the surface of the deck between the running belt side rail covers with a clean lint free cloth to remove any dirt on both sides. 1. Starting at about 12” from the motor cover, lift the running belt as high as possible and apply silicone lube to both sides. It is important to apply the lubricant starting about 1/2” in from the edge of the running belt extending to the middle of the deck. Repeat the above procedures to areas 2 and 3 in 12” increments as shown above.

Once the silicone is applied, you should walk, not run, at a speed not more than 1.5 MPH (2.5 KPH) for at least 5 minutes to ensure even distribution of the lubricant. To improve distribution of the lubricant, it is a good idea to spend about a minute in different locations of the belt: Spend 1 minute each walking towards the LEFT SIDE, RIGHT SIDE, FRONT and REAR of the belt being careful to not leave the edge of the belt. It’s ok to stay within your comfort zone on the belt. Spend the last minute walking normally.

Note:
1. IF the belt is under side rail cover, use a screwdriver or butter knife to lift the running belt (be careful to not scratch the deck) to allow lubrication.
2. IF belt is not centered, please refer to Aligning The Running Belt before lubrication.
3. IF you notice a increase in static electricity during your workout, apply silicone to the running deck to help resolve it.
Dimensions Overview

70.4” (1790mm) x 33.7” (855mm)

Assembly Parts List

1. TREADMILL ............................................. 1
A. KNOB & WASHERS ................................. 4 + 4
B. PIN .................................................. 1
C. TOOLS ............................................. 1 + 1 + 1
D. POWER CABLE ..................................... 1
**ASSEMBLY INSTRUCTIONS**

⚠ **IMPORTANT** It is imperative that 2 people be present for the safe assembly of your treadmill. Use extreme caution and be careful to not pinch your fingers during assembly.

**Step 1.**
Start by lifting the front upright post into position as shown.

**Step 2. SECURING THE LEFT AND RIGHT PLATE FRAMES**
Refer to Figures 1 and 2. While holding the up the upright post, lower the left and right Plate Frames (7 & 8) into position. In order to easily install the Knob and Washer into the Plate Frame (8), push the Upright Post forward slightly until the Plate Frame sits flat with the Bottom Frame. Refer to Fig 3 (incorrect) and Fig 4 (correct). Fully tighten the the knobs with washers.

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**Fig. 1**
- **1** PLATE FRAME (7)
- **2** PLATE FRAME (8) BOTTOM FRAME (2)

**Fig. 2**
- **3** PLATE FRAME (7)
- **PLATE FRAME (8)** BOTTOM FRAME (2)

**Incorrect**
Plate Frames (7 & 8) and Bottom Frame (2) do not sit flat.

**Correct**
Plate Frames (7 & 8) and Bottom Frame (2) are even (flat).
Step 3.
Please follow these 3 steps to secure the air shock to the underside of the frame. Before starting, please make sure the air shock is in correct position as shown below.

3 Steps to attach Air Shock:
1. Fold the frame up, and lift up the air shock.
2. Slightly fold down the frame to attach U-bracket on the frame to the head of air shock.
3. Insert Pin (B) into the hole of U-bracket and into the air shock as shown.

Step 4.
Fold the handlebar and desktop down.

Step 5.
Use Knob (A) to secure both handlebars to the top of front post.
MOVING & LEVELING

There are 2 SwitchPro Knobs located at the lower front of the Main Frame. These are used for both leveling and for lowering the front transport wheels allowing you to easily move the machine within your room.

1. **For Transport:** Remove the power cord from the treadmill. Turn both knobs Clockwise (The treadmill can be in the folded or unfolded position).

2. **For Leveling:** Turn each Knob counter-clockwise until the machine is level and does not rock during use.

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HOW TO ADJUST FORE / AFT POSITION OF DESKTOP

**There are 3 Fore/Aft Positions for Desktop. Follow these steps for proper adjustment.**

**Step 1:** Loosen the Fore/Aft adjustment knob located under the right side of the console by turning it counter-clockwise one full turn.

**Step 2:** Pull down on the knob and slide the top forward or back. For work desk mode the ideal position is in most closest position to the user.

**Step 3:** Release the knob then position the desktop to one of the 3 desired positions until the pin locks into place.

**Step 4:** To secure, turn the knob clockwise to tighten.

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HOW TO ADJUST HEIGHT OF DESKTOP

**There are 8 vertical height settings.**

**Step 1:** Completely loosen both of the spring knobs located on the inside of the left and right upright post by turning them counter-clockwise until desktop can be moved up and down.

**Step 2:** Raise and lower the desktop to the desired height.

**Step 3:** Tighten both Spring Knobs Clockwise.

**Step 4:** Raise or lower the desktop to engage the spring knob pin into the adjustment holes on the upright posts.
Desktop slides forward and back.  
(See how to adjust fore/aft position)

TREADMILL OPERATION

WORK DESK MODE

Lower Display Button Interface

When the Master Console is flipped down, it becomes a work desktop. Use the Lower Display/Button Interface to operate your treadmill for walking only. For your safety, during Work Desk mode, the maximum speed is 4.0 mph (6 kph) and the incline is disabled).

For your convenience, the Desktop can be moved forward and back for ideal placement for working.

TREADMILL MODE

Master Console

Flip up the Master Console for standard treadmill operation. This allows for incline operation speeds up to 10 mph (16 kph).

For your convenience, the Desktop can be moved forward and back for ideal placement for walking or running.
**TREADMILL OPERATION**

**CAUTION**
Before beginning a workout session, make sure the safety key is properly placed onto the computer console and the safety clip is securely attached to an article of your clothing. Always start the treadmill while standing on the side rails instead of the running belt. Allow the treadmill to reach a speed of at least 1.0 MPH (1.5 KPH) before walking on the running belt. Before operating, read this page first for a clear understanding of the treadmill computer console and other important features.

**BASIC INFORMATION**
1. When the safety key is removed, the LCD will not display data.
2. When safety key is in place, by default, the treadmill will be in MANUAL mode. All functions are ready for manual operation.

**CONSOLE OPERATION**

**MASTER CONSOLE OPERATION (TREADMILL MODE) 0.5 ~ 10 MPH**

**NOTE:** The lower button interface buttons and display will not function when the master console is flipped up for Treadmill Mode.

**QUICKSTART (Manual Operation)**
Press the START button to start the running belt.
Time, distance, step and calories will count up from 0.
The first segment in the Speed Dot Matrix will flash and a zero will be displayed in the Incline Dot Matrix. This is a lap counter, for every 0.25 mile (400m) you run, the Lap Counter will advance by 1. You can adjust both the INCLINE and SPEED.

**For P1 ~ P12 Preset Programs**

**Step 1.** Press the SPEED or INCLINE up and down keys to select one of the 12 preset programs.
**Step 2.** Press ENTER, then select levels 1 ~ 3 using the SPEED or INCLINE keys.
**Step 3.** Press ENTER, the default setting time of 30:00 minutes will begin flashing, use the SPEED or INCLINE keys to set desired workout time from 10:00 ~ 99:00 minutes.
**Step 4.** Press ENTER, and then press START to begin your workout.

**For H1, H2, H3 Heart Rate Control Program**

**Step 1.** Press the SPEED or INCLINE up and down keys to choose between H1, H2 or H3.
**Step 2.** Press ENTER, the default age of 30 will begin flashing. Adjust using the SPEED or INCLINE up or down keys. The preset maximum heart rate will be displayed in pulse window.
**Step 3.** Press ENTER, and then use the SPEED or INCLINE keys to choose Level 1 ~ 3 for target heart rate you prefer.
**Step 4.** Press ENTER, the default time of 30:00 minutes will flash. Use the SPEED or INCLINE to set the desired workout time from 10:00 ~ 99:00 minutes.
**Step 5.** Press ENTER, and then press START to begin your workout.

*The user must wear an optional heart rate transmitter or hold both hands on the pulse plates located on the handlebars in order to use the Heart Rate Control (HRC) programs. The treadmill will make adjustments to keep you within your target heart rate zone.
How the HRC Programs function:

HRC 1 (SPEED ADJUSTMENT) PROGRAM OPERATION
1. Once your HRC workout has begun, you must either hold onto both of the contact heart rate plates or wear an optional Heart Rate Belt. It can take up to 30 seconds for your heart rate to appear. Once the computer detects the user's pulse it will begin program operation.
2. If computer cannot detect the user's pulse within 30 seconds, the treadmill will stop and a symbol on the Pulse display will flash 3 times. After 3 minutes the machine will enter standby mode.
3. If the user's heart rate is higher than the preset maximum, the speed will decrease in increments of 0.2 until the speed reaches the target heart rate. If your heart rate continues to exceed the preset maximum, you should stop your workout immediately and consult your physician.
4. If your heart rate exceeds the target by more than 20 beats per minute for more than 20 seconds, the machine will stop. After 3 minutes, the machine will enter the standby mode.

If your heart rate is below the preset maximum, the speed will increase in increments of 0.2 mph (.02 kph) until the speed reaches the maximum. If your heart rate is still lower than preset maximum heart beat, the machine will continue to run at the highest speed.

HRC 2 (INCLINE ADJUSTMENT) PROGRAM OPERATION
This functions the same as HRC 1, but the instead of speed, it uses the Incline in 1% increments.

HRC 3 (SPEED AND INCLINE ADJUSTMENT) PROGRAM OPERATION
This functions the same as HRC 1 but:
1. If the Heart Rate is below the preset maximum, first, speed will increase in 0.2 mph increments. After the highest speed is achieved, the incline will then adjust in 1% increments.
2. Heart Rate is higher than preset maximum, first, speed will decrease in 0.2 mph increments. After it reaches the lowest speed, the incline will adjust in 1% increments.

CHOOSING HRC LEVEL. Maximum heart rate calculation (Default Age Setting: 30)
Level 1: (220 – age) x 60%
Level 2: (220 – age) x 75%
Level 3: (220 – age) x 85%

For User Program (U1, U2)
Step 1. Press the SPEED or INCLINE keys to choose either U1 or U2.
Step 2. Press and hold the ENTER key until you hear a "beep". 0 should appear in the incline window, and a 0.5 (0.8 for KPH) will appear in the speed window. The first row of dots will flash in both Dot Matrix windows.
Step 3. Press SPEED or INCLINE keys to set desired starting speed and incline.
Step 4. Press ENTER to confirm the first program segment, you will now see that the second row of dots are flashing in both Dot Matrix windows.
Step 5. Repeat Step 3 and 4 for the remaining program segments There are 12 total segments.
Step 6. Press ENTER to confirm all 12 ranges are set. The default time setting of 30:00 will flash.
Step 7. Press SPEED or INCLINE keys or use the NUMERIC KEYPAD 0 ~ 9 to set desired time.
Step 8. Press ENTER to confirm then press START to begin program.
**U1 & U2 Function.**

U1 (User 1) and U2 (User 2) allow you to create a customer speed and incline profile. Once you have completed entering a USER profile, follow these steps:

**Step 1.** Press SPEED or INCLINE keys to choose between U1 or U2.

**Step 2.** Press ENTER, the default time setting 30:00 minutes will flash, using the SPEED or INCLINE keys to set your desired workout time from 10:00 ~ 99:00 minutes.

**Step 3.** Press ENTER and then press START to begin the program.

**For Target Goal Programs (Time, Distance, Calories)**

Press ENTER to choose one of three for countdown goals.

**For the Target Time Program**

**Step 1.** Press ENTER to select target time. The default time setting of 30:00 Minutes will flash. Use the SPEED or INCLINE keys to set the desired workout time from 10:00 ~ 99:00 minutes.

**Step 2.** Press ENTER and then press START to begin your workout.

**For the Target Distance Program**

**Step 1.** Press ENTER to select target distance. The default setting of 1.0 will flash. Use the SPEED or INCLINE keys to set the desired workout distance from 1 ~ 20 miles (or kilometers).

**Step 2.** Press ENTER and then press START to begin your workout.

**For the Target Calories Program**

**Step 1.** Press ENTER to select target calories. The default setting of 10.0 will flash. Use the SPEED or INCLINE keys to set the desired calorie goal from 10 ~ 990 KCAL.

**Step 2.** Press ENTER and then press START to begin your workout.

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**MASTER POWER SWITCH LOCATION**

To completely shut down power to the treadmill, turn off master power switch. After turning the main power off, you may also unplug the machine from the outlet.
### Profiles for Programs

**P1 ~ P4 Program for Speed**

<table>
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</table>

Level 2 is based on Level 1, but each interval increases speed 2.0mph. Level 3 is based on Level 2, but each interval increases speed 2.0mph.
**P 5 ~ P 8 PROGRAM FOR INCLINE**

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>P5</th>
<th>P6</th>
<th>P7</th>
<th>P8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>INCLINE</td>
<td>SPEED</td>
<td>INCLINE</td>
<td>SPEED</td>
</tr>
<tr>
<td>Interval 1</td>
<td>2%</td>
<td>4.0 mile</td>
<td>2%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 2</td>
<td>4%</td>
<td>4.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 3</td>
<td>6%</td>
<td>4.0 mile</td>
<td>4%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 4</td>
<td>8%</td>
<td>4.0 mile</td>
<td>2%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 5</td>
<td>6%</td>
<td>4.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 6</td>
<td>4%</td>
<td>4.0 mile</td>
<td>4%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 7</td>
<td>2%</td>
<td>4.0 mile</td>
<td>5%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 8</td>
<td>4%</td>
<td>4.0 mile</td>
<td>7%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 9</td>
<td>6%</td>
<td>4.0 mile</td>
<td>8%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 10</td>
<td>8%</td>
<td>4.0 mile</td>
<td>2%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 11</td>
<td>6%</td>
<td>4.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 12</td>
<td>4%</td>
<td>4.0 mile</td>
<td>4%</td>
<td>4.0 mile</td>
</tr>
</tbody>
</table>

Level 2 is based on Level 1, but each interval increases 1% incline and remains same speed. Level 3 is based on Level 2, but each interval increases 1% incline and remains same speed.
# P9 ~ P12 PROGRAM FOR SPEED & INCLINE

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>P9</th>
<th>P10</th>
<th>P11</th>
<th>P12</th>
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<tbody>
<tr>
<td></td>
<td>INCLINE</td>
<td>SPEED</td>
<td>INCLINE</td>
<td>SPEED</td>
</tr>
<tr>
<td>Interval 1</td>
<td>2%</td>
<td>2.0 mile</td>
<td>2%</td>
<td>2.0 mile</td>
</tr>
<tr>
<td>Interval 2</td>
<td>4%</td>
<td>3.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 3</td>
<td>6%</td>
<td>4.0 mile</td>
<td>4%</td>
<td>6.0 mile</td>
</tr>
<tr>
<td>Interval 4</td>
<td>8%</td>
<td>5.0 mile</td>
<td>2%</td>
<td>2.0 mile</td>
</tr>
<tr>
<td>Interval 5</td>
<td>6%</td>
<td>2.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 6</td>
<td>4%</td>
<td>3.0 mile</td>
<td>4%</td>
<td>6.0 mile</td>
</tr>
<tr>
<td>Interval 7</td>
<td>2%</td>
<td>4.0 mile</td>
<td>5%</td>
<td>2.0 mile</td>
</tr>
<tr>
<td>Interval 8</td>
<td>4%</td>
<td>5.0 mile</td>
<td>7%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 9</td>
<td>6%</td>
<td>2.0 mile</td>
<td>8%</td>
<td>6.0 mile</td>
</tr>
<tr>
<td>Interval 10</td>
<td>8%</td>
<td>3.0 mile</td>
<td>2%</td>
<td>2.0 mile</td>
</tr>
<tr>
<td>Interval 11</td>
<td>6%</td>
<td>4.0 mile</td>
<td>3%</td>
<td>4.0 mile</td>
</tr>
<tr>
<td>Interval 12</td>
<td>4%</td>
<td>5.0 mile</td>
<td>4%</td>
<td>6.0 mile</td>
</tr>
</tbody>
</table>

Level 2 is based on Level 1, but each interval increases 1% incline and speed 2 mph. Level 3 is based on Level 2, but each interval increases 1% incline and speed 2 mph.
1. INCLINE: 0 ~ 12%. 8 x 12 Dot Matrix will display a circle of running and incline data.
2. TIME: 00: 00 ~ 99.59. Default setting: 30 minutes. Trees will flash in running.
3. SPEED: 0.5 ~ 10 mph, 8 x 12 Dot Matrix will show lap for .25mile/400m and speed data.
4. PULSE: 40 ~ 200 BPM. 5 kHz Polar® compatible receiver is built in.
5. PROGRAMS: 0 - 01 ~ 12 – H1 – H2 - H3 – U1 – U2
6. CALORIES: 10 ~ 990 KCAL, default setting: 10
7. STEP: 0 ~ 9999
8. AGE: 10 ~ 99, default setting: 30 years old
9. DISTANCE: 1 ~ 12.5 Mile, default setting: 1 MILE
10. LEVEL: L1 ~ L3

**STEP COUNTING FUNCTION**

1. This machine offers a “step” function that will accumulate total steps to incorporate user's own count goal. (May not work with lighter weight users)
2. Step count will begin 20 seconds after the user steps on the machine and walks about 20 ~ 30 steps. Step count will may not be 100% accurate.
3. The Step count may not function or be accurate for those who walk lightly. Users over 100lbs (45.5kgs) that walk at speeds of around 1.2 ~ 4.0 mph (2 ~ 6 kph) will get higher accuracy around 97%. Steps must also be solid and stable.

**MASTER CONSOLE KEYPAD OPERATION**

1. **SPEED UP AND DOWN KEYS:**
   a. Used to choose a program & level (Manual, P1 ~ P12, H1 ~ H3, U1 ~ U2, L1 ~ L3)
   b. To increase or decrease speed
   c. To adjust numeric input data
2. **ENTER KEY:** Push to confirm data entry.
3. **START KEY:** To begin your workout.
4. NUMERIC KEYPAD WITH INCLINE AND SPEED KEYS:

1). For quick speed adjustment, select a number then press the SPEED button. Ex: Press 5 then press SPEED, speed is adjusted to 5.0 mph.

2). For quick incline adjustment, select a number then press the INCLINE button. Ex: Press 5 then press INCLINE, incline is adjusted to 5%.

3). For quick selection of program, press a number then press ENTER. Ex: MANUAL: Press 0 then press ENTER
   - P1: Press 1 then press ENTER
   - P12: Press 1 & 2 then press ENTER
   - H1 (P13): Press 1 & 3, then press ENTER
   - H3 (P15): Press 1 & 5, then press ENTER
   - U1 (P16): Press 1 & 6, then press ENTER
   - U2 (P17): Press 1 & 7, then press ENTER

5. RESET KEY

1). While in Stop mode, press the RESET button to resume from standby mode.

2). During selecting a program, press RESET button to return to standby mode.

3). During data entry, press RESET button to return to default setting.

6. STOP KEY

1). Press STOP button to pause, incline will descend to 0%. Press START Key to resume, machine runs from originally set incline, speed from 0.5mph (0.8 kph).

2). 20 minutes after pause mode, whole system will reset.

7. INCLINE UP AND DOWN KEYS

1). To choose program & level (Manual, P1 ~ P12, H1 ~ H3, U1 ~ U2, L1 ~ L3). 2). To increase or decrease incline.3). To do adjustment of set data.

LOWER BUTTON INTERFACE OPERATION (0.5 ~ 4.0 MPH)

Once the master console is flipped down, insert the safety key, The Time on lower button interface display will light up for operation.

1. Press START button to begin exercise, Time flashes in Scan mode and will display TIME, SPEED, DISTANCE, CALORIES, PULSE, and STEP in sequence.

2. During Scan mode, when adjusting speed, the display will jump to SPEED, after 5 seconds, it will resume scan mode.

3. During scan mode, when the user wears Heart Rate Belt Transmitter, the display will jump and stay on PULSE to display heart rate. You may press the MODE key to jump to STEP. Press mode again to resume the Scan Function. Time will Flash to indicate scan is on. When the user removes the Heart Rate Belt, it will resume to SCAN from STEP, then TIME, SPEED, DISTANCE, CALORIES, and PULSE in sequence.

4. In scan mode, whenever user holds both hands on the pulse plates to detect pulse rate, it will jump and stay on PULSE. And after user lets go from contact pulse plates, the display will jump to STEP to resume scan function. Or, just press MODE to jump to STEP.

5. To focus on specific display functions, use the MODE button to choose.
1. **TIME**: 00:00 ~ 99.59
2. **SPEED**: 0.5 ~ 4.0 MPH
3. **DISTANCE**: 1 ~ 20 MILE
4. **CALORIES**: 10 ~ 990 KCAL
5. **PULSE**: 40 ~ 200 BPM
6. **STEP**: 0 ~ 9999

**STEP Function note:**
1. This machine offers a “step” function that will accumulate total steps to incorporate user’s own count goal.
   (May not work with lighter weight users)
2. Step count will begin 20 seconds after the user steps on the machine and walks about 20 ~ 30 steps. Step count may not be 100% accurate.
3. The Step count may not function or be accurate for those who walk lightly. Users over 100lbs (45.5kgs) that walk at speeds of around 1.2 ~ 4.0 mph (2 ~ 6 kph) will get higher accuracy around 97%. Steps must also be solid and stable.

**LOWER BUTTON INTERFACE BUTTON OPERATION**

1. **MODE BUTTON**
   To display and switch between each display function.
2. **STOP BUTTON**
   1). To stop the machine.
   2). 20 minutes after pause mode, whole system will be reset.
3. **START BUTTON**
   To start the machine.
4. **SLOW / FAST BUTTON**
   To decrease or increase speed.
5. **10W USB CHARGER** for tablet and cell phone
6. **RESET BUTTON**
   1). In Stop mode, press RESET button to resume to home screen
   2). During program selection, press RESET button to resume home screen.
   3). During data entry, press RESET button to return to the default setting.
   
   **NOTE:** If the treadmill detects that no one is walking or running, the machine will stop automatically after 3 minutes.

**HANDLEBAR SPEED KEYS**
Speed can be controlled from handlebar speed keys.

**HANDLEBAR INCLINE KEYS**
Incline can be controlled from handlebar incline keys. Please note this is not available when using lower button interface.
WARNING:
For safety, we suggest that you do not operate a tablet or laptop when you are running or walking at high speeds.

ERROR MESSAGE & TROUBLE SHOOTING

E1 (ERROR 1) SPEED ERROR:
After pressing the Start key. If E1 appears after 7 seconds, this indicates that the computer is not receiving speed data signal from the speed sensor.

E6 (ERROR 6) INCLINE MOTOR ERROR:
The computer is unable to read the VR signal from incline motor after 6 seconds,

E3 (ERROR 3):
The cable between computer and Lower Control board is not properly connected or may be damaged. If the cable tests ok and is not damaged, check for damage to the computer or lower control board.

If you see any of the above Error codes on the display, please contact your dealer or contact Bodycraft at service@bodycraft.com

No Power. Check that the main power switch is on. Check the Circuit Break next to the power cord. Check the receptacle for power. Unplug the treadmill for 5 minutes and retry.

If your treadmill belt or motor cover are getting hot or the treadmill is tripping a circuit breaker. You may need to lubricate your belt and deck. Please refer to page: RUNNING BOARD MAINTENANCE), and see if the situation improves. Then consult the distributor for necessary help.

HOW TO USE ASA (ADJUSTABLE SHOCK-ABSORBING) SYSTEM

There is an ASA system (Adjustable Shock Absorbing system) installed on both sides of main frame. By turning the knob, user can change shock intensity from [1] (SOFT, absorbs up to 60% of impact) to [5] Firm (absorbs up to 20% of impact).

Do not adjust it when a user is walking or running on the machine. This can damage the ASA system.
**HOW TO FOLD UP FOR STORAGE**

Please refer to the photo. First, move desktop to the very front of the machine, then lift the rear end of the frame to the computer till you hear a "CLICK" sound from cylinder then push and pull it to make sure the frame is fixed. For safety, machine can not be started once it is folded up for storage.

**HOW TO UNFOLD FOR EXERCISE**

There is a safety pin on the air-shock. To fold down the frame, please hold your hand on the frame and use your foot to push at the center of air shock (as photo shown) then lean down the frame onto the ground.

**WARNING**

To avoid danger to children, please note:

1. Do not allow children to use the machine alone.
2. Turning off master power switch and unplug power cable from outlet when not in use.
3. For safety, always keep children away from folding area.
ALIGNING THE RUNNING BELT

The running belt must be centered at all times. Running style and uneven surfaces are two instances which may cause the belt to drift off center. First confirm that the treadmill is on a flat surface and does not rock. If the machine rocks, or is unstable, follow the leveling procedure in this manual.

Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center (See Fig. A & B).

1. Press the Master Power Switch (located at the front of the treadmill) to ON position and ensure Safety Key is properly placed onto the computer console, press the START key to start the running belt. Increase the treadmill's speed to about 1.8 mph. (WARNING: Do not let loose clothing get caught in the belt or rollers)

2. Stand behind the treadmill and determine which side the belt has drifted to.

3. If the belt has drifted to the right, turn the right adjustment bolt one-quarter of a turn clockwise and the left adjustment bolt one-quarter counter clockwise (See Fig. A).

4. If the belt has drifted to the left, turn the left adjustment bolt one-quarter of a turn clockwise and turn the right adjustment bolt one-quarter turn counter-clockwise (See Fig. B).

5. Observe the tracking of the belt for about two minutes. Repeat Steps 3, 4, and 5 as needed.

ADJUSTING THE RUNNING BELT TENSION

Adjust the belt tension if the running belt slips during use. This is important as it increased the longevity of the treadmills components.

Before adjusting belt tension, keep the belt loose.

1. Turn the MASTER POWER SWITCH to the ON position and make sure safety key is properly placed onto the computer console.

2. Press START button to start running the belt, then increase speed to 1.8 mph.

3. Turn both adjustment screws an equal amount, approximately one-quarter turn clockwise.

4. Slow the belt by holding onto the handrails and applying more weights as you walk, (as if you are walking downhill).

5. Then stepping heavily on the belt to see if the belt slips. If the belt slips, adjust one-quarter turn clockwise and repeat STEP 4 if necessary.

CLEANING AND INSPECTING THE RUNNING BELT

Turn off power and unplug from electrical outlet.

Carefully position the treadmill on its side.

Use a damp cloth to wipe off the inside of the running belt. Carefully rotate the running belt by hand to clean the entire inside face. Return treadmill to its upright Position.

If running belt edges are frayed, check the running belt adjustment.

If seams are splitting, call your retailer or nearest authorized service center.
HOW TO WORKOUT SAFELY AND EFFICIENTLY

First of all, we strongly suggest you to check with your doctor before you start your walking program. Of course, if you have arthritis, anemia, low back pain, uncontrolled diabetes, or serious diseases of the lungs, kidneys, liver, or heart, you should see a doctor regularly anyway.

To workout efficiently, we suggest using your heart rate as a guide. Everyone has what is called a "Maximum Heart Rate". Your maximum heart rate is the number of beats your heart makes per minute when you are running as far, as fast, and as long as possible. Although it varies from person to person, your maximum heart rate is roughly 220 minus your age. That is, if you are 20 years old, your maximum heart rate is about 200; If you are 40, it is about 180.

However, it could be dangerous if exercise at your maximum heart rate. And physiologists have figured out a safe heart range for most people. They call it "Target Heart Rate". This Target Heart Rate, as it is called in cardiovascular exercise programs, is considered about 60 to 85 percent of your Maximum Heart Rate. This is your optimum level for exercise. Exercise at least 3 times a week, keep your heart beat within Target Heart Rate for minimum 20 minutes per time will get the most advantage of your workout.

For example:
If you are 30 years old, your Maximum Heart Rate is 220 - 30 = 190
Your Target Heart Rate is about 114 ~ 160
190 x 60% = 114
190 x 85% = 161.5

CLEANING

Firstly, make sure the treadmill is off and unplugged from the electrical outlet.
To remove dust, use a small vacuum nozzle to carefully vacuum around all visible components.
To remove film or dust, use a slightly damp rag with a mild cleaning agent sprayed onto the rag only.
Be careful not to immerse any treadmill component with any liquids.

INSPECT FASTENERS AND WIRING

Check that all fasteners are properly tightened and all wiring is securely in place. To avoid damaging fasteners, do not over tighten.

STORAGE

Store your treadmill in a clean and dry environment. Make sure the master power switch is off and is unplugged from the electrical outlet.
TD250 Exploded View

All Part Numbers begin with TD25 on the parts list page.
# TD250 Parts List

The exploded view displays the number after the hyphen.

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>No.</th>
<th>Description</th>
<th>No.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TD25-1</td>
<td>MAIN FRAME</td>
<td>TD25-51</td>
<td>BUSH (Ø15.8 x 2.6t x 51L)</td>
<td>TD25-98</td>
<td>SCREW (M6 x 65L)</td>
</tr>
<tr>
<td>TD25-2</td>
<td>BOTTOM FRAME</td>
<td>TD25-52</td>
<td>COMPUTER</td>
<td>TD25-99</td>
<td>BOLT (M8 x 30L)</td>
</tr>
<tr>
<td>TD25-3</td>
<td>SUPPORT FRAME</td>
<td>TD25-54</td>
<td>PLATE (110 x 25 x 2t)</td>
<td>TD25-100</td>
<td>L-PLATE (UPPER)</td>
</tr>
<tr>
<td>TD25-4</td>
<td>FRONT FRAME</td>
<td>TD25-56</td>
<td>SAFETY KEY</td>
<td>TD25-101</td>
<td>BOLT (M8 x 45L)</td>
</tr>
<tr>
<td>TD25-5</td>
<td>ARMREST FRAME (L)</td>
<td>TD25-57</td>
<td>BUSH (Ø8 x Ø11.5 x 6.5L)</td>
<td>TD25-102</td>
<td>BUSHING (Ø6 x Ø10 x 3.5L)</td>
</tr>
<tr>
<td>TD25-6</td>
<td>ARMREST FRAME (R)</td>
<td>TD25-58</td>
<td>SPRING PLATE</td>
<td>TD25-103</td>
<td>REAR COVER (L)</td>
</tr>
<tr>
<td>TD25-7</td>
<td>PLATE FRAME (L)</td>
<td>TD25-59</td>
<td>END CAP (25.4 x 50.8)</td>
<td>TD25-104</td>
<td>REAR COVER (R)</td>
</tr>
<tr>
<td>TD25-8</td>
<td>PLATE FRAME (R)</td>
<td>TD25-60</td>
<td>RACK (POM)</td>
<td>TD25-105</td>
<td>SIDE RAIL (L)</td>
</tr>
<tr>
<td>TD25-9</td>
<td>WASHER (Ø6 x Ø16 x 1t)</td>
<td>TD25-61</td>
<td>WIRE GUARD (Ø12 x Ø3.5)</td>
<td>TD25-106</td>
<td>SIDE RAIL (R)</td>
</tr>
<tr>
<td>TD25-10</td>
<td>T-BUSHING (808A-N2W)</td>
<td>TD25-62</td>
<td>WHEEL (Ø65)</td>
<td>TD25-107</td>
<td>BOLT (M8 x 45L)</td>
</tr>
<tr>
<td>TD25-11</td>
<td>RUNNING DECK</td>
<td>TD25-63</td>
<td>ROUND CUSHION (60D)</td>
<td>TD25-108</td>
<td>SCREW (M6 x 35L)</td>
</tr>
<tr>
<td>TD25-12</td>
<td>CUSHION (40D)</td>
<td>TD25-64</td>
<td>SCREW (M3 x 10L)</td>
<td>TD25-109</td>
<td>WASHER (Ø5 x Ø13 x 11)</td>
</tr>
<tr>
<td>TD25-13</td>
<td>CUSHION (60D)</td>
<td>TD25-65</td>
<td>SCREW (M5 x 12L)</td>
<td>TD25-110</td>
<td>FASTENER (OSBR-22)</td>
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<td>TD25-14</td>
<td>CUSHION (80D)</td>
<td>TD25-66</td>
<td>BOLT (M8 x 45L)</td>
<td>TD25-111</td>
<td>CONTROL BOX</td>
</tr>
<tr>
<td>TD25-15</td>
<td>SCREW (5/32&quot; x 16L)</td>
<td>TD25-67</td>
<td>SENSOR</td>
<td>TD25-112</td>
<td>WASHER (Ø6 x Ø13 x 11)</td>
</tr>
<tr>
<td>TD25-16</td>
<td>SCREW (M6 x 35L)</td>
<td>TD25-68</td>
<td>KNOB</td>
<td>TD25-113</td>
<td>ARMREST COVER</td>
</tr>
<tr>
<td>TD25-17</td>
<td>AIR SHOCK FASTENER</td>
<td>TD25-69</td>
<td>BS WASHER (M4)</td>
<td>TD25-114</td>
<td>ASA COVER</td>
</tr>
<tr>
<td>TD25-18</td>
<td>AIR SHOCK (492L)</td>
<td>TD25-70</td>
<td>WASHER (Ø10 x Ø22 x 2t)</td>
<td>TD25-115</td>
<td>BIG COVER</td>
</tr>
<tr>
<td>TD25-19</td>
<td>SCREW (M4 x 10L)</td>
<td>TD25-71</td>
<td>BOLT (M10 x 40L)</td>
<td>TD25-116</td>
<td>ASA KNOB</td>
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<tr>
<td>TD25-20</td>
<td>SAFETY TUBE</td>
<td>TD25-72</td>
<td>BOLT (M10 x 60L)</td>
<td>TD25-118</td>
<td>SCREW (M6 x 15L)</td>
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<tr>
<td>TD25-21</td>
<td>PLASTIC WASHER (01-N2B)</td>
<td>TD25-73</td>
<td>NYLON NUT (M10)</td>
<td>TD25-119</td>
<td>SCREW (M5 x 8L)</td>
</tr>
<tr>
<td>TD25-22</td>
<td>PU FOAM</td>
<td>TD25-74</td>
<td>CABLE (90 / blue)</td>
<td>TD25-121</td>
<td>BOLT (M8 x 65L)</td>
</tr>
<tr>
<td>TD25-23</td>
<td>CENTER BAR</td>
<td>TD25-75</td>
<td>CABLE (60 / brown)</td>
<td>TD25-122</td>
<td>BOLT (M10 x 70L)</td>
</tr>
<tr>
<td>TD25-24</td>
<td>SCREW (5/32&quot; x 50L)</td>
<td>TD25-76</td>
<td>CABLE (160 / Yellow-Green)</td>
<td>TD25-124</td>
<td>TABLE CASE (UPPER)</td>
</tr>
<tr>
<td>TD25-26</td>
<td>HANDLE PULSE (Incline)</td>
<td>TD25-77</td>
<td>CABLE (170 / brown)</td>
<td>TD25-125</td>
<td>TABLE CASE (BOTTOM)</td>
</tr>
<tr>
<td>TD25-27</td>
<td>HANDLE PULSE (Speed)</td>
<td>TD25-78</td>
<td>CABLE (100 / blue)</td>
<td>TD25-126</td>
<td>BOLT (M8 x 75L)</td>
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<tr>
<td>TD25-28</td>
<td>WASHER (Ø8 x Ø16 x 1t)</td>
<td>TD25-79</td>
<td>CABLE (100 / brown)</td>
<td>TD25-127</td>
<td>SLIDER</td>
</tr>
<tr>
<td>TD25-30</td>
<td>END CAP (50 x 50)</td>
<td>TD25-80</td>
<td>INCLINE MOTOR</td>
<td>TD25-129</td>
<td>BOLT (M10 x 50L)</td>
</tr>
<tr>
<td>TD25-31</td>
<td>WHEEL (Ø70)</td>
<td>TD25-81</td>
<td>BREAKER (10A)</td>
<td>TD25-130</td>
<td>WHEEL (Ø46)</td>
</tr>
<tr>
<td>TD25-33</td>
<td>NYLON NUT (M8 x 6t)</td>
<td>TD25-82</td>
<td>POWER SOCKET</td>
<td>TD25-131</td>
<td>SLEEVE (50 x 100)</td>
</tr>
<tr>
<td>TD25-34</td>
<td>LEVELER</td>
<td>TD25-83</td>
<td>POWER SWITCH</td>
<td>TD25-132</td>
<td>POP PIN</td>
</tr>
<tr>
<td>TD25-37</td>
<td>BOLT (M8 x 60L)</td>
<td>TD25-84</td>
<td>FIXED PIN</td>
<td>TD25-133</td>
<td>END CAP (25.4 x 25.4)</td>
</tr>
<tr>
<td>TD25-38</td>
<td>NYLON NUT (M8)</td>
<td>TD25-85</td>
<td>L-HOOK</td>
<td>TD25-134</td>
<td>END CAP (22.2 x 22.2)</td>
</tr>
<tr>
<td>TD25-39</td>
<td>BUSH (Ø11 x 1.21 x 10.5L)</td>
<td>TD25-86</td>
<td>AIR SHOCK (905L)</td>
<td>TD25-135</td>
<td>END CAP (Ø35)</td>
</tr>
<tr>
<td>TD25-40</td>
<td>CABLE (7P x 1550L)</td>
<td>TD25-87</td>
<td>BUSH (Ø20+10 x Ø8 x 7+3L)</td>
<td>TD25-136</td>
<td>SCREW (M3 x 8L)</td>
</tr>
<tr>
<td>TD25-41</td>
<td>CHSHION SHAFT</td>
<td>TD25-88</td>
<td>SCREW (M6 x 6L)</td>
<td>TD25-137</td>
<td>FAST NUT</td>
</tr>
<tr>
<td>TD25-42</td>
<td>E-CLIP (ETW-12)</td>
<td>TD25-89</td>
<td>BOLT (M10 x 15L)</td>
<td>TD25-138</td>
<td>END CAP (20 x 40)</td>
</tr>
<tr>
<td>TD25-43</td>
<td>ROLL PIN (Ø4.5 x 22L)</td>
<td>TD25-90</td>
<td>L-PLATE (BOTTOM)</td>
<td>TD25-139</td>
<td>FIXING CLIP (ACC-2-B)</td>
</tr>
<tr>
<td>TD25-44</td>
<td>SPRING (Ø14.5 x Ø1.5 x 13L)</td>
<td>TD25-91</td>
<td>FIXING CLIP (UCR-0.5)</td>
<td>TD25-140</td>
<td>SCREW (M6 x 60L)</td>
</tr>
<tr>
<td>TD25-45</td>
<td>BUSH (Ø14 x Ø24 x 27.5L)</td>
<td>TD25-92</td>
<td>SCREW (M4 x 6L)</td>
<td>TD25-141</td>
<td>NYLON NUT (M6 x 5.8T)</td>
</tr>
<tr>
<td>TD25-46</td>
<td>GEAR (POM)</td>
<td>TD25-93</td>
<td>MOTOR</td>
<td>TD25-142</td>
<td>SUPPORT PLATE</td>
</tr>
<tr>
<td>TD25-47</td>
<td>SCREW (5/32&quot; x 12.7L)</td>
<td>TD25-94</td>
<td>FRONT ROLLER</td>
<td>TD25-143</td>
<td>SUPPORT FRAME (ASA)</td>
</tr>
<tr>
<td>TD25-48</td>
<td>WASHER (Ø8 x Ø19 x 1.5t)</td>
<td>TD25-95</td>
<td>REAR ROLLER</td>
<td>TD25-144</td>
<td>END CAP (30 x 30)</td>
</tr>
<tr>
<td>TD25-49</td>
<td>CABLE FIXER</td>
<td>TD25-96</td>
<td>RUNNING BELT</td>
<td>TD25-145</td>
<td>C-CLIP (Ø14)</td>
</tr>
<tr>
<td>TD25-50</td>
<td>BOLT (M8 x 15L)</td>
<td>TD25-97</td>
<td>BELT (190-J8)</td>
<td>TD25-146</td>
<td>WASHER (Ø15 x Ø28 x 2.5t)</td>
</tr>
</tbody>
</table>
WHEN AND HOW TO MAINTAIN YOUR MOTORIZED TREADMILL?

<table>
<thead>
<tr>
<th>ITEM</th>
<th>DAILY (Before Use)</th>
<th>DAILY (After Use)</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>3 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Machine Itself</td>
<td>Examine if the frame is stable for exercise. Adjust levelers until Machine does not rock and is stable.</td>
<td>Use dry cloth to wipe and clean sweat and dust on the surface of machine.</td>
<td></td>
<td>Use mild soap and water for plastic parts. Use automotive cleaning wax for metal parts. (Do not use abrasive or harsh cleaners.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Ensure enough safe space around the machine, and do not allow dangerous objects near.</td>
<td>Use wet cloth to clean the floor. Do not put wax on the floor.</td>
<td></td>
<td>Vacuum dust at the bottom and around the machine.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Power Cable</td>
<td>Ensure power cable is completely in the machine receptacle</td>
<td>Turn off the power or unplug power cable.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running Belt</td>
<td>While not standing on the belt, start the machine at 3 mph to check for belt drift. Please refer to &quot;ALIGNING THE RUNNING BELT&quot; to adjust.</td>
<td>Use dry cloth to wipe and clear the surface of running belt.</td>
<td></td>
<td>Use mild soap and water. (Do not use abrasive or harsh cleaners.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running Belt Tension Adjustment</td>
<td>Check if running belt is slipping. Please refer to &quot;ADJUSTING RUNNING BELT TENSION&quot; to adjust.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lubrication of Running Belt</td>
<td></td>
<td></td>
<td></td>
<td>Use pure silicone lubricant about every 100 miles (160km). Please refer to &quot;RUNNING DECK LUBRICATION&quot;.*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side Rails</td>
<td></td>
<td>Check the left and right side rails for movement or damage.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bolt</td>
<td></td>
<td>Check for loose or damaged hardware.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Inside of Motor Cover</td>
<td></td>
<td></td>
<td></td>
<td>Open motor cover and vacuum all dust.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Safety Key</td>
<td>Turn the power on and remove safety key to check if it is in normal function.</td>
<td>Make sure safety key is in place on the console.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Lubrication Alert:**

1. The word of 'LUBE' will flash every 3 seconds on the console once the accumulated running distance reaches 100 mile (160 km) to remind user to perform the maintenance.
2. Press any button to exit out of the alert mode. Word of 'LUBE' will show again whenever the machine re-starts if the user doesn't eliminate the word by taking action of No. 3 as below.
3. Press STOP & SPEED slow buttons at the same time to eliminate the word of 'LUBE', but distance will keep accumulating.
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.

Limited Commercial Warranty*: 1 Year all parts, 90 days labor
*For walking in desk mode use only.

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.