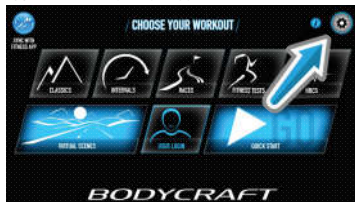


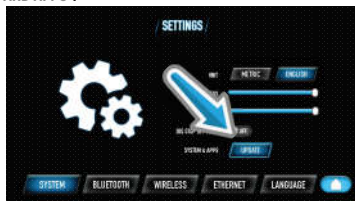
BODYCRAFT TOUCHSCREEN TREADMILL SETUP GUIDE

LET'S MAKE SURE EVERYTHING IS UPDATED

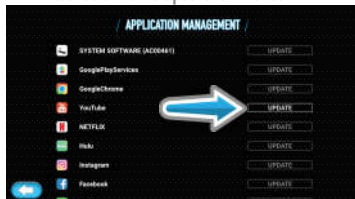
1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.



2. NEXT PRESS THE "UPDATE" BUTTON NEXT TO "SYSTEMS AND APPS".

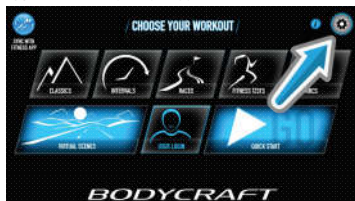


3. A LIST OF APPS WILL APPEAR. IF AN UPDATE IS AVAILABLE THE BUTTON WILL BE BRIGHT WHITE.
NOTE: Once the update begins the screen will be locked until the update is finished.

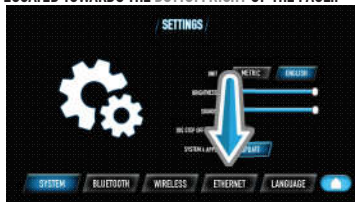


OR CONNECT THROUGH ETHERNET

1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.



2. ON THE SETTINGS PAGE PRESS THE ETHERNET TAB LOCATED TOWARDS THE BOTTOM RIGHT OF THE PAGE..

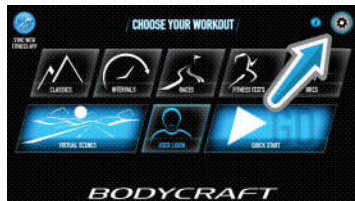


3. TURN ETHERNET TOGGLE ON AND PLUG THE ETHERNET CORD INTO THE BACK OF YOUR CONSOLE.



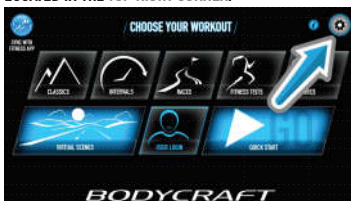
LET'S ADJUST YOUR BRIGHTNESS & SOUNDS

1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.

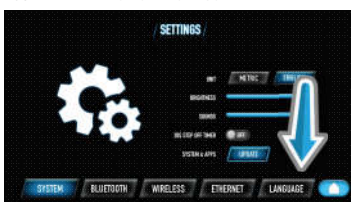


NOW LET'S SELECT YOUR LANGUAGE

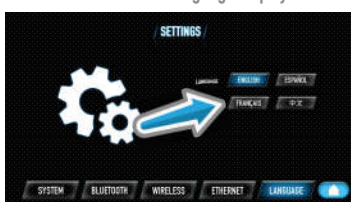
1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.



2. ON THE SETTINGS PAGE PRESS THE LANGUAGE TAB LOCATED IN THE BOTTOM RIGHT CORNER.

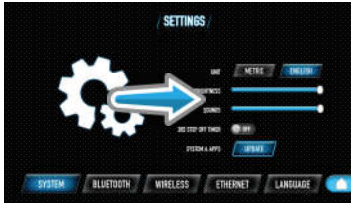


3. THEN PRESS YOUR PREFERRED LANGUAGE.
NOTE: Your console will reset to the start up page with the desired language displayed.



1

2. ADJUST THE BRIGHTNESS OR SOUNDS BY SIMPLY MOVING THE SLIDERS SIDE TO SIDE.

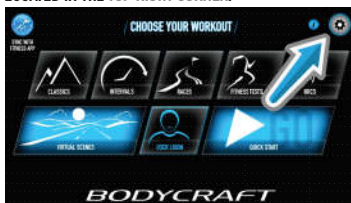


NOTE: We suggest that sounds be turned fully. (You can also adjust volume during your workout)

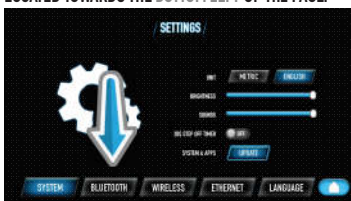
LET'S GET YOUR BLUETOOTH AUDIO SETUP

NOTE: For headphones or speakers only.

1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.



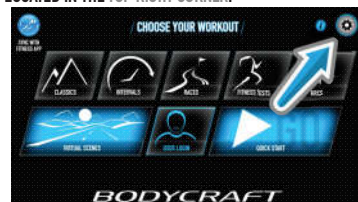
2. ON THE SETTINGS PAGE PRESS THE BLUETOOTH TAB LOCATED TOWARDS THE BOTTOM LEFT OF THE PAGE.



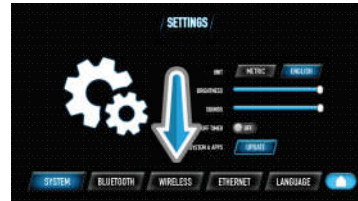
2

LET'S GET YOUR WIFI CONNECTED

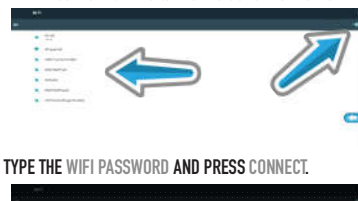
1. ON THE HOME PAGE PRESS THE SETTINGS GEAR ICON LOCATED IN THE TOP RIGHT CORNER.



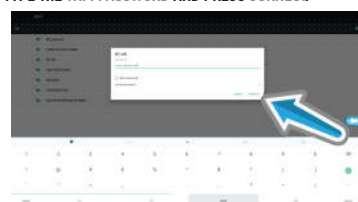
2. ON THE SETTINGS PAGE PRESS THE WIRELESS TAB LOCATED IN THE BOTTOM CENTER OF THE PAGE.



3. TURN THE WIFI TOGGLE ON & CHOOSE YOUR NETWORK.
NOTE: The wifi toggle is located in the top right corner. On the left is the list of networks.



4. TYPE THE WIFI PASSWORD AND PRESS CONNECT.



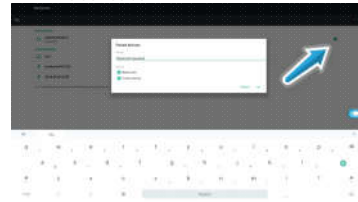
3. TURN THE BLUETOOTH TOGGLE ON & SELECT YOUR DEVICE.
NOTE: The bluetooth toggle is located in the top right corner. On the left is the list of devices.



NOTE: Your device should connect when selected. If not, make sure its not connected to another device, and make sure your device is in pairing mode.

4. CHANGE THE NAME OF YOUR SPEAKER OR HEADPHONES BY SELECTING THE GEAR ICON.

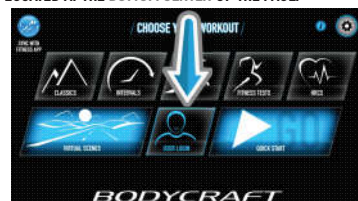
NOTE: The gear icon is located on the right side of the device list.



NOTE: This step can be skipped. After your device is connected you can change the name.

NOW LET'S CREATE A CUSTOM USER

1. ON THE HOME PAGE PRESS THE USER LOGIN BUTTON LOCATED AT THE BOTTOM CENTER OF THE PAGE.



MORE ON NEXT PAGE →

2. THEN PRESS THE "+" ON A USER ICON AND PRESS "USER INFO".



NOTE: If no user icons are available you can delete or edit a user simply by selecting it.

3. SELECT A USER ICON BY PRESSING THE ARROWS OR UPLOAD A PHOTO USING A USB FLASH DRIVE.



NOTE: To upload a photo save or copy a .jpg file to a usb drive and name the file "userphoto.jpg" insert the drive into the side of your console and press "UPLOAD PHOTO".

4. NEXT ADD YOUR PERSONAL INFO BY PRESSING ON THE TEXT FIELDS.



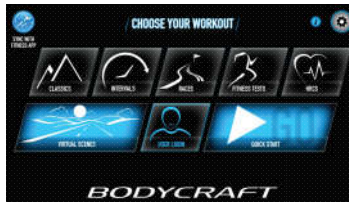
NOTE: When a text field is pressed a number pad or keyboard will appear.

LET'S SHOW YOU HOW TO ACCESS MEDIA

NOTE: This can be done before or during your workout.

BEFORE YOUR WORKOUT

1. ON THE HOME PAGE CHOOSE YOUR WORKOUT.

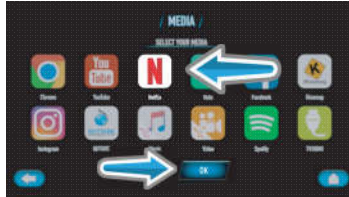


2. ENTER THE PARAMETERS OF YOUR WORKOUT AND THEN PRESS MEDIA.



NOTE: Certain workouts need input to begin such as time, distance, calories, age, and weight.

3. CHOOSE YOUR MEDIA AND PRESS OK.



NOTE: You will have to log into your account for Netflix, Hulu, Facebook, and Instagram.

DURING YOUR WORKOUT

1. DURING YOUR WORKOUT PRESS THE MEDIA TAB LOCATED ON THE RIGHT SIDE OF THE PAGE AND SELECT YOUR MEDIA.



NOTE: Apple TV and Firesticks can be connected and used through HDMI. Simply connect them and press the HDMI media icon.

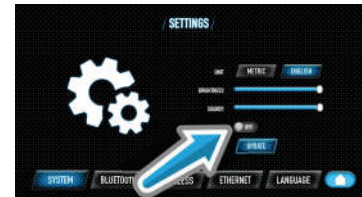
CHANGE THE VOLUME DURING A WORKOUT

1. PRESS THE SPEAKER ICON IN THE TOP LEFT AND MOVE THE SLIDER UP OR DOWN TO CHANGE THE VOLUME.



20S STEP OF TIMER SAFETY FEATURE

1. TURN IT ON OR OFF HERE.



NOTE: It's a safety feature that turns the treadmill off if no steps are sensed in 20 seconds.

BODYCRAFT

THIS WAS A QUICK SETUP GUIDE. FOR MORE INFORMATION SUCH AS FAQ'S, VIDEOS, OR GUIDES SCAN THE CORRESPONDING QR CODE BELOW OR VISIT BODYCRAFT.COM/TREADMILLS



T400



T800



T1000



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