

BODYCRAFT HOW TO UPDATE TOUCHSCREEN TREADMILL

For console serial numbers beginning with:
10TS & 16TS

THINGS YOU'LL NEED:

1. USB DRIVE
(FAT32 & 2.0 OR ABOVE)
2. COMPUTER



STEP 1: PLUG USB DRIVE INTO COMPUTER.



STEP 2: VISIT BODYCRAFT.COM & CLICK ON "CUSTOMER SUPPORT" AT THE BOTTOM OF THE PAGE.



STEP 3: SCROLL DOWN TO "SOFTWARE UPDATES" AND SELECT YOUR CONSOLE. THE DOWNLOAD SHOULD BEGIN.

SOFTWARE UPDATES:

Need to update the software on your Bio-View, Touch Screen Console or T-Series Treadmill?
For LCDT Bio-View models: R200, R400g, SGT400g, ECT400g, ECT800g [Click here to Download LCDT Ver 1.4.](#)
For TOUCH7 Color Touch Screen models: TCT1000g, ECT1000g, U1000g, R1000g [Click here to Download Touch 7 Ver.8.11](#)
For 2016-19 T-Series Treadmills (Serial Number MUST begin with TR). [Click here for Programming & Calibration Procedures](#)
T400 (Serial Number begins with T1041) [Click here to Download T400 Update](#)
T800 (Serial Number begins with T1081) [Click here to Download T800 Update](#)
T1000 (Serial Number begins with T1141) [Click here to Download T1000 Update](#)
For 2018+ T-Series Treadmills (Serial Number MUST begin with T400, T801, and T1011).
There are 3 Consoles available for each of the 3 Treadmill bases. Each Treadmill and Console has its own model and serial number, so the update is based on the model number of the console and NOT the Model number of the treadmill base. Use the console serial number info below to ID the console model.
[Click here for PDF software installation instructions](#) or [Click here](#) to watch the software installation video.
T-MLCD For T400, T800 & T1000 (Serial Number begins with MLCC) [Click here to Download T-MLCD Ver 20190620V02](#)
T-10TS For T400, T800 & T1000 (Serial Number begins with 10TS) [Click here to Download T-10TS Update Ver. 20191120V30](#)
T-16TS For T400, T800 & T1000 (Serial Number begins with 16TS) [Click here to Download T-16TS Update Ver. 20191120V30](#)

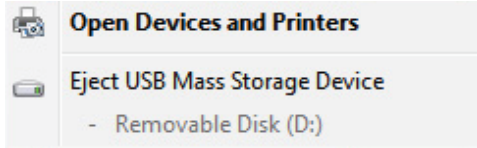


STEP 4: LOCATE THE FILE IN YOUR DOWNLOADS FOLDER. BE SURE THE FILE NAME IS "AC00461.APK" FOR 16 INCH OR "AC00460.APK" FOR 10 INCH.

STEP 5: CLICK AND DRAG THE FILE FROM THE DOWNLOADS FOLDER TO YOUR USB DRIVE TO COPY IT.

STEP 6:

ONCE THE FILE IS COPIED TO THE USB DRIVE. SAFELY REMOVE THE USB BY RIGHT CLICKING ON IT & EJECTING IT.



STEP 7:

PLUG USB INTO THE PORT ON THE CONSOLE.



STEP 8:

PRESS AND HOLD THE "C" IN BODYCRAFT ON THE HOME PAGE UNTIL MANAGER MODE IS ACTIVATED.



STEP 9:

SELECT "MANAGER"



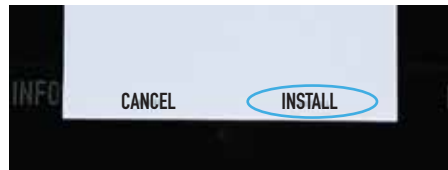
STEP 10:

SELECT "S/W UPDATE"
THEN SELECT "UPDATE SOFTWARE"



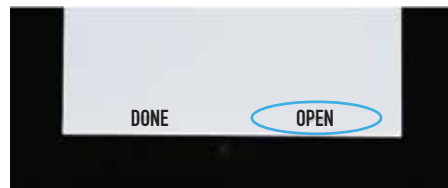
STEP 11:

SELECT "INSTALL" AND WAIT FOR THE UPDATE TO COMPLETE



STEP 12:

SELECT "OPEN"



STEP 13:

REMOVE THE USB DRIVE



STEP 14:
THE CONSOLE ONLY NEEDS TO BE
UPDATED MANUALLY ONE TIME.
ALL FUTURE UPDATES WILL BE
THROUGH THE CLOUD VIA WIFI OR
ETHERNET CONNECTION.

STEP 15:
TO UPDATE INDIVIDUAL APPLICATIONS
SELECT THE GEAR ICON IN THE TOP
RIGHT CORNER.

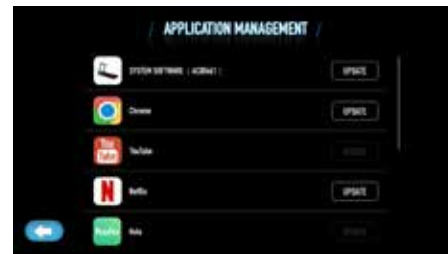


STEP 16:
THEN SELECT “UPDATE” NEXT TO
SYSTEMS & APPS:



STEP 17:
IF THE CONSOLE OR AN APP HAS
AN UPDATE AVAILABLE THE “UPDATE”
BUTTON WILL BE WHITE.

*NOTE: ONCE THE UPDATE BEGINS THE SCREEN WILL
BE LOCKED UNTIL THE UPDATE IS FINISHED.



STEP 18:
WHEN A CONSOLE UPDATE IS AVAILABLE
THIS MESSAGE WILL POP UP:



STEP 19:
SELECT “YES”. THE UPDATE WILL BE
INSTALLED AUTOMATICALLY.



*NOTE: YOU CAN SELECT “NO”. THE UPDATE WILL
STILL BE AVAILABLE UNDER THE “APPLICATION
MANAGEMENT” SECTION.