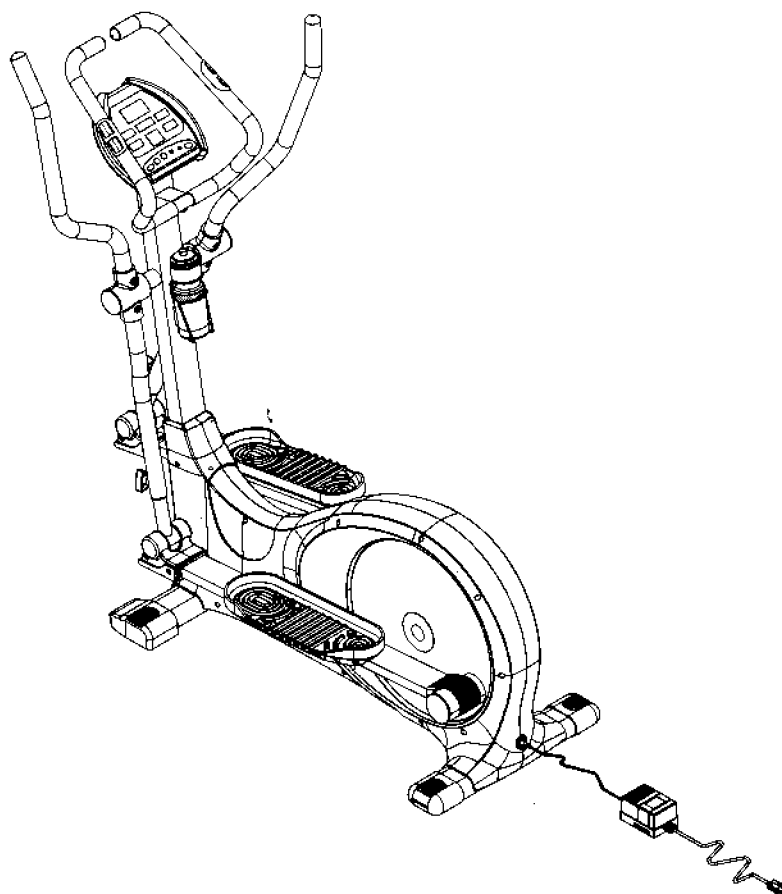# BodyCraft ®

OWNERS MANUAL
MODEL ECT-2500
ELLIPTICAL CROSSTRAINER

QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

BEFORE YOU BEGIN

Congratulations! And thank you for selecting the BodyCraft ECT-2500 Elliptical Crosstrainer. We believe you have made a wise investment. The BodyCraft ECT-2500 Elliptical Crosstrainer can provide an efficient, low impact cardiovascular workout. We welcome your comments and questions.

For your safety and benefit, read this manual and the accompanying literature before using the BodyCraft ECT-2500 Elliptical Crosstrainer. It provides you safety rules, assembly instructions, and routine inspection and maintenance information. Please keep this manual for future reference.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35, or persons with pre-existing health problems. Injuries to your health may result from incorrect or excessive training. If, at any time while exercising, you experience faintness, shortness of breath, dizziness, or any type of unusual pain, stop immediately. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. Read and follow all instructions in this manual and any accompanying literature. Additional copies are available. Do not use this product until you have become completely familiar with its safe operation.
2. This product must be examined regularly for damage and wear. DO NOT use this product if you suspect any defects. Pay special attention to moving parts and pivot points. Call your local dealer or BodyCraft immediately if service or parts are needed.
3. Do not allow young children to use or play with or around this machine. Allow older children to use the product only with close adult supervision.
4. Plug this product into a grounded outlet only.
5. Never operate a BodyCraft product if it has a damaged power cord, or if the cord is wet. Keep the power cord away from heat sources. Do not run the cord along side, or under this product. Do not use the power cord as a means to move this product.
6. Be certain pins are fully inserted and screws tightened when making adjustments. Failure to do so can cause damage that is costly and not covered under warranty.
7. Keep hair, shoelaces, towels, and clothing away from moving parts at all times. Keep body away from moving parts except for designated pedals and handles.
8. Wear proper clothing. Do not wear loose clothing. Do not wear shoes with leather sloes or high heels.
9. This product must be assembled and kept on a flat, level surface to ensure its proper function.
10. Maintain a minimum of 8 inches clearance on three sides. Keep at least one foot of clearance from the front.
11. This product must be used in a cool, low humidity environment to ensure its proper function.
12. Keep the machine clean. We recommend soapy water. Do not use harsh chemicals or abrasive materials. Always unplug this product before performing any cleaning or maintenance.
13. Exercise with extreme care to avoid injury.
14. This product is built for home use only. It is not warranted for institutional use.
15. Maximum user weight is 330 Pounds (150 Kg.).
16. If unsure about the proper use of the BodyCraft Elliptical Crosstrainer call your local dealer or our customer service department at 800-990-5556.

OVERVIEW
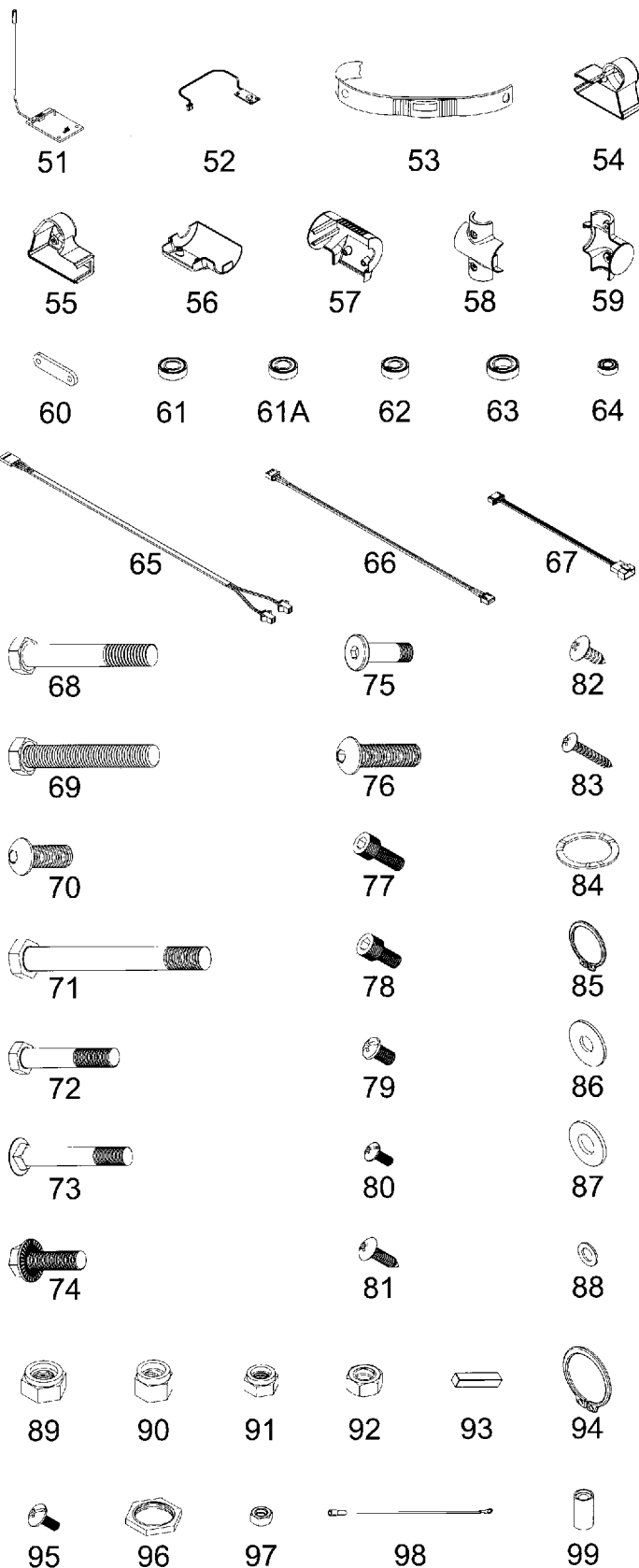

2
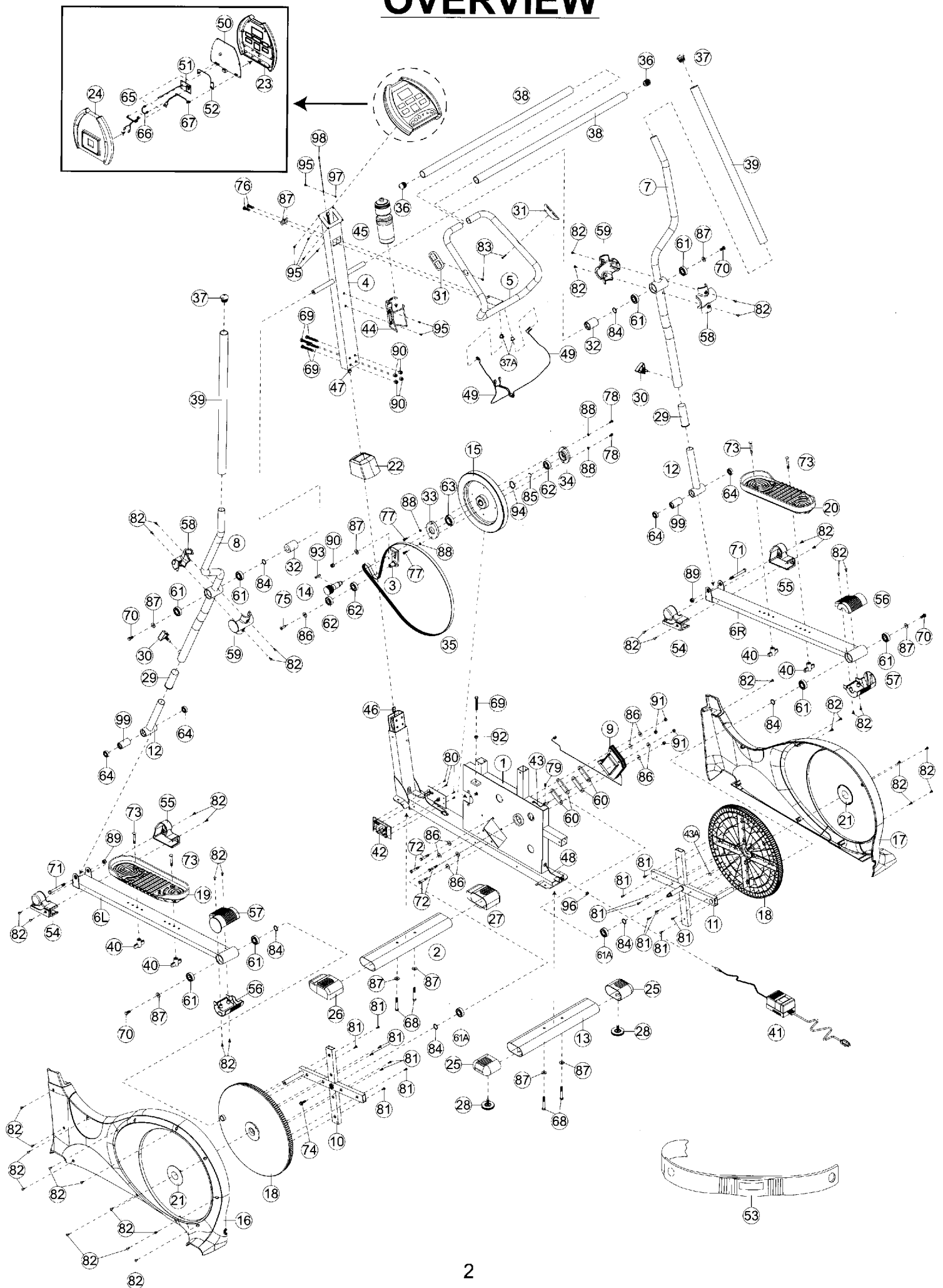
PARTS LIST

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	BELT TENSION BRACKET	1
4	FRONT UPRIGHT ASSEMBLY	1
5	HANDLEBAR	1
6R	RIGHT FOOT PEDAL FRAME	1
6L	LEFT FOOT PEDAL FRAME	1
7	RIGHT DUAL ACTION ARM	1
8	LEFT DUAL ACTION ARM	1
9	ELECTROMAGNET	1
10	LEFT WHEEL COVER SUPPORT	1
11	RIGHT WHEEL COVER SUPPORT	1
12	ANGLE ADJUSTMENT TUBE	2
13	REAR STABILIZER	1
14	BELT SHAFT	1
15	WHEEL HUB	1
16	LEFT SHROUD	1
17	RIGHT SHROUD	1
18	WHEEL COVER	2
19	LEFT FOOT PEDAL	1
20	RIGHT FOOT PEDAL	1
21	PLASTIC AXLE COVER	2
22	45 X 75mm HOLLOW COVER	1
23	COMPUTER COVER (MONITOR)	1
24	COMPUTER COVER BASE (MONITOR)	1
25	50 X 100mm END CAP	2
26	50 X 100mm LEFT WHEEL CAP	1
27	50 X 100mm RIGHT WHEEL CAP	1
28	ADJ. LEVER KNOB	2
29	PLASTIC SLEEVE INSIDE DUAL ACTION ARM	2
30	7/16" TRIANGLE KNOB FOR DUAL ACTION ARM	2
31	HAND PULSE SENSOR PLATE	2
32	AXLE SPACER	2
33	HINGE FASTENER (LARGER)	1
34	HINGE FASTENER (SMALLER)	1
35	BELT 1651mm	1
36	1-1/8" HAND SUPPORT PLUG	2
37	1-1/4" DAUL ACTION ARM PLUG	2
37A	CABLE PLUG	2
38	1-1/8" HAND SUPPORT GRIP	2
39	1-1/4" DUAL ACTION ARM GRIP	2
40	8mm TENSION KNOB FOR FOOT PEDAL PLACEMENT	4
41	POWER CORD	1
42	CONTROL BOARD	1
43	CABLE FOR SPEED SENSOR	1
43A	SPEED MAGNETIC	1
44	WATER BOTTLE HOLDER	1
45	WATER BOTTLE	1
46	LOWER COMPUTER CABLE	1
47	UPPER COMPUTER CABLE	1
48	TENSION CABLE	1
49	HAND PULSE CABLE	2
50	COMPUTER BOARD	1
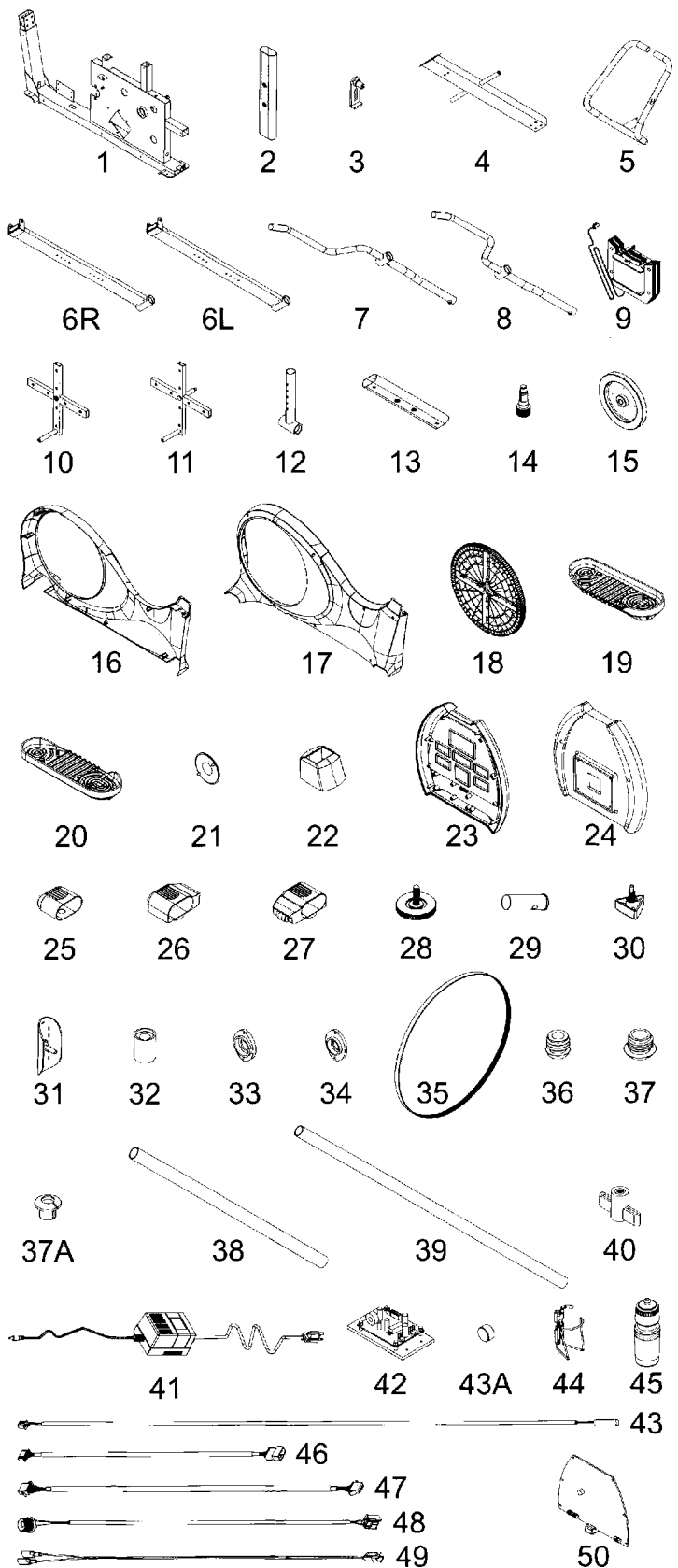
PARTS LIST

NO.	DESCRIPTION	QTY.
51	PULSE CHIP	1
52	WIRELESS CHEST STRAP RECEIVER	1
53	TELEMETRY HEART RATE CHEST STRAP	1
54	RIGHT PEDAL AXLE COVER	2
55	LEFT PEDAL AXLE COVER	2
56	RIGHT HANDLE BAR COVER	2
57	LEFT HANDLE BAR COVER	2
58	RIGHT HANDLE BAR JOINT COVER	2
59	LEFT HANDLE BAR JOINT COVER	2
60	MAGNETIC DIVIDER	4
61	6004 BEARING	8
61A	6004ZB BEARING	2
62	6203 BEARING	3
63	6005 BEARING	1
64	6200 BEARING	4
65	PULSE CONNECTING CABLE	1
66	PULSE CHIP CABLE	1
67	COMPUTER CONNECTING CABLE	1
68	3/8" X 2-1/4" HEX CARRIAGE BOLT	4
69	3/8" X 2-1/4" HEX THREADED BOLT	5
70	3/8" X 19mm HEX BOLT	4
71	M10 X 90mm HEX BOLT	2
72	M5 X 60mm HEX BOLT	4
73	M8 X 50mm CARRIAGE HEX BOLT	4
74	M8 X 25mm HEX WASHER BOLT	1
75	M8 X 16mm ALLEN PAN BOLT	1
76	3/8" X 1-1/4" DOME HEAD ALLEN BOLT	2
77	M6 X 16mm ALLEN BOLT	2
78	M6 X 12mm ALLEN BOLT	2
79	M6 X 10mm DOME BOLT	1
80	M4 X 10mm DOME BOLT	4
81	3/16" X 18mm SET SCREW	16
82	M5 X 18mm SHEET METAL SCREW	42
83	M4 X 25mm SHEET METAL SCREW	2
84	SPRING RING	6
85	SPRING RETAINER CLIP	1
86	M8 WASHER	9
87	3/8" WASHER	11
88	M6 WASHER	4
89	M10 NYLON NUT	2
90	3/8" NYLON NUT	5
91	M8 NYLON NUT	4
92	3/8" NUT	1
93	FASTENER OF BELT AXLE	1
94	SPRING CLIP	1
95	M5 X 10mm DOME BOLT	7
96	1/2" NUT 20 UNF	1
97	M5 NUT	1
98	EARTH WIRE	1
99	BEARING HOUSING	2

51 52 53 54

55 56 57 58 59

60 61 61A 62 63 64

65 66 67

68 75 82

69 76 83

70 77 84

71 78 85

72 79 86

73 80 87

74 81 88

89 90 91 92 93 94

95 96 97 98 99

0 1/4 1/2 3/4 1" 1/4 1/2 3/4 2" 1/4 1/2 3/4 3" 1/4 1/2 3/4 4" 1/4 1/2 3/4 5" 1/4 1/2 3/4 6"
(inch)

Step 1

Note: Save one of the packaging Styrofoam blocks to aid assembly.

Open carton and unpack all parts. Check to ensure you have the following parts:

1. Main frame with plastic shrouds and pedal frames attached
2. Front Stabilizer
3. Rear Stabilizer
4. Front Upright Assembly
5. Handlebar
6. Monitor
7. Left and Right Foot Pedals
8. Assembly Kit with nuts, bolts, end caps, etc.

All other parts listed are pre-assembled.
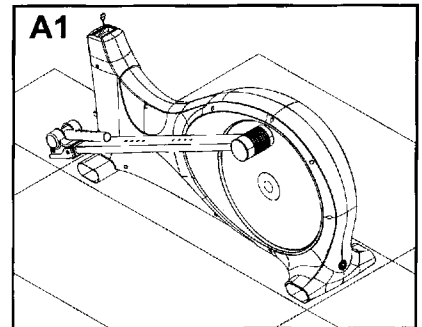
Place a Styrofoam block from the box under the rear of the Main Frame (1). Remove the protective cover from the rear of the Main Frame (1). Attach the Rear Stabilizer (13) to the Main Frame using the pre-assembled Washers (87) and Bolts (68). Repeat the procedure for the Front Stabilizer (2).
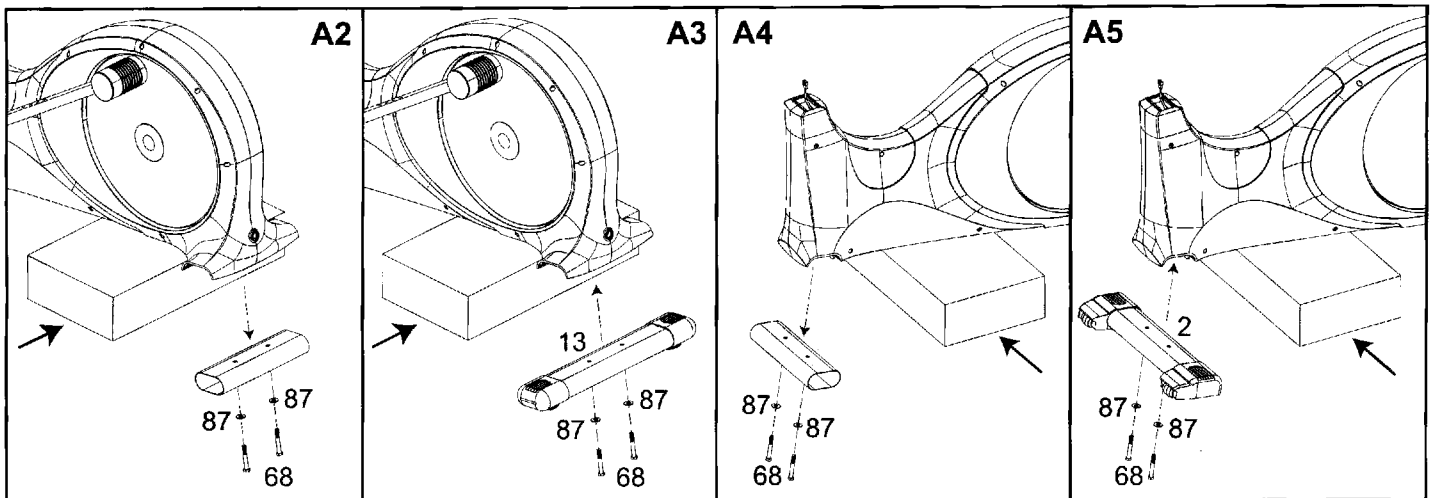
Step 2

Note: This step could require two people.

Slide the Hollow Cover (22) onto the Front Upright Assembly (4) as shown in figure B1. Connect the Upper (47) and Lower (46) Computer Cables. Make sure the plugs are fully seated. Do not push too hard. Slide the Front Upright Assembly (4) onto the Main Frame (1), and then attach using four 3/8" X 2-1/4" Hex Threaded Bolts (69) and four 3/8" Nylon Nuts (90). Cut the retaining ties on the Dual Action Arms.

Do not fully tighten the bolts (69) until after Step 3, and after the computer is attached and working properly.
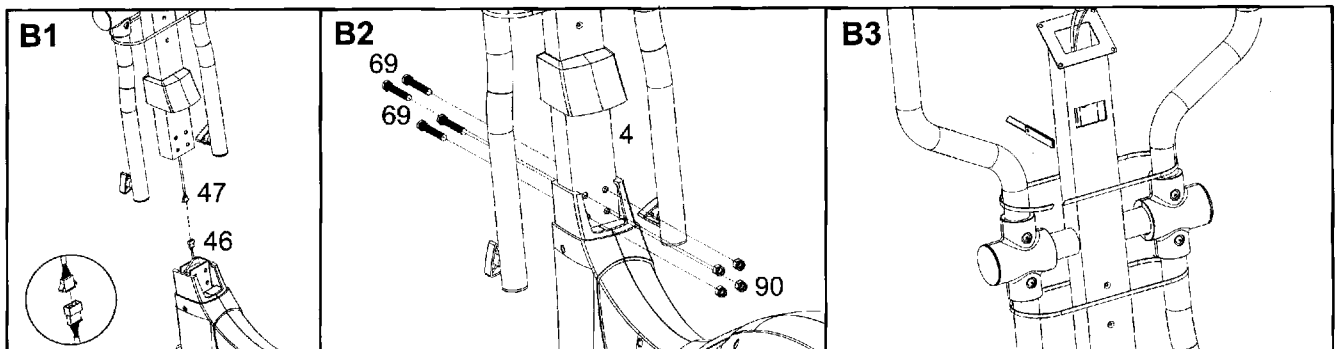
Step 3

Insert the Angle Adjustment Tube (12) into the Right Dual Action Arm (7) and choose a height, then tighten the Triangle Knob (30). Repeat the procedure (and same height) for the Left Dual Action Arm (8). You will want to experiment with height adjustment to find the most comfortable stride.
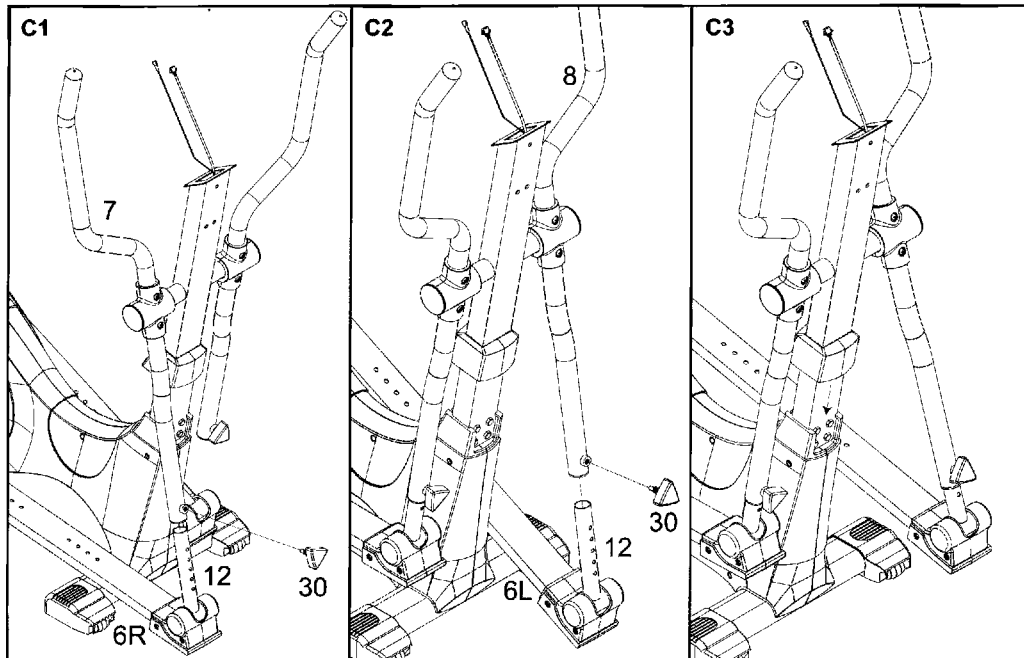
Step 4

Find the Handlebar (5). Insert the Hand Pulse Cable (49) into the slot in the front of the Front Upright (4), and out of the top. While holding the Hand Pulse Cable (49) and the Upper Computer Cable (47) with the opposite hand, slide the Handlebar (5) into the slot in the Front Upright (4). **Be careful to route the cables through the slot in the Hand Support (5)! Do not pinch, or crimp the wires in any way!** Fasten the Handlebar using two 3/8" Washers (87) and two 3/8" X 1-1/4" Dome Head Allen Bolts (76).
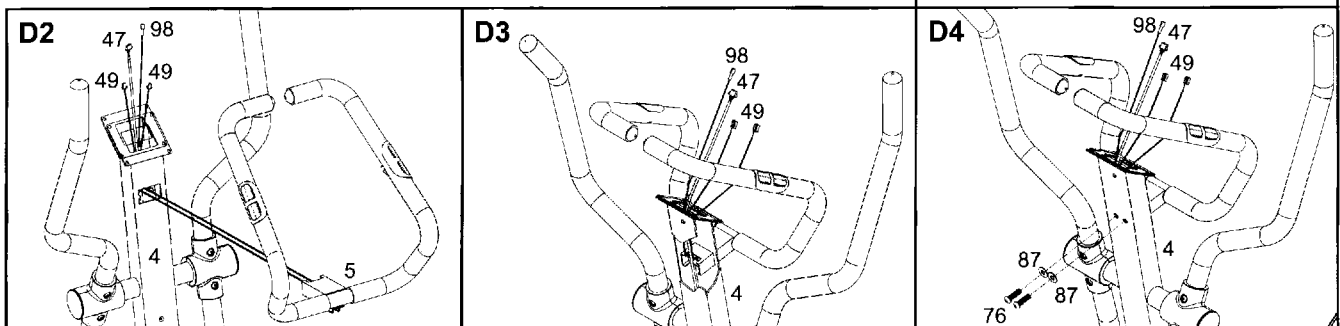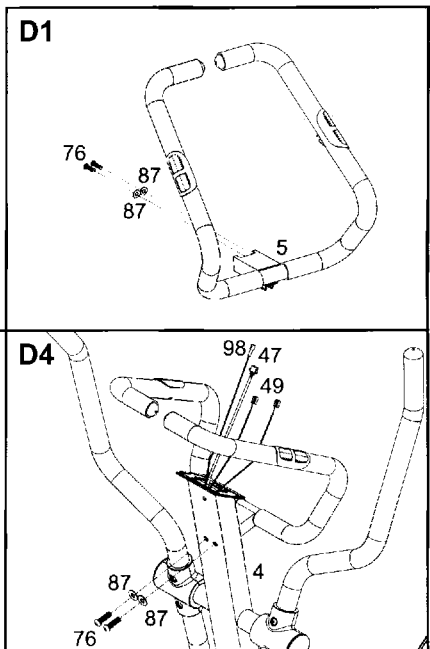
Step 5

Connect the wires as shown in Figure E1. Connect the Upper Computer Cable (47) to the Computer Connecting Cable (67). Connect the Hand Pulse Cables (49) to the Pulse Connecting Cables (65). Push the cables down into the Upright as you bring the Computer down to attach it. Attach the Computer (23) to the top of the Upright (4), using four M5 X 10mm Dome Bolts (95).
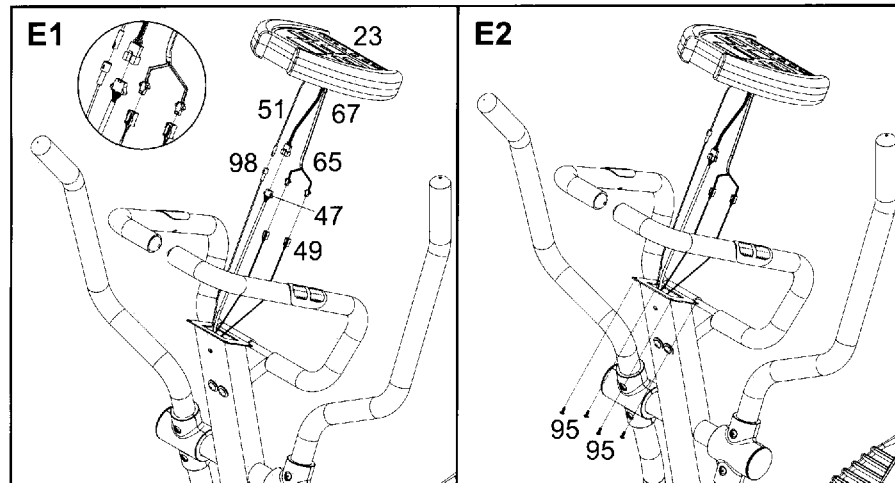
Step 6

Attach the Pedals to the Pedal Frames using two M8 X 50mm Carriage Bolts (73) and Tension Knobs (40). Select the same holes on the R & L Foot Pedal Frames (6R & 6L) to ensure equal distance from the pedals to the Dual Action Arms. You will want to experiment with pedal placement to find the most comfortable stride.
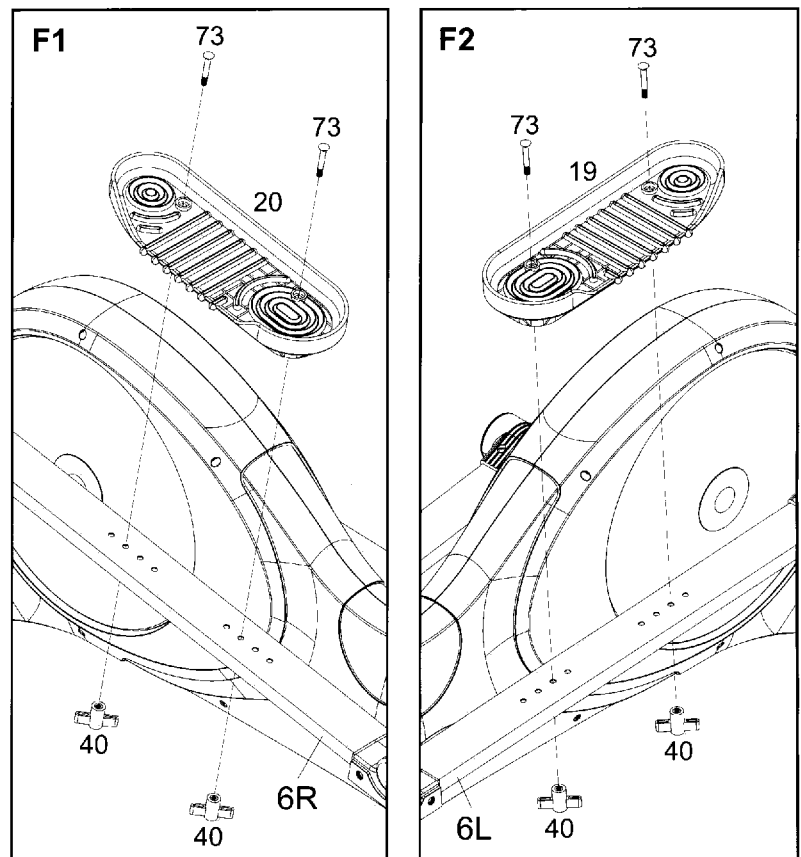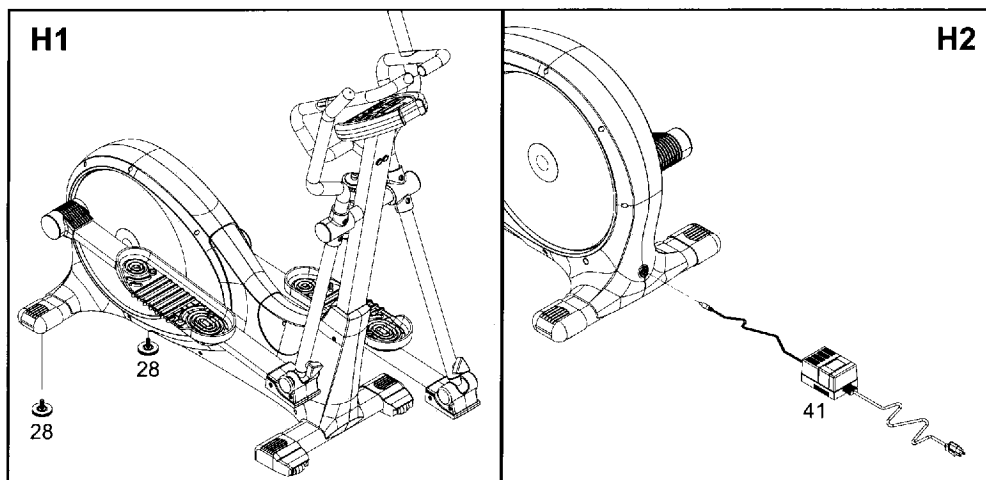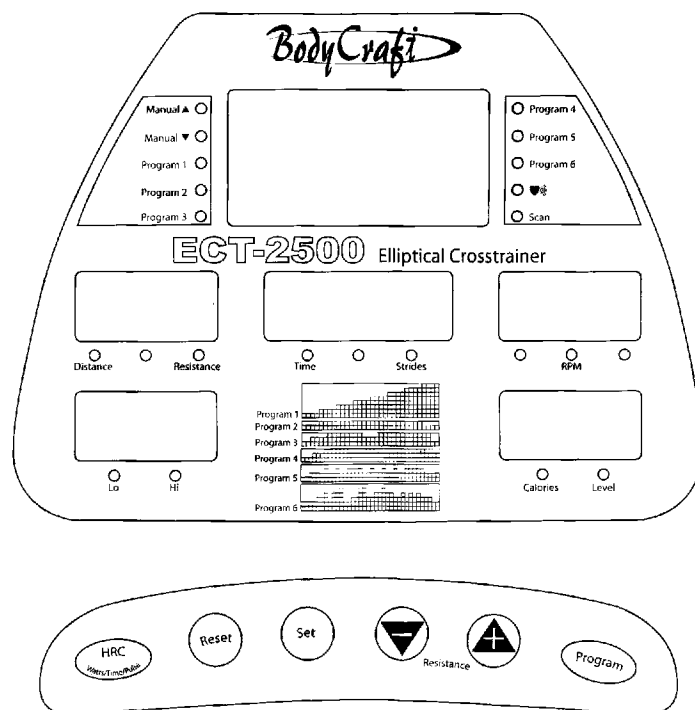
Step 7

Attach the Bottle Holder (44) to the Front Upright (4) using two M5 X 10mm Dome Bolts (95).
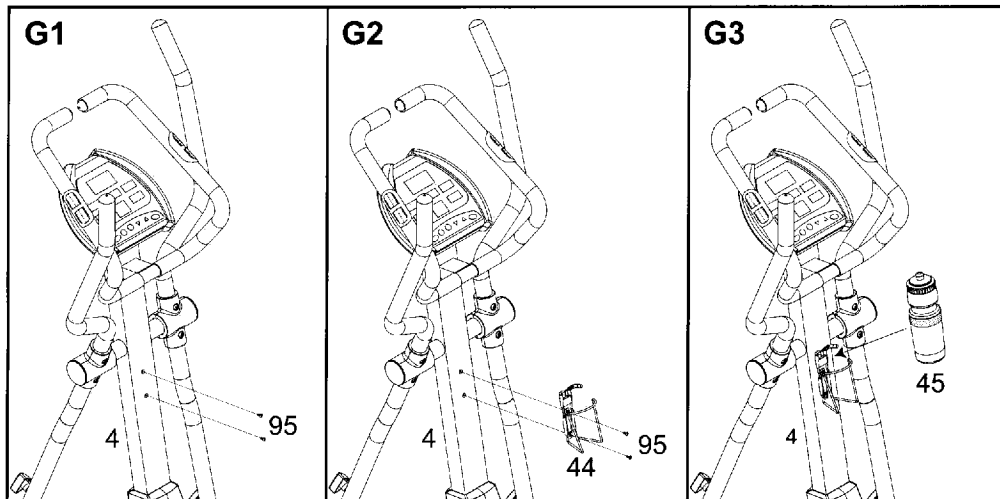
Step 8

Insert the Power Cord (41) into the barrel plug on the back side of Elliptical Crosstrainer. Then insert the Plug end into the wall outlet. The console should light up. If not, re-check plug and wall connections and make sure the wall outlet has power.

Distance
The readout displays the cumulative distance traveled, or the distance remaining to reach your goal. The readout approximates the distance traveled as if you were exercising on the ground. The unit of measure is miles in the US, Kilometers in other countries.
Resistance
The readout displays resistance level, measured in Watts.

Time
The readout displays elapsed time if you start without first setting a time goal. Or, if you input a time goal before beginning, the readout displays time remaining to reach goal.

Strides
The readout displays the cumulative number of stride cycles taken during the exercise session. In other words, the sensor only tracks one pedal. Each increase in the number displayed equals both a left and a right foot stride.

RPM
The readout displays the revolutions per minute of the rear wheel. It can be thought of as a measure of speed.

Pulse
The readout displays the pulse rate as read by the Pulse Sensors mounted to the Handlebar, or as read by the Telemetry Heart Rate Chest Strap. Simply grab the sensors on the Handlebar and wait for a readout. **NOTE:** While usually correct, pulse readings by this method can be affected by a number of factors and are not necessarily ECG accurate. For a more accurate pulse rate, or to use the Heart Rate Control program, please use the Telemetry Heart Rate Chest Strap. If a target pulse rate has been set prior to the exercise session, or if you are using the Heart Rate Control program, the Lo or Hi light will be lit to indicate your heart rate is below (Lo), or above (Hi) your preset target heart rate.

Calories
The readout displays the approximate cumulative calories burned during the exercise session.

Level
The readout displays the resistance level for a given program. The resistance level can be set before the exercise session. Adjusting the resistance level before the exercise session will adjust the entire program profile to a higher or lower level.

Buttons
HRC
A press of this button activates the Heart Rate Control program.

Reset
A press of this button resets the entire display to startup mode.

Set
Push this button to go into the Set mode. The set mode allows you to plug in goals before you begin the exercise session. Each successive push of the Set button lights up a different window (dependant upon which program you have selected). Each particular goal can be input using the "plus s " or "minus t " buttons.
If you have set in multiple goals for a given exercise session (e.g..: 30 minutes, and 2.5 miles), a beep will sound after each goal is reached.

Resistance "Plus s " or "Minus t " Buttons
These buttons are used to input goals before the exercise session and to change the resistance during the exercise session.

Program
Use this button to select the desired program.

9

Level and Stabilize your BodyCraft Elliptical Crosstrainer

VERY IMPORTANT! After final placement, ensure your Elliptical Crosstrainer is level and stable by adjusting the levelers on the underside of the End Caps on the Rear Stabilizer. The levelers are retracted, or extended by screwing clockwise, or counter-clockwise. Spend ample time adjusting the levelers to ensure your Elliptical Crosstrainer is stable and does not rock from side-to-side. Instability can damage the machine over a period of time.

Periodic Inspection and Routine Maintenance
- Periodically check to make sure all bolts are tightened.
- Always be certain that the Triangle Knobs in the Dual Action Arms are fully inserted and **fully tightened. Failure to do so can damage adjustment holes, requiring expensive replacement of parts not covered by warranty.**
- After each exercise session clean the machine with a soft absorbent cloth, lightly moistened with water and a mild cleaning solution. Do not use harsh chemicals, including ammonia or acid based cleaners. Apply the cleaning solution only to the soft cloth, not directly to the machine. Do not use abrasive materials, including paper towels as they may scratch the surfaces. Clean sweat off the Display.
- Always unplug the machine when performing any maintenance or when moving.
- If your Elliptical Crosstrainer goes unused for a long period of time, the drive belt can become temporarily distorted. This can lead to an uneven "bumping" sensation. This should disappear after a few minutes of use as the belt loosens up.
- Always keep the pedals clean and free of debris. Keep the Handles clean.

Using your BodyCraft Elliptical Crosstrainer
- The easiest way to use the product is to simply, carefully mount the foot pedals and start moving forward. The display will come on automatically and start to display the pertinent information. Otherwise, you can input goals into the computer before you start.
- This product can be used in either "single action", or "dual action" mode. Single action refers to exercising the lower body only while holding onto the stationary handlebars. Dual action refers to using the moving arms simultaneously with lower body exercise. Dual action is generally preferential because it provides a more efficient cardiovascular workout and because the upper body muscles are exercised.
- Adjust the height of the pedals, and pedal placement along the pedal frame, to determine the stride pattern you like best.
- The exercise motions can be performed forward, or "backward". "Backward" is simply reversing the motion while still facing forward. Do not attempt to stand on the machine facing backwards.
- Be careful when dismounting the machine. Wait until all motion has stopped as inertia can be strong and the pedals will continue to move for a short time.
- The Monitor will turn off automatically after 5 idle minutes.

- This product is generally intended for promoting cardiovascular health. Experts generally agree that cardiovascular improvement is best achieved by attaining, and maintaining, a heart rate of 80% of your theoretical maximum heart rate. The chart below serves as a general reference of target heart rates, separated by age.
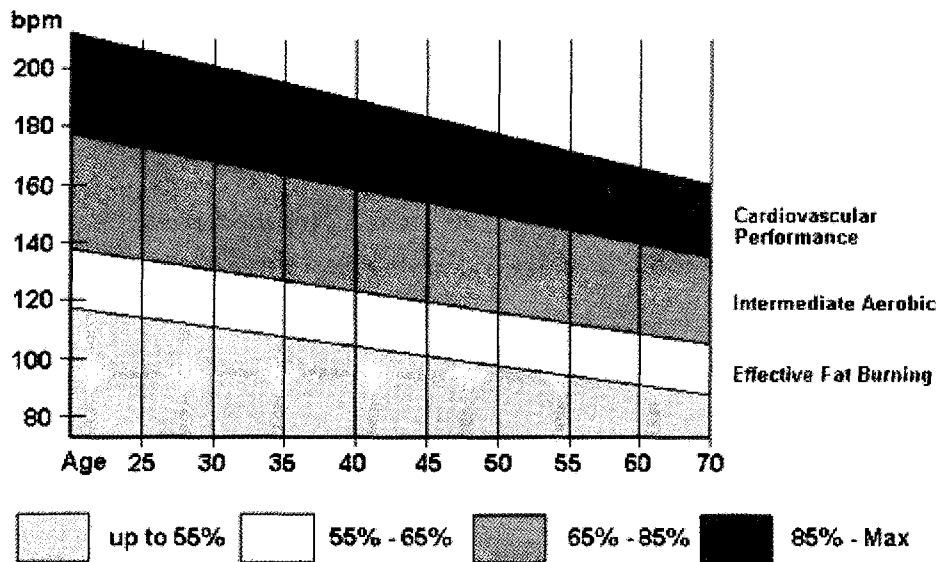
HOW TO USE THE CONSOLE

Some General Instructions

1. Continue to press the Program button until the desired program is selected.
2. Use the Set button to set specific goals and to override default settings.
3. The overall resistance level can be adjusted before the exercise session begins. If you increase the resistance level before the exercise session begins, the entire profile of the program increases. The entire program is affected. Otherwise, if you change the resistance level during the exercise session, only the resistance level of the current segment will change. The resistance will go back to the default level when you enter the next segment.
4. The Heart Rate Control program will only work with the supplied Telemetry Heart Rate Chest Strap. Use the Telemetry Heart Rate Chest Strap only as directed. By wearing the Telemetry Heart Rate Chest Strap, your heart rate will be transmitted to the computer continuously. Utilizing this information, in the Heart Rate Control program, the computer will automatically adjust the resistance to maintain the target heart rate you have input.
5. The console will turn off after 5 minutes of inactivity. Until that time, the console will indicate "PAUSE".

MANU ▲

This is a "manual" program. All functions are controlled by the user. The values displayed in all the windows are cumulative, "counting up".

MANU ▼

This is a "manual" program. All functions are controlled by the user. To enter this program press the Program button until the light next to MANU▼ lights up. Then Press the SET button. After pressing SET to select this program, the distance window will light up and the scrolling instructions will read "SET DISTANCE". At this point you can set in a distance goal using the ▲ or ▼ buttons. The distance is in miles up to 99.5 miles. OR, you can skip this step.

The next push of the SET button will display the resistance level measured in resistance Watts. The scrolling instructions will read "SET WATTS". At this point you can set in a resistance level using the ▲ or ▼ buttons, or skip this step. Remember that you can change the resistance at any given time throughout the exercise session.

The next push of the SET button will illuminate the Pulse window. The scrolling instructions will read "SET PULSE". A target pulse rate can be set at this point using the ▲ or ▼ button, or you can skip this step.

The next push of the SET button will illuminate the Time window. The scrolling instructions will read "SET TIME". You will need to set a time goal before beginning. If you do not set a time goal the program will automatically switch back to MANU▲.

The next push of the SET button will set all goals into the computer and you will be ready to exercise! The scrolling instructions will read "READY".

Program 1 – Mountain Climb

To access this program, press the Program button until the light next to Program 1 illuminates. The resistance level in each segment of this program becomes progressively harder. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button as described in the procedures above.

Program 2 – Fat Burn Plateau

To access this program, press the Program button until the light next to Program 2 illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button.

Program 3 - Cardio Plateau

To access this program, press the Program button until the light next to Program 3 illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button.

Program 4 – Interval Training

To access this program, press the Program button until the light next to Program 4 illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button.

Program 5 – Extreme Interval Training3

To access this program, press the Program button until the light next to Program 5 illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button.

Program 6 – Max Cardio

To access this program, press the Program button until the light next to Program 6 illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button.

Program 7 – Heart Rate Control

To access this program, press the Program button until the light next to the Heart icon illuminates. The time and resistance have default levels, but can be adjusted prior to the exercise session using the SET button. After accessing this program, press SET. You will then need to input a starting resistance level. The scrolling instructions will read "SET WATTS". You can either set in a higher starting resistance level, or skip this step by pressing SET again. After you start your exercise session, and the Telemetry Heart Rate Chest Strap is transmitting your heart rate to the computer, the resistance will automatically adjust the resistance to maintain the target heart rate you have input. After setting starting

resistance level, push SET button again and the Time window will illuminate. The scrolling instructions will read "SET TIME". You can input a time goal, or skip this step to display cumulative time. Push the SET button again and the Pulse Window will illuminate. Please input your target heart rate, and then press SET. The scrolling instructions will read "READY". Begin to exercise, making sure that the Telemetry Heart Rate Chest Strap is transmitting your heart rate to the computer. If you do not see a display in the Pulse window, the Telemetry Heart Rate Chest Strap is not transmitting your heart rate to the computer. Slightly reposition the Telemetry Heart Rate Chest Strap until you get a reading. The resistance will slowly begin to increase until you have reached your target heart rate. The resistance will the increase or decrease in an effort to keep your heart rate close to the input target.

Scan

Scan is not a program. The scan function works only while using the Manual programs or the Heart Rate Control programs. While using one of these three programs, the scrolling instructions window will scan and display the various readouts also displayed in the individual windows.

Using the Telemetry Heart Rate Chest Strap

The heart rate Chest Strap allows the computer to continuously monitor your heart rate. In the Heart rate Control Program, it also automatically adjusts the resistance level to maintain your target heart rate.

To begin, moisten the transmitter electrodes on the back side of the strap. The transmitter electrodes are the flat, rigid surfaces to each side of the center of the strap. Secure the strap as high under the chest muscles as possible. The strap should be centered and snug, but not uncomfortable.

The transmitter strap will provide an accurate heart rate reading when the moistened electrodes are directly in contact with bare skin. However, it may also function properly when used with lightweight, wet clothing.

It is important for the electrodes to remain wet to ensure the transmission of electrical impulses of your heart to the computer. If you need to remoisten the electrodes, you can do so while still wearing the strap. Simply pull the strap away from your body and moisten.

We hope you enjoy many healthy years using your BodyCraft Elliptical Crosstrainer!