

BODYCRAFT

SPL INDOOR TRAINING CYCLE ASSEMBLY MANUAL MODEL: SPL



Questions?

As a quality exercise equipment 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 BODYCRAFT 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 purchasing the **BODYCRAFT SPL INDOOR TRAINING CYCLE**. The **SPL** is a **high quality way to promote cardiovascular wellness and lower body strength conditioning**.

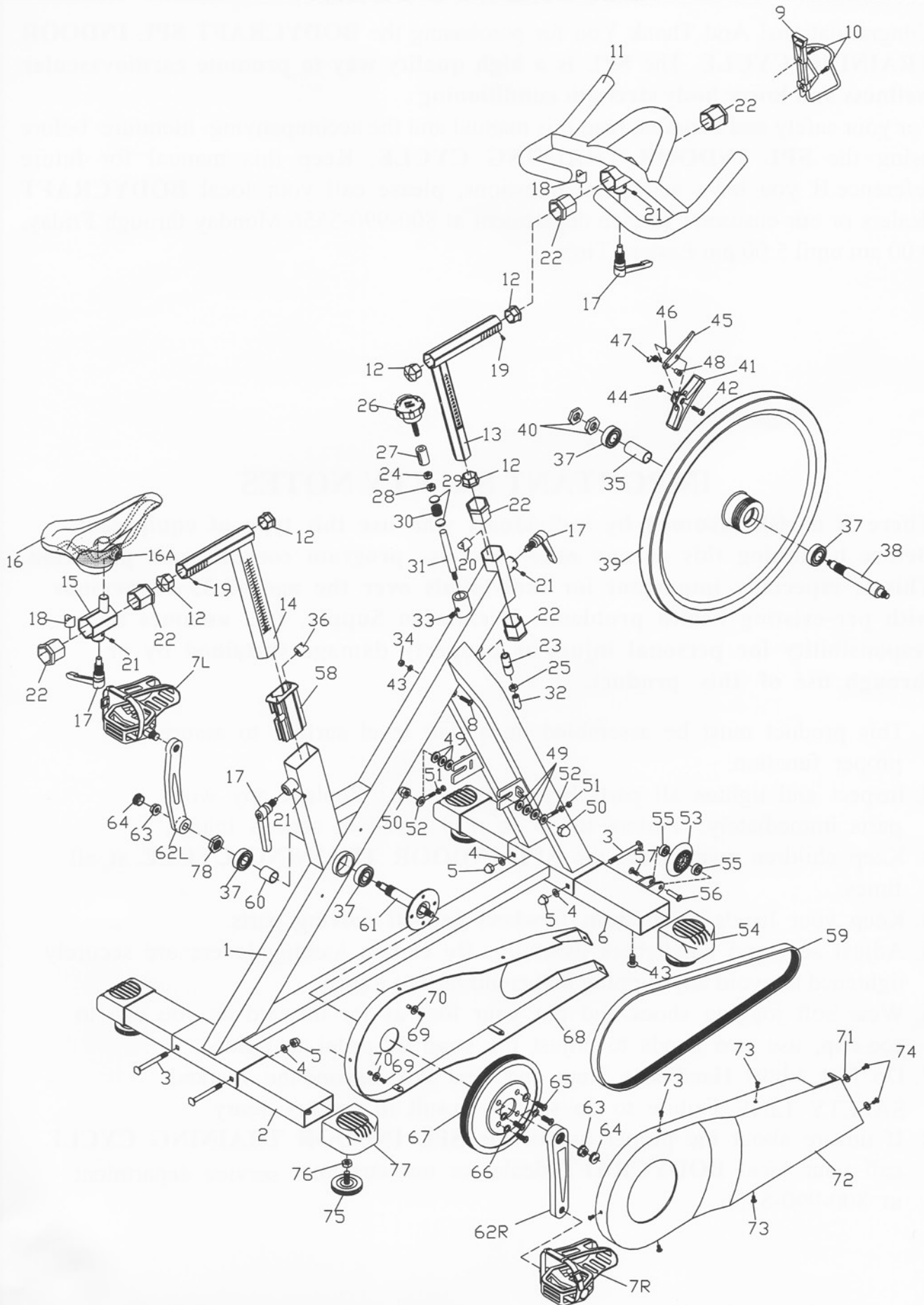
For your safety and benefits, read this manual and the accompanying literature before using the **SPL INDOOR TRAINING CYCLE**. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealers or our customer service department at 800-990-5556 Monday through Friday, 9:00 am until 5:00 pm Eastern Time.

IMPORTANT SAFETY NOTES

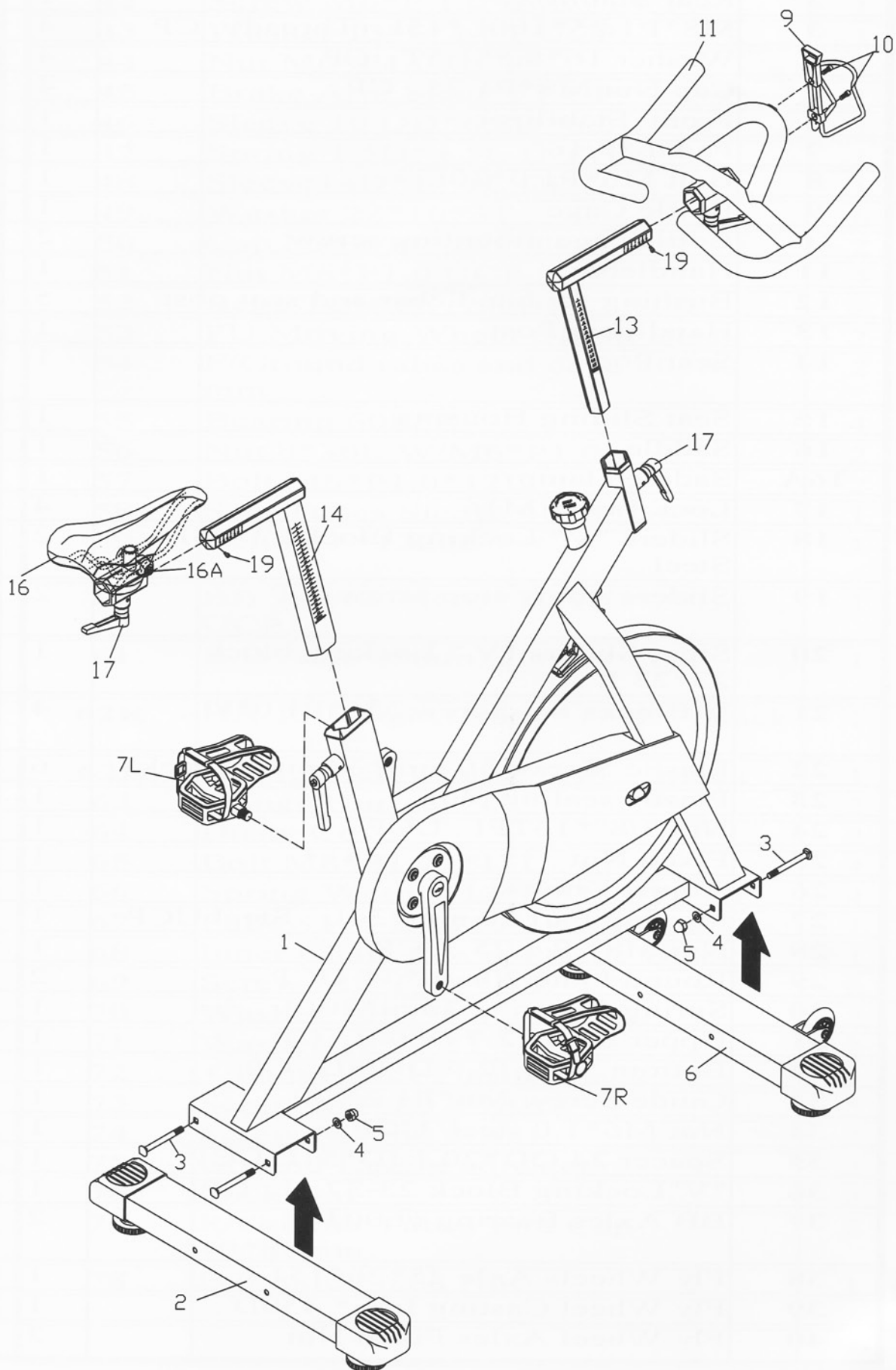
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the **SPL INDOOR TRAINING CYCLE** at all times.
4. Keep your hands away from flywheel and all moving parts.
5. Adjust seat and handlebars carefully. Be certain locking levers are securely tightened to avoid any slipping that could lead to injury.
6. Wear soft jogging shoes and put your foot as far forward as you can to toe-clip, use two hands to adjust the strap of pedal to tighten.
7. Do Not adjust Handlebar Stem and Seat Post beyond the marked SAFETY LINE Failure to do so may result in serious injury.
8. If unsure about the proper use of the **SPL INDOOR TRAINING CYCLE** call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

EXPLODED 1



EXPLODED 2



SPL Parts List

parts no.	description	Unit
1	Main Frame	1
2	Rear Stabilizer	1
3	M8*P1.25*100L*15L (Thread) , CP	4
4	Washer 16*8.5*1.5T , CP	4
5	Cap Nut M8*P1.25 , CP	4
6	Front Stabilizer	1
7	Pedal *9/16"	1
8	Bolt M6*P1.0*30L	1
9	Bottle Cage.	1
10	Bottle cage mounting screw.	2
11	Handlebar	1
12	Bushing for handlebar and seat post	5
13	Handlebar Post.	1
14	Seat Post	1
15	Seat Sliding Housing	1
16	Saddle	1
16A	Saddle clamp	1
17	Lock Lever M16	4
18	Sliders "V" Locking Block 23*23L , Steel	2
19	Sliders safety stop screw ,CP .	2
20	Stem Sliders "V " Locking block 23*23 L .	1
21	V Blocks Set Screw M6*P1.0*8L.	4
22	Plastic Sleeve 50 mm*38 mm , black .	6
23	Plastic sealing plug .	1
24	Nut 3/8"*16TPI , UCP .	1
25	Fixed Nut .	1
26	Adjust Knob	1
27	Moving Part 20 mm*34L , Steel UCP.	1
28	Nut M8* P 1.25 ,UCP .	1
29	Round Plate 20mm*3T UCP.	2
30	Spring 19mm*2.3mm*20LL	1
31	Upper Stud 12.7 D*92L ,CP .	1
32	Bottom Stud 12.7 D*28L , CP .	1
33	Guide Screw M8*P1.25*8L	1
34	Nut M6*1.0 steel UCP .	1
35	Spacer 24 OD*20.1 ID*51L UCP .	1
36	"V"Locking Block 23-37.5L, CP.	1
37	BB Axles Bearing #6004 .	2
38	Fly Wheels Axle 25*20*151 L	1
39	Fly Wheel,Casting Iron* 450D .	1
40	Fly Wheel Axles Fixed Nut .	2

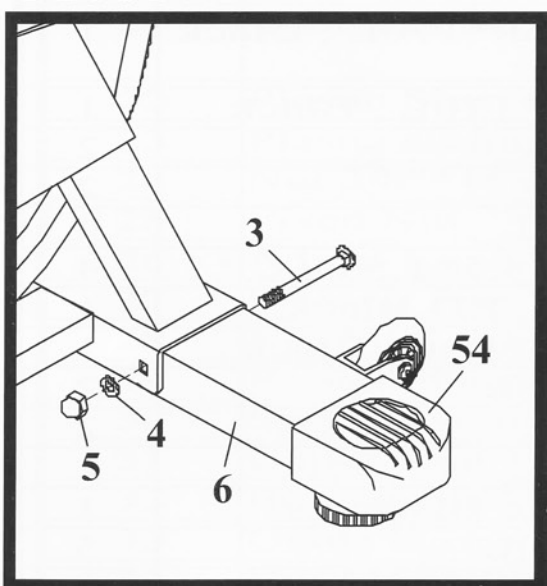
SPL Parts List

parts no.	description	Unit
41	Brake pad	1
42	Screw M6*P 1.0*20L , UCP.	1
43	Washer 13*6*1.5T UCP.	1
44	Nut M6*P1.0 UCP .	1
45	Brake Arm Steel*5T CP.	1
46	Sleeve 10 OD*6.2D*6.2L	1
47	Spring 1.5D*4.5L U Type	1
48	Sleeve14D*14.9L CP .	1
49	Washer 22*10*3T .	6
50	Cap Nut 3/8"*26T UCP.	2
51	Nut M6*P1.0 UCP .	4
52	Belts Tension Adjuster 6*35L.	2
53	PU Moving Wheel 64mm Black .	2
54	F/Ground tubes end cape 40*80 mm .	2
55	Bearing 608ZZ	4
56	Nut 8*30L W/M6*P1.0	2
57	Bolt M6*P1.0*12L	2
58	Seat Tubes Sleeve 40*80/30*60.	1
59	Belt 8PJ *1220L	1
60	BB Sleeve 24OD*20.1ID*27L UCP.	1
61	B.B Axle 25mm*20mm*116L	1
62R	HA 130 Right Crank*170L , Black .	1
62L	HA 130 left Crank*170L , Black .	1
63	Flange Nut	2
64	Dusty Cover	2
65	Bolt M8*P1.25*15L	4
66	Spring Washer 13*8.5*1.5T , CP .	4
67	Pulley 195 D*8 PJ , ED Black .	1
68	Inner Chain Cover Plastic Black .	1
69	Screw M5*P0.8*10L	2
70	Washer 10*5*1 T	2
71	Washer 16*6*2T	2
72	Chain Cover Plastic Black .	1
73	Screw M5*P0.8*10L	5
74	Screw M5*p0.8*15L	2
75	Ground Height adjuster	2
76	Lock Nut	2
77	R/Ground Tubes End Cap 40*80mm.	2
78	B.B axle Fixed Nut	1

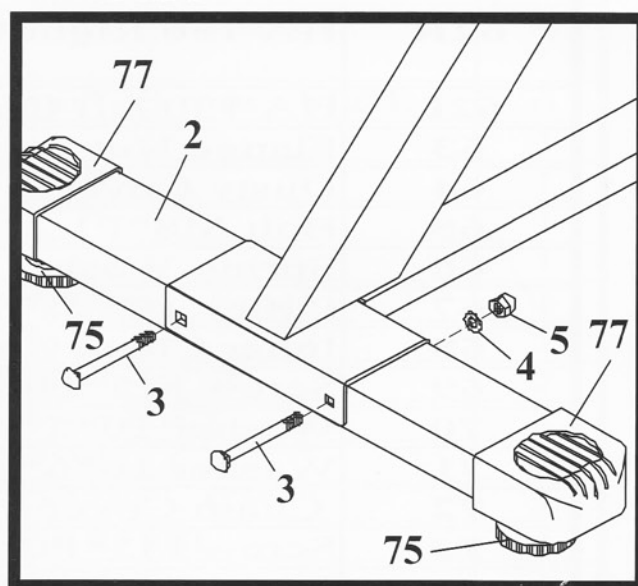
STEP 1 FRONT AND REAR STABILIZER

1. Attach Rear Stabilizer(2) and Front Stabilizer (6) to Main Frame (1) on a flat level surface floor, using two M8 X 4" Domed Bolts (3), two M8 Washers (4) and two M8 Domed Nuts (5) on each.
2. There are Height Adjusters (75) underneath the Rear End Caps (77) that need to be adjusted until the bike is totally stable on the floor.

FRONT



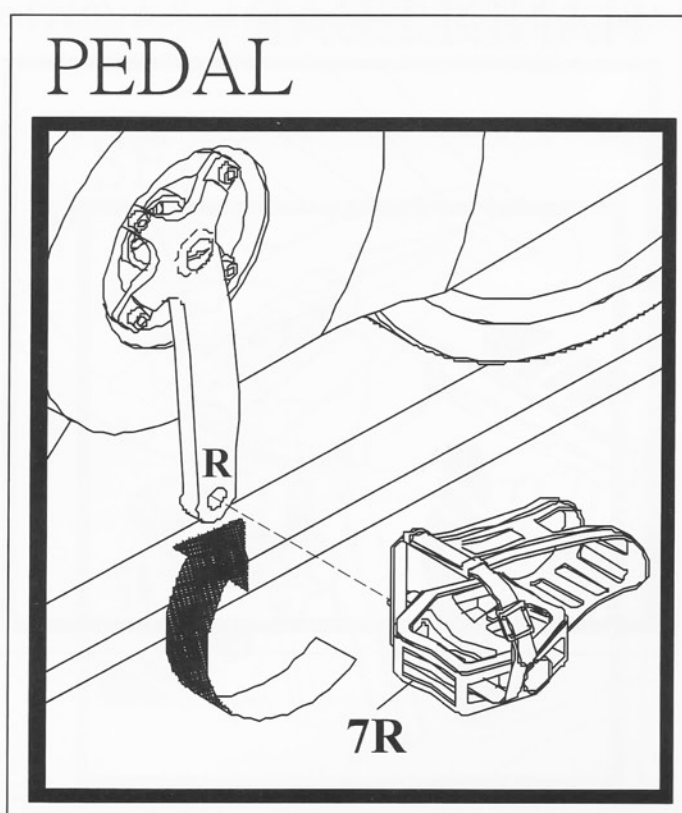
REAR



STEP 2 ASSEMBLE PEDALS

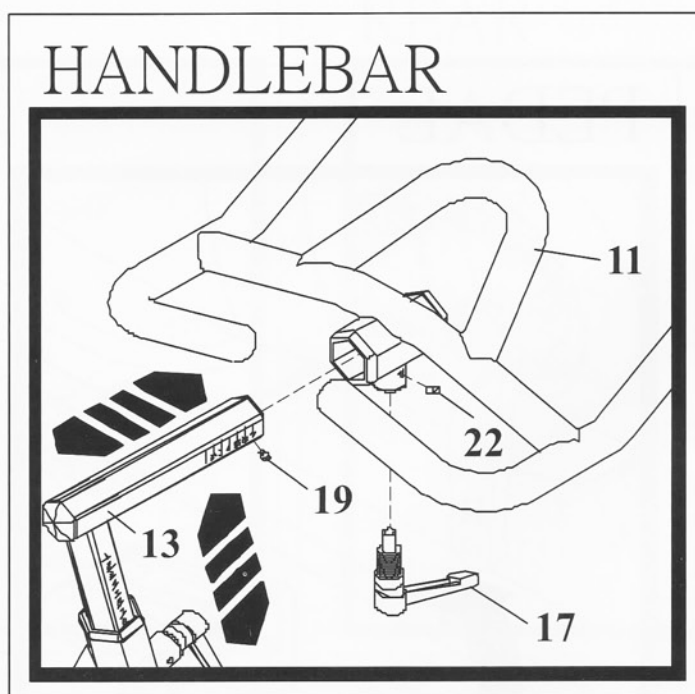
1. Carefully align the threads of the axle on the Right Pedal (7R) ("R" on end of axle) with the threaded hole on the right crank arm and screw in clockwise by hand. Tighten the pedal to the crank arm using a 15mm wrench.
2. Repeat the procedure for the left side, but screw the Left Pedal (7L) in counter-clockwise.

IMPORTANT: First assemble pedals by **HAND**, not using a wrench. It is important to match threads exactly. Using a wrench to start the procedure can easily damage the crank threads. This problem is not covered under warranty!



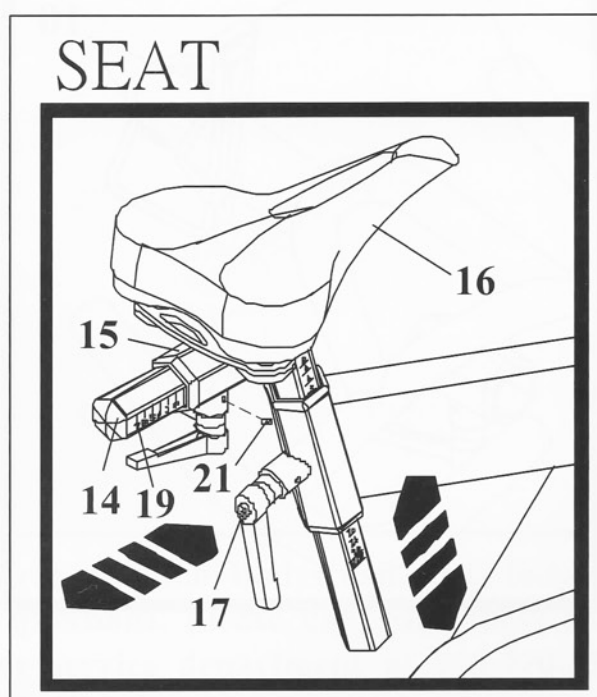
STEP 3 ASSEMBLE HANDLEBAR AND STEM

1. Insert the Handlebar Post (13) into the front tube on Main Frame (1). You will be able to adjust the height of the Handlebar Post and then tighten using the preinstalled Locking Lever (17). If you do not have room to turn the handle on the Locking Lever, it can disengage from the covered screw by simply pulling outward on the handle. Then place the handle where needed to complete tightening, release, and it will re-engage with the covered screw. ***Remember to not make any adjustments past the marked safety line.***
2. Remove the preinstalled Sliders Safety screw (19) on the front of the Handlebar Post (13) and then slide the Handlebar (11) onto the Handlebar Post (13). Re-insert the Sliders Safety Screw (19) and tighten. This Sliders Safety Screw (19) keeps the Handlebar from sliding all the way off.



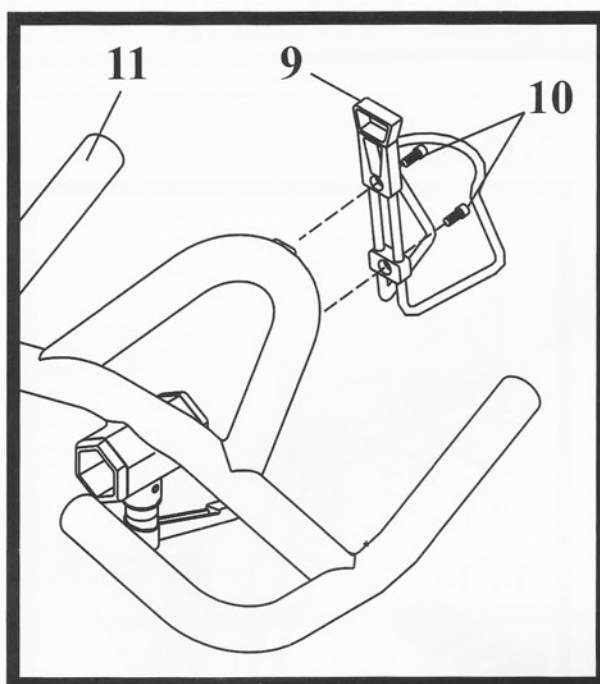
STEP 4 ASSEMBLE SEAT AND SEAT POST

1. Insert the Seat Post (14) into the rear tube on Main Frame (1). You will be able to adjust the height of the seat Post and then tighten using the preinstalled Locking Lever (17). If you do not have room to turn the handle on the Locking Lever, it can disengage from the covered screw by simply pulling outward on the handle. Then place the handle where needed to complete tightening, release, and it will re-engage with the covered screw. ***Remember to not make any adjustments past the marked safety line.***
2. Remove the preinstalled Sliders Safety Screw (19) on the rear of the Seat Post (14) and then slide the Seat Sliding Housing (15) onto the seat Post (14). Re-insert the Sliders Safety screw (19) and tighten. This Sliders Safety Screw (19) keeps the seat from sliding all the way off.
3. Attach Seat (16). Adjust to desired angle, then tighten.



STEP 5 ASSEMBLE BOTTLE CAGE

1. Attach a Bottle Cage (9) to the front of the Handlebar (11) using the Bottle Cage Mounting Screws (10). Tighten these screws.



Assembly is complete! Please take the following steps before using the Bodycraft SPL INDOOR TRAINING CYCLE:

1. Make certain all bolts are tightened securely.
2. Steel Seat Post (14) and Steel Handlebar Stem (13) are adjusted to your personal desired height and locked with the Lock Lever (17). Note: You can pull the Lock Lever to position the lever away from the frame if needed. Then release the lever and screw tight.
3. Wipe sweat away after every use. Failure to do so may result in a rusty bike.
4. Do not over tighten the V-Block fixed screws (21) . The depth is preset at the factory. Over tightening can result in stripped threads.
5. Enjoy many years of a fit lifestyle!

Thank you for purchasing the BodyCraft SPL Indoor Training Cycle. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.