

BODYCRAFT

FAQ & Engineering Modes

EXP-Series Treadmills with 9" LCD Console

(for console serial # beginning with "9LCD")

1. How to get into the basic Engineering Mode Settings?

A: During idle mode, press "ENTER & SPEED+" KEYS together for a few seconds to get into Engineering mode. Once you have changed any settings, press ENTER to confirm. You may press the STOP key for a few seconds to go back to idle mode.

2. How to switch from modes of English or Metric?

A: During idle mode, press "ENTER & SPEED+" KEYS together for a few seconds to get into Engineering mode. 1st selection is UNITS: ENGLISH or METRIC. Press UP/DOWN key to switch from one another and press ENTER to confirm. You may press the STOP key for a few seconds to go back to idle mode.

3. How to turn the 20 second no-step counter off?

A: During idle mode, press "ENTER & INC+" keys for a few seconds to get into 20 second timer mode. The display will show "20 S TIMER: ON", press UP/DOWN key to turn this off and ENTER key to confirm.

4. Why does my console go into Pause mode after 20 second?

A: There is a 20 second no-step count timer safety feature built into this console in case any children or pets jump on the treadmill when adults step away. To turn this feature off, see #2.

5. How to turn the Sleep/power save mode off?

A: The console is built with 10-minute power save mode. You may turn this feature on/off by going to Engineering mode. Press "ENTER & SPEED+" keys for a few seconds during idle mode and bypass 1st prompt by pressing the ENTER key. It will display "DISPLAY OFF", press UP/DOWN key to turn it ON. The display will not go into power save mode and it will stay on unless you turn the power off.

6. How to calibrate the console?

A: Press "INC-" key for a few seconds during idle mode to start the calibration mode. Press UP/DOWN key to select the right treadmill frame model to calibrate.

7. Why does my max speed not match with product specification?

A: this could be the console didn't calibrate to the right product model. T400DC's max speed is 11mph; T800DC max speed is 12mph and T1000AC max speed is 13mph. Selecting the correct model no. during calibration will ensure the max speed matches the product specification.

8. Why does it mean when the LUBE icon lights up?

A: That means the treadmill is due for lubrication maintenance. Please follow the owners manual lubrication procedure to lubricate the tread/deck.

9. How to turn off the LUBE icon?

A: After the lubrication procedure is completed, press & hold "STOP" key during idle mode for a few seconds to turn the LUBE icon off.

10. How to get the AMP reading?

A: Press "SPEED+ & SPEED-" keys together during idle mode for a few seconds to enter AMP draw reading mode. The treadmill will start running, adjust the speed to get the amp reading on the display. Press the STOP key for a few seconds to end the AMP draw mode and get back to idle mode.

11. How to check the software version?

A: press & hold "HRC & USER2" keys together during idle mode for a few seconds, the software version will be displayed: the top one will be the display software and the scrolling message will be the breakout board version.

12. Why are there min and sec next to the TIME display?

A: When the program time entered is less than 60 minutes, the display will show XX(min): XX(sec) with "sec" light up; if it is over 60 minutes, then the display will switch XX(hr): XX(min) with "min" light up.

13. Does the goal program end when the goal is reached?

A: No, the goal setting is for reference only and will let you know once you reached the goal. Once the goal is reached, the goal display will count up instead of counting down. You may press STOP anytime to end this program.

14. Can I set more than 1 goal?

A: yes, you may set more than 1 goal during Manual program setting. When the goal value input is > 0, then this goal is set.

15. Does this console come with a Pause function?

A: yes, during exercise, press the STOP/PAUSE button to enter Pause mode. The console will pause for 10 minutes. No activities in Pause mode for more than 10 minutes, the console will reset and go back to idle mode or power save mode if this mode is activated.

16. How to resume the exercise when it is on PAUSE mode?

A: Press the START button during pause to resume the exercise.

17. What is the distance for one lap?

A: 400m or 1 / 4 mile.

18. What is the min program time allowed?

A: To better program performance, the min program time allowed is 10 minutes.

19. Why is 5K/10k lap counter not counting?

A: It is because with a 5K/10K program, the whole track is a 5K/10K goal; one lap = 5K or 10K.

20. What is the max allowed repetition during HIIT program?

A: Due to this program being designed to alternate short periods of high intensity work and rest intervals, it is recommended not to exceed 20 repetitions per workout.

21. What is the User program?

A: User profile will be saved into User programs after you enter your user information for the first time. You can also build the custom program profile by adjusting speed and press ENTER for each segment or press & hold ENTER key for a few seconds to bypass the remaining of the profile. After speed profile, you will enter Incline profile the same way as speed profile. The profile will be saved in this User unless it is overwritten.

22. How to save a program into a USER program?

A: In the end of the program, during program summary review, you may press & hold the desired USER 1 / 2 button to save current program into the User. User profile as well as speed/incline profile will be saved.

23. How to recall a USER program to start?

A: During idle mode, press the USER program to recall the user information and program profile, simply press the START button to start the program or you may adjust the setting before you start.

24. Can I delete the User program?

A: yes, press & hold USER 1 key during idle more for a few seconds will delete both USER programs and back to factory default.

25. Why are the default age & weight different after I used a program?

A: The factory defaults are 35 years old and 150lbs; but for your convenience, the age and weight default settings are updated each time there is a new entry. With this said, if there is only one user for this product, he/she doesn't have to change the age and weight every time. You may still adjust it during the program setting.

26. Why does the PACE display show --:--?

A: Before the speed reaches 1mph, there are not enough digits to display the MPM, therefore it displays --: --.

27. How do you set up the Custom speed & incline keys?

A: During the program, press & hold the CUSTOM speed down to save the current desired speed into the custom key. Same as incline custom key.

28. How to use BLUETOOTH/ANT+ wireless heart rate strap?

A: During idle more, press the BLUETOOTH button to turn on Bluetooth function, then follow the display to connect the BLUETOOTH/ANT+ strap first.

29. HOW to connect the APP?

A: press BLUETOOTH button to turn on Bluetooth function and follow the display to connect the App. You must connect the App before you start exercise to properly track the usage data. Please note, there are only a few apps directly compatible with the console to be able to sync directly.

30. Can I use other non-direct compatible apps to track my workout?

A: Yes, it is possible. You can download the Runfit App FOR free and use this app to track your workout. Then Runfit App will sync your workout data to its compatible Apps. Please check out the Runfit App website for more details.

31. Why does the time display not match the App display?

A: Apps are developed by third parties and various companies. The app used their own algorithms to track hours. Some of the apps count-up and our display do both count-up and count-down depending on the program.

32. How does the Apps track my workout?

A: When you sync a compatible App, the app will receive the signal from the console when the speed starts, to start timer and display speed. With this said, the timer will not exactly reflect the warm up/cool down mode because our programs are more sophisticated.

33. Can I use a USB port for charging?

A: yes, you can use USB for phone charging up to 1A; not recommended for tablet charging.

34. How do I use the USB port to do a program update?

A: Download the appropriate program code with proper program name to the USB thumb drive, then insert into the port. Press "INC+ & INC-" for a few seconds and follow the prompts to update the software.

35. What does the CSAFE port use for?

A: the CSAE ports are used for compatible third party applications for commercial environments.

36. Does this console track the treadmill odometer?

A: Yes, inside the engineering mode, the total odometer and hours are tracked.