

BODYCRAFT

EXP SERIES™

T400 Treadmill



To see in **FULL COLOR**
& additional information,
scan this QR code.



Base Serial Number: T402 _____

Console Serial Number: _____

Purchased Date: ___ / ___ / ____

Dealer's Name: _____

Please register your products at:

<https://www.bodycraft.com/product-registration/>



Serial Number

Owner's Manual

T402 v1.6



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

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Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting BODYCRAFT. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new unit is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

For parts orders, owner's manuals, software update files, exercise guides and contact information scan this QR code.

Or go to:

<https://www.bodycraft.com/customer-support>

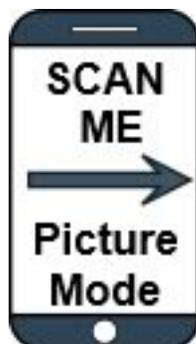


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Energy
saving

Energy Saving function: These treadmill consoles are equipped with a power saving function. This means after 10 minutes of inactivity, the treadmill will automatically power off. Press any key on the dashboard to wake up the console from power save mode.

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FCC Information

Caution: Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.



There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

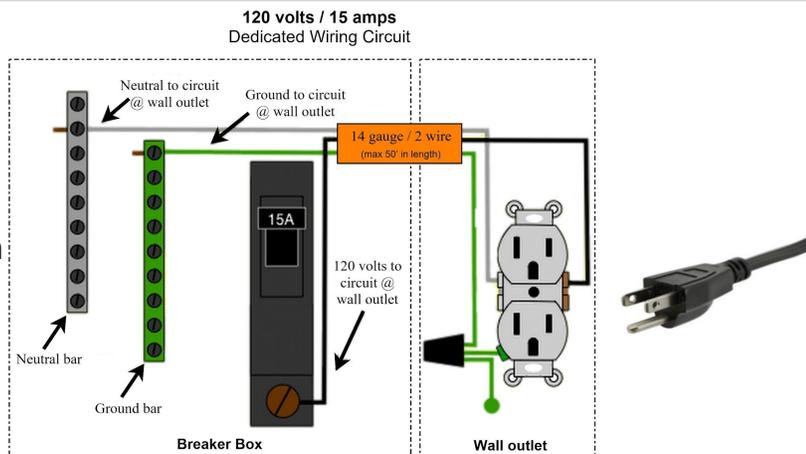
- Keep children under the age of 13 and pets away from the equipment at all times. Do not allow children and pets to use or play on the equipment. Keep children and pets away when it is in use.
- The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
- Wear the safety cord and clip all times while using the treadmill. Always stand on the side rails before the treadmill starts.
- Before beginning any exercise program on the treadmill, it is important to consult with your physician if you have any of the following: history of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, if you smoke cigarettes or if you experience any other chronic diseases or physical complaints.
- If over the age of 35 or overweight or pregnant, consult with your physician before beginning any exercise program.
- If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing.
- Drink fluids if you exercise for twenty or more minutes on the treadmill.
- Always follow the console instructions for proper operation.
- Never operate your treadmill if it has a damaged cord or plug, or if it is not working properly. Contact your authorized BODYCRAFT fitness dealer for service and repair.
- Keep the power cord away from heated surfaces.
- Never insert any objects or body parts into openings.
- Keep hands and feet away from all moving parts.
- Use the handrails when getting on and off your treadmill.
- Check the power requirement for your unit to see if it matches your local power outlet.
- Do not operate the heart rate monitor transmitter together with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
- Inspect this treadmill prior to exercising to ensure it is working properly. Always make sure all components are fastened securely.
- This treadmill is intended for indoor use. Do not place the unit outdoors or any damp or wet locations.



- Keep the treadmill away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.
- Place the treadmill in an area that will meet minimum clearance requirements: Front 12" (.3m), Sides: 20" (.5m) & Back 79" (2m) and from any obstruction object while using the machine.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
- Higher speed and higher incline is not for everyone. It is designed for occasional use of a skilled runner and may exceed many users' capabilities. Stop right away if you feel any discomfort. Never walk or jog or run backwards on the treadmill.
- Place your treadmill on a solid, level surface when it is in use. Adjust the levelers at the rear of the treadmill if necessary.
- Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious bodily injury. Use care when getting on or off the treadmill. When stepping on the running belt, always grasp the handrail and keep the initial speed at or below 1 mile per hour (mph).
- Make sure the running belt is at a complete stop before exiting the machine.
- Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use, before putting on or taking off parts. When the treadmill is not in use, disconnect the treadmill by turning the power switch to the Off position, and then remove the power plug from the electrical outlet.
- Always attach the Safety key securely to your clothing when using the treadmill.
- Do not pull the treadmill by the power cord or use cord as a handle. Always use two hands to lift the treadmill and roll it on its front wheels.
- Keep the power cord away from heated surfaces.
- Keep the top side of the moving surface clean and dry or potential injury will occur.
- Read, understand, and test the emergency stop procedures before use.
- To ensure proper function of your treadmill, do not install attachments or accessories not provided or recommended by BODYCRAFT.
- This **T400 Treadmill** is intended for home use only. DO NOT use the treadmill in any commercial, rental, or institutional setting. Use only for its intended purpose described in this manual.
- The **T400 Treadmill** user's weight is not to exceed 350 lbs (159 kgs).

Safety and Warning for a Treadmill - Grounding Instructions

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

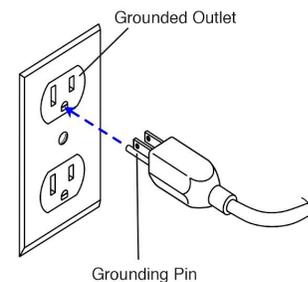


DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

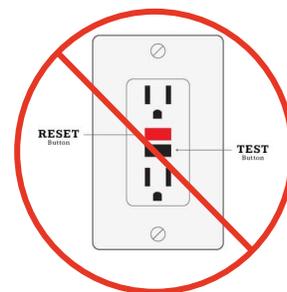
This product is for use on a nominal 120 volt wall circuit, and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Safety and Warning for a Treadmill - Power Requirements T400 (T401 & T402)

It is recommended that your treadmill be plugged into a **Dedicated** 120V/15A for home use. The treadmill must be connected to a grounded receptacle having the same configuration as the plug. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.



NOTE: DO NOT USE an GFCI wall outlet. A treadmill uses the ground on the outlet to disperse static electricity generated by its belt, deck and motor design. Highly likely if using an GFCI outlet, it will trip the breaker and shut down the treadmill, potentially causing the treadmill's electronics failure or serious injury to the user.



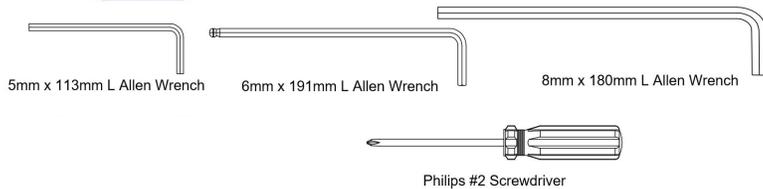
A power strip should never be used. Extension cords should be avoided, but we realize that in some cases an extension cord is needed. In this case, Appliance Grade extension cords are available at most hardware stores. Buy only the minimum length required; avoid anything longer than 6 feet. Try to find one made with 12 gauge wire (3-wire is required). Do not use an adapter with your treadmill. To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet before cleaning or lightning storms.



Product Overview Components and Tools for Assembly - T400 (T402)



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



THE FOLLOWING TOOLS ARE RECOMMENDED FOR EASIER ASSEMBLY:



ALLEN WRENCHES SET
(4mm to 10mm)



PHILLIPS SCREWDRIVER
w/ Magnetic TIP



TORQUE WRENCH 3/8 DRIVE
w/ 5mm & 6mm ALLENS

Product Specifications - T400 (T402)

RUNNING BELT: 20" W x 61" L x 2.0mm T

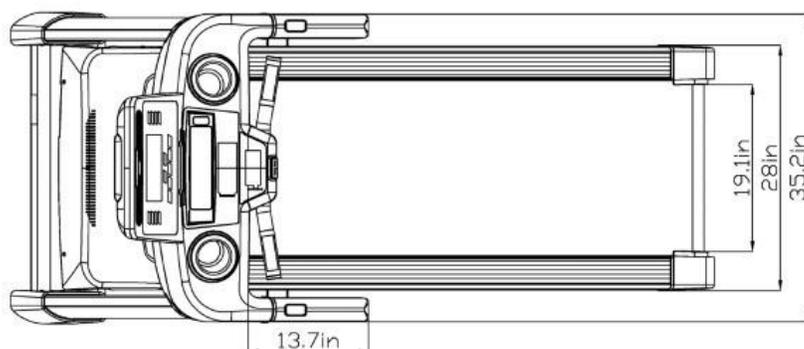
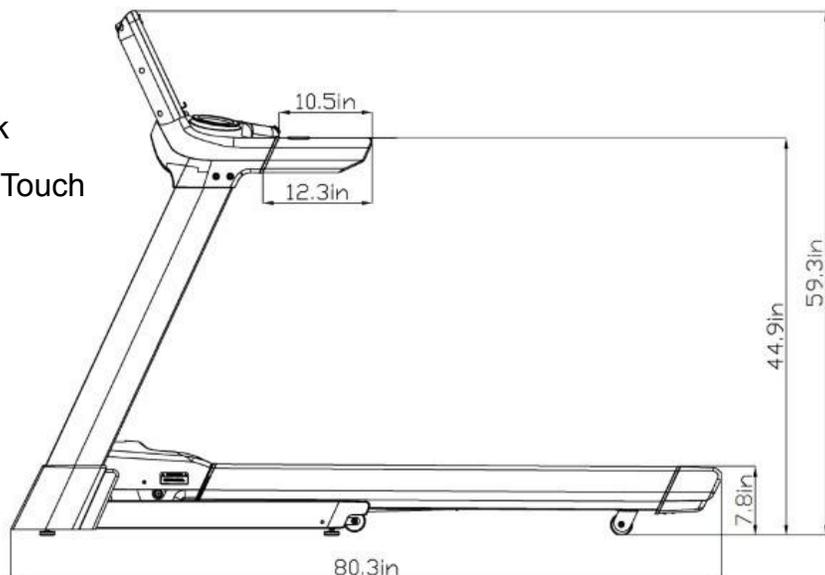
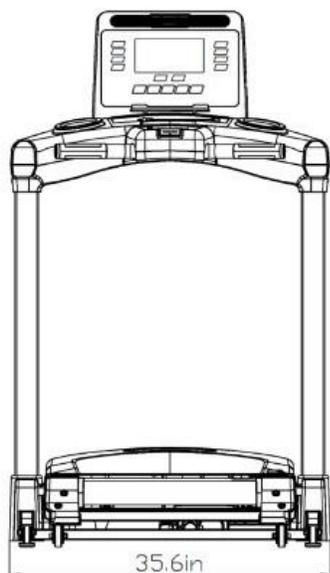
RUNNING DECK: 1" Thick Reversible Deck

HANDRAILS: 10.25" Custom Molded Soft Touch

DIMENSIONS: 80" L x 35" W x 59" H

WEIGHT: 260 lbs (Assembled)

MAX USER WEIGHT: 350 lbs



UNDER THE HOOD

- Powerful Low Maintenance Industrial 3 HP DC Drive Motor - (Speed Range 0.5 - 11 mph)
- Industrial Incline Motor Operates on a Planetary Gear System for High Torque and Low Motor Load for a Lifetime of Use - (Incline Range 0 - 15%)
- Heavy Duty Motor Control/Lower Board Designed for both Walkers and the Most Aggressive Runners
- Hutchinson Kevlar Reinforced Drive Belt for Long Life and Virtually Maintenance Free Operation
- Precision Balanced, Sealed Bearing 2.5" Crowned Front and Rear Rollers for Smooth Operation Long Walk Belt Life

Shipping Boxes and Pre-Assembly Tip - T400 (T401 & T402)



Width & Top View

Large Box 1 of 2

1 each @ 289 lbs
91" L x 39" W x 14" H



Full Length (Side) View



Small Box 2 of 2

1 each @ 9 lbs
(T9LCD/T10TS)
or
1 each @ 10 lbs (T16TS)
19" x 6.25" x 5"



(Includes the console model that was ordered)

Pre-Assembly TIP: Place all parts from the boxes in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

Read each step carefully before beginning.

BODYCRAFT reserves the right to make improvements at any time which may affect color, parts, materials, size, weight, or any other aspect.

Assembly Parts & Hardware - T400 (T402)

Base Assembly
(001-ASM), 1 each
{In Box #1}

Dashboard Assembly
(077-ASM), 1 each
{In Box #1}

Large Box #1

Upright Post - Left
(063), 1 each
{In Box #1}

Upright Post - Right
(064), 1 each
{In Box #1}

Handlebar Cover - Left
(141), 1 each
{In Box #1}

Handlebar Cover - Right
(142), 1 each
{In Box #1}

Upright Post Cover - Left
(139), 1 each
{In Box #1}

Upright Post Cover - Right
(140), 1 each
{In Box #1}

Hardware & Tools Pack (HTP), 1 each
{In Box #1}

Power Cord 120v
(156), 1 each
{In Box #1}

Console
(099), 1 each
{In Box #2}

Small Box #2

Console Operation Manual (COM), 1 each
{In Box #2}

Console Operation Manual (COM), 1 each
{In Box #2}

SHOWN IN DETAILS

Hardware Pack (HTP)
1 each
{In Box #1}

M6 x 35mm L Allen Head Bolts
(149), 2 each

M8 x 20mm L Allen Head Bolts
(072), 16 each

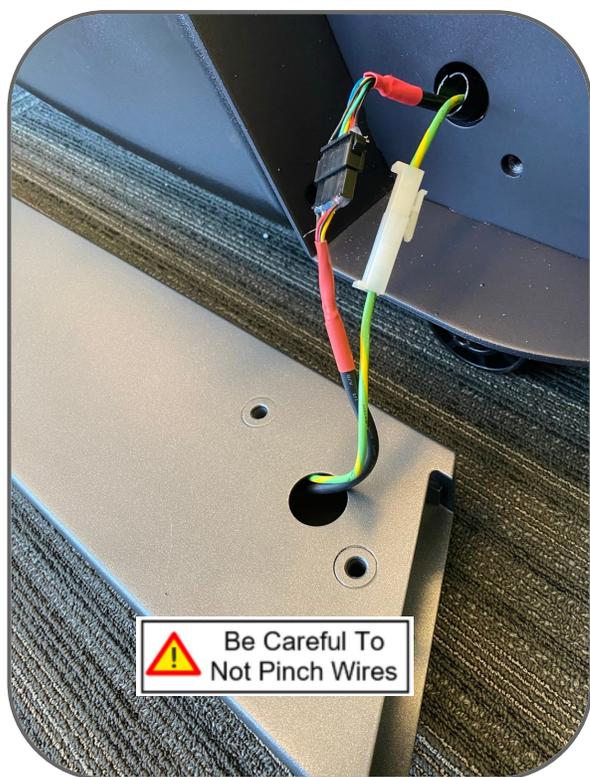
M5 x 12mm L Phillips Head Screws
(150), 4 each

Product Assembly

NOTE: Many images shown are *GENERIC* for the EXP Series Treadmills T1000 / T800 / T400 on multiple assembly STEPS.

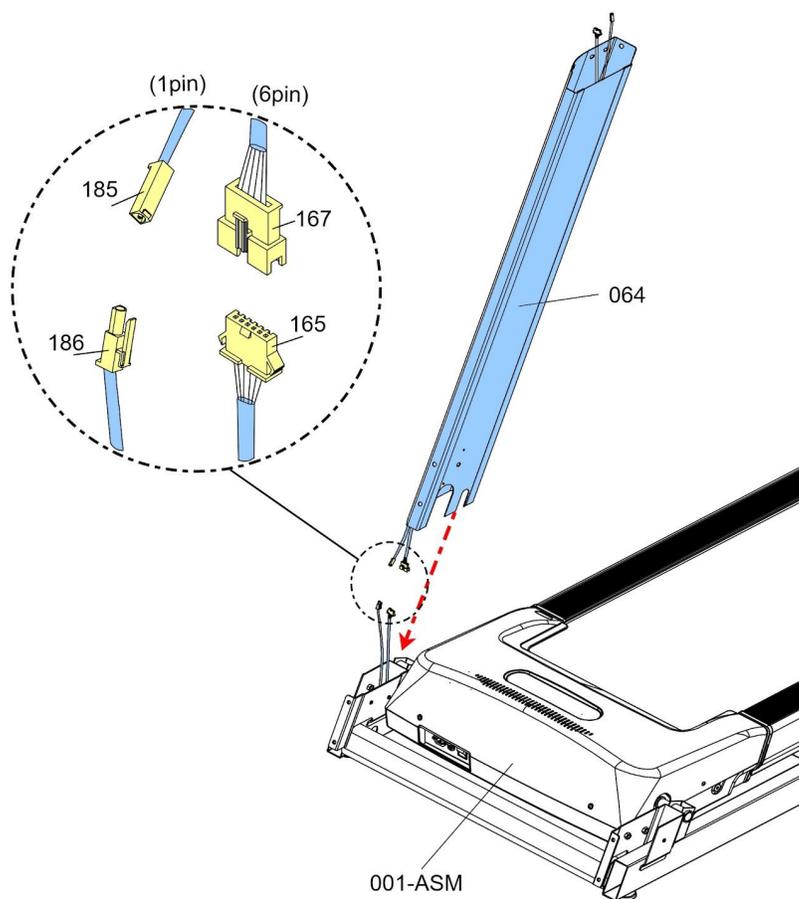
STEP 1 – Upright Post-Right Wiring Connection

- a. Lay the Upright Post-Right (064) next to the treadmill's Base Assembly (001-ASM) on its right side. See example pic. on (Fig. 1)
- b. Then connect the following cables from the Upright Tube - Right (064) to the Base Assembly (001-ASM):
 - i. Cable - Mid (#167 w/6pin) <<<< --- >>> Cable - Lower (#165 w/6pin)
 - ii. Grounding Cable (#185 w/1pin) <<< --- >>> Grounding Cable (#186 w/1pin)



 Be Careful To Not Pinch Wires

Fig. 1



NOTE: Confirm connections have no bent pins (Fig. 2) and are securely locked (Fig. 3) with a gentle pull after connected.



Fig. 2

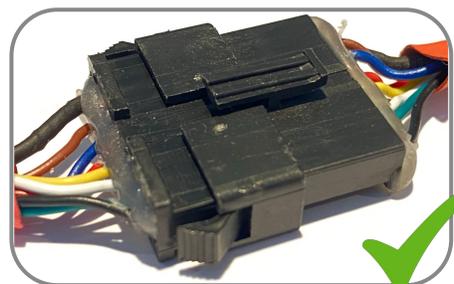


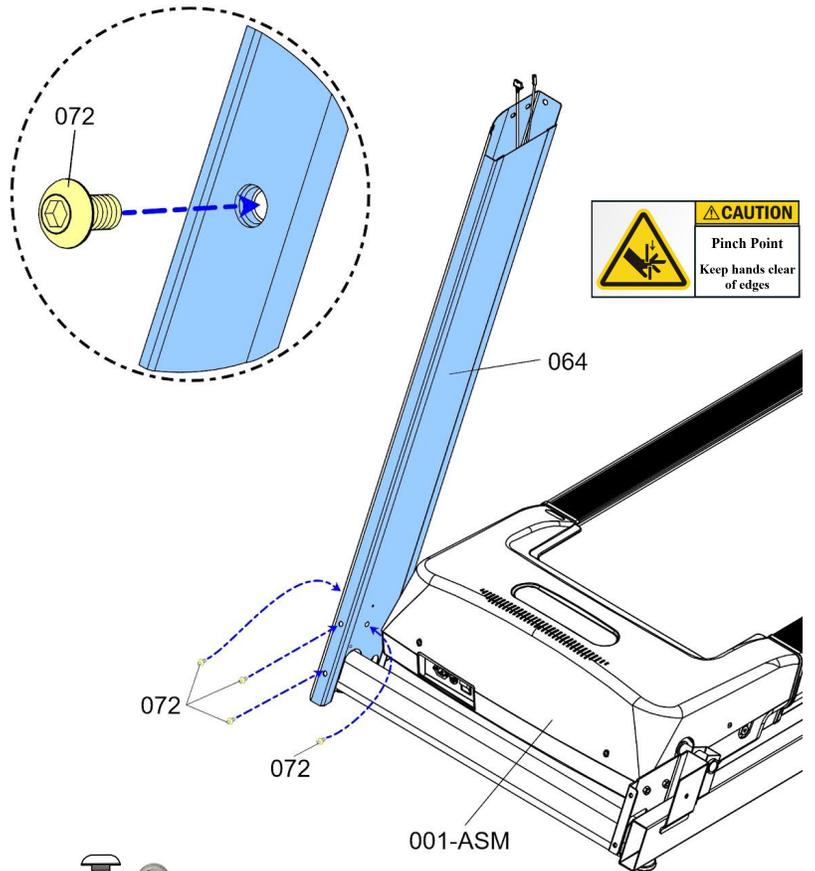
Fig. 3



Only loosely tighten ALL BOLTS until STEP 8

STEP 2 – Install Upright Post - Right

- a. Attach the Upright Post - Right (064) to the Base Assembly (001-ASM) using the following hardware:
 - i. Four Allen Head Bolts, M8 x 20mm L (072)



Note: See CAD image on right and both **Fig 4** and **Fig 5** for examples.



Fig. 4

TIP: Easier if installing first, the front two Allen Head Bolts lightly by hand, then the other side Allen Head Bolts will line up better.

Then loosely thread in the rest of the way with the 6mm Allen Wrench.

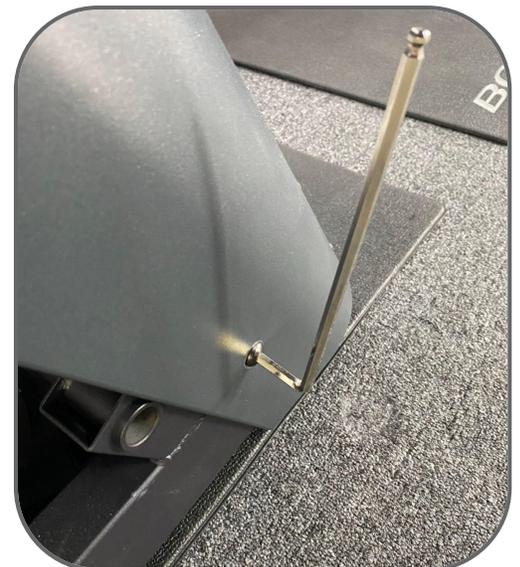


Fig. 5

Product Assembly



Only loosely tighten ALL BOLTS until STEP 8

STEP 3 – Install Upright Post - Left

- a. Attach the Upright Post - Left (063) to the Base Assembly (001-ASM) using the following hardware:
 - i. Four Allen Head Bolts, M8 x 20mm L (072)

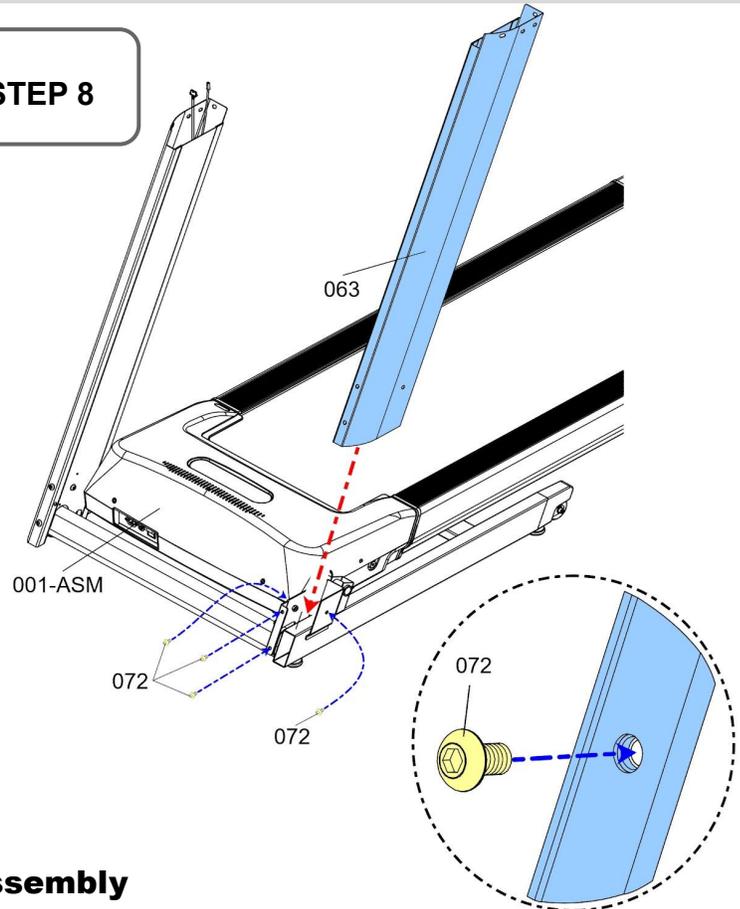
Recommended Tool:



ALLEN WRENCH
6mm



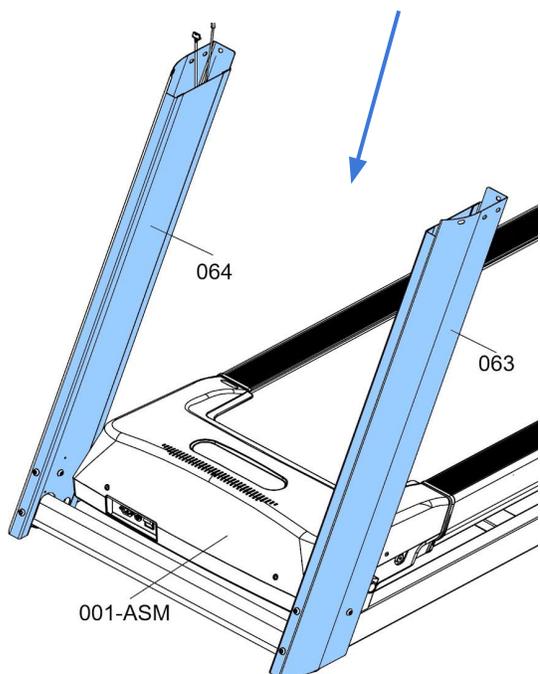
M8 x 20mm L
Allen Head Bolts
4 each # 072



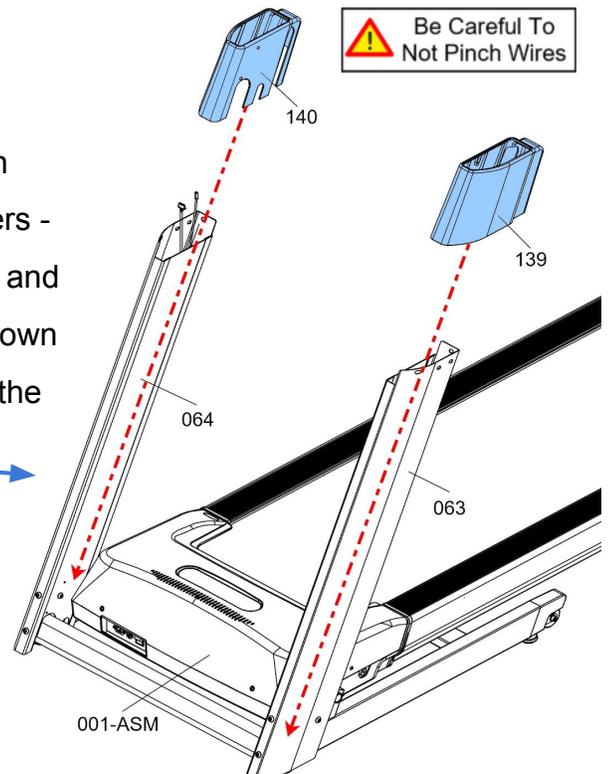
STEP 4 – Prepare for the Dashboard Assembly

- a. Confirm the two Cables are hanging out of the top of Upright Post - Right (064).
- b. Confirm both Upright Posts - Left (063) and Right (064) have movement and the bolts ARE NOT fully tightened.

NOTE: Needed for STEP 5 - STEP 8 assembly



- c. Then slide on both Upright Post Covers - Lower - Left (139) and Right (140). As shown on CAD image to the right.



STEP 5 – Installing the Dashboard Assembly



CAUTION
Two person lift required.

Fig. 6

- a. Gently lay the Left Side of the Dashboard Assembly (077-ASM) on the running belt area. See example pic. on Fig. 6.
- b. Then connect the following cables from the Dashboard Assembly (077-ASM) - Right Side to the Upright Post - Right (064):
 - i. Cable - Upper (#168 w/6pin) <<< -- -- >>> Cable - Mid (#167 w/6pin)
 - ii. Grounding Cable (#188 w/1pin) <<< -- -- >>> Grounding Cable (#185 w/1pin)

- c. After both cables are connected, confirm they are fully locked together. Then lift up the Dashboard Assembly and GENTLY slide into both the Right & Left Sides of the Upright Tubes. See pic on Fig. 7.

NOTE: Easier & SAFER for two people to perform this task. Pinched or severed cables during assembly is not covered under warranty.

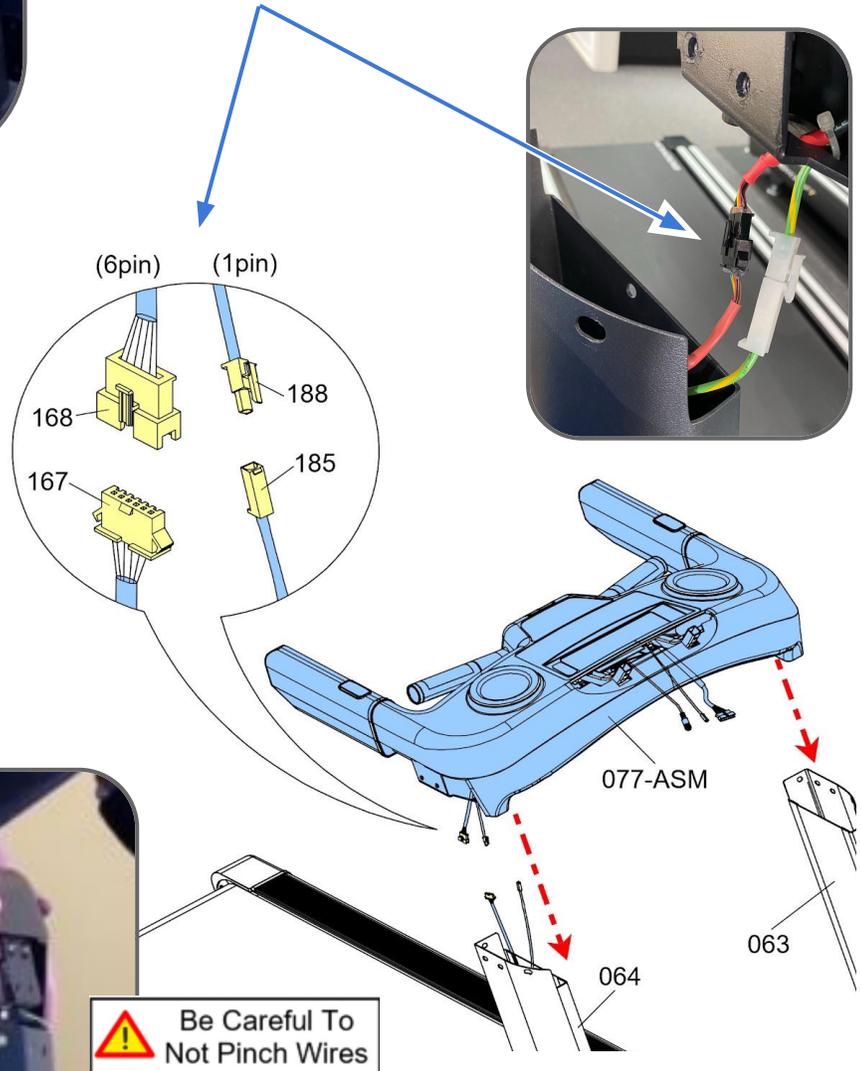


Fig. 7

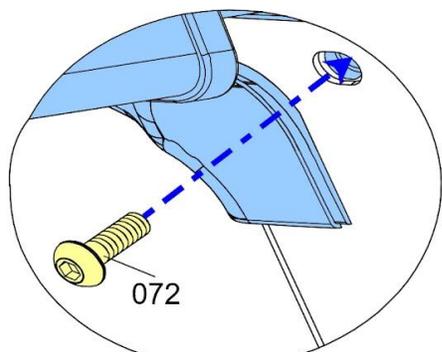
Be Careful To Not Pinch Wires

CAUTION
Pinch Point
Keep hands clear of edges

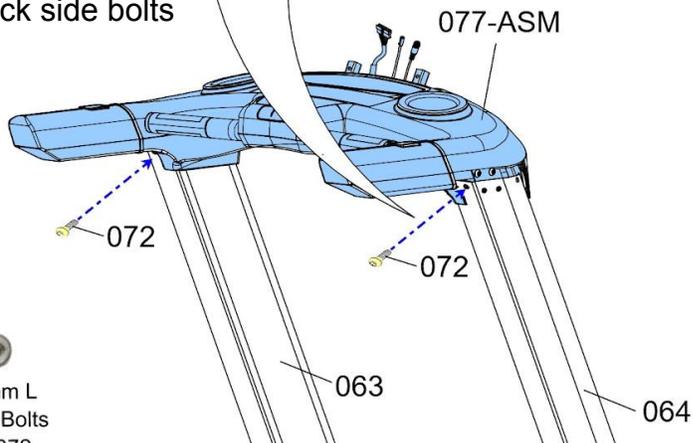


Only loosely tighten ALL BOLTS until STEP 8

STEP 6 – Installing the Dashboard Assembly to the Upright Posts



back side bolts




M8 x 20mm L
Allen Head Bolts
2 each # 072



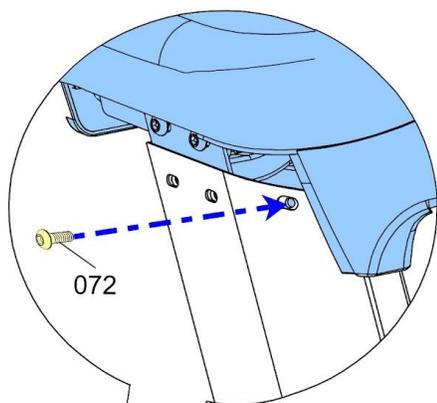
Fig. 8

TIP: Easier to line up the front and back bolts to the holes for STEP 6a thru STEP 6b, when using an #2 Phillips Screwdriver in the side holes to push up or down for alignments.

See Fig. 8 above.

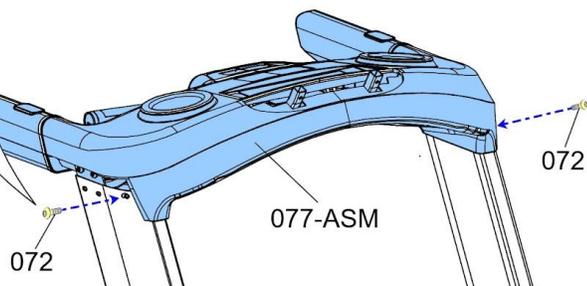
a. Attach the Dashboard Assembly (077-ASM) to the Upright Posts (063 Left and 064 Right) using the the following hardware:

- Two Allen Head Bolts, M8 x 20mm L (072), back side
- Two Allen Head Bolts, M8 x 20mm L (072), front side



front side bolts


M8 x 20mm L
Allen Head Bolts
2 each # 072



Recommended Tool:



ALLEN WRENCH
6mm



Only loosely tighten ALL BOLTS until STEP 8

STEP 7 – Preparing to Fully Tighten the Upright Posts

- a. Before fully tightening to Torque Specs in STEP 8, gently hand screw in half-way, all 4 Allen Head Bolts, M8 x 20mm on both sides of the Upright Posts to the Base Frame Assembly (001-ASM) and the Dashboard Assembly (077-ASM), See **Fig. 9** image.
- b. Snug up both front and rear bolts with the 6mm Allen Wrench. This will ensure during the tightening to Torque Specs on the other bolts, the hole alignment to bolts will not go off when installing the plastic Handle Bar Covers both #141 & #142 during STEP 9a and Step 9b.

Note: Cross threaded bolts and/or stripping out the pre-threaded holes M8mm x 1.25p will not be covered under warranty due to installation alignments.



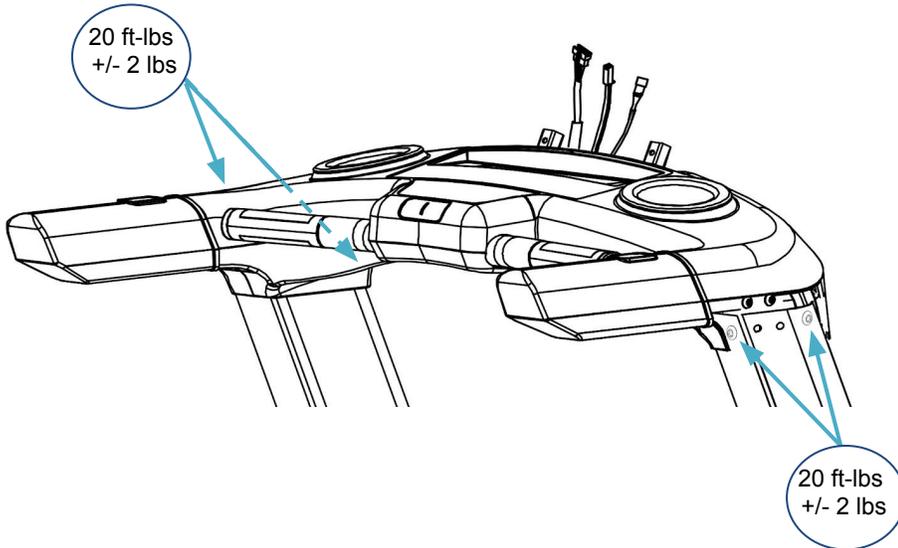
Fig. 9



Fig. 10

- c. Then unscrew out the 2 each side bolts from Upright Post - Right (064) and 2 each side bolts from Upright Post - Left (063) before continuing to STEP 8. Double confirm the outer opening holes leave room for the bolt threads to line up with the inner threaded holes. See pic on **Fig. 10**.

Product Assembly



STEP 8 – “Torque Time”

Tighten all Allen Head Bolts to the Recommended Torque Specs of 20 ft-lbs (+/- 2 lbs). These are from STEP 2 to STEP 7.

See **Fig. 11** as an example.

Recommended Tools:

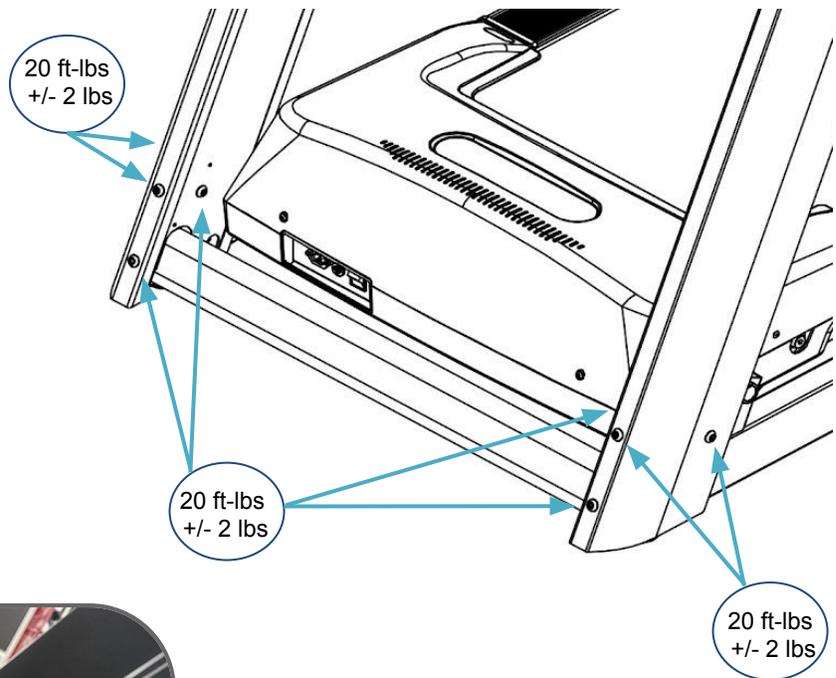


Fig. 11



Tighten Bolts at this time
to the Recommended Torque Specs

Product Assembly

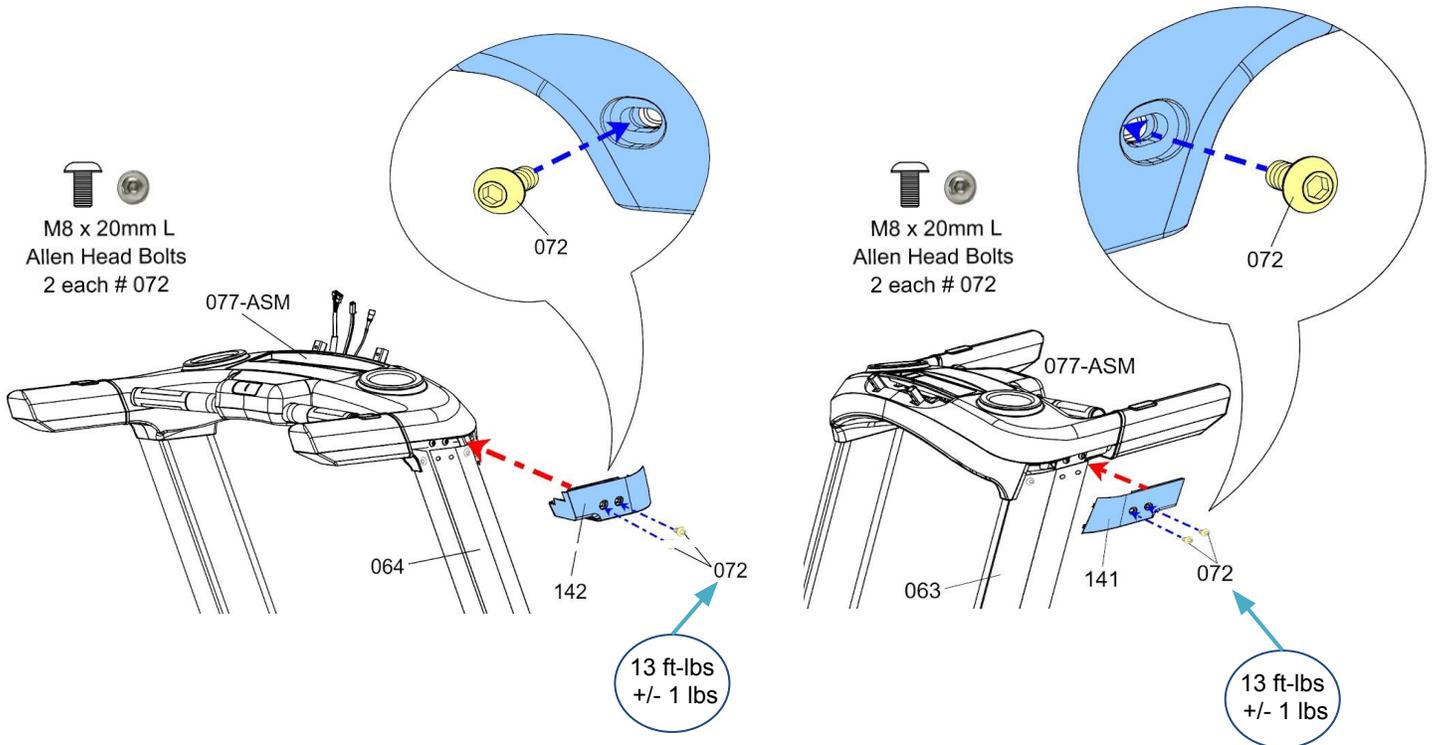
STEP 9 – Installing the Handlebar Covers - Right & Left

- a. Attach the Handlebar Cover - Right (142) and the Handlebar Cover - Left (141) to the Dashboard Assembly (077-ASM) using the the following hardware:
- Two Allen Head Bolts, M8 x 20mm L (072), Right Cover
 - Two Allen Head Bolts, M8 x 20mm L (072), Left Cover

Recommended Tool:



ALLEN WRENCH
6mm



STEP 10 – “Torque Time” Tighten the Allen Head Bolts to the Recommended Torque Specs of 13 ft-lbs (+/- 1 lbs). See **Fig. 12** as an example.

Fig. 12



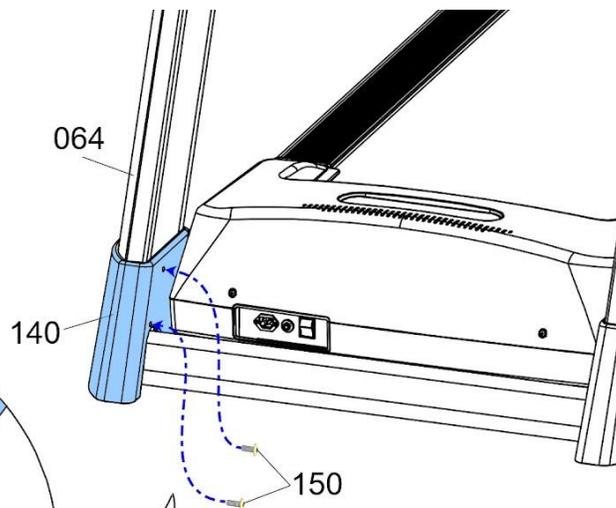
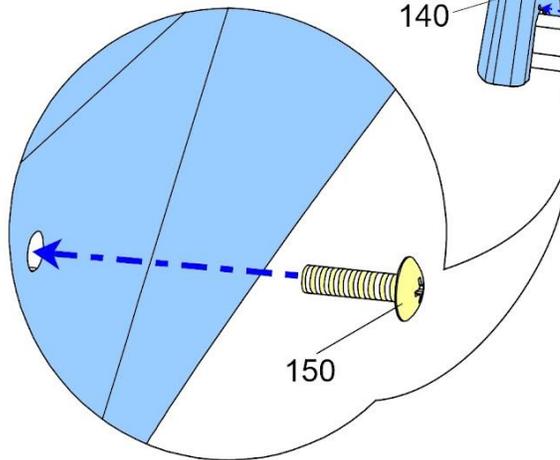
STEP 11 – Installing the Upright Post Covers - Right & Left


M5 x 12mm L
Phillips Head Screws
2 each # 150

Recommended Tool:

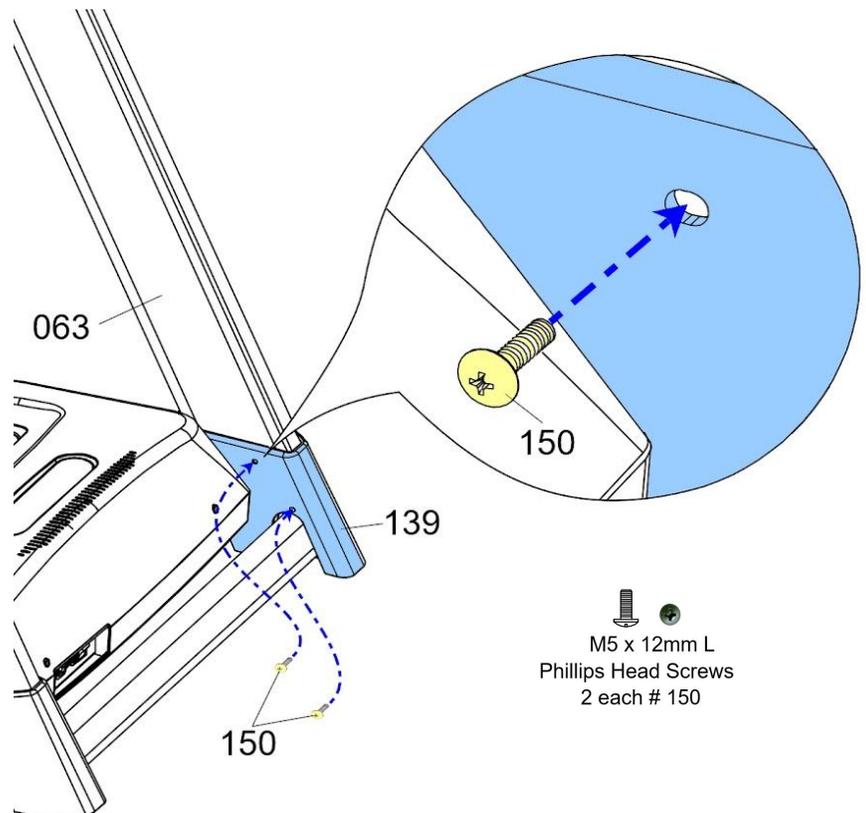


PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP



- a. Attach the Upright Post Cover - Right (140) to the Upright Post - Right (064) using the following hardware:
- Two Screws M5 x 12mm L (150)

- b. Then attach the Upright Post Cover - Left (139) to the Upright Post - Left (063) using the following hardware:
- Two Screws M5 x 12mm L (150)




M5 x 12mm L
Phillips Head Screws
2 each # 150

NOTE: Double confirm the Screws are tightened down to withstand vigorous usage.

STEP 15 – Console Wiring to the Dashboard Assembly.

a. Connect the following cables from the Console (099) to the Dashboard Assembly (077-ASM):

- i. **1st Cable** - Break-Out Board to Console - Lower (#170 w/9pin) <<<< --- >>>> Cable - Main Console (#220 w/9pin)
- ii. **2nd Cable** - Break-Out Board to Console - Lower (#107 w/2pin) <<<< --- >>>> Cable - Power Console (#221 w/2pin)

NOTE: 2nd Cable is ONLY USED with Touch 16" & 10". NOT to be used with the 9" LCD consoles.

- iii. **3rd Cable/Wire** Grounding Cable (#187 w/ 1pin) <<< --- >>>> Grounding Cable Console (#207 w/1pin)

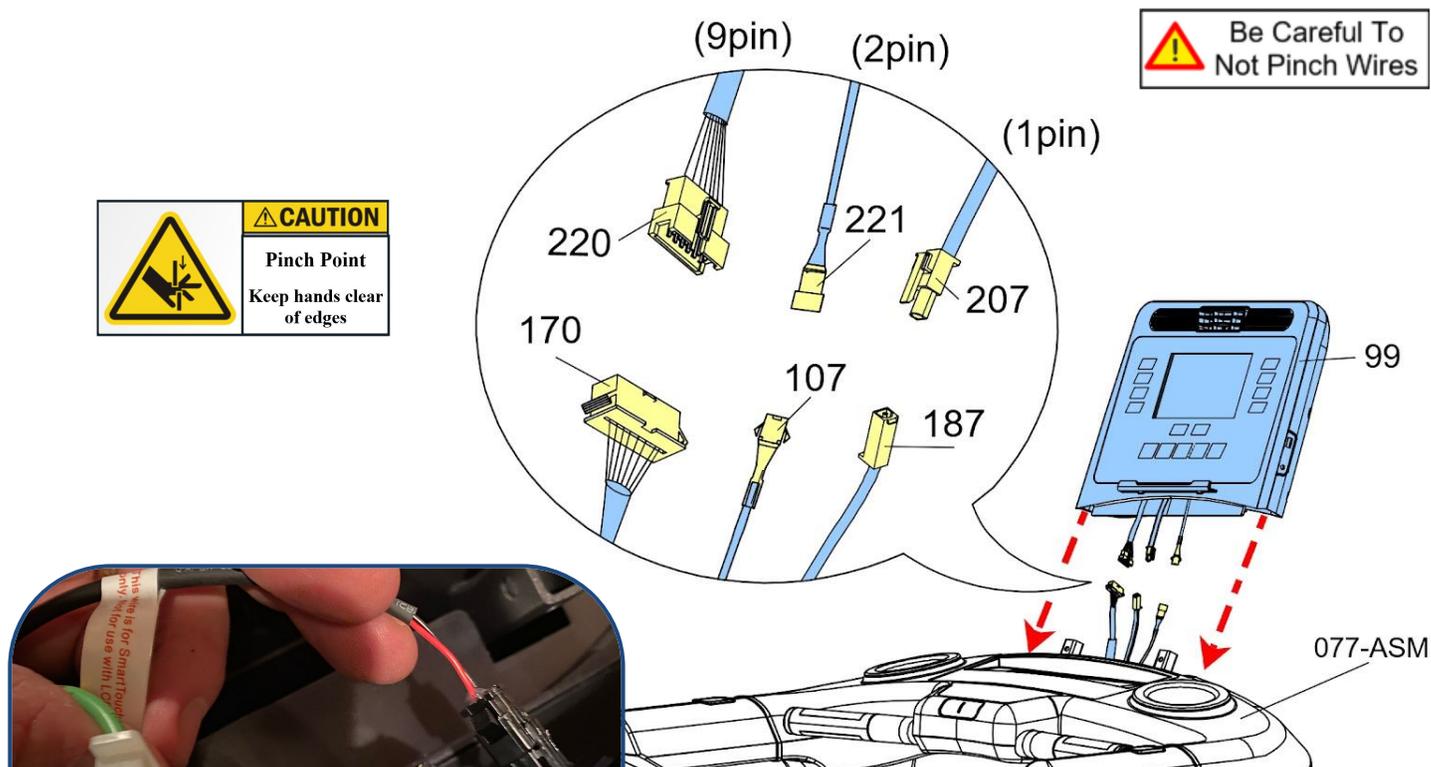


Fig. 13

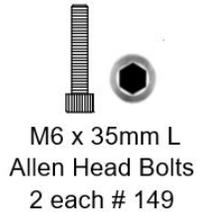
b. After all cables are connected, confirm they are fully locked together. Then GENTLY slide the console onto the U-Shaped tubes without damaging any cable or connections. See pic on Fig. 13.

NOTE: Easier & SAFER for two people to perform this task. Pinched or severed cables during assembly is not covered under warranty.

Product Assembly

STEP 16 – Secure the Console to the Dashboard Assembly.

- a. Attach the Console (099) to the Dashboard Assembly (077-ASM) using the following hardware:
 - i. Two Allen Head Bolts, M6 x 35mm L (149)



Recommended Tool:

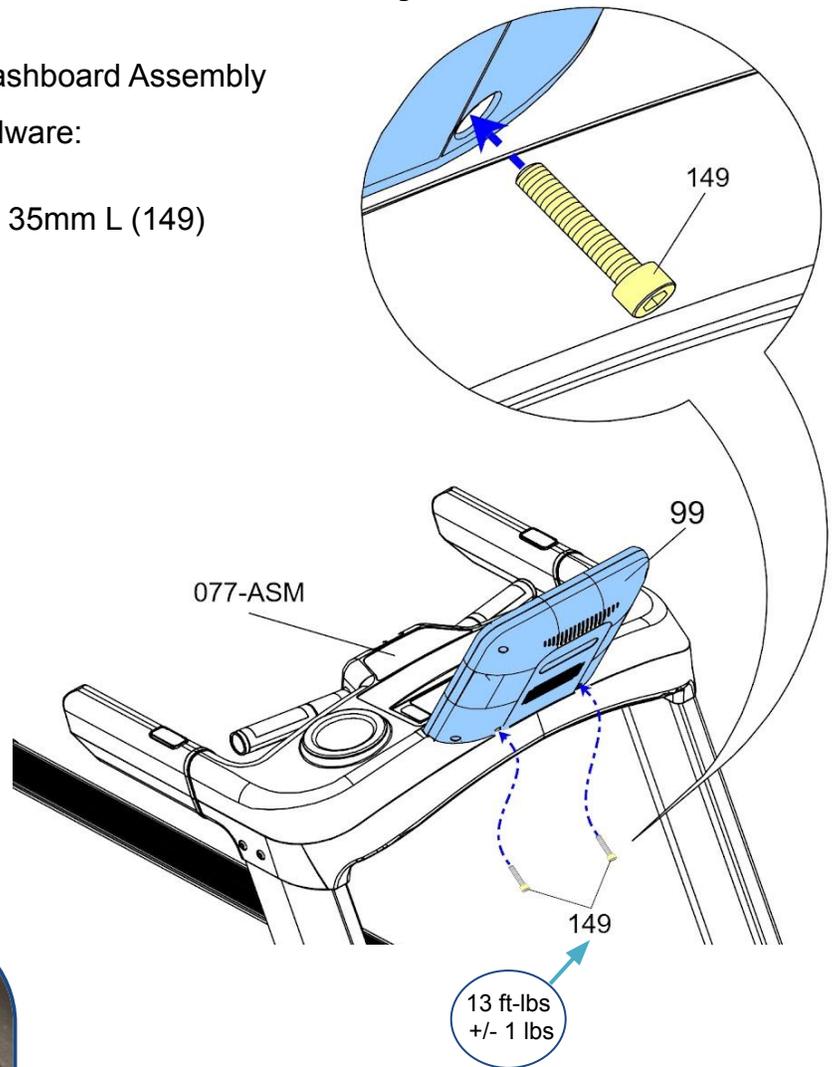


Fig. 14

- b. Confirm the Console is completely seated down onto the Dashboard Assembly with all plastics flush against each other.

NOTE: This might take a bit of wiggling and double checking for any crushed cable in the way.

- c. **“Torque Time”** - Tighten the two Allen Head Bolts to the Recommended Torque Specs of 13 ft-lbs (+/- 1 lbs).

See Fig. 14 on the left.



Product Assembly

STEP 17 – Power Cord

- a. Confirm the Power Cord (156) is attached to the Base Assembly (001-ASM). See CAD image to left.
- b. This should be secured from the Locking Screw-in Clip (137) to the AC Socket/Input Power (025). See Fig. 20 below using the pre-installed hardware:
 - i. Screw M4 x 12mm L (006)

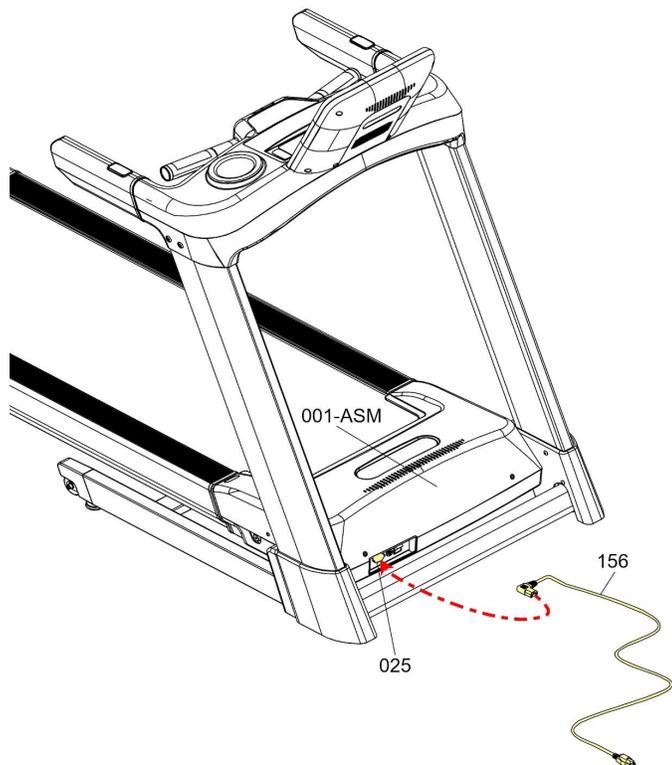
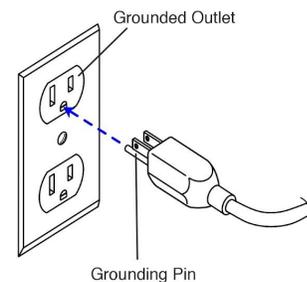


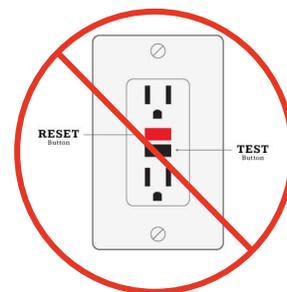
Fig. 20

Product Setup - Wall Outlet, Breaker and Extension Cords

It is recommended that your treadmill be plugged into a **Dedicated** 120V/15A for home use. The treadmill must be connected to a grounded receptacle having the same configuration as the plug. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.



NOTE: DO NOT USE an GFCI wall outlet. A treadmill uses the ground on the outlet to disperse static electricity generated by it's belt, deck and motor design. Highly likely if using an GFCI outlet, it will trip the breaker and shut down the treadmill, potentially causing the treadmill's electronics failure or serious injury to the user.



A power strip should never be used. Extension cords should be avoided, but we realize that in some cases an extension cord is needed. In this case, Appliance Grade extension cords are available at most hardware stores. Buy only the minimum length required; avoid anything longer than 6 feet. Try to find one made with 12 gauge wire (3-wire is required). Do not use an adapter with your treadmill. To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet before cleaning or lightning storms.



Product Setup - Folding the Treadmill

When you need more room in your home or simply want to move your treadmill to another location, it is very easy to do so with our exclusive Fold-N-Go Feature.

 **Warning:** Before folding the treadmill, make sure the running surface has come to a completed stop and it is at 0° incline or horizontal position. **Do not operate a folded treadmill.**

Step 1: While using the proper lifting technique (bend at your knees, use your legs to lift the treadmill, not your back), firmly grab the treadmill deck with both hands, at the side rail ends.

Step 2: Lift the deck upward.



Step 3: Continue lifting the deck. You will feel the assistance from the cylinder. Lift the deck until it locks in place. You should be able to see and hear it lock. To verify the cylinder is locked, simply pull down on the deck. The deck should not move. Your treadmill will remain locked in the upright position.



CAUTION: Do not grab the belt itself, as it may roll and you may lose your grip.

 **Warning:** When treadmill is folded, be cautious with young adults, children and pets playing on, around or underneath the treadmill.

Product Setup - Moving the Treadmill

This treadmill is equipped with very easy to move transportation system. With the treadmill locked in the folding position, there are now 4 wheels on the ground. You should be able to grab the treadmill and push it wherever you would like.



Product Setup - Unfolding the Treadmill

Step 1: With the treadmill in a folded position, firmly grab the treadmill deck with both hands at the side rail ends.

Step 2: Slightly push UP on the treadmill deck and use your foot to push forward on the upper part of the locked cylinder. While continuing to press on the cylinder with your foot, release your upward effort and move your hands away from the deck.

Step 3: The cylinder is now unlocked and the deck will begin lowering to the floor slowly. Step back out of the way as the deck lowers to the floor. Your treadmill is now in place and ready to use. No additional locking is required.

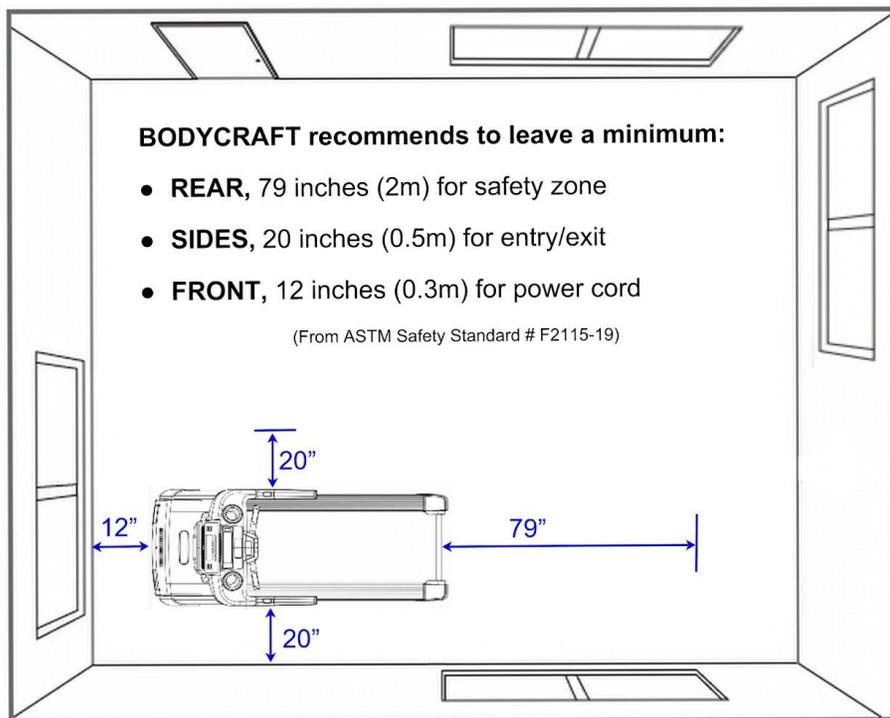


CAUTION: Do not grab the belt itself, as it may roll and you may lose your grip.



Warning: When treadmill is folded, be cautious with young adults, children and pets playing on, around or underneath the treadmill.

Product Setup - Spacing Requirements



U.S. and other regions: The ASTM International (ASTM) F2115-19 Standard recommends the dimensions to be 1.64 ft. (.5 m) on each side of the treadmill and 6.5 ft. (2 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.

EU: The European EN ISO 20957 Safety Standard requires a 6.5 ft. (2m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.

Product Setup - Leveling the Treadmill

Sometimes floor surfaces are not level or even. Once your treadmill is in the desired location, take the time to ensure that it is stable. All four contact points should make contact with the floor (2 wheels at the front and 2 adjustable rear stabilizers). If necessary, adjust the height of the rear stabilizers by turning it clockwise or counterclockwise to either lower or raise the machine. Test by walking or running the machine to ensure that the treadmill is not rocking on your floor. It must be level and stable to operate properly and eliminate any undue wear and tear on the treadmill or your floor.



In some cases you may need to purchase an optional mat that will also help level all 4 contact points. Mats will also help reduce noise and can help to protect most types of flooring. If you wish to purchase a mat, contact the dealer you purchased the treadmill from or [contact BODYCRAFT](#).

Product Setup - Running Belt Tension & Alignment

 **Follow these steps after the assembly STEPS to ensure proper function of your treadmill!**

- *If you are not comfortable performing these STEPS, please contact your local BODYCRAFT dealer or our customer support department to arrange a qualified technician to come to your home or commercial location.*

T400 SERIES

STEP 1: Level the treadmill. Refer to the “**Leveling the treadmill**” procedure from earlier Product Setup pages for more details.



STEP 2: Next, adjust for **Running Belt Tension**. Stomp Test method: While straddling the Running Belt, with your feet on the Side Rails, start the treadmill to 2.5 mph / 4 kmh, then while holding on to the handrails, use your stronger foot only, stomp your foot down & forward to see if the Running Belt slips. If the belt does not slip, continue to STEP 3. If the belt slips, the adjustment screws must be tightened evenly both right & left sides in order to adjust the belt properly. The adjustment screws are located at the rear of the treadmill in the end caps (see figure below).

- Both rear roller adjustment screws should be tightened in a clockwise direction with a 6mm Hex Wrench.
- After each adjustment check the running belt for slipping after each adjustment. If the belt continues to slip, repeat this process until the belt stops slipping. Make sure to **ONLY** turn both adjustment screws 1/2 turn each time until the slipping stops. This will ensure that you do not over-tighten the rollers.

Over-tightening the rollers may cause serious damage to the treadmill

- Once you have adjusted the tension, you need to do an Running Belt Alignment procedure in STEP 3.



STEP 3: Next, adjust for **Running Belt Alignment**. The Running Belt needs to be centered between the Side Rails with the same amount of space from both Left & Right edges of the Running Belt to each Side Rail.

- Start the treadmill and run it at 5 mph / 8 km h for 1 to 2 minutes to insure the belt will stay in the center.
- If the Running Belt is not centered, loosen the adjustment screw on the opposite side (where it has more space), turning it counterclockwise 1/4 turn. Wait 1 min to confirm the Running Belt is now centered.
- Repeat the procedure if necessary **ONLY** doing a 1/4 turn per adjustment.



STEP 4: Double confirm the Running Belt tension is still correct by simulating a **Max Weight User**. Simply start walking on the treadmill at 3 mph. Then hold on the front handrails (with **BOTH HANDS**) and apply as much downward and forward pressure with your feet while walking. Your feet should be moved back with the motion of the Running Belt without any slipping. If there is any slipping, then go back to STEP 2.

Installation Checklist



Assembly and Set-Up

Confirmed

- Confirm all parts are assembled
- Confirm there are no pinched console/upright wires
- Confirm all hardware is tightened down
- Check Base Assembly is level (no movement)
- Check if Running Belt is tensioned (no slipping)
- Check if Running Belt is centered
- Confirm space requirements are met:
 - 2 ft. front and sides of treadmill
 - 6 1/2 ft. rear of treadmill (emergency exit)
- Confirm power requirements are met:
 - 120v/15amp dedicated per TM (home unit)
 - 120v/20amp dedicated per TM (com. unit)
 - Any extension cords max 6' long w/ 12 gauge wire
 - Electrical outlet is non-GFCI w/ confirmed ground
- Confirm Power Cord location is protected from damage

Calibration:

Confirmed

- Calibration was completed & confirmed good

Console:

- Console has newest software updates
- Touch Screen 10" or 16" has updated Apps

Final Checks:

Confirmed

- Treadmill has been tested & fully functioning
- Gave Owner's Manual to the customer
- Answered any & all customer's questions

Service Policy:

Confirmed

- How to contact Customer Support
- Warranty length & coverage
- What warranty does not cover
- How to find the serial number
- How to find an error code (if applicable)

Important Safety Information:

NOTE: Never leave unattended children around a treadmill when plugged into the Wall Outlet & the Safety Key Inserted.

Recommended Maintenance (refer to owner's manual)*

Confirmed

- Cleaning products for use on Base & Upright Assembly
- Cleaning products for use on Dashboard Assembly
- Cleaning products for use on Console
- Running Belt and Deck is cleaned & lubricated as needed
- Under Treadmill & Side Rails are cleaned as needed
- Under Motor Hood is cleaned as needed:
 - All dirt is vacumed and surfaces cleaned
 - Motor vents and electronics are cleaned
 - DC Motor brushes and commutator are cleaned (T400/T800)

* Maintenance must be performed when needed, to maintain warranty

BODYCRAFT		
7699 Green Meadows Dr North		
Lewis Center, OH 43035		
Product Support - Treadmills: 1-800-990-5556 x 406		
Email questions or parts ordering: service@bodycraft.com		
Customer's Name:		
(Point of Contact for Commercial Facility):		
Address:		
Address Line 2:		
City:		
State:	Zip:	Phone:
Email:		
Type of Facility:		
Location of Equipment:		
Dealer Name:		
Point of Contact:		
Address:		
Address Line 2:		
City:		
State:	Zip:	Phone:
Email:		
Model & Serial Numbers Installed:		
Model #	Serial #	
Model #	Serial #	
Model #	Serial #	

Installer's Name:	Notes:
Installer's Signature:	
Date:	
Customer's Signature:	
Date:	

EXP SERIES TREADMILLS v1.5

Console Options

16" SmartTouch Console

10" Smart Touch Console

9" LCD Console



- 16" TFT Touchscreen
- CSAFE Compatible
- USB Input - Power Charging-Software Updates-MP3/MP4 Player
- Headphone Jack - 3.5mm Line Out
- 5KHz Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver-Wahoo Compatible
- Bluetooth Audio
- 3 Speed Tilting Fan
- 38 Programs and 10 Favorites for Each User
- 6 Custom User Profiles-Stores Comprehensive Data
- WIFI & Ethernet Connectivity, Media Includes-Youtube, Chrome, Facebook, Pinterest, Instagram, Twitter, Music, Video, HDMI, Screen Mirroring

- 10" TFT Touchscreen
- CSAFE Compatible
- USB Input - Power Charging-Software Updates-MP3/MP4 Player
- Headphone Jack - 3.5mm Line Out
- 5KHz Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver-Wahoo Compatible
- Bluetooth Audio
- 3 Speed Tilting Fan
- 38 Programs and 10 Favorites for Each User
- 6 Custom User Profiles-Stores Comprehensive Data
- WIFI & Ethernet Connectivity, Media Includes-Youtube, Chrome, Facebook, Pinterest, Instagram, Twitter, Music, Video, HDMI, Screen Mirroring

- 9" Backlit LCD
- CSAFE Compatible
- USB Input - Power Charging-Software Updates
- 5KHz Wireless Heart Rate Receiver
- BT & ANT+ Wireless Heart Rate Receiver
- 3 Speed Tilting Fan
- 14 Programs
- 2 Custom User Profiles-Stores Comprehensive Data

www.bodycraft.com/16TS-gr.html

www.bodycraft.com/10TS-gr.html

www.bodycraft.com/9LCD-gr.html



Console Operations Instructions - T400 (T401 & T402)

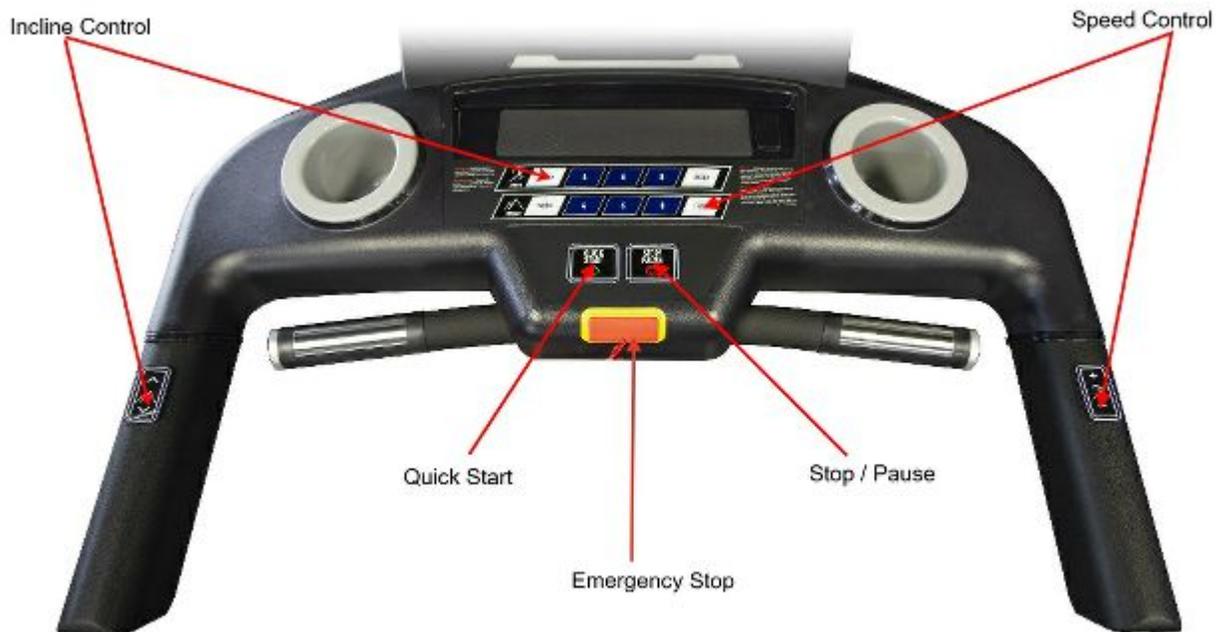
Please read the console operational instructions thoroughly and get familiar with the console layout.

Practice using this console before you start to get a better understanding of the functions. Below are the console layout and detailed operational instructions.

To power up the treadmill, locate the power cord attached to the front of the treadmill and plug it into a **Dedicated** 120V/15A for home use ONLY with a grounded wall outlet. Turn on the power switch to wake up the treadmill and go into the idle mode.

Always turn off the treadmill after hours or when not in use.

At Installation: The console needs to be paired with the treadmill product model correctly to ensure smooth operation. When the console is powered on the first time, it needs to be calibrated. Please follow the message window prompts to calibrate before use.



Safety Key Clip & Tether

Your treadmill will not start unless the safety key is placed on the proper location of treadmill console.

Attach the safety key clip properly onto your clothes before operating treadmill. In case of an emergency, pull the safety key off the treadmill, it will cut off the power to the console and stop the treadmill immediately. Place the safety key back in place, and the treadmill will resume back to idle mode. Contact your dealer for a safety key replacement if you do not have one.

Pulse Hand Grips

This product comes standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading.

The sensors that provide touch heart rate readings are reliant upon a pulse from the hands that is strong. Grasp the hand sensors without squeezing too tightly to produce a clear signal. Better readings will result from hands that are warm and moist. A tight grip on the sensors may create an inaccurate pulse. If you have trouble getting a reading, try after exercising for several minutes which will cause your hands to become warm. Also, wearing the chest strap may increase accuracy as well.

For safety, it is not recommended to use the Heart Rate Sensors when exercising at high speeds.



The Sensors may not always be accurate for any user at all speeds.

Individual physiology is a factor that can determine accuracy, or even if the Sensors work for you at all. The Touch Heart Rate reading is not intended to be used for medical purposes.

Pulse Grip Operating Tips

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.
- Make sure your palms are warm and slightly moist.
- Excessive movement especially on a treadmill is not optimum for hand grip. Chest strap is recommended when using a treadmill or any High Intensive Exercise while on a machine.

Heart Rate Monitoring Device

Built in Wireless Heart Rate Receiver

Note: Chest strap transmitter does not come with this unit; contact BODYCRAFT, or your dealer for purchase.

This product is equipped with a built-in receiver for your Heart Rate monitoring. Any Heart Rate telemetry strap that transmits at 5 kHz is compatible. To get an accurate reading using these devices, you will need to be within 3' feet of the console, and a minimum of four feet from others using a heart rate monitoring device. This BODYCRAFT unit is also equipped with BLE, ANT+, as well as 5K heart rate receivers.

Note: The Transmitter may fluctuate erratically if you are too close too the heart-rate monitoring equipment or there is other electronics nearby, such as TV & Radio.

While using heart rate control modes, the computer monitors the exact measurement of your pulse. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.

How to Wear Your Sensor/ Transmitter (Chest Strap)

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.



Note: *The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.*

Erratic Heart Rate Readings

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your product is not within range of other strong electromagnetic signals.

Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. manmade fibers, can also be the cause. Please try wetting the T-shirt in the area where the transmitter is.

Another erratic reading cause can come from the connection point of contact not being warm or moist.

If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document.

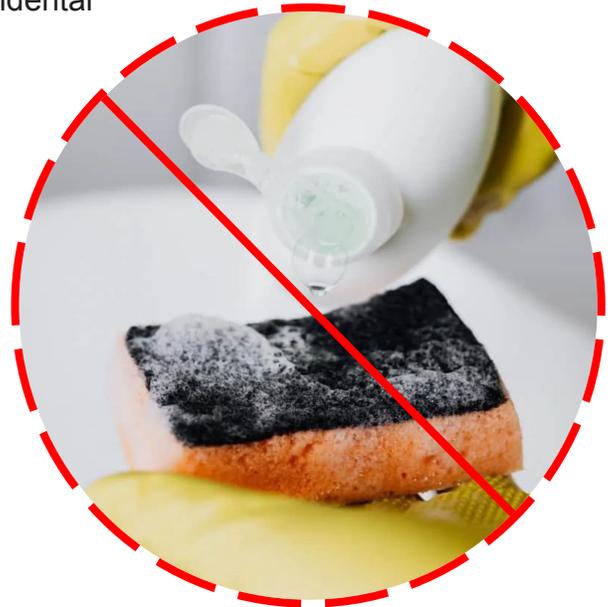
Any additional medical conditions as described in the previous **Pulse Grip Operating Tips**, stop exercising and consult your doctor.

Cleaning your Treadmill

CAUTION: Do not use any acidic cleaners. Doing so will discolor the plastics, painted surfaces and powder coatings. Never pour water or spray liquids on any part of the item.

1. Turn off and unplug the treadmill power cord from the wall before using any cleaning product.
2. ONLY APPLY CLEANER ON A CLOTH then use cloth to clean the unit.
3. Do not spray cleaner directly on any surface of the treadmill
4. We recommend that you clean the treadmill **after** each exercise session. To remove sweat, dust and dirt, wipe all exposed surfaces with slightly damp soft cloth only, never use solvents.
5. Clean with mild soap and water based cleaners only.
6. Always keep console and electrical parts clean and dry.
7. Wipe or vacuum dust or other objects that may have accumulated underneath the treadmill.
8. Never apply cleaning solution under running belt.
9. Confirm running belt & siderails are dry from any accidental fluids spilling or overspray.

- DO NOT USE ABRASIVE CLEANING SCRUBBING PADS.
- DO NOT USE AMMONIA CLEANERS.
- DO NOT USE CITRUS CLEANERS



The following is **RECOMMENDED** for cleaning supplies:



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax at Installation and bi-annually. Also makes future cleaning easier.



(Do Not Use on Running Belt, Side Rails, Handlebar, HR Grips, any Plastic or Console Glass)

Preventive Maintenance - T400 (T401 & T402)

Preventive Maintenance is the responsibility of the owner and not covered under warranty.

(Example of changing oil and rotating tires on new car.)

To maximize the life of your treadmill, and minimize downtime, all BODYCRAFT equipment requires regular cleaning and maintenance performed on a scheduled basis. Always unplug the power cord from the wall before servicing near potential moving parts or under the hood. ONLY qualified service professionals or BODYCRAFT dealers should remove the motor hood.

Service icon on the display

- A service icon on the console will turn on periodically to remind the owner that cleaning & maintenance is needed. After service is completed, press STOP for 5 seconds to return IDLE mode or on Touch Screens follow the prompts.

Daily Maintenance Items

- Clean entire machine using water and mild detergent such as "Simple -Green" (cleaning agents should be alcohol and ammonia free), including console, handlebar / grip area and running belt.
- Check Emergency Stop Key and tether cord for proper operation.

Monthly Maintenance Items

- Vacuum under treadmill and wipe off all dirt around rollers & belt/deck areas.
- Inspect power cord for damage, inspect hand grip areas. and inspect the Emergency Stop tether cord.
- Check running belt for proper tension, adjust if needed. It is especially important to check the running belt for tension after the first 30 days of usage. All new belts will stretch, and belt slippage can be detected by users if the running belt does not have the proper tension.

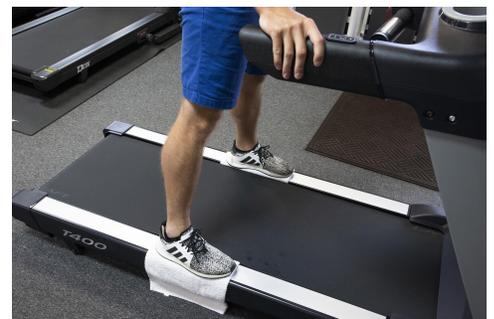


Quarterly / Semi-Annual Maintenance Items

- Unplug the power cord from the wall, then remove the front plastic cover, and vacuum entire inside area of the machine - be careful when working around the lower PC board not to bump any wires or connections loose.
- Check drive belt for visible wear, i.e., cracking, tears, etc. The belt should be replaced if there are any visible signs of damage. Proper alignment of the pulley needs to be confirmed.

Annual Maintenance Items

- Unplug the power cord from the wall, inspect the underside of running belt for damage - checking /cracking, glazed surface.
- If the belt has damage or wear to it that warrants replacement. please note that the running deck must also be flipped when a new belt is installed. If the deck has previously been flipped and no longer has an unused side available. it needs to be replaced when the new belt is installed.
- Unplug the power cord from the wall, clean between belt and deck with a large towel, then lube with BODYCRAFT deck lube. Walk-in lube for 1 min, then run belt at 8 mph for 2 mins.
- Start the unit and raise incline settings to maximum height. Turn power switch off at front of the machine to prevent it from lowering accidentally. Lubricate incline motor screw (Recommend using a Super Lube branded grease with PTFE {Teflon} additive).
- During normal operating conditions. the running belt and deck replacement should be done every 20,000 miles.



Lubricating the Running Belt / Deck Area - T1000, T800 & T400

BODYCRAFT provides a Lube Indicator on your console indicating when the running belt lubrication is required. **The indicator will light when cleaning & lubrication is needed.** If you see this indicator pop up on the screen, follow the lubrication instruction below or call a certified BODYCRAFT service provider.



Please be sure your treadmill is powered off, before performing this maintenance.

STEP 1: Vacuum under treadmill and clean area between the running belt and side rails. Then continue with cleaning the area between the deck and the running belt as described from the Preventive Maintenance page.

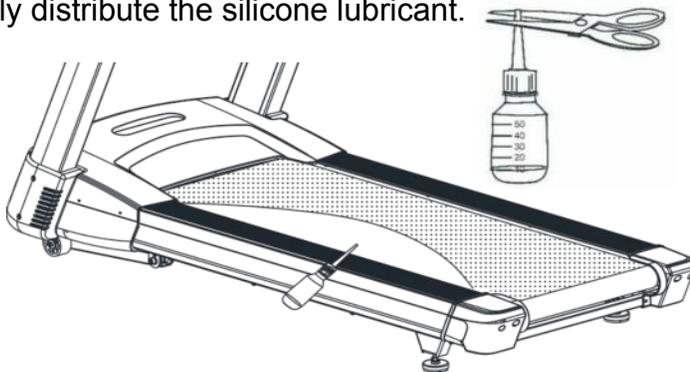
STEP 2: Take the BODYCRAFT 100% Pure Silicone Oil Bottle and cut the tip off. Then lift the running belt up and away from the deck as far as you can on the left side of the treadmill. Point the silicone bottle nozzle towards the center of the running deck. Lay a small bead of silicone on the deck, while moving down the deck continue holding the belt up as you go. Stop the lube about 2" from the side of the running belt edge.

Repeat the process on the right side of the belt. See below drawing

STEP 3: After Step 2, turn the power back on.

- For LCD console, press STOP button for a few seconds until the Lube indicator light turns off.
- For TFT (SmartTouch) console, please follow on screen instruction to reset the Lube timer.

STEP 4: Use QUICK START and walk on your treadmill at a low to moderate speed for 5 minutes to evenly distribute the silicone lubricant.



- Lift up the running belt up and away from the deck as far as you can and add about 10 ml of silicone oil towards the center of the running deck from on the left side.
- Do the same thing for the right side.

NOTE: If you lubricate too much, the running belt may slip or liquid may flow out from the machine. Only use 1/3 of bottle (1 oz) per lubrication.



Caution: Do not drip any lubricate on top of the running belt. Completely clean top surface with a mild soap cleaner if needed. Check top running surface is 100% dry before using treadmill.



[How to lube video on YouTube](#)

Lubricant is necessary when the deck becomes dry to maintain your treadmill's warranty and keep in a good working condition.

To purchase lube bottle go to www.bodycraft.com/treadlube.html or email service@bodycraft.com



Required Info BEFORE Initiating a Service Case

The following information is needed to help expedite troubleshooting and to insure the correct part(s) to be sent if needed for a repair:

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or Problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video to help with troubleshooting or exact part(s) needed.

This troubleshooting guide is intended to assist diagnostics only and is not all inclusive. Technical specifications, error codes and programming are subject to change without notice.

BODYCRAFT accepts no liability for any damage or loss suffered by persons who rely wholly or in part on any description or statement contained within this manual.

For any questions or additional help, contact the BODYCRAFT Customer Support at 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com for assistance with troubleshooting and diagnostics.

Malfunction	Possible Cause	Corrective Action
No Power	Unit turned off.	Verify the On/Off switch is at the ON position.
	Damaged power cord.	Replace power cord.
	Power cord not fully seated in socket or wall outlet.	Inspect power connection at the unit and outlet. <input type="button" value="v"/>
	No power at outlet.	Using a voltmeter verify power 120v at the wall outlet.
	Tripped circuit breaker or GFCI.	The location of the circuit breaker is next to the On/Off switch. Verify the circuit breaker is not open. If the breaker is open, reset. - Confirm breaker is a non-GFCI circuit. A treadmill motor's frequency Does Not Work properly on GFCI protected circuits. Newer AFCI/GFCI wall circuits have the additional needed frequency protection to work with home treadmills.
Unit resets or pauses randomly	Damaged power cord.	Replace the power cord.
	Power cord not fully seated in socket.	Inspect power connection at the unit and wall outlet.
	Safety e-stop key not fully engaged.	Re-engage the safety/e-stop key to the console.
	Insufficient power.	Verify output voltage from Dedicated 120v/15amp (20amp commercial use) wall outlet with a voltmeter.
	Error code is displayed on the console.	Contact BODYCRAFT Customer Support 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com
	Pinched or loose main communication cable.	
Walking belt is off center	Uneven floor.	- Adjust treadmill with rear leveling feet. Go to: Running Belt Alignment page for detailed instructions.
	Adjust belt tracking.	Go to: Centering the Running Belt page for detailed instructions.
Walking belt hesitates or slips when stepping	Adjust belt tension.	Go to: Tensioning the Running Belt page for detailed instructions.
	Lubricate running belt.	Go to: Treadmill Lubrication page for detailed instructions.
Rubbing sound from treadmill when in operation	Walking belt is rubbing a straddle cover.	Adjust belt tracking go to page 17: Belt Tension and Alignment Adjustment.
	Foreign objects may be stuck under the walking belt.	Inspect under the unit. Remove any object that may be under the unit.
	Foreign object may be stuck in motor compartment.	Contact BODYCRAFT Customer Support 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com
	Roller bearings may be damaged	
	Drive motor may be damaged.	
	Drive belt may be misaligned.	

Malfunction	Possible Cause	Corrective Action
Heart rate is displaying erratically or not displaying	Transmitter belt contacts are not Making good contact with the skin.	Re-adjust the transmitter belt so that it is in full contact with the skin.
	Contacts on the transmitter belt are not moist.	Moisten the contacts on the transmitter belt.
	Transmitter belt is not within 3feet (1 meter) of the heart rate receiver.	Adjust your position on the belt so that you are within 3foot (1 meter) of the console.
	The battery inside the transmitter belt is low or bad.	Replace the transmitter belt with a compatible transmitter belt.
	Another user wearing a compatible transmitter strap is within 3 foot (1 meter) of the unit.	Move the units so that there is more space in-between units.
	Environmental interference from high voltage power lines.	Move the unit to another position within the room or move the cause of the interference until heartrate reading are stable. If the probable source of interference is plugged into the same outlet move the suspect source to another outlet.
	Environmental interference from computers.	
	Environmental interference from motor driven appliances.	
	Environmental interference from cell or cordless phones.	
Environmental interference from Wi-Fi router.		

Error Code for DC Motor Treadmill	Definition	Possible Cause	Corrective Action
E-1	Current Overload / Overheating / Protection	Belt and deck may require lubricant or Belt and deck may be worn excessively	- Go to: Treadmill Lubrication - If not fixed after lubrication procedure, then Contact BODYCRAFT Customer Support
E-2	No Speed Signal (During Calibration Mode ONLY)	Controller is not receiving the speed signal	- Check wire harness for damage or completely connected at each connection point then recalibrate. - If continues then contact BODYCRAFT Customer Support
E-5 E-6	Low AC Voltage High AC Voltage	- Unstable Voltage input. - Too many machines on one circuit	- Turn off all machines in the same room. - Run one treadmill for 5-10 mins while heavy running. - Confirm no extension cords & Dedicated 120v/15amp (20amp commercial use) circuit per treadmill.
E-10 E-11	Incline Error	- Bad connection with wire harness at connections. - Need recalibration.	- Check wire harness for damage or completely connected at each connection point. - Recalibration procedure needed.
E-22 E-23	No communication between Breakout Board and Inverter	- Cable connection on fully connected or damaged cable. - The Breakout Board has malfunctioned.	- Double check all connections for bent pins or not fully clipped. - Check for damaged cable during installation and replace if necessary. - Replace Breakout Board if other actions are taken.
E-88	Console EEPROM failure	Console display has malfunctioned.	Turn off & wait 5 mins. Turn back on - If still E-21, replace the console.

Lube icon: When the lube icon comes on, means the treadmill is due for lubrication maintenance. Please follow the owner’s manual lubrication procedure to lubricate the tread/deck. AFTER the lubrication procedure is complete:

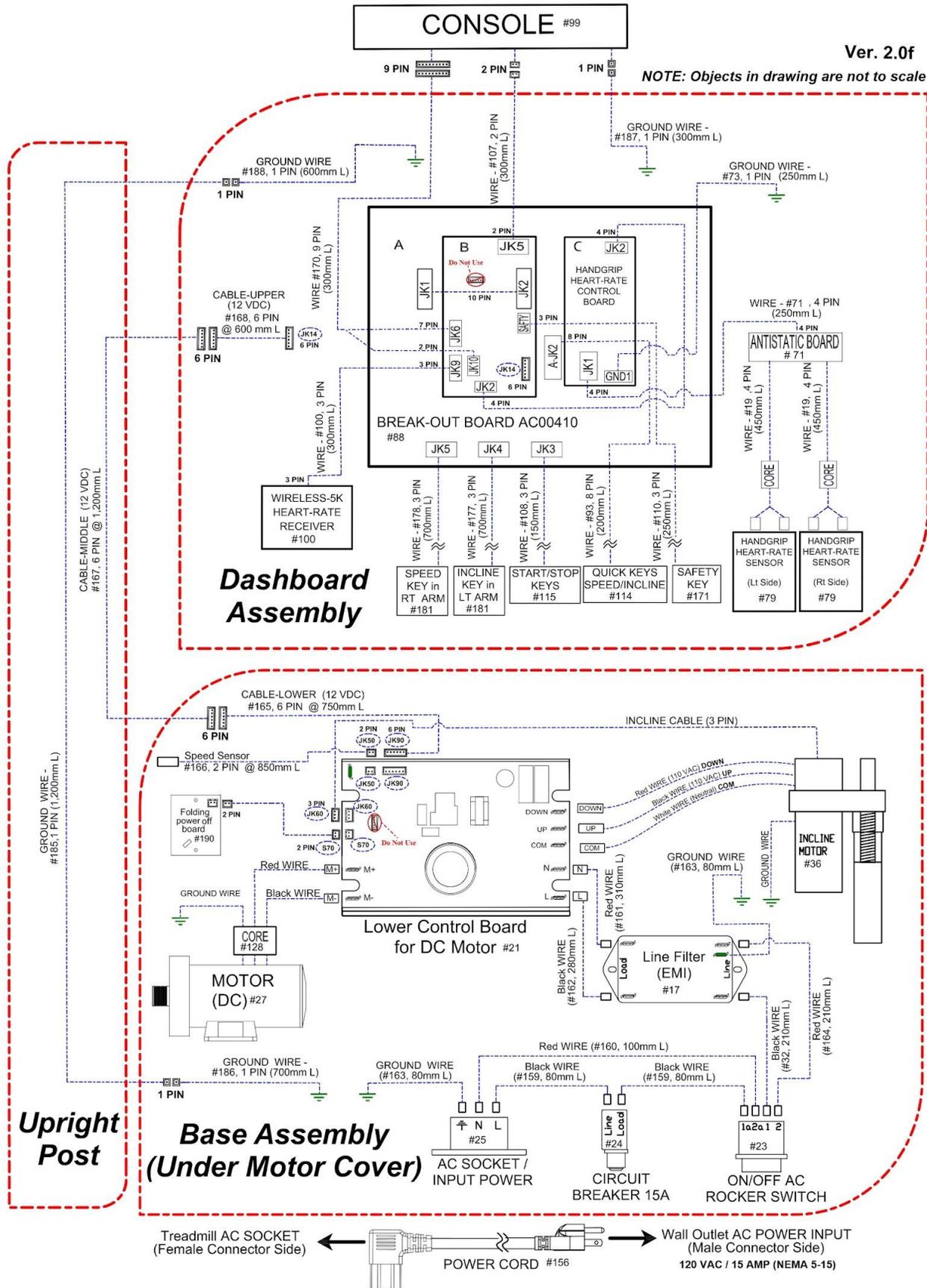
- **9” LCD:** Press & hold “STOP” key during idle mode for a few seconds to turn the LUBE icon off for the.
- **16” & 10” Touch Screen:** Follow the Reset prompts on the console.

Treadmill Circuit Diagram

T400 (T401 & T402)

Ver. 2.0f

NOTE: Objects in drawing are not to scale



Part #	Description	Qty
T402:001	Main Base Frame (DIAMOND GRAY)	1
T402:002	Elastomer Shock Absorbers - 1st Row - Front	2
T402:003	Elastomer Shock Absorbers - 2nd & 3rd Rows - Mid	4
T402:004	Elastomer Shock Absorbers - 4th Row - Rear	2
T402:005	Running Deck - 673mm W x 1,384mm L x 25.4mm T	1
T402:006	Side Step Rails - Securing Bracket to Running Deck	8
T402:007	Screw M6 x 35mm L	8
T402:008	Nylon Locknut (M6)	8
T402:009	Flat Washer M6 x 16 x 1.2mm	8
T402:010	Screw M6 x 30mm L	8
T402:011	Front Roller Assembly - 64mm D x 699mm L w/ 105mm Pulley	1
T402:012	Rear Roller Assembly - 64mm D x 699mm L	1
T402:013	Screw M8 x 70mm L	3
T402:014	Spring Flat Washer (M8)	5
T402:015	Running Belt - 508mm W x 3,230mm L x 2.0mm T (TF)	1
T402:016	Inductor Bracket	1
T402:017	Line Filter - EMI	1
T402:018	Washer M5 x 15 x 1.2mm	2
T402:019	Handgrip Heart-Rate Sensor Wire	1
T402:020	Screw M4 x 8mm L	2
T402:021	Lower Control Board # AE001112ELT-002 (SR)	1
T402:022	Screw M4 x 20mm L	2
T402:023	On/Off AC Rocker Switch	1
T402:024	Circuit Breaker - Reset Switch (15 amp)	1
T402:025	AC Socket / Input Power - IEC 320 C14, Black, 15A	1
T402:026	Screw M4 x 12mm L	4
T402:027	Drive Motor - DC 3.0hp (TR)	1
T402:028	Ferrite Core - DC Motor Wires	1
T402:029	Drive Motor Bracket	1
T402:030	Screw M8 x 16mm L	2
T402:031	Flat Washer M8 x16 x 1.2mm	2
T402:032	Wire - Switch to Filter - Black 210mm	1
T402:033	Nylon Locknut M8	6
T402:034	Screw M8 x 25mm L	2
T402:035	Drive Motor Pulley Belt- Ribbed #508J (HS)	1
T402:036	Incline Motor - J18 (JS)	1
T402:037	Screw M10 x 60mm L	1
T402:038	Flat Washer M10 x 21 x 2.0mm T	4
T402:039	Nylon Locknut M10 x P1.5mm	2
T402:040	Screw M10 x 45mm L	1
T402:041	Screw #6-32 x 12mm L	1
T402:042	Transportation / Incline Wheel	6
T402:043	Screw M8 x 45mm L	1
T402:044	Nylon Locknut M8 x 1.25mm	8
T402:045	Flat Washer M8 x 16 x 1.2mm	14
T402:046	Screw M5 x 12mm L	4

Part #	Description	Qty
T402:047	Base Folding Frame (DIAMOND GRAY)	1
T402:048	Foot Cover	2
T402:049	Gas Cylinder Assembly	1
T402:050	Gas Cylinder Clip Spring	1
T402:051	Gas Cylinder Outer Tube	1
T402:052	Screw M8 x 30mm L	1
T402:053	Screw M5 x 25mm L	4
T402:054	Adjust Foot Pad	2
T402:055	Incline Frame (DIAMOND GRAY)	1
T402:056	Incline Frame Bushing (Small)	2
T402:057	Incline Frame Bushing (Large)	2
T402:058	Screw Ø 12 x 25L x M10	2
T402:059	Bolt Ø 15 x 61.9mm L	2
T402:060	Flat Washer M8 x 28 x 1.5mm T	2
T402:061	Cylinder Outer Plastic Cover	1
T402:062	Rubber Pad For Incline Motor	2
T402:063	Upright Post - Left (DIAMOND GRAY)	1
T402:064	Upright Post - Right (DIAMOND GRAY)	1
T402:065	Handrail - Left Arm w/ Quick Incline Control Mount	1
T402:066	Handrail - Right Arm w/ Quick Speed Control Mount	1
T402:067	Handrail Left Arm - Decoration Ring	1
T402:068	Handrail Right Arm - Decoration Ring	1
T402:069	Foam Single Sided - Running Deck - Front	2
T402:070	Foam Double Sided - Safety Switch	2
T402:071	Handgrip Heart-Rate - Antistatic Board	1
T402:072	Screw M8 x 16mm L	16
T402:073	Ground Wire - Handgrip Heart-Rate - Green 250mm	1
T402:074	Warning Label - Dashboard Cover - Upper - Single Sided	1
T402:075	Warning Label - Motor Cover Top - Right & Left - Single Sided	2
T402:076	Nut 3/8"-16	2
T402:077	Dashboard Support & Front Handlebar	1
T402:078	Handlebar - Rubber Sleeve	2
T402:079	Handgrip Heart-Rate - Sensor (Assembly)	2
T402:080	Handlebar - Aluminum Ring	2
T402:081	Handlebar - End Plug	2
T402:082	Sticker - Handlebar on End Plug - Single Sided	2
T402:083	Mechanical Safety Key	1
T402:084	Safety Key Bracket	1
T402:085	Screw M3 x 8mm L	2
T402:086	Screw M6 x 35mm L (#175)	4
T402:087	Screw M2.6 x 8mm L	20
T402:088	Break-Out Board #AC00410	1
T402:089	Dashboard Cover - Upper	1
T402:090	Dashboard Cover - Bottom	1
T402:091	Water Bottle Holder	2

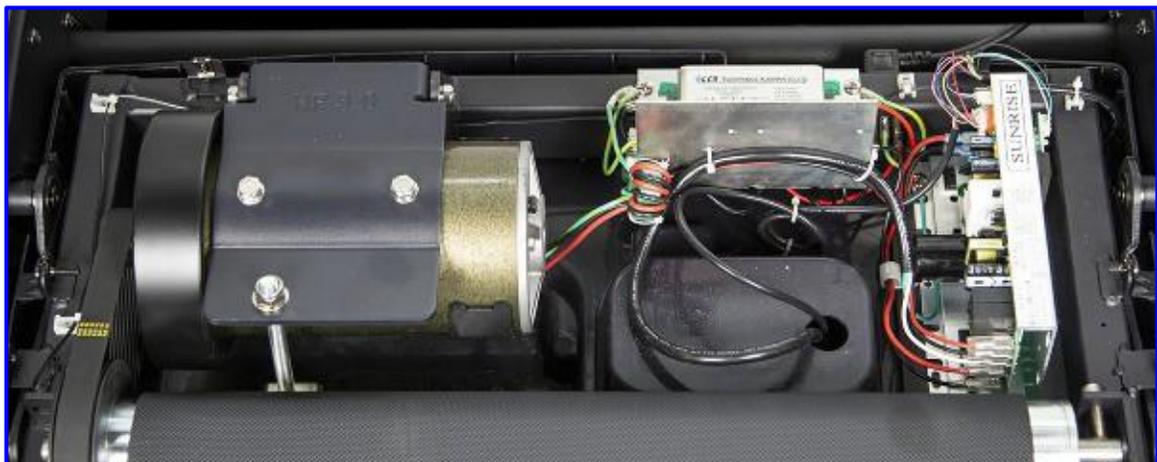
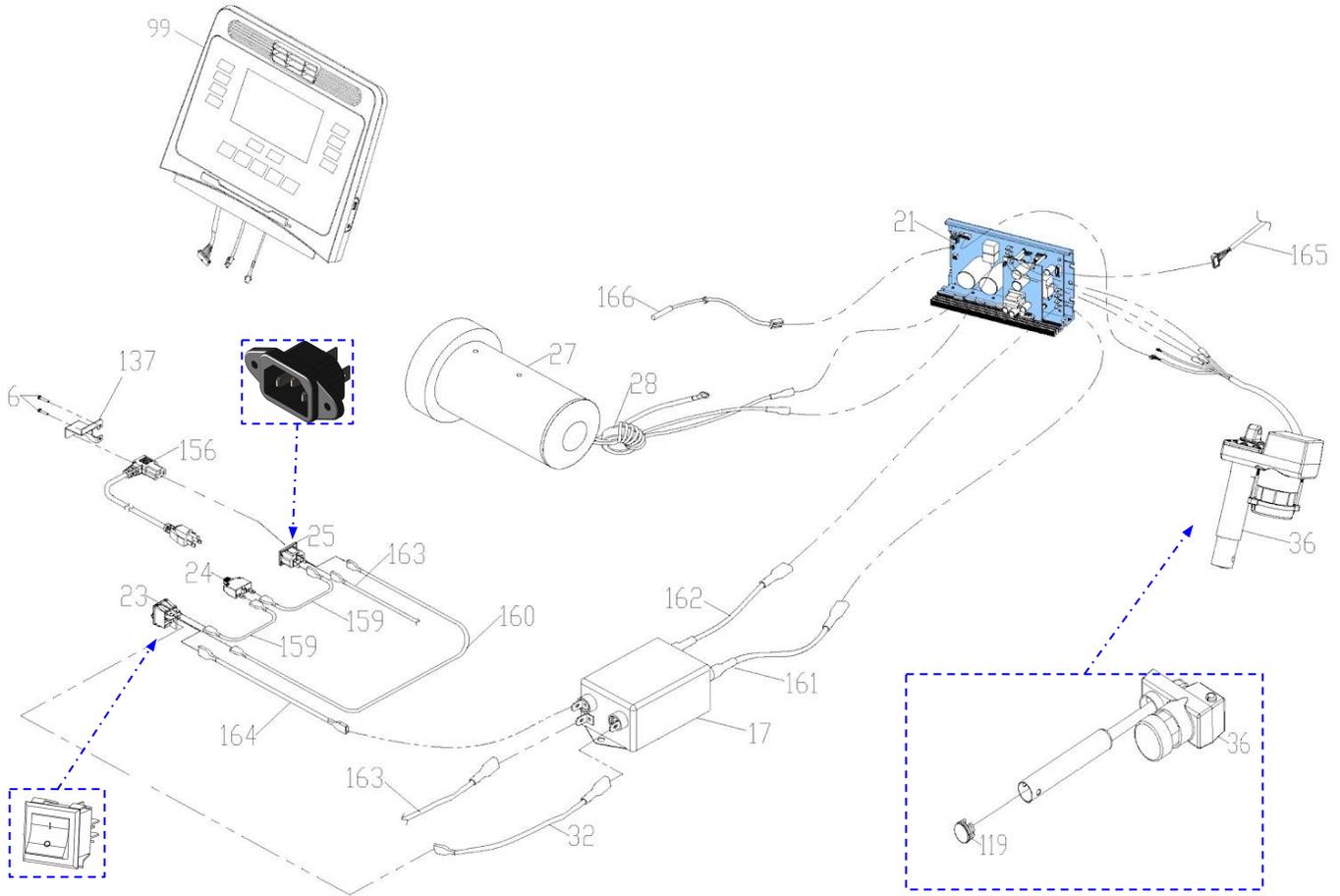
Part #	Description	Qty
T402:092	Sticker - Safety Key - Single Sided	1
T402:093	Cable - Quick Keys Speed/Incline - Dashboard to Break-out Board (8PIN)	1
T402:094	Quick Keys Speed/Incline Overlay - Dashboard - Single Sided	1
T402:095	START/STOP Overlay - Dashboard - Single Sided	1
T402:096	Accessory Tray - Anti-Slip Rubber Sticker - Dashboard - Single Sided	1
T402:097	Screw M4 x 15mm L	11
T402:098	Screw M5 x 12mm L	6
T402:099	Console	1
T402:100	Wireless-5K Heart-Rate Receiver	1
T402:101	Nut M10	1
T402:102	Belt Adjustment Bracket	1
T402:103	Label - Electric Warning	1
T402:104	Sticker - Drop Warning Label - Left Rail Cover (Rear)	1
T402:105	Sticker - Drop Instruction Label - Right Rail Cover (Rear)	1
T402:106	Label - Warning	2
T402:107	Cable - Break-Out Board to Console - Lower (2 PIN)	1
T402:108	Cable - START/STOP Keys - Dashboard to Break-out Board (3PIN)	1
T402:109	Safety Key Limit Switch	1
T402:110	Cable - Safety Key Limit Switch to Break-Out Board (3PIN)	1
T402:111	Screw M8 x 100mm L	2
T402:112	Spring Washer M8	2
T402:113	PVC Strip	1
T402:114	Quick Keys Speed/Incline Control Board w/ Buttons - Dashboard	1
T402:115	START/STOP Control Board w/ Buttons - Dashboard	1
T402:116	Side Step Rail - Left	1
T402:117	Side Foot Rail - Right	1
T402:118	Aluminum Rail - into Side Step Rails - Left & Right	2
T402:119	End Plug Cover - Incline Motor Tube	1
T402:120	Sticker - BODYCRAFT for Side Step Rails - Left & Right - Single Sided	2
T402:121	Side Step Rail - Rear Ring - Left	1
T402:122	Side Foot Rail - Rear Ring - Right	1
T402:123	Side Step Rail - Front Ring - Left	1
T402:124	Side Foot Rail - Front Ring - Right	1
T402:125	End Cap - Foot Side Rail - Left Rear	1
T402:126	End Cap - Foot Side Rail - Right Rear	1
T402:127	Screw M4 x 16mm L	4
T402:128	Screw M8 x 16mm L	2
T402:129	Motor Cover - Top	1
T402:130	Motor Cover - Bottom	1
T402:131	Motor Cover - Lower Left	1
T402:132	Motor Cover - Lower Right	1
T402:133	Screw Ø 8 x M6 x 18.5mm L	4

Part #	Description	Qty
T402:134	Sticker - Motor Cover - Top - Single Sided	1
T402:135	Strain Relief Grommet for Cables- Lower Base Frame	1
T402:136	Screw M5 x 10mm L	12
T402:137	Power Cord - Locking Screw-in Clip	1
T402:138	U Shape Clip	8
T402:139	Upright Post Cover - Lower - Left	1
T402:140	Upright Post Cover - Lower - Right	1
T402:141	Dashboard Base Cover - Left	1
T402:142	Dashboard Base Cover - Right	1
T402:143	Safety Key Assembly	1
T402:144	Screw M4 x 12mm L	4
T402:145	Screw M8 x 50mm L	1
T402:146	Nut M10 x P1.5	1
T402:147	Screw M8 s 40L	6
T402:148	Flat Washer M10 s 21 x 2.0mm	2
T402:149	Screw M6 x 35mm L	2
T402:150	Screw M5 x 0.8 x 20mm L	4
T402:151	Screw M8 x 15mm L	2
T402:152	Cylinder Lock & Release Sticker	1
T402:153	Sensor Bracket	1
T402:154	Handlebar Left - Quick Key/Incline Overlay - Single Sided	1
T402:155	Handlebar Right - Quick Key/Speed Overlay - Single Sided	1
T402:156	Power Cord - 120V/15A (NEMA 5-15) - IEC 320 C14 - 1,829mm L	1
T402:157	Cable Grommet	2
T402:158	Screw M5 x 16mm L	2
T402:159	Wire - Power Input - Black 80mm	2
T402:160	Wire - Power Input - Red 100mm	1
T402:161	Wire - Filter to LCB - Red 310mm	1
T402:162	Wire - Filter to LCB - Black 280mm	1
T402:163	Ground Wire - Power Input to Frame/Line Filter - Green 80mm	2
T402:164	Wire - Switch to Filter - Red 210mm	1
T402:165	Cable - Lower Control Board to Break-Out Board - Lower (6 PIN)	1
T402:166	Speed Sensor Wire	1
T402:167	Cable - Lower Control Board to Break-Out-Board - Mid (6 PIN)	1
T402:168	Cable - Lower Control Board to Break-Out Board - Upper (6 PIN)	1
T402:169	Screw M2 x 5L	4
T402:170	Cable - Break-Out Board to Console - Lower (9 PIN)	1
T402:171	Safety Key Assembly	1
T402:172	Safety Key-Upper (Yellow)	1
T402:173	Safety Key - Top (Red)	1
T402:174	Safety Key Board	1
T402:175	Safety Key Clip + Cotton String	1

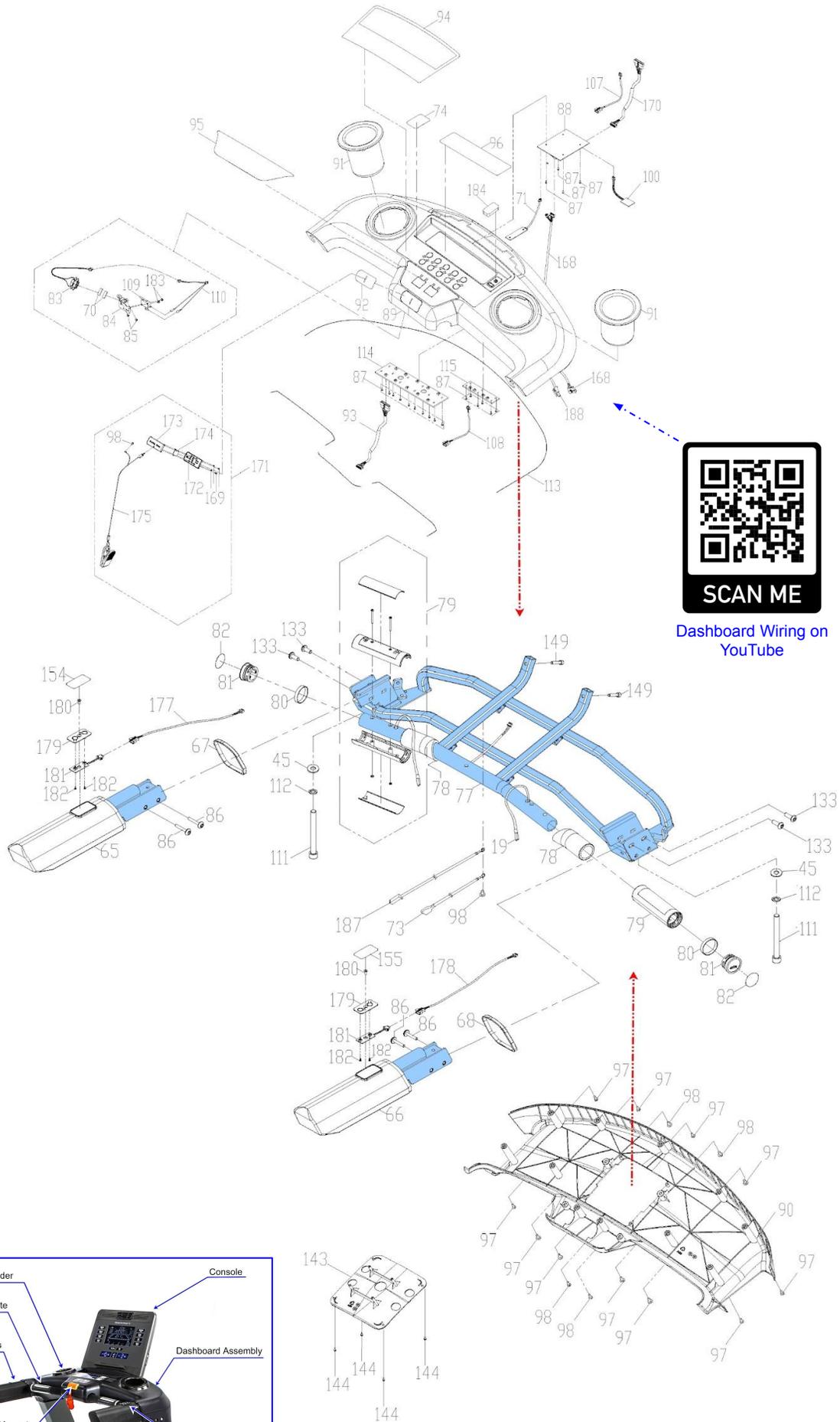
Part #	Description	Qty
T402:176	Sticker - Grounding Screw Location - Single Sided	2
T402:177	Cable - Handlebar Left - Incline Control Board to Dashboard (3PIN)	1
T402:178	Cable - Handlebar Right - Speed Control Board to Dashboard (3PIN)	1
T402:179	Handrail Arms - Quick Key Button Shell - Left & Right	2
T402:180	Screw M4 x 10mm L	2
T402:181	Handrail Arms - Quick Key Speed/Incline - Control Board w/ buttons	2

Part #	Description	Qty
T402:182	Screw M2.3 x 6mm L	4
T402:183	Screw M3 x 16mm L	2
T402:184	USB Cover - Dashboard Upper Cover	1
T402:185	Ground Wire Female - Upright Post - Mid 1,200mm	1
T402:186	Ground Wire Male - Lower 700mm	1
T402:187	Ground Wire Female - Dashboard - Up 300mm	1
T402:188	Ground Wire Female - Dashboard - Down 600mm	1
T402:189	Sticker - EXP Series for Upright Post	2

Product Parts Exploded View - Drive System - T400 (T401 & T402)



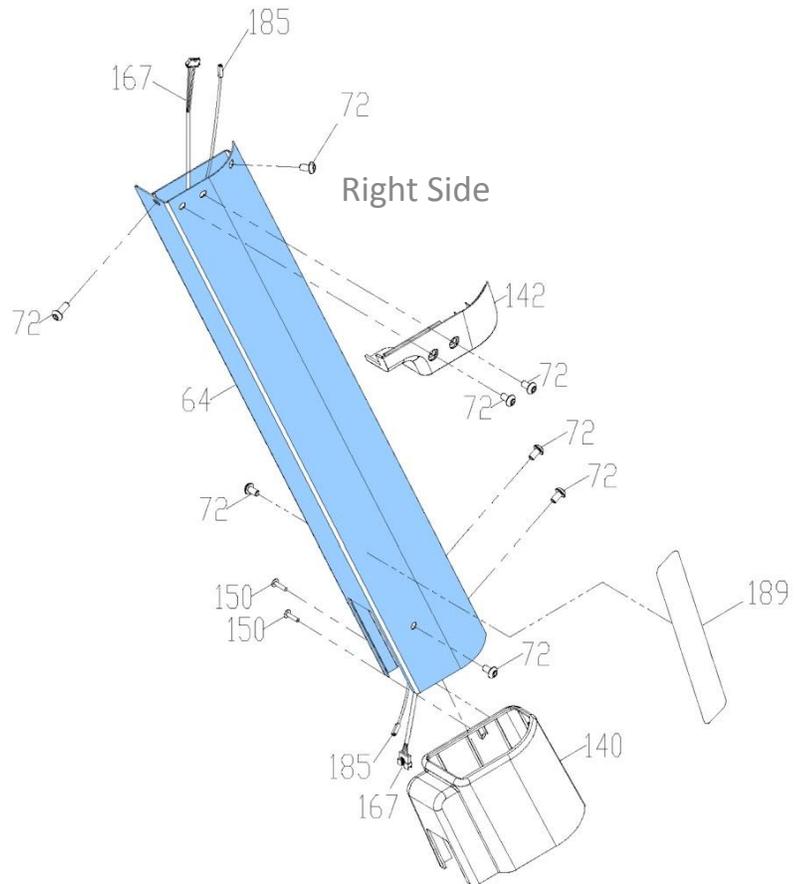
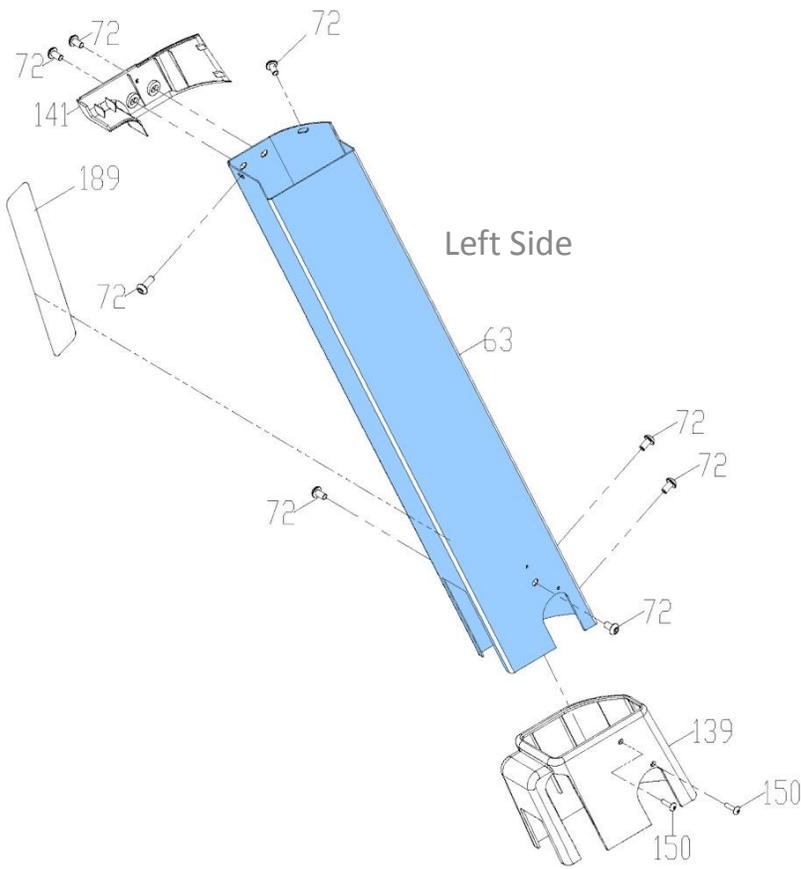
Product Parts Exploded View - Dashboard Assembly - T400 (T401 & T402)



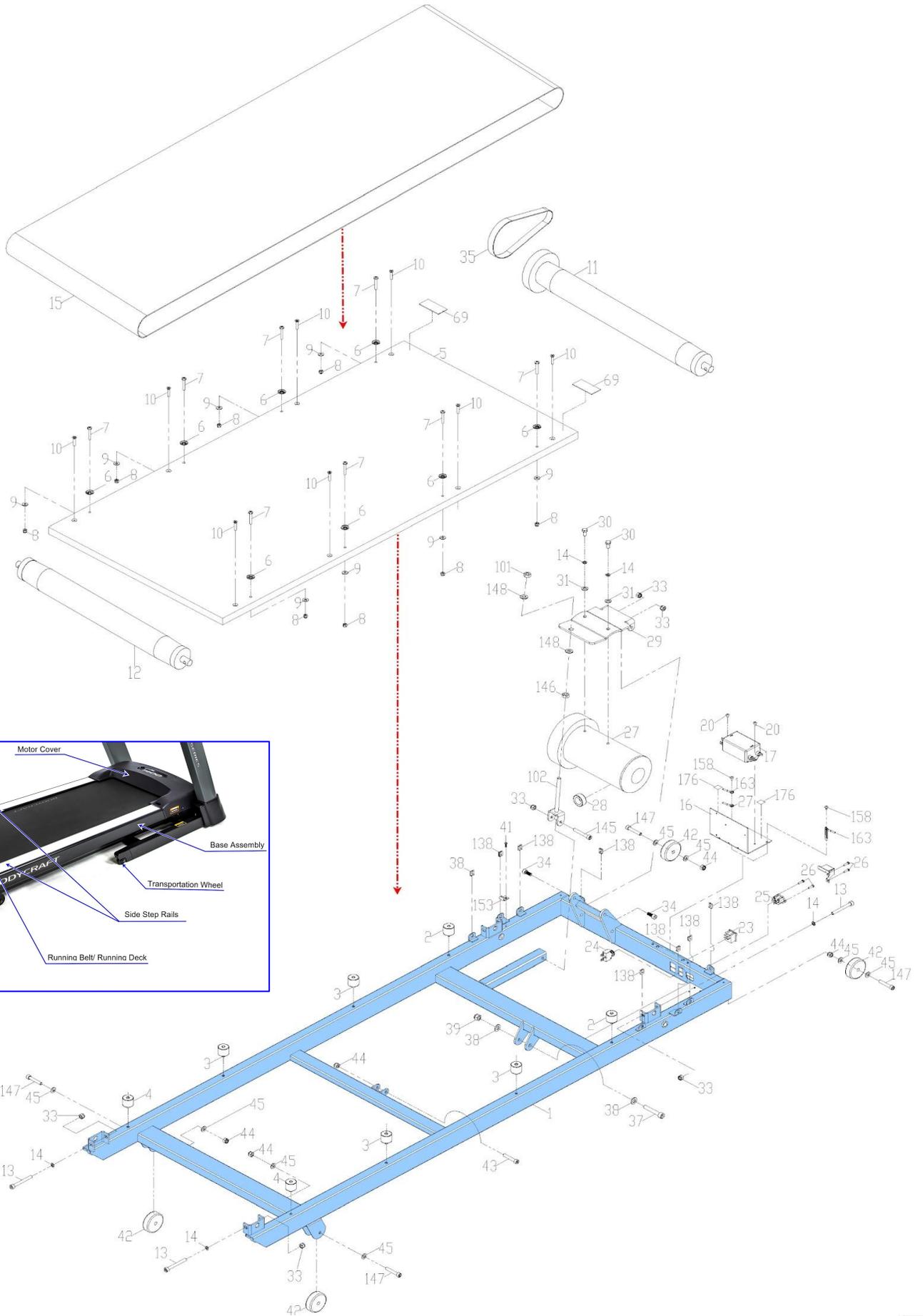
Dashboard Wiring on YouTube



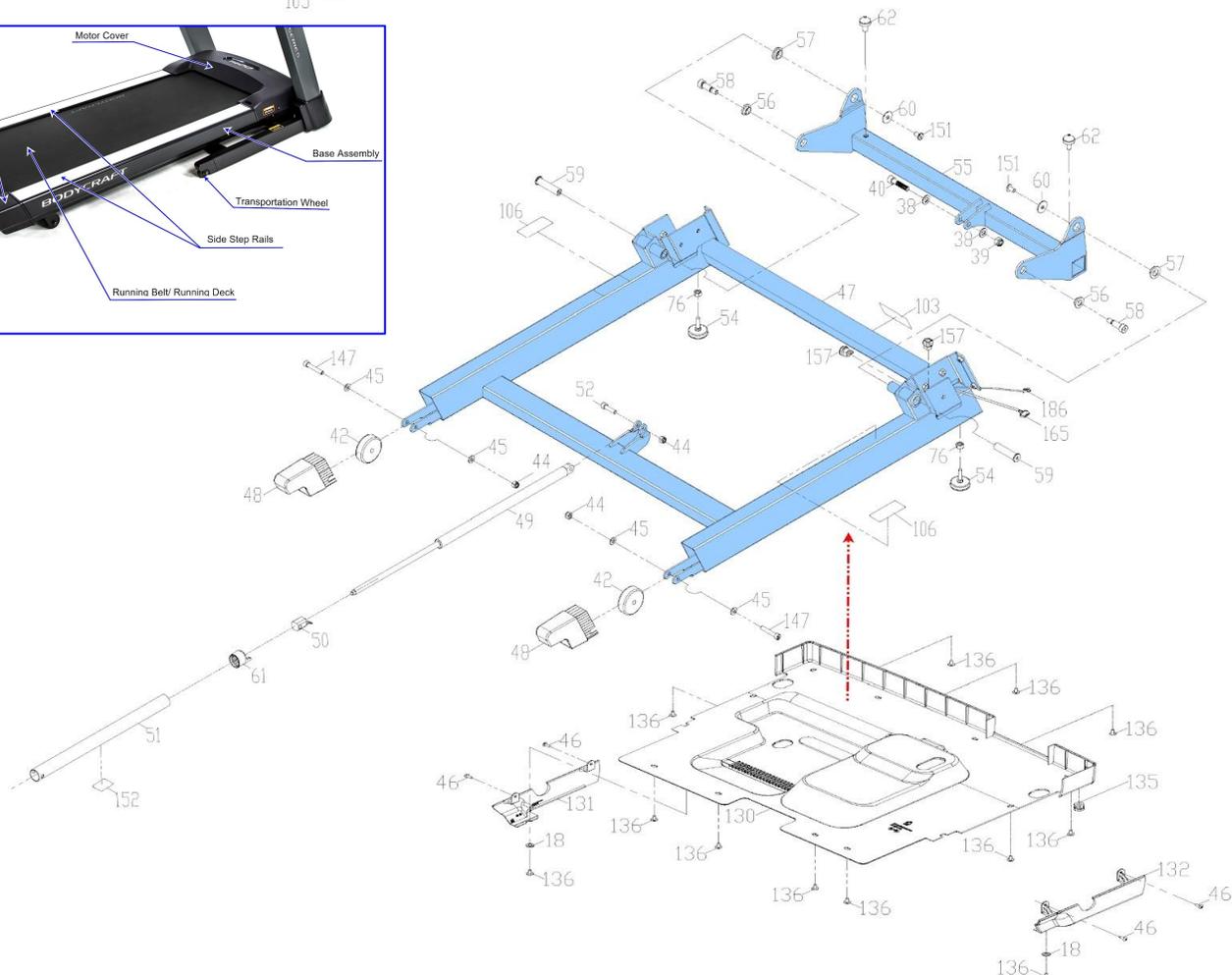
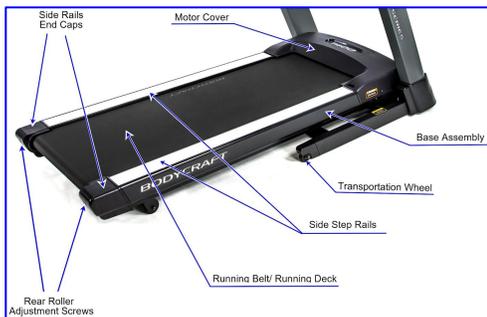
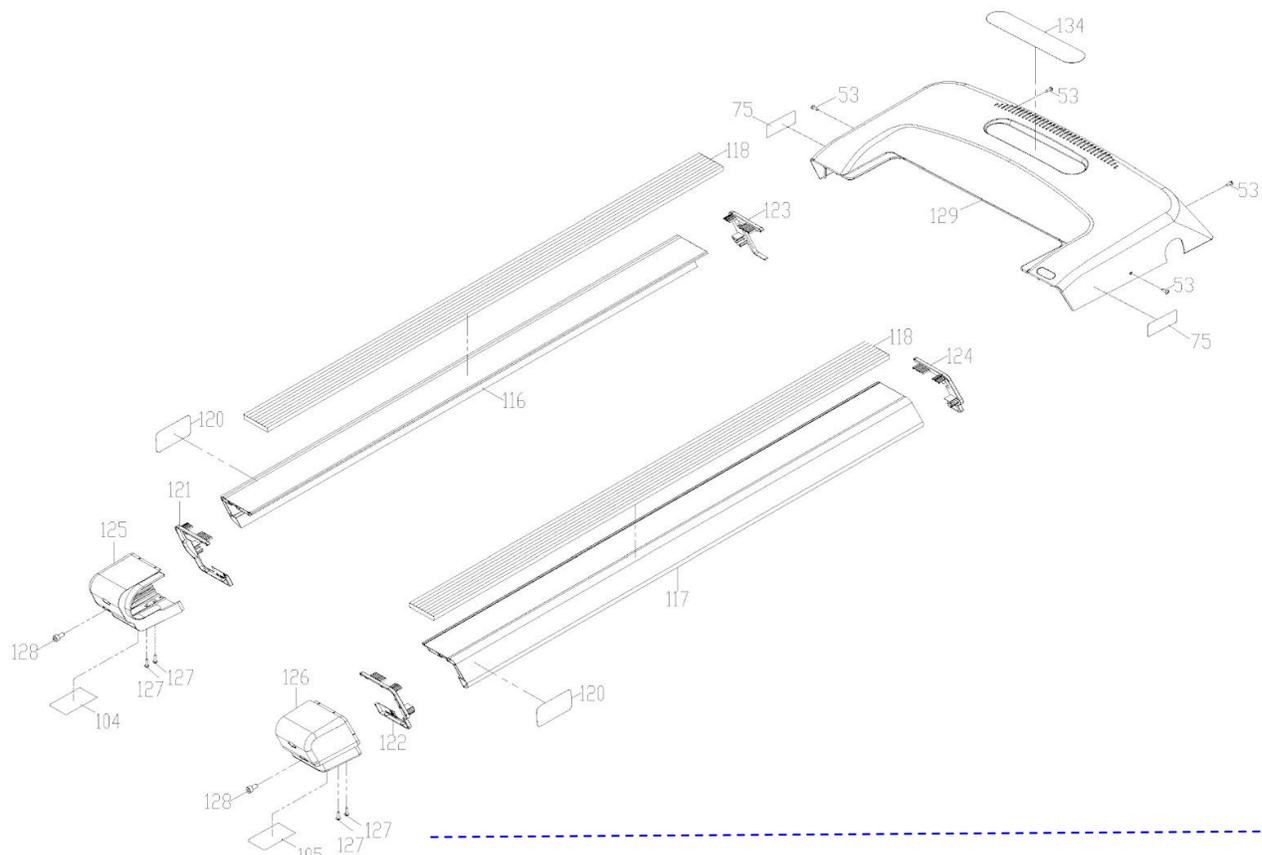
Product Parts Exploded View - Upright Posts Assembly - T400 (T401 & T402)



Product Parts Exploded View - Base Assembly - T400 (T401 & T402)



Product Parts Exploded View - Base Covers & Incline Frame - T400 (T401 & T402)



Product Warranty - Cardio T800 (T802) & T400 (T402) Treadmills

VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

Register your product within 30 days of purchase at www.bodycraft.com or call 800-990-5556

This warranty is valid only in accordance with the following conditions:

The warranty begins on the original purchase date at retail and ends when the original owner

disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required.

Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

Residential Warranty (T800DC & T400DC):

Frame: Lifetime, **Parts:** 10 years, **Console:** 3 years, **Labor:** 2 years
Headphone Jack, HDMI, CSAFE, ETHERNET & USB Port: 90 days and **Labor:** None

Commercial Warranty (T800DC):

Frame: 10 years, **Parts:** 5 years, **Console:** 3 years, and **Labor:** 1 year.
Headphone Jack, HDMI, CSAFE, ETHERNET & USB Port: 90 days and **Labor:** None

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Consumables such as batteries and heart rate belts that do not have a replaceable battery.
4. Eprom/Software version upgrades unless determined as necessary.
5. Any accessories not included in the original packaging.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

Register your product's warranty at www.bodycraft.com/product-registration.html

Warranty Registration - Cardio

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT, 7699 Green Meadows Dr. Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

Warranty Registration

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

CONSOLE SERIAL NUMBER:

Model Type: _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about BODYCRAFT?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a BODYCRAFT product?

- a. Design/Appearance b. Dealer Suggestion
 c. Price/Value d. Quality Construction
 e. Performance f. BODYCRAFT Reputation
 g. Other: _____

3. Please indicate your type of facility:

- a. Apartment/Condo b. Corporate Fitness Center
 c. Municipality d. Health Club/Gym/Spa
 e. Hotel/Resort f. Military Base
 g. Student Rec Center h. Home

4. What other types of equipment does your company or home currently own?

- a. Treadmill Brand _____
 b. Elliptical Brand _____
 c. Bike/Indoor Cycle Brand _____
 d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- a. <25 b. 25-75
 c. 76-150 d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- a. Treadmill b. Elliptical
 c. Bike/Indoor Cycle d. Free Weights
 e. Gym f. Other _____

8. Would you recommend BODYCRAFT to other club or home owners?

- Yes No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035