

BODYCRAFT

EXPTMSERIES



E1000 Elliptical

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



Base Serial Number: E _____

Console Serial Number: _____

Purchased Date: ____ / ____ / ____

Dealer's Name: _____

Please register your products at:

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



Base Serial Number

Owner's Manual

(E1K1-V4) ver. 1.5



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

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>

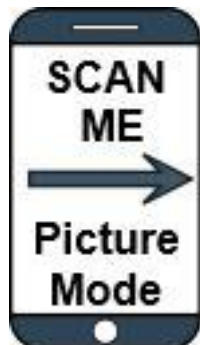


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Energy
saving

Energy Saving function: These consoles are equipped with power saving function. This means after 10 minutes of inactivity it will automatically power off. Press any key on the console for X-9LCD or touch the screen for X-10TS/X-16TS 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.

Safety and Warnings - Elliptical



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.

- We recommend that two people be available for moving and assembly of this product.
- Keep children away from the *Elliptical*. Do not allow children to use or play on the *Elliptical*.
- Keep children and pets away from the *Elliptical* when it is in use.
- It is recommended that you place this exercise equipment on an equipment mat.
- Set up and operate the *Elliptical* on a solid level surface. Do not position the *Elliptical* on loose rugs or uneven surfaces.
- Inspect the *Elliptical* for worn or loose components prior to use.
- Tighten/replace any loose or worn components prior to using the *Elliptical*.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Always use common sense when exercising.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not wear loose or dangling clothing while using the *Elliptical*.
- Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
- Be careful to maintain your balance while using, mounting, dismounting, or assembling the *Elliptical*. Loss of balance may result in a fall and serious bodily injury.

Safety and Warnings - Elliptical

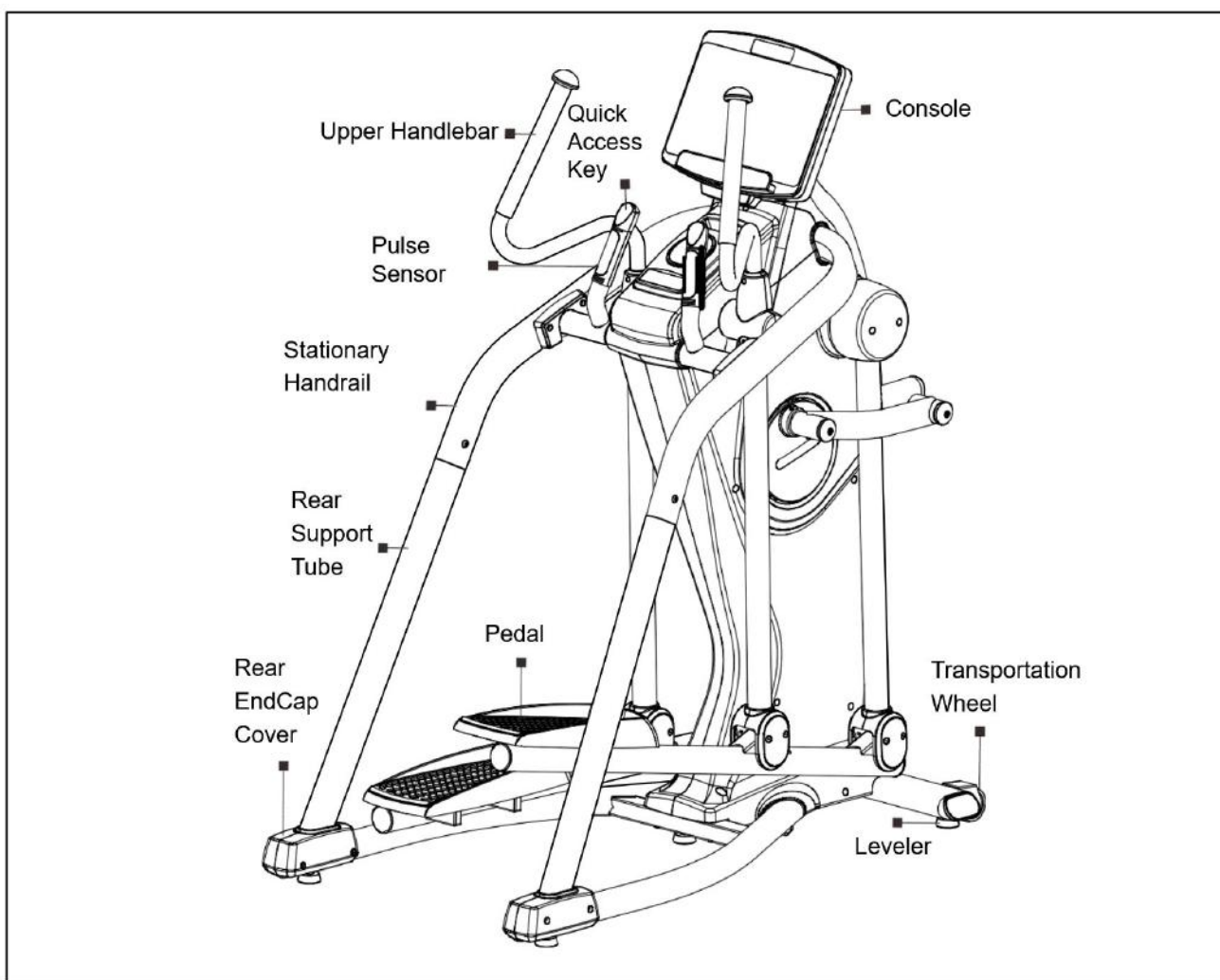
- Keep both feet firmly and securely on the Foot Pedals while exercising.
- This *Elliptical* should not be used by persons weighing over 400 pounds /181 kgs.
- The *Elliptical* should be used by only one person at a time.
- Make sure that adequate space is available for access to and passage around the *Elliptical*; keep at least a distance of 3 feet from any object while using the machine.
- This *Elliptical* is designed for commercial and home usage.
- **Maintenance:**
 - Replace any defective components immediately and/or keep the equipment out of use until the equipment is completely repaired.
 - Clean seat, plastic and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.

WARNING: Before using this product or any exercise or conditioning program, you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you have never exercised before, are pregnant, or suffer from any illness. Follow your physician's recommendations in developing your own personal fitness program.

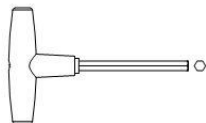
READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.



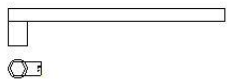
Product Overview Components and Tools for Assembly



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



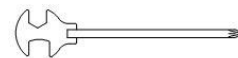
ALLEN WRENCH
(8mm)



SOCKET WRENCH
(13 & 17mm)



PHILLIPS SCREWDRIVER
(6mm)



COMBINATION
WRENCH (130mm)

THE FOLLOWING TOOLS ARE RECOMMENDED FOR EASIER ASSEMBLY:



SOCKET SET 3/8 drive w/ 3" & 6"
EXTENSION for 13mm & 17mm



OPEN & CLOSED WRENCHES
for 13mm & 17mm



ALLEN WRENCHES SET
4mm to 10mm



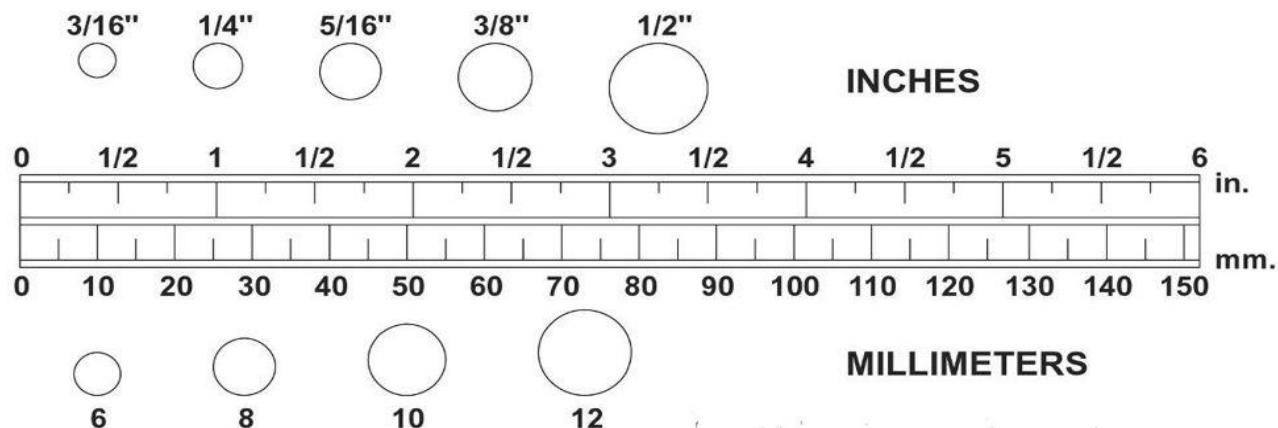
PHILLIPS SCREWDRIVERS
#2 w/ Magnetic TIP



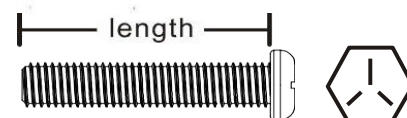
TORQUE WRENCH 3/8 DRIVE

Hardware Identification Chart

Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler to check the length of the bolts and screws.

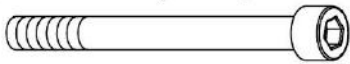

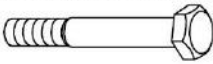














NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



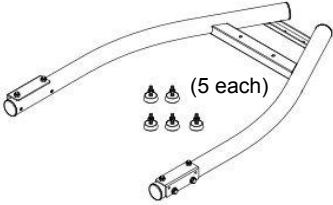
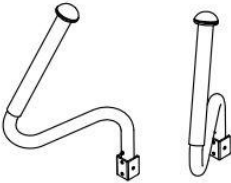
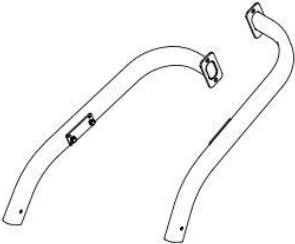
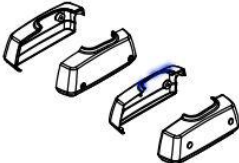
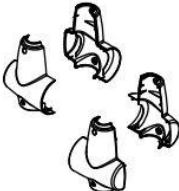
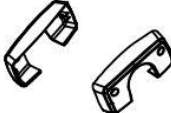
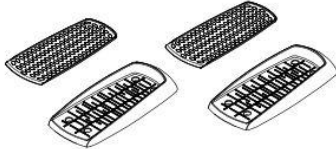


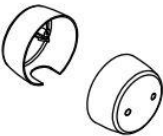
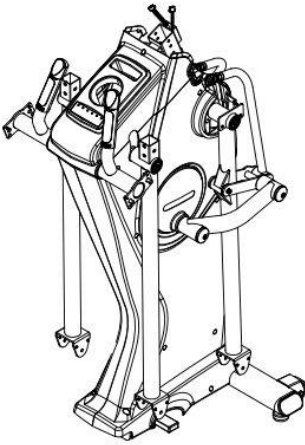

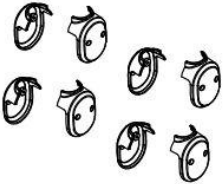

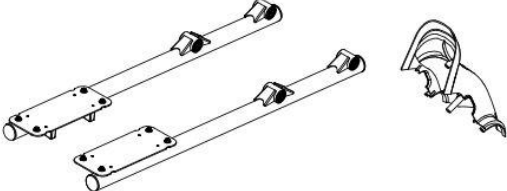
Please review below to know the content of the hardware kit.

If a part is not in the hardware bag, check to see if it has been preassembled.

| | | | |
|---|---|--|---|
| 154 Bolt, Socket Head (M10 x p1.5 x 90mm) 4pcs |  | 164 Lock Washer (M6) 4pcs |  |
| 156 Bolt, Hex Head (M8 x p1.25 x 55mm) 2pcs |  | 115 Lock Washer (M8) 2pcs |  |
| 158 Bolt, Hex Head (M10 x p1.5 x 20mm) 4pcs |  | 116 Lock Washer (M10) 4pcs |  |
| 168 Bolt, Hex Head Flange (M8 x p1.25 x 16mm) 8 pcs |  | 117 Washer (6 x 13 x 1.0t) 4pcs |  |
| 134 Nylon Nut (M10 x p1.5) 4pcs |  | 121 Washer (8 x 30 x 2.0t) 2pcs |  |
| 135 Thin Nylon Nut (M10 x p1.5) 2pcs |  | 122 Washer (10 x 19 x 1.5t) 4pcs |  |
| | | 122 Washer (10 x 23 x 1.5t) 2pcs |  |
| | | 147 Screw, Phillips Pan Head (M5 x p0.8 x 15mm) 12 pcs |  |
| | | 161 Screw, Phillips Pan Head (M6 x p1.0 x 15mm) 4 pcs |  |

Assembly Parts

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

| | | | |
|---|---|---|---|
| Base Frame (48) & Leveler (11) | Upper Handlebar (66, 67) | Left & Right Stationary Handrail (74, 75) | |
|  |  |  | |
| Left & Right Rear EndCap Cover (50, 51, 52, 53) | Front & Back Rotator Cuff (63, 64) | Side Handrail Cover (76) | Pedal (55) & Non-Slip Pad (54) |
|  |  |  |  |
| Left & Right Rear Support Tube (102, 103) | | Accessory Tray (29) & Screw Cap (72) x 24 each | Front Swing Arm Cover (65) |
|  | |  |  |
| Main Frame (1) | Console Bracket (94) | Pedal Arm Cover (73) | |
|  |  |  | |
| | Adaptor (107) & Power Cord (108) | Pedal Arm (57, 58) & Front Cover (34) | |
| |  |  | |

NOTE: 9" LCD Console will NOT NEED the Power Adaptor (107) & Power Cord (108) for use. The Power Adaptor (107) & Power Cord (108) are REQUIRED for the 16" & 10" Touch Screen Consoles or charging the battery, if needed, for the 9" LCD console.

Shipping Boxes and What's Inside Each One

Small Box 1 of 2

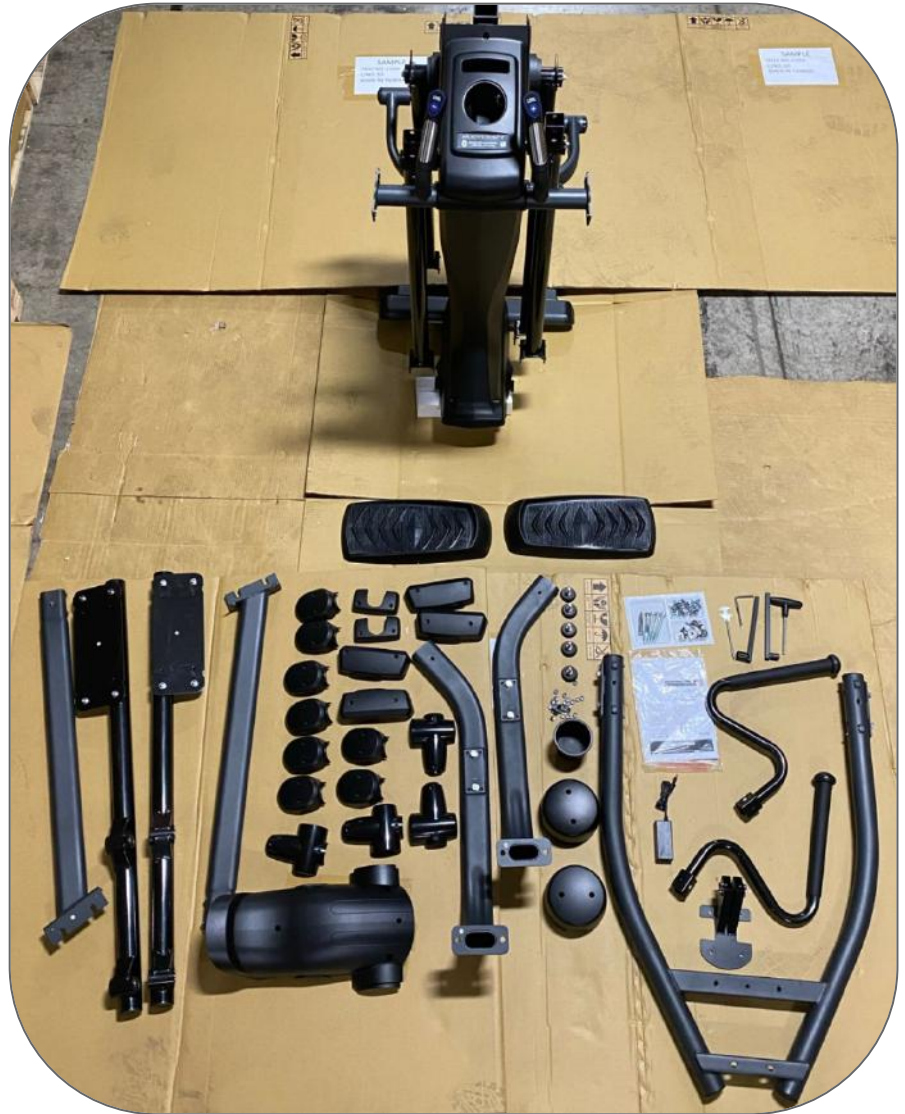
1 each @ 9 lbs
19" x 6.25" x 5"

(Includes the console
model that was ordered)



Large Box 2 of 2

1 each @ 331 lbs
33" x 29" x 58.3"



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.

PRE ASSEMBLY TIP #1 – UnPacking “The Monster” (E1200 & E1000).

Once you have taken all the parts and main frame out of the shipping box, place the main frame forward on packaging foam. **ONLY REST ON METAL FRAME NOT PLASTIC.**



*Very stable and safe to start the Assembly STEPS.
This will ensure a happier and longer life or at least
during the rest of the assembly process!*



*Not stable and can easily fall
over. DO NOT attempt till
after lower frame is attached.*

PRE ASSEMBLY TIP #2 – Wrapping the moving arms ends.

The bottom of both moving arms WILL swing back and forth during the assembly STEPS, potentially causing damage to machine or the assembly tech. Take some of the packaging with rubber bands or its shipping tape and wrap the ends before assembly STEPS.



PRE ASSEMBLY TIP #3 – “ Fill-the-Gap ”

During multiple assembly STEPS hardware can be easily dropped into the main frame. For extra insurance to keep the assembly process quick and less stressful, place extra packaging bags under assembly areas to catch hardware if accidentally dropped.

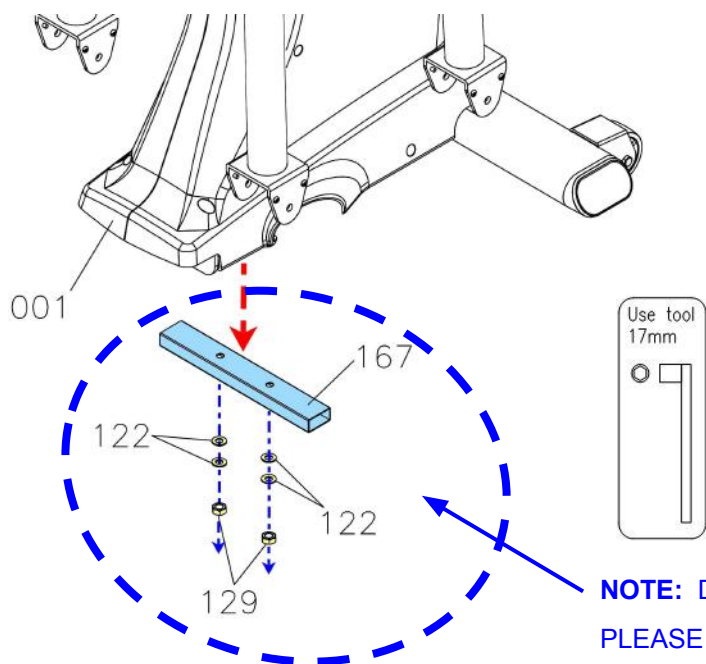


Product Assembly

Many Images shown are *GENERIC* for both the E1200 and E1000 Ellipticals on most assembly STEPS

STEP 1 – Remove Packing Tube

Follow the left drawing to remove the **Packing Tube (167)** by unscrewing 4pcs **Washers (122)** and 2pcs **Nuts (129)**.



NOTE: DO NOT REUSE THIS HARDWARE & PACKING TUBE, PLEASE RECYCLE.

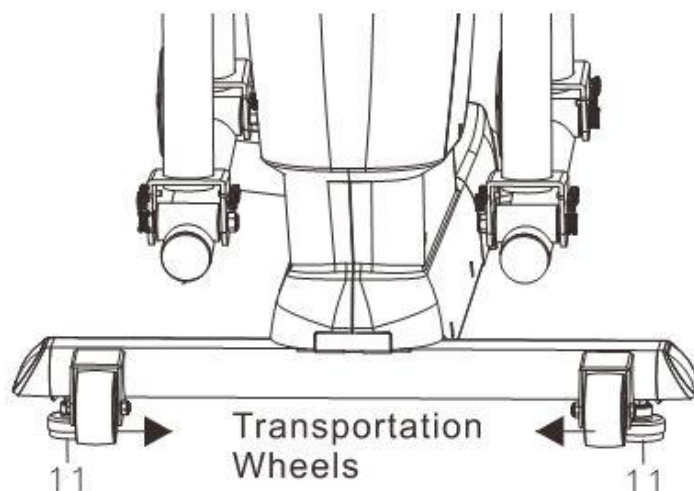
STEP 2 – Leveler (11) & Main Frame Assembly

Follow the below drawing to attach 2 pcs **Levelers (11)** under the **Main Frame's Front Stabilizer** (transportation wheels on the front). Screw levelers down to frame with no threads showing.

NOTE: This step could require two people.



TIP: Easy to install the front Levelers with Main Frame leaning forward on packaging material provided.



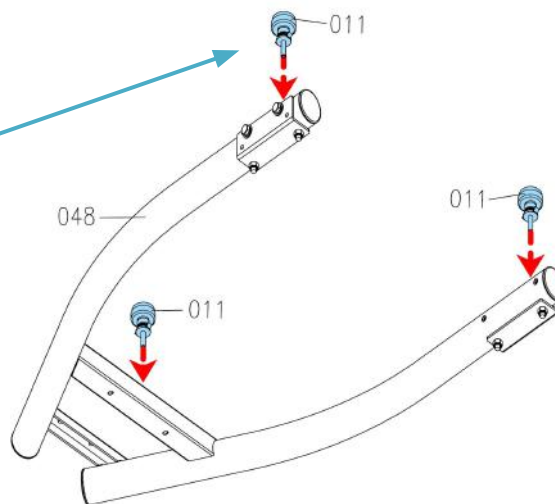
Product Assembly

STEP 3 – Leveler (11) & Base Frame (48)

Assembly

Follow the drawing on the right to attach 3pcs **Levelers (11)** under the **Base Frame (48)**. Screw levelers down to frame with no threads showing.

NOTE: Flip upside down and install the levelers. Then flip over with levelers (11) touching the ground for next STEP.



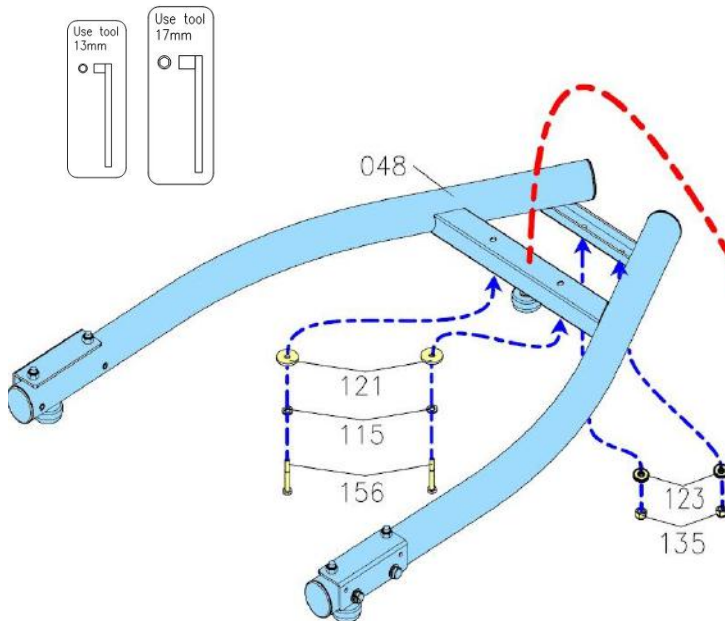
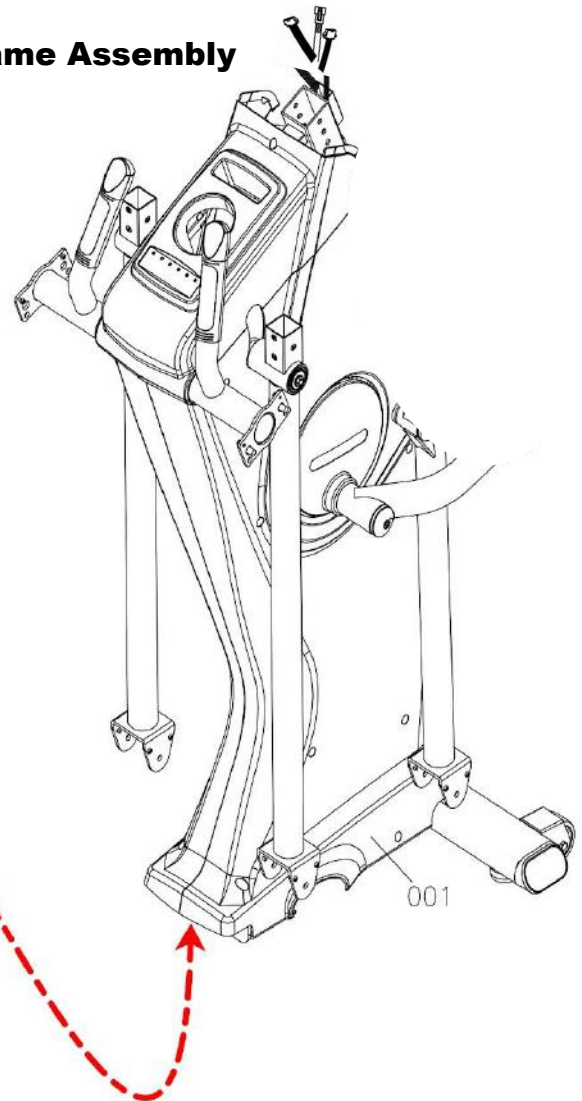
| Part # | Description | Qty |
|----------|---------------------|-----|
| E1K1-011 | Leveler | 3 |
| E1K1-048 | Base Frame Assembly | 1 |

STEP 4 – OVERVIEW Base Frame (48) Assembly

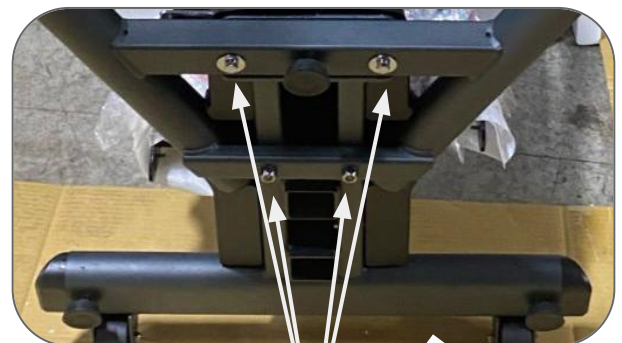


TIP: Easy to assemble Base Frame with Main Frame leaning forward on packaging material provided. Shown assembled.

STEP 4 – Install Base Frame Assembly to Main Frame Assembly



| Part # | Description | Qty |
|----------|--------------------------------|-----|
| E1K1-001 | Main Frame Assembly | 1 |
| E1K1-048 | Base Frame Assembly | 1 |
| E1K1-115 | Lock Washer (M8) | 2 |
| E1K1-121 | Washer (M8 × 30 × 2.0t) | 2 |
| E1K1-123 | Washer (M10 × 23 × 2.0t) | 2 |
| E1K1-135 | Thinner Nylon Nut (M10 × p1.5) | 2 |
| E1K1-156 | Bolt (M8 × p1.25 × 55mm) | 2 |

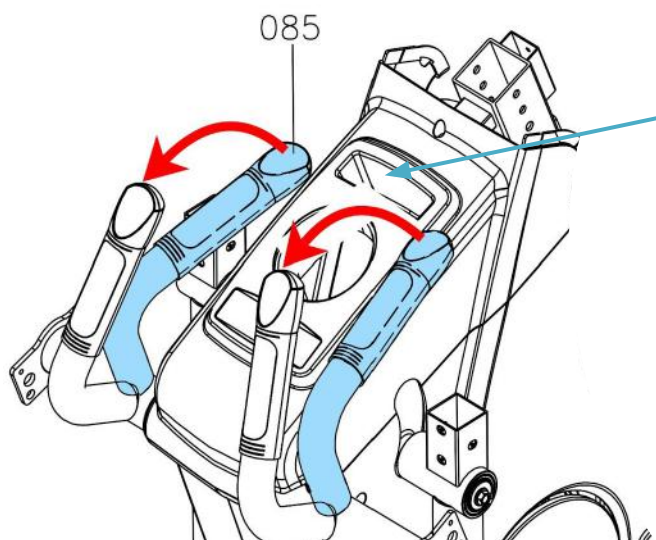


c. “Torque Time” - Tighten the **Hex Bolts (156)** and **Thin Nylon Nuts (135)** to the recommended **20 ft-lbs +/- 2 lbs.**



Please confirm all bolts/nuts are tightened at this time, then continue to next Step.

STEP 5 – Adjust the Handlebar & Remove Upper Cover (30)



- a. First Rotate the **Fixed Handlebar (85)** upward as shown.

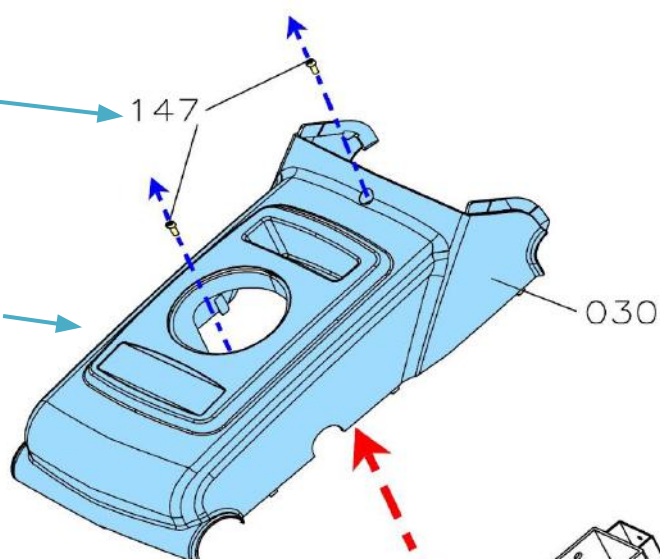
Recommended Tool:



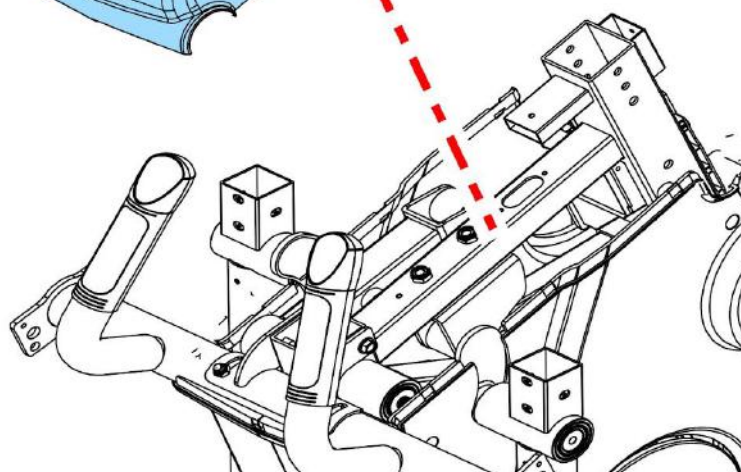
PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP

- b. Then remove the **Upper Cover (30)** by first removing **Screws (147)**.

NOTE: Place the screws in a safe place for later installation during STEP 11.



- c. Then completely remove the **Upper Cover (30)** and place in a safe place for later installation during STEP 11.



Product Assembly

STEP 6 – Assembly Hardware Pack & 13mm Wrench (supplied) TIP

- a. Fully unpackage the **Assembly Hardware Pack** and label the hardware number on cardboard in front of each type, for an easy assembly process from STEP 7 till STEP 16.



- b. If using the supplied **13mm Wrench**, find the soft packaging material that is in the shipping box, and place wrapping with extra clear shipping tape on the end.



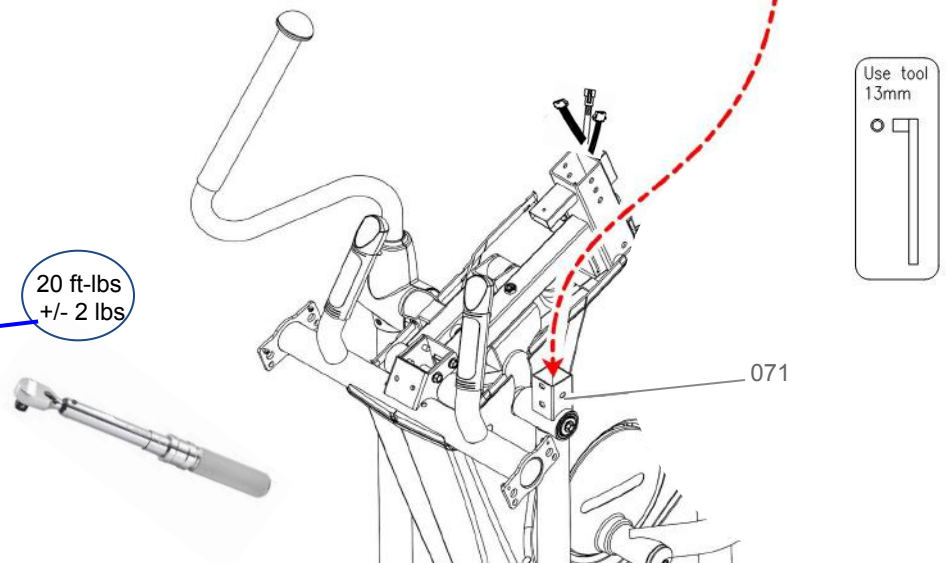
NOTE: EXTREMELY sharp edges that could cut your hand or scratch the paint.

STEP 7 – Install Upper Handlebars Assemblies to the Back Swing Arms

a-b: Image show below for Right Side, repeat for Left Side.

| Part # | Description | Qty |
|----------|--------------------------------|-----|
| E1K1-066 | Left Upper Handlebar Assembly | 1 |
| E1K1-067 | Right Upper Handlebar Assembly | 1 |
| E1K1-168 | Bolt (M8 × p1.25 × 16mm) | 8 |

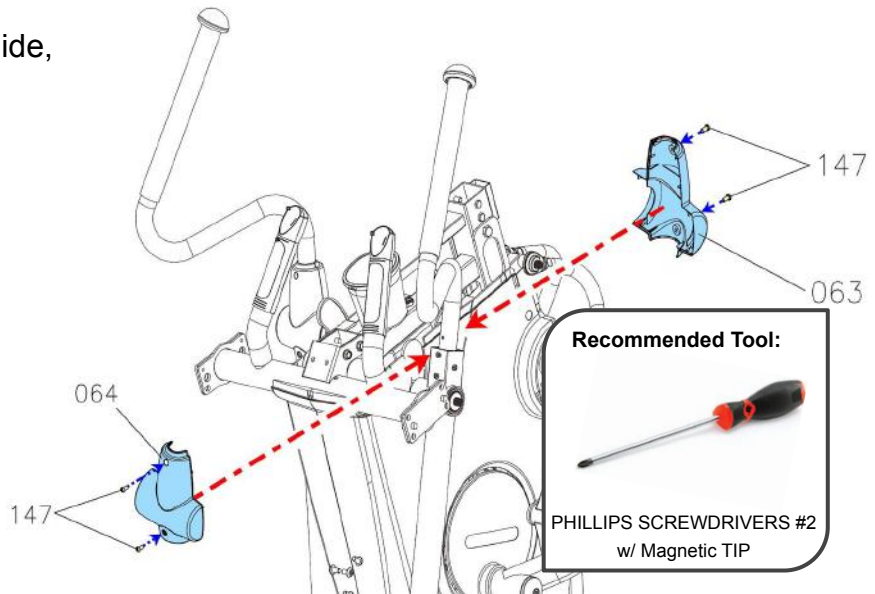
- c. “Torque Time” - Tighten the **Hex Bolts (156)** to the recommended **20 ft-lbs +/- 2 lbs.**



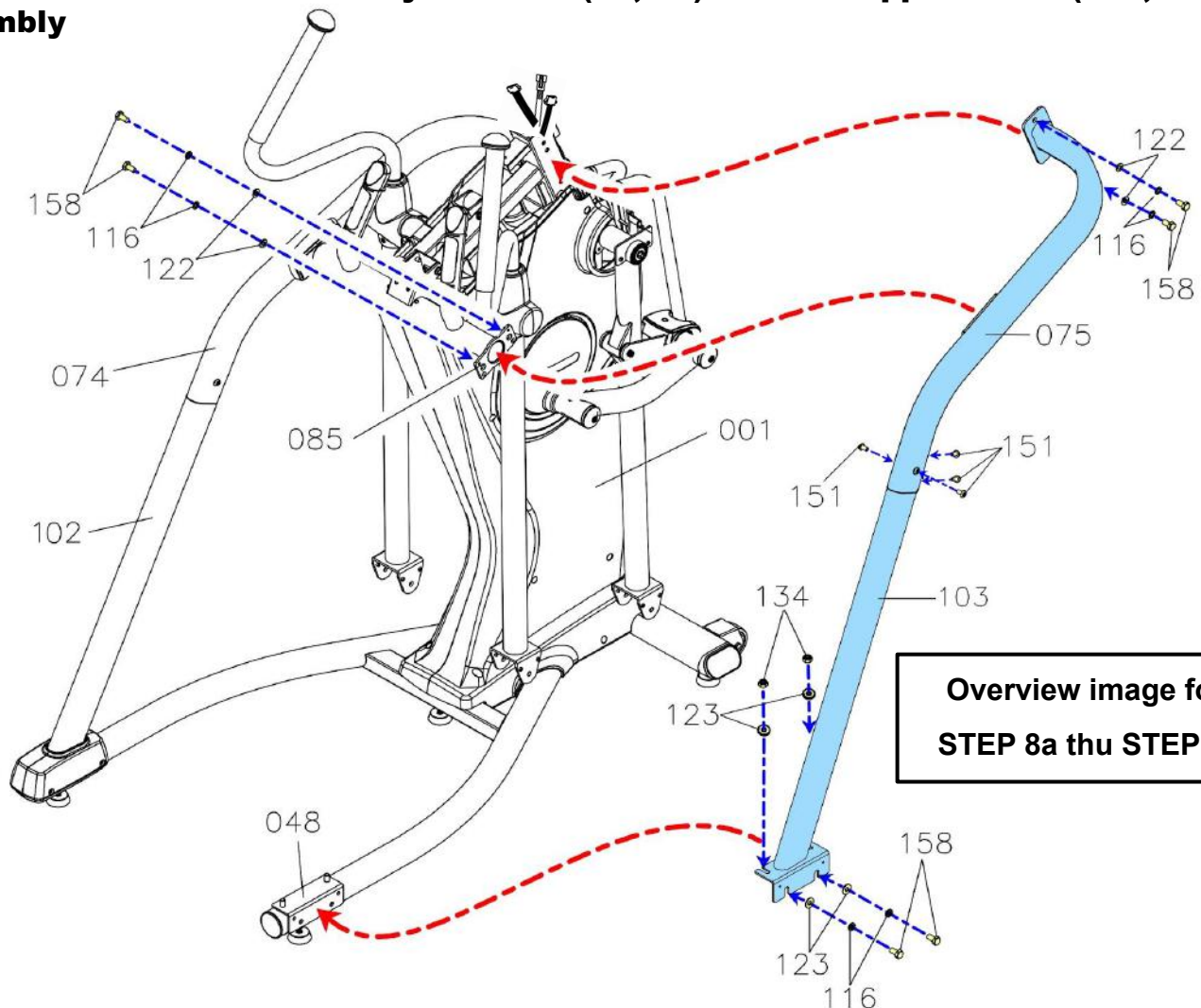
STEP 7 – (Continued) Install Rotator Cuffs (plastic covers)

d-e: Image show below for Rt Side,
repeat for Lt Side.

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-063 | Front Rotator Cuff | 2 |
| E1K1-064 | Back Rotator Cuff | 2 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 8 |



STEP 8 – OVERVIEW Stationary Handrail (74, 75) & Rear Support Tube (102, 103) Assembly





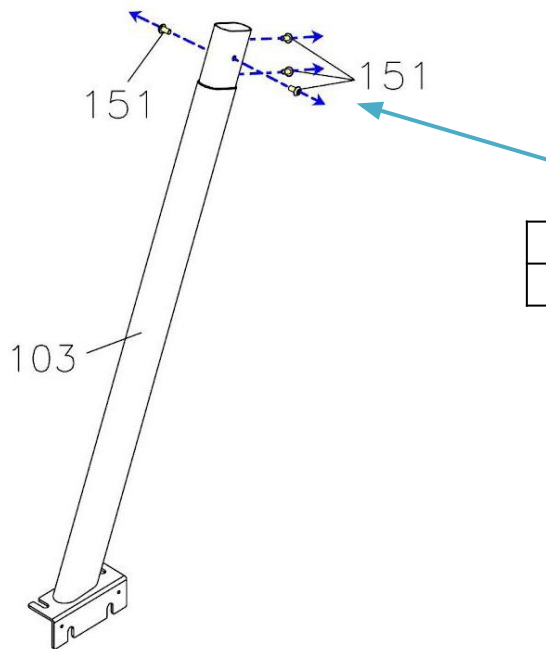
Please Hand Tighten All Bolts Until STEP 9

STEP 8 – (Continued) a thru c.

a. Remove all **PREASSEMBLED** hardware from Rear Support Tubes.

NOTE: Save them for STEP 8c.

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-151 | Bolt (M8 × p1.25 × 15mm) | 8 |

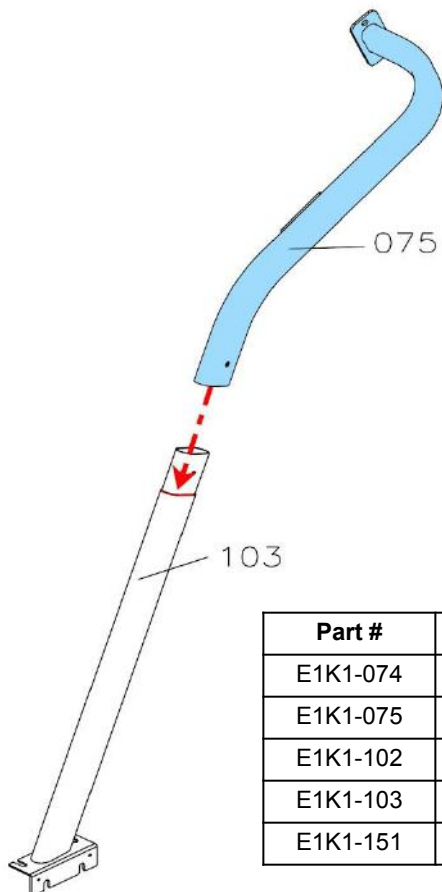


Recommended Tool:

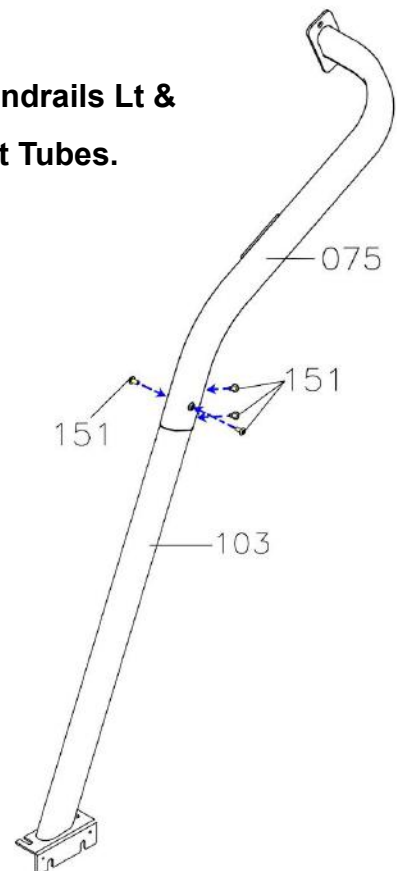


Allen Wrench 5mm

b-c: Attach the **Stationary Handrails Lt & Rt Sides** to the **Rear Support Tubes**.



| Part # | Description | Qty |
|----------|---------------------------|-----|
| E1K1-074 | Left Stationary Handrail | 1 |
| E1K1-075 | Right Stationary Handrail | 1 |
| E1K1-102 | Left Rear Support Tube | 1 |
| E1K1-103 | Right Rear Support Tube | 1 |
| E1K1-151 | Bolt (M8 × p1.25 × 15mm) | 8 |



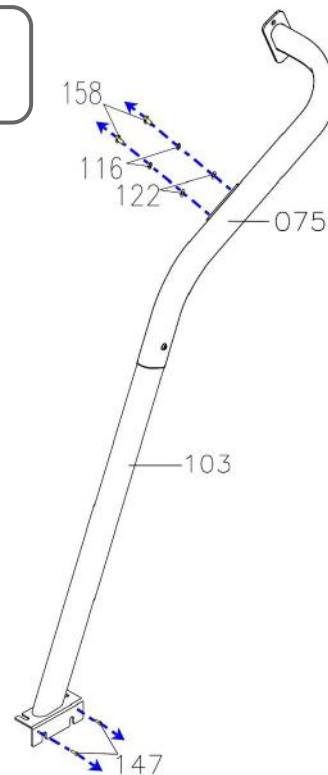


Please Hand Tighten All Bolts Until STEP 9

STEP 8 – (Continued) d thru e.

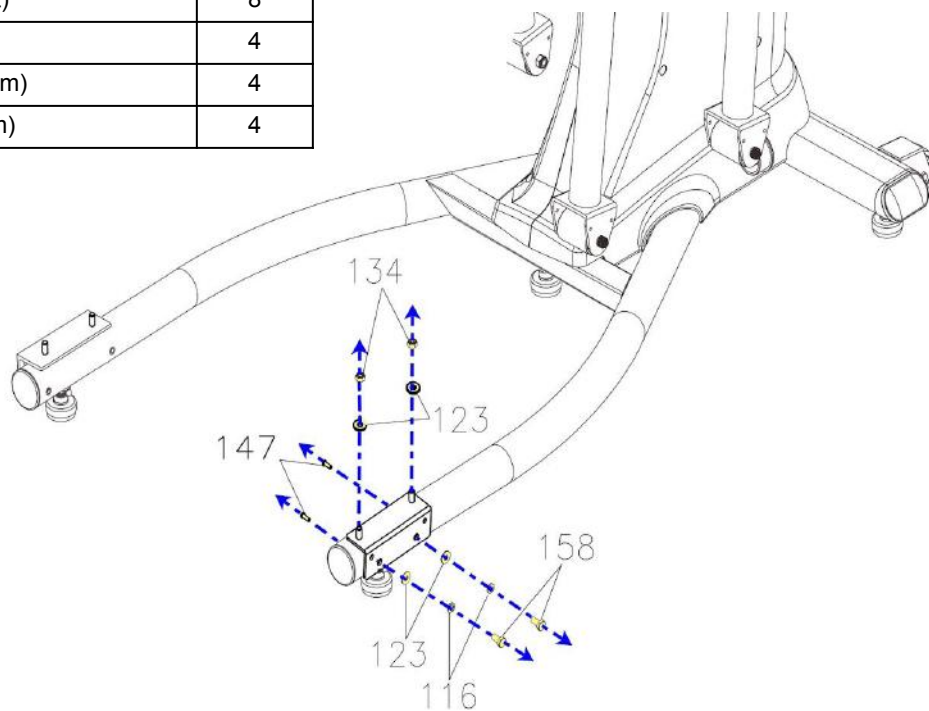
- d. Remove all **PREASSEMBLED** hardware from Stationary Handrails both Rt & Lt Sides and save for STEP 11.

| Part # | Description | Qty |
|----------|---------------------------|-----|
| E1K1-074 | Left Stationary Handrail | 1 |
| E1K1-075 | Right Stationary Handrail | 1 |
| E1K1-102 | Left Rear Support Tube | 1 |
| E1K1-103 | Right Rear Support Tube | 1 |
| E1K1-116 | Lock Washer (M10) | 4 |
| E1K1-122 | Washer (M10 × 19 × 1.5t) | 4 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 4 |
| E1K1-158 | Bolt (M10 × p1.5 × 20mm) | 4 |



- e. Remove all **PREASSEMBLED** hardware from the Base Frame Assembly both Rt & Lt Sides and save for STEP 8h.

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-116 | Lock Washer (M10) | 4 |
| E1K1-123 | Washer (M10 × 23 × 2.0t) | 8 |
| E1K1-134 | Nylon Nut (M10 × p1.5) | 4 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 4 |
| E1K1-158 | Bolt (M10 × p1.5 × 20mm) | 4 |

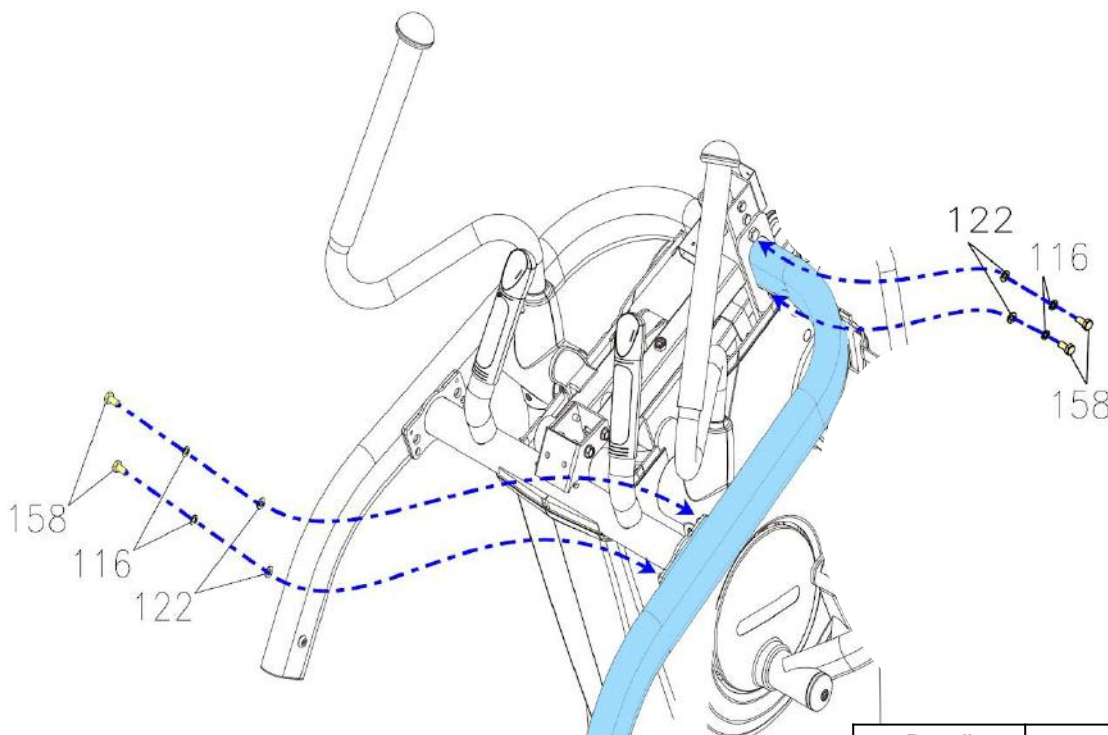




Please Hand Tighten All Bolts Until STEP 9

STEP 8 – (Continued) Assembly of Stationary Handrail, f thru g.

f-g: Attach the Stationary Handrails on both Rt & Lt Sides to the Main Frame Assembly.



| Part # | Description | Qty |
|----------|---------------------------|-----|
| E1K1-074 | Left Stationary Handrail | 1 |
| E1K1-075 | Right Stationary Handrail | 1 |
| E1K1-102 | Left Rear Support Tube | 1 |
| E1K1-103 | Right Rear Support Tube | 1 |
| E1K1-116 | Lock Washer (M10) | 8 |
| E1K1-122 | Washer (M10 × 19 × 1.5t) | 8 |
| E1K1-158 | Bolt (M10 × p1.5 × 20mm) | 8 |

TIP – “ Fill-the-Gap ”

During STEP 8 thru STEP 15 hardware can be easily dropped into the main frame. For extra insurance to keep the assembly process quick and less stressful, place extra packaging bags under assembly areas to catch hardware if accidentally dropped.

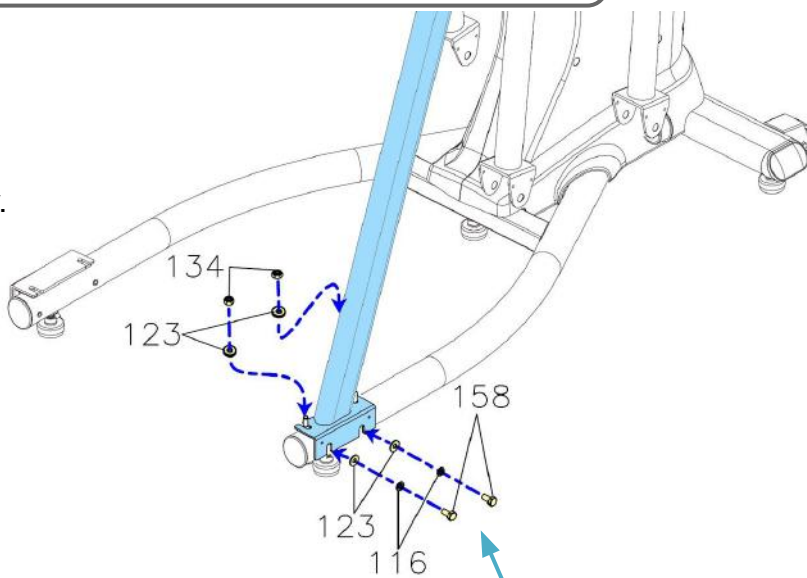


Please Hand Tighten All Bolts Until STEP 9

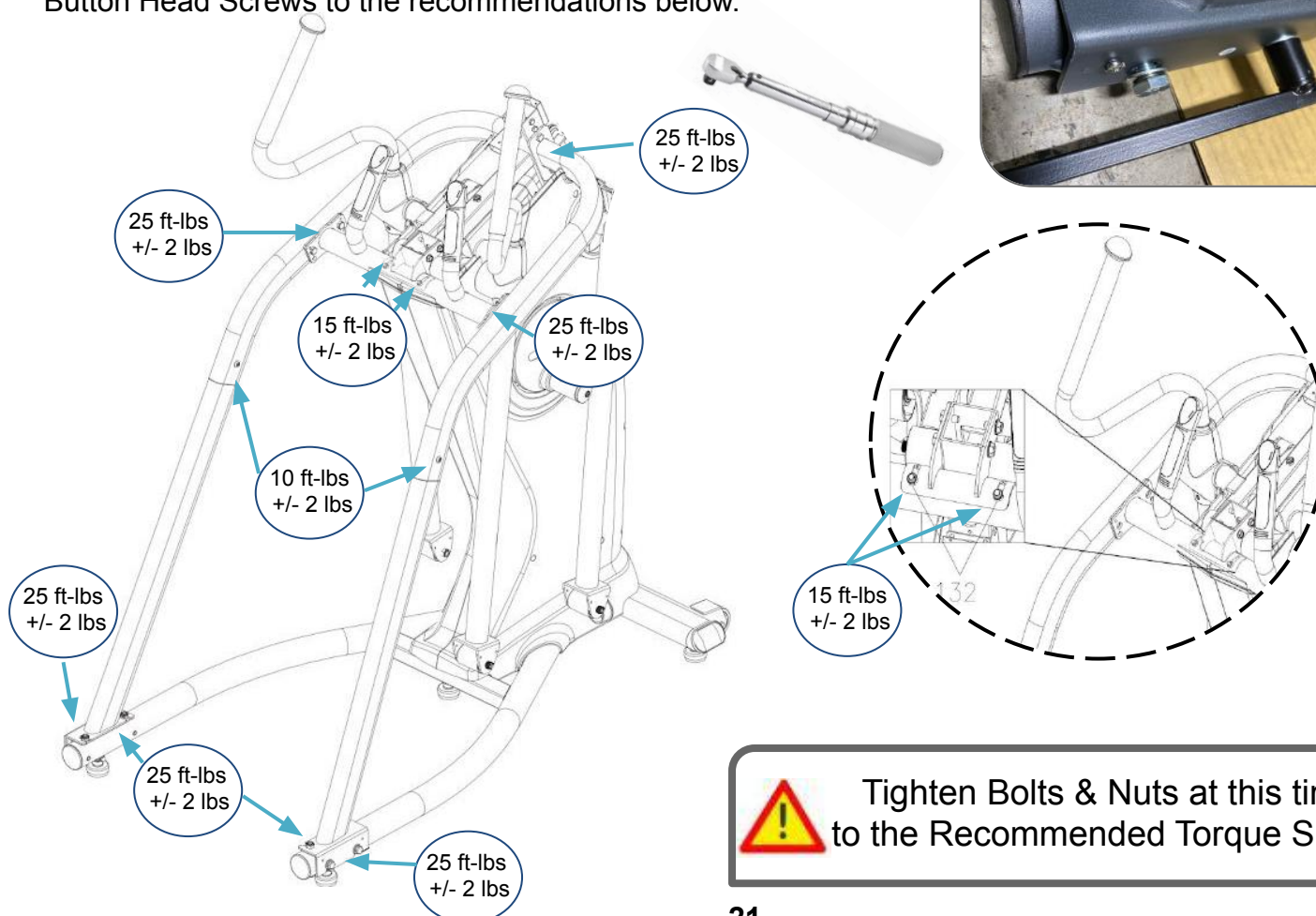
STEP 8 – (Continued) h thru i.

h-i: Install both Rt & Lt Handrails to the Rt & Lt Sides of the Base Frame Assembly.

| Part # | Description | Qty |
|----------|---------------------------|-----|
| E1K1-074 | Left Stationary Handrail | 1 |
| E1K1-075 | Right Stationary Handrail | 1 |
| E1K1-102 | Left Rear Support Tube | 1 |
| E1K1-103 | Right Rear Support Tube | 1 |
| E1K1-116 | Lock Washer (M10) | 4 |
| E1K1-123 | Washer (M10 × 23 × 2.0t) | 8 |
| E1K1-134 | Nylon Nut (M10 × p1.5) | 4 |
| E1K1-158 | Bolt (M10 × p1.5 × 20mm) | 4 |



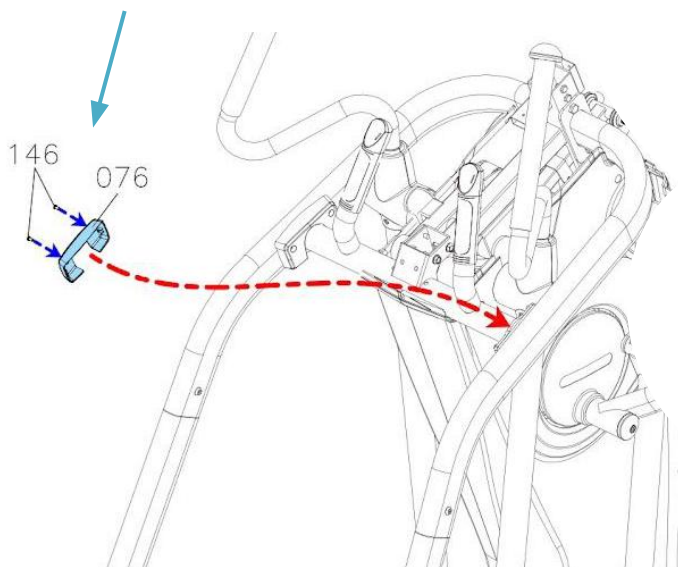
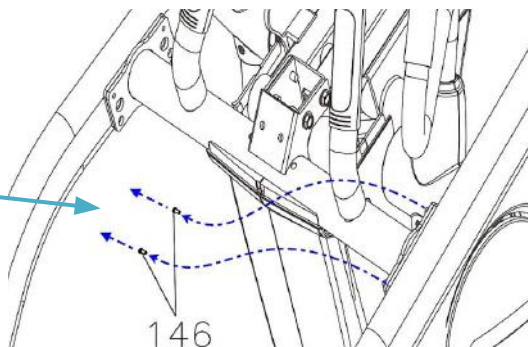
STEP 9 – “Torque Time” Tighten all Hex Bolts, Nuts & Button Head Screws to the recommendations below.



Tighten Bolts & Nuts at this time to the Recommended Torque Specs

STEP 10 – Side Handrail Cover Assembly

- Remove all **PREASSEMBLED** hardware from the Fixed Handlebar both Rt & Lt Sides.
- Reinstall hardware with both Rt & Lt Side Handrail Covers



Recommended Tools:

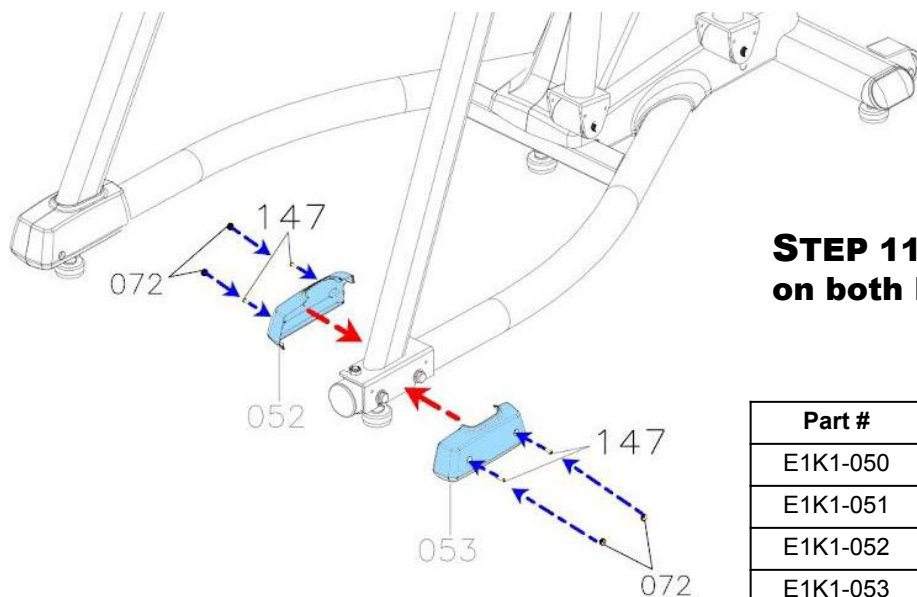


PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-076 | Side Handrail Cover | 2 |
| E1K1-146 | Screw (M5 × p0.8 × 10mm) | 4 |

TIP: A Short Phillips Screwdriver with large handle works best in the tight spaces for the plastic assemblies.





STEP 11 – Install Rear EndCap Covers on both Rt & Lt Sides

| Part # | Description | Qty |
|----------|---------------------------------|-----|
| E1K1-050 | Left Rear EndCap Cover - Outer | 1 |
| E1K1-051 | Left Rear EndCap Cover - Inner | 1 |
| E1K1-052 | Right Rear EndCap Cover - Inner | 1 |
| E1K1-053 | Right Rear EndCap Cover - Outer | 1 |
| E1K1-072 | Screw Cap | 8 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 8 |

Recommended Tool:

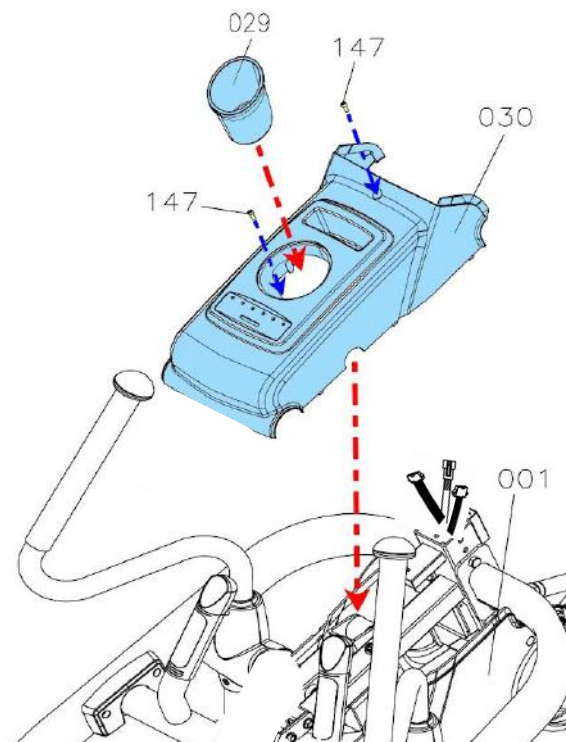


PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP

STEP 12 – Install Upper Cover & Accessory Tray

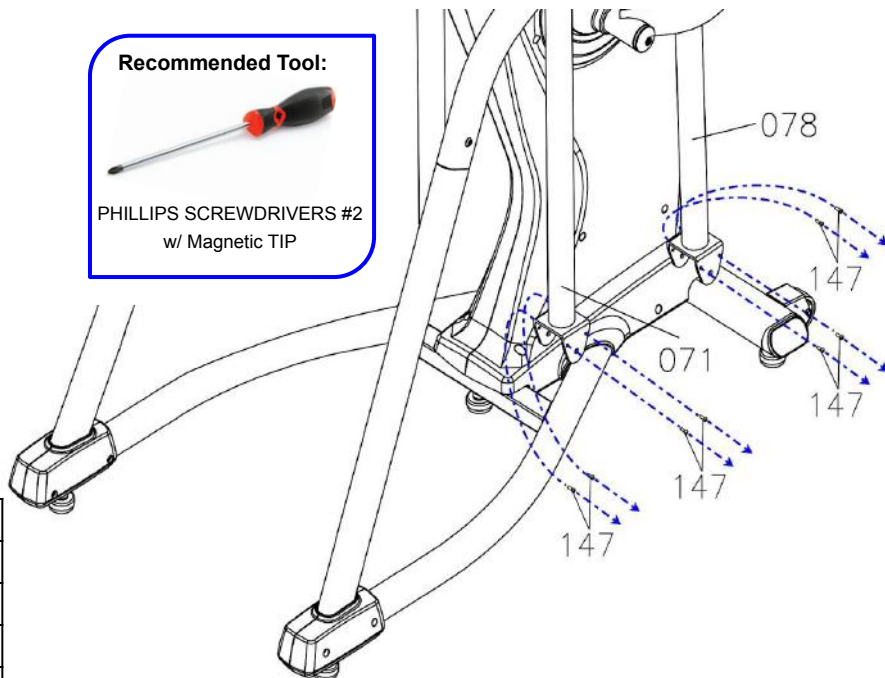
| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-029 | Accessory Tray | 1 |
| E1K1-030 | Upper Cover | 1 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 2 |

NOTE: To install the Accessory Tray into the Upper Cover, align the clip on front and push down to lock-in.



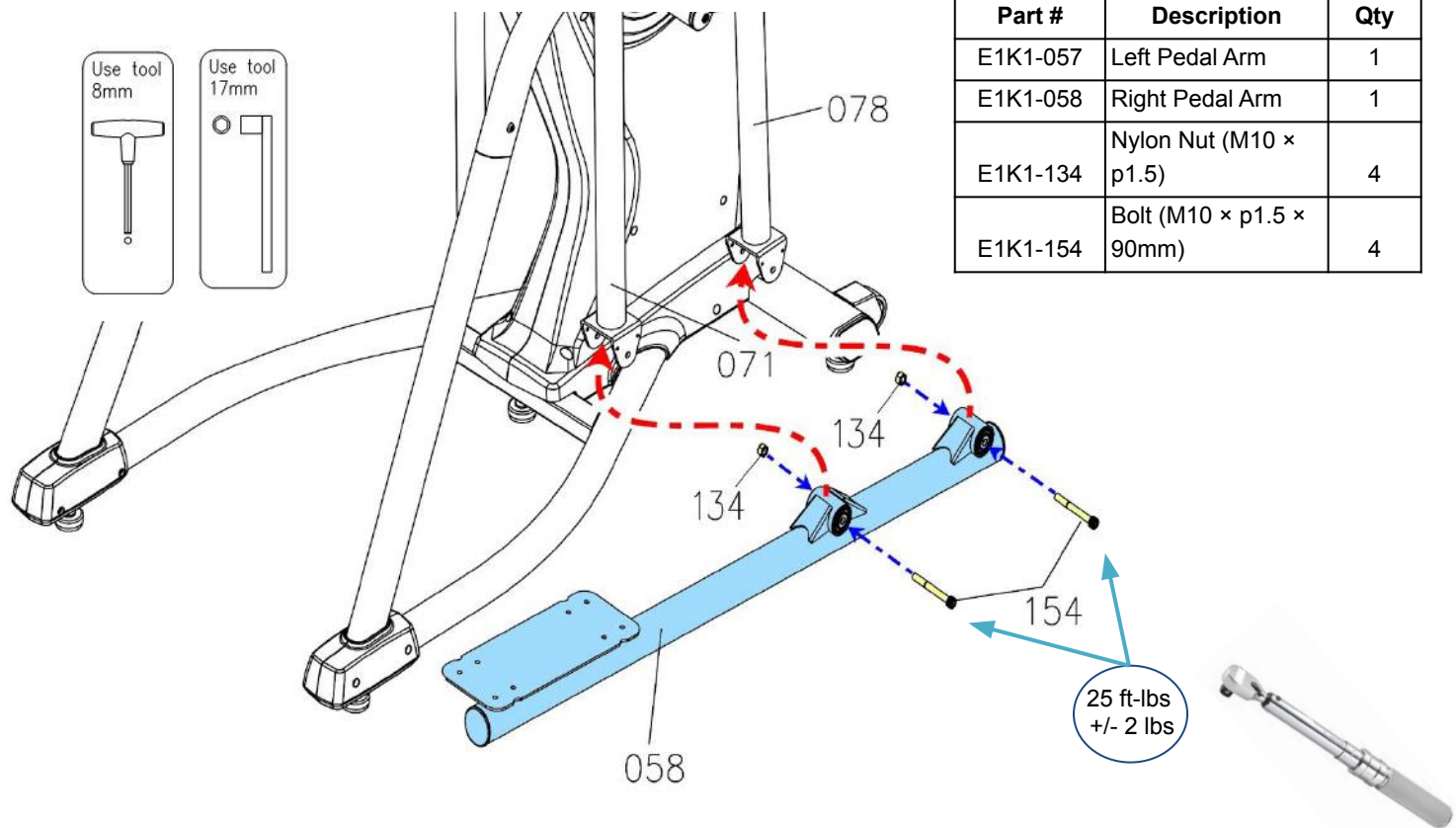
STEP 13 – Pedal Arm, Pedal Arm Cover Assembly

- a. Remove all **PREASSEMBLED** hardware from the Front & Back Swing Arms on both Rt & Lt Sides.



| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-071 | Back Swing Arm | 2 |
| E1K1-077 | Left Front Swing Arm | 1 |
| E1K1-078 | Right Front Swing Arm | 1 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 16 |

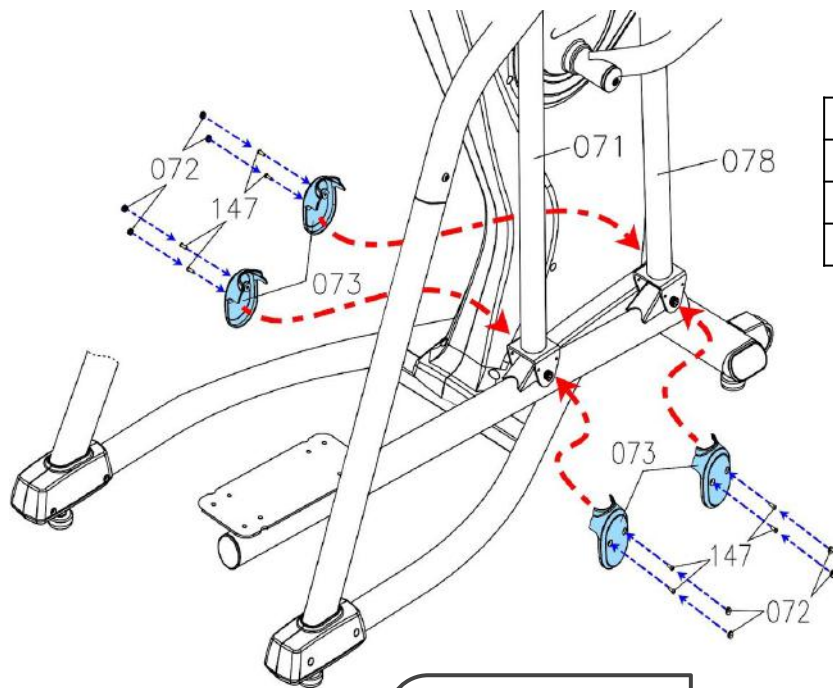
- b. Attach the Pedal Arms to the Front & Back Swing Arms.



| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-057 | Left Pedal Arm | 1 |
| E1K1-058 | Right Pedal Arm | 1 |
| E1K1-134 | Nylon Nut (M10 × p1.5) | 4 |
| E1K1-154 | Bolt (M10 × p1.5 × 90mm) | 4 |

- c. **“Torque Time”** - Tighten the **Socket Bolts (154)** to the recommended **25 ft-lbs +/- 2 lbs.**

STEP 13 – (Continued) Install Pedal Arms & Pedal Arm Cover on both Rt & Lt Sides.



| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-072 | Screw Cap | 16 |
| E1K1-073 | Pedal Arm Cover | 8 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 16 |

NOTE: Press in the Screw Caps after screws are tightened.

Recommended Tools:

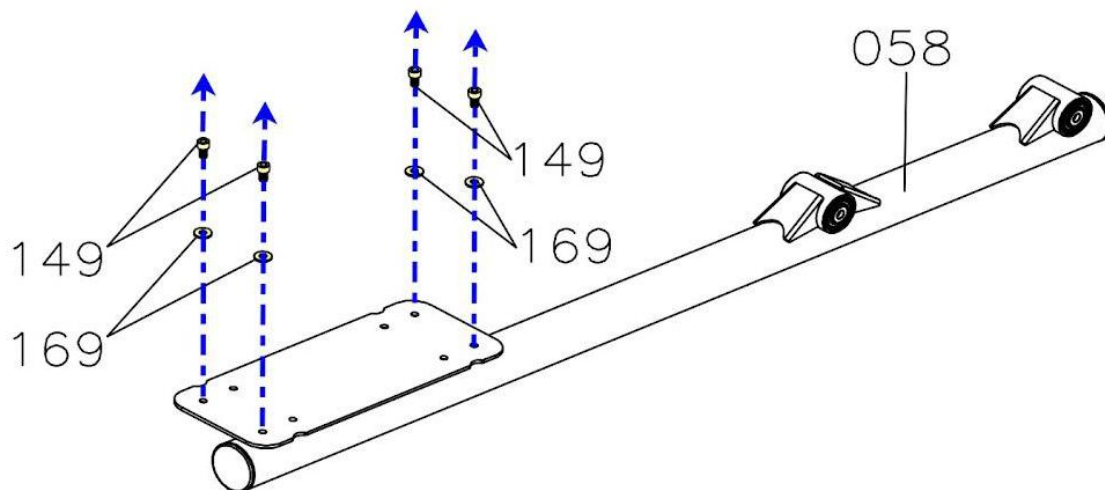
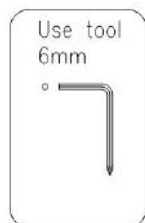


PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP

STEP 14 - Install the Pedals & Non-Slip Pads

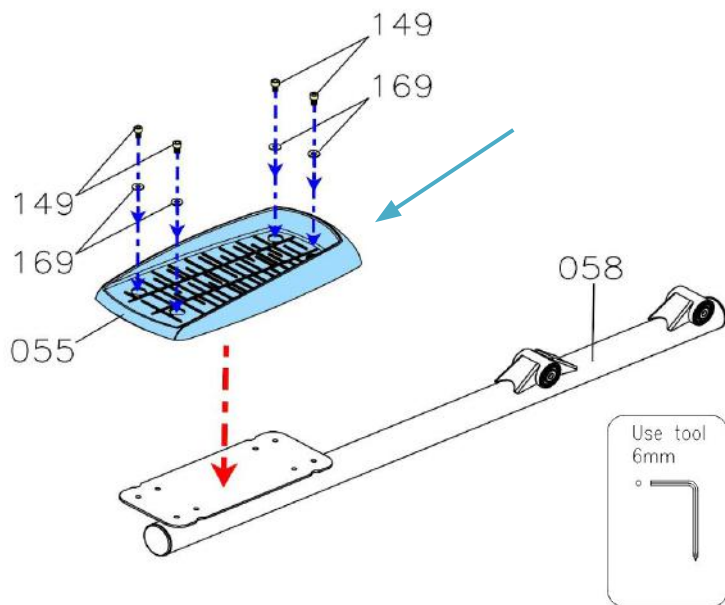
- Remove all **PREASSEMBLED** hardware from the Pedal Arms on both Rt & Lt Sides.

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-057 | Left Pedal Arm | 1 |
| E1K1-058 | Right Pedal Arm | 1 |
| E1K1-149 | Bolt (M8 × p1.25 × 15mm) | 8 |
| E1K1-169 | Washer (M8 × 19 × 2.0t) | 8 |



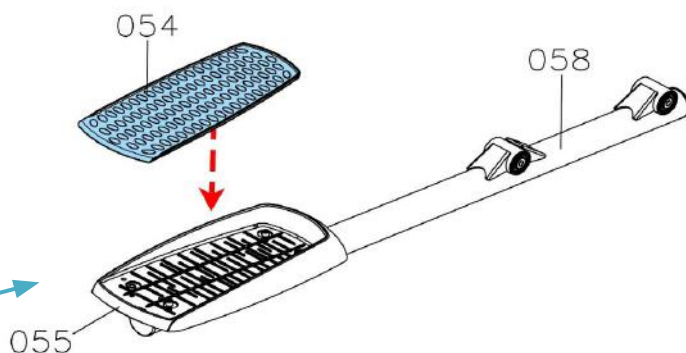
Product Assembly

STEP 14 – (Continued) Install the Rt & Lt Pedals & Non-Slip Pads on the Pedal Arms

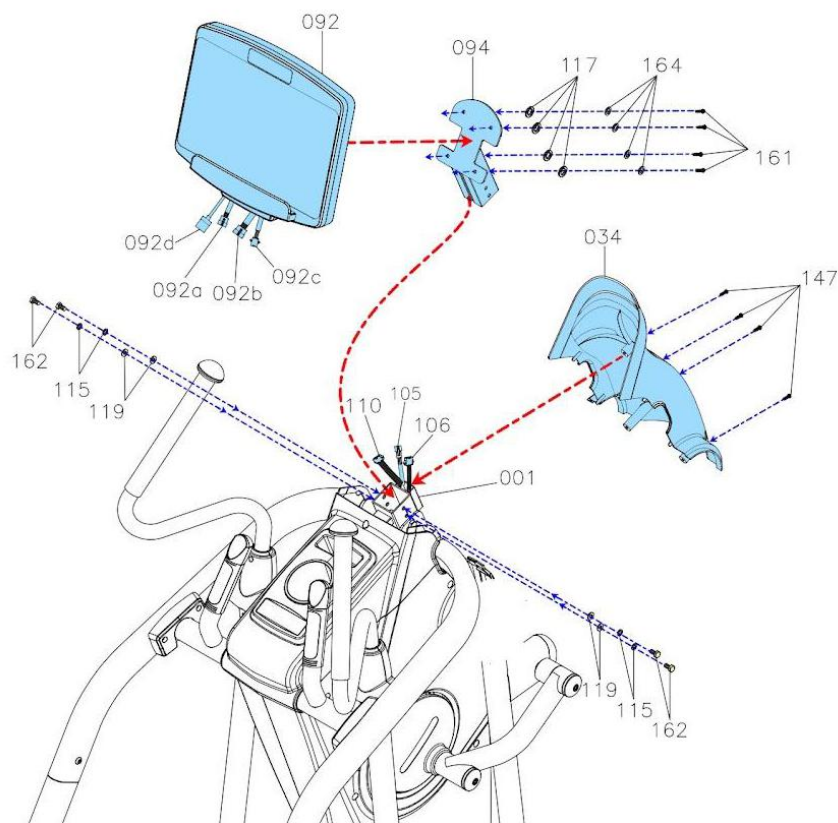


| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-054 | Non-Slip Pad | 2 |
| E1K1-055 | Pedal | 2 |
| E1K1-149 | Bolt (M8 × p1.25 × 15mm) | 8 |
| E1K1-169 | Washer (M8 × 19 × 2.0t) | 8 |

NOTE: Confirm all four inserts are fully depressed flat into pedal holes.



STEP 15 OVERVIEW – Installation of the Console Bracket, Console and Front Cover

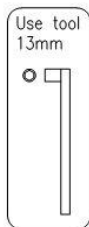


Overview image
for STEP 15

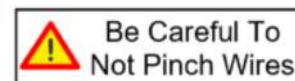
STEP 15 – Install the Console Bracket, Console and Front Cover

- a. Remove all **PREASSEMBLED** hardware from the Console Bracket.

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-094 | Console Bracket | 1 |
| E1K1-115 | Lock Washer (M8) | 4 |
| E1K1-119 | Washer (M8 × 16 × 2.0t) | 4 |
| E1K1-162 | Bolt (M8 × p1.25 × 15mm) | 4 |



- b. Attach the Console Bracket to the Main Frame Assembly.



- c. Attach the Console to the Console Bracket.

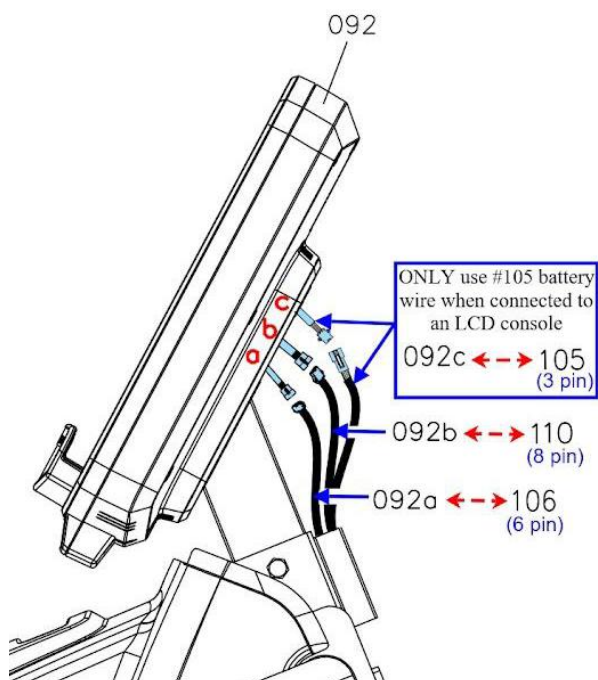
| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-092 | Console | 1 |
| E1K1-117 | Washer (M6 × 13 × 1.0t) | 4 |
| E1K1-161 | Screw (M6 x p1.0 x 15mm) | 4 |
| E1K1-164 | Lock Washer (M6) | 4 |

Recommended Tool:



PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP

STEP 15 – (Continued) Console Bracket, Console and Front Cover Assembly.



- Connect the **Console Connection Wire (92a)** to the **First Connection Wire (106)**.
- Connect the **Console Pulse Sensor Wire (92b)** to the **First Pulse Sensor Wire (110)**.
- For LCD console, connect the **Console Battery Wire (92c)** to the **Battery Connection Wire (105)** for self-powered function

NOTE: These wires (92c) and (105) are **ONLY** for the **Self-Powered LCD Console**.

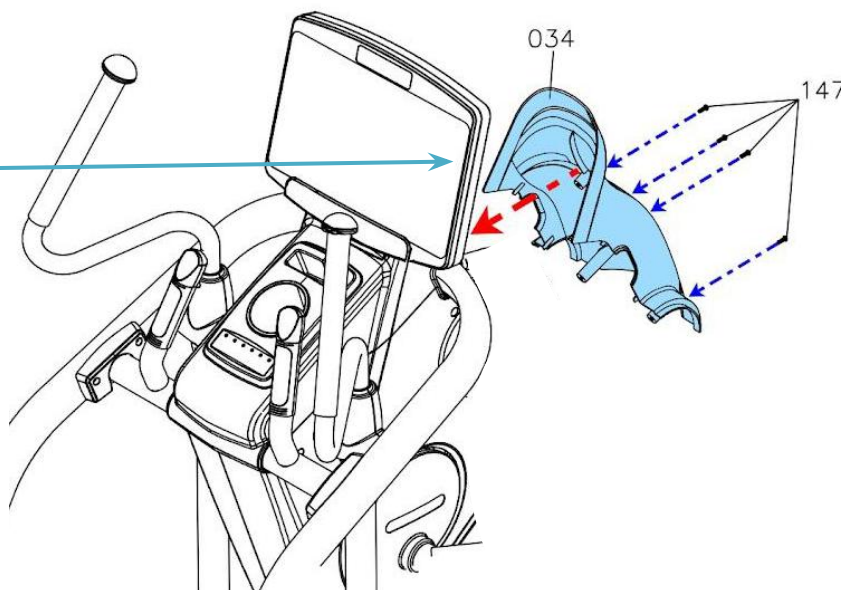
- Attach the Front Cover to the Main Frame Assembly

| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-034 | Front Cover | 1 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 4 |

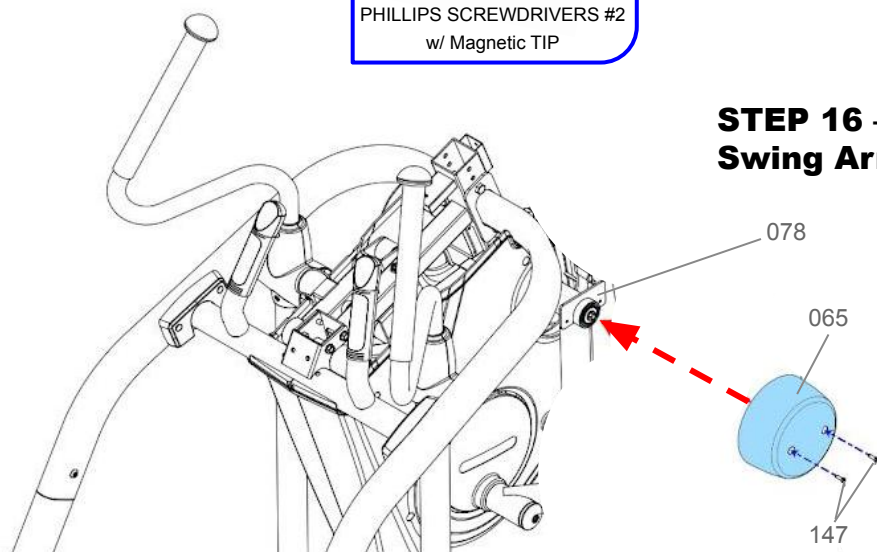
Recommended Tool:



PHILLIPS SCREWDRIVERS #2
w/ Magnetic TIP



STEP 16 – Install both Rt & Lt Side Front Swing Arm Covers



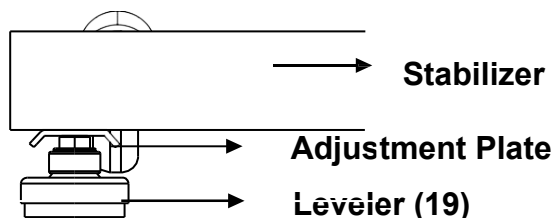
| Part # | Description | Qty |
|----------|--------------------------|-----|
| E1K1-065 | Front Swing Arm Cover | 2 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 4 |

STEP 17 “The Last STEP” – Leveler & Stabilizer Assembly

- a. Be sure to tighten the **Levelers (19)** securely against the **Main Frame and Base Frame (48, 1)** until screw lines are eliminated as shown with **drawing #1**.



Adjusted up to frame



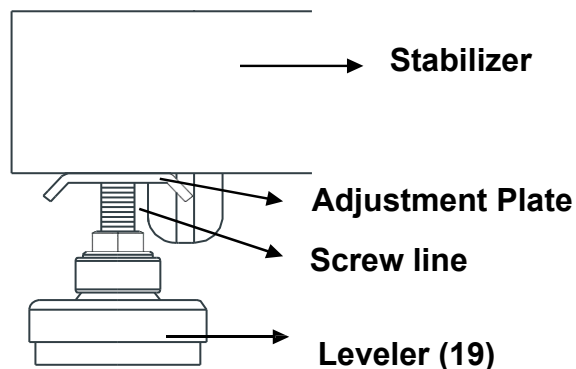
Drawing #1 - Closer to Ground

LEVELING:

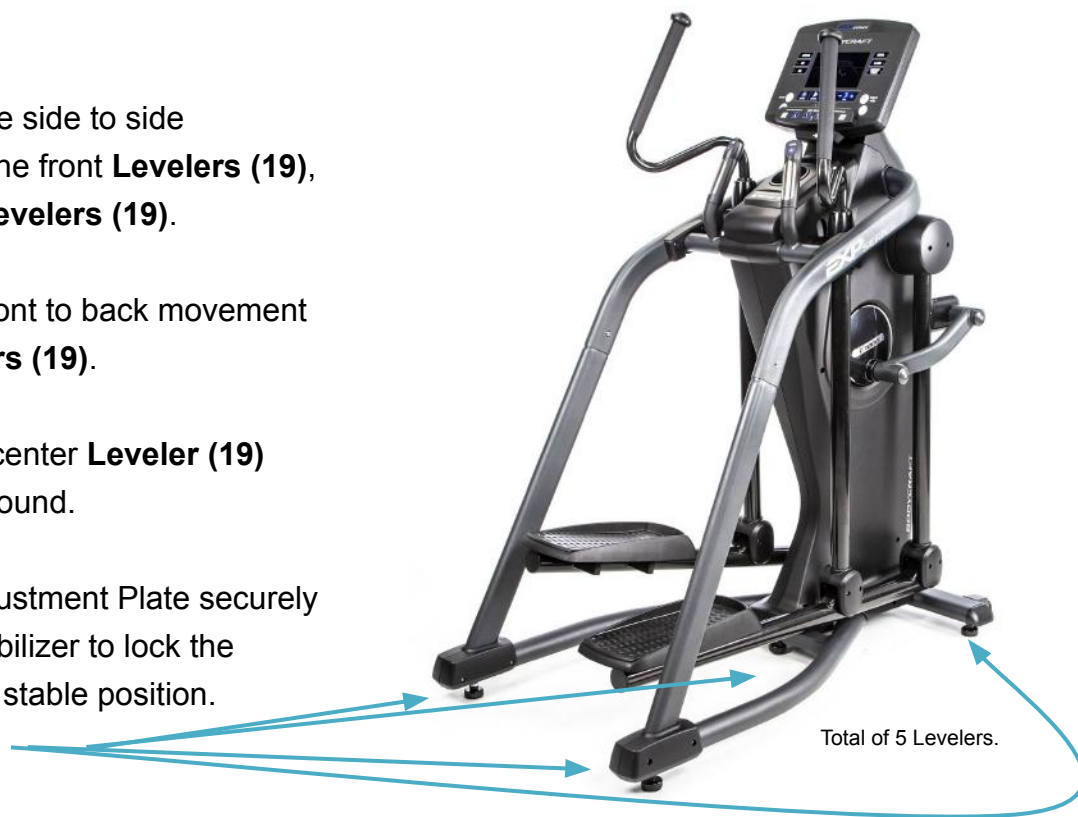
After placing it in the intended location for use, check the stability of the *Elliptical*. If it is not level, reviewing the following directions:

- First start on the side to side movement on the front **Levelers (19)**, then the rear **Levelers (19)**.
- Follow up on front to back movement on rear **Levelers (19)**.
- Finally secure center **Leveler (19)** being firm to ground.
- Tighten the Adjustment Plate securely against the Stabilizer to lock the **Leveler (19)** in stable position.

Adjusted down away from frame



Drawing #2 - Away from Ground



NOTE:

- For the final step, make sure all the bolts and nuts are fully tightened before using the item.
- Check whether the levelers are even on the floor. If the levelers are not even it will produce (noise). If they are not level, review the STEP 17 again.

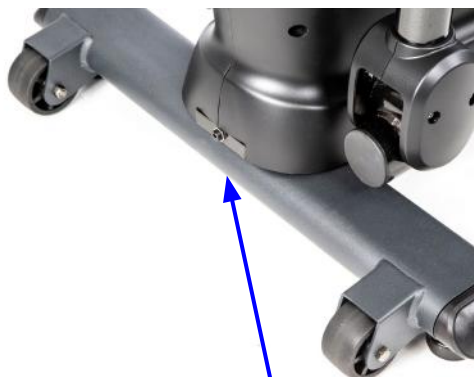
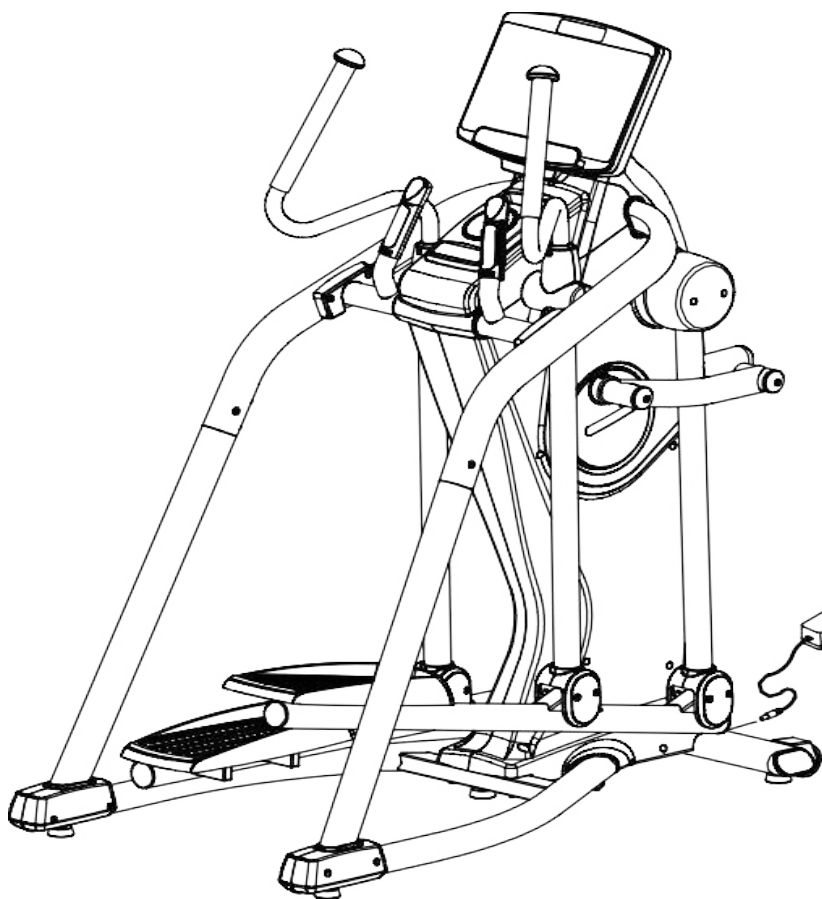
Operational Instruction

Plugging in the E1000 (E1K1) Elliptical - Adaptor Usage:

ONLY use for the 16" & 10" Touch Screen Consoles or charging the battery, if needed, for the 9" LCD console.

- Connect the **Adaptor (12DC / 3A) (107)** & **Power Cord (108)** to the connector located on the front of the **Main Frame (1)**.
- Plug the **Adaptor (12DC / 3A) (107)** & **Power Cord (108)** into an 120 vac/15 amp electrical wall outlet to light up the console.

NOTE: Long-Term Storage: When the item is not in use for any length of time, ensure that the power adapter is unplugged from the electrical outlet for safety.



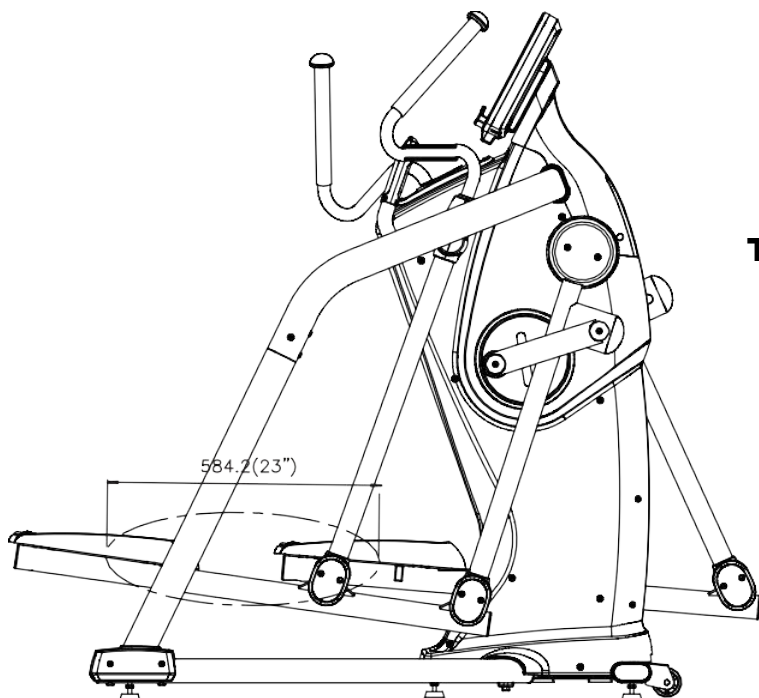
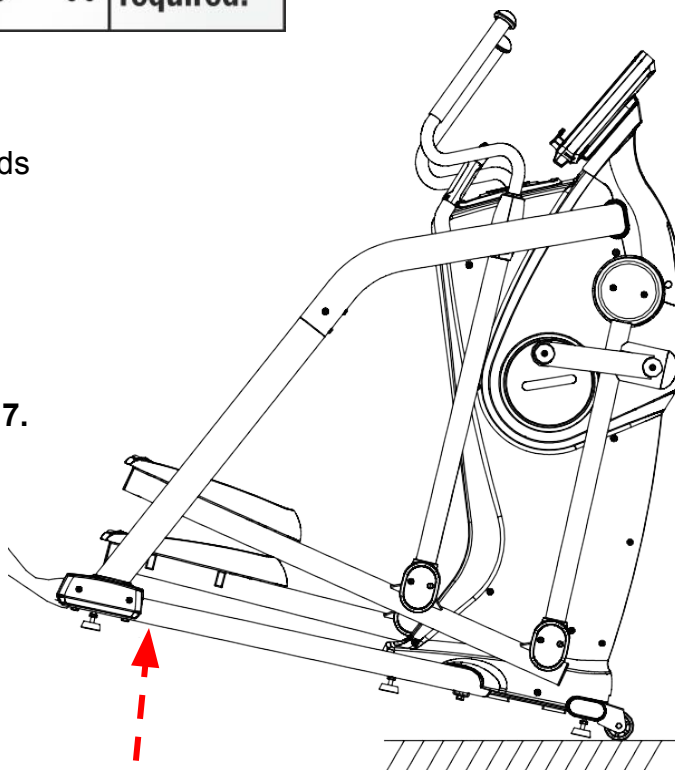
NOTE: 9" LCD Console will NOT NEED the Power Adaptor (107) & Power Cord (108) for use. The Power Adaptor (107) & Power Cord (108) are REQUIRED for the 16" & 10" Touch Screen Consoles or charging the battery, if needed, for the 9" LCD console.



HOW TO MOVE THE E1000 ELLIPTICAL SAFELY

Hold the **Base Frame (48)** up with two hands and move the item to the desired location then carefully bring to floor.

NOTE: Make sure to relevel if unstable after moved to new location, see STEP 17.



THE STRIDE LENGTH

For a great stretching exercise, the E1000 Elliptical has a locked extended stride of **23" (584.2mm)**.

Cleaning your Elliptical

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. Unplug Elliptical before using any cleaning product.
2. ONLY APPLY CLEANER ON A CLOTH then use cloth to clean the Elliptical.
3. Do spray cleaner directly on any surface of the Elliptical.
4. Recommend that you clean the Elliptical **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 cleaners only.
6. Always keep console and electrical parts clean and dry.
7. Wipe or vacuum any dust or other object that may have accumulated underneath the Elliptical.
8. Make sure the cleaning solutions or bottles are always level on the floor. Remove any liquid right away that may drip or accidentally tip over on the floor.
9. Confirm feet pedals are dry from any accidental fluids spilling or overspray.

- DO NOT USE ABRASIVE CLEANING SCRUBBING PADS.
- DO NOT USE AMMONIA CLEANERS.
- DO NOT USE CITRIC 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 any Plastic, Rubber, Handles, HR Grips or Console Glass)

Heart Rate Monitoring Device & Exercise Tips - U1K1

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. (Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.) 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 any handrail is not optimum for hand grips or any High Intensive Exercise while on a machine.



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 or Bluetooth is compatible. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

Note: The transmitter may fluctuate erratically if you are too close to other 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)



- Buckle one end of the chest strap onto the transmitter.
- Adjust the band length so that the fit is snug, but not too tight.
- Buckle the other end of the chest strap onto the transmitter.
- Center the transmitter on your chest below the pectoral muscle (breasts).
- 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. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

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.

Heart rate is an important key to your exercise

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardiorespiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

- Always stretch before your workout to loosen muscles, and afterwards to cool down.
- The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout and building your heart rate slowly.
- After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

Installation Checklist

Bikes, Indoor Cycles, Ellipticals, Crosstrainers & Rowers

Service policy:

- How to contact for service issues
- Warranty length & coverage
- What warranty does not cover
- How to find unit serial number
- How to find an error code (if applicable)

Confirmed

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Features:

- Safety controls
- Quickstart
- HR control program
- LCD Screen Console
 - Engineering mode operations
 - Energy saving function
- Smart Touch Screen Console
 - Engineering mode operations
 - Energy saving function
- HR grip operation/ expectations

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Rowers:

- Confirm POD is Syncing with display
- Metric to English with switch on back of display

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Optional Sensor (bluetooth enabled):

- Test for Speed & Cadence w/ Wahoo Fitness App
- Check that Cadence is not double reading
- Confirm sensor on correct side & spacing of crank

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Recommended Maintenance:

- Recommended cleaning products
- Wiping down the unit & console screen cleaning
- Annually retorquing external bolts to specs

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Important safety information:

- Required space around & behind unit
- Power cord location/ protection
- Pedals on Bikes installed at 25-30 lbs. ft. Torque
- Pedals on Indoor Cycles installed at 25-30 lbs. ft.
- Rowers Safety Pin is installed during storage

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Last thoughts:

- Gave owners manual to the customer
- Unit is fully assembled & tested
- Answer any & all customers questions

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BODYCRAFT

BODYCRAFT

7699 Green Meadows Dr North
Lewis Center, OH 43035
Product Support: 1-800-990-5556 x410
Email questions or parts ordering: service@bodycraft.com

Facility Name:

Point of Contact:

Address:

Address Line 2:

City:

State: Zip: Phone:

Email:

Type of Facility:

Dealer Name:

Point of Contact:

Address:

Address Line 2:

City:

State: Zip: Phone:

Email:

Model & Serial Numbers Installed:

| Model # | Serial # |
|---------|----------|
| Model # | Serial # |
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Notes:

Date of finished installation:

Installers name & signature:

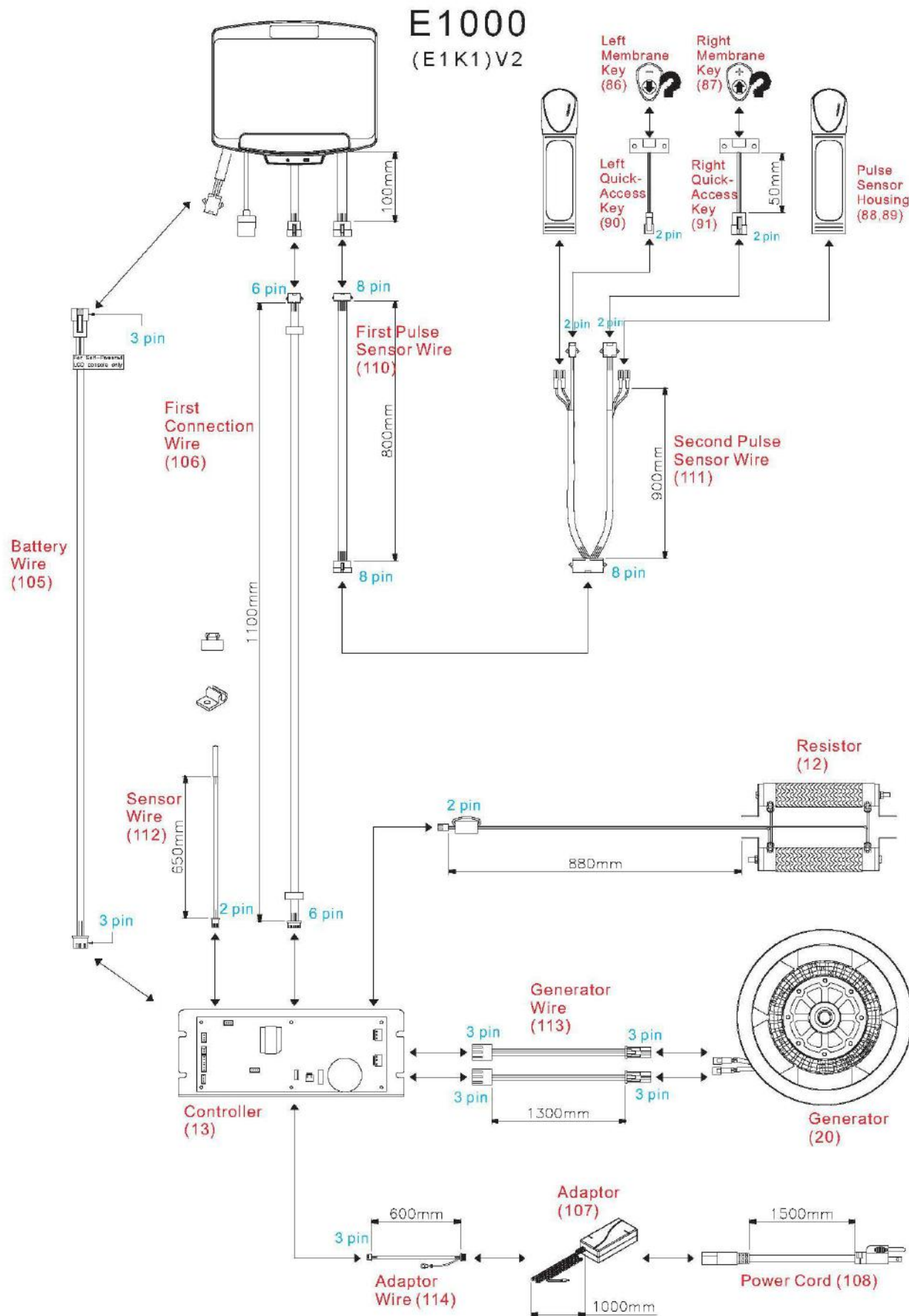
Customers name & signature:

Required Information BEFORE Initiating a Service Case

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

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by a 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 will help with troubleshooting or exact part(s) needed.

Circuit Diagram, E1K1-V4



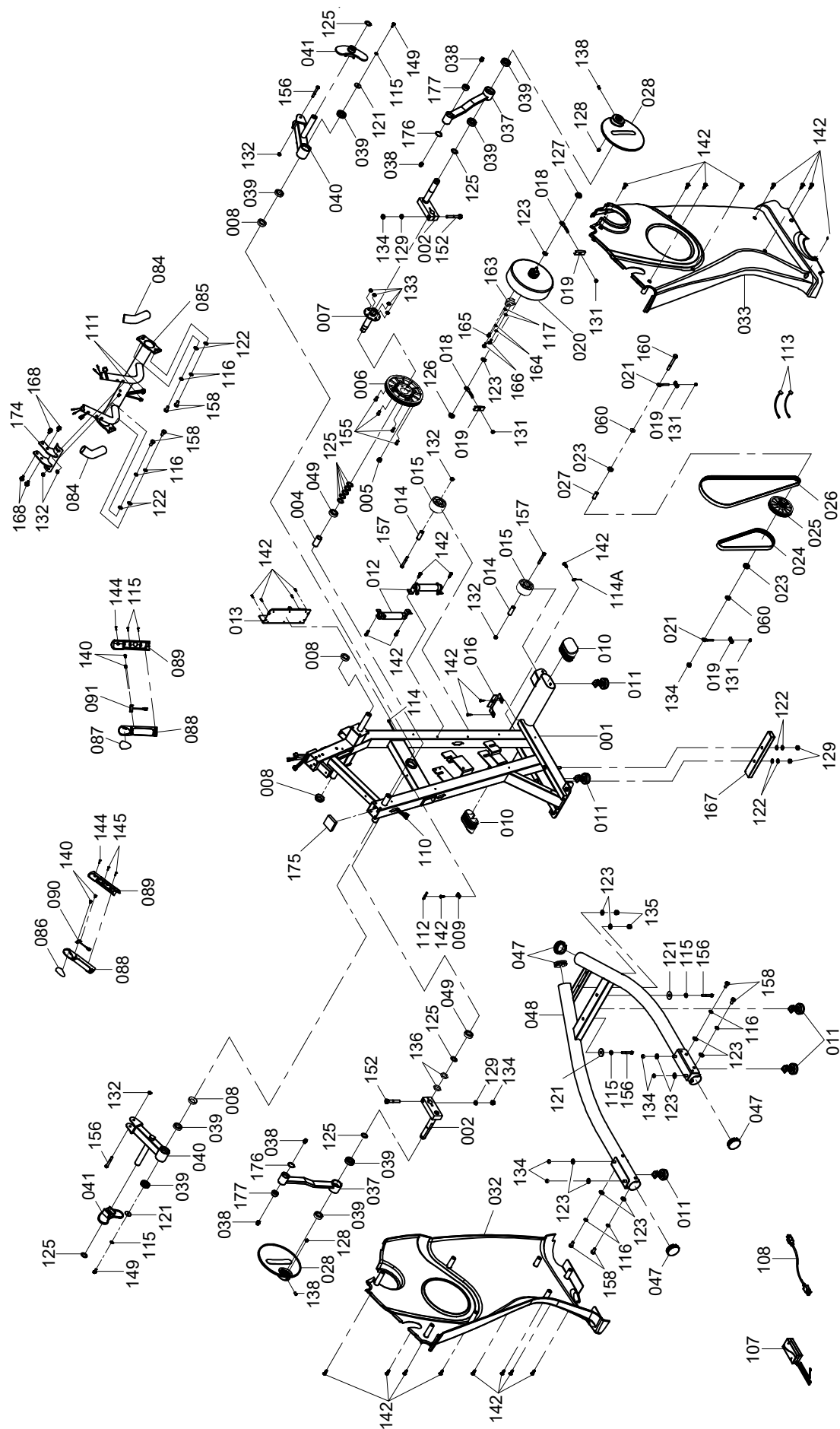
| Part # | Description | Qty |
|----------|---|-----|
| E1K1-001 | Main Frame | 1 |
| E1K1-002 | Crank | 2 |
| E1K1-003 | Bearing (6004) | 8 |
| E1K1-004 | Spacer (25.1 x 32 x 40mm) | 1 |
| E1K1-005 | Magnet | 1 |
| E1K1-006 | Pulley (235) | 1 |
| E1K1-007 | Crank Axle | 1 |
| E1K1-008 | Sleeve | 4 |
| E1K1-009 | Sensor Wire Stand | 1 |
| E1K1-010 | EndCap | 2 |
| E1K1-011 | Leveler | 5 |
| E1K1-012 | Resistor | 1 |
| E1K1-013 | Controller | 1 |
| E1K1-014 | Wheel Axle | 2 |
| E1K1-015 | Transportation Wheel | 2 |
| E1K1-016 | Decoration Bracket | 1 |
| E1K1-018 | Eye Bolt (40mm) | 2 |
| E1K1-019 | Tension Bracket | 4 |
| E1K1-020 | Generator | 1 |
| E1K1-021 | Eye Bolt (67mm) | 2 |
| E1K1-023 | Bearing (6000) | 2 |
| E1K1-024 | Belt (762J8) | 1 |
| E1K1-025 | Pulley (120-42) | 1 |
| E1K1-026 | Belt (1428J8) | 1 |
| E1K1-027 | Spacer (10 x 14 x 32mm) | 1 |
| E1K1-028 | Crank Cover | 2 |
| E1K1-029 | Accessory Tray | 1 |
| E1K1-030 | Upper Cover | 1 |
| E1K1-032 | Left Cover | 1 |
| E1K1-033 | Right Cover | 1 |
| E1K1-034 | Front Cover | 1 |
| E1K1-037 | Inner Crank Linkage | 2 |
| E1K1-038 | Wheel Bearing Spacer (8 x 16 x 17.25mm) | 4 |
| E1K1-039 | Bearing (6905) | 20 |
| E1K1-040 | Swing Linkage | 2 |
| E1K1-041 | Swing Linkage Cover | 2 |
| E1K1-042 | Oval Plug | 2 |
| E1K1-047 | Round Plug (60mm) for Main Frame | 4 |
| E1K1-048 | Base Frame | 1 |

| Part # | Description | Qty |
|----------|---------------------------------------|-----|
| E1K1-049 | Bearing (6005) | 2 |
| E1K1-050 | Left Rear EndCap Cover - Outer | 1 |
| E1K1-051 | Left Rear EndCap Cover - Inner | 1 |
| E1K1-052 | Right Rear EndCap Cover - Inner | 1 |
| E1K1-053 | Right Rear EndCap Cover - Outer | 1 |
| E1K1-054 | Non-Slip Pad | 2 |
| E1K1-055 | Pedal | 2 |
| E1K1-056 | Round Plug (60mm) for Pedal Arm | 4 |
| E1K1-057 | Left Pedal Arm | 1 |
| E1K1-058 | Right Pedal Arm | 1 |
| E1K1-059 | Square Plug (20 x 40mm) | 4 |
| E1K1-060 | Wheel Bearing Adapter for Stride Tube | 2 |
| E1K1-062 | Wheel Bearing Spacer (10 x 25 x 47mm) | 4 |
| E1K1-063 | Front Rotator Cuff | 2 |
| E1K1-064 | Back Rotator Cuff | 2 |
| E1K1-065 | Front Swing Arm Cover | 2 |
| E1K1-066 | Left Upper Handlebar | 1 |
| E1K1-067 | Right Upper Handlebar | 1 |
| E1K1-068 | Foam Grip for Upper Handlebar | 2 |
| E1K1-069 | Round Plug (31.8mm) | 2 |
| E1K1-070 | Tube Cap | 2 |
| E1K1-071 | Back Swing Arm | 2 |
| E1K1-072 | Screw Cap | 24 |
| E1K1-073 | Pedal Arm Cover | 8 |
| E1K1-074 | Left Stationary Handrail | 1 |
| E1K1-075 | Right Stationary Handrail | 1 |
| E1K1-076 | Side Handrail Cover | 2 |
| E1K1-077 | Left Front Swing Arm | 1 |
| E1K1-078 | Right Front Swing Arm | 1 |
| E1K1-079 | Pedal Wheel Bearing Adapter | 8 |
| E1K1-080 | Outer Crank Linkage | 2 |
| E1K1-084 | Foam Grip for Fixed Handlebar | 2 |
| E1K1-085 | Fixed Handlebar | 1 |
| E1K1-086 | Left Membrane Key | 1 |
| E1K1-087 | Right Membrane Key | 1 |
| E1K1-088 | Pulse Sensor Top Housing | 2 |
| E1K1-089 | Pulse Sensor Bottom Housing | 2 |
| E1K1-090 | Left Quick-Access Key | 1 |
| E1K1-091 | Right Quick-Access Key | 1 |
| E1K1-092 | Console | 1 |
| E1K1-094 | Console Bracket | 1 |

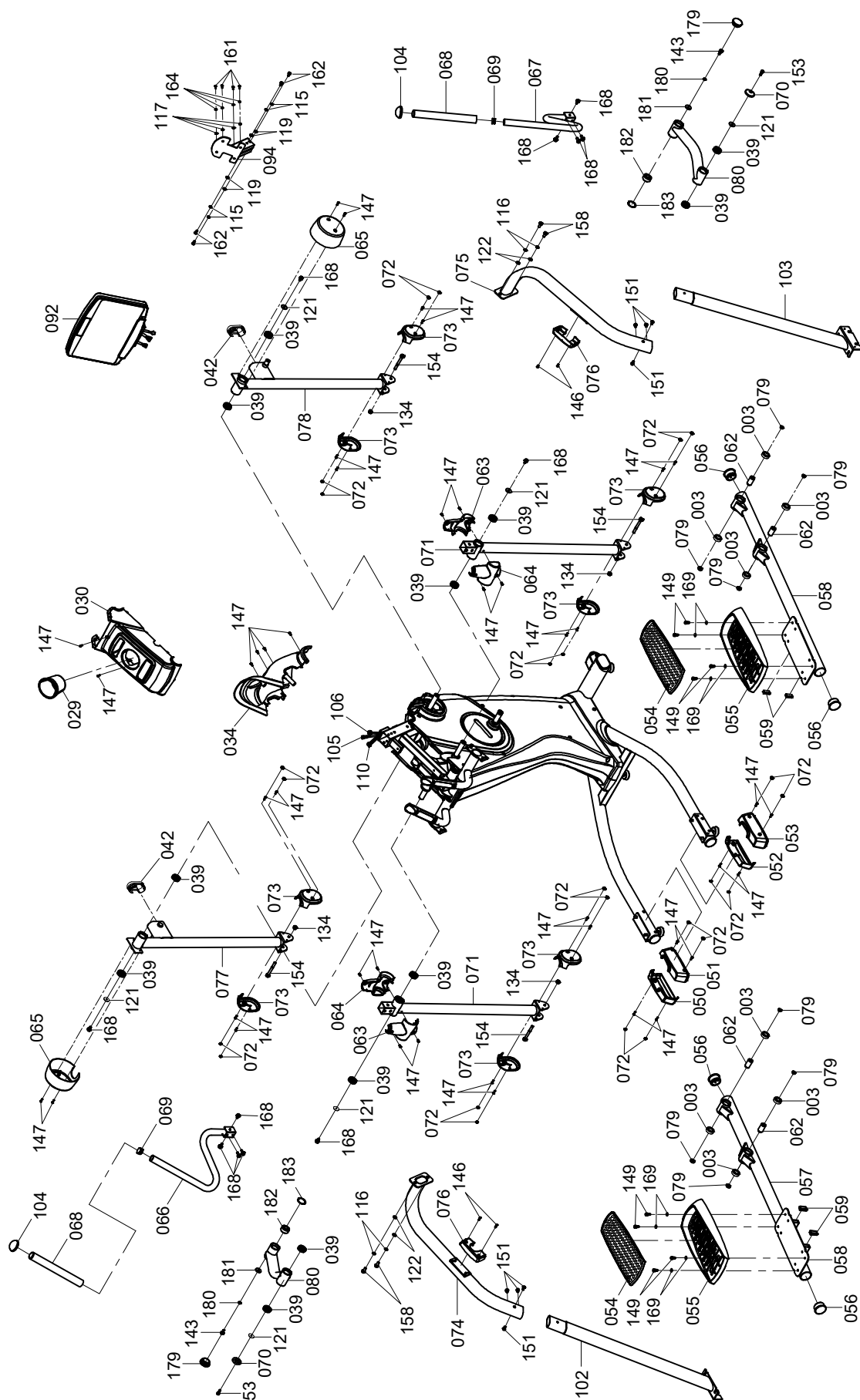
| Part # | Description | Qty |
|----------|--|-----|
| E1K1-102 | Left Rear Support Tube | 1 |
| E1K1-103 | Right Rear Support Tube | 1 |
| E1K1-104 | Handheld Dome Plug | 2 |
| E1K1-105 | Battery Connection Wire (LCD console ONLY) | 1 |
| E1K1-106 | First Connection Wire | 1 |
| E1K1-107 | Adaptor | 1 |
| E1K1-108 | Power Cord | 1 |
| E1K1-110 | First Pulse Sensor Wire | 1 |
| E1K1-111 | Second Pulse Sensor Wire | 1 |
| E1K1-112 | Sensor Wire | 1 |
| E1K1-113 | Generator Wire | 2 |
| E1K1-114 | Adaptor Wire | 1 |
| E1K1-115 | Lock Washer (M8) | 8 |
| E1K1-116 | Lock Washer (M10) | 12 |
| E1K1-117 | Washer (M6 × 13 × 1.0t) | 6 |
| E1K1-119 | Washer (M8 × 16 × 2.0t) | 4 |
| E1K1-121 | Washer (M8 × 30 × 2.0t) | 10 |
| E1K1-122 | Washer (M10 × 19 × 1.5t) | 12 |
| E1K1-123 | Washer (M10 × 23 × 2.0t) | 12 |
| E1K1-125 | Washer (M26 × 34 × 1.0t) | 10 |
| E1K1-126 | Flange Nut (M10 × p1.25) | 1 |
| E1K1-127 | Nut (M10 × p1.25) | 1 |
| E1K1-128 | Nut (M8 × p1.25) | 2 |
| E1K1-129 | Nut (M10 × p1.5) | 4 |
| E1K1-131 | Nylon Nut (M6 × p1.0) | 4 |
| E1K1-132 | Nylon Nut (M8 × p1.25) | 6 |
| E1K1-133 | Thin Nylon Nut (M8 × p1.25) | 4 |
| E1K1-134 | Nylon Nut (M10 × p1.5) | 13 |
| E1K1-135 | Thinner Nylon Nut (M10 × p1.5) | 2 |
| E1K1-136 | Nut (M25 × p1.25) | 2 |
| E1K1-138 | Screw (M8 × p1.25 × 15mm) | 2 |
| E1K1-140 | Screw (M3 × 10mm) | 4 |
| E1K1-142 | Screw (M5 × 20mm) | 28 |
| E1K1-143 | Screw (M5 × 12mm) | 2 |
| E1K1-144 | Screw (M3 × p0.5 × 20mm) | 2 |
| E1K1-145 | Screw (M3 × p0.5 × 25mm) | 4 |
| E1K1-146 | Screw (M5 × p0.8 × 10mm) | 4 |
| E1K1-147 | Screw (M5 × p0.8 × 15mm) | 42 |
| E1K1-149 | Bolt (M8 × p1.25 × 15mm) | 10 |
| E1K1-151 | Bolt (M8 × p1.25 × 15mm) | 8 |

| Part # | Description | Qty |
|----------|---------------------------------------|-----|
| E1K1-152 | Bolt (M10 × p1.5 × 70mm) | 2 |
| E1K1-153 | Bolt (M8 × p1.25 × 25mm) | 2 |
| E1K1-154 | Bolt (M10 × p1.5 × 90mm) | 4 |
| E1K1-155 | Bolt (M8 × p1.25 × 15mm) | 4 |
| E1K1-156 | Bolt (M8 × p1.25 × 55mm) | 4 |
| E1K1-157 | Bolt (M8 × p1.25 × 60mm) | 2 |
| E1K1-158 | Bolt (M10 × p1.5 × 20mm) | 12 |
| E1K1-160 | Bolt (M10 × p1.5 × 85mm) | 4 |
| E1K1-161 | Screw (M6 × p1.0 × 15mm) | 4 |
| E1K1-162 | Bolt (M8 × p1.25 × 15mm) | 4 |
| E1K1-163 | Generator Support Bracket | 1 |
| E1K1-164 | Lock Washer (M6) | 2 |
| E1K1-165 | Bolt (M5 × p0.8 × 10mm) | 1 |
| E1K1-166 | Bolt (M6 × p1.0 × 15mm) | 2 |
| E1K1-167 | Packing Tube (20 x 40 x 1.5t x 270mm) | 1 |
| E1K1-168 | Bolt (M8 × p1.25 × 16mm) | 16 |
| E1K1-169 | Washer (M8 × 19 × 2.0t) | 8 |
| E1K1-174 | Fixed Handlebar Stand | 1 |
| E1K1-175 | Decoration Foam | 1 |
| E1K1-176 | C-Ring (30mm) | 2 |
| E1K1-177 | Rod End Bearing (PB) | 2 |
| E1K1-179 | Round Plug (50mm) | 2 |
| E1K1-180 | External Tooth Washer | 2 |
| E1K1-181 | Spacer (8mm x 30mm x 3.0t) | 2 |
| E1K1-182 | Rod End Bearing (PB20) | 2 |
| E1K1-183 | C-Ring (42mm) | 2 |

Product Parts Exploded View - Inside Main Frame (E1K1-V4)



Product Parts Exploded View - Attached to Main Frame (E1K1-V4)



Product Warranty

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 :

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:

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

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