

BODYCRAFT

EXPTMSERIES

Console Operation Ellipticals Bikes



16" SmartTouch
(X-16TS)



10" SmartTouch
(X-10TS)



9" LCD
(X-9LCD)

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



Owner's Manual

X-Consoles v1.4 FULL



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.

Purchaser's Reference Information:

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: XXXXXX Console

Serial Number: E/R/U _ _ _ _ _

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.

SERIAL NUMBER	
 10T50001180915	
MODEL :	BODYCRAFT 10TFT SCREEN
RECREATION SUPPLY, INC.	(740)965-2442
LEWIS CENTER, OH. U.S.A.	MADE IN TAIWAN

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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.

We at BODYCRAFT believe in the continued improvement processes and reserve the right to make changes at any time without notice that may or may not affect color, parts and materials.

Console Operation Instructions and Warning

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.

Important

- **Power up first:** Locate the adapter plug it into a 120V, grounded wall outlet. The console will wake up and get into idle mode. Always unplug the adapter when not in use. You may use it as a self-powered product without plugging in the adapter if it is paired with the X-9LCD console.
- **Note:** There is a rechargeable battery built into the product which is rechargeable by either pedaling or AC adapter.
- **Pairing of the console:** The console needs to be paired with the product model correctly to ensure smooth operation. When the console is powered on the first time, it needs to be set up correctly. Please follow the message window prompts to select the model number and calibrate if necessary, before use.

Always turn off and unplug your unit when not in use for extended period of time or during lightning storms.

Console Options Types



16" SmartTouch
(X-16TS)



10" SmartTouch
(X-10TS)



9" LCD
(X-9LCD)

10" & 16" Touch Screen Layout:



Device Ports & Connectives

Touchscreen Display

The display is equipped with a capacitive touchscreen technology and it is more responsive than a resistive screen. Because of this, capacitive screen can be controlled with very light touches of a finger. Capacitive touchscreens can only be touched with a finger and will not respond to touches with a regular stylus, gloves or most other objects.

Front of the console

USB port:

Charge your device up to 1A or update console software. (Device not included)

It also used for media (music & video) playing.

Headphone Jack:

Standard 3.5mm audio jack used to connect headphones to the console during media playback.

Back of the console

CSAFE port x 2:

One for Charging 3rd party compatible devices (not included)

One for communicating with 3rd party compatible devices such workout data transmitting.

HDMI Input & Ethernet port & WIFI:

Video, internet connections

Bluetooth & ANT+ connectivity:

Bluetooth & ANT+ heart rate straps as well as Bluetooth headphone & speaker audio devices

Note: Your media device compatibility with the USB & CSAFE
Charging will depend on the brand and model.

Physical Keys

- **Level +/- keys:** There are +, - keys on the handles. Use these keys to adjust the Level/Target HR/Watt settings during exercise.

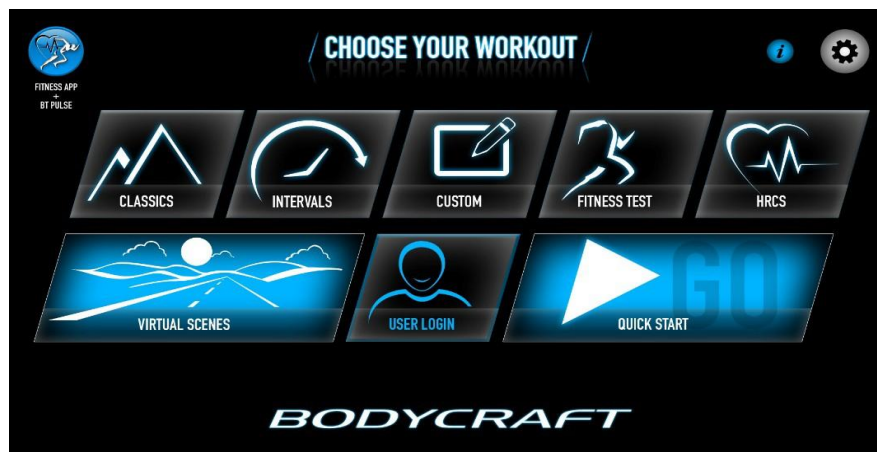


- **E1200 Quick Stride Keys:** There are 2 sets of keys for Stride length adjustment: one set on handles and one set on the housing. There are 7 stride length settings from 19" – 25"; press Stride +/- keys on the handlebar to adjust the setting one at a time or press the quick keys to rapidly change the most 5 common Stride length settings during exercise.



Touch Screen Navigation

Home Screen



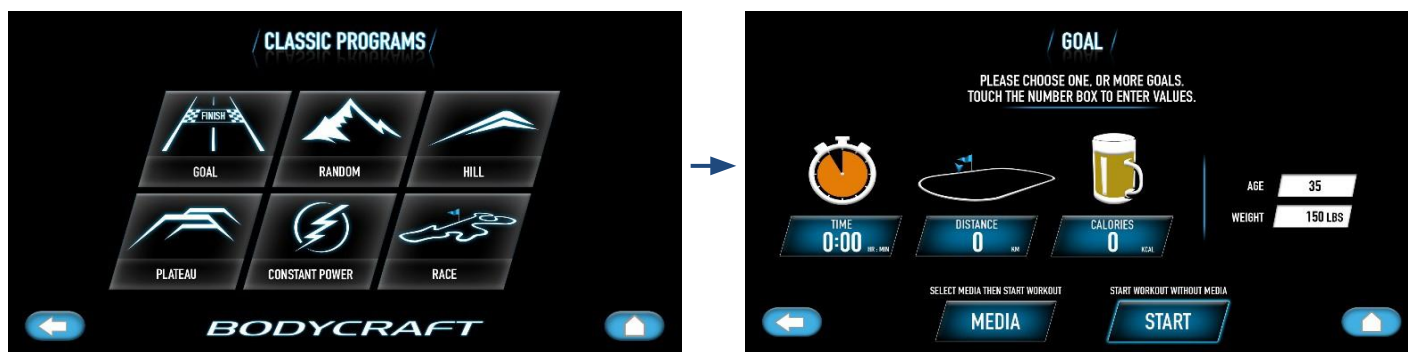
Home Screen is where user can login to see user workout data or select from various program options to begin workout or get into various engineering settings to make this console more user friendly.

- **User Login:** To get into user setting, build custom workout program and track user workout.
- **Quick Start:** To start a workout with default setting right away.
- **Classics:** To get into 6 preset Classic programs: Goal, Random, Hill, Plateau, Constant Power & Race.
- **Intervals:** There are 3 interval programs inside this category: Classic, HIIT & Custom Intervals.
- **Custom:** It is easy to use finger slide custom building your own profile program.
- **Fitness Test:** It is an industry standard fitness test protocol.
- **HRCs: 4 heart rate control programs:** Target HR, HR interval, Fat Burn & Cardio.
- **Virtual Scenes:** This category comes with 4 beautiful scenic landscape videos to make your exercise more interesting.

- **Setting:** To do the initial console setting such as System setting, Bluetooth, Wireless & Language setting to make this console function properly.
- **“Fitness App + BT pulse” button:** Press this button on the home screen to connect with the compatible fitness Apps and/of connect with Bluetooth/ANT+ heart rate transmitter.
- **The “I” information button:** when this button is lit up, you may press this button to learn more about this product.

Program Selection & Setting Screens

Touch the desired program category, it will open the program selection screen under each category. Then touch the desired program to open program setting screen. Fill in the necessary values to finish the program settings and press START button to start the program. For example, to start a goal program:



Exercise Screen

Some program will start with a 3-minute Warm Up. The time will count down and level is defaulted at 1. You may adjust it during this period.



After Warm Up or as soon as the “SKIP” button is pressed to begin the program will start exercise screen.

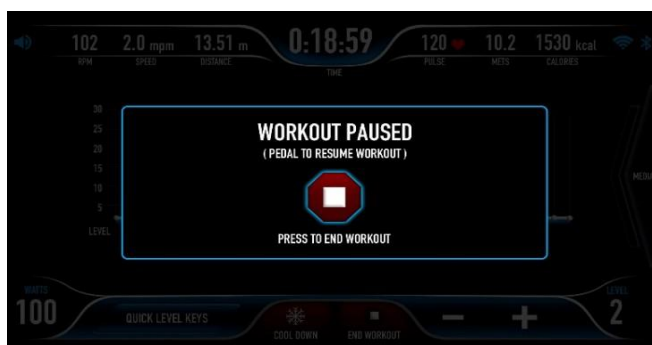


- **Data displays:**
 - For **U/R1000** products: Time, Pulse, Mets, Calories, Distance, RPM, Speed, Distance are on the top and Watts as well as Level are on the bottom.
 - For **E1000/E1200** products: SPM & STEPS will be on the top instead of RPM & Speed.
- **COOL DOWN button:** To end program and start Cool Down period.
- **END WORKOUT button:** To end the exercise and review summary.
+/- keys to adjust level setting.
- **Quick Level Keys:** press this button to open 6 preset levels for quick adjustment.
- **E1200 only:** Stride Length button to open 7 stride length settings for quick adjustment.
- **Media:** Swipe the media tab to open the Media selection.



Pause Screen

During exercise, you may simply stop pedaling to pause the product for up to 10 minutes. The data will stop accumulating. You may pedal again to resume back to previous activity or press “STOP” to end the program. If no key pressing for these 10 minutes, the console will reset and back to idle mode.



Cool Down Screen

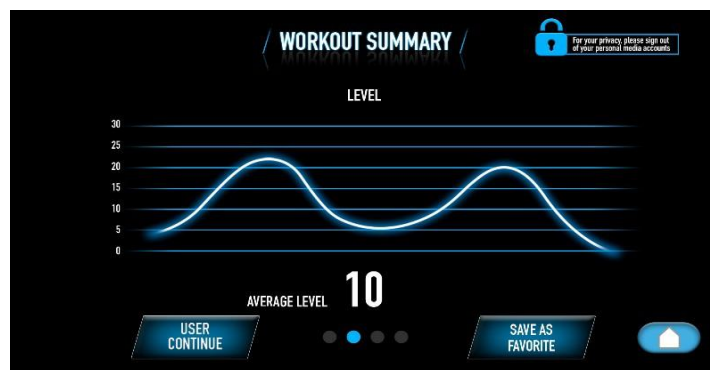
After program time is up or “COOL DOWN” is pressed, a 3-minute Cool Down mode will start. Same as Warm Up, the level is defaulted at 1. You may adjust it during this period.



Workout Summary Screen

When “STOP” button is pressed during Pause or Cool Down period ends, or “SKIP” button is pressed during Cool Down, the program will end and enter summary review screen. There are 4 pages of summary for you to review. Swipe the screen to see the next page.

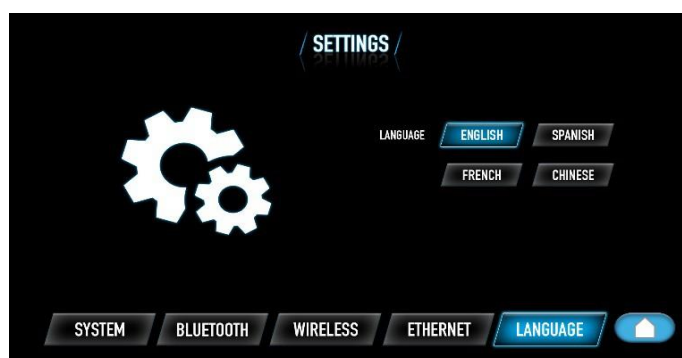
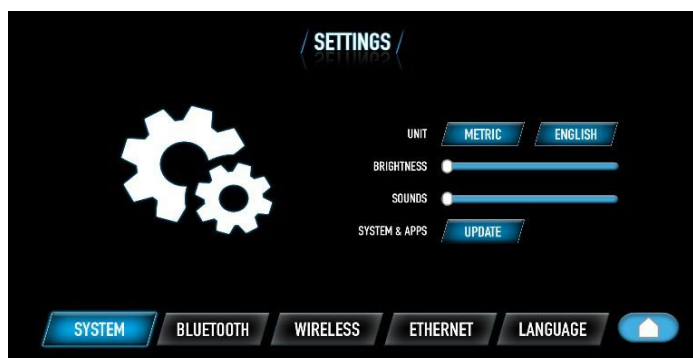
If “Save As Favorite” option is available, you may save this program into your favorite program by pressing the “Save As Favorite” button and follow on-screen instruction to save it.



Initial Setup

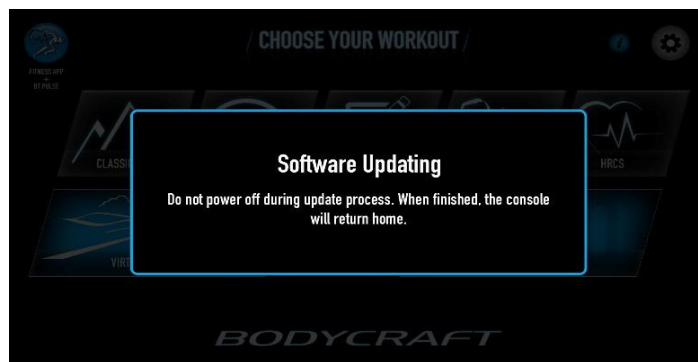
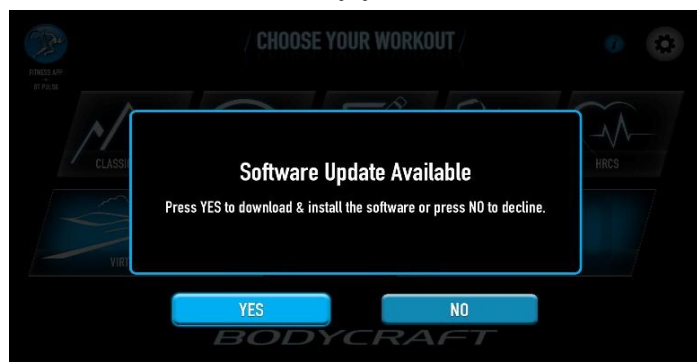
To ensure this product runs smoothly and accurately, please initiate the product setting before using the equipment. Touch the “SETTING” button the on the right top corner of the Home screen to start.

There are the selections listed on the bottom of the screen. Select unit setting to your liking. To pair Bluetooth device and/or WIFI setting if you want. Lastly, select your langue if prefer certain one.

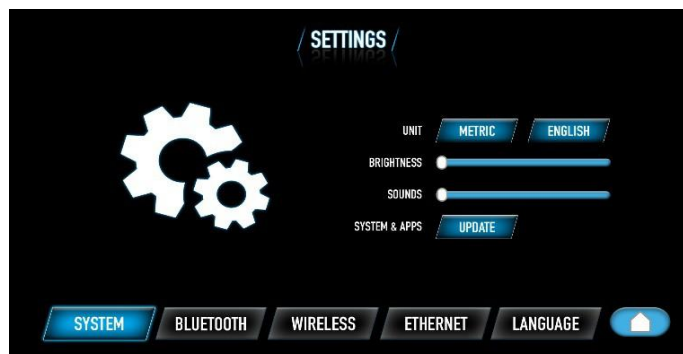


System Software Update

Before start using this product, it is recommended to check and install latest system software. To do so, you may check the Custom Support on BODYCRAFT website for the latest software available. Download it to a USB drive to install. Or if available, the new software can be updated via Cloud with a message showing on the home screen to notify you.



Finally, to install the latest Media Apps' software, go to "SYSTEM & APPS" under SETTINGS" for the update.

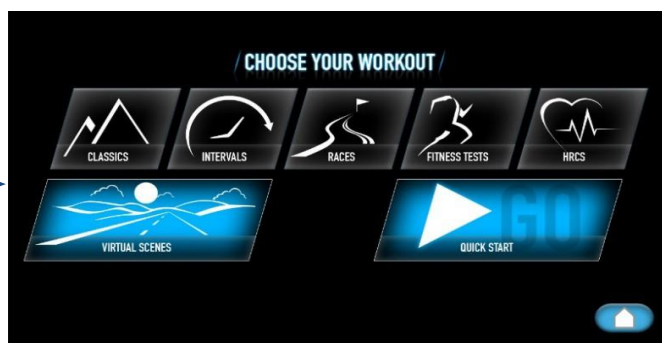
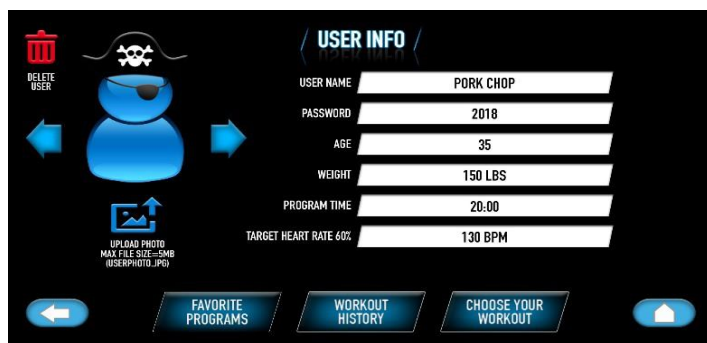


Basic Operation

User Login

User section is designed with you in mind. You can store your user profile, build a custom workout as well as review your workout history. If you are the owner of this product, you will want to set up your user profile to utilize the utmost of this console has to offer. There are 6 user profiles can be stored in this console. Each person has up to 10 favorite program spaces. If you start each program with the user login, all your workout data will be tracked and stored here for your future review.





For the first time using User, you must build your user profile first.

Select User Login button → Select a Username/number → User Info → Set up all your user information. → Choose an Avatar or upload a picture via USB disk.

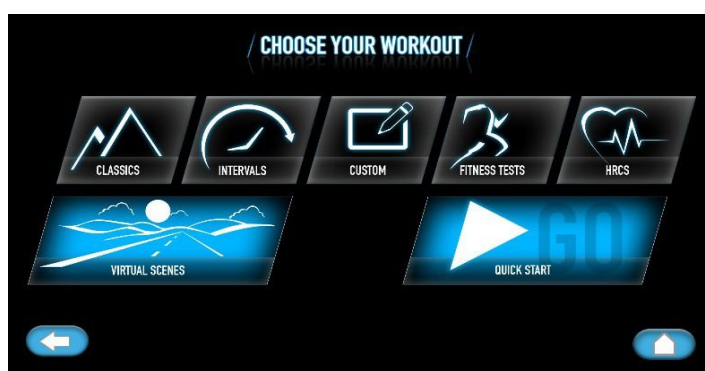
Note: If you are uploading a picture via USB, for the console to recognize the picture, you must first store the picture with a file name “**userphoto.jpg**”, then insert the USB disk. Keep in mind, the max file size cannot exceed 5MB Otherwise, it will not work properly.

For security purpose, the password will be activated once you enter a password here. It will be required to enter the correct password next time you log in.

Note: If your password is forgotten, you may press & hold the top left corner for a few seconds to reset password. If you do not want password, just leave the password box blank.

Once user information is filled in, you may now choose your workout or review workout history if you have done a workout under this user before.

Select User Login on the home screen → Pick your user profile → Select a favorite program / Choose your workout



Program Basics

There are two ways to select and start any program: select a program directly on the home screen or go thru User Login to select a program. The difference is the user information. If you select a program directly from home screen, the program setting will start with default values and you can change it for data calculation accuracy, but the workout data will not be stored and tracked on your user profile.

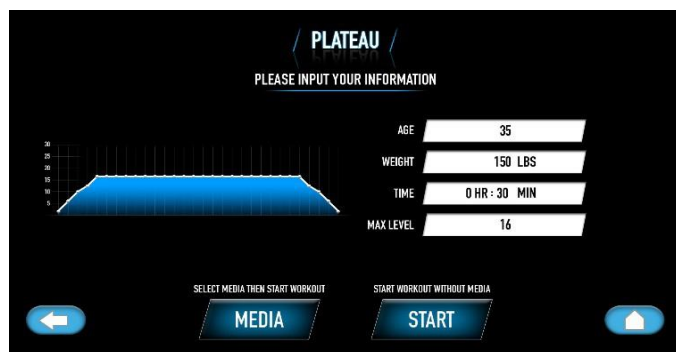
Quick Start

Quick Start program allows you to start exercise immediately without any product setting steps. Just press Quick Start on the home screen, it will start the product right away. It will start with default values of age & weight for calories calculation. You may go thru User Login → Choose Your Workout → Quick Start to begin this program. The console will then use your user data for calculation.

- The program will start with level 1.
- The program time will count up from 0.
- You may adjust level any time during program.
- Stop pedaling to pause the program. Cool Down button to start Cool Down or End Workout button to end the program and review summary.

Classic Programs

There are six programs inside Classic program category. Follow on screen instruction to enter user information and start exercise right away.





- **Goal program:** user may select up to 3 goals: Time, Distance & Calories. Every goal selected will count down when the exercise starts.
- **Random program:** Console will randomly generate a new level profile each time this program is selected. You may set your max level limit for the console not to go over when generates the profile.
- **Hill & Plateau programs:** These are also preset level profile programs with ability to set up max level.
- **Constant Power program:** This is a Power/Watt control program. Console will automatically adjust the level to maintain the target power/watt range. The level is not adjustable during program; however, you may adjust the target power/watt during workout.
- **Race program:** You set your time goal and distance goal to start the program. The calculated pace indicator (arrow) will light up to guide you or race you (avatar indicator).

Interval Programs

There are three interval programs inside this category for cardio condition training purpose. Each program comes with a set of work intervals and a set of rest intervals. It is designed to train your cardio condition during work intervals and then rest & recover during rest intervals. The work intervals are the same throughout, so when you adjust the work interval setting, it will apply to all the remaining work intervals, same as rest intervals. These programs will start with 3-minute Warm Up period.



CLASSIC
PLEASE INPUT YOUR INFORMATION

AGE
WEIGHT
TIME
MAX LEVEL

SELECT MEDIA THEN START WORKOUT
MEDIA

START WORKOUT WITHOUT MEDIA
START

HIIT
SELECT INTERVAL RATIO (WORK : REST)

10:30 20:10 20:20 20:30

ENTER VALUES
WORK LEVEL
REST LEVEL
REPETITION
TOTAL PROGRAM TIME

PRESS NEXT TO CONTINUE PROGRAM SETUP
NEXT

CUSTOM INTERVAL
SET INTERVAL TIME, LEVEL, AND REPETITION

WORK TIME
LEVEL
REPETITION TIMES
TOTAL PROGRAM TIME HR : MIN : SEC

PRESS NEXT TO CONTINUE PROGRAM SETUP
NEXT

- **Classic intervals:** This is a preset level intervals program with the ability to set max level.
- **Custom HIIT (High Intensity Interval Training):** This program is designed to workout at an extremely high intensity level in a short period. There are 4 interval work vs rest time ratios to choose from. For example, 10:30 meaning 10 seconds of work and 30 seconds of rest. You will then repeat this interval with your preset repetition times (up to 100 times).
- **Custom Interval:** You design your own work & rest interval time, level & repetition.

Fitness Test

The fitness assessment protocol is built into this console. Bike version protocol is based on YMCA fitness test protocol and Elliptical version is based on PRT protocol. They are widely used by fitness experts.

FITNESS TEST
THIS TEST IS BASED ON HEART RATE RESPONSE TO WORKLOADS. THEREFORE HEART RATE SIGNAL IS REQUIRED TO PERFORM THIS TEST.

PLEASE INPUT YOUR INFORMATION
AGE
WEIGHT
GENDER

SELECT MEDIA THEN START WORKOUT
MEDIA

START WORKOUT WITHOUT MEDIA
START

FITNESS TEST
THE AIM OF THE TEST IS TO BURN AS MANY CALORIES AS POSSIBLE DURING 12 MINUTE TEST

PLEASE INPUT YOUR INFORMATION
AGE
WEIGHT
GENDER

SELECT MEDIA THEN START WORKOUT
MEDIA

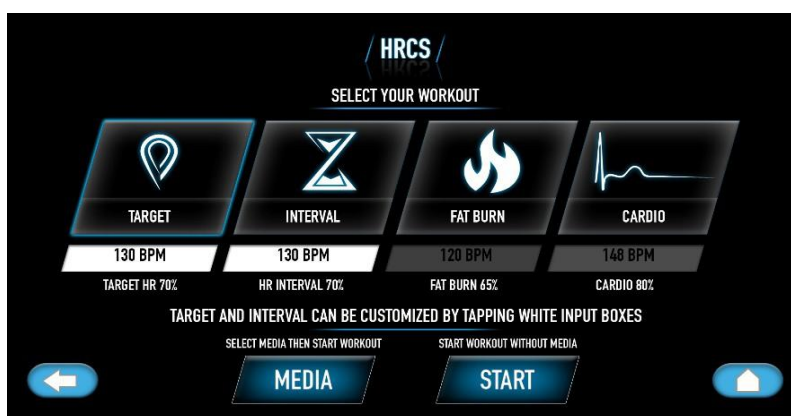
START WORKOUT WITHOUT MEDIA
START

- **U1000/R1000 Bike version:** The program is tested base on the heart rate condition at 50 rpm range. Heart rate signal must be valid throughout the test to calculate the score. It is critical to maintain the speed at 50 rpm range, then the console will adjust level automatically according to the protocol to raise your heart rate. Depending on how soon your heart rate reaches 85% max, the computer will calculate & present a test score. Pause function is not allowed with this test, therefore if there is no valid heart rate signal or stop pedaling before the test is completed, the test will fail.

- **E1000/E1200 Elliptical version:** The Program is tested with a preset 12-minute goal. The protocol is measured how fast and how much resistance you can do in this period, the higher watts you can maintain thru the program, the higher score you will get. Pause function is not allowed with this test, therefore if you stop pedaling before the test is completed, the test will fail.

HRC Programs

The Heart Rate programs are designed to keep you training at the chosen heart rate level. **These programs will only work when there is a valid heart rate signal.** It is recommended to use wireless heart rate chest strap rather than hand grip pulse sensors for these programs. There are Target, HR interval, Fat Burn and Cardio programs. Follow the on-screen messages to select your HR program as well as program settings. Please note that Fat Burn & Cardio programs are defaulted with 65% & 80% target heart rate respectively and therefore their target heart rates setting can't be changed.



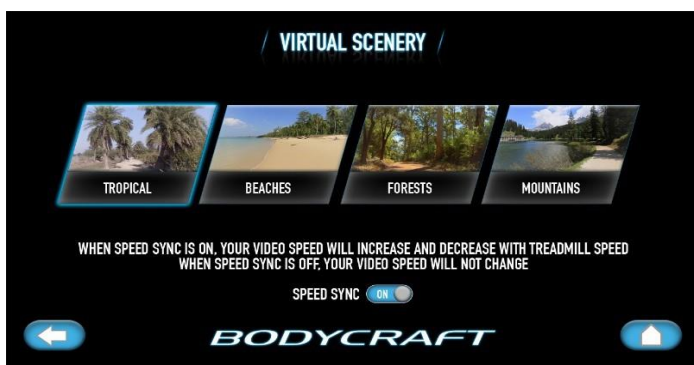
These programs will start with a 3-minute warm up period which user will be able to adjust the level. After warm-up, the heart rate program begins, the console will take control and adjust the level automatically to ensure your target heart rate is achieved and maintained during the entire program. You may still adjust the target HR during exercise by pressing the “+/-”keys.

Virtual Scenes

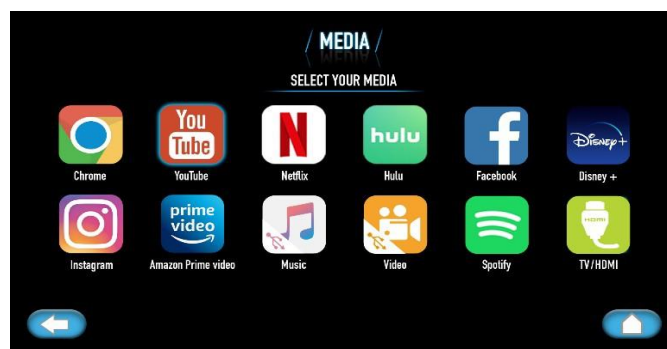
There are four Tropical, Beaches, Forests & Mountains scenic landscape videos built in to bring your run to the outdoor experience virtually. You may select to sync your speed with the video playing speed or just viewing a video along the way of your run. Every part of the program works the same way as other programs as you can adjust level anytime during the exercise; however, the profile display will be replaced with scenic video.

Please note: Each video is 60 minutes long with normal playing speed. If you synchronize the video speed with your run speed or you are running more than 60 minutes, the video will be repeated.

Please note: The Media function will be disabled during Visual Scenes program.

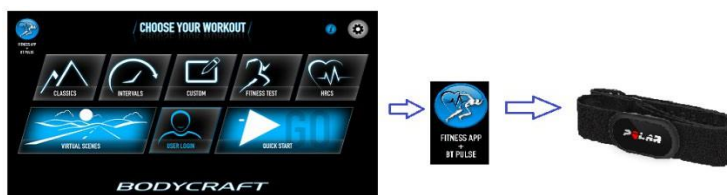


Media Selection



5.4KHz Polar compatible, Bluetooth & ANT+ heart rate monitoring:

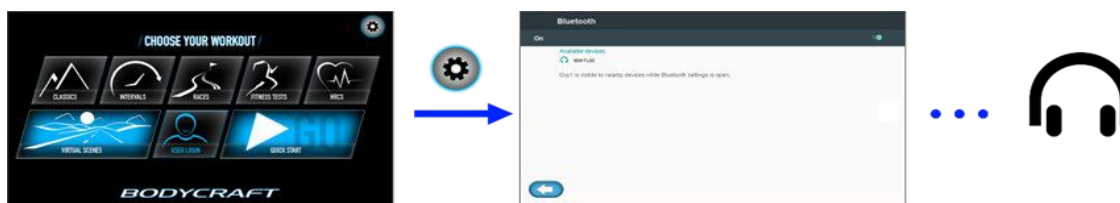
This console is equipped with 5.4KHz Polar compatible, Bluetooth as well as ANT+ heart rate monitoring. The console will automatically scan and connect with the closest 5.4KHz transmitter. However, to pair with Bluetooth/ANT+ transmitter, you must first press the Bluetooth pulse button.



Bluetooth headphone/speaker feature:

To pair a device with the console, tab Setting on the homepage → Bluetooth → pair with the device.

Please note: there is only one audio device & a heart rate transmitter can be paired at one time.



Fitness App Connecting:

Download a compatible Fitness App on your mobile device. To connect: Tab Fitness App button on home screen → open the App on your smartphone/tablet → Pair with the product → Start exercise.

Please note: There is only one App can be synced with the console at one time.

Please check our website for Compatible Apps.

CSAFE port feature:

This is reserved for 3rd party devices, such as personal TV which draws power from CSAFE port. Please contact BODYCRAFT service for more information.



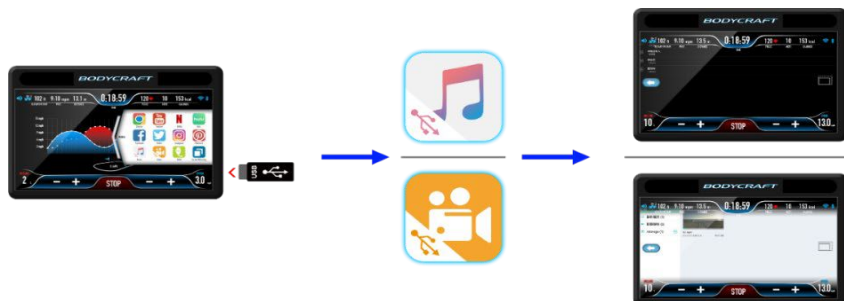
HDMI device connection:

Plug the HDMI cable into the HDMI receptor on the back of the console. Slide the media option and select HDMI. Watch video.



USB Music & Video features:

Plug the USB flash drive contains the music/video that you want to listen/see. Slide the media option and tab the music or video button. Select the music or video from the playlist. (Note: not every music or video format is supported.)



CSAFE port feature:

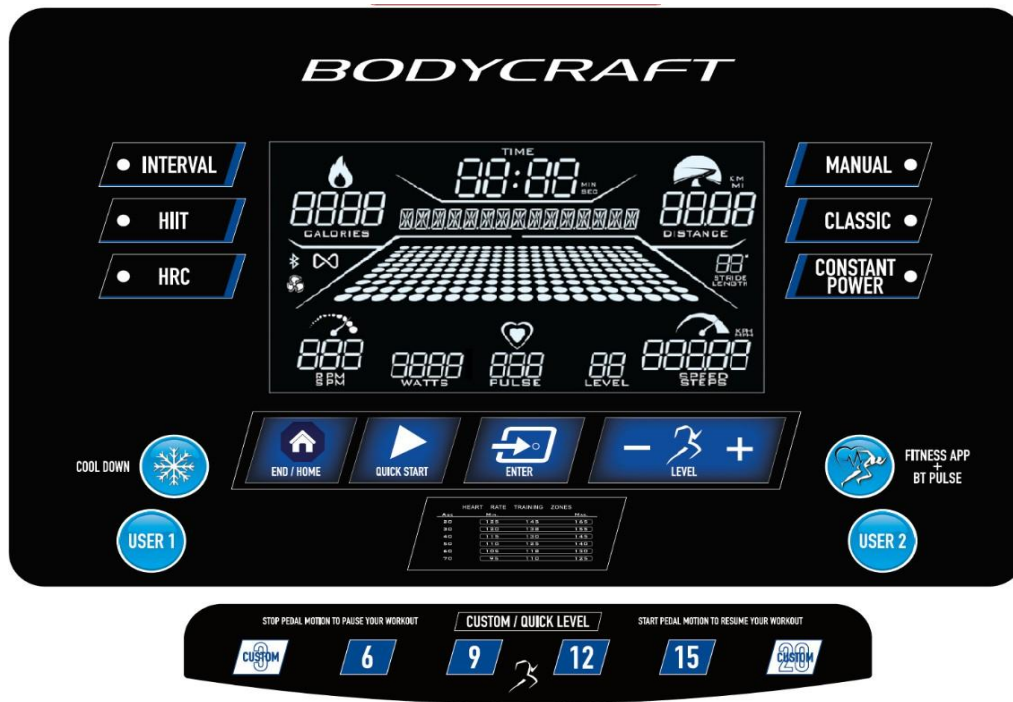
This is reserved for 3rd party devices, such as personal TV which draws power from CSAFE port. Please contact BODYCRAFT service for more information.



Disclaimer Notice: Use of Third-Party Software or Apps

We may recommend use of 3rd party software, Apps, information, products, or web sites that are owned or operated by other companies. While we endeavor to direct you to helpful, trustworthy resources, We cannot endorse, approve, or guarantee software, information, Apps, products, or services provided by or at a third-party resource or track changes in the resource. Thus, we are not responsible for the content or accuracy of any third-party resource or for any loss or damage of any sort resulting from the use of, or for any failure of, products or services provided at or from a third party resource.

9" Console Layout:



Device Ports

USB port –

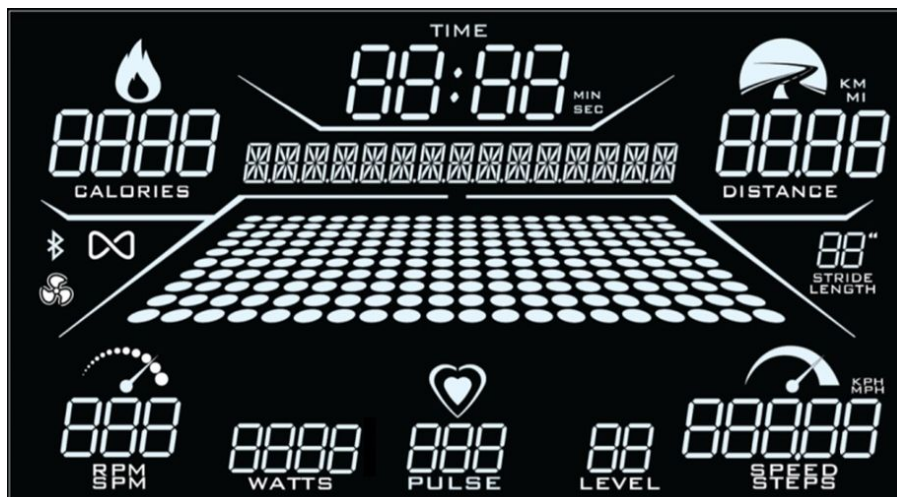
Charge your device up to 1A. (Device not included)

CSAFE port – on the back of the console

Charging 3rd party compatible devices (not included)

Please note: Your media device compatibility with the USB & CSAFE
Charging will depend on the brand and model.

9" LCD Displays



9" LCD Displays

- **Dot matrix profile window:**

Displays program profile during program setting and executing. The program profile will be different according to which program is selected. HRC program profile represents the actual pulse vs. target and other program profiles represent the level.

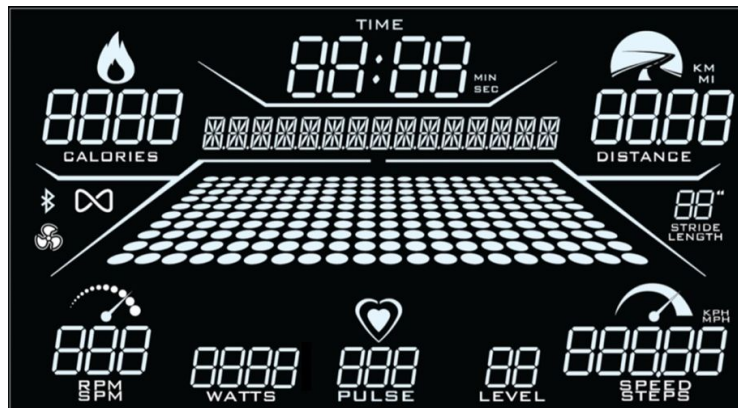
Each profile contains 10 columns of LED representing 20 segments of time; each segment time = total program time divided by 20 columns, except Quick Start program which represents 1 minute instead.

- **Data display windows:**

For U/R1000: There are 8 data display windows displaying "CALORIES, TIME, DISTANCE, RPM, WATTS, PULSE, LEVEL & SPEED" during exercising.

For E1000/E1200: There are 8 data display windows displaying "CALORIES, TIME, DISTANCE, SPM, WATTS, PULSE, LEVEL & STEPS" during exercising. STRIDE LENGTH display is for E1200 model only.

- **Alphanumeric display window:** this display will prompt instruction messages to assist you setting up the program and during exercising.



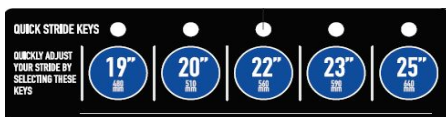
Keys

- **Quick Start key:** Pressing this key during idle mode before you select a program will activate the Quick Start program immediately with default user values. Or pressing this key during the program setup after a program is selected will start the selected program. You may press this key to bypass the Warm Up mode and start program right away.
- **Cool Down key:** Pressing this key during exercise to end program and enter Cool Down right away.
- **End/Home key:** Press this key once during exercise/Cool Down to end the program. Press this key the 2nd time to end summary review and return home. Press & hold this key for a few seconds to reset the console and back to idle mode.

- **Level +/- keys:** There are 2 sets of +, - keys (console & handles) for adjusting. Use these keys to adjust the user settings during program as well as the Level/Target HR/Watt settings during exercise.
- **Enter key:** Used to confirm program and data entry.
- **Level quick keys:** press these quick keys to rapidly change the Level settings during exercise. For your convenience, you may press and hold the “Custom” key to save the current Level setting into the key as a new custom quick key.



- **E1200 Quick Stride Keys:** There are 2 sets of keys for Stride length adjustment. There are 7 stride length settings from 19” – 25”; press Stride +/- keys on the handlebar to adjust the setting one at a time or press the quick keys to rapidly change the most 5 common Stride length settings during exercise.



- **Bluetooth key:** Press this key to connect with 3rd party App or to use Bluetooth/ANT+ heart rate transmitter.
- **USER 1 & 2 keys:** Press the key to start User program or press & hold the key for a few seconds during summary review to save the current program setting into User 1/2.

Basic Operation

- **Pause a program:** Simply stop pedaling, the console will enter Pause mode and stop accumulating data. The pause time is 10 minutes. After that, the console will reset back to idle mode. Within pause mode, pedal again to resume the program.
- **Power save function:** This console is equipped with power save function. This means after 10 seconds of inactivity the console will automatically power off. Press any key to wake up the console from power save mode.
- **Start a program:** To begin a workout program during idle mode, press the “Quick Start” key to quick start the program or any “Program” key to select a program and “Enter” key to confirm a program. Then follow the instruction on the alphanumeric window to set up the personal data. When finished entering data, press the “Start” key to begin program executing sequence. Start pedaling and as soon as the console detects an RPM, it will begin the countdown. (You may press “Start” key anytime during setup to bypass and start the executing sequence immediately.)

- **Default values:** Initially the console is coded with a set of defaults for express quick start. If you didn't adjust these values before the program started, they will be used for data calculations, such as calories. It is recommended you adjust these values with your own personal data to get the most accurate workout feedbacks. The factory defaults are:
 - **Age:** 35
 - **Weight:** 150 lbs or 70 kg
 - **Program time:** 30 minutes
 - **Program goal for Manual program:** Time
- **End a program and review summary:** When program time is reached or Cool Down key is pressed, it will end the program and enter Cool Down. When Cool Down is finished or End key is pressed, it will enter summary review mode. There are 30 seconds for you to review and record the workout summary before it resets and back idle mode.
 - During summary review, you may press & hold USER 1 or 2 key for a few seconds to store this program as a USER program. Your user information will be stored as well for quick and easy access for future use.
- **Units switching:** The default units setting is English. To switch this to Metric system, press and hold "ENTER & Level +" keys at the same time in idle mode for 2 seconds to go to "Engineer mode". The message window will prompt a couple of messages. When you see "UNITS: ENGLISH or METRIC" message, press "Level +/-" key to switch and a "MILE" or "KM" indicator will show on the current setting. Afterwards press Enter key to confirm the setting. Press "STOP" key for a few seconds to get back to idle mode.

Workout Programs

Besides Quick Start function, there are built-in program options for your selection: Manual, Classic, Constant Power, Interval, HIIT, HRC, User 1 & 2.

Quick Start: Pressing "Quick Start" key during idle mode will quick start the console. The program will use factory defaults for calculation and display. The time will count up and each segment of profile equals 1 minute. You may press "COOL DOWN" key to enter Cool Down mode or press "END" key to end the program.

Manual (Goal) program: The default level for Manual program is 1. You may set up to 3 goals: Time, Distance or Calories. During program setting, whichever goal is set with value other than 0, it will be taken as the program goal(s). The new goal(s) will be counting down from target during program. The program will not end when the goal(s) is reached, it will continue with goal(s) counting up. You may press "COOL DOWN" or "END" key to end the program.

Preset programs: This group includes Classic, Interval & HIIT programs.

These programs are preset profile programs and behave similar. There are a few programs stored inside Classic program key. Continue pressing the Classic program key will bring up a different program each time. When the desired program appears on the screen, press Enter key to confirm. Then follow the instruction to set up the user data and start the program. You may adjust the level by pressing “+/-” quick key any time during program. The dot matrix profile will update accordingly.

- **Classic programs:** There are Random, Hill & Plateau programs inside this program key. Each of the program is with a preset level profile. Follow the message prompts to enter program settings/max level setting and start the program. The program profile will be modified according to the new max level. However, you can still increase the level in individual segment during program.
- **Interval programs:** There are Interval and HIIT programs. These programs are behaving similar as Classic program described above, however the program is divided with work & rest intervals. Follow the message prompts to enter program settings/max level setting and start the program. The program profile will be modified according to the new max level. Interval programs will start with a 3- minute warm up period. You may press START key to bypass it.
 - **Speed Interval:** default work level = 12 and rest level = 2. You may adjust the level during exercising; however, it will apply only to either work intervals or rest intervals depending on which segment you are adjusting at.
 - **HIIT (High Intensity Interval Training):** This program is designed with a fast-paced workout routine. There are 4 different W: R (work: rest) time settings (in seconds) for you to choose from: 10:30; 20:10; 20:20 & 20:30. Press +/- key to toggle between these settings and ENTER to pick your preference. Then follow the message prompts to finish program setting and start the program. Always start slow and ramp up intensity level as your fitness improves.

Constant Power Program: This program is a Power/Watt control program. Follow the message prompts to set the Target Power and the console will automatically adjust the level depending on your pedaling speed to maintain the target power/watt range. The program will start with 3-minute warm up period and you may press START key to bypass it. Once power control portion begins, you may still adjust the Target Power by pressing +/- keys during program. The program will adjust the level according to your new power setting.

HR programs: The Heart Rate programs are designed to keep you training at the chosen heart rate level. **These programs will only work when there is a valid heart rate signal.** It is recommended to use wireless heart rate transmitter rather than hand grip pulse sensors for this program because it is more accurate.

There are Target HR and HR interval programs. Follow the message prompts to set your target HR as well as Max level setting during the program.

These programs will start with a 3-minute warm up period which user will be able to adjust the level. After warm-up, the heart rate program begins, the console will take control and adjust the level automatically to ensure your target heart rate is maintained during the entire program. You may still adjust the target HR setting by pressing “+/-” keys during exercise.

This console is equipped with 5.4KHz Polar compatible, Bluetooth as well as ANT+ heartrate monitoring. The console will automatically connect to a nearby 5.4KHz transmitter or you may press the Bluetooth pulse key to scan & connect the Bluetooth/ANT+ transmitter.

User 1& 2 programs: These programs are the spaces for you to build your own workout profiles and store for future use. If you save a program before, you may recall it and press “Quick Start” key to begin immediately without the hassle of entering user information again.

To build your own profile, just follow the message prompts to set up your personal data. Once user data is set, you can then build the level profile by adjust the level setting in individual segment, press “Enter” to confirm the setting each time. After a few segments, if you want, you can press & hold the “Enter” key for a few seconds to bypass the rest of the level profile. Once the profile is set, the user information & profile is stored for future use.

Disclaimer Notice: Use of Third-Party Software or Apps

We may recommend use of 3rd party software, Apps, information, products, or web sites that are owned or operated by other companies. While we endeavor to direct you to helpful, trustworthy resources, We cannot endorse, approve, or guarantee software, information, Apps, products, or services provided by or at a third-party resource or track changes in the resource. Thus, we are not responsible for the content or accuracy of any third-party resource or for any loss or damage of any sort resulting from the use of, or for any failure of, products or services provided at or from a third party resource.

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 low intensity until you build endurance and strength. And always consult your physician before beginning any exercise program.

Heart Rate Monitoring Device & Exercise Tips

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 an elliptical 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.

Heart Rate Monitoring Device & Exercise Tips

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.

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