

BODYCRAFT

SP-Bracket for Indoor Training Cycles

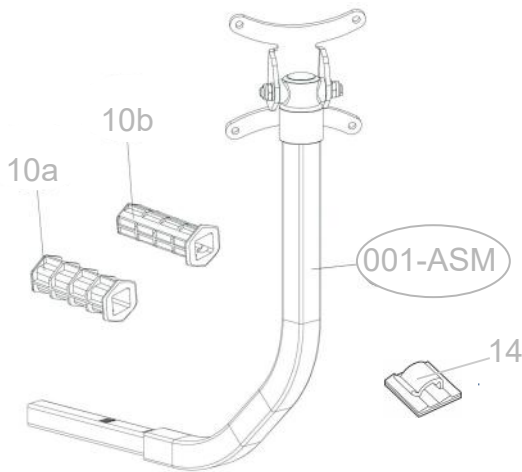
Owner's Manual



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Assembled Parts List - SP Bracket



Part #	Assembly Parts List	QTY
SP-Bracket-001-ASM	Bracket Frame Assembly	1
SP-Bracket-010a	Hexagon Sleeve - Large	1
SP-Bracket-010b	Hexagon Sleeve - Small	1
SP-Bracket-014	Cable Clip Mount	5

NOTE:

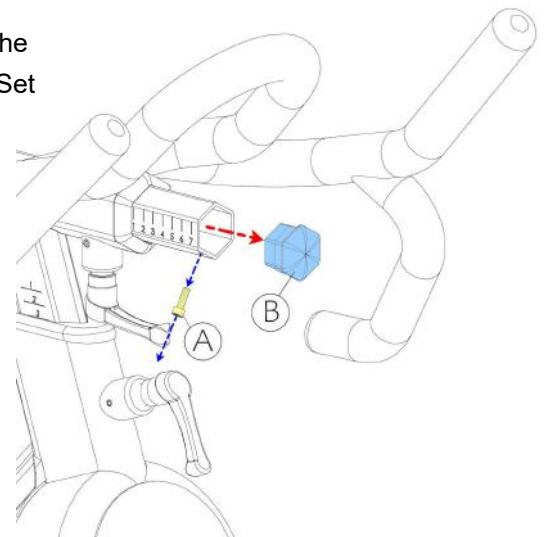
- SPX or SPX-Mag use part #10a (larger Hexagon Sleeve)
- SPR or SPT-Mag use part #10b (smaller Hexagon Sleeve)

Product Assembly

STEP 1: Remove Cap

- Remove the existing **Cap Screw (M5 x P1.0 x 10mm L) (A)** below the handlebar tube, on the right or left side, using a 4mm Allen Wrench. Set aside for reinstallation during STEP 3.
- Then continue by pulling out the existing **Plastic Hex Cap (B)** from the handlebar tube.

NOTE: This **Plastic Hex Cap (B)** will no longer be needed, but you might want to keep for future use if the SP-Bracket is taken off.



Recommended Tool:



ALLEN WRENCH
4mm METRIC

SP-Bracket v1.5



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800-990-5556



SERVICE@BODYCRAFT.COM

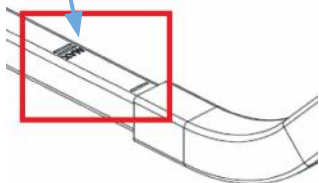
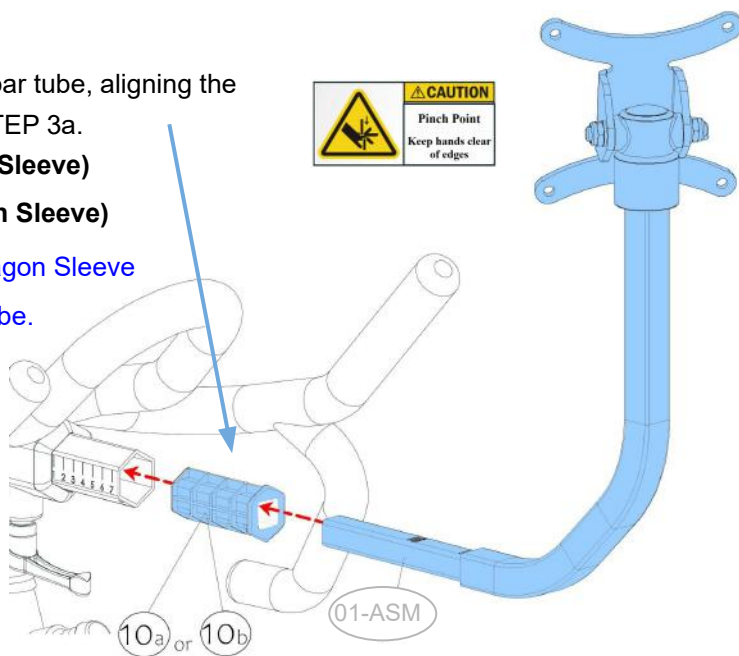
Product Assembly

STEP 2: Install Hexagon Sleeve

- a. Insert the correct Hexagon Sleeve into the handlebar tube, aligning the hole to match the side of the **Cap Screw** during STEP 3a.
 - SPX or SPX-Mag use part **#10a (larger Hexagon Sleeve)**
 - SPR or SPT-Mag use part **#10b (smaller Hexagon Sleeve)**

NOTE: Double confirm the **Cap Screw HOLE** in the **Hexagon Sleeve** lines up with the bottom hole on the handlebar tube.

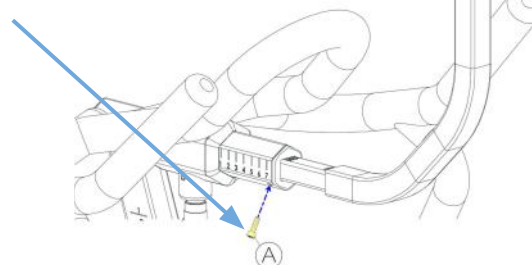
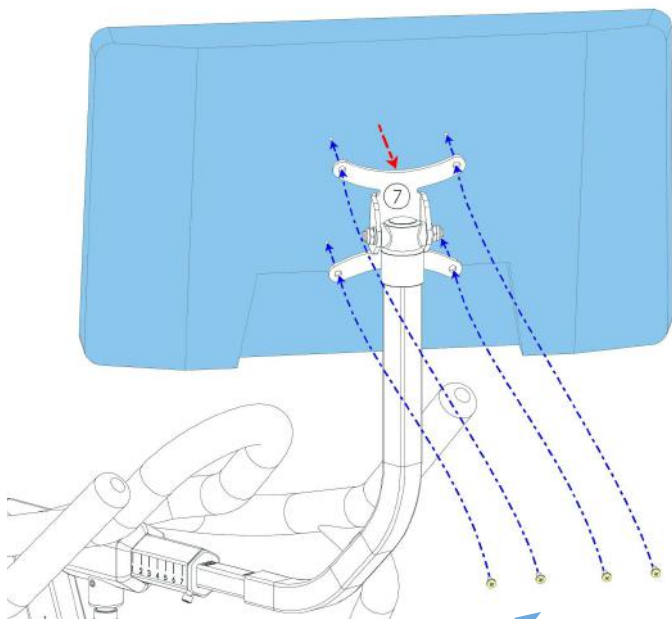
- b. Then continue by installing the **Main Frame Assembly (01-ASM)** into the **Hexagon Sleeve (10a or 10b)**.
- c. Confirm the **Main Frame Assembly (01-ASM)** inside the tube, is not extended out past the "Max" line marked on top of frame.



STEP 3: Securing Frame

Secure both the **Hexagon Sleeve (10a or 10b)** and the **Main Frame Assembly (01-ASM)** to the handlebar tube using the existing **Cap Screw (M5 x P1.0 x 10mm L) (A)** from STEP 1.

NOTE: Double confirm the **Cap Screw** is tightened down to withstand vigorous training usage.



STEP 4: Install Connect-22

Secure the **Connect-22** to the **Vesa-100 Bracket (7)** using the hardware, located in a small bag supplied within the Connect-22 box:

- 4: Philips Head Screws (M4 x 1.0p x 8mm L)

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



Product Assembly - Connect-22 Cable Routing per Machine



CAUTION: It is highly suggested to follow the steps below to secure the cable away from moving parts. Do not let the cable dangle straight down to the floor.

STEP 5: How to Install Cable Clip Mounts

- Clean surface with mild spray soap or a window cleaner and dry with a 100% cotton rag.
- Take adhesive strip off back of Cable Clip Mount.
- Place Cable Clip Mount and hold for 15 seconds.
- Install Cable under Clip while gently holding the back.



NOTE: DO NOT over stretch clip mount opening. Only open enough to gently slide the cable under the mount.

STEP 6: Install Cable Clip Mounts

- Find below which Indoor Training Cycle you have. Install a Cable Clip Mount at each arrow location.
- Then fully install the Cable with the 2.5mm power cord end at the Connect-22 back plug. Follow the Cable Clip Mounts with the Cable to the base of the Cycle.

NOTE: If you have downloaded this document, zoom in to see the light blue arrows and their locations.



SPR INDOOR TRAINING CYCLE



SPT-MAG INDOOR TRAINING CYCLE



SPX-MAG INDOOR TRAINING CYCLE

Parts from the Connect-22 (items below are not to scale)



Connect-22 22" Screen Unit
(Connect-22-001), 1 each



Power Tele-Cable from base of handlebar to Connect-22,
(Connect-22-007), 1 each



Power Supply w/ cable to base of handlebar, (Connect-22-005), 1 each



Power Cord to Power Supply,
(Connect-22-006), 1 each

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Detailed Parts List & Parts Exploded View

Part #	Detailed Parts List	QTY
SP-Bracket-001	Bracket Frame	1
SP-Bracket-002	Universal Joint	1
SP-Bracket-003	Flat Washer, CP 8 x D18 x 1.5t	1
SP-Bracket-004	Nut, UCP M8	1
SP-Bracket-005	Top Cap	1
SP-Bracket-006	Axle - Black	1
SP-Bracket-007	Vesa 100 Bracket	1
SP-Bracket-008	Washer, SS $\phi 8$ x $\phi 22$ x 2t	2
SP-Bracket-009	Nut SS M8	2
SP-Bracket-010a	Hexagon Sleeve - Large	1
SP-Bracket-010b	Hexagon Sleeve - Small	1
SP-Bracket-011	Set Screw, M6 x P1.0 x 6mm L	1
SP-Bracket-012	Plastic Washer, D18mm x 8.2mm x 0.5t	1
SP-Bracket-013	Gasket, D14mm x 8.2mm x 1.5t	1
SP-Bracket-014	Cable Clip Mount	5

