

BODYCRAFT

EXP SERIES™

T1200 Long Handrail Kit (T1200-LH)

for the BODYCRAFT T1200 Treadmill



For the Owner's Manual,
Assembly STEPS in
FULL COLOR
& additional
information,
scan this QR code.



THE FOLLOWING TOOLS ARE **RECOMMENDED** FOR EASIER ASSEMBLY:



ALLEN WRENCHES SET
(6mm)



PHILLIPS SCREWDRIVER
w/ Magnetic TIP



TORQUE WRENCH 3/8 DRIVE
w/ 6mm ALLEN

Owner's Manual

T1200-LH OM v1.2



WWW.BODYCRAFT.COM



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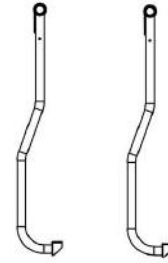
Assembled Parts, Hardware & Tools List, TM1200-LH (Long Handrails)



Frame, Handrail Extension,
Left - Assembly
(1 each) #1



Frame, Handrail Extension,
Right - Assembly
(1 each) #2



Frame, Rear Support Tube
(2 each) #3



Bolt, Button Allen Head
M8 x 1.25P x 20mm L - BLK
(4 each) #8



Bolt, Button Allen Head
M8 x 1.25P x 60mm L - BLK
(2 each) #9



Bolt, Socket Allen Head
M8 x 1.25P x 60mm L - BLK
(4 each) #10



Bolt, Socket Allen Head
M8 x 1.25P x 20mm L - BLK
(8 each) #11



Screw, Philips Head
M4 x 50mm L - BLK
(4 each) #12



Screw, Philips Head
M4 x 12mm L - BLK
(6 each) #13



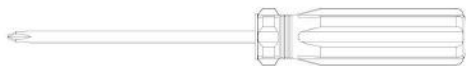
Washer, Flat 8mm
(12 each) #14



Washer, Curved 8mm
(6 each) #15



Washer, Spring 8mm
(12 each) #16



Phillips Screwdriver (size #2)
(1 each) #17



Wrench, Allen
6mm x 190mm L
(1 each) #18

Part #	Assembly Parts List	QTY
T120-LH:001-ASM	Frame, Handrail Extension, Left - Assembly	1
T120-LH:002-ASM	Frame, Handrail Extension, Right - Assembly	1
T120-LH:003	Frame, Rear Support Tube, for both Upper & Lower Handlebars	2
T120-LH:008	Bolt, Button Allen Head, M8 x 1.25p x 20mm L - BLK	4
T120-LH:009	Bolt, Button Allen Head, M8 x 1.25p x 60mm L - BLK	2
T120-LH:010	Bolt, Socket Allen Head, M8 x 1.25p x 60mm L - BLK	4
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	8
T120-LH:012	Screw, Philips Head, M4 x 50mm L - BLK	4
T120-LH:013	Screw, Philips Head, M4 x 12mm L - BLK	6
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	12
T120-LH:015	Washer, Curved, M8 x Ø16mm x T1.2 - BLK	6
T120-LH:016	Washer, Spring, M8 - BLK	12
T120-LH:017	Screwdriver, Phillips # 2	1
T120-LH:018	Wrench, Allen M6 x 190mm L	1

NOTE: Parts are not to scale

Product Assembly, TM1200-LH (Long Handrail Kit)

DECISION POINT


If you are installing a T1200-LH (Long Handrail Kit) on a fully assembled T1200,
Go to STEP 1 below

If you are simultaneously assembling a T1200 & Long Handrail Kit (T1200-LH),
Go directly to STEP 3 (Page 5)

STEP 1: Uninstall the Lt & Rt Handrail Side Covers (Inner & Outer) and Hardware

View Keys
Red dotted (large): Structural parts assembled direction.
Red dotted (med): Sub-parts assembled direction.
Blue dotted lines (small): Hardware assembled direction.

Recommended Tool:



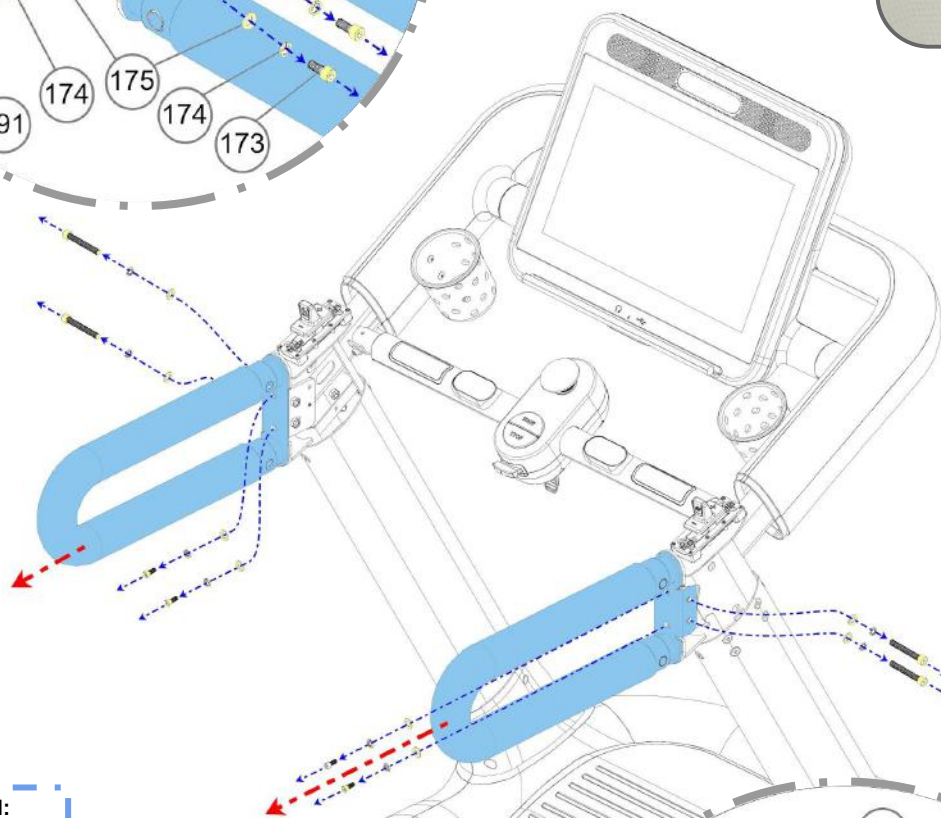
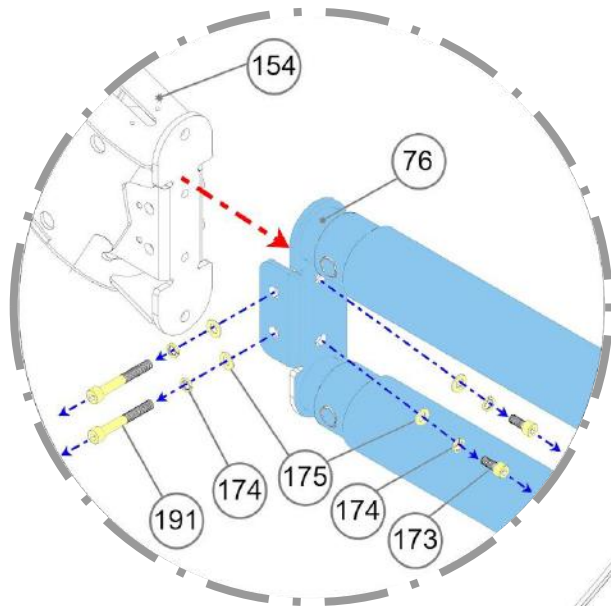
PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP

Part #	Uninstall Parts Description	QTY
T120:155	Handlebar Cover, Outer Left	1
T120:156	Handlebar Cover, Outer Right	1
T120:157	Handlebar Cover, Inner Left	1
T120:158	Handlebar Cover, Inner Right	1
T120:160	Screw, M4 x 0.7P x 50mm L - BLK (The Shorter Screws)	4
T120:192	Screw, Phillips Head, M4 x 0.7P x 12mm L - BLK (The Longer Screws)	4

TIP: Place both Rt & Lt Outer Handlebar Covers in a safe, non assembly area. This will insure they are not accidentally damaged during this Assembly process. Then reinstalled during STEPS 9a & 9b.

Product Assembly, TM1200-LH (Long Handrail Kit)

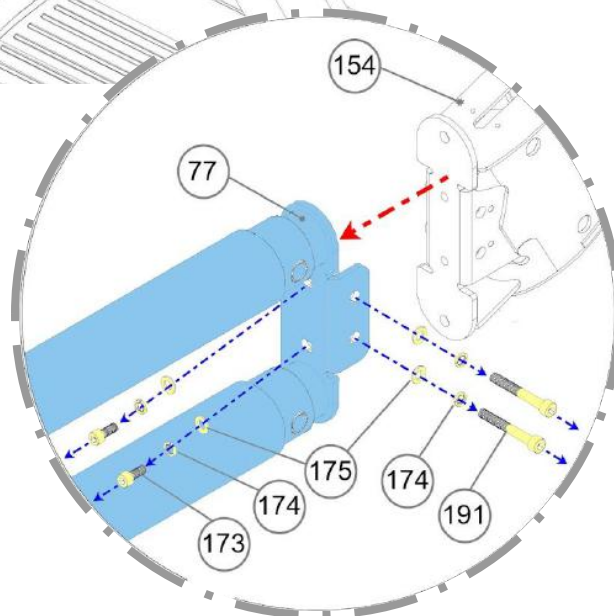
STEP 2: Uninstall the “Short” Handrail Side Frames (Rt & Lt) and Hardware



Recommended Tool:



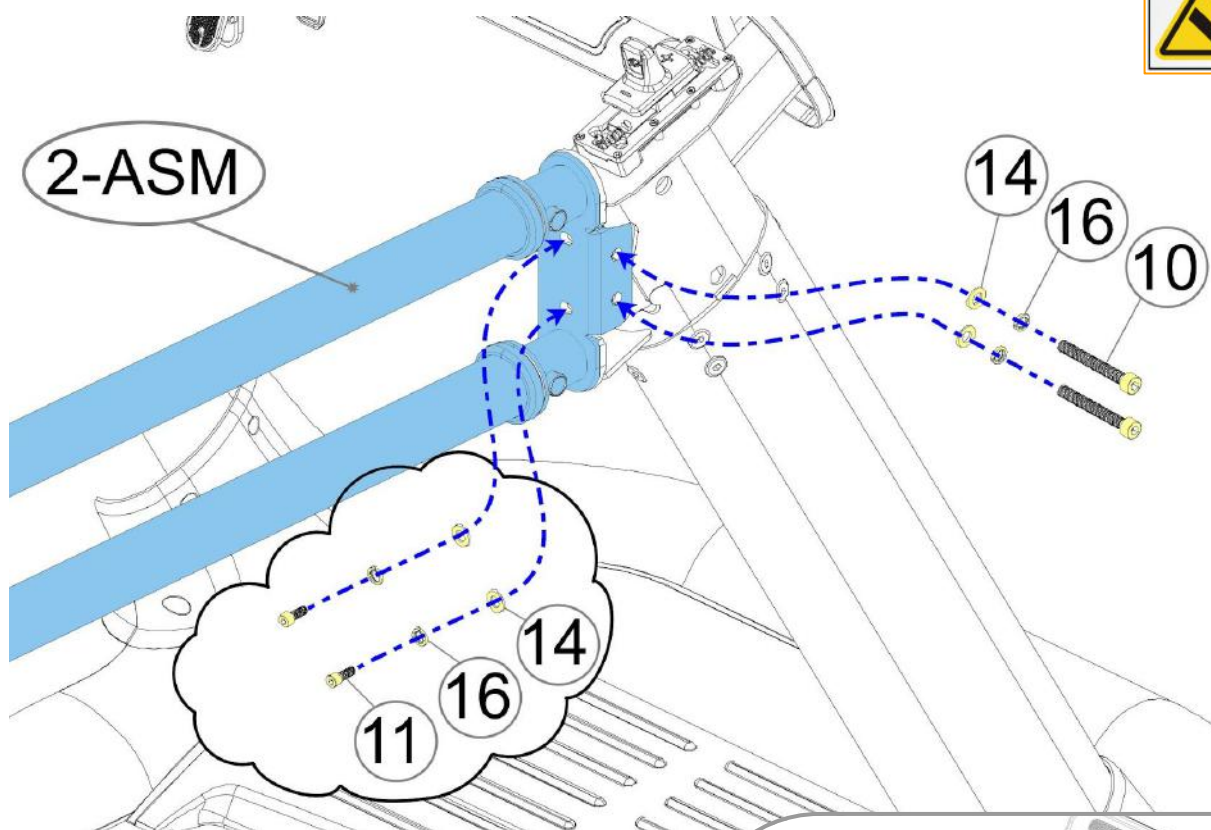
ALLEN WRENCH
6mm



Part #	Uninstall Parts Description	QTY
T120:076	Handrail Side Frame, with Rubber Foam Grip, Left	1
T120:077	Handrail Side Frame, with Rubber Foam Grip, Right	1
T120:173	Bolt, Allen Head, M8 x 1.25P x 20mm L - BLK	4
T120:174	Washer, Spring, M8 - BLK	8
T120:175	Washer, Flat, M8 x Ø16 x T1.0 - BLK	8
T120:191	Bolt, Allen Head, M8 x 1.25P x 60mm L - BLK	4

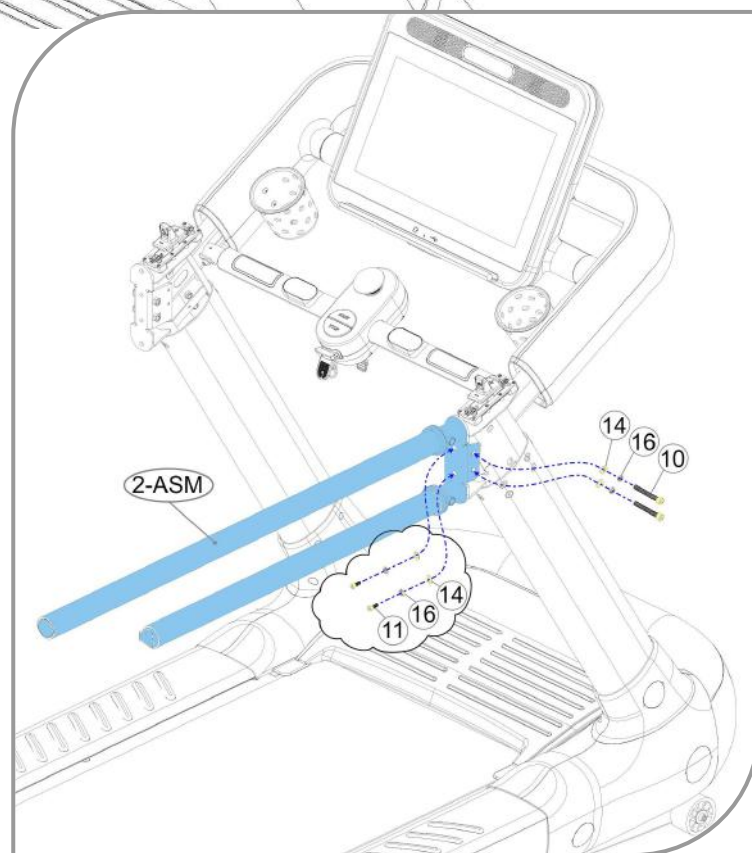
Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 3: Assemble the Right Handrail Extension Frame - Assembly

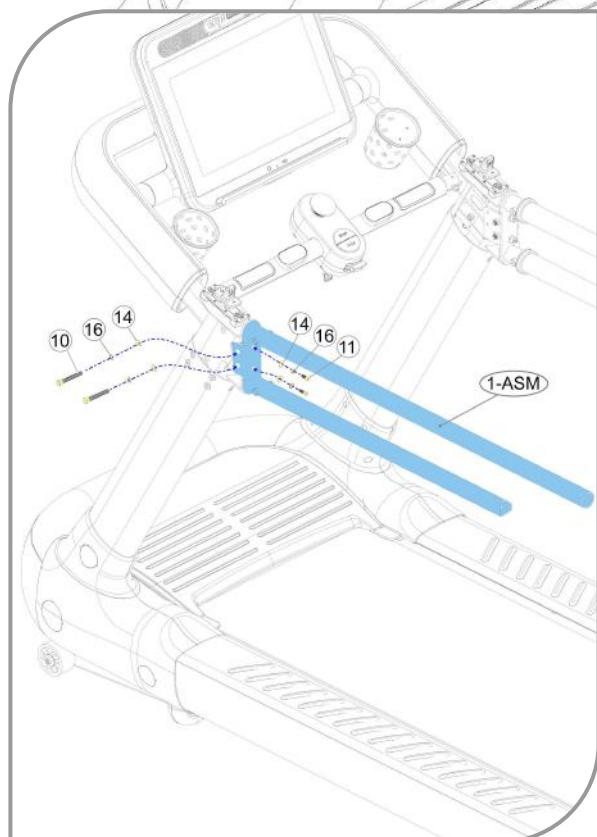
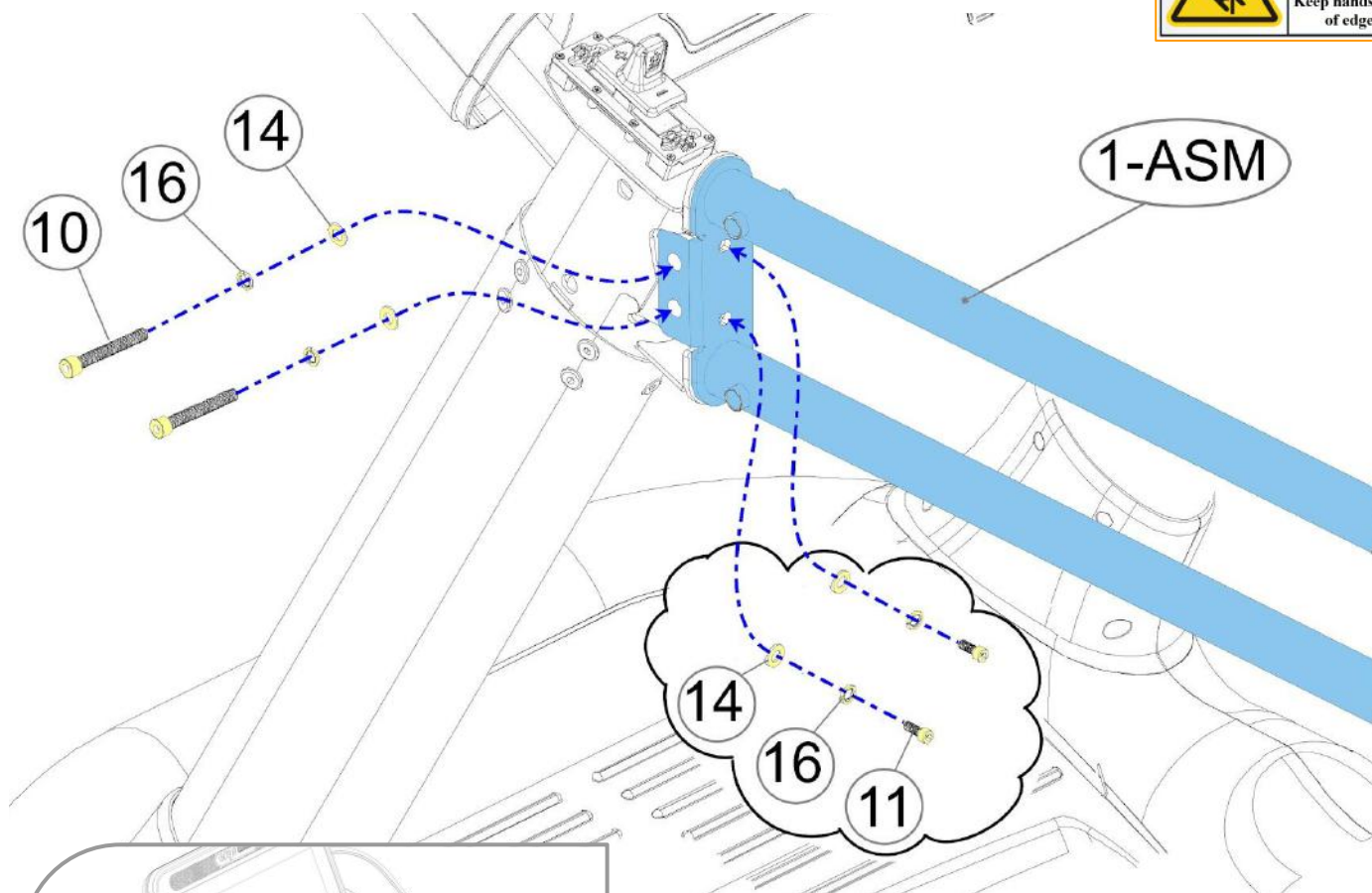


Please Hand Tighten All Bolts Until STEP 8

Part #	Assembly Parts List	QTY
T120-LH:002	Frame, Handrail Extension, Right -ASM	1
T120-LH:010	Bolt, Socket Allen Head, M8 x 1.25p x 60mm L - BLK	2
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	4
T120-LH:016	Washer, Spring, M8 - BLK	4



STEP 4: Assemble the Left Handrail Extension Frame - Assembly



⚠ Please Hand Tighten All Bolts Until STEP 8

Part #	Assembly Parts List	QTY
T120-LH:001	Frame, Handrail Extension, Left - Assembly	1
T120-LH:010	Bolt, Socket Allen Head, M8 x 1.25p x 60mm L - BLK	2
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	4
T120-LH:016	Washer, Spring, M8 - BLK	4

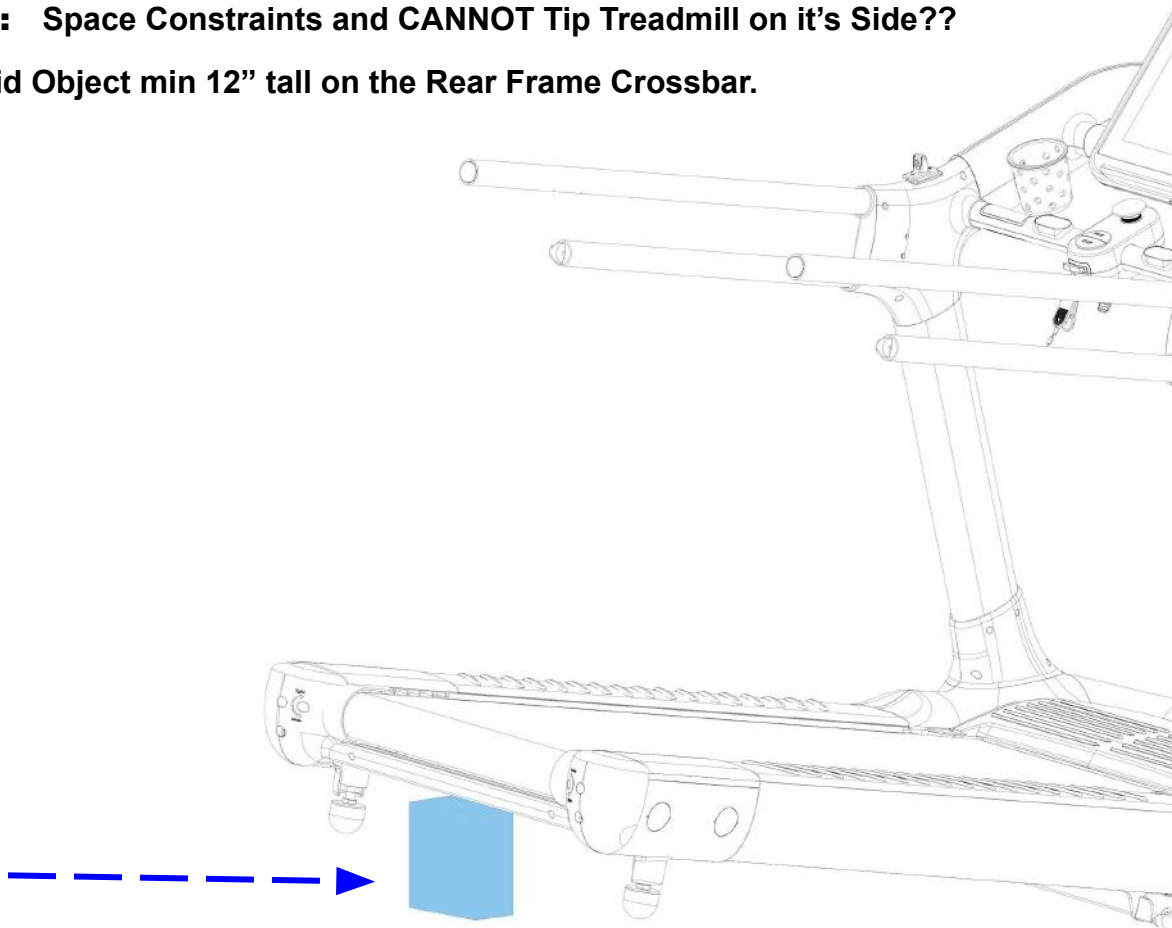
Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 5a: GENTLY Tip Treadmill on it's Side for EASY Access to the Bottom Frame Mounting Plates



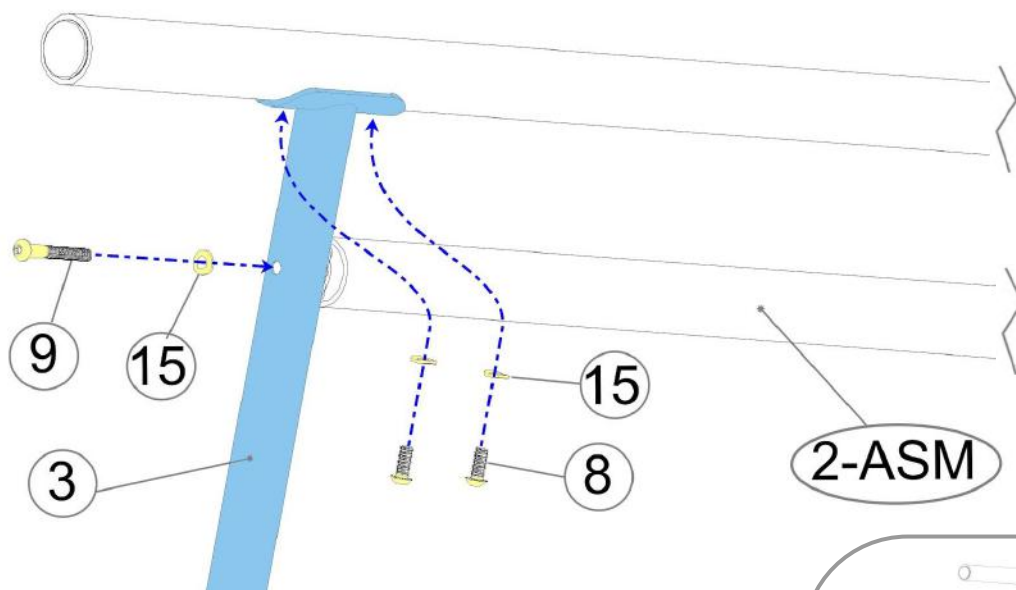
STEP 5b: Space Constraints and CANNOT Tip Treadmill on it's Side??

Use a Solid Object min 12" tall on the Rear Frame Crossbar.

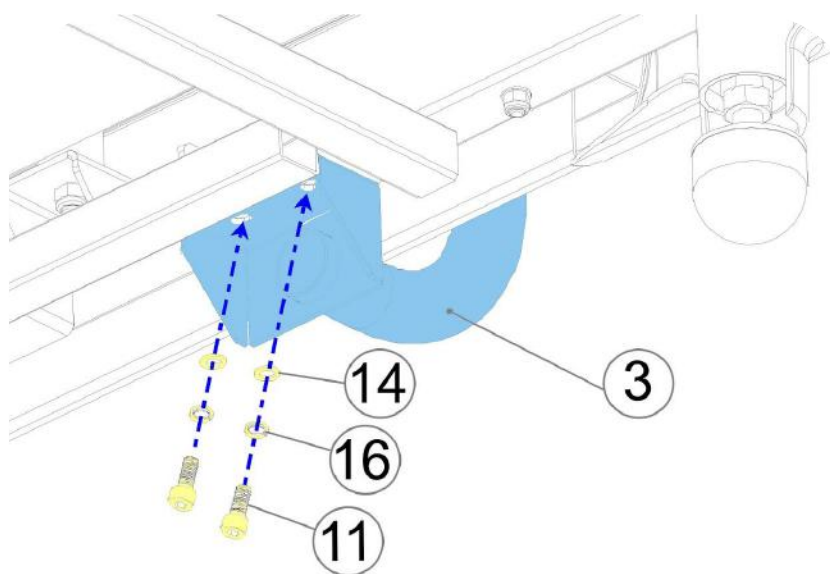
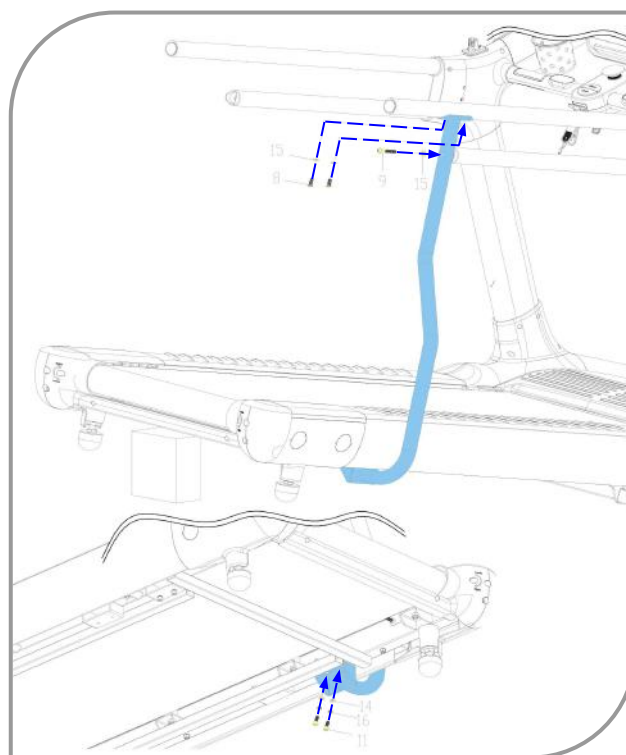


Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 6a & 6b: Install on the Right Side, the Rear Support Tube Frame



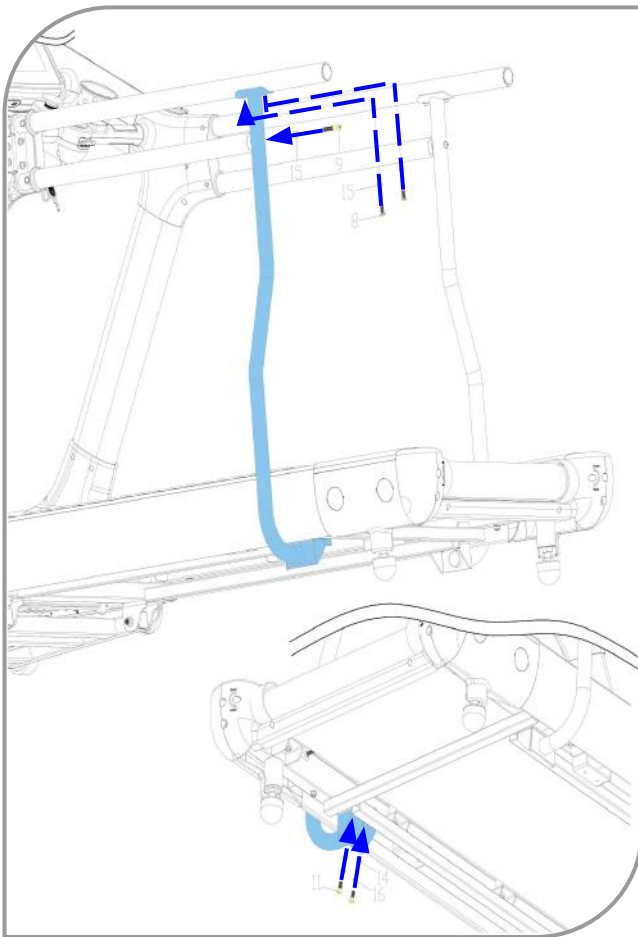
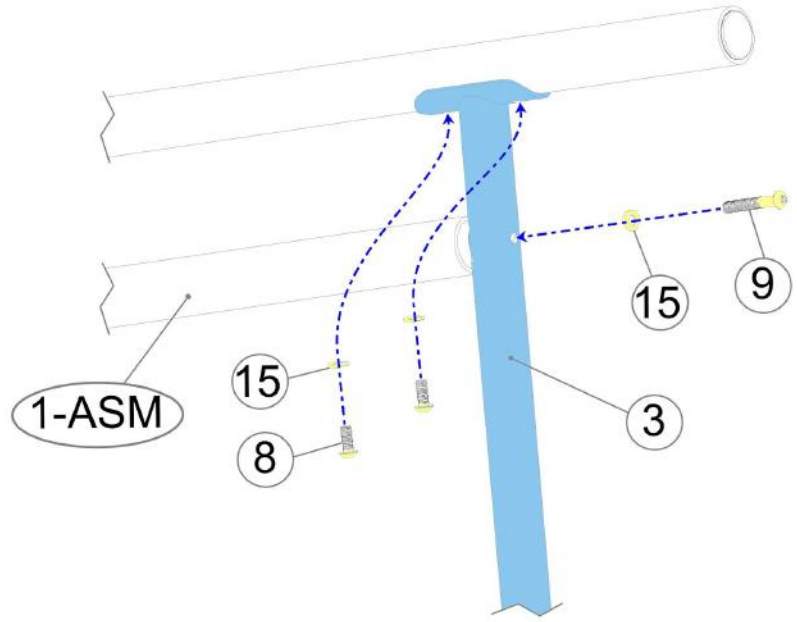
Part #	Assembly Parts List	QTY
T120-LH:003	Frame, Rear Support Tube, for both Upper & Lower Handlebars	1
T120-LH:008	Bolt, Button Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:009	Bolt, Button Allen Head, M8 x 1.25p x 60mm L - BLK	1
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	2
T120-LH:015	Washer, Curved, M8 x Ø16mm x T1.2 - BLK	3
T120-LH:016	Washer, Spring, M8 - BLK	2



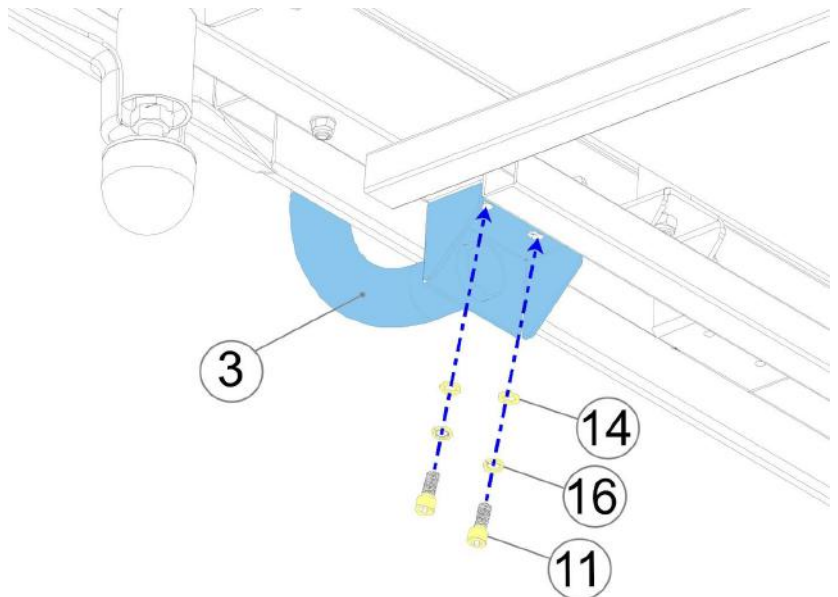
 **Please Hand Tighten All Bolts Until STEP 8**

Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 7a & 7b: Install on the Left Side, the Rear Support Tube Frame



Part #	Assembly Parts List	QTY
T120-LH:003	Frame, Rear Support Tube, for both Upper & Lower Handlebars	1
T120-LH:008	Bolt, Button Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:009	Bolt, Button Allen Head, M8 x 1.25p x 60mm L - BLK	1
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	2
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	2
T120-LH:015	Washer, Curved, M8 x Ø16mm x T1.2 - BLK	3
T120-EH:016	Washer, Spring, M8 - BLK	2



⚠ Please Hand Tighten All Bolts Until STEP 8

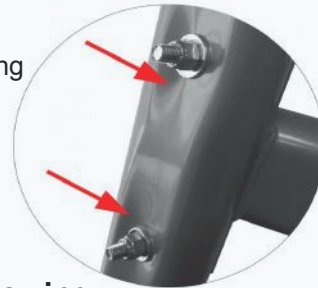
Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 8: "Torque Time" on ALL Bolts from STEP 3 - 7

NOTE: These recommended torque specs should be followed for correct assembly and safe operation of this machine.



Example of being overtightened not using the recommended torque specs.

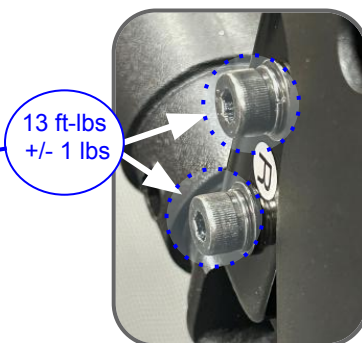
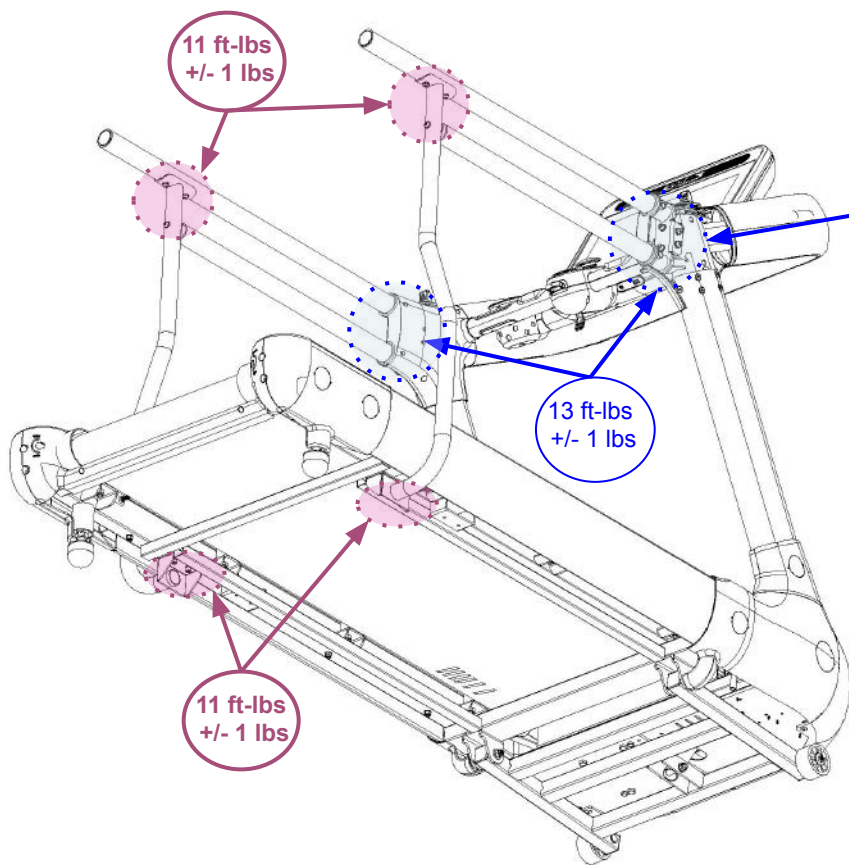


Tighten to torque specs to ensure the bolts and nuts do the following:

- Securely hold the frame and keep moving parts from coming loose during operation.
- Keep from crushing the frame.
- Avoid stripping the threads on either the bolts or nuts.
- Allow moving parts to adjust freely per the designed intent.



<https://www.wikihow.com/Use-a-Torque-Wrench#Video>



Recommended Tools:



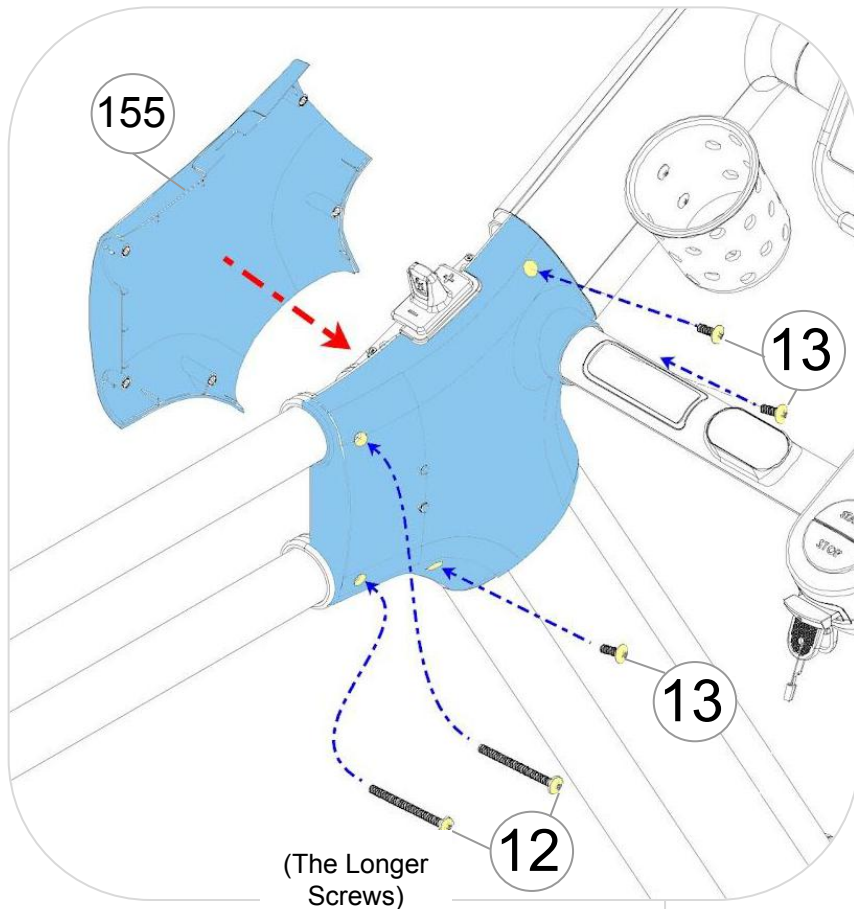
TORQUE WRENCH 3/8 DRIVE
w/ 6mm ALLEN

Tighten all 8mm Allen Head Bolts (for the frames) to the recommended torque specs.

NOTE: Start at the bottom then work your way up to the top.

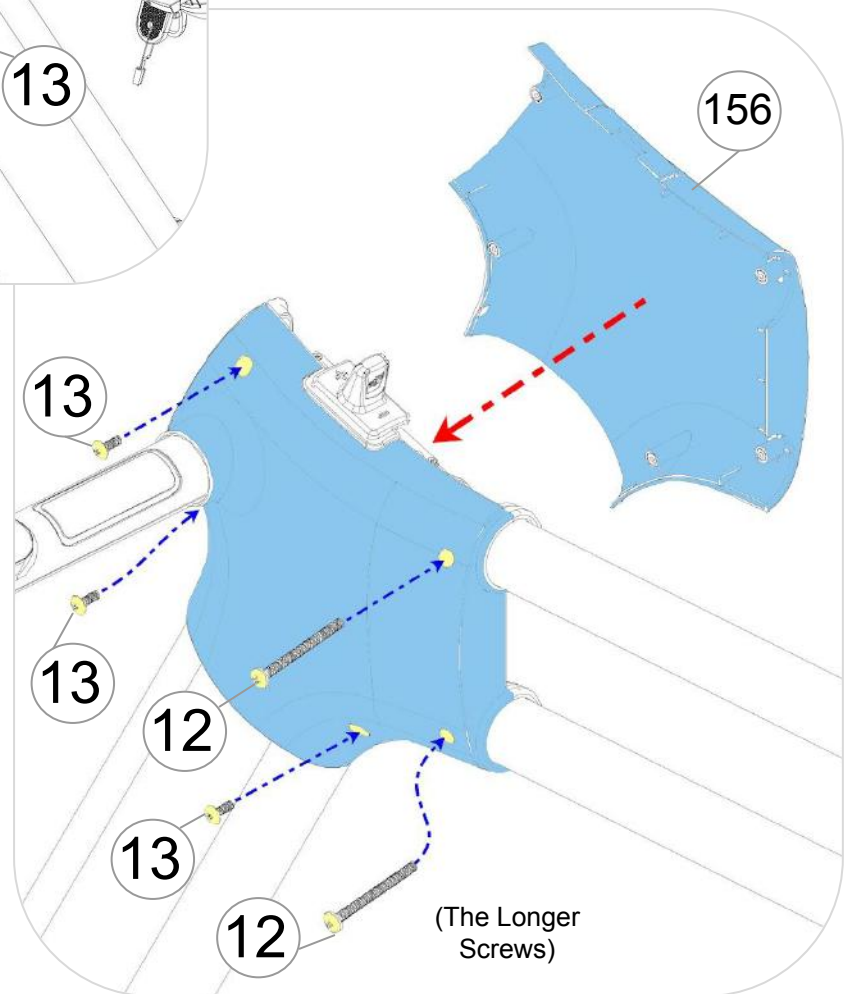
Product Assembly, TM1200-LH (Long Handrail Kit)

STEP 9a & 9b: Install on the Left & Right Handrail (Inner & Outer) Covers



Recommended Tool:

PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP



Part #	T1200 Parts Description	QTY
T120:155	Handlebar Cover, Outer Left	1
T120:156	Handlebar Cover, Outer Right	1
T120:157	Handlebar Cover, Inner Left	1
T120:158	Handlebar Cover, Inner Right	1

Part #	Long Handrail Kit, Assembly Hardware Parts List	QTY
T120-EH:012	Screw, Philips Head, M4 x 50mm L - BLK (the Longer Screws)	4
T120-EH:013	Screw, Philips Head, M4 x 12mm L - BLK (the Shorter Screws)	6

DECISION POINT

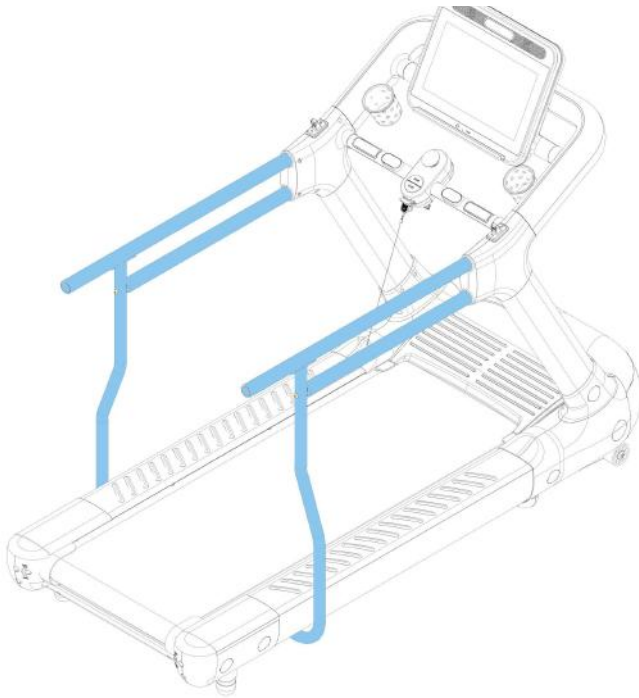
If you are finishing up the T1200-LH (Long Handrail Kit) on a fully assembled T1200,

[Go to STEP 10a below](#)

If you are simultaneously assembling a T1200 & Long Handrail Kit (T1200-LH),

Go directly to the [T1200 Owner's Manual](#) to continue the assembly on [STEP 15 - 17](#)

STEP 10a - GENTLY Tip Treadmill back Upright



STEP 10b - After GENTLY Tip Treadmill back Upright, Level & Tighten Jam Nut

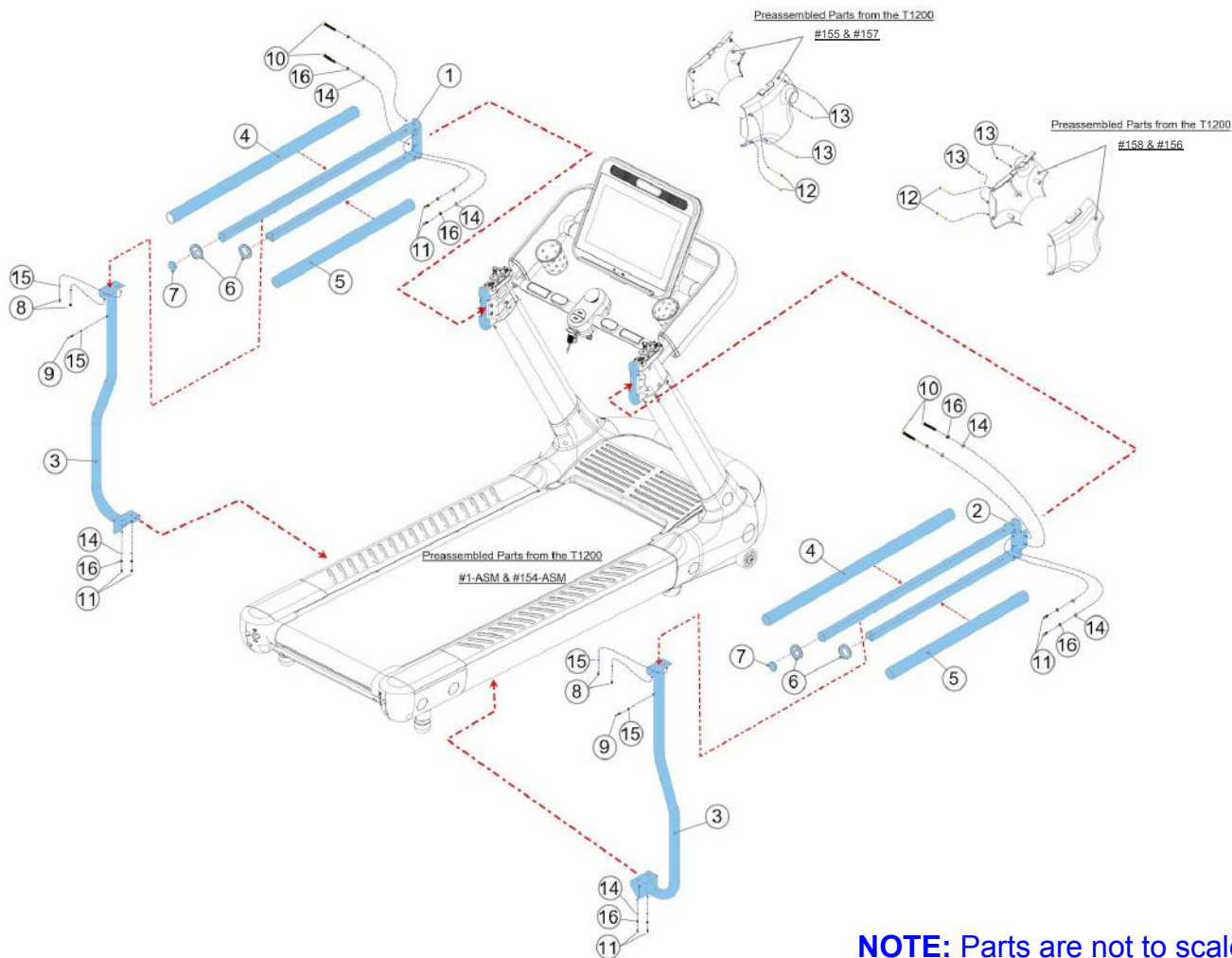


Watch [Leveling the Treadmill](#) on YouTube



Please Tighten the Rear Feet Locking Nuts at this time.

Detailed Parts List & Parts Exploded View, TM1200-LH (Long Handrail Kit)



NOTE: Parts are not to scale

Part #	Detailed Parts List	QTY
T120-LH:001	Frame, Handrail Extension, Left	1
T120-LH:002	Frame, Handrail Extension, Right	1
T120-LH:003	Frame, Rear Support Tube, for both Upper & Lower Handlebars	2
T120-LH:004	Neoprene Foam, ID Ø38.1 x 3.0mm Thick x 1,000mm L, for Longer Upper Handrail - BLK	2
T120-LH:005	Neoprene Foam, ID Ø38.1 x 3.0mm Thick x 730mm L, for Shorter Lower Handrail - BLK	2
T120-LH:006	Handrail Ring, for Front of Handlebars	4
T120-LH:007	Handrail Plug, for Rear of Upper Handlebars	2
T120-LH:008	Bolt, Button Allen Head, M8 x 1.25p x 20mm L - BLK	4
T120-LH:009	Bolt, Button Allen Head, M8 x 1.25p x 60mm L - BLK	2
T120-LH:010	Bolt, Socket Allen Head, M8 x 1.25p x 60mm L - BLK	4
T120-LH:011	Bolt, Socket Allen Head, M8 x 1.25p x 20mm L - BLK	8
T120-LH:012	Screw, Philips Head, M4 x 0.7P x 50mm L - BLK	4
T120-LH:013	Screw, Philips Head, M4 x 0.7P x 12mm L - BLK	6
T120-LH:014	Washer, Flat, M8 x Ø16mm x T1.0 - BLK	12
T120-LH:015	Washer, Curved, M8 x Ø16mm x T1.2 - BLK	6
T120-LH:016	Washer, Spring, M8 - BLK	12
T120-LH:017	Screwdriver, Phillips # 2	1
T120-LH:018	Wrench, Allen M6 x 190mm L	1

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.



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