

BODYCRAFT

EXP SERIES™

T1200 Treadmill Console Operation



For the Console Operation Manual - FULL version, in **FULL COLOR** & additional information, scan this QR code.



19" Touch Screen
(T2-19TS)



16" Touch Screen
(T2-16TS)



LED Screen
(T2-WLED)

Operation Manual

T1200_Console_OpM_v1.2_LTE



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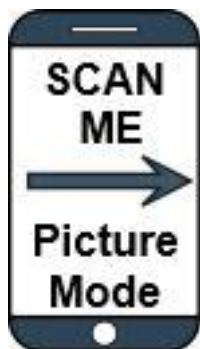
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Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

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

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Console Operation Instructions

Operations & Electrical Power Requirements	4
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LED Display

Display Layout	4
Device Ports	5
Keys	5 - 6
Basic Operation	6 - 7
Workout Programs	7 - 8

Touch Screen

Display Layout	9
Device Ports & Connectives	9
Physical Keys	10
Navigation	11 - 14
Initial Setup	15
Basic Operation	15 - 16
Program Basics ..	17 - 24

Disclaimer Notice

Use of Third-Party Software or Apps	24
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Heart Rate Monitoring Device & Exercise Tips

Pulse Hand Grips.....	25
Built-in Wireless Heart Rate Receiver	25
Aerobic Workout Recommendations	25

Contact Us

Contact Information	26
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Console Operation Instructions

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

Important:

Power up first. Locate the Power Cord attached to the front of the treadmill and plug it into a dedicated 120V / 20AMP with a grounded wall outlet. **NOTE: DO NOT USE a GFCI wall outlet.**

[Go to the T1200 Owner's Manual for detailed instructions.](#)

Turn on the power switch: The treadmill console will wake up and enter idle mode. Power cycling (turning the power off at the treadmill switch, waiting 1 min then turning back on) the treadmill occasionally is critical to the health of the treadmill because this will allow console reset and refresh.

The console needs to be paired with the treadmill incline/decline option and calibrated correctly to ensure smooth operation. If you installed a decline kit with the treadmill, you will need to calibrate the treadmill with the decline option to run properly. Please follow the message window prompts to calibrate before use.

LED Display, Layout

- **Dot Matrix Profile Window:** Displays program profile during program setting and executing. The program profile will be different according to which program is selected.

The Dot Matrix Display will be split into two sections during exercise. Depending on which program is selected, one side of the display will be either speed or incline profile and the other side of the display will be a track profile.



- **Speed and Incline Profiles:** Each profile contains ten (10) columns of LEDs representing 20 segments of time. Each segment time = total program time divided by 20 columns, except Quick Start program which represents 1 minute instead. During exercising, the 3rd column of LED will blink to indicate the time segment you are currently in and show your workout progress. The past segment will move to the left when the segment is finished.
- **Track Profile Display with Lap Counter in the Center:** The track LED profile will light up at the beginning of exercise and turn off one LED at a time to indicate the progress. One complete track = ¼ mile or 400m. During the 5K program, a complete track is 5KM.
- **Lap Counter:** This display is associated with track profile display, which 1 complete track = 1 lap = ¼ mile/400M. During the 5K program, the lap counter will be off.
- **Data Display Windows:** There are three (3) data display windows displaying “INCLINE, TIME & SPEED” during exercising.

LED Display, Layout (continued)

- **Alphanumeric display window:** This window will display instruction messages to assist you setting up the program and during exercising. When there is no scrolling message displaying, it will be used as a seven (7) data display with one row on top and one row on the bottom, with TOGGLE DATA button to switch display from top row to bottom row. Press the TOGGLE DATA button for a few seconds to turn the display into scan mode and automatically switch the displays.

LED Display, Device Ports

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

NOTE: Your media device compatibility with the USB will depend on the brand and model.

LED Display, Keys

- **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.
- **Stop Key:** Press this key once during exercise to pause the treadmill. Press this key a 2nd time to end the program and review workout summary. Press & hold this key for a few seconds to reset the console and go back to idle mode.
- **Speed & Incline Keys:** There are three (3) sets of +, - keys (console & handrails) for each Speed & Incline. Use these keys to adjust the user settings during programming as well as the Speed & Incline settings during exercise. For safety purposes, when you continually press a key to rapidly increase the speed & incline, it will only allow going up by 3 mph or 3% incline at a time.
- **Enter Key:** Used to confirm program and data entry.
- **Speed & Incline Quick Keys:** Press these quick keys to change the Speed or Incline settings to the designated value during exercise.
- **Fan Key:** Press this key to adjust fan speed to 3 different settings.
- **Bluetooth / Apps Key:** Press this key to connect to the Fitness Apps or power on the Bluetooth heart rate receiver.

LED Display, Keys (continued)

- **Safety Lanyard & Emergency Stop Key:** This key is designed for emergency stop during exercise. Always clip the safety lanyard securely on your clothes before exercising. Pulling this safety lanyard or pressing the EMERGENCY STOP button will stop the treadmill immediately. The incline will stay where it is. Reattach this key and adjust the incline setting back to starting position to resume treadmill operation.

LED Display, Basic Operation

- **Pause a Program:** Press STOP key to pause the treadmill, the motor will stop, and the console will stop accumulating data. The pause time is 30 seconds. After that, the console will reset back to idle mode. Within pause mode, press START key to resume the program.

NOTE: For safety reasons, when a user steps off the treadmill for more than 20 seconds, the treadmill will enter pause mode unless you turn the feature off.

- **Power Save Function:** This treadmill is equipped with power save function when the display mode is off. This means after 10 minutes of inactivity, the display will automatically turn 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 START key to quickly start the program or PROGRAM key to select a program and ENTER key to confirm a program. Then follow the instructions on the alphanumeric window to set up the personal data. When finished entering data, press the START key to begin the workout. (You may press START key anytime during setup to bypass and start the workout 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 feedback. **The factory defaults are:**
 - Age – 35
 - Weight – 150 lbs or 70 kg
 - Program time – 20 minutes
 - Program goal for manual program – time
- **End a Program and Review Summary:** When program time is reached, it will end the program and enter summary review mode. There are 30 seconds for you to review and record the workout summary before it enters idle mode.

LED Display, Basic Operation (continued)

- **Imperial / Metric Switching:** The default units setting is the Imperial system. To switch this to Metric system, press and hold ENTER & SPEED + keys at the same time in idle mode for 2 seconds to go to “Engineer Mode”. The message window will display UNITS: ENGLISH or METRIC. Press SPEED +/- key to switch. A MILE or KM indicator will show the current setting. Press ENTER key to confirm the setting. Press STOP key for a few seconds to get back to idle mode.

LED Display, Workout Programs

Besides Quick Start function, there are built-in program options for your selection: Manual, Hill Climb, Easy Jog, Speed Interval, HIIT, 5K and Target HR.

Quick Start: Pressing START key during idle mode will quickly 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 stop at any time by pressing STOP/PAUSE key once to pause or twice to end the program.

Preset Programs: This group includes Manual, Hill Climb, Easy Jog, Speed Interval & HIIT.

These programs are preset speed or incline profile programs and behave similarly. Pressing the program key will bring up a different program each time. When the desired program appears on the screen, press ENTER key to confirm. Follow the instructions to set up the user data and start the program. You may adjust the speed or incline by pressing any SPEED +/- or INCLINE +/- key or QUICK key at any time during a program. The dot matrix profile will update accordingly.

- **Manual Program:** The default speed for manual program is 0.3mph and 0% incline. There are three goals in this program to select and set up: Time, Distance and/or Calories goal. During program setting, follow the prompts and set up the goals by entering the value of each goal. The new goal(s) data will count down from target(s) during program.
- **Hill Climb Program:** This program has a preset incline profile and a constant speed setting. Follow the message prompts to enter program settings/max incline setting and start the program. The program profile will be modified according to the new max incline. However, you can still increase the incline in individual segments during the program.
- **Easy Jog Program:** This program has a preset speed profile and a constant incline setting. Follow the message prompts to enter program settings/max speed setting and start the program. The program profile will be modified according to the new max speed. However, you can still increase the speed in individual segments during the program.

- **Interval Programs:** These programs behave similarly to the Speed Profile program described above, however the program is divided with work speed & rest speed intervals. Follow the message prompts to enter program settings/max speed setting and start the program. The program profile will be modified according to the new max speed.
 - **Speed Interval:** Default work speed = 6 mph (9 kph) and rest speed = 2.5 mph (4 kph). You may adjust the speed during exercising. However, it will apply only to either work intervals or rest intervals depending in which segment you are adjusting.
 - **HIIT (High Intensity Interval Training):** This program is designed with a fast-paced workout routine. There are four (4) different (work:rest) time settings for you to choose from: 1:3; 2:1; 2:2 & 2:3. Each number represents a multiplication of 10 seconds. Press +/- key to toggle between these settings and ENTER to choose. Follow the message prompts to finish program setting and start the program. Always start slowly and ramp up intensity level as your fitness improves.

5K Program: This is a distance goal program with constant speed & incline settings. The faster you run, the faster you will reach the 5K distance. The track profile indicates your progress to the goal during exercise.

Target HR Program: The heart rate program is designed to keep you training at the chosen heart rate level. **This program will only work when there is a valid heart rate signal.** It is recommended to use a wireless heart rate monitor rather than hand grip pulse sensors for this program.

Follow the message prompts to set your target HR as well as Max Speed.

This program will start with a warm up period during which the user will be able to adjust the speed & incline until the HR reaches 80% of the target HR setting. After warm-up, the heart rate program begins. The console will take control and adjust the *speed* automatically to ensure your target heart rate is achieved and maintained during the entire program. You may still adjust the target HR setting by pressing the SPEED +/- key during exercise and adjust the incline setting during exercise by pressing the INCLINE +/- key.

Touch Screen, Layout



Touch Screen, Device Ports & Connectives

Touchscreen Display: The display is equipped with 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.

USB Port: Charge your device up to 1A or update console software. (Device not included) It is also used as a music & video player.

CAB Port: Support BVE remote control devices. Please contact your dealer for more information.

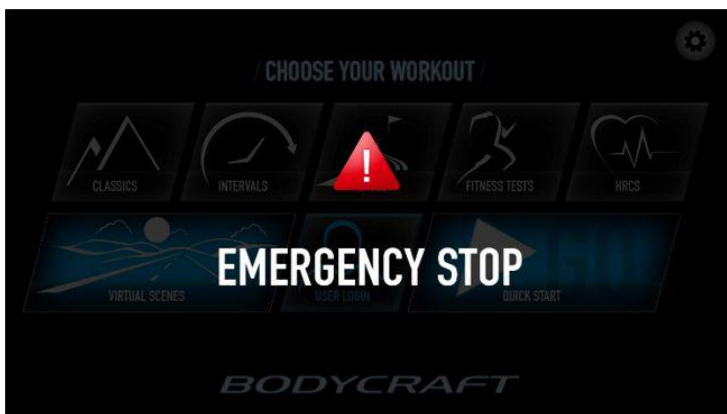
Headphone Jack: Standard 3.5mm audio jack used to connect headphones to the console during media playback.

HDMI Input & Ethernet Port & WIFI: Video, internet connections.

Bluetooth & ANT+ Connectivity: Connects to Bluetooth & ANT+ heart rate straps as well as Bluetooth headphone & speaker audio devices.

Touch Screen, Physical Keys

- **Quick Start Key:** Pressing the physical START key or on-screen QUICK START key during idle mode before you select a program will activate the Quick Start program immediately with default user values. Pressing this key during the program setup after a program is selected will start the selected program.
- **Stop:** Press the physical TSTOP key or on-screen STOP key during exercise to pause the treadmill. Press either key a 2nd time to end the program and review workout summary. Press & hold this key for a few seconds to reset the console and go back to idle mode. Press STOP key or on-screen SKIP key during cool down mode to end cool-down and enter workout summary mode.
- **Speed & Incline Keys:** There are three (3) sets of +, - keys (console & handrails) for each Speed & Incline. Use these keys to adjust the user settings during programming as well as the Speed & Incline settings during exercise. For safety purposes, when you continually press a key to rapidly increase the speed & incline, it will only allow going up by 3 mph or 3% incline at a time.
- **Speed & Incline Quick Keys:** Press these quick keys to change the Speed or Incline settings to the designated value during exercise.
- **Safety Lanyard & Emergency Stop Button:** These are designed for emergency stop during exercise. Pulling the lanyard or pressing the EMERGENCY STOP button will stop the treadmill immediately. The incline will stay where it is at. Reattach this key and adjust the incline setting back to initial starting position to resume treadmill operation.



Home Screen



Home Screen is where the 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.

- **Quick Start:** To start a workout with default setting right away.
- **Classics:** To get into six (6) preset classic programs: Goal, Random Incline, Hill, Walk, Run & Sprint.
- **Intervals:** There are four (4) interval programs inside this category: Incline, Speed, HIIT & Custom Intervals.
- **Races:** There are three (3) distance goal programs inside this category: 5K, 10K & Half Marathon.
- **Fitness Tests:** 9 popular fitness test protocols: Bruce, Gerkin, WFI, PEB, Army, Navy, Marine, Air Force & Coast Guard.
- **HRCs:** These are four (4) heart rate control programs: Target HR, HR interval, Fat Burn & Cardio.
- **Media:** Start the app first before starting your exercise.
- **Virtual Scenes:** This category comes with 4 beautiful scenic landscape videos to make your exercise more interesting.
- **Setting:** Use the initial console setting such as System setting, Bluetooth, Wireless & Language setting to make this console function properly. User Login: To get into user setting, build custom workout program and track user workout data.
- **Fitness App + BT Pulse:** Press this button to turn on the BT sensor for BT/ANT+ heart rate as well as connecting to compatible 3rd party fitness apps.

Touch Screen, Navigation (continued)

Program Selection & Setting Screens: Touch the desired program category, and it will open the program selection screen under each category. Then touch the desired program to open the program setting screen. Fill in the necessary values to finish the program settings and press the START button to start the program.

For example, to start a goal program:



Exercise Screen: Some programs will start with a 3-minute WARM UP. The time will count down and speed & incline are defaulted at a lower rate & grade. You may adjust them during this period.



After WARM UP or as soon as the START button is pressed, in some programs the exercise screen will start.

Touch Screen, Navigation (continued)

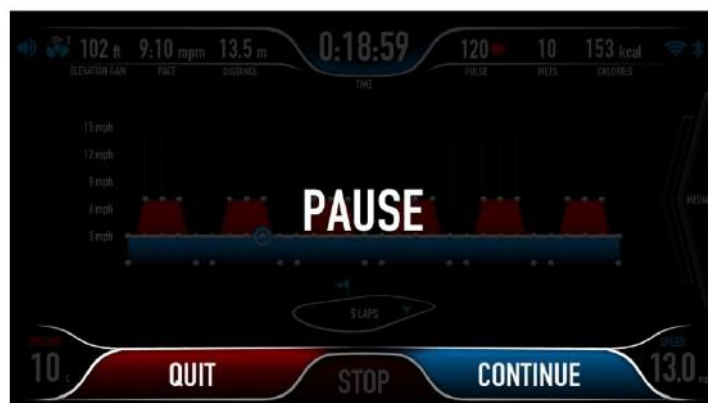
- **Data Displays:** Time, Pulse, Mets, Calories, Distance, Pace, Elevation Gain are displayed on the top of the screen. Incline %, and Speed are displayed on the bottom.
- **STOP Button:** To pause the exercise. Or, press a second time to end the exercise.
- **SPEED & INCLINE +/- Keys:** To adjust speed & incline settings.
- **Profile Display:** There are three different profile displays available: Speed (blue profile), Incline (red profile) & 400m/0.25mile Lap display with lap counter. Speed & Incline profiles will be displayed according to program default as well as speed/incline adjustment during exercise. Touch the desired profile on the screen to switch.



Pause Screen: During exercise, you may press the STOP key to pause the treadmill for up to 10 minutes. The treadmill speed will stop, the incline will stay, and data will stop accumulating. You may press CONTINUE to resume back to previous activity or QUIT to end the program.

If no key is pressed within 10 minutes, the console will reset and go back to idle mode.

For safety reasons, if you step off the treadmill for 20 seconds, the treadmill will automatically pause unless you turn this feature off.



Touch Screen Navigation (continued)

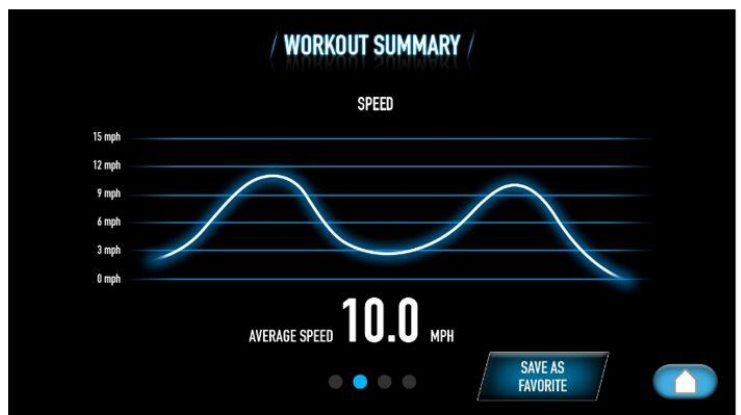
Cool Down Screen: After program time is up, a 3-minute Cool Down mode will start. Same as Warm Up, the speed & incline are started with a lower rate & grade. You may adjust them during this period.



Workout Summary Screen: When the QUIT 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 the SAVE AS FAVORITE option is available, you may save this program into your favorite programs by pressing the SAVE AS FAVORITE button and follow on-screen instructions to save it.

Press AUTO LOG OFF button on the top left corner to sign off all of your personal user information on the 3rd party app if you are in a public place to ensure the security of your personal data.



Touch Screen, Initial Setup

Please initiate preferred product settings before using the treadmill. Touch the **SETTING** button on the right top corner of the home screen to start.

There are the selections listed on the screen. Select unit setting (Imperial, or Metric) to your liking. Pair a Bluetooth device and/or connect to WIFI. Lastly, select your language if you prefer.



Touch Screen, Basic Operation

User Login: The 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 what this console has to offer. There are 6 user profiles that can be stored in this console. Each person has up to ten (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.



Touch Screen, Basic Operation (continued)

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

Select USER LOGIN button. Select a User name/number > User Info > Set up all your user information or sync with Wahoo app. > 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. Otherwise, it will not work properly.

For security purposes, 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.

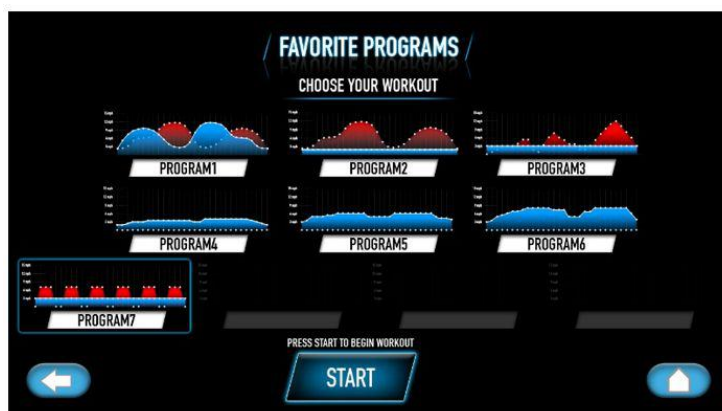
NOTE: If your password is forgotten, you may press & hold the top left corner for a few seconds to reset it. If you don't want a password, just leave the password box blank.

Once user information is filled in, you may now build your own custom workout program, or review workout history.



After a user profile has been built, the best way to begin using this product is:

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



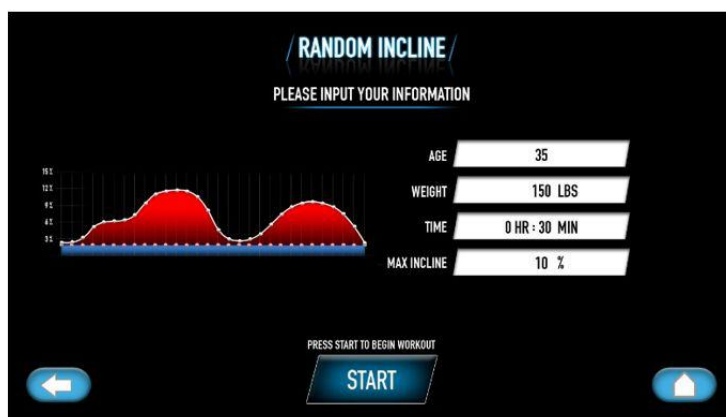
Touch Screen, Program Basics

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 the 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 or the physical QUICK START button and the treadmill will start 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 stored user data for calculation.

- The program will start with 0.5mph speed and 0% incline.
- The program time will count up from 0.
- You may adjust speed & incline any time during the program.
- Press the STOP button to pause the program. The QUIT button to end the program and review summary.

Classic Programs: There are six (6) programs inside the this program category. These are easy to use. Simple preset incline or speed programs. Follow on-screen instructions to enter user information and start to exercise right away. At any time during exercise, the user may adjust the incline or speed by pressing associated +/- keys.



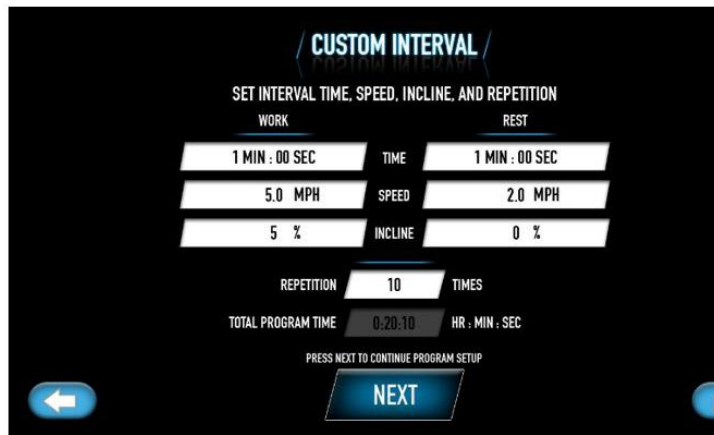
Touch Screen, Program Basics (continued)

- **Goal Program:** The user may select up to three (3) goals: Time, Distance & Calories. Every goal selected will count down when the exercise starts.
- **Random Incline Program:** The console will generate a new incline profile randomly each time you select the program, with the option to set a maximum incline percentage limit to ensure it does not exceed your desired level.
- **Hill Program:** This is another preset incline profile program. The speed default is a constant speed.
- **Walk, Run & Sprint Programs:** These three (3) programs are similar. They all are speed profile programs with a constant incline setting. You may set your max speed for these programs.



Touch Screen, Program Basics (continued)

Interval Programs: There are four (4) interval programs inside this category for cardio condition training purposes. 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 connected, 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 a 3 minute warm up period.



- **Incline & Speed Intervals:** Implied by the names, one (1) is with preset incline intervals and the other one (1) is with preset speed intervals. You may set max incline or max speed respectively.
- **Custom HIIT (High Intensity Interval Training):** This program is designed to run at a very high speed in a very short period. There are four (4) interval work vs rest time ratios to choose from. For example, 1:3 meaning 10 seconds of work and 30 seconds of rest. You will then repeat this interval with your preset repetition times (up to 20 times).
- **Custom Interval:** You design your own work & rest interval time, speed, incline & repetition.

Touch Screen, Program Basics (continued)

Race Programs: These are popular long distance run programs: 5K, 10K & Half marathon (21K). Each program comes with a track map matching the distance selected. You set your time goal and the calculated pace indicator (arrow) will light up to guide you or race you (avatar indicator).



Fitness Tests: There are nine (9) fitness assessment protocols built into this fitness test category. These protocols are used commonly for the US military, fire departments as well as other law enforcement agencies.



- **Bruce, Gerkin & WFI Programs:** These are tested based on the heart rate condition. Heart rate signal must be valid throughout the test to calculate the score. The console will adjust speed & incline 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. If there is no valid heart rate signal or the STOP key is pressed before the test is completed, the test will fail.
- **PEB, Army, Navy, Marine, Air Force & Coast Guard Programs:** These programs are tested with a preset distance goal, such as 2.0 mile for Army or 3.0 mile for Marine. The test result pass or not depends on the time you finish the set distance taking considerations of age & gender.

Touch Screen, Program Basics (continued)

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 a wireless heart rate monitor 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 warm up period during which user will be able to adjust the speed & incline until the HR reaches 80% of the target HR setting. After warm-up, the heart rate program begins. The console will take control and adjust the speed automatically to ensure your target heart rate is achieved and maintained during the entire program. You may still adjust the target HR during exercise and adjust the incline setting during exercise by pressing the INCLINE +/- keys.

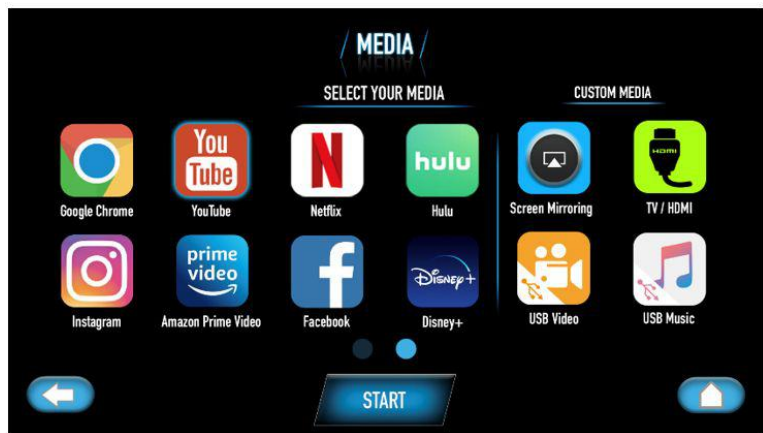


Virtual Scenes: There are four (4) scenic landscape videos to bring your run to a virtual outdoor experience: Tropical, Beaches, Forests & Mountains.. You may select to sync your speed with the video playing speed or just view a video along the way of your run. Every part of the program works the same way as other programs as you can adjust incline or speed 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.

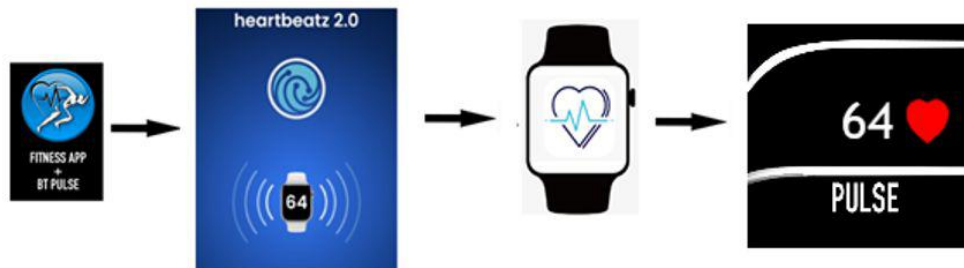


Custom Media/Device Operation:



5.4KHz Polar Compatible, Bluetooth & ANT+ Heart Rate Monitoring: This console is equipped with 5.4KHz wireless/Polar compatible, Bluetooth as well as ANT+ heartrate monitoring. The console will automatically scan and connect with the closest strap. Press FITNESS APP + BT PULSE button on the homepage to turn on the power and connect to your Bluetooth/ANT+ heart rate device.

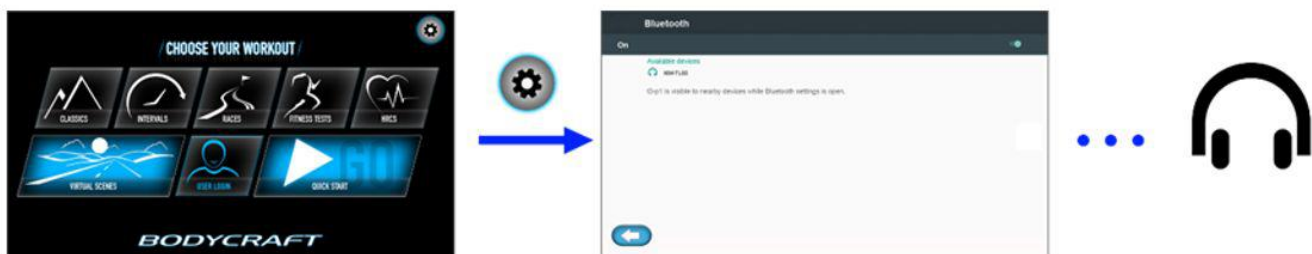
Optional “Heartbeatz” App (*Subscription Required*) for Apple Watch Connection:



NOTE: When you connect to a 3rd party app, you have consented to the app's terms and conditions which is outside of our control.

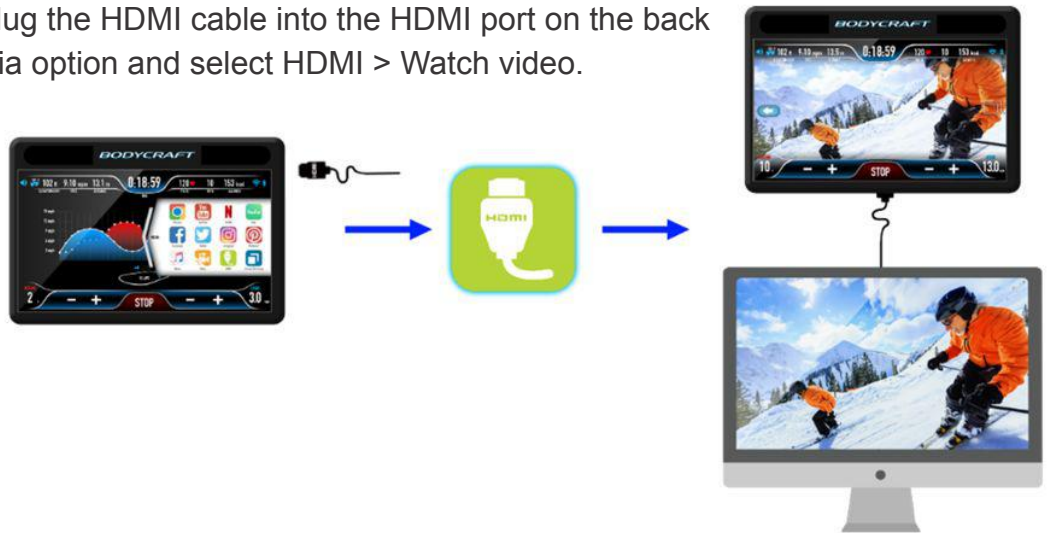
Bluetooth Headphone/Speaker Feature: To pair a device with the console, tab SETTINGS on the homepage > Bluetooth > pair with the device.

NOTE: Only one audio device & a heart rate transmitter can be paired at one time.



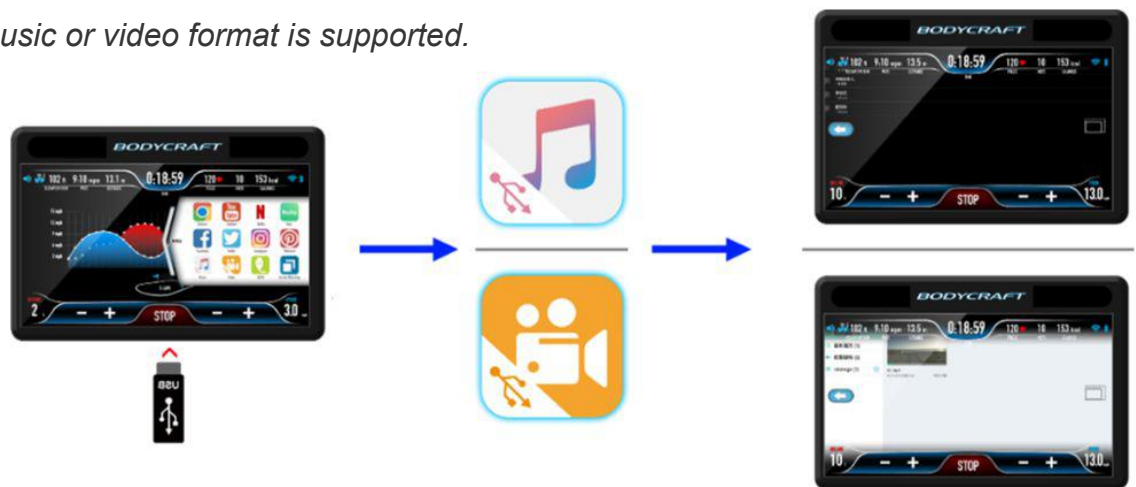
Touch Screen, Program Basics (continued)

HDMI Device Connection: Plug the HDMI cable into the HDMI port on the back of the console > Slide the media option and select HDMI > Watch video.



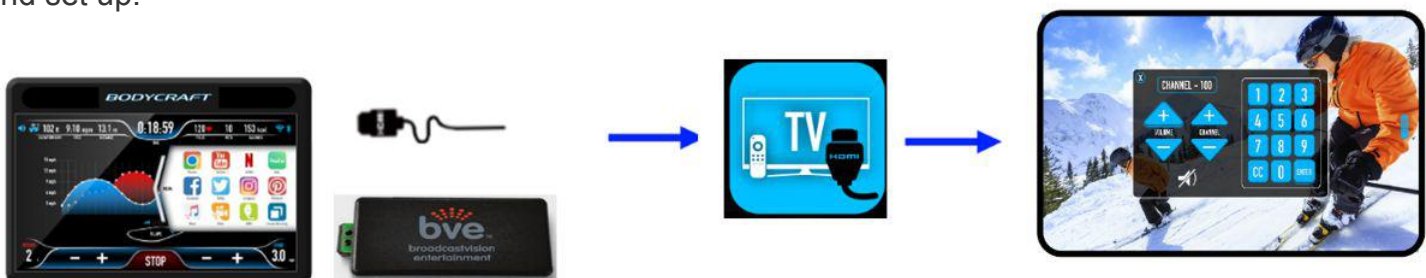
USB Music & Video Features: Plug in the USB flash drive that contains the music or video you desire. > Slide the media option and touch the music or video button > Select the music or video from the playlist.

NOTE: *Not every music or video format is supported.*



CAB Port Feature: (Works Only with Optional BVE CAB Device): This is an optional feature to eliminate the physical remote control for cable/satellite box and brings the remote control right on your screen. This optional feature is only compatible with a 3rd party BVE CAB device. Please contact your BODYCRAFT dealer for more information.

Plug in the CAB device to the CAB port and the HDMI cable to the HDMI port to get TV signal and remote control to display on the console screen. Follow the CAB installation instruction for proper configuration and set up.



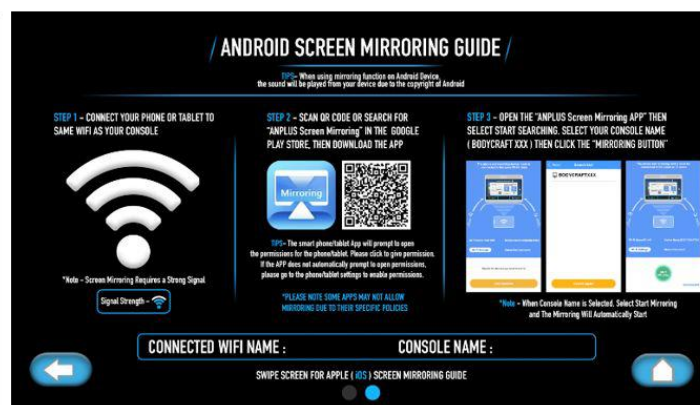
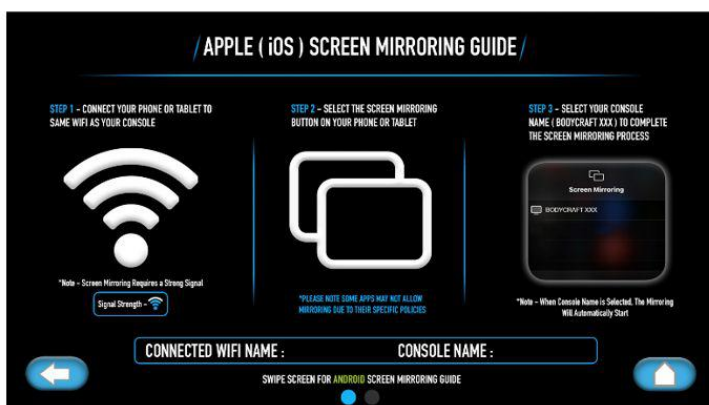
Touch Screen, Program Basics (continued)

Fitness App Connection: Download a compatible fitness app on your mobile device. To connect: Press the FITNESS APP & BT PULSE button on home screen > Open the app on your smartphone / tablet > Pair with the treadmill > Start exercise.

NOTE: There is only one user that can be synced with the treadmill at one time.



Mirroring Feature:



iOS Device Mirroring: Make sure your device is connected to the same WIFI network as the console. Follow the on-screen instructions to set it up.

Android Device: Please download and install the “ANPLUS Screen Mirroring” App on your Android device. Then make sure your device is connected to the same WIFI network as the console. Follow the on-screen instructions to set it up.

NOTE:: Some apps may not allow mirroring due to their specific policies.

Software Update: To ensure the console is running smoothly, software updates are required periodically and the same can be said with media apps. This console is equipped with cloud software update as well as manual updates via USB port. When there is a new system software update available, the console will notify you with a message or you can check SYSTEM & APPS under Settings for any new software availability.

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 websites resources, We cannot endorse, approve, or guarantee software, information, Apps, products, or services provided by 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.

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 wireless strap for Heart Rate control program, as it is more accurate. If you wear a wireless strap and use hand grips at the same time for heart rate monitoring purposes, please note the console will take the measurement of the wireless strap.)

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.



Built in Wireless Heart Rate Receiver: This product is equipped with a built-in receiver for your heart rate monitoring. Any heart rate telemetry strap that transmits at 5 Khz, Bluetooth, or ANT+ 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 are 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.

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

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.



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