

BODYCRAFT

EXPTMSERIES



U1000 Upright Bike

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



Base Serial Number: U _____

Console Serial Number: _____

Purchased Date: ____ / ____ / ____

Dealer's Name: _____

Please register your products at:

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



Base Serial Number

Owner's Manual

(U1K1-V2) ver 1.4



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting BODYCRAFT. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new unit is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

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

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

Or go to:

www.bodycraft.com/customer-support

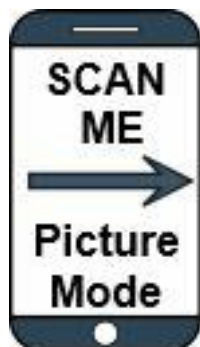


Table of Contents



NOTE: When you have downloaded the Owner's Manual into a PDF reader, go directly to the desired page by touching words in this Table of Contents.

Product Safety Information

Page

FCC Information	4
Product Safety	5 - 6

Product Overview

Product Overview Components & Tools for Assembly	7
Hardware Identification Chart	8
Assembly Parts	9
Shipping Boxes and What's Inside Each One	10

How Assemble the Upright Bike

Product Assembly Instructions	11 - 23
-------------------------------------	---------

Operation Instructions

Operating Instruction	25 - 26
Cleaning your Bike	27
Heart Rate Monitoring Grips & Wireless Receiver	28
Erratic Heart Rate Readings & Exercise Tips	29
Installation Checklist	30



Energy
saving

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

Table of Contents

Page

Maintenance & Repairs

Information Needed Prior to Contacting Customer Support	31
Circuit Diagram	32
Parts Lists	33 - 34
Parts Exploded View	35

Warranty

Product Warranty	36
Product Warranty Registration	37
Contact Us Information	38

FCC Information

Caution: Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Safety and Warnings - Bike



There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

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

Safety and Warnings - Bike

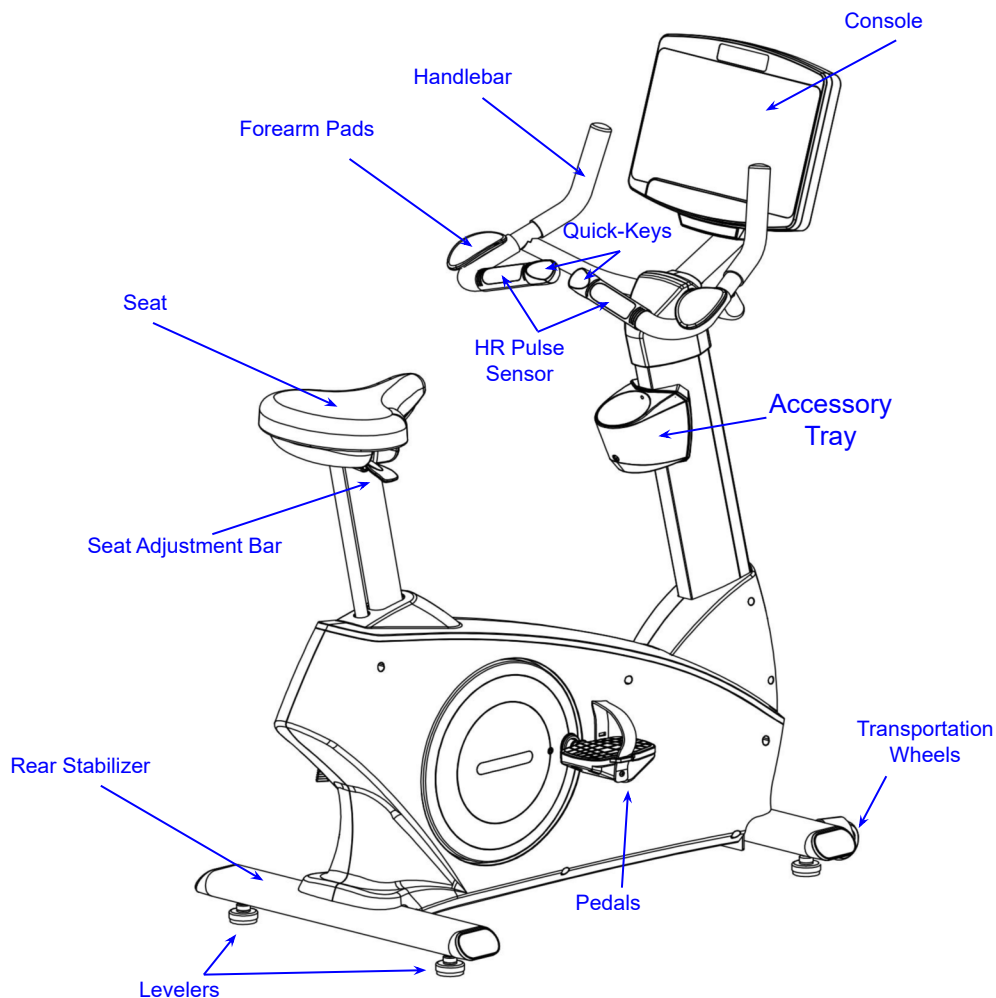
- Keep both feet firmly and securely on the Foot Pedals while exercising.
- This *Bike* should not be used by persons weighing over 400 pounds /181 kgs.
- The *Bike* should be used by only one person at a time.
- Make sure that adequate space is available for access to and passage around the *Bike*;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

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

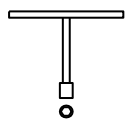
READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.



Product Overview Components and Tools for Assembly



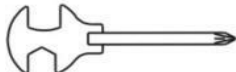
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



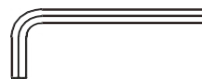
**T-HAND SOCKET
WRENCH (17mm)**



**SOCKET WRENCH
(13mm)**



**COMBINATION
WRENCH (13mm / 15mm)**



**ALLEN WRENCH
(5 mm)**



**PHILLIPS
SCREWDRIVER (6mm)**

THE FOLLOWING TOOLS ARE RECOMMENDED FOR EASIER ASSEMBLY:



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



**OPEN & CLOSED WRENCHES
for 13mm & 17mm**



**ALLEN WRENCHES SET
4mm to 10mm**



**PHILLIPS SCREWDRIVERS
#2 w/ Magnetic TIP**



**EXTRA LONG PEDAL
WRENCHES 15mm (min 8" long)**

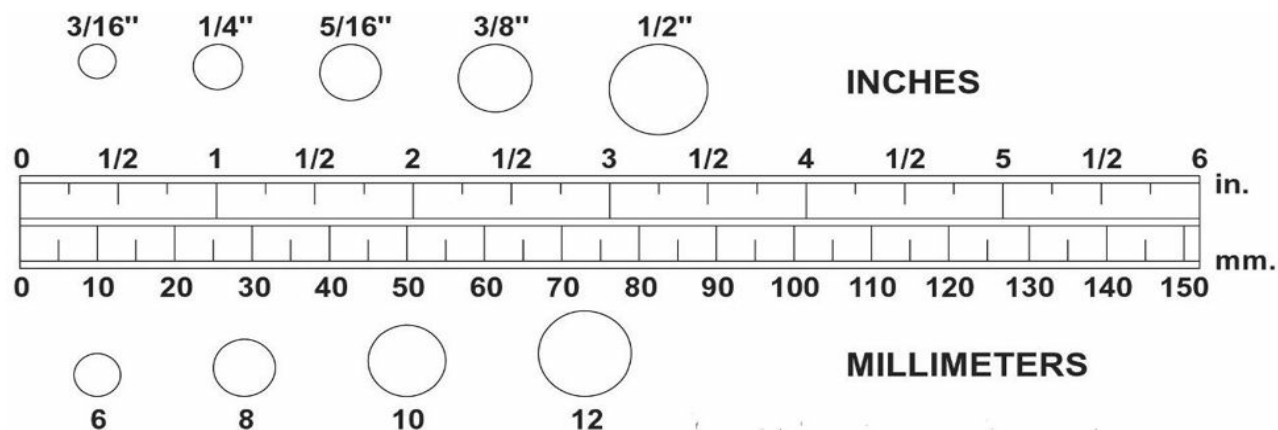


**TORQUE WRENCH 3/8 DRIVE
w/ 5mm & 6mm Allen Sockets**

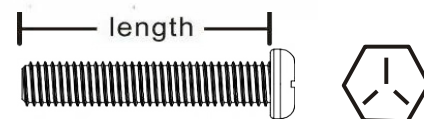


Hardware Identification Chart










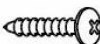



Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler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



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





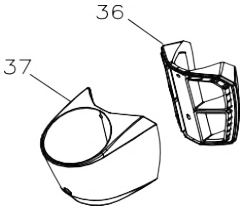
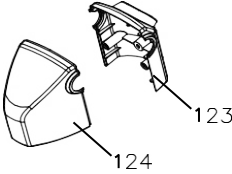
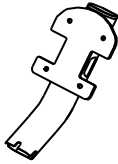
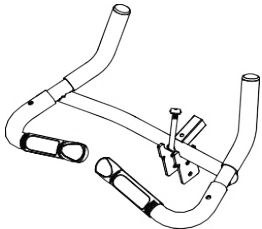
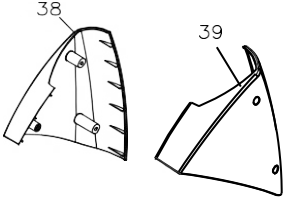


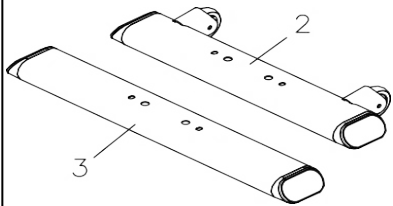
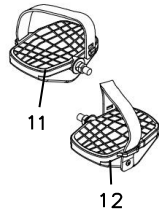
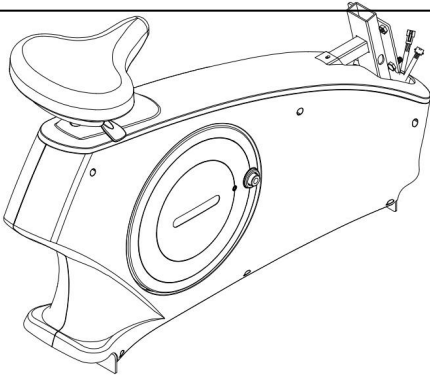



Please review below to know the content of the hardware kit.
If a part is not in the hardware bag, check to see if it has been pre-assembled.

99 Bolt, Hex Head (M8xp1.25x65mm) 4pcs 	 76 Washer (8x38x2.0t) 4pcs
84 Self-Tapping Screw, Flat Head (M4x32mm) 4pcs 	 74 Lock Washer (M8) 4pcs  115 Lock Washer (M6) 6pcs
136 Bolt, Hex Head Flange (M8xp1.25x16mm) 7pcs 	 116 Bolt, Socket Head (M6xp1.0x15mm) 2 pcs  81 Washer (6x13x1.0t) 6 pcs
	 132 Nut Cap (M8) 1 pcs
	 85 Self-Tapping Screw, Flat Head (M4x20mm) 3 pcs
	 87 Screw, Round Head (M5xp0.8x15mm) 5 pcs
	 101 Bolt, Hex Head (M10xp1.5x25mm) 2 pcs
	 135 Screw, Phillips Pan Head (M6xp1.0x15mm) 4 pcs

Assembly Parts

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

Back Console Case (34)	Screw Cap (35) x 4	Forearm Pads (28) x 2	Adaptor (137) & Power Cord (139)
			
Accessory Tray (37) & Support Pad (36)	Front & Rear Tube Cover (123, 124)	Console Tube - Assembly (33-ASM)	Handlebar - Assembly (6-ASM)
			
Upright Post Sleeve (38, 39)	Upright Post - Assembly (5-ASM)	Console (31)	Front & Rear Stabilizer - Assemblies (2-ASM, 3-ASM)
			
Pedals (11, 12)	Main Frame - Assembly (1-ASM)		Leveler (19) x 4 Hardware Kit (HWK)
			

NOTE: 9" LCD Console will NOT REQUIRES the Power Adaptor (137) & Power Cord (139) for use. ONLY use for the 16" & 10" Touch Screen Consoles or charging the battery, if needed, for the 9" LCD console.

Shipping Boxes and What's Inside Each One

Large Box 1 of 2

1 each @ 170 lbs
52" x 13" x 31"



Small Box 2 of 2

1 each @ 9 lbs
(9LCD/10TS)

or

1 each @ 10 lbs (16TS)
19" x 6.25" x 5"

(Includes the console
model that was ordered)



Note: Shown above with the
upgraded 16TS console

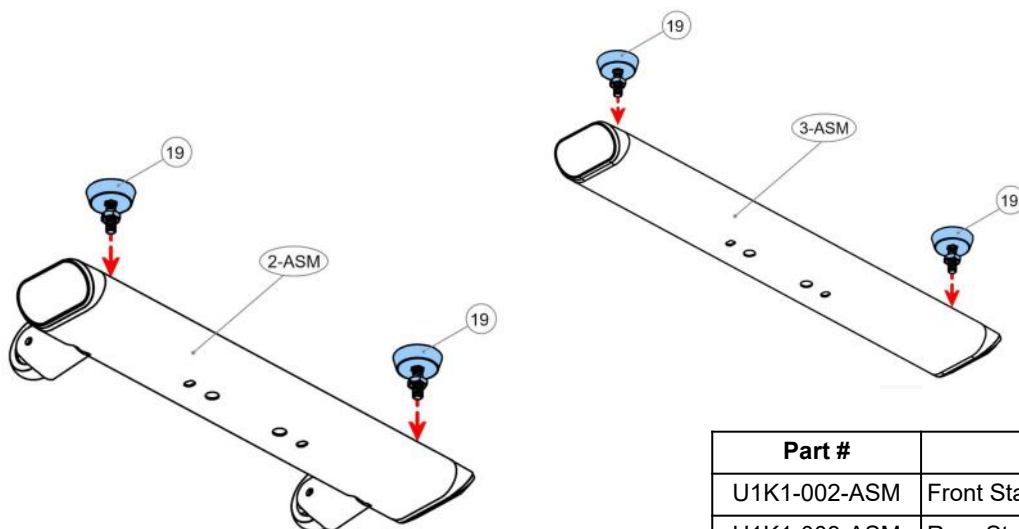
BODYCRAFT reserves the right to make improvements at any time which may affect color, parts, materials, size, weight, or any other aspect.

Product Assembly - STEP 1

TIP: Place all parts from the boxes in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

Read each step carefully before beginning.

STEP 1 – Install Levelers to Stabilizer Assemblies



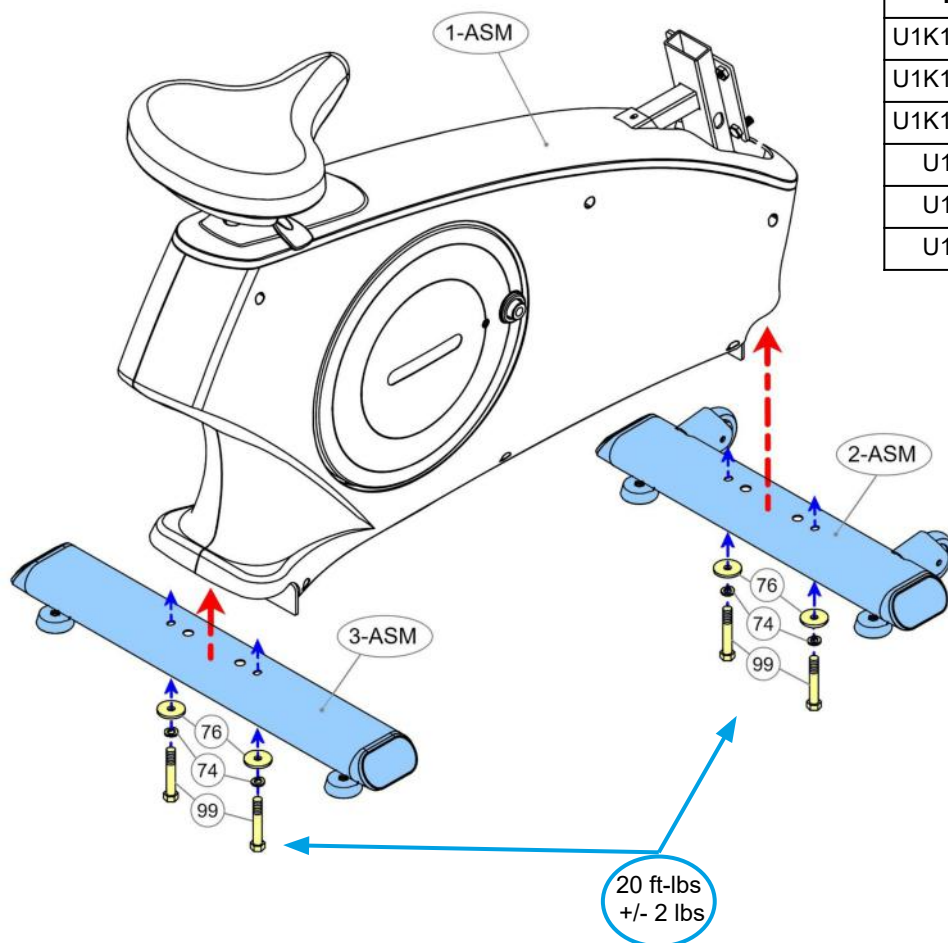
Part #	Description	Qty
U1K1-002-ASM	Front Stabilizer - Assembly	1
U1K1-003-ASM	Rear Stabilizer - Assembly	1
U1K1-019	Leveler	4



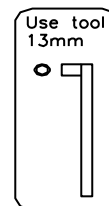
TIP: In order to assemble the Stabilizer Assemblies smoothly, it is suggested to place one Styrofoam (or any stationary object) under the back side of the Main Frame - Assembly.

Product Assembly - STEP 2

STEP 2a – Install the Front & Rear Stabilizer Assemblies



Part #	Description	Qty
U1K1-001-ASM	Main Frame - Assembly	1
U1K1-002-ASM	Front Stabilizer - Assembly	1
U1K1-003-ASM	Rear Stabilizer - Assembly	1
U1K1-074	Lock Washer (M8)	4
U1K1-076	Washer (M8 × 38 × 2.0t)	4
U1K1-099	Bolt (M8 × p1.25 × 65mm)	4



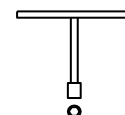
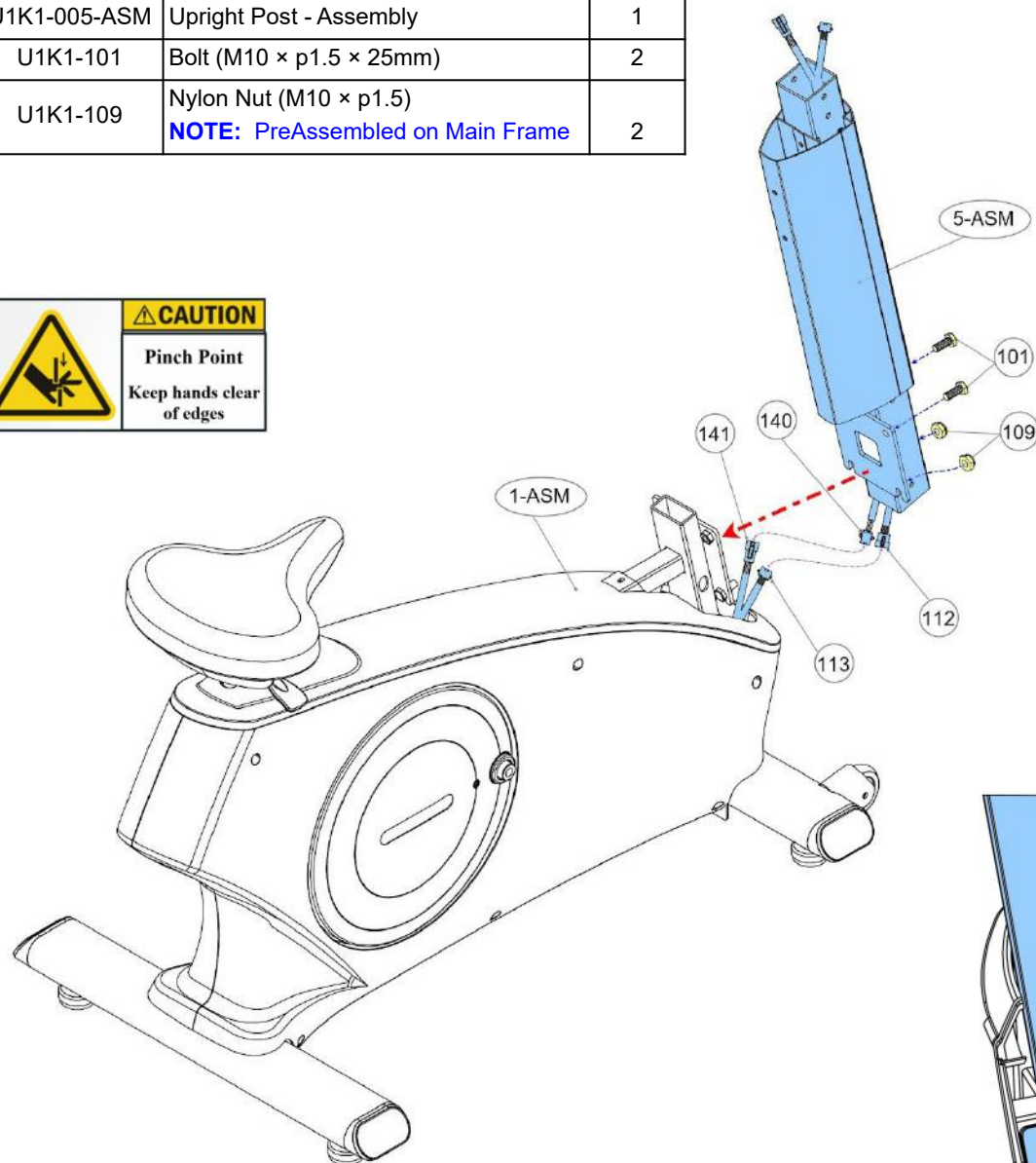
STEP 2b “Torque Time” - Tighten the Hex Bolts (#99) to the recommended **20 ft-lbs +/- 2 lbs.**



Product Assembly - STEP 3

STEP 3a – Install Upright Post Assembly

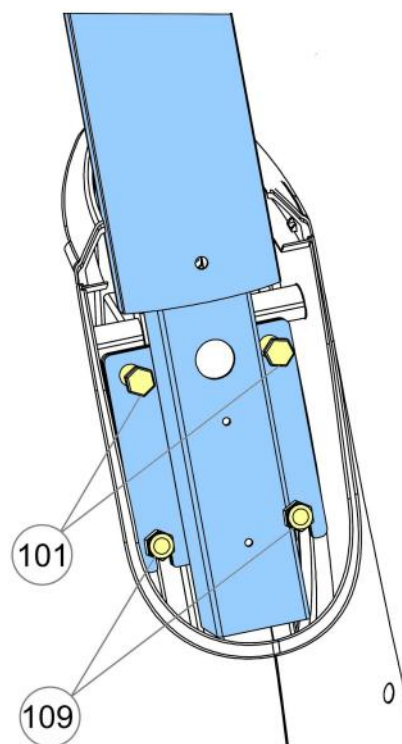
Part #	Description	Qty
U1K1-001-ASM	Main Frame - Assembly	1
U1K1-005-ASM	Upright Post - Assembly	1
U1K1-101	Bolt (M10 × p1.5 × 25mm)	2
U1K1-109	Nylon Nut (M10 × p1.5) NOTE: PreAssembled on Main Frame	2



**T-HAND SOCKET
WRENCH (17mm)**

STEP 3b “Torque Time” - Tighten the Nylon Nuts (#109) & Bolts (#101) to the recommended **25 ft-lbs +/- 2 lbs.**

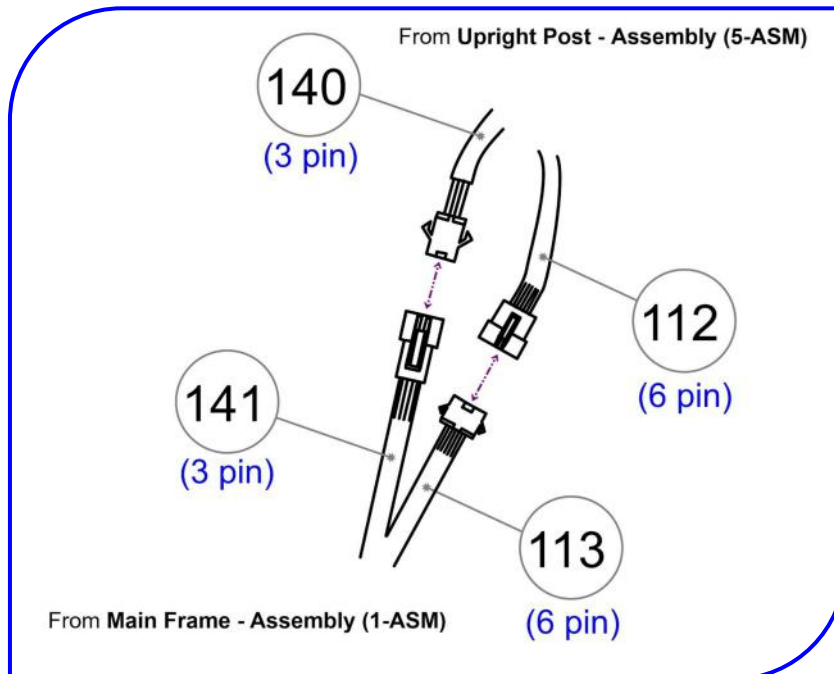
25 ft-lbs
+/- 2 lbs



Product Assembly - STEP 4

STEP 4a – Connect Wire Cables from Main Frame to Upright Post

NOTE: Make sure all wire connectors fully click when connected to each other. Also be careful not to pinch the wires when assembling STEP 4.

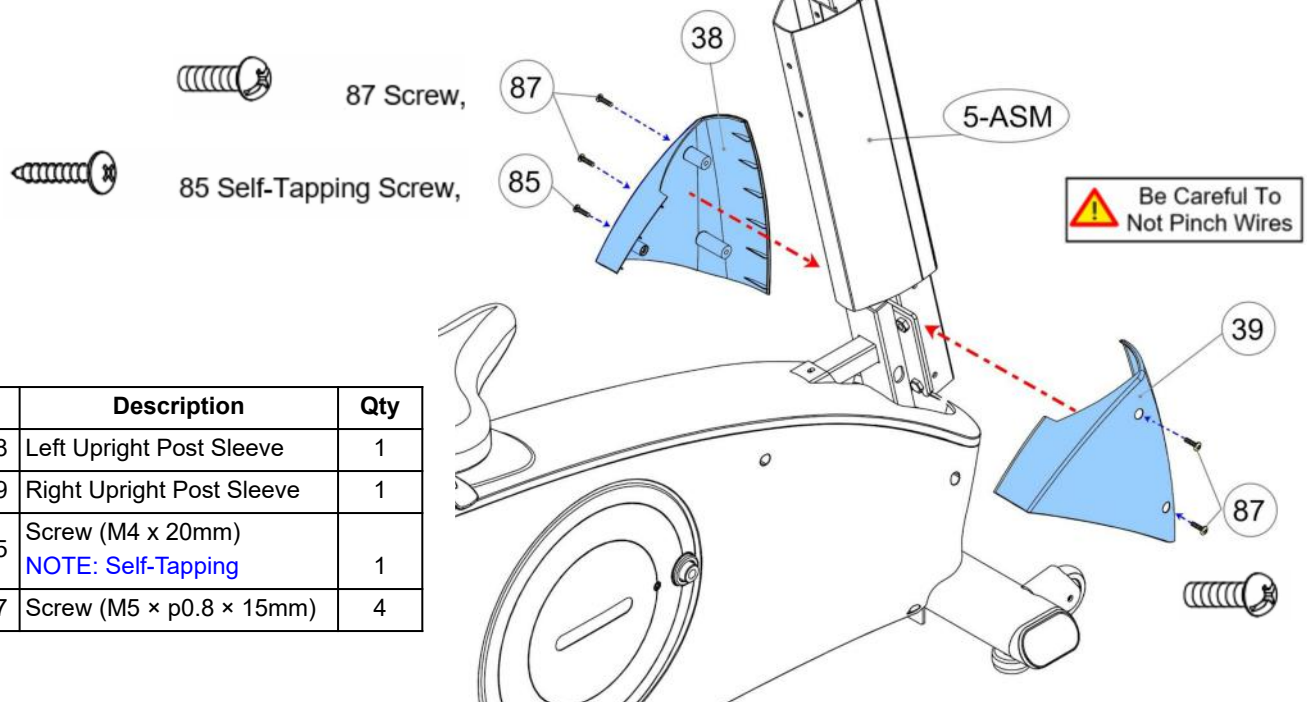


Recommended Tool:



PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP

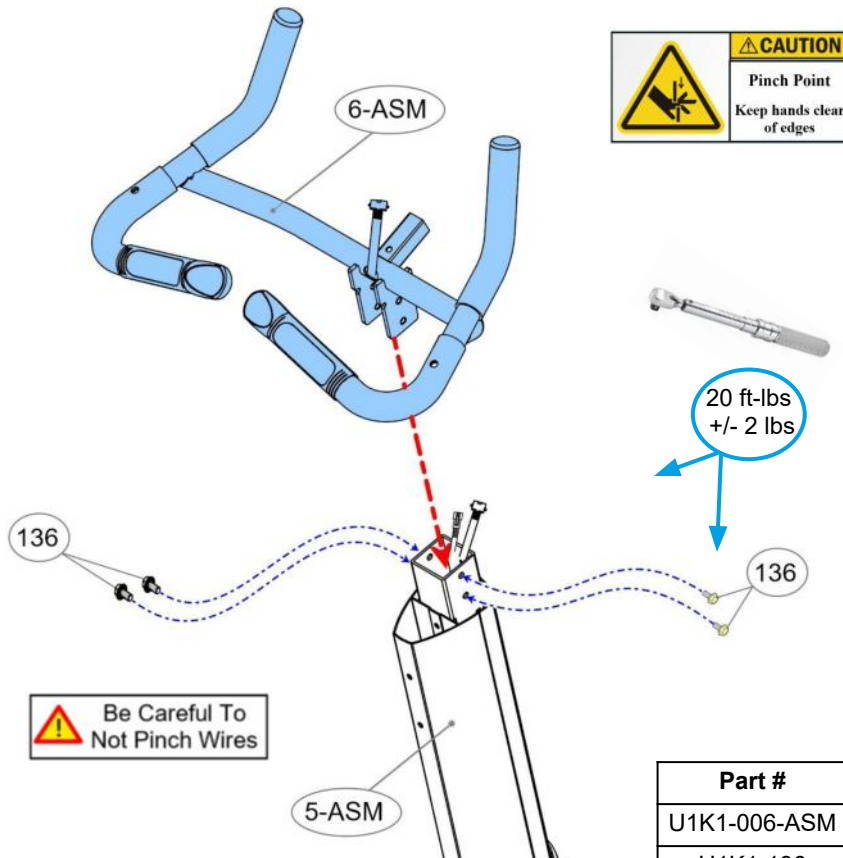
STEP 4b – Install Upright Post Sleeves



Part #	Description	Qty
U1K1-038	Left Upright Post Sleeve	1
U1K1-039	Right Upright Post Sleeve	1
U1K1-085	Screw (M4 x 20mm) NOTE: Self-Tapping	1
U1K1-087	Screw (M5 x p0.8 x 15mm)	4

Product Assembly - STEP 5 thru STEP 6

STEP 5 – Install Handlebar Assembly & “Torque Time”



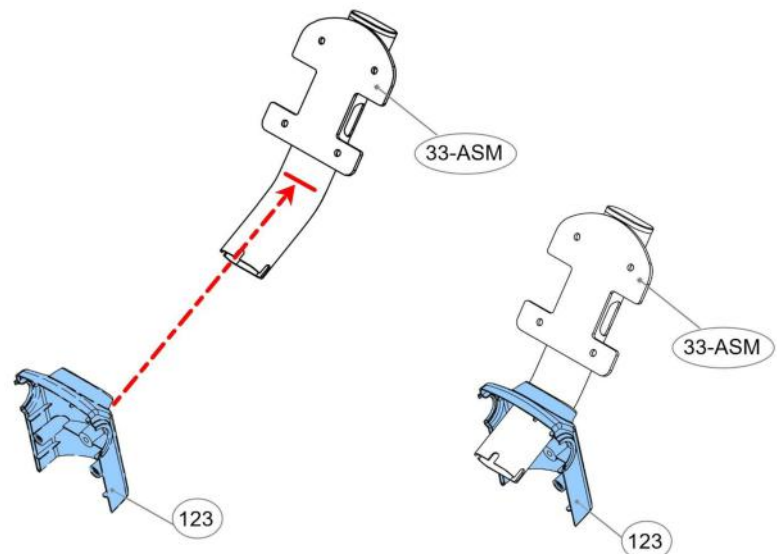
TIP: Filling-the-Gap with the extra parts plastic bag, keeps potential bolts & tools from accidentally falling into frame.

Part #	Description	Qty
U1K1-006-ASM	Handlebar - Assembly	1
U1K1-136	Bolt (M8 x p1.25 x 16mm)	4



TIP: Using an extra parts plastic bag will help keep the Front Tube Cover (123) from sliding off or in the way during assembly.

STEP 6 – Install Tube Cover

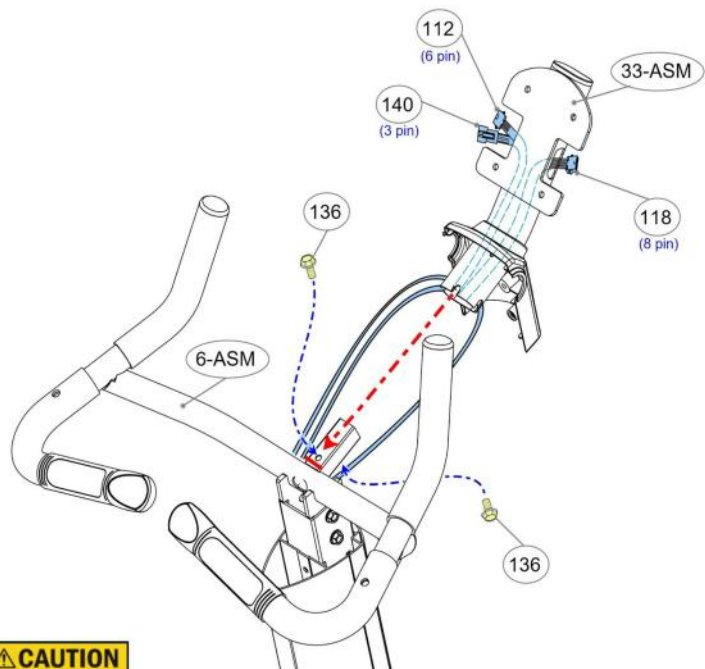
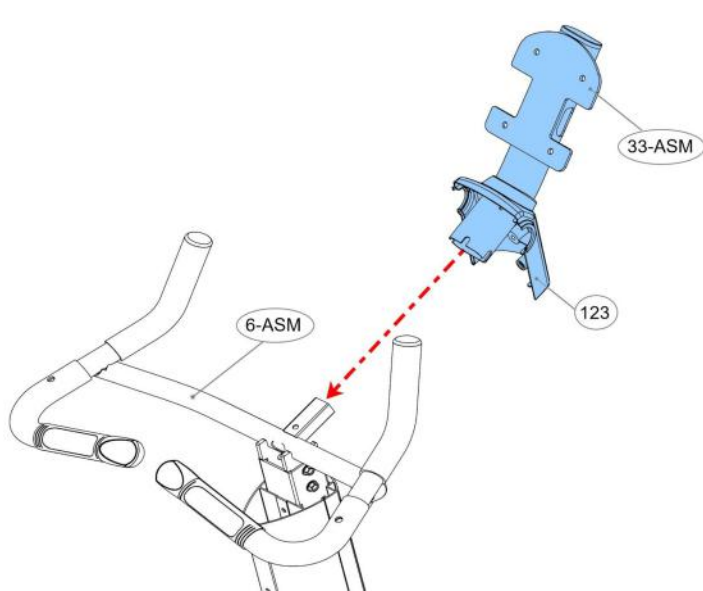


Part #	Description	Qty
U1K1-033-ASM	Console Tube - Assembly	1
U1K1-123	Front Tube Cover	1

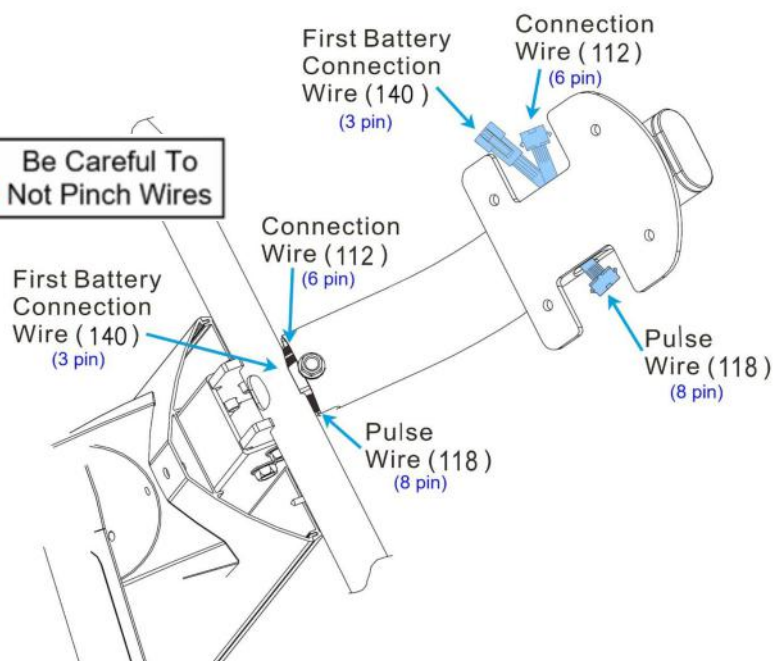
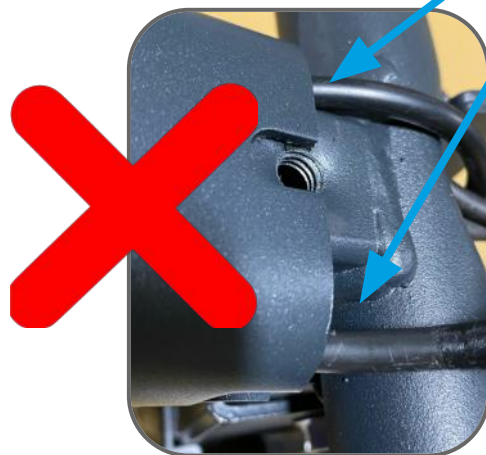
STEP 7a – Install Console Tube Assembly & Wires



Please Hand Tighten All Bolts Until STEP 7b

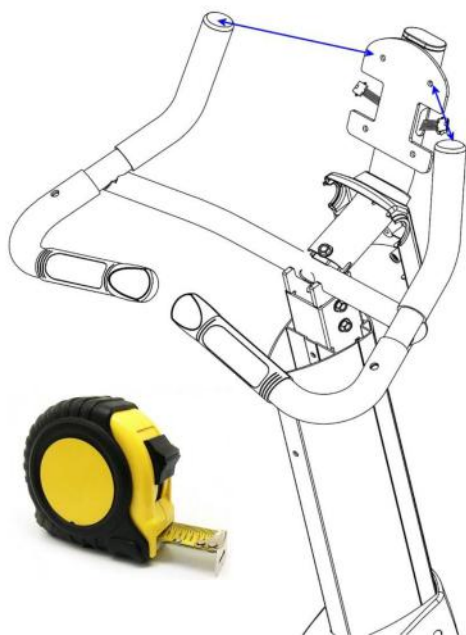


Be Careful To Not Pinch Wires

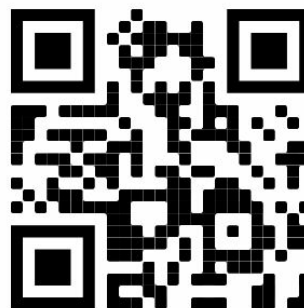
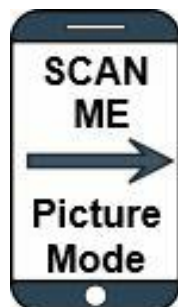


Part #	Description	Qty
U1K1-033-ASM	Console Tube - Assembly	1
U1K1-123	Front Tube Cover	1
U1K1-136	Bolt (M8 x p1.25 x 16mm)	2

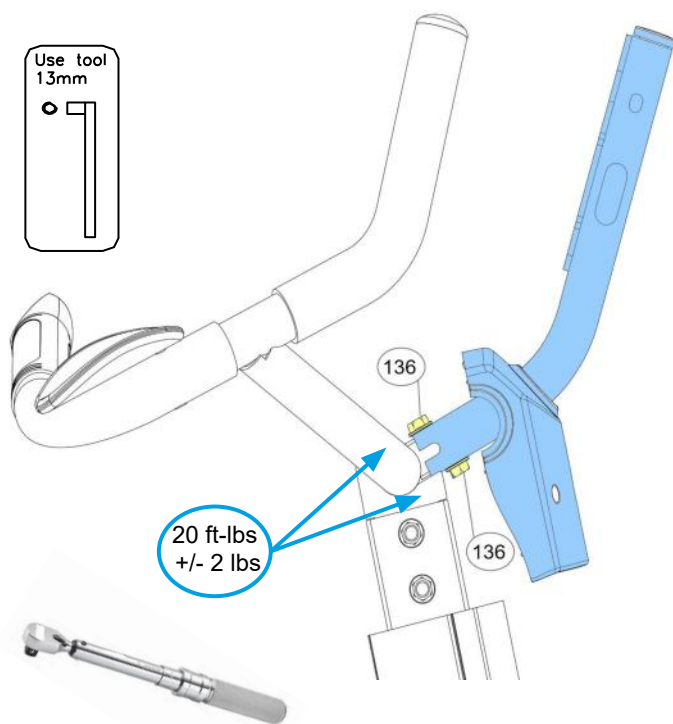
STEP 7b – Console Tube Alignment & “Torque Time”



TIP: Console tube alignment is easily done with tape measure before fully tightening down the bolts. This ensures the new large console is level. Scan the QR code below to see Video on YouTube.

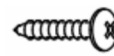
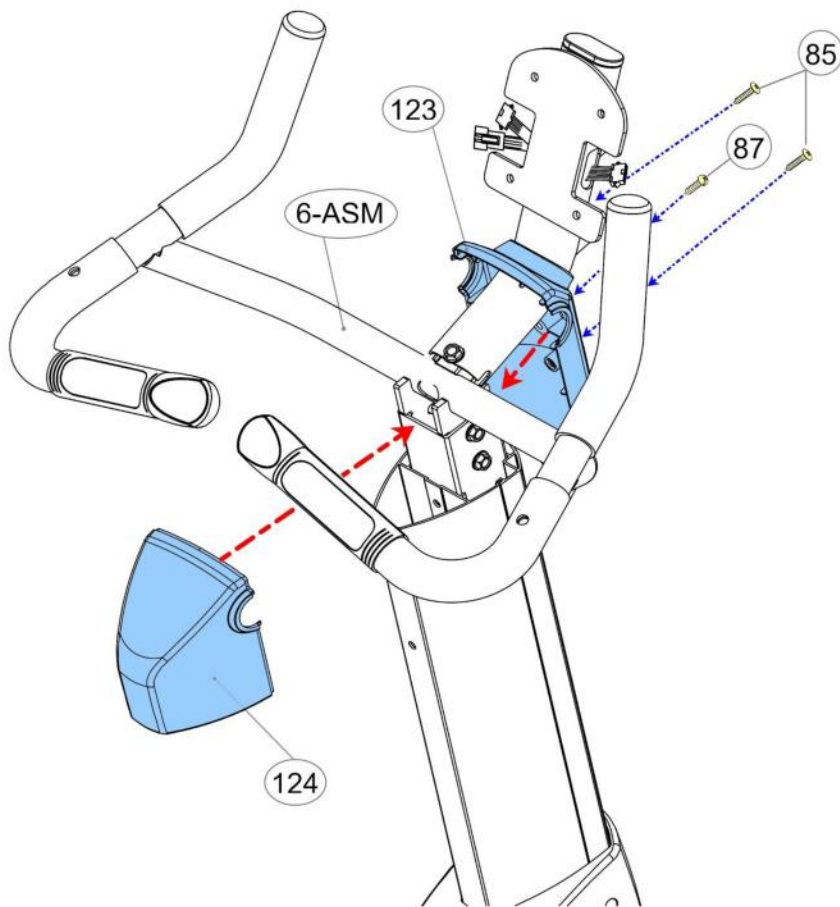


<https://youtu.be/7p3xIYCW2O4>



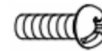
Please confirm all bolts/nuts are tightened at this time, then continue to next Step.

STEP 8 – Install Tube Covers



85 Self-Tapping Screw,

NOTE: Both top holes use the #85 Self-Tapping Screws.



87 Screw,

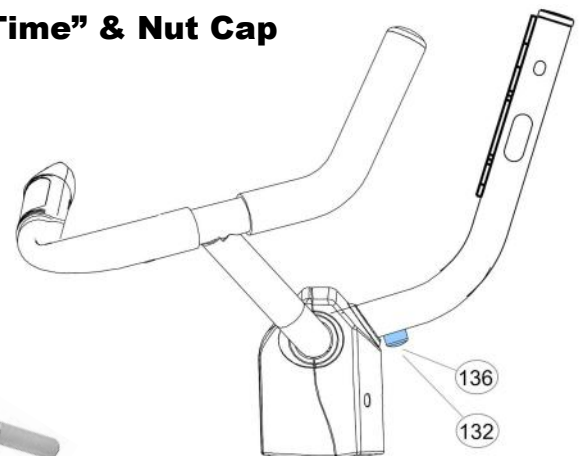
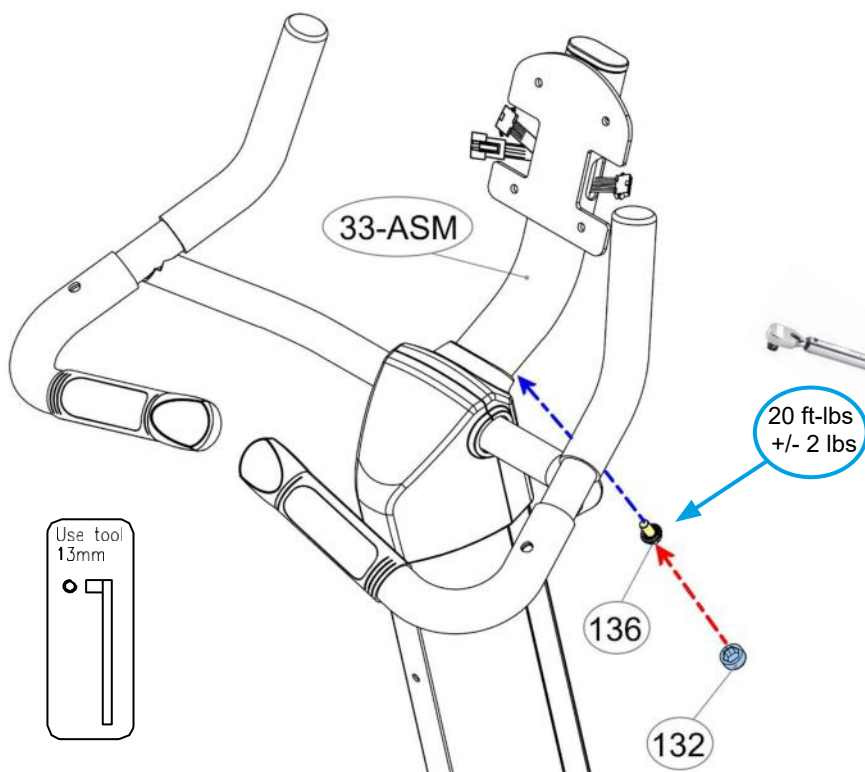
NOTE: Lower center hole use the #87 Rounded Head Screw, machine threaded at 5mm.

Recommended Tool:



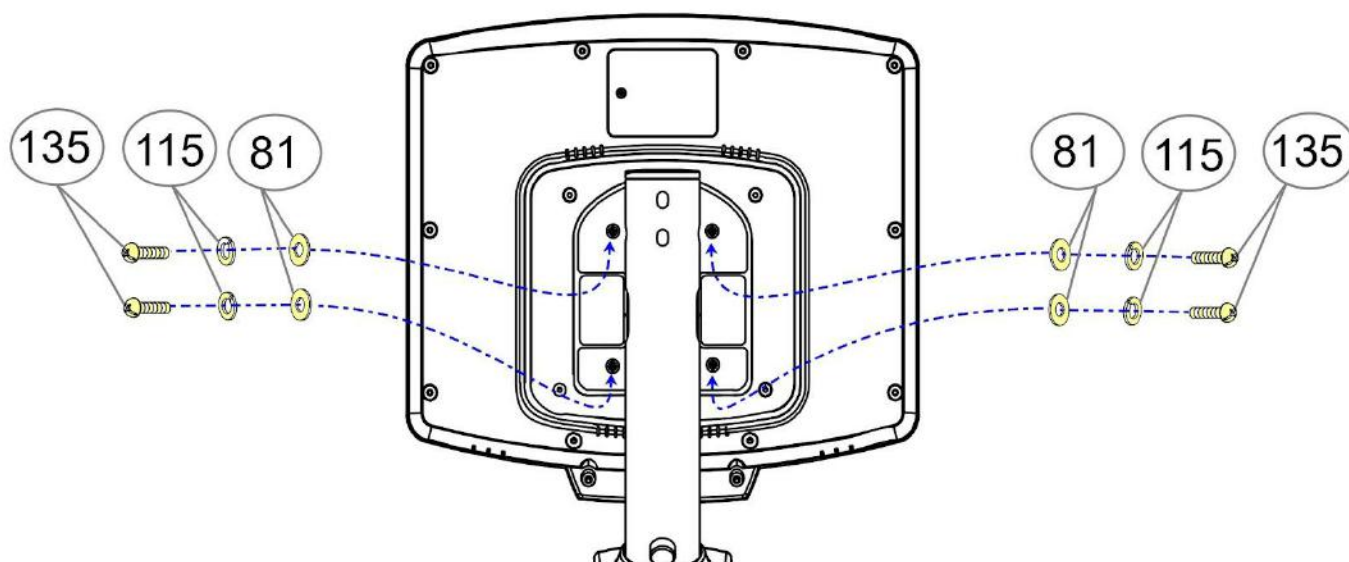
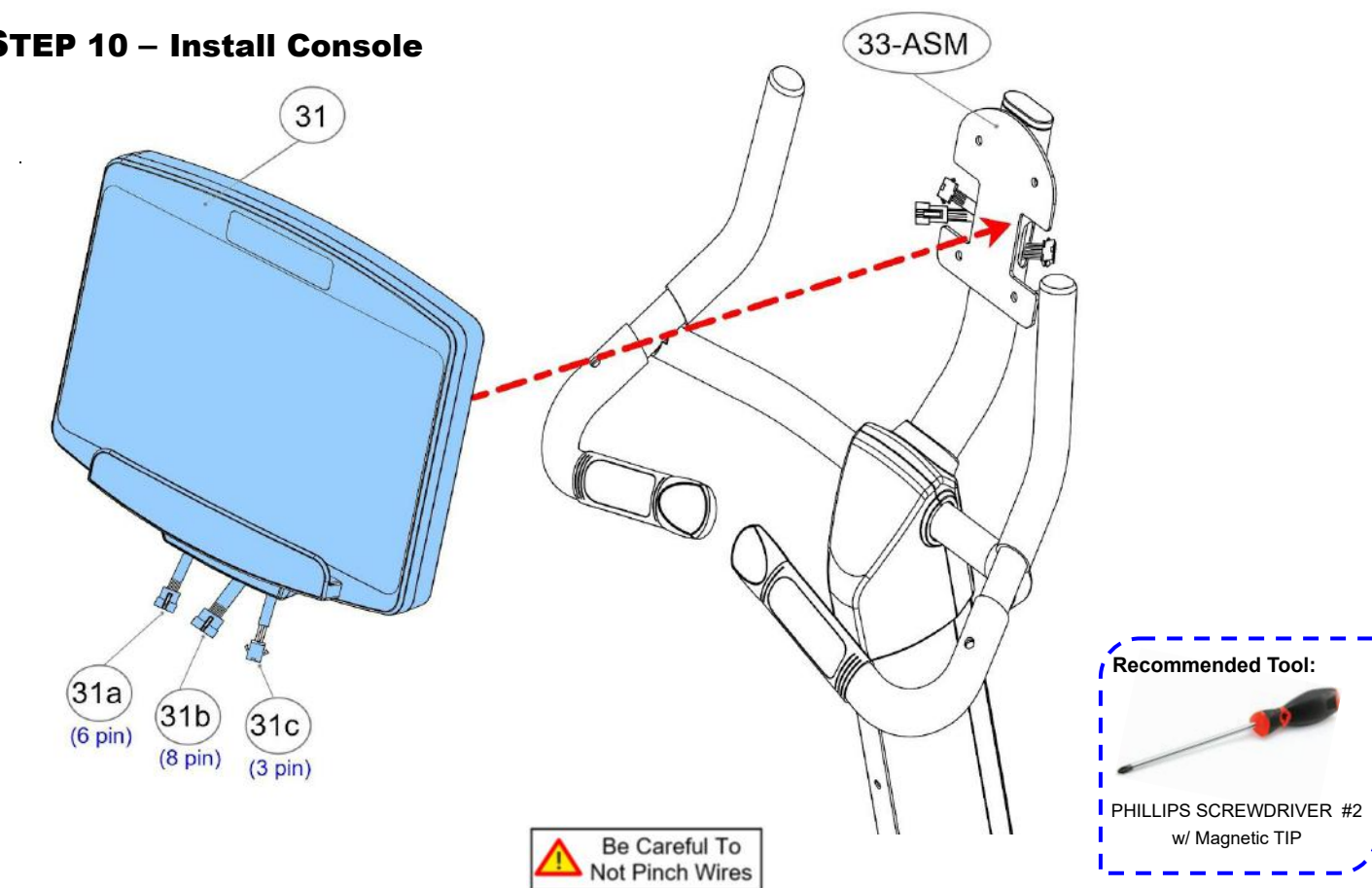
PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP

STEP 9 – Install Bolt, “Torque Time” & Nut Cap



Part #	Description	Qty
U1K1-085	Screw (M4 x 20mm) NOTE: Self-Tapping	2
U1K1-087	Screw (M5 × p0.8 × 15mm)	1
U1K1-132	Nut Cap (M8)	1
U1K1-136	Bolt (M8 x p1.25 x 16mm)	1

STEP 10 – Install Console



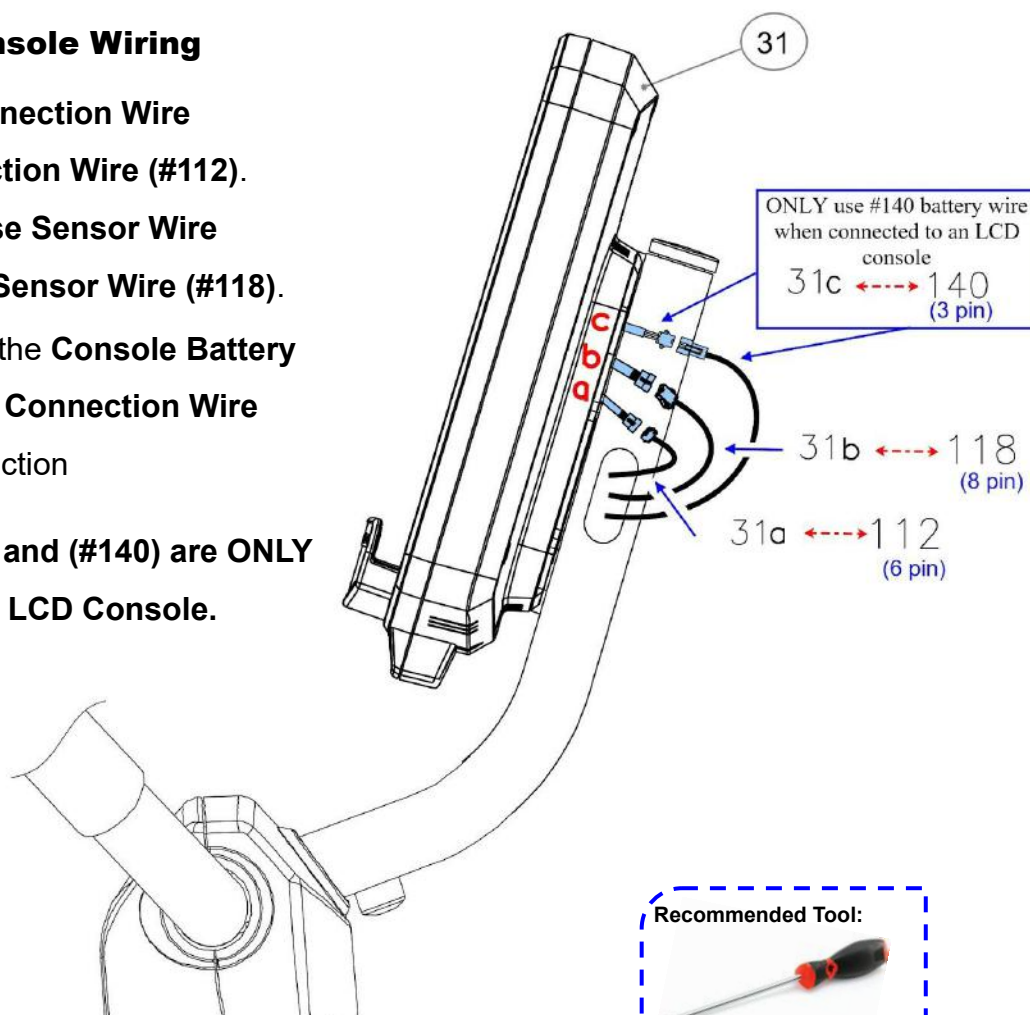
Part #	Description	Qty
U1K1-031	Console	1
U1K1-081	Washer (M6 x 13 x 1.0t)	4
U1K1-115	Lock Washer (M6)	4
U1K1-135	Screw, Phillips Pan Head (M6 x p1.0 x 15mm)	4

Product Assembly - STEP 11

STEP 11a – Connect Console Wiring

- Connect the **Console Connection Wire (#31a)** to the **First Connection Wire (#112)**.
- Connect the **Console Pulse Sensor Wire (#31b)** to the **First Pulse Sensor Wire (#118)**.
- For LCD console, connect the **Console Battery Wire (#31c)** to the **Battery Connection Wire #140)** for self-powered function

NOTE: These wires (#31c) and (#140) are **ONLY** for the Self-Powered LCD Console.

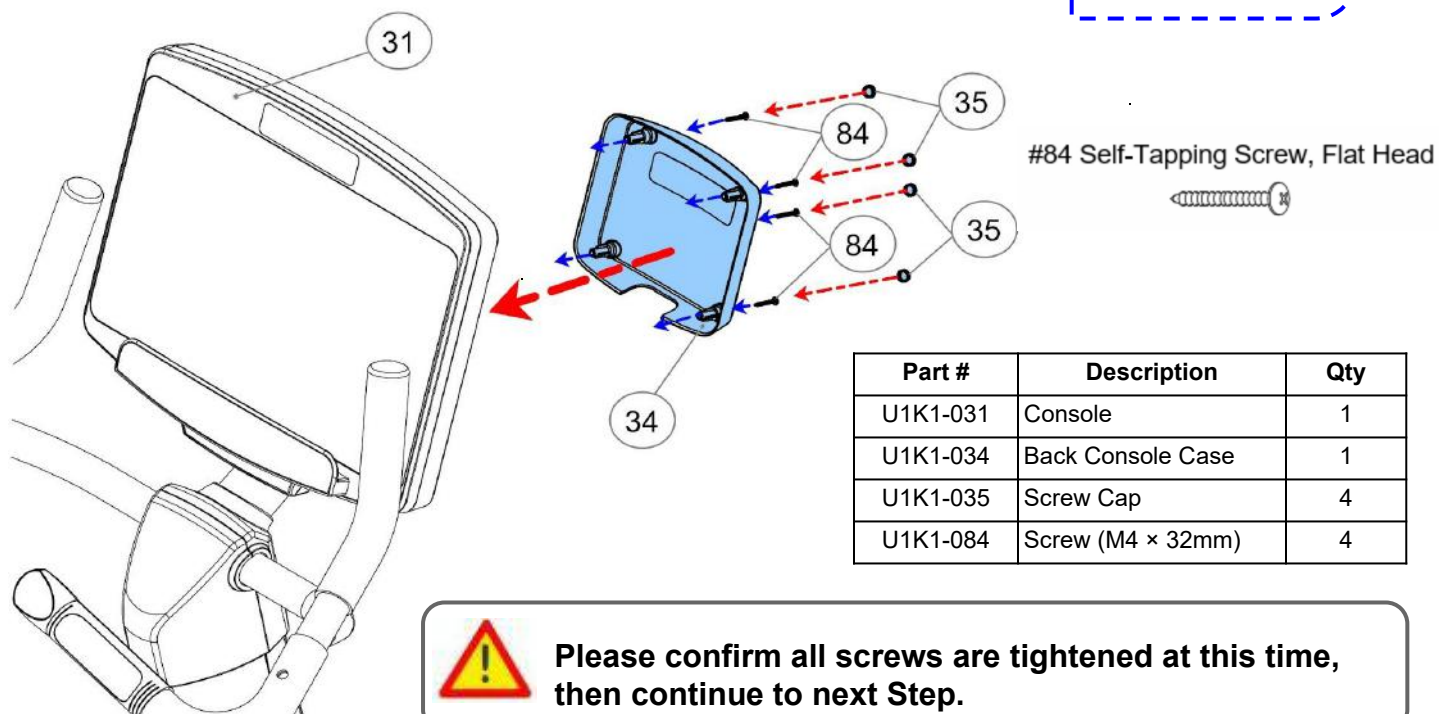


Recommended Tool:



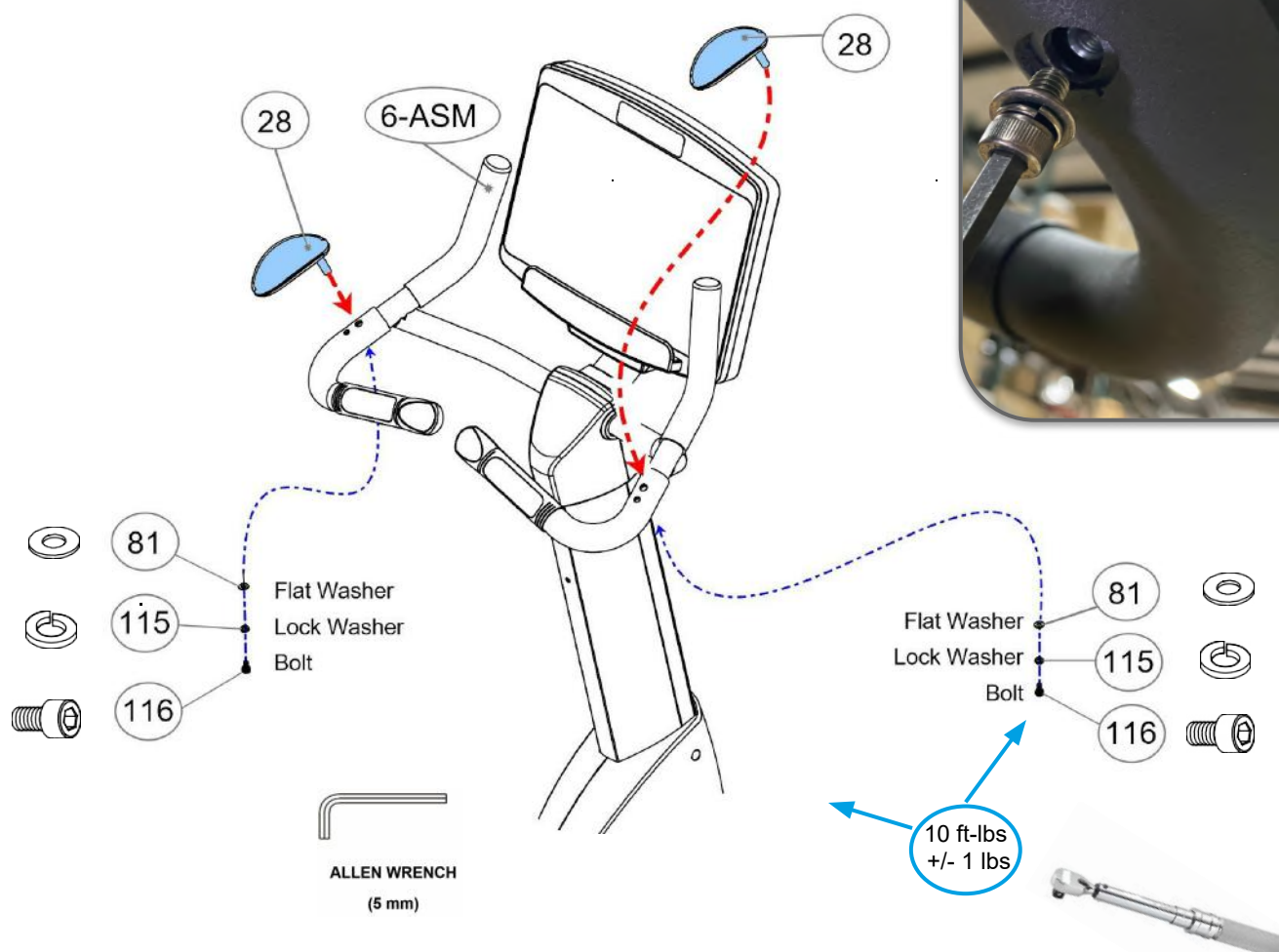
PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP

STEP 11b – Install Console Cover



Product Assembly - STEP 12

STEP 12 - Install Forearm Pads & "Torque Time"



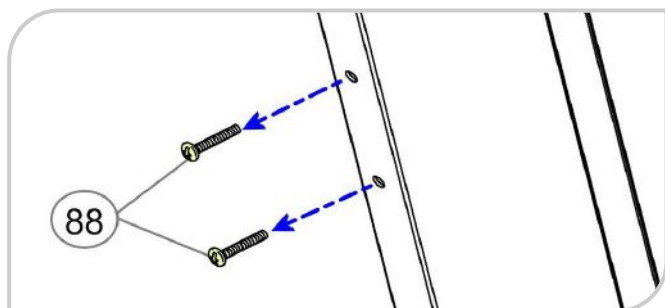
TIP: Inside the handrails is the Heart Rate Cable. This gets in the way to assemble the Elbow Pads. Use a phillips screwdriver and push the wire to a side.



Part #	Description	Qty
U1K1-028	Hand Wrist Pad	2
U1K1-081	Washer (M6 x 13 x 1.0t)	6
U1K1-115	Lock Washer (M6)	6
U1K1-116	Bolt, Socket Head (M6 x p1.0 x 15mm)	2

Product Assembly - STEP 13 thru STEP 14

STEP 13 – Install Accessory Tray

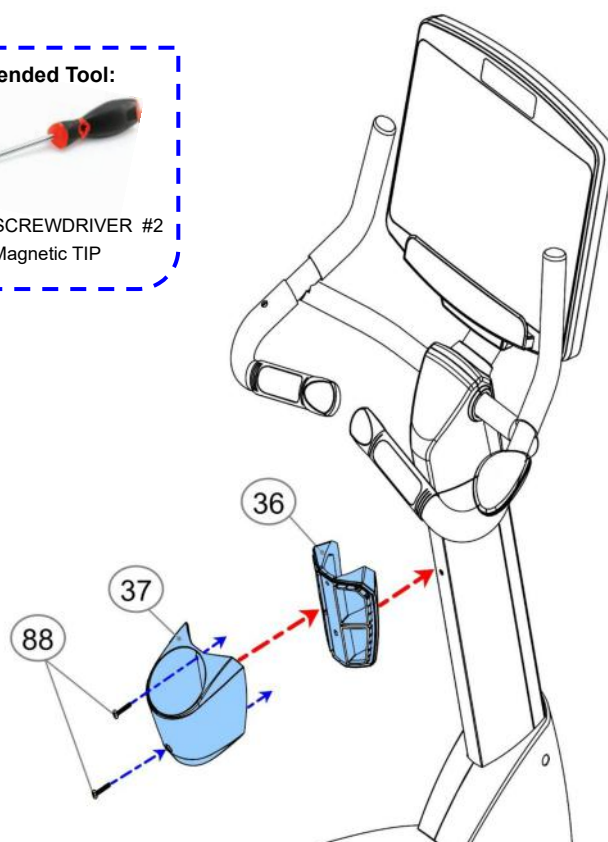


Recommended Tool:

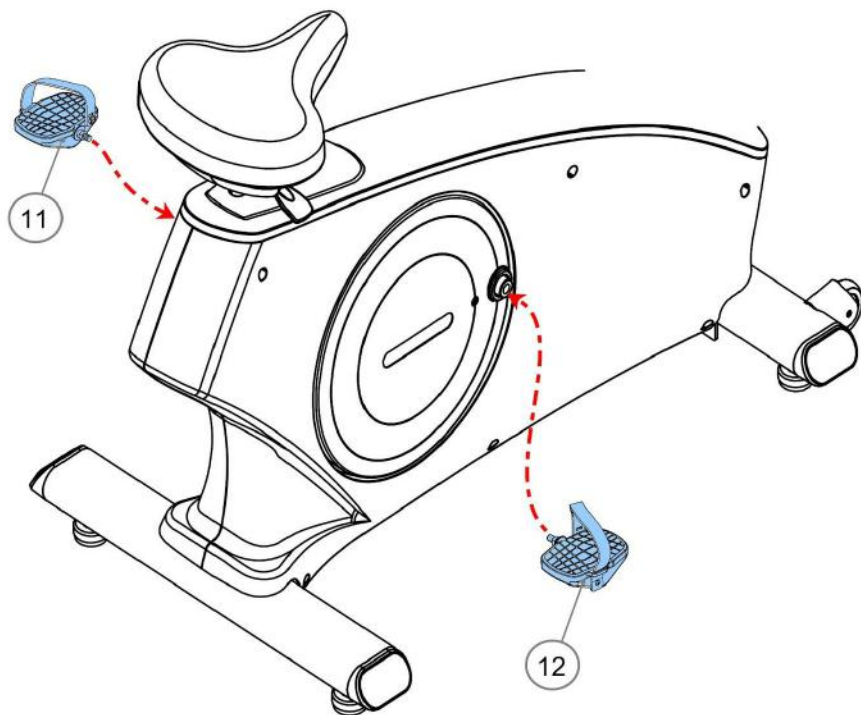


PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP

Part #	Description	Qty
U1K1-036	Accessory Tray Support Pad	1
U1K1-037	Accessory Tray	1
U1K1-088	Screw (M5 × p0.8 × 30mm) NOTE: Pre-Installed on machine	2



STEP 14 – Install Right & Left Pedals



Recommended Tool:



**EXTRA LONG PEDAL
WRENCHES 15mm (min 8" long)**

For more information on Pedal Assembly see
"Pedal Assembly Guide for Bikes" on page 23

Part #	Description	Qty
U1K1-011	Left Pedal	1
U1K1-012	Right Pedal	1

Upright & Recumbent Bikes

Pedal Assembly Guide for Bikes

When installing pedals on BODYCRAFT Bikes, follow this assembly process:



Pedal RT or LT markings
underside

1. Start by HAND threading the pedals into the crank arms. Each pedal is marked with the letter R (right) or L (left) to denote the side and each crank is marked with the letter R (right) or L (left).

TIP: Be careful to align the threads correctly by hand to avoid any cross-threading damage.

2. Then tighten using a 15 mm open end wrench min 8" long.
 - Pedal marked R install on right crank (clockwise).
 - Pedal marked L install on left crank (counterclockwise)
3. Confirm the pedals are torqued correctly to **25-30 lbs ft.**

4. If pedals come off and strip out the crank(s), after installation, they were not installed correctly and not covered under warranty.

Torque Procedure: When installing either left or right side, position crank horizontally facing rear of machine. Turn pedal threads forward toward front of cycle during installation. This simulates correct direction.



Left side of Bike

Tighten to full torque specs, starting at a 90 degree, vertically moving wrench towards front of cycle. This will create full torque w/o fighting the crank moving.



Right side of Bike

<https://youtu.be/HCIj3psON6o/>

Pedals must be fastened with significant force to avoid loosening.

Use a 15 mm wrench min 8" long & 25-30 lbs. ft. Torque.

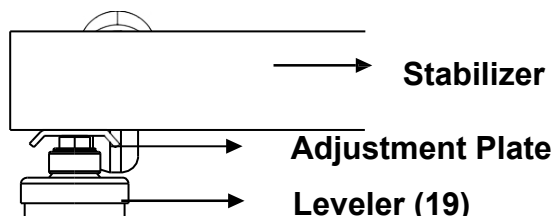
NOTE : Pedals coming loose or off, creating damage to crank(s) or pedal(s), is not covered under warranty, during installation or anytime after when changing pedals.

STEP 15 “The Last STEP” – Leveler & Stabilizer Assembly

- a. Be sure to tighten the **Levelers (19)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as shown with drawing #1.

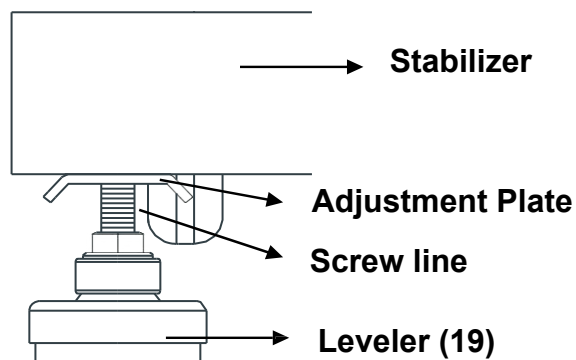


Adjusted up to frame:



Drawing #1 - Closer to Ground

Adjusted down away from frame:



Drawing #2 - Away from Ground

LEVELING:

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

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

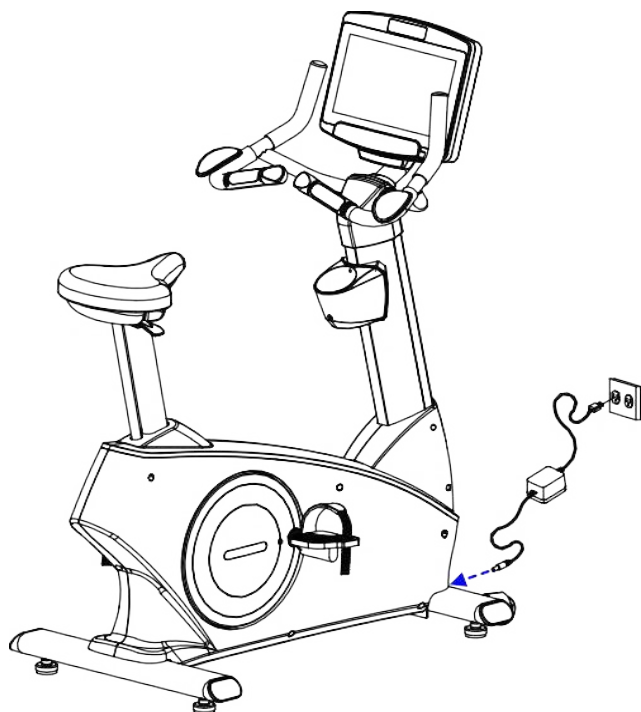


NOTE:

- For the final step, make sure all the bolts and nuts are fully tightened before using the item.
- Check whether the levelers are even on the floor. If the levelers are not even it will produce (noise). If they are not level, review the STEP 15 again.

Plugging in the Bike - Adaptor Usage

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



- Connect the Adaptor (**12DC / 3A**) (**137**) & **Power Cord (139)** to the connector located on the front of the **Main Frame (1)**.
- Plug the Adaptor (**12DC / 3A**) (**137**) & **Power Cord (139)** into an 120 vac/15 amp electrical wall outlet to light up the console.

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

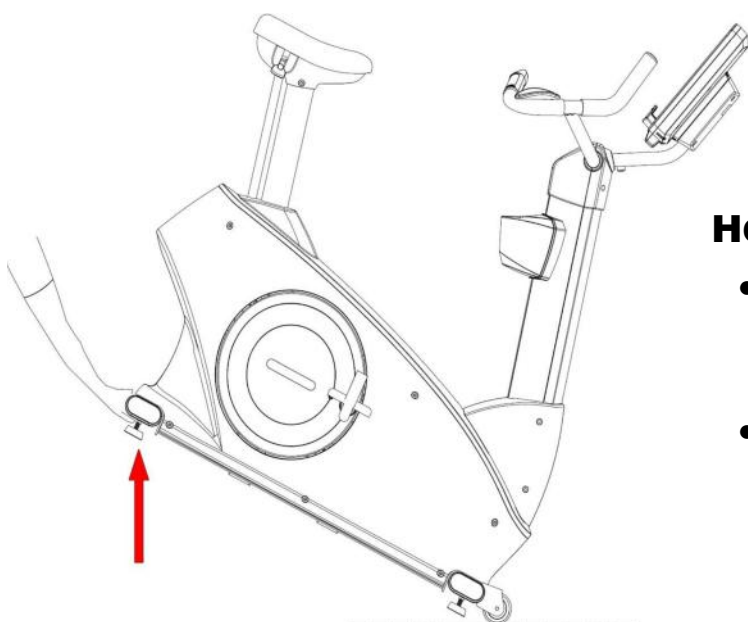
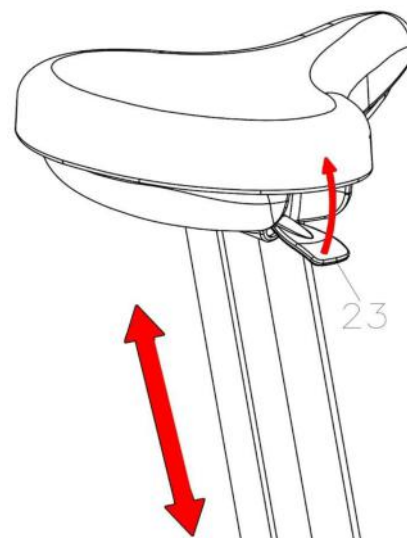


NOTE: 9" LCD Console will NOT REQUIRE the Power Adaptor (137) & Power Cord (139) for use. The Power Adaptor (137) & Power Cord (139) are REQUIRED for the 16" & 10" Touch Screen Consoles or charging the battery, if needed, for the 9" LCD console.

SEAT POST ADJUSTMENT

USER CAN ADJUST THE SEAT HEIGHT WHILE SEATED

- While seated, pull the **Adjustment Bar (23)** up to adjust the seat height.
- To lower the seat, pull up on Adjustment Bar (23), then sit on seat while using your weight to lower downward. Release handle when at desired position.
- Once the seat is adjusted to the proper position, release the **Adjustment Bar (23)** until hearing the “click” sound.



HOW TO TRANSPORT SAFELY

- Hold the **Rear Stabilizer** up with two hands and roll the *Bike* to the desired place carefully
- Make sure the floor is level while moving the *Bike*.

Cleaning your Bike

CAUTION: Do not use any acidic cleaners. Doing so will discolor the plastics, painted surfaces and powder coatings. Never pour water or spray liquids on any part of the item.

1. We recommend that you clean the item before and after each exercise session. To remove dust and dirt from the item, wipe all exposed surfaced with slightly damp soft cloth only, never use solvents.
2. Clean with mild soap and water cleaners only.
3. Always keep console and electrical parts clean and dry.
4. Turn off the item when not using it.
5. Wipe or vacuum any dust or other object that may have accumulated underneath the item.
6. Make sure the item is always level on the floor. Remove any liquid right away from the item.

Cleaning your Bike

CAUTION: Do not use any acidic cleaners. Doing so will discolor the plastics, painted surfaces and powder coatings. Never pour water or spray liquids on any part of the item.

1. Unplug the Bike before using any cleaning product.
2. ONLY APPLY CLEANER ON A CLOTH then use cloth to clean the Bike.
3. DO NOT spray cleaner directly on any surface of the Bike.
4. Recommend that you clean the Bike **after** each exercise session. To remove sweat, dust and dirt, wipe all exposed surfaces with slightly damp soft cloth only, never use solvents.
5. Clean with mild soap and water cleaners only.
6. Always keep console and electrical parts clean and dry.
7. Wipe or vacuum any dust or other object that may have accumulated underneath the Bike.
8. Make sure the cleaning solutions or bottles are always level on the floor. Remove any liquid right away that may drip or accidentally tip over on the floor.
9. Confirm feet pedals are dry from any accidental fluids spilling or overspray.

- DO NOT USE ABRASIVE CLEANING SCRUBBING PADS.
- DO NOT USE AMMONIA CLEANERS.
- DO NOT USE CITRIC CLEANERS



The following is **RECOMMENDED** for cleaning supplies:



**MILD CLEANING
SOLUTION**



**100% COTTON
CLEANING CLOTHS**

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax at Installation and bi-annually. Also makes future cleaning easier.



(Do Not Use on any Plastic, Rubber, Seats, Upholstery, Handles, Pedals or Console Glass)

Pulse Hand Grips

This product comes standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading. (Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.) For safety, it is not recommended to use the Heart Rate Sensors when exercising at high speeds. The Sensors may not always be accurate for any user at all speeds. Individual physiology is a factor that can determine accuracy, or even if the Sensors work for you at all. The Touch Heart Rate reading is not intended to be used for medical purposes.

Pulse Grip Operating Tips: If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.
- Make sure your palms are warm and slightly moist.
- Excessive movement especially on any handrail is not optimum for hand grips or any High Intensive Exercise while on a machine.
-



Built in Wireless Heart Rate Receiver

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

This product is equipped with a built-in receiver for your heart rate monitoring. Any heart rate telemetry strap that transmits at 5 KHz or Bluetooth is compatible. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics nearby, such as TV, Radio...

While using heart rate control modes, the computer monitors the exact measurement of your pulse. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.

How to Wear Your Sensor/ Transmitter (Chest Strap)



- Refer to your HR Sensor manual for use instructions.

Erratic Heart Rate Readings:

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your product is not within range of other strong electromagnetic signals. Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document.

Heart rate is an important key to your exercise

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

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

Get a smart start on exercising.

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

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

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

Installation Checklist

Bikes, Indoor Cycles, Ellipticals, Crosstrainers & Rowers

Service policy:

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

Confirmed

☐
☐
☐
☐
☐

Features:

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

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Rowers:

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

☐
☐

Optional Sensor (bluetooth enabled):

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

☐
☐
☐

Recommended Maintenance:

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

☐
☐
☐

Important safety information:

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

☐
☐
☐
☐
☐

Last thoughts:

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

☐
☐
☐

BODYCRAFT

BODYCRAFT

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

Facility Name:

Point of Contact:

Address:

Address Line 2:

City:

State: Zip: Phone:

Email:

Type of Facility:

Dealer Name:

Point of Contact:

Address:

Address Line 2:

City:

State: Zip: Phone:

Email:

Model & Serial Numbers Installed:

Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #
Model #	Serial #

Notes:

Date of finished installation:

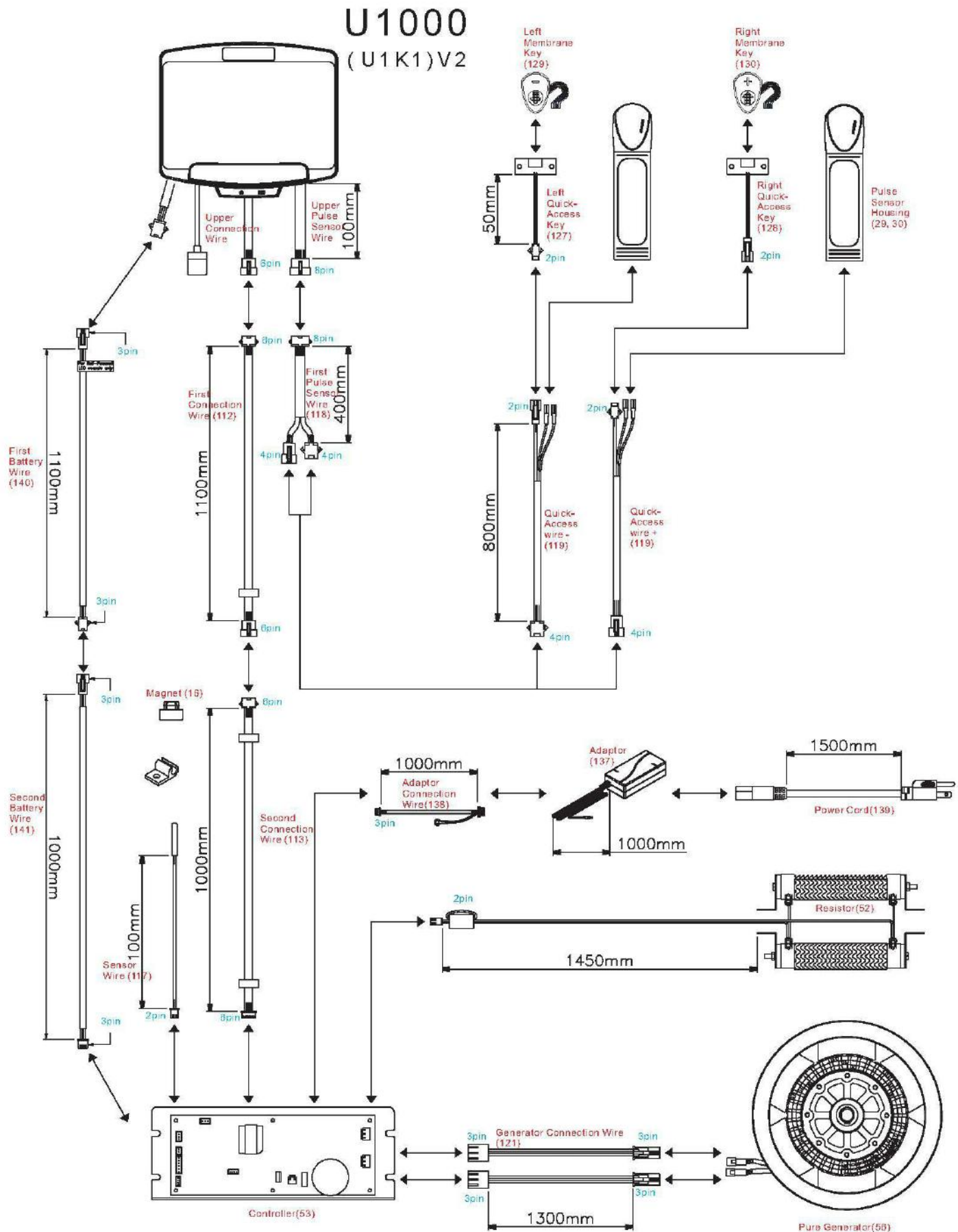
Installers name & signature:

Customers name & signature:

Required Information BEFORE Initiating a Service Case

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

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by a dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video will help with troubleshooting or exact part(s) needed.



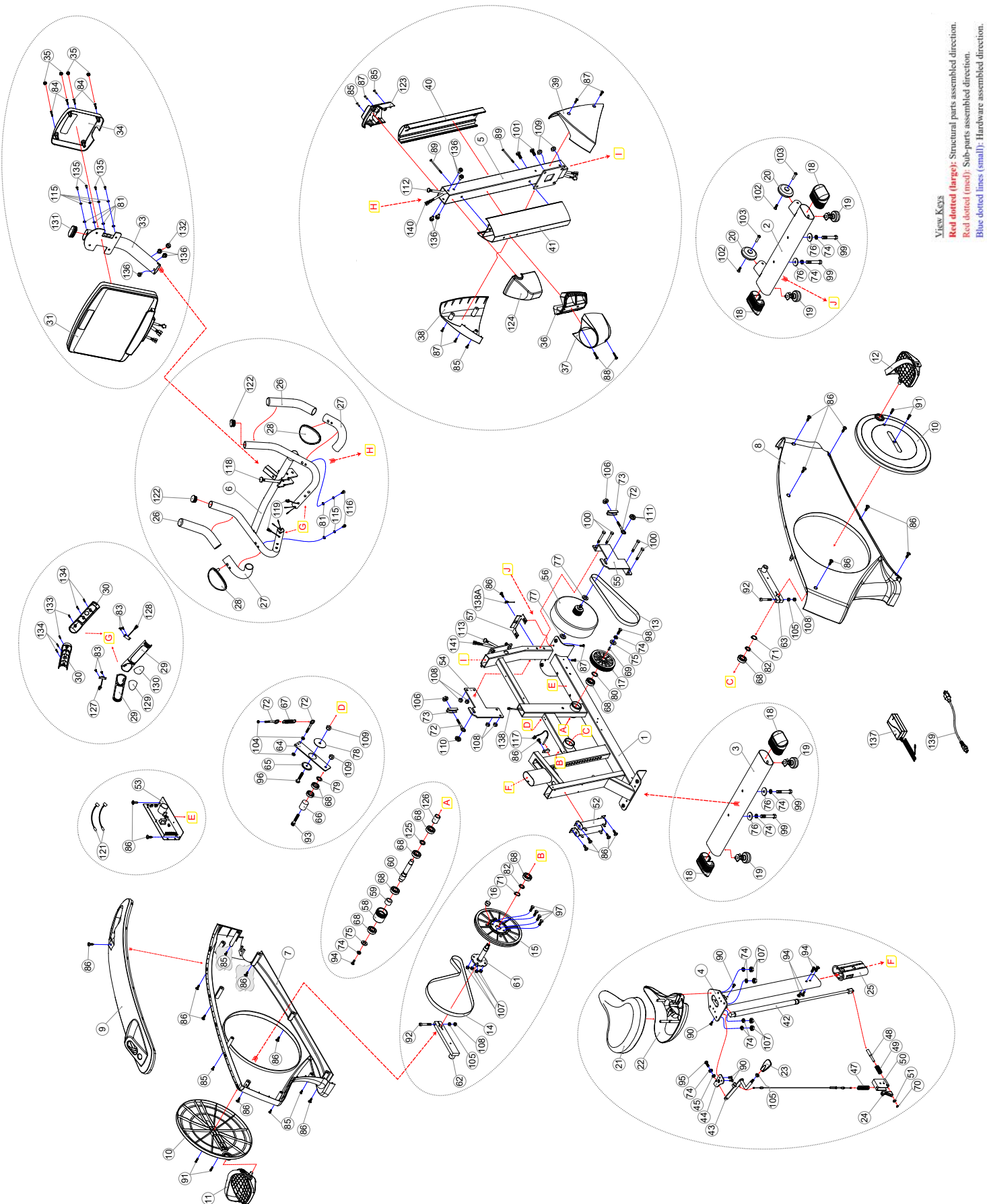
Part #	Description	Qty
U1K1-001	Main Frame	1
U1K1-002	Front Stabilizer	1
U1K1-003	Rear Stabilizer	1
U1K1-004	Seat Post	1
U1K1-005	Upright Post	1
U1K1-006	Handlebar	1
U1K1-007	Left Cover	1
U1K1-008	Right Cover	1
U1K1-009	Upper Chain Cover	1
U1K1-010	Crank Cover	2
U1K1-011	Left Pedal	1
U1K1-012	Right Pedal	1
U1K1-013	Belt (762J8)	1
U1K1-014	Belt (1092J8)	1
U1K1-015	Pulley (235)	1
U1K1-016	Magnet	1
U1K1-017	Pulley (120)	1
U1K1-018	End Caps	4
U1K1-019	Leveler	4
U1K1-020	Transportation Wheels	2
U1K1-021	Seat	1
U1K1-022	Seat Lower Case	1
U1K1-023	Adjustment Bar	1
U1K1-024	Slider	1
U1K1-025	Seat Post Sleeve	1
U1K1-026	Upper Foam Grip	2
U1K1-027	Foam Grip	2
U1K1-028	Forearm Pad	2
U1K1-029	Pulse Sensor Top Housing	2
U1K1-030	Pulse Sensor Bottom Housing	2
U1K1-031	Console	1
U1K1-032	Battery Door	1
U1K1-033	Console Tube	1
U1K1-034	Back Console Case	1
U1K1-035	Screw Cap	4
U1K1-036	Accessory Tray Support Pad	1
U1K1-037	Accessory Tray	1
U1K1-038	Left Upright Post Sleeve	1
U1K1-039	Right Upright Post Sleeve	1
U1K1-040	Front Aluminum Upright Cover	1
U1K1-041	Rear Aluminum Upright Cover	1
U1K1-042	Air Pressure Bar	1

Part #	Description	Qty
U1K1-043	Seat Adjustment Lever	1
U1K1-044	Fixed Stand	1
U1K1-045	Spacer	1
U1K1-046	Cable	1
U1K1-047	Cable Spring	1
U1K1-048	Roller Axle	1
U1K1-049	Stand Spring	1
U1K1-050	Spacer Stand	1
U1K1-051	Arc Washer	1
U1K1-052	Resistor	1
U1K1-053	Controller	1
U1K1-054	Left Mounting Plate	1
U1K1-055	Right Mounting Plate	1
U1K1-056	Generator	1
U1K1-057	Adaptor Bracket	1
U1K1-058	One Way Pulley (51)	1
U1K1-059	One Way Bearing (2520)	1
U1K1-060	Axle	1
U1K1-061	Crank Shaft	1
U1K1-062	Left Crank	1
U1K1-063	Right Crank	1
U1K1-064	Idler Arm	1
U1K1-065	Axle Connection Cap	1
U1K1-066	Idler Wheel Spacer	1
U1K1-067	Idler Spring	1
U1K1-068	Bearing (6004)	8
U1K1-069	Square Key (6 × 6 × 15mm)	1
U1K1-070	E-Ring	1
U1K1-071	C-Ring	2
U1K1-072	Eye Bolt	4
U1K1-073	Tension Bracket	2
U1K1-074	Washer, Lock (M8)	11
U1K1-075	Washer (M8 × 23 × 2.0t)	2
U1K1-076	Washer (M8 × 38 × 2.0t)	4
U1K1-077	Washer (M10 × 23 × 2.0t)	2
U1K1-078	Washer (M10.6 × 60 × 2.0t)	1
U1K1-079	Washer (M17 × 25 × 1.0t)	1
U1K1-080	Washer (M18.3 × 25 × 1.0t)	1
U1K1-081	Washer (M6 × 13 × 1.0t)	6
U1K1-082	Washer (M21 × 30 × 1.0t)	2
U1K1-083	Screw (M3 × 10mm)	4
U1K1-084	Screw (M4 × 32mm)	4

Part #	Description	Qty
U1K1-085	Screw (M4 x 20mm) Self-Tapping	7
U1K1-086	Screw (M5 x 18mm)	21
U1K1-087	Screw (M5 x p0.8 x 15mm)	7
U1K1-088	Screw (M5 x p0.8 x 30mm)	2
U1K1-089	Screw (M5 x p0.8 x 75mm)	2
U1K1-090	Bolt (M6 x p1.0 x 10mm)	4
U1K1-091	Bolt (M6 x p1.0 x 20mm)	4
U1K1-092	Bolt (M8 x p1.25 x 55mm)	2
U1K1-093	Bolt (M10 x p1.5 x 30mm)	1
U1K1-094	Bolt (M8 x p1.25 x 12mm)	5
U1K1-095	Bolt (M8 x p1.25 x 16mm)	1
U1K1-096	Bolt (M10 x p1.5 x 45mm)	1
U1K1-097	Bolt (M8 x p1.25 x 15mm)	4
U1K1-098	Bolt (M8 x p1.25 x 15mm)	1
U1K1-099	Bolt (M8 x p1.25 x 65mm)	4
U1K1-100	Bolt (M8 x p1.25 x 80mm)	4
U1K1-101	Bolt (M10 x p1.5 x 25mm)	2
U1K1-102	Bolt (M6 x p1.0 x 12mm)	2
U1K1-103	Bolt (L=35mm)	2
U1K1-104	Nut (M6 x p1.0)	3
U1K1-105	Nut (M8 x p1.25)	3
U1K1-106	Nut, Nylon Lock (M6 x p1.0)	2
U1K1-107	Nut, Nylon Lock, Thin (M8 x p1.25)	8
U1K1-108	Nut, Nylon Lock (M8 x p1.25)	6
U1K1-109	Nut, Nylon Lock (M10 x p1.5)	4
U1K1-110	Nut, Flange (M10 x p1.25)	1
U1K1-111	Nut (M10 x p1.25)	1
U1K1-112	Upper Connection Wire	1
U1K1-113	Middle Connection Wire	1
U1K1-115	Washer, Lock (M6)	6
U1K1-116	Bolt, Socket Head (M6 x p1.0 x 15mm)	2
U1K1-117	Sensor Wire & Stand	1
U1K1-118	First Pulse Sensor Wire	1
U1K1-119	Second Pulse Sensor Wire	1
U1K1-121	Generator Connection Wire	2
U1K1-122	Handheld Round Plug (31.8mm)	1
U1K1-123	Front Tube Cover	1
U1K1-124	Rear Tube Cover	1
U1K1-125	Spacer (4.6mm)	1
U1K1-126	Spacer (36mm)	1

Part #	Description	Qty
U1K1-127	Left Quick-Access Key	1
U1K1-128	Right Quick-Access Key	1
U1K1-129	Left Membrane Key	1
U1K1-130	Right Membrane Key	1
U1K1-131	Oval Plug (30 x 60mm)	1
U1K1-132	Nut Cap (M8)	1
U1K1-133	Screw (M3 x p1.5 x 20mm)	2
U1K1-134	Screw (M3 x p0.5 x 25mm)	4
U1K1-135	Screw, Phillips Pan Head (M6 x p1.0 x 15mm)	4
U1K1-136	Bolt (M8 x p1.25 x 16mm)	7
U1K1-137	Adaptor	1
U1K1-138	Adaptor Wire	1
U1K1-139	Power Cord	1
U1K1-140	First Battery Connection Wire	1
U1K1-141	Second Battery Connection Wire	1

Product Parts Exploded View, U1K1-V2



Product Warranty - Cardio

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:** 2 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 - Cardio

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to 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 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