

BODYCRAFT

BLU SERIES 400m



OWNERS MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

BEFORE YOU BEGIN

CONGRATULATIONS! And THANK YOU for selecting the BODYCRAFT BLU SERIES 400m Treadmill! Your choice reflects a wise investment in you and your family's health and wellness. We hope you use it for many healthy years!

For your safety and benefit, please read this entire manual. Please keep the manual in a convenient place for quick reference when needed.

BODYCRAFT offers a complete array of high quality fitness equipment. Please refer to our web site at BODYCRAFT.com to view more ways to enhance your lifestyle

Your BODYCRAFT BLU SERIES 400m has all the quality and design elements to make your workout extremely efficient and comfortable. Your console offers 6 display windows with easy to select programming buttons, plus a Polar® Compatible Heart Rate receiver. You can chose from 8 preset programs including Quick Start and Random options, plus 4 Heart Rate interactive programs. Your new treadmill is a serious cardio fitness machine that will keep you motivated, challenged and within reach of your fitness goals.

The BODYCRAFT 400m will provide an efficient, low impact cardiovascular workout that will help improve energy levels and your quality of life. Cardiovascular training is vital for all ages and the BODYCRAFT 400m 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.

If you have any questions or problems, please contact your local BODYCRAFT dealer, or us at:

Phone: 800-990-5556

Email: service@bodycraft.com

Mail: 7699 Green Meadows Dr. Lewis Center, OH 43035

Purchaser's Reference Information

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

Product Name: BLU 400M Treadmill

Serial Number: TR _____

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via the included warranty card or online at www.BODYCRAFT.com.

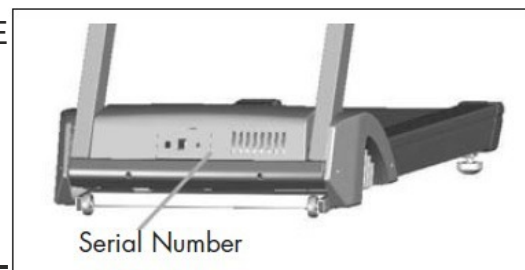


TABLE OF CONTENTS

BEFORE YOU BEGIN	1
TABLE OF CONTENTS	2
IMPORTANT INFORMATION	3
ASSEMBLY INSTRUCTIONS	5
Step 1: Upright Posts Assembly	5
Step 2: Console Assembly	5
Step 3: Handrail Assembly	5
Step 4: Tighten all bolts and screws	6
Step 5: Handrail Cover Assembly	6
Step 6: Motor Cover Assembly	6
Step 7: Finish Up	6
HEART RATE MONITORING DEVICES	7
CONSOLE	8
CONSOLE LAYOUT	11
Displays	11
Function Keys	12
WORKOUT PROGRAMS	14
BELT START SEQUENCE	14
WARM UP	14
COOL DOWN	15
WORKOUT SUMMARY	16
QUICK START	17
CLASSIC PROGRAMS	18
HR INTERACTIVE PROGRAMS	21
CUSTOM PROGRAMS 1, 2, 3, 4	24
WARRANTY	25
MAINTENANCE	26
SERVICE PARTS LIST	28
SERVICE PARTS DRAWING	29

IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

This treadmill is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, basic precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR UNIT.**

CAUTION – FOR SAFE OPERATION

- Wear the safety cord and clip all times while using the treadmill.
- The safety key should never be left on the treadmill when not in use.
- Before beginning any exercise program on the treadmill, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
- If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
- Pregnant women should consult with their physician before beginning an exercise program.
- If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing.
- Drink fluids if you exercise for twenty or more minutes on the treadmill.
- Always follow the console instructions for proper operation.

WARNING – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- Unplug from outlet before servicing or moving the unit.
- Close supervision is necessary when using this treadmill around children, pets, invalids, or disabled persons. Keep children & pets away from the treadmill. Hands and feet may get caught in the moving parts which could result in serious injury.
- Never operate your treadmill if it has a damaged cord or plug, or if it is not working properly. Contact your authorized BODYCRAFT Fitness dealer for service and repair.
- Keep the power cord away from heated surfaces.
- Never insert any objects into openings. Keep hands and feet away from all moving parts.
- This treadmill is designed for home use only.
- Check the power requirement for your unit to see if it matches your local power outlet.
- Do not operate the heart rate monitor transmitter together with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
- Inspect this treadmill prior to exercising to ensure it is working properly. Always make sure all components are fastened securely.
- This treadmill is intended for indoor use. Do not place the unit outdoors.
- Place your treadmill on a solid, level surface when it is in use. Adjust the leveler on the treadmill if necessary.
- Do not dismount the treadmill until it has come to a complete stop.
- Do not operate if oxygen equipment is being utilized or if aerosol (spray) products are being used in the area.

- Keep the treadmill away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.
- To ensure proper functioning of your treadmill, do not install attachments or accessories not provided or recommended by BODYCRAFT.
- Place the treadmill in an area that will meet minimum clearance requirements: Front & Sides: 1 ft / 30 cm, Back 6 ft./ 180 cm
- Always wear proper clothing and shoes when exercising on the treadmill.
- Do not stand on the tread belt while performing auto-calibration.
- Never walk or jog or run backwards on the treadmill.
- Higher speed and higher incline is not for everyone. It is designed for occasional use of a skilled runner and may exceed many users' capabilities. Stop right away if you feel any discomfort.
- Use this treadmill only for its intended use as described in this manual. User weight is not to exceed 325 pounds / 148 kilograms.
- Use the handrails when getting on and off your treadmill.
- Do not remove the treadmill covers or other components. Only an authorized BODYCRAFT Fitness dealer should perform service.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having a grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet if service is needed, and before cleaning.

Improper connection of the grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with this product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill is for use on a 120 volt circuit and has a grounding plug. Make sure the treadmill is connected to an outlet having the same configuration as the plug. Do not use an adapter with your treadmill.

SAFETY KEY CLIP & TETHER

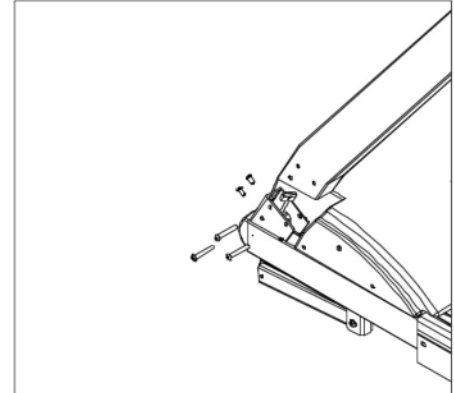
- Your treadmill will not start unless the safety key is placed on the proper location of treadmill console.
- Attach the safety key clip properly onto your clothes before operating treadmill.
- In case of an emergency, pull the safety key off the treadmill, it will cut off the power to the console and stop the treadmill immediately.
- Place the safety key back in place, the treadmill will resume back to idle mode.
- Contact your dealer for a safety key replacement if you do not have one.

ASSEMBLY INSTRUCTIONS

Please take the assembly hardware out of the hardware package box. Lay all the hardware out and take note for its locations. Follow the assembly instruction step by step to complete the assembly. Do not tighten any screws until instructed.

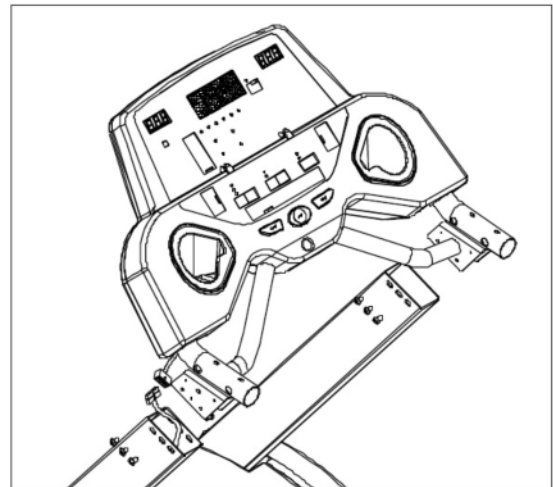
Step 1: Upright Posts Assembly

1. Straighten out the main wire harness and insert it through the top of left upright post.
2. Slide the upright post onto its receptor and insert three M8 x55mm screws on the side and two M8 x 15mm screws on the front. Be careful not to pinch the main wire harness when inserting these screws.
3. Repeat procedure 2 for the Right upright post.
4. Do not tighten bolts until end of assembly.



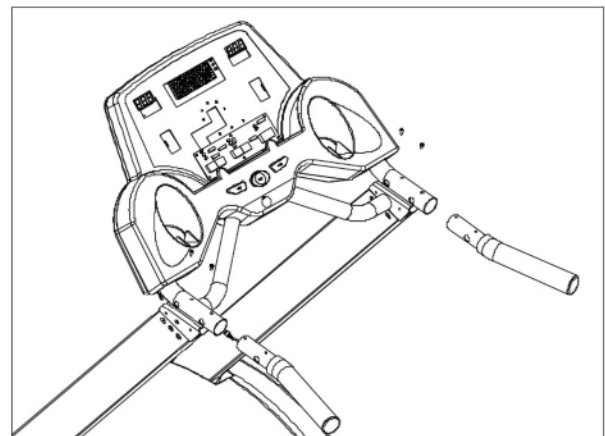
Step 2: Console Assembly

1. Hold the console next to the Left upright post and connect the main wire harness connectors together.
2. Insert the console U bracket into each side of upright post. Be careful not to pinch the wire harness while inserting the U bracket.
3. Insert three M8 x12mm screws each on inner and outer Left upright post (total 6 screws on each upright post).
4. Repeat procedure for Right upright post.
5. Do not tighten bolts until end of assembly.



Step 3: Handrail Assembly

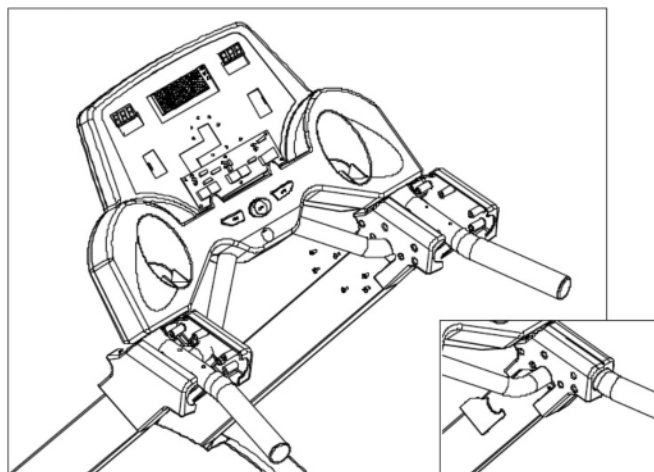
1. Insert Left handrail into Left handrail receptor.
2. Insert two M6 x12mm screws.
3. Repeat the procedure 1 & 2 for the Right handrail.
4. Do not tighten bolts until end of assembly.



Step 4: Tighten all bolts and screws

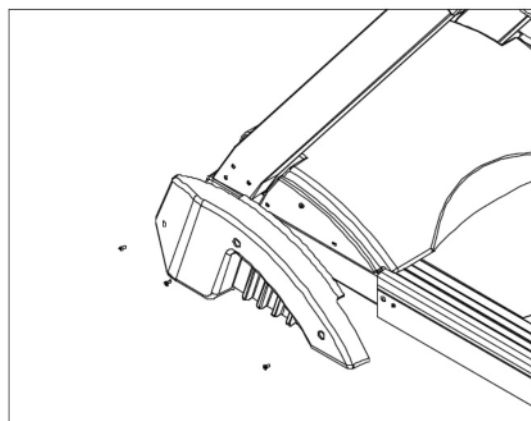
Step 5: Handrail Cover Assembly

1. Place the Left inner handrail cover onto the Left handrail and tighten this cover with two M5 x12mm screws using Phillips screwdriver.
2. Now place the outer handrail cover through the handrail and onto inner cover. Insert four more M5 x12mm screws. Tighten all 6 screws now.
3. Repeat procedure 1 & 2 for the Right handrail covers.
4. Place the handrail cover inserts into the inner handrail covers.



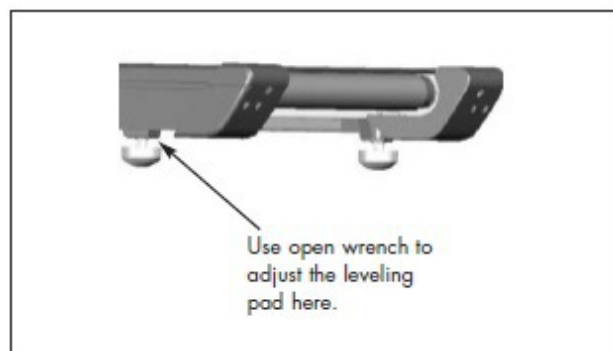
Step 6: Motor Cover Assembly

1. Place the Left motor cover onto the left side of frame.
2. Insert and tighten the selftap M5 x 10mm screw into the center and top mounting hole using Phillips screwdriver.
3. Insert and tighten two M5 x16 on front and rear end of the cover using Phillips screwdriver.
4. Repeat procedure 1, 2 & 3 for Right motor cover.



Step 7: Finish Up

1. Make sure the treadmill is leveled on the floor. Use a level tool, and adjust it if necessary.
2. Plug your power cord in and turn ON the treadmill.
3. Make sure your safety key is in place.



HEART RATE MONITORING DEVICES

Built in Wireless Heart Rate Receiver

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

This treadmill is equipped with a built-in receiver for your heart rate monitoring. Any heart rate telemetry strap that transmits at 5Khz 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 near by, such as TV, Radio...)

The receiver of the wireless ECG system is built into the console unit of this treadmill. 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)

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)

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. manmade fibers, can also be the cause. Please try wetting the tshirt 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.

CONSOLE

Glossary of Terms

- Idle mode = Console is reset and waiting for an entry. The dot matrix display window will show "BC" and message display will scroll following a message of "SELECT A PROGRAM OR PRESS START". If no key input for 30 minutes, the console will enter sleep mode and the display will be shut off.
- Sleep mode = no key input during idle mode, the console display will be off. You can press any key to wake up the console and return to idle mode.
- LED = The lights on the face of the console.
- Watts = The rate of energy currently being expended.
- Work = The amount of energy expended during exercise.

Default Values

- Age = 35 years
- Weight = 155 lb or 70kg for Metric system
- Program Time = 30 minutes; for 5K or 10K program, the program default time is 1 hour.
- Max program time = 4 hours. When continuous workout time reaches 4 hours, the treadmill will enter cool down mode.
- Speed default for Warm up and Cool down is 2.0mph.
- Incline default for Warm up and Cool down is 0%.
- Target HR default is 70% of max HR.

Operating Tips

- Power ON/OFF: Power ON/OFF switch is located in the front of the motor cover. Turn Power ON before use the treadmill and turn it OFF when not using treadmill.
 - In the power save mode, press any key to wake up the console and start operation.
 - Turn the Power ON, the incline will return to 0% automatically.
- Program start sequence
 - Program selecting mode Press program selecting key to select a program, press "ENTER" to accept.
 - Program setting mode – console will prompt program setting for your adjustment, press UP/DOWN key to adjust the setting and ENTER to confirm.
 - Warm up mode – as soon as START key is pressed, Warm up mode will start, except Quick Start & Manual programs.
 - Program run mode – after warm up mode, the program run mode will start. The program time starts counting and dot matrix profile starts blinking.
 - Cool down mode when program time is up, program will end and Cool down mode will begin.
 - Workout summary mode – after completing cool down mode, console will display your workout summary for your review.

- **Reset:** To reset a program during its operation, press and hold the “STOP” key for 2 seconds. When the program resets, the console returns to idle mode.
- **Pause a program:** You may interrupt or pause a program for up to 30 minutes during a work out before the console resets. To pause a program, simply press “STOP” key once.
 - The dot matrix will scroll “PAUSE” during pause mode.
 - The incline will stay where it is at; speed will return to 0 mph.
 - Press “STOP” key one more time during Pause mode, the program will end and enter workout summary mode.
- **Resume a program :** To resume a program back to the point of where you left off, press “START” key during pause mode.
- **Switching a program:** The user may switch from current operating program to another program during program run mode, cool down or workout summary mode by pressing a program selecting key. Calories and distance will continue accumulating from previous program.

If “Classic Program” or “HR Interactive” program key is pressed during a program executing mode, it will enter program switching mode:

 - The dot matrix will switch to display the new program default profile display. You may continue pressing the program selecting key until your desire program LED is lit.
 - Press “ENTER” to accept this new program or “START” key to start this new program right away.
 - If “ENTER” key is pressed, it will enter this program setup mode; time display will be prompted with default time and wait for an entry. Age and weight default will be the last update.
 - Follow the prompts to set up the program. Press “UP/DOWN” key to adjust the setting. When finish, press “START” to start the program, the new program will begin, and Warm Up mode will be skipped.
 - If 3 seconds passes after your initial program selecting key pressed and no other key is pressed, the program will resume back to previous activities.
- **Restart a program:** The user may restart a program after the program ends. Simply press “START” key during Cool Down or Workout Summary mode. The program will be started immediately without Warm up. The program default will remain the same as previous program; the calories and distance will continue accumulating.
- **Speed adjustment:** When speed adjustment is allowed by a program, you may adjust the speed from 0 mph to 11 mph by pressing SPEED UP/DOWN key.
 - Dot matrix profile will adjust the display according to the speed adjustment. Each row of LED at doe matrix display represents 1.5mph increment.

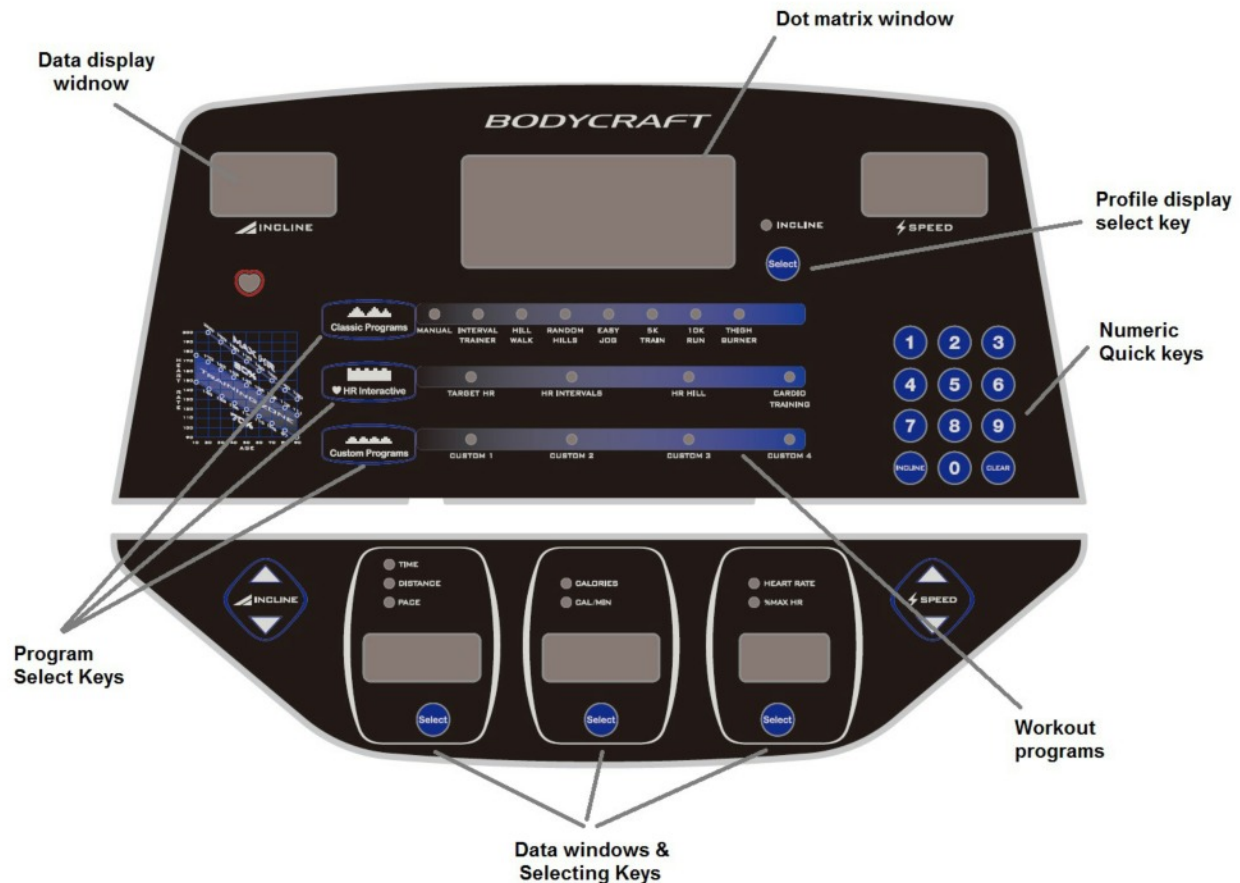
- Incline adjustment: When incline adjustment is allowed by a program, you may adjust the incline from 0% to 12% by pressing INCLINE UP/DOWN key.
 - Dot matrix profile will adjust the display according to the incline adjustment. Each row of LED at dot matrix display represents 1.5% increment.
- HR adjustment: During HR interactive program, you may press UP/DOWN key to adjust the HR setting.
 - Dot matrix profile will adjust the HR profile according to your new HR setting by displaying %max HR. Each row of LED at dot matrix display represents 10% of max HR.
- $\% \text{ MAX HR} = \text{Pulse} / (220 \text{ minus age}) * 100\%$.
It is recommended to control your % Max heart rate within 60% – 85% for the most effective workout. It is also unsafe to exceed 90% and above.

This treadmill is equipped with Heart Rate protection shut off function.

The pulse display will blink and beep to warn you when your heart rate exceeds 95% max HR. The console will shut down and return to idle mode if your heart rate is exceed 98% max HR for more than 10 seconds. It is important to enter your age to get the accurate % max HR.

- English / Metric setting: The default Units is English system. To enter the system switching mode, press & hold “ START” & “STOP” keys at the same time for 2 seconds during idle mode. The Dot Matrix display will blink “ENGL” for English units or “METR” for Metric units. To change it, press “UP/DOWN” key to switch the current Units. Press “ENTER” key to accept the setting and enter idle mode.

CONSOLE LAYOUT



Displays:

- **Dot Matrix/Profile display:**

1. It displays instruction letters during setup.

- Display "AGE" during age setup; "WT" for weight setup; "TIME" for time setup & "HR" for HR setup.
- Display "ENGL" or "METR" for English or Metric units switch.
- Scroll "WARM UP" or "COOL DOWN" to indicate entering these modes.

2. It displays the program profile during the program run mode.

- Press this SELECT key to switch the profile display from default to Incline profile and light up its LED indicator or from Incline profile back to default profile and turn off the LED indicator.
- Each column represents segment time = Program time / 20 columns. If the program time is less than 20 minutes, then the segment time will be 1 minute instead.

- **Workout Display:**

- a. Speed and Incline display**

- Speed (mph) – Current speed.
 - Incline (%) – current incline %

- b. Other data displays**

As soon as a program is started, it will start displaying the default workout data: time. You may select your favorite data displays by pressing the “SELECT” button under each data display, the LED indicator will light up to show which data is displaying.

- Time (hr: min or min: sec): The remaining of program time.
 - Distance (mile or km): Total workout distance.
 - Pace (min: sec): current minutes per mile.
 - Calories (kcal): Total workout calories
 - Cal/min: current Calorie rate.
 - Heart rate (bpm): Your current heart rate. If there is no pulse detected, it will display “ ” instead.
 - % max HR: Current % max HR.

c. Pulse indicator: the heart indicator will start blinking once there is heart rate signal detected by the console.

Function Keys:

- **Speed UP/DOWN keys:**

- During program setup, press Speed “UP/DOWN” key to adjust the following: age, weight, time & HR setting.
 - After program started, press Speed “UP/DOWN” key to adjust the speed.
 - Speed increment = 0.1mph.

- **Incline Up/Down keys:**

- During program setup, press incline “UP/DOWN” key to adjust the following: age, weight, time & HR setting.
 - After program started, press Incline “UP/DOWN” key to adjust the incline.
 - Incline increment = 0.5%.

- **Enter key:**

- After program selecting, press “ENTER” to accept the program and enter its setup mode.
 - After age, weight, time.. adjustment, press “ENTER” key to accept your entry.

- **Start key:**
 - Press “START” to start a program during program setup.
 - Press “START” key to skip Warm up and enter program executing.
 - Press “START” to restart a program during Cool Down, workout summary mode.
 - Press “START” to resume a program from pause mode.

- **Stop key:**
 - Press and hold “STOP” button for 2 seconds to reset the console.
 - Press “STOP” to pause program run mode.
 - Press “STOP” to enter workout summary during Cool Down.

- **Numeric Quick Keys:**
 - Press numeric keys to enter your Age, Weight during program set up. After entry, press ENTER to confirm. Ex: Press “5,4” for age 54.
 - Press numeric keys to enter Time during program set up. Press ENTER to confirm after entry. The unit of the entry will be 1 minute. Ex: Press “1,0,0” for 100 minutes.
 - Press numeric keys to enter HR setting during program set up mode only. Press ENTER to confirm your entry. Ex: Press “1,3,7” for 137 bpm.
 - Press numeric keys to adjust the Speed during program run mode. The entry will be 1.0 mph increment with no decimal point. Ex: Press “4” for 4.0 mph.
 - Press “INCLINE” and numeric keys to adjust Incline during program run mode. Press “ENTER” to confirm your entry. Ex: Press “INCLINE, 5” for 5%.
 - Press “CLEAR” after you press any numeric key to void an entry.

- **Emergency key**
 - Place the safety clip onto your clothes properly before using treadmill.
 - Treadmill will not start unless the emergency key is properly engaged.
 - Pulling the emergency key off the treadmill will result in power shut off and stop the treadmill immediately.
 - Pull the emergency key off the treadmill if you feel ill during use of treadmill or any other emergency occurs.



WORKOUT PROGRAMS

BELT START SEQUENCE

Belt start sequence is designed with your safety in mind. It is an indication to let you know that the treadmill motor is about to start and be prepared.

Anytime the treadmill is ready to start, the belt start sequence will appear as below:

- Data display will display “ 3, 2, 1, GO”
- As soon as “GO” appears, the belt will start at 0.5 mph and slowly increase to appropriate setting and program timer will begin.

WARM UP

Getting Started

This treadmill automatically initiates a 3 minute Warm Up at the beginning of each program. It is designed to prepare your body for an intensive workout and to reduce the possibility of injury during workout.

Note: Warm Up is skipped for the Quick Start or Manual programs. Warm Up is skipped if it is a re-start program or switching from another program.

Beginning the Program

Warm Up is active as soon as the “START” key is pressed and a program is executed. The Dot matrix window will scroll “WARM UP” and then display program profile. This sequence will repeat until Warm up is finished

During the Program

Data Display

- Once it is started, the data display window will start accumulating and display the default workout data of “time, distance, calories & heart rate”. Press “SELECT” button to switch the data displays.
- The time will display count down from 3:00.
- Speed display will show default speed of 2.0 mph.
- Incline display will show default incline of 0%.

Adjustment

- Speed = 2.0 mph. Press Speed “UP/DOWN” key or numeric quick key to adjust the speed from 0.5 – 3.5 mph only.
- Incline = 0%. Press Incline “UP/DOWN” key or numeric quick key to adjust the incline from 0 – 12%.
- “START” key can be pressed to skip the warm up and start the program immediately.

Ending the Warm Up

- After 3 minutes, or the Start key is pressed, Warm Up will end and the program will execute.
- There will be a beep sound to indicate the Warm up is over and the selected program begins.

COOL DOWN

Getting Started

This treadmill is equipped with a 3 minute Cool Down at the end of each program. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

Note: Cool Down is skipped for the Quick Start program.

Beginning the Program

Cool Down is active as soon as a program ends. The dot matrix window will scroll "COOL DOWN" and then display final program profile. This sequence will repeat until Cool Down is finished.

During the Program

Data Display

- Once it is started, the data display window will continue accumulating and display the default workout data of "time, distance, calories & heart rate". Press "SELECT" button to switch the data displays.
- The time will display "3:00" and start continuing down.
- Speed display will show default speed of 2.0 mph.
- Incline display will show default incline of 0%.

Adjustment

- Speed = 2.0 mph. Press Speed "UP/DOWN" key to adjust the speed from 0.5 3.5 mph only.
- Incline = 0%. Press Incline "UP/DOWN" key to adjust the incline from 0 12%.
- "START" key could be pressed to restart the previous program again.
- "STOP" key could be pressed to skip the cool down mode and active the Workout Summary immediately.

Ending the Cool Down

- After 3 minutes, or the Stop key is pressed, Cool Down will end and enter Workout Summary. See Workout summary for details.

WORKOUT SUMMARY

Getting Started

For your convenience, this treadmill incorporates a Workout Summary right after the completion of the Cool Down. It will display the total workout data for 3 minutes before the Console resets.

Beginning the Program

Workout Summary appears as soon as the Cool Down mode ends or a "STOP" key is pressed during Cool Down mode. The dot matrix will display the final program profile. The data display will stop counting and show the final data one at a time.

During the Program

Data Display

- Once this summary is started, the data window will display with default "time, calories & heart rate" displays: :
 - Time display shows total Program time.
 - Distance display shows the total distance.
 - Calories display shows total calories accumulated for the workout.
 - The Incline Display shows the average incline
 - The Speed Display shows the average speed
- Press "UP/DOWN" key to switch to the next data display:
 - The Cal/min display shows the average caloric rate
 - The Pace display shows the average pace for the workout
 - The Heart Rate display shows average HR; if there is no HR, it will display " ".
 - The %max HR display the average % Max HR; if there is no HR, it will display " ".

Adjustment

- Press "START" key to restart this program.
- Press STOP key to end workout summary and enter idle mode.
- Press program selecting key to enter switching program sequence.

Ending the Workout Summary

- After 30 seconds, or the Stop key is pressed, Workout Summary will end and console will reset.

QUICK START

Getting Started

A Quick Start program is for someone who wants to bypass the setup mode and start their workouts right away. By picking Quick Start program, you are accepting the default values for calculations. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Quick Start program.

Beginning the Program

During idle mode, the dot matrix window displays "BC...." Messages, to begin this program, simply press "START" key once.

Program Default Values

- Max program time = 4 hours
- Default Speed = 0.5 mph
- Default Incline = 0%
- Default profile = speed profile; each segment time = 1 minute.

During the Program

Data Display

- As soon as the "START" button is pressed during idle mode, this program will begin; the data display window will display the default workout data of "time, calories & heart rate. Press "SELECT" button to switch the data displays.
- Time display will show 00:00 and count up.
- Speed display will show default speed of 2.0 mph.
- Incline display will show default incline of 0%.

Adjustment

- Press Speed "UP/DOWN" key to adjust the speed from 0 — 11 mph. The speed display will update the current & future speed and the dot matrix window will update the profile accordingly.
- Press Incline "UP/DOWN" key to adjust the incline from 0 12%. The incline display will update the current & future incline and the dot matrix window will update the incline profile if this display is selected.
- Press "SELECT" key next to dot matrix window to switch the profile display

Ending Quick Start

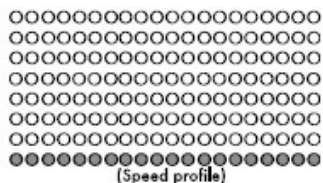
- When the "STOP" key has been pressed twice during Quick Start, this program will end and enter workout summary mode.
- There will be a beep sound to indicate the program ended.

CLASSIC PROGRAMS

There are 8 Classic programs for selection. Each program has similar setup process. There are preset speed, incline as well as track programs. Follow the instruction listed below to select and setup the desired program to begin exercise.

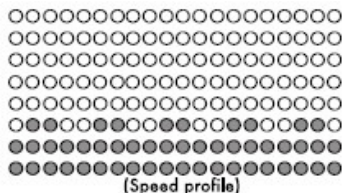
Program Names

MANUAL PROGRAM



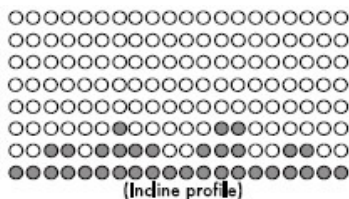
You can build your own program with Manual program. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Manual program.

INTERVAL TRAINER



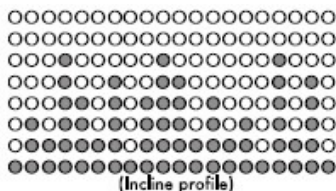
The Interval Trainer program helps to build the strength of your cardiovascular system. By alternating the workload from high speed to low speed & incline, your heart gets an effective workout.

HILL WALK



The Hill Walk program simulates a hill climb exercise with a preset hill profile and slow speed to walk. The exercise profile will guide you through the up hill climb or down hill glide.

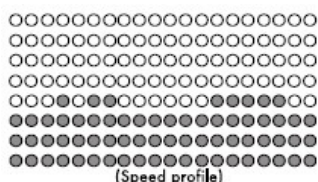
RANDOM HILLS



The Random Hills program is designed to allow the user to choose from an unlimited number of computer generated incline profiles.

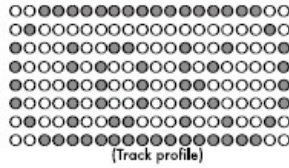
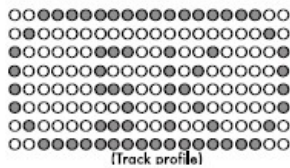
Note: Profile shown here is for reference only; computer will generate a different profile each key press.

EASY JOG



The Easy Jog program is designed for a beginner who just started running. It varies speed throughout the program to help you getting accustomed to running. You can gradually increase the speed or incline over time as you improve.

5K TRAIN & 10K RUN

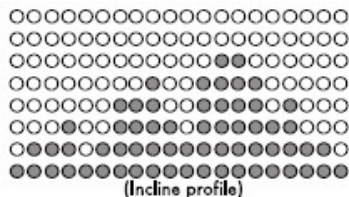


The 5K Train & 10K Run programs are the distance training programs. It sets the distance target to be 5KM or 10KM and you can set up your pace by entering the time. It is very easy to see your speed improvement over time, because your time will be shorter and shorter.

As soon as the program run mode begin, the dot matrix profile display will display a 5K track or 10K track profile and start blinking in the smaller track. The blinking LED is showing where your position is vs. goal. Each LED blinks (Time / 32) minutes. When you completed the track, you completed a 5K or 10K course..

Note: Because the speed is calculated from your selected time, therefore the speed can not be adjusted during program run mode.

THIGH BURNER



The program is designed to tone your Thighs & Glutes; it includes a series of up hill climbing exercises and a preset incline profile. Workout on this program often, you will see the result in no time

Beginning the Program

During idle mode, the dot matrix window displays "BC....". To begin this program, press "Classic Programs" key until the desired program LED indicator lights up.

Accepting Default values or Entering the program setting mode

When the message display flashes the program name, "PRESS ENTER", it indicates you are about to select the particular program.

- Press "START" key to accept current default values and begin the program workout.
- Or press "ENTER" to enter program setup mode. The dot matrix & data displays will take you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the dot matrix window will flash "AGE".
2. The time display will display & blink the default age.
3. You may press "UP/DOWN" or numeric quick key to adjust the age.
4. After age adjustment, press "ENTER" to accept and enter Weight adjustment.

Entering Weight

1. If Enter key is pressed after age adjustment, the dot matrix window will flash "WT".
2. The time display will display & blink the default weight.
3. You may press "UP/DOWN" or numeric quick key to adjust the weight.

4. After weight adjustment, press “ENTER” to accept and enter Time adjustment.

Entering Time

1. If Enter key is pressed after weight adjustment, the dot matrix window will flash “TIME”.
2. The time display will display & blink the default time = 30:00 (except 5K, 10K programs).

3. You may press “UP/DOWN” or numeric quick key to adjust the time up to 4:00 (hr: min).
(Note, for 5K, 10K: when you adjust the time, the Speed display will calculate the average speed and display so you know how fast you have to run to get to 5K in your selected time).

4. After time adjustment, press “ENTER” or “START” to accept and begin this program.

(Note: you may press START key anytime to skip the setup and begin the workout immediately.)

During the Program

As soon as the “ENTER” or “START” key is pressed, the selected program will start.

Data Display

- Once the program is started; the data display window will display “time, calories & heart rate” as defaults.
- Press “Select” button to switch the data displays.
- Time display will show the selected program time and count down.
- Speed display will show default speed. Incline display will show default incline.

Adjustment

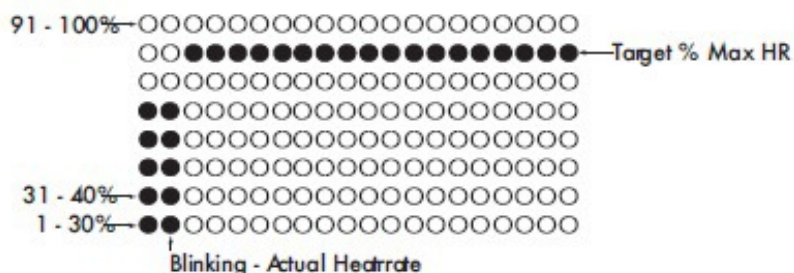
- Press Speed “UP/DOWN” key or numeric quick key to adjust the speed from 0 – 11mph. The speed display will update the current & future speed and the dot matrix window will update the profile accordingly.
- Press Incline “UP/DOWN” key or numeric quick key to adjust the incline from 0 12%. The incline display will update the current & future incline and the dot matrix window will update the incline profile if this display is selected.
- Press “SELECT” key next to dot matrix window to switch the profile display.

Ending the Program

- When selected program time is up, this program will end and Cool down will be active. See Cool down section for details.
- If STOP key is pressed twice during program run mode, the program run mode will end and enter workout summary mode.
- There will be a beep sound to indicate the program ended.

HR INTERACTIVE PROGRAMS

Dot matrix display during HR Interactive programs – The dot matrix display will display program % Max HR profile, not speed profile. The row of target % Max HR LEDs will light up to indicate your goal; then the current segment LEDs will light up and blink to show your actual heart rate. You could compare your actual heart rate against your goal while exercising.



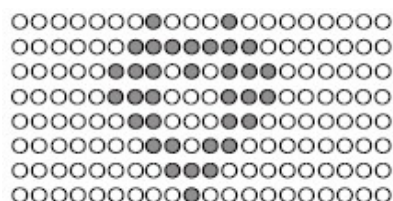
There are 4 HR interactive programs for selection. Each program has similar setup process. Follow the instruction listed below to select and setup the desired program to begin exercise.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

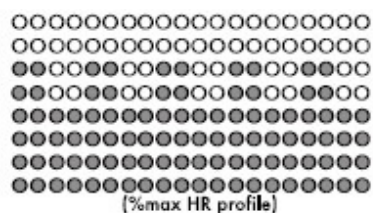
Program Names

TARGET HR



The Target Heart Rate program is designed to keep you training at your chosen heart rate level. Computer will adjust the speed automatically to ensure the target heart rate is achieved and maintained during the entire program.

HR INTERVALS



The Heart Rate Intervals program is designed to alternate periods of hard work (Work phase) with periods of easy work (Rest phase). The console will adjust the resistance level up to meet your Work heart rate goal and adjust it down to recover. This phase changes every 2 segments to best condition your cardiovascular system.

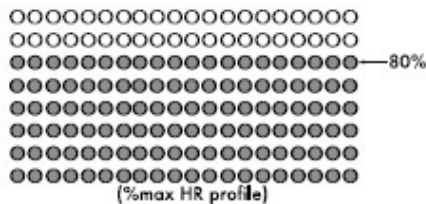
HR HILL



The HR Hill program is based on a percentage (%) of your maximum heart rate (220 minus your age). Within each training zone subtle physiological effects take place to enhance your fitness status.

- The energy efficient or Recovery zone – 60% to 70%
- Training within this zone develops basic endurance and aerobic capacity.
- The Aerobic zone – 70% to 80%. Training within this zone to develop your cardiovascular system.
- The Anaerobic zone – 80% to 90%. Training within this zone will develop your lactic acid system.

CARDIO TRAINING



The Cardio Training program is designed to keep your heart rate at your anaerobic stage. The heart rate is maintained at 80% of Max heart rate to develop your lactic acid system and build your strength most effectively.

Beginning the Program

During idle mode, the dot matrix window displays "BC....". To begin this program, press "HR Interactive" key until the desired HR program LED indicator lights up.

Accepting Default values or Entering the program setting mode

When the dot matrix display shows the desired program profile, it indicates you are about to select the particular program:

- Press "START" key to accept current default values and begin the program workout.
 - Default Time = 30 minutes
 - Default profile = % max HR profile
- Or press "ENTER" to enter program setup mode. The dot matrix & data displays will take you through the program setup mode step by step as below:
 - Enter Age
 - Enter Weight
 - Enter Time
 - Enter Heart Rate if necessary

If Enter key is pressed after time adjustment, the dot matrix window will flash a message.

- **For Target HR program:**
 - The Heart Rate display will display & blink the default target, calculated from 70%.
 - You may press Speed or Incline "UP/DOWN" key or numeric quick key to adjust the target HR up to 85% of Max HR.
- **For HR Intervals program:**
 - Enter Work HR: you may adjust the work HR from 65% to 90% of Max HR.
 - Enter Rest HR: you may adjust the rest HR from 80bpm to work HR setting.

After HR adjustment, press “ENTER” or “START” to accept and begin this program.
(Note: you may press START key anytime to skip the setup and begin the work out immediately.)

During the Program

As soon as the “ENTER” or “START” key is pressed, the Warm Up will be active.

Data Display

- When Warm Up mode is completed, this program will begin; the data display window will display the default workout data of “time, calories & heart rate”. Press “Select” button to switch the data displays.
- Time display will show the selected program time and count down.
- Speed display will show default speed. Incline display will show default incline.
- Heart Rate display:
 - If there is no pulse input, the Heart rate data display will show “” and blink. If there continues to be no pulse input, the console will maintain its current resistance setting and not changing until the program ends or is changed.
 - If there is a valid pulse, the Heart rate display will show the actual pulse reading.

Target HR program adjustment:

- Computer will adjust the speed to achieve your Heart rate goal; therefore speed can not be adjusted during program run mode. Press Speed “UP/DOWN” key will adjust the target HR goal.
- The numeric quick key can not be used to adjust the target HR setting during program run mode.
- Press Incline “UP/DOWN” key to adjust the incline from 0 12%. The incline display will update the current & future incline and the dot matrix window will update the incline profile if this display is selected.
- Press “SELECT” key next to dot matrix window to switch the profile display.

HR Intervals program adjustment:

Press Speed “UP/DOWN” key will adjust the target HR goal.

- Press Speed “UP/DOWN” key during Rest HR segment to adjust the Rest HR setting of the remaining program. The Pulse window will blink the Rest HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the Rest %Max HR profile accordingly.
- Press Speed “UP/DOWN” key during Work HR segment to adjust the Work HR setting of the remaining program. The Pulse window will blink the Work HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the Work %Max HR profile accordingly.

HR Hill & Cardio Training program adjustment:

Computer will adjust the speed to achieve your Heart rate goal; therefore speed can not be adjusted during program run mode. Press Speed “UP/DOWN” key will adjust the current & future target HR goal proportionally. The dot matrix profile will update the profile accordingly.

Ending the Program

- When selected program time is up, this program will end and Cool down will be active. See Cool down section for details.
- If STOP key is pressed twice during program run mode, the program run mode will end and enter workout summary mode.
- There will be a beep sound to indicate the program ended.

CUSTOM PROGRAMS 1, 2, 3 & 4

These programs are designed to be userfriendly tools. You can build your own programs and save them for later workout. With this function, you will be able to call up your favorite program, which stores all of your accurate user information, and begin your exercise right away.

Save a program into Custom programs

To save your favorite program into Custom program during Cool Down and Workout summary, first to select a Custom program number you want to save your favorite program. Second, press the “Custom Programs” key and hold the key when the right Custom Program number LED indicator lights up for 2 seconds. There will be 2 beeps to indicate that your program has been saved.

- Following information of this program will be saved:
 - Age & Weight
 - Program time
 - Speed, Incline, profile
 - HR setting if it is a HR Interactive program
- If there was a program saved in this Custom program before, the new program will overwrite the previous program.

Selecting Custom Program and Beginning the Program

To select a User program, press “Custom Program” key until the right custom program number is highlighted. Press “ENTER” to confirm your entry.

- If there was no saved program, the dot matrix display will scroll, “NO PROGRAM” and wait for an instruction.
- If there was a saved program, the dot matrix will display the program profile.
- Press “ENTER” or “START” key to accept current default values and begin program workout.

During the Program

A saved program will behave the same way as the original program, see each program section for details.

THE BODYCRAFT 400M WARRANTY

BODYCRAFT warrants its products to be free of defects in material and workmanship for the time stated below to the original purchaser.

Residential Warranty: Lifetime* Frame and Drive Motor, 12 years Parts & Electronics and 2 years Labor.

This warranty is valid only in accordance with the following conditions:

- The warranty begins on the original date of purchase at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise.
- This warranty is available only for purchases made within the USA and Canada, and currently residing in the USA or Canada.**
- In order for the warranty to be valid for the terms listed below, the product must be registered with BODYCRAFT within 30 days of purchase.
- The warranty is not transferable and does not cover normal maintenance.
- This warranty applies to Residential use only and is void when used in a Commercial environment.
- This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
- This warranty does not cover damage resulting from shipping, accident, misuse, water, tampering, unreasonable use, unauthorized or improper repairs and alterations.
- This warranty does not cover normal wear and tear.
- BODYCRAFT cannot guarantee that the heart rate system on its products will work for all users. Heart rate measurement accuracy varies based on a number of factors, including the user's physical condition, the heart rate measurement method is used, external interference, and other factors that may influence heart rate acquisition.
- 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 request a return of the part(s) or photographic evidence of the damaged part(s) prior to replacement at the owner's expense).
- Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via the included warranty card or online at www.BODYCRAFT.com.
- 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 the BODYCRAFT 400M. 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 400M.

** Lifetime is defined as the period the original owner owns it, or 5 years after the product has been discontinued.*

*** If you do not reside within the USA or Canada, please contact your local BODYCRAFT distributor for details specific to you.*

MAINTENANCE

CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Turn power switch to the “OFF” position and unplug electrical cord from the outlet before attempting maintenance. Inspect unit for loose parts and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware as necessary.

After training, always wipe down your treadmill. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty.

A proper maintenance will extend the life and ensure a better performance of the treadmill. Below you will find our recommendations for the maintenance of your treadmill:

Overall Cleaning

Use a damp cloth to clean outer surface and console of the treadmill. **DO NOT USE PETROLEUM BASED PRODUCTS TO CLEAN ANY PART OF THE TREADMILL.** Use a clean, lint free, cloth to occasionally clean the deck surface.

Belt/Deck Maintenance

Lubrication to the deck is very important to your treadmill. It will reduce the wear of the deck and maintain the smooth running surface. Although this treadmill has been prelubed at the factory, periodic lubrication is still necessary. It is difficult to predict exactly when the belt will need lubrication, one of the most common symptoms is a hesitation or pause of the belt when you set your foot. Here are some of the tips for deck lubrication:

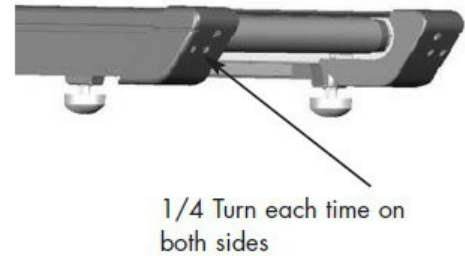
- Wipe entire deck surface with a clean, lint free cloth.
- Lubricate deck with the BODYCRAFT Lubrication Kit (which can be purchased through your BODYCRAFT website.)
- Follow the instructions as specified in the Lubrication Kit.
- Lubricate your treadmill approximately every 6 months of normal use

Belt Adjustment

Proper belt adjustment is important for smooth and safe operation of the treadmill. If the belt is too loose, you will feel a slight hesitation each time you take a step. (If this symptom occurs, first turn the treadmill off and try lubricating the deck/belt — see Belt/Deck Maintenance.)

The adjustment screws must be tightened evenly in order to adjust the belt properly. The adjustment screws are located at the rear of the treadmill in the end caps.

Both adjustment screws should be tightened 1/4 turn in a clockwise direction with a wrench and the belt checked for slipping after each adjustment. If the belt continues to slip, repeat this process until the belt stops slipping. Make sure to only turn the adjustment screws 1/4 turn each time until the slipping stops. This will insure that you do not overtighten the rollers. Overtighten the rollers may cause serious damage to the treadmill.



Belt Alignment

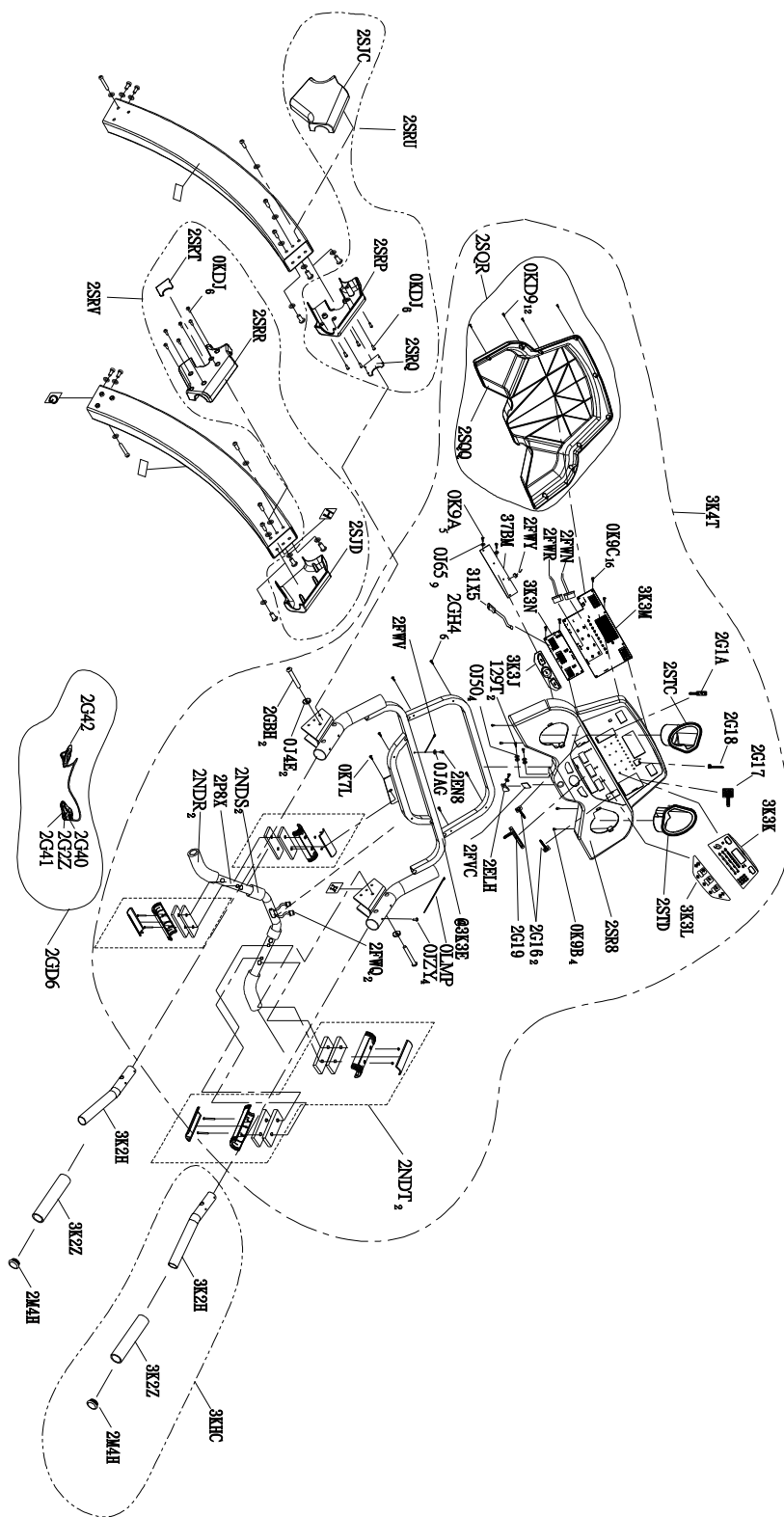
If the belt tracks too close to one side, loosen the adjustment screw on the opposite side, turning it counterclockwise 1/4 turn. Restart the treadmill and run it at 5 mph / 8 kph for 1 to 2 minutes to insure the belt will stay in the center. Repeat the procedure if necessary.

If noises develop or malfunctions occur, contact your authorized BODYCRAFT fitness dealer.

SERVICE PARTS LIST

ID CODE	DESCRIPTION
2HXG	WHEEL SET/pair, 200/400/800m
2SR3	END CAP SET (L & R), 200/400/800m
2SR5	FRONT COVER, 200/400/800m
2SR6	SIDE COVER, LEFT, 200/400/800m
2SR7	SIDE COVER, RIGHT, 200/400/800m
2HX8	ELEVATION MOTOR, 200/400m
2HY3	ELASTOMERS (6pcs), 200/400/800m
2HY4	SIDERAIL GUIDE SCREWS (8PCS), 200/400/800m
2HY5	BELT TENSION SCREW, 200/400/800m
2HX6	FRONT ROLLER ASS'Y, 200/400/800m
2HX5	REAR ROLLER ASS'Y, 200/400/800m
2HXZ	REAR LEVELERS, 200/400/800m
2LKU	POWER CORD, 110V, 200/400/800m
0LSG	CIRCUIT BREAKER, 200/400/800m
2HY6	RPM SENSOR, 200/400/800m
26S4	POLY V DRIVE BELT, 200/400/800m
2GD6	SAFE KEY ASS'Y, 200/400/800m
3JQJ	RUNNING BELT, 200/400m
2FPC	RUNNING DECK, 200/400m
3KH8	STEP RAIL ASS'Y, LEFT, 200/400m
3KH9	STEP RAIL ASS'Y, RIGHT, 200/400m
3KHC	HAND RAIL, L & R, 200/400/800m
2SQR	LOWER CONSOLE COVER, 200/400m
2HY8	LEAD WIRE ASS'Y, 400/800m
2HXH	DRIVE MOTOR ASS'Y W/BELT, 400/800m
2HXN	CONTROL BOARD ASS'Y, 400/800m
3K4T	CONSOLE ASS'Y, 400m
2NDT	HAND PULSE SENSOR ASSY
2SRU	CONSOLE MAST COVER, LEFT, 400/800m
2SRV	CONSOLE MAST COVER, RIGHT, 400/800m
3K3K	UPPER OVERLAY, 400m
3K3L	LOWER OVERLAY, 400m
3KHH	MOTOR COVER W/DECALS, 400m
3KHP	DECAL ASSY, 400m
2SR8	UPPER CONSOLE COVER, 400m
3K3M	UPPER DISPLAY BOARD, 400m
3K3N	LOWER DISPLAY BOARD, 400m
37BM	KAY PAD BOARD, 400/800m
2P8X	HANDLEBAR ASSY W/ HAND PLUSE SENSORS, 400m
2G1A	KEY PAD, 400m
2G17	KEY PAD, 400m
2G18	KEY PAD, 400m

SERVICE PARTS DRAWING



SERVICE PARTS DRAWING

