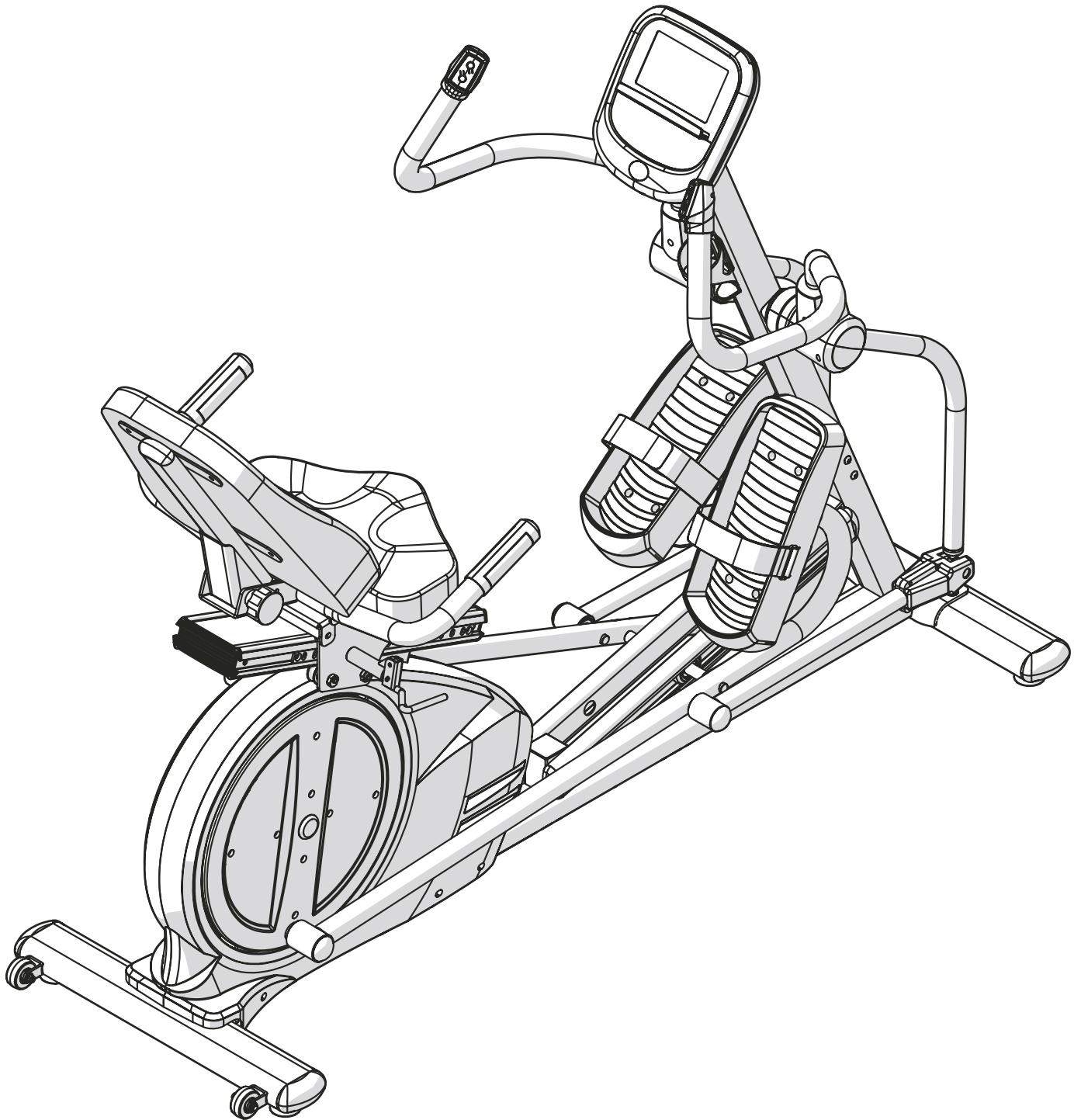


BODYCRAFT

SCT400g

Seated Elliptical Trainer



OWNERS MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Rev D SC41

CONGRATULATIONS! THANK YOU for selecting the BODYCRAFT SCT400g Seated Elliptical Trainer! 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 www.bodycraft.com to view more ways to enhance your lifestyle.

Your Bodycraft SCT400g has all the quality and design elements to make your workout extremely efficient and comfortable. Your new Seated Elliptical Trainer is a serious cardio fitness machine that will keep you motivated, challenged and within reach of your fitness goals. The Bodycraft SCT400g 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 SCT400g 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.

Phone: 800-990-5556 9am - 5pm EST
Recreation Supply, Inc.
7699 Green Meadows Dr.
Lewis Center, OH 43035

Email: service@bodycraft.com

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: SCT400g Elliptical Cross Trainer

Serial Number: SC _____

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.

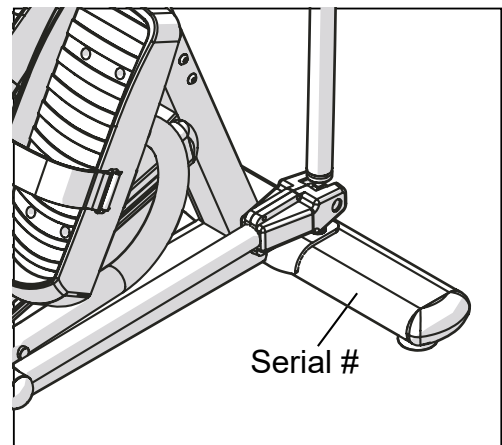


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Product Safety

Basic precautions should always be followed, including the following safety instructions when using this equipment:

Read all instructions before using this equipment.

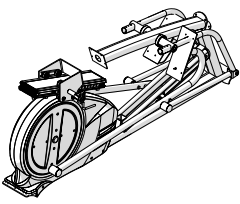
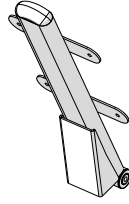
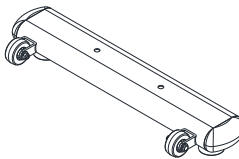
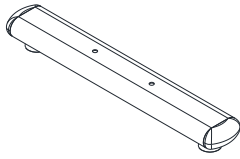
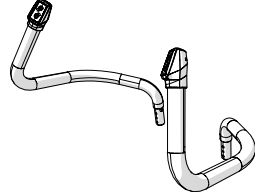
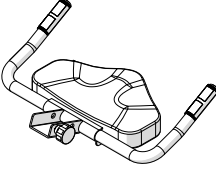
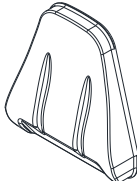

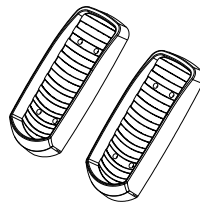
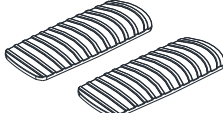
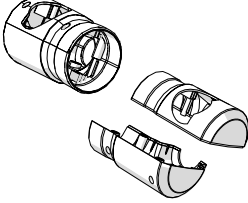
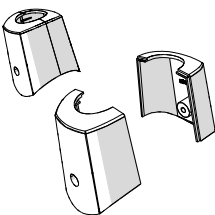
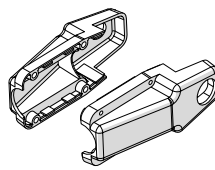

1. It is recommended that you perform warm up exercises before using this equipment.
2. Please make sure all components are not damaged and in working order before use.
3. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Use caution when stepping on and off the machine. During the workout it is recommended that you always hold onto the stationary or upper body handle bars. To ensure the pedals run smoothly, you may need to push or pull on the upper body handlebars first, then follow with the leg motion.
7. Do not use the equipment outdoors.
8. This equipment is for household or light commercial use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. If you feel chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is **400 lbs /180 kgs**.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment.

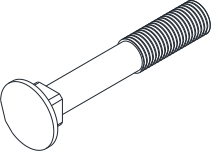
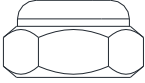


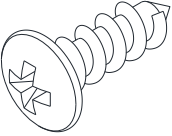
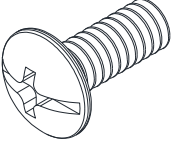
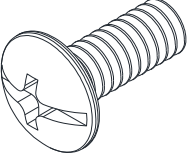

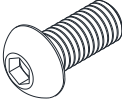
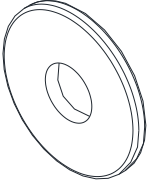

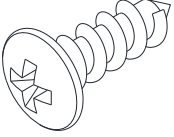
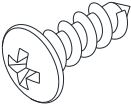
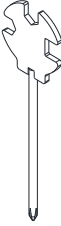
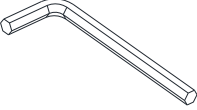
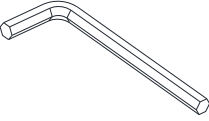
CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

Part Drawing & Contents

A01  Main Frame	1Set	A04  Backrest Tube	1Set	A05  Rear Stabilizer	1Set	A06  Front Stabilizer	1Set	A12/A13  Handrail L/R	1Set
A07  Saddle Frame	1Set	C10  Upholstered, Backrest	1PC	D01  Computer	1PC	C07  Foot Pedal	2PC	C08  Cushion Pad	2PC
C21/C22L.R  Lower Pivot Cover -A/B	2Set	C14/C15  Upper Pivot Cover -A/B	2Set	C35/C36  Upright Joint Cover L/R	2Set	C23  Water Bottle Holder	1PC		

Hardware & Tools

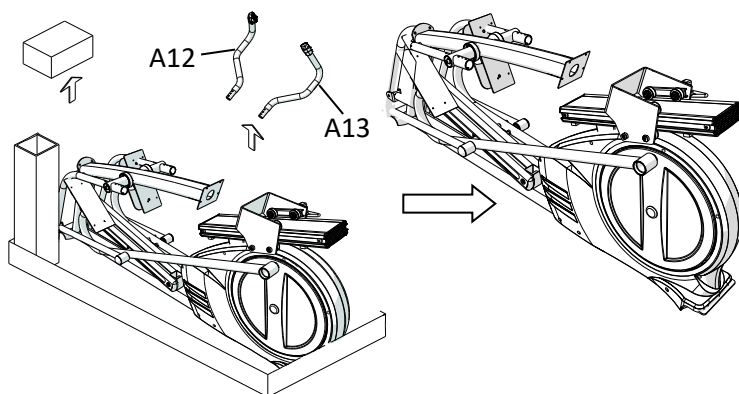
<p>B06 4PC</p>  <p>Bolt M8x50mm</p>	<p>B08 5PC</p>  <p>Nylon Nut M8</p>	<p>B07 8PC</p>  <p>Curve Washer M8x20x1.5T</p>	<p>B30 4PC</p>  <p>Washer 5/16''*20*2.0t</p>	<p>B29 8PC</p>  <p>Screw M5x16mm</p>
<p>B26 8PC</p>  <p>Screw M6*15 mm</p>	<p>B50 4PC</p>  <p>Screw 5/16''*15mm</p>	<p>B53 8PC</p>  <p>Washer 5/16''*16*1.5t</p>	<p>B52 12PC</p>  <p>Screw M8*16 mm</p>	<p>B57 1PC</p>  <p>Washer 5/16''x30x2.0T</p>
<p>B61 1PC</p>  <p>Bolt M8x100mm</p>	<p>B11 8PC</p>  <p>Screw 3/16''*18mm</p>	<p>B09 6PC</p>  <p>Screw M3*16mm</p>		
<p>1PC</p>  <p>Hex Tool with Phillips Screwdriver (13/14/15mm)</p>	<p>1PC</p>  <p>Allen Key (M5)</p>	<p>1PC</p>  <p>Allen Key (M6)</p>		

Assembly

NOTE: The 2 people are required for the safe assembly of this product.

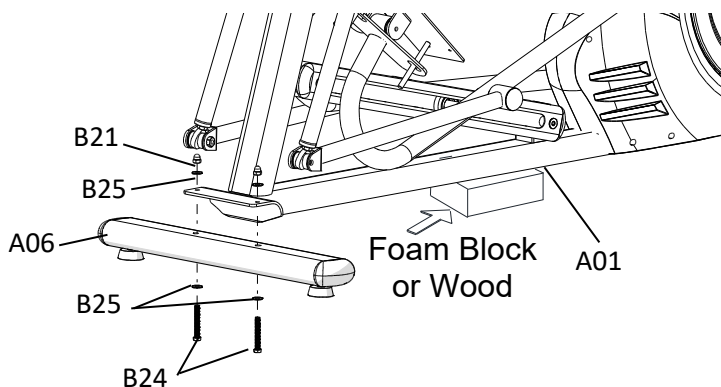
1. PREPARATION

- 1.1 Open the top carton and remove the Foam Block and the Upper Handrail Tubes L/R (A12/A13). Save the Foam Block for use during assembly.
- 1.2 Remove the Elliptical Cross Trainer from the carton.



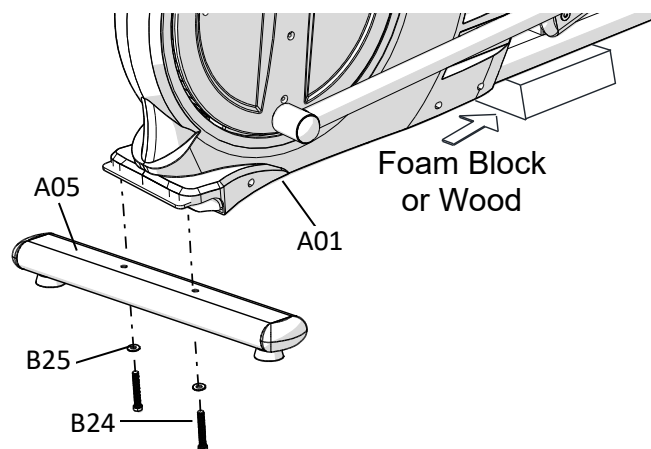
2. FRONT STABILIZER TUBE INSTALLATION

- 2.1 Use the Style Foam Block or a block of wood to lift up the front of Main Frame (A01).
- 2.2 Remove **Two** 3/8" Screws (B24) and **Four** Washers 3/8" (B25) and **Two** 3/8" Dome Nuts (B21) from the Main Frame (A01).
- 2.3 Assemble the Front Stabilizer Tube (A06) under the bracket of Main Frame (A01) with **Two** 3/8" Bolts (B24), **Four** 3/8" Washers (B25) and **Two** 3/8" Dome Nuts (B21) which were removed from step 2.2.



3. REAR STABILIZER TUBE INSTALLATION

- 3.1 Use the Foam Block or a block of wood to lift up the rear of Main Frame (A01).
- 3.2 Remove **Two** 3/8" Screws (B24) and **Two** Washers 3/8" (B25) from the Main Frame (A01).
- 3.3 Assemble the Rear Stabilizer Tube (A05) at rear of Main Frame (A01) with **Two** 3/8" Bolts (B24), **Two** 3/8" Washers (B25) which were removed from step 3.2

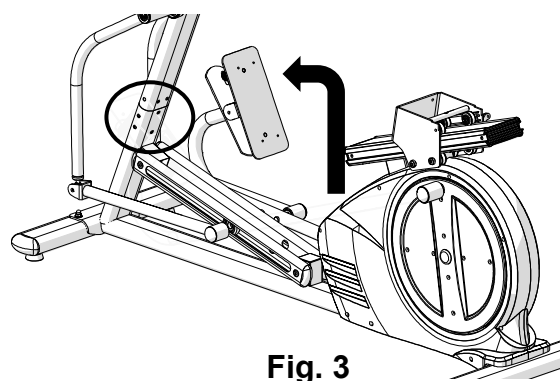
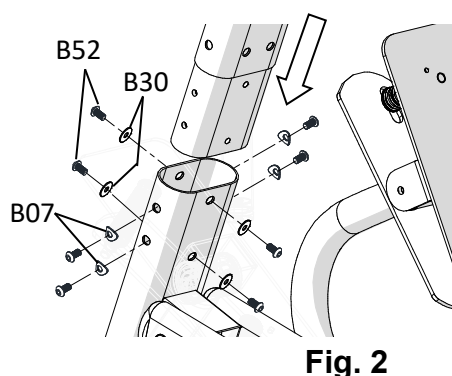
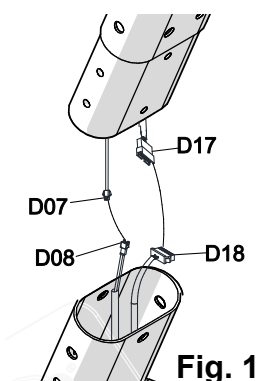


TIGHTEN the Front and Rear Stabilizer Bolts at this time.

Assembly

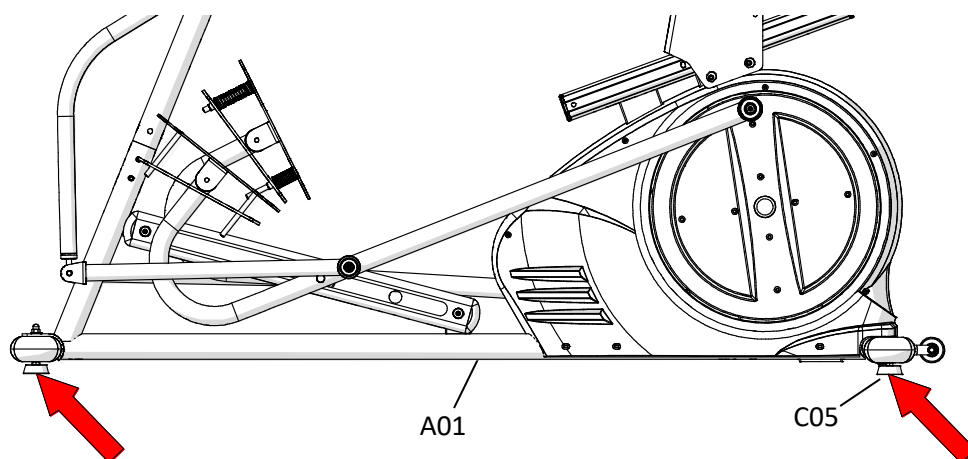
4 UPRIGHT POST INSTALLATION

- 4.1 While holding the Upright Post (A02) above the Main Frame (A01), connect the Cables as shown (D07 to the D08 and D17 to D18). As shown in Fig.1.
- 4.2 Carefully slide the excess wires into the opening hole of Main Frame (A01), then lower the Upright Post (A02) **being careful to not pinch the wires**.
- 4.3 **DO NOT FULLY TIGHTEN THE BOLTS IN THIS STEP UNTIL ALL BOLTS ARE STARTED.** LOOSELY install **Eight** M8 Bolts (B52) and **Four** Curved Washers (B07) and **Four** Washers (B30) by hand first for aligning the punched holes and threaded holes. (Refer to Fig. 2 and Fig.3) You may have shift the Upright Post (A02) in order to get all of the bolts started.
TIGHTEN ALL EIGHT OF THE UPRIGHT POST/MAIN FRAME BOLTS AT THIS TIME.



5 LEVELING YOUR ELLIPTICAL

- 5.1 Adjust the Adjustable Foot Pads (C05) on the Main Frame (A01) as needed to level the Seated Elliptical Trainer.
- 5.2 The Seated Elliptical Trainer must be kept level at all times to prevent from rocking and/or shaking during use. It will also prevent unwanted noise or possible damage to the frame.



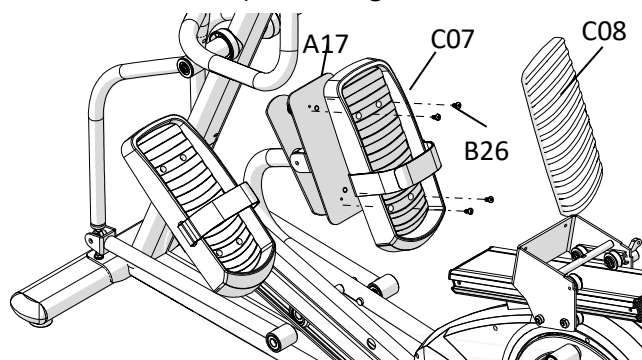
Assembly

6. FOOT PEDAL INSTALLATION

- 6.1 Assemble Right Foot Pedal [C07] on Foot Pedal Tube [A17] with 4 Screws M6 [B26].
- 6.2 Peel off the plastic cover of the foam tape under the Cushion Pad [C08] and attach the Cushion Pad [C08] on Foot Pedal [C07].
- 6.3 Repeat the same steps to assemble the Left Foot Pedal [C07].

TIGHTEN ALL SCREWS AT THIS TIME

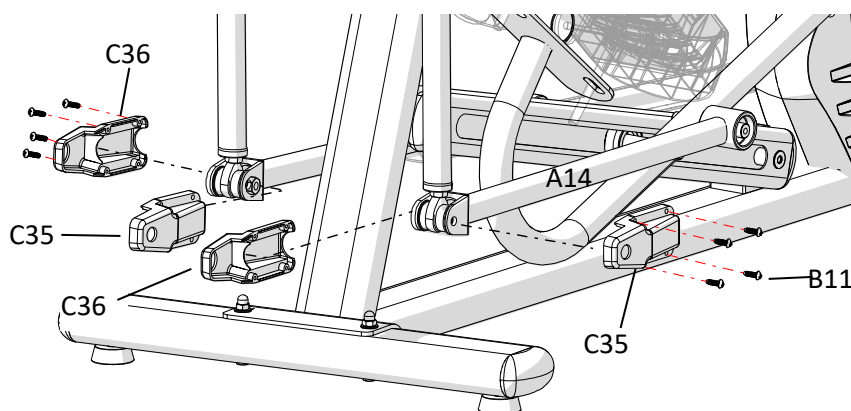
Note: The Foot Straps that are shown in the illustration are optional accessories. Contact BODYCRAFT for purchasing details



7. PIVOT CAPS INSTALLATION

- 7.1 Assemble the Left/Right Pivot Caps -A/B (C35/C36) onto the Right Handrail Arm (A15) with **Four** M5 Screws (B11).
- 7.2 Repeat the same step to assemble the Pivot Caps of Right Lower Handlebar (A14).

TIGHTEN ALL SCREWS AT THIS TIME.



8. UPPER HANDRAIL TUBE INSTALLATION

- 8.1 Slide the upper portion of the Lower Pivot Covers (C22L/C22R) onto each of the Upper Handrail Tubes (A12/A13, A12 is the Left and features the "GO" button control at the top) Refer to Fig. 2
- 8.1 Assemble each of the Upper Handrail Tubes (A12/A13, A12 is Left) into each of the Handrail Arms (A08/A09, A08 is Left) with **Two** M8 Bolts (B06), **Two** M8 Curve Washers (B07) and **Two** M8 Nylon Nuts (B08). Refer to Fig. 2. **TIGHTEN THESE BOLTS AT THIS TIME.**
- 8.2 Connect all connectors (D05 to D10 and D06 to D11) as shown in Fig. 1 below) from the L/R Upper Handrails (A12/A13) to the matching Connectors from each of the Handrail Arms (A08/A09).

Fig 1.

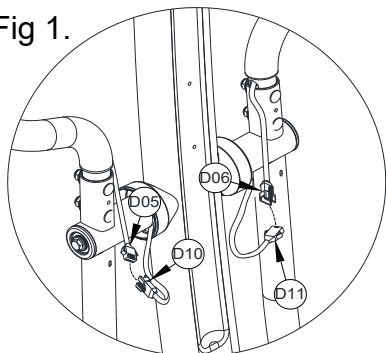
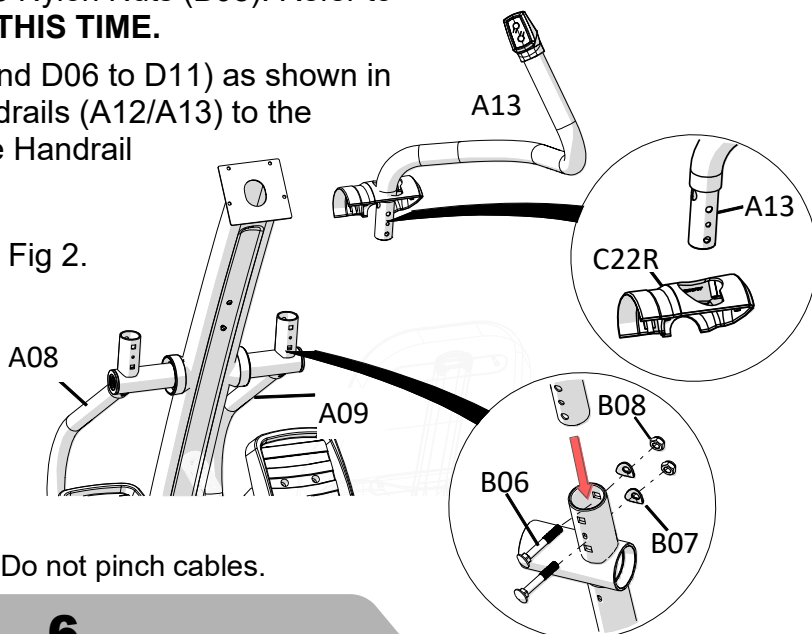


Fig 2.



Attention: Do not pinch cables.

Assembly

9. PIVOT COVER INSTALLATION

9.1 Assemble the lower portion of each of the Lower Pivot Covers -A/B (C21/C22R) to the previously installed upper portion with **Three** M3 Screws (B09) each. Refer to Fig. 1

9.2 Assemble the Upper Pivot Covers -A/B (C14/C15) to the pivot of Right Lower Handlebar (A09) with **Four** M5 Screws (B29) each. Refer to Fig. 2. **Tighten Screws.**

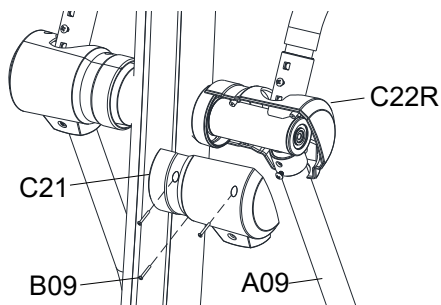


Fig 1.

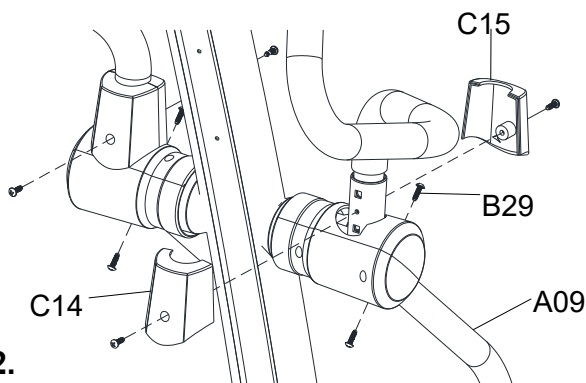


Fig 2.

10. WATER BOTTLE HOLDER INSTALLATION

10.1 Refer to Fig. 3. Remove **Two** M5 Screws (B31) from the Upright Post (A02).

10.2 Assemble the Water Bottle Holder (C23) onto the Upright Post (A02) with **Two** M5 Screws (B31). **Tighten Screws.**

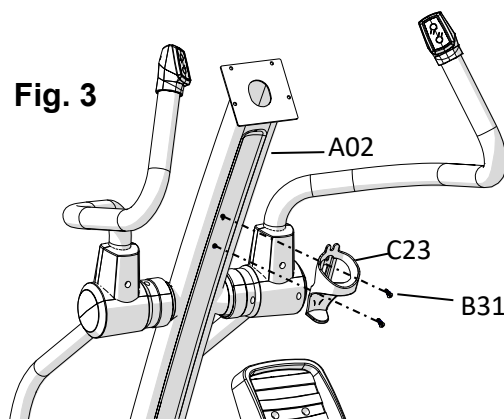


Fig. 3

11. COMPUTER INSTALLATION

11.1 Remove the **Four** M5 Screws (B16) from the bottom of Computer (D01).

11.2 Connect each of the three cables making sure that each time you connect one coming from the Upright Post (A02) it is connecting to one from the Computer (D01). Once you have connected all three, confirm that no two wires coming from the Computer (D01) plug into themselves, and the same with the wires from the upright post. Refer to Fig. 4

11.3 **NOTE: In this step, do not tighten the screws until all have been loosely threaded.** Carefully push the excess wires into the Upright Post (A02), then assemble the Computer (D01) onto the plate of Upright Post (A02) with the **Four** M5 Screws (B16) which were previously removed. Refer to Fig. 5. **Tighten Screws.**

Fig. 4

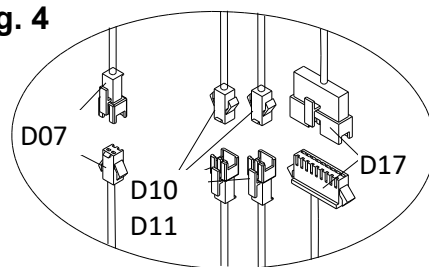
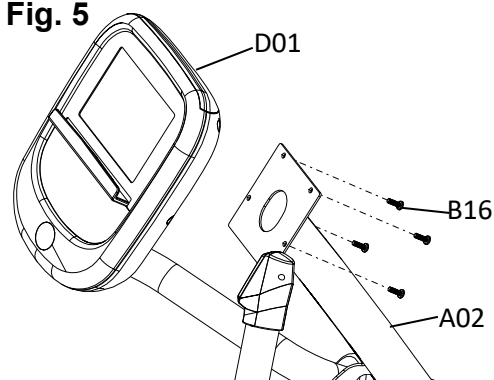


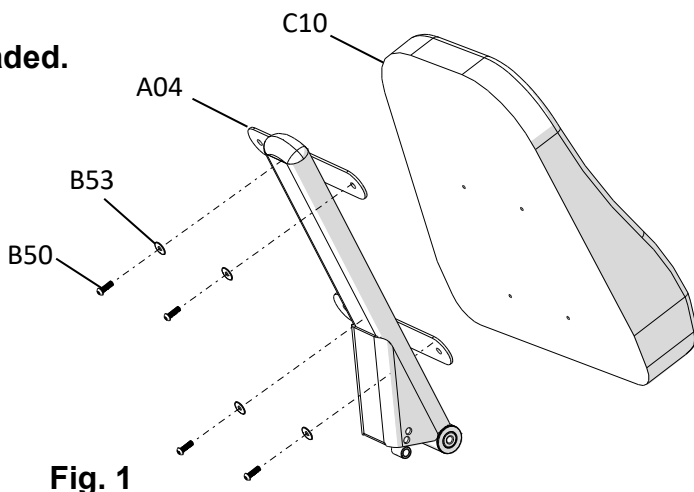
Fig. 5



Assembly

12. UPHOLSTERED BACKREST INSTALLATION

- 12.1 **NOTE: In this step, do not tighten the Screws until all have been loosely threaded.** Assemble the Backrest (C10) to the Backrest Tube (A04) by loosely installing **Four 5/16" Washers (B53)** and **Four 5/16" Screws (B50)** As shown in Fig.1. **Tighten Screws**



13. SADDLE FRAME INSTALLATION

- 13.1 Refer to Fig. 1 Connect the Hand Pulse Cable (D09) and Cables (D08) to all cables that come from the Saddle Frame (A07).
- 13.2 **NOTE: Be careful to not pinch the wires and in this step, do not tighten the screws until all have been loosely threaded.** Refer to Fig. 2. Assemble the Saddle Frame (A07) to The Moveable Seat Bracket (A03) by aligning the **Four** screw holes to the holes in the Moveable Seat Bracket [A03]. Use **Four M8 Bolts (B52)** and **Four Washers (B53)**. **Tighten Screws.**
- 13.3 Assemble the Backrest Tube (A04) to the Saddle Frame (A07) and align the holes and secure using **One M8 Bolts (B61)** **One M8 Washers (B57)** and **One M8 Nylon Nuts (B08)**. **Tighten the Bolt.**

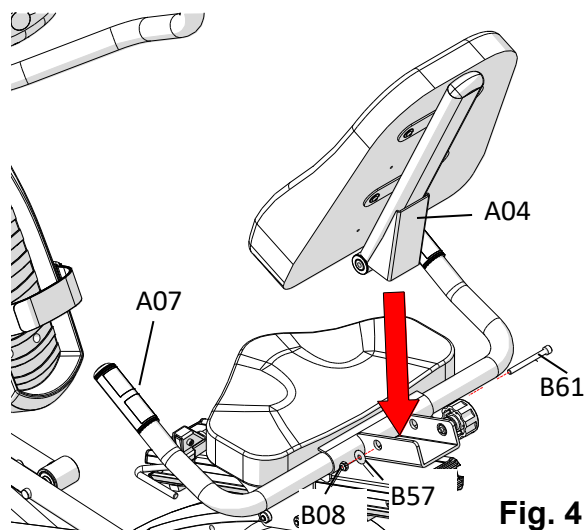
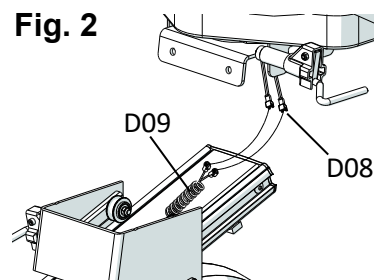


Fig. 4

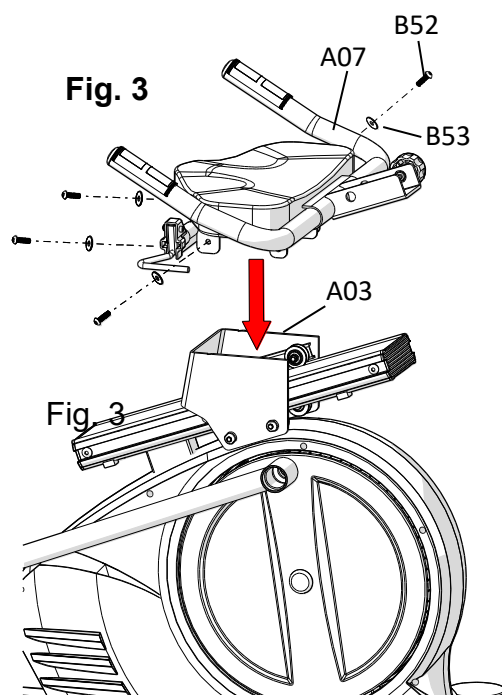


Fig. 3

Troubleshooting

Computer not working correctly

Check all connections to the computer at the top and base of the Mast. It is a good idea to unplug and reconnect the connectors during your inspection to ensure all of the computer cables are connected securely.

The Seated elliptical trainer wobbles when in use

If you have recently relocated your machine or if the jam nuts on the levelers have worked loose, you may need to re-adjust the levelers. Follow the procedure for leveling the machine in this manual.

Squeaking noise when in use

Inspect all frame bolts that may have worked loose on the Seated elliptical trainer. Re-tighten any loose bolts.

No, inconsistent, or erratic heart rate reading

Your Seated Elliptical Trainer is equipped with dual contact handgrip pulse and a wireless 5 kHz heart rate receiver. You should first try to determine which is causing the problem. If you are seeing a reading without holding onto the contact sensors, it is likely the wireless receiver that is the problem.

Wireless:

Unusually high, low or random numbers in the heart rate display indicate a problem.

Try moistening the electrodes on the heart rate belt.

The batteries in the belt may be failing. Replace the batteries or the Heart Rate belt.

The problem may be caused by interference. Televisions, microwaves, wireless alarms and electric fences are just a few items that can cause interference. You can try relocating the machine to a different part of the room. If you continue to have problems, please contact Bodycraft for additional troubleshooting of wireless heart rate issues.

Contact Heart Rate:

Always hold on to the handlebar grip sensors with two hands instead of just one.

Try to maintain moderate pressure while holding onto the hand pulse sensors.

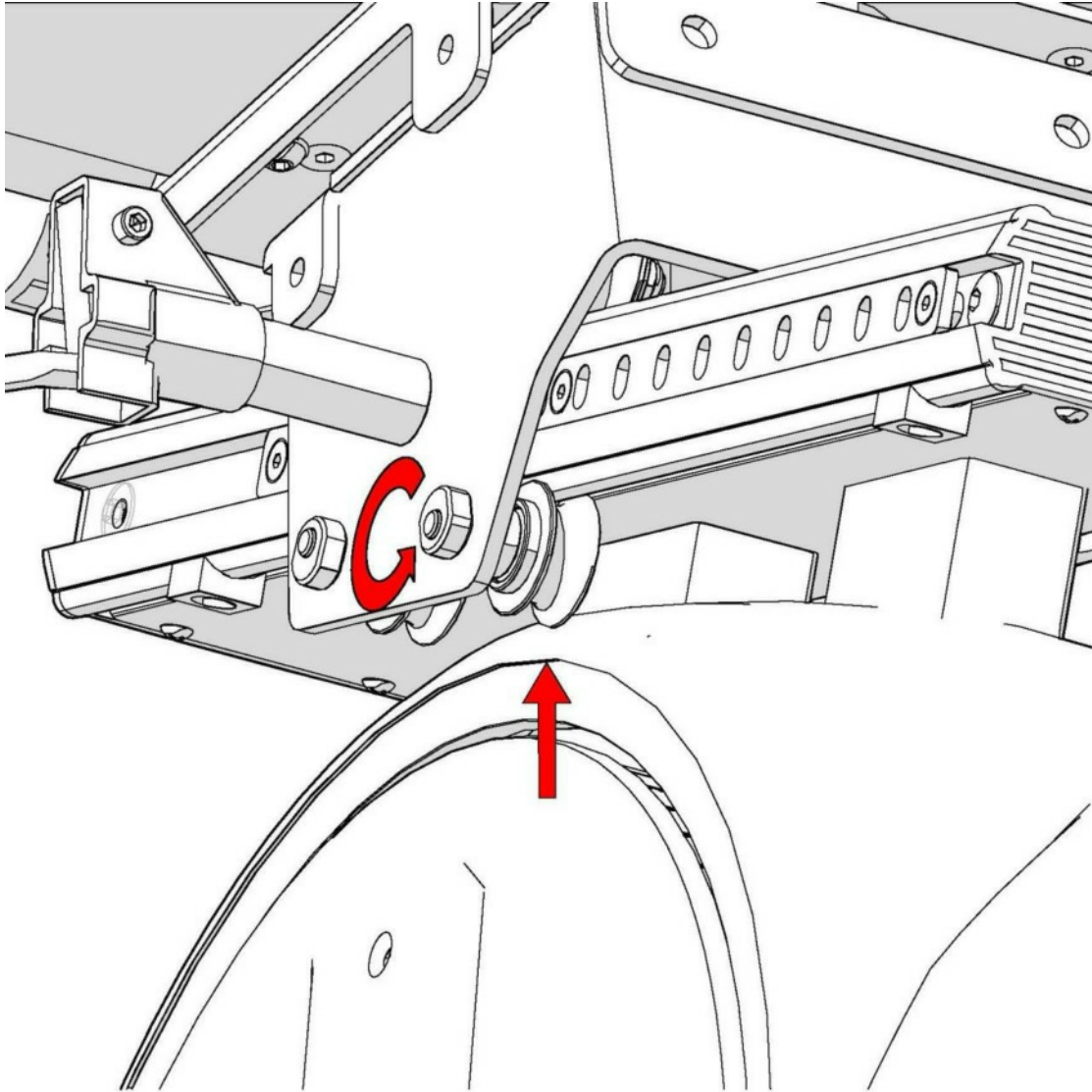
Make sure that the wire connections for the hand pulse sensors are secure.

Compare the stationary grip pulse to the grip pulse on the dual action arms. If you get an accurate readout with the stationary grips, the problem is that your hands are losing grip during the workout.

Troubleshooting

Attention:

If you find that the Seat Bracket (A03) has a wobble or is loose, you can use a wrench to adjust the gap between the Plastic Pulley (C16) and the Aluminum Rail (F01 & F02). Turn the Pulley Shaft (B48) with a wrench counter-clockwise with smaller gap.



STRETCHING

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



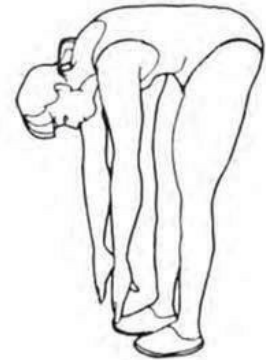
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts.



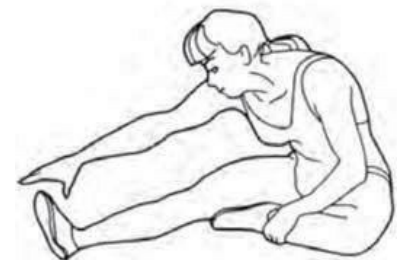
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



COMPUTER

Console Operation Instruction

Please thoroughly read the console operation instructions before use. It is important that you get familiar with the computer console and understand the functions. Below is the console layout and detailed operation instructions.

Layout:



--- *The USB port is for software updates only, please do not use for charging or other software usages. ---

Displays

Dot matrix profile window:

Displays program profile during program setting and execution. The program profile will be different according to which program is selected. *Except HR programs, all other program profiles will follow display rules below.*

There are 20 columns of Dots representing 20 segments of time; each segment time = total program time divided by 20 columns, except Quick Start program which represents 1 minute per column. During exercising, a column of Dots will blink to indicate the time segment you are currently in and show your workout progress.

There are also 10 rows of Dots representing 20 levels of resistance. Each row represents 2 levels of resistance. The appropriate row of Dots will light up when you adjust the resistance level.

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Data display windows:

There are 8 data display windows displaying “speed, time, distance, calories, rpm, level watts, and pulse” during exercising.

Alphanumeric display window:

This display will prompt instruction messages to assist you setting up the program and during exercising.

Keys

Go key: Pressing this key during idle mode before you select a program will activate the Quick Start program immediately with default user values. Or pressing this key during the program setup after a program is selected will start the selected program.

△ ▽ keys: Used for toggle between different programs during idle mode, user data adjusting during program setup and resistance level/ heart rate adjustment while a program is running.

Enter key: Used to confirm program and data entry.

Home key: Used to exit the current activities and go back home/idle mode.

Save key: Pressing this key while a program is running to save current program profile as well as user personal data into the custom program for later use with the exception of heart rate control programs. Heart rate control program can't be saved as a custom program. After saving message, it will return to previous activities.

Basic Operation

Power up: If this is a self-generating product, user must pedal the product to power up the console.

Pause a program: If a program is running and there is no RPM for 10 seconds, the console will pause and stop accumulating data. The pause time is 3 minutes. After that, the console will reset back to idle mode. Within pause mode, pedal again to resume the program.

Power save function: This console is equipped with power save function. If there is no RPM, the console screen will be off and enter power save mode.

Start a program: To begin a workout program during idle mode, press the “Go” key to quick start the program or △ ▽ key to toggle through different programs and “Enter” key to select a program. Then follow the instruction on the alphanumeric window to set up the personal data. When finished entering data, press the “Go” key to begin the workout. (You may press “Go” key anytime during setup to bypass and start the workout immediately.)

Default values: Initially the console is coded with a set of defaults for express quick start. If you didn't adjust these values before the program started, they will be used for data calculations, such as calories. It is recommended you adjust these values with your own personal data to get the most accurate workout feedbacks. The factory defaults are:

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- Age – 35
- Weight – 150lbs or 70kg
- Program time – 30 minutes
- Target HR & Work HR – 70% max HR (*Max HR is calculated as 220-age*)

End a program and review summary: When program time is reached, it will end the program and enter summary review mode. There are 30 seconds for you to review and record the workout summary before it resets and back home.

Units switching: The default units setting is English. To switch this to Metric system, first, press and hold both $\Delta \nabla$ keys at the same time in idle mode for 2 seconds to go to “engineering mode”; second, when message window shows “UNITS: ENGLISH”, press $\Delta \nabla$ key to switch. Afterwards press Enter key to confirm. Anytime in “engineering mode”, you may press “Home” key to return home.

Workout Programs

In addition to the Quick Start function, there are 8 program options for your selection: Manual, Random, Interval, Hill Climb, Strength, Target HR, HR Interval and Custom.

Quick Start: Pressing “GO” key during idle mode will quick start the console. The program will use factory defaults for calculation and display. The time will count up and each segment of progress profile equals 1 minute. You may stop pedaling at any time or press “Home” key to end the program.

Classic Programs: This group includes Manual, Random, Intervals, Hill Climb & Strength program. These programs are preset profile programs and behave similar. When the desired program appears on the screen, press Enter key to confirm. Then follow the instruction to set up the user data and start the program. You may adjust the resistance level by pressing $\Delta \nabla$ key during program. The dot matrix profile will update accordingly.

Manual program: The default resistance level for Manual program is L1.

Random program: This is a computer generated profile program and it is different each time.

Intervals program profile:



Hill Climb program profile:



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Strength program profile:



HR programs: The Heart Rate programs are designed to keep you training at the chosen heart rate level. **These programs will only work when there is a valid heart rate signal.** For your safety, the program will start with a warm up session to get the heart rate up within 20% of the target before it begins the heart rate training session.



During warm up, user may press $\Delta \nabla$ key to adjust the resistance and get the heart rate up. As soon as the heart rate training session begins, the console will take control and adjust the resistance level automatically to ensure your target heart rate is achieved and maintained during the entire program.

Target HR program: Default heart rate target is set at 70% max HR (*calculated as 220-Age*). You may also press $\Delta \nabla$ key to adjust the target heart rate setting during heart rate control session of the exercise.

HR Interval program profile: There are two phases of this training: Work Interval and Rest Interval. After warm up, the console will take the default target setting to begin Work interval and adjust the resistance automatically. When the target setting is reached the Work Interval lasts for 30 seconds, it will then enter Rest interval and reduce the resistance down to level 2 for 2 segments of time for resting. It will repeat this process throughout the entire program.

During exercise, the profile on the Dot Matrix display will show your selected target heart rate setting and your progress so far. The pulse data display window will show the actual heart rate.

Example: HR interval program exercising screen

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Custom program: This program is a space for you to build your own workout profile and store it for future use. If you have previously saved a custom program, you may recall it and press "Go" key to begin immediately without the hassle of entering user information again because it has been stored along with the program profile you created. However if you desire, you may still go through the program setting and change it as well. Follow the message prompts to operate this program the same way as the original program.

Heart Rate Monitoring Devices & Exercise Tips

Pulse Hand Grips

This product comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips 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.)

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

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

Built in Wireless Heart Rate Receiver

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 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...)

While using heart rate control modes, the computer monitors the exact measurement of your pulse. IT is highly recommended that you use a Heart Rate Belt for these programs. Your heart rate is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the resistance 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.

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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. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

(In rare cases some people may need to purchase Electrode gel. This is available online or at a local medical supply. We recommend the brand Signa® Gel brand).

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 cardio respiratory 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.

Part List

Part No	Description	Qty
SC41:A01	MainFrame	1
SC41:A02	UprightPost	1
SC41:A03	Moveable Seat Bracket	1
SC41:A04	Backrest Tube	1
SC41:A05	Rear Stabilizer	1
SC41:A06	Front Stabilizer	1
SC41:A07	Saddle Assembly	1
SC41:A08	Dual Action Arm /L	1
SC41:A09	Dual Action Arm /R	1
SC41:A10	Foot Pedal Tube /Left	1
SC41:A11	Foot Pedal Tube /Right	1
SC41:A12	Dual Action Handlebar Tube /L	1
SC41:A13	Dual Action Handlebar Tube /R	1
SC41:A14	Picot Link	2
SC41:A15	Pedal Adjustment Frame/L	1
SC41:A16	Pedal Adjustment Frame/R	1
SC41:A17	Guide Rail Tube/L	1
SC41:A18	Guide Rail Tube/R	1
SC41:A19	Seat Bracket	1
SC41:A20	Cross Main Frame /L	1
SC41:A21	Cross Main Frame /R	1
SC41:B01	1/4" Bolt	2
SC41:B02	1/4" Washer	4
SC41:B03	1/4" Nylon Nut	2
SC41:B04	Thrust Bearing	1
SC41:B05	Spacer	4
SC41:B06	M8 Carriage Bolt	4
SC41:B07	M8 Curve Washer	8
SC41:B08	M8 Nylon Nut	11
SC41:B09	M3 Screw	6
SC41:B10	Thrust Bearing	1
SC41:B11	3/16" Screw	8
SC41:B12	Washer 5/16"	2
SC41:B13	C-ring R-34	2
SC41:B14	Spring	4
SC41:B15	Pulley Spacer	4
SC41:B16	Screws For Computer	4
SC41:B17	M8 Bolt	1
SC41:B18	M3 Screw	4

Part No	Description	Qty
SC41:B19	Spacer	1
SC41:B20	M20 Nut	1
SC41:B21	Cap Nut 3/8"	2
SC41:B22	Bolt M8x16mm	2
SC41:B23	Shaft Ø20	2
SC41:B24	3/8" Bolt	4
SC41:B25	3/8" Washer	6
SC41:B26	Bolt M6x15mm	8
SC41:B27	Hex Head Bolt M8x16mm	10
SC41:B28	M5 Self Tap Screw	2
SC41:B29	M5 Screw	27
SC41:B30	5/16" Washer	12
SC41:B31	M5 Screw	2
SC41:B32	M8 Rivet Nut	5
SC41:B33	M6 Rivet Nut	3
SC41:B34	Lock Pin Plate	1
SC41:B35	M6 Screw	7
SC41:B36	Lock Pin Spacer	3
SC41:B37	M8 Bolt	5
SC41:B38	Spacer	5
SC41:B39	M4 Screw	4
SC41:B40	M6 Nylon Nut	2
SC41:B41	M5 Bolt	2
SC41:B42Y	Seat Position Locking Handle	1
SC41:B42R	Seat Swivel Locking Handle	1
SC41:B43	M5 Nylon Nut	2
SC41:B44	Spring	2
SC41:B45	Lock Pin	2
SC41:B46	M8 Nylon Nut	4
SC41:B47	M8 Bolt	4
SC41:B48	Pulley Shaft	4
SC41:B49	M6 Bolt	2
SC41:B50	Screw 5/16"	8
SC41:B51	Bolt M5	4
SC41:B52	M8 Bolt	16
SC41:B53	Washer 5/16"	12
SC41:B54	Shaft	1
SC41:B55	M10 Allen Key Screw	2
SC41:B56	Rod End Bearing	2

*The Exploded Views do not include the SC41: portion of the part number.

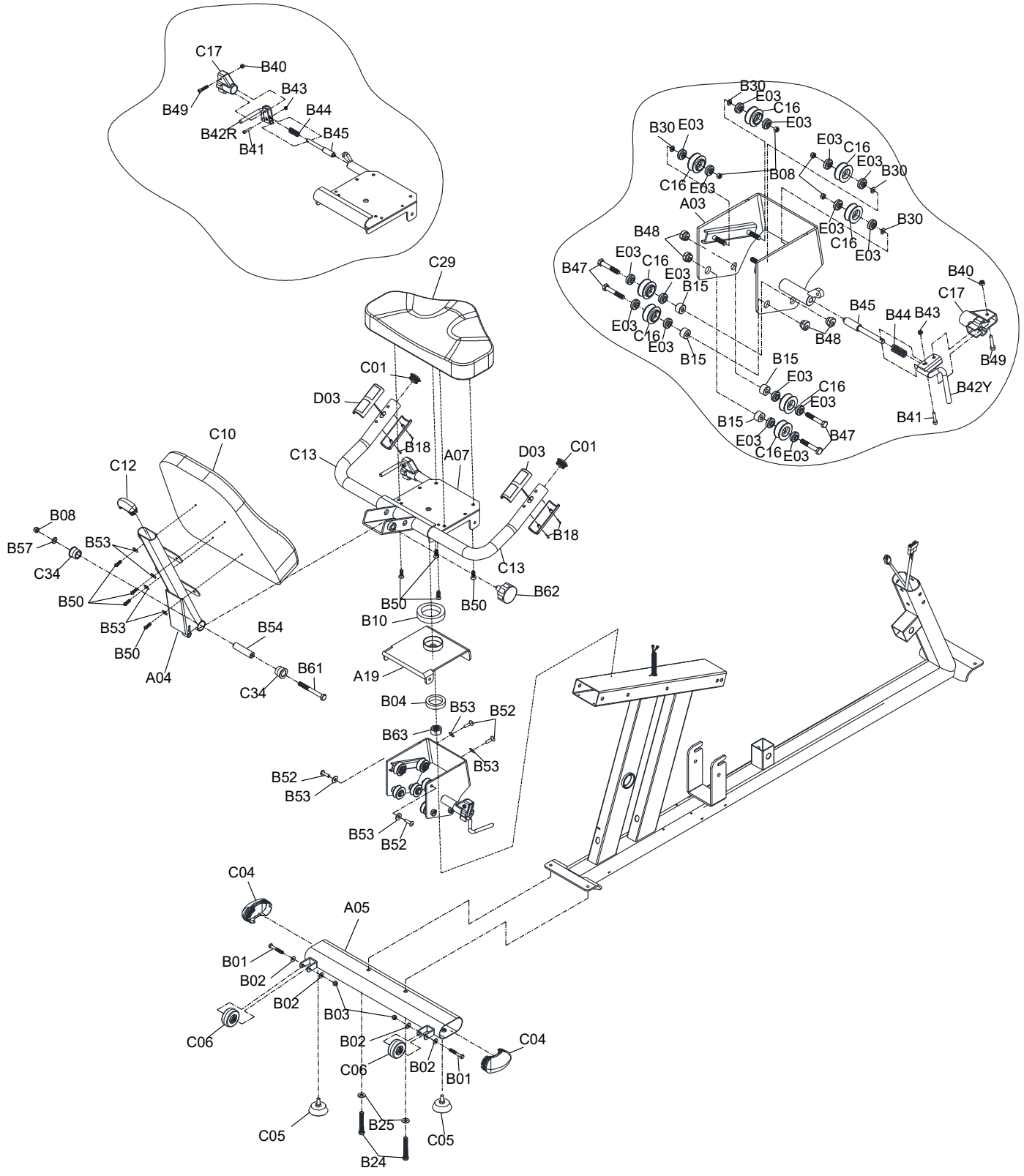
Part List

Part No	Description	Qty
SC41:B57	Washer 5/16"	5
SC41:B58	Bolt M4x16mm	4
SC41:B59	Nut M10	1
SC41:B60	Nut M10	1
SC41:B61	M8 Allen Key Bolt	1
SC41:B62	M16 Knob	1
SC41:B63	Nut M20	1
SC41:B64	M3 Bolt	2
SC41:B65	Nut M10	2
SC41:B66	Spring Washer M10	2
SC41:B67	M6 Bolt	4
SC41:B68	M6 Nylon Nut	16
SC41:B69	M4 Screw	1
SC41:B70	Shaft	2
SC41:B71	Washer	2
SC41:B72	M6 Bolt	8
SC41:C01	Plug 1-1/4"	2
SC41:C02	Main Cover /R	1
SC41:C03	Main Cover /L	1
SC41:C04	End Cap	4
SC41:C05	Adjustable Foot Pad M8	4
SC41:C06	Wheel-Stabilizer Front	2
SC41:C07	Right Foot Pedal	2
SC41:C08	Cushion Pad	2
SC41:C09	Belt	1
SC41:C10	Upholstered, Backrest	1
SC41:C11	Upright Tube Spacer	2
SC41:C12	Plug	5
SC41:C13	Rubber Grip	2
SC41:C14	Left Upper Pivot Cover(Front	2
SC41:C15	Right Upper Pivot Cover(Front	2
SC41:C16	Plastic Pulley	8
SC41:C17	Gripping Sheath	2
SC41:C18	Pvc Pad	4
SC41:C19	Plug	2
SC41:C20	Rotate Bar Wheel	2
SC41:C21	Lower Rear Pivot Cover	2
SC41:C22L	Right Lower Front Pivot Cover-L	1
SC41:C22R	Right Lower Front Pivot Cover-R	1
SC41:C23	Water Bottle Holder	1
SC41:C24	Bearing Bushing	2

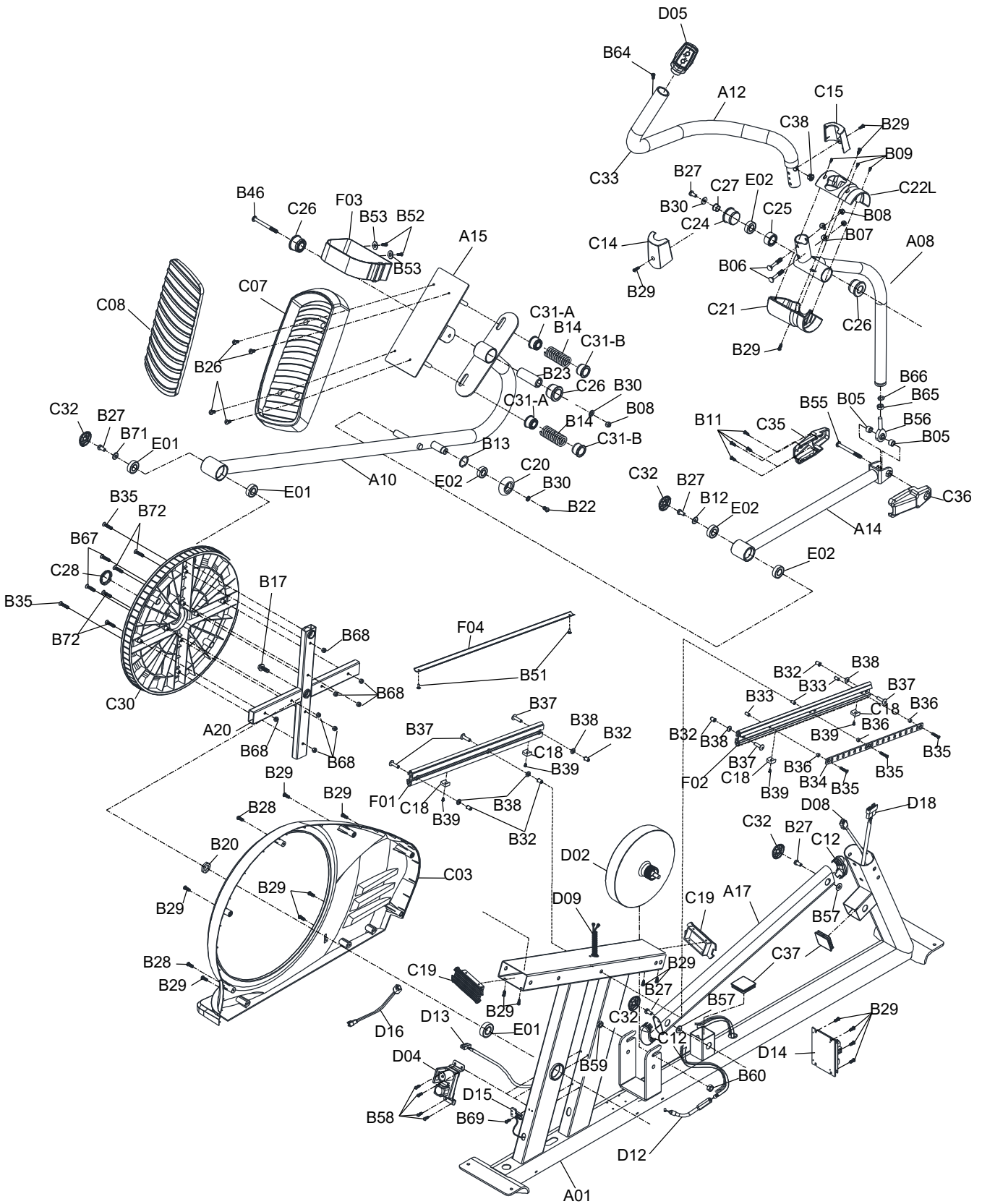
Part No	Description	Qty
SC41:C25	Bearing Housing	2
SC41:C26	Bushing	6
SC41:C27	Spacer for 6003 Bearing	2
SC41:C28	Disk Cover Plug	2
SC41:C29	Upholstered,Seat	1
SC41:C30	Disk Cover /R	2
SC41:C31-A	Bushing-A	4
SC41:C31-B	Bushing-B	4
SC41:C32	Nut Cap	8
SC41:C33	Foam Grip	2
SC41:C34	Bushing	2
SC41:C35	Upright Joint Cover/L	2
SC41:C36	Upright Joint Cover/R	2
SC41:C37	Plug	2
SC41:C38	Snap Bushing	2
SC41:D01	Computer	1
SC41:D02	Self powered Flywheel	1
SC41:D03	Hand Pulse Sensor	1set
SC41:D04	Motor with Cable	1
SC41:D05	Quick Key /L (Cable) GO	1
SC41:D06	Quick Key /R (Cable) UP/DOWN	1
SC41:D07	Hand Pulse Sensor Cable I	1
SC41:D08	Hand Pulse Sensor Cable II	1
SC41:D09	Hand Pulse Sensor Cable III	1
SC41:D10	Quick Key Cable /L	1
SC41:D11	Quick Key Cable /R	1
SC41:D12	Motor Tension Cable	1
SC41:D13	Control Board Cable	1
SC41:D14	Control Board (CB.)	1
SC41:D15	Sensor Cable	1
SC41:D16	Generator Cable	1
SC41:D17	Upper Cable	1
SC41:D18	Lower Cable	1
SC41:E01	Bearing 6004	6
SC41:E02	Bearing 6003	8
SC41:E03	Bearing 608	16
SC41:F01	Aluminum Rail /L	1
SC41:F02	Aluminum Rail /R	1
SC41:F03	Foot Strap(Optional)	2
SC41:F04	Aluminum Guide Rail	2

*The Exploded Views do not include the SC41: portion of the part number.

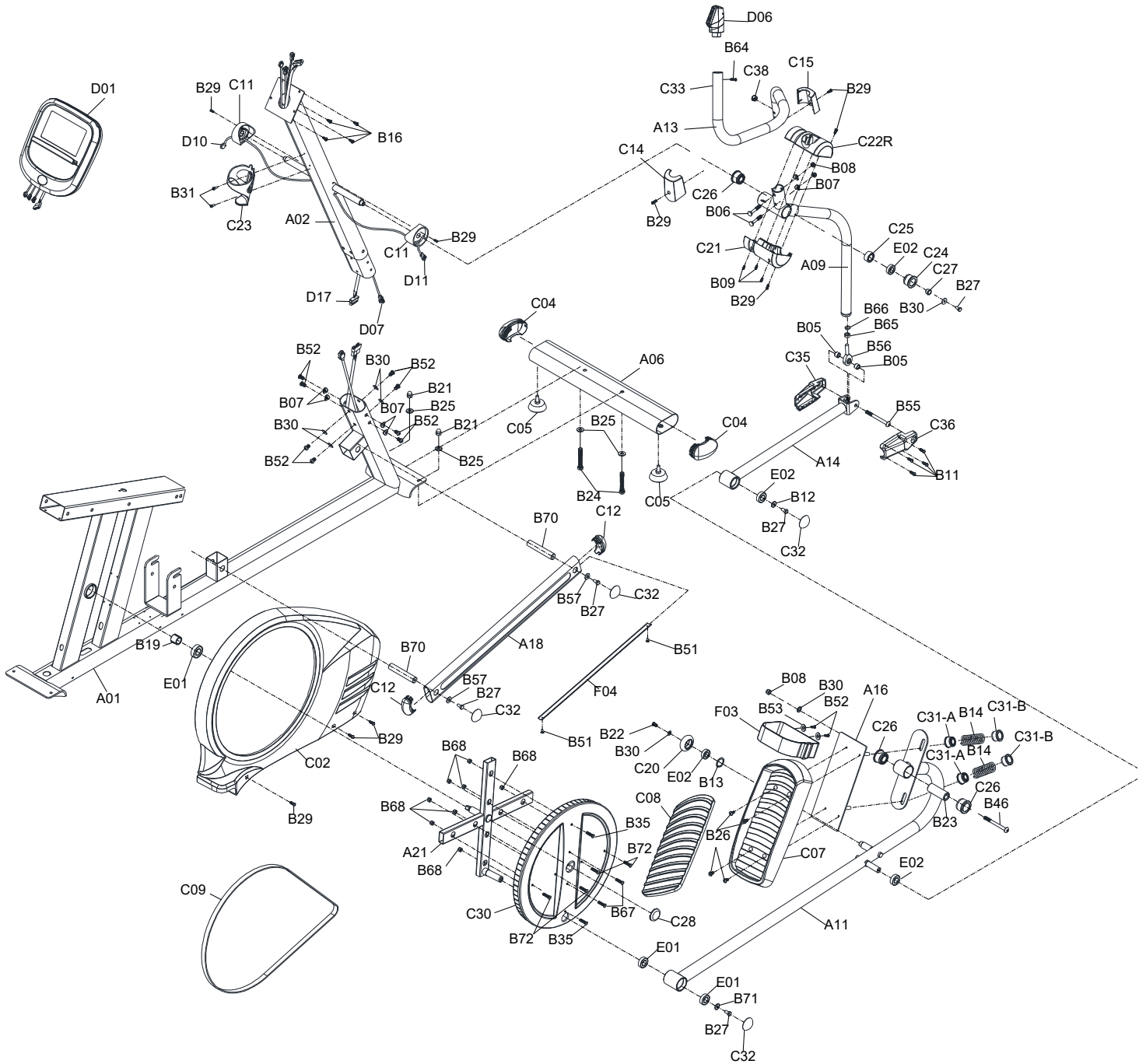
EXPLODED VIEW



EXPLODED VIEW



EXPLODED VIEW



SCT400g WARRANTY

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 at www.bodycraft.com or call our customer service department at 800-990-5556.

This warranty applies to Residential and Light Commercial use only.

Residential Warranty: Lifetime Frame, [7] Year(s) Parts, [1] Year(s) Wear Items and [2] Year(s) Labor.

Light Commercial Warranty: [10] Year(s) Frame, [3] Years Parts, 1 Year(s) Wear Items and [1] Year Labor.

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 info 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 cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.

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, walk belts, pedal straps, wheels, 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.

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 may be required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

*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.