BODYCRAFT

SPR

OWNERS MANUAL

WWW.BODYCRAFT.COM 800-990-5556 SERVICE@BODYCRAFT.COM

Rev.0819JW

Congratulations and Thank you!

Thank you for selecting the BODYCRAFT SPR Indoor Group Cycle. The BODYCRAFT SPR is one of the finest Indoor Group Cycles available. By choosing the BodyCraft SPR, you have made a decision that will improve the health, fitness and well being for you and your family. The SPR will provide an efficient, low impact cardiovascular workout that will help improve energy levels and quality of life.

Cardiovascular training is vital for all ages and the BodyCraft SPR 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. We, at BodyCraft want you to enjoy the full benefits of your exercise program, so please take the time to read this manual thoroughly.

By doing so you will:
Save valuable exercise time in the long run.
Exercise safely and more effectively.
Learn proper techniques.
Be able to better define your fitness goals.

Important Safety Notes.

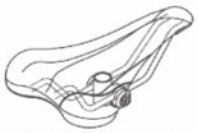
Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean all parts and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten pedals before every use. Failure to do so may result in serious injury.**
4. **Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
5. **Keep children away from the BODYCRAFT SPR at all times.**
6. **Keep your hands away from moving parts during operation.**
7. **When adjusting the seat or handlebar, make sure the lock-lever is fully tightened. If not, the seat may slip and cause serious injury.**
8. **Always exercise with care to avoid injury.**
9. **If you are unsure about the proper use of the BODYCRAFT SPR call your local BODYCRAFT dealer or our customer service department.**

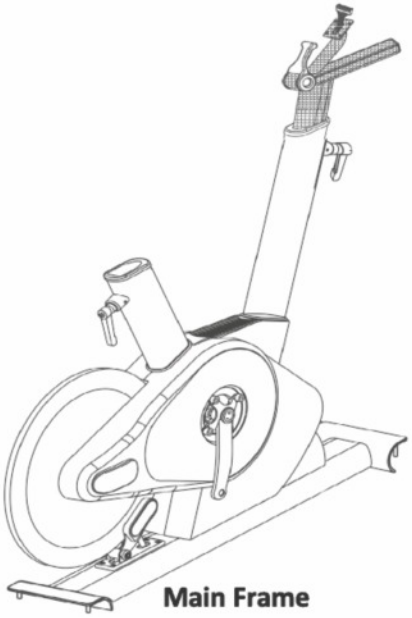
Questions?

As a quality exercise equipment supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or contact BODYCRAFT at service@bodycraft.com or 800-990-5556 (9 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you, free of charge.

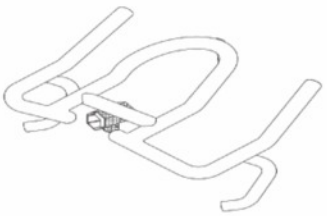
SPR ASSEMBLY PARTS LIST



Seat Saddle

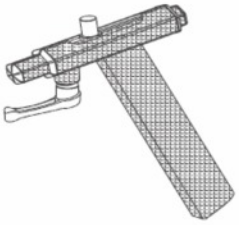


Main Frame



Handlebar

Bottle Cage



Seat Saddle Post

Computer Console

Rear Stabilizer

Left Pedal

Right Pedal

Front Stabilizer

Lock Levers

(There 4 #21 Lock Levers. Some or all may be preinstalled)

Recommended Tools for Assembly

NOTE: We include a basic tool set with the bike, but it always better to user higher quality tools.

13mm or 1/2" open-end Wrench or Socket.*

17mm Wrench or Socket.*

4mm Allen/Hex Wrench

Pedal Wrench or 5/8" open-end wrench**

#2 Phillips Screw Driver

* an adjustable wrench can be substituted.

** We highly recommend you purchase a pedal wrench such as the Park Tools PW-4 Professional or PW-5 Home version for future maintenance.

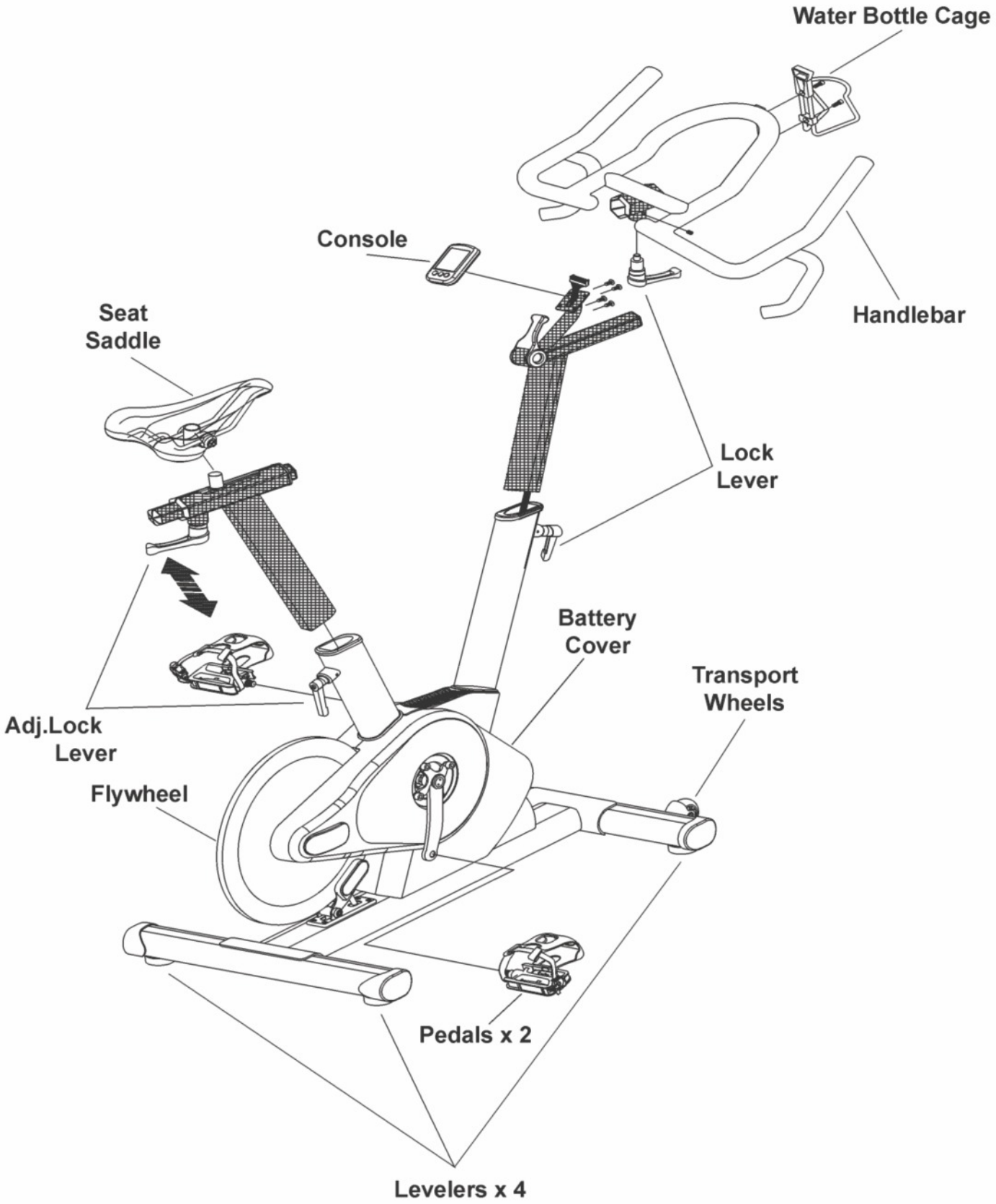
Recommended Tools for Maintenance

All the tools listed above plus

5mm Allen/Hex Wrench

8mm Allen/Hex Wrench

19mm Wrench or Socket.*


Water Bottle Cage
Console
Handlebar
Seat
Saddle
Lock
Lever
Battery
Cover
Transport
Wheels
Adj.Lock
Lever
Flywheel
Pedals x 2
Levelers x 4

Step 1 Front & Rear Stabilizer

1. Attach the REAR STABILIZER (2) to the MAIN FRAME (1) using two M8 x 30mm Bolts (3) and two M8 Washers (4) as shown in Fig. 1
2. Attach the FRONT STABILIZER (7) to the MAIN FRAME (1) using two M8 x 30mm Bolts (3) and two M8 Washers (4) as shown in Fig. 2.
3. Fully Tighten both sets of bolts with a wrench.
4. Once you place the bike in its final location, take the time to level the bike by adjusting the Leveler Pads located under each stabilizer.

Fig. 1

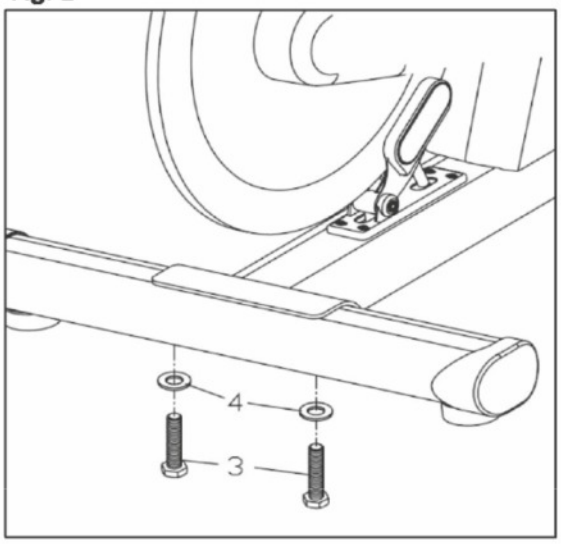
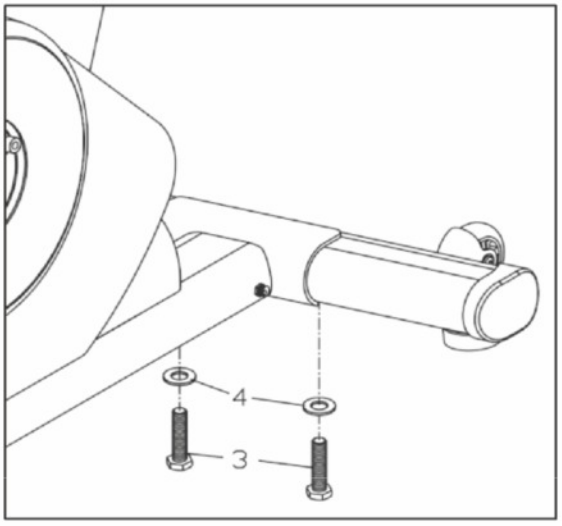


Fig. 2



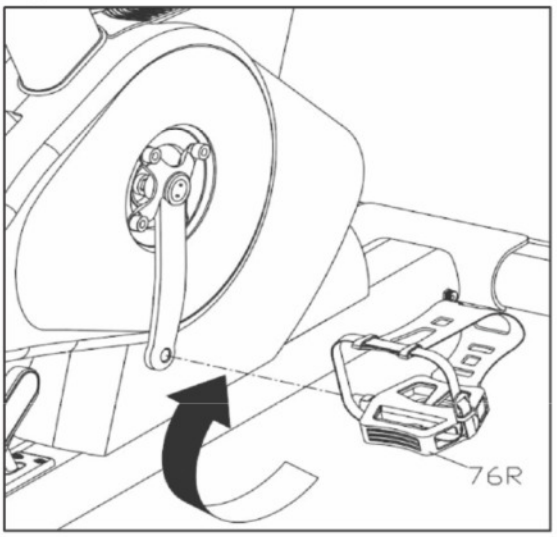
Step 2 Install Pedals

IMPORTANT ! The Left Pedal is Reverse Thread! Start threading each pedal by HAND , then FULLY TIGHTEN each pedal with a wrench. Using a wrench to start the procedure, or not fully tightening the pedals can damage the crank arms!

1. The pedals are specific to each side. The Right side has an "R" and the Left has an "L" on the end of the threaded axle.
   CAREFULLY screw each pedal in by HAND as shown in Fig. 3.
   The Left pedal screws in counter-clockwise.
2. **FULLY** tighten each pedal with a Wrench.

IMPORTANT ! After a couple of weeks of use, inspect and re-tighten Pedals after break-in period!

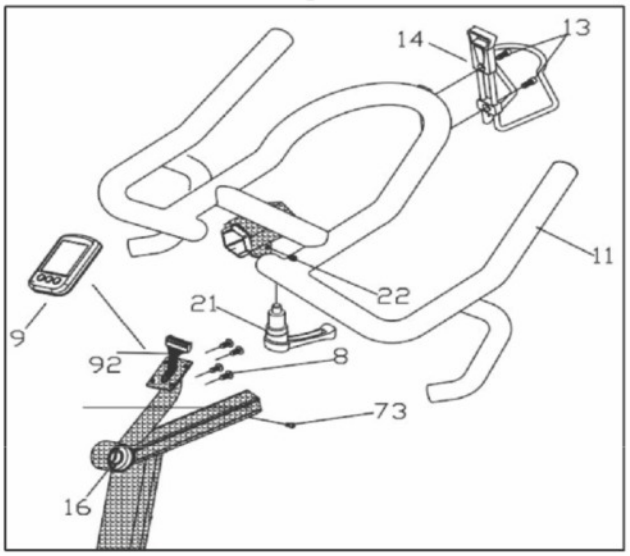
Fig. 3



Step 3 Assemble Handlebar

1. Remove the preinstalled CAP SCREW (73) from the HANDLEBAR POST (16). Then slide the HANDLEBAR (11) onto the HANDLEBAR POST (16) as shown in Fig. 4. Reinstall the CAP SCREW (73) and tighten. This will prevent the HANDLEBAR from sliding off the post.
2. Install WATER BOTTLE CAGE (14) using SCREWS (13) as shown in Fig. 4.
3. Remove the four pre-installed SCREWS (8) from COMPUTER CONSOLE (9). Plug CONSOLE WIRE HARNESS (92) into COMPUTER CONSOLE (9). Mount COMPUTER CONSOLE (9) to HANDLEBAR POST (16) using the four SCREW (8) as shown in Fig. 4.

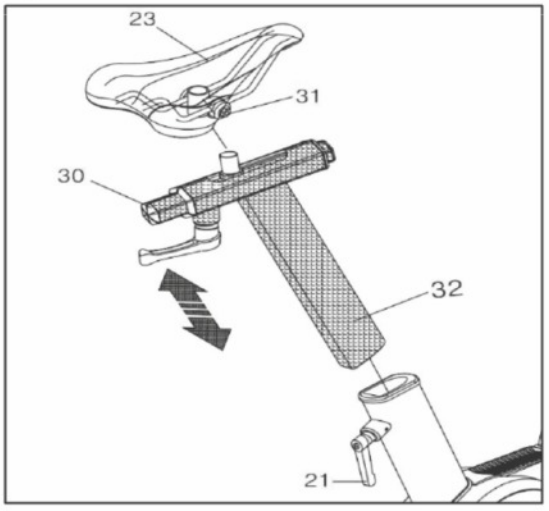
Fig. 4



Step 4 Assemble Seat Post and Seat Saddle

1. Install the SEAT POST(32) into the rear tube of the MAIN FRAME as shown in Fig. 5. Tighten Lock Lever (21) clockwise to secure as shown in Fig. 5.
2. Attach the Saddle (23) to the top SEAT POST (32) and tighten the nut (31) on each side as shown. Before fully tightening the SEAT SADDLE nut, be sure to properly align the seat to the desired angle.

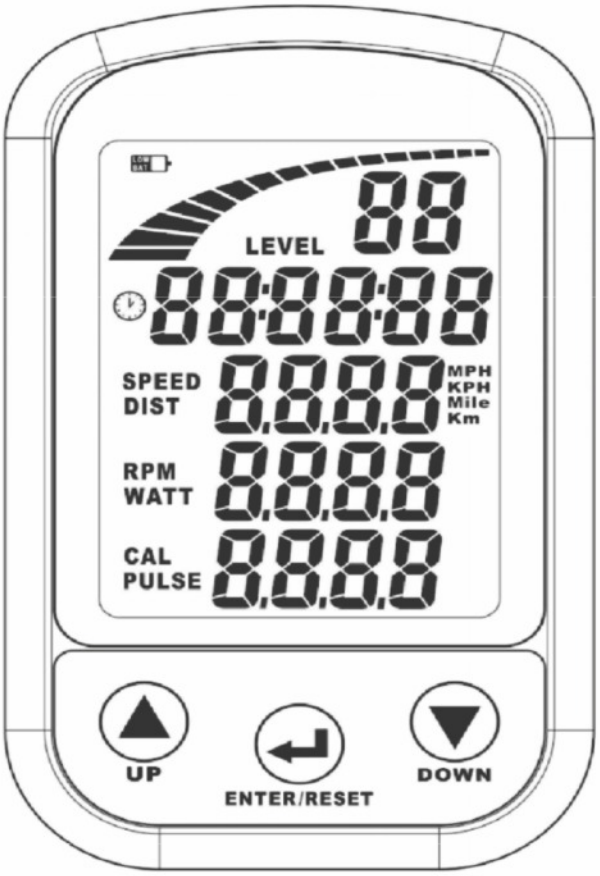
Fig. 5



IMPORTANT !	Both the Seat and Handlebar Post have a gauge index for adjustment.
It is important that neither of the vertical adjustments ever go past the safety "STOP" line.	

Assembly is Complete!

SPR Computer Operating Guide



Computer Instructions

1. **QUICKSTART:** Press any key to power-up the Computer Display. Begin workout. Time, Distance, Calories and Watts will count up from Zero.
2. **SET TIME GOAL:** Press any key to power-up the display. Press [ENTER/RESET] key once to set the TIME goal (TIME window will flash). Use the [UP] or [DOWN] keys to set the TIME Press [ENTER/RESET] to lock in or the computer will set automatically in 16 seconds. Once a goal reaches zero, the computer will beep for 3 seconds then the TIME will count up. The beep can be silenced immediately by pressing any key.
3. **SET DISTANCE GOAL:** Press any key to power-up the display. Press [ENTER/RESET] key twice to set the DISTANCE GOAL (DISTANCE window will flash). Use the [UP] or [DOWN] keys to set the DISTANCE . Press [ENTER/RESET] to lock in or the computer will set automatically in 16 seconds. Once a goal reaches zero, the computer will beep for 3 seconds then the DISTANCE will count up. The beep can be silenced immediately by pressing any key.
4. CHANGING DISPLAY VALUES: Pressing the [UP] key will allow you change the display values: SPEED ⟷ DISTANCE RPM ⟷ WATT CALORIE ⟷ PULSE
5. **RESET EXERCISE VALUES:** If exercise data appears from previous use or prior user, press and hold the [ENTER/RESET] key for 5 seconds to reset all values to zero.
6. **SWITCH BETWEEN ENGLISH (MPH) and METRIC (KPH):** While the computer console is on and speed/rpm is at zero, simultaneously press and hold the [UP] and [DOWN] keys for 5 seconds.
7. **BACKLIGHT:** The backlight will light automatically and stay on as long as the machine is in use. The backlight will turn off when speed drops to zero to conserve battery life.
8. **AUTO OFF:** The computer will power down automatically after 1 minute of not receiving speed/rpm signal. Press any key to power up and resume workout.

Computer Specifications

Time counting up:	**00:00:00 ~ 99:59:59**
Time counting down:	**00:05:00 ~ 99:59:00**
Speed:	**0.0 ~ 999.9 MPH or KPM**
RPM:	**15 ~ 999**
Distance counting up:	**0.0 ~ 999.9**
Distance counting down:	**1.0 ~ 999.0 Mile or Km**
Calorie:	**0.0 ~ 9999 K/Cal**
Pulse*:	**40 ~ 200 BPM. No Pulse displays "P"**
Level:	**1 ~ 16**
Watt:	**0 ~ 999**
Working temperatures:	**0°C ~ 50°C / 32°F ~ 122°F**
Storage Temperatures:	**0° ~ 60°C / 14°F ~ 140°F**

***Polar® compatible 5kHz heart rate belt required. Not included.**

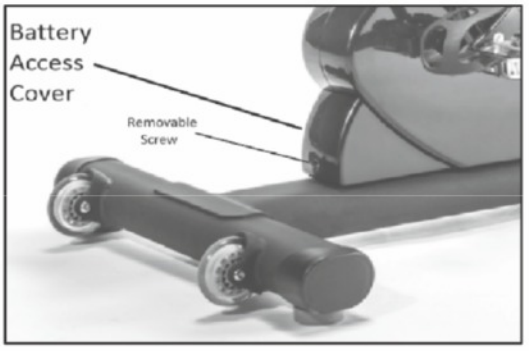
Low-Battery Indicator

When the Battery starts to get low, the Low Battery symbol will appear in the upper left hand corner of the display. When the battery icon begins to blink, it is important to replace the battery or the computer monitor may not function properly.

Battery Replacement

The Indoor cycle computer is powered by 2 replaceable C-size (LR14) Batteries. They are NOT located is the display itself, but behind a removable compartment by the Front Stabilizer as shown below.

1. Using a 5mm Allen wrench (originally included with the bike) Unscrew the bolt counter clockwise and remove. You will now be able to remove the Battery Cover.
2. Replace the 2-C size batteries. (NOTE: there may be a tie wrap holding the batteries in place. Please cut and discard. It does not need to be replaced and was only used to secure the original batteries for shipment.)
3. Replace Battery Cover and reinstall screw with 5mm allen wrench.



Resistance Calibration

You may find the need to recalibrate the Resistance Level Meter to the Resistance Lever. Please follow this procedure if the Level will not lower to 1 or go up to 16.

1. Press the [UP] and [ENTER/RESET] simultaneously for 5 seconds to begin calibration process.
2. The Computer should display "LEVEL 1". Pull the Resistance Lever back completely to the lightest resistance, then press [ENTER/RESET] to lock in the level 1 value.
3. The computer should now display "LEVEL 16". Push the Resistance Lever all the way forward to the highest resistance and press the [ENTER/RESET] key to lock in the value.
4. The display will have returned to it's normal state. If the computer displays "LEVEL --" and beeps for 5 seconds, this means that the calibration has failed. Please repeat the above steps 1, 2 and 3 again. If it fails again, replace batteries. If batteries do not resolve the issue contact you Bodycraft service representative. Email: service@bodycraft.com

Adjusting the Resistance

The level of resistance of the magnetic brake can be adjusted by moving the ADJUSTMENT LEVER. PUSH the LEVER forward to increase resistance and PULL the LEVER back to decrease resistance.

How to make adjustments to your Indoor Cycle

The SEAT SADDLE and HANDLEBAR are Adjustable with both vertical and fore/aft adjustments. There is a convenient index scale on the seat and handlebar post for reference. When making an adjustment, if you find that you do not have room to turn the handle of the Locking Lever, you can disengage it by pulling the handle out and rotating it into a different position.

EMERGENCY STOP feature

The ADJUSTMENT LEVER is also the EMERGENCY STOP. In order to stop the flywheel/Crank motion, PUSH the LEVER all the way FORWARD. The cycle should quickly come to a stop.

WARNING ! THIS INDOOR CYCLE IS DIRECT DRIVE. It DOES NOT FREEWHEEL. The pedals and flywheel move together so reducing speed in a controlled manner is required.

Leveling your Indoor Cycle

There are adjustable leveler pads under the FRONT and REAR STABILIZERS. It is important that you level the bike once you have placed it in its final location.

Moving your indoor cycle

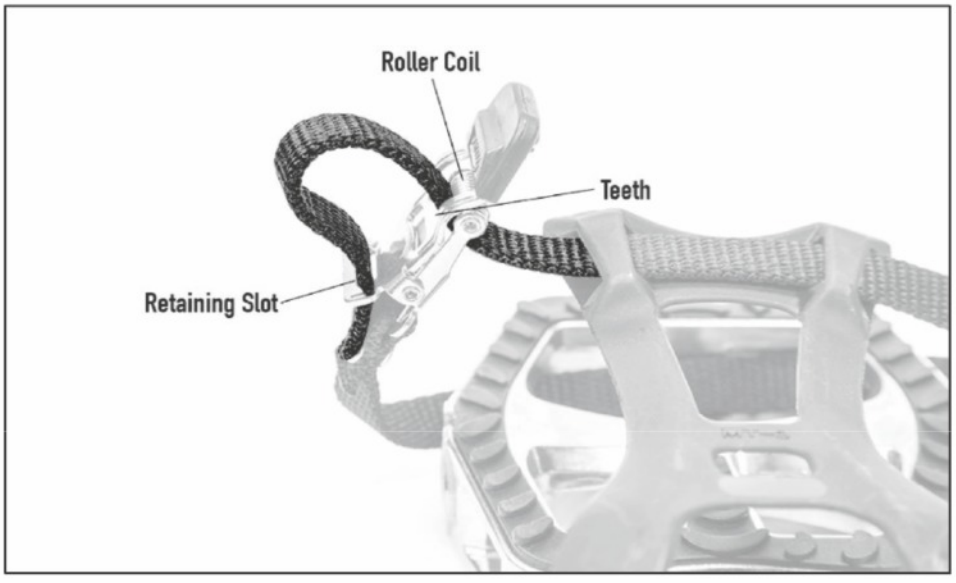
Your indoor cycle is equipped with transport wheels on the handlebar side.
If the bikes rocks after relocating it, re-level the bike as explained above.

WARNING ! This cycle is very heavy. To reduce the risk of injury, it is highly recommended that two people are used to move it. The transport wheels should only be used on solid level surfaces.

Pedal Strap Routing

Once you have routed the strap through the toe cage, open the spring loaded buckle and feed the strap between the roller coil and the teeth as shown below. The excess strap can be fed in the retaining slot.

NOTE: When routing the strap through the pedal assembly, confirm that it is not twisted.



Daily Maintenance Checklist

The life of the bike will be determined by how consistent maintenance is performed.

Wipe down the bike at the end of each workout/class to help prevent rust and corrosion. Do not use abrasives or petroleum based cleaning products.

What parts of the bike to Wipe Down:

Wipe down all areas where perspiration can settle using an absorbent cloth.
It's a good idea to raise the seat and handlebar posts to expose this moisture.

1. Handlebar
2. Flywheel
3. Front leg assembly
4. Back leg assembly
5. Belt Cover
6. Tension/Brake knob
7. Lock Levers
8. Leveling feet/Leg end caps

Daily inspection certain parts.

1. Pedals: Using a pedal wrench, verify that the pedals are not loose.
2. Seat: Inspect that the seat saddle is secure to the seat post.
3. Level: Inspect that the bike does not rock and is level with the floor.
4. Toe Cage/Straps: Inspect for damage and proper installation.

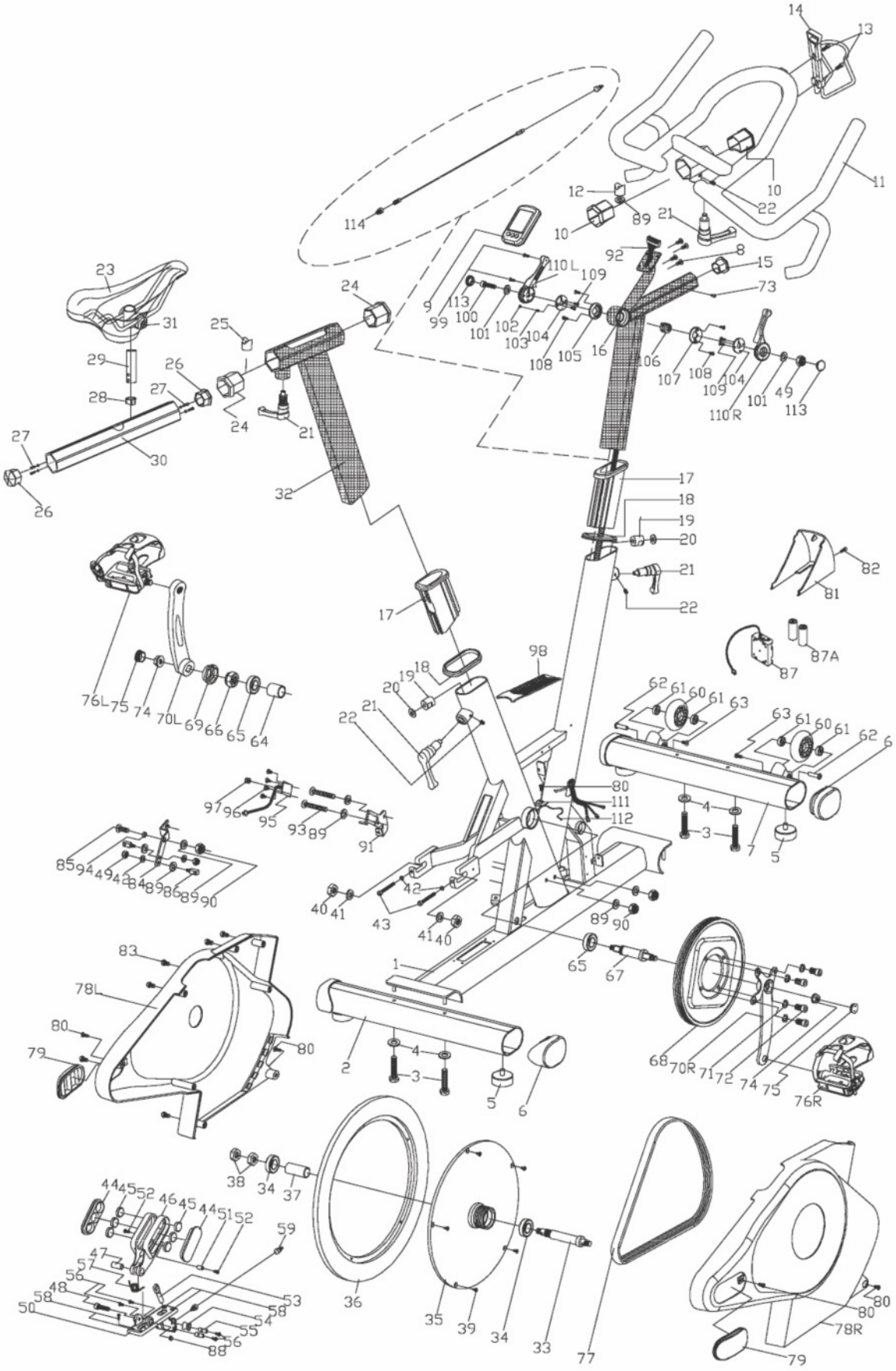
Bi-Weekly inspection

1. Crank arms: Use a foot pound torque wrench 30 to 35 pounds.
2. Water bottle: Tighten assembly screws.
3. Lubricate Handlebar & Seat Slides/Posts with WD-40 or Silicone Spray. Do not use solvents.
4. Inspect major moving parts that require constant proper torque and which, if ignored, can cause injury or damage to the indoor cycle.
5. Inspect all exposed bolts screws and nuts that they are secure and tight.

Replacing the Batteries for Computer:

There is a plastic battery cover at the front, bottom of bike.
Remove the Allen Head Bolt holding the cover in place.
Replace 2 "C" Batteries.

SPR EXPLODED SERVICE VIEW



DETAILED PARTS LIST 1/2

P/N	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Bolt M10×P1.5×30L	4
4	Washer 22×10×2t	4
5	Leveler Pad	4
6	Plastic Cap	4
7	Front Stabilizer	1
8	Screw M5×P0.8×10L SS	4
9	VC-2 Computer Console	1
10	Plastic Sleeve	2
11	Handlebar	1
12	V-Stop Lock 23x23L	1
13	Screw M5×P0.8	2
14	Water Bottle Cage	1
15	Plastic End Cap 38mmx5t	1
16	Handlebar Post	1
17	Plastic Sleeve	2
18	Tube Seal 40×97	2
19	V-Stop Lock 23×24L	2
20	Washer 22×10×2t	2
21	Lock Lever-Long	3
22	Set Screw M6×P0.8×8L	3
23	Seat Saddle - Red Trim	1
24	Plastic Sleeve 54mm*38mm	1
25	V-Stop Lock 23mm*23mm	1
26	Plastic End Cap 38mm*2.5t	1
27	Screw M6×P1.0×20L	1
28	Saddle Shaft Sleeve	3
29	Saddle Shaft	1
30	Seat Saddle Slider	1
31	Seat Saddle Clamp	1
32	Seat Post	1
33	Flywheel Axle 25×20×155.5L	1
34	Bearing 6004 ZZ SKF	2
35	Inner Cast Flywheel	1
36	Outer Alloy Flywheel	1
37	Spacer	1
38	Nut M17×P1.0×8t	2
39	Screw M5×P0.8×10L	5
40	Nut M12×P1.25×9t	2
41	Washer 27×13×3t	2
42	Washer 10×6×1t	4
43	Bolt M6×P1.0×50L	2
44	Magnet Holder Cover	2

P/N	Description	Qty
45	Magnet 25×10t	6
46	Magnet Housing	1
47	Sleeve	1
48	Screw M6×P1.0×35L	1
49	Nut w/nylon insert M6×P1.0	2
50	Magnet Housing Base	1
51	Sleeve 8×15L	1
52	Screw M5×P0.8×6L	2
53	Cable Connect Bar	1
54	Pulley 18×9.5×13.7L	1
55	Axle 9×20L	2
56	Screw M5×P0.8×5L	4
57	Return Spring	1
58	Screw M5×P0.8×15L	4
59	Cable Adjuster	1
60	Transport Wheel 76×24t×85A	2
61	Bearing 608ZZ	4
62	Nut 8×30L	2
63	Screw M6×P1.0×12L.	2
64	BB Axle Spacer 24×20.1×23.1L	1
65	Bearing ~~6204 ZZ SKF~~ 6004 ZZ SKF	2
66	Nut w/nylon Insert M20×P1.0	1
67	BB Axle 25×20×141.5L	1
68	Crank Pulley	1
69	BB Dust Cover	1
70L	Left Crank 14.8 mm*9/16"	1
70R	Right Crank 14.8 mm*9/16"	1
71	Spring Washer	4
72	Screw M10×P1.5×15L	4
73	Screw M5*P0.8*10L	1
74	Flange Nut M10×P1.25×7t	2
75	Dust Cover	2
76L	Pedal Left LU1-214E 9/16"axle	1
76R	Pedal Right LU1-214E 9/16" axle	1
77	Drive Belt 5PK(1180)	1
78L	Left Cover	1
78R	Right Cover	1
79	Access Cover	2
80	Screw M5×P0.8×10L	5
81	Battery Cover	1
82	Screw M6×P1.0×10L	1
83	Screw M5×P0.8×15L	6
84	VR Adjust Lever 3t	1
85	Allen Bolt M8×P1.25×20L	1

DETAILED PARTS LIST 2/2

P/N	Description	Qty
86	Adjustment Bolt M6×9.5×31.7L	2
87	Battery Holder	1
87A	Batteries "C" Cell	2
88	Nut w/Nylon Insert M6×P1.0	1
89	Washer ϕ16×ϕ8.5×1.5t	8
90	Nut w/Nylon Insert M8×P1.25	3
91	VR Mount Bracket	1
92	Console Wire Harness	1
93	Screw M8×P1.25×60L	2
94	Inner Sleeve ϕ12×ϕ8.5×4t	2
95	Variable Resistor (VR)	1
96	Screw M3*P.5*5L.	4
97	Sleeve	1
98	Cover Top Protector	1
99	Screw M2.5*15L	2
100	Allen Bolt M6*1.0*40L	1

P/N	Description	Qty
101	Washer 20*6.5*2t	2
102	Spring 4*9L*3	1
103	Lock Pin 4*2.6*2*10L	1
104	Cable Roller's Fixing Washer	2
105	Left Roller Plate	1
106	Cable Pull Roller	1
107	Right Roller Plate	1
108	Screw M4×P0.7×8L	4
109	Screw M3×10L	4
110L	Lever Left Side	1
110R	Lever Right Side	1
111	RPM Sensor Mount Bracket for SR212	1
112	RPM Sensor 6×300L×46mm	1
113	Lever Seal Cover	2
114	Tension wire cable(pre installed)	1