

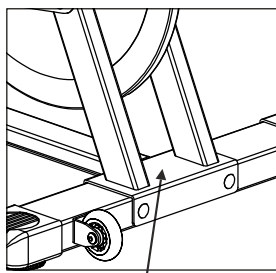
BODYCRAFT

SPX MAG

INDOOR TRAINING CYCLE



Open your Camera App and point it at the QR Code for additional information. or go to www.bodycraft.com/spx-mag-qr.html



Record your serial number and purchase date here:

S/N: _____

PURCH. DATE: _____

DEALER: _____

SERIAL NUMBER

EXAMPLE

UB550000000000

MODEL: BODYCRAFT SPX-Mag

RECREATION SUPPLY, INC. (740)965-2442
LEWIS CENTER, OH U.S.A. MADE IN TAIWAN

Register your product warranty at www.bodycraft.com/product-registration.html

OWNERS • MANUAL

Rev.081420



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

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Congratulations and Thank You!

Thank you for selecting the BODYCRAFT SPX-Mag magnetic indoor training cycle. The BODYCRAFT SPX-Mag is one of the finest indoor training cycles available. By choosing the BODYCRAFT SPX-Mag you have made a decision that will improve the health, fitness and well being for you and your family. The SPX-Mag 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 SPX-Mag 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 learn to exercise safely and more effectively, learn proper techniques and be able to define your fitness.

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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

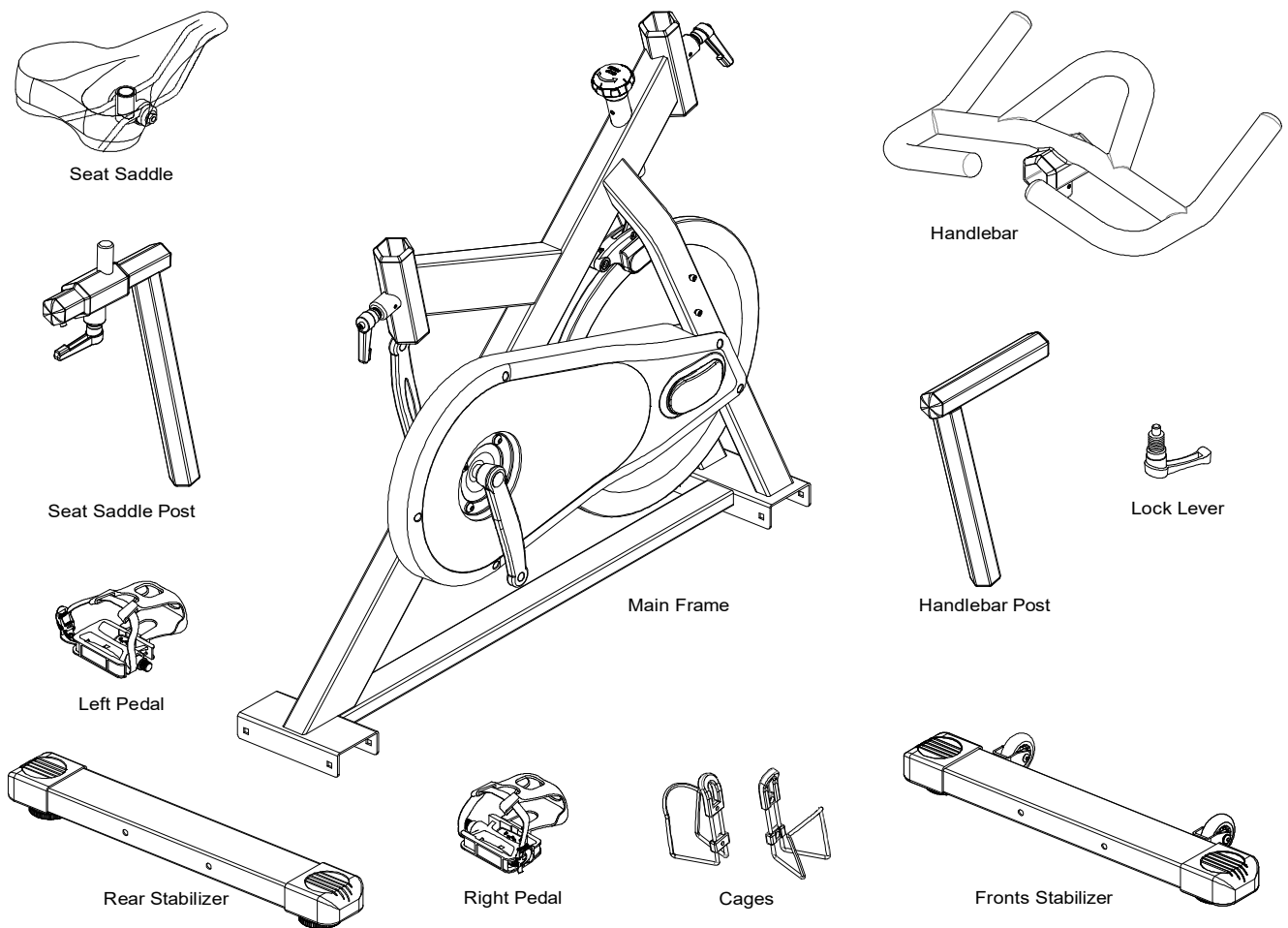
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean all parts and the frame on a regular basis. We recommend warm, soapy water. Do not use harsh or a brace of chemicals.
3. Inspect and tighten pedals before every use. Failure to do so may result in serious injury.
4. Inspect and tighten all parts before every use. Replace any warn parts immediately. Failure to do so may result in serious injury.
5. Keep children away from the BODYCRAFT SPX-Mag 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 engaged. If not, the seat may slip and cause serious injury.
8. Always exercise with care to avoid injury. If you are unsure about the proper use of the BODYCRAFT SPX-Mag, 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 a.m. to 5 p.m. Eastern Standard Time. Our trained technicians will provide immediate assistance to you free of charge.

SPX-Mag Assembly Parts List



Recommended Tools for Assembly

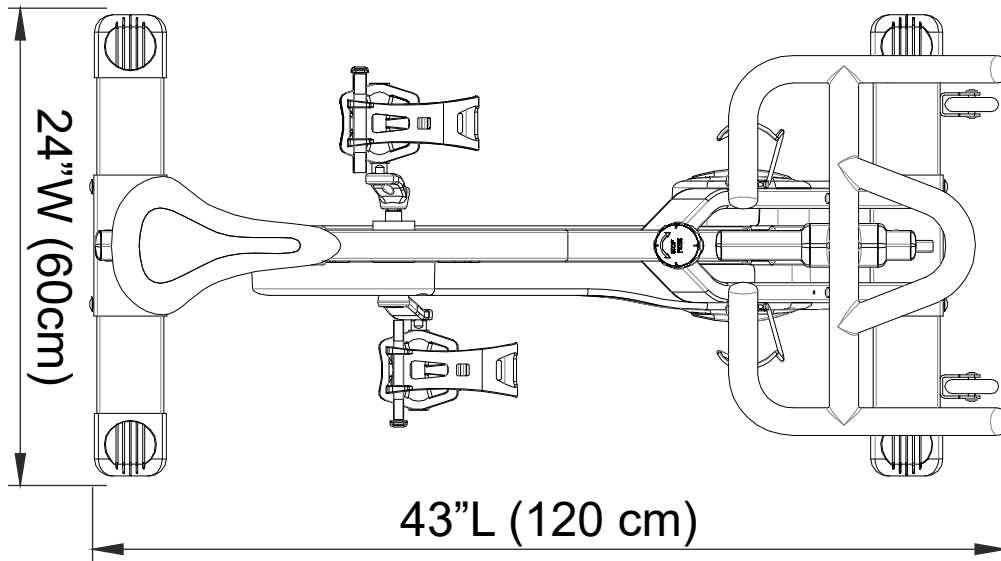
NOTE: We include a basic tool set with this cycle, but it is always better to use higher quality tools when available

- 1/2" Wrench or Socket with Ratchet*
- 9/16" Wrench or Socket with Ratchet*
- Pedal Wrench (15mm) or included Wrench
- 4mm Hex (Allen) Wrench Tool

*An adjustable wrench can be substituted

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

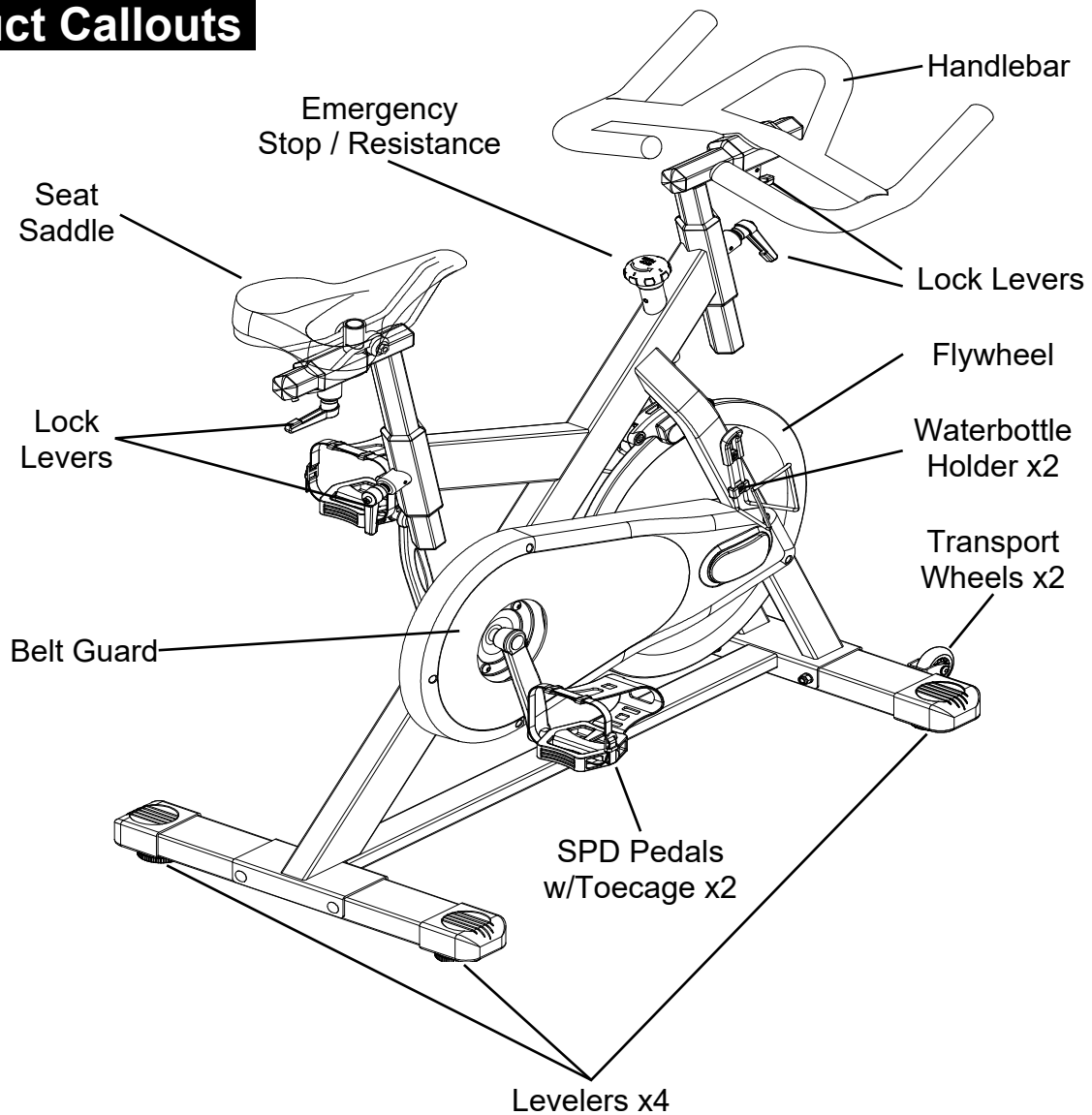
Dimensions



Height 40"~47"

TOP VIEW

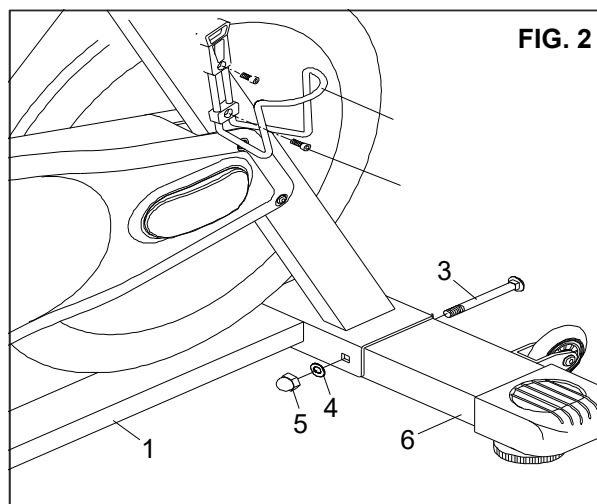
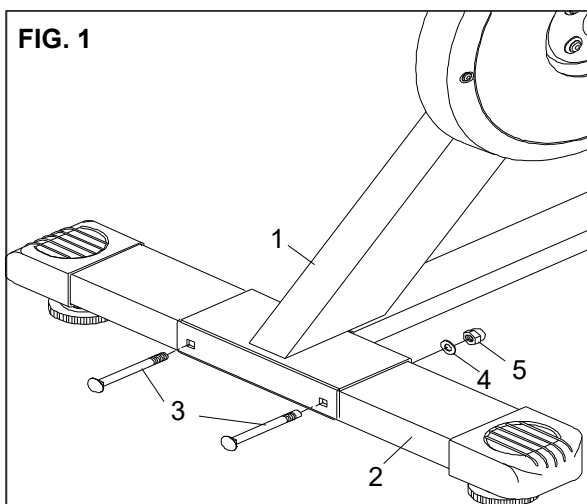
Product Callouts



Assembly

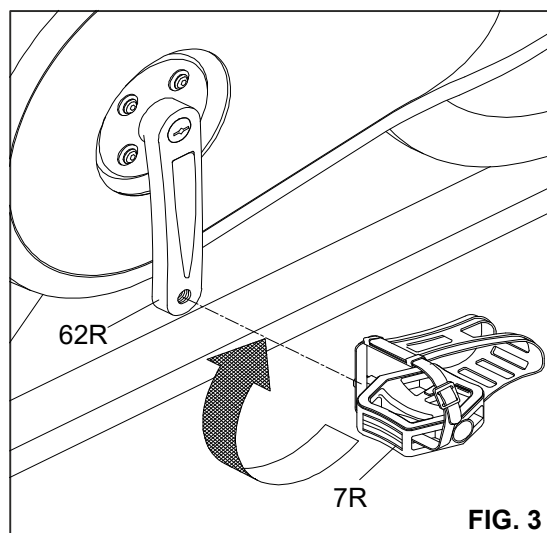
Step 1. Front & Rear Stabilizer

1. Attach the REAR STABILIZER (2) to the MAINFRAME (1) using two CARRIAGE BOLTS (3) two WASHERS (4) and two DOME NUTS (5) as shown in FIG. 1.
2. Attach the FRONT STABILIZER (6) to the MAINFRAME (1) using two CARRIAGE BOLTS (3) two WASHERS (4) and two DOME NUTS (5) as shown in FIG. 2.
3. FULLY TIGHTEN both sets of bolts at this time.
4. Once you place the indoor cycle in its final location, take the time to level it using the LEVELERS (82) located on each of the STABILIZERS.



Step 2. Install Pedals

1. **NOTE:** The Pedals are specific to each side of the bike. Each pedal is marked with an "L" for left and an "R" for right. **The LEFT PEDAL is REVERSE thread. It will thread-in counter-clockwise.**
2. **BY HAND**, carefully begin threading each PEDAL (7L/7R) into each CRANK ARM (62L/62R) as shown in FIG. 3.
3. **FULLY TIGHTEN*** each Pedal at this time.



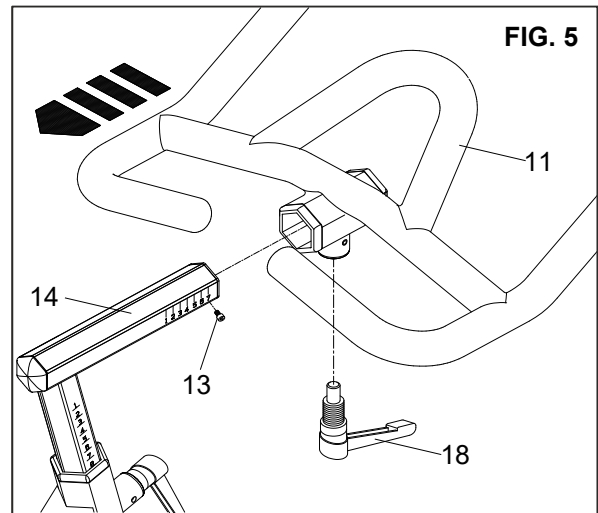
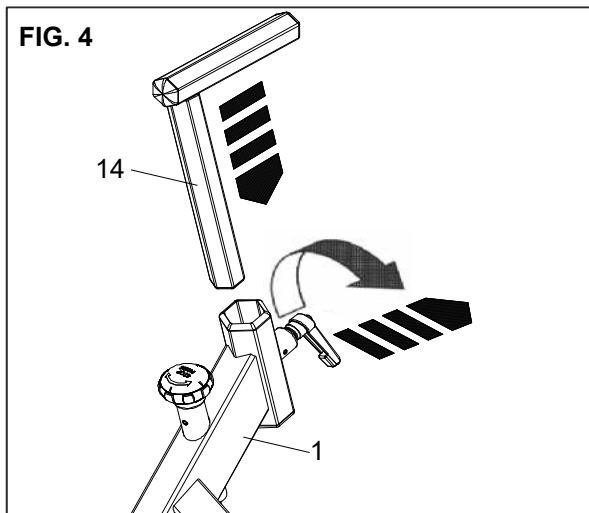
⚠️ * IMPORTANT! It is imperative that the pedals be fully tightened with a wrench. Failure to do so can cause serious injury and can damage to the cycle.

Damage to the cycle due to improper assembly will not be covered by the warranty.

Assembly

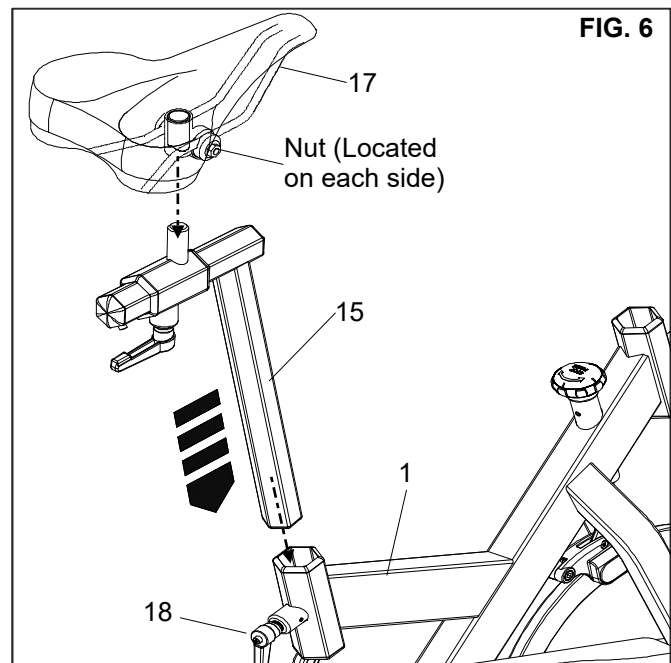
Step 3. Handlebar

1. Install HANDLEBAR POST (14) into the front tube of the MAIN FRAME (1) as shown in FIG. 4. Secure by Tightening the LOCK LEVER (18).
2. Remove the Pre-installed CAP SCREW (13) from the HANDLEBAR POST (14). then Slide the HANDLEBAR (11) onto the HANDLEBAR POST (14) as shown in FIG. 5. Reinstall the CAP SCREW (13) and Tighten.
3. Carefully install the LOCK LEVER (18) into the HANDLEBAR (11) as shown.



Step 4. Saddle & Saddle Post

1. Install the SADDLE POST (15) into the rear tube of the MAIN FRAME (1) as shown in FIG. 6. Tighten LOCK LEVER (18) to secure.
2. Attach the SADDLE (17) to the SADDLE POST (15). Adjust and angle the Saddle to your preferred position. If you are unsure of what angle to use, start with a level position, you can fine tune it from there.
3. Then tighten the nut on eachside.



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!

Before Using your Cycle

Adjusting the Resistance

The resistance level of the magnetic brake can be adjusted by rotating the ADJUSTMENT KNOB. Turn the knob clockwise to increase resistance and counter-clockwise to decrease resistance.

How to adjust the Seat and Handlebar

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 KNOB is also the EMERGENCY STOP. In order to stop the flywheel / crank motion, PUSH DOWN on the ADJUSTMENT KNOB. The cycle will quickly come to a stop.

Warning! This indoor cycle is direct drive, it does not free wheel. The pedals and flywheel move together so reducing speed in a controlled manner is required.

How to Level your Indoor Cycle

There are adjustable LEVELERS under the front and rear stabilizers. Is important that you level the bike once you have it placed in its final location. Be sure to tighten the Leveler Jam Nuts up into the stabilizer once you have the bike leveled.

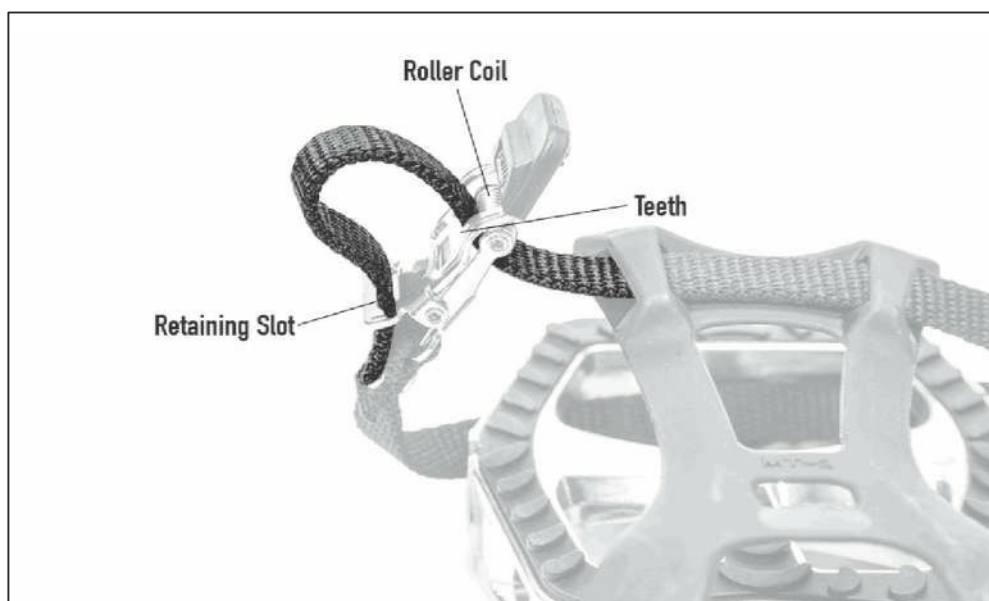
Moving your Indoor Cycle

Your indoor cycle is equipped with TRANSPORT WHEELS on the Handlebar side. If the bike rocks or shakes 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 into the retaining slot. Note: When routing the strap through the pedal assembly, confirm that it is not twisted.



How to set-up your Cycle for Riding

NOTE: The bike shown is the SPR, but the setup instructions are the same.



The seat height, forward and back positioning, and handlebars adjusted with levers that you loosen. Loosen the lever to slide the seat or handlebars to the appropriate setting. When you are finished, twist to tighten.

Use the following steps to ride like a pro!



1. SADDLE HEIGHT SHOULD BE EVEN WITH YOUR HIP

Raise your leg so knee forms a 90-degree angle from hip. Adjust your saddle to be level with thigh.



2. YOUR KNEE SHOULD HAVE A SLIGHT BEND

To check the seat height, pay attention to your knees. Your knees should have a slight, comfortable bend when extended. Having knees that are too bent or too straight can cause injury.



3. SEAT DISTANCE FROM HANDLEBARS

The distance between your seat and handlebars should equal about one forearm length from elbow to fingertips plus the width of two more fingertips. When seated your elbows should have a slight bend.



4. HANDLEBAR HEIGHT

Handlebars should be level with your seat or a couple inches above.



5. CAGE OR CYCLING SHOES

CLIP IN: Spin the pedal closest to the ground until it's facing up. Press your foot down and slightly forward into the clip.

CAGE: Push your foot as far forward in the cage as possible and tighten the strap



6. RIDE LIKE A PRO

And that's it! You're ready to go!



Preventative Maintenance and Cleaning

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

Items recommended for Cleaning/Preventive Maintenance:

- Pedal Wrench
- Metric Allen Wrench Set
- Metric Socket Set
- Non-Abrasive Cleaner (or warm soapy water)
- Soft Absorbent Cloths

IMPORTANT: Do not use abrasives or petroleum-based cleaning products. Using a mixture of soap and water will do. Never spray cleaner directly onto the frame, instead spray it onto the soft cloth you will be using to clean the bike.

Wipe down the bike at the end of each workout to help prevent rust and corrosion.

What parts of the bike to wipe down/clean: (Wipe down all areas where perspiration can settle using an absorbent cloth. It's a good idea to raise the seat and handlebar post to expose this moisture).

1. Handlebar
2. Flywheel
3. Front stabilizer Assembly
4. Rear stabilizer Assembly
5. Belt covers
6. Tension/Brake Knob/Lever
7. Lock Levers
8. Leveling Pads and Caps

DAILY COMPONENTS INSPECTION:

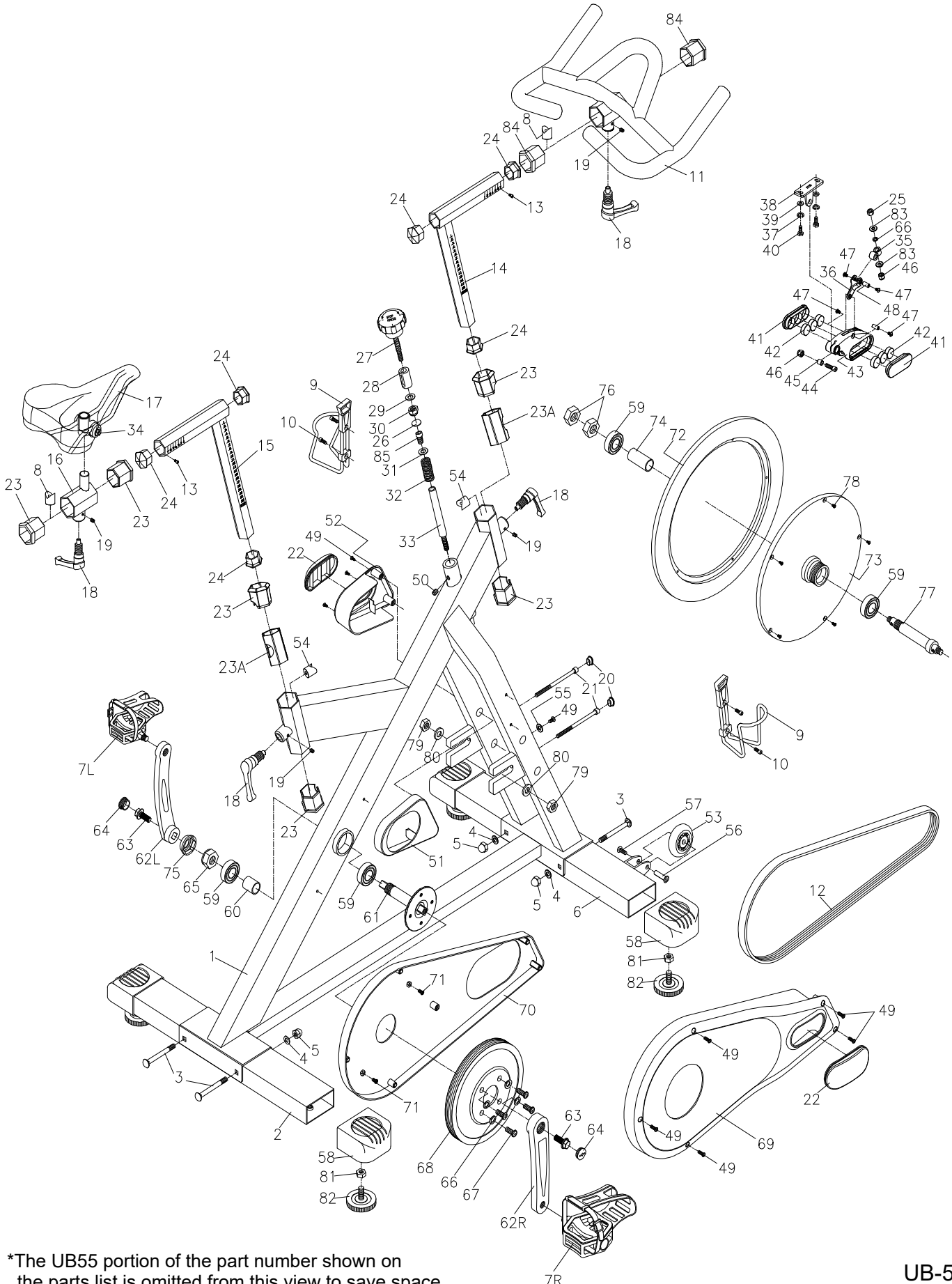
1. **Pedals:** Using a Pedal Wrench, verify that the pedals are not loose.
2. **Seat Saddle:** Confirm that it does not wobble or rotate and that it is secure to the seat post.
3. **Levelers:** Inspect that the bike does not rock and is level to the floor.
4. **Toe Cage/Straps:** Inspect for damage and proper installation.
5. **Water Bottle Holder:** Inspect for damage.

BI-WEEKLY INSPECTION:

1. **Crank Arms:** Use a Foot pound torque wrench set at 30-35 lbs.
2. **Water Bottle Holder:** Tighten assembly screws
3. **Handlebar & Seat Slides/Posts:** Lubricate with Silicone Spray. Do not use solvents.
4. **Inspect major moving parts** that require proper torque and which, if ignored, can cause injury or damage to the indoor cycle.
5. **Inspect all exposed hardware:** all bolts, screws and nuts must be secure and tight.

NOTES

SPX-Mag Exploded View



*The UB55 portion of the part number shown on the parts list is omitted from this view to save space.

UB-55

SPX-Mag Detailed Parts List - (UB55)

UB55-01	Main Frame	1	UB55-44	Bolt M8*P1.25*20L	1
UB55-02	Rear Stabilizer 40*80*2t*545L Black	1	UB55-45	Plastic Sleeve 8mm*11mm*1.6t	1
UB55-03	Carriage Bolt	4	UB55-46	Nut M8*P1.25	2
UB55-04	Washer	4	UB55-47	Screw M5*P0.8*8L	4
UB55-05	Dome Nut	4	UB55-48	Sleeve 8mm*18L*M5	2
UB55-06	Front Stabilizer 40*80*545L Black	1	UB55-49	Screw M5*P0.8*15L	9
UB55-07	SPD-B/Toe Cage 9/16" Pedal (ball bearing) L/R	1	UB55-50	Screw M8*P1.25*8L	1
UB55-08	V-Stop Lock Block 23*23L	2	UB55-51	Left Side Inner Cover - Plastic	1
UB55-09	Bottle Cage UL-127A Alloy Silver	2	UB55-52	Left Side Outer Cover - Plastic	1
UB55-10	Bottle Cage Fixed Screw	4	UB55-53	PU Transport Wheel 64mm*19t*85A Black	2
UB55-11	Handlebar	1	UB55-54	V Block 23*23L w/ magnet and leather pad	2
UB55-12	Belt 8PJ*1321L	1	UB55-55	Washer 16*5*1t	1
UB55-13	Cap Screw M5*P1.0*10L	2	UB55-56	Flat Pin Bolt 8*30L W/M6*P1.0	2
UB55-14	Handlebar Post 38*2t*335L w/ Number Scale CP	1	UB55-57	Screw M6*P1.0*12L	2
UB55-15	Saddle Post 38*2t*390L w/Number Scale CP	1	UB55-58	Stabilizer End Caps	4
UB55-16	Saddle Slider	1	UB55-59	Bearing TPI *#6004ZZ	4
UB55-17	Saddle	1	UB55-60	BB Sleeve 27*20.1*27L	1
UB55-18	Lock Lever M16*P1.5*15L - Red	4	UB55-61	BB axle 25*20*128.5L w/120mm*14.8	1
UB55-19	Set Screw M6*P1.0*6L	4	UB55-62L	Left Crank HL30B 14.8mm, for 9/16" pedal axle	1
UB55-20	Plastic Seal Cover (for #21 Adjustment bolts)	2	UB55-62R	Right Crank HL30B 14.8mm, for 9/16" pedal axle	1
UB55-21	Bolt M6*P1.0*120L for Flywheel adjustment	2	UB55-63	Bolt M8*P1.0*20L	2
UB55-22	POP Cover	2	UB55-64	Dust Cap / Plastic Cap	2
UB55-23	Plastic Hex Sleeve 50mm*38mm	6	UB55-65	Lock Nut M20*P1.0	1
UB55-23A	Plastic Middle Hex Sleeve 50mm*38mm	2	UB55-66	Spring Washer M8	5
UB55-24	Stem & Seat Post End Cap 38*2.5t	6	UB55-67	Bolt M8*P1.25*15L	4
UB55-25	Nut M8*P1.25 (Brake Assy)	1	UB55-68	Pulley 255mm*8PJ*21T	1
UB55-26	Round Plate 20*3t	1	UB55-69	Right Side Outer Belt Cover	1
UB55-27	Adjustment Knob	1	UB55-70	Right Side Inner Belt Cover	1
UB55-28	Brake Slide-Machined 20 OD*34L	1	UB55-71	Screw M5*P0.8*15L	2
UB55-29	Washer 16*8.5*1.5t	1	UB55-72	Outer Alloy Ring of Flywheel	1
UB55-30	Nut M8*P1.25	1	UB55-73	Inner Cast Flywheel	1
UB55-31	Washer 18mm*8.5mm*1.5t	1	UB55-74	Sleeve For BB Axle 24mm*20.1mm*56L	1
UB55-32	Spring 18mm*2mmD*65L* 9 Coils	1	UB55-75	BB Dust Cover for M20 Nut	1
UB55-33	Push Rod Stud 12.7mm*110L	1	UB55-76	Nut M17*P1.0*8t	2
UB55-34	Saddle Clamp	1	UB55-77	Flywheel Axle	1
UB55-35	Plastic Link	1	UB55-78	Screw M5*P1.0*10L	5
UB55-36	Link Arm	1	UB55-79	Nut M12*P1.25	2
UB55-37	Spring Washer M6 6mm	1	UB55-80	Washer 27mm*13mm*3t	2
UB55-38	Magnet Housing Base Bracket	1	UB55-81	Nut 3/8"*16TPI*6 for Leveler	4
UB55-39	M6 Washer 16*6*1.5t	2	UB55-82	Leveler for Stabilizer 3/8"*16 TPI Thread - Plastic	4
UB55-40	Screw M6*P1.0*20L	2	UB55-83	Washer 16*8.5*1.5t	2
UB55-41	Magnet Holder Cover	2	UB55-84	Plastic Sleeve 56mm*38mm	2
UB55-42	Magnet	6	UB55-85	Screw M8*P1.25*15L	1
UB55-43	Magnetic Housing	1			

PRODUCT 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 within 30 days of purchase at www.bodycraft.com or call 800-990-5556

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

The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

Residential Warranty:

Frame: Lifetime, **Parts:** 5 Years **Labor:** 2 Years

Commercial Warranty (Max use 3 Hours a day):

Frame: 10 years, **Parts:** 1 year **Labor:** 90 Days

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed.
2. Cosmetic wear on parts such as paint, seat coverings, pedal straps, wheels, labels and logos.
3. Consumables such as batteries and heart rate belts that do not have a replaceable battery
3. Any accessories not included in the original packaging.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

REGISTER your product at www.bodycraft.com Or call 800-990-5556.