

BODYCRAFT ***SPT MAG***



OWNERS MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Thank you!

Thank you for selecting the BODYCRAFT SPT-Mag Indoor Group Cycle. The BODYCRAFT SPT-Mag is one of the finest Indoor Group Cycles available. By choosing the BodyCraft SPT-Mag, you have made a decision that will improve the health, fitness and well being for you and your family. The SPT-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 SPT-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:

- 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.

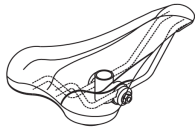
Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use 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 SPT-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.**
- 9. If you are unsure about the proper use of the BODYCRAFT SPT-Mag call your local BODYCRAFT dealer or our customer service department.**

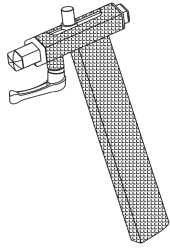
Questions?

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 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you, free of charge.

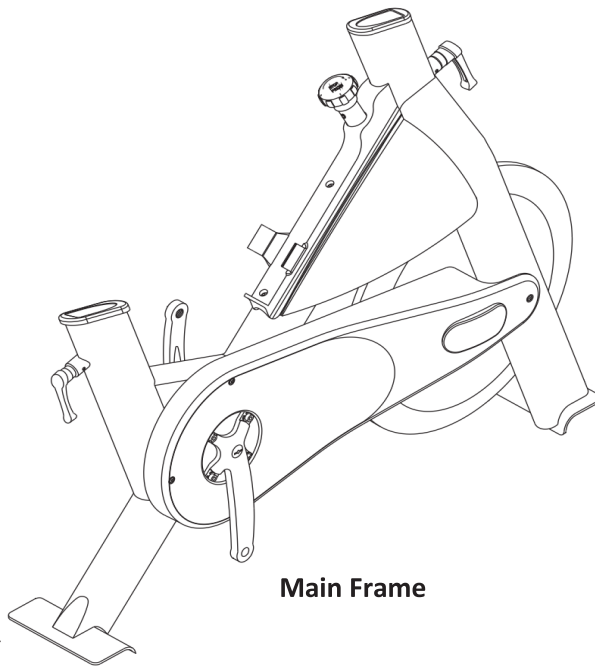
SPT-Mag ASSEMBLY PARTS LIST



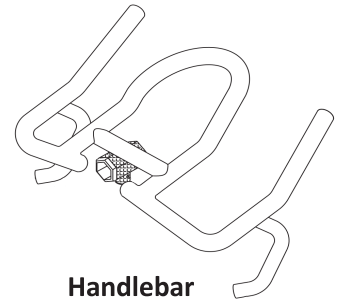
Seat Saddle



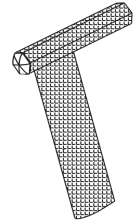
Seat Saddle Post



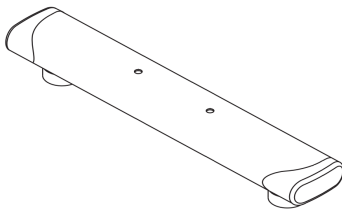
Main Frame



Handlebar



Handlebar Post



Rear Stabilizer



Left Pedal

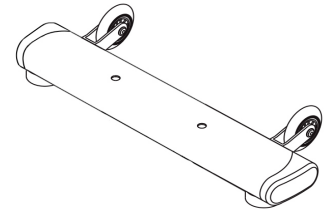


(#12 and #18) Lock Levers

(There are 2 #12 and 2 #18 Lock Levers. Some or all may be preinstalled)



Right Pedal



Front Stabilizer

Recommended Tools for Assembly

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

* 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.

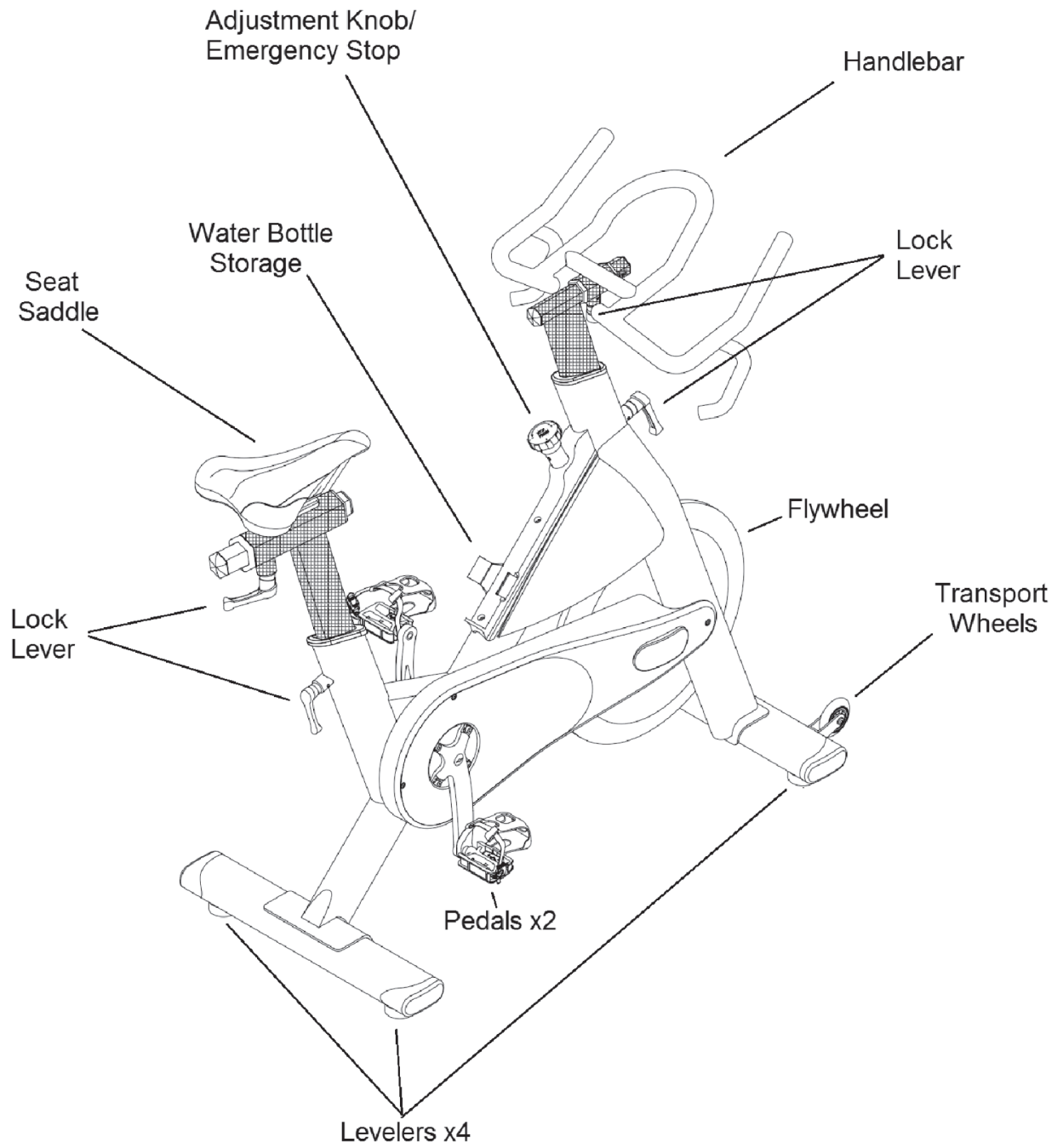
Recommended Tools for Maintenance

All the tools listed above plus

5mm Allen/Hex Wrench

8mm Allen/Hex Wrench

19mm Wrench or Socket.*



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 (6) as shown in Fig. 1
2. Attach the FRONT STABILIZER (7) to the MAIN FRAME (1) using two M8 x 60mm Bolts (3) and two M8 Washers (6) 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

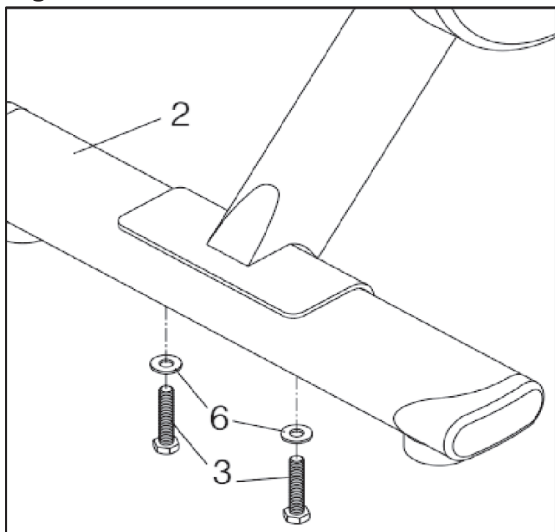
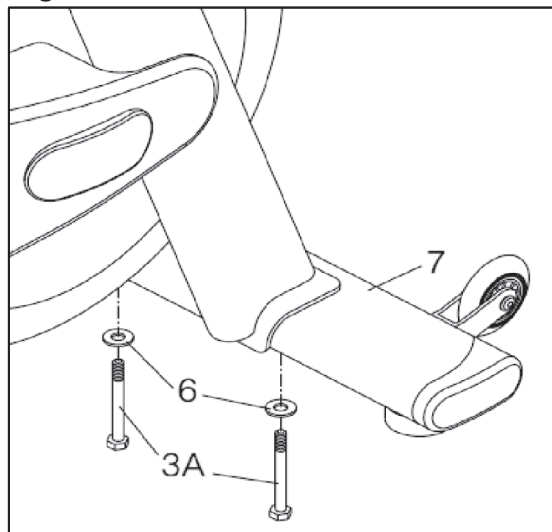


Fig. 2



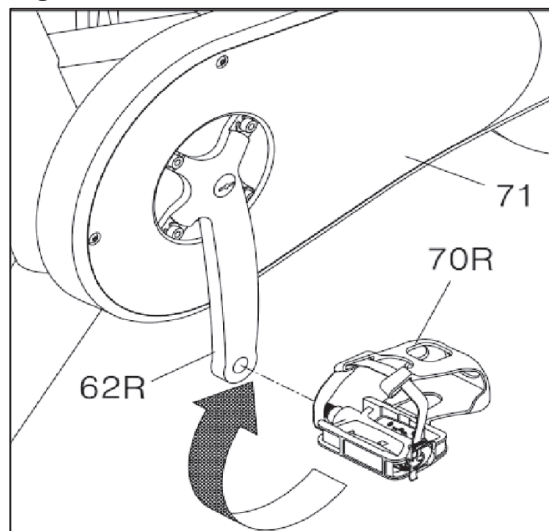
Step 2 Install Pedals

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. Install the HANDLEBAR POST(20) into the front tube of the MAIN FRAME as shown in FIG. 4. Tighten Lock Lever (18) clockwise to secure as shown in FIG. 4.
2. Remove the Preinstalled CAP SCREW (14) from the HANDLEBAR POST (20). Then slide the HANDLEBAR (11) onto the HANDLEBAR POST (20) as shown in FIG.5. Reinstall the CAP SCREW (14) and tighten. This will prevent the HANDLEBAR from sliding off the post.

Fig. 4

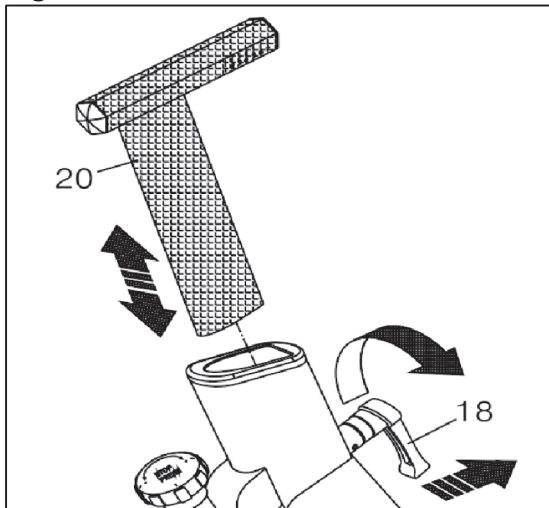
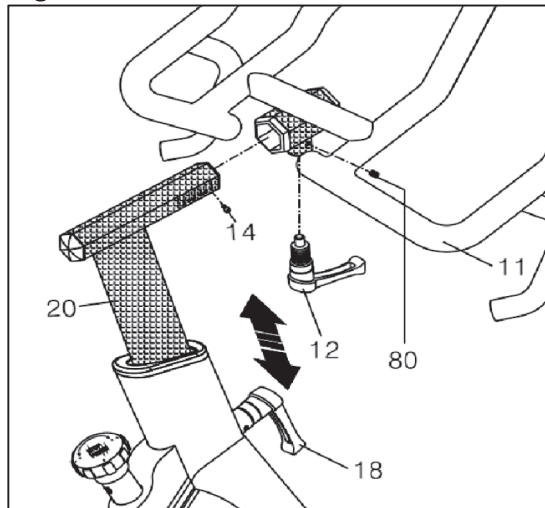


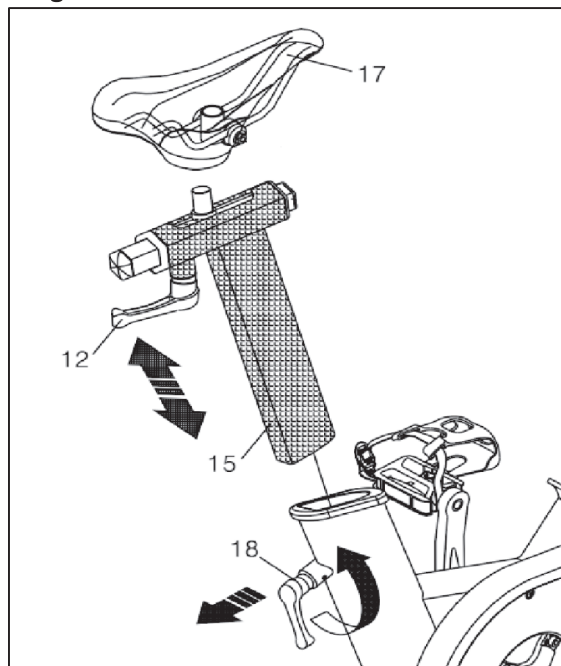
Fig. 5



Step 4 Assemble Seat Post and Seat Saddle

1. Install the SEAT POST(15) into the rear tube of the MAIN FRAME as shown in FIG. 6. Tighten Lock Lever (18) clockwise to secure as shown in FIG. 5.
2. Attach the Saddle (17) to the top SEAT POST (15) and tighten the nut on each side. Before fully tightening the SEAT SADDLE nut, be sure to properly align the seat to the desired angle.

Fig. 6



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!

Adjusting the Resistance

The level of resistance 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 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 KNOB is also the EMERGENCY STOP. In order to stop the flywheel/Crank motion, PUSH DOWN on the ADJUSTMENT KNOB. 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

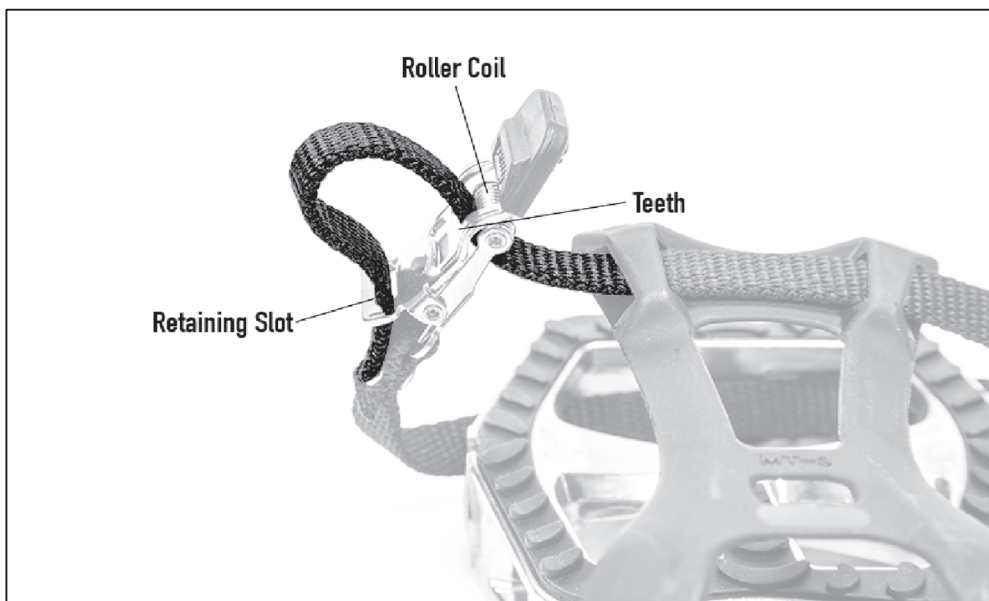
Your indoor cycle is equipped with transport wheels on the handlebar side. If the bike rocks after relocating it, re-level the bike as explained above.

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

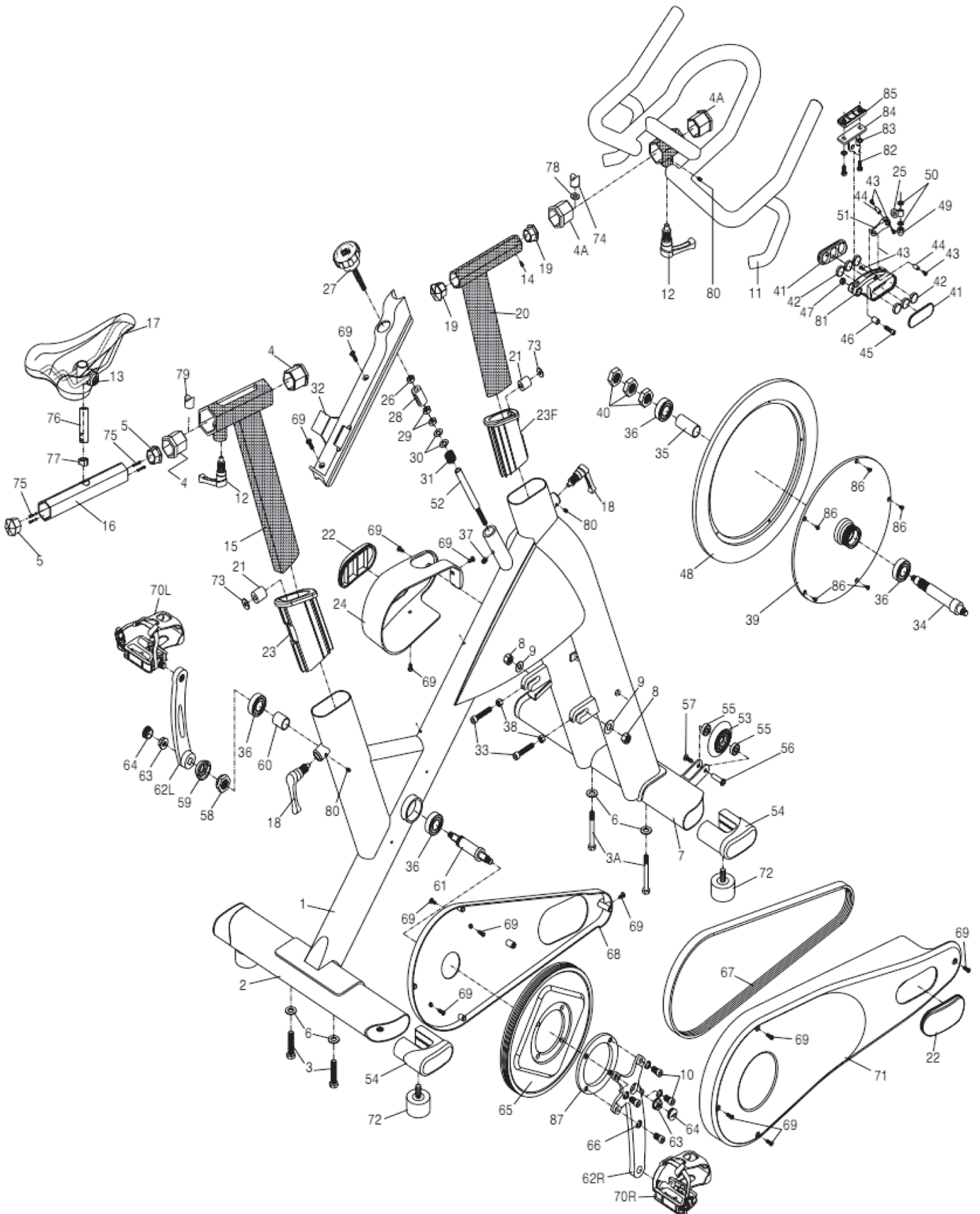
Daily inspection certain parts.

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.

SPT-Mag EXPLODED SERVICE VIEW



DETAILED PARTS LIST

P/N	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Bolt	2
3A	Bolt	2
4	Plastic Sleeve A	2
4A	Plastic Sleeve B	2
5	End Cap A	2
6	Washer	4
7	Front Stabilizer	1
8	Nut	2
9	Washer	2
10	Bolt	4
11	Handlebar	1
12	Lock Lever-Short	2
13	Seat Saddle Clamp	1
14	Cap Screw	1
15	Seat Post	1
16	Seat Saddle Slider	1
17	Seat Saddle	1
18	Lock Lever-Long	2
19	End cap B	2
20	Handlebar Post	1
21	Stop Lock	2
22	Access Cover	2
23	Plastic Sleeve SP	1
23F	Plastic Sleeve HP	1
24	Left Cover	1
25	Nut	1
26	Nut	1
27	Adjust Knob	1
28	Brake Slide	1
29	Nut	2
30	Washer	2
31	Spring	1
32	Frame Cover/Bottle Holder	1
33	Axle Adj Bolts	2
34	Flywheel Axle	1
35	Spacer	1
36	BB Bearing	4
37	Set Screw	1
38	Nut	2
39	Inner Cast Flywheel	1
40	Lock Nut	3
41	Magnet Holder Cover	2
42	Magnet	6
43	Screw	4

P/N	Description	Qty
44	Sleeve	
45	Bolt	1
46	Sleeve	1
47	Nut	1
48	Outer Alloy Flywheel	1
49	Acorn Nut	1
50	Spring Washer	2
51	Link Arm	1
52	Brake Push Rod	1
53	Transport Wheel	2
54	End Cap	4
55	Bearing 608ZZ	4
56	Flat Pin	2
57	Flat Pin Screw	2
58	BB Lock Nut	1
59	Dust Cover	1
60	BB Axle Spacer	1
61	BB Axle	1
62L	Left Crank	1
62R	Right Crank	1
63	Flange Nut	2
64	Plastic Cap	2
65	Crank Pulley	1
66	Washer	4
67	Drive Belt	1
68	Inner Belt Cover	1
69	Screw	13
70L	LU-214 Pedal Left	13
70R	LU-214 Pedal Right	1
71	Outer Belt Cover	1
72	Leveler Pad	4
73	Washer	2
74	V-Stop Lock A	2
75	Bolt	4
76	Saddle Shaft	1
77	Saddle Shaft Sleeve	1
78	Washer	1
79	V-Stop Lock B	1
80	Set Screw	2
81	Magnetic Housing	1
82	Screw	2
83	Washer	2
84	Magnet Housing Base	1
85	Adapter	1
86	Screw	5
87	Crank Pulley Spacer	1

