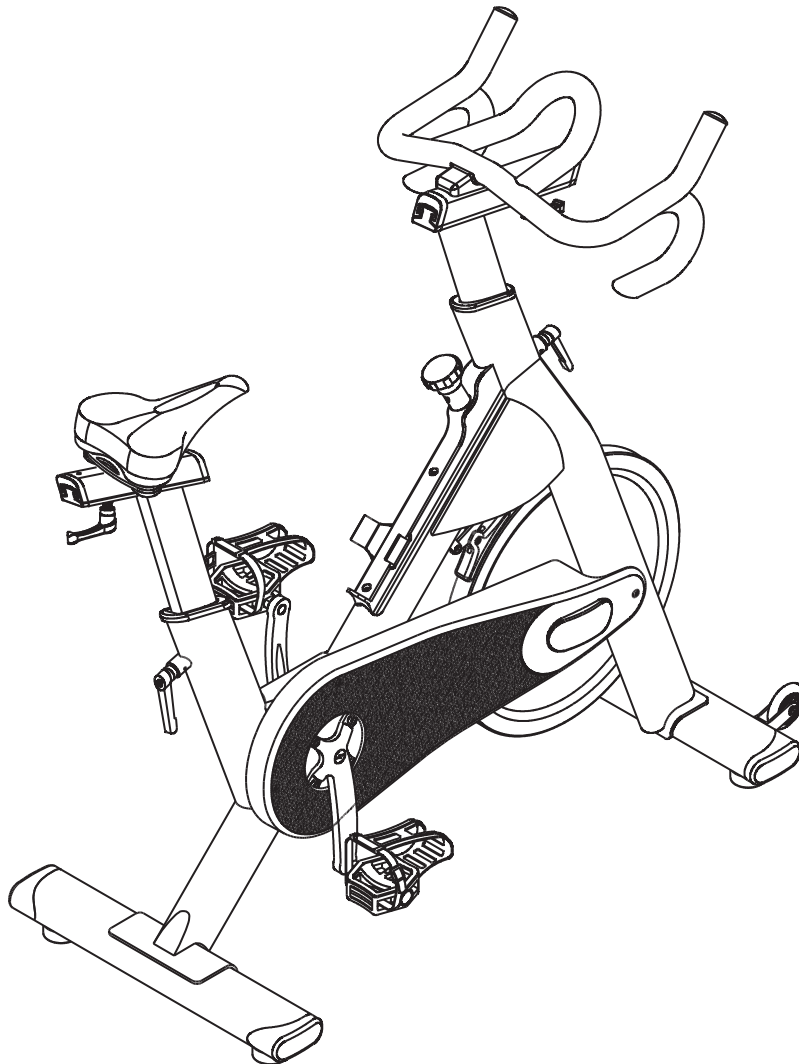


BODYCRAFT

SPT INDOOR TRAINING CYCLE ASSEMBLY MANUAL MODEL: SPT



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 BODYCRAFT at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

*Bodycraft is a division of Recreation Supply Inc.
P. O. Box 181
Sunbury, OH 43074*

BEFORE YOU BEGIN

Congratulations! And Thank You for purchasing the **BODYCRAFT SPT INDOOR TRAINING CYCLE**. The SPT is a **high quality way to promote cardiovascular wellness and lower body strength conditioning** .

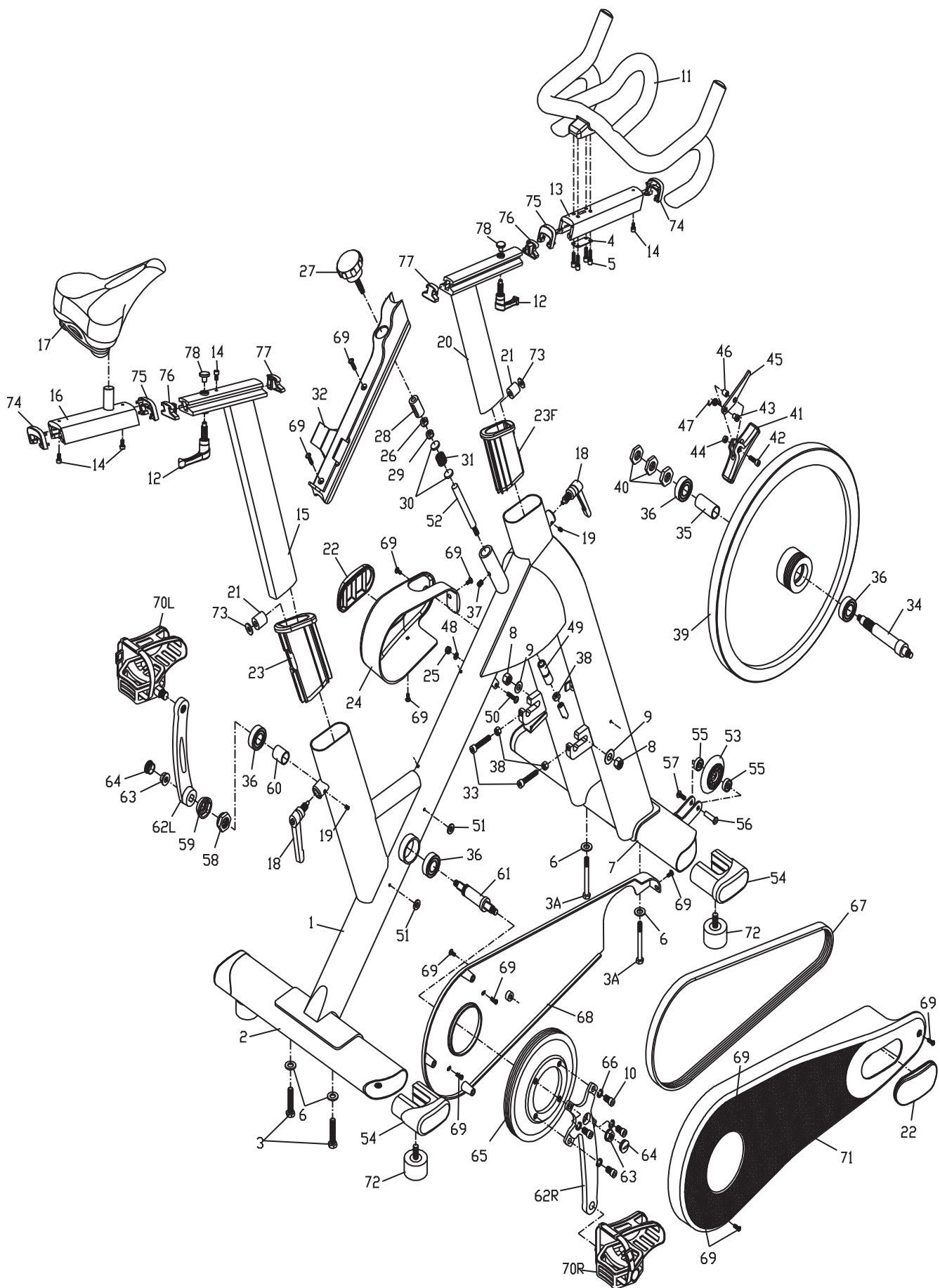
For your safety and benefits, read this manual and the accompanying literature before using the **SPT INDOOR TRAINING CYCLE**. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealers or our customer service department at 800-990-5556 Monday through Friday, 9:00 am until 5:00 pm Eastern Time.

IMPORTANT SAFETY NOTES

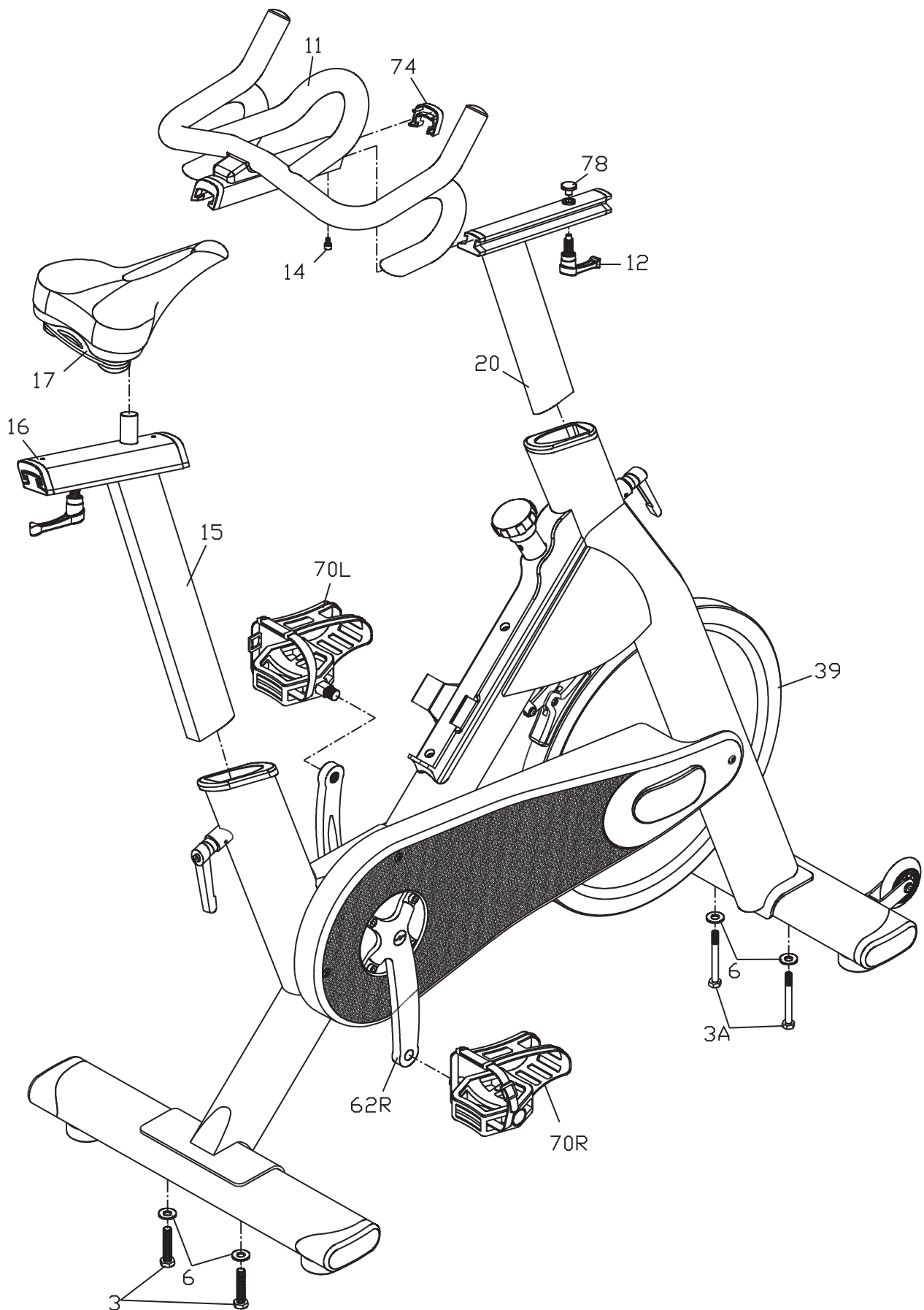
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility 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. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the **SPT INDOOR TRAINING CYCLE** at all times.
4. Keep your hands away from flywheel and all moving parts.
5. Adjust seat and handlebars carefully. Be certain locking levers are securely tightened to avoid any slipping that could lead to injury.
6. Wear soft jogging shoes and put your foot as far forward as you can to toe-clip, use two hands to adjust the strap of pedal to tighten.
7. Do Not adjust Handlebar Stem and Seat Post beyond the marked **SAFETY LINE** Failure to do so may result in serious injury.
8. If unsure about the proper use of the **SPT INDOOR TRAINING CYCLE** call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

EXPLODED 1



EXPLODED 2



SPT PART LIST

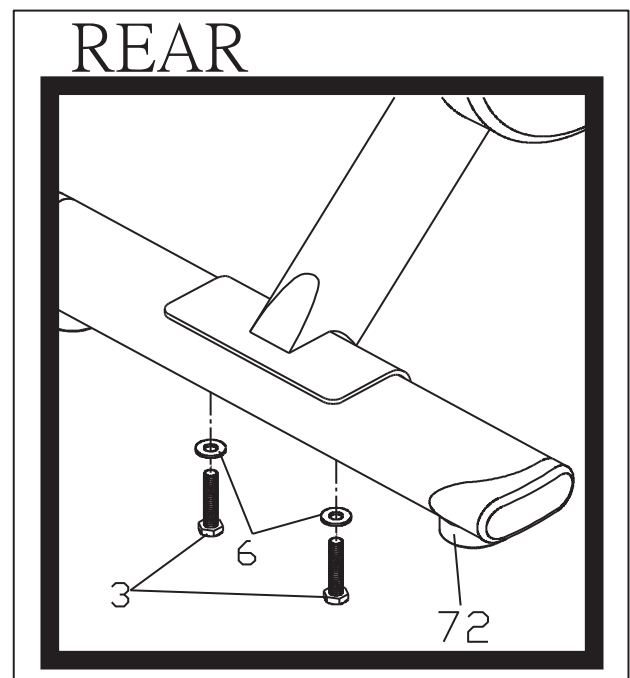
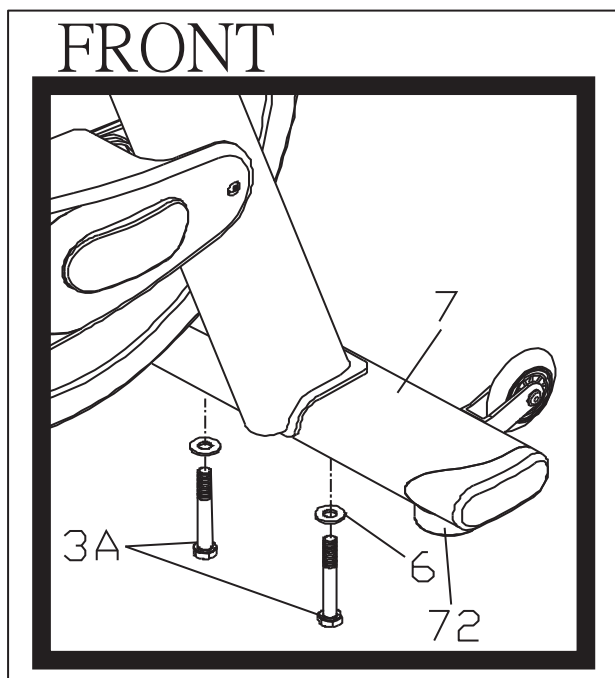
parts no.	description	q'ty
1	Main Frame	1
2	Rear Stabilizer	1
3	Rear Stabilizer fixed Bolt	2
3A	Front Stabilizer Fixed Bolt	2
4	Handlebar & Slider fix plate	1
5	bolts	4
6	Washer	4
7	front Stabilizer Fixed Bolt	1
8	Flywheel Nut	2
9	Washer	2
10	bolts	4
11	Handle Bar	1
12	Lock lever for HB and seat silder	2
13	Handlebar Slider	1
14	Slider's safety stoper	4
15	Seat Post	1
16	Saddle slider	1
17	Saddle	1
18	Lock Lever For Stem & Post	2
19	Set Screw	2
20	Handlebar Stem	1
21	Locking Piece	2
22	Pop cover	2
23F/23	Plastic Sleeve for H/T and S/T	2
24	Left Cover	1
25	Nut	1
26	Nut	1
27	Adjust Knob	1
28	Floating Piece	1
29	Nut	2
30	Round steel plate	2
31	Spring	1
32	Integrated Plastic Bottle Cage	1
33	Axles Adjusting Bolts	2
34	Fly Wheels Axle	1
35	Spacer	1
36	B.B & Fly Wheel Axle's Bearing	4
37	Floating piece set screw	1
38	Nut	3
39	Fly Wheel	1

SPT PART LIST

parts no.	description	q'ty
40	Lock Nut	3
41	Brake pad	1
42	Brake pad fixed screw	1
43	Bush	1
44	Nut	1
45	Brake Arm	1
46	Spacer	1
47	Lift spring	1
48	Washer	1
49	Seal Plug	1
50	Brake arms fixed Bolt	1
51	Washer	2
52	Stud	1
53	Transportation Wheel	2
54	Front Stabilizer End Cap	4
55	Bearing 608ZZ	4
56	Nut	2
57	Bolt	2
58	Axle Lock Nut	1
59	Cover	1
60	Spacer	1
61	B.B Axle	1
62L	Left Crank	1
62R	Right Crank	1
63	Flange Nut	2
64	Plastic cap	2
65	Belt Wheel	1
66	washer	4
67	Belt	1
68	Inner Cover	1
69	Screw	13
70 R/L	Pedals L/R	1
71	Outer Chain Cover	1
72	Rear Stabilizer adj. Pad	4
73	Washer	2
74	HB(F) & Saddle Slider's (R) End Cap	2
75	HB(R) & Saddle Slider's (F) End Cap	2
76	Stem(F) & Post Slider's (R) End Cap	2
77	Stem(R) & Post Slider's (F) End Cap	2
78	Stem/Post Slider's Locking Piece	2

STEP 1 FRONT AND REAR STABILIZER

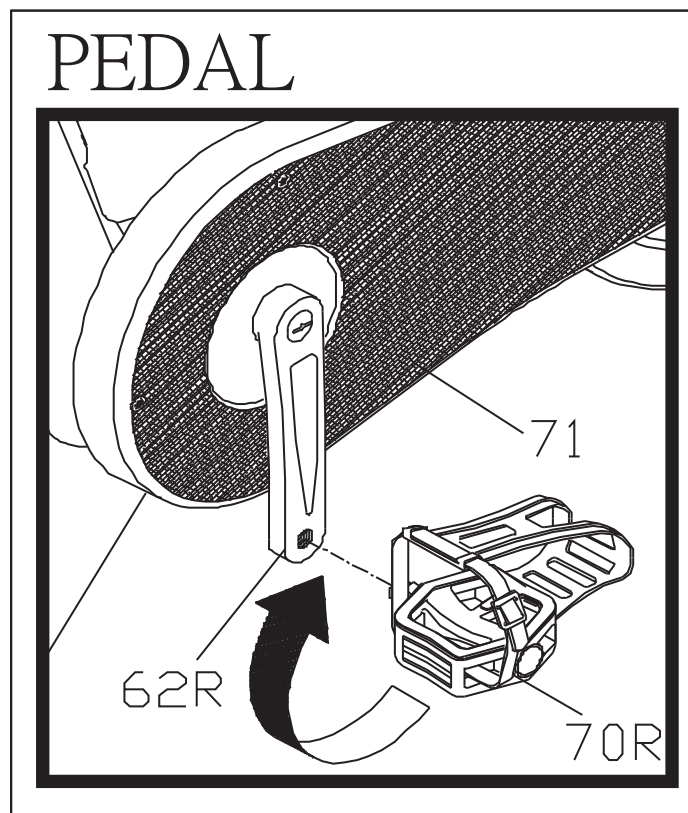
1. Attach Front Stabilizer (7) to Main Frame (1) on a flat level surface floor, using two M8 X 4" Domed Bolts (3A), two M8 Washers (6)
2. Attach Rear Stabilizer (2) to Main Frame (1) on a flat level surface floor, using two M8 X 4" Domed Bolts (3), two M8 Washers (6)
- 3 There are Height Adjusters (72) underneath the Rear End Caps (54,58) that need to be adjusted until the bike is totally stable on the floor.



STEP 2 ASSEMBLE PEDALS

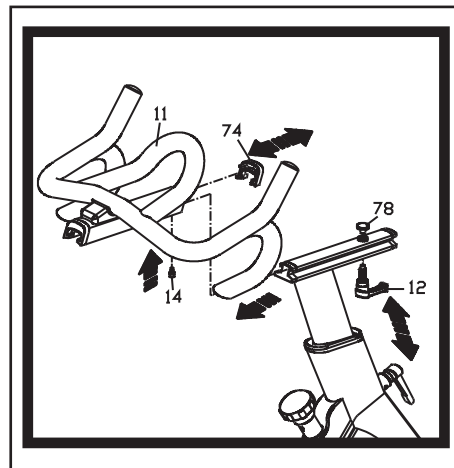
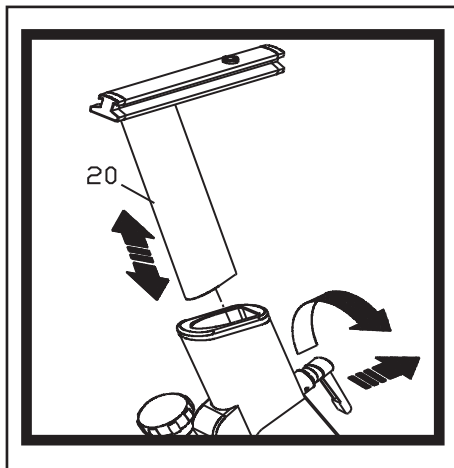
1. Carefully align the threads of the axle on the Right Pedal (70R) ("R" on end of axle) with the threaded hole on the right crank arm and screw in clockwise by hand. Tighten the pedal to the crank arm using a 15mm wrench.
2. Repeat the procedure for the left side, but screw the Left Pedal (70L) in counter-clockwise.

IMPORTANT: First assemble pedals by HAND, not using a wrench. It is important to match threads exactly. Using a wrench to start the procedure can easily damage the crank threads. This problem is not covered under warranty!



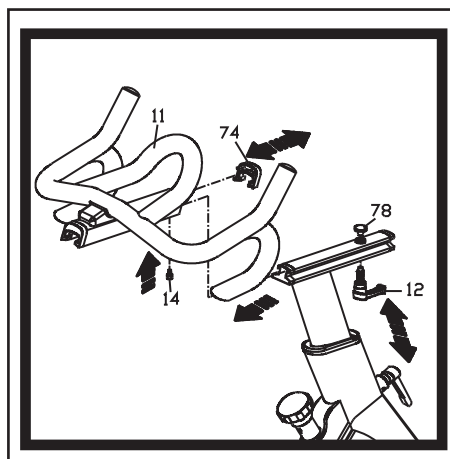
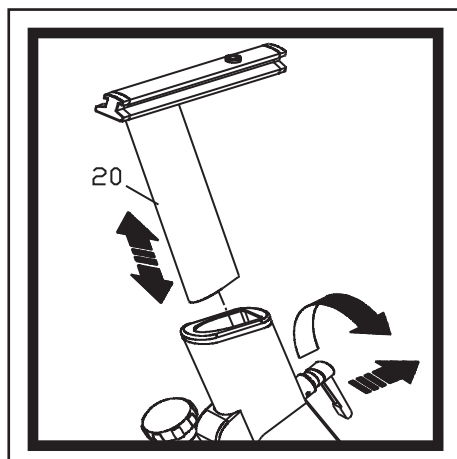
STEP 3 ASSEMBLE HANDLEBAR AND STEM

1. Insert the Handlebar Post (20) into the front tube on Main Frame (1). You will be able to adjust the height of the Handlebar Post and then tighten using the preinstalled Locking Lever (18). If you do not have room to turn the handle on the Locking Lever, it can disengage from the covered screw by simply pulling outward on the handle. Then place the handle where needed to complete tightening, release, and it will re-engage with the covered screw. ***Remember to not make any adjustments past the marked safety line.***
2. Remove the preinstalled Sliders Safety screw (14) on the front of the Handlebar Stem (20). Then slide Handlebar Slider (13) into Handlebar stem from back side (20). Re-insert the Sliders Safety Screw (19) Insert End cap (74) into the front of the Handlebar slider (13) and tighten. This Sliders Safety Screw (14) keeps the Handlebar from sliding all the way off.



STEP 4 ASSEMBLE SEAT AND SEAT POST

1. Insert the Seat Post (15) into the rear tube on Main Frame (1). You will be able to adjust the height of the seat Post and then tighten using the preinstalled Locking Lever (18). If you do not have room to turn the handle on the Locking Lever, it can disengage from the covered screw by simply pulling outward on the handle. Then place the handle where needed to complete tightening, release, and it will re-engage with the covered screw. ***Remember to not make any adjustments past the marked safety line.***
2. Remove the preinstalled Sliders Safety Screw (16) on the rear of the Seat Post (14) and then slide the Seat Sliding Housing (15) onto the seat Post (14). Re-insert the Sliders Safety screw (16) and tighten. This Sliders Safety Screw (16) keeps the seat from sliding all the way off.
3. Attach Seat (17). and Adjust to desired angle, then tighten.



Assembly is complete! Please take the following steps before using the Bodycraft SPT INDOOR TRAINING CYCLE:

1. Make certain all bolts are tightened securely.
2. Steel Seat Post (14) and Steel Handlebar Stem (13) are adjusted to your personal desired height and locked with the Lock Lever (17). Note: You can pull the Lock Lever to position the lever away from the frame if needed. Then release the lever and screw tight.
3. Wipe sweat away after every use. Failure to do so may result in a rusty bike.
4. Do not over tighten the V-Block fixed screws (21) . The depth is preset at the factory. Over tightening can result in stripped threads.
5. Enjoy many years of a fit lifestyle!

Thank you for purchasing the BodyCraft SPT Indoor Training Cycle. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.

BODYCRAFT

Thank you and Congratulations! Your purchase of a BODYCRAFT SPT Indoor Training Cycle reflects your ability to determine the best value and your commitment to fitness. We thank you for your purchase and hope you receive many years of an enjoyable, fit lifestyle.

REPAIR PARTS AND SERVICE

All of the parts for this bike can be ordered from your local BODYCRAFT dealer. BODYCRAFT dealers also have trained service personnel who can assist you with any service questions you may have. Parts can also be obtained through our home office at 800-990-5556.

BODYCRAFT WARRANTY

This warranty covers your BODYCRAFT SPT Indoor Training Cycle against anything that goes wrong, under normal conditions, provided it receives proper care. The warranty is extended to the original owner only and is not transferable. The completed warranty card must be returned to us, with a copy of the sales receipt for the warranty to be in effect.

How long does the warranty last?

For as long as you (the original owner) own the product on frame and welds. 5 years on parts **2** years .

What does the warranty not cover?

This warranty does not cover fitness products which are (1) subject to misuse, neglect, or accident, or unauthorized repairs and alterations; or (2) normal maintenance functions; Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you.

IMPORTANT

Please register this product at our web site: <http://bodycraft.com>. If you are unable to register via the internet, please mail the completed card.

You may also register at <http://www.bodycraft.com>



WARRANTY REGISTRATION

Please take the time to answer the following questions and mail this portion to BodyCraft. Your responses are very important and will not be given or sold to mailing lists.

Name	
Address	
Purchase Date	
Name of dealer	
Model	
Serial Number	
Additional comments	

Place
Stamp
Here

BODYCRAFT

P.O. Box 181
Sunbury, Ohio 43074