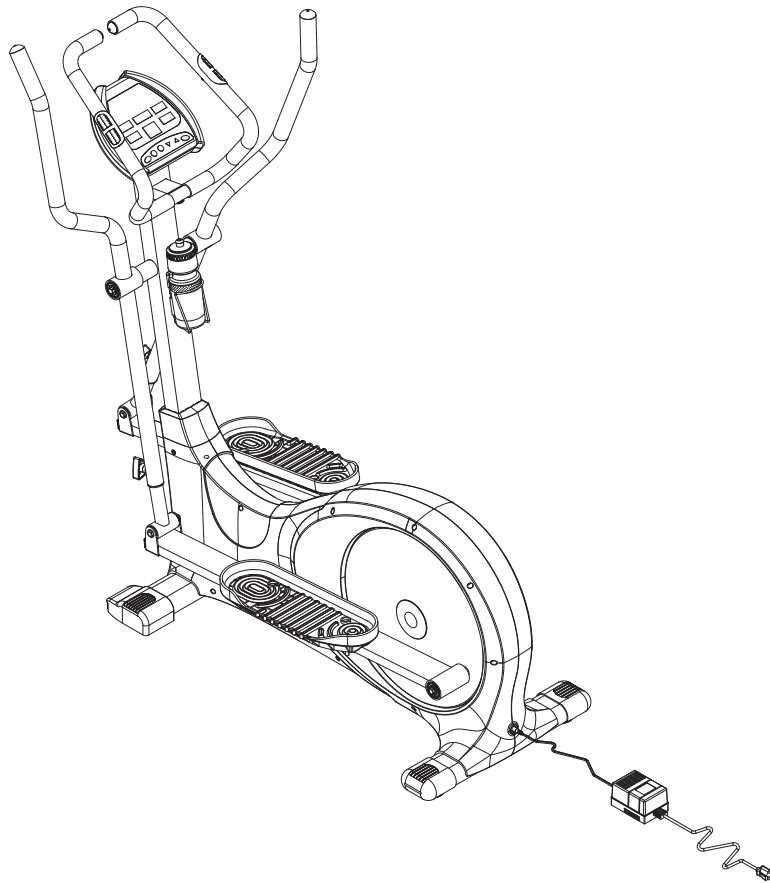# *BODYCRAFT*

OWNERS MANUAL
MODEL ECT-2100
ELLIPTICAL CROSSTRAINER

QUESTION?

As a quality home gym 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

ECT-2100

BEFORE YOU BEGIN

Congratulations! And thank you for selecting the BodyCraft ECT-2100 Elliptical Crosstrainer. We believe you have made a wise investment. The BodyCraft ECT-2100 Elliptical Crosstrainer can provide an efficient, low impact cardiovascular workout. We welcome your comments and questions.

For your safety and benefit, read this manual and the accompanying literature before using the BodyCraft ECT-2100 Elliptical Crosstrainer. It provides you safety rules, assembly instructions, and routine inspection and maintenance information. Please keep this manual for future reference.

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. Injuries to your health may result from incorrect or excessive training. If, at any time while exercising, you experience faintness, shortness of breath, dizziness, or any type of unusual pain, stop immediately. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. Read and follow all instructions in this manual and any accompanying literature. Additional copies are available. Do not use this product until you have become completely familiar with its safe operation.
2. This product must be examined regularly for damage and wear. DO NOT use this product if you suspect any defects. Pay special attention to moving parts and pivot points. Call your local dealer or BodyCraft immediately if service or parts are needed.
3. Do not allow young children to use or play with or around this machine. Allow older children to use the product only with close adult supervision.
4. Plug this product into a grounded outlet only.
5. Never operate a BodyCraft product if it has a damaged power cord, or if the cord is wet. Keep the power cord away from heat sources. Do not run the cord along side, or under this product. Do not use the power cord as a means to move this product.
6. **Be certain pins are fully inserted and screws tightened when making adjustments. Failure to do so can cause damage that is costly and not covered under warranty.**
7. Keep hair, shoelaces, towels, and clothing away from moving parts at all times. Keep body away from moving parts except for designated pedals and handles.
8. Wear proper clothing. Do not wear loose clothing. Do not wear shoes with leather sloes or high heels.
9. This product must be assembled and kept on a flat, level surface to ensure its proper function.
10. Maintain a minimum of 8 inches clearance on three sides. Keep at least one foot of clearance from the front.
11. This product must be used in a cool, low humidity environment to ensure its proper function.
12. Keep the machine clean. We recommend soapy water. Do not use harsh chemicals or abrasive materials. Always unplug this product before performing any cleaning or maintenance.
13. Exercise with extreme care to avoid injury.
14. This product is built for home use only. It is not warranted for institutional use.
15. Maximum user weight is 300 Pounds (136 Kg.).
16. If unsure about the proper use of the BodyCraft Elliptical Crosstrainer call your local dealer or our customer service department at 800-990-5556.

# OVERVIEW
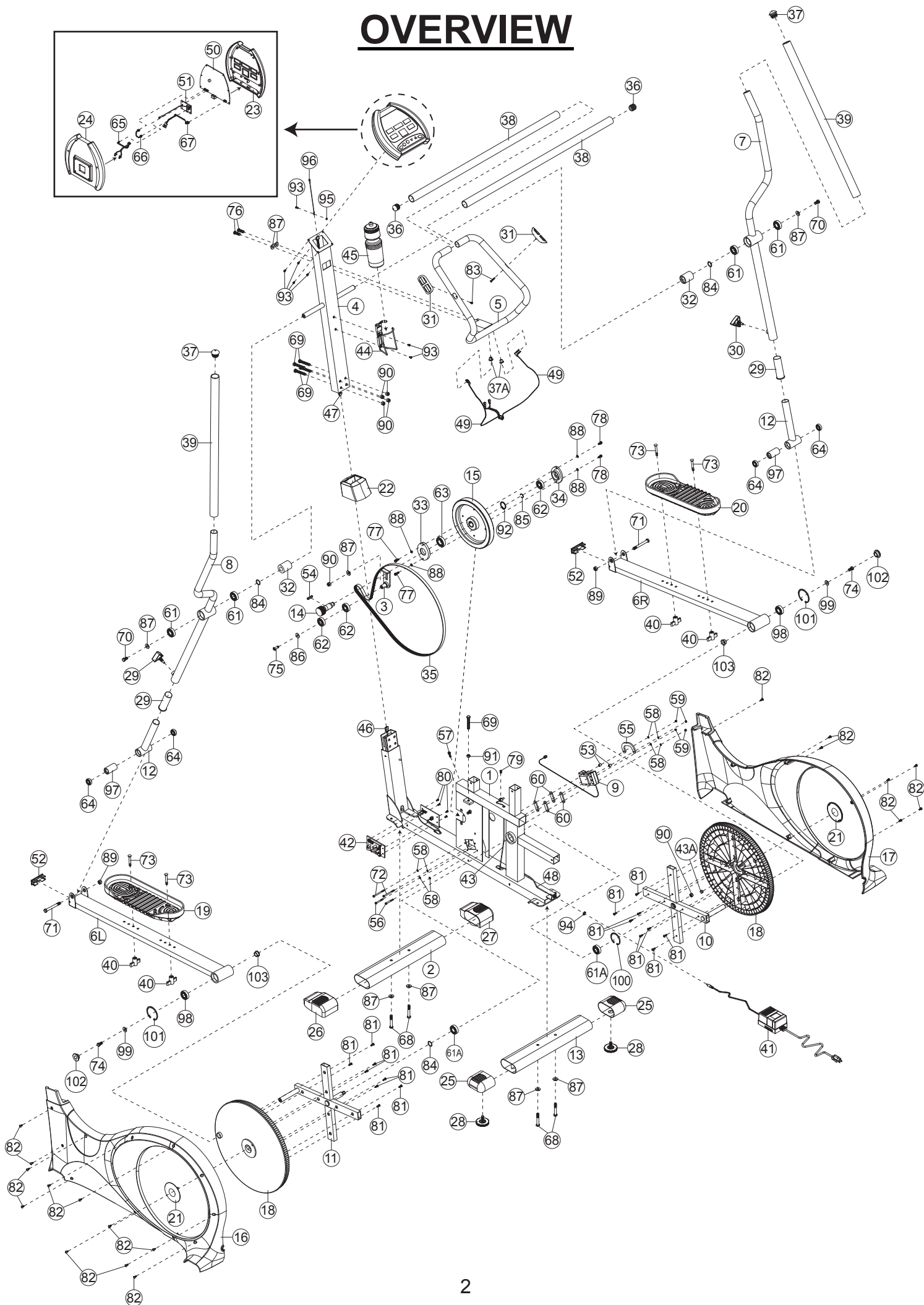
PARTS LIST

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	BELT TENSION BRACKET	1
4	FRONT UPRIGHT ASSEMBLY	1
5	HANDLEBAR	1
6R	RIGHT FOOT PEDAL FRAME	1
6L	LEFT FOOT PEDAL FRAME	1
7	RIGHT DUAL ACTION ARM	1
8	LEFT DUAL ACTION ARM	1
9	ELECTROMAGNET	1
10	RIGHT WHEEL COVER SUPPORT	1
11	LEFT WHEEL COVER SUPPORT	1
12	ANGLE ADJUSTMENT TUBE	2
13	REAR STABILIZER	1
14	BELT SHAFT	1
15	WHEEL HUB	1
16	LEFT SHROUD	1
17	RIGHT SHROUD	1
18	WHEEL COVER	2
19	LEFT FOOT PEDAL	1
20	RIGHT FOOT PEDAL	1
21	PLASTIC AXLE COVER	2
22	45 X 75mm HOLLOW COVER	1
23	COMPUTER COVER (MONITOR)	1
24	COMPUTER COVER BASE (MONITOR)	1
25	50 X 100mm END CAP	2
26	50 X 100mm LEFT WHEEL CAP	1
27	50 X 100mm RIGHT WHEEL CAP	1
28	ADJ. LEVER KNOB	2
29	PLASTIC SLEEVE INSIDE DUAL ACTION ARM	2
30	7/16" TRIANGLE KNOB FOR DUAL ACTION ARM	2
31	HAND PULSE SENSOR PLATE	2
32	AXLE SPACER	2
33	HINGE FASTENER (LARGER)	1
34	HINGE FASTENER (SMALLER)	1
35	BELT 1651mm	1
36	1-1/8" HAND SUPPORT PLUG	2
37	1-1/4" DAUL ACTION ARM PLUG	2
37A	CABLE PLUG	2
38	1-1/8" HAND SUPPORT GRIP	2
39	1-1/4" DUAL ACTION ARM GRIP	2
40	8mm TENSION KNOB FOR FOOT PEDAL PLACEMENT	4
41	POWER CORD	1
42	CONTROL BOARD	1
43	CABLE FOR SPEED SENSOR	1
43A	SPEED MAGNETIC	1
44	WATER BOTTLE HOLDER	1
45	WATER BOTTLE	1
46	LOWER COMPUTER CABLE	1
47	UPPER COMPUTER CABLE	1
48	TENSION CABLE	1
49	HAND PULSE CABLE	2
50	COMPUTER BOARD	1
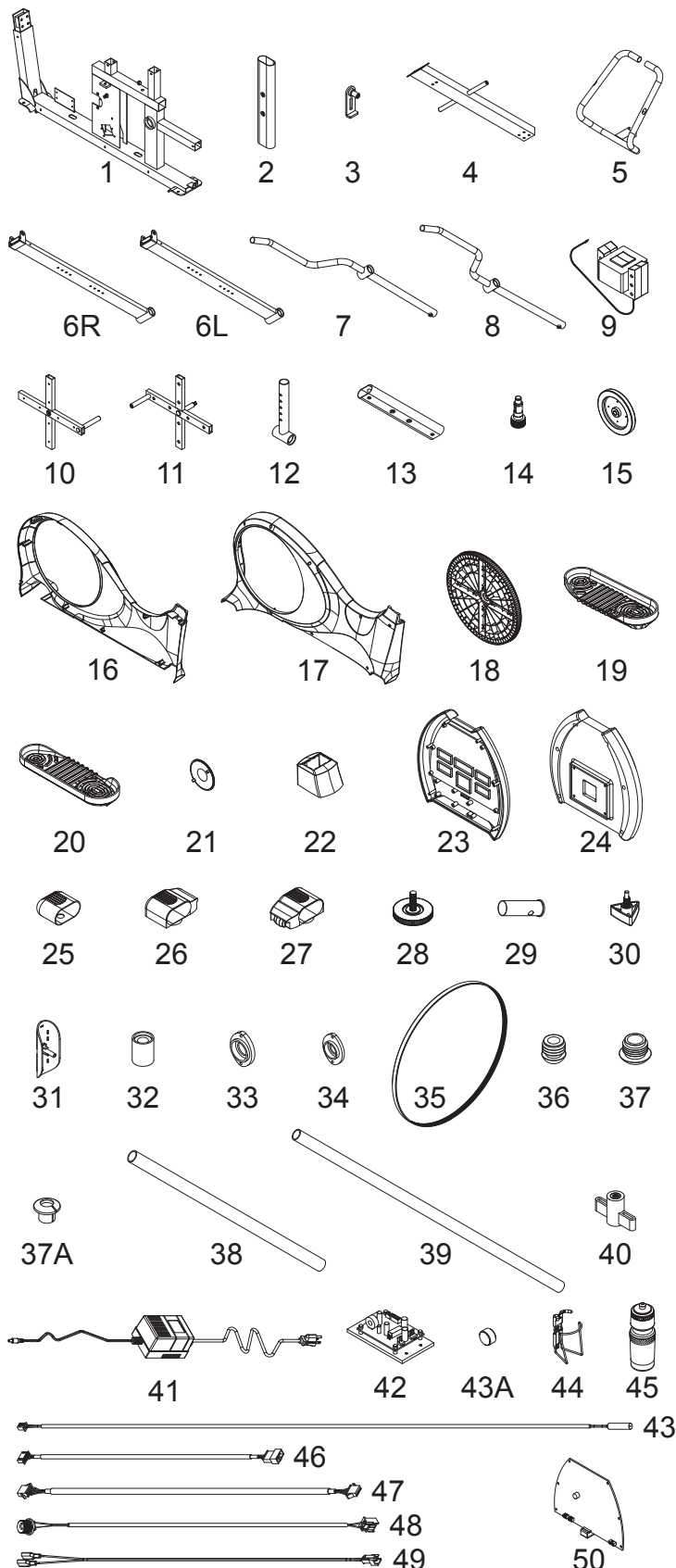
PARTS LIST

NO.	DESCRIPTION	QTY.
51	PULSE CHIP	1
52	1" X 3" PEDAL ARM TUBE PLUG	2
53	MAGNETIC FASTENER	2
54	FASTENER OF BELT AXLE	1
55	"U" SHAPED MAGNETIC DIVIDER	1
56	M5 X 45mm HEX BOLT	2
57	M6 X 16mm MACHINE BOLT	1
58	M5 WASHER	8
59	M5 NYLON NUT	4
60	STRAIGHT MAGNETIC DIVIDER	4
61	6004 BEARING	4
61A	6004ZB BEARING	2
62	6203 BEARING	3
63	6005 BEARING	1
64	6200 BEARING	4
65	PULSE CONNECTING CABLE	1
66	PULSE CHIP CABLE	1
67	COMPUTER CONNECTING CABLE	1
68	3/8" X 2-1/4" HEX CARRIAGE BOLT	4
69	3/8" X 2-1/4" HEX THREADED BOLT	5
70	3/8" X 19mm HEX BOLT	2
71	M10 X 90mm HEX BOLT	2
72	M5 X 60mm HEX BOLT	2
73	M8 X 50mm CARRIAGE HEX BOLT	4
74	5/16" X 3/4" HEX BOLT	2
75	M8 X 16mm ALLEN PAN BOLT	1
76	3/8" X 1-1/4" DOME HEAD ALLEN BOLT	2
77	M6 X 16mm ALLEN BOLT	2
78	M6 X 12mm ALLEN BOLT	2
79	M6 X 10mm DOME BOLT	1
80	M4 X 10mm DOME BOLT	4
81	3/16" X 18mm SET SCREW	16
82	M5 X 18mm SHEET METAL SCREW	18
83	M4 X 25mm SHEET METAL SCREW	2
84	SPRING RING	3
85	SPRING RETAINER CLIP	1
86	M8 WASHER	1
87	3/8" WASHER	9
88	M6 WASHER	4
89	M10 NYLON NUT	2
90	3/8" NYLON NUT	6
91	3/8" NUT	1
92	SPRING CLIP	1
93	M5 X 10mm DOME BOLT	7
94	1/2" NUT 20 UNF	1
95	M5 NUT	1
96	EARTH WIRE	1
97	BEARING HOUSING	2
98	2204K BEARING	2
99	5/16" X 3mm OD. 27 WASHER	2
100	20mm SPRING CLIP	1
101	47mm SPRING CLIP	2
102	PLASTIC INNER CAP	2
103	PLASTIC CAP	2

0 1/4 1/2 3/4 1" 1/4 1/2 3/4 2" 1/4 1/2 3/4 3" 1/4 1/2 3/4 4" 1/4 1/2 3/4 5" 1/4 1/2 3/4 6"
(inch)
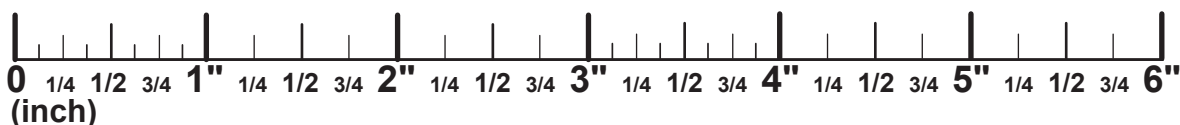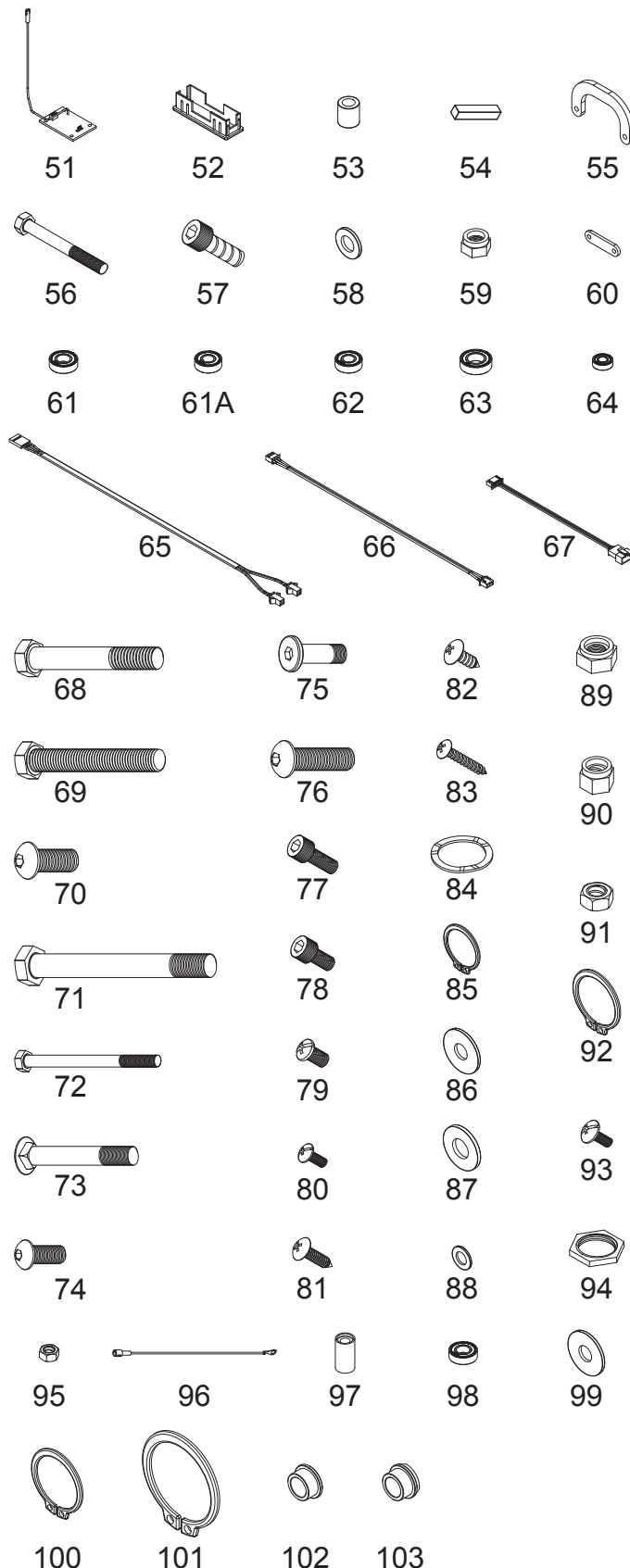
Step 1

Note: Save one of the packaging Styrofoam blocks to aid assembly.

Open carton and unpack all parts. Check to ensure you have the following parts:
1. Main frame with plastic shrouds and pedal frames attached
2. Front Stabilizer
3. Rear Stabilizer
4. Front Upright Assembly
5. Monitor
6. Left and Right Foot Pedals
7. Assembly Kit with nuts, bolts, end caps, etc.
All other parts listed are pre-assembled.
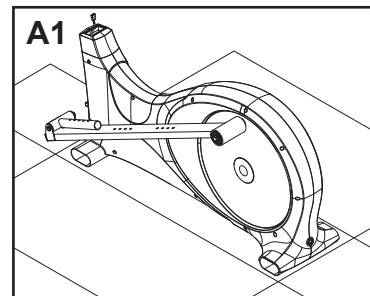
Place a Styrofoam block from the box under the rear of the Main Frame (1). Remove the protective cover from the rear of the Main Frame (1). Attach the Rear Stabilizer (13) to the Main Frame using the pre-assembled Washers (87) and Bolts (68). Repeat the procedure for the Front Stabilizer (2).
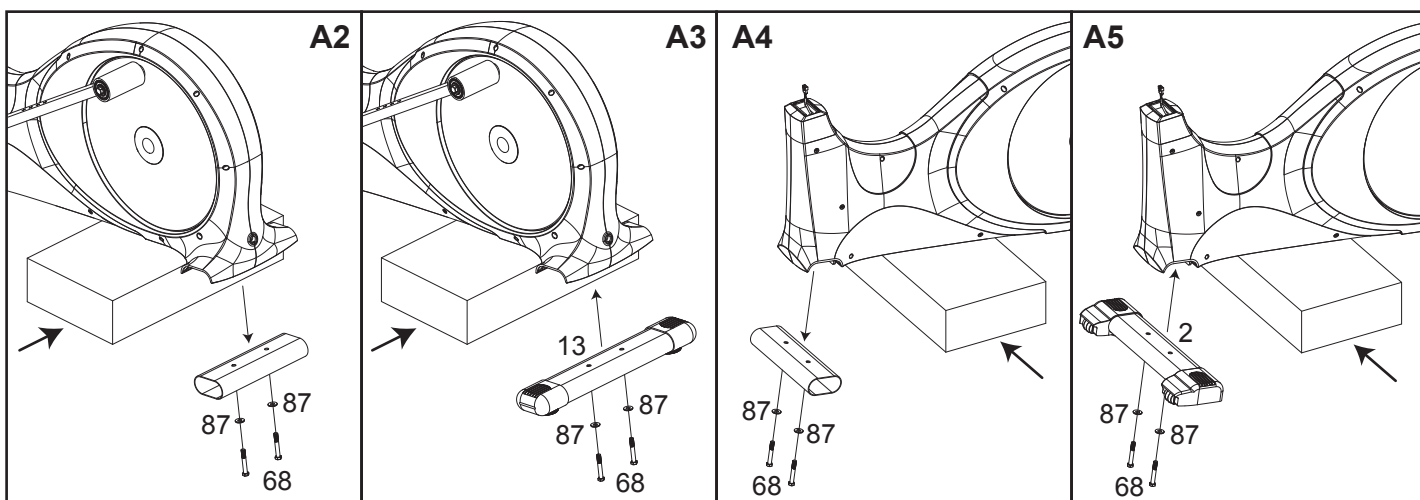
Step 2

**Note: This step could require two people.**

Slide the Hollow Cover (22) onto the Front Upright Assembly (4) as shown in figure B1. Connect the Upper (47) and Lower (46) Computer Cables. Make sure the plugs are fully seated. Do not push too hard. Slide the Front Upright Assembly (4) onto the Main Frame (1), and then attach using four 3/8" X 2-1/4" Hex Threaded Bolts (69) and four 3/8" Nylon Nuts (90). Cut the retaining ties on the Dual Action Arms.

Do not fully tighten the bolts (69) until after Step 3, and after the computer is attached and working properly.
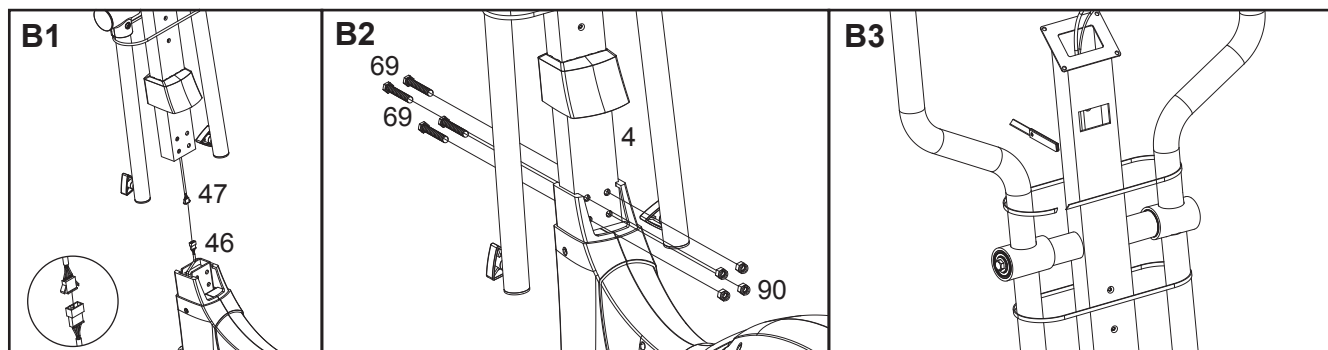
Step 3

Insert the Angle Adjustment Tube (12) into the Right Dual Action Arm (7) and choose a height, then tighten the Triangle Knob (30). Repeat the procedure (and same height) for the Left Dual Action Arm (8). You will want to experiment with height adjustment to find the most comfortable stride.
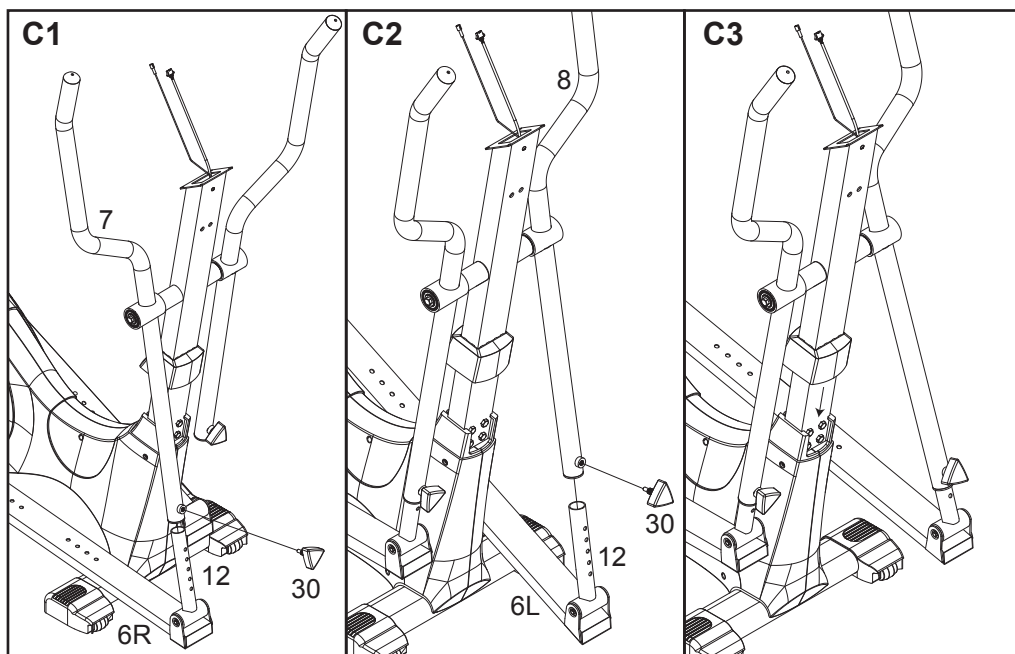

Step 4

Find the Handlebar (5). Insert the Hand Pulse Cable (49) into the slot in the front of the Front Upright (4), and out of the top. While holding the Hand Pulse Cable (49) and the Upper Computer Cable (47) with the opposite hand, slide the Handlebar (5) into the slot in the Front Upright (4). **Be careful to route the cables through the slot in the Hand Support (5)! Do not pinch, or crimp the wires in any way!** Fasten the Handlebar using two 3/8" Washers (87) and two 3/8" X 1-1/4" Dome Head Allen Bolts (76).
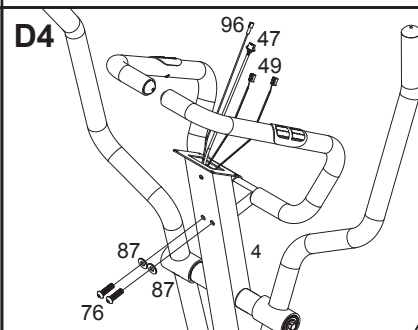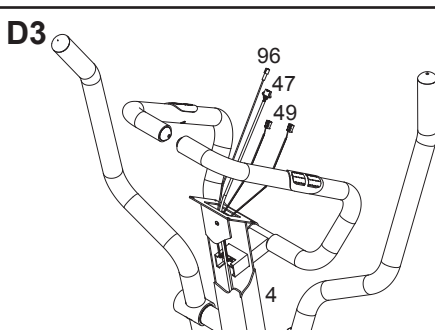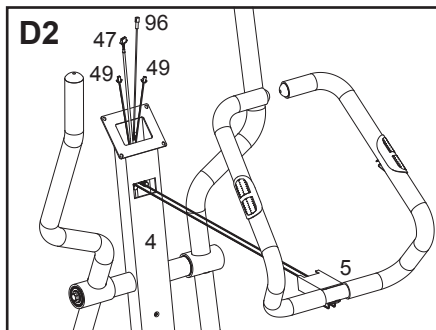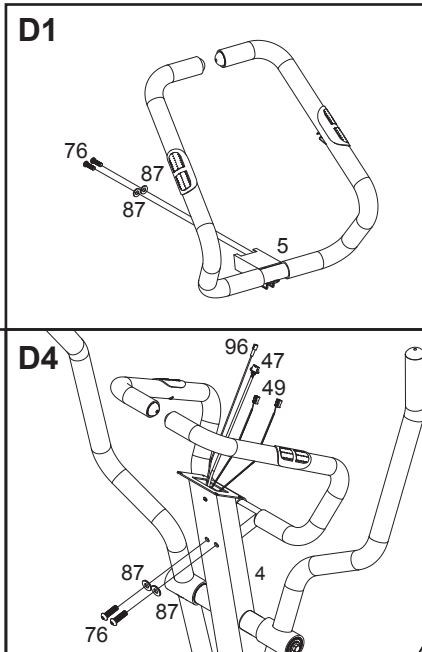
Step 5

Connect the wires as shown in Figure E1. Connect the Upper Computer Cable (47) to the Computer Connecting Cable (67). Connect the Hand Pulse Cables (49) to the Pulse Connecting Cables (65). Push the cables down into the Upright as you bring the Computer down to attach it. Attach the Computer (23) to the top of the Upright (4), using four M5 X 10mm Dome Bolts (93).
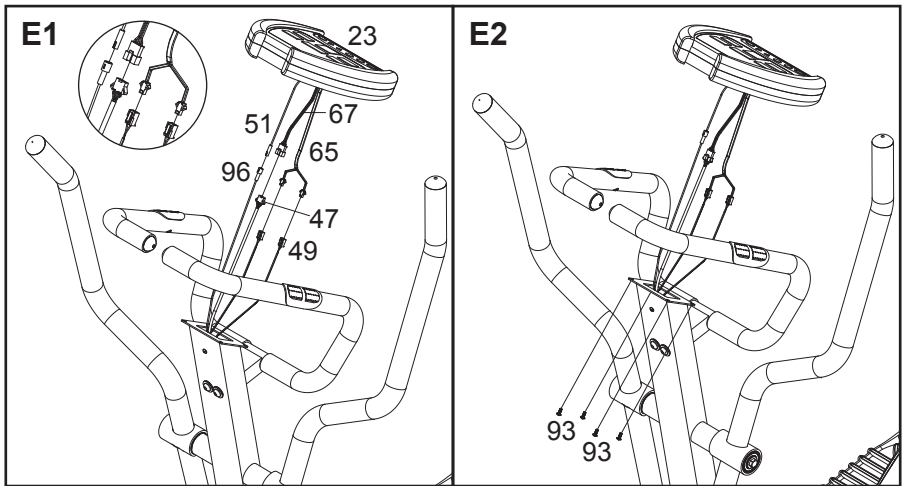

Step 6

Attach the Pedals to the Pedal Frames using two M8 X 50mm Carriage Bolts (73) and Tension Knobs (40).   Select the same holes on the R & L Foot Pedal Frames (6R & 6L) to ensure equal distance from the pedals to the Dual Action Arms. You will want to experiment with pedal placement to find the most comfortable stride.
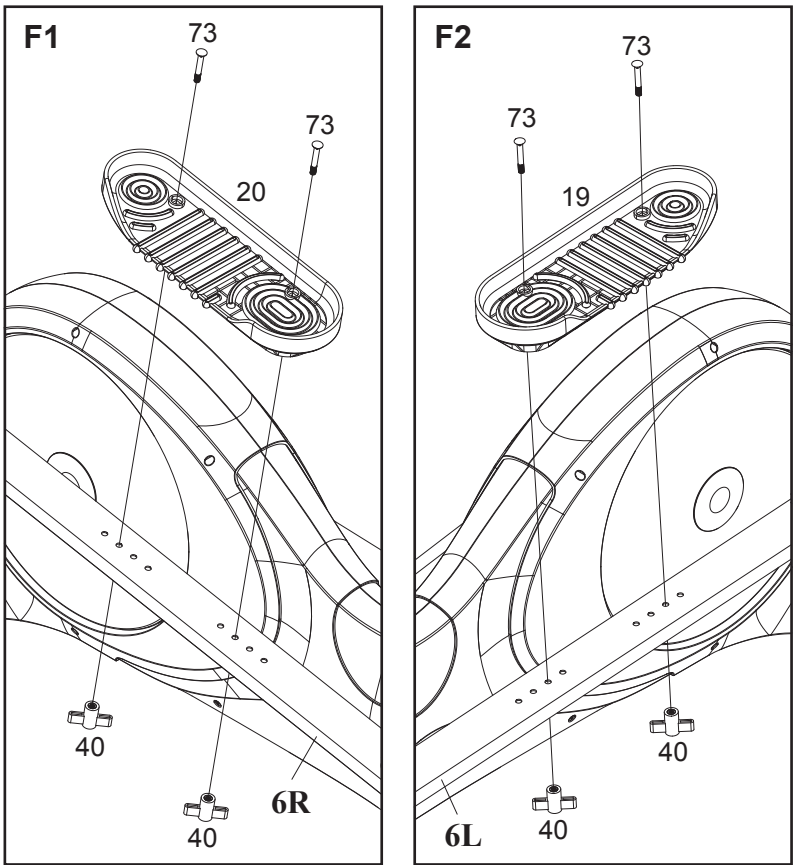
Step 7

Attach the Bottle Holder (44) to the Front Upright (4) using two M5 X 10mm Dome Bolts (93).

G1	G2	G3
93 4	4 44 93	4 45
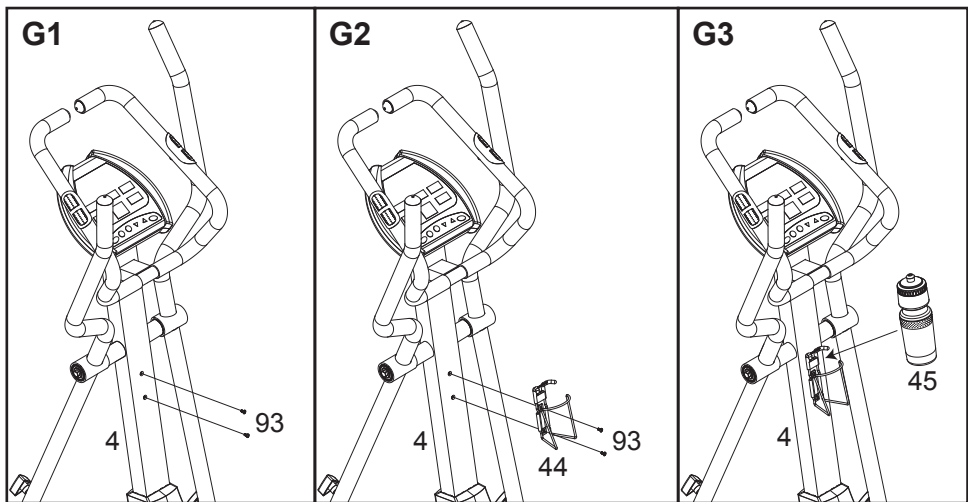
Step 8

Insert the Power Cord (41) into the barrel plug on the back side of Elliptical Crosstrainer. Then insert the Plug end into the wall outlet. The console should light up. If not, re-check plug and wall connections and make sure the wall outlet has power.

H1	H1
28 28	41
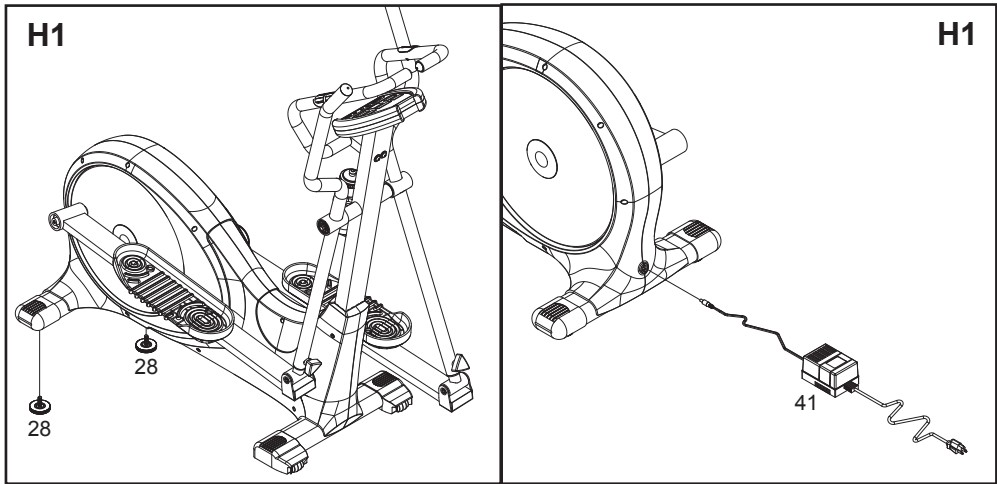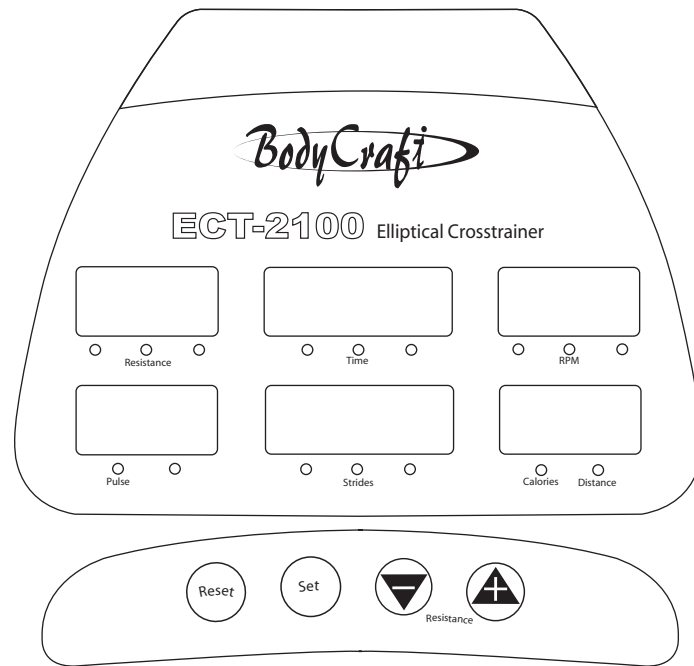
Resistance
The readout displays resistance level, measured in Watts.

Time
The readout displays elapsed time if you start without first setting a time goal. Or, if you input a time goal before beginning, the readout displays time remaining to reach goal.

RPM
The readout displays the revolutions per minute of the rear wheel. It can be thought of as a measure of speed.

Pulse
The readout displays the pulse rate as read by the Pulse Sensors mounted to the Handlebar. Simply grab the sensors and wait for a readout. NOTE: While usually correct, pulse readings by this method can be affected by a number of factors and are not necessarily ECG accurate. If needed, the best way to determine an accurate heart rate reading is through use of a telemetry heart rate chest strap and accompanying readout device (sold separately by your local specialty fitness dealer).

Strides
The readout displays the cumulative number of stride cycles taken during the exercise session. In other words, the sensor only tracks one pedal. Each increase in the number displayed equals both a left and a right foot stride.

Calories / Distance
The readout toggles between displaying the approximate calories burned during the exercise session, and the distance traveled. The distance traveled approximates the distance traveled as if you were exercising on the ground. The unit of measure is miles in US, Kilometers in other countries.

Set
Push this button to go into the Set mode. The set mode allows you to plug in goals before you begin the exercise session. The second successive push of the Set button lights up the Distance window. A distance goal can be input using the "pluss" or "minust" buttons. The distance goal will then be set, in miles, and will count down until you reach your distance goal. A "beep" will sound when your goal is reached. If you continue to exercise, the distance will start to accumulate, taking into account the distance already "traveled".

A subsequent push of the Set Button lights the Resistance window. A resistance level can be input using the "pluss" or "minust" buttons. You can change your resistance level at any time during the exercise session.

The next push of the Set Button lights the Pulse window. A pulse goal can be input using the "pluss" or "minust" buttons. If you use the pulse sensors on the Handlebar, a beep will sound when you have reached your target heart rate.

The next push of the Set Button lights the Time window. A time goal can be input using the "pluss" or "minust" buttons. The time will count down from time set to "0" during the exercise session. A beep will sound when you have reached your time goal. If you continue to exercise, the time will begin to count up, taking inro account the time already spent.

If you have set in multiple goals for a given exercise session (e.g... 30 minutes, and 2.5 miles), a beep will sound after each goal is reached.

Reset
Depress this button to clear the memory and to reset the display to default settings.