
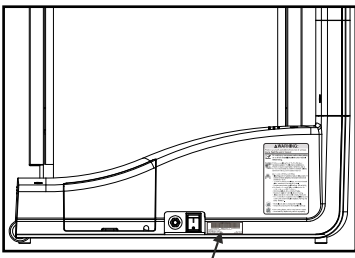



BODYCRAFT

LT100 SpaceWalker

Owners Manual



 <p>Open your Camera App and point it at the QR Code for additional information. www.bodycraft.com/swt-q.html</p>		Record your serial number and purchase date here:
	<p>SERIAL NUMBER</p>  <p>EXAMPLE LT100958151201</p> <p>MODEL: BODYCRAFT LT100 SPACEWALKER RECREATION SUPPLY, INC. (740)965-2442 LEWIS CENTER, OH U.S.A. MADE IN TAIWAN</p>	<p>S/N: _____</p> <p>PURCH. DATE: _____</p> <p>DEALER: _____</p> <p>_____</p> <p>_____</p>

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

Owners Manual

Rev.D
CSA
Ver. 1.5h



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting a BODYCRAFT Treadmill. Your choice reflects a wise investment in you and your family. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new LT100 Spacewalker Treadmill is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which 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.***

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

For easy to read complete assembly step-by-step in full color, go directly to www.bodycraft.com/swt-qtr.html



We at BODYCRAFT believe in the continued improvement processes and reserve the right to make changes at any time without notice that may or may not affect color, parts and materials.

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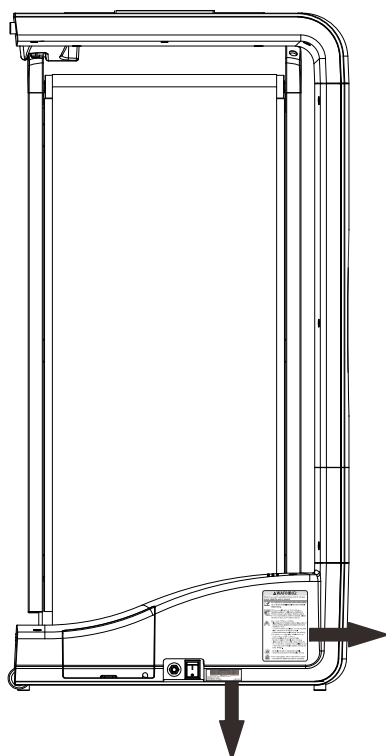
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Energy Saving function: These treadmill consoles are equipped with a power saving function. This means after 10 minutes of inactivity, the treadmill will automatically power off. Press any key on the dash board to wake up the console from power save mode.

WARNING DECAL, SAFETY DECAL, SERIAL DECAL PLACEMENT

This drawing shows the locations of the warning decals, safety decals and serial number decal. Replace warning labels that may be worn, damaged or missing. To replace any worn or missing warning decals contact the customer service.



Serial No. Sticker

WARNING Sticker

⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the users' manual



To avoid injury, use extreme caution when getting on or off the treadmill. Read Instruction Manual Before Using.



This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.



Max. User Weight: 300 pounds/135kgs

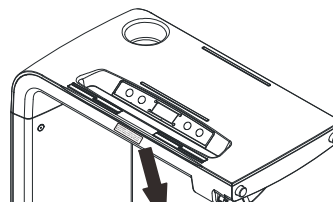
- All warnings and instructions be read and followed and, for institutional fitness equipment, that proper instruction be obtained prior to use.
- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Excessive exercise may result in serious injury or death.
- Hold handrails to prevent falling, and always wear the safety clip while operating the treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating the treadmill.
- For consumer fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.



- Never allow children on or around the treadmill.
- Remove the safety key when the treadmill is not in use.



- Keep clothing, fingers, and hair away from moving parts.
- Never insert any object or body parts into any opening.



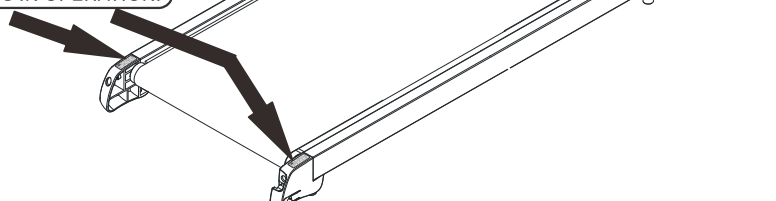
ATTENTION: The Safety Key must be inserted for the treadmill to operate. Read the manual prior to first use.

OPERATION Sticker

WARNING Sticker



WARNING Sticker



PRODUCT SAFETY 1 OF 2

Basic precautions should always be followed, including the following safety instructions when using this equipment:



To reduce the risk of serious injury, read the following Safety Instructions before using the LT100 Spacewalker Treadmill.

1. Keep children under the age of 13 and pets away from the equipment at all times. Do not allow children and pets to use or play on the equipment. Keep children and pets away when it is in use.
2. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
3. Wear the safety cord and clip all times while using the treadmill. Always stand on the side rails before the treadmill starts.
4. Before beginning any exercise program on the treadmill, it is important to consult with your physician if you have any of the following: history of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, if you smoke cigarettes or if you experience any other chronic diseases or physical complaints.
5. If over the age of 35 or overweight or pregnant, consult with your physician before beginning any exercise program.
6. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing.
7. Drink fluids if you exercise for twenty or more minutes on the treadmill.
8. Always follow the console instructions for proper operation.
9. Unplug from outlet when not in use, and before servicing or moving the unit.
10. Never operate your treadmill if it has a damaged cord or plug, or if it is not working properly. Contact your authorized BODYCRAFT fitness dealer for service and repair.
11. Keep the power cord away from heated surfaces.
12. Never insert any objects or body parts into openings.
13. Keep hands and feet away from all moving parts.
14. Use the handrails when getting on and off your treadmill.
15. Check the power requirement for your unit to see if it matches your local power outlet.
16. Do not operate the heart rate monitor transmitter together with an electrical heart pacemaker. The transmitter may cause electrical disturbances.
17. Inspect this treadmill prior to exercising to ensure it is working properly. Always make sure all components are fastened securely.
18. This treadmill is intended for indoor use. Do not place the unit outdoors.
19. Keep the treadmill away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.



PRODUCT SAFETY 2 OF 2

20. Do not operate if oxygen equipment is being utilized or if aerosol (spray) products are being used in the area.
21. Place the treadmill in an area that will meet minimum clearance requirements: Front 12" (.3m), Sides: 24" (.6m) & Back 79" (2m) and from any obstruction object while using the machine.
22. Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
23. Never walk or jog or run backwards on the treadmill.
24. Higher speed and higher incline is not for everyone. It is designed for occasional use of a skilled runner and may exceed many users' capabilities. Stop right away if you feel any discomfort.
25. Place your treadmill on a solid, level surface when it is in use. Adjust the levelers at the rear of the treadmill if necessary.
26. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious bodily injury. Use care when getting on or off the treadmill. When stepping on the running belt, always grasp the handrail and keep the initial speed at or below 1 mile per hour (mph).
27. Make sure the running belt is at a complete stop before exiting the machine.
28. Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use, before putting on or taking off parts. When the treadmill is not in use, disconnect the treadmill by turning the power switch to the Off position, and then remove the power plug from the electrical outlet.
29. To prevent unauthorized use, remove the **Safety Key** after the workout and store it in a safe place. The treadmill cannot operate unless the **Safety key** is attached to the console.
30. Always attach the **Safety key** securely to your clothing when using the treadmill.
31. Do not operate electrically powered treadmill in damp or wet locations. **Do not use outdoors.**
32. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
33. Do not pull the treadmill by the power cord or use cord as a handle. Always use two hands to lift the treadmill and roll it on its front wheels.
34. Keep the power cord away from heated surfaces.
35. Keep the top side of the moving surface clean and dry or potential injury will occur.
36. Read, understand, and test the emergency stop procedures before use.
37. Use this LT-100 Spacewalker Treadmill only for its intended use as described in this manual.
38. To ensure proper function of your treadmill, do not install attachments or accessories not provided or recommended by BODYCRAFT.
39. User weight is not to exceed 300 lbs (135 kgs).



PLEASE FOLLOW THESE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

DIMENSIONS

Assembled Dimensions:

48" L x 22" W x 45" H

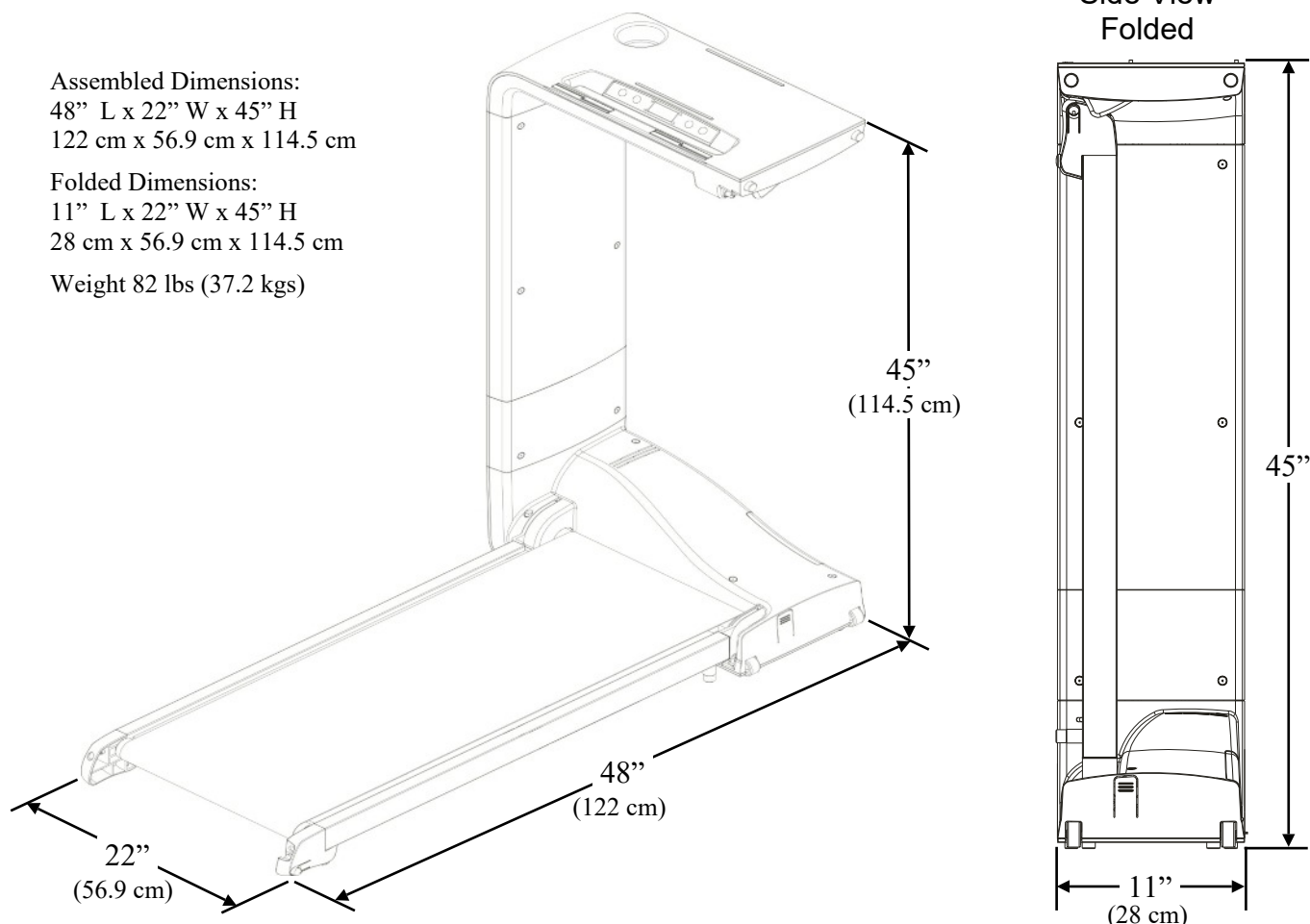
122 cm x 56.9 cm x 114.5 cm

Folded Dimensions:

11" L x 22" W x 45" H

28 cm x 56.9 cm x 114.5 cm

Weight 82 lbs (37.2 kgs)



FCC INFORMATION

Caution: Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

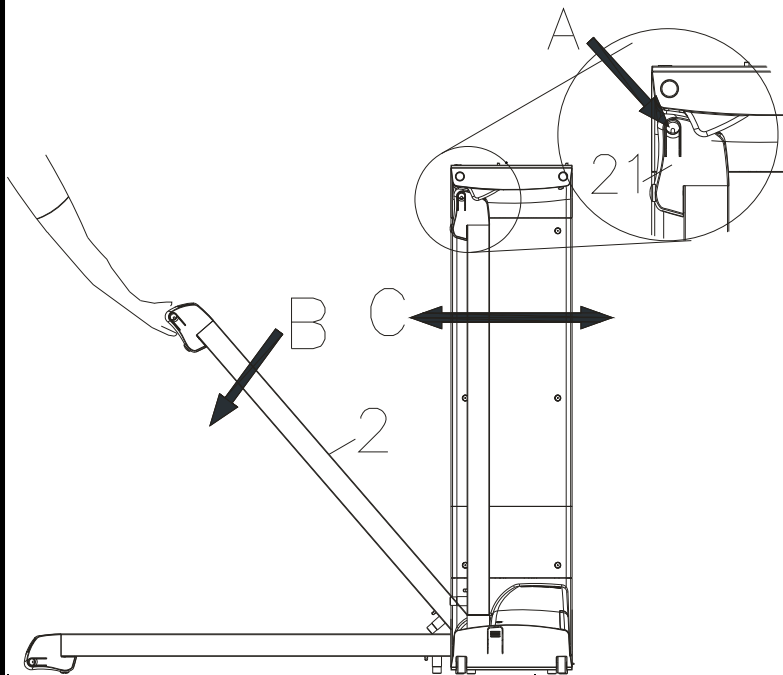
- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

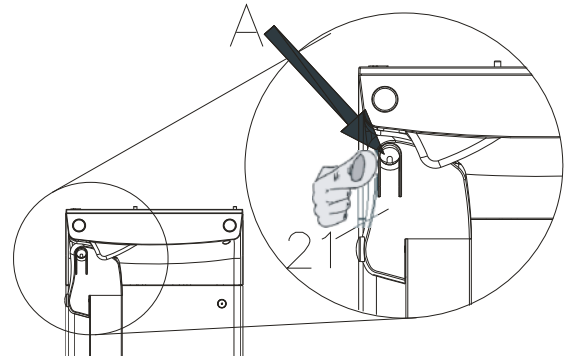
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FOLDING INSTRUCTIONS - OPEN UP



- A. Gently press the **button (A)** located on the right upper side of **Right Rear End Cap (21)** as shown. The **Deck (2)** will start to descend. Keep holding the **Deck (2)** with two hands until hearing a "click" sound to make sure the deck has fully descended to the floor.



- B. In order to prevent the danger of the **Main Frame (1)** falling like **FIG 1** shown, gently move/shake the **Main Frame (1)** front and back to double make sure the **Deck (2)** has totally locked and fully descended to the floor.
- C. For safety, the console will shut down automatically after the treadmill folds up.
- D. Unfolding the deck, the console will re-power again.

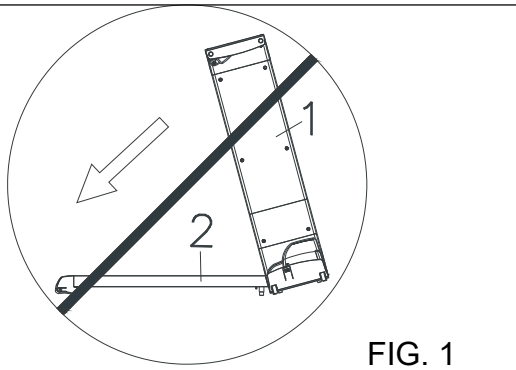
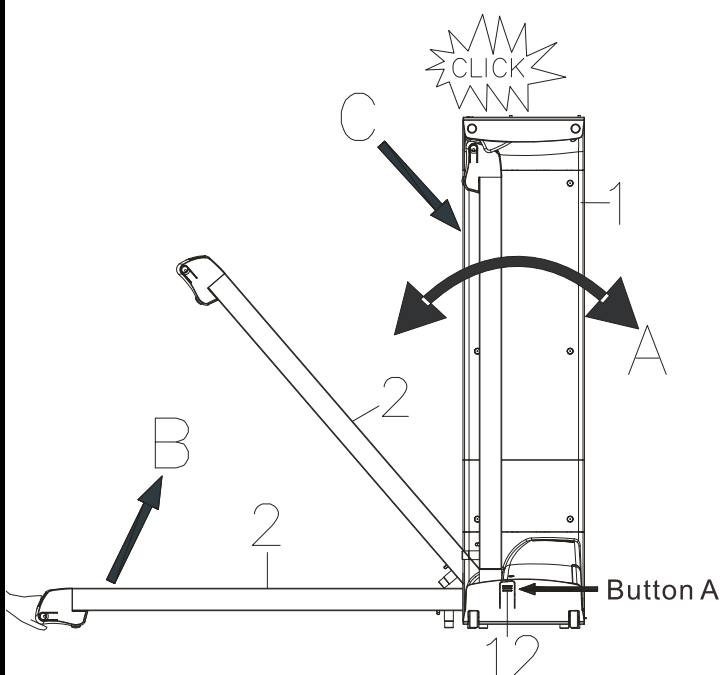


FIG. 1

FOLDING INSTRUCTIONS - CLOSE UP

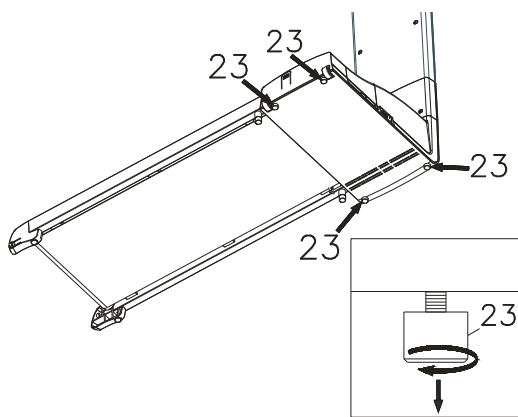


- A. Press **STOP** on the console and wait until the belt has fully stopped.
- B. Gently press the **button (A)** located on the right bottom side of **Upper Motor Cover (12)**.

NOTE: If the treadmill is on an uneven surface, the **button (A)** might be hard to press. To make the **button (A)** easy to press, gently shake the **Main Frame (1)** front and back.

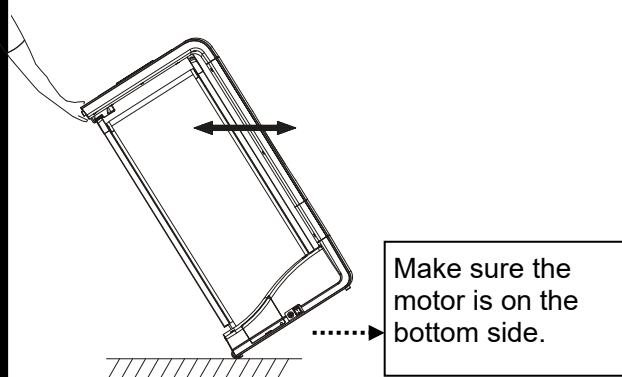
- C. Keep pressing the **button (A)** while using the other hand to fold up the **Deck (2)** from **B** to **C** position until hearing a "click" sound to make sure the deck has fully locked to the **Main Frame (1)**.
- D. For safety, the console will shut down automatically after the treadmill folds up.
- E. Unfolding the deck, the console will re-power again.

LEVEL ADJUSTMENT



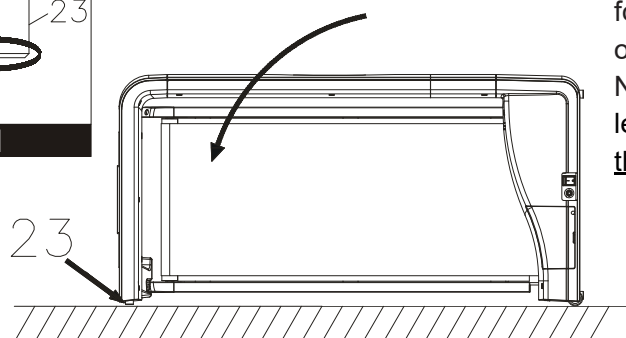
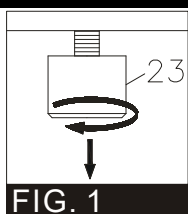
- After placing the equipment in the intended location for use, make sure the item rests firmly on the floor. To level the item, please follow the steps below.
- Tip the item to the left/right. You will then see the **Levelers (23)**. To make the **Leveler (23)** rests firmly on the floor, turn the **Leveler (23)** clockwise until the **Leveler (23)** touches the floor without rocking. Repeat the above process until the item is level.

MOVING THE TREADMILL



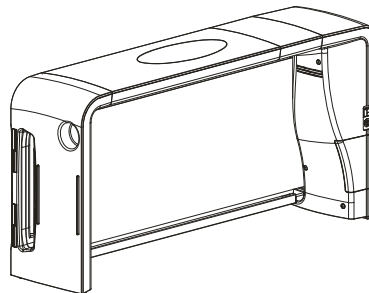
- Turn the power switch off.
- Unplug the power cord.
- Fold the treadmill and make sure the lock is secured.
- Make sure the motor is on the bottom side.
- Simply roll the treadmill with two transportation wheels to the desired location.

CONVERTING TO TABLE / BENCH



To change the treadmill into table or bench position, follow the drawing on the left to gently lie the treadmill on the floor.

NOTE: The purpose of the adjustable **Stand (23)** is to level the item. Adjust the **Stand (23)** on four sides until the item sets on the floor without rocking.



OPERATIONAL INSTRUCTIONS

Please read the following console operational instructions thoroughly. Getting familiar with the console layout and safety key before use is highly recommended.

Practice using this console before you start to get a better understanding of the functions. The following pages are detailed operational and fold out instructions.

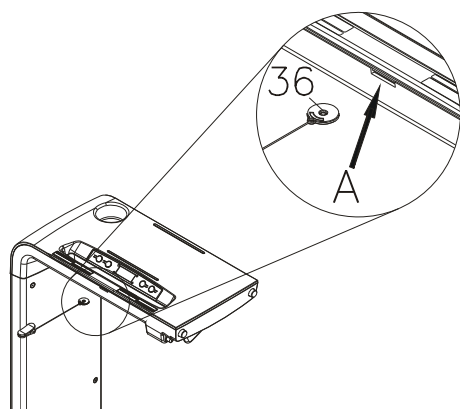
To power up the treadmill, locate the power cord attached to the front of the treadmill and plug it into a **Dedicated** 120V/15A for home use with a grounded wall outlet. Turn on the power switch to wake up the treadmill and go into the idle mode.

Always turn off the treadmill when not in use.

SAFETY KEY CLIP & TETHER

Your treadmill will not start unless the safety key is placed on the proper location of treadmill console. Attach the safety key clip properly onto your clothes before operating treadmill. In case of an emergency, pull the safety key off the treadmill, it will cut off the power to the console and stop the treadmill immediately. Place the safety key back in place, and the treadmill will resume back to idle mode. Contact your dealer for a safety key replacement if you do not have one.

SAFETY KEY OPERATION INSTRUCTIONS

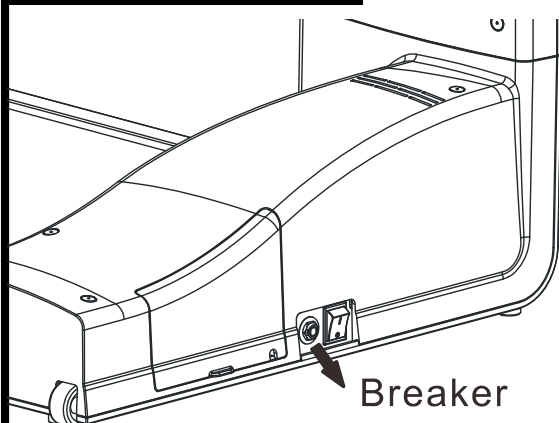


The **Safety Key (36)** is designed to cut the power off for emergency. **In an emergency, disengage the Safety Key (36) from the console to stop the treadmill.**

- A. This treadmill will not start unless the **Safety Key (36)** is inserted into **position A**.
- B. Always attach the **Safety Key (36)** securely to your clothing when using the treadmill.
- C. After workout, pull off the **Safety Key (36)** and keep it well when you do not use the machine.

NOTE: To prevent unauthorized use, remove the **Safety Key (36)** after the workout and store it in a safe place. The treadmill cannot operate unless the **Safety Key** is attached to the console.

RESET BUTTON



A reset button, near the power switch, resets the treadmill's circuit breaker. If the running belt stops unexpectedly and all display console function cease, the circuit breaker may have been tripped.

To reset the item, take the following steps:

- A. Turn off the **Main Power Switch** to turn the treadmill Off.
- B. If necessary, move the treadmill to an appropriate place.
- C. Wait a few minutes. Make sure the safety key is properly positioned on the console.
- C. Push the reset breaker button, and then turn the treadmill On.
- D. If the console remains blank, call customer support.

CONSOLE OPERATION INSTRUCTIONS



- Take a few minutes to review the console layout. Below is an overview of the console's features and functions.
- We recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track.
- The **Safety Key** must be inserted to the treadmill to operate.





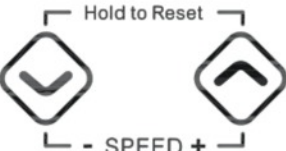
Power ON

- Make sure to plug the power cord into an electrical outlet.
- Turn on the **Main Power Switch** located at the front of the treadmill.

Power Off

The console would automatically go to **SLEEP mode** after 3 minutes of inactivity.

Console Buttons

 START / PAUSE	<ol style="list-style-type: none"> Press START/PAUSE to begin your exercise. Press START/PAUSE again to stop and pause all functions. Press START/PAUSE again to resume the program and all the data displayed will continue until the program has finished.
 MODE	<ol style="list-style-type: none"> Press MODE to review each following function TIME – SPEED – DISTANCE - CALORIE - PULSE). <u>Continue press MODE for 3 seconds</u> until having a short beep sound. The computer will then automatically rotate display the following functions. Each function will display for 5 seconds on TIME-SPEED-DISTANCE-CALORIE-PULSE.
 - SPEED +	<ol style="list-style-type: none"> Press SPEED (+) to increase the setting values of SPEED. Press SPEED (-) to decrease the setting values of SPEED. HOLD TO RESET function: Continue pressing SPEED (+) and SPEED (-) together, all the data will return to 0 and the console will return to <u>POWER ON status</u>.

HEART RATE MONITORING GRIPS

Pulse Hand Grips

This product comes standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading.

Pulse Grip Operating Tips: If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.



Heart rate is an important key to your exercise

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

EXERCISE TIPS

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her Physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical checkup and a stress test, preferably administered during exercise by a healthcare professional.

- Always stretch before your workout to loosen muscles, and afterwards to cool down.
- The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.

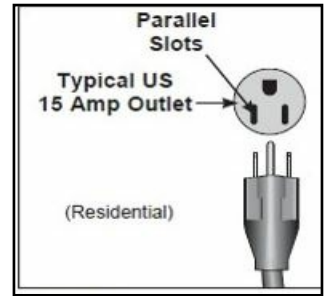
After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength.

And always consult your physician before beginning any exercise program.

POWER REQUIREMENTS

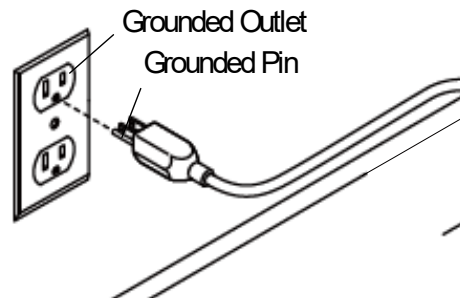
It is recommended that your treadmill be plugged into a plug it into a **Dedicated** 120V/15A for home use. The treadmill must be connected to a grounded receptacle having the same configuration as the plug. Improper connection of the grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.



A power strip should never be used. Extension cords should be avoided, but we realize that in some cases an extension cord is needed. In this case, Appliance Grade extension cords are available at most if not all hardware stores. Buy only the minimum length required. We would avoid anything longer than 6 feet. Try to find one made with 12 gauge wire (3-wire is required). Do not use an adapter with your treadmill. To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after use and before cleaning.



GROUNDING INSTRUCTIONS

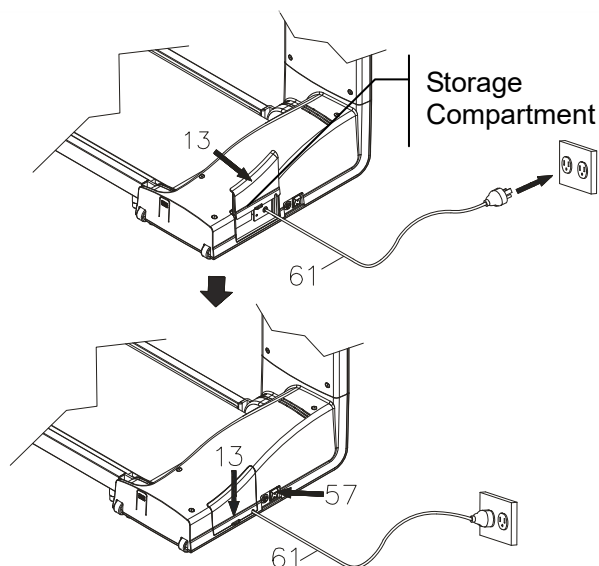


This product must be grounded. If the treadmill's electrical system should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

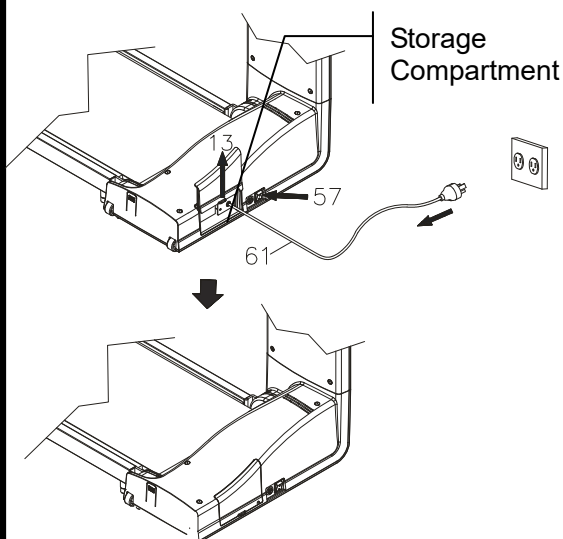
This product is for use on a nominal 120 volt wall circuit, and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

POWER CORD OPERATION INSTRUCTIONS



- Open the **Storage Door (13)** by simply sliding it upward.
- Unwrap the **Power Cord (61)** from the unit's storage compartment.
- Before plugging the **Power Cord (61)** into the electrical outlet, make sure that the supply voltage matches the voltage information stated on the label (on front of the item).
- Connect the **Power Cord (61)** to the electrical outlet, then close the **Storage Door (13)**. To light up the console, turn on the **Main Power Switch (57)** located at the front of the unit, near the power cord.

POWER CORD STORAGE INSTRUCTIONS



To store power cord in a safe storage compartment, please follow the following steps.

- When the treadmill is not in use for any length of time, turn off the **Main Power Switch (57)** and unplug the **Power Cord (61)** from the electrical outlet.
- Neatly wrap the **Power Cord (61)** around the storage compartment and gently close the **Storage Door (13)**.

PREVENTIVE MAINTENANCE

Preventive Maintenance is the responsibility of the owner and not covered under warranty.

(Example of changing oil and rotating tires on new car.)

To maximize the life of your treadmill, and minimize downtime, all BODYCRAFT equipment requires regular cleaning and maintenance performed on a scheduled basis. Always unplug the power cord from the wall before servicing near potential moving parts or under the hood. ONLY qualified service professionals or BODYCRAFT dealers should remove the motor hood.

Daily Maintenance Items

- Clean entire machine using water and mild detergent such as "Simple -Green" (cleaning agents should be alcohol and ammonia free), including console, handlebar / grip area and running belt.
- Check Emergency Stop Key and tether cord for proper operation.

Monthly Maintenance Items

- Vacuum under treadmill and wipe off all dirt around rollers & belt/deck areas.
- Inspect power cord for damage, inspect hand grip areas. and inspect the Emergency Stop tether cord.
- Check running belt for proper tension; adjust if needed. It is especially important to check the running belt for tension after the first 30 days of usage. All new belts will stretch, and belt slippage can be detected by users if the running belt does not have the proper tension.



Annual Maintenance Items

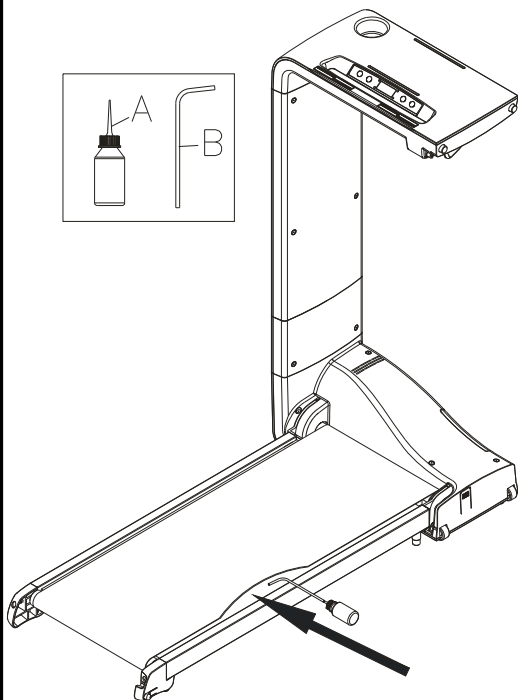
- Unplug the power cord from the wall, inspect the underside of running belt for damage, and checking for cracking or glazed surface.
- If the belt has damage or wear to it that warrants replacement, please note that the running deck must also be flipped when a new belt is installed. If the deck has previously been flipped and no longer has an unused side available, it needs to be replaced when the new belt is installed.



- Unplug the power cord from the wall, clean between belt and deck with a large towel, then lube with BODYCRAFT deck lube. Walk-in lube for 1 min, then run belt at 4 mph for 2 mins.
- During normal operating conditions, the running belt and deck replacement should be done every 20,000 miles.



LUBRICATION INSTRUCTIONS



Lubrication of the deck is very important to your treadmill

- A. Lubricate your running deck area every 6 months or when belt is surging / tripping breaker to maintain optimal performance.
- B. Wipe entire deck surface with a clean, lint free cloth.
- C. While lifting the side of the **running belt**, gently position the nozzle between the running belt and the running deck from the front of the treadmill to the rear. **NOTE: If you lubricate too much, the running belt may slip or liquid may flow out from the machine. Only use 1/4 of bottle (.5 oz) per lubrication.**
- D. Repeat the above procedure on the other side of the belt.
- E. Then walk on the treadmill from front to back it for at least 2-3 minutes to let the lubricant spread evenly across the running deck and underside of the running belt.
- F. Check the belt whether it is off-center or slips. If it does, go to page 16 to center the belt or adjust the belt tightness until the belt has been tightened properly.
- G. Wipe off any excess lube that appears past running belt area.

NOTE: Lubricant is necessary when the deck becomes dry to maintain your treadmill's warranty and keep in a good working condition.

Why lubricate?

Your treadmill comes pre-lubricated from our factory. As the lubrication dissipates, the friction between the running belt and the deck will rise and place undue stress on the drive motor, drive belt and electronic motor control board, which, over time, will result in catastrophic failure of these important and expensive components.

To purchase lube bottle, email service@bodycraft.com

or go to www.bodycraft.com/treadlube.html



**How to video
on YouTube?**

<https://youtu.be/CL3OEdokZRU>

BELT TENSION AND ALIGNMENT ADJUSTMENT

Proper belt adjustment is important for smooth and safe operation of the treadmill. If the belt is too loose, you will feel a slight hesitation each time you take a step. The adjustment screws must be tightened evenly in order to adjust the belt properly. The adjustment screws are located at the rear of the treadmill in the end caps.

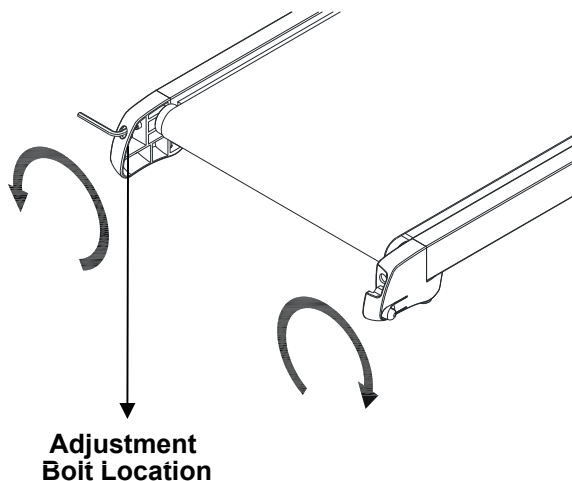
Both adjustment screws should be tightened 1/4 turn in a clockwise direction with a wrench and the belt checked for slipping after each adjustment. If the belt continues to slip, repeat this process until the belt stops slipping. Make sure to only turn the adjustment screws 1/4 turn each time until the slipping stops. This will insure that you do not over-tighten the rollers. Over-tightening the rollers may cause serious damage to the treadmill.

Belt Alignment

If the belt tracks too close to one side, loosen the adjustment screw on the opposite side, turning it counterclockwise 1/4 turn. Restart the treadmill and run it at 4 mph / 8 kph for 1 to 2 minutes to ensure the belt will stay in the center. Repeat the procedure if necessary.

If noises develop or malfunctions occur, stop using treadmill and contact BODYCRAFT Customer Support immediately.

WALKING BELT ADJUSTMENT



CENTERING THE BELT: If the walking belt is off center to the RIGHT:

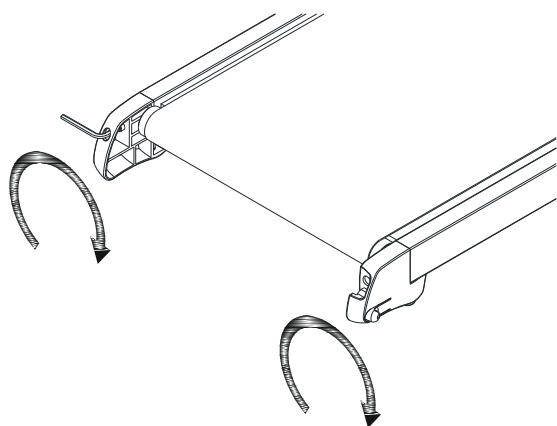
- A. If the belt is off-center, first run the treadmill with no user on it at 4 mph for 1-2 minutes to allow the walking belt re-center on its own. If this fails, continue to step 2.
- B. Stand behind the treadmill, with the treadmill running at 4 mph (6 kph). If the belt tracks off center to the right, please follow the steps in Step 3 to center the belt.

Caution: Be very careful to keep your fingers and any loose object away from the belt and rollers.

- C. Use the Allen Wrench –
 - a. To turn the right rear roller adjustment bolt 1/4 turn in clockwise direction, which moves the running belt to the left.
 - b. Or turn the left rear roller adjustment bolt 1/4 turn in counterclockwise direction, which moves the running belt to the left.

Caution: Do not turn the adjustment bolt more than 1/4 turn at a time. Over tightening the belt can damage the treadmill.

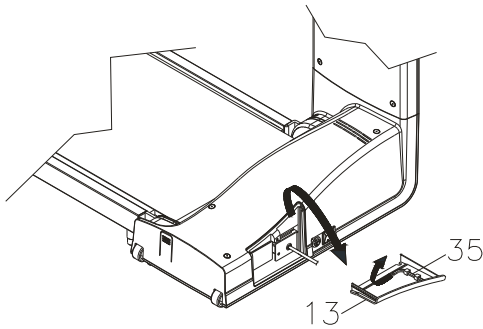
Repeat the above procedure until the walking belt is centered. It may be necessary to test walking belt tension once you have completed the above procedure if the belt feels like it's slipping while walking. Refer to the "Walking Belt Slipping" instructions.



WALKING BELT SLIPPING: If the walking belt slips when used:

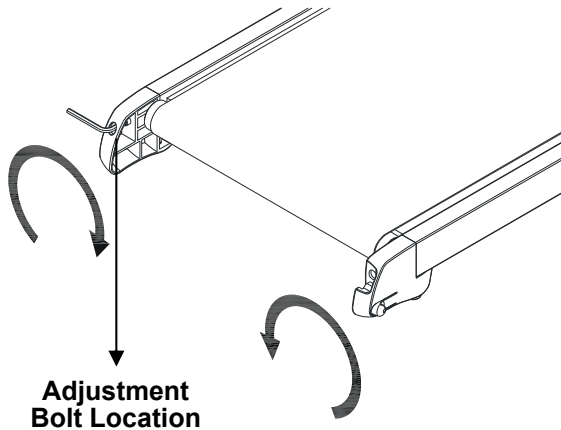
- A. First remove and unplug the power cord. Using the Allen Wrench, turn both left and right rear roller adjustment bolts clockwise, usually a 1/4 turn. **NOTE: NEVER TURN the bolts more than 1/4 turn at a time and always keep the running belt centered.**
- B. Test the tightness of the belt. **NOTE: Overtightening the belt can damage the treadmill.**
- C. Plug in the power cord, insert the key and walk on the treadmill at low speed (around 1 mph/2 kph) to determine if the belt is still slipping. If the belt is still slipping, repeat the above procedure until the walking belt has been tightened properly.

WALKING BELT ADJUSTMENT



- A. Open the **Storage Door (13)**.
- B. **Allen Wrench (35)** is attached on back of the **Storage Door (13)**.
- C. To adjust the belt, please take a look at the following steps.

CENTERING THE BELT: If the walking belt is off center to the LEFT:



- A. If the belt is off-center, first run the treadmill with no user on it at 4 mph for 1-2 minutes to allow the walking belt re-center on its own. If this fails, continue to step 2.
- B. Stand behind the treadmill, with the treadmill running at 4 mph (6 kph). If the belt tracks off center to the left or right, please follow the steps in Step 3 to center the belt.

Caution: Be very careful to keep your fingers and any loose object away from the belt and rollers.

- C. Use the Allen Wrench –
 - a. To turn the left rear roller adjustment bolt 1/4 turn in clockwise direction, which moves the running belt to the right.
 - b. Or turn the right rear roller adjustment bolt 1/4 turn in counterclockwise direction, which moves the running belt to the right.

Caution: Do not turn the adjustment bolt more than 1/4 turn at a time. Over tightening the belt can damage the treadmill.

Repeat the above procedure until the walking belt is centered. It may be necessary to test the walking belt tension once you have completed the above procedure if the belt feels like it's slipping while walking. Refer to the "**Walking Belt Slipping**" instructions.

TROUBLESHOOTING

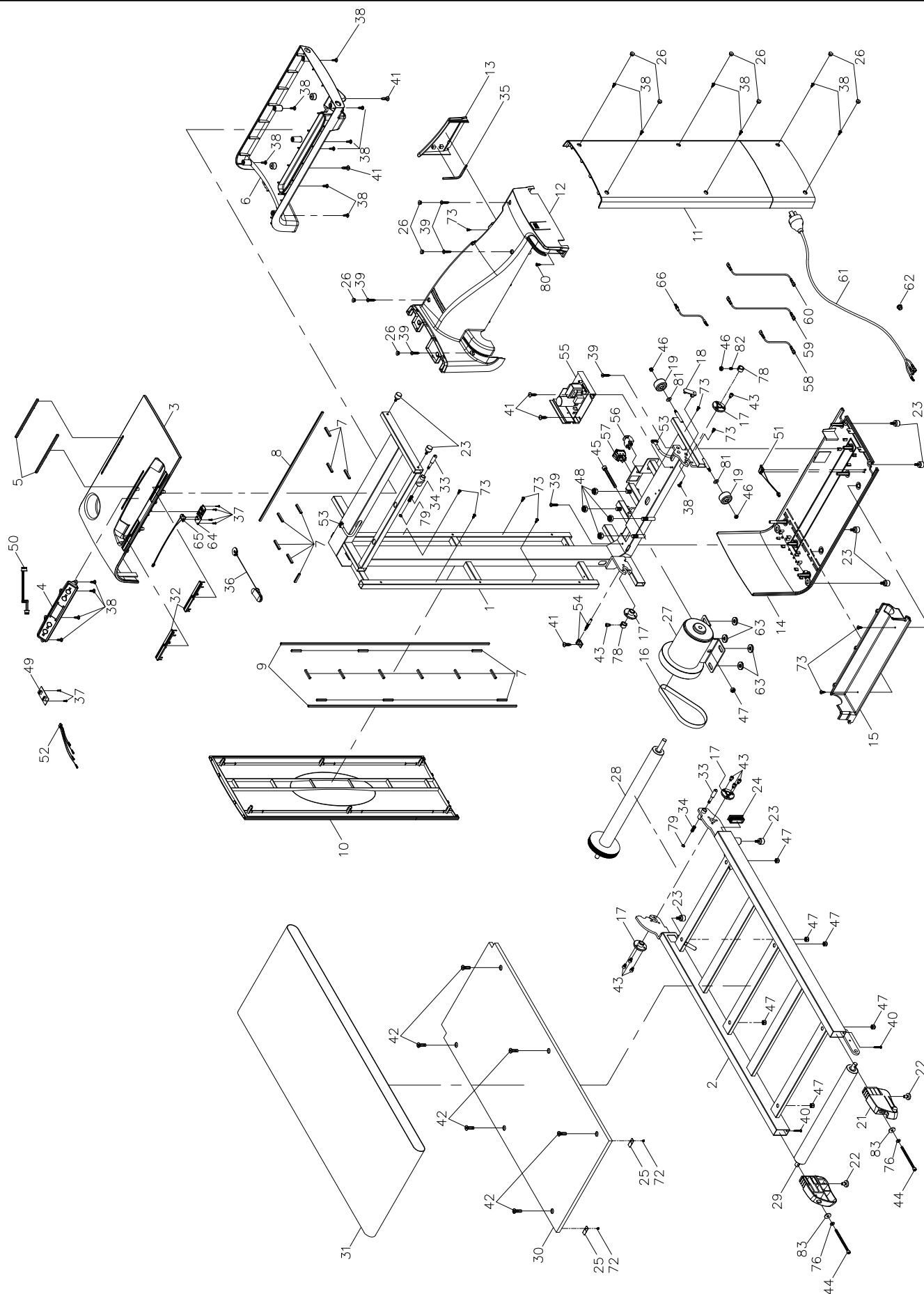
This troubleshooting guide is intended to assist diagnostics only and is not all inclusive. Technical specifications, error codes and programming are subject to change without notice.

BODYCRAFT accepts no liability for any damage or loss suffered by persons who rely wholly or in part on any description or statement contained within this manual.

For any questions or additional help, contact the BODYCRAFT Customer Support at 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com for assistance with troubleshooting and diagnostics.

Malfunction	Possible Cause	Corrective Action
No Power	Unit turned off	Verify the On/Off switch is at the ON position
	Damaged power cord	Replace power cord
	Power cord not fully seated in socket	Inspect power connection at the unit and outlet
	No power at outlet	Using a voltmeter, verify power at outlet. Check breaker and still no power, call certified electrician to repair.
	Tripped circuit breaker or GFCI	The location of the circuit breaker is next to the On/Off switch. Verify the circuit breaker is not open. If the breaker is open reset. Confirm breaker is a non-GFCI circuit. A treadmill motor's frequency Does Not Work properly on GFCI protected circuits. Newer AFCI/GFCI wall circuits have the additional needed frequency protection to work with home treadmills.
Unit resets or pauses randomly	Damaged power cord	Replace power cord
	Power cord is not fully seated in the socket	Inspect power connection at the unit and outlet
	Safety e-stop key not fully engaged	Re-engage the safety/e-stop key to the console
	Insufficient power	Verify output voltage from a Dedicated 120v/15amp wall outlet with a voltmeter. Confirm no other items, like a wall air conditioner, are on the same circuit taking up the amps away from the treadmills needs.
	Pinched or loose main communication cable	Contact BODYCRAFT Customer Support 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com
	Error code is displayed on console	Check fuse on Lower Motor Controller. 3.15 amp micro fuse. If confirmed good, Test DC drive motor.
Walking belt is off center	Uneven floor	Adjust treadmill with rear leveling feet. Go to: Running Belt Alignment
	Adjust belt tracking	Go to: Centering the Running Belt
Walking belt hesitates or slips when stepping	Adjust belt tension	Go to: Tensioning the Running Belt
	Lubricate running belt	Go to: Treadmill Lubrication
Rubbing sound from treadmill when in operation	Walking belt is rubbing a straddle cover	Adjust belt tracking. Go to: Belt Tension and Alignment Adjustment
	Foreign object may be stuck under walking belt	Inspect under the unit. Remove any object that maybe under the unit.
	Roller bearings may be damaged	Contact BODYCRAFT Customer Support 800-990-5556 9 am - 5 pm EST or Email: service@bodycraft.com
	Drive motor DC brushes may be dirty, worn down or damaged	
	Drive belt may be misaligned or damaged	

PARTS EXPLODED VIEW



PARTS LIST 1 OF 2

NO.	Item Name	Qty
1	Main Frame	1
2	Running Deck Frame	1
3	Upper Console Table Cover	1
4	Console	1
5	Non-Slip Strip	2
6	Bottom Console Table Cover	1
7	Shock Absorption Strip (35mm)	20
8	Shock Absorption Strip (470mm)	1
9	Shock Absorption Strip (780mm)	2
10	Outer Upright Cover	1
11	Inner Upright Cover	1
12	Upper Motor Cover	1
13	Storage Door	1
14	Bottom Motor Cover	1
15	Bottom Side Cover	1
16	Belt	1
17	Roller Plug	2
18	Locking Button	1
19	Transportation Wheel	2
20	Left Rear End Cap	1
21	Right Rear End Cap	1
22	Stand	2
23	Leveler	8
24	Front Plug for Running Deck Frame	1
25	Gap Protection Bracket	2
26	Round Plug	10
27	Motor	1
28	Front Roller	1
29	Rear Roller	1
30	Walking Deck	1
31	Walking Belt	1
32	Hand Pulse Sensor	4
33	Locking Button Axle	2
34	Locking Button Spring	2

NO.	Item Name	Qty
35	Allen Wrench	1
36	Safety Key	1
37	Screw (M2.6×8mm)	6
38	Screw (M4×12mm)	19
39	Screw (M4×20mm)	6
40	Screw (M4×20mm)	2
41	Screw (M5×18mm)	5
42	Bolt (M8×p1.25×25mm)	6
43	Bolt (M6×p1.0×10mm)	8
44	Bolt (M6×p1.0×80mm)	2
45	Bolt (M8×p1.25×55mm)	1
46	Nylon Nut (M6×p1.0)	3
47	Nylon Nut (M8×p1.25)	7
48	Thin Nylon Nut (M10xp1.5)	4
49	Heart Rate Board	1
50	Heart Rate Connection Wire	1
51	Micro Switch	1
52	Hand Pulse Wire	1
53	Middle Connection Wire (CSA spec.)	1
54	Sensor Wire	1
55	Control Board	1
56	Breaker	1
57	Power Switch	1
58	Connection Wire A	1
59	Connection Wire B	1
60	Connection Wire C	1
61	Power Cord	1
62	Power Cord Stopper	1
63	Washer (10×23×2.0t)	4
64	Safety Key Socket	1
65	Miniature Switch	1
66	Grounding Wire	1
72	Screw (M4×6mm)	2
73	Screw (M4×10mm)	9

PARTS LIST 2 OF 2

NO.	Item Name	Qty
76	Washer (6×13×2.0t)	2
78	Retaining Ring	2
79	E Ring	2
80	Screw (M3×6mm)	1
81	Nylon Washer (8×16×1.0t)	2
82	Screw (M6×p1.0×10mm)	1
83	Washer (6×20×2.0t)	2

If you need parts or service, please email support@bodycraft.com or visit www.bodycraft.com

Please go the Customer Support section of our website for parts request.

You may also call 1-800-990-5556 Monday - Friday 9am - 5pm EST.



For service videos, parts orders, software update files, and contact information scan this QR code.

Or go to: <https://www.bodycraft.com/customer-support.html>

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 for the Spacewalker LT100:

Frame: Lifetime, **Parts:** 3 Years, **Labor:** 90 Days

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Consumables such as batteries and heart rate belts that do not have a replaceable battery.
4. Eprom/Software version upgrades unless determined as necessary.
5. 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.

PRODUCT WARRANTY REGISTRATION

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go online now to <https://www.bodycraft.com/product-registration.html> and register your product. **The information you provide will never be distributed to any other individuals or agencies for any purpose.** If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Not registering this product will delay with authorization of service or parts to be shipped under warranty.

To mail your warranty information, please fill in the information below and mail to: Service Dept at BODYCRAFT, 7699 Green Meadows Dr. Lewis, Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

Warranty Registration

PLEASE PROVIDE SERIAL NUMBERS BELOW.

(REQUIRED FOR WARRANTY REGISTRATION)

SERIAL NUMBER:

Model Type: _____

Date of Purchase: _____

Your First Name: _____

Your Last Name: _____

Street Address: _____

Apartment/Suite #: _____

City: _____ Stat: _____ ZIP: _____

Email Address: _____

Phone: _____

1. Where did you first learn about BODYCRAFT?

- ☐ a. Dealer ☐ b. Website
☐ c. Advertisement ☐ d. Referral
☐ e. Current Customer ☐ f. Other _____

2. Why did you purchase a BODYCRAFT product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion
☐ c. Price/Value ☐ d. Quality Construction
☐ e. Performance ☐ f. BODYCRAFT Reputation
☐ g. Other: _____

3. Please indicate your type of workout area in your home:

- ☐ a. Fitness Room ☐ b. Master Bedroom
☐ c. Guest Room ☐ d. Garage
☐ e. Basement ☐ f. Family Room
☐ g. Home Office ☐ h. Other

4. What other types of equipment does your company currently own?

- ☐ a. Treadmill Brand _____
☐ b. Bike Brand _____
☐ c. Elliptical Brand _____
☐ d. Free Weights/Gym Brand _____

5. How many people use this unit on a daily basis?

- ☐ a. 1 only ☐ b. 4-5
☐ c. 2-3 ☐ d. 6+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- ☐ Yes ☐ No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- ☐ a. Treadmill ☐ b. Elliptical
☐ c. Stationary Bike ☐ d. Free Weights
☐ e. Gym ☐ f. Other _____

8. Would you recommend BODYCRAFT to other homeowners?

- ☐ Yes ☐ No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain.



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035