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› Body Rider Elliptical Machine and Stationary Bike User Manual

## Body Rider BRD2000

# Body Rider Elliptical Machine and Stationary Bike User Manual

Model: BRD2000 | Brand: Body Rider

## 1. INTRODUCTION

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### Product Overview

The Body Rider BRD2000 Dual Trainer is an innovative 2-in-1 cardio exercise machine designed for home use. It combines the benefits of an elliptical trainer and a stationary bike, offering a versatile workout experience. This machine features a user-friendly monitor that tracks time, speed, distance, and calories burned. Its adjustable seat and sturdy construction ensure comfort and stability for various users.



Figure 1: Body Rider BRD2000 Dual Trainer

## Key Features

- **2-in-1 Trainer:** Offers dual exercise modes as an elliptical and a stationary bike, maximizing space and workout variety.
- **Hassle-Free Transitions:** Easily switch between standing elliptical and seated biking, with adjustable resistance.
- **Adjustable Design:** Seat adjusts vertically and horizontally for up to 7 different user heights, and handlebars offer 3 height options.
- **Safety Features:** Includes an adjustable cushion, 4 integrated handlebars, and a covered fan flywheel to prevent injury. Front and rear stabilizers provide side-to-side safety and stability.
- **Fan Resistance:** Provides a smooth glide with easily adjustable tension via a manual turn knob.
- **Electronic Console:** Tracks time, speed, distance, and calories burned for effective workout monitoring.

## 2. SETUP

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### Unboxing and Initial Assembly

Upon receiving your Body Rider BRD2000, carefully unpack all components from the box. It is recommended to lay out all parts and verify against the parts list provided in the official user manual. Assembly typically requires two people and can take approximately 90 minutes.

For detailed, step-by-step assembly instructions, please refer to the comprehensive [User Manual \(PDF\)](#). This manual contains diagrams and specific guidance for each assembly step.

## 3. OPERATING INSTRUCTIONS

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### Using the Elliptical Mode

To use the elliptical mode, stand on the foot pedals and grasp the moving handlebars. Begin a smooth, continuous motion, mimicking walking or running. The dual-action handlebars engage your upper body for a full-body workout.

Elliptical Trainer  
+ **2-in-1**  
Upright Exercise Bike



Figure 2: Elliptical Trainer Mode

### Using the Stationary Bike Mode

For stationary bike mode, adjust the seat to a comfortable height and position. Sit on the seat and place your feet on the pedals. You can hold the stationary handlebars for stability or continue using the moving handlebars for an added upper-body workout.



Figure 3: Stationary Bike Mode and Elliptical Mode

### Adjusting Resistance

The Body Rider BRD2000 uses air resistance, which provides a smooth and quiet operation. To adjust the workout intensity, locate the manual tension knob, typically found near the flywheel. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. This allows you to customize your workout from light cardio to more challenging sessions.



Figure 4: Resistance Adjustment and Pedal System

### Using the Digital Monitor

The integrated electronic console displays important workout metrics. Press the 'Mode' button to cycle through different readings such as Time, Speed, Distance, and Calories Burned. The 'Scan' function will automatically rotate through these displays. This monitor helps you track your progress and stay motivated.



Figure 5: Digital Monitor Display

## 4. PRODUCT FEATURES

The Body Rider BRD2000 is engineered for effective and comfortable home workouts. Its design focuses on user adaptability and safety.

- **Dual Functionality:** Seamlessly transitions between an elliptical trainer and an upright exercise bike, providing comprehensive cardio options.
- **Adjustable Comfort:** The foam bike seat offers both vertical and horizontal adjustments, accommodating users of various heights and preferences. The handlebars also feature multiple height settings.
- **Smooth and Quiet Operation:** Built around a chain-driven fan wheel with high-momentum fan blades, ensuring a quiet and fluid motion that is gentle on joints. The fan also generates a gentle breeze during exercise.
- **Robust Construction:** Features front and rear stabilizers for enhanced side-to-side safety and stability during intense workouts.
- **Compact Design:** Maximizes space efficiency in your home gym or office, making it suitable for smaller living areas.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your Body Rider BRD2000. Follow these guidelines to keep your machine in top condition:

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts. Tighten any loose connections to maintain stability and prevent wear.
- **Lubrication:** Consult the official user manual for specific lubrication requirements for moving parts. Proper lubrication can prevent squeaks and ensure smooth operation.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

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## 6. TROUBLESHOOTING

If you encounter any issues with your Body Rider BRD2000, consider the following common troubleshooting steps:

- **Noise during Operation:**
  - Check all bolts and connections for tightness. Loose parts can cause squeaking or grinding noises.
  - Ensure the machine is on a level surface.
  - Apply lubricant to moving parts as specified in the user manual.
- **Instability:**
  - Verify that the machine is placed on a flat, stable surface.
  - Adjust the stabilizers at the base of the machine if present, to ensure all points are in contact with the floor.
- **Monitor Not Displaying:**
  - Check the battery compartment and replace batteries if necessary.
  - Ensure all sensor cables are securely connected.

For more complex issues or persistent problems, please refer to the detailed troubleshooting section in the official User Manual (PDF) or contact customer support.

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## 7. TECHNICAL SPECIFICATIONS

Specification	Detail
Model Name	BRD2000
Brand	Body Rider
Color	Black & grey
Product Dimensions (D x W x H)	45" x 28" x 57"
Material	Metal
Resistance Mechanism	Air
Maximum Weight Recommendation	250 Pounds
Maximum Stride Length	13 Inches
Screen Size	2 Inches
Item Weight	66 Pounds
Number of Resistance Levels	8
UPC	878932002108
Included Components	Elliptical, Owner's Assembly Manual, Batteries

## 8. WARRANTY AND SUPPORT

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### Warranty Information

The Body Rider BRD2000 Dual Trainer comes with a **1-year manufacturer's warranty**. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty section in your official user manual.

### Customer Support

For any questions, technical assistance, or support needs, please contact Body Rider customer service. You can also find additional resources and a downloadable version of this manual on the official Body Rider website or through the provided User Manual (PDF).