

BH
Fitness

LK520



OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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TABLE OF CONTENTS

Title	Page
Introduction	03
Warnings and Labels	04
Safety Information	05
Exercise Instruction	06
Training Guidelines	07
Suggested Stretches	11
Assembly Instructions	13
Console Operations	20
Maintenance and Cleaning	23
Exploded View Drawing	24
Parts List	25
Warranty	26

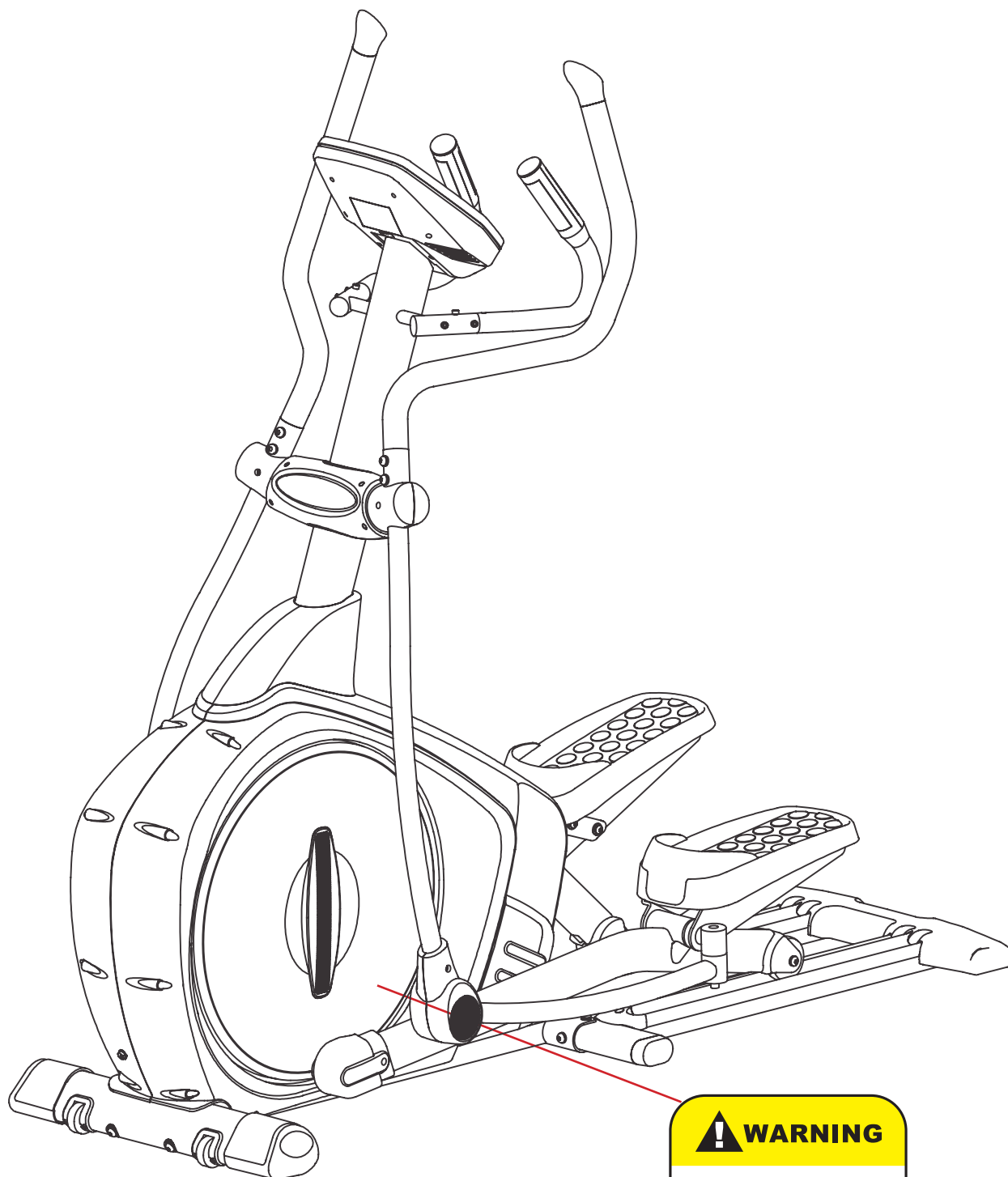
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS



! WARNING

Keep hands and fingers
clear of this area.

SAFETY INFORMATION

PRECAUTIONS

This hybrid bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 350 lbs (159 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

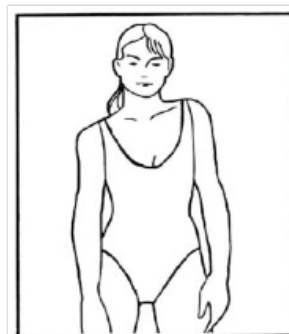
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



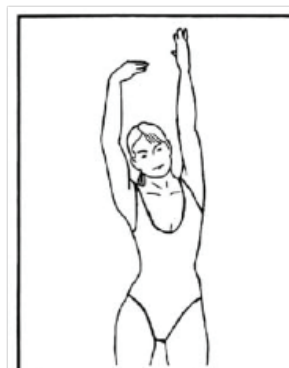
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



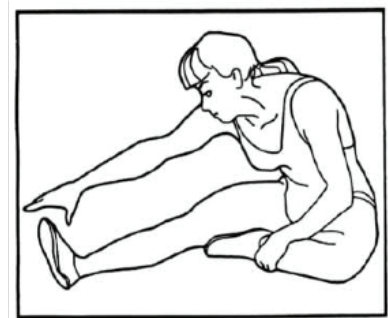
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

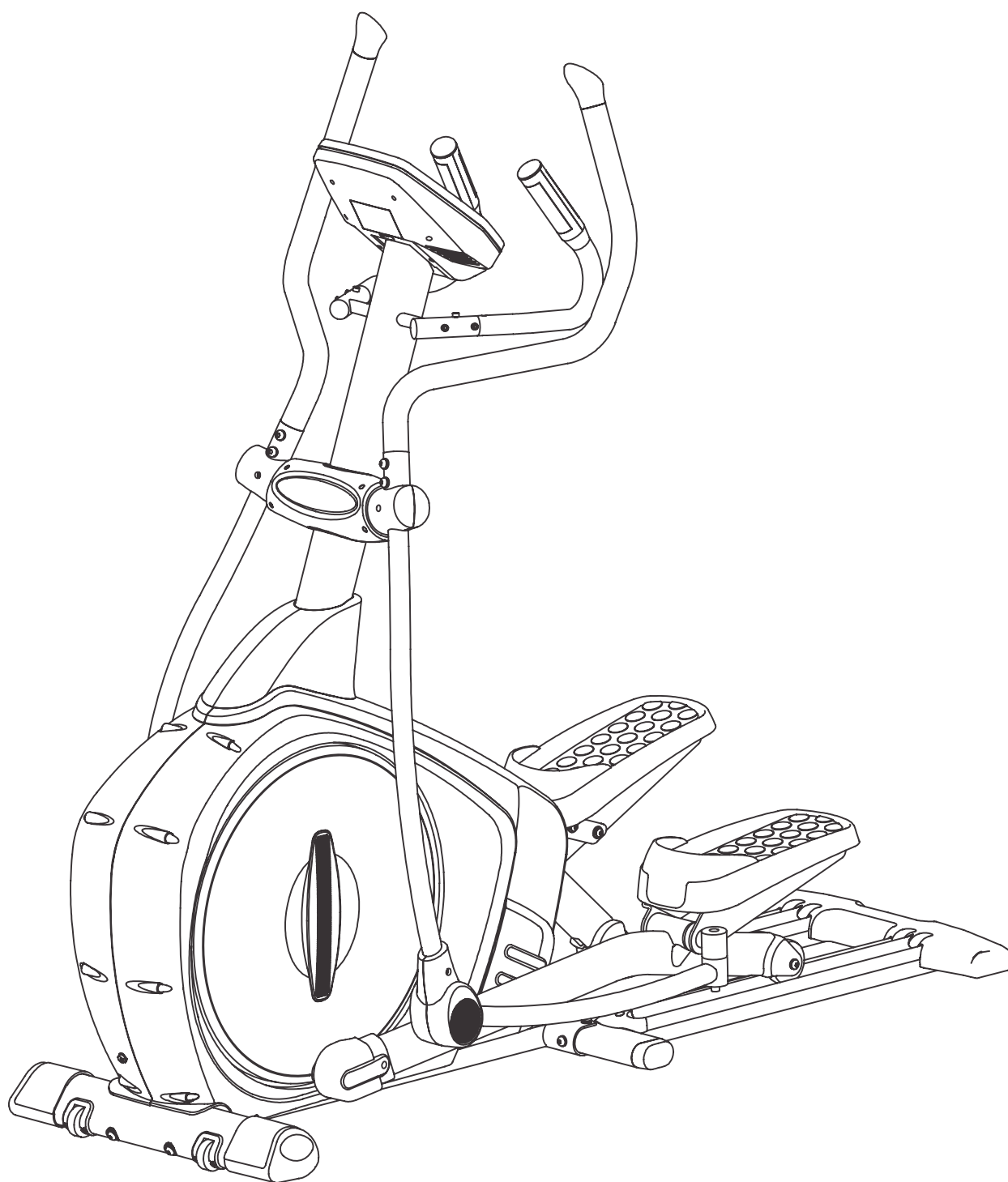


Calf/Achilles Stretches

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



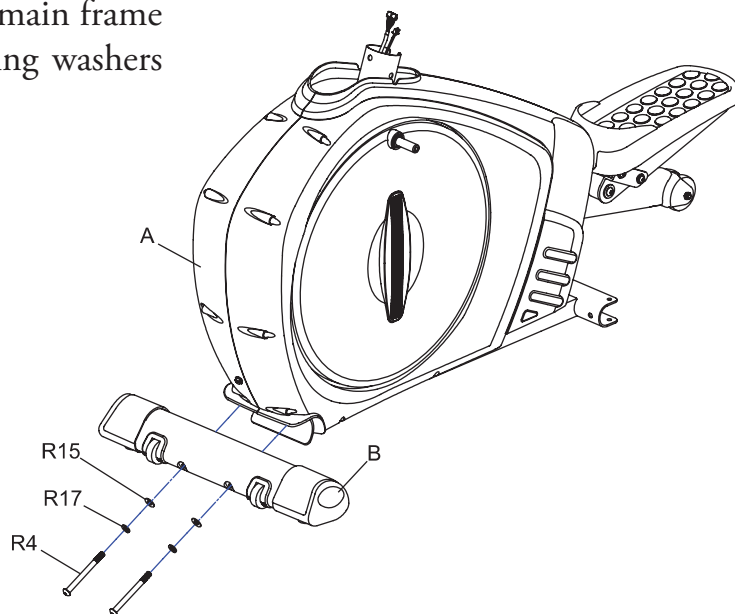
ASSEMBLY INSTRUCTIONS



STEP 1

ASSEMBLY OF THE FRONT STABILIZER

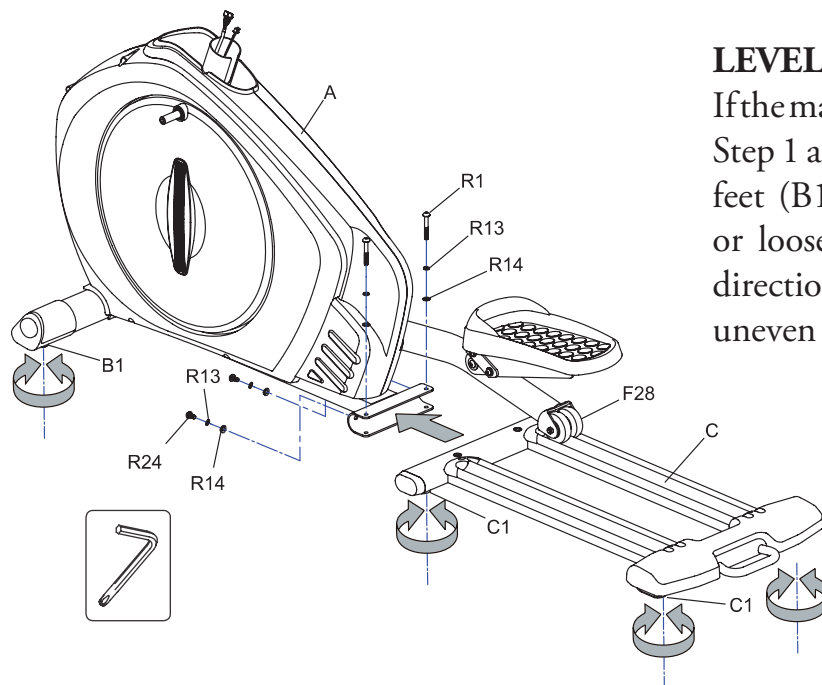
Secure the front stabilizer (B) to the main frame (A) using two screws (R4), two spring washers (R17) and two washers (R15).



STEP 2

ASSEMBLY OF THE SLIDE TRACK

Put the moving wheel (F28) on the slide track (C). Then, secure the slide track to the main frame (A), using two screws (R1), two screws (R24), four spring washers (R13) and four washers (R14).



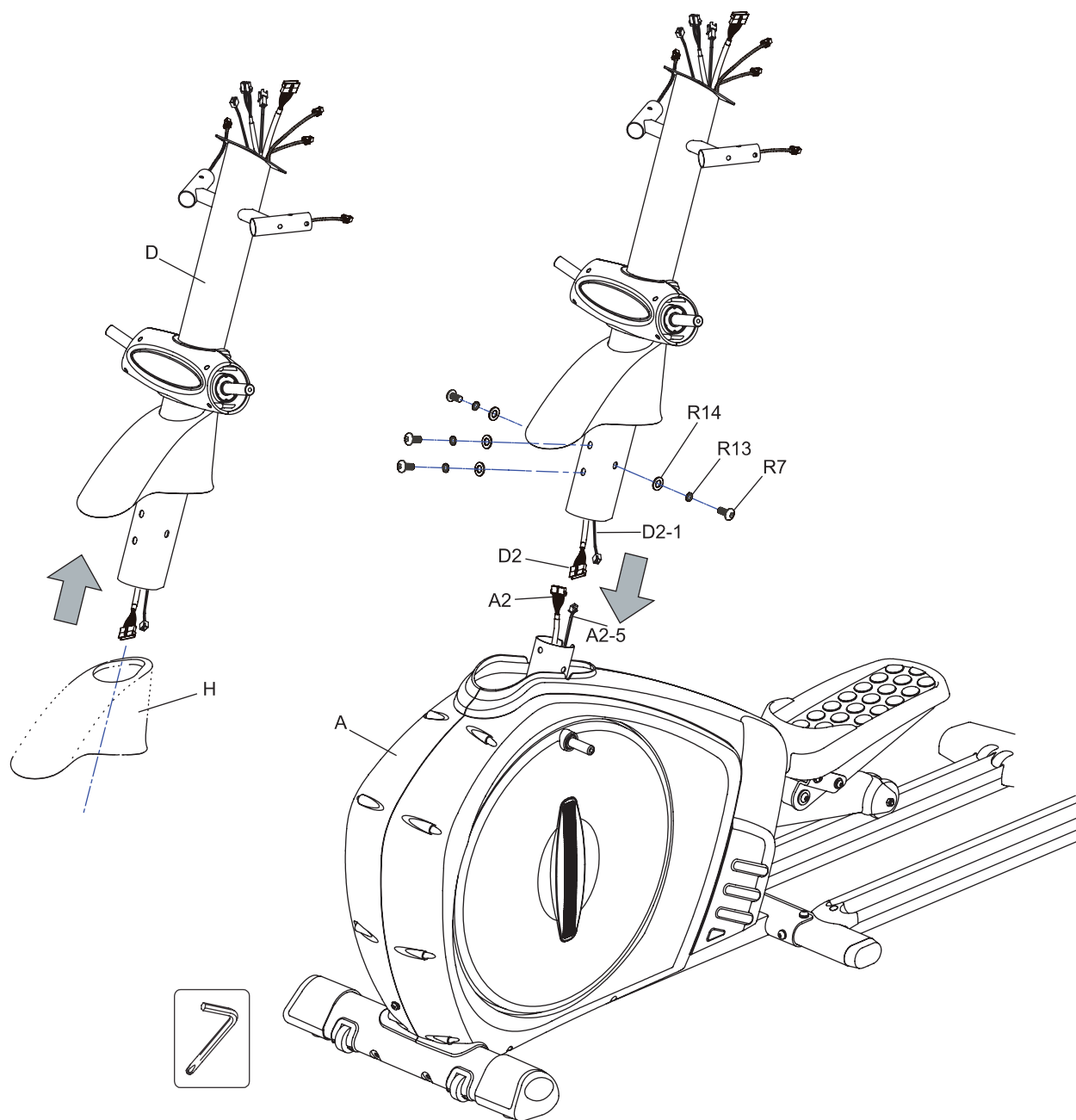
LEVELLING THE MACHINE

If the machine is rocking or unstable after Step 1 and Step 2, tighten the adjustable feet (B1, C1) in a clockwise direction or loosen them in a counterclockwise direction to accommodate for a slightly uneven floor.

STEP 3

ASSEMBLY OF THE UPRIGHT TUBE

Slide the plastic cover (H) over the upright tube (D) from the bottom. Then, connect the cable (D2) to (A2), as well as (D2-1) with (A2-5). Next, place the upright tube onto the main frame (A) and secure with bolts (R7), spring washers (R13) and washers (R14). NOTE: Take extra care to avoid pinching the cables and wires during assembly.



STEP 4

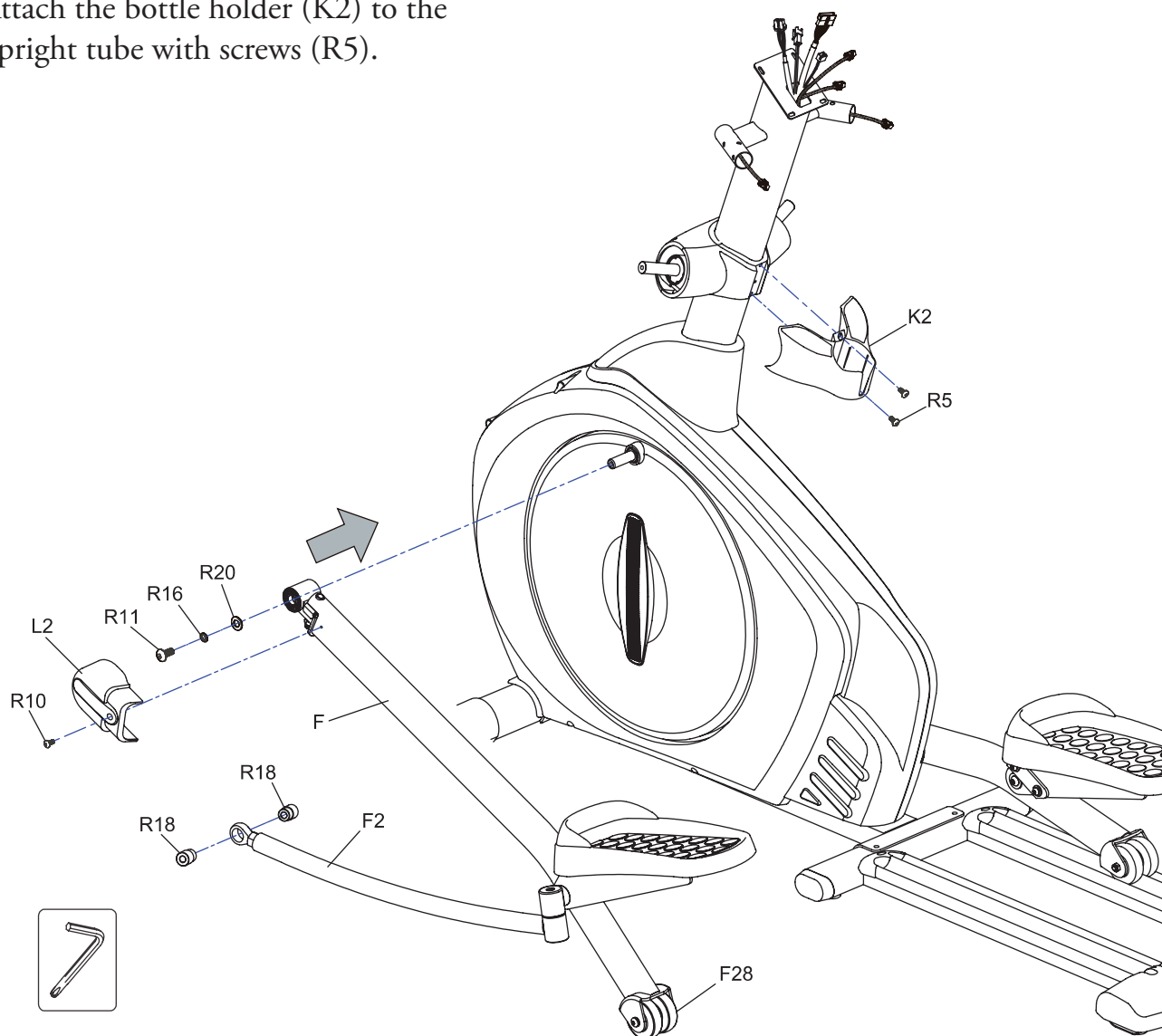
PEDAL SUPPORT TUBE ASSEMBLY

Place the roller (F28) of the left pedal support tube (F) onto the left slide track on the main frame. Slide the pedal tube (F) into the bushing of the flywheel. Then secure it with screw (R11), spring washer (R16) and flat washer (R20). Next, snap the left joint cover (L2) onto the left pedal support tube (F) and tighten it with screw (R10). Finally, insert the bushing (R18) into the connect tube (F2).

Repeat these instructions for the right pedal support tube on the other side.

BOTTLE HOLDER ASSEMBLY

Attach the bottle holder (K2) to the upright tube with screws (R5).

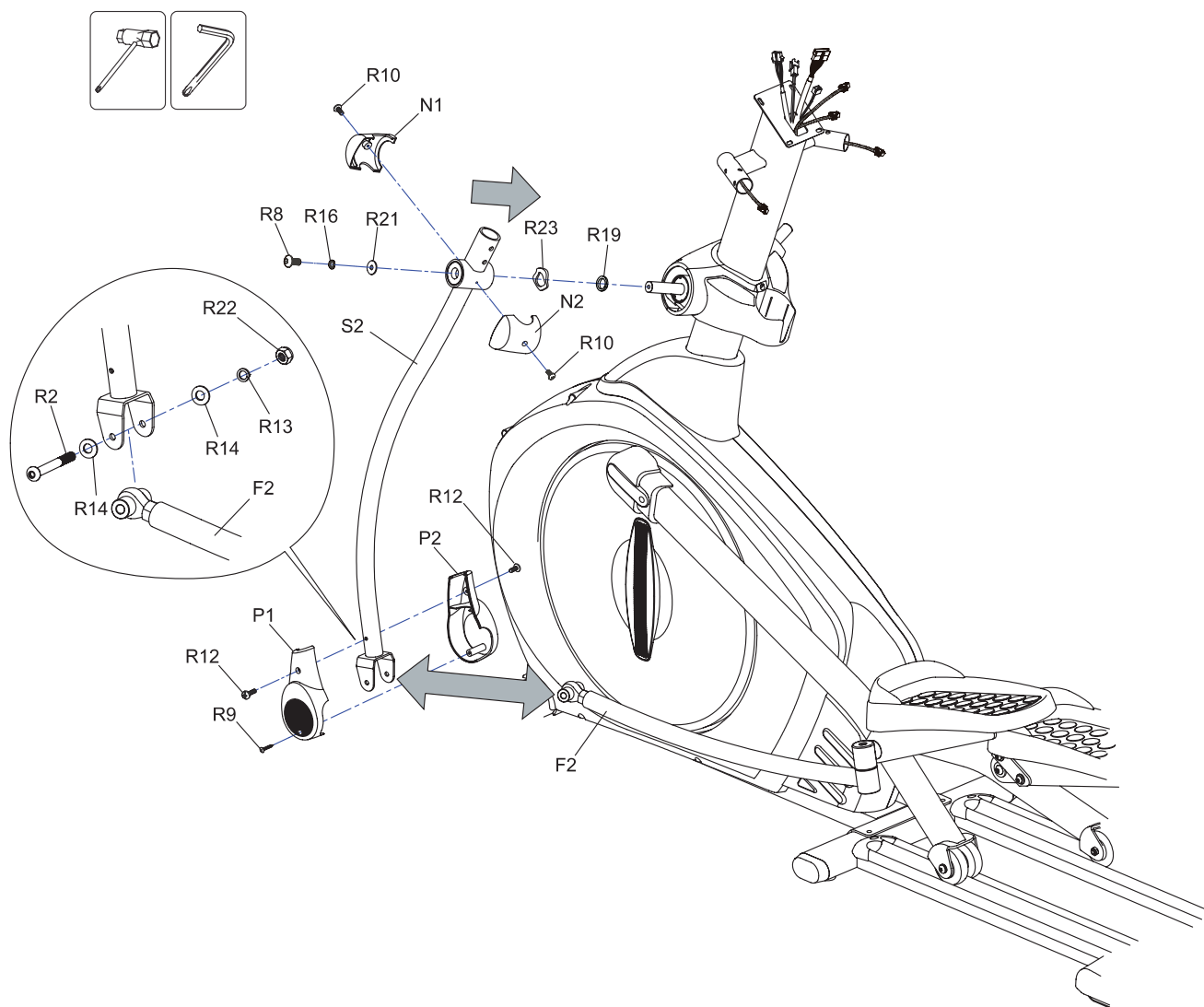


STEP 5

ASSEMBLY OF THE LEFT SWING TUBE

Insert the ring (R19) and washer (R23) into the upright tube. Attach the left swing tube (S2) to the upright tube with screw (R8), spring washer (R16) and flat washer (R21). Secure the connect tube (F2) with swing tube (S2) using screws (R2), two flat washers (R14), spring washer (R13) and nut (R22). Then, snap the joint covers (P1 and P2) to the left swing tube (S2) and tighten using screws (R12) and screw (R9). Finally snap the joint covers (N1 and N2) to the left swing tube (S2) and tighten using screws (R10).

Repeat the steps above for the right swing tube on the other side.

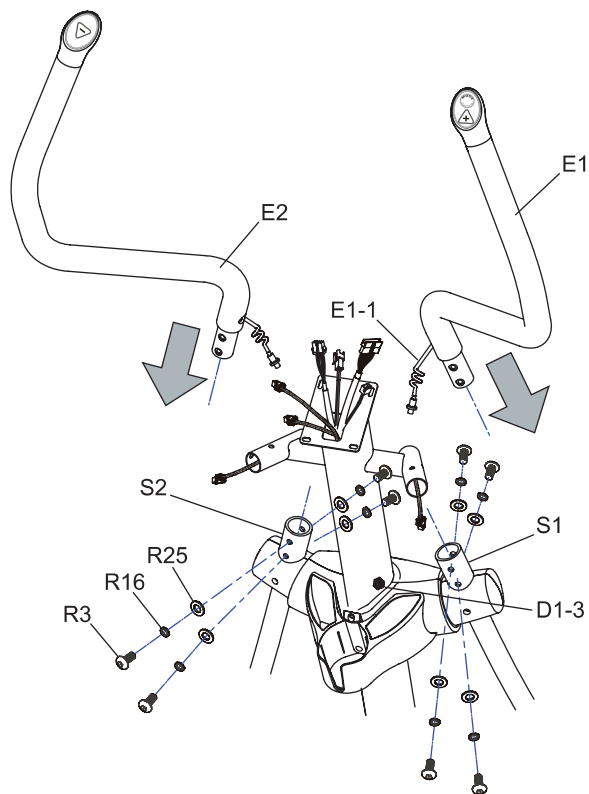


STEP 6

ASSEMBLY OF THE SIDE HANDLEBARS

Insert the right handlebar (E1) into the right swing tube (S1). Then, secure them using flat washers (R25), spring washers (R16) and screws (R3). Next, insert the cable (E1-1) from the right handlebar (E1) into the available opening (D1-3) on the upright tube.

Repeat the steps above for the left handlebar on the other side.



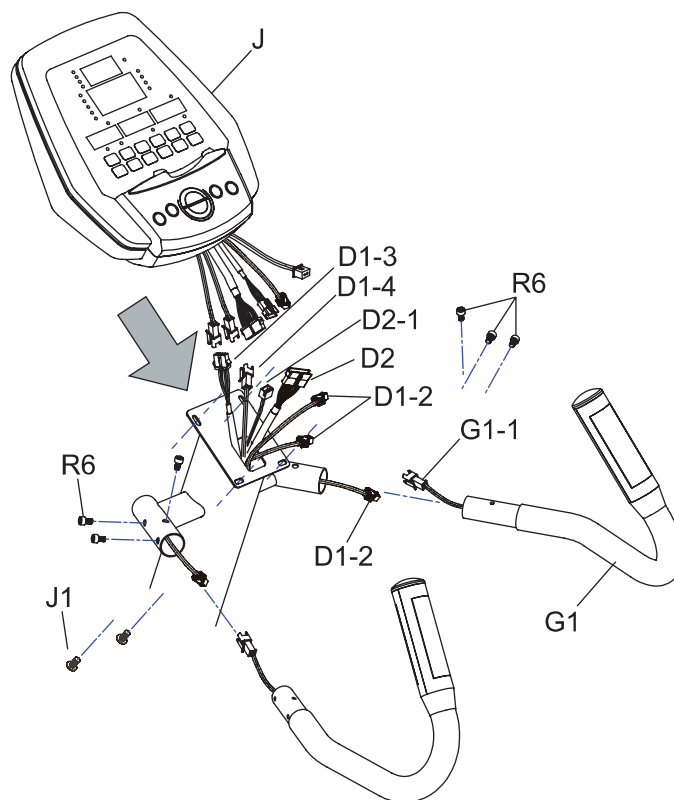
STEP 7

ASSEMBLY OF THE HANDLEBAR AND CONSOLE

Connect the cables (G1-1) and (D1-2). Then attach the right handlebar (G1) to the upright tube with screws (R6).

Repeat the steps above for the left handlebar on the other side.

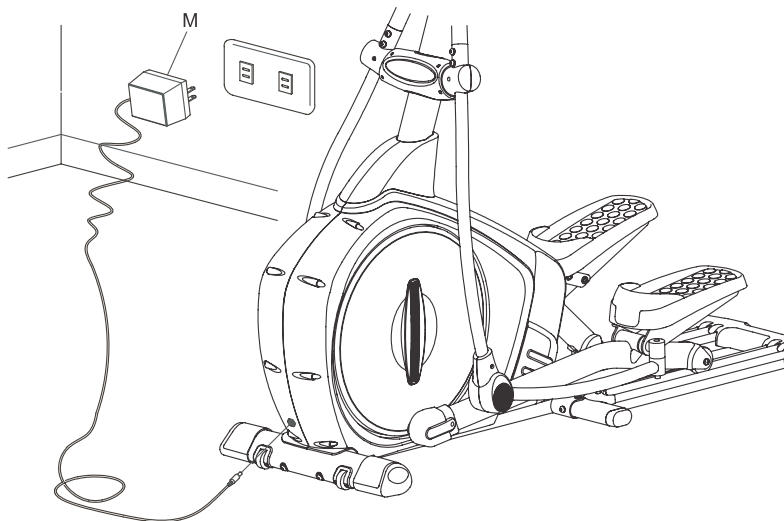
Match and connect the console cables to (D2), (D1-2), (D1-3), (D1-4), and (D2-1). Then, place the console (J) on the bracket at the top of the upright tube (taking care to avoid pinching or damaging the wires and cables) and tighten in place with screws (J1).



STEP 8

USING THE ADAPTOR

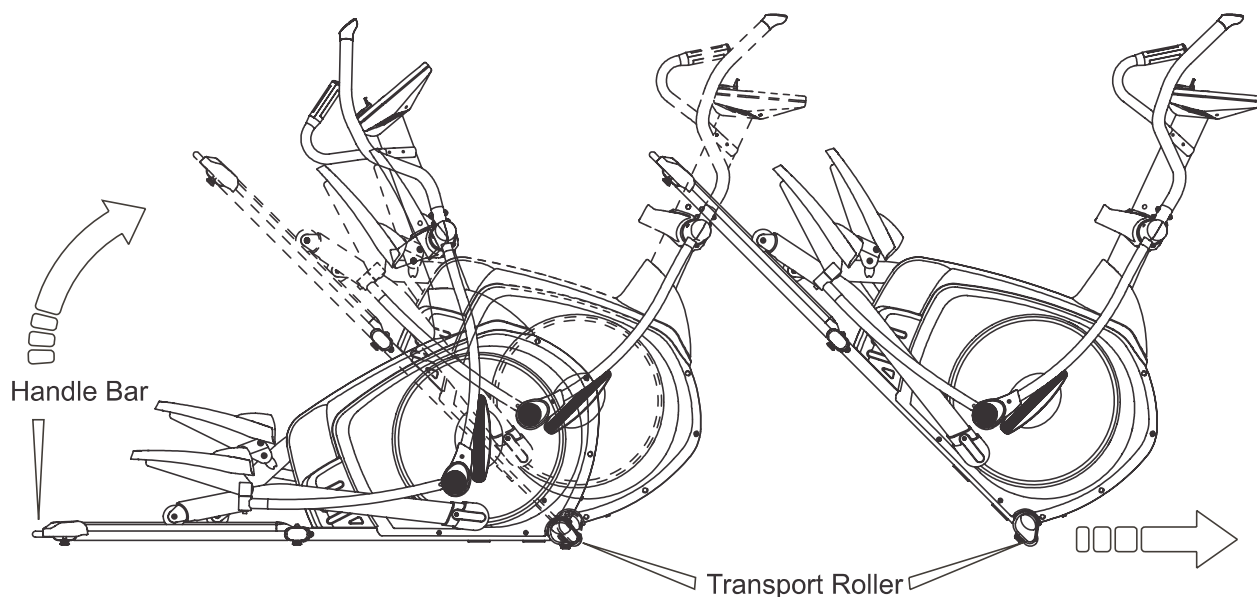
Position the machine near a 110V wall outlet. Inspect the adaptor and wire. If there are any visible signs of damage to the cord, adaptor or plug, do not proceed. Doing so may cause a risk of electrical shock or fire. As long as the adaptor and wire are not damaged, plug the adaptor into the wall outlet and plug the DC end (round plug) into the socket on the rear of the machine.



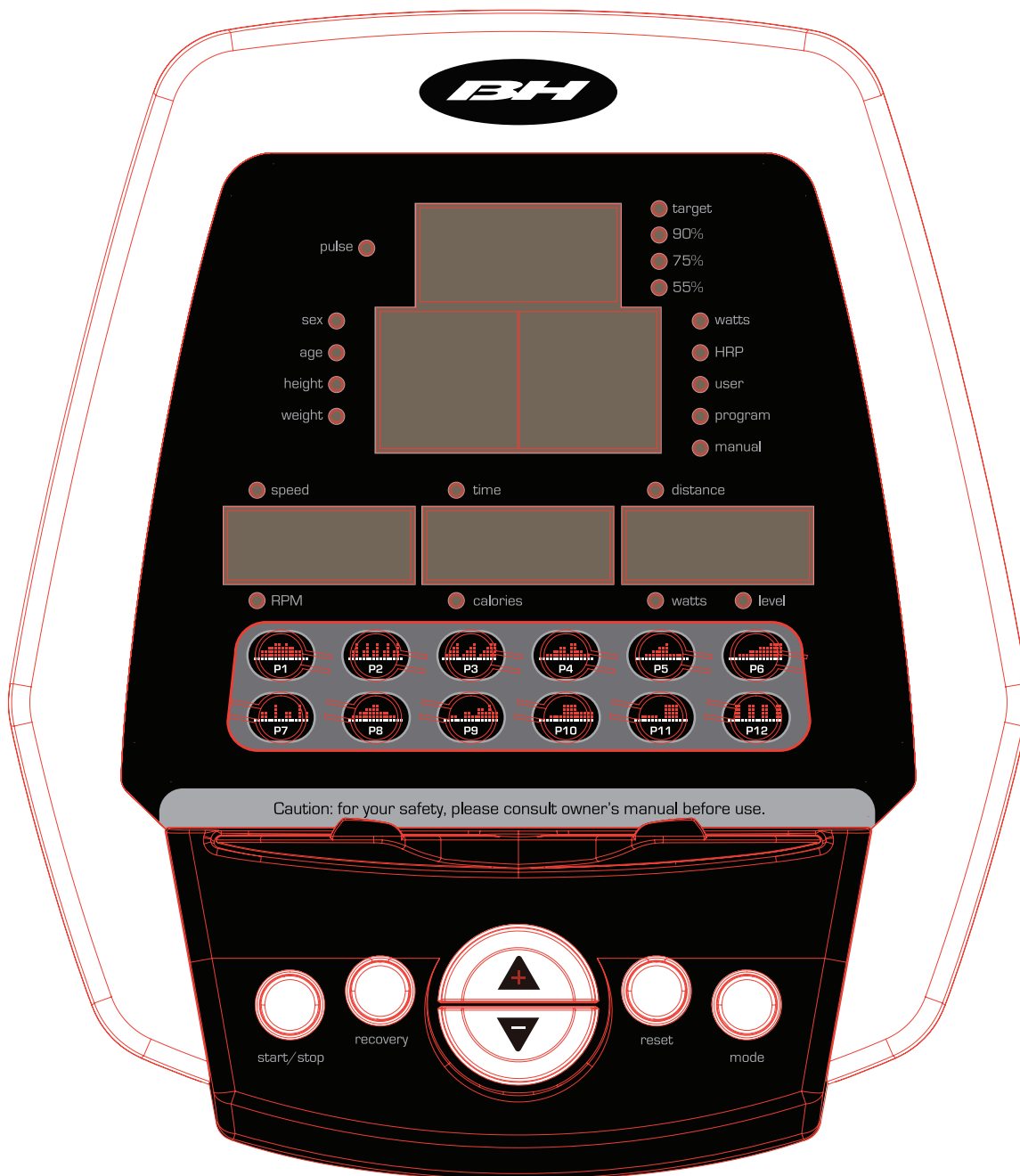
STEP 10

MOVING THE MACHINE

The front stabilizer has built-in transportation wheels. Stand at the rear of the machine and lift it up until the weight of the machine is transferred to the wheels. Push or pull to move the machine to a new location, and then carefully lower the rear of the machine down.



CONSOLE OPERATIONS



SPECIFICATIONS:

MODE	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds.
P1-P12	Press to select program

FUNCTION:

TIME	Displaying the work out time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

OPERATING PROCEDURE:

Start pedaling and the machine will turn on. Use the +/- buttons to set up your user data by selecting any option between U0-U4. Press the MODE button to enter the workout selection setting and use +/- to select the HRP, USER, PROGRAM, or MANUAL. After entering your selection, press the MODE button. Under the SEX settings use the +/- buttons to change and press MODE to confirm. Next, adjust your AGE, HEIGHT, and WEIGHT.

NOTE: This is a self-powered elliptical. As long as the pedals are moving at above 30 RPM, power is being generated. The AC adaptor is provided as an alternate battery charging source. Pedaling action charges the battery as well. The battery is used by the system to maintain console operations while workout statistic reporting is taking place after the pedals stop spinning.

1. MANUAL MODE

User may preset their own resistance level from 1 to 16 by pressing the UP/DOWN buttons. The default resistance level is 1. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

2. PROGRAM MODE

There are 12 preset programs. To enter one of these programs, the user may press any of the preset program buttons. Use the UP/DOWN buttons to adjust the resistance level. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

3. USER PROFILE MODE

Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all levels have been entered press the MODE button to confirm. Next, enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

4. WATT CONTROL MODE

Users may set the WATT value by pressing the UP/DOWN button in 5W increment. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

5. HRP MODE

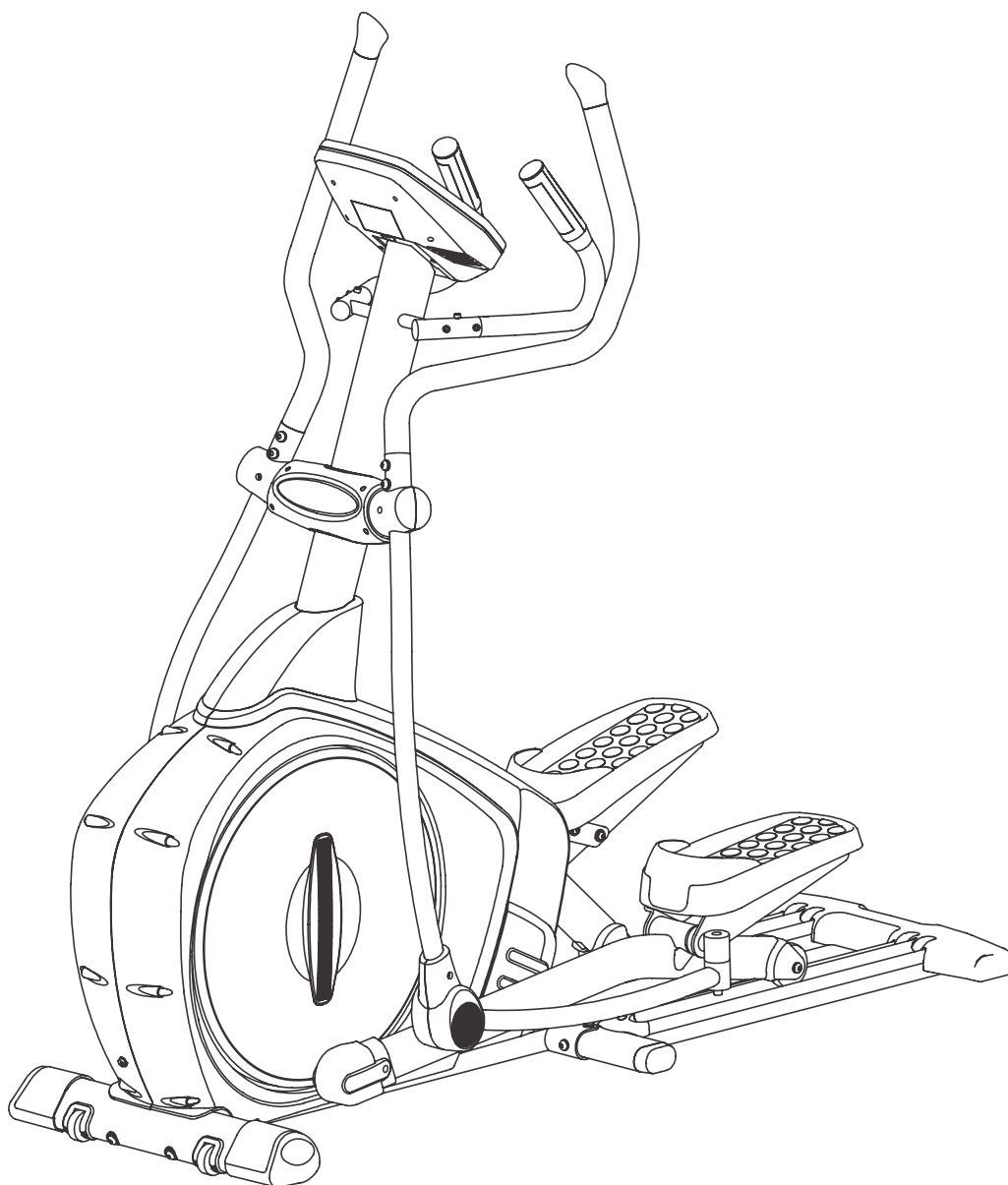
Input personal data: SEX, AGE, HEIGHT and WEIGHT.

User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press MODE to confirm. Then, enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

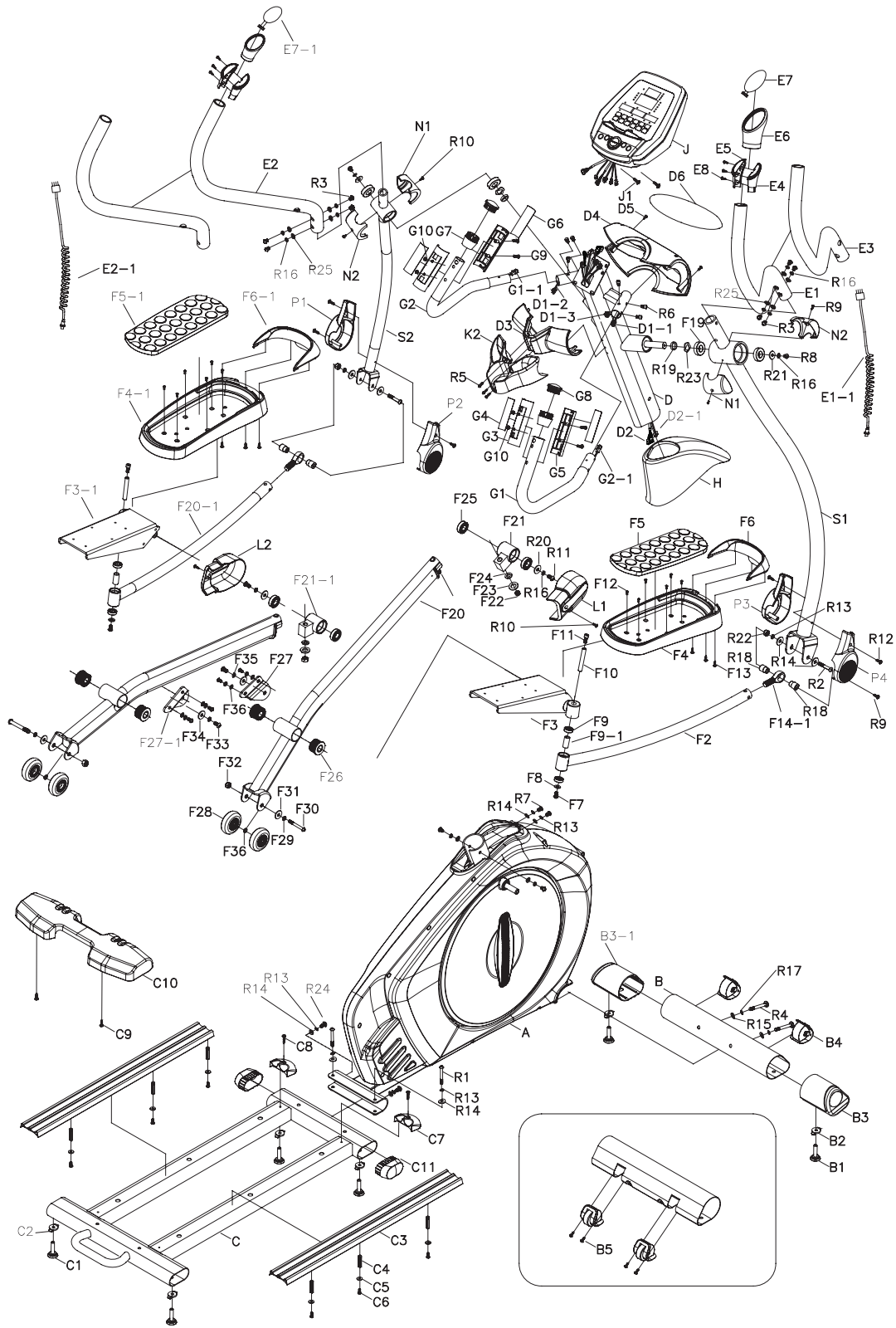
NOTE: The monitor will shut off if the machine is without use for more than 90 seconds.

MAINTENANCE AND CLEANING

Care has been taken to assure that your elliptical has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.



EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

P/N	DESCRIPTION	QTY	P/N	DESCRIPTION	QTY	P/N	DESCRIPTION	QTY
A	MAIN FRAME	1	B2	LOCK NUT	2	F27	BRACKET(R)	1
A1-4	SPEED SENSOR	1	B3	END CAP (R)	1	F27-1	BRACKET(L)	1
A1-5	DC JACK	1	B3-1	END CAP (L)	1	F28	WHEEL (§ 70)	2
A2	MOTOR	1	B4	TRANSPORT ROLLER UNIT	2	F29	SPRING (M8)	2
A2-1	SENSOR WIRE	1	B5	SCREW (#8-32 *5/8)	4	F30	SCREW (M8*78L)	2
A2-2	SCREW(M6*14L)	4	C	SLIDE TRACK	1	F31	WASHER (M8* § 16*1.2t)	2
A2-3	WASHER(M6* § 16*1.5T)	4	C1	ADJUSTED END	2	F32	NUT (M8)	2
A2-4	BUSHING(§ 9* § 6.1*5.3)	4	C2	LOCK NUT	2	F33	SCREW (M8*20L)	2
A2-5	SENSOR WIRE	1	C3	ALUMINUM TRACKING	2	F34	WASHER (M8* § 28*2.0t)	2
A2-6	SCREW	2	C4	NUT (M5)	6	F35	SPRING (M8)	6
A2-7	GENERATOR	1	C5	WASHER (M5* § 15*1.5)	6	F36	WASHER(M8*16*1.2)	4
A2-8	GENERATOR HOUSING	1	C6	SCREW (M5*13L)	6	G1	FRONT HANDLEBAR(RIGHT)	1
A2-9	SCREW	4	C7	SLIDE TRACK COVER (SMALL)	2	G1-1	HAND PULSE SENSOR WIRE	1
A2-10	WASHER	4	C8	SCREW (#10-32 *3/4"	2	G2	FRONT HANDLEBAR(LEFT)	1
A2-11	PAD	2	C9	SCREW (M4*15L)	2	G2-1	HAND PULSE SENSOR WIRE	1
A2-12	C-CLIP	1	C10	SLIDE TRACK COVER (BIG)	1	G3	HAND PULSE	2
A2-13	WASHER	2	C11	END CAP	2	G4	PAD FOR HAND PULSE	2
A2-14	SCREW	2	D	UPRIGHT TUBE	1	G5	HAND PULSE	2
A3	DRIVE WHEEL	1	D1-1	HAND PULSE SENSOR WIRE	1	G6	PAD FOR HAND PULSE	2
A3-1	AXLE (§ 19.98*146.6L)	1	D1-2	HAND PULSE SENSOR WIRE	1	G7	END CAP	2
A3-2	CROSSHEAD SCREW FOR AXLE (M6*18L)	4	D1-3	SENSOR WIRE	2	G8	END CAP	2
A3-3	MAGNET	1	D2	SENSOR WIRE	1	G9	SCREW (M3*35L)	4
A3-4	CLIP (C21)	2	D2-1	SENSOR WIRE	1	G10	NUT	4
A3-5	BEARING FOR AXLE (6004ZZ)	2	D3	COVER FOR CENTRAL SUPPORT TUBE(REAR)	1	H	PLASTIC COVER	1
A4	BELT (69J-1428)	1	D4	END CAP OF MAIN SUPORT TUBE (FRONT)	1	J	MONITOR	1
A5	FLYWHEEL (§ 260*10Kg)	1	D5	SCREW (M4*12L)	2	J1	SCREW	2
A5-2	HOUSING FOR MAGNET	1	D6	ALUMINUM PLATE	1	K2	BOTTLE HOLDER	1
A5-3	SCREW(M8*52L)	1	E1	SIDE HANDLE BAR(R)	1	L1	PLASTIC COVER OF PEDAL TUBE(R)	1
A5-4	NUT(M6)	1	E1-1	SENSOR WIRE	1	L2	PLASTIC COVER OF PEDAL TUBE(L)	1
A5-5	NUT (M8)	1	E2	SIDE HANDLE BAR(L)	1	M	ADAPTOR	1
A5-6	CLIP (C12)	2	E2-1	RETRACTABLE EXTENSION	1	P1	PLASTIC COVER OF JOINTED PEDAL TUBE	2
A5-7	BEARING (6001ZZ)	2	E3	SPONGE	2	P2	PLASTIC COVER OF JOINTED PEDAL TUBE	2
A5-8	WHEEL AXLE (§ 12*120L)	1	E4	OVERLAY PEDESTAL	2	P3	PLASTIC COVER OF JOINTED PEDAL TUBE(L)	1
A5-9	WASHER (M10* § 21*2.0t)	2	E5	OVERLAY PEDESTAL	2	P4	PLASTIC COVER OF JOINTED PEDAL TUBE(R)	1
A5-10	TENSION BRACKET	1	E6	PEDESTAL SHELL (UPPER)	6	N1	PLASTIC COVER OF HANDLE BAR	2
A5-11	NUT (3/8"*26 §)	2	E7	THUMB OVERLAY (R)	1	N2	PLASTIC COVER OF HANDLE BAR	2
A5-12	SPRING	1	E7-1	THUMB OVERLAY (L)	1	R1	SCREW (M8*58)	2
A5-13	BEARING (6203ZZ)	2	E8	SCREW (M3-10L)	2	R2	SPRING (M8*70)	2
A5-14	CLIP (C17)	1	F2	PEDAL TUBE	2	R3	SCREW (M8*20) BK	8
A5-15	WASHER(M6)	4	F3	BRACKET(R)	1	R4	SCREW (M10*112L)	2
A5-16	SCREW	4	F3-1	BRACKET(L)	1	R5	SCREW(M5*20)	2
A5-17	CONTROL BOARD	1	F4	PEDAL(R)	1	R6	SCREW(M6*10)	6
A5-18	BELT	1	F4-1	PEDAL(L)	1	R7	SCREW(M8*15)	4
A5-19	BEARING	1	F5	CUSHION PAD(R)	1	R8	SCREW(M8*20) BK	2
A5-20	BEARING	1	F5-1	CUSHION PAD(L)	1	R9	SCREW(M4*15)	2
A5-21	BEARING	1	F6	PLASTIC COVER FOR PEDAL(R)	1	R10	SCREW(M4*10)	6
A5-22	BEARING	1	F6-1	PLASTIC COVER FOR PEDAL(L)	1	R11	SCREW(M8*20)	2
A5-23	NUT	1	F7	SCREW (M8*16L)	4	R12	SCREW(M5*12)	4
A6	TENSION CONNECTOR	1	F8	WASHER (M8* § 18.8*2.3t)	2	R13	SPRING WASHER(M8)	10
A6-1	TENSION CABLE	1	F9	BEARING (6002ZZ)	2	R14	WASHER(M8*16*1.2)	12
A6-2	NUT	1	F9-1	BUSHING(§ 12.1* § 17*34L)	2	R15	WASHER (M10*22*1.5)	2
A7	CRANK (R)	1	F10	BUSHING (§ 15*78L)	12	R16	SPRING WASHER (M8) BK	11
A8	CRANK (L)	1	F11	SCREW (M8*20L)	6	R17	SPRING WASHER (M10)	2
A9	SCREW (M5*20L)	16	F12	SCREW (M5*12L)	2	R18	BUSHING	4
A9-1	NUT (M10*P1.0)	2	F13	SCREW (M4*20L)	6	R19	RING	2
A9-2	ACCESS COVER	1	F14-1	SCREW(M16)	2	R20	WASHER(M8*22*2.0)	1
A9-3	ACCESS COVER	1	F19	SPRING (6004ZZ)	2	R21	WASHER(M8*25*2.0)	2
A9-4	TURING PLATE (R)	1	F20	PEDAL TUBE (RIGHT)	1	R22	NUT(M8)	2
A9-5	TURING PLATE (L)	1	F20-1	PEDAL TUBE (LEFT)	1	R23	WASHER(ø20*ø25.2*0.4)	2
A10	MAIN COVER (R)	1	F21	JOINT PEDAL TUBE(RIGHT)	1	R24	SCREW(M8*30)	2
A11	MAIN COVER (L)	1	F21-1	JOINT PEDAL TUBE(LEFT)	1	R25	WASHER(8*16*1.20)BK	8
A12	SCREW (M4*25I)	8	F22	NUT (M10)	2	S2	CONNECT HANDLE BAR TUBE(LEFT)	1
A12-1	SCREW(M4*15)	2	F23	WASHER (M10* § 20*2.3t)	4	S1	CONNECT HANDLE BAR TUBE(RIGHT)	1
A13	SCREW (#10-32 *3/4)	4	F24	WASHER (M10)	2	S3	NUT	2
B	FRONT FOOT TUBING	1	F25	BEARING (6003ZZ)	2			
B1	ADJUSTED END	2	F26	BUSHING	4			



WARRANTY

LIMITED LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Warranty coverage on frame and other parts is five (5) years. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

Register your product warranty easily online at:

<http://www.bhnorthamerica.com/BHFH/support/warranty/registration.php>

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

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