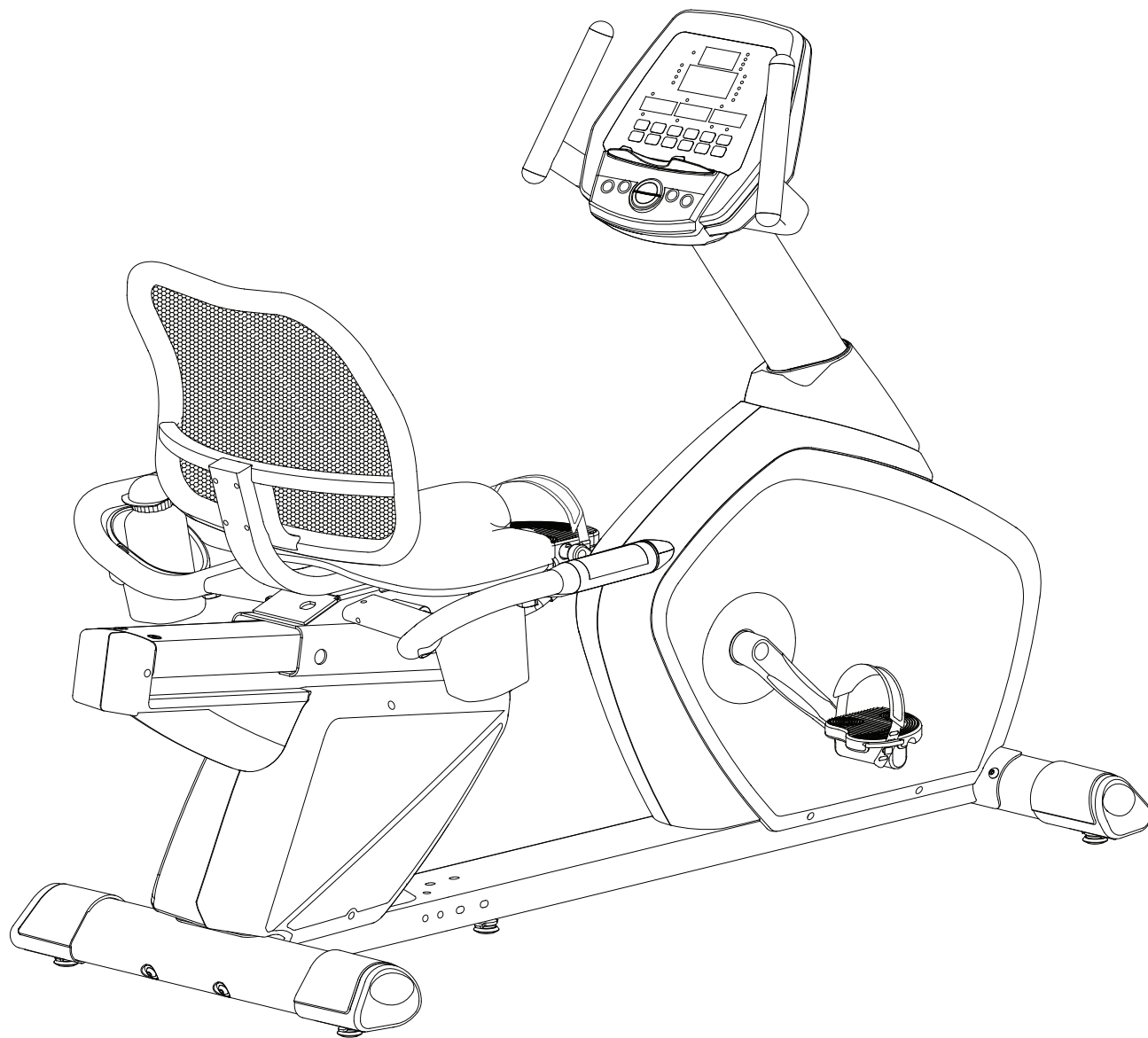




BH FITNESS RS5 RECUMBENT CYCLE OWNER'S MANUAL



BH FITNESS

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INTRODUCTION

Congratulations for selecting the RS5 Recumbent Cycle as a fitness resource. The BH Fitness RS5 offers many exercise programs that benefit users of all levels and ages. The RS5 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the RS5. This will allow you to get a full understanding of all the features the BH Fitness Recumbent Cycle provides. If you have questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your RS5.

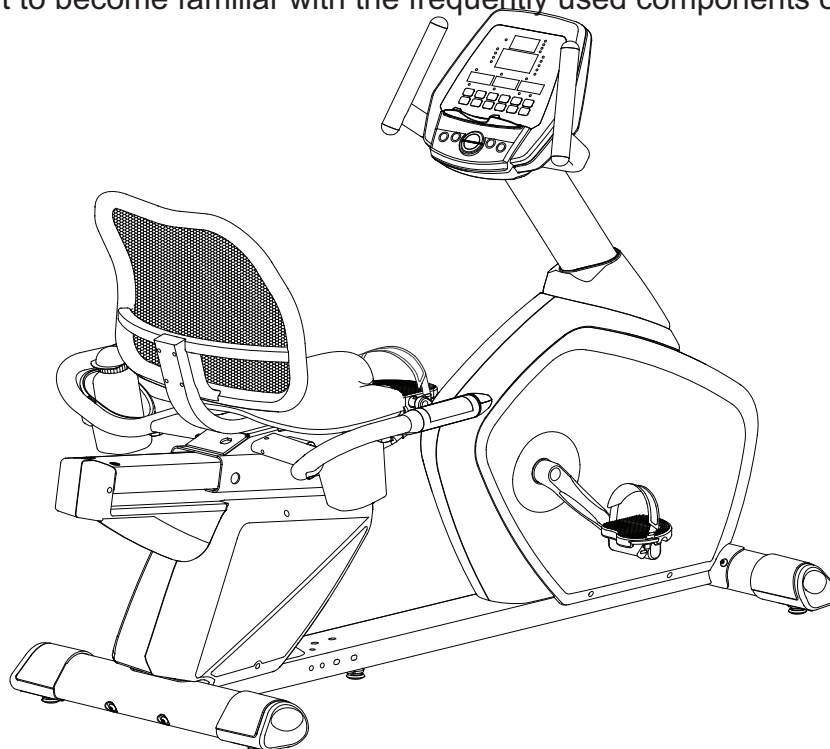


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SECTION 1 - IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Unit.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children, invalids or disabled persons. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the unit.
3. Maximum user weight is 350 lbs.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Unit Safety:

WARNING: To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. Never leave the unit unattended when plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before cleaning, servicing or adding or removing parts.
8. Unplug the unit prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
9. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.
10. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
11. Keep the electrical cord away from heated surfaces.
12. Connect this unit to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
13. Call your service center or BH Fitness with your concerns before taking your unit in for repair.
14. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
15. Do not use outdoors.
16. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT SAFETY INSTRUCTIONS (cont'd)

17. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
18. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the unit. Place the unit on a flat stable surface.

Please save these Instructions

ELECTRICAL POWER CONNECTOR

Your RS5 Recumbent Cycle has a two prong external electrical power connector for use on a nominal 110-120 volt circuit. Use only the electrical power connector provided with your RS5 Recumbent Cycle. If you misplace the electrical connector, please contact BH Fitness for an original replacement. Use of the wrong electrical connector may cause damage to your RS5 Recumbent Cycle. Do not use an adapter or extension cords with this product.

CLEANING

Clean with soap and slightly damp cloth only; never use solvents.

PRE-ASSEMBLY INSTRUCTION

GENERAL INSTRUCTIONS

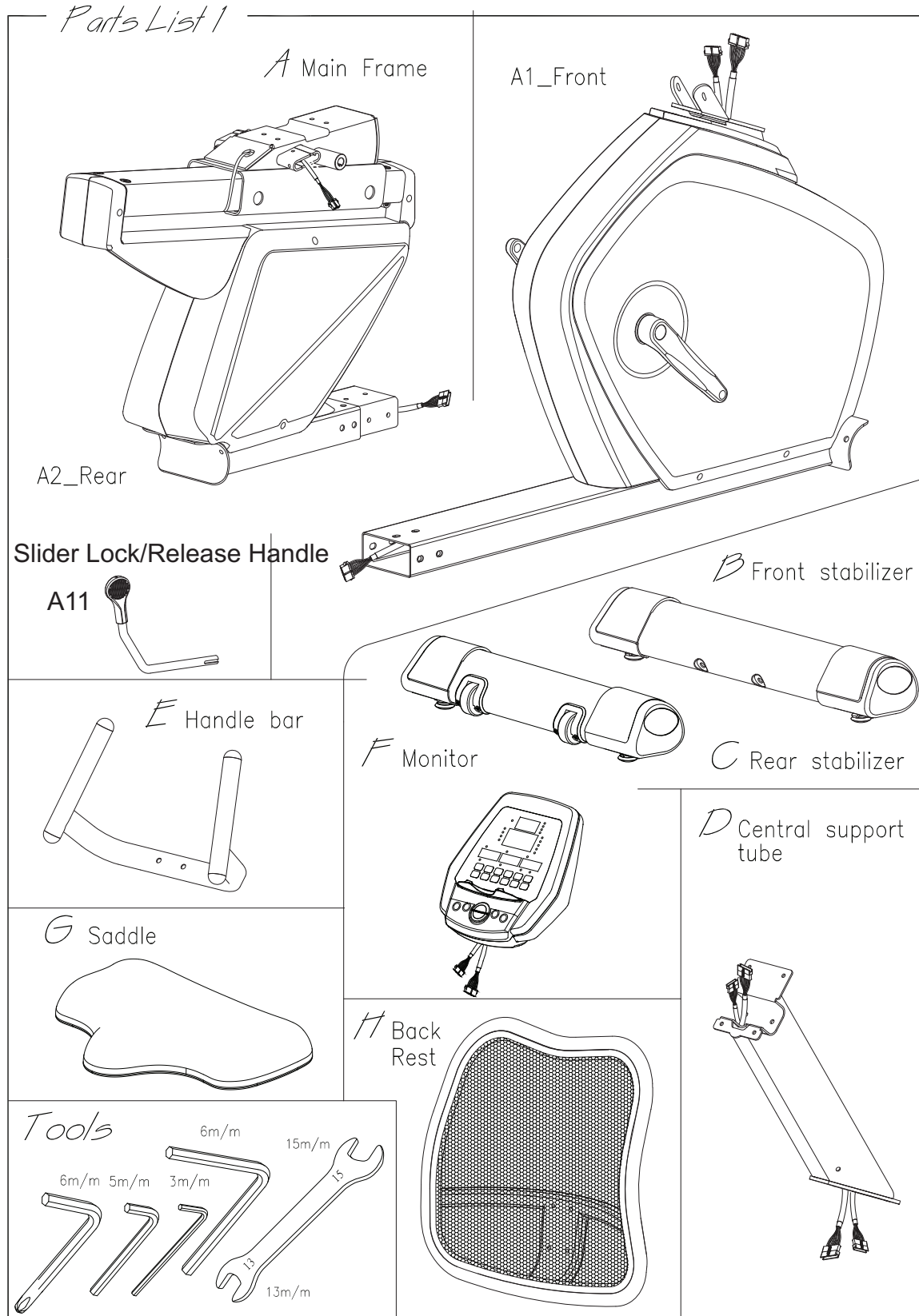
Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for light commercial use. The weight of the user must not exceed 350 lbs. (156 kg.)
2. Keep your hands well away from any of the moving parts.
3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
5. Your unit can only be used by one person at a time.
6. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

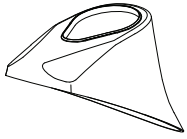
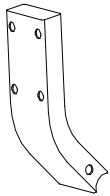
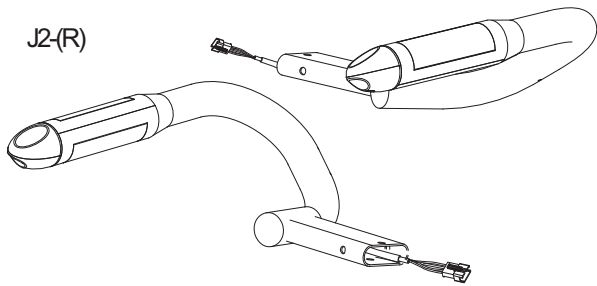
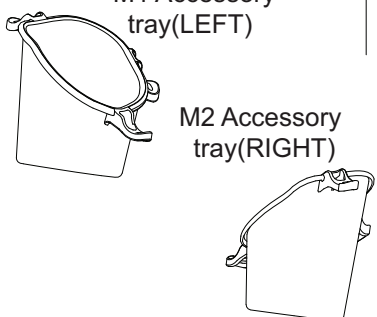
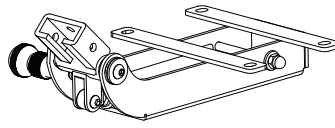
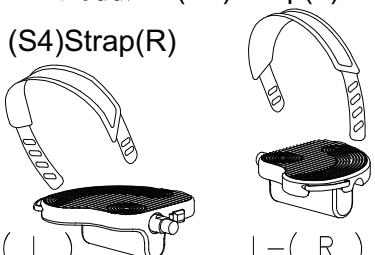
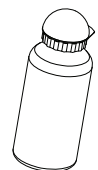
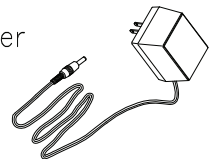
KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

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Mon - Fri 8am - 5pm PST

SECTION 2 - PRE-ASSEMBLY INSTRUCTIONS



PRE ASSEMBLY INSTRUCTIONS (cont'd)

<i>Parts List 2</i> / Decoration Cover 	<i>P</i> Back Id Support Tube 	✓ Side Handle bar J1-(L) J2-(R) 
<i>M</i> M1 Accessory tray(LEFT) M2 Accessory tray(RIGHT) 	<i>P1</i> Saddle Tube 	✓ Pedal (S5)Strap(L) (S4)Strap(R) L-(L) L-(R) 
<i>N</i> Screw Bag (N2)–Spring Washer M8  (N5)–Screw M8X35  (N8)–Screw M6X10  (N11)–Washer M8X16X1.2T(BLACK) 	<i>K</i> Water Bottle  (N3)–Washer M8X16X1.2T  (N6)–Screw 1/4"x40L  (N6-1)–Screw 1/4"x46L  (N9)–Screw M4X15  (N12)–Washer 8X4.5 	(N1)–Screw M8X15  (N4)–Screw M8X105  (N7)–Screw M8X20  (N10)–Screw M6X8  <i>S</i> Adapter 

ASSEMBLY INSTRUCTIONS

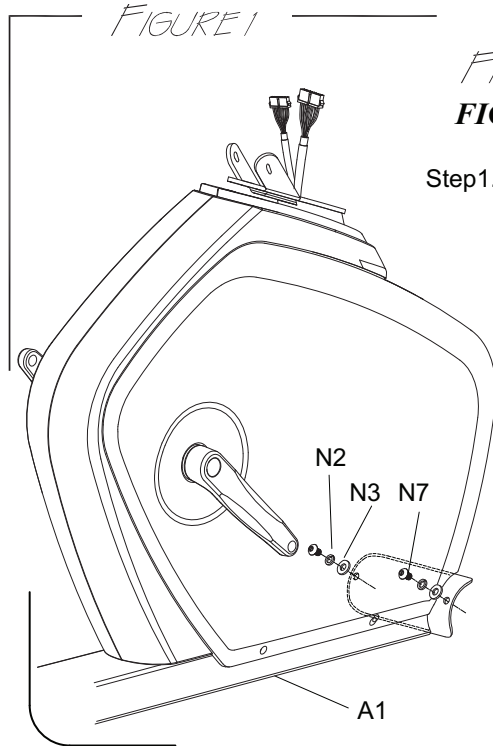


FIGURE 1

FIGURE 1: FRONT STABILIZER ASSEMBLY

Step1. Attach the front stabilizer(B) to the main frame(A1) using two ,spring(N2), washer(N3) and screw(N7).

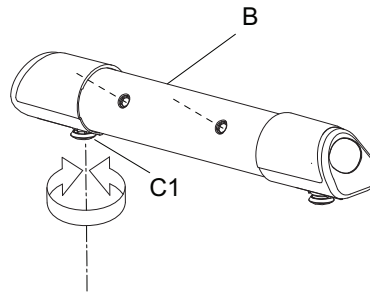


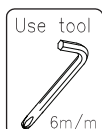
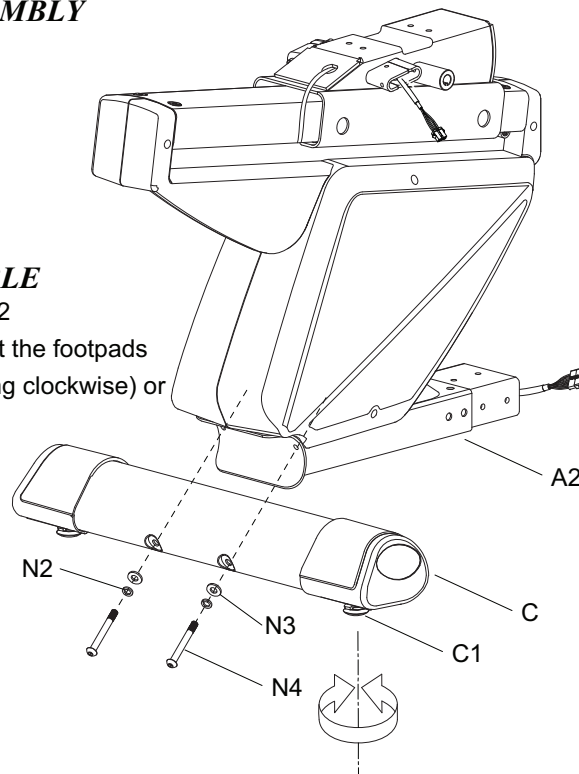
FIGURE 2

FIGURE 2: REAR STABILIZER ASSEMBLY

Step1. Attach the rear stabilizer(C) to the main frame(A2) using two ,spring(N2), washer(N3) and screw(N4).

HOW TO KEEP THE MACHINE STABLE

**Following the assembly of Figure 1 & Figure 2 and the machine is unstable or rocking, adjust the footpads (C1) under the stabilizers by tightening (turning clockwise) or loosening (turning counterclockwise) until stability is achieved



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 3: FRONT & REAR MAIN FRAME ASSEMBLY

FIGURE 3

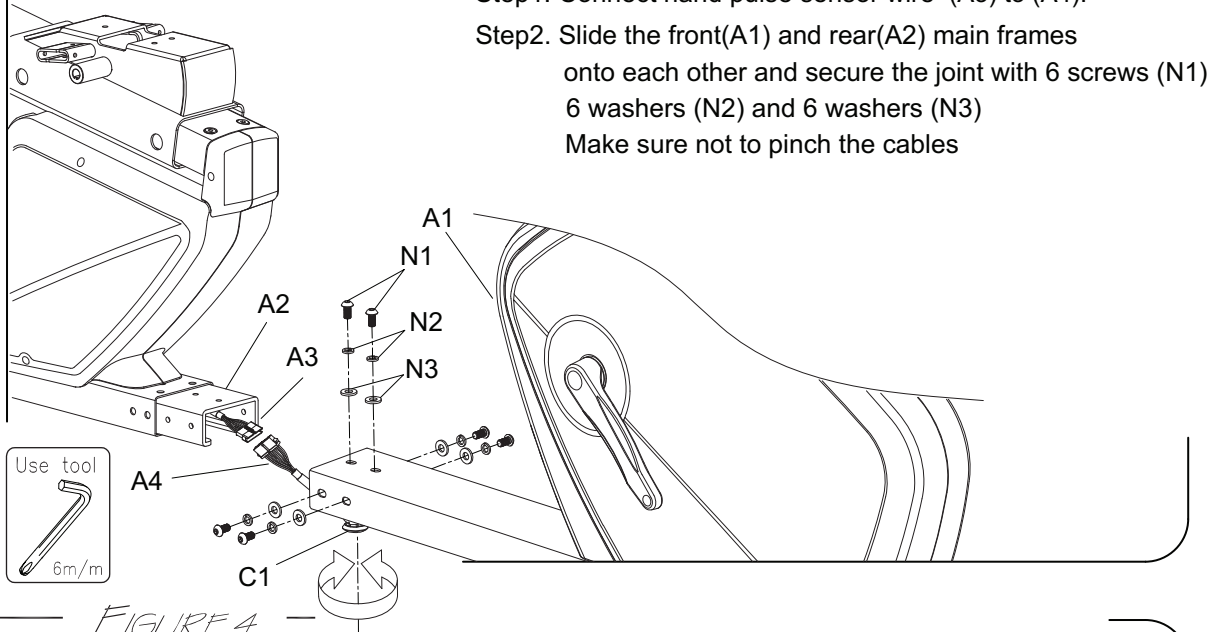
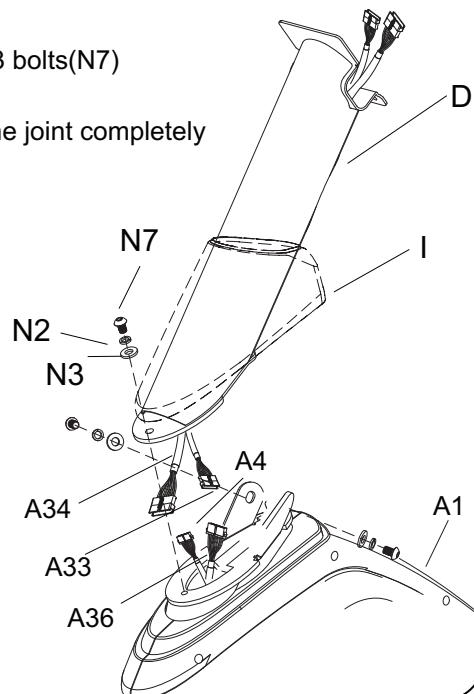


FIGURE 4 CENTER SUPPORT ASSEMBLY

- Step1. Slide the tube cover(I) onto the main support tube(D).
- Step2. Connect hand pulse sensor cable(A33) coming from main support tube to cable(A36) from the main frame
Connect power cable(A34) coming from main support tube(D) to cable(A4) of the main frame
- Step3. Secure main support tube to main frame(A1) using 3 bolts(N7) and 3 spring washer(N2) and 3 washer(N3).
Slide main support tube cover down until it covers the joint completely



ATTENTION: TAKE CARE NOT TO PINCH THE THE CABLES DURING THE ASSEMBLY PROCESS.



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 5: BACKREST TUBE & LEFT HANDLE BAR ASSEMBLY

Step1. Place backrest tube(P) on the seat base slider tube(P1) and secure tightly with washer(N3) and screw(N1).

Step2. Secure seat tube(P1) with seat base slider (A10) with screw(N1).

Step3. Connect sensor cable (J1-1) to sensor cable (A3)
Slide handle bar (J1) onto seat base slider (A10) and secure using 4 screws (N8).

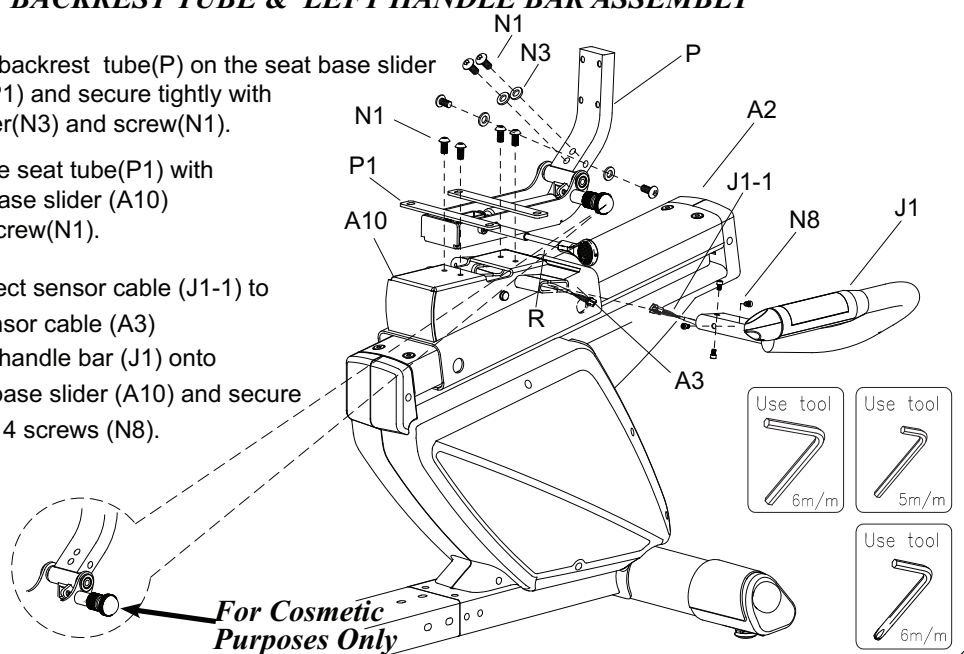
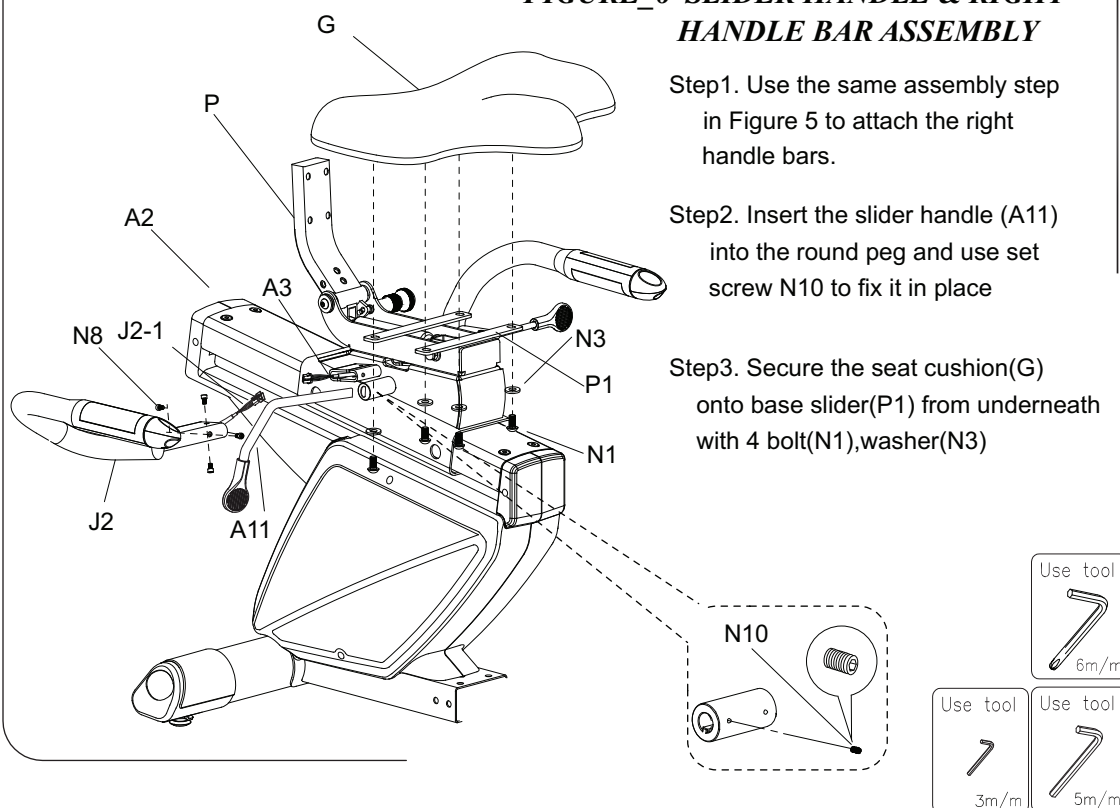


FIGURE 6 SLIDER HANDLE & RIGHT HANDLE BAR ASSEMBLY

Step1. Use the same assembly step in Figure 5 to attach the right handle bars.

Step2. Insert the slider handle (A11) into the round peg and use set screw N10 to fix it in place

Step3. Secure the seat cushion(G) onto base slider(P1) from underneath with 4 bolt(N1), washer(N3)

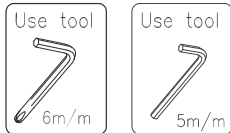
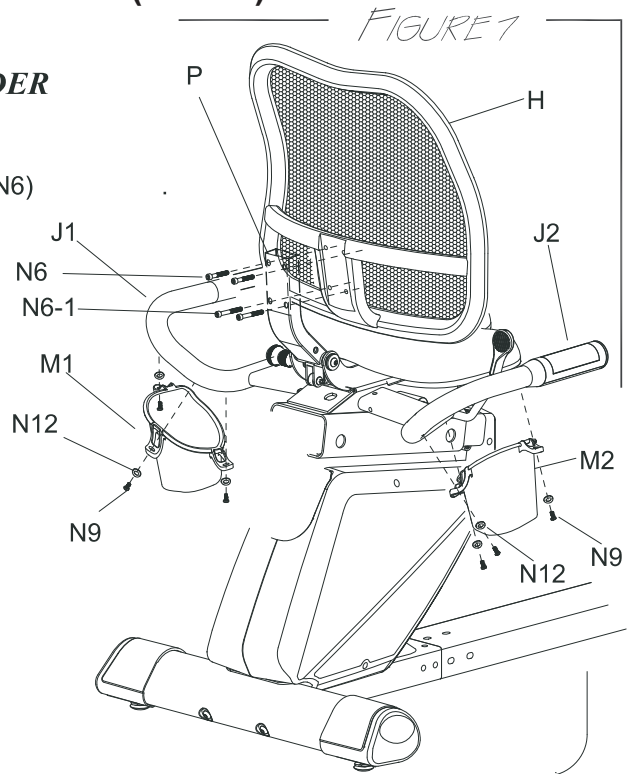


ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE_7: BACKREST & BOTTLE HOLDER

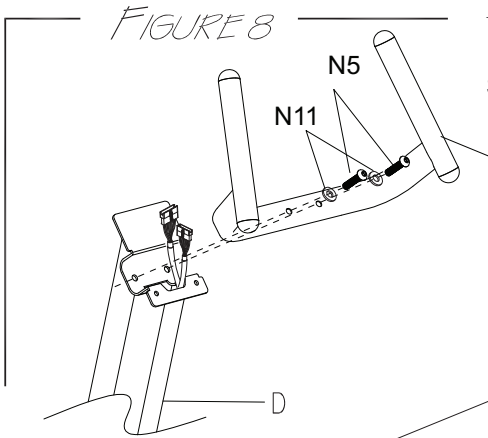
Step 1. Assemble the backrest(H) onto the seat support(P) and secure it tightly with screw (N6) for top and N6-1 for bottom

Step 2. Assembly the bottle/cup holder (M1/M2) on the side of the handle bars (J1/J2) and secure it tightly with washer(N12) and screw (N9) .



FIGURE_8-1 ASSEMBLY FOR SMALL HANDLE

Step 1. Attach the small handle bar(E) onto the plate of the console tube(D) and use 2 E bolt(N5) and 2 washer (N11) to secure tightly.

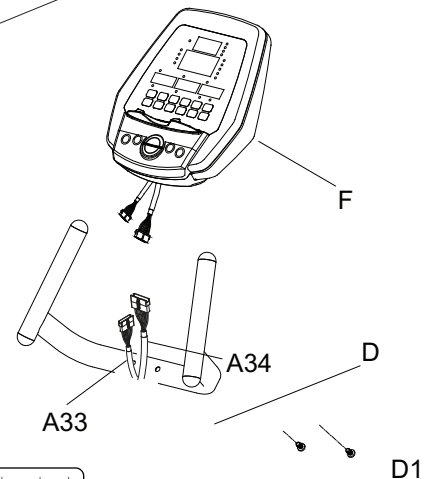


FIGURE_8-2 ASSEMBLY FOR COMPUTER

Step1: Locate console(F) and connect sensor cables(A33, A34) to the cables coming from the console.

Step2: Gently tuck all excess wires into the console cavity. Slide console onto the console bracket and secure using two screws(D1)

Remove screws(D1)before sliding onto console bracket



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 9

FIGURE_9 PEDAL ASSEMBLY

Install the strap on each pedal

Step1: Thread the right pedal(L-R) onto the right crank

Secure in place by turning it clockwise.

Note: Right pedal(L-R) is marked with an "R"

Step2: Thread the left pedal(L-L)

onto the left crank. Secure in place by turning it counter-clockwise

Note: Left Pedal(L-L) is marked with an "L".

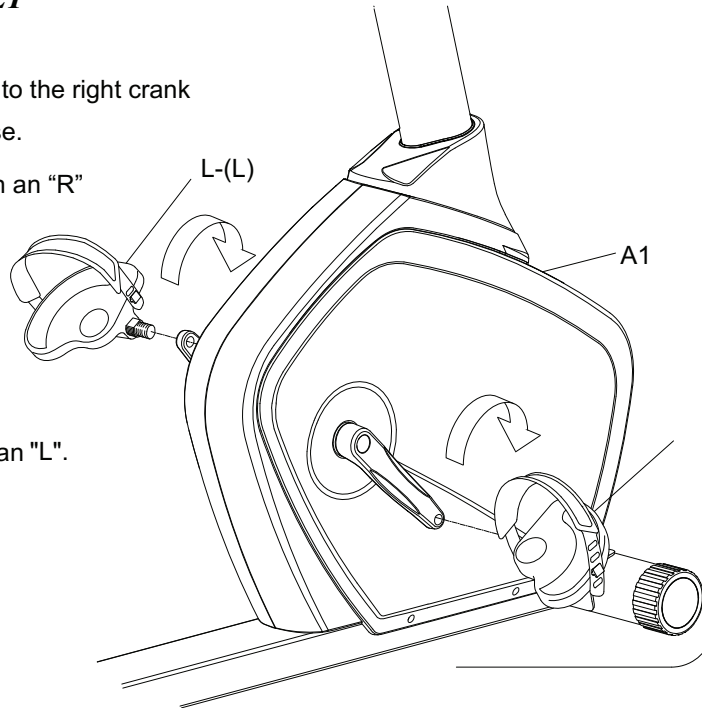
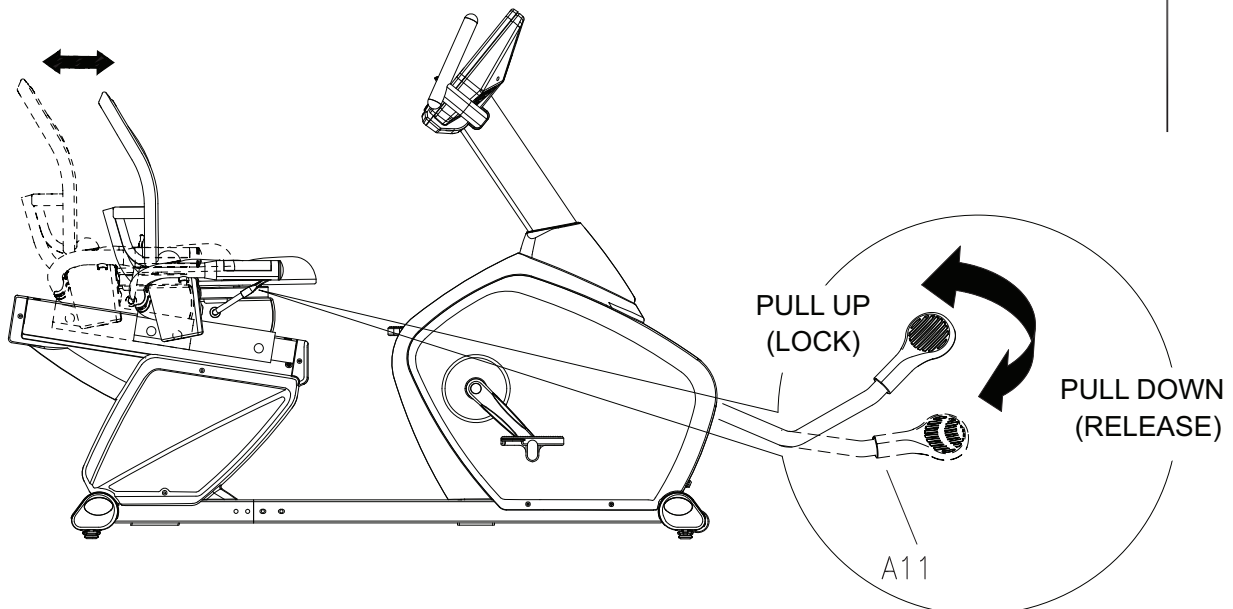


FIGURE 10

FIGURE_10 SEAT ADJUSTMENTS

Push the seat slide adjustment handle forward, then slide the seat back or forth as desired. Pull the adjustment handle back up to lock the slider in place.



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 11

FIGURE 11 HOW TO ADJUST BACKREST!

Backrest position is controlled by a pneumatic cylinder (A13-2) which can be activated to change backrest angles. Pull the left side handle forward and lean on the backrest to change angle.

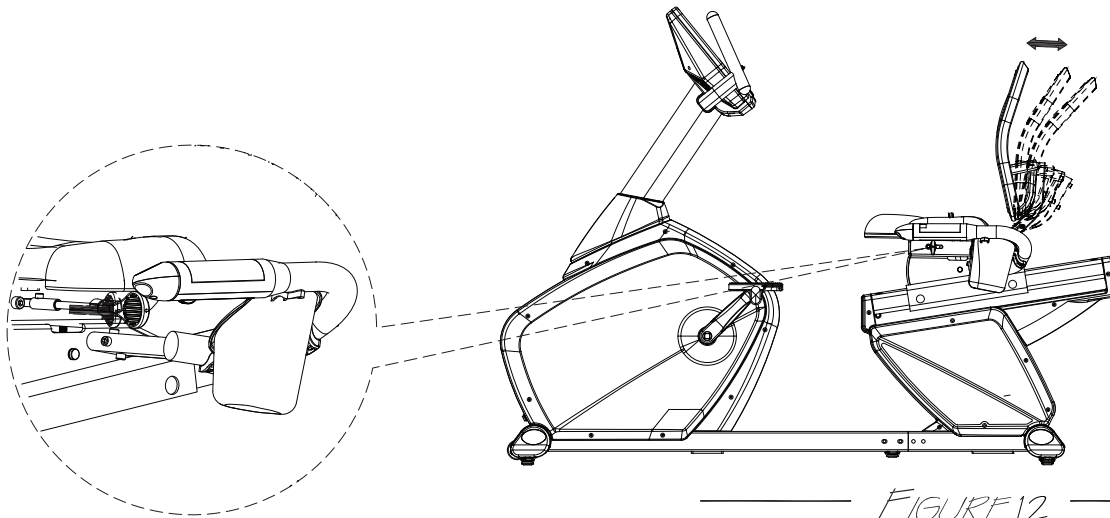
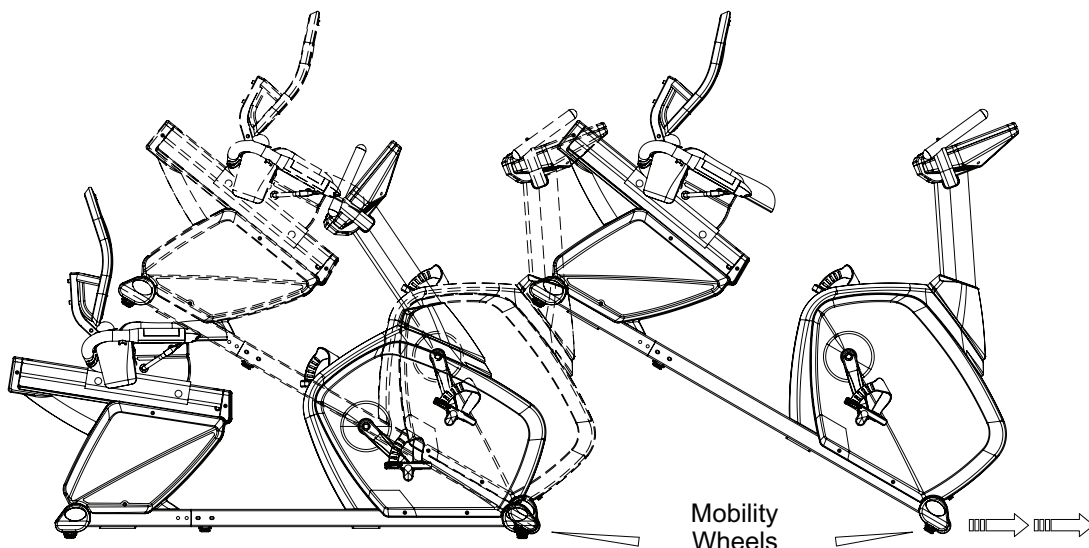


FIGURE 12

FIGURE 12 HOW TO MOVE THE MACHINE

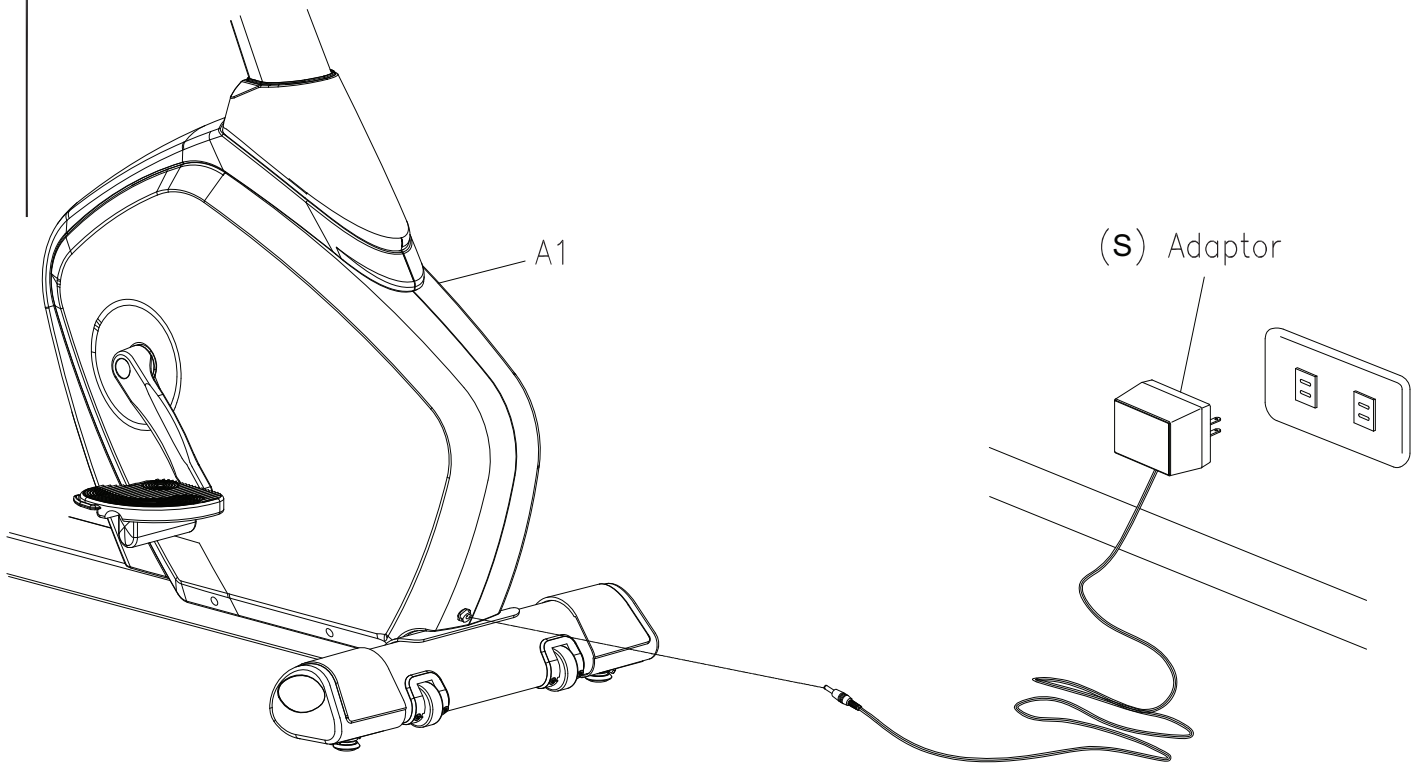
The front stabilizer has built-in mobility wheels. Stand at the rear of the machine and lift it up until the weight of the machine is transferred to the wheels. Push or pull to move the machine to a new location.



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 13

FIGURE_13 USING THE ADAPTOR



Position the machine near a wall outlet

Plug the adaptor(S) in to the outlet and plug the DC end (round plug) to the jack on the machine

Be sure not to damage the cord and the plugs to avoid electrical shocks

RS5 RECUMBENT CYCLE

SECTION 3 – PARTS LIST

P/N	Part	DESCRIPTION	Q'TY	P/N	Part	DESCRIPTION	Q'TY
A1		FRONT MAIN FRAME	1	A10-6		PULLBAR 9.3*66.8	1
A2		REAR MAIN FRAME	1	A10-7		NUT	1
A2-1		ALUMINUM TRACKING 52.4*104.8*587L	1	A10-8		SPRING	1
A2-2		SCREW M8*10	4	A10-9		AXLE FOR BACKREST TUBE	1
A2-3		SCREW M8*22	4	A10-10		FIXING PIN	1
A2-4		WHEEL 7.8*37.5*11L	4	A10-12		ROATE RECIPROCATOR	1
A2-5		SCREW 15*22	2	A10-13		ENDCAP 25*50	1
A2-6		SCREW M4*12	4	A11		SEAT ADJUSTMENT HANDLE 12*236	1
A2-7		SLIDE FIXING SUPPORT (RGH T)	1	A11-1		PLASTIC WRAP 8*71L	1
A2-8		SLIDE FIXING SUPPORT (LEFT)	1	A11-2		CONNECTING HOUSING 12*50	1
A3		HAND PULSE SENSOR REAR	1	A11-3		CCLIP C10	2
A4		HAND PULSE SENSOR MIDDLE	1	A11-4		AXLE FOR BRAKING 12*122	1
A5		NUT 3/8*26*7mm	2	A11-5		BUSHING 12*24*33.2	1
A6		FLYWHEEL 260*9KGS	1	A11-6		BRAKE PAD 40.5*65	1
A6-1		C CLIP C10	2	A11-7		SCREWS TOPPING M6*10	2
A6-2		BEARING 6000ZZ	1	A11-8		BUSHING 12*24*33.2	1
A6-3		NUT 3/8*0.5T	1	A11-9		BRAKING STOPPERT 2.0*28*58	1
A6-4		NUT 3/8*26*3mm	1	A12		SENSOR WIRE	1
A6-5		AXLE 10*120L	1	A13		GAS CYLINDER 600N	1
A6-6		BEARING 6003ZZ	2	A13-1		SCREW M8*86	1
A6-7		BEARING 6300ZZ	1	A13-2		PLASTIC WRAP 8*71L	1
A6-8		PULLY 37*17*60.9	1	A13-3		PLASTIC BUSHING	2
A6-9		ONE WAY BEARING	1	A13-5		NUT M8	1
A7		BEARING 6203ZZ	2	A13-6		SCREW M8*30	1
A8		HOUSING-MAGNET	1	A13-7		NUT M8	1
A8-1		WASHER M6*19*T1.5	1	A14		NUT	1
A8-2		NUT M6	1	A14-1		POWERCORD	1
A8-3		WASHER 6*22*T1.0	1	A15		SENSOR PIPE HOUSING	1
A8-4		NUT M6	1	A16		SCREW #6*32*12L	1
A8-5		SCREW M6*60	1	A17		CRANK RIGHT 170L	1
A8-6		TENSION CABLE 177L	1	A17-1		SCREW M8*25	1
A8-7		SPRING 10.2*1.2*11*55L	1	A17-2		ENDCAP	1
A9		SPRING 3*101L	1	A17-3		BELT 6PJ46"	1
A10		SLIDING TRACK	1	A18		BELT PULLY 260	1
A10-3		WASHER M8*25*2.0	2	A18-1		CCLIP C17	2
A10-4		METAL BUSHING 16.1*26.1*11L	2	A18-2		NUT M6	4
A10-5		AXLE FOR BACKREST TUBE 16*79L	1	A18-3		MAGNET	1
				A19		SCREW M8*52	1

RS5 RECUMBENT CYCLE

PARTS LIST (cont'd)

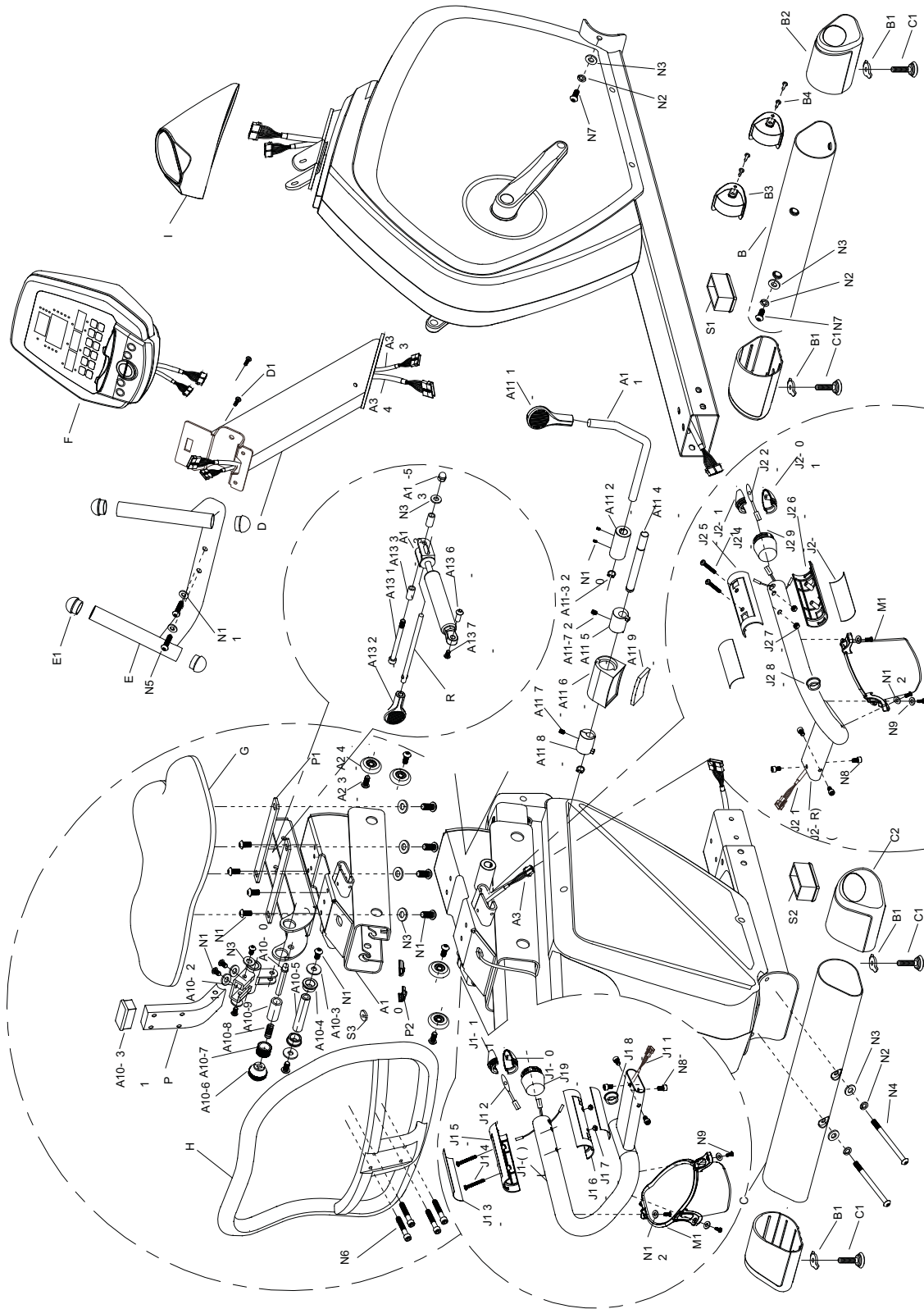
A19-1		NUTM8	1	H		BACKREST	1
A20		AXLE FOR BELT PULLEY § 17*153	1	I		COVER	1
A20-1		SCREW M6*16	4	J1(L)		LEFT SIDE HANDBAR	1
A21		PRESSING PIPE	1	J1-1		HAND PULSE SENSOR WIRE	1
A21-1		SCREW M8*25	1	J1-2		PLASTIC CIRCUIT BOARD LEFT	1
A21-2		WASHER M8*22*1.5	2	J1-3		PAD FOR HAND PULSE	2
A21-3		WASHER 10*24*0.3T	2	J1-4		SCREW M3*35L	2
A21-4		NUT M8	1	J1-5		HAND PULSE	1
A21-5		C CLIP C12	1	J1-6		HAND PULSE	1
A21-6		WHEEL § 44*§ 39*21.9L	1	J1-7		NUT M3	2
A21-7		BEARING 6001ZZ	1	J1-8		ENDCAP	1
A22		CRANK LEFT 170L	1	J1-9		ENDCAP	1
A22-1		SCREW M8*52	1	J1-10		CONTROLLER FOR RIGHT HANDLE BAR § 26* § 42*60.6	1
A22-2		END CAP	1	J1-11		CONTROLLER FOR RIGHT HANDLE BAR	1
A23		FRONT LEF T CHAIN COVER	1	J2-(R)		RIGHTSIDE HAND BAR	1
A24		SCREW M4*20	11	J2-1		HAND PULSE SENSOR WIRE	1
A25		SCREW M5*20	12	J2-2		PLASTIC CIRCUIT BOARD RIGHT	1
A26		FRONT RIGHT CHAIN COVER	1	J2-3		PAD FOR HAND PULSE	2
A27		REAR RIGHT CHAIN COVER	1	J2-4		SCREW M3*35L	2
A28		REAR LEFT CHAIN COVER	1	J2-5		HAND PULSE	1
A33		HAND PULSE SENSOR FRONT	1	J2-6		HAND PULSE	1
A34		SENSOR WIRE	1	J2-7		NUT M3	2
A36		MOTOR	1	J2-8		ENDCAP	1
B		FRONT STABILIZER	1	J2-9		ENDCAP	1
B1		ADJUSTED END	5	J2-10		CONTROLLER FOR RIGHT HANDLE BAR § 26* § 42*60.6	1
B2		END CAP	2	J2-11		CONTROLLER FOR RIGHT HANDLE BAR	1
B3		TRANSPORTATION WHEEL	2	K		WATER BOTTLE	1
B4		SCREW #8*32*5/8	4	L-(L)		PEDAL RIGHT JD-22A 9/16"	1
C		REAR STABILIZER	1	L-(R)		PEDAL LEFT JD-22A 9/16"	1
C1		ADJUSTED END M8* § 29*42.5	5	M1		ACCESSORY TRAY (LEFT)	1
C2		ENDCAP	2	M2		ACCESSORY TRAY (RIGHT)	1
D		MAIN SUPPORTING TUBE	1	N1		SCREW M8*15	20
D1		SCREW	2	N2		WASHER M8	13
D2		SCREW M5*10	4	N3		WASHER M8*16*1.2T	21
E		FRONT SMALL HANDLE BAR	1	N4		SCREW M8*105	2

RS5 RECUMBENT CYCLE

PARTS LIST (cont'd)

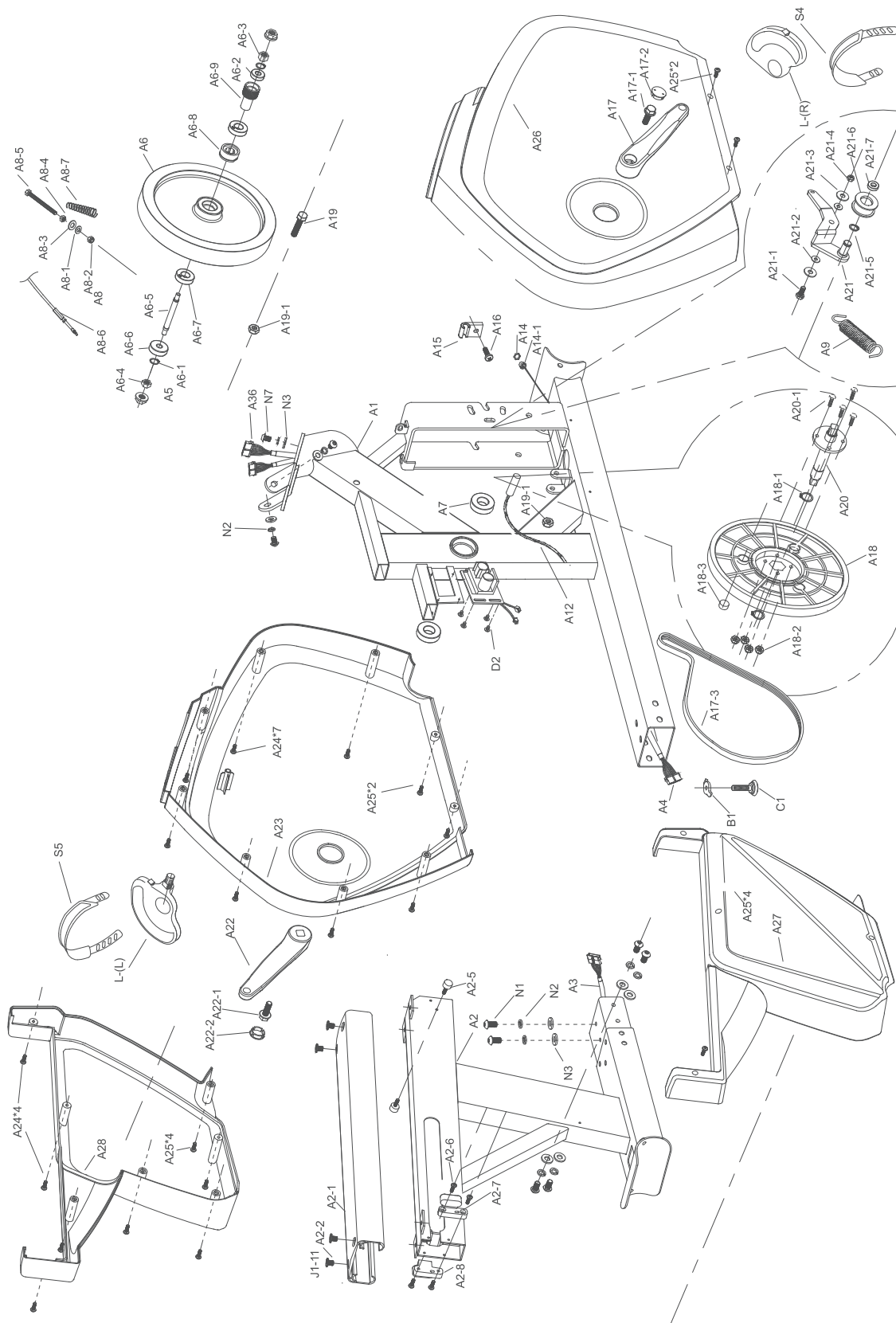
E1		CED CAP	4	N5		SCREW M8*35	2
F		MONITOR	1	N6		SCREW 1/4"*40L	2
G		SEAT	1	N6-1		SCREW 1/4"*46L	2
N8		SCREW M6*10	8	N7		SCREW M8*20	5
N9		SCREW M4*15	6			U SHAPE PLASTIC	2
N10		SCREW M6*8	2	S		ADAPTOR	1
N11		WASHER M8*16*1.2T	2	S1		ENDCAP	1
N12		WASHER 8*4.5	6	S2		ENDCAP	1
P		BACK PAD SUPPORT TUBE	1	S3		ENDCAP	1
P1		SADDLE TUBE	1	S4		STRAP(R)	1
				S5		STRAP(L)	1

SECTION 4 –EXPLODED VIEW

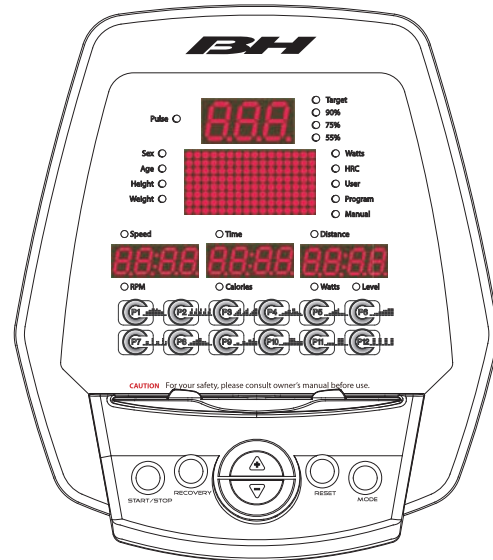


RS5 RECUMBENT CYCLE

RS5 EXPLODED VIEW



SECTION 5 –CONSOLE



FUNCTION BUTTONS:

- MODE** To confirm all setting values.
- RESET** To reset all setting values.
Press and hold for 2 seconds, monitor will resume to power-up mode.
- START/STOP** To start or stop training.
When time countdown to 0:00, the computer will stop automatically and beep for 8 seconds. Time will resume to previous setting value.
When user stop training by themselves, the computer will remain all the setting values and display heart rate chart
- UP** To make upward setting.
- DOWN** To make downward setting.
- RECOVERY** In stop or start mode, press the button will start heart rate recovery status measurement. Time will count down from 60 seconds.
- FAN** To turn on or turn off the fan
- P1** Switch to program profile 1.
- P2** Switch to program profile 2
- P3** Switch to program profile 3
- P4** Switch to program profile 4
- P5** Switch to program profile 5
- P6** Switch to program profile 6
- P7** Switch to program profile 7
- P8** Switch to program profile 8
- P9** Switch to program profile 9
- P10** Switch to program profile 10
- P11** Switch to program profile 11
- P12** Switch to program profile 12

FUNCTIONS:

- TIME** Count up—no preset target, time will count up from 0:00 to maximum 99:59
Count down—with preset target, time will count down from preset to 0.
- SPEED** Display training speed from 0.0 to maximum 99.9 km or mi.
- RPM** Display training rotation per minute
- CALORIES** Count up – no preset target, calories will count up from 0 to maximum 9990.
Count down—with preset target, calories will count down from preset to 0.

CONSOLE (cont'd)

- DISTANCE** Count up – no preset target, distance will count down from 0.00 to 99.50.
Countdown – with preset target, distance will count up from preset to 0.
- PULSE** The monitor will detect heart rate, if the user holds on to the handgrip sensors and, at the same time, wears chest belt, the handgrip reading takes priority and displays. When the monitor cannot detect pulse signal, it will display "P".

OPERATING PROCEDURE:

Power On

As power applied to the system, the monitor will display all segments with a long beep for 2 seconds. Use (+) or (-) buttons to select U1 (User #1) to U4 (User #4) as the user's identification. Press MODE to accept and all program LED's will flash. Press (+) or (-) buttons to scroll through the programs. Press MODE to select from top to bottom (WATT, HRC, USER, PROGRAM, MANUAL)

Training mode

Training mode selection in order top to bottom:

1-1 WATT Control Mode

User may change preset WATT value by pressing (+) or (-) buttons in 5W increment and press MODE to confirm.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

Screen displays profile automatically according to the preset target Watt data, current RPM and training speed. This profile is not available to be adjusted. If the training speed is too fast, resistance level will decrease. Otherwise, it will increase. The adjustment is to maintain the preset Watt for training.

1-2 HRC Mode (Heart Rate Control)

User may preset different target heart rate from 55%, 75%, 90% and Target by pressing (+) or (-) buttons. Press MODE to confirm.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The resistance level will adjust accordingly to the user's current heart rate reading as preset. If the heart rate read is below target, the resistance will increase one level every 30 seconds automatically. On the contrary, the resistance will decrease one level every 15 seconds until reaching the lowest level. At this level, if user's heart rate continues to exceed target for more than 30 seconds, the program will stop and start sounding audible beeps to warn user.

CONSOLE (cont'd)**1-3 User Profile Mode**

User may create their own profile in this mode. The first segment of the profile will start blinking, then user may press UP or DOWN button to adjust resistance level of each segment and press MODE to confirm. There are 16 segments for each profile.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The first segment starts blinking and switches to the next segment according to the preset time which is divided into 16 equal segments. Once the preset target data counting down to 0 the program stops automatically. User may press START button to start training again.

Other preset data will keep counting down from previous data.

1-4 Program Mode

There are 12 program profiles (P1~P12) for training selection. User may press program buttons from P1 to P12 to select profiles in stop mode.

Or press UP or DOWN button to select each profiles you want and press MODE to confirm. Then you may press UP or DOWN button to adjust the resistance level from 1 to 16.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

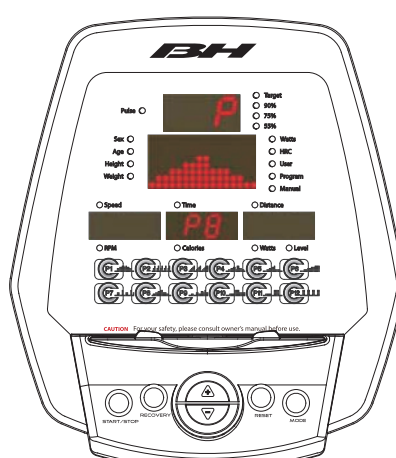
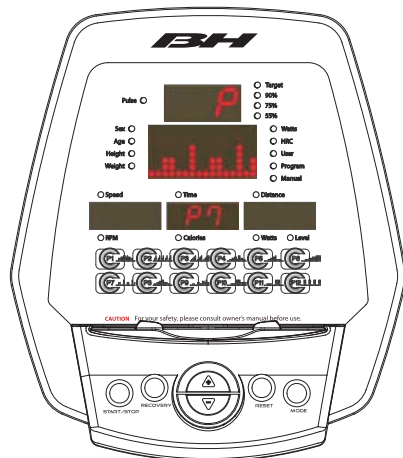
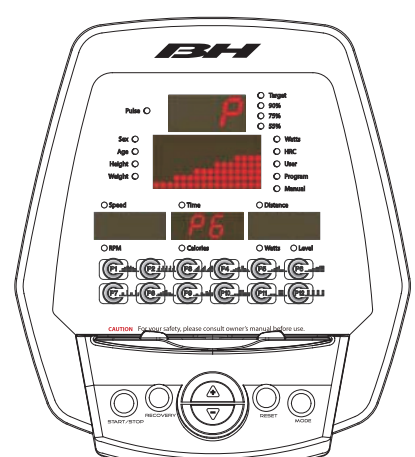
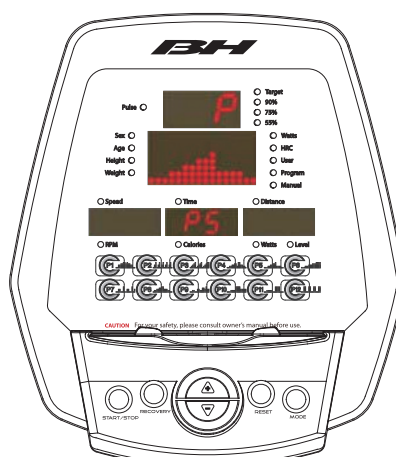
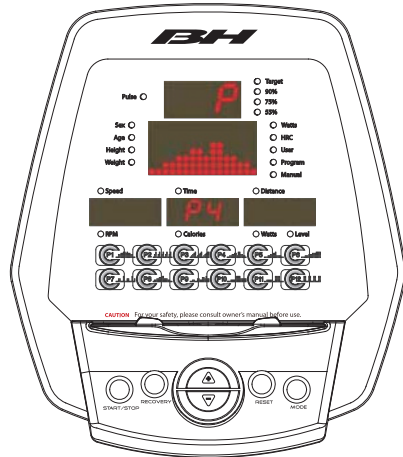
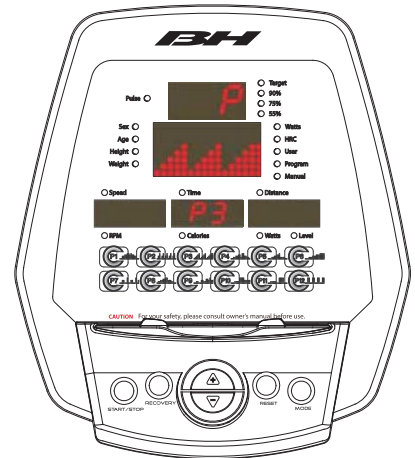
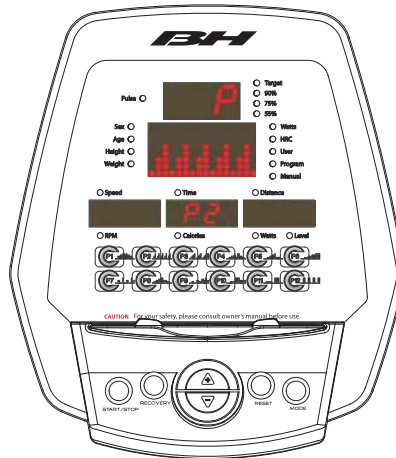
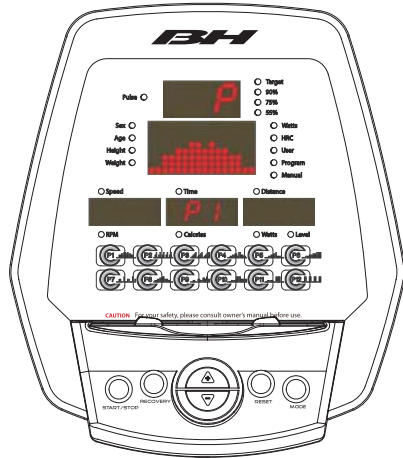
CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

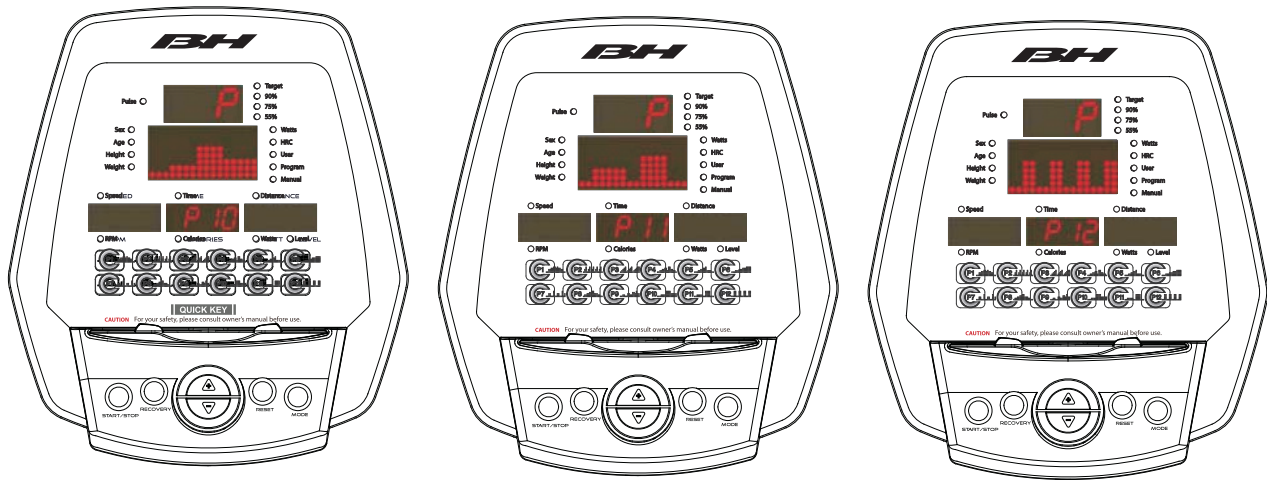
Press START button to start training:

The first LED segment starts blinking and switch to the next segment according to preset time which is divided into 16 equal segments. Once the preset target data counting down to 0, the program stops automatically. You may press START button to start training again. Other preset data will keep counting down from previous data.

CONSOLE (cont'd)



CONSOLE (cont'd)



1-5 Manual Mode

User may preset their own resistance level from 1 to 16 by pressing UP/DOWN button. The default resistance is level 1. Press MODE to confirm setting.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The first LED segment starts blinking and switches to the next according to the preset time (divided into 16 segments). Once the preset target data counting down to 0, the monitor will stop automatically. User may press START button to start training again. Other preset data will keep counting down from previous data.

NOTE:

1. The display monitor will shut off if the training is stopped or none of the buttons is pressed after 90 seconds.

2. Error message: **E2**

When the monitor displays this information, the control board connection failed. This message will disappear after the failure is corrected.

SECTION 7 – MAINTENANCE

MAINTENANCE INSTRUCTIONS CLEANING

WARNING: Always unplug your Bike prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

Care has been taken to assure that your Bike 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, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

SECTION 6 – CALCULATING YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE

Determining your Maximum Heart Rate:

The standard calculation for determining your maximum heart rate, Beats per Minute (BPM), is to subtract your age from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:

$$220 - 30 = 190 \text{ BPM.}$$

STEP TWO

Select your ideal workout HR Zone:

Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to lose weight.

70-80% of your maximum HR will improve your aerobic fitness.

80-85% of your maximum will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE

Calculate your ideal Target HR:

Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during your workout

$$190 * 0.65 = 123 \text{ BPM.}$$

Improve aerobic fitness, by maintaining ~142 BPM during your workout

$$190 * 0.75 = 142 \text{ BPM.}$$

$$\text{Do not exceed } 190 * 0.85 = 161 \text{ BPM}$$

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.



WARRANTY

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.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

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

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