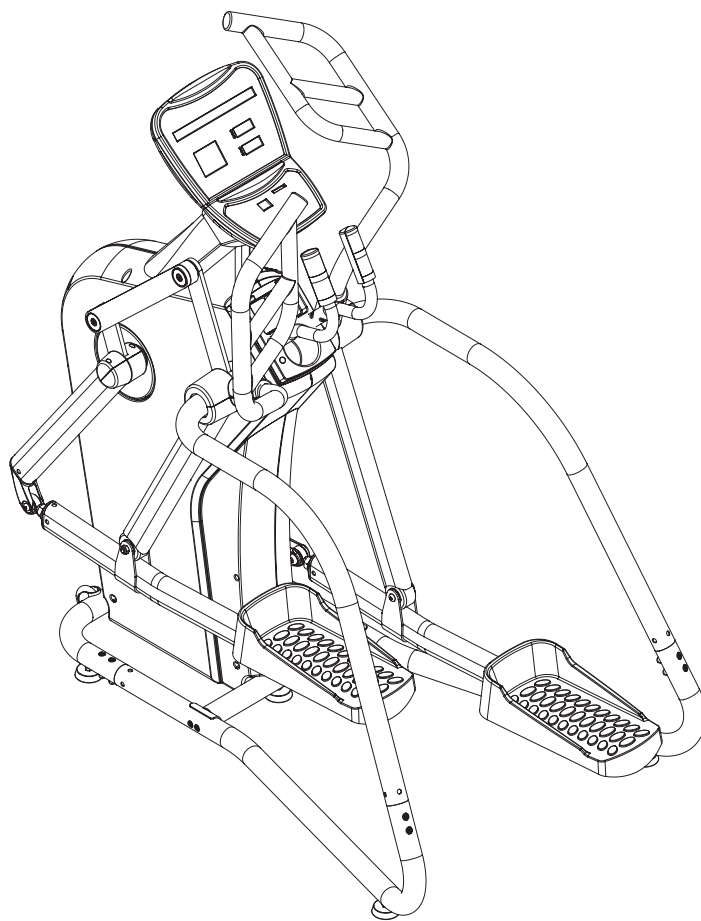




LK500X



OWNER'S MANUAL

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

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0350 | www.BHFitnessUSA.com



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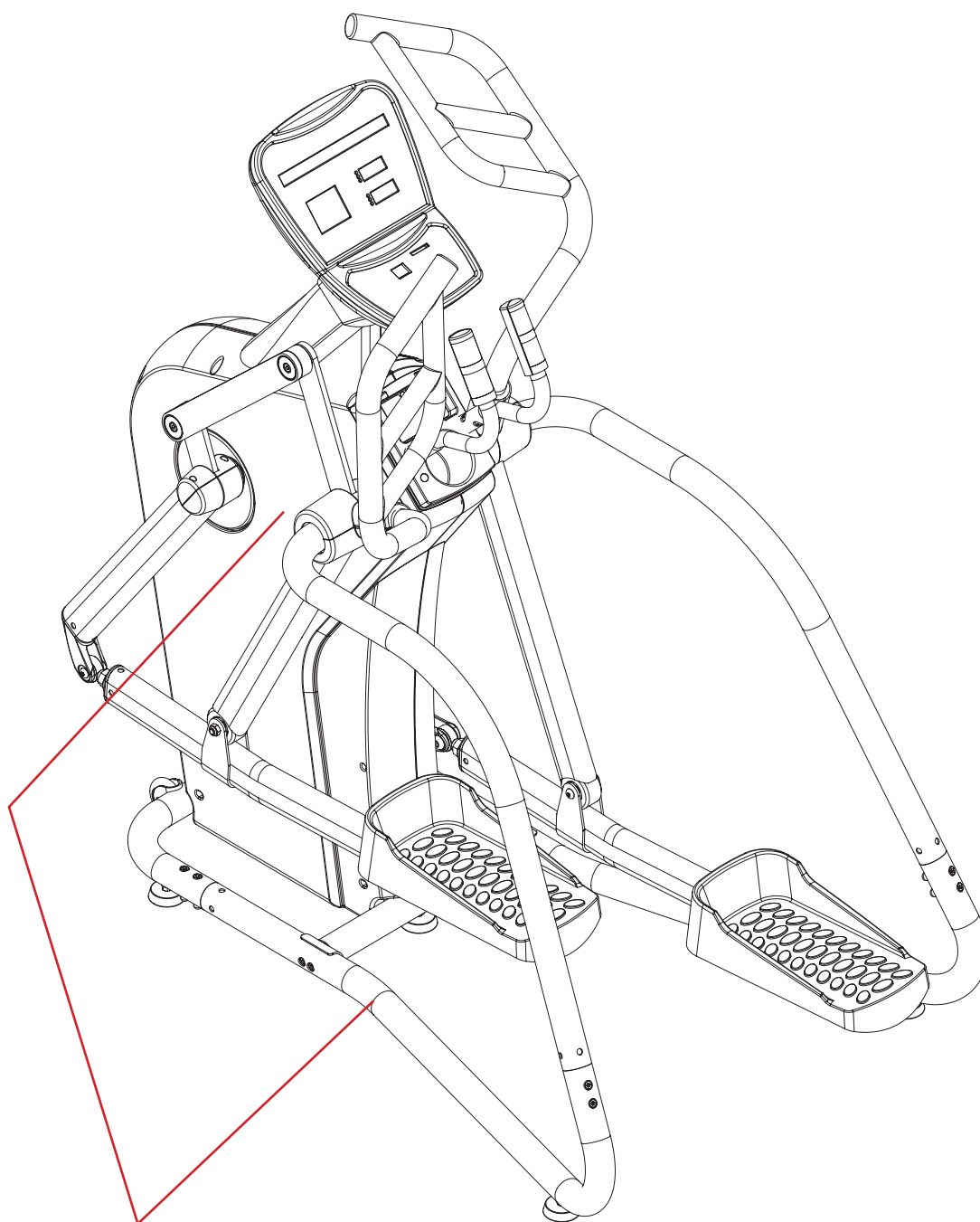
CONGRATULATIONS

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 piece of equipment 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 300 lbs (136 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.

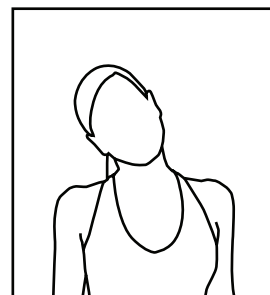
REST PERIODS

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

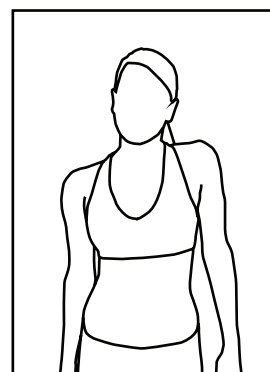
Head Rolls

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.



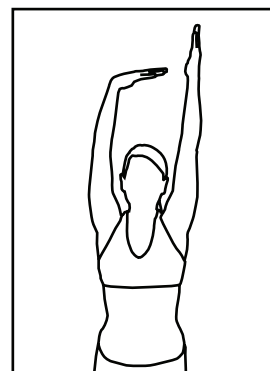
Shoulder Lifts

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.



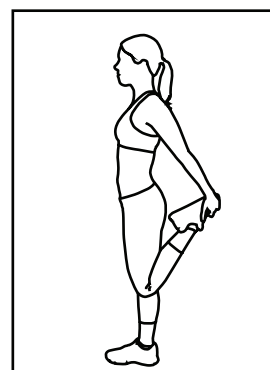
Side Stretches

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

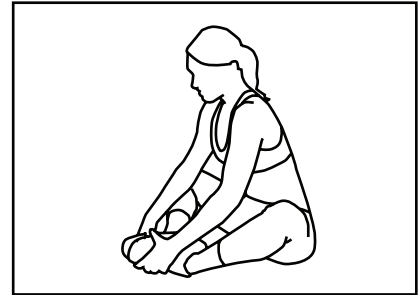
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

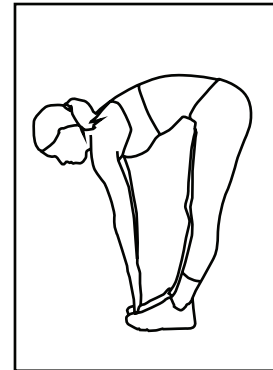
Inner Thigh Stretch

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.



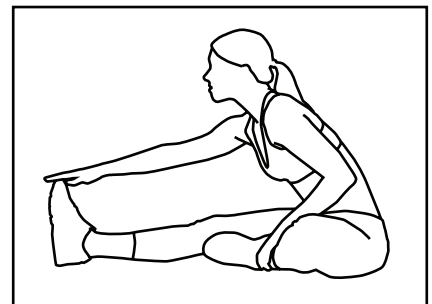
Toe Touches

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.

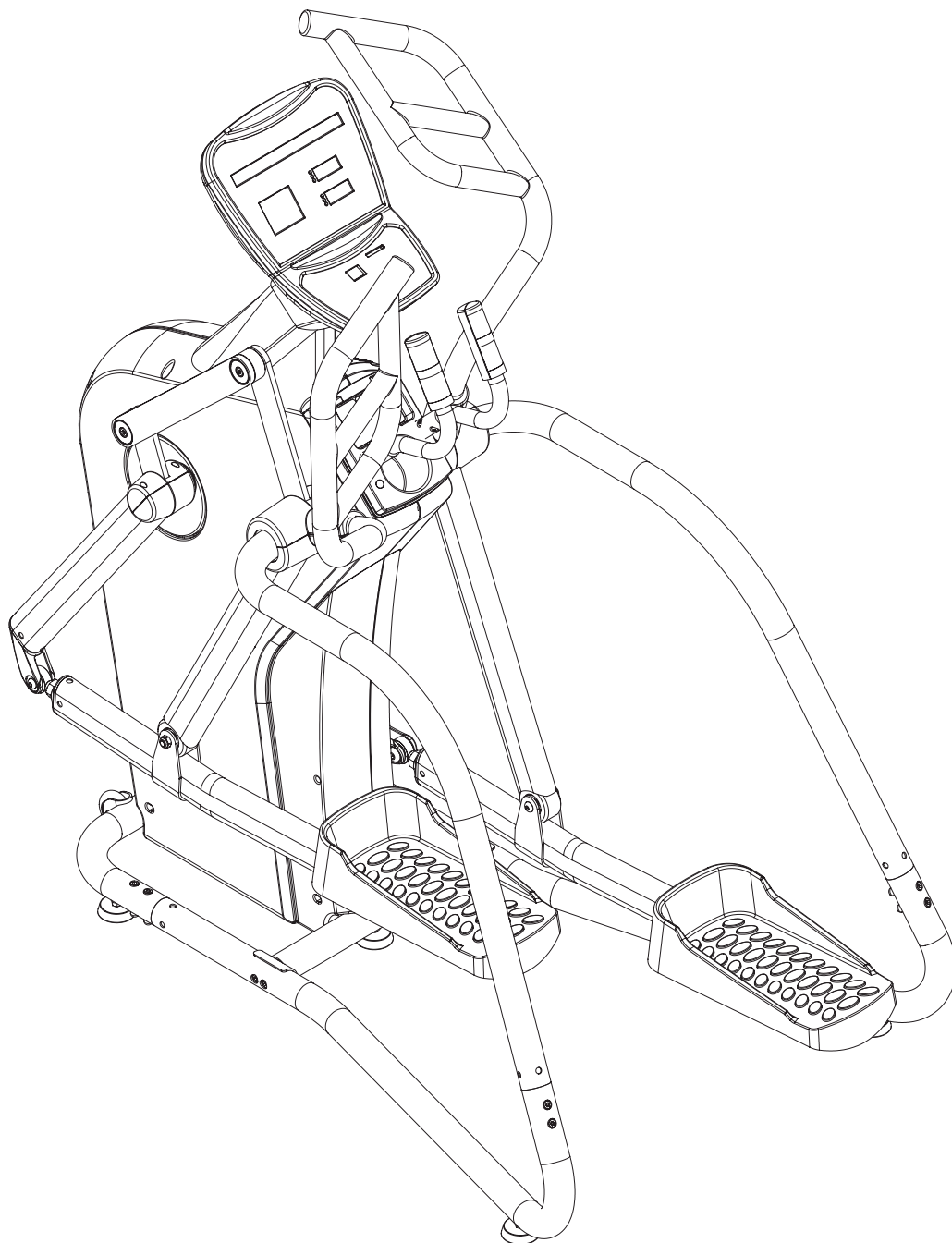


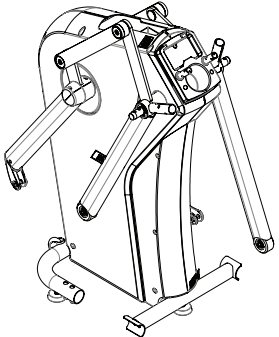
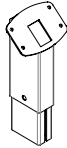
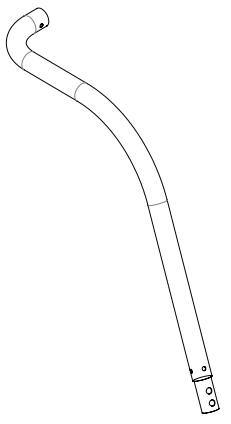
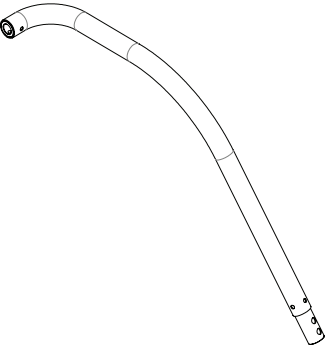
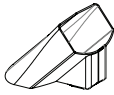
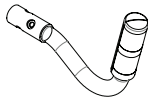
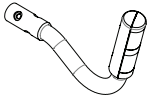
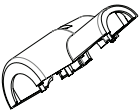
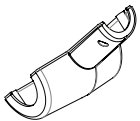
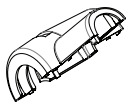
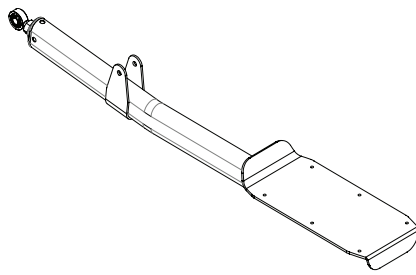
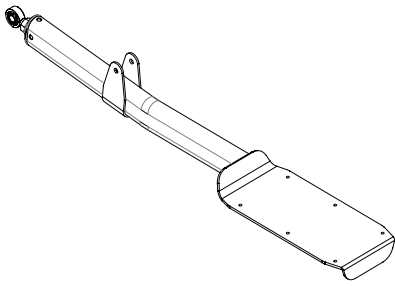
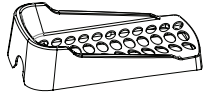
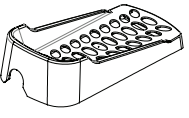
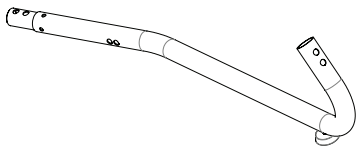
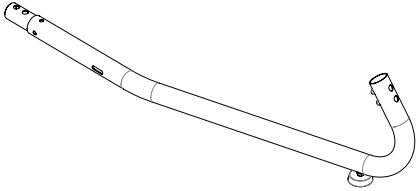
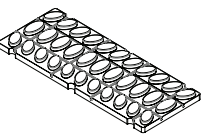
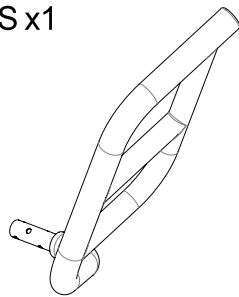
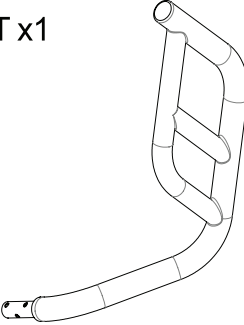
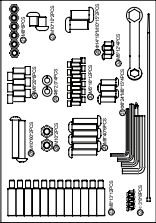
Calf/Achilles Stretches

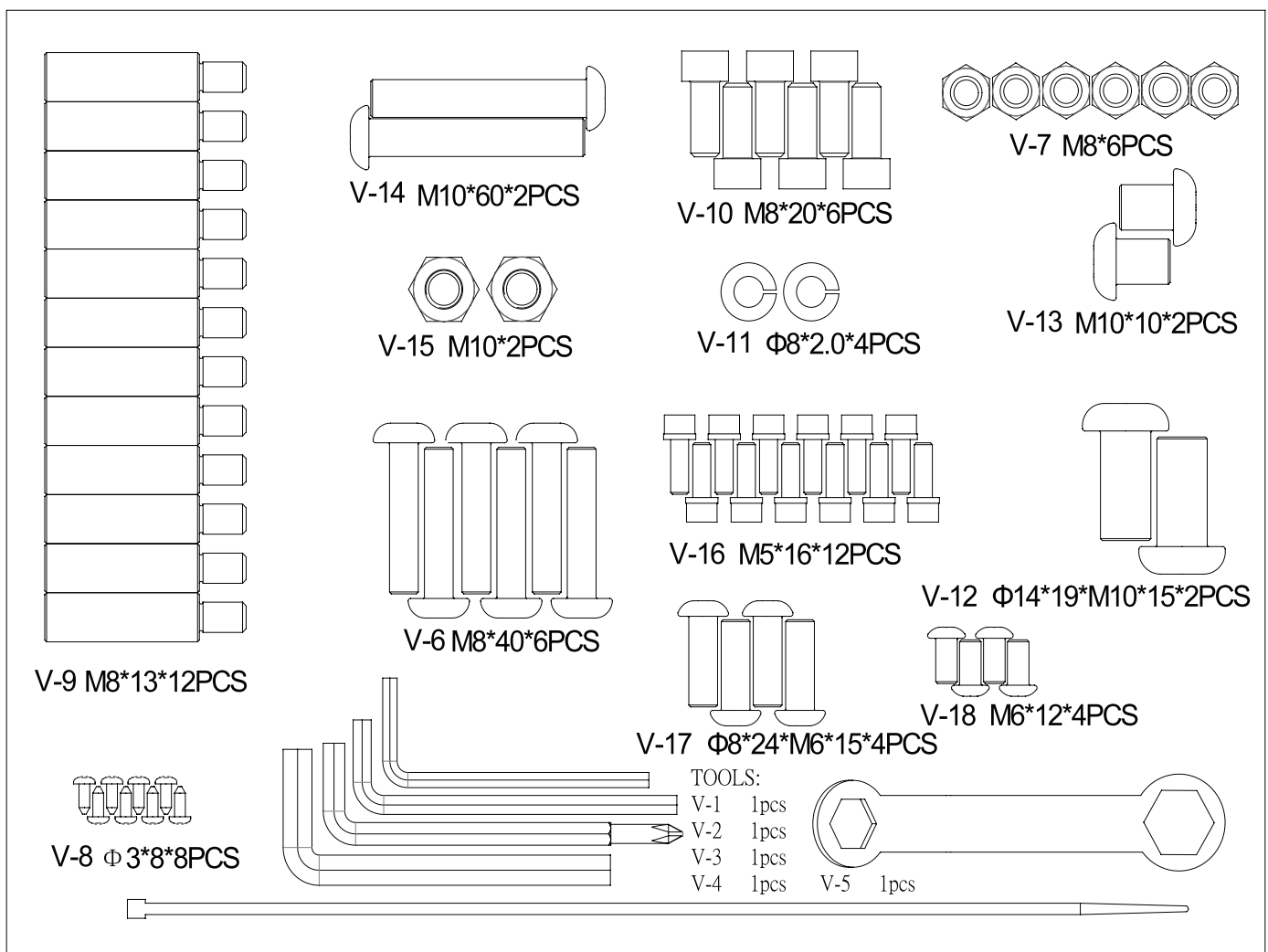
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



ASSEMBLY INSTRUCTIONS



A x1	B x1	C x1	D x1		
					
	E x1				
					
F x1	G x1	H x1	I x1	J x1	K x1
					
L x1		M x1		N x1	
					
				O x1	
					
P x1		Q x1		R x2	
					
S x1	T x1	U x1		V x1	
					



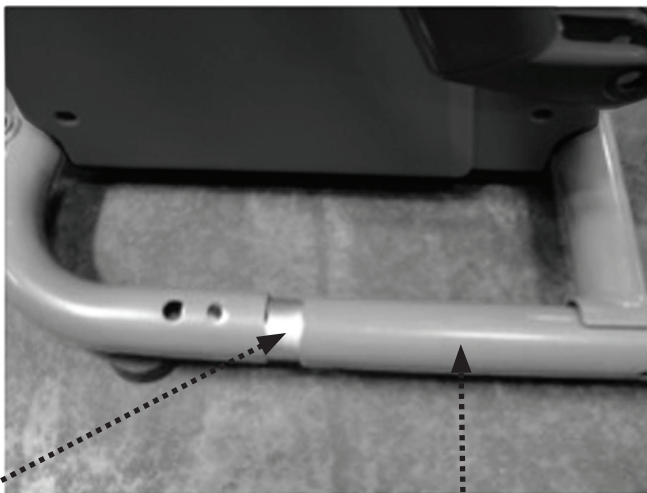
Φ =diameter

STEP 1

Insert Left Connection Tube (P-1) into the Main Frame Set (A) left lower tube but do not insert all the way as shown below.



Main Frame Set (A)



Left Connection Tube (P-1)

Not inserted all the way.

STEP 2

Insert Left Handle Connection Tube (C) into Left Connection Tube (P-1) as shown below.



Left Handle Connection Tube (C)

Left Connection Tube (P-1)

STEP 3

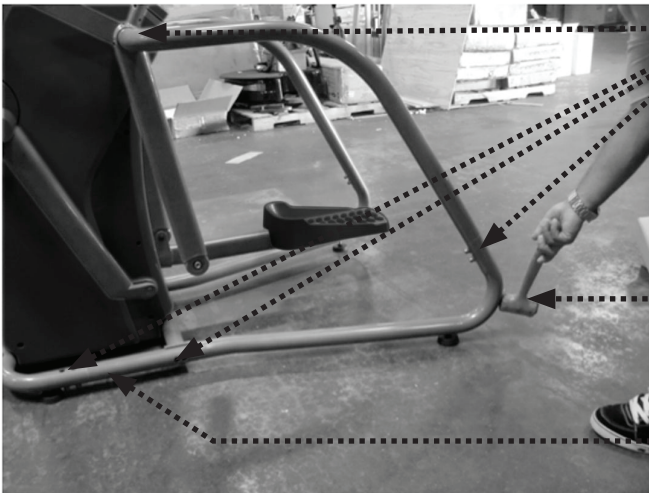
Insert Left Connection Tube (P-1) until the top part of Left Handle Connection Tube (C) aligns with mating spindle and insert as shown below.



The top part of Left Handle Connection Tube (C) aligns with mating spindle. Fasten using attachment hardware V-10 (2) and V-11(2).

STEP 4

Insert the Left Connection Tube (P-1) into Main Frame Set (A) until it seats. You may have to tap the Left handle connection tube (C) with a rubber mallet in order to seat all the way as shown below.



8 fastener holes.

Tap with a rubber mallet here.

Seated all the way in.

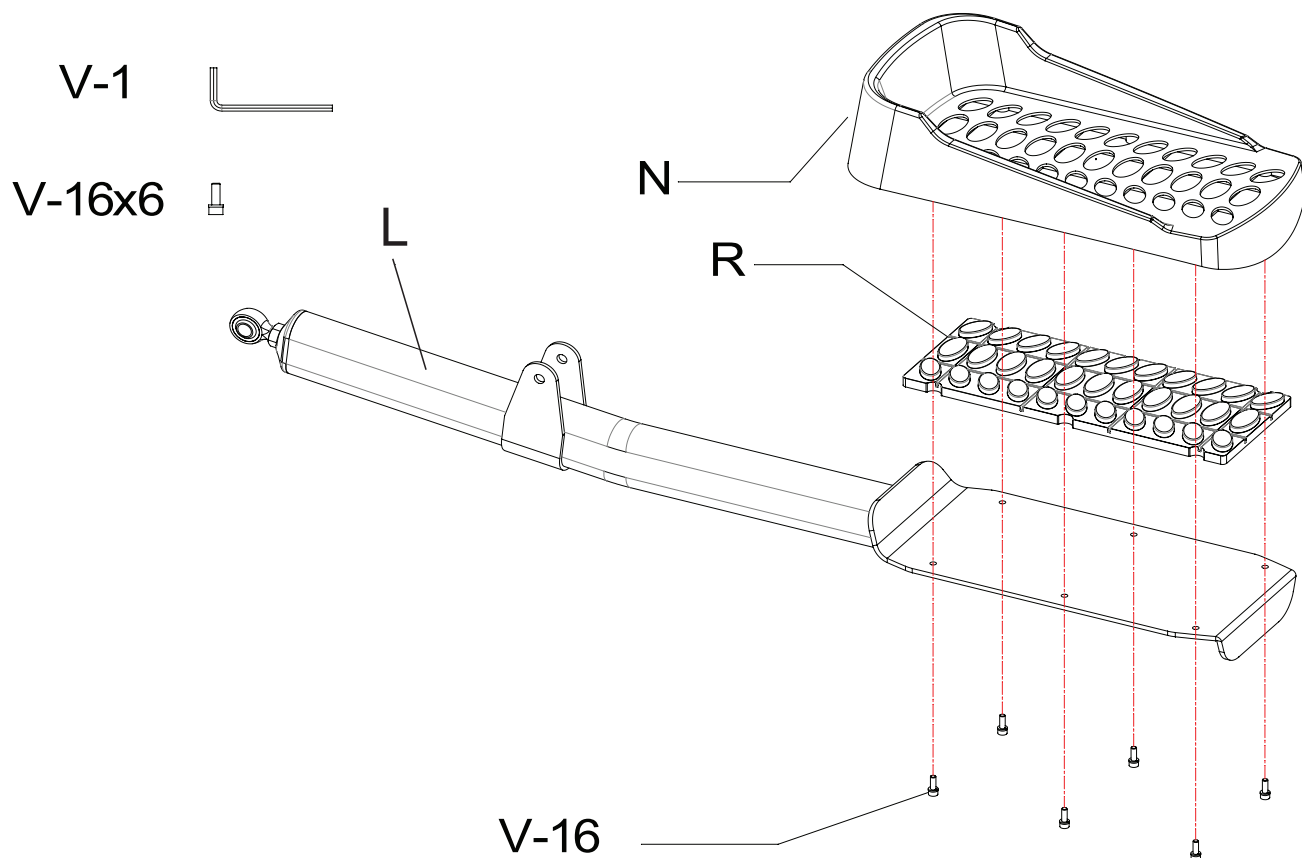
STEP 5

Make sure the 8 fastener holes are lined up, then use attachment hardware V-9 (6) for the six lower holes and V-10 (2) and V-11 (2) hardware in step 3 for the remaining two upper holes.

STEP 6

Follow the same assembly procedures as above to assemble the right side.

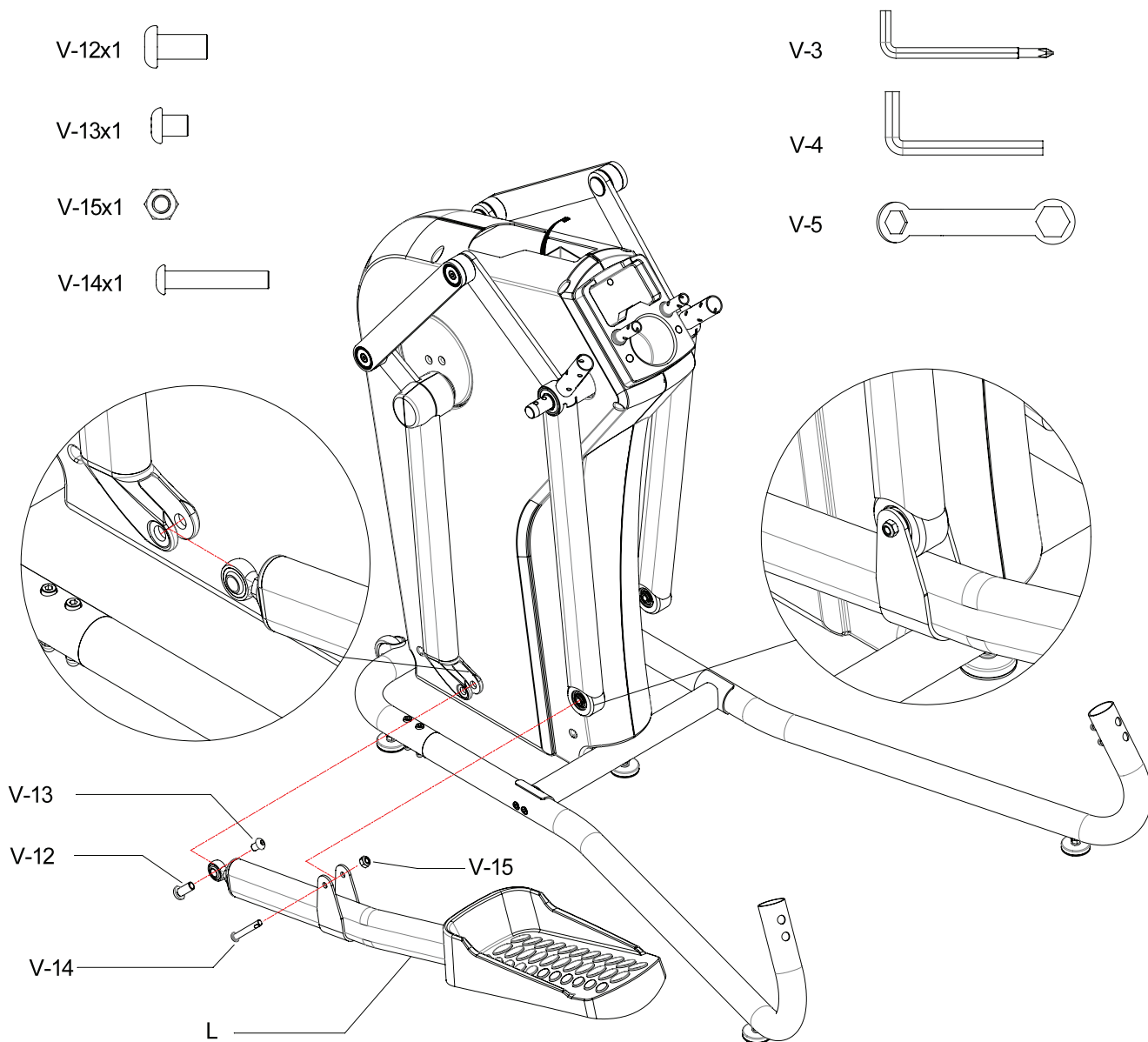
PEDAL & PEDAL POST DETAILS



STEP 7

Fasten the Left Pedal Post Set (L) onto both attachment arm mechanisms on the Main Frame Set (A) with the assembly hardware as shown below.

1. First step is to attach the bearing end of Left Pedal Post Set (L) onto the attachment mechanism using attaching hardware V-12 (1) and V-13 (1).
2. Second step is to attach the center support of the Left Pedal Post Set (L) onto the attachment mechanism using attaching hardware V-14 (1) and V-15 (1).

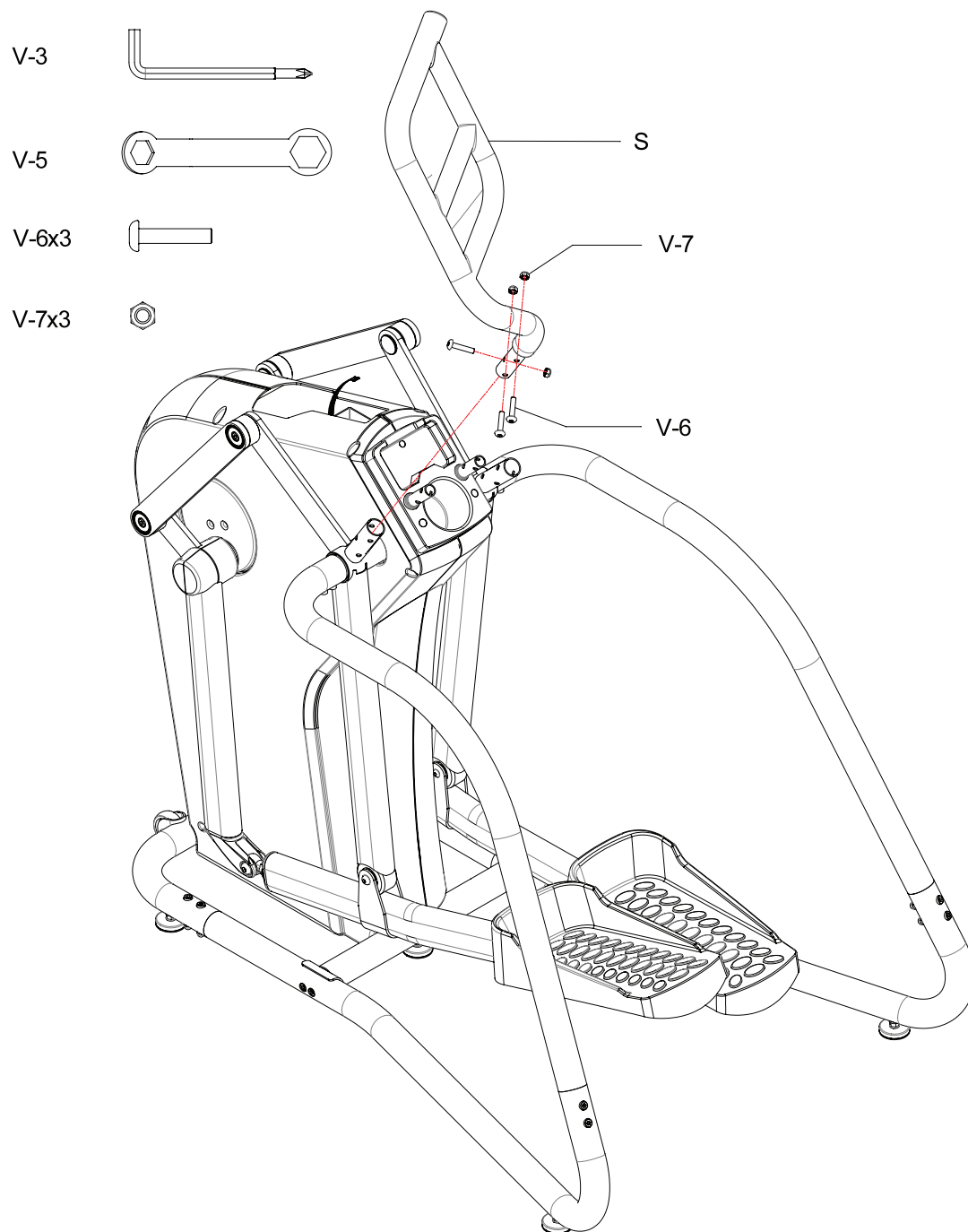


STEP 8

Follow the same assembly procedures as above to assemble the right side.

STEP 9

Attach Left Swing Post Set (S) using the attachment hardware V-6 (3) and V-7 (3) as shown below.

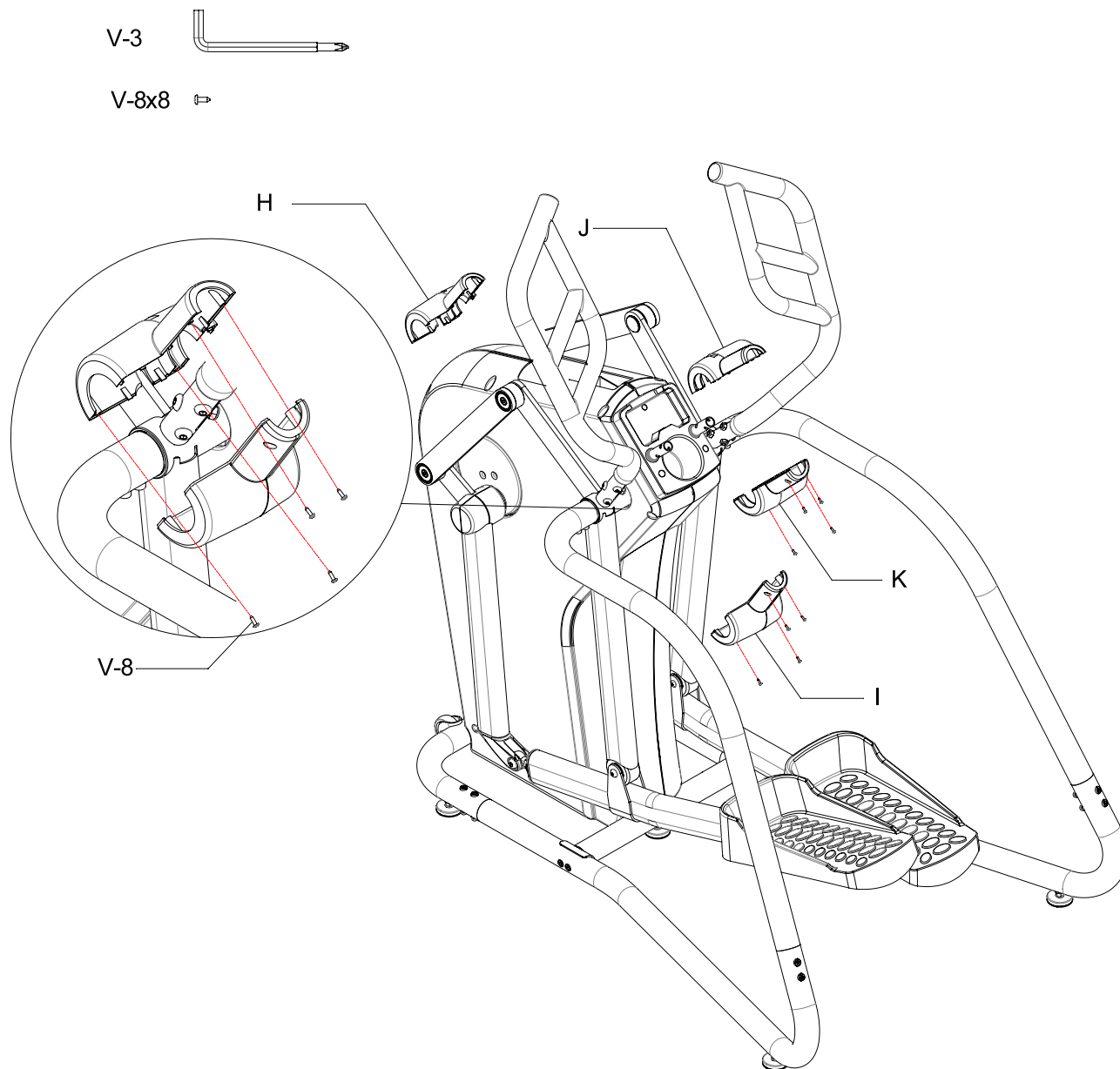


STEP 10

Follow the same assembly procedures as above to assemble the right side.

STEP 11

Attach Left Swing Arm Front Cover (H) and Left Swing Arm Rear Cover (I) using the attachment hardware V-8 (4).



STEP 12

Follow the same assembly procedures as above to assemble the right side.

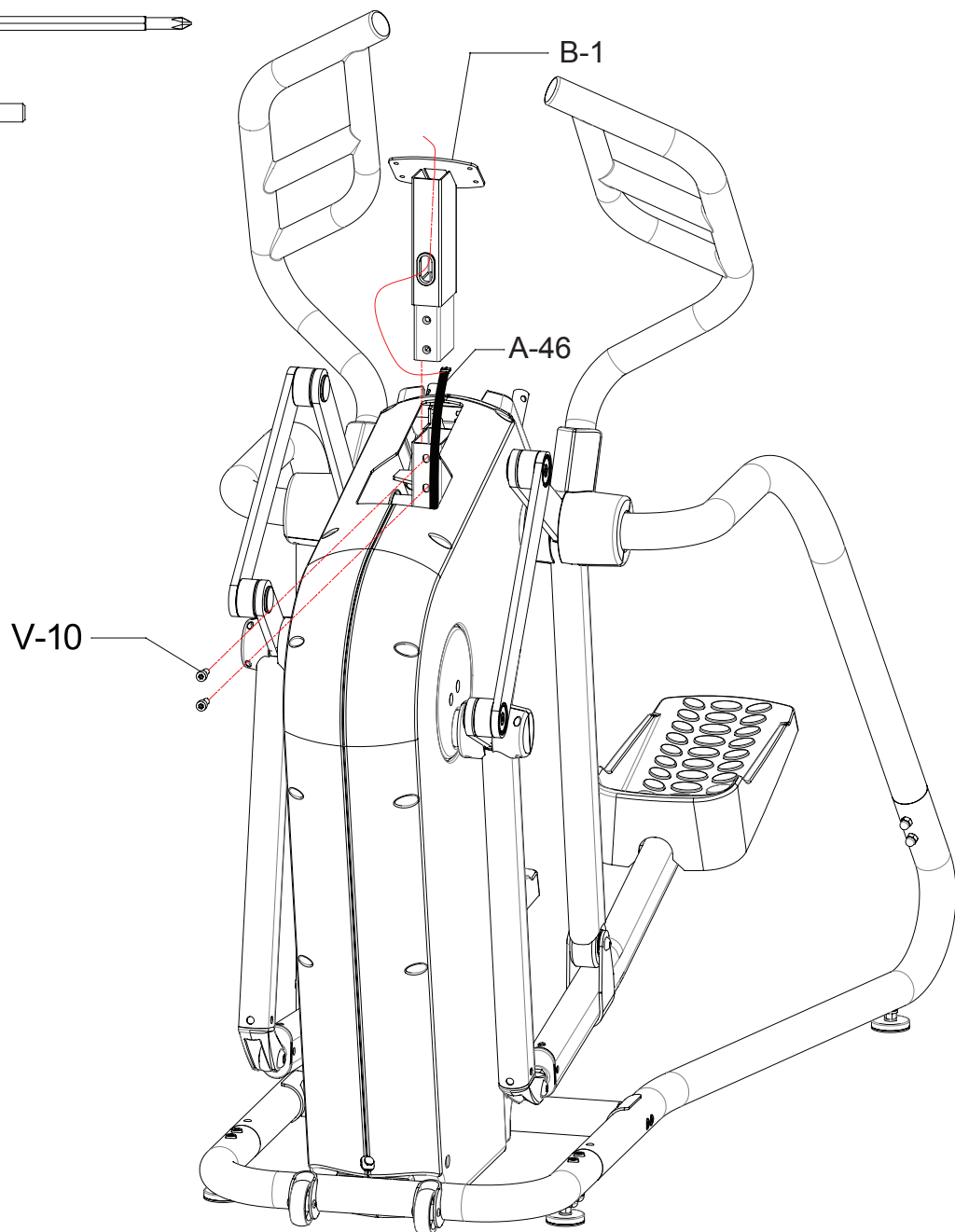
STEP 13

1. Attach the Computer Post (B-1) using attachment hardware V10 (2) as shown below.
2. Insert the Computer cable (A-46) in the opening at the rear of the Computer Post (B-1) and pull through the top opening as shown in the diagram below.

V-3



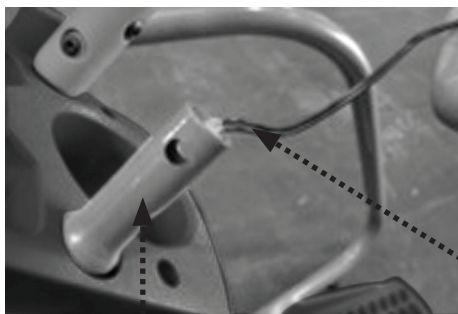
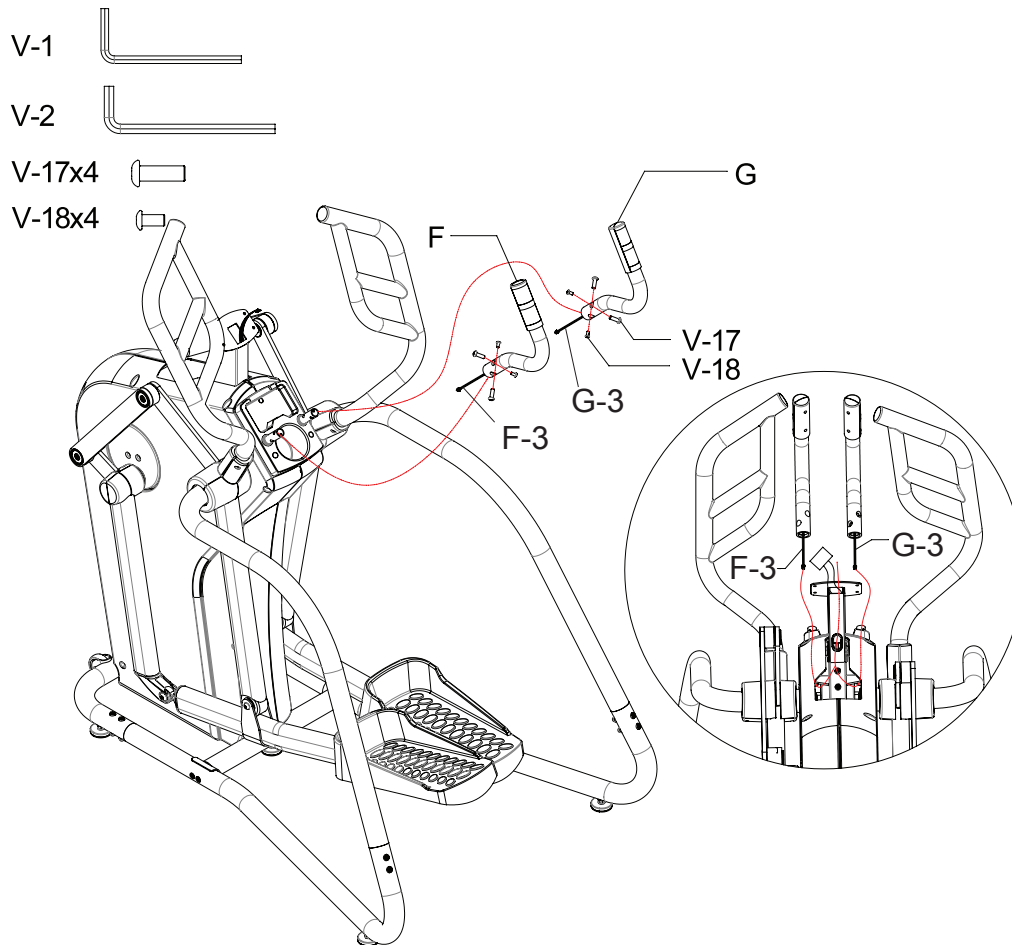
V-10X2



STEP 14

Attach Left Handlebar Set (F) onto the attachment tube as shown in the photo below.

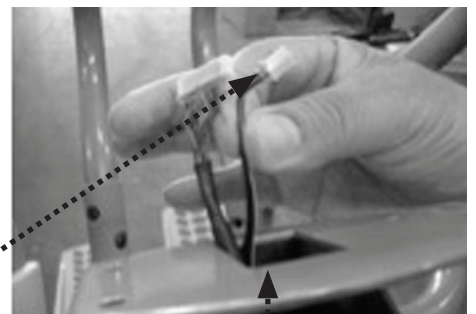
1. Insert the Sensor Wire (F-3) into the installation tube and pull through the top of the Computer Post (B-1) as shown in the photo's below.
2. Fasten the Left Handlebar Set (F) onto the attachment tube using the attachment hardware V-17 (2) and V-18 (2).



Left Installation Tube



Sensor Wire (F3)



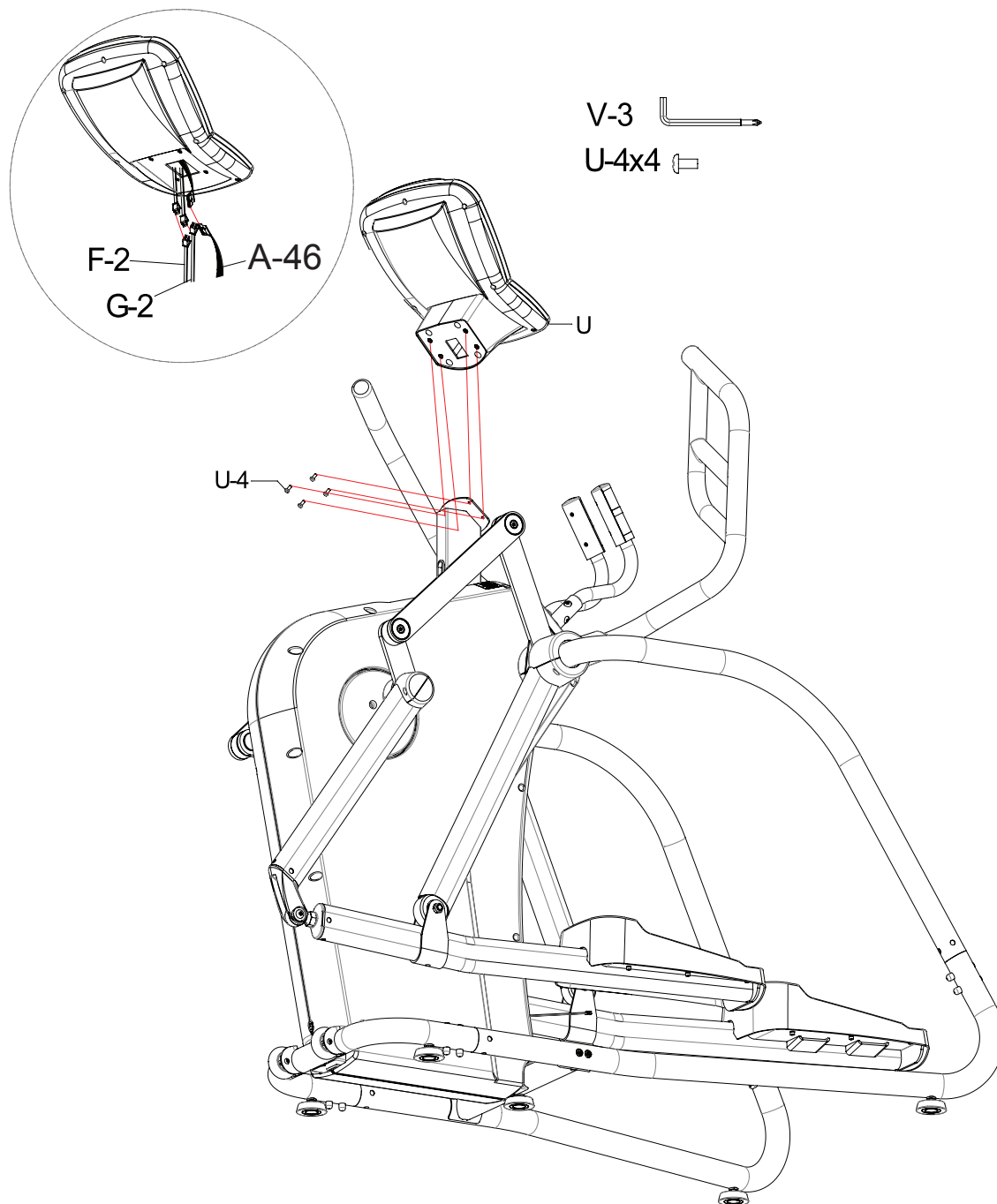
Computer Post (B-1)

STEP 15

Follow the same assembly procedures as above to assemble the right side.

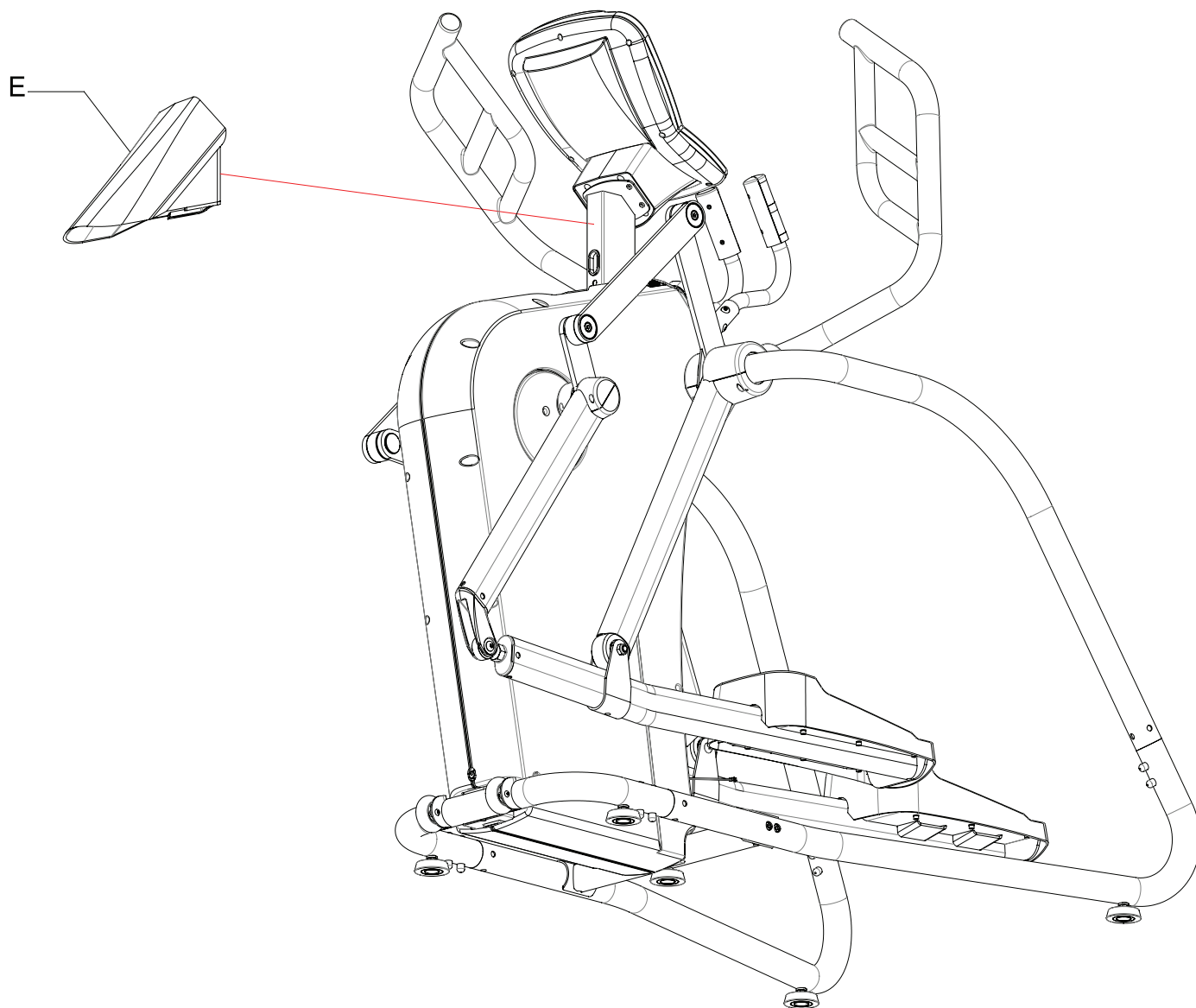
STEP 16

Attach Sensor Wires (F-3 and G-3) and Computer Cable (A-46) to the Computer Set (U) and fasten the Computer using attachment hardware U-3 (4) as shown in the diagram below.



STEP 17

Attach Computer Post Cover (E) and plug in Power Adaptor (U-4) as shown in the figure below.



CONSOLE OPERATIONS

START MODE

After Power-up, the display will light up and flash the following:

WELCOME TO BH FITNESS

PRESS PROGRAM KEY TO SELECT PROGRAM

PRESS QUICK START KEY TO BEGIN

When the generator can no longer supply power to the equipment, the display will save your data and turn off. When it has power again, it will show the data that was saved.

CONSOLE BUTTON DESCRIPTION

Quick Start Button

- Press the Quick Start button in the Manual Mode to start the count up process
- Press and hold the Quick Start button for 3 seconds to reset the current operation
- In the workout, press the Quick Start button to pause/stop

OK Button

- Press the OK button to enter data when in a program or to select

Up Button

- Press the Level Up button to increase the level setting
- Once in program selection, press Level Up button to select program profile
- Press and hold the Up button for 1 second and the count up will increase at 5 times per second
- Press and hold the Up button for 2 seconds and the count up will increase at 8 times per second

Down Button

- Press the Down button to reduce the level setting
- Once in program selection, press Down button to select program profile
- Press and hold the Down button for 1 second and the count up will increase at 5 times per second
- Press and hold the Down button for 2 seconds and the count up will increase at 8 times per second

Scan Key

- Press Scan 1 to select Distance>Watts>RPM function
- Press Scan 1 to select Calories>Cal/HR>METS function

PRE-PROGRAMED BUTTONS AND PROFILE LIST

Warm Up Program Button

- Beginners/Intermediate/Advanced

Manual Program Button

- Manual

BodyFat Program Button

- BodyFat

Personal Program Button

- User1/User2/User3/User4

Fat Burn Program Button

- Cardio/Fat Burn

Training Program Button

- Speed Training 1/Speed Training 2/Extreme Training/Sport Training 1/
Sport Training 2

Heart Rate Program Button

- Heart Rate 55%/Heart Rate 65%/Heart Rate 75%/Heart Rate 85%/Watt Control

Random Hill Program Button

- Random 1/Random 2/Hill 1/Hill 2/Hill 3

Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Warm Up	Beginner	1	1	1	1	1	1	1	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	Intermediate	1	1	1	1	1	1	1	1	3	3	3	3	3	3	3	3	6	6	6	6	6	6	6	6	6
	ADVANCED	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
Manual	Manual	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Personal	User1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	User2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	User3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	User4	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Fat Burn	Cardio	4	4	4	6	6	6	8	8	8	8	8	8	8	8	8	8	8	8	6	6	6	6	4	4	4
	Fat Burn	4	4	4	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	4	4	4	4
Training	SPEED TRAINING 1	2	9	4	11	3	8	4	13	3	10	2	9	4	11	3	8	2	10	4	15	8	4	13	3	10
	SPEED TRAINING 2	1	1	3	3	5	5	5	7	7	7	9	9	9	11	11	11	14	14	14	16	16	16	6	6	6
	EXTREME TRAINING	3	3	17	15	13	11	9	7	5	3	17	15	13	11	9	7	5	3	17	15	13	11	9	7	5
	SPORT TRAINING 1	3	7	12	15	15	15	15	18	18	18	18	18	18	14	14	14	14	18	18	18	18	18	18	12	8
	SPORT TRAINING 2	3	3	7	7	12	12	15	15	15	15	15	15	15	15	15	17	17	17	17	17	17	17	17	17	6
	Random Hill	3	6	2	5	7	4	2	6	3	8	5	3	2	4	7	3	6	7	8	7	3	4	9	7	4
Random Hill	Random 2	2	10	3	6	8	5	3	2	12	5	7	2	2	6	8	10	7	3	5	8	13	11	10	8	5
	Hill 1	2	3	2	4	4	3	4	3	5	5	4	5	4	6	6	5	6	5	7	7	6	9	9	5	3
	Hill 2	5	2	4	1	6	3	7	4	2	1	3	7	8	7	9	11	12	10	6	4	5	4	7	5	3
	Hill 3	3	4	5	6	7	5	3	6	8	10	12	14	11	8	5	5	7	9	12	15	13	11	9	7	5

PROGRAM DESCRIPTION

Quick Start Mode

If you do not wish to select a program and simply want to start exercising, press the Quick Start button. The default level will be set to 1 and the default time will set to 60 seconds. This can also be used like Manual Mode.

Warm UP Mode

Once you have pressed the Warm Up button, select a profile by using the Up/Down buttons, then press the OK button to confirm. Enter your weight on the next screen, then press the Quick Start button to begin the workout. The default time is set to 8 minutes. The resistance depends on the selected profile. Press the Up/Down buttons to change the level.

Manual Mode

Once you have pressed the Manual Program button, use the Up/Down buttons to increase or reduce the settings. When you are done, press the OK button to confirm. Continue and set up Weight and Time with the Up/Down buttons and then press OK to confirm. Press the Quick Start button to start the exercise. Resistance is set to a default of 1. Press the Up/Down buttons the change the level.

Pre-Program Profile Mode (Fat Burn/Training/Random Hill)

To select one of the pre-programed profiles, Press either the Fat Burn, Training or Random Hill Buttons. Use the Up/Down buttons to increase or reduce the settings for each profile. When you are done, press the OK button to confirm. Continue and set up Weight and Time with the Up/Down buttons and then press OK to confirm. Press the Quick Start button to start the exercise. The default resistance depends on the selected profile. Press the Up/Down buttons to change the level.

User Mode

Once you have pressed the Personal Program button, select a user (USER1-4) by using the Up/Down buttons, then press the OK button to confirm. Continue and set up Weight, Time and User Profile with the Up/Down buttons and then press OK to confirm. Press the Quick Start button to start the exercise. The default resistance depends on the selected profile, when exercising use the Up/Down buttons to change the level.

HR Control Mode

Once you have pressed the Heart Rate Program button, press the Up/Down buttons to select percentage. Continue and set up Weight, Age, Target Heart Rate and Time with the Up/Down buttons and then press OK to confirm. Press the Quick Start button to start the

exercise. The default resistance is set to Level 1.

The program will show the real heart rate and target heart rate every 29 seconds. If your heart rate is less than the target heart rate by 5, the level will increase by 1 automatically and the icon will show a red heart. If your heart rate is greater than the target heart rate by 5, the level will reduce by 1 automatically, and the icon will show a broken heart. If the heart rate data is ± 5 or no heart rate is detected, the icon will show a green heart. During the program, press the Up/Down buttons to change the level.

WATT Control Mode

Press the Heart Rate Program, then press the Up/Down buttons and select Watt Control. Continue and set up Weight, Time, and Target Watt (press the number key to set up Target Watt 50-400, the minimal value is 50, the maximal value is 400). Press OK to enter data. Press the Quick Start button to start the exercise program. When the Time is 0:00, it will change each line every one minute. During the exercise, your target Watt not your real Watt is being displayed, to change your Target Watt use the Up/Down buttons.

Body Fat Mode

Once you have pressed the Body Fat Program button, use the Up/Down buttons to select a profile. Continue and set up Weight, Height, Age and Gender. Press OK to confirm. Press the Quick Start button to begin the exercise program.

FACTORY SETTINGS

Press and hold the top Scan button and Quick Start button at the same time to enter the engineering mode. Use the Up/Down buttons to scroll through the various settings listed below and press the OK button to enter and edit each.

UNITS (METRIC OR STANDARD)

Select Units and press OK to enter into the Unit editing mode. The default is set to Metric, use the Up/Down buttons to toggle between Metric and Imperial. Press the OK button to set up and save.

WHEEL SIZE

Select Wheel Size and press OK to enter into the Wheel Size editing mode. The range is between 10-80 and the default is set to 55, use the Up/Down buttons to set the range and press the OK button to save.

LANGUAGE

Select Language and press OK to enter into the Language setting mode. The languages that you can select from are: English, Spanish, Portuguese, Italian, French, and Dutch. The default language is English. Use the Up/Down buttons to toggle between languages and press the OK button to select and save your new language setting.

POWER

Select Power Save On and press OK to enter into the Power setting mode. Use the Up/Down buttons to toggle between OFF and ON. The default is set to ON. Press the OK button to select and save your new Power settings.

SOUNDS

Select Sounds On and press OK to enter into the Sounds mode. Use the Up/Down buttons to toggle between OFF and ON. The default is set to ON. Press the OK button to select and save your new Sound setting.

TESTING MODE

Press and hold the bottom Scan button and Quick Start button at the same time to power up. It will then start Key testing, when it has finished, press the OK button and Quick Start button at the same time to test the next process.

Enter Display testing. When finished with the testing, press any key to leave. It has 10 steps, each step is 1 second long.

STEP 1: All LED lights will turn on

STEP 2: The two color Dot Matrix will turn on with a red color, and the one color Dot Matrix will turn on. It will display 1.

STEP 3: The two color Dot Matrix will turn on with a green color, and the one color Dot Matrix will turn on. It will display 2.

STEP 4: The two color Dot Matrix will turn on in the first line. It will display 3.

STEP 5: The two color Dot Matrix will turn on in the second line. It will display 4.

STEP 6: The two color Dot Matrix will turn on in the third line. It will display 5.

STEP 7: The two color Dot Matrix will turn on in the fourth line. It will display 6.

STEP 8: The two color Dot Matrix will turn on in the fifth line. It will display 7.

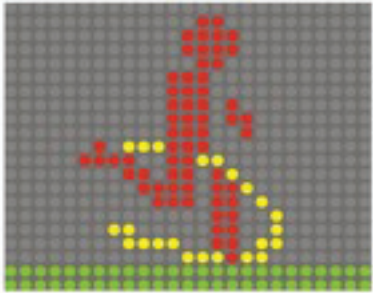
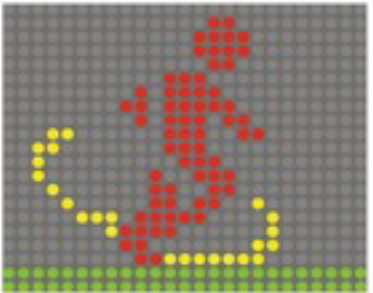
STEP 9: The two color Dot Matrix will turn on in a horizontal line of odd number. It will display 8.

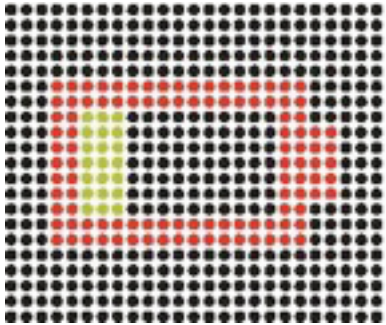
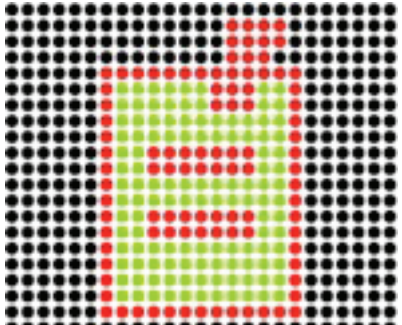
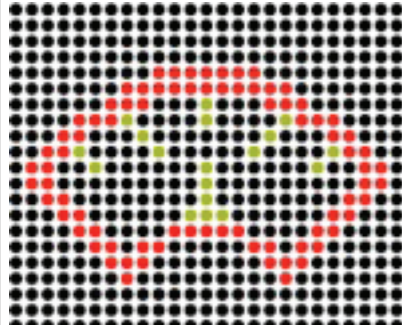
STEP10: The two color Dot Matrix will turn on in a horizontal line of even number. It

will display 9.

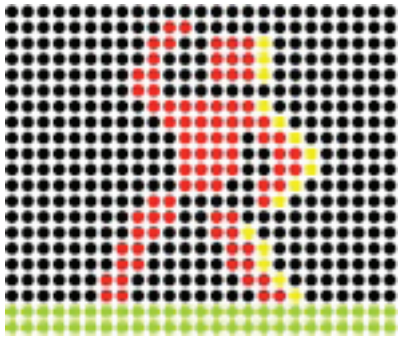
STEP 11: The entire display will light up and enter into the life test. Press any button to leave.

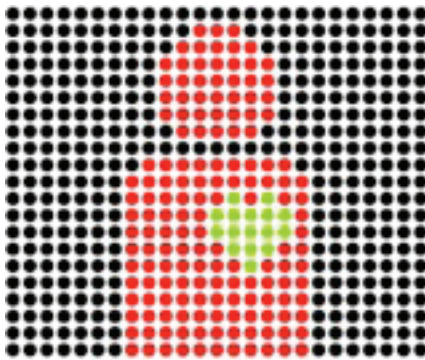
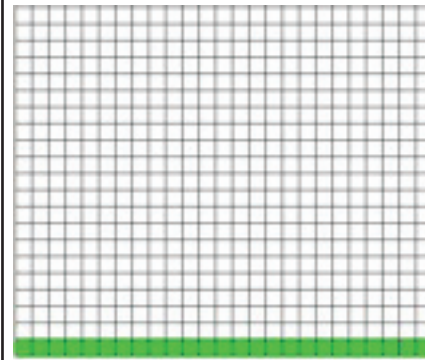
PROGRAM DISPLAYS

Idol Mode		
		

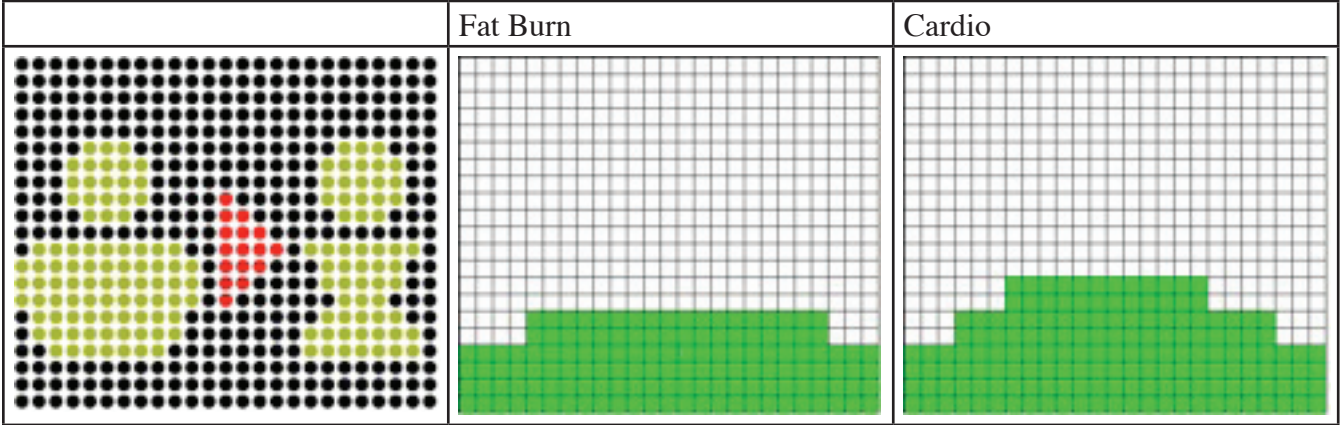
Low Power	Manual	Body Fat
		

Set Up	Female	Height Setting
		
Weight Setting	Time Setting	Distance Setting
		
Calories Setting	Age Setting	
		

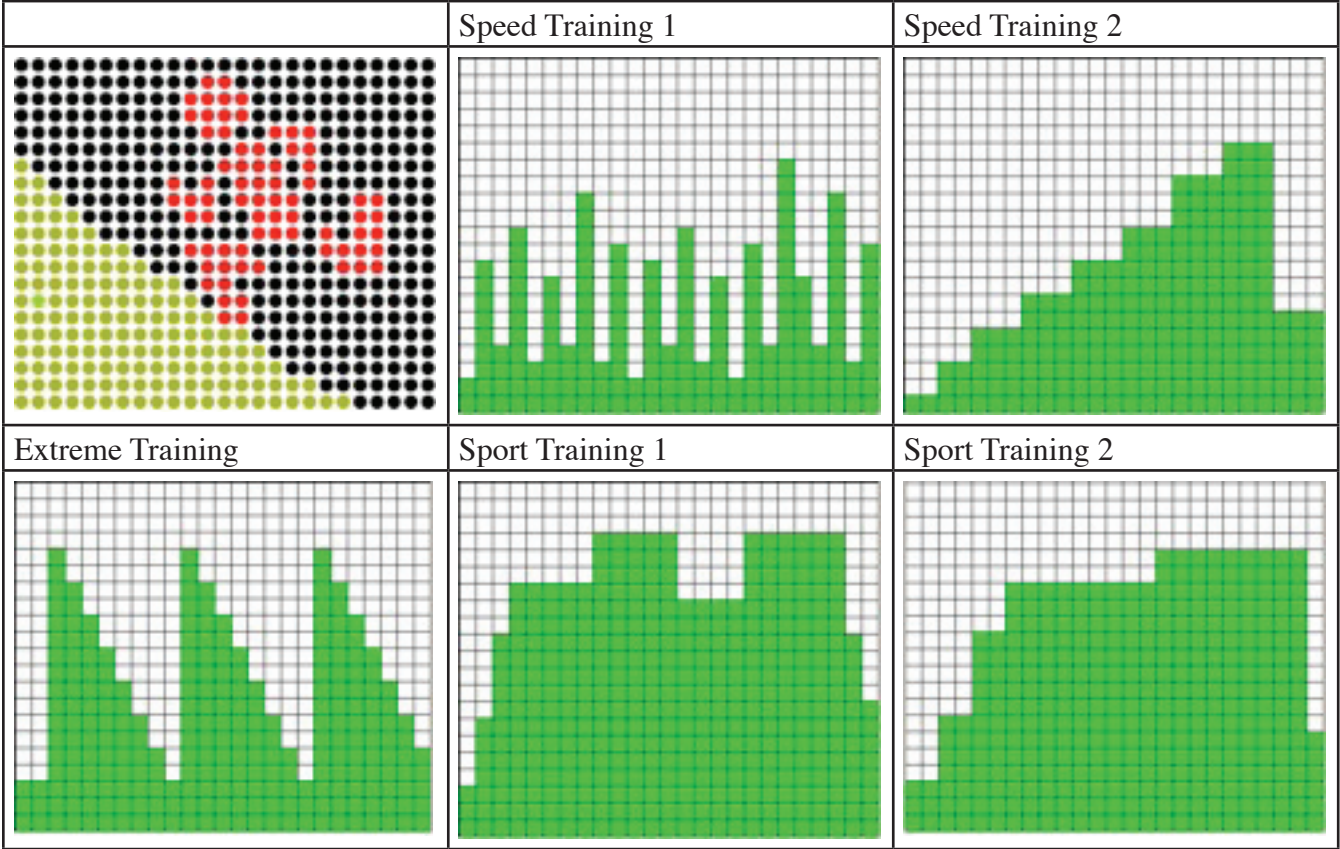
Warm Up	Beginner	Intermediate
		
Advanced		
		

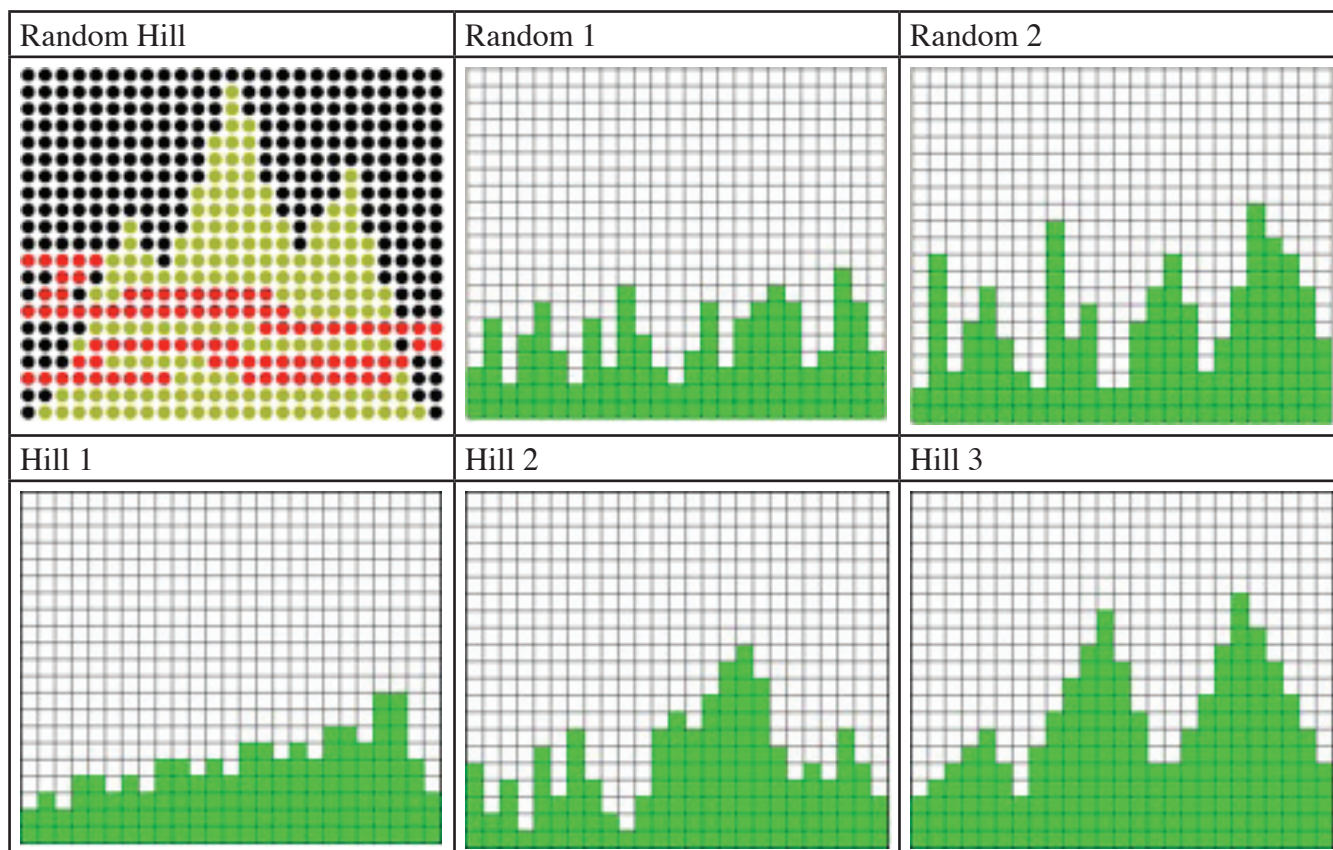
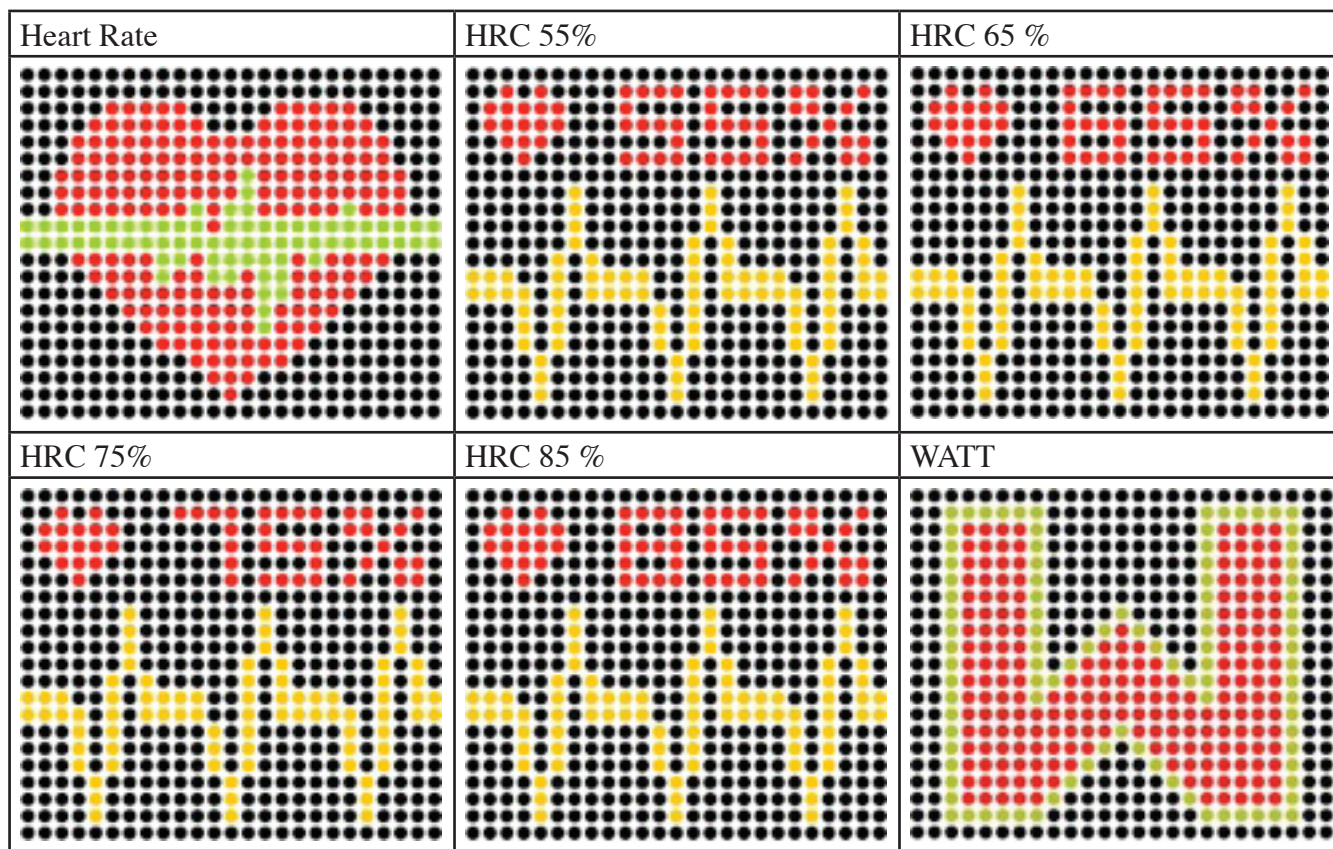
Personal	USER 1	USER 2
		
USER 3	USER 4	
		

Fat Burn

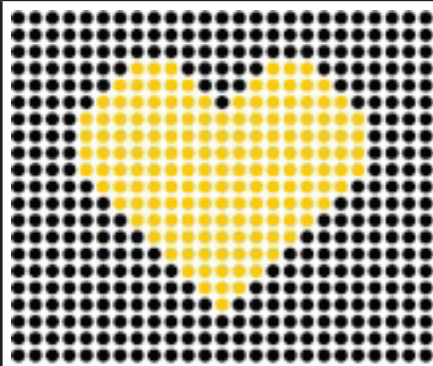
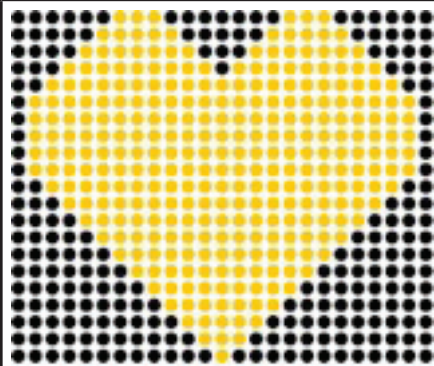
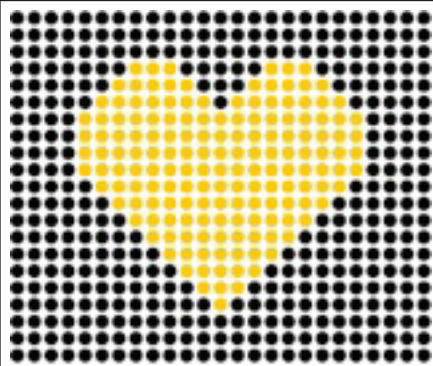


Training

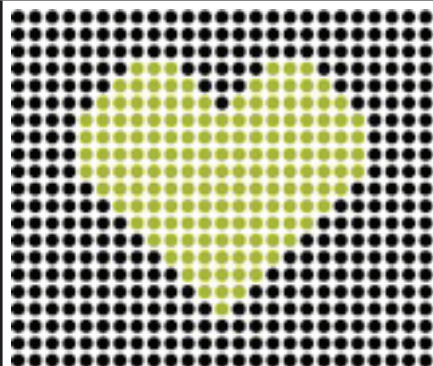
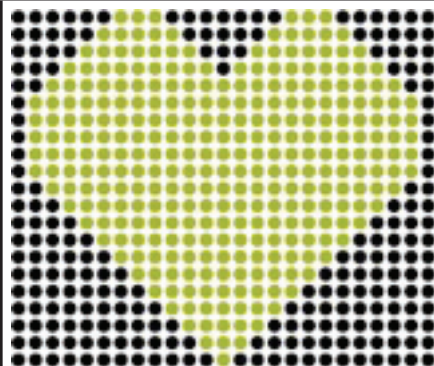
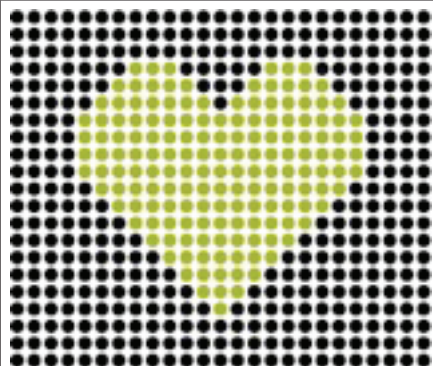




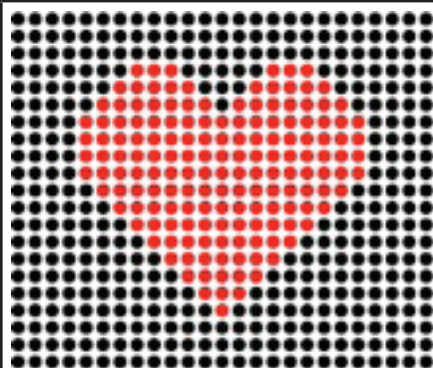
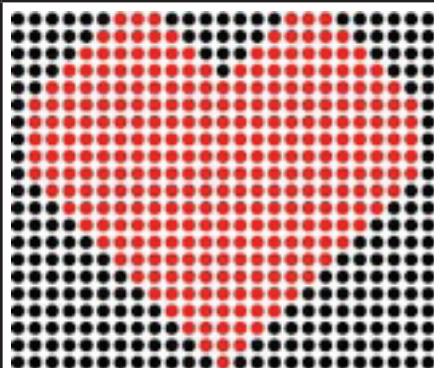
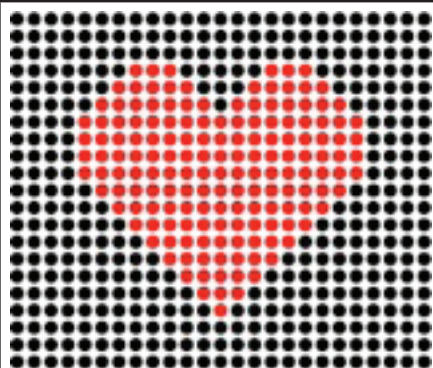
Low Heart Rate (Yellow)



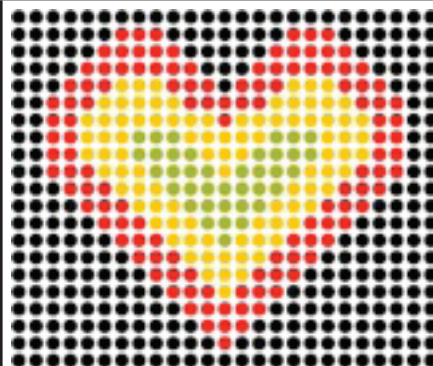
Normal Heart Rate (Green)



High Heart Rate (Red)



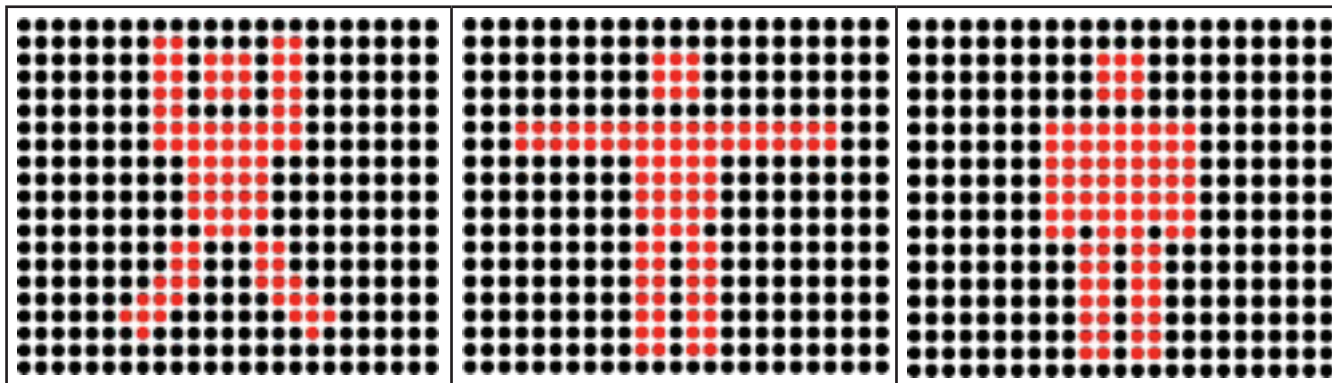
No Signal (Multi-Color)



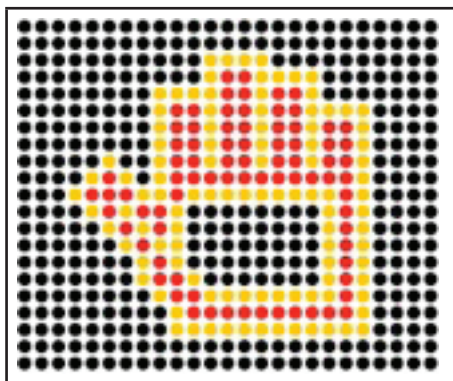
HRC Break Heart Rate



Workout Done



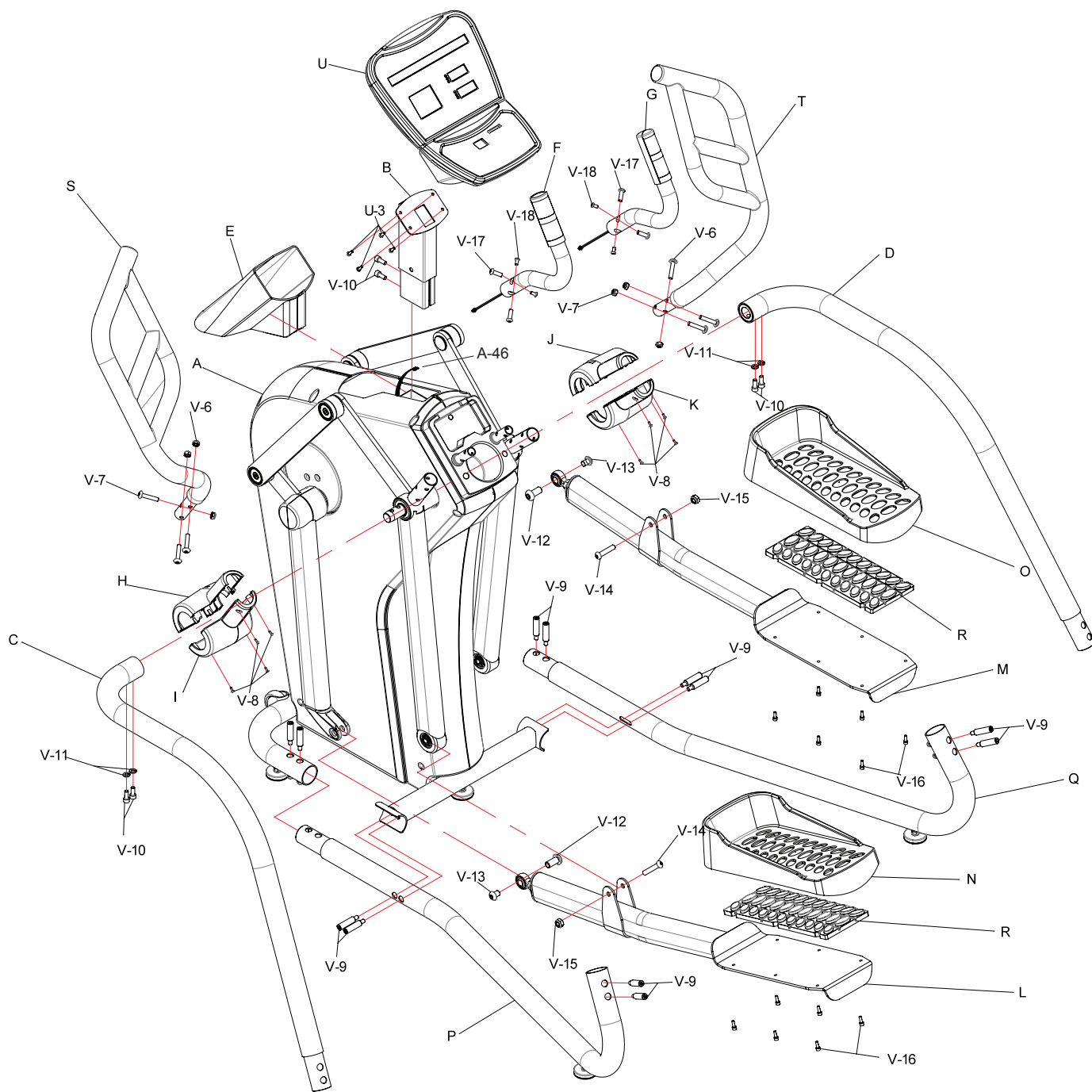
Paused

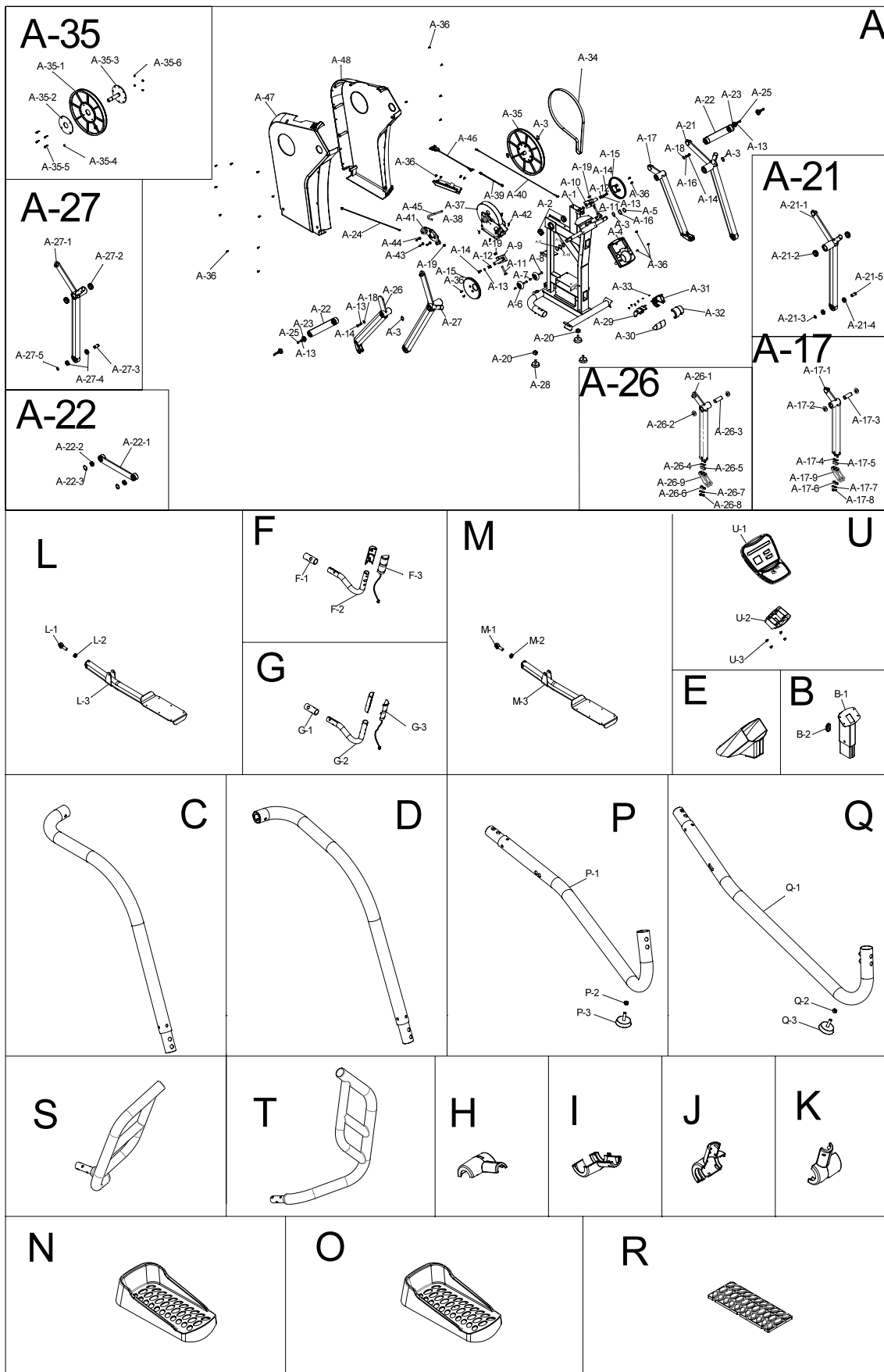


MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment 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.

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
A	Main frame set	1	A-26-3	Bearing post	1
A-1	Main frame	1	A-26-4	Waved washer	2
A-2	Bearing	2	A-26-5	Copper bushing II	2
A-3	Snap ring $\phi 25$	6	A-26-6	Copper bushing I	2
A-4	Waterbottle holder	1	A-26-7	Flat washer	2
A-5	Waved washer	4	A-26-8	Nylon nut	2
A-6	Wheel	2	A-26-9	Pedal post connection seat	1
A-7	Hex screw	2	A-27	Lower swing post set (L)	1
A-8	Truss hex cavity screw	2	A-27-1	Lower swing post (L)	1
A-9	Crank arm I	1	A-27-2	Bearing	2
A-10	Crank arm II	1	A-27-3	Snap ring $\phi 17$	1
A-11	Hex screw M10*60	2	A-27-4	Bearing	2
A-12	Square flat washer	2	A-27-5	Bushing $\phi 17 \times \phi 10.3 \times 39.5$	1
A-13	Spring washer $\phi 8.2 \times \phi 15.4 \times T2.0$	8	A-28	Adjustable foot cushion	3
A-14	Hex screw M8*20	4	A-29	Left pedal post connection tube front cover	1
A-15	Disk	2	A-30	Left pedal post connection tube rear cover	1
A-16	Flat washer	2	A-31	Right pedal post connection tube front cover	1
A-17	Pedal post set (R)	1	A-32	Right pedal post connection tube rear cover	1
A-17-1	Pedal post (R)	1	A-33	Phillips screw	8
A-17-2	Bearing	2	A-34	Belt	1
A-17-3	Bearing post	1	A-35	Belt wheel set	1
A-17-4	Waved washer	2	A-35-1	Belt wheel	1
A-17-5	Copper bushing II	2	A-35-2	Belt wheel flange plate	1
A-17-6	Copper bushing I	2	A-35-3	Crank arm	1
A-17-7	Flat washer	2	A-35-4	Magnet	1
A-17-8	Nylon nut	2	A-35-5	Hex screw with spring washer M6*25	4
A-17-9	Pedal post supporting seat	1	A-35-6	Nylon nut m6	4
A-18	Flat washer	2	A-36	Cross head screw	29
A-19	Nylon nut	2	A-37	Generator flywheel	1
A-20	Hex nut M10	2	A-38	Control board	2
A-21	Lower swing arm set (R)	1	A-39	Coil set	2
A-21-1	Lower swing joint arm (R)	1	A-40	Generator cable	2
A-21-2	Bearing	2	A-41	Tension post set	1
A-21-3	Snap ring $\phi 17$	1	A-42	Hex nut	2
A-21-4	Bearing	2	A-43	Hex screw with spring washer m5*16	2
A-21-5	Bushing	1	A-44	Tension spacer	2
A-22	Pedal post connection	2	A-45	Tension pole	1
A-22-1	Pedal post connection plate set	1	A-46	Computer cable	1
A-22-2	Bearing	2	A-47	Chain cover (L)	1
A-22-3	Snap ring $\phi 35$	2	A-48	Chain cover (R)	1
A-23	Flat washer	4			
A-24	Power wire	1	B	Computer post set	1
A-25	Hex screw M8*20	4	B-1	Computer post	1
A-26	Left pedal post	1	B-2	Rubber ring	1
A-26-1	Left pedal post	1			
A-26-2	Bearing	2	C	Handle left connection tube	1
				ϕ =Diameter	

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.

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
D	Handle right connection tube	1	R	Cushion plate	2
E	Computer post cover	1	S	Left swing post set	1
		1			
F	Left fixed handlebar set	1	T	Right swing post set	1
F-1	Handle sleeve	1			
F-2	Fixed handlebar (L)	1	U	Computer set	1
F-3	Sensor & wire	1	U-1	Computer	1
			U-2	Computer connection cover	1
G	Right fixed handlebar set	1	U-3	Phillips screw	4
G-1	Handle sleeve	1			
G-2	Fixed handlebar (R)	1	V	Parts pack	1
G-3	Sensor & wire	1	V-1	Wrench l4	1
			V-2	Wrench l5	1
H	Left swing arm front cover	1	V-3	Wrench l6	1
			V-4	Wrench l8	1
I	Left swing arm rear cover	1	V-5	Wrench	1
			V-6	Truss hex screw M8x40	6
J	Right swing arm front cover	1	V-7	Nylon nut M8	6
			V-8	Phillips screw	8
K	Right swing arm rear cover	1	V-9	Hex screw	12
		1	V-10	Hex screw M8x20	6
L	Left pedal post set	1	V-11	Spring washer	4
L-1	Universal bearing set	1	V-12	Truss hex cavity screw	2
L-2	Hex nut M14	1	V-13	Truss hex screw M10x15	2
L-3	Pedal post	1	V-14	Truss hex screw M10 x60	2
			V-15	Nylon nut m10	2
M	Right pedal post set	1	V-16	Hex screw with spring washer M5*16	12
M-1	Universal bearing set	1	V-17	Truss hex cavity screw $\phi 8*24*M6*15$	4
M-2	Hex nut M14	1	V-18	Truss hex screw M6x12	4
M-3	Right pedal post	1			
N	Left pedal	1			
O	Right pedal	1			
P	Left connection tube set	1			
P-1	Left connection tube	1			
P-2	Hex nut M10	1			
P-3	Adjustable foot cushion	1			
Q	Right connection tube set	1			
Q-1	Right connection tube	1			
Q-2	Hex nut M10	1			
Q-3	Adjustable foot cushion	1			
				ϕ =Diameter	

WARRANTY

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. 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.

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 ten (10) years on other parts. Labor warranty coverage is two (2) years. 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.**

BH North America Corporation

20155 Ellipse

Foothill Ranch, CA 92610

Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013

Web: www.BHFitnessUSA.com

Mon - Fri 8am - 5pm PST