BH

OWNER'S MANUAL

ASSEMBLY   OPERATION   MAINTENANCE
WARRANTY   PARTS   ORDERING

CAUTION: *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.*
IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

BH North America   Foothill Ranch , California 92610

BH

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ATTACHMENT - A
IMPORTANT SAFETY ADVICE

PRECAUTIONS

This elliptical 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 elliptical. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a mat, placed level, on solid surface. Adjust the stabilizer for assure stability.
5. Keep your hands well away from any of the moving parts.
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the elliptical. Always wear running shoes or trainers when using the machine.
7. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
8. Do not place sharp objects near the machine.
9. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
10. Do warm up stretching exercises before using the equipment.
11. Do not use the elliptical if it is not working correctly.
12. The moving elliptical pedals can cause injury.
13. Before using the elliptical, thoroughly inspect the elliptical for proper assembly.
14. A parameter distance of 3 feet / 1 meter is required before operating the unit.
15. This elliptical is not suitable for therapeutic use.
16.This elliptical should only be used after a through review of the operation manual and the warning label.

Caution: Consult your doctor before beginning to use the elliptical. This advice is especially important for those over 35 years of age or suffering from health problems.

Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

ATTACHMENT - B

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
Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km/6.2 mi without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (Vo2). This is often referred to as your **aerobic capacity.**

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 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

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, 100 meter/328 feet sprint).

The Training Threshold

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

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. 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 be raised. Working through your program and gradually increasing the overload factor is important.

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both 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 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 callisthenic 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, the rate at which your heart beat increases. This is often used as a measure of the required intensity of 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 in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, 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	25	30	35	40	45	50	55	60	65		
Target heart Rate											
10Second 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 fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
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 overdo it. 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, this 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 your 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 while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

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 strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

ATTACHMENT - B (cont'd)

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
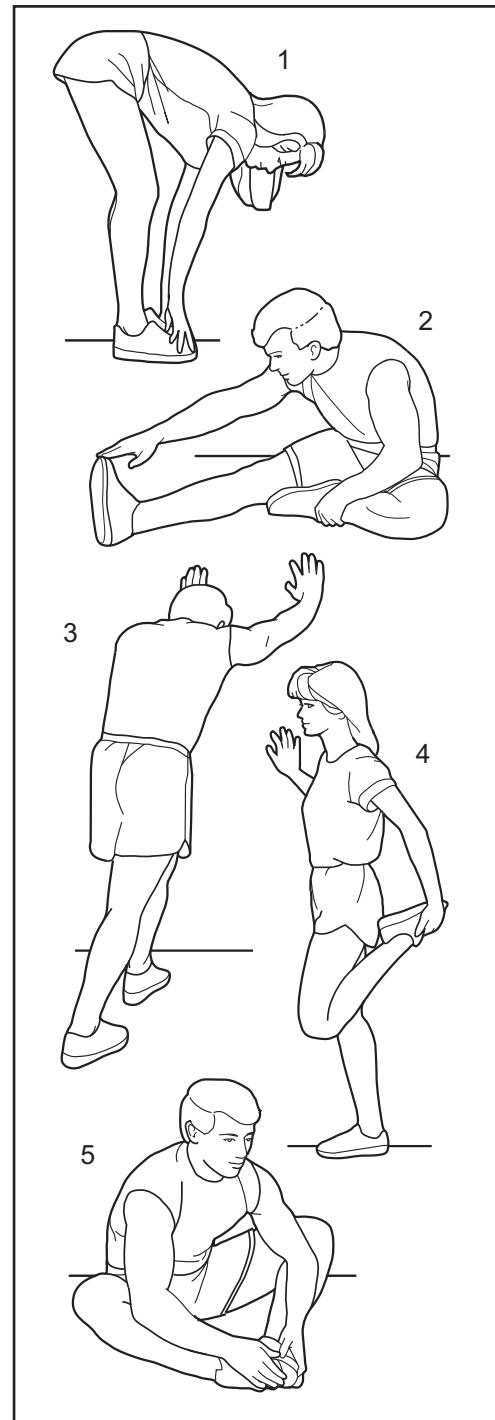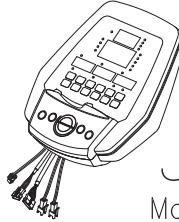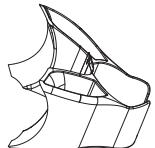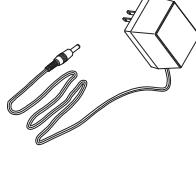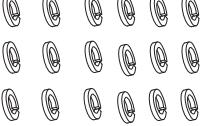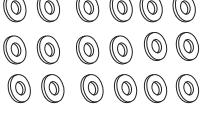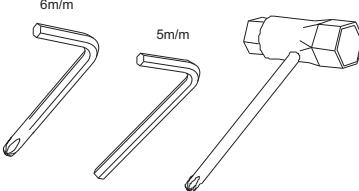
PARTS & HARDWARES

PARTS LIST

A Maim frame
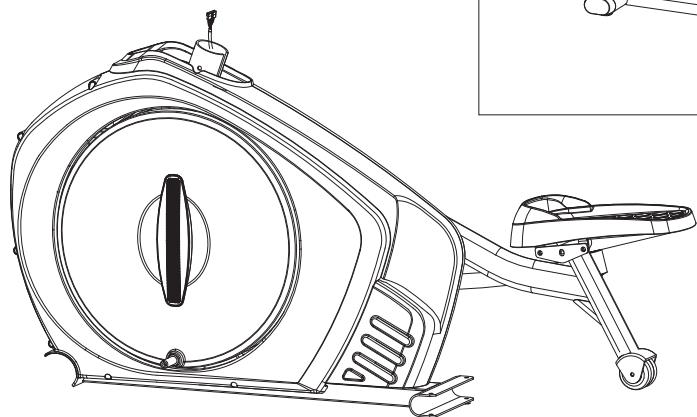
C Side Track
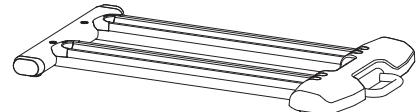
B Front stabilizer

S2(LEFT)
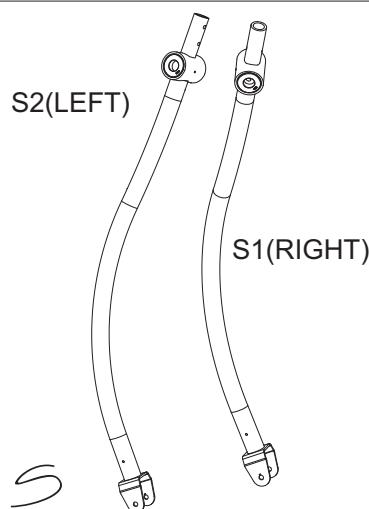
S1(RIGHT)

S Connect handle bar tube

E Side handlebar

E1(RIGHT)

E2(LEFT)
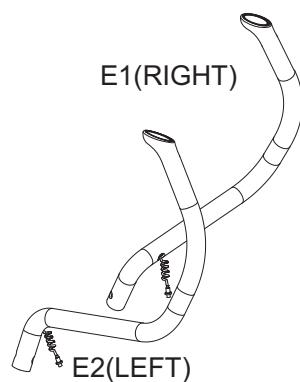
D Central support tube
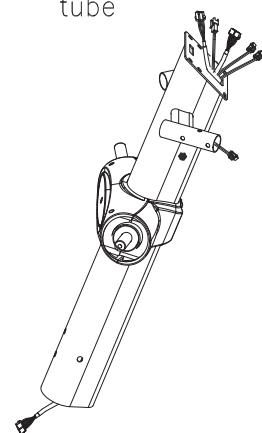
F Connected with pedal tube(LEFT
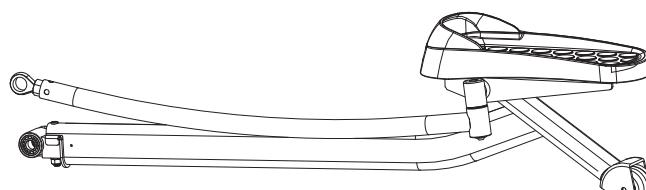
G Front handlebar

G1(RIGHT)

G2(RIGHT)
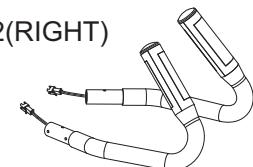
PARTS & HARDWARES (cont'd)

PARTS LIST

H Decoration Cover

J Monitor

(K1)Water bottle

(K2) Bottle holder

L Decortation cover of pedal tube
L1(R)
L2(L)

M Adapter

N N1(FRONT)
N2(REAR)
Decortation cover of handle bar

R1 SCREW M8X58

R2 SCREW M8X70

R3 SCREW M8X20

P Decortation cover of jointed pedal tube
P1(LEFT)
P2(RIGHT)

R4 SCREW M10X112

R5 SCREW M5X20

R6 SCREW M6X10

R7 SCREW M8X15

R8 SCREW M8X20 BK

R9 SCREW M4X15

R10 SCREW M4X10

R11 SCREW M8X20 BK

R2 2 NUT M8

R12 SCREW M5X10

R13 SPRING WASHER M8

R14 WASHER M8X16X1.2

R15 WASHER M10XØ22X1.5

R23 WASHER Ø20XØ25.2X0.4

TOOL

R16 SPRING WASHER M8 BK

R17 SPRING WASHER M10

R1 8 BUSHING

6m/m
5m/m
13m / m
14m /m

R1 9 RING

R20 WASHER M8XØ22X2.0

R21 WASHER M8XØ25X2.0

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 400 lbs. (181 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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ASSEMBLY INSTRUCTION

FIGURE 1

ASSEMBLY FOR FRONT STABILIZER

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

FIGURE 1

A

R15
R17
R4
B

FIGURE 2

A

R1
R13
R14

B1
R13
R7   R14
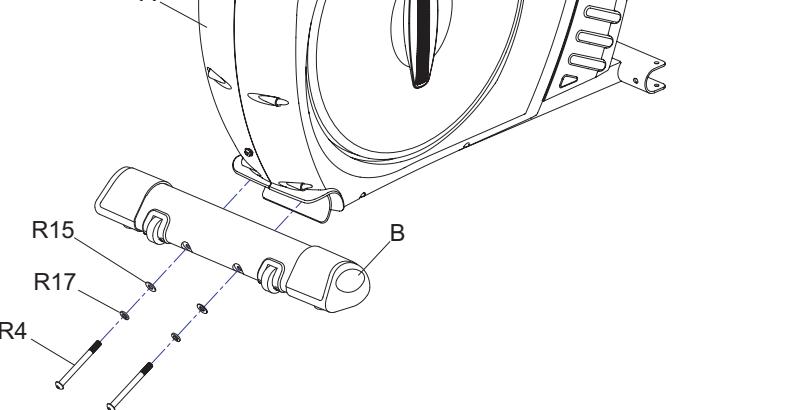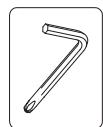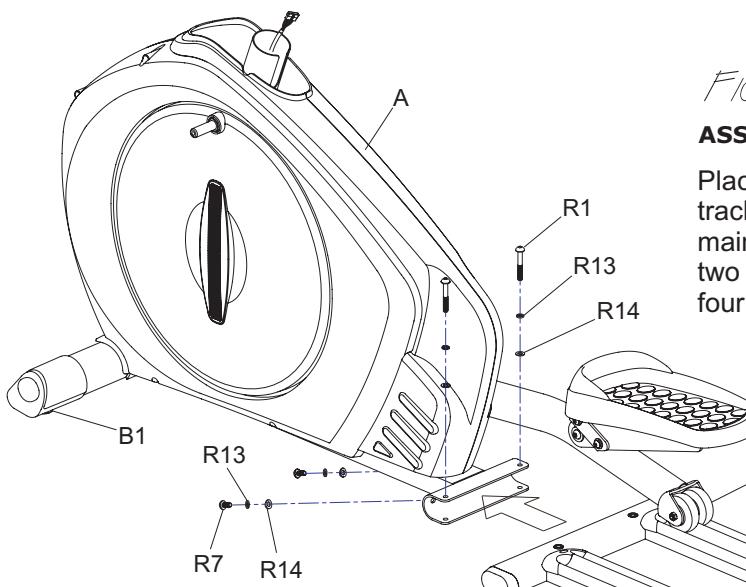
FIGURE 2

ASSEMBLY FOR SLIDE TRACK

Place the roller(F28) on the slide track(C). Then, secure the slide track to the main frame(A) using two screws(R1), two screws(R7), four spring washers(R13) and four washers(R14).

F28
C
C1
C1

STABILIZE THE MACHINE

After the assembly of Figure 1 & Figure 2,and the machine feels rocky or unstable, you can use adjustable footpads(B1,C1) to level the machine.

9
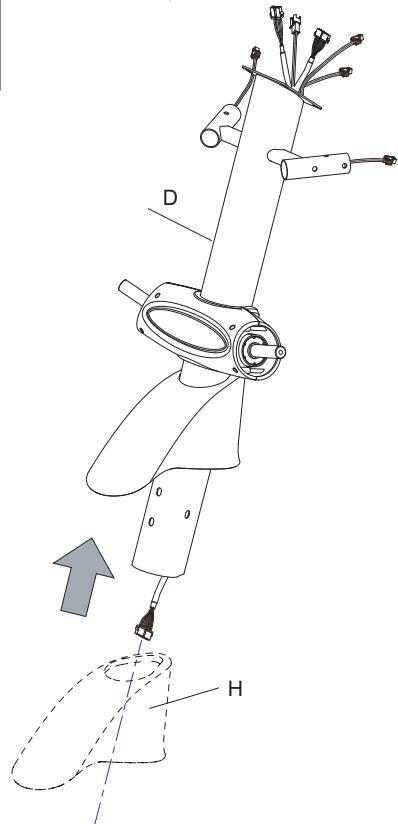
FIGURE 3

FIGURE 3

**ASSEMBLY FOR CENTRAL SUPPORT TUBE &
DECORATION COVER**

Step1. Slide decorative cover(H) onto the
center support tube(D) from the bottom
of the tube

D
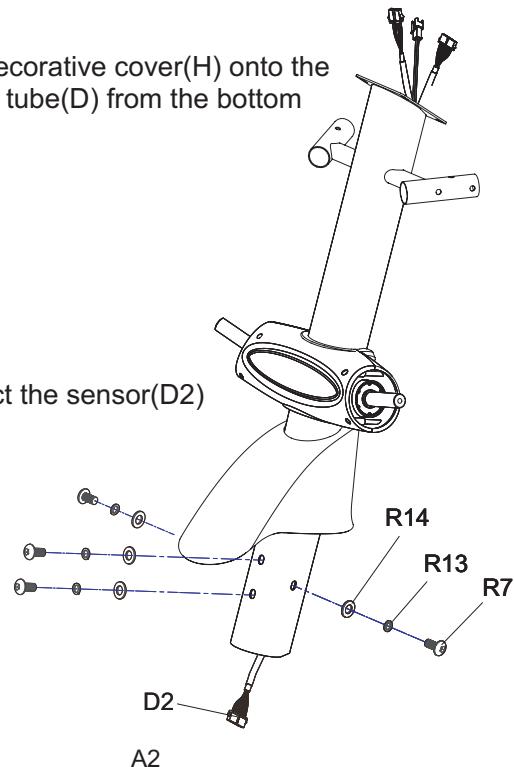
Step2. Connect the sensor(D2)
with (A2).

R14

R13

R7

H

D2

A2

Step3. Insert the center support tube into
the main frame(A).
Then, secure them by bolts(R7),
spring washers(R13) and
washers(R14).

A

Step4. Put the decoration cover down.

ATTENTION:
TAKE CARE NOT TO PINCH THE
CABLES DURING THE ASSEMBLY
PROCESS
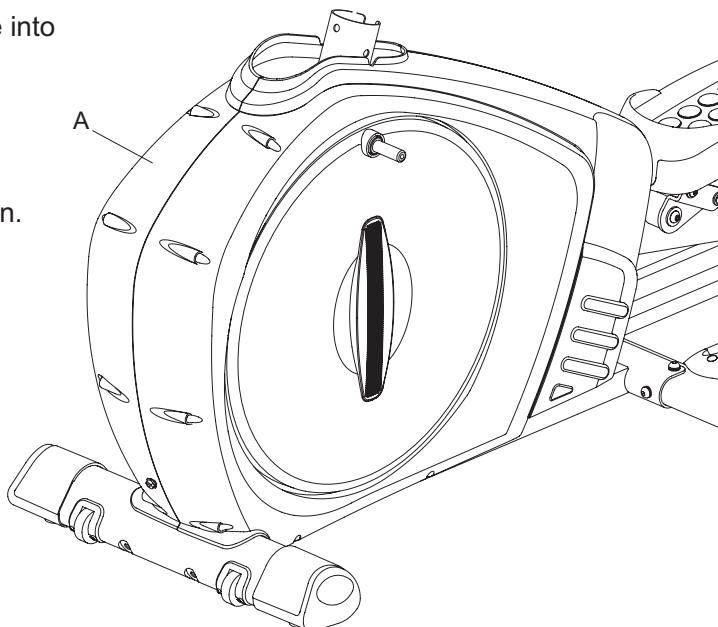
FIGURE 4

FIGURE 4

ASSEMBLY FOR WATER BOTTLE HOUSING
Attach the bottle cage (K2) to center support
tube with screws(R5).

ASSEMBLY FOR LEFT PEDAL SUPPORT TUBE
Step1. Attach the left pedal support tube(F) to
the main frame and place the roller(F28)
on the slide track.
Then, secure it with screw(R11),
spring washer(R16) and
flat washer(R20).

K1

K2

R5

R20

R16

R11

L2

R10

F

R18

R18

F2

F28
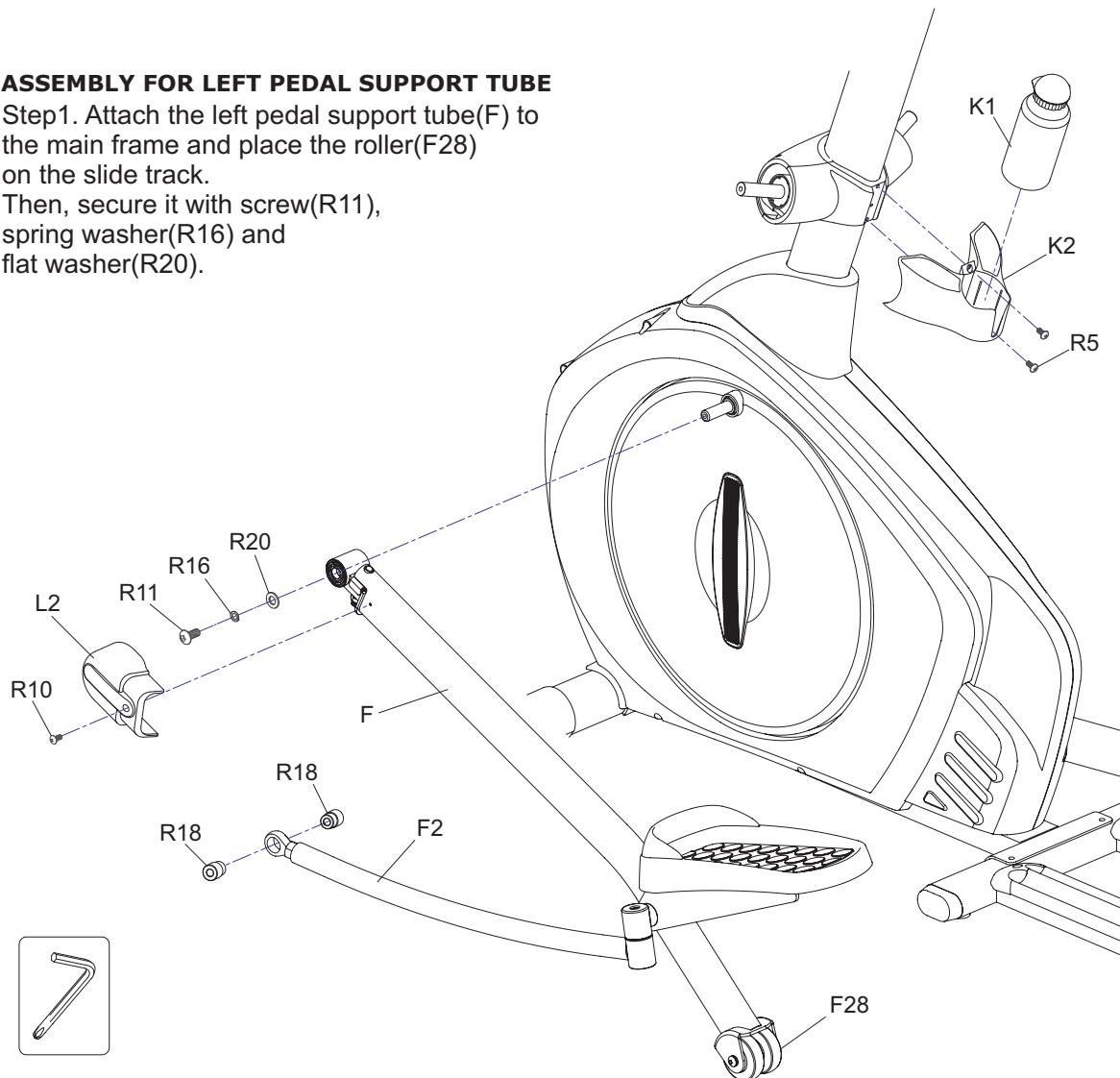
Step2. Attach the left joint cover(L2) to the left pedal support tube(F) with screw(R10).

Step3. Insert the bushing(R18) into the connect tube(F2).

**REPEAT STEP2 ~ STEP3 TO ASSEMBLE THE RIGHT JOINT COVER, RIGHT PEDAL
SUPPORT TUBE, BUSHING WITH CONNECT TUBE**
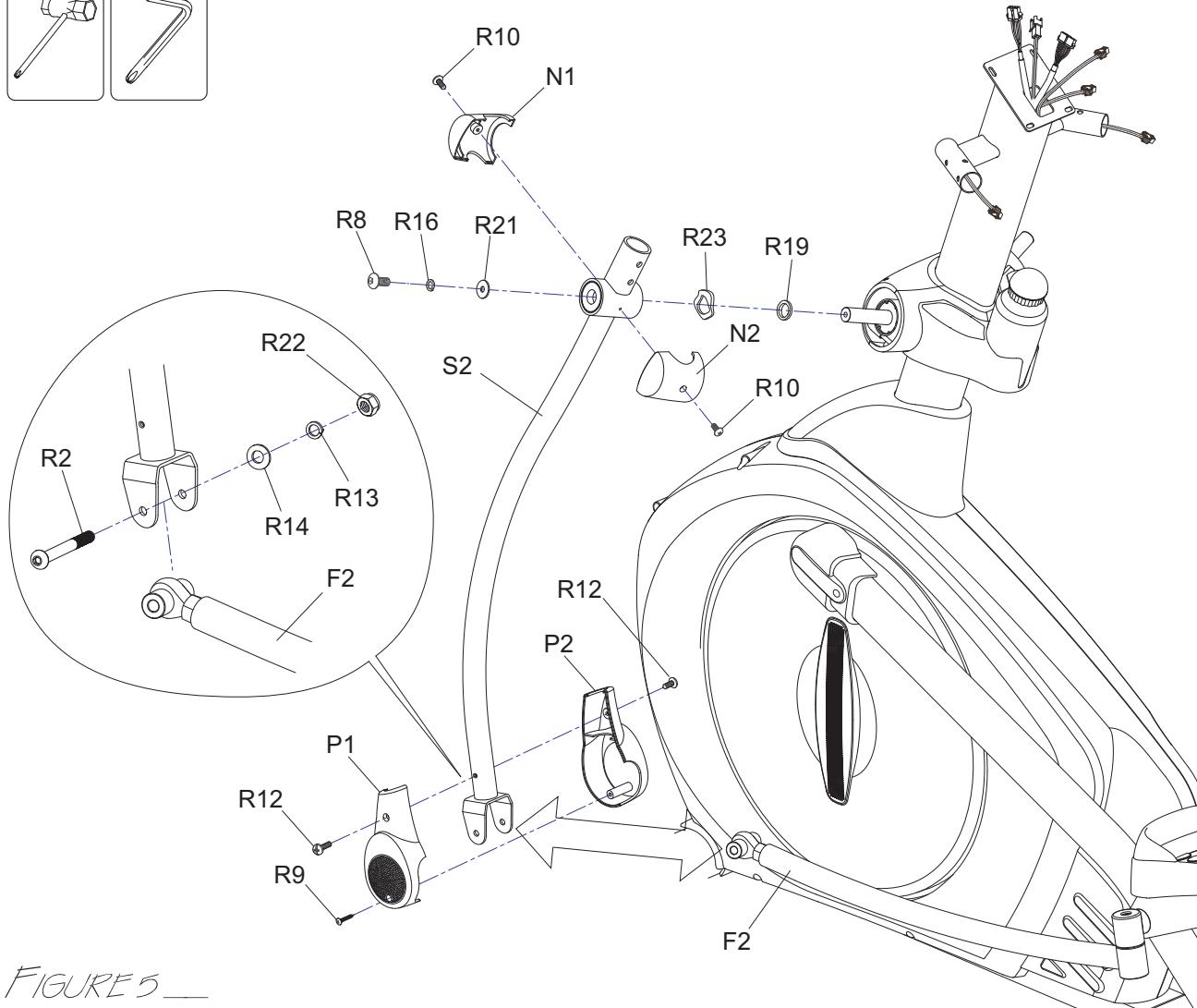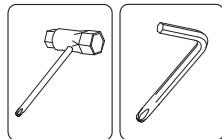
FIGURE 5

ASSEMBLY FOR LEFT SWING TUBE

Step1. Insert the ring(R19) and washer(R23) into the center support tube bushing

Step2. Attach the left swing tube(S2) to the center support tube with screw(R8), spring washer(R16) and flat washer(R21).

Step3. Secure the crank tube(F2) to the swing tube((S2) using screw(R2), flat washer(R14), spring washer(R13) and nut(R22).

Step4. Snap the joint covers(P1 & P2) to left swing tube(S2) and tighten using screws(R12) and screw(R9).
Step5. Snap the joint covers(N1 & N2) to left swing tube(S2) and tighten with screws(R10).

REPEAT STEP1 ~ STEP5 TO ASSEMBLE THE RIGHT SWING TUBE

FIGURE 6

ASSEMBLY FOR SIDE HANDLE BAR
Step1.
Insert the right handle bar(E1)
into the right swing tube(S1).
Then, secure them with flat
washers(R14), spring washers(R13)
and screws(R3).
Step2.
Insert the sensor wire(E1-1) of the
right handle bar(E1) into the
available hole(D1-3) on the center support tube.
**(REPEAT STEP1 ~ STEP2 TO ASSEMBLE THE LEFT
HANDLE BAR)**

FIGURE 6

E2

E1

E1-1

S2

R14

R13

R3

S1

D1-3

FIGURE 7

J

D1-3

D1-4

R6

D2

D1-2

R6

G1-1

J1

D1-2

G1
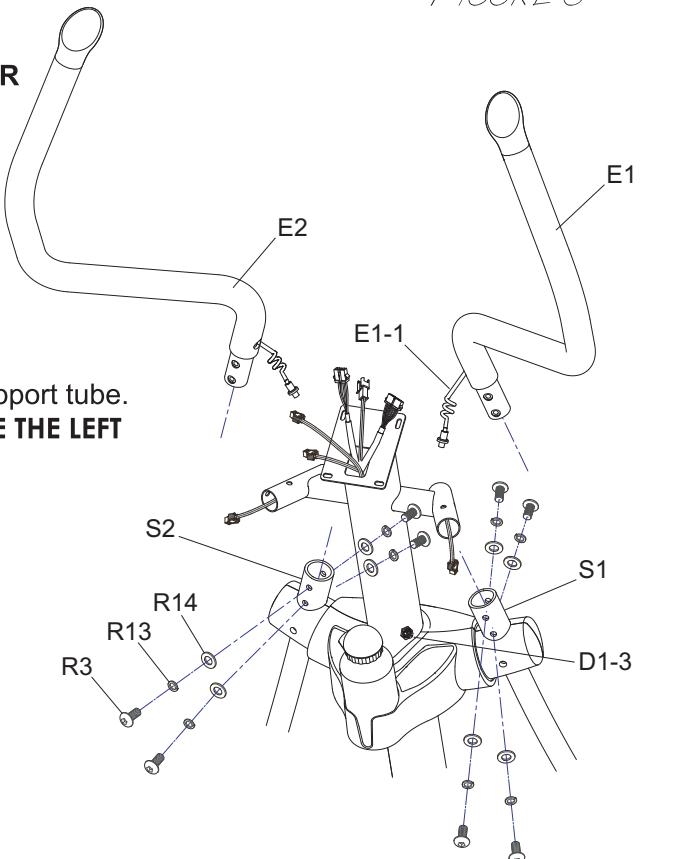
FIGURE 7
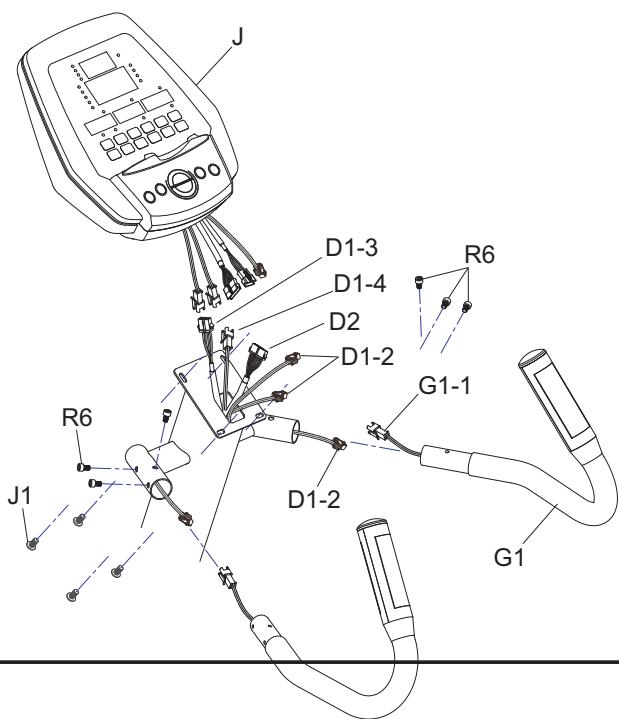
ASSEMBLY FOR HANDLE BAR
Connect the sensor wires(G1-1) and
(D1-2). Then, attach the
right handle bar(G1) to the center
support tube with screws(R6).

**REPEAT TO ASSEMBLE THE LEFT HANDLE
BAR**

ASSEMBLY FOR CONSOLE
Connect the cables from console
and cables(D2, D1-2, D1-3, D1-4).
Then, place the console(J) on the center
support tube and secure with screws(J1).

USE THE ADAPTOR

M
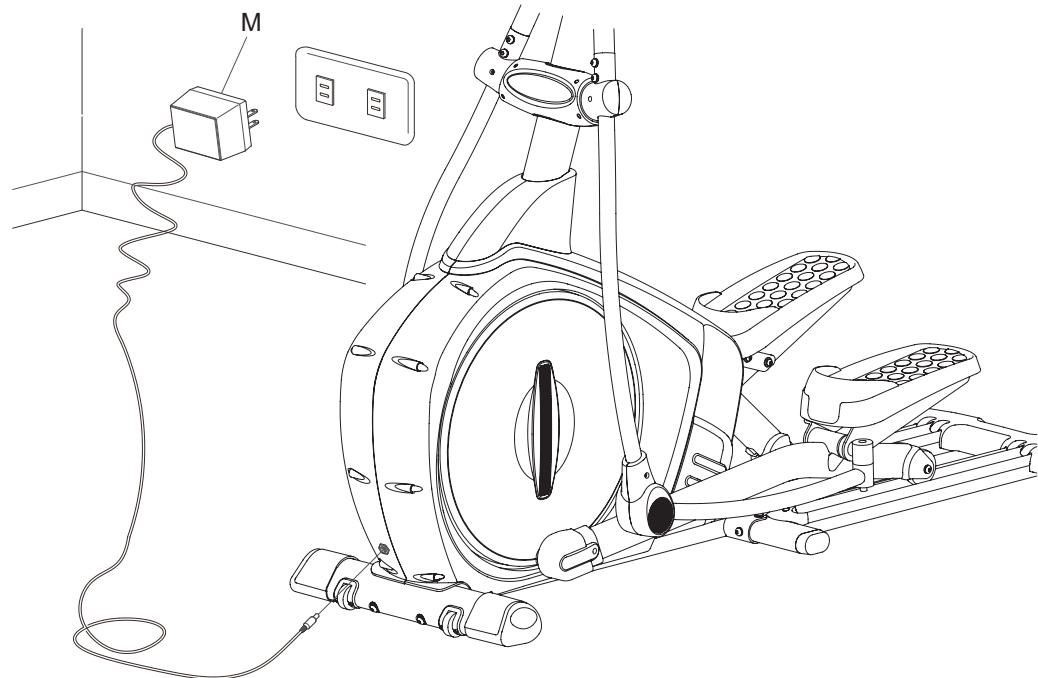
Position machine near a wall outlet. Plug the adaptor(M) into the wall and plug the DC end (round plug) to the jack on the machine.

MOVE THE MACHINE

Handle Bar

Mobility Roller
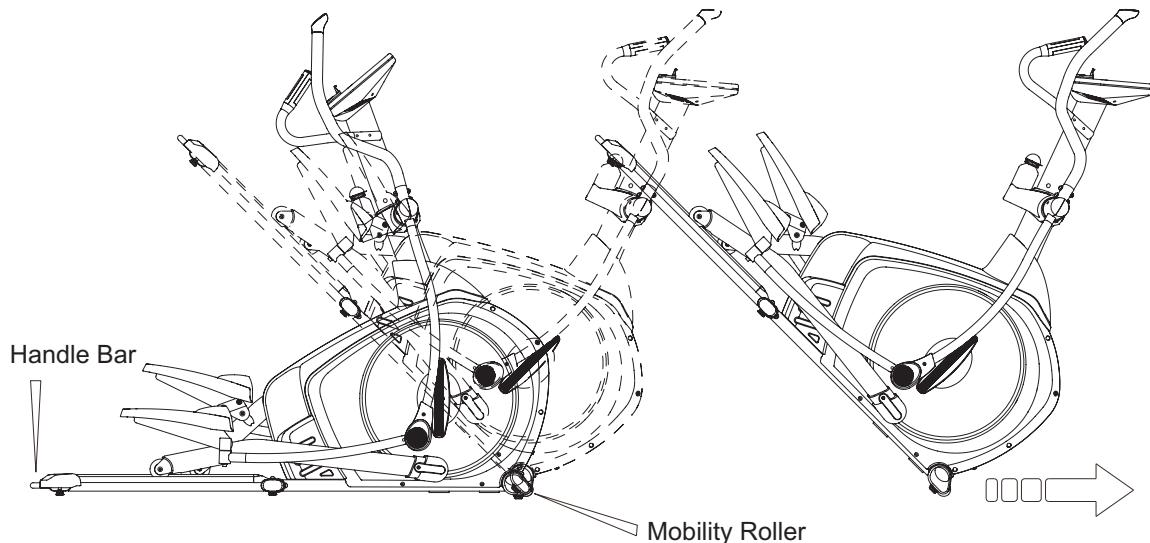
To move, pick the machine from the end of the slide track and lift it up.
Then, push or pull the machine on its rollers equipped on the front stabilizer.

+ **−**	**UP/DOWN_** When changing settings of a program, these buttons are used to increase/decrease values. Press and hold for two seconds to rapidly increase/decrease values.
MODE ENTER	**MODE_** This button is used as an enter key, and will allow user to move to the next setting that can be changed. When pressed and hold for 2 seconds or more, console will go back to the user profile selection screen.
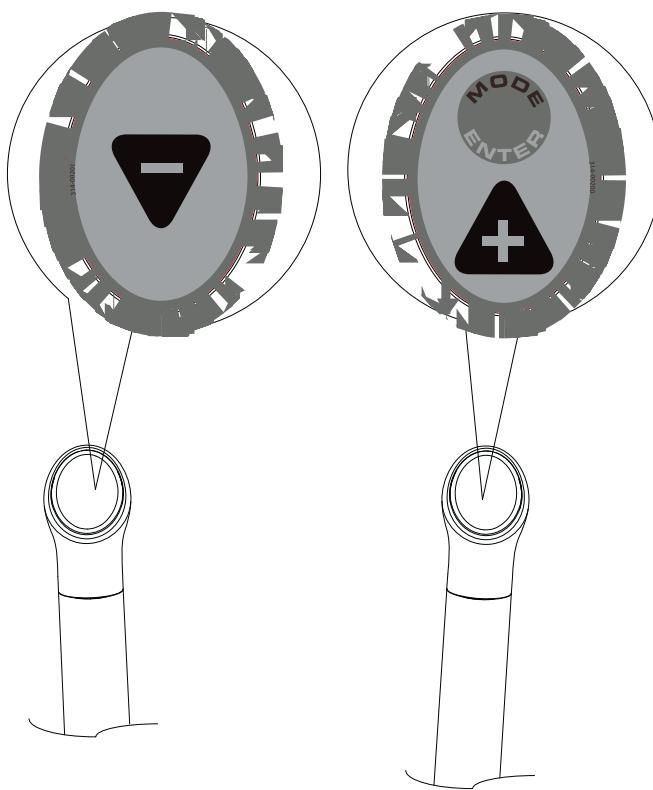
CONSOLE

FUNCTION BUTTONS:

MODE - To confirm all setting values.

RESET - To reset all setting values.

Hold on pressing for 2 seconds, monitor will resume to power-up mode.

START/STOP - To start or stop training.

When time counting down to 0:00, the computer will stop automatically and beep for 8 seconds. Time will resume 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 ml.

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.
Count down – with preset target, distance will count up from preset to 0.
PULSE The monitor will detect heart rate, when user holds on hand grip sensor
and wears chest belt at the same time, the hand grip reading is displayed (takes priority).
When the monitor cannot detect pulse signal, it will display "P".
OPERATING PROCEDURE:
Power on
When power is applied, the monitor will display all segments with a long beep for
2 seconds.
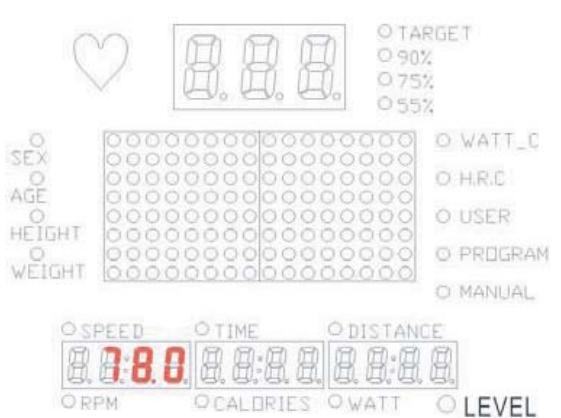
Programs with its corresponding LED will illuminate, user may press UP or DOWN to select
preferred program (MANUAL PROGRAM USER HRC WATT).
Training mode
1. Training mode selection:
1-1 Manual mode
User may preset their own resistance from level 1 to 16 by pressing UP or DOWN button.
The default resistance is level 1. Press MODE to confirm setting.
TIME : when blinking, you may press UP or DOWN button to set up target training time from
00:00 to 99:00. Press MODE to confirm setting.
DISTANCE : when blinking, you may press UP or DOWN button to set up target distance
from 0.00~99.59. Press MODE to confirm setting.
CALORIES : when blinking, you may press UP or DOWN button to set up target calories
from 0~9990. Press MODE to confirm setting.
PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or
wear chest belt when start exercise.
Press START button to start training:
The first segment starts blinking and switches to the next segment per preset time divided
into 16. Once the preset target data counting down to 0, the monitor will stop
automatically. You may press START button to start training again. Other preset data
will keep counting down from previous data.
1-2 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 from level 1
to 16.

CONSOLE (cont'd)

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

The first segment will start blinking and switches to the next segment per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. You may press START button to start training again. Other preset data will keep counting down from pervious data.

1-3 User profile mode

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

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

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

1-4 WATT control mode

User may preset WATT value by press UP or DOWN button, with 5W increment and press MODE to confirm.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance

from 0.00~99.59. Press MODE to confirm setting.
CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start 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 fast, resistance level will decrease. Otherwise, it will increase. The machine's auto adjustment is to maintain the preset Watt for training.

1-5 H.R.C. mode
User may preset different target heart rate from 55%, 75%, 90% and Target by press UP or DOWN button and press MODE to confirm.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:
The resistance level will adjust according to user's current heart rate. When it is lower than preset target, the resistance will increase one level every 30 seconds automatically.
On the contrary, the resistance will decrease one level every 15 seconds until it reaches level 1. At this level, if user's heart rate continues to exceed target for more than 30 seconds, the monitor will stop and start bi-bi-bi-bi-bi-bi to warn user.

NOTE:
1. The monitor display will shut off if the training is stopped or none of the button is pressed for 90 seconds.

2. Error message: E2
When monitor displays this information, the control board connection failed. This message will disappear when the failure is corrected.

MAINTENANCE INSTRUCTIONS
CLEANING

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

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, 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.

A5-11 A5-9 A5-10 A5-13 A5-14
A5-5
A5-12
A5-8
A5-2
A5
A5-7
A5-6
A5-9
A5-3

A12*8
A11
A13*4
A4

A5-15
A5-4
A3-1
A3
A3-3
A3-4
A3-5
A3-2
A2-1
A2
A1
A1-4
A1-5
A1-1
A1-2
A1-3
A2-2
A2-3
A2-4
M

A10
A12-1*2
A12*10
A13*4

A9-2
A9-5
A9-1*2
A8
A9*16
A7
A9-4
A9-3

A6
A6-1
A6-2

21
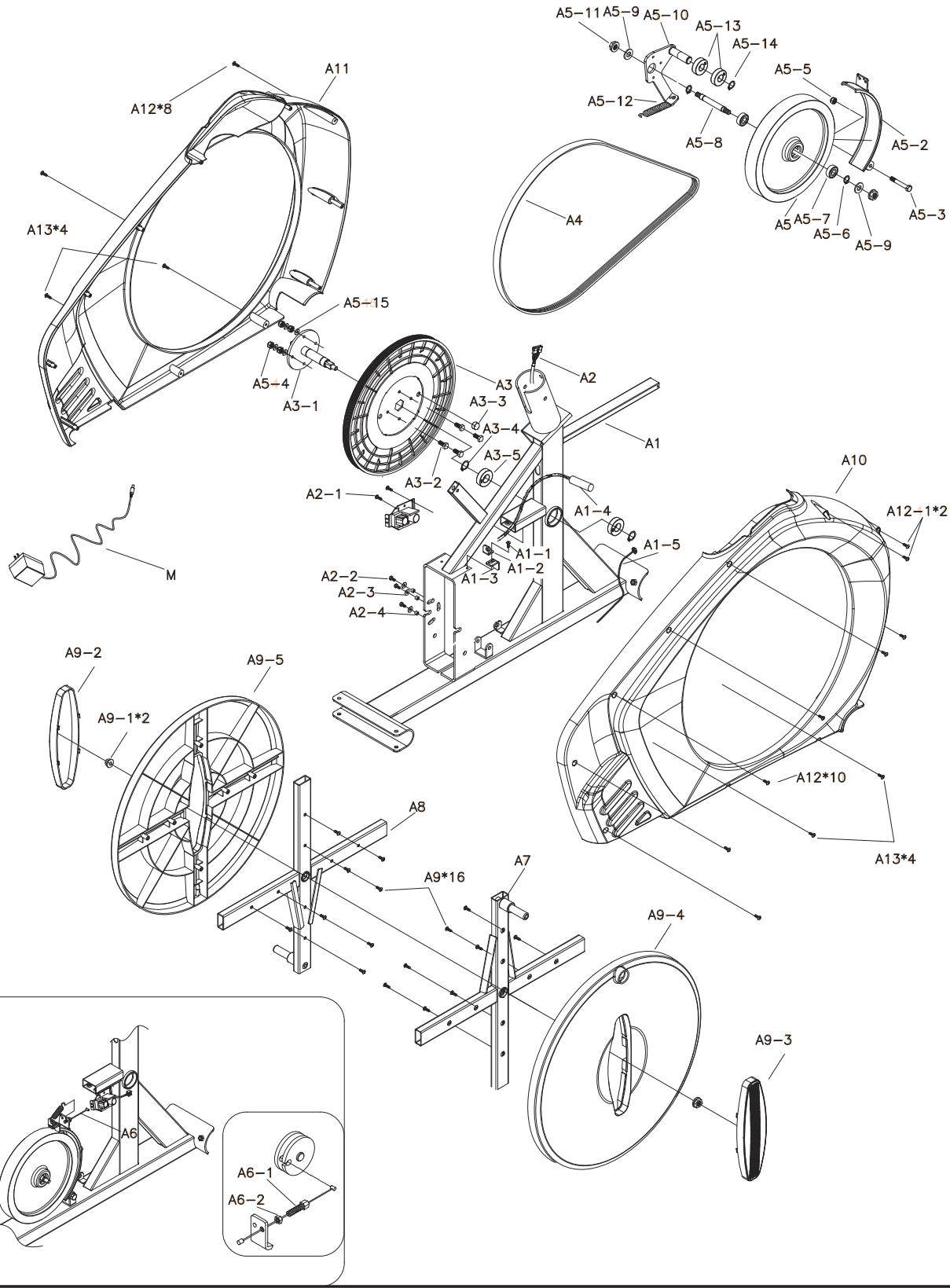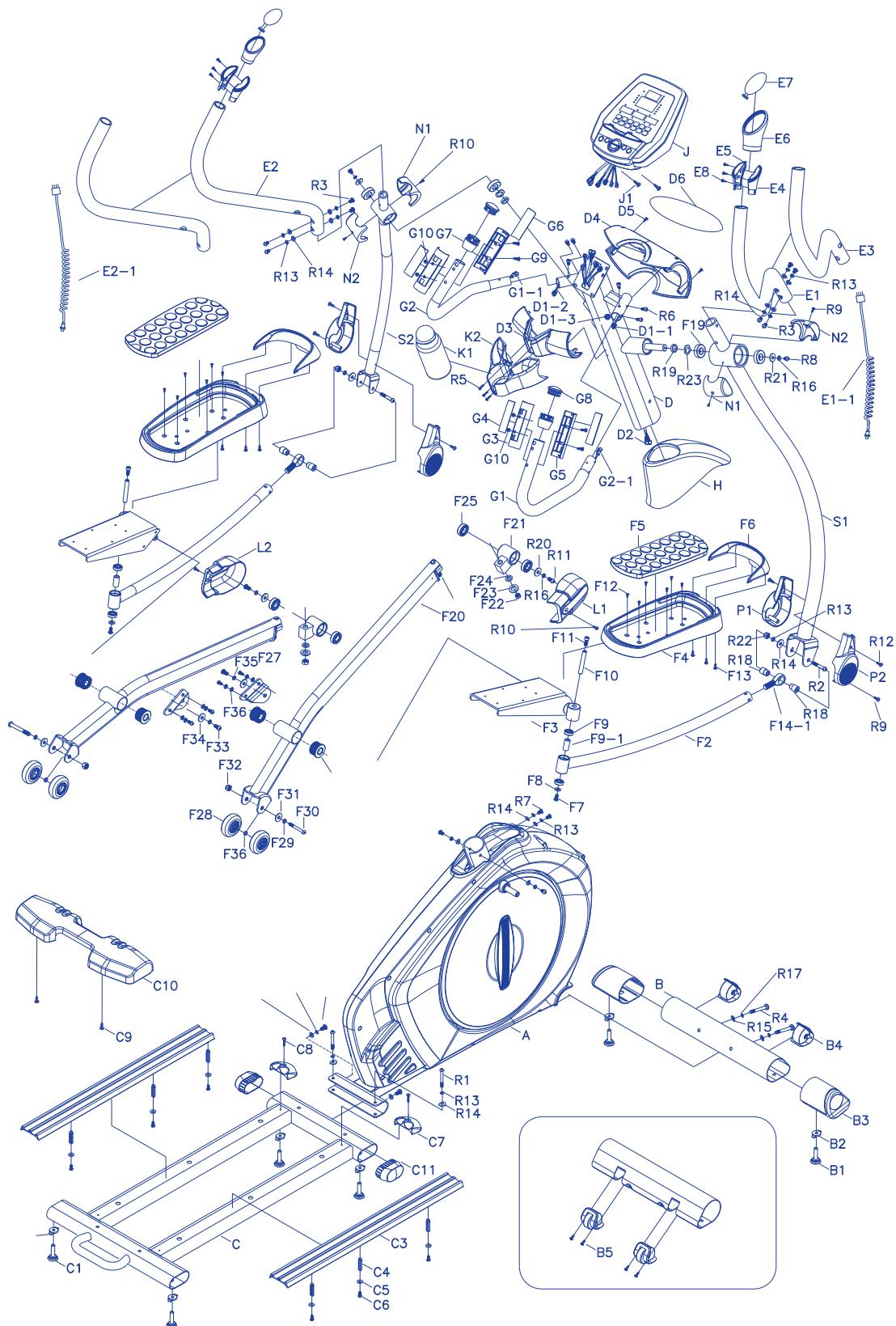
PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A	MAIN FRAME	1	A8	CRANK (L)	1
A1	MAIN FRAME	1	A9	SCREW (M5*20L)	16
A1-1	CROSS HEAD SCREW FOR AXLE (M5*15L)		A9-1	NUT (M10*P1.0)	2
A1-2	UPPER IRON (T=3.0)	1	A9-2	TURNING CONNECTOR	1
A1-3	LOWER IRON (T=3.0)	1	A9-3	TURNING CONNECTOR	1
A1-4	SENSOR WIRE	1	A9-4	TURING PLATE (R)	1
A1-5	DC CORD	1	A9-5	TURING PLATE (L)	1
A2	SENSOR WIRE	1	A10	CHAIN COVER (R)	1
A2-1	Cross Head Screw for Axle M6*10)	4	A11	CHAIN COVER (L)	1
A2-2	SCREW(M6*14L)	4	A12	SCREW(M4*25l)	8
A2-3	WASHER(M6* §16*1.5T)	4	A12-1	SCREW(M4*15)	2
A2-4	BUSHING(§9* §6.1*5.3L)	4	A13	SCREW (#10-32 *3/4")	4
A3	DRIVE WHEEL	1	B	FRONT FOOT TUBING	1
A3-1	AXLE(§19.98*146.6L)	1	B1	ADJUSTED END	2
A3-2	Cross Head Screw for Axle (M6*18L)	4	B2	IRON	2
A3-3	MAGNET	1	B3	END CAP	2
A3-4	CLIP (C21)	2	B4	TRANSPORT ROLLER UNIT	2
A3-5	BEARING FOR AXLE (6004ZZ)	2	B5	SCREW (#8-32 *5/8")	4
A4	BELT (69J-1428)	1	C	SLIDE TRACK	1
A5	FLYWHEEL §(260*10Kg)	1	C1	ADJUSTED END	2
A5-2	HOUSING FOR MAGNET	1	C2	IRON	2
A5-3	SCREW (M8*52L)	1	C3	ALUMINUM TRACKING	2
A5-4	NUT(M6)	1	C4	NUT (M5)	6
A5-5	NUT (M8)	1	C5	WASHER (M5* §15*1.5)	6
A5-6	CLIP (C12)	2	C6	SCREW (M5*13L)	6
A5-7	BEARING (6001ZZ)	2	C7	SLIDE TRACK COVER (SMALL)	2
A5-8	WHEEL AXLE (§12*120L)	1	C8	SCREW (#10-32 *3/4")	
A5-9	WASHER (M10* §21*2.0t)	2	C9	SCREW (M4*15L)	2
A5-10	PRESSING SPRING	1	C10	SLIDE TRACK COVER (BIG)	1
A5-11	NUT (3/8" *26 §)	2	C11	END CAP	2
A5-12	SPRING	1	D	CENTRAL SUPPORT TUBE	1
A5-13	BEARING (6203ZZ)	2	D1-1	HAND PULSE SENSOR WIRE	1
A5-14	CLIP (C17)	1	D1-2	HAND PULSE SENSOR WIRE	1
A5-15	WASHER(M6)	4	D1-3	SENSOR WIRE	2
A6	TENSION CONNECTOR	1	D2	SENSOR WIRE	1
A6-1	TENSION CABLE	1	D3	COVER FOR CENTRAL SUPPORT TUBE(REAR)	1
A6-2	NUT	1	D4	END CAP OF MAIN SUPORT TUBE (FRONT)	1
A7	CRANK (R)	1	D5	SCREW (M4*12L)	2
			D6	ALUMINUM PLATE	1

PARTS LIST

E 1	SIDE HANDLE BAR(R)	1	F33	SCREW (M8*20L)		2
E1-1	SENSOR WIRE	1	F34	WASHER (M8* §28*2.0t)		2
E2	SIDE HANDLE BAR(L)	1	F35	SPRING (M8)		6
E2-1	SENSOR WIER	1	F36	WASHER(M8*16*1.2)		4
E3	SPONGE	2	G1	FRONT HANDLEBAR(RIGHT)		1
E4	TOGGLE SWITCH (RIGHT)	2	G1-1	HAND PULSE SENSOR WIRE		1
E5	TOGGLE SWITCH (LEFT)	2	G2	FRONT HANDLEBAR(LEFT)		1
E6	TOGGLE SWITCH (UPPER)	6	G2-1	HAND PULSE SENSOR WIRE		1
E7	PLASTIC CIRCUIT BOARD	2	G3	HAND PULSE		2
E8	SCREW (M3-10L)	2	G4	PAD FOR HAND PULSE		2
F1	RIGHT MOVING HANDLE BAR	2	G5	HAND PULSE		2
F2	PEDAL TUBE	2	G6	PAD FOR HAND PULSE		2
F3	BRACKET	2	G7	END CAP		2
F4	PEDAL	2	G8	END CAP		2
F5	CUSHION PAD	2	G9	SCREW (M3*35L)		4
F6	Pedal Decorative Cover	2	G10	NUT		4
F7	SCREW (M8*16L)	4	H	DECORATION COVER		1
F8	WASHER (M8* §18.8*2.3t)	2	J	MONITOR		1
F9	BEARING (6002ZZ)	2	J1	SCREW		2
F9-1	BUSHING(§12.1* §17*34L)	2	K1	WATER BOTTLE		1
F10	BUSHING (§15*78L)	12	K2	BOTTLE HONDEL		1
F11	SCREW (M8*20L)	6	L1	DECORATION COVER OF PEDAL TUBE(R)		1
F12	SCREW (M5*12L)	2	L2	DECORATION COVER OF PEDAL TUBE(L)		1
F13	SCREW (M4*20L)	6	M	ADAPTOR		1
F14-1	SCREW(M16)	2	P1	DECORATION COVER OF JOINTED PEDAL TUBE		2
F19	SPRING (6004ZZ)	2	P2	DECORATION COVER OF JOINTED PEDAL TUBE		2
F20	PEDAL TUBE (RIGHT)	2	N1	DECORATION COVER OF HANDLE BAR		2
F21	JOINT PEDAL TUBE	2	N2	DECORATION COVER OF HANDLE BAR		2
F22	NUT (M10)	2	R1	SCREW (M8*58)		2
F23	WASHER (M10* §20*2.3t)	4	R2	SPRING (M8*70)		2
F24	WASHER (M10)	2	R3	SCREW(M8*20)		8
F25	BEARING (6003ZZ)	2	R4	SCREW (M10*112L)		2
F26	BUSHING	4	R5	SCREW(M5*20)		2
F27	BRACKET (T=4.0)	2	R6	SCREW(M6*10)		6
F28	WHEEL (§70)	2	R7	SCREW(M8*15)		6
F29	SPRING (M8)	2	R8	SCREW(M8*20)		2
F30	SCREW (M8*78L)	2	R9	SCREW(M4*15)		2
F31	WASHER (M8* §16*1.2t)	2	R10	SCREW(M4*10)		6
F32	NUT (M8)	2	R11	SCREW(M8*20)		2

WARRANTY

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) year 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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