

BH



Simply. More.

With so many fitness products available today, choosing the right fitness equipment for your home can be an overwhelming process. At BH Fitness, we provide a superior selection of quality products developed from more than 100 years of industry experience, giving you simply the best value on the market today. In short, let us help you simplify your decision.

As one of the world's largest fitness equipment manufacturers, BH Fitness is a global leader in design and production of fitness equipment for home and commercial use. Our award-winning ISO certified facilities apply the latest in cutting-edge technology and European-inspired design to create an extensive family of innovative, uncompromising, user-friendly and durable fitness products.

BH (Beistegui Hermanos or Beistegui *Brothers*), began manufacturing in Spain in 1909 and is now an international manufacturing leader across several industries ranging from fitness equipment to bicycles to solar panels. BH sells fitness equipment in more than 65 countries across five continents and has offices around the world, reinforcing BH's dedication to providing products that positively impact many facets of our lives.

As the North American arm of BH Fitness, we choose to celebrate our deep history in the health and fitness industry by continuing to provide quality products that inspire you to lead an active, healthy lifestyle. Features like Performance Arc Upper Body on our ellipticals and Safe Drop technology on our treadmills have allowed us to redefine the quality of performance and safety our products offer. We are dedicated to providing you with premium home use equipment that is supported by 100 years of experience and innovation.

We're confident you'll find the right equipment to ensure you not only reach your goals, but also enjoy the journey that takes you there. Our commitment to provide easy-to-use products allows you to reach your full potential by offering you simply more.

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Experience. Quality. Simplicity. Comfort.

Experience

BH Fitness is the only fitness equipment maker backed by more than 100 years of manufacturing excellence. We're dedicated to making affordable, durable products that will withstand the test of time. BH continues to be the key supplier of fitness equipment for some of the world's largest health clubs and finest commercial facilities, and we're proud to bring our experience to your home. In short, BH has become synonymous with healthy living.

Simplicity

So often technology is associated with electronics and high-tech devices that seem to complicate life more than simplify it. BH is dedicated to developing technology and innovations that simplify your life and make exercising more enjoyable. From Quick Speed Keys to Fingertip Controls to Self-Generating Products, we challenge our engineers to design products that add simplicity and convenience. After all, isn't that why you prefer working out at home?

Quality

Quality is not something you can wish for, it's something that must be designed into all components at all levels. At BH, our commitment to quality manufacturing began with the philosophy of our founders, to build the best products in the industry. Today we continue with that focus on quality and produce products that deliver the most for your dollar. With attractive, reliable equipment and robust warranties, we provide you with a trustworthy, affordable piece of equipment that will complement any home décor.

Comfort

BH Fitness is an industry leader when it comes to the importance of comfort and safety. We know success in your home gym rests in large part with our ability to provide equipment that feels right and never compromises your safety. That's why we provide options like a 22" wide running surface, Performance Arc upper body paths on ellipticals, reclining mesh seat backs on recumbent bikes, and our exclusive PCS Performance Soft Step. All folding treadmills come standard with Safe Drop technology that allows the treadmill platform to lower unassisted slowly and safely to the ground. Your comfort and safety is important to us, but enough talking from us... we'll let our products do the rest.



Making the decision to invest in your health is the first step towards great results. At BH Fitness, we're committed to providing our customers with a unique selection of treadmills loaded with attractive features and functions sure to delight users of all levels. Whether you've never set foot on a treadmill before or you're an elite athlete training for your next marathon, we're confident you'll find a BH treadmill that not only meets your every need, but also fits comfortably within your budget.

We're delighted to offer some of the best, most innovative treadmill features and rugged components on the market today, including Ortho Cushion Running Belts, Active Flex Suspension Systems, generous running surfaces, and commercial-grade steel frames. Not only are our treadmills durable, they're versatile. With speeds up to 12 mph and maximum inclines of 15%, BH treadmills challenge you while creating enjoyable workout experiences, motivating you to stay on track and reach your personal fitness goals.



TS1



Accessory Tray with Water Bottle Holder

Safety Stop Key

Contact Heart Rate Sensors

Positive Response Silicone Keys

0-12% Incline

0-10 mph Speed with Quick Select Keys

Whisper Quiet 2.25 HP DC Drive Motor

Large 20" x 55" Running Surface

Safe Drop Lowering System

Active Flex Suspension for Maximum Performance

325 lb User Weight Capacity

Folds for Convenience and Storage

TS2



Accessory Tray with Water Bottle Holder

Safety Stop Key

Contact Heart Rate Sensors

Polar Heart Rate Strap Compatible

0-12% Incline with Quick Select Keys

0-11 mph Speed with Quick Select Keys

Whisper Quiet 2.5 HP DC Drive Motor

Large 20" x 57" Running Surface

Safe Drop Lowering System

Active Flex Suspension for Maximum Performance

350 lb User Weight Capacity

Folds for Convenience and Storage

TS1

- Five Red LED Windows Display Speed, Distance, Time, Calories, Incline and Pulse
- Built-in Programs Include Manual and Preset
- Quick Speed Keys

TS2

- Blue Backlit LCD Display
- LCD Displays Speed, Distance, Time, Calories, Incline, Pulse and More
- 1/4 Mile Track Display
- Program Profile Graph
- Built-in Programs Include Manual, Preset, Custom, and Heart Rate Program
- Quick Speed and Incline Keys

TS4



Accessory Tray with Water Bottle Holder

Safety Stop Key

Contact Heart Rate Sensors

Polar Heart Rate Strap Compatible

0-15% Incline with Quick Select Keys

0-12 mph Speed with Quick Select Keys

Whisper Quiet 3.0 HP DC Drive Motor

XL 22"x57" Running Surface

Folds for Convenience and Storage

Safe Drop Lowering System

Active Flex Suspension for Maximum Performance

400 lb User Weight Capacity

TS5



Accessory Tray with Water Bottle Holder

Safety Stop Key

Contact Heart Rate Sensors

Polar Heart Rate Strap Compatible

0-15% Incline with Quick Select Keys

0-12 mph Speed with Quick Select Keys

Whisper Quiet 3.0 HP DC Drive Motor

XL 22"x60" Running Surface

Ortho Cushion Belt

3" Rollers and Commercial
Grade Frame for Ultimate Durability

Active Flex Suspension for Maximum Performance

400 lb User Weight Capacity



TS4

- Five Red LED Windows Display Speed, Distance, Time, Calories, Incline and Pulse
- 1/4 Mile Track Display
- Built-in Programs Include Manual, Preset, Custom and Heart Rate Program
- Quick Speed and Incline Keys



TS5

- Five Red Alpha-Numeric LED Windows Display Speed, Distance, Time, Calories, Incline, Pulse and More
- 1/4 Mile Track Display
- Program Profile Graph
- Built-in Programs Include Manual, Preset, Custom, and Heart Rate Program
- Quick Speed and Incline Keys



Extended Medical Rails
Available on TS5 Treadmill



TS1, TS2, and TS4 Tread-
mills Fold for Convenient
Cleaning and Storage

			TS1	TS2	TS4	TS5
Motor						
	3.0 HP Continuous DC				•	•
	2.5 HP Continuous DC			•		
	2.25 HP Continuous DC		•			
Speed		0 - 12 mph (0-19 km/h)			•	•
		0 - 11 mph (0-17.5 km/h)		•		
		0 - 10 mph (0-16 km/h)	•			
Incline		0 - 15%			•	•
		0 - 12%	•	•		
Anti Static Belt	Area (W x L)		20x55"	20x57"	22x57"	22x60"
	Belt	Ortho Cushion Running Belt			•	•
		Durable Multi-ply, Urethane Coated Running Belt	•	•		
Low Maintenance Deck	Cushioning	Active Flex Suspension System	•	•	•	•
Rollers	Diameter	3"				•
		2.5"			•	
		2"	•	•		
Folding		Safe Drop System	•	•	•	Non-folding
Console	Display	Matrix Display		YES		YES
		Multi Window	5 Red LED	LCD Blue Backlit	5 Red LED with	5 Red LED with
				Matrix Window	1/4 mile track	Matrix Window
	Feedback	Speed, Distance, Time, Calories, Incline, Pulse	•	•	•	•
		Heart Rate	•	•	•	•
		1/4 Mile Track		•	•	•
		Program Profile (Graph)		•		•
	Safety and Convenience	Silicone Keys	•	•	•	•
		Quick Speed and/or Incline Keys	•	•	•	•
		Contact Heart Rate	•	•	•	•
		Heart Rate Receiver		•	•	•
		Polar Chest Strap		Compatible	Compatible	Compatible
		Safety Stop Key	•	•	•	•
		Accessory Tray / Water bottle & holder	•	•	•	•
	Workout Programs	Manual	•	•	•	•
		Preset	•	•	•	•
		Custom		•	•	•
		Heart Rate Program		•	•	•
Home Warranty	Frame & Motor	Lifetime	•	•	•	•
	Parts		5 Years	5 Years	5 Years	10 Years
	Labor		1 Year	1 Year	1 Year	2 Years
Measurements	Weight	Max User	325 lbs	350 lbs	400 lbs	400 lbs
	Dimensions	Unit Gross Weight	209 lbs	209 lbs	247 lbs	308 lbs
		Length in inches	74	76	77	80.5
		Width in inches	32	32	34.5	32.5

Notes

With so many elliptical trainers on the market today, messages abound boasting a barrage of features and components that may leave you feeling like you don't know what to buy—or why to buy it. We understand, and we're here to help make the process of buying a BH Fitness elliptical as simple and enjoyable as using one.

Any member of the BH Fitness elliptical family is reliable, attractive and durable. In addition to the solid construction and quality components, you'll find user-friendly consoles with up to 12 preset workout programs, and motivational displays including program profile graphs. And select units are self-generating, a feature that's environmentally friendly and easy on your utility bills. With BH ellipticals, the only tough decision that remains is which BH model to choose.



XS1



XS3



XS1 & XS3

- Blue Backlit LCD Window Displays Statistics Including Speed, Distance, Time, Calories, Pulse and More
- 12 Built-in Programs Include Manual, Preset and Heart Rate Program
- Program Profile Graph

XS5



Dual Aluminum Guide Rails for Maximum Stability

Fingertip Controls for Convenient Workout Adjustments

Performance Arc Upper Body Path for Optimized Workouts

Contact Heart Rate Sensors

Polar Heart Rate Strap Compatible

Convenient Water Bottle Holder

Natural 20" Stride Length

PCS Performance Soft Step for Enduring Comfort

Oversized, Anti-Skid Pedals for Secure Use

Low, Comfortable Step Up Height

325 lb User Weight Capacity

XS8



Dual Aluminum Guide Rails for Maximum Stability

Fingertip Controls for Convenient Workout Adjustments

Performance Arc Upper Body Path for Optimized Workouts

Contact Heart Rate Sensors

Polar Heart Rate Strap Compatible

Convenient Water Bottle Holder

Natural 20" Stride Length

PCS Performance Soft Step for Enduring Comfort

Oversized, Anti-Skid Pedals for Secure Use

Low, Comfortable Step Up Height

375 lb User Weight Capacity

No Plug Required
Self Generating



XS5 & XS8

- Bright LED Matrix Windows Display Statistics Including Speed, Distance, Time, Calories, Pulse and More
- 12 Built-in Programs Include Manual, Preset and Heart Rate Program
- Program Profile Graph



PCS Performance Soft Step on XS3, XS5, and XS8 Ellipticals



Fingertip Controls Maximize Convenience on XS5 and XS8 Ellipticals

		Model	XS1	XS3	XS5	XS8
Resistance	Power Source	Self Generating				•
		120V / 60Hz	•	•	•	
	System	Alternator				•
		Magnetic	•	•	•	
	Levels	16	•	•	•	•
Ergonomic Design		Front Drive	•	•	•	•
Drive System		Poly-V Belt	•	•	•	•
Stride Length		20"	•	•	•	•
Pedals		PCS Performance Soft Step		•	•	•
		Oversized, Anti Skid	•	•	•	•
Handle Bar		Natural Arc	•			
		Performance Arc		•	•	•
Frame		Transportation Wheels	•	•	•	•
		Dual Aluminum Rail Guides	•	•	•	•
Console	Display	Matrix Window	•	•	•	•
		LED Windows (Red)			•	•
		Backlit LCD	•	•		
	Feedback	Speed, Distance, Time, Calories, Pulse	•	•	•	•
		Wireless Heart Rate	•	•	•	•
		Program Profile (Graph)	•	•	•	•
	Safety and Convenience	Contact Heart Rate	•	•	•	•
		Polar Heart Rate Strap Compatible		•	•	•
		Water Bottle & Holder	•	•	•	•
	Workout Programs	Manual	•	•	•	•
		Preset	•	•	•	•
		Heart Rate Program	•	•	•	•
Home Warranty	Frame	Lifetime	•	•	•	•
	Generator	Lifetime				•
	Parts	5 Years	•	•	•	•
	Labor	1 Year	•	•	•	•
Measurements	Weight	Max User	325 lbs	325 lbs	325 lbs	375 lbs
		Unit Gross Weight	210 lbs	210 lbs	211 lbs	213 lbs
	Dimensions	Length in inches	75	72	72	72
		Width in inches	26.5	28	28	28

Notes

Bikes are one of the most popular pieces of cardio equipment, and it's no secret why. Bikes are versatile, durable and come in various styles and sizes that exercisers of all ages and fitness levels can comfortably use, yet challenge the most serious of athletes with a variety of workouts and functions.

BH Fitness offers a variety of recumbent bikes sure to inspire exercisers of all levels to start pedaling. In addition to our tradition of manufacturing cardio equipment that brings both quality and value to our users, we're also part of the BH global family that includes BH Bikes, a Tour de France team sponsor, and one of the most respected and acclaimed bicycle manufacturers in the world since 1919. We've adapted some of our favorite features and functions found on BH road and mountain bikes and packaged them in convenient, attractive, user-friendly bikes.



RS3

Polar Heart Rate Strap Compatible
Contact Heart Rate Sensors

Ergonomically Designed Recumbent with Mesh Seat

16 Levels of Magnetic Resistance

Large Foot Pedals with
Sure Grip for Secure Use

Fore and Aft Seat Adjustment
for a Customized Fit

Silent, Smooth and Durable Poly-V Belt Drive Train

Easy Walk Through Design for Safe Entry and Exit



RS5

Polar Heart Rate Strap Compatible
Contact Heart Rate Sensors

Ergonomically Designed Recumbent with Mesh Seat

16 Levels of Magnetic Resistance

Large Foot Pedals with
Sure Grip for Secure Use

Fingertip Controls for Convenient Workout Adjustments

Multi-Position Reclining Seat for Ultimate Comfort

Fore and Aft Seat Adjustment for a Customized Fit

Sleek Recumbent Bike Design Compliments any Interior

Silent, Smooth and Durable Poly-V Belt Drive Train

Easy Walk Through Design for Safe Entry and Exit



RS3

- Large Blue Backlit LCD Screen Displays Speed, Distance, Time, Calories, Resistance and Pulse
- Program Profile Graph
- 12 Built-in Programs Include Manual, Preset, Custom and Heart Rate Program



RS5

- Bright LED with Matrix Windows Display Speed, Distance, Time, Calories and Pulse
- Program Profile Graph
- 12 Built-in Programs Include Manual, Preset, Custom and Heart Rate Program



RS8



HS8



RS8

- Bright LED with Matrix Windows Display Speed, Distance, Time, Calories, Incline and Pulse
- Program Profile Graph
- 12 Built-in Programs Include Manual, Preset, Custom and Heart Rate Program



HS8

- Bright LED with Matrix Windows Display Speed, Distance, Time, Calories, Incline and Pulse
- Program Profile Graph
- 12 Built-in Programs Include Manual, Preset, Custom and Heart Rate Program



Multi-Position Recline for Added Comfort on RS5



Convenient Fingertip Controls on RS5, RS8, and HS8

		Model	RS3	RS5	RS8	HS8
Resistance	Power Source	Self Generating			•	•
		120V / 60Hz	•	•		
	System	Alternator			•	•
		Magnetic	•	•		
	Adjustment	Electronic	•	•	•	•
	Levels	16	•	•	•	•
Ergonomic Design		Walk Through Recumbent	•	•	•	
		Walk Through Hybrid Recumbent				•
		Mesh Seat	•	•		•
Drive System		Poly-V Belt	•	•	•	•
Seat Adjustment		Fore / Aft	•	•	•	•
		Up / Down (Diagonal)				•
		Recline		•		•
		Oversized Sure Grip	•	•	•	•
Transportation Wheels			•	•	•	•
Console	Display	LCD Display	•			
		LED Display		•	•	•
		Matrix Window	•	•	•	•
	Feedback	Speed, Distance, Time,	•	•	•	•
		Calories, Heart Rate	•	•	•	•
		Program Profile (Graph)	•	•	•	•
	Safety and Convenience	Contact Heart Rate	•	•	•	•
		Polar Heart Rate Strap Compatible	•	•	•	•
		Integrated Reading Rack	•	•	•	•
		Water Bottle & Holder	•	•	•	•
	Workout Programs	Manual	•	•	•	•
		Preset & HRP	•	•	•	•
Home Warranty	Frame	Lifetime	•	•	•	•
	Generator	Lifetime			•	•
	Parts	5 Year	•	•	•	•
	Labor	1 Year	•	•	•	•
Measurements	Weight	Max User in pounds	300 lbs	300 lbs	300 lbs	300 lbs
		Unit Gross Weight	133 lbs	144 lbs	152 lbs	160 lbs
	Dimensions	Length in inches	66.5	66.5	66.5	66.5
		Width in inches	28	28	28	28

Notes

SB2

Micro-Adjustable Fore/Aft
and Up/Down Seat Adjustment
with Ergonomic Saddle

Convenient Water Bottle Holder
(Optional Handlebar Mount Available)

Commercial-Grade Steel Frame

Sport Pedals with Toe
Cage & Safety Strap

Light Commercial Warranty



Micro-Adjustable Fore/Aft
and Up/Down Handlebar Adjustment

Top-Down Friction
Resistance System

40lb Flywheel

Automotive Finish with
Metallic Cherry Red Paint

Transportation Wheels



Optional Handlebar Water Bottle Holder

SB4

Micro-Adjustable Fore/Aft
and Up/Down Seat Adjustment
with Ergonomic Saddle

Bigger seat that fits
larger users up to 6'5"

Convenient Water Bottle Holder
(Optional Handlebar Mount Available)

Oversized Steel Frame

Dual SPD® Compatible Pedals*

Full Commercial Warranty



Micro-Adjustable Fore/Aft
and Up/Down Handlebar Adjustment

Frictionless Magnetic Resistance

Belt Drive System for Ultra-Smooth
& Quiet Operation

45lb Equivalent Aluminum
Alloy Flywheel

Transportation Wheels

*SPD® is a registered trademark of Shimano Inc.



• Battery-powered LCD Display Shows
RPM, Calories, Distance, Elapsed
Time, & Heart Rate
(Chest Strap Not Included)

Maximum Load :	350 Pounds
Frequency :	30, 35, 40 and 45 Hertz
Time Selections :	30, 45, 60 and 90 Seconds
Vibration Energy :	Low Amplitude (L) to Produce a Peak to Peak Wave Displacement of 1 to 2 mm and High Amplitude (H) which Produces 3 to 4 mm Displacement
Dimensions :	70 cm x 70 cm x 134 cm
(W x D x H)	28 in x 28 in x 53 in
Surface Plate Dimensions :	70 cm x 70 cm
(W x D)	28 in x 28 in
Weight :	58 Kilograms / 128 Pounds
Power Supply :	110V Powers (2) 150 Watt AC Motors
Home Warranty :	10 Year Frame, 2 Year Parts, 2 Year Labor
Additional Features:	Multi Position Hypo Allergenic Central Grip Handlebar Fiberglass & Steel Construction for Stability



Intuitive LCD display guides you through each workout with visual aides for body position and muscle groups.

VS5



“ Whole Body Vibration (WBV) can provide a number of benefits that enhance or even supersede traditional power training methods. For athletes, WBV may provide a less time-consuming alternative to weight training or plyometrics, with lower levels of perceived exertion and tissue damage... Because WBV provides results comparable with more traditional training methods with a shorter time commitment and lower perceived exertion, it may also provide an environment that improves fitness and exercise compliance in the general population.”

Journal of Strength and Conditioning Research, September 2009

- ▶ Better results in less time
- ▶ Boosts metabolism to burn fat faster
- ▶ Increases flexibility and core strength
- ▶ Stimulates the musculoskeletal structure
- ▶ Increases muscle mass and bone density



Sport Specific Programming: 27 built-in programs designed to target key areas for each sport and help you perform at your peak.

Drop Strokes Off Your Golf Game
Shave Time Off Your 5K
Increase Flexibility
Perform Better



As a global company we know our customers are everywhere. And we know the importance of prompt, professional service. Whether it's sending you a replacement part or answering a technical question, we've built the foundation, processes, and tools to service your needs quickly and completely. Our customer support call center is open to accept your calls with a knowledgeable support staff that is ready meet your needs.

At BH we're proud of our strong network of dealers, professional service providers and call centers around the world. Our North American facility keeps over \$3 million in spare parts inventory to ensure we are able to service your needs. We've built our reputation on more than 100 years of quality manufacturing and customer satisfaction and we remain committed to you, our customer. We'll go that extra mile every day with you in mind and we look forward to working with and for you.

Customer Support

(U.S. and Canada)

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Customer Service

BH Fitness Proudly Serves as Key Supplier to the Finest Gyms in the World



Global Customers Include...

Hilton Brands

Marriott Brands

Sheraton Resorts

Club Med

Choice Hotels

Holiday Inn

Gold's Gym

Anytime Fitness

Villanova University

World Gym

Volvo Group

US Armed Forces



BH



BH North America
BH Mexico
BH Spain
BH Asia
BH UK
BH France
BH Portugal
BH Deutschland



Mixed Sources

Product group from well-managed
forests and other controlled sources
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