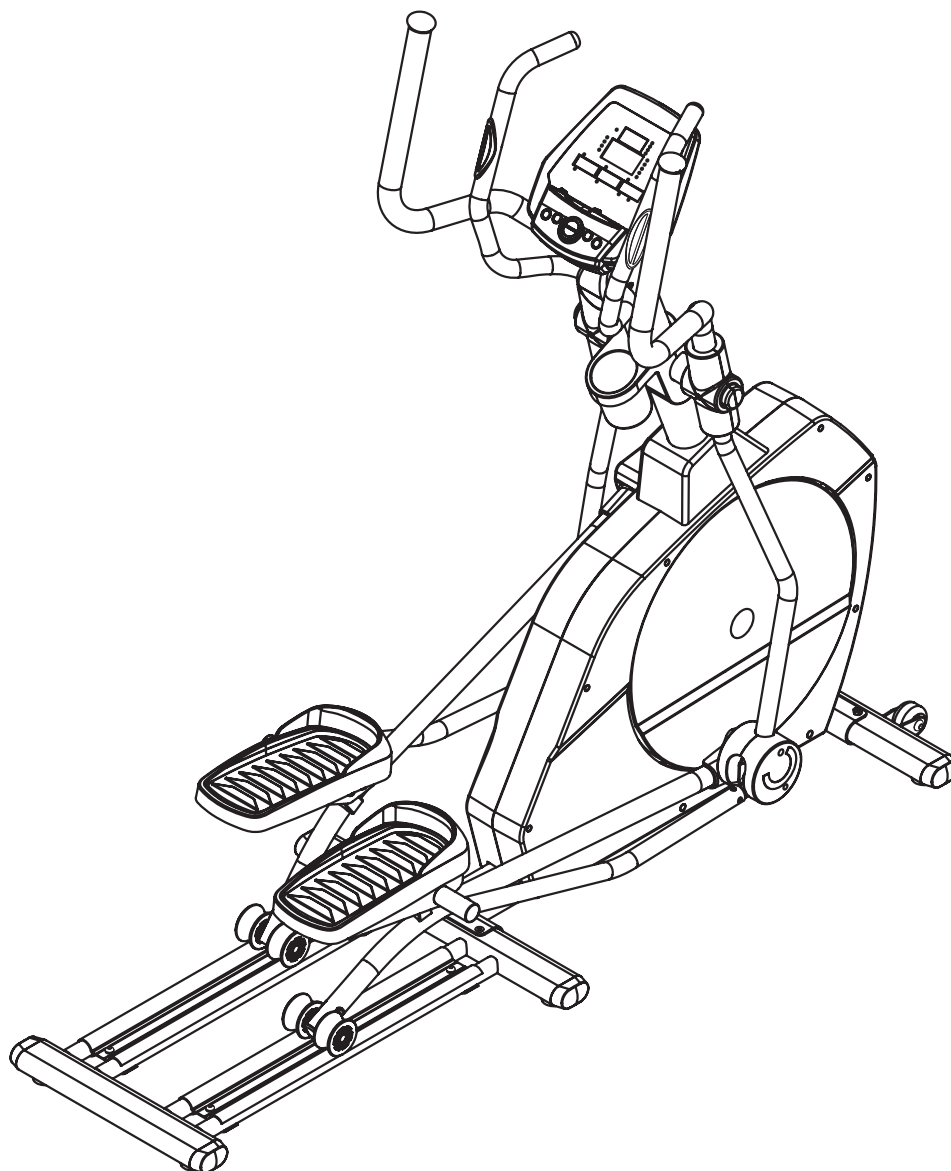




## XS1 Elliptical



# OWNER'S MANUAL

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

**BH North America    Foothill Ranch , California 92610**  
**Tel.: 949 206-0330 Fax.: 949 206-0013    [www.BHFitnessUSA.com](http://www.BHFitnessUSA.com)**

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## IMPORTANT SAFETY ADVICE

This machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the entire manual before assembling and using the machine. the following safety precautions should also be observed.

1. Keep children or pet away from this equipment at all times. Do not leave them unsupervised in the room where this machine 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 machine, STOP the exercise, SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a place mat, and on solid surface. Adjust footing for assured stability if equipped
5. Keep 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 machine. always wear running shoes or trainers when using the machine
7. This machine 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. People with physical limitation 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 machine if it is not working properly
12. Before using the machine, thoroughly inspect the machine for proper assembly
13. A perimeter distance of 3 feet / 1 meter is required before operating the unit
14. This machine is not suitable for therapeutic use
15. This machine should only be used after a thorough review of the operation manual and the warning labels
16. The weight of the user must not exceed 300 lbs. (136 kg)

**CAUTION:** Consult your doctor before beginning to use the machine. 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

---

## **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 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 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 (MVO<sub>2</sub>). This is often referred to as your aerobic capacity. The largest amount of oxygen that you can use per minute during exercise is called your 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 MVO<sub>2</sub> 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 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 you become more fit, 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

---

## TRAINING GUIDELINES (Cont'd)

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 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               | 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

---

## TRAINING GUIDELINES (Cont'd)

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 table below is a guide to those who are keeping fit 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. Just remember:

- Don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it
- Your pulse rate is only 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 you something. **Stop** exercising and consult your doctor or **SEEK** medical attention **IMMEDIATELY!**

### 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

## TRAINING GUIDELINES (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

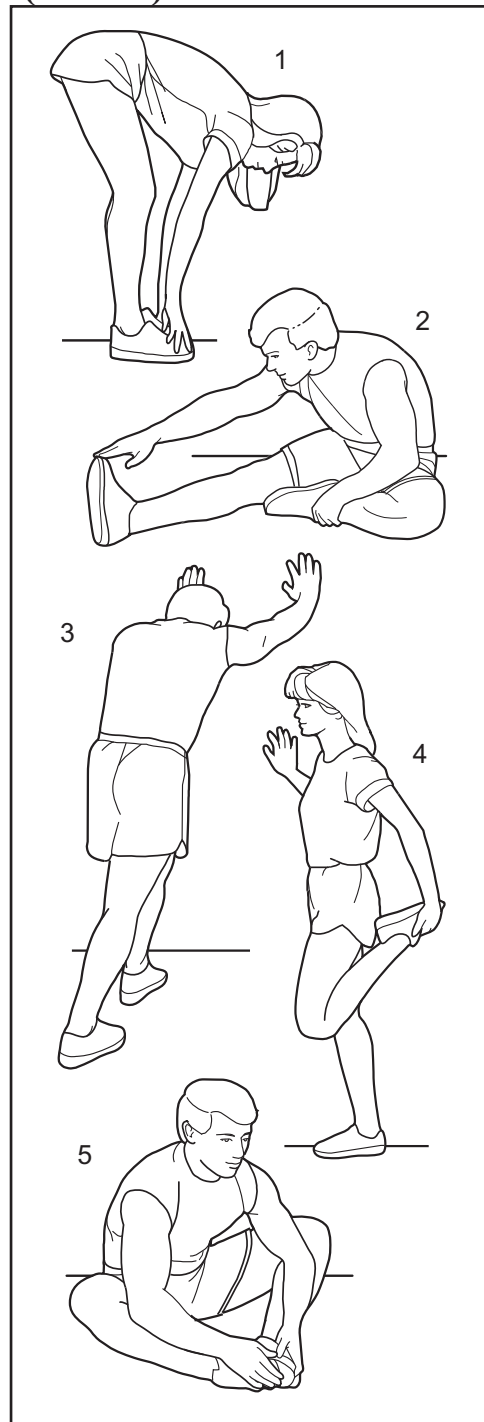
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

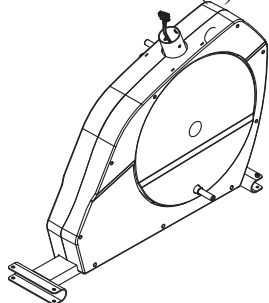
#### 5. Inner Thigh Stretch

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.

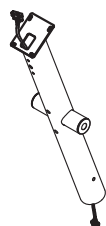


## PARTS & HARDWARES

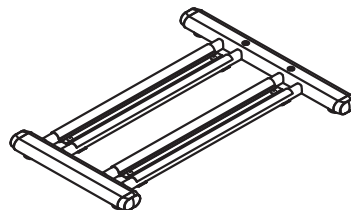
Base Frame (1)



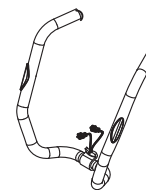
Upright Tube (1)



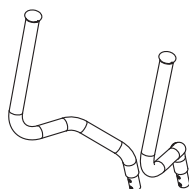
Gliding Track (1)



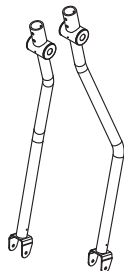
Fix Handlebar (1)



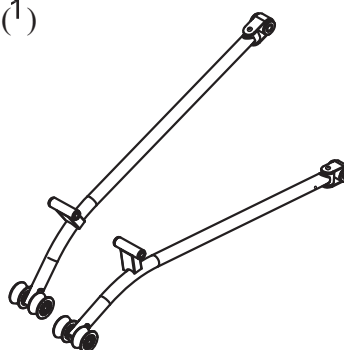
Upper Swivel Handle L&R (1)



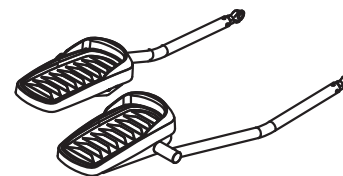
Lower Swivel Handle Bar L&R (1)



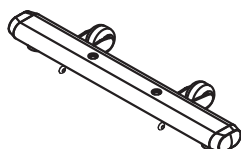
Pedal Tube L&R (1)



Outer Pedal Post L&R (1)



Front Stabilizer (1)



Axle Support (1)



Washer For Pedal (2)



Front Sleeve (1)



Swivel Pivot Cover (1)



Accessory Tray Front & Back (1)



Swivel Pivot Cover Front & Back (2)



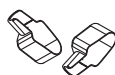
Swivel Pedal Pivot Cover L&R (4)



Adaptor (1)



Pedal Tube Cover (2)



Monitor (1)

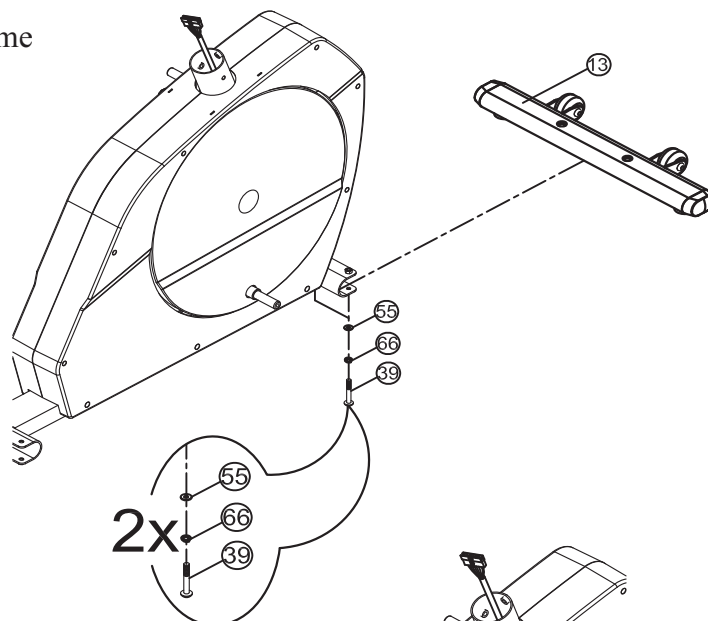


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## ASSEMBLY INSTRUCTION

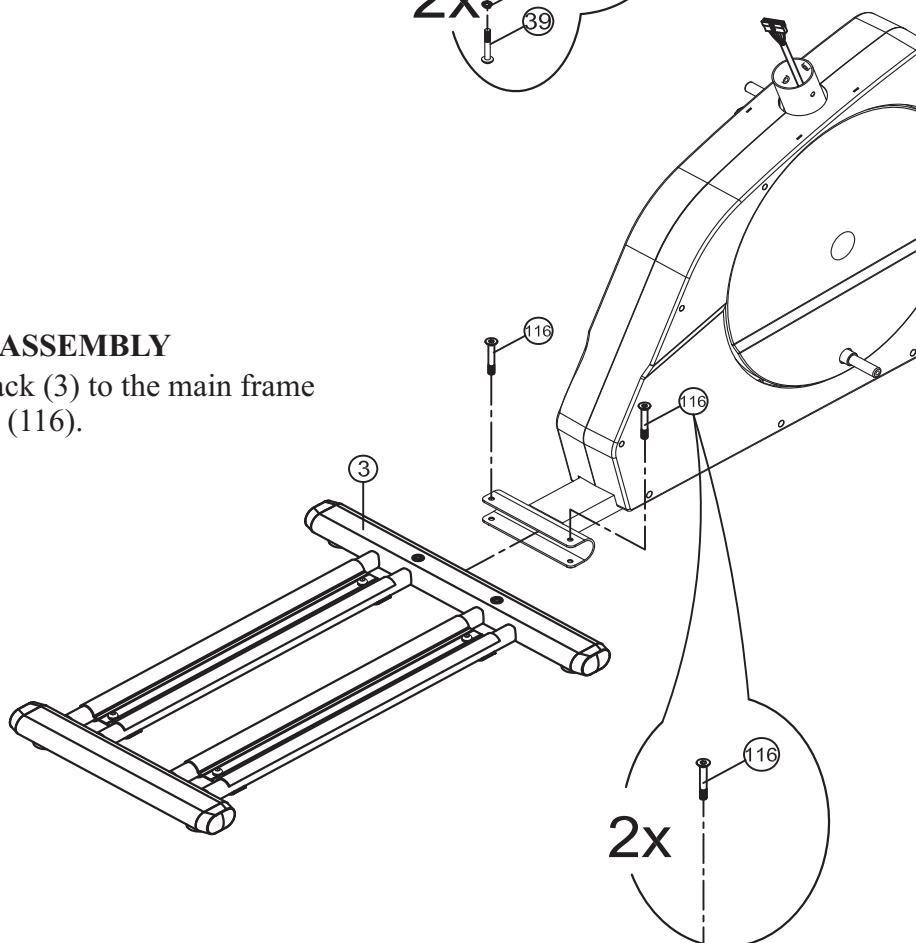
### FRONT STABILIZER ASSEMBLY

Secure the front stabilizer (13) to the main frame using (2) M8\*58 bolts(39), (2) M8 lock washers (66) & (2) M8 Flat Washers (55)



### GLIDING TRACK ASSEMBLY

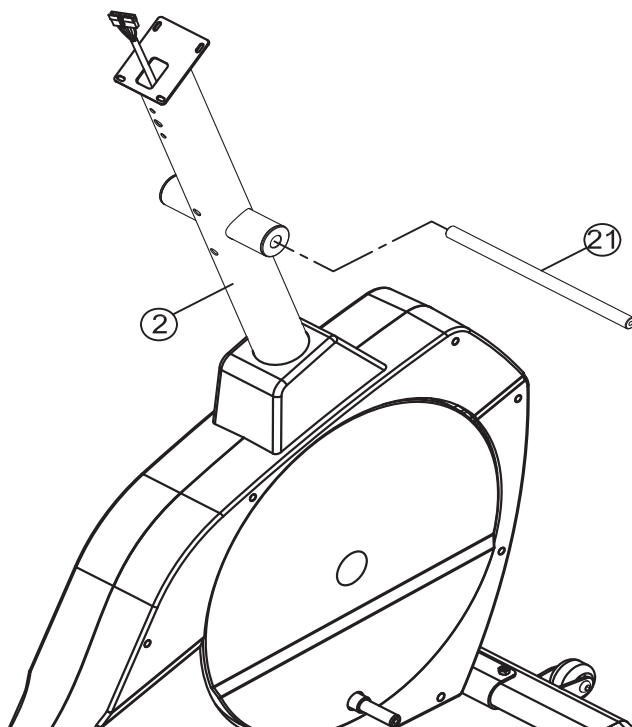
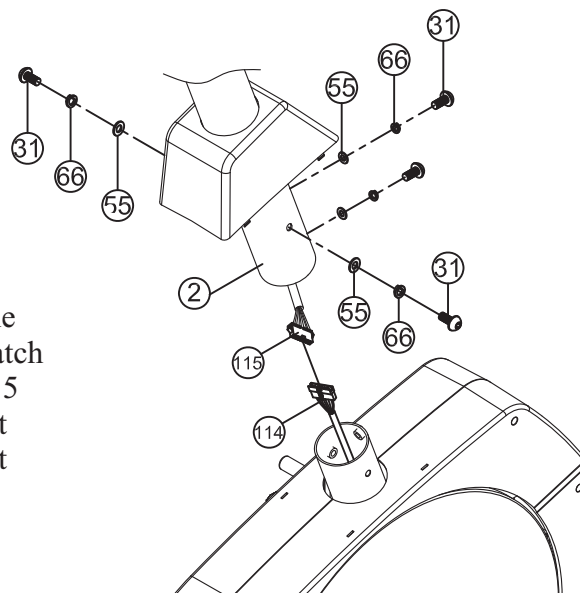
Attach the Gliding track (3) to the main frame using 2- M8\*58 bolts (116).



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**ASSEMBLY INSTRUCTIONS (cont'd)****UPRIGHT ASSEMBLY**

Connect the I/O cable (114) from the main frame to the connector (115) of the Upright (2). Slide the upright down to mate with the main frame and match the hole pattern and secure the joint with 4- M8\*15 bolts (31), 4- M8 lock washers (66) and 4-M8 Flat washers (55). Slide the Front sleeve over the joint.

**AXLE SUPPORT**

Insert the Axle Support (21) through the bushing on the upright (2).

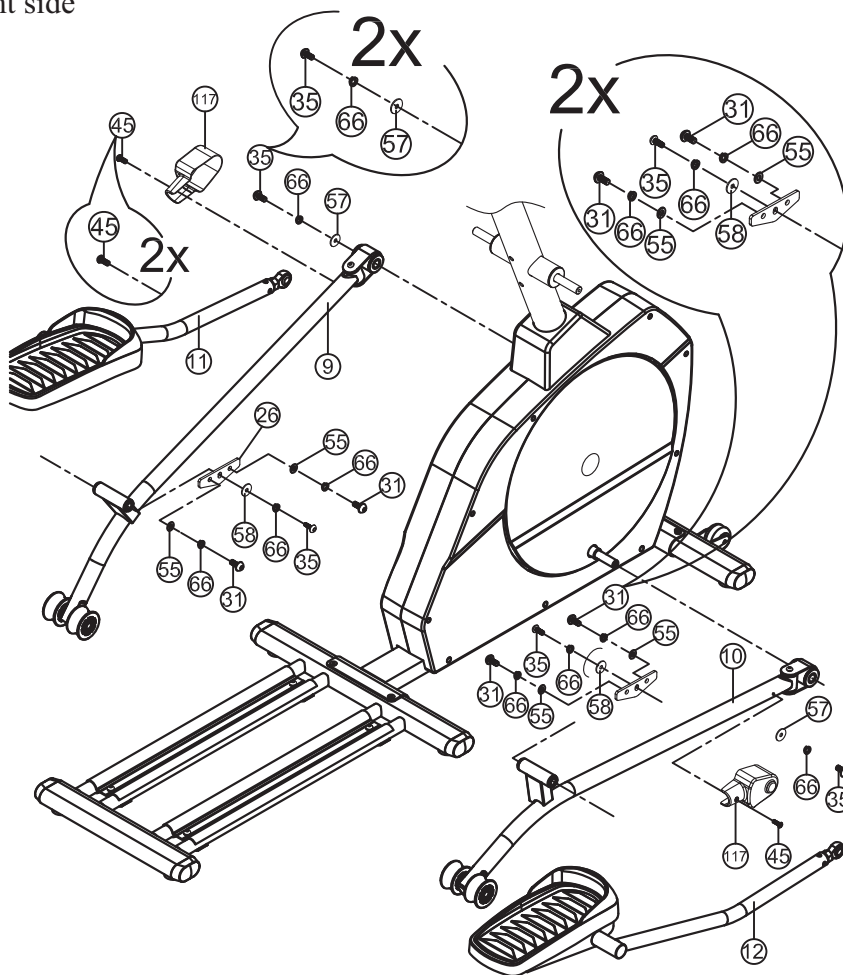
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## ASSEMBLY INSTRUCTIONS (cont'd)

### PEDAL TUBE ASSEMBLY

Place the Outer pedal tube (11) over the Left pedal tube (9), then place the bracket (26) next and secure the assembly at the center hole with M8\*20 (35), Lock washers (66), Flat washers (58) and the outer holes with M8\*15 (31), Lock washers (66), Flat washers (55).

Repeat for the Right side



### PEDAL TUBE & FLYWHEEL ASSEMBLY

Attach the Pedal Tube onto the bushing of the flywheel and secure with M8\*20 (35), Lock washers (66), Flat washers (57). Secure Pedal Tube cover over the joint with screw (45) M5\*15

Repeat for the Right side

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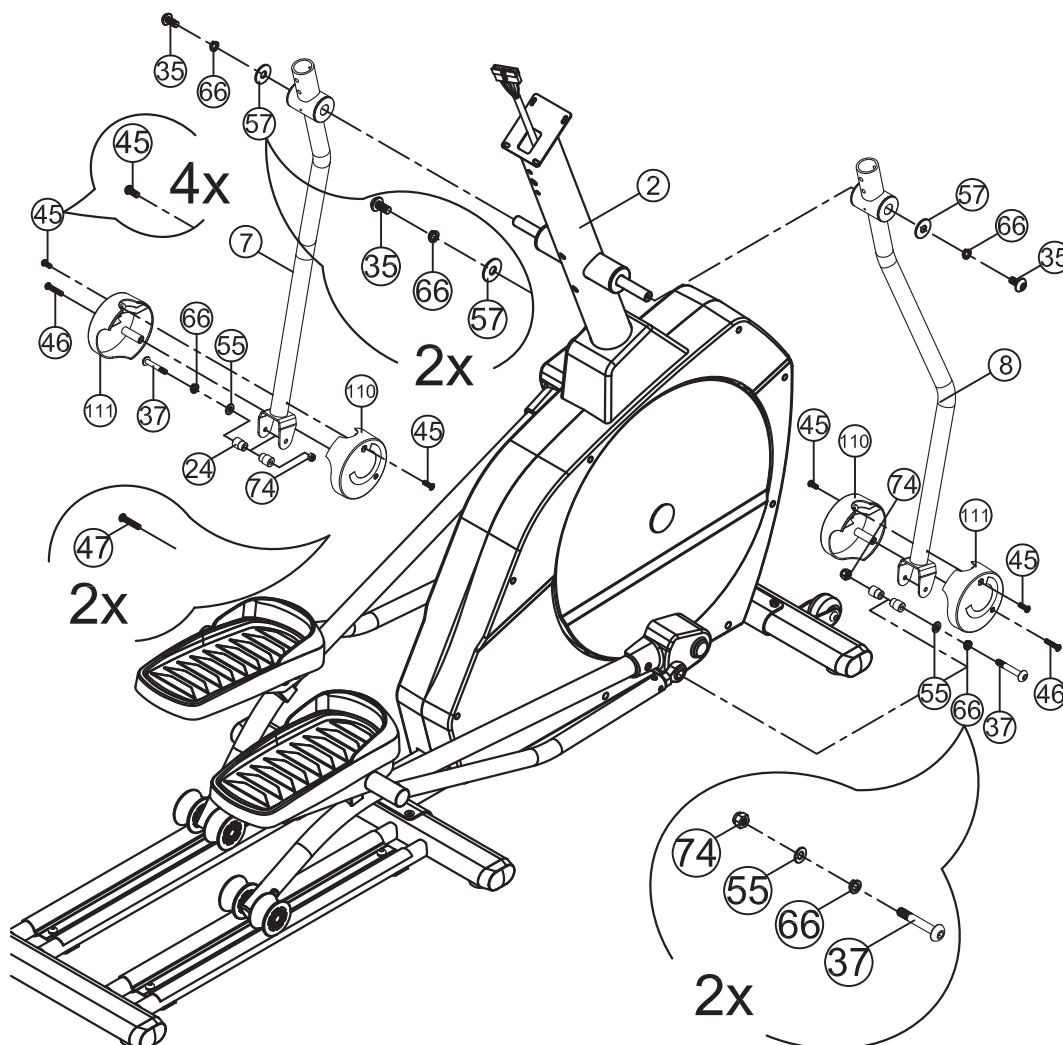
**ASSEMBLY INSTRUCTIONS (cont'd)****LOWER SWIVEL HANDLEBAR ASSEMBLY**

Attach the Left Lower Swivel handlebar (7) to the axle of the upright tube. Secure with Flat Washer M8 (57), Lock Washer M8 (66) and Bolt M8\*20 (35).

Then, insert the metal spacers (24) to the ball joint of the Outer Pedal tube and slide the joint in between the bracket of the Left Lower Swivel handlebar (7). Secure the assembly in place with Flat washer (55), Lock washer (66), Bolt (37) and nut (74).

Snap the Swivel Pedal Pivot Covers (110 & 111) together and tighten with screws (45) on both sides and screw (46) on the outside

Repeat the same steps above for the right Lower Swivel handlebar (8).



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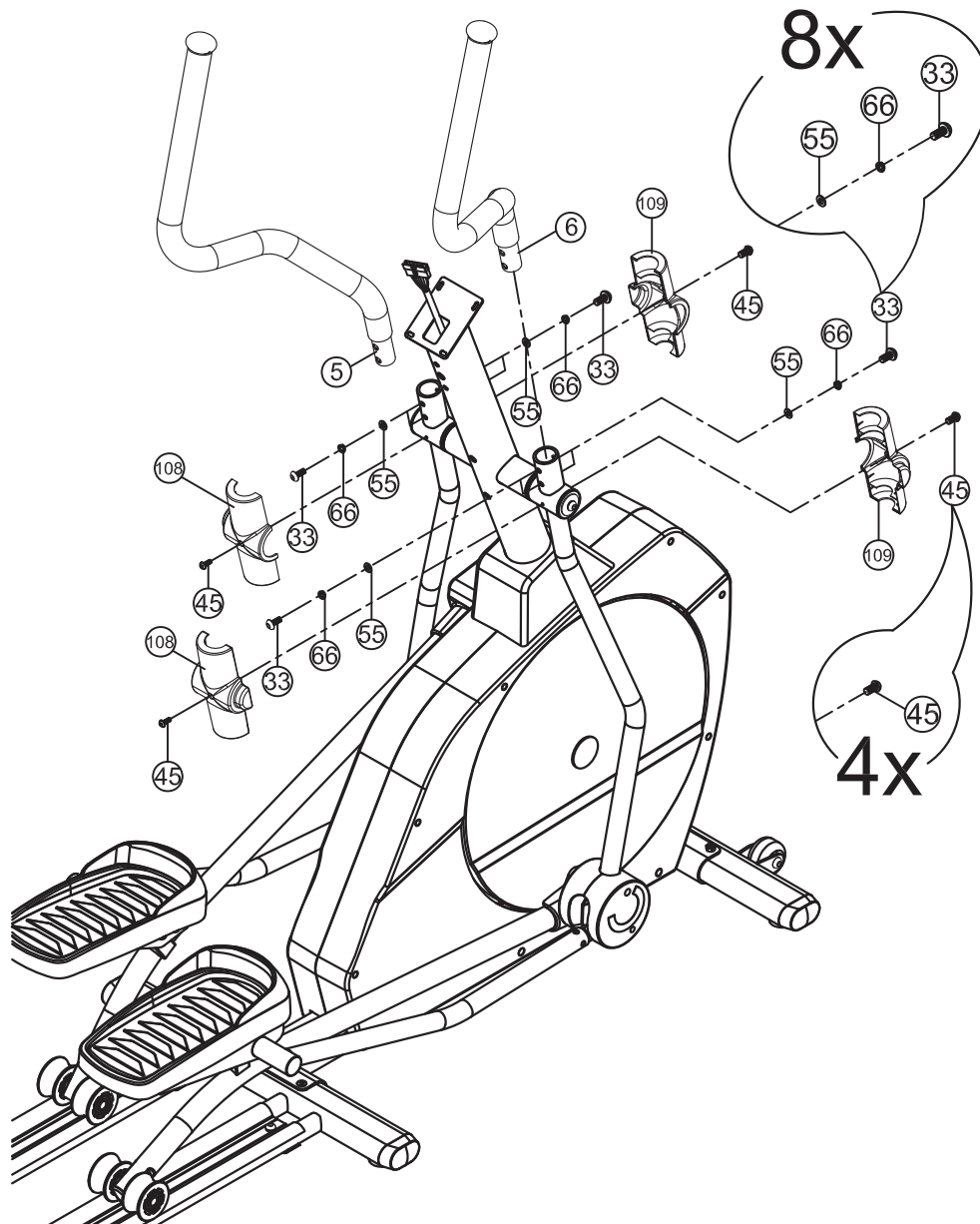
## ASSEMBLY INSTRUCTIONS (cont'd)

### UPPER SWIVEL HANDLEBAR ASSEMBLY

Insert the Left Upper Swivel handlebar (5) into the opening of the Lower Swivel Handlebar tube. Tighten them in place with Flat washer (55), Lock washer M8 (66) and Bolt (33) to both the front and back.

Snap the Swivel Front and Back covers (108 & 109) together and tighten with screws (45) on both sides and screws (46) on the outside

Repeat the same steps above for the right Upper Swivel Handlebar (6)



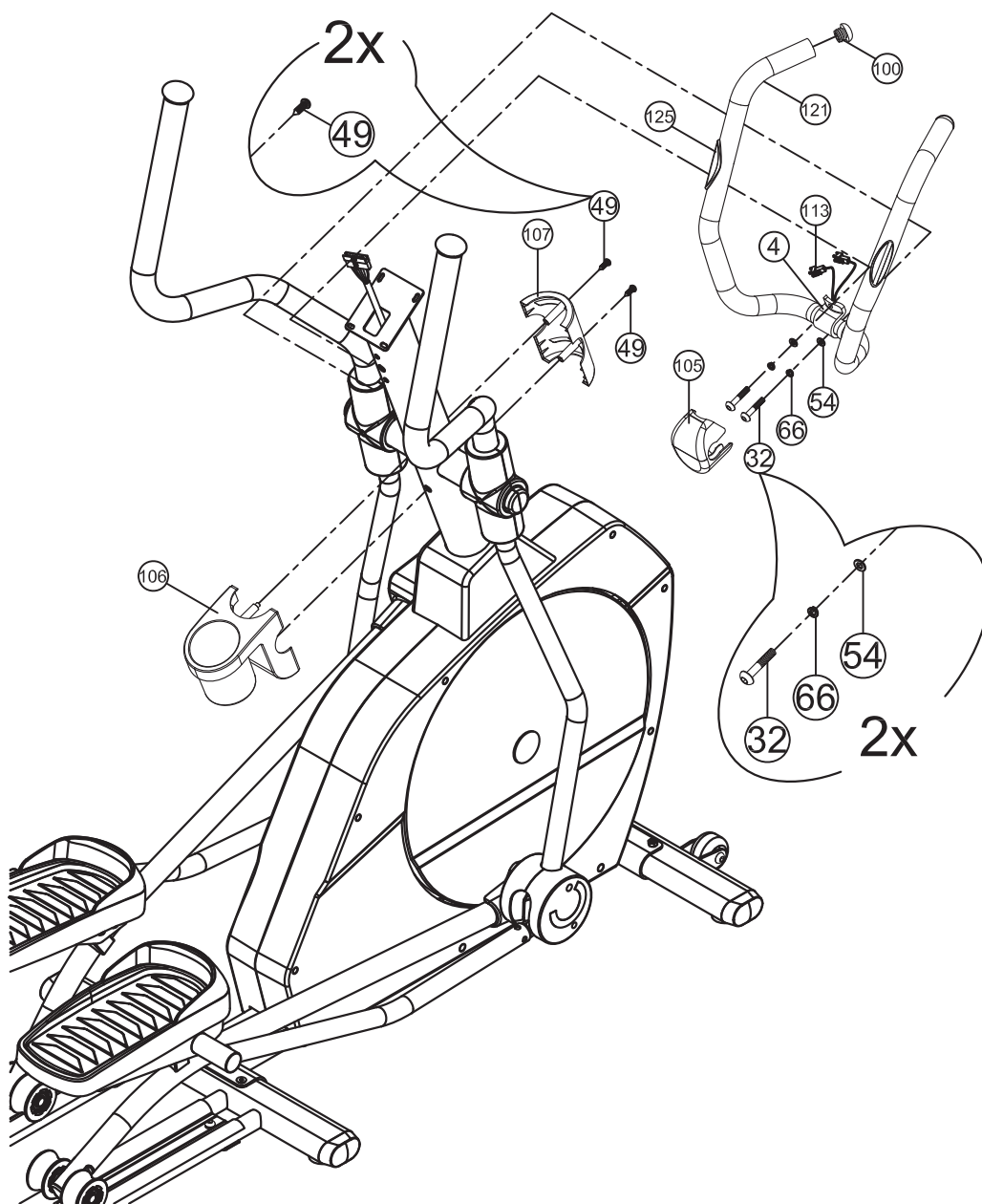
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## ASSEMBLY INSTRUCTIONS (cont'd)

### FIXED HANDLEBAR ASSEMBLY

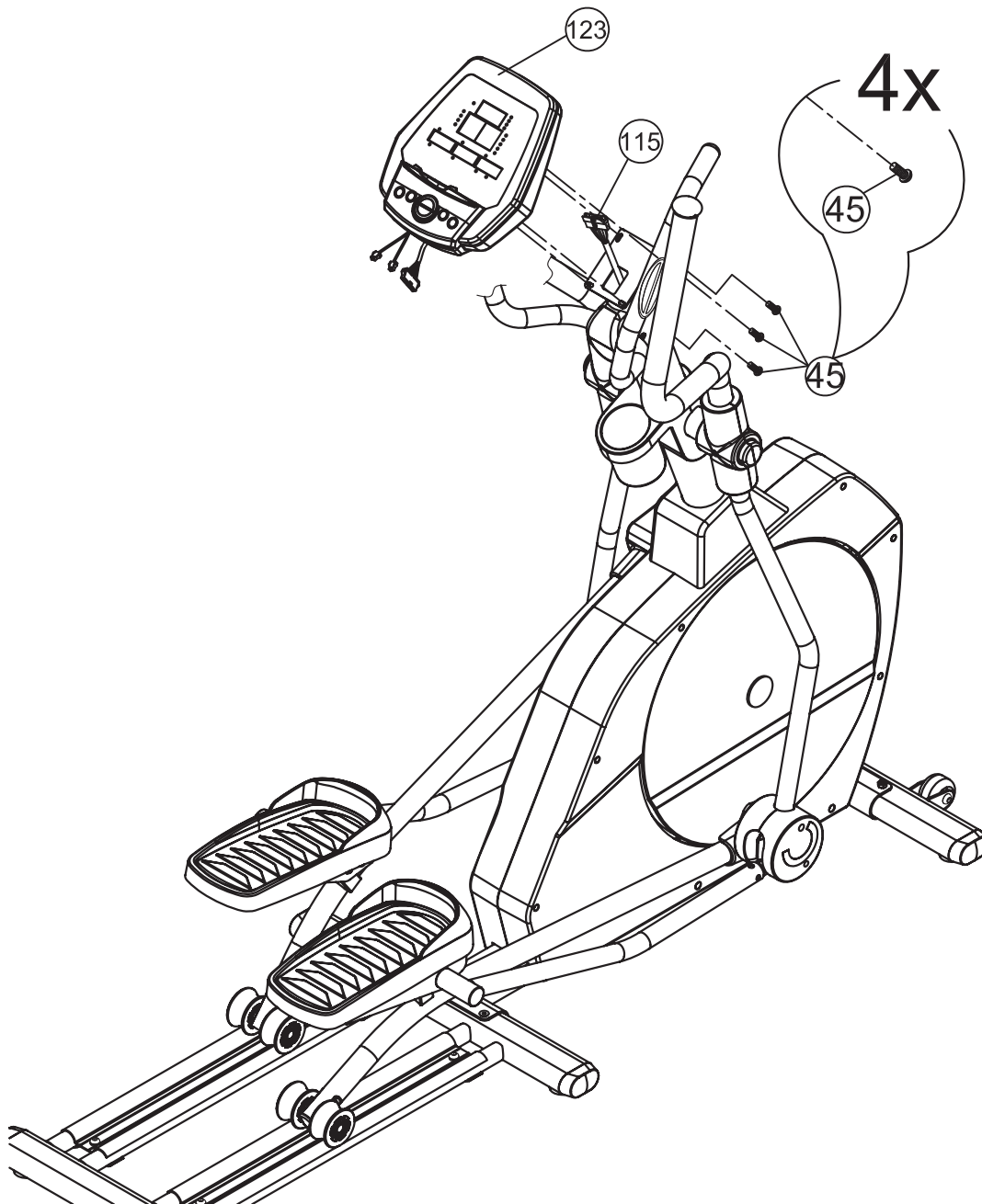
Feed the Hand Pulse cables (113) from the Fixed Handlebar through the center hole of the three on the Upright tube. Place the handlebar (4) on the Upright tube matching the hole pattern. Tighten with Flat washers (54), Lock washers (66) and bolts (32). Snap the plastic cover (105) over the joint from the front side.

Snap the Accessory Tray Front and Back (106 & 107) pieces together near the swivel point and tighten with Screws (49)



## CONSOLE ASSEMBLY

Remove the screws in the back of the console (123) and save for later use. Mate and connect the Hand Pulse cables (113), and the control cable from the opening of the Upright tube to those from the console. Slide the console onto the mounting plate of the Upright tube and secure the console in place with the screws saved from earlier removal



## CONSOLE



| Button Function | Description                                                   |
|-----------------|---------------------------------------------------------------|
| MODE/ENTER      | Confirm all exercise data settings or accept, entering choice |
| RESET           | Return to default setting or the beginning                    |
| START/STOP      | Start or stop the exercise                                    |
| RECOVERY        | Test heart rate recovery status                               |
| UP              | Changing value up or scrolling through programs               |
| DOWN            | Changing value down or scrolling through programs             |
| P1              | Program Profile 1                                             |
| P2              | Program Profile 2                                             |
| P3              | Program Profile 3                                             |
| P4              | Program Profile 4                                             |
| P5              | Program Profile 5                                             |
| P6              | Program Profile 6                                             |
| P7              | Program Profile 7                                             |
| P8              | Program Profile 8                                             |
| P9              | Program Profile 9                                             |
| P10             | Program Profile 10                                            |
| P11             | Program Profile 11                                            |
| P12             | Program Profile 12                                            |

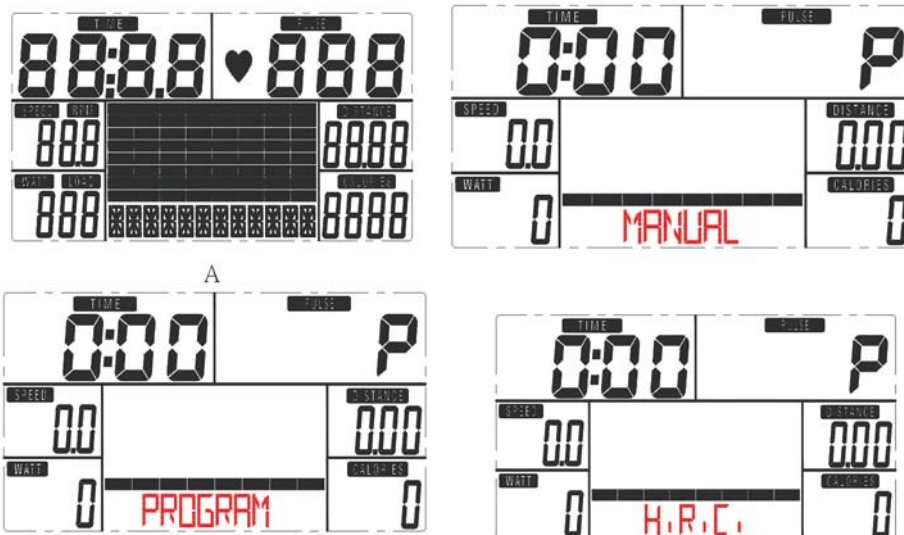
### Display Exercise Data

|          |                                                          |
|----------|----------------------------------------------------------|
| TIME     | Display Range 0:00 – 99:59, Setting Range 0:00 – 99.0    |
| DISTANCE | Display Range 0:00 – 99:99, Setting Range 0:00 – 99.9 KM |
| CALORIES | Display Range 0:00 – 9999, Setting Range 0:00 - 9990     |
| PULSE    | Display Range 30 - 240, Setting Range 30 - 240           |
| SPEED    | Display Range 0 - 99                                     |
| RPM      | Display Range 0 - 999                                    |

### Operation Procedure

1. Connect the power adaptor and the console sound with a long beep. The LCD momentarily display all segments (figure A) for 2 seconds
2. Computer will display main menu (drawing B)

## CONSOLE (cont'd)



3. User may hold on to the handgrips to read heart rate which is measured in Beat Per Minute (bpm) and displayed in PULSE window

### MANUAL PROGRAM (P1-P12), USER HRC WATT

#### 4. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target. After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting. Resistance level can be adjusted during exercise by pressing UP or DOWN.

#### 5. PROGRAM

In Stop mode, user may press buttons of P1 – P12 to select programs. Before exercise in Program mode, user may set up TIME target. Press UP and DOWN to select Program profiles and press ENTER/MODE to confirm. Levels can be adjusted during exercise by pressing UP or DOWN.

#### 6. H.R.C.

Before exercise in H.R.C. mode, user may select 55%, 75%, 90% or Target pulse. Computer will automatically process user's input to calculate target beat per minute (bpm). User may hold on the handgrip sensors to read heart rate. User may set up workout time and press START/STOP button to start exercise.

#### 7. USER PROGRAM

User may press UP, DOWN and then press MODE to create his own profile (from segment 1 to segment 20). User may press and hold MODE button for 2 seconds to quit profile setting.

#### 8. RECOVERY :

After exercising for a period of time, keep holding on to the handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status as F1, F2... to F6. with F1 being the best and F6 the worst. User may keep exercising to improve the heart rate recovery. Press the RECOVERY button again to return to the main display.

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## MAINTENANCE INSTRUCTIONS

### CLEANING

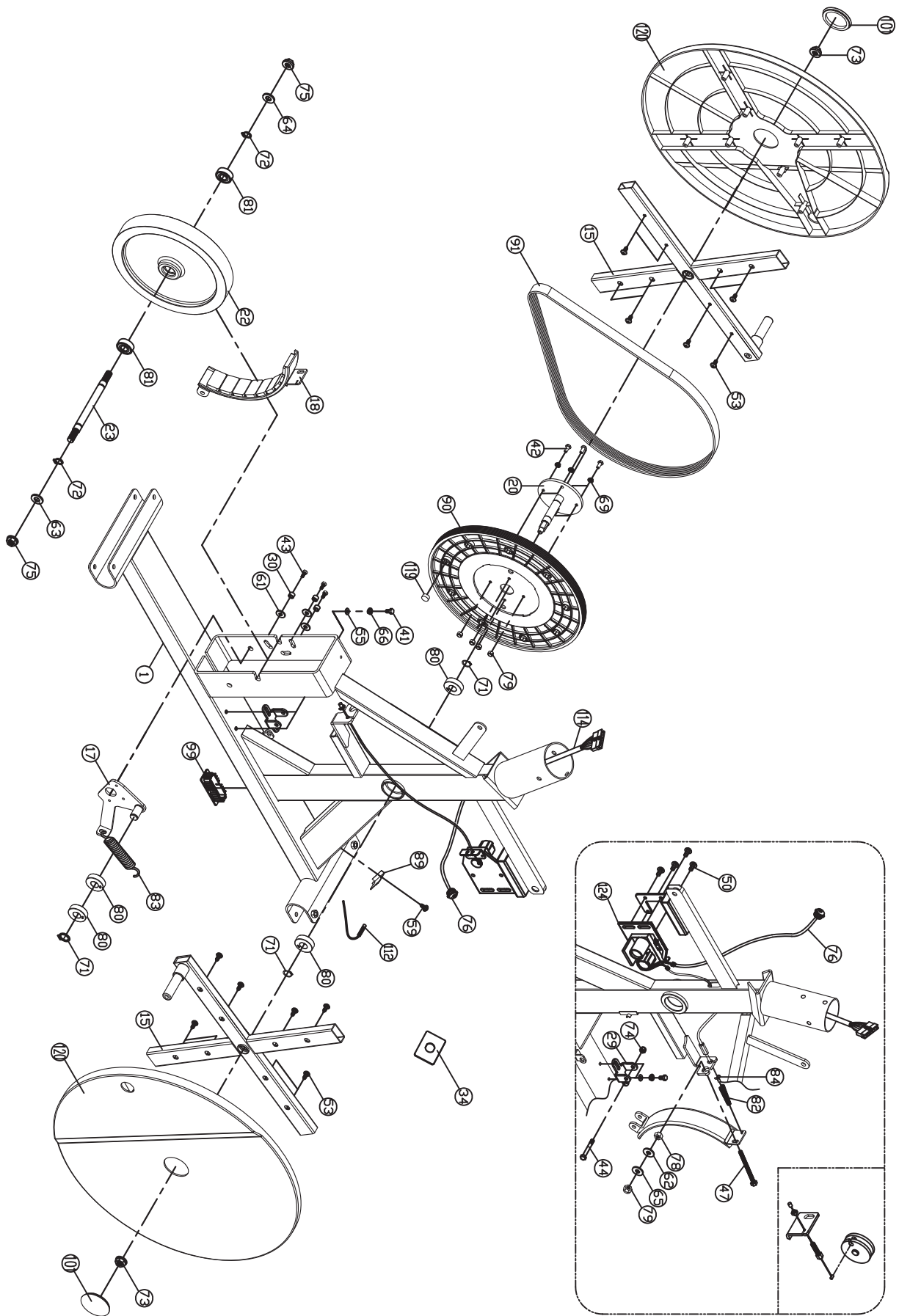
**WARNING:** Always unplug your elliptical prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

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. Follow the instructions below will restore and preserve the original finish.

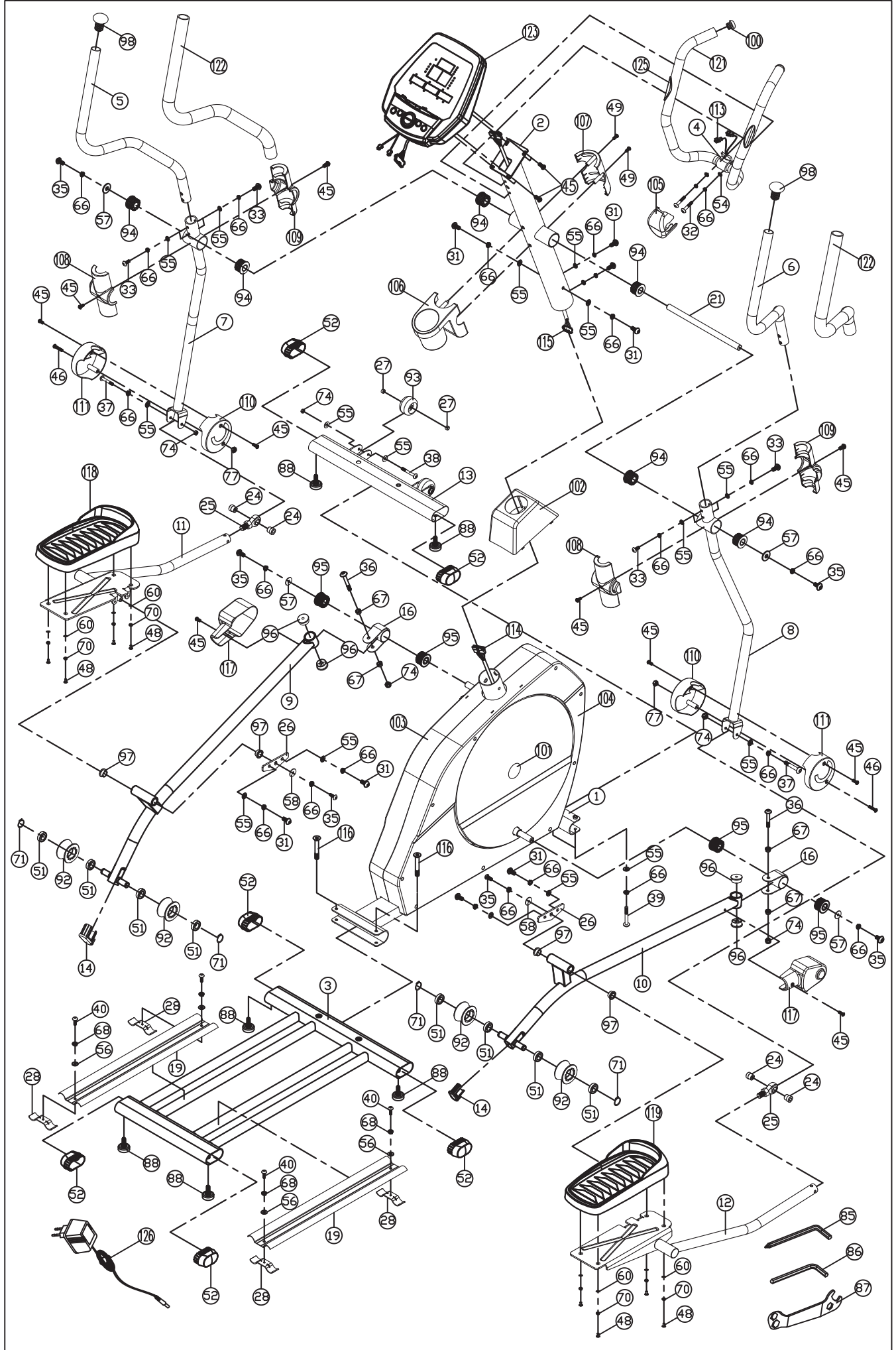
Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol spray or pump bottles as they may deposit harmful substance on the console surface.

Over time, the console surface may collect dust or finger 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. It is strongly recommended that you purchase such a cleaning compound.

**EXPLODED VIEW DRAWING**



**EXPLODED VIEW DRAWING**



## PARTS LIST

| NO. | Description                                      | SRS Part #        | Q'TY |
|-----|--------------------------------------------------|-------------------|------|
| 1   | BASE FRAME                                       | CWXS1BH-1         | 1    |
| 2   | UPRIGHT tube                                     | CWXS1BH-2         | 1    |
| 3   | REAR FRAME                                       | CWXS1BH-3         | 1    |
| 4   | handlebar                                        | CWG865-4          | 1    |
| 5   | handlebar                                        | CWG860-5          | 1    |
| 6   | handlebar                                        | CWG860-6          | 1    |
| 7   | handlebar                                        | CWG860-7          | 1    |
| 8   | handlebar                                        | CWG860-8          | 1    |
| 9   | pedal tube ( L )                                 | CWXS1BH-9         | 1    |
| 10  | pedal tube ( R )                                 | CWXS1BH-10        | 1    |
| 11  | outer pedal post ( L )                           | CWXS1BH-11        | 1    |
| 12  | outer pedal post ( R )                           | CWXS1BH-12        | 1    |
| 13  | FRONT FOOT                                       | CWXS1BH-13        | 1    |
| 14  | OVAL PLASTIC                                     | CP9-XS1BH         | 2    |
| 15  | CROSS FRAME                                      | CWG860-15         | 2    |
| 16  | JOINT pedal tube                                 | CWXC150-29        | 2    |
| 17  | JOCKEY wheel bracket                             | CWPARD16-13       | 1    |
| 18  | magnetic holder bracket                          | CWPAFD-17#3       | 1    |
| 19  | ALUMINUM RAIL                                    | CPSG865-22        | 2    |
| 20  | axle FOR PULLEY                                  | CPSCE3016-19-06#4 | 1    |
| 21  | axle support                                     | H08-203395#4      | 1    |
| 22  | flyw heel                                        | H01-08260103#7    | 1    |
| 23  | flyw heel axle                                   | H08-12120#2       | 1    |
| 24  | bushing                                          | CPSE401-28#1      | 4    |
| 25  | screw (M16)                                      | IC03-1616         | 2    |
| 26  | washer FOR pedal                                 | PS28-CE35-01      | 2    |
| 27  | bushing tube                                     | TW0841307#1       | 4    |
| 28  | REINFORCE PLATE                                  | CPS52024-22       | 2    |
| 29  | magnetic HOLDER                                  | PS27-107MA-1#3    | 1    |
| 30  | bushing tube                                     | CPS10203-18       | 3    |
| 31  | M8*15mm Allen head screw                         | S1A-0815B         | 8    |
| 32  | M8*30mm Allen head screw                         | S1A-0830B         | 2    |
| 33  | M8*20mm Allen head screw                         | S1A-0820B         | 8    |
| 34  | POWER SUPPLY PLATE                               | CPS53022-21#1     | 1    |
| 35  | M8*20mm Allen head screw                         | S1A-0820B-L       | 6    |
| 36  | M8*69mm Allen head screw                         | CS1A-0869B-20     | 2    |
| 37  | M8*70mm Allen head screw                         | S1A-0870B-20      | 2    |
| 38  | M8*60mm Allen head screw                         | S1A-0860B         | 2    |
| 39  | M8*58mm Allen head screw                         | S1A-0858B         | 2    |
| 40  | M8*20mm Allen head screw                         | CS1A-0820-S       | 4    |
| 41  | M8*15mm HEX head bolt                            | S60-0815B         | 2    |
| 42  | M6*18mm HEX head bolt                            | S60-0618MB-L      | 4    |
| 43  | M6*14mm HEX head bolt                            | S60-0614MB-L      | 3    |
| 44  | M8*52mm HEX head bolt                            | S60-0852B-12      | 1    |
| 45  | M5*15mm screw                                    | CSOT-0515B        | 14   |
| 46  | M5*25mm screw                                    | CSOT-0525B        | 2    |
| 47  | M6*65mm HEX head bolt                            | S60-0665B         | 1    |
| 48  | M5*12mm screw                                    | S1T-0512B         | 8    |
| 49  | M4*25mm screw                                    | SOTP-0425B        | 2    |
| 50  | M6*10mm screw                                    | S1T-0610B         | 4    |
| 51  | bearing<6003ZB>                                  | IC6003-ZB         | 8    |
| 52  | OVAL PLASTIC                                     | CP9-4080A2        | 4    |
| 53  | M5*20mm screw                                    | CS2TP-0520B       | 16   |
| 54  | CURVE washer M8                                  | AW-0816B-12       | 2    |
| 55  | M8*16 washer                                     | SW-0816B-12       | 28   |
| 56  | CURVE washer M8                                  | CSW-0816-12-S     | 4    |
| 57  | M8*38 washer                                     | SW-0838B-20       | 4    |
| 58  | M8*28 washer                                     | SW-0828B-20       | 2    |
| 59  | Round Philips head self tapping screw #6 * 12 mm | SOTB-#612B        | 1    |
| 60  | M5*16 washer                                     | SW-0516B-15       | 8    |
| 61  | M6*16 washer                                     | SW-0616B-15       | 3    |
| 62  | M6*19 washer                                     | SW-0619B-15       | 1    |
| 63  | Ø10*Ø21 washer                                   | SW-1021B-20       | 1    |

| NO. | Description                   | SRS Part #        | Q'TY |
|-----|-------------------------------|-------------------|------|
| 64  | Ø10*Ø20 washer                | SW-1020B-10       | 1    |
| 65  | M6 washer                     | CP-SW0622N        | 1    |
| 66  | M8 spring washer              | SSW-08B           | 32   |
| 67  | M8 TAPER washer               | CTSW-811B-45      | 4    |
| 68  | M8 spring washer              | CSSW-08-S         | 4    |
| 69  | M6 spring washer              | SSW-06B           | 4    |
| 70  | M5 spring washer              | CSSW-05B          | 8    |
| 71  | CLIP C17                      | S30-C17B          | 7    |
| 72  | CLIP C12                      | S30-C12B          | 2    |
| 73  | 3/8**9T WH nut                | CSFN-38-9-14-L    | 2    |
| 74  | NYLOC nut M8                  | SNN-08B           | 7    |
| 75  | 3/8**7T WH nut                | SFN-38B-7-L#1     | 2    |
| 76  | DC WIRE                       | CSM-CYY-700A      | 1    |
| 77  | M5*6T nut                     | CSSN-05B-6T       | 2    |
| 78  | M6 nut                        | SSN-06B           | 1    |
| 79  | NYLOC nut M6                  | SNN-06B           | 5    |
| 80  | bearing<6203ZB>               | IC6203-ZB         | 4    |
| 81  | bearing<6001ZB>               | IC6001-ZB         | 2    |
| 82  | spring                        | CS-DB             | 1    |
| 83  | spring-BIG                    | CH5-3521B109-90   | 1    |
| 84  | WIRE ROD                      | CP59-380-60       | 1    |
| 85  | tool                          | CST-L650105B-T    | 1    |
| 86  | tool                          | ST-L6             | 1    |
| 87  | tool                          | ST-04             | 1    |
| 88  | ROUND screw FOR ADJ HEIGHT    | CP18-42R-47L#2    | 6    |
| 89  | SENSOR bracket                | 33968             | 1    |
| 90  | PULLEY                        | 000-8415-3        | 1    |
| 91  | BELT                          | CP02-6PJ580G      | 1    |
| 92  | ROLLER                        | CP26-70B          | 2    |
| 93  | MOVING w heel                 | CP46-8460P        | 2    |
| 94  | plug axle support             | P05-A103C3B       | 6    |
| 95  | plug axle support             | CP39-4519B-LNP404 | 4    |
| 96  | bushing                       | P3-33P2           | 4    |
| 97  | bushing                       | 33715#1           | 4    |
| 98  | handlebar                     | CP38-318P         | 2    |
| 99  | cover                         | P16-3070B         | 1    |
| 100 | ROUND END CAP FOR 25.4tube    | CP51-254B-20PVC   | 2    |
| 101 | TURNING PLATE cover           | P10-982BA-B       | 2    |
| 102 | FRONT SLEEVE                  | CP44-XS1BH-1      | 1    |
| 103 | FRONT CAP FOR CHAIN cover (L) | CP41-XS1BH-L      | 1    |
| 104 | FRONT CAP FOR CHAIN cover (R) | CP41-XS1BH-R      | 1    |
| 105 | SWIVEL PIVOT cover            | CP44-XS1BH-2      | 1    |
| 106 | FRONT WATER BOTTLE RACK       | CP44-XS1BH-3      | 1    |
| 107 | REAR WATER BOTTLE RACK        | CP44-XS1BH-4      | 1    |
| 108 | SWIVEL PIVOT cover - FRONT    | CP44-XS1BH-5      | 2    |
| 109 | SWIVEL PIVOT cover - BACK     | CP44-XS1BH-6      | 2    |
| 110 | SW pedal PIVOT cover - L      | CP44-XS1BH-7      | 2    |
| 111 | SW pedal PIVOT cover - R      | CP44-XS1BH-8      | 2    |
| 112 | SENSOR WIRE                   | CSM-CYG3-500A     | 1    |
| 113 | HAND PULSE WIRE               | CSM-CYS3-600B     | 2    |
| 114 | LOWER COMPUTER CABLE          | CSM-CTD2-600B     | 1    |
| 115 | UPPER COMPUTER CABLE          | CSM-CYD1-850B     | 1    |
| 116 | M8*58mm screw                 | CS2A-0858B        | 2    |
| 117 | pedal tube cover              | CP44-XS1BH-14     | 2    |
| 118 | pedal                         | CP37-XS1BH        | 2    |
| 119 | MAGNET                        | CH16-157-1        | 1    |
| 120 | TURNING PLATE cover           | CP61-XS1BH        | 2    |
| 121 | handlebar                     | CP23-224H654      | 2    |
| 122 | handlebar                     | CP23-304H840      | 2    |
| 123 | CONSOLE                       | CSM-2735-71-R     | 1    |
| 124 | MOTOR                         | CSM-ERGO-1        | 1    |
| 125 | HAND PULSE SENSOR             | CSM-TC18-1        | 2    |
| 126 | ADAPTOR                       | CIC03-CY-12       | 1    |

# 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](http://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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