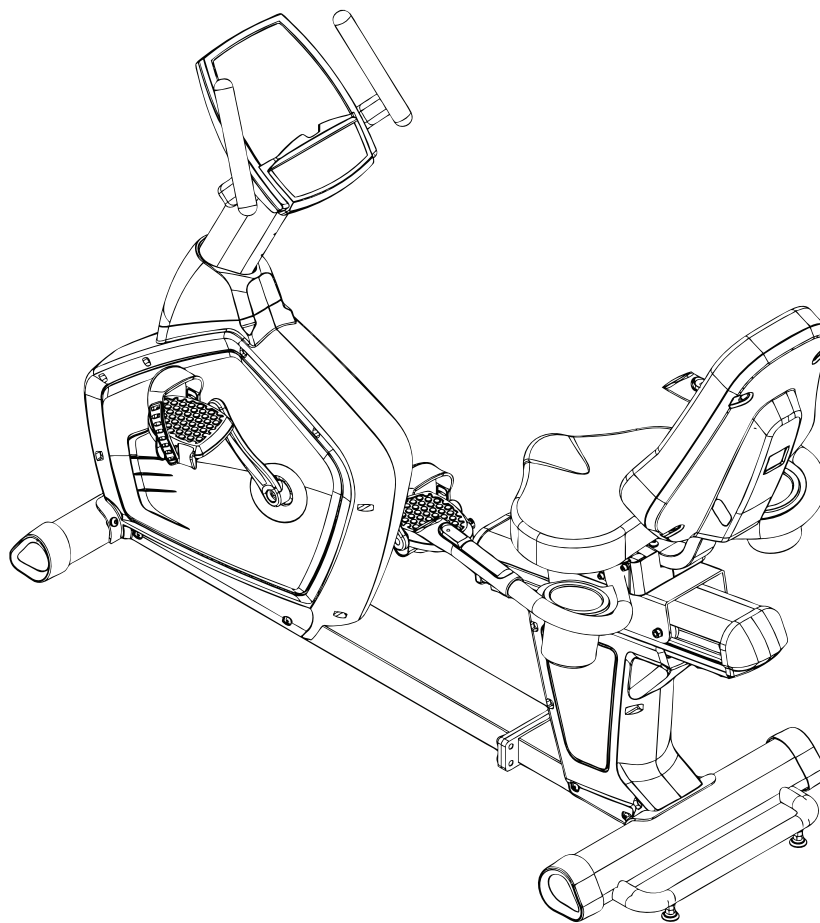




# LK700R



## OWNER'S MANUAL

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

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0013 | [www.BHFitnessUSA.com](http://www.BHFitnessUSA.com)



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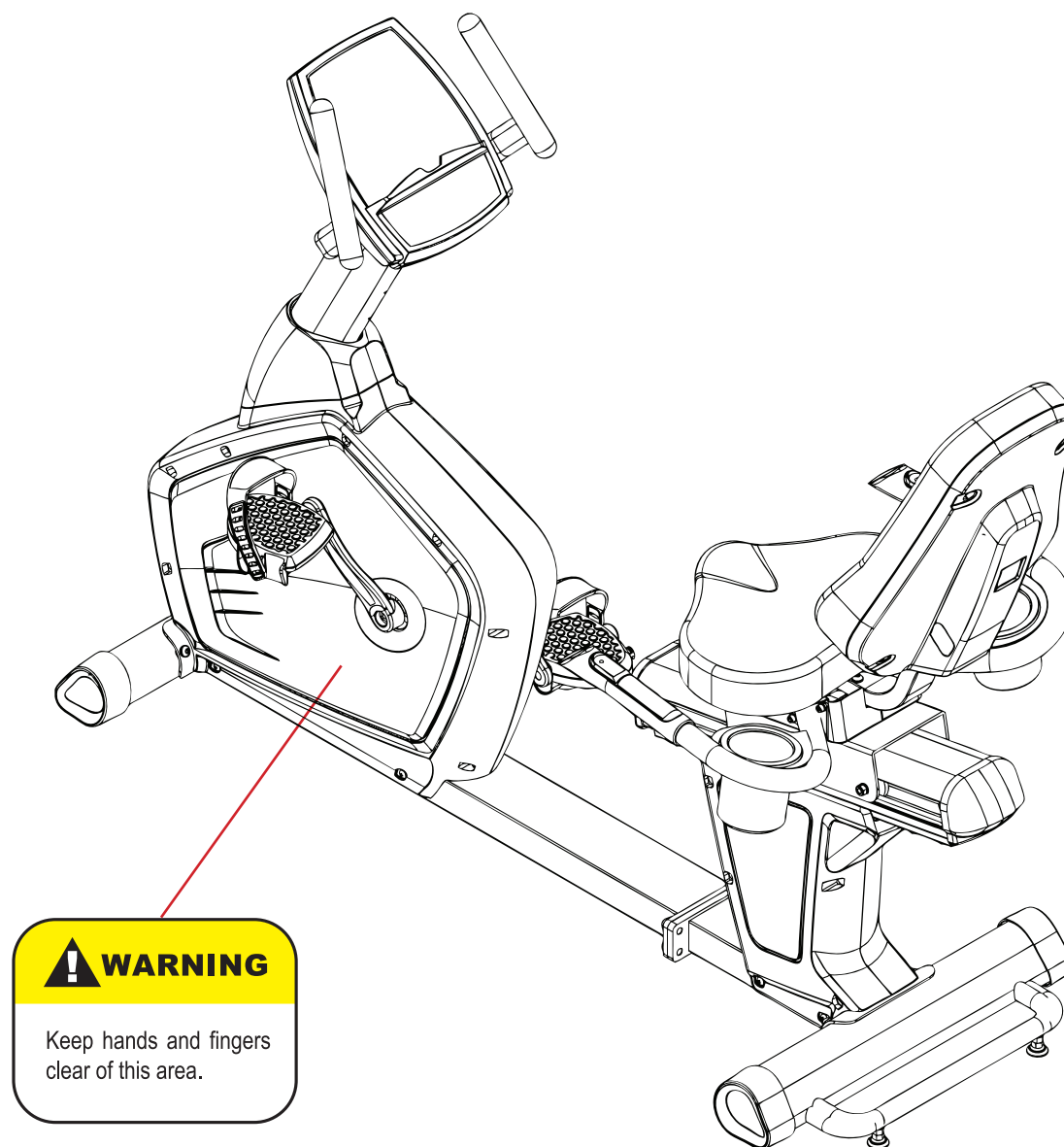
## CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at [CustomerSupport@BHNorthAmerica.com](mailto:CustomerSupport@BHNorthAmerica.com).

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

## WARNINGS AND LABELS



# SAFETY INFORMATION

## PRECAUTIONS

This recumbent bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 330 lbs (150 kgs)
18. The machine can only be used by one person at a time.

**Caution:** Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

## EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

## TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

### *STRENGTH*

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

### *MUSCULAR ENDURANCE*

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

### *FLEXIBILITY*

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

### *CARDIO-RESPIRATORY ENDURANCE*

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

### *AEROBIC FITNESS*

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

### *ANAEROBIC TRAINING*

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

### *OXYGEN UPTAKE*

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

### *THE TRAINING THRESHOLD*

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

### *OVERLOAD*

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

### *PROGRESSION*

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

### *SPECIFICS*

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### *REVERSIBILITY*

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

### *WARM-UP*

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

### *WARM DOWN OR COOL DOWN*

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

## HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

## PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

### *MUSCLE SORENESS*

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

### *WHAT TO WEAR*

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair of athletic shoes.

### *BREATHING DURING EXERCISE*

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

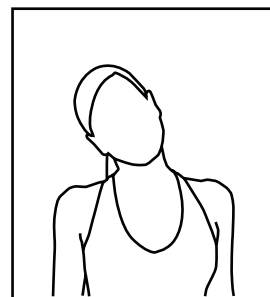
### *REST PERIODS*

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

## SUGGESTED STRETCHES

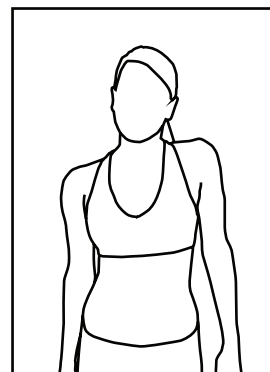
### *Head Rolls*

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



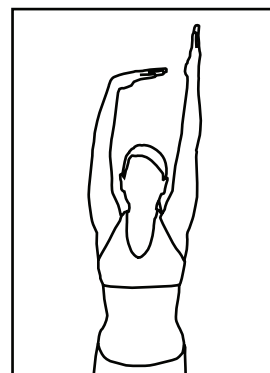
### *Shoulder Lifts*

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



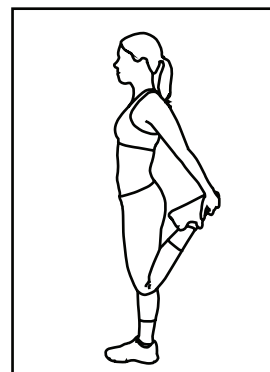
### *Side Stretches*

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



### *Quadriceps Stretch*

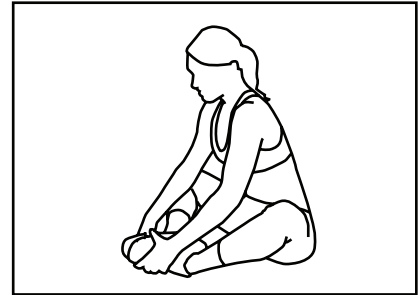
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



## SUGGESTED STRETCHES

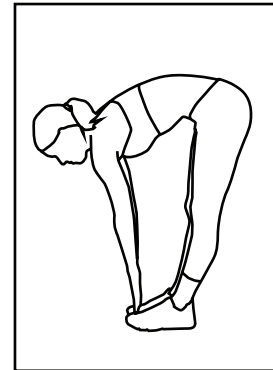
### *Inner Thigh Stretch*

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



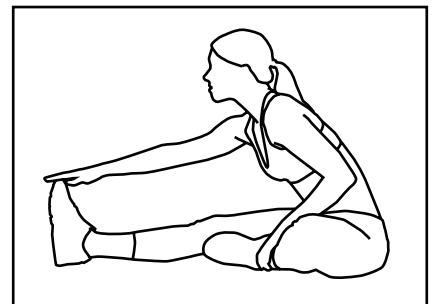
### *Toe Touches*

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



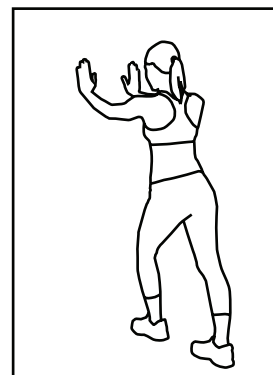
### *Hamstring Stretches*

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

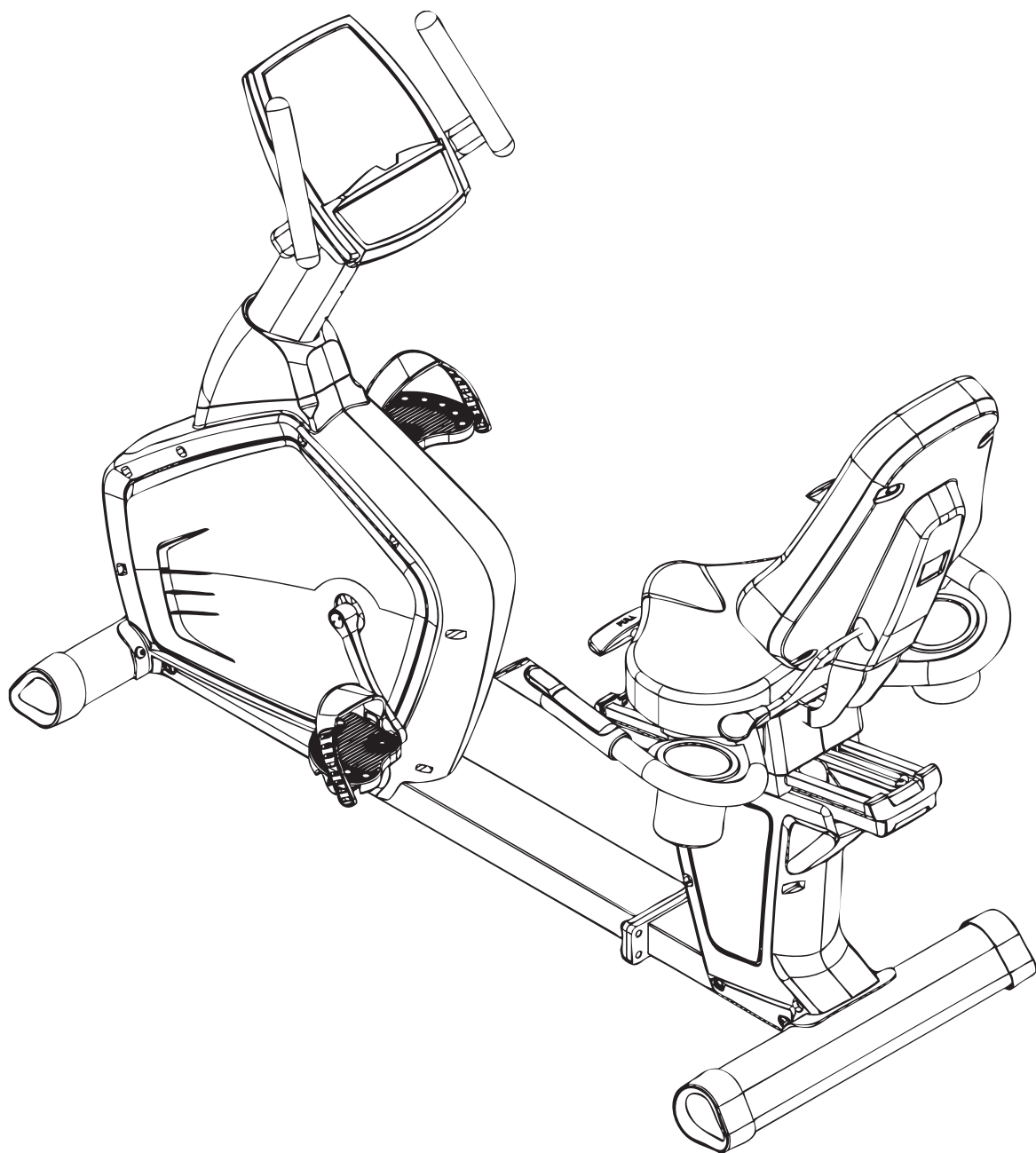


### *Calf/Achilles Stretches*

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

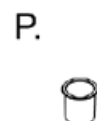
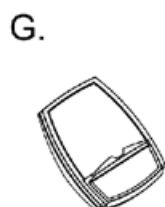
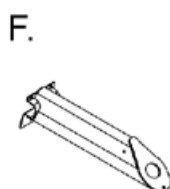
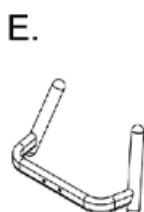
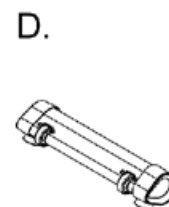
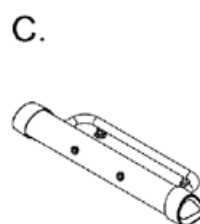
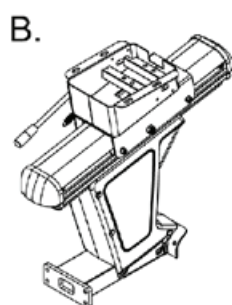
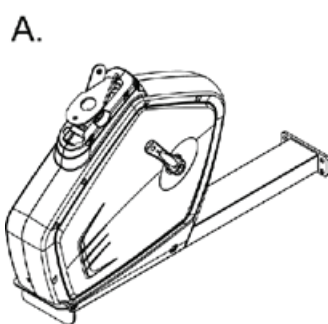


## ASSEMBLY INSTRUCTIONS



## KEY COMPONENTS

ITEM	Description	Qty	ITEM	Description	Qty
A	Front Frame	1	J	Seat Pad	1
B	Rear Frame	1	K	Pedal-Right	1
C	Rear Stabilizer	1	L	Pedal-Left	1
D	Front Stabilizer	1	M	Right Handlebar	1
E	Handrail Tube	1	N	Left Handlebar	1
F	Control Tube	1	O	Control Tube Cover	1
G	Computer	1	P	Cup Holder	1
H	Backrest	1	Q	Adaptor	1
I	Backrest Tube	1	R	Backrest Rear Cover	1



## PRE-ASSEMBLY CHECK LIST

NO	Description	Qty	NO	Description	Qty
K01	Hex Screw	2	K12	Washer	8
K02	Spring Washer	2	K13	Hex Screw	3
K03	Hex Screw	4	K14	Spring Washer	5
K04	Spring Washer M12	4	K15	Washer	2
K05	Hex Screw	2	K16	Hex Screw	2
K06	Spring Washer	2	K17	Phillips Screw	2
K07	Hex Screw	8	K18	Hex Wrench 8mm	1
K08	Spring Washer	8	K19	Wrench+Screwdriver 5mm	1
K09	Flat Hex Screw	4	K20	Open Spanner	1
K10	Spring Washer	12	K21	Washer	3
K11	Hex Screw	8	K22	Phillips Screw	4

K01.



K02.



K03.



K04.



K05.



K06.



K07.



K08.



K09.



K10.



K11.



K12.



K13.



K14.



K15.



K16.



K17.



K18.



K19.



K20.



K21.

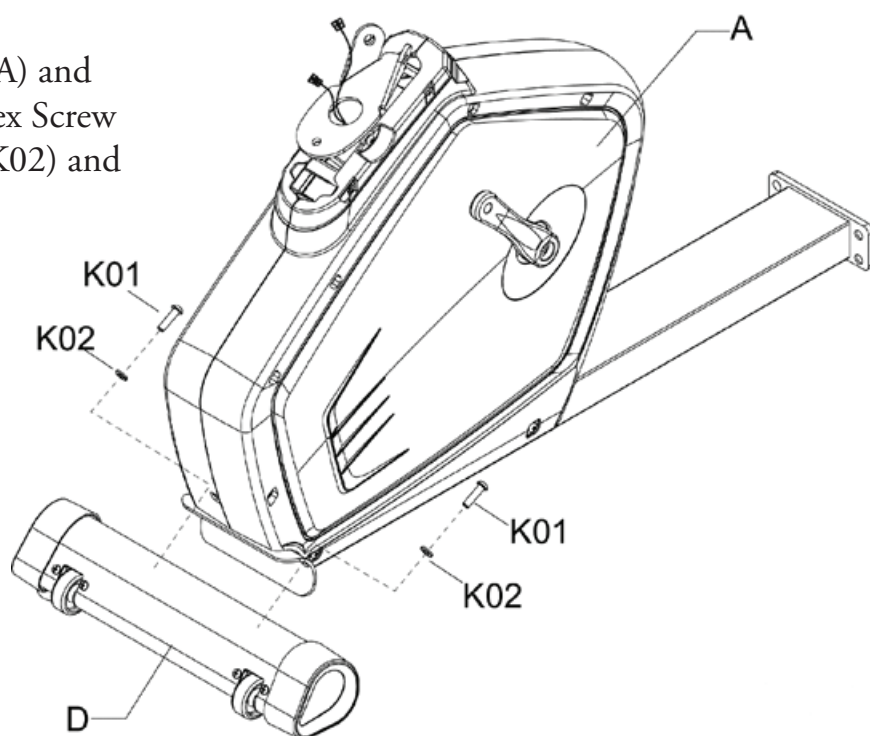


K22.



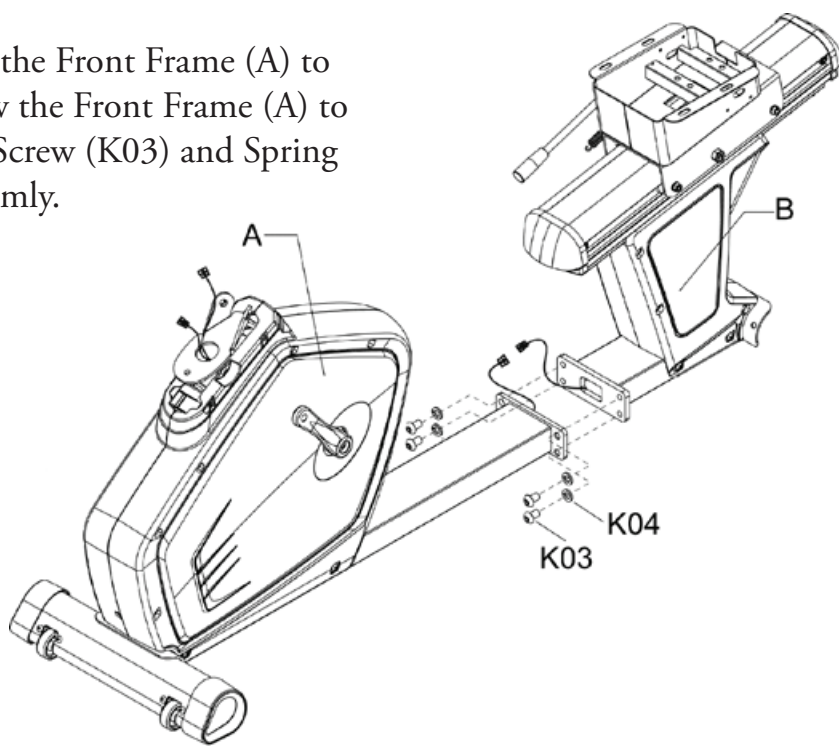
## STEP 1

Assemble the Front Frame (A) and Front Stabilizer (D) with Hex Screw (K01) and Spring Washer (K02) and tighten securely.



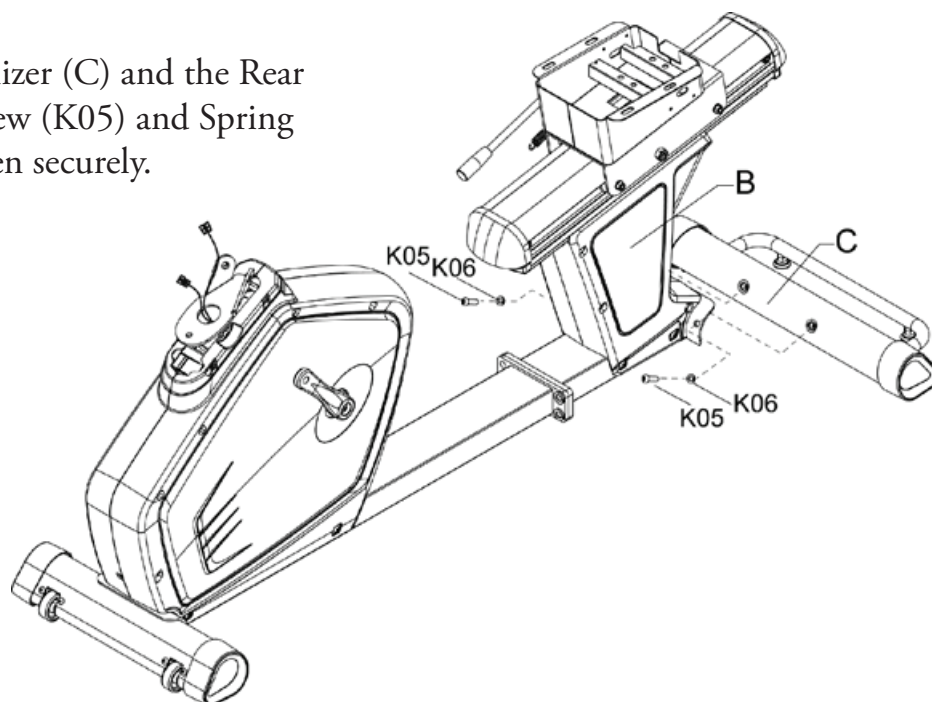
## STEP 2

Connect the guide wires from the Front Frame (A) to the Rear Frame (B), then screw the Front Frame (A) to the Rear Frame (B) with Hex Screw (K03) and Spring Washer (K04), then tighten firmly.



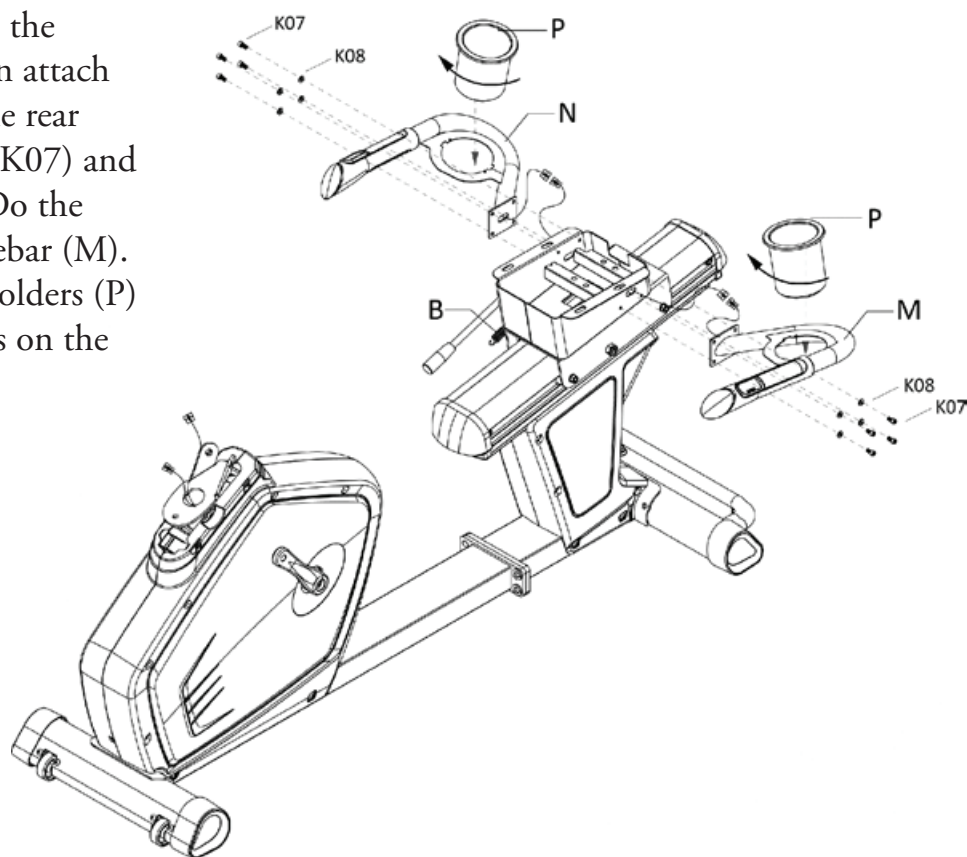
### STEP 3

Assemble the Rear Stabilizer (C) and the Rear Frame (B) with Hex Screw (K05) and Spring Washer (K06) and tighten securely.



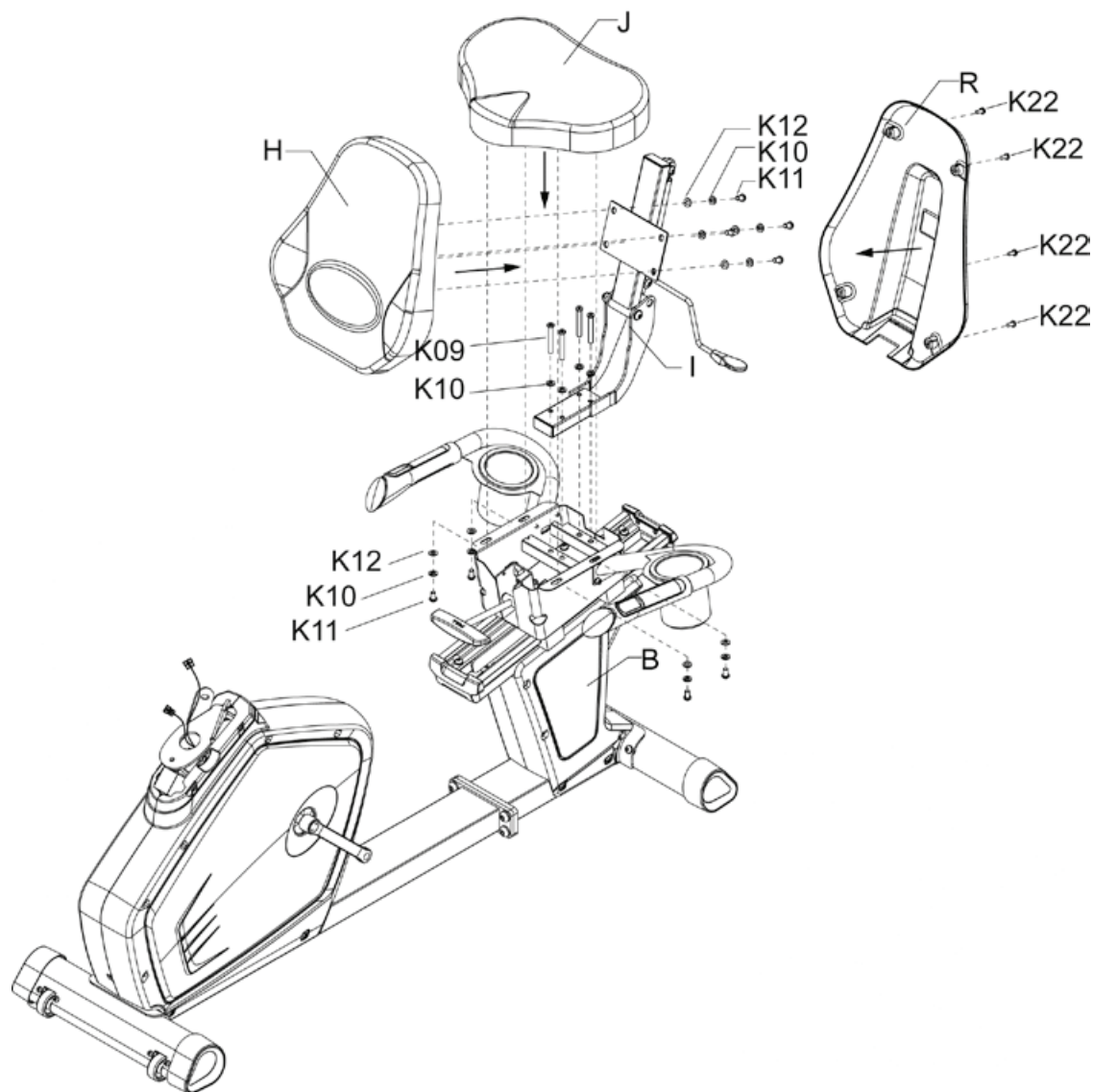
### STEP 4

Connect the wiring from the Right Handlebar (N), to the Rear Frame (B), and then attach the right handlebar to the rear frame with Hex Screws (K07) and Spring Washers (K08). Do the same for the Left Handlebar (M). Finally, place the Cup Holders (P) into there respective slots on the handlebars.



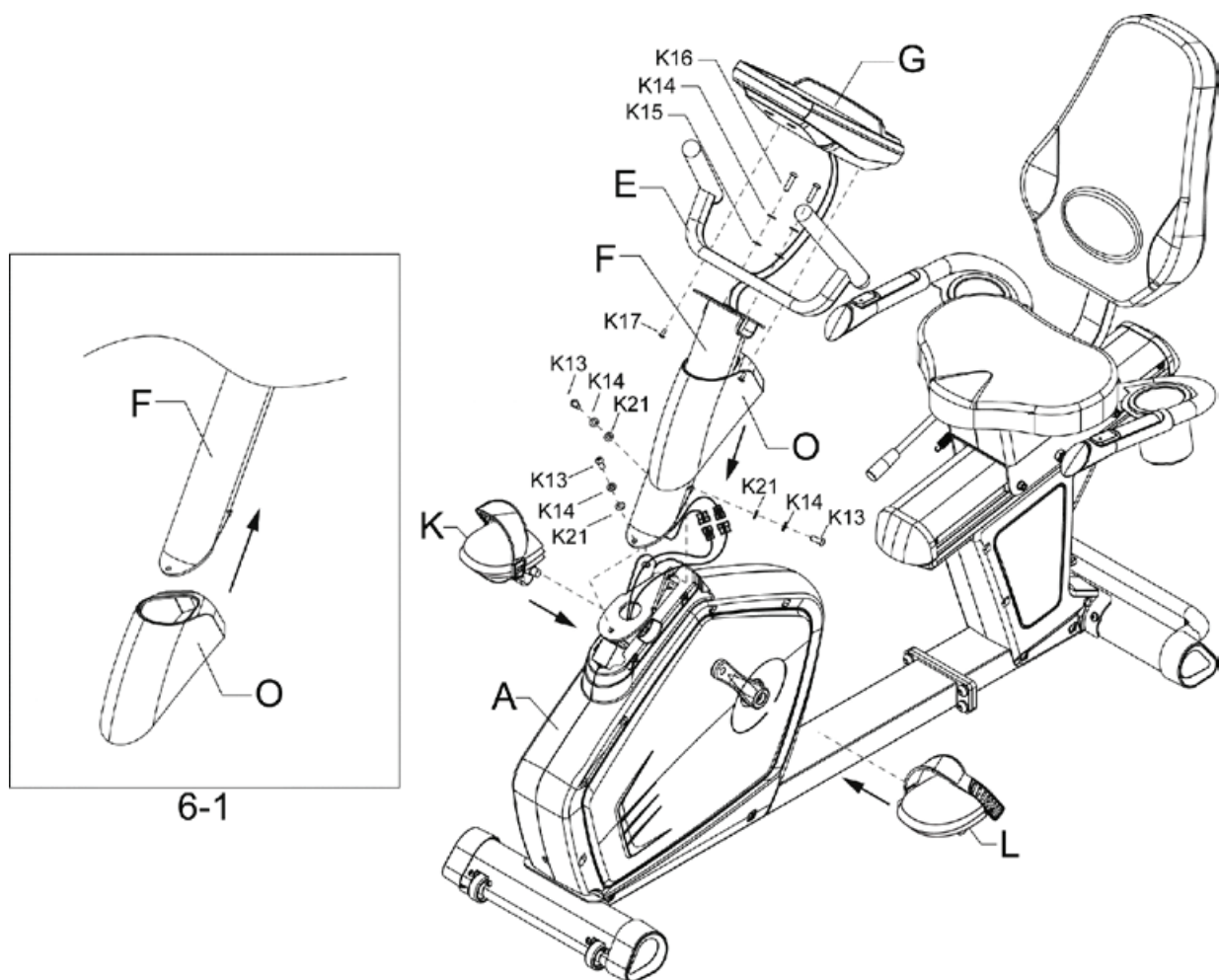
## STEP 5

Attach the Backrest Tube (I) onto the Rear Frame (B) with Hex Screws (K09) and Spring Washers (K10). Then attach Seat-pad (J) and Backrest (H) onto the Backrest Tube (I) and Rear Frame (B) with Hex Screws (K11), Spring Washers (K10) and Washers (K12). Finally, attach the Backrest Rear Cover (R) and tighten with Screws (K22).

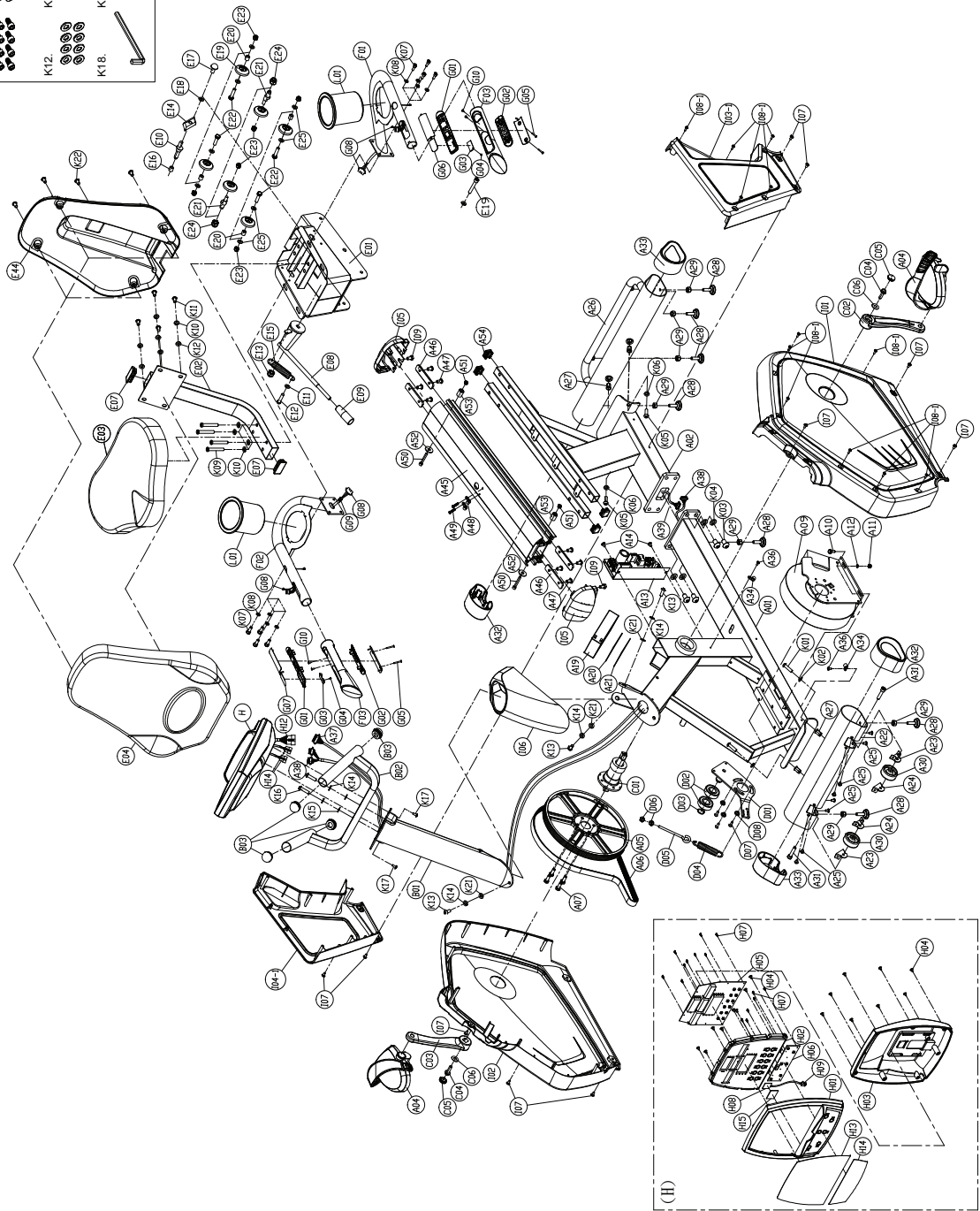
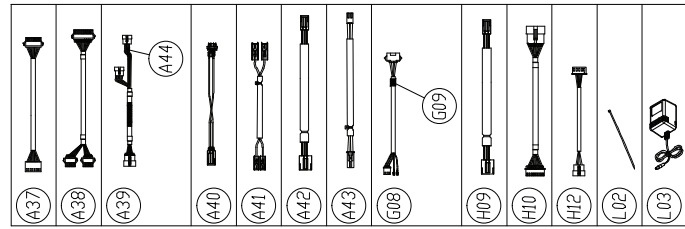
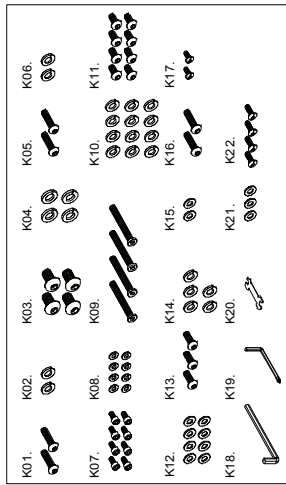


## STEP 6

Slide the Control Tube Cover (O) onto Control Tube (F) (Pictured in Figure 6-1). Then thread the lower control wires from the Front Frame (A) through the Control Tube (F). Attach the Control Tube (F) and Front Frame (A) with the Hex Screws (K13), Spring Washers (K14) and Washers (K21), then tighten firmly. Attach the Handrail Tube (E) to the Control Tube (F) with Hex Screws (K16), Spring Washers (K14) and Washers (K15). Connect all wires from the Console (G) with the wires you threaded through the control tube. After connecting the wires from Console (G) to the wires threaded through the control tube, push the connected wires down the neck of the control tube. This prevents the wires from getting pinched when connecting the Console (G). Then attach the Console (G) to the Control Tube (F) with Phillips Screw (K17). Then assemble the left & right foot pedals (L, K). Each foot pedal is labeled with the "L" and "R" for left and right, please make sure you are attaching the correct pedal onto the correct side.



# EXPLODED VIEW DRAWING

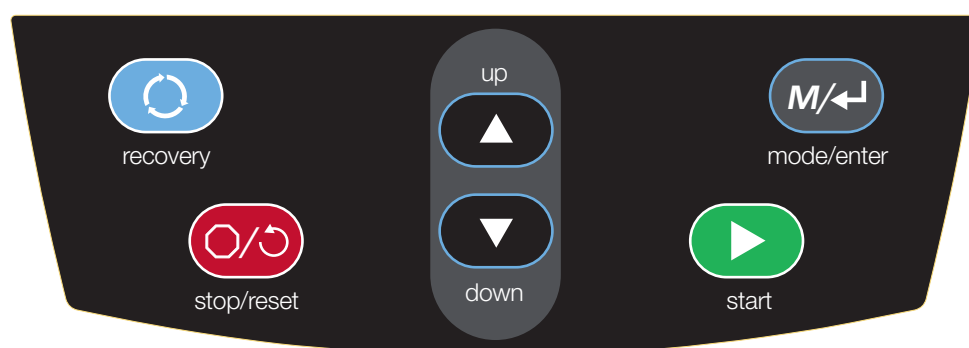


# PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

NO	Description	QTY	NO	Description	QTY
<b>(A) Frame Assembly and Parts</b>			<b>(E) Seat Assembly</b>		
LK700R-A01	Front Frame Assembly	1	LK700R-E01	Seat Assembly A	1
LK700R-A02	Rear Frame Assembly	1	LK700R-E02	Seat Assembly B	1
LK700R-A04	Left and Right Pedal Assembly	1	LK700R-E03	Seat Pad	1
LK700R-A05	Belt Wheel	1	LK700R-E04	Backrest	1
LK700R-A06	Belt 460" J8	4	LK700R-E07	End Cap	2
LK700R-A07	Allen Hex Screw	1	LK700R-E08	Handle Assembly	1
LK700R-A09	Generator	4	LK700R-E09	Adjustment Handle	1
LK700R-A10	Allen Hex Washer Screw	4	LK700R-E10	Adjustment Shaft	1
LK700R-A11	Nylon Nut	4	LK700R-E11	Washer	1
LK700R-A12	Washer	1	LK700R-E12	Phillips Screw	1
LK700R-A13	Lower Control Board	2	LK700R-E13	Nut	1
LK700R-A14	Phillips Screw	1	LK700R-E14	Seat Brake Block Set	1
LK700R-A19	Battery 12V 2.3Ah	1	LK700R-E15	Extension Spring	1
LK700R-A20	Adhesive - Male	1	LK700R-E16	Adjusting Ring Bushing	1
LK700R-A21	Adhesive - Female	1	LK700R-E17	Hex Screw	1
LK700R-A22	Front Stabilizer	2	LK700R-E18	Washer	1
LK700R-A23	Wheel Bracket C	2	LK700R-E19	Seat Wheel	6
LK700R-A24	Wheel Bracket D	8	LK700R-E20	Wheel Bushing	4
LK700R-A25	Phillips Screw	1	LK700R-E21	Wheel Axle	2
LK700R-A26	Rear Stabilizer Assembly	4	LK700R-E22	Allen Hex Screw	4
LK700R-A27	Hex Nut	7	LK700R-E23	Nut	6
LK700R-A28	Adjustment Foot	7	LK700R-E24	Nut	2
LK700R-A29	Nut	2	LK700R-E25	Washer	8
LK700R-A30	Transport Wheel	2	<b>(F) Handrail Set</b>		
LK700R-A31	Hex Screw	2	LK700R-F01	Handrail Tube Assembly Left	1
LK700R-A32	Left Stabilizer Cap	2	LK700R-F02	Handrail Tube Assembly Right	1
LK700R-A33	Right Stabilizer Cap	4	LK700R-F03	Handle Grip	2
LK700R-A34	Wire Clip	2	<b>(G) Hand Pulse Assembly</b>		
LK700R-A35	Wire Clip	6	LK700R-G01	Hand Pulse Cover (Long)	2
LK700R-A36	Phillips Screw	1	LK700R-G02	Hand Pulse Cover (Short)	2
LK700R-A37	Control Wire Lower	1	LK700R-G03	Handrail Board	2
LK700R-A38	Hand Pulse Wire A	1	LK700R-G04	Phillips Self-Tapping Screw	2
LK700R-A39	Hand Pulse Wire B	1	LK700R-G05	Phillips Screw (Stainless Steel)	4
LK700R-A40	Power Wire	1	LK700R-G06	Membrane Key (Left) <STOP&START>	1
LK700R-A41	Battery Power Wire	1	LK700R-G07	Membrane Key (Right) <LEVEL>	1
LK700R-A42	Control Wire (A)	1	LK700R-G08	Hand Grip Connecting Wire B	2
LK700R-A43	Control Wire	2	LK700R-G09	Decal (Right)	1
LK700R-A44	Right Decal	1	LK700R-G10	Self-Tapping Screw	4
LK700R-A45	Slide Rail	4	<b>(H) Computer Console</b>		
LK700R-A46	Rail Bracket	8	LK700R-H01	Computer Console Upper Cover	1
LK700R-A47	Hex Screw	2	LK700R-H02	LED Window Cover	1
LK700R-A48	Wire Clip	2	LK700R-H03	Computer Console Lower Cover	1
LK700R-A49	Phillips Screw	2	LK700R-H04	Phillips Self-Tapping Screw	16
LK700R-A50	Hex Screw	2	LK700R-H05	Controller LED	1
LK700R-A51	Nylon Nut	2	LK700R-H06	Keyboard	1
LK700R-A52	Washer	2	LK700R-H07	Phillips Self-Tapping Screw	15
LK700R-A53	Baffle Cap	4	LK700R-H08	Wireless Heartbeat Receiver	1
LK700R-A54	End Cap	2	LK700R-H09	Wireless Heartbeat Board Wire	1
<b>(B) Controller Set</b>			LK700R-H10	Panel Overlay	1
LK700R-B01	Control Tube Assembly	1	LK700R-H11	Keyboard Overlay	1
LK700R-B02	Computer Handrail Tube Assembly	1	LK700R-H12	Control Wire (upper)	1
LK700R-B03	Tube Cap	4	LK700R-H13	Keyboard Connecting Wire	1
<b>(C) Crank Assembly</b>			LK700R-H14	Hand Grip Connecting Wire A	2
LK700R-C01	Crank Assembly	1	LK700R-H15	Right Decal	1
LK700R-C02	Left Crank	1	LK700R-H16	Foam Sticker	1
LK700R-C03	Right Crank	1	<b>(I) Plastic Parts Assembly</b>		
LK700R-C04	Allen Bolt	2	LK700R-I01	Front Cover (Left)	1
LK700R-C05	Crank Screw Cover	2	LK700R-I02	Front Cover (Right)	1
LK700R-C06	Washer	2	LK700R-I03-1	Rear Cover (Left)	1
<b>(D) Idler Assembly</b>			LK700R-I04-1	Rear Cover (Right)	1
LK700R-D01	Idler Assembly	1	LK700R-I05	Slide Rail Cover	2
LK700R-D02	Bearing	2	LK700R-I06	Control Tube Cover	1
LK700R-D03	C-Clip	1	LK700R-I07	Phillips Screw	10
LK700R-D04	Extension Spring	1	LK700R-I08-1	Phillips Self-Tapping Screw	12
LK700R-D05	Spring Adjusting Hook	1	LK700R-I09	Phillips Self-Tapping Screw	4
LK700R-D06	Nylon Nut M6xP1.0	2	<b>(K) Hardware Pack</b>		
LK700R-D07	Hex Screw	3	LK700R-K01	Hex Screw	2
LK700R-D08	Idle Wheel Block	3	LK700R-K02	Spring Washer	2
			LK700R-K03	Inner Hex Screw	4
			LK700R-K04	Spring Washer	4
			LK700R-K05	Hex Screw	2
			LK700R-K06	Spring Washer	2
			LK700R-K07	Inner Hex Screw	8
			LK700R-K08	Spring Washer	8
			LK700R-K09	Flat Hex Screw	4
			LK700R-K10	Spring Washer	12
			LK700R-K11	Inner Hex Screw	8
			LK700R-K12	Washer	8
			LK700R-K13	Inner Hex Screw	3
			LK700R-K14	Spring Washer M8	5
			LK700R-K15	Washer	2
			LK700R-K16	Hex Screw	2
			LK700R-K17	Phillips Screw	2
			LK700R-K18	Hex Wrench 8mm	1
			LK700R-K19	Wrench + Screwdriver 5mm	1
			LK700R-K20	Open Spanner	1
			LK700R-K21	Washer	3
			LK700R-K22	Phillips Screw	4
			<b>(L) Accessory</b>		
			LK700R-L01	Cup Holder	2
			LK700R-L02	Cable Tie	5
			LK700R-L03	Adaptor	1

## CONSOLE OPERATIONS



## START/READY MODE

When the machine powers on, the display will light up. After two seconds, it will enter the "user selecting" mode, displaying "U1". There are 4 User defined presets; U1-U4. If the user does not keep the RPM above 40 for more than 15 seconds, or the machine receives no signal after 4 minutes, the computer will enter an idle mode. Otherwise the console will enter into Start/Ready status.

Under start/ready status, if RPM is under 40 for more than 15 seconds, the machine will enter into a 16 second prompt mode. The machine will enter into sleep mode after another 16 seconds. If RPM is more than 40 or user presses any key within 16 seconds, it will return to start/ready status.

After setup (user setup, weight setup, program setup), if the RPM is not kept above 40, the computer will return to start/ready status. After 5 seconds, if RPM is not more than 40 or any input is received from the user, the computer will enter into a 16 second prompt mode. If RPM is more than 40 or input is received within 16 seconds, it will return to start/ready status.

## BUTTON FUNCTIONS

ENTER/MODE	To confirm all settings or modify values.
STOP/RESET	To stop the workout or reset all parameters to default value
START	To start the workout
UP	To make upward setting changes
DOWN	To make downward setting changes
RECOVERY	After exercising for a period of time, keep holding the pulse sensors until "PULSE" displays heart rate, then press the "RECOVERY" button and continue to hold onto the pulse sensors for 60 seconds. All function displayed will stop except for "TIME", which will start to count down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1,F2....to F6. Press the RECOVERY button again to return the main display.
P1-P12	Press a specific program button to enter into that workout instantly.

## PROGRAM CONTROL FUNCTION

### P1-P12 PROGRAM

1. Press UP/DOWN BUTTON to select a program from P1-P12.
2. Press the ENTER/MODE button to enter the program.
3. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.

4. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
5. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
6. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

### **MANUAL MODE**

1. Press the UP/DOWN buttons to select MANUAL program, press ENTER/MODE to enter into the program.
2. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
3. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
4. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
5. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

### **USER MODE**

1. Press the UP/DOWN buttons to select USER, press ENTER/MODE to enter into the program.
2. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.

3. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
4. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
5. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

### **HOW TO EDIT BY SEGMENT**

1. Enter the USER mode, TIME will display, default value is 0:00.
2. If you want to enter the SEGMENT EDIT Mode, press and hold the ENTER/MODE button for 3 seconds. The Dot Matrix's first line of LED's will light up and flash. The display of TIME is shown as S-1 (For Segment 1).
3. Use the UP/DOWN buttons to adjust the level of the segment, when you are done with the first segment press the ENTER/MODE button to continue to the next segment. Each segment represents 1 Minute. There are a total of 16 segments. Once you are done customizing the segments, press START to start your personalized program. The program will save in memory for future use. Program segments can be changed by using the same process as above.

### **HRC MODE**

1. Press the UP/DOWN buttons to select HRC, press ENTER/MODE to enter into the program.
2. HEIGHT will display, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the height.
3. AGE will display, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the age.
4. SEX will display, the default value is M for Male, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the gender.
5. TARGET will display, the default value is P for Pulse, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the target heart rate.
6. 50%-75%-90%-TARGET will display, the default value is P for Pulse, press the UP/

- DOWN buttons to adjust the value then press MODE/ENTER to set the target heart rate.
7. PULSE will display, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the pulse rate.
  8. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
  9. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
  10. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
  11. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

## **WARM UP FUNCTION**

Set the resistance to 1, after one minute, enter into the HEART RATE CONTROL mode.

Press the UP/DOWN button to adjust the resistance.

### **HEART RATE CONTROL MODE**

1. The computer will compare the actual heart rate value and preset heart rate value (55%/75%/90%/TARGET) every 10 seconds.
2. When no heart rate is detected, the window will display "P".
3. Press the UP/DOWN buttons to adjust the resistance.
4. When your actual heart rate value is lower than preset heart rate value  $\pm 4$ , the resistance will increase one level at a time, The highest is level 16.
5. When your actual heart rate value is higher than preset heart rate value  $\pm 4$ , the resistance will decrease one level at a time. The lowest is level 1.
6. When your actual heart rate value is higher than the preset heart rate value, the HEART RATE CONTROL mode will stop and enter to into COOL DOWN mode.
7. If you stop the exercise during HEART RATE CONTROL mode, you will enter into a 1 minute COOL DOWN mode.

NOTE: During the workout, if the RPM is less than 40, the Dot Matrix will display RPM and after 5 seconds, it will enter into pause mode.

## **WATTS MODE**

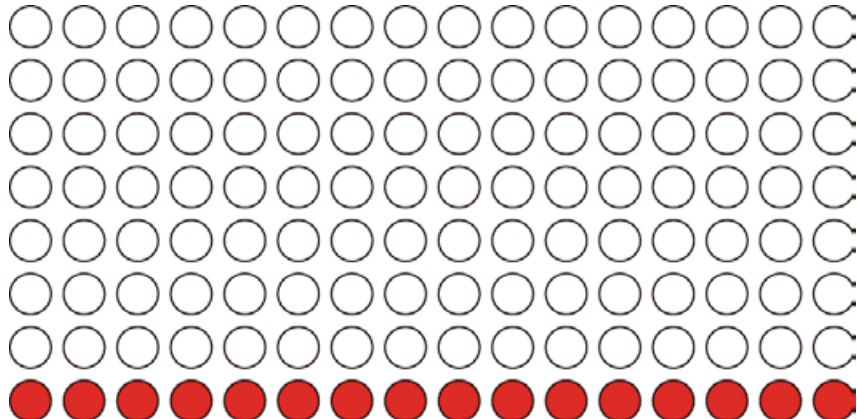
1. Press the UP/DOWN buttons to select WATTS, press ENTER/MODE to enter into the program.
2. WATTS will display, the default value is 120, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the watts.
3. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
4. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
5. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
6. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

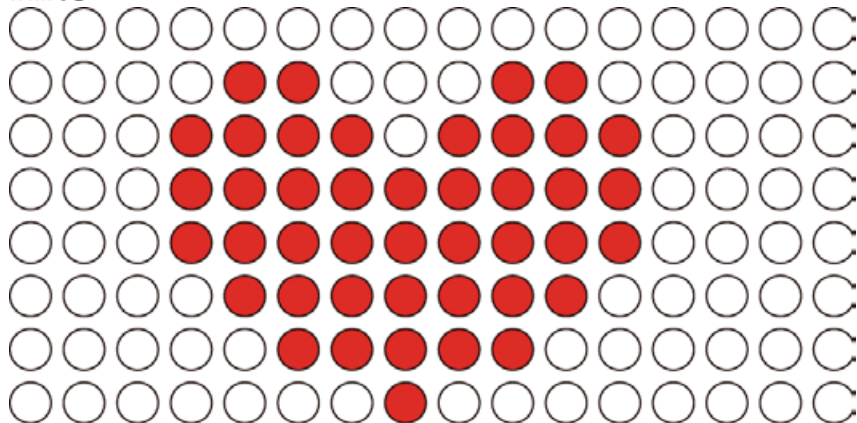
“WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

## PROGRAM PROFILES

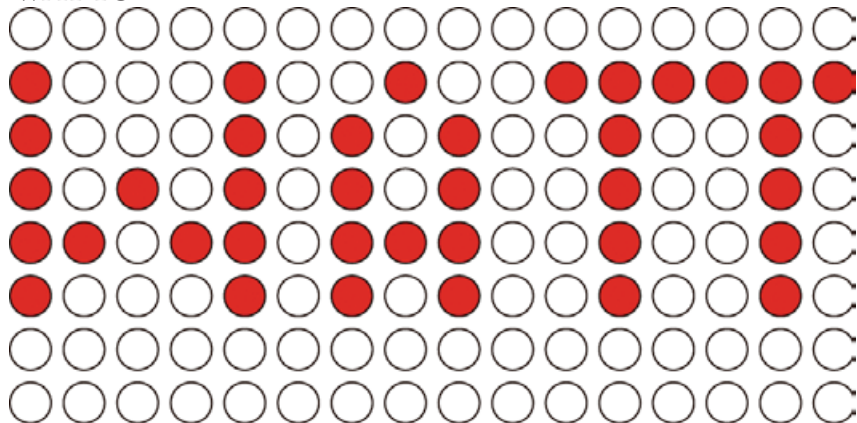
### MANUAL



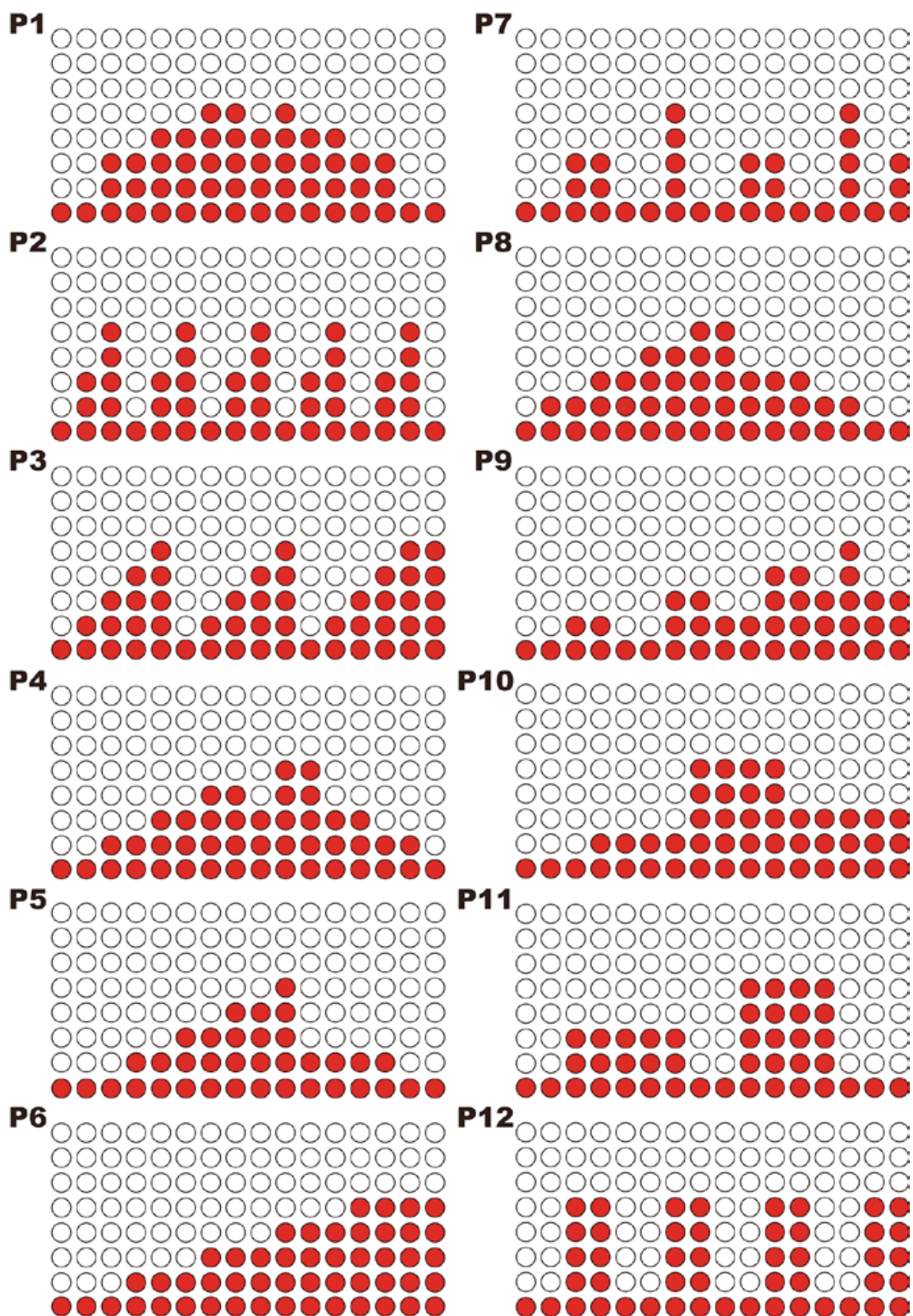
### HRC



### WATTS



## PROGRAMS P1-P12



## MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

## **WARRANTY**

### **LIMITED LIGHT COMMERCIAL WARRANTY**

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and three (3) years on other parts. Labor warranty coverage is two (2) year. Warranty covers the original consumer purchaser only.

### **LIMITED LIGHT COMMERCIAL WARRANTY**

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

### **THIS WARRANTY DOES NOT COVER**

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **[www.BHFitnessUSA.com](http://www.BHFitnessUSA.com)**

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

BH North America Corporation

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Foothill Ranch, CA 92610

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