

BLADEZ[®]
FITNESS

AEROPRO H930



OWNER'S MANUAL

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

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IMPORTANT SAFETY ADVICE

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

- 1 This unit has been designed for home use. The weight of the user must not exceed 286 lbs. (130 kg.)
- 2 Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
- 3 The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.

PRECAUTIONS

This bike 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 this bike. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bike is kept.
2. This bike can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance **STOP** the exercise. **SEEK MEDICAL ATTENTION IMMEDIATELY!**
4. Use the machine on a level, solid surface. Adjust the stabilizer for assured stability.
5. Keep your hands well away from any of the moving parts.
6. Do not use the machine outdoor or near the water
7. 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. make sure all laces/cords are tied correctly
8. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
9. Do not place sharp objects near the machine.
10. People with physical limitations should not use the machine without the assistance of a qualified person or a doctor.
11. Do warm up stretching exercises before using the equipment.
12. Do not use the machine if it is not working correctly.
13. Review all the warnings and labels affixed to the machine; if damaged, illegible, or removed, order replacements from BH North America Corporation.

Caution

Consult your doctor before beginning to use the bike. This advice is especially important for those over 35 or suffering from health problems. Read all of the instructions before using any exercise equipment.

KEEP THIS INSTRUCTION SAFE FOR FUTURE USE

EXERCISE INSTRUCTIONS

Exercise offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will help you to lose weight.

TRAINING GUIDELINES

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

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

Basic Components of Physical Fitness

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

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

MUSCULAR ENDURANCE is the capacity to exert a force repeatedly over a period of time, e.g. it is the 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 (MVo₂). This is often referred to as your aerobic capacity

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 MVO₂ 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 your 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 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.

TRAINING GUIDELINES (cont'd)

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 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.

TRAINING GUIDELINES (cont'd)

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

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

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

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

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

Muscle Soreness

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

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

If you experience PAIN during or after exercise, your body is telling 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 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.

TRAINING GUIDELINES (Cont'd)

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

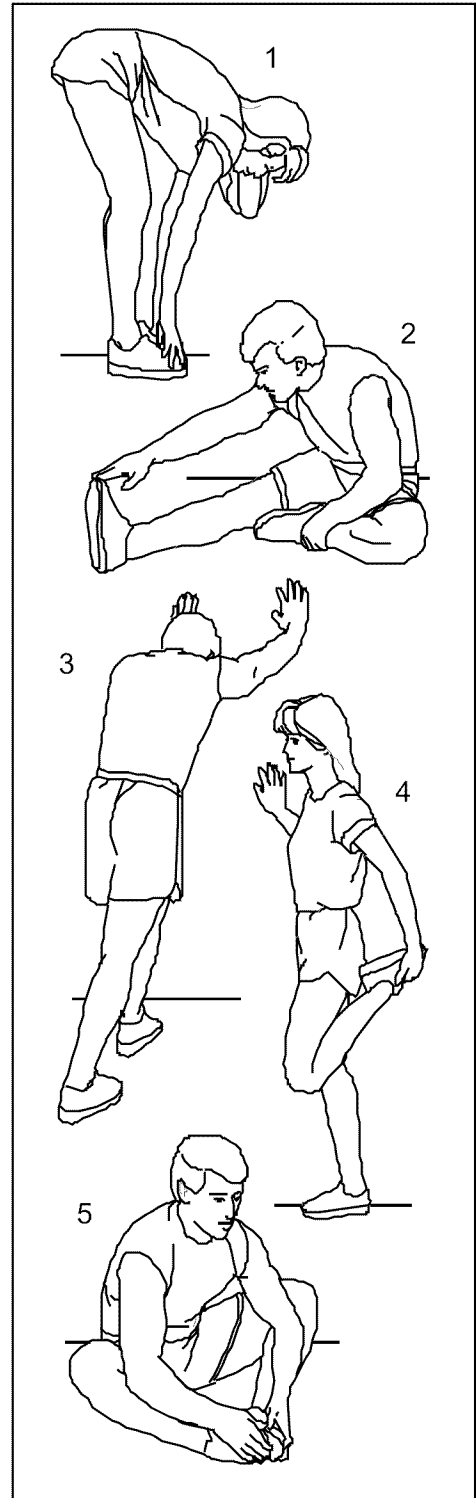
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg lean forward and move your hips toward the wall. Hold for 15 counts, then, relax. Repeat 3 times for each leg. To cause further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

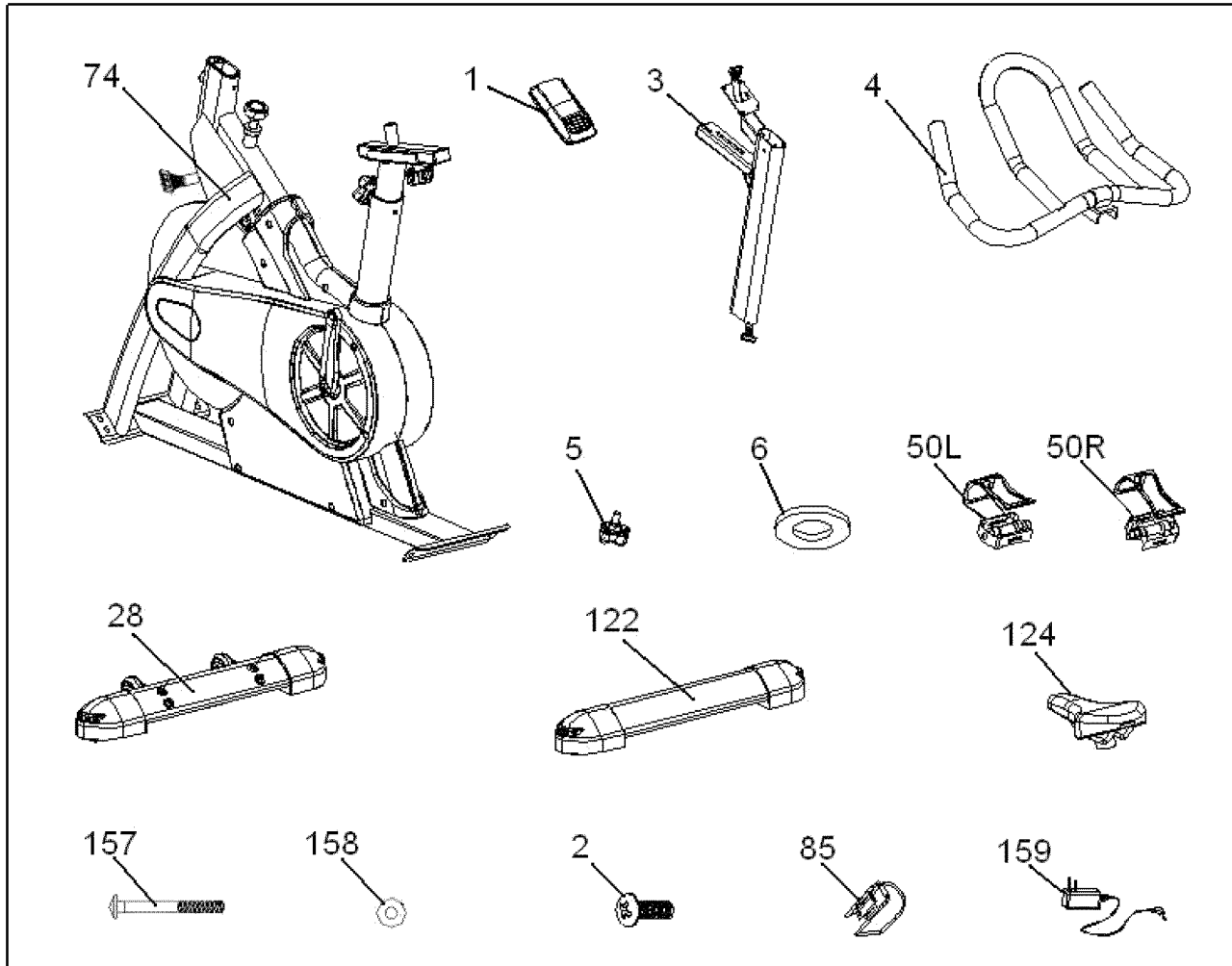


PRE-ASSEMBLY

The assistance of a second person is recommended when assembling this unit

Take the unit out of its box and make sure all of the pieces are there (fig. 1)

Fig.1



1	Monitor	3	Handlebar Stem
74	Main Body	5	Handlebar knob
4	Handlebar	28	Front Stabilizer
6	Flat washer	124	Seat
122	Rear Stabilizer	50R	Right pedal
50L	Left pedal	158	Flat washer M10
157	Slotted Head bolt M10	85	Bottle Holder
2	Philips Head Machine Screw	159	AC Adaptor

ASSEMBLY INSTRUCTION

A. Stabilizer Assembly

1. Position the machine's rear on the Rear Stabilizer (122) as shown in figure 2. Tighten securely using bolts (157) and Flat washers (158).
2. Position the front Stabilizer (28) with the wheels facing forward as shown in figure 2 paying attention to the red dots. Secure with the bolts (157) and Flat washers (158)

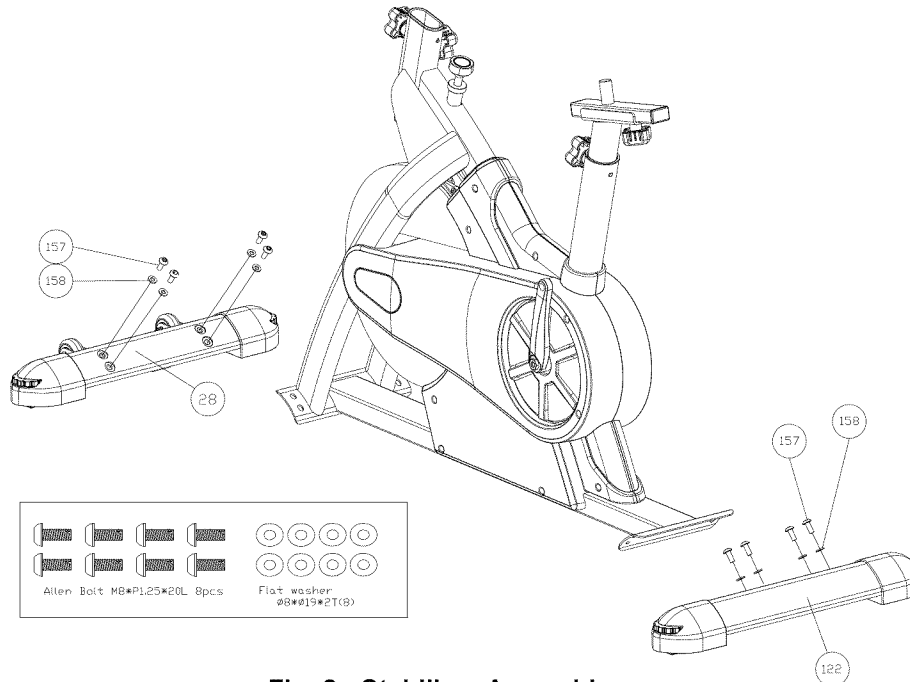


Fig. 2 : Stabilizer Assembly

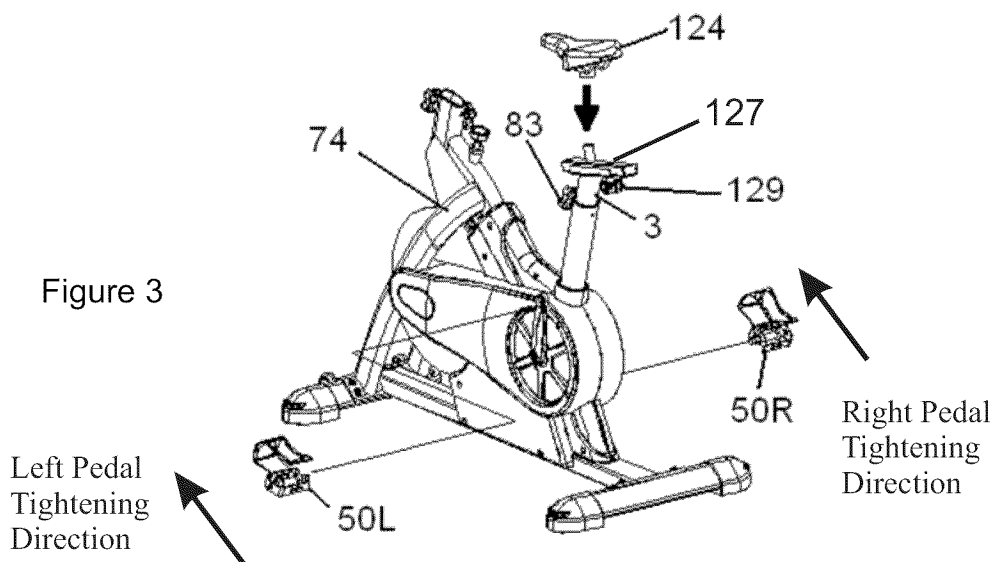
B. Pedals Assembly

Mounting the pedals incorrectly could damage the threads on either the pedals and/or the crank. Therefore, the assembly instructions for the pedals must be followed to the letter. Right and Left refer to the position that the user adopts when sitting on the seat to do the exercises.

The Right-hand pedal, marked with the letter (50R), screws onto the right-hand crank, also marked with an (R), in a clockwise direction. Tighten securely (Fig. 3).

The Left-hand pedal, marked with the letter (50L), screws onto the left-hand crank, also marked with a letter (L), in a counter-clockwise direction. Tighten securely.

ASSEMBLY INSTRUCTIONS (cont'd)



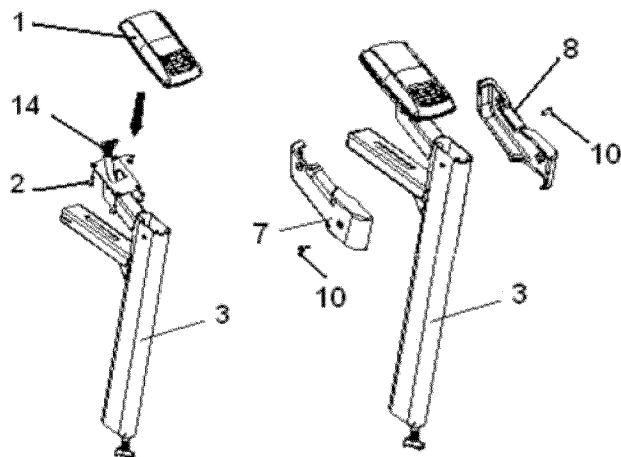
C. Seat Assembly

Loosen knob (129) and slide the seat bracket (127) onto the horizontal seat tube (3). Tighten knob (129). Attach the seat (124) onto the seat bracket (127) and tighten the nuts on the seat securely.

- **Seat Height Adjustment:** loosen the seat post adjustment knob (83) slightly by turning it counterclockwise a turn or two. Move the seat up/down to a desired height and tighten the knob in the clockwise direction
- **Seat Horizontal Adjustment:** loosen the knob (129); move the seat to a position comfortable for doing exercise and then tighten the knob (129)

D. Installing the Monitor

Remove the computer stem covers (7 & 8). Remove 4 screws (2) from the base of the monitor (1) then connect the terminal (14) to the terminal on the monitor. Slide the monitor onto the holding bracket and secure with the 4 screws removed earlier (fig. 8). Attach the post covers (7 & 8) and tighten screws (10) as in figure (9)



ASSEMBLY INSTRUCTIONS (cont'd)

D. Installing Handlebar

Place the handlebar (4) on the handlebar stem (3) and tighten knob (5) shown in Fig. 4. Insert the handlebar stem into the main body (74) shown in Fig. 11 and tighten the knobs (83 & 87) by turning them clockwise. Plug the connector (14) from the handlebar post into the connector (89) from the main body (74). Place the cap (15) and secure with screws (13) (Fig. 11)

- **Handlebar Height Adjust:** loosen knob (83 & 87) slightly by turning counterclockwise a turn or two. Move the handlebar up/down to a desired height and tighten the knobs in the clockwise direction. Pay attention not to go beyond MIN INSERT mark
- **Handlebar Horizontal Adjust:** loosen the knob (5) by turning counterclockwise; move the handlebar to a distance comfortable for doing exercise and then tighten the knob (5).

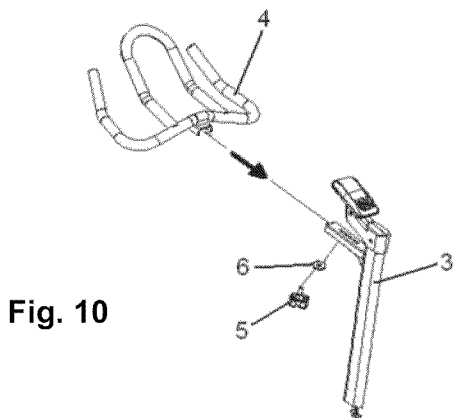
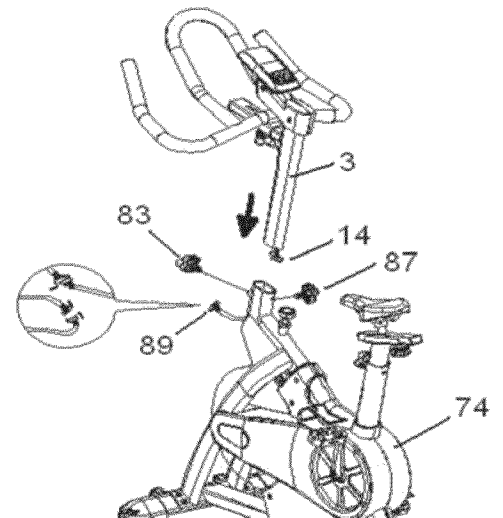


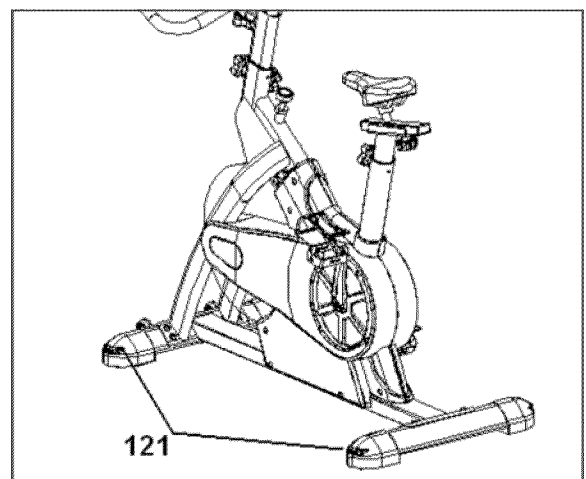
Fig. 11



E. Attaching Bottle Holder

Mount the bottle holder (85) to the side of the front fork using screws (86) (fig. 11)

Leveling: once the unit has been placed into its final position, make sure it sits flat and level on the floor. If needed, make adjustment for the footpads (121) by dialing the wheels (121) on the sides of the stabilizers (Fig. 12)



ASSEMBLY INSTRUCTIONS (cont'd)

Connecting Power: Mate the AC adaptor jack (c) into the plug toward the rear of the main body (h) and the AC adaptor to a 110V wall outlet (fig. 13) to charge the backup battery.

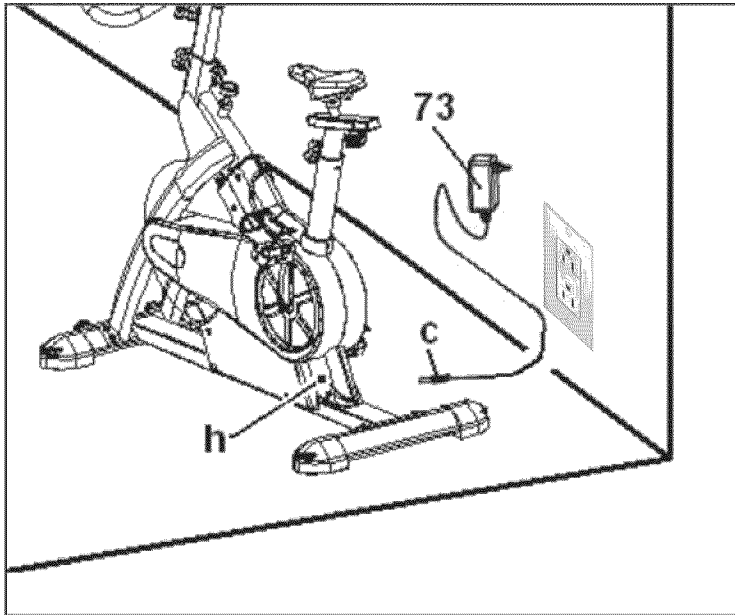


Fig.13

Moving & Storage: the unit is equipped with wheels on the front stabilizer to make it easier to move. Lift the rear of the unit up to put weight on the wheels then push to move (fig. 14). Store the bike in a cool, dry place not subject to changes in temperature.

Maintenance: it is necessary to clean the handlebar, seat and frame after each exercise session with a disinfectant spray.

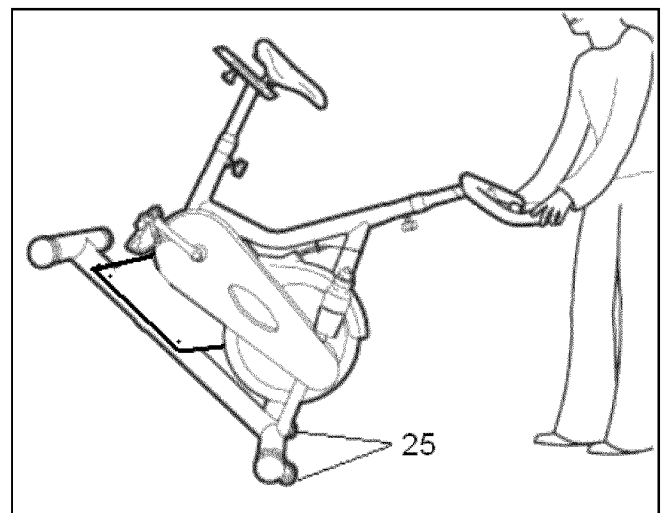


Fig.14

BH RESERVES THE RIGHT TO MODIFY THE SPECIFICATIONS OF ITS PRODUCTS
WITHOUT PRIOR NOTICE

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 machine 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.

CONSOLE OPERATION

The console comes with 6 buttons: **R** (Recovery test), **M** (Mode), ▲ (Up or Increase), ↻ (Reset),
 (Start/Stop), ▼ (Down or Decrease).

Button Functions

MODE:

In idle mode, pressing Mode button will enter program selection.

In program, Mode button is used to confirm the selection or switch the display

UP/DOWN Scrolls: ▲▼

Scroll through programs before the workout or change resistance level during the workout.

Start/Stop:

This key is to start or to stop the exercise. If no speed signal is detected in 4 seconds, "P" is flashing in the upper left corner. Pressing Start or pedaling above 30 rpm, all functions will resume. In idle mode, pressing Start/Stop button to workout manually.

Recovery Test:

At the end of the exercise, pressing this button to test the fitness level. For a valid reading, user must maintain pulse input during the 60 second recovery countdown test.

RESET:

Pressing Reset button will revert to the previous display. Pressing and holding for 2 seconds will reset all functions.

Operations

Start pedaling above 30 rpm, the console will power on and flashes all elements of the LCD momentarily.

Auto power On/Off: if there is no activity or no speed signal detected for 90 seconds, the console automatically turns off

Programming Functions

In programming mode, a selection of **MANUAL, PROGRAM, USER, H.R.C** is flashing.

Use ▲▼ to highlight the desired program press MODE to select

Manual Mode:

At anytime, press Start/Stop to begin exercising without entering any information. Resistance can be changed during the workout. Alternately, press Mode to set goal (Time, Distance, Calories, and Pulse). The parameters to be set will be flashing. Press ▲▼ keys to set value then press MODE to accept. Press Start to begin the exercise.

CONSOLE OPERATION (cont'd)

WATT Dependent Mode

This is available in Manual Mode only. This could also be viewed as Speed dependent mode. The resistance level will automatically adjust to match the preset WATTS value taking speed into account. If speed is too slow, resistance would increase to maintain the WATTS value and vice versa.

Program P1 – P12:

These are the pre-program profiles. To exercise using a program, press the Up/Down arrows to highlight P1 - P12 on the console. As you scroll through the programs, the program number (P1, P2, etc.) is displayed for 1 second and a profile of the program will follow. To select, stop at a program (profile) and press MODE (to cancel or go back, press RESET once). TIME, DISTANCE, CALORIES & HEART RATE are available for setting. Use ▲▼ keys to set value and press MODE to accept. When finished, press Start to begin the workout. Once the program started, the first segment of the profile will blink. Resistance level can be adjusted and this adjustment will affect the entire profile.

User:

This is a user designed workout. There are 16 segments to be designed for different levels or they all could be left at the default level (lowest). To design User program, press the Up/Down arrows to highlight USER on the console. Press Mode to enter programming mode and immediately 1st segment of the profile is blinking waiting for changes. Use ▲▼ to change the level of the blinking segment. Move to the next segment by pressing Mode. When finished, press Start/Stop to begin the program.

H.R.C.

H.R.C. program is short for Heart Rate Controlled program. As suggested, the exercise is mainly driven by the instantaneous heart rate measured from the user by the machine. There are 4 heart rate programs available under this mode: 55%, 75%, 90% and THR. Information such as: Age, Time Distance & Calories must be entered before the start of the exercise. Use ▲▼ to scroll through the selection. The target heart rate will be displayed for each preset program. Press MODE to select a program. In THR program, user has the option to preset the heart rate value. User must wear a wireless heart rate belt for this program to work. When finished, press Start/Stop to begin the exercise.

CONSOLE OPERATION (cont'd)

Recovery

This function evaluates the user fitness level by measuring how quickly the heart rate recovers within 1 minute. At the end of the workout, pressing Recovery will initiate this function. User must wear a chest strap to provide heart rate to the console for evaluation. The timer starts from 60 seconds. As soon as the timer expired, a grade is displayed from F1 to F6.

F1 – Super fit

F2 – Very fit

F3 – Fit

F4 - Fair

F5 – Poor

F6 – Very poor

Press the Recovery key again to return to the main display.

Display Specifications

Bar Graph: there are 16 horizontal and 8 vertical elements for a total of 128 elements. The vertical segments represent resistance level. Each element represents 3 resistance levels. The horizontal segments are workout time. By default, each segment lasts 1 minute.

Elapse time: ranges from 00:00 to 99:59

Speed: mph from 0.0 to 99.9

RPM: pedal crank speed from 0 to 999 revolution per minute

Distance: from 0.0 to 99.99 miles

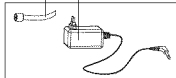
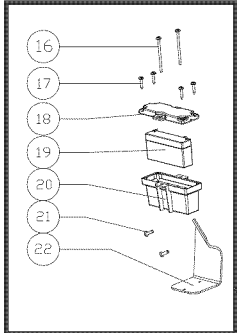
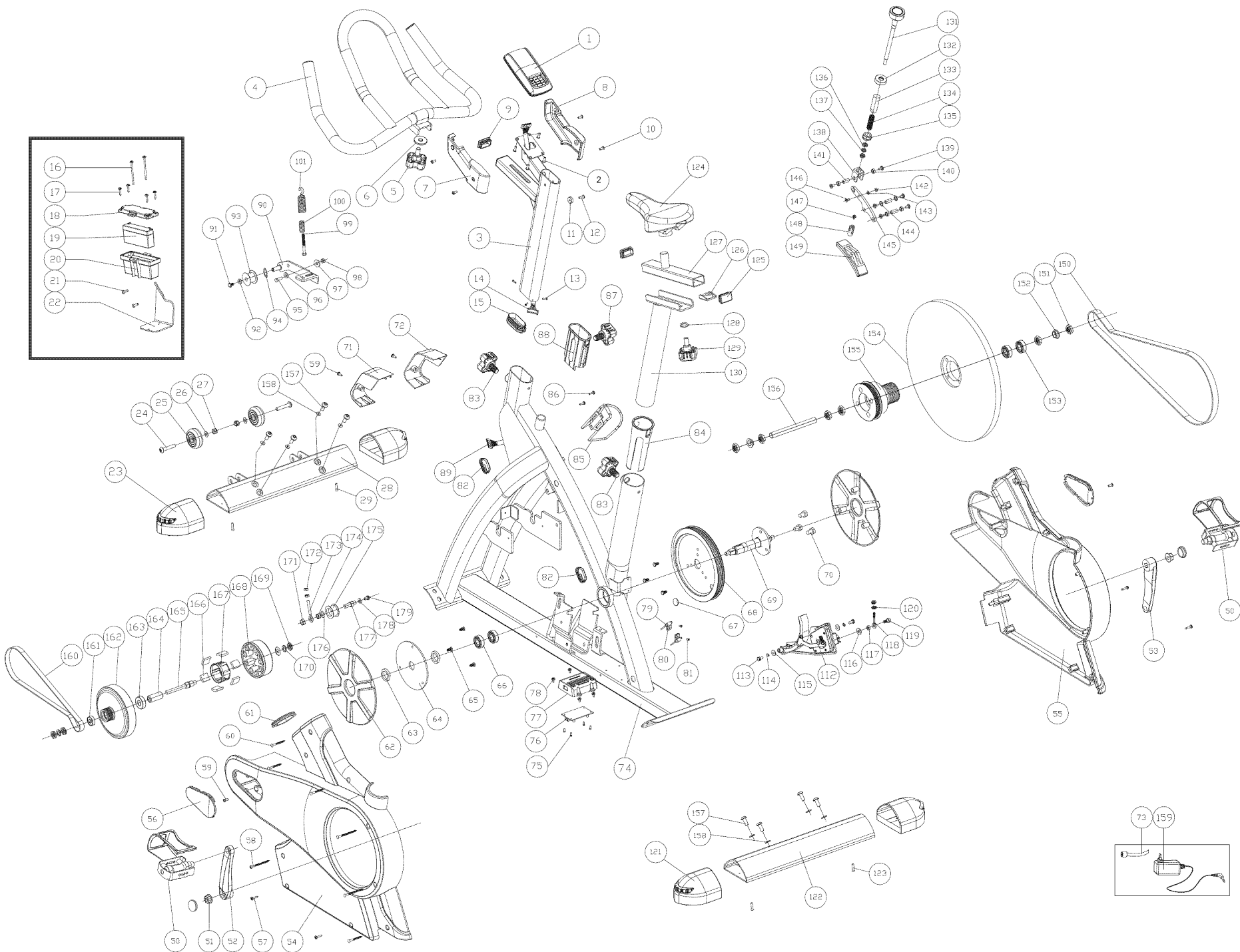
Calories: Kilocalories from 0 to 999

Heart Rate: in beat per minute (bpm) from 0 to 240

EXPLODED VIEW DRAWING

BLADEZ

S



PART LIST

NO.	Q'TY	Description	NO.	Q'TY	Description
H930001	1SET	computer	H930059	1PCS	screw
H930002	4PCS	screw for fixing computer	H930060	4PCS	screw
H930003	1PCS	handlebar post	H930061	2PCS	waterproof cap
H930004	1PCS	handlebar	H930062	2PCS	cover for crank arm
H930005	1PCS	knob for handlebar	H930063	2PCS	nut
H930006	1PCS	flat washer	H930064	2PCS	disc
H930007	1PCS	handlebar post cover (left)	H930065	2PCS	hexagonal screw
H930008	1PCS	handlebar post cover (right)	H930066	1PCS	bearing
H930009	1PCS	end cap	H930067	1PCS	magnet
H930010	4PCS	screw	H930068	2PCS	big pulley
H930011	1PCS	stopper	H930069	1PCS	axle
H930012	1PCS	screw	H930070	1PCS	hexagonal screw
H930013	3PCS	screw	H930071	1PCS	cover left
H930014	1PCS	cable upper	H930072	1PCS	cover right
H930015	1PCS	end cap	H930073	1PCS	DC hole
H930016	2PCS	screw	H930074	1PCS	mainframe
H930017	4PCS	screw	H930075	1PCS	screw
H930018	1PCS	battery box upper	H930076	1PCS	control board
H930019	1PCS	battery	H930077	1PCS	cover of control board
H930020	1PCS	batter box lower	H930078	1PCS	screw
H930021	2PCS	screw	H930079	1PCS	sensor box
H930022	1PCS	battery box holder	H930080	1PCS	sensor holder
H930023	2PCS	front stabilizer cap	H930081	1PCS	screw
H930024	2PCS	screw	H930082	1PCS	cap of handlebar post
H930025	2PCS	transportation wheel	H930083	1PCS	Knob of handlebar post
H930026	2PCS	flat washer	H930084	1SET	seat bushing
H930027	2PCS	nylon nut	H930085	2PCS	water bottler holder
H930028	1SET	front stabilizer	H930086	2PCS	screw
H930029	2PCS	screw	H930087	2PCS	slide knob
H930050	1PCS	pedal	H930088	2PCS	seat bushing
H930051	1PCS	screw	H930089	1PCS	cable lower
H930052	3PCS	crank arm (left)	H930090	1PCS	idler axle
H930053	1PCS	crank arm (right)	H930091	1PCS	hexagonal screw
H930054	1PCS	chaincover (left)	H930092	2PCS	flat washer
H930055	1PCS	chaincover (right)	H930093	2PCS	idler wheel
H930056	1SET	side cover	H930094	1PCS	curved washer
H930057	4PCS	screw	H930095	2PCS	hexagonal screw
H930058	1PCS	screw	H930096	1SET	flat washer
H930059	1PCS	screw	H930097	2PCS	flat washer

PART LIST

NO.	Q'TY	Description	NO.	Q'TY	Description
H930098	1PCS	nylon nut	H930147	1PCS	screw
H930099	1PCS	hexagonal screw	H930148	1PCS	holder of brake set
H930100	1PCS	holder of spring	H930149	1PCS	brake set
H930101	1PCS	spring	H930150	1PCS	driving belt
H930112	4PCS	gear box set	H930151	1PCS	screw
H930113	3PCS	hexagonal screw	H930152	2PCS	bushing
H930114	1PCS	spring washer	H930153	2PCS	bearing
H930115	2PCS	flat washer	H930154	1PCS	flywheel
H930116	2PCS	flat washer	H930155	1PCS	bracket of two way bearing
H930117	1PCS	bushing	H930156	1PCS	flywheel axle
H930118	1PCS	adjustor of flywheel	H930157	8PCS	screw
H930119	1PCS	screw for fixing gear box	H930158	8PCS	flat washer
H930120	1PCS	hexagonal screw	H930159	1PCS	AC adaptor
H930121	1PCS	adjusting cap	H930160	1SET	driving belt
H930122	1PCS	rear stabilizer	H930161	2PCS	bearing
H930123	6PCS	screw	H930162	1PCS	NGP flywheel
H930124	2PCS	saddle	H930163	1PCS	bearing
H930125	2PCS	cap	H930164	1PCS	bushing
H930126	1PCS	screw	H930165	1PCS	flywheel axle
H930127	1PCS	seat slider	H930166	2PCS	magnet of NGP system
H930128	1PCS	flat washer	H930167	4PCS	holder
H930129	8PCS	knob of seat post	H930168	3PCS	coil
H930130	8PCS	seat post	H930169	4PCS	nut
H930131	1PCS	knob of brake	H930170	4PCS	hexagonal nut
H930132	1PCS	nut	H930171	1PCS	hexagonal nut
H930133	1PCS	fixing tubing	H930172	1PCS	hexagonal nut
H930134	1PCS	spring	H930173	2PCS	chain
H930135	1PCS	spring of brake	H930174	2PCS	bushing
H930136	1PCS	screw	H930175	1PCS	idle wheel
H930137	1PCS	bushing	H930176	2PCS	flat washer
H930138	6PCS	U-shape socket	H930177	1PCS	idler axle
H930139	1PCS	screw	H930178	1PCS	flat washer
H930140	1PCS	platic bushing	H930179	1PCS	hexagonal screw
H930141	3PCS	bushing			
H930142	2PCS	nylon nut			
H930143	1PCS	flat washer			
H930144	2PCS	flat washer			
H930145	1PCS	pole of brake			
H930146	1PCS	screw			



WARRANTY

LIMITED ONE (1) YEAR PARTS AND LABOR

For ONE (1) YEAR from date of purchase, by original consumer purchaser, BH North America will repair or replace, at its option, free of charge parts and /or labor which are defective as a result of material or workmanship with the exception of any cosmetic component which will be covered for NINETY (90) days from the date of purchase. Any component that is a customer point of assembly will only be replaced; labor is not covered.

LIFETIME: FRAME

BH Fitness warrants the Frame against defects in workmanship and materials for lifetime from the date of original purchase, so long as it remains in the possession of the original owner.

COMMERCIAL OR RENTAL USE

If a Bladez product is used for commercial or rental purposes the warranty is void.

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 WARRANTY REPAIRS, PLEASE DO NOT TAKE
YOUR MACHINE BACK TO THE RETAIL STORES.
CONTACT BLADEZ FITNESS FIRST!**

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949-206-0330; Toll Free: 866-325-2339; Fax: 949-206-0013
Email: fitness@bhnorthamerica.com
Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST

This warranty applies only while this product is in use in Canada.

This warranty is in addition to any statutory warranty and does not exclude or limit legal rights you may have but shall run concurrently with applicable provincial legislation. Furthermore, some provinces do NOT allow limitation on how long an implied warranty will last so the above limitations may not apply.