LK500Ui / Ri / Ei CONSOLE OPERATIONS

SPECIFICATIONS:

ENTER	To confirm all setting values
RESET	To reset all parameters to default value
START/STOP	To start or stop training
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds
QUICK START	Starts the machine without any preset program or data from user

FUNCTION:

TIME	Displaying the workout time while exercising
SPEED	Displaying the current speed
DISTANCE	Accumulating the distance while exercising
PULSE	30-240 BPM
CALORIES	Counts calories while exercising
RPM	Displaying crank speed in revolution per minute

POWER MODE

When the machine powers on, the display will light up with all numerals. After two seconds, it will enter the "user selecting" mode. If the user does not operate the machine, or the machine receives no signal after 4 minutes, the computer will enter an idol mode.

GETTING STARTED - OPERATING PROCEDURE:

Start pedaling and the console will turn on. Use the UP/DOWN buttons to set up your user data by selecting any user U0-U4. Press the ENTER button to accept user selection. Press UP/DOWN buttons to toggle between genders. Press ENTER to accept. Use the UP/DOWN to set AGE then press ENTER. Use the UP/DOWN buttons to enter height in inches then presss ENTER to accept. Use the UP/DOWN buttons to input weight then press ENTER to select. See below for step by step instructions.

1. Press ENTER to confirm the USER, then enter the sex setting. The right side will displays SEX, use the UP/DOWN buttons to choose male or female.

2. Press ENTER to confirm the gender selection, then enter the AGE setting. The right side will display AGE, use the UP/DOWN buttons to select age setting.
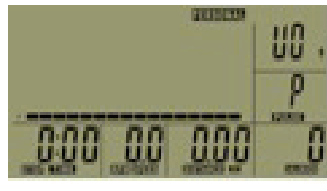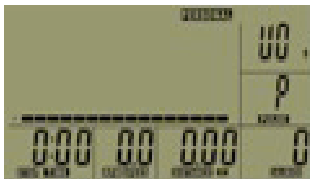
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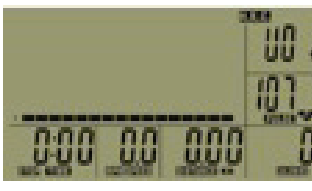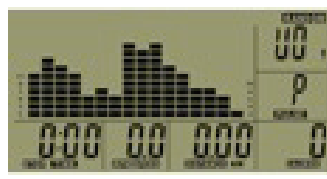
3. Press ENTER to confirm the AGE setting, then enter the HEIGHT setting. The right side will display HEIGHT, use the UP/DOWN buttons to select the HEIGHT setting.

4. Press ENTER to confirm the WEIGHT setting, then enter WEIGHT setting. The right side will display WEIGHT, use the UP/DOWN buttons to select the WEIGHT value.

5. Press ENTER to confirm the HEIGHT setting, then enter the exercise program selecting page. Use the UP/DOWN buttons to select between the exercise programs below.

MANUAL	PROGRAM	FITNESS
WATT	PERSONAL	HRC
RANDOM		

NAVIGATING THE PROGRAMS

MANUAL MODE
User may preset their own resistance level from 1 to 24 by pressing the UP/DOWN buttons. The default resistance level is 1. Press ENTER to confirm. Using the UP/DOWN buttons enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

PROGRAM MODE
There are 12 preset programs. Use the UP/DOWN buttons to select the desired program profile, then press the ENTER button to confirm. Use the UP/DOWN buttons to adjust the resistance level. Press ENTER to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout.

FITNESS TEST
Use the UP/DOWN buttons to select FITNESS and press ENTER. Press START/STOP to start the test. The user has to achieve the greatest distance possible in 8 minutes. When the time is up, the electronic device will work out the difference and your fitness rating will be displayed up on the screen.

PERSONAL MODE
Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all 16 segments have been entered, press the ENTER button to confirm. Press START/STOP to begin your workout.

WATT CONTROL MODE
Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START/STOP to begin your workout. User may set the Watt value by pressing the UP/DOWN buttons to change in 10 Watt increments.

HRC MODE
Input personal data: SEX, AGE, HEIGHT and WEIGHT.
User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press ENTER to confirm. Then, enter values for TIME, DISTANCE, CALORIES, and then press START/STOP to begin your workout.

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PRESET PROGRAMS

P2	P2	P3

P4	P5	P6

P7	P8	P9

P10	P11	P12

HRC PROGRAMS (55%, 75%, 90%, TAG)

HRC 55%	HRC 75%	HRC 90%	HRC Target Heart Rate

TEST FUNCTIONS

RECOVERY TEST
Press RECOVERY key to test HRC recovery speed. When in test mode, it will detect the HRC within 10 seconds. When finished, if there is no HRC displayed, the program will exit out of the HRC recovery mode. If there is HRC displayed, the workout will enter into 60 seconds HRC recovery. Test result is shown below:

VALUE	CONDITION
F1	Best
F2	Very good
F3	Good
F4	Normal
F5	Bad
F6	Worse

FITNESS TEST
Enter FITNESS program and start the test. Test time is 8 minutes. Test result is below:

VALUE	CONDITION
F1	Very Good
F2	Good
F3	Fair
F4	Poor
F5	Very Poor

FUNCTION STATISTICS AND RANGES

ITEM	SCREEN SHOWN	RANGE	SETTING RANGE	PRESET VALUE	SAVE
1	SEX		MALE/ FEM		yes
2	AGE		10 - 100		yes
3	WEIGHT(METRIC)		20 - 330(Lb) 10 - 150 (KG)		yes
4	HEIGHT		36 - 84(INCH) 90 – 21 0(CM)		yes
5	TIME	0:00 - 99:59	0:00 - 99:00	0:00	no
6	DISTANCE	0.0 - 99.99	0.0 - 99.50	0.0	no
7	CALORIES	0 - 999	0 - 990	0	no
8	SPEED	0.0 - 99.9		0.0	no
9	PULSE	30 - 200 bpm		0	no
10	WATT	0 - 999		0	no
11	RPM	0 - 250 rpm		0	no
12	BRAKE RESISTANCE LEVEL		L1 - L24	L1	no

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

**DOWNLOADING APPS AND
PAIRING YOUR DEVICE WITH YOUR EQUIPMENT**

DOWNLOADING THE SOFTWARE
Connect the Apple device with the App Store (iTunes) or your Android Device with Google Play, search for "Pafers", then read the APP introductions and Download the APPs with bicycle/elliptical machine functions to your device, for example Pedal Monitor or other applicable apps. *Note: if you download an APP for a treadmill and pair it with an Elliptical it will not work.*
- The App uses bluetooth mode, so please make sure the equipment and the device you are using both have bluetooth function.
- The App contains the following functions, the user must open the 3G network or wi-fi network:

(a) Managing Data - After completing the registration in the "Pafers" App, log on to your personal account. Now that you have registered you can record all of your workout data and save it to your device.
(b) Some APPs need connection to Google maps in order to function correctly.

PAIRING THE BLUETOOTH DEVICE WITH AN APPLE DEVICE
1. Place the Apple Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Apple Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Apple Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press the HOME button on the Apple Device twice to close the APP.

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PAIRING THE BLUETOOTH DEVICE WITH AN ANDROID DEVICE

1. Place the Android Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Android Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Android Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press main screen button on the Android Device twice to close the APP.

COMPATIBLE DEVICES
Android
Bluetooth & App Enabled Android Device

Apple Products

iPod touch (4th generation)	iPod touch (3rd generation)
iPhone 5	iPhone 4S
iPhone 4	Mini iPad
iPad	iPad 2

i.Concept Bluetooth products are compatible with Apple devices with iOS 5.1 or later. It is recommended to update iOS to latest version to obtain the best user experience.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch, is a registered trademark of Apple, Inc., in the United States and other countries.

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been

certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessorywith iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

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.

NOTE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.   These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.   If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: ◆ Reorient or relocate the receiving antenna.

◆ Increase the separation between the equipment and receiver.

◆ Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.

◆ Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

1. To comply with FCC RF exposure compliance requirements, a separation distanc of at least 20 cm must be maintained between the antenna of this device and all persons.

2. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.   **FCC ID: PHGLK001**

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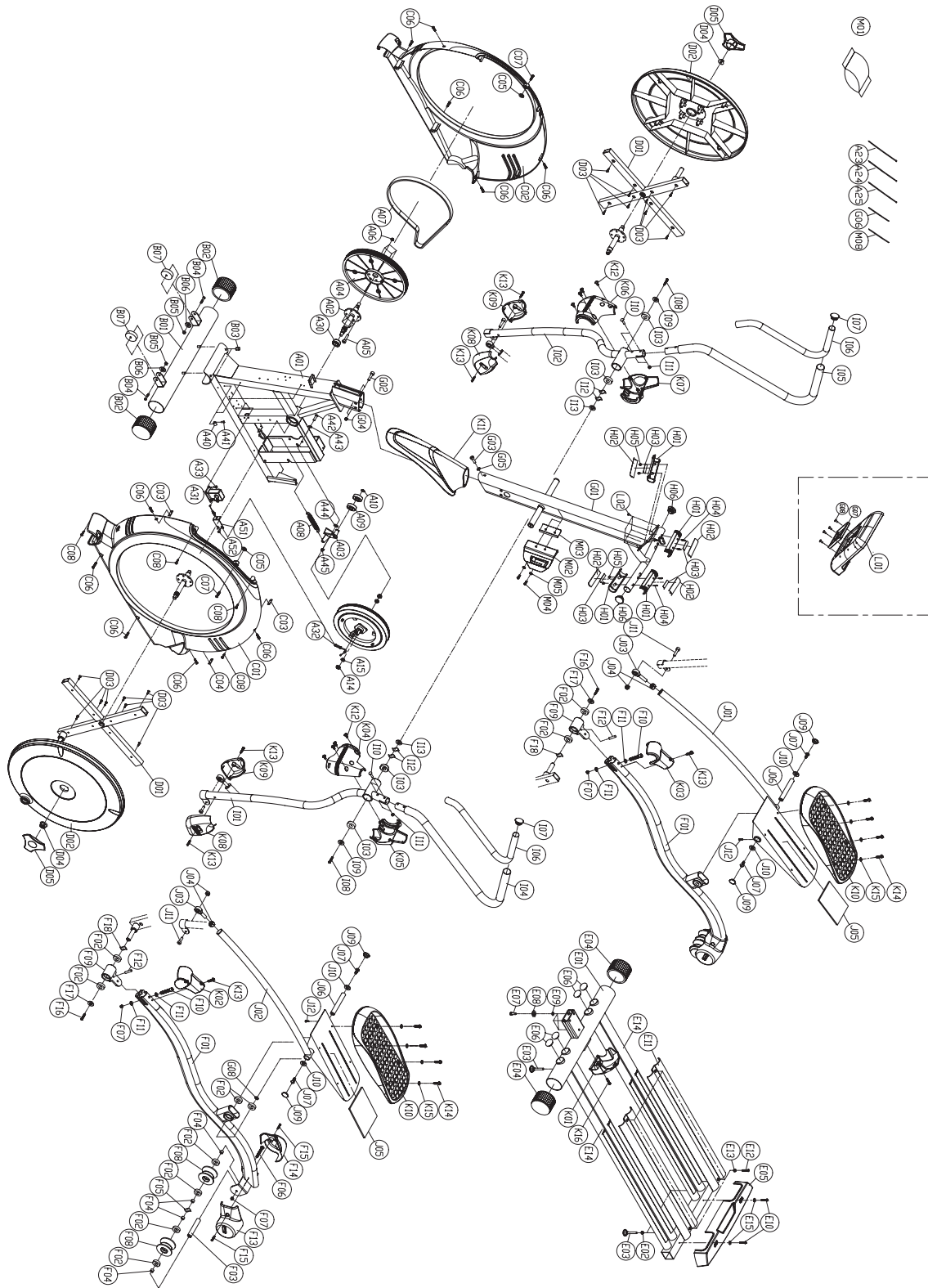
PARTS LIST

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	No.	Description	Qty
(A)	FRAME AND FITTINGS	1	(E)	REAR STABILIZER SET	1	I03	Bearing	4
A01	Frame assembly	1	E01	Rear stabilizer set assembly	1	I04	Handlebar tube upper assembly L	1
A02	Crank assembly	1	E02	Hex screw nut m8xp1.25	2	I05	Handlebar tube upper assembly R	1
A03	Idle wheel assembly	1	E03	Adjustment foot pad	4	I06	HDR foam grip φ31x3.0Tx970	2
A04	Belt wheel φ310	1	E04	End cap φ75	2	I07	End cap -φ1-1/4"	2
A05	Hex screw m8xp1.25X15	4	E05	Rear stabilizer cover	1	I08	Hex screw m8xp1.25X15	2
A06	Nut m8xp1.25	4	E06	End cap φ1-1/2"x2.0T	4	I09	Flat washer φ8.5Xφ30x2.0T	2
A07	Drive belt 480"	1	E07	CKS hex screw m10xp1.5X40	3	I10	Screw m8xp1.25X45	4
A08	Spring A	1	E08	Spring washer m10	3	I11	Nut m8xp1.25	4
A09	Bearing	2	E09	Flat washer φ10xφ20x1.5T	3	I12	Wave washer □26.4X□34.2X0.3T	4
A10	C-shaped ring φ15	1	E10	Cross screw m4xp0.7X15	2	I13	Washer φ25xφ35x1.0T	2
A13	Flywheel φ260	1	E11	Wheel compressing board	2			
A14	Screw nut 3/8"-26 thread	2	E12	Hex screw m8xp1.25X15	4	(J)	RELATED POLE SET	1
A15	Hex screw nut 3/8"-26 thread x4t	2	E13	Nut m8	4	J01	Pole set assembly R	1
A23	Belt 4.8X330mm	7	E14	Foam sticker 600mmx25mmx1.5T	4	J02	Pole set assembly L	1
A24	Belt 2.2X80mm	1	E15	Washer φ4xφ10x1.0T	2	J03	Shaft -pos12-r (φ12 right thread)	2
A25	Belt 3.6X102mm	1				J04	Nut m12xp1.75	4
A27	Sensor fixing base	1	(F)	FOOT PEDAL AND FITTINGS	1	J05	Foam sticker 90x90x3.0T	2
A28	Cross screw m4xp0.7X10	1	F01	Foot pedal iron tube assembly	2	J06	Shaft	2
A29	Power supply	1	F02	Bearing	16	J07	CKS hex screw m8xp1.25X15	4
A30	Crank shaft bushing	1	F03	Wheel fixing bushing	2	J08	Plastic washer	2
A31	Small motor (wire puller)	1	F04	Inner and outer shaft tube (short)	8	J09	End cap	4
A32	Steel rope	1	F05	Wave washer φ17xφ24x0.3T	2	J10	Washer φ8.5Xφ19x2.0T	4
A33	Screw m5xp0.8X12	4	F06	Fixing screw m8xp1.25X135	2	J11	CKS hex screw m12xp1.75X40	2
A40	Wire clip fixing knob uc-2	3	F07	Nut m8xp1.25	4	J12	CKS hex screw m6xp1.0X10	2
A41	Cross screw m4xp0.7X10	3	F08	PU wheel φ74x44	4			
A42	Hex screw m8xp1.25X25	1	F09	Foot pedal fixing plate assembly (front)	2	(K)	PLASTIC FITTINGS	1
A43	Washer φ8xφ16x1.5T	1	F10	CKS hex screw m8xp1.25X85	2	K01	Frame cover middle	1
A44	Washer φ8xφ19x3.0T	1	F11	Arc washer	4	K02	Foot pedal iron tube cover L	1
A45	Nut m8xp1.25	1	F12	Foot pedal iron tube plastic iron core	2	K03	Foot pedal iron tube cover R	1
A51	Steel rope fixing plate	1	F13	Wheel cover L	2	K04	Handlebar tube cover front L	1
A52	Screw m5xp0.8X10	1	F14	Wheel cover R	2	K05	Handlebar tube cover rear L	1
			F15	Cross screw m4xp0.7X15	4	K06	Handlebar tube cover front R	1
(B)	FRONT BASE TUBE SET	1	F16	Hex screw m8xp1.25X15	2	K07	Handlebar tube cover rear R	1
B01	Front base tube assembly	1	F17	Washer φ8xφ25x2.0T	2	K08	Connecting pole cover L	2
B02	End cap φ75	2	F18	Wave washer φ17xφ24x0.3T	2	K09	Connecting pole cover R	2
B03	Hex screw nut	2				K10	Foot pedal	2
B04	Hex screw m8xp1.25X45	2	(G)	CONTROL TUBE SET	1	K11	Control tube plastic	1
B05	Nut m8xp1.25	2	G01	Control tube assembly	1	K12	Self-tapping screw φ5x15	8
B06	Washer φ8xφ16x2.0T	2	G02	CKS hex screw m10xp1.5X70	2	K13	Screw m4xp0.7X15	6
B07	Bearing wheel φ70xφ8x28t	2	G03	CKS hex screw m8xp1.25X15	1	K14	Screw m5xp0.8X10	8
			G04	Nut m10xp1.25	2	K15	Washer φ6xφ13x1.0T	8
(C)	OUTER COVER SET	1	G05	Washer φ8xφ25x2.0T	1	K16	Screw m5xp0.8X10	1
C01	Frame side cover L	1	G06	Guide thread l=300	2			
C02	Frame side cover R	1	G07	Computer fixing plate D	1	(L)	COMPUTER CONSOLE AND WIRES	1
C03	Plastic locked fixing iron plate	2	G08	Screw m5xp0.8X12	4	L01	Console	1
C04	Plastic locked fixing iron plate-short	1				L02	Screw m4xp0.7X10	4
C05	Washer φ6xφ16x1.0T	2	(H)	HAND GRIP PULSE SET	1	L06	Lower control wire	1
C06	Screw m5xp0.8X10	10	H01	Hand grip pulse plastic base	4	L09	Speed sensor wire	1
C07	Screw m5xp0.8X12	2	H02	Hand grip pulse sensor plate	4	L10	Power supplier wire	1
C08	Self-tapping screw φ5x12	4	H03	Double side tape 25mmx75mmx0.3T	4			
			H04	Screw m3xp0.5X30	4	(M)	OTHER	1
(D)	TURNPLATE SHELF AND FITTINGS	1	H05	Hex screw nut m3xp0.5	4	M01	Parts bag	1
D01	Turnplate cross shelf assembly	2	H06	End cap -φ1-1/4"	2	M02	Waterbottle holder	1
D02	Plastic turnplate	2				M03	Waterbottle holder bracket	1
D03	Self-tapping screw φ5x15	16	(I)	HANDLE BAR SET	1	M04	Screw m6xp1.0X15	2
D04	Screw nut (washer) m14xp1.5X10t	2	I01	Handlebar tube assembly L	1	M05	Washer ψ6xψ13x1.0T	2
D05	Turnplate cover	2	I02	Handlebar tube assembly R	1	M08	Guide thread l-300 black	4
							φ=Diameter	

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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. Seven (7) year replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED 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 ten (10) 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**

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

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