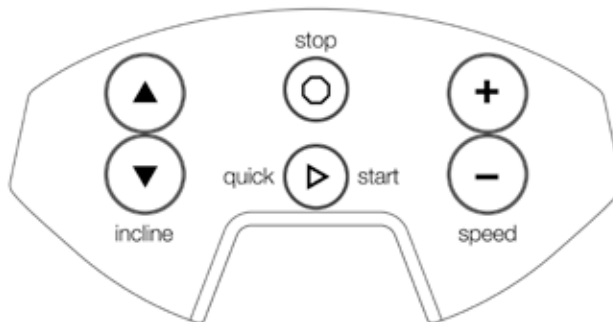
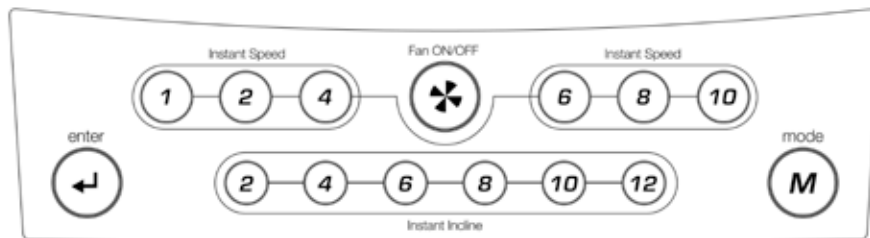
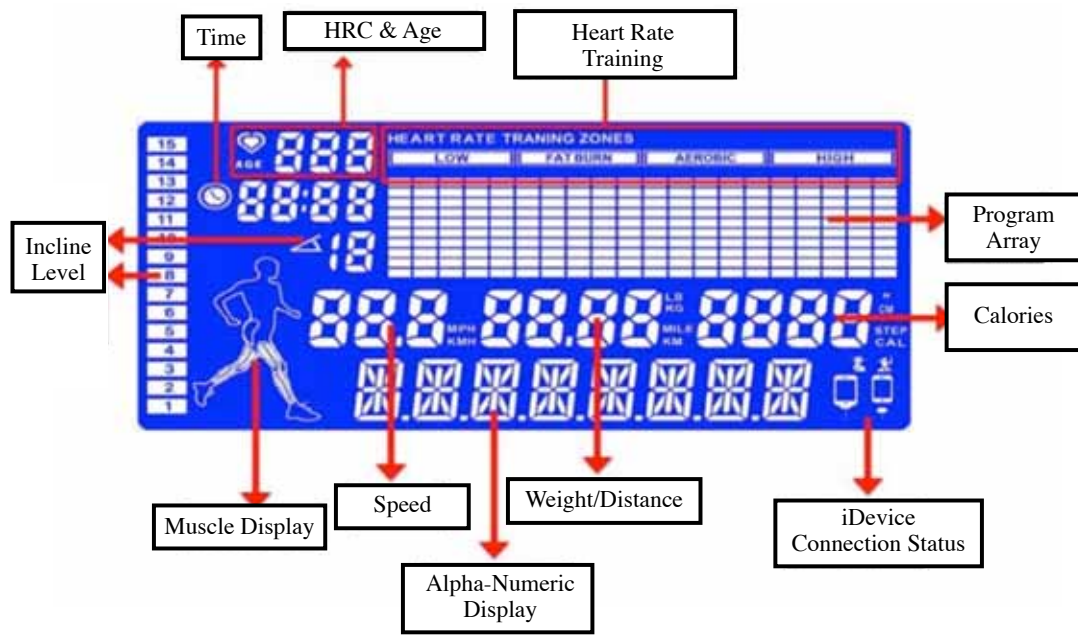


LK700Ti CONSOLE OPERATIONS



WARNINGS AND OPERATIONS
 For your safety, please consult the owner's manual carefully before using.
 Turn the power switch on and ensure the safety key is attached to the console. Attach the safety clip to clothing before start up.
 To avoid injury, stand on the side rails before starting the treadmill.





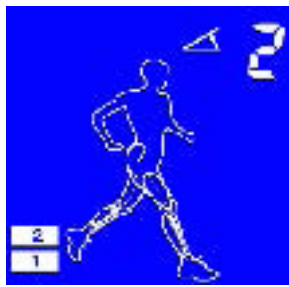
ABOUT THE MUSCLE DISPLAY

When the USER changes the incline level it will display on the screen.

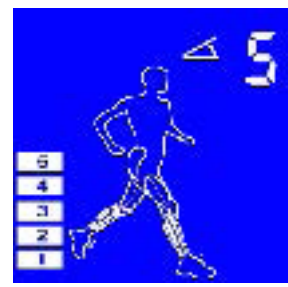
Level 0



Levels 1-3



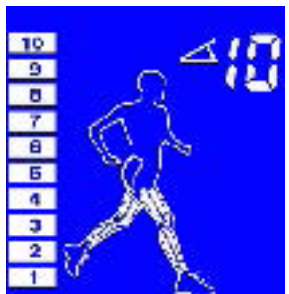
Levels 4-6



Levels 7-9



Levels 10-12



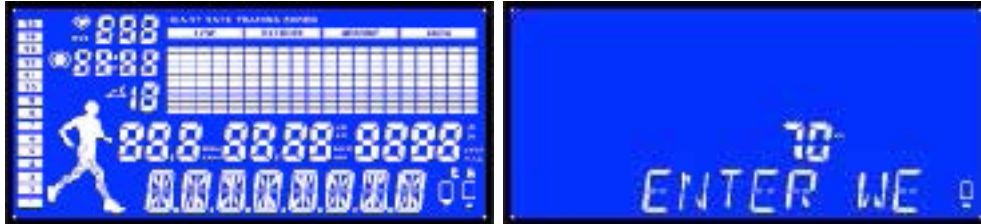
Levels 13-15



START - ENTER YOUR WEIGHT

When the machine first starts, all numerals will light up and then it will ask you to enter your weight. Set the weight, so that each exercise program can calculate accurately how many calories have been lost during any given workout.

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Screen will display SELECT PROGRAM.
3. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.



QUICK START

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.
3. If you select QUICK START, the screen will display READY GO and the workout will start after a 3 seconds countdown. The workout program will start at a speed of 0.8KPH (0.5MPH) and the an incline of 0.
4. Press an Instant Incline button or INCLINE+ or INCLINE- to adjust the incline level
5. Press an Instant Speed button or SPEED+ or SPEED- to adjust the speed value.



STOP OR PAUSE DURING TRAINING

1. During the workout, press STOP to pause the program. The speed of the belt will slow to zero but the incline will stay the same.
2. When the workout time has reached 99:59 or you have finished the goal of a specific

program, the belt will slow to zero, and the screen will display RUN END. Press STOP for 4 seconds and the systems will go back to standby mode.



HOW TO SELECT A PROGRAM & PROGRAM SETUP

- Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
- Press Mode or SPEED+/SPEED- to toggle through the programs, press ENTER to select.
- List: MANUAL-P1-P2-P3-P4-P5-P6-RANDOM-USER-H.R.C.1-3-BODY FAT
- Pressing STOP while in any of the programs and it will bring you back to the program selection list.
- Bellow is the list of the programs and how to set up each one.

MANUAL

1. Find MANUAL and press ENTER to select.
2. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target distanc and then press ENTER to input.
4. Press SPEED+ or SPEED- to setup target calories and then press ENTER to input.
5. When you have finished your set up, press START to begin the workout

P1 (9 HOLE)

1. Find P1 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup your goal distance and then press ENTER to input.
4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

P2 (HILL CLIMB)

1. Find P2 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup the level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.

4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

PROGRAMS P3-P6 are set up the same way as P2.

RANDOM (Random Speed)

1. Find RANDOM and press ENTER to select.
2. Press SPEED+ or SPEED- to select your target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to select target distance and then press ENTER to input.
4. Press SPEED+ or SPEED- to select target calories and then press ENTER to input. 4.
When you have finished your setup, press START to enter begin your workout.

USER (USER CAN EDIT SPEED & INCLINE PROFILE)

1. Find USER and press ENTER to select.
2. Press SPEED+ or SPEED- to choose U1, U2, U3, or U4 and then press ENTER to select.
3. Press ENTER for 3 seconds to enter into Segment Edit Mode. Press SPEED+ or SPEED- to adjust Speed and press INCLINE+ or INCLINE- to adjust incline and then press ENTER to input and go on to the next segment (there are 20 in total). When you are done with all segments, press ENTER for 3 seconds to save your custom values.
4. Press ENTER to select U1.
5. Press SPEED+ or SPEED- to set time and then press ENTER to input.
6. Press SPEED+ or SPEED- to set distance and then press ENTER to input.
7. Press SPEED+ or SPEED- to set calorie and then press ENTER to input.
8. When you are done press START to begin the workout.

H.R.C: 60%/75%/THR

1. There are three HRC programs, find and choose between 60%, 75%, or THR (Target Heart Rate) and then press ENTER to select.

Note: In the HRC Program, the computer will only accept the “Wireless Heart Rate Signal” (we suggest using a wireless heart belt). If no pulse signal is detected for 45 seconds, the computer will stop and display NO PULSE.

60%, 75%

1. Press ENTER to select 60% (or 75%)
2. Press SPEED+ or SPEED- to set time and then press ENTER to input.

3. Press SPEED+ or SPEED- to set age and then press ENTER to input.
4. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
5. The screen will display READY GO and the workout will start after a 3 seconds countdown.

THR (Target Heart Rate)

1. Press SPEED+ or SPEED- to set target time and then press ENTER to input.
2. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
3. The screen will display READY GO and the workout will start after a 3 seconds countdown.

BODY FAT MODE

Press ENTER to select BODY FAT and the treadmill will ask for the following information:

1. AGE: the default value is 30, and the range 13-80. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
2. HEIGHT: the default value is 170 cm, and the range is 120-200 cm. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
3. SEX (Gender) - press SPEED+ or SPEED- to toggle between male (1) or female (0) and the press ENTER to input.
4. Weight: the default value is 70 kg (150LB) and the range is 23-130kg (50-425LB). Press SPEED+ or SPEED- to adjust and the press ENTER to input.

To display the BODY FAT VALUE, please hold the pulse sensors for 15 seconds. The value will display, press stop to return to the start ready status

PROGRAM REVIEW

MANUAL



P1 9 Hole

Hidden Area



P2 Hill Climb

Hidden Area



P3 Hill Run

Hidden Area



P4 Interval

Hidden Area



P5 Rolling

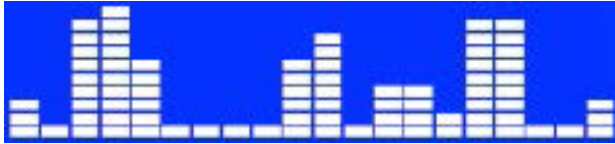
Hidden Area



P6 Weight Loss

Hidden Area

RANDOM



USER



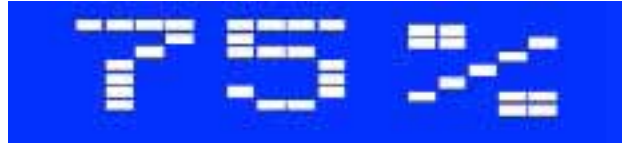
HRC 1-3



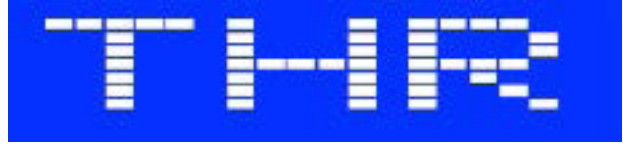
HRC 60%



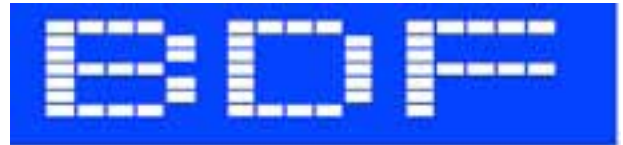
HRC 75%



HRC THR



BODY FAT (BDF)



TO SWITCH BETWEEN METRIC AND STANDARD

When the machine first starts, all numerals will light up and then it will ask you to enter your weight. While in this window, press and hold ENTER for 10 seconds. Press SPEED+ or SPEED- to toggle between ML (Standard) and KM (Metric) and then press ENTER to make your selection.

ERROR & WARNING INFORMATION

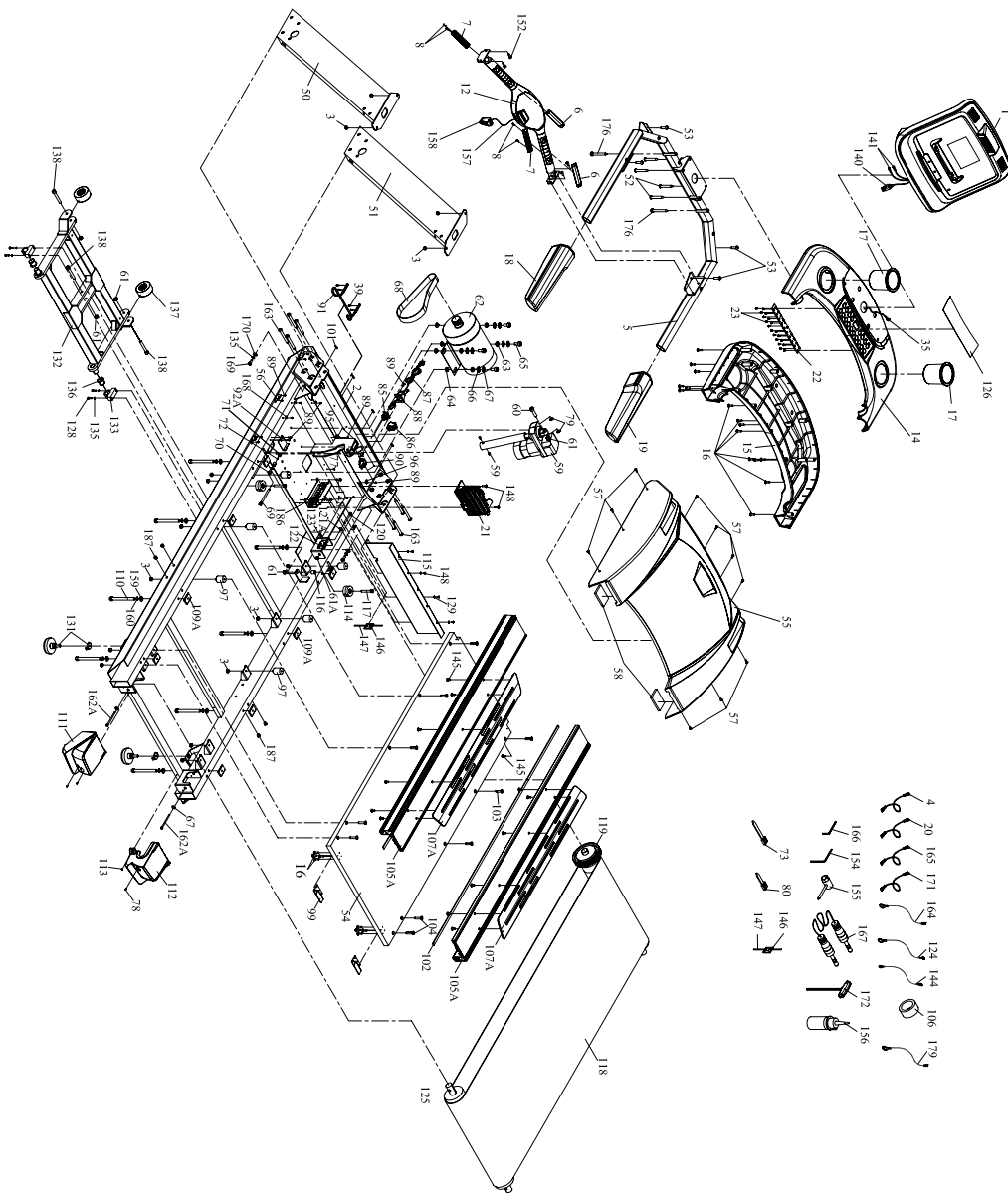
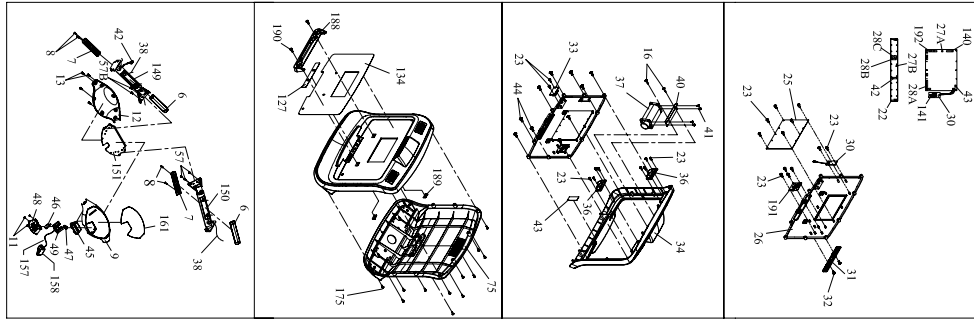
When the treadmill motor is experiencing a malfunction, machine will auto-stop and show one of the error codes listed below.

E1: Can not read the speed value, motor is malfunctioning and signal cannot be delivered.

E6: Incline data is wrong, incline motor damaged or signal cannot be delivered.

E7: Incline AD over the normal range, incline motor damaged or setting is wrong.

EXPLODED VIEW DRAWING



- 4 20 165 171 164 124 144 106 179
- 166 154 155 167 172 156
- 73 80 146 147

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
1	Computer assembly	1	59	Electric motor with self lubricating bearing	1	128	CKS hex screw	4
2	Frame assembly	1			2	129	Spring washer	4
3	Nut	14	60	CKS hex screw	1	130	Magic tape	2
4	Terminal wire (white)	1	61	Nut	6	131	Adjusting foot pad	2
5	Internal handrail	1	61A	Nut	1	132	Base welding	1
6	Hand pulse plastic set (up)	2	62	AC motor	1	133	Fixed base	2
7	Hand pulse plastic set (down)	2	63	Spacing washer (up)	4	134	Computer panel sticker	1
8	Philips screw	4	64	Spacing washer (lower)	4	135	Spring washer	6
9	Control box cover(up)	1	65	CKS hex screw	4	136	Plastic liner	2
11	Philips screw	4	66	Flat washer	4	137	Idle wheel	2
12	Control box cover(lower)	1	67	Spring washer	6	138	CKS hex screw	3
13	Philips screw	6	68	Elastic strap	1	140	Control wire (up)	1
14	Shelf cover (up)	1	69	CKS hex screw	1	141	Hand pulse wire (lower)	1
15	Shelf cover (lower)	1	70	Hex nut	1	144	Terminal wire (yellow and green)	1
16	Philips screw	25	71	Adjusting screw sleeve	1	145	Philips screw	13
17	Water bottle	2	72	Washer	1	146	Adhesive mounting base	4
18	Handrail cover (left)	1	73	Zip tie	4	147	Zip tie	8
19	Handrail cover (right)	1	74	Philips screw	3	148	Truss philips self tapping screw	8
20	Terminal wire (black)	2	75	Computer cover (lower)	1	149	Holding pipe welding (left)	1
21	Transducer	1		Computer cover stator (lower)	1		Holding base plastic (left)	1
22	Key pcb plate	1	78	Round head philips screw	2	150	Holding pipe welding (right)	1
23	Philips screw	41	79	Plastic washer	2		Holding base plastic (right)	1
25	Computer	1	80	Zip tie	1	151	Control box iron welding	1
26	Computer inner box	1	85	Power wire socket	1	152	Hex head cap screw	4
27A	Safety switch connected wire (up)	1	86	Power switch	1	154	Hexagon wrench	1
27B	Safety switch connected wire (lower)	1	87	Power wire	1	155	Socket spanner	1
28A	Press key connected wire (up)	1	88	Power cord	1	156	Silicon	1
28B	Press key connected wire (lower)	1	89	Philips screw	22	157	Nylon rope	1
28C	Press key connected wire (lower)	1	90	Overload protection switch	1	158	Clip	1
30	Hand pulse plate	1	91	Power wire roll	1	159	Washer	8
31	iPod plactic cover	1	92A	Inductor set	1	160	Spring washer	8
32	CKS hex screw	2	95	Wiring fixed buttons	2	161	Electronic control box stickers	1
33	Audio source plate	1	96	Wiring fixed buttons	1		Film key 6	1
34	Computer cover	1	97	Fixed cushion	6	162A	CKS hex screw	2
35	Control wire (lower)	1	99	Longer running board	2	163	Hex steel screws	8
36	Speaker	2	101	Plastic	4	164	Terminal wire (yellow and green)	1
37	Cross flow fan	1	102	Foam sticker	2	165	Terminal wire (white)	1
38	Hand pulse wire (lower)	2	103	Counter sink hex screw	6	166	Hexagon wrench	1
39	Philips screw	4	104	Counter sink hex screw	4	167	MP3 audio cable	1
40	Fan stator	1	105A	Pedals	2	168	Wiring fixed buttons	3
41	Philips screw	4	106	Inductor	1	169	Outside hexagonal steel screws	2
42	Control plate connected wire	1	107A	Pedal panel	2	170	Washer	2
43	Wireless receiver	1	109A	Pedal stator	8	171	Terminal wire (black)	1
	Polar receiver	1	110	Hex screw	8	172	T-shaped wrench	1
	Double faced adhesive tape	1	111	Lower adjusting box (left)	1	173	KSS sticky type wiring fixed bridge	2
44	Philips screw	10	112	Lower adjusting box (right)	1	175	Philips screw	12
45	Safety switch	1	113	Philips screw	2	176	Hex steel screws	2
46	Safety switch sensor	1	114	Training wheel	2	179	Hand pulse grounding line (yellow and green)	1
47	Pressure spring	1	115	Fender	1	184	Ground connection sticker	2
48	Safety switch seat	1	116	Drivepipe	2	185	Ground connection sticker	3
49	Safety switch slide seat	1	117	CKS hex screw	2	186	Brake resistance	1
50	Pipe welding (left)	1	118	Running belt	1	187	Hole plugs	1
51	Pipe welding (right)	1	119	Front pulley	1	188	iPad shelf	1
52	Hex screws	4	120	CKS hex screw	1	189	Iron plate extrusion nut	2
53	Hex screws	4	121A	Flat washer	1	190	Philips screw	2
54	Running board	1	122	Lock washer	1	191	Bluetooth module	1
55	Motor cover	1	123	Hex nut	1	192	Bluetooth module connecting wire	1
56	Motor cover stator	6	124	Terminal wire (yellow and green)	1			
57	Philips screw	10	125	Rear pulley	1			
57B	Philips screw	6	126	Computer key sticker	1			
58	Foam sticker	2	127	MP3 sticker	1			

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 distance 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: PHGLK002

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: <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
20155 Ellipse

Foothill Ranch, CA 92610

Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0350

Web: www.BHFitnessUSA.com

Mon - Fri 8am - 5pm PST