

BH

LK790



OWNER'S MANUAL

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

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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.

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

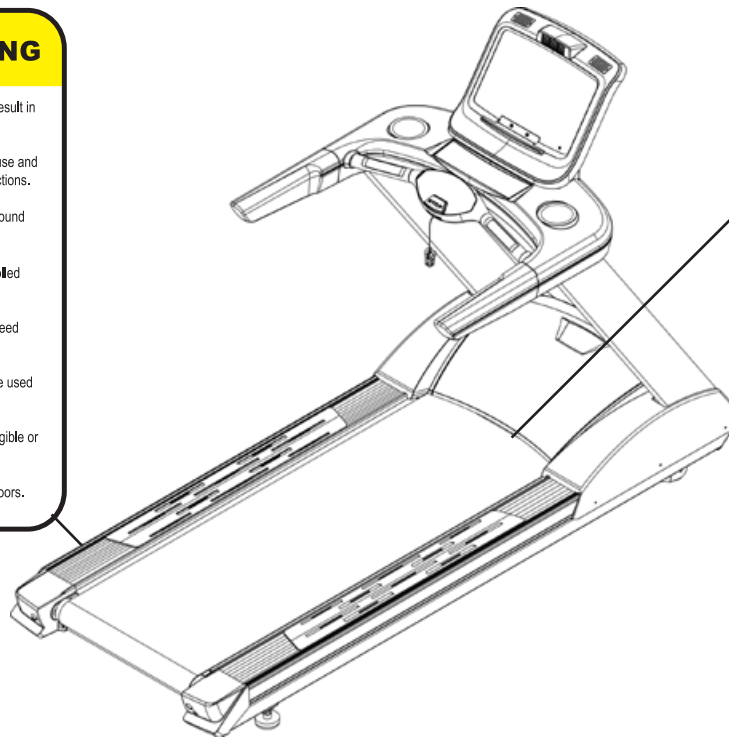
WARNINGS AND LABELS

WARNING

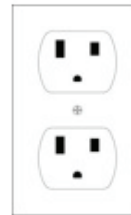
- Misuse of this machine may result in serious injury.
- Read User's Manual prior to use and follow all warnings and instructions.
- Do not allow children on or around the machine.
- Reduce belt speed in a controlled manner.
- The user weight must not exceed 438 lbs/199 kgs.
- This product should always be used on a level surface.
- Replace label if damaged, illegible or removed.
- Do not use this machine outdoors.

WARNING

Keep hands and fingers clear of this area.



Ground Pin



Grounded
Outlet

This product must be grounded. If it malfunctions or breaks down, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

This cord must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper use can result in a risk of electric shock or fire. Check with a qualified electrician to ensure the product is properly grounded. Do not modify the cord provided with the product – if it does not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is designed for use with 110V-120V power. The unit is equipped with a NEMA 5-15 plug as illustrated in the figure above. No adapter should be used with the product.

SAFETY INFORMATION

PRECAUTIONS

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

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the treadmill is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this treadmill STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the treadmill on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the openings and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the treadmill. Always wear athletic shoes when using the treadmill and tie the laces securely.
6. This treadmill must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness.
7. Do not place sharp objects near the treadmill.
8. Any person with physical or coordination limitations should not use the treadmill without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the treadmill if it is not working correctly.
11. Before using the treadmill, thoroughly inspect the equipment for proper assembly.
12. Keep clear a perimeter of 3 feet (1 meter) around the treadmill before operating.
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 treadmill.
16. This treadmill was designed for a maximum user weight of 438 Lbs (199 kgs)
17. The treadmill can only be used by one person at a time.
18. Do not use this treadmill outdoors.
19. Do not use the treadmill if the main electrical cord becomes damaged or frayed. Keep the main electrical cord away from any hot surfaces.

Caution: Consult your doctor before beginning to use the treadmill 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 treadmill offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it could help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Exercise at recommended 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. Step onto the equipment slowly and securely.
7. Secure safety clip to clothing.
8. Select the program or workout option that is most closely aligned with your workout interests.
9. Start slowly and work your way up to a comfortable pace.
10. 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 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, 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. It is advisable to wear a pair 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.

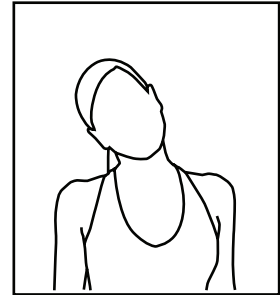
REST PERIODS

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

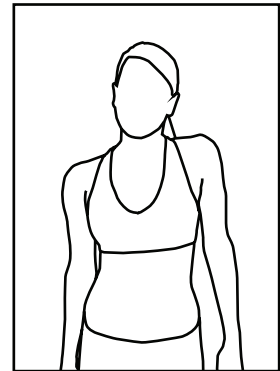
Head Rolls

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.



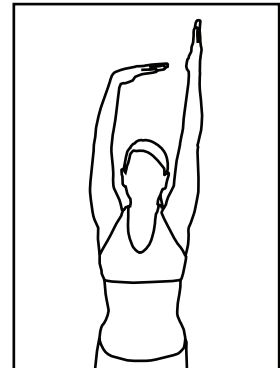
Shoulder Lifts

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.



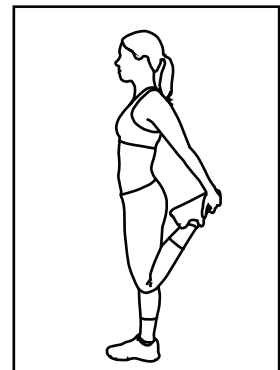
Side Stretches

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

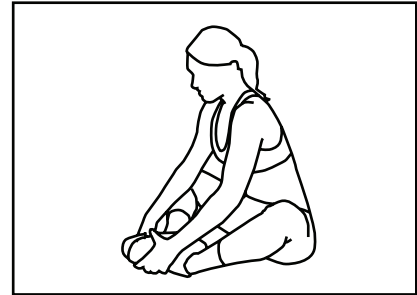
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

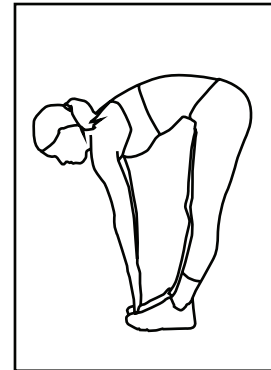
Inner Thigh Stretch

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.



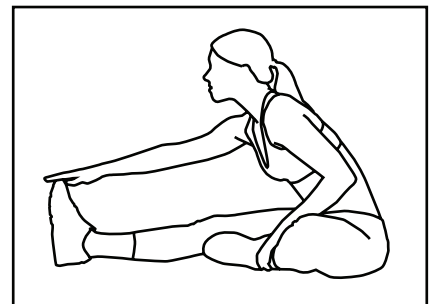
Toe Touches

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.



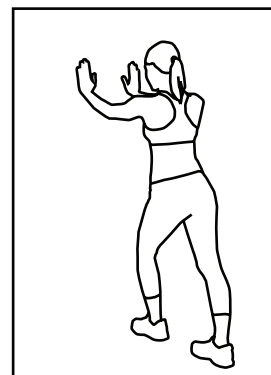
Hamstring Stretches

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.

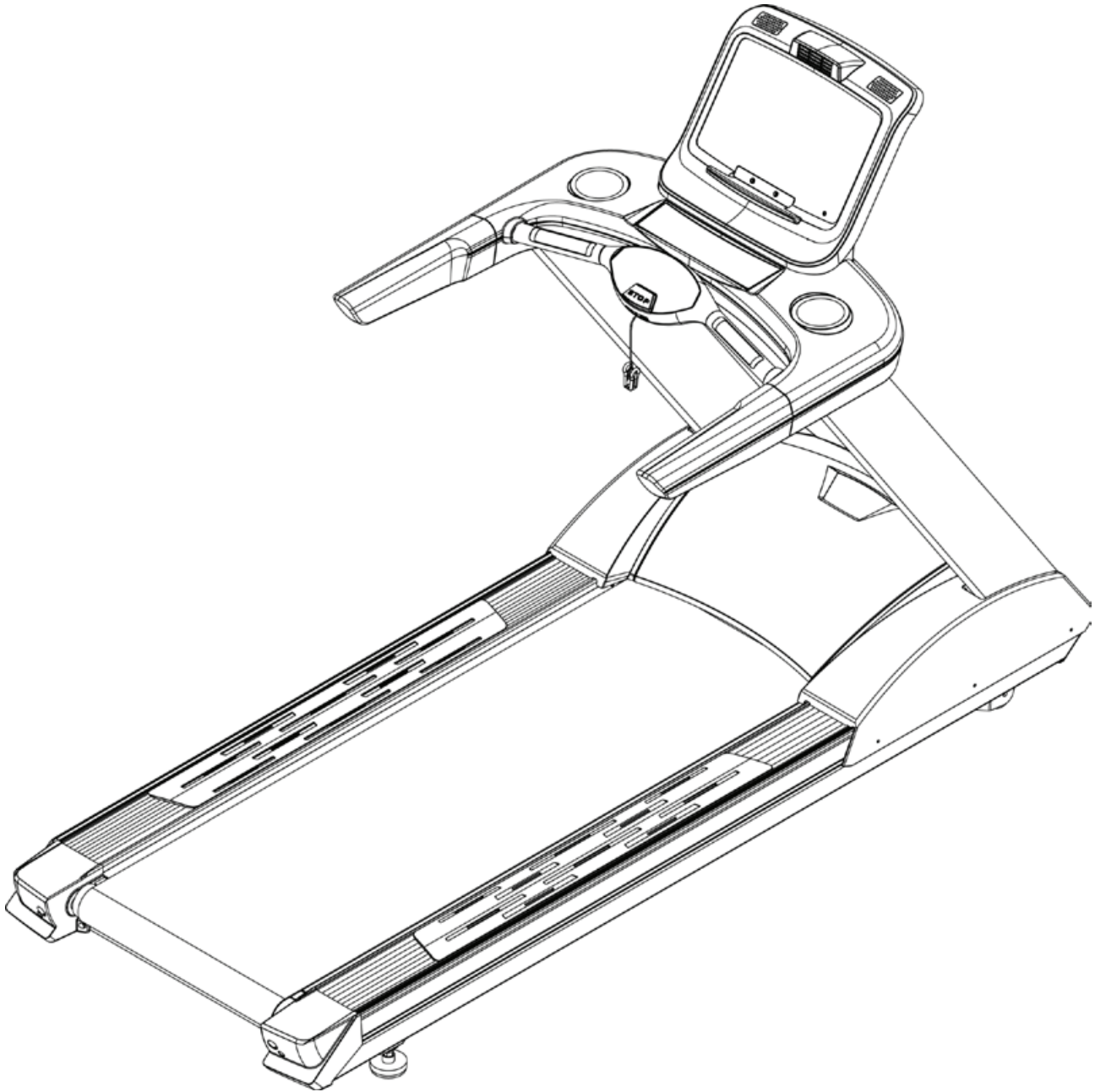


Calf/Achilles Stretches

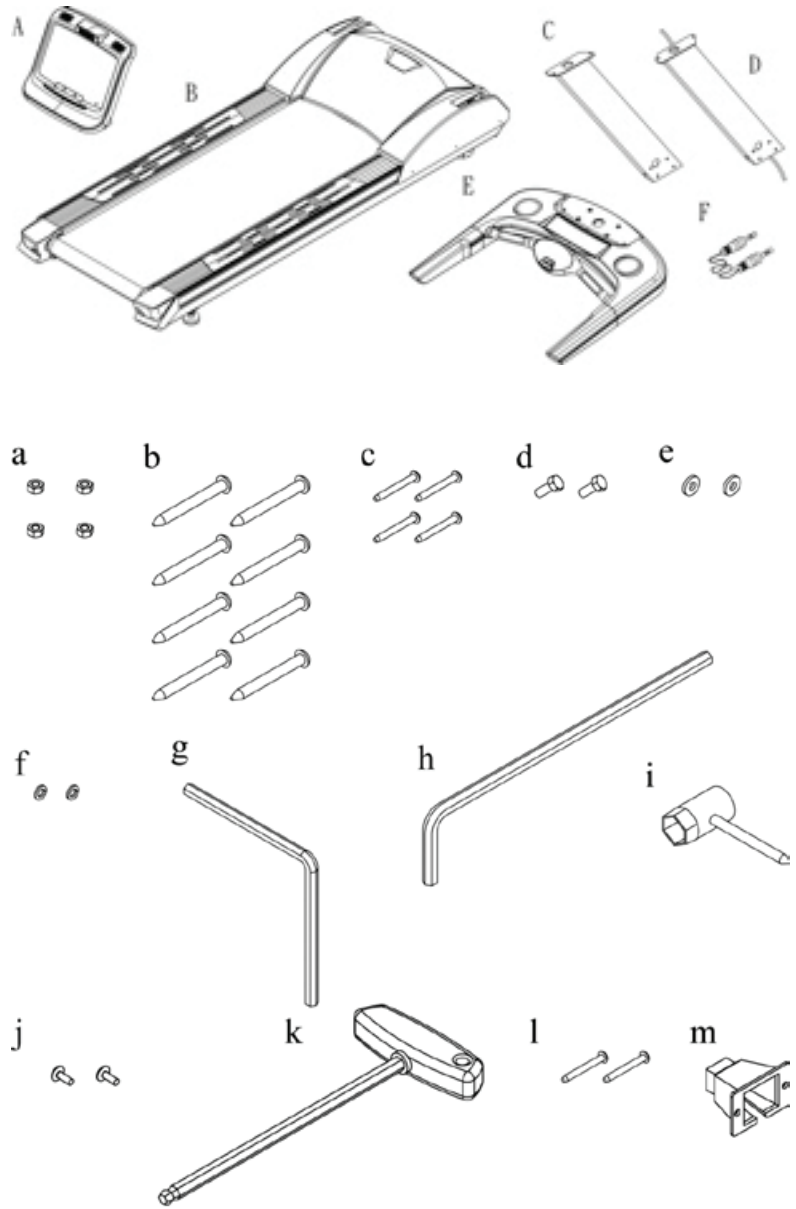
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



ASSEMBLY INSTRUCTIONS

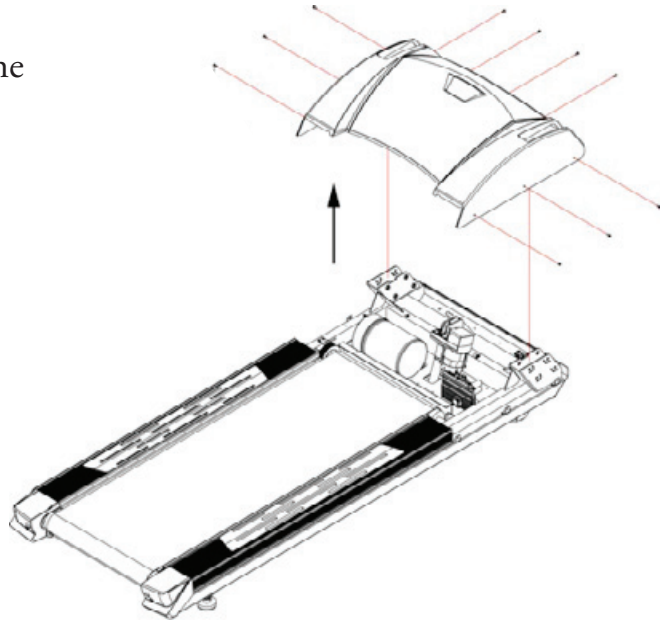


ITEM	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Hand Rail Fixture	1
F	Mp3 Sound Cable	1
ITEM	Description	Qty
a	Nylock Nut M8xP1.25	4
b	Truss Hex Screw (Ø17.5)	8
c	Truss Hex Screw (Ø13)	4
d	Allen Bolt M8xP1.25x20	2
e	Washer Ø8xØ19x3.0t	2
f	Spring Washer M8	2
g	L-shaped Hex Wrench 6mmx80mmx80mm	1
h	L-shaped Hex Wrench 5mmx30mmx120mm	1
i	Socket + Screwdriver (13mm)	1
j	Truss Philips Screw M4x90.7x10	1
k	Allen Wrench 8mmx200mm	1
l	Knockdown Truss Hex Screw(φ 13) M8xP1.25x90	2
m	Power Cord Switch Cord	1



STEP 1

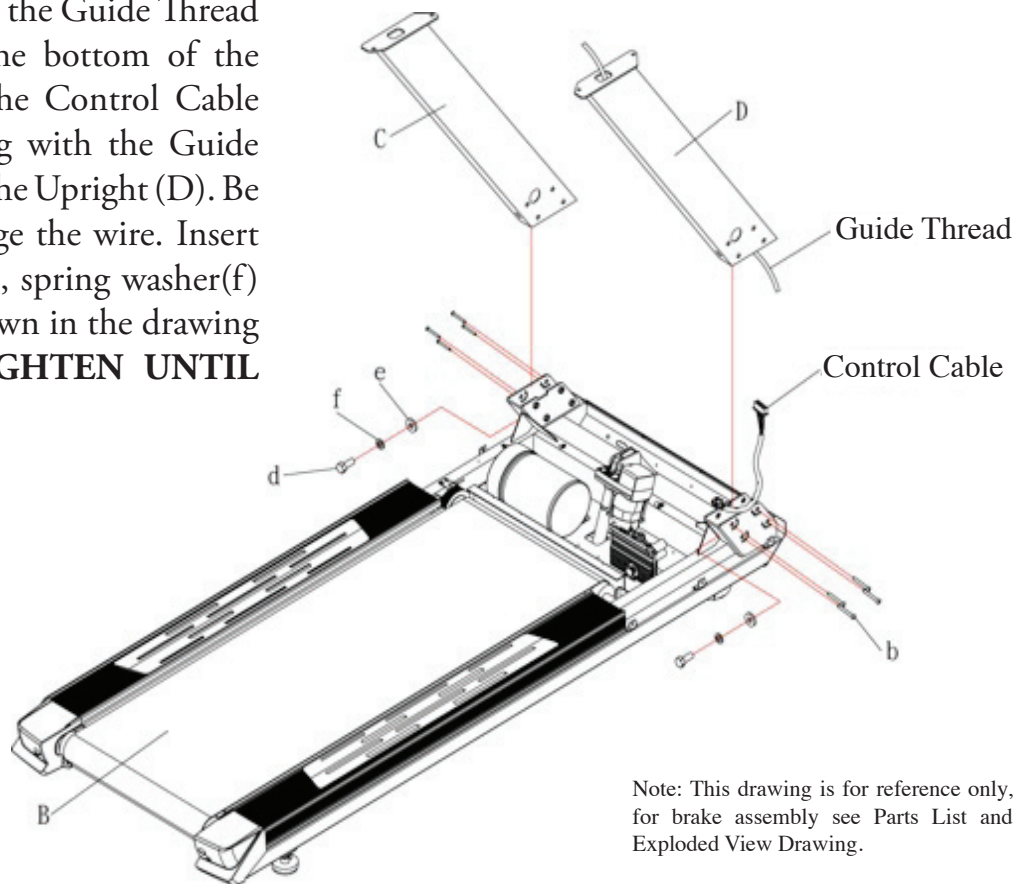
Remove the Motor Cover to expose the support brackets on the Frame.



STEP 2

Insert the right Upright (D) into the support bracket on the Frame (B). Tie the Control Cable to the Guide Thread coming out from the bottom of the Upright (D). Pull the Control Cable through the opening with the Guide Thread to the top of the Upright (D). Be careful not to damage the wire. Insert the screws (b and d), spring washer(f) and washer(e) as shown in the drawing and **DO NOT TIGHTEN UNTIL STEP 3.**

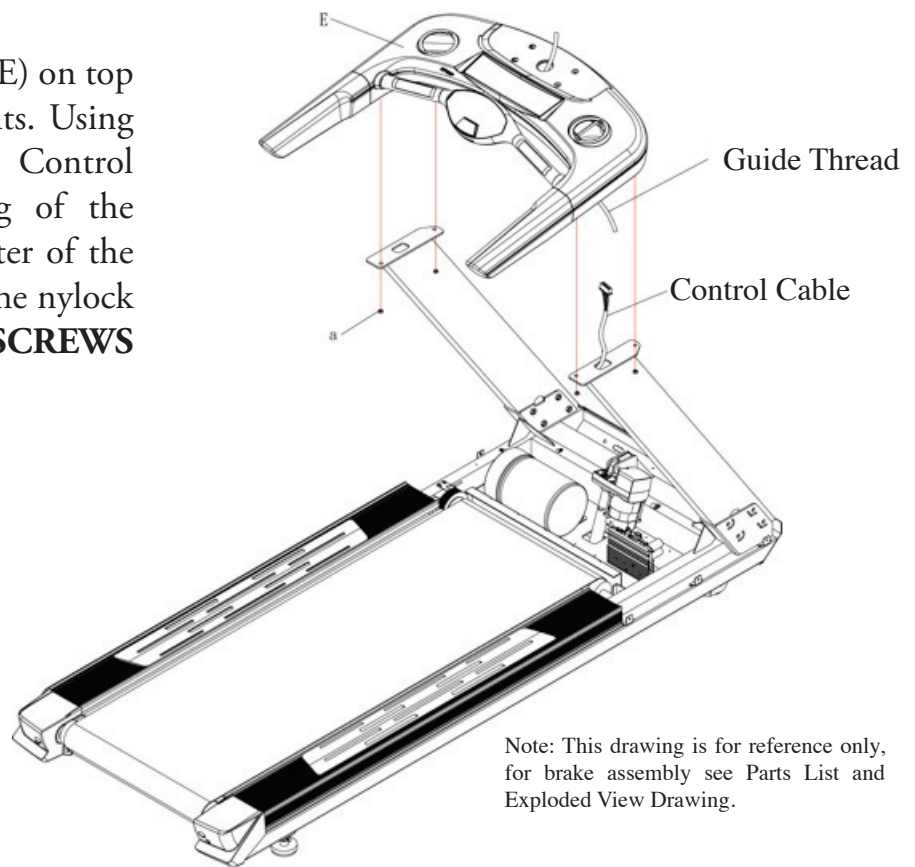
Note: This drawing is for reference only, for brake assembly see Parts List and Exploded View Drawing.



Note: This drawing is for reference only, for brake assembly see Parts List and Exploded View Drawing.

STEP 3

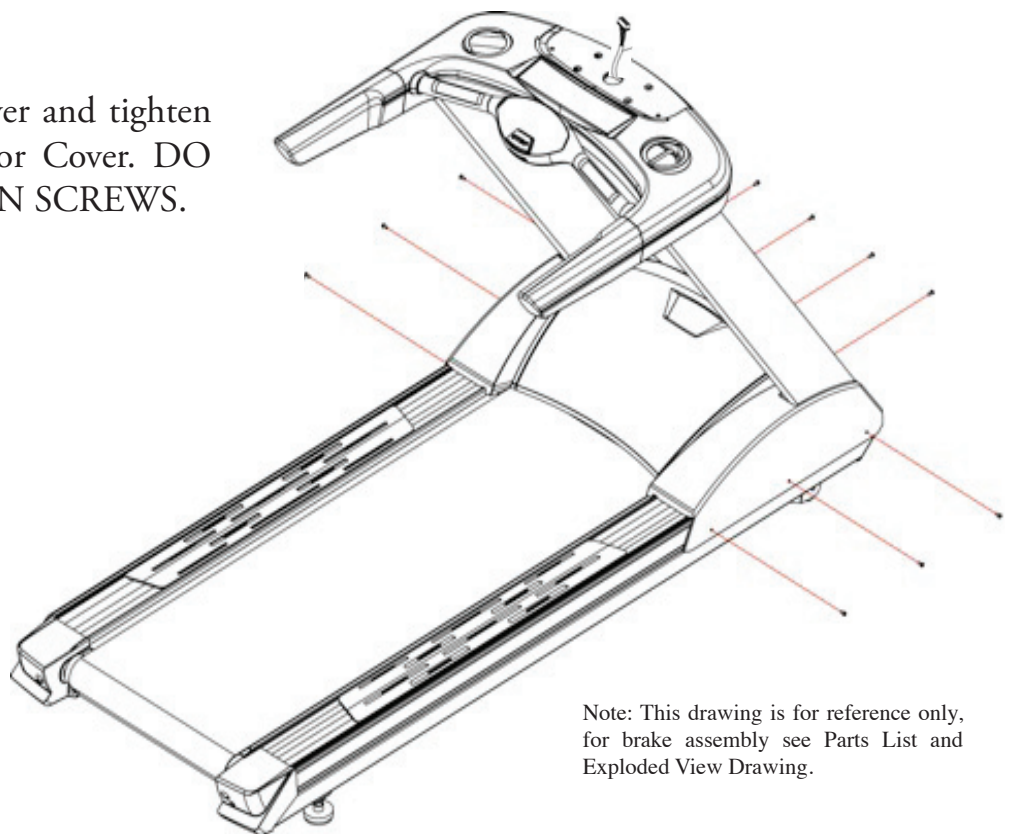
Place the Hand Rail Fixture (E) on top of the left and right Uprights. Using the Guide Thread, pull the Control Cable through the opening of the bottom and out the top center of the Hand Rail Fixture. Tighten the nylock nuts (a). Then **TIGHTEN SCREWS** (b and d) from **STEP 2**.



Note: This drawing is for reference only, for brake assembly see Parts List and Exploded View Drawing.

STEP 4

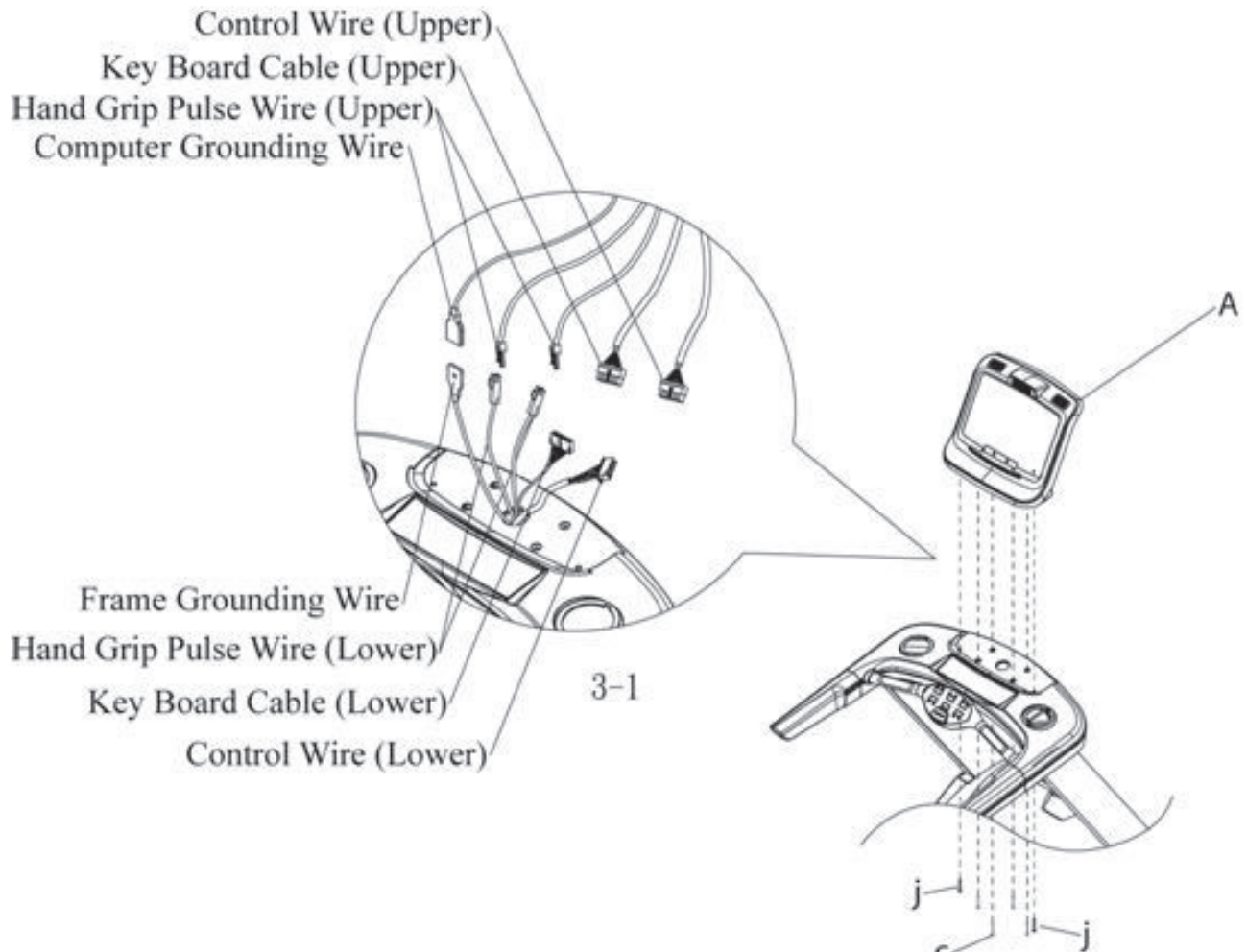
Replace the Motor Cover and tighten the screws to the Motor Cover. **DO NOT OVER TIGHTEN SCREWS.**



Note: This drawing is for reference only, for brake assembly see Parts List and Exploded View Drawing.

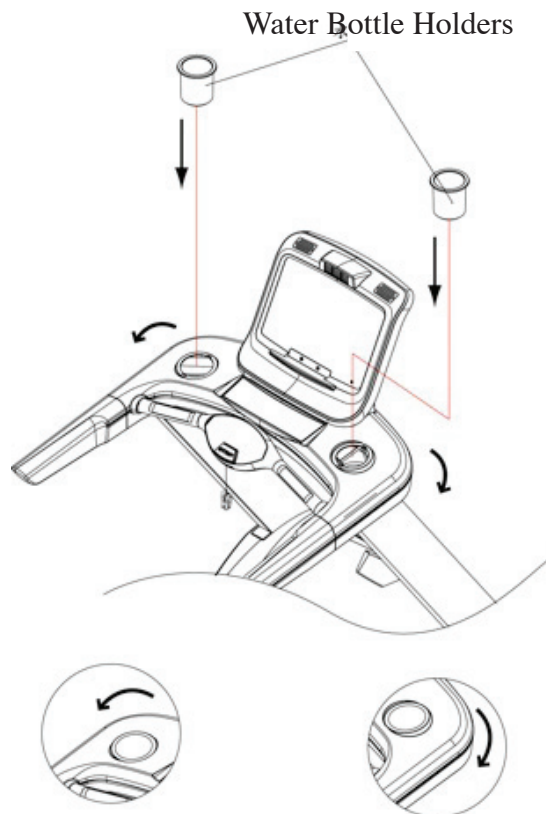
STEP 5

Place the Console (A) above the Hand Rail Fixture and mate all connectors as shown in the figure below, then tighten with bolts (c and l). Be careful not to damage the wires.



STEP 6

Place Water Bottle Holders into the Hand Rail Fixture and twist to lock.

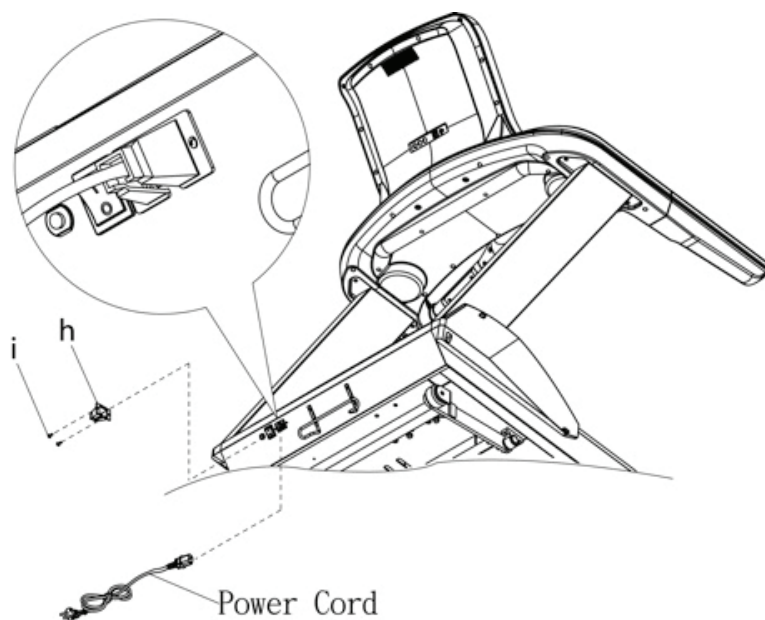


STEP 7

Ensure the treadmill is properly leveled by adjusting the leveling feet at the rear of the treadmill. Make sure the treadmill is installed on a level surface.

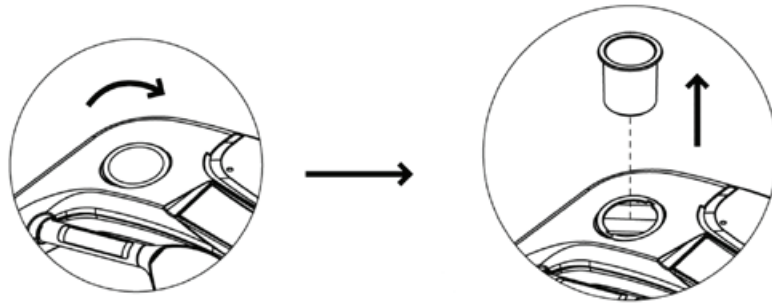
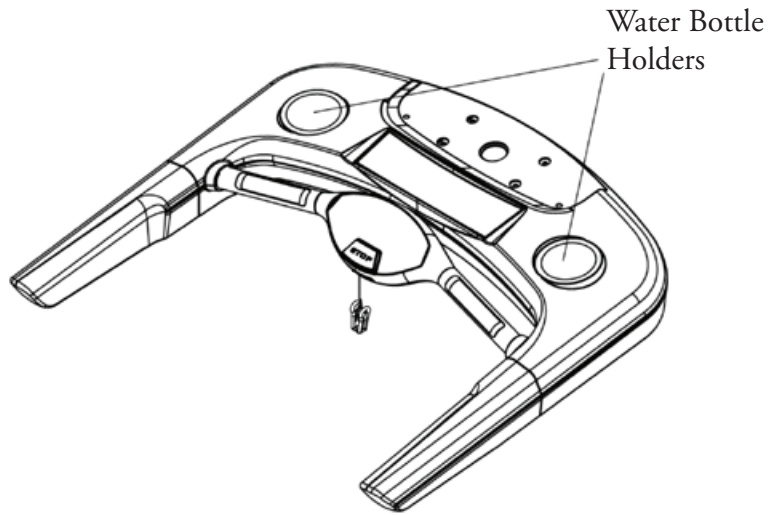
STEP 8

Remove the power cord and insert it into the power cord socket, then add the power cord switch cover (m) and tighten with screw(i) as shown in picture.

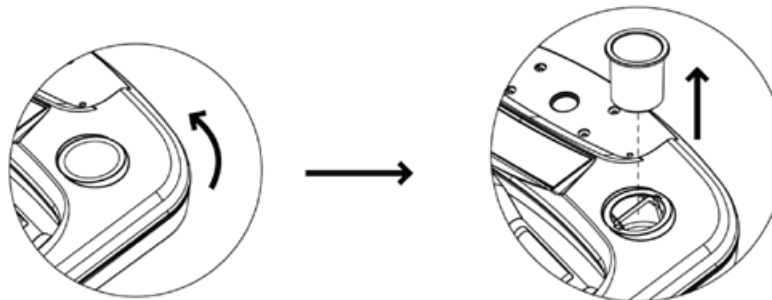


WATER BOTTLE HOLDER ASSEMBLY

The water bottle holder assembly is designed to hold water bottles and small items, such as a MP3 player or a cell phone. The water bottle holders may be removed for cleaning. Hand wash only using a mild soap solution.



Turn the water bottle holder to the right for removal.



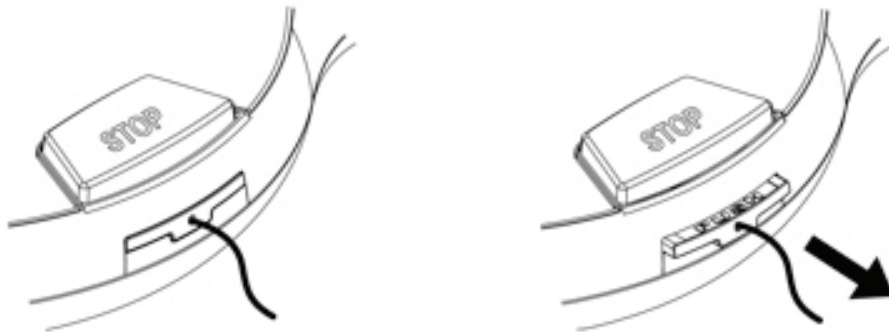
Turn the water bottle holder to the left for removal.

EMERGENCY STOP

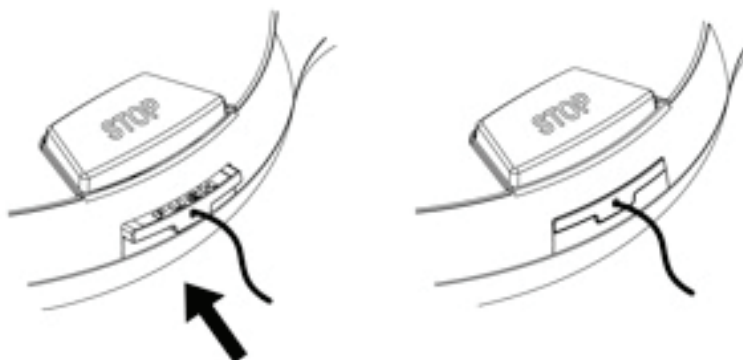
This treadmill is equipped with an emergency stop. The emergency stop button is shown in the drawing below. There are two ways to trigger the emergency stop:



1) Press the emergency stop button to stop the treadmill.



2) Pull the nylon cord and the emergency switch will pop out from the treadmill, stopping the treadmill.



To reactivate the treadmill, push the emergency switch back into the treadmill.

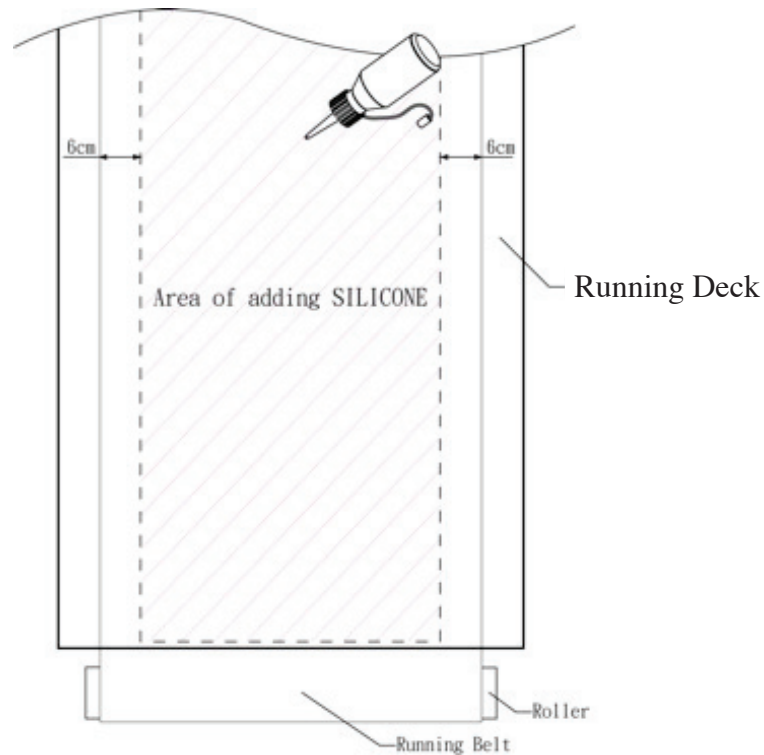
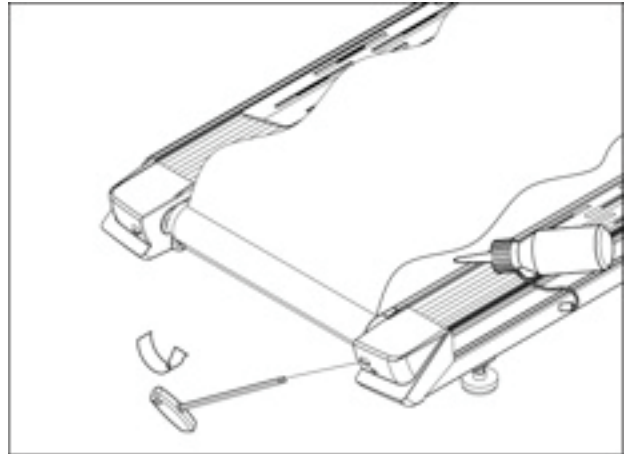
MAINTENANCE

LUBRICATION

Use the Allen Wrench to loosen the bolt inside the End Cap, giving the belt ample slack. Lift the belt up and apply a thin, even strip of silicone lubricant to the center of the deck. Then re-tension the belt, and adjust the running belt according to the steps on next page.

Average Usage	4 mile/hr below	1 year
	4~8 mile/hr	6 months
	8 mile/hr above	3 months

Note: In a commercial environment, it is recommended to inspect and lubricate the treadmill every other month.



IF YOU HAVE ANY QUESTIONS CONCERNING PROPER MAINTENANCE PROCEDURES, PLEASE CALL CUSTOMER SERVICE AT 1-866-325-2339.

ADJUSTING THE BELT

If the treadmill is not leveled properly or the belt is not properly tensioned, the belt may shift sideways. The belt was thoroughly checked and adjusted at the factory. However, due to weight differences and individual styles of running, the belt may be prone to shift sideways. If the belt does shift to the left or right, stop the treadmill and adjust the belt as detailed below.

NOTE: Over tightening of the belt can lead to excessive load on the treadmill, causing damage to the belt.

BELT SHIFTED TO THE RIGHT

1. Turn off and unplug the treadmill before making each adjustment.
2. Use the Allen Wrench to turn the right hex bolt a 1/4 turn clockwise.
3. Turn on the treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt alignment.
4. If the belt is not centered, then turn the left hex bolt a 1/4 turn counterclockwise.
5. If the belt is still not centered, repeat steps above.

BELT SHIFTED TO THE LEFT

1. Turn off and unplug the treadmill before making each adjustment.
2. Use the Allen Wrench to turn the left hex bolt a 1/4 turn clockwise.
3. Turn on the treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt alignment.
4. If the belt is not centered, then turn the right hex bolt a 1/4 turn counterclockwise.
5. If the belt is still not centered, repeat steps above.

TREADMILL CLEANING

Turn the treadmill off and unplug the power cord. Use a damp cloth or towel to clean the dust off the treadmill, especially the handrails and console. Do not use solvents. Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). Raise the deck to an incline in order to vacuum underneath the equipment (be sure to turn off and unplug the treadmill after raising the treadmill incline). Vacuum the inside the motor housing by removing the cover (be careful with the wires).

TIGHTENING THE FASTENERS

Check the connections and tighten all the parts on your treadmill every other month. Use of this treadmill with worn parts (e.g. the drive belt, running belt or rollers) may result in injury. If you are unsure about the condition of any part, we recommend that you replace it with original BH spare parts. The use of other spare parts may result in injury or affect the performance of the treadmill.

CONSOLE OVERVIEW

FIGURE 1

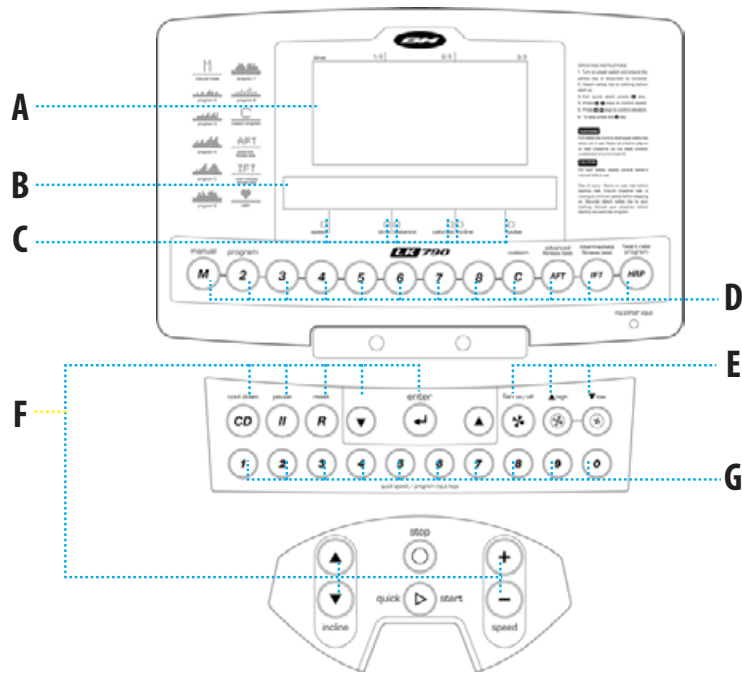


FIGURE 2

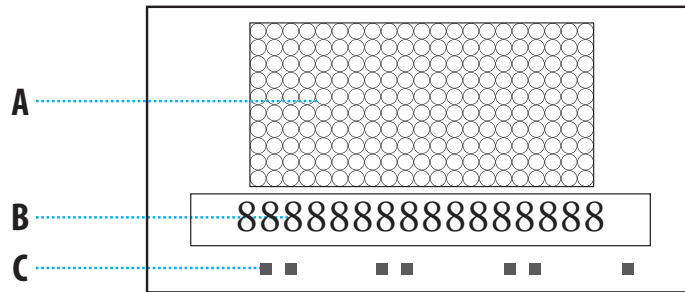
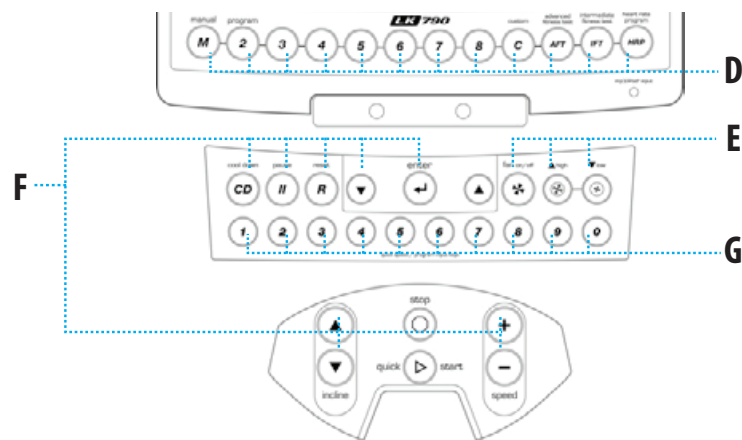


FIGURE 3



CONSOLE OPERATIONS

LAYOUT OF THE CONSOLE (Figure 1)

The console is made up of two distinct areas:

The top area is for displaying information (see Figure 2 - A,B,C) and the lower area has the function keypads (see Figure 3 - E,F,G).

The top LED matrix (A) displays the various pre-programmed exercise profiles as well as the current exertion levels during a workout. The bottom alphanumeric display window (B) is used to guide the user through selecting an exercise and input options; it also displays information about the exercise during and after the session. The LED indicators (C) located below the alphanumeric display window indicate the readout of SPEED, TIME/DISTANCE, CALORIES/INCLINE, and PULSE RATE. In other words, they indicate information that is displayed during the exercise.

The data that is displayed in the alphanumeric display window (C) during exercise is as follows:

SPEED: displays the speed at which the belt is travelling. The value is displayed in miles per hour or kilometers per hour.

TIME: shows the time that has elapsed since the start of the exercise or, if a time limit has been established, the amount of time remaining before the exercise finishes. The time is displayed in minutes and seconds (mm:ss).

DISTANCE: shows the distance traveled since beginning the exercise. The distance is calculated by using the estimated speed. The unit displayed is in miles or kilometers.

CALORIES: shows the estimated number of calories that have been burned since the program or workout started. This calculation is based on default user values or the weight and age values provided by the user.

INCLINE: displays the treadmill's current level of incline. The treadmill has 15 levels of incline (0 to 15). The degree of incline can be changed by using the incline UP/DOWN buttons. At the end of the exercise the treadmill returns to a 0 incline.

PULSE: shows the user's heart rate, coming from the hand-grip sensors or a user's wireless chest strap. When both of these are used together, wireless has priority. For more information refer to the heart rate section in the Training Guidelines.

KEYPAD: (Figure 3). The function of each button is listed below. The keypad consists of: (D) Program buttons; MP3 jack; (E) Fan buttons; (F) Function buttons and; (G)

Number buttons.

Program buttons consist of: Manual, Program 2, Program 3, Program 4, Program 5, Program 6, Program 7, Program 8, Custom (C), Advance Fitness Test (AFT), Intermediate Fitness Test (IFT) & Heart Rate Program (HRP).

Fan buttons consist of: OFF/ON and HIGH/LOW

Function buttons are used to select a particular exercise, enter data, control exercise exertion levels or finish the exercise (cool down; pause; reset; down; up; enter; incline up; incline down; stop; quick start; speed +; speed -).

Numeric buttons (1-0) are used to program data into the console.

Cool Down Button - This button is used for the gradual decrease in speed at the end of a workout. The duration of Cool Cown is 1 minutes. Once this time is up, the treadmill will stop. If the speed is above 7 mi/hr, it will take the treadmill 2 minutes to stop.

Reset Button - Used to erase the data that has been collected by the console.

Speed "-" Button - Pressing this key during exercise will decrease the speed of the treadmill by one tenth of a mile per hour. The speed will continue to decrease as long as this button is being pressed.

Speed "+" Button - Pressing this button during exercise will increase the speed of the treadmill by one tenth of a mile per hour. The speed will continue to increase as long as this button is being pressed.

Enter Button - Used to select options or to confirm data that has been entered and to start the exercise. It is also used during custom programming to confirm the exertion level settings for each minute.

Pause Button - If pressed during a workout, the exercise is paused. To restart the exercise, press the pause button again. Pressing the STOP button while in pause mode will end your workout.

Stop Button - Press this button if you wish to finish the program or end your workout. A summary of all the exercise data will be displayed and will then return to the start screen.

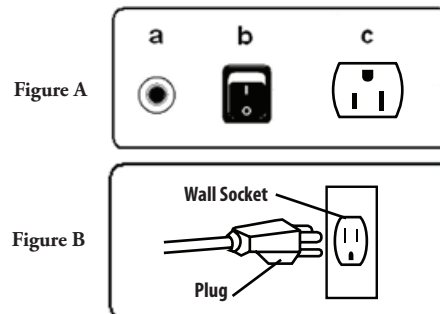
Incline Up Button - When pressed during exercise it will increase the level of incline by 1%. Incline will continue to increase as long as this button is being pressed.

Incline Down Button - When pressed during exercise it will decrease the level of incline by 1%. Incline will continue to decrease as long as this button is being pressed.

Quick Start Button - When pressed, a default exercise will begin in manual mode after a 3 second countdown.

STARTING

Plug the power cord that was supplied with the treadmill into an electrical outlet, making sure that the voltage is correct and that outlet can support a three-prong grounded plug (see Figure B). Next, turn the treadmill on.



Once the console is on, it will display a default profile and the letter “M” for manual on the LED matrix (see A in Figure 2), and a welcome message appears on the alphanumeric display window (B).

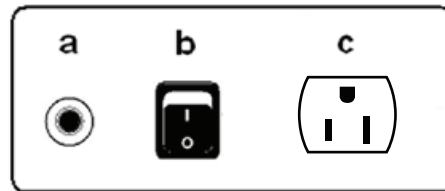
By pressing the QUICK START button the treadmill will start in manual mode after a 3 second countdown at a speed of 1.2 mp/h. By pressing the speed “+” or speed “-” buttons, it will increase or decrease the speed settings. The user can also increase or decrease the speed settings by using the numeric buttons (G).

CUSTOMIZE THE CONSOLE

Follow the instructions below to customize your console. With the treadmill switched

off, press and hold the RESET button located on the console and turn the main power switch (b) to the on position (see Figure A).

Figure A



1) CHANGING THE LANGUAGE

“LANGUAGE” will appear flashing on the alphanumeric display window. Press the ENTER button and the current language will start flashing. Select your language using the UP and DOWN buttons and then press ENTER, “LANGUAGE” will start flashing again. Use the UP/DOWN button to continue to the next setting.

2) CHANGING THE SOUND

“SOUNDS” will appear flashing. Press the UP/DOWN arrow buttons and the word ON or OFF will start flashing. Select by using the UP/DOWN buttons and then press ENTER to confirm. “SOUNDS” will start flashing again. Use the UP/DOWN button to continue to the next setting.

3) CHANGING THE WELCOME MESSAGE

“TEXT” will appear flashing. Press the ENTER button and the word ON or OFF will start flashing. Select by using the UP/DOWN buttons. Choosing the ON option allows you to change the console welcome message. Once the ON option has been selected, press the ENTER button and a flashing cursor will appear on the alphanumeric display window. Use the UP/DOWN buttons to enter a welcome message letter by letter. Once you have finished entering the message, press the ENTER button for a few seconds and the word “TEXT” will start flashing again. Use the UP/DOWN buttons to continue to the next setting.

4) MAXIMUM EXERCISE TIME

“MANUAL T” will appear flashing. Press the ENTER button and a number between 0 and 60 minutes will start flashing (60 minutes max). Enter the desired workout time using the UP/DOWN buttons and then press ENTER to confirm. The word “MANUAL T” will start flashing again. Use the UP/DOWN buttons to continue to

the next setting.

5) STEADY PULSE RATE TIME

“SPR TIME” will appear flashing. Press the ENTER button and a number between 20 and 60 seconds will start flashing. Select the value using the UP/DOWN buttons and then press ENTER to confirm. The word “SPR Time” will start flashing again. Use the UP/DOWN button to continue to the next setting.

If you wish to exit the customization mode at anytime press the STOP key.

CHANGING FROM MILES TO KM

To change from miles to km press and hold the ENTER key for 10 seconds, this will display the current unit on screen. Use the incline UP/DOWN buttons to select the speed unit (METRIC / KM. or IMPERIAL / Miles) and press the ENTER button to exit. You are now finished with customizing your console.

CONSOLE OPERATION

STARTING THE FAN

This treadmill also features a fan with two speeds (see E in Figure 3), LOW and HIGH. To turn the fan on press the ON/OFF button on the keypad (Figure 3) and the fan will start. Turn off the fan manually.

P0 MANUAL MODE

Once the monitor is on it will display the default profile and the letter "M" for manual on the LED matrix (see A in Figure 2), and the welcome message on the alphanumeric display window (see B in Figure 2).

Pressing the QUICK START button will start the treadmill in manual mode after a 3 second countdown.

By pressing the speed "+" or speed "-" button, you can vary the speed between 0.5-13.8 miles/hour. You can also increase or decrease the speed by using the numeric buttons (see G in Figure 3).

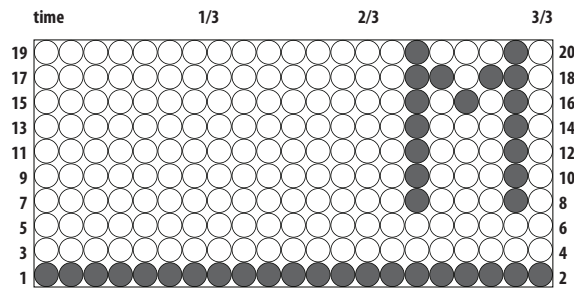
The alphanumeric display window will display alternating 10 second read-outs of the following parameters: SPEED, TIME, CALORIES, and HEART RATE. The second sequence will show TIME, DISTANCE, and INCLINE. The program can be interrupted by pressing the STOP button or the EMERGENCY STOP button. When the program is stopped, the alphanumeric display window will display the values for EXERCISE TIME, DISTANCE TRAVELED, AVERAGE SPEED, and CALORIES of the workout. These will be displayed twice for five seconds. If no buttons are pressed during the time it takes to display these parameters, the treadmill will go back to the default screen.

PROGRAM MODE

This treadmill has 8 preset programs, 1 custom program (C), an ADVANCED FITNESS TEST (AFT), INTERMEDIATE FITNESS TEST (IFT), and a steady pulse rate H.R.P. program.

PROGRAM PARAMETERS AND CONSOLE INFORMATION

With the monitor switched on, the top LED matrix, will show the default profile and the letter “M” for manual.



To enter the setup menu, press and hold both the STOP and ENTER buttons for approximately 4 seconds.

The first item displayed is the software version for the treadmill. Press the ENTER button to continue.

The next item displayed is the hardware version.

SWITCHING BETWEEN ENGLISH AND METRIC

The following screen allows the user to switch between English (ML) or Metric (KM) units by pressing the UP/DOWN buttons. Press the ENTER button to confirm.

TOTAL DISTANCE ACCUMULATED

The next screen displays total distance accumulated. Press the ENTER button to confirm.

TOTAL TIME ACCUMULATED

This screen displays the total time accumulated that the treadmill has been operating. Press the ENTER button to exit to the main menu. The treadmill is set and ready to use.

P2 - P8 PRESET PROGRAMS

See the pre-set program profiles at the end of this section. With the treadmill switched on, the top LED matrix (see A in Figure 2), will show the default “M” for manual. Use the UP/DOWN arrow buttons to navigate through various profiles. Once a specific profile has been selected, press the ENTER button to confirm.

Input your AGE by using the number buttons (see G in Figure 3). Press ENTER to

confirm.

Input your WEIGHT (between 66 and 438 pounds) by using the number buttons. Press ENTER to confirm.

Input EXERCISE TIME (between 10 and 60 minutes) using the number buttons. Press ENTER to confirm. This will be shown on the alphanumeric display window and exercise will begin at a speed of 1.2 mph after a 3 second countdown.

There are different levels within each profile. To select a different level press the UP/DOWN arrow buttons during the exercise. Once you have finished the exercise program, the software calculates the workout results and displays on the alphanumeric display window.

A program can be interrupted during exercise by pressing the STOP button. The alphanumeric display window will display average parameters for EXERCISE TIME, DISTANCE TRAVELED, AVERAGE SPEED, and CALORIES of the workout. These will be displayed twice for five seconds.

P9 CUSTOM PROGRAM

With the console switched on, the top LED matrix (see A in Figure 2), will show the default “M” for manual. Use the UP/DOWN arrow buttons to navigate through various profiles. Once program 9 (CUSTOM) has been selected press the ENTER button.

Input your AGE by using the number buttons (see G in Figure 3). Press ENTER to confirm.

Input your WEIGHT (between 66 and 438 pounds) by using the number buttons. Press ENTER to confirm.

Input EXERCISE TIME (between 10 and 60 minutes) using the number buttons. Press ENTER to confirm. This will be shown on the alphanumeric display window. Now press the RESET button and you can begin to design a custom profile on the LED matrix.

This custom profile will have 21 segments. To start the first segment press RESET button, then the UP/DOWN buttons to change the level of the segment. Press ENTER to continue to the next segment. If an error was made during any segment, press the RESET button to repeat the previous step. All 21 Segments must be programmed. Keep pressing enter if you do not wish to program the rest of the segments. This will leave them at level 1.

After the last segment, press ENTER and "WORKOUT START" will display on the alphanumeric display window. Your workout will begin after a 3 second countdown. Once you have finished the exercise program, the software calculates the workout results and displays, then on the alphanumeric display window.

The program can be interrupted by pressing the STOP button. The alphanumeric display window will display EXERCISE TIME, DISTANCE TRAVELED, AVERAGE SPEED, and CALORIES of the workout. These will be displayed twice for five seconds.

Note: In order to do the following tests it is essential to use either the hand-grip sensors or a wireless heart rate chest strap (not included). It is recommended to do a brief warm-up session before doing the fitness test.

P10 – P11 ADVANCED FITNESS & INTERMEDIATE FITNESS TESTS

The aim of each test is to assess the user's fitness level. The difference between the ADVANCED FITNESS TEST (AFT) and INTERMEDIATE FITNESS TEST (IFT) is the programmed level of intensity.

With the console switched on, the top LED matrix (see A in Figure 2), will show the default "M" for manual. Use the UP/DOWN arrow buttons to navigate through various profiles. Once the AFT or IFT has been selected, press the ENTER button to confirm.

Input your AGE by using the number buttons (see G in Figure 3). Press ENTER to confirm.

"WORKOUT START" will display on the alphanumeric display window and your exercise program will begin after a 3 second countdown.

The LED matrix will display a flashing heart symbol. Place your hands on the contact heart rate grip located on the handlebar or wear a wireless heart rate chest strap (not included). Speed and Incline can be varied for different results.

Begin the TEST.

At the end of the 12 minute test the result displayed will be between 1 (poor) through 5 (excellent). A 0 result may appear if the heart rate measurement was not available during the test. Repeat the test if needed.

P12 CONSTANT HEART RATE PROGRAM (HRP)

This program allows you to select a heart rate between 65% and 85% of your maximum heart rate. The treadmill will automatically adjust exertion levels to ensure that you maintain the selected heart rate. Use of the contact heart rate grips or a wireless heart rate chest strap is required. Do not exceed 85% of your maximum heart rate.

With the console switched on, the top LED matrix (see A in Figure 2), will show the default "M" for manual. Use the UP/DOWN arrow buttons to navigate through various profiles. Once the HRP program has been selected, press the ENTER button to confirm.

The alphanumeric display window will ask for the heart rate at which you wish to

exercise. Use the number buttons (see G in Figure 3) to select a value between 25 and 250 Beats Per Minute (BPM), then press ENTER to confirm. The Heart Rate Program (HRP) will be shown on the alphanumeric display window. The exercise will begin after a 3 second countdown.

The first three minutes of the program will be warm-up.

NOTE: If the monitor fails to receive a heart rate during the first three minutes the program will stop automatically.

The following words or symbols mean:

Heart symbol and a question mark:

The treadmill is not picking up a heart rate signal from the contact heart rate grips or wireless heart rate chest strap.

Flashing heart symbol:

This symbol means that the heart rate is exceeding the targeted heart rate. This symbol only appears in the AFT or IFT programs. Please review or reference the Training Guidelines section.

"0":

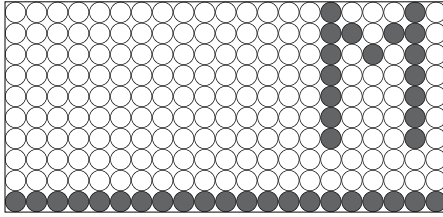
This symbol appears in the ADVANCED FITNESS TEST and INTERMEDIATE FITNESS TEST because the heart rate measurement was not available during the test.

Wrench symbol:

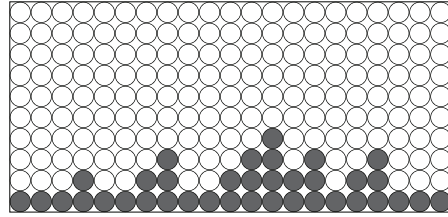
This symbol will appear when there is a mechanical fault. Switch the treadmill off for 2 minutes and then switch it back on again. The treadmill has an automatic fault correction system. If the problem persists please contact BH North America for service.

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

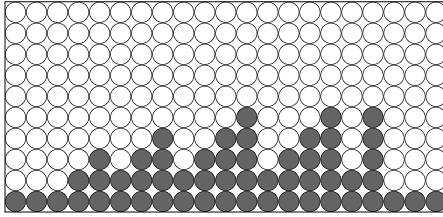
MANUAL



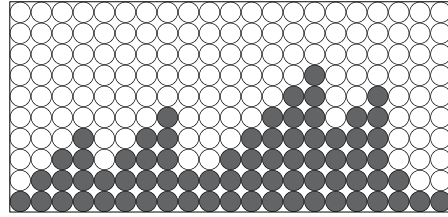
P2



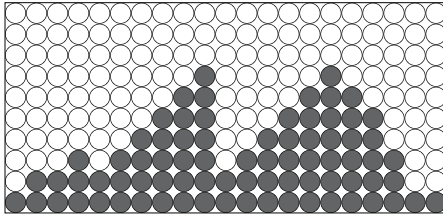
P3



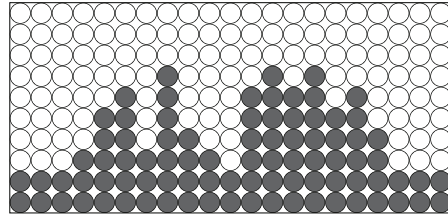
P4



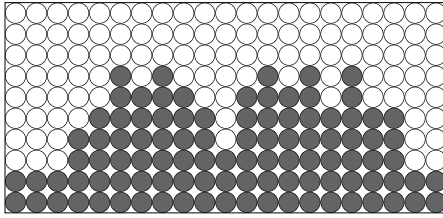
P5



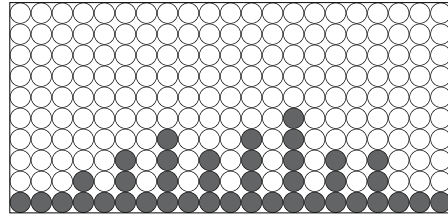
P6



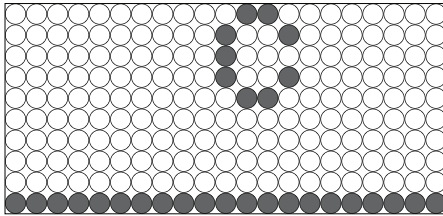
P7



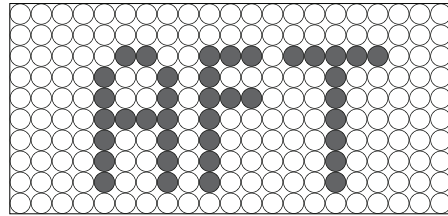
P8



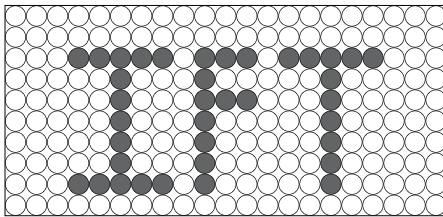
CUSTOM



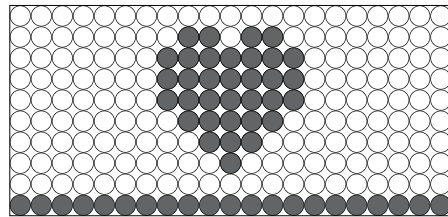
ADVANCED FITNESS TEST



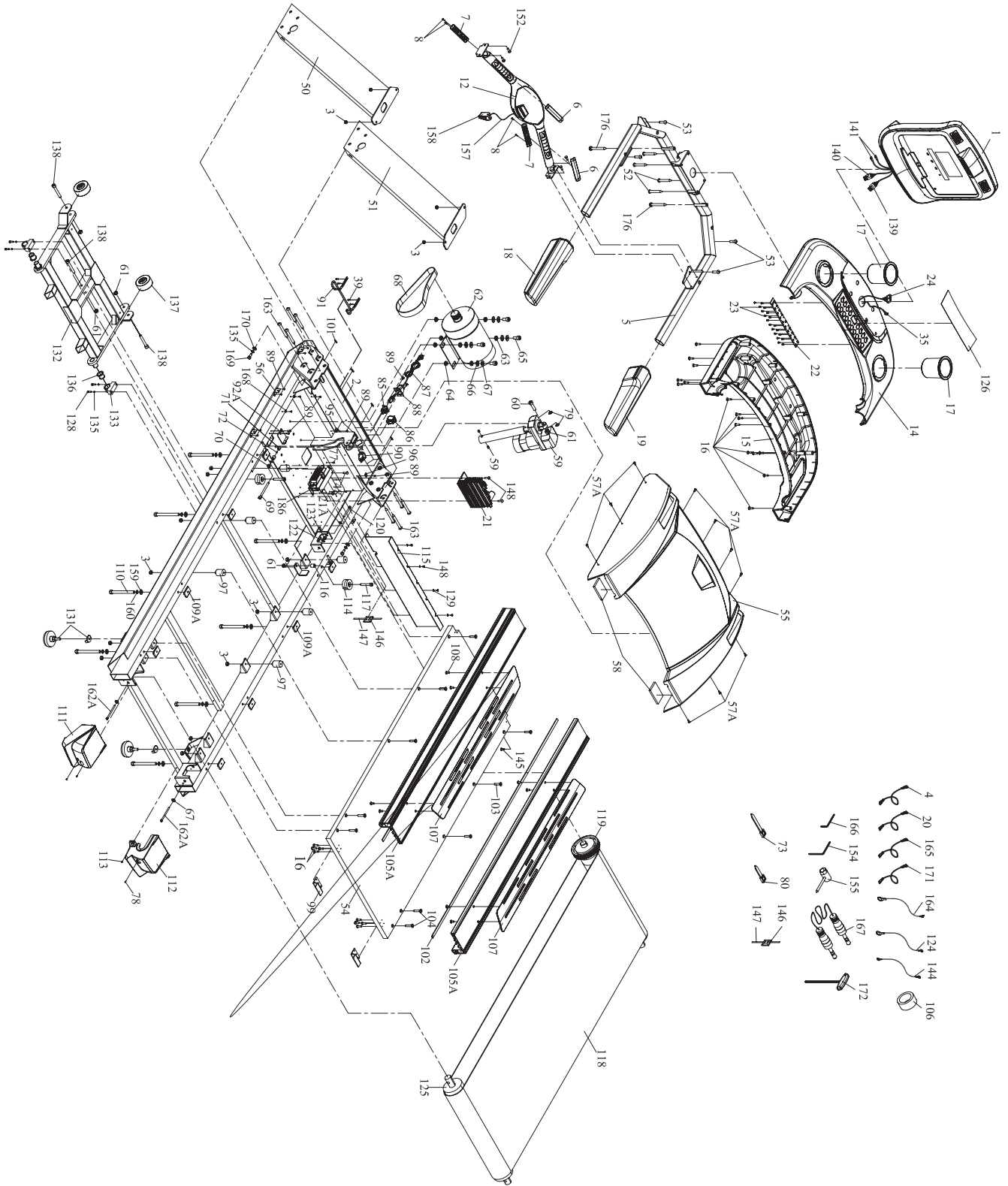
INTERMEDIATE FITNESS TEST

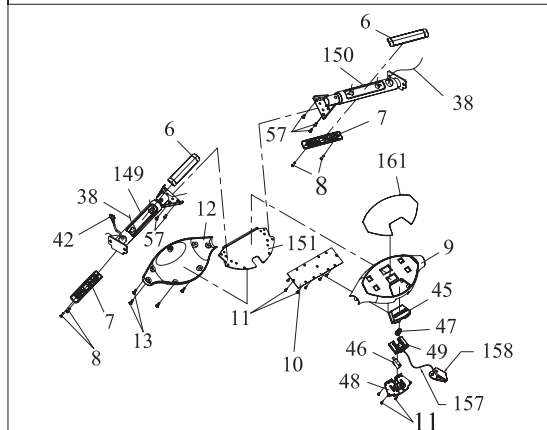
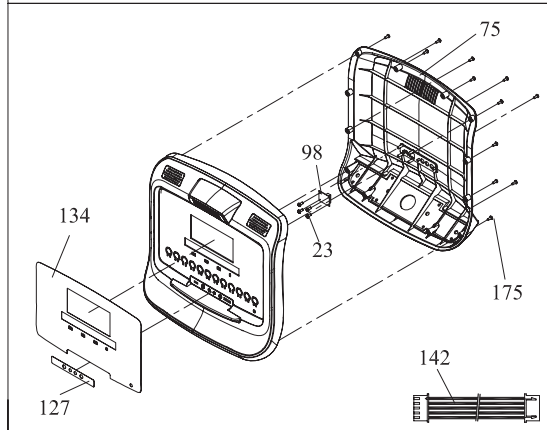
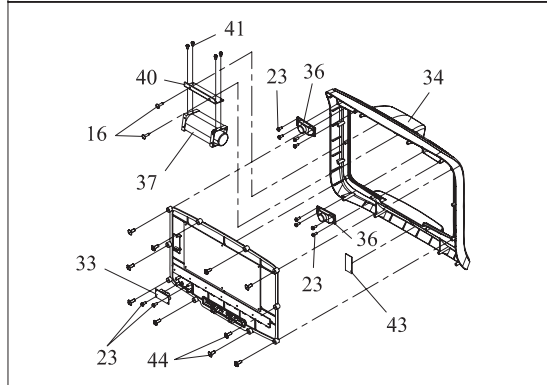
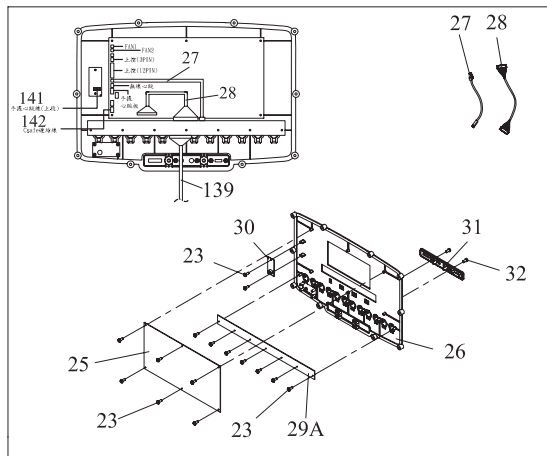


HEART RATE PROGRAM



EXPLODED VIEW DRAWING





PARTS LIST

NO	DESCRIPTION	QTY/SET
1	Computer Assembly	1
2	Frame Assembly	1
3	Nylon Nut M8xP1.25	14
4	Extension Wire(White) 14AWGx90x2t	1
5	Stuff Holder Assembly	1
6	Hand Pulse Plastic Set(Upper)	2
7	Hand Pulse Plastic Set(Lower)	2
8	Round Head Philips Self Tapping Screw ø3x25	4
9	Upper Control Box Cover	1
10	Control box board	1
11	Round Head Philips Self Tapping Screw ø3x8	14
12	lower control Box cover	1
13	Truss Philips Self Tapping Screw ø5x20	6
14	Stuff Box Upper Cover	1
15	Stuff Box Lower Cover	1
16	Truss Philips Self Tapping Screw ø4x16	25
17	Cup	2
18	PU Handrail(Left)	1
19	PU Handrail(Right)	1
20	Extension Wire(Black) 14AWGx90x2t	2
21	Transducer	1
22	Key Board KB2014-B3	1
23	Round Head Philips Self Tapping Screw ø3x8	48
24	Stuff Holder Key Board Cable(Lower)	1
25	Computer BH300TL	1
26	Inner Computer Box BHT12_B3	1
27	Safety Switch Cable	1
28	Computer Key Board Cable	1
29A	Key Board KB3003-B3	1
30	Hand Pulse Board	1
31	I-Pod Plastic Cover	1
32	Round Head Philips Screw M4xP0.7x10	2
33	Sound Board	1
34	Upper Computer Cover	1
35	Lower Control Wire	1
36	Single Square Horn	2
37	Fan	1
38	Hand Pulse Wire(Lower)	2
39	Truss Philips Screw M5xP0.8x10	4
40	Fan Fixing Plate	1
41	Round Head Philips Screw M3xP0.5x6	4
42	Control Board Cable	1
43	Wireless Pulse Receiver, POLAR Receiver, Double Sided Tape 20mmx20mmx3.0t	1
44	Truss Philips Self Tapping Screw ø4x10	10
45	Safety Switch Key	1
46	Safety Switch Sensor	1

NO	DESCRIPTION	QTY/SET
47	Compression Spring	1
48	Safety Switch Base	1
49	Safety Switch Sliding Base	1
50	Upright Assembly(Left)	1
51	Upright Assembly(Right)	1
52	Truss Hex Screw	4
53	Truss Hex Screw M8xP1.25x20	4
106	Iron Core Ring	1
107	Pedal Decoration Strip Single Sided Tape Double Sided Tape 910mmx92mmx0.5t Black	2
108	Round Head Philips Self Tapping Screw ø4x10	8
109A	Pedal fixing plate	8
110	Allen Bolt M8xP1.25x115 25mm	8
111	Rear End Cap(Left)	1
112	Rear End Cap(Right)	1
113	Round Head Philips Drilling Self Tapping Screw ø4x16	2
114	Assistant Wheel	2
115	Baffle	1
116	Bushing ø10.5xø15.8x9.5(Post)	2
117	CKS Hex Screw M10xP1.5x35	2
118	Running Belt	1
119	Front Roller	1
120	CKS Hex Screw M10xP1.5x100	1
121A	Flat Washer ø10xø20x1.0t	1
122	Inner Toothed Washer M10	1
123	Hex Nut M10xP1.5	1
124	Extension Wire(Kelly) 14AWGx450x2R(One R end is inner toothed, the other R end is without toothed)	1
125	Rear Roller	1
126	Computer Key Decal	1
127	MP3 Decal	1
128	CKS Hex Screw M8xP1.25x30	4
129	Spring Washer M5	4
130	Guide Thread	2
131	Adjustment Foot Pad	2
132	Incline Base Assembly	1
133	Incline Base Fixing Base	2
134	Computer Panel Decal	1
135	Spring Washer M8	6
136	Plastic Sleevelet	2
137	Wheel	2
138	CKS Hex Screw M10xP1.5x70 35mm	3
139	Stuff Holder Key Board Cable(Upper)	1
140	Upper control wire	1
141	Hand Pulse Wire(Upper)	1
142	Csafe connect wire	1
144	Extension Wire(Kelly) 14AWGx500x2R(R end is inner toothed)	1
145	Truss Philips Self Tapping Screw ø4x12	1
146	KSS Wire Clip Fixing Base	4

ø=Diameter

PARTS LIST CONTINUED

NO	DESCRIPTION	QTY/SET
147	Belt 3.6mmx163mm Black	8
148	Truss Philips Screw M5xP0.8x12	8
149	Hand Grip Tube Assembly(Left)	1
150	Hand Grip Basic Seat Plastic (Left) Hand Grip Tube Assembly (Right) Hand Grip Basic Seat Plastic (Right) Hand Grip Basic Seat Plastic(Right)	1
	Hand Grip Basic Seat Plastic(Right)	1
151	Control Box Iron Plate Assembly	1
152	Allen Bolt M8xP1.25x15	4
154	Hex Wrench 6m x80mmx80mm	1
155	Bushing Spanner + Screwdriver	1
157	Nylon Rope	1
158	Clip	1
159	Washer $\varnothing 8 \times \varnothing 20 \times 2t$	8
54	Running Board	1
55	Motor Cover	1
56	Motor Cover Fixing Plate	6
57	Truss Philips Screw M5xP0.8x15	6
57A	Truss Philips Screw M5xP0.8x15	10
58	Foam Sticker 70mmx40mmx5t	2
59	Incline Motor Shaft $\varnothing 12 \times \varnothing 10 \times 12mm$	1
60	CKS Hex Screw M10xP1.5x50	1
61	Nylon Nut M10xP1.5	6
62	A.C Motor	1
63	Isolation Pad(Upper)	4
64	Isolation Pad(Lower)	4
65	CKS Hex Screw M10xP1.5x25	4
66	Flat Washer $\varnothing 10 \times \varnothing 20 \times 3t$	4
67	Spring Washer M10	6
68	Drive Belt	1
69	CKS Hex Screw M8xP1.25x95	1
70	Hex Nut M8xP1.25	1
71	Adjustment Screw Cover	1
72	Washer $\varnothing 3 \times \varnothing 8 \times 0.5t$	1
73	Belt 4.8x330mm Black	4
74	Round Head Philips Screw M5xP0.8x10 (Galvanization)	3
75	Lower Computer Cover Fixing Plate	1
78	Round Head Philips Screw M5xP0.8x12	2
79	Plastic Washer	2
80	Belt 2.2mmx80mm Black	1
85	Power Cord Socket	1

NO	DESCRIPTION	QTY/SET
86	Power Switch	1
87	Power Cord	1
88	Power Cord Switch Cover	1
89	Truss Philips Screw M4xP0.7x10	22
90	Circuit Breaker	1
91	Power Cord Collector	1
92A	Sensor(Electrical) SET	1
95	Wire Clip Knob	2
96	Wire Clip Knob	1
97	Fixing Cushion Pad	6
98	Csafe board	1
99	Running Board Extension Plate	2
100	Shaft $\varnothing 12 \times \varnothing 10 \times 12mm$	2
101	Rubber Pad	4
102	Foam Sticker 1440mmx24mmx5t	2
103	Counter Sink Hex Screw M8xP1.25x35	6
104	Counter Sink Hex Screw M8xP1.25x40	4
105A	Aluminum Pedal	2
160	Spring Washer M8	8
161	Computer Control Box Decal	1
162A	CKS Hex Screw M10xP1.5x80	2
163	Truss Hex Screw	8
164	Extension Wire(Kelly)14AWGx400x1T1R(end is inner toothed +T end is mother end)	1
165	Extension Wire(White) 14AWGx450x2t	1
166	Hex Wrench 5m x30mmx120mm	1
167	MP3 Sound Cable	1
168	Wire Clip Knob	3
169	Allen Bolt M8xP1.25x20	2
170	Washer $\varnothing 8 \times \varnothing 19 \times 3t$	2
171	Extension Wire(Black) 14AWGx450x2t	1
172	T-shaped Wrench	1
173	KSS Wire Clip Fixing Base	2
174		
175	Truss Philips Self Tapping Screw $\varnothing 4 \times 20$	12
176	Knockdown Truss Hex Screw($\varnothing 13$) M8xP1.25x90	2
184	Grounding Decal(Aluminum Foil With Single Sided Tape)20x1440L	2
185	Grounding Decal(Aluminum Foil With Single Sided Tape)20x670L	3
186	brake resistance 60W ningmao (adapter connector must match with RM5LD transducer)	1

\varnothing =Diameter

WARRANTY

LIMITED 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 three (3) years on other parts. Labor warranty coverage is one (1) 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. 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 fifteen (15) 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.**

BH North America Corporation
20155 Ellipse

Foothill Ranch, CA 92610

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