



STRENGTH • CARDIO • VIBRATION



**NICOLA SPIRIG**  
BH Athlete and 2012 Olympic Gold Medalist, Women's Triathlon



**Introducing  
i.Concept**  
Health and Entertainment...  
Integrated.



**BH FITNESS IS AT**  
**H+FB**  
HEALTH+FITNESS BUSINESS

**BOOTH H801**

# Revolutionary the New i.Concept



Enjoy your  
**favorite apps**  
while exercising



Charge Your  
iPod®, iPhone®, or iPad®  
in a secure dock



Use your  
iPod®, iPhone®, or iPad®  
to seamlessly  
interface and  
control the equipment



## Health and Entertainment... Integrated.

The i.Concept family of products offers the FIRST display console technology that was designed specifically for the iPad®, iPhone®, and iPod® Touch; and the ONLY seamless equipment interface that will run popular Apps and exercise programs – all at the same time.



# WHATS NEW ↘↙↗↕

## the new **D300** → Dual Adjustable Pulley

The BH dual adjustable pulley (DAP) with multi-position pull-up bars offers a wide range of total body exercises in one machine for commercial and residential use. It features dual articulating pulleys with pop-pin adjustments, instructional exercise placard, and accessories that allow for a multitude of exercise variations. Also included are twin 200 lb. weight stacks with a 2:1 weight to resistance ratio and a stunning 109" of cable travel, and it's all backed by a strong commercial warranty.



## the new **SB2.0** ↓ Indoor Cycle

The BH Fitness SB2.0 is a premium light-commercial indoor cycle bike with a proven design and road-bike style chain drive system for a true outdoor cycling feel. As an improvement over our wildly popular SB2 bike, it boasts a 50 lb. flywheel, Polar® compatible cycling computer, and top-down friction braking system. Additionally, both the seat and handlebars feature vertical and fore-aft micro-adjustments with convenient friction levers.



## the new **S300** ↓ Stretch Machine

Unlike some competitors, our stretch machine is constructed using a welded steel frame and commercial grade components to provide years of trouble free use. The large cushioned seat and kneepads, ergonomic design, and stretching guide ensure correct position that promotes flexibility. Non-slip foot pedals, multi-position handlebars, and integrated safety straps provide a safe and enjoyable workout experience.



# LK SERIES

Commercial environments take their toll on fitness equipment and BH is up to the challenge. The LK Series offers sleek styling, robust design, superb biomechanics, and affordable pricing. The BH Fitness LK Series is a complete line of high-value cardio and vibration products that will enable your facility to look great and offer the latest user-friendly equipment.

LK510 Vibration      LK570 Hybrid  
LK520 Elliptical      LK580 Rower  
LK540 Recumbent      LK590 Treadmill  
LK550 Upright      LK790 Treadmill

## the LK590 Treadmill

**User Weight Capacity**  
425 lb (193 kg)

**Running Surface**  
22" x 60" (56x152cm)

**Length      Width**  
81" (205 cm)    33" (83 cm)

**Warranty**  
Light Commercial &  
Residential Warranty



# SK SERIES

With over 100 years of manufacturing history BH knows what it takes to make innovative and durable products. The SK Series features contemporary designs including automotive-grade paints and coatings, premium components, and a generous commercial warranty. There's a lot of equipment out there, but nothing quite looks, feels, or lasts like the BH Fitness SK Series.

SK8000 Stepper      SK8500 Upright  
SK8200 Elliptical      SK8900 Treadmill  
SK8400 Recumbent

## the SK8200 Elliptical

**User Weight Capacity**  
420 lb (190 kg)

**Stride Length**  
18" (46 cm)

**Length      Width**  
89" (224cm)    22" (56cm)

**Warranty**  
Commercial



# VIBRATION

## WHOLE BODY VIBRATION

Whole Body Vibration (WBV) refers to the action of the entire body being exposed to vibration through a platform or other device. It allows the user to realize the physiological benefits of exercise and therapy in a short amount of time.



The LK510 comes with 27 sport specific programs which allow for dedicated total body training, this feature is unmatched at this price point.

### the **LK510** ↘ Whole Body Vibration

**User Weight Capacity**

400 lb (181 kg)

**Frequency**

30Hz to 45Hz

**Length**      **Width**

31" (79 cm)    31" (79 cm)

**Plate Surface:**

28" x 22" (71 x 55 cm)

**Warranty**

Light Commercial



# TR

## STRENGTH SERIES

TR Strength was designed to be intuitive and easy to use for beginners, while offering advanced features that appeal to experienced exercisers, and to provide an effective and rewarding user experience. The ergonomic design of the equipment enables an efficient, smooth, and natural exercise movement. Our full line of TR strength is comprised of 38 pieces including upper body, core, lower body, benches, and multi-functional equipment. TR Strength represents performance and functionality, robust construction, and stylish design to give your facility an equal balance of function and flair.

### the **L410** ↘ Pec Fly/Rear Delt (Dual)

**Total Weight**

505 lb (230 kg)

**Weight Stack**

200 lb (91 kg)

**Length**      **Width**

65" (166 cm)    51" (129 cm)

**Muscles**

Deltoid, Triceps, Rhomboid



### the **L550** ↘ Lat Pull/Mid Row (Dual)

**Total Weight**

511 lb (232 kg)

**Weight Stack**

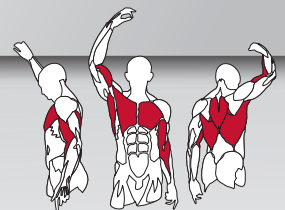
200 lb (91 kg)

**Length**      **Width**

48" (122 cm)    73" (185 cm)

**Muscles**

Lats Trapezius, Biceps, Pectoral



# BUILDING YOU A BETTER BH FITNESS

As we strive to offer our dealers value-added services, we recently launched a comprehensive award-winning room planner. Now, you can easily create custom layouts using BH Fitness cardio, strength and vibration products and choose from hundreds of generic icons including architectural features, furniture, fitness and entertainment elements to put the finishing touches on your room layout. You can also save and review plans as you create. Get your customers excited about planning their next facility or home gym.

[BHNORTH.ICOVIA.COM](http://BHNORTH.ICOVIA.COM)

Understanding our Dealer needs and customer demands was intrinsic in developing a new user-friendly BH Fitness website. Our new site has a dynamic dealer locator and log-in that host a variety of sales tools to simplify your business and keep you abreast on all BH products and news.

[WWW.BHFITNESS.COM](http://WWW.BHFITNESS.COM)



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