



**BLADEZ®**  
F I T N E S S

**Conquest**  
Folding Treadmill

# OWNER'S MANUAL

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

BH North America    Foothill Ranch , California 92610  
Tel.: 949 206-0330 Fax.: 949 206-0013    [www.bhnorthamerica.com](http://www.bhnorthamerica.com)

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## IMPORTANT SAFETY INSTRUCTIONS

### **WARNING! Avoid injuries - keep your hands away from the treadmill folding points and the incline mechanism**

#### **User Safety**

1. Users should pass a full medical examination before they begin an exercise program. Work at the recommended exercise level. Do not over exert yourself. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
2. Do warm up stretching exercises before using the unit.
3. Verify that all of the parts are attached and that the nuts, bolts, rails and handle bars are correctly tightened before use.
4. Do not wear loose clothing, leather soled shoes or high heels. Tie up shoe laces.
5. The maximum weight of a user is 286 lbs. (130Kg).
6. Keep hands away from moving parts.
7. To avoid any danger, close supervision is necessary when this treadmill is used by persons lack of product experience and knowledge. Keep it out of the reach of children.
8. The owner is responsible for explaining safety Instructions to each user.
9. The unit can only be used by one person at a time.

#### **Unit Safety**

1. For safety, maintain a minimum clearance around the unit. Maintain 18 inches on the front and on each side of the unit plus 24 inches at the rear of the unit.
2. Install and use the unit on a flat, stable surface, with some type of protection for the floor or carpet. Do not place it alongside walls or furniture. Check the unit before each use.
3. Please read all of the instructions before assembling or using this unit.
4. To reduce the dangers and risk of electric shock always unplug the unit from its electrical power immediately after using, before cleaning, opening, disassembling or doing maintenance.
5. Do not place sharp objects near the exercise equipment.
6. Do not use the exercise equipment if it is not working correctly.
7. Do not lean against the computer console.
8. Do not start the treadmill when someone is standing on the running belt.
9. Connect this treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.

**WARNING:** To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

10. Turn all the controls to the off position, prior to removing the electrical plug from the outlet.
11. The unit should never be left unattended when plugged in. Unplug the unit from the electrical power before leaving the room when not in use and before adding or removing parts.
12. Do not operate the unit under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, injury to persons or inflict the harm of a burn.
13. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
14. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.
15. Do not pull or carry the unit by the electrical cord or use the cord as a handle.

## IMPORTANT SAFETY INSTRUCTIONS (cont'd)

16. For repair or service, please contact:

**BH North America Corp.**  
20155 Ellipse, Foothill Ranch, CA 92610  
Phone: 949-206-0330; Fax: 949-206-0013  
Email: [fitness@bhnorthamerica.com](mailto:fitness@bhnorthamerica.com)

17. Keep the electrical cord away from heated surfaces.

18. Never operate the unit when the air openings are blocked. Keep the air openings free of lint & hair

19. Do not drop or insert any objects into any openings.

20. Do not use outdoors or near water.

21. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

### Power Cord Safety

The power cord has a polarized plug (one blade is wider than the other) and grounding pin. This plug will fit only one way into a polarized outlet. If the plug does not fully fit into the outlet, do not force it in. Contact a qualified Electrician to install the correct outlet. Do not alter or change the plug in any way.

The unit must only be connected to a dedicated electrical circuit with an earth ground connection. If not, the user risks receiving electric shocks. Make sure that the outlet has the same pin layout as the plug on the unit. See Fig. A.

### GROUNDING METHODS

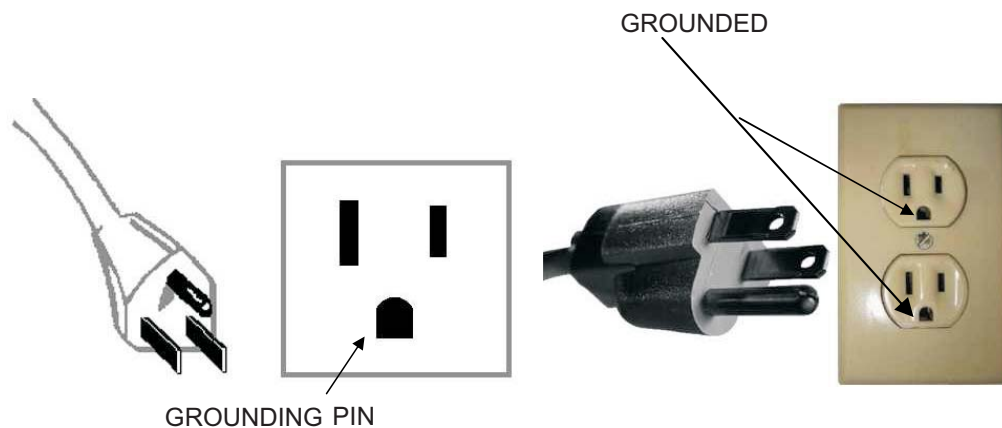


Figure A

***Please save these instructions for future references.***

## IMPORTANT SAFETY INSTRUCTIONS (cont'd)

### SAFETY BREAKER

This model is equipped with an electronic circuit breaker to protect the electronic Figure B. The circuit breaker will automatically trigger if the unit is subjected to abnormal electrical condition. Should this occur:

1. Set switch (L), located on the main body, to the "0" (OFF) position.
2. Press the circuit button (C) to reset the unit.
3. Next, set switch (L) to the "I" (ON) position and the unit will be ready for use again.

Should the circuit breaker trip repeatedly then the most probable causes are:

- Abnormal working conditions,
- Treadmill belt in need of lubricant,
- Solvent based lubricants used (use BH type),
- Belt is too tight.

Plug the unit into a dedicated 110-120V,  
15 or 20 Amp circuit with a ground terminal.

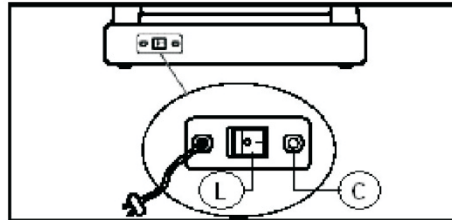


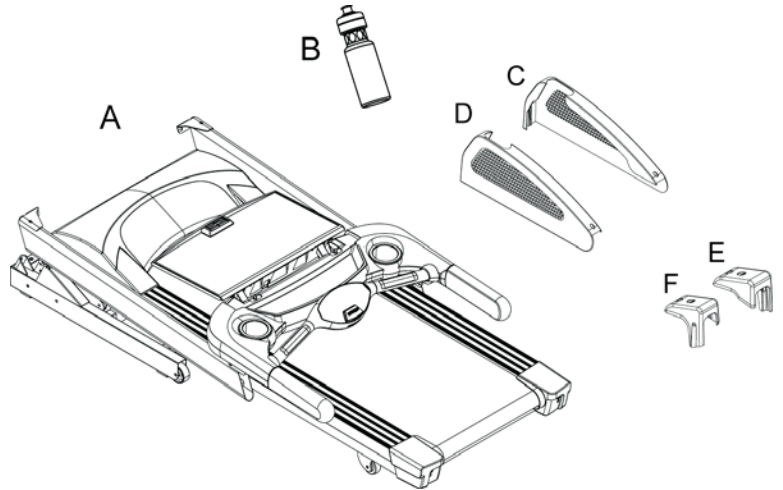
Figure B

## PRE-ASSEMBLY

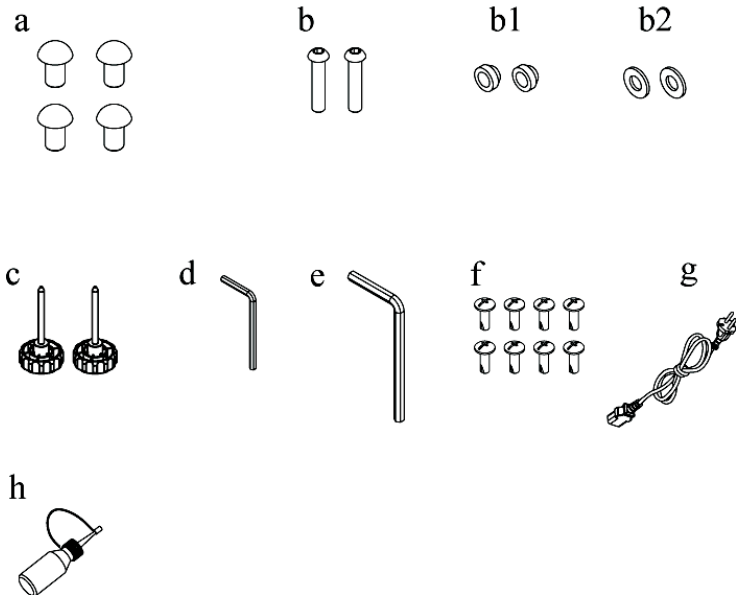
### WARNINGS!

- 1- Never put the treadmill on its side at any time during assembly or transport. Doing so will impair the safety release mechanism and may lead to personal injury.
- 2- Keep your hands away from the treadmill folding points and the incline mechanism

| ITEM | Description                   | Qty |
|------|-------------------------------|-----|
| A    | Assembled Frame               | 1   |
| B    | Bottle                        | 1   |
| C    | Right Decoration Cover        | 1   |
| D    | Left Decoration Cover         | 1   |
| E    | Wheel Protecting Cover(Right) | 1   |
| F    | Wheel Protecting Cover(Left)  | 1   |



| ITEM | Description                                  | Qty |
|------|----------------------------------------------|-----|
| a    | Allen Bolt M8xP1.25x20                       | 4   |
| b    | Allen Bolt M10xP1.5x35                       | 2   |
| b 1  | Screw Sleeve NT-2158                         | 2   |
| b 2  | Flat Washer Ø10x Ø 20x2.0t                   | 2   |
| c    | Plastic Handle                               | 2   |
| d    | Hex Wrench + Screwdriver<br>5mm x 70mm x70mm | 1   |
| e    | Allen Wrench<br>6mm x80mm x 80mm             | 1   |
| f    | Truss Philips Screw<br>M5x P0.8x15           | 8   |
| g    | Power Cord                                   | 1   |
| h    | SILICONE                                     | 1   |

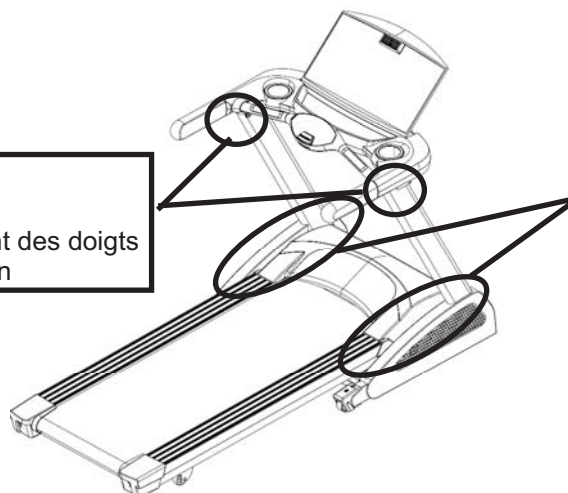


This machine can also detect the user's heart rate wirelessly and displays the reading in the PULSE window during the exercise if a chest strap, not included, is worn by the user (available for purchase through BH North America).

# AVERTISSEMENTS



**Caution:** Finger pinch points  
- Keep hands away  
**Prudence:** Points de pincement des doigts  
- Garder les mains loin



Folding Mechanisms  
Mécanismes de Pliage

PLEASE OBSERVE  
ALL WARNINGS  
AND SAFETY  
INSTRUCTIONS  
LISTED IN THE  
USER'S MANUAL

S'IL VOUS PLAÎT  
OBSERVER LES  
AVERTISSEMENTS ET  
INSTRUCTIONS DE  
SÉCURITÉ FIGURANT  
DANS LE MANUEL  
D'UTILISATION

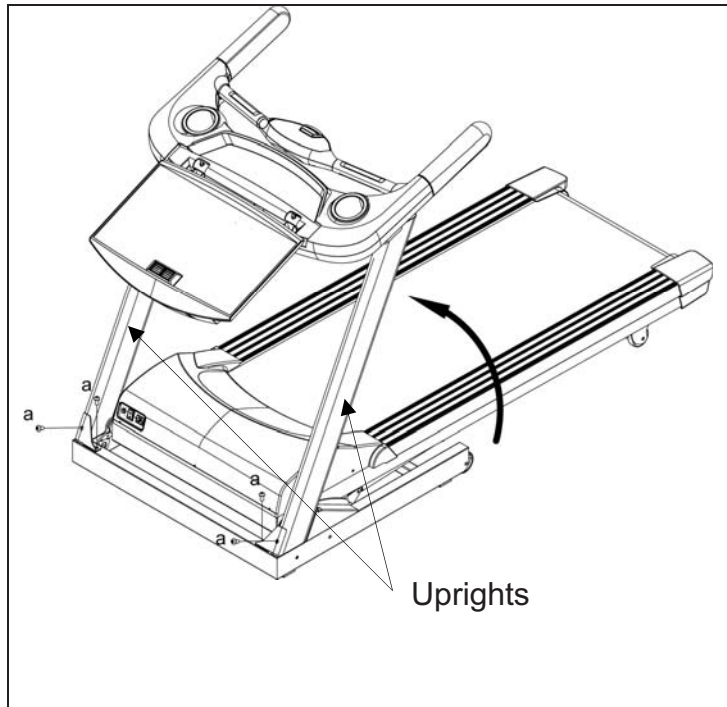
## ASSEMBLY

Figures 3 & 4

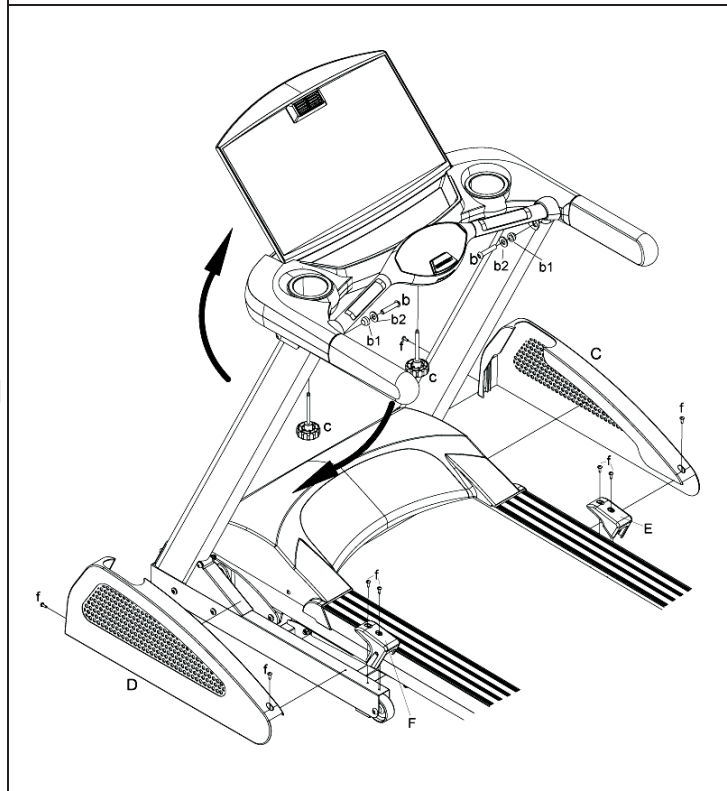
1. One person rotates the Uprights in the direction shown while the second secures the Uprights to the frame with Allen Bolt (a).

**WARNING:**

Be careful and keep hands away from pinch points during assembly and while in folding motion



- 1) Raise the Computer and tighten with Plastic Handles (c) underneath.
- 2) Lower the Handrails onto the up-rights and then tighten with Sleeve (b1), Washer (b2) and Bolt (b).
- 3) Install the Right and Left Decorative Cover (C, D) with Screw (f).
- 4) Install the Right and Left Wheel Protecting Cover (E, F) with Screw (f).

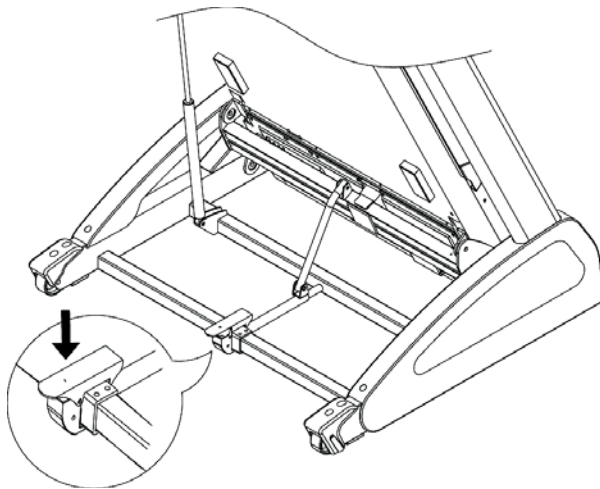


## FOLDING AND MOVING

### FOLDING UP THE UNIT

The Treadmill can be folded for storage. Follow the steps below before folding the treadmill:

1. Stop the treadmill.
2. Lower the elevation to the minimum.
3. Unplug the electrical connector
4. Lift the unit until lever (O) clicks into place. Do not touch lever (O).



Raise the deck until latched on

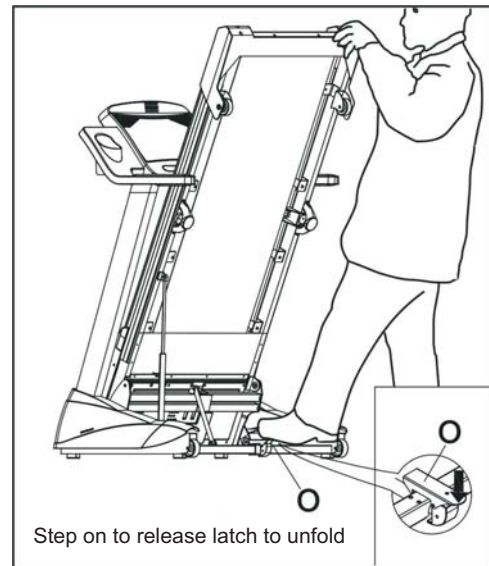


Figure 5A

Do not hit or knock on the cylinder. The cylinder is under high pressure. If knocked or hit on, the cylinder could get damaged and the treadmill may not fold properly.

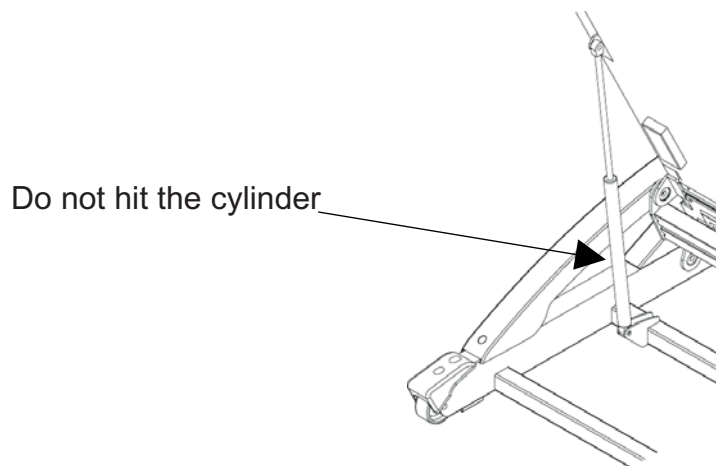


Figure 5B

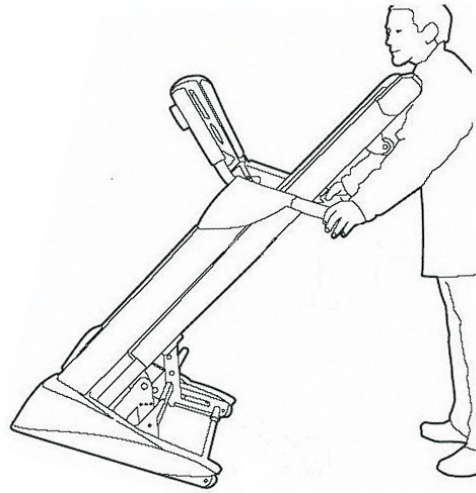
## FOLDING AND MOVING (cont'd)

### MOVING THE UNIT

**NOTE:** Do not move across an uneven floor.

1. Before moving, verify the power cord is unplugged and the unit is folded.
2. Place your hands on the handrails tilt and push the treadmill on the two wheels.

Figure 6



### UNFOLDING THE UNIT

1. Verify the space under the treadmill is clear and children are not near.
2. Press lever (O) down as shown by the arrow
3. The treadmill will slowly lower down to the floor

Figure 6A



### POSITION THE TREADMILL

1. For safety, maintain a minimum clearance around the treadmill. Maintain 18 inches on the front and on each side of the treadmill plus 24 inches at the rear of the treadmill.
2. Store the unit in a dry place away from direct sunlight and temperature changes.

## MAINTENANCE

### LUBRICATION

Figure 7. Use the bottle of lubricant (h) to lubricate the inside of the belt in order to keep your unit in top condition and to ensure that friction between the belt and the board is kept to a minimum (due to different running styles, always apply more lubrication to the area where you place your feet during the exercise). It is advisable to lubricate the base of the belt every 3-12 months, depending on how often it is used. Do not use solvent based lubricants.

Table I

| Operating Speed                         | Recommended lubrication period for home use |
|-----------------------------------------|---------------------------------------------|
| 1 to 3.7 miles (1 to 6 km) per hour     | 1 year                                      |
| 3.7 to 7.4 miles (6 to 12 km) per hour  | 6 months                                    |
| 7.4 to 9.9 miles (12 to 16 km) per hour | 3 months                                    |

### ADJUSTING THE BELT

Figure 7

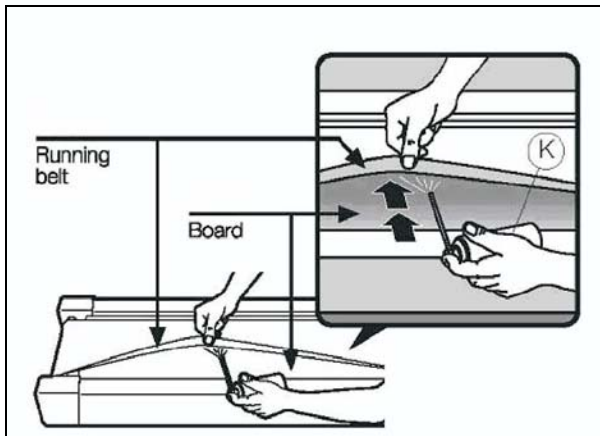
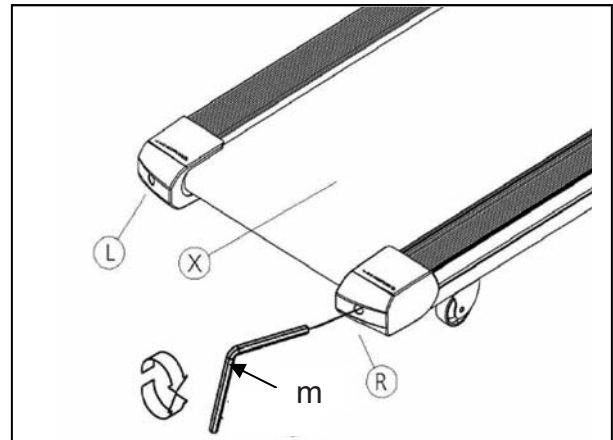


Figure 8



If your unit is not seated evenly on the the floor with its footing, this may cause the belt shown on Figure 8, area (X) to shift sideways. The belt was rigorously tested and set at the factory. However, due to weight differences and individual styles of running, the belt may shift sideways. If the belt does shift to the left or right, stop the machine and adjust the belt.

**NOTE:** Over tightening of the belt can lead to a loss of speed on the machine and even stretch the belt itself. One turn of the right screw (R) in a clockwise direction has the same effect on the position of the belt as one turn of the left screw (L) in a counterclockwise direction. Consequently, in the event of excessive belt movement you can use either of the two screws in order to avoid over tightening the belt.

## MAINTENANCE (cont'd)

### BELT SHIFTED TO THE RIGHT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the right hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is still not centered, then turn the left hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is not centered, then repeat the steps above.

### BELT SHIFTED TO THE LEFT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the left hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is not centered, then turn the right hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is still not centered, then repeat the steps above.

### TREADMILL CLEANING

Switch the unit off and unplug the power cable. Use a damp cloth or towel to clean the dust off the treadmill, especially the side bars and the electronic console. Do not use solvents.

NOTE: Unplug the treadmill before using a vacuum near the treadmill.

Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). You can vacuum the underside of the unit by folding up the unit.

### TIGHTENING THE FASTENERS

**Check the connections and tighten all the parts on your unit every three months.**

Use of this machine with worn parts, e.g. the drive belt, running belt or rollers, may cause the user injury. If you are unsure about the condition of any part, we recommend that you replace it with original spare parts. The use of other spare parts may cause injuries or affect the performance of the machine.

## MAINTENANCE (cont'd)

### REMOVING & WASHING THE BOTTLE HOLDER

To check if the Bottle Holder is held loosely, gently push the Bottle Holder up from beneath. If this does not release the Bottle Holder, then remove as follows:

#### **RIGHT BOTTLE HOLDER REMOVAL:**

Gently grasp the Bottle Holder from beneath or on the rim. Turn it clockwise to unfasten. Once the Holder is loosened, lift the holder up and out of the hole.

To install a Bottle Holder into the right hole:

Move away the wires.

Insert the Holder into the hole and gently turn counterclockwise to fasten.

#### **LEFT BOTTLE HOLDER REMOVAL:**

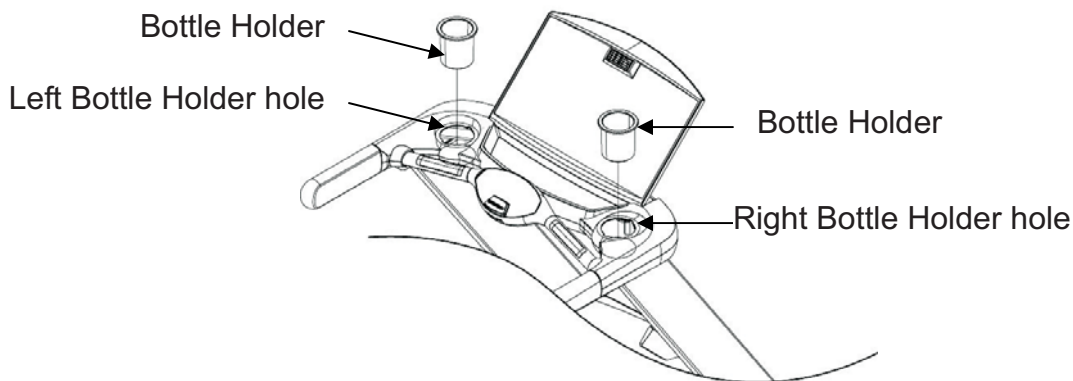
Gently grasp the Bottle Holder from beneath or on the rim. Turn it counter-clockwise to unfasten.

Once the Holder is loosened, lift the Holder up and out of the hole.

To install a Bottle Holder into the left hole:

Move away the wires.

Insert the Holder into the hole and gently turn clockwise to fasten.



### BOTTLE HOLDER WASHING

Please wash the Bottle Holders by hand only. The Bottle Holders cannot be placed into the dishwasher or microwave.

# FITNESS AND EXERCISE

## FITNESS

All doctors agree that regular exercise is a good way to control our weight, make us more fit and help us to relax. Before starting any exercise program, it is advisable to consult your doctor. You will achieve better results based on his/her advice or suggestions. Exercise programs vary depending on age and physical condition.

## ADVANTAGES OF EXERCISE

Regular exercise below a certain level for 15-20 minutes becomes aerobic. Aerobic exercise is basically exercise that uses oxygen. Normally, this is a continuous exercise without pauses. In addition to sugars and fats, the body also needs oxygen. Regular exercise improves the body's ability to supply oxygen to all of the muscles and at the same time improves lung function, the heart's pumping capacity and better blood circulation. In short, the energy produced during exercise burns kilocalories (known as calories).

## EXERCISE & WEIGHT CONTROL

The food we eat is transformed into, among other things, energy (calories) for our body. If we take in more calories than we burn then the result is an increase in weight and vice versa, if we burn more calories than we eat, we lose weight. When resting the body burns around 70 calories per hour to keep our vital functions active. The table shows approximate energy use for an average person doing various activities.

Table II

| ACTIVITY                | CALORIES USED PER HOUR |
|-------------------------|------------------------|
| Walking, moderate pace  | 140                    |
| Housework               | 150                    |
| Swimming (400 m/h)      | 300                    |
| Dancing                 | 350                    |
| Walking, brisk (6 km/h) | 370                    |
| Tennis                  | 420                    |
| Cycling (30 km/h)       | 500                    |
| Squash                  | 690                    |

## EXERCISE PROGRAM

Regardless of whether your goal is to become more fit, control your weight or for physiotherapy, always remember that your exercise should be gradual, planned, varied and not too demanding. We recommend that you should exercise 3 to 5 times per week.

Before beginning a session it is important to do a warm-up for 2-3 minutes at low speed. This will help condition your muscles and prepare your cardio respiratory system.

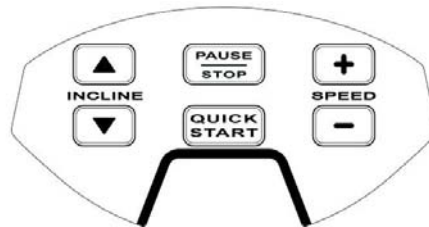
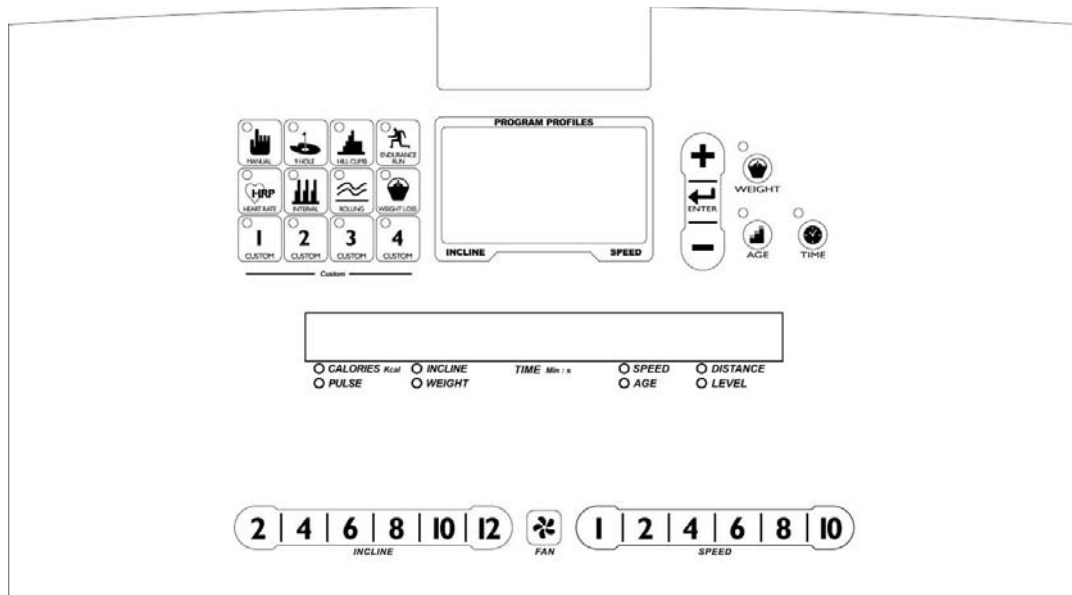
The next stage will last 15-20 minutes at a pulse rate of between 65 to 75%, or between 75 to 85% for those already accustomed to exercise. At a later stage, once you have become more fit, divide this time between both levels but always remembering that the pulse rate must not exceed 85% (aerobic) and never reach the maximum heart rate limit that corresponds to your age.

When finished, it is important to relax the muscles. This is done by walking at a low speed for 2-3 minutes until the heart rate drops below the 65% line. This will prevent muscle pain, after an intense session. It is better to finish the program with some relaxation exercises on the floor too.

## TROUBLESHOOTING

| PROBLEM                                                                                                                                                                                         | CHECKS                                                                                                                                                  | SOLUTIONS                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. The console does not switch on.</b>                                                                                                                                                       | 1a) Make sure that the machine is plugged in and the ON/OFF switch is in position I.<br>1b) Verify that the console electric supply cable is connected. | 1a) Plug the machine into the power supply. Set the switch to position I.<br>1b) Connect the console electric supply cable.                                                                                                                                                                           |
| <b>2. The treadmill does not work.</b>                                                                                                                                                          | Check if the electrical outlets fuse or circuit breaker has shut off.                                                                                   | Replace fuse or circuit breaker. Contact a qualified electrician if required. Plug the treadmill into a dedicated 110-120V, 15 or 20 Amp outlet to ensure the treadmill receives the appropriate amount of current to function correctly. The outlet must not supply electricity to any other device. |
| <b>3. Walking motion is jerky on the treadmill.</b>                                                                                                                                             | 3a) Check if the belt is lubricated.<br>3b) Check the tension on the running belt.<br>3c) Check the tension on the AC motor drive belt drive belt.      | 3a) Lubricate the sliding belt.<br><br>3b) Adjust the belt tension.<br><br>3c) Adjust the drive belt tension.                                                                                                                                                                                         |
| <b>4. The treadmill belt skews off center.</b>                                                                                                                                                  | 4a) Check if the machine is level on the floor.<br>4b) Check if the machine wobbles.<br>4c) Check alignment of the front and rear rollers.              | 4a, 4b) Level the machine.<br>4c) Align the front and rear rollers.                                                                                                                                                                                                                                   |
| <b>5. Error Signal Display :</b><br>Error 1 : The treadmill can't read the speed value.<br>Error 6 : Incline motor doesn't run.<br>Error 7 : Incline is too high or too low (exceed the range). | 5a) Check if the speed sensor is plugged in<br>5b) Check the speed sensor functionality<br>5c) Calibrate the incline motor                              | Contact BH Fitness Customer Service. See Warranty pages at the end of this Manual.                                                                                                                                                                                                                    |

# CONSOLE OPERATION



## CONSOLE OPERATION (cont'd)

### SAFETY KEY & CLIP

This BH treadmill is equipped with a safety key that will disable the treadmill if it is disengaged. You should attach the clip end to your clothing.

If at any time you need to stop the treadmill quickly, simply pull the safety key to disengage. This will cut all power to the treadmill and it will come to a complete stop. To resume your workout, push the lower portion of the Emergency button inward. You will need to program your workout again.

### BEFORE STARTING

Straddle the running belt and stand on the side rails. Engage the safety key and attach the rope to your clothing. Do not stand on the walking belt while the belt is moving.

### KEY FUNCTIONS

#### UPPER CONTROLS:

ENTER – This key is used to input changes to programs.



These keys are used to change values during program setup. They cannot be used to adjust the speed and incline while a program is operating.

TIME – This will display the workout time left in preset program that you have selected except for “9 HOLE” and “QUICKSTART”. In “9 HOLE” and “QUICKSTART” it will display the time accumulated from the beginning of the workout.

CALORIES – This displays the amount of calories burned during your workout.  
As with all pieces of exercise equipment, this is an estimated value.

INCLINE – Displays the rise in percentage

PULSE – Displays heart rate detected in Beats Per Minute (BPM).

SPEED – This is how fast you are moving in terms of Miles Per Hour (MPH) or kilometer per hour.

DISTANCE – Total distance accumulated from the beginning

## CONSOLE OPERATION (cont'd)

### INSTANT SPEED/INCLINE KEYS –

You can change the speed or incline of the treadmill by pressing one of the Instant Key buttons in either Miles Per Hour. Each key represents the assigned value (MPH) or percent grade.

#### NOTE:

Additional information about Incline:

1. When the safety key is disengaged and engaged, the position of the incline stays the same as before the stop. Only after the QuickStart key is pressed, would the incline return to zero.
2. When the user turns off power and then turns it back on, the position of the incline stays the same. Only after the QuickStart key is pressed, would the incline return to zero.
3. During a program, if you press the Stop to PAUSE, the incline will return to zero.

FAN – Press this key to turn on the fan. Press again to turn off.

### LOWER CONTROLS:

QUICKSTART – This key is used to begin any treadmill program

STOP – This key is used to stop the treadmill at any time. Press the STOP button and hold for 3 to 5 seconds and the computer controls will end the program and permit the selection of the next program.



These keys are used to adjust the speed of the treadmill.



These keys are used to adjust the incline of the treadmill.

## TO STOP

1. First, hold on to the handrails; step off the running belt and onto the side rails.
2. Press STOP. The running belt will stop.

NOTE: To stop immediately, pull on the safety key and the treadmill will cut power and the treadmill will come to a stop.

NOTE: Press and hold STOP for 3 to 5 seconds to end the program.

## CONSOLE OPERATION (cont'd)

### USING HEART RATE

**HANDPULSE** – To periodically check your heart rate, grasp the sensors on the cross handlebar. The PULSE LED will flash and after about 9 seconds your heart rate will be shown in the pulse window.

**CHEST BELT** – Using a wireless chest belt - not included (such as T41 Polar Transmitter), your heart rate is constantly displayed during the workout. The heart rate strap will send your heart rate to the console. The transmitter is more effective if worn on moist skin. As optional accessories, the chest belt is available for purchase through BH North America.

### HEART RATE CALCULATION

Before beginning any test, calculate your maximum heart rate. The maximum number of heartbeats that a person must not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. To ensure that you are exercising correctly, try to keep between 65% and 85% of your maximum heart rate value.

For example, the maximum heart rate that a 30 year old user must not exceed is:  
 $220 - 30 = 190$  heart beats per minute (BPM).

$190 \times 0.65 = 123$  heart beats per minute.

$190 \times 0.85 = 161$  heart beats per minute. Do not exceed 85%.

So the heart rate exercise range for a 30 year old is between 123 and 161 BPM.

Stop exercising if your pulse is 85% of your maximum heart rate.

### CONSOLE INSTRUCTIONS

Your BH FITNESS treadmill will provide both manual controlled and factory installed preset workout programs.

In **MANUAL** and **QUICK START**, you control the speed and/or incline at your discretion.

In **PRESET** programs, the speed and/or incline will change in accordance with the program's profiles. There are 30 segments in each preset program, first 3 segments are for **WARM UP** and the last 3 segments are for **COOL DOWN** (no warm up or cool down in 9-Hole).

In any program, pressing the **STOP** key will **PAUSE** the current program. To resume the current program press the **QUICKSTART** key. To exit the current program press and hold the **STOP** key for 3 to 5 seconds. Refer to heart rate calculation above.

## CONSOLE OPERATION (cont'd)

### STARTING

1. Stand on the side rails. Turn on the POWER.
2. The window will display a scrolling message 'PRESS WEIGHT BUTTON TO SET WEIGHT'. Press WEIGHT. A blue and back colored LCD displays "LBS". Press the + or – keys on the upper controls to enter your weight. Press . A blue backlit colored LCD displays an profile of a heartbeat. The scrolling message in the window displays 'SELECT PROGRAM OR PRESS QUICKSTART'.

### MANUAL PROGRAM SET UP

1. Stand on the side rails.
2. Press Manual program button in the upper left corner of the controls.
3. An LED will light up to indicate the program selected.
4. Time will be flashing.
5. Adjust time with the  or  keys at the upper controls.
6. Press  on the upper console to confirm and start.
7. Adjust speed with instant speed keys or  at the lower controls.
8. Adjust Incline with instant incline keys or  at the lower controls.

### 9 HOLE PROGRAM SETUP

1. Stand on the side rails.
2. Press 9 HOLE program buttons located at the upper left corner of the controls. An LED will light up indicating the program selected.
3. Resistance level **L-01** will flash on the display.
4. Adjust level using the  or  keys on the upper controls.
5. Press  on the upper controls to confirm and begin. As the accumulated distance reaches 2.18 Miles (the length of a 9 hole golf course), the program will end.

## CONSOLE OPERATION (cont'd)

### HRP – Heart Rate Program Setup

NOTE: Chest Belt - not included, must be worn throughout this program

NOTE: See Page 19 for Target Heart Rate calculation instructions.

1. Stand on the side rails.
2. Press HRP button and the LED will light up.
3. Age will be flashing, adjust Age with the  or  keys on the upper controls.
4. Press  key on the upper controls. Pulse (BPM) will be flashing
5. Adjust the Pulse (BPM) with the  or  keys on the upper controls.
6. Press  key on the upper controls. Time will be flashing.
7. Adjust the Time with the  or  keys on the upper controls.
8. Press  at the upper controls to accept and begin.

### CUSTOM PROGRAMS (4 Custom programs)

1. Stand on the side rails.
2. Press one of the C1 or C2 or C3 or C4 buttons located on the upper left corner of the controls. An LED will light up indicating the program selected.
3. Time will be flashing in the display window.
4. Adjust the Time with the  or  keys on the upper controls.
5. Press  on the upper controls. SE01 (Segment #1) will display.
6. Adjust the speed of this segment with the   keys on lower controls.
7. Adjust the incline of this segment with the   keys on lower controls.
8. Press  on the upper controls; SE02 (Segment #2) will display.
9. Repeat steps 6 and 7 for up to SE30 (30 segments).
10. Press QUICKSTART at any time to begin.

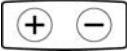
NOTE: Custom programs will be stored in the system for easy retrieval unless you reprogram the segments of the custom program.

## CONSOLE OPERATION (cont'd)

### REMAINING PRESET PROGRAMS

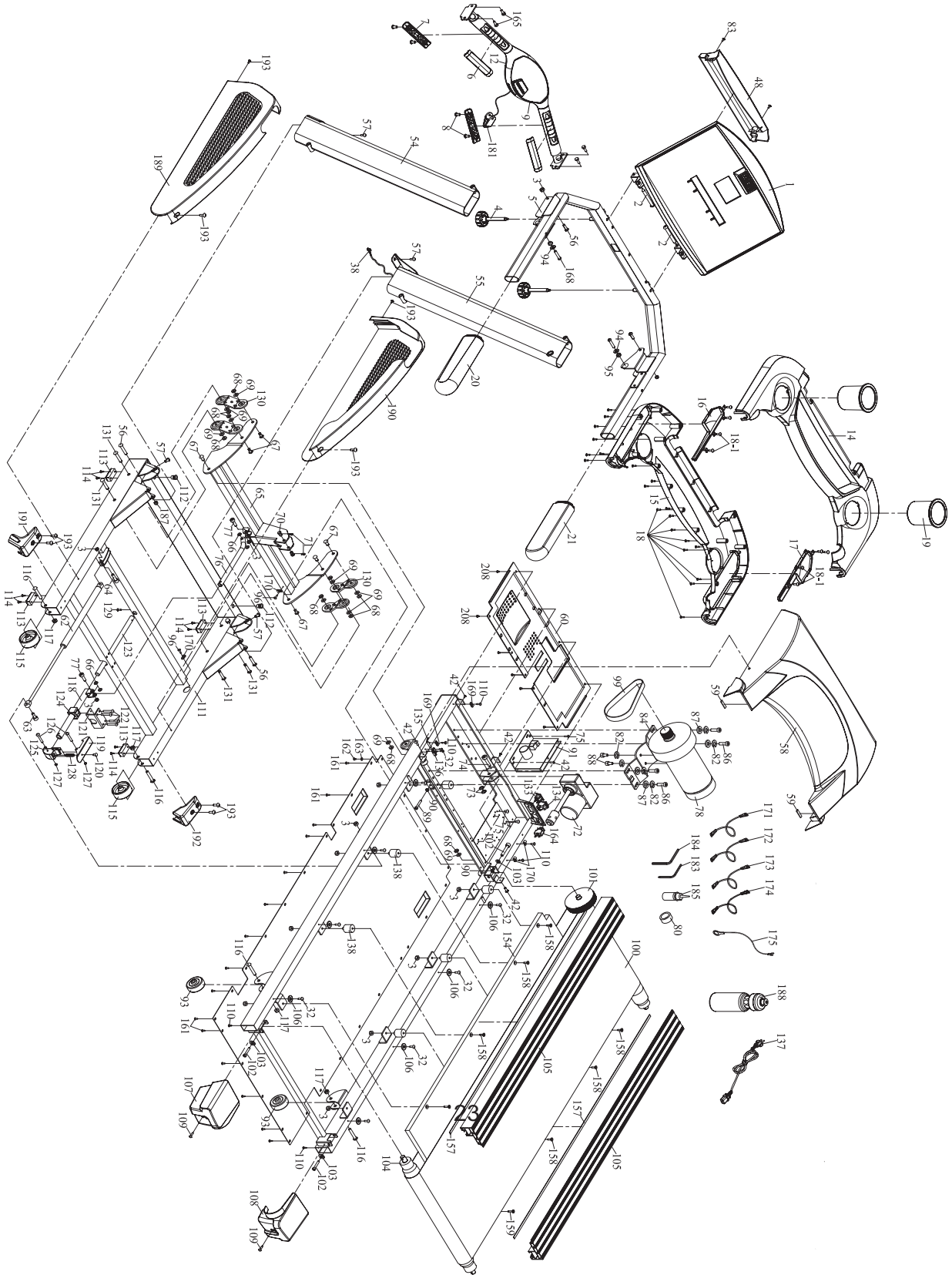
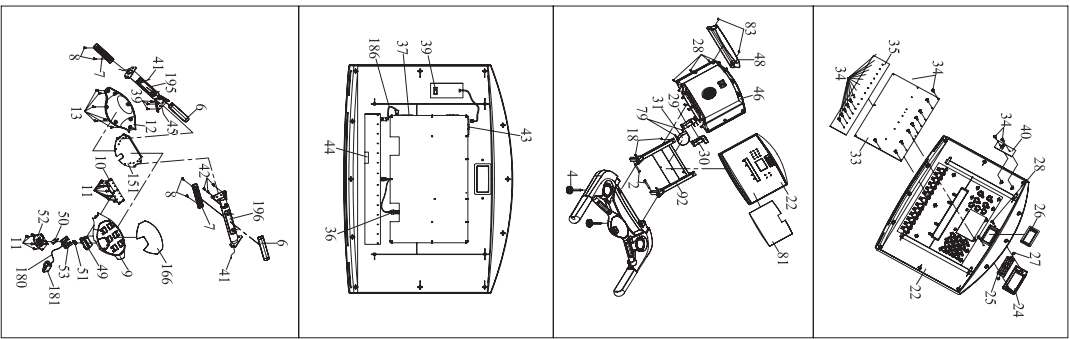
1. Stand on the side rails
2. Press a program button located at the upper left corner of the upper controls. An LED will light up indicating the program selected
3. Resistance level **L-01** will flash on the display.
4. Adjust resistance level using the  or  keys on the upper controls.
5. Press  and Time will flash on the display.
6. Adjust time using the  or  keys on the upper controls.
7. Press  to begin.

### QUICKSTART

1. Stand on the side rails.
2. Press QUICKSTART on lower controls.
3. Adjust speed with instant speed keys or  on the lower controls.
4. Adjust Incline with instant incline keys or  on the lower controls.

The table below details the parameters associated with appropriate programs

| Program       | Level    | Range  | Time           | Range   | Age       | Range   | Pulse     | Range    | Segments |
|---------------|----------|--------|----------------|---------|-----------|---------|-----------|----------|----------|
| Manual        | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| 9 Hole        | Preset 1 | 1 - 10 | N/A            | N/A     |           |         |           |          |          |
| Hill Climb    | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| Endurance Run | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| HRC           |          |        | Preset 30 min. | 20 - 99 | Preset 30 | 30 - 80 | Preset 30 | 30 - 240 |          |
| Interval      | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| Rolling       | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| Weight Loss   | Preset 1 | 1 - 10 | Preset 30 min. | 20 - 99 |           |         |           |          |          |
| Custom 1      |          |        | Preset 30 min. | 20 - 99 |           |         |           |          | 30       |
| Custom 2      |          |        | Preset 30 min. | 20 - 99 |           |         |           |          | 30       |
| Custom 3      |          |        | Preset 30 min. | 20 - 99 |           |         |           |          | 30       |
| Custom 4      |          |        | Preset 30 min. | 20 - 99 |           |         |           |          | 30       |



## PART LIST

| NO | Orig        | Description                                 | Qty | NO | Orig           | Description                                         | Qty |
|----|-------------|---------------------------------------------|-----|----|----------------|-----------------------------------------------------|-----|
| 1  | HTF144A     | Computer Assembly                           | 1   | 32 | SCE4-10        | Round Head Philips Screw M4xP0.7x10                 | 10  |
| 2  | SDA8-45I    | Truss Hex Screw M8xP1.25x45                 | 2   | 33 | XRA-013-017F   | Computer Board AMP                                  | 1   |
| 3  | SOC8        | Nylon Nut M8xP1.25                          | 14  | 34 | SAK3-8         | Round Head Philips Self Tapping Screw Ø3x8          | 33  |
| 4  | P-2534      | Plastic Handle                              | 2   | 35 | XEK-151-002    | Key Board APM KB2008                                | 1   |
|    | NT-2149     | Plastic Handle Screw                        | 2   | 36 | XL-419         | 10PIN Wire                                          | 1   |
| 5  | JTFE002     | Stuff Holder Assembly                       | 1   | 37 | XL-836A        | Control Wire(Upper)                                 | 1   |
| 6  | HTFB020     | Hand Pulse Plastic Set(Upper)               | 1   | 38 | XL-729B        | Control Wire(Lower)                                 | 1   |
| 7  | HTFB021     | Hand Pulse Plastic Set(Lower)               | 1   | 39 | XL-792A        | Hand Pulse Wire(Upper)                              | 1   |
| 8  | SAI3-25     | Round Head Philips Self Tapping Screw Ø3x25 | 4   | 40 | XEK-028-260    | Hand Pulse Board                                    | 1   |
| 9  | P-2342      | Upper Control Box Cover                     | 1   | 41 | XL-792B        | Hand Pulse Wire(Lower)                              | 2   |
| 10 | XEK-161-002 | Control Box Board APM KB1004                | 1   | 42 | SCE5-10        | Truss Philips Screw M5xP0.8x10                      | 12  |
| 11 | SAI3-8      | Round Head Philips Self Tapping Screw Ø3x8  | 14  | 43 | XHB-RV510      | Wireless Pulse Receiver                             | 1   |
| 12 | P-2307      | Lower Control Box Cover                     | 1   | 44 | XL-793A        | Control Board Connecting Wire(Upper)                | 1   |
| 13 | SCI5-20     | Truss Philips Self Tapping Screw Ø5x20      | 6   | 45 | XL-793B        | Control Board Connecting Wire(Lower)                | 1   |
| 14 | P-2344      | Upper Stuff Box Cover                       | 1   | 46 | P-2336         | Lower Computer Cover                                | 1   |
| 15 | P-2345      | Lower Stuff Box Cover                       | 1   | 48 | P-2337         | Computer Decoration Cover                           | 1   |
| 16 | P-2535L     | Upper Stuff Box Protecting Cover(L)         | 1   | 49 | P-2300         | Safety Switch Button                                | 1   |
| 17 | P-2535R     | Lower Stuff Box Protecting Cover(R)         | 1   | 50 | XEM-011A       | Safety Switch Sensor                                | 1   |
| 18 | SCI4-16     | Truss Philips Self Tapping Screw Ø4x16      | 24  | 51 | NS-228         | Flex Spring                                         | 1   |
| 19 | P-2305      | Bottle                                      | 2   | 52 | P-2328         | Safety Switch Base                                  | 1   |
| 20 | P-2343L     | PU Handrail(Left)                           | 1   | 53 | P-2329         | Safety Switch Slip Base                             | 1   |
| 21 | P-2343R     | PU Handrail(Right)                          | 1   | 54 | JTCA046        | Upright Assembly(Left)                              | 1   |
| 22 | P-2334      | Upper Computer Cover                        | 1   | 55 | JTCB038        | Upright Assembly(Right)                             | 1   |
| 23 | SCK4-12     | Truss Philips Self Tapping Screw ø4x12      | 8   | 56 | SDA8-55I       | Truss Hex Screw M8xP1.25x55                         | 4   |
| 24 | P-2338      | Fan Cover                                   | 1   | 57 | SDA8-20I       | Truss Hex Screw M8xP1.25x20                         | 4   |
| 25 | P-2339      | Fan Adjustment Plastic                      | 1   | 58 | P-2156-ABS     | Upper Motor Cover                                   | 1   |
| 26 | P-2311      | Vent Rubber                                 | 1   | 59 | BAA0800-200-15 | Foam Sticker 80mmx20mmx1.5t Single Sided Tape Black | 2   |
| 27 | PO-040-20   | O-Shaped Ring Ø4xØ2                         | 2   | 60 | P-1314-ABS     | Lower Motor Cover(Black)                            | 1   |
| 28 | SCK4-10     | Truss Philips Self Tapping Screw ø4x10      | 14  | 61 |                |                                                     |     |
| 29 | P-1845L     | Vessel(Left) Explorer                       | 1   | 62 | NCY-018        | Cylinder                                            | 1   |
| 30 | P-1845R     | Vessel(Right) Explorer                      | 1   | 63 | SK-413         | CKS Hex Screw                                       | 1   |
| 31 | XEK-030     | Right Turbofan                              | 1   | 64 | SK-436         | CKS Hex Screw                                       | 1   |

## PART LIST (cont'd)

| NO | Orig             | Description                                             | Qty | NO  | Orig          | Description                                                    | Qty |
|----|------------------|---------------------------------------------------------|-----|-----|---------------|----------------------------------------------------------------|-----|
| 65 | JTBC003A         | Incline Base Assembly                                   | 1   | 100 | CB00001B      | Running Belt                                                   | 1   |
| 66 | P-1721           | Plastic Post Pad                                        | 4   | 101 | NRL-008       | Front Roller                                                   | 1   |
| 67 | SK-430           | Truss Hex Screw                                         | 6   | 102 | SGA8-55I      | CKS Hex Screw M8xP1.25x55                                      | 3   |
| 68 | SOC10-8T         | Nylon Nut M10xP1.5x8t                                   | 10  | 103 | SPA080-160-15 | Washer ø8ø16x1.5t                                              | 3   |
| 69 | SK-431           | Washer                                                  | 10  | 104 | NRL-008A      | Rear Roller                                                    | 1   |
| 70 | NT-1379          | Incline Base Hex Plate Pin                              | 2   | 105 | P-2137C       | Plastic Pedal                                                  | 2   |
| 71 | SQC100-20        | R Pin                                                   | 2   | 106 | P-1034        | Pedal Fixing Plastic(Black)                                    | 8   |
| 72 | XM-227A          | Incline Motor                                           | 1   | 107 | P-2138L       | Rear End Cap(Left)                                             | 1   |
| 73 | P-1720           | Plastic Washer                                          | 2   | 108 | P-2138R       | Rear End Cap(Right)                                            | 1   |
| 74 | SK-439L          | CKS Hex Screw(BK)                                       | 1   | 109 | SAN4-20       | Round Head Philips Drilling Screw M4xP0.7x20 Fine Pitch Thread | 2   |
| 75 | SAA5-10GZ        | Round Head Philips Screw M5xP0.8x10 (Galvanization)     | 3   | 110 | SMN4-16       | Washer Drilling Philips Screw M4xP0.7x16 Fine Pitch Thread     | 6   |
| 76 | A2B027E0 260-001 | Fixing Post                                             | 1   | 111 | JTBA021       | Base Assembly                                                  | 1   |
| 77 | SK-416           | CKS Hex Screw                                           | 2   | 112 | SOF8A         | Allen Bolt M8xP1.25                                            | 2   |
| 78 | XM-192A          | Motor                                                   | 1   | 113 | P-1151        | Foot Pad(Black)                                                | 4   |
| 79 | SCA4-40          | Truss Philips Screw M4xP0.7x40                          | 2   | 114 | SMM4-20       | Washer Drilling Philips Self Tapping Screw ø4x20               | 8   |
| 80 | XEJ-T35X23       | Iron Core Ring                                          | 1   | 115 | P-320         | Wheel                                                          | 2   |
| 81 | RCA-004          | Computer Panel Decal                                    | 1   | 116 | SK-288        | Truss Hex Screw                                                | 4   |
| 82 | SPB8             | Spring Washer M8                                        | 6   | 117 | SOC10         | Nylon Nut M10xP1.5                                             | 4   |
| 83 | SCM4-16          | Truss Philips Drilling Philips Self Tapping Screw ø4x16 | 2   | 118 | JTBZ006       | Fixing Bushing Assembly                                        | 1   |
| 84 | NO-2741          |                                                         | 1   | 119 | NO-3232       | Pedal                                                          | 1   |
| 86 | SGA8-20I         | CKS Hex Screw M8xP1.25x20                               | 4   | 120 | SDA6-8        | Truss Hex Screw M6xP1.0x8                                      | 1   |
| 87 | SPA080-190-30    | Washer ø8xø19x3t                                        | 4   | 121 | NO-3231       | Folding Fixing Plate                                           | 1   |
| 88 | SGA8-15I         | CKS Hex Screw M8xP1.25x15                               | 2   | 122 | SDA6-45L      | Truss Hex Screw M6xP1.0x45 BK                                  | 4   |
| 89 | SGA8-45I         | CKS Hex Screw M8xP1.25x45                               | 1   | 123 | NT-1465       | Bushing Shaft                                                  | 1   |
| 90 | SOA8             | Nut M8xP1.25                                            | 2   | 124 | P-1707        | Block                                                          | 1   |
| 91 | XRB-013-005      | Controller                                              | 1   | 125 | P-1708        | Rear Fixing Block                                              | 1   |
| 92 | JTFA036          | Computer Shelf Assembly                                 | 1   | 126 | SCA5-40       | Truss Philips Screw M5xP0.8x40                                 | 2   |
| 93 | P-1145           | Wheel                                                   | 2   | 127 | SOC5          | Nylon Nut M5xP0.8                                              | 2   |
| 94 | SPA100-200-20    | Flat Washer ø10xø20x2t                                  | 2   | 128 | NS-096        | Spring                                                         | 1   |
| 95 | NT-2158          | Screw Sleevelet                                         | 2   | 129 | SCA6-25L-002  | Truss Philips Screw M6xP1.0x25 BK                              | 1   |
| 96 | SMM4-16          | Washer Drilling Philips Self Tapping Screw ø4x16        | 2   | 130 | NO-3900       | Incline Connecting Board                                       | 4   |
| 99 | CA-230J8         | Drive Belt                                              | 1   | 131 | SK-432        | Truss Hex Screw                                                | 4   |

## PART LIST (cont'd)

| NO  | Orig            | Description                                            | Qty | NO  | Orig        | Description                                                                             | Qty |
|-----|-----------------|--------------------------------------------------------|-----|-----|-------------|-----------------------------------------------------------------------------------------|-----|
| 132 | JTAA033A        | Frame Assembly                                         | 1   | 176 | PEC-HC-25   | KSS Wire Clip Base                                                                      | 5   |
| 133 | XEH-003-001     | Power Cord Socket                                      | 1   | 177 | BJ-36-163B  | Belt 3.6x163mm Black                                                                    | 6   |
| 134 | XEA-A002        | Power Switch                                           | 1   | 178 | BJ-48-330B  | Belt 4.8x330mm Black                                                                    | 2   |
| 135 | XEM-002         | Sensor Cylinder shaped                                 | 1   | 179 | BE-1500     | Guide Thread                                                                            | 2   |
| 136 | P-2231          | Sensor Fixing Base                                     | 1   | 180 | DEC-20-1100 | Nylon Rope                                                                              | 1   |
| 137 | XLT-TM          | Power Cord                                             | 1   | 181 | PM-001      | Clip                                                                                    | 1   |
| 138 | P-1301A         | Fixing Cushion                                         | 6   | 183 | SSH570-70M  | L-shaped Hex Wrench + Screwdriver<br>5mmx70mmx70mm (Cross)<br>chromium, vanadium, steel | 1   |
| 139 | MB-028          | Running Board                                          | 1   | 184 | SSA6-80-80M | L-shaped Hex Wrench<br>6mmx80mmx80mm<br>chromium, vanadium, steel                       | 1   |
| 142 | BAA13480-200-30 | Foam Sticker 1348mmx20mmx3t<br>Single Sided Tape Black | 2   | 185 | BD-001-30   | Bottled Silicon DC-1000                                                                 | 1   |
| 143 | SIA8-30I        | Counter Sink Hex Screw<br>M8xP1.25x30                  | 6   | 186 | XL-831      | Safety Switch Connecting Wire                                                           | 1   |
| 144 | SIA8-35I        | Counter Sink Hex Screw<br>M8xP1.25x35                  | 2   | 187 | SOD8        | Nylon Nut M8xP1.25                                                                      | 2   |
| 145 | P-1368A         | Small Backboard                                        | 1   | 188 | PK-L-027    | Water Bottle                                                                            | 1   |
| 146 | SMM4-12         | Washer Drilling Philips Self<br>Tapping Screw ø4x12    | 24  | 189 | P-1918L     | Left Decorative Cover                                                                   | 1   |
| 147 | SCE6-8          | Truss Philips Screw M6xP1.0x8                          | 4   | 190 | P-1918R     | Right Decorative Cover                                                                  | 1   |
| 148 | SPA060-130-10   | Washer ø6xø13x1t                                       | 4   | 191 | P-2020L     | Wheel Cover(Left)                                                                       | 1   |
| 149 | XEG-15-001      | Circuit Breaker                                        | 1   | 192 | P-2020R     | Wheel Cover(Right)                                                                      | 1   |
| 150 | SEA8-15IL       | Allen Bolt BK M8xP1.25x15                              | 4   | 193 | SCE5-15     | Truss Philips Screw M5xP0.8x15                                                          | 8   |
| 151 | RCA-007         | Computer Control Box Decal                             | 1   | 195 | JTFB003L    | Hand Grip Tube Assembly(Left)                                                           | 1   |
| 152 | JTFC001         | Control Box Iron Plate Assembly                        | 1   |     | P-2341L     | Hand Grip Base Plastic(Left)                                                            | 1   |
| 153 | SDA10-35I       | Truss Hex Screw M10xP1.5x35                            | 2   | 196 | JTFB003R    | Hand Grip Tube Assembly(Right)                                                          | 1   |
| 154 | PEC-UC-0.5      | Wire Clip Knob                                         | 2   |     | P-2341R     | Hand Grip Base Plastic(Right)                                                           | 1   |
| 155 | PEC-UC-1        | Wire Clip Knob                                         | 4   | 208 | SCE6-10     | Truss Philips Screw M6xP1.0x10                                                          | 9   |
| 171 | XLT002          | Extension Wire(White)<br>14AWGx90x2T                   | 1   |     |             |                                                                                         |     |
| 172 | XLT001          | Extension Wire(Black)<br>14AWGx90x2T                   | 2   |     |             |                                                                                         |     |
| 173 | XLT003          | Extension Wire(White)<br>14AWGx170x2T                  | 1   |     |             |                                                                                         |     |
| 174 | XLT004          | Extension Wire(Black)<br>14AWGx170x2T                  | 1   |     |             |                                                                                         |     |
| 175 | XLT036          | Extension Wire(Kelly)<br>14AWGx130mmx1T1R              | 1   |     |             |                                                                                         |     |



## WARRANTY

### USA / CANADA Warranty

Warranties may vary in other countries. See your local BH Fitness Dealer.

#### WARRANTY SUBMITTAL

Please have the following information available when contacting your dealer or BH for warranty support.

A copy of the dated purchase receipt or credit card statement.

An explanation the problem/malfunction or parts that are missing or damaged.

Owner's name, address and phone number.

Model (Conquest) and Serial Number

Forward your information to BH North America by

FAX: (949) 206-0013

E-mail: [fitness@bhnorthamerica.com](mailto:fitness@bhnorthamerica.com)

Mail to: 20155 Ellipse, Foothill Ranch, California 92610, USA

For troubleshooting assistance or to confirm your claim please phone:

(949) 206-0330

**BH FITNESS** extends the following exclusive, limited warranty. Any other use of the unit shall void this warranty.

#### **FRAME** – Lifetime (Home Warranty)

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

#### **DRIVE MOTOR** – TEN (10) Years Home Warranty

BH Fitness warrants the Drive Motor against defects in workmanship and materials for TEN years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use.

## **WARRANTY (cont'd)**

### **LABOR – 1 Years – (Home Warranty)**

BH Fitness shall cover the labor cost for the repair of the unit for a period of one years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use. Labor warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

### **ELECTRONICS & PARTS TEN (10) Years Home Warranty**

BH Fitness warrants the Electronic components and all original parts (other than the Drive Motor) against defects in workmanship and materials for a period of TEN (10) years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use.

### **EXCLUSIVE REMEDY**

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited as detailed above. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Labor warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

### **EXCLUSIONS AND LIMITATIONS**

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

**BH FITNESS** expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

### **WARRANTY REGISTRATION**

Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.