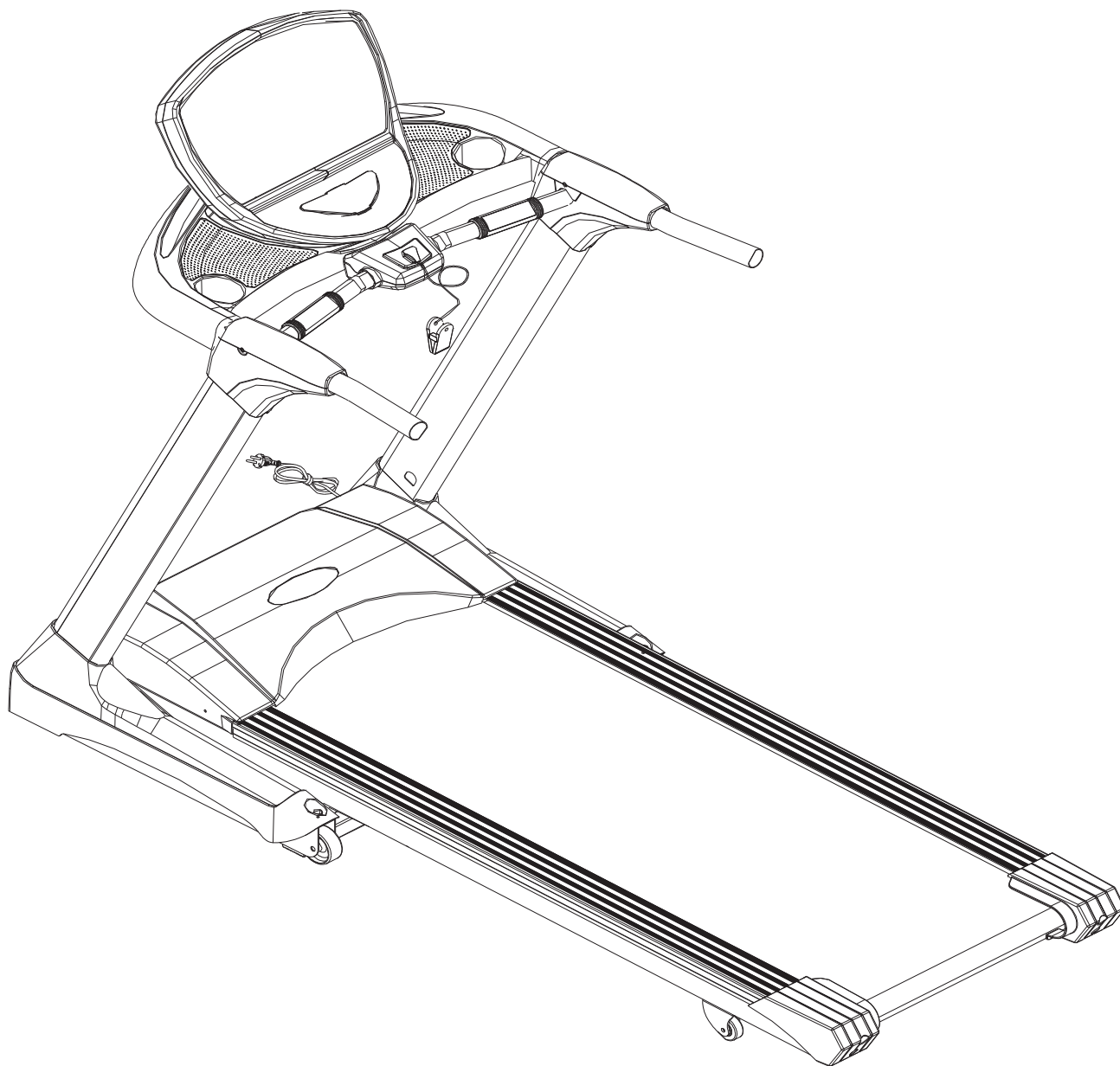




BH Fitness TS1 Treadmill

Owner's Manual



BH FITNESS

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TS1

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V.20100429
BH 12/6/12



INTRODUCTION:

Congratulations for selecting BH FITNESS as your new fitness resource. BH FITNESS treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable.

Please read this entire manual carefully before using your treadmill. This will allow you to get a full understanding of all the features your BH FITNESS treadmill provides. If you have any questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your treadmill.

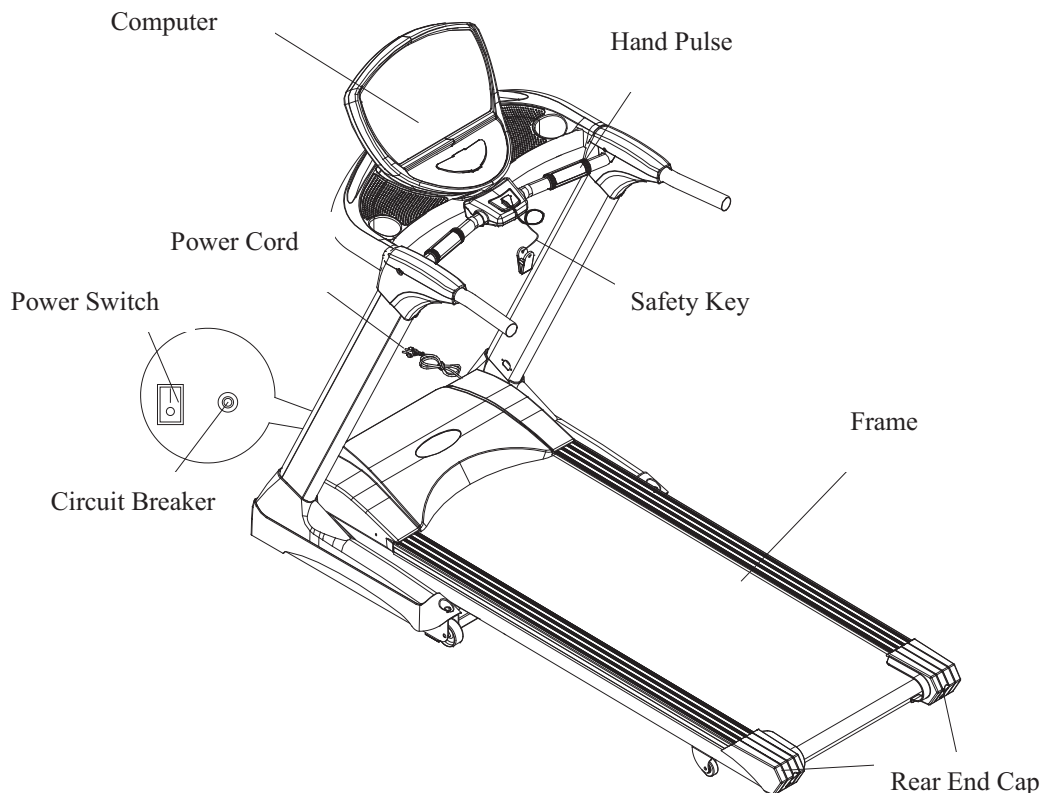




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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children, invalids or disabled persons. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the treadmill.
3. Maximum user weight is 325 lbs (~147kg) for the TS1 treadmill.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Treadmill Safety:

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

7. Turn all the controls to the off position prior to removing the electrical plug from the outlet. The ON/OFF switch is located on the right, front of the unit.
8. Never leave the unit unattended when plugged in. Always unplug the unit from the outlet before leaving the room, when unused and before servicing or adding / removing parts.
9. Unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
10. 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 in water. Return the unit to a service center for examination and repair.
11. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
12. Keep the electrical cord away from heated surfaces.
13. Connect this Treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
14. Call your service center or BH Fitness with your concerns before taking your treadmill in for repair.
15. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
16. Do not use outdoors.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
19. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the treadmill. Place the unit on a flat stable surface.

Note—This treadmill has the foldable mechanism, please make sure the incline is adjusted to the original position before folding the treadmill (to avoid interference between mechanisms).



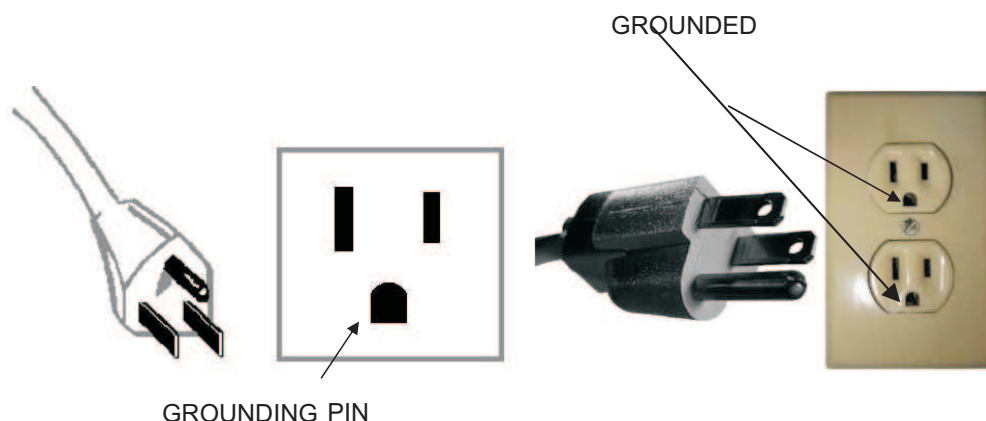
IMPORTANT SAFETY INSTRUCTIONS (cont'd)

GROUNDING INSTRUCTIONS

This unit must be grounded. If it malfunctions or breaks down, grounding reduces the risk of electric shock by providing a path of least resistance for electric currents. This unit is equipped with a cord that has an equipment-grounding conductor and a grounding plug. Insert the plug into an appropriate 110-120 Volt electrical outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use an adapter or extension cord with this unit.

WARNING! – An improper connection of the grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are uncertain if the unit is grounded properly. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

GROUNDING METHODS



WARNING!

NEVER PUT THE TREADMILL BE ON ITS SIDE

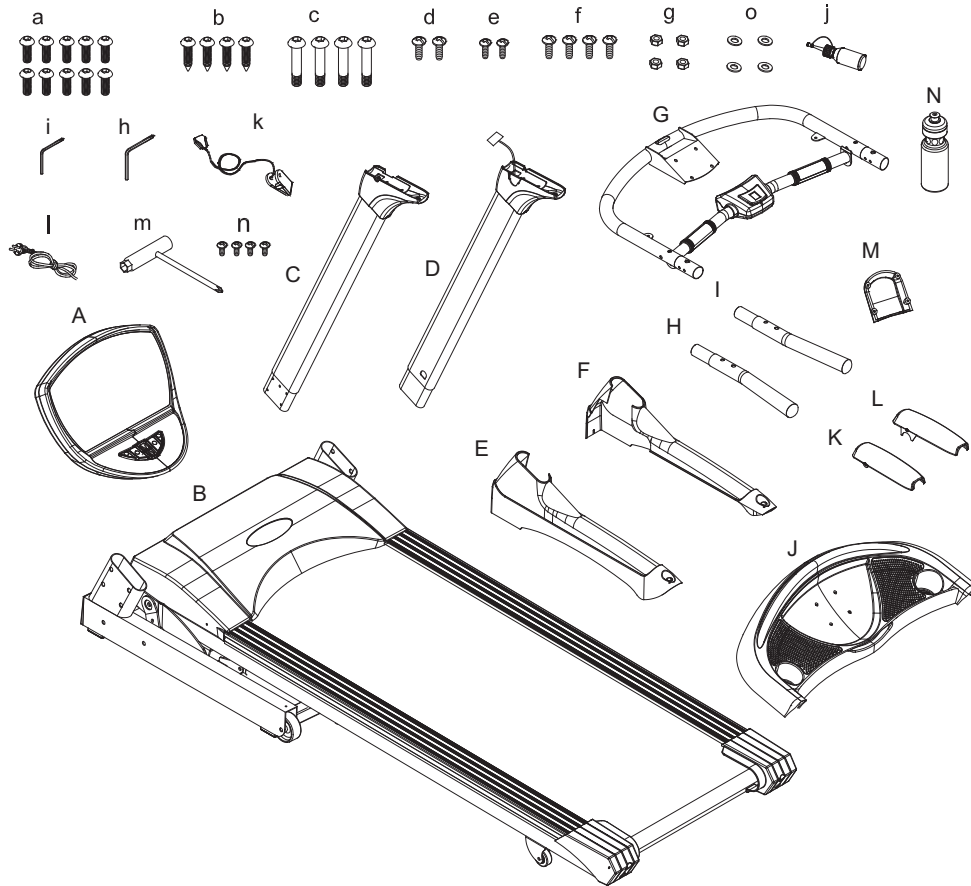
Please save these instructions

SECTION 2

ASSEMBLY INSTRUCTIONS TS1

Item	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Left Decoration Cover	1
F	Right Decoration Cover	1
G	Computer Shelf	1
H	Left Handrail	1
I	Right Handrail	1
J	Cup/Bottle Holder	1
K	Left Handrail Decoration Cover	1
L	Right Handrail Decoration Cover	1
M	Rear Cover	1
N	Bottle	1

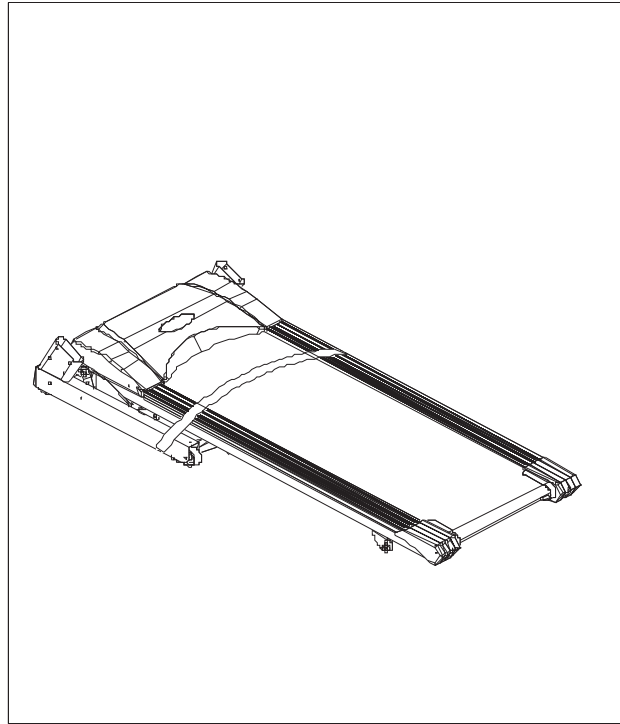
Item	Description	Qty
a	Truss Hex Screw M8xP1.25x15	10
b	Truss Philips Screw M5xP0.8x10	4
c	Truss Hex Screw M8xP1.25x60	4
d	Truss Philips Self Tapping Screw ψ 5x25	2
e	Truss Philips Self Tapping Screw ψ 4x12	2
f	Truss Philips Screw M5xP0.8x15	4
g	Nylon Nut	4
h	Hex Wrench 6mm	1
i	Hex Wrench 5mm	1
j	SILICONE	1
k	Safety Key	1
l	Power Cord	1
m	Sleeve Screwdriver	1
n	Round Head Philips Screw M4xP0.7x8	4
o	Washer $\varnothing$ 6x $\varnothing$ 16x1.0t	4



WARNING!

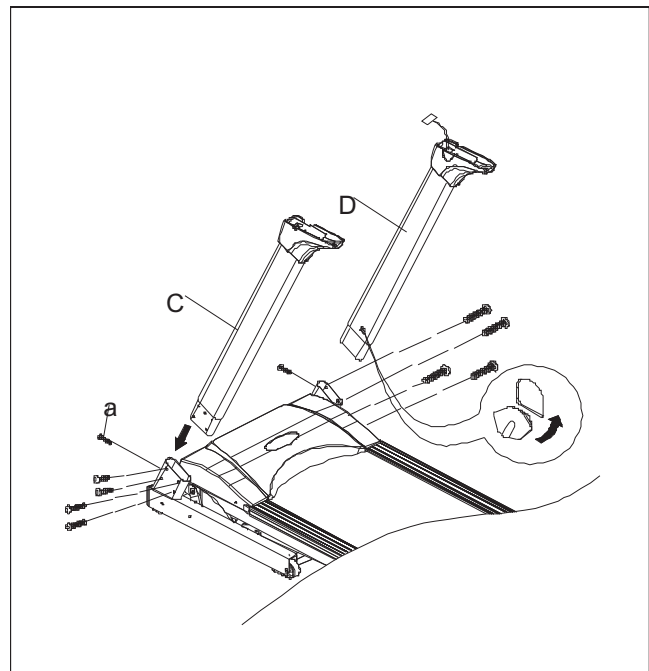
UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

Don't cut the packing belt until removing the treadmill from the carton and lay it flat on the floor as shown in the drawing.

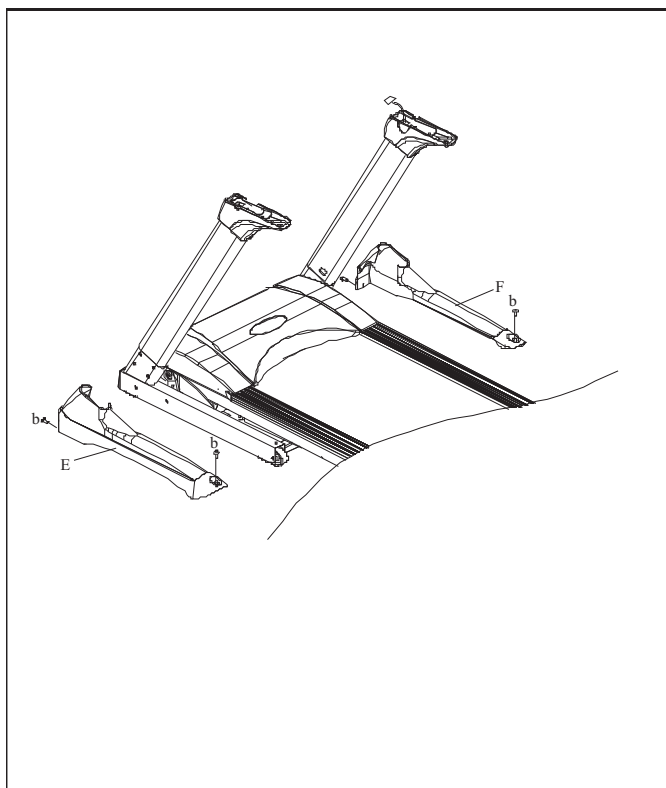


1. Pull out the control cable with the guide thread attached in the right upright (D), then feed the control cable into the opening of the right upright as shown. Tighten the left and right uprights (C,D) with bolts (a) and assemble them onto the frame

Note: During assembling of the upright supports, one person is needed to hold the support in place while the other tightens the bolts to avoid unexpected accidents

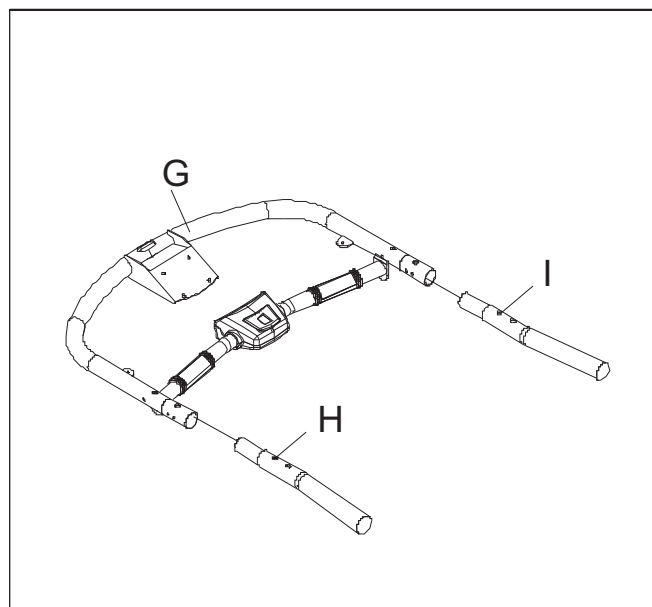


2. After left and right Uprights are tightened, place left and right Decorative Covers (E, F) onto the Frame and secure with Philips Screws (b).



3. Computer Rack Assembly: Assemble Left and Right handrails (H,I) to the computer rack as shown

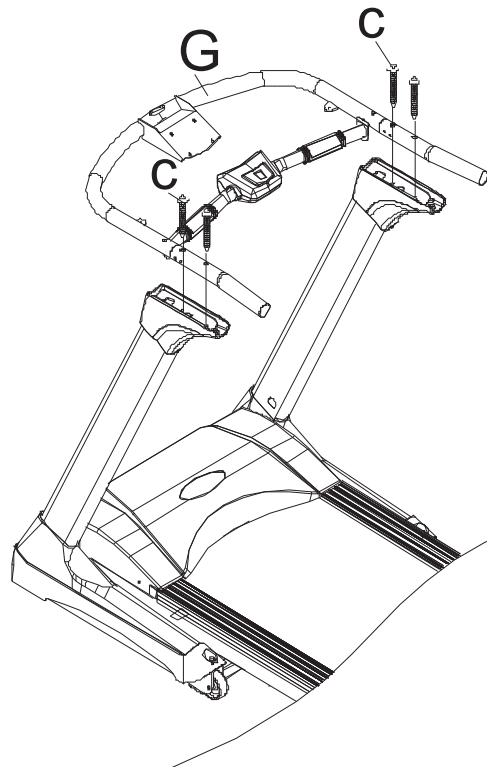
Note: During assembly, be sure to align the holes of the handrails and the computer rack



4. Connect the main cable through the Computer Rack Assembly (G) and pull out the wire from the upper holes of the Computer Rack Assembly. Place the Computer Rack Assembly (G) on the uprights. Fasten with hex bolts (c).

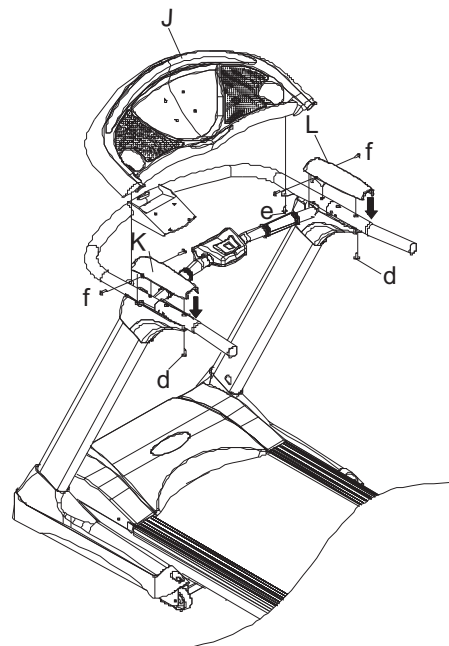
When fastening the bolts for the uprights and handrails, make sure that the bolts do not pinch the wires/cables in the process

Note: Always assemble the treadmill with an assistant, do not assemble by one's self.



5. Attach the left and right decorative handrail covers (K,L) onto the computer rack as shown (right) and tighten with Philips Self Tapping Screw (d, f).

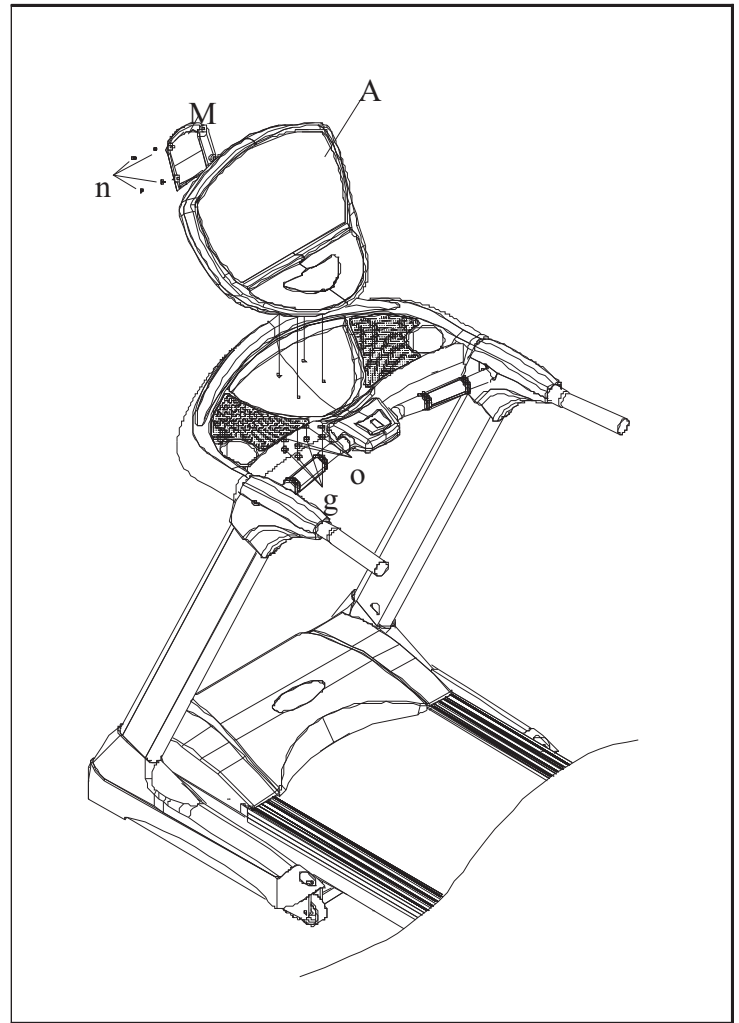
Place the bottle holder (J) on the computer rack and tighten with 1 Philips Self Tapping Screw (e) on each side.



Note: Be aware not to pinch or damage the wires/cables during the assembly

6. Match and connect all the cables from the bottle holder to the computer console (A) on the treadmill. Tidy up all cables and tuck them inside the computer console. Place the computer console on bottle holder and tighten with nylon nut (g) and washer (o). Tighten the rear cover (M) with 4 screws (n).

Note: While connecting the cables, be sure to match their colors: red to red, white to white, etc.





SECTION 3

TREADMILL AND CONSOLE

WARNING!

NEVER PUT THE TREADMILL BE ON ITS SIDE

MOVING THE TREADMILL

Use the front wheels to move the Treadmill. Elevating the treadmill (incline) may help make the wheeling of the unit easier. Always be sure to use proper lifting form / technique. Grasp the end caps with two hands and slowly lift deck up until you are in an upright position. keep the treadmill at that angle and wheel the unit as required.

SAFETY KEY & CLIP

Your BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. You should attach the clip end to your clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill, pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. You will then need to program your workout again.

BEFORE STARTING

Straddle the running belt and stand on the side rails. Insert the safety key and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.

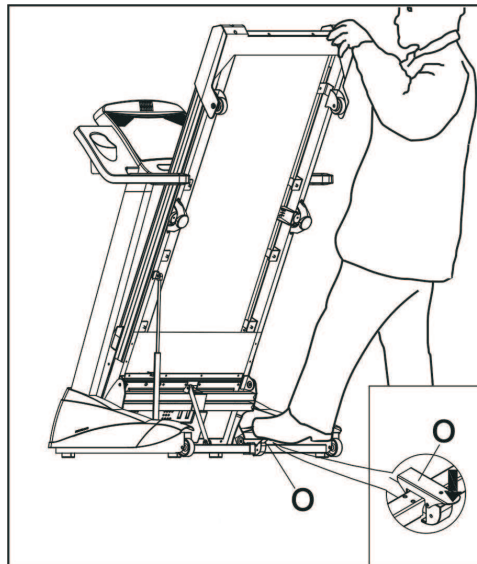


TREADMILL FOLDING AND MOVING

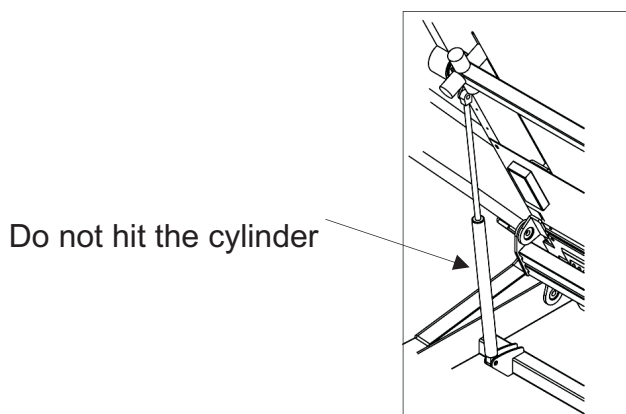
FOLDING UP THE UNIT

The Treadmill can be folded for storage.

1. Stop the treadmill.
2. Lower the elevation to the minimum.
3. Turn off the power and unplug the electrical power cord
4. Lift the running deck up by the end caps until lever (O) clicks into place. The treadmill is locked in folding storage position
5. Do not touch lever (O) until you are ready to unlock and use the treadmill again



NOTE: The pneumatic cylinder is packed under high pressure. Hard hits, knocks or impacts could cause damages to the cylinder. If damaged, the folding mechanism may not work properly and the treadmill deck could land on the floor abruptly





FOLDING AND MOVING (cont'd)

MOVING THE UNIT

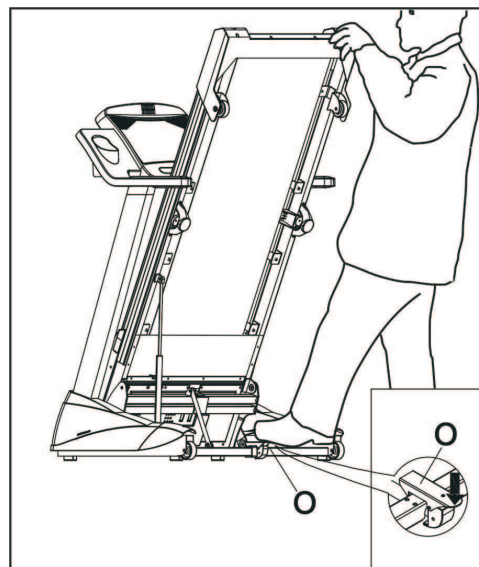
NOTE: Do not move across an uneven floor.

1. Verify the electrical connector is unplugged and the unit is folded.
2. Place your hands on the handrails and push the treadmill using the two wheels.



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 deck will slowly lower down to the floor.



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.



TREADMILL AND CONSOLE (cont'd)

TS1



KEY FUNCTIONS

START – This key is used to begin any treadmill program.

PROGRAM – This key is used to enter into the programs.

STOP/RESET – This key is used to stop the treadmill at any time. Press STOP/RESET once to stop the running belt. Press STOP a second time and hold 5 seconds until it beeps to end the program and set the incline to zero from an elevated position.

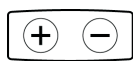
NOTE: Slow running belt, then step off running belt onto the side rails prior to pressing the STOP button.

NOTE: For an immediate stop, pull the safety key out of the safety key recess and the treadmill will stop abruptly.

ENTER – This key is used to confirm the value of the current selection.



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



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

INSTANT SPEED – You can change the speed of the treadmill by pressing one of the Instant Key buttons.



TREADMILL AND CONSOLE (cont'd)

CONSOLE FEEDBACK

TIME – This will read the number of minutes left in the program that you have selected or the number of minutes since beginning the test.

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

PULSE – Pulse will display in Beats Per Minute (BPM).

SPEED – This is how fast the treadmill moves in Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout in miles.

INCLINE – Incline will read as a percent of grade.

NOTE: If the Incline is elevated and the belt is not moving, press the STOP for 5 seconds until the unit beeps to lower the incline to zero.

USING HEART RATE

NOTE: See page 21 for Target Heart Rate Instructions.

PULSE GRIP – To periodically check your heart rate, grasp the sensors at the base of the console. The PULSE LED will blink and after about 9 seconds your pulse will be displayed in the pulse window.



SECTION 4

WORKOUT PROGRAMS

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

In MANUAL, you control the speed and/or elevation at your discretion.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).

In any program, pressing the STOP will pause the current program. To resume the current program press the START key. To exit the current program and return to the START/READY status, press and hold the STOP again for 3 to 5 seconds until the console beeps.



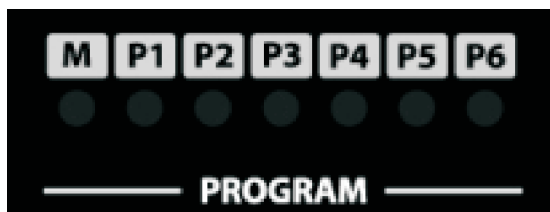
WORKOUT PROGRAMS (cont'd)

1 GENERAL OPERATION

- 1.1 Turn on the treadmill.
- 1.2 Stand on the side rails. Place the safety key into the recess of the console. The beeper will sound and the windows will display zeroes "0", which shows the treadmill is in START/READY status. Under this status the user can hold the grip pulse sensor to detect heart rate value directly.
- 1.3 Press **(START)** to start and the **MANUAL** LED illuminated. The treadmill belt will roll at the speed of 0.6 miles/hr (1.0 km/hr). At this time, press "**- +**" to decrease/increase the speed (or press **2 4 6 8** to select the speed you want) or press "**△ ▽**" to control the incline angle. Press **(STOP)**, the treadmill will stop. (Press **(STOP)** once and it will display **(STOP)**. All the numbers will stop changing. After the treadmill pauses for 60 seconds, it will default to the Start/Ready status. If **(STOP)** is pressed once, then pressed and held for 3 seconds, the unit will **Reset** to the Start/Ready status.

2 PROGRAM Function Key

- 2.1 Under Start/Ready status, when the **PROGRAM** button is pressed, the **MANUAL** LED (Light Emitting Diode) will blink. Now a new program can be selected. To select a new program, press "**+ -**" or "**△ ▽**" to switch the LED between **MANUAL** and **P1** through **P6**.



2.2 MANUAL Function

- 2.2.1 When **MANUAL** light is blinking, press **PROGRAM** and the **MANUAL** light will stop blinking. **TIME** LED will blink. Now you can adjust time by pressing the speed **+ -** or incline **△ ▽** buttons.
- 2.2.2 Press **(START)**, the motor will start at the speed of 0.6 miles (1.0 km/hr). At this time, press "**+ -**" or "**△ ▽**" to control the speed and elevation.
- 2.2.3 Press and hold **STOP** for 3 to 5 seconds to end the program before it is finished.



WORKOUT PROGRAMS (cont'd)

2.3 Operating P1 through P6 Program Method 1 (each **PROGRAM** has 15 segments).

NOTE: The P1 9 HOLE program is 2.17 miles (3500m) in length and simulates the length of a golf course. The difficulty depends on the degree of the change between elevations. After reaching the 2.17 miles (3500m), the treadmill will stop.

NOTE: In every **PROGRAM**, before L1 through L3 begin, there is a 1 minute warm up. During this time, it begins with the initial speed of each level.

2.3.1 If the “**M**” LED light is not blinking, press the **PROGRAM** button until “**M**” does blink.

2.3.2 When the “**M**”, **MANUAL** LED is blinking, press “ or ” until the LED of the desired program **P1** through **P6** is blinking. Press to confirm. After a program is selected, the corresponding LED light will continue to illuminate

2.3.3 The **CALORIES** window displays the exercise intensity level (**L1** through **L3**). The graphs on the following pages illustrate the three levels. Press “ or ” to select the desired level, after you have selected the level press to confirm.

2.3.4 For **P1** skip this step, go to next step. After the level is selected, the **TIME** window blinks. Press “ or ” to change the time. After the desired time is set, press and the **TIME** window stops flashing.

2.3.5 Press and the treadmill runs according to the pre-set value of the program. The speed and incline of the program’s 15 segments will change according to the pre-set values. The first segment will last 2 minutes, then the following will each last for 1 minute. When the time is achieved, speed and incline will change directly. (During exercise, you can press “ ” to directly change the speed and to change the incline.)

2.4 Operating P1 through P6 Program Method 2

2.4.1 During programs **P1** through **P6**, if is pressed the belt will start to roll at once. To change the pre-set values, press “ or ”. The pre-set program value is restored the next time the program is used



WORKOUT PROGRAMS (cont'd)

Refer to the below chart for the pre-set inclines and speeds of the **PROGRAM** :

Level	INCLINE								SPEED								Miles/hr
14~15	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	8.7 – 10.0
12~13	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	7.5 – 8.7
10~11	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	6.2 – 7.4
8~9	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	5.0 – 6.2
6~7	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	3.7 – 4.9
4~5	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	2.5 – 3.7
2~3	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	1.3 – 2.4
0~1	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	0.6 – 1.2
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	

Minutes

P1 9 HOLE

	Elevation		Speed	
L1				
	1 1 3 1 5 3 1 3	7 3 1 1	2 2 2 2 2 2 2 2	2 2 2 2
L2				
	3 3 9 1 7 3 1 9	7 3 1 5	2 2 2 2 2 2 2 2	2 2 2 2
L3				
	3 9 5 5 13 5 7 7	13 7 3 5	2 2 2 2 2 2 2 2	2 2 2 2

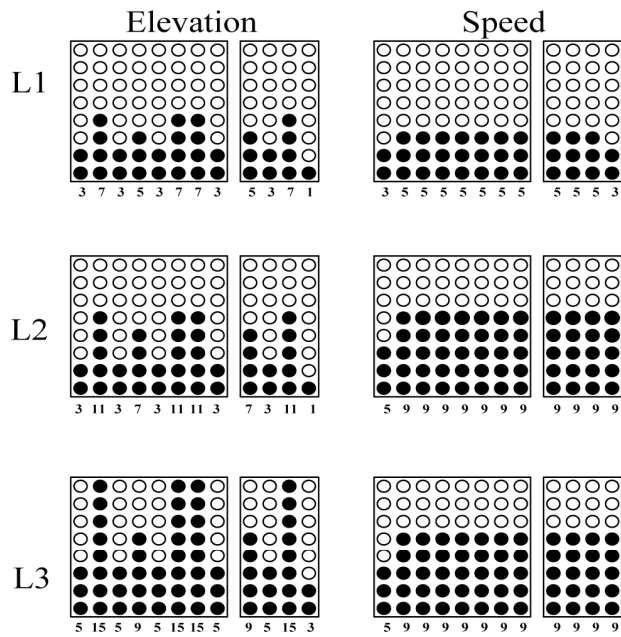
P2 CARDIO

	Elevation		Speed	
L1				
	1 3 3 5 5 7 7 5	5 3 3 1	3 5 5 7 7 7 7 7	5 5 3 1
L2				
	1 3 5 7 9 11 11 9	5 3 3 1	1 3 3 5 5 5 5 5	3 3 3 1
L3				
	3 7 9 11 13 15 15 13	9 7 5 3	1 3 3 5 5 5 5 5	3 3 3 1

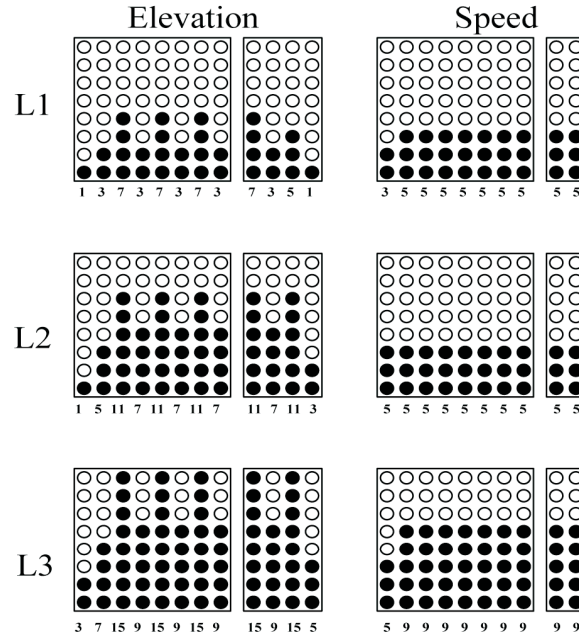


WORKOUT PROGRAMS (continued)

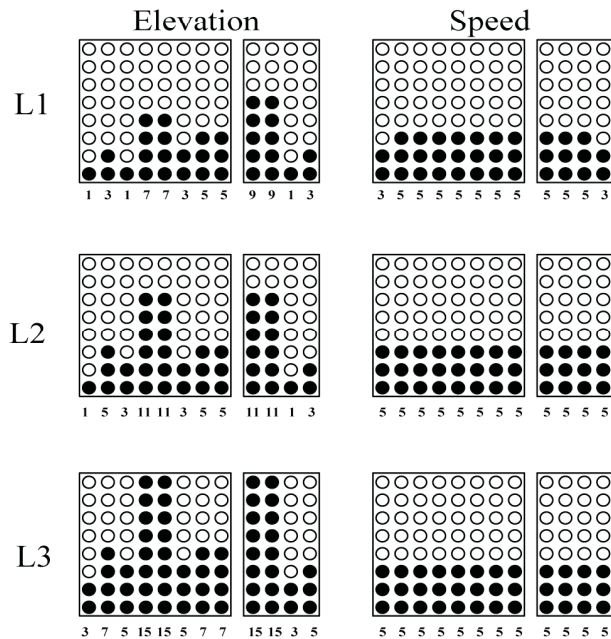
P3 RUNNING



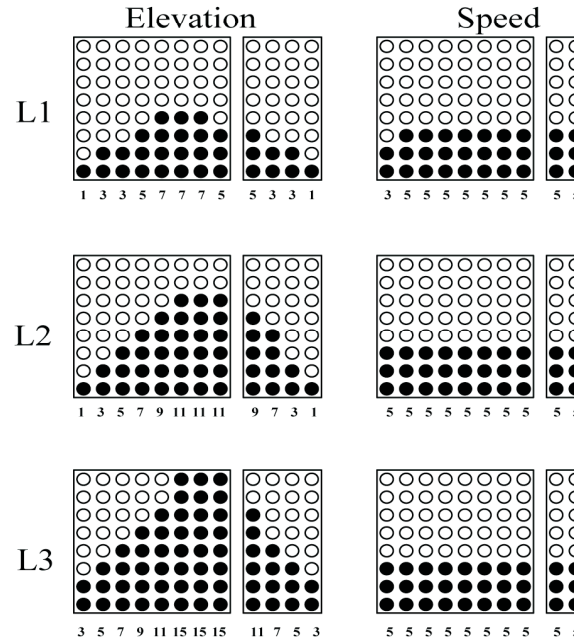
P4 FAT BURN



P5 INTERVALS



P6 HILL INTERVALS





SECTION 5

CALCULATE YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE

Determining your Maximum Heart Rate:

The standard calculation for determining your maximum heart rate, Beats Per Minute (BPM), is to take your age and subtracting it from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:
 $220 - 30 = 190 \text{ BPM}$.

STEP TWO

Select your ideal workout HR Zone:

Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to loose weight.

70-80% of your maximum HR will improve your aerobic fitness.

80-85% of your maximum HR will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE

Calculate your ideal Target HR:

Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during a workout
 $190 * 0.65 = 123 \text{ BPM}$.

Improve aerobic fitness, by maintaining ~142 BPM during a workout
 $190 * 0.75 = 142 \text{ BPM}$.

Do not exceed 85% = $190 * 0.85 = 161 \text{ BPM}$.

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.

PREVENTIVE MAINTENANCE

The running belt can shift to one side or simply 'skid over' when running. Run the machine at 3 mph for a few minutes to determine which side the belt is drifting towards, left or right. Center the belt using the Torque wrench.

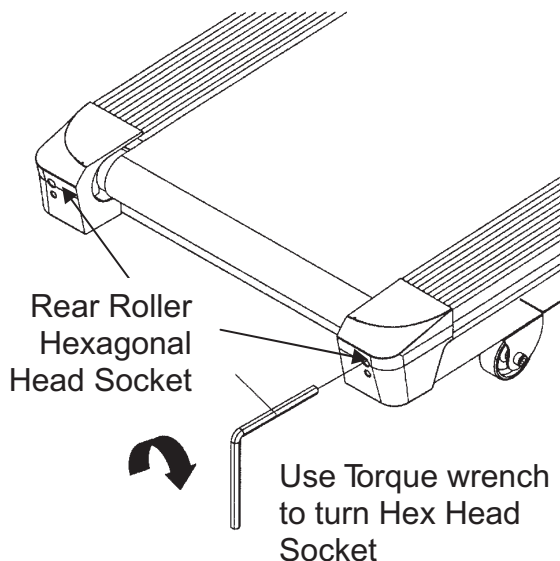
If the belt is drifting left.

- i) Turn the treadmill off and unplug from the machine.
 - ii) Tighten the left hexagonal head socket a $\frac{1}{4}$ turn (clockwise).
 - iii) Loosen the right hexagonal head socket a $\frac{1}{4}$ turn (counterclockwise).
 - iv) Run the belt at 3 mph again for a few minutes.
- If the belt drifts to the left, repeat steps.

If the belt is drifting right.

- i) Turn the treadmill off and unplug from the machine.
 - ii) Tighten the right hexagonal head socket a $\frac{1}{4}$ turn (clockwise).
 - iii) Loosen the left hexagonal head socket a $\frac{1}{4}$ turn (counterclockwise).
 - iv) Run the belt at 3 mph again for a few minutes.
- If the belt drifts to the right, repeat steps.

Once the running belt has been adjusted, closer to the center, the treadmill can be powered on again.



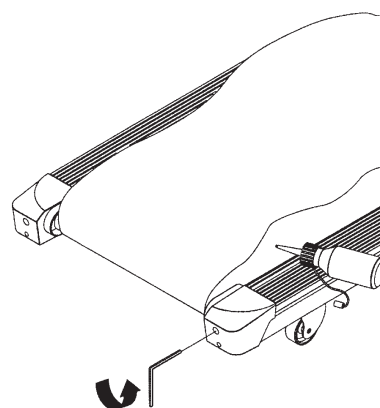
It is recommended that the deck be lubricated regularly according to the frequency of usage. Refer to the suggested schedule in the table below.

WARNING!

Do not use cleaner under the running belt.

- i) Use Torque wrench to loosen the hexagonal head socket in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. ONLY use a clean soft cloth.
- ii) Gently pull up the side of the running belt. Dispense a thin layer of the lubricant on deck, and spread evenly. DO NOT over lubricate.
- iii) Center the belt (using the instructions above), and tighten the hexagonal head socket.

Check belt condition and if necessary adjust using the instructions above.



For home use:

4 Miles or less / hr = lube every 1 year

4~8 Miles / hr = lube every 6 months

8 Miles or more / hr = lube every 3 months



SECTION 7

TROUBLESHOOTING

ERROR MESSAGE	POSSIBLE CAUSES	SOLUTION
E1		
Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
	Speed Sensor Misaligned	Check Sensor position
	Faulty Speed Sensor	Replace Speed Sensor
	Loose Display Connection	Check Display Cable Connection
	Faulty MCB (D2 LED on)	Replace MCB
	Faulty Drive Motor	Replace Drive Motor
E6		
Safety Key Off	Faulty Safety key	Check Safety key or switch
Elevation Motor	Elv. Motor not moving	Check Elv. Motor connections
Stalled Elev. Motor	Elv. Motor screw binding	Clean screw, lubricate or remove obstruction
	Elv. Motor out of range	Check motor zero position
	Elv. Potentiometer	Calibrate Elev motor
E7		
Elevation Motor	Elv. Motor out of range	Calibrate Elev motor
Display doesn't light up	On/Off Switch	Check if unit is turned on
	Fuse	Check fuses on MCB
	Insufficient power source	Plug unit in a dedicated 120V, 20A outlet



SECTION 8

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 (Treadmill TS 1) and Serial Number

Forward your information to BH North America by

FAX: (949) 206-0013

E-mail: 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 for T S1

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 – Lifetime Home Warranty for T S1

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

ELECTRONICS & PARTS – 5 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 five years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use.

LABOR – 1 Year Home Warranty

BH Fitness shall cover the labor cost for the repair of the unit for the period described above 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.



WARRANTY

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 five (5) years on other parts. Labor warranty coverage is one (1) year. 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

Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013

Web: www.BHFitnessUSA.com

Mon - Fri 8am - 5pm PST



PART LIST

No.	Description	Qty.	No.	Description	Qty.
1	Electronics	1	54	R Pin $\psi 10 \times \psi 2.0$	2
1-1	water bottle holder	1	55	controller pin	1
1-2	Electronic shelf	1	56	Frame	1
2	Truss hex screw M8xP.1.25x60	4	57	Power cord socket	1
3	Positioning Mechanical Spring	1	58	Power Switch	1
4	left upper handle cover	1	59	Circuit Breaker	1
4-1	right upper handle cover	1	60	Sensor	1
5			61		
6	computer decoration cover	1	62	Truss hex screw M10x52(12mm)(SAE105212)	2
7	left lower handle cover	1	63	Truss Philips Self Tapping Screw $\psi 4 \times 12$	2
7-1	right lower handle cover	1	64		
8	left handlerail	1	65	Truss Philips Screw M4xP0.7x15	8
8-1	right handlerail	1	66	CKS Hex Screw M8xP1.25x30 12mm	1
9	Arc tube	2	67	Fixed cushion	6
10	PVC foam grip	2	68	Truss Philips Screw M4xP0.7x10	1
11	left upright	1	69	Fixed plastic pedal	8
11-1	right upright	1	70	Washer Drilling Philips Self Tapping Screw $\psi 4 \times 12$	4
12	guide thread	1	71	CKS Hex Screw M8xP1.25x45	3
13	backboard	1	72	Washer $\psi 10 \times \psi 6 \times 1.0t$	3
14	washer spring M8x2.0t	6	73	CKS Hex Screw M8xP1.25x45	1
15	Orientation pedal	1	74	Hex nut M8xP1.25	1
16	Conduplicate stator	1	75	Rear End Cap(Left)	1
17	Truss Philips Screw M4xP0.7x8	4	76	Rear End Cap(Right)	1
18	Incline Base	1	77	Round Head Drilling Philips Screw $\varnothing 4 \times 20$	2
19	Wheel PBKP320	2	78	Motor Cover	1
20			79	Front Roller Sets	1
21	Hex Screw M6x45	4	80	Running Belt	1
22	Plastic cushion	1	81	Peadl	2
23	Rear Fixing Plate	1	82	Rear Roller sets	1
24	Round Head Philips Screw M5x40	1	83	Counter Sink Hex Screw M6xP1.25x25	6
25	CKS Hex Screw SEKK413	1	84	Foam Sticker 1200x20x1.5t	2
26	Bushing mandril	1	85	Running Board	1
27	inside and outside tube	1	86	Power Cord	1
28	Base	1	87	Control Wire(Lower)	1
29			88	Wire Clip Knob UC-0	1
30	Nylon nut M8xP1.25	6	89	Counter Sink Hex Screw M6xP1.0x30	2
31	Smooth Tube	1	90	Extension Wire (White) 14AWGx90mmx2T,180	1
32	Hex Screw M8x32	2	90-1	Extension Wire (Black) 14AWGx90x2T	1
33	Incline joining Board	4	90-2	Extension Wire (Black) 14AWGx90mmx2T,180	1
34	Nylon nut M6xP1.0	8	91		
35	Truss hex screw SAEK432S	4	92		
36	Stop Washer SCAK431	10	92-1		
37	Safty Pin	1	93	Extension Wire(yellow&green) 14AWGx150mmx1T1R	1
38	Cylinder	1	94		
39	Truss Philips Self Tapping Screw $\varnothing 5 \times 25$	2	95	Round Head Philips Screw M5x35	1
40	Truss Philips Screw M5xP0.8x15	12	96	Washer $\varnothing 6 \times \varnothing 13 \times 1.5t$	4
41			97	Wheel	2



PART LIST (CONT'D)

42	Truss Philips Screw M5xP0.8x10	6	98	Washer Drilling Philips Screw φ 4x20	3
43	Lower Motor Cover	1	99	Truss Hex Screw SAEK430S	6
44	Truss Philips Screw M6xP1.0x10	13	100	Foot Pad	4
45	Motor	1	101	Washer Drilling Philips Screw φ 4x20	8
46	Drive Belt	1	102	Nylon nut M5	2
47	CKS Hex Screw M8xP1.25x20	4	103	Sensor fixed Plate	1
48	Washer	4	104	Hex Screw M6x8	1
49	CKS Hex Screw M8xP1.25x15	2	105	Round Head Philips Screw(copper) M5xP0.8x8	4
50	Motor fixing plate	1	106	Left Decoration Cover	1
51	Incline Motor	1	107	Right Decoration Cover	1
52	CKS Hex Screw SAK101535A	1	108		
53	Incline Base Flex	2	109		
110	Hex nut M8xP1.25	1	126		
111			127	Hand Pulse Sets	2
112	Truss philips Self Tapping Screw φ 4x12	2	128	Foam Sticker 40x25x1.0t	2
113			129	Foam Sticker $\varnothing$ 25x $\varnothing$ 8x1.0t	6
114	Safety key top	1	130	Hex Screw M6x8	1
115	Safety key bottom	1	131	Truss Hex Screw M8xP1.25x38 (10mm)	2
116	Truss philips Self Tapping Screw φ 4x16	6	132		
117			133		
118	Hex Wrench 5mm	1	134	Washer φ 6x φ 16x1.0t	4
119	Hex Wrench 6mm	1	135	Nylon nut M6xP1.0	4
120	Truss Hex Screw M8xP1.25x15	10	136	Plastic washer	2
121			137	Plastic Post Pad	4
122	Sleeve Wrench+Philips Screw	1	138		
123	Nylon nut M10xP1.5	2	139	Water Bottle	1
124	Nylon nut M10xP1.5,8t	10	140	SILICON	1
125	Side fixed plastic	2	141	Sound insulation pad	2

