

BH

LK550



OWNER'S MANUAL

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

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0013 | www.BHFitnessUSA.com



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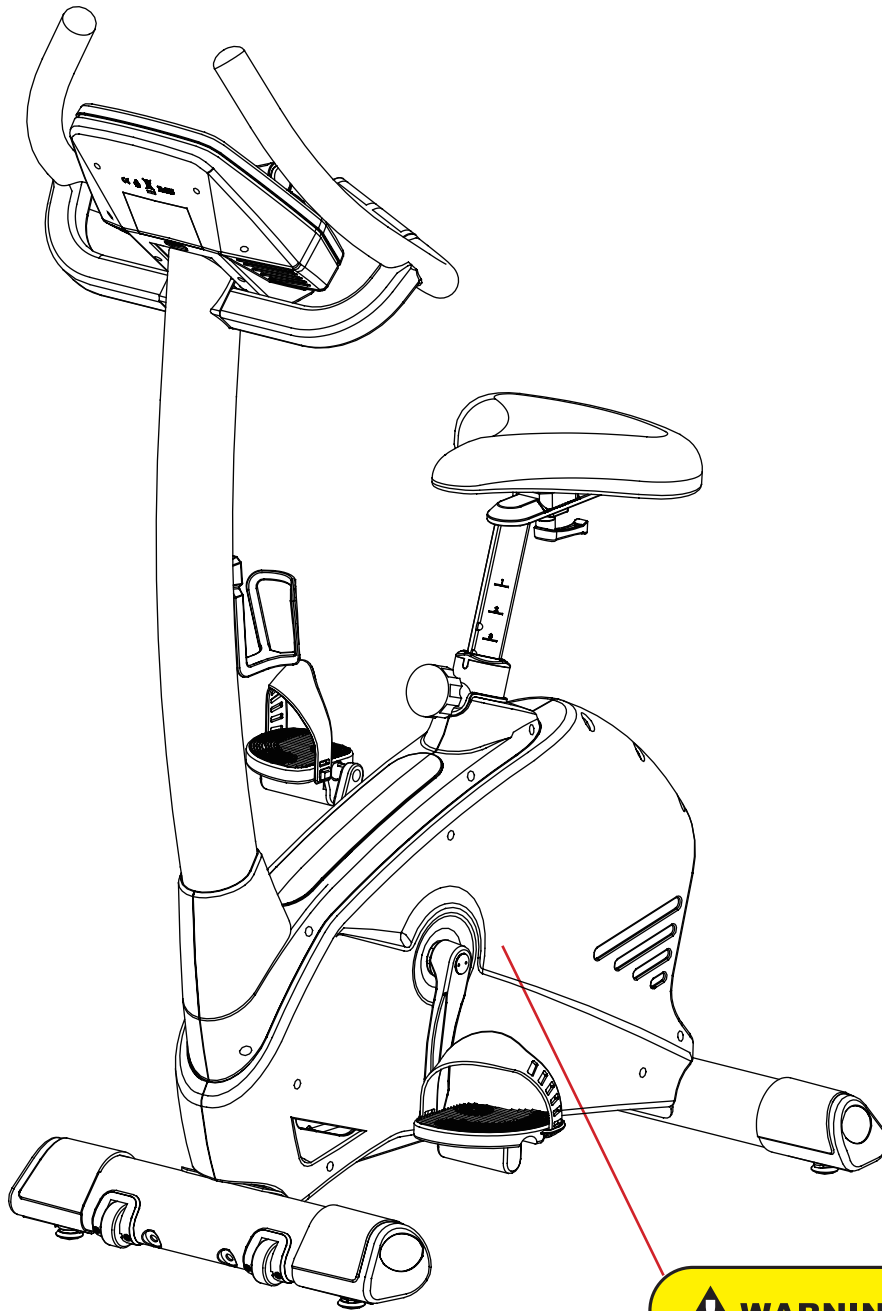
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from BH Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

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

WARNINGS AND LABELS



! WARNING

Keep hands and fingers clear of this area.

SAFETY INFORMATION

PRECAUTIONS

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

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 300 lbs (136 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO₂ Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

| | | | | | | | | | |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Age Target Heart Rate | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
| 10 Second Count | 23 | 22 | 22 | 21 | 20 | 19 | 19 | 18 | 18 |
| Beats per Minute | 138 | 132 | 132 | 126 | 120 | 114 | 114 | 108 | 108 |

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

| | | | | | | | | | |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Age Target Heart Rate | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
| 10 Second Count | 26 | 26 | 25 | 24 | 23 | 22 | 22 | 21 | 20 |
| Beats per Minute | 156 | 156 | 150 | 144 | 138 | 132 | 132 | 126 | 120 |

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair of athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

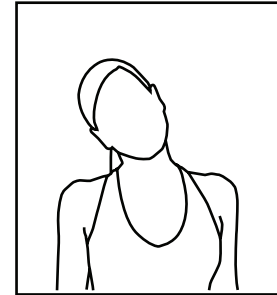
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

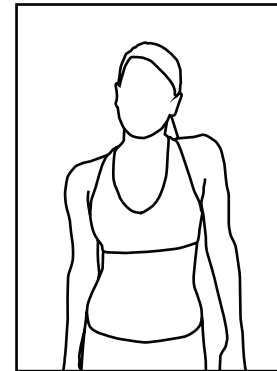
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



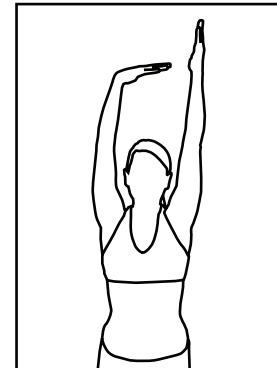
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



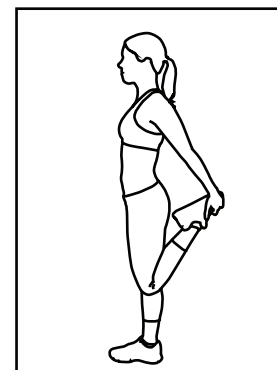
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



Quadriceps Stretch

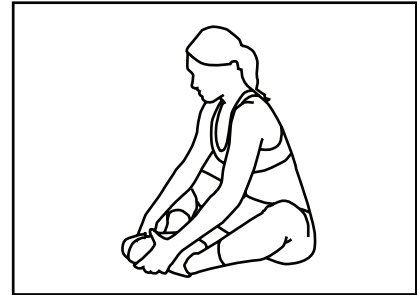
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

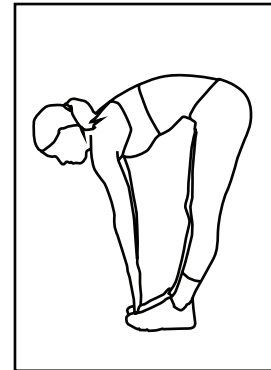
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



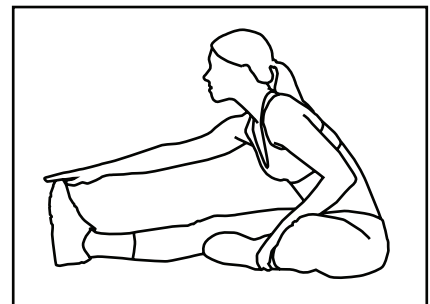
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



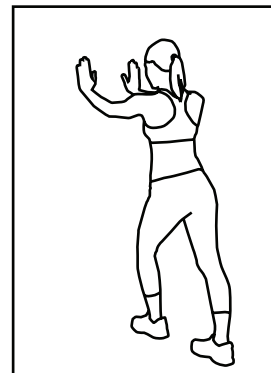
Hamstring Stretches

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

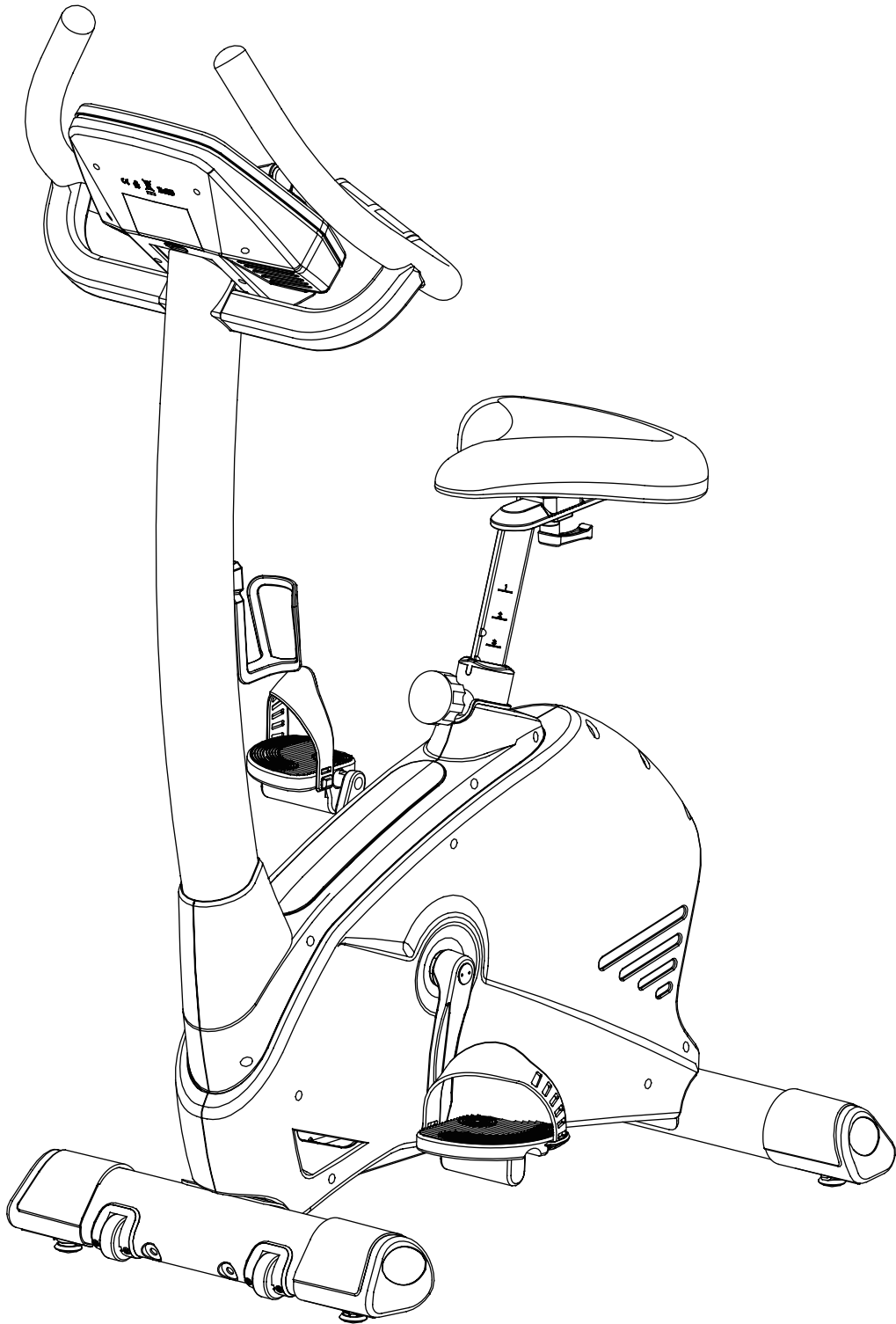


Calf/Achilles Stretches

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



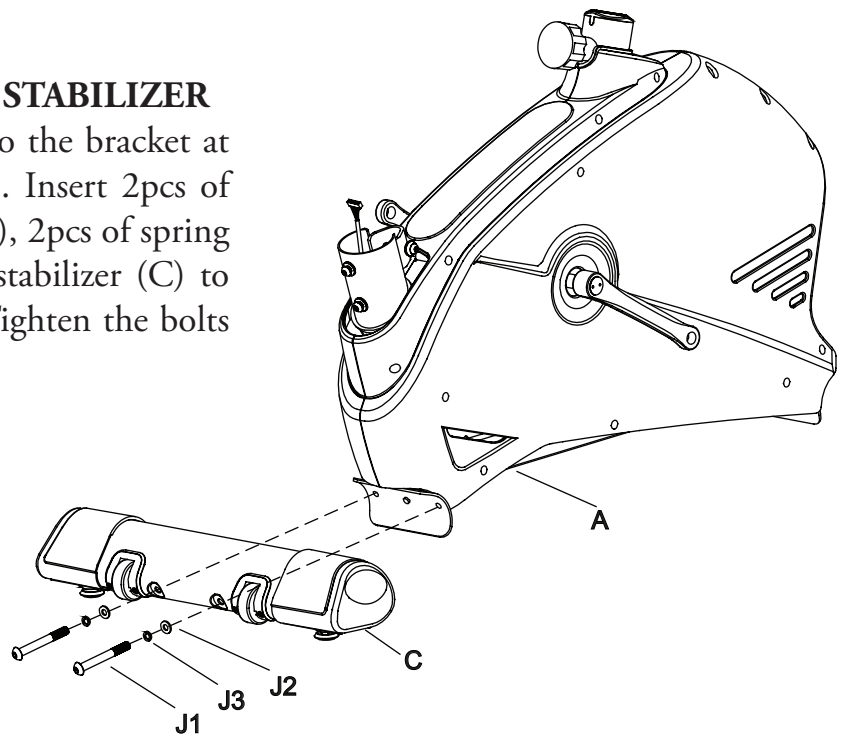
ASSEMBLY INSTRUCTIONS



STEP 1

ASSEMBLY OF THE FRONT STABILIZER

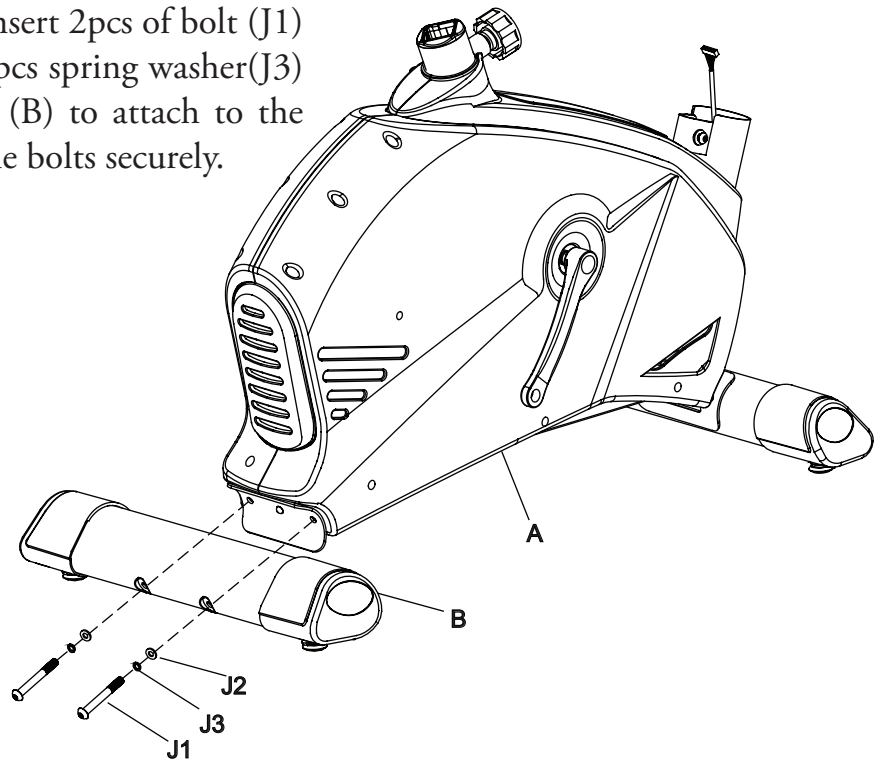
Attach the front stabilizer (C) to the bracket at the front of the main frame(A). Insert 2pcs of bolt (J1) and 2pcs of washer (J2), 2pcs of spring washer (J3) through the front stabilizer (C) to attach to the main frame (A). Tighten the bolts securely.



STEP 2

ASSEMBLY OF THE REAR STABILIZER

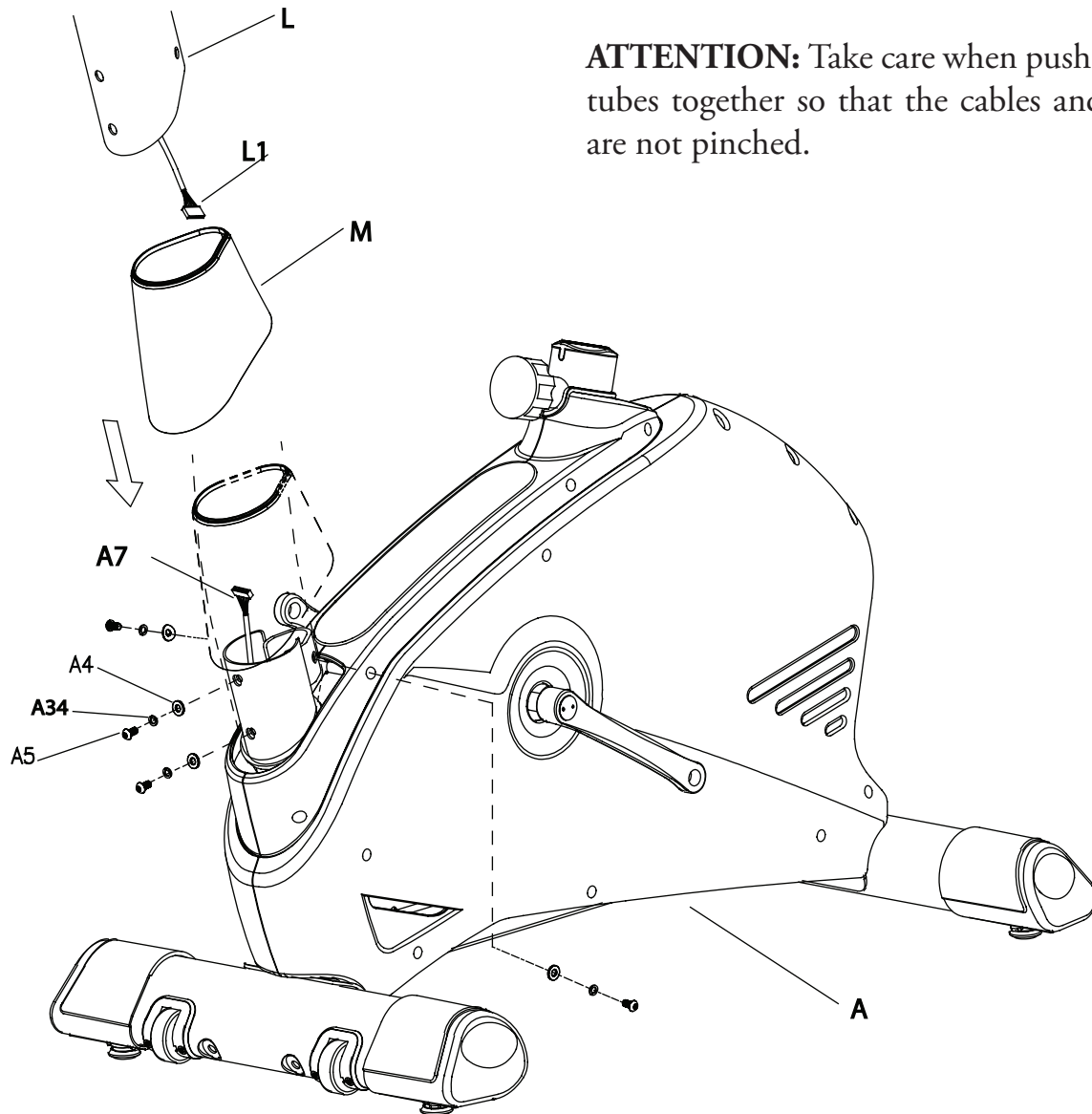
Attach the rear stabilizer (B) to the bracket at the rear of the frame (A). Insert 2pcs of bolt (J1) and 2pcs of washer (J2), 2pcs spring washer(J3) through the rear stabilizer (B) to attach to the main frame (A). Tighten the bolts securely.



STEP 3

UPRIGHT INSTALLATION

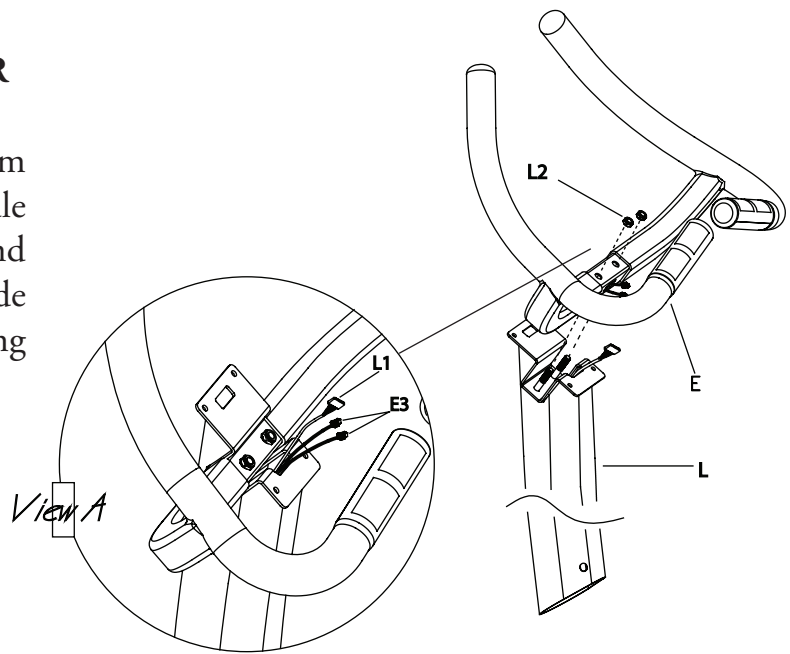
- 1) Remove the four bolts (A5), spring washers (A34) and washers (A4) from the main frame (A) before assembly.
- 2) Slide the upright tube (L) through the plastic cover (M) first.
- 3) Mate the connectors (A7 & L1)
- 4) Assemble the upright tube (L) to the main frame (A) with bolts (A5), spring washers (A34) and washers (A4). Tighten the bolts securely.



ATTENTION: Take care when pushing the tubes together so that the cables and wires are not pinched.

STEP 4 ASSEMBLY OF THE HANDLEBAR

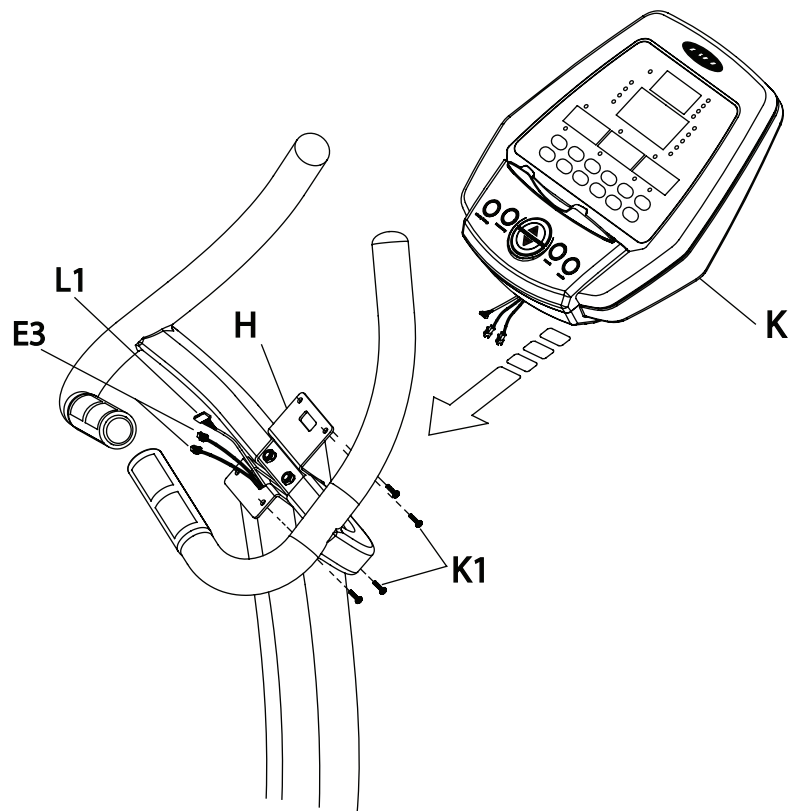
First, remove the two nuts (L2) from the handle bar housing. Put the handle bar(E) into the handle bar housing and secure it with two nuts (L2). Then slide the wire harness through the opening (L1 & E3) as shown in (view A).



STEP 5 ASSEMBLY OF THE COMPUTER

Remove the four screws (K1) from the back side of computer (K). Connect the wire harness (E3 & L1) to those wires coming out of the computer and put the computer on the computer bracket (H).

Then secure the computer on the computer bracket with screws (K1). Tighten the screws securely (do not overtighten).



STEP 6 SEAT POST AND SEAT INSTALLATION

1) Loosen the knob (A21) and pull it outward. While still pulling on the knob (A21), insert the seat post (D) into the main frame (A). Release the knob (A21) after the seat post tube is inserted to a position between minimum and maximum.

Attention:

Make sure the knob has been latched and seated into the adjusting hole of the seat post (D), so that the seat cannot be pushed down.

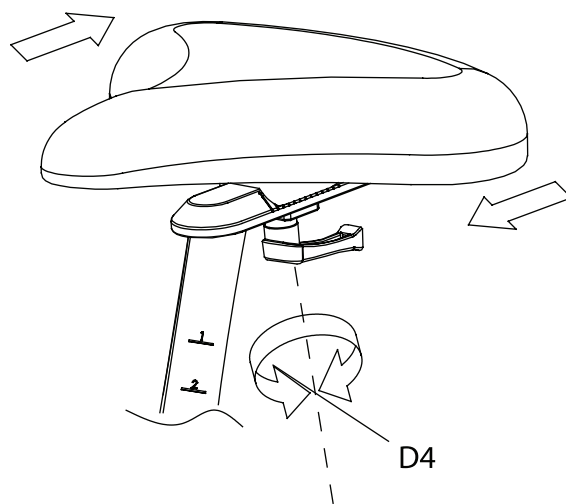
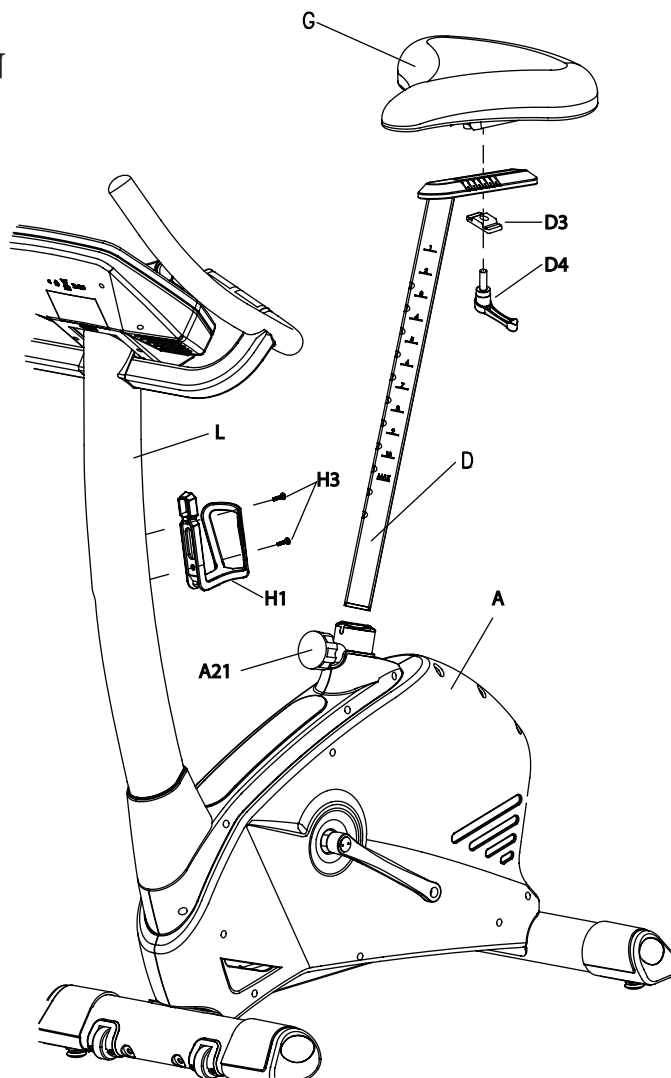
2) Place the seat (G) with the gap block (D3) and handle (D4) and tighten.

ASSEMBLY FOR BOTTLE HOLDER

Remove the two screws (H3) from the support tube (L) first, then assemble the water bottle holder (H1) on the support tube (L) and secure it with the screws (H3).

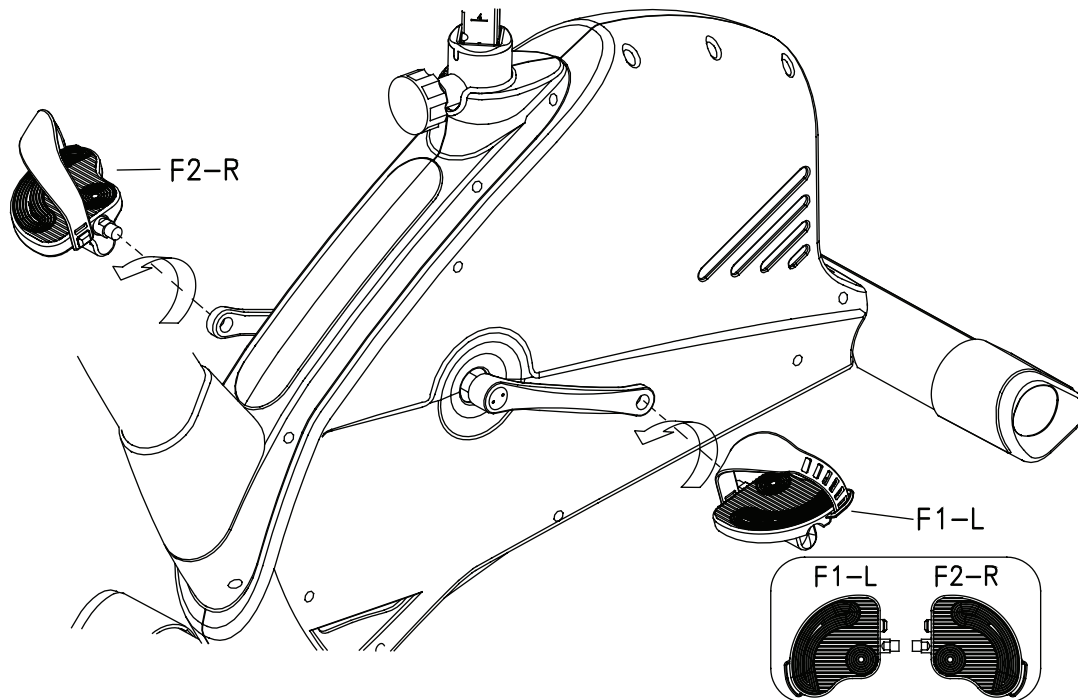
ADJUST THE SEAT

Loosen the seat adjustment handle (D4) and move the seat until it is at a comfortable distance. Tighten the seat adjustment knob to secure the seat in place.



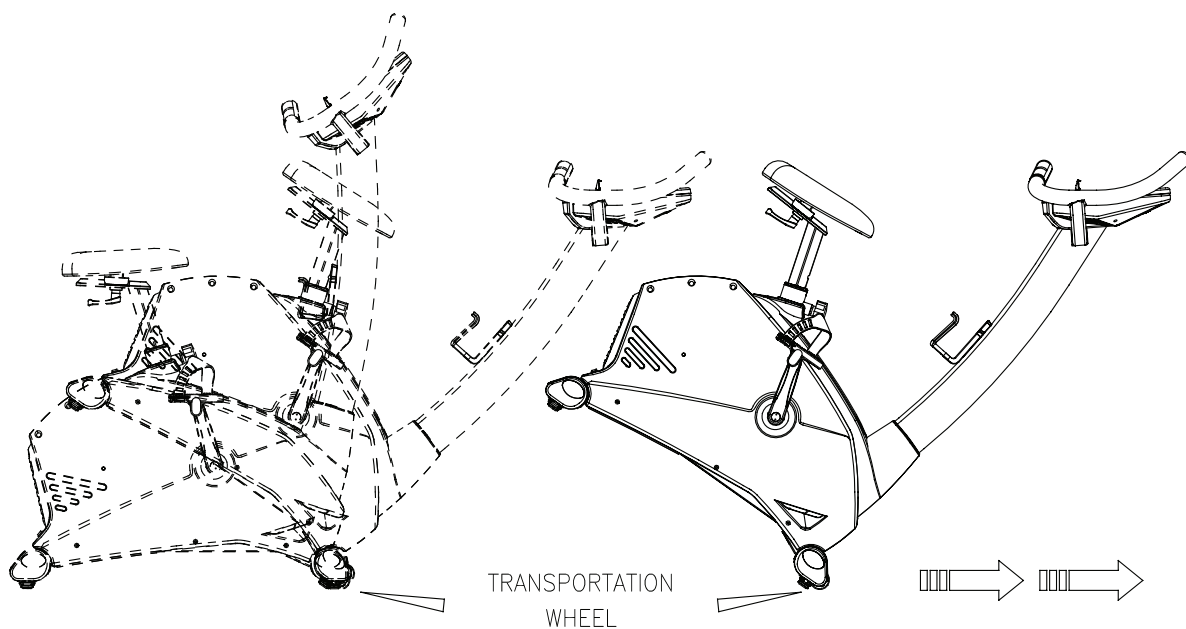
STEP 7 - PEDAL INSTALLATION

- 1) Thread the left pedal (F1-L) onto the crank in a counter-clockwise direction.
- 2) Thread the right pedal (F2-R) onto the crank in a clockwise direction.
- 3) Tighten pedals securely (approxiamtely 1/4 turn past finger-tight)

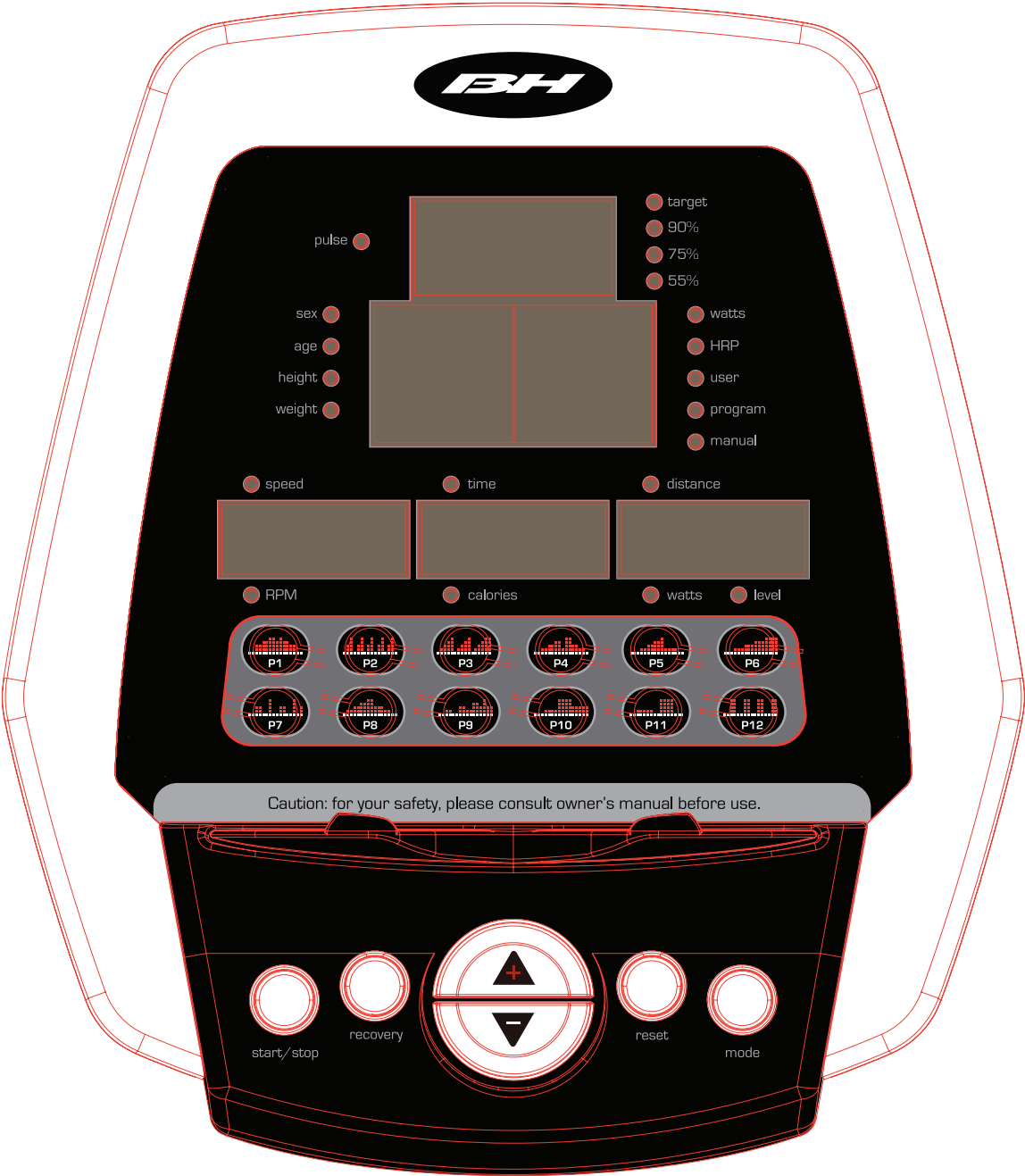


STEP 8 - MOVING THE MACHINE

- 1) Hold the handlebar and push down the handlebar until the machine rests on the wheels.
- 2) Push or pull to move with the transportation wheel on the front stabilizer.



CONSOLE OPERATIONS



SPECIFICATIONS:

| | |
|------------|--|
| MODE | To confirm all setting values |
| RESET | To reset all parameters to default value |
| START/STOP | To start or stop training |
| UP | To make upward setting change |
| DOWN | To make downward setting change |
| RECOVERY | In stop or start mode, pressing this button will start Heart Rate recovery status measurement. Time will count down from 60 seconds. |
| P1-P12 | Press to select program |

FUNCTION:

| | |
|----------|---|
| TIME | Displaying the work out time while exercising |
| SPEED | Displaying the current speed |
| DISTANCE | Accumulating the distance while exercising |
| PULSE | 30-240 BPM |
| CALORIES | Counts calories while exercising |
| RPM | Displaying crank speed in revolution per minute |

OPERATING PROCEDURE:

Start pedaling and the machine will turn on. Use the +/- buttons to set up your user data by selecting any option between U0-U4. Press the MODE button to enter the workout selection setting and use +/- to select the HRP, USER, PROGRAM, or MANUAL. After entering your selection, press the MODE button. Under the SEX settings use the +/- buttons to change and press MODE to confirm. Next, adjust your AGE, HEIGHT, and WEIGHT.

TO RECALL A SAVED PROFILE IN THE FUTURE

Start pedaling, the machine will turn on. Push the MODE button. Use the +/- buttons and toggle down to USER. Press the MODE button and your saved data will appear on the console screen.

NOTE – if you push RESET it will erase all of your saved data.

This is a self-powered elliptical. As long as the pedals are moving at above 30 RPM, power is being generated. The AC adaptor is provided as an alternate battery charging source.

Pedaling action charges the battery as well. The battery is used by the system to maintain console operations while workout statistic reporting is taking place after the pedals stop spinning.

1. MANUAL MODE

User may preset their own resistance level from 1 to 16 by pressing the UP/DOWN buttons. The default resistance level is 1. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

2. PROGRAM MODE

There are 12 preset programs. To enter one of these programs, the user may press any of the preset program buttons. Use the UP/DOWN buttons to adjust the resistance level. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

3. USER PROFILE MODE

Users may create their own profile in this mode. The first segment of the profile will start blinking. Use the UP/DOWN buttons to adjust resistance level for each segment. Once all levels have been entered press the MODE button to confirm. Next, enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

4. WATT CONTROL MODE

Users may set the WATT value by pressing the UP/DOWN button in 5W increment. Press MODE to confirm. Enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

5. HRP MODE

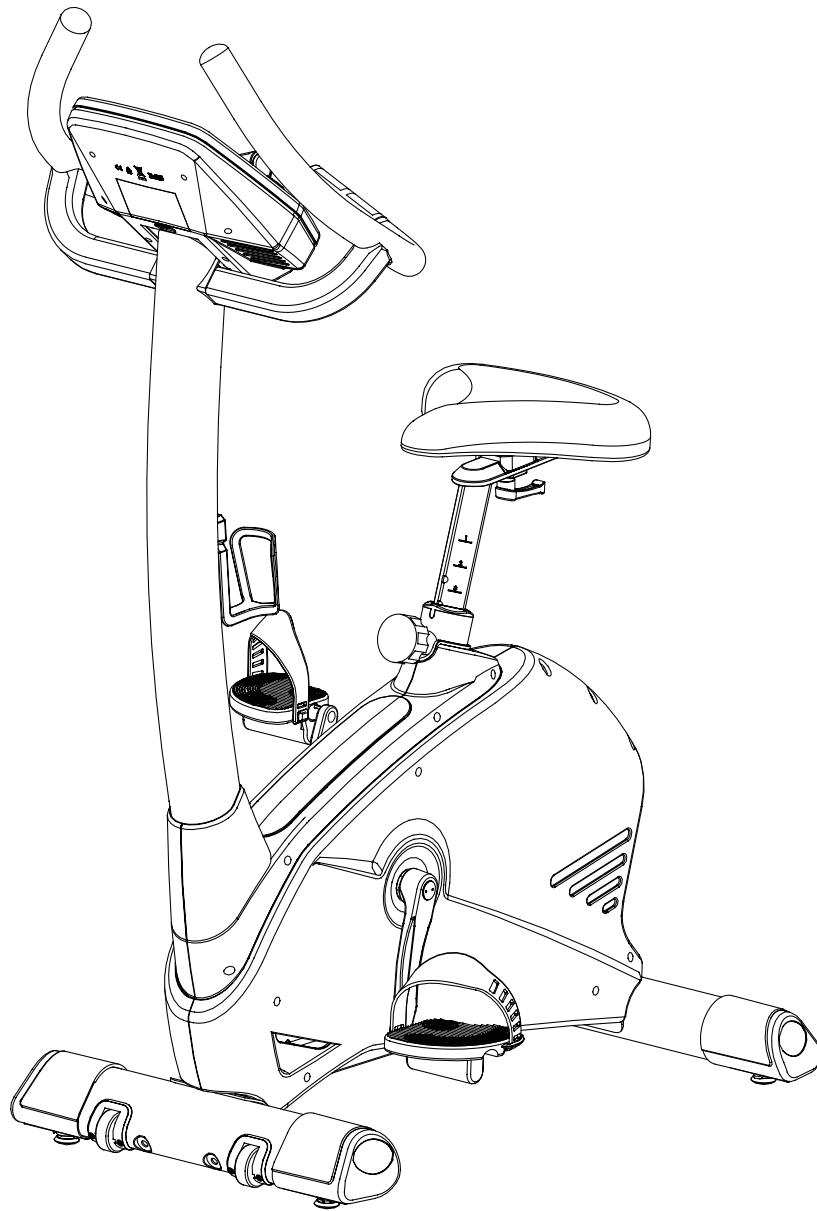
Input personal data: SEX, AGE, HEIGHT and WEIGHT.

User may select different target Heart Rate from 55%, 75%, 90% and TARGET by using the UP/DOWN buttons. Press MODE to confirm. Then, enter values for TIME, DISTANCE, CALORIES, PULSE, and then press START to begin your workout.

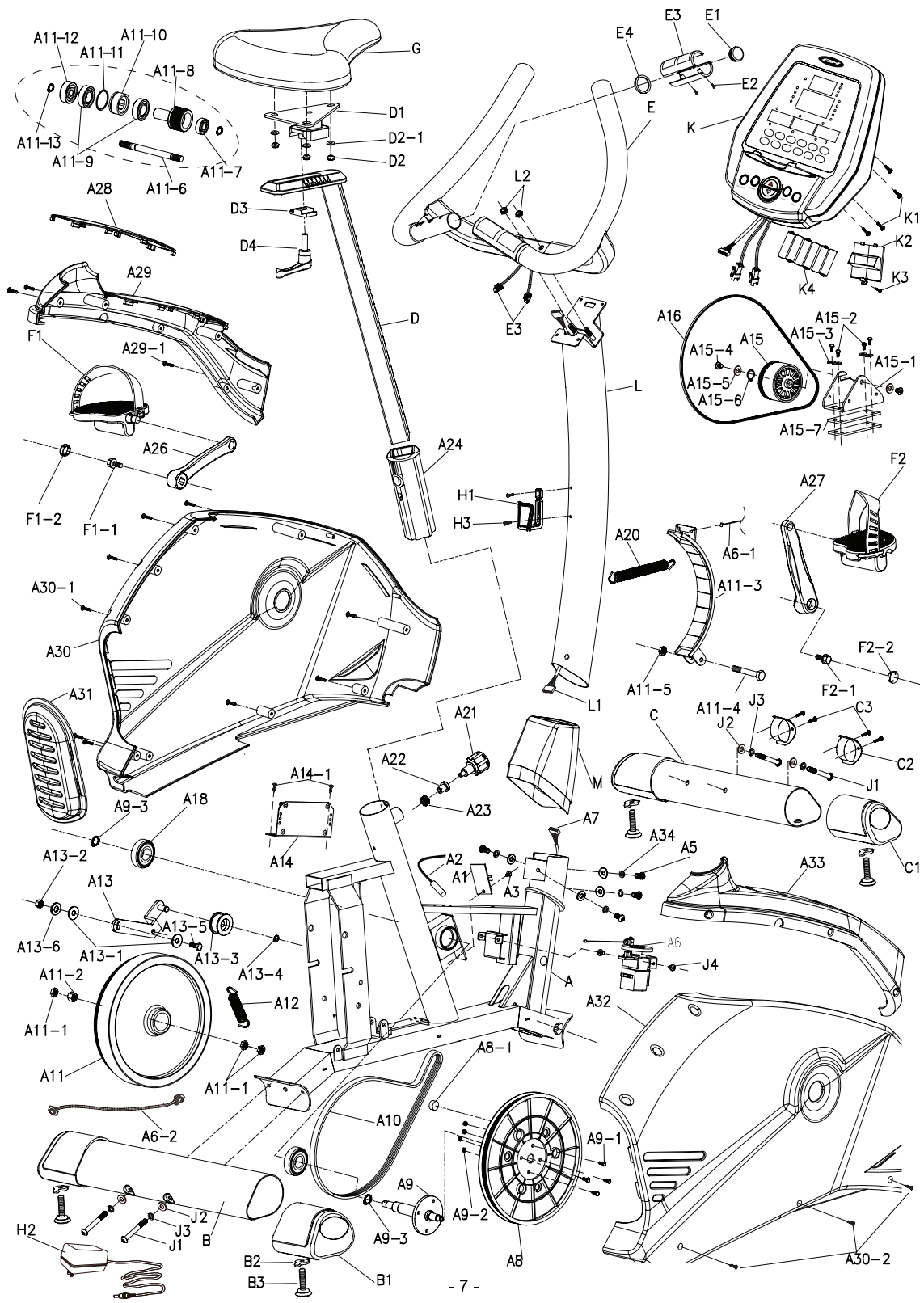
NOTE: The monitor will shut off if the machine is without use for more than 90 seconds.

MAINTENANCE AND CLEANING

Care has been taken to assure that your upright bike has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.



EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

| P/N | DESCRIPTION | QTY | P/N | DESCRIPTION | QTY |
|--------|---------------------|-----|-------|-----------------------------------|-----|
| A | Main Frame | 1 | A26 | Crank(L) | 1 |
| A1 | Sensor Housing | 1 | A27 | Crank(R) | 1 |
| A2 | Sensor | 1 | A28 | Upper Cover | 1 |
| A3 | Screw | 1 | A29 | Upper Side Cover(L) | 1 |
| A4 | Washer | 4 | A29-1 | Screw | 6 |
| A5 | Screw | 4 | A30 | Chain Cover(L) | 1 |
| A6 | Motor | 1 | A30-1 | Screw | 10 |
| A6-1 | Tension Cable | 1 | A30-2 | Screw | 6 |
| A6-2 | DC Line | 1 | A31 | Rear Side Cover | 1 |
| A7 | Sensor Wire | 1 | A32 | Chain Cover(R) | 1 |
| A8 | Driving Wheel | 1 | A33 | Upper Side Cover(R) | 1 |
| A8-1 | Magnet | 1 | A34 | Spring Washer | 4 |
| A9 | Axle | 1 | B | Rear Stabilizer | 1 |
| A9-1 | Screw | 4 | B1 | End Cap | 2 |
| A9-2 | Nut | 4 | B2 | Adjusting End | 4 |
| A9-3 | C Type Buckle | 2 | B3 | Adjusting Screw M8* ϕ 9*42.5 | 4 |
| A10 | Driving Belt | 1 | C | Front Stabilizer | 1 |
| A11 | Magnetic Wheel | 1 | C1 | End Cap | 2 |
| A11-1 | Nut(3t) | 3 | C2 | Transportation Wheel | 2 |
| A11-2 | Nut(9t) | 1 | C3 | Screw | 4 |
| A11-3 | Magnetic Housing | 1 | D | Seat Post | 1 |
| A11-4 | Bolt | 1 | D1 | Seat Base | 1 |
| A11-5 | Nut | 1 | D2 | Nut | 3 |
| A11-6 | Axle Center | 1 | D2-1 | Washer | 3 |
| A11-7 | Bearing(6000) | 1 | D3 | Gap Block | 1 |
| A11-8 | Pulley | 1 | D4 | Handle | 1 |
| A11-9 | Bearing(6003) | 2 | E | Handlebar | 1 |
| A11-10 | Bearing | 1 | E1 | End Cap | 2 |
| A11-11 | Washer | 1 | E2 | Screw | 4 |
| A11-12 | Bearing(6300) | 1 | E3 | Hand Pulse Sensor | 2 |
| A11-13 | C Type Buckle | 2 | E4 | Spacer Ring | 2 |
| A12 | Spring | 1 | F1 | Pedal(L) | 1 |
| A13 | Pressing Plate | 1 | F1-1 | Screw | 1 |
| A13-1 | Plastics Washer | 2 | F1-2 | Crank Cap | 1 |
| A13-2 | Nut | 1 | F2 | Pedal(R) | 1 |
| A13-3 | Pressing Wheel | 1 | F2-1 | Screw | 1 |
| A13-4 | C Type Buckle | 1 | F2-2 | Crank Cap | 1 |
| A13-5 | Screw | 1 | G | Seat | 1 |
| A13-6 | Washer | 1 | H1 | Bottle Holder | 1 |
| A14 | Control Board | 1 | H2 | Adaptor | 1 |
| A14-1 | Control Board Screw | 2 | J1 | Screw | 4 |
| A15 | Generator | 1 | J2 | Washer | 4 |
| A15-1 | Generator Housing | 1 | J3 | Spring Washer | 4 |
| A15-2 | Screws | 4 | J4 | Screw | 4 |
| A15-3 | Washer | 4 | K | Computer | 1 |
| A15-4 | Screws | 2 | K1 | Screw | 4 |
| A15-6 | C-clip | 1 | K3 | Battery Housing Screws | 1 |
| A15-7 | Pad | 2 | K4 | Battery (Rechargeable) | 6 |
| A18 | Bearing | 2 | L | Upright Tube | 1 |
| A20 | Spring | 1 | L1 | Computer Cable | 1 |
| A21 | Knob | 1 | L2 | Nut | 2 |
| A22 | Gap Block | 1 | M | Plastic Cover | 1 |
| A23 | Spring | 1 | H3 | Screw | 2 |
| A24 | Plastic Pipe | 1 | | ϕ = Diameter | |

WARRANTY

LIMITED LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Seven (7) year replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and ten (10) years on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: 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