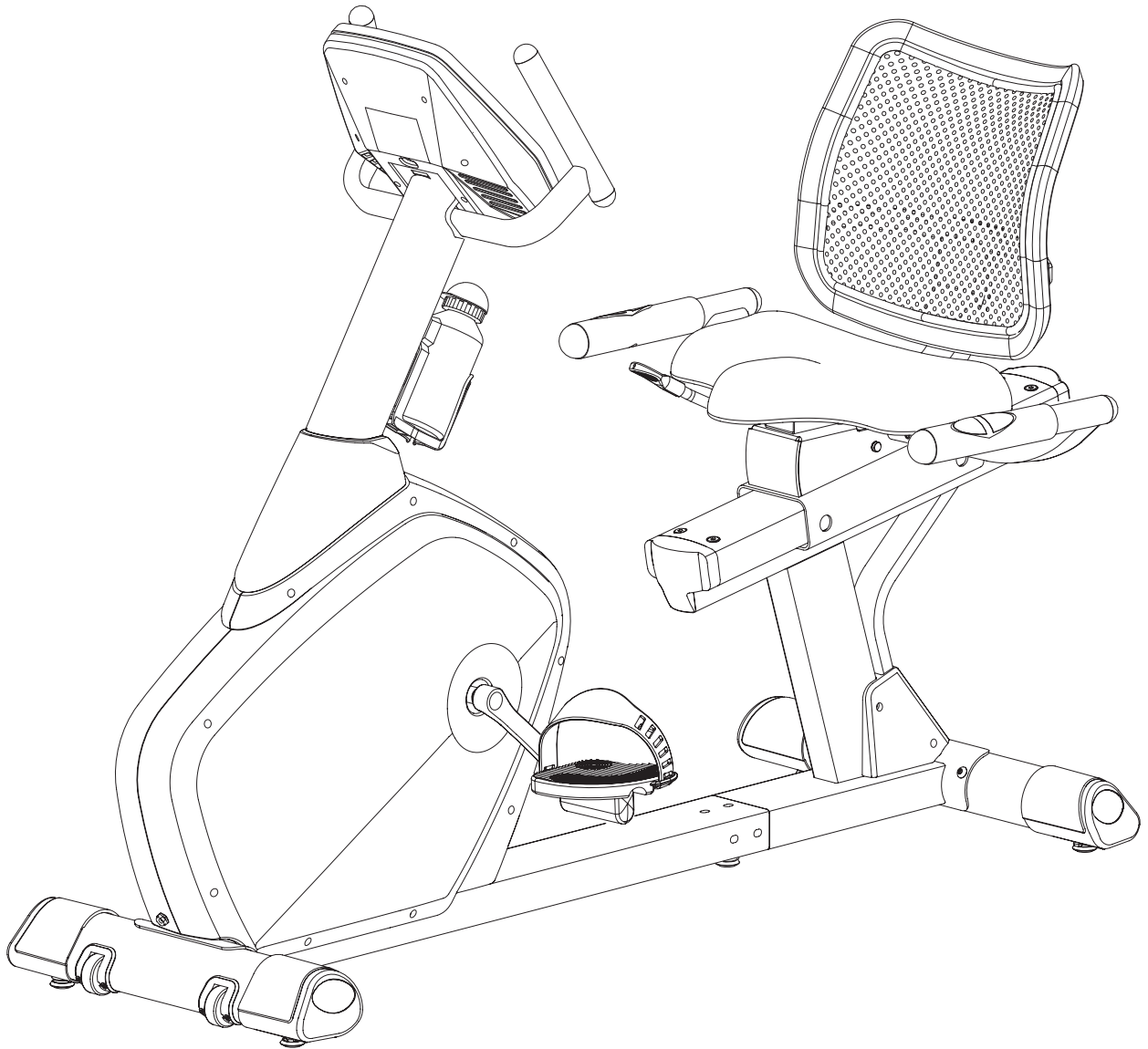




BH FITNESS RS3 RECUMBENT CYCLE OWNER'S MANUAL



BH FITNESS

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INTRODUCTION

Congratulations for selecting the RS3 Recumbent Cycle as a fitness resource. The BH Fitness RS3 offers many exercise programs that benefit users of all levels and ages.

The RS3 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the RS3. This will allow you to get a full understanding of all the features the BH Fitness Recumbent Cycle provides. If you have questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your RS3.

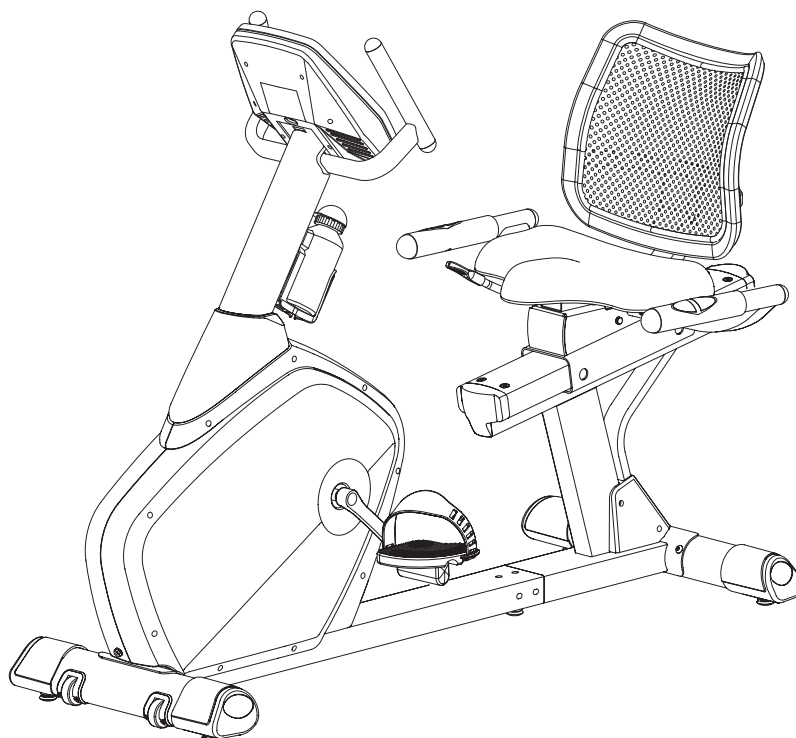


TABLE OF CONTENTS

<u>SECTION</u>	<u>PAGE</u>
1. IMPORTANT SAFETY INSTRUCTIONS	3
2. PRE & ASSEMBLY INSTRUCTIONS.....	5
3. PARTS LIST.....	13
4. EXPLODED VIEW	15
5. COMPUTER CONSOLE.....	18
6. HEART RATE CALCULATION.....	19
7. WARRANTY	20

SECTION 1 - IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Unit.

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 unit.
3. Maximum user weight is 350 lbs.
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.

Unit Safety:

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

7. Never leave the unit unattended when plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before cleaning, servicing or adding or removing parts.
8. Unplug the unit prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
9. 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.
10. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
11. Keep the electrical cord away from heated surfaces.
12. Connect this unit to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
13. Call your service center or BH Fitness with your concerns before taking your unit in for repair.
14. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
15. Do not use outdoors.
16. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT SAFETY INSTRUCTIONS (cont'd)

17. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
18. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the unit. Place the unit on a flat stable surface.

Please save these Instructions

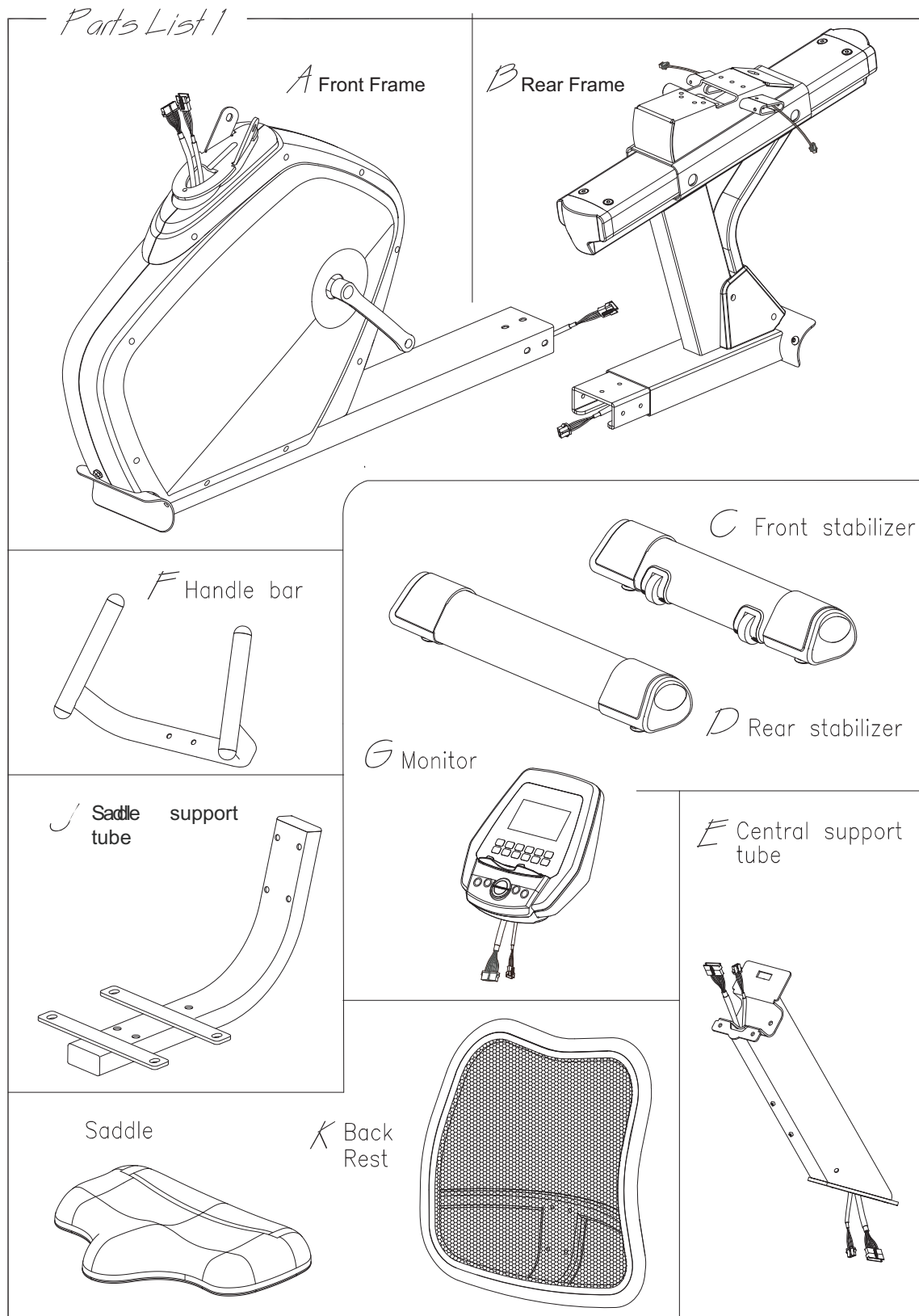
ELECTRICAL POWER CONNECTOR

Your RS3 Recumbent Cycle has a two prong external electrical power connector for use on a nominal 110-120 volt circuit. Use only the electrical power connector provided with your RS3 Recumbent Cycle. If you misplace the electrical connector, please contact BH Fitness for an original replacement. Use of the wrong electrical connector may cause damage to your RS3 Recumbent Cycle. Do not use an adapter or extension cords with this product.

CLEANING

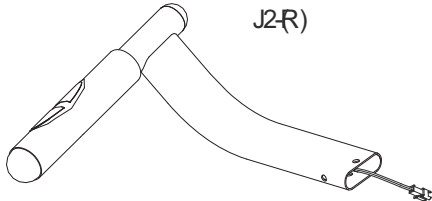
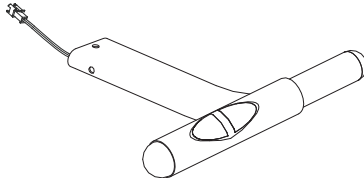
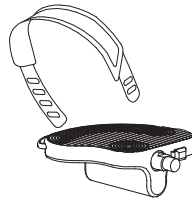
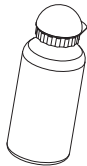
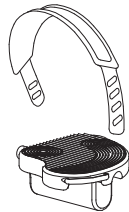
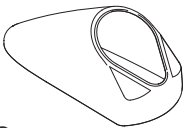
Clean with soap and slightly damp cloth only; never use solvents.

SECTION 2 - PRE ASSEMBLY INSTRUCTIONS



PRE ASSEMBLY INSTRUCTIONS (cont'd)

Parts List 2

<i>H</i> Side Handle bar		J1-(L)	
J2-(R)			
			
<i>M</i> Water bottle		<i>L</i> Pedal	
(M1) Bottle holder		(L1) Strap(L)	
			
(M2) Water bottle		(L2) Strap(R)	
			
		L-(L)	
		L-(R)	
<i>N</i> Screw Bag			
(N1)-Screw M8X15		(N2)-Spring Washer M8	
			
		(N3)-Washer M8X16X1.2T	
			
(N5)-Screw M8X35		(N7)-Screw M8X20	
			
(N6)-Screw 1/4"x40L		(N8)-Screw M6X10	
			
(N9) Decoration Cover(N10)		(Q)Adaptor	
			
Braking handle bar		(N11) -Washer M8X16X1.2T(BLACK)	
			
(N15) Screw M8X35X2/		<i>Tools</i>	
			

ASSEMBLY INSTRUCTIONS

FIGURE 1

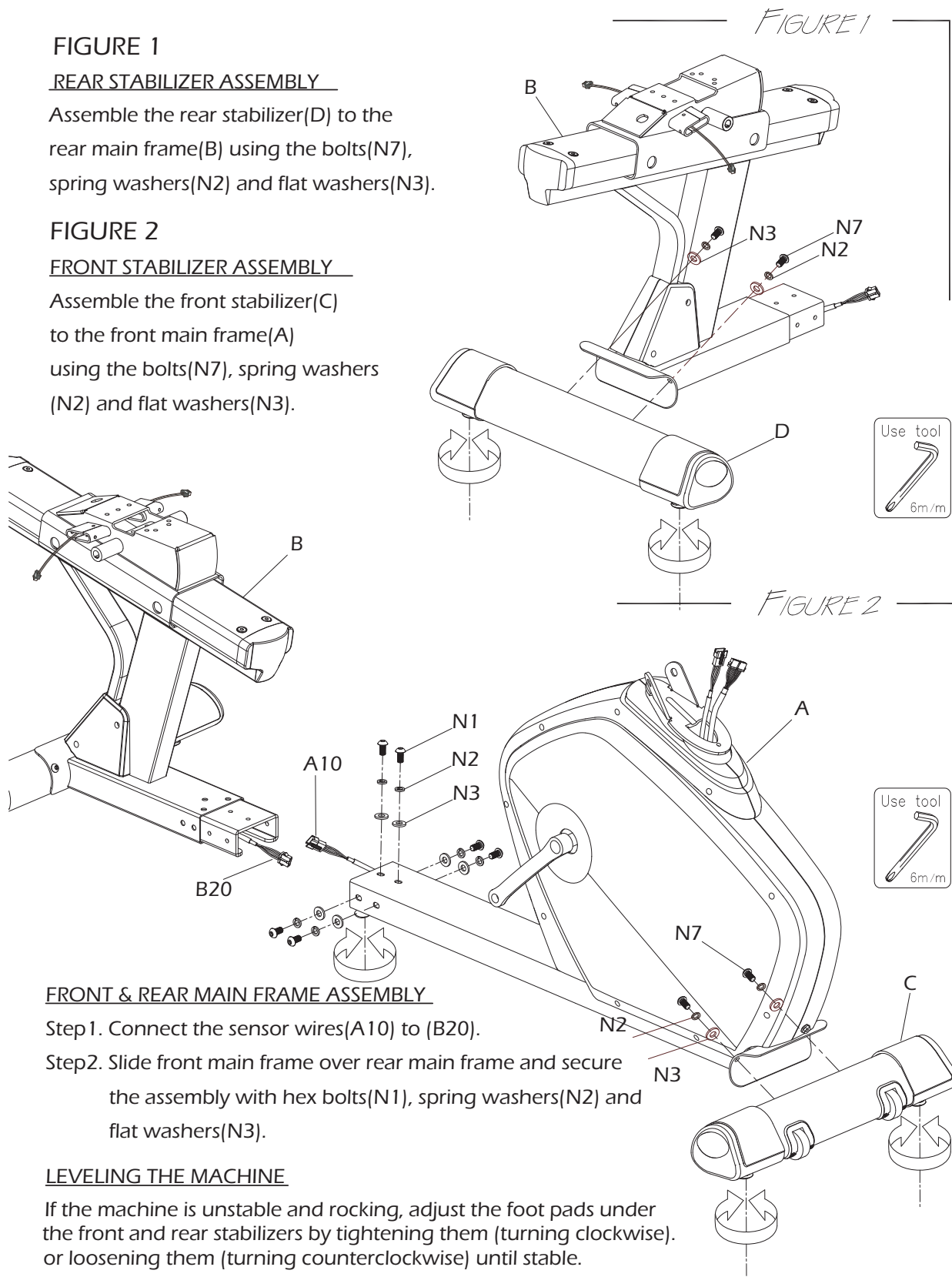
REAR STABILIZER ASSEMBLY

Assemble the rear stabilizer(D) to the rear main frame(B) using the bolts(N7), spring washers(N2) and flat washers(N3).

FIGURE 2

FRONT STABILIZER ASSEMBLY

Assemble the front stabilizer(C) to the front main frame(A) using the bolts(N7), spring washers(N2) and flat washers(N3).



FRONT & REAR MAIN FRAME ASSEMBLY

Step1. Connect the sensor wires(A10) to (B20).

Step2. Slide front main frame over rear main frame and secure the assembly with hex bolts(N1), spring washers(N2) and flat washers(N3).

LEVELING THE MACHINE

If the machine is unstable and rocking, adjust the foot pads under the front and rear stabilizers by tightening them (turning clockwise). or loosening them (turning counterclockwise) until stable.

ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 3

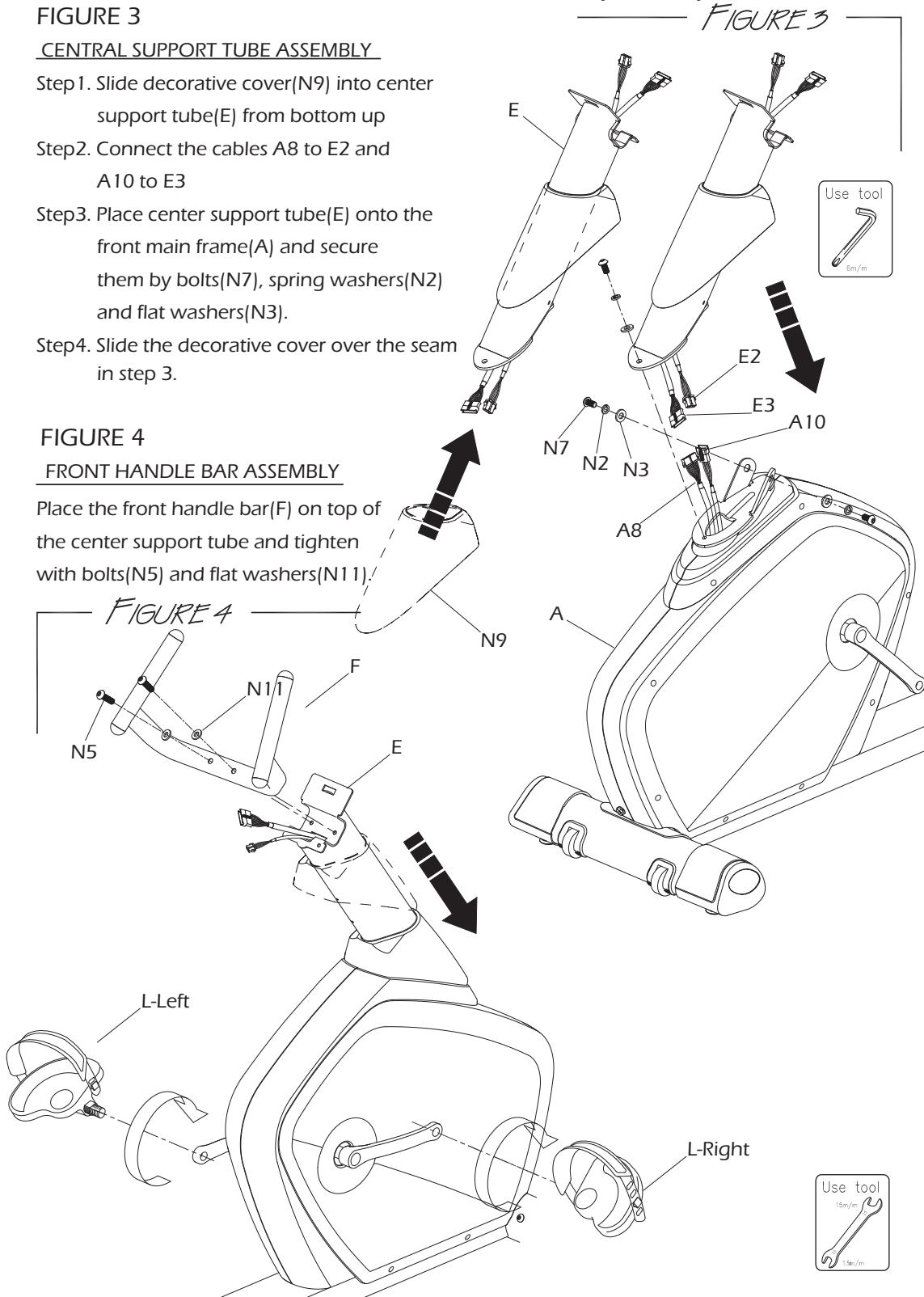
CENTRAL SUPPORT TUBE ASSEMBLY

- Step 1. Slide decorative cover(N9) into center support tube(E) from bottom up
- Step 2. Connect the cables A8 to E2 and A10 to E3
- Step 3. Place center support tube(E) onto the front main frame(A) and secure them by bolts(N7), spring washers(N2) and flat washers(N3).
- Step 4. Slide the decorative cover over the seam in step 3.

FIGURE 4

FRONT HANDLE BAR ASSEMBLY

- Place the front handle bar(F) on top of the center support tube and tighten with bolts(N5) and flat washers(N11).



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 5

MONITOR ASSEMBLY

Remove screws(N14) from the computer back housing. Mate connectors E2 & E3 to ones on the monitor(G). Then, insert the monitor into the plate of the central support tube. Secure with screws(N14) removed earlier.

WATER BOTTLE HOLDER ASSEMBLY

First, remove the screws(M2) on the center support (E2). Attach the bottle holder (M1) to the center support and secure it with screws (M2) and the bottle can be snapped into the holder

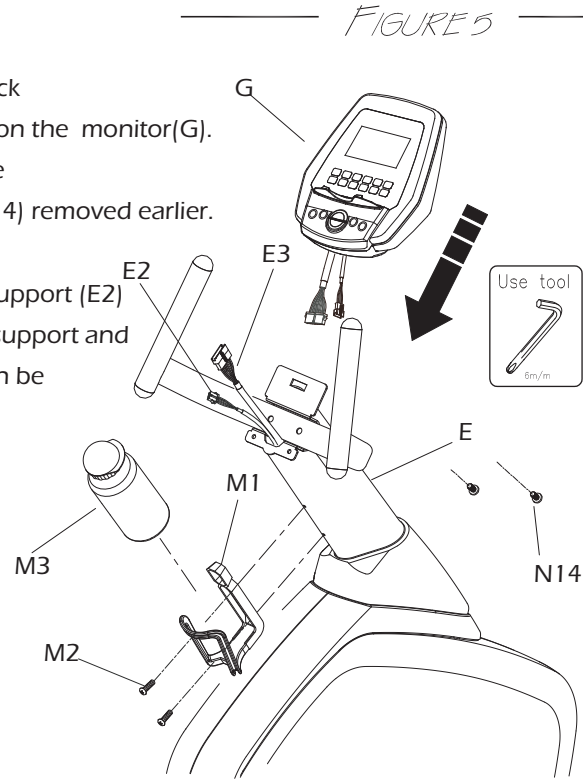
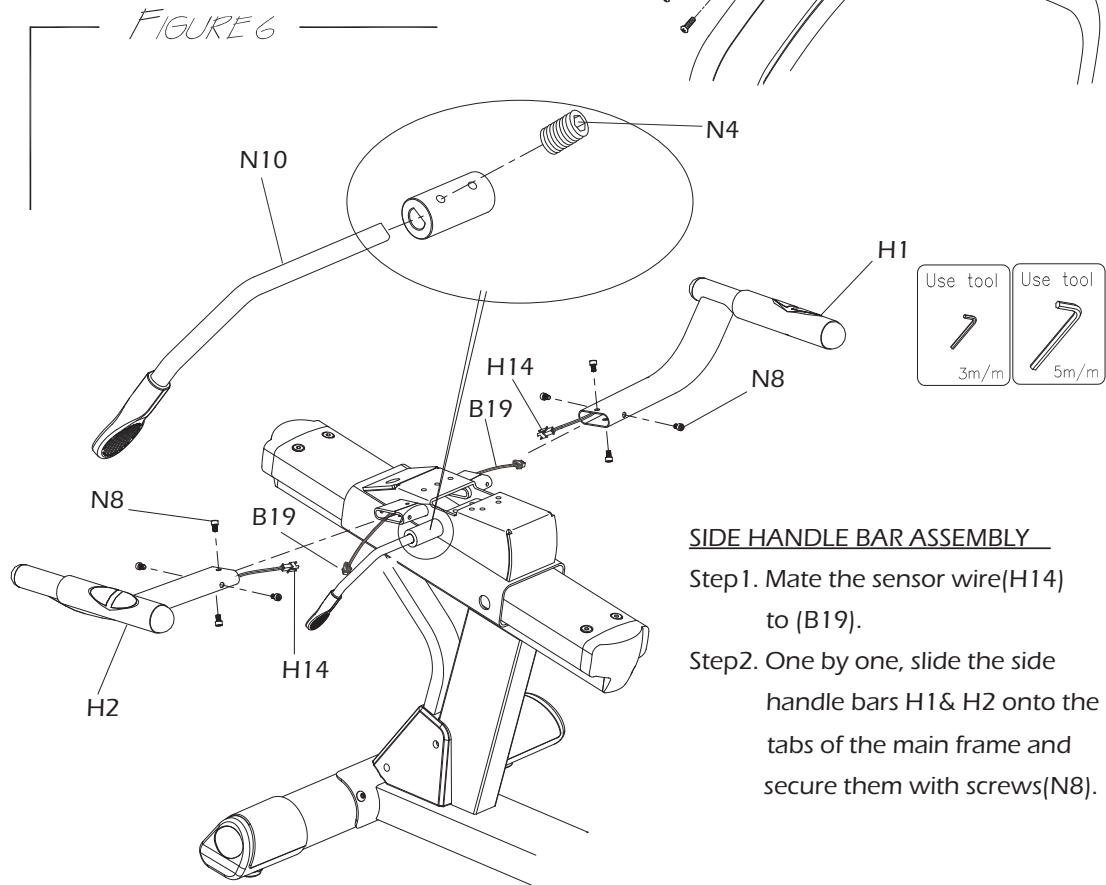


FIGURE 6

SEAT ADJUST HANDLE ASSEMBLY

Slide the handle (N10) into the barrel and secure it with stopping screws(N4).



SIDE HANDLE BAR ASSEMBLY

Step1. Mate the sensor wire(H14) to (B19).

Step2. One by one, slide the side handle bars H1& H2 onto the tabs of the main frame and secure them with screws(N8).

ASSEMBLY INSTRUCTIONS (cont'd)

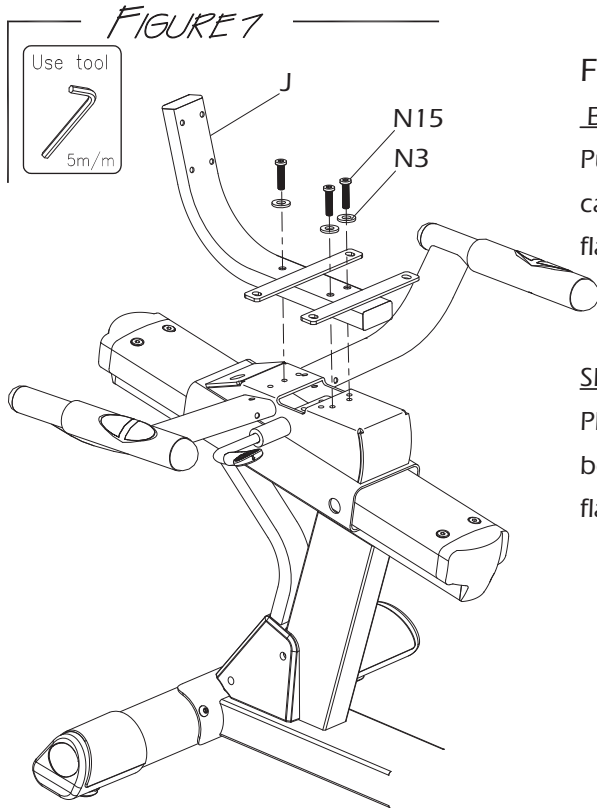


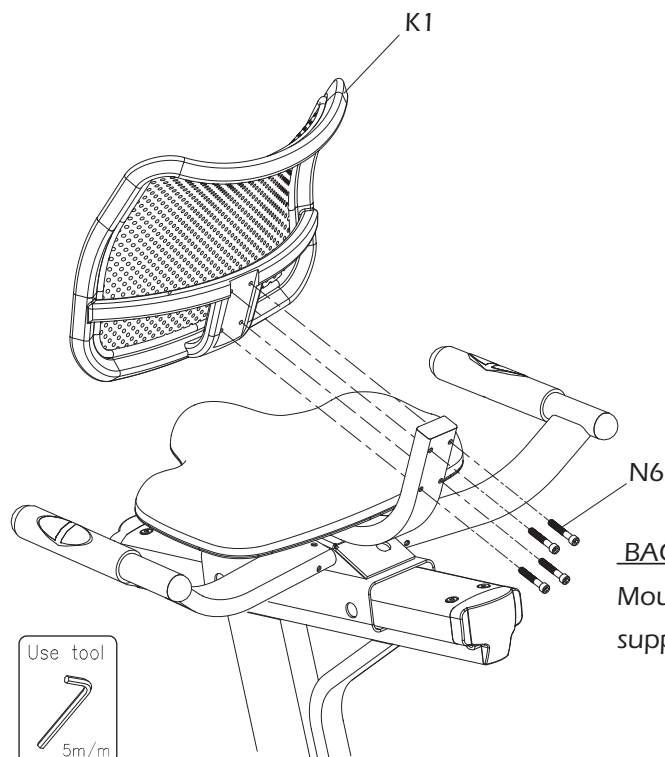
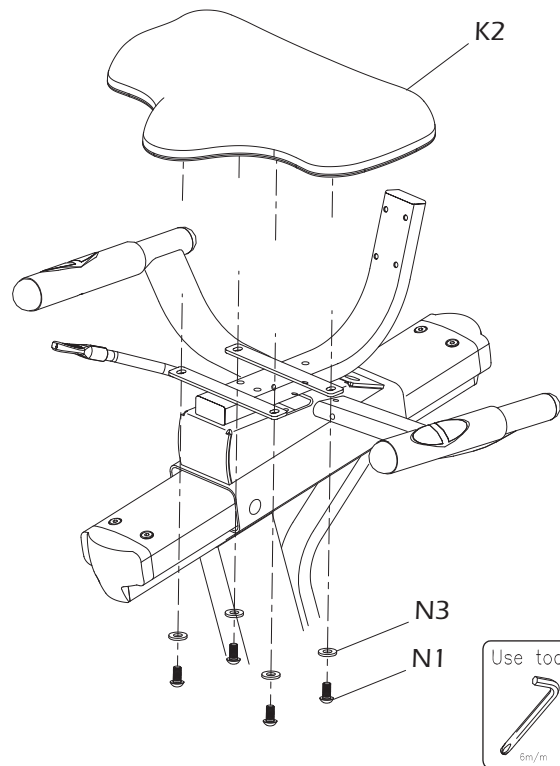
FIGURE 7

BACK SUPPORT TUBE ASSEMBLY

Put the back support tube(J) on the seat carriage and secure them with bolts(N15), flat washers(N3).

SEAT CUSHION ASSEMBLY

Place the seat cushion(K2) on the back support bottom and secure them with bolts(N1), flat washers(N3) from underneath.



BACK REST ASSEMBLY

Mount the back rest (K1) onto the back support tube and secure it with bolts(N6).

ASSEMBLY INSTRUCTIONS CONTINUED

FIGURE 8

SEAT POSITIONING

Push down the seat adjust handle to release and slide the seat back or forth to a comfortable sitting position then pull the seat adjust handle up to lock

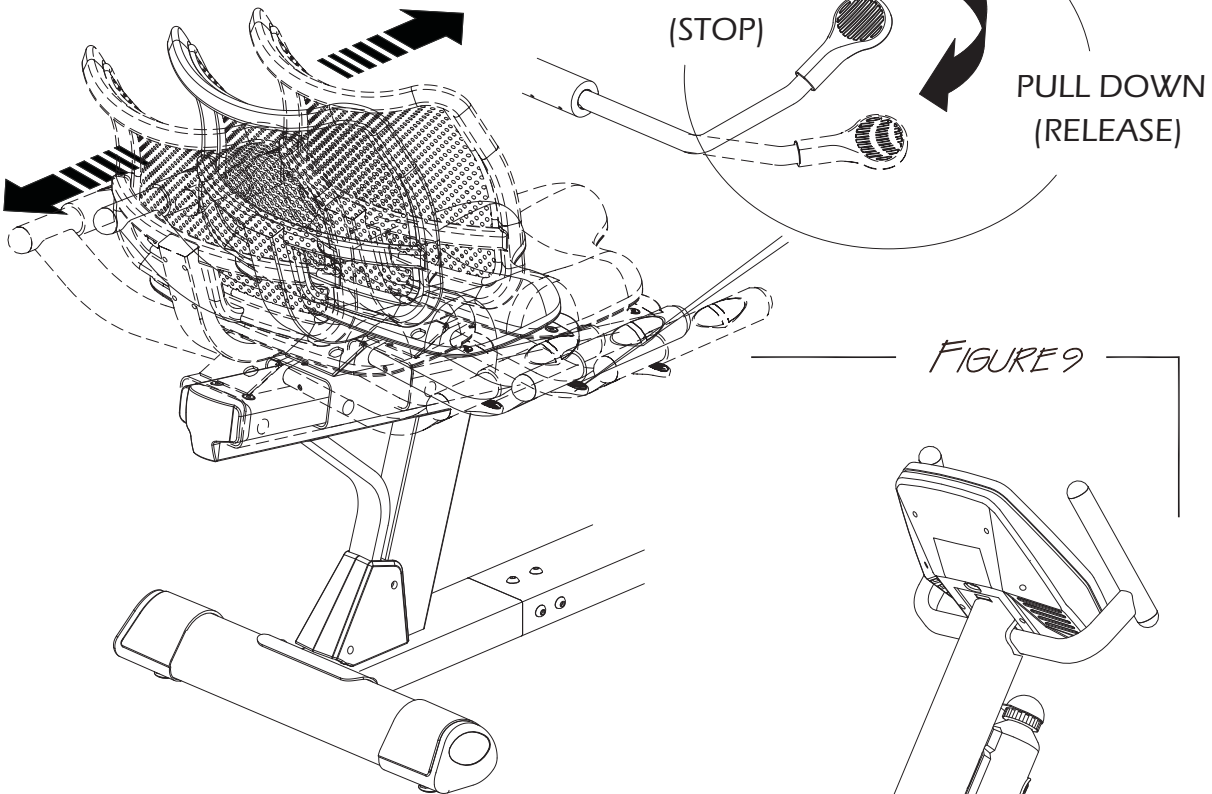
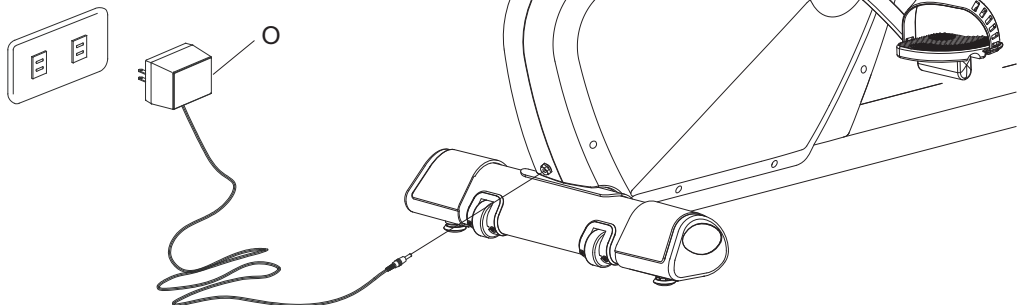
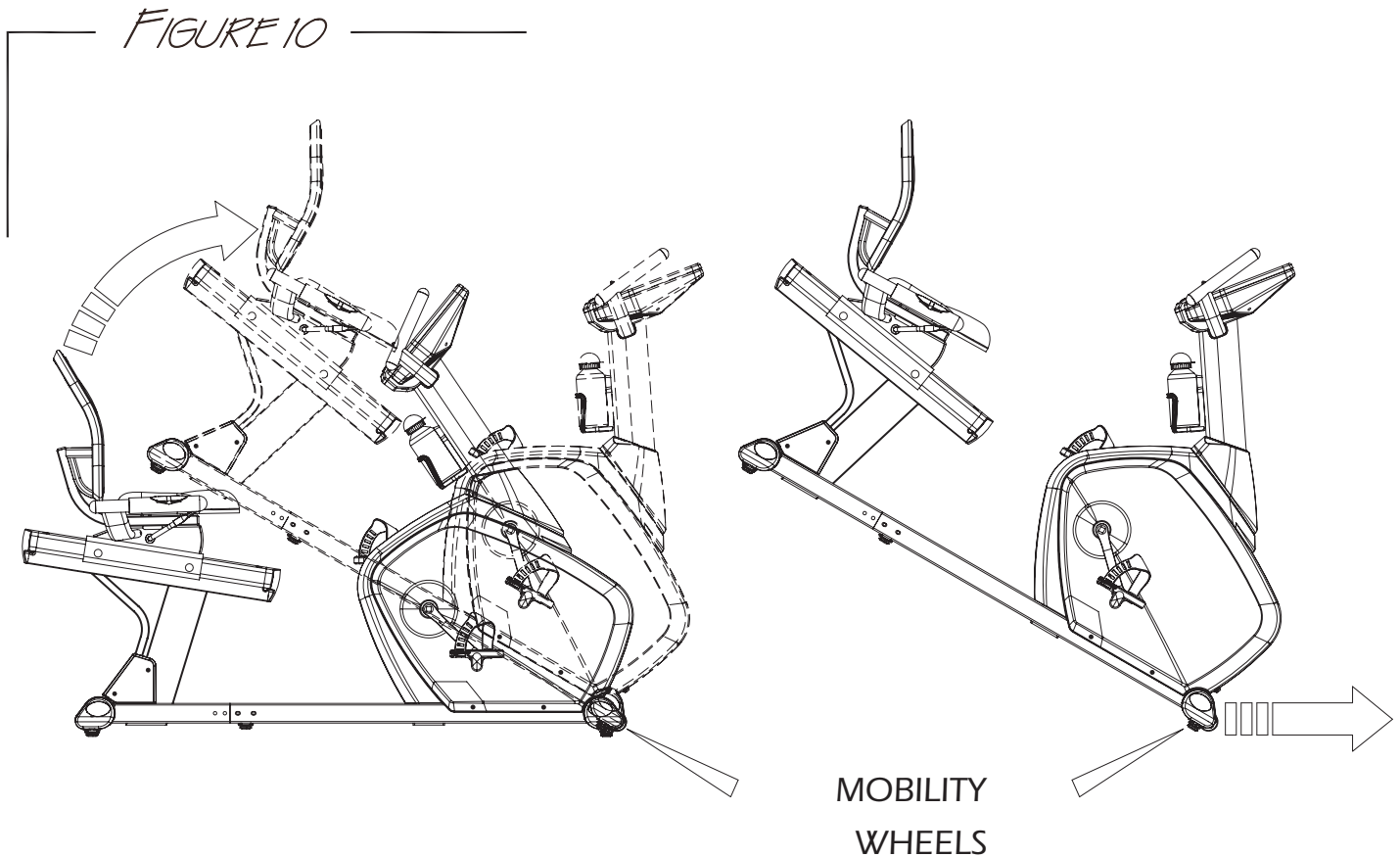


FIGURE 9

AC Adapter

Position machine near a wall 110VAC outlet
Plug into the outlet and the other end the adaptor to the DC plug on the machine as shown.



ASSEMBLY INSTRUCTIONS (cont'd)**FIGURE 10****MOVE THE MACHINE**

The front stabilizer has built-in wheels. Stand at rear of the machine and lift it up until the weight of the machine is transferred to the wheels. You can now easily move the machine to a new location.

SECTION 3 – PARTS LIST

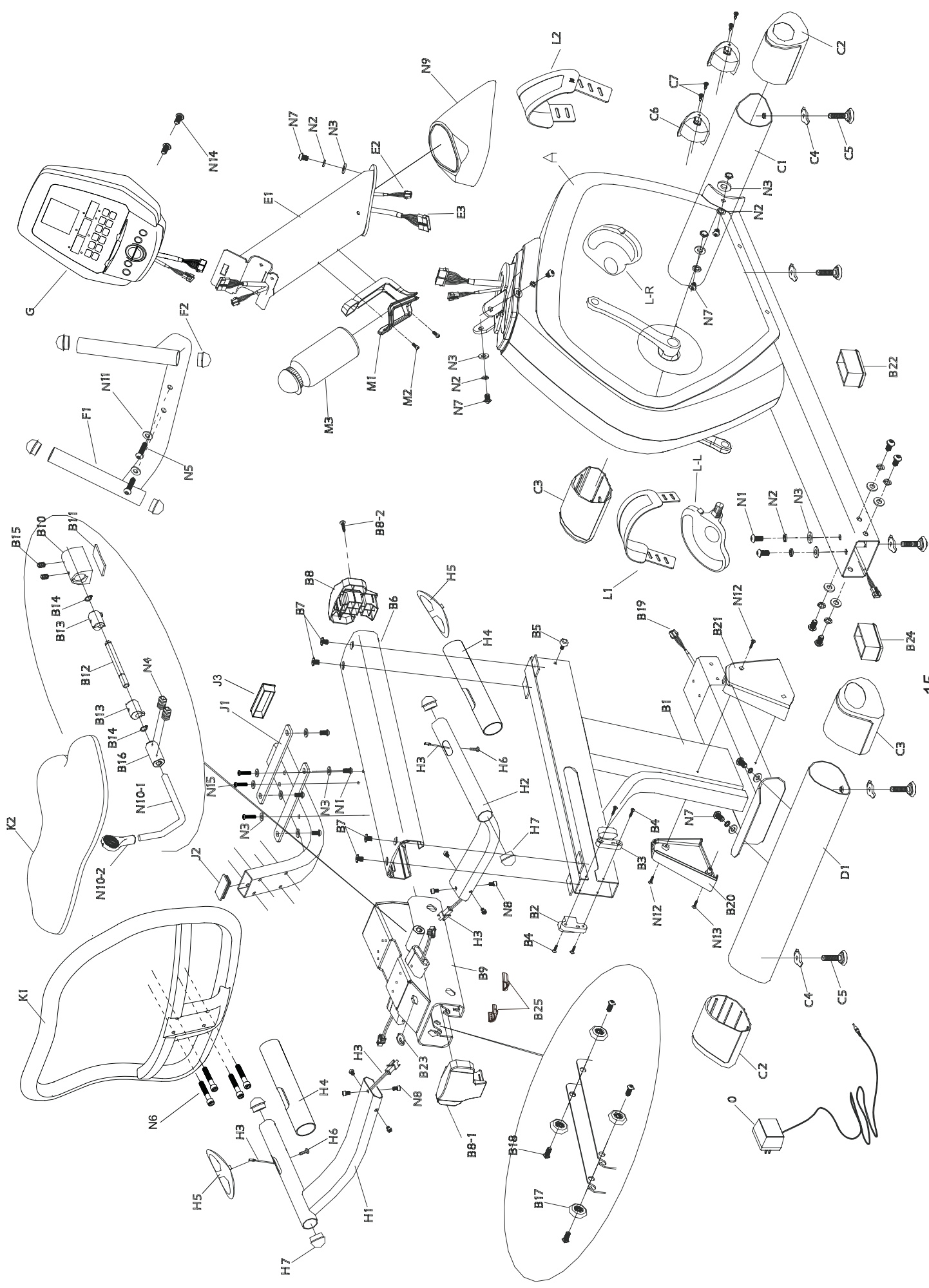
P/N		DESCRIPTION	Q'TY	P/N		DESCRIPTION	Q'TY
A1		Main frame	1	A7		Tension cable 177L	1
A2-1		Driving wheel ϕ 260	1	A8		Motor control MT-02	1
A2-2		Axle ϕ 17*153	1	A9		Screw M5*10	4
A2-3		Nut M6	4	A10		Sensor cable 1600L	1
A2-4		Screw M6*16	4	A11		Sensor wire 200L	1
A2-5		Bearing 6203ZZ	2	A12		Screw #6-32-12L	1
A2-6		C Clip C17	2	A13		Sensor clip 12*15L	1
A2-7		Magnet S000C(ϕ 18*8)	1	A14		Crank(Left) 170L	1
A3		Flywheel ϕ 260*9KG	1	A15		Crank(Right) 170L	1
A3-1		C Clip C10	2	A16		Bolt M8*25	2
A3-2		Bearing 6203ZZ	1	A17		Bolt cover	2
A3-4		Nut 3/8**0.5T	1	A18		DC Line 600L	1
A3-5		Axle	1	B1		Rear frame	1
A3-6		Bearing 6003ZZ	2	B2		Stopper(Left)	1
A3-7		Bearing 6300ZZ	1	B3		Stopper(Right)	1
A3-8		Pully ϕ 37* ϕ 17*60.9	1	B4		Screw M4*12L	4
A3-9		One way bearing	1	B5		Stopper bolt ϕ 15*22	1
A3-10		Nut 3/8*26*7mm	2	B6		Aluminum track 52.4*104.8*587L	1
A3-11		Housing-magnet	1	B7		Bolt M8*10	4
A3-12		Nut M6	1	B8		End cap	1
A3-13		Washer M6* ϕ 19*T1.5	1	B8-1		End cap	1
A3-14		Washer ϕ 6* ϕ 22*1.0	1	B8-2		Screw M4*12	1
A3-15		Screw M6*60	1	B9		Moving basement	1
A3-16		Nut M6	1	B10		Brake 40.5*65	1
A3-17		Spring ϕ 10.2* ϕ 1.2*11*55L	1	B11		Brake cushion T2.0*28*58	1
A3-18		Nut M8	1	B12		Axle ϕ 12*122	1
A3-19		Screw M8*52	1	B13		Eccentric wheel ϕ 12* ϕ 24*33.2	2
A4		Pressing Pipe	1	B14		Clip C10	2
A4-1		Screw M8*25	1	B15		Tapping screw M6*10	2
A4-2		Washer M8*22*1.5	2	B16		Sleeve ϕ 12*50	1
A4-3		Washer 10*24*0.3T	2	B17		Wheel ϕ 7.8* ϕ 37.5*11L	4
A4-4		Nut M8	1	B18		Bolt M8*22	4
A4-5		C Clip C12	1	B19		Sensor cable 1450L	1
A4-6		Bearing	2	B20		Decoration cover(Left)	1
A4-8		Spring ϕ 3*101L	1	B21		Decoration cover(Right)	1
A5-1		Chain cover-L	1	B22		End cap $\square$ 40*80*15	1
A5-2		Chain cover-R	1	B23		End cap	1
A5-3		Screw M4*20	7	B24		End cap 101*40L	1
A6		Driving belt 6PJ46"	1	B25		Packing film	2

RS3 RECUMBENT CYCLE

SECTION 3 – PARTS LIST (cont'd)

C1		Front stabilizer 75.6*99*1.8*440	1	K1		Back rest	1
C2		End cap(Right) 82*106*121	2	K2		Saddle cushion	1
C3		End cap(Left) 82*106*121	2	L-(L)		Pedal(Left)	1
C4		Adjust nut T3.0	5	L-(R)		Pedal(Right)	1
C5		Adjust bolt M8* ϕ 29*42.5	5	L1		Strap(L)	1
C6		Moving wheel	2	L2		Strap(R)	1
C7		screw #8*32*5/8L	4	M1		Bottle holder SAR-001	1
D1		Front stabilizer	1	M2		Screw M5*15	2
E1		Central support tube	1	M3		Water bottle	1
E2		Sensor cable 650L	1	N1		Bolt M8*15	10
E3		Sensor cable 650L	1	N2		Spring washer M8	13
F1		Front handle bar	1	N3		Washer M8*16*1.2T	20
F2		End cap	4	N4		Tapping screw M6*8	2
G		Monitor	1	N5		Screw M8*35	2
H1		Side handle bar(Left)	1	N6		Screw	4
H2		Side handle bar(Right)	1	N7		Screw M8*20	7
H3		Sensor wire	2	N8		Screw M6*10	8
H4		Form grip	2	N9		Decoration cover	1
H5		Hand pulse	2	N10		Braking handle bar	1
H6		Screw	2	N10-1		Seatadjustmenttube ϕ 12*236	1
H7		End cap	4	N10-2		Plastic wrap ϕ 8*71L	1
J1		Saddle support tube	1	N11		Washer M8*16*1.2T	2
J2		End cap	1	N12		Screw M5*20	6
J3		End cap	1	N13		Screw M4*15	1
				N14		Screw	2
				N15		Screw	2
				O		Adaptor	1

EXPLODED VIEW



This technical diagram illustrates the assembly of a vehicle chassis and suspension system. The main components shown include:

- Chassis Frame:** The central structural element, with various mounting points and reinforcement bars labeled A10, A11, A12, A13, A14, A15, A16, A17, A18, A19, A20, A21, A22, A23, A24, A25, A26, A27, A28, A29, A30, A31, A32, A33, A34, A35, A36, A37, A38, A39, A40, A41, A42, A43, A44, A45, A46, A47, A48, A49, A50, A51, A52, A53, A54, A55, A56, A57, A58, A59, A60, A61, A62, A63, A64, A65, A66, A67, A68, A69, A70, A71, A72, A73, A74, A75, A76, A77, A78, A79, A80, A81, A82, A83, A84, A85, A86, A87, A88, A89, A90, A91, A92, A93, A94, A95, A96, A97, A98, A99, A100.
- Suspension System:** Includes the front and rear suspension arms, springs, and shock absorbers. Key components are labeled A1, A2, A3, A4, A5, A6, A7, A8, A9, A10, A11, A12, A13, A14, A15, A16, A17, A18, A19, A20, A21, A22, A23, A24, A25, A26, A27, A28, A29, A30, A31, A32, A33, A34, A35, A36, A37, A38, A39, A40, A41, A42, A43, A44, A45, A46, A47, A48, A49, A50, A51, A52, A53, A54, A55, A56, A57, A58, A59, A60, A61, A62, A63, A64, A65, A66, A67, A68, A69, A70, A71, A72, A73, A74, A75, A76, A77, A78, A79, A80, A81, A82, A83, A84, A85, A86, A87, A88, A89, A90, A91, A92, A93, A94, A95, A96, A97, A98, A99, A100.
- Wheels and Tires:** The front and rear wheels, including the hub, spokes, and tire assembly. Components are labeled A1, A2, A3, A4, A5, A6, A7, A8, A9, A10, A11, A12, A13, A14, A15, A16, A17, A18, A19, A20, A21, A22, A23, A24, A25, A26, A27, A28, A29, A30, A31, A32, A33, A34, A35, A36, A37, A38, A39, A40, A41, A42, A43, A44, A45, A46, A47, A48, A49, A50, A51, A52, A53, A54, A55, A56, A57, A58, A59, A60, A61, A62, A63, A64, A65, A66, A67, A68, A69, A70, A71, A72, A73, A74, A75, A76, A77, A78, A79, A80, A81, A82, A83, A84, A85, A86, A87, A88, A89, A90, A91, A92, A93, A94, A95, A96, A97, A98, A99, A100.
- Steering and Control Components:** Includes the steering knuckle, tie rods, and control arms. Components are labeled A1, A2, A3, A4, A5, A6, A7, A8, A9, A10, A11, A12, A13, A14, A15, A16, A17, A18, A19, A20, A21, A22, A23, A24, A25, A26, A27, A28, A29, A30, A31, A32, A33, A34, A35, A36, A37, A38, A39, A40, A41, A42, A43, A44, A45, A46, A47, A48, A49, A50, A51, A52, A53, A54, A55, A56, A57, A58, A59, A60, A61, A62, A63, A64, A65, A66, A67, A68, A69, A70, A71, A72, A73, A74, A75, A76, A77, A78, A79, A80, A81, A82, A83, A84, A85, A86, A87, A88, A89, A90, A91, A92, A93, A94, A95, A96, A97, A98, A99, A100.
- Braking System:** Includes the brake calipers, brake pads, and brake discs. Components are labeled A1, A2, A3, A4, A5, A6, A7, A8, A9, A10, A11, A12, A13, A14, A15, A16, A17, A18, A19, A20, A21, A22, A23, A24, A25, A26, A27, A28, A29, A30, A31, A32, A33, A34, A35, A36, A37, A38, A39, A40, A41, A42, A43, A44, A45, A46, A47, A48, A49, A50, A51, A52, A53, A54, A55, A56, A57, A58, A59, A60, A61, A62, A63, A64, A65, A66, A67, A68, A69, A70, A71, A72, A73, A74, A75, A76, A77, A78, A79, A80, A81, A82, A83, A84, A85, A86, A87, A88, A89, A90, A91, A92, A93, A94, A95, A96, A97, A98, A99, A100.

The diagram uses a combination of alphanumeric labels (A1-A100) to identify specific parts and their assembly points. Dashed lines indicate the alignment and fit of the components. The overall layout shows the vehicle from a side-on perspective, highlighting the chassis, suspension, wheels, and steering/braking systems.

SECTION 5 – COMPUTER CONSOLE**BUTTON FUNCTION:**

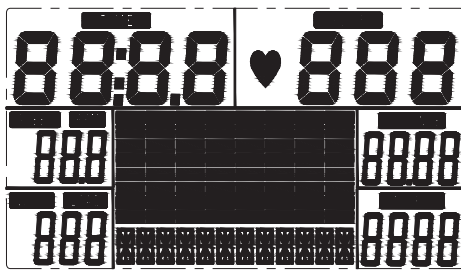
MODE/ENTER	In idle, MODE is to toggle between manual and program; ENTER to confirm settings
RESET	In idle, return to main menu
START/STOP	To Start or to Stop exercise program
RECOVERY	To test heart rate recovery status
UP	To select training mode or to increase level of difficulty
DOWN	To select training mode or to decrease level of difficulty
P1	To switch to program profile 1
P2	To switch to program profile 2
P3	To switch to program profile 3
P4	To switch to program profile 4
P5	To switch to program profile 5
P6	To switch to program profile 6
P7	To switch to program profile 7
P8	To switch to program profile 8
P9	To switch to program profile 9
P10	To switch to program profile 10
P11	To switch to program profile 11
P12	To switch to program profile 12

DISPLAY EXERCISE DATA:

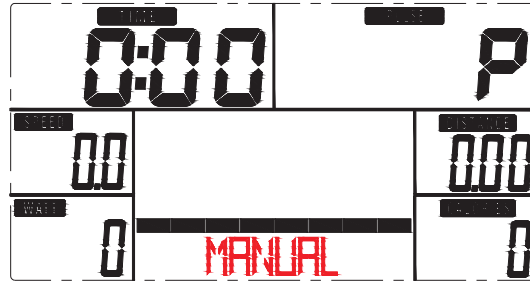
TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99; Setting range 0.00~99.90km
CALORIES	Display range 0~9999; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
SPEED	0~99.9km
RPM	0~999

OPERATION PROCEDURE

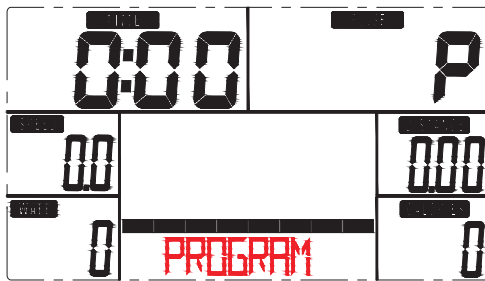
1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds.
2. Computer will display main menu (drawing B)



A



3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL → PROGRAM (P1-P12), → USER → HRC → WATT.



B

4. Quick Start and Manual:
Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.
After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.
Level can be adjusted during exercise by press UP or DOWN.
5. PROGRAM :
In Stop mode, user may press buttons of P1 – P12 to swift to selected programs.
Before exercise in Program mode, user may set up TIME target.
Press UP and DOWN to select Program profiles and press ENTER/MODE to confirm.
Level can be adjusted during exercise by press UP or DOWN.
6. H.R.C. :
Before exercise in H.R.C. mode, user may select 55%, 75%, 90% or Target pulse.
Computer will take user's inputs to calculate target bpm.
User may set up workout time and press START/STOP button to start exercise.
7. USER PROGRAM :
User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column20)
User may hold on pressing MODE button for 2 seconds to quit profile setting.
8. RECOVERY :
After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
Screen will display your heart rate recovery status with the F1,F2....to F6. with F1 being the best and F6 being the worst. User may keep exercising to improve the heart rate recovery status.
(Press the RECOVERY button again to return to the main display.)

SECTION 6 – CALCULATING 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 subtract your age 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 lose weight.

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

80-85% of your maximum 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 your workout

$$190 * 0.65 = 123 \text{ BPM.}$$

Improve aerobic fitness, by maintaining ~142 BPM during your workout

$$190 * 0.75 = 142 \text{ BPM.}$$

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

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



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.**

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