



# LK540



## OWNER'S MANUAL

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

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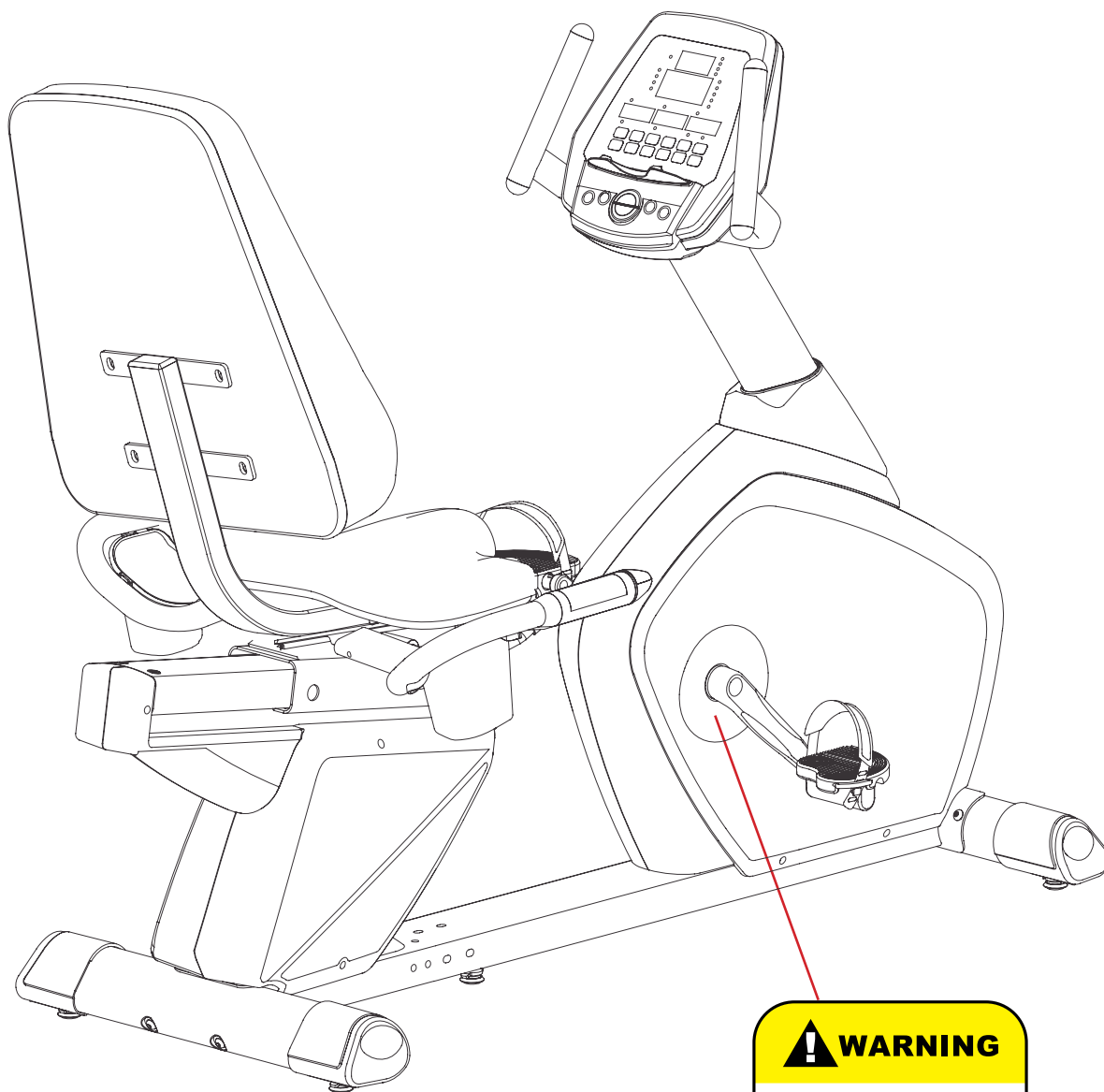
## CONGRATULATIONS

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](mailto: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



# SAFETY INFORMATION

## PRECAUTIONS

This recumbent 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.

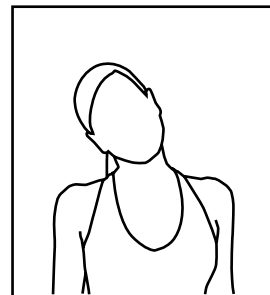
### *REST PERIODS*

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

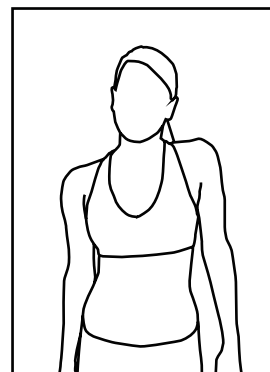
### *Head Rolls*

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.



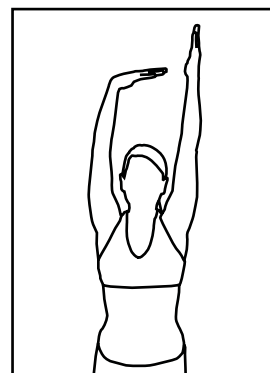
### *Shoulder Lifts*

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.



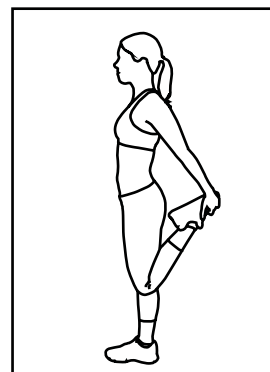
### *Side Stretches*

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*

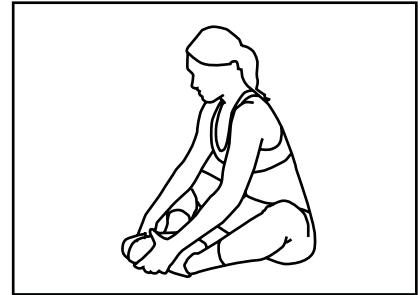
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



## SUGGESTED STRETCHES

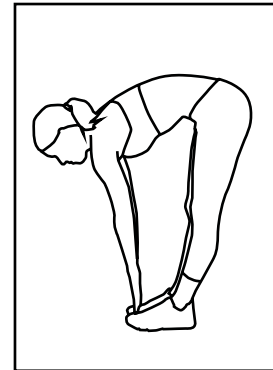
### *Inner Thigh Stretch*

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.



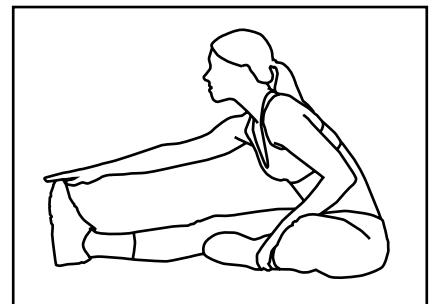
### *Toe Touches*

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.



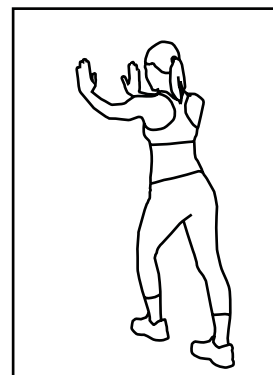
### *Hamstring Stretches*

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.

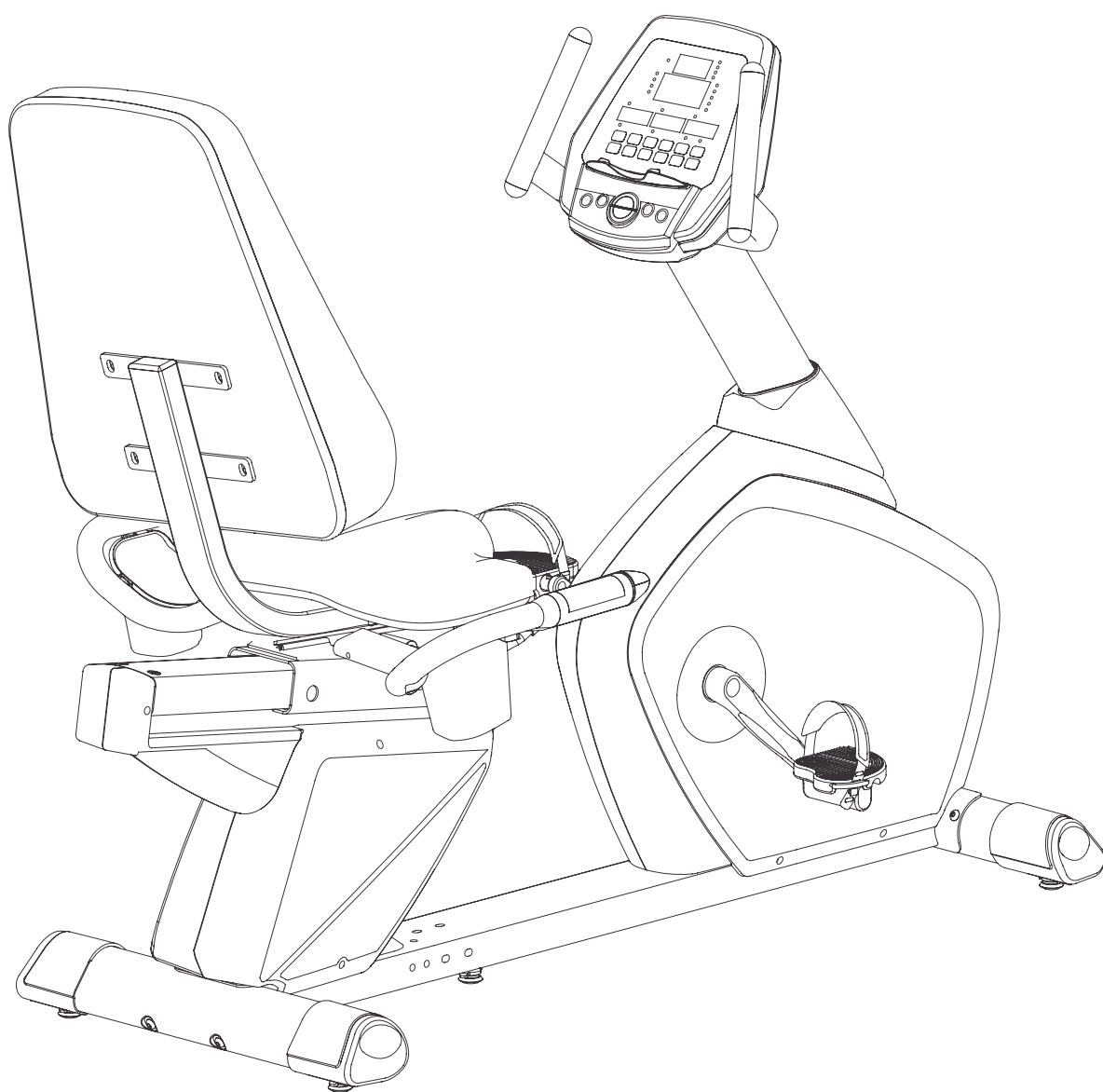


### *Calf/Achilles Stretches*

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.

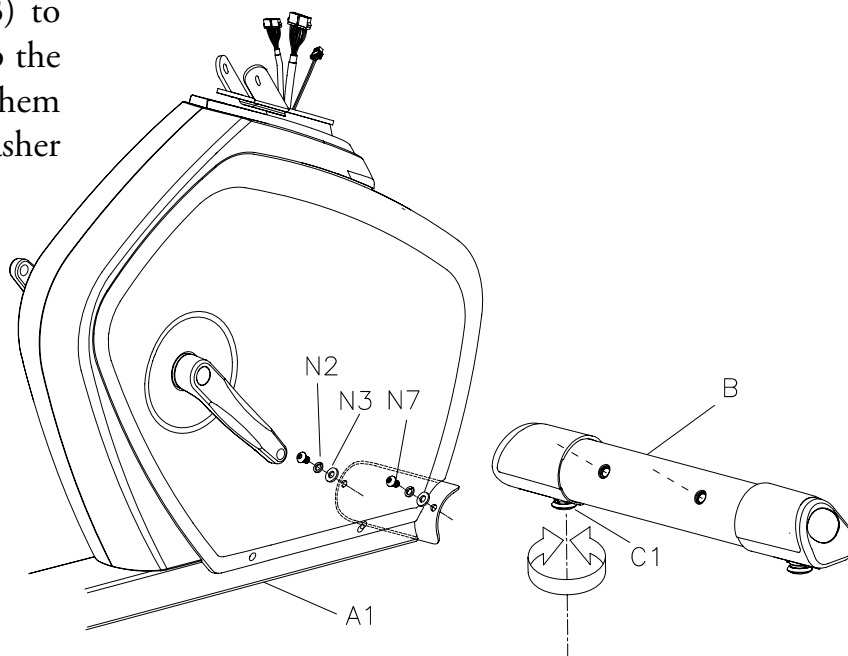


# ASSEMBLY INSTRUCTIONS



## STEP 1

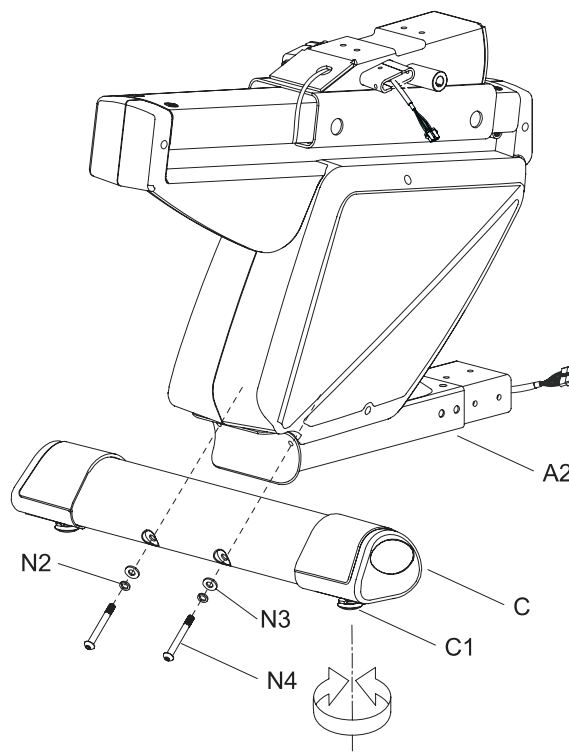
Attach the front stabilizer (B) to the main frame (A1). Line up the mounting holes and secure them with bolts (N7), spring washer (N2) and washer (N3)

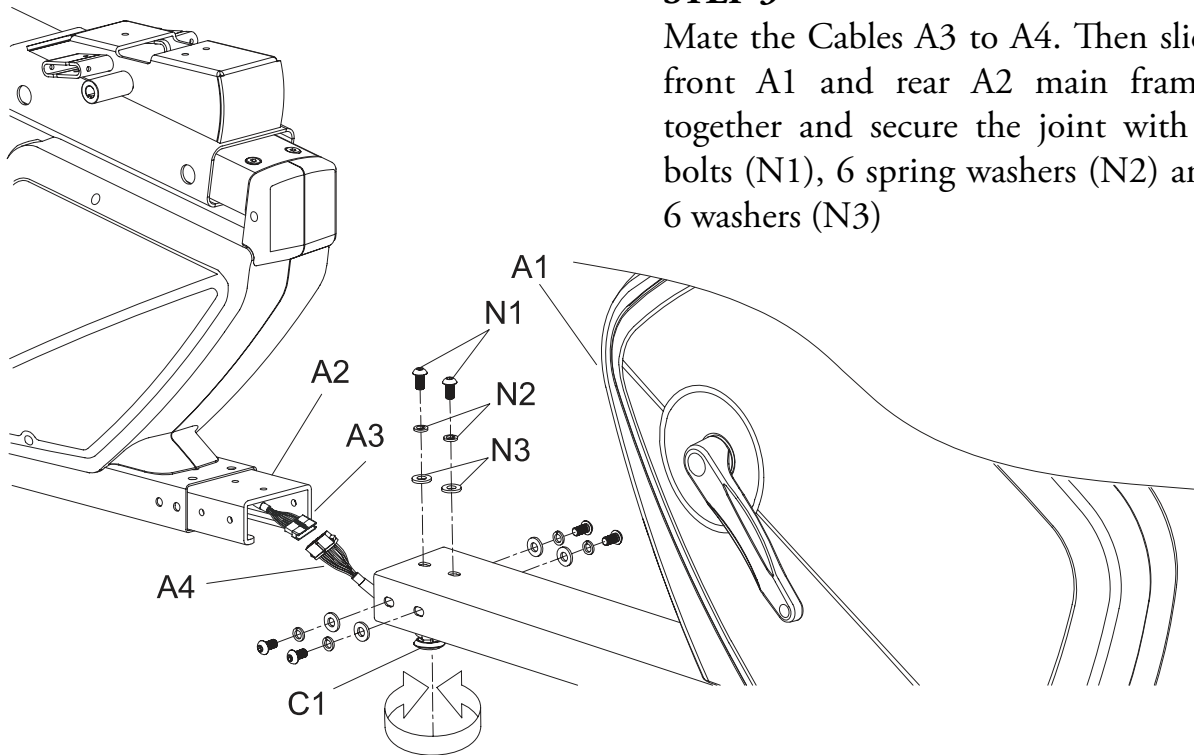


## STEP 2

Attach the rear stabilizer (C) to the main frame (A) Secure them with bolts (N4), spring washer (N2) and washer (N3)

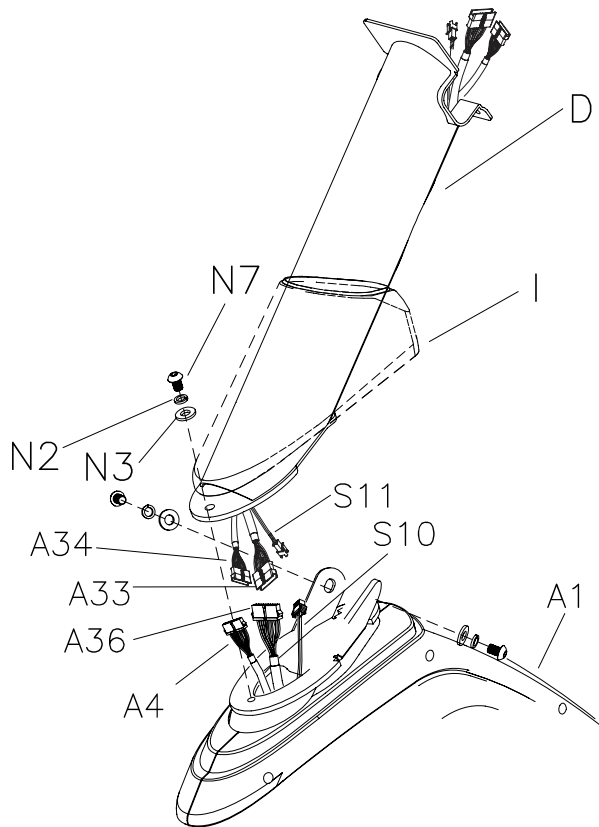
If the machine is unstable after Steps 1 & 2, tighten or loosen (C1) to fix the problem.





### STEP 3

Mate the Cables A3 to A4. Then slide front A1 and rear A2 main frames together and secure the joint with 6 bolts (N1), 6 spring washers (N2) and 6 washers (N3)



### STEP 4

Slide Cover (I) up the Center Support Tube (D). Then connect all the cables A33 to A36, A4 to A34 and S11 to S10 from the center tube to the main frame (A1), and the power cables.

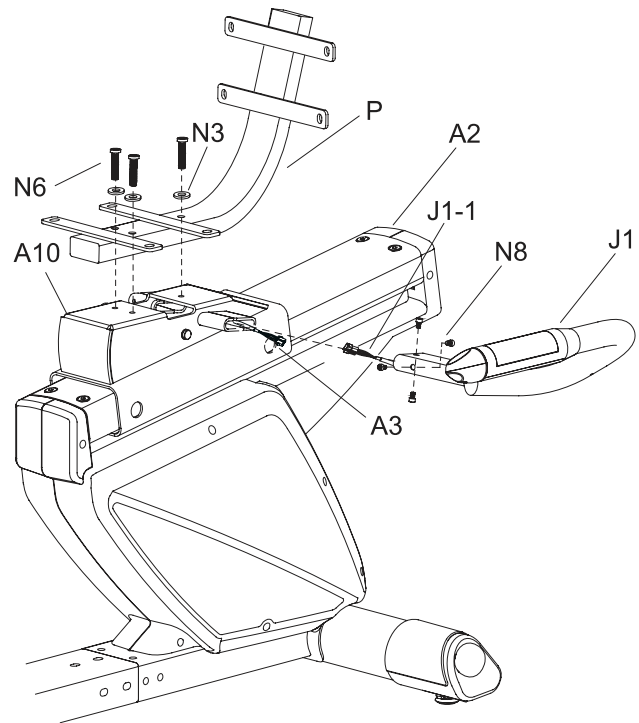
Secure the Center Support Tube to the main frame with three bolts (N7), spring washers (N2), 3 washers (N3). Slide the cover (I) over the joint.

**TAKE CARE TO NOT PINCH THE CABLES DURING THE ASSEMBLY PROCESS.**

## STEP 5

Place the Back Support Tube (P) on the Slider Base (A10) and secure tightly using the washer (N3) and bolt (N6).

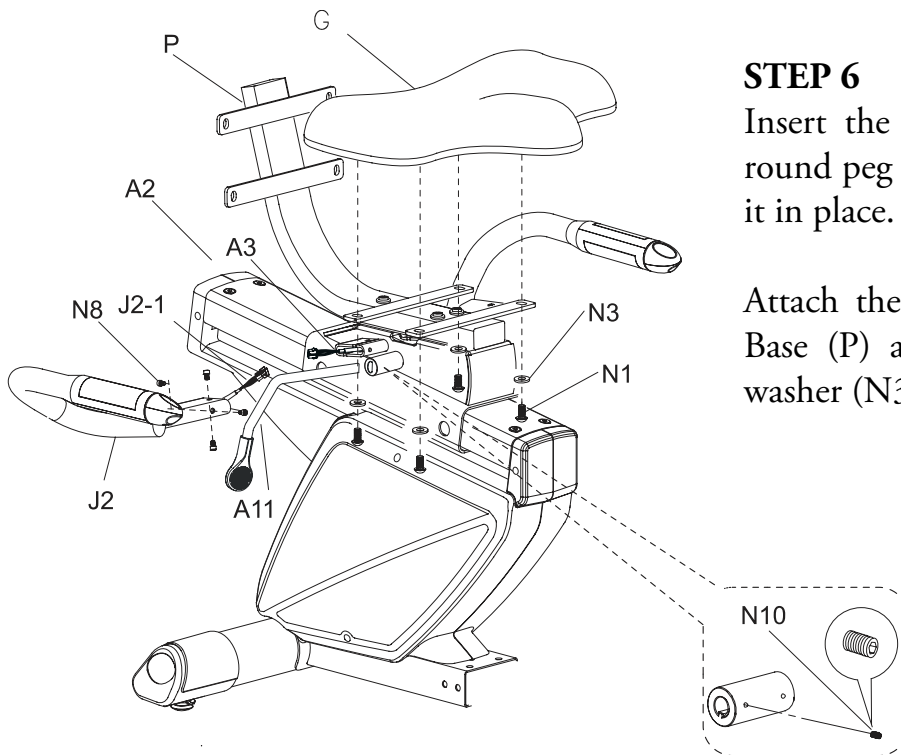
Connect (J1-1) from the Handle to Base Slider (A3) and then slide the Handle Bar (J1) onto the Base Slider (A10). Secure using 4 screws (N8)



## STEP 6

Insert the Slider Handle (A11) into the round peg and use set screw (N10) to bolt it in place.

Attach the Seat Pad (G) onto the Slider Base (P) and secure with 4 bolts (N1), washer (N3) from underneath the seat.

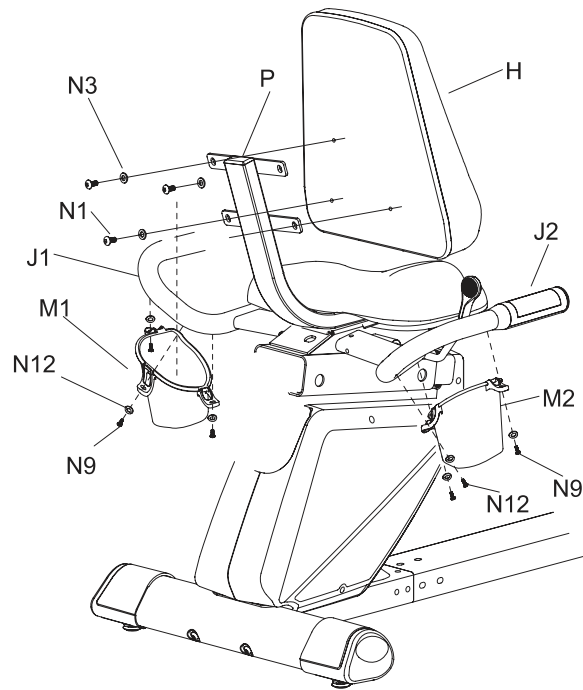




## STEP 7

Place the Backrest Cushion (H) against Backrest Tube (p) and attach with hex screws (N1) and washers (N3).

Attach Accessory Trays (M1/M2) to the side of the Handlebars (J1/J2) and secure with screws (N9), and washer (N12).

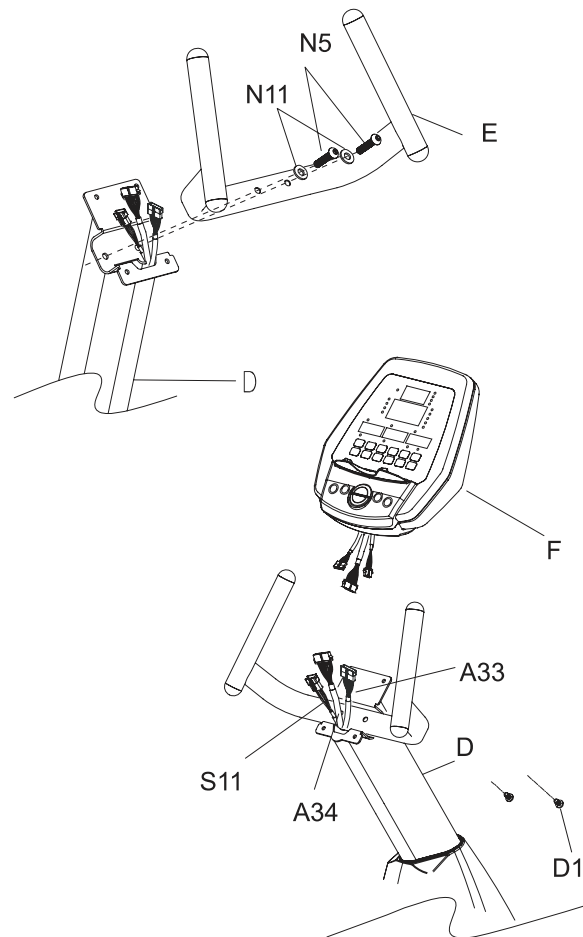


## STEP 8

Place the Small Handle Bar (E) onto the bracket of the Center Tube (D) and use 2 bolts (N5) and 2 washers (N11) to secure.

From the Center Tube (D), connect the cables (A33, A34, S11) to those coming from the console.

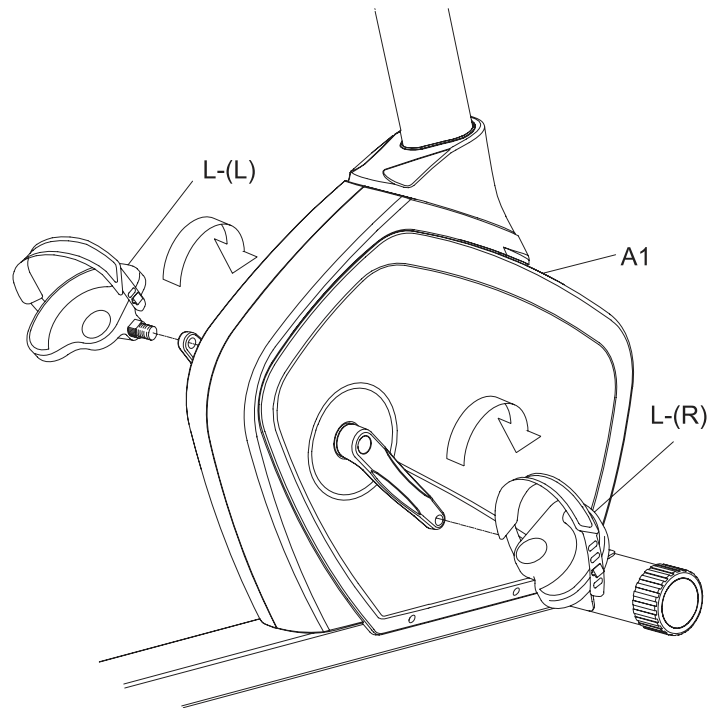
Gently tuck all access wires into the center tube (D) and the console cavity. Slide the console onto the bracket on the center tube (D). Secure the assembly using two screws (D1).



## STEP 9

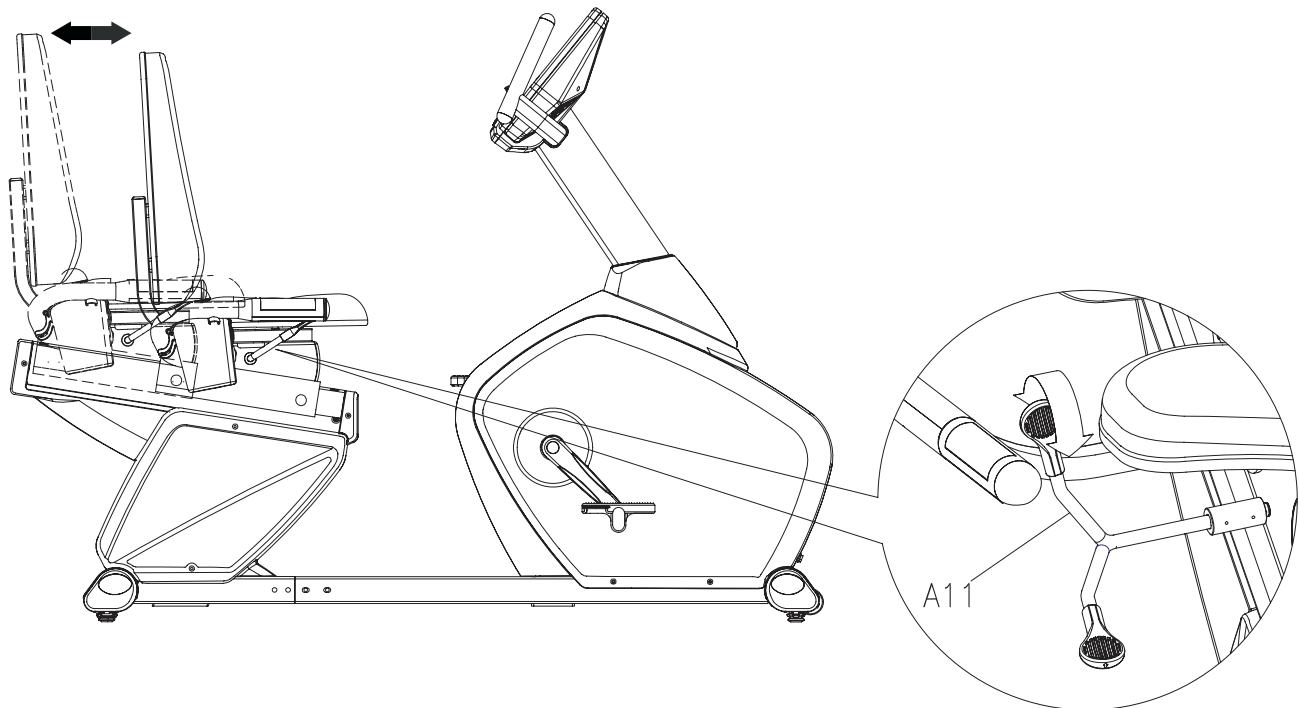
Install the strap for each pedal. Thread the Right Pedal (L-R) onto the Right Crank. Secure in place by turning it **Clockwise**.

Thread the Left Pedal (L-L) onto the Left crank. Secure in place by turning it **Counter-Clockwise**.



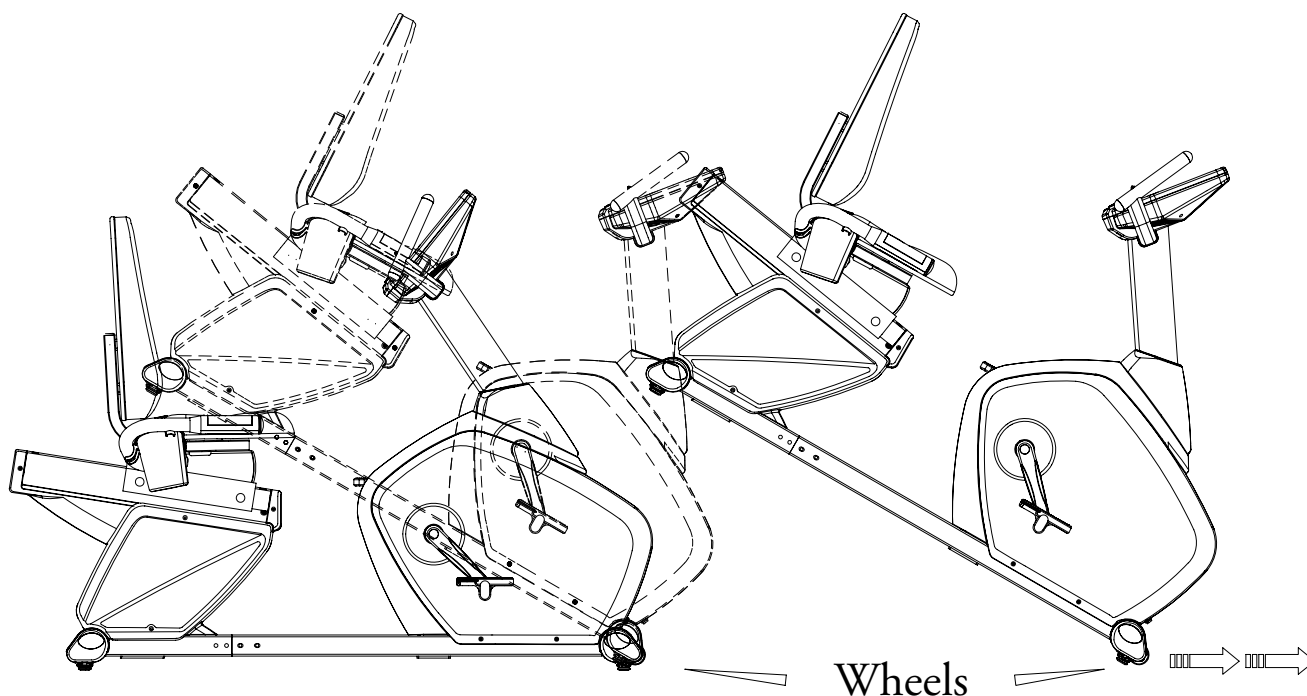
## STEP 10: Adjusting the Seat Position

Push the Seat Slide Adjustment Handle (A11) downward, then slide the seat back or forth as desired. Then pull the adjustment handle back up to lock the slider in place



## MOVING THE RECUMBENT BIKE

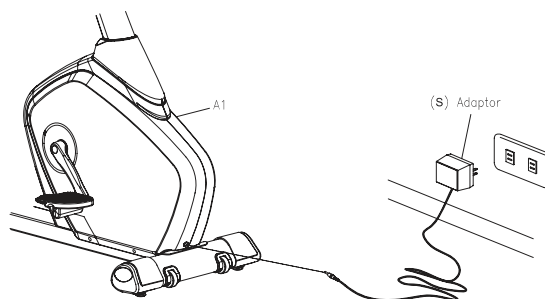
The front of the machine has built-in wheels. Stand near the rear of the machine and lift it up until the weight of the machine is put onto the wheels at the front. Push or pull to move the machine.



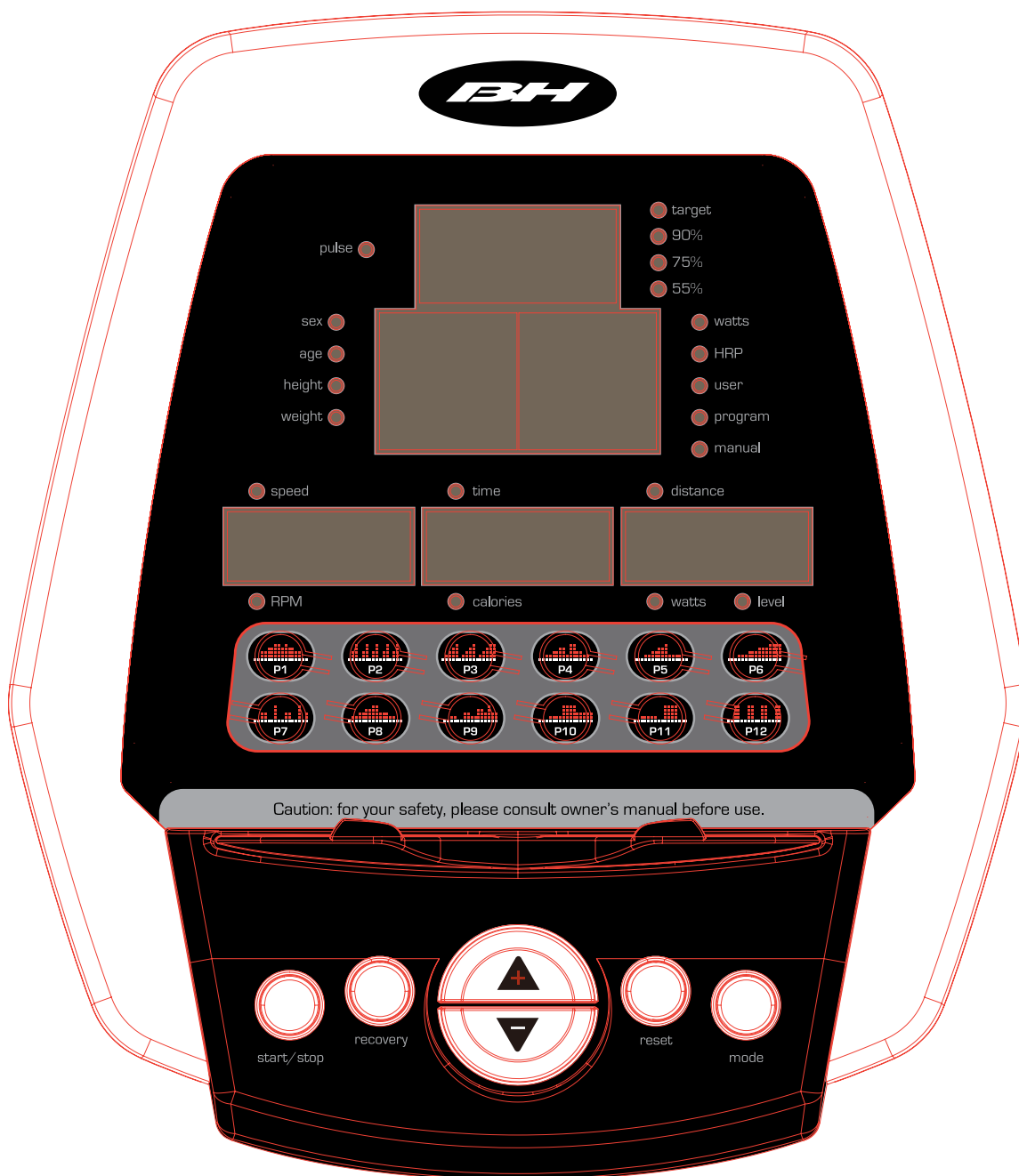
## PLUG THE BIKE IN

Using the supplied power adapter, connect the recumbent bike to a convenient 110V power outlet to charge the back up battery.

Note: Under normal condition, there is no need to use (plug) the AC adaptor. This is a self-powered recumbent bike. As long as the pedals are cranking above 30 RPM, power is being generated. The AC adaptor provided is an alternate battery charging source. Pedaling action charges the battery as well. The battery is used by the system to supply power for reporting workout statistics after the pedals stop spinning.



# 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**

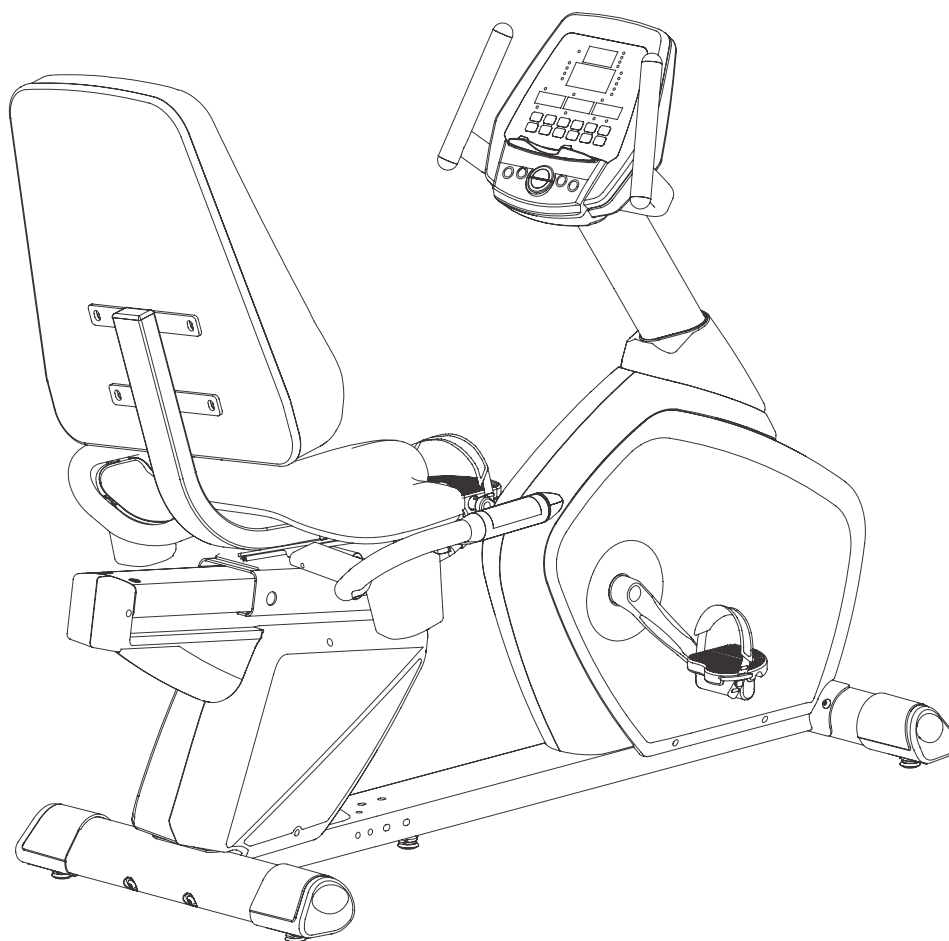
Input personal data: SEX, AGE, HEIGHT and WEIGHT.

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.

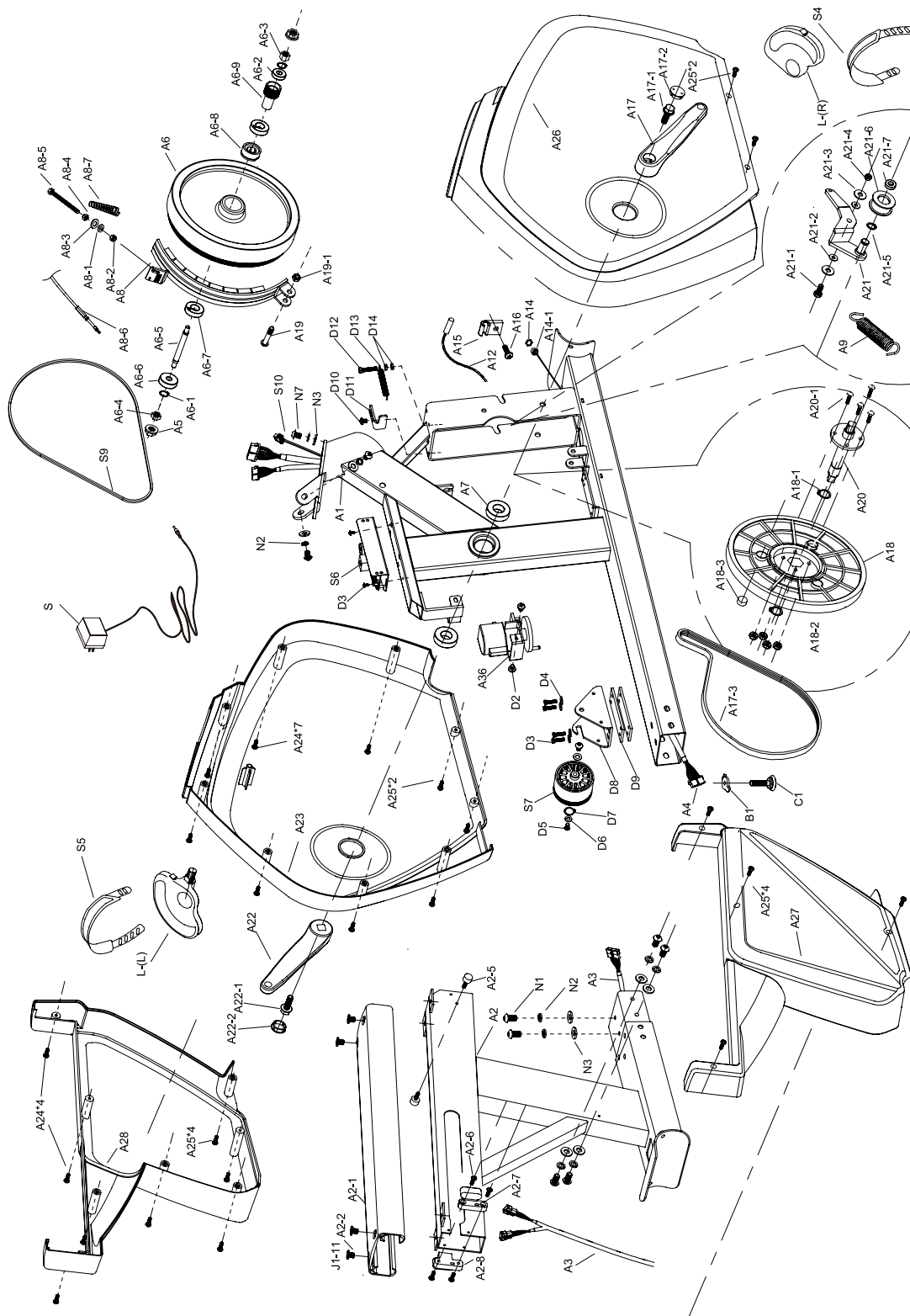
NOTE: The monitor will shut off if the machine is without use for more than 90 seconds.

## MAINTENANCE AND CLEANING

Care has been taken to assure that your recumbent 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.



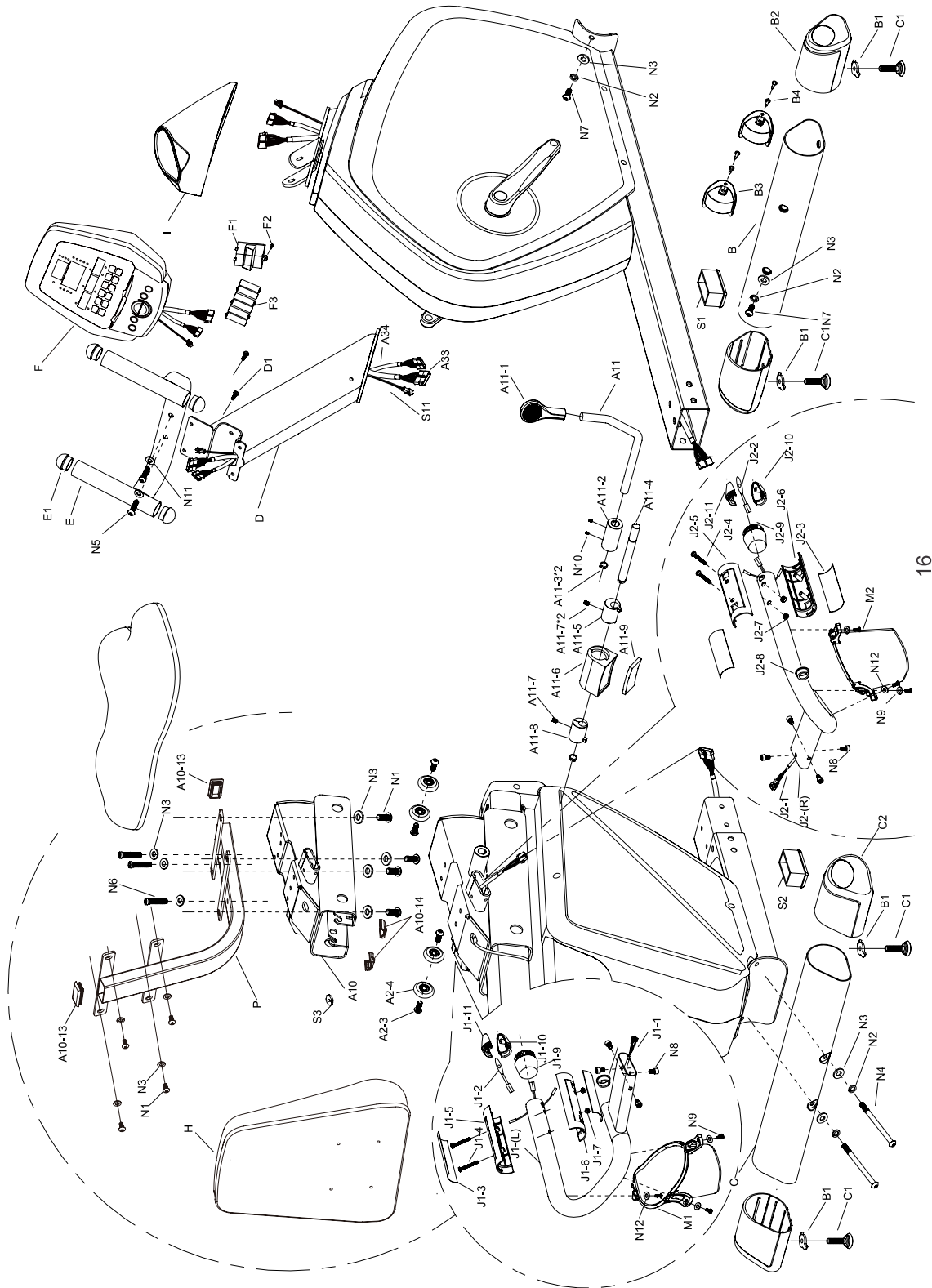
# EXPLODED VIEW DRAWING



17



# EXPLODED VIEW DRAWING CONTINUED



16

# 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.

Item #	Description	Qty	Item #	Description	Qty	Item #	Description	Qty
A1	FRONT MAIN FRAME	1	A18-1	C CLIP C17	2	G	SEAT	1
A2	REAR MAIN FRAME	1	A18-2	NUT M6	4	H	BACKREST	1
A2-1	ALUMINUM TRACKING 52.4*104.8*587L	1	A18-3	MAGNET	1	I	COVER	1
A2-2	SCREW M8*10	4	A19	SCREW M8*52	1	J1-(L)	LEFT SIDE HANDLEBAR	1
A2-3	SCREW M8*22	4	A19-1	NUT M8	1	J1-1	HAND PULSE SENSOR WIRE	1
A2-4	WHEEL $\phi$ 7.8* $\phi$ 37.5*11L	4	A20	AXLE FOR BELT PULLEY $\phi$ 17*153	1	J1-2	PLASTIC CIRCUIT BOARD LEFT	1
A2-5	SCREW $\phi$ 15*22	2	A20-1	SCREW M6*16	4	J1-3	PAD FOR HAND PULSE	2
A2-6	SCREW M4*12	4	A21	PRESSING PIPE	1	J1-4	SCREW M3*35L	2
A2-7	SLIDE FIXING SUPPORT(RIGHT)	1	A21-1	SCREW M8*25	1	J1-5	HAND PULSE	1
A2-8	SLIDE FIXING SUPPORT(LEFT)	1	A21-2	WASHER M8*22*1.5	2	J1-6	HAND PULSE	1
A3	HAND PULSE SENSOR REAR	1	A21-3	WASHER 10*24*0.3T	2	J1-7	NUT M3	2
A4	HAND PULSE SENSOR MIDDLE	1	A21-4	NUT M8	1	J1-8	END CAP	1
A5	NUT 3/8"*26*7mm	2	A21-5	C CLIP C12	1	J1-9	END CAP	1
A6	FLYWHEEL $\phi$ 260*9KGS	1	A21-6	WHEEL $\phi$ 44* $\phi$ 39*21.9L	1	J1-10	CONTROLLER FOR RIGHT HANDLE BAR $\phi$ 26* $\phi$ 42*60.6	1
A6-1	C CLIP C10	2	A21-7	BEARING 6001ZZ	1	J1-11	CONTROLLER FOR RIGHT HANDLE BAR	1
A6-2	BEARING 6000ZZ	1	A22	CRANK LEFT 170L	1	J2-(R)	RIGHT SIDE HANDLEBAR	1
A6-3	NUT 3/8"*0.5T	1	A22-1	SCREW M8*52	1	J2-1	HAND PULSE SENSOR WIRE	1
A6-4	NUT 3/8"*26*3mm	1	A22-2	END CAP	1	J2-2	PLASTIC CIRCUIT BOARD RIGHT	1
A6-5	AXLE $\phi$ 10*120L	1	A23	FRONT LEFT CHAIN COVER	1	J2-3	PAD FOR HAND PULSE	2
A6-6	BEARING 6003ZZ	1	A24	SCREW M4*20	11	J2-4	SCREW M3*35L	2
A6-7	BEARING 6300ZZ	2	A25	SCREW M5*20	12	J2-5	HAND PULSE	1
A6-8	ONE WAY BEARING	1	A26	FRONT RIGHT CHAIN COVER	1	J2-6	HAND PULSE	1
A6-9	PULLY $\phi$ 37* $\phi$ 17*60.9	1	A27	REAR RIGHT CHAIN COVER	1	J2-7	NUT M3	2
A7	BEARING 6203ZZ	2	A28	REAR LEFT CHAIN COVER	1	J2-8	END CAP	1
A8	HOUSING-MAGNET	1	A33	SENSOR WIRE	1	J2-9	END CAP	1
A8-1	WASHER M6* $\phi$ 19*T1.5	1	A34	HAND PULSE SENSOR FRONT	1	J2-10	CONTROLLER FOR RIGHT HANDLE BAR $\phi$ 26* $\phi$ 42*60.6	1
A8-2	NUT M6	1	A36	MOTOR	1	J2-11	CONTROLLER FOR RIGHT HANDLE BAR	1
A8-3	WASHER $\phi$ 6* $\phi$ 22*T1.0	1	B	FRONT STABILIZER	1	L-(L)	PEDAL RIGHT JD-22A9/16"	1
A8-4	NUT M6	1	B1	ADJUSTED END	5	L-(R)	PEDAL LEFT JD-22A9/16"	1
A8-5	SCREW M6*60	1	B2	END CAP	2	M1	ACCESSORY TRAY(LEFT)	1
A8-6	TENSION CABLE 177L	1	B3	TRANSPORATION WHEEL	2	M2	ACCESSORY TRAY(RIGHT)	1
A8-7	SPRING $\phi$ 10.2* $\phi$ 1.2*11*55L	1	B4	SCREW #8*32*5/8"	4	N1	SCREW M8*15	14
A9	SPRING $\phi$ 3*101L	1	C	REAR STABILIZER	1	N2	WASHER M8	13
A10	SLIDING TRACKING	1	C1	ADJUSTED END M8* $\phi$ 29*42.5	5	N3	WASHER M8*16*1.2T	24
A10-13	END CAP 25*50	2	C2	END CAP	2	N4	SCREW M8*105	2
A10-14	PACKING FILM	2	D	MAIN SUPPORTING TUBE	1	N5	SCREW M8*35	2
A11	SEAT ADJUSTMENT HANDLE	1	D1	SCREW	2	N6	SCREW M8	3
A11-1	PLASTIC WRAP $\phi$ 8*71L	1	D2	SCREW M5*20	4	N7	SCREW M8*20	5
A11-2	CONNECTING HOUSING $\phi$ 12*50	1	D3	SCREW M6*8	2	N8	SCREW M6*10	8
A11-3	C CLIP C10	2	D4	WASHER M6	4	N9	SCREW M4*15	6
A11-4	AXLE FOR BRAKING $\phi$ 12*122	1	D5	SCREW M8*14	2	N10	SCREW M6*8	2
A11-5	BUSHING $\phi$ 12* $\phi$ 24*33.2	1	D6	WASHER M8	2	N11	WASHER M8*16*1.2T	2
A11-6	BRAKE PAD 40.5*65	1	D7	C-CLIP	1	N12	WASHER 8*4.5	6
A11-7	SCREW STOPPING M6*10	2	D8	GENERATOR HOUSING	1	P	BACK PAD SUPPORT TUBE	1
A11-8	BUSHING $\phi$ 12* $\phi$ 24*33.2	1	D9	PAD	2	S	ADAPTOR	1
A11-9	BRAKING STOPPER T2.0*28*58	1	D10	SCREW M6*8	1	S1	END CAP	1
A12	SENSOR WIRE	1	D11	PANEL	1	S2	END CAP	1
A14	NUT	1	D12	SCREW M6*30	1	S3	END CAP	1
A14-1	POWER CORD	1	D13	SPRING	1	S4	STRAP(R)	1
A15	SENSOR PIPE HOUSING	1	D14	NUT M6	2	S5	STRAP(L)	1
A16	SCREW #6*32*12L	1	E	FRONT SMALL HANDLEBAR	1	S6	PANEL	1
A17	CRANK RIGHT 170L	1	E1	CED CAP	4	S7	GENERATOR	1
A17-1	SCREW M8*25	1	F	MONITOR	1	S9	BELT	1
A17-2	END CAP	1	F1	BATTERY HOUSING COVER	1	S10	SENSOR WIRE	1
A17-3	BELT 6PJ46"	1	F2	BATTERY HOUSING COVER SCREW	1	S11	SENSOR WIRE	1
A18	BELT PULLEY $\phi$ 260	1	F3	BATTERY	6			

$\phi$  = 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](http://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

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Mon - Fri 8am - 5pm PST