BH FITNESS R8 RECUMBENT CYCLE OWNER'S MANUAL

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INTRODUCTION

*C*ongratulations for selecting the R8 Recumbent Cycle as your primary source of fitness. The BH Fitness R8 offers many exercise programs that benefit users of all levels and ages. The R8 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the R8. 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.

BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your R8.

TABLE OF CONTENTS

SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Recumbent Cycle.

Notice: Before using this or any other exercise equipment **consult your family physician or health care professional** 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.
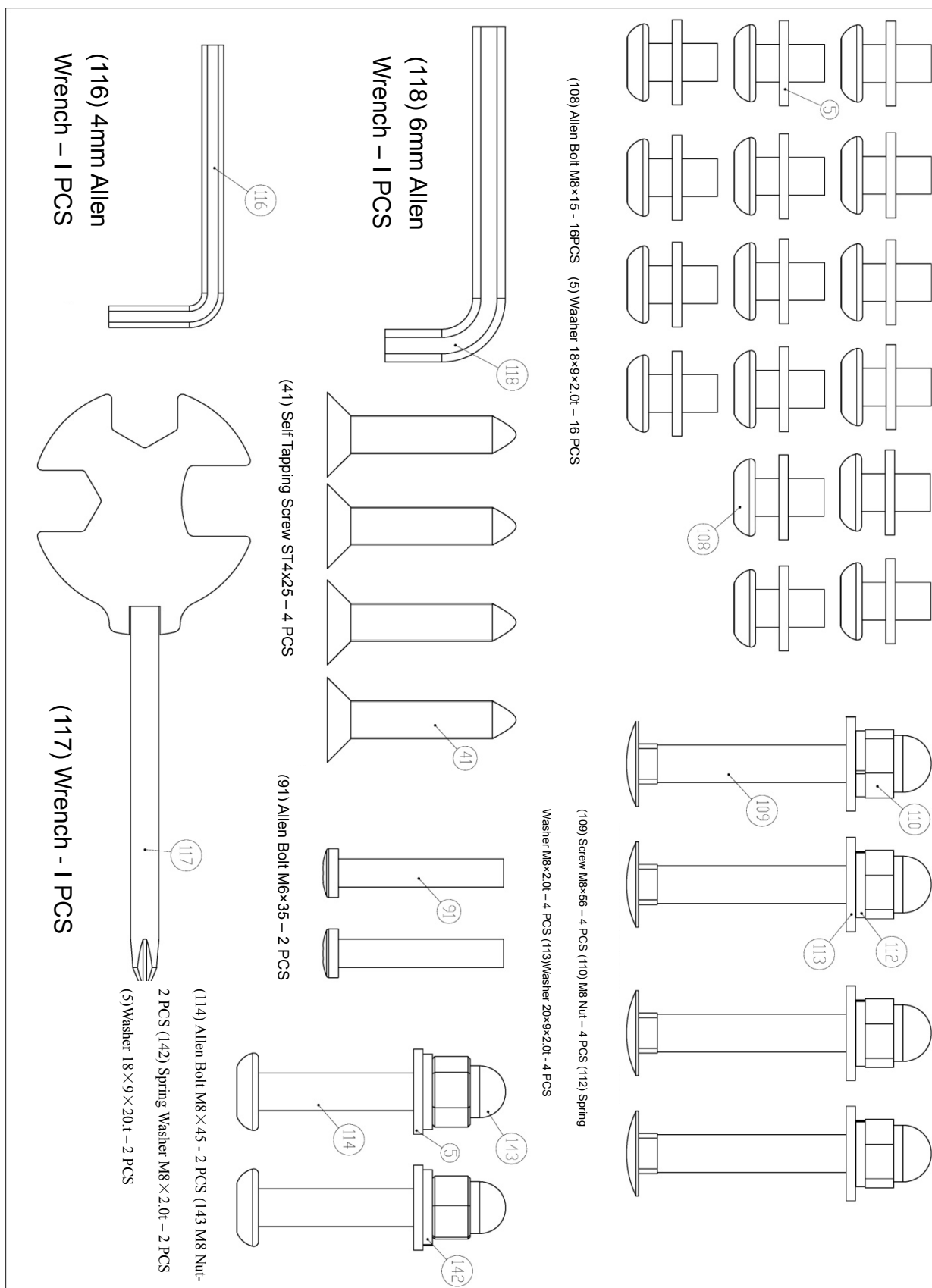
WARNING!

1. Keep children away from machine while in use.
2. Do not wear loose or dangling clothing while using the cycle.
3. Maximum user weight of this cycle is 300 lbs.
4. Keep a minimum clearance of 18" on each side and 24" at the rear of the cycle for safety.
5. The cycle should never be left unattended when in operation.
6. Close supervision is necessary when this appliance is used by or near children, invalids, or disabled persons.
7. Use this appliance only for its intended use as described in this manual.
8. Do not use any attachment not recommended by the manufacturer.
9. Never operate this appliance if it is not working properly. Call your service center for any service concerns before taking your cycle in for repair.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
13. This appliance is intended for household use only.
14. Clean with soap and slightly damp cloth only; never use solvents.
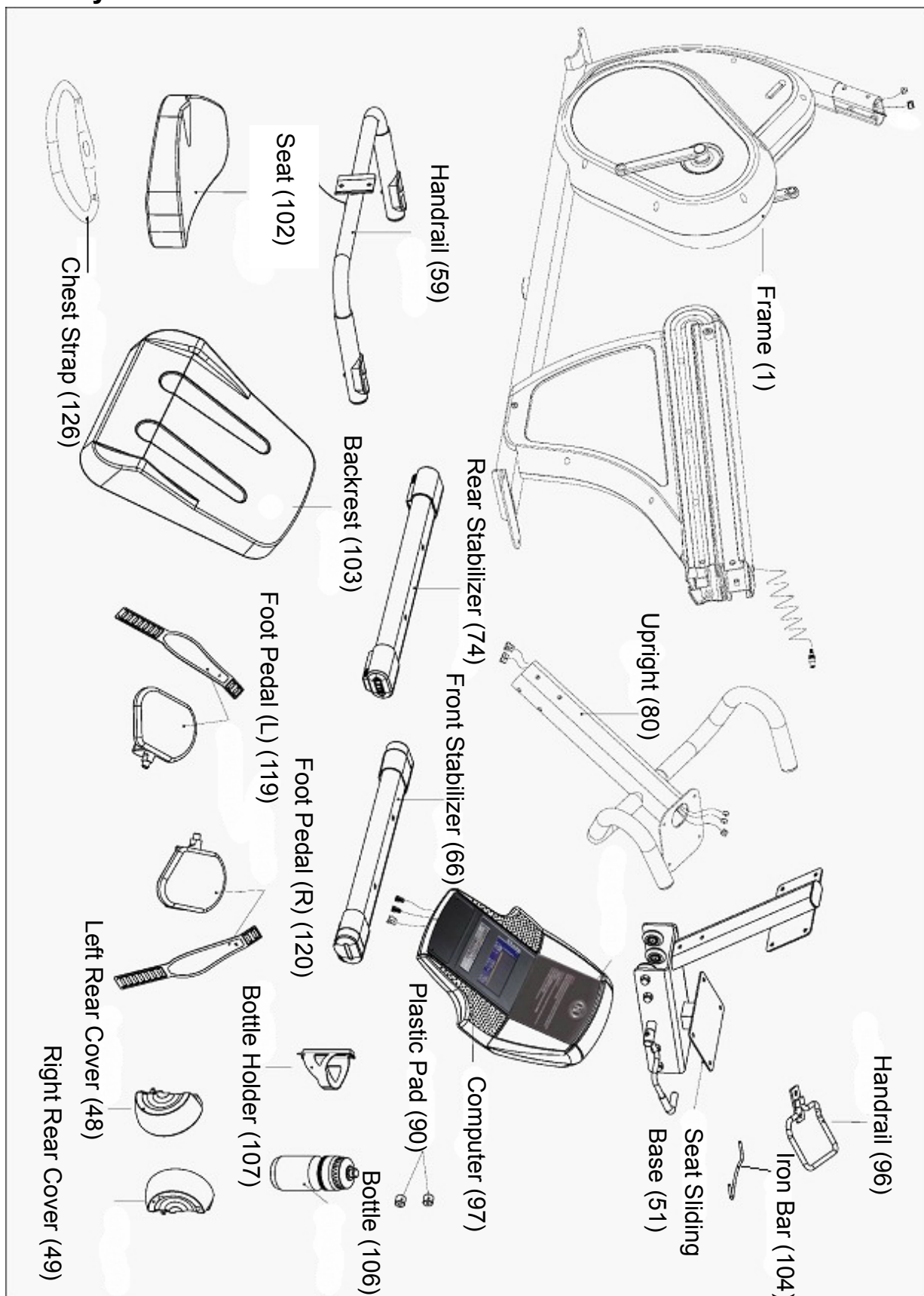
SAVE THESE INSTRUCTIONS

SECTION 2 - ASSEMBLY INSTRUCTIONS

Screws Bag

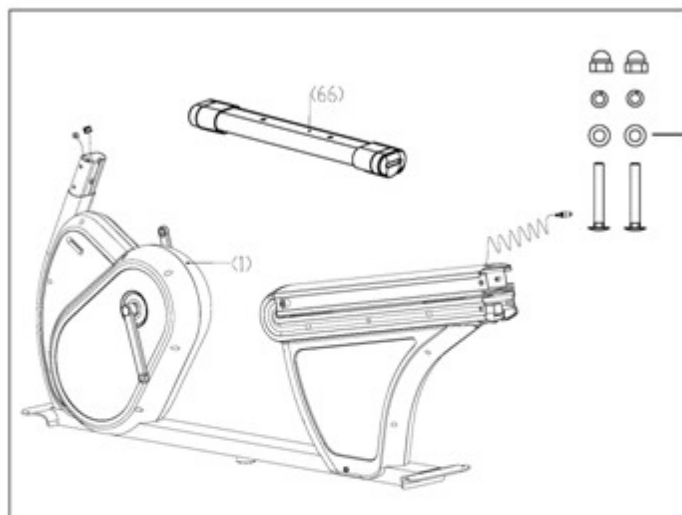(116) 4mm Allen Wrench – I PCS

(118) 6mm Allen Wrench – I PCS

(108) Allen Bolt M8×15 - 16PCS   (5) Washer 18×9×2.0t – 16 PCS

(41) Self Tapping Screw ST4x25 – 4 PCS

(117) Wrench - I PCS

(91) Allen Bolt M6×35 – 2 PCS

(109) Screw M8×56 – 4 PCS (110) M8 Nut – 4 PCS (112) Spring Washer M8×2.0t – 4 PCS (113)Washer 20×9×2.0t- 4 PCS

(114) Allen Bolt M8×45 - 2 PCS (143 M8 Nut-2 PCS (142) Spring Washer M8×2.0t – 2 PCS (5)Washer 18×9×20.t – 2 PCS

ASSEMBLY INSTRUCTIONS CONTINUED

Assembly Parts

Seat (102)

Handrail (59)

Chest Strap (126)

Backrest (103)

Rear Stabilizer (74)

Front Stabilizer (66)

Foot Pedal (L) (119)

Foot Pedal (R) (120)

Left Rear Cover (48)

Right Rear Cover (49)

Bottle Holder (107)

Bottle (106)

Plastic Pad (90)

Computer (97)

Frame (1)

Upright (80)

Seat Sliding Base (51)

Handrail (96)

Iron Bar (104)

ASSEMBLY INSTRUCTIONS CONTINUED

STEP 1. Assembling the Front Stabilizer

Spring Washer M8×2.0t - 2PCS (112)

Washer 20×9×2.0 - 2PCS (113)

M8 Nut - 2PCS (110)
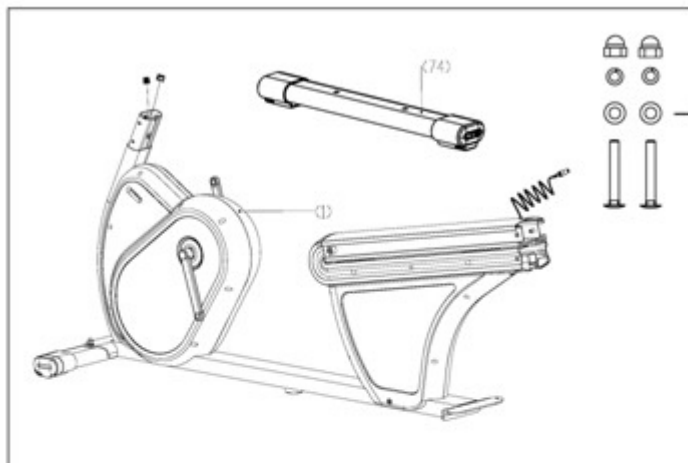
Screw M8×56 - 2PCS (109)
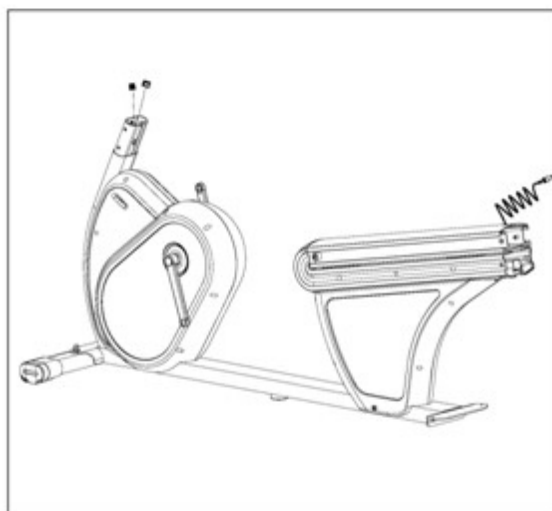
Refer to the drawing to the right. Attach the Front Stabilizer (66) to the Front Frame (1) with Bolts (109), Washers (113), (112) and Acorn Nuts (110). Tighten the nuts with the Open Spanner (117).
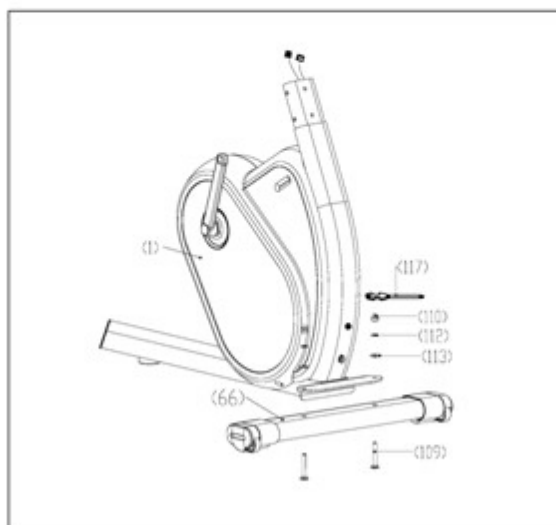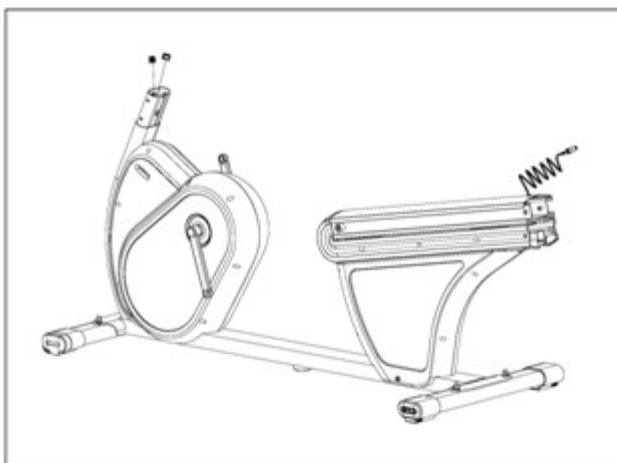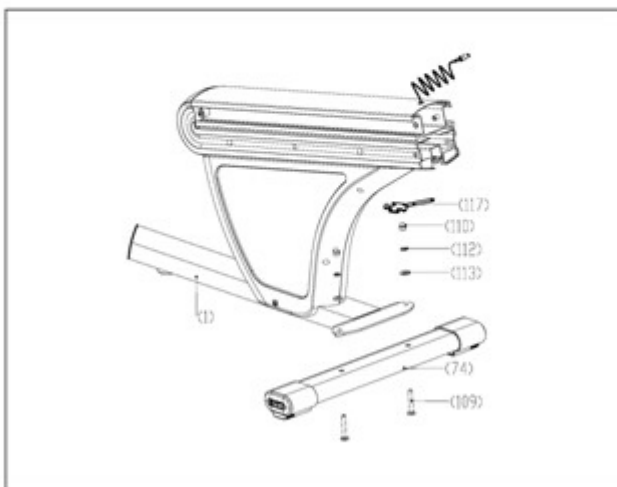
ASSEMBLY INSTRUCTIONS CONTINUED

STEP 2. Assembling the Rear Stabilizer

Spring Washer M8×2.0t - 2PCS (112)

Washer 20×9×2.0t - 2PCS(113)
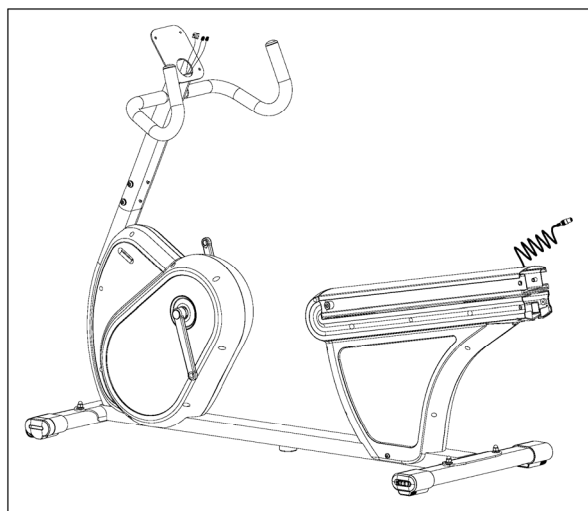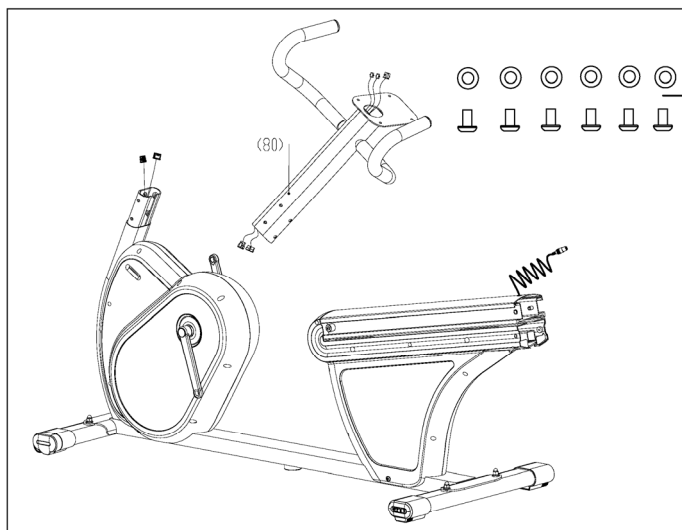
M8 Nut - 2PCS (110)

Screw M8×56 - 2PCS (109)

Refer to the drawing to the right. Attach the Rear Stabilizer (74) to the Frame (1) with Bolts (109), Washers (113), (112) and Acorn Nuts (110), Tighten the nuts with the Open Spanner (117).
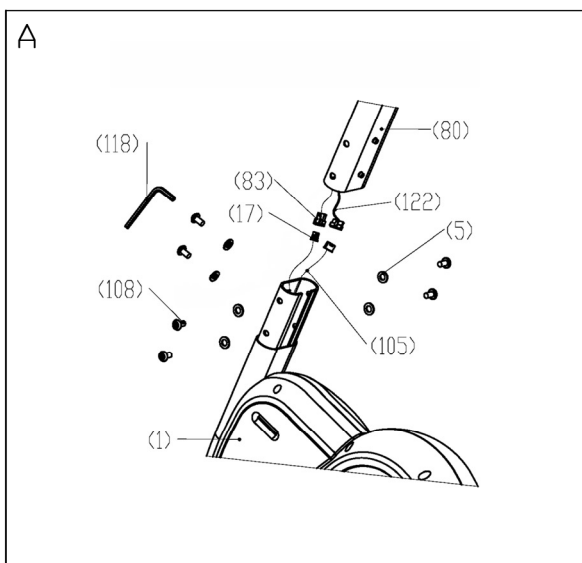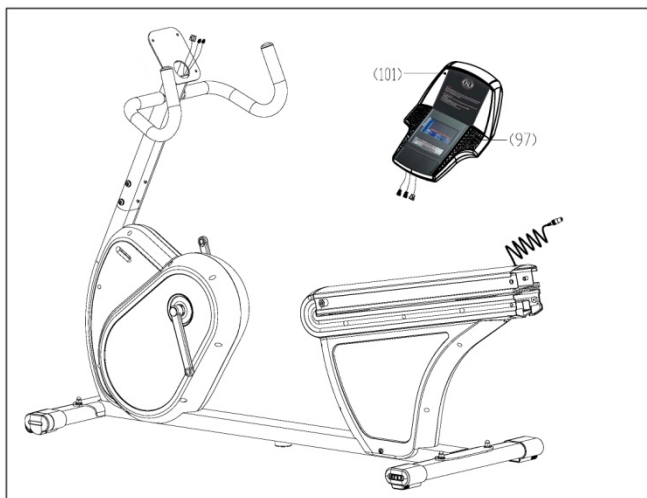
ASSEMBLY INSTRUCTIONS CONTINUED

STEP 3. Assembling the Upright

Washer 18×9×2.0t - 6PCS (5)

Allen Bolt M8×15—6PCS (108)

1. Connect the Handrail Pulse Wire (17) and the Handrail Pulse (upright section) (83). Connect the Control Wire (L) (105) and the Control Wire (M) (122).

2. Insert the Upright (80) into the Frame (1). Assemble the frames with Bolts (108), Washers (5) and 6mm Allen Wrench (118).
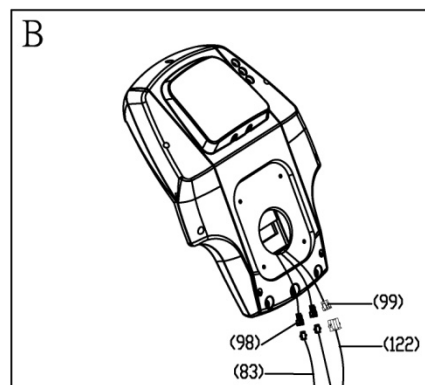
ASSEMBLY INSTRUCTIONS CONTINUED

STEP 4. Assembling Computer Console

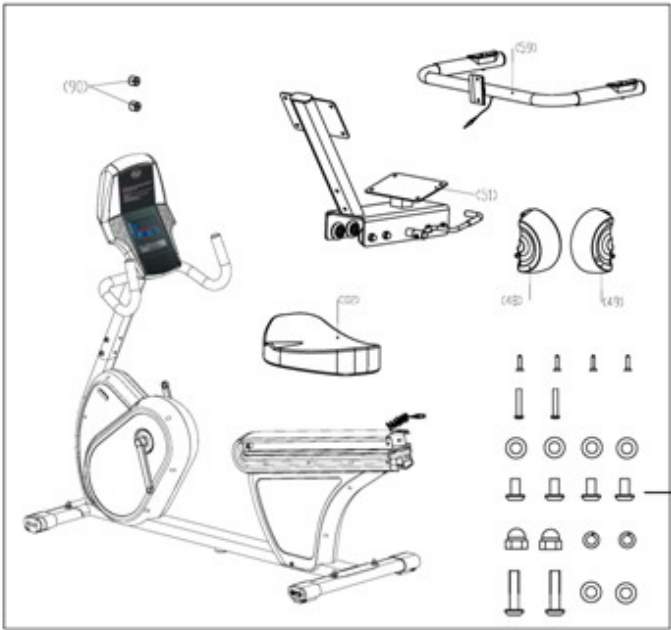Step A: Unfasten the Screws (100) from the Computer with Open Spanner (117).
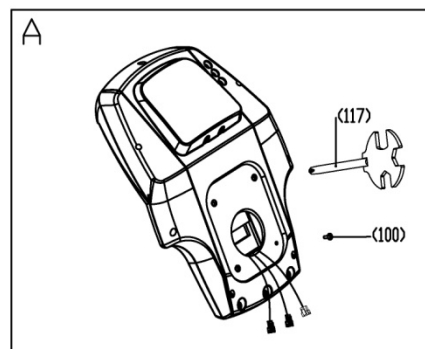
Step B: Connect the wires from the Computer. Connect (98) to (83) and (99) to (122).

ASSEMBLY INSTRUCTIONS CONTINUED

STEP 5. Assembling the Seat, Handrails, Seat Sliding Base, Spacers and Rear Covers

Self Tapping Screw ST4.0×25 - 4PCS (41)

Allen Bolt M635 - 2PCS (91)

Washer18×9×2.0t - 6PCS (5)

Allen Bolt M8×15 - 4PCS (108)
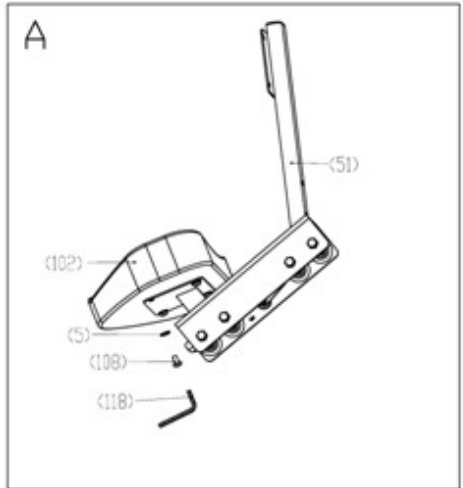
Allen Bolt M8×45 - 2PCS (114)

M8 Nut - 2PCS (143)
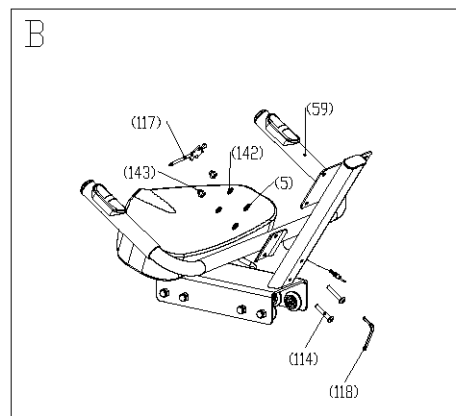
Spring Washer M8×2.0t—2PCS(142)

Step A: Attach the Seat (102) to the Seat Sliding Base (51) with Bolts (108), Washers (5) and 6mm Allen Wrench (118).

ASSEMBLY INSTRUCTIONS CONTINUED

Step B: Assemble the Handrail (59) and Seat Sliding Base with Allen Bolts (114), Washers (5), (142) and Acorn Nuts (143). Tighten with Open Spanner (117) and 6mm Allen Wrench (118).

Step C: Turn the Handle (93) of the Seat Sliding Base (51) in the direction shown in the drawing to the right. Slide the Seat Sliding Base onto the Aluminous Tube (84) and then release the Handle.
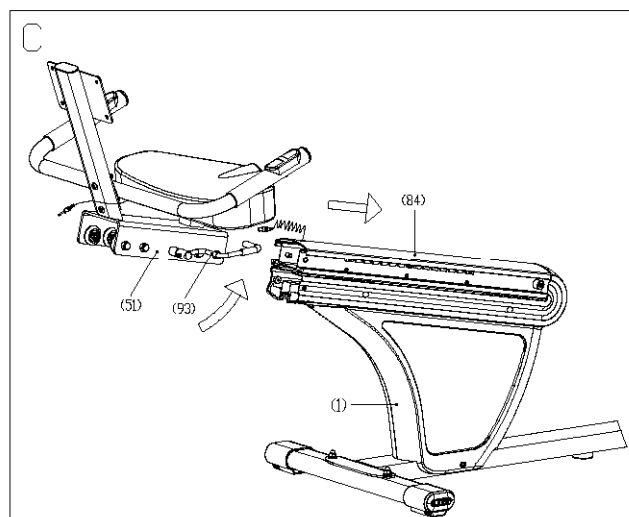
Step D: 1. Attach the Spacers (90) to the Aluminous Tube (84) with Bolts (91) and 4mm Allen Wrench (116).
2. Connect the Hand Pulse Wires (17), (63) between the frame and handrail.
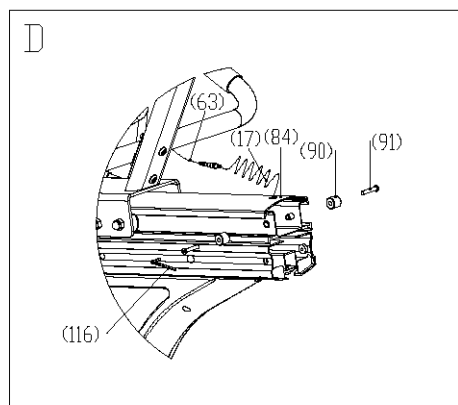
ASSEMBLY INSTRUCTIONS CONTINUED

Step E: Assemble Rear Covers (48), (49) to the Frame with Self Tapping Screws (41) and Open Spanner (117).
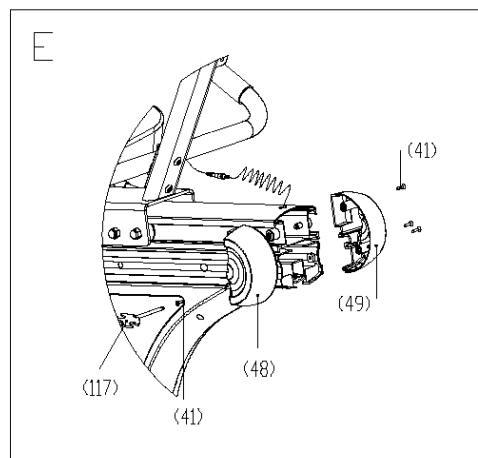
STEP 6. Assembling the Backrest
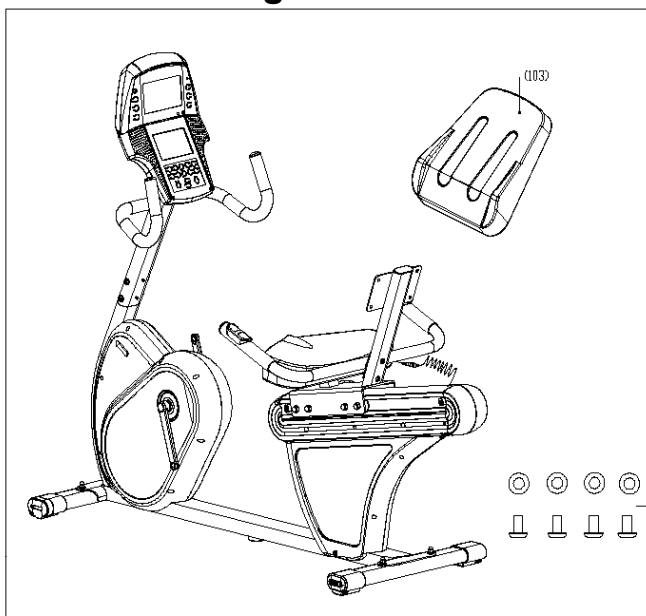
Washer 18x9x2.0t - 4PCS (5)

Bolt M8x15 - 4PCS (108)
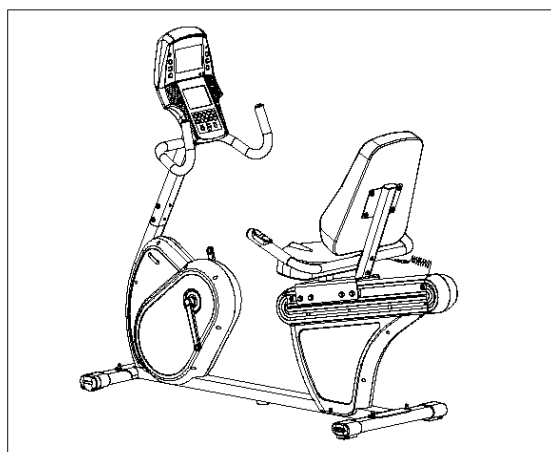
ASSEMBLY INSTRUCTIONS CONTINUED

Assemble the Backrest (103) and the
Seat Sliding Base with Bolts (108),
Washers (5) and 6mm Allen Wrench
(118).
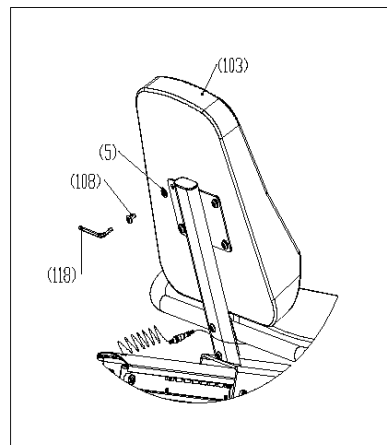
7. Assembling the Handrail
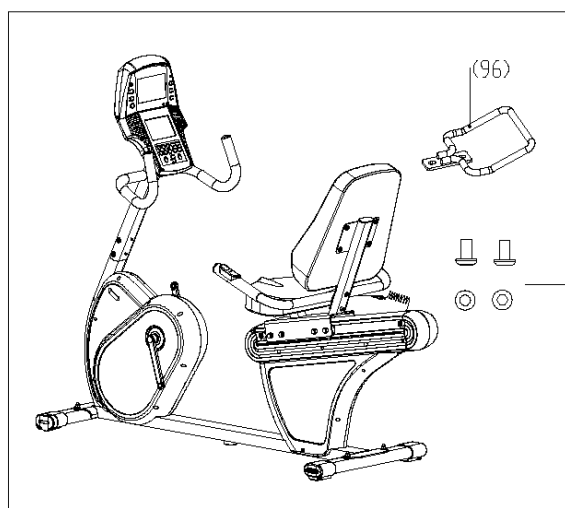
Washer 18x9x2.0t - 2PCS (5)

Bolt M8x15 - 2PCS (108)
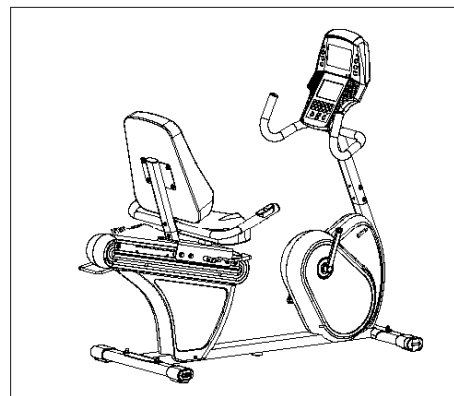
Assemble the Handrail (96) and
Frame (1) with Bolts (108), Washers
(5) and 6mm Allen Wrench (118).
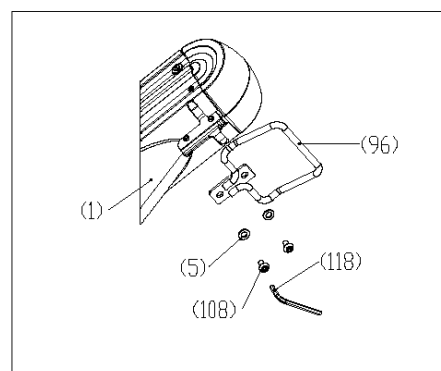
ASSEMBLY INSTRUCTIONS CONTINUED

8. Assembling the Bottle Holder
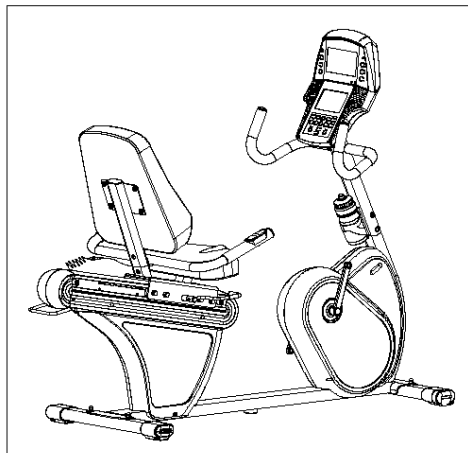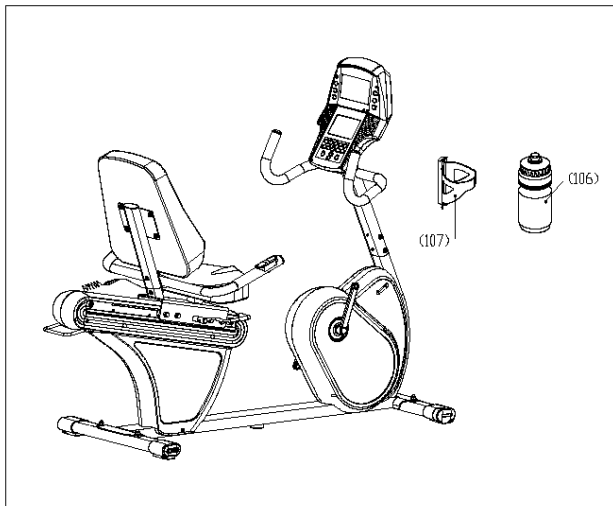
Step A: Unfasten the Bolt (82) from the Upright (80) with Open Spanner (117).
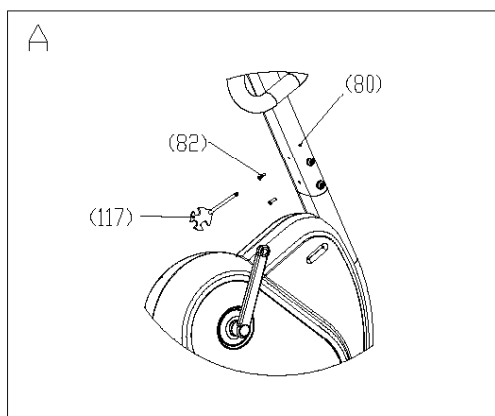
Step B: 1. Attach the Bottle Holder (107) to the Upright (80) with Bolt (82) and Open Spanner (117). 2. Insert the Bottle (106) into the Bottle Holder (107).
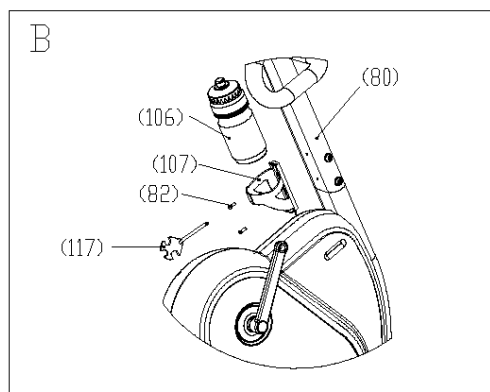
ASSEMBLY INSTRUCTIONS CONTINUED

9. Assembling the Pedals
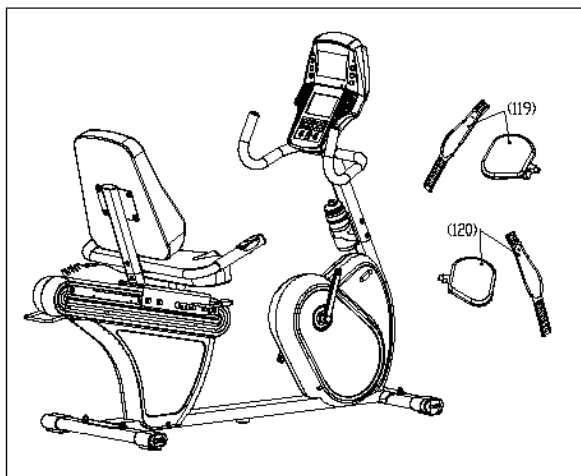
Step A: Attach the Pedal Belt to the Pedal.
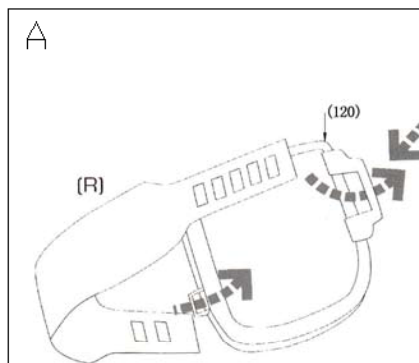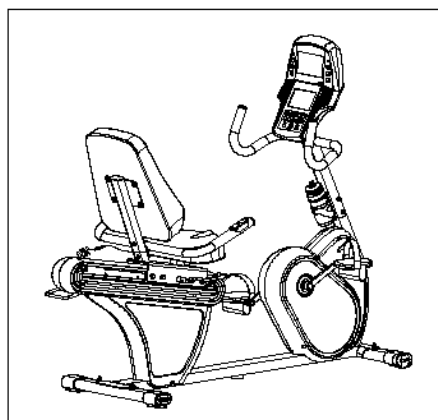
Step B: Tighten the Pedal in the arrow's direction in Picture B with Open Spanner (117).
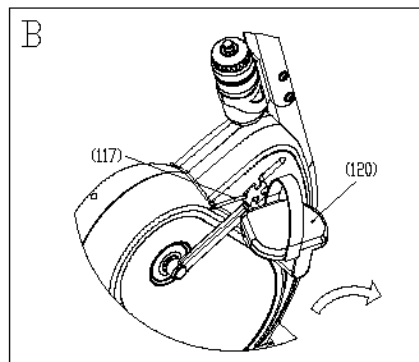
Step C: If needed, disassemble the Pedal in the arrow's direction in Picture C with Open Spanner (117).
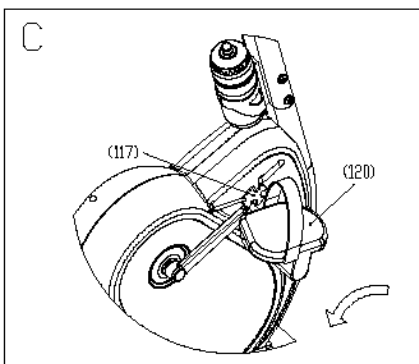
ASSEMBLY INSTRUCTIONS CONTINUED

10. Assembling the Book Shelf
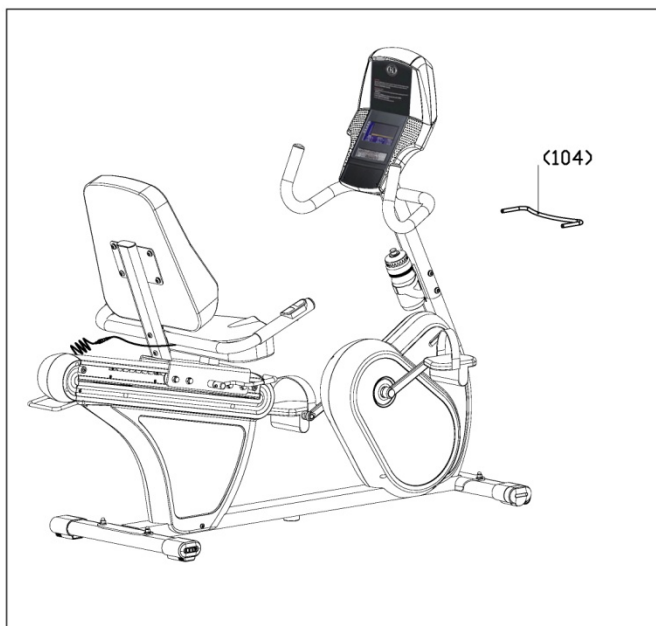
Insert the Book Shelf (104) into the Computer (97).

SECTION 3 – COMPUTER CONSOLE
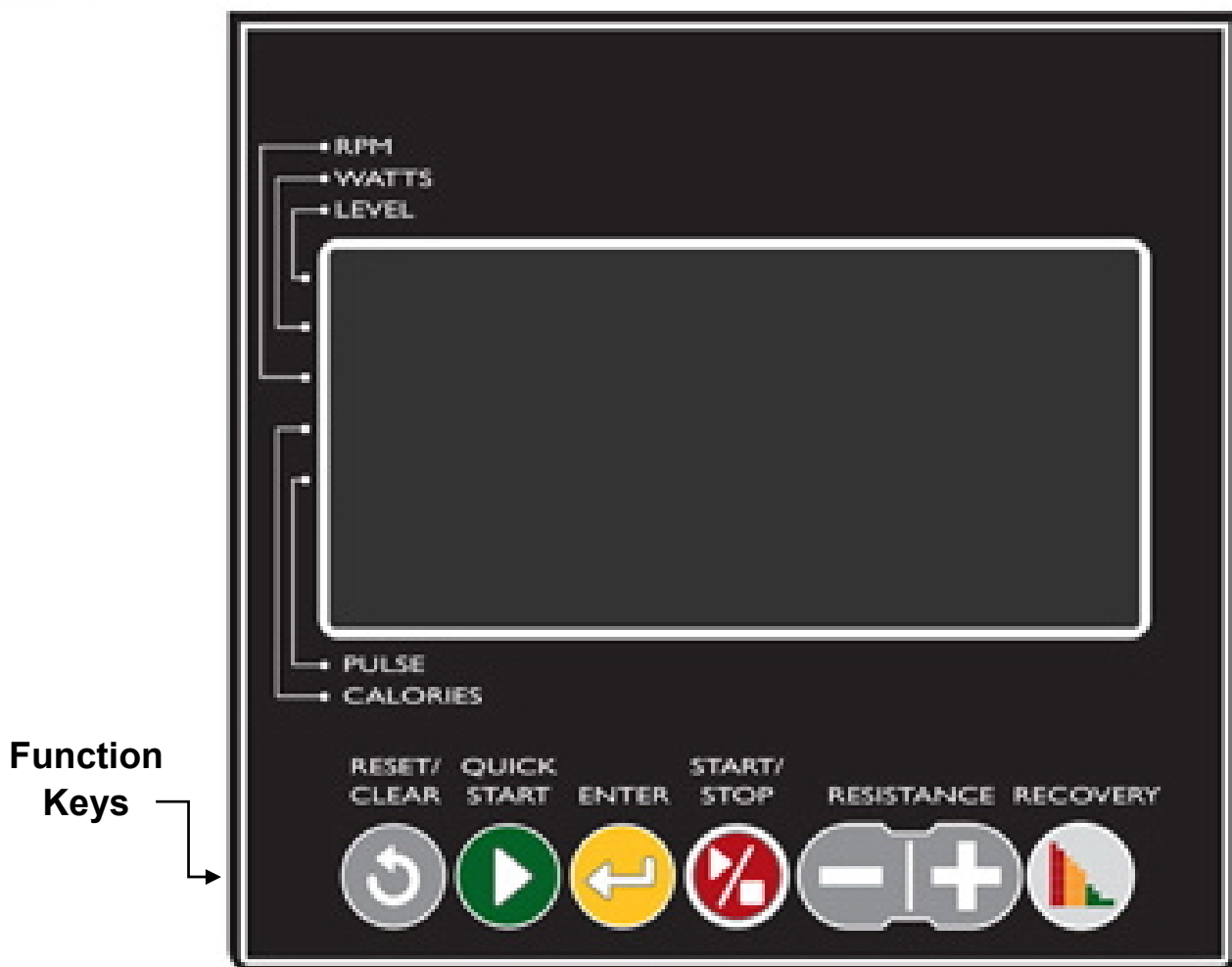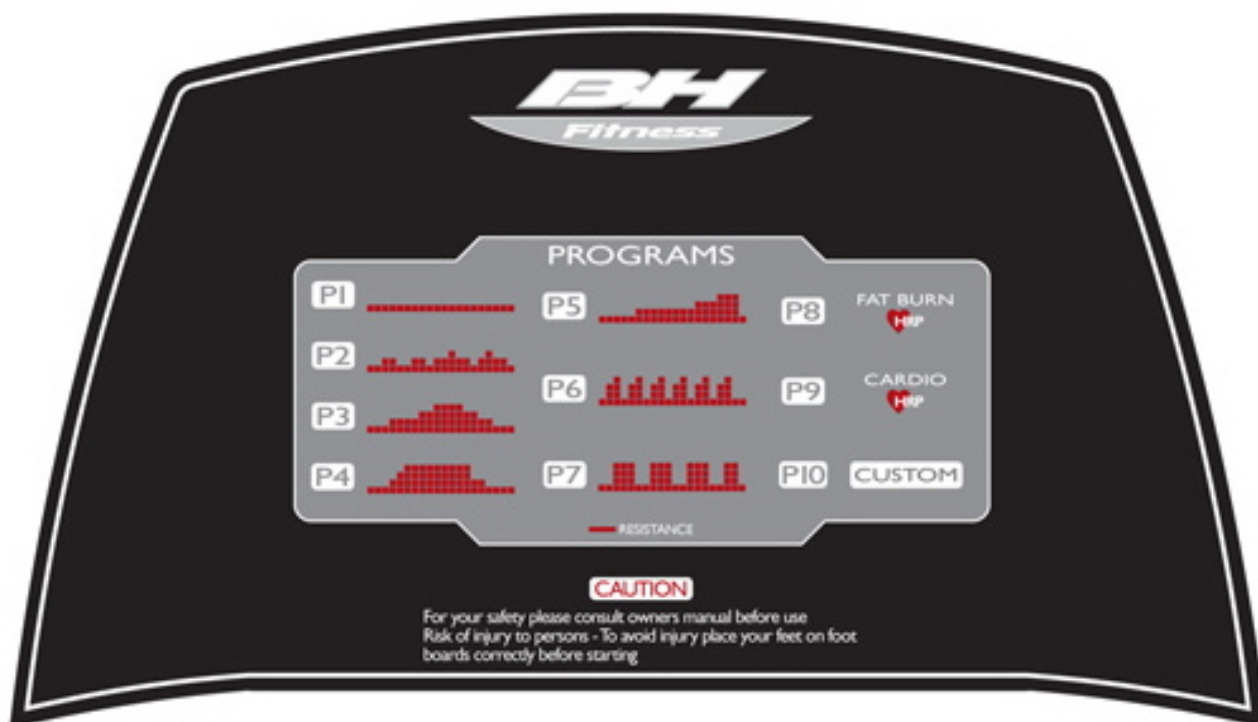
SECTION 4 – CONSOLE OPERATION

1. Console Display

a. LEVEL: Shows the resistance steps.

b. WATTS: Shows the WATTS (power) consumed.

c. RPM: Shows the rolling speed.

d. CALORIES: Shows the calories consumed.

e. PULSE: Shows the heartbeat in beats per minute.

f. TIME: Shows the exercise time.

g. DISTANCE: Shows the simulated distance traveled.

h. SPEED: Shows the speed.

i. MATRIX WINDOW: Shows the profile of your exercise; When setting up, it shows the parameters.

j. ROLLING DISPLAY ITEM: During the exercise, it shows the figure of the TIME，DISTANCE and SPEED. When set it or stop it, the display window shows the current operation.

Start Display: After you step on the foot pedals and start to exercise, the computer will power up. A beep will sound and the LCD will be completely displayed for 2 seconds and then enter the temperature display and time setting mode.
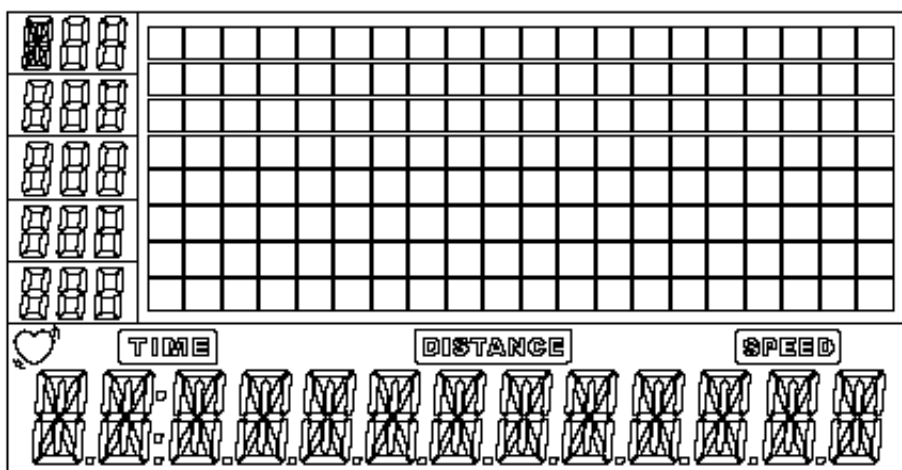
2. Ready Mode

If you stop moving the foot pedals for 10 seconds, the backlight of the computer will be turn off. The computer will be the ready mode, and all the figures will be kept in memory for 50 seconds.

3. Power Off

When you enter the Ready Mode and do not exercise for 50 seconds the machine will shut off automatically and all the figures will be erased from memory.

CONSOLE OPERATION CONTINUED

4. Choosing Users

This console has U1, U2 for the users to choose from. When step on the foot pedals and enter the start mode, the computer will provide U1, U2 for you to choose from. At this time press the **– +** buttons to choose.

5. Setting the Parameters

After choosing the user, press ENTER and you will go to the exercise mode or time setting. Or press RESET to go to the GENDER, AGE, WEIGHT, EXERCISE or TIME setting mode. In the process of setting, press the **– +** buttons to set the parameters and then press ENTER to go to the next step.

6. Choosing Exercise Profile

In the exercise mode, press the **– +** buttons to choose the exercise profile. The following rolling caption will show the current profile: MANUAL→ ROLLING HILL → PEAK→ PLATEAU→ MOUNTAIN CLIMB→ HILL INTERVAL→ STRENGTH INTERVAL →FAT BURN HR →CARDIO HR →CUSTOM.

   a. **MANUAL:** The rolling caption will show MANUAL.
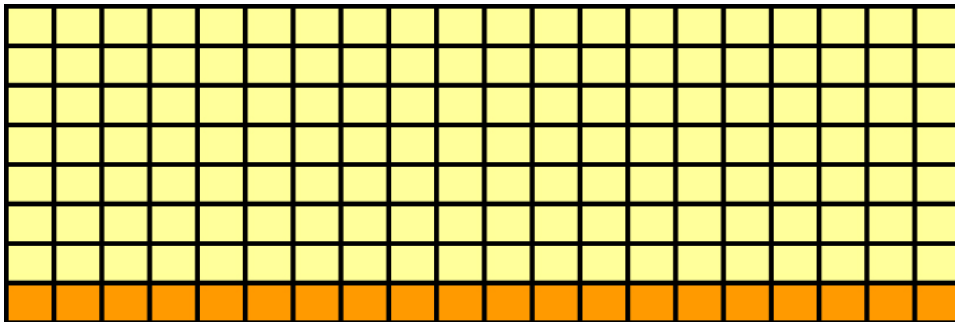
   b. **ROLLING HILL:** The rolling caption will show ROLLING HILL.
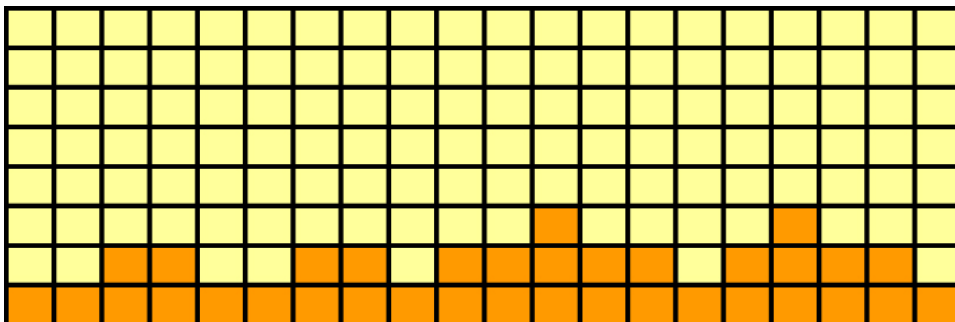
CONSOLE OPERATION CONTINUED

c. **PEAK:** The rolling caption will show PEAK.
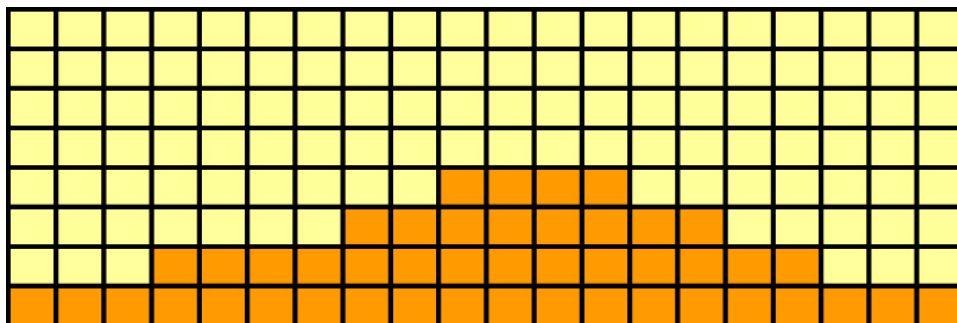
d. **PLATEAU:** The rolling caption will show PLATEAU.
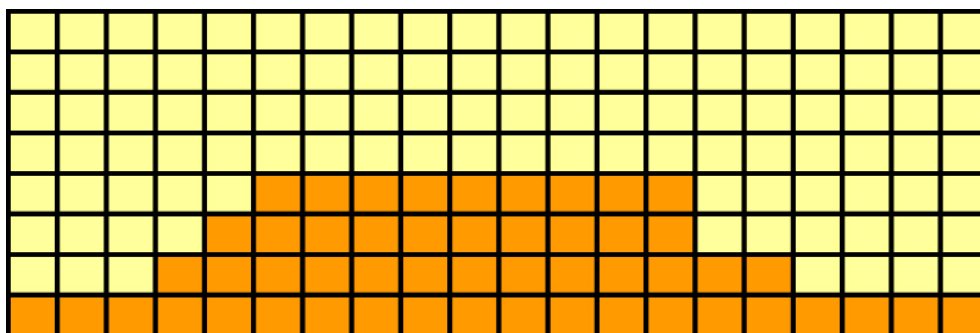
e. **MOUNTAIN CLIMB:** The rolling caption will show MOUNTAIN CLIMB.
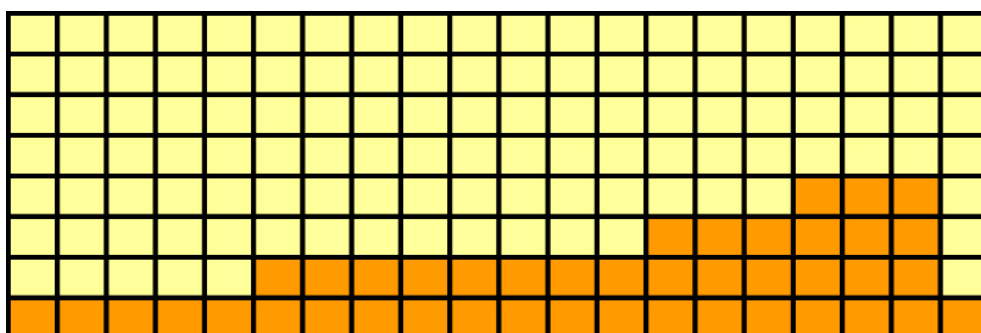
CONSOLE OPERATION CONTINUED

f. **HILL INTERVAL:** the rolling caption will show HILL INTERVAL.
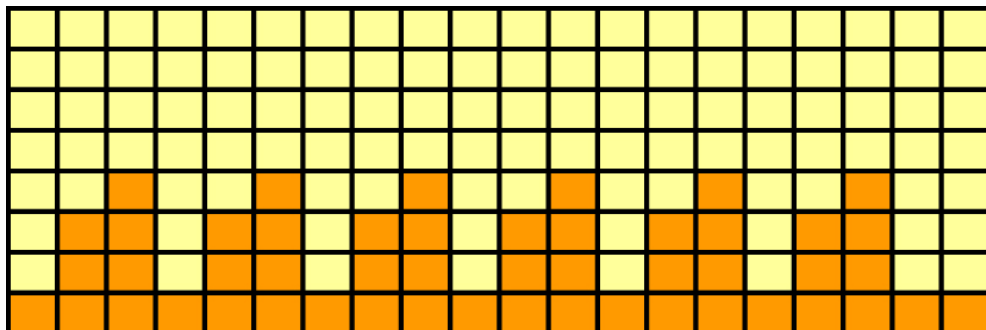
g. **STRENGTH INTERVAL:** The rolling caption will show STRENGTH INTERVAL.
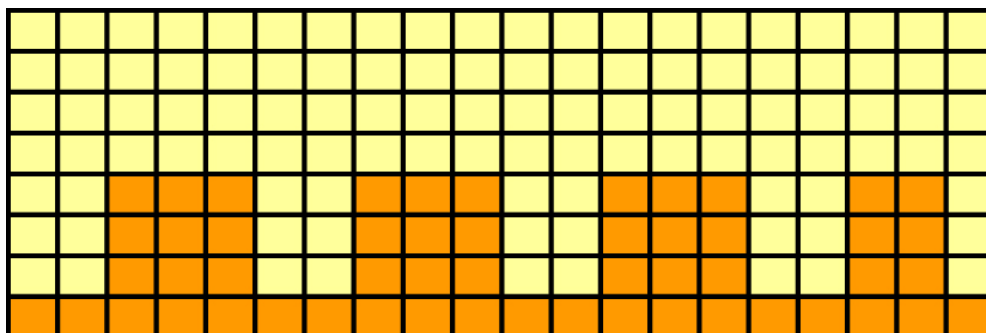
The resistance will change based on the variations of the exercise profile. You can also press the **– +** buttons to adjust the resistance.

h. **FAT BURN HR:** The rolling caption shows FAT BURN HEART RATE. When you choose this exercise, you can set a max figure of the PULSE. The initial figure is (220-AGE) * 0.65. During the exercise if the pulse result shown on the console is lower than the max figure set by the user, the WATT figure will be stepped up. However, the energy used by the user ought to be appropriate to the WATT figure. For example, the resistance will decrease when you speed up the exercise, and the resistance will increase when you slow your exercise. If the pulse result shown on the console is higher than the max figure set by the user, the WATT figure will be smaller. During the exercise, the user can change the max PULSE by pressing the **– +** buttons.

i. **CARDIO HR:** The rolling caption shows CARDIO HEART RATE, when you choose this exercise, you can set a max figure of the PULSE. The initial figure is (220-AGE) * 0.8. All of the other functions are the same as with the FAT BURN HR.

CONSOLE OPERATION CONTINUED

j. **CUSTOM:** The rolling caption shows CUSTOM. When you choose this exercise, you can set the resistance yourself. You can set the resistance in different steps by pressing the **– +** buttons, then press ENTER to go to the next step. If you press and hold ENTER, it will exit the setting of the CUSTOM resistance and go to the next setting.

7. Setting the Exercise Time

The preset time is 20:00. You can press the **– +** to set the exercise time. When the time reaches 0:00, a beep will sound to indicate the exercise time is up.

8. Description of the Keys

a. RESET Key

During the off status, press this key you can reposition all the figures, except the WORK LEVEL in the CUSTOM PROGRAM.

In the pause mode, press this key to choose another mode. In the Off position, press this key and hold it to enter the start mode.

b. QUICK/START Key

After you start the machine, press this key to enter the Manual mode at any time. The time begins at 0:00 and begins to count up.

c. ENTER Key

When setting values, press this key to confirm the value and go to the next step.

d. START/STOP Key

Press this key while exercising to stop the current exercise profile from updating. Press it again to continue the last exercise. In the Off mode press the RESET key to clear all the values.

e. – Key

Press this key to lower the resistance while exercising. When setting parameters, press this key to lower the value.

f. + Key

Press this key to increase the resistance while exercising. When setting parameters, press this key to increase the value.

g. RECOVERY Key

By pressing this key and then grasping the pulse sensors on the handlebars you can start the recovery pulse feature which provides a fitness rating at the end of the workout.

Press this key and the computer will start a 10 second preparation function. At this time the user can stop exercising. After 10 seconds, the computer will begin the recovery pulse test for 60 seconds. If in the 10 second preparation time, the computer PULSE shows 0, the computer will return to exercise mode.

CONSOLE OPERATION CONTINUED

In the 60 second recovery pulse test, if the PULSE shows 0, the computer will return to the exercise mode after 60 seconds.

During the 60 second recovery pulse test, the user can repress the RECOVERY key to stop the recovery pulse test and return to the exercise mode.

After the 60 second recovery pulse test, the console will show A+, A, B+, B, C+, C to advise the user of the test results.

A+	A	B+	B	C+	C
Best	Very Good	Good	Common	Bad	Very Bad

9. Function Table

ITEM	RANGE	DEFAULT FIGURE	MEMORY	REPOSITION	EXPLANATION
TIME	0:00~99:59	20:00	No	Yes	When you set 0:00 it will count up. When you set it to 05:00~99:00, it will count down, and when it reaches 0:00 it will beep.
DISTANCE	0.00~99.99	0.00	No	Yes	
PULSE	0~255BMP	0~255 BMP	No		You can set the max heartbeat
CALORIES	0~999CAL		No	Yes	
WATT	0~999		No		
RECOVERY	A+~C		No		A+, A, B+, B, C+, C
RPM	0~250		No		
AGE	10~100	30	Yes		Preset 10~100 years
WEIGHT（LB）	50~300LB	150LB	Yes		Preset 50~300 Pounds
WEIGHT（KG）	20~150KG	70KG	Yes		Preset 20~150KG

10. Metric or English Display

In the Off mode, press the START/STOP and **–** keys at the same time and then start pedaling. When the computer powers up it will enter the work mode. Press ENTER and you can choose from METRIC and ENGLISH using the **– +** keys. KGS is the metric and LBS is for the English system. Press ENTER to go to the start mode.

CONSOLE OPERATION CONTINUED

11. Batteries

The console has 4 rechargeable batteries in it. When you exercise, the generator automatically charges the batteries. When you stop exercising the batteries will take over to power the display.

CAUTION: Use only rechargeable batteries of the same type and voltage as those supplied with your bike. DO NOT use alkaline batteries as they will be damaged when charged.
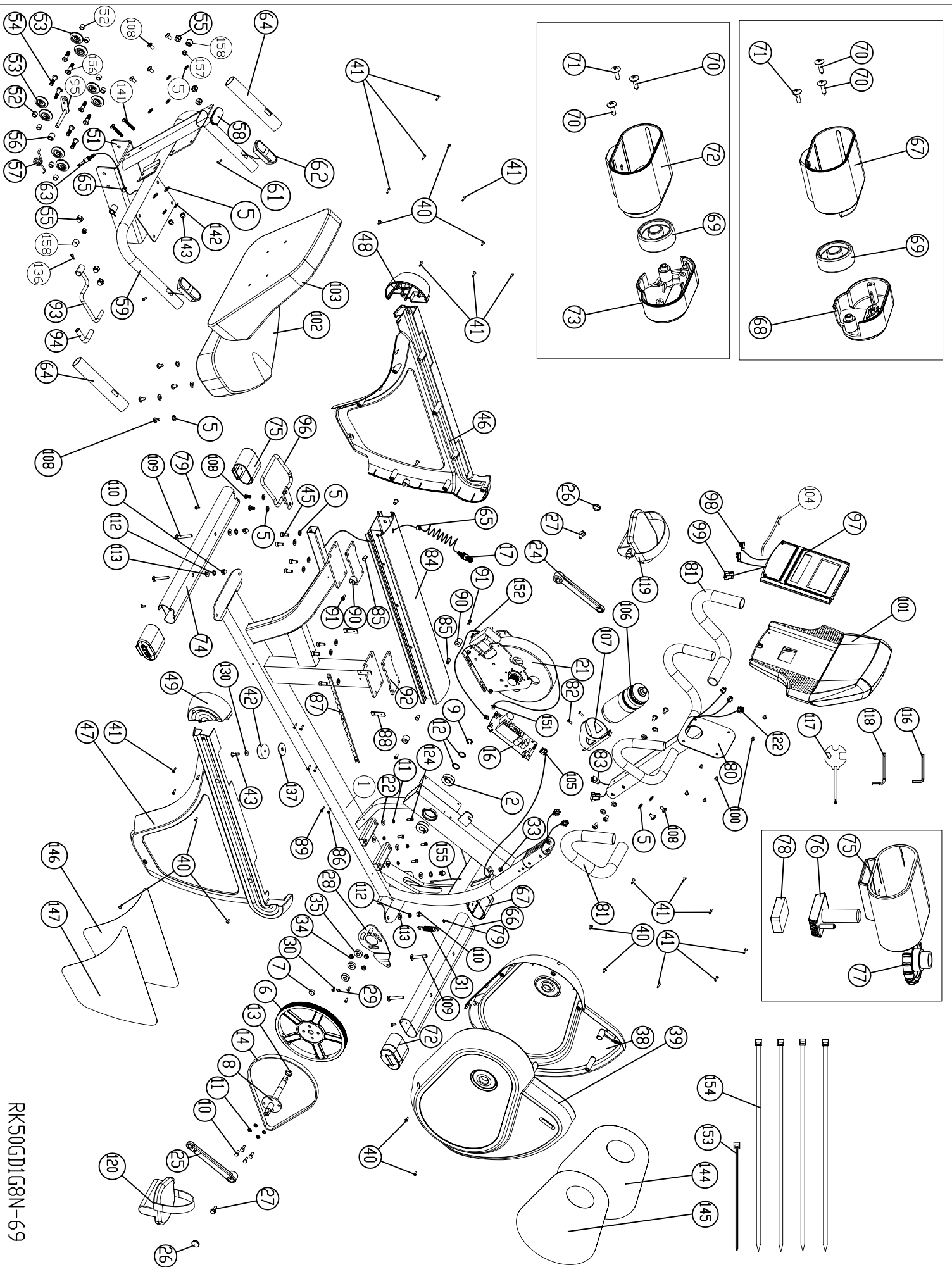
RK50GD1G8N-69

ITEM	Description	QTY	ITEM	Description	QTY
1	Frame	1	76	Adjustable Supporter	2
2	Bearing 6203ZZ	2	77	Adjustment Knob	2
5	Washer ∮18x∮9x2.0t	26	78	Foot Pad	2
6	Belt Wheel(∮240x19t,liugou)	1	79	Truss Philips Screw(M4x12)	4
7	Magnet(∮15X7T)	1	80	Upright	1
8	Crank Post + Iron Plate	1	81	Foam Grip(∮31.8x3.0tx175mm)	2
9	C-Clip(∮17)	1	82	Truss Philips Screw(M5x15)	2
10	Allen Bolt(M6xP1.0x15)	4	83	Hand Pulse Wire-Upright Part	1
11	Spring Washer(M6x1.5t)	8	84	Aluminum Tube	1
12	Wave Washer(∮22x∮17.5x0.3t)	2	85	M6 Nut	4
13	Bushing	1	86	Counter Sink Philips Screw(M4x15)	3
14	Belt(37"J6)	1	87	Runner Iron Plate	1
16	Controller	1	88	Runner Fixing Iron Plate	3
17	Hand Pulse Wire-Frame Part	1	89	Counter Sink Philips Screw(M4x10)	3
21	Electrical Grinding Wheel	1	90	Plastic Pad	4
22	Washer ∮15x∮7x2.0t	4	91	Truss Hex Screw(M6x35)	4
24	Straight Crank(Left)	1	92	Inner Fixing Plate of Aluminum Tube	2
25	Straight Crank(Right)	1	93	Adjustment Handle	1
26	Crank Cover	2	94	Black Bushing	1
27	Allen Indented Screw (M8x1.25x20mm,13 sides)	2	95	Turn Tool	1
			96	Handrail	1
28	Idler Fixing Iron Plate	1	97	Computer	1
29	C-Clip (∮10 shaft)	1	98	Hand Pulse Wire	2
30	Counter Sink Philips Screw(M5x20)	3	99	Upper Control Wire	1
31	Idler Flex Spring	1	100	Truss Philips Screw(M5x10)	6
32	Adjustment Screw	1	101	Television Computer	1
33	Indented Nut(M6)	1	102	Saddle	1
34	Bushing	3	103	Backrest	1
35	Bearing 6000ZZ	3	104	Bookshelf Iron Plate	1
38	Left Front Chain Cover	1	105	Lower Control Wire	1
39	Right Front Chain Cover	1	106	Transparent Bottle	1
40	Truss Philips Screw(M4x12)	10	107	Bottle Shelf	1
41	Counter Sink Philips Self Tapping Screw(ST4x25)	16	108	Truss Hex Screw(M8x15)	16
42	Plastic Pad	1	109	Truss Carriage Screw(M8x56)	4
43	Truss Philips Screw(M6x25)	1	110	M8 Acorn Nut	4
45	CKS Hex Screw(M8x18)	8	112	Spring Washer(M8x2.0t)	4
46	Left Rear Chain Cover	1	113	Washer ∮20x∮9x2.0t	4
47	Right Rear Chain Cover	1	114	Truss Hex Screw□(M8x45)	2
48	Rear Decoration Cover-Left	1	116	4mm Hex Wrench	1
49	Rear Decoration Cover-Right	1	117	Open Spanner	1
51	Cushion Sliding Tool	1	118	6mm Hex Wrench(65x25)	1
52	Bushing	8	119	Pedal-Left	1
53	Wheel	8	120	Pedal-Right	1
54	Pan Head Hex Screw	6	122	Middle Control Wire	1
55	M10 Acorn Nut(17 sides)	6	124	CKS Hex Screw(M6xP1.0x15)	4
56	Bushing	1	126		
57	Spring	1	130	Washer∮18x∮7x2.0t	1
58	End Cap	1	136	CKS Hex Screw W/Washer(M5x16)	1
59	Handle	1	137	Washer	1
60	Truss End Cap	2	142	Spring Washer（M8X2.0T）	2
61	Round Head Philips Self Tapping Screw(ST4.0x25)	2	143	Acorn Nut（M8）	2
62	Hand Pulse Sensor	2	144	Argentine Decal(Left) of Pedal	1
63	Hand Pulse Wire-Handle Part	1	145	Argentine Decal(Right) of Pedal	1
64	HDR Foam Grip	2	146	Argentine Decal(Left) below Saddle	1
65	Wire Clip	2	147	Argentine Decal(Right) below Saddle	1
66	Front Stabilizer	1	149	Truss End Cap	2
67	Front Stabilizer Inner Bushing(Left)	1	151	Generator Connecting Wire	1
68	Front Stabilizer Outer Bushing(Left)	1	152	Inductance Connecting Wire	1
69	Plastic Wheel	2	153	Belt（2.5X150）	1
70	Truss Philips Self Tapping Screw(ST4.0x15)	4	154	Belt（4.8X300）	4
71	Truss Philips Screw(M4x15)	2	155	Spring Hook	1
72	Front Stabilizer Inner Bushing(Right)	1	156	Flat Head Hex Eccentricity Screw SAG3515	2
73	Front Stabilizer Outer Bushing(Right)	1	157	Nylon Nut M8;13 sides	2
74	Rear Stabilizer	1	158	Screw Cover(PCZ18175)	2
75	Rear Stabilizer + Outer Bushing	2			

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.

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