S1RW



OWNER'S MANUAL

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

FOR SERVICE PLEASE CONTACT BH FITNESS
TOLL FREE: 866-325-2339

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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 vibration machine. Please read ALL the safety information contained in the following pages.

SAFETY INFORMATION

PRECAUTIONS

This rower 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 rower. 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 rower is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this rower STOP exercising and SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the rower on a level and solid surface. Adjust the feet for stability.
4. Do not place hands or objects in or near any openings.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing. Always wear athletic shoes when using the rower and tie the laces securely.
6. This rower must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness.
7. Do not place sharp objects near the rower.
8. Do not use the rower if it is not working correctly.
9. Before using the rower, thoroughly inspect the equipment for proper assembly.
10. Keep a clear perimeter of 3 feet (1 meter) around the rower before operating the equipment.
11. Use only authorized and trained technicians if a repair is needed.
12. Please follow the advice for correct training, as detailed in the Training Guidelines.
13. Use only the tools provided to assemble this rower.
14. This rower was designed for a maximum user weight of 300 lbs (135 kgs).
15. The rower can only be used by one person at a time.
16. Do not use this rower outside.
17. Do not use the rower if the main electrical cord becomes damaged or worn. Keep the main electrical cord away from hot surfaces.

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 rower offers various benefits; it can improve fitness, muscle tone, flexibility and circulation. 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. Exercise at recommended 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 baggy clothing; do not wear leather soled shoes or high heels.
5. Get on to the equipment slowly and securely.
6. Select the program or workout option that is most closely aligned with your workout interests.

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. It is advisable to wear 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.

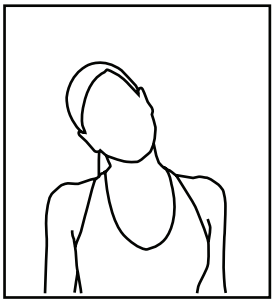
REST PERIODS

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

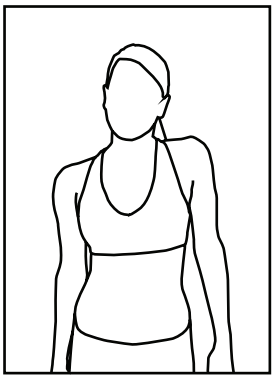
Head Rolls

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.



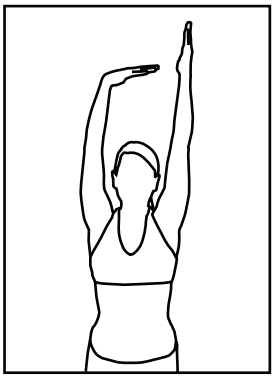
Shoulder Lifts

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.



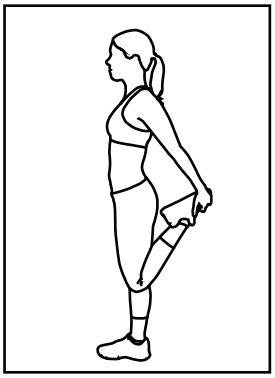
Side Stretches

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.



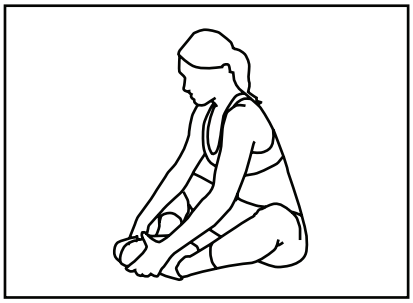
Quadriceps Stretch

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.

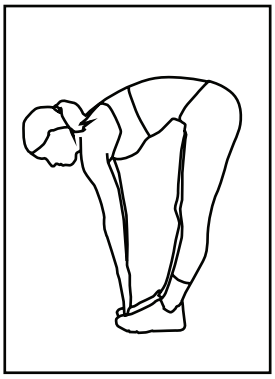


SUGGESTED STRETCHES

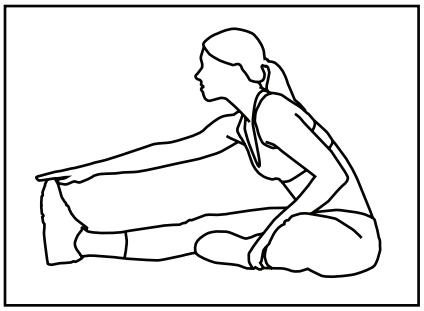
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



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.



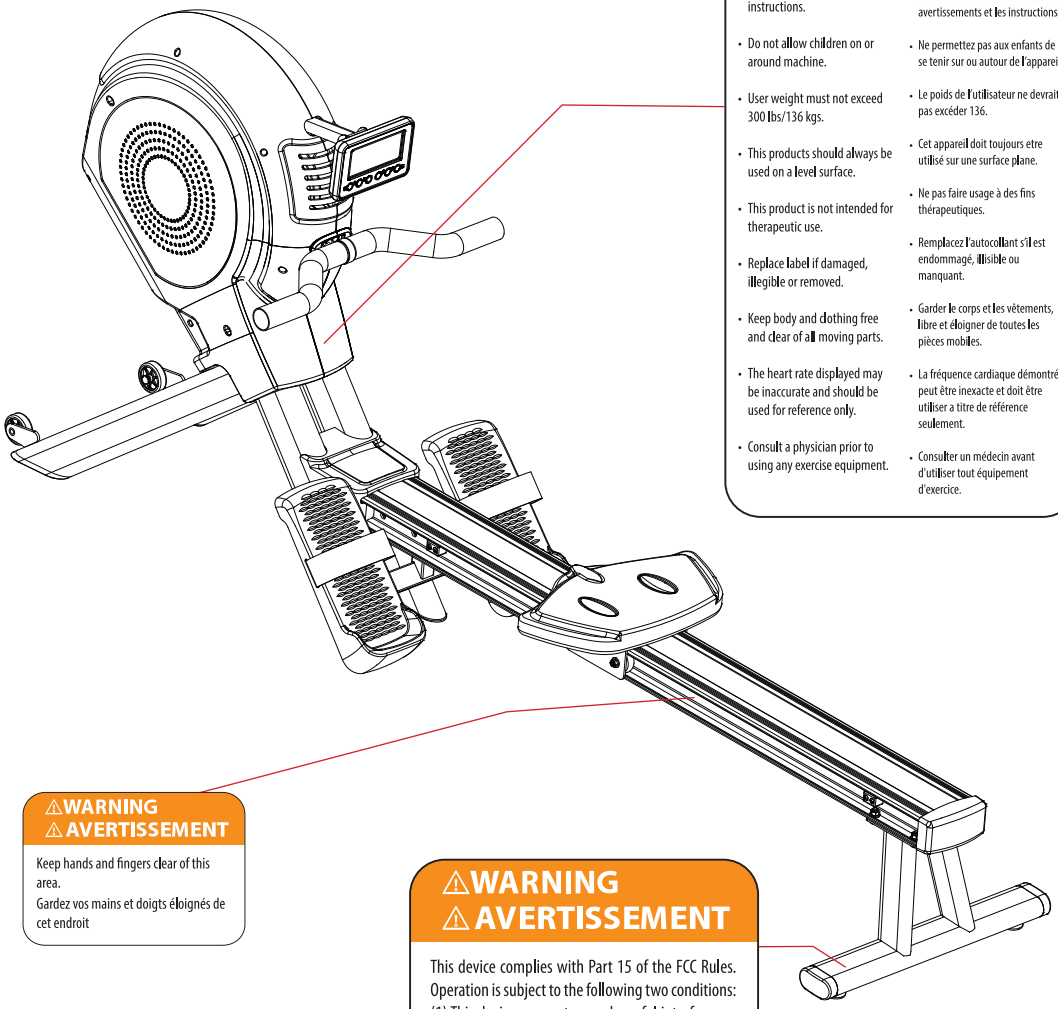
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



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 & WARNING LABELS



⚠WARNING
⚠AVERTISSEMENT

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 300 lbs/136 kgs.
- This products should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible or removed.
- Keep body and clothing free and clear of all moving parts.
- The heart rate displayed may be inaccurate and should be used for reference only.
- Consult a physician prior to using any exercise equipment.

- La mauvaise utilisation de cet appareil peut entrainer des blessures graves.
- lisez le manuel de l'utilisateur avant utilisation et suivez tous les avertissements et les instructions.
- Ne permettez pas aux enfants de se tenir sur ou autour de l'appareil.
- Le poids de l'utilisateur ne devrait pas excéder 136.
- Cet appareil doit toujours etre utilisé sur une surface plane.
- Ne pas faire usage à des fins thérapeutiques.
- Remplacez l'autocollant s'il est endommagé, illisible ou manquant.
- Garder le corps et les vêtements, libre et éloigner de toutes les pièces mobiles.
- La fréquence cardiaque démontré peut être inexacte et doit être utiliser a titre de référence seulement.
- Consulter un médecin avant d'utiliser tout équipement d'exercice.

⚠WARNING
⚠AVERTISSEMENT

Keep hands and fingers clear of this area.
Gardez vos mains et doigts éloignés de cet endroit

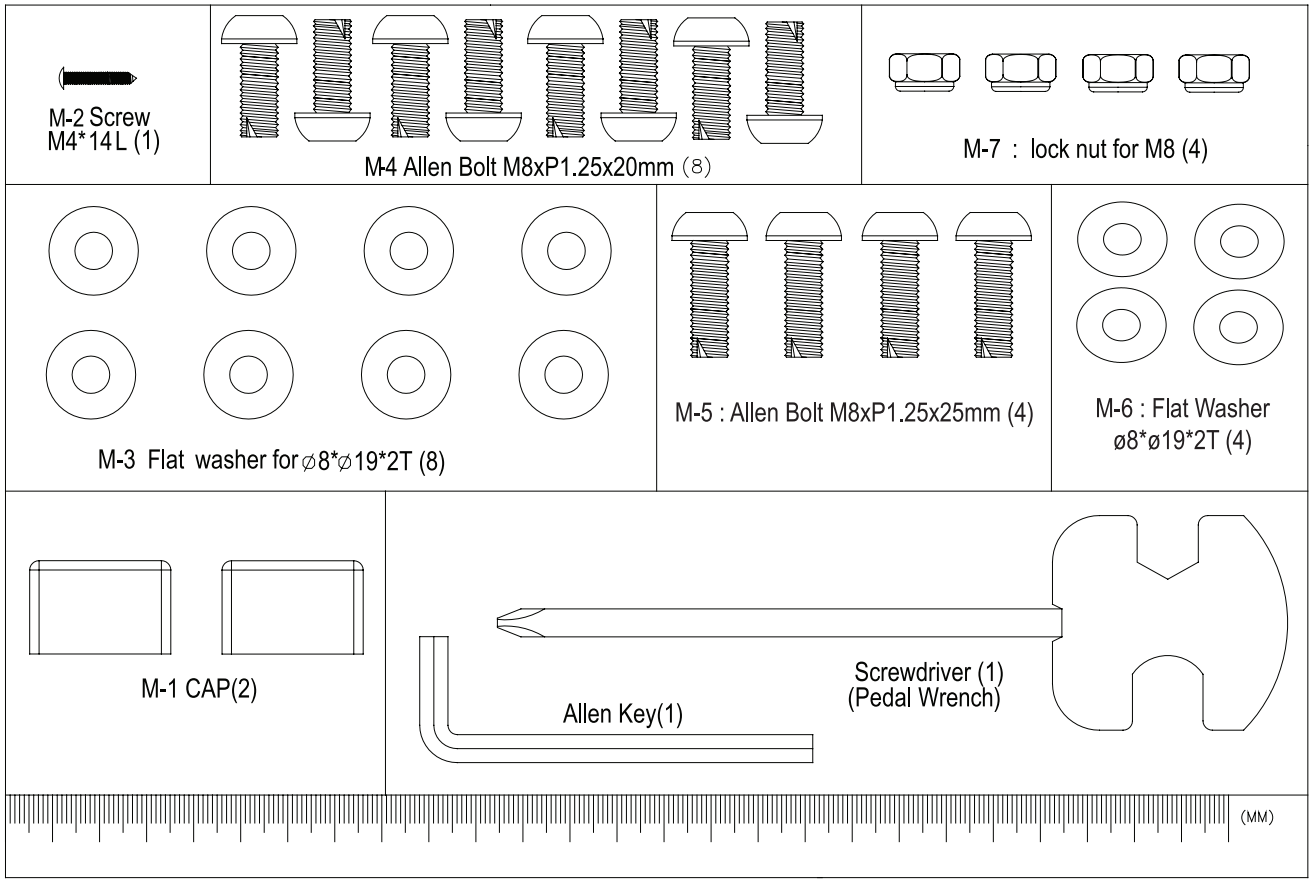
⚠WARNING
⚠AVERTISSEMENT

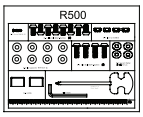
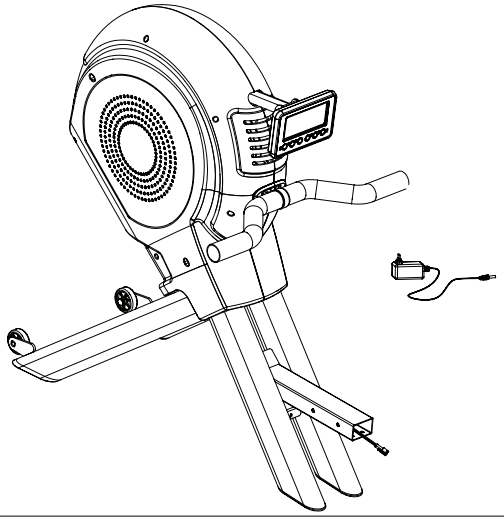
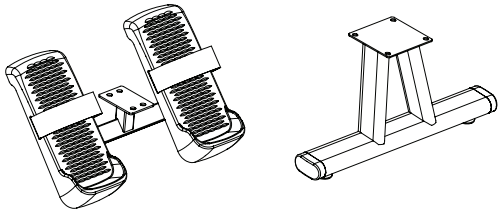
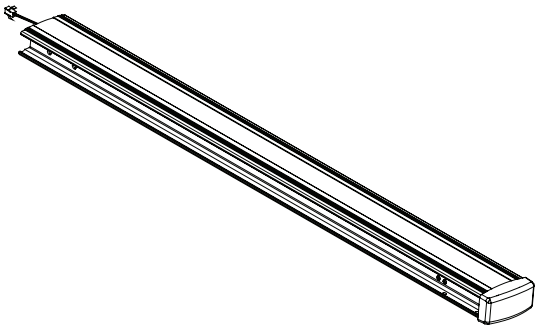
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Cet appareil conforme avec Article 15 des règlements de FCC. Le fonctionnement est soumit au 2 conditions suivantes: (1) Cet appareil ne peut pas causer des interférences nuisible, et (2) Cet appareil doit accepter toutes les interférence reçues, y compris les interférences qui peuvent causer l'opération indésirable.

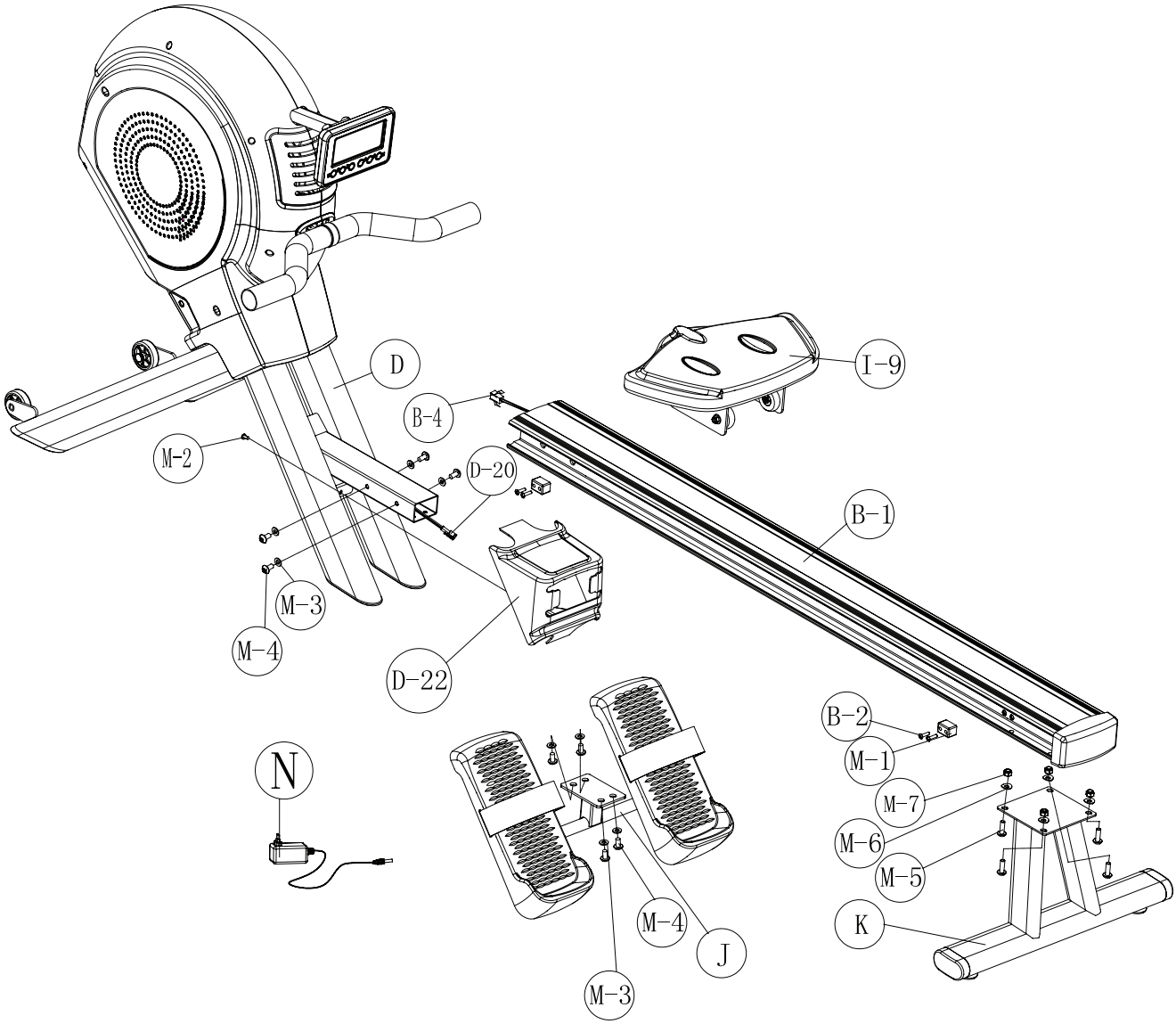
HARDWARE CHART

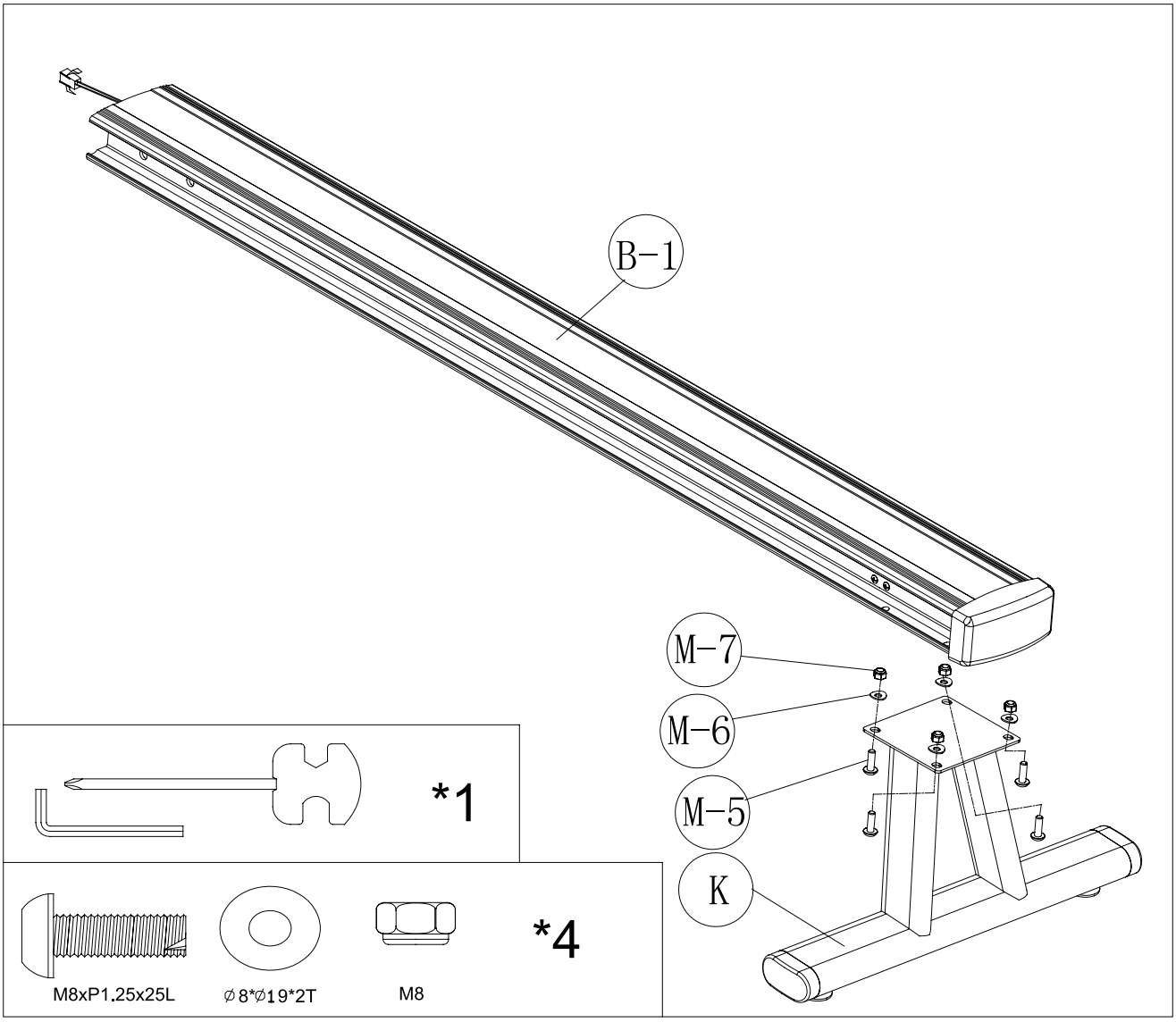
S1RW



Assembly List	Number
 Owner's Manual	1/1
	1/1
	1/1
	1/1
	1

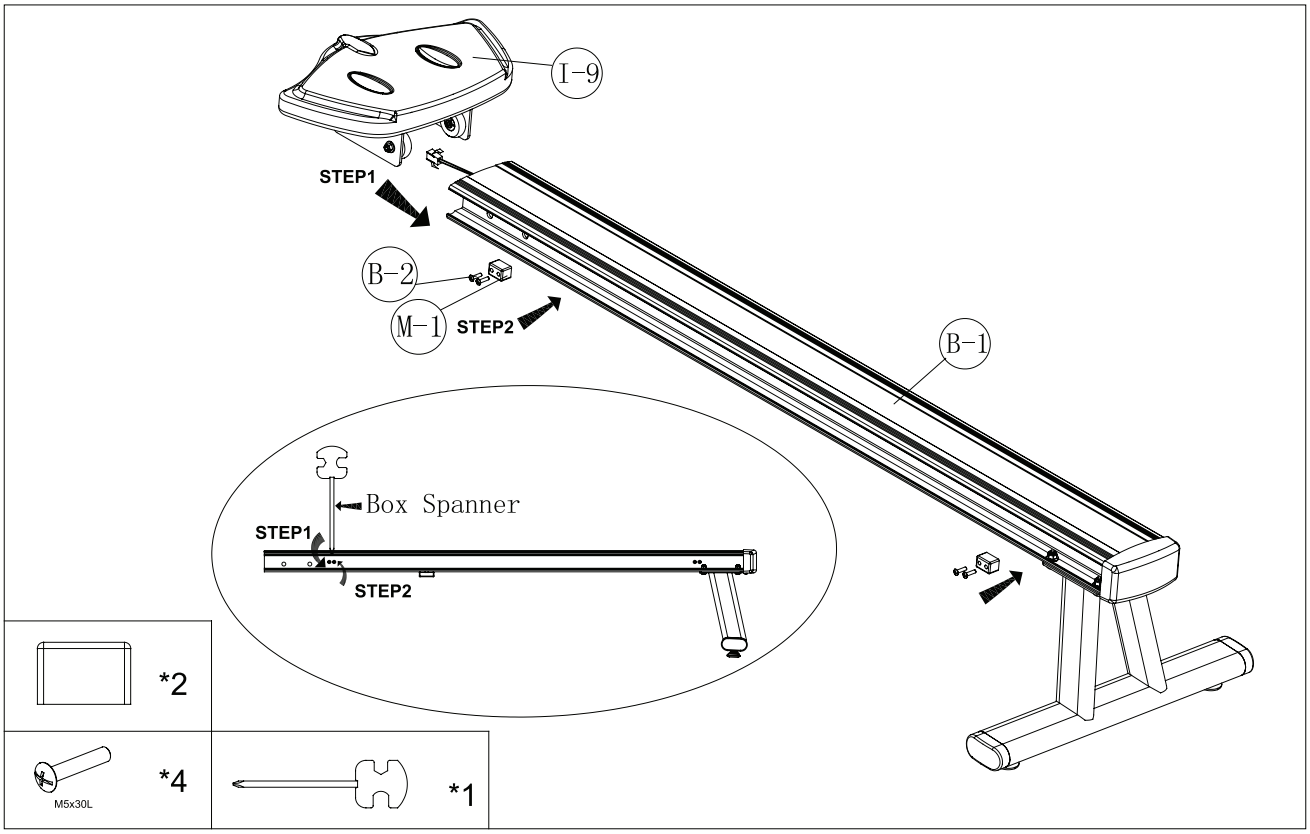
ASSEMBLY DIAGRAM





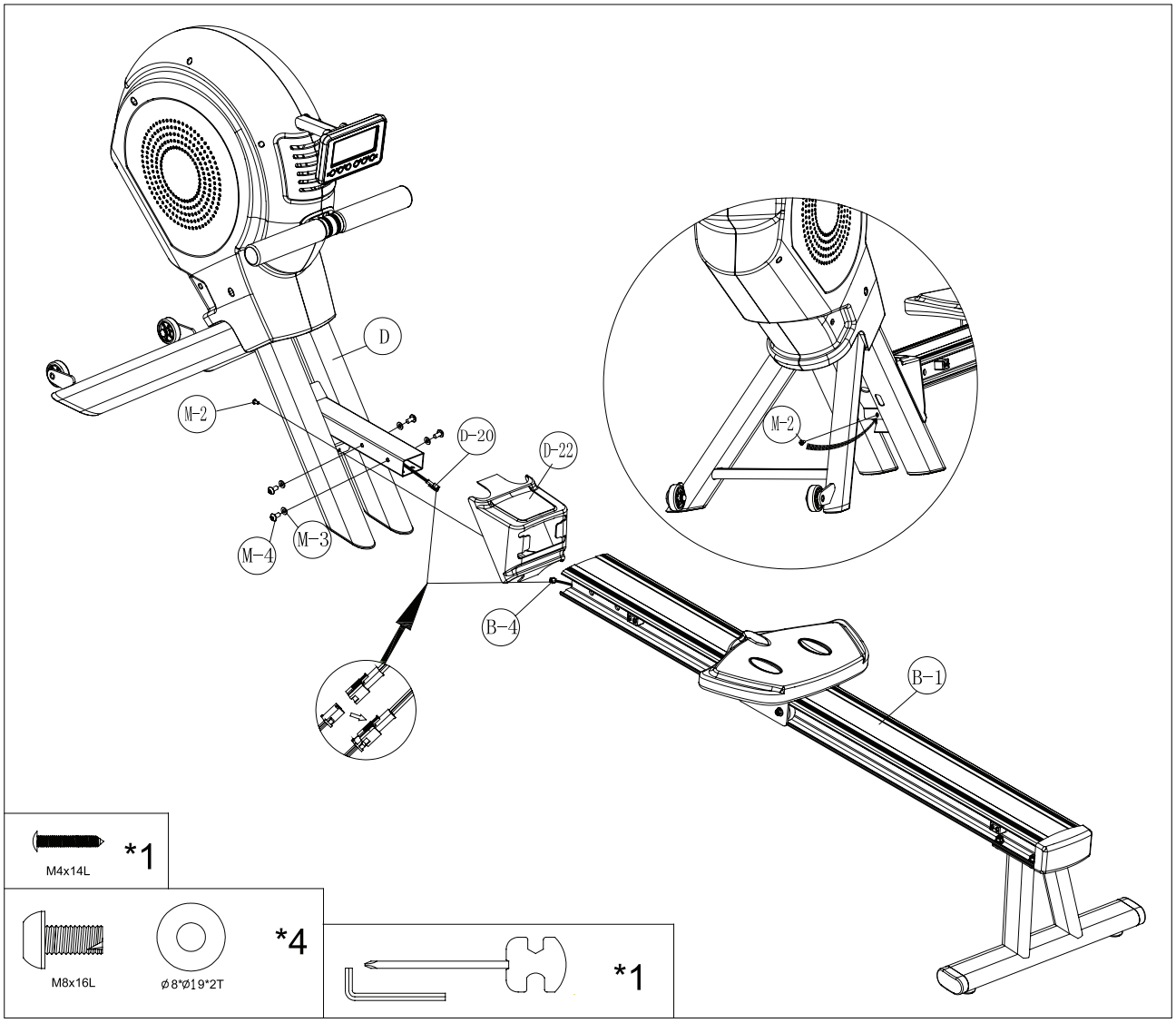
STEP 1

1.Attach the rear stabilizer (K) to the rail (B-1) and secure it with 4 screws (M-5), 4 semi washers (M-6), and 4 nylon nuts (M-7). Make sure they are securely tightened.



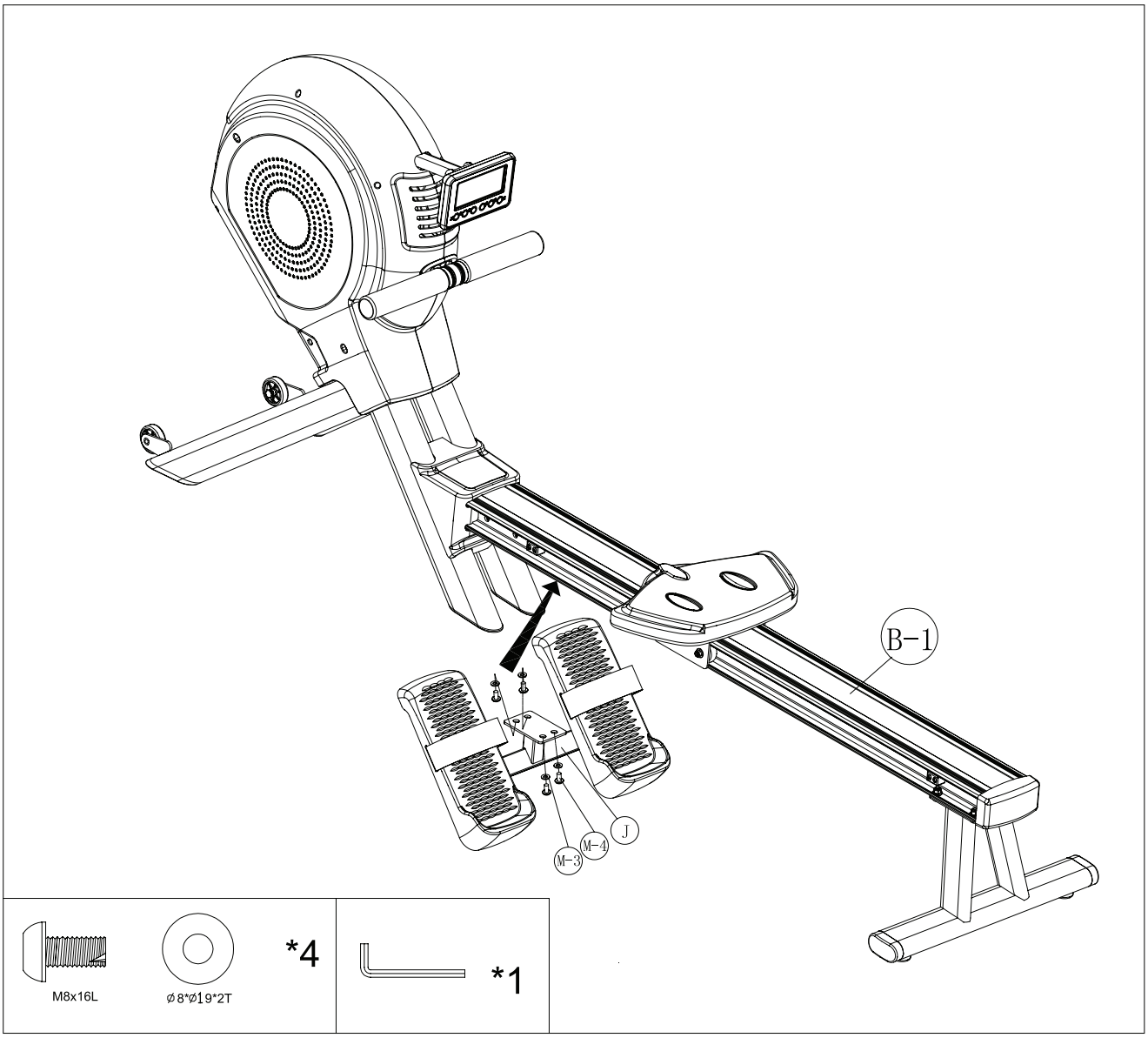
STEP 2

1. Please remove 4 screws (B-2) on the rail (B-1). Insert the saddle (I-9) onto the rail (B-1).
2. Use 4 screws (B-2) to secure the 2 stoppers (M-1) on the rail (B-1).



STEP 3

1. Slide the front cover (D-22) onto the rail (B-1), and then connect the wireless receiver for pulse (B-4) and hand pulse wire (D-20).
2. Insert the rail onto the main frame (D) and fasten it with 4 flat washers (M-3) and 4 screws (M-4).
3. Secure the front cover (D-22) with screw (M-2).

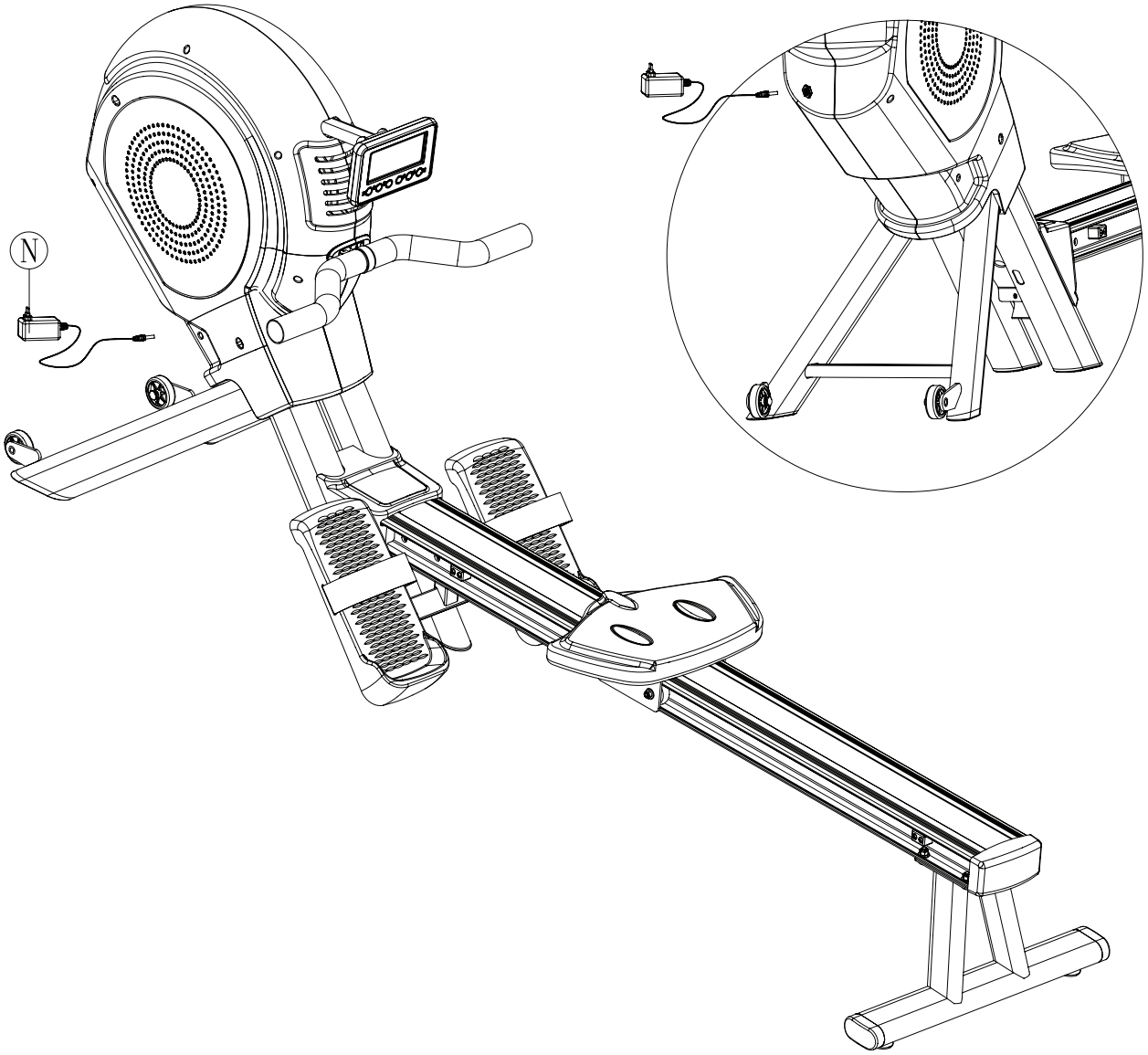


STEP 4

1. Secure the pedal bracket (J) to the rail (B-1) with 4 flat washers (M-3) and 4 screws (M-4).

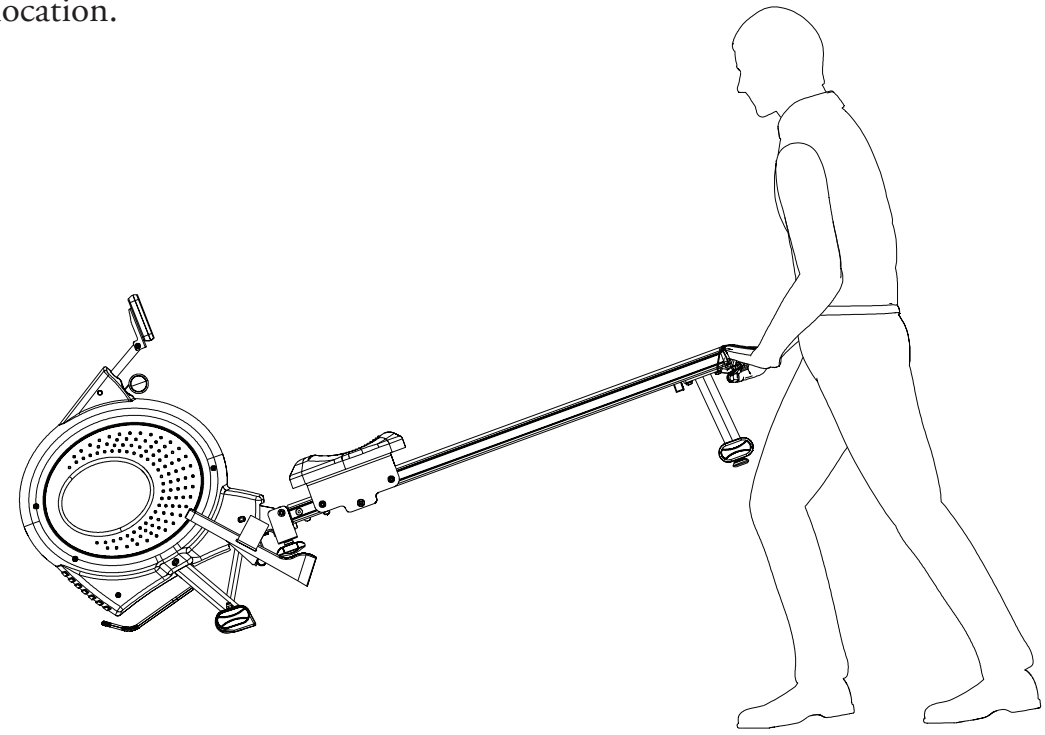
STEP 5

1. Plug in the adaptor (N) when exercising.

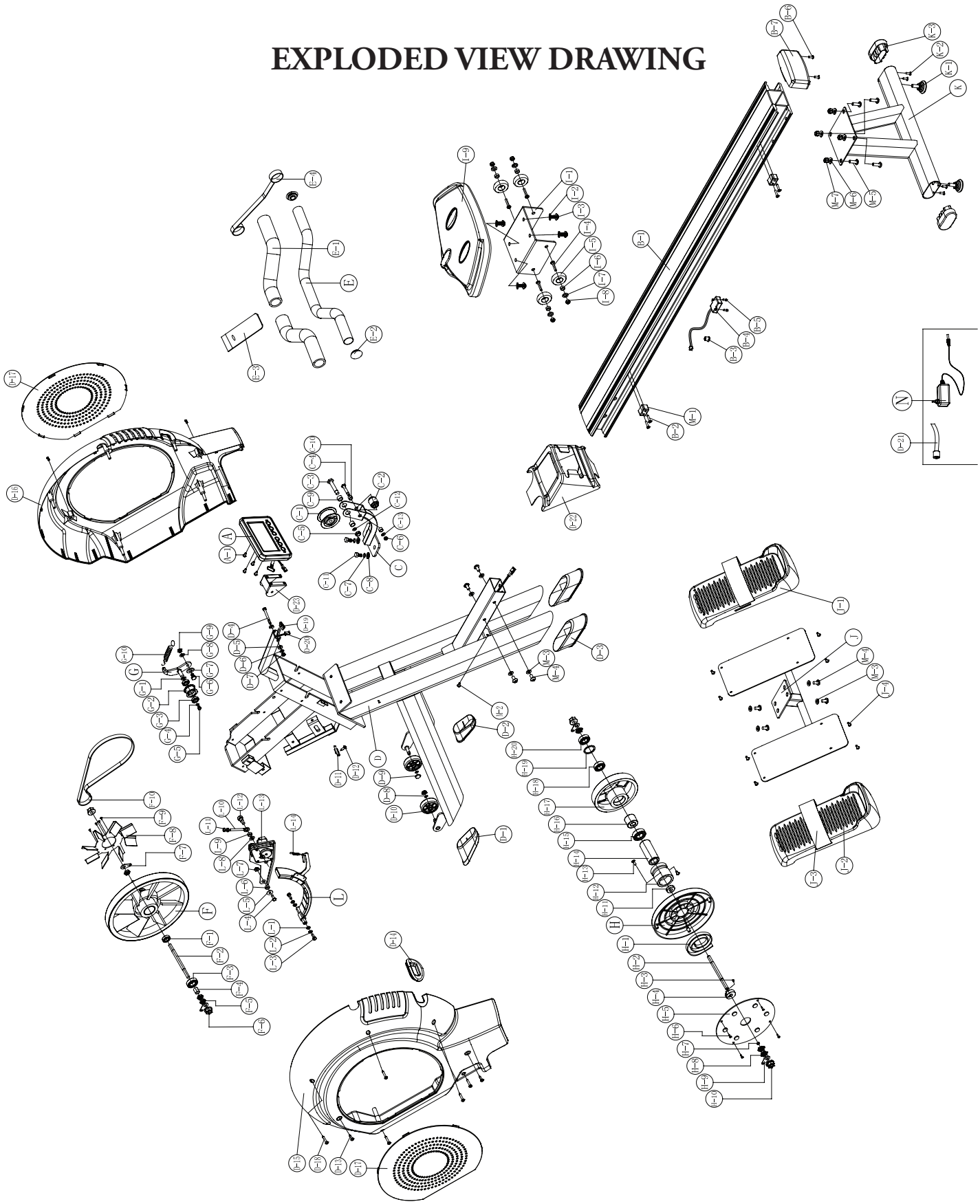


MOVING INSTRUCTIONS

Lift up the rear of the machine until the wheels touch the ground. Roll the machine to the desired location.



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.

No.	Description	Qty
S1RW-A	Computer	1 SET
S1RW-A-1	Screw for fixing computer	4
S1RW-B-1	Rail	1
S1RW-B-2	Screw	4
S1RW-B-3	Stopper	1
S1RW-B-4	Wireless receiver for pulse	1
S1RW-B-5	Screw	2
S1RW-B-6	Screw	2
S1RW-B-7	Rear cover for rail	1
S1RW-C	Bracket for roller	1 SET
S1RW-C-1	Driving pulley	1 SET
S1RW-C-2	Roller	1 SET
S1RW-C-3	Screw	1
S1RW-C-4	Screw	1
S1RW-C-5	Nylon nut	1
S1RW-C-6	Nylon nut	1
S1RW-C-7	Spring washer	2
S1RW-C-8	Flat washer	2
S1RW-C-9	Bushing	2
S1RW-C-10	Bushing	2
S1RW-C-11	Screw	2
S1RW-C-12	Flat washer	1
S1RW-C-13	Flat washer	1
S1RW-D	Main frame	1 SET
S1RW-D-1	End cap for front stabililzer (L)	1
S1RW-D-2	End cap for front stabililzer (R)	1
S1RW-D-3	End cap for rear stabililzer	2
S1RW-D-4	Screw	1
S1RW-D-5	Cap	2
S1RW-D-6	Flat washer	1
S1RW-D-7	Nylon nut	1
S1RW-D-8	C-type ring	2
S1RW-D-9	Nut	2
S1RW-D-10	Transportation wheel	2
S1RW-D-11	Sensor box	1
S1RW-D-12	Screw	1
S1RW-D-13	Screw	4
S1RW-D-14	Sleeve	1
S1RW-D-15	Chain cover (L)	1
S1RW-D-16	Chain cover (R)	1
S1RW-D-17	Cover for chain cover	2
S1RW-D-18	Screw	5
S1RW-D-19	Cable wire (lower)	1
S1RW-D-20	Hand pulse wire	1
S1RW-D-21	DC wire	1

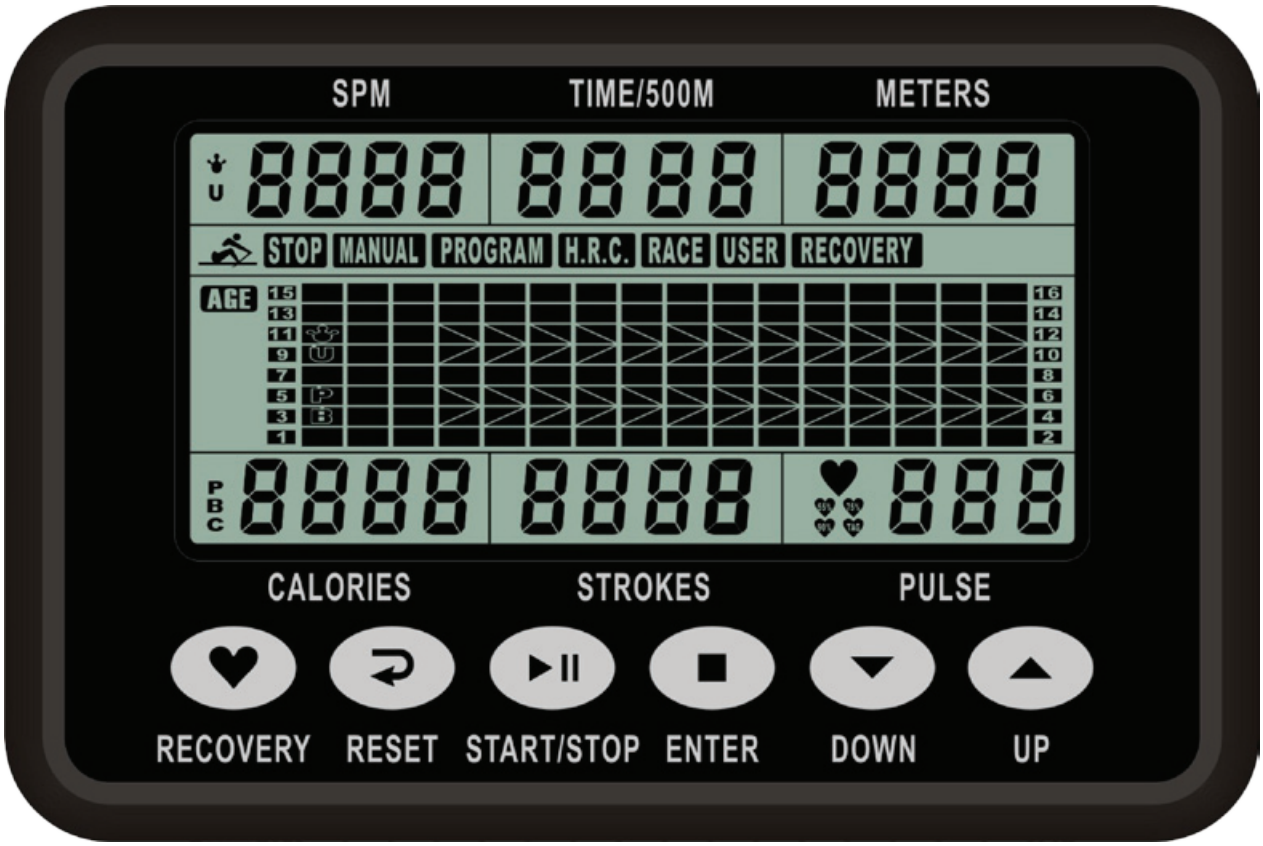
No.	Description	Qty
S1RW-D-22	Front cover for rail	1
S1RW-D-23	Computer bracket holder	1
S1RW-E	Handlebar	1 SET
S1RW-E-1	Handlebar foam	2
S1RW-E-2	Cap	2
S1RW-E-3	Velcro	1
S1RW-E-4	Inkle	1
S1RW-F	Flywheel	1
S1RW-F-1	Bearing	1
S1RW-F-2	Flywheel axle	1
S1RW-F-3	Bearing	1
S1RW-F-4	Bushing	1
S1RW-F-5	Nut	3
S1RW-F-6	Nut	2
S1RW-F-7	Fixing pin	2
S1RW-F-8	Fan	1
S1RW-F-9	Screw	4
S1RW-F-10	Driving belt	1
S1RW-G	Idler wheel	1 SET
S1RW-G-1	Curved washer	1
S1RW-G-2	Idler wheel with bearing	1
S1RW-G-3	Bearing	2
S1RW-G-4	Flat washer	1
S1RW-G-5	Screw	1
S1RW-G-6	Screw	1
S1RW-G-7	Flat washer	1
S1RW-G-8	Flat washer	1
S1RW-G-9	Nylon nut	1
S1RW-G-10	Spring for idler wheel	1
S1RW-H	Spring box	1
S1RW-H-1	Spring	1
S1RW-H-2	Flywheel axle	1
S1RW-H-3	Screw	1
S1RW-H-4	Fixing pin	1
S1RW-H-5	Cover of spring box	1
S1RW-H-6	Screw	4
S1RW-H-7	Bushing	1
S1RW-H-8	Nut	3
S1RW-H-9	Fixing pin	2
S1RW-H-10	Nut	2
S1RW-H-11	Bearing	1
S1RW-H-12	Iron ring(1)	1
S1RW-H-13	Screw	1
S1RW-H-14	Iron ring(2)	1
S1RW-H-15	Bearing	1 SET

PARTS LIST CONTINUED

No.	Description	Qty
S1RW-H-16	One way bearing	1
S1RW-H-17	Pulley	1
S1RW-H-18	Bearing	1
S1RW-H-19	Flat washer	1
S1RW-H-20	Bearing	1
S1RW-I-1	Slider bracket	1
S1RW-I-2	Flat washer	4
S1RW-I-3	Screw	4
S1RW-I-4	Screw	4
S1RW-I-5	Wheel	4
S1RW-I-6	Bushing	4
S1RW-I-7	Flat washer	4
S1RW-I-8	Nylon nut	4
S1RW-I-9	Saddle	1
S1RW-J	Pedal bracket	1 SET
S1RW-J-1	Pedal (R)	1
S1RW-J-2	Pedal (L)	1
S1RW-J-3	Pedal strap	2
S1RW-J-4	Screw	8
S1RW-K	Rear stabilizer	1 SET
S1RW-K-1	Adjustable cap	2
S1RW-K-2	Screw	4
S1RW-K-3	End cap	2
S1RW-L	Magnetic set	1

No.	Description	Qty
S1RW-L-1	Flat washer	2
S1RW-L-2	Spring washer	2
S1RW-L-3	Screw	2
S1RW-L-4	Screw	1
S1RW-L-5	Flat washer	1
S1RW-L-6	Sleeve	1
S1RW-L-7	Nylon nut	1
S1RW-L-8	Flat washer	1
S1RW-L-9	Sleeve	1
S1RW-L-10	Chain	1
S1RW-L-11	Nylon nut	2
S1RW-L-12	Screw for gear box	1
S1RW-L-13	Gear box	1
S1RW-L-14	Small spring	1
S1RW-M	Hardware pack	1 SET
S1RW-M-1	Stopper	2
S1RW-M-2	Screw	1
S1RW-M-3	Flat washer	8
S1RW-M-4	Screw	8
S1RW-M-5	Screw	4
S1RW-M-6	Semi washer	4
S1RW-M-7	Nylon nut	4
S1RW-N	Adaptor	1

CONSOLE OPERATIONS



DISPLAY FUNCTION

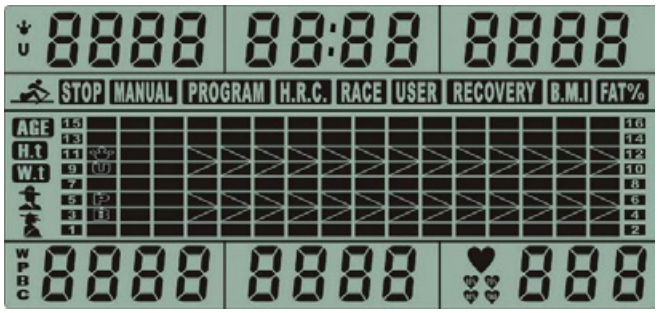
ITEM	DESCRIPTION
SPM	Stroke per minute. Display range 0~999.
TIME/500M	Workout time display during rowing. Display range 0:00~99:59. *Computer will display the time needed to row 500 meters according to current speed every 6 seconds.
METERS	Rowing distance. Display range 0~9999.
CALORIES	Burned calories during rowing. Display range 0~9999 Cals.
STROKES	Number of completed rowing strokes. Display range: 0~9999. Scan every 6 seconds with Total Strokes. *Stroke count will be lost if power is (adaptor unplugged).

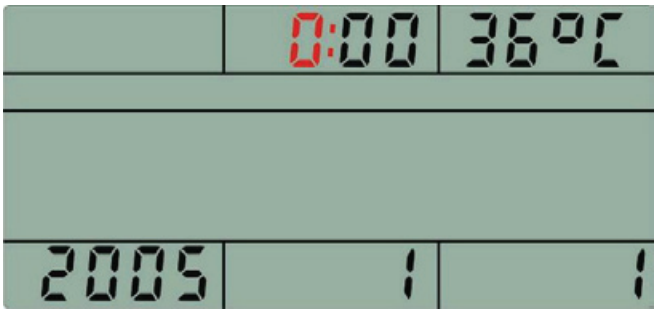
BUTTON FUNCTION

ITEM	DESCRIPTION
UP	Setting selection. Increase resistance level.
DOWN	Setting selection. Decrease resistance level.
ENTER	Confirm setting or selection. Reset
RESET	Hold for 2 seconds, computer will reboot. Clear setting value. Return to main menu after finishing a workout.
START/ STOP	Start or Stop rowing training.
RECOVERY	Test heart rate recovery status.

POWER ON

Plug in power supply, the computer will power on and display all segments on the LCD for 2 seconds. Enter into clock and calendar setting mode. After 4 minutes without rowing or pulse input, console will enter into power saving mode, and will display clock, calendar and room temp.



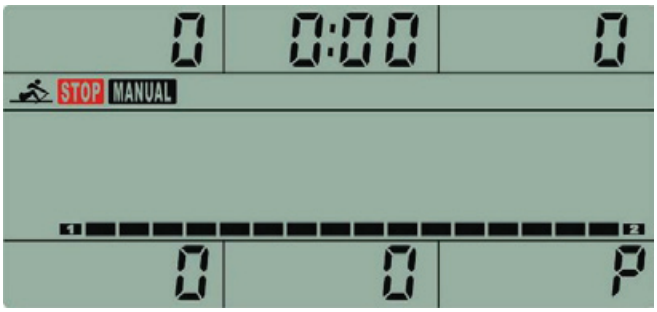


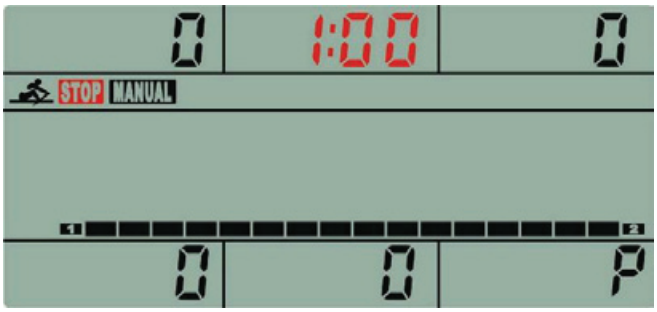
MANUAL MODE

Adjust resistance during workout manually.

1. Press START key in Main Menu and start workout in Manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)

4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When the targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to Main Menu.





PROGRAM MODE

Choose a preset workout program.
1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select a specific preset workout program (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level
5. When targeted workout value counts down to 0, the alarm from the console will sound and the workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.



PROGRAM 1



PROGRAM 2



PROGRAM 3



PROGRAM 4



PROGRAM 5



PROGRAM 6



PROGRAM 7



PROGRAM 8



PROGRAM 9



PROGRAM 10



PROGRAM 11



PROGRAM 12

H.R.C. MODE

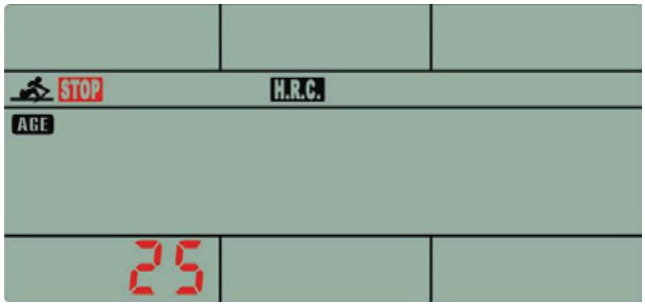
Target a Heart Rate for the workout.

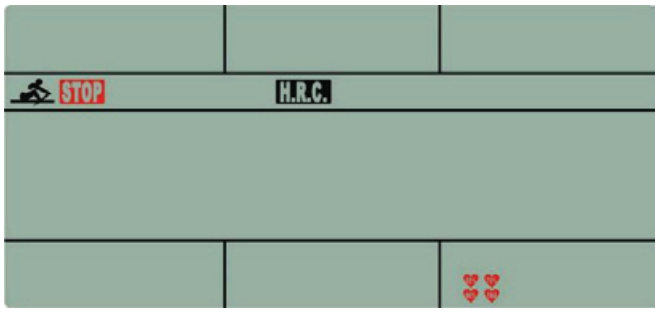
1. Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
2. Press UP or DOWN to set AGE, and press ENTER to confirm.
3. Press UP or Down to select 55%.75%.90% or TA (Target Heart Rate)(default: 100).

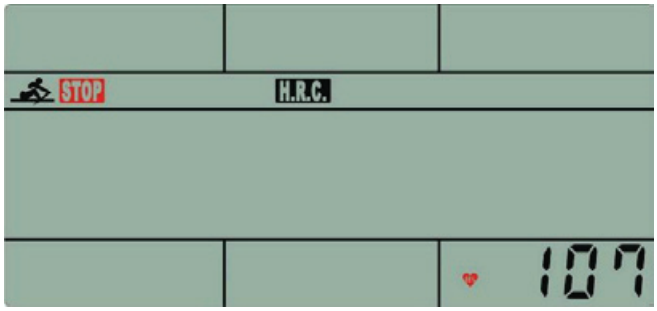
*Formula: (220-Age) X ___%.

*Example: Age 25 choosing 75%, you will target your heart rate to (220-25) x 75%= 146/min.

4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout.
6. When targeted workout value counts down to 0, the alarm from the console will sound and the workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to Main Menu.





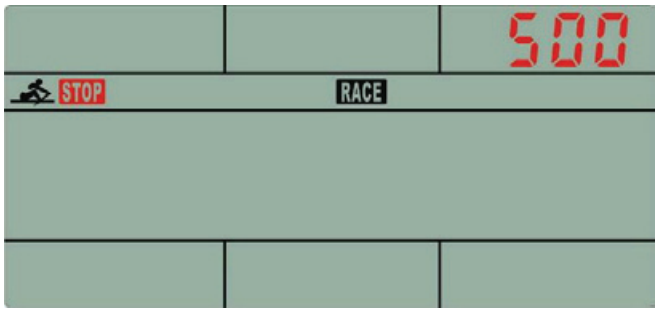


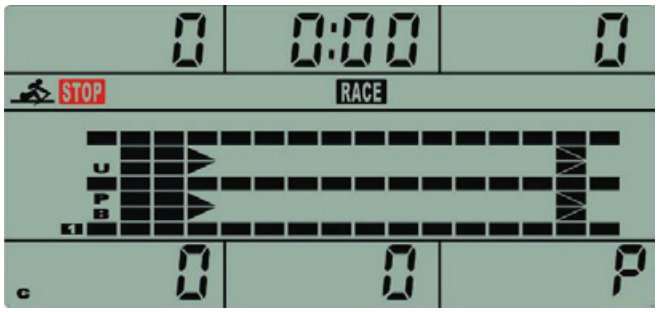
RACE MODE

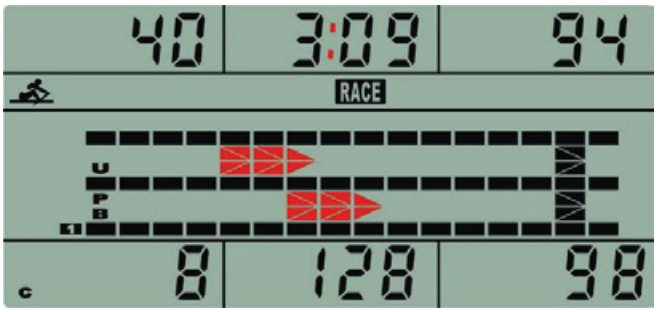
Race against the computer.

1. Press UP or DOWN to select Race Mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm. (Total level =15, Default time= 0:30 TIME/500M, Default distance=500M).
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. When PC or User finishes the rowing distance, computer will stop and show PC win or User wins.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.





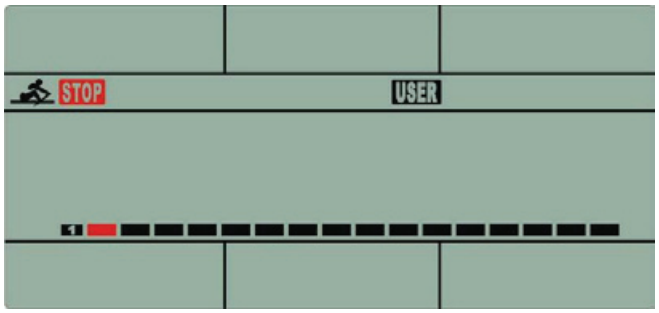


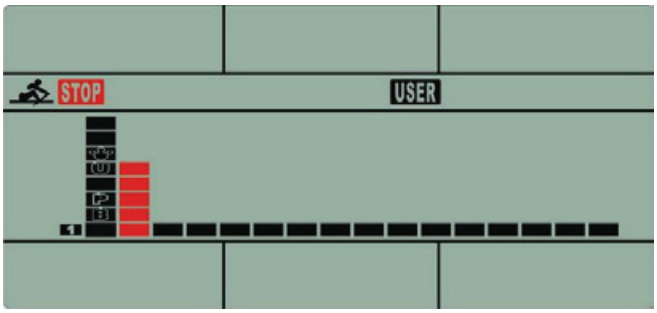


USER MODE

Preset your own workout profile.

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to set the next resistance column. (Total resistance column = 16).
3. Hold on pressing MODE to finish or quit setting.
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When targeted workout value counts down to 0, the alarm from the console will sound and the workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to Main Menu.





RECOVERY MODE

Monitor Heart Rate recovery status.

1. When Pulse value displays on the computer (hold handgrip or wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and begins countdown.
3. Computer will show Heart Rate recovery levels from F1 to F6 after countdown.

*Please see the F level chart below to determine the recovery level.

1.0	OUTSTANDING
1.0 < F1 < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

TROUBLE SHOOTING

E-2 Check if cables were well connected or damaged.

ATTENTION! ALL PRESET DATA WILL BE LOST WHEN YOU UNPLUG THE POWER (ADAPTOR) FROM THE POWER OR WALL OUTLET.

WARRANTY

LIMITED RESIDENTIAL WARRANTY

BH Fitness 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 motor. Three (3) 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: **http://www.BHFitnessusa.com**

* Applies to defects from the manufacturer only.

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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