BH

TS200i

OWNER'S MANUAL

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

TABLE OF CONTENTS

CONGRATULATIONS

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

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

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

SAFETY INFORMATION

PRECAUTIONS

The machine 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 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.
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.
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. Maintain a clearance of 18 inches in front and to the sides as well as 24 inches to the rear.
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. This machine was designed for a maximum user weight of 350 Lbs (159kg)
17. The machine can only be used by one person at a time.
18. The moving pedals can cause injury.

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.

BH

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will 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. Step on to 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 callisthenic 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.

BH

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 a pair 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.
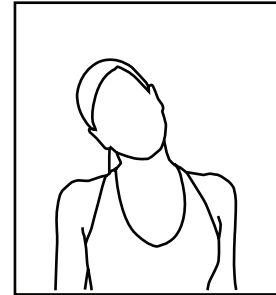
Shoulder Lifts
Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.
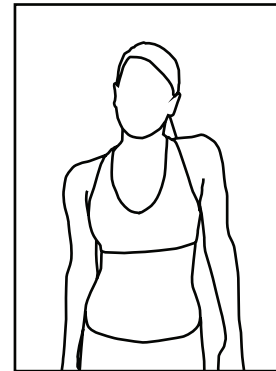
Side Stretches
Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.
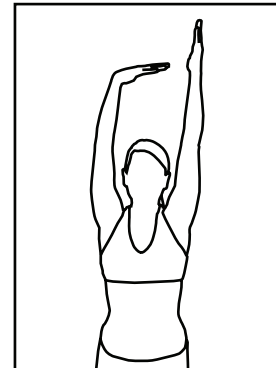
Quadriceps Stretch
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

BH
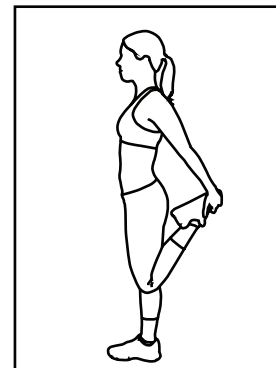
SUGGESTED STRETCHES

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.
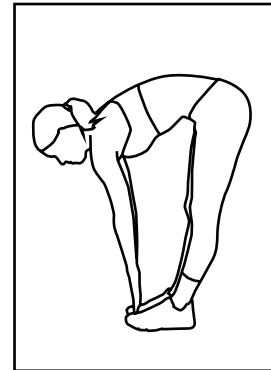
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
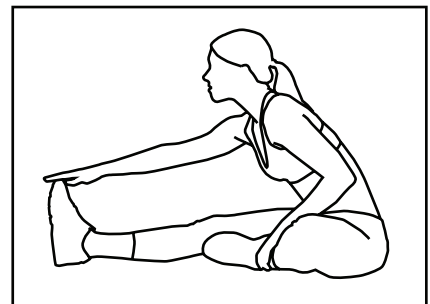
Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

OVERVIEW

BH

ASSEMBLY INSTRUCTIONS

STEP 1

Unpack the treadmill from carton box, put upright post into the base frame, connecting cables of base frame and upright post on the right, then fasten them with 6pcs M8*15 screws.
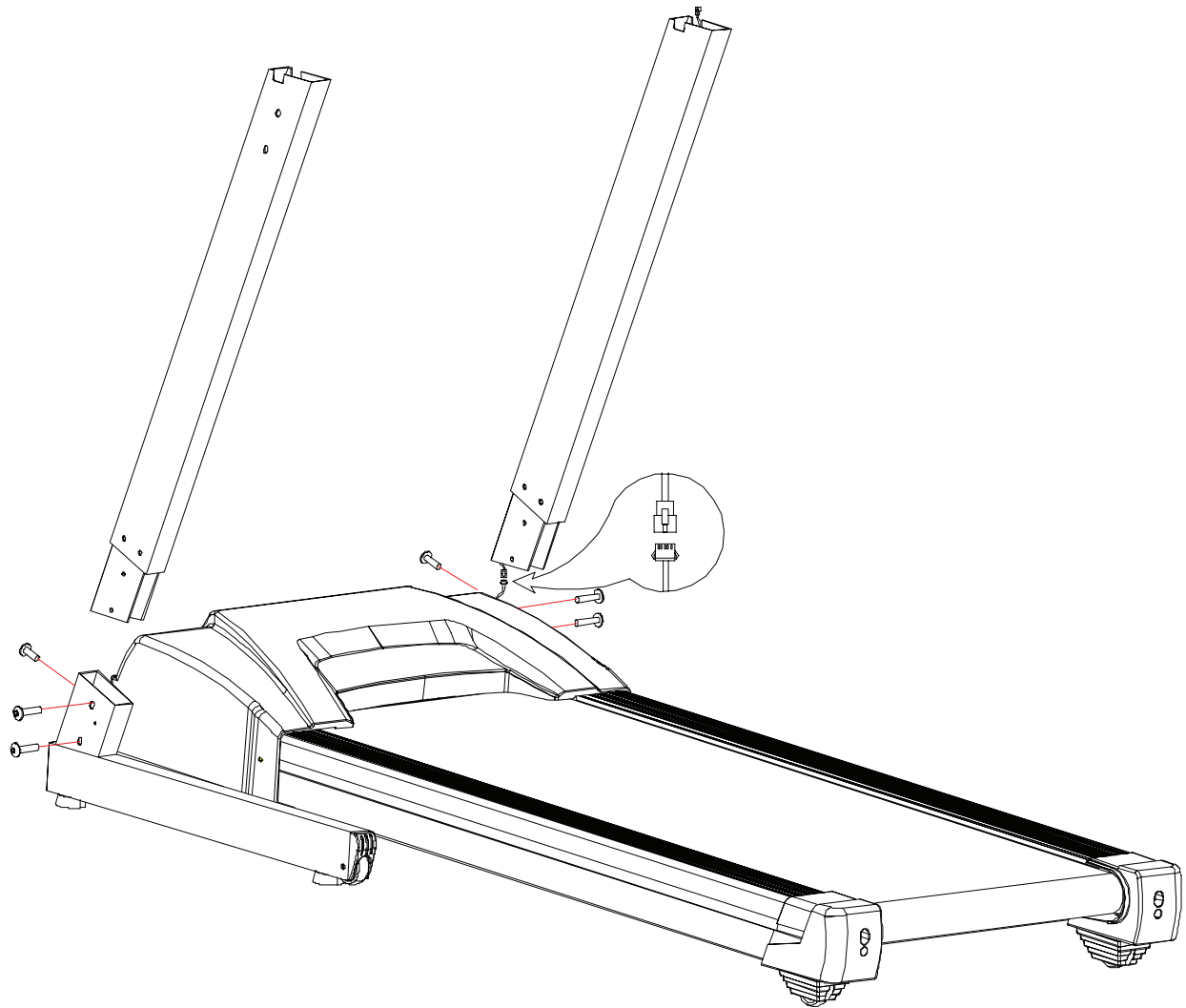
STEP 2

Connect the cables of upright post and console, then insert the console tray into upright post, fasten it with 6pcs M8*15 screws.
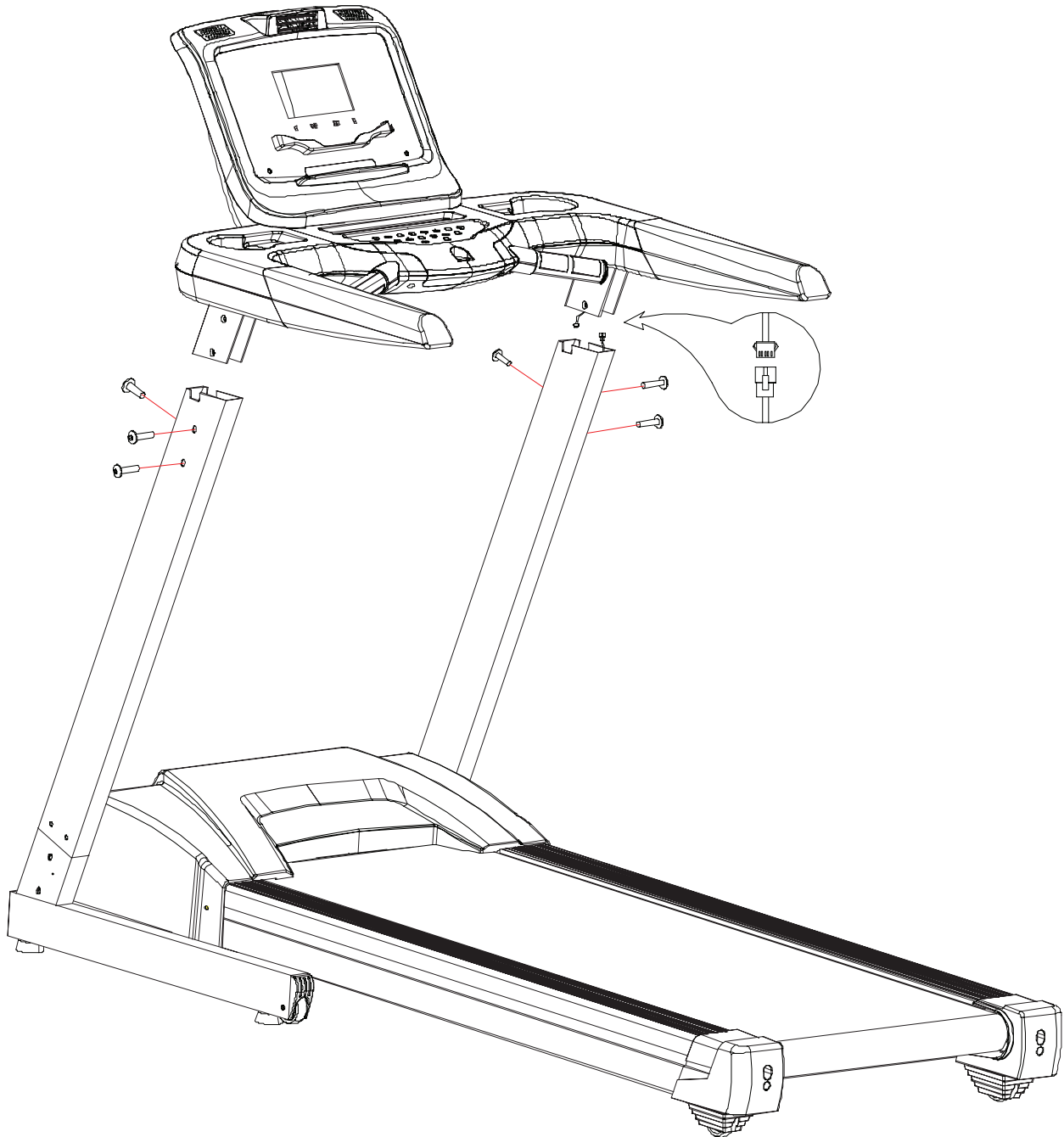
STEP 3
Assembly completed.

CONSOLE OPERATIONS
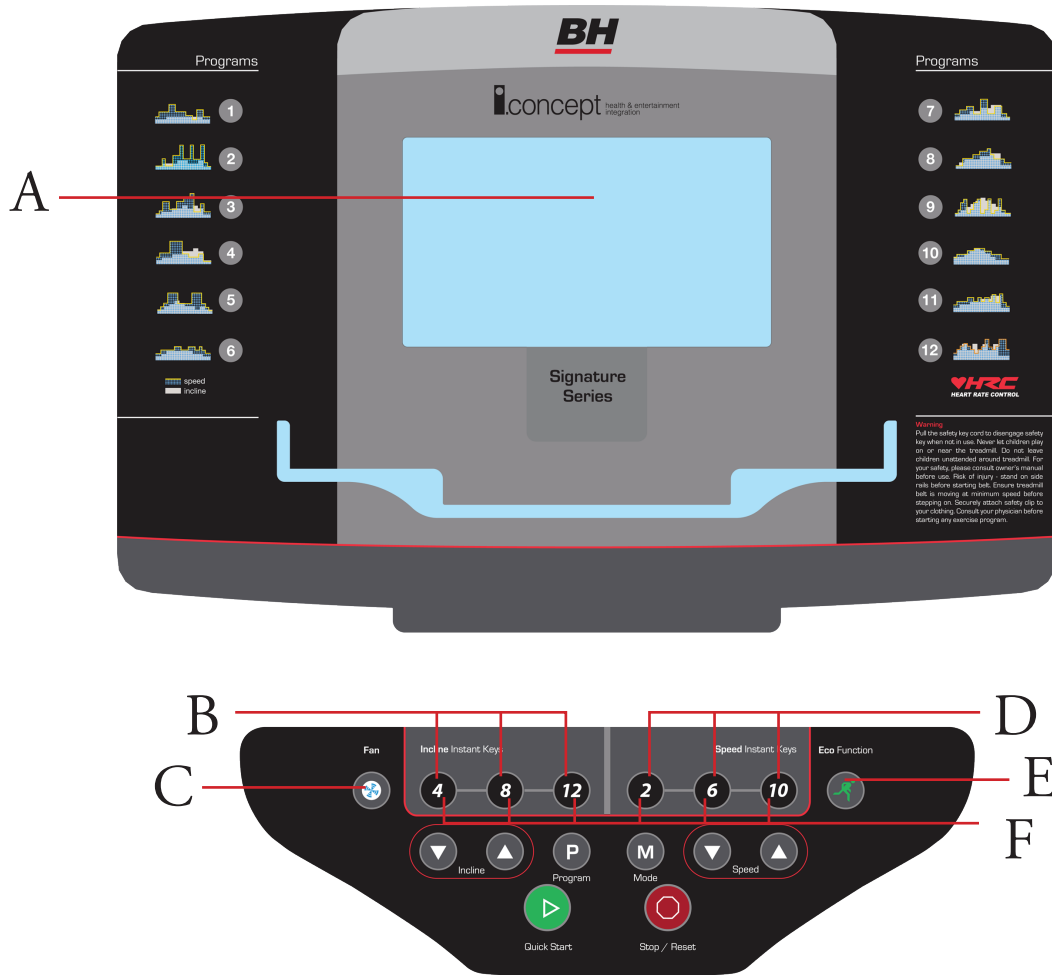
A - This display gives a simultaneous readout of Time; Programs; Speed; Distance; Incline; Pulse rate and Calories.

B - Incline function quick access keys (4- 8- 12).

C - Fan.

D - Speed function quick access keys (2- 6- 10mph).

E - ECO Function key.

F - The electronic monitor has 6 push buttons or keys; PROGRAM; MODE; INCLINE; QUICKSTART, STOP/RESET; SPEED Km/h.

PROGRAM DESCRIPTION
1: Manual program: normal, time count-down, calories count-down, distance count-down.
2: 12 Preset Programs P01,P02,P03,P04,P05,P06,P07,P08,P09,P10,P11,P12
3: Body Fat program.
4: HRC program (Heart Rate Control)

How to use the Quick Start Feature.
Make sure the safety key is inserted. LCD displays full screen for 2 seconds, then displays manual program. Press QUICKSTART, the machine will give you a 3 second countdown and then begin.

MANUAL PROGRAM
To enter into the MANUAL program, turn power on, and then enter into the 'normal mode' of MANUAL program. When treadmill stops, press PROGRAM to enter into the 'normal mode' of Manual program.

How to set Time/Calories/ Distance
Time: When you start the MANUAL program the time window will display. Press 'Mode', this will enter into the TIME COUNT-DOWN mode. The time window will flash with the initial value of 30:00. Press 'Speed+/Speed-' to set time. Your range is 5:00-99:00.
Calories: When you are done setting up your countdown, press 'Mode' this will enter into CALORIES COUNT-DOWN mode, the initial setting is 50kal, press 'Speed+/speed-' to set calories. Your range is 5-999.
Distance: When you are done setting up your Calrories press 'Mode', this will enter into the DISTANCE COUNT-DOWN mode, the initial setting is 0.6M/h, press 'Speed+/Speed-' to set the distance. Your Range is 1.0-99.0MPH.

How to Change Settings in the MANUAL program
1: Press start, there is a three second countdown then machine will start with an initial speed of 0.6MPH.
2: Press Speed+/- to adjust the speed.
3: Press Incline+/- to adjust incline.
4: Press STOP to stop the machine.
5: Press INSTANT SPEEED to set speed.
6: Press INSTANT INCLINE to set incline.

7: Eject safety key to stop motor immediately.

8: When your Time hits zero your speed will slow to a stop, and the display will show 'End'.

9: When your Calories hit zero your speed will slow to a stop, and the display will show 'End'.

10: When your Distance hits zero your speed will slow to a stop, and the display will show 'End'.

BODY FAT PROGRAM

1: Press PROGRAM to choose body fat function.

2: Display window will let you choose distance/calories values.

3: The Calories window will display: 01 (means gender you input is MALE), distance window will show 01 (means gender you setting is MALE), you can change it to female by switching to 02 by pressing the speed+/- button.

4: Press MODE to set age, window will display display 25 (years old), press speed+/- to adjust age (10-99).

5: Press MODE to set height, window will show 68 (inches), press speed+/- to adjust height (40-80inches).

6: Press MODE to set weight, window show 154 pounds, press speed+/- to adjust weight (44-330 pounds)

7: Press MODE to enter into body fat function, window will show 00 (body fat rate), please put your two hands on the handle pulse sensor, after 8 seconds, distance window show user's body fat rate.

SAFETY KEY

Eject the safety key at anytime to stop the machine (the machine will slow down extremely fast). The display window will show E07. Replace the key to operate the machine again.

FAN

Press the FAN button to turn the fan on and off.

2. If you pull the safety key will the fan is on, the machine will stop but the fan will stay on. Replace the saftey key and the fan will stop.

3. If you press the stop key, the machine will slow to a stop and the fan will turn off.

PARAMETERS

	Initial value	Set initial value	Setting range	Display range
Time	0:00	30:00	5:00-99:00	0:00-99:59
Speed MPH	0.0	N/A	N/A	0.6-11
Incline	00	N/A	N/A	00-15
Distance (KM)	0.0	1.00	1.0-999.0	0.0-999.9
Calories (Cal.)	0	50	5-999	0-999

PROGRAM PARAMETER

	P01		P02		P03		P04		P05		P06	
No.	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline
1	1.8	0	0.6	0	3.1	0	1.8	0	1.2	0	2.5	0
2	3.1	0	4.3	1	5.6	1	3.7	1	7.5	2	3.1	1
3	3.1	1	0.6	2	2.5	2	7.5	2	7.5	4	3.7	3
4	6.2	1	4.3	2	3.1	3	7.5	3	7.5	6	5.0	4
5	3.1	1	7.5	3	6.2	4	7.5	4	1.8	4	3.7	4
6	1.2	1	2.5	3	7.5	5	1.8	5	1.8	2	5.0	3
7	1.8	2	7.5	2	2.5	4	1.8	6	1.8	1	3.7	3
8	1.2	2	2.5	2	5.0	5	1.8	7	1.8	0	5.6	1
9	3.1	2	7.5	3	2.5	4	3.1	6	7.5	1	3.7	2
10	1.8	0	1.2	0	2.5	0	1.2	0	1.2	0	1.8	0

	P07		P08		P09		P10		P11		P12	
No.	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline
1	2.5	0	1.2	0	1.2	0	2.5	0	2.5	0	2.5	0
2	4.3	1	3.7	2	7.5	1	3.1	1	3.1	1	4.3	4
3	5.6	1	3.7	3	1.2	3	3.7	2	4.3	2	6.2	8
4	2.5	3	3.7	4	7.5	5	5.0	4	5.6	3	5.0	4
5	2.5	3	7.5	4	1.2	7	3.7	6	3.7	4	7.5	8
6	7.5	5	3.1	6	1.2	9	5.0	8	5.6	5	3.7	4
7	2.5	5	3.1	6	7.5	7	3.7	6	3.7	6	3.7	8
8	5.0	7	3.1	8	1.2	5	5.6	4	6.2	7	7.5	4
9	2.5	7	1.8	8	1.2	3	1.8	2	4.3	8	7.5	8
10	1.2	0	1.8	0	1.8	0	1.8	0	1.8	0	3.7	0

DOWNLOADING APPS AND
PAIRING YOUR DEVICE WITH YOUR EQUIPMENT

DOWNLOADING THE SOFTWARE
Connect the Apple® device with the App Store (iTunes) or your Android Device with Google Play, search for "Pafers", then read the APP introductions and Download the APPs with bicycle/elliptical machine functions to your device, for example Pedal Monitor or other applicable apps. *Note: if you download an APP for a treadmill and pair it with an Elliptical it will not work.*
- The App uses bluetooth mode, so please make sure the recumbent and device you are using has bluetooth function.
- The App contains the following functions, the user must open the 3G network or wi-fi network:

(a) Managing Data - After completing the registration in the "Pafers" App, log on to your personal account. Now that you have registered you can record all of your workout data and save it to your device.
(b) Some APP's need connection to Google maps in order to function correctly.

PAIRING THE BLUETOOTH DEVICE WITH AN APPLE DEVICE
1. Place the Apple Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Apple Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Apple Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APP's download page description or contact Pafers for instructions.
7. When you are done using the APP, please press the HOME button on the Apple Device twice to close the APP.

PAIRING THE BLUETOOTH DEVICE WITH AN ANDROID DEVICE

1. Place the Android Device on the area in front of the LCD screen.
2. Enter into settings and turn Bluetooth on.
3. Your Android Device will detect all Bluetooth devices within range (following on screen instructions), click on the appropriate bluetooth device name and confirm your connection.
4. After paired successfully, please start the APP within 2 minutes, if you do not, Bluetooth will automatically cancel the pairing. Please keep the Android Device within a range of 2 meters for best quality connection. If you see "not connected," please perform the above steps again.
5. Press the Apple Device home button, the screen will return to the desktop.
6. Start the APP you downloaded. When the APP connects with the equipment successfully, the APP screen buttons will unlocked. Start from APP interface using a variety of modes to control the exercise equipment. Pay attention to the APP instructions and function introduction. If you have need help with the APP, please browse the APPs download page description or contact Pafers for instructions.
7. When you are done using the APP, please press main screen button on the Android Device twice to close the APP.

COMPATIBLE DEVICES
Android
Bluetooth & App Enabled Android Device

Apple Products

iPod touch (4th generation)	iPod touch (3rd generation)
iPhone 5	iPhone 4S
iPhone 4	Mini iPad
iPad	iPad 2

Bladez Fitness i.Concept Bluetooth products are compatible with Apple devices with iOS 5.1 or later. It is recommended to update iOS to latest version to obtain the best user experience.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch, is a registered trademark of Apple, Inc., in the United States and other countries.

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessorywith iPod, iPhone, or iPad may affect wireless performance. iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

MAINTENANCE AND CLEANING

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

EXPLODED VIEW DRAWING
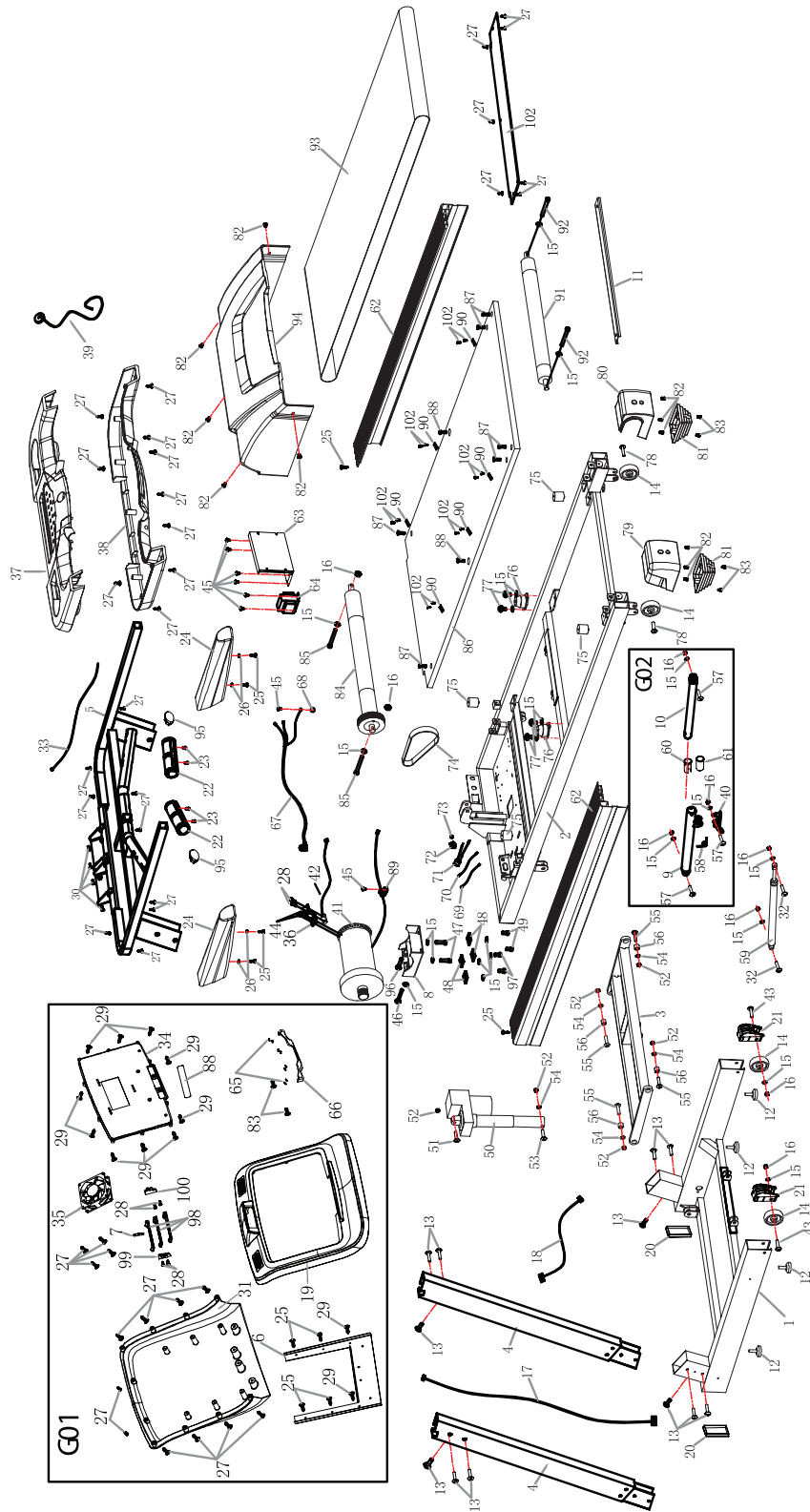
PARTS LIST

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

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	Base frame	1	53	Allen screw M10*65	1
2	Main frame	1	54	Flat washer Φ10	5
3	Incline frame	1	55	Allen screw M10*35	4
4	Upright post (L & R for each)	2	56	Metal plug Φ17*Φ10*32	4
5	Computer frame	1	57	Allen screw M8*40	3
6	Console connect tube	1	58	Spring	1
7	Clicker	1	59	Hydraulic	1
8	Motor base frame	1	60	Plastic bushing	1
9	External extension tube frame	1	61	Plastic bushing	1
10	Internal extension tube frame	1	62	Side rail	2
11	Running deck support	1	63	Controller	1
12	Foot pad	4	64	Adaptor	1
13	Allen screw M8*15	12	65	Plastic strips	8
14	Transportation wheel	4	66	iPad tray	1
15	Flat washer (Φ8*Φ16)	22	67	Power cable	1
16	Self-fixing bolt M8	9	68	Washer Φ5	1
17	Main cable L-1200	1	69	Wire (Red)	1
18	Controller cable L-800	1	70	Wire (Black)	1
19	Pannel cover (upper)	4	71	Rest switch	1
20	End cap 40-80	2	72	Switch	1
21	End cap 40x 80	2	73	Cable ring	1
22	Handle pulse	2SETS	74	Transmission belt	1
23	Philips self-tapping screw ST3*25	4	75	Shock absorber Φ30×M6	4
24	Foam grip (Left, right)	1PAIR	76	Shock absorber (red)	2
25	Philips self-tapping screw ST4*20	10	77	Allen screw M8*10	4
26	Flat washer Φ5	4	78	Allen screw M8*35	2
27	Philips self-tapping screw ST4*16	42	79	End cap Left	1
28	Philips countersunk self- tapping screw ST3*10	6	80	End cap Right	1
29	Philips C.K.S steel self-tapping screw ST4*12	12	81	Feet pad	2
30	Allen screw M6*15	4	82	Philips screw M5*10	11
31	Pannel cover (lower)	1	83	Philips screw M5*15	6
32	Allen bolt M8*30	2	84	Front roller	1
33	Cable L-700	1	85	Allen screw M8*65	2
34	LCD overlay (w/ PCB of monitor)	1	86	Running deck	1
35	Fan	1	87	Allen screw M6×30	6
36	Sensor bracket	1	88	Philips screw M8*25	2
37	Console tray (up)	1	89	Cable guide	1
38	Console tray (down)	1	90	Side rail guide	6
39	Safety key	1	91	Rear roller	1
40	Foot release pedal	1	92	Allen screw M8*75	2
41	Motor	1	93	Running belt	1
42	Speed sensor	1	94	Motor cover (up)	1
43	Allen C.K.S.half thread bolt M8*50	2	95	End cap Φ32	2
44	Philips screw ST3×10	2	96	Allen screw M8*40	1
45	Philips screw M4*10	7	97	Allen screw M8*20	2
46	Allen screw M8*50	1	98	Fan plate	3
47	Allen screw M8*30	2	99	Fix clicker (Left)	1
48	Square cushion 35×35×t5.0×Φ8	4	100	Fix clicker (Right)	1
49	Hex full thread bolt M8*20	2	101	MP3 socket cover	1
50	Incline motor	1	102	Back cover	1
51	Allen bolt M10*45	1		Φ=Diameter	
52	Hex self-locking nut M10	6			
53	Allen screw M10*65	1			
54	Flat washer Φ10	5			

WARRANTY

LIMITED RESIDENTIAL WARRANTY

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

THIS WARRANTY DOES NOT COVER

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

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

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Web: www.BHFitnessUSA.com
Mon - Fri 8am - 5pm PST

This Product Is Made In China