LK500Ti

OWNER'S MANUAL

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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 425 Lbs (192 kg)
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.

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.)

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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.

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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.
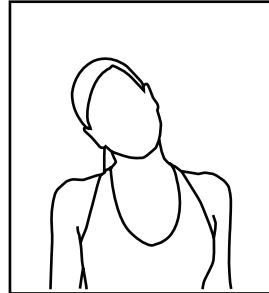
Shoulder Lifts

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.
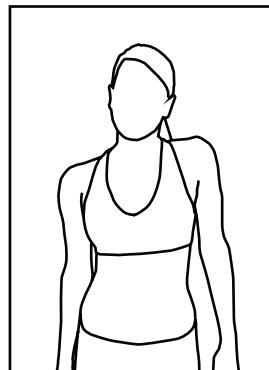
Side Stretches

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.
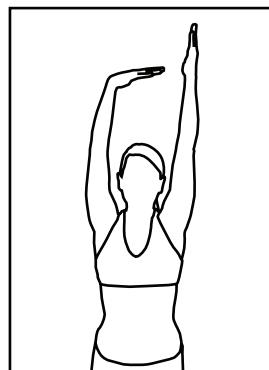
Quadriceps Stretch

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.

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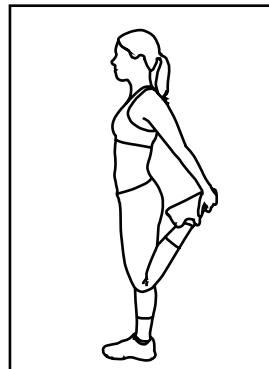
SUGGESTED STRETCHES

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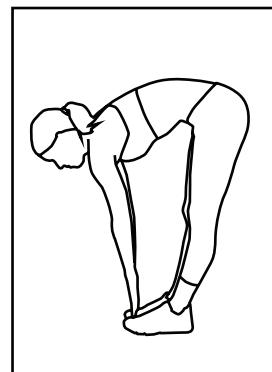
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
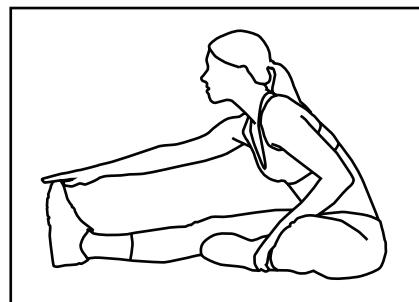
Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

OVERVIEW
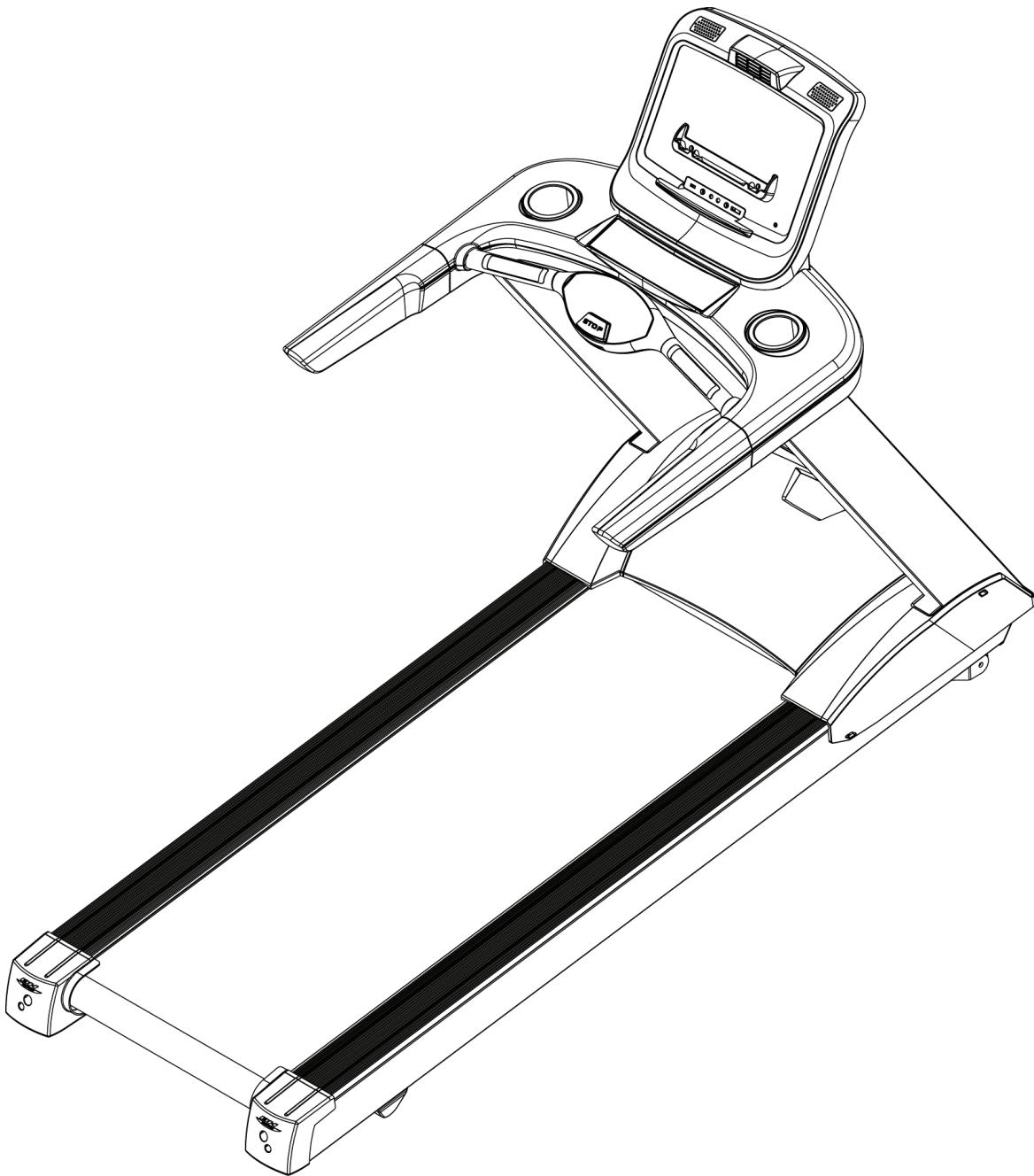
The assembly of this product requires two or more people. When assembling the uprights, one person should hold the uprights to prevent them from falling.

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ASSEMBLY INSTRUCTIONS

STEP 1

Attach the Left Upright (C) onto Frame (B). Then attach the control wire (located on the right of the motor shroud) to the guide wire coming out of the bottom of the Right Upright (D). Then pull the guide wire (that is attached to the control wire) through the Right upright (D) and out the top with the control wire. Be careful not to damage the wires. Then attach the Right Upright (D) to the Frame (B).

D

C

Guide Thread

C

Control Wire

(Lower)

B

C
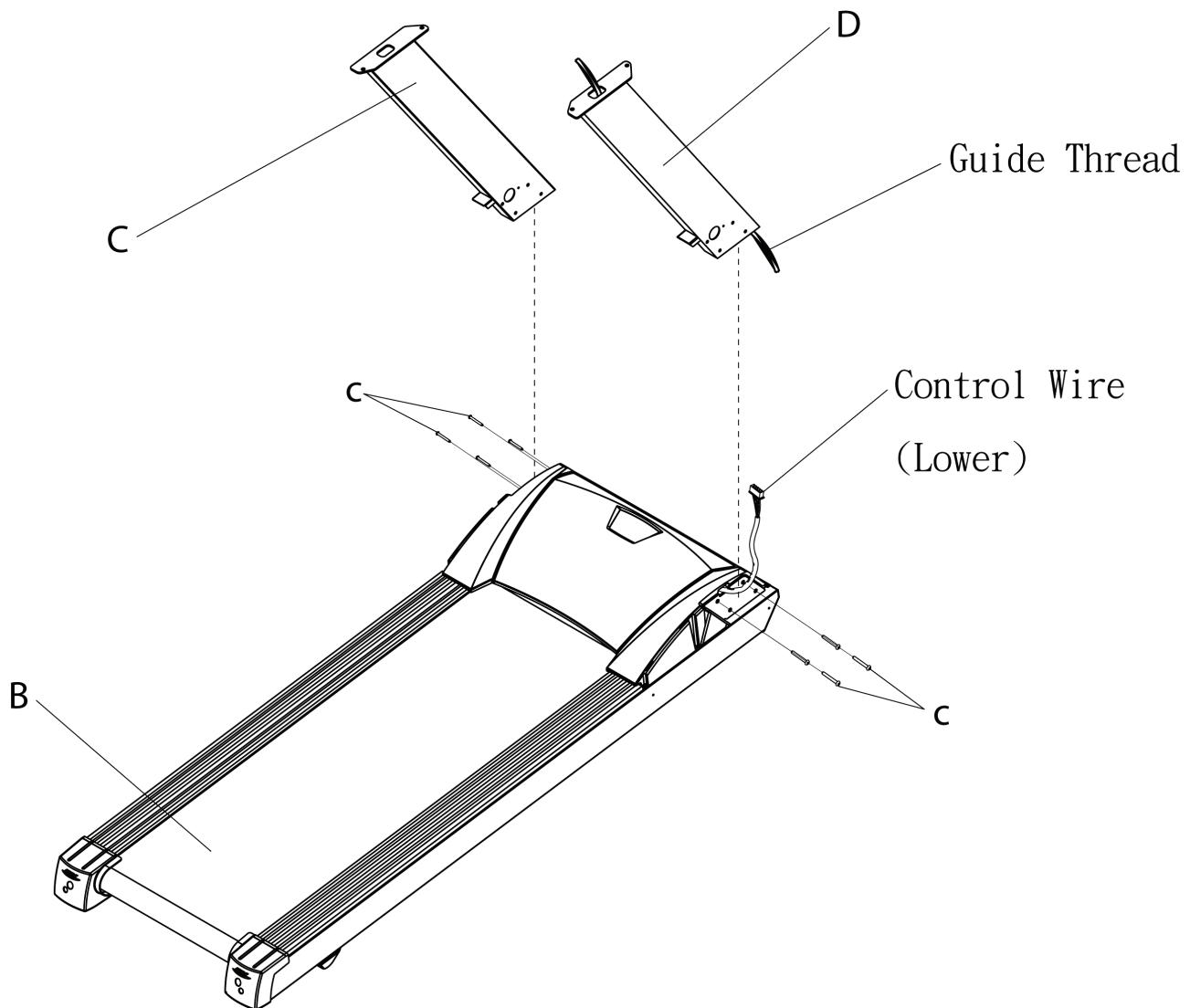
STEP 2 (this step will require two people)
Place the Lower Console Structure (E) above the Left & Right uprights (C,D). Attach the control wire sticking out of the Right Upright (D) to the guide wire located on the bottom right of the lower console structure. Then pull the control wire through the lower console structure with the guide wire. Then attach the Lower Console Structure (E) to the Left & Right Uprights (C,D) with the Nylon Nut (a) and tighten the Screws (c). Attach the Left & Right Motor Lateral Covers (F,G) with Screws (b), tighten securely.

E

Guide Thread

a

Control Wire

(Lower)

F

b

G

b

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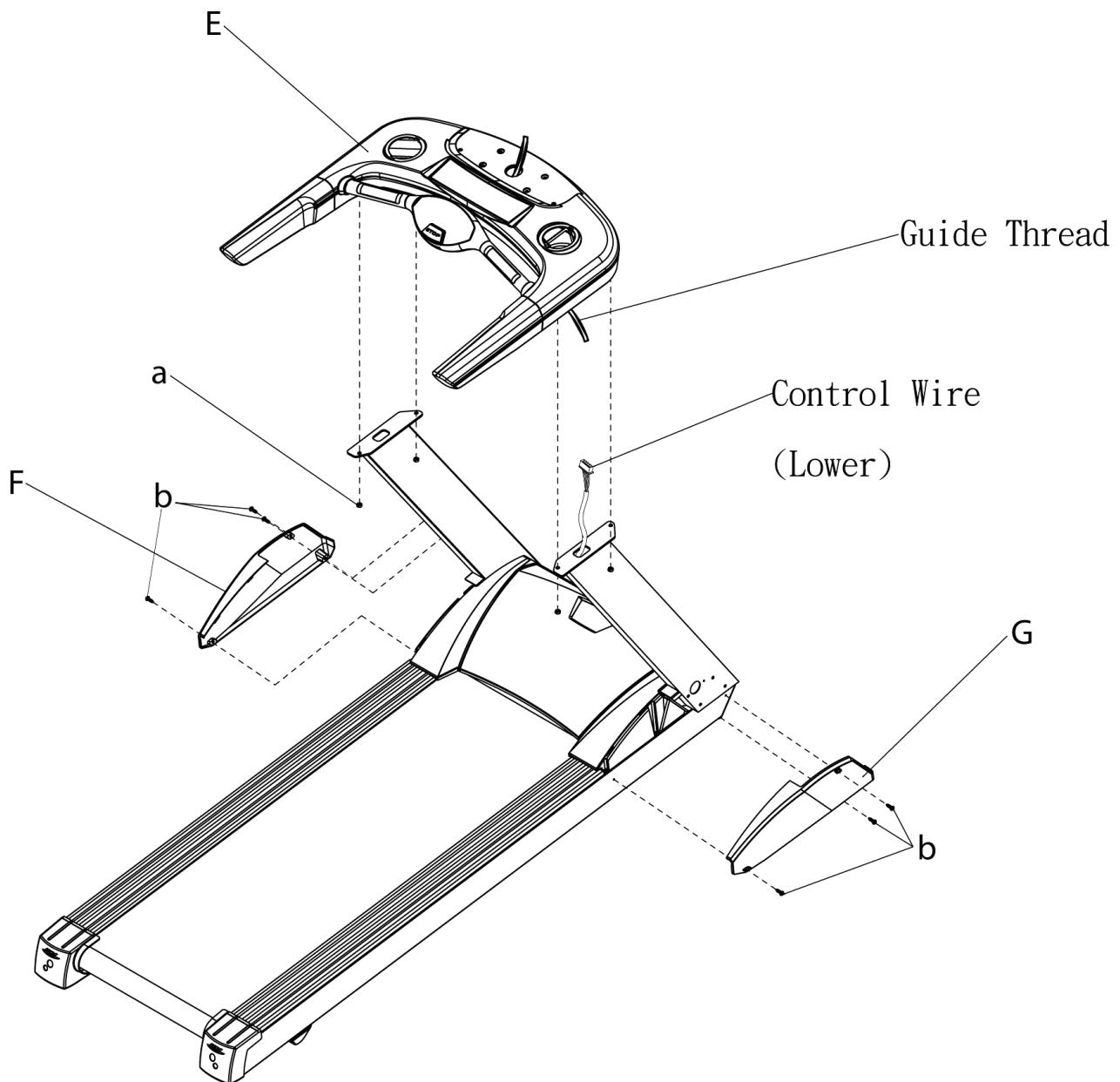
STEP 3 (this step will require two people)

Put the Console (A) above the Lower Console Structure (E) and connect the wires as shown in the figure below. Then attached the Console (A) to the Lower Console Structure (E) with Screws (C,J). Be careful not to damage the wires. Note: The control wire has a red mark.

Control Wire (Upper)
Key Board Cable (Upper)
Hand Grip Pulse Wire (Upper)
Computer Grounding Wire

A

Frame Grounding Wire
Hand Grip Pulse Wire (Lower)
Key Board Cable (Lower)
Control Wire (Lower)

3-1

j—l

c

j
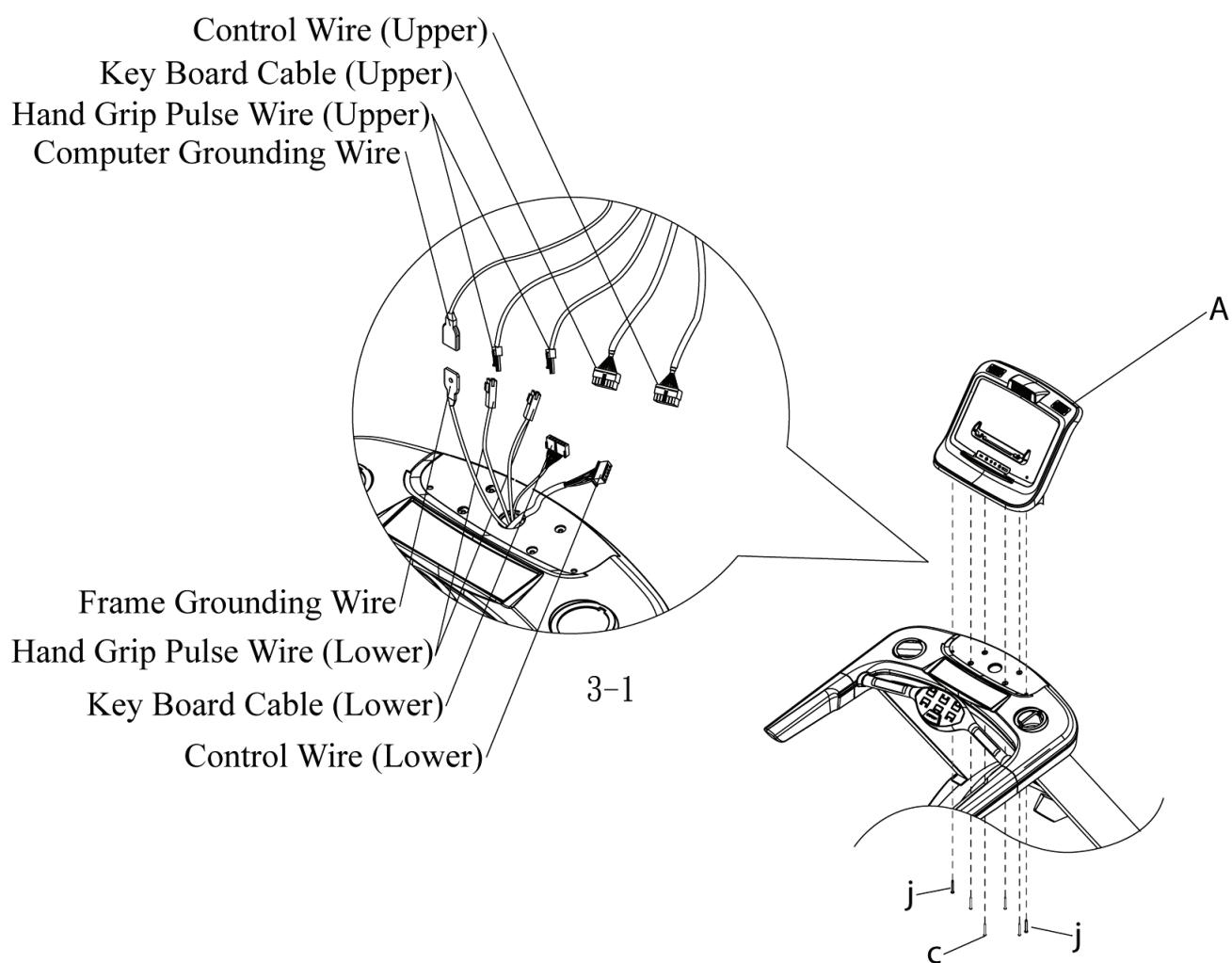
STEP 4

Place the cup holders on the Lower Console Structure (E) and tighten by turning the left cup counter clockwise and the right cup clockwise (as shown in image below).

Cup
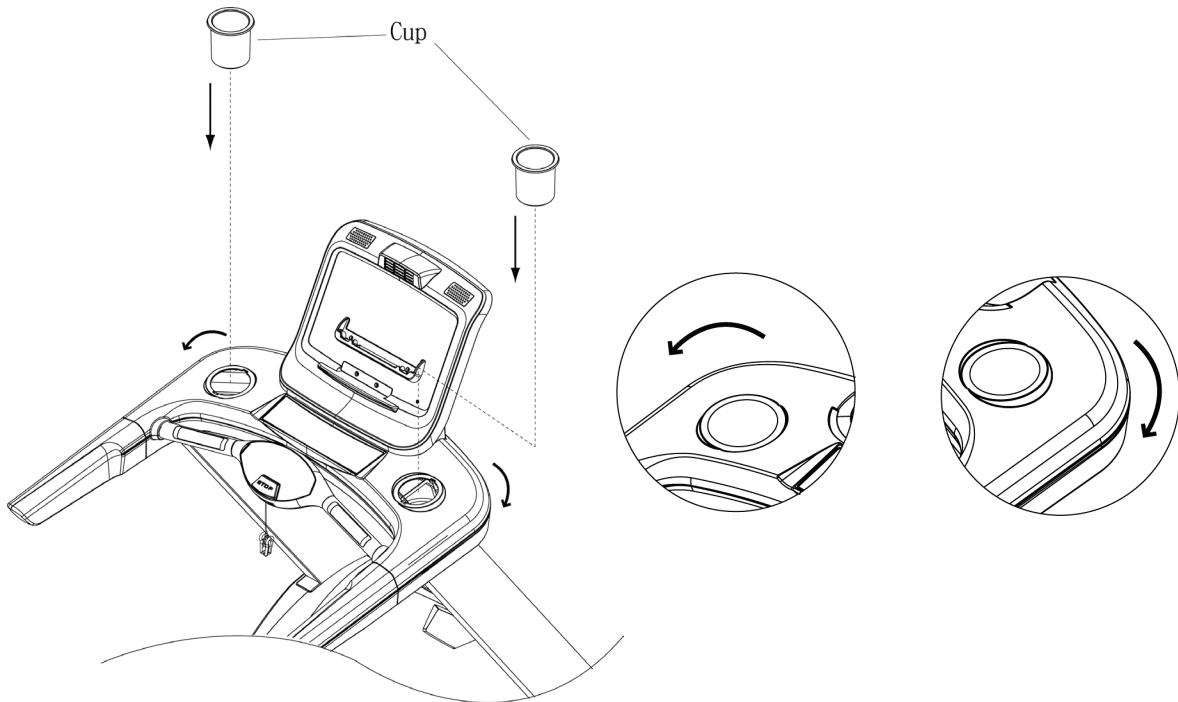
STEP 5

Remove the power cord and insert it into the machine, then place the Power Cord Switch Cover (h) onto the machine and tighten with Screws (i).

i   h

Power Cord
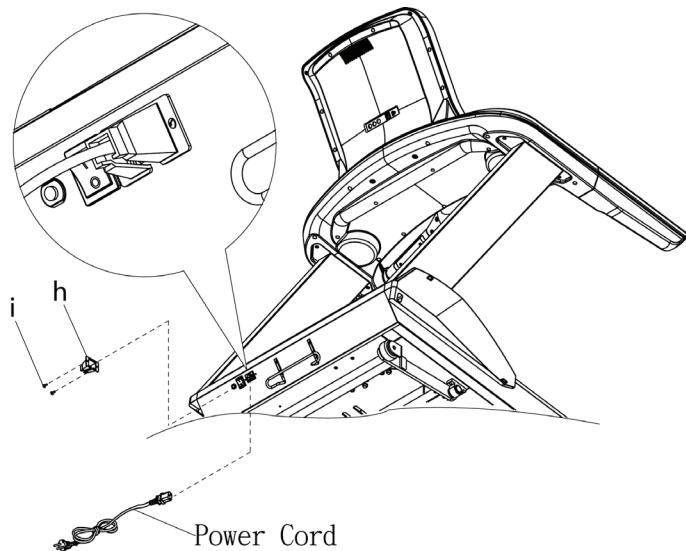
BELT ADJUSTMENTS

To adjust the running belt, stop the treadmill, then use the Hex Wrench and adjust the Hex Screw located in the Rear End Cap. If the running belt is moving towards the left side, tighten the left Hex Screw about 1/4 turn (clockwise); if the running belt is moving towards the right side, tighten the right Hex Screw about 1/4 turn (clockwise); Turn the treadmill on after it has been adjusted. If you find that the belt has not moved to the proper position, please repeat the steps above. Don't use the treadmill until the running belt returns to the center position.

The position of running belt might not stay precisely in the center, it can and will shift slightly towards the left and right sides, however, you do not need to adjust the belt if it is not rubbing against the side rails.

Depending on the usage of the product, please apply silicon according to the chart to the right. Use the Hex Wrench to unscrew the bolt inside the Rear Roller. Then pull the belt up and put some silicon to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set.

When the belt is sliding, please follow the above method to lubricate the running board.
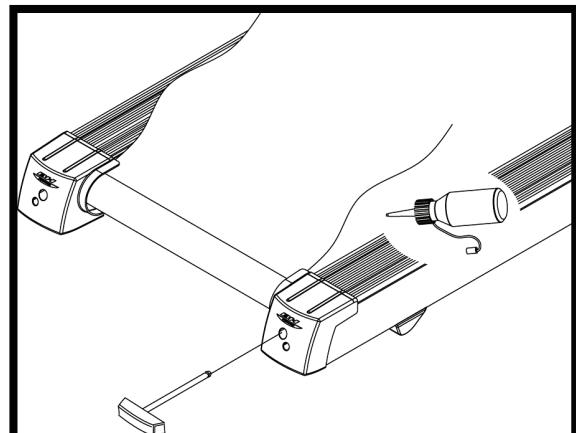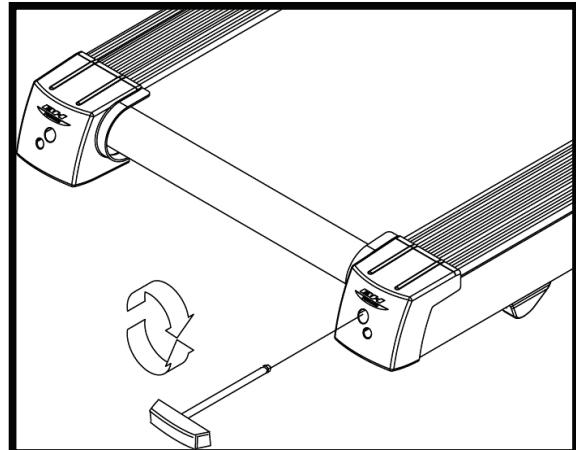
Silicon Chart

KGS/LBS	Speed	Interval
KGS	6KM/hr Below	1 year
	6~12KM/hr	6 months
	12KM/hr Above	3 months
LBS	4mile/hr Below	1 year
	4~8mile/hr	6 months
	8mile/hr Above	3 months
Note: This maintenance is intended for household use. If used for business, it is suggested to examine the product every other month.		

CONSOLE OPERATIONS

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Program 1 - Nine Hole

Program 2 - Hill Climb

Program 3 - Hill Run

Program 4 - Interval

Program 5 - Rolling

Program 6 - Weight Loss

Random

User

Heart Rate Control 1-3

Manual

LK Series

iconcept
health & entertainment
integration

WARNINGS AND OPERATIONS
For your safety, please consult the owner's manual carefully before using.
Turn the power switch on and ensure the safety key is attached to the console. Attach the safety clip to clothing before start up.
To avoid injury, stand on the side rails before starting the treadmill.

mp3

Instant Speed | Fan ON/OFF | Instant Speed

1 — 2 — 4 | ✼ | 6 — 8 — 10

enter

mode

↵ | 2 — 4 — 6 — 8 — 10 — 12 | M

Instant Incline

stop

▲ | ◯ | +

▼ | quick ▷ start | −

incline | speed

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Time
HRC & Age
Heart Rate Training
Program Array
Incline Level
Calories
Muscle Display
Speed
Weight/Distance
iDevice Connection Status
Alpha-Numeric Display

HEART RATE TRANING ZONES
LOW   FATBURN   AEROBIC   HIGH

ABOUT THE MUSCLE DISPLAY

When the USER changes the incline level it will display on the screen.

Level 0

Levels 1-3
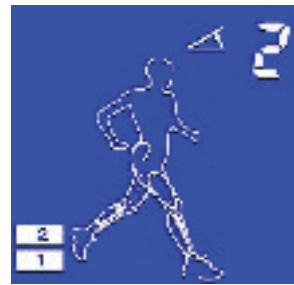
Levels 4-6
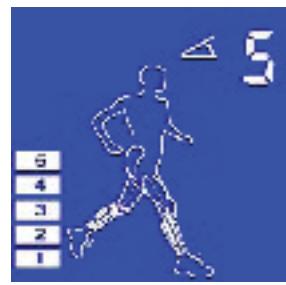
Levels 7-9

Levels 10-12

Levels 13-15

START - ENTER YOUR WEIGHT

When the machine first starts, all numerals will light up and then it will ask you to enter your weight. Set the weight, so that the each exercise program can calculate accurately how many calories have been lost during any given workout.

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Screen will display SELECT PROGRAM.
3. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.

QUICK START

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.
3. If you select QUICK START, the screen will display READY GO and the workout will start after a 3 seconds countdown. The workout program will start at a speed of 0.8KPH (0.5MPH) and the an incline of 0.
4. Press an Instant Incline button or INCLINE+ or INCLINE- to adjust the incline level
5. Press an Instant Speed button or SPEED+ or SPEED- to adjust the speed value.
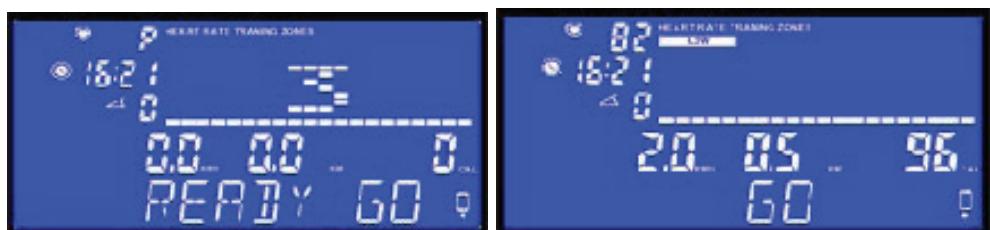
STOP OR PAUSE DURING TRAINING

1. During the workout, press STOP to pause the program. The speed of the belt will slow to zero but the incline will stay the same.
2. When the workout time has reached 99:59 or you have finished the goal of a specific

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program, the belt will slow to zero, and the screen will display RUN END. Press STOP for 4 seconds and the systems will go back to standby mode.

HOW TO SELECT A PROGRAM & PROGRAM SETUP
- Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
- Press Mode or SPEED+/SPEED- to toggle through the programs, press ENTER to select.
- List: MANUAL-P1-P2-P3-P4-P5-P6-RANDOM-USER-H.R.C.1-3-BODY FAT
- Pressing STOP while in any of the programs and it will bring you back to the program selection list.
- Bellow is the list of the programs and how to set up each one.

MANUAL
1. Find MANUAL and press ENTER to select.
2. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target distanc and then press ENTER to input.
4. Press SPEED+ or SPEED- to setup target calories and then press ENTER to input.
5. When you have finished your set up, press START to begin the workout

P1 (9 HOLE)
1. Find P1 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup your goal distance and then press ENTER to input.
4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

P2 (HILL CLIMB)
1. Find P2 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup the level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.

4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

PROGRAMS P3-P6 are set up the same way as P2.

RANDOM (Random Speed)
1. Find RANDOM and press ENTER to select.
2. Press SPEED+ or SPEED- to select your target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to select target distance and then press ENTER to input.
4. Press SPEED+ or SPEED- to select target calories and then press ENTER to input. 4. When you have finished your setup, press START to enter begin your workout.

USER (USER CAN EDIT SPEED & INCLINE PROFILE)
1. Find USER and press ENTER to select.
2. Press SPEED+ or SPEED- to choose U1, U2, U3, or U4 and then press ENTER to select.
3. Press ENTER for 3 seconds to enter into Segment Edit Mode. Press SPEED+ or SPEED- to adjust Speed and press INCLINE+ or INCLINE- to adjust incline and then press ENTER to input and go on to the next segment (there are 20 in total). When you are done with all segments, press ENTER for 3 seconds to save your custom values.
4. Press ENTER to select U1.
5. Press SPEED+ or SPEED- to set time and then press ENTER to input.
6. Press SPEED+ or SPEED- to set distance and then press ENTER to input.
7. Press SPEED+ or SPEED- to set calorie and then press ENTER to input.
8. When you are done press START to begin the workout.

H.R.C: 60%/75%/THR
1. There are three HRC programs, find and choose between 60%, 75%, or THR (Target Heart Rate) and then press ENTER to select.

Note: In the HRC Program, the computer will only accept the "Wireless Heart Rate Signal" (we suggest using a wireless heart belt). If no pulse signal is detected for 45 seconds, the computer will stop and display NO PULSE.

60%, 75%
1. Press ENTER to select 60% (or 75%)
2. Press SPEED+ or SPEED- to set time and then press ENTER to input.

3. Press SPEED+ or SPEED- to set age and then press ENTER to input.
4. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
5. The screen will display READY GO and the workout will start after a 3 seconds countdown.

THR (Target Heart Rate)
1. Press SPEED+ or SPEED- to set target time and then press ENTER to input.
2. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
3. The screen will display READY GO and the workout will start after a 3 seconds countdown.

BODY FAT MODE
Press ENTER to select BODY FAT and the treadmill will ask for the following information:
1. AGE: the default value is 30, and the range 13~80. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
2. HEIGHT: the default value is 170 cm, and the range is 120~200 cm. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
3. SEX (Gender) - press SPEED+ or SPEED- to toggle between male (1) or female (0) and the press ENTER to input.
4. Weight: the default value is 70 kg (150LB) and the range is 23~130kg (50~286LB). Press SPEED+ or SPEED- to adjust and the press ENTER to input.

To display the BODY FAT VALUE, please hold the pulse sensors for 15 seconds. The value will display, press stop to return to the start ready status

PROGRAM REVIEW

MANUAL

P1 9 Hole

Hidden Area

P2 Hill Climb

Hidden Area

P3 Hill Run

Hidden Area

P4 Interval

Hidden Area

P5 Rolling

Hidden Area

P6 Weight Loss

Hidden Area

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RANDOM

USER
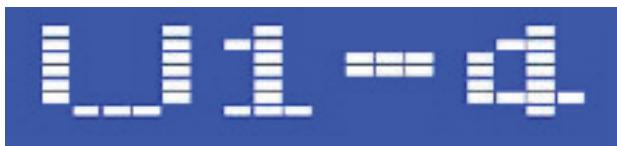
HRC 1-3
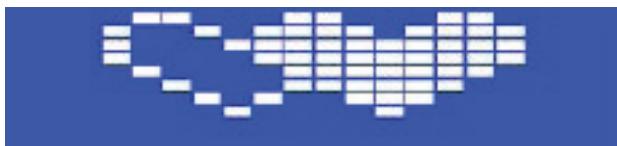
HRC 60%

HRC 75%
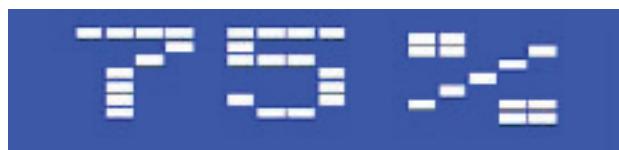
HRC THR
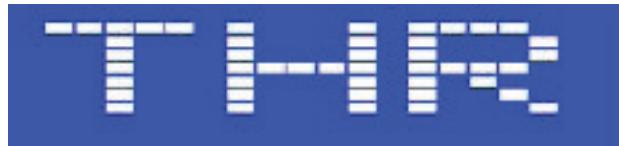
BODY FAT (BDF)
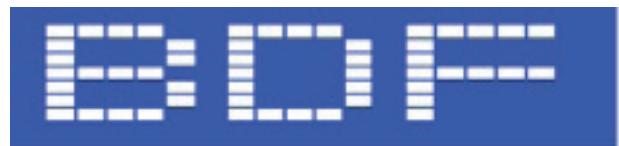
TO SWITCH BETWEEN METRIC AND STANDARD
When the machine first starts, all numerals will light up and then it will ask you to enter your weight. While in this window, press and hold ENTER for 10 seconds. Press SPEED+ or SPEED- to toggle between ML (Standard) and KM (Metric) and then press ENTER to make your selection.

ERROR & WARNING INFORMATION
When the treadmill motor is experiencing a malfunction, machine will auto-stop and show one of the error codes listed below.
E1: Can not read the speed value, motor is malfunctioning and signal cannot be delivered.
E6: Incline data is wrong, incline motor damaged or signal cannot be delivered.
E7: Incline AD over the normal range, incline motor damaged or setting is wrong.

**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 equipment 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 APPs 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 APPs 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.

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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

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.

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EXPLODED VIEW DRAWING
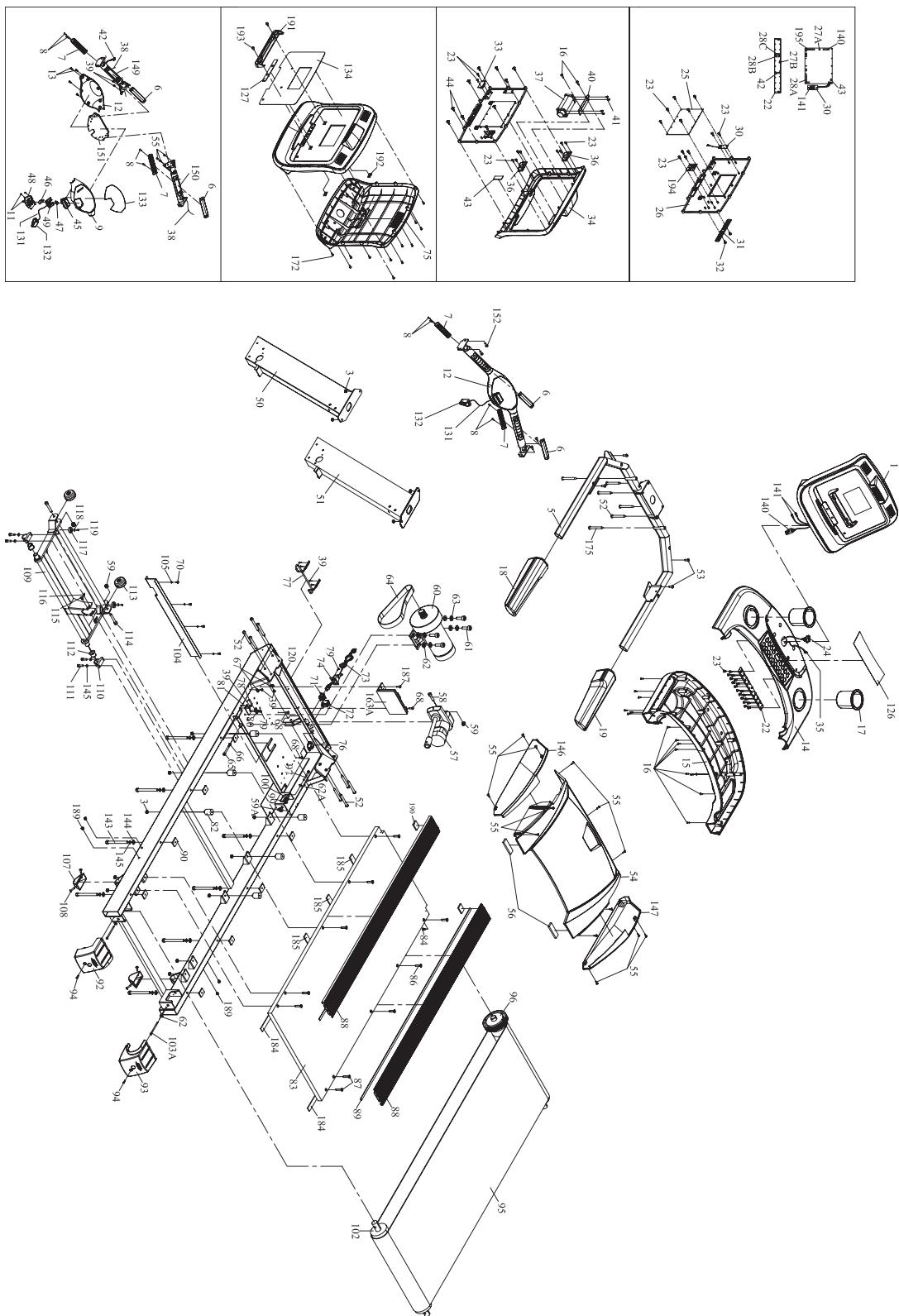
PARTS LIST

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	No.	Description	Qty
1	Computer assembly	1	60	Motor	1	119	Cross tapping screw	2
3	Nut	14	61	CKS hex screw	4	120	Frame welding	1
5	Console frame	1	62	Flat washer	6	121	Terminal wire (white)	1
6	Hand pulse plastic set (up)	2	62A	Flat washer	1	122	Terminal wire (black)	2
7	Hand pulse plastic set (down)	2	63	Spring washer	4	125	Terminal wire (yellow and green)	1
8	Philips screw	4	64	Belt	1	126	Computer key sticker	1
9	Control box cover(up)	1	65	CKS hex screw	1	127	MP3 sticker	1
11	Philips screw	4	66	Hex nut	1	128	Adhesive mounting base	4
12	Control box cover (lower)	1	67	Wiring fixed buttons	2	129	Zip tie	9
13	Philips screw	6	68	Philips screw	3	130	Magic tape	2
14	Shelf cover (up)	1	69	Wiring fixed buttons	1	131	Rope	1
15	Shelf cover (lower)	1	70	Philips screw	4	132	Clip	1
16	Philips screw	17	71	Power wire socket	1	133	Electronic control box stickers	1
							Film key 6	1
17	Water bottle	2	72	Power switch	1	134	Computer overlay	1
18	Handrail (left)	1	73	Power wire	1	135	T-shaped wrench	1
19	Handrail (right)	1	74	Power cord switch sets	1	136	L-shaped hexagon wrench	1
22	Press key PCB plate	1	75	Computer cover (lower)	1	137	Socket spanner tool	1
				Computer cover stator (lower)	1			
23	Philips screw	41	76	Overload protection switch	1	138	Silicon	1
25	Computer	1	77	Power wire roll	1	140	Control wire (up)	1
26	Computer inner box	1	78	Inductor set	1	141	Hand pulse wire (up)	1
27A	Safety switch connected wire (up)	1	79	Philips screw	4	143	Hex screw	8
27B	Safety switch connected wire (lower)	1	80	Sensor fixed seat	1	144	Washer	8
28A	Press key connected wire (up)	1	81	Sensor stator	1	145	Spring washer	12
28B	Press key connected wire (lower)	1	82	Fixed cushion	6	146	Motor side cover (left)	1
28C	Press key connected wire (lower)	1	83	Running board	1	147	Motor side cover (right)	1
30	Hand pulse plate	1	84	Philips screw	1	148	Zip tie	4
30-1	Foam sticker	1	85	Zip tie	1	149	Holding pipe welding (left)	1
							Holding base plastic (left)	1
31	iPod plastic cover	1	86	Hex screw	6	150	Holding pipe welding (right)	1
							Holding base plastic (right)	1
32	CKS hex screw	2	87	Hex screw	4	151	Control box iron welding	1
33	Audio source plate	1	88	Aluminum pedals	2	152	Indent hex screw	4
34	Computer cover	1	89	Foam sticker	2	153	Waterbottle	1
35	Control wire (lower)	1	90	Aluminum pedal stator	8	154	MP3 audio cable	1
36	Speaker	2	92	Lower adjusting box (left)	1	163A	Controller	1
37	Cross flow fan	1	93	Lower adjusting box (right)	1	164	Hand pulse grounding line lower	1
							(yellow and green)	
38	Hand pulse wire (lower)	2	94	Philips screw	2	172	Philips screw	12
39	Philips screw	15	95	Running belt	1	173	Adhesive mounting base	2
40	Fan stator	1	96	Front pulley	1	175	Hex screws	2
41	Philips screw	4	97	CKS hex screw	1	177	Terminal wire (yellow and green)	1
42	Control plate connected wire	1	99	Lock washer	1	178	Terminal wire (white)	1
43	Wireless receiver heartbeat	1	100	Hex nut	1	179	Terminal wire (black)	1
	Polar receiver	1						
	Double sided adhesive tape	1						
44	Philips screw	10	101	Terminal wire (yellow and green)	1	184	Ground connection sticker	2
45	Safety switch button	1	102	Rear pulley	1	185	Ground connection sticker	3
46	Safety switch sensor	1	103A	CKS hex screw	2	187	Philips screw	1
47	Pressure spring	1	104	Dust-proof plate	1	189	Hole plugs	4
48	Safety switch base	1	105	Spring washer	4	190	Rubber pad	2
49	Safety switch slide seat	1	107	Rubber foot pad	2	191	iPad shelf	1
50	Upright (left)	1	108	Philips screw	4	192	Extrusion nut	2
51	Upright (right)	1	109	Incline frame	1	193	Philips screw	2
52	Hex screws	12	110	Fixed base	2	194	Bluetooth module	1
53	Hex screws	4	111	CKS hex screw	4			
54	Motor cover	1	112	Plastic liner	2			
55	Philips screw	13	113	Idler wheel	2			
56	Foam sticker	2	114	CKS hex screw	2			
57	Elevator motor	1	115	Lifting plate bolt	2			
58	CKS hex screw	1	116	R-ring	2			
59	Nut	3	117	Foot pad	2			
59A	Nut	1	118	Washer	2			

BH

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: **http://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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Foothill Ranch, CA 92610
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