LKT6

OWNER'S MANUAL

BH

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 minimum safety clearance of 12" in the front, 24" on the sides and 79" to the rear of the treadmill.
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 400 Lbs (181.4 kg)
17. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

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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.

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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.
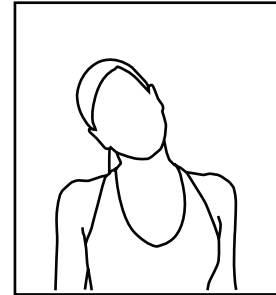

Shoulder Lifts
Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.
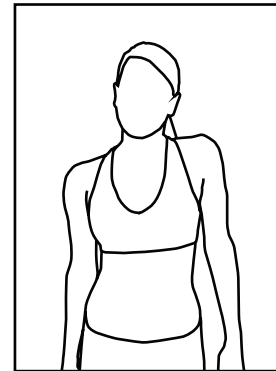
Side Stretches
Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.
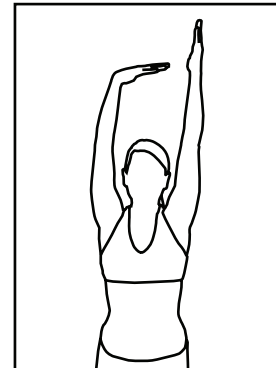

Quadriceps Stretch
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

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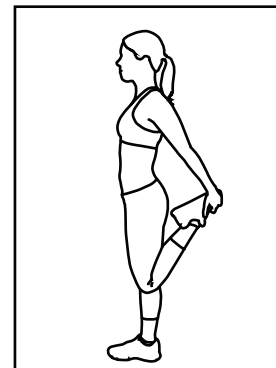
SUGGESTED STRETCHES

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.
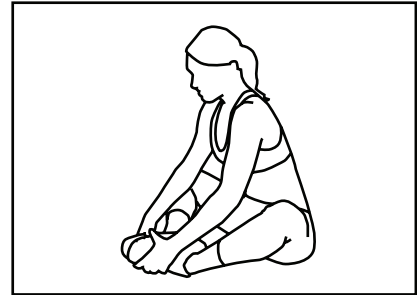
Toe Touches

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.
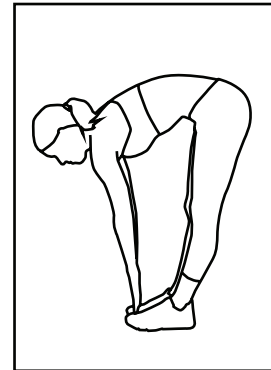
Hamstring Stretches

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.
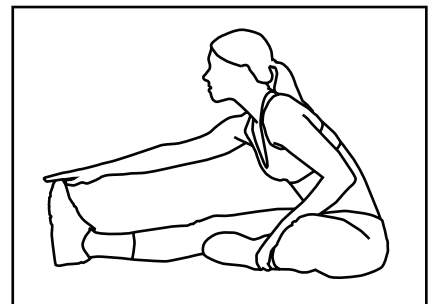
Calf/Achilles Stretches

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.
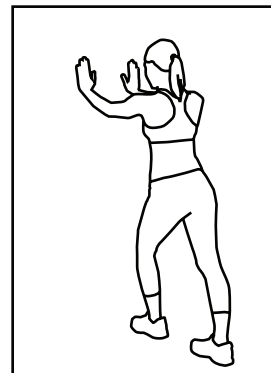
OVERVIEW

The assembly of this product requires two people.

ASSEMBLY INSTRUCTIONS

Two people are required to assemble this treadmill. Please read all instructions before assembling.

1. On the right side of the Motor Cover locate the Main Wire protruding from the motor cover. Make sure to secure the guide wire (looks like a long twist tie) onto the main wire. Thread the guide wire up through Right Upright (D) and pull the Main Wire through the top of the upright. Secure the stopper at the bottom.

2. Insert both Uprights (C, D) into the Frame (B) in the slots on the left and right of the Motor Cover. Secure with 4 – Bolt (A) each side.

3. Insert Handrails (F, G) onto the Computer Rack Assembly (E)

Note: While assembling, please make sure that the holes of the handrails match the holes of the computer rack assembly (E).

4. Secure the Main Wire to the Guide Wire. Slide the Guide Wire through the hole on the underside of Computer Rack Assembly (E). The Guide Wire must slide through the tube to the middle of Computer Rack Assembly (E). Find the guide wire in the upper holes in the middle of the Computer Rack Assembly. Pull the main wire through. Discard guide wire.

C
Stopper
D
A
E
F
G
b
E
b
Guide Wire
Main Wire
Connect and guide the Main Wire through using the Guide Wire
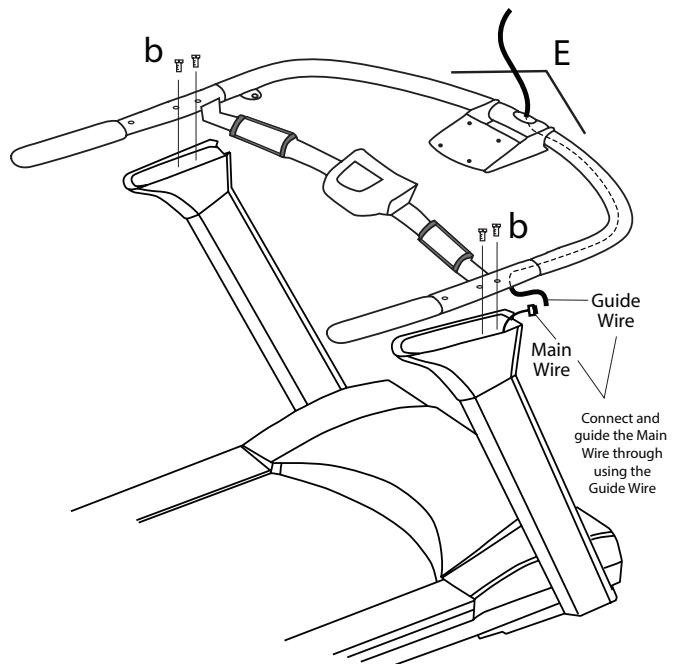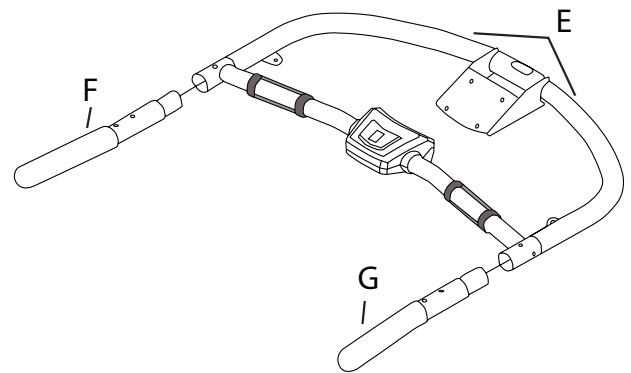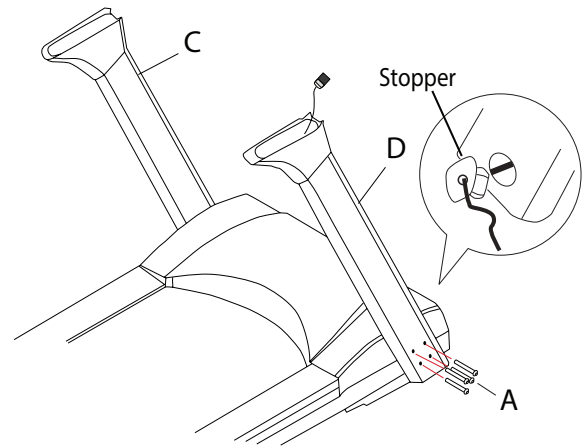
5. Place Computer Rack Assembly (E) on the uprights. Secure with bolt (b) – 2 each side.

NOTE: When fastening bolts please ensure that the bolts do not pinch the wires when securing the upright and handrail.

6. Place the Bottle Holder (H) onto the Computer Rack Assembly (E) and tighten with one bolt (d) on each side. Fasten the left and right Handrail Covers (I, J) with bolt (e) - 2 each side and one bolt (c) each side.

NOTE: Beware not to damage wires during assembly.

7. Connect wires (L) through Bottle Holder (H) to the Computer Console (A) by matching the wire colors.

8. Secure Rear Console Cover (K) with 4 Bolts (g).
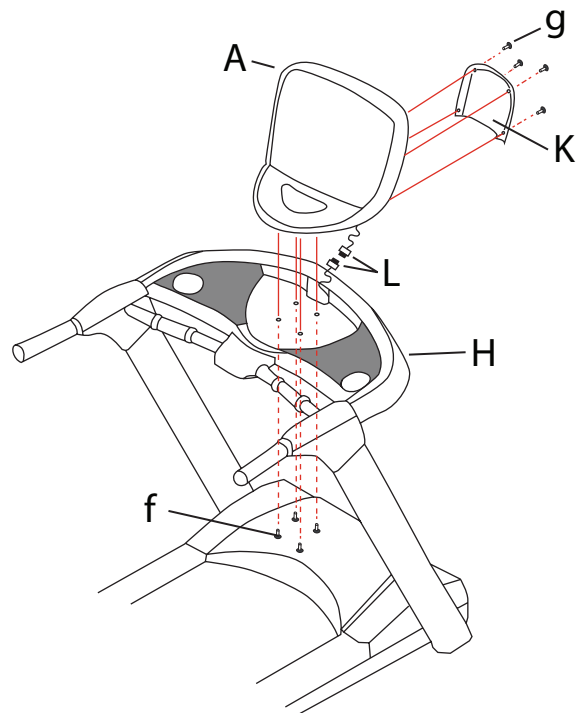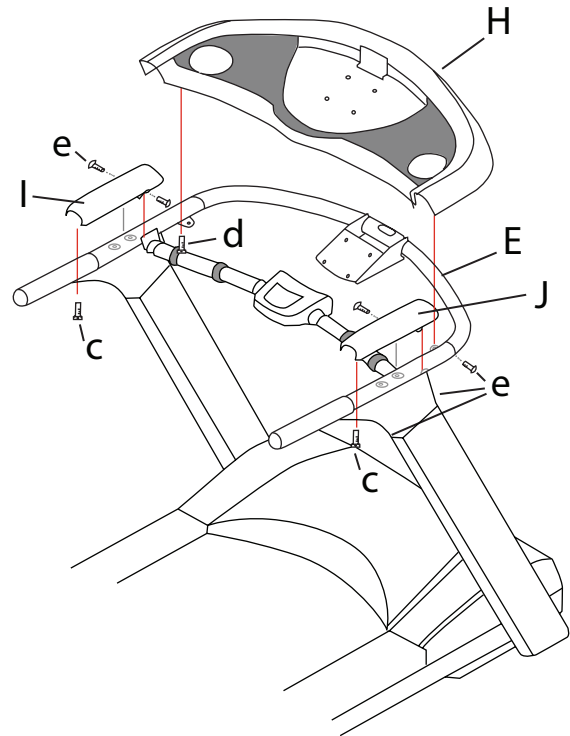
9. Place the Computer Console (A) on the Bottle Holder Cover (H) and fasten with the four nuts (f).

10. Insert the Electric Power Cord (I) in the plug at the front of the Motor Cover.

11. Complete.

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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.

Rear Roller Hexagonal Head Socket

Use Torque wrench to turn Hex Head Socket
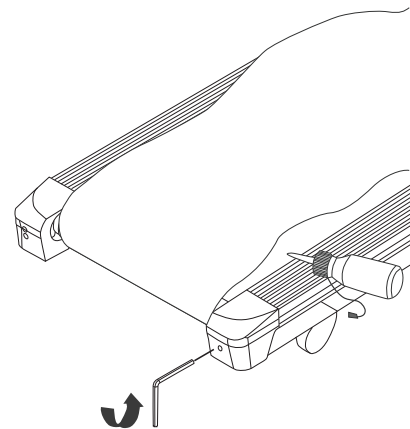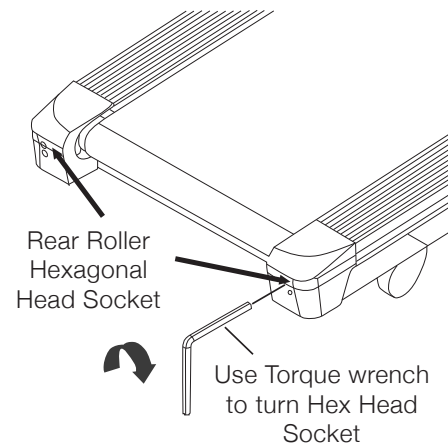
Silicon Chart

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.		

EXPLODED VIEW DRAWING
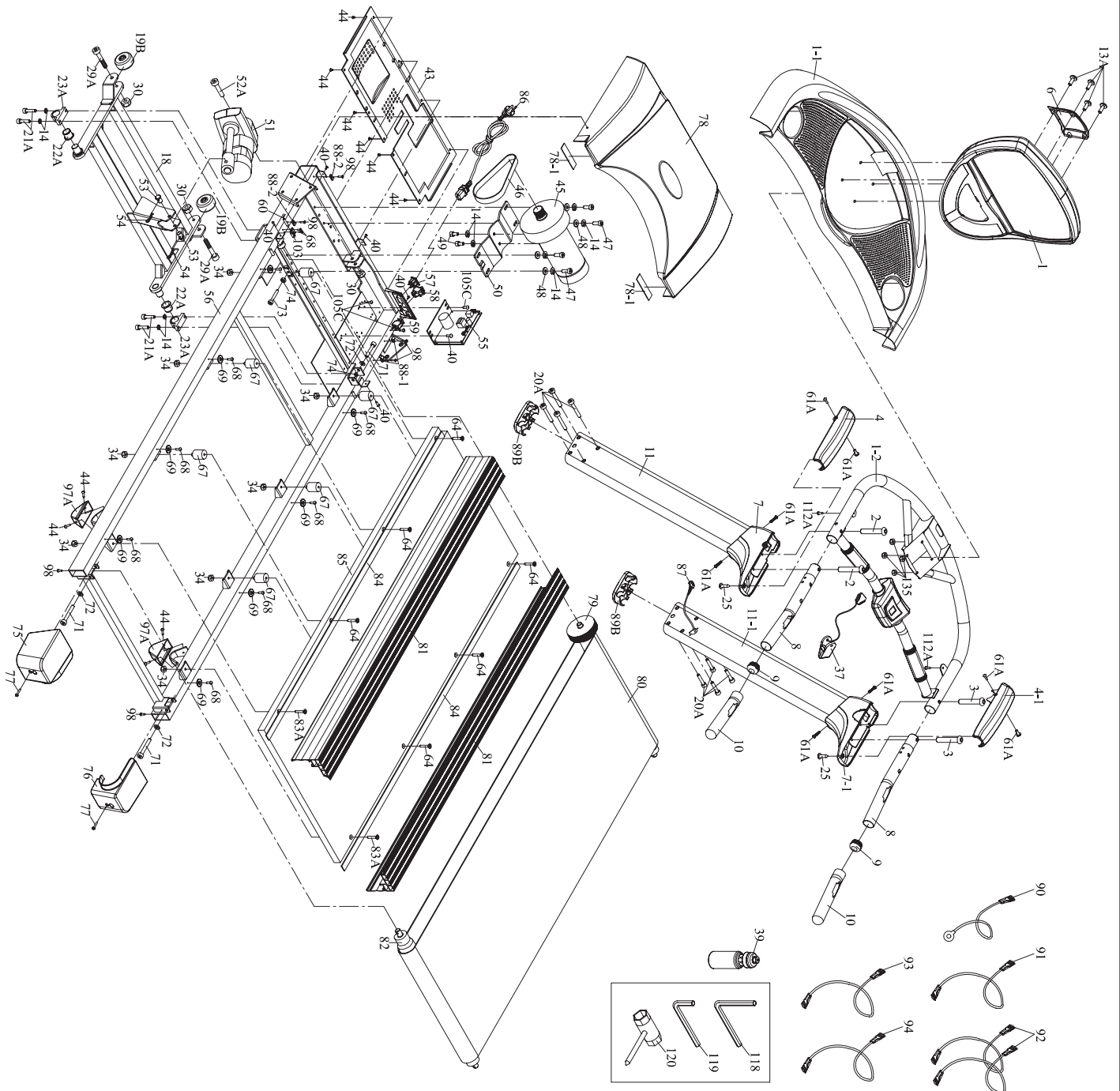
PARTS LIST

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.

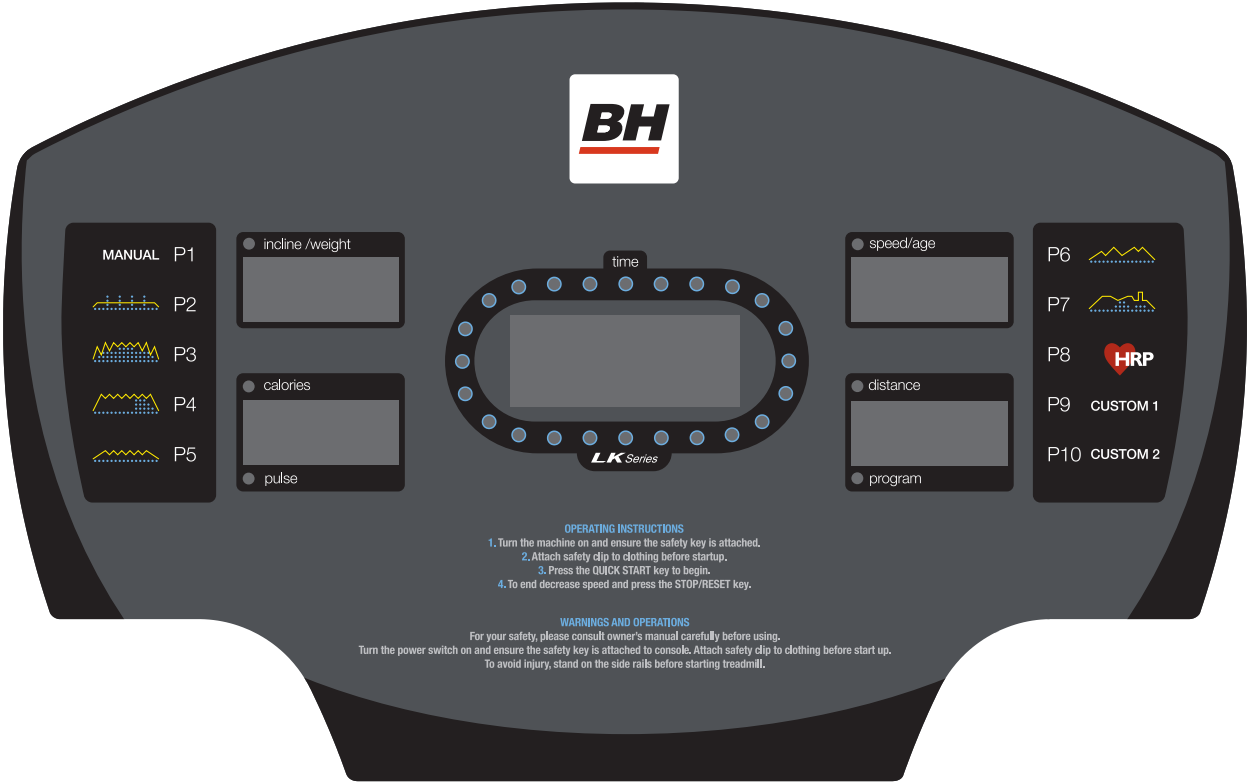| NO	Description	Qty	NO	Description	QTY
1	Computer console	1	58	Power switch	1
1-1	Plastic flask holder	1	59	Circuit breaker	1
1-2	Flask holder	1	60	Sensor(column)	1
2	Truss hex screw(ψ13)	4	61A	Truss cross screw	8
4	Upper handrail cover l	1	64	Counter sink hex screw	6
4-1	Upper handrail cover r	1	67	Fixing buffer pad	6
6	Computer decorative cover	1	68	Truss cross screw	10
7	Lower handrail cover l	1	69	Pedal fixing plastic	8
7-1	Lower handrail cover r	1	71	Hex screw	3
8	Hand grip tube	2	72	Washer	3
9	Arc end capψ1-1/2"x1.5T	2	73	Hex screw	1
10	Pvc foam grip	2	74	Hex screw nut	2
11	Upright tube left	1	75	Rear end cap left	1
11-1	Upright tube right	1	76	Rear end cap right	1
13A	Round head cross	4	77	Round head drill cross	2
14	Spring washer	10	78	Upper cover	1
18	Incline base	1	78-1	Foam sticker	2
19B	Wheel	2	79	Front roller	1
20A	Hex screw	8	80	Running belt	1
21A	Hex screw	4	81	Plastic pedal	2
22A	Plastic sleeve cover	2	82	Rear roller	1
23A	Incline base fixing base	2	83A	Counter sink hex screw	2
25	Truss cross self-tapping screw	2	84	Foam sticker	2
29A	Hex screw	2	85	Running board	1
30	Nylon nut	3	86	Power wire	1
34	Nylon nut	8	87	Lower control wire	1
37	Safety key	1	88-1	Wire clip fixing knob	2
39	Flask	1	88-2	Wire clip fixing knob	2
40	Truss cross screw	6	89B	Oval end cap	2
43	Lower motor cover	1	90	Extension wire - kelly	1
44	Truss cross screw	13	91	Extension wire - white	1
45	Motor	1	92	Extension wire - black	2
46	Drive belt	1	93	Extension wire - white	1
47	Hex screw	4	94	Extension wire - black	1
48	Washer	4	97A	Rubber foot pad	2
49	Hex screw	2	98	Washer drill cross screw	6
50	Motor fixing plate	1	103	Sensor fixing base	1
51	Incline motor	1	105C	Round head cross screw	3
52A	Hex screw	1	112A	Truss cross self-tapping screw	2
53	Incline base extending iron plate pin	2	118	Hex wrench	1
54	R-pin	2	119	Hex wrench	1
55	Controller	1	120	Bushing wrench + cross screwdriver	1
56	Frame	1	135	Nylon nut	4
57	Power wire socket	1			

CONSOLE OPERATIONS

MANUAL P1

P2

P3

P4

P5

● incline /weight

● calories

● pulse

time

LK Series

● speed/age

● distance

● program

P6

P7

P8   HRP

P9   CUSTOM 1

P10   CUSTOM 2

OPERATING INSTRUCTIONS
1. Turn the machine on and ensure the safety key is attached.
2. Attach safety clip to clothing before startup.
3. Press the QUICK START key to begin.
4. To end decrease speed and press the STOP/RESET key.

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

instant incline

instant speed

12

10

8

6

4 2

1 2 4 6 8

10

GETTING STARTED

If the window is displaying"----" then the safety key has been ejected. Please insert the safety key to access the machine.

The Weight window will be the first to appear and display preset value 70KG(150LBS) with range 23~180KG(50~425LBS). After setting a value, press ENTER and this window will return to Start/Ready status. Setting the weight will make the consumption of CALORIES different for each user. This setting can only be entered after turning the treadmill on. You do not need to set the weight in PROGRAM.

OPERATION INSTRUCTIONS

Once you are in the Start/Ready mode, press MODE to edit Programs. If you press QUICK START, then you will enter the into a default menu and your exercise will begin immediately.

Speed 0.5~12.5MPH, INCREMENTS OF 0.1MPH; Incline 0~15, INCREMENTS OF 1, Instant Speed Key 1, 2, 4, 6, 8, 10, Incline Speed Key 2, 4, 6, 8, 10, 12.

When the safety key is replaced after it has been removed, the incline will remain at the set incline. You have to press the start button and then the incline will reset. When you turn the treadmill on, the incline will not reset. You have to press the start key and then the incline will reset. Under Start/Ready status, hold the stop button for 5 seconds and the incline will reset at any position. If you press the stop button in any program, the program will stop. If you want to continue the program, you can press the start key or press the stop button again and it will return to Start/Ready Status.

EDIT MODE

1. In the Start/Ready status, press Mode and press +/- to select MENU mode and PROGRAM mode.

2. Program Mode: press +/- to edit Programs 1-10. Seven segment display's will display P1~P10, press +/- to edit.

3. WARM UP and COOL DOWN function: During WARM UP or Program position, change speed or incline level, and the value will increase or decrease in the following levels. COOL DOWN is not affected and STOP is the only function which can be carried out.

PROGRAM OPERATION INSTRUCTIONS:
MENU MODE

1. Press QUICK START and the computer will begin a 3 second count down and then the exercise will begin at a steady pace of 0.5 MPH.

2. When you press INCLINE (Incline Instant Key); the incline window will display the incline value.

3. When you press SPEED + or SPEED -, the speed will increase/decrease by 0.1MPH with in a range of 0.5 to 12.5 MPH. When you press a specific speed on the instant speed controls, then the speed will switch immediately to the specified value.

4. When you press INCLINE + or INCLINE -, then incline will increase /decrease by 1 with an incline range of 0-15. When you press a specific incline on the instant incline controls, then the incline will switch immediately to the specified value.

5. When you press MODE, then you can switch DISTANCE/PROGRAM.

6. When there is heart rate value, then the hand pulse window will display heart rate value.

7. At the beginning of your workout, if you have not set the time, and it appears "0", then the computer will count up until it reaches 99:00. If you have set a time, then the computer will count down until it reaches 0:00. Then motor will stop and incline will return to 0.

8. When the motor is operating, press STOP and the motor and incline motor will stop, the time window display "Stop". If you press START again, the treadmill will start after a 3 second countdown and your values for incline and speed will have stayed the same.

9. If you stop the treadmill during a workout, hold and press stop for 3 second to return to the Start/Ready status.

10. Time preset value 0, Range is 20~99 minutes. When the time is set at 20 minutes, you can press +/- to increase or decrease with changes in increments of 1 minute.

11. There are 30 segments in each program. The first 3 segments are WARM UP and last three are COOL DOWN. Each will last for 3 minutes. The additional 24 segments in the program will follow the guidelines set by the user.

12. The 9-HOLES program does not have WARM UP and COOL DOWN functions. When the distance reaches 3.5KM/(2.17MIL), the motor will stop and incline returns to 0 and display's "End".

PROGRAM MODE

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P1 - MANUAL RUN
After you have selected this mode, the program will ask you to input the following values:
Time: Preset Value 0 min, Range: 20~99(min). After you have selected the values press
ENTER or QUICK START to start immediately.

P2 9-HOLE WALK
When you select this mode, the program will require you to input the following values:
The speed and incline windows will display the top speed and top incline ranges under this
program. At this time, the speed window will blink and you can increase or decrease the
speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the
window changes, the additional preset program values will increase or decrease by degrees.
After selecting, press ENTER and the incline window will blink. At this time, the incline
window will blink and you can increase or decrease the incline range by pressing the UP/
DOWN incline buttons. When the top incline shown in the window changes, the additional
preset program values will increase or decrease by degrees. After selecting, press ENTER
or QUICK START and the exercise will begin. When the distance reaches 2.17 miles, the
motor will stop and the incline goes back to 0, displaying "End".

P3 HILL CLIMB
When you select this mode, the program will require you to input the following values:
Time: Preset Value: 30min, Range: 20~99 (min), (Increments of 1 min). After you have
selected the right values, press ENTER to enter the setting of the next value.
The speed and incline windows will display the top speed and top incline ranges under this
program. At this time, the speed window will blink and you can increase or decrease the
speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the
window changes, the additional preset program values will increase or decrease by degrees.
After selecting, press ENTER and the incline window will blink. You can increase or decrease
the incline range by pressing the UP/DOWN incline buttons. When the top incline shown
in the window changes, the additional preset program values will increase or decrease by
degrees. After selecting, press ENTER or QUICK START and the exercise will begin.

4. ENDURANCE RUN P4
When you select this mode, the program will require you to input the following values:
Time: Preset Value: 30min, Range: 20~99(min), (Increments of 1 min). After you have
selected the right values, press ENTER to enter the setting of the next value.
The speed and incline windows will display the top speed and top incline ranges under this
program. At this time, the speed window will blink and you can increase or decrease the

speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER and the incline window will blink. You can increase or decrease the incline range by pressing the UP/DOWN incline buttons. When the top incline shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER or QUICK START and the exercise will begin.

P5 INTERVAL RUN
When you select this mode, the program will require you to input the following values:
Time: Preset Value: 30min, Range: 20~99 (min), (Increments of 1 min) After you have selected the right values, press ENTER to enter the setting of the next value.
The speed and incline windows will display the top speed and top incline ranges under this program. At this time, the speed window will blink and you can increase or decrease the speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER and the incline window will blink. You can increase or decrease the incline range by pressing the UP/DOWN incline buttonse. When the top incline shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER or QUICK START and the exercise will begin.

P6 ROLLING RUN
When you select this mode, the program will require you to input the following values:
Time: Preset Value: 30min, Range: 20~99 (min), (Increments of 1 min.). After you have selected the right values, press ENTER to enter the setting of the next value.
The speed and incline windows will display the top speed and top incline ranges under this program. At this time, the speed window will blink and you can increase or decrease the speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER and the incline window will blink. You can increase or decrease the incline range by pressing the UP/DOWN incline buttons. When the top incline shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER or QUICK START and the exercise will begin.

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P7 WEIGHT LOSS WALK

When you select this mode, the program will require you to input the following values:

Time: Preset Value: 30min, Range: 20~99 (min), (Increments of 1 min.). After you have selected the right values, press to enter the setting of the next value. The speed and incline windows will display the top speed and top incline ranges under this program. At this time, the speed window will blink and you can increase or decrease the speed range by pressing the UP/DOWN speed buttons. When the top speed shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER and the incline window will blink. You can increase or decrease the incline range by pressing the UP/DOWN incline buttons. When the top incline shown in the window changes, the additional preset program values will increase or decrease by degrees. After selecting, press ENTER or QUICK START and the exercise will begin.

P8 HRC

This function can be conducted only when paired with a chest belt. This program aims at exercising heart rate. During use, when your heart rate value reaches the value you set, then the speed and incline will remain steady so that the heart rate can be kept in a certain range to reach the exercise effect. After you have selected this mode, the program will ask you to input values in the following order:

1. AGE LED light blinks and you can press UP/DOWN to adjust the age. After selecting, press ENTER to enter the next item. Age preset value is 30; Age Range is 13~80.

2. PULSE LED will begin to blink and the program will require you to input heart rate value, which will vary with different ages. Please refer to the attached chart on the following page for the recommended value. You can select the values that suit you in the chart and you can press UP/DOWN to adjust the heart rate value. If no change is made, then press ENTER and the program will start according to the preset value.

3. The TIME window will begin to blink and the program will ask you to input a time value. You can press the UP/DOWN buttons to set the time you want to exercise, or you can press QUICK START directly and the treadmill will start operating with a countdown.

(Time Range: 20~99 min, Preset Value 30 min.)

The following provides the reference chart for age and heart rate value (preset value) for HRC in this treadmill:

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	Pre-set	L		H	Pre-set	L		H	Pre-set	L		H	Pre-set	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

P9-P10 CUSTOM

When you have selected this mode, then the program will require you to input the following values:

Time: Preset Value: 30 min, Range: 20~99 (min), (Increments of 1 min). After you have selected the correct value, press ENTER. There are 30 steps in PROGRAM settings (SE01~SE30) with the lowest value as the preset value. You have to set a time, and the time you set will be averaged over the 30 steps. Under Start/Ready status, enter CUSTOM and after setting the time, press ENTER, then you can set the speed and incline you want within the 30 levels available. After finishing the settings, press START to begin. The TIME window will begin to blink. To change the time, press the UP/DOWN buttons to change time. After you have set the time, press ENTER to confirm and the TIME window will stop blinking.

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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.

WARRANTY

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. 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.

Commercial Warranty Disclaimer: For non-dues paying facilities, with less than 8 hours of use per day.

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.

For all products and all level of warranty, Cosmetic parts shall be warrantied for 1 year from date of purchase against manufactures defect. "Cosmetics" includes: External plastics, overlays/decals and covers

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Repairs necessary because of operator abuse, 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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