BH Fitness

P-360 folding treadmill

OWNER'S MANUAL

ASSEMBLY   OPERATION   MAINTENANCE
WARRANTY   PARTS   ORDERING

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

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

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ATTACHMENT - A
IMPORTANT SAFETY ADVICE

PRECAUTIONS

This treadmill 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 treadmill. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this treadmill is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Keep your hands well away from any of the moving parts.
5. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the treadmill. Always wear running shoes or trainers when using the machine.
6. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
7. Do not place sharp objects near the machine.
8. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
9. Do warm up stretching exercises before using the equipment.
10. Do not use the treadmill if it is not working correctly.
11. Review all the warnings attached to the machine and replace all the labels if damaged, illegible, or removed. You can obtain the labels from Parts & Service location.
12. Functional and visual inspections of the equipment shall be made after assembly is complete, and thoroughly inspect for proper assembly.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 years of age or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

ATTACHMENT - A
IMPORTANT SAFETY ADVICE (Continued)

13. A perimeter distance of 3 feet / 1 meter is required before operating the unit.

14. The treadmill should only be used for the home. Not meant for commercial use.

15. This treadmill is not suitable for therapeutic use. Consult a physician prior to starting an exercise program.

16. This treadmill should only be used after a through review of the operation manual and the warning label.

17. This unit has been designed for home use. The weight of the user must not exceed 350 lbs. (160 kg.)

18. Keep your hands well away from any of the moving parts.

19. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.

20. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.

21. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

# KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

TREADMILL LUBRICATION.

Apply lubricant to between the belt and the deck in order to keep
your unit in top condition and to ensure that friction between the belt and the
board is kept to a minimum (due to different running styles, always apply more
lubrication to the area where you place your feet during the exercise).
It is advisable to lubricate the base of the belt between the board and the belt
every month. If the belt starts to slip after lubrication,
then check the tension of the belt. To tension the belt, take the 6mm
Allen key and with the machine set to 2 mi/h turn screws (R & L) one turn in
a clockwise direction.
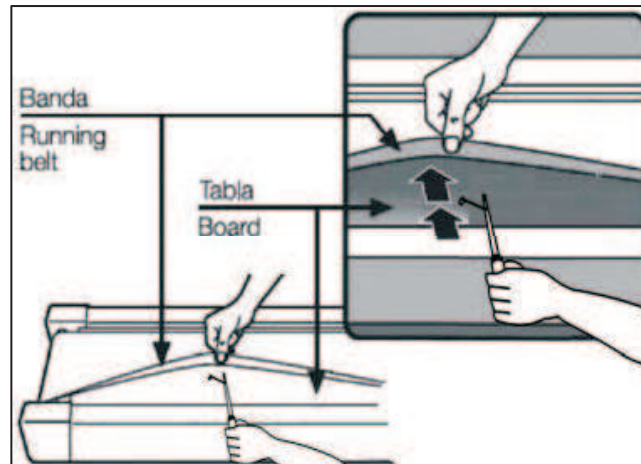
It is required that the deck be lubricated before first use and according to the schedule in the table below.

Remove excessive accumulations of dust, dirt, and other substances from running deck. Use a clean soft cloth.

Warning! Do not use cleaner under the running belt.
Pull up running belt, dispense lubricant on deck, and spread evenly.

0.5~4.0 Mile lubricate every 3 months
4.0~7.0 Mile lubricate every 2 months
7.0~10.0 Mile lubricate every 1 month

IMPORTANT!

Silicone lubricant is designed to reduce friction between the treadmill belt and deck. Proper and timely application of Silicone lubricant will prevent excessive static electricity build-up which can result in electrical component failure in the unit's console and/or mechanical failure due to excessive wear and tear.

ATTACHMENT - C
TARGET HEART RATE

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User's Age = Maximum Heart Rate. If you enter your age during programming of the console the console will perform this calculation automatically. This is used for the HR control programs. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 90% or 70%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control treadmill, you may use the heart rate monitor feature without using the Heart Rate Control program.

TARGET HEART RATE TRAINING CHART
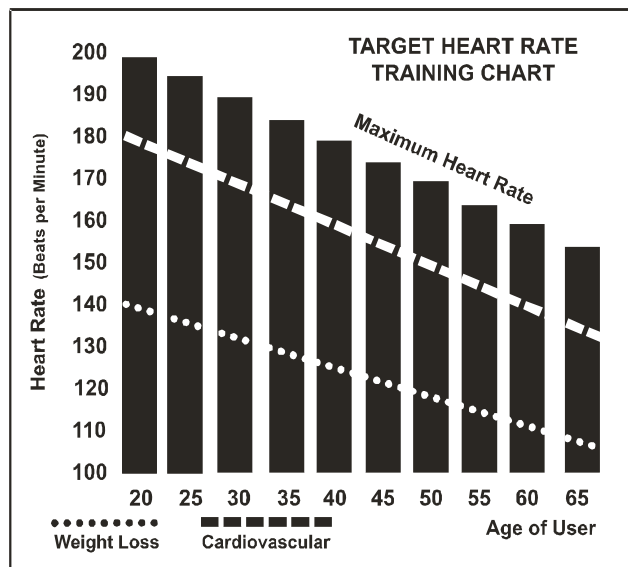
ATTACHMENT - D

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

Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness
There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km/6.2mi without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness
The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake(MVo2). This is often referred to as your aerobic capacity.

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 MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training
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, 100 meter /328ft. sprint).

The Training Threshold
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression
As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload
This is where you exercise at a level above that which can be carried out comfortably. 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 be raised. Working through your program and gradually increasing the overload factor is important.

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both 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 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, the rate at which your heart beat increases. This is often used as a measure of the required intensity of 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 in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, 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	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second 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 fitness, you may work quite comfortably a little above that suggested for your age group.
The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
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 overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness
For the first week or so, this 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 your 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 while exercising, 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 of gym or running shoes or "sneakers".

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 strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.
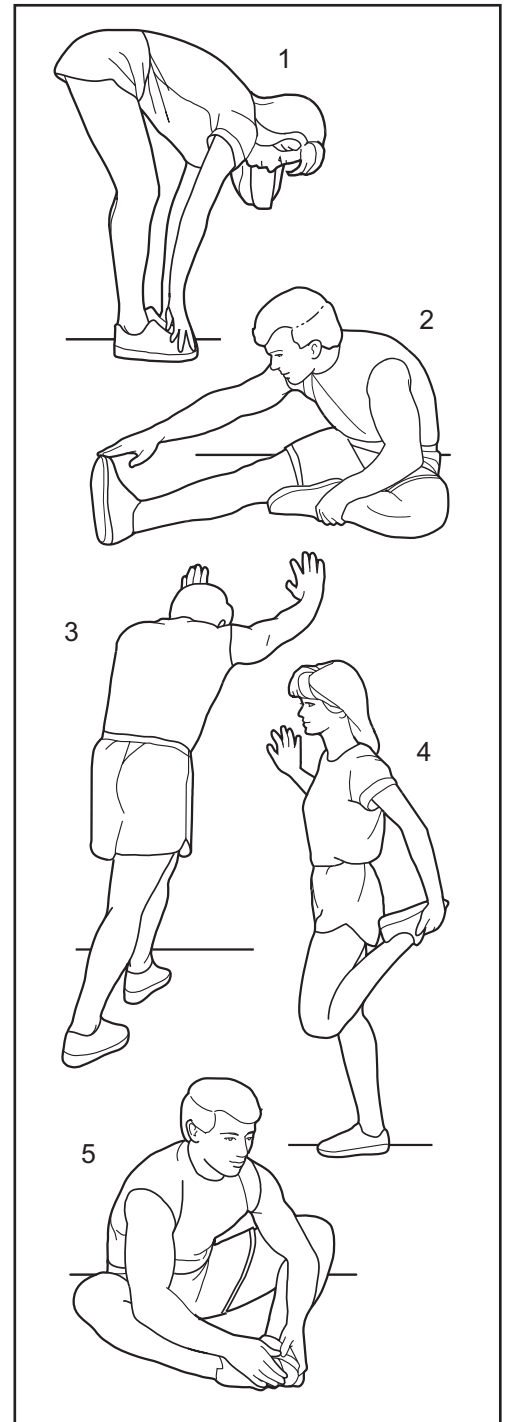
3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.
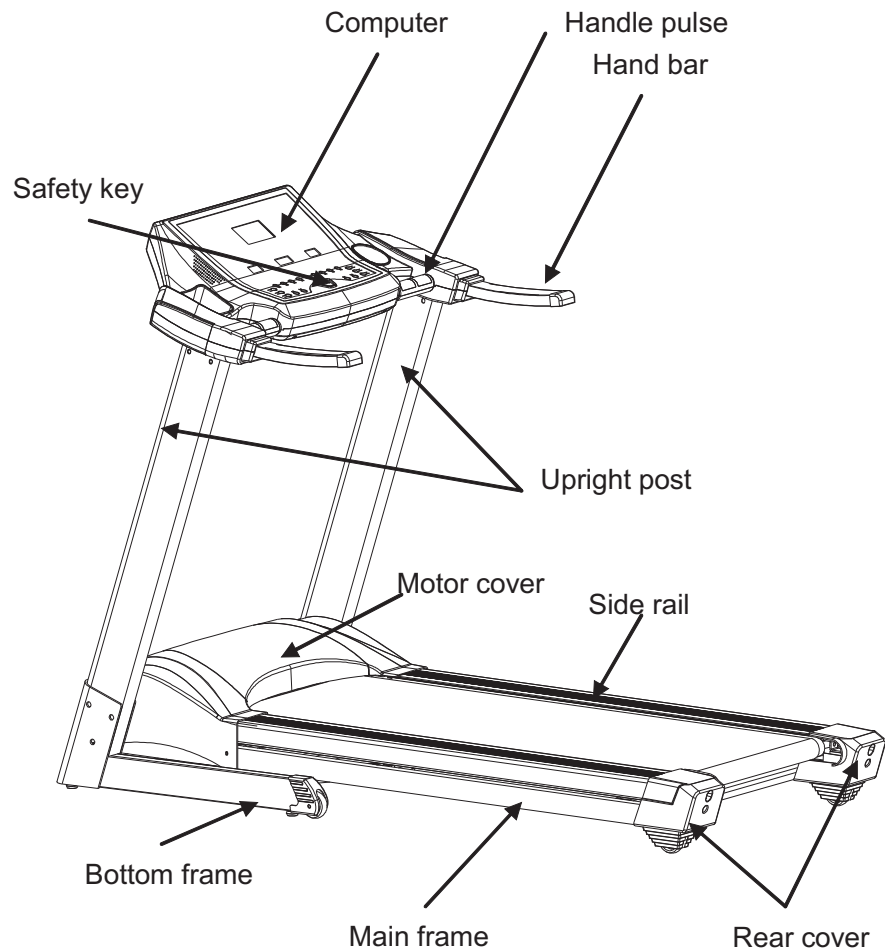
4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

ASSEMBLY

Computer   Handle pulse

Hand bar

Safety key

Upright post

Motor cover   Side rail

Bottom frame

Main frame   Rear cover

If you are missing parts or require information on how to operate this product please call (949) 206-0330

ASSEMBLY INSTRUCTIONS

Note: *Assembly of this unit should take one person about 20 minutes to properly assemble.*
Do not place the treadmill on it's side at any time during the assembly or transport.
Doing so will render the safety release mechanism inoperable and may lead to personal injury.

Step 1:

Remove the main section of the treadmill from the box and
Place it on a level floor.
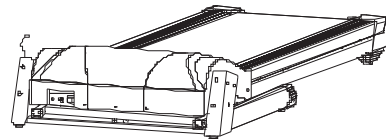
Step 2:

Connect the control cable (A) between the right upright tube and
the bottom of the frame. Then, insert the upright tube into the slotted
sleeve located near the motor cover. Now insert and tighten the
screws provided to secure the arrangement. Repeat the
process for the left upright tube.

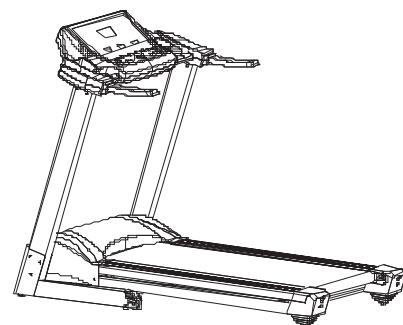A
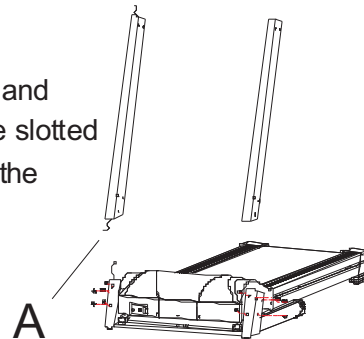
Step3:

Connect the control cable (B) between the top right upright tube
and the console. Secure the console by placing it on top
of the upright tubes and tightening using the screws provided.

B
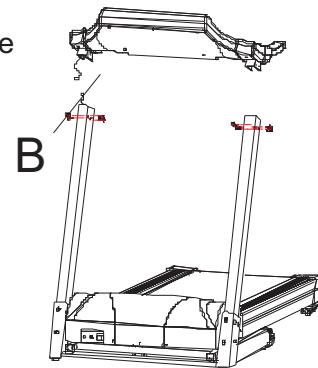
Step4:

Make sure all screws are tight.

STORAGE

Caution: You must be able to safely lift 20 kg (45lbs) in order to raise\lower and move the treadmill.

To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85 degrees Fahrenheit.

Do not attempt to move the treadmill over uneven surface.
Never place the unit on it's side. Doing so will render the Safety release mechanism inoperable and may cause injury.

FOLDING YOUR UNIT.

IMPORTANT: Before folding your unit, make sure that the hand rails (9 and 10) are fitted and tightened correctly. This treadmill is equipped with a safety release mechanism for folding purposes. To fold and store the unit follow the instructions below, Fig.9:
Before attempting to fold the unit, stop the belt, lower the elevation setting to minimum and unplug the cable from the mains socket. Lift the end of the deck up until the cylinder snaps into lock position, then tilt the treadmill to put its weight on the wheels and move. Store your unit in a dry place, preferably not subject to changes in temperature.

UNFOLDING YOUR UNIT.

If you wish to use the treadmill, do the reverse procedure. Pull the knob on the cylinder outward to unlock and pull the deck toward to the floor and the deck will lower by itself. When folding or unfolding the treadmill make sure that there are no children about or obstacles that might hinder the folding motion Fig.9.

MOVEMENT & STORAGE.

The unit is equipped with wheels to make it easier to move. Make sure that the mains cable is unplugged from the wall socket.
If you wish to move the treadmill, the first thing to do is to fold it up, tilt the treadmill, so that the wheels rest on the floor then move.
To prevent accidents DO NOT move the treadmill across uneven floors Fig.10, or place the unit on its side.
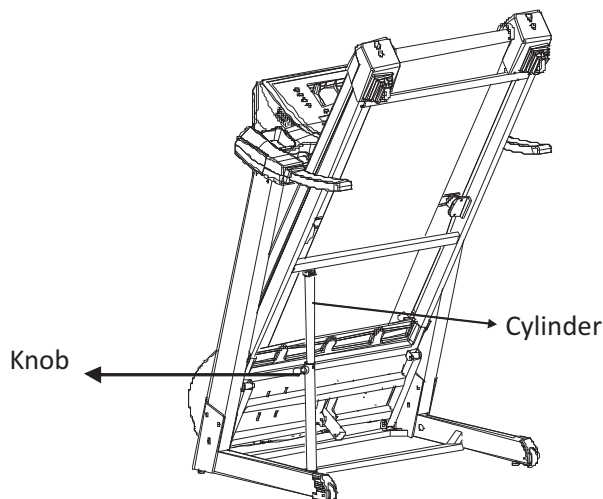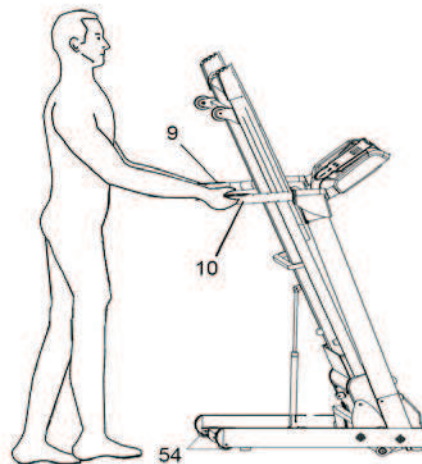
Fig.9 **Fig.10**

Knob

Cylinder

9

10

54

INSTALLATION

IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
## READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.
WARNING: Connect this unit to a properly grounded outlet only.
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.

GROUNDED

GROUNDING PIN
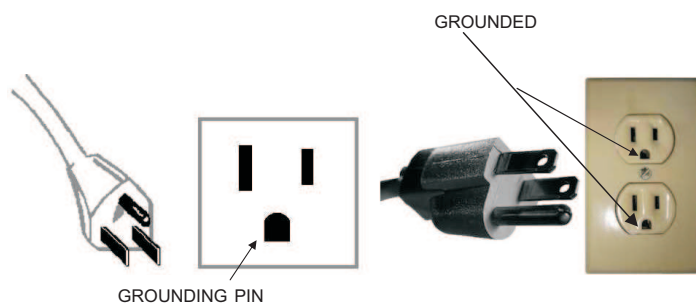
Installation Warnings

1. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.

2. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.

3. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.

4. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.

5. Do not insert any objects into any openings.

6. Use the treadmill only for it's intended use as described in this manual. Do not use any attachments that are not recommend by the manufacturer.

7. Start your program slowly and very gradually increase your speed and distance.

8. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques

INSTALLATION

START UP:

1.- Set switch (L), located on the casing, to the "0" (OFF) position Fig.B.

2.- Press the circuit button (C) to reset the unit.

3.- Next, set switch (L) to the "I" (ON) position and the unit will be ready for use again.

Should the circuit breaker trip repeatedly then the most probable causes are:

-Abnormal working conditions,

-Treadmill belt in need of lubricant,

-Solvent based lubricants used (use BH type),

- Belt is too tight.

Plug the unit into a wall socket with an EARTH terminal. Set switch (L) to Position [1].

Fig.B
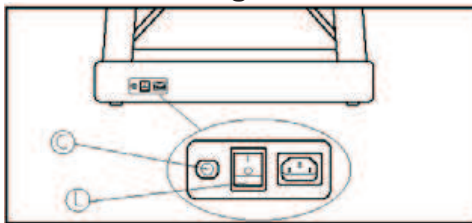
FITNESS ADVANTAGES:

Being fit means living life to the full. Modern society suffers greatly from stress. City life is basically sedentary. There are too many calories and too much fat in our diet. All doctors agree that regular exercise is a good way to control our weight, makes us more fit and helps us to relax.

ADVANTAGES OF EXERCISE:

Regular exercise below a certain level for 15/20 minutes becomes aerobic. Aerobic exercise is basically exercise that uses oxygen. Normally, this is a continuous exercise without pauses. In addition to sugars and fats, the body also needs oxygen. Regular exercise improves the body's ability to supply oxygen to all of the muscles and at the same time improve lung function, the heart's pumping capacity and better blood circulation. In short, the energy produced during exercise burns kilocalories (known as calories).

EXERCISE & WEIGHT CONTROL:

The food we eat is transformed into, among other things, energy (calories) for our body. If we take in more calories than we burn then the result is an increase in weight and vice versa, if we burn more calories than we eat, we lose weight. When resting the body burns around 70 calories per hour to keep our vital functions active. The table shows approximate energy use for an average person doing various activities.

ACTIVITY	CALORIES USED PER HOUR
Walking, moderate pace	140
Housework	150
Swimming (400 m/h)	300
Dancing	350
Walking, brisk (6 km/h)	370
Tennis	420
Cycling (30 km/h)	500
Squash	690

EXERCISE PROGRAM:

Before starting any exercise program, bearing in mind that exercise programs vary depending on age and physical condition, it is advisable to consult your doctor given that you will achieve better results based on his/her advice or suggestions. Regardless of whether your goal is to become more fit, or

control your weight or physiotherapy, remember that your exercise should be gradual, planned, varied and not too demanding. We recommend that you should exercise 3 to 5 times per week.

Before beginning a session it is important to do a warm-up for 2-3 minutes at low speed. This will help protect your muscles and prepare your cardiorespiratory system.

The next stage will last 15-20 minutes at a pulse rate of between 65 to 75%, or between 75 to 85% for those already accustomed to exercise. At a later stage, once we have become fitter, we can divide this time between both levels but always remembering that the pulse rate must not exceed 85% (aerobic area) and never reach the maximum heart rate limit that corresponds to our age.

We you have finished, it is important to relax the muscles. This can be done by walking at a low speed for 2-3 minutes until the heart rate drops below the 65% line. This will prevent muscle pain, especially after an intense session. It is also advisable to finish the program with some relaxation exercises on the floor.

FINAL NOTE:

We hope that you enjoy your unit. You will soon notice the benefits of your controlled exercise program, you will feel better, have more energy and suffer less stress. You will see for yourself that it is worth staying in shape with BH.

INSPECTION & MAINTENANCE:

Switch the unit off and unplug the mains cable. Use a damp cloth or towel to clean the dust off the treadmill, especially the

side bars and the electronic console. Do not use solvents.

Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). You can also vacuum the underside of the unit by resting it on one of its sides.

ATTENTION:

Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

Use of this machine with worn parts, e.g. the drive belt, running belt or rollers, may cause the user injury.

When in doubt about any parts on the machine, do not hesitate to get in touch with the Technical Assistance Service by phoning customer services (see last page in manual).

We recommend that your use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

BH RESERVES THE RIGHT TO MODIFY THE SPECIFICATIONS OF ITS PRODUCTS WITHOUT PRIOR NOTICE.

TREADMILL OPERATIONS

Incline / pulse window

Time/Dis/Cal

Quick Incline key

Speed /Program
Quick Speed key

Incline +/-

Speed +/-

program   start

Safety key

stop Mode
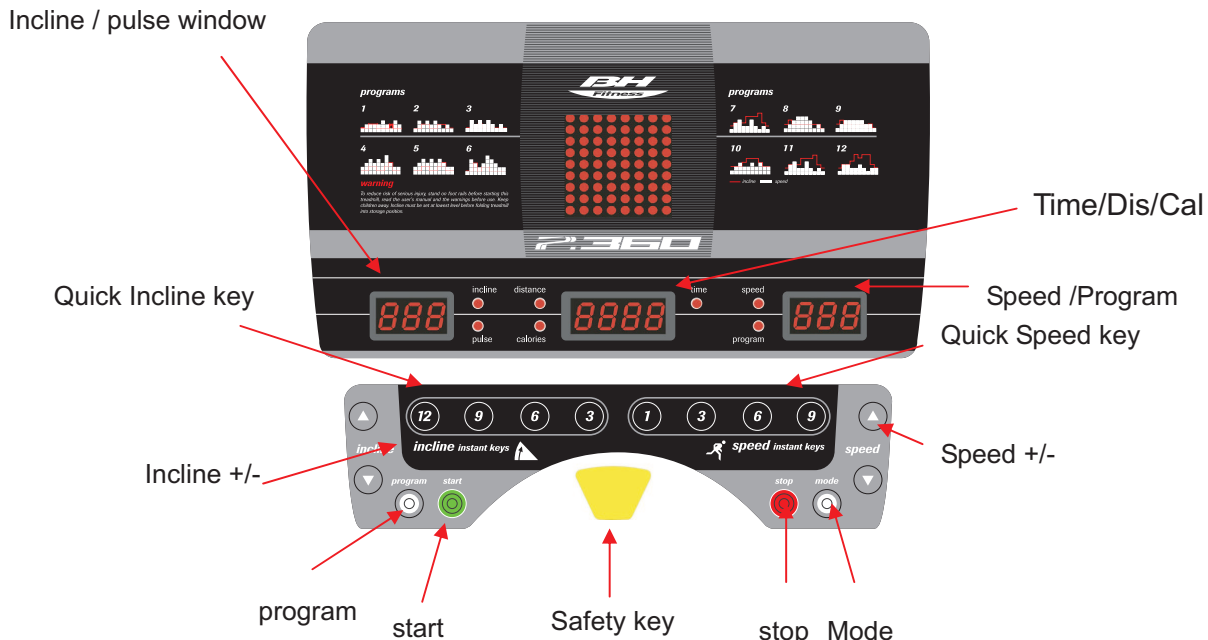
Window and key-press instruction

Display windows:

A: Upper display window: Program chart
B: Left display window: Incline/pulse
C: Right display window: Speed/Programs
D: Middle display window: Time and Distance, Calories
   When the console is working the data LED will light.

Function keys:

A: "Stop" Key: Press this key the motor will stop working .

B: "Program "key" : When the machine stops, press the "program" key to enter the cycle

   selection program: >P01->P02->P03->P04->P05->P06-> P07->P08-> P09->

   P10->P11->P12->FAT ->MANUAL >

C : Speed "▲" or "▼" to adjust the speed

D : Incline "▲" or "▼"   to adjust the incline

E : When you select the normal mode, press the Enter/Reset key to choose

    - > countdown mode - > countdown distance mode - >countdown calorie mode

F: "Start "Key : when pressing this key, the motor starts.

TREADMILL OPERATIONS

G : Quick speed: 1mi/H, 2mi/H, 4mi/H, 6mi/H, 8mi/H, 10mi/H

H : Quick incline: 3，6，9，12%

Program Instruction :

1: The manual programs including: normal mode, time countdown, distance countdown, calorie
countdown mode.

2：6 set programs：P1,P2,P3,P4,P5,P6,P7,P8,P9,P10,P11,P12

3：A program of body fat function.

Start instructions:

1：Place the safety key on the console; turn on the power switch and all elements of the window

will display for 2 seconds accompanied by a buzzer sound. Then enter into the normal manual
modes.

2：Press "start" key, speed window show：3 - 2 - 1, and the belt starts rolling once the countdown

completed.

How to enter in manual program:

A： Upon powering up, the treadmill is in manual modes. Pressing 'Start' will start the motor at
minimum speed and zero incline

B： Press 'PROGRAM' button to browse through the progams

Setting the basic functions：(1) Time set, (2) distance set and (3) calorie set.

A: While in the manual modes, press the "Mode" key enter into the time countdown modes
the time displays flashing 30:00,press "▲" or "▼" to set the time (range 5:00-99:00 minutes)

B: In the mode of time countdown, press the "Mode" key to enter the distance countdown
mode. The default distance shows 1.0 mile. Press the "▲" or "▼" key to increase
distance (range is 1.00-99.00 miles)

C: Press "Mode" Key to enter into calorie countdown mode, the default calorie is 50
press "▲" or "▼" to increase calorie (range 20-999).

TREADMILL OPERATIONS

Operation of manual mode:

A: Press the "start" key, count down the time 5 seconds, motor start moving, original speed is 1.0mi/h.

B: Press "▲" or "▼" to adjust the speed.

C: Press the "Stop" key, the speed will decrease until the motor stops. Press the "Start/stop" key, the motor starts moving again.

D: Remove the safety key to stop the motor, speed window will show"- - -", and the buzzer will make a beeping sound.

E: Under the time countdown mode, when the set time reaches 0, the speed slows to a stop, the buzzer will sound 5 times. Press "start" key, the speed will resume and increases from 1.0mi/h to previous setting before pause.

F: The distance countdown mode is the same as the above.

G: The calorie countdown mode is the same as the above.

H: Press the "Power ON/OFF" button, the treadmill can be turned on or off.

Program mode:

1: The default time is set to 30 minutes which could be changed between 5:00 to 99:00. Press "▲" or "▼" to adjust the set parameter.

2: Press "start" key, the motor will function according to the program.

3: Press "stop" key, the speed will slow down until the machine stops.

4. Press "▲" or "▼" to adjust the running speed.

5: Press the quick speed key "1mi/h，3mi/h，4mi/h，6mi/h, 8mi/h,10mi/h" and enter your desired speed.

6. Press the incline key" 3，6，9，12%" to incline to desired elevation.

7: The program is divided into 10 sections; every section is 1/10 of the user set time.

8: The console sounds 3 times during the transition of every section.

9: The user set time reaches 0, the speed slows down to a stop, the buzzer will sound Press "start" key, speed increases from 1.0mi/h to the current speed of the window display.

10: Pulling the safety key will stop the motor, the speed window will display "- - -", and the buzzer will sound.

TROUBLESHOOTING

Problem		Possible Causes	Remedies
Treadmill will not start		a -No Power	Check for wall power
		b -Missing safety key	Put in the safety key
		c –No power to MCB	Check controller's port and signal cables
		d -Power not present	turn switch to on
		e -Fuse blown	Change the fuse
Running belt running not smooth		a -Lack of Lubrication	Use the silicon lubrication
		b -Running belt too tight	Loosen the running belt's
Running belt's skid		a -Running belt too loose	Tighten the running belt's
		B -Drive belt too loose	Adjust the running belt's
Computer display error	Er1	Communications problem	Check Signal wire connect well or not
	Er2	Controller without connection with the motor wire	Check the wire from the motor to the control board
	Er3	No sensor signal	Sensor wire not plug well, plug it again
	Er5	Over Current	System failure Change the Motor
	---	Without safety key	Check and put safety key
		Safety is defective	Check and use good safety key
	SAFETY KEY PROTECTION	Safety key not properly seated	Re-seat
	Motor	Can't start the motor	Check the motor connections
	Display not correct	Check wirings and cables	
	Erratic display	Interference	Identify sources and reset power

EXPLODED VIEW
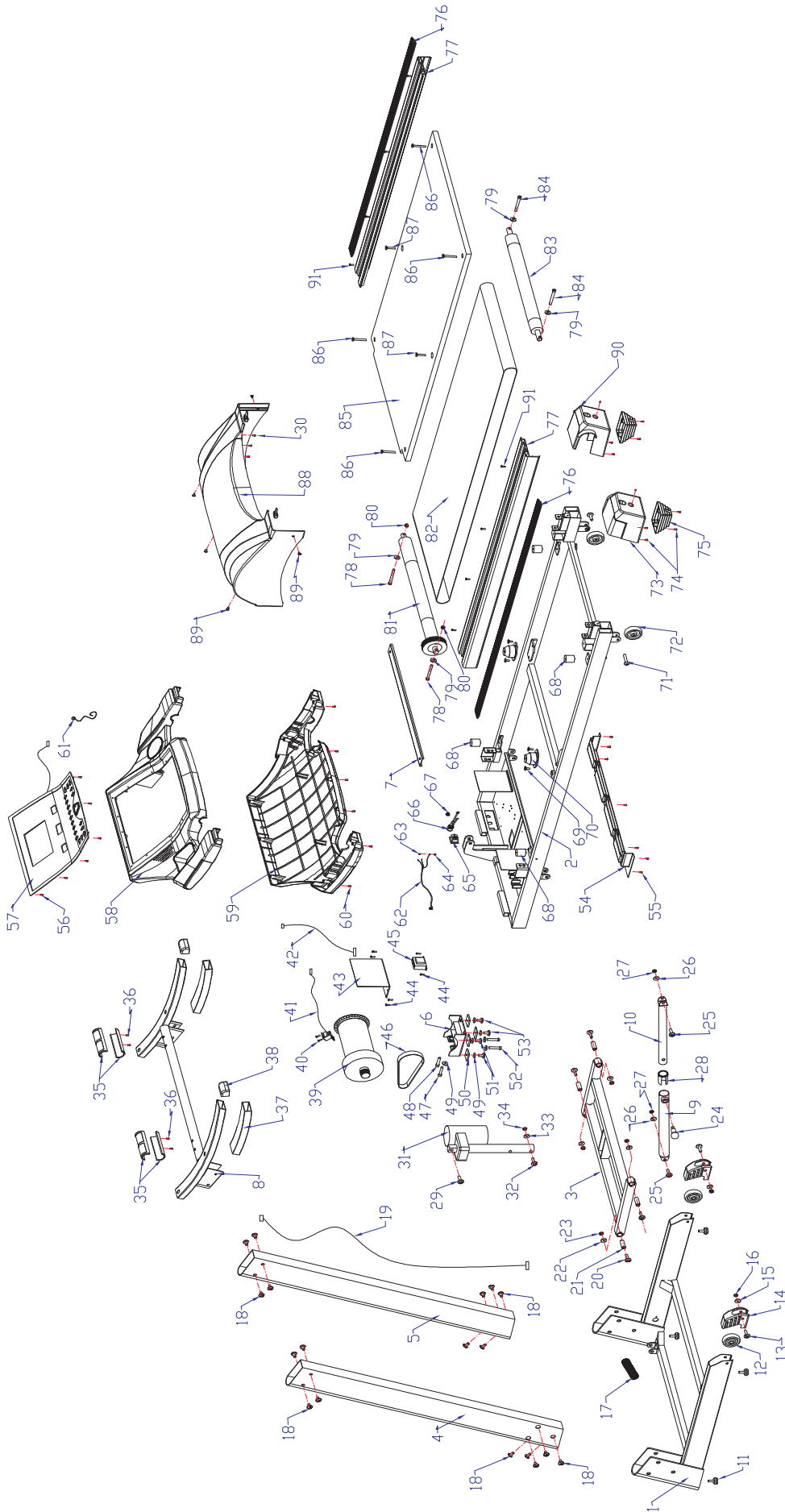
PARTS LIST

PART	NAME	SPECIFICATION	QUANTITY
1	BASE FRAME	1	
2	MAIN FRAME	1	
3	INCLINE FRAME	1	
4	LEFT STAND POST	1	
5	RIGHT STAND POST	1	
6	MOTOR ASSEMBLE FRAME	1	
7	RUNNING DECK PLATE	1	
8	COMPUTER ASSMEBLE FRAME	1	
9	OUTSIDE EXTENSION TUBE	1	
10	INSIDE EXTENSION TUBE	1	
11	FOOT MAT	M8	4
12	WHEEL	φ62*φ8.0*T22	2
13	INSIDE HEX SCREW	M8*55	2
14	STUFF	2	
15	WASHER	φ8*φ16	2
16	INSIDE HEX SCREW	M8	2
17	WIRE PROTECTOR	1	
18	INSIDE HEX SCREW	M8*15	18
19	WIRE	1	
20	INSIDE HEX SCREW	M10*55	4
21	PODER METAL COVER	4	
22	WASHER	φ10	4
23	HEX SCREW	M10	4
24	KNOB	1	
25	INSIDE HEX SCREW	M8*40	2
26	WASHER	φ8*φ16	2
27	HEX SCREW	M8	2
28	SQUARE COVER	1	
29	INSIDE HEX SCREW	M10*45	1
30	CROSS SCREW	ST4*10	6
31	INCLINE MOTOR	1	
32	INSIDE HEX SCREW	M10*65	1
33	WASHER	φ10	1
34	HEX SCREW	M10	1
35	HANDLE PULSE	2	
36	CROSS SCREW	ST3*25	4
37	HANDLE BAR FORM	2	
38	SQUARE COVER	2	
39	MOTOR	1	
40	SENSOR HOLDER		1
41	SENSOR	1	
42	WIRE	1	
43	CONTROL BOARD	1	
44	CROSS SCREW	M4*10	1
45	TRANSFORMER	6	
46	MOTOR BELT	J190	1
47	HEX SCREW	M8*50	1
48	HEX SCREW	M8*40	1
49	WASHER	φ8*φ16	5
50	CUSHION	4	
51	INSIDE HEX SCREW	M8*20	2
52	INSIDE HEX SCREW	m8*30	2
53	HEX SCREW	M8*20	2
54	BOARD	1	
55	CROSS SCREW	ST4*15	7
56	CROSS SCREW	ST4*10	13
57	PCB	1	
58	COMPUTER UP COVER	1	
59	COMPUTER DOWN COVER	1	
60	CROSS SCREW	ST4*25	13
61	SAFETY KEY	1	
62	POWER CABLE	1	
63	CROSS SCREW	M4*10	1
64	WASHER	φ5	1
65	SWITCH	1	
66	FUSE HOLDER	1	
67	BUCKEL	1	
68	CUSHION	30MM	4
69	INSIDE 6CORNER SCREW	m8*10	4
70	CUSHION DECK	2	
71	INSIDE HEX SCREW	M8*30	2
72	WHEEL	φ62*φ8.0*T22	2
73	LEFT END CAP	1	
74	CROSS SCREW	M4*10	10
75	END CAP FOOT	2	
76	STRIP	2	
77	SIDE OF LANDING	2	
78	INSIDE HEX SCREW	m8*65	2

79	WASHER	∮8*∮16	4
80	HEX SCREW	M8	2
81	FRONT ROLLER	1	
82	RUNNING BELT	1	
83	REAR ROLLER	1	
84	INSIDE HEX SCREW	m8*75	2
85	RUNNING BOARD	1	
86	CROSS SCREW	M6*25	6
87	CROSS SCREW	M8*25	2
88	MOTOR COVER	1	
89	CROSS SCREW	M5*20	5
90	RIGHT END CAP	（右）	1
91	CROSS SCREW	ST4*15	8

North American Warranty
Warranties may vary in other countries. See your local Fitness Dealer.

WARRANTY SUBMITTAL

Please have the following information available when contacting your dealer or BH for warranty support.

• A copy of the dated purchase receipt or credit card statement.
• An explanation of the problem/malfunction or parts that are missing or damaged.
• Owner's name, address and phone number.
• Model and Serial Number.

Forward your information to BH North America by:

FAX: (949) 206-0013
E-mail: fitness@bhnorthamerica.com
Mail to: 20155 Ellipse, Foothill Ranch, California 92610, USA
For troubleshooting assistance or to confirm your claim please phone:
(949) 206-0330

BH FITNESS extends the following exclusive, limited warranty for this unit, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only.
Any other use of the device shall void this warranty.

FRAME – Lifetime
BH Fitness warrants the Frame against defects in workmanship and materials for Lifetime, as long as it remains in the possession of the original owner.

DRIVE MOTOR – 15 Years
BH Fitness warrants the Drive Motor against defects in workmanship and materials for 15 years, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS – 3 Years BH Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of one years from the date of original purchase, as long as the device remains in the possession of the original owner.

LABOR – 1 Year BH Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, as long as the device remains in the possession of the original owner. Labor warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

North American Warranty

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year, products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.