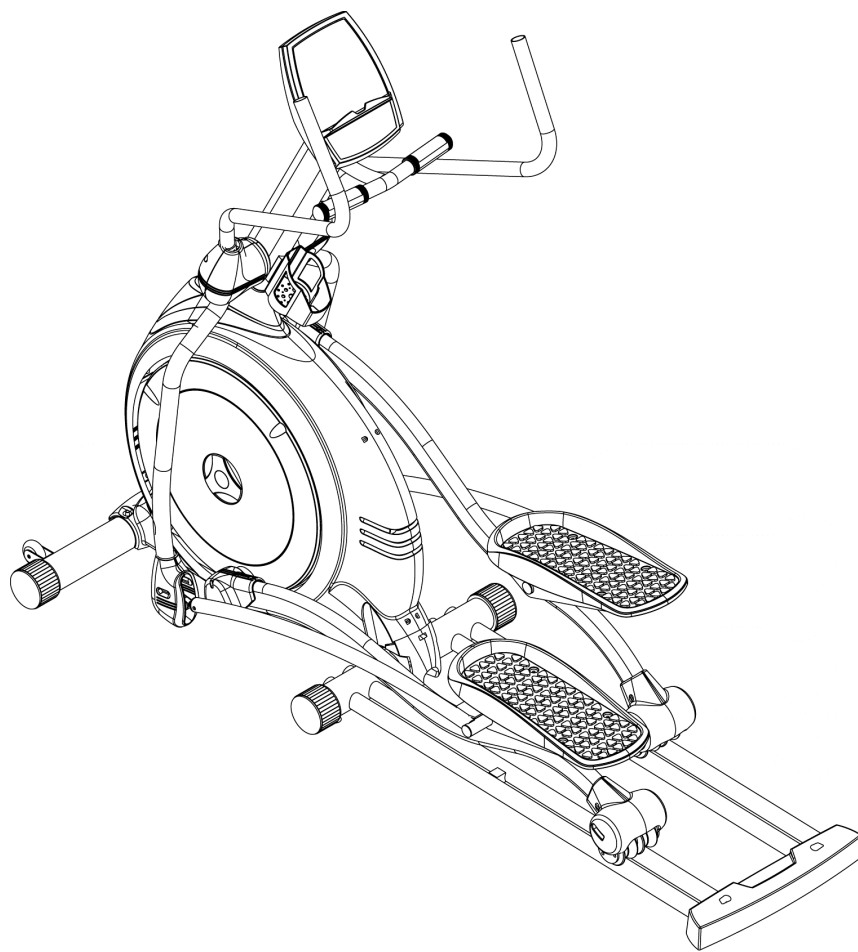




LK500E



OWNER'S MANUAL

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

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0350 | www.BHFitnessUSA.com



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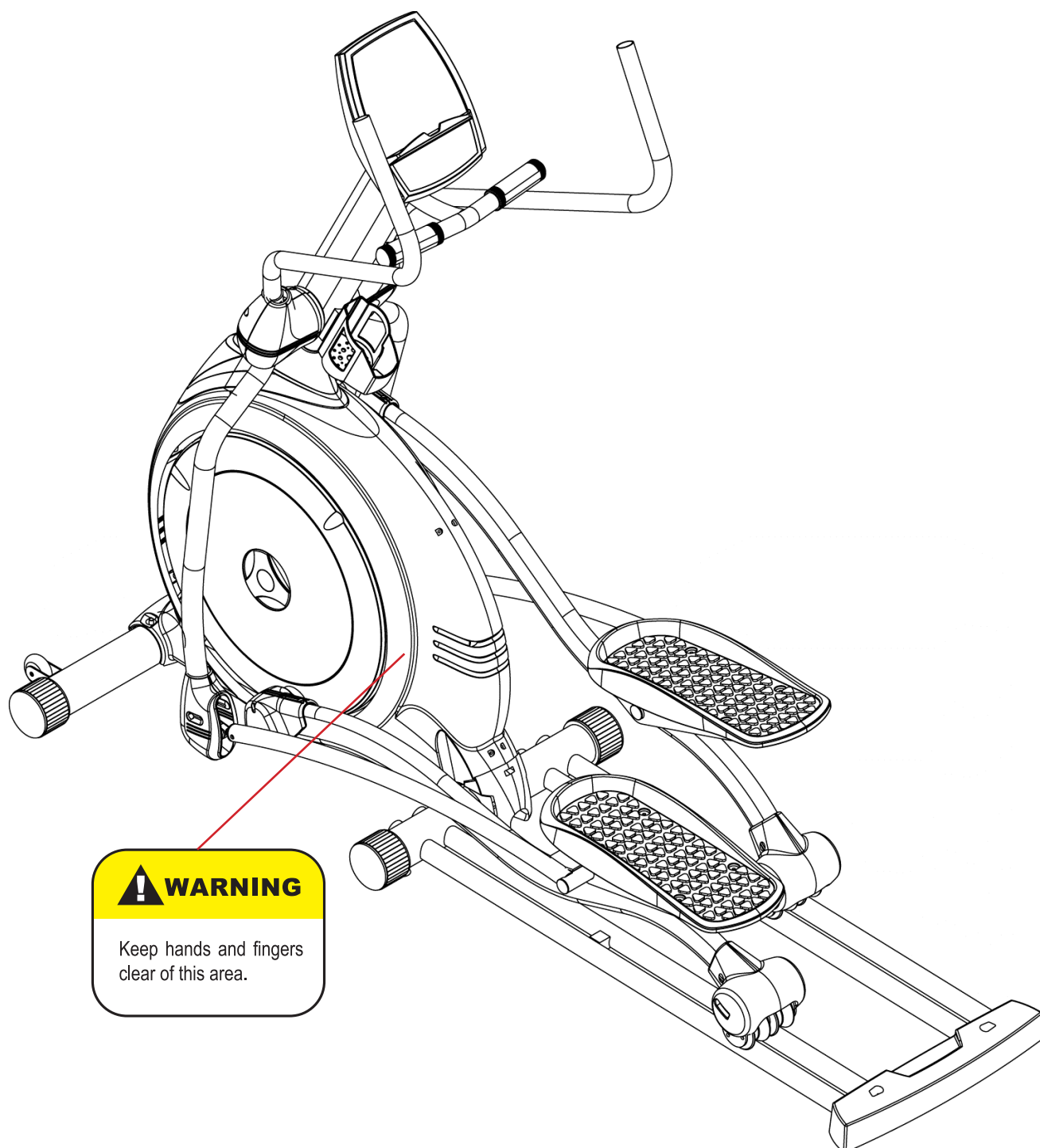
CONGRATULATIONS

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

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

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

WARNINGS AND LABELS



SAFETY INFORMATION

PRECAUTIONS

This hybrid bike 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 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. Read manual prior to use and follow all warnings and instructions.
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. Misuse of this machine may result in serious injury.
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. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
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. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 325 lbs (147 kgs)
18. 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.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. 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. Get on 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 calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

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

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always 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.

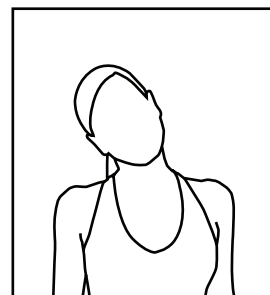
REST PERIODS

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

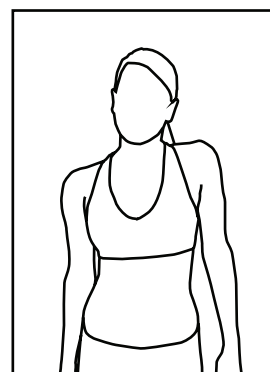
Head Rolls

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.



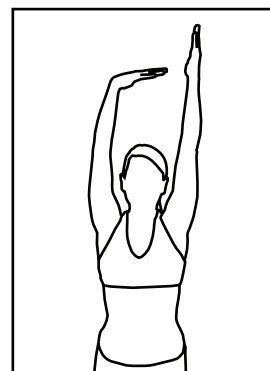
Shoulder Lifts

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.



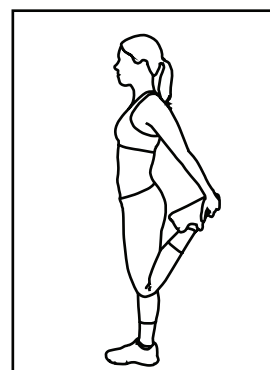
Side Stretches

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.



SUGGESTED STRETCHES

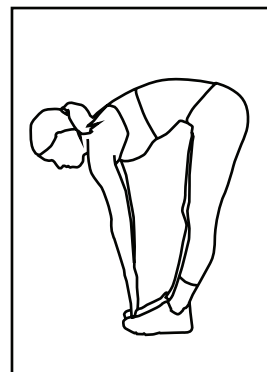
Inner Thigh Stretch

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



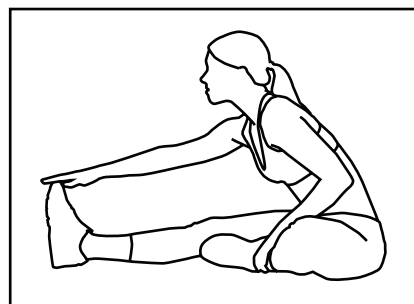
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

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

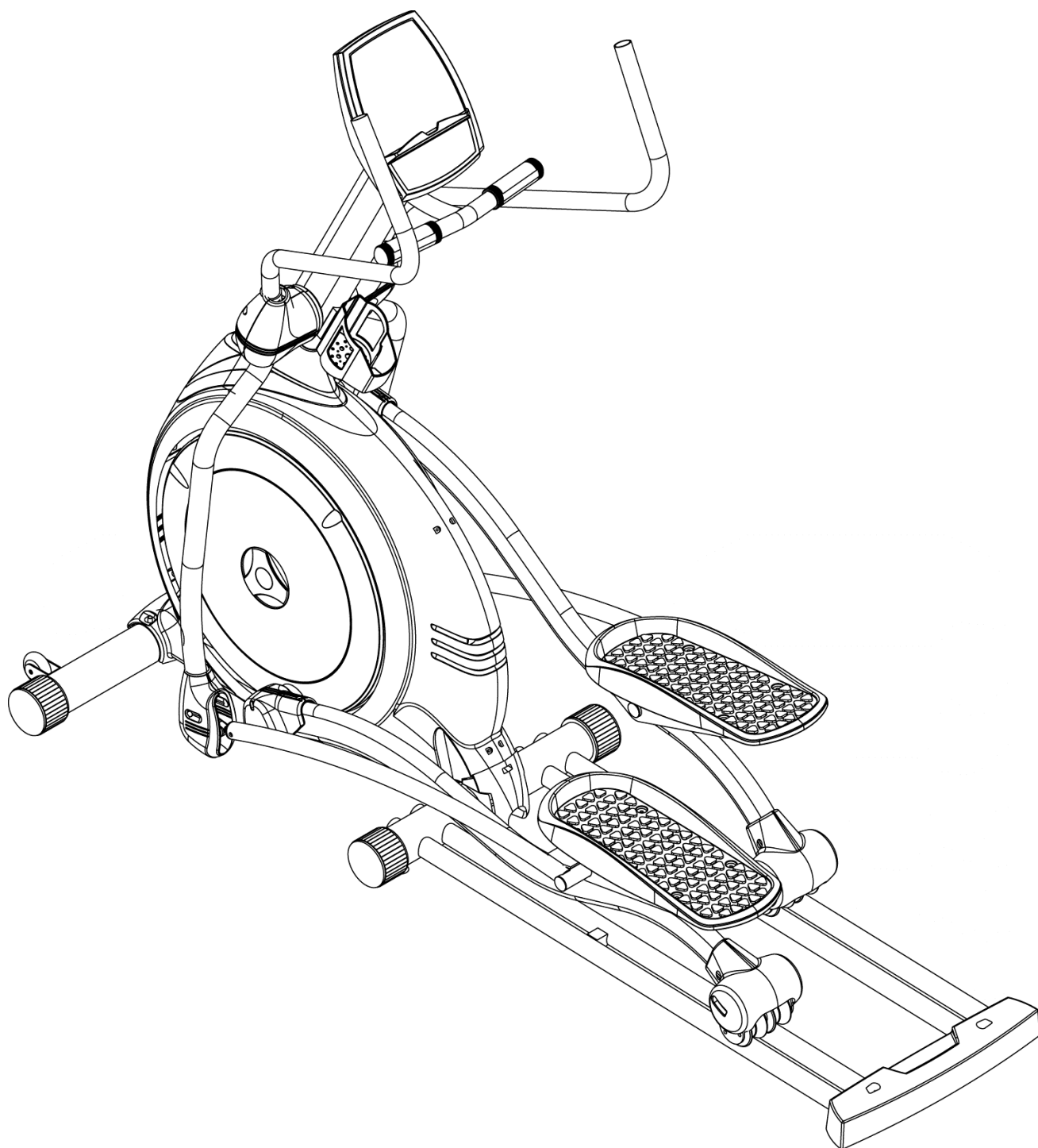


Calf/Achilles Stretches

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

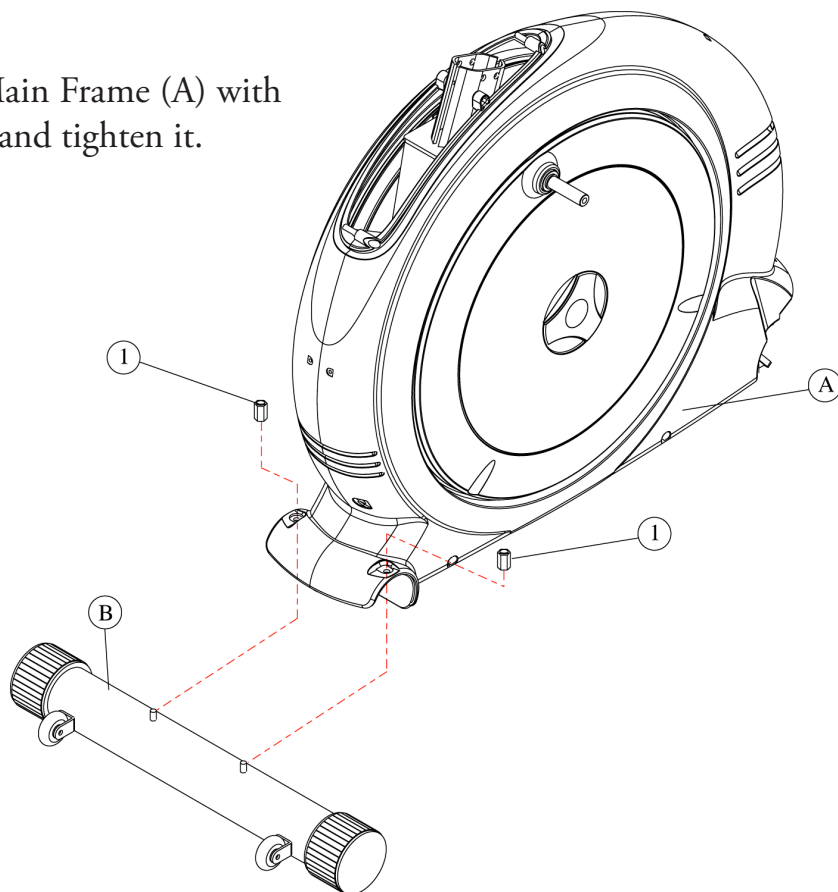


ASSEMBLY INSTRUCTIONS



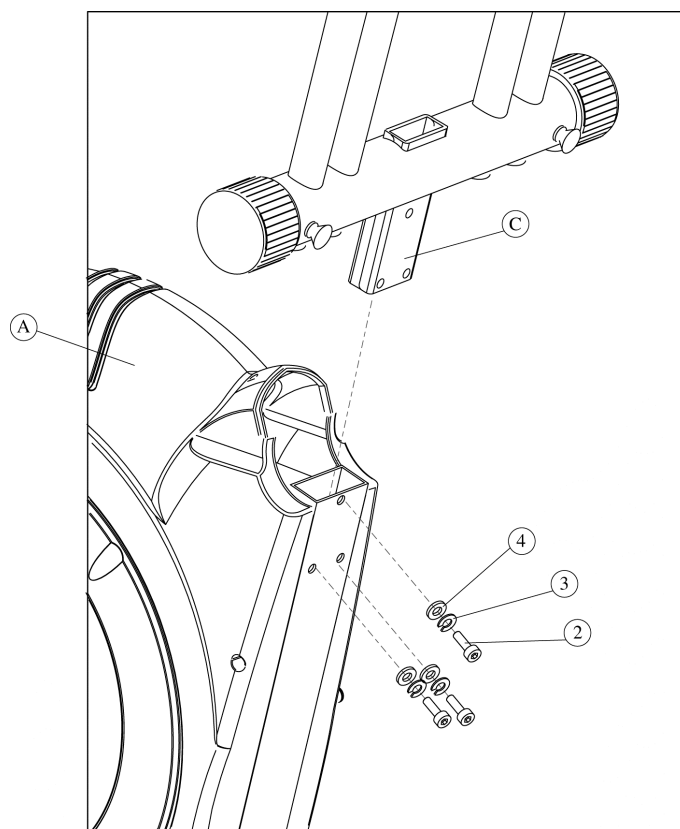
STEP 1

Attach the Front Stabilizer (B) and Main Frame (A) with screws and cap the long Hex Nut (1) and tighten it.



STEP 2

Insert the Stabilizer Assembly (C) into the Main Frame and tighten with screws (2,3,4).



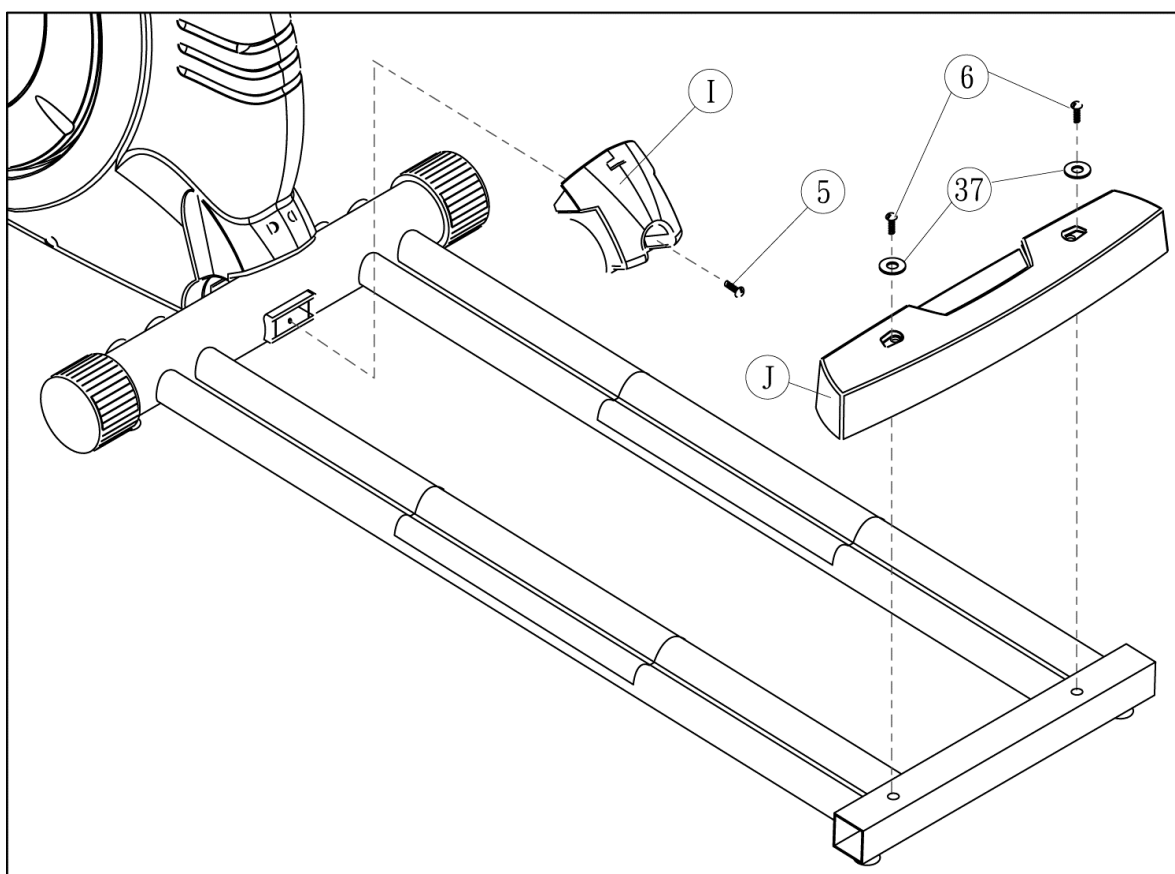
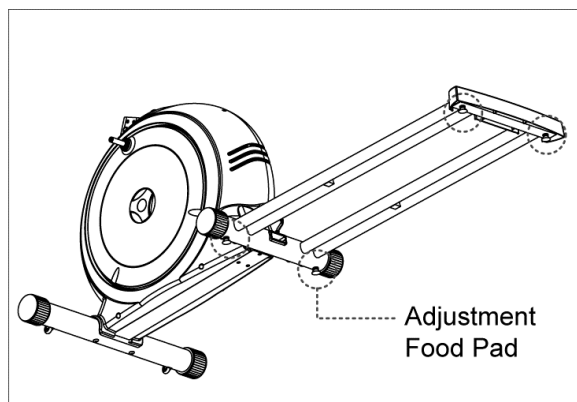
STEP 3

Put the Middle Cover (I) between the stabilizer assembly and tighten with Screws (5). Then attach the Rear Stabilizer Cover (J) and tighten with Screws (6), and Flat Washer (37).

Attention:

While assembling the middle cover of the frame, make sure it's flush and there is nothing blocking the middle cover and iron tube.

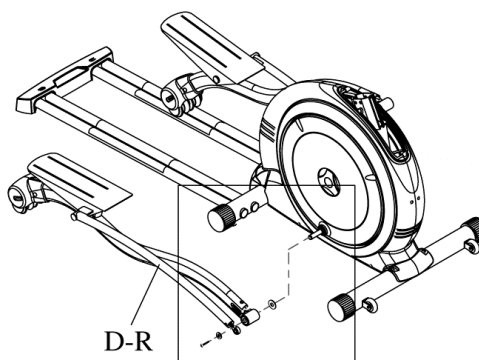
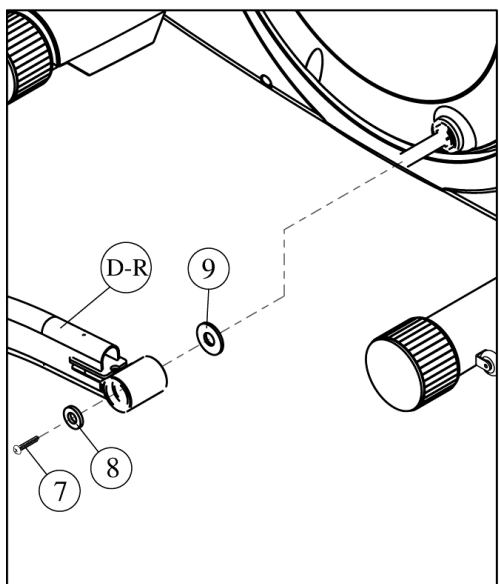
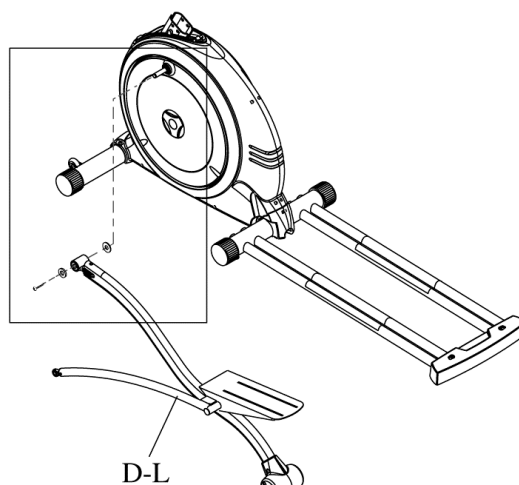
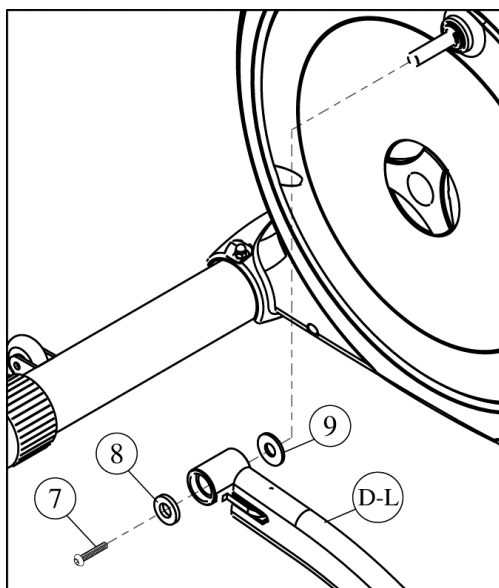
After assembly, make sure that the middle and rear of the unit is flat on the ground and tighten the bolts completely.



STEP 4

Attach the left and right Crank Arms (D-L, D-R) to the Main Frame using Screw (7), Pad (8) and Wave Washer (9).

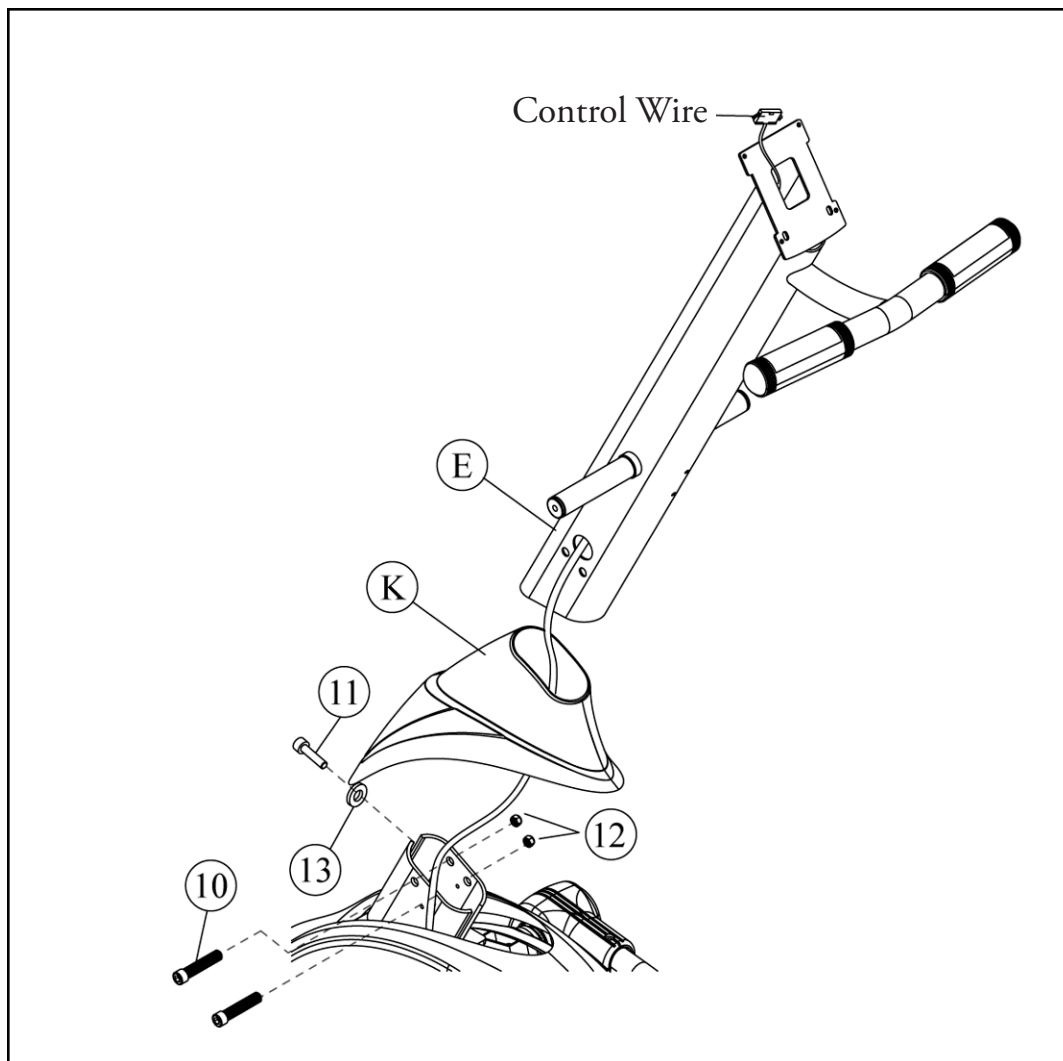
Note: Use two people for this step and make sure the crank arms are secured on there guide track and that you tighten securely to avoid injury.



STEP 5

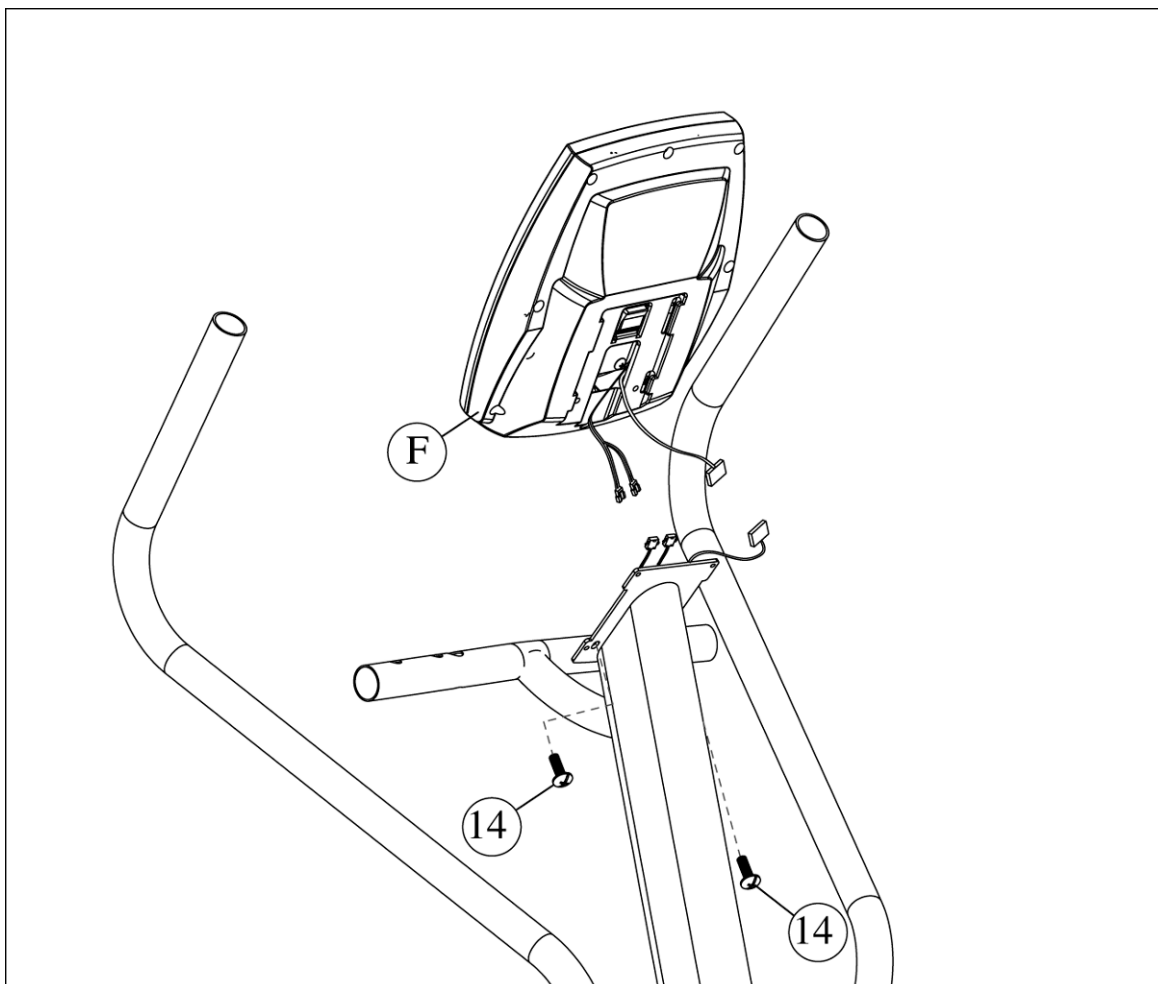
Two people are required for this step. Run the control wire from the main frame through the Control Tube Plastic Cover (K), and then into the side, up and out of the the Upper Control Tube (E). Slide the Upper Control Tube (E), into the Control Tube Plastic Cover (K) (be careful to not damage the wires). Then, attached the Upper Control Tube (E) to the main frame with Screws (10, 11, 12, 13). Push the Control Tube Plastic Cover (K) down until it is flush with the main frame.

Note: While tightening the screws, be careful not to drop them into the main frame.



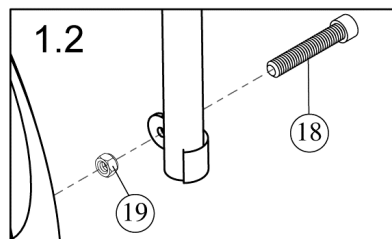
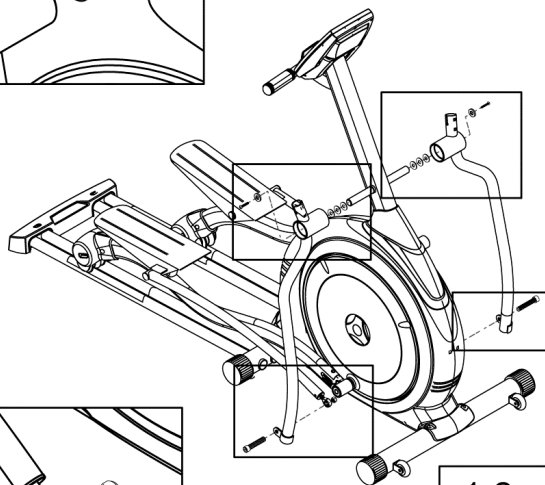
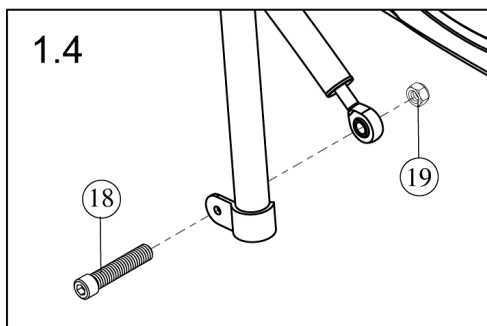
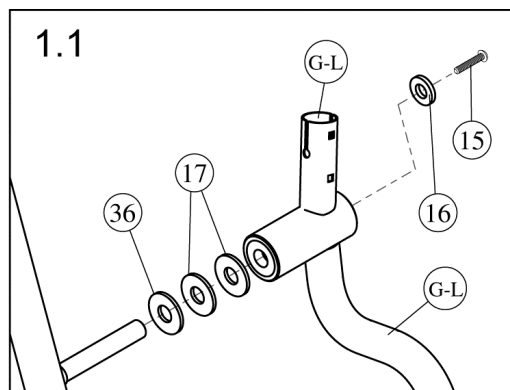
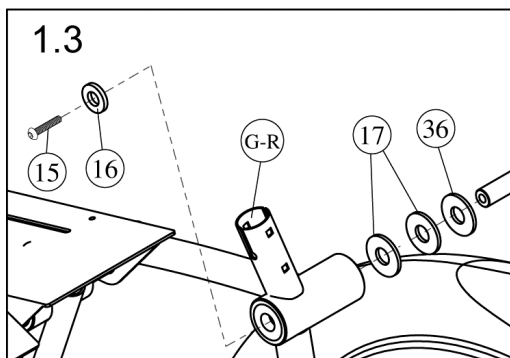
STEP 6

Connect the wires from the Console (F) to the control wires coming out of the upper control tube. Align the screw holes of the console to the holes of the upper control tube (make sure the console is oriented correctly) and attach with Screws (14). Secure tightly to avoid future damage to the console.



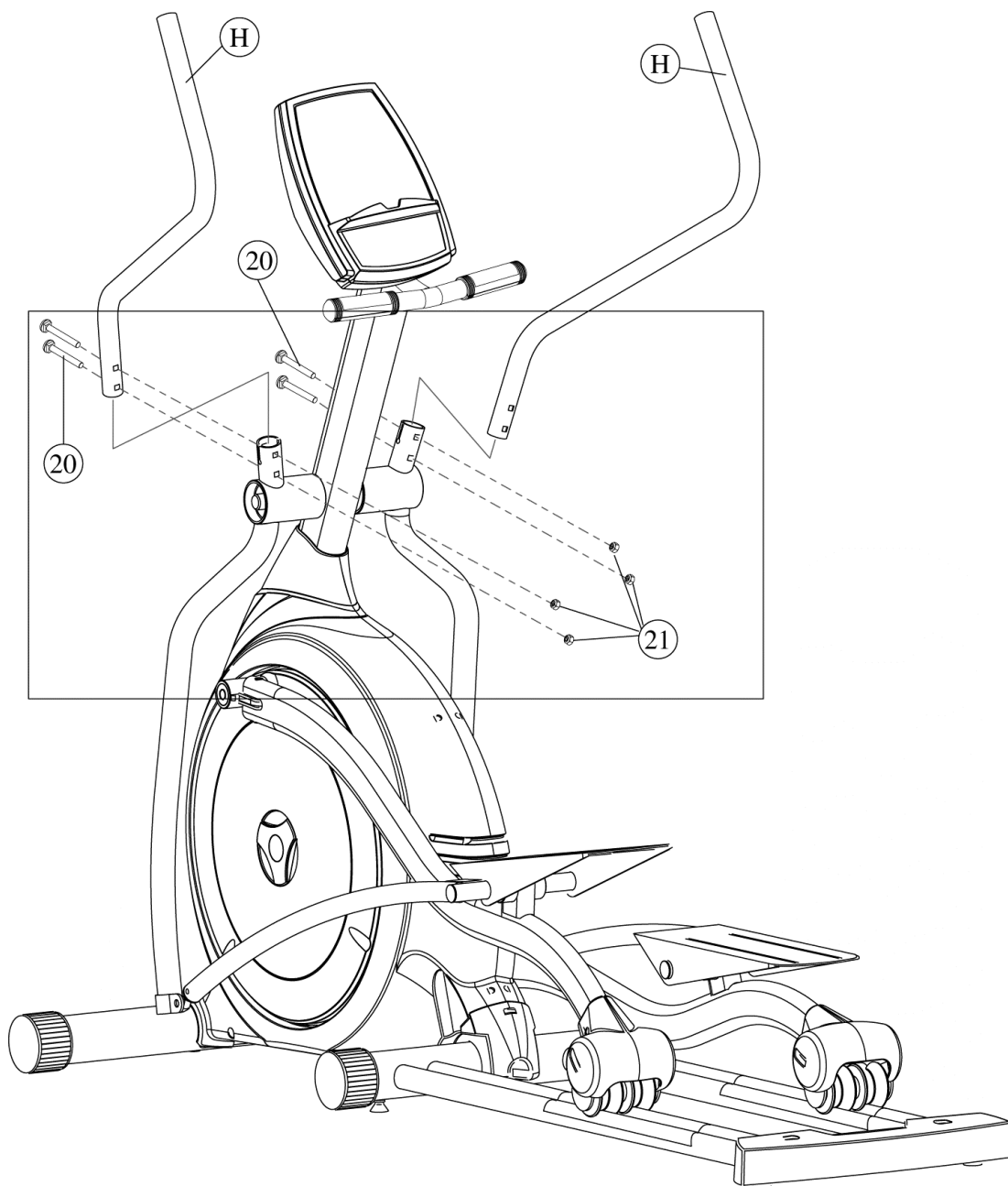
STEP 7

Attach the left Arm (G-L) to the upper control tube with Screws (15, 16), Washer (36), and Wave Washer (17). Then attach the Arm (G-L) to the crank arms with Screws (18, 19), Washer (36) and Wave Washer (17). Repeat for the right Arm (G-R).



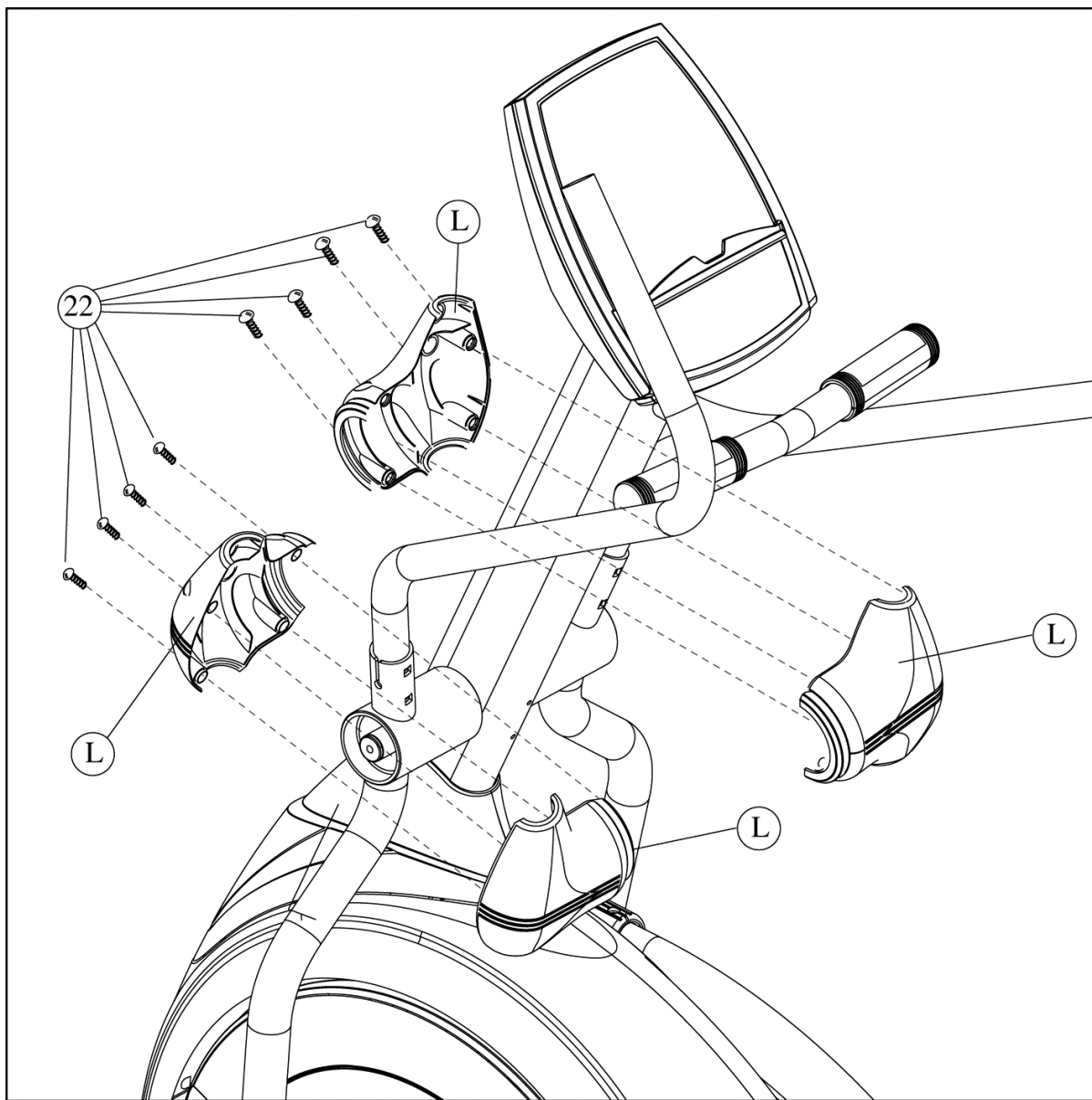
STEP 8

Attach the Handles (H) to the top part of the arms and tighten with Screws (20, 21).



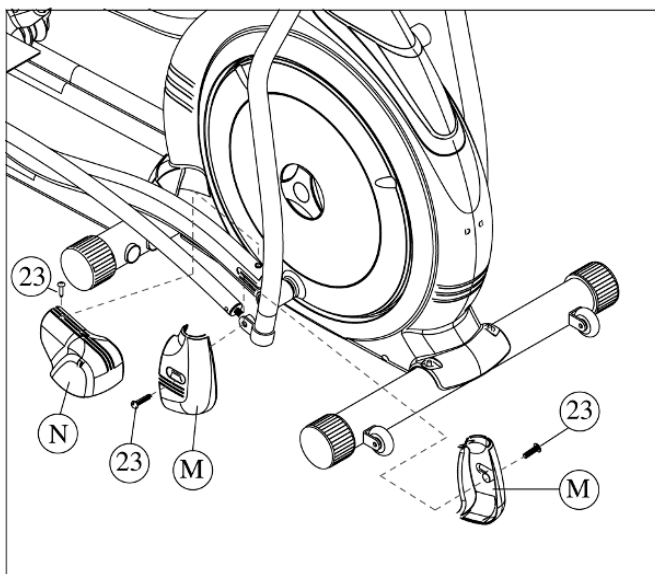
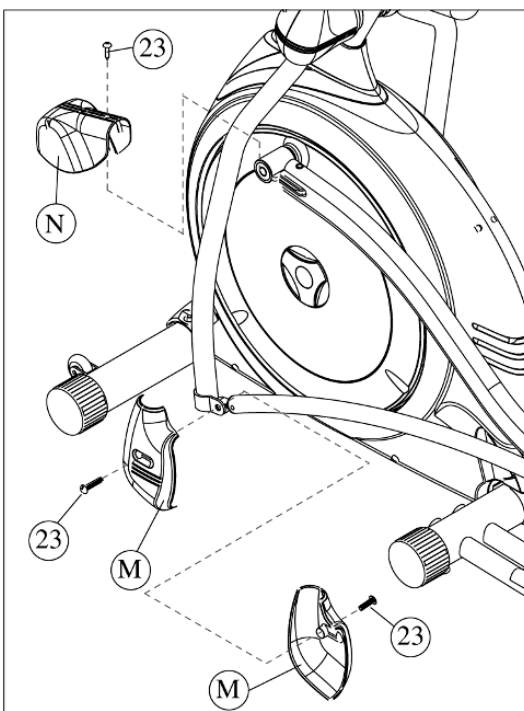
STEP 9

Attach the Handle Tube Cover (L) to the upper joints of the arms and tighten with Screws (22).



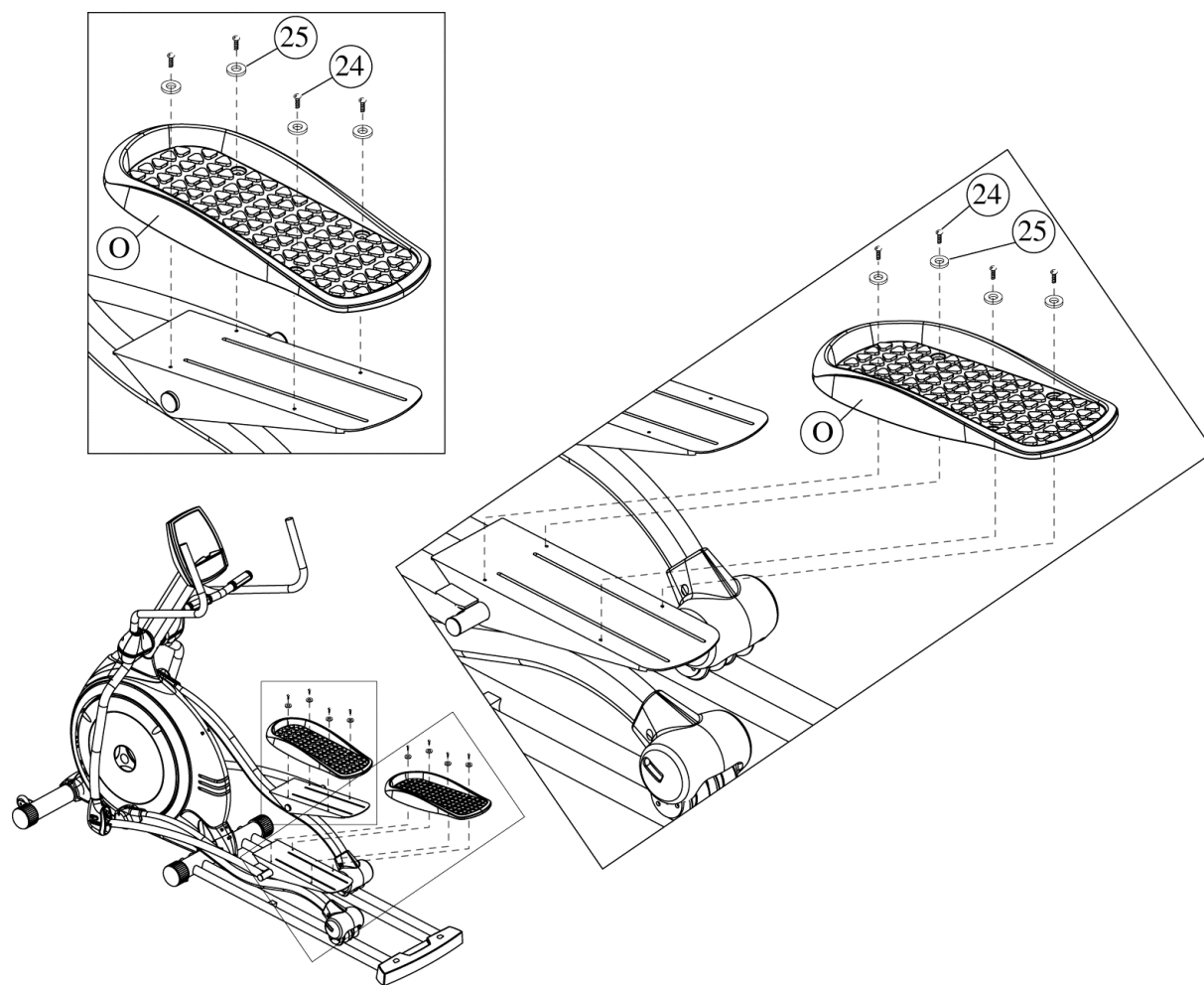
STEP 10

Attach the Left Pedal Cover (N) to the first lower joint of the arms and tighten with Screws (23). Then attached the Left Connecting Rod Cover (M) to the second joint of the arms and tighten with Screws (23). Do the same for the Right Pedal Cover (N) on the opposite side.



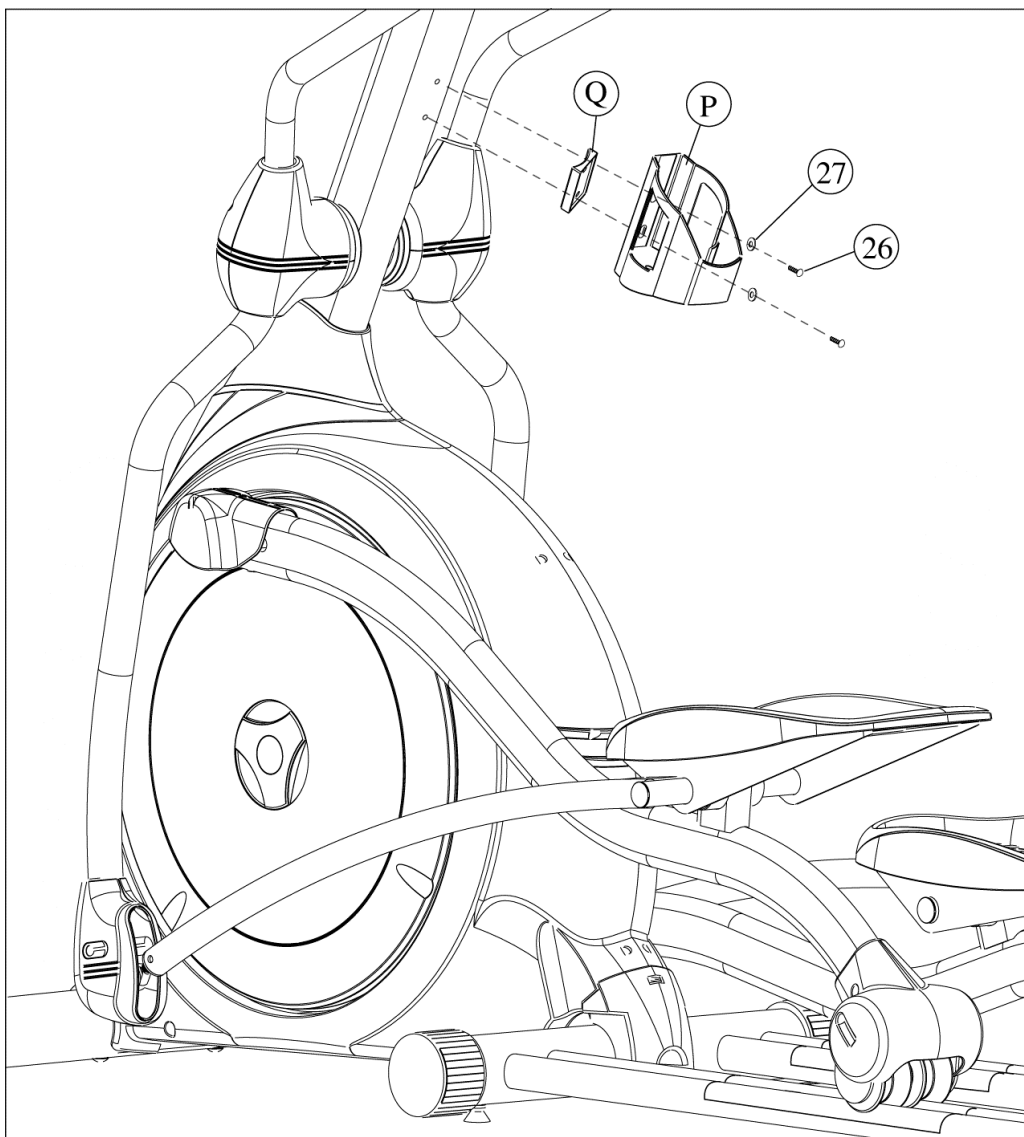
STEP 11

Align the screw holes of the Left Pedal (O) with the screw holes of the left rod then attach with Washer Pad (25) and Screws (24). Do the same for the Right Pedal (O).

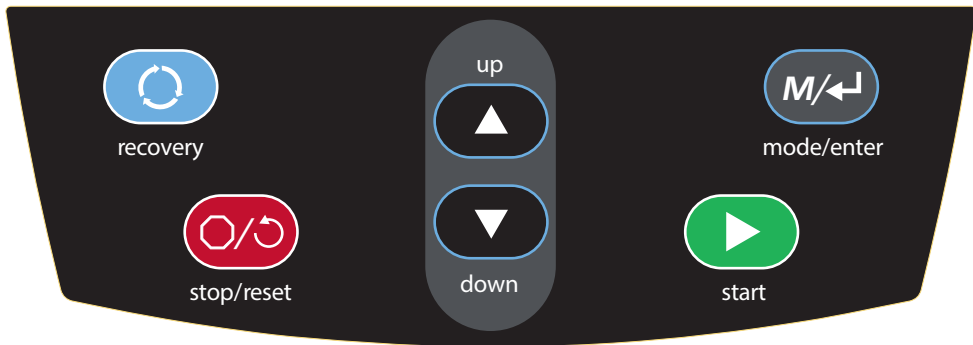


STEP 12

Attach the Waterbottle Holder (P) and the Waterbottle Holder Bracket (Q) to the upper control tube with Washers (27) and Screws (26).



CONSOLE OPERATIONS



START/READY MODE

When the machine powers on, the display will light up. After two seconds, it will enter the "user selecting" mode, displaying "U1". There are 4 User defined presets; U1-U4. If the user does not keep the RPM above 40 for more than 15 seconds, or the machine receives no signal after 4 minutes, the computer will enter an idle mode. Otherwise the console will enter into Start/Ready status.

Under start/ready status, if RPM is under 40 for more than 15 seconds, the machine will enter into a 16 second prompt mode. The machine will enter into sleep mode after another 16 seconds. If RPM is more than 40 or user presses any key within 16 seconds, it will return to start/ready status.

After setup (user setup, weight setup, program setup), if the RPM is not kept above 40, the computer will return to start/ready status. After 5 seconds, if RPM is not more than 40 or any input is received from the user, the computer will enter into a 16 second prompt mode. If RPM is more than 40 or input is received within 16 seconds, it will return to start/ready status.

BUTTON FUNCTIONS

ENTER/MODE	To confirm all setting or modify values.
STOP/RESET	To stop the workout or reset all parameters to default value
START	To start the workout
UP	To make upward setting change
DOWN	To make downward setting change
RECOVERY	After exercising for a period of time, keep holding the pulse sensors until "PULSE" displays heart rate, then press the "RECOVERY" button and continue to hold onto the pulse sensors for 60 seconds. All function displayed will stop except for "TIME", which will start to count down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1,F2....to F6. Press the RECOVERY button again to return the main display.
P1-P12	Press a specific program button to enter into that workout instantly.

PROGRAM CONTROL FUNCTION

P1-P12 PROGRAM

1. Press UP/DOWN BUTTON to select a program from P1-P12.
2. Press the ENTER/MODE button to enter the program.
3. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.

4. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
5. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
6. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

MANUAL MODE

1. Press the UP/DOWN buttons to select MANUAL program, press ENTER/MODE to enter into the program.
2. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
3. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
4. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
5. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

USER MODE

1. Press the UP/DOWN buttons to select USER, press ENTER/MODE to enter into the program.
2. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.

3. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
4. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
5. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

HOW TO EDIT BY SEGMENT

1. Enter the USER mode, TIME will display, default value is 0:00.
2. If you want to enter the SEGMENT EDIT Mode, press and hold the ENTER/MODE button for 3 seconds. The Dot Matrix's first line of LED's will light up and flash. The display of TIME is shown as S-1 (For Segment 1).
3. Use the UP/DOWN buttons to adjust the level of the segment, when you are done with the first segment press the ENTER/MODE button to continue to the next segment.

HRC MODE

1. Press the UP/DOWN buttons to select HRC, press ENTER/MODE to enter into the program.
2. HEIGHT will display, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the height.
3. AGE will display, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the age.
4. SEX will display, the default value is M for Male, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the gender.
5. TARGET will display, the default value is P for Pulse, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the target heart rate.
6. 50%-75%-90%-TARGET will display, the default value is P for Pulse, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the target heart rate.
7. PULSE will display, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to set the pulse rate.

8. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
9. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
10. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
11. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

WARM UP FUNCTION

Set the resistance to 1, after one minute, enter into the HEART RATE CONTROL mode. Press the UP/DOWN button to adjust the resistance.

HEART RATE CONTROL MODE

1. The computer will compare the actual heart value and preset heart value (55%/75%/90%/TARGET) every 10 seconds.
2. When no heart rate is detected, the window will display "P".
3. Press the UP/DOWN buttons to adjust the resistance.
4. When your actual heart value is lower than preset heart value ± 4 , the resistance will increase one level at a time, The highest is level 16.
5. When your actual heart value is higher than preset heart value ± 4 , the resistance will decrease one level at a time. The lowest is level 1.
6. When your actual heart value is higher than the preset heart rate, the HEART RATE CONTROL mode will stop and enter to into COOL DOWN mode.
7. If you stop the exercise during HEART RATE CONTROL mode, you will enter into a 1 minute COOL DOWN mode.

NOTE: During the workout, is the RPM is less than 40, the Dot Matrix will display RPM and after 5 seconds, it will enter into pause mode.

WATTS MODE

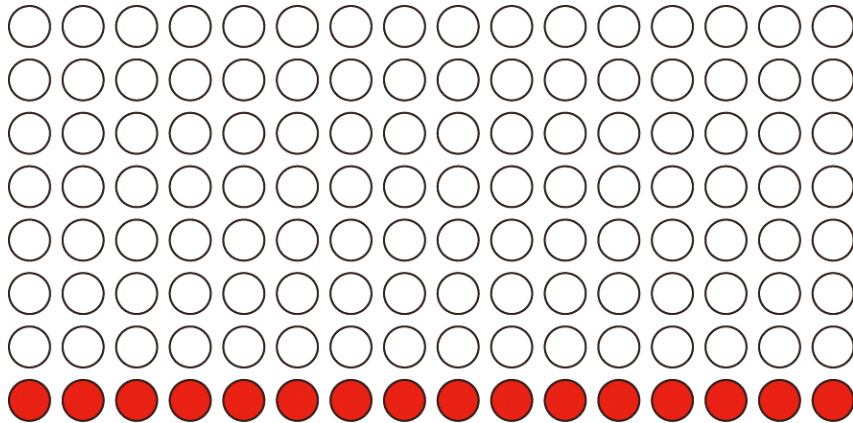
1. Press the UP/DOWN buttons to select WATTS, press ENTER/MODE to enter into the program.
2. WATTS will display, the default value is 120, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the watts.
3. TIME will display, default value is 0:00, press the UP/DOWN buttons to adjust values then press MODE/ENTER to set the time.
4. DISTANCE will display, the default value is 0.0, press the UP/DOWN buttons to adjust the values then press MODE/ENTER to set the distance.
5. CALORIES will display, the default value is 0, press the UP/DOWN buttons to adjust the value then press MODE/ENTER to the calories.
6. When you are done, press START, otherwise it will cycle through TIME/DISTANCE/CALORIES edit modes.

During workout, press the STOP/RESET button one time to pause the program, the LCD window will display TIME/DISTANCE/CALORIES values for the current workout. Press START button and the computer will return to start status and count values of TIME/DISTANCE/CALORIES. If you Press the STOP/RESET twice in a row, the computer will delete the workout values and return to PROGRAM mode, the LCD will display PLEASE SELECT PROGRAM.

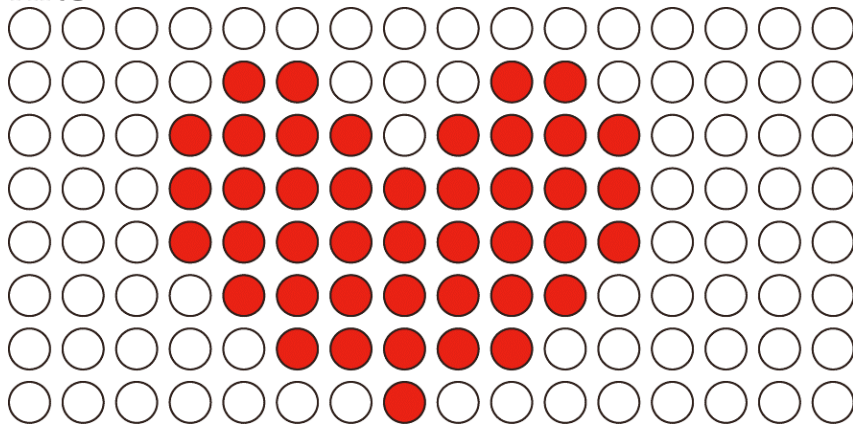
“WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

PROGRAM PROFILES

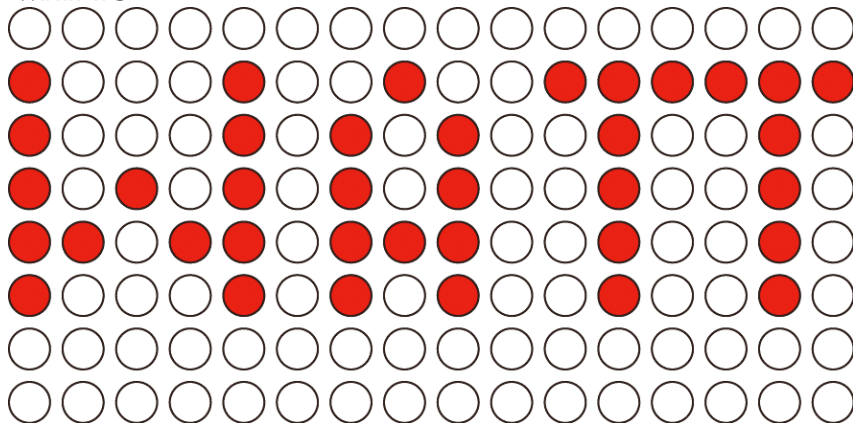
MANUAL



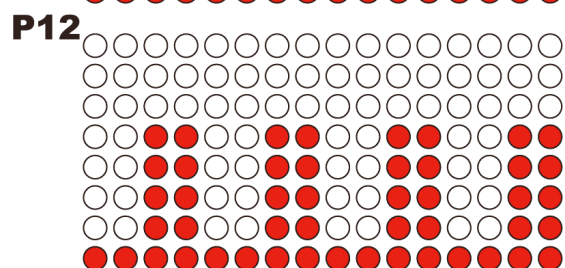
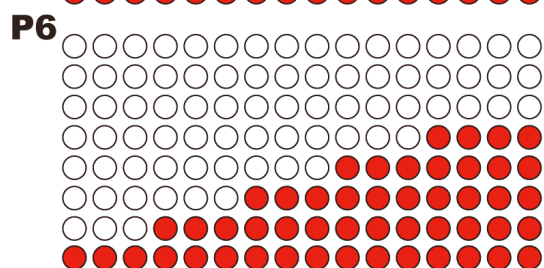
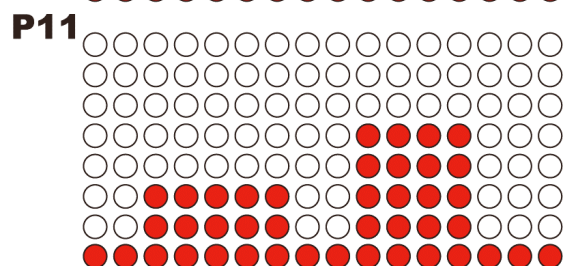
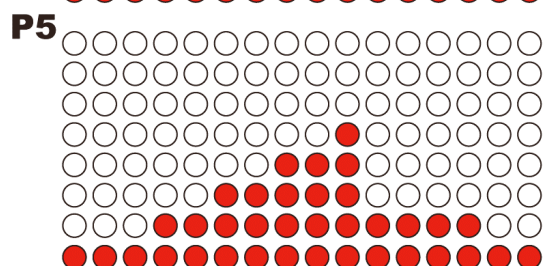
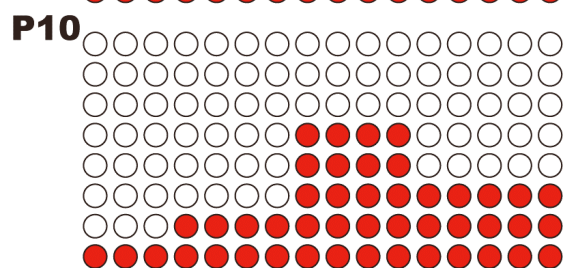
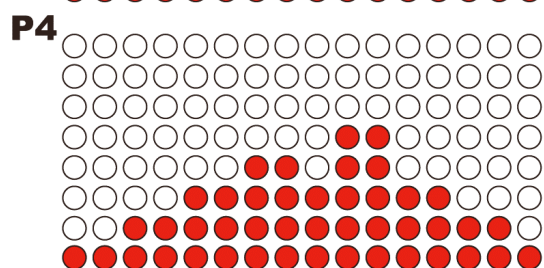
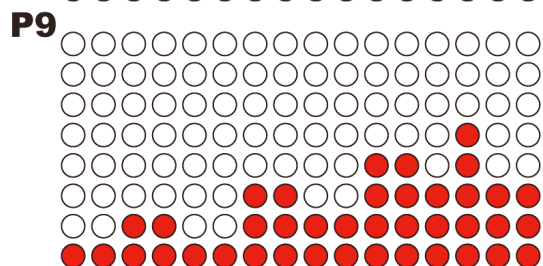
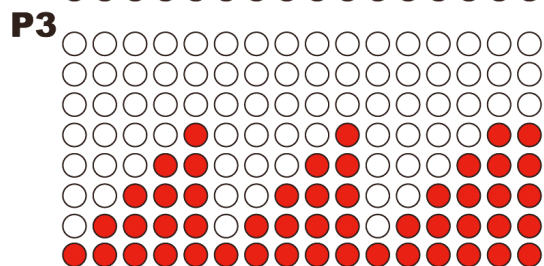
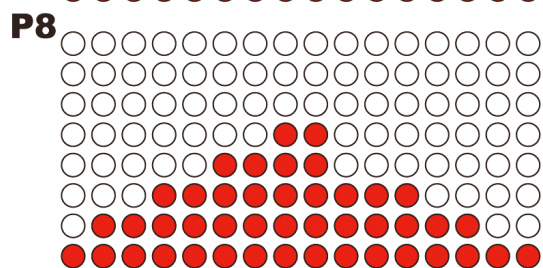
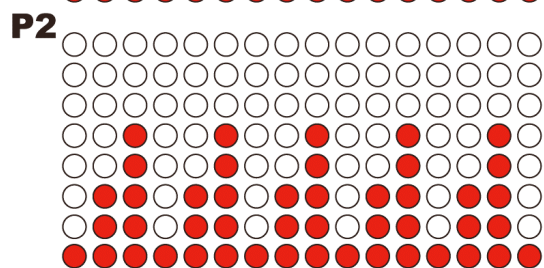
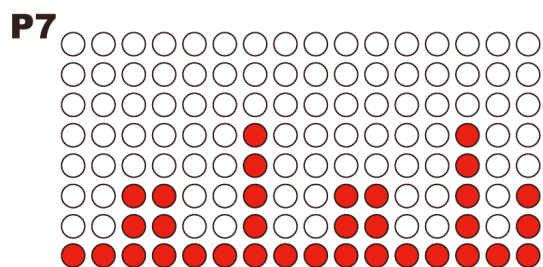
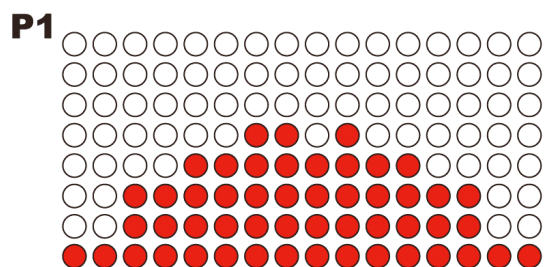
HRC



WATTS



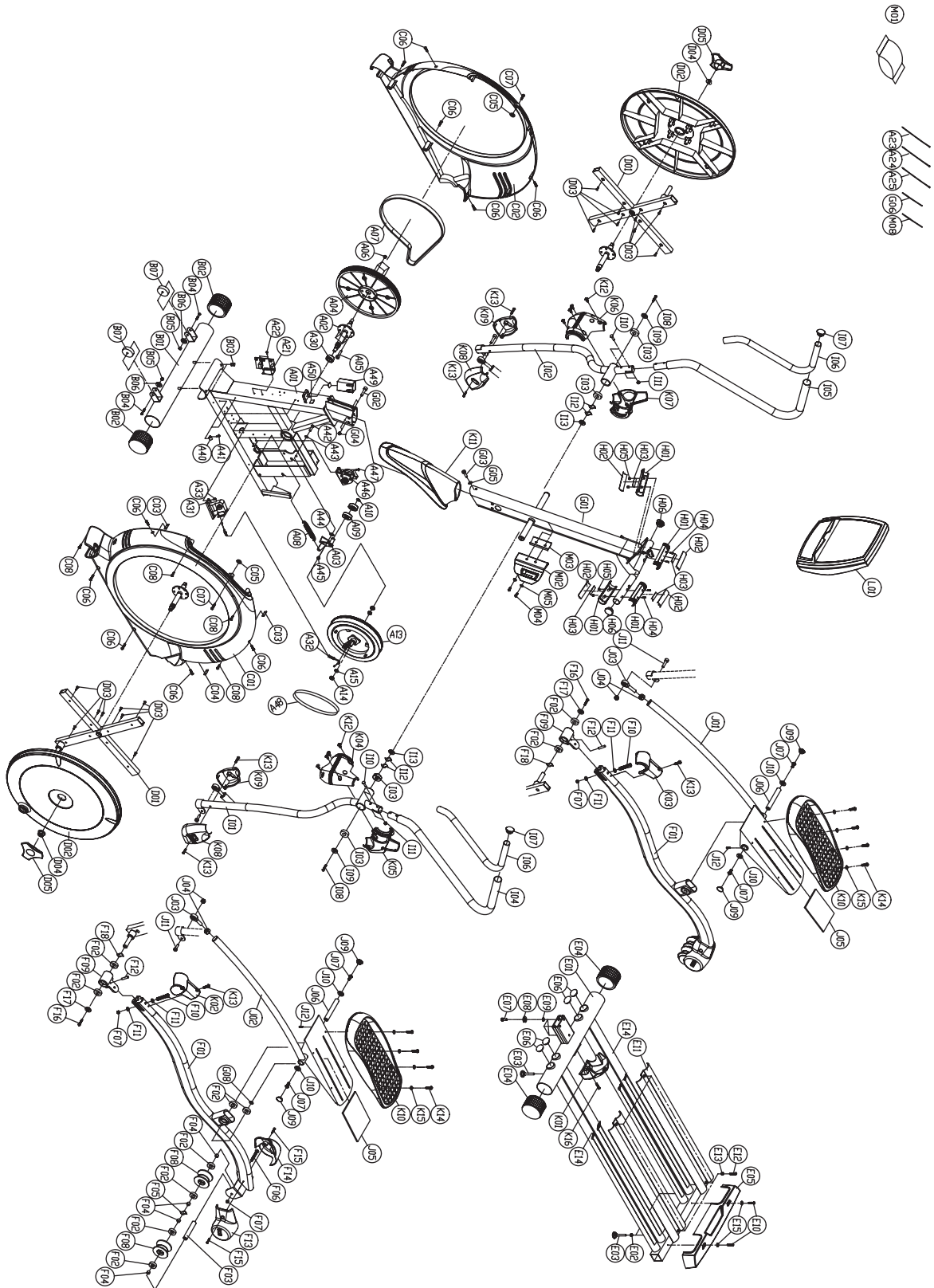
PROGRAMS P1-P12



MAINTENANCE AND CLEANING

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

EXPLODED VIEW DRAWING



PARTS LIST

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

No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
(A)	FRAME AND ASSEMBLY FITTINGS	1set	(E)	REAR STABILIZER SET	1set	I10	Carriage screw m8xp1.25X45	4
A01	Frame assembly	1	E01	Rear stabilizer set assembly	1	I11	Nut m8xp1.25	4
A02	Crank assembly	1	E02	Hex nut m8xp1.25	2	I12	Wave washer	4
A03	Idler assembly	1	E03	Adjustment foot pad	4	I13	Washer $\phi 25 \times \phi 35 \times 1.0T$	2
A04	Belt wheel	1	E04	End cap $\phi 75$ (fc012)	2			
A05	Hex screw	4	E05	Rear stabilizer protecting cover	1	(J)	ROD SET	1set
A06	Nut	4	E06	End cap $\phi 1-1/2" \times 2.0T$	4	J01	Rod assembly R	1
A07	Belt	1	E07	Cks hex screw m10xp1.5X40	3	J02	Rod assembl L	1
A08	Spring A	1	E08	Spring washer m10	3	J03	Universal bearing	2
A09	Bearing	2	E09	Flat washer $\phi 10 \times \phi 20 \times 1.5T$	3	J04	Nut m12xp1.75	4
A10	C-clip	1	E10	Screw m 4xp0.7X15	2	J05	Foam sticker 90x90x3.0T	2
A13	Flywheel	1	E11	Wheel board-punching	2	J06	Axle	2
A14	Flanch nut	2	E12	Screw m8xp1.25X15	4	J07	CKS hex screw m8xp1.25X15	4
A15	Hex nut	2	E13	Nut m8	4	J08	Plastic washer	2
A21	Lower control pc plate	1	E14	Foam sticker	4	J09	End cap	4
A22	Screw	2	E15	Washer $\phi 4 \times \phi 10 \times 1.0T$	2	J10	Washer $\phi 8.5 \times \phi 19 \times 2.0T$	4
A23	Belt 4.8X330mm	7				J11	CKS hex screw m12xp1.75X40	2
A24	Belt 2.2X80mm	1	(F)	PEDAL IRON TUBE AND FITTINGS	1 set	J12	CKS hex screw bk m6xp1.0X10	2
A25	Belt 3.6X102mm	1	F01	Pedal iron tube assembly	2			
A27	Sensor fixed seat	1	F02	Bearing	16	(K)	PLASTIC FITTINGS	1set
A28	Truss philips screw	1	F03	Wheel fixing bushing	2	K01	Middle frame cover	1
A29	Power supply	1	F04	Post $\phi 18 \times \phi 23.7 \times 7.2$	8	K02	Pedal iron tube cover L	1
A30	Crank axle sleeve	1	F05	Wave washer $\phi 17 \times \phi 24 \times 0.3T$	2	K03	Pedal iron tube cover R	1
A31	Small motor	1	F06	Retainer screw m8xp1.25X135	2	K04	Front handle tube cover L	1
A32	Cable	1	F07	Nut m8xp1.25	4	K05	Rear handle tube cover L	1
A33	Screw	4	F08	Wheel $\phi 74 \times 44$	4	K06	Front handle tube cover R	1
A40	Wiring fixed buttons	3	F09	Pedal fixing plate assembly (front)	2	K07	Rear handle tube cover R	1
A41	Screw	3	F10	CKS hex screw m8xp1.25X85	2	K08	Rod cover L	2
A42	Screw	1	F11	Arc washer	4	K09	Rod cover R	2
A43	Washer	1	F12	Plastic iron core	2	K10	Pedal	2
A44	Washer	1	F13	Wheel cover L	2	K11	Control tube plastic	1
A45	Nut	1	F14	Wheel cover R	2	K12	Screw $\phi 5 \times 15$	8
A46	Generator	1	F15	Screw m4xp0.7X15	4	K13	Screw m4xp0.7X15	6
A47	Screw	4	F16	Screw m8xp1.25X15	2	K14	Screw m5xp0.8X10	8
A48	Belt	1	F17	Washer $\phi 8 \times \phi 25 \times 2.0T$	2	K15	Washer $\phi 6 \times \phi 13 \times 1.0T$	8
A49	Battery	1	F18	Wave washer $\phi 17 \times \phi 24 \times 0.3T$	2	K16	Screw m5xp0.8X10	1
A50	Foam sticker	2						
(B)	FRONT BASE TUBE SET	1set	(G)	CONTROL TUBE SET	1set	(L)	COMPUTER CONSOLE AND WIRES	1set
B01	Front base tube assembly	1	G01	Control tube welding	1	L01	Computer console	1
B02	End cap	2	G02	CKS hex screw m10xp1.5X70	2	L02	Screw	2
B03	Hex nut	2	G03	CKS hex screw m8xp1.25X15	1	L04	Hand pulse wire	2
B04	Screw m8xp1.25X45	2	G04	Nut	2	L06	Control wire	1
B05	Nut m8xp1.25	2	G05	Washer	1	L09	Speed sensor wire	1
B06	Washer $\phi 8 \times \phi 16 \times 2.0T$	2	G06	Guide thread	2	L10	Power supply wire	1
B07	Bearing wheel	2				L11	Battery power wire	1
(C)	CRUST SET	1set	(H)	HAND PULSE SET	1set	L12	Small motor power wire	1
C01	Lateral frame cover L	1	H01	Hand pulse plastic base	4			
C02	Lateral frame cover R	1	H02	Hand pulse sensor plate	4	(M)	OTHERS	1set
C03	Plastic fixing plate	2	H03	Double sided tape	4	M01	Parts bag	1
C04	Plastic fixing plate-short	1	H04	Screw m3xp0.5X30	4	M02	Waterbottle Holder	1
C05	Washer $\phi 6 \times \phi 16 \times 1.0T$	2	H05	Hex nut m3xp0.5	4	M03	Waterbottle Holder Bracket	1
C06	Screw m5xp0.8X10	10	H06	End cap $\phi 1-1/4"$	2	M04	Screw m6xp1.0X15	2
C07	Screw m5xp0.8X12	2				M05	Washer $\phi 6 \times \phi 13 \times 1.0T$	2
C08	Self tapping screw $\phi 5 \times 12$	4	(I)	HANDLE SET	1set	M08	Guide thread	4
(D)	TURNPLATE CROSS AND FITTINGS	1set	I01	Handle tube assembly L	1		ϕ =Diameter	
D01	Turnplate cross assembly	2	I02	Handle tube assembly R	1			
D02	Plastic turnplate	2	I03	Bearing	4			
D03	Screw $\phi 5 \times 15$	16	I04	Handle tube upper part assembly L	1			
D04	Indented nut m14xp1.5X10t	2	I05	Handle tube upper part assembly R	1			
D05	Turnplate protecting cover	2	I06	HDR foam grip $\phi 31 \times 3.0T \times 970$	2			
			I07	End cap $\phi 1-1/4"$	2			
			I08	Screw m8xp1.25X15	2			
			I09	Flat washer $\phi 8.5 \times \phi 30 \times 2.0T$	2			

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 five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

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

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