



## **BH FITNESS IRIDIUM AVANT**

# **OWNER'S GUIDE**



### **BH FITNESS**

20155 Ellipse

Foothill Ranch, CA 92610

Phone: 949 206-8152

Fax: 949 206-0013

Email: [fitness@bhnorthamerica.com](mailto:fitness@bhnorthamerica.com)

Web: [www.bhnorthamerica.com](http://www.bhnorthamerica.com)

Revised 6/26/2007

# ASSEMBLY AND USE

Fig 1

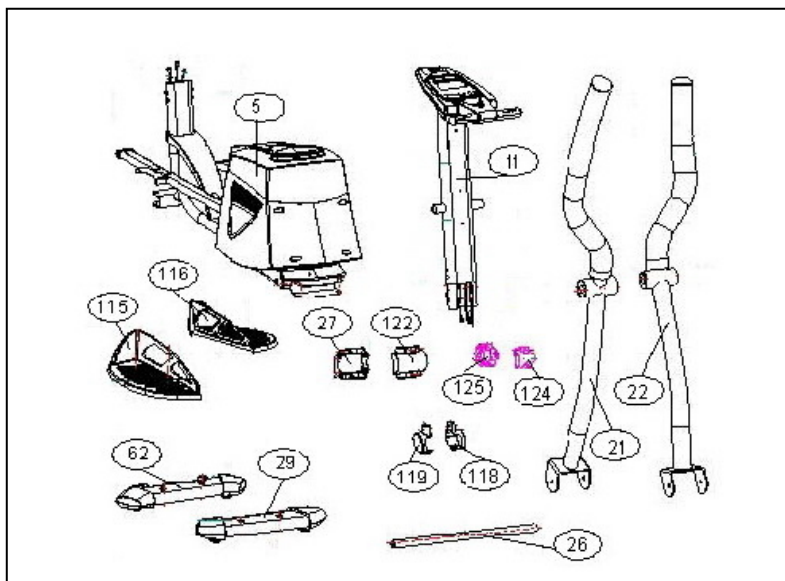
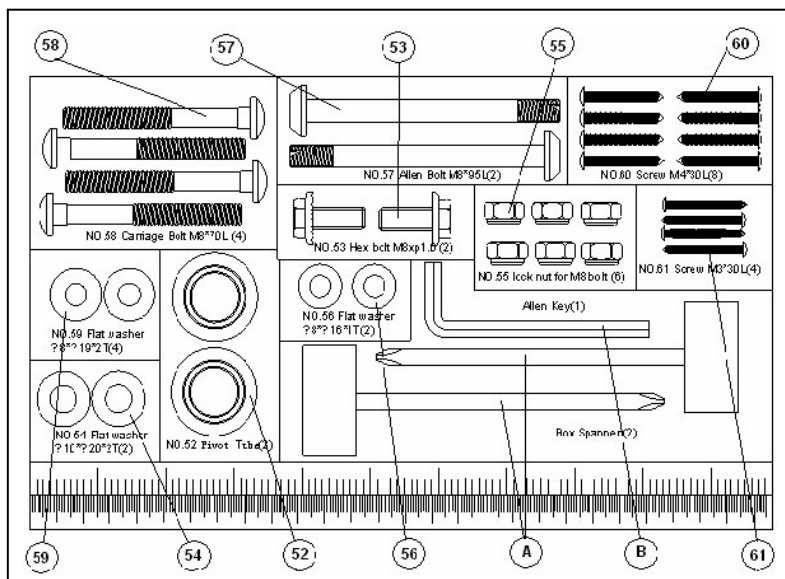
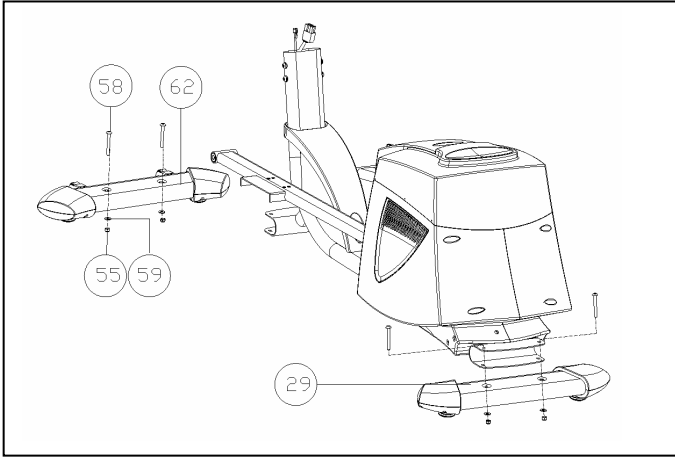


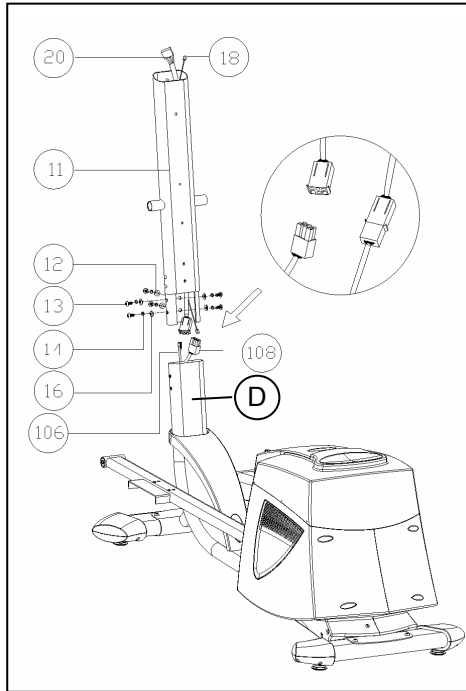
Fig 2



**Fig 3**



**Fig 4**



**Fig 5**

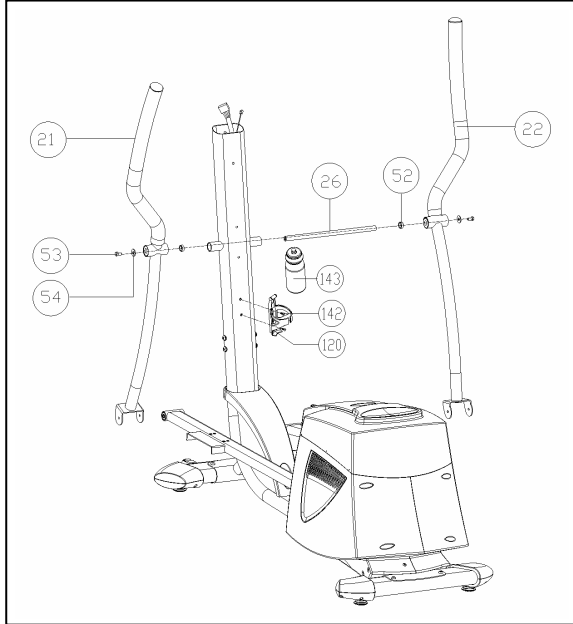


Fig 6

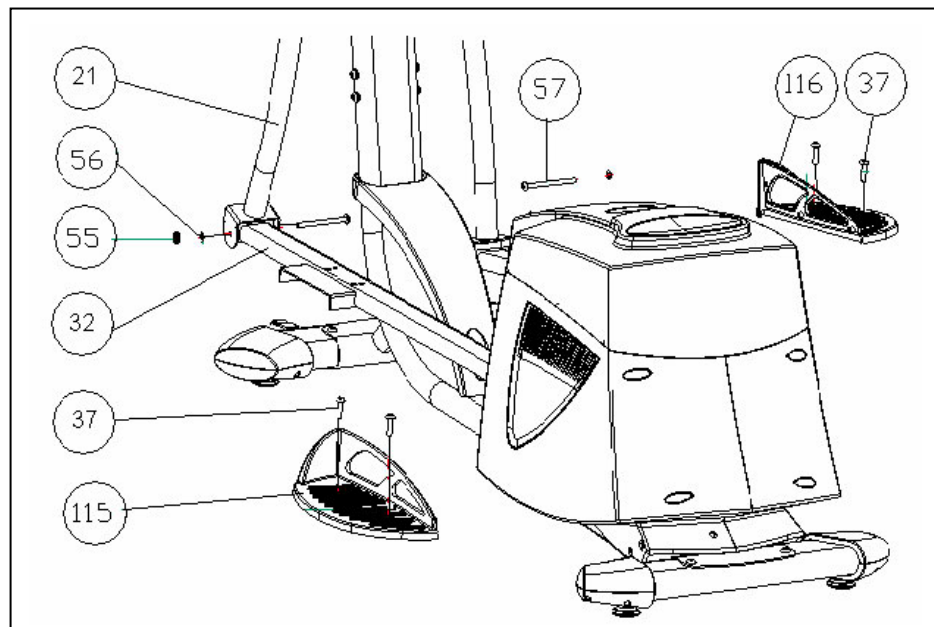


Fig 6A

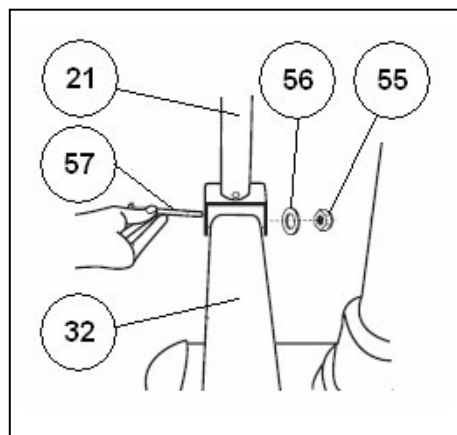


Fig 6B

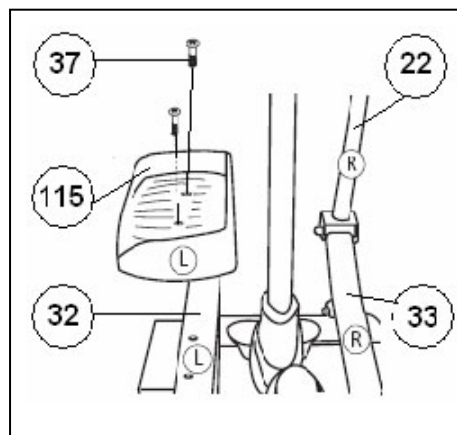
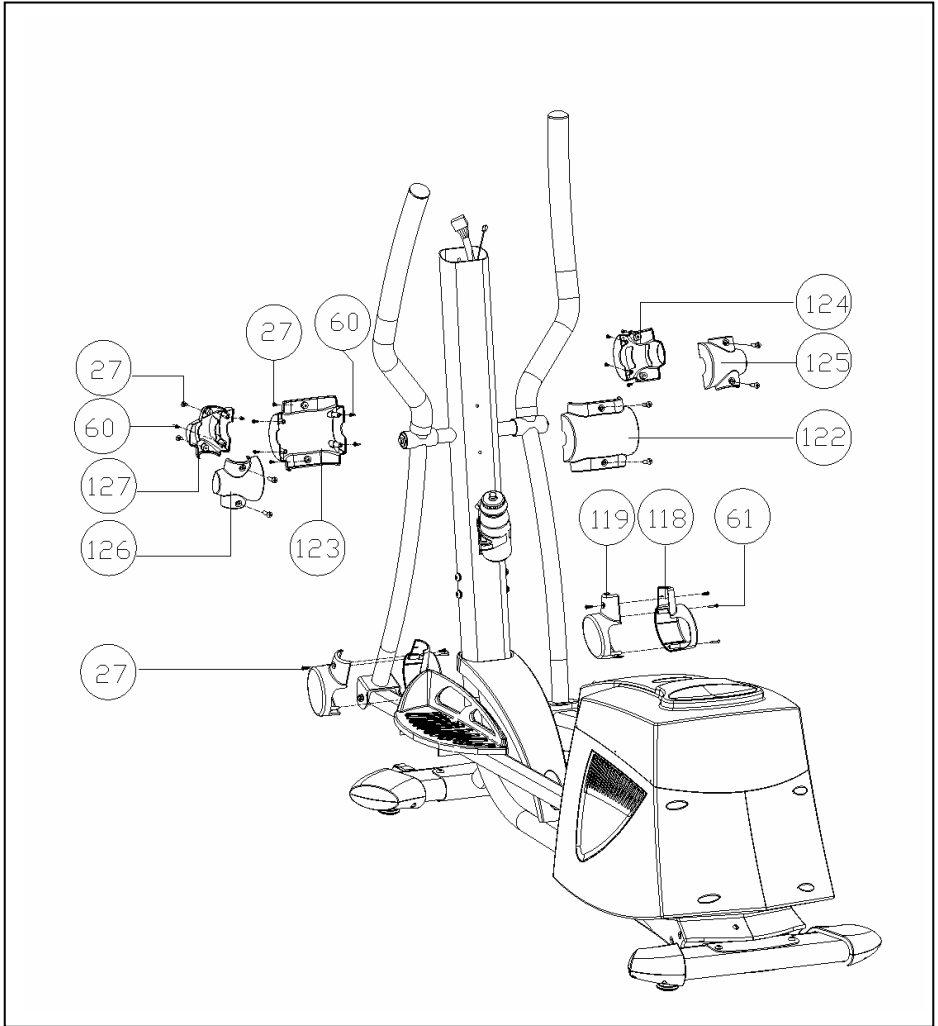
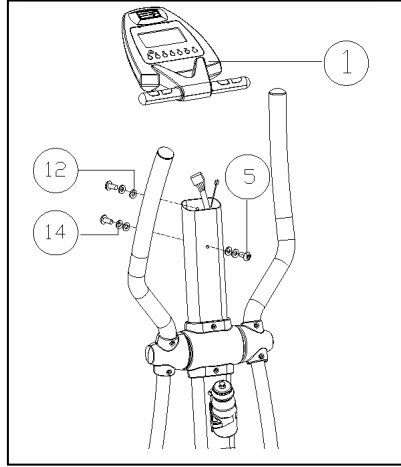


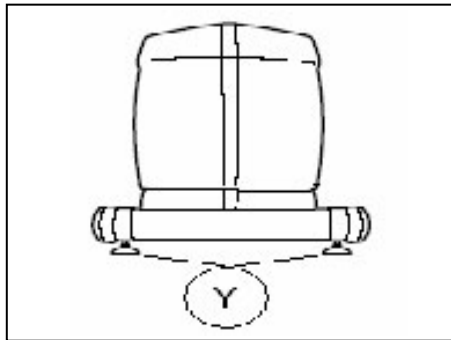
Fig 7



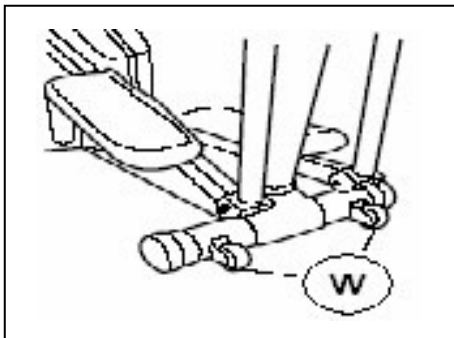
**Fig 8**



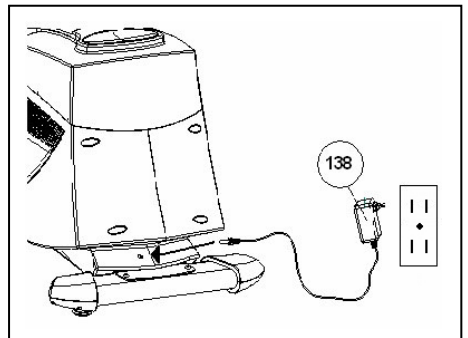
**Fig 9**



**Fig 10**



**Fig 11**



## SAFETY INSTRUCTIONS

Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination. Work at the recommended exercise level, do not overexert yourself. If you feel any pain or discomfort, stop exercising immediately and consult your doctor. Use the appliance on a solid, flat surface, with some type of protection for the floor or carpet. In the interest of safety, the equipment must have at least 0.5 meters of free space around it. Do not allow children to play with the equipment or in the immediate vicinity. Keep your hands well away from any of the moving parts. Check the elliptical trainer before starting the exercise; to make sure that all of the parts are attached and that the nuts, bolts, pedals and focus bars have been tightened correctly prior to use. Wear appropriate clothing and footwear for the exercise. Do not use loose clothing. Do not wear leather soled shoes or footwear with high heels.

This appliance has been tested and it complies with standard EN957 under class H.C., suitable for semi-professional use. User maximum weight 300 lbs. Braking is independent of speed.

## IMPORTANT

Read the instructions carefully before proceeding to assemble the equipment. Remove all the parts from the cardboard packaging and check them against the parts list to ensure that there is nothing missing.

Do not throw the cardboard away until the elliptical trainer is fully assembled.

Always use the appliance in accordance with the instructions. If you discover any defective component while assembling or checking the equipment, or if you hear any strange noise during exercise then stop. Do not use the appliance until the problem has been resolved.

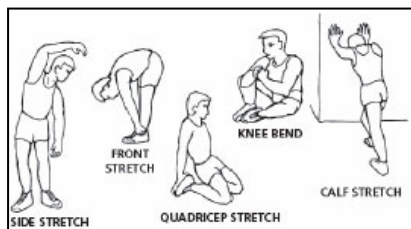
## EXERCISE INSTRUCTIONS

Use of the ELLIPTICAL TRAINER offers various benefits; it will improve fitness, muscle tone and when used in

conjunction with a calorie controlled diet it will help you to lose weight.

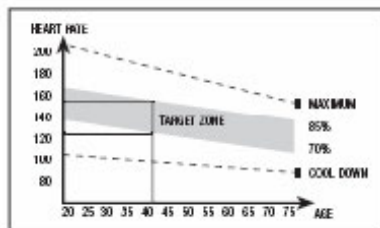
### 1. Warm-up phase

This phase speeds up the body's blood circulation and gets the muscles ready for exercise. It also reduces the risk of cramp and sprains. It is advisable to do some stretching exercises, as shown below. Each stretch should last approximately 30 seconds, do not overexert the muscles. If you feel pain, STOP.



### 2. Exercise phase

This phase requires the greatest physical exertion. After regular exercise the leg muscles will become more flexible. It is important to keep the rhythm constant. The rhythm of the exercise should be fast enough to bring the heart rate into the target area, as shown on the following graph:



This phase should last at least 12 minutes, although it is advisable for most people to start off with sessions of 10-15 minutes.

### 3. Cool-down phase

This phase allows the cardiovascular and muscle system to relax. It consists of repeating the warm-up exercises, i.e.

reducing the rhythm and continuing for approximately 5 minutes. Repeat the stretching exercises but remember not to overexert the muscles. Eventually your training sessions will have to become longer and more intensive. It is advisable to exercise at least three days per week, on alternate days.

### **Muscle toning**

You should select a high exertion level in order to tone muscles during exercise. This entails greater stress on the leg muscles, so it may be wise to reduce exercise times. If you also wish to improve your overall fitness then you should change your training program. Do the warm-up and cool-down exercises as normal but when you are reaching the end of the exercise phase, increase the exertion level in order to make your legs work harder. You should reduce speed in order to keep your heart rate within the target area.

### **Weight loss**

In this case the important factor is the effort made. The more intense and the longer the session, the greater the number of calories burned. Even though you are doing the same work as you do to improve fitness, the objective has changed.

## **GENERAL INSTRUCTIONS**

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for home use. The user weight should not exceed 300 lbs.

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

3. 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.

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

5. Your unit can only be used by one person at a time.

6. Use suitable clothing and footwear. Tie up your shoelaces correctly

## **ASSEMBLY INSTRUCTIONS**

1. Take the unit out of its box and make sure that all of the pieces are there:

### **Fig 1 Parts list**

- (5) Main body
- (11) Main post
- (21) Right focus bar or arm
- (22) Left focus bar or arm
- (27) Rear central post cover
- (29) Rear stabilizer bar with adjustable feet
- (62) Front stabilizer bar with wheels
- (115) Left footrest
- (116) Right footrest
- (118) 2 Focus bar spindle covers (L)
- (119) 2 Focus bar spindle covers (R)
- (122) Front central post cover
- (124) Rear post spindle cover (R)
- (125) Front post spindle cover (R)
- (126) Rear post spindle cover (L)
- (127) Rear post spindle cover (L)
- (138) Transformer, 9V

### **Fig 2 Screws and fasteners**

- (52) Focus bar spindle spacer washers
- (53) Screws M8x25
- (54) Washers M10
- (55) Self locking nuts M8
- (56) Washers M8 Ø16
- (57) Allen screws M8x90
- (58) Screws DIN 603 M8x70
- (59) Flat washers M8 Ø19
- (60) Screws M4x30
- (61) Screws M3x30
- (A) Combination box spanners
- (B) Allen key

**ATTENTION:** The assistance of a second person is required for this stage of the assembly.

## **2. ATTACHING THE STABILIZER BARS.**

First, lift the front of the machine and rest it on a prop, such as the packaging that you have just removed. Bring the front stabilizer bar with wheels (62) to the main body (5) positioning the wheels at the front of the unit. Insert the screws (58), fit the flat washers (59) and self locking nuts (55), and tighten securely. Fig 3.

Carry out the same operation to attach the rear stabilizer bar. Lift the rear of the machine slightly and rest it on a prop, such as the packaging that you have just removed. Take the rear stabilizer with adjustable feet (29), and line up the dots. Insert the screws (58), fit the washers (59) and nuts (55), and tighten securely. Fig 3.

**IMPORTANT:** It is advisable to retighten these screws after one month of using the machine.

## **3. ATTACHING THE MAIN POST**

Take the main post (11) and remove the screws (13) the corrugated washers (14) and spring washers (16) from the bottom of the post. Fig.4.

Next, bring the main post (11) up to boss (D) on the main body, Fig. 4, connect the terminals (106 with 18) and (108 with 20).

Slip the main post (11) over the boss (D) on the main body, Fig 4, making sure not to snag any of the cables.

Refit the screws (13), the washers (14) and the spring washers (16) that you removed previously, and tighten securely. Fig. 4

**ATTENTION:** It is advisable to retighten these screws after one month of using the machine.

## **4. ATTACHING THE FOCUS BARS AND WATER BOTTLE HOLDER**

Insert the focus bar spindle (26) through the spacer bushes on the main post (11), leaving it centered. Fig. 5

Fit the spacer washers (52) as shown in Fig. 5. Insert the left focus bar (21) (marked with the letter "L") onto the focus bar spindle (26), then fit the right focus bar (marked with the letter "R") on the other end of the spindle. Fit the bolts (53) and the flat washers (54) and with the help of the box spanners (A) tighten securely.

Attach the water bottle holder (120) to the main post (11) with screws (142). Insert water bottle (143) in holder. Fig 5.

## **5. ATTACHING THE FOOT BARS**

Take the left foot bar (32) and position it on the "U" at the bottom of the left focus bar (21). Fig. 6. Insert screw (57), as shown in Fig. 6A, then fit the flat washer (56) and the self locking nut (55), and tighten securely.

Take the right foot bar (33) and go through the same assembly procedure as with the left.

## **6. ATTACHING THE FOOTRESTS**

Position the left footrest 115 (marked with the letter "L") on top of the unit's left foot, Fig 6B, (left and right refers to the user's position doing exercise) fit screws (e) and tighten.

Next, position the right footrest 116 (marked with the letter "R") on top of the right foot and secure using screws.

## **7. ATTACHING THE FOCUS BAR SPINDLE COVERS**

### **ATTACHING THE CENTRAL COVERS**

Take the front (122) and rear (123) covers and position them on the main post (11). Fig. 7.

Now use the screws (27) and (60) to attach them to the post.

## **8. ATTACHING THE FOCUS BAR SIDE COVERS**

Take the covers (124 and 125), marked on the inside with the letter "R", and

position them at the spindle end with the bars on the right hand side, as shown in Fig. 7. Now use screws (27) and (60) to attach them.

Carry out the same procedure at the other end of the bar using the covers (126 and 127) marked on the inside with the letter "L".

## **9. ATTACHING THE FOCUS BAR SIDE COVERS TO THE FOOT BARS**

Take the covers (118 and 119), marked on the inside with the letter "R", and position them at the end of the foot bars with the inside of the focus bars on the right hand side, as shown in Fig. 7. Now use screws (27) to attach them. Use screws (61) to screw them together.

Carry out the same procedure using the covers (118 and 119) marked on the inside with the letter "L".

## **10. ATTACHING THE MONITOR**

Bring the monitor (1) to the main post (11) Fig. 8, connect the two terminals coming out of the main post (11) and the monitor (1). Fig. 8.

Insert the monitor (1) into the main post (11), as shown in Fig. 8, making sure not to pinch any of the cables. Fit the bolts (5) along with the flat washers (12) and

spring washers (14). Securely tighten all of the bolts on the main post.

## **LEVELING**

Once the unit has been placed into its final position, make sure that it sits flat on the floor and that it is level. This can be achieved by screwing the adjustable feet (Y) up or down, as shown in Fig. 9.

## **MOVEMENT & STORAGE**

The unit is equipped with wheels (W), as shown in Fig. 10, which make it easier to move. The two wheels at the front of the unit make it easier to place the unit into any chosen position by lifting the rear slightly.

Store your unit in a dry place, preferably not subject to changes in temperature.

## **POWER CONNECTION**

Insert the plug for the transformer into the jack on the main body (bottom, rear of the machine) and then plug the transformer (138) into a 110-120 V wall outlet. Fig. 11.

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

# CONSOLE

Fig. 1



Fig 2

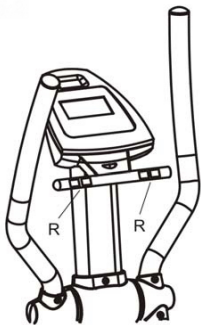
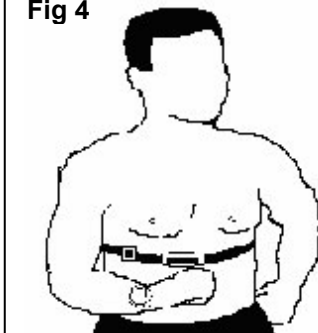


Fig 3



Fig 4



## CONSOLE OPERATION

When the machine is switched on the console will display U1 in the center of the screen. Select the user, between U1-U4, using the ▲/▼ keys and then press the MODE key.

To give you greater control over the exercise, this console provides simultaneous read-outs of speed/rpm, distance, exercise time, calories burned and pulse rate.

## STARTING

The console will switch on automatically and begin at 45 rpm (on this model equivalent to approximately 6 km/h on the console) and switch off if this speed is not reached or if cancelled.

Optionally, if you wish to have the console on constantly you can plug the adapter (9V), supplied with the machine, into the wall outlet (110 V – 120 V) and the plug on the adapter into the jack at the bottom rear of the machine.

The screen will come on automatically when you begin exercising on program "U1" (User 1). To enter personal data, press the MODE key and, with the help of the ▲/▼ and MODE keys, enter values for sex, age, height and weight. After entering the last value you can select the desired program.

If at any time during exercise you press the START/STOP button then all of the unit's functions will stop. Pressing the START/STOP button again will restart the machine.

When working without an adapter, the console switches off automatically as soon as you stop exercising. When working with the adapter, the console will switch off after the machine has been idle for 4 minutes.

**Important:** Dispose of electronic components properly by taking to a recycling center. Figure 1.

## CONSOLE FUNCTIONS

This console has seven function keys: RECOVERY, FAN ON/OFF, START / STOP; RESET, MODE; ▲; ▼. PULSE /

THR is displayed at the top of the console. The center of the screen will simultaneously display the selected program level. There are three windows at the bottom of the display that indicate the SPEED / RPM; TIME; DISTANCE; WATTS / CALORIES.

This console also has 1 manual program, 12 pre-set exertion level programs; 1 user defined program; 4 Heart Rate Control programs and 1 steady watt rate program.

With the console either stopped or working the SPEED / RPM and TIME / CALORIES and DISTANCE / WATT windows give alternate displays every 5 seconds.

By pressing the RESET key the console will enter program selection status. Holding the RESET key down for 4 seconds will reset the console allowing you to select a new user by pressing the ▲/▼ and MODE keys.

## STARTING THE FAN

To switch the fan on or off, press the FAN ON/OFF key.

Whenever you finish your exercise, make sure that the fan is switched off.

## CHANGING FROM ONE WORK MODE TO ANOTHER

This console allows you to work in 5 different modes: Manual, Program, User, Pulse (TARGET HR) and Steady Watt rate. In order to pass from one mode to another press the START/STOP button to stop the console, then press RESET and, with the help of the ▲/▼ buttons and MODE key, select the desired mode.

## MANUAL FUNCTION

After entering your personal data the LEDs for the various programs will start flashing on the right hand side of the console. MANUAL, PROGRAM, USER, HRC and WATT. Press the ▲/▼ keys to select the manual function and press MODE. Press the START / STOP key to start exercising and use the ▲/▼ keys to increase or decrease the exertion level. There are 16 exertion levels. If you press the START / STOP key while at the start

screen, exercise will begin directly in manual mode.

### **Exercise level programming**

If, after selecting manual mode, you press the MODE key the level window will start flashing. By pressing the ▲/▼ keys you can program a level for the exercise (between 1-16 levels). Select the level and press START / STOP to begin the exercise.

### **Programming a time limit**

If, after selecting manual mode, you press the MODE key twice the time window will start flashing. By pressing the ▲/▼ keys you can program a time limit for the exercise (between 0-99 minutes). Select the time and press START / STOP to begin the exercise. The time will begin to count down until it reaches zero and the console will beep several times to advise you that you have reached the programmed value.

### **Programming a distance limit**

If, after selecting manual mode, you press the MODE key three times the distance window will start flashing. By pressing the ▲/▼ keys you can program a distance for your exercise (between 0.0 – 99.9 km). Select the distance and press START / STOP to begin the exercise. The distance will begin to count down until it reaches zero and the console will beep several times to advise you that you have reached the programmed value.

### **Programming a calorie limit**

If, after selecting manual mode, you press the MODE key four times the calorie window will start flashing. By pressing the ▲/▼ keys you can program the calories for the exercise (between 0-9990 Cal.). Select the calories and press START / STOP to begin the exercise. The calories will begin to count down until they reach zero and the console will beep several times to advise you that you have reached the programmed value.

### **Programming the HEART RATE**

If, after selecting manual mode, you press the MODE key five times the PULSE window will start flashing. By using the ▲/▼ keys you can program the heart rate for the exercise (between 30-240 BPM). Select the heart rate and press START / STOP to begin the exercise. If the heart rate is equal to or higher than the target value, the console will beep several times to warn the user to pedal more slowly or reduce the exertion level.

### **PROGRAM FUNCTION**

After entering your personal data the LEDs for the various programs will start flashing on the right hand side of the console. MANUAL, PROGRAM, USER, HRC and WATT. Press the ▲/▼ keys to select the PROGRAM function and press MODE. Press the ▲/▼ keys to select the program graph (1-12) that you wish to use and then press the ENTER key. Press START / STOP to start the exercise. By default the jump to the next column occurs every 0.1 km traveled.

To program time, distance, calories and/or pulse rate, go through the following procedure: Once the program has been selected and before pressing the START / STOP key, press the MODE key to program the time using the ▲/▼ keys. In this case the time will be divided into sixteen stages. Press the ENTER key to program the distance. Press ENTER again to program the calories. Press the ENTER key one last time to program the pulse rate. Press START / STOP to start the exercise.

You can vary the exertion level during the exercise by pressing the ▲/▼ keys.

### **USER PROGRAM**

After entering your personal data the LEDs for the various programs will start flashing on the right hand side of the console. MANUAL, PROGRAM, USER, HRC and WATT. Press the ▲/▼ keys to select the USER function and press MODE. The first column of the exercise level will start flashing to the left of the central area of the display. Select the desired level for this first stage using the ▲/▼ keys and then press MODE.

Repeat this procedure to program all sixteen stages of the user program. Press and hold the MODE key down to exit the profile set up. Press START / STOP to start the exercise.

To program time, distance, calories and/or pulse rate, go through the following procedure: Once you have defined the user program: Press the ▲/▼ keys to select the time. Press the MODE key to program the distance. Press MODE again to program the calories. Press the MODE key one last time to program the pulse rate. Press START / STOP to start the exercise

### **HEART RATE CONTROL PROGRAMS**

After entering your personal data the LEDs for the various programs will start flashing on the right hand side of the console. MANUAL, PROGRAM, USER, HRC and WATT. Press the ▲/▼ keys to select the HRC function and press MODE. Select the target heart rate for the exercise. Use the ▲/▼ keys to select the desired option (55%, 75% 90% or THR) and press the MODE key. The first three represent the percentage with respect to maximum heart rate (220-age) and the fourth is used to specify the target heart rate manually. In the first three cases, the lower window on the display (TARGET HR) will show you the calculated value for your maximum heart rate level. If you choose THR then you should use the ▲/▼ keys to select the desired heart rate and then press ENTER. Press START / STOP to start the exercise. The exertion level will adjust automatically in accordance with the selected heart rate value. If the pulse rate is below the target value then the exertion setting will increase by one level every 30 seconds until it reaches the maximum 16. If the pulse rate is above the target value the console will give out warning beeps and reduce the exertion settings by one level every 15 seconds until it reaches the minimum 1. If the pulse rate still stays above the target value for more than 30 seconds the console will beep and stop in order to protect the user.

To program time, distance, calories and/or pulse rate, go through the following procedure: Once the heart rate program has been selected and before pressing the START / STOP key, press the ENTER key to program the time limit using the ▲/▼ keys. Press ENTER again to program the distance. Press the ENTER key one last time to program the calories. Press START / STOP to start the exercise.

Your hands must be placed on the pulse sensors (R) when using these programs.

### **STEADY WATT RATE PROGRAM**

After entering your personal data the LEDs for the various programs will start flashing on the right hand side of the console. MANUAL, PROGRAM, USER, HRC and WATT. Press the ▲/▼ keys to select the WATT function and press MODE. By pressing the ▲/▼ keys you can program the watts to produce for the exercise (between 10-350 Watt.). Select the watts and press START / STOP to begin the exercise. The exertion level for the exercise is self adjusting based on the speed and number of watts selected. Three symbols will help you with your training sessions:

▲ – Within the work margin, this indicates that the speed is too high and you should slow down.

▼ – Within the work margin, this indicates that the speed is too low and you should speed up.

----- This indicates that the watts being produced are outside the work limit (either too high or too low) so you should speed up or slow down accordingly. The console will beep several times to indicate this status. If the situation continues for more than three minutes, the console will give six beeps and then switch itself off, resetting the watt value back to zero.

### **HAND-GRIP PULSE MEASUREMENT INSTRUCTIONS**

#### **PULSE Hand-grip**

On this model the pulse rate is measured by placing both hands on the sensors (R), located on the handlebar, as shown

in Figure 2. When both hands are placed on the sensors the heart symbol on the right-hand side of the screen, marked PULSE, will begin to flash and after a few seconds a heart rate reading will be displayed.

If both hands are not placed correctly as shown in figure 3 then the pulse function will not work.

If a «P» appears on the screen or the heart symbol does not flash, make sure that both hands are placed correctly on the sensors.

### **TELEMETRIC PULSE RATE**

The console is equipped to receive signals from a telemetric pulse measurement system. The system is comprised of a receiver (D) and a transmitter (chest band) Fig 4.

**This telemetric pulse rate system takes precedence over the Hand-grip pulse rate system when both are used together.**

### **TEST MEASUREMENTS: FITNESS**

This console is equipped with a recovery test function. This offers you the advantage of being able to measure how long it takes your heart rate to recover after having finished the exercise. Upon finishing the exercise leave your hands on the pulse sensors (R) and press the «Recovery» button, this will start a one minute countdown. Only the Time and Pulse rate function read-outs will remain displayed. The console will measure your pulse rate during this minute. The heart rate recovery time will be displayed on the Heart rate line.

If, at any time during this minute, you decide to abandon this test then press the «Recovery» button and this will take you back to the main screen.

When the minute is up, the console will work out the difference and your fitness rating will be displayed up on the screen: «F1, F2,..., F5, F6»; where «F1» is the best (fitness «Excellent») and «F6» the worst (fitness «Very Poor»).

Pressing the RECOVERY button will take you back to the main screen, where the functions will be in the same mode as when the test began.

The comparison between the worked heart rate and the recovery heart rate provides a fast, simple method of gauging how fit you are. Your fitness rating is a guideline that shows you how fast your heart recovers after physical exertion. If you exercise regularly then you will see your fitness rating improve.

The test does not work unless you have both hands placed on the sensors (R) (Hand-grips). In this case the message «F6» will appear on the screen at the end of the test.

### **TROUBLESHOOTING GUIDE**

#### **Problem:**

The display comes on but only the Time function works.

#### **Solution:**

a.- Make sure that the connection cable is connected.

#### **Problem:**

Display segments of a function readout are not visible or error messages for a particular function appear.

#### **Solution:**

a.- Finish the exercise or unplug it from the wall outlet for 15 seconds and then plug it back in.

b.- If the above steps do not help then replace the console.

### **9V Transformer**

#### **Problem:**

The console does not switch on.

#### **Solution:**

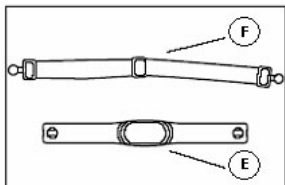
a.- Check the wall outlet connection

b.- Check the output connection from the transformer to the machine.

c.- Check the cable connections for the main post.

Avoid leaving the console in direct sunlight as this might damage the liquid crystal display. Similarly, do not expose it to water or shock.

## INSTRUCTIONS FOR THE TELEMETRIC PULSE SENSOR



### USE OF THE CHEST BAND (Pulse sensor)

The chest band transmits the pulse rate by contact with the chest and sends a signal to the display.

**PRECAUTION:** Before beginning any exercise program, you should consult your doctor and tell him about the intensity of the exercise. If you use a pacemaker do not use the band until you have consulted with your doctor.

### ASSEMBLY AND USE OF THE CHEST BAND

The key to flawless heart rate measurement is putting the transmitter on correctly as described below.

1. Attach the chest transmitter (E) to the elastic belt (F).
2. Adjust the strap (F) to fit tightly and comfortable.
3. Secure the strap (F) around your chest, below the breasts and lock the buckle.
4. Without detaching the elastic strip (F), pull the transmitter away from your body exposing the two grooved areas that are located on the inside of the transmitter. Wet the grooved electrode areas with saliva, contact lens solution or any other saline solution. Return to its original position against your skin with the Polar text in a central up-right position.
5. After wetting the electrodes, do not slide the transmitter around on your body as this has the effect of drying the electrodes. It is recommended to wear the transmitter against bare skin to ensure successful operation. If a transmitter is worn over a shirt, the shirt has to be well wetted under the electrode area to ensure proper conductivity.

Wear the band as high as possible just below the breast bone with the transmitter in the center and the electrode contacts flat against the skin. Doing this correctly assures a correct reading of the heart beat.

### HOW TO IMPROVE CONDUCTIVITY

The technology used for the chest transmitters is based on measuring ECG signals. It is important for successful heart rate measurement that a proper electrical connection between the skin and the electrodes of the Polar Transmitter can be established and maintained during exercise. Sometimes, dry skin or hairy chest can create a nonconductive layer between the electrodes and chest which prevents proper and reliable operation of the transmitter.

Conductivity can be easily improved through properly wetting the electrodes by water, saliva, contact lens solution or other saline solution.

### HOW TO GET A PROPER ECG SIGNAL FOR TRANSMITTER

It is possible, however, that despite the above mentioned recommendation, the transmitter does not work well due to a slightly divergent ECG signal. The ECG signal of some people can be so weak or the optimum location may vary so that the transmitter has to be moved slightly to left or right in order to get sufficient voltage difference for the proper operation of transmitter. Weak ECG signals can result from heart diseases, heart surgeries or the natural characteristics of the heart and the location of the body potential vectors.

Important. Do not bend or stretch the electrode strips as this may permanently damage sensitive internal electronic components. Recommendation. If you have a sunken chest, the rubber electrodes may not make a good contact without additional pressure and the result will be intermittent readings. Adding a second chest band on the transmitter can solve this problem.

Please remember that this chest band, just as all devices that do not use cables,

can it be affected by electromagnetic interference. These can cause incorrect readings on your chest band.

Sources of interference or situations that can cause incorrect readings are:

-Your monitor picks up signals in a radius of approximately 30 inches. If you are carrying out exercises too near to another person that is wearing a chest band, your screen can pick up their signal. To avoid this, maintain the appropriate distance.

-Television set, computers, cellular telephones, lines of high tension and electric motors can produce interference. If you observe an erratic reading move away from the interference source. Your chest band will then return to work correctly. It is important to place the chest band correctly to obtain a correct reading.

#### **CARE AND MAINTENANCE OF THE TRANSMITTER**

-To maintain a proper level of operation, the transmitter has to be cleaned regularly after use with a mild soap and water solution. If you, however, want to disinfect your transmitter after use, a chlorine solution similar to that approved for pool swimming may be used. Please avoid untested disinfecting compounds, they may cause permanent damage to the transmitter. After disinfecting, the transmitter should be cleaned by water or soap solution to avoid allergic reactions on skin.

- After using, clean and dry your unit carefully. A weak signal can be due to dirt.

- Do not expose your band to excessive heat or cold.

- Do not leave your unit exposed to direct sunlight or in your car

- Keep your unit in a well ventilated place.

Note. Never use abrasives and other chemicals as they may cause permanent damage to the electrodes decreasing conductivity or durability.

Storing of transmitter. It is highly recommended to store the transmitter in a cool and dry place to maximize the

battery life. Before storage all moisture should be wiped off.

#### **FREQUENTLY ASKED QUESTIONS AND ANSWERS**

##### **Question 1:**

Heart rate readings take a long time to appear.

##### **Answer 1:**

If the heart rate readings start appearing after you start perspiring, this is an indication that the transmitter electrodes weren't initially wetted properly prior to commencing the exercise.

##### **Question 2:**

If there is no heart rate reading, please check the following things:

##### **Answer 2:**

a) The transmitter should be placed on the rib cage just below the breasts with the word "Polar" facing out, reading right side up.

b) With the transmitter in position and reasonably tight around the chest of the user, pull the transmitter away from the body and wet the electrodes with water, saliva, contact solution or other saline solution.

c) If the readings still fail to appear, please have someone else try the transmitter on and see if that person can get it to work.

d) The following medical conditions may create problems:

•Premature ventricular contractions, tachycardia bursts, and arrhythmias can result in strange or no heart rate readings.

•If the user has an implanted medical device such as a pacemaker, you must consult your physician prior to using the Polar Transmitter.

e) The ECG signal perceived by the transmitter is too weak for successful measurement. Heart diseases, heart surgeries or natural characteristics of a heart may result in weak ECG signals. In many cases, where a weak ECG signal is the reason for problems, reliable operation can be obtained by moving the transmitter a little bit to the left or right. Remember to rewet electrodes.

f) Electromagnetic interference. Polar transmission can be affected by high

power transmission lines or other such devices that generate powerful magnetic fields located in the area of equipment usage. If one of your associates has a Polar heart rate monitor, if possible, borrow it for a while to check if that unit works properly in the area of exercise equipment. If it does not and it works outside or another area of the house, the location is very difficult for wireless heart rate measurement and the equipment should be moved to another location.

g) Receiver has broken down for some reason.

**Question 3:**

Irregular heart rate reading

**Answer 3:**

a) The most common reason for irregular readings especially at the beginning of exercise session is that there is no proper connection between skin and the electrodes of transmitter. To ensure a proper connection, electrodes should be wetted prior to exercising.

b) Elastic strap is too loose allowing transmitter to move during exercise.

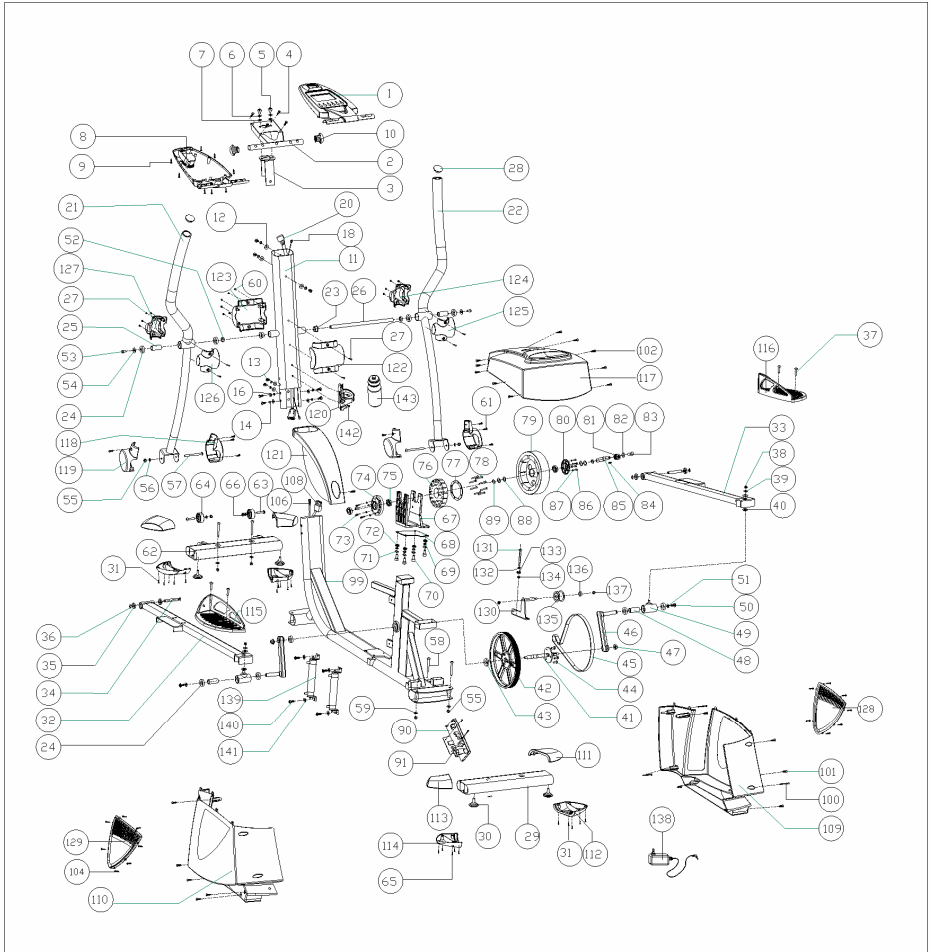
c) Ensure that there is no anyone else wearing a transmitter in the reception area of your receiver. If there are other transmissions close to you crosstalk may appear, unless you are using the coded Products Polar products.

d) Pacemaker and other implanted devices may change the electrical characteristics and operation of heart so that transmitter detects several beats instead of one beat.

e) Some people have a reversed ECG signal compared to normal a ECG signal possibly causing a transmitter to send two pulses for each heart beat. Please turn transmitter upside-down.

f) Interferences. Electrical equipment such as monitors, motors, LED displays, transformers switches, cellular phones etc. generate electromagnetic noise which may cause missing or extra pulses resulting in incorrect heart rate reading.

# IRIDIUM ELLIPTICAL



## **WARRANTY**

### **USA Warranty**

**Warranties may vary in other countries. See your local BH Fitness Dealer.**

**BH FITNESS** extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home. Any other use of the device shall void this warranty.

#### **FRAME and GENERATOR – Lifetime**

BH Fitness warrants the Frame and Generator against defects in workmanship and materials for Lifetime from the date of original purchase, so long as it remains in the possession of the original owner for home use.

#### **PARTS – 5 Years**

BH Fitness warrants all original parts against defects in workmanship and materials for a period of Five years from the date of original purchase, so long as the device remains in the possession of the original owner for home use.

#### **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, so long as the device remains in the possession of the original owner for home use.

#### **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. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. 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 or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

**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.