



SK2000 STEPPER OWNER'S MANUAL



BH FITNESS

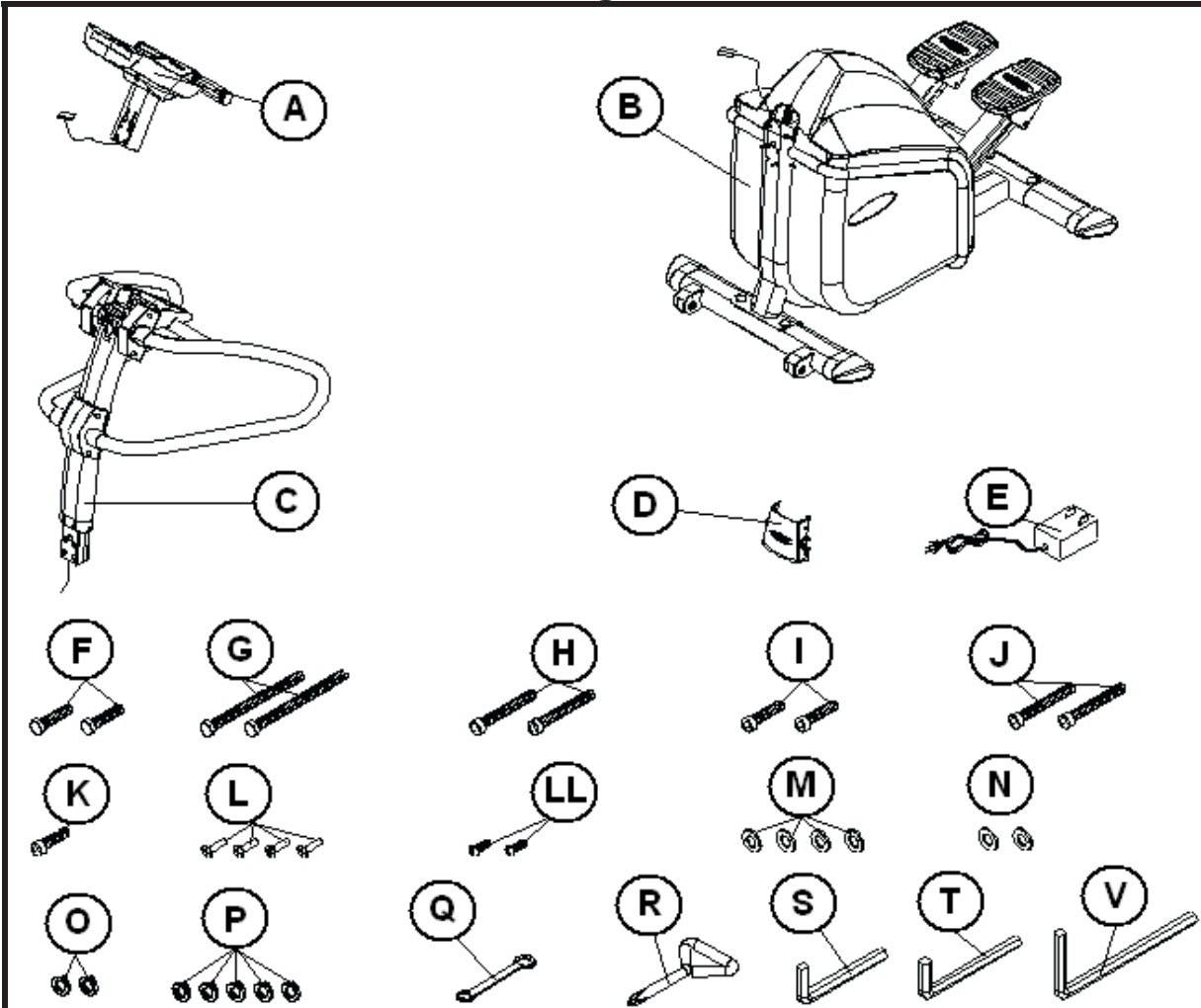
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Fig 1



- A) - Monitor.
- B) - Main body
- C) - Handrail Handlebar
- D) - Front trim cover.
- E) - The AC adapter
- F) - Screw M-10x 30 Quantity 2
- G) - Screw M-10x 80 Quantity 2
- H) - Allen screw M-6x65 Quantity 2
- I) - Allen screw M-8x25 Quantity 2
- J) - Allen screw M-8x55 Quantity 2
- K) - Allen screw M-10x2 5 Quantity 1
- L) - Screw Phillips M-5x15 Quantity 4

- LL) - Screw Phillips M-4x15 Quantity 2
- M) - Flat washer M-10 Quantity 4
- N) - Flat washer M-8 Quantity 2
- O) - Grower washer M-8 Quantity 2
- P) - Grower washer M-10 Quantity 5
- Q) - Combination spanner
- R) - Star driver spanner
- S) - Allen key 5mm.
- T) - Allen key 6mm.
- V) - Allen key 8mm.

Fig 2

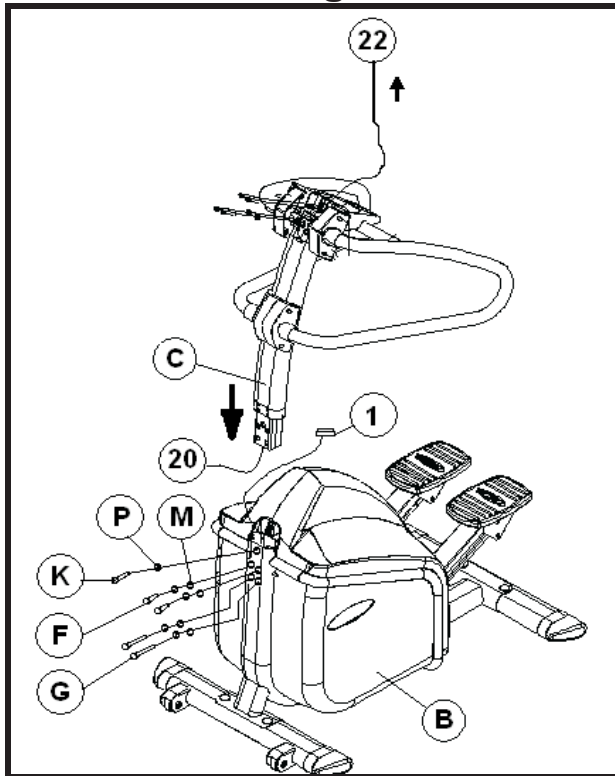


Fig3

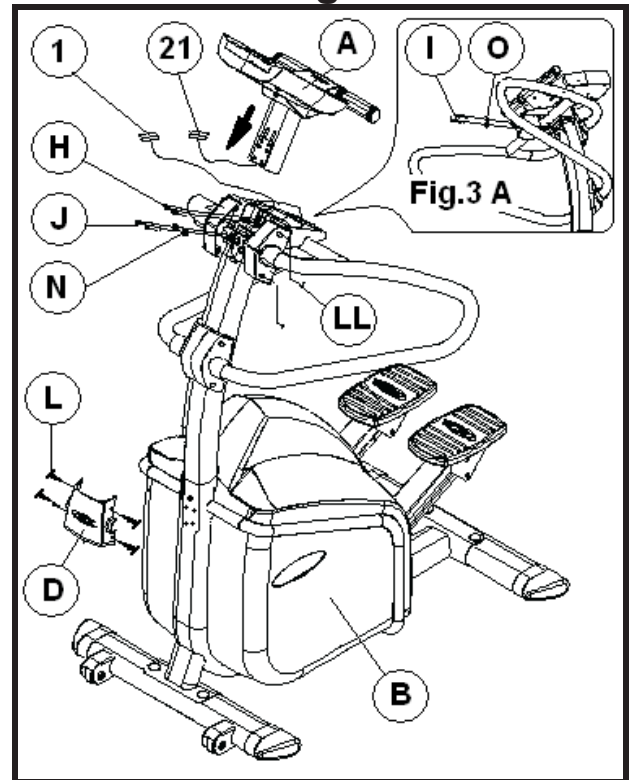


Fig 4

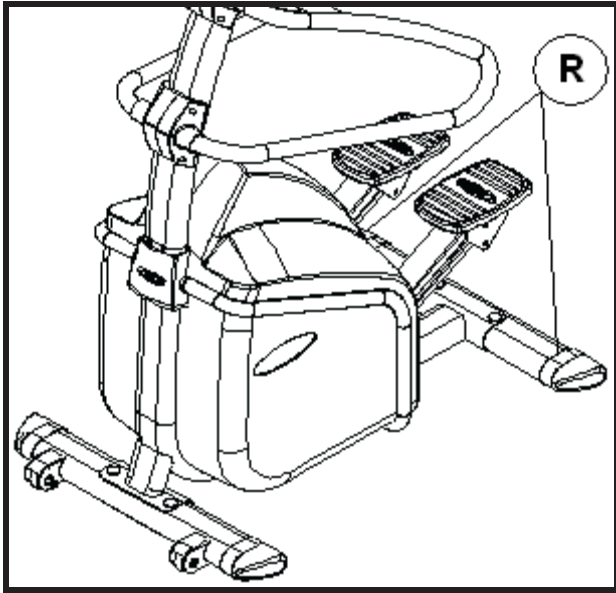


Fig 5

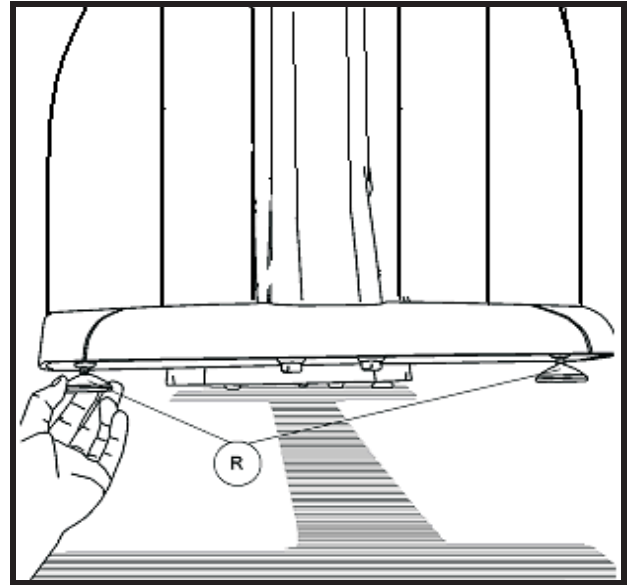


Fig 6

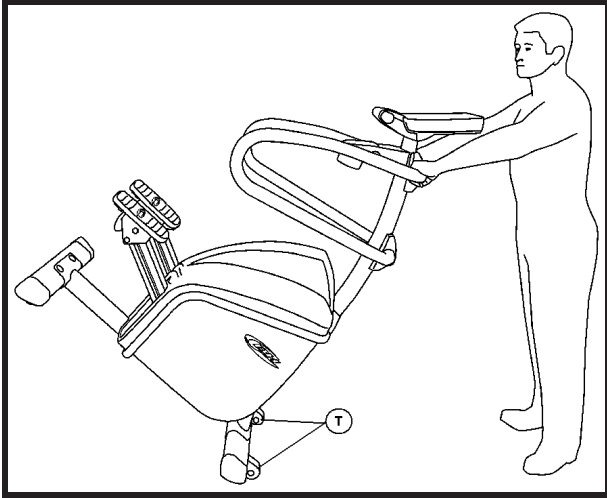


Fig 8

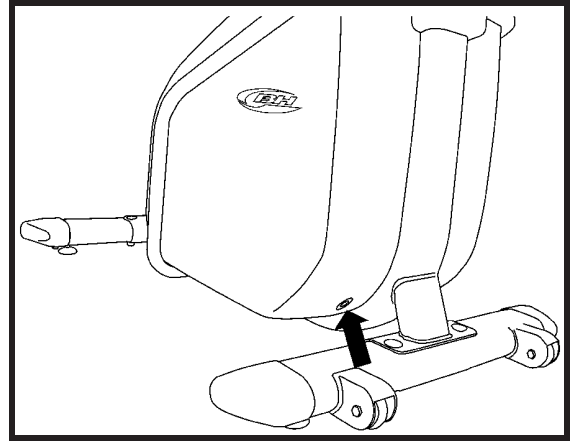
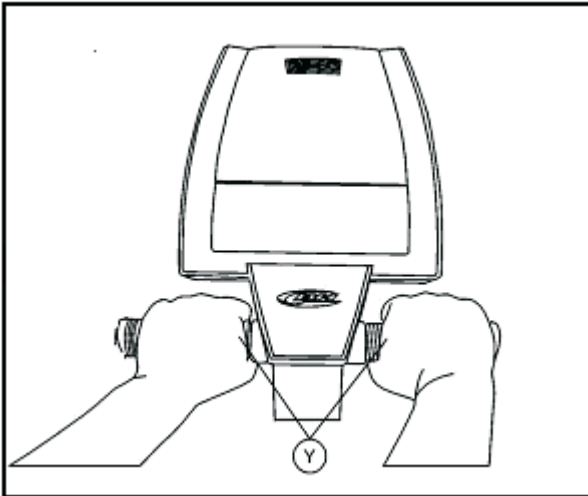


Fig 7





IMPORTANT SAFETY INSTRUCTIONS

User Safety

1. Users should pass a full medical examination before they begin an exercise program. Work at the recommended exercise level. Do not over exert yourself. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
2. Before exercising calculate your maximum heart rate using the formula on page 19 (P12 Heart).
3. Do warm up stretching exercises before using the unit.
4. Verify that all of the parts are attached and that the nuts, bolts, pedals and bar are correctly tightened before use.
5. Do not wear loose clothing or high heels. Tie up shoe laces.
6. The maximum user weight is 330 pounds (150 Kg).
7. Keep hands away from moving parts.
8. Supervise children at all times. Children are curious and vulnerable to accidents. Do not use the unit as a toy. Individuals with physical limitations should not use the equipment without the assistance of a qualified person or doctor.
9. The owner is responsible for explaining safety instructions to each user.
10. The unit can only be used by one person at a time.

Unit Safety

1. For safety, maintain a minimum clearance around the unit. Maintain 18 inches on the front and on each side of the unit plus 24 inches at the rear of the unit.
2. Install and use the unit on a flat, stable surface, with some type of protection for the floor or carpet. Do not place it alongside walls or furniture. Check the unit before each use.
3. Please read all of the instructions before assembling or using this unit.
4. To reduce the dangers and risk of electric shock, always unplug the unit from its electrical power immediately after using, before cleaning, opening, disassembling or doing maintenance.
5. Do not place sharp objects near the exercise equipment.
6. Do not use the exercise equipment if it is not working correctly.

WARNING: To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. The unit should never be left unattended when plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before adding or removing parts.
8. Do not operate the unit under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, injury to persons or inflict the harm of a burn.
9. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
10. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.



IMPORTANT SAFETY INSTRUCTIONS

11. Never operate the unit when the air openings are blocked. Keep the air openings free of lint, hair and the like.
12. Do not drop or insert any objects into any openings.
13. Do not use outdoors or near water.
14. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Adapter Safety

The Adapter may have a polarized plug (one blade is wider than the other). This plug will fit only one way into a polarized outlet. If the plug does not fully fit into the outlet, then reverse the plug. If it still does not fit then contact a qualified Electrician to install the correct outlet. Do not change the plug in any way.

Please save these instructions.



ASSEMBLY INSTRUCTIONS

1. The unit is heavy. Two people are required to safely assemble the unit. Take the unit out of its box and make sure that all of the pieces are there, Fig 1:

- A) - Monitor
- B) - Main body
- C) - Handrail Handlebar
- D) - Front trim cover.
- E) - The adapter

- F) - Screw M-10x 30 Quantity 2
- G) - Screw M-10x80 Quantity 2
- H) - Allen Screw M-6x65 Quantity 2
- I) - Allen Screw M-8x25 Quantity 2
- J) - Allen Screw M-8x55 Quantity 2
- K) - Allen Screw M-10x25 Quantity 1
- L) - Screw Phillips M-5x15 Quantity 4
- LL) - Screw Phillips M-4x15 Quantity 2
- M) - Flat washer M-10 Quantity 4
- N) - Flat washer M-8 Quantity 2
- O) - Grower washer M-8 Quantity 2
- P) - Grower washer M-10 Quantity 5

- Q) - Combination spanner
- R) - Star driver spanner.
- S) - Allen key 5mm.
- T) - Allen key 6mm.
- V) - Allen key 8mm.

2. ATTACHING HANDRAIL HANDLEBAR

Bring the handrail handlebar (C) up to boss on the main body (B), Fig. 2

Take terminal (1) on Body (B) and, with the help of the cord (20-22) already inserted inside the handlebar tube, pull Terminal 1 in through the tube (C) bringing it out through the top.

Now slip the handlebar tube over the boss on the main body (B) in the direction of the arrow, as shown in Fig. 2, making sure not to snag any of the cables.

Next, take screw (K) along with the washer (P), Fig. 2, and secure. Then take screws (F) along with their washers (P) and flat washers (M) and secure. Finally, take screws (G) along with the washers (P) and flat washers (M) and tighten securely, including those fitted previously.

3. FITTING THE MONITOR

Take hold of the monitor (A) and bring it up to the handlebar tube (C), as shown in Fig. 3. Connect the terminals (1), sticking up out of the top of the tube (C), with terminal (21) coming down from the bottom

of the monitor (A), Fig.3, and insert the tube on the monitor into the boss on the main body (B) in the direction of the arrow, making sure not to snag any of the cables.

Check that the cables are connected correctly by pushing the foot pedals in order to spin the dynamo until the monitor starts to operate.

Once you have checked that it works, insert screws (H). Insert washer (N) with screw (J), Fig.3.

Then take screws (I), along with the washers (O), and tighten as shown in Fig 3A.

Line the handlebar up with the machine and tighten the screws (H) and (J) securely.

4. FITTING THE FRONT TRIM COVER

Place the trim cover (D) on the front part of the unit, Fig.3. Next, take screws (L) and secure the cover by tightening the screws.

5. FITTING THE TOP TRIM COVERS

NOTE: The top trim covers are preassembled onto the handlebars (C). They are placed into the correct position and screwed on.

Move the top trim covers up to the handlebar (C) tube, Fig. 3. Take screws (LL) and screw them on.

6. LEVELLING

Figure 5. When doing exercise, make sure that the unit sits flat on the floor and that it is level. Screw the adjustable support blocks (R) up or down.

7. MOVEMENT & STORAGE

The appliance is equipped with wheels (T) making it easier to move about. The two wheels at the front of the appliance make it easy to store the unit away, as shown in Fig.6.

8. PULSE MEASUREMENT

Your pulse rate is measured by placing both hands on pulse sensors (Y) located on the handlebar, see Fig.7.

NOTE: You can also use the wireless chest belt (not included) to measure your heart rate. The reading from the wireless belt pulse reading takes precedence over the pulse sensors (Y) located on the seat hand-grips or handlebar.

9. BATTERY CHARGE

Before starting the battery charge, make sure that the voltage supply is 110V-120V.

Connect the AC/DC adaptor (E) to a 110V-120V, 15 or 20 Amp dedicated outlet. Then, connect the Adapter at the low end of the chain cover, Fig 8.

ELECTRONIC MONITOR

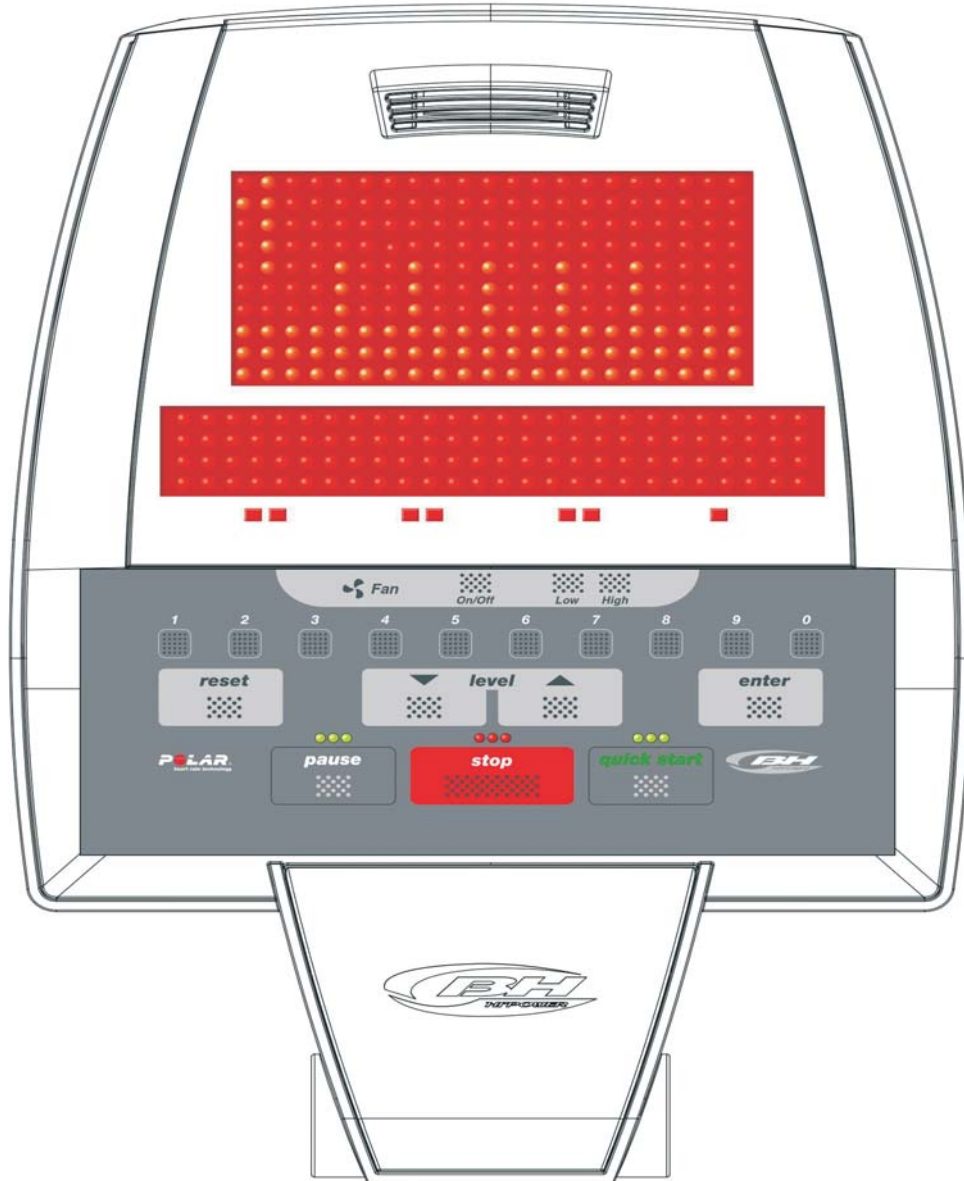


Fig 11

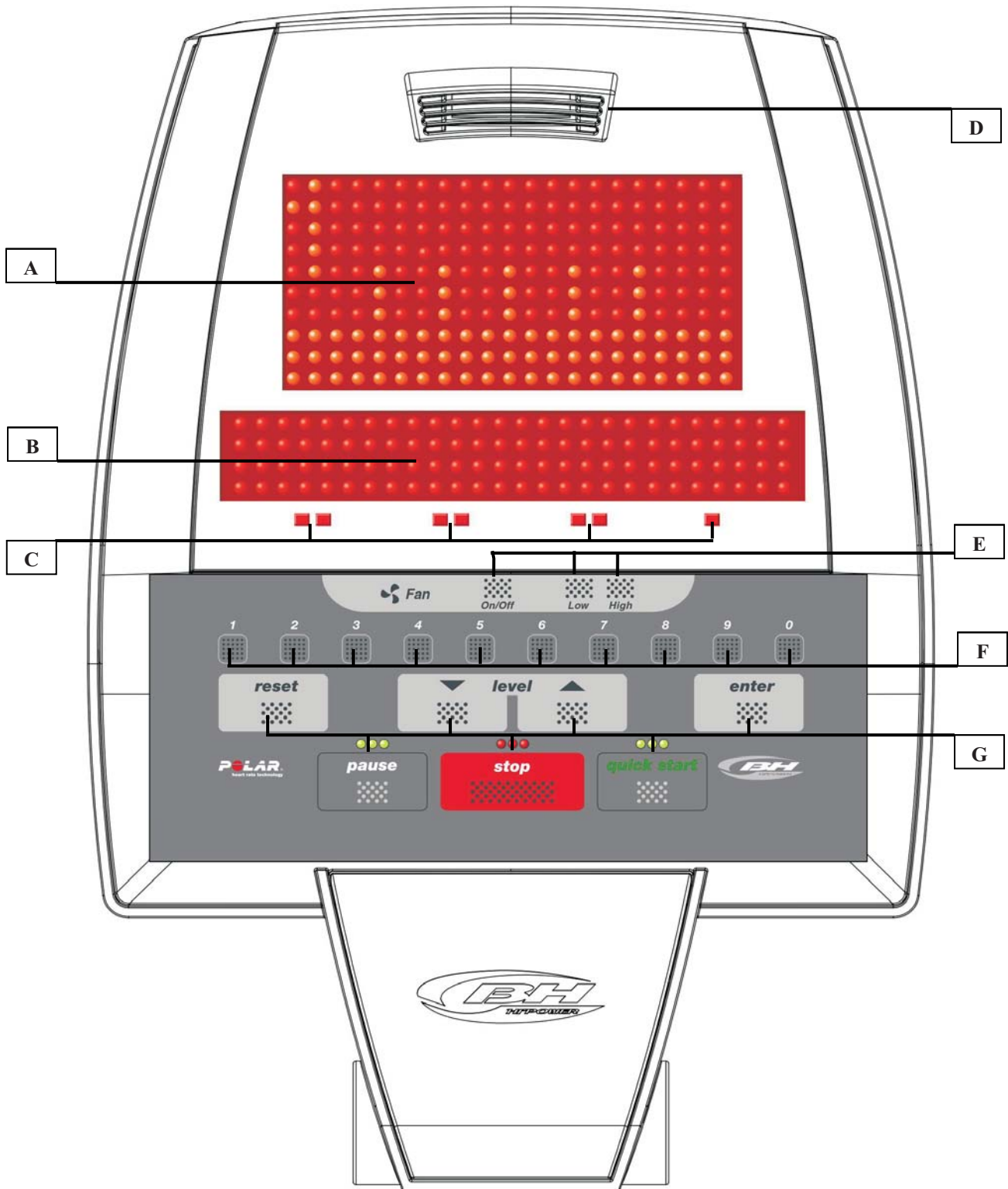


Fig. 12

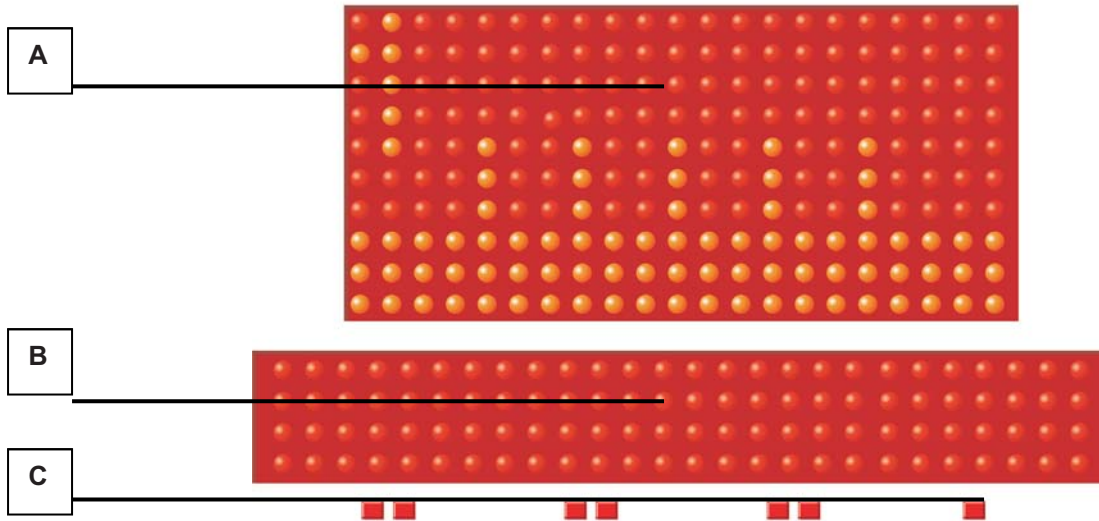
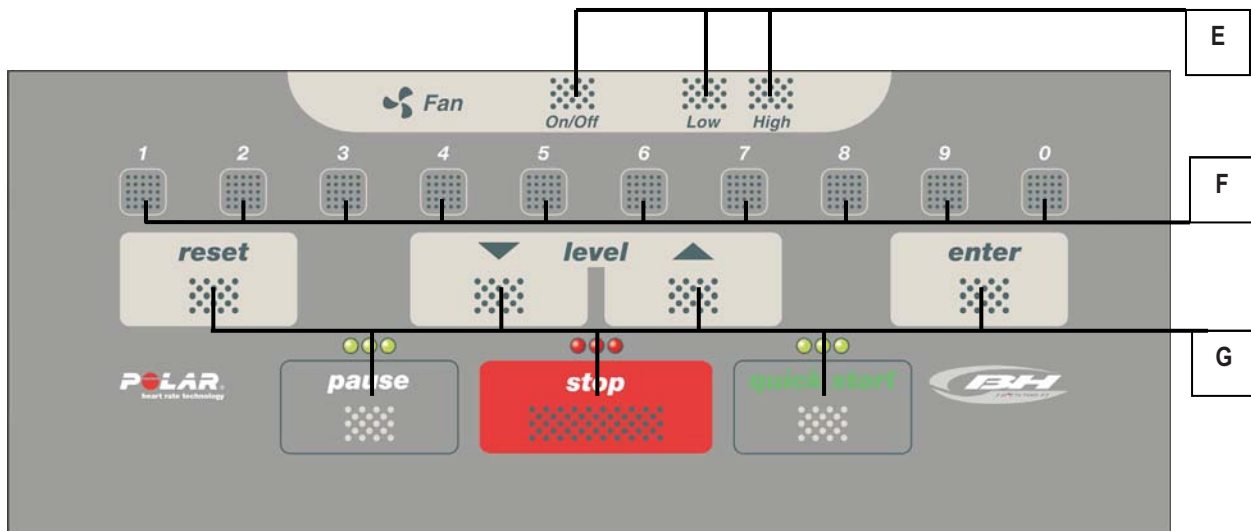


Fig. 13





GENERAL INSTRUCTIONS

This exercise machine is equipped with a dynamo that makes use of the energy produced by the user (while exercising) to power the electronic monitor and the brake controller.

This exercise machine also includes a set of batteries that store enough energy to keep the electronic monitor operating for 60 seconds after the dynamo has stopped.

Should the battery run down because of an operational fault, it can be recharged by using the adapter that is supplied with the exercise machine.

To switch the monitor on, start doing exercise with the machine.

ATTENTION: The adapter should be plugged into a 110V-120V, 15 or 20 Amp dedicated outlet.

The electronic monitor is designed to be easy and intuitive to use. The messages that appear on the bottom screen (B) will guide the user throughout the whole exercise.

Nevertheless, we recommend that the gym instructor reads through this section carefully to become fully familiar with the electronic monitor in order to show the user how to operate it correctly.

IMPORTANT: TO ENSURE THAT THE BATTERIES OPERATE CORRECTLY AND LAST LONGER IT IS ADVISABLE TO RECHARGE THEM USING THE SUPPLIED ADAPTER.

PERSONALIZING THE ELECTRONIC MONITOR

Follow the steps below to access the monitor's personalization mode: With the monitor switched off, press and hold the RESET key and the O key at the same time, and then begin the exercise without releasing the keys.

1) CHANGING FROM km to Mile

As soon as the monitor switches on, the words "FACTORY SETTINGS" will appear on the alphanumeric screen (B), Figure 11. Press the ENTER key and the word UNITS will appear, press the ENTER key and the word METRIC will flash, select the unit of speed by using the LEVEL▲ and LEVEL▼ keys. (METRIC / Km. -- ENGLISH / Miles) press the ENTER key and the word "UNITS" will start flashing again, using the LEVEL▲ key , move on to the (2 WHEELSIZE) setting on the adjoining bottom screen.

If you wish to exit the personalization mode, press the STOP key and the manual program will be displayed on the LED array (A).

2) CHANGING DISTANCE PER REVOLUTION.

With the word "WHEELSIZE" flashing, press the ENTER key and a figure between 0 to 80 will start flashing. Select the value 80 using the LEVEL▲ or LEVEL▼ keys press the ENTER key and the word "WHEELSIZE" will start flashing again, using the LEVEL▲ key , pass on to the (3 LANGUAGE) setting on the adjoining bottom screen. If you wish to exit the personalization mode press the STOP key.

3) CHANGING LANGUAGE

With the word "LANGUAGE" flashing, press the ENTER key and the current language will start flashing. Select your language using the LEVEL▲ and LEVEL▼ keys and then press ENTER, the word "LANGUAGE" will start flashing again, using the LEVEL▲ key , pass on to the (4 POWER) setting on the adjoining bottom screen. If you wish to exit the personalization mode press the STOP key.

4) SELF OR ELECTRICALLY POWERED

With the word "Power" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL▲ and LEVEL▲ keys

The ON option is used to keep the monitor on at all times. If the ON option is selected **it will be necessary to ensure that the machine is plugged into the 110V-120V supply by means of the adapter.** When you have selected an option press the ENTER key to confirm and the word "POWER" will start flashing again. Stop exercising.

If you wish to switch the monitor off with this option, press and hold the STOP keys until you hear a beep. Wait 45 seconds and the unit will switch over to the OFF option.

With the OFF option the machine is self powered, which means that the monitor will come on as soon as you start exercising. Once you have selected this option press the ENTER key and the word "POWER" will start flashing.



Use the LEVEL▲ key to pass on to the (5 SPR time) setting on the adjoining bottom screen. With the OFF option selected the monitor will switch itself off 45 seconds after you have finished exercising. If you wish to exit the personalization mode press the STOP key.

5) STEADY PULSE RATE TIME.

With the word "SPR time" flashing, press the ENTER key and a figure between 20 and 60 seconds will start flashing. Select the flashing value using the LEVEL ▲ and LEVEL▼ keys and then press ENTER to confirm, the word "SPR time" will start flashing again, using the LEVEL▲ key , pass on to the (6 MANUAL T) setting on the adjoining bottom screen. If you wish to exit the personalization mode press the STOP key.

6) MAX. EXERCISE TIME

With the word "MANUAL T" flashing, press the ENTER key and a figure between 0 and 60 minutes will start flashing. Select the flashing value using the LEVEL ▲ and LEVEL▼ keys and then press ENTER to confirm, the word "MANUAL T" will start flashing again, using the LEVEL▲ key , pass on to the (7 TEXT) setting on the adjoining bottom screen. If you wish to exit the personalization mode press the STOP key.

7) CHANGING THE WELCOME MESSAGE

With the word "TEXT" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL ▲ and LEVEL▼ keys Choosing the ON option allows you to change the monitor's welcome message.

Once the ON option has been selected, press the ENTER key and a flashing cursor will appear on the alphanumeric screen (B). Use the LEVEL ▲ and LEVEL▼ keys to enter a welcome message letter by letter. Once you have finished entering the message, press the ENTER key for a few seconds and the word "TEXT" will start flashing. Use the LEVEL▲ key to pass on to the (8 SOUNDS) setting on the adjoining bottom screen. If you wish to exit the personalization mode press the STOP key.

8) CHANGING THE SOUND

With the word "SOUNDS" flashing, press the ENTER key and the word ON or OFF will start flashing. Select the flashing value using the LEVEL ▲ and LEVEL▼ keys and then press ENTER to confirm, the word "SOUNDS" will start flashing again.

Press the STOP key to exit the personalization mode and the manual program will be displayed on the LED array (A).

Begin exercising and you will see that the changes have been made.

PERSONALIZED SETTINGS PANEL

Setting	Description
1) Metric	Change speed unit from km/h to mph
2) Wheel size	Change rpm – distance covered ratio
3) Language	Define the language in which messages are displayed on the monitor. Options: Spanish, Portuguese, English, French, German, Dutch, Italian.
4) Power	Define the method of operating the machine, between self-powered or connected to the 110V-120V supply. If the ON mode is selected, the machine has to be plugged into the 110V-120V supply. To switch off the monitor in ON mode, hold the STOP key down for 4 seconds. Options: - OFF (Battery operated) - ON (110V-120V operated). IMPORTANT: With the ON option it must be plugged into the 110V-120V supply otherwise the batteries will run down and may become useless.
5) SPR time	Establishes the calculation rate for the steady pulse rate program. Options: Value in seconds (minimum 20, maximum 60)
6) Manual T	Establishes a maximum time limit for the exercise. Options: - 0 (No maximum time limit established) - Exercise time limit values in minutes (maximum 60)

<p>7) Text</p>	<p>Options: - OFF (The welcome message is displayed by default) - ON (Allows the welcome message to be edited) For personalizing the welcome message, including, for example, the name of the gymnasium.</p>
<p>8) Sounds</p>	<p>Enables or disables sound messages emitted by the monitor. Options: - ON (Enabled) - OFF (Disabled)</p>

ELEMENTS OF THE ELECTRONIC MONITOR (Fig 11)

The electronic monitor is made up of two distinct areas:

The top area, **Fig. 12 (A – B – C)** for the **DISPLAY**

The bottom area, **Fig. 13 (E – F – G)** for the **KEYPAD**

DISPLAY

This area comprises of two screens.

(A) The top LED array, which displays real-time exertion levels being produced during the selected program.

(B) Bottom alphanumeric screen, which guides the user selection options and exercise.

The top screen (A) displays the various pre-programmed exercise profiles (programs) that we can select and, during exercise, current exertion levels.

The bottom alphanumeric screen (B) is used to guide the user when selecting the exercise to do, as well as displaying information about the exercise both during and after the session. The LED indicators (C) located below the alphanumeric screen give a simultaneous readout of SPEED / R.P.M; TIME / DISTANCE; CALORIES / WATTS; PULSE RATE and indicate which information is being displayed throughout the exercise.

The data that are displayed on the LEDs (C) during exercise are as follows:

- STEPS/MIN: SPEED: This shows an estimated value of the linear velocity at which a person would be travelling based on the user's pedalling rate. The value is displayed in Miles per hour or kilometres per hour (km/h)

-TIME: This shows the time that has elapsed since you started the exercise or, if a time limit has been established, the amount of time left before the exercise finishes. Time is displayed in minutes and seconds (mm:ss).

-DISTANCE: This shows the distance that you have travelled since beginning the exercise. The distance is calculated by using the estimated linear velocity (SPEED) and the units displayed are miles or kilometres.

-CALORIES: This shows the estimated number of calories that have burnt off up until now. This calculation is based on the energy being produced and the weight and age values provided by the user.

-WATTS: This shows the amount of energy currently being produced during the exercise. This calculation is based on the exertion level at which the user is working and the pedalling rate. The information is displayed in Watts.

-PULSE: This shows the user's heart rate, this information is provided through the hand-grip sensors or the telemetric chest band. When both of these are used together, priority is given to the wireless chest belt. For more information about heart rate refer to the section titled: Pulse measurement; chest belt and hand-grip.



KEYPAD.

The function of each key is listed below. See Figure 13.

The electronic monitor includes an easy-to-use keypad. This keypad consists of Fan keys (E), numeric keys (F) and function keys (G).

- **Fan keys** (E) – **Off / On; Low** (minimum speed); **High** (maximum speed).

- **Numeric keys** (F) - (1- 0) are used to enter the data requested by the monitor.

- **Function keys** (G) – **reset; level ▲ ; level ▼ ; enter ; pause ; stop ; quick / start** . are used to select a particular exercise, enter requested data, control exercise exertion levels and to finish the exercise.

-**Reset** Reset key. This is used to erase the data that have been entered into the monitor when selecting a program.

-**Level ▼** Key for decreasing exertion level. When pressed during exercise this key will decrease the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move on to the next profile screen.

-**Level ▲** Key for increasing exertion levels. When pressed during exercise this key will increase the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move back to the previous profile screen.

-**Enter** Selection and validation key. This is used during pre-programmed profile selection to select a profile, confirm data that have been entered and to start the exercise. It is also used during user profile programming to confirm the exertion level settings for each minute.

-**Pause** Pause key. If this is pressed during a session, the exercise is interrupted and the exercise chronometer is halted. To restart the exercise chronometer press the **Pause** key again or continue exercising. There is a 45 second time limit in pause mode, after which the exercise will be taken as finished and the monitor will switch itself off.

If, in pause mode, the STOP key is pressed then the exercise will be taken as finished.

-**Stop** Stop key. If this is pressed during the session, the exercise will be taken as finished and exertion settings will drop to minimum level. A summary of all the exercise data will be displayed and it will then return to the start screen.

Hold the STOP key down for 3 seconds in Start/Ready mode, and the console will automatically change to off status with a beep if the POWER option under project mode is on.

-**Quick / Start** Quick start key. When this key is pressed, provided that the LED on the key is flashing, exercise will begin in manual mode.



STARTING

In order to switch the monitor on it is necessary to pedal so that the crank spins, as soon as it reaches 45 r.p.m the monitor will come on and remain on for 60 seconds even after the pedal stopped so that you can program it. You can also plug the adapter that is supplied with the machine into an electrical outlet, assuming that you have chosen the ON option in the personalized settings (step 4 POWER).

Once the monitor is on it will display the profile and the letter "M" for manual on the LED array (A) Figure 12, and the "WELCOME TO HI POWER" welcome message on the bottom alphanumeric screen (B).

You can start the program in manual mode by pressing the QUICK / START key and by pressing the **level ▲** or **level ▼** keys you can increase or decrease the exertion levels.

OPERATING INSTRUCTIONS

STARTING THE FAN

The monitor on this machine is fitted with an air vent (D), Fig. 11, through which a FAN provides two air speeds, LOW and HIGH. To switch the fan on while exercising press the ON / OFF key on the keypad, Fig. 13, and the fan will start. Whenever the monitor is switched to PAUSE the fan will switch off.

SLEEP MODE

This mode is activated if no RPM signal is received within 45 seconds when in stand-by mode. No windows are displayed while in this mode. You have to step on the footplate to produce a signal and reopen the display window. Sleep mode cannot be accessed if the appliance is switched on.

If the adapter is connected to the machine then the console will not switch over to sleep mode when the POWER option under project mode is switched on. With no adapter connected, the console will switch over to sleep mode even when it is switched ON.

P0 MANUAL MODE

Once the monitor is on it will display the profile and the letter "M" for manual on the LED array (A) Fig. 12, and the "WELCOME TO HI POWER" welcome message on the bottom alphanumeric screen (B) Fig. 12.

You can start the program in manual mode by pressing the QUICK / START key.

The flashing top LED array (A), Figure 12, will indicate the exertion level being produced during exercise. By pressing the **level▲** or **level▼** keys you can increase or decrease the exertion levels between ten different settings.

Every 10 seconds the alphanumeric screen (B), Figure 12, will switch between displayed readings for: Values relating to: Steps per minute; TIME ; CALORIES ; PULSE RATE and In the second sequence : STEPS; DISTANCE ; WATT and PULSE RATE.

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Figure 12, will display the average values for EXERCISE TIME ; DISTANCE COVERED; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds

If, during the time it takes to display these average values, no keys are touched and no further exercise is done and the STOP key is pressed then the machine will go back to the manual program.



PROGRAM MODE.

The monitor has: 1 MANUAL profile program; 8 pre-programmed PROGRAM profiles; a user programmable profile (USER) as well as a male TEST, female TEST, steady watt rate and steady pulse rate (H.R.C) programs.

See pre-programmed program graphs at the end of this manual.

P1 - P8 PROFILE PROGRAMS

With the monitor switched on, the top LED array (A), Fig. 12, will display the profile and the letter “M” for manual. The LEVEL▲ and LEVEL▼ keys are used to display the various pre-programmed profiles. Once a specific profile has been selected press the ENTER key.

The top LED array (A) will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig. 13, press ENTER. It will now ask for your weight (between 30 and 199 kg), select your weight by using the number keys (F), Fig. 13, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), Fig. 13, press ENTER and this will begin your exercise session. There are four different difficulty levels (L1 – L4) within each pre-programmed profile, to select any of these just press the LEVEL▲ and LEVEL▼ keys during the exercise.

Once you have finished the exercise program, the monitor will calculate the average values at which you did the exercise and display these on the bottom alphanumeric screen (B), Fig. 12 .

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Figure 12, will display the average values for EXERCISE TIME ; DISTANCE COVERED; AVERAGE SPEED; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds.

If, during the time it takes to display these average values, no keys are touched and no further exercise is done and the STOP key is pressed then the machine will go back to the manual program.

P9 USER PROGRAM (USER)

With the monitor switched on, the top LED array (A), Fig. 12, will display the profile and the letter “M” for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once program 9 (USER) has been selected, press the ENTER key.

The top LED array (A), Fig. 12, will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig. 13, (If the value entered exceeds these limits it will display the closest acceptable value). Press ENTER.

It will now ask for your weight (between 30 and 199 kg), select your weight by using the number keys (F), Fig. 13, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), and press ENTER. Now press the RESET key and you can begin to design a personalized exercise profile on the LED array (A).

The profile to be designed is subdivided into 21 steps, the first three steps are for warm-up purposes and only reach a limited value of four in order to prevent possible injuries, the rest of the 21 steps reach maximum. To select the first step press the LEVEL ▲ , LEVEL▼ keys and then press the ENTER key, and so on until you have completed the graph for your own personal program.

If you make a mistake when recording any step, press the RESET key and repeat the previous step.

Next press the ENTER key and begin exercising with your custom designed program. Once you have finished the exercise program, the monitor will calculate the average values at which you did the exercise and display these on the bottom alphanumeric screen (B), Fig. 12 .

The program can be interrupted by pressing the STOP key and the bottom alphanumeric screen (B), Figure 2, will display the average values for EXERCISE TIME ; DISTANCE COVERED ; CALORIES CONSUMED during the exercise. These values will be displayed twice every five seconds.

If, during the time it takes to display these average values, no keys are touched and no further exercise is done



and the STOP key is pressed then the machine will go back to the manual program.

NOTE: The first three steps of the program are for warm-up purposes with limited exertion levels to prevent any possible injuries.

P10 – P11 MALE - FEMALE TEST PROGRAMS

Calculate your maximum Heart Rate before starting to exercise.

- The maximum number of heartbeats that a person should not exceed is referred to as the maximum Heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. The maximum heart rate should be kept between 65% and 85% for correct exercise; it is not advisable to go above 85%.
 1. If you are 30 years of age, your maximum heart rate is: $220 - 30 = 190$ BPM (Beats per Minute)
 2. $190 \times 0.65 = 123$ BPM.
 3. $190 \times 0.85 = 161$ BPM. Do not exceed 85%.
- If your heart rate exceeds 85% of the maximum calculated value while wearing the chest strap, a flashing heart symbol may appear and a 2 second beep may sound until your pulse rate drops below 85% of your maximum calculated heart rate.
- For safety reasons it is advisable to exercise at below 85% of the maximum heart rate.

The aim of this test is to assess the user's level of fitness. To do this you have to maintain a pedaling speed of between 70 to 80 revolutions per minute (r.p.m) for 5 minutes. The difference between the Male and Female programs is in the Watts. The value for the Male test is set at 150 W whereas the Female test is set at 100 W. With the monitor switched on, the top LED array (A), Fig. 12, will display the profile and the letter "M" for manual. The LEVEL▲ and LEVEL▼ keys are used to display the various pre-programmed profiles. Once the Male TEST or Female TEST has been selected, press the ENTER key.

Next, the bottom alphanumeric screen (B), (Fig. 12), will ask for an age value (between 10 and 99), select your age by using the number keys (F), Fig. 13, press ENTER.

The top LED array (A), Fig. 12, will display a flashing heart symbol. Place your hands on the pulse sensors (handgrip) located on the handlebar or place the telemetric chest band on your chest, if you have one. Begin the TEST at a pedaling rate of between 70 to 80 R.P.M, pedaling for 5 minutes. As long as you stay within 70 to 80 R.P.M limit the monitor will display "OK" however if you go above or drop below this R.P.M then the monitor will display the "R.P.M ?" prompt.

At the end of the 5 minute test you will be graded a score between 1 (very poor) and 5 (excellent). A 0 score may also appear, which means that the test was not done correctly (the 75 r.p.m pedaling rate was not maintained or heart rate measurement sensor was not used correctly).

NOTE: In order to do the test it is essential to use heart rate measurement, using either the hand-grip sensors or the chest strap. It is advisable to do a brief warm-up session before doing this test. This will prevent possible injuries.



P-12 CONSTANT HEART RATE PROGRAM (H R C)

It is advisable to do a brief warm-up session before using this program. This will prevent possible injuries.

Calculate your maximum Heart Rate before starting to exercise.

- The maximum number of heartbeats that a person should not exceed is referred to as the maximum Heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. The maximum Heart rate should be kept between 65% and 85% for correct exercise, it is not advisable to go above 85%.
 1. If you are 30 years of age, your maximum heart rate is: $220 - 30 = 190$ BPM (Beats per Minute)
 2. $190 \times 0.65 = 123$ BPM.
 3. $190 \times 0.85 = 161$ BPM. Do not exceed 85%.
- While wearing a chest strap, whenever your pulse rate exceeds 85% of the maximum heart rate value a flashing heart symbol may appear and a 2 second beep may sound until your pulse rate drops below 85% of your maximum heart rate.
- For safety reasons it is advisable to exercise at below 85% of the maximum heart rate.

This program allows you to select a heart rate (between 65% and 85% of the maximum heart rate) and the machine will automatically adjust exertion levels to ensure that the user maintains the selected heart rate value. Use of heart rate measurement using the telemetric chest band is obligatory and you must not exceed 85% of your maximum heart rate value.

With the monitor switched on, the top LED array (A), Fig. 12, will display the profile and the letter "M" for manual. Use the LEVEL▲ and LEVEL▼ keys to display the various pre-programmed profiles. Once the HRC program has been selected, press the ENTER key.

Press the ENTER key to modify the target heart rate and the LED window will display "ENTER PULSE SETTING <40-220>" Press the number keys and the LED window will show "PULSE = xxx" and the specified value will flash. Press the number keys to modify and enter a three digit number (values: 40 ~ 220). If the number is beyond these limits it will display a larger or smaller number. Enter a value within the said limits and press ENTER to confirm.

The exertion level is 1 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display will show "RPM ↑" and switch to pause mode after 15 seconds.

Begin the exercise at a pedalling rate of between 70 to 80 R.P.M., place the telemetric chest band (such as POLAR T41 Transmitter) on your chest, if you have one. Should you go above or drop below this R.P.M then the top LED array (A), Fig 12, will display the "R.P.M ?" prompt

This program uses a preset exertion level during the first three minutes in order to prevent any type of injury. After the third minute, the computer will automatically adjust the exertion setting to keep the pulse rate at the previously programmed value.

AUTOMATIC EXERTION SETTING

At the beginning of the exercise the machine sets the exertion level to minimum, i.e. 50W, until the first pulse reading is taken.

Once the pulse rate is established the program calculates your heart rate every X seconds (this period can be modified between 20 to 60 seconds within the SPR program).

The exertion setting based on pulse rate is explained in the following steps.

1.- TARGET HEART RATE greater than ACTUAL HEART RATE:

When the difference between the **TARGET HEART RATE** and the **ACTUAL HEART RATE** is equal to or greater



than 15 r.p.m., the **AUTOMATIC EXERTION CONTROL** will start increasing in steps of 20 Watts. When the difference is less than 15 r.p.m the setting will change in steps of 10 Watts until both heart rates match.

2.- ACTUAL HEART RATE greater than **TARGET HEART RATE**:

When the difference between the **ACTUAL HEART RATE** and the **TARGET HEART RATE** is equal to or greater than 15 r.p.m., the **AUTOMATIC EXERTION CONTROL** will start decreasing in steps of 20 Watts. When the difference is less than 15 r.p.m the setting will change in steps of 10 Watts until both heart rates match.

When the difference between the **ACTUAL HEART RATE** and the **TARGET HEART RATE** is equal to or greater than 30 r.p.m., the bottom alphanumeric screen (B) will display the message “**REDUCE EXERTION LEVEL, YOUR HEART RATE IS TOO HIGH**” and the machine’s automatic control will drop the exertion level to minimum (50 W).

If no heart rate is detected during the exercise, the message “**Heart rate value ?**” will appear flashing, if this situation continues for more than 60 seconds the machine will go back to manual mode.

NOTE:

For safety reasons it is advisable to exercise at below 85% of the maximum heart rate. If you do not use a heart rate measuring system then the heart symbol and a question mark will appear on the screen, if the machine continues not to receive any heart rate information then the program will be cancelled and you will have to make a new program selection.

WHAT THE SYMBOLS MEAN

A series of symbols or words may appear on the screen, meaning the following:

Heart symbol and a question mark : The wireless chest strap has not been detected or is worn incorrectly.

Flashing heart symbol: This symbol only appears in the tests.

The maximum number of heartbeats that a person should not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this value is to deduct your age, in years, from the number 220. The maximum heart rate should be kept between 65% and 85% for correct exercise, it is not advisable to go above 85%. Whenever your pulse rate exceeds 85% of the maximum heart rate value a flashing heart symbol MAY appear and a 2 second beep MAY sound until your pulse rate drops below 85% of your maximum heart rate. For safety reasons it is advisable to exercise at below 85% of the maximum heart rate.

This symbol appears in the male and female tests, it means that you have not done the test correctly (i.e. you have failed to maintain a speed of 75 r.p.m or you have not worn the chest band).

Spanner (wrench) symbol:

Mechanical fault. Switch the machine off for 2 minutes and then switch it back on again. The machine has an automatic fault correction system, nevertheless if the problem persists get in touch with your technical service center.

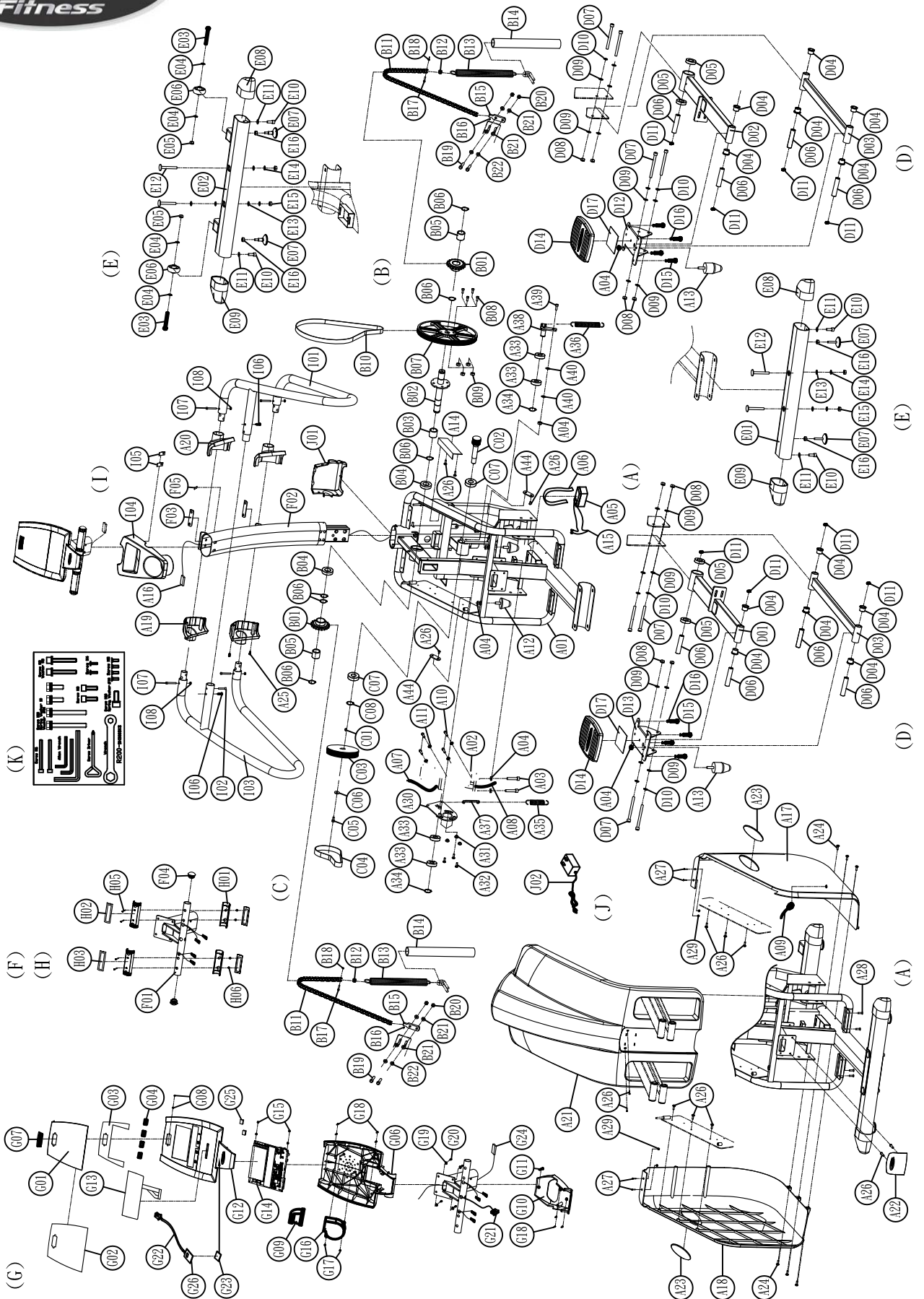


This table lists the messages which may be displayed on the monitor.

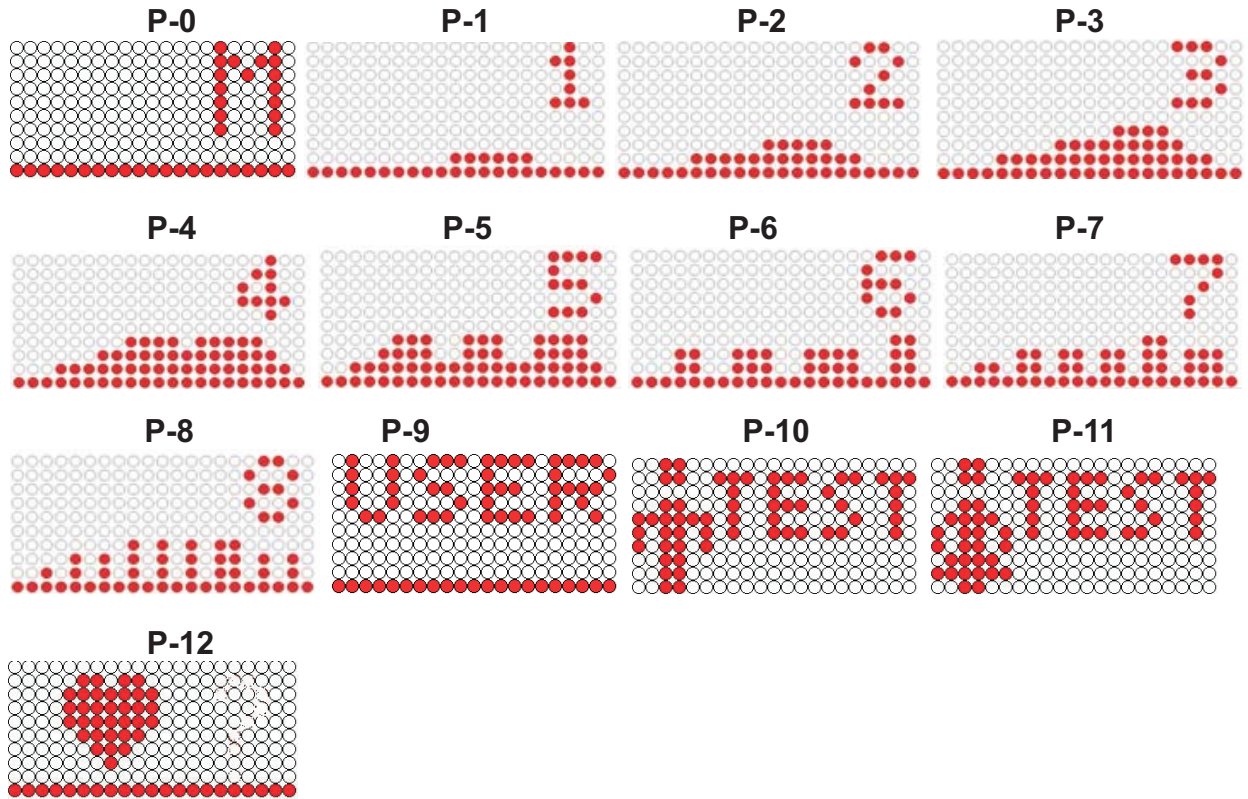
1.	"WELCOME TO HI POWER"
2.	"PRESS THE ARROWS TO SELECT PROFILE"
3.	" PRESS QUICKSTART TO BEGIN"
4.	" PRESS ENTER TO BEGIN PROFILE"
5.	" ERROR"
6.	" CONSULT TECHNICAL SERVICE"
7.	"INTRODUCE YOUR AGE <10-99>"
8.	" INTRODUCE YOUR WEIGHT <30-199> KG"
	" INTRODUCE YOUR WEIGHT <70-440> LB"
9.	" INTRODUCE EXERCISE TIME <10-60> MINUTES"
10.	" INTRODUCE WATT SETTING <25-400>"
	" WATTS="
11.	" AGE="
12.	" INTRODUCE PULSE RATE SETTING <40-220>"
13.	" PULSE RATE="
14.	" PRESS PAUSE TO CONTINUE THE EXERCISE. PRESS STOP TO FINISH"
15.	" EXERCISE TIME="
16.	" DISTANCE COVERED="
17.	" AVERAGE SPEED="
18.	" CALORIES BURNT="
19.	" PRESS ENTER TO ACCEPT THE STORED PROFILE. PRESS RESET TO MODIFY THE PROFILE."
20.	" USE THE ARROWS TO SELECT THE EXERTION LEVELS FOR THE ACTIVE COLUMN. PRESS ENTER TO MOVE TO THE NEXT COLUMN. PRESS RESET TO RETURN TO MANUAL MODE"
21.	" DECREASE EXERTION OF EXERCISE. YOUR HEARTRATE IS TOO HIGH"
22.	" THE RESULT OF THE TEST IS="

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

EXPLODED VIEW



PROGRAM PROFILES





Part List

Item		Description	Qty	Item		Description	Qty
(A) HFS4-A1001 Main Frame And Product Fittings			1	(B) JFS4-C3001 Chain Wheel Axle Set			1
A01	JFS4-A1001	Frame Assembly	1	B01	NT-1929	Chain Wheel	2
A02	NFW-010	1-Way Dynamo B600121B-F0000 Φ30	1	B02	NT-1931	Chain Wheel Axle	1
A03	SGA10-50	CKS hex Screw M10xP1.5x50	2	B03	NT-1740	Chain Wheel Sleeve	1
A04	SOC10	Nylon Nut M10xP1.5	7	B04	GH-6005-2NSE-C3	Bearing 6005 2NSE C3	2
A05	XB-047-001	Tongyi Battery 12V 3Ah	1	B05	GH-HFL2530	Single-Direction Bearing HFL2530	2
A06	DEB-005	Battery Box Belt	1	B06	SRA25	C-Shaped Ring Φ25	6
A07	XL-426	Grinding Wheel Control Wire (A)	1	B07	NAL-019	Belt Wheel Φ285 8J	1
A08	XL-565	Grinding Wheel Control Wire	1	B08	SGA8-20	CKS Hex Screw M8xP1.25x20	4
A09	XL-654	Power Cord	1	B09	SOC8	Nylon Nut M8xP1.25	4
A10	SGA6-151L	CKS hex Screw M6xP1.0x15 Blue Nylok	4	B10	CA-460J8	Belt 460" J8	1
A11	SPA060-130-15	Washer Φ6xΦ13x1.5t	4	B11	CC-428H-56	Chain 1/2"x5/16"-56 + Chain Joint	2
A12	P-2002	Obstructing Plug A	2	B12	NT-1732	Chain Axle	2
A13	P-2003	Obstructing Plug B	2	B13	NS-207	Spring	2
A14	XRB-037-005	Lower PC bd BH300 5.0 #070302 (50V)	1	B14	PFA030-018-0240	High Density Foam Φ30X1.8tX240	2
A15	XL-528	Battery Power Cord	1	B15	NO-3687	Chain Fixing Plate	2
A16	XL-643	Control Wire(Lower)	1	B16	SPB5	Spring Washer M5	2
A17	P-1996	Right Cover	1	B17	SGA4-20	CKS Hex Screw M4xP0.7x20	2
A18	P-1997	Left Cover	1	B18	SOC4	Nylon Nut M4xP0.7	2
A19	P-1999	Front Cover A	2	B19	SGA8-35	CKS Hex Screw M8xP1.25x35	4
A20	P-2008	Front Cover B	2	B20	SOC8	Nylon Nut M8xP1.25	4
A21	P-1992	Chain Cover	1	B21	SPA080-160-20	Washer Φ8xΦ16x2.0t	8
A22	P-2009	Chain Cover Decoration Plate	1	B22	SPB8	Spring Washer M8	4
A23	RBC-300-001	BH Logo	2	(C) JFS4-C2001 Belt Wheel Set			1
A24	SCI5-15I	Truss Philips Self Tap Screw Φ5x15	6	C01	SQI06-06-12	Spline 6x6x12	1
A25	SCA4-15	Truss Philips Screw M4xP0.7x15	2	C02	NT-1930	Belt Wheel Axle	1
A26	SCA5-10	Truss Philips Screw M5xP0.8x10	14	C03	NCP-005	Belt Wheel Φ120 <J8>	1
A27	SCA5-15	Truss Philips Screw M5xP0.8x15	4	C04	CA-230J8	Belt 230J8	1
A28	SHA5-15	Counter Sink Philips Screw M5xP0.8x15	4	C05	SGA6-10L	CKS Hex Screw Nylok M6xP1.0x10	1
A29	SOC5	Nylon Nut M5xP0.8	4	C06	SPA006-250-20	Washer ψ6xψ25x2.0t	1
A30	JFB3-D1001	Idler Washer	1	C07	GH-6204VV	Bearing 6204VV (NSK)	2
A31	NT-1489	Idler Pad	3	C08	SRA20	C-Shaped Ring Φ20	1
A32	SIA5-15L	Counter Sink Hex Screw M5xP0.8x15 Blue Nylok	3	(D) HFS4-M1001 Pedal Set			1
A33	GH-6204ZZ	Bearing 6204ZZ	4	D01	JFS4-M1002	Pedal Tube(Left)	1
A34	SRA20	C-Shaped Φ20	2	D02	JFS4-M1004	Pedal Tube(Right)	1
A35	NS-135	Spring	1	D03	JFS4-M1003	Pedal Tube B	2
A36	NS-100	Spring	1	D04	NT-1937	Oiliness Bearing	12
A37	NT-1741	Spring Pothood	1	D05	GH-6204ZZ	Bearing 6204ZZ	4
A38	JFS4-D1002	Idler Washer A	1	D06	NT-1936	Stabilizer Axle	8
A39	SGA10-40	CKS hex Screw M10xP1.5x40L	1	D07	SEA10-115	Allen Screw M10xP1.5x115	8
A40	SPA010-260-30	Washer ψ10xψ26x3.0t	2	D08	SOC10S	Nylon Nut M10xP1.5	8

Part List

Item		Description	Qty	Item		Description	Qty
A44	NO-3221	Incline Base Fixing Plate	2	G12	P-1739	Upper Computer Cover	1
D13	JFS4-M3002	Pedal Tube(Left)	1	G13	RD-20-0001	Filmy Key(20)	1
D14	P-1994	Pedal	2	G14	XRA-026-004	Upper Control Board <BH300SK>	1
D15	SEA8-15IL	Allen Screw Nylok M8xP1.25x15	8	G15	SCA4-6	Truss Philips Screw M4xP0.7x6	4
D16	SPB8	Spring Washer M8	8	G16	XEK-030	Fan RBM9733B-DC12V-0.5A(480)	1
D17	BAB1300-900-20	Foam Sticker 130mmx90mmx2.0t	2	D09	SPA010-200-15S	Washer ψ 10x ψ 20x1.5t	16
(E) HFS4-I1001 Stabilizer			1	D10	SPB10S	Spring Washer M10 Stainless Steel	8
E01	JFS4-I1001	Rear Stabilizer Assembly	1	D11	SPG207-291-03	Wave Washer Φ 20.7x Φ 29.1x0.3t	8
E02	JFS4-I1002	Front Stabilizer Assembly	1	D12	JFS4-M3001	Pedal Tube(Right)	1
E03	SEA8-55-8S	Allen Screw M8xP1.25x55 (8mm)	2	G17	SOA4	Nut M4xP0.7	2
E04	SPB8S	Spring Washer M8	4	G18	SAI4-16	Rd Head Philips Self Tap ϕ 4x16	7
E05	SOC8S	Nylon Nut M8xP1.25	2	G19	SEA4-10	Allen Screw M4xP0.7x10	4
E06	P-1579	Wheel	2	G20	SPA040-100-10	Washer Φ 4x Φ 10x1.0t	4
E07	P-1820	Adjustment Foot Pad	4	G21	XL-526	Hand Pulse Wire	1
E08	P-1991	Stabilizer Plug B	2	G22	XL-370	POLAR Wireless Pulse Receiver	1
E09	P-2019	Stabilizer Plug A	2	G23	BAB0020-200-30	Foam Sticker-20x20x3.0t	1
E10	SGA10-15	CKS hex Screw M10xP1.5x15	4	G24	XL-374	Control Wire(Upper)	1
E11	SPA010-200-15	Washer ψ 10x ψ 20x1.5t	4	G25	PD-250-250-040	Rubber Pad- Φ 25x Φ 25x4.0t Black	2
E12	SNA12-80	Screw M12XP1.75X80	4	G26	XHB-RE06 5K	Wireless POLAR Receiver RE06 5K	1
E13	SPA012-240-15S	Washer ψ 12x ψ 24x1.5t	4	(H) JFS1-H1001 Hand Pulse Set			2
E14	SPB12S	Spring Washer M12	4	H01	P-1080	Hand Pulse Sensor Base	4
E15	SOC12S	Nylon Nut M12xP1.75	4	H02	NO-2432	Hand Pulse Sensor Plate	4
E16	SOA8	Hex Nut M8	4	H03	BAC0750-250-03	Double Sided Tape 25mmx75mmx0.3t	4
(F) HFS4-A6001 Control Tube Set			1	H05	SAA3-30	Rd Head Philips Screw M3xP0.5x30	4
F01	JFS4-T1002	Computer Console (Upper)	1	H06	SOA3	Hex Nut M3XP0.5	4
F02	JFS4-T1004	Computer Console (Middle)	1	(I) HFS4-Q1001 Handrail Set			1
F03	NO-3330	Handrail Fixing Pad	2	I01	JFS4-Q1002	Handrail Set(Right)	1
F04	P-1712	Tube Cap- Φ 1-1/4"	2	I02	SGA6-15	CKS Hex Screw M6xP1.0x15	1
F05	BAB0240-120-60	Foam Sticker-24x12x6.0t	1	I03	JFS4-Q1003	Handrail Set(Left)	1
(G) JFS4-T1001 Computer Console			1	I04	P-1998	Bottle Holder	1
G01	P-1740	Computer Transparent Board	1	I05	SK-494	Spring Plate Clip M6	2
G02	RBC-300-002	Transparent Film Board Decal	1	I06	SCI5-15	Truss Philips Self Tap Φ 5x15	2
G03	BAC-002	Board Double Sided Tape	1	I07	SGA10-55	CKS Hex Screw M10xP1.5x55	4
G04	BAC0250-140-05	Double Sided Tape 25x14x0.5mm	4	I08	SOC10	Nylon Nut M10xP1.5	4
G06	P-1741	Lower Computer Cover	1	(J) HFS4-Z1001 Others			1
G07	P-1742	Pore Decoration Cover	1	J01	P-1995	Front Cover	1
G08	SCI4-8	Truss Philips Self Tapping Φ 4x8	2	J02	XA-010-001	Power Supply 15V 1.0A	1
G09	P-1753	Fan Joint Tube	1	(K) HFS4-Y1001 Screw Set			1
G10	P-1743	Necklace Cover	1				
G11	SAI4-15	Rd Head Philips Self Tap Φ 4x15	1				
G12	P-1739	Upper Computer Cover	1				



WARRANTY

North American Warranty

Warranties may vary in other countries. See your local BH 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, which shall apply only to the use of the device in the home, or commercial facilities. Any other use of the device shall void this warranty.

FRAME – Lifetime (Home Warranty). Lifetime/Seven Years (Light/Full Commercial Warranty)
BH Fitness warrants the Frame 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.

BH Fitness warrants the Frame 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 light/full commercial use.

BH Fitness warrants the Frame against defects in workmanship and materials for Seven years from the date of original purchase, so long as it remains in the possession of the original owner for Full commercial use.

PARTS – 10 Years (Home Warranty). 5 Years/3 Years (Light/Full Commercial Warranty)

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

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 Light commercial use.

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



WARRANTY (continued)

LABOR – 2 Years – (Home Warranty). 1 Year (Light/Full Commercial Warranty)

BH Fitness shall cover the labor cost for the repair of the device for a period of Two years from the date of original purchase, so long as the device remains in the possession of the original owner for home use. 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.

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 light/full commercial use. 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.

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 as detailed above. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Travel time that is further than the retailer's normal service area will not be included in the products 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.