



# Treadmill Owner's Manual

## BH Fitness T11

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### **BH FITNESS**

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## TABLE OF CONTENTS

SECTION	PAGE
Safety Instructions . . . . .	2
Assembly . . . . .	5
Maintenance. . . . .	9
Lubricating and adjusting the belt . . . . .	10
Removing and washing the bottle holder. . . . .	13
Fitness and Exercise . . . . .	14
Troubleshooting . . . . .	16
Computer Console. . . . .	17
Warranty . . . . .	24



## 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. Do warm up stretching exercises before using the unit.
3. Verify that all of the parts are attached and that the nuts, bolts, pedals and bar are correctly tightened before use.
4. Do not wear loose clothing or high heels. Tie up shoe laces.
5. The maximum weight of a user is 500 pounds (226 Kg).
6. Keep hands away from moving parts.
7. Supervise children, invalids or disabled persons at all times. Children are curious and vulnerable to accidents. Do not use the unit as a toy. Disabled people should not use the exercise equipment without the assistance of a qualified person or doctor.
8. The owner is responsible for explaining safety instructions to each user.
9. 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.
7. Do not lean against the computer console.
8. Do not start the treadmill when someone is standing on the running belt moving surface.
9. Connect this treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.

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

10. Turn all the controls to the off position, prior to removing the electrical plug from the outlet.
11. 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.
12. 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.
13. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
14. 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.
15. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.



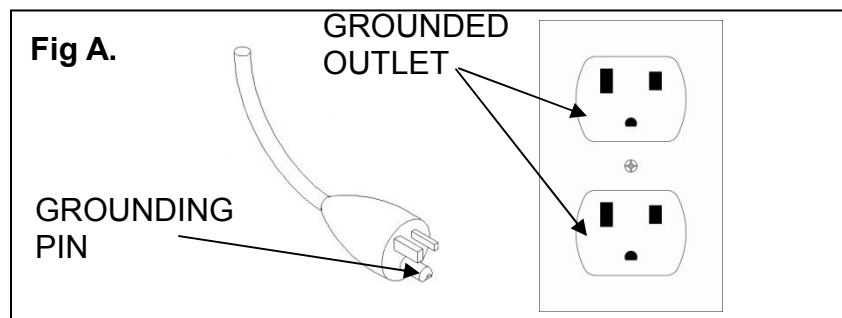
## IMPORTANT SAFETY INSTRUCTIONS

16. Keep the electrical cord away from heated surfaces.
17. Never operate the unit when the air openings are blocked. Keep the air openings free of lint, hair and the like.
18. Do not drop or insert any objects into any openings.
19. Do not use outdoors or near water.
20. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

### Power Cord Safety

The power cord has a polarized plug (one blade is wider than the other) and grounding pin. 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.

The unit must only be connected to a dedicated electrical circuit with an earth ground connection. If not, the user risks receiving an electric shock. Make sure that the outlet has the same pin layout as the plug on the unit. See Fig. A.



*Please save these instructions.*



## IMPORTANT SAFETY INSTRUCTIONS

### SAFETY BREAKER

This model is equipped with an electronic circuit breaker to protect both the electronic and electrical circuits. Figure B.

The circuit breaker will be automatically triggered if the unit is subjected to abnormal force or heat.

Should this occur:

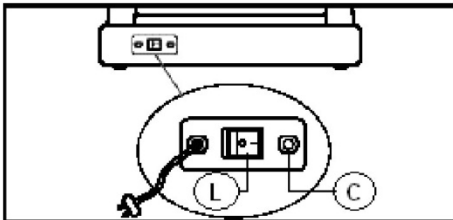
1. Set switch (L), located on the main body, to the "0" (OFF) position.
2. Press the circuit button (C) to reset the unit.
3. Next, set switch (L) to the "1" (ON) position and the unit will be ready for use again.

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

- Abnormal working conditions,
- Treadmill belt in need of lubricant,
- Solvent based lubricants used (use BH type),
- Belt is too tight.

Plug the unit into a dedicated 110-120V, 15 or 20 Amp circuit with a ground terminal. Set switch (L) to the "1" (ON) position.

**Figure B**



# ASSEMBLY

## ASSEMBLY INSTRUCTIONS

Take the unit out of the box and place it on the floor as shown in Figure 1. Verify that the parts are undamaged and quantities are correct.

**ATTENTION:** The assistance of a second person is advisable for the assembly work.

Follow the assembly instructions step by step:

ITEM	QTY	DESCRIPTION
A	1	Computer console
B	1	Frame
C	1	Left Upright
D	1	Right Upright
E	2	Bottle Holder

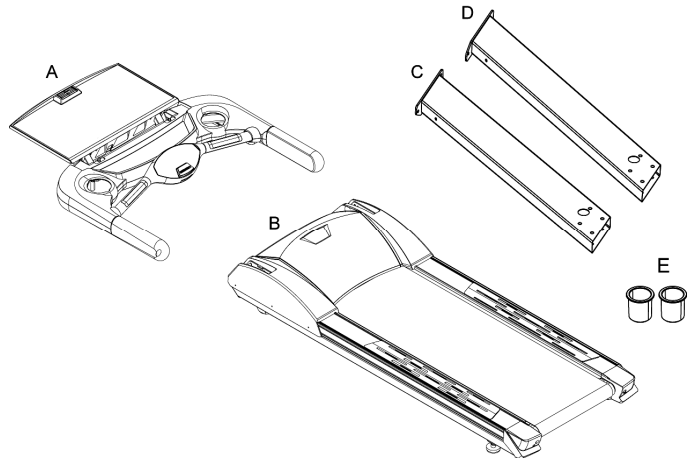


Figure 1

ITEM	Description	Qty
a	SK-470	8
b	Nylon Nut M8	4
c	Power cord Cover	1
d	Plastic Handle	1
e	Allen Wrench 6mm x 80mm x 80mm	1
f	T Shaped Wrench 8mm x 200mm	1
g	Socket Wrench + Screwdriver	1
h	SILICONE	1
i	Power Cord (may not be included)	1

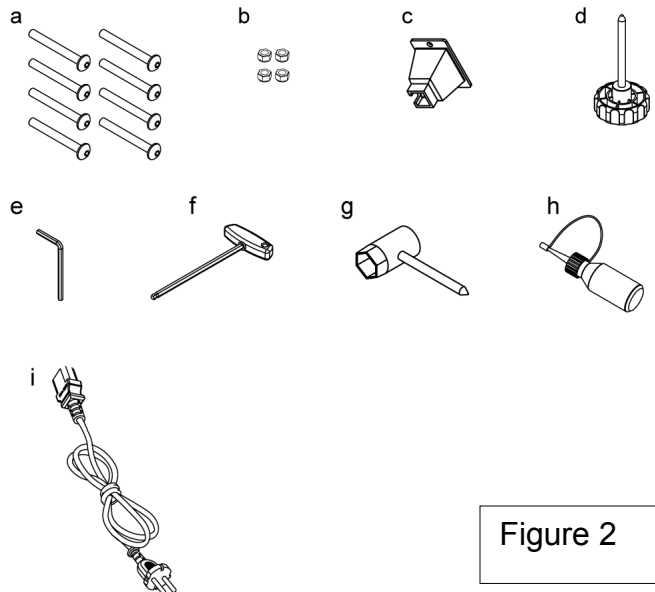
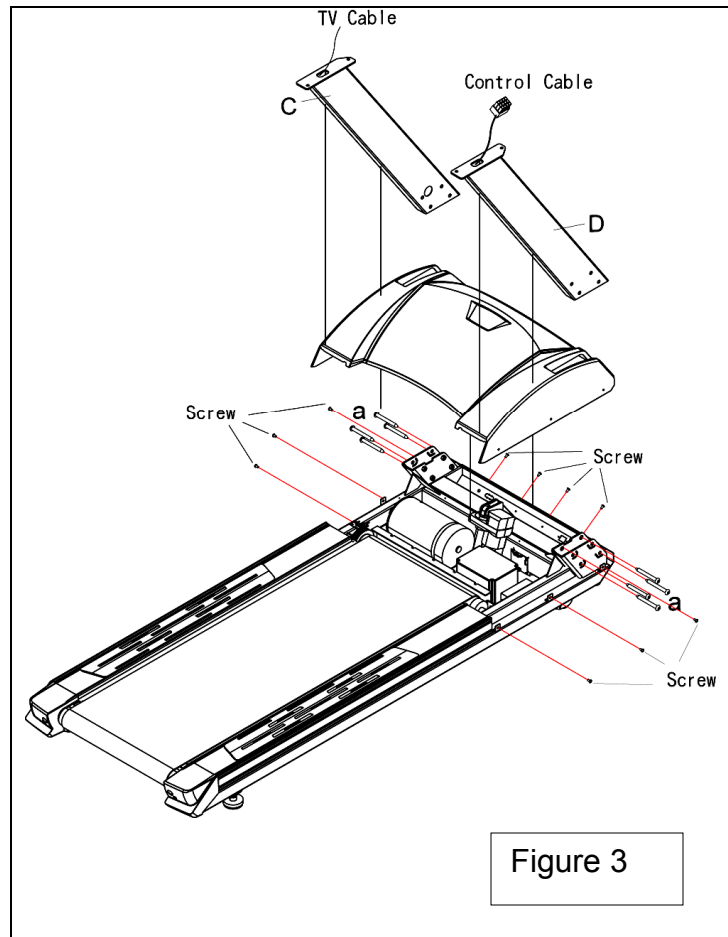


Figure 2

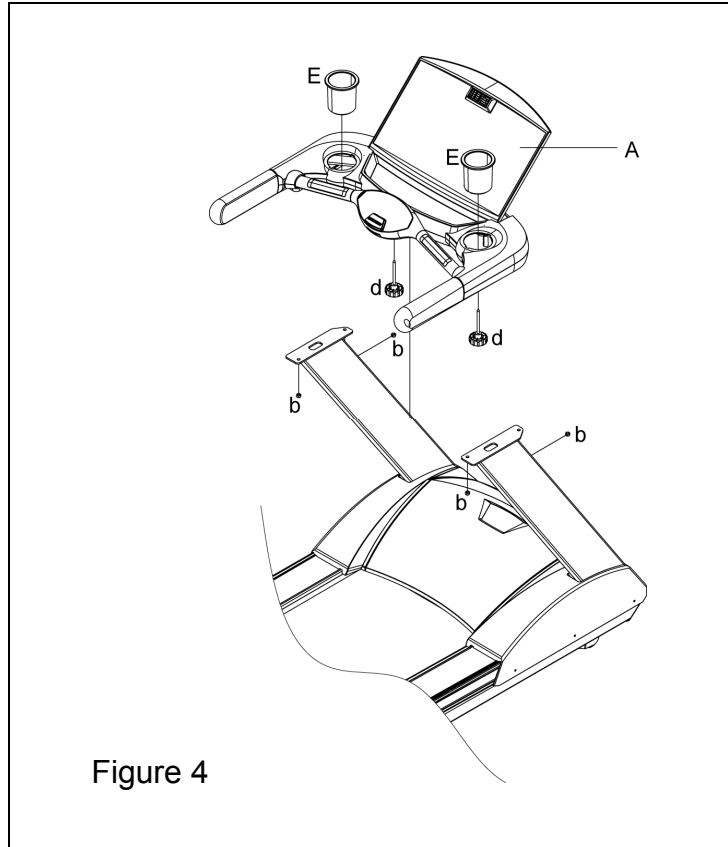
## ASSEMBLY CONTINUED

Two persons are required. One person should hold the upright to prevent any possible accidents.

1. Remove the upper motor cover (B), attach the the Uprights (C, D) with Bolt (a), fit the upper motor cover (B) and secure with screw. Cap the power cord cover (c) onto the lower motor to prevent the wires from loosening.



- 1) Bring the Computer Console (A) to the top of the Uprights (C, D) of assembled Frame (B).
- 2) Thread the control wires of the Upright into the tube and connect them with the connecting wires of computer.
- 3) When Connecting the control wires, make sure to connect the wires to the same color one---red with red, white with white.
- 4) Fit the Computer Console with the uprights. Secure with Nylon Nut (b), then tighten the Computer Console with Plastic Handle (d). Please make sure not to pinch the control cable.
- 5) Insert the bottle holders (E).





## ASSEMBLY CONTINUED

### POSITION THE TREADMILL

1. For safety, maintain a minimum clearance around the treadmill. Maintain 18 inches on the front and on each side of the treadmill plus 24 inches at the rear of the treadmill.

NOTE: Safe movement of the treadmills is explained in the MAINTENANCE section of this manual.

## MAINTENANCE

Figure 5

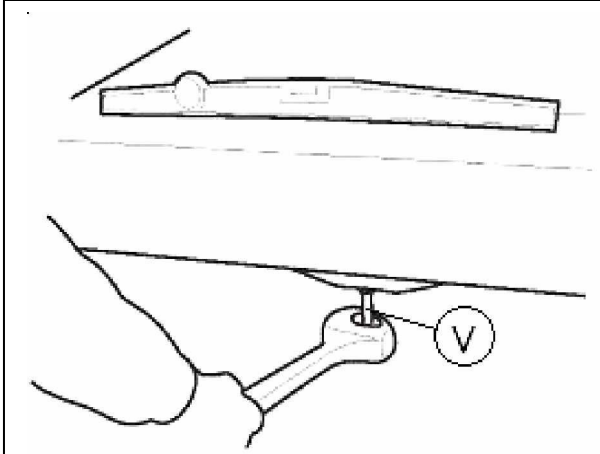
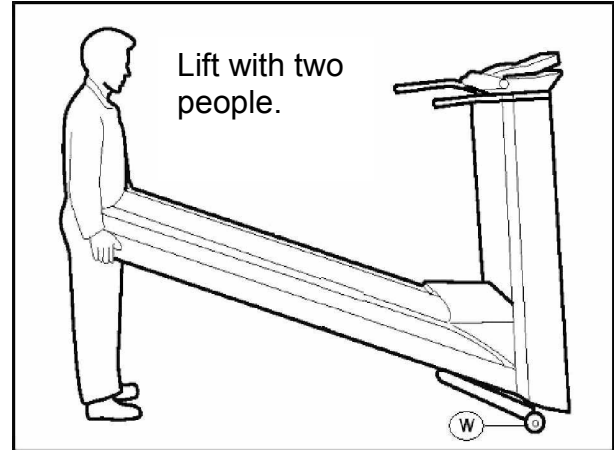


Figure 6



### LEVELING

Once the unit has been placed into its final position for doing exercise, make sure that the treadmill sits flat on the floor and that it is level. This can be achieved by doing the following:  
A) - Switch the treadmill on to see if the console shows that the treadmill is at zero inclination level.

B) – Figure 5. Once you have checked the inclination, place a spirit level on the running belt and screw the adjustable feet (V) either in or out to level up the belt.

It is advisable to do this by regulating the two adjustable feet.

### MOVEMENT & STORAGE

NOTE: Lift and roll the treadmill using two people.

NOTE: To prevent accidents DO NOT move the treadmill across uneven floors.

Figure 6. The treadmill is easier to roll if the incline is higher than zero. Unplug the power cord prior to moving the treadmill. To move the treadmill, tilt the treadmill, so that the front wheels (W) rest on the floor.

## MAINTENANCE CONTINUED

### LUBRICATION

Figure 7. Use the bottle of lubricant (h) to lubricate the inside of the belt in order to keep your unit in top condition and to ensure that friction between the belt and the board is kept to a minimum (due to different running styles, always apply more lubrication to the area where you place your feet during the exercise). It is advisable to lubricate the base of the belt every 3-12 months, depending on how often it is used.

If the belt starts to slip after lubrication, then check the tension of the belt. To tension the belt, Figure 6, take the Allen key (m) and with the machine set to 2.5 miles/hr (4 km/h) turn screws (R & L) one full turn in a clockwise direction.

Table I

Operating Speed	Recommended lubrication period for home use
1 to 3.7 miles (1 to 6 km) per hour	1 year
3.7 to 7.4 miles (6 to 12 km) per hour	6 months
7.4 to 9.9 miles (12 to 16 km) per hour	3 months

**Do not use solvent based lubricants.**

Figure 7

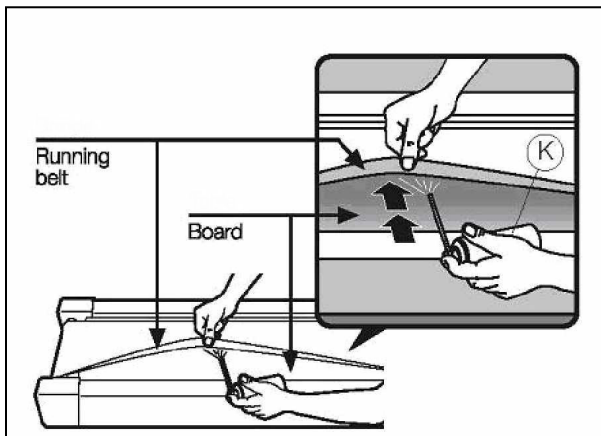
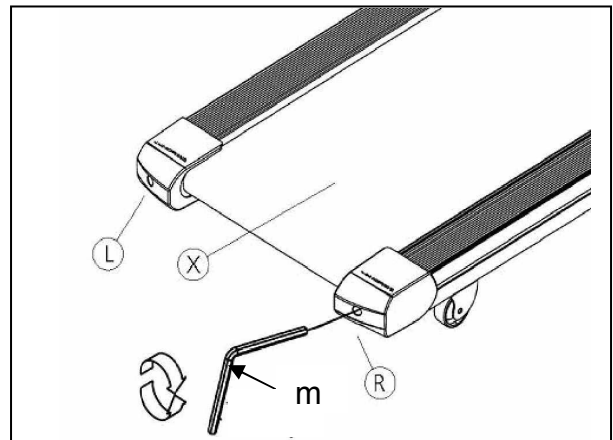


Figure 8





## MAINTENANCE CONTINUED

### ADJUSTING THE BELT

If your unit is not seated evenly on the four contact points, this may cause the belt shown on Figure 8, area (X) to shift sideways. Rigorous quality control adjusts and checks the running belt. However, due to weight differences and individual styles of running, the belt may be prone to shift sideways.

If the belt does shift to the left or right, stop the machine and adjust the belt.

**NOTE:** Over tightening of the belt can lead to a loss of speed on the machine and even stretch the belt itself. Bear In mind that one turn of the right screw (R) in a clockwise direction has the same effect on the position of the belt as one turn of the left screw (L) in a counterclockwise direction. Consequently, in the event of excessive belt movement you can use either of the two screws in order to avoid over tightening the belt.

### BELT SHIFTED TO THE RIGHT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the right hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is not centered, then turn the left hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is not centered, then repeat steps.

### BELT SHIFTED TO THE LEFT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the left hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is not centered, then turn the right hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is not centered, then repeat steps.

### TREADMILL CLEANING

Switch the unit off and unplug the power cable. Use a damp cloth or towel to clean the dust off the treadmill, especially the side bars and the electronic console. Do not use solvents.

**NOTE:** Unplug the treadmill before using a vacuum near the treadmill.

Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). You can increase the INCLINE in order to vacuum the underside of the unit. You can vacuum the inside of the motor housing by removing the cover that protects the motor (be careful with the wires).

**NOTE:** Press STOP to lower the INCLINE.



## MAINTENANCE CONTINUED

### TIGHTENING THE FASTENERS

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

Use of this machine with worn parts, e.g. the drive belt, running belt or rollers, may cause the user injury. If you are unsure about the condition of any part, we recommend that you replace it with original spare parts. The use of other spare parts may cause injuries or affect the performance of the machine.



## MAINTENANCE CONTINUED

### REMOVING & WASHING THE BOTTLE HOLDER

To check if the Bottle Holder is held loosely, gently push the Bottle Holder up from beneath. If this does not release the Bottle Holder, then remove as follows:

#### **RIGHT BOTTLE HOLDER REMOVAL OR INSTALLATION:**

Gently grasp the Bottle Holder from beneath or on the rim. Turn it clockwise to unfasten. Once the Holder is loosened, lift the Holder up and out of the hole.

To install a Bottle Holder into the right hole:

Move away the wires.

Insert the Holder into the hole and gently turn counterclockwise to fasten.

#### **LEFT BOTTLE HOLDER REMOVAL OR INSTALLATION:**

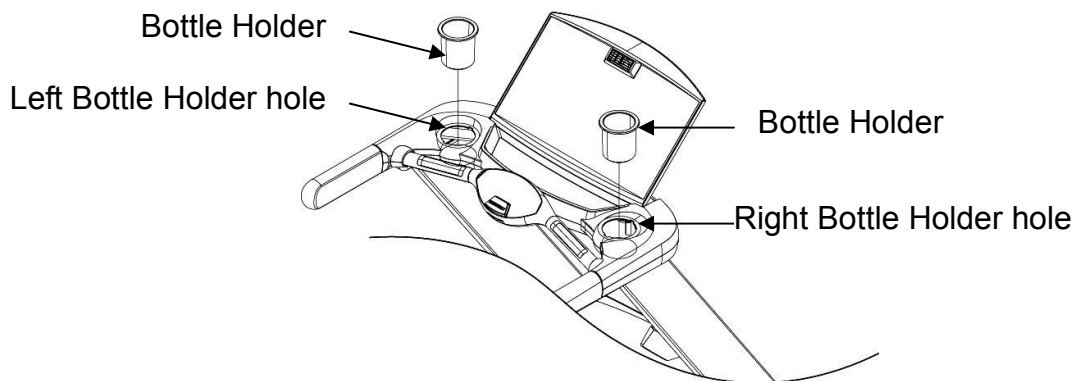
Gently grasp the Bottle Holder from beneath or on the rim. Turn it counter-clockwise to unfasten.

Once the Holder is loosened, lift the Holder up and out of the hole.

To install a Bottle Holder into the left hole:

Move away the wires.

Insert the Holder into the hole and gently turn clockwise to fasten.



### BOTTLE HOLDER WASHING

Please wash the Bottle Holders by hand only. The Bottle Holders cannot be placed into the dishwasher or microwave.



## FITNESS AND EXERCISE

### FITNESS

All doctors agree that regular exercise is a good way to control our weight, make us more fit and help us to relax. Before starting any exercise program, it is advisable to consult your doctor. You will achieve better results based on his/her advice or suggestions. Exercise programs vary depending on age and physical condition.

### ADVANTAGES OF EXERCISE

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

### EXERCISE & WEIGHT CONTROL

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

Table II

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

### EXERCISE PROGRAM

Regardless of whether your goal is to become more fit, control your weight or for physiotherapy, always remember that your exercise should be gradual, planned, varied and not too demanding. We recommend that you should exercise 3 to 5 times per week.

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

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



## **FITNESS AND EXERCISE**

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

### **FINAL NOTE**

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



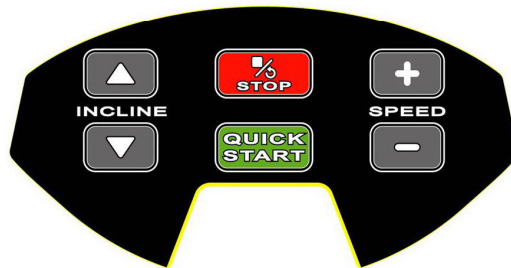
## TROUBLESHOOTING

Table III

PROBLEM	CHECKS	SOLUTIONS
<b>1. The console does not switch on.</b>	1a) Make sure that the machine is plugged in and the ON/OFF switch is in position I. 1b) Verify that the console electric supply cable is connected.	1a) Plug the machine into the power supply. Set the switch to position I. 1b) Connect the console electric supply cable.
<b>2. The console switches on but the AC motor fails to start.</b>	2a) Check if the circuit breaker is pressed in. 2b) Check if the AC motor is working.	2a) Switch the machine off and press the circuit breaker in. Lubricate the treadmill belt. 2b) Replace the AC motor.
<b>3. Walking motion is jerky on the treadmill.</b>	3a) Check if the belt is lubricated. 3b) Check the tension on the running belt. 3c) Check the tension on the AC motor drive belt.	3a) Lubricate the sliding belt.  3b) Adjust the belt tension.  3c) Adjust the drive belt tension.
<b>4. The machine stops (the breaker trips).</b>	4) Check that the belt is lubricated.	4) Review SAFETY BREAKER on page 4 and reset the circuit button. Then review LUBRICATION on page 10 and lubricate the treadmill belt.
<b>5. Electrical shocks through the handrail.</b>	5) Check that the machine is plugged into a grounded wall outlet.	5) Plug the machine into a grounded wall outlet.
<b>6. The treadmill belt skews off center.</b>	6a) Check if the machine is level on the floor. 6b) Check if the machine wobbles. 6c) Check alignment of the front and rear rollers.	6a, 6b) Use the adjustable feet to level the machine. 6c) Align the front and rear rollers.



# CONSOLE OPERATION





## CONSOLE OPERATION CONTINUED

### SAFETY KEY & CLIP

Your BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. You should attach the clip end to your clothing. The magnet end goes into the recess of the console. If at any time you need to stop the treadmill quickly simply pull the safety key off the console. This will cut all power to the treadmill and it will come to a complete stop. To resume your workout, place the safety key back in place. You will then need to program your workout again.

### BEFORE STARTING

Straddle the running belt and stand on the side rails. Insert the safety key and attach the rope to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.

### KEY FUNCTIONS

#### UPPER CONTROLS:

ENTER – This key is used to input changes to programs.



These keys are used to change values during program setup. They cannot be used to adjust the speed and inclination while a program is operating.

TIME – This will read the number of minutes left in the program that you have selected except in “9 HOLE” and “QUICKSTART”. In “9 HOLE” and “QUICKSTART” it will read the number of minutes that you have been exercising.

CALORIES – This reading is the amount of body heat in calories burned during your workout. As with all pieces of exercise equipment, this is an estimated value.

INCLINE – Incline will read as a percent of incline.

PULSE – Pulse will read in Beats Per Minute (BPM).

SPEED – This is how fast you are moving in terms of Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout displayed in miles.



## CONSOLE OPERATION CONTINUED

INSTANT SPEED/INCLINATION BUTTONS – You can change the speed or inclination of the treadmill by pressing one of the Instant buttons. Each button represents the assigned value in either Miles Per Hour (MPH) or percent grade.

### NOTE:

Additional information about Incline:

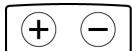
1. When the safety key is removed and put back, whatever the current position of incline, it will not return automatically to zero. The user must press the START or STOP button to return the incline to zero.
2. When the user turns off power and then turns it back on, whatever the current position of incline, it will not return automatically to zero. The user must press the Start key to return the incline to zero.
3. During a program, if you press the Stop to PAUSE, then the incline will return to zero.

FAN – Press this key to blow air from the vent located at the top center.

### LOWER CONTROLS:

QUICKSTART – This key is used to begin any treadmill program or QUICKSTART.

STOP – This key is used to stop the treadmill at any time. Press STOP/RESET once to stop the running belt. Press STOP a second time and hold for 3 to 5 seconds until it beeps to end the program and set the incline to zero from an elevated position.



This key is used to adjust the speed of the treadmill.



This key is used to adjust the inclination of the treadmill.

## TO STOP

1. Slow speed, step off running belt onto the side rails.
2. Press STOP. The running belt will stop. This key is used to stop the treadmill at any time. Press STOP/RESET once to stop the running belt. Press STOP a second time and hold for 3 to 5 seconds until it beeps to end the program and set the incline to zero from an elevated position.

NOTE: To stop immediately, pull out the safety key from the safety key recess and the treadmill will stop abruptly.



## CONSOLE OPERATION CONTINUED

### USING HEART RATE

GRIP PULSE – To periodically check your heart rate, grasp the sensors at the base of the console. The PULSE LED will flash and after about 9 seconds your pulse will be shown in the pulse window.

CHEST BELT – Using a chest belt (such as a T41 POLAR transmitter), you can monitor your heart rate at any time during your workout. The heart rate strap will send your heart rate to the display. The transmitter is more effective if worn on moist skin.

### HEART RATE CALCULATION

Before beginning any test, calculate your maximum heart rate. The maximum number of heartbeats that a person must 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. To ensure that you are exercising correctly, try to keep between 65% and 85% of your maximum heart rate value.

For example, the maximum heart rate that a 30 year old user must not exceed is:  
 $220 - 30 = 190$  heart beats per minute (BPM).

$190 \times 0.65 = 123$  heart beats per minute.

$190 \times 0.85 = 161$  heart beats per minute. Do not exceed 85%.

So the heart rate exercise range for a 30 year old is between 123 and 161 BPM.

Stop exercising if your pulse is 85% of your maximum heart rate.

### CONSOLE INSTRUCTIONS

Your BH FITNESS treadmill will provide both manual controlled and factory installed preset workout programs.

In MANUAL and QUICK START, you control the speed and/or inclination at your discretion.

In PRESET programs, the speed and/or inclination will change in accordance with the program's programming. There are 30 stages in each preset program, first 3 stages are WARM UP, and the last 3 stages are COOL DOWN. (No warm up or cool down in 9-Hole).

In any program, pressing the STOP key will PAUSE the current program. To resume the current program press the QUICKSTART key. To exit the current program press and hold the STOP key for 3 to 5 seconds until it beeps. Refer to heart rate calculation on page 20.







## CONSOLE OPERATION CONTINUED



### STARTING

1. Stand on the side rails.
2. Turn on the POWER. The window will display floating string PRESS WEIGHT BUTTON TO SET WEIGHT. Press WEIGHT. A blue and back colored LCD displays "LBS". Press the + or – keys on the upper controls to enter your weight. Press ENTER. A blue and back colored LCD displays an image of a heartbeat. The floating string in the window displays SELECT PROGRAM OR QUICKSTART.

### MANUAL PROGRAM SET UP

1. Stand on the side rails.
2. Press Manual program button in the upper left corner of the controls.
3. An LED will light up to indicate the program selected.
4. Time will be flashing.
5. Adjust time with the  or  keys at the upper controls.
6. Press ENTER at upper console to start.
7. Adjust Speed with instant speed keys or  at the lower controls.
8. Adjust Incline with instant incline keys or  at the lower controls.

### 9 HOLE PROGRAM SETUP

1. Stand on the side rails.
2. Press 9 HOLE program buttons located at the upper left corner of the controls. An LED (Light emitting Diode) will light up indicating the program selected.
3. Resistance level **X.XL-XX** will flash on the display.
4. Adjust level using the  or  keys on the upper controls.
5. Press ENTER. Time counts up from zero.









## CONSOLE OPERATION CONTINUED



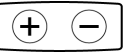

### HRP – Heart Rate Program Setup

NOTE: Perform test wearing Chest Belt.

NOTE: See Page 20 for Target Heart Rate calculation instructions.

1. Stand on the side rails.
2. Press HRP button and the LED will light up.
3. Age will be flashing, adjust Age with the  or  keys at the upper controls.
4. Press ENTER key at the upper controls. Pulse (BPM) will be flashing.
5. Adjust the Pulse (BPM) with the  or  keys at the upper controls.
6. Press ENTER key at the upper controls. Time will be flashing.
7. Adjust the Time with the  or  keys at the upper controls.
8. Press ENTER at the upper controls or QUICKSTART at lower controls at any time to begin.

### CUSTOM PROGRAMS (4 Custom programs)





1. Stand on the side rails.
2. Press one of the C1 or C2 or C3 or C4 buttons located at the upper left corner of the controls. An LED will light up indicating the program selected.
3. Time will be flashing in the display window.
4. Adjust the Time with the  or  keys on the upper controls.
5. Press ENTER at upper controls. SE01 (Segment #1) will display.
6. Adjust the speed of this segment with the  keys at lower controls or speed number buttons on upper controls.
7. Adjust the incline of this segment with the  keys at lower controls or incline number buttons on upper controls .
8. Press ENTER at upper controls. SE02 (Segment #2) will display.
9. Repeat steps 6 and 7 for up to SE30 (30 segments).
10. Press ENTER at the upper controls or QUICKSTART at lower controls at any time to begin.

NOTE: Custom programs will be stored in the system for easy retrieval unless you reprogram the segments of the custom program.





## CONSOLE OPERATION CONTINUED

### REMAINING PRESET PROGRAMS

1. Stand on the side rails
2. Press a program button located at the upper left corner of the upper controls. An LED will light up indicating the program selected
3. Resistance level **X.XL-XX** will flash on the display.
4. Adjust resistance level using the  or  keys on the upper controls.
5. Press ENTER. Time will flash on the display.
6. Adjust time using the  or  keys on the upper controls.
7. Press ENTER to begin.

### QUICKSTART

1. Stand on the side rails.
2. Press QUICKSTART on lower controls.
3. Adjust Speed with instant speed keys or  on the lower controls.
4. Adjust Incline with instant incline keys or  on the lower controls.



## 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 the problem/malfunction, or parts that are missing or damaged.
- Owner's name, address and phone number.
- Model (Treadmill T11) and Serial Number (when available).

Forward your information to BH North America by

FAX: (949) 206-0013

E-mail: [fitness@bhnorthamerica.com](mailto: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 unit in the home, or commercial facilities. Any other use of the unit shall void this warranty.

**FRAME** – Lifetime – (Home and Institutional Warranty) / 7 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 and Institutional 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.

**DRIVE MOTOR** – Lifetime – (Home Warranty) / 10 Years – (Institutional Warranty) / 7 Years – (Light/Full Commercial Warranty)

BH Fitness warrants the Drive Motor against defects in workmanship and materials for seven years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use.

BH Fitness warrants the Drive Motor against defects in workmanship and materials for ten years from the date of original purchase, so long as the unit remains in the possession of the original owner for Institutional use.

BH Fitness warrants the Drive Motor 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.



## WARRANTY

**PARTS** – 10 Years (Home Warranty) / 5 Years (Institutional Warranty) / 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 unit 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 unit remains in the possession of the original owner for Institutional 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 unit remains in the possession of the original owner for full commercial use.

**LABOR** – 2 Years – (Home Warranty) / 1 Year – (Institutional and Light/Full Commercial Warranty)

BH Fitness shall cover the labor cost for the repair of the unit for a period of two years from the date of original purchase, so long as the unit 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 unit for a period of one year from the date of original purchase, so long as the unit remains in the possession of the original owner for Institutional and 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. 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.

### 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.