



BH Fitness TS5 Treadmill Owner's Manual



BH FITNESS

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INTRODUCTION:

Congratulations for selecting BH FITNESS as your new fitness resource. BH FITNESS treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable.

Please read this entire manual carefully before using your treadmill. This will allow you to get a full understanding of all the features your BH FITNESS treadmill provides. If you have any questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your treadmill.





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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the treadmill.
3. Maximum user weight is 350 lbs (159kg) for the TS5 treadmill.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Treadmill Safety:

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

7. Turn all the controls to the off position prior to removing the electrical plug from the outlet. The on/off switch is located on the right, front of the unit.
8. Never leave the unit unattended while plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before servicing or adding or removing parts.
9. Unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
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.
11. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
12. Keep the electrical cord away from heated surfaces.
13. Connect this Treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
14. Call your service center or BH Fitness with your concerns before taking your treadmill in for repair.
15. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
16. Do not use outdoors.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
19. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the treadmill. Place the unit on a flat stable surface.

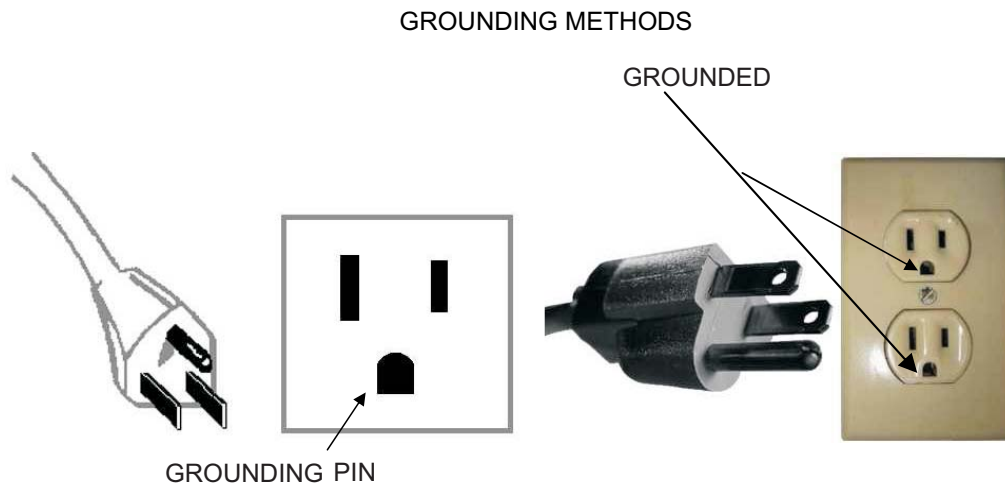


IMPORTANT SAFETY INSTRUCTIONS (cont'd)

GROUNDING INSTRUCTIONS

This unit must be grounded. If it malfunctions or breaks down, grounding reduces the risk of electric shock by providing a path of least resistance for electric currents. This unit is equipped with a cord that has an equipment-grounding conductor and a grounding plug. Insert the plug into a dedicated 110-120 VAC~ electrical outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use an adapter or extension cord with this unit.

WARNING! – An improper connection of the grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

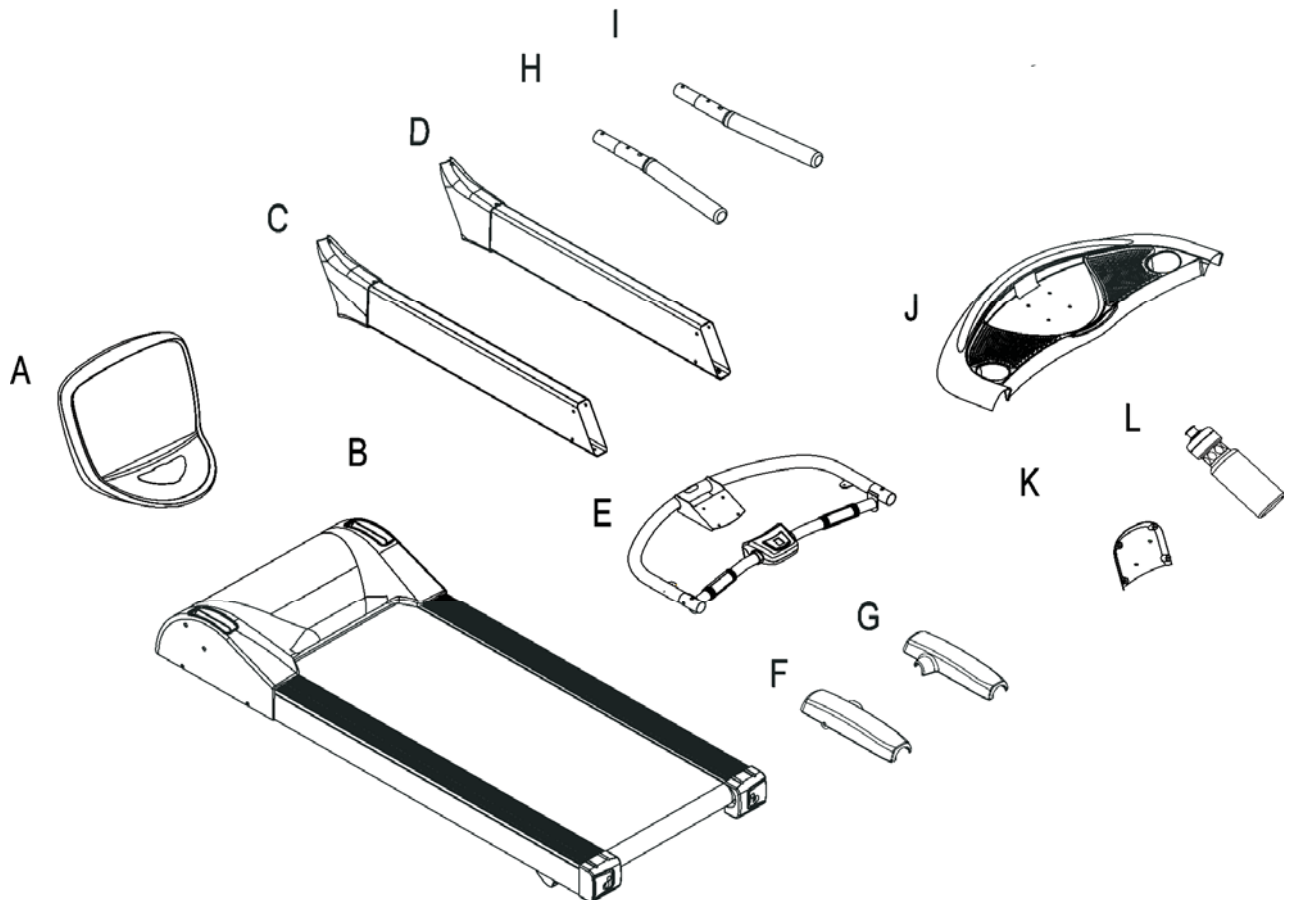


Please save these instructions

SECTION 2

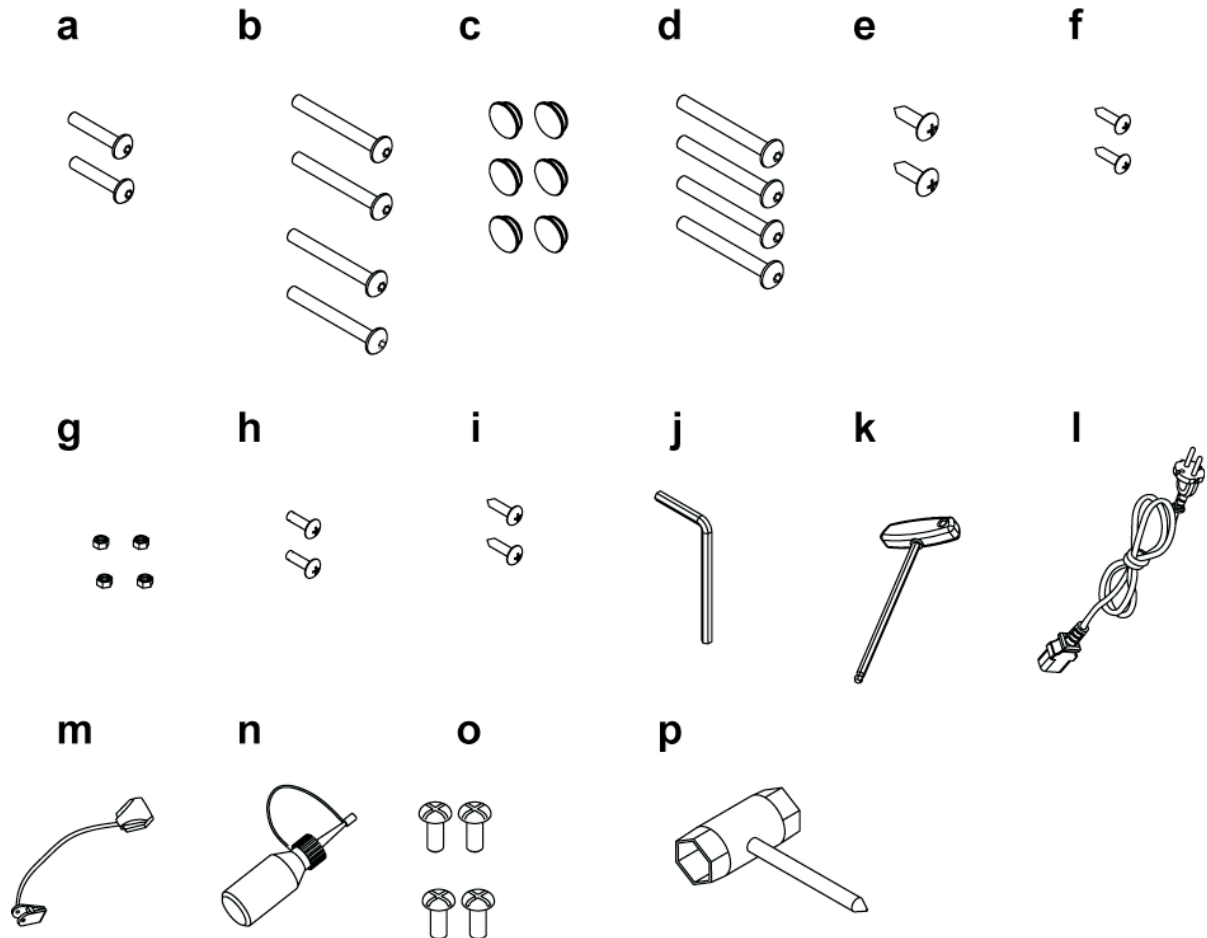
ASSEMBLY INSTRUCTIONS

ITEM	DESCRIPTION	QTY
A	Computer Set	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Console Welding-Base	1
F	Left Handrail Cover	1
G	Right Handrail Cover	1
H	Left Handrail	1
I	Right Handrail	1
J	Cup/Bottle Holder Cover	1
K	Computer cover	1
L	Bottle	1



ASSEMBLY INSTRUCTIONS (cont'd)

ITEM	Description	Qty
a	Bolt M8xP1.25x40	2
b	Bolt M8xP1.25x75	4
c	Bolt Cover	6
d	Bolt M8xP1.25x60	4
e	Screw Ø 5x25	2
f	Screw Ø 4x12	2
g	Nut M5	4
h	Bolt M6x15L	2
i	Screw Ø 4x16	2
j	Allen Wrench 6mm	1
k	T-Wrench	1
l	Power Cord	1
m	Safety Key/Clip	1
n	SILICON	1
o	Bolt M4xP0.7x8	4
p	Hex Wrench + Screwdriver 1.0mm	1



ASSEMBLY INSTRUCTIONS (cont'd)

A minimum of two people are required to assemble this treadmill.

READ all instructions thoroughly BEFORE assembling the treadmill.

1. Tie the lead wire from within the bottom left upright (C) to the interface cable (coiled inside the motor cover opening)

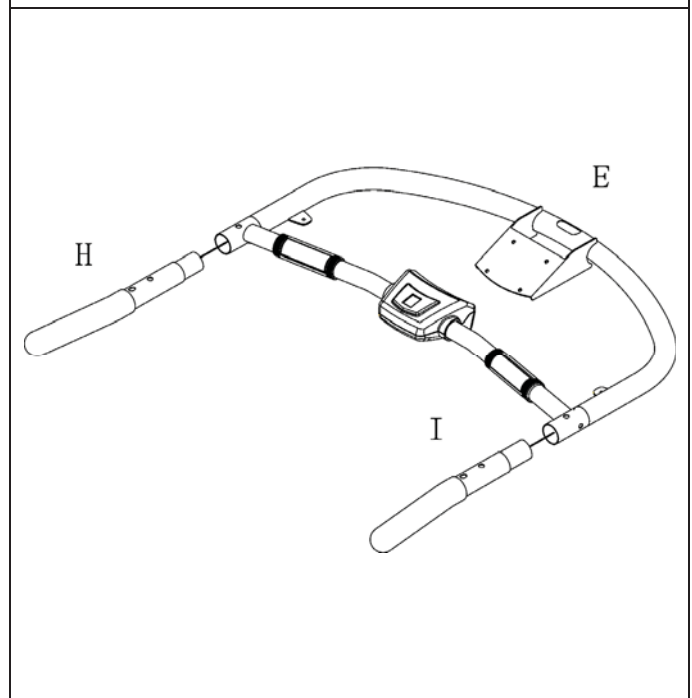
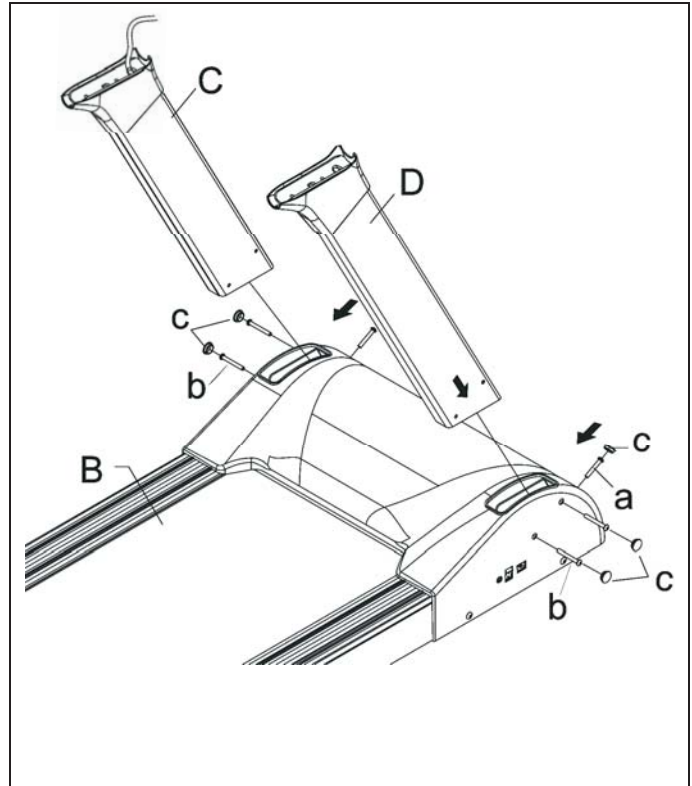
From the top of the upright, pull the interface cable up and out of the opening.

Insert the uprights into the slots on the frame (B) and secure using bolts (a & b).

Plug the holes with plastic caps (c)

2. Insert handrails (H, I) into the computer console welding base (E).

Make sure that the hole pattern of the handrails match that of the base (E) before inserting bolts and tightening.

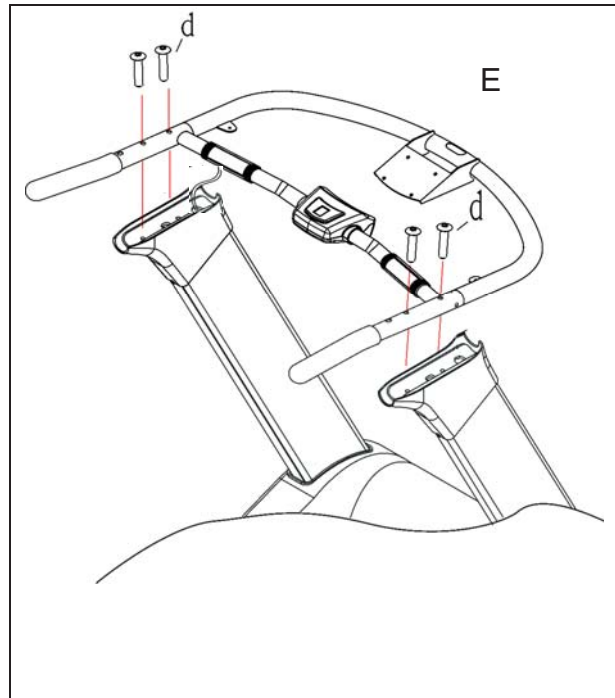


ASSEMBLY INSTRUCTIONS (cont'd)

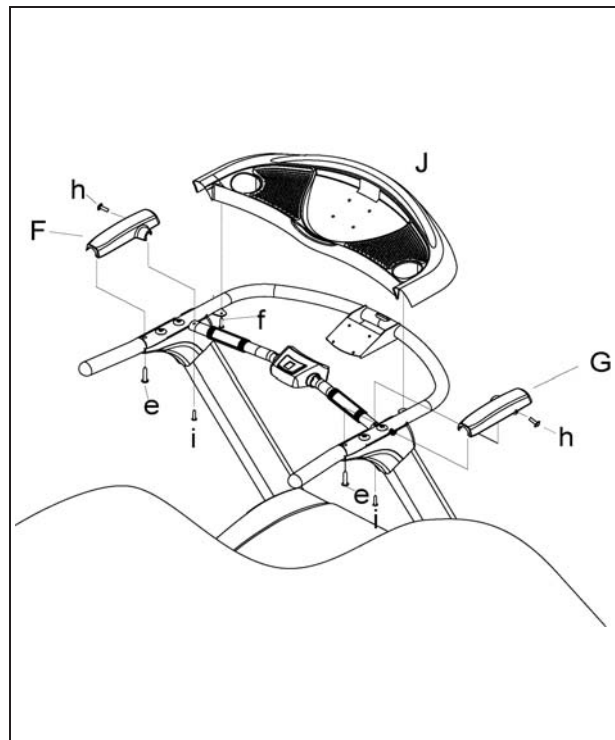
3. Feed the I/O interface cable from the upright through the computer console welding base (E) at the handrail opening until it reaches the center center of the base (E). Then pull the I/O interface connector out until there is no excess cable

Place the base (E) on the upright and tighten using socket bolts (d)

Make sure not to pinch the interface cable in the process.

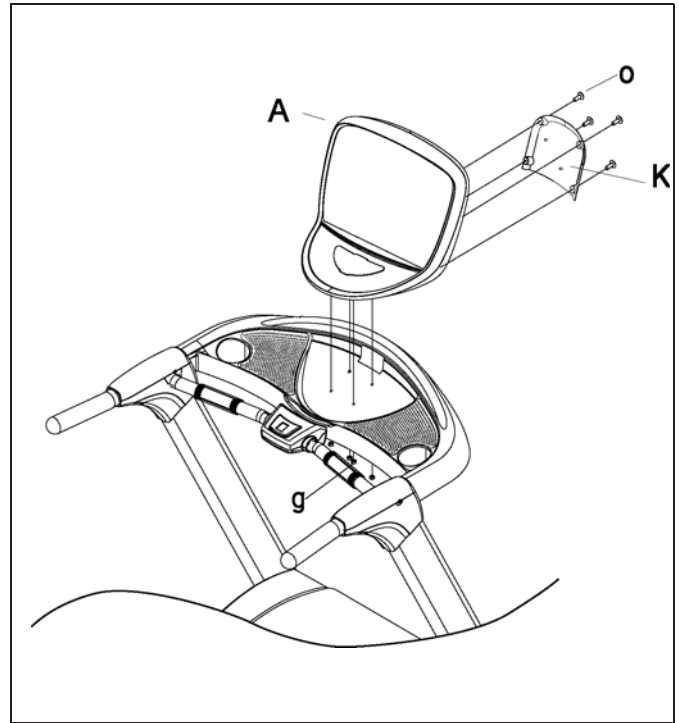


4. Place the cup/bottle holder (J) on the console welding base (E). Tighten with screws (f).
Attach the Left/Right handrail covers (F, G) and secure in place with sheet metal screws (e, i) and machine screw (h).



ASSEMBLY INSTRUCTIONS (cont'd)

5. Place console (A) on the cup/bottle holder (J). Mate all connectors: Handpulse, Emergency Stop & I/O Interface before securing the console in place with 4 nuts (g) under the cup holder. Attach the rear console cover (K) with machine screws (o).





SECTION 3

TREADMILL AND CONSOLE

MOVING THE TREADMILL

Use the front wheels to move the treadmill. Elevating the treadmill (incline) may help make the wheeling of the unit easier. Always be sure to use proper lifting form / technique. Grasp the end caps with two hands and slowly lift deck up until you are in an upright position. Keep the treadmill at that angle and wheel the unit as required.

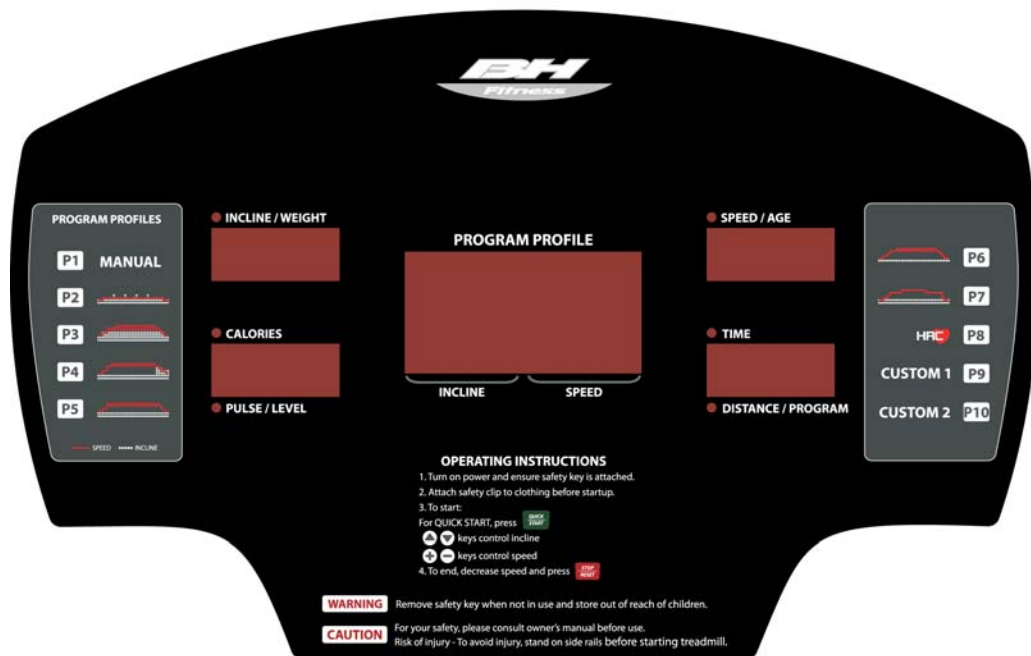
SAFETY KEY & CLIP

BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. User should attach the clip end to clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill, pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. Previously input program and data will have to be re-entered.

BEFORE STARTING

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

TREADMILL AND CONSOLE (con't)



TS5

KEY FUNCTIONS

QUICK/START – This key is used to begin any treadmill program or QUICK/START.

MODE – This key is used to access the program mode.

STOP/RESET – This key is used to stop the treadmill at any time. In the standby position, press the Stop key for 5 seconds to set the incline to zero from an elevated position.

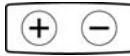
ENTER – This key is used to confirm the value of the current selection.





TREADMILL AND CONSOLE (con't)



These keys are used to adjust the elevation of the treadmill.



These keys are used to adjust the speed of the treadmill.

Note: To switch between the metric system (kilometers) and the English system (miles), press and hold the ENTER key for 5 seconds at the Start/Ready position after power on. The window will display either MLS (English) or KMS (metric). Use the Incline  or Speed  keys to select. Press the ENTER key to accept the selection

INSTANT SPEED/ELEVATION KEYS – You can change the speed or elevation of the treadmill by pressing the numeral Instant Key buttons.

CONSOLE FEEDBACK

TIME – This will read the number of minutes left in the program that you have selected. In QUICK START it will read the number of accumulated minutes that you have been exercising.

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

INCLINE – Incline will display as a percent of grade.

Note : Important information about Incline:

1. While the treadmill is elevated and the **safety key** is removed, putting the safety key back would not automatically return the incline to zero. To activate and return the incline to zero, press QUICK START.
2. While the treadmill is elevated and **power** is removed, putting the safety key back would not automatically return the incline to zero. To activate and return the incline to zero, press QUICK START.

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

SPEED – This is how fast the treadmill moves in Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout in miles.



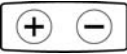



TREADMILL AND CONSOLE (con't)

USING HEART RATE

Note : See page 19 for Target Heart Rate calculations.

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

QUICK START

1. Apply power to the unit by turning the treadmill power switch to ON and Weight should flash (150lbs.) on the console. If the treadmill is already on displaying Stop on the console, momentarily remove the safety key and place it back in place. This will reset the console and Weight (150 lbs.) should flash. This parameter is used to calculate calories consumed during the workout.
2. If caloric calculation is not of concern, ignore the weight flashing and press QUICK START to begin the workout
3. Otherwise, adjust weight using  or  keys and press ENTER to confirm
4. Press QUICK/START and the belt starts rolling at 0.5 MPH
5. Adjust Speed with the  or any of the instant Speed keys
6. Adjust Incline with the  or any of the instant Incline keys

TO STOP

1. Step off running belt onto the side rails.
2. Press STOP/RESET. The running belt will come to a stop.

Note: For an immediate stop, pull the safety key out of the safety key recess and power to the treadmill will be interrupted abruptly; the belt will roll to a complete stop.



SECTION 4

WORKOUT PROGRAMS





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

In MANUAL, you control the speed and/or elevation at your discretion. For QUICK START exercise with Time setting, refer to Manual Program.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).

In any program, pressing the Stop key will pause the current program. To resume the current program press the Start key. To exit the current program and return to the standby mode, press the Stop key again.

MANUAL PROGRAM (P-01) SETUP

1. Apply power to the unit by turning the treadmill power switch to ON and Weight should flash (150lbs.) on the console. If the treadmill is already on displaying Stop on the console, momentarily remove the safety key and place it back in place. This will reset the console and Weight (150 lbs.) should flash. This parameter is used to calculate calories consumed during the workout.
2. Press MODE key and P-01 will be flashing.
3. Press Enter to accept. Time will be flashing.
4. Adjust Time with  or  then press ENTER to accept
5. Press QUICK/START and the belt starts rolling at 0.5 MPH
6. Adjust Speed with the  or any of the instant Speed keys
7. Adjust Incline with the  or any of the instant Incline keys









WORKOUT PROGRAMS (cont'd)

PROGRAM (P-02 through P-07) SETUP

- P-02 - 9-Hole
- P-03 - Hill Climb
- P-04 - Hill Run
- P-05 - Interval
- P-06 - Rolling
- P-07 - Weight Loss
- P-08 - HRC (Heart Rate Controlled)

Program parameters are detailed in the tables at the end of the document









PROGRAM P-02 SETUP

1. In idle mode, press MODE key and Program P-01 light will be flashing.
2. Browse program P-02 with the  or  keys.
3. Press ENTER to accept a program and L-01 will flash in Pulse/Level window.
4. Adjust Level with the  or  keys.
5. Press ENTER to confirm and begin the workout.
6. Speed or Incline can be changed during the workout using  or  keys respectively.

NOTE:

P-02 is also called 9-Hole program where the exercise is based on the length of a 9-hole golf course (2.2 miles). Speed and Incline change according to the level (refer to tables). As soon as the distance reaches 2.2 miles, the program ends.

PROGRAM P-03 through P-07 SETUP

1. In idle mode, press MODE key and Program P-01 light will be flashing.
2. Browse programs P-03 through P-07 with the  or  keys.
3. Press ENTER to accept a program and L-01 will flash in Pulse/Level window.
4. Adjust Level with the  or  keys.
5. Press ENTER to confirm and Time will flash.
6. Adjust Time with the  or  keys.
7. Press ENTER to accept and press QUICKSTART to begin the program workout.
8. Speed and Incline can be changed during the workout using  or  keys respectively.













WORKOUT PROGRAMS (cont'd)

PROGRAM (P-08) (HRP – Heart Rate Program)

Note : P-08 requires a Chest Strap, such as POLAR T41 Transmitter, not included but sold separately.

Note : See Page 19 for Target Heart Rate instructions

1. At power up, default weight (150 lbs.) flashes.
2. Adjust weight using the  or  keys and press ENTER.
3. Press MODE key and Program P-01 light will be flashing.
4. Browse to P-08 program using the  or  keys.
5. Press ENTER and Age will be flashing.
6. Adjust Age with the  or  keys.
7. Press ENTER to accept and BPM (Beats Per Minute) will be flashing
8. Adjust BPM with the  or  keys.
9. Press ENTER and Time will be flashing.
10. Adjust Time with the  or  keys.
11. Press QUICKSTART to begin the workout.

P8 - Heart Rate Controlled (HRC) program based on AGE, PULSE, and TIME inputs. User must constantly provide heart rate or the program stops. Therefore, it is best to wear a wireless heart rate strap while exercise with this program.











WORKOUT PROGRAMS (cont'd)

CUSTOM PROGRAMS (P-09 and P-10) SETUP

Note : You can program up to 30 exercise level segments or stop at any segment as desired; the remaining segments will be run at default incline and speed of 0% and 0.5 MPH respectively.

You can also edit the segment you are currently exercising

1. At power up, default Weight (150 lbs.) flashes.
2. Adjust weight using the  or  keys and press ENTER.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Press MODE key and Program P-01 light will be flashing.
5. Use the  or  keys to navigate to P-09 or P-10.
6. Press ENTER to accept P-09 or P-10 and Time will be flashing.
7. Adjust time with the  or  keys.
8. Press ENTER and the display will show S=01 (segment #1).
9. Adjust the speed of this segment with the  keys or instant speed keys.
10. Adjust the incline of this segment with the  keys or instant incline keys.
11. Press ENTER and Display will show S=02 (segment #2).
12. Repeat steps above for all segments (30 segments) or stop anytime.
13. Press QUICK/START at anytime to finish data entry and begin workout



SECTION 5

CALCULATE YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE

Determining your Maximum Heart Rate:

The standard calculation for determining your maximum heart rate, Beats Per Minute (BPM), is to take your age and subtracting it from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:
 $220 - 30 = 190$ BPM.

STEP TWO

Select your ideal workout HR Zone:

Once you have your maximum heart rate you can use it to determine your target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to loose weight.

70-80% of your maximum HR will improve your aerobic fitness.

80-85% of your maximum HR will increase your athletic performance.

Note : DO NOT exceed 85% of your maximum heart rate.

STEP THREE

Calculate your ideal Target HR:

Using the above percentages, you can calculate your ideal target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during a workout
 $190 * 0.65 = 123$ BPM.

Improve aerobic fitness, by maintaining ~142 BPM during a workout
 $190 * 0.75 = 142$ BPM.

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.

SPEED AND ELEVATION CHANGES

HILL CLIMB		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Level 1	incline	0.0	0.0	0.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	3.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.0	4.0	2.0	4.0	2.0	3.5	3.0	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	5.6	3.2	4.8	3.2	6.4	3.2	6.4	3.2	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	3.2	6.4	3.2	6.4	3.2	5.6	4.8	4.0	3.2	2.4		
Level 2	incline	0.0	0.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	3.0	4.0	3.0	4.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	4.0	2.5	3.5	2.5	4.5	2.5	4.5	2.5	4.5	3.0	4.5	3.0	4.5	3.5	4.5	3.0	4.5	2.5	4.5	2.5	4.5	2.5	4.0	3.5	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	6.4	4.0	5.6	4.0	7.2	4.0	7.2	4.0	7.2	4.8	7.2	4.8	7.2	5.6	7.2	4.8	7.2	4.0	7.2	4.0	7.2	4.0	6.4	5.6	4.0	3.2	2.4		
Level 3	incline	0.0	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	0.0		
	(MPH)	1.5	2.0	2.5	4.5	2.5	4.0	3.0	5.0	3.0	5.0	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.0	5.0	3.0	5.0	3.0	4.5	3.5	2.5	2.0	1.5		
	(KPH)	2.4	3.2	4.0	7.2	4.0	6.4	4.8	8.0	4.8	8.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	4.8	8.0	4.8	8.0	4.8	7.2	5.6	4.0	3.2	2.4		
Level 4	incline	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0	1.0		
	(MPH)	2.0	2.5	3.0	5.0	3.0	5.0	3.0	5.5	3.5	5.5	3.5	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	3.5	5.5	3.5	5.5	3.5	5.0	4.0	3.0	2.5	2.0		
	(KPH)	3.2	4.0	4.8	8.0	4.8	8.0	4.8	8.8	5.6	8.8	5.6	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	5.6	8.8	5.6	8.8	5.6	8.8	5.6	8.0	6.4	4.8	4.0	3.2
Level 5	incline	1.0	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	1.0		
	(MPH)	2.0	2.5	3.0	5.5	3.5	5.5	3.5	6.0	4.0	6.0	4.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.0	6.0	4.0	6.0	4.0	6.0	3.5	5.5	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	5.6	8.8	5.6	9.6	6.4	9.6	6.4	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	6.4	9.6	6.4	9.6	6.4	9.6	5.6	8.8	7.2	4.8	4.0	3.2
Level 6	incline	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	2.0		
	(MPH)	2.0	2.5	3.0	6.0	4.0	6.0	4.0	6.5	4.5	6.5	4.5	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	4.5	6.5	4.5	6.5	4.5	6.5	4.0	6.0	5.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	9.6	6.4	9.6	6.4	10.4	7.2	10.4	7.2	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	7.2	10.4	7.2	10.4	7.2	10.4	6.4	9.6	8.0	4.8	4.0	3.2
Level 7	incline	2.0	2.0	3.0	4.0	4.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	4.0	3.0	3.0	3.0	2.0	
	(MPH)	2.0	2.5	3.0	6.5	4.5	6.5	5.0	7.0	5.0	7.0	5.0	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.0	7.0	5.0	7.0	5.0	7.0	4.5	7.0	5.0	3.5	3.0	2.5
	(KPH)	3.2	4.0	4.8	10.4	7.2	10.4	8.0	11.2	8.0	11.2	8.0	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.0	11.2	8.0	11.2	8.0	11.2	7.2	11.2	8.0	5.6	4.8	4.0
Level 8	incline	2.0	3.0	3.0	4.0	4.0	5.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	4.0	3.0	3.0	2.0		
	(MPH)	2.5	3.0	3.5	6.5	5.0	7.0	5.0	7.5	5.5	7.5	5.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	5.5	7.5	5.5	7.5	5.5	7.0	5.0	7.0	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	8.0	11.2	8.0	12.0	8.8	12.0	8.8	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	8.8	12.0	8.8	12.0	8.8	11.2	8.0	11.2	8.0	5.6	4.8	4.0
Level 9	incline	2.0	3.0	4.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	5.0	5.0	5.0	4.0	4.0	3.0	2.0		
	(MPH)	2.5	3.0	3.5	6.5	5.5	7.5	5.5	8.0	6.0	8.0	6.0	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.0	8.0	6.0	8.0	6.0	7.5	5.5	7.5	5.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	10.4	8.8	12.0	8.8	12.8	9.6	12.8	9.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	9.6	12.8	9.6	12.0	8.8	12.0	8.0	5.6	4.8	4.0		
Level 10	incline	2.0	3.0	5.0	5.0	5.0	6.0	6.0	6.0	6.0	7.0	7.0	7.0	8.0	8.0	8.0	7.0	7.0	7.0	7.0	7.0	6.0	6.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	2.0		
	(MPH)	2.5	3.0	3.5	6.5	6.0	8.0	6.0	8.0	6.5	8.5	6.5	8.5	7.0	8.5	7.0	8.5	7.0	8.5	7.0	8.5	6.5	8.5	6.5	8.5	6.0	7.5	6.5	3.5	3.0	2.5		
	(KPH)	4.0	4.8	5.6	10.4	9.6	12.8	9.6	12.8	10.4	13.6	10.4	13.6	11.2	13.6	11.2	13.6	11.2	13.6	11.2	13.6	10.4	13.6	10.4	13.6	9.6	12.0	10.4	5.6	4.8	4.0		

SPEED AND ELEVATION CHANGES

HILL RUN

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Level 1	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	4.8	4.0	3.2	2.4	
Level 2	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4	
Level 3	incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
	(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4	
Level 4	incline	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	4.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	7.2	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2	
Level 5	incline	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	5.0	4.0	3.0	2.0	2.0	
	(MPH)	2.0	2.5	3.0	5.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.5	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	8.0	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	7.2	4.8	4.0	3.2	
Level 6	incline	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	
	(MPH)	2.0	2.5	3.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.5	5.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.8	8.0	4.8	4.0
Level 7	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	(MPH)	2.0	2.5	3.0	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	6.0	5.5	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	9.6	8.8	4.8	4.0
Level 8	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	(MPH)	2.5	3.0	3.5	6.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	6.5	6.0	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	10.4	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	10.4	9.6	5.6	4.8	4.0	
Level 9	incline	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	
	(MPH)	2.5	3.0	3.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	7.0	6.5	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	11.2	10.4	5.6	4.8	4.0	
Level 10	incline	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	3.0	3.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	
	(MPH)	2.5	3.0	3.5	6.5	7.5	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.5	6.5	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	10.4	12.0	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	12.0	10.4	5.6	4.8	4.0	

SPEED CHANGES ONLY
INTERVAL

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 1	(MPH)	1.5	2.0	2.5	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	2.0	3.5	3.0	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	3.2	5.6	4.8	4.0	3.2	2.4
Level 2	(MPH)	1.5	2.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	2.5	4.0	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	4.0	6.4	5.6	4.0	3.2	2.4
Level 3	(MPH)	1.5	2.0	2.5	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.0	4.5	3.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	5.6	4.0	3.2	2.4
Level 4	(MPH)	2.0	2.5	3.0	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	3.5	5.0	4.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	6.4	4.8	4.0	3.2
Level 5	(MPH)	2.0	2.5	3.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.0	5.5	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	6.4	8.8	7.2	4.8	4.0	3.2
Level 6	(MPH)	2.0	2.5	3.0	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	6.0	4.5	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	4.8	4.0	3.2
Level 7	(MPH)	2.0	2.5	3.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	6.5	5.0	3.0	2.5	2.0
	(KPH)	3.2	4.0	4.8	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	10.4	8.0	4.8	4.0	3.2
Level 8	(MPH)	2.5	3.0	3.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	7.0	5.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	11.2	8.8	5.6	4.8	4.0
Level 9	(MPH)	2.5	3.0	3.5	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	7.5	6.0	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	12.0	9.6	5.6	4.8	4.0
Level 10	(MPH)	2.5	3.0	3.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	8.0	6.5	3.5	3.0	2.5
	(KPH)	4.0	4.8	5.6	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	12.8	10.4	5.6	4.8	4.0

SPEED CHANGES ONLY
ROLLING

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Level 1	(MPH)	1.5	2.0	2.5	3.0	3.5	3.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.5	3.0	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	4.8	5.6	4.8	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	6.4	5.6	4.8	4.8	4.0	3.2	2.4	
Level 2	(MPH)	1.5	2.0	2.5	3.0	3.5	4.0	3.5	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	4.8	5.6	6.4	5.6	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	7.2	6.4	5.6	4.8	4.0	3.2	2.4	
Level 3	(MPH)	1.5	2.0	2.5	3.5	4.0	4.5	4.0	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	5.0	4.5	4.0	3.5	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	5.6	6.4	7.2	6.4	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	8.0	7.2	6.4	5.6	4.0	3.2	2.4	
Level 4	(MPH)	2.0	2.5	3.0	4.0	4.5	5.0	4.5	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	5.5	5.0	4.5	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	7.2	8.0	7.2	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	8.8	8.0	7.2	6.4	4.8	4.0	3.2	
Level 5	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	5.0	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	6.0	5.5	5.0	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	8.0	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	9.6	8.8	8.0	6.4	4.8	4.0	3.2	
Level 6	(MPH)	2.0	2.5	3.0	4.0	5.0	5.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	6.5	6.0	5.0	4.0	3.0	2.5	2.0	
	(KPH)	3.2	4.0	4.8	6.4	8.0	8.8	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	10.4	9.6	8.0	6.4	4.8	4.0	3.2	
Level 7	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.5	7.0	6.0	5.0	4.5	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	11.2	10.4	9.6	8.0	7.2	5.6	4.8	4.0
Level 8	(MPH)	2.5	3.0	3.5	4.5	5.5	6.0	6.5	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	7.0	7.5	6.5	5.5	4.5	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	9.6	10.4	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	12.0	11.2	10.4	8.8	7.2	5.6	4.8	4.0
Level 9	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	12.0	12.8	11.2	9.6	8.0	5.6	4.8
Level 10	(MPH)	2.5	3.0	3.5	4.5	5.5	6.5	7.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	8.5	8.0	7.0	6.0	5.0	3.5	3.0	2.5	
	(KPH)	4.0	4.8	5.6	7.2	8.8	10.4	12.0	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	13.6	12.8	11.2	9.6	8.0	5.6	4.8

**SPEED CHANGES ONLY
WEIGHT LOSS**

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Level 1	(MPH)	0.5	1.0	1.5	2.0	2.0	2.0	2.5	2.5	2.5	3.0	3.0	3.0	3.0	3.5	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5	1.0	0.5	
	(KPH)	0.8	1.6	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	4.8	5.6	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	3.2	3.2	2.4	2.4	1.6	0.8	
Level 2	(MPH)	0.5	1.0	1.5	2.5	2.5	2.5	3.0	3.0	3.0	3.5	3.5	3.5	3.5	4.0	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	2.5	2.5	2.0	1.5	1.0	0.5	
	(KPH)	0.8	1.6	2.4	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	5.6	5.6	6.4	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	4.0	4.0	3.2	2.4	1.6	0.8	
Level 3	(MPH)	0.5	1.0	1.5	2.5	3.0	3.0	3.5	3.5	3.5	4.0	4.0	4.0	4.0	4.5	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	3.0	3.0	2.5	1.5	1.0	0.5	
	(KPH)	0.8	1.6	2.4	4.0	4.8	4.8	5.6	5.6	5.6	6.4	6.4	6.4	6.4	7.2	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	4.8	4.8	4.0	2.4	1.6	0.8	
Level 4	(MPH)	1.0	1.5	2.0	3.0	3.5	3.5	4.0	4.0	4.0	4.5	4.5	4.5	4.5	5.0	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	3.5	3.5	3.0	2.0	1.5	1.0	
	(KPH)	1.6	2.4	3.2	4.8	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	7.2	8.0	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	5.6	5.6	4.8	3.2	2.4	1.6	
Level 5	(MPH)	1.0	1.5	2.0	3.0	3.5	4.0	4.5	4.5	4.5	5.0	5.0	5.0	5.0	5.5	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	3.5	2.0	1.5	1.0	
	(KPH)	1.6	2.4	3.2	4.8	5.6	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.0	8.8	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	6.4	6.4	5.6	3.2	2.4	1.6	
Level 6	(MPH)	1.0	1.5	2.0	3.5	4.0	4.5	5.0	5.0	5.0	5.5	5.5	5.5	5.5	6.0	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	4.5	4.5	4.0	2.0	1.5	1.0	
	(KPH)	1.6	2.4	3.2	5.6	6.4	7.2	8.0	8.0	8.0	8.8	8.8	8.8	8.8	9.6	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	7.2	7.2	6.4	3.2	2.4	1.6	
Level 7	(MPH)	1.5	2.0	2.5	4.0	4.5	5.0	5.5	5.5	5.5	6.0	6.0	6.0	6.0	6.5	6.5	6.5	6.5	6.0	6.0	6.0	5.5	5.5	5.5	5.0	5.0	5.0	4.5	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	6.4	7.2	8.0	8.8	8.8	8.8	9.6	9.6	9.6	9.6	10.4	10.4	10.4	10.4	9.6	9.6	9.6	8.8	8.8	8.8	8.0	8.0	8.0	7.2	4.0	3.2	2.4	
Level 8	(MPH)	1.5	2.0	2.5	4.0	5.0	5.5	6.0	6.0	6.0	6.5	6.5	6.5	6.5	7.0	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	6.0	6.0	6.0	5.5	5.5	4.5	2.5	2.0	1.5
	(KPH)	2.4	3.2	4.0	6.4	8.0	8.8	9.6	9.6	9.6	10.4	10.4	10.4	10.4	11.2	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	9.6	9.6	9.6	8.8	8.8	7.2	4.0	3.2	2.4
Level 9	(MPH)	1.5	2.0	2.5	4.0	5.5	6.0	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.5	6.0	6.0	5.5	5.0	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	6.4	8.8	9.6	10.4	10.4	10.4	11.2	11.2	11.2	11.2	12.0	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	10.4	9.6	9.6	8.8	8.0	4.0	3.2	2.4	
Level 10	(MPH)	1.5	2.0	2.5	4.0	5.5	6.5	7.0	7.0	7.0	7.5	7.5	7.5	7.5	8.0	8.0	8.0	8.0	7.5	7.5	7.5	7.0	7.0	7.0	6.5	6.5	6.0	5.5	2.5	2.0	1.5	
	(KPH)	2.4	3.2	4.0	6.4	8.8	10.4	11.2	11.2	11.2	12.0	12.0	12.0	12.0	12.8	12.8	12.8	12.8	12.0	12.0	12.0	11.2	11.2	11.2	10.4	10.4	9.6	8.8	4.0	3.2	2.4	

SECTION 6

PREVENTIVE MAINTENANCE

The running belt can shift to one side or simply 'skid over' when running. Run the machine at 3 mph for a few minutes to determine which side the belt is drifting towards, left or right. Center the belt using the 8 mm Torque wrench.

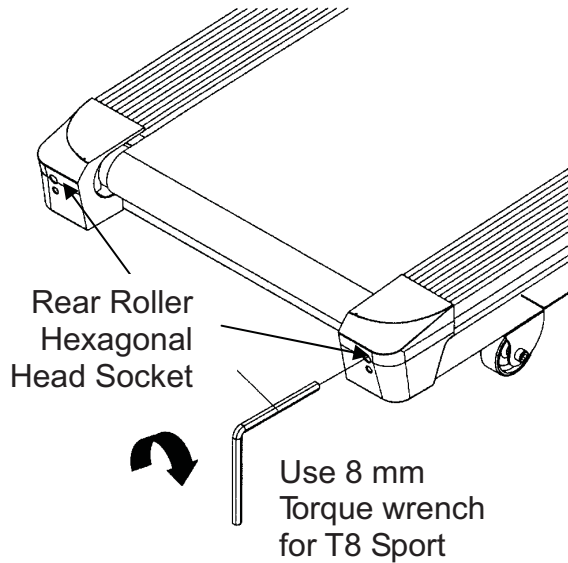
If the belt is drifting left.

- i) Turn the treadmill off and unplug from the machine.
- ii) Tighten the left hexagonal head socket a ¼ turn (clockwise).
- iii) Loosen the right hexagonal head socket a ¼ turn (counterclockwise).
- iv) Run the belt at 3 mph again for a few minutes.
If the belt drifts to the left, repeat steps.

If the belt is drifting right.

- i) Turn the treadmill off and unplug from the machine.
- ii) Tighten the right hexagonal head socket a ¼ turn (clockwise).
- iii) Loosen the left hexagonal head socket a ¼ turn (counterclockwise).
- iv) Run the belt at 3 mph again for a few minutes.
If the belt drifts to the right, repeat steps.

Once the running belt has been adjusted, closer to the center, the treadmill can be powered on again.



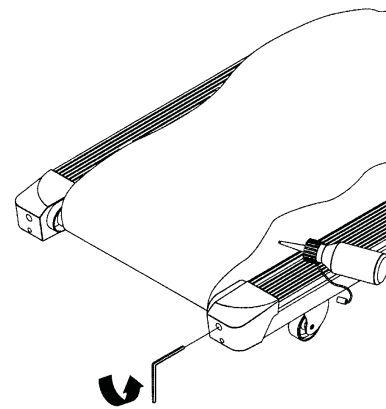
It is recommended that the deck be lubricated regularly according to the frequency of usage. Refer to the suggested schedule in the table below.

WARNING!

Do not use cleaner under the running belt.

- i) Use 8 mm Torque wrench to loosen the hexagonal head socket in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. ONLY use a clean soft cloth.
- ii) Gently pull up the side of the running belt. Dispense a thin layer of the lubricant on deck, and spread evenly. DO NOT over lubricate.
- iii) Center the belt (using the instructions above), and tighten the hexagonal head socket.

Check belt condition and if necessary adjust using the instructions above.



Suggested lubrication table

<p>4 Miles or less / hr = lube every 1 year 4~8 Miles / hr = lube every 6 months 8 Miles or more / hr = lube every 3 months</p>



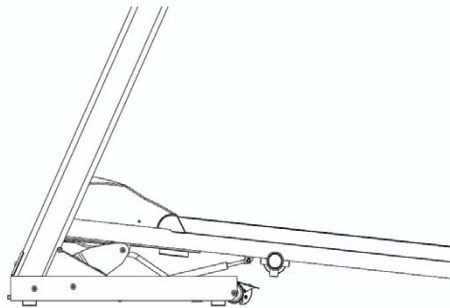
SECTION 7

TROUBLESHOOTING

ERROR MESSAGE	POSSIBLE CAUSES	SOLUTION
E1	Speed Sensor disconnected	Check Speed Sensor Connection
	Speed Sensor Mis-aligned	Check Sensor position & air gap
	Faulty Speed Sensor	Replace Speed Sensor
	Loose Display Connection	Check Display Cable Connection
	Faulty MCB (D2 LED on)	Replace MCB
	Faulty Drive Motor	Replace Drive Motor
E6	Faulty Safety key	Check Safety key or switch
	Elv. Motor not moving	Check Elv. Motor connections
	Elv. Motor screw binding	Clean screw, lubricate or remove obstruction
	Elv. Motor out of range	Check motor zero position
	Elv. Potentiometer	Calibrate elevation motor
E7	Elv. Motor out of range	Calibrate elevation motor
	On/Off Switch	Check if unit is turned on
	Fuse	Check fuses on MCB
	Insufficient power source	Plug unit in a dedicated 120V, 20A outlet

TROUBLESHOOTING (cont'd)

Incline Function Abnormality	If the treadmill stuck in a raised position, press & hold STOP while pressing DOWN simultaneously for 3 – 5 sec. to force the treadmill to lower until a value 100 is read at the information window, then release the keys	
	If the treadmill stuck below zero position, press & hold STOP while pressing UP simultaneously for 3 – 5 sec. to force the treadmill to raise until a value 100 is read at the information window, then release the keys	
	If any of the above does not help, contact your authorized center for service	
Treadmill Does Not Work	A fuse or circuit breaker has cut off power	Replace fuse or reset breaker. Contact a qualified electrician if needed. Plug the treadmill into a dedicated 110-120VAC 15 or 20 Amp outlet to ensure the treadmill receives appropriate power to function correctly. The outlet must not supply power to any other devices or appliances



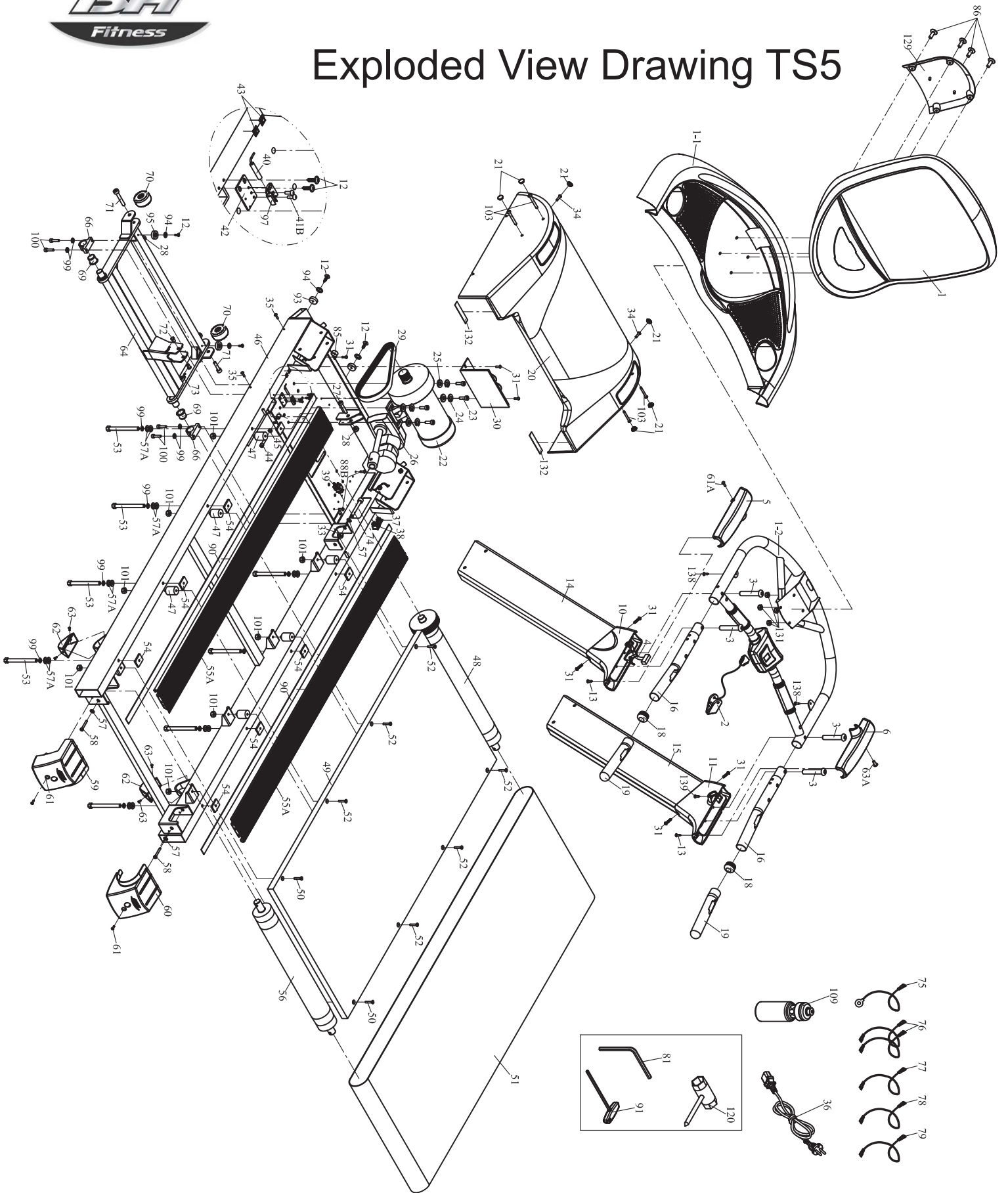
(Figure 2)



Part List

NO	Spec	Description	Qty	NO	Spec	Description	Qty
1	HTF140-D	Computer Console	1	54	NAL-040	Aluminum Peadl Fixing Plate	8
1-1	P-1633	Plastic Water Bottle Holder	1	55A	P-2719	Plastic Pedal	2
1-2	HTE010	Water Bottle Holder Assembly	1	56	NRL-005A	Rear Roller	1
2	HTHA001	Safety Key/Clip	1	57	SPA100-200-20	Washer ψ 10x ψ 20x2.0t	3
3	SK-299	Truss Hex Screw K-299	4	57A	SPA080-200-20	Washer ψ 8x ψ 20x2.0t	16
4	XL-700B	controller wire (lower)	1	58	SGA10-110I	CKS Hex Screw M10xP1.5x110	2
5	P-1907L	Lower Handrail Cover(Left)	1	59	P-2325L	Rear End Cap(L) BH	1
6	P-1907R	Lower Handrail Cover(Right)	1	60	P-2325R	Rear End Cap(R) BH	1
10	P-1908L	Lower Handrail Cover(Left)	1	61	SAE5-15	Round Head Philips Screw M5xP0.8x15	2
11	P-1908R	Lower Handrail Cover(Right)	1	62	P-1032	Rubber Foot Pad	2
12	SMM4-16	Washer Philips Self Tapping Screw ϕ 4x16	7	63	SCE6-10	Truss Philips ScrewM6xP1.0x10	4
13	SCI5-25	Truss Philips Self Tapping Screw ϕ 5x25	2	63A	SCE6-15	Truss Philips ScrewM6xP1.0x15	2
14	JTCA030A	Upright(Left)	1	64	JTBC010	Incline Fixing Base	1
15	JTCB024A	Upright(Right)	1	66	NT-1000	Incline Base	2
16	JTDA001	Hand Grip Tube	2	69	P-1037	Plastic Lining	2
18	PCA-1-1/2-001	Arc End Cap ϕ 1-1/2"x1.5t	2	70	PB-00-003	wheel ϕ 10x ϕ 60x30t	2
19	PFC036-30-0220	PVC Foam Grip	2	71	SGC10-60-30I	CKS Hex Screw M10xP1.5x60(Thread 30mm)	2
20	P-1045-ABS	Upper Motor Cover	1	72	NT-1379	Incline Base Flex U-shaped Iron Plate Pin	2
21	P-1064	Screw Plastic Cover	6	73	SQC100-20	R Pin ψ 10x ψ 2.0	2
22	XM-279	Motor	1	74	SGA10-100I	CKS Hex Screw M10xP1.5x100 (Full Thread)	1
23	SGA10-25I	CKS Hex Screw M10xP1.5x25	4	75	XLT002	Extension Wire (White)14AWGx90x2T	1
24	SPB10	Spring Washer M10	4	76	XLT001	Extension Wire (Black)14AWGx90x2T	2
25	SPA100-200-30	Washer ϕ 10x ϕ 20x3.0t	4	77	XLT019	Extension Wire (White)14AWGx700x2T	1
26	XM-107	Incline Motor	1	78	XLT020	Extension Wire (Black)14AWGx680x2T	1
27	SGA10-40I	CKS Hex Screw M10xP1.5x40	1	79	XLT036	Extension Wire (Kelly)14AWGx130x1T1R	1
28	SOC10	Nylon Nut M10xP1.5	3	81	SSA5-80-80M	Hex Wrench	1
29	CA-240J8	Drive Belt	1	85	PEC-UC-2	Wire Clip Knob UC-2	1
30	XRB-013-001	controller	1	86	SCA4-8	Truss Philips Screw M4xP0.7x8	4
31	SCE5-12	Truss Philips Screw M5xP0.8x12	7	88B	SAA5-10GZ	Round Head Philips Screw(Galvanization) M5xP0.8x10	2
33	SOA10	Allen Nut M10xP1.5	1	90	BAA13750-200-15	Foam Sticker	2
34	SDA8-40I	Truss Hex Screw M8xP1.25x40	2	91	SSB8-200	T Sharp Wrench 8mmx200mm	1
35	SCE5-15	Truss Philips Screw M5xP0.8x15	4	93	P-1155A	Rubber Pad	3
36	XLZ-TM	Power Cord	1	94	SPA060-160-10	Washer ϕ 6x ϕ 16x1.0t	5
37	XEH-002-001	Power Cord Socket	1	95	P-1155	Foot Pad	2
38	XEA-A001	Power Switch	1	97	P-2231	Sensor Fixing Base	1
39	XEG-15-001	Circuit Breaker	1	99	SPB8	Spring Washer M8	12
40	XEM-008	Sensor	1	100	SGA8-25I	CKS Hex Screw M8xP1.25x25	4
41B	SCE4-10	Truss Philips Screw M4xP0.7x10	2	101	SOC8	Nylon Nut M8xP1.25	8
42	NO-2399	Sensor Fixing Plate	1	103	SK-298A	Truss Hex Screw K-298A	4
43	PEC-HC-101S	KSS Wire Clip Knob HC-101S	2	109	PK-L-027	Bottle	1
44	SGA8-55I	CKS Hex Screw M8xP1.25x75	1	120	SK-433	Bushing Spanner + Screwdriver	1
45	SOA8	Allen Nut M8xP1.25	1	129	P-1646	Decoration Cover of Rear Computer Cover	1
46	JTAA010	Frame	1	131	SOC6	Nylon Nut M6xP1.0	4
47	P-1301	Fixing Cushion	6	132	BAA0800-200-15	Foam Sticker	2
48	NRL-005B	Front Roller	1	138	SCI4-12	Truss Philips Screw ϕ 4x12	2
49	MB-006	Running Pad	1	139	SCI4-16	Truss Philips Self Tapping Screw ϕ 4x16	2
50	SIA8-40I	Counter Sink Hex Screw M8xP1.25x40	2				
51	CB00080	Running Belt	1				
52	SIA8-35I	Counter Sink Hex Screw M8xP1.25x35	6				
53	SEA8-115-25	Allen Screw M8xP1.25x115 Thread 25mm	8				

Exploded View Drawing TS5





SECTION 8

WARRANTY

USA / CANADA 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 TS5) 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. Any other use of the unit shall void this warranty.

FRAME – Lifetime (Home 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.

DRIVE MOTOR – Lifetime Home Warranty

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



WARRANTY (cont'd)

ELECTRONICS & PARTS – TEN (10) Years Home Warranty

BH Fitness warrants the Electronic components and all original parts (other than the Drive Motor) against defects in workmanship and materials for a period of TEN (10) years from the date of original purchase, so long as the unit remains in the possession of the original owner for home use.

LABOR – TWO (2) Years Home Warranty

BH Fitness shall cover the labor cost for the repair of the unit for a period TWO (2) 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.

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, Drive Motor, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear.

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

WARRANTY REGISTRATION

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