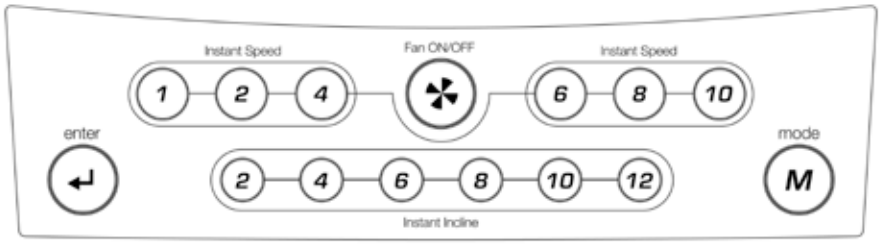
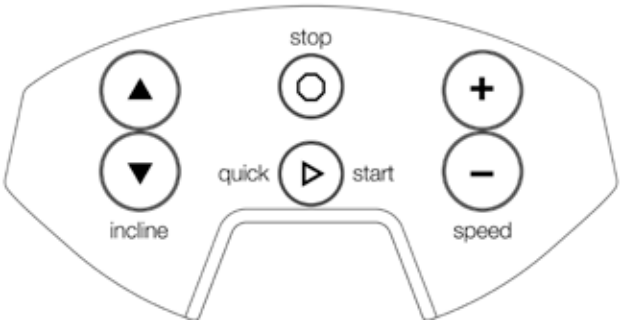
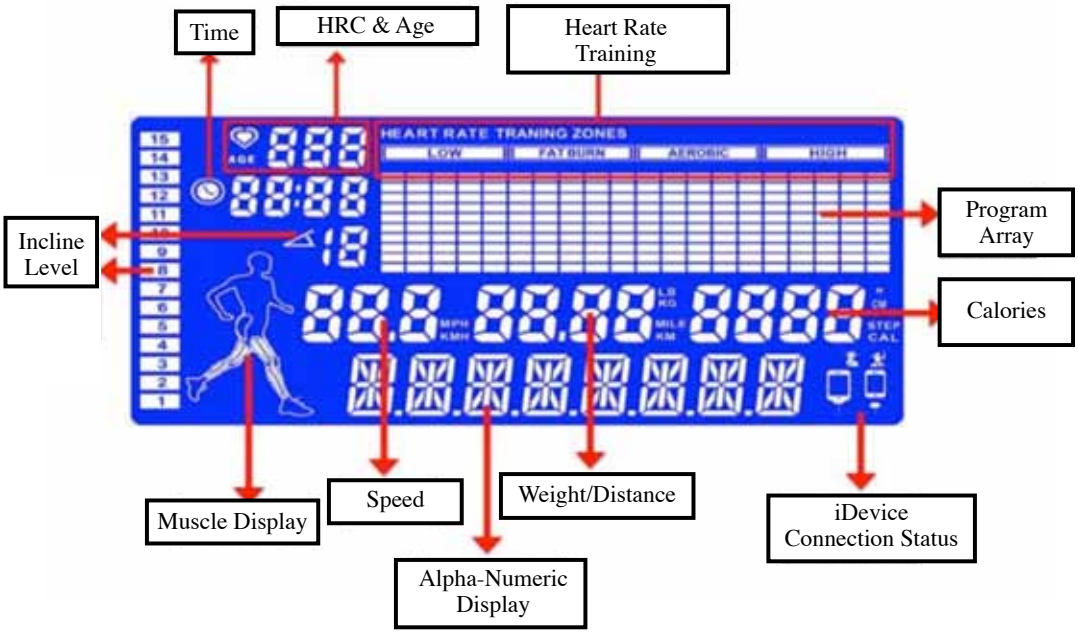
LK700Ti CONSOLE OPERATIONS





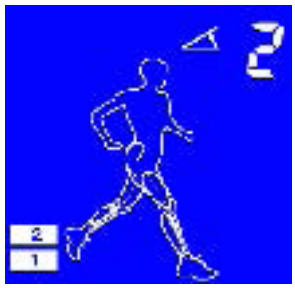


ABOUT THE MUSCLE DISPLAY

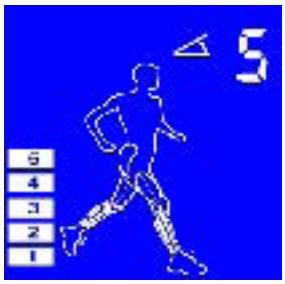
When the USER changes the incline level it will display on the screen.

Level 0

Levels 1-3

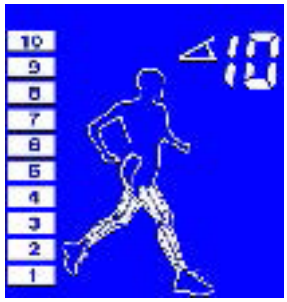


Levels 4-6

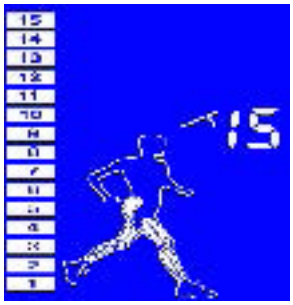


Levels 7-9

Levels 10-12



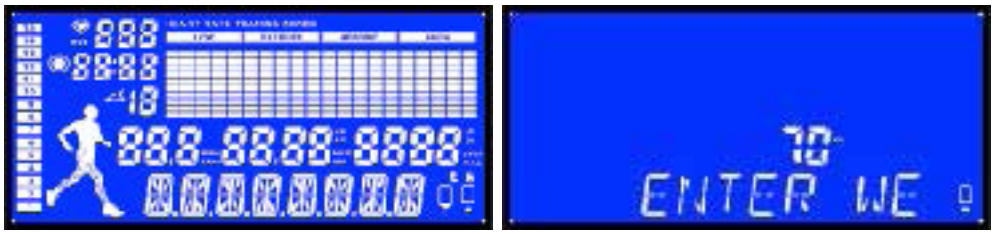
Levels 13-15



START - ENTER YOUR WEIGHT

When the machine first starts, all numerals will light up and then it will ask you to enter your weight. Set the weight, so that the each exercise program can calculate accurately how many calories have been lost during any given workout.

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Screen will display SELECT PROGRAM.
3. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.



QUICK START

1. Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
2. Press SPEED+ or SPEED- to select a program or press QUICK START to begin a manual workout immediately.
3. If you select QUICK START, the screen will display READY GO and the workout will start after a 3 seconds countdown. The workout program will start at a speed of 0.8KPH (0.5MPH) and the an incline of 0.
4. Press an Instant Incline button or INCLINE+ or INCLINE- to adjust the incline level
5. Press an Instant Speed button or SPEED+ or SPEED- to adjust the speed value.

STOP OR PAUSE DURING TRAINING

1. During the workout, press STOP to pause the program. The speed of the belt will slow to zero but the incline will stay the same.
2. When the workout time has reached 99:59 or you have finished the goal of a specific

program, the belt will slow to zero, and the screen will display RUN END. Press STOP for 4 seconds and the systems will go back to standby mode.

HOW TO SELECT A PROGRAM & PROGRAM SETUP

- Press SPEED+ or SPEED- to set your weight and then press ENTER to input.
- Press Mode or SPEED+/SPEED- to toggle through the programs, press ENTER to select.
- List: MANUAL-P1-P2-P3-P4-P5-P6-RANDOM-USER-H.R.C.1-3-BODY FAT
- Pressing STOP while in any of the programs and it will bring you back to the program selection list.
- Bellow is the list of the programs and how to set up each one.

MANUAL

1. Find MANUAL and press ENTER to select.
2. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target distanc and then press ENTER to input.
4. Press SPEED+ or SPEED- to setup target calories and then press ENTER to input.
5. When you have finished your set up, press START to begin the workout

P1 (9 HOLE)

1. Find P1 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup your goal distance and then press ENTER to input.
4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

P2 (HILL CLIMB)

1. Find P2 and press ENTER to select.
2. Press SPEED+ or SPEED- to setup the level and then press ENTER to input.
3. Press SPEED+ or SPEED- to setup target time and then press ENTER to input.

4. The screen will display READY GO and the workout will start after a 3 seconds countdown.

PROGRAMS P3-P6 are set up the same way as P2.

RANDOM (Random Speed)
1. Find RANDOM and press ENTER to select.
2. Press SPEED+ or SPEED- to select your target time and then press ENTER to input.
3. Press SPEED+ or SPEED- to select target distance and then press ENTER to input.
4. Press SPEED+ or SPEED- to select target calories and then press ENTER to input. 4. When you have finished your setup, press START to enter begin your workout.

USER (USER CAN EDIT SPEED & INCLINE PROFILE)
1. Find USER and press ENTER to select.
2. Press SPEED+ or SPEED- to choose U1, U2, U3, or U4 and then press ENTER to select.
3. Press ENTER for 3 seconds to enter into Segment Edit Mode. Press SPEED+ or SPEED- to adjust Speed and press INCLINE+ or INCLINE- to adjust incline and then press ENTER to input and go on to the next segment (there are 20 in total). When you are done with all segments, press ENTER for 3 seconds to save your custom values.
4. Press ENTER to select U1.
5. Press SPEED+ or SPEED- to set time and then press ENTER to input.
6. Press SPEED+ or SPEED- to set distance and then press ENTER to input.
7. Press SPEED+ or SPEED- to set calorie and then press ENTER to input.
8. When you are done press START to begin the workout.

H.R.C: 60%/75%/THR
1. There are three HRC programs, find and choose between 60%, 75%, or THR (Target Heart Rate) and then press ENTER to select.

Note: In the HRC Program, the computer will only accept the “Wireless Heart Rate Signal” (we suggest using a wireless heart belt). If no pulse signal is detected for 45 seconds, the computer will stop and display NO PULSE.

60%, 75%
1. Press ENTER to select 60% (or 75%)
2. Press SPEED+ or SPEED- to set time and then press ENTER to input.

3. Press SPEED+ or SPEED- to set age and then press ENTER to input.
4. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
5. The screen will display READY GO and the workout will start after a 3 seconds countdown.

THR (Target Heart Rate)

1. Press SPEED+ or SPEED- to set target time and then press ENTER to input.
2. Press SPEED+ or SPEED- to set target heart rate and then press ENTER to input.
3. The screen will display READY GO and the workout will start after a 3 seconds countdown.

BODY FAT MODE

Press ENTER to select BODY FAT and the treadmill will ask for the following information:

1. AGE: the default value is 30, and the range 13~80. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
2. HEIGHT: the default value is 170 cm, and the range is 120~200 cm. Press SPEED+ or SPEED- to adjust and the press ENTER to input.
3. SEX (Gender) - press SPEED+ or SPEED- to toggle between male (1) or female (0) and the press ENTER to input.
4. Weight: the default value is 70 kg (150LB) and the range is 23~130kg (50~425LB). Press SPEED+ or SPEED- to adjust and the press ENTER to input.

To display the BODY FAT VALUE, please hold the pulse sensors for 15 seconds. The value will display, press stop to return to the start ready status

PROGRAM REVIEW

MANUAL

P1 9 Hole

Hidden Area

P2 Hill Climb

Hidden Area

P3 Hill Run

Hidden Area

P4 Interval

Hidden Area

P5 Rolling

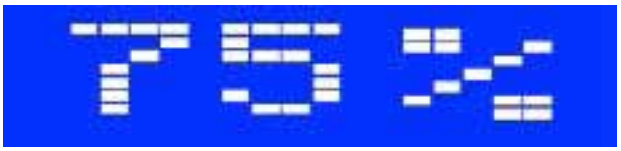
Hidden Area

P6 Weight Loss

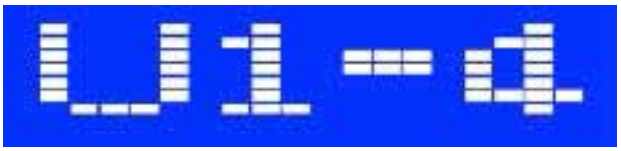
Hidden Area

RANDOM

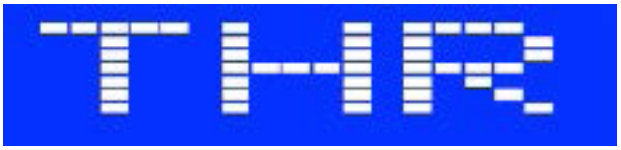
HRC 75%



USER

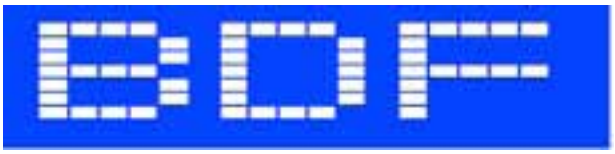


HRC THR

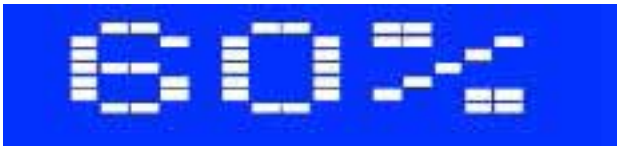


HRC 1-3

BODY FAT (BDF)



HRC 60%



TO SWITCH BETWEEN METRIC AND STANDARD

When the machine first starts, all numerals will light up and then it will ask you to enter your weight. While in this window, press and hold ENTER for 10 seconds. Press SPEED+ or SPEED- to toggle between ML (Standard) and KM (Metric) and then press ENTER to make your selection.

ERROR & WARNING INFORMATION

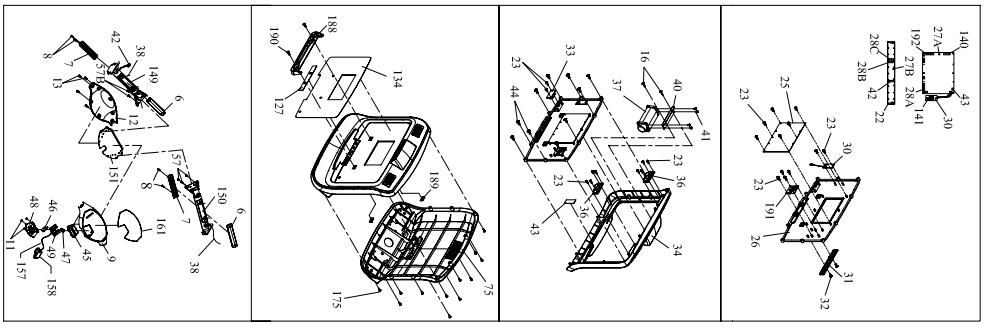
When the treadmill motor is experiencing a malfunction, machine will auto-stop and show one of the error codes listed below.

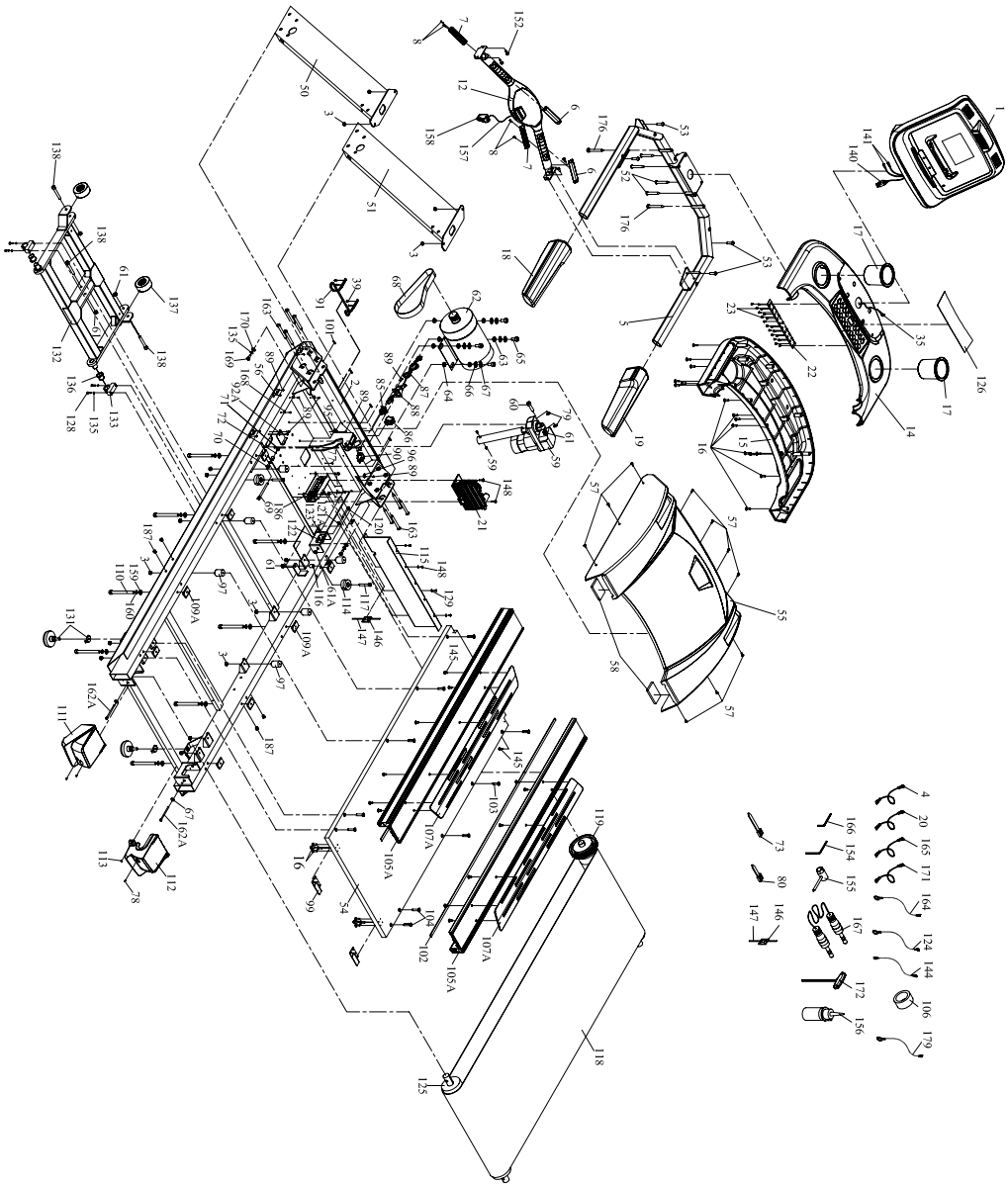
E1: Can not read the speed value, motor is malfunctioning and signal cannot be delivered.

E6: Incline data is wrong, incline motor damaged or signal cannot be delivered.

E7: Incline AD over the normal range, incline motor damaged or setting is wrong.

EXPLODED VIEW DRAWING





PARTS LIST

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

No.	Descripton	Qty
1	Computer assembly	1
2	Frame assembly	1
3	Nut	14
4	Terminal wire (white)	1
5	Internal handrail	1
6	Hand pulse plastic set (up)	2
7	Hand pulse plastic set (down)	2
8	Philips screw	4
9	Control box cover(up)	1
11	Philips screw	4
12	Control box cover(lower)	1
13	Philips screw	6
14	Shelf cover (up)	1
15	Shelf cover (lower)	1
16	Philips screw	25
17	Water bottle	2
18	Handrail cover (left)	1
19	Handrail cover (right)	1
20	Terminal wire (black)	2
21	Transducer	1
22	Key pcb plate	1
23	Philips screw	41
25	Computer	1
26	Computer inner box	1
27A	Safety switch connected wire (up)	1
27B	Safety switch connected wire (lower)	1
28A	Press key connected wire (up)	1
28B	Press key connected wire (lower)	1
28C	Press key connected wire (lower)	1
30	Hand pulse plate	1
31	iPod plactic cover	1
32	CKS hex screw	2
33	Audio source plate	1
34	Computer cover	1
35	Control wire (lower)	1
36	Speaker	2
37	Cross flow fan	1
38	Hand pulse wire (lower)	2
39	Philips screw	4
40	Fan stator	1
41	Philips screw	4
42	Control plate connected wire	1
43	Wireless receiver Polar receiver Double faced adhesive tape	1 1 1
44	Philips screw	10
45	Safety switch	1
46	Safety switch sensor	1
47	Pressure spring	1
48	Safety switch seat	1
49	Safety switch slide seat	1
50	Pipe welding (left)	1
51	Pipe welding (right)	1
52	Hex screws	4
53	Hex screws	4
54	Running board	1
55	Motor cover	1
56	Motor cover stator	6
57	Philips screw	10
57B	Philips screw	6
58	Foam sticker	2

No.	Descripton	Qty
59	Electric motor with self lubricating bearing	1 2
60	CKS hex screw	1
61	Nut	6
61A	Nut	1
62	AC motor	1
63	Spacing washer (up)	4
64	Spacing washer (lower)	4
65	CKS hex screw	4
66	Flat washer	4
67	Spring washer	6
68	Elastic strap	1
69	CKS hex screw	1
70	Hex nut	1
71	Adjusting screw sleeve	1
72	Washer	1
73	Zip tie	4
74	Philips screw	3
75	Computer cover (lower) Computer cover stator (lower)	1 1
78	Round head philips screw	2
79	Plastic washer	2
80	Zip tie	1
85	Power wire socket	1
86	Power switch	1
87	Power wire	1
88	Power cord	1
89	Philips screw	22
90	Overload protection switch	1
91	Power wire roll	1
92A	Inductor set	1
95	Wiring fixed buttons	2
96	Wiring fixed buttons	1
97	Fixed cushion	6
99	Longer running board	2
101	Plastic	4
102	Foam sticker	2
103	Counter sink hex screw	6
104	Counter sink hex screw	4
105A	Pedals	2
106	Inductor	1
107A	Pedal panel	2
109A	Pedal stator	8
110	Hex screw	8
111	Lower adjusting box (left)	1
112	Lower adjusting box (right)	1
113	Philips screw	2
114	Training wheel	2
115	Fender	1
116	Drivepipe	2
117	CKS hex screw	2
118	Running belt	1
119	Front pulley	1
120	CKS hex screw	1
121A	Flat washer	1
122	Lock washer	1
123	Hex nut	1
124	Terminal wire (yellow and green)	1
125	Rear pulley	1
126	Computer key sticker	1
127	MP3 sticker	1

No.	Descripton	Qty
128	CKS hex screw	4
129	Spring washer	4
130	Magic tape	2
131	Adjusting foot pad	2
132	Base welding	1
133	Fixed base	2
134	Computer panel sticker	1
135	Spring washer	6
136	Plastic liner	2
137	Idler wheel	2
138	CKS hex screw	3
140	Control wire (up)	1
141	Hand pulse wire (lower)	1
144	Terminal wire (yellow and green)	1
145	Philips screw	13
146	Adhesive mounting base	4
147	Zip tie	8
148	Truss philips self tapping screw	8
149	Holding pipe welding (left) Holding base plastic (left)	1 1
150	Holding pipe welding (right) Holding base plastic (right)	1 1
151	Control box iron welding	1
152	Hex head cap screw	4
154	Hexagon wrench	1
155	Socket spanner	1
156	Silicon	1
157	Nylon rope	1
158	Clip	1
159	Washer	8
160	Spring washer	8
161	Electronic control box stickers Film key 6	1 1
162A	CKS hex screw	2
163	Hex steel screws	8
164	Terminal wire (yellow and green)	1
165	Terminal wire (white)	1
166	Hexagon wrench	1
167	MP3 audio cable	1
168	Wiring fixed buttons	3
169	Outside hexagonal steel screws	2
170	Washer	2
171	Terminal wire (black)	1
172	T-shaped wrench	1
173	KSS sticky type wiring fixed bridge	2
175	Philips screw	12
176	Hex steel screws	2
179	Hand pulse grounding line (yellow and green)	1
184	Ground connection sticker	2
185	Ground connection sticker	3
186	Brake resistance	1
187	Hole plugs	1
188	iPad shelf	1
189	Iron plate extrusion nut	2
190	Philips screw	2
191	Bluetooth module	1
192	Bluetooth module connecting wire	1

NOTE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.
- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

1. To comply with FCC RF exposure compliance requirements, a separation distanc of at least 20 cm must be maintained between the antenna of this device and all persons.
2. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC ID: PHGLK002

WARRANTY

LIMITED LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Seven (7) year replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and ten (10) years on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

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

For more detailed warranty information or to register your product warranty easily online, visit our website at: **http://www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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