

## BH H919N

# BH Fitness SB3 Magnetic H919N Indoor Bike User Manual

Model: H919N

## 1. INTRODUCTION

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Thank you for choosing the BH Fitness SB3 Magnetic H919N Indoor Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and keep it for future reference. This indoor bike is designed for semi-professional use, offering an intense and effective workout experience in a home environment.



Figure 1.1: The BH Fitness SB3 Magnetic H919N Indoor Bike, showcasing its robust frame and design.

## 2. SAFETY INFORMATION

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Before using this equipment, please observe the following safety precautions:

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 130 kg (286 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The magnetic brake system can generate heat; avoid touching the flywheel immediately after intense use.

## 3. SETUP AND ASSEMBLY

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The BH Fitness SB3 Magnetic H919N comes partially pre-assembled. Follow these steps to complete the setup:

### 3.1 Attaching Stabilizers

Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely fastened to provide a stable base for the bike.

### 3.2 Installing Pedals

Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Apply a small amount of grease to the threads and tighten them firmly. The bike features mixed pedals, accommodating both SPD cleats and standard athletic shoes with toe cages.



Figure 3.2: Close-up of the mixed pedals and flywheel area, showing the robust crank arm.

### 3.3 Adjusting Seat and Handlebars

The seat and handlebars offer micro-adjustments for optimal comfort and riding posture. Loosen the adjustment knobs, slide the seat/handlebars to your desired height and horizontal position, and then firmly tighten the knobs.



Figure 3.3: The ergonomically designed seat with micro-adjustment capabilities for personalized comfort.

### 3.4 Attaching the Console

Connect the console cables to the corresponding ports on the bike frame. Mount the console onto the handlebar post and secure it with the provided screws.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Console Functions

The console displays key workout metrics to help you monitor your progress. It typically shows:

- **RPM:** Revolutions Per Minute (pedal cadence).
- **CAL:** Calories burned (estimated).
- **DIST:** Distance covered.
- **TIME:** Workout duration.
- **PULSE:** Heart rate (requires a compatible telemetric heart rate strap, not included).



Figure 4.1: The digital console displaying RPM, Calories, Distance, and Time metrics.

## 4.2 Adjusting Resistance

The SB3 Magnetic H919N features a magnetic resistance system for smooth and silent operation. To increase resistance, turn the resistance knob clockwise. To decrease resistance, turn it counter-clockwise. The magnetic brake system can generate up to 320 watts at 60 RPM.





Figure 4.2: Detail of the magnetic brake system, ensuring quiet and consistent resistance.

### 4.3 Emergency Stop

In case of an emergency, press down firmly on the resistance knob to quickly stop the flywheel.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your indoor bike:

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as recommended by BH Fitness (refer to specific product documentation if available).
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are tight. Tighten any loose components.
- **Belt Inspection:** Check the drive belt for any signs of wear or damage. Contact customer support if replacement is needed.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

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If you encounter issues with your BH Fitness SB3 Magnetic H919N, refer to the table below for common problems and solutions:



Problem	Possible Cause	Solution
Bike is unstable	Loose stabilizers or uneven floor	Ensure all stabilizer bolts are tight. Adjust leveling feet on stabilizers if present.
Squeaking or grinding noise	Loose components, lack of lubrication, or foreign object	Check all bolts and connections. Lubricate moving parts if necessary. Inspect flywheel area for obstructions.
Console not displaying data	Loose cable connection or dead batteries	Check console cable connections. Replace console batteries.
Resistance not changing	Resistance mechanism issue	Ensure the resistance knob is properly engaged. If the problem persists, contact customer support.

## 7. SPECIFICATIONS

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- **Model Number:** H919N
- **Dimensions (L x W x H):** 104 x 64 x 119 cm (40.9 x 25.2 x 46.9 inches)
- **Product Weight:** 39.5 kg (87 lbs)
- **Maximum User Weight:** 130 kg (286 lbs)
- **Resistance System:** Magnetic
- **Flywheel Weight:** 18 kg (approximate, based on product description)
- **Material:** Alloy Steel
- **Power Source:** Pedal-powered (no electric)
- **Special Features:** Water bottle holder, Micro-adjustable seat and handlebars, Telemetric pulse reception
- **Recommended Use:** Indoors, Semi-professional

## 8. WARRANTY AND SUPPORT

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For warranty information, please refer to the warranty card included with your product or visit the official BH Fitness website. If you require technical assistance, spare parts, or have any questions not covered in this manual, please contact BH Fitness customer support. Ensure you have your model number (H919N) and proof of purchase ready when contacting support.

**BH Fitness Customer Support:** Please refer to your regional BH Fitness website for contact details.