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BH Fitness H750

BH Fitness LK 7500 H750 Recumbent Exercise Bike User Manual

Model: H750

1. INTRODUCTION

Thank you for choosing the BH Fitness LK 7500 H750 Recumbent Exercise Bike. This professional-grade fitness equipment is designed for commercial studio use and therapy centers, offering a comfortable and effective workout experience. Its design is particularly beneficial for individuals with back issues, seniors, or those who find traditional upright exercise bikes challenging. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.

2. SAFETY INFORMATION

Before using the BH Fitness LK 7500 H750, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a stable, level surface. Ensure adequate space around the equipment.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this equipment is **150 kg (330 lbs)**.
- Do not use the equipment if it is damaged. Inspect it before each use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to service the equipment beyond the maintenance steps described in this manual. Contact qualified service personnel for repairs.
- The equipment is designed for commercial use.

3. SETUP AND ASSEMBLY

The BH Fitness LK 7500 H750 is designed for straightforward setup. While some assembly may be required upon delivery, the core components are typically pre-assembled.

3.1 Unpacking and Placement

- Carefully remove all components from the packaging. Retain packaging materials for future transport or storage.
- Place the exercise bike on a firm, level surface. Ensure there is at least 0.6 meters (2 feet) of clear space around the equipment for safe operation and access.
- The integrated transport wheels facilitate moving the machine. To move, lift the rear of the bike and roll it to the desired location.

3.2 Power Connection

The LK 7500 H750 features a self-generating electromagnetic braking system (GSG). This means the monitor does not require an external power outlet. The flywheel generates the necessary power for the console during your workout.

3.3 Seat Adjustment

Adjust the horizontal sliding seat to a comfortable position that allows for a slight bend in your knees at the fullest extension of the pedal stroke. The ergonomic design provides optimal lumbar and pelvic support.



Figure 1: The BH Fitness LK 7500 H750 Recumbent Exercise Bike. This image shows the overall design of the exercise bike, highlighting its recumbent position, console, and handgrip pulse sensors.

4. OPERATING INSTRUCTIONS

4.1 Console Overview

The LK 7500 H750 features a DOT MATRIX monitor with 4 LED screens. These screens simultaneously display key workout data.

- **Display Windows:** Show Speed/RPM, Time, Distance, Calories, Watts, and Pulse.
- **Programs (Prg):** 40 pre-set programs with 20 intensity levels.
- **User Program (uPrg):** One customizable individual program.
- **Fitness Tests (FT):** Two fitness tests, one for men and one for women.
- **Heart Rate Control (HRC):** A program designed to maintain a target heart rate.
- **Watt Display:** Constant display of power in watts.

4.2 Starting a Workout

1. Sit comfortably on the seat and adjust its position if necessary.
2. Place your feet securely on the pedals.
3. Begin pedaling. The console will automatically power on as the flywheel generates electricity.
4. Select your desired program or start a manual workout.

4.3 Program Selection

Use the console buttons to navigate through the available programs.

- **Pre-set Programs:** Choose from 40 varied programs, each with 20 intensity levels. Adjust intensity as needed during your workout.
- **User Program:** Create and save your own custom workout profile.
- **Fitness Tests:** Follow the on-screen instructions to perform a fitness assessment.
- **Heart Rate Control (HRC):** Enter your target heart rate, and the bike will adjust resistance to keep you within your desired zone.

4.4 Pulse Measurement

Your heart rate can be measured in two ways:

- **Handgrip Sensors:** Grasp the red sensors on the side handlebars. Ensure both hands are firmly in contact with the sensors for an accurate reading. This also helps maintain a correct training posture.
- **Wireless Chest Strap (Optional):** For more precise and hands-free heart rate monitoring, use a compatible wireless chest strap (not included). The LK 7500 H750 receiver is Polar-compatible.

4.5 Additional Features

- **Integrated Fan:** A powerful two-level fan provides cooling during intense workouts.
- **Bottle Holder:** Conveniently located for easy access to hydration.
- **Towel Holder:** Keep your towel within reach for comfort.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your BH Fitness LK 7500 H750.

- **Cleaning:** Wipe down the equipment after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Belt System:** The Poly-V belt drive system is designed to be very quiet and virtually maintenance-free. No lubrication or tension adjustments are typically required.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** If storing the bike for an extended period, ensure it is clean and dry. Store in a cool, dry place away from direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your BH Fitness LK 7500 H750, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Console does not power on.	Not pedaling, or insufficient pedaling speed.	Begin pedaling at a moderate pace. The console is self-generating and requires movement to power on.
Inaccurate heart rate reading from hand sensors.	Hands not firmly on sensors, or dry hands.	Ensure both hands are firmly gripping the sensors. Lightly moisten hands if they are too dry.
Resistance feels inconsistent or too easy/hard.	Program setting or manual resistance level.	Check the selected program and its intensity level. Adjust resistance manually via the console if in manual mode.
Unusual noise during operation.	Loose components or foreign object.	Stop exercising and inspect the bike for any loose bolts or foreign objects. Tighten as necessary. If noise persists, contact customer support.

For issues not listed here, or if problems persist, please contact BH Fitness customer support.

7. SPECIFICATIONS

- **Model:** BH Fitness LK 7500 H750
- **Resistance System:** Electromagnetic Brake (Self-generating)
- **Drive System:** Poly-V Belt
- **Maximum User Weight:** 150 kg (330 lbs)
- **Dimensions (L x W x H):** 115 x 54 x 153 cm (45.3 x 21.3 x 60.2 inches)
- **Product Weight:** 53 kg (116.8 lbs)
- **Material:** Alloy Steel
- **Color:** Black
- **Console:** DOT MATRIX with 4 LED screens
- **Programs:** 40 Pre-set, 1 User, 2 Fitness Tests, HRC
- **Heart Rate Monitoring:** Handgrip sensors, Wireless chest strap compatible (Polar compatible)
- **Special Features:** Integrated 2-level fan, Bottle holder, Towel holder, Transport wheels

8. WARRANTY AND SUPPORT

BH Fitness products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or visit the official BH Fitness website.

For technical assistance, spare parts, or any questions regarding your BH Fitness LK 7500 H750, please contact BH

Fitness customer support. Contact information can typically be found on the BH Fitness website or in your purchase documentation.

