

## BH G6210

# BH Impulse Dual II Foldable Treadmill User Manual

Model: G6210

## 1. INTRODUCTION

Thank you for choosing the BH Impulse Dual II Foldable Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before assembly or use and keep it for future reference.

The BH Impulse Dual II is designed for regular home use, allowing for 3 to 7 hours of training per week. It features a powerful 2.5 HP motor, a wide running surface, and i.Concept technology for an interactive training experience.

## 2. IMPORTANT SAFETY INFORMATION

To ensure your safety and prolong the life of your treadmill, please adhere to the following precautions:

- Always consult with a physician before starting any exercise program.
- Place the treadmill on a flat, stable surface, away from water and heat sources.
- Ensure adequate clear space (at least 2 meters) behind the treadmill for emergency dismount.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill. The safety key is designed to stop the treadmill immediately in case of an emergency.
- Do not operate the treadmill if it is damaged or malfunctioning.
- The maximum user weight for this treadmill is **115 kg (253 lbs)**. Do not exceed this limit.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

## 3. SETUP AND ASSEMBLY

The BH Impulse Dual II treadmill is designed for relatively easy setup. While specific assembly steps are detailed in a separate assembly guide (not included in this manual), here are general considerations:

### 3.1 Unpacking and Placement

Carefully remove all components from the packaging. Place the treadmill in your desired location, ensuring it is on a level surface. The treadmill features transport wheels for easier relocation once assembled.



Figure 3.1: Full view of the BH Impulse Dual II Treadmill.



Figure 3.2: Front view of the treadmill, showing the wide running surface.

## 3.2 Folding and Storage

The treadmill is designed to fold vertically for space-saving storage. Utilize the integrated transport wheels to move the folded unit.



Figure 3.3: Treadmill in folded position with dimensions (96 x 75 x 149 cm).



Figure 3.4: Side view of the treadmill in its folded, upright storage position.

### 3.3 Power Connection

Connect the provided power cord to a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging it in.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control console before beginning your workout.



Figure 4.1: The treadmill's control console with LED screens and buttons.

## 4.1 Control Console Overview

The monitor features three LED screens that display key workout metrics:

- **Speed:** Adjustable from 0.1 km/h increments up to 18 km/h.
- **Heart Rate:** Measured via sensors on the handlebars.
- **Distance:** Total distance covered during the workout.
- **Program:** Indicates the currently selected workout program.
- **Calorie Consumption:** Estimated calories burned.
- **Training Time:** Duration of your workout.
- **Incline Angle:** Adjustable up to 12%.

The console also includes an integrated bottle holder for convenience.

## 4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Attach the safety key clip to your clothing and place the safety key securely on the console.
3. Step onto the treadmill belt, placing your feet on the side rails.
4. Press the START button. The belt will begin to move at a low speed.
5. Adjust the speed and incline using the corresponding buttons on the console or handlebars.

## 4.3 Workout Programs

The treadmill offers **36 pre-programmed workouts** designed for various fitness goals. You can also create and save up to **3 customizable user profiles (uPrg)**. A Body Fat Test program is also available to help monitor your progress.

## 4.4 i.Concept Connectivity

The BH Impulse Dual II is i.Concept Ready, offering extensive connectivity options. By connecting the optional Dual Kit 4.0 to the USB port on the monitor, you can unlock the full i.Concept universe. This allows for interactive training with applications like Kinomap, providing a motivating and effective workout experience by simulating real-world routes.



Figure 4.2: Optional Bluetooth HR kit for enhanced iConcept connectivity and heart rate monitoring.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the separate assembly guide or contact customer support for specific lubrication instructions and recommended lubricants.
- **Belt Tension and Alignment:** Ensure the running belt is properly tensioned and centered. Adjustments may be needed over time.
- **Motor Area:** Keep the area around the motor clean and free of dust and debris.
- **Power Cord:** Inspect the power cord regularly for any damage.

## 6. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch OFF.	Ensure power cord is securely plugged in; Place safety key on console; Turn power switch ON.
Belt stops or slips during use.	Belt tension too loose; Belt needs lubrication.	Adjust belt tension (refer to assembly guide); Lubricate the belt.
Unusual noise from treadmill.	Loose components; Motor issues; Belt friction.	Check for and tighten any loose bolts; Lubricate belt; If noise persists, contact customer support.
Console display not working.	Loose cable connection; Power issue.	Check all cable connections to the console; Ensure power supply is stable.

If the problem persists after attempting these solutions, please contact BH customer support.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	G6210
Motor	2.5 HP (Horsepower)
Speed Range	1 - 18 km/h (0.1 km/h increments)
Incline Range	Up to 12%
Programs	36 Pre-programmed, 3 Customizable (uPrg), Body Fat Test
Running Surface (L x W)	130 x 45 cm (51.2 x 17.7 inches)
Maximum User Weight	115 kg (253 lbs)
Unfolded Dimensions (L x W x H)	165 x 75 x 131 cm (65 x 29.5 x 51.6 inches)
Folded Dimensions (L x W x H)	96 x 75 x 149 cm (37.8 x 29.5 x 58.7 inches)
Product Weight	72 kg (158.7 lbs)
Display Type	3 LED Screens
Connectivity	i.Concept Technology, Bluetooth (with optional Dual Kit 4.0)
Damping System	6 Elastomers
Frame Material	Alloy Steel

## 8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact BH Fitness customer service. Keep your purchase receipt and model number (G6210) readily available when contacting support. Visit the official BH Fitness website for the most up-to-date support information and contact details.