

BH Fitness E100

BH Fitness Munich E100 Elliptical Trainer

User Manual

Model: E100 | Brand: BH Fitness

1. INTRODUCTION

Thank you for choosing the BH Fitness Munich E100 Elliptical Trainer. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the elliptical trainer and keep it for future reference. Proper use and care will ensure a long lifespan and optimal performance of your machine.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions to prevent injury.

- Ensure the elliptical trainer is placed on a stable, level surface.
- Maintain a clear space of at least 0.6 meters (2 feet) around the equipment during use.
- Keep children and pets away from the machine during operation.
- Inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. Refer to the separate assembly guide for a detailed list and diagrams.

- Main frame and base

- Handlebars (fixed and movable)
- Pedals and crank arms
- Console unit
- Stabilizers and transport wheels
- Hardware kit (bolts, washers, nuts, tools)
- User Manual and Assembly Guide

4. ASSEMBLY INSTRUCTIONS

Assembly of the BH Fitness Munich E100 requires two people and approximately 1-2 hours. Follow the step-by-step instructions provided in the dedicated Assembly Guide. Ensure all connections are secure before use.

1. Unpack all components and lay them out in an open area.
2. Attach the front and rear stabilizers to the main frame.
3. Install the movable handlebars and pedal arms.
4. Connect the console mast and attach the console unit.
5. Secure all bolts and check for stability.

For detailed visual instructions, please refer to the assembly diagrams in your separate Assembly Guide.

5. PRODUCT FEATURES

The BH Fitness Munich E100 Elliptical Trainer is designed for effective home workouts, offering a range of features to enhance your exercise experience:

- **Magnetic Brake System:** Provides smooth, quiet, and consistent resistance.
- **12 kg Flywheel:** Ensures a fluid and natural elliptical motion.
- **34 cm Stride Length:** Comfortable stride suitable for a wide range of users.
- **LCD Console:** Backlit display with 12 predefined exercise profiles and 24 intensity levels.
- **Customizable Programs:** 4 user-programmable profiles (uPrg) to tailor your workouts.
- **Heart Rate Measurement:** Contact sensors on the handlebars for real-time heart rate monitoring.
- **Recovery Test (RT):** Helps assess your fitness level by measuring heart rate recovery.
- **Watts Control Program (SWR):** Allows for power-based training.
- **Transport Wheels:** For easy relocation and storage of the machine.
- **Bottle Holder:** Convenient for staying hydrated during workouts.
- **Universal Device Holder:** Integrated support for smartphones and tablets.



Image: BH Munich E100 Elliptical Trainer in use, demonstrating a full body workout.



Image: Side view of the BH Munich E100 Elliptical Trainer with a user, highlighting the 34cm stride.

6. OPERATING INSTRUCTIONS

6.1 Console Overview



Image: Close-up of the BH Munich E100 elliptical trainer console, showing the LCD display and control buttons.

The backlit LCD console displays key workout metrics and allows you to select programs and adjust intensity. Familiarize yourself with the buttons:

- **MODE:** Toggles between display modes or confirms selections.
- **UP/DOWN Arrows:** Adjust intensity levels or navigate through program options.
- **START/STOP:** Begins or ends your workout.
- **RESET:** Clears current workout data.
- **RECOVERY:** Initiates the recovery test function.

6.2 Starting a Workout

1. Step onto the pedals and grasp the handlebars.
2. Press the **START/STOP** button to begin a manual workout, or use the **UP/DOWN** arrows and **MODE** button to select a predefined program (P1-P12) or a user-defined program (uPrg).
3. Adjust the intensity level using the **UP/DOWN** arrows during your workout.

6.3 Heart Rate Monitoring



Image: Close-up of the BH Munich E100 elliptical trainer handlebars, showing the integrated heart rate sensors.

To measure your heart rate, firmly grip the contact sensors located on the fixed handlebars. Your heart rate will be displayed on the console after a few seconds. Ensure your hands are clean and dry for accurate readings.

6.4 Recovery Test (RT)

After your workout, press the **RECOVERY** button. The console will prompt you to hold the heart rate sensors. It will measure your heart rate for a short period and then provide a fitness score, indicating how quickly your heart rate recovers.

6.5 Using the Device Holder

The integrated universal device holder allows you to place your smartphone or tablet on the console for entertainment or to follow workout apps during your exercise session.

Your browser does not support the video tag.

Video: Official product video demonstrating the features and usage of the BH Munich E100 Elliptical Trainer, including console functions, stride, and transport wheels.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical trainer.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Lubricate as instructed in the assembly guide if necessary.
- **Tighten Fasteners:** Regularly check and tighten all bolts, nuts, and screws to ensure stability and safety.
- **Storage:** When not in use, store the elliptical trainer in a dry, clean environment. Use the transport wheels to move it easily.



Image: The BH Munich E100 elliptical trainer tilted on its transport wheels, demonstrating ease of movement.

8. TROUBLESHOOTING

If you encounter any issues with your BH Fitness Munich E100, refer to the following common troubleshooting tips:

- **No Display on Console:** Check if the power adapter is securely connected and if the batteries (if applicable) are correctly installed or need replacement.
- **Unstable Operation:** Ensure the elliptical trainer is on a level surface. Adjust the leveling feet if necessary. Check all assembly bolts for tightness.
- **Squeaking Noises:** Inspect all moving parts for friction. Lubricate joints as per the assembly guide. Ensure all bolts are tightened.
- **Inaccurate Heart Rate Reading:** Ensure your hands are firmly and completely gripping the contact sensors. Hands should be clean and dry.

For persistent issues, please contact BH Fitness customer support.

9. SPECIFICATIONS

Feature	Specification
Brand	BH Fitness
Model	Munich E100
Product Dimensions (L x W x H)	141 cm x 46 cm x 165 cm
Item Weight	42 kg
Flywheel Mass	12 kg
Maximum Recommended User Weight	120 kg
Resistance Mechanism	Magnetic

Feature	Specification
Resistance Levels	24
Stride Length	34 cm
Programs	12 Predefined, 4 User-defined
Heart Rate Measurement	Contact Sensors
Material	Iron

10. WARRANTY AND SUPPORT

Your BH Fitness Munich E100 Elliptical Trainer comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, spare parts, or any inquiries not covered in this manual, please contact BH Fitness customer service through their official website or the contact information provided with your purchase.

Keep your proof of purchase for warranty claims.