

## BH G852

# BH Fitness Easy Flex G852 Magnetic Foldable Elliptical Trainer User Manual

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your BH Fitness Easy Flex G852 Magnetic Foldable Elliptical Trainer. Please read it thoroughly before assembly, operation, or maintenance to ensure proper function and user safety. The Easy Flex G852 is designed for intensive home use, featuring a magnetic resistance system, a 20 kg inertial system, and a 45 cm stride length for a smooth workout experience. Its foldable design allows for convenient storage.



*Image 1.1: The BH Fitness Easy Flex G852 Magnetic Foldable Elliptical Trainer in its operational state.*

## 2. SAFETY INFORMATION

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- Read all instructions in this manual before using the equipment.
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the elliptical trainer on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 130 kg.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

### 3. ASSEMBLY AND SETUP

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The BH Fitness Easy Flex G852 requires assembly. It is recommended that two people perform the assembly, which typically takes a couple of hours. Ensure all parts are present before beginning.

#### 3.1 Unpacking and Part Identification

1. Carefully remove all components from the packaging.
2. Lay out all parts and compare them against the included parts list (not provided in this document, refer to your product packaging).
3. Ensure no parts are damaged during shipping. Contact customer support if any parts are missing or damaged.

#### 3.2 General Assembly Steps

While detailed steps are specific to the included manual, general assembly involves:

- Attaching the base stabilizers.
- Mounting the main frame and flywheel housing.
- Connecting the pedal arms and handlebars.
- Installing the console and connecting its cables.
- Tighten all bolts and nuts securely after assembly.

#### 3.3 Folding Mechanism

The Easy Flex G852 features a foldable design for space-saving storage. To fold the elliptical:

1. Ensure the elliptical is powered off and unplugged.
2. Follow the specific instructions in your product manual to release the locking mechanism for folding.
3. Carefully fold the elliptical until it locks into its compact position (approximately 85 x 178 x 63 cm).
4. Use the integrated transport wheels to move the folded unit.





*Image 3.1: The BH Fitness Easy Flex G852 Elliptical Trainer in its folded position for storage.*

## **4. OPERATING INSTRUCTIONS**

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### **4.1 Console Overview**

The Easy Flex G852 is equipped with a blue backlit LCD screen console that displays various workout metrics and allows program selection.



*Image 4.1: The control console of the BH Fitness Easy Flex G852, showing the LCD display and program selection buttons.*

- **Display:** Shows time, speed, distance, calories, pulse, and Watt.
- **Programs:** Includes 12 predefined programs (Prg), 24 intensity levels, customizable profiles (uprg), a Heart Rate Control (HRC) program, a Recovery (RT) program, and a Body Fat (BF) test.
- **Control Buttons:** Use MODE, UP, DOWN, RESET, START/STOP, BODY FAT, and RECOVERY buttons to navigate and select options.
- **Smartphone/Tablet Holder:** A universal holder is integrated for your devices.

## 4.2 Starting an Exercise

1. Step onto the pedals, ensuring your feet are securely placed.
2. Grasp the moving handlebars.



3. Press the START/STOP button or begin pedaling to activate the console.
4. Select your desired program or adjust the resistance level using the UP/DOWN buttons.
5. Maintain a smooth, continuous motion.



*Image 4.2: A user demonstrating proper form while exercising on the BH Fitness Easy Flex G852 Elliptical Trainer.*

### 4.3 Heart Rate Monitoring

The elliptical trainer includes contact pulse sensors on the stationary handlebars. To measure your heart rate:

- Place both hands firmly on the pulse sensors.
- Hold steady for a few seconds until your pulse reading appears on the console.
- For accurate readings, ensure your hands are clean and make full contact with the sensors.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid

abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Magnetic resistance systems typically require minimal lubrication. Refer to your specific product manual for any recommended lubrication points.
- **Storage:** Store the elliptical in a dry, cool place, away from direct sunlight and extreme temperatures. Utilize the folding mechanism for compact storage.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your elliptical trainer.

- **Console Not Displaying:** Check power connections. Ensure batteries (if applicable) are correctly installed or replaced.
- **Unusual Noises:** Inspect all connections for tightness. Loose bolts or components can cause squeaking or knocking sounds. Ensure the elliptical is on a level surface.
- **Pedals/Arms Feel Loose:** This may indicate loose bushings or crank connections. Immediately stop use and inspect the affected areas. Tighten any loose fasteners. If the issue persists, contact customer support.
- **Inaccurate Heart Rate Reading:** Ensure hands are clean and making full contact with the sensors. Avoid excessive movement during measurement.

## 7. SPECIFICATIONS

Feature	Specification
Model Name	Easy Flex G852
Brand	BH
Resistance Mechanism	Magnetic
Inertial System	20 kg
Stride Length	45 cm
Maximum User Weight	130 kg
Product Dimensions (L x W x H)	165 x 63 x 178 cm
Folded Dimensions (L x W x H)	85 x 63 x 178 cm
Product Weight	52 kg
Display Type	Blue Backlit LCD
Screen Size	14 cm
Predefined Programs	12
Intensity Levels	24

Feature	Specification
Heart Rate Control (HRC) Program	Yes
Recovery (RT) Program	Yes
Body Fat (BF) Test	Yes
Transport Wheels	Yes
Color	Black

## 8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or contact the retailer where you purchased the BH Fitness Easy Flex G852. For technical support, spare parts, or service inquiries, please contact BH Fitness customer service through their official website or the contact details provided in your product documentation.