

## BH G6260

# BH Fitness Pioneer S2 G6260 Treadmill

## USER MANUAL

### 1. INTRODUCTION

Thank you for choosing the BH Fitness Pioneer S2 G6260 Foldable Electric Treadmill. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill and keep it for future reference.

The Pioneer S2 G6260 is designed for regular home use, offering a comfortable running surface, a powerful motor, and various programs to enhance your workout experience.

### 2. SAFETY INSTRUCTIONS

**Warning:** Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.

- Always place the treadmill on a clear, level surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this treadmill is **115 kg (253 lbs)**. Do not exceed this limit.
- Always attach the safety key clip to your clothing before starting your workout. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning. Contact customer support for assistance.
- Ensure the power cord is not pinched or damaged and is kept away from hot surfaces.
- Do not attempt to service the treadmill yourself. Refer all servicing to qualified personnel.

### 3. PRODUCT OVERVIEW

Familiarize yourself with the components of your BH Fitness Pioneer S2 G6260 treadmill.



**Figure 3.1:** The BH Fitness Pioneer S2 G6260 treadmill in its operational state. This image displays the full treadmill, including the running deck, console, handrails, and support frame, highlighting its sleek black design with red accents.



**Figure 3.2:** Close-up view of the control panel and console of the BH Fitness Pioneer S2 G6260 treadmill. This image shows the blue backlit LCD screen, instant speed buttons, pulse sensors on the handrails, and the prominent red emergency stop button, along with integrated cup holders.

## Key Components:

- **Console:** Features a blue backlit LCD screen, program selection, speed controls, and a universal holder for smartphones/tablets.
- **Emergency Stop Button:** Large red button for immediate shutdown.
- **Safety Key:** Magnetic key that must be in place for operation.
- **Handrails:** Provide support and include contact pulse sensors.
- **Running Surface:** Measures 130 x 41 cm, equipped with an 8-elastomer damping system.
- **Soft Drop System (SDS):** Assists in safely lowering the running deck when unfolding.
- **Transport Wheels:** For easy relocation of the folded treadmill.
- **Fan:** Integrated for user comfort during workouts.

## 4. SETUP AND ASSEMBLY

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### 4.1 Unpacking

Carefully remove all components from the packaging. Inspect for any damage. Keep packaging materials until assembly is complete and you are satisfied with the product.

### 4.2 Placement

Choose a flat, stable surface for your treadmill. Ensure adequate clearance around the unit as described in the safety instructions (Section 2).

### 4.3 Unfolding the Treadmill

1. Ensure the treadmill is unplugged from the power outlet.
2. Gently push the running deck downwards. The Soft Drop System (SDS) will assist in slowly lowering the deck to the floor.
3. Once fully lowered, ensure the deck is securely locked in place before use.

### 4.4 Power Connection

Connect the power cord to a grounded electrical outlet. Ensure the outlet meets the electrical requirements specified for the treadmill.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Console Functions

The blue backlit LCD screen displays key workout metrics such as speed, distance, time, calories, and pulse. Use the buttons on the console to control your workout.

- **Start/Stop:** Initiates or pauses the running belt.
- **Speed +/-:** Adjusts the running speed incrementally.
- **Instant Speed Keys:** Pre-set buttons for quick speed changes (e.g., 2, 4, 6, 8, 10, 12 km/h).
- **Program (Prg):** Selects from 12 predefined workout programs.
- **Mode:** Toggles between display modes or confirms selections.
- **Body Fat (BF) Test:** Initiates the body fat measurement program.

### 5.2 Starting a Workout

1. Ensure the safety key is properly placed on the console and the clip is attached to your clothing.
2. Step onto the side rails of the treadmill.
3. Press the "Start" button. The belt will begin moving at a low speed.
4. Carefully step onto the running belt and gradually increase the speed using the "Speed +" button or instant speed keys to your desired pace (1-14 km/h).

## 5.3 Using Programs

Before starting, press the "Program" button to cycle through the 12 predefined workout programs. Each program offers varying speed profiles to challenge your fitness level. Select your desired program and press "Start" to begin.

## 5.4 Pulse Measurement

To measure your heart rate, firmly grasp the pulse sensors located on the handrails with both hands. Your heart rate will be displayed on the console after a few seconds.

## 5.5 Stopping a Workout

To stop the treadmill, press the "Stop" button. For an emergency stop, pull the safety key from the console.

## 5.6 Folding the Treadmill

After use, the treadmill can be folded for storage. Lift the running deck until it locks into the upright position. The Soft Drop System (SDS) will assist in this process. Use the transport wheels to move the folded treadmill.

# 6. MAINTENANCE

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

- **Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Running Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. If the belt slips or drifts to one side, consult the detailed instructions in the full product manual or contact customer support.
- **General Inspection:** Regularly check all nuts and bolts for tightness. Inspect the power cord for any damage.

# 7. TROUBLESHOOTING

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If you encounter issues with your treadmill, refer to the following common troubleshooting steps:

- **Treadmill does not start:**
  - Ensure the power cord is securely plugged into a working outlet.
  - Check that the safety key is correctly placed on the console.
  - Verify the circuit breaker has not tripped.
- **Running belt slips:**
  - The running belt may need tensioning. Refer to the full manual or contact support.
  - The running belt may require lubrication.
- **Unusual noises:**
  - Ensure all bolts are tightened.
  - Check for any foreign objects under the running belt.

- If the noise persists, discontinue use and contact customer support.

For more complex issues, please contact BH Fitness customer support.

## 8. SPECIFICATIONS

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Feature	Specification
Model	Pioneer S2 G6260
Brand	BH Fitness
Usage Frequency	Normal (3 to 7 hours per week)
Maximum User Weight	115 kg (253 lbs)
Motor Power (Continuous)	2 HP
Speed Range	1 - 14 km/h
Running Surface (L x W)	130 x 41 cm (51.2 x 16.1 inches)
Damping System	8 Elastomers
Display Type	Blue Backlit LCD
Programs	12 Predefined Programs, 1 Body Fat Test Program
Pulse Measurement	Contact Sensors
Special Features	Foldable, Soft Drop System (SDS), Transport Wheels, Fan, Universal Smartphone/Tablet Holder
Assembled Dimensions (L x W x H)	162 x 72 x 131 cm (63.8 x 28.3 x 51.6 inches)
Folded Dimensions (L x W x H)	81 x 72 x 131 cm (31.9 x 28.3 x 51.6 inches)
Product Weight	50 kg (110 lbs)
Power Source	Electric Current

## 9. WARRANTY AND SUPPORT

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BH Fitness products are manufactured to high-quality standards and are backed by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including coverage duration and limitations.

For technical assistance, spare parts, or any questions regarding your BH Fitness Pioneer S2 G6260 treadmill, please contact BH Fitness customer support through their official website or the contact information provided in your product documentation.

