

## PROACTION G6310

# BH PROACTION G6310 Run Lab Treadmill User Manual

Model: G6310

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your BH PROACTION G6310 Run Lab Treadmill. Please read all instructions carefully before operating the equipment. Retain this manual for future reference.

The BH PROACTION G6310 Run Lab Treadmill is designed for home use, offering a comprehensive cardio workout experience. It features a foldable design for convenient storage, an LCD display for tracking workout metrics, and Bluetooth connectivity for app integration.

## 2. SAFETY INFORMATION

To reduce the risk of serious injury, read the following important precautions before using the treadmill:

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.5 meters (1.6 feet) on each side.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.
- Always use the safety key. If you feel faint or experience pain, immediately remove the safety key to stop the treadmill.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Maximum user weight capacity is 110 kg (242 lbs). Do not exceed this limit.
- Ensure the treadmill is unplugged before cleaning or performing maintenance.

## 3. PRODUCT FEATURES

The BH PROACTION G6310 Run Lab Treadmill incorporates several features designed for an effective and convenient workout:

### 3.1 Foldable Design

This treadmill offers both vertical and horizontal folding options for space-saving storage.

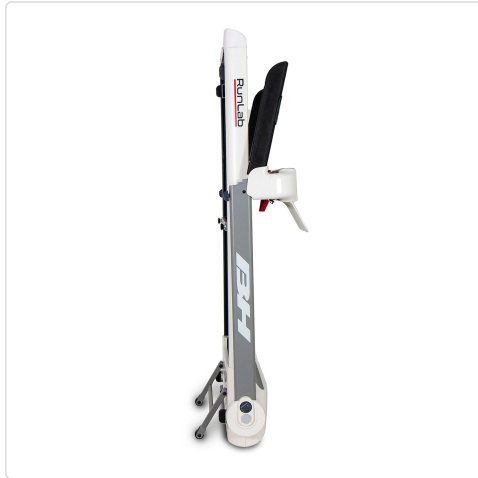


Image: BH G6310 Treadmill shown in its vertical folded position, ideal for storing upright against a wall.



Image: BH G6310 Treadmill displayed in its horizontal folded position, suitable for storage under a bed or in a low space.

When folded, the dimensions are approximately 153 cm (Length) x 79 cm (Width) x 32 cm (Height).

### 3.2 Console and Display

The treadmill features an LCD display that shows key workout metrics.

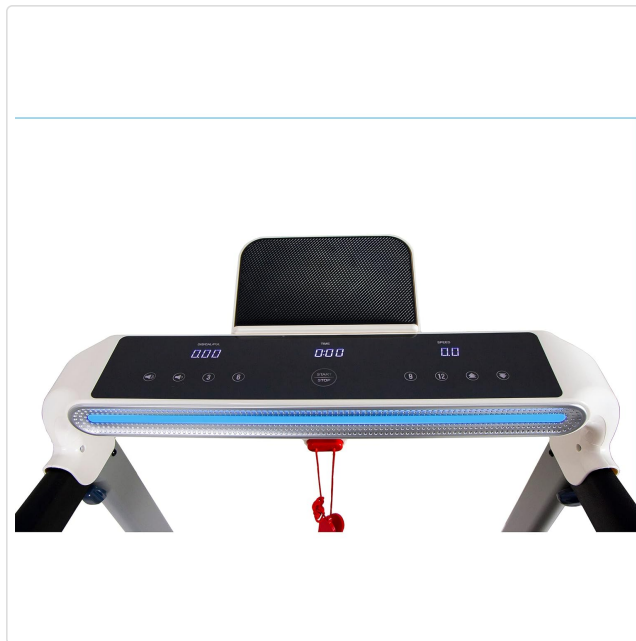


Image: A detailed view of the treadmill's LCD console, showing digital readouts for various workout parameters.

Metrics measured include Distance, Time, Speed, and Incline.

### 3.3 Bluetooth Connectivity and G-Fit App

Connect your treadmill to your device via Bluetooth to utilize the G-Fit App for enhanced workout tracking and control.



Image: The treadmill console with a smartphone positioned in the integrated holder, illustrating the use of the G-Fit app during a workout.

### 3.4 Running Belt and Platform

The treadmill features a 1.66 Nylon MM Belt and a 7-layer running platform for durability and comfort.

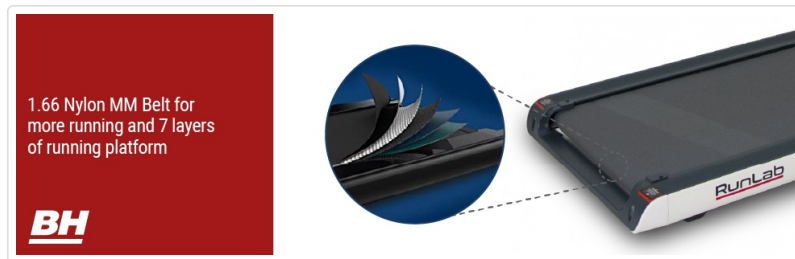


Image: A cross-section diagram highlighting the multi-layered construction of the treadmill's running platform, designed for cushioning and support.

### 3.5 Motor

Equipped with a BH Green Efficient Motor, designed for reliable performance.

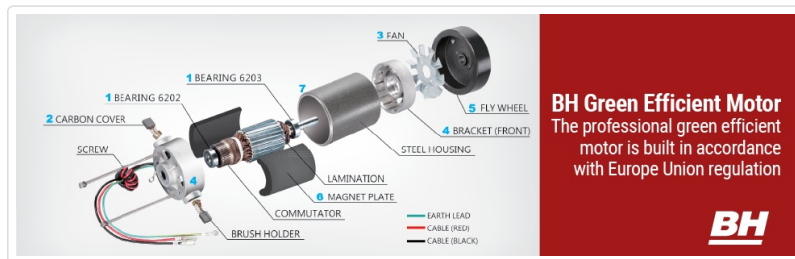


Image: An exploded diagram showing the internal components of the BH Green Efficient Motor, including bearings, carbon cover, commutator, and fan.

## 4. SETUP

The BH PROACTION G6310 Run Lab Treadmill typically comes with free installation. If self-setup is required, follow these general guidelines:

1. **Unpacking:** Carefully remove all packaging materials. Ensure all components listed in the packing list are present.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure adequate clearance around the unit as described in the Safety Information section.
3. **Unfolding:** If the treadmill is in a folded position, carefully follow the unfolding instructions provided in a separate quick start guide or visual cues on the machine. Ensure all locking mechanisms are securely engaged before use.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging it in.
5. **Safety Key:** Locate the safety key and familiarize yourself with its placement and function.



Image: The BH G6310 Run Lab Treadmill fully set up and ready for operation, showing its complete form.

## 5. OPERATING INSTRUCTIONS

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Follow these steps to operate your treadmill safely and effectively:

1. **Power On:** Plug in the treadmill and turn on the main power switch, usually located near the front base.
2. **Attach Safety Key:** Clip the safety key to your clothing. Insert the other end into the designated slot on the console. The treadmill will not operate without the safety key in place.
3. **Start Workout:**
  - Press the "START" button on the console. The belt will begin to move at a low speed.
  - Gradually increase the speed using the speed control buttons (← / →) to your desired pace.
  - Adjust the incline using the incline control buttons (▲ / ▼) if available.
4. **Using Programs:** Refer to the console's specific instructions for selecting and using pre-set workout programs.
5. **Stopping the Treadmill:**
  - Press the "STOP" button to gradually slow down and stop the belt.
  - For an emergency stop, pull the safety key from the console. The treadmill will stop immediately.
6. **Power Off:** After your workout, press "STOP", remove the safety key, and turn off the main power switch. Unplug the treadmill from the wall outlet.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Do not use abrasive cleaners or solvents.

- **Belt Cleaning:** Periodically clean the running belt and deck area to prevent dust and debris buildup.
- **Belt Lubrication:** The running belt may require lubrication after a certain period of use. Refer to the specific instructions for your model regarding lubrication type and frequency.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust as needed according to the detailed instructions in the full product manual (if applicable). An overly loose or tight belt can affect performance and safety.
- **Power Cord Inspection:** Regularly inspect the power cord for any damage. If damaged, contact customer support for replacement.

## 7. TROUBLESHOOTING

If you encounter issues with your treadmill, try these common solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord unplugged, main switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Turn on the main power switch. Check household circuit breaker.
Running belt does not move.	Safety key not inserted, "STOP" button pressed, motor overload.	Insert the safety key. Press "START". Allow motor to cool if it was recently overloaded.
Belt slips or hesitates.	Belt too loose, belt needs lubrication.	Adjust belt tension (refer to full manual). Lubricate the belt as per maintenance instructions.
Unusual noise during operation.	Loose components, debris under belt, motor issue.	Inspect for loose screws and tighten. Clean under the belt. If noise persists, contact customer support.

For issues not listed here, or if solutions do not resolve the problem, please contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	PROACTION (Manufacturer: BH)
Model	G6310
Product Grade	Home Use
Item Weight	70 Kilograms
Maximum Speed	15 Kilometers per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	110 Kilograms
Special Feature	Foldable (Horizontal and Vertical)
Display Type	LCD

Feature	Detail
Metrics Measured	Distance, Time, Speed, Incline
Power Source	Corded Electric (240 Watts Input)
Frame Material	Alloy Steel
Included Components	1 Treadmill and console
Unfolded Dimensions (LxWxH)	153 x 79 x 134 Centimeters
Folded Dimensions (LxWxH)	153 x 79 x 32 Centimeters
Running Belt	1.66 Nylon MM Belt, 7-layer platform



Image: A visual representation of the treadmill's dimensions, indicating length, width, and height for planning placement. Note: Specific dimensions may vary slightly from illustrative diagrams.

## 9. WARRANTY AND SUPPORT

Your BH PROACTION G6310 Run Lab Treadmill comes with the following warranty:

- **Frame:** Lifetime Warranty
- **Motor, Spares, and Labour:** 1 Year Warranty

For warranty claims, technical assistance, or to order replacement parts, please contact your retailer or the manufacturer's authorized service center. Keep your purchase receipt as proof of purchase.

Manufacturer: BH

Importer/Packer: Acme Fitness Private Limited