

BODYFIT

by **SPORTS AUTHORITY™**

ELLIPTICAL EXERCISER

Owner's Manual

Model No. BDEL2906.0

SKU No. 20181624

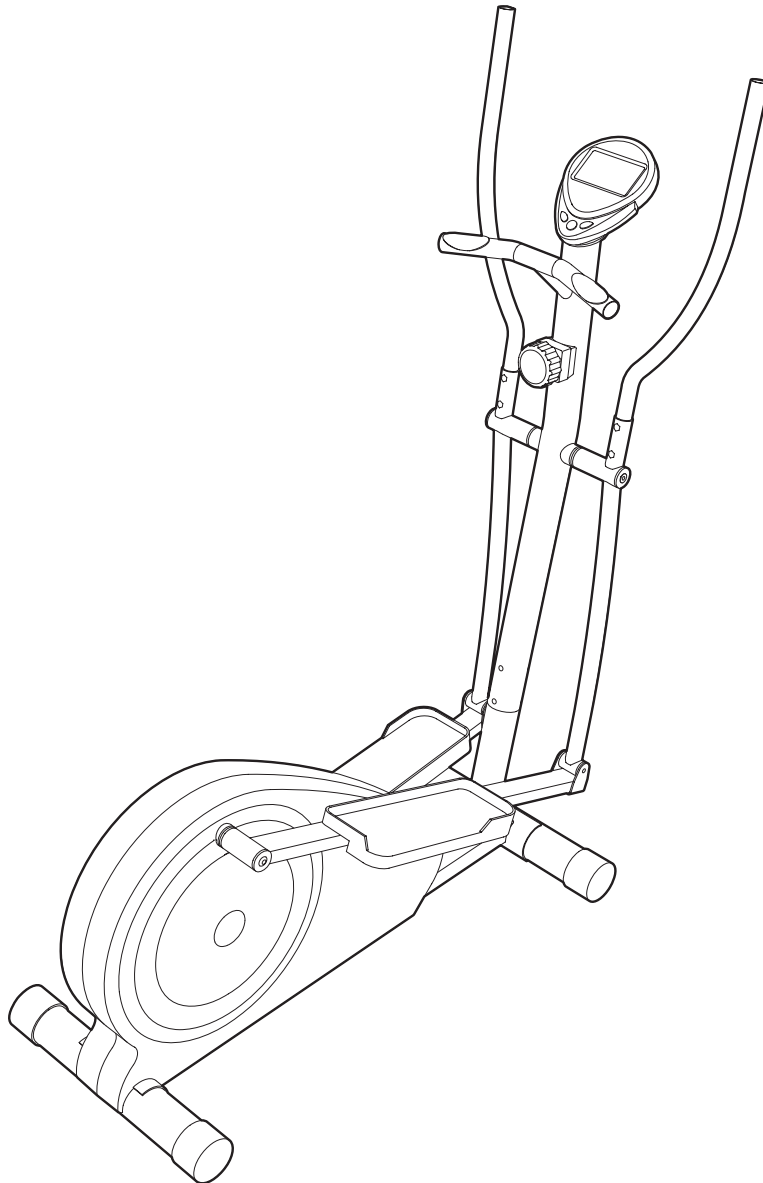


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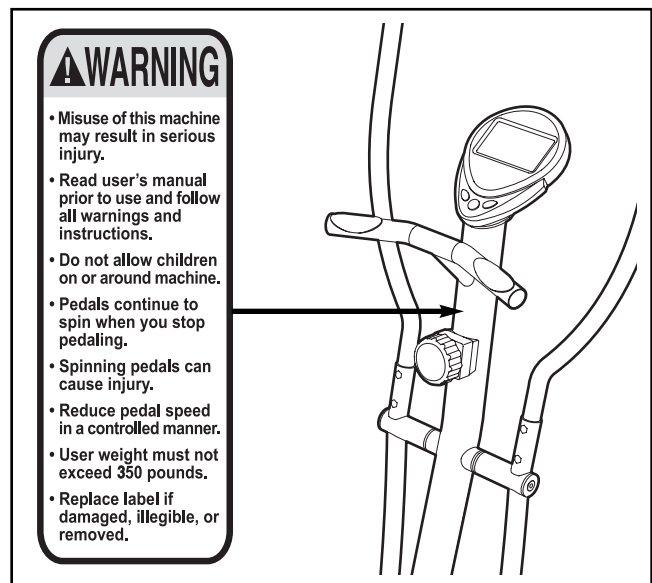
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BEFORE YOU BEGIN

- A flat area of 5' x 4' will be required to assemble and properly use the BF Elliptical Exerciser.
- For your benefit, read this manual carefully before using the BF Elliptical Exerciser. Please review the exploded diagram and familiarize yourself with the parts that are labeled.
- Before beginning assembly, make sure to read the information on this page. This brief introduction will help you with assembly and save you time.
- **Assembly Requires Two Persons.** For your convenience and safety, assemble the BF Elliptical Exerciser with the help of another person.
- **Set Aside Enough Time.** The BF Elliptical Exerciser has many features, so the assembly process will take approximately 30 to 60 minutes. Assembly will go smoothly if you set aside plenty of time and decide to make the task enjoyable.
- **Select A Location.** Because of its weight and size, the BF Elliptical Exerciser should be assembled in the location where it will be used. Make sure that there is enough room to walk around the BF Elliptical Exerciser as you assemble it.
- **How to Unpack the Box.** Place all parts of the BF Elliptical Exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. *Note: The assembly hardware for the BF Elliptical Exerciser can be found in the carton.*
- **Tools Required For Assembly.** Assembly will require a Phillips screwdriver and an adjustable wrench.
- **How to Identify Parts.** Remove all the parts from the carton and carefully place them on the floor. To help you identify the small parts used in assembly, we have included a PARTS LIST in this manual. Place the list on the floor and use it to easily identify parts during each assembly step. *Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.*
- **Tightening Parts.** Tighten all parts as you assemble them, unless instructed to do otherwise.
- **The decal shown at the right has been placed on the elliptical exerciser. If the decal is missing or illegible, call the toll-free telephone number on the back cover of this manual and order a free replacement decal. Apply the decal in the location shown.**



SAFETY & PRECAUTIONS

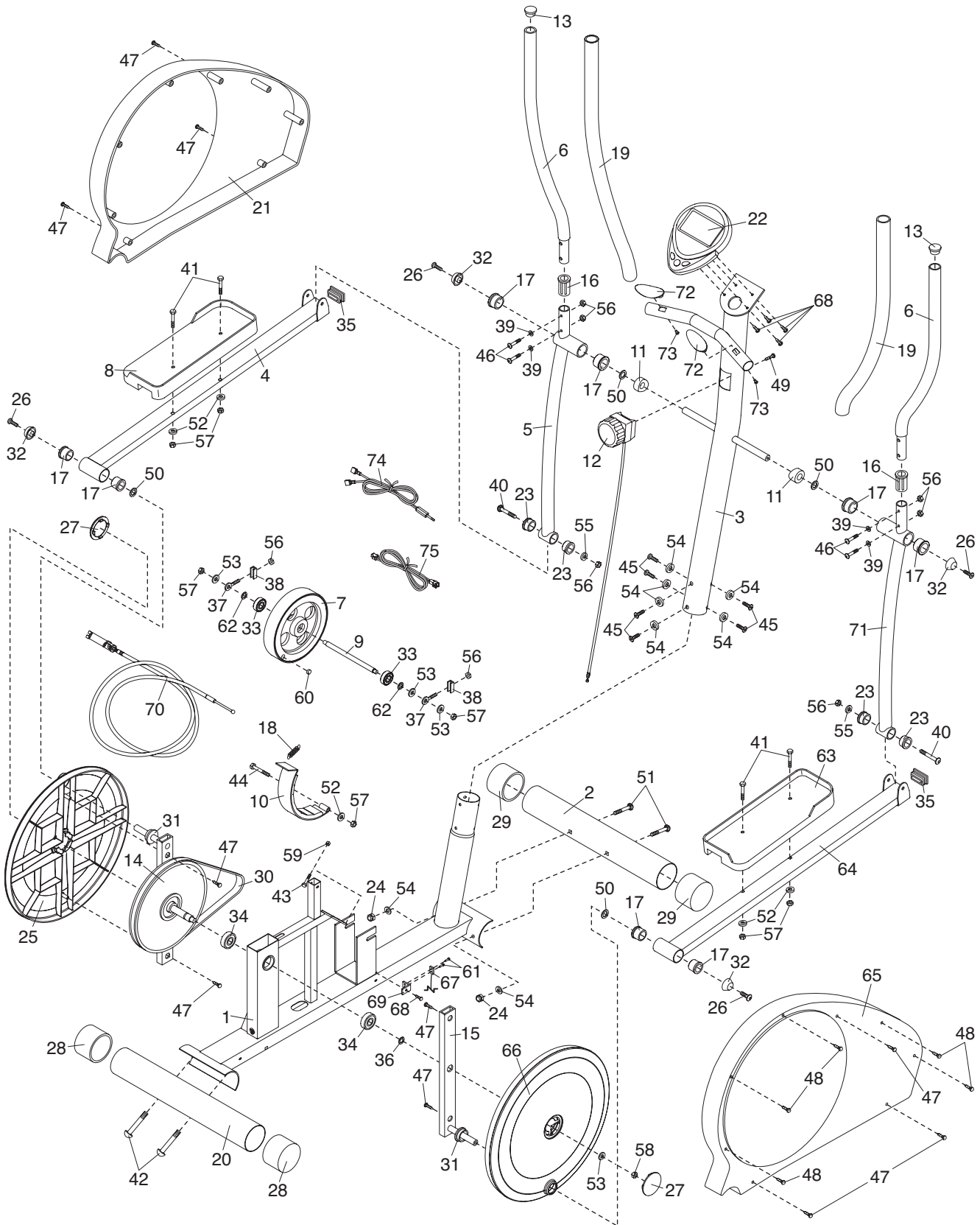
IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

- Thank you for purchasing our product. Even though we make great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. If you should find this product to have either a defective part or a missing part, please contact us for a replacement.
- This product has been designed for home use only. Product liability and guarantee conditions will not apply to products being subjected to professional use or to products being used in a gym center.
- This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate exercise equipment. Make sure to read the entire manual before assembling and operating this machine. Also, please note the following safety precautions:
 1. Keep children and pets away from this equipment at all times.
 2. Only one person at a time should use this equipment.
 3. If you experience dizziness, nausea, chest pains, or any other abnormal symptoms while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
 4. Always use this equipment on a clear and level surface. Do not use it outdoors or near water.
 5. Keep hands and feet away from any moving parts.
 6. Do not insert any object into any openings.
 7. Read all instructions before assembly and operation.
 8. Before using this equipment to exercise, always perform stretching exercises to properly warm up.
 9. Use this equipment only for its intended use as described in this manual.
 10. Always wear appropriate workout clothing and shoes when exercising; do not wear robes or other clothing that could become caught in the equipment.
- Weight on this product should not exceed 250 pounds.
- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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EXPLODED DIAGRAM



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PARTS LIST

#	Description	Qty	#	Description	Qty
1.	Frame	1	26.	M8 x 3/4" hex bolts	4
2.	Front stabilizer	1	27.	Bearing covers	2
3.	Upright	1	28.	Rear stabilizer endcaps	2
4.	Left pedal tube	1	29.	Transport wheels	2
5.	Left handlebar leg	2	30.	Drive belt	1
6.	Handlebars	2	31.	Plastic washers	2
7.	Flywheel	1	32.	Nylon bushings	4
8.	Left pedal	1	33.	Flywheel bearings	2
9.	Flywheel axle	1	34.	Crank bearings	2
10.	"C" magnet	1	35.	Pedal tube endcaps	2
11.	Upright spacers	2	36.	"C" clip	1
12.	Resistance control and cable	1	37.	Eyebolts	2
13.	Handlebar endcaps	2	38.	Adjustment brackets	2
14.	Driving wheel assembly	1	39.	M6 arc washers	4
15.	Right crank arm	1	40.	M8 x 2 1/2" hex bolts	2
16.	Plastic sleeves	2	41.	M8 x 1 9/16" hex bolts	4
17.	Handlebar bushings	8	42.	M8 x 3 3/8" hex bolts	2
18.	Spring	1	43.	M8 x 2 3/8" hex bolt	1
19.	Foam handle grips	2	44.	M8 x 2 3/8" tap hex bolt	1
20.	Rear stabilizer	1	45.	M8 x 5/8" hex bolts	6
21.	Left side shield	1	46.	M6 x 5/8" pocket screws	4
22.	Console	1	47.	M5 x 5/8" pocket screws	10
23.	Leg bushings	4	48.	M4 x 1 9/16" pocket screws	5
24.	M8 cap nuts	2	49.	M5 x 1 1/4" screw	1
25.	Left disc cover	1	50.	Wave washers	4

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PARTS LIST

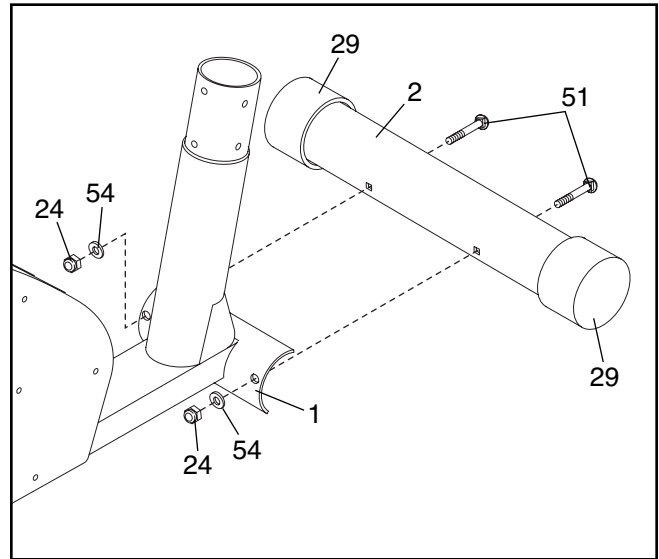
#	Description	Qty	#	Description	Qty
51.	M8 x 3 1/2" carriage bolts	2	64.	Right pedal tube	1
52.	M8 washers	5	65.	Right side shield	1
53.	M10 washers	4	66.	Right disc cover	1
54.	M8 arc washers	8	67.	Reed switch and wire	1
55.	M6 washers	2	68.	Console screws	5
56.	M6 nylon locknuts	8	69.	Reed switch bracket	1
57.	M8 nylon locknuts	7	70.	Lower cable	1
58.	M10 nylon locknut	1	71.	Right handlebar leg	1
59.	M8 hex nut	1	72.	Pulse sensors	2
60.	Magnet	1	73.	Pulse screws	2
61.	M3 x 1/2" pocket screws	2	74.	Pulse wire	1
62.	M10 spacers	2	75.	Upper wire	1
63.	Right pedal	1			

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ASSEMBLY INSTRUCTIONS

STEP 1

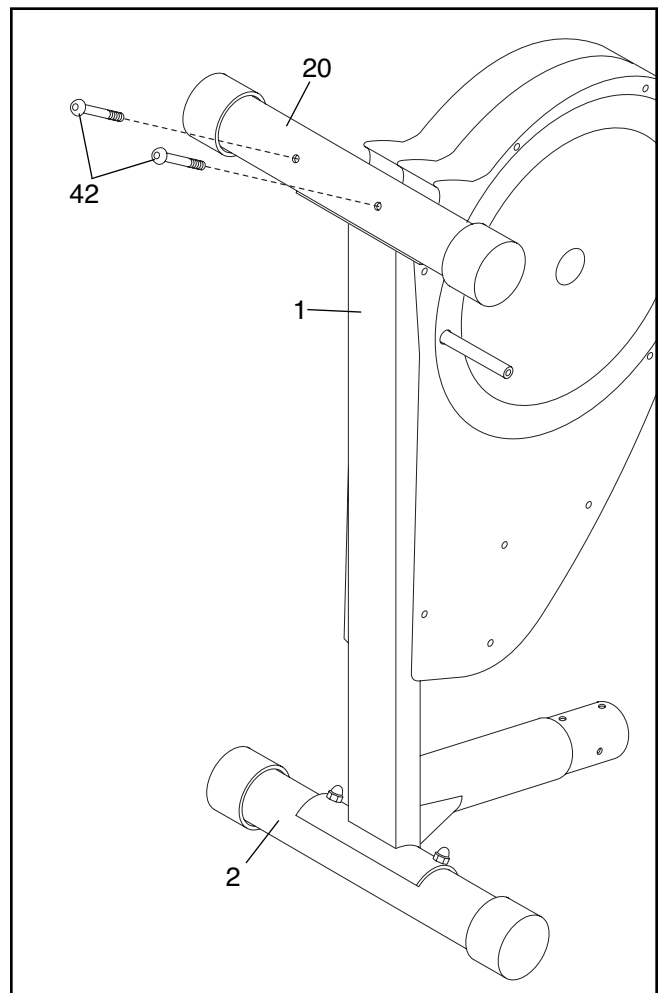
Identify the Front Stabilizer (2), which has Transport Wheels (29) attached to it. Attach the Front Stabilizer to the Frame (1) with two M8 x 3 1/2" Carriage Bolts (51), two M8 Arc Washers (54), and two M8 Cap Nuts (24).



STEP 2

Tip the Frame (1) forward onto its front end as shown. While another person holds the Frame, attach the Rear Stabilizer (20) to the Frame with two M8 x 3 3/8" Hex Bolts (42).

With the help of another person, tip the Frame (1) down so that it is resting on the Rear and Front Stabilizers (20, 2).



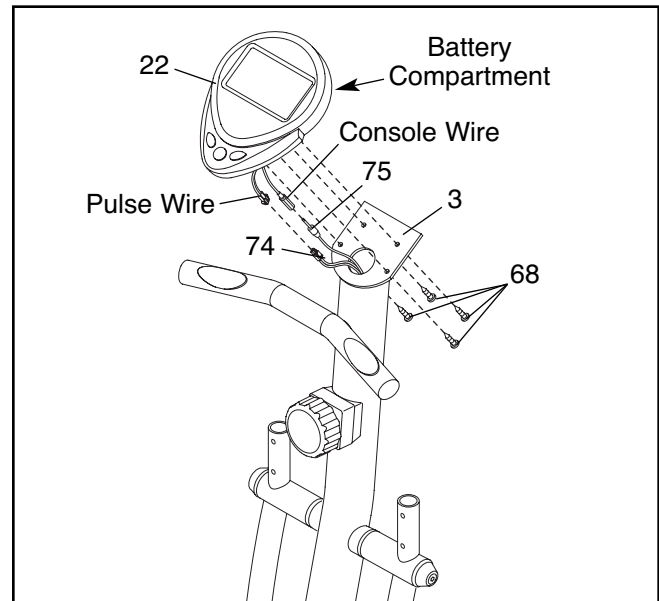
ASSEMBLY INSTRUCTIONS

STEP 3

The Console (22) requires two 1.5 V “AA” batteries (not included). Remove the battery cover from the Console and insert two batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

Have a second person hold the Console (22) near the Upright (3). Connect the console wire to the Upper Wire (75). Connect the pulse wire on the console to the Pulse Wire (74). Insert the excess wire into the Upright.

Attach the Console (22) to the Upright (3) with four Console Screws (68). **Be careful to avoid pinching the wires.**

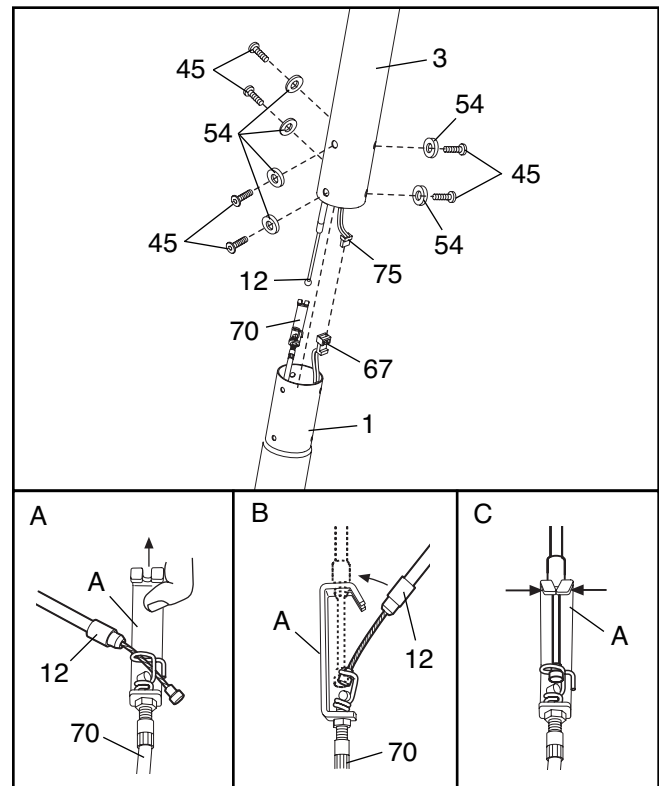


STEP 4

While another person holds the Upright (3) near the Frame (1), connect the Upper Wire (75) to the Reed Switch Wire (67). Next, connect the Resistance Cable (12) to the Lower Cable (70) in the following way:

- See drawing A. Pull up on the metal bracket (A) on the Lower Cable (70), and insert the tip of the Resistance Cable (12) into the wire clip located inside the metal bracket.
- See drawing B. **Firmly** pull the Resistance Cable (12) and slide it into the metal bracket (A) on the Lower Cable (70) as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket (A) together.

Slide the Upright (3) onto the Frame (1). **Be careful to avoid pinching the cables or the wires.** Align the holes in the Upright with the holes in the Frame. Attach the Upright with six M8 x 5/8" Hex Bolts (45) and six M8 Arc Washers (54).



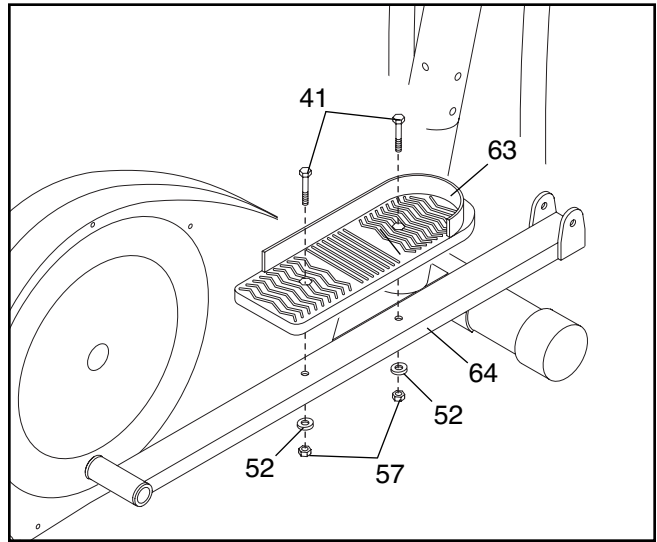
ASSEMBLY INSTRUCTIONS

STEP 5

Identify the Right Pedal (63), which has an "R" molded into its bottom surface, and the Right Pedal Tube (64), which is marked with a sticker.

Attach the Right Pedal (63) to the Right Pedal Tube (64) with two M8 x 1 9/16" Hex Bolts (41), two M8 Washers (52), and two M8 Nylon Locknuts (57).

Attach the Left Pedal (not shown) to the Left Pedal Tube (not shown) in the same way.

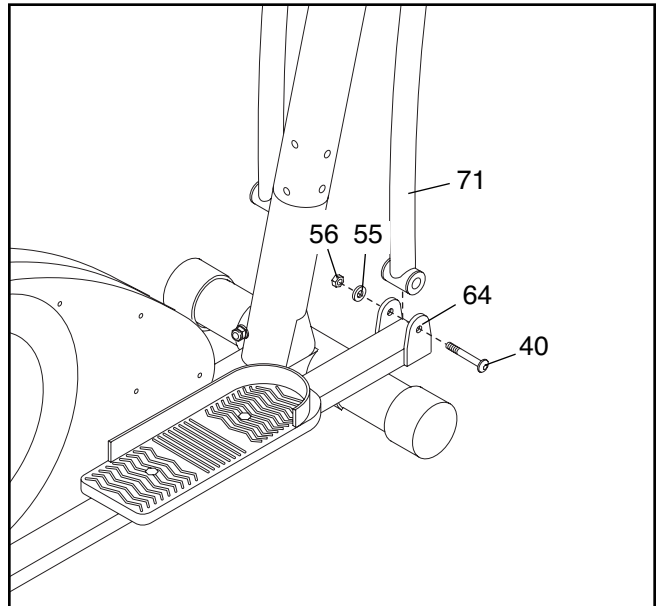


STEP 6

Apply a thin film of the included grease to the parts shown at the right.

Attach the Right Pedal Tube (64) to the Right Handlebar Leg (71) with an M8 x 2 1/2" Hex Bolt (40), an M6 Washer (55), and an M6 Nylon Locknut (56).

Repeat this step to attach the Left Pedal Tube (not shown) to the left side of the elliptical exerciser.



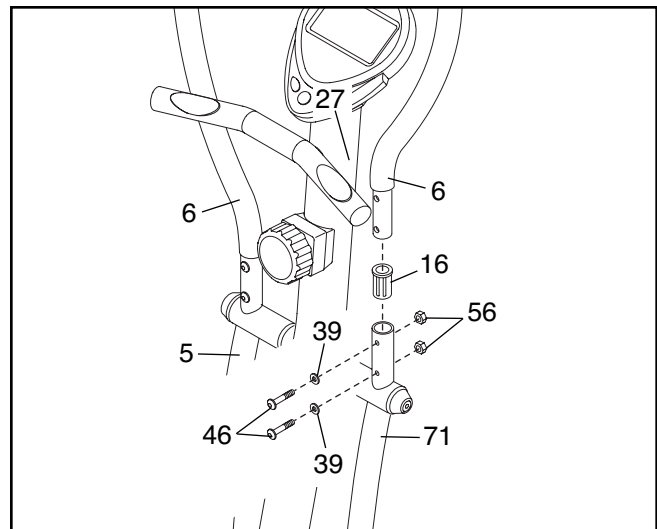
ASSEMBLY INSTRUCTIONS

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STEP 7

Insert a Plastic Sleeve (16) into the top of the Right Handlebar Leg (71). Then, insert a Handlebar (6) into the Right Handlebar Leg. Align the holes in the Handlebar with the holes in the Right Handlebar Leg. Attach the Handlebar with two M6 x 5/8" Pocket Screws (46), two M6 Arc Washers (39), and two M6 Nylon Locknuts (56).

Attach the other Handlebar (6) to the Left Handlebar Leg (5) in the same way.



STEP 8

Make sure that all parts of the elliptical exerciser are properly tightened. Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

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CONSOLE INSTRUCTIONS

FEATURES OF THE CONSOLE

The easy-to-use console features five displays that provide instant exercise feedback during your workouts. The displays are described below.



Speed—This display shows your pedaling speed, in miles or kilometers per hour.

Time —This display shows the elapsed time. Note: If you set a time goal (see step 2), this mode will display the time remaining in your workout.

Distance—This display shows the distance you have pedaled during your workout, in miles or kilometers. Note: If you set a distance goal (see step 2), this display will show the distance remaining in your workout.

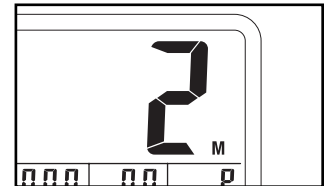
Calorie—This display shows the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2), this display will show the number of calories still to be burned in your workout.

Pulse—This display shows your heart rate in beats per minute when the console detects your pulse. When no pulse is detected, a “P” will appear in the display.

HOW TO USE THE CONSOLE

Make sure that the console has batteries (see assembly step 6 on page 10). If there is a sheet of clear plastic on the face of the console, remove it.

Note: You can set the console to display speed and distance in either kilometers or miles. When you insert batteries into the console, a “1” will begin to flash in the Speed display. While the “1” is flashing, you can press the MODE button repeatedly to switch between “1” (kilometers) and “2” (miles). A few seconds after you have selected “1” or “2,” the unit of measurement will be set.



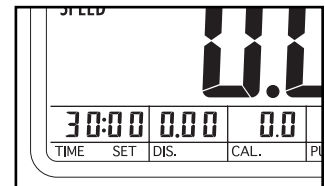
Follow the steps below to operate the console.

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling.

2. Set a workout goal, if desired.

To set a time, distance, or calorie-burning goal for your workout, press the MODE button repeatedly until the word SET begins to flash in the Time, Distance, or Calorie display.



Next, press the SET button repeatedly to set a goal. To set a goal quickly, hold down the SET button. To reset the goal, press the RESET button while the word SET is flashing in the display.

CONSOLE INSTRUCTIONS

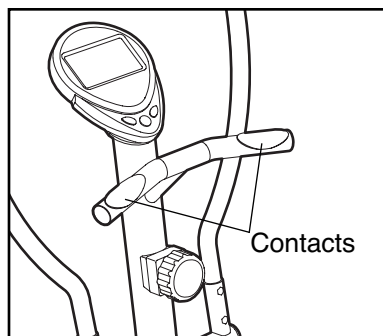
3. Begin pedaling and follow your progress with the displays.

As you exercise, the console will provide instant feedback about your workout. If you have set a workout goal, a tone will sound for several seconds when you reach your goal; if you continue to exercise, the display will begin to count upward.

4. Measure your heart rate, if desired.

If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, peel off the plastic.

Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. When you are finished exercising, the console will automatically turn off.

If the pedals do not move for a few seconds, the console displays will pause.

The console has an "auto-off" feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

TRAINING INSTRUCTIONS

EXERCISE/SPECIFICATIONS

To achieve a considerable improvement of your physical fitness and health, take note of the following information and recommendations. To avoid health risks, especially if you have not been physically active for a long period of time, you should consult your general physician before starting to exercise.

INTENSITY

To achieve maximum results, you need to choose the right exercise intensity. Use your pulse rate as a guide during your workouts. As a rule of thumb, use the following formula: Maximum pulse rate = $220 - \text{Age}$.

While exercising, your pulse rate should always be between 60% and 85% of your maximum pulse rate.

When starting to exercise, you should keep your pulse rate at 60% of your maximum pulse rate during the first couple of weeks. As your fitness improves, slowly increase your pulse rate to 85% of your maximum pulse rate.

FAT BURNING

The body starts to burn fat at approximately 60% of the maximum pulse rate.

To reach an optimum burning rate, it is advisable to keep your pulse rate between 60% and 70% of your maximum pulse rate.

The optimum training consists of three workouts of 30 minutes each per week.

Example:

- *You are 52 years old and would like to start exercising.*
- *Maximum pulse rate = $220 - 52$ (age) = 168 pulse/min*
- *Minimum pulse rate = $168 \times 0.6 = 101$ pulse/min*
- *Highest pulse rate = $168 \times 0.7 = 117$ pulse/min*
- *During the first weeks it is advisable to start with a pulse rate of 101, later increasing to a pulse rate of 117.*

As your fitness improves, you can increase your exercise intensity to 70% to 85% of your maximum pulse rate.

You can increase your exercise intensity by adjusting the resistance on the equipment, by exercising more frequently, or by increasing the length of your training periods.

WARM UP

Before every training period, you should warm up for 5 to 10 minutes by performing low-resistance stretching.

TRAINING PERIOD

During your actual training period, try to achieve a pulse rate that is 70% to 85% of your maximum pulse rate.

Calculate the length of your training session with the following rule of thumb:

- *Daily training session: approximately 10 minutes per unit*
- *2–3 times per week: approximately 30 minutes per unit*
- *1–2 times per week: approximately 60 minutes per unit*

COOL DOWN

For an effective cool-down of your muscles and metabolism, reduce your exercise intensity during the last 5 to 10 minutes of your training period.

Stretching is also helpful for preventing muscle aches.

SUCCESS

Even after a short period of regular exercises, you will notice that you constantly have to increase the equipment resistance to reach your optimum pulse rate. Exercising will become easier and you will feel a lot fitter in your everyday life.

LIMITED WARRANTY

- Make sure to consult with your physician before starting any exercise program.
- To minimize injury, make sure to fully stretch your muscles before and after exercising.
- To avoid dehydration while exercising, make sure to drink plenty of water.
- Wear appropriate athletic shoes and clothing while exercising. Do not wear loose clothing that could interfere with your workout by becoming caught in the equipment.
- Always check your equipment to make sure that it is in good working order prior to beginning your workout.
- This product is not a toy; please keep it away from children when not in use.
- Maximum weight capacity: 250 pounds.

WARRANTY INFORMATION

Sports Authority warrants that this product will be free from defects in materials and workmanship for a period of 90 days from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, SPORTS AUTHORITY DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. Sports Authority will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Sports Authority Customer Service at 1-877-872-6970 for assistance in the repair or replacement of the product or any covered part. Sports Authority will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including in transit), or repairs or attempted repairs by any person not authorized by Sports Authority, or by vandalism, misuse, abuse, or alteration.

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