

**BLADEZ**<sup>®</sup>  
FITNESS

# Jetbike GSX



## OWNER'S MANUAL

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

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# BLADEZ<sup>®</sup>

F I T N E S S

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## CONGRATULATIONS

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at [CustomerSupport@BHNorthAmerica.com](mailto:CustomerSupport@BHNorthAmerica.com).

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

# SAFETY INFORMATION

## PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the stabilizers for stability.
4. Keep your hands away from any of the moving parts.
5. Wear clothing suitable for doing exercise. Do not wear loose clothing that might get caught in the machine. Always wear athletic shoes when using the machine.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. This machine is not suitable for therapeutic use.
14. Use only authorized and trained technicians if a repair is needed.
15. Please follow the advice for correct training, as detailed in the Training Guidelines.
16. This machine has been designed for home use, not for commercial use.
17. Use only the tools provided to assemble this machine.
18. The moving pedals can cause injury.
19. This machine was designed for a maximum user weight of 275 Lbs (125kg).
20. The machine can only be used by one person at a time.
21. Don't exceed the MAX mark when adjusting the handlebar post or seat post. Be sure the adjustment knob is fully tightened and seat and handlebars are secure.
22. This bike does not free-wheel. You can stop the bike quickly by applying pressure to the emergency hand brake, located on the handlebars.
23. Set up and operate the exercise bicycle on a mat and on a solid level surface. A parameter distance of 3 feet / 1meter is required before assembling and operating the unit. Adjust the stabilizers for assured stability.
24. Inspect the exercise bicycle for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
25. Functional and visual inspections of the equipment shall be made after assembly is complete.
26. Spinning pedals can cause injury. Pedal speed should be reduced in a controlled manner.
27. User must adjust the seat and handlebars to the user's height requirements. Please be sure the adjustment knob is locked tight and seat and handlebars are secure. Don't exceed the minimum insertion mark.
28. Review all the warnings affixed to the machine and replace all the labels if damaged, illegible, or removed. You can obtain the labels from Parts & Service location.
29. Read the owner's/user's manual and follow it carefully before using the exercise bicycle.
30. Inspect the exercise bicycle for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
31. Care should be taken in mounting or dismounting the bike
32. Consult a physician prior to commencing an exercise program.

**Caution:** Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

## EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

## TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

### *STRENGTH*

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

### *MUSCULAR ENDURANCE*

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

### *FLEXIBILITY*

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

### *CARDIO-RESPIRATORY ENDURANCE*

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

### *AEROBIC FITNESS*

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

### *ANAEROBIC TRAINING*

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

### *OXYGEN UPTAKE*

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

### *THE TRAINING THRESHOLD*

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

### *OVERLOAD*

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

### *PROGRESSION*

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

### *SPECIFICS*

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### *REVERSIBILITY*

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

### *WARM-UP*

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

### *WARM DOWN OR COOL DOWN*

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

### *HEART RATE*

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

### *PULSE COUNT*

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.



### *MUSCLE SORENESS*

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

### *WHAT TO WEAR*

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair of athletic shoes.

### *BREATHING DURING EXERCISE*

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

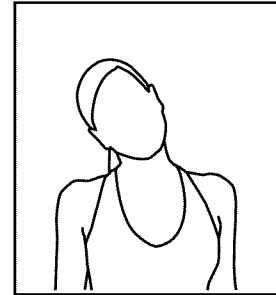
### *REST PERIODS*

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

## SUGGESTED STRETCHES

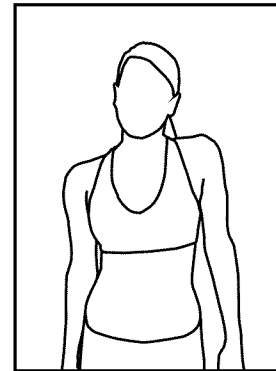
### *Head Rolls*

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



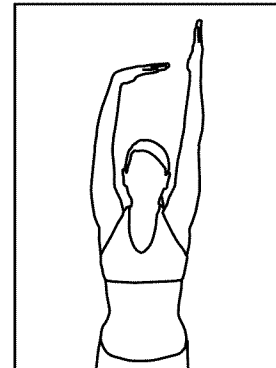
### *Shoulder Lifts*

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



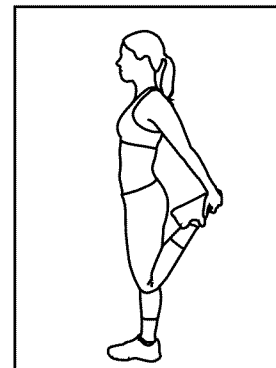
### *Side Stretches*

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



### *Quadriceps Stretch*

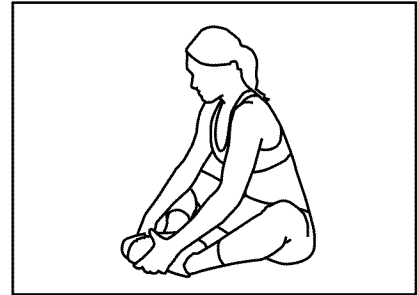
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



## SUGGESTED STRETCHES

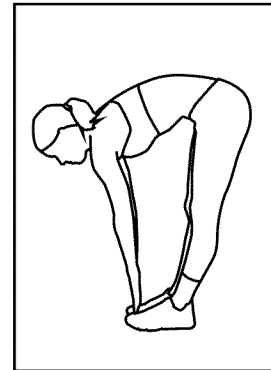
### *Inner Thigh Stretch*

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



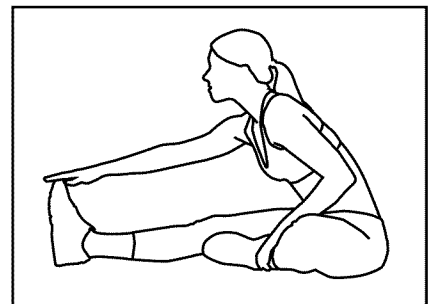
### *Toe Touches*

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



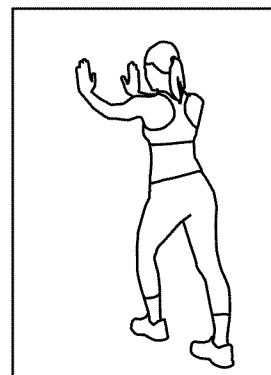
### *Hamstring Stretches*

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



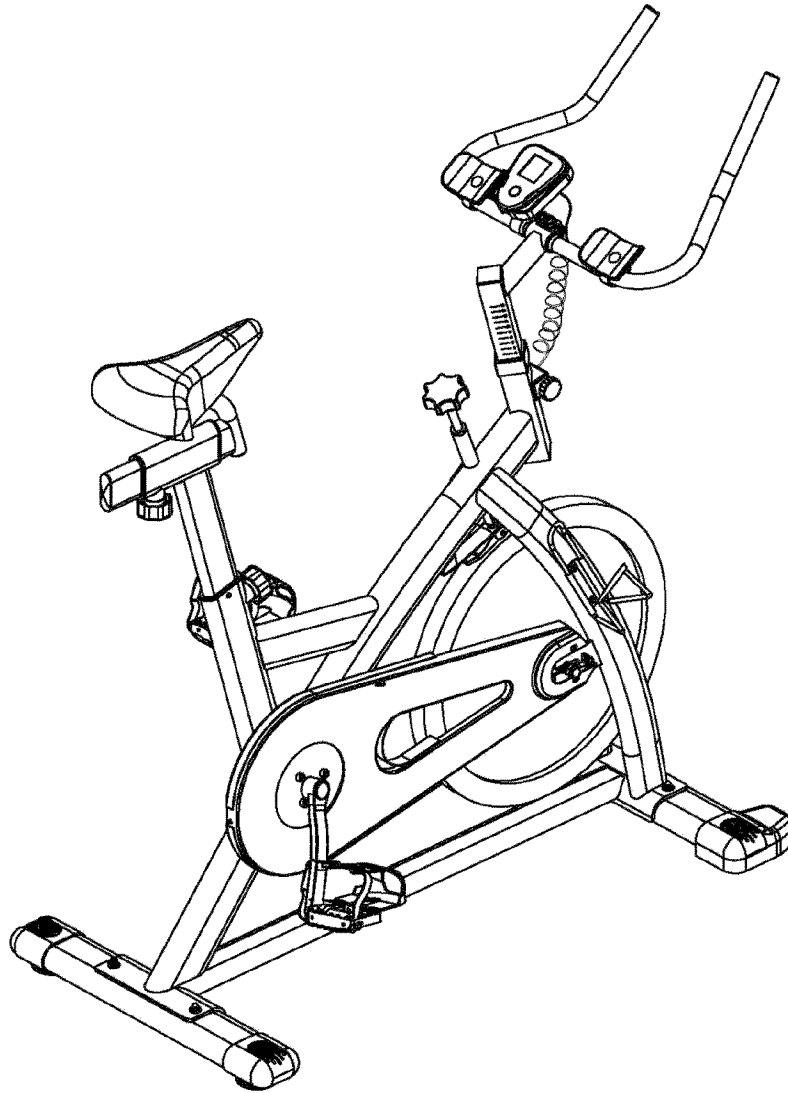
### *Calf/Achilles Stretches*

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



# ASSEMBLY INSTRUCTIONS

## WARNING LABELS



### CAUTION

1. Keep children off and away from the equipment
2. Spinning pedals can cause injury.
3. This bike does not free-wheel.
4. Pedal speed should be reduced in a controlled manner.
5. The exercise bicycle should only be used after a thorough review of the operation manual.

### PRÉCAUTION

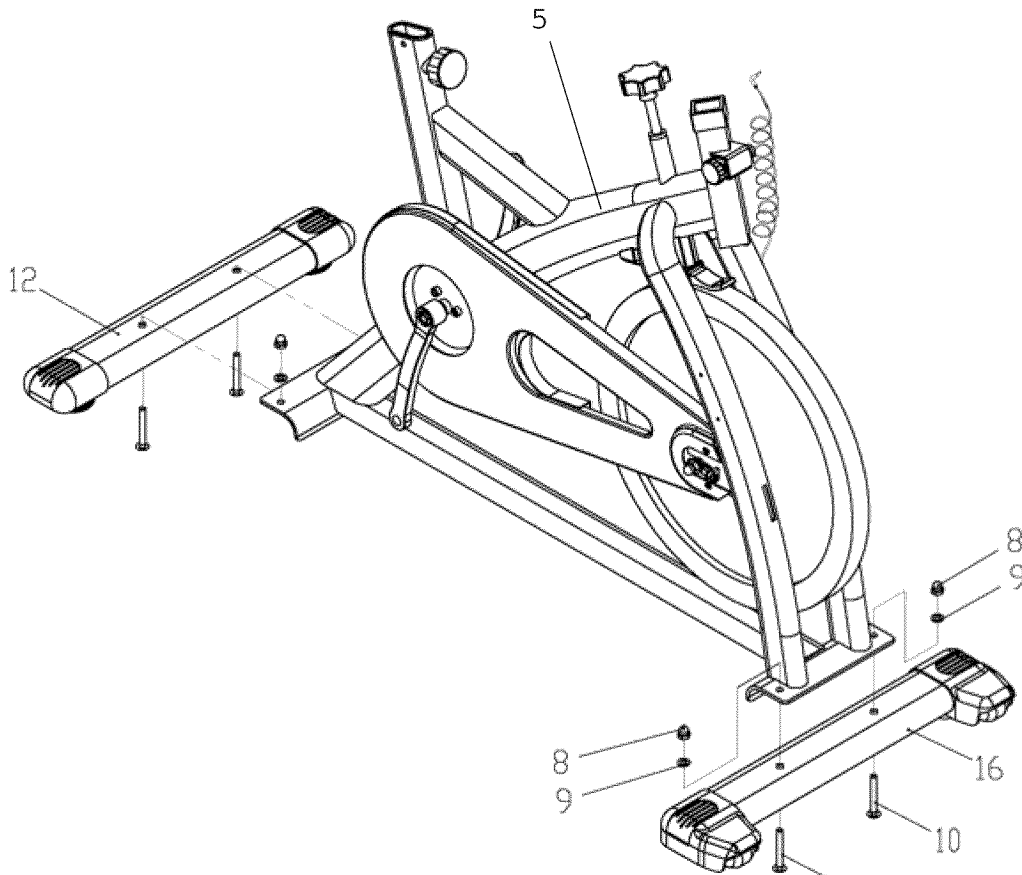
1. Gardez les enfants loin du Vélo
2. La rotation des pédales peuvent causer des blessures.
3. Ce Vélo n'est pas à roue libre.
4. La vitesse des pédales doit être réduite de façon contrôlée.
5. Le vélo doit être utilisé seulement après avoir lu le guide de l'utilisateur.

## STEP 1

### ATTACHING THE STABILIZER BARS

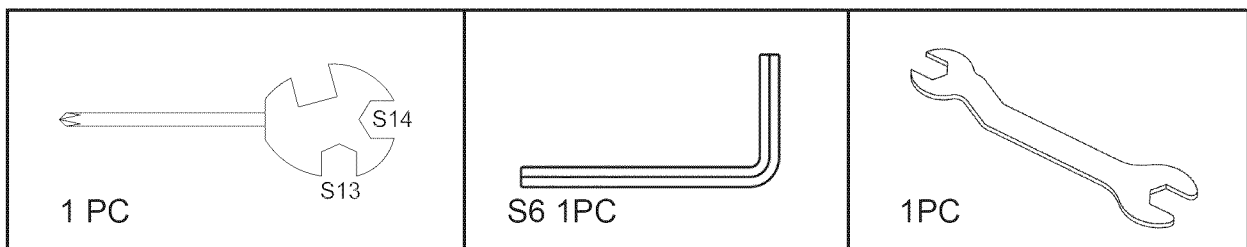
A) secure front stabilizer (16) to main frame (5) and fix it with carriage bolts (10), washers (9), and dome nuts (8).

B) secure rear stabilizer (12) to main frame (5) and fix it with carriage bolts (10), washers (9), and dome nuts (8).



Functional and visual inspections of the equipment shall be made after assembly is complete.

#### TOOLS TO USE

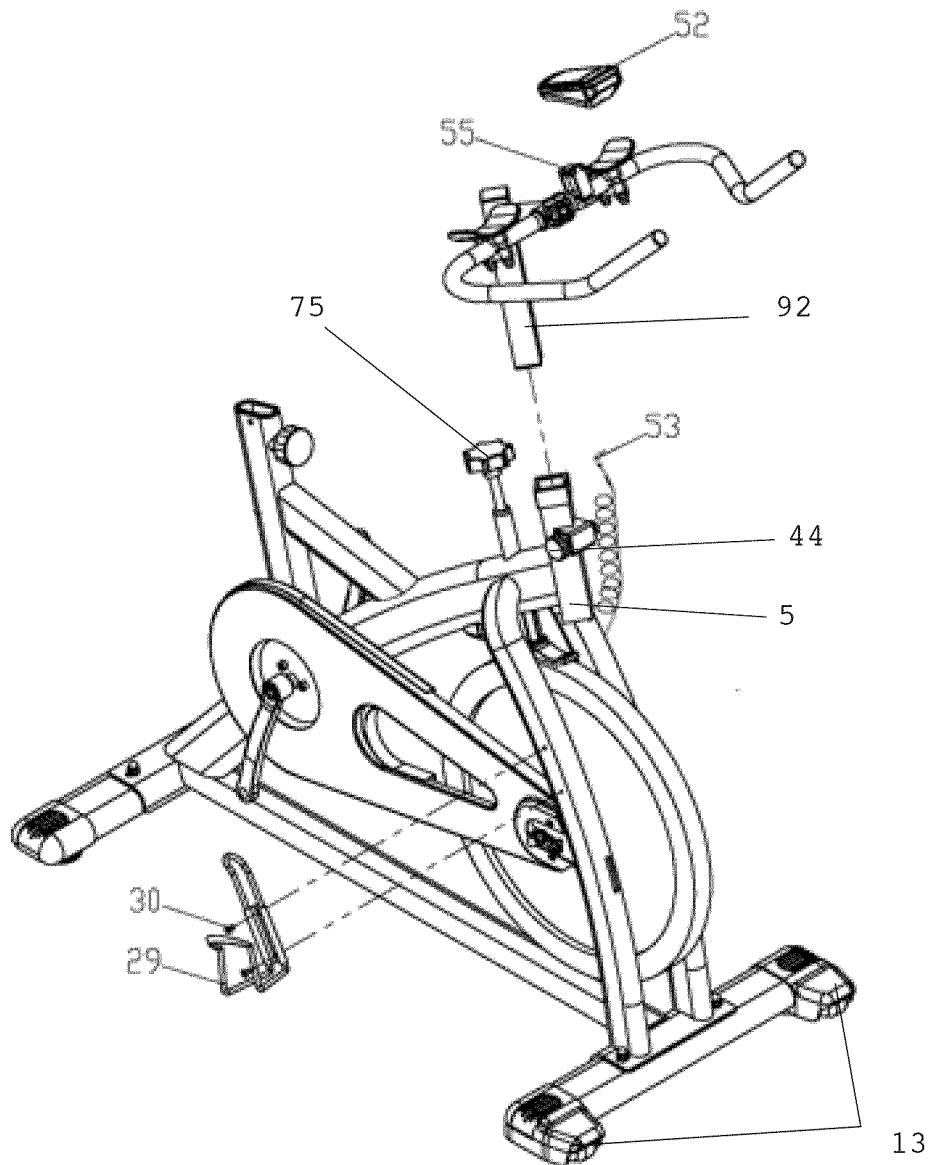


Note: The following tools are included and are the only tools necessary for assembly

## STEP 2

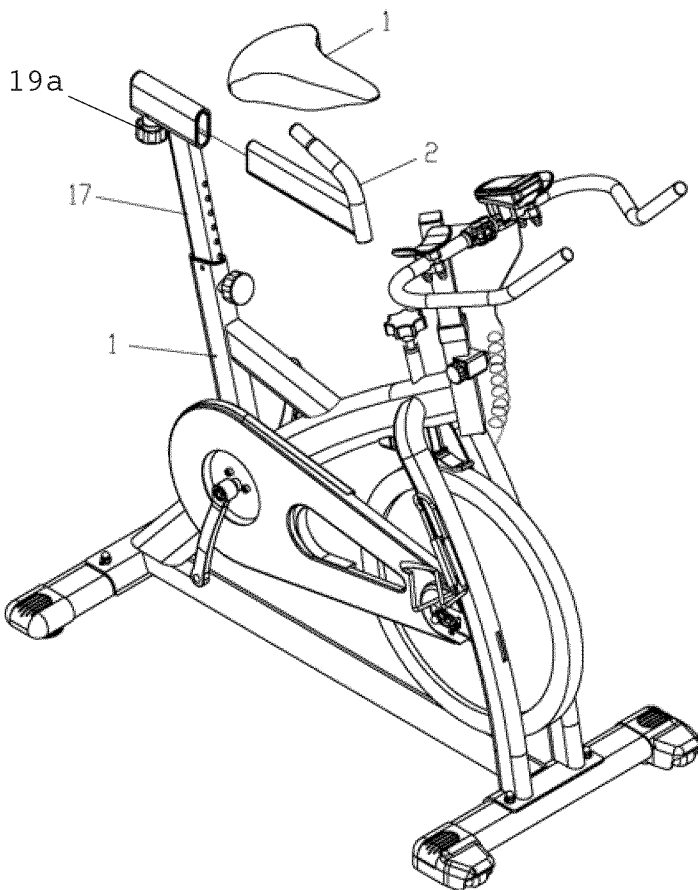
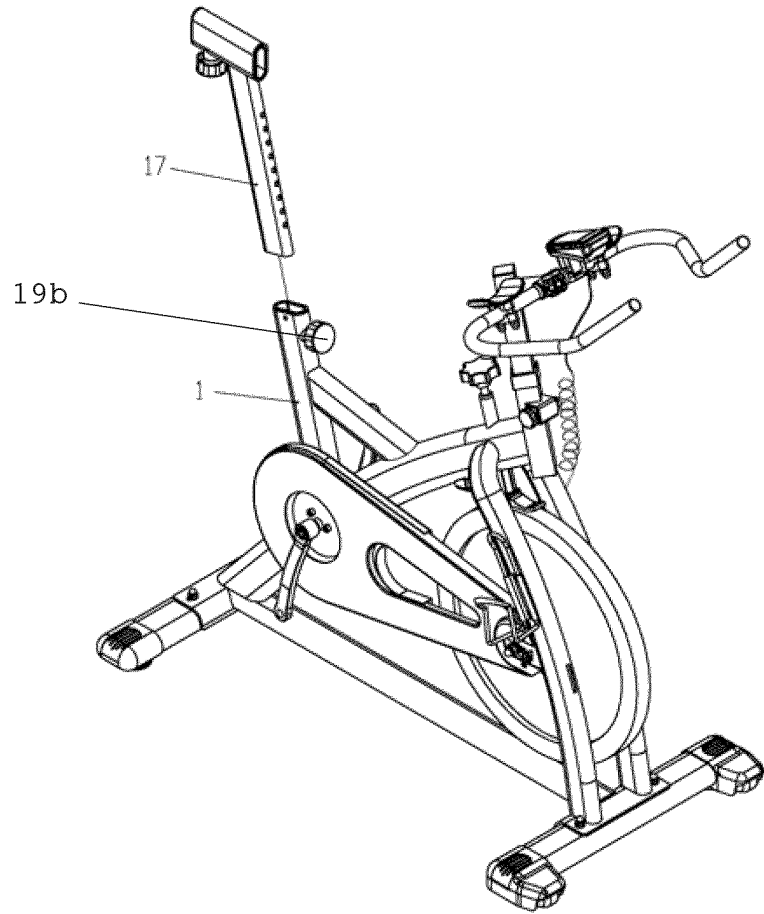
### ATTACHING THE HANDLEBAR

- A) slide handlebar post (92) into the main frame (5) and tighten the knob (44) to secure
- B) adjust the angle of handlebar to required position and tighten screws to fix. It's important that the tooth of handlebar post and handlebar should be matched before tightening.
- C) insert computer (52) to computer holder (55) and insert cable (53) plug into the back hole of the computer (52)
- D) remove the two bolts (30) on the frame. Position the bottle holder (29) then tighten the bolts.



### STEP 3

Slide the seat tube (17) into main frame and tighten the spring knob (19b) to secure.



### STEP 4

Slide the seat tube (2) into the seat post (17) and tighten the spring knob (19a) to secure. Fit the saddle (1) bracket onto the seat tube, then fit the saddle into position and tighten the nuts on the bracket securely.

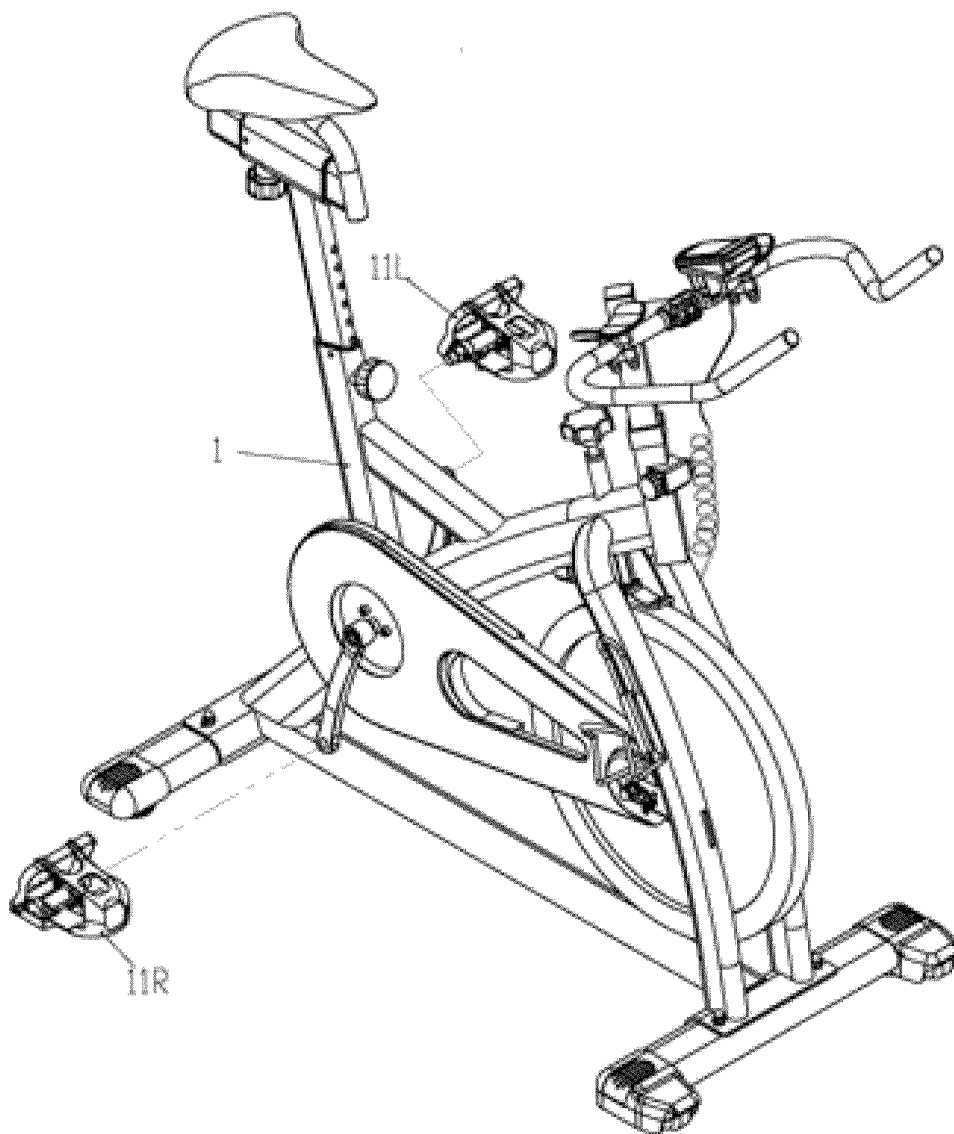
## STEP 5

Firmly screw each pedal (11L & 11R) into its crank arm.

Failure to follow the directions can result in damage to either the crank or the pedal threads.

The right-hand pedal, marked with letter R, screws onto the right-hand crank, also marked with R, in clockwise direction till tight.

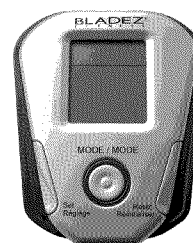
The left-hand pedal, marked with letter L, screws onto the left-hand crank, also marked with L, in a counter clockwise direction till tight.





## CONSOLE OVERVIEW

TIME	00:00-99:59
SPEED	0.0-99.9KM/H or ML/H
DISTANCE	0.00-999.9KM or ML
CALORIES (CAL)	0 -9999KCAL



### KEY FUNCTIONS:

**MODE:** This key lets you to select and lock on to a particular function you want.

#### 1. AUTO ON/OFF:

The system turns on when any button is pressed or when it receives a signal input from the speed sensor. The system turns off automatically when the sensor has no signal input and no buttons have been pressed for approximately 4 minutes.

#### 2. RESET:

The unit can be reset by either replacing the batteries or pressing the reset button for 3 seconds.

#### 3. MODE:

The computer can display one of 4 parameters; Time, Speed, Distance and Calories. By pressing the MODE button repeatedly until the desired parameter is displayed. Press the MODE button to move to the next parameter or loop through all parameters manually. There is also a SCAN display. Press the MODE button until SCAN is flashing in the lower left corner. Under this selection, the computer will automatically display each parameter one-by-one for 3 seconds in the order of Time, Speed, Distance and Calories.

#### 4. FUNCTIONS:

**TIME:** Press the MODE button until the pointer advances to TIME. The total working time will be displayed.

**SPEED:** Press the MODE button until the pointer advances to SPEED. The speed will be displayed.

**DISTANCE:** Press the MODE button until the pointer advances to DISTANCE. Each workout distance will be displayed.

**CALORIES:** Press the MODE button until the pointer advances to CALORIES. The calories burned will be displayed.

**SCAN:** The following functions will be displayed in the order shown: TIME-SPEED-DISTANCE-CALORIES (repeat).

**BATTERY:** This monitor uses two AAA battery. If the display on the monitor is not clear, install new battery.

## MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

The safely level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

Care must be taken when lifting or moving the equipment so as not to cause injury.

The brake pad is most susceptible to wear. Before exercising inspect braking system for functionality.

Please check if all warning labels are in good condition and able to read. If they are deformed please contact the distributor to order new sticker.

The safety and integrity designed into the machine can only be maintained when the exercise bicycle is regularly examined for damage and repair. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the exercise bicycle removed from service until the repair is made. Only manufacturer-supplied components shall be used to maintain/repair the equipment. The maintenance instructions shall call the reader's attention to these facts.

# TROUBLESHOOTING

## RESISTANCE ADJUSTMENT:

To provide an even level of exertion during exercise, this bike is equipped with a tensioning controller (75)[refer to page 14 image]. This provides various exertion settings when turned clockwise. To increase pedal resistance, turn the tensioning control clockwise (+) until the exertion level best suits your exercise requirements. To reduce pedal resistance, turn the tensioning control counterclockwise (-).

During exercise the flywheel will get hot due to the braking effect, so when you have finished exercising it is advisable to set the tensioning control to minimum in order to help stop the brake shoe from hardening.

Important: This tensioning control is equipped with an emergency braking system which, when applied with force produces a much sharper braking effect.

## HOW TO LEVEL THE BIKE

There are 2 knobs under the rear stabilizer. Adjust the knob when the bike is not level with the floor.

## BELT ADJUSTMENT

The belt on your bike has been pre-adjusted and should not require immediate attention. Continuous use of the bike may cause the belt to stretch or become loose causing the need for bike adjustments. If so, simply loosen the bolts on both side of flywheel and tighten the nylon nut until the belt becomes tight.

## ADJUSTING THE SEAT HEIGHT

Loosen the saddle post adjustment knob (19b) on frame slightly by turning it counterclockwise, move the saddle to a position comfortable for doing exercise and then tighten the adjustment knob (19b) securely by turning it clockwise.

## HORIZONTAL ADJUSTMENT OF THE SEAT

Loosen the knob (19a) on seat post slightly by turning it counterclockwise. Move the saddle to a position comfortable for exercise and then tighten the knob securely by turning it clockwise.

## ADJUSTING THE HANDLEBAR

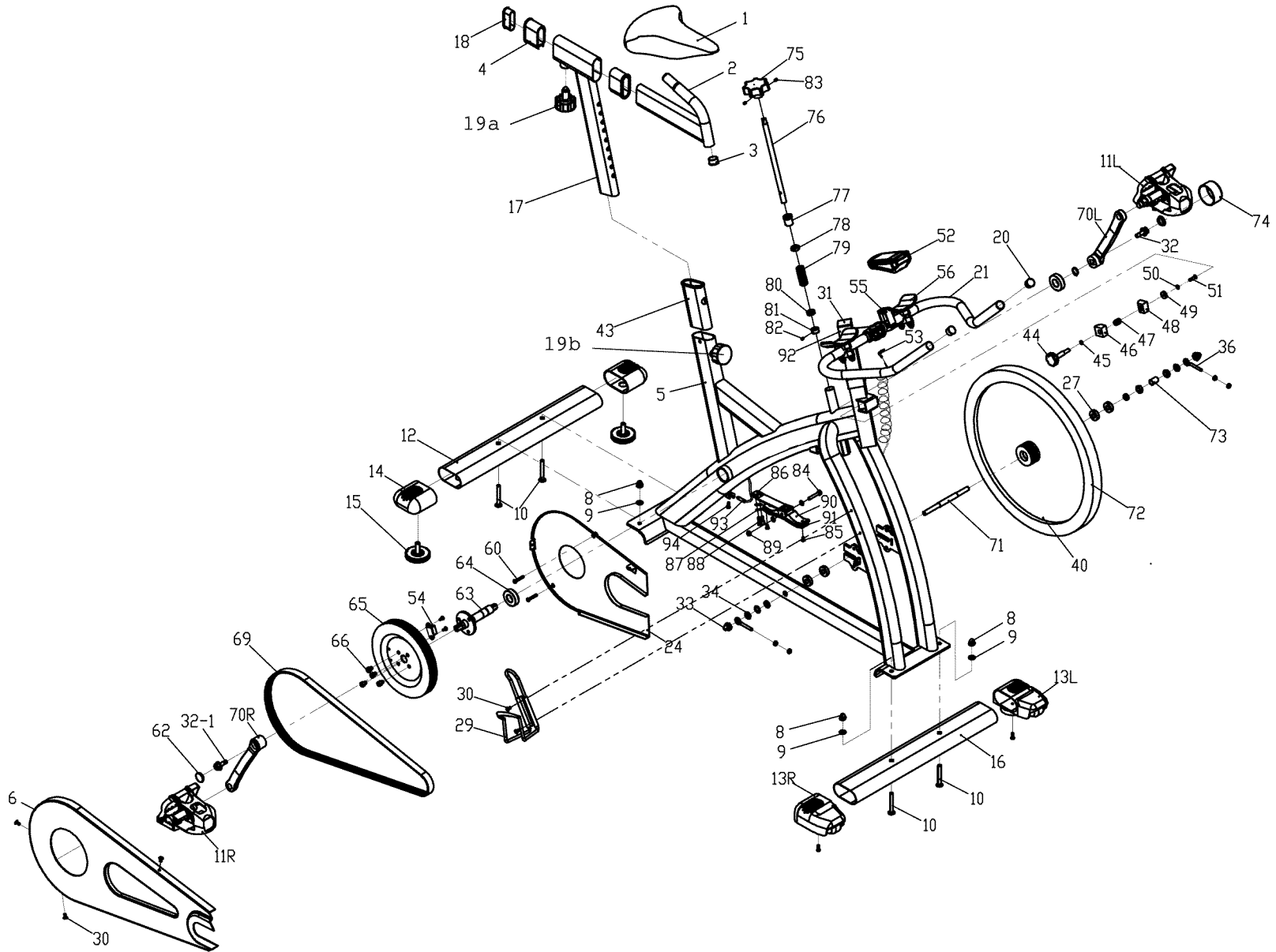
Position the handlebar at a comfortable distance for exercise but without going beyond the “MIN INSERT” mark, then tighten knob securely.

## MOVEMENT & STORAGE

The unit is equipped with wheels in front end caps (13)[refer to page 14 image], to make it easier to move. The wheels located at the front of your unit make it easier to move it into a chosen position, by lifting the rear of the unit up slightly and pushing it.

## MAINTAINING THE MACHINE

For health reasons it is necessary to clean the handlebars and seat after each workout with a disinfectant spray, as well as removing any sweat from the bicycle's frame. Apply anti-rust to the flywheel every time you clean the machine or at least once a month. Apply oil on the contact surface of the flywheel with brake to avoid rattling noises.



EXPLODED VIEW DRAWING

## PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

NO.	Description	Q'TY	NO.	Description	Q'TY
1	Seat	1	51	Screw M5X20	1
2	Seat tube	1	52	Computer	1
3	End cap $\Phi$ 25	1	53	Computer cable	1
4	Bushing (ellipse) 30X70(20X60)	2	54	Magnet for sensor	1
5	Main frame	1	55	Computer holder set	1
6	Chain cover	1	56	Elbow pad set	1
8	Cap nut M8	6	60	Screw M5X30	2
9	Flat washer $\Phi$ 8	8	62	Caps for crank	2
10	Carriage bolt M8X55	4	63	Main axle	1
11	Pedal set (L+R)	1	64	Bearing 6004Z	2
12	Rear stabilizer 40X80X1.5X500	1	65	Belt wheel	1
13R	End cap with wheels (R)	1	66	Inner hex bolt M8X8	4
13L	End cap with wheels (L)	1	69	Belt	1
14	End cap ellipse 40X80	2	70R	Crank R	1
15	Leveler M10X30	2	70L	Crank L	1
16	Front stabilizer 40x80x500	1	71	Flywheel axle	1
17	Seat post	1	72	18KG belt flywheel	1
18	End cap ellipse 20X60	1	73	Bushing $\Phi$ 15X $\Phi$ 12X16	1
19	Spring knob M16X1.5	2	74	Protection cover	1
20	End cap $\Phi$ 22	2	75	Emergency brake	1
21	Handlebar $\Phi$ 22X1.5X1190	1	76	Brake bar $\Phi$ 12X240	1
24	Chain cover (inner)	1	77	Nylon bushing $\Phi$ 19.4X $\Phi$ 12	1
27	Bearing	4	78	Bushing M12	1
29	Bottle holder	1	79	Spring $\Phi$ 19X $\Phi$ 3.45X48	1
30	Bolt M5X10	5	80	Hex Nut M12	1
31	End cap D33.4X1.5	2	81	Nut M12	1
32	Bolt M8X20	2	82	Inner hex bolt M4X10	1
33	Cap nut M10X1	2	83	Inner hex bolt M6X10	2
34	Nut M10X1	4	84	Hex Bolt	1
36	Bolt M6X30	2	85	Bolt	2
40	Sticker for flywheel	2	86	Spring brake bracket sheet	1
43	Bushing 30X70(20X60)	1	87	Spring Washer $\emptyset$ 5	2
44	Knob M10X46	1	88	Inner Hex Bolt M5x10	2
45	Washer $\Phi$ 10	1	89	Nylon nut M6	1
46	Aluminum block	1	90	Aluminum brake	1
47	Spring $\Phi$ 12.5X $\Phi$ 1X17	1	91	Brake pad	1
48	Aluminum block with thread	1	92	Handlebar post	1
49	Plastic washer $\Phi$ 6	1	93	Sensor cable	1
50	Washer $\Phi$ 5	3	94	Bolt	1

$\emptyset$  = diameter

## WARRANTY

### LIMITED PARTS AND LABOR

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. The parts replacement warranty coverage is five (5) years on the main frame and one (1) year on other parts. Labor warranty coverage is ninety (90) days. Warranty covers the original consumer purchaser only.

### COMMERCIAL OR RENTAL USE

If a Bladez product is used for commercial or rental purposes the warranty is void.

### THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

Register your product warranty easily online at:

<http://www.bhnorthamerica.com/BHFH/support/warranty/registration.php>

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE  
BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.**

Bladez Fitness  
20155 Ellipse  
Foothill Ranch, CA 92610  
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013  
Email: [fitness@bhnorthamerica.com](mailto:fitness@bhnorthamerica.com)  
Web: [www.bhnorthamerica.com](http://www.bhnorthamerica.com)  
Mon - Fri 8am - 5pm PST