



*use your illusion*

PRODUCTS CATALOGUE 2010



TREADMILLS



CROSSTRAINERS



INDOOR CYCLING



ROWERS



BICYCLES



STRENGTH



VIBRATION



*The Green Company*

[www.bhfitness.com](http://www.bhfitness.com)

ENGLISH

## TR

### TREADMILLS

<b>NEW</b>	5	<b>G6508</b>	Mercury 6.0
	5	<b>G639</b>	Explorer Max
<b>NEW</b>	7	<b>G6158</b>	Prisma M80
	8	<b>G6156</b>	Prisma M60
<b>NEW</b>	8	<b>G6155</b>	Prisma M55
	9	<b>G6134</b>	Prisma M35
	9	<b>G6130</b>	Prisma M30
<b>NEW</b>	10	<b>G6427</b>	F5
<b>NEW</b>	11	<b>G6426</b>	F4
	11	<b>G6425</b>	F3
<b>NEW</b>	12	<b>G6416</b>	F2
	12	<b>G6414</b>	F1
<b>NEW</b>	13	<b>G6410</b>	Xenon
<b>NEW</b>	14	<b>G6432</b>	ECOII
<b>NEW</b>	14	<b>G6431</b>	ECOI
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**TREADMILLS**  
Technical specs sheet

## CR

### CROSSTRAINERS

<b>NEW</b>	15	<b>G864</b>	FDC20 GSG
	15	<b>G860</b>	FDC19 Program
<b>NEW</b>	16	<b>G260</b>	KChronos
	17	<b>G249</b>	Quantum Generator
<b>NEW</b>	18	<b>G2465</b>	Iridium Avant GSG
	18	<b>G246</b>	Iridium Avant Program
<b>NEW</b>	19	<b>G2395</b>	Inspirit GSG
	19	<b>G239</b>	Inspirit Program
	19	<b>G238</b>	Inspirit
<b>NEW</b>	20	<b>G2376</b>	Brazil GSG
<b>NEW</b>	20	<b>G2374</b>	Brazil Program
<b>NEW</b>	20	<b>G2370</b>	Brazil
<b>NEW</b>	21	<b>G2566</b>	Spazio Program
	21	<b>G2515</b>	Spazio
<b>NEW</b>	22	<b>G2346</b>	Walk.Fit Program
<b>NEW</b>	22	<b>G2343</b>	Walk.Fit
<b>NEW</b>	23	<b>G2336</b>	Athlon Program
<b>NEW</b>	23	<b>G2334</b>	Athlon
	23	<b>G233</b>	Quick
	50		

**CROSSTRAINERS**  
Technical specs sheet

## BI

### BICYCLES

	24	<b>H872N</b>	Carbon Bike Generator
<b>NEW</b>	24	<b>H8715</b>	Carbon Bike GSG
	24	<b>H8705</b>	Carbon Bike Program
<b>NEW</b>	25	<b>H8702</b>	Carbon Bike
<b>NEW</b>	25	<b>H107</b>	Pegasus Plus GSG
<b>NEW</b>	25	<b>H1065</b>	Pegasus Plus Program
<b>NEW</b>	25	<b>H1055</b>	Pegasus Plus
	26	<b>H6715</b>	Bio Bike
<b>NEW</b>	26	<b>H698</b>	Onyx GSG
<b>NEW</b>	26	<b>H6975</b>	Onyx Program
<b>NEW</b>	26	<b>H6935</b>	Onyx
	27	<b>H493</b>	Rhyno Max Program
	27	<b>H491</b>	Rhyno Max
<b>NEW</b>	27	<b>H287</b>	Corsa Program
<b>NEW</b>	27	<b>H284</b>	Corsa
	28	<b>H265</b>	Aloe
	28	<b>H856</b>	Comfort Evolution Program
	28	<b>H855</b>	Comfort Evolution
	51		

**BICYCLES**  
Technical specs sheet

## RO

### ROWERS

	29	<b>R350</b>	Vario Program
<b>NEW</b>	29	<b>R307</b>	Boston

## IC

### INDOOR CYCLING

	30	<b>G280</b>	SE2
	31	<b>H920E</b>	Duke Electronic
	31	<b>H920</b>	Duke
<b>NEW</b>	32	<b>H930</b>	Spada
	33	<b>H919</b>	SB3 Magnetic
<b>NEW</b>	33	<b>H917</b>	G5 Tour
<b>NEW</b>	34	<b>H9160</b>	SB2
<b>NEW</b>	34	<b>H9150</b>	SB1

## VI

### VIBRATION

<b>NEW</b>	35	<b>YV25TM</b>	VIB3
<b>NEW</b>	36	<b>YV30R</b>	Vibroboost GS
<b>NEW</b>	37	<b>YV20R</b>	Vibro GS
<b>NEW</b>	38	<b>YV25</b>	VIB
<b>NEW</b>	38	<b>YV56</b>	Combo Dúo
	39	<b>YV16</b>	Active Power
	39		

**VIBRATION PLATFORMS**  
Technical specs sheet

## ST

### STRENGTH

<b>NEW</b>	40	<b>G156</b>	TT Pro
<b>NEW</b>	41	<b>G152X</b>	Global Gym Plus
<b>NEW</b>	42	<b>G153</b>	Convert Gym
<b>NEW</b>	43	<b>G119XA</b>	Nevada Plus
<b>NEW</b>	43	<b>G119X</b>	Nevada Plus
<b>NEW</b>	43	<b>G112X</b>	Multigym Plus
<b>NEW</b>	44	<b>G400</b>	Zero
	44	<b>G59X</b>	Atlanta 300
	44	<b>G225</b>	Tactiletonic Pro

### MASSAGE CENTERS

45	<b>M1000</b>	Jet Set
46	<b>M750</b>	Ultimate II
46	<b>M650</b>	Venice
47	<b>M400</b>	Prince
47	<b>M200</b>	Image
47		<b>MASSAGE CENTERS</b>
		Technical specs sheet

### SAUNAS

48	<b>S100</b>	Single
48	<b>S270</b>	Couple Premium
48	<b>S420</b>	Quartet
48		<b>SAUNAS</b>
		Technical specs sheet



#### LIGHT COMMERCIAL USE

Warranty for Light Commercial Use (community centres, beauty centres and small gyms in hotels). **See page 4**

#### FULL COMMERCIAL USE

100% guaranteed for Full Commercial Use

The A-Wings system is a reinterpretation of the treadmill, where each component and device has been redefined for **maximum efficiency in terms of cost-effectiveness, space saving and specifications**

Alternating current motor with frequency inverter

**Full commercial treadmill technology**

**Electric incline from main control display.**

Change inclination while using the treadmill

**HA CLASS.** Exercise bicycles and elliptical machines **classified as HA CLASS per The European Standard EN 957-7 and EN 957-9.** The display provides exact watts and RPM calculation

Ergometer allows watts measurement

**Denotes self powered generators,** meaning that they can operate exercise programs without the need for mains electricity connection

Denotes self-powered generators **for Light or Full Commercial Use**

Treadmills with "Green Power Tech" have incorporated the technology already present in motors and regulation cards that allows a more efficient electric workout, lower consumption and same performance

Dot matrix monitor showing the progress of the program. This is the type of monitor used on full commercial use fitness machines

**MOTIVATIONAL MONITOR.** Monitor equipped with graphics to encourage you to give your best or with interactive programs that let you compete against the machine

This symbol highlights that the equipment has program facilities. Pre-defined training profiles with different intensity levels

This symbol highlights that the users can design their own training profile, apart from the pre-defined ones already set in the software

**HEART RATE CONTROL PROGRAM.** The machine will automatically adapt the resistance, so the user will always train at a constant pre-defined pulse rate. **Very useful for people who have to control cardiac stress**

**TARGET HEART RATE.** Whenever you exceed the programmed value, the heart symbol and the pulse rate will flash on and off alternately. **Very useful for people who have to control cardiac stress**

#### SWR STEADY WATTS RATE

The machine, automatically, will maintain the resistance in the selected target (in watts). Specially designed for rehabilitation purposes

#### BODY FAT CONTROL SYSTEM

This program allows you to estimate your body fat percentage easily and comfortably

**RECOVERY TEST.** With this test you will be able to measure how long it takes your heart rate to recover after having finished the exercise

**Extra wide running surface: comfort and safety.** This icon identifies treadmills with a running surface equal to or greater than 51cm / 21"

Denotes treadmills with oversized structure

#### PROGRESSIVE CUSHIONING SYSTEM

This system provides a natural, comfortable feeling for the user while accommodating the body's need for additional cushioning on flat surfaces

Hand pulse control on the handrail

**Telemetric pulse control** reading from the connection between the receptor and the control panel. **If the word 'optional' is not shown, that means that it also includes the transmitter or chest band**

**Speed and inclination control buttons on handrails** for a more comfortable exercise

#### INTEGRATED POWERFUL FAN

Provides a cooling sensation while exercising

Soft Drop Safe vertical unfolding system powered by a **hydraulic system to prevents back injuries**

**Models with Plug&Run technology do not require any assembly.** Just unfold, lock and start running

#### VERTICAL FOLDING SYSTEM

Very useful to minimize space at home and allows easy movement



# BH Fitness *The Green Company*

Over the last few years at BH FITNESS we have been carrying out various operations aimed at maximizing productivity while still caring for the environment. This year, however, we decided to take a greater leap and opt for a **more self-demanding "green" policy**, which has been implemented in more departments and more stages of the production processes.

**A level of self-imposed "greenness" that allows products to be manufactured with the same standards of quality and safety as now**, this allows us to remain a benchmark within the world of home fitness, which in turn contributes to preserving the environment.

**We are not using this policy to join in with a fashion trend. This is not a fad.** We are not

jumping on the "I'm green too" bandwagon. Our departments are environmentally conscious for years. However this year we have gone a step further.

**At BH FITNESS we fully endorse the 10:10 program**, which was launched on 1st September 2009 by the British newspaper The Guardian, a private initiative to show governments that we can not wait for them to react. Either we start now or there will be no way to stop the destruction of the environment.

**This campaign proposes a 10% cut in emissions by 2010. At BH FITNESS we are committed to reductions in these 3 areas:**

**PRODUCTION COSTS** (reducing the amount of raw material consumed, e.g. using injection moulded plastic instead of painting it later).

**CONSUMPTION** (final products consume less electricity, or even 0, as in the case of self-powered machinery employing generators)

**RECYCLING** (using recycled materials or at least those that are easy to recycle (especially avoiding the use of raw materials prohibited by directive 2050/95/CE Restriction of Certain Hazardous Substances in electrical and electronic equipment (known as **RoHS**))



## *What We Already Have Done*

- > policy of recycling paper and office supplies
- > use of packing boxes, printed in one ink
- > use of generators on certain models
- > green power motors on treadmills (15% more efficient)
- > manufacture of certain models using injected plastics
- > collection and recycling campaigns for obsolete equipment



## *Projects That Are Already Underway* (SHORT AND MEDIUM TERM)

- > project to install photovoltaic panels on the roof of our headquarters that produce 0.7 MB of power
- > increasing use of teleconferencing to reduce fuel consumption (to avoid travelling by car and plane)
- > implementation of the ISO 14001 standard for effective environmental management
- > an even more comprehensive policy on office recycling
- > printing of catalogues and manuals on recycled and/or ecological paper
- > use of generators on mid-range models (not only top range)
- > increased number of collection and recycling campaigns for obsolete equipment
- > manufacturing a greater number of models using injected plastic and recycled/ recyclable material.
- > eco ink printing.



# *The Green Company*

# TR

## G6508 Mercury 6.0

### LIGHT COMMERCIAL RANGE



- 10 year warranty** on frame
- 2 year warranty** for home use
- 1 year warranty** for light commercial use (multi-housing, spas, hotel gyms)
- 6 months** for public use in gymnasiums or civic centers



G6508 Mercury 6.0



G260 Khronos



G249 Quantum Generator



R350 Vario Program



G280 SE2



H919 SB3



G156 TT Pro

- > Specifically designed for intensive **light commercial use**
- > **Oversized frame. Non-foldable treadmill. Recommended maximum user weight: 150 kg / 331 lbs.**
- > Maximum user weight 160 kg / 353 lbs.
- > **Heavy duty 3.5HP continuous AC Motor** with digital frequency regulator
- > Speed range: 0.8~20Km/h. / 0.5~12.4mph.
- > **Central elevation system up to +15%**
- > XXL Running belt
- > **8 elastomers shock absorbing system**
- > **Wireless Pulse Measurement. Chest belt included**
- > **Quick Start function**
- > **Incline and speed instant keys**
- > **Equipped with powerful fan**

<b>WEIGHT</b>	170 kg / 375 lbs.
<b>LENGTH</b>	210 cm / 82.7"
<b>WIDTH</b>	93 cm / 36.6"
<b>HEIGHT</b>	147 cm / 57.9"

**RUNNING BELT**  
155 x 55 cm / 61 x 22"



**DOT MATRIX + 1 LED WINDOW**  
7 pre-set exercise programs with 4 intensity levels, a Heart Rate Control program (HRC), 2 Fitness Tests (male and female), and a Custom Course (uPrg)



**AC MOTOR**

# TR

## G639 Explorer Max

- > Designed for intensive use at home
- > **Non-foldable. Thick 65 mm rollers.**
- > Recommended maximum user weight 150 kg / 331 lbs.
- > Maximum user weight 160 kg / 353 lbs.
- > **4.5 HPP motor** that provides a quiet yet powerful speed between **1~21Km/h. / 0.6~13 mph.**
- > Electric incline up to 15%
- > Dot Matrix graphic display
- > 6 pre-set exercise programs with 10 intensity levels, Heart Rate Control Program and 2 custom courses (uPrg)
- > **Wireless Pulse Measurement. Chest belt included**
- > Quick Start function
- > Incline and speed instant keys
- > Equipped with 2 speed powerful fan
- > **Special hypoallergenic handlebar**



**DOT MATRIX LEDS MONITOR**

<b>WEIGHT</b>	122 kg / 269 lbs.
<b>LENGTH</b>	200 cm / 78.7"
<b>WIDTH</b>	90 cm / 35.4"
<b>HEIGHT</b>	141 cm / 55.5"

**RUNNING BELT**  
147 x 51 cm / 58 x 20"



**COMMERCIAL FRAME**



# TREADMILLS



LCU  
LightCommercialUse



**RT**  
Running Tech  
extra wide running belt

**WB**  
EXTRA WIDE BODY

**WORLD NOVELTY**



*"Best DC treadmill for specialty market"*



**COMMERCIAL FRAME  
FOR INTENSIVE  
WORKOUT**

**A-Frame**  
performance  
PATENT PENDING





## PRISMA FAMILY TREADMILLS

**EUROPEAN DESIGN**

**LOW PROFILE COMPACT CHASSIS**

**INCORPORATES PLUG & RUN SYSTEM  
(ready to use)**

**DUAL CUSHIONING SYSTEM:  
8 ELASTOMER ABSORBERS + PCS**

**FOLDABLE HORIZONTALLY**

**WIDE PROFESSIONAL RUNNING SURFACE**



**VS**



## F'S FAMILY TREADMILLS

**AMERICAN DESIGN**

**OVERSIZED FRAME**

**EXTRA WIDE MONITORS  
AND DISPLAYS**

**EXTRA LONG  
RUNNING SURFACE**



# TR

# G6158 Prisma M80

- > **Designed for intensive use at home**
- > Recommended maximum user weight: 125 kg / 276 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **4.0HPP motor** that provides a speed range between 1~22Km/h. / 0.6~13.7mph.
- > Electric incline up to 12%
- > Monitor with 3 circular displays with 9 pre-set profiles, 3 custom courses (uProg) and a Heart Rate Control Program (HRC)

- > 8 elastomers cushioning system enhanced by PCS technology
- > **Incline and Speed Instant Keys**
- > **Handrail buttons** for speed and incline
- > Contact pulse measurement
- > **Wireless pulse measurement.** Chest belt included
- > Exclusive **Plug&Run** system
- > Horizontally and vertically foldable

WEIGHT	88 kg / 194 lbs.
LENGTH	205 cm / 80.8"
WIDTH	89 cm / 35.1"
HEIGHT	145 cm / 57.1"

FOLDED VERTICALLY	
LENGTH	108 cm / 42.6"
WIDTH	89 cm / 35.1"
HEIGHT	166 cm / 65.4"

RUNNING BELT 145 x 55 cm / 57.1" x 22"



RACING MONITOR



EXTRA-LARGE  
RUNNING BELT  
145 x 55 cm  
57.1 x 22"



HANDRAIL BUTTONS

M80 22" x 22 Km/h.



## explanation of ICONS

Don't understand the icons that appear next to the name of the machines?

On page 2 we explain the meaning of each one of them. It will help you understand the benefits of each machine at a glance.

# TR

# G6156 Prisma M60

## G6156 Prisma M60



- > **Designed for intensive use at home**
- > Recommended maximum user weight: 125 kg / 276 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **4.0HPP motor** that provides a speed range between 1~22Km/h. / 0.6~13.7mph.
- > Electric incline up to 12%
- > Monitor with 3 circular displays with 9 pre-set profiles, 3 custom courses (uProg) and Heart Rate Control Program (HRC)
- > 8 elastomers cushioning system enhanced by PCS technology
- > **Incline and Speed Instant Keys**
- > **Handrail buttons** for speed and incline
- > Contact pulse measurement
- > **Wireless pulse measurement.** Chest belt included
- > Exclusive **Plug&Run** system
- > Horizontally and vertically foldable



**RACING MONITOR MADE OF METHACRYLATE G6156**



<b>WEIGHT</b>	85 kg / 187.3 lbs.
<b>LENGTH</b>	188 cm / 73.3"
<b>WIDTH</b>	88 cm / 34.7"
<b>HEIGHT</b>	137 cm / 53.4"

### FOLDED VERTICALLY

<b>LENGTH</b>	95 cm / 37.1"
<b>WIDTH</b>	88 cm / 34.7"
<b>HEIGHT</b>	154 cm / 60.1"

<b>RUNNING BELT</b>	126 x 55 cm / 49.1 x 22"
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Mod. G6156

## G6155 Prisma M55



- Same features as M60 except for the following:
- > **3.5HPP motor** that provides a speed range between 1~20Km/h. / 0.6~12.4mph.
  - > In different colour options

M60 22" x 22 Km/h.  
M55 22" x 20 Km/h.



**PERFECT combination**



Mod. G6155



Mod. G6156  
Folded

*be constant*

*Consistency is certainly one of the keys to success. Set your own goals (realistic). They will help you stay motivated, and it will be your own body that asks you not to skip a single training session.*



# TR

# G6134 Prisma M35

WEIGHT	83 kg / 182.9 lbs.
LENGTH	188 cm / 73.3"
WIDTH	88 cm / 34.7"
HEIGHT	137 cm / 53.4"

### FOLDED VERTICALLY

LENGTH	95 cm / 37.1"
WIDTH	88 cm / 34.7"
HEIGHT	154 cm / 60.1"

RUNNING BELT	126 x 51 cm / 49.1 x 20"
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G6134 INCLINE AND SPEED INSTANT KEYS



G6130 MONITOR

## G6134 Prisma M35

- > Designed for intensive use at home
- > Recommended maximum user weight: 120 kg / 264 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **3.5HPP motor** that provides a speed range between 1~20Km/h. / 0.6~12.4mph.
- > Electric incline up to 12%
- > **5.4" Blue Backlit LCD monitor** with 9 pre-set profiles, 3 custom courses (uProg), 3 more programs with objectives (time, distance or calories) and Heart Rate Control Program (HRC)
- > **8 elastomers cushioning system enhanced by PCS technology**
- > **Handrail buttons** for speed and incline
- > Incline and Speed Instant Keys
- > Contact pulse measurement
- > **Wireless pulse measurement.** Chest belt optional
- > Exclusive **Plug&Run** system
- > Horizontally and vertically foldable

## G6130 Prisma M30



Same features as M35 except for the following:

- > Designed for regular use at home
- > **2.75HPP motor that provides a speed range between 1~18Km/h. / 0.6~11.2mph.**
- > **3 Blue backlit LCD windows**
- > Wireless pulse measurement, HRC Program and Incline and Speed instant keys are not available in this model
- > In different colour options



Mod. G6134



Mod. G6130

Mod. G6134 Prisma M35



M35 20" x 20 Km/h.  
M30 20" x 18 Km/h.

- > Designed for intensive use at home
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 140 kg / 309 lbs.
- > **4.0HPP motor** that provides speed between 1~22Km/h. / 0.6~13.7mph.
- > Electric incline up to 12%

- > **DOT MATRIX monitor with 6 LED** windows with 14 pre-set profiles with 3 intensity levels, Heart Rate Control Program (HRC), Body Fat control system (BF) and 3 custom courses (uPrg)
- > **Wireless Pulse Measurement supported.** Chest belt included
- > **Incline and speed instant keys**
- > Integrated powerful fan

<b>WEIGHT</b>	108 kg / 238 lbs.
<b>LENGTH</b>	184 cm / 72.5"
<b>WIDTH</b>	94 cm / 37"
<b>HEIGHT</b>	149 cm / 58.1"
<b>FOLDED VERTICALLY</b>	
<b>LENGTH</b>	125 cm / 49.3"
<b>WIDTH</b>	94 cm / 37"
<b>HEIGHT</b>	156 cm / 61.5"
<b>RUNNING BELT</b>	140 x 51 cm / 55 x 20"





**MOTIVATIONAL MONITOR**




**FOLDABLE**



  
**WIN!**  
**OR LOSE**

  
**Running Tech**  
 extra wide running belt

  
**XWB**  
 EXTRA WIDE BODY

Mod. G6427 F5



## did you know?

Washing your dishes every day in a dishwasher rather than by hand saves up to 12.000 litres of water per year, equivalent to 200 showers or one month of water consumption for a family of 4.

# TR G6426 F4



- > Designed for intensive use at home
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 140 kg / 309 lbs.
- > **3.5HPP motor** that provides speed between 1~20Km/h. / 0.6~12.4mph.
- > Electric incline up to 12%
- > **8.2" Blue backlit LCD** with 14 pre-set profiles, Heart Rate Control Program (HRC) and Body Fat control system (BF)
- > **Wireless Pulse Measurement supported.** Chest belt included
- > **Incline and speed instant keys**
- > Integrated powerful fan



WEIGHT	108 kg / 238 lbs.
LENGTH	184 cm / 72.5"
WIDTH	94 cm / 37"
HEIGHT	149 cm / 58.1"
<b>FOLDED VERTICALLY</b>	
LENGTH	125 cm / 49.3"
WIDTH	94 cm / 37"
HEIGHT	156 cm / 61.5"

**RUNNING BELT**  
140 x 51 cm / 55 x 20"

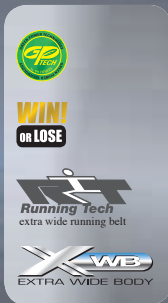


**INCLINE AND SPEED INSTANTE KEYS**

# TR G6425 F3



- > Designed for intensive use at home
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 140 kg / 309 lbs.
- > **3HPP motor** that provides speed between 1~18Km/h. / 0.6~11.2mph.
- > Electric incline up to 12%
- > **8.2" Blue backlit LCD monitor** with 12 pre-set profiles, Heart Rate Control Program (HRC) and Body Fat control system (BF)
- > **Wireless Pulse Measurement supported.** Chest belt optional
- > **Incline and speed instant keys**
- > Integrated powerful fan



WEIGHT	99 kg / 218 lbs.
LENGTH	184 cm / 72.5"
WIDTH	94 cm / 37"
HEIGHT	149 cm / 58.1"
<b>FOLDED VERTICALLY</b>	
LENGTH	125 cm / 49.3"
WIDTH	94 cm / 37"
HEIGHT	156 cm / 61.5"

**RUNNING BELT**  
140 x 51 cm / 55 x 20"



**INCLINE AND SPEED INSTANTE KEYS**

# TR G6416 F2



- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **2.75HPP motor** that provides speed between 1~18Km/h. / 0.6~11.2mph.
- > Electric incline up to 12%
- > **6.8" Blue backlit LCD monitor with 12 pre-set profiles, Heart Rate Control Program (HRC) and Body Fat control system (BF)**
- > Contact pulse measurement
- > **Incline and speed instant keys**
- > Integrated powerful fan



WEIGHT	86 kg / 190 lbs.
LENGTH	174 cm / 67.9"
WIDTH	78 cm / 30.4"
HEIGHT	140 cm / 54.6"

FOLDED VERTICALLY	
LENGTH	105 cm / 41"
WIDTH	78 cm / 30.4"
HEIGHT	150 cm / 58.5"

**RUNNING BELT**  
135 x 45 cm / 53 x 18"



**6.8" BLUE BACKLIT LCD**

# TR G6414 F1



- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **2.5HPP motor** that provides speed between 1~16Km/h. / 0.6~9.9mph.
- > Electric incline up to 12%
- > **6.8" Blue backlit LCD monitor with 12 pre-set profiles and Body Fat control system**
- > Contact pulse measurement
- > **Incline and speed instant keys**
- > Integrated powerful fan



WEIGHT	86 kg / 190 lbs.
LENGTH	174 cm / 67.9"
WIDTH	78 cm / 30.4"
HEIGHT	140 cm / 54.6"

FOLDED VERTICALLY	
LENGTH	105 cm / 41"
WIDTH	78 cm / 30.4"
HEIGHT	150 cm / 58.5"

**RUNNING BELT**  
135 x 45 cm / 53" x 18"



**INCLINE & SPEED INSTANT KEYS**

*did you know?*

An old refrigerator, prior to the Energy Label, consumed the equivalent energy of a radiator. Nowadays, the consumption of an A+ refrigerator is equivalent to an electric bulb!

**TR****G6410 Xenon**

- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > 2.5HPP motor that provides a speed range between 1~16Km/h. / 0.6~9.9mph.
- > Electric incline up to 12%
- > **3 Blue Backlit LCD windows** with 9 pre-set profiles, 3 custom courses (uProg) and 3 more programs with objectives (time, distance or calories)
- > **8 elastomers cushioning system** enhanced by **PCS technology**
- > Contact pulse measurement
- > Exclusive **Plug&Run** system
- > Horizontally and vertically foldable



<b>WEIGHT</b>	78 kg / 172 lbs.
<b>LENGTH</b>	177 cm / 68.9"
<b>WIDTH</b>	77 cm / 30.3"
<b>HEIGHT</b>	130 cm / 51.2"

**FOLDED VERTICALLY**

<b>LENGTH</b>	85 cm / 33.5"
<b>WIDTH</b>	77 cm / 30.3"
<b>HEIGHT</b>	154 cm / 60.6"

**RUNNING BELT**

128 x 44 cm / 50.5 x 17.5"

**3 BLUE BACKLIT LCD WINDOWS****HANDRAIL BUTTONS****LOOK FOR THIS LOGOTYPE ON THE TREADMILLS**

- Save yourself assembly problems: no pieces left over or missing.
- No need to hire a technician to assemble your new machine.
- And in just 5 minutes after receiving the machine you can begin to enjoy it.

**PLUG&RUN** 

G6158 Prisma M80



G6156 Prisma M60



G6155 Prisma M55



G6134 Prisma M35



G6130 Prisma M30



G6410 Xenon

## TR G6432 ECO2



- > Designed for regular use at home
- > Recommended maximum user weight: 100 kg / 220 lbs.
- > Maximum user weight: 110 kg / 243 lbs.
- > 2.5HPP motor that provides a speed range between 1~16Km/h. / 0.6~9.9mph.
- > Electric incline up to 10%
- > **5" Blue Backlit LCD window** with 12 pre-set profiles and Body Fat control system
- > **Handrail buttons for speed and incline**
- > **Incline and Speed instant keys**
- > Contact pulse measurement



<b>WEIGHT</b>	59 kg / 130 lbs.
<b>LENGTH</b>	173 cm / 68.2"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	130 cm / 51.2"

### FOLDED VERTICALLY

<b>LENGTH</b>	81 cm / 31.9"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	148 cm / 58.3"

### RUNNING BELT

120 x 40 cm / 47" x 16"



**5" BLUE BACKLIT LCD WINDOW**



**HANDRAIL BUTTONS**

## TR G6431 ECO1



- > Designed for occasional use at home
- > Recommended maximum user weight: 100 kg / 220 lbs.
- > Maximum user weight: 110 kg / 243 lbs.
- > 2.0HPP motor that provides a speed range between 1~13Km/h. / 0.6~8.1mph.
- > **Mechanical incline with 2 positions (1 and 4%)**
- > **3 LED windows** with 12 pre-set profiles and Body Fat control system
- > **Handrail buttons for speed and start/stop**
- > **Speed instant keys**
- > Contact pulse measurement



<b>WEIGHT</b>	55 kg / 121 lbs.
<b>LENGTH</b>	160 cm / 63"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	125 cm / 49.3"

### FOLDED VERTICALLY

<b>LENGTH</b>	86 cm / 33.9"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	141 cm / 55.6"

### RUNNING BELT

120 x 40 cm / 47" x 16"



**SPEED INSTANT KEYS**



**HANDRAIL BUTTONS**

make the right  
**BUY**

**Are you torn between 2 models but don't know how to decide?**

Consult the technical specification summary table on page 49. There you can conveniently and easily compare the features of all the models of treadmills.

## CR G864 FDC20 GSG



- > **Designed for intensive use at home**
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 150 kg / 331 lbs.
- > **Self-generated magnetic brake system (GSG)**
- > **Front drive crosstrainer (easy access)**
- > **Dual backlit monitor with 12 pre-set training profiles, 5 HRC Programs, 4 custom courses (uPrg), Steady Watts Rate (SWR: 30-400 watts), Recovery Test and Body Fat control system**
- > **Wireless pulse supported. Chest belt optional**
- > Contact pulse measurement
- > Oversized foot pedals
- > Bottle holder
- > Wheels for transportation

powered by YOU



20" STRIDE



Designed for intensive use at home

<b>WEIGHT</b>	85 kg / 187 lbs.
<b>ROTATING MASS</b>	35 kg / 76 lbs
<b>LENGTH</b>	185 cm / 72.8"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	170 cm / 67"



**DUAL COLOR BACKLIT LCD MONITOR**



**FRONT DRIVE**  
Minimum distance between pedals

## CR G860 FDC19 Program



- > **Designed for intensive use at home**
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 150 kg / 331 lbs.
- > Magnetic brake system
- > **Front drive crosstrainer (easy access)**
- > **Dual backlit monitor with 12 pre-set training profiles, 5 HRC Programs, 4 custom courses (uPrg), Steady Watts Rate (SWR: 30-400watts), Recovery Test and Body Fat Control System**
- > **Wireless pulse supported. Chest belt optional**
- > Contact pulse measurement
- > Bottle holder
- > Wheels for transportation



19" STRIDE



Designed for intensive use at home

<b>WEIGHT</b>	85 kg / 187 lbs.
<b>ROTATING MASS</b>	35 kg / 76 lbs
<b>LENGTH</b>	185 cm / 72.8"
<b>WIDTH</b>	70 cm / 27.6"
<b>HEIGHT</b>	170 cm / 67"



**DUAL COLOR BACKLIT LCD MONITOR**



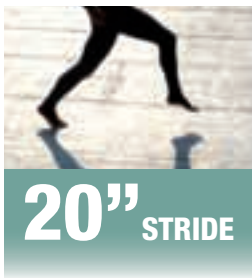
**FRONT DRIVE**  
Minimum distance between pedals

- > Specifically designed for intensive **light commercial** use
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 150 kg / 331 lbs.
- > Self-generated **ergometer**: Watts and RPM calculation
- > **Electromagnetic brake system**
- > **Heavy duty bearings** in all mobile parts.
- > **Dual color backlit LCD** with 12 pre-set training profiles, 16 intensity levels, 4 Heart Rate Control programs (HRC), Recovery Test, Steady Watts Rate Program (SWR: 10-350watts) , Body Fat control system (BF) and 4 custom courses (uPrg)
- > Wireless pulse measurement. Chest belt included
- > Oversized anti-slip foot pedals

<b>WEIGHT</b>	74 kg / 161 lbs.
<b>LENGTH</b>	190 cm / 74.9"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	170 cm / 67"
<b>GENERATOR SYSTEM EQUIVALENT TO RM</b>	35 kg / 76 lbs.



**DUAL COLOR BACKLIT LCD**



**20" STRIDE**



**MINIMUM DISTANCE BETWEEN PEDALS**



## explanation of ICONS

**Don't understand the icons that appear next to the name of the machines?**

On page 2 we explain the meaning of each one of them. It will help you understand the benefits of each machine at a glance.



- > Specifically designed for intensive **light commercial** use
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 150 kg / 331 lbs.
- > **Self-generated ergometer:** Watts and RPM calculation
- > **Electromagnetic** brake system
- > **Heavy duty bearings** in all mobile parts.
- > **DOT MATRIX monitor** and 4 LED windows with 12 pre-set training profiles, 16 intensity levels, 4 Heart Rate Control programs (HRC), Recovery Test, Steady Watts Rate Program (SWR: 10-350watts) and a custom course (uPrg)
- > Integrated cooling Fan
- > **Wireless pulse measurement. Chest belt included**
- > Oversized anti-slip foot pedals
- > **UTW multi position grips allow Upper body Total Workout**

<b>WEIGHT</b>	74 kg / 161 lbs.
<b>LENGTH</b>	183 cm / 72.1"
<b>WIDTH</b>	65 cm / 25.6"
<b>HEIGHT</b>	161 cm / 63.4"
<b>GENERATOR SYSTEM EQUIVALENT TO RM</b>	35 kg / 76 lbs.



**UTW: MULTI POSITION GRIPS**



**DOT MATRIX**



**OVERSIZED FOOT PEDALS**

**LCU**  
LightCommercialUse



warm-up,  
hydrate, stretch

Remember to warm up before exercising. Drink plenty of water while exercising (every 10-20 minutes, depending on exertion). And don't forget to stretch when you finish training!

## G2465 Iridium Avant GSG

- > Specifically designed for intensive use
- > Recommended maximum user weight: 120 kg / 264 lbs
- > Maximum user weight: 140 kg / 309 lbs.
- > **Heavy duty bearings** used in all mobile parts
- > **Ergometer HA Class: Self-generated magnetic brake system (GSG): Precise watts and RPM calculation**
- > Blue backlit LCD with 12 pre-set training profiles, 32 intensity levels, 4 HRC Programs, Steady Watts Rate Program (SWR: 10-350watts) and a custom course (uPrg)
- > Handrail buttons for a more comfortable exercise
- > Wireless pulse measurement. Chest belt included
- > Contact pulse measurement system
- > Oversized frame



**HANDRAIL BUTTONS**  
MOD. G2465/G246



**G2465 SELF POWERED:**  
**ENVIRONMENTALLY FRIENDLY**

<b>WEIGHT</b>	70 kg / 153 lbs.
<b>Mod. G2465</b>	68 kg / 148 lbs.
<b>ROTATING MASS</b>	15 kg / 33 lbs.
<b>LENGTH</b>	175 cm / 68.9"
<b>WIDTH</b>	60 cm / 23.6"
<b>HEIGHT</b>	157 cm / 61.8"

## G246 Iridium Avant Program



Similar features as model G2465 except for the following:

- > **The brake system is magnetic (but not self-generated), and is not HA Class**
- > 16 intensity levels, instead of 32
- > Includes Recovery Test
- > Integrated powerful fan



**BACKLIT MONITOR**  
MOD. G246



**HA CLASS**  
watts & rpm

Mod. G2465

Mod. G2465

Mod. G2465 Iridium Avant GSG



## G2395 Inspirit GSG

- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > **Ergometer: Self-generated magnetic brake (GSG)**
- > Powerful reinforced structure and special grip design
- > **Heavy duty bearings in all mobile parts.**
- > Double cylindrical supports with anti-slip foot pedals
- > Touchscreen monitor
- > **Dual color LCD monitor with 12 pre-set profiles with 16 intensity levels, 4 Heart Rate Control programs, Steady Watts Rate Program (SWR: 10-350watts), Recovery Test (RT) and 4 custom courses (uPrg)**
- > Contact pulse measurement system
- > **Telemetric pulse supported (chest belt included)**
- > Wheels for easy transportation



G2395 TOUCHSCREEN MONITOR



G2395 ENVIRONMENTALLY FRIENDLY



DOUBLE ERGONOMIC GRIPS



HEAVY DUTY BEARINGS IN MOBILE PARTS

<b>WEIGHT</b>	
Mod. G2395	62 kg / 137 lbs.
Mod. G239/G238	61 kg / 136 lbs.
<b>FLYWHEEL WEIGHT</b>	10 kg / 22.2 lbs.
<b>LENGTH</b>	171 cm / 67.3"
<b>WIDTH</b>	67 cm / 26.4"
<b>HEIGHT</b>	167 cm / 65.8"

## G239 Inspirit Program



Similar features as model G2395 except for the following:

- > **The brake system is magnetic (but not self-generated)**
- > Touchscreen with blue backlit monitor
- > Telemetric pulse supported (chest belt optional)

## G238 Inspirit



Same features as model G239 but with an electronic computer excluding programs. **Equipped with a tension knob to regulate 8 different work-out loads**

Touchscreen not available in manual version. **Includes Body Fat control and Recovery Test**



Mod. G239

Mod. G2395 Inspirit GSG



## G2376 Brazil GSG

- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > **Ergometer: Self-generated magnetic brake (GSG)**
- > **Dual color backlit monitor with 12 pre-set programs with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Steady Watts Rate Program (SWR: 10-350 watts), Recovery Test (RT), Body Fat control system and 5 custom courses (uProg)**
- > Contact pulse measurement system
- > **Telemetric pulse supported (chest belt optional)**
- > Oversized foot pedals
- > Wheels for easy transportation



OVERSIZED FOOT PEDALS



G2376 / G2374 MONITOR



G2376 ENVIRONMENTALLY FRIENDLY

<b>WEIGHT</b>	
Mod. G2376	64 kg / 141 lbs.
Mod. G2374/G2370	63 kg / 139 lbs.
<b>FLYWHEEL WEIGHT</b>	10 kg / 22.2 lbs.
<b>LENGTH</b>	170 cm / 67"
<b>WIDTH</b>	67 cm / 26.4"
<b>HEIGHT</b>	168 cm / 66.2"

## G2374 Brazil Program



Similar features as model G2376 except for:

- > The brake system is magnetic but not self-generated in model G2374
- > Telemetric pulse is not supported

## G2370 Brazil



Same features as model G2374 but with an electronic computer excluding programs. Equipped with a tension knob to regulate 8 different work-out loads. Dual backlit not available in manual version. Includes Body Fat control and Recovery Test.



Mod. G2376

Mod. G2376 Brazil GSG



*did you know?*

*In the 1970s, Gordon E. Moore theorized that computer processing power doubles about every 18 months, especially relative to cost or size.*

*Imagine how many computers can be recycled each year!*

<b>WEIGHT</b>	42.5 kg / 94 lbs.
<b>FLYWHEEL WEIGHT</b>	8 kg / 17.6 lbs.
<b>LENGTH</b>	149 cm / 58.7"
<b>WIDTH</b>	67 cm / 26.4"
<b>HEIGHT</b>	150 cm / 59.1"

**FOLDED HORIZONTALLY**

<b>LENGTH</b>	126 cm / 50"
<b>WIDTH</b>	70 cm / 28"
<b>HEIGHT</b>	92 cm / 36"

**FOLDED VERTICALLY**

<b>LENGTH</b>	92 cm / 36"
<b>WIDTH</b>	70 cm / 28"
<b>HEIGHT</b>	126 cm / 50"



**G2515 MONITOR**



**MOTIVACIONAL BLUE BACKLIGHT CPC MONITOR: EQUIPPED WITH THE FITNESS TESTS USED IN THE ARMY**

**WIN!  
OR LOSE**

## G2566 Spazio Program



- > Designed for regular use at home
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > Magnetic brake system
- > **Motivational CPC Monitor: Includes 6 pre-set training profiles (racing against the computer) and 4 Fitness Tests (used in the Army)**
- > When not using the Spazio crosstrainer, you can fold it very easily (no assembly required)
- > Oval tube design and reinforced folding system
- > Contact pulse measurement system
- > Wheels for transportation

## G2515 Spazio Manual



Same features as model G257 excluding the following:

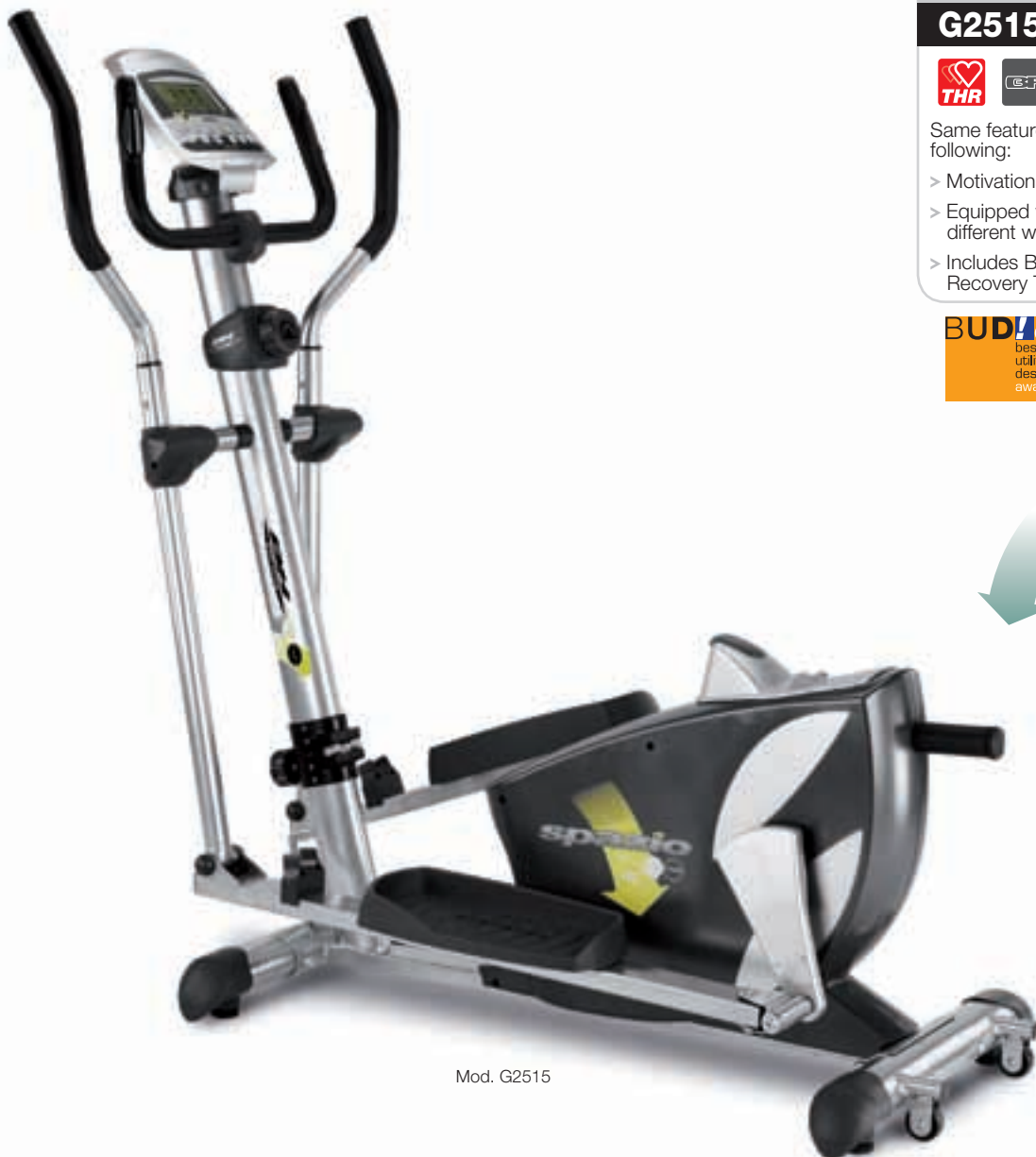
- > Motivational CPC monitor not available
- > Equipped with a tension knob to regulate 8 different work-out loads.
- > Includes Body Fat control system and Recovery Test



space idea concept



**NEW REINFORCED FOLDING SYSTEM**



Mod. G2515

make the right  
**BUY**

Are you torn between 2 models but don't know how to decide?

Consult the technical specification summary table on page 50. There you can conveniently and easily compare the features of all the models of elliptical trainers.

## G2346 Walk.Fit Program

- > Designed for regular use at home
- > Recommended maximum user weight: 110 kg / 243 lbs.
- > Magnetic brake system
- > **6 pre-set training profiles with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Body Fat control system, Recovery Test (RT) and a custom course (uPrg)**
- > **Wireless pulse supported. Chest belt optional**
- > Adjustable swing bars: 5 customizing positions
- > Adjustable foot pedals

## G2343 Walk.Fit



Same features as Mod. G2346 but without programs and wireless pulse receiver

Equipped with a tension knob to regulate 8 different work-out loads



G2346 LCD MONITOR

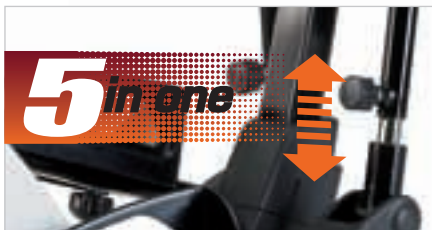


G2343 LCD MONITOR

<b>WEIGHT</b>	42 kg / 93 lbs.
<b>FLYWHEEL WEIGHT</b>	7.5 kg / 16.5 lbs.
<b>LENGTH</b>	128 cm / 50.4"
<b>WIDTH</b>	68 cm / 26.8"
<b>HEIGHT</b>	159 cm / 62.6"



Mod. G2346



5 CUSTOMIZING POSITIONS



Mod. G2346 Walk.Fit Program



## did you know?

By recycling only 500 phone books, consumers can save: between 17 and 31 trees, 7,000 gallons of water, 463 gallons of oil, 587 pounds of carbon emissions, 3.06 cubic yards of landfill space, 4,077 kWh of energy.

## CR G2336 Athlon Program



### G2336 Athlon Program

- > Designed for regular use at home
- > Recommended maximum user weight: 105 kg / 232 lbs.
- > Magnetic brake system
- > **6 pre-set training profiles with 16 intensity levels, 4 Heart Rate Control Program (HRC), Body Fat control system, Recovery Test and 4 custom courses (uPrg)**
- > Contact pulse measurement system in mobile arms
- > Adjustable foot pedals
- > Wheels for easy transportation

### G2334 Athlon



Same features as Mod. G2336 but without programs (except for the Recovery Test)

Equipped with a tension knob to regulate 8 different work-out loads



Mod. G2336

<b>WEIGHT</b>	43 kg / 95 lbs
<b>FLYWHEEL WEIGHT</b>	7 kg / 15.4 lbs
<b>LENGTH</b>	132 cm / 52"
<b>WIDTH</b>	62 cm / 24.4"
<b>HEIGHT</b>	160 cm / 63"



G2336 LCD MONITOR



G2334 USER FRIENDLY DISPLAY

## CR G233 Quick

*"Small is beautiful"*

- > Designed for regular use at home
- > Recommended maximum user weight: 95 kg / 210 lbs.
- > Magnetic brake system
- > **Tension knob with 8 levels to select intensity workout**
- > Body Fat control system and Recovery Test
- > Contact pulse measurement system
- > LCD monitor displaying speed, calories consumption, time, distance, pulse and THR (Target Heart Rate)



<b>WEIGHT</b>	36 kg / 79 lbs
<b>FLYWHEEL WEIGHT</b>	6 kg / 13.2 lbs
<b>LENGTH</b>	100 cm / 39.4"
<b>WIDTH</b>	61 cm / 24"
<b>HEIGHT</b>	144 cm / 56.7"



FANCY DESIGN



*midday is the best time to train*

At least some studies prove this, as body temperature is higher and warm muscles are more efficient. But if this is not possible, always try to train at the same time. In any case, don't use your timetable as an excuse. If you find it complicated, be flexible!

# BI

# H872N Carbon Bike Generator

## H872N Carbon Bike generator

- > Specifically designed for intensive full commercial use
- > **Electromagnetic self-generated ergometer**
- > **Exclusive box frame**
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Maximum user weight: 150 kg / 331 lbs.
- > **DOT MATRIX display with 12 pre-set profiles with 16 intensity levels, 4 Heart Rate Control Programs, Steady Watts Rate Program (SWR: 10-350watts), Recovery Test and a custom course (uPrg)**
- > **Wireless pulse supported. Chest belt included**
- > **Vertical and horizontal seat adjustment**
- > Integrated powerful fan
- > Bottle holder
- > Roller for easy transportation

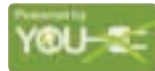


H872N DOT MATRIX MONITOR



H8715 DUAL COLOR LCD MONITOR

<b>WEIGHT</b>	53 kg / 117 lbs.
<b>Mod. H872N GENERATOR SYSTEM EQUIVALENT TO FLYWHEEL OF</b>	14 kg / 31 lbs.
<b>H8715 / H8705 FLYWHEEL WEIGHT</b>	14 kg / 31 lbs.
<b>LENGTH</b>	115 cm / 45.3"
<b>WIDTH</b>	54 cm / 21.3"
<b>HEIGHT</b>	153 cm / 60.2"



Mod. H872N

## H8715 Carbon Bike GSG



- > Specifically designed for intensive use
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Exclusive box frame
- > **Self-generated magnetic brake system (GSG) with HA Class Standard: Precise watts and RPM calculation**
- > Dual color LCD monitor with 12 pre-set profiles with 32 intensity levels, 4 Heart Rate Control programs, Steady Watts Rate Program (SWR: 10-350watts), Recovery Test (RT) and 4 custom courses (uPrg)
- > **Wireless pulse supported. Chest belt optional**
- > Vertical and horizontal seat adjustment
- > Bottle holder
- > Roller for easy transportation



H8715 EXACT MEASUREMENT OF WATTS



MOD. H8715 ENVIRONMENTALLY FRIENDLY



Mod. H8715

## H8705 Carbon Bike Program



- Same features as mod. H8715 but:
- > The brake system is magnetic (but not self-generated)
  - > **Blue Backlit monitor: same functions as H8715 except for: 16 intensity levels instead of 32 and only includes 1 custom course**
  - > Integrated powerful fan



Mod. H872N

Mod. H872N Carbon Bike Generator



# BICYCLES

# BI



## BI H8702 Carbon Bike



- > Specifically designed for intensive use
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > Exclusive box frame
- > **Magnetic brake system**
- > Equipped with a tension knob to regulate 8 different work-out loads
- > Blue backlit monitor displaying: speed/RPM, time, calories, distance, date, temperature, pulse and THR
- > **Recovery Test (RT)**
- > **Wireless pulse supported.** Chest belt optional
- > **Vertical and horizontal seat adjustment**
- > Integrated Powerful fan
- > Bottle holder
- > Roller for easy transportation



<b>WEIGHT</b>	53 kg / 117 lbs.
<b>FLYWHEEL WEIGHT</b>	14 kg / 31 lbs.
<b>LENGTH</b>	115 cm / 45.3"
<b>WIDTH</b>	54 cm / 21.3"
<b>HEIGHT</b>	153 cm / 60.2"



**H8702 BLUE BACKLIT MONITOR**

## BI H107 Pegasus Plus GSG



### H107 Pegasus Plus GSG

- > Designed for regular use at home
- > Recommended maximum user weight 130 kg / 287 lbs.
- > **Ergometer: Self-generated magnetic brake system GSG**
- > **Motivational CPC monitor including 6 pre-set profiles (racing against the computer) with 16 intensity levels and 4 Fitness Tests (used in the Army)**
- > Contact Pulse measurement
- > **Vertical and horizontal adjustment of the seat**
- > XXL anatomical saddle
- > Adjustable handlebar

**MAXIMUM USER WEIGHT**  
130 kg / 287 lbs

<b>WEIGHT</b>	33 kg / 73 lbs.
<b>H107 H1065/H1055</b>	32 kg / 70.6 lbs.
<b>FLYWHEEL WEIGHT</b>	8 kg / 17.6 lbs.
<b>LENGTH</b>	101 cm / 39.8"
<b>WIDTH</b>	55 cm / 21.7"
<b>HEIGHT</b>	142 cm / 55.9"



**H107 ENVIRONMENTALLY FRIENDLY**

### H1065 Pegasus Plus Program



Similar features as model H107 except for the brake system (magnetic, but not self-generated in model H1065)

### H1055 Pegasus Plus



Same features as model H1065 excluding programs. **Equipped with tension knob to regulate 8 accurate work-load points.** The electronic monitor includes a **Recovery Test** that helps you to control your fitness condition and a very simple to use **Body Fat** control system.



Mod. H1055



**WIN! or LOSE!** H107 / H1065 **MOTIVATIONAL CPC MONITOR: EQUIPPED WITH THE FITNESS TESTS USED IN THE ARMY**

## BI H6715 Bio Bike



- > Designed for regular use at home
- > Maximum user weight: 100 kg / 221 lbs.
- > Magnetic brake system
- > **Open frame for easy access**
- > **LCD monitor with Target Heart Rate Program (THR), Body Fat control system (BF) and Recovery Test (RT)**
- > **Ergonomic handlebar** regulation system to prevent muscle fatigue
- > **Vertical and horizontal seat adjustment**
- > Maximum comfort and stability while pedalling
- > Wheels for easy transportation
- > XXL anatomical saddle

**ADJUSTABLE SADDLE  
MULTIPOSITION HANDLEBAR**



<b>WEIGHT</b>	37 kg / 82 lbs.
<b>FLYWHEEL WEIGHT</b>	7 kg / 15.5 lbs.
<b>LENGTH</b>	108 cm / 42.5"
<b>WIDTH</b>	59 cm / 23.2"
<b>HEIGHT</b>	143 cm / 56.3"



**USER FRIENDLY MONITOR**



*Easy access*

## BI H698 Onyx Program GSG

### H698 Onyx Program GSG

- > Designed for regular use at home
- > Recommended maximum user weight: 105 kg / 232 lbs.
- > **Ergometer: Self-generated magnetic brake system GSG**
- > Dual color LCD monitor with 12 pre-set profiles with 16 intensity levels, **4 Heart Rate Control programs, Steady Watts Rate Program (SWR: 10-350watts)**, Recovery Test (RT) and 4 custom courses (uPrg)
- > **Contact Pulse measurement**
- > **Vertical and horizontal seat adjustment**
- > Gel saddle
- > Adjustable handlebar
- > Wheels for easy transportation

### H6975 Onyx Program



Similar features as model H698 except for the brake system (magnetic, but not self-generated in model H6975)

### H6935 Onyx



Same features as model H6975 except for the following:

- > No pre-set profiles. Equipped with tension knob to regulate **8 different work-out loads**
- > The monitor is not dual color and does not display watts and RPM in manual version



<b>WEIGHT</b>	
Mod. H698	36 kg / 79 lbs.
Mod. H6975	35 kg / 77 lbs.
Mod. H6935	33 kg / 73 lbs.

<b>FLYWHEEL WEIGHT</b>	
Mod. H698/H6975	9 kg / 19.9 lbs.
Mod. H6935	7 kg / 15.5 lbs.

<b>LENGTH</b>	96 cm / 37.8"
---------------	---------------

<b>WIDTH</b>	56 cm / 22.1"
--------------	---------------

<b>HEIGHT</b>	135 cm / 53.2"
---------------	----------------



**H6975 DUAL COLOR MONITOR**



Mod. H6975



**H698 ENVIRONMENTALLY FRIENDLY**

## BI H493 Rhyno Max Program



### H493 Rhyno Max Program

- > Designed for regular use at home
- > Recommended maximum user weight: 90 kg / 198 lbs.
- > **Magnetic brake system**
- > **Dual color backlit LCD monitor with 12 pre-set exercise programs with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Steady Watts Rate Program (SWR: 10-350watts), Recovery Test and 4 custom courses (uPrg)**
- > Contact Pulse measurement
- > Vertical adjustment of the seat
- > Wheels for transportation

### H491 Rhyno Max



Same features as model H493 except for the following:

- > No pre-set profiles. Equipped with tension knob to regulate 8 different work-out loads
- > The monitor is not dual color in manual version and does not display watts and RPM



Mod. H493

<b>WEIGHT</b>	29 kg / 64 lbs.
<b>FLYWHEEL WEIGHT</b>	6.5 kg / 14.4 lbs.
<b>LENGTH</b>	85 cm / 33.5"
<b>WIDTH</b>	52 cm / 20.5"
<b>HEIGHT</b>	130 cm / 51.2"



H493 BACKLIT MONITOR



H491 LCD MONITOR

## BI H287 Corsa Program



### H287 Corsa Program

- > Designed for regular use at home
- > Recommended maximum user weight: 85 kg / 187 lbs.
- > Magnetic brake system
- > **LCD monitor with 12 pre-set preset profiles with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Steady Watts Rate Program (SWR: 10-350watts), Recovery Test (RT) and 5 custom courses (uPrg)**
- > Functions displayed: Time, Speed/RPM, Distance, Calories, Pulse and Watts
- > Vertical seat adjustment
- > **Adjustable handlebar**
- > Wheels for transportation

### H284 Corsa



Same features as model H287 excluding programs and watts measurement

Equipped with tension knob to regulate 8 different work-out loads. Includes Recovery Test (RT)

*Easy and functional*



Mod. H287

<b>WEIGHT</b>	28 kg / 62 lbs.
<b>FLYWHEEL WEIGHT</b>	5 kg / 11 lbs.
<b>LENGTH</b>	90 cm / 35.5"
<b>WIDTH</b>	50 cm / 19.7"
<b>HEIGHT</b>	120 cm / 47.3"



H287 MONITOR



H284 MONITOR

*make the right*  
**BUY**

**Are you torn between 2 models but don't know how to decide?**

Consult the technical specification summary table on page 51. There you can conveniently and easily compare the features of all the models of exercise bicycles.

## BI H265 Aloe



- > Designed for occasional use at home
- > Recommended maximum user weight: 85Kg / 187 lbs.
- > Magnetic brake system
- > **Equipped with tension knob to regulate 8 different work-out loads**
- > **LCD monitor, very easy to use, displaying time, speed, distance, calories and pulse**
- > Contact pulse measurement system
- > **Vertical adjustment of the seat**
- > Adjustable handlebar
- > Wheels for transportation



<b>WEIGHT</b>	25 kg / 55 lbs.
<b>FLYWHEEL WEIGHT</b>	5 kg / 11 lbs.
<b>LENGTH</b>	80 cm / 31"
<b>WIDTH</b>	50 cm / 19.7"
<b>HEIGHT</b>	130 cm / 51.2"



**H265 EASY AND FUNCTIONAL**

## BI H856 Comfort Evolution Program



### H856 Comfort Evolution Program

- > **Recumbent cycle with constant lumbar support**
- > Designed for regular use at home
- > Recommended maximum user weight: 120 kg / 265 lbs.
- > Magnetic brake system
- > **5 pre-set profiles with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Body Fat control system, Recovery Test and 4 custom courses (uProg)**
- > Blue backlit monitor displaying speed/RPM, time, calories, distance, pulse and watts
- > **Aluminium frame and adjustable back**
- > Contact pulse measurement system

### H855 Comfort Evolution



Same features as model H856 excluding programs except **Body Fat Test and Recovery Test**. The monitor is not backlit in the manual version and does not measure watts, RPM calculations and HRC

<b>WEIGHT</b>	40 kg / 88 lbs.
<b>FLYWHEEL WEIGHT</b>	7 kg / 15.5 lbs.
<b>LENGTH</b>	154 cm / 60.6"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	92 cm / 36.2"



**H856 BACKLIT MONITOR**



Mod. H855

# RO R350 Vario Program



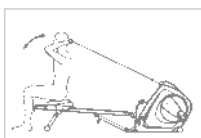
- > Recommended maximum user weight: 135 kg / 298 lbs.
- > Magnetic brake system
- > **Central throw rowing action**
- > **Constant inclination of central structure**
- > **Electronic monitor includes 5 pre-set programs and recovery test (RT)**
- > Very clear electronic displaying time, strokes per minute, total strokes, calories burnt and pulse
- > **Wireless pulse measurement. Chest belt (optional)**
- > **Option of rowing with fixed seat or moving seat.** Training for amateurs or professionals
- > **4 in 1 fitness trainer.** Besides rowing, Vario rower allows the possibility to make anaerobic training: biceps curl, sit ups and cuadriceps
- > Foldable structure



5 PROGRAMS



<b>WEIGHT</b>	38 kg / 83.7 lbs.
<b>LENGTH</b>	192 cm / 74.9"
<b>WIDTH</b>	48 cm / 18.7"
<b>HEIGHT</b>	68 cm / 26.5"
<b>FOLDED</b>	
<b>LENGTH</b>	83 cm / 32.4"
<b>WIDTH</b>	59 cm / 23"
<b>HEIGHT</b>	141 cm / 55"



Back & Abdominal



Biceps Curl



Leg Stretch

# RO R307 Boston



- > Recommended maximum user weight: 110 kg / 242 lbs.
- > Magnetic brake system
- > **Wireless pulse measurement. Chest belt (optional)**
- > **Central throw rowing action**
- > **Constant inclination of central structure**
- > Electronic monitor displaying strokes, strokes per minute, total strokes, calories, time, pulse and distance
- > **Frontal earflaps.** Allows the possibility to make an anaerobic training (i.e. biceps curl)
- > Foldable structure



BOSTON MONITOR



<b>WEIGHT</b>	30 kg / 66 lbs.
<b>LENGTH</b>	195 cm / 76.8"
<b>WIDTH</b>	58 cm / 22.8"
<b>HEIGHT</b>	50 cm / 19.6"
<b>FOLDED</b>	
<b>LENGTH</b>	85 cm / 33.7"
<b>WIDTH</b>	58 cm / 22.8"
<b>HEIGHT</b>	134 cm / 52.8"



**IC**

# G280 SE2

*New elliptical concept*

*"Combines the benefits of the elliptical movement with the intensity of the indoor cycling training"*

- > Rotating Mass: 20 kg / 44.1 lbs. A very smooth pedalling action is provided
- > Recommended maximum user weight: 100 kg / 221 lbs.
- > Maximum user weight: 115 kg / 254 lbs.
- > **12 accurate work-load regulation points.** Provides goals helping to maximize your workout
- > Leather friction pad has almost infinite adjustability for fine tuned resistance. This resistance system also acts as an **emergency brake**
- > **Adjustable handlebar (vertical).** Provides a great fit for all body types
- > Transportation wheels. For easy indoor movement

<b>WEIGHT</b>	50 kg / 127 lbs.
<b>ROTATING MASS</b>	20 kg / 44.1 lbs.
<b>LENGTH</b>	130 cm / 51.2"
<b>WIDTH</b>	66 cm / 26"
<b>HEIGHT</b>	155 cm / 61"



**WORK-LOAD REGULATION**

**SPIN ELLIPTICAL TRAINING**  
The highest caloric consumption per minute



**LCU**  
LightCommercialUse

# INDOOR CYCLING

**IC**

*did you know?*

Recycling 1 ton of plastic saves 7.4 cubic yards of landfill space.

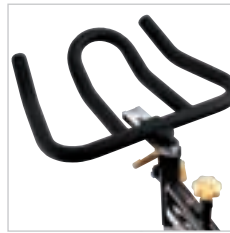
# IC

## H920 Duke



### H920 Duke

- > Hipower **full-commercial** indoor cycling bike
- > New **oversized steel frame** has been specially treated for corrosion resistance and powder coated for extra protection
- > **Flywheel of 20 kg / 44 lbs.**
- > Recommended maximum user weight: 115 kg / 254 lbs.
- > Maximum user weight: 135 kg / 298 lbs.
- > **6PK belt drive** assures performance that is smooth, quiet and requires very low maintenance. No chain means you and the bike stay cleaner with no oiling
- > **Multi-purpose pedals** featuring both standard baskets and cycling shoe clips
- > **Ergonomically designed handlebar** for best fit and maximum comfort. The handlebar is adjustable both horizontally and vertically
- > **Gel coated seat** adjusts horizontally and vertically for best fit and maximum comfort
- > Leather friction pad has almost infinite adjustability for fine tuned resistance. This resistance system also acts as an **emergency brake**
- > **Steel cased** three piece **crank** set designed for extra durability
- > Front mounted **wheels** allow for easy transportation



**TRIATHLON HANDLEBAR**



**MAINTENANCE FREE TRANSMISSION**

<b>WEIGHT</b>	53 kg / 117 lbs.
<b>FLYWHEEL WEIGHT</b>	20 kg / 44 lbs.
<b>LENGTH</b>	104 cm / 41"
<b>WIDTH</b>	63 cm / 25"
<b>HEIGHT</b>	117 cm / 46"

### H920E Duke Electronic



**Console featuring wired heart & rate speed with cadence. Rest of functions displayed:**

- > Maximum speed
- > Average speed
- > Maximum heart rate
- > Average heart rate
- > Bar graphic display (1 bar = 10 RPM). Riders can easily read their own cadence
- > Maximum cadence
- > Average cadence
- > TRIP (Riding Distance Measurement)
- > AUTOTIME (Riding Time Measurement)
- > Real time clock

**Wireless Pulse Measurement. Chest belt optional**



Mod. H920



## did you know?

Every ton of glass that is recycled results in one ton of raw materials saved to process new glass, including: 1,300 pounds of sand, 410 pounds of soda ash and 380 pounds of limestone.

# IC

# H930 Spada

- > **HA Class: Self-generated ergometer: Precise watts and RPM calculation**
- > **Magnetic brake system**
- > Recommended maximum user weight: 130 kg / 287 lbs.
- > **LCD monitor with 12 pre-set profiles with 16 intensity levels, 4 Heart Rate Control Programs (HRC), Steady Watts Rate (SWR): 10-350watts, Recovery Test (RT), Body Fat control (BF) and a custom course (uPrg)**

- > Anatomically designed gel saddle with silver details
- > **Micro-adjustable seat and handlebar**
- > **6PK belt drive:** assures performance that is smooth, quite and requires very low maintenance
- > Dual SPD-trekking pedals, for intensive trainings
- > Wireless Pulse Measurement. Chest belt optional
- > Bottle holder

<b>WEIGHT</b>	57 kg / 123.3 lbs.
<b>ALUMINIUM FLYWHEEL WEIGHT EQUIVALENT TO</b>	20 kg / 44 lbs. (magnetic brake)
<b>LENGTH</b>	130 cm / 51.2"
<b>WIDTH</b>	59 cm / 23.2"
<b>HEIGHT</b>	116 cm / 44.9"



## SPADA MONITOR

**INDOOR CYCLING + PRESET PROFILES**  
The hardest and most motivating training combination



**DUAL SPD-TREKking PEDALS**



**HA CLASS**  
watts & rpm



*benefits of exercising*

Exercise plays an important role as an antidepressant and anxiolytic, responsible for endorphins, substances produced by the brain that provide euphoria, a feeling of wellbeing and pleasure. **What are you waiting for to start training?**



**IC****H919 SB3 Magnetic***"Magnetic system with 6PK belt:  
the future in indoor cycling"***Smooth and quiet pedalling**

- > Specially designed for **light commercial use**
- > Recommended maximum user weight: 110 kg / 243 lbs.
- > Maximum user weight: 130 kg / 287 lbs.
- > Oversized steel frame
- > Fully stainless steel frame to avoid rust
- > **Magnetic brake**
- > **6PK belt drive:** assures performance that is smooth, quite and requires very low maintenance
- > Splash bar over front wheel
- > **Dual SPD-trekking pedals** and reinforced structure
- > **Electronic monitor.** Displays speed, time, distance, calories and RPM
- > Micro-adjustable seat and handlebar
- > **Anatomically designed saddle with silver details**
- > Transportation wheels



<b>WEIGHT</b>	36 kg / 101 lbs
<b>ALUMINIUM FLYWHEEL WEIGHT EQUIVALENT TO</b>	18 kg / 39.7 lbs. (magnetic brake)
<b>LENGTH</b>	104 cm / 40.9"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	119 cm / 46.8"

**MAGNETIC BRAKE****ERGONOMIC SADDLE****H919 MONITOR****IC****H917 G5 Tour**

- > Specially designed for cyclists
- > 18 kg / 39.7 lbs. flywheel
- > Recommended maximum user weight: 105 kg / 232 lbs.
- > **Useful electronic monitor displaying speed, time, distance and calories**
- > **Dual SPD-trekking pedals**, for intensive trainings
- > Oversized steel frame
- > Ergonomic road bike saddle and aero handlebar: the most realistic experience for cyclists
- > Microadjustable seat and handlebar
- > Transportation wheels



<b>WEIGHT</b>	46 kg / 101 lbs.
<b>FLYWHEEL WHEIGHT</b>	18 kg / 39.7 lbs.
<b>LENGTH</b>	104 cm / 40.9"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	107 cm / 42.2"

**H917 MONITOR****DUAL SPD-TREKING PEDALS**

*Experience the true feeling  
of an authentic road ride on  
an indoor cycle*

**did you know?**

Every ton of glass that is recycled results in one ton of raw materials saved to process new glass, including: 1,300 pounds of sand, 410 pounds of soda ash and 380 pounds of limestone

## IC H9160 SB2

> Exclusive design for intensive training sessions.

**Dimensions are similar to a road bike which allows a more intensive/realistic exercise experience**

- > Recommended maximum user weight: 105 kg / 221 lbs.
- > Maximum user weight: 130 kg / 287 lbs.
- > **Useful electronic monitor.** Displays speed, time, distance, calories and RPM
- > Oversized steel frame
- > **Micro-adjustable seat and handlebar**
- > Pedalling set for an intensive workout session
- > Transportation wheels



<b>WEIGHT</b>	46 kg / 101 lbs
<b>FLYWHEEL WEIGHT</b>	18 kg / 39.7 lbs
<b>LENGTH</b>	104 cm / 40.9"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	119 cm / 46.8"



**H9160 MONITOR**

## IC H9150 SB1

> Exclusive design for indoor cycling beginners

**Dimensions are similar to a road bike which allows a more intensive/realistic exercise experience**

- > Recommended maximum user weight: 105 kg / 232 lbs.
- > Oversized steel frame
- > **Useful electronic monitor** displaying speed, distance, time and calories
- > **Ergonomically designed handlebar**
- > Micro-adjustable seat
- > Anatomically designed gel saddle with silver details
- > Pedalling set for an intensive workout session
- > Transportation wheels.
- > Bottle holder



<b>WEIGHT</b>	38 kg / 84.5 lbs
<b>FLYWHEEL WEIGHT</b>	14 kg / 30.8 lbs
<b>LENGTH</b>	104 cm / 40.9"
<b>WIDTH</b>	55 cm / 21.6"
<b>HEIGHT</b>	120 cm / 47.2"



**H9150 MONITOR**

**SPECIALLY  
RECOMMENDED FOR  
INDOOR CYCLING  
BEGINNERS**

*sleep as least  
8 hours*

*Sleep is as important as exercise, given that muscle needs to recover and it does this while you rest. A minimum of 8 hours is recommended.*

*You can also complement your sleep time using our BH SHIATSU massage chairs and infrared heat saunas (see pages 45 to 48)*



VI

## YV25TM VIB3

> **3 motion systems in just 1 machine (orbital, see-saw and Dual Fit (Triaxial))**

> Maximum user weight: 150 kg / 331 lbs.

> **Equipped with 2 powerful DC motors (500 W and 300 W)**

> LED display that measures time, speed and pulse

> Intensity: 60 levels of speed

> Vibration frequency:

See-saw (oscillating): 5-30 Hz / Orbital: 15-40 Hz / Dual Fit: 25-50 Hz

> Vibration amplitude:

See-saw (oscillating): 10mm / Orbital: 1-2 mm. / Dual Fit: 1-4 mm.

> **Programs: 3 pre-set + 6 customizables (USB)**

> Programming: 1-20 min.

> Handrail buttons (speed and time)

> Contact pulse measurement system in the handlebar

> Material: fibreglass reinforced ABS

WEIGHT 57 kg / 126 lbs.

LENGTH 58 cm / 22.8"

WIDTH 68 cm / 26.8"

HEIGHT 134 cm / 52.8"



- For all levels
- Less demanding than tri-axial vibration
- More effective than 100% see-saw motion



VIB3 MONITOR



INCLUDES POSTER AND DVD WITH INSTRUCTIONAL VIDEOS FOR THE EXERCISES



## WORLD INNOVATION

**Dual fit vibro-oscillating system**

This produces the revolutionary "dual fit" vibro-oscillating motion.

By adding orbital motion to the traditional see-saw motion that oscillating platforms produce, **the muscles are worked not only longitudinally but also transversely.** This means that it generates motion **in the 3 spatial planes (Triaxial)** It is precisely this third plane which is vital for:

- Working the muscles more thoroughly (in 3 dimensions)
- Fighting more effectively against cellulite

VIBRATION

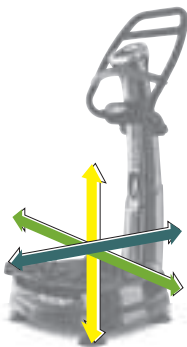
VI

# VI

# YV30R Vibroboost GS

- > Hipower **full commercial** vibration platform
  - > **Triaxial vibration**; makes it easier to eliminate "cellulitis" or get an intensive workout
  - > Maximum user weight: 150 kg / 331 lbs.
  - > Equipped with 2 powerful 200 W AC motors
  - > **Control panel located halfway up the main column** that makes easier to do floor exercises
  - > 50 x 70 cm / 20 x 27.3" vibration plate for a comfortable use
  - > High stability. High suction rubber shock absorbers
  - > Made of fibre glass; sturdy structure and easy transportation
- > **GSR Graphics display.** Functions:
    - Multiple programs to exercise each part of the body in a very simple and intuitive way
    - Frequency: 30, 35, 40 and 45 Hz.
    - **Amplitude: Low: 1 to 2 mm. / High: 3 to 4 mm.**
    - Time: 30-90 seconds
  - > **Central grip handlebar (hypoallergenic)** for greater comfort and headrest for seated exercises
  - > Including **fitness mat** for floor exercises and a 10 mm thick yoga mat for greater comfort, especially for exercises that require upper limb, hip or buttock
  - > Includes belts for exercising upper extremities and **training guide**
  - > **Wheels for transportation**

<b>WEIGHT</b>	71 kg / 155 lbs.
<b>LENGTH</b>	70 cm / 27.3"
<b>WIDTH</b>	70 cm / 27.3"
<b>HEIGHT</b>	140 cm / 54.6"



TRIAxIAL VIBRATION



VIBROBOOST MONITOR



MULTIPOSITION HYPOALLERGENIC HANDLEBAR



INCLUDES POSTER AND DVD WITH INSTRUCTIONAL VIDEOS FOR THE EXERCISES

## New GSR GRAPH

# 100%

## Get fit in



**1** Select the level



**3** Select the part of the body you want to work



**5** Select the time

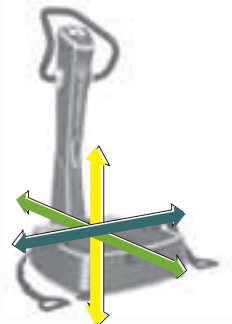
# VI

# YV20R Vibro GS

- > **Triaxial vibration;** makes it easier to eliminate "cellulitis" or get an intensive workout
- > Maximum user weight: 150 kg / 331 lbs.
- > Equipped with **2 powerful 150 W AC motors**
- > **50 x 70 cm / 20 x 27.3" vibration plate** for a comfortable use
- > Made of fibre glass; sturdy structure and easy transportation

- > **GSR Graphics display.** Functions:
  - Multiple programs to exercise each part of the body in a very simple and intuitive way
  - Vibration frequency: 30, 35, 40 and 45 Hz
  - **Amplitude: Low: 1 to 2 mm / High: 3 to 4 mm**
  - Time: 30-90 seconds
- > **Control panel located halfway up the main column** that makes easier to do floor exercises
- > Includes belts for exercising upper extremities and **training guide**
- > **Wheels for transportation**

WEIGHT	68 kg / 148 lbs.
LENGTH	70 cm / 27.3"
WIDTH	70 cm / 27.3"
HEIGHT	134 cm / 52.8"



TRIAxIAL VIBRATION



## GRAPHICS DISPLAY

### intuitive

# 5 steps



**2** Select the type of exercise



**4** Select the position

**START**



INCLUDES POSTER AND DVD WITH INSTRUCTIONAL VIDEOS FOR THE EXERCISES



USER FRIENDLY DISPLAY



MONITOR FOR FLOOR EXERCISES

## VI YV25 VIB

- > **See-saw vibration;** more natural and comfortable movement
- > Maximum user weight: 150 kg / 331 lbs.
- > Equipped with 1 powerful 300 W DC motor
- > LED Display that measures speed, time and pulse
- > **Intensity: 60 levels of speed**
- > Vibration frequency: 5-30 Hz
- > Vibration amplitude: 10 mm
- > **Programs: 3 pre-set + 6 customizables (USB)**
- > Programming: 1-20 min.
- > **Handrail buttons** (start/stop, programs and speed)
- > Contact pulse measurement system in the handlebar
- > Material: fibreglass reinforced ABS



HANDRAIL BUTTONS

See-saw movement



WEIGHT	53 kg / 117 lbs
LENGTH	58 cm / 22.8"
WIDTH	68 cm / 26.8"
HEIGHT	134 cm / 52.8"



VIB MONITOR



INCLUDES POSTER AND DVD WITH INSTRUCTIONAL VIDEOS FOR THE EXERCISES

## VI YV56 Combo Dúo

2 machines in 1; the definitive fitness solution for women

*Exclusive and unique fitness machine that combines the vibration platform's advantages with the benefits of a belt massage machine*

- > **Exclusively designed for women**
- > Triaxial vibration; makes it easier to eliminate "cellulitis" or get an intensive workout
- > Maximum user weight: 120 kg / 265 lbs.
- > **Equipped with 1 powerful 550 W DC motor**
- > **45 x 64 cm / 17.7 x 25.2" vibration plate for a comfortable use**
- > Made of fibre glass; sturdy structure and easy transportation.
- > Easy to use display (2 LED windows):
- > **Programs: 5**
  - Frequency: 25 levels (25-50 Hz)
  - Amplitude: 2 mm
  - Time: 30, 45, 60, 90 sec.
- > Includes belts for exercising upper extremities and **training guide (poster, DVD and manual)**
- > Wheels for transportation
- > Belt massage machine
- Helps to relax stiff muscles and sore joints.** Ideal for use both before and after exercising.
  - 5-speed motor
  - Offers controlled massage settings based on the user and application area
  - 3 massage and relax bands
  - Designed to provide **various types of massage** to different parts of the body



REDUCING CELLULITIS ON THE HIGHS AND HIPS

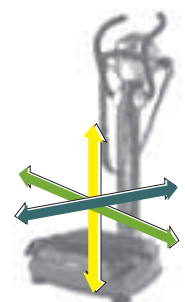
Exclusively designed for women



WEIGHT	52 kg / 114 lbs
LENGTH	70 cm / 27.3"
WIDTH	64 cm / 25.2"
HEIGHT	134 cm / 52.8"



5-PROGRAM MONITOR



TRIAxIAL VIBRATION

> **Triaxial vibration; makes it easier to eliminate "cellulitis" or get an intensive workout**

- > Maximum user weight: 120 kg / 265 lbs.
- > Equipped with 1 powerful 550 W DC motor
- > 45 x 64 cm / 17.7 x 25.2" vibration plate for a comfortable use
- > Made of fibre glass; sturdy structure and easy transportation.
- > Easy to use display (2 LED windows):
  - Programs: 8
  - Frequency: 20 levels (25-45Hz).
  - Amplitude: 2 mm
  - Time: 1, 3, 5 y 10 minutes
- > **Includes belts for exercising upper extremities and training guide (poster, DVD and manual)**



<b>WEIGHT</b>	45 kg / 99 lbs
<b>LENGTH</b>	70 cm / 27.3"
<b>WIDTH</b>	64 cm / 25.2"
<b>HEIGHT</b>	125 cm / 49.2"



**ACTIVE POWER MONITOR**



**INCLUDES POSTER AND DVD WITH INSTRUCTIONAL VIDEOS FOR THE EXERCISES**

## Choose the platform that best meets your needs

VI	YV25TM	YV30R	YV20R	YV25	YV56*	YV16
	VIB3	Vibroboost GS	Vibro GS	VIB	Combo Dúo	Active Power
<b>Vibration type</b>	Dual Fit: 3 in 1	Triaxial	Triaxial	See-saw	Triaxial	Triaxial
<b>Number of users</b>	1 - 8 a day	1 - 40 a day	1 - 6 a day	1 - 6 a day	1 - 4 a day	1 - 4 a day
<b>Use</b>	Very intensive	Commercial Very intensive	Intensive	Intensive	Regular	Regular
<b>Power</b>	2 motors (500 W and 300 W) Continuous current (domestic)	2 x 200 W Alternating current (commercial)	2 x 150 W Alternating current (commercial)	1 x 300 W Continuous current (domestic)	1 x 550 W Continuous current (domestic)	1x 550 W Continuous current (domestic)
<b>Plate dimensions</b>	51 x 68 cm 20.4" x 26.8"	50 x 70 cm 20" x 27.6"	50 x 70 cm 20" x 27.6"	51 x 68 cm 20.4" x 26.8"	45 x 64 cm 17.7" x 25.2"	45 x 64 cm 17.7" x 25.2"
<b>Monitor</b>	LED display that measures time, speed and pulse		GSR Graphics	GSR Graphics	LED display that measures time, speed and pulse	2 LED windows
<b>Vibration frequency</b>	60 levels 5-30 Hz (See-saw m.)	30, 35, 40 and 45 Hz	30, 35, 40 and 45 Hz	5-30 Hz (See-saw movement)	25 to 50 Hz (25 levels)	25 to 45 Hz (20 levels)
	3.600 levels 25-50Hz (Dual Fit: Triaxial)					
<b>Vibration amplitude</b>	10 mm (See-saw m.)	2 levels: - Low: 1 to 2 mm - High: 3 to 4 mm	2 levels: - Low: 1 to 2 mm - High: 3 to 4 mm	10 mm (See-saw m.)	1 level: 1 to 2 mm	1 level: 1 to 2 mm
	Dual Fit: 1 to 4 mm.					
<b>Complementary material</b>	Poster, exercises guide and DVD		Poster, exercises guide and DVD	Poster, exercises guide and DVD	Poster, exercises guide and DVD	Poster, exercises guide and DVD
<b>Programs</b>	3 pre-set + 6 customizables (USB)		No programs	No programs	3 pre-set + 6 customizables (USB)	5

\* The YV56 model is also a vibro-massage machine and includes 3 massage belts to help, among other benefits, eliminate cellulite.

# ST

## G156 TT Pro

- > Designed for Light Commercial Use (LCU)
- > The most complete home-use training station. **Combines a multistation with a seated leg press**
- > Exercise control with a maximum tension of 100 kg / 221 lbs. **Ample weight for progressive training**
- > Adjustable seated leg press with holding grips. **Maximum comfort and protection while training**
- > Completely streamlined. **Greater protection and safety whilst exercising**
- > Controlled exercise. **Due to its exclusive guided work system, exercise can be done with maximum security**
- > Pulley system with bearings. **Provides very smooth and direct exercises**
- > Designed for extra durability. **The multistation is manufactured with epoxy coated steel**
- > Maximum stability. **The weight is distributed across 7 legs**

<b>WEIGHT</b>	270 kg / 595 lbs.
<b>LENGTH</b>	174 cm / 68.5"
<b>WIDTH</b>	188 cm / 74.1"
<b>HEIGHT</b>	214 cm / 84.3"



MORE THAN 15 EXERCISES



STRENGTH

# ST

*more basic guidelines*

*Never eat heavy meals just before training, but do not exercise without having eaten. Wear comfortable, lightweight, breathable clothing for training.*



# ST

# G152X Global Gym Plus

- > The most complete home-use training station. **Combines a multistation with a seated leg press and abdominal flexor with dip**
- > Exercise control with a maximum tension of 100 kg / 221 lbs. **Ample weight for progressive training.**
- > Adjustable seated leg press with holding grips. **Maximum comfort and protection while training**
- > Foldable seat. **The multi-gym takes up very little space**
- > Completely streamlined. **Greater protection and safety whilst exercising**
- > Controlled exercise. **Due to its exclusive guided work system, exercise can be done with maximum security**
- > Use of CAMS. **These profiles help to make the exercises ergonomically**
- > Pulley system with bearings. **Provides very smooth and direct exercises**
- > Special metal protection. **Allows quality and rigidity with the best looking design**

<b>WEIGHT</b>	180 kg / 397 lbs.
<b>LENGTH</b>	174 cm / 68.5"
<b>WIDTH</b>	200 cm / 78.7"
<b>HEIGHT</b>	212 cm / 83.5"



**USE OF CAMS**



## did you know?

*It's estimated that there are more than 500 million used cell phones ready for disposal. Cell phone coatings are often made of lead, meaning that if these 500 million cell phones are disposed of in landfills, it will result in 312,000 pounds of lead released. However, possibly the most hazardous component of the cell phone is the battery.*

# ST

## G153 Convert Gym

*"From the most stylish furniture to the most complete home gym. Avant-garde design on the outside and ergonomic multistation on the inside. This multigym will bring a touch of elegance to any location."*

- > More than 20 ergonomic exercises
- > Use of triple thread high resistance cable
- > Pulley system with bearings
- > The multi-gym takes up very little space
- > Greater protection and safety whilst exercising
- > **Fixed wall recommended (not required)**



<b>WEIGHT</b>	215 kg / 475 lbs.
<b>LENGTH</b>	195 cm / 76.8"
<b>WIDTH</b>	190 cm / 74.8"
<b>HEIGHT</b>	202 cm / 79.5"
<b>FOLDED</b>	
<b>LENGTH</b>	75 cm / 29.5"
<b>WIDTH</b>	75 cm / 29.5"
<b>HEIGHT</b>	202 cm / 79.5"



**AMPLE WEIGHT FOR PROGRESSIVE TRAINING. TWO WEIGHT STACKS THAT ALLOW USERS TO GET THE MOST OUT OF TRAINING WHILST PROVIDING A MORE NATURAL, INDEPENDENT, SYNCHRONISED MOVEMENT.**

## ST G119X/G119XA Nevada Plus

- > Use of cable. **Allows direct work without any feeling of distension**
- > Exercise control with a maximum tension of 100 kg / 221 lbs. for part number G119XA and 75 kg / 165 lbs. for part number G119X. **Ample weight for progressive training**
- > Foldable seat. **The multi-gym takes up very little space**
- > Completely streamlined. **Greater protection and safety while exercising**
- > Controlled exercise. **Due to its exclusive guided work system, exercise can be done with maximum security**
- > Use of CAMS. **These profiles help the exerciser ergonomically**
- > Pulley system with bearings. **Provides very smooth and direct exercises**
- > Special metal protection. **Allows quality and rigidity with the best looking design**

**Maximum tension 100 kg / 287 lbs.  
Mod. G119XA**



<b>WEIGHT</b>	149 kg / 328.5 lbs
<b>LENGTH</b>	160 cm / 62.9"
<b>WIDTH</b>	95 cm / 37.4"
<b>HEIGHT</b>	215 cm / 84.6"



**FOLDABLE**



**EXERCISE GUIDE IN THE LATERAL**

## ST G112X Multigym Plus

- > Use of cable. **Allows direct work without any feelings of distension**
- > Exercise control with a maximum tension of 70 kg / 153 lbs. **Ample weight for progressive training**
- > Very compact design and foldable seat. **The multi-gym takes up very little space**
- > Completely streamlined. **Greater protection and safety while exercising**
- > Controlled exercise. **Due to its exclusive guided work system, exercise can be done with maximum security**
- > Pulley system with bearings. **Provides very smooth movements**



**EXERCISE GUIDE IN THE LATERAL**



<b>WEIGHT</b>	92 kg / 202.9 lbs
<b>LENGTH</b>	130 cm / 51.2"
<b>WIDTH</b>	90 cm / 35.4"
<b>HEIGHT</b>	200 cm / 78.7"



**FOLDABLE**

## ST G400 Zero

- > Features safety straps
- > **Adjustable height control.** The option to adjust the inverter to each type of user, makes it very simple to use.
- > **Quick adjustment of maximum angle without external help.** Maximum vertical inclination of 92°
- > **The backrest can be freely tilted.** Features a length adjustable strap to block the rotation of the backrest and adjust the required angle. **Comfortable cushioned foot supports with foam pads.**
- > **Foldable.** For easy storage in any space.



*Helps stretch the spine*

*Promotes the elongation of muscles*

<b>WEIGHT</b>	29 kg / 64 lbs.
<b>LENGTH</b>	195 cm / 76.8"
<b>WIDTH</b>	73 cm / 28.8"
<b>HEIGHT</b>	138 cm / 54.4"
<b>FOLDED</b>	
<b>LENGTH</b>	85 cm / 33.5"
<b>WIDTH</b>	73 cm / 28.8"
<b>HEIGHT</b>	182 cm / 71.7"



**Maximum user weight:  
130 kg / 287 lbs.**

## ST G59X Atlanta 300

- > High quality components and aesthetic design. **Provides a daily exercise program in complete comfort and safety**
- > Quick and simple folding. **Solves the problem of space**
- > Easy height regulation. **Provides different exercise uses**
- > Delivery totally assembled. **Can be used immediately**
- > High resistance enamel finish. **Guaranteed long lasting**
- > Clear exercise guide. **Illustrates the correct exercises**



<b>WEIGHT</b>	9 kg / 19.8 lbs.
<b>LENGTH</b>	131 cm / 51.6"
<b>WIDTH</b>	31 cm / 12.2"
<b>HEIGHT</b>	60 cm / 23.6"



**EXERCISE GUIDE IN UPHOLSTERY**

## ST G225 Tactiletonic Pro

- > **Belt massage machine.** Helps to relax stiff muscles and sore joints. Ideal for use both before and after exercising. Aids increased blood circulation
- > **Six speed motor.** Offers controlled massage settings based on the user and application area
- > **3 massage and relax bands.** Designed to provide various types of massage to different parts of the body
- > Plexiglass platform and advanced stable structure. Modern, attractive design for the home
- > Fully enclosed and top quality materials. Smooth, quiet operation

<b>WEIGHT</b>	16 kg / 35.3 lbs.
<b>LENGTH</b>	71 cm / 27.9"
<b>WIDTH</b>	40 cm / 15.7"
<b>HEIGHT</b>	108 cm / 24.5"

**3 MASSAGE AND RELAX BANDS**



**RELAXING  
BACK  
AND  
SHOULDER  
MUSCLES**



**REDUCING  
CELLULITIS  
ON THE THIGHS  
AND HIPS**



**FIRMING  
THE  
BUTTOCKS**



*did you know?*

*In U.S., 40% of energy is consumed by homes and offices. So, the best place to start your thinking about the planet where you live is by starting in the house where you live.*

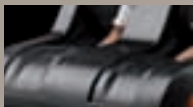


# M1000 Jet Set

Everything around you disappears. Enter a new world, where your body drifts into another dimension. You feel lighter. The mind and body united will experience utterly new sensations. Feel relaxed, detached, elevated.

You have entered a new orbit, crossed all the limits.

Welcome to the future of relaxation.



### REFLEXOTHERAPY SYSTEM

Experience the sensation of total weightlessness. When you stand you will feel as though you are floating. Each point on the soles of the feet directly corresponds to an organ in the body. The reflexology system of the M1000 Jet Set treats your feet like the hands of an expert masseuse, relieving built-up tension with an energetic, soothing massage



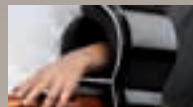
### STEREO MUSIC

Disconnect, detach yourself from the world, let your favourite music accompany you. Impeccable stereo sound with built-in Hi-Fi earphones, a remote control unit that lets you control the equipment whether sitting or lying. Now just select what you wish to listen to. The USB drive can be used to store your music, allowing you to listen to it and change it quickly and easily



### LED SCREEN

Control is in your hands, you decide what you want to feel. Manually select the sensations you wish to experience from a very easy-to-use, intuitive display. Decide on the type of massage, the area of application (the whole back, specific area or a fixed point) or choose one of the 4 preset programs and let it carry you off... The journey begins



### MULTI-ACTION ARM MASSAGE

Recover your balance, charging your body with energy. Feel how the tension is eased in your fingers, hands, forearms and elbows. The secret: A system of airbags that adapt perfectly to arm extension. A system that acts on the points where some of the body's major energy channels are located



### MASSAGE EYEGLASSES

You have had a hard day, your eyes are tired, you need to rest your sight. Choose between the vibration, massage or pressotherapy functions. You begin to feel the sensation of wellbeing. Now complement this feeling with an eye massage session. Thanks to its advanced technology you will enter another dimension: Holistic massage



### LEG MASSAGE

Release the tension, a stimulating flow travels up and down the legs converting fatigue into vitality, weariness into energy. A transformation produced by massage provided by a perfectly synchronised airbag system



### THERMAL MASSAGING SYSTEM

Experience the benefits of heat therapy. Multiply the beneficial effect of the massage by activating the Thermal Massaging System and feel the heat envelop the base of your back. The combination of heat and massage will produce an unparalleled sense of relaxation



### MASSAGE AND VIBRATION ON THE THIGHS AND BUTTOCKS

The vibration and rocking system (Shangri-lá System) eliminates heaviness in the thighs and buttocks, allowing them to reach a state of complete relaxation. A world of sensations that make you feel lighter, more supple, weightless



### SMART LEG POSITION ADJUSTMENT

Lie down and forget about everything. The smart leg position adjustment system automatically adjusts the position of foot massager to the length of your legs, so that the soles of the feet are always ready to receive a soothing reflexology session



### SPINAL ADJUSTMENT MASSAGE THERAPY

The optical sensors detect the user's height and shoulder position before starting the session, providing a tailor-made 3D massage

Different massages for different needs:



KNEADING MESSAGE



TAPPING MESSAGE



WAVELET MESSAGE



PUMMELING MESSAGE



SHIATSU MESSAGE



MUSICAL THERAPY



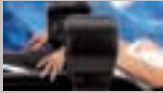
# M750 Ultimate II

**BH SHIATSU ULTIMATE II.** Feel your body surrender to the unique technology of wellbeing. Enjoying every moment, restoring vitality and simply feeling well.

**Refreshing, re-establishing the balance.** Discovering a new world and unique experiences.



PANTALLA LED MULTIFUNZIONALE



TRIPLE ACTION ARM MASSAGE



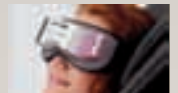
THERMAL MASSAGING SYSTEM



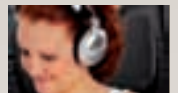
LIGHT, RESTED LEGS



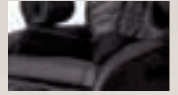
SPINAL ADJUSTMENT MASSAGE THERAPY



POWER EYES MASSAGE EYEGLASSES



STEREO MUSIC



HIP ENVELOPMENT

Different massages for different needs:



KNEADING MASSAGE



TAPPING MASSAGE



WAVELET MASSAGE



PUMMELING MASSAGE



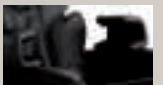
SHIATSU MASSAGE



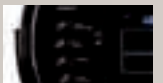
MUSICAL THERAPY



MULTIFUNCTIONAL LED SCREEN



ARM AIR MASSAGE



STORE PERSONALISED MASSAGE SETTINGS



LIGHT, RESTED LEGS



SPINAL ADJUSTMENT MASSAGE THERAPY

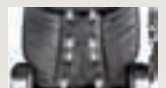


# M650 Venice

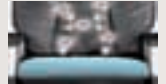


The BH SHIATSU **Venice** Massage Chair is inspired by the canals of the unique Italian city of the same name. **The Venice Massage Chair handles your body as a set of meridians, or energy channels**, which when activated at precise points can **unlock or improve energy flow**, leading to the most complete sensation of wellbeing and relaxation.

Carrying us **away on a relaxing, comforting and idyllic journey.**



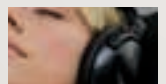
TRIPLE ACTION FOCUSED ON YOUR LOWER BACK



HRI BACK ANALYSIS SYSTEM



ZERO-G FUNCTION



MUSIC



SMART LEG POSITION ADJUSTMENT

Different massages for different needs:



KNEADING MASSAGE



TAPPING MASSAGE



DUAL-ACTION MASSAGE



SHIATSU MASSAGE



MUSICAL THERAPY



# M400 Prince



Exclusive design traditional sofa or the latest massage technology?

You no longer have to be torn between these 2 options. The M400 Prince conceals the latest technology in massage under the guise of an avant-garde design armchair that will not go unnoticed.

**You decide to reveal it. Or enjoy it in secret.**

USER FRIENDLY CONTROL UNIT

LEG POSITION SETTINGS

PRESET MESSAGES

LIGHT, RESTED LEGS

ELECTRIC BACK & LEG SETTINGS

PERSONALISED MASSAGE



Massages:

- KNEADING MASSAGE
- TAPPING MASSAGE
- DUAL-ACTION MASSAGE
- SWEDISH MASSAGE
- MUSICAL THERAPY



# M200 Image



Relax on a whim. Enjoy an elegant traditional sofa that conceals the latest technology in massage. It will go completely unnoticed by others, **allowing you to finally enjoy that Massage Chair you have always wanted.**

USER FRIENDLY CONTROL UNIT

ELECTRIC BACK & LEG SETTINGS

LIGHT, RESTED LEGS

MASAJES PREDEFINIDOS

PERSONALISED MASSAGE

COMFORTABLE DESIGN SOFA



Massage:  
KNEADING MASSAGE

## Types of Massage:



### KNEADING MASSAGE

Circular massage that efficiently relaxes the whole back, strengthening the muscles and easing away tension



### TAPPING MASSAGE

A very gentle, pleasant massage where skilled, agile hands tap along the length of the back helping to increase the circulation of oxygen in the body



### DUAL ACTION-WAVELET MASSAGE

A novel combination of tapping and kneading massage. A function that multiplies the beneficial, stress relieving effects of both types of massage



### SHIATSU MASSAGE

Feel as if the finger of an expert masseuse is exploring your back, passing across its strategic points used in acupuncture



### SWEDISH MASSAGE

Swedish massage is a pleasant combination of light circular massaging with gentle tapping. It is similar to the dual-action massage, although not as vigorous



### PUMMELING MASSAGE

Stimulating massage where knuckles pass along the back, helping to relax the back and encourage blood circulation



### MUSICAL THERAPY

Synchronise the various massage functions (types, intensity and range) with your favourite music, enhancing the relaxing effect of the selected melody

MODEL	M200	M400	M650	M750	M1000
<b>MESSAGE: TYPES AND FEATURES</b>					
Preset programmes	2	3	5	4	4
Customizable (memorable) programmes	-	-	2	4	3
Types of back massage	1	5	6	6	6
Kneek, shoulder and back roll massage	Yes	Yes	Yes	Yes	Yes
Arm massage	-	-	Yes	Yes	Yes
Hip wrap (with airbags)	-	-	Yes	Yes	-
Buttocks massage (seat)	Vibration	Vibration	Vibration	Vibration	Vibration
Leg massage	Vibration	Airbags	Airbags	Airbags	Airbags
Massage selection for a back zone	Vibration	Customizable	Customizable	Customizable	Customizable
Massage selection Spot (massage on a specific spot of the back)	-	Yes	Yes	Yes	Yes
<b>SPECIAL MESSAGES</b>					
Shangri-lá System	-	-	-	-	Yes
ZERO-G System (Zero gravity)	-	-	Yes	-	-
HRI (Heart Rate Indicator) Back Analysis System	-	-	Yes	-	-
Thermal Massaging System	-	-	Back	Back and legs	Back
Reflexotherapy system	-	-	-	-	Yes
<b>MULTIMEDIA AND ACCESORIES</b>					
Massage centre control	Without display	LCD Backlit in blue	Backlit LED	Backlit LED	Backlit LED
Massage eyeglasses Power Eyes	-	-	-	Yes	Yes
USB port + HI-FI earphones+ stereo speakers + remote control	-	-	-	Yes	Yes
Connector ("jack" type) to audio equipment (external. Not included) + HI-FI earphones	-	-	Yes	-	-
<b>OTHER TECHNICAL SPECIFICATIONS</b>					
Optical sensors for custom 3D massage	-	-	Yes	Yes	Yes
Electrical adjustment of back and leg inclination	Joint	Independent	Independent	Independent	Independent
Smart regulation of leg length (self-adjustable foot massage)	-	Manual	Automatic	-	Automatic
Micro regulations con mobile wheels	Yes	Yes	Yes	Yes	Yes
Can be used as a "traditional" armchair with electrical adjustment for legs and back	Yes	Yes	Yes	Yes	Yes
Material	Synthetic leather	Synthetic leather	Synthetic leather	Synthetic leather	Synthetic leather
Dimensions in upright position (LxWxH) (cm)	110x70x122	135x75x118	140x85x130	without arm massage mechanism: 130x85x131 with arm massage mechanism: 130x95x131	without arm massage mechanism: 145x90x130 with arm massage mechanism: 145x100x130
Dimensions in lie-down position (LxWxH) (cm)	170x70x80	204x75x75	200x85x110	without arm massage mechanism: 190x85x86 with arm massage mechanism: 190x95x86	without arm massage mechanism: 220x90x85 with arm massage mechanism: 220x100x85
Net weight	50 kg	65 kg	97 kg	115 kg	135 kg



CLEANSE YOUR BODY  
AND MIND THE NATURAL WAY  
IN THE COMFORT OF YOUR HOME

**Our Commitment to Good Health**  
www.bhshiatsu.com

**S-100**  
**MODEL**  
SINGLE



**S-270**  
**MODEL**  
COUPLE PREMIUM



**S-420**  
**MODEL**  
QUARTET



**ENJOY YOUR SAUNA WITH ALL YOUR SENSES**








MODEL	S-100	S-270	S-420
Dimensions (mm)	900 x 900 x 1900	1200 x 1020 x 1940	1800 x 1200 x 1900
People per session	1	2	4
Type of Wood	Hemlock	Hemlock	Hemlock
Heating System	Ceramic	Carbon Fibre	Carbon Fibre
Number of Heaters	4	7	9
Chromotherapy	-	Yes	Yes
Digital Control Panel	Int. / Ext.	Int. / Ext.	Int. / Ext.
Oxygen ionizer	Yes	Yes	Yes
Floral Fragrance Dispenser	Yes	Yes	Yes
Adjustable opening	Yes	Yes	Yes
Built-in radio-CD and Stereo Speakers	Yes	Yes	Yes
Lighting Interior	Yes	Yes	Yes
Coaster	Yes	-	-
Power	1.400 W	1.650 W	2.100 W





# TREADMILLS SPECIFICATIONS

TR		G6508	G639	G6158	G6156	G6155	G6134	G6130	G6427	G6426	G6425	G6416	G6414	G6410	G6432	G6431
		MERCURY 6.0	Explorer Max	Prisma M80	Prisma M60	Prisma M55	Prisma M35	Prisma M30	F5	F4	F3	F2	F1	Xenon	ECO2	ECO1
Use	Frequency	Light Commercial	Intensive	Intensive	Intensive	Intensive	Intensive	Regular	Intensive	Intensive	Intensive	Regular	Regular	Regular	Regular	Occasional
	Rec. Max. User Weight	150 kg/ 331 lbs.	150 kg/ 331 lbs.	125 kg/ 276 lbs.	125 kg/ 276 lbs.	125 kg/ 276 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	100 kg/ 220 lbs.	100 kg/ 220 lbs.
Specs	Maximum User Weight	160 kg/ 353 lbs.	160 kg/ 353 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	140 kg/ 309 lbs.	140 kg/ 309 lbs.	140 kg/ 309 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	110 kg/ 243 lbs.	110 kg/ 243 lbs.
	Power (Peak/ Cotinuous)	3.5 AC	4.5HP/ 2.75HP	4.0HP/ 2.25HP	4.0HP/ 2.25HP	3.5HP/ 2.0HP	3.5HP/ 2.0HP	2.75HP/ 1.5HP	4.0HP/ 2.25HP	3.5HP/ 2.0HP	3.5HP/ 2.0HP	2.75HP/ 1.5HP	2.5HP/ 1.25HP	2.5HP/ 1.25HP	2.5HP/ 1.25HP	2.0HP/ 1.0HP
	Speed	0.8-20Km/h 0.5-12.4mph	1-21Km/h 0.6-13mph	1-22Km/h 0.6-13.7mph	1-22Km/h 0.6-13.7mph	1-20Km/h 0.6-12.4mph	1-20Km/h 0.6-12.4mph	1-18Km/h 0.6-11.2mph	1-22Km/h 0.6-13.7mph	1-20Km/h 0.6-12.4mph	1-18Km/h 0.6-11.2mph	1-18Km/h 0.6-11.2mph	1-16Km/h 0.6-9.9mph	1-16Km/h 0.6-9.9mph	1-16Km/h 0.6-9.9mph	1 - 13Km/h 0.6-8.1mph
Control Panel	Max. Electric incline	15%	15%	12%	12%	12%	12%	12%	12%	12%	12%	12%	12%	12%	10%	12%
	Screen	DOT MATRIX + 1 LED window	DOT MATRIX + 4 LED windows	Monitor racing: 3 circular displays	Monitor racing: 3 circular displays	Monitor racing: 3 circular displays	5.4" Blue backlit LCD monitor	3 Blue backlit LCD windows	DOT MATRIX + 6 LED windows	8.2" Blue backlit LCD	8.2" Blue backlit LCD	6.8" Blue backlit LCD	6.8" Blue backlit LCD	3 Blue backlit LCD windows	5" Blue backlit LCD window	3 LED windows
	Preset profiles (Prg)	7	6	9	9	9	9	9	14	14	12	12	12	9	12	12
	Body Fat control system (BF)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
	Heart Rate Control program (HRC)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No
	Custom Course (uPrg)	Yes	Yes (2)	Yes (3)	Yes (3)	Yes (3)	Yes (3)	Yes (3)	Yes (3)	No	No	No	No	Yes (3)	No	No
	Speed instant keys	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Comfort in use	Incline instant keys	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No
	Running belt (L x W)	155 x 55 cm 61 x 22in.	147 x 51 cm 58 x 20in.	145 x 55 cm 57.1 x 22in.	126 x 55 cm 49.1 x 22in.	126 x 55 cm 49.1 x 22in.	126 x 51 cm 49.1 x 20in.	126 x 51 cm 49.1 x 20in.	140 x 51 cm 55 x 20in.	140 x 51 cm 55 x 20in.	140 x 51 cm 55 x 20in.	135 x 45 cm 53 x 18in.	135 x 45 cm 53 x 18in.	128 x 44cm . 50.5 x 17.5in.	120 x 40 cm 47 x 16in.	120 x 40 cm 47 x 16in.
	Cushioning system	8 elastomers	6 elastomers	8 elastomers + PCS	8 elastomers + PCS	8 elastomers + PCS	8 elastomers + PCS	8 elastomers + PCS	6 elastomers	6 elastomers	6 elastomers	6 elastomers	6 elastomers	8 elastomers + PCS	6 elastomers	6 elastomers
	Handgrip pulse	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Wireless pulse supported	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt optional	No	Yes, chest belt included	Yes, chest belt included	Yes, chest belt optional	No	No	No	No	No
	Fan	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No
	Soft Drop System (SDS)	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Handrail buttons	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes
Installation & Storage	Bottle holders	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)
	Others	2 Fitness Tests • Oversized frame and handlebars • Book rack	Oversized frame • Hypoallergenic handlebar						Oversized frame • Motivational screen	Oversized frame • Motivational screen	Oversized frame • Motivational screen	Motivational screen	Motivational screen			
Measures	Plug & Run Technology	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
	Vertical folding	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Wheels for transportation	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Length	210 cm / 82.7"	200 cm / 78.7"	205 cm / 80.8"	188 cm / 73.3"	188 cm / 73.3"	188 cm / 73.3"	188 cm / 73.3"	184 cm / 72.5"	184 cm / 72.5"	184 cm / 72.5"	174 cm / 67.9"	174 cm / 67.9"	177 cm / 30.3" / 68.9"	173 cm / 68.2"	160 cm / 63"
	Width	93 cm / 36.6"	90 cm / 35.4"	89 cm / 35.1"	88 cm / 34.7"	88 cm / 34.7"	88 cm / 34.7"	88 cm / 34.7"	94 cm / 37"	94 cm / 37"	94 cm / 37"	78 cm / 30.4"	78 cm / 30.4"	77 cm / 30.3"	70 cm / 27.6"	70 cm / 27.6"
	Height	147 cm / 57.9"	141 cm / 55.5"	145 cm / 57.1"	145 cm / 57.1"	137cm / 53.4"	137 cm / 53.4"	137 cm / 53.4"	149 cm / 58.1"	149 cm / 58.1"	149 cm / 58.1"	140 cm / 54.6"	140 cm / 54.6"	130 cm / 51.2"	130 cm / 51.2"	125 cm / 49.3"
	Size when folded V (LxWxH)	--	--	108 x 89 x 166 cm 42.6 x 35.1 x 65.4in.	95 x 88 x 154 cm 37.1 x 34.7 x 60.1in.	95 x 88 x 154 cm 37.1 x 34.7 x 60.1in.	95 x 88 x 154 cm 37.1 x 34.7 x 60.1in.	95 x 88 x 154 cm 37.1 x 34.7 x 60.1in.	125 x 94 x 156 cm 49.3 x 37 x 61.5in.	125 x 94 x 156 cm 49.3 x 37 x 61.5in.	125 x 94 x 156 cm 49.3 x 37 x 61.5in.	105 x 78 x 150 cm 41 x 30.4 x 58.5in.	105 x 78 x 150 cm 41 x 30.4 x 58.5in.	85 x 77 x 154 cm 33.5 x 30 x 60.6in.	81 x 70 x 148 cm 31.9 x 27.6 x 58.3in.	86 x 70 x 141 cm 33.9 x 27.6 x 55.6in.
Size when folded H (LxWxH)	--	--	205 x 89 x 44 cm 80.8 x 35.1 x 55.6in.	188 x 88 x 44 cm 73.3 x 34.7 x 55.6in.	188 x 88 x 44 cm 73.3 x 34.7 x 55.6in.	188 x 88 x 44 cm 73.3 x 34.7 x 55.6in.	188 x 88 x 44 cm 73.3 x 34.7 x 55.6in.	--	--	--	--	--	156 x 77 x 90 cm 61.5 x 30.3 x 35.4in.	--	--	
Weight	170 kg/ 375 lbs.	122 kg/ 269 lbs.	88 kg/ 194 lbs.	85 kg/ 187.3 lbs.	85 kg/ 187.3 lbs.	83 kg/ 182.9 lbs.	83 kg/ 182.9 lbs.	108 kg/ 238 lbs.	108 kg/ 238 lbs.	99 kg/ 218 lbs.	86 kg/ 190 lbs.	86 kg/ 190 lbs.	78 kg/ 172 lbs.	59 kg/ 130 lbs.	55 kg/ 121 lbs.	

# CROSSTRAINERS SPECIFICATIONS

CR		G864	G860	G260	G249	G2465	G246	G2395	G239	G238	G2376	G2374	G2370	G2566	G2515	G2346	G2343	G2336	G2334	G233
		FDC20 GSG	FDC19 Program	Khronos	Quantum Generator	Iridium Avant GSG	Iridium Avant Program	Inspirit GSG	Inspirit Program	Inspirit	Brazil GSG	Brazil Program	Brazil	Spazio Program	Spazio	Walk.Fit Program	Walk.Fit	Athlon Program	Athlon	Quick
Use	Frequency	Intensive	Intensive	Light Commercial	Light Commercial	Intensive	Intensive	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular
	Rec. Max. User Weight	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	110 kg/ 243 lbs.	110 kg/ 243 lbs.	105 kg/ 232 lbs.	105 kg/ 232 lbs.	95 kg/ 210 lbs.
Specs	Maximum User Weight	150 kg/ 331 lbs.	150 kg/ 331 lbs.	150 kg/ 331 lbs.	150 kg/ 331 lbs.	140 kg/ 309 lbs.	140 kg/ 309 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	135 kg/ 298 lbs.	125 kg/ 276 lbs.	125 kg/ 276 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	115 kg/ 254 lbs.	115 kg/ 254 lbs.	110 kg/ 243 lbs.
	Resistance system	GSG: Self-generated magnetic	Magnetic	Generator	Generator	GSG: Self-generated magnetic	Magnetic	GSG: Self-generated magnetic	Magnetic	Magnetic	GSG: Self-generated magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic
	Ergometer	Yes	Yes	Yes	Yes	HA Class	Yes	Yes	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No
	Flywheel weight	Rotating Mass: 35 kg/ 76 lbs.	Rotating Mass: 35 kg/ 76 lbs.	Generator system equivalent to RM: 35 kg/ 76 lbs.	Generator system equivalent to RM: 35 kg/ 76 lbs.	Rotating Mass: 15 kg/ 33 lbs.	Rotating Mass: 15 kg/ 33 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	10 kg/ 22.2 lbs.	8 kg/ 17.6 lbs.	8 kg/ 17.6 lbs.	7.5 kg/ 16.5 lbs.	7.5 kg/ 16.5 lbs.	7 kg/ 15.4 lbs.	7 kg/ 15.4 lbs.
Control Panel	Stride	51 cm / 20"	48 cm / 19"	51 cm / 20"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	40 cm / 16"	33 cm / 13"	33 cm / 13"	36 cm / 14"	36 cm / 14"	36 cm / 14"
	Screen	Dual backlit monitor (blue and yellow)	Dual backlit monitor (blue and yellow)	Dual backlit monitor (blue and yellow)	Dot matrix + 4 LED windows	Blue backlit LCD	Blue backlit LCD	Touchsreen	Touchsreen with blue backlit monitor	Blue backlit LCD	Dual backlit monitor (blue and yellow)	Dual backlit monitor (blue and yellow)	LCD monitor	Blue backlit LCD	LCD monitor	LCD monitor	LCD monitor	LCD monitor	LCD monitor	LCD monitor
	Preset profiles (Prg)	12	12	12	12	12	12	12	6	None	12	12	None	6	None	6	None	6	None	None
	Intensity levels	6-16 (depends on program)	6-16 (depends on program)	16	16	32	16	16	16	8	16	16	8	16	8	16	8	16	8	8
	Heart Rate Control (HRC)	5	5	4	4	4	4	4	4	THR	4	4	4	No	THR	4	THR	4	THR	THR
	Custom Course (uPrg)	Yes (4)	Yes (4)	Yes (4)	Yes	Yes	Yes	4	Yes	No	5	5	No	No	No	1	No	4	No	No
	Steady Watts Rate (SWR)	30-400 watts	30-400 watts	10-350 watts	10-350 watts	10-350 watts	10-350 watts	10-350 watts	No	No	10-350 watts	10-350 watts	No	No	No	No	No	No	No	No
	Body Fat control system (BF)	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	Yes
	Recovery Test (RT)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes
	Fitness Test	No	No	No	No	No	No	No	No	No	No	No	No	4	No	No	No	No	No	No
Comfort in use	Functions displayed	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	time, speed/ RPM, distance, calories, pulse and watts	time, speed/ RPM, distance, calories and pulse	time, speed/ RPM, distance, calories, THR and pulse	time, speed/ RPM, distance, calories, pulse, temperature, date, clock and watts	time, speed/ RPM, distance, calories, pulse, temperature, date, clock and watts	time, speed/ RPM, distance, calories, pulse, temperature, date and clock	speed/ RPM, time, calories, distance, pulse and watts	speed, time, calories, distance and pulse	time, speed/ RPM, distance, calories, pulse, clock and watts	speed, time, calories, distance, clock and pulse	time, speed/ RPM, distance, calories, pulse and watts	time, speed/ RPM, distance, calories and pulse	speed, time, calories, distance and pulse
	Handgrip pulse	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Measures	Wireless pulse supported	Yes, chest belt optional	Yes, chest belt optional	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt included	Yes, chest belt optional	Yes, chest belt optional	Yes, chest belt optional	No	No	No	No	Yes, chest belt optional	No	No	No	No
	Fan	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
	Others	Front drive • minimum distance between pedals • bottle holder • oversized foot pedals	Front drive • minimum distance between pedals • bottle holder • oversized foot pedals	Oversized frame and footpedals • Minimum distance between pedals • Heavy duty bearings in all mobile parts • Bottle holder	UTW grip • Oversized foot pedals • Heavy duty bearings in all mobile parts • Oversized frame	Handrail buttons • Heavy duty bearings in all mobile parts • Oversized frame	Handrail buttons • Heavy duty bearings in all mobile parts • Oversized frame	Double ergonomic grips • Heavy duty bearings in all mobile parts • Oversized and anti-slip foot pedals	Double ergonomic grips • Heavy duty bearings in all mobile parts • Oversized and anti-slip foot pedals	Double ergonomic grips • Heavy duty bearings in all mobile parts • Oversized and anti-slip foot pedals	Double ergonomic grips • Heavy duty bearings in all mobile parts • Oversized and anti-slip foot pedals	Oversized and anti-slip foot pedals	Oversized and anti-slip foot pedals	Oversized and anti-slip foot pedals	Motivational CPC Monitor: 6 pre-set profiles (racing against the computer) and 4 Fitness Tests used in the Army	Horizontally folded: 126 x 70 x 92 cm 50 x 28 x 36in. Vertically folded: 92 x 70 x 126 cm 36 x 28 x 50in.	Adjustable swing bars (5 in 1) • bottle holder • adjustable pedals	Adjustable swing bars (5 in 1) • bottle holder • adjustable pedals	Contact pulse measurement system in mobile arms	Contact pulse measurement system in mobile arms
	Length	185 cm / 72.8"	185 cm / 72.8"	190 cm / 74.9"	183 cm / 72.1"	175 cm / 68.9"	175 cm / 68.9"	171 cm / 67.3"	171 cm / 67.3"	171 cm / 67.3"	170 cm / 67"	170 cm / 67"	170 cm / 67"	149 cm / 58.7"	149 cm / 58.7"	128 cm / 50.4"	128 cm / 50.4"	132 cm / 52"	132 cm / 52"	100 cm / 39.4"
Width	70 cm / 27.6"	70 cm / 27.6"	64 cm / 25.2"	65 cm / 25.6"	60 cm / 23.6"	60 cm / 23.6"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	67 cm / 26.4"	68 cm / 26.8"	68 cm / 26.8"	62 cm / 24.4"	62 cm / 24.4"	61 cm / 24"	
Height	170 cm / 67"	170 cm / 67"	170 cm / 67"	161 cm / 63.4"	157 cm / 61.8"	157 cm / 61.8"	167 cm / 65.8"	167 cm / 65.8"	167 cm / 65.8"	168 cm / 66.2"	168 cm / 66.2"	168 cm / 66.2"	150 cm / 59.1"	150 cm / 59.1"	159 cm / 62.6"	159 cm / 62.6"	160 cm / 63"	160 cm / 63"	144 cm / 56.7"	
Weight	85 kg / 187 lbs.	85 kg / 187 lbs.	74 kg/ 161 lbs.	74 kg/ 161 lbs.	70 kg/ 153 lbs.	68 kg/ 148 lbs.	62 kg/ 137 lbs.	61 kg/ 136 lbs.	61 kg/ 136 lbs.	64 kg/ 141 lbs.	63 kg/ 139 lbs.	63 kg/ 139 lbs.	42.5 kg/ 94 lbs.	42.5 kg/ 94 lbs.	42 kg/ 93 lbs.	42 kg/ 93 lbs.	43 kg/ 95 lbs.	43 kg/ 95 lbs.	36 kg/ 79 lbs.	

# BICYCLES SPECIFICATIONS

BI		H872N	H8715	H8705	H8702	H107	H1065	H1055	H6715	H698	H6975	H6935	H4935	H491	H287	H284	H265	H856	H855	
		Carbon Bike Generator	Carbon Bike GSG	Carbon Bike Program	Carbon Bike	Pegasus Plus GSG	Pegasus Plus Program	Pegasus Plus	Bio Bike	Onyx Program GSG	Onyx Program	Onyx	Rhyno Max Program	Rhyno Max	Corsa Program	Corsa	Aloe	Comfort Evolution Program	Comfort Evolution	
Use	Frequency	Full Commercial	Intensive	Intensive	Intensive	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Regular	Occasional	Regular	Regular	
	Rec. Max. User Weight	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	100 kg/ 221 lbs.	105 kg/ 232 lbs.	105 kg/ 232 lbs.	105 kg/ 232 lbs.	90 kg/ 198 lbs.	90 kg/ 198 lbs.	85 kg/ 187 lbs.	85 kg/ 187 lbs.	85 kg / 187 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	
	Maximum User Weight	150 kg/ 331 lbs.	150 kg/ 331 lbs.	150 kg/ 331 lbs.	150 kg/ 331 lbs.	140 kg/ 309 lbs.	140 kg/ 309 lbs.	140 kg/ 309 lbs.	125 kg/ 276 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	120 kg/ 264 lbs.	110 kg/ 243 lbs.	110 kg/ 243 lbs.	105 kg/ 232 lbs.	105.kg/ 232 lbs.	90 kg/ 198 lbs.	130 kg/ 287 lbs.	130 kg/ 287 lbs.	
Specs	Resistance system	Generator	GSG: Self-generated magnetic	Magnetic	Magnetic	GSG: Self-generated magnetic	Magnetic	Magnetic	Magnetic	GSG: Self-generated magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic
	Ergometer	Yes	HA Class	Yes	No	Yes	Yes	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	No
	Flywheel weight	Generator system equivalent to flywheel of 14 kg/ 31 lbs.	14 kg/ 31 lbs.	14 kg/ 31 lbs.	14 kg/ 31 lbs.	8 kg/ 17.6 lbs.	8 kg/ 17.6 lbs.	8 kg/ 17.6 lbs.	7 kg/ 15.5 lbs.	9 kg/ 19.9 lbs.	9 kg/ 19.9 lbs.	7 kg/ 15.5 lbs.	6.5 kg/ 14.4lbs	6.5 kg/ 14.4lbs	5 kg/ 11 lbs.	5 kg/ 11 lbs.	5 kg/ 11 lbs.	7 kg/ 15.5 lbs.	7 kg/ 15.5 lbs.	
Control Panel	Screen	Dot Matrix + 4 LED windows	Dual color LCD	Blue backlit LCD	Blue backlit LCD	Blue backlit LCD	Blue backlit LCD	LCD monitor	LCD monitor	Dual color LCD	Dual color LCD	LCD monitor	Dual color backlit LCD	LCD monitor	LCD monitor	LCD monitor	LCD monitor	Blue backlit monitor	LCD monitor	
	Preset profiles (Prg)	12	12	12	None	6	6	None	None	12	12	None	12	None	12	None	None	5	None	
	Intensity levels	16	32	16	8	16	16	8	8	16	16	8	16	8	16	8	8	8	16	8
	HRC	4	4	4	THR	No	No	No	THR	4	4	THR	4	THR	4	THR	No	4	THR	
	Custom course (uPrg)	Yes	4	Yes	No	No	No	No	No	4	4	No	4	No	5	No	No	4	No	
	SWR	10-350watts	10-350watts	10-350watts	No	No	No	No	No	10-350watts	10-350watts	No	10-350watts	No	10-350watts	No	No	No	No	No
	Fitness Test	No	No	No	No	4	4	No	No	No	No	No	No	No	No	No	No	No	No	No
	Body Fat control (BF)	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes
	Recovery test (RT)	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
	Functions displayed	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed/RPM, time, calories, date, clock, distance and pulse	speed/ RPM, time, calories, distance, pulse y watts	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance and pulse	speed, time, calories, distance and pulse	speed/ RPM, time, calories, distance, pulse and watts	speed/ RPM, time, calories, distance, pulse and watts	speed, time, calories, distance, date, clock and pulse	speed/RPM, time, distance, calories, pulse, temperature, date, clock and watts	speed/RPM, time, distance, calories, date, clock, temperature and pulse	speed/RPM, distance, time, pulse, calories and watts	speed, distance, time, pulse and calories	speed, distance, time, pulse and calories	speed/ RPM, time, calories, distance, pulse and watts	speed, time, calories, distance and pulse	
Comfort in use	Handgrip pulse	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
	Wireless pulse supported	Yes, chest belt included	Yes, chest belt optional	Yes, chest belt optional	Yes, chest belt optional	No	No	No	No	No	No	No	No	No	No	No	No	No	No	
	Fan	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	
	Seat adjustment	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Horizontal & Vertical	Vertical	Vertical	Vertical	Vertical	Vertical	Vertical	Yes	Yes
	Adjustable handlebar	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No
	Bottle holder	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No
	Transport	Roller	Roller	Roller	Roller	Roller	Roller	Roller	Roller	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels	Wheels
Others	Exclusive box frame (Oversized frame)	Exclusive box frame (Oversized frame)	Exclusive box frame (Oversized frame)	Exclusive box frame (Oversized frame)	Motivational CPC Monitor: 6 pre-set profiles (racing against the computer) and 4 Fitness Tests used in the Army • XXL saddle	Motivational CPC Monitor: 6 pre-set profiles (racing against the computer) and 4 Fitness Tests used in the Army • XXL saddle	XXL saddle	Easy access • XXL saddle	Gel saddle	Gel saddle	Gel saddle							Constant lumbar support	Constant lumbar support	
Measures	Length	115 cm / 45.3"	115 cm / 45.3"	115 cm / 45.3"	115 cm / 45.3"	101 cm / 39.8"	101 cm / 39.8"	101 cm / 39.8"	108 cm / 42.5"	96 cm / 37.8"	96 cm / 37.8"	96 cm / 37.8"	85 cm / 33.5"	85 cm / 33.5"	90 cm / 35.5"	90 cm / 35.5"	80 cm / 31"	154 cm / 60.6"	154 cm / 60.6"	
	Width	54 cm / 21.3"	54 cm / 21.3"	54 cm / 21.3"	54 cm / 21.3"	55 cm / 21.7"	55 cm / 21.7"	55 cm / 21.7"	59 cm / 23.2"	56 cm / 22.1"	56 cm / 22.1"	56 cm / 22.1"	52 cm / 20.5"	52 cm / 20.5"	50 cm / 19.7"	50 cm / 19.7"	50 cm / 19.7"	64 cm / 25.2"	64 cm / 25.2"	
	Height	153 cm / 60.2"	153 cm / 60.2"	153 cm / 60.2"	153 cm / 60.2"	142 cm / 55.9"	142 cm / 55.9"	142 cm / 55.9"	143 cm / 56.3"	135 cm / 53.2"	135 cm / 53.2"	135 cm / 53.2"	130 cm / 51.2"	130 cm / 51.2"	120 cm / 47.3"	120 cm / 47.3"	130 cm / 51.2"	92 cm / 36.2"	92 cm / 36.2"	
	Weight	53 kg/ 117 lbs.	53 kg/ 117 lbs.	53 kg/ 117 lbs.	53 kg/ 117 lbs.	33 kg/ 73 lbs.	32 kg/ 70.6lbs	32 kg/ 70.6 lbs	37 kg/ 82 lbs.	36 kg/ 79 lbs.	35 kg/ 77 lbs.	33 kg/ 73 lbs.	29 kg/ 64 lbs.	29 kg/ 64 lbs.	28 kg / 62 lbs.	28 kg / 62 lbs.	25 kg/ 55 lbs.	40 kg/ 88 lbs.	40 kg/ 88 lbs.	

# THE EUROPEAN QUALITY BRAND

Good physical condition promotes a feeling of happiness and well being. The range of exercise equipment manufactured by BH FITNESS has been specially designed to ensure that the maintenance and controlled improvement of your physical condition can be done comfortably, efficiently and safe.

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# MILESTONE

Since 1909 business history

### 1909

Beistegui Hermanos S.A. company, more commonly known as BH, was founded.

### 1919

With the First World War now over and having gained significant experience in steel treatments, this know-how was reemployed to manufacture bicycles. Note that most of the machinery used previously was suitable for manufacturing bicycle components.

### 1969

BH enters the exercise market producing stationary bikes.

### 1985

The company Exercycle was formed with the aim of centring production on exercise appliances and to respond to the growing demand for this type of equipment. The company started out as an independent factory with its sights set on exports. Initially, its portfolio was limited to the home fitness market.

### 1992

A second exercise equipment factory opened in Mexico: BH Exercycle de México, S.A. de CV.

### 1996

Exercycle begins manufacturing the HIPOWER brand of fitness equipment for the professional sector.

### 1996

A third exercise equipment factory is opened in Portugal: Maquinasport Aparelhos de Desporto, S.A.

### 2006

BH Asia Ltd. is formed to cover markets such as Japan, Korea, Taiwan, Hong Kong, Australia.

### 2007

A California based fitness company was acquired in order to set up BH North America, Corp., providing even greater means to cater to the North American market.

### 2008

BH China Ltd. is established for attending the Chinese market, with the largest population in the world.

### 2009

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