

INTRODUCTION

Congratulations for selecting POWERMILL BF-6730 HRP as your primary source of fitness. Bladez's treadmill offers many exercise programs that benefit users of all levels and ages. The treadmill is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using BF-6730 HRP POWERMILL. This will allow you to get a full understanding of all the features Bladez treadmill provides. If you have a question or concerns, please contact BLADEZ Corporation or any authorized BLADEZ FITNESS distributors in your area.



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BEFORE YOU BEGIN

It is very important to get yourself familiar with the frequently used components of your POWERMILL.

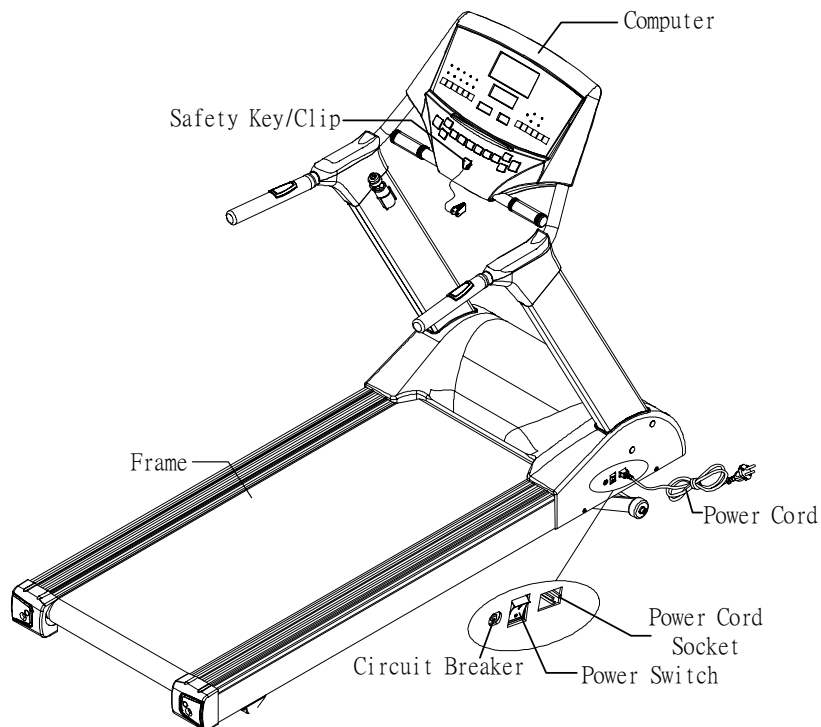



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SECTION 1**IMPORTANT SAFETY INSTRUCTIONS**

Read all instructions before using the treadmill:

Notice: Consult your family physician or health care professional to develop a well planned exercise program to fit his/her health need. If you encounter any pain or breathing discomfort while working out, **STOP/RESET!** and consult your physician before continuing.

 **DANGER!** – It is wise to always unplug this appliance from the electrical outlet immediately after using and before cleaning to reduce the risk of electric shock, risk of burns and injuries to persons.

 **WARNING!**

The treadmill should never be left unattended when in operation, unplug from outlet when not in use or when servicing the unit.

1. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
2. Use this appliance only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer.
3. Never operate this appliance if it has a damaged cord or plug, or if it is not working properly. Return the appliance to a service center for examination and repair.
4. Keep the cord away from heated surfaces.
5. Never drop or insert any object into any opening.
6. Do not use outdoors.
7. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
8. To disconnect, turn all controls to the off position, then remove plug from outlet.
9. Connect this appliance to a properly grounded outlet only.
10. This appliance is intended for household use only.

SAVE THESE INSTRUCTIONS

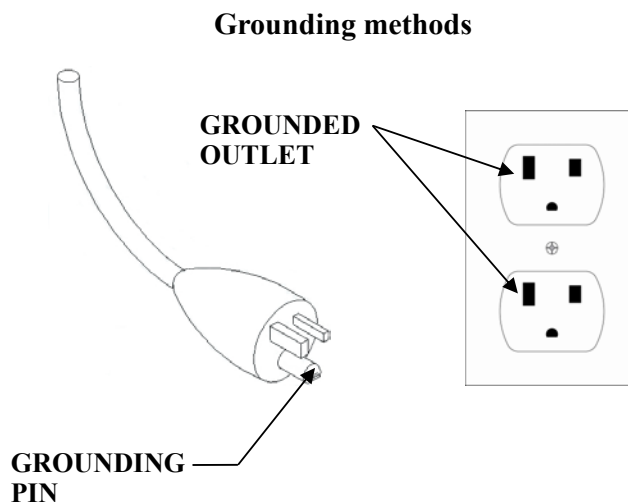
IMPORTANT SAFETY INSTRUCTIONS CONTINUED

GROUNDING INSTRUCTIONS

This product must be grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord which has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER! – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter or extension cord should be used with this product.

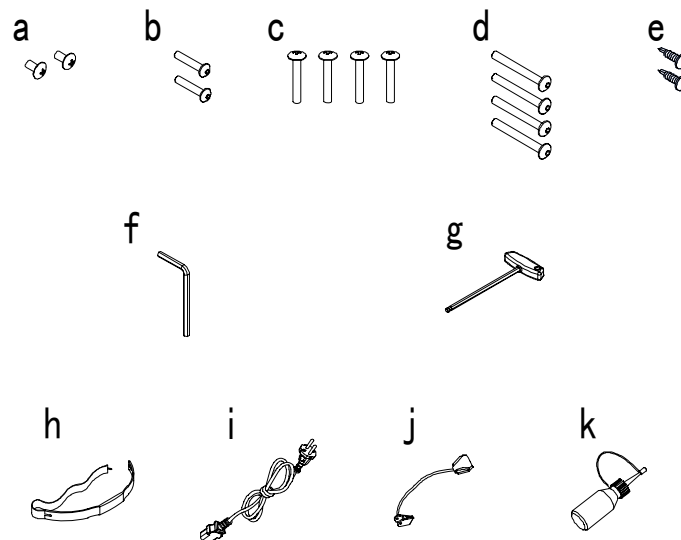


SECTION 2

ASSEMBLY INSTRUCTIONS

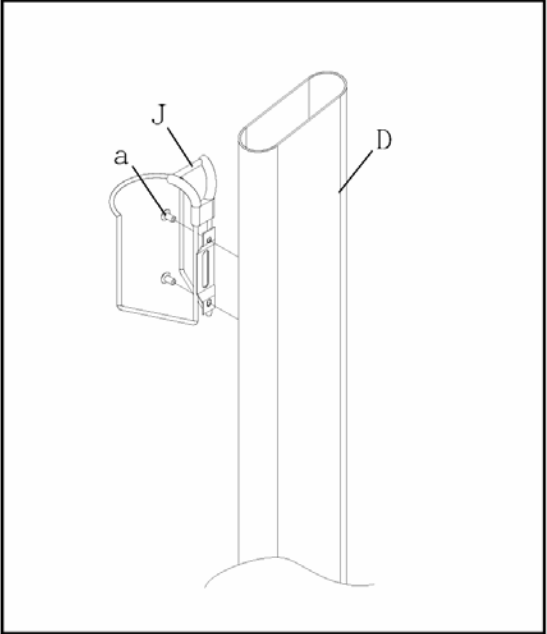
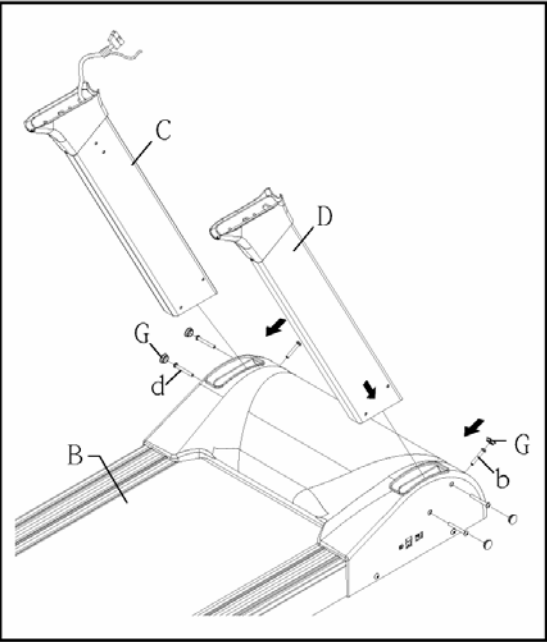
The followings are part and tool components necessary to assemble the treadmill

ASSEMBLY PART LIST		
ITEM NO.	DESCRIPTION	QUANTITY
a	Bolt, M5 x P0.8 x 15	2
b	Bolt, M8 x P1.25 x 40	2
c	Bolt, M8 x P1.25 x 60	4
d	Bolt, M8 x P1.25 x 75	4
e	Screw Ø 5x25	2
f	Allen wrench 5mm	1
g	T-wrench hexagon 8mmx200mm	1
h	Chest strap	1
i	Power Cord	1
j	Safety key	1
k	Silicon	1



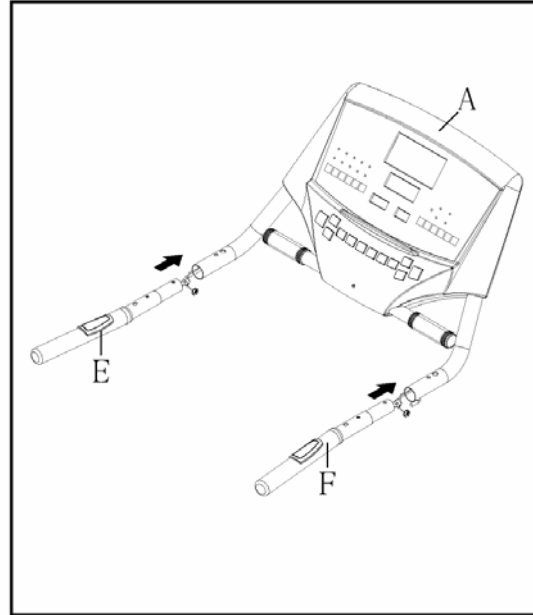
ASSEMBLY INSTRUCTIONS CONTINUED

Illustrations of treadmill assembly:

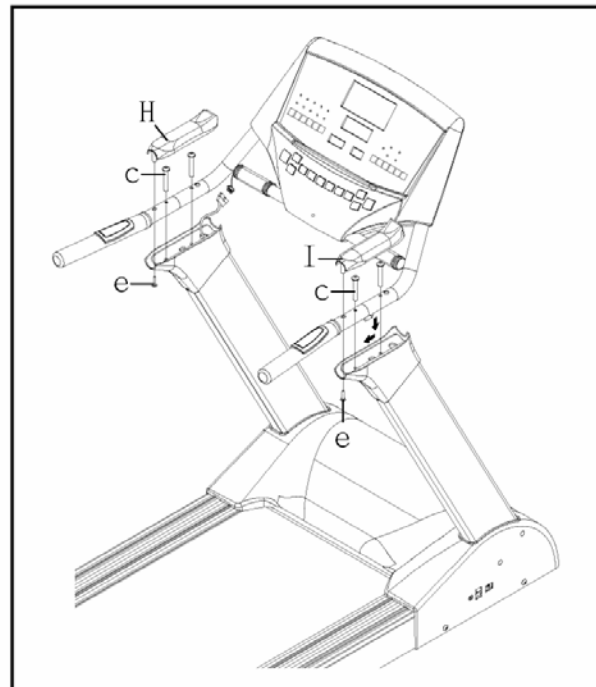
<p>A minimum of two people are required to assemble this treadmill. Also, read and understand all instructions thoroughly before assembling the treadmill. Failure to do so could result in injury.</p> <ol style="list-style-type: none"> 1. Use 2 bolts (a) to secure the bottle holder (J) to the right side upright (D). NOTE: Bottle hold can be placed onto either the left (C) or right (D) side uprights. You will find two holes on one side and that is the inner side of the left and right uprights 	 <p>The diagram shows a side view of a treadmill upright (D). A bottle holder (J) is being attached to the side of the upright. Two bolts (a) are shown passing through the bottle holder into the upright. The bottle holder has a curved shape with a central opening for a bottle.</p>
<ol style="list-style-type: none"> 2. Tie the attached black guide wire to the wire connector and feed the wire slowly through the bottom left upright (C) opening and pull the connector from the top. Be sure not to pull on the wire too hard if it does not feed easily. Then secure the left (C) and right uprights (D) onto the base frame with 2 bolts (b) to the front side and 4 bolts (d) to the sides using 5mm allen wrench as shown. Seal all those 6 holes with screw covers (G) on top <p>Note: Leave all handlebar bolts loose until console display has been installed, then tighten all of the handlebar bolts.</p>	 <p>The diagram shows a perspective view of the treadmill's base frame (B) and two uprights (C and D). The uprights are being attached to the base frame. Bolts (b) are used to secure the front of the uprights, and bolts (d) are used to secure the sides. Screw covers (G) are shown being placed over the bolt heads. A black guide wire is shown being fed through the bottom of the left upright (C) and connected to a wire connector at the top. Arrows indicate the direction of assembly.</p>

ASSEMBLY INSTRUCTIONS CONTINUED

3. Insert handrails (E and F) onto console mounting pipes connected to the computer console (A); make sure that holes are lined up with each other.



4. Rest the handrails with console on top of the uprights. Secure them with 4 bolts (c).
5. Then tighten all handrail bolts. Press to snap the left and right handrail covers (H and I) in place and secure them with 2 screws (e).



SECTION 3

FUNCTIONS ON CONSOLE

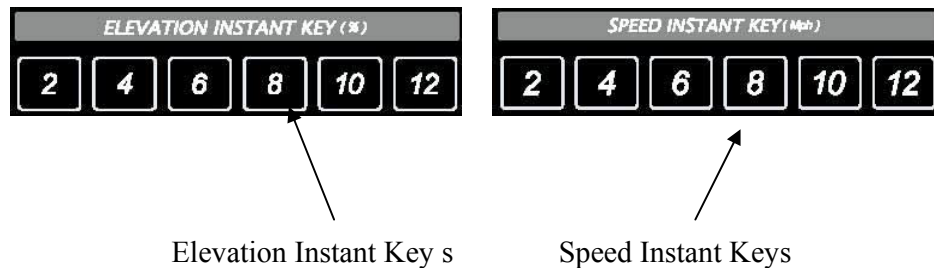
Our simple and user friendly design of the console will enable you to get an intense workout with minimum efforts.



Features of the console

I. Instant Keys

You can use “instant keys” to activate your desired speed and elevation program immediately. The programming allows the speed to be set at 2 ,4 ,6 ,8 ,10 and 12 Mph. It also allows the elevation to be set at 2, 4, 6, 8, 10, and 12% elevation.

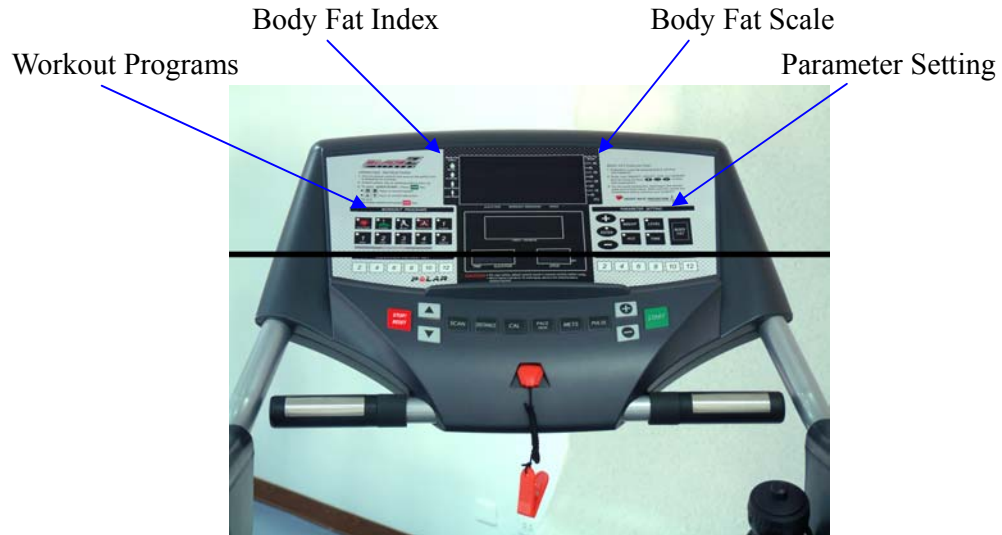


Press STOP/RESET once to end the current operation, wait 60 seconds and the treadmill will return to ready mode.

Press and hold STOP/RESET button for 3 seconds and the treadmill will **RESET** itself.

FUNCTIONS ON CONSOLE CONTINUED

II. Body Fat Scale and Index



Body Fat Index – tells the user the body fat level in terms of figure sizes.

Body Fat Scale – tells the user the body fat level in terms of percent.

Process of measuring Body Fat

1. Switch on the unit, press

Body Fat

 to activate the program.
2. Program will ask you to

Body Fat

 input your current weight, height, and age. Only weight and age selections will be notified by a red light indicator at the top left corner of the button found in the Parameter Setting region.

Weight (lbs): Default is 150 with range 50-400 in increment of 2
Make selection using keys in Parameter Settings and press “ENTER” to confirm

Height (ft-in): Default is 5’7” with range 4’3”-7’11” in increment of 1”
Make selection using keys in Parameter Settings and press “ENTER” to confirm

Age: Default is 30 with range 13-113 in increment of 1
Make selection using keys in Parameter Settings and press “ENTER” to confirm

Sex: Default is male M , press ⊕, ⊖ to select and press “ENTER” to confirm





FUNCTIONS ON CONSOLE CONTINUED

3. Hold the heart rate sensor firmly for 30 seconds for result, result on the left side of the rectangle window shows Body Fat Index and the right shows Body Fat Scale (as shown in arrows).

Below is a chart showing the cross reference of all the LED lights represent in terms of BODY FAT in %.

LED Light	Body fat value
Light 10	45.1~50.0 %
Light 9	40.1~45.0 %
Light 8	35.1~40.0 %
Light 7	30.1~35.0 %
Light 6	25.1~30.0 %
Light 5	20.1~25.0 %
Light 4	15.1~20.0 %
Light 3	10.1~15.0 %
Light 2	5.1~10.0 %
Light 1	0~5.0 %

Since the levels of body fat scale and index are slightly different between male and female, the chart below shows the cross reference of each LED represents.

	LED Light	♂ (Male)	♀ (Female)
 Obesity	Light 9	35.0 % above	45.0 % above
 Overweight	Light 8	30.0~34.9 %	40.0~44.9 %
 Normalweight	Light 7	25.0~29.9 %	35.0~39.9 %
	Light 6	20.0~24.9 %	30.0~34.9 %
	Light 5	15.0~19.9 %	25.0~29.9 %
	Light 4	10.0~14.9 %	20.0~24.9 %
 Underweight	Light 3	5.0~9.9 %	15.0~19.9 %
	Light 2	0~4.9 %	0~14.9 %

III. Workout Programs (Left side of the Panel)

There are 3 pre-set workout programs and they are 9-HOLE, 5K RUN and CALORIES. Only 5K RUN has the warm up and cool down profiles before and after the actual exercise programs respectively. Each warm up and cool down profile will take 5 minutes to complete, refer to Section 6 for detail.

FUNCTIONS ON CONSOLE CONTINUED

IV. Parameter Setting (Right side of the Panel)

The key settings in this area are used to input required data for BODY FAT and all the WORKOUT PROGRAMS.

V. Button Display

At the bottom of the display panel, you can find buttons as below.



SCAN: Press this button will allow the window to display values corresponding to the order of DISTANCE, CAL, PACE, METS and PULSE sequentially.

DISTANCE: Total range travel in Miles, range 0.1-999.9

CAL: Amount of body heat in Calories burned during workout, range 1-9999

PACE: Time requires to complete 1 mile within a fixed speed in minute, range 4 min 50 sec – 120 min

METS: Metabolism 1.38-32.6

PULSE: Heart Beat per minute, BPM, range 40-240

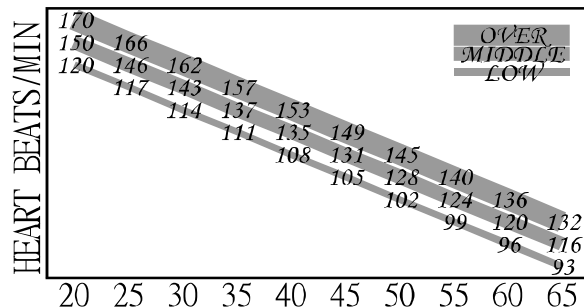
Pulse Detection:

You can detect your pulse with or without the treadmill in operation, but the unit needs to be turned on. Once you hold the sensor grips firmly or put on the wireless heart rate strap, the result of your heart rate will be displayed within seconds. Below is a chart indicating the heart beats rate per age group based on different exercise levels.

GREEN LED – Heart Rate under 90

BLUE LED – Heart Rate between 91-130

RED LED – Heart Rate over 130



TARGET HEART RATE ZONE

- Beginner – Bottom Zone
- Cardiovascular – Middle Zone
- Athletic – Upper Zone

SECTION 4

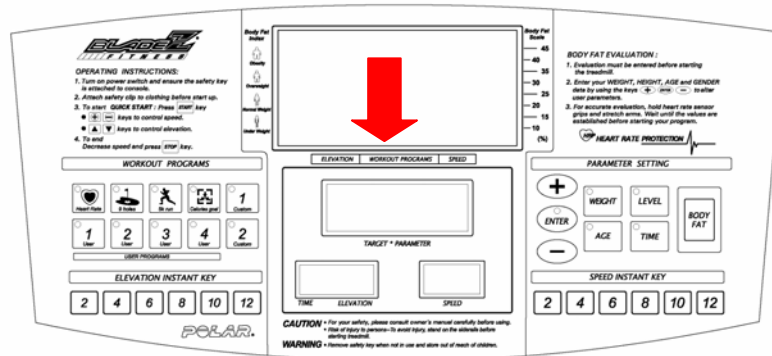
GET STARTED

CAUTION: Before operating this treadmill, please read carefully the following precautions.

- Attach safety clip to the cloth before operating the unit
- Step on the side rails to start the unit
- Start with slow speed to get yourself familiar with the movement
- Pulse sensor is not a medical device and there are many factors that can affect the accuracy of the heart rate reading. It is intended to provide only as a general guideline as to where the user's current heart rate.





Procedure:

- ◆ 1. Plug the power cord to the AC wall outlet and turn the power switch on.
- ◆ 2. Put the safety key into the recess of the console. A warning noise will sound and the window will display a Beating Heart ♥.
- ◆ 3. LED indicator in the WORKOUT PROGRAM will light up across all the workout programs sequentially.
At this stage, the treadmill is in ready mode. Now, you can detect your heart rate by gripping the heart rate sensor or by wearing the heart rate strap provided
- ◆ 4. If the safety key is not in the recess area, you will see a red arrow pointing downward in the display window as shown below



GET STARTED CONTINUED

Manual Start

Just press “START” to begin and the treadmill will start to move at the speed of 0.5 mph. At this time, you can press  to accelerate,  to decelerate,  to raise and  to lower the unit. You can also use the left and right handrail controls (as shown in picture below) to adjust the elevation and speed respectively.

Elevation Range: 0-15%

Speed Range: 0.5-12.4 Mph



(Left Handrail – Elevation)



(Right Handrail – Speed)

Quick Start

Use instant keys to get to your desired speed and elevation programs immediately. Quick programs come in increments of 2, 4, 6, 8, 10 and 12 mph in speed and of 2, 4, 6, 8, 10, and 12 % in elevation. Refer to Section 3 item I for key locations. You can use either keys on the console panel or the handrail controls to adjust speed and elevation at any time.

Pre-Program Start

NOTE: Any of the Pre-Program can be manually adjusted by the user at any time during the workout process. Once the change is made to the program, it will stay at that level until the user makes another change or power off the unit.

HEART RATE PROGRAM (HRP)



The objective of HRP is to allow user to slowly develop the ideal heart beat that he/she wants to achieve. During the entire workout activity, this program will automatically adjust the unit either in speed or elevation to keep the user within the desired heart rate. This is one of the most effective ways to keep you in shape as you will achieve your goal by developing strength and endurance of your body.

NOTE: HRP can be executed only with the heart rate strap put on

GET STARTED CONTINUED

In this mode, you are required to input the following

i) **Weight (lbs):** Default is 150 with range 50-400 in increment of 2

Make selection using keys in Parameter Settings and press “ENTER” to confirm

ii). **Time (minutes):** Default is 20 with range 20-60 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

iii) **Age:** Default is 30 with range 13-113 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

iv) **BPM:** This value changes according to your last input in Age selection. You can

also choose your own pulse value or press “ENTER” to accept default value. The

chart below indicates the default BPM value per age group. Each age group has

its own recommended low side (L) and high side (H) BPM for your reference.

Age	BFM			Age	BFM			Age	BFM			Age	BFM		
	H	Default value	L		H	Default value	L		H	Default value	L		H	Default value	L
13	197	124	124	39	172	109	109	65	147	93	93	91	123	90	77
14	196	124	124	40	171	108	108	66	146	92	92	92	122	90	77
15	195	123	123	41	170	107	107	67	145	92	92	93	121	90	76
16	194	122	122	42	169	107	107	68	144	91	91	94	120	90	76
17	193	122	122	43	168	106	106	69	143	91	91	95	119	90	75
18	192	121	121	44	167	106	106	70	143	90	90	96	118	90	74
19	191	121	121	45	166	105	105	71	142	90	89	97	117	90	74
20	190	120	120	46	165	104	104	72	141	90	89	98	116	90	73
21	189	119	119	47	164	104	104	73	140	90	88	99	115	90	73
22	188	119	119	48	163	103	103	74	139	90	88	100	114	90	72
23	187	118	118	49	162	103	103	75	138	90	87	101	113	90	71
24	186	118	118	50	162	102	102	76	137	90	86	102	112	90	71
25	185	117	117	51	161	101	101	77	136	90	86	103	111	90	70
26	184	116	116	52	160	101	101	78	135	90	85	104	110	90	70
27	183	116	116	53	159	100	100	79	134	90	85	105	109	90	69
28	182	115	115	54	158	100	100	80	133	90	84	106	108	90	68
29	181	115	115	55	157	99	99	81	132	90	83	107	107	90	68
30	181	114	114	56	156	98	98	82	131	90	83	108	106	90	67
31	180	113	113	57	155	98	98	83	130	90	82	109	105	90	67
32	179	113	113	58	154	97	97	84	129	90	82	110	105	90	66
33	178	112	112	59	153	97	97	85	128	90	81	111	104	90	65
34	177	112	112	60	152	96	96	86	127	90	80	112	103	90	65
35	176	111	111	61	151	95	95	87	126	90	80	113	102	90	64
36	175	110	110	62	150	95	95	88	125	90	79				
37	174	110	110	63	149	94	94	89	124	90	79				
38	173	109	109	64	148	94	94	90	124	90	78				

GET STARTED CONTINUED

Make selection using keys in Parameter Settings and press “ENTER” to confirm. The treadmill will then start to operate.

WORKOUT PROGRAMS

There are 3 Pre-Programs

I. 9-HOLE



This program actually simulates the motion of golfers walking in a golf course and the resistance level is based on uphill and downhill movement. The entire program is 3828 yards and will STOP/RESET automatically once the distance is reached.

In this mode, you are required to input the following

i) **Weight (lbs):** Default is 150 with range 50-400 in increment of 2

Make selection using keys in Parameter Settings and press “ENTER” to confirm

ii) **LVL:** Default is Level 1 with range 1-10 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

II. 5K RUN



This program will STOP/RESET once you reach a total distance of 3.1 miles.

In this mode, you are required to input the following

i) **Weight (lbs):** Default is 150 with range 50-400 in increment of 2

Make selection using keys in Parameter Settings and press “ENTER” to confirm

ii) **LVL:** Default is Level 1 with range 1-10 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

III. CALORIES GOAL



This program is designed for calories burning purpose, the user can set up any specific calories goal. The program will STOP/RESET once the desired calories level is reached.

GET STARTED CONTINUED

In this mode, you are required to input the following

i) **Weight (lbs):** Default is 150 with range 50-400 in increment of 2

Make selection using keys in Parameter Settings and press “ENTER” to confirm

ii). **CAL(cal):** Default is 200 with range 40-560 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

iii) **LVL:** Default is Level 1 with range 1-10 in increment of 1

Make selection using keys in Parameter Settings and press “ENTER” to confirm

There are also 4 USER and 2 CUSTOM programs that allow you to tailor the program to better suit your workout goal.





Press any one of the 4 buttons will put you to a program input mode, each button can store up to 50 exercise sequences (SE01-SE50) and each sequence can have it's own speed, elevation and time. **NOTE:** If you do not response within 10 seconds, the program will keep the default setting and take you to the next sequence automatically.



In this mode, you are required to input the following



i) **Weight (lbs):** Default is 150 with range 50-400 in increment of 2

Make selection using keys in Parameter Settings and press “ENTER” to confirm

Now, you can proceed to input your desired exercise profile.

ii) In each sequence, you can adjust ELEVATION by pressing either the  /  or the elevation quick start keys on the panel or using the left handrail control. Confirm by pressing “ENTER”.

iii) To adjust SPEED, you can use either the  /  or the speed quick start keys on the panel or use the right handrail control. Confirm by pressing “ENTER”.

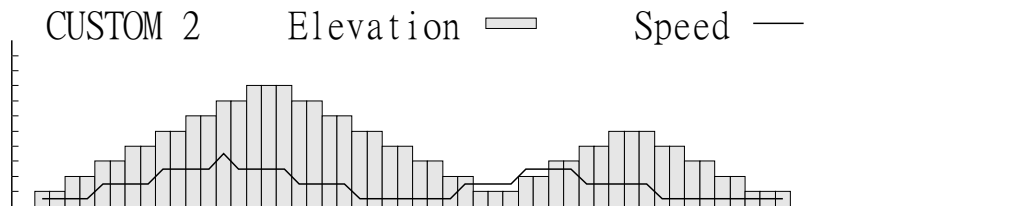
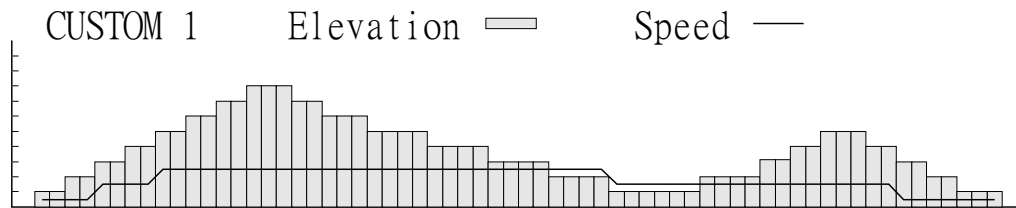
iv) To adjust TIME, press either  /  keys from the Parameter Setting area only and confirm by pressing “ENTER”.

Note: You do not have to input all 50 sequences, press START at any time in any sequence and the treadmill will start to operate based on your input information.

GET STARTED CONTINUED

CUSTOM PROGRAMS 1 2

There are 2 CUSTOM programs and their functions are similar to the USER programs explained above except they have built in programs as shown below. You can use the existing program or edit the program to suit your workout profile.



SECTION 5

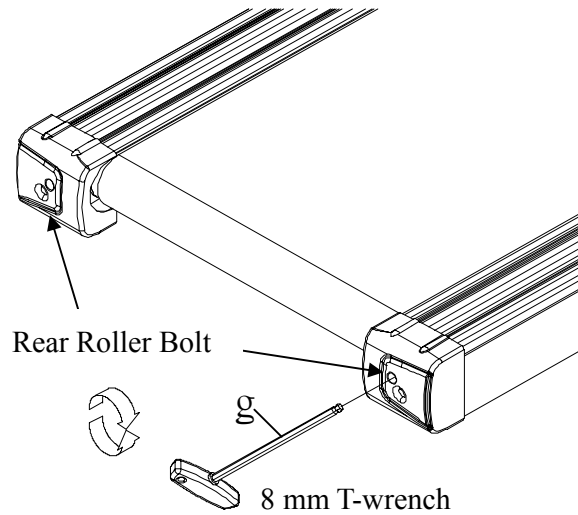
PREVENTIVE MAINTENANCE

If the running belt has shifted to left or right off the center or simply skid when running, please refer to the following

1. Turn the power off.
2. Use a 8mm T-wrench hexagon to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving as shown.
3. Tighten about 1/4 of turn (clockwise).

Note: If the belt does not move back to the center of the treadmill, make another adjustment to the same bolt until the running belt moves closer to the center.

Once the running belt has been adjusted closer to the center, the treadmill can be powered on again.



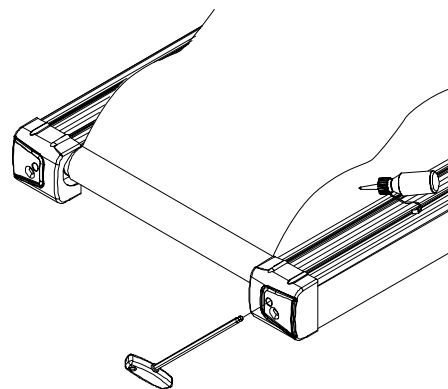
It is recommended that the deck be lubricated every 6~12 months according to the frequency of usage.

Use 8mm T-wrench hexagon to loosen the bolts in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. Use a clean soft cloth and on-abrasive cleaner.

Warning! Do not use cleaner under the running belt.

Pull up running belt, dispense lubricant on deck, and spread evenly.

After lubricating deck, center the belt, and tighten the end caps. Check belt condition and adjust if necessary following the steps above.

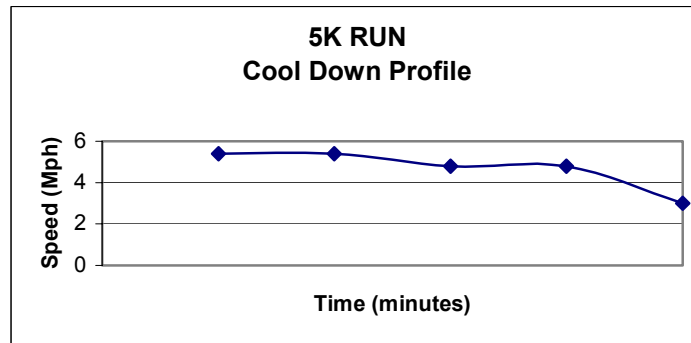
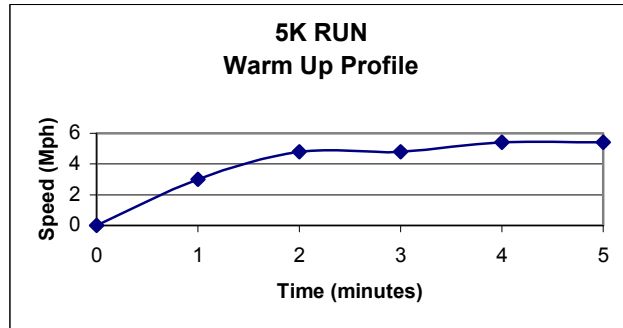


0.5~4.0 Mile	lubricate every 1 year
4.0~8.0 Mile	lubricate every 6 months
8.0~12.4 Mile	lubricate every 3 months

SECTION 6

PRE-PROGRAM DETAILS

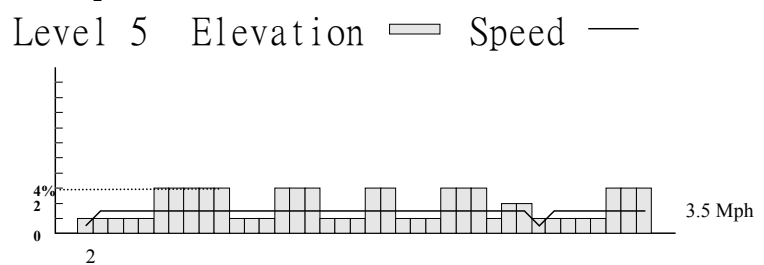
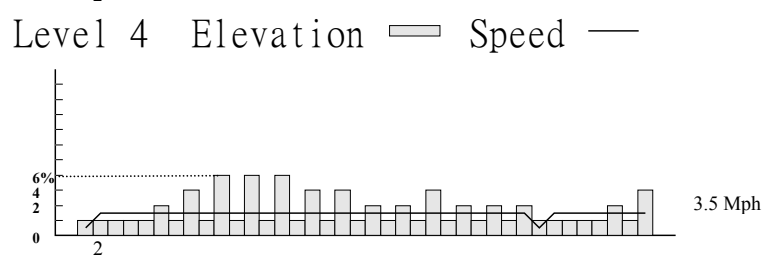
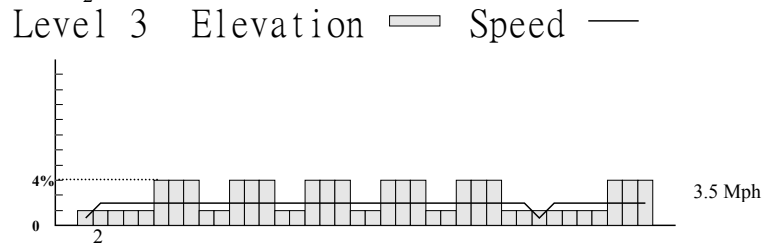
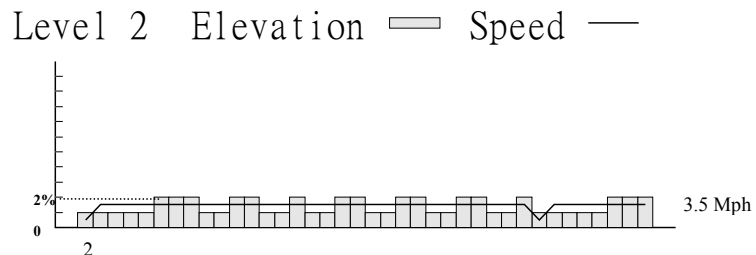
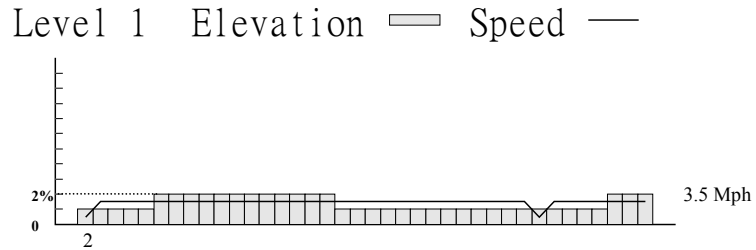
There are 3 pre-set programs and each program has 10 levels of workout choices as shown in the following profiles. They are the 9-HOLE, 5K RUN and CALORIES programs, only 5K RUN has warm up and cool down profile. The followings are the warm up and cool down profiles in **5K RUN** program.



Warm up: (First 5 minutes) with 0% Elevation					
Speed	3.0 mph	4.8 mph	4.8 mph	5.4 mph	5.4 mph
Time	1 minute	1 minute	1 minute	1 minute	1 minute
Cool down: (Last 5 minutes) with 0% Elevation					
Speed	5.4 mph	5.4 mph	4.8 mph	4.8 mph	3.0 mph
Time	1 minute	1 minute	1 minute	1 minute	1 minute



PRE-PROGRAM DETAILS CONTINUED

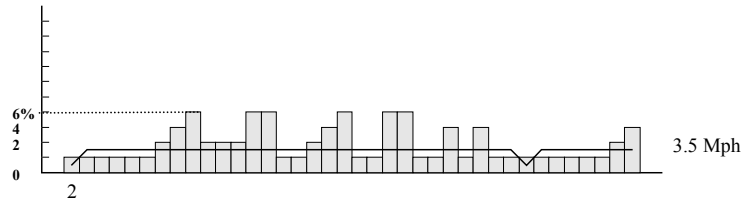
1) 9-HOLE (LEVEL 1 – 5)





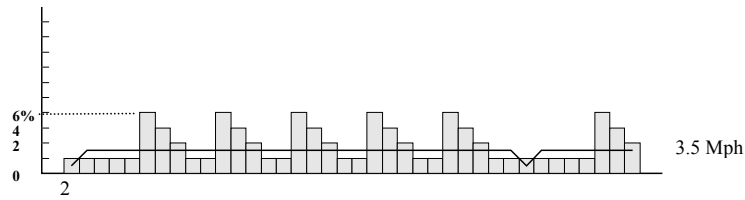
PRE-PROGRAM DETAILS CONTINUED



9-HOLE (LEVEL 6-10)

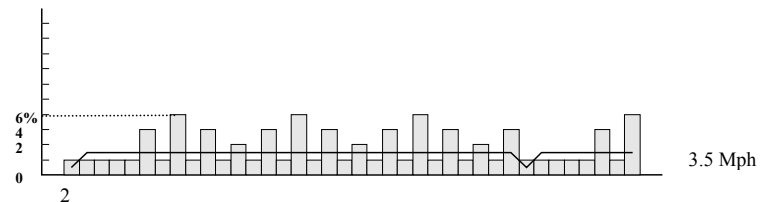
Level 6 Elevation  Speed 





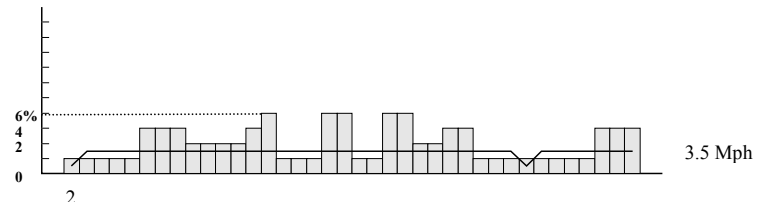
Level 7 Elevation  Speed 





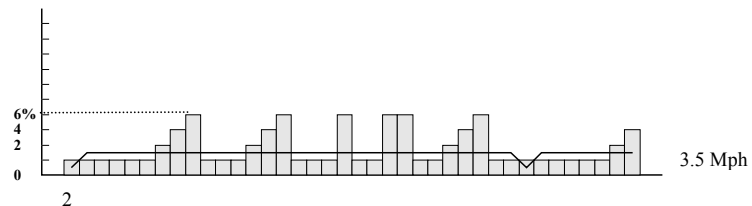
Level 8 Elevation  Speed 



Level 9 Elevation  Speed 





Level 10 Elevation  Speed 

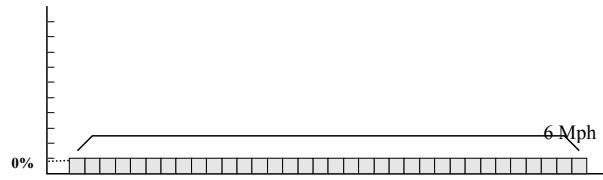




PRE-PROGRAM DETAILS CONTINUED

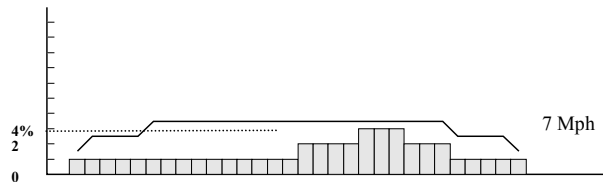
2) 5K RUN (LEVEL 1-5)



Please refer to the beginning of Section 6 for warm up and cool down profiles.

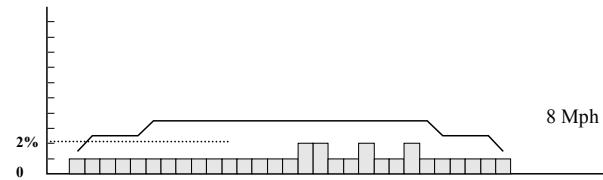
Level 1 Elevation  Speed 





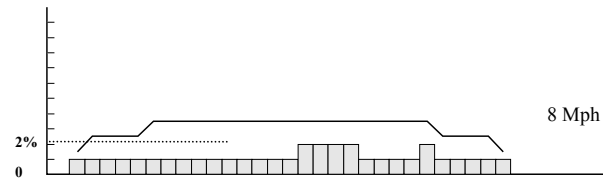
Level 2 Elevation  Speed 





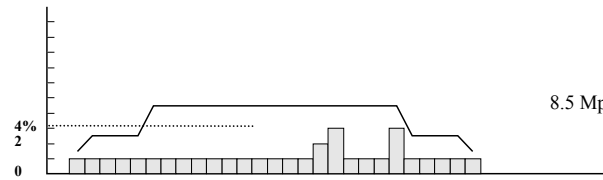
Level 3 Elevation  Speed 



Level 4 Elevation  Speed 





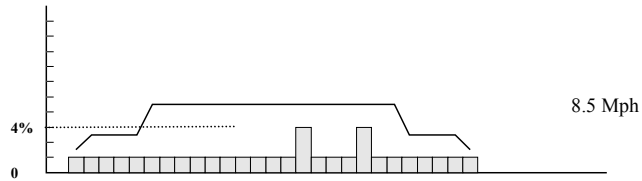
Level 5 Elevation  Speed 





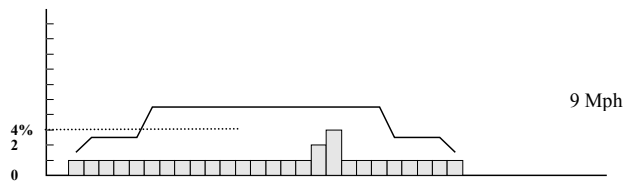
PRE-PROGRAM DETAILS CONTINUED



5K RUN (LEVEL 6-10)

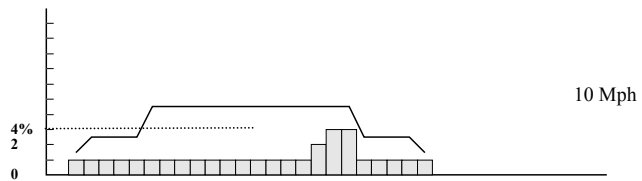
Level 6 Elevation  Speed 





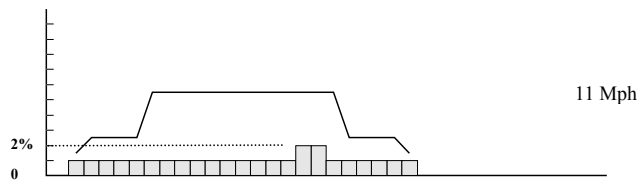
Level 7 Elevation  Speed 





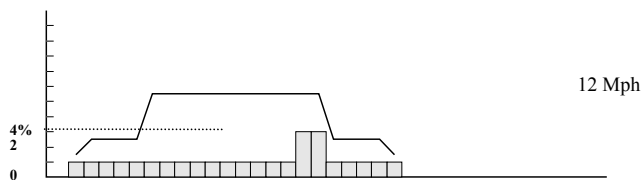
Level 8 Elevation  Speed 



Level 9 Elevation  Speed 





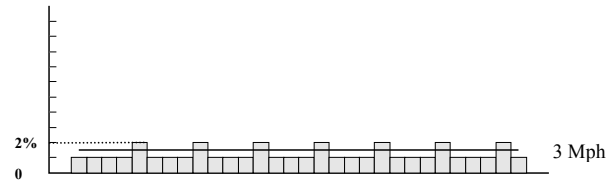
Level 10 Elevation  Speed 





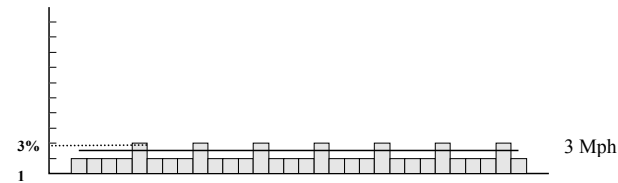
PRE-PROGRAM DETAILS



3) CALORIES (LEVEL 1-5)

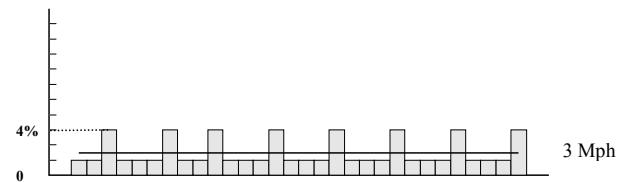
Level 1 Elevation  Speed 





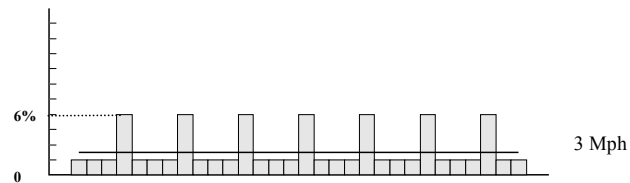
Level 2 Elevation  Speed 





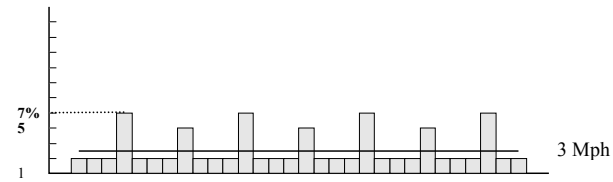
Level 3 Elevation  Speed 



Level 4 Elevation  Speed 





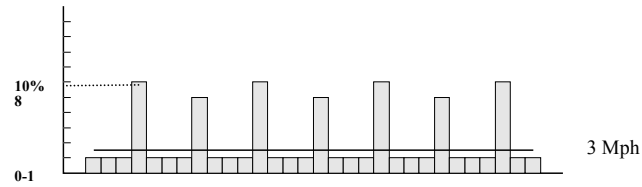
Level 5 Elevation  Speed 





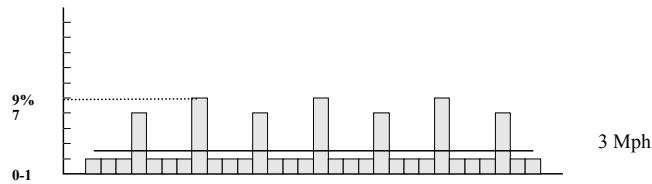
PRE-PROGRAM DETAILS



CALORIES (LEVEL 6-10)

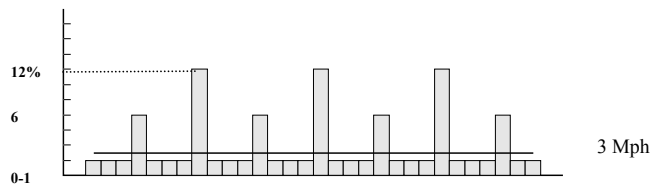
Level 6 Elevation  Speed 





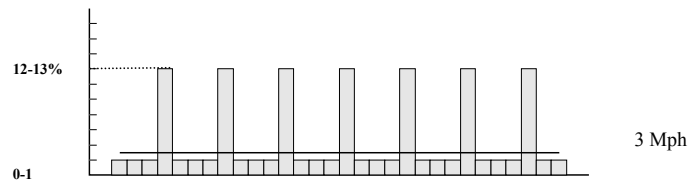
Level 7 Elevation  Speed 





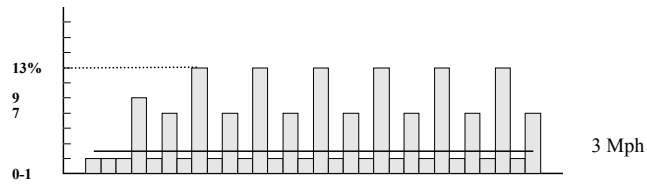
Level 8 Elevation  Speed 



Level 9 Elevation  Speed 



Level 10 Elevation  Speed 



SECTION 8

PART LIST – BF-6730HRP

Item	Description	Qty	Item	Description	Qty		
1	Computer console	1	61	Bolt	M5xP0.8x15	2	
2	Safety key/ Clip	P-1044	1	62	Rubber foot pad	P-1032	2
3	Bolt	K-299	4	63	Bolt	M6xP1.0x10	4
4	Control wire (bottom)		1	64	Lifter		1
5	Handrail upper cover (L)	P-1066L	1	65			
6	Handrail upper cover (R)	P-1066R	1	66	Lifter plate	T*1000	2
7	Handrail upper cover plate	NO.2405	2	67			
8				68			
9	Bolt	Ø4x10	2	69	Plastic sleeve	P-1037	2
10	Handrail bottom cover (L)	P-1065L	1	70	Wheels	Ø10xØ60x30t	2
11	Handrail bottom cover (R)	P-1065R	1	71	Bolt	M10xP1.5x60 (30mm)	2
12	Bolt	Ø4x16	5	72	Γshape steel pin	T*1001	2
13	Bolt	Ø5x25	2	73	R pin	ψ10xψ2.0	2
14	Upright (L)		1	74	Bolt	M10xP1.5x100	1
15	Upright (R)		1	75	Extension (white)	14AWGx90x2T	2
16	Handrail (L)		1	76	Extension (black)	14AWGx90x2T	1
17	Handrail (R)		1	77	Extension (white)	14AWGx650x2T	1
18	Cap	Ø1-1/2"x1.5t	2	78	Extension (black)	14AWGx630x2T	1
19	PVC sponge	FM-005	2	79	Extension (green)	14AWGx120x1T1R	1
20	Upper cover	P-1045	1	80			
21	Plastic cover	P-1064	6	81	Allen wrench	5mm (80mmx80mm)	1
22	Motor set		1	82			
23	Bolt	M10xP1.5x25	4	83	Chest strap transmitter	POLAR T41	1
24	Spring washer	M10	4	84	Bolt	Ø5x38	4
25	Washer	Ø10xØ20x3.0t	4	85	Wire button	UC-2	1
26	Incline motor		1	86			
27	Bolt	M10xP1.5x40	1	87			
28	Nut	M10xP1.5	3	88	Bolt (brass)	M5xP0.8x8	2
29	Belt		1	89	Washer	Ø5xØ13x1.0t	8
30	Controller		1	90	Rubber pad	20x120x1.5t	8
31	Bolt	M5xP0.8x12	3	91	T shape wrench	8mmx200mm	1
32				92			
33	Bolt	M10xP1.5	1	93	Rubber pad	P-1155A	3
34	Bolt	M8xP1.25x40	2	94	Washer	Ø6xØ16x1.0t	5
35	Bolt	M5xP0.8x15	4	95	Foot pad	P-1155	2
36	Power cord		1	96	Bolt	Ø4x15	2
37	Power socket		1	97	Sensor plate	P-1152	1
38	Power switch		1	98			
39	Circuit breaker		1	99	Spring washer	M8	4
40	Sensor (round)		1	100	Bolt	M8xP1.25x25	4
41	Bolt	M4xP0.7x15	1	101	Nut	M8xP1.25	8
42	Sensor plate	NO.2399	1	102	Bolt	M5xP0.8x12	4
43	KSS wire plate	HC-101S	2	103	Bolt	K-298A	4
44	Bolt	M8xP1.25x75	1	104			
45	Bolt	M8xP1.25	1	105			
46	Frame		1	106			
47	Cushion	P-1301	6	107	Bolt	M5xP0.8x15	2
48	Front roller	RL-005	1	108	Bottle holder		1
49	Walking board	MB-006	1	109	Water holder		1
50	Bolt	M8xP1.25x40	2	110	Handrail control sticker (speed)		1
51	Walking belt		1	111	Handrail control sticker (angles)		1
52	Bolt	M8xP1.25x35	8	112	Handrail switch plastic		2
53	Plastic	P-1034	8	113	Handrail switch + wire		2
54	Bolt	M4xP0.7x10	8	114	Bolt	ψ3x8	2
55	Aluminum deck	AL-001	2	115	Bolt	ψ3x20	4
56	Rear roller	RL-005A	1	116			
57	Washer	ψ10xψ20x2.0t	3	117			
58	Bolt	M10xP1.5x110	2	118			
59	Rear adjust box (L)	P-1096L	1	119			
60	Rear adjust box (R)	P-1096R	1	120			

TROUBLESHOOTING

ERROR MESSAGE	PROBABLE CAUSES	SOLUTION
E1		
- Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
- Running Deck	Running Deck not lubricated	Check R-Deck oil
	Speed Sensor misaligned	Check Sensor position
	Speed Sensor Faulty	Replace S-Sensor
	Loose Display Cable	Check Display Cable connection
	Faulty MCB (D2 LED on)	Replace MCB
	Drive Motor disconnected	Check D-Motor connection
	Drive Motor Faulty	Replace D-Motor
E4		
- Body Fat Data Incomplete	Heart Rate not detected	Hold Heart Rate Grip Properly
- Loss of Data	Faulty Receiver in Display	Replace Heart Rate Receiver
	Faulty Control Board in Display	Replace Heart Rate Control Board

TROUBLESHOOTING

ERROR MESSAGE	PROBABLE CAUSES	SOLUTION
E6		
- Safety Key Off	Safety Key Faulty	Check Safety Key or Switch
- Elevation Motor	Elevation Motor not moving	Check Elevation Motor connection
- Stalled Elevation	Elevation Motor screw binding	Clean screw and lubricate
	Elevation Motor out of Range	Check Zero Position of E-Motor
	E-Motor Potentiometer	Replace Elevation Motor
E7		
- Elevation Motor	Elevation Motor out of Range	Replace Elevation Motor
Display Doesn't Lit Up	On/Off switch	Check if unit is turned on
	Insufficient Power Source	Plug unit in a dedicated 120V, 20Amp Outlet
	Line Cord Damaged	Replace Line Cord
	Fuse	Check Fuse on MCB

POWERMILL

SECTION 10

BF-6730HRP

WARRANTY

BLADEZ FITNESS extends the following exclusive, limited warranty of POWERMILL, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

FRAME – LifeTime

Bladez Fitness warrants the Frame against defects in workmanship and materials for Lifetime, so long as it remains in the possession of the original owner.

MOTOR – 10 Years

Bladez Fitness warrants the Motor against defects in workmanship and materials for a period of TEN years from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS – 2 Years

Bladez Fitness warrants the Electronic components and all original parts (other than the Motor) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR – 1 Year

Bladez Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear

BLADEZ FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to BLADEZ FITNESS before a warranty claim can be processed.