



OWNER'S MANUAL BFT25

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTION.....	3
SAFETY GUIDELINES.....	4
DIMENSIONS.....	4
ASSEMBLY INSTRUCTIONS.....	9
SETTING UP YOUR BFT25.....	20
CONSOLE DISPLAY & FEATURE.....	22
CONSOLE OPERATION.....	24
EXERCISE TIPS & GUIDELINES.....	28
GENERAL MAINTENANCE.....	30
TROUBLE SHOOTING.....	33
SERVICING THE BFT25.....	34
HARDWARE PACK.....	35
PARTS LIST.....	36
EXPLODED DRAWING.....	39



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IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS, INCLUDING THE FOLLOWING:

- Read all instructions before using the BFT25. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the BFT25 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFT25 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Best Fitness BFT25.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call _____ for the dealer nearest you.

SAFETY GUIDELINES

Successful cardio training programs have one prominent feature in common...safety. Cardio training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct running techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- **It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- **Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- **Always wear appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**
- **Maintaining equipment in proper operating condition is of utmost importance for a safe cardio training program.**
- **Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- **Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- **Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**
- **To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 110VAC, 15Amp, grounded outlet.**
- **Do not use an extension cord unless it is 12awg or larger, with only one outlet on the end. the treadmill should be the only appliance in the electrical circuit. do not attempt to disable the grounded plug by using improper adapters, or in any way modify the cord set. a serious shock or fire hazard may result along with computer malfunctions.**

SAFETY GUIDELINES

ELECTRICAL SAFETY

WARNING!

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non-condensing (no water drops forming on surfaces).

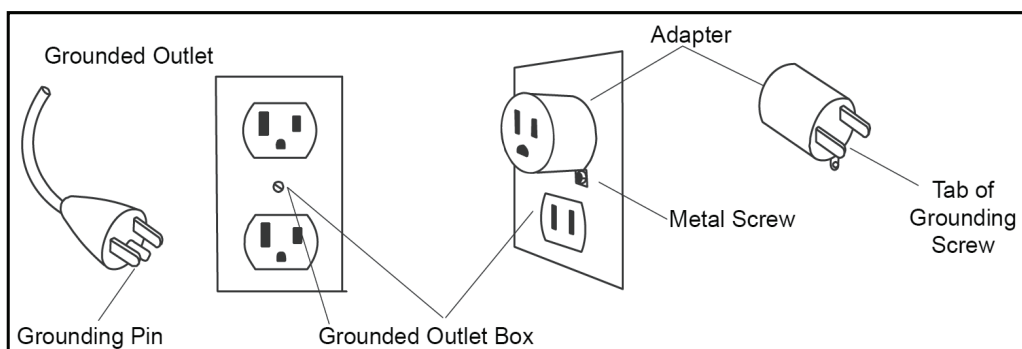
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only appliance on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores

GROUNDING INSTRUCTION

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-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 with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



SAFETY GUIDELINES

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment.

Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

MECHANICAL SAFETY

- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert an object into any opening.
- Only one person may use the treadmill at a time.
- Never activate the treadmill when someone is standing on the belt.

APPROPRIATE ATTIRE

- Always wear appropriate clothing.
Do not wear loose clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill.
Do not wear shoes with heels or leather soles.
Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under *strict* adult supervision. To ensure safety, keep young children off the treadmill at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

SAFETY GUIDELINES

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit. Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

SAFETY TETHER CORD

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

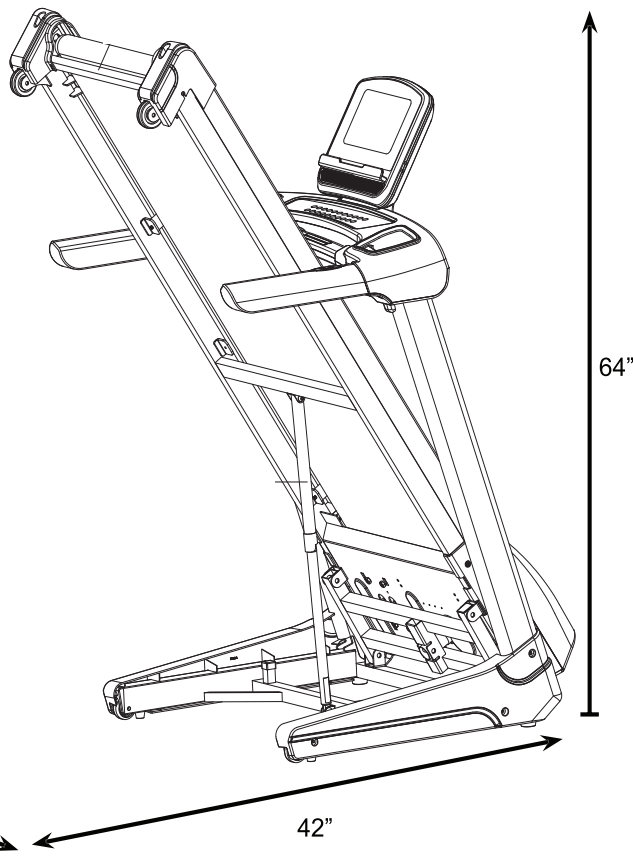
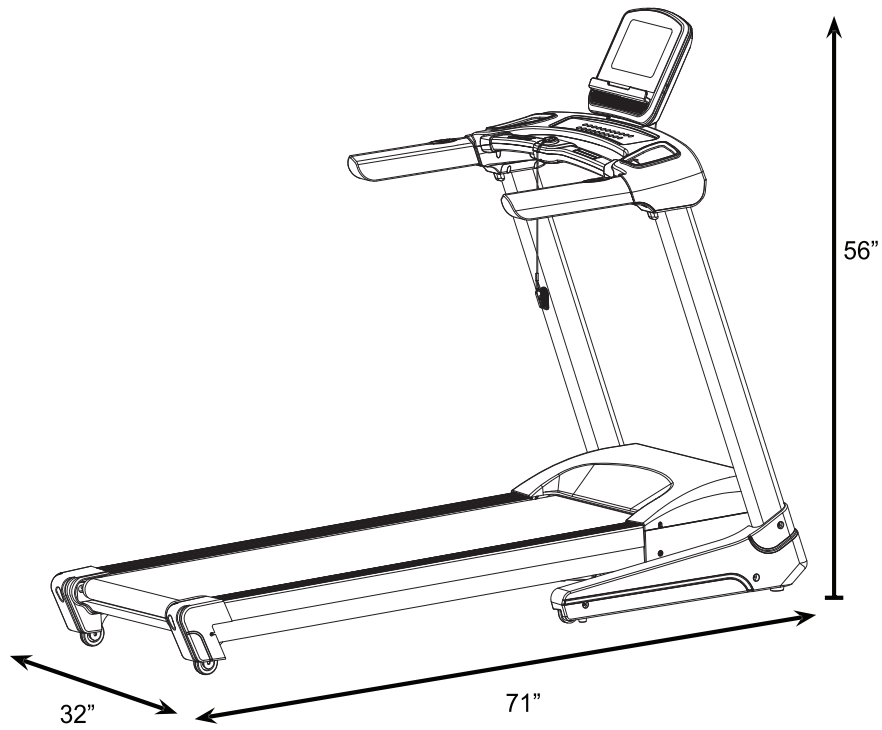
To Use:

1. Place the magnet into position on the console control head. Your treadmill will not start and operate without this.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.

Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

DIMENSIONS



⚠ WARNING
MAX LOAD
265 lbs (120KG)

ASSEMBLY INSTRUCTIONS

Assembly of the BFT25 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

PROFESSIONAL INSTALLERS ARE HIGHLY RECOMMENDED!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

ASSEMBLY TIPS

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the BFT25 using the illustrations only, important safety notes and other tips are included in the text.

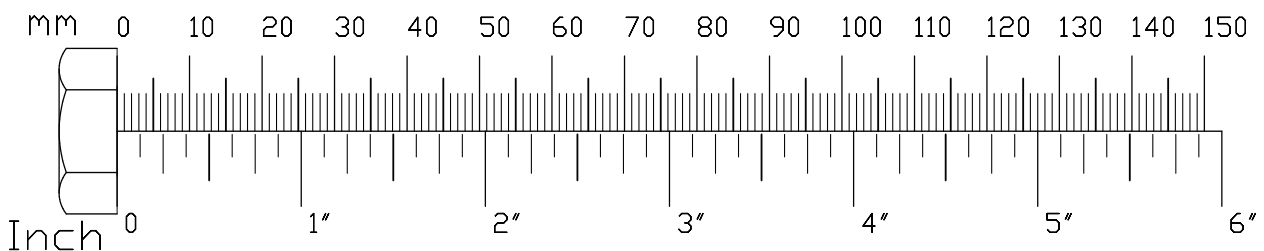
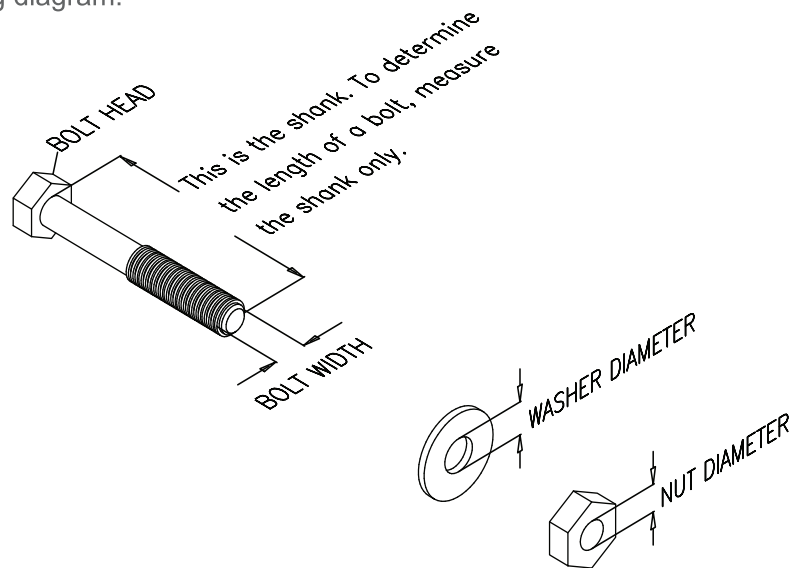
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head).

Refer to the following diagram:

NOTE: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



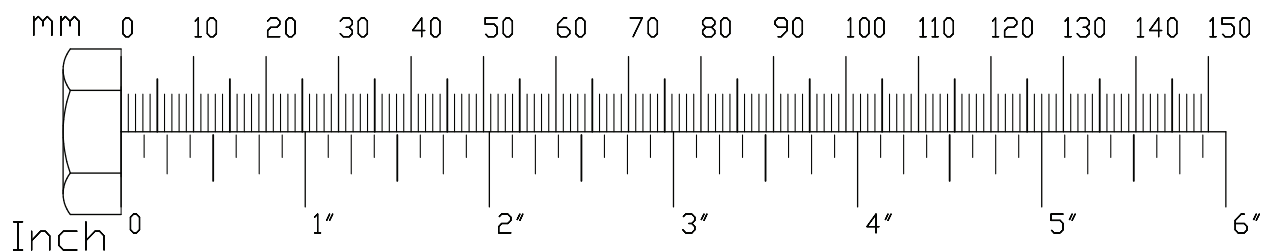
STEP**1**

Be careful to assemble all components in the sequence they are presented.

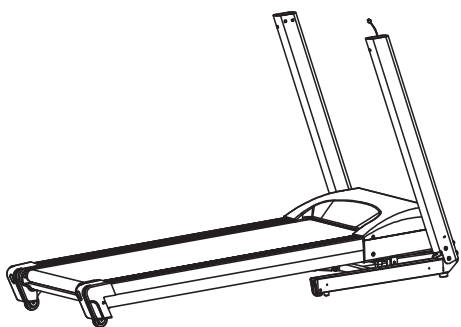
NOTE:

Finger tighten all hardware first in this step. DO NOT wrench tighten unless instructed. Some components may be pre-assembled. Nylon lock nuts fully screw onto bolts, they must be wrench tighten to fully go on.

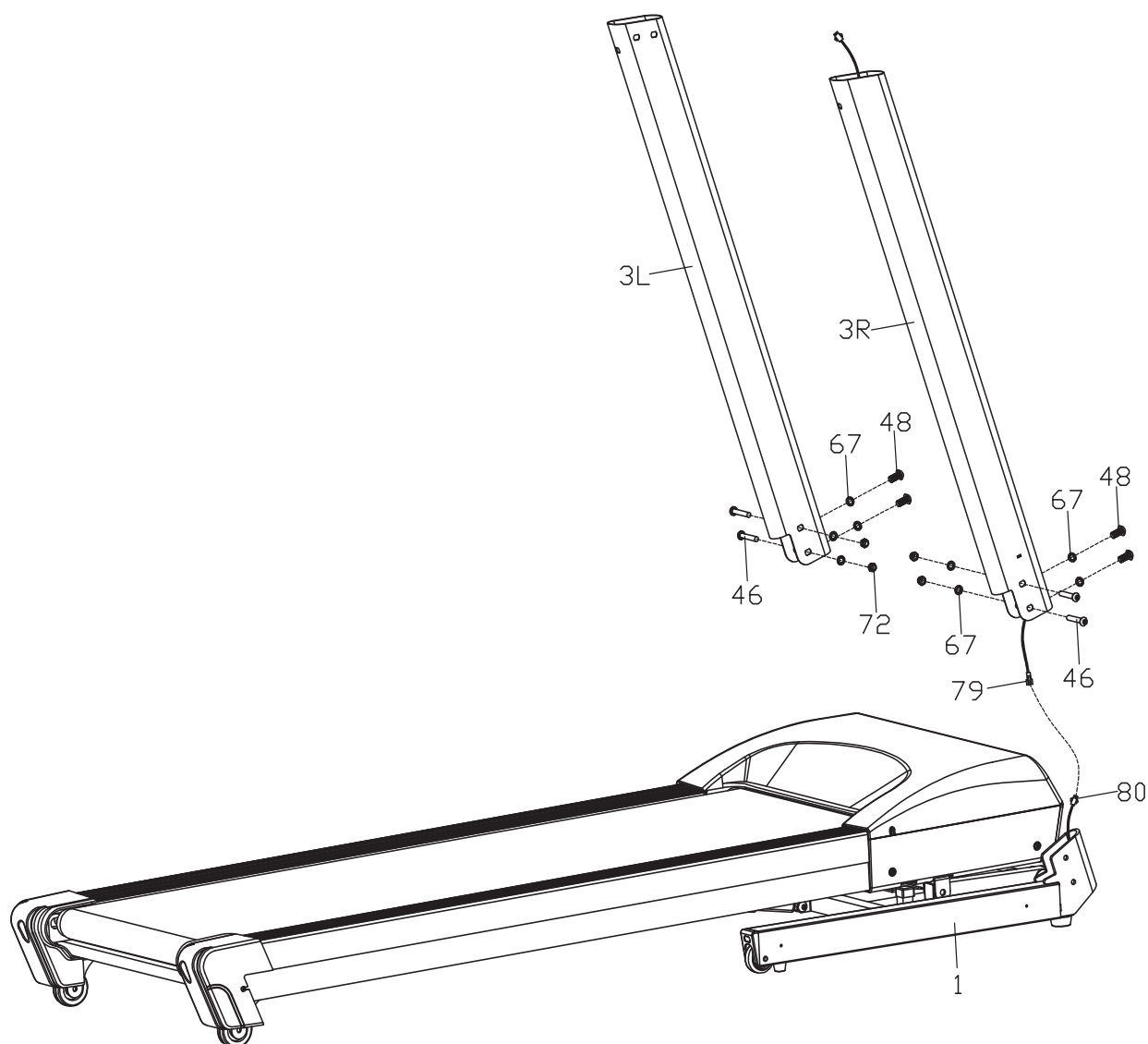
- 1A. Attach Left Upright (#3L) to Front Base Frame (#1) using
Two #46 (Button Head Cap Screw M8x50mm)
Two #48 (Button Head Cap Screw M8x15mm)
Four #67 (Serrated Lock Washer M8)
Four #72 (Nylon Lock Nut M8)
- 1B. Connect Middle Cable (#79) to Control Board Cable
- 1C. Attach Left Upright (#3R) to Front Base Frame (#1) using
Two #46 (Button Head Cap Screw M8x50mm)
Two #48 (Button Head Cap Screw M8x15mm)
Four #67 (Serrated Lock Washer M8)
Four #72 (Nylon Lock Nut M8)



STEP
1



Above shows STEP 1 assembled and completed.



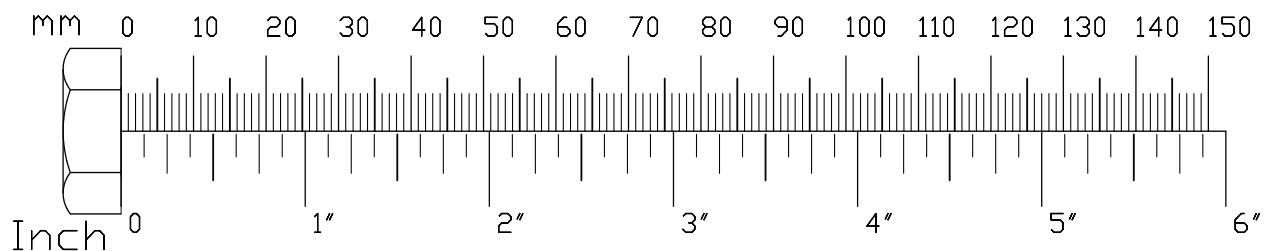
STEP**2**

Be careful to assemble all components in the sequence they are presented.

NOTE:

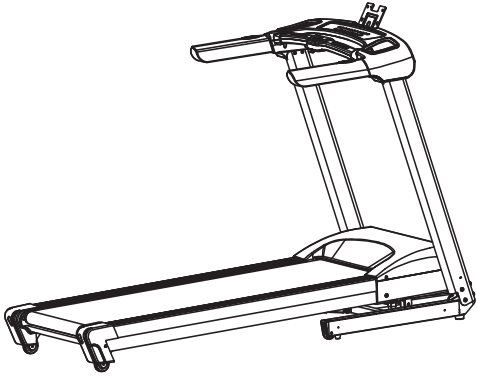
Finger tighten all hardware first in this step. Wrench tighten ALL hardware at the end of STEP 2B. Some components may be pre-assembled. Nylon lock nuts fully screw onto bolts, they must be wrench tighten to fully go on.

- 2A. Connect Console Cable (#78) to Middle Cable (#79).
- 2B. Attach Console Frame (#4) to the Uprights (#3L & #3R) using
Six #48 (Button Head Cap Screw M8x15mm)
Six #67 (Serrated Lock Washer M8)

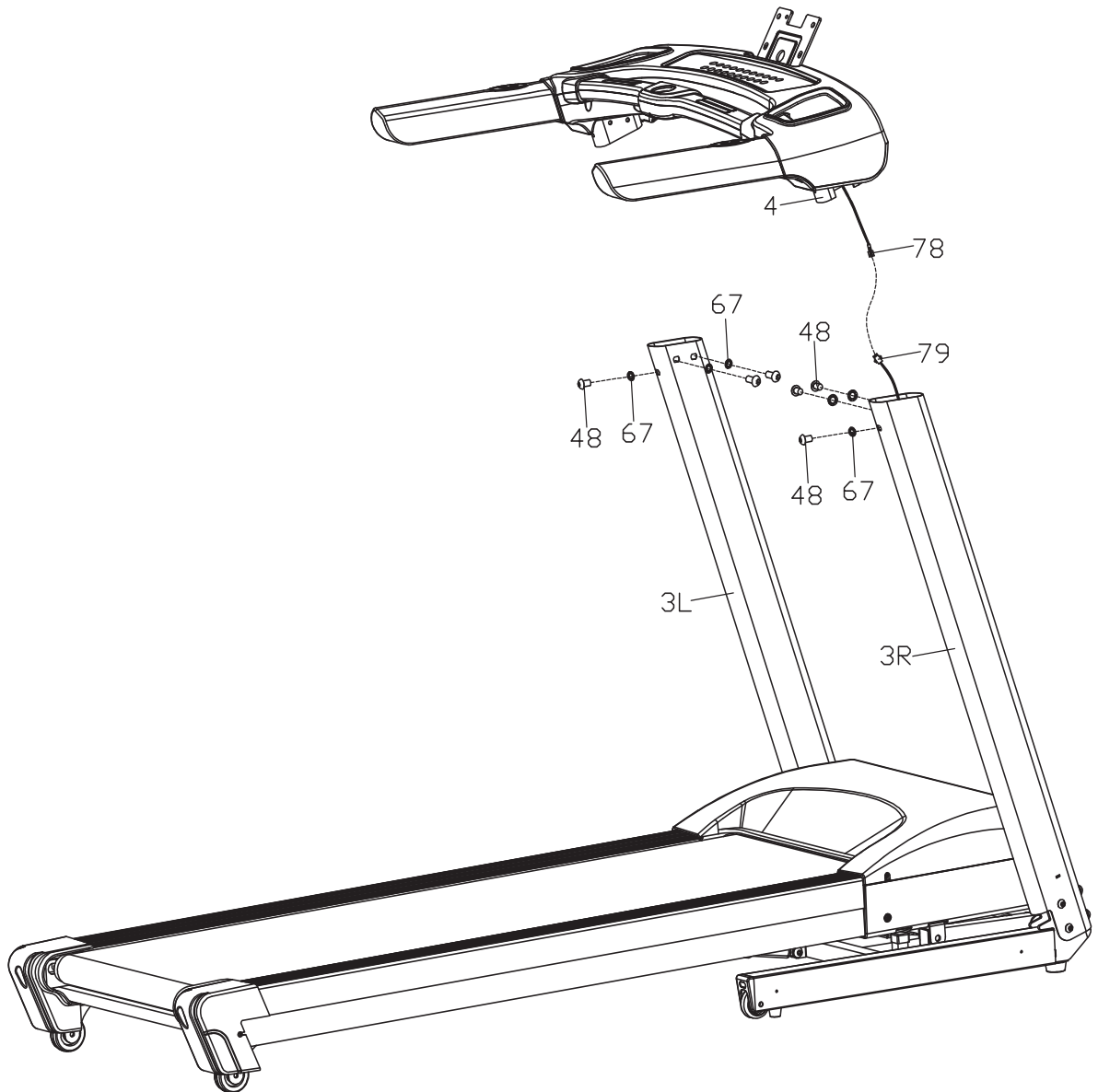


STEP

2



Above shows STEP 2 assembled and completed.



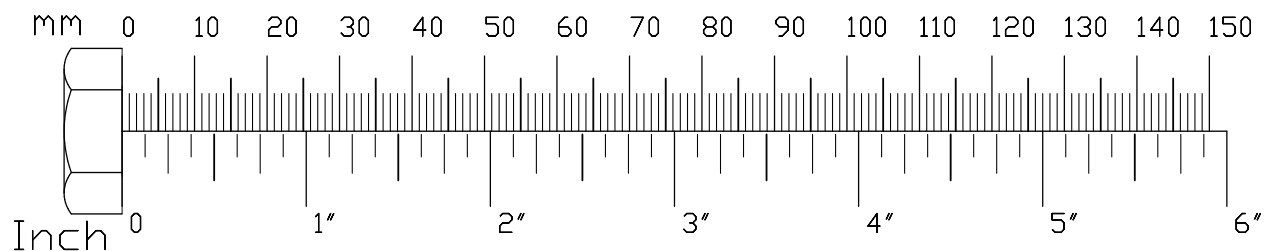
STEP**3**

Be careful to assemble all components in the sequence they are presented.

NOTE:

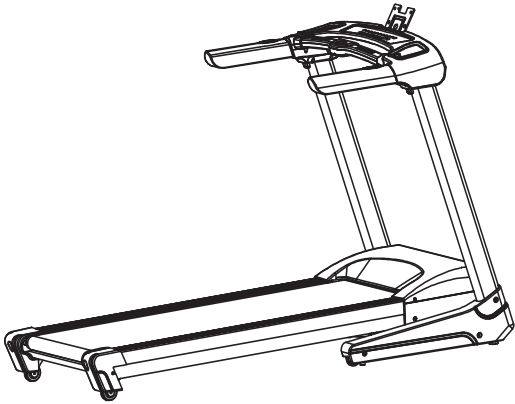
Finger tighten all hardware first in this step. Wrench tighten ALL hardware at the end of STEP 3B. Some components may be pre-assembled. Nylon lock nuts fully screw onto bolts, they must be wrench tighten to fully go on.

- 3A. Attach Left and Right Upright Covers (#19L & 19R) to Console Bottom Cover using
Four #58 (Phillips Rounded Self Tapping Screw ST4x16)
- 3B. Attach Left and Right Side Covers (#26L & 26R) to Front Base Frame using:
Six #89 (Phillips Rounded Self Tapping Screw with WasherST4x16)

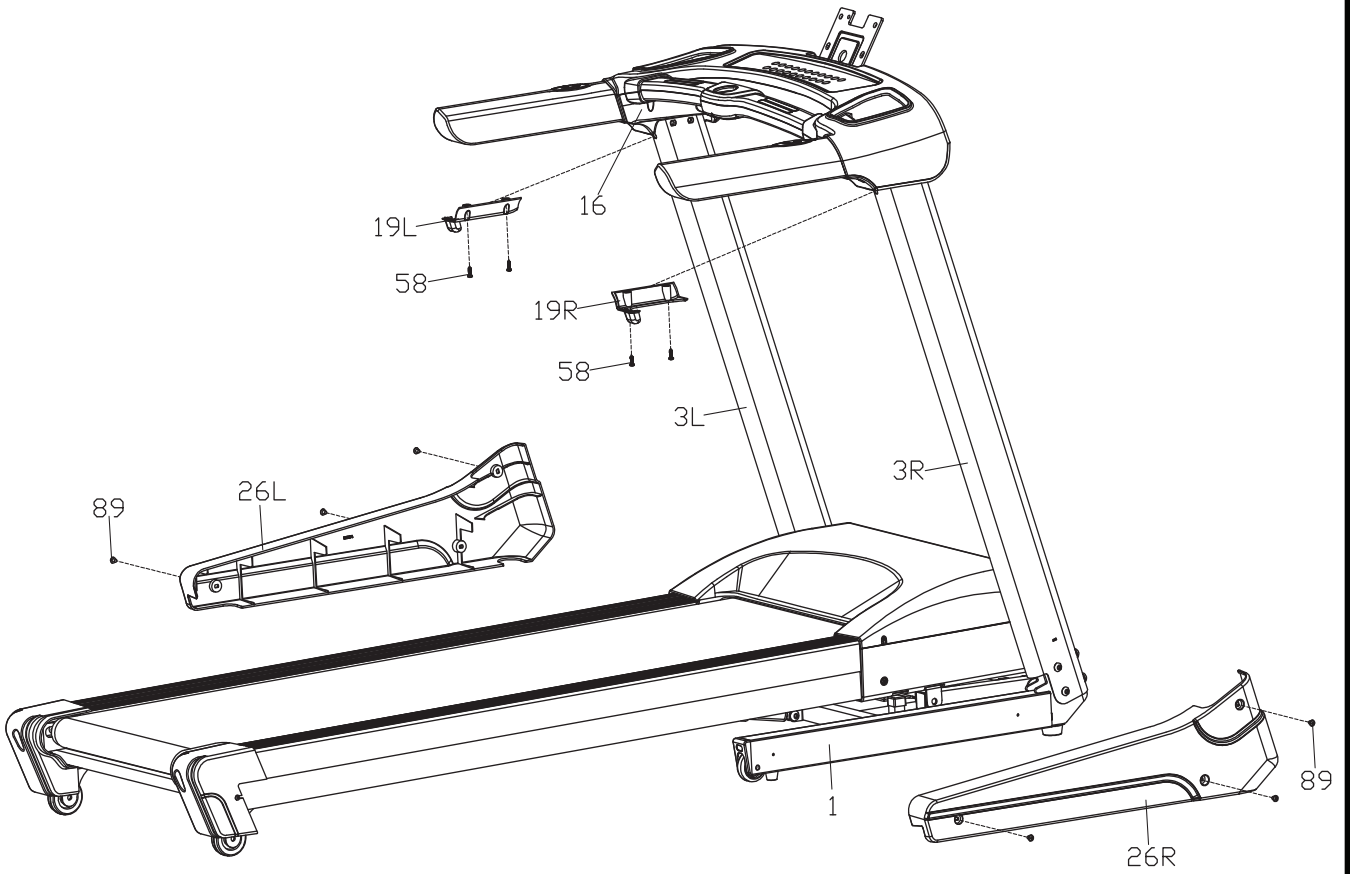


STEP

3



Above shows STEP 3 assembled and completed.



STEP**4**

Be careful to assemble all components in the sequence they are presented.

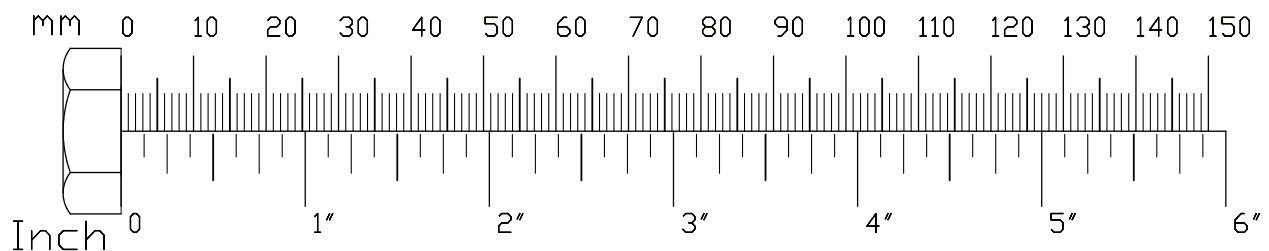
NOTE:

Finger tighten all hardware first in this step. Wrench tighten ALL hardware at the end of STEP 4C. Some components may be pre-assembled. Nylon lock nuts fully screw onto bolts, they must be wrench tighten to fully go on.

- 4A. Connect Cables from Console (#6) to Cables from the Console Frame (#4).
(Note: Cable labels of A, B+, B-, C & D should be matched)

- 4B. Attach Console Back Cover (#6) to Console Frame (#4) using:
Four #48 (Button Head Cap Screw M8x15mm)
Four #67 (Serrated Lock Washer M8)

- 4C. Attach Console Rear Cover (#13) to Console Back Cover (#12) using:
Three #58 (Phillips Rounded Self Tapping Screw ST4x16mm)

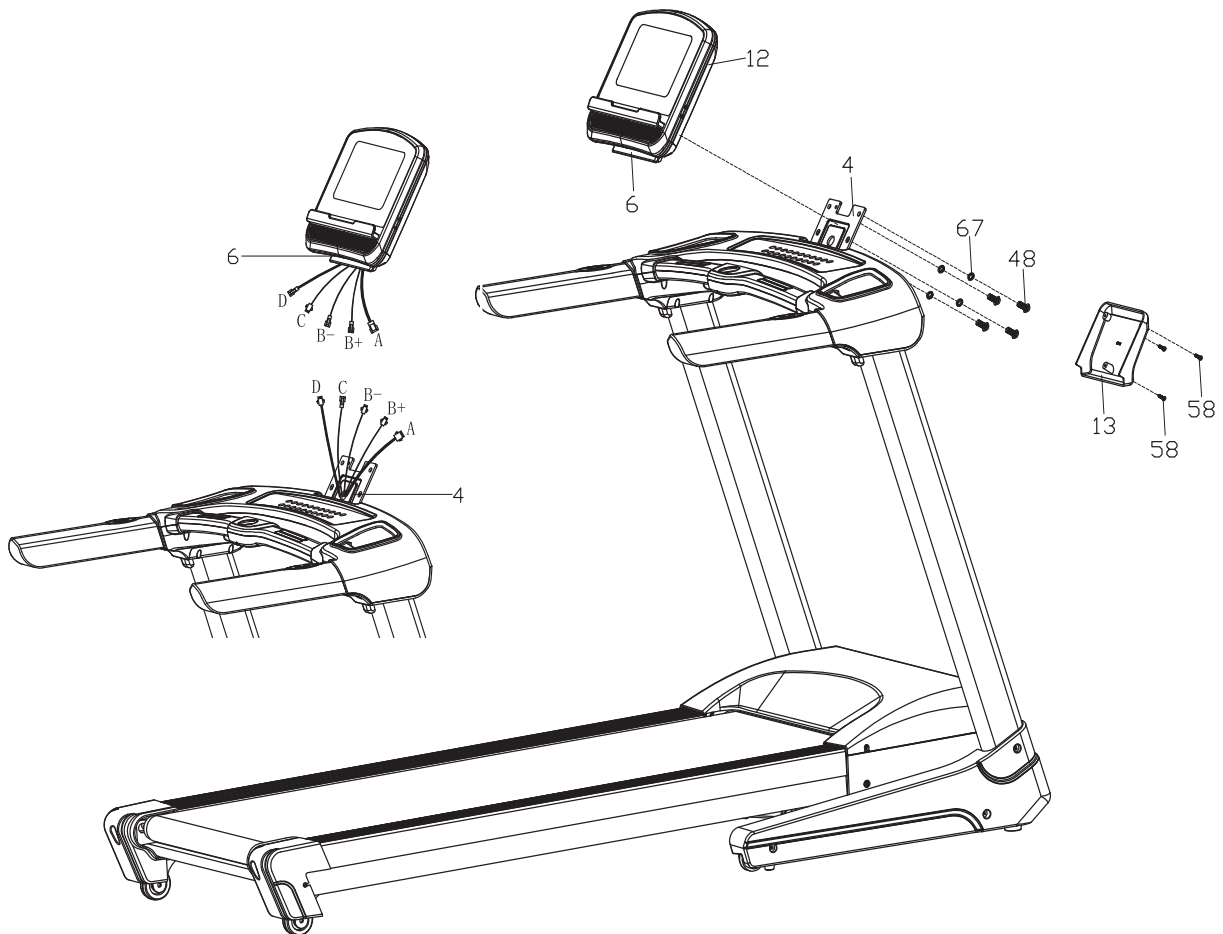


STEP

4



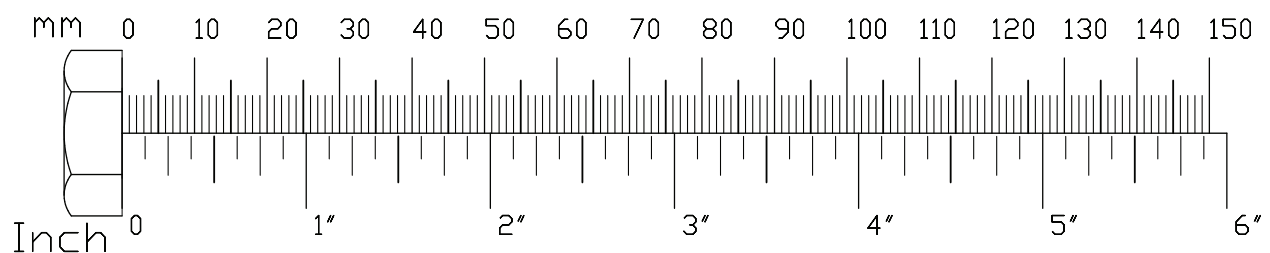
Above shows STEP 4 assembled and completed.



STEP**5****Be careful to assemble all components
in the sequence they are presented.**NOTE:

Some components may be pre-assembled. Nylon lock nuts fully screw onto bolts, they must be wrench tighten to fully go on.

- 5A. Insert Safety Tether (#81) into the center Slot hole of Lower Console (#4).
- 5B. Connect Power Cord (#88) to electrical outlet.

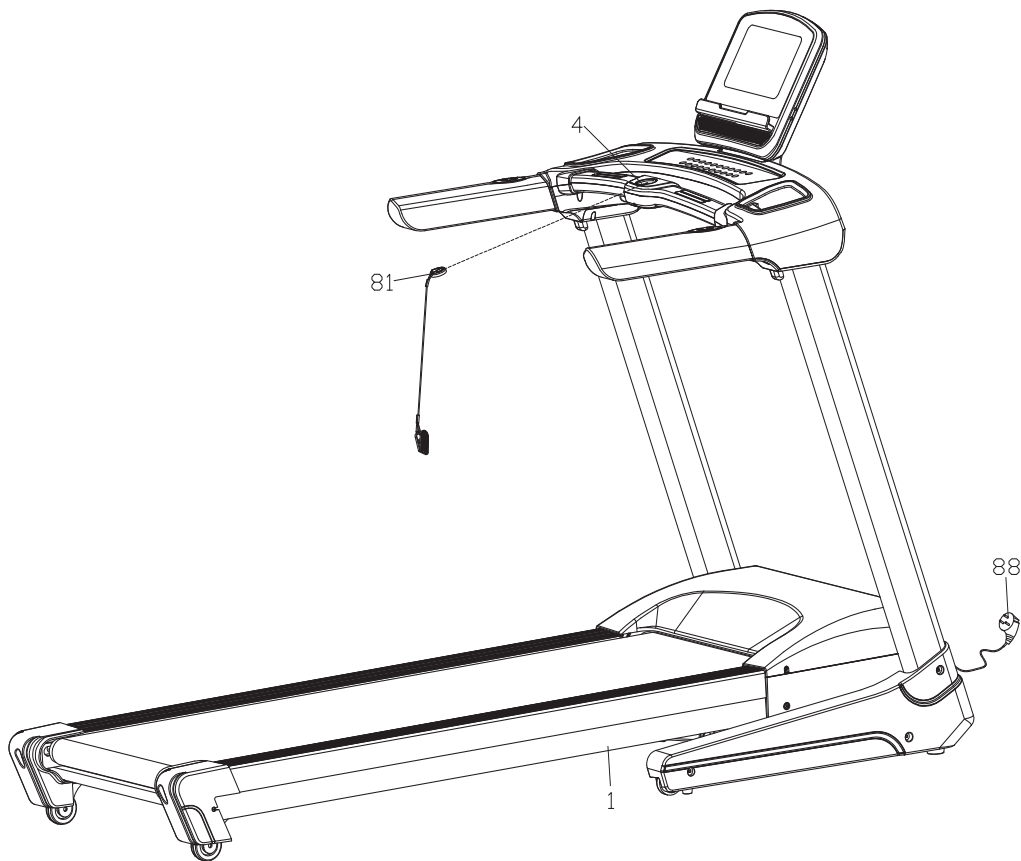


STEP

5



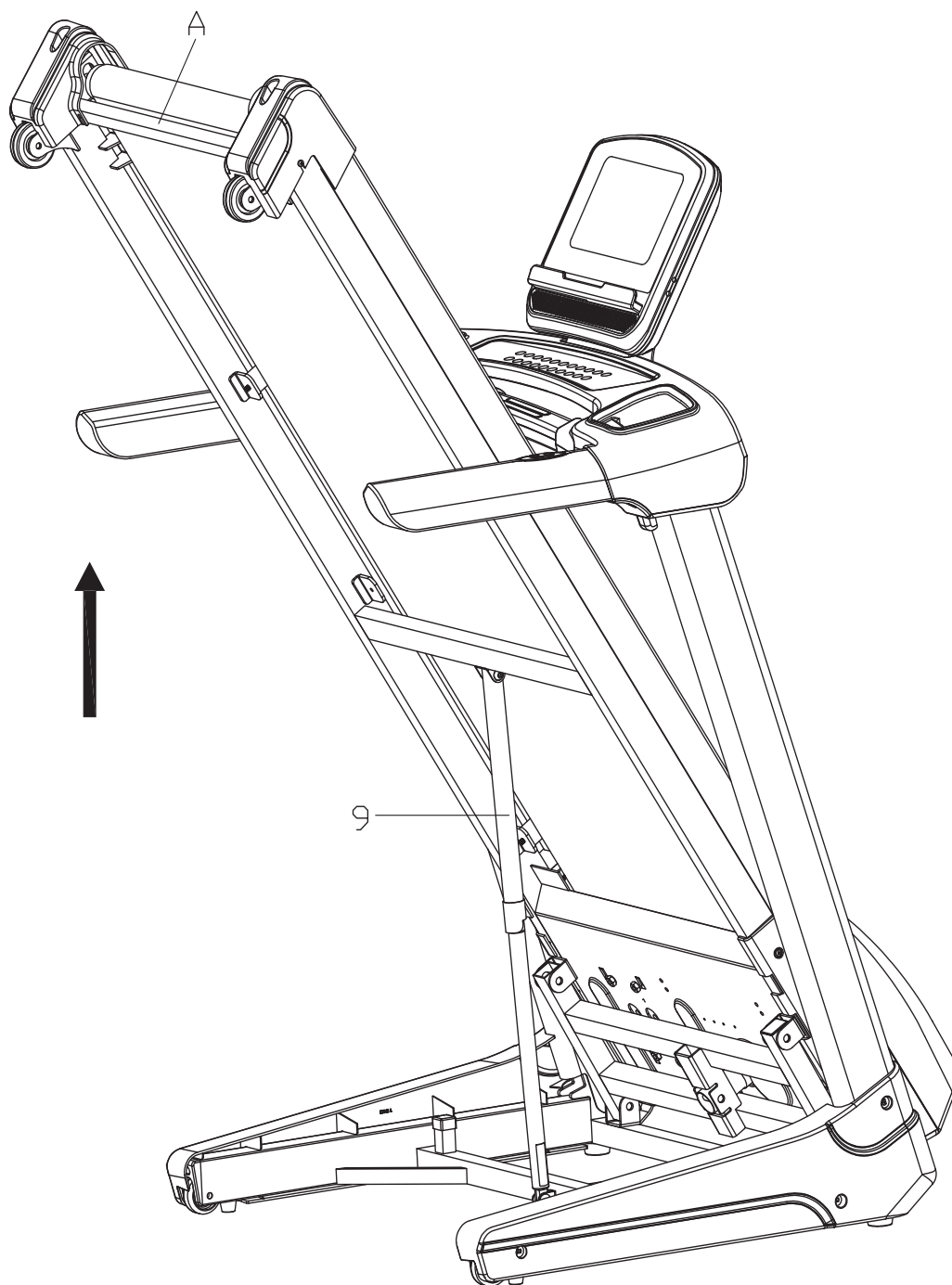
Above shows STEP 5 assembled and completed.



SETTING UP YOUR BFT25

FOLDING THE TREADMILL

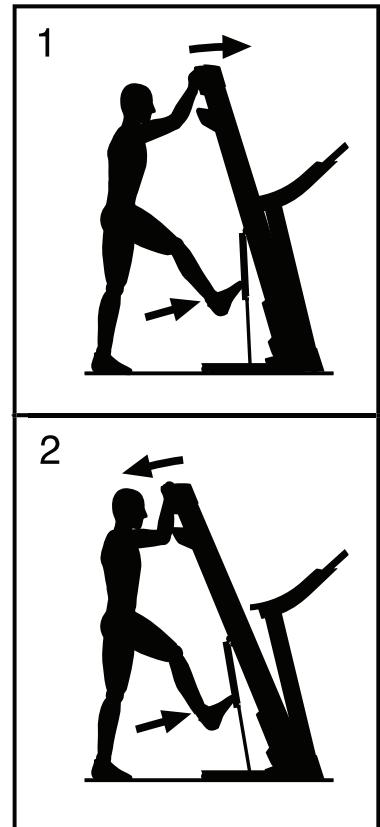
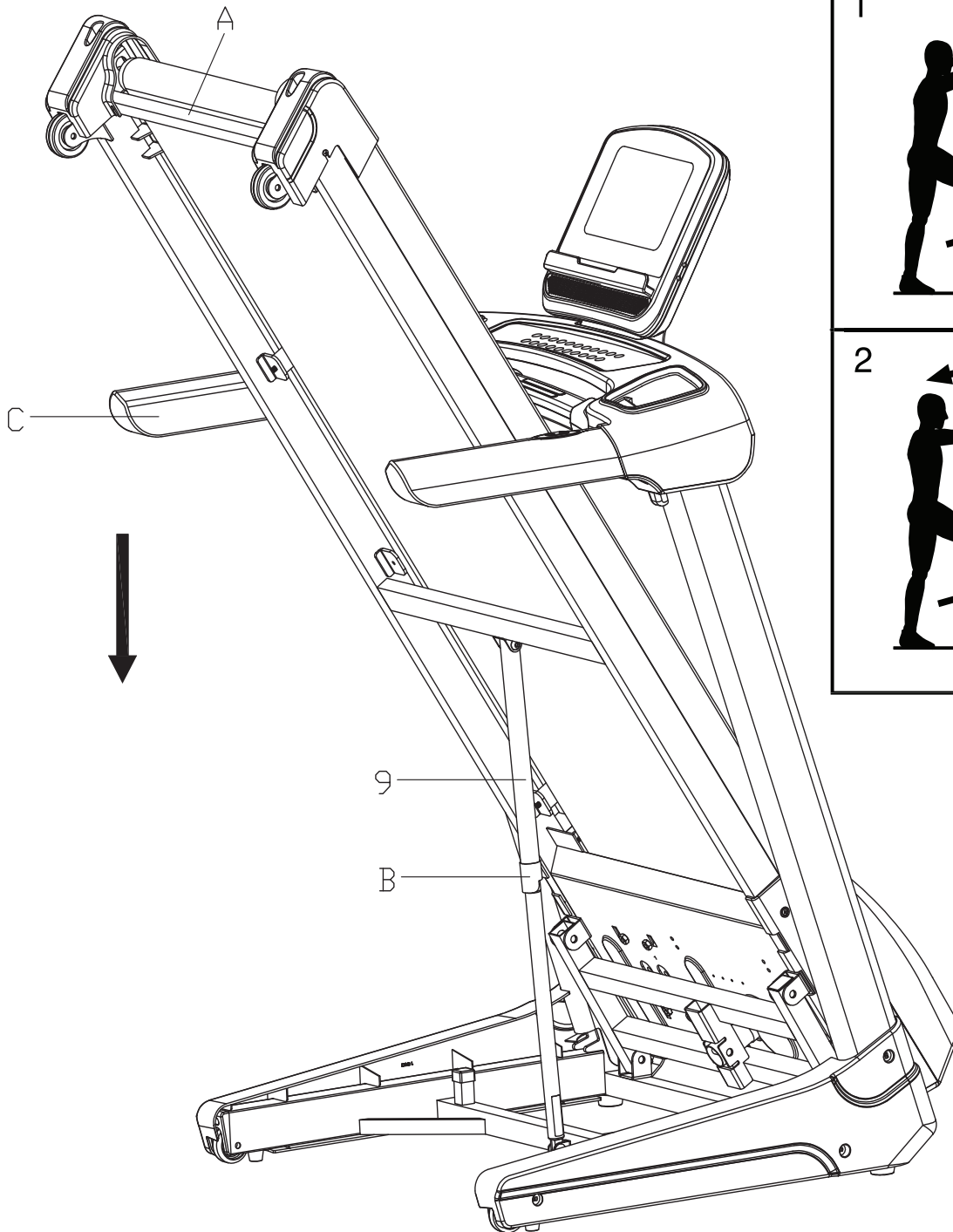
1. Lift the deck of the treadmill up as shown in the drawing until you hear the gas spring gives a snap sound.
2. Make sure the deck is in upright and locked position.



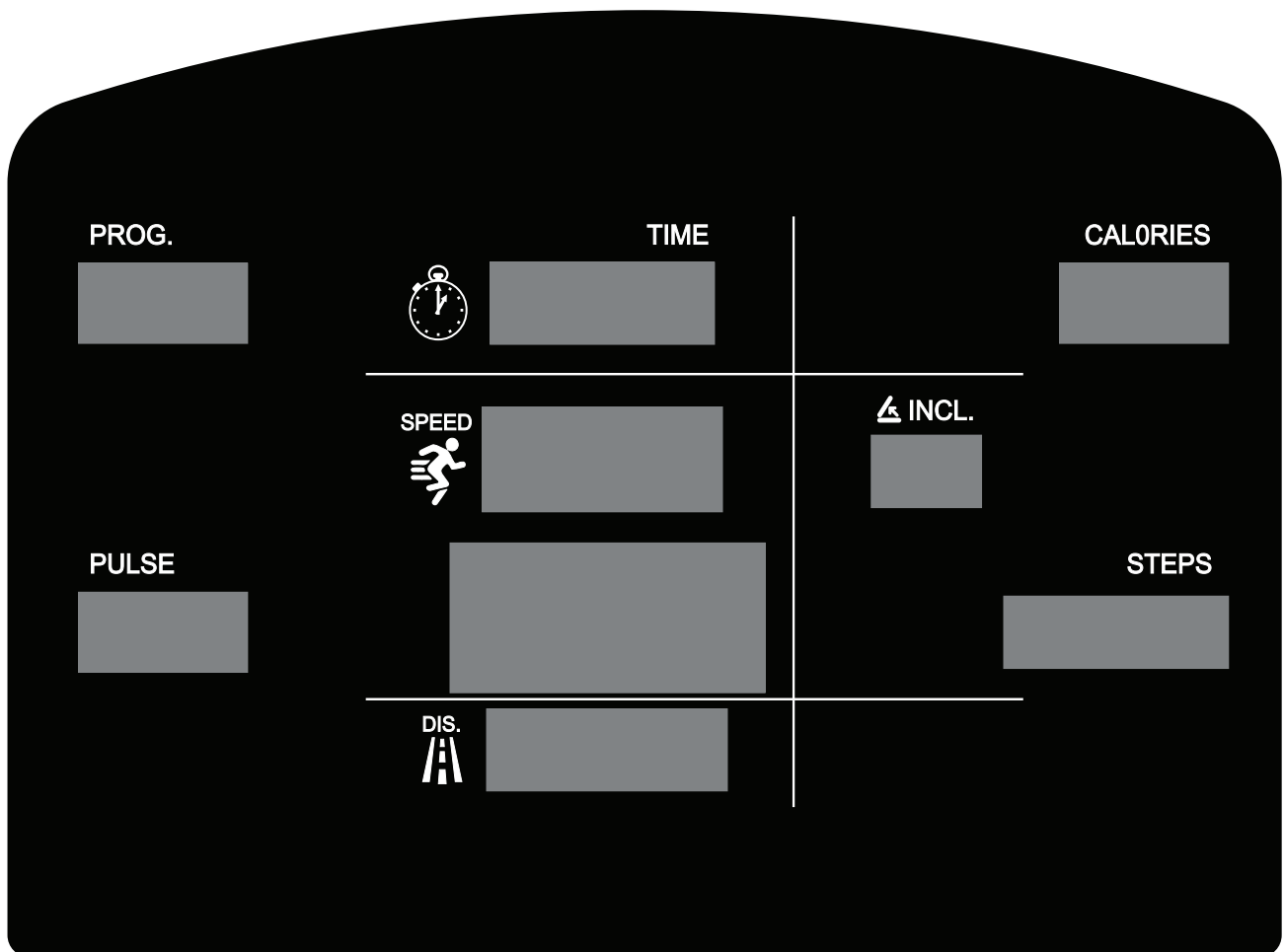
SETTING UP YOUR BFT25

UNFOLDING THE TREADMILL

1. Hold the rear end of the running deck with both hands.
2. Gently kick Gas Spring to release the Gas Spring.
3. Let the deck unfold slowly by itself.



CONSOLE DISPLAY & FEATURES



DISPLAY OVERVIEW

TIME: Displays duration of the workout in minutes and seconds.

PULSE: Displays Heart Rate in beats per minute.

DISTANCE: Displays traveled distance during workout in miles

COLORIES: Displays Calories burned during workout.

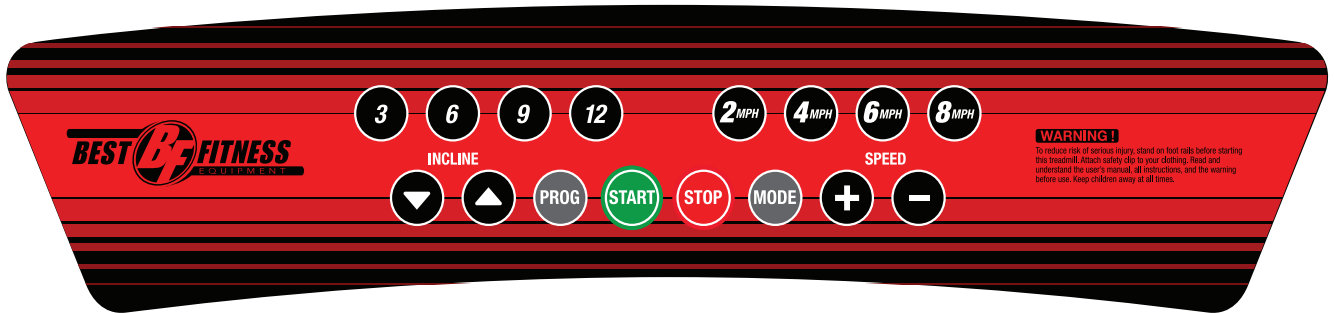
SPEED: Displays current speed during workout in mph

INCLINE: Displays current incline of your workout.

STEP: Displays total steps during workout.

PROG: Displays current program during workout.

CONSOLE DISPLAY & FEATURES



BUTTONS OVERVIEW

START: To start or pause the workout.

STOP: To stop the workout and back to Standby Mode.

SPEED: To increase or decrease workout speed

INCLINE: To increase or decrease workout incline level

QUICK INCLINE: To quickly select different incline level (3, 6, 9,12).

QUICK SPEED: To quickly select different speed (2, 4, 6, 8 MPH)

PROG: To select different programs.

MODE: To select different Mode.

CONSOLE OPERATION

PROGRAMS

P00: QUICK START:

1. In Standby mode, press the START button to enter QUICK START mode.
2. During workout, SPEED and INCLINE can be changed using INCLINE +/- & SPEED +/- buttons.

P1 - P14: PRE-SET INTERVAL PROGRAMS

1. In Standby mode, press the PROG button to choose between P1 - P14 program.
2. Press SPEED +/- buttons to change the TIME setting
3. Press START Button to start the workout. Below table is the profile setting for P1 - P14.

PROGRAM		SET TIME/20 = TIME PER EACH INTERVAL																			
		INTERVAL																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	1.2	1.9	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	1.2	1.9	1.9	3.1	1.9	
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	1.2	1.2	3.1	2.5	1.2	
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	1.2	2.5	3.1	1.9	1.2	
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	1.9	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	5.0	5.0	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.9
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	1.2	2.5	2.5	3.1	3.7	4.3	4.3	3.1	3.7	4.3	5.0	5.0	3.1	2.5	1.9	1.9	3.7	3.1	2.5	1.2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	1.9	1.2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	1.2	1.9	1.9	1.9	2.5	3.1	1.9	2.5	3.1	1.9	2.5	3.1	1.9	1.9	1.9	3.7	3.7	3.1	1.9	1.9
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	1.2	1.9	1.9	3.7	4.3	4.3	2.5	3.7	4.3	2.5	3.7	4.3	2.5	2.5	2.5	1.2	1.9	2.5	2.5	1.2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	1.2	2.5	2.5	4.3	4.3	2.5	4.3	5.0	2.5	5.0	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.9	1.9	1.2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	1.2	2.5	3.1	3.7	4.3	3.1	2.5	3.7	5.0	5.0	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.9	1.9
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	1.2	3.1	5.0	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.9
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	1.9	2.5	5.6	5.6	3.1	5.6	3.1	5.0	3.1	5.6	4.3	3.1	3.1	4.3	5.6	5.6	3.1	4.3	3.7	1.9
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	1.9	3.7	4.3	3.1	5.6	5.6	4.3	3.1	3.1	4.3	5.6	3.1	5.0	3.1	5.6	3.1	5.6	5.6	2.5	1.9
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	1.2	1.2	2.5	3.1	3.7	3.1	2.5	1.9	1.2	0.6	0.6	1.9	2.5	3.1	3.7	3.1	2.5	1.9	1.2	0.6
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4

CONSOLE OPERATION

PROGRAMS

U1 - U3: SET YOUR OWN INTERVAL PROGRAMS

1. In Standby mode, press the PROG button to choose between U1 - U3 programs.
2. Press SPEED +/- buttons change the TIME setting and press MODE button to confirm.
3. Press SPEED+/- and INCLINE +/- buttons to change the speed and the incline for the 1st interval and press MODE button to confirm.
4. Repeat procedure #3 to set the remaining 19 intervals.
5. Press START button to start the workout.

HRC1 - HRC3: TARGET HEART RATE PROGRAMS

1. In Standby mode, press the PROG button to choose between HRC1 - HRC3 programs and press MODE button to confirm. The maximum speeds of HRC1 - HRC3 are 5 MPH, 6 MPH and 7 MPH.
2. Press SPEED +/- buttons change the AGE setting and press MODE button to confirm.
3. Press SPEED +/- buttons change the TARGET HEART RATE setting and press START button to start the workout. TARGET HEART RATE can be change to $(0.45 \text{ to } 0.75) \times (220 - \text{AGE})$. The maximum heart rate is $(220 - \text{AGE})$.
4. If user's heart rate is 30 bmp lower than the target heart rate, the speed will increase 1.2 MPH every 30 seconds until the target heart rate is reached
5. If user's heart rate is between 1 - 29 bmp lower than the target heart rate, the speed will increase 0.6 MPH every 30 seconds until the target heart rate is reached.
6. If user's heart rate is 30 bmp higher than the target heart rate, the speed will decrease 1.2 MPH every 30 seconds until the target heart rate is reached
7. If user's heart rate is between 1 - 29 bmp lower than the target heart rate, the speed will decrease 0.6 MPH every 30 seconds until the target heart rate is reached.
8. The treadmill would slow down to 0.6 MPH and stop after 15 seconds if
 - the heart rate is not detected
 - the heart rate is higher than $(220 - \text{AGE})$

CONSOLE OPERATION

MODES

H1: TIME COUNTDOWN

1. In Standby mode, press the MODE button to choose H1 Time Countdown mode.
2. Press SPEED +/- buttons to change the TIME setting.
3. Press START Button to start the workout.
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

H2: DISTANCE COUNTDOWN

1. In Standby mode, press the MODE button to choose H2 Distance Countdown mode.
2. Press SPEED +/- buttons to change the DISTANCE setting.
3. Press START Button to start the workout.
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

H2: CALORIES COUNTDOWN

1. In Standby mode, press the MODE button to choose H3 CALORIES Countdown mode.
2. Press SPEED +/- buttons to change the CALORIES setting.
3. Press START Button to start the workout.
4. During workout, SPEED and INCLINE can be changed using INCLINE & SPEED buttons.

M

NOTE

EXERCISE TIPS AND GUIDELINES

Always consult your physician before beginning any exercise program. For your health and safety, do not over exert yourself. Remember to stretch and warm up before each exercise program.

STRETCH

Stretching prior to exercising will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold your stretched position for a count of ten. Do not bounce. Repeating the stretching exercises again, after the cool down, will help to loosen and relax your muscles to prevent soreness after your workout.

WARM UP

A few minutes of a work out should be devoted to warming up. This warm up time will limber your muscles and prepare them for a more strenuous exercise. Warm up on the BFT25 by exercising at slow speeds.

COOL DOWN

Never stop exercising suddenly. It is a good idea to end a workout slowly since this will allow your heart to readjust to the decreased demand.

HOW OFTEN?

It is most often recommended that you exercise a few times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of the day to exercise. Regular exercise is a key to a healthy life style

HOW LONG?

For a useful workout, always start slowly, especially if you have been sedentary during the past year. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session.

EXERCISE TIPS AND GUIDELINES

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing any workouts!

HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

During exercise, if you cannot maintain a conversation without gasping, you are working too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it is time to slow down. Always be aware of other warning signs to overexertion.

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are convenient tools for monitoring your heart rate. However, these values are for reference only. You should always listen to your body first.

You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute (bpm). Compare this number to the Target Heart rate zone for your age group.

TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate.

The standard formula for this is:

$$220 - \text{your age} = \text{MAXIMUM HEART RATE.}$$

You DO NOT want to workout at your maximum heart rate.

You want to workout in your target heart rate zone.

Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate.

If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Age	Target Zone
20	120 ~ 150
25	117 ~ 146
30	114 ~ 142
35	111 ~ 138
40	108 ~ 135
45	105 ~ 131
50	102 ~ 127
55	99 ~ 123
60	96 ~ 120
65	93 ~ 116
70	90 ~ 113

TARGET HEART RATE

$$\text{LOWER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.60$$

$$\text{UPPER TARGET ZONE LIMIT} = \text{MAXIMUM HEART RATE} \times 0.75$$

GENERAL MAINTENANCE

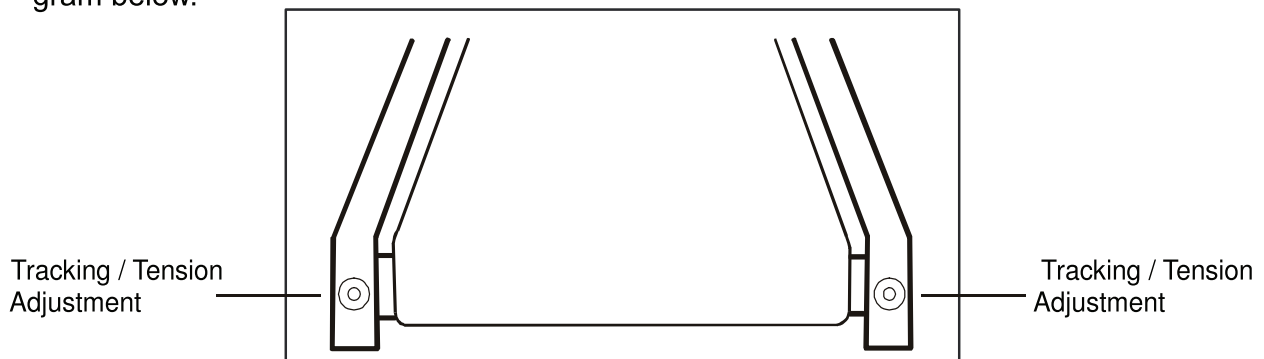
Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

BELT ADJUSTMENTS:

Running Belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Tighten the rear roller bolts only enough to prevent slippage at the front roller. Turn both tread-belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

- **If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.**

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

GENERAL MAINTENANCE

RUNNING BELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the tread-belt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the tread-belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

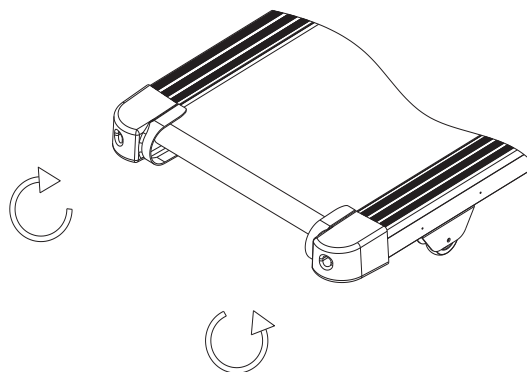
TO SET RUNNING BELT TRACKING:

An Allen wrench is needed to adjust the rear roller. Set belt speed at approximately 2 to 3 mph.

Remember, a small adjustment can make a dramatic difference!

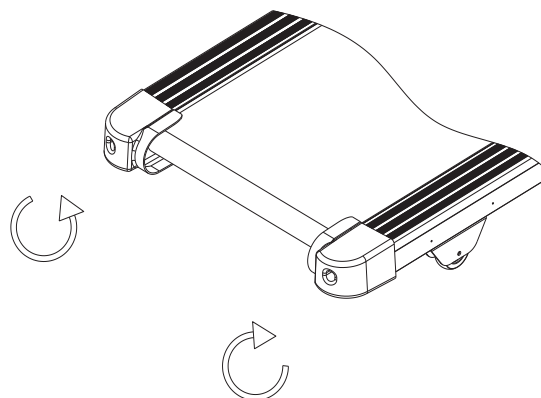
To move the belt to the Right:

- 1) Turn the Left Roller Bolt 1/4 turn Clockwise (Tighten)
- 2) Turn the Right Roller Bolt 1/4 turn Counterclockwise (Loosen)



To move the belt to the Left:

- 1) Turn the Left Roller Bolt 1/4 turn Counterclockwise (Loosen)
- 2) Turn the Right Roller Bolt 1/4 turn clockwise (Tighten)



ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

GENERAL MAINTENANCE

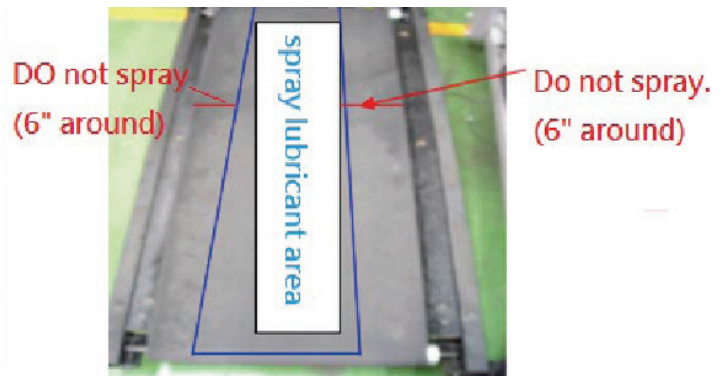
Belt LUBRICATION PROCEDURE

- 1) Turn off the Power.
- 2) Lift the running belt and check if there is any lubricant on the back of the running belt. If running belt needs to be lubricated, take a wiper to clean the running deck and rollers.
- 3) Lift the running belt and spray lubricant as below photo shown. While spraying, pull the running belt and make it turn one revolution.

Note: Please only spray in the center area, do not spray on the side area.

- 4) Turn on the power.
- 5) Press START button and increase the speed to 1.0 MPH (1.6KPH). Have a person to walk on the treadmill to help the running belt absorbs the lubricant.

Note: DO NOT run the treadmill in high speed when lubricant is just sprayed on, lubricant may spread to drive motor and Control Board.



TROUBLESHOOTING

Problem/Fault Code	Possible Reason	Solutions
Treadmill will not start	1. Power not plugged in.	1. Plug cord into outlet
	2. Safety tether not inserted	2. Insert back safety tether
	3. Switch on OFF	3. Turn Switch to ON
	4. Treadmill circuit Bracker Tripped	4. Lubricate Belt and Roller
Running Belt Slips	Running belt not tight enough	Adjust running belt tension
Running bet hesitates when	1. Insufficient lubrication	1. Apply silicone lubricant
	2. Running belt worn out	2. Replace running belt
Running belt not centered	Running belt tension not adjusted correctly on the left or right sides of the running belt	Refer to Page x for belt adjustment
-----	Safety tether not inserted	Insert back safety tether
E01	Communication failure	Check for loose or damaged wires
E02	1. Over DC Voltage 2. Motor communication failure	1. Check if the voltage input is correct or not 2. Check for loose or damaged motor wires and replace it if needed 3. Check for burnt/damaged control board and replace it if needed
E03	Speed sensor failure	1. Check for loose or damaged wires 2. Check for damaged control board and replace it if needed
E04	Incline motor failure	1. Check for loose or damaged wires 2. Check for damaged incline motor and replace it if needed
E05	Overload Current	1. Check if the voltage input is correct or not 2. Check if the motor is jammed. 3. Check if the control board or the motor is damaged.

SERVICING THE BFT25

OBTAINING SERVICE

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Best Fitness replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, go to www.bestfitness.com or contact an authorized Best Fitness dealer or a Best Fitness factory-authorized service company or contact Best Fitness customer service at one of the following:

Retain this Owner's Manual for future reference.



www.BestFitness.com

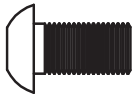
HARDWARE PACK

(Actual Size Shown)

Part# 46 M8x50mm Button Head Cap Screw Qty. 4



Part# 48 M8x15mm Button Head Cap Screw Qty. 14



Part# 58 ST14x16mm Phillips Rounded Self Tapping Screw Qty. 4



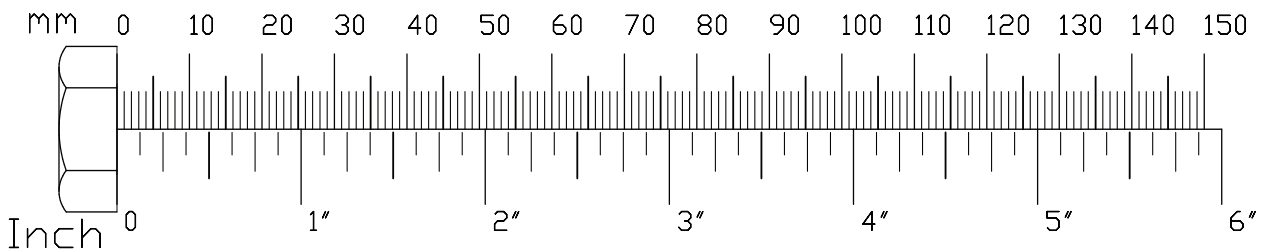
Part# 67 M8 Serrated Lock Washer Qty. 18



Part# 72 M8 Nylon Lock Nut Qty. 4



Part# 89 ST14x16mm Phillips Rounded Self Tapping Screw with Washer Qty. 6



PARTS LIST

PART#	QTY	DESCRIPTION
1	1	Front Base Frame
2	1	Main Frame
3L	1	Left Upright
3R	1	Right Upright
4	1	Console Frame
5	1	Elevation Frame
6	1	Console Mounting Frame
7	1	Front Roller
8	1	Rear Roller
9	1	Gas Spring
10	4	Hand Pulse Sensor
11	1	Console Front Cover
12	1	Console Back Cover
13	1	Console Rear Cover
14	1	Storage Tray
15	1	Console Top Cover
16	1	Console Bottom Cover
17	1	Handle Bar Top Cover
18	1	Handle Bar Bottom Cover
19L	1	Left Upright Cover
19R	1	Right upright Cover
20	1	Motor Cover
21	1	Main Frame Front Cover
22L	1	Left Rear Roller Cover
22R	1	Right Rear Roller Cover
23L	1	Left Base Frame Cover
23R	1	Right Base Frame Cover
24L	1	Left Handrail Cover
24R	1	Right Handrail Cover
25	2	Side Base Frame Cover Strip
26L	1	Left Side Cover
26R	1	Right Side Cover
27	1	Anti-Slip Pad
28	1	Running Deck
29	1	Running Belt
30	2	Front Transport Wheel
31	2	Foot Pad
32	2	Square End Cap
33	2	Wire Plug
34	6	Cushion
35	1	Wire Strap

Part numbers are required when ordering parts.

PARTS LIST

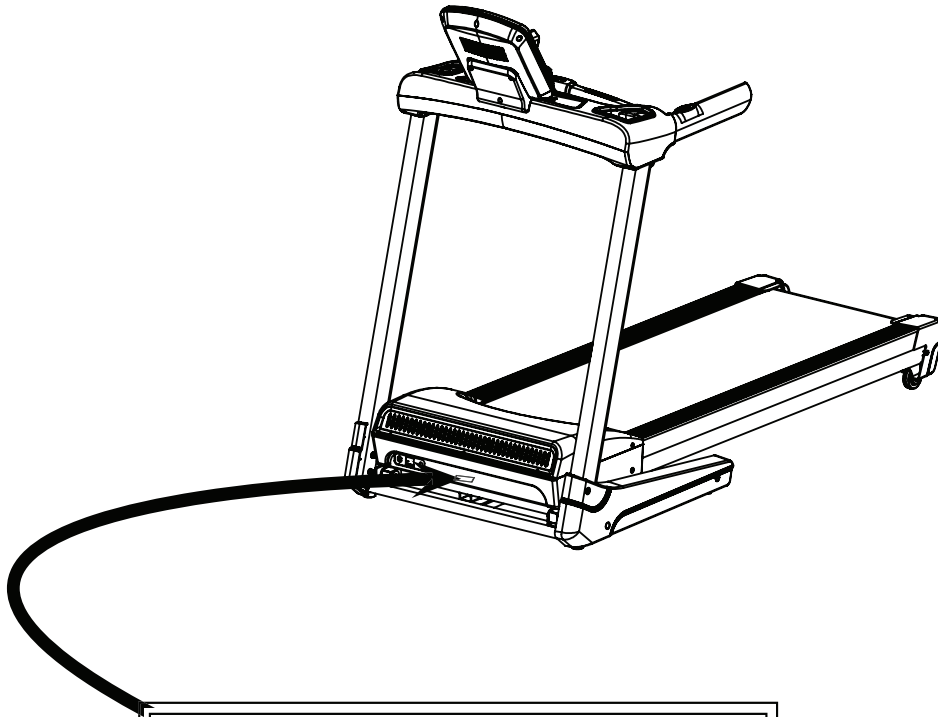
PART#	QTY	DESCRIPTION
36	1	Rear Transport Wheel
37	10	Square End Cap
38	1	Drive Belt
39	2	Small Foot Pad
40	2	Transport Wheel End Cap
41	2	Rubber Washer
42	1	Button Head Cap Screw M10x55mm
43	4	Button Head Cap Screw M10x55mm (Locktite)
44	1	Button Head Cap Screw M10x40mm
45	3	Button Head Cap Screw M8x40mm
46	4	Button Head Cap Screw M8x50mm
47	1	Button Head Cap Screw M8x25mm
48	14	Button Head Cap Screw M8x15mm
49	2	Hex Head Bolt M8x35mm
50	1	Hex Head Bolt M8x55mm
51	1	Hex Head Bolt M8x90mm
52	4	Socket Head Cap Screw M8x18mm
53	1	Socket Head Cap Screw M6x45mm
54	2	Socket Head Cap Screw M5x55mm
55	2	Flat Head Cap Screw M6x30mm
56	6	Flat Head Cap Screw M6x25mm
57	4	Phillips Rounded Self Tapping Screw ST4x30mm
58	55	Phillips Rounded Self Tapping Screw ST4x16mm
59	2	Phillips Rounded Screw M6x15mm
60	11	Phillips Rounded Screw with Washer M5x8mm
61	2	Phillips Rounded Screw with Washer M4x8mm
62	17	Phillips Rounded Drilling Screw ST2.9x8mm
63	4	Phillips Rounded Self Tapping Screw ST2.9x6mm
64	4	Phillips Rounded Self Tapping Screw ST2.3x8mm
65	4	Phillips Rounded Screw M4x8mm
66	6	Serrated Lock Washer M10
67	24	Serrated Lock Washer M8
68	3	Serrated Lock Washer M6
69	6	Washer M8
70	6	Lock Washer M8
71	6	Nylon Lock Nut M10
72	8	Nylon Lock Nut M8
73	8	Nylon Lock Nut M6
74	2	Washer D4
75	2	Lock Washer D4
76	1	Control Board

Part numbers are required when ordering parts.

PARTS LIST

PART#	QTY	DESCRIPTION
77	2	Quick Key Button
78	1	Console Cable
79	1	Middle Cable
80	1	Control Board Cable
81	1	Safety Tether
82	1	Sensor
83	1	Sensor Bracket
84	1	Drive Motor
85	1	Elevation Motor
86	1	Swtich
87	1	Circuit Breaker
88	1	Power Cord
89	10	Phillips Rounded Self Tapping Screw with Washer ST4x16mm
91	1	Audio Jack Connector
95	1	EMI Filter
96	2	Speaker
97	1	Display
98	1	Console Decal
99	1	Push Button Decal
100	1	Push Button Board

Part numbers are required when ordering parts.



Serial Number is Located on the Frame

Model Name: _____ BFT25 _____

Purchase Date: _____

Serial Number: _____

