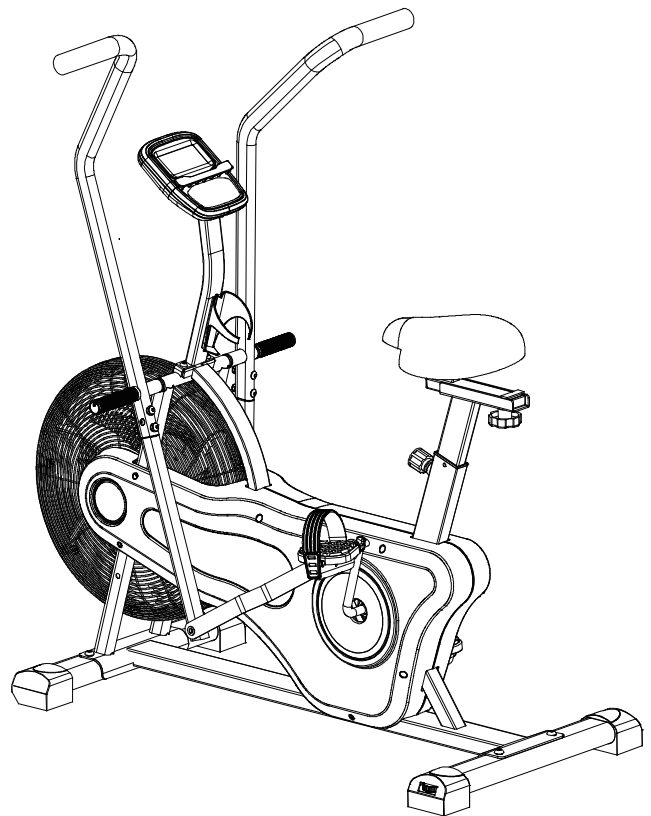


YORK[®]
FITNESS

Owner's Manual

FB300 Fan Bike

Item #53122A



12, DEC , 2021

Table of contents

Congratulations on purchasing your exercise equipment from



You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com.au

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive- You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
 - Ensure the equipment is stable before use.
 - Always ensure that the equipment has adequate space on each side.
 - The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
 - Replace defective components immediately and keep the equipment out of use until it is repaired.
 - Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
 - Always check that any pins / fixings are tight and secure before use and after adjustment.
 - Never leave any adjustment devices projecting from the equipment.
 - Always consult your doctor before undertaking any exercise program.
 - Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
 - Remove all personal jewelry before exercising.
 - Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
 - After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
 - Never overload the equipment. (See maximum user weight)
 - Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
 - Injuries to health may result from incorrect or excessive training.
 - Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- The equipment is under no circumstances suitable as a children's toy.
 - If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
 - Children should not be allowed on or around the equipment, especially when it is not in use.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
 - This product is not suitable for therapeutic purposes.
 - This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
 - Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 135kg

Safety Standards

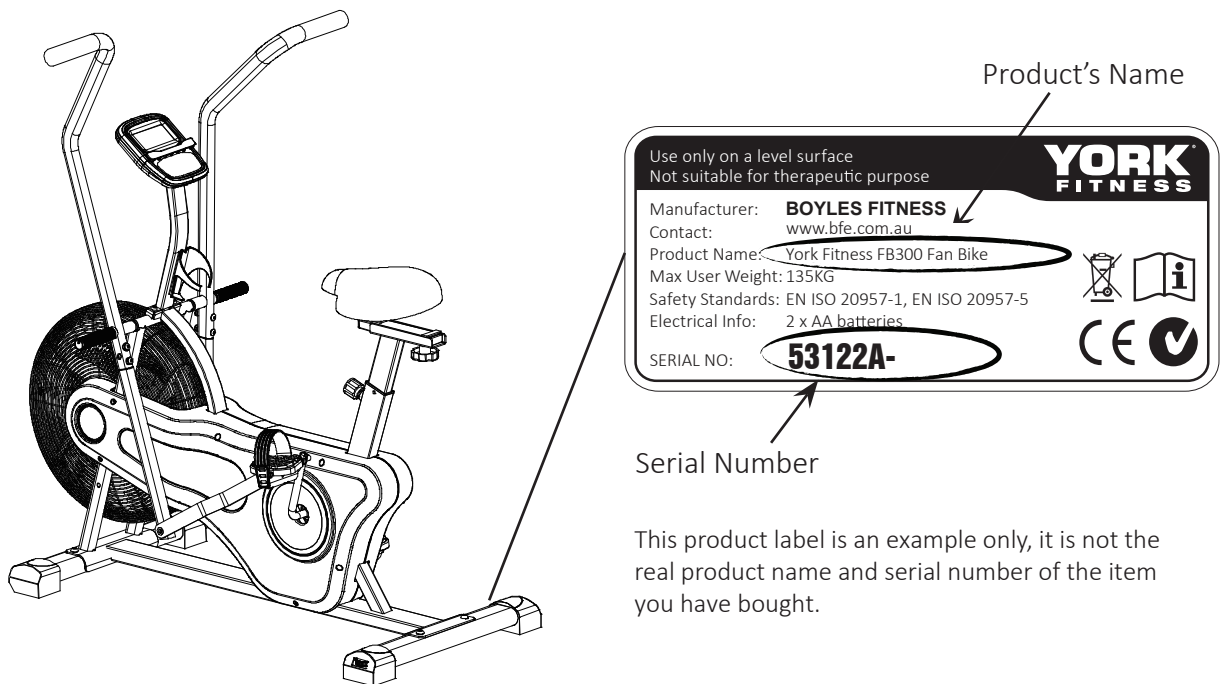
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN ISO 20957-1:2013, EN ISO 20957-5:2016. Therefore the equipment carries the following marks:



Customer support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

AUSTRALIA

The best way to contact us is via the website:

www.yorkfitness.com.au

York Fitness Australia

Assembly instructions

Care & Maintenance

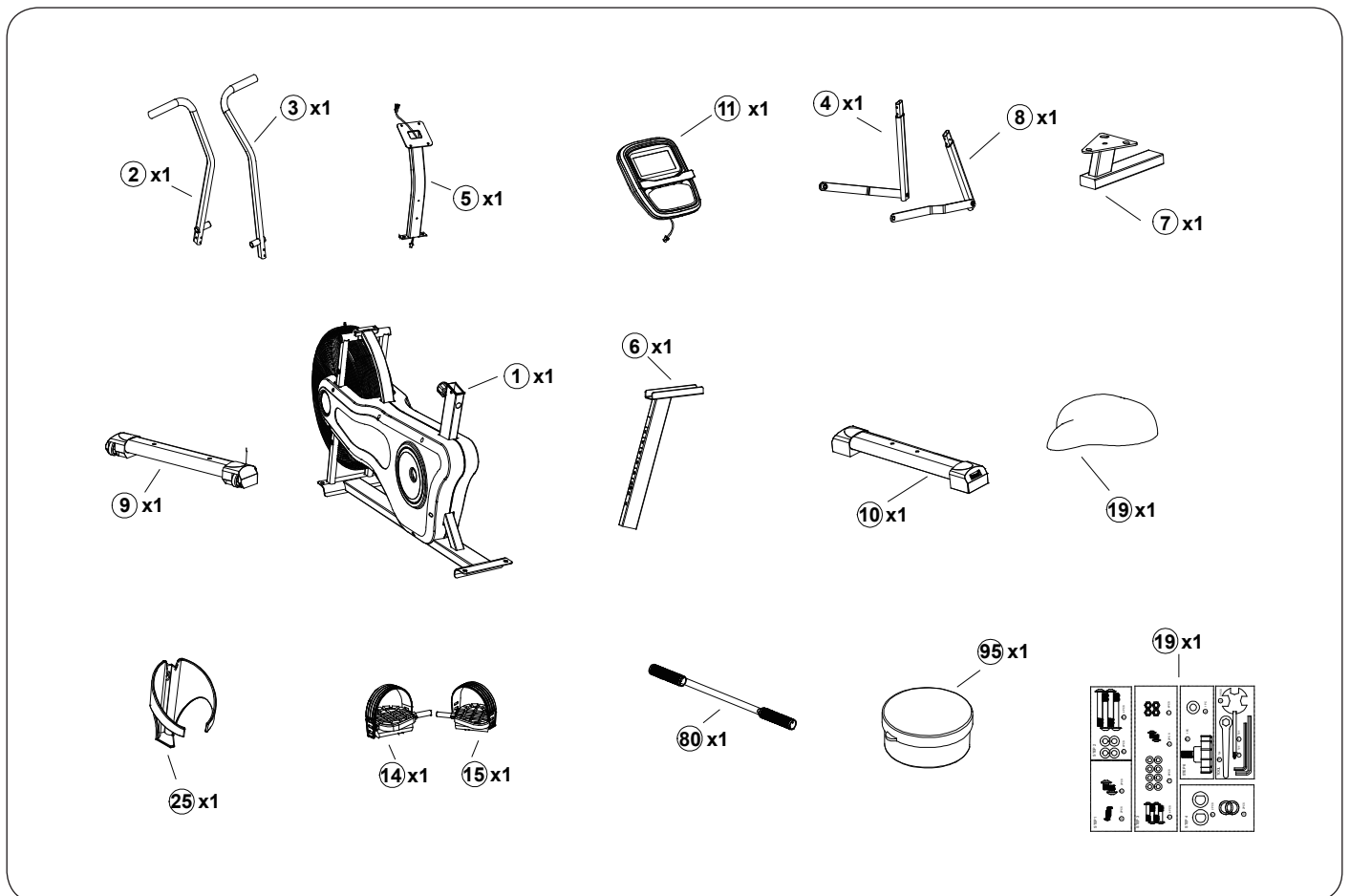
- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

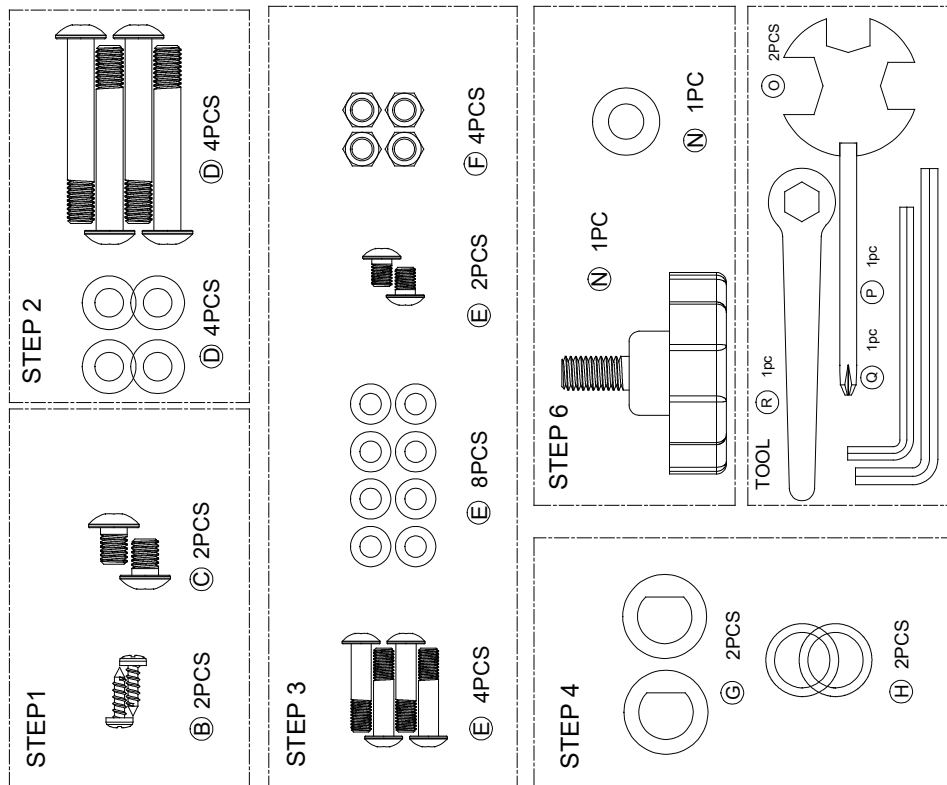
Unpack the carton - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:



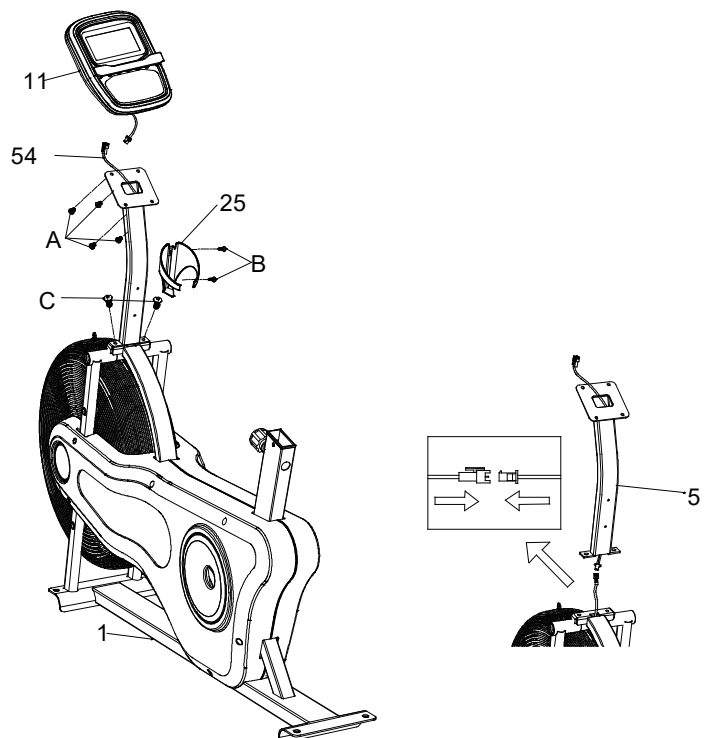
Assembly instructions

BLISTER PACK

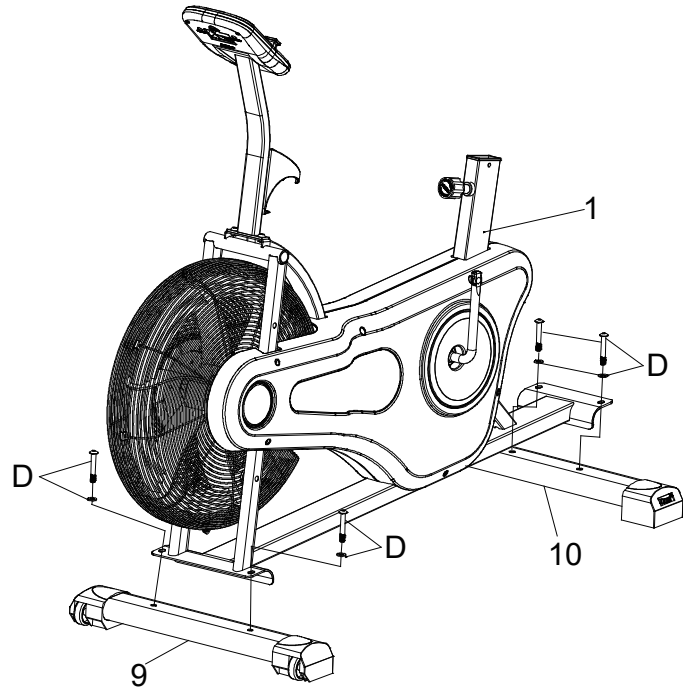


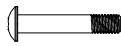


1

(A)		M5x12	X4
(B)		ST4.2x16	X2
(C)		M8x10	X2
(P)		S5	X1
(O)		S13,S15,S19	X1

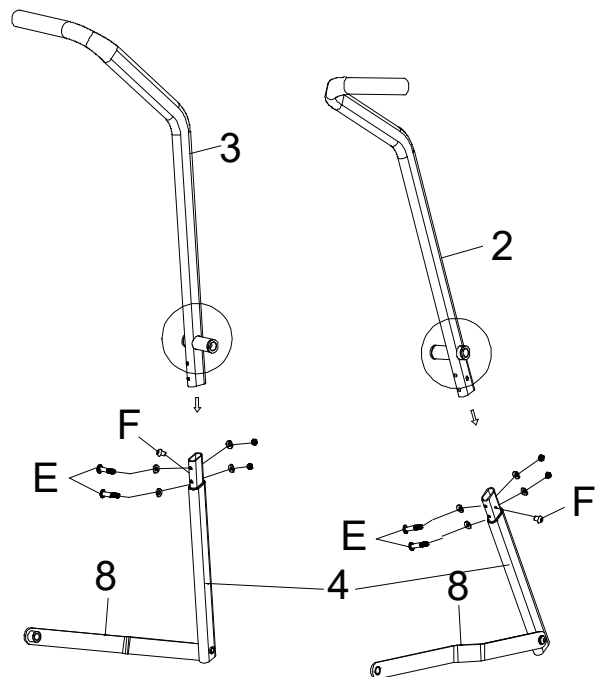









2



ⓓ		M8x55	X4
		OD16 脗D 8.5? .5	X4
Ⓚ		S5	X1

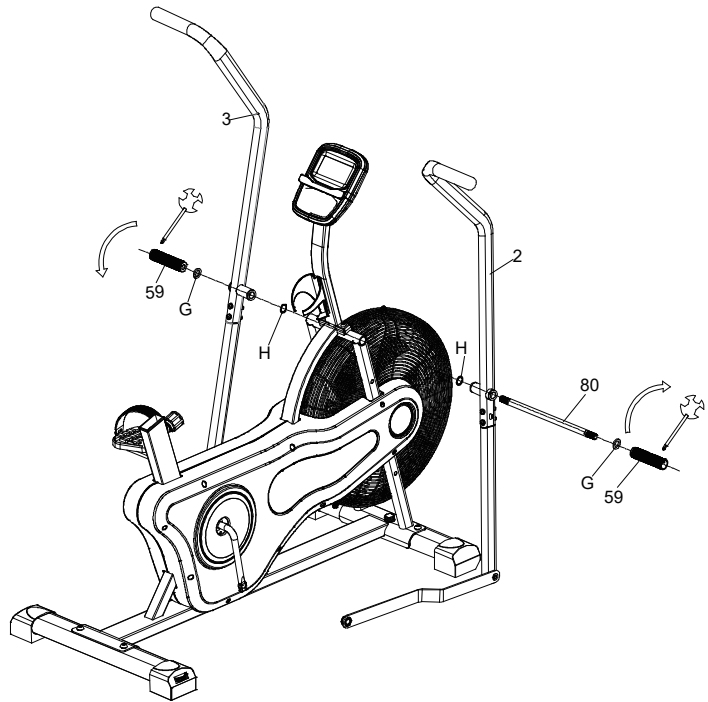
3



		M6x50	X4
ⓔ		OD16xID6.5x1.0	X8
		M6	X4
ⓕ		M6x10	X2
Ⓟ		S5	X1
Ⓚ		S4	X1
Ⓡ		S10	X1

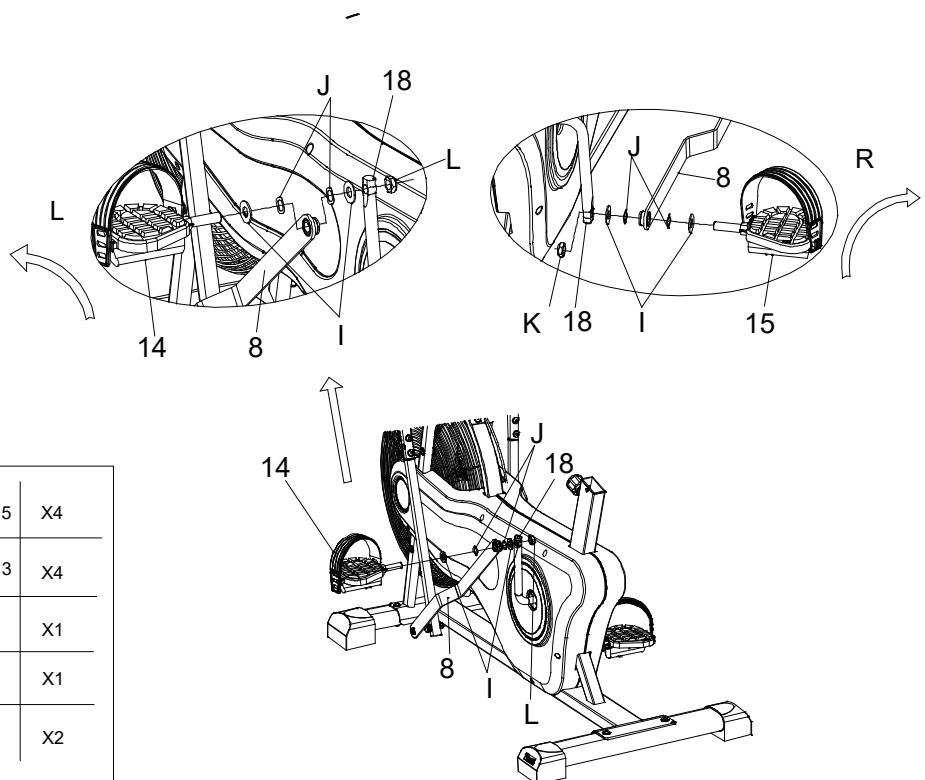
Assembly instructions

4








ⓐ		OD25xID8.1x3	X2
ⓑ		OD25xID16.5xT0.5	X2
ⓒ		S13,S15,S19	X2

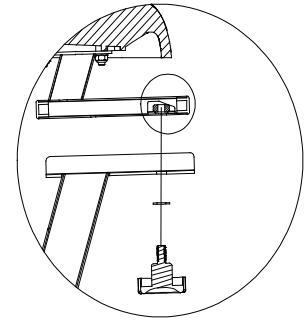
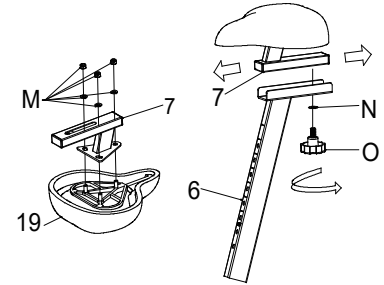
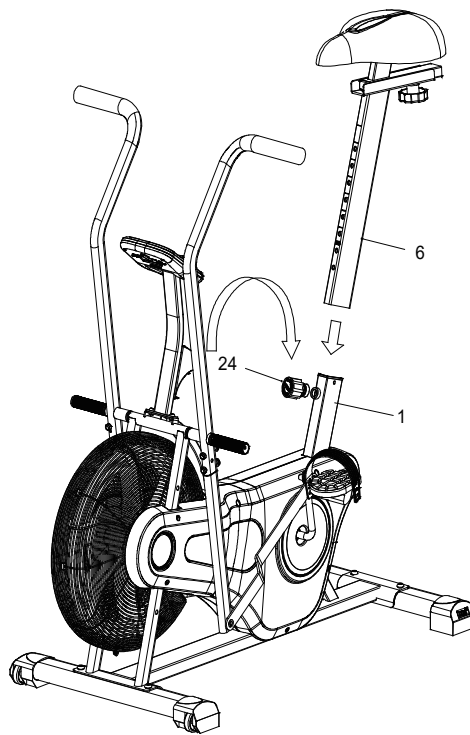
5



ⓓ		OD25xID13xT1.5	X4
ⓔ		OD21xID14xT0.3	X4
ⓕ		1/2"-20UNF-R	X1
ⓖ		1/2"-20UNF-L	X1
ⓓ		S13,S15,S19	X2

6

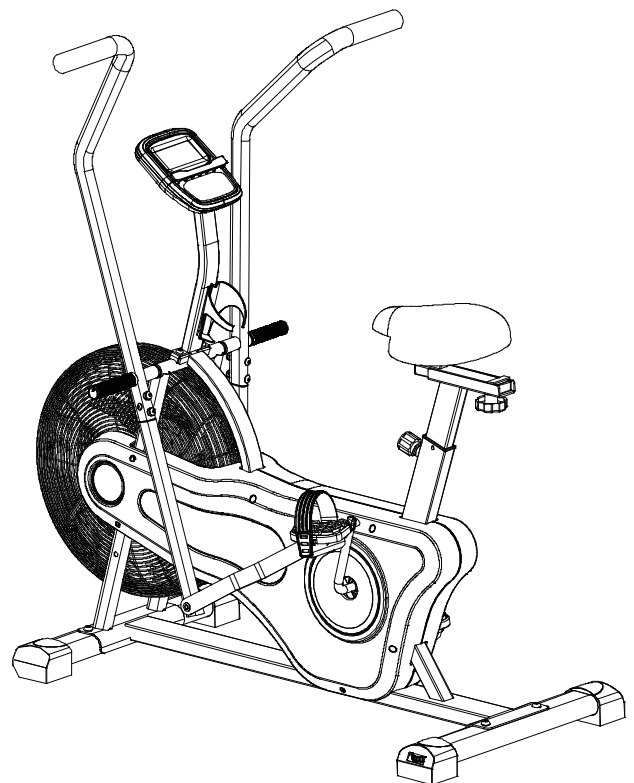
M		M8	X3
		OD16xID8.5xT1.5	X3
N		OD20xID10.5x1.5	X1
		OD60xM10xL15	X1
⊙		S13,S15,S19	X1



Final Check

Your equipment is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



Batteries Replacement Instructions:

Remove the console from the exercise equipment.

Open the battery compartment cover.

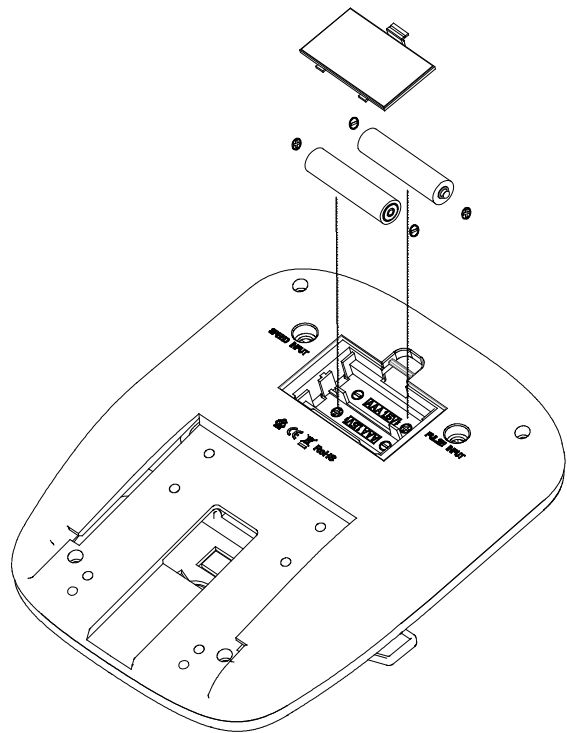
Remove battery by pulling the battery in direction of spring and lift opposite end upwards.

Insert 2*AAA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder.

Close the battery compartment cover.

Tips & Warnings

- Always change both batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AAA batteries.
- Do not try to heat, ignite, disassemble or throw AAA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.



Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Operational instructions

Console



Display Function:

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> The sequence of display: TIME » CALORIES » ODOMETER » PULSE » SPEED » DISTANCE In SCAN mode, press MODE key to choose other functions. Automatically scan through each mode in sequence every 6 seconds.
TIME	<ul style="list-style-type: none"> W/O setting the target value, time will count up. With setting the target value, time will count down from your target time to 0, and when you reach 0 an alarm will sound. Range 0:00 ~ 99:59 (Minute: Second)
CALORIES	<ul style="list-style-type: none"> W/O setting the target value, calories will count up. With setting the target value, calories will count down from your target calories to 0, and when you reach 0 an alarm will sound. Range 0.0~999.9 Kcal
ODOMETER	<ul style="list-style-type: none"> Display the total accumulated distance you have traveled. The odometer dose not reset unless you remove the batteries.
SPEED	<ul style="list-style-type: none"> Display the current speed. Range 0~999.9 K per hour
DISTANCE	<ul style="list-style-type: none"> W/O setting the target value, distance will count up. With setting the target value, distance will count down from your target distance to 0, and when you reach 0 an alarm will sound. The meter turns on when you start pedaling or when you press a key. The meter turns off automatically after 4 minutes of inactivity. Range 0.0~999.9 K
PULSE	<ul style="list-style-type: none"> Pulse rate will be displayed on the LCD console whenever you wear of the wireless chest belt. If there no heart rate signals been detected for 6 seconds, the monitor will shows "P".

Key Function:

FUNCTION	Description
SET	<ul style="list-style-type: none">• In the STOP mode, press to set target values for TIME, CALORIES and DISTANCE.• Press the button and hold for two seconds. The value will increase automatically even if you are not holding the SET button. Press any button to stop.
MODE	<ul style="list-style-type: none">• Press to select functions. Press the button and hold for two seconds to reset all functions to zero, except ODOMETER.
RESET	<ul style="list-style-type: none">• In the STOP mode, press the button to reset the setting values to zero.• Press the button and hold for two seconds to reset all functions to zero, except ODOMETER.

Power On

LCD will display all segments, beep and enter SCAN mode.

Stand-by mode:

If no signal is transmitted to the monitor for 4 minutes, the monitor will enter stand-by mode. Press any key to wake the console up.

Operation:

1. When monitor powers on (or when you press and hold MODE key), LCD will display all segments, beep and then enter SCAN mode.
2. When a signal is transmitted to the monitor, TIME, CALORIES, Distance will start to count up.
3. If no signal is transmitted to the monitor for 4 minutes, the monitor will enter stand-by mode.

Trouble shooting:

When display shows all 8's, faded numbers, incomplete numbers or blank screen.

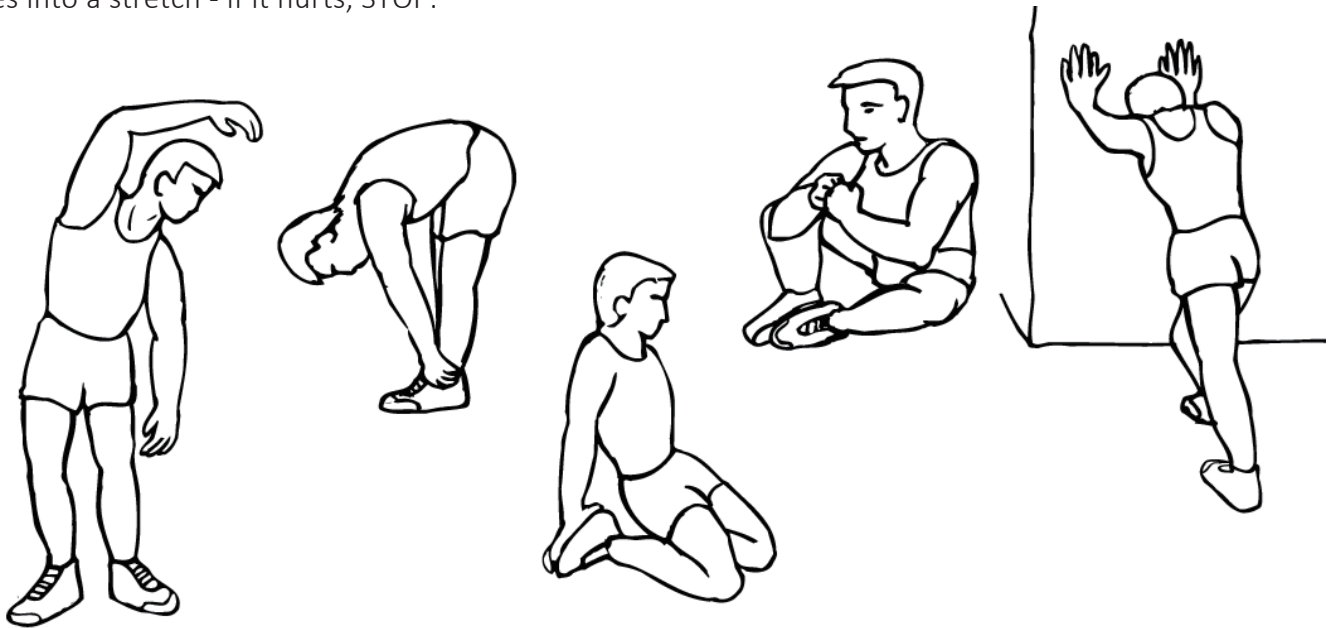
- Remove the computer and check the wire that comes from the computer is properly connected to the wire that comes from the upright.
- Check that the batteries are correctly positioned and are in proper contact with the battery springs.
- The batteries in the computer may be dead. Remove and replace with new batteries.

Exercise Instructions

Using your **FAN BIKE** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

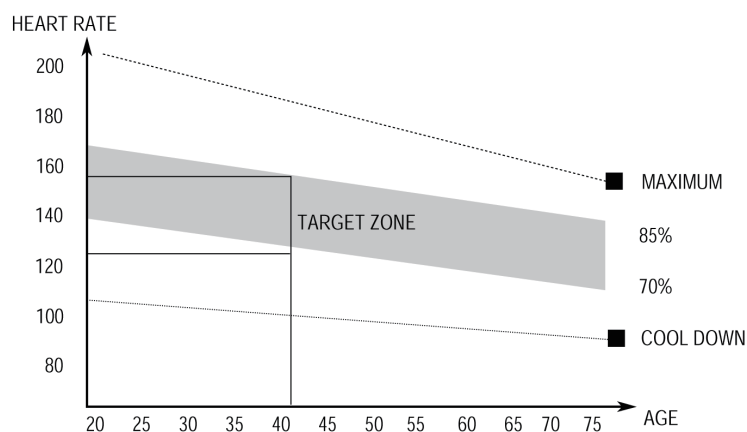
The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

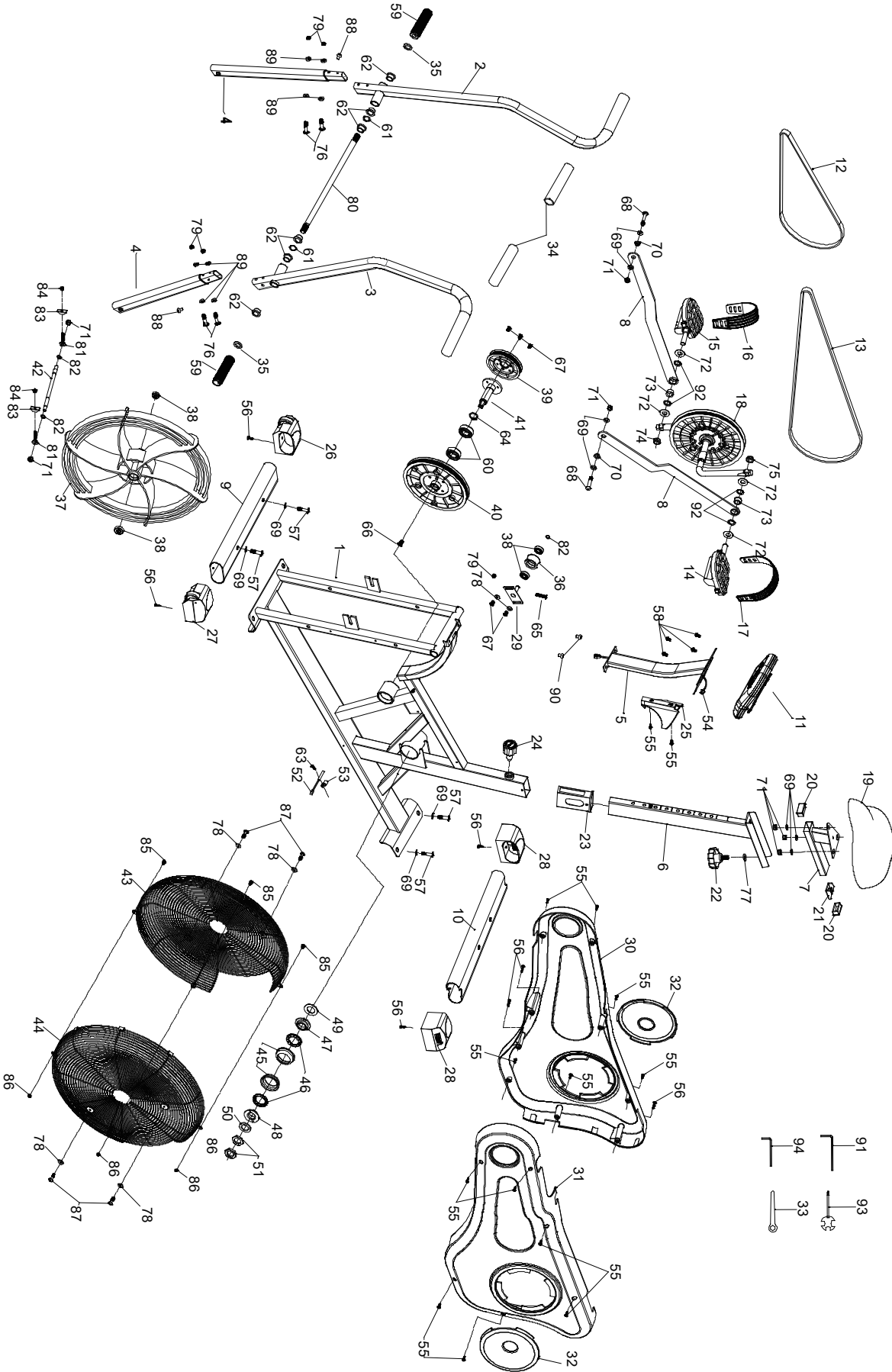
MUSCLE TONING

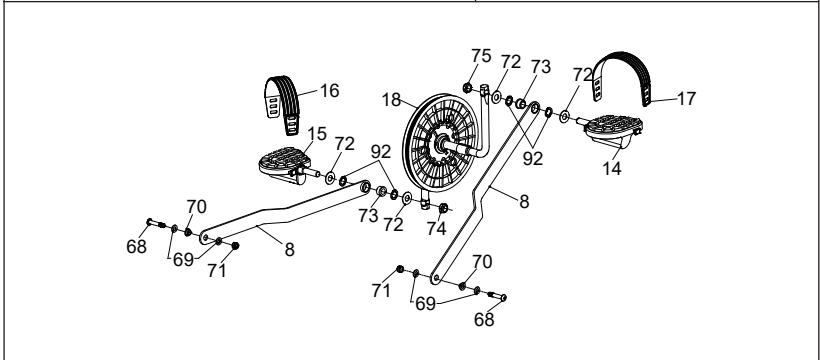
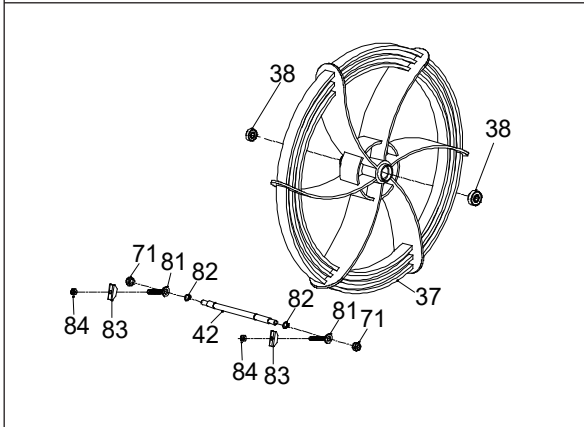
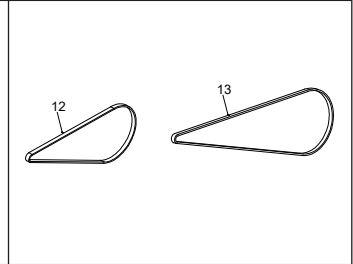
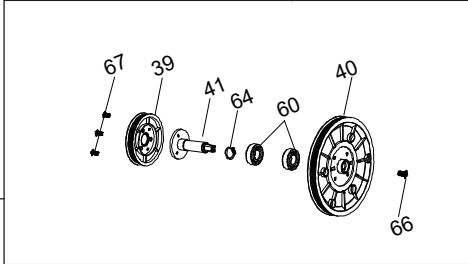
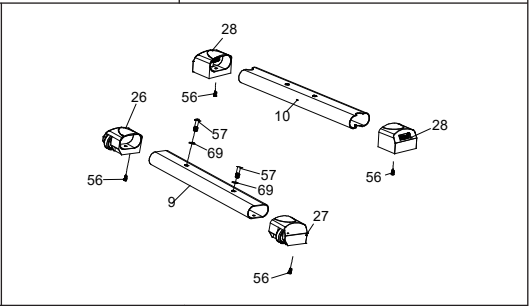
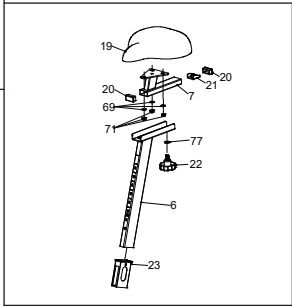
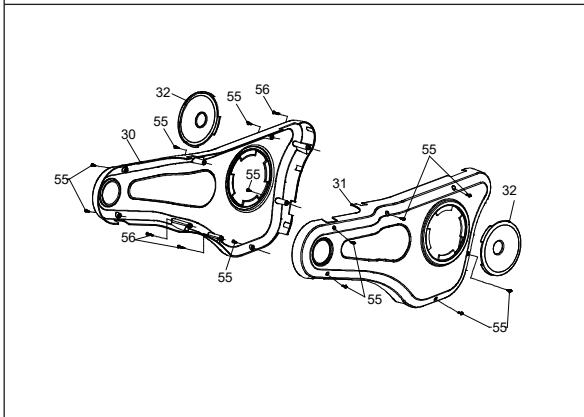
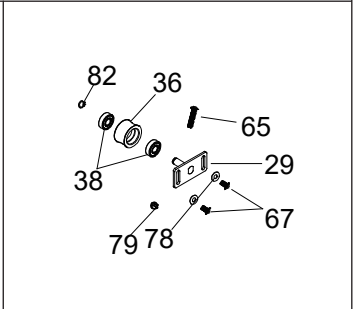
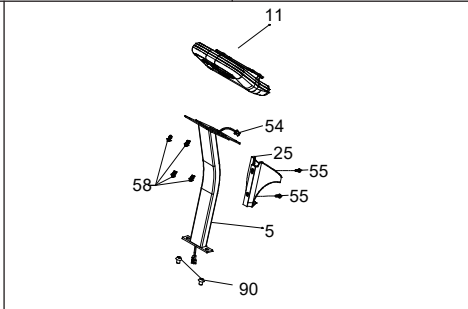
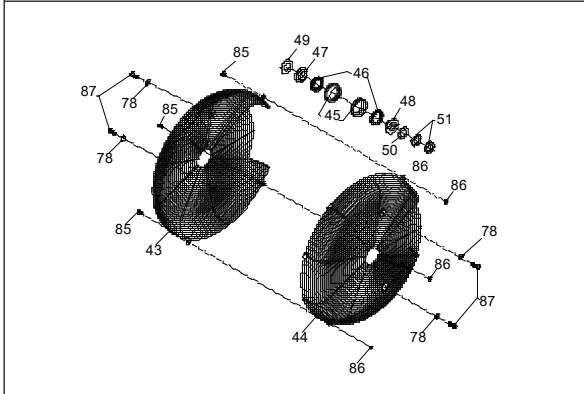
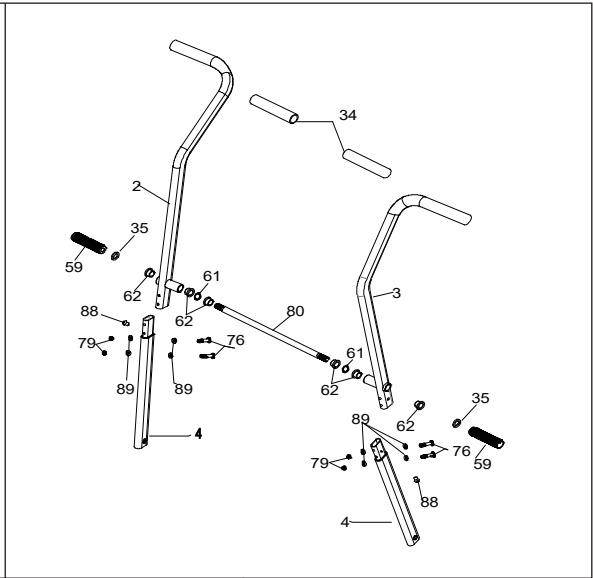
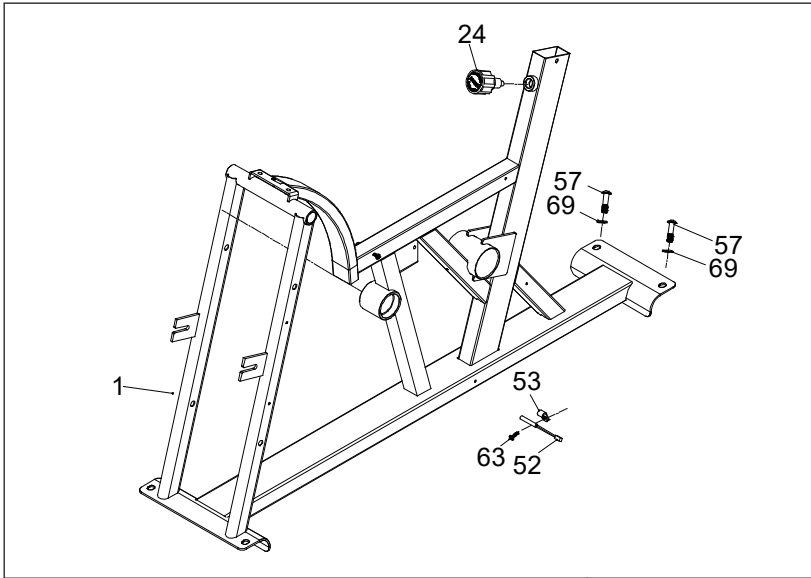
To tone muscle while on your **FAN BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively, this is the same as if you were training to improve your fitness, the difference is the goal.

Exploded drawing





Part list



York Item	No.	Description	Qty
53122A	1	Main frame	1
53122A	2	Top handlebar tube R	1
53122A	3	Top handlebar tube L	1
53122A	4	Bottom handlebar tube L/R	2
53122A	5	Front post	1
53122A	6	Seat post	1
53122A	7	Seat slider	1
53122A	8	Connection piece	2
53122A	9	Front stabilizer	1
53122A	10	Rear stabilizer	1
53122A	11	Computer	1
53122A	12	Short belt	1
53122A	13	Long Belt	1
53122A	14	Left foot pedal	1
53122A	15	Right foot pedal	1
53122A	16	Right foot pedal strap	1
53122A	17	Left foot pedal strap	1
53122A	18	Belt pulley with crank	1
53122A	19	Seat	1
53122A	20	End cap	2
53122A	21	Adjust plate	1
53122A	22	Knob OD60*M10*L15	1
53122A	23	Bushing	1
53122A	24	Adjustment knob	1
53122A	25	Bottle holder	1
53122A	26	End cap for front stabilizer R	1
53122A	27	End cap for front stabilizer L	1
53122A	28	End cap for rear stabilizer	2
53122A	29	Bracket for idler pulley	1
53122A	30	Chain cover R	1
53122A	31	Chain cover L	1
53122A	32	Cover cap	2
53122A	33	Ring Spanner S10	1
53122A	34	Handrail arm foam grip	2
53122A	35	D washer OD25*ID8.1*3	2
53122A	36	Idler pulley	1
53122A	37	Fan leaf	1
53122A	38	Bearing 6000ZZ	4
53122A	39	Small pulley	1
53122A	40	Large Pulley	1
53122A	41	Axle	1
53122A	42	Fan leaf axle	1
53122A	43	Right gauze	1
53122A	44	Left gauze	1
53122A	45	Bearing housing	2
53122A	46	Ball bearing	2
53122A	47	Inside bearing collar	1

York Item	No.	Description	Qty
53122A	48	Outside bearing collar	1
53122A	49	Bearing washer (Ø23)	1
53122A	50	Bearing snap washer	1
53122A	51	Bearing nut 7/8-24UNS	2
53122A	52	Sensor wire	1
53122A	53	Sensor holder	1
53122A	54	Connection wire	1
53122A	55	Self-tapping screw ST4.2*16	16
53122A	56	Self-tapping screw ST4.2*25	7
53122A	57	Screw M8*55	4
53122A	58	Screw M5*12	4
53122A	59	Large Screw OD25.4*100	2
53122A	60	Bearing 6004	2
53122A	61	Wave washer OD25*ID16.5*T0.5	2
53122A	62	Powder washer for handrail	6
53122A	63	Screw ST4.2*16	1
53122A	64	C-clip Ø 19	1
53122A	65	Screw M6*80	1
53122A	66	Hexagon Flange Bolt M8*20	1
53122A	67	Screw M6*20	5
53122A	68	Screw M8*45	2
53122A	69	Washer OD16*ID8.5*T1.5	11
53122A	70	Powder washer	2
53122A	71	Lock nut M8	7
53122A	72	Washer OD25*ID13*T1.5	4
53122A	73	Powder washer for crank	2
53122A	74	Right lock nut 1/2-20UNF-R	1
53122A	75	Left lock nut 1/2-20UNF-L	1
53122A	76	Screw M6*50	4
53122A	77	Washer OD20*ID10.5*T1.5	1
53122A	78	Washer OD16*ID6.5*T1.0	6
53122A	79	Nylon nut M6	5
53122A	80	Moving shaft	1
53122A	81	M6 eyebolt M6*L30	2
53122A	82	C-clip Ø 9	3
53122A	83	Tension bracket	2
53122A	84	M6 hexagon nut	2
53122A	85	Screw M5*10	3
53122A	86	M5 Hexagon nut	3
53122A	87	Screw M6*25	4
53122A	88	Screw M6*10	2
53122A	89	Arc washer OD16*ID6.5*T1.0	8
53122A	90	Screw M8*10	2
53122A	91	Allen wrench S5	1
53122A	92	Wave washer OD21*ID14*T0.3	4
53122A	93	Spanner S13/15/19	2
53122A	94	Allen wrench S4	1
53122A	95	Grease	1

BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to INDOOR HOME/DOMESTIC USE ONLY.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty DOES NOT cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to INCORRECT ASSEMBLY. If you do have problems please go back to the start and double check your assembly and pay special attention to all WIRING connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at spares@bfe.com.au including your best contact details, proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

NOTE: If we arrange for a service technician (where applicable) and it is found that it is not a manufacturer's fault and found to be an assembly issue, normal wear and tear, transport damage or misuse then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

WARRANTY TERMS- Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is NON transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations.
- (c) Power Surges. The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by NON BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE

BFE will have the option to repair or replace any product which requires attention under the warranty.

NOTE: Lifetime refers to the warranty coverage of the units expected service life. NOT the lifetime of the purchaser.

Servicing/Spare Parts - As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts otherwise the warranty will be void.

Freight Costs:

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.



Returned Goods:

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

Service Department hours: Monday to Friday between 8am and 3pm

Service Email: spares@bfe.com.au

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more that 50km from G.P.O in all capital cities.

Disclaimer:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'Major failure' and for compensation for any other Reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume , nor authorise any representative or other person to make or assume for BFE , any warranties whatsoever, whether expressed or implied, in , in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.



**WARRANTY, SAFETY AND ASSEMBLY
INFORMATION YRK53122A-YORK FB300**

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their Bike to be free from defects in material and workmanship under normal use and service conditions.

The various components of the Bike are warranted against defects and workmanship for the time periods specified as follows:

YRK53122A-YORK FB300

Domestic use

Lifetime frame & 1 year on all other parts.

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to spares@bfe.com.au. For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Hours **8:00am – 3:00pm Mon-Fri (excluding public holidays)**

Email **spares@bfe.com.au**

Website **www.bfe.com.au**



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www.yorkfitness.com.au