

YORK[®]
FITNESS

Owner's Manual

C400 Upright Bike

Item #YRK53098A

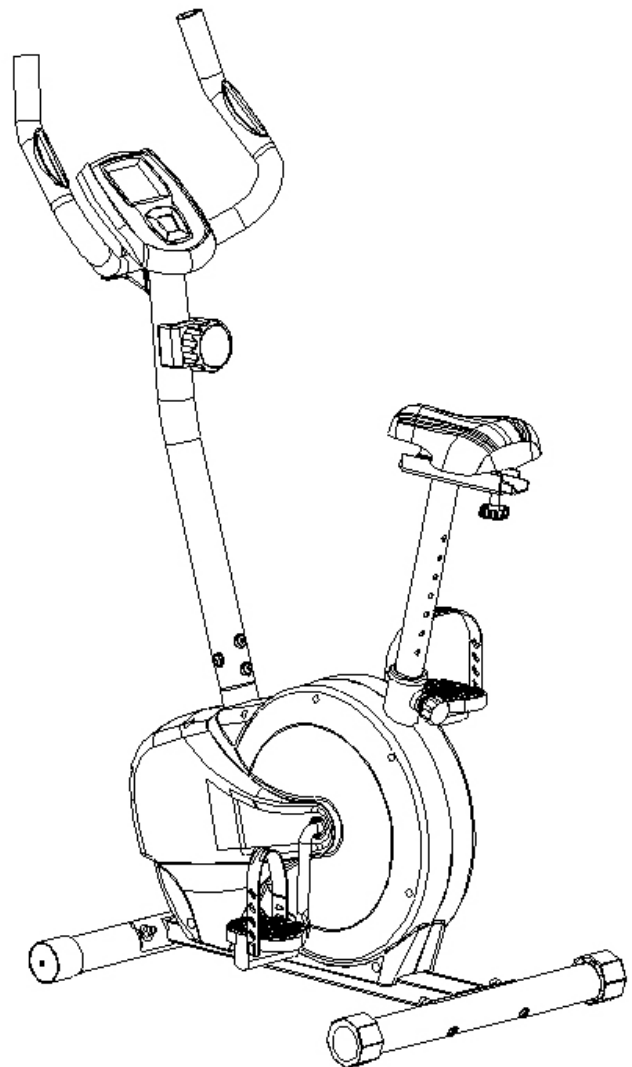


Table of contents

Congratulations on purchasing your exercise equipment from

YORK[®] FITNESS

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

CONTENTS

Safety information	03
Pre-Assembly List	05
Part List	07
Exploded Diagram	09
Assembly Instructions	11
Meter Instructions	14
Exercise Instructions	15
Warranty	17



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: 100kg

Safety Standards

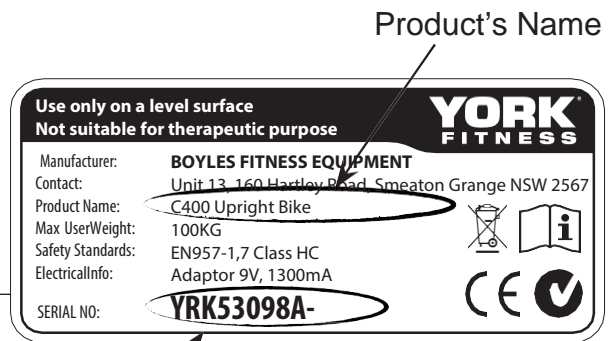
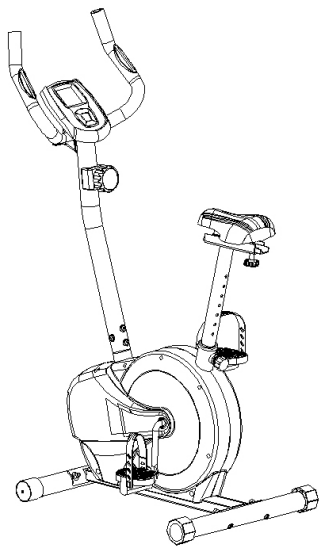
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7 - CLASS HC. Therefore the equipment carries the following marks:



Customer support

Should you require any assistance regarding this product please gather the following information and 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



Product's Name

Serial Number

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

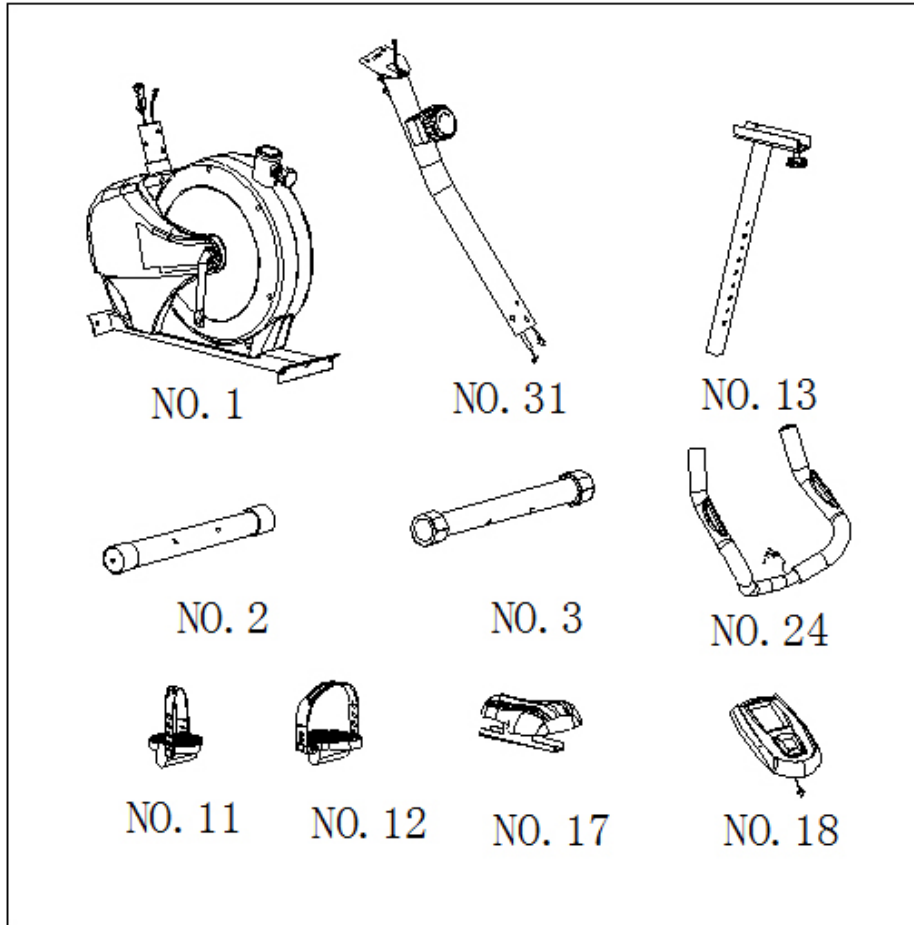
Boyles Fitness Equipment Pty Ltd
13/160 Hartley Road,
Smeaton Grange, NSW 2567

Tel: 02 4648 0800

Email: sales@boylesfitness.com.au

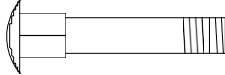
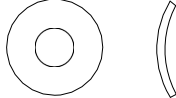
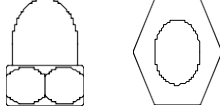
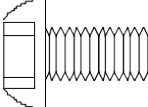

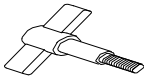
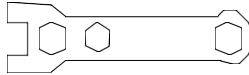
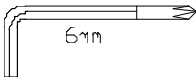
Pre-Assembly Check List

Before starting assembly, MAKE SURE YOU HAVE THE FOLLOWING PARTS



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
31	Front post	1
13	Seat post	1
2	Front stabilizer	1
3	Rear stabilizer	1
24	Handlebar	1
11	Pedal (L)	1
12	Pedal (R)	1
17	Seat	1
18	Meter	1

Hardware Packing List

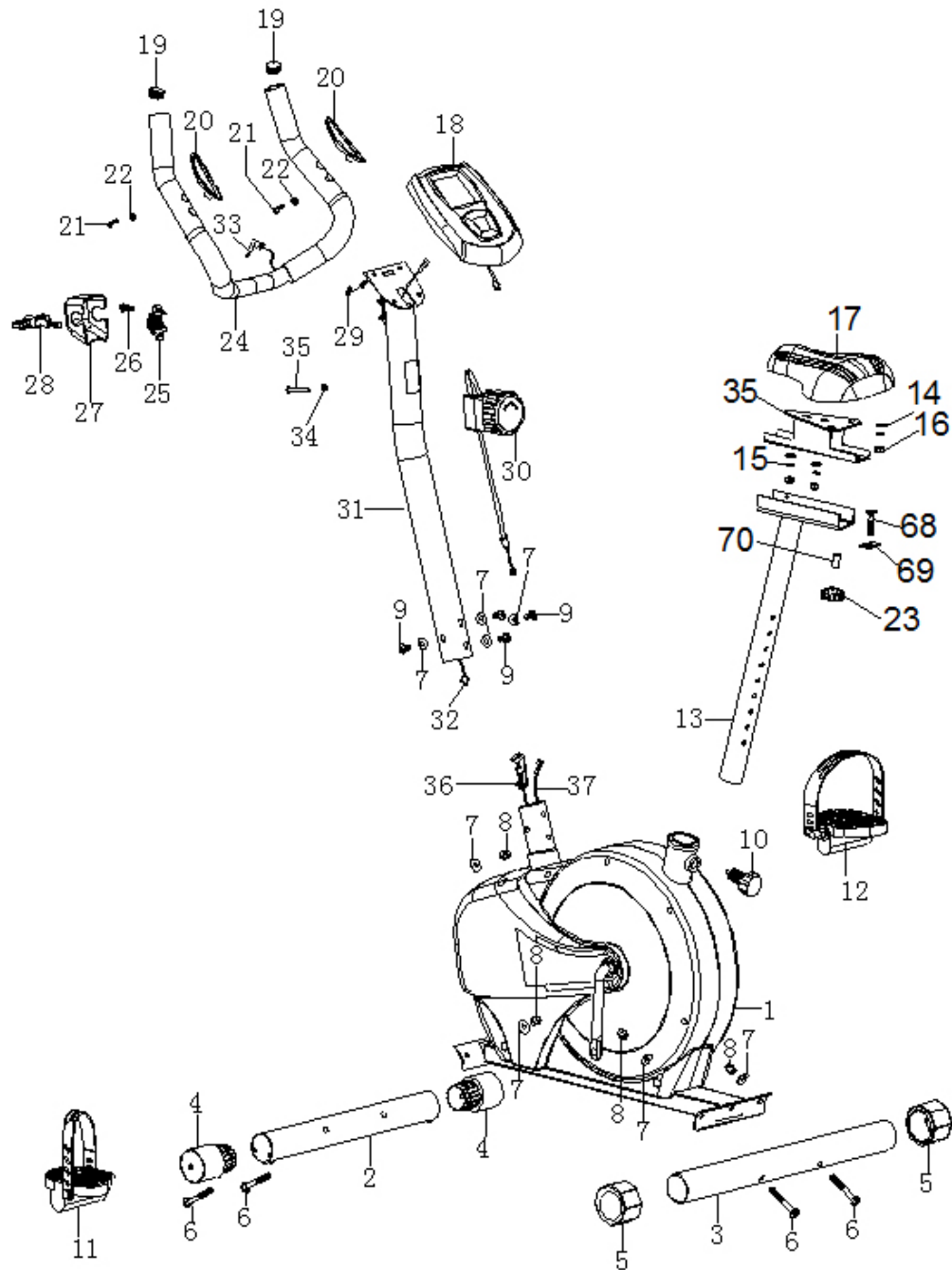
NO.	DESCRIPTION	DRAWING	QTY
6	Carriage bolt M8*60		4
7	Curved washer $\Phi 8$		8
8	Domed nut M8		4
9	Allen bolt M8*16		4
27	Clamp cover		1
28	T type knob		1
	Box Wrench		1
	Allen key L6		1

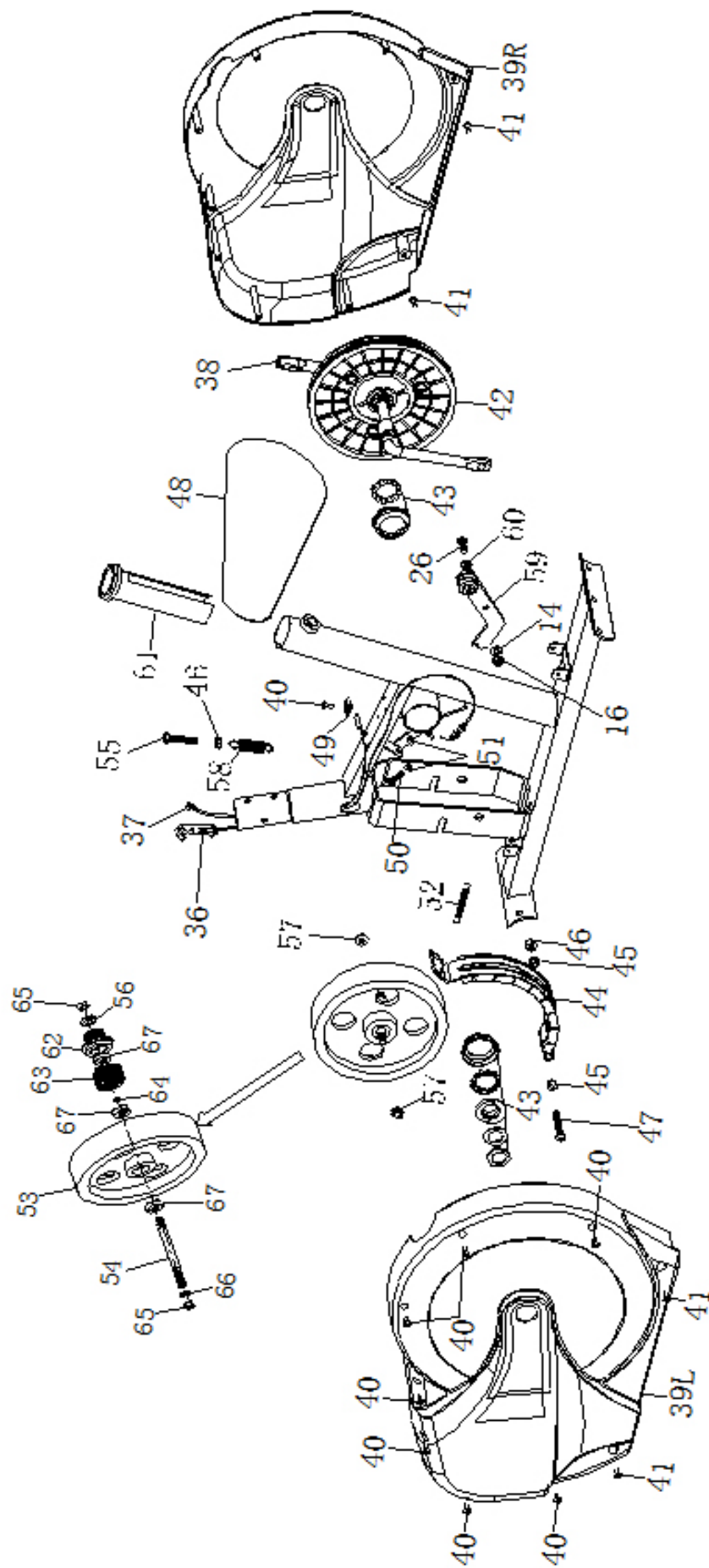
Parts List

PART NO.	DESCRIPTION	QUANTITY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	End cap for front stabilizer	2
5	End cap for rear stabilizer	2
6	Carriage bolt M8*65	4
7	Curved washerΦ8	8
8	Domed nut M8	4
9	Allen bolt M8*16	4
10	Quick release knob	1
11	Pedal (L)	1
12	Pedal (R)	1
13	Seat post	1
14	Flat washer Φ17*Φ8	4
15	Spring washer Φ8	3
16	Nylon nut M8	4
17	Seat	1
18	Meter	1
19	Round End cap	2
20	Hand pulse sensor	2
21	Self-tapping screw	2
22	Flat washer	2
23	Club knob	1
24	Handlebar	1
25	Clamp	1
26	Allen bolt M8*20	2
27	Clamp cover	1
28	T type knob	1
29	Cross-head screw M5*12	2
30	Tension control knob w/cable	1
31	Front post	1
32	Upper sensor wire	1
33	Lower sensor wire	2
34	Washer	1
35	Bolt M6*40	1
36	Extension tension cable	1
37	Lower sensor cable	1
38	Crank	1

PART NO.	DESCRIPTION	QUANTITY
39L	Chain cover (L)	1
39R	Chain cover (R)	1
40	Self-tapping screw ST5*15	8
41	Self-tapping screw ST5*15	4
42	Belt pulley	1
43	BB assembly	1
44	Magnet assembly	1
45	Magnet bushing	2
46	Nut M8	2
47	Bolt M8*55	1
48	Belt	1
49	Sensor bracket	1
50	Hex head bolt M6*25	1
51	Hex head nut M6	2
52	Spring	1
53	Flywheel	1
54	Axle for flywheel	1
55	adjusting bolt	1
56	Bearing 6900	1
57	Flange nut	2
58	Spring	1
59	Idler wheel	1
60	Powder metal	1
61	Bushing for seat post	1
62	Small belt pulley	1
63	Spring clutch	1
64	Copper Washer Φ 10	1
65	Nut M10*1.25	2
66	Taper bushing	1
67	Bearing 6000	3
68	Carriage Bolt M8*40	1
69	Square Washer	1
70	Sleeve	1
71	Sliding Seat	1

Exploded Diagram



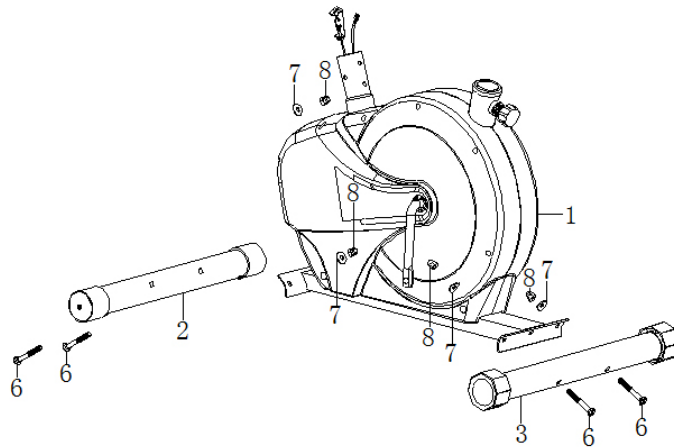


Assembly Instructions

STEP 1

Attach the front stabilizer (2) to the front of the main frame (1), fasten with two carriage bolts (6), two curved washers (7) and two domed nuts (8).

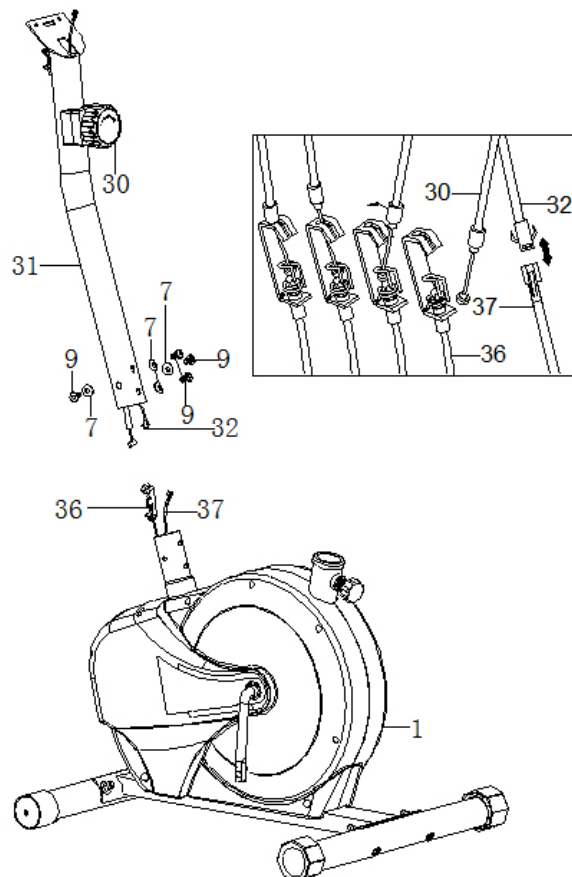
Attach the rear stabilizer (3) to the rear of the main frame (1), fasten with two carriage bolts (6), two curved washers (7) and two domed nuts (8).



STEP 2

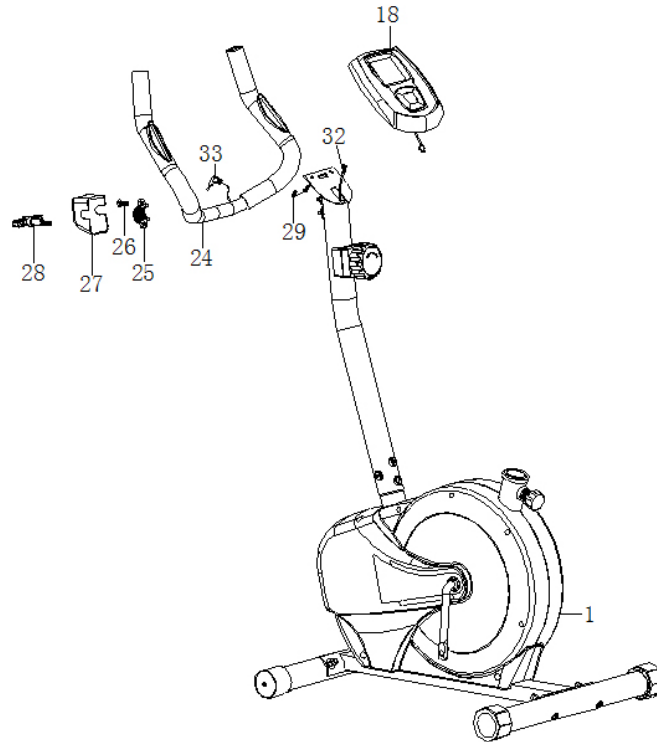
Connect the upper sensor cable (32) from the front post (31) to the lower sensor cable (37). Turn the tension control knob to level-8 and connect the tension control cable (30) from the front post (31) to the extension tension cable (36).

Insert the front post (31) into the main frame (1) and fasten with four allen bolts (9) and four curved washers (7).



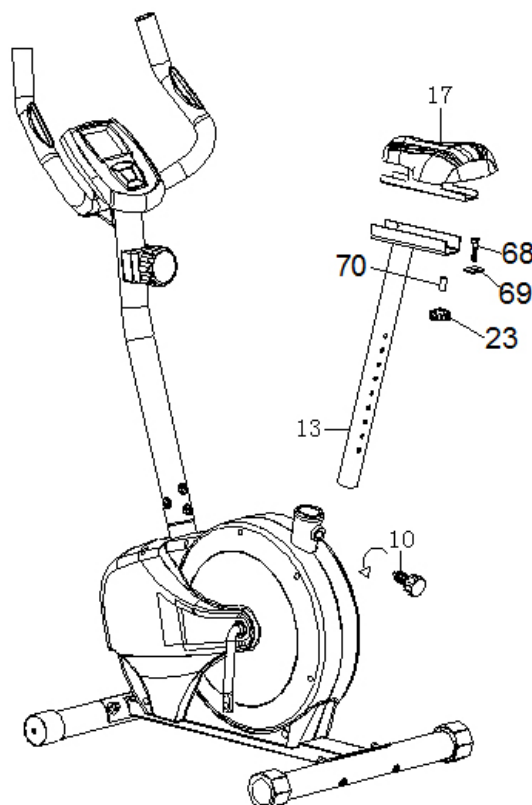
STEP 3

Take down the two cross-head screws (29) which are pre-assembled on the meter (18). Attach the handlebar (24) to the front post and fasten with one clamp (25), one allen bolt (26), one clamp cover (27) and one T type knob (28). Connect the upper sensor cable (32) to the sensor cable from the back of meter (18). Insert the joint of hand pulse wire (33) to the pulse hole on the back of meter (18). Attach the meter (18) to the front post (31) and fasten with two cross-head screws (29).



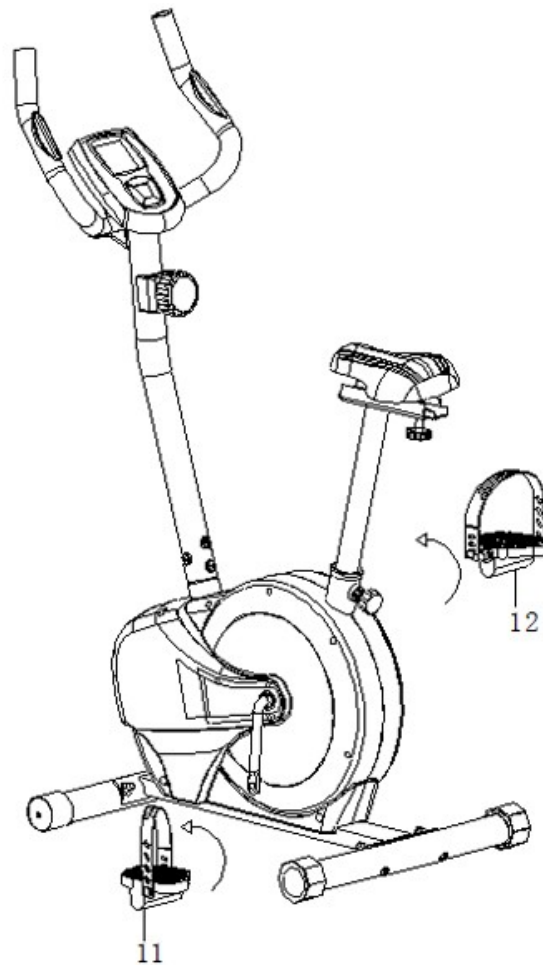
STEP 4

Attach the seat w/sliding seat (17) to the seat post (13) and fasten with one carriage bolt (68), one square washer (69), one sleeve (70) and one club knob (23). Insert the seat post (13) into the main frame (1) and fasten with a quick release knob (10) which could adjust the height to your desired position.



STEP 5

The pedals (11 & 12) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms on the main frame. The crank right arm is on the right-hand side of the cycle as you sit on it. Note: the right pedal should be threaded on clockwise and the left pedal anticlockwise.



Meter Instructions



FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To set the values of time, distance, calories and pulse when not in scan mode.

RESET - Push down for resetting time, distance and calories.

FUNCTION AND OPERATIONS:

1. SCAN: Press “MODE” button until “SCAN” appears, meter will rotate through all the 5 functions: Time, speed, distance, calorie ODO and pulse. Each display will be hold 4 seconds.

2. TIME: (1) Count the total time from exercise start to end. (2) Press “MODE” button until “TIME” appears, press “SET” button to set exercise time. When the “set” is zero, the computer will alarm 15 seconds.

3. SPEED: Display current speed.

4. DIST:

(1) Count the distance from exercise start to end.

(2) Press “MODE” button until “DIST” appears. Press “SET” button to set exercise distance. When the “set” is zero, the computer will alarm 15 seconds.

5. CALORIES:

(1) Count the total calories from exercise start to end.

(2) Press “MODE” button until “CAL” appears. Press “SET” button to set exercise calories. When the “set” is zero, the computer will alarm 15 seconds.

6. ODO: Meter will display the total accumulated distance.

7. PULSE: Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the meter will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

NOTE :

1. If the display is faint or shows no figures, please replace the batteries.
2. The meter will automatically shut off if there is no signal received after 4 minutes.
3. The meter will be auto-powered on when starting to exercise push button w/signal in.
4. The meter will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

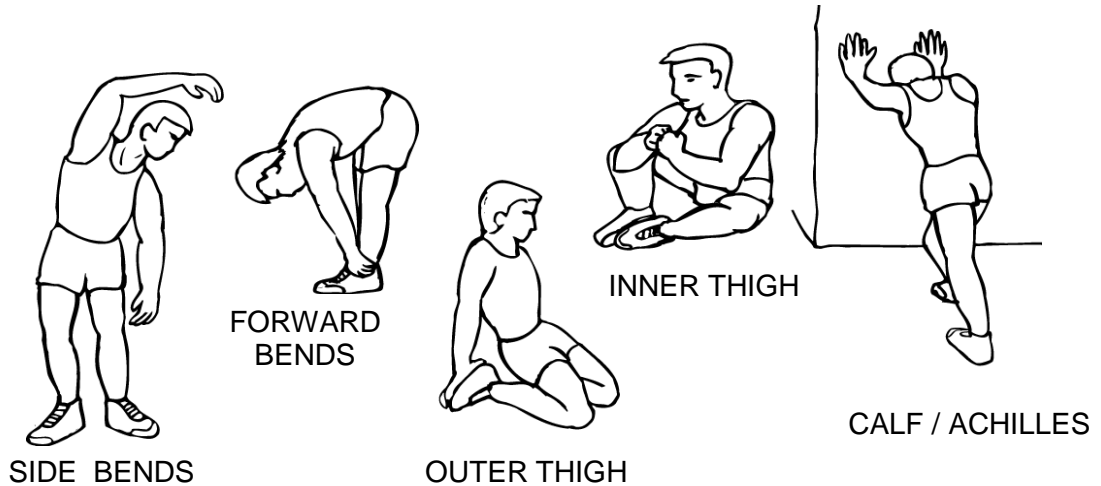
FUNCTION	Auto Scan	Every 4 seconds
	Time	00:00 – 99:59
	Current speed	The maximum signal can be picked up is 999.9 KM/H
	Trip Distance	0.00~9999 KM
	Calories	0.0~999.9 kCAL
	ODO	0.0~9999KM
	Pulse Rate	40~240BPM
Battery type		2 pcs of size – AA or UM- 3
Operating temperature		0°C~+40°C
Storage temperature		- 10°C~+60°C

Exercise Instructions

Using your UPRIGHT 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.

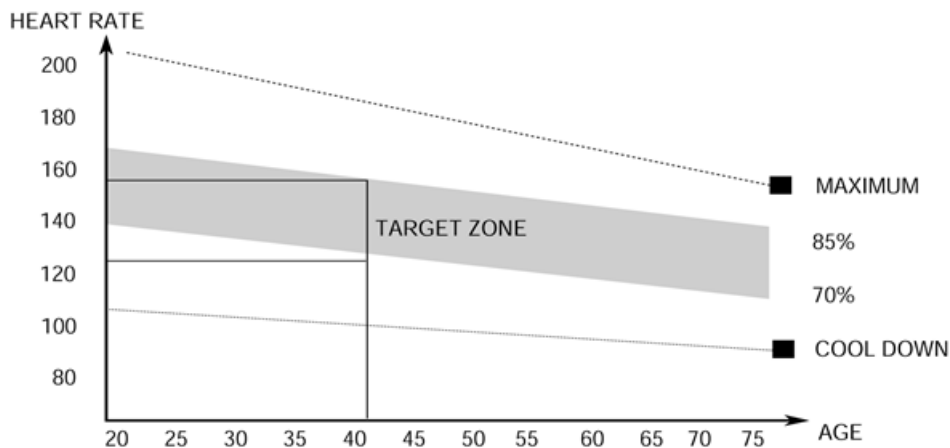
1. The Warm Up Phase

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.



2. 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

3. 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 UPRIGHT 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.



**WARRANTY, SAFETY AND ASSEMBLY
INFORMATION YRK53098A– YORK C400**

IMPORTANT

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

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

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

YRK53098A – YORK C400

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 **Service 07 3272 7010**.

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.

Phone **07 3272 7010**

Hours **9:00am – 4:00pm Mon-Fri (excluding public holidays),**

Email spares@boylesfitness.com.au

Website www.boylesfitness.com.au

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@boylesfitness.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 manufactures 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 9.00am and 4pm

Service Phone Number: 07 3272 7010

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.



YORK[®]
FITNESS

www.yorkfitness.com.au