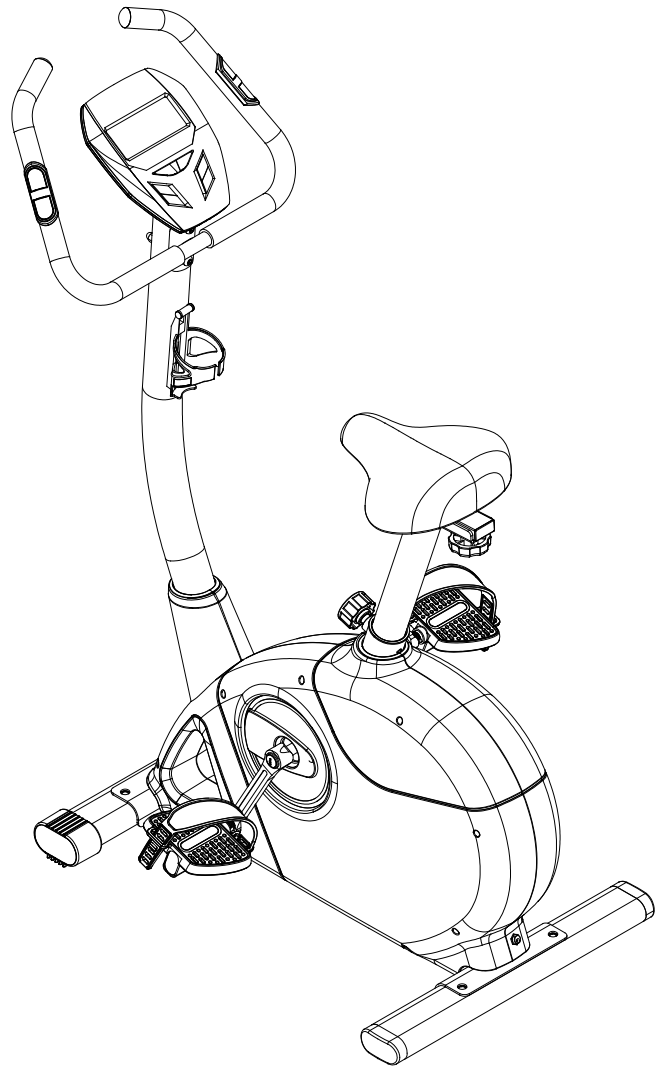


YORK[®] FITNESS

Owner's Manual

C410 Upright Bike

Item #53100A



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: 130kg

Safety Standards

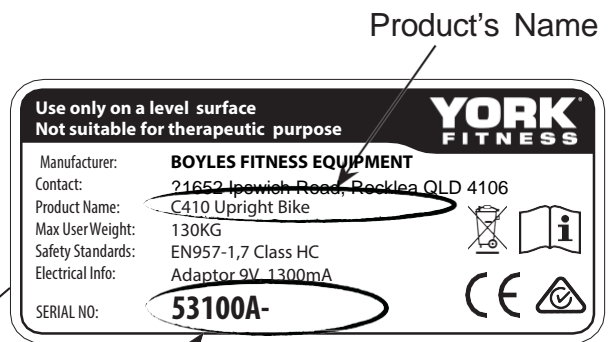
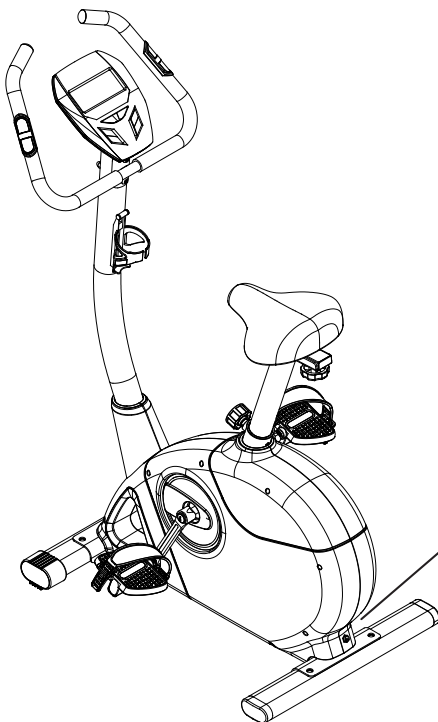
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7 - CLASS HC. Therefore the equipment carries the following marks:



Customer support

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

- Serial No. - This can be found on the sticker.
- 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

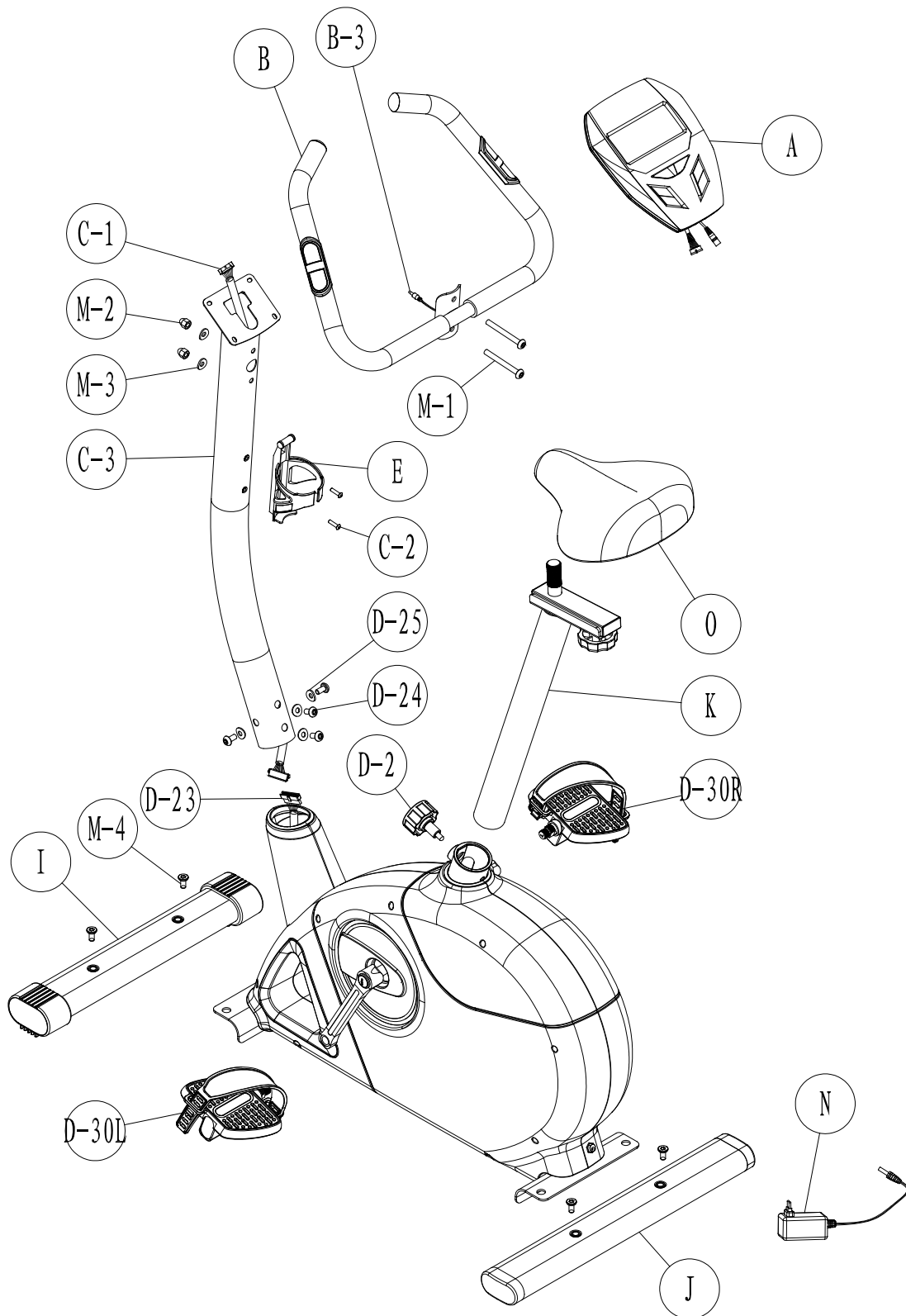
The best way to contact us is via the website:
www.yorkfitness.com.au

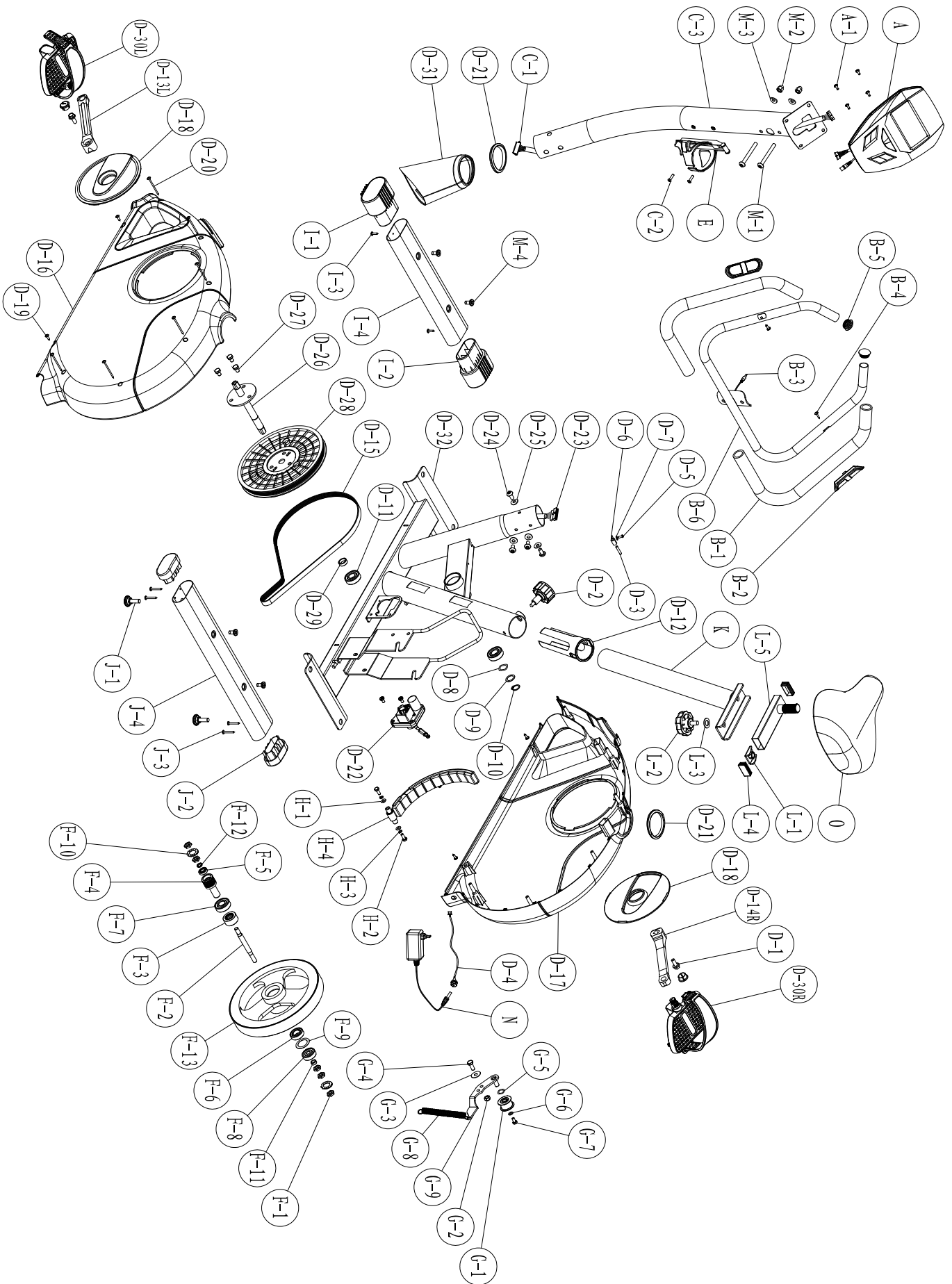
Boyles Fitness Equipment Pty Ltd

1652 Ipswich Road, Rocklea QLD 4106

Email spares@bfe.com.au

Exploded Diagram





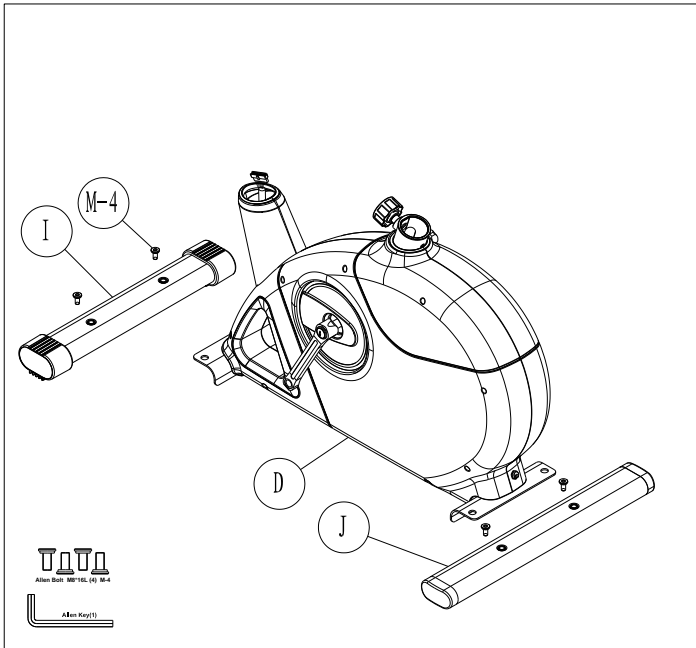
Part list

| No. | Description | QTY/ unit | |
|----------|---------------------------|-----------|------------|
| A | Console SM3752-67 | 1 | SET |
| A-1 | Screw M5*P0.8*10L | 4 | PCS |
| B | Handlebar set | 1 | SET |
| B-1 | Foam grip | 2 | PCS |
| B-2 | Hand pulse | 2 | PCS |
| B-3 | Hand pulse wire | 1 | PCS |
| B-4 | Screw M4*20L | 2 | PCS |
| B-5 | End cap | 2 | PCS |
| B-6 | Handlebar | 1 | PCS |
| C | Handlebar post set | 1 | SET |
| C-1 | Sensor wire (Upper) | 1 | PCS |
| C-2 | Screw M5*P0.8*20L | 2 | PCS |
| C-3 | Handlebar post | 1 | PCS |
| D-1 | Nylon M8*P1.0*20L | 2 | PCS |
| D-2 | Knob | 1 | PCS |
| D-3 | Sensor wire | 1 | PCS |
| D-4 | DC wire | 1 | PCS |
| D-5 | Screw M4*10L | 1 | PCS |
| D-6 | Sensor fixed bracket | 1 | PCS |
| D-7 | Flat washer | 1 | PCS |
| D-8 | Wave washer | 1 | PCS |
| D-9 | Flat washer | 1 | PCS |
| D-10 | C clip | 1 | PCS |
| D-11 | Bearing 6203 | 2 | PCS |
| D-12 | Sleeve for seat post | 1 | PCS |
| D-13 | Left crank | 1 | PCS |
| D-14 | Right crank | 1 | PCS |
| D-15 | Belt | 1 | PCS |
| D-16 | Left chain cover (upper) | 1 | PCS |
| D-17 | Right chain cover (lower) | 1 | PCS |
| D-18 | Crank cap | 2 | PCS |
| D-19 | Screw M5*16 | 4 | PCS |

| | | | |
|------|------------------------------|---|-----|
| D-20 | Screw M4*50L | 6 | PCS |
| D-21 | Washer for handlebar post | 2 | PCS |
| D-22 | Servo motor set | 1 | PCS |
| D-23 | Motor wire | 1 | PCS |
| D-24 | Screw M8*P1.25*20L | 4 | PCS |
| D-25 | Semi washer | 4 | PCS |
| D-26 | Axle | 1 | PCS |
| D-27 | Hexagonal screw M8*P1.25*12L | 3 | PCS |
| D-28 | Pulley | 1 | PCS |
| D-29 | Bushing | 1 | PCS |
| D-30 | Pedal set | 1 | PCS |
| D-31 | Cap for handlebar post | 1 | PCS |
| D-32 | Main frame | 1 | PCS |
| E | Water bottle cage | 1 | SET |
| F | Flywheel set | 1 | SET |
| F-1 | Nut 3/8' | 5 | PCS |
| F-2 | Flywheel axle | 1 | PCS |
| F-3 | Single wheel | 1 | PCS |
| F-4 | Pulley | 1 | PCS |
| F-5 | Bearing 6900RS | 1 | PCS |
| F-6 | Bearing 6003RS | 1 | PCS |
| F-7 | Bearing 6203 | 1 | PCS |
| F-8 | Bearing 6300RS | 1 | PCS |
| F-9 | Flat washer | 1 | PCS |
| F-10 | Star washer | 2 | PCS |
| F-11 | Bushing of flywheel | 1 | PCS |
| F-12 | Bushing of flywheel | 1 | PCS |
| F-13 | Flywheel | 1 | PCS |
| G | Idler set | 1 | SET |
| G-1 | Idler wheel | 1 | PCS |
| G-2 | Nut M8 | 1 | PCS |
| G-3 | Flat washer | 1 | PCS |
| G-4 | Hexagonal screw M8*P1.25*18L | 1 | PCS |
| G-5 | Wave washer | 2 | PCS |
| G-6 | Flat washer | 1 | PCS |
| G-7 | Hexagonal screw M6*P1.0*12L | 1 | PCS |

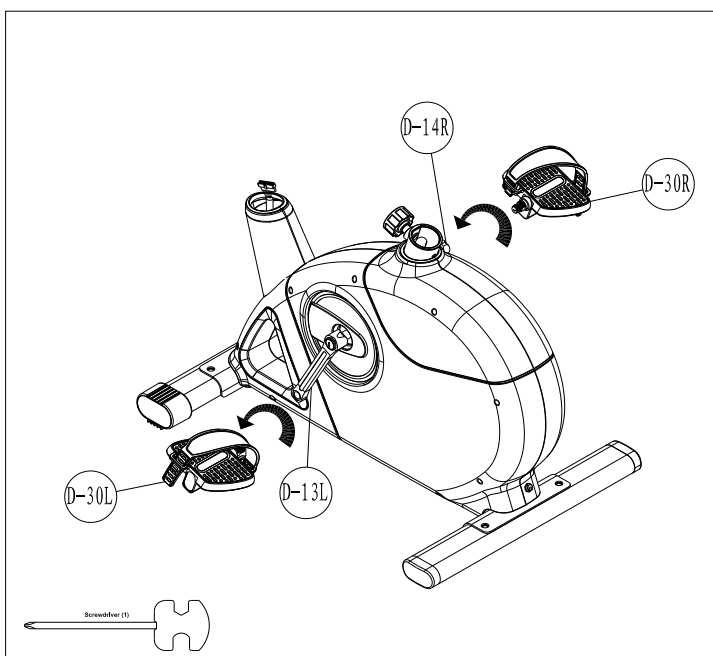
| | | | |
|-----|-----------------------------|---|-----|
| G-8 | Idler spring | 1 | PCS |
| G-9 | Idler | 1 | PCS |
| H | Magnet set | 1 | SET |
| H-1 | Flat washer | 2 | PCS |
| H-2 | Hexagonal screw M6*P1.0*16L | 2 | PCS |
| H-3 | Spring washer | 2 | PCS |
| H-4 | Magnet | 1 | PCS |
| I | Front stabilizer set | 1 | SET |
| I-1 | Front stabilizer pad | 1 | PCS |
| I-2 | Front stabilizer pad | 1 | PCS |
| I-3 | Screw 3/16" | 2 | PCS |
| I-4 | Front stabilizer | 1 | PCS |
| J | Rear stabilizer set | 1 | SET |
| J-1 | Adjust small pad | 2 | PCS |
| J-2 | End cap of stabilizer | 2 | PCS |
| J-3 | Screw 3/16" | 4 | PCS |
| J-4 | Rear stabilizer | 1 | PCS |
| K | Seat post | 1 | PCS |
| L | Seat slider set | 1 | SET |
| L-1 | Fixing screw bracket | 1 | PCS |
| L-2 | Knob for seat | 1 | PCS |
| L-3 | Flat washer | 1 | PCS |
| L-4 | End cap | 2 | PCS |
| L-5 | Seat slider | 1 | PCS |
| M | Hardware kit set | 1 | PCS |
| M-1 | T type screw M8xP1.25x69L | 1 | PCS |
| M-2 | Screw M8 | 4 | PCS |
| M-3 | Flat washer | 4 | PCS |
| N | Switching power adaptor | 1 | SET |
| O | Seat | 1 | SET |
| P | Cover for front handlebar | 1 | SET |

Assembly Stage #1



1. Attach the front Stabilizer (I) to the main Frame (D) using two screws (M-4).
2. Attach the rear Stabilizer (J) to the main Frame (D) using two screws (M-4).

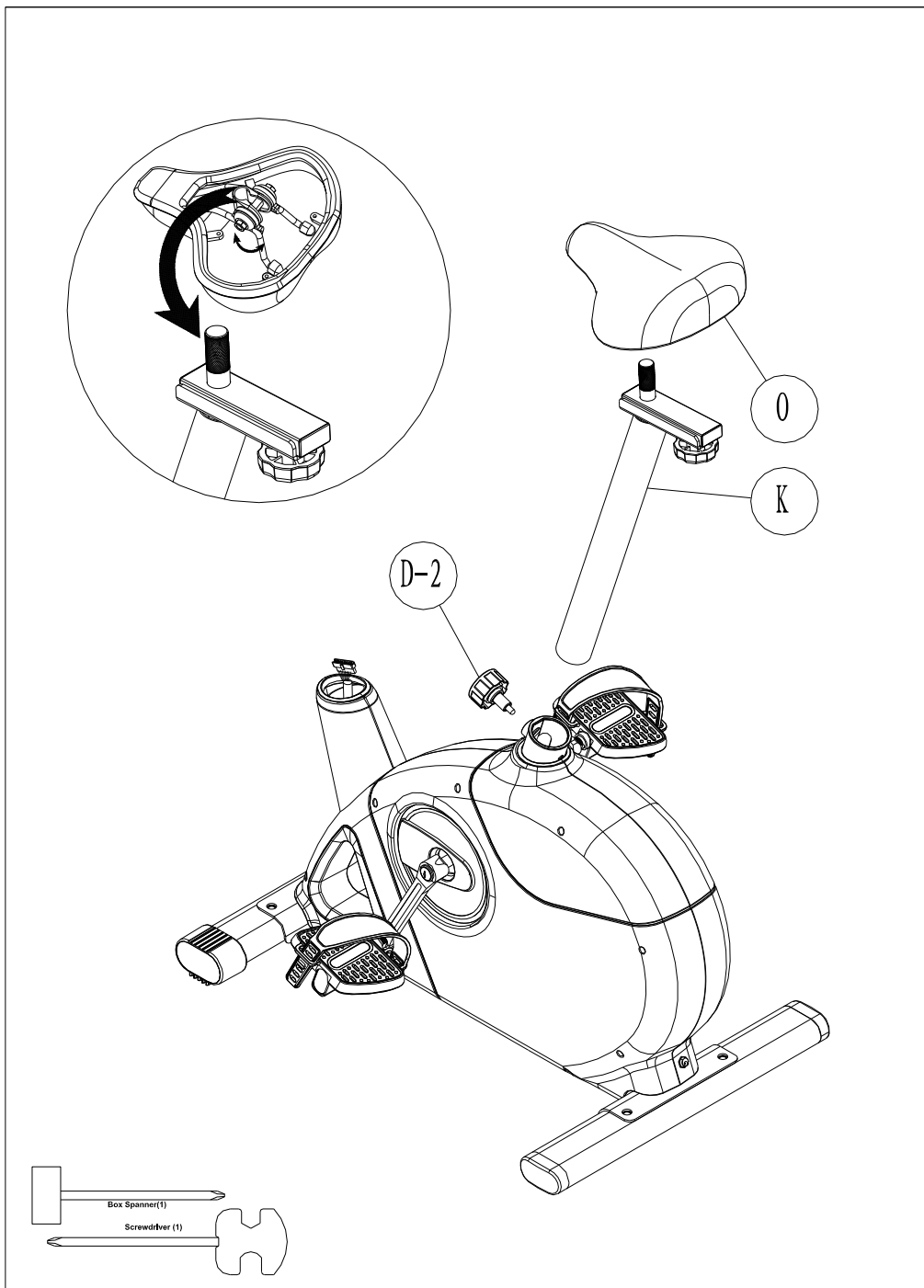
Assembly Stage #2



1. Assemble the two pedals (D-30L+D-30R) onto the Crank (D-13L, D-14R) with a screw driver.

Remarks: Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the two spindles completely.

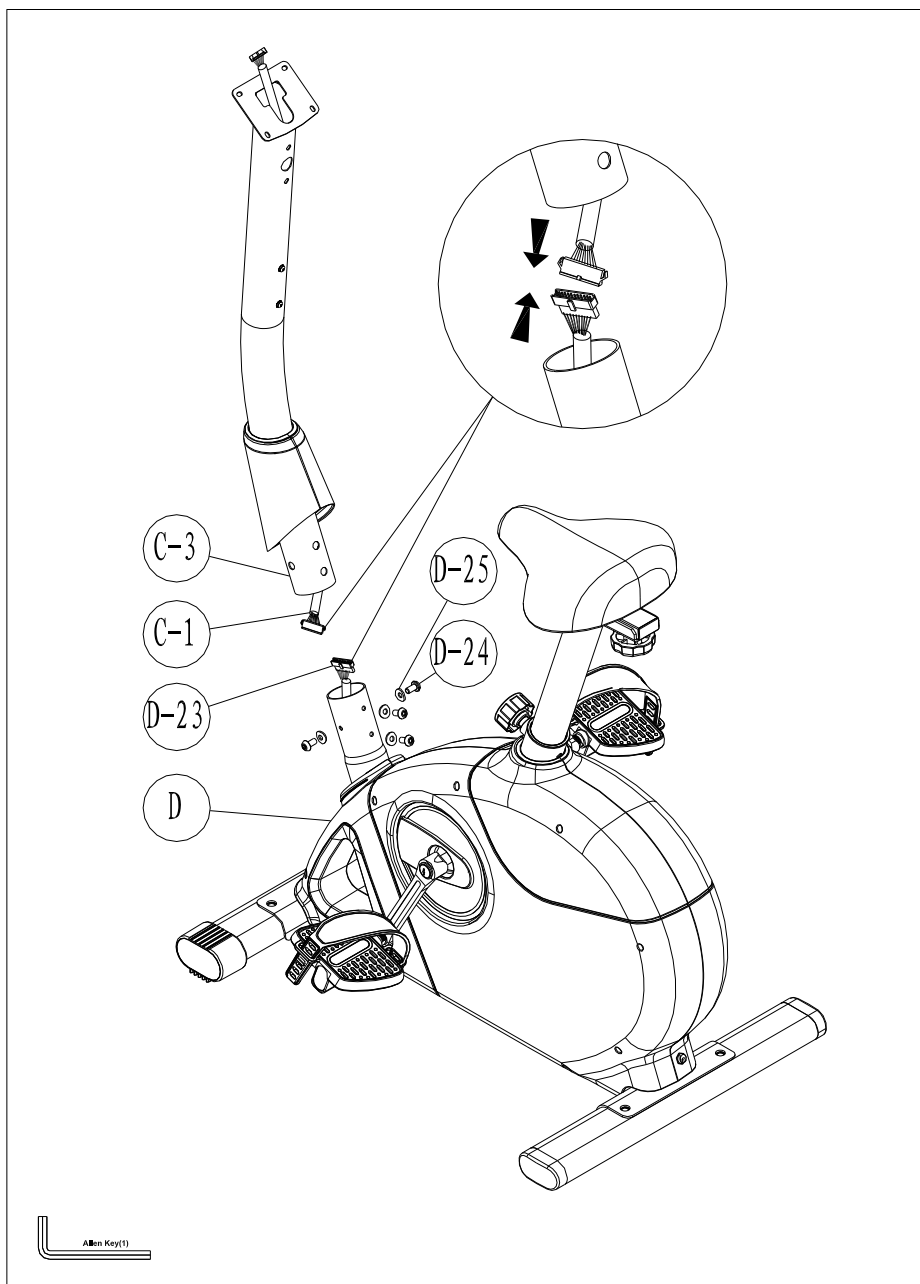
Assembly Stage #3



1. Assemble the seat (O) to the seat slider. The Slider can be adjusted in different angles. Tighten the two Nuts under the Seat using a screwdriver. In addition, the Slider can be adjusted in horizontal level by loosening the Knob.
2. Insert the seat post (K) into the main frame (D), and then choose the desired position, and tighten the knob (D-2). Be sure the knob is always tightened.

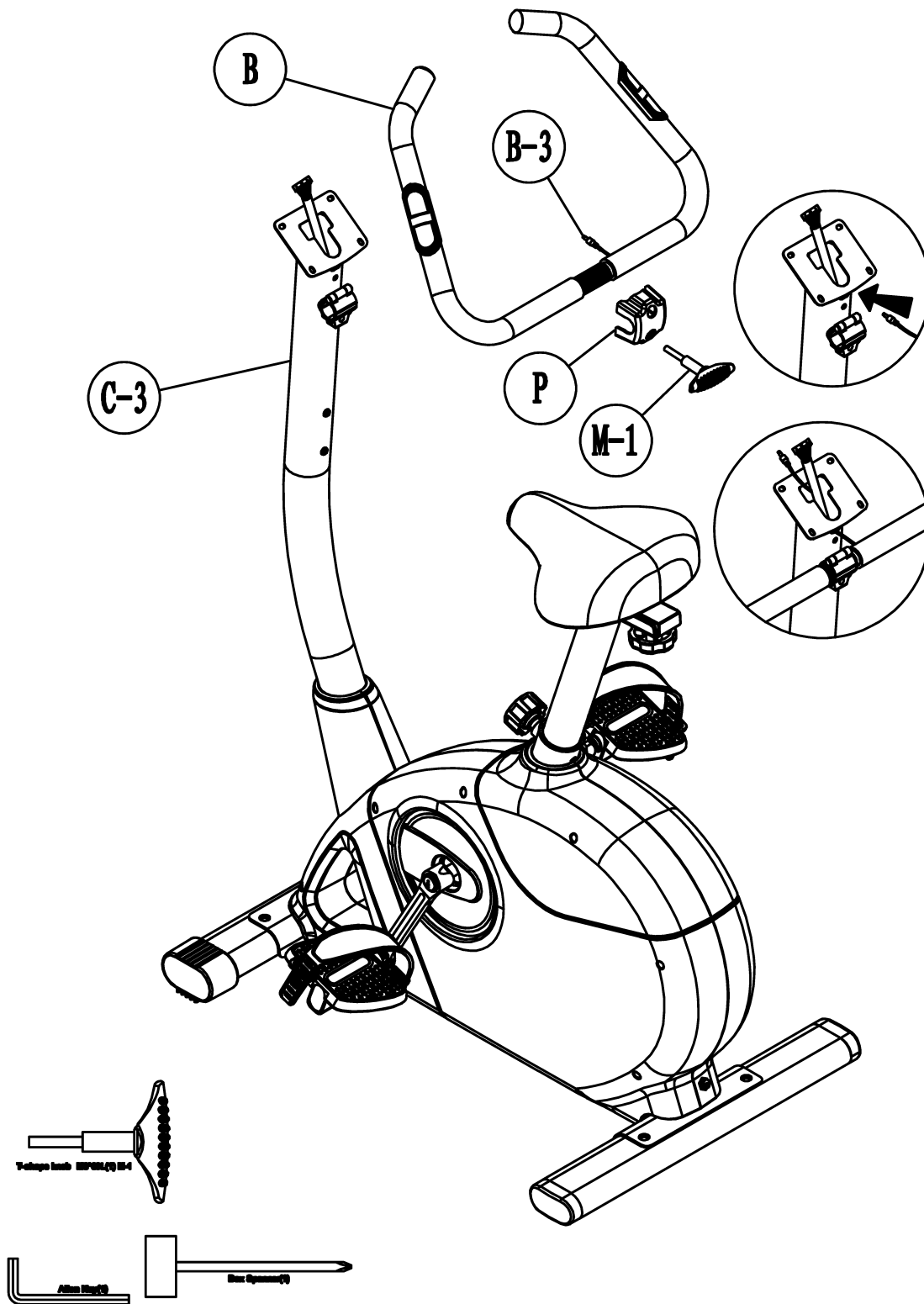
Remarks: When you have chosen a desired position, tighten the Seat Post Knob until you hear a “click”.

Assembly Stage #4



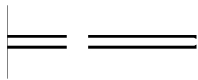
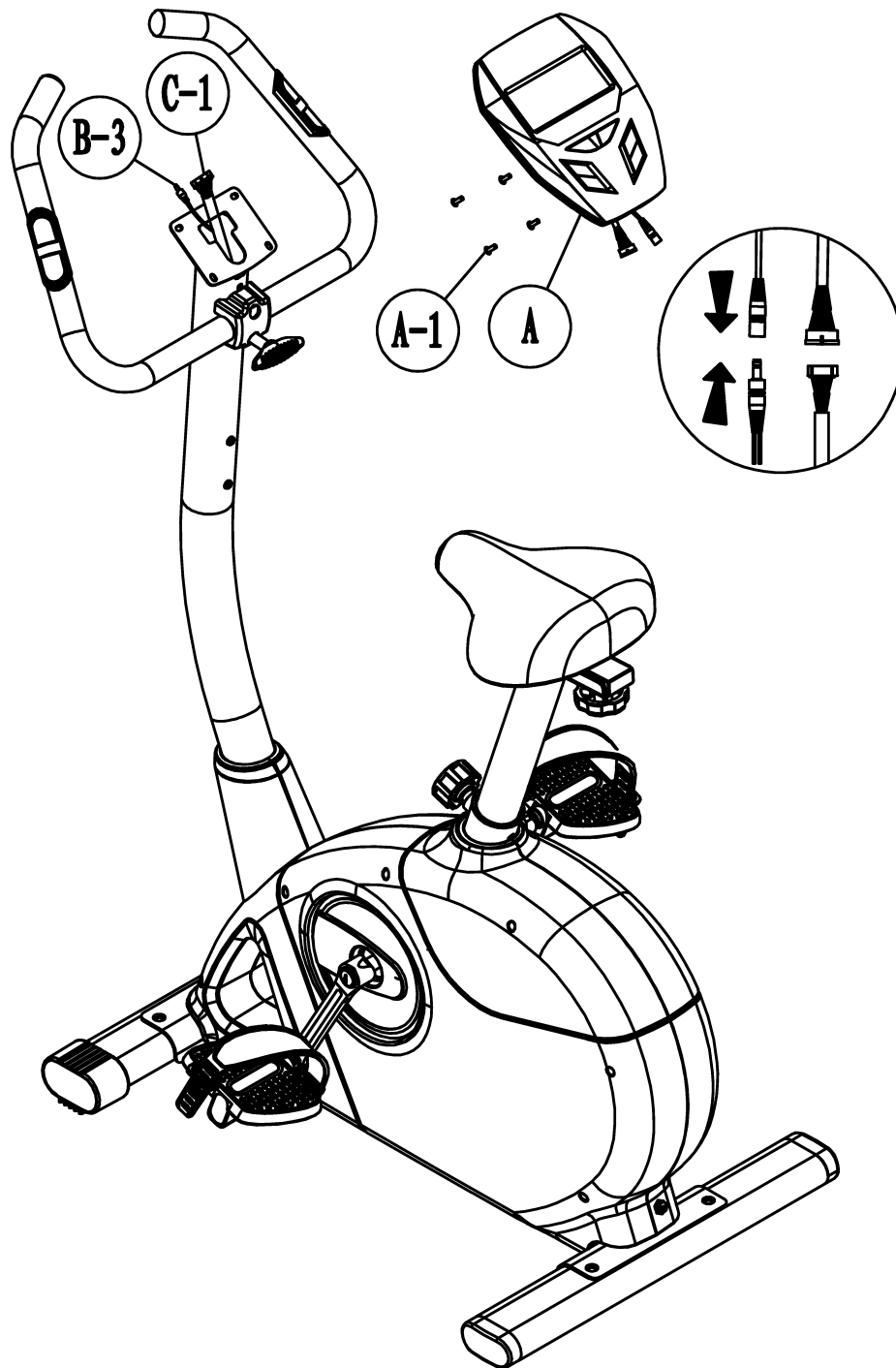
1. Connect the sensor wires Upper & lower (C-1, D-23).
2. Insert the handlebar post (C-3) to the main frame with screw (D-24) and semi-circular washers (D-25) with Allen wrench.

Assembly Stage #5



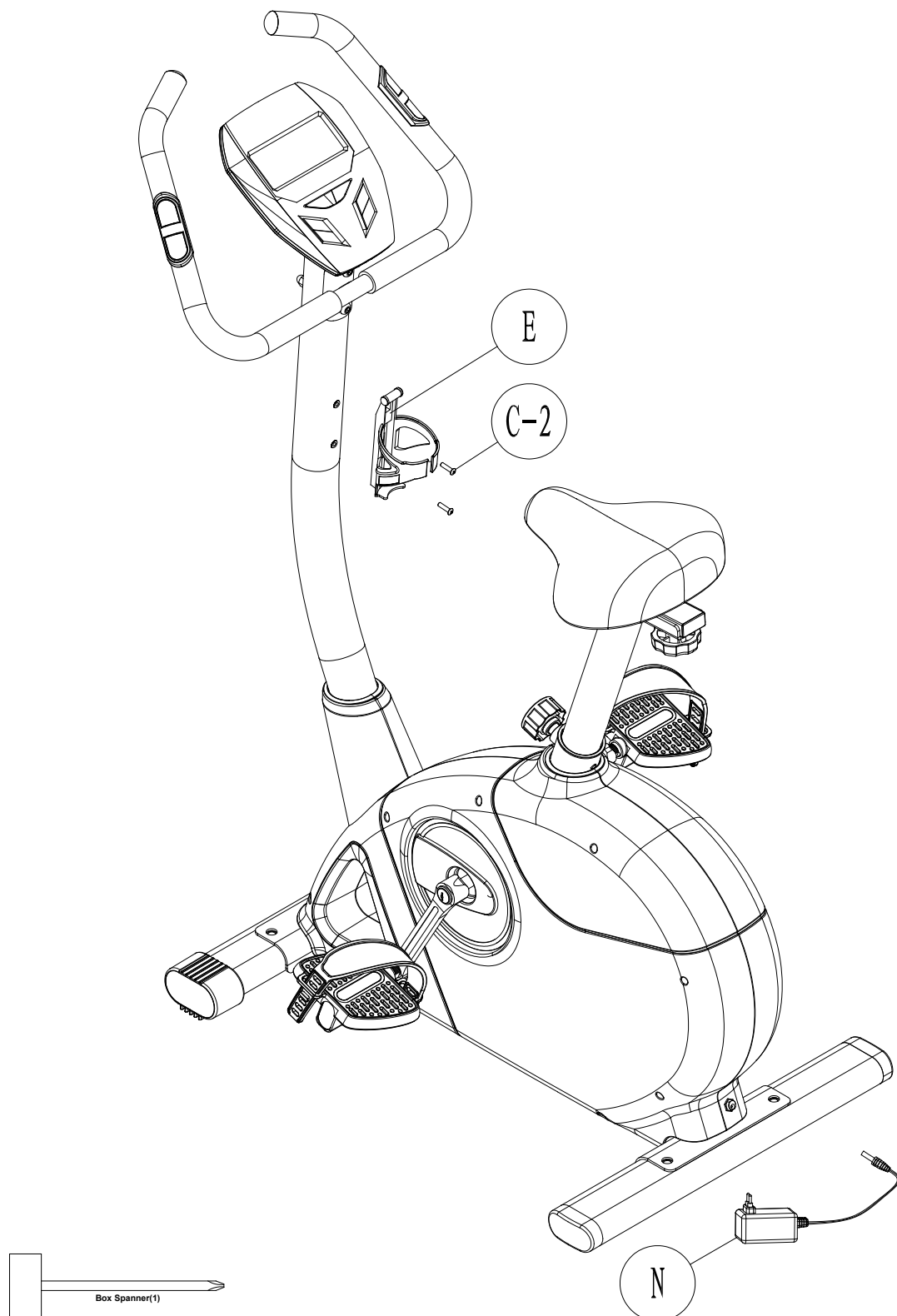
1. Pass the hand-pulse wire (B-3) through the hole.
2. Assemble the handlebar (B) onto the handlebar post (C-3) by placing the front handlebar cover (P) over the Handlebar and then fixing using the T type screw (M-1)

Assembly Stage #6



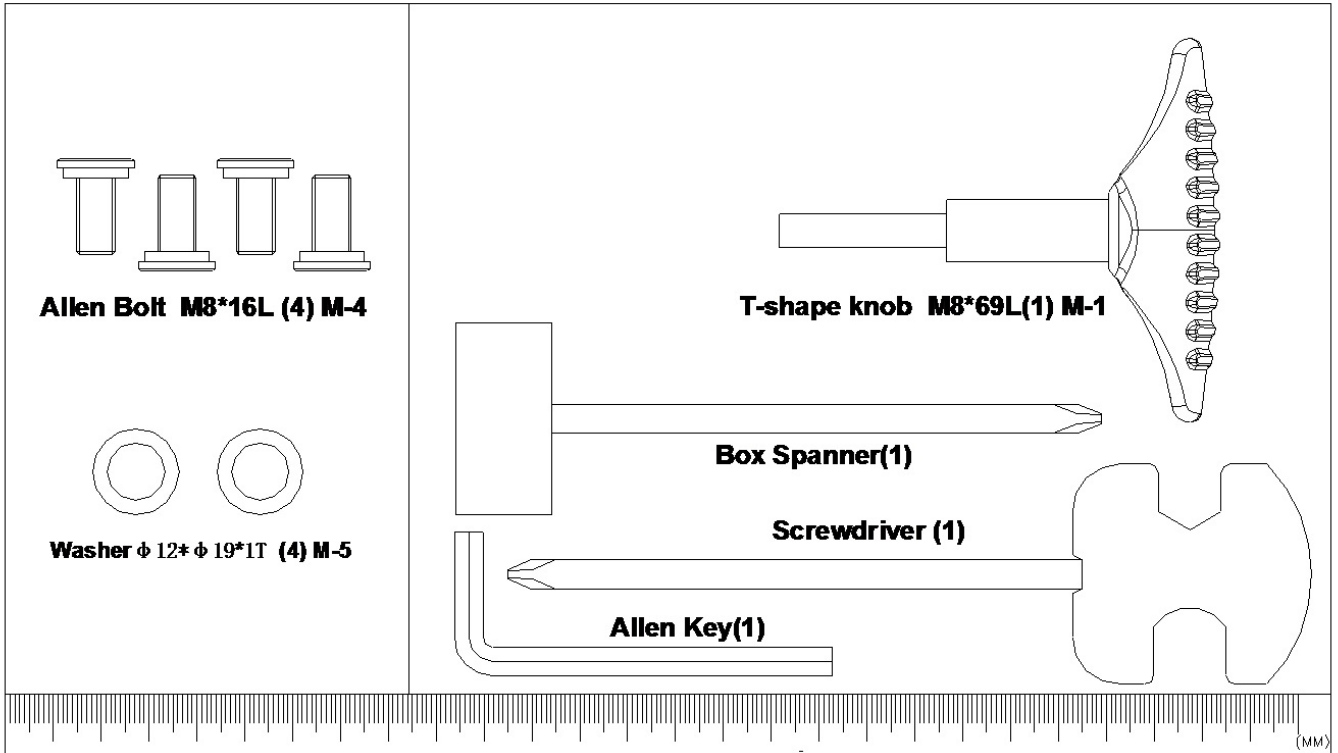
Plug the wire (B-3 & C-1) and assemble the computer (A) with 4 screws (A-1) by wrench.

Assembly Stage #7



1. Assemble water bottle cage by using screws (C-2).
2. Plug the adaptor (N) into socket as picture above.

TOOLS & PARTS



| | | | |
|---|--|-------|--|
| D | | B | |
| C | | O/P | |
| I | | J | |
| I | | E/D-2 | |
| A | | D-30 | |
| M | | N | |

CONSOLE INSTRUCTION MANUAL

DISPLAY FUNCTIONS :

| ITEM | DESCRIPTION |
|----------|--|
| TIME | .Workout time displayed during exercise. .Range 0:00 ~ 99:59 |
| SPEED | .Workout speed displayed during exercise. .Range 0.0 ~ 99.9 |
| DISTANCE | .Workout distance displayed during exercise. .Range 0.0 ~ 99.9 |
| CALORIES | .Burned calories during workout display. .Range 0 ~ 999 |
| PULSE | .Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse. |
| RPM | .Rotation per minute .Range 0 ~ 999 |
| WATTS | .Workout power consumption .Range 0 ~ 350 |
| MANUAL | .Manual mode workout. |
| PROGRAM | .12 PROGRAM selection. |
| USER | .User creates resistance level profile. |
| H.R.C. | .Target HR training mode. |
| WATT | .Watt constant training mode. |

KEYS :

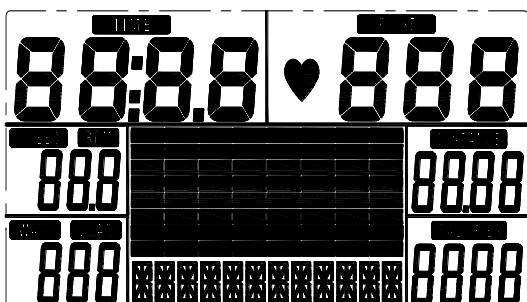
| ITEM | DESCRIPTION |
|-------------|---|
| Up | · Increase resistance level |
| Down | · Decrease resistance level |
| Mode | · Confirm setting or selection. |
| Reset | · Hold and press for 2 seconds. Computer will reboot and start from user setting. · Reverse to main menu during presetting workout value or stop mode. |
| Start/ Stop | · Start or Stop workout. |
| Recovery | · Test heart rate recovery status. |

OPERATION:

POWER ON

Plug in power supply. Computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedalling or pulse input the console will enter into power saving mode.

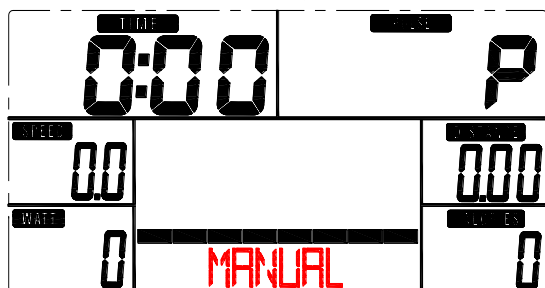
Press any key to wake the console up.



Manual Mode

Pressing START in the main menu will start workout in manual mode.

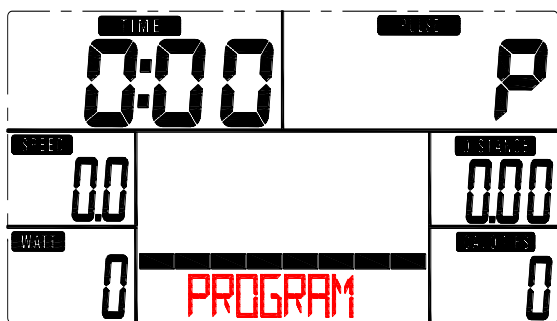
1. Press UP or DOWN to select workout program. Choose Manual and press MODE to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Program Mode

1. Press UP or DOWN to select workout program. Choose Program and press MODE to enter.
2. Press UP or DOWN to preset workout TIME.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.

Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



User Program Mode

1. Press UP or DOWN to select workout program. Choose User and press MODE to enter.
2. Press UP or DOWN to set load level of each column, and press MODE to next one. (Total column = 20)
3. Hold MODE to finish or quit setting.
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP button to start workout. Press UP or DOWN to adjust load level.
6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

H.R.C. mode

1. Press UP or DOWN to select workout program. Choose H.R.C. and press MODE to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.



WATT Mode

1. Press UP or DOWN to select workout program. Choose WATT and press MODE to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.

Recovery

1. When pulse value displays on the computer (hold handgrip or wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and count down.

Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

| | |
|-----------------|---------------|
| 1.0 | OUTSTANDING |
| $1.0 < F < 2.0$ | EXCELLENT |
| $2.0 < F < 2.9$ | GOOD |
| $3.0 < F < 3.9$ | FAIR |
| $4.0 < F < 5.9$ | BELOW AVERAGE |
| 6.0 | POOR |

NOTE:

1. When the user stops pedalling for 4 minutes the computer will enter into power save mode. All settings and exercise data will be stored until the user starts exercising again.
2. When the computer acts abnormally please unplug the adaptor and plug in again.



WARRANTY INFORMATION
YRK53100A – York C410 Bike

IMPORTANT

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

BOYLES FITNESS warrants the York C410 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:

| Domestic Use | |
|---------------------|------------------|
| Frame | Lifetime* |
| Parts | 1 Year |

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 our website www.bfe.com.au where you can lodge a service request.

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

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.

Email spares@bfe.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@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 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. This includes a lack of lubrication. Only use factory supplied lubricant. DO NOT USE WD40 or anything similar. You can purchase lubricant from your retailer or contact us directly at spares@bfe.com.au

- (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 or you can call us on spares@bfe.com.au to get a price.
- (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
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly on spares@bfe.com.au

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.

Additional Warranty

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing spares@bfe.com.au (Not available in all areas)

Service Department hours: 9am to 3pm Monday to Friday

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.

Service Department hours: 9am to 3pm Monday to Friday

Service Email: spares@bfe.com.au