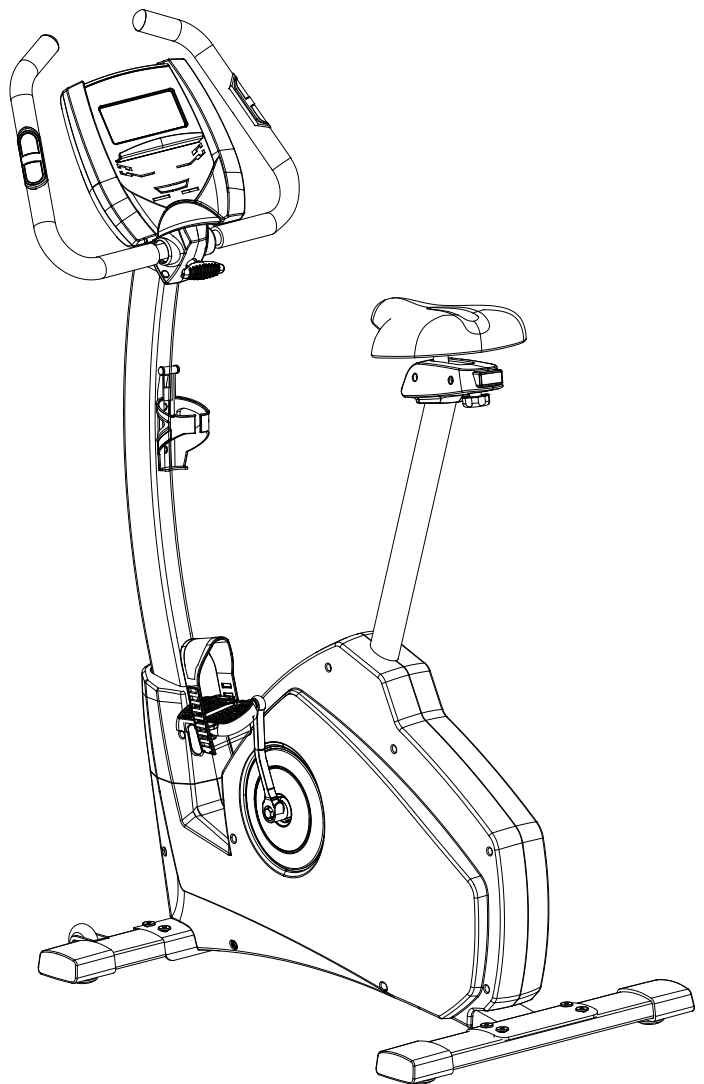


# YORK<sup>®</sup> FITNESS

## Owner's Manual

York C420 Bike

Item YRK53102A



## 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: 150kg**

## Safety Standards

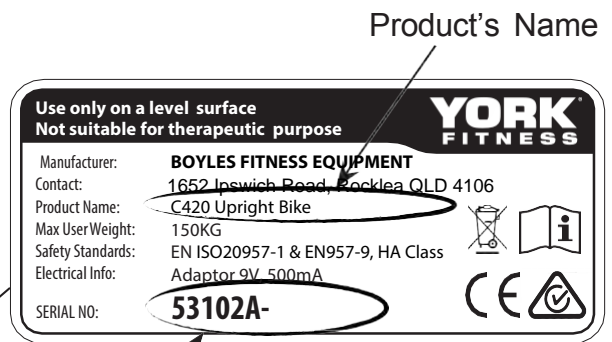
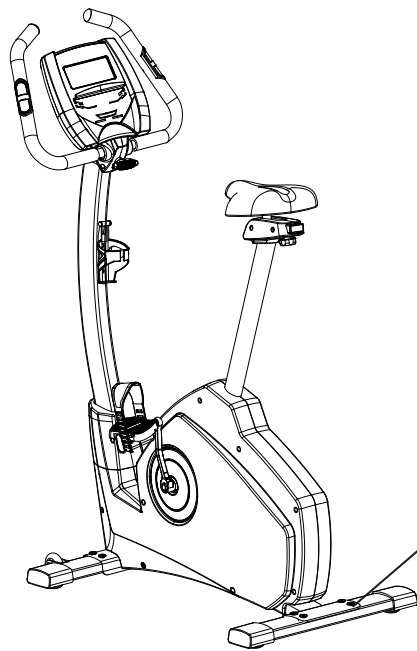
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN ISO20957 - 1 & EN957 - 9, HA Class. Therefore the equipment carries the following marks:



# 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 as Boyles Fitness Service will 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](http://www.yorkfitness.com.au)

**Boyles Fitness Service Dept**  
1652 Ipswich Road, Rocklea QLD 4106  
Email [spares@bfe.com.au](mailto:spares@bfe.com.au)

# Assembling your Bike

## **PRECAUTIONS:**

**WARNING:** This exercise bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the equipment. The following safety precautions should also be observed:

1. Before using the exercise equipment, please read all instructions in this manual.
2. Use the equipment indoors on a level surface and keep it away from moisture and dust.  
Place a mat under the stabilizers to protect the carpet or floor.
3. Inspect and tighten all parts regularly. Replace defective and worn parts immediately.
4. Keep children away from this equipment at all times. DO NOT leave them unsupervised in the room where this equipment is kept.
5. Wear appropriate exercise clothing when using the equipment. Do not wear loose clothing that could become caught in the equipment.
6. If you feel pain or dizziness while exercising, stop immediately and cool down.
7. The pulse sensor is not a medical device. Various factors including the user's movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

## **PRE-ASSEMBLY NOTES:**

### **OPEN THE BOXES**

Make sure to inventory all the parts that are included in the boxes. Check the Hardware Chart for a full count of the number of parts included for proper assembly.

### **GATHER YOUR TOOLS**

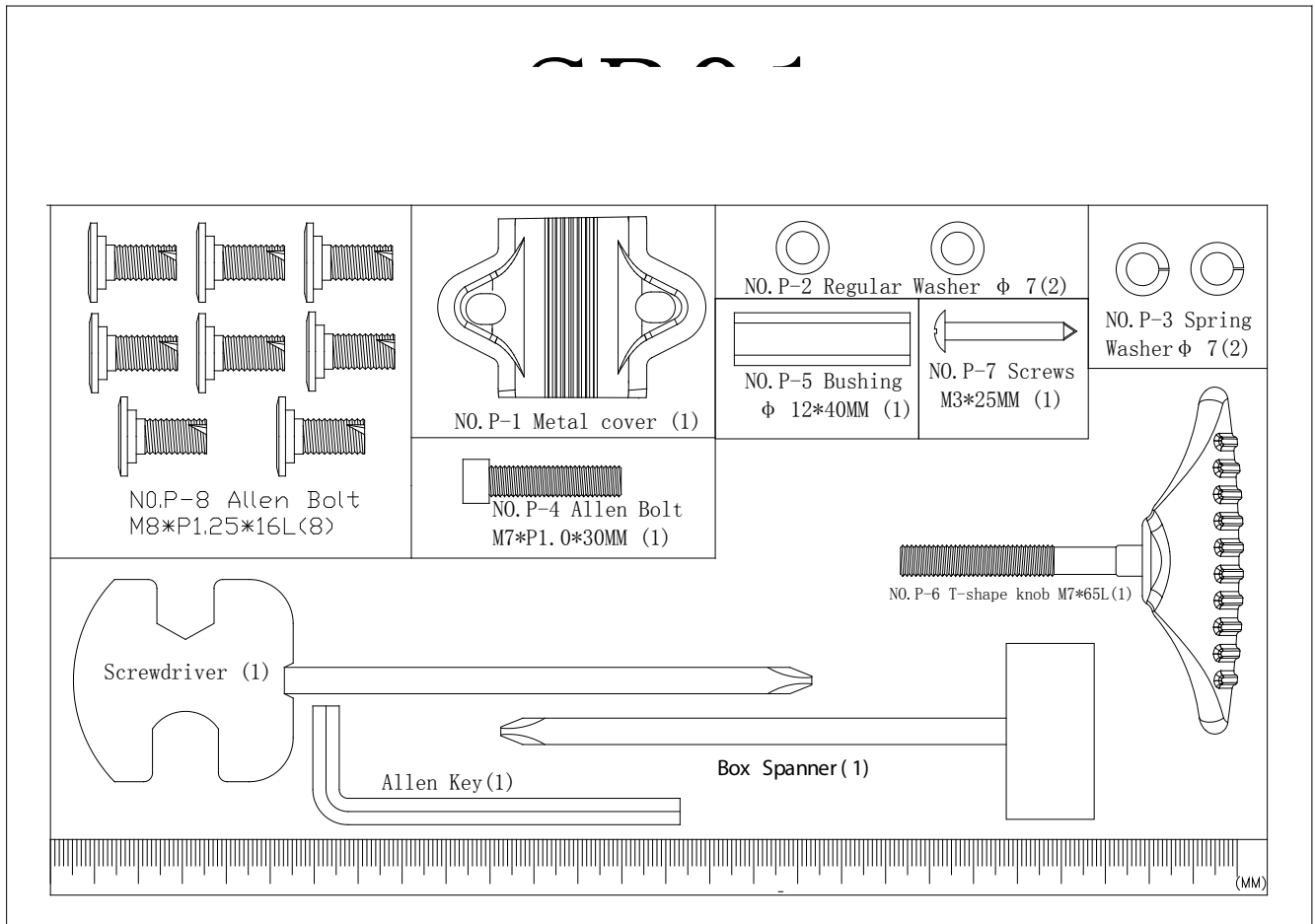
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

### **CLEAR YOUR WORK AREA**

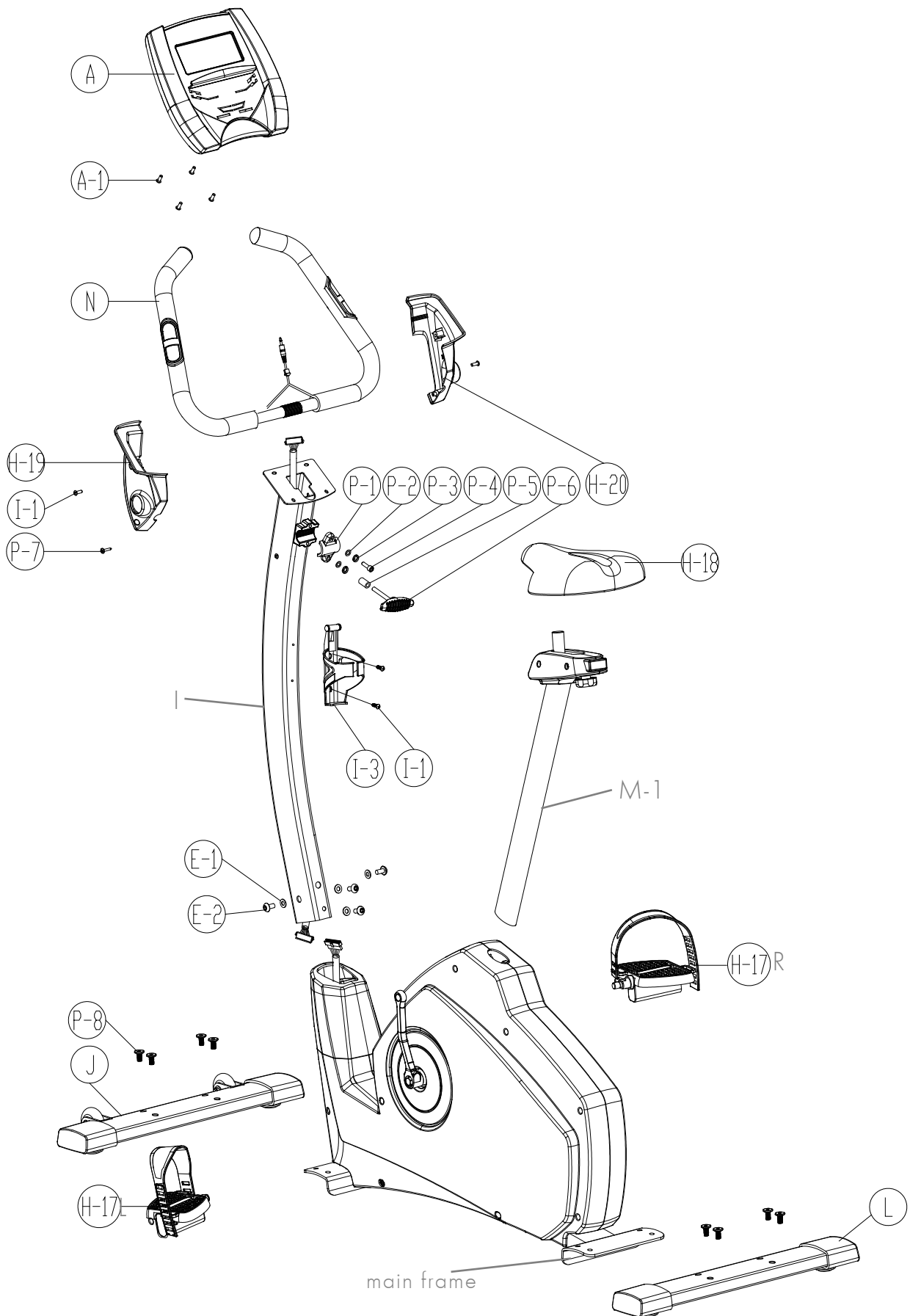
Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

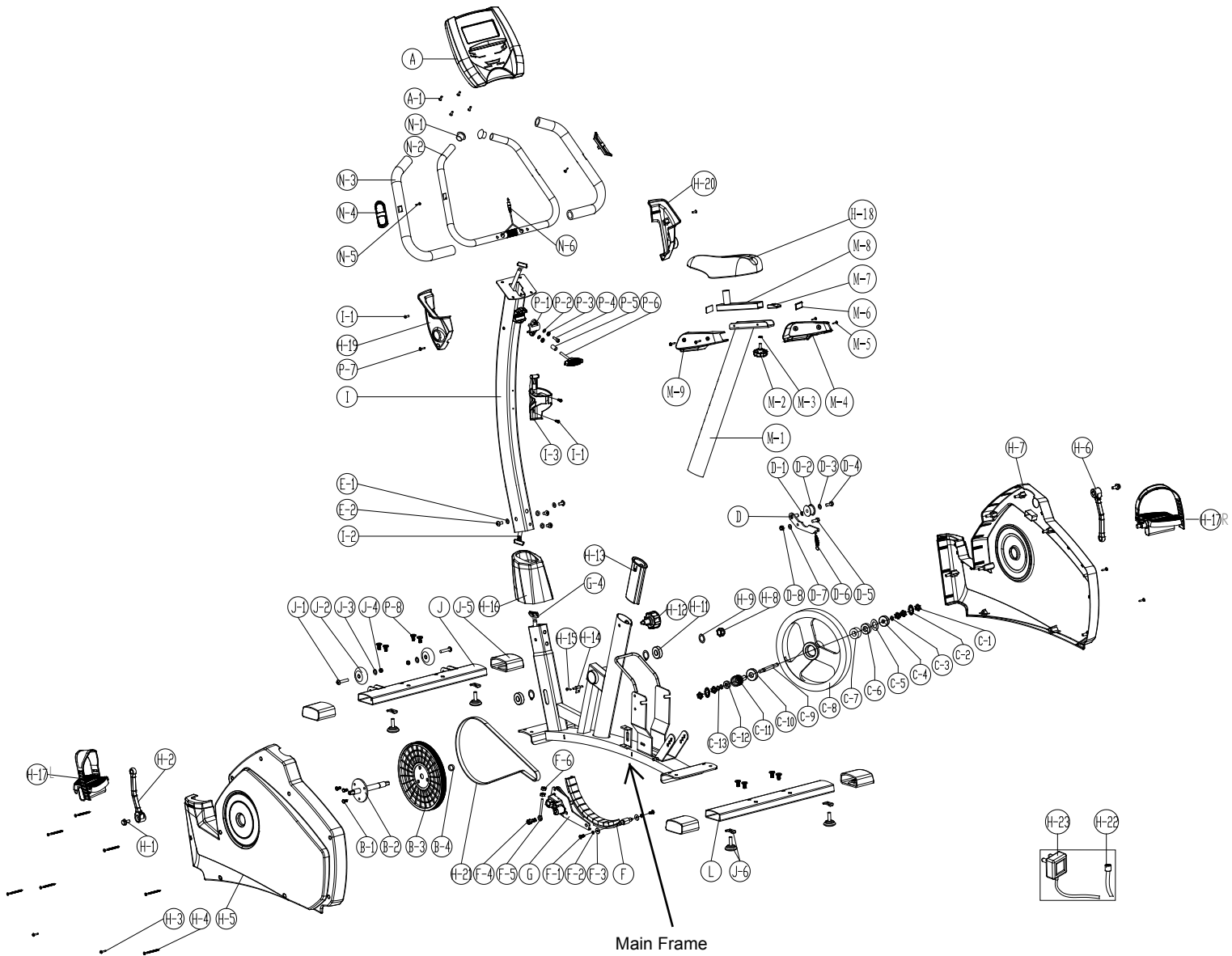


# Hardware Kit



# Exploded Diagram





# Part list

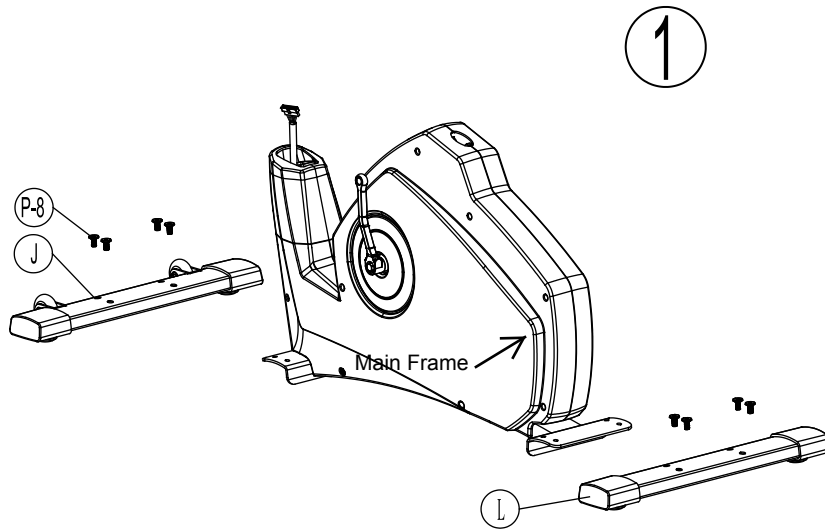
No.	Description	QTY/ unit	
A	Console	1	PCS
A-1	Screw	4	PCS
B	Axle assembly set	1	SET
B-1	Hex. bolt	3	PCS
B-2	Axle	1	PCS
B-3	Big pulley	1	PCS
B-4	Bushing	1	PCS
C	Flywheel assembly set	1	SET
C-1	Nut	5	PCS
C-2	Star washer	2	PCS
C-3	Bushing	2	PCS
C-4	Bearing	1	PCS
C-5	Flat washer	1	PCS
C-6	Bearing	1	PCS
C-7	One way bearing	1	PCS
C-8	Flywheel	1	PCS
C-9	Axle for flywheel	1	PCS
C-10	Bearing	1	PCS
C-11	Small pulley	1	PCS
C-12	Bearing	1	PCS
C-13	Flat washer	1	PCS
D	Idler set	1	SET
D-1	Wave washer	1	PCS
D-2	Idler wheel	1	PCS
D-3	Flat washer	1	PCS
D-4	Hex, bolt	1	PCS
D-5	Hex, bolt	1	PCS
D-6	Spring for idler	1	PCS
D-7	Flat washer	1	PCS
D-8	Nylon nut	1	PCS
E	Screw set for handlebar post	1	SET
E-1	Flat washer	4	PCS
E-2	Screw	4	PCS
F	Magnetic set	1	SET
F-1	Hex, bolt	2	PCS
F-2	Spring washer	2	PCS
F-3	Flat washer	2	PCS
F-4	Screw for gear box	1	PCS

No.	Description	QTY/ unit	
F-5	Adjustor	1	PCS
F-6	Hex, Nut	2	PCS
G	Gear box set	1	SET
H-1	Nylok screw	2	PCS
H-2	Crank, left	1	PCS
H-3	Screw	4	PCS
H-4	Screw	7	PCS
H-5	Chain cover, left	1	PCS
H-6	Crank, right	1	PCS
H-7	Chain cover, right	1	PCS
H-8	Nylon nut	1	PCS
H-9	Flat washer	1	PCS
H-11	Bearing	2	PCS
H-12	Knob for seat post	1	PCS
H-13	Sleeve for seat post	1	PCS
H-14	Sensor set	1	PCS
H-15	Screw for sensor set	1	PCS
H-16	Handlebar post Cover	1	PCS
H-17R/L	Pedal (R, L)	1	PCS
H-18	Seat	1	PCS
H-19	Cover for handlebar (left)	1	PCS
H-20	Cover for handlebar (right)	1	PCS
H-21	Belt	1	PCS
H-22	DC cable	1	PCS
H-23	Adaptor	1	PCS
I	Handlebar post	1	SET
I-1	Screw	4	PCS
I-2	Cable (upper)	1	PCS
I-3	Bottle holder	1	PCS
J	Front stabilizer	1	SET
J-1	Screw	4	PCS
J-2	Transportation wheel	2	PCS
J-3	Flat washer	4	PCS
J-4	Nylon nut	4	PCS
J-5	End cap for stabilizer	4	PCS
J-6	Adjusting cap for stabilizer	4	PCS

No.	Description	QTY/ unit	
L	Rear stabilizer	1	SET
M	Seat post assembly	1	SET
M-1	Seat post	1	PCS
M-2	Knob for seat slider	1	PCS
M-3	Flat washer	1	PCS
M-4	Cover for seat slider (right)	1	PCS
M-5	Screw	4	PCS
M-6	End cap for slider	2	PCS
M-7	Fixing screw set for slider	1	PCS
M-8	Seat slider	1	PCS
M-9	Cover for seat slider (right)	1	PCS
N	Handlebar assembly	1	SET
N-1	End cap for handlebar	2	PCS
N-2	Handlebar	1	PCS
N-3	Foam grip for handlebar	2	PCS
N-4	Handpulse sensor	2	PCS
N-5	Screw	2	PCS
N-6	Pulse sensor wire	1	PCS
P	Hardware kit (incl. P-1~P-11)	1	SET
P-1	Clamp for handlebar	1	PCS
P-2	Flat washer	2	PCS
P-3	Spring washer	2	PCS
P-4	Bolt	1	PCS
P-5	Bushing	1	PCS
P-6	Knob	1	PCS
P-7	Screw	1	PCS
P-8	Screw	8	PCS
P-9	Wrench	1	PCS
P-10	Hexagonal tool	1	PCS
P-11	Bushing wrench	1	PCS

# Assembly Instructions

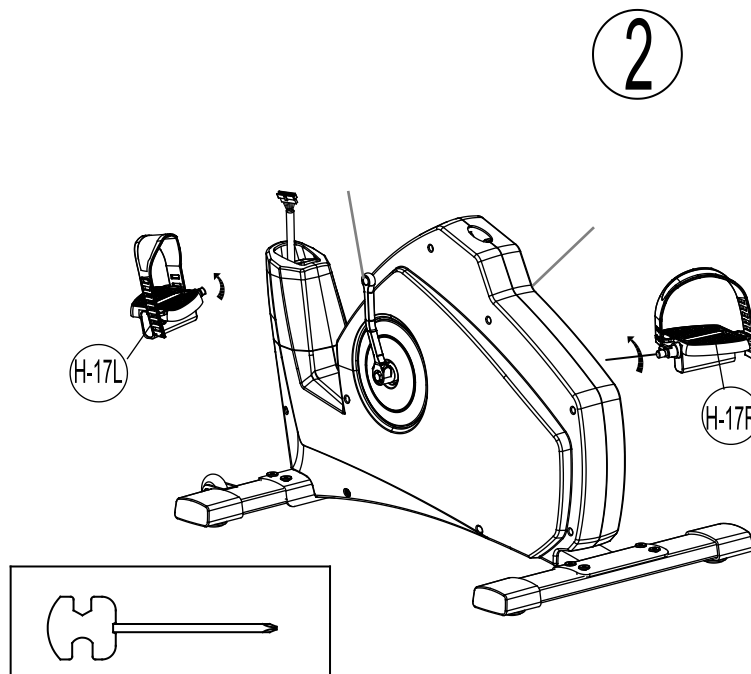
## STEP 1



1. Assemble the Front Stabilizer (J) and the Rear Stabilizer (L) to the Main Frame  
Assemble and secure tightly using the Allen Head Bolts (P-8)

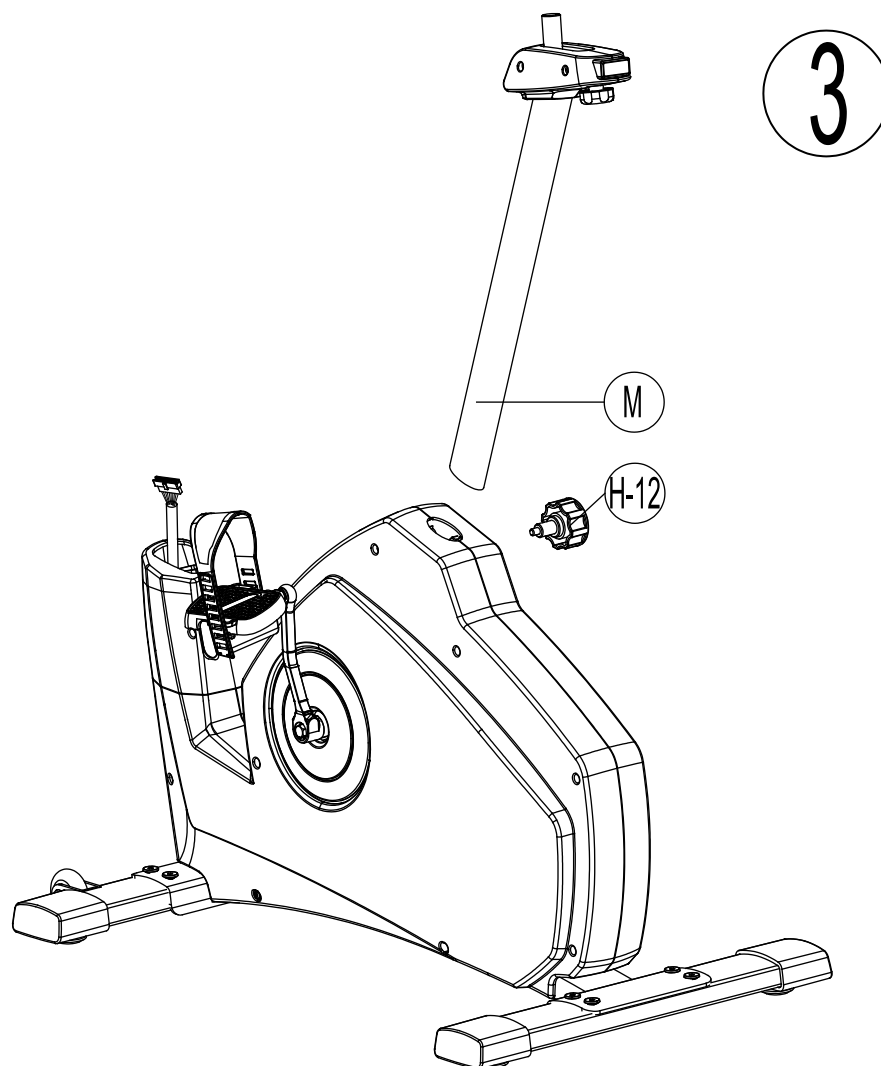
**Note.** Front Stabilizer has transportation wheels

## STEP 2



1. Fix the Right (H-17 R) and Left Pedal (H-17 L) tightly to the Right (H-6) and Left Crank (H-2)
2. Screw the Left Pedal's spindle counter-clockwise and the Right Pedal's spindle clockwise to tighten. Please make sure these are very tight.

## STEP 3

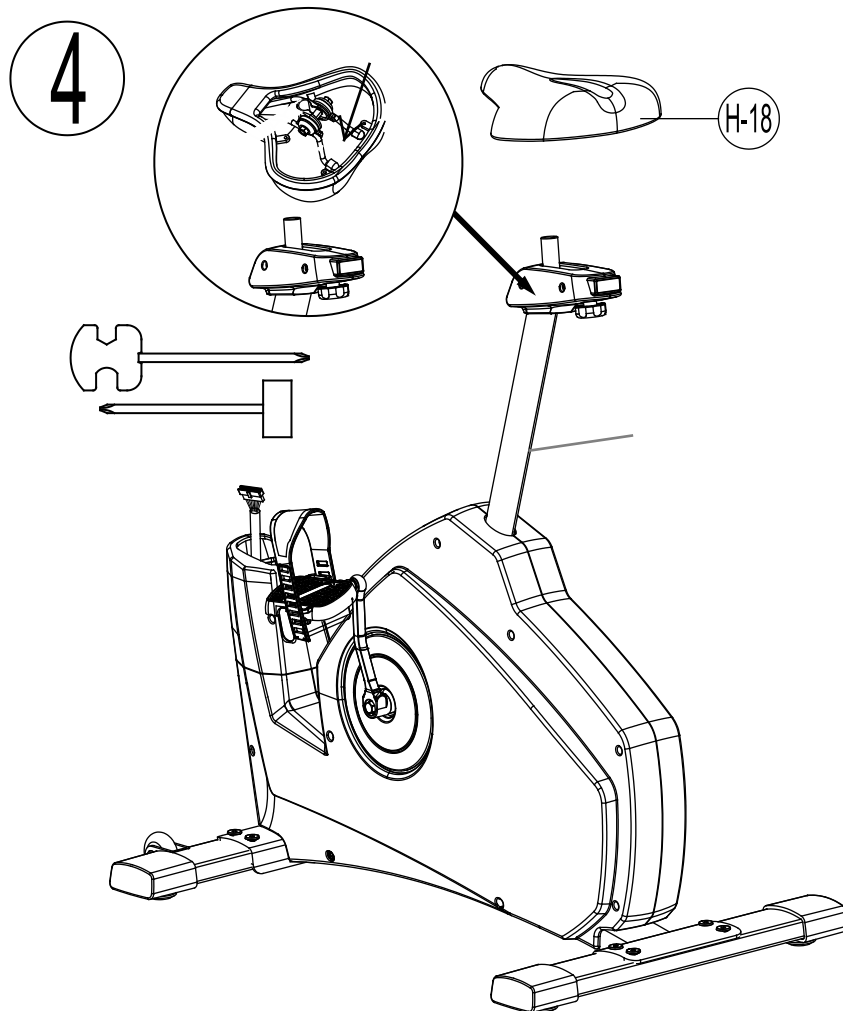


1. Unscrew the Seat Post Knob (H-12) and insert the Seat Post (M) into the Main Frame
2. Adjust the Seat Post (M) to your desired height, and tighten the seat post knob.

Note. You can adjust the seat height to the correct position after the Bike is fully assembled.

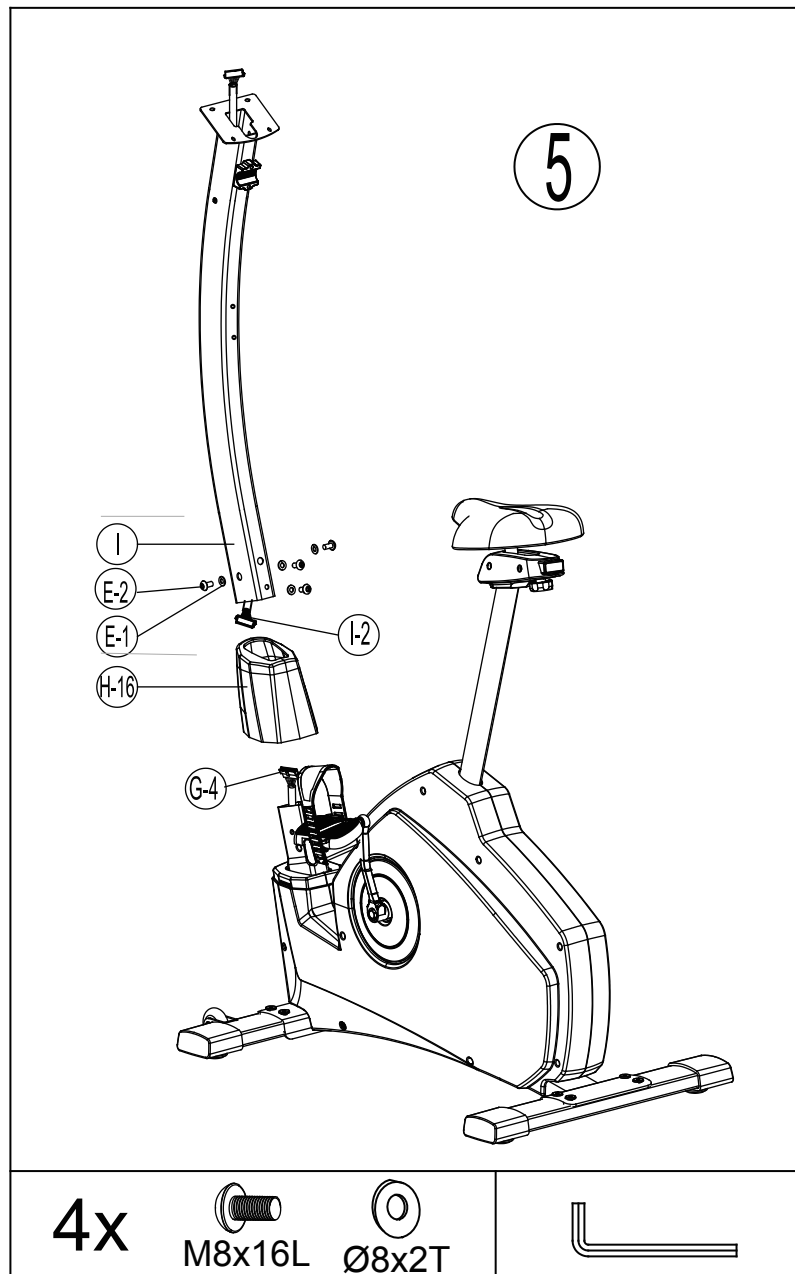


## STEP 4



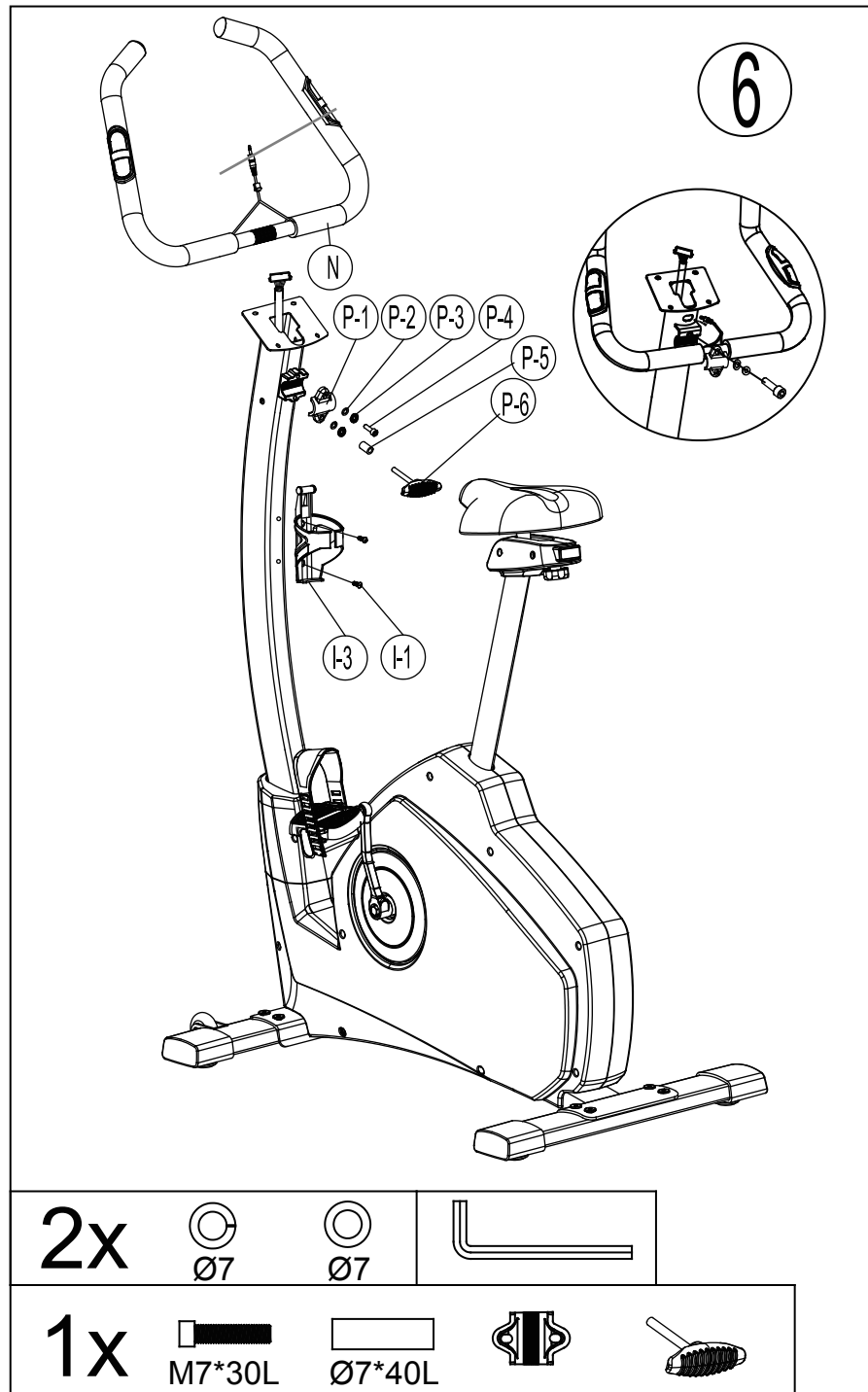
1. Loosen the pre-assembled nuts underneath the Seat (H-18) and assemble the Seat onto the Seat Post (M-1)
2. Fix seat to the desired angle and use supplied tools to tighten the nuts to secure the Seat (H-18)

## STEP 5



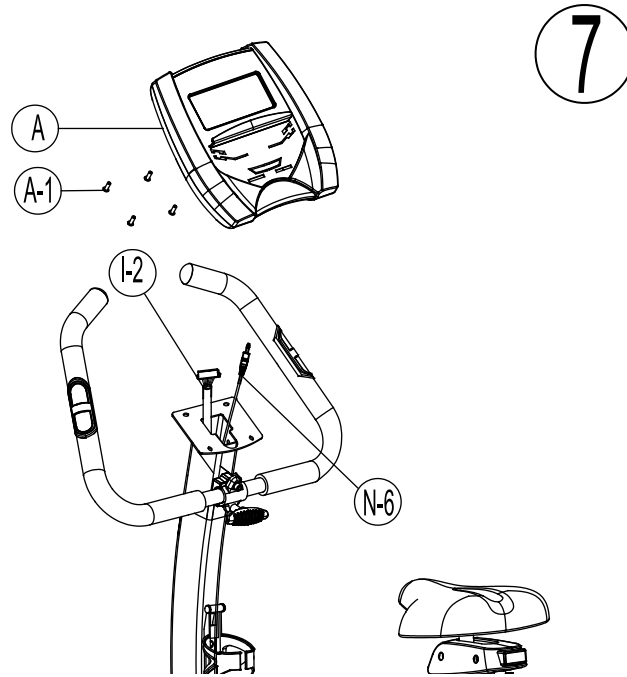
1. Slide the Handlebar Post Cover (H-16) over the Handlebar Post (I)
2. Connect the Upper Cable (I-2) and Lower Cable (G-4) together.
3. Fix the Handlebar Post (I) to the Main Frame, with Screws (E-2) and Washers (E-1), then slide the Handlebar Post Cover (H-16) down to cover.

## STEP 6



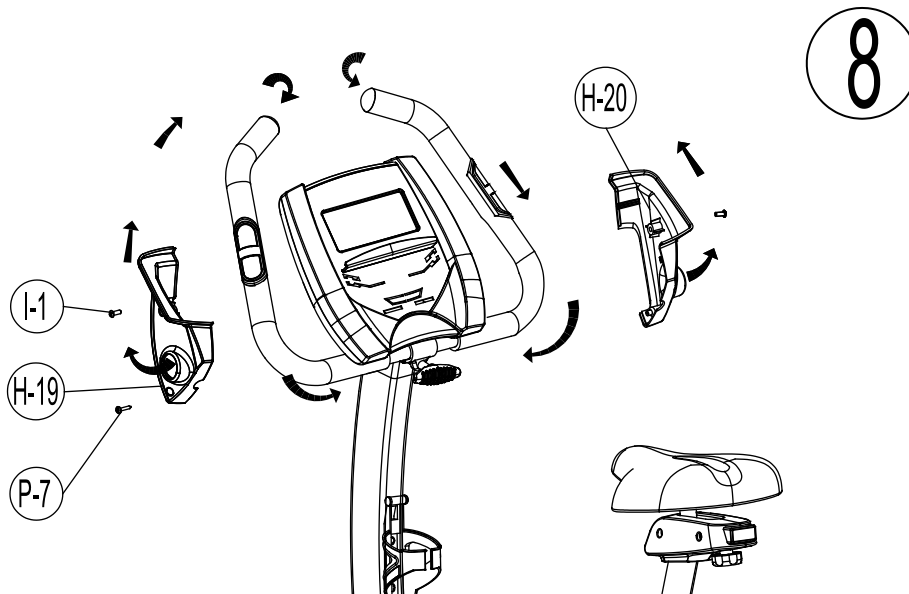
1. Hold the Handlebar (N) against the bracket on the Handlebar Post and insert the Hand Pulse Wire through the small hole into the top of the Handlebar Post.
2. Assemble the Handlebar (N) to the bracket on the Handlebar Post with Handlebar Clamp (P-1), Washer (P-2), Spring Washer (P-3), and Screw (P-4)
3. Fix the T-knob (P-6) through the Washer (P-2), Spring Washer (P-3), and Bushing (P-5). Adjust the Handlebar to your desired angle.
4. Once the Handlebar position is confirmed, tighten the T-knob (P-6)
5. Assemble the Bottle Holder (I-3) with Screws (I-2) onto the Handlebar Post.

## STEP 7



1. Plug in the Upper Cable (I-2) and the Pulse Wire (N-6) into the ports at the back of the Console (A)
2. Assemble the Console (A) with Screw (A-1)

## STEP 8



1. Fix the Left (H-19) and Right (H-20) Handlebar Covers through the Handlebars and secure with Screws (I-1) and Self-Tapping Screws (P-7)

Note. Slide the Handlebar Covers through the Handlebars in the same direction as the arrows in above image.



### DISPLAY FUNCTIONS:

ITEM	DESCRIPTION
PULSE	.Pulse beats per minute displayed during exercise. .Pulse alarm when over preset target pulse rate.
RPM	.Rotation per minute .Range 0 ~ 999
WATTS	.Workout power consumption .Range 10 ~ 350
MANUAL	.Manual mode workout (resistance controlled by the user)
PROGRAM	.12 standard PROGRAM selections.
USER	.User can create and save their own resistance profile levels
H.R.C.	.Target Heart Rate Control training mode.
WATT	.Watt constant training mode.

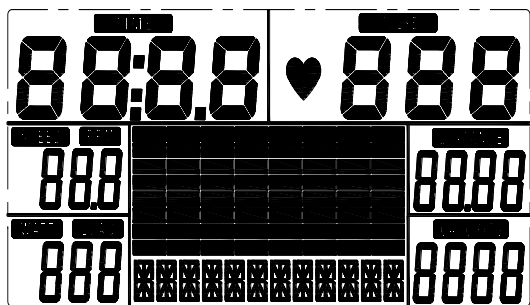
### KEYS :

ITEM	DESCRIPTION
<b>Up</b>	• Increase resistance level & selections during programing
<b>Down</b>	• Decrease resistance level & selections during programing
<b>Enter</b>	• Confirm setting or selection.
<b>Reset</b>	• Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
<b>Start / Stop</b>	• Start or Stop workout.
<b>Recovery</b>	• Test heart rate recovery status.

## OPERATION:

### POWER ON

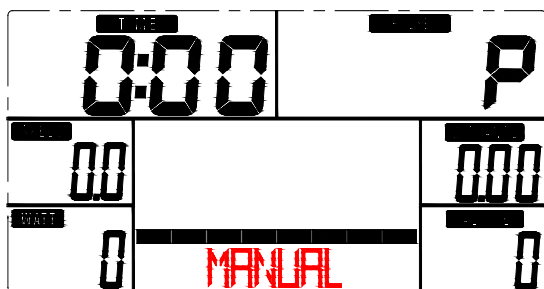
Plug the power adapter into the wall outlet, once the switch is turned on, the computer will power up displaying all LCD segments for 2 seconds. If the console is left for 4 minutes without pedalling or receiving a pulse input, the console will enter into power saving mode. Pressing any key will wake up the console.



### Manual Mode

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

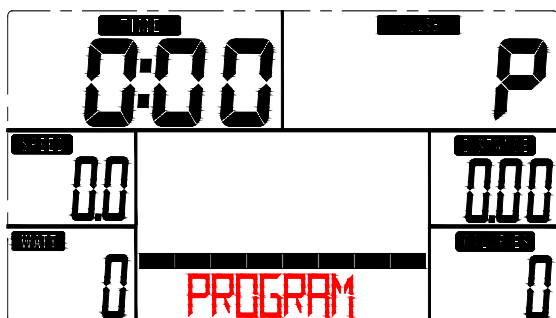
1. Press the UP or DOWN key to select a workout program, choose Manual and press ENTER to select.
2. Press the UP or DOWN key to preset TIME.DISTANCE.CALORIES.PULSE and then press ENTER to confirm.
3. Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.
4. Press the START/STOP keys to pause your workout. Press the RESET key to revert back to the main menu.



### Program Mode

1. Press the UP or DOWN key to select a workout program, choose a Program and press ENTER to select.
2. Press the UP or DOWN key to preset your workout TIME.
3. Press the START/STOP keys to start your workout. Press the UP or DOWN key to adjust the resistance level.

Press the START/STOP key to pause workout. Press the RESET key to revert back to the main menu.



### User Program Mode

1. Press the UP or DOWN key to select a workout program, choose the User program and press ENTER to confirm.
2. Press the UP or DOWN key to set the resistance levels in each column, then press ENTER to move to the next column. (Total column = 20)
3. By holding down the ENTER button, this will set each column at resistance level one. Once you have started the program, you can then adjust the resistance level during each segment change and the computer will store these resistance level settings.
4. Press the UP or DOWN key to preset your workout TIME.
5. Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.
6. Press the START/STOP key to pause workout. Press the RESET key to revert back to the main menu.

### H.R.C. mode

1. Press the UP or DOWN key to select a workout program, choose the H.R.C. program and press ENTER to confirm.
2. Press the UP or Down key to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).and press ENTER to confirm
3. Press the UP or DOWN key to preset your workout TIME.
4. Press the START/STOP key to start or stop workout. Press the RESET key to revert back to the main menu.



Please note: You must hold the handgrip pulse sensors during the H.R.C Program.

### WATT Mode

1. Press the UP or DOWN key to select a workout program, choose the WATT program and press ENTER to confirm.
2. Press the UP or DOWN key to preset the WATT target.
3. Press the UP or DOWN key to preset TIME.
5. Press START/STOP button to start or stop workout. Press the RESET key to revert back to the main menu.

### Recovery

1. After you have finished your workout, hold the pulse handgrips sensors until the computer displays your heart rate and then press the RECOVERY key.
2. The TIME will show "0:60" (seconds) and starts to count down.

The Computer will show F1 to F6 after it counts down to 0 to show your 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, computer will enter into power save mode. All settings and exercise data will be stored until the user starts exercising again.
2. If the computer acts abnormally, please try disconnecting the power adapter and then plugging it back in again.



**WARRANTY, SAFETY AND ASSEMBLY INFORMATION**  
**YRK53102A– YORK C420 Upright Bike**

**IMPORTANT**

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

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

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

**YRK53102A – YORK C420**

**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 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**      **9am to 3pm Monday to Friday**

**Email**        [spares@bfe.com.au](mailto:spares@bfe.com.au)

**Website**     [www.boylesfitness.com.au](http://www.boylesfitness.com.au)



## BFE Warranty Policy – November 1<sup>st</sup> 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](mailto: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 manufacturers 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](mailto: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](mailto: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](mailto: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](mailto:spares@bfe.com.au) (Not available in all areas)

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

**Service Email: [spares@bfe.com.au](mailto: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.

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