

YORK[®] FITNESS

Owner's Manual

Performance Speed Bike

Item # YRK53115A

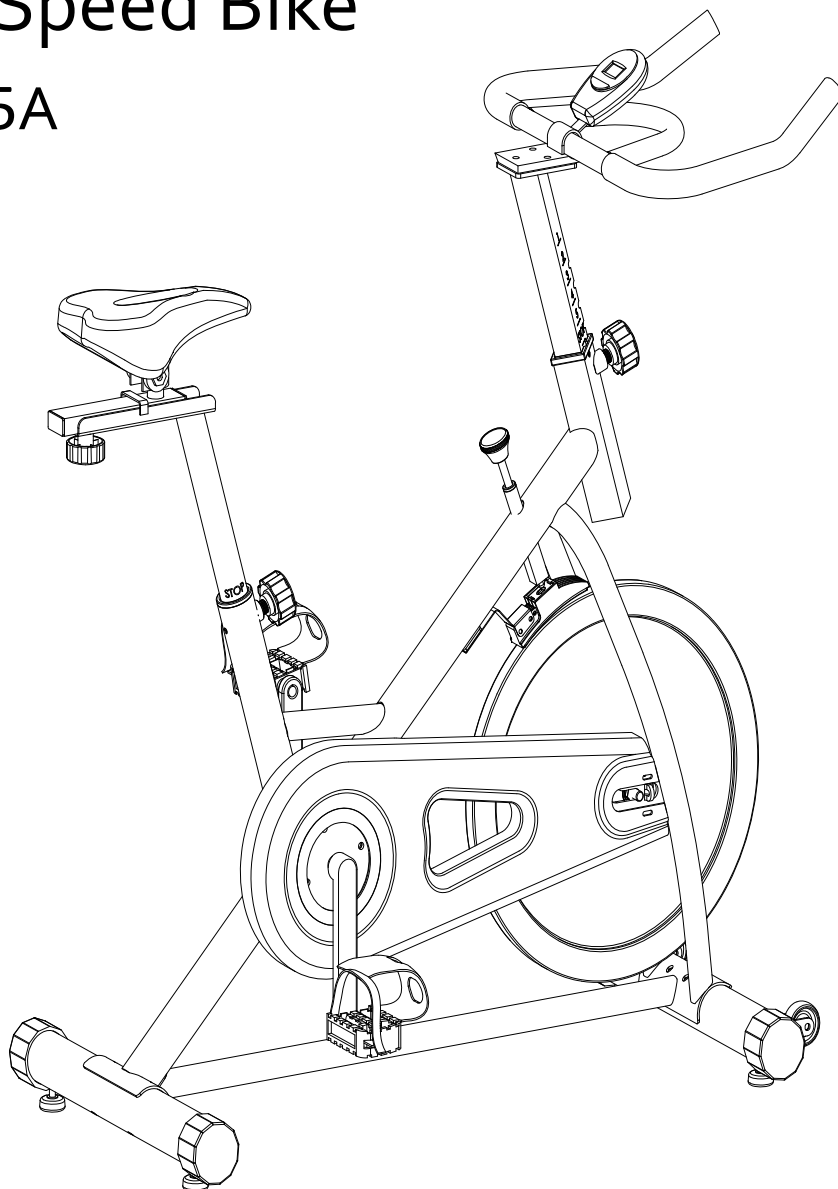


TABLE OF CONTENTS

SAFETY PRECAUTIONS	2	EXPLODED DIAGRAM	8
PRE-ASSEMBLY CHECK LIST	3	ASSEMBLY INSTRUCTIONS	9-13
HARDWARE PACKING LIST	4	COMPUTER INSTRUCTIONS	14
PARTS LIST	5-7	EXERCISE INSTRUCTIONS	15-16
		WARRANTY	17-19

IMPORTANT SAFETY PRECAUTIONS

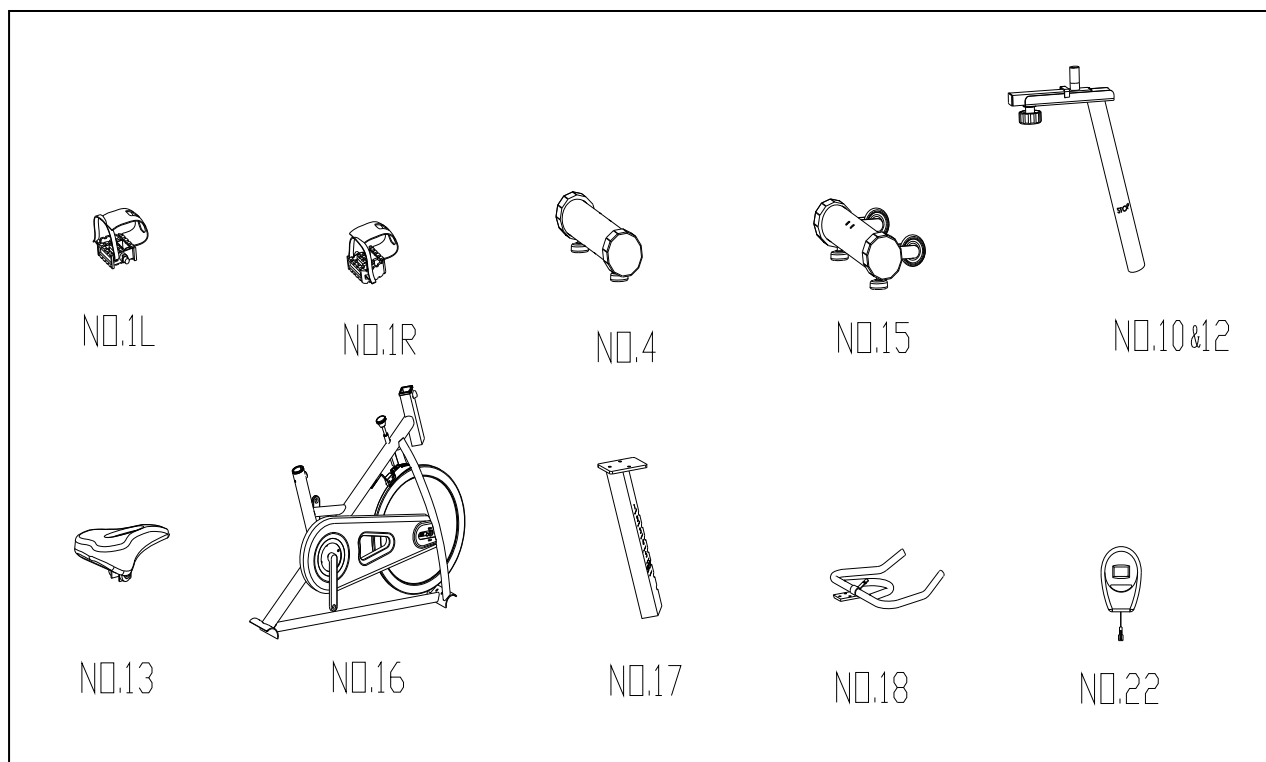
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is **125 KGS**.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

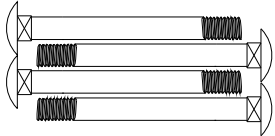
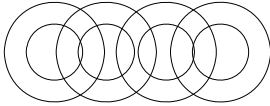
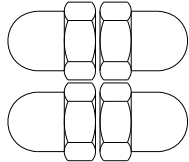
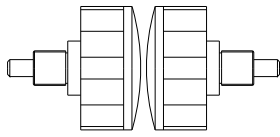
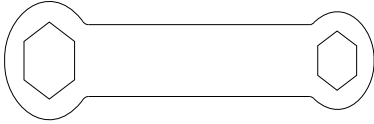
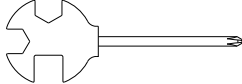

SAVE THESE INSTRUCTIONS

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1L	Pedal (L)	1
1R	Pedal (R)	1
4	Rear stabilizer	1
15	Front stabilizer	1
10&12	Vertical seat post w/sliding seat	1
13	Seat	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
22	Console	1

HARDWARE PACKING LIST

NO.	DRAWING	DESCRIPTION	QTY
3		CARRIAGE BOLT	4
5		CURVED WASHER	4
6		DOMED NUT	4
7		SPRING ADJUSTMENT KNOB	2
		DOUBLE OPEN-END WRENCH	1
		CROSS-HEAD SPANNER	1
		INNER HEXAGON SPANNER	1

PARTS LIST

Part No.	Description	Qty
1L/R	PEDAL(L/R)	1/1
2	FLAT WASHER	2
3	CARRIAGE BOLT M8	4
4	REAR STABILIZER	1
5	CURVE WASHER	4
6	DOMED NUT M8	4
7	SPRING ADJUSTMENT KNOB	2
8	PLASTIC SLEEVE 2	1
9	SENSOR	1
10	VERTICAL SEAT POST	1
11	END CAP FOR SLIDING TUBE	2
12	SLIDING SEAT	1
13	SEAT	1
14	STOPPER	4
15	FRONT STABILIZER	1
16	MAIN FRAME	1
17	HANDLEBAR POST	1
18	HANDLE BAR	1
19	SPRING WASHER	3
20	ALLEN BOLT M8*16	4
21	ALLEN BOLT M8*20	3
22	CONSOLE	1
23	ALLEN NUT M5	2
24	SPRING WASHER 1	2
25	LOCKING KNOB	1
26	FLAT WASHER $\phi 32 \times \phi 8.2$	1
27	END CAP	2
28	CRANK ARM LOCKNUT	2
29	END CAP FOR CRANK	2
30	END CAP FOR HANDLEBAR TUBE	1
31	HEX HEAD NUT M8	6
32	FIXING TUBE	1
33	CRANK (L)	1
34	CRANK COVER	1
35	BEARING	2
36	CRANK (R)	1
37	END CAP	4

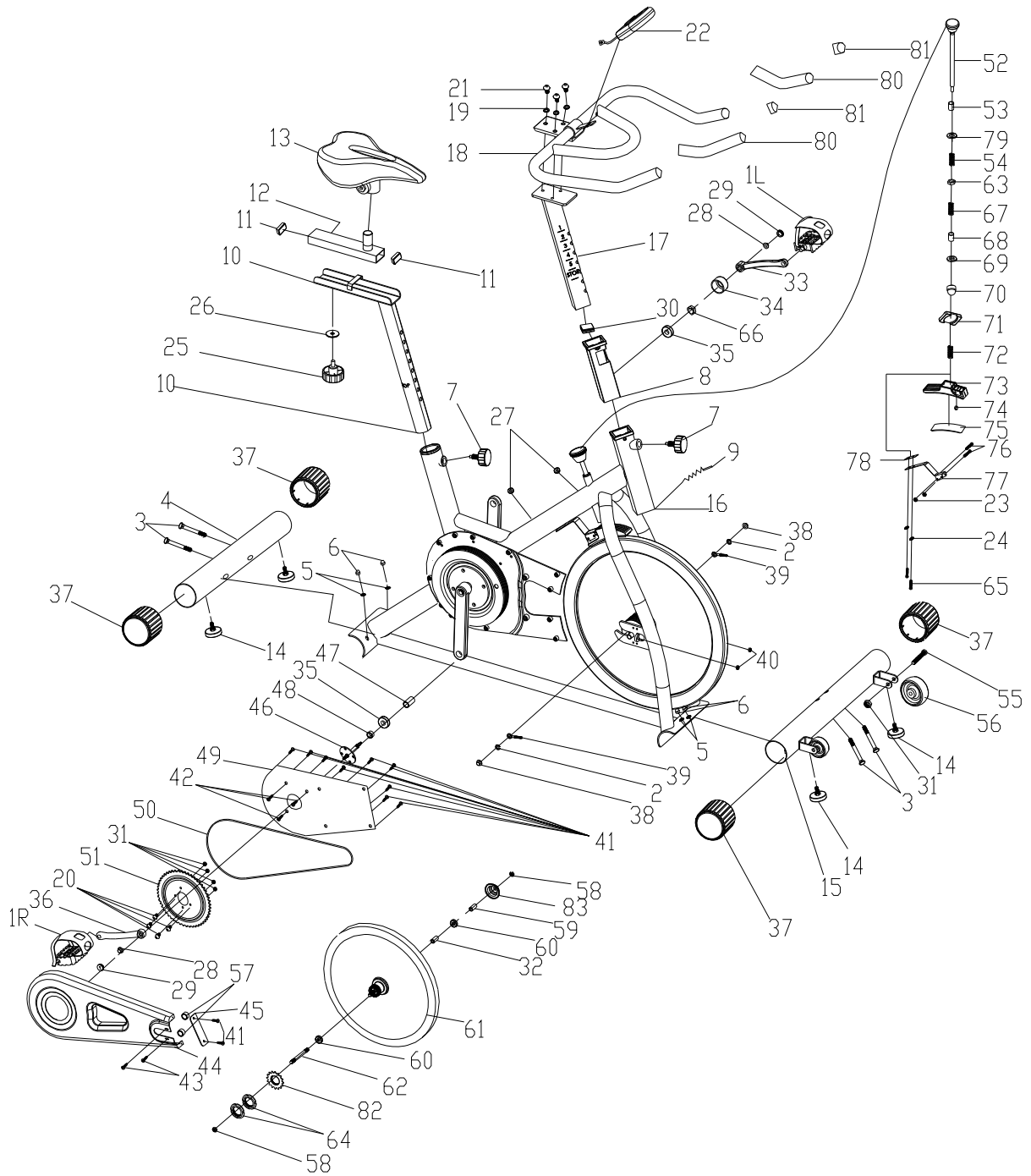
PARTS LIST

Part No.	Description	Qty
38	NUT M12	2
39	BOLT M6	2
40	ALLEN NUT M6	2
41	SELF-TAPPING SCREW	11
42	SELF-TAPPING SCREW	3
43	SELF-TAPPING SCREW	2
44	OUTER CHAIN COVER	1
45	LITTLE CHAIN COVER	1
46	AXIS FOR CRANK	1
47	LONG FIXING TUBE	1
48	SHORT FIXING TUBE	1
49	INNER CHAIN COVER	1
50	CHAIN	1
51	CHAIN WHEEL	1
52	KNOB	1
53	BUSHING	1
54	SPRING	1
55	BOLT	2
56	WHEEL	2
57	SPACER	2
58	FIXING NUT M12	2
59	FIXING TUBE	1
60	BEARING	2
61	FLYWHEEL	1
62	AXLE FOR FLYWHEEL	1
63	HEX HEAD NUT M10	1
64	LOCK NUT	2
65	BOLT M5*10	2
66	FIXING NUT	1
67	SPRING	1
68	SHORT FIXING TUBE	1
69	FLAT WASHER	1
70	DOMED NUT M6	1
71	END CAP	1
72	SPRING	1
73	PLASTIC FRAME	1
74	LITTLE PLASTIC	1
75	BRAKE PAD	1

PARTS LIST

Part No.	Description	Qty
76	BOLT M5*30	2
77	SPRING BRAKE	1
78	FLAT WASHER	1
79	FLAT WASHER	1
80	FOAM GRIP	2
81	END CAP	2
82	CHAIN WHEEL	1
83	FLYWHEEL COVER	1

EXPLODED DIAGRAM

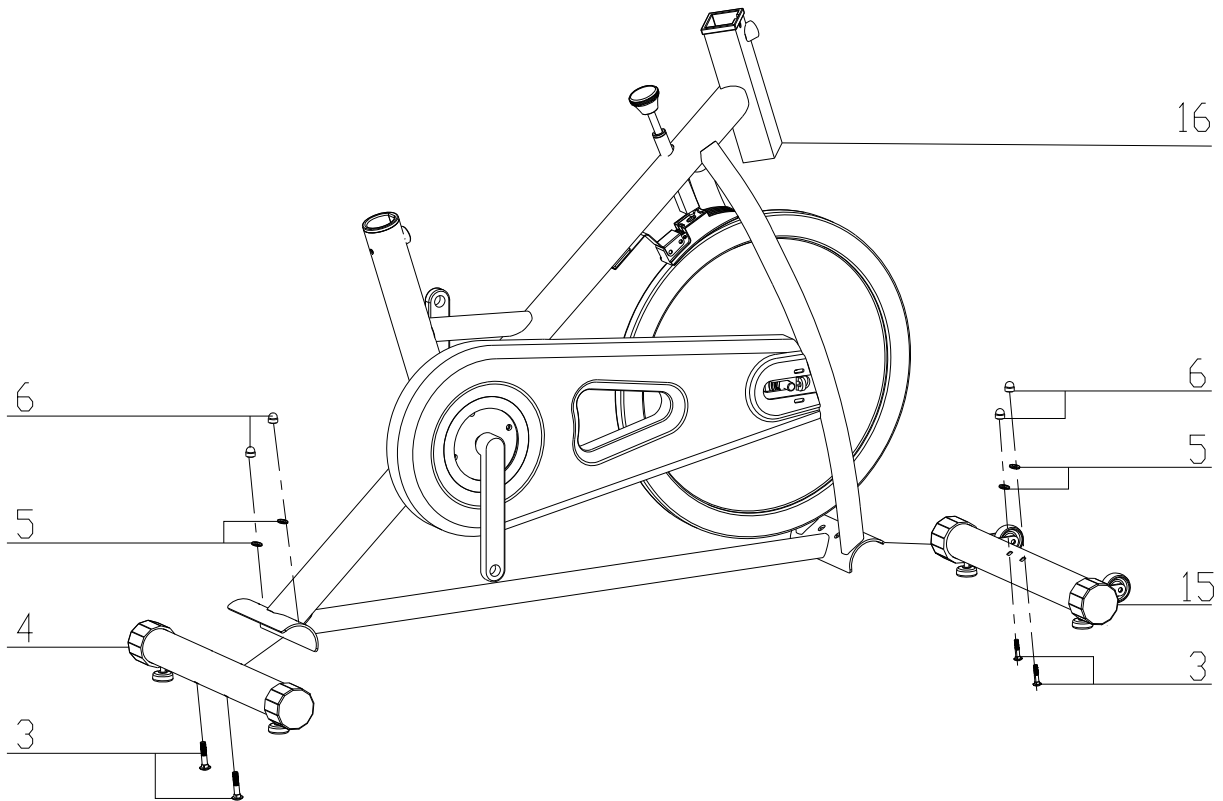


ASSEMBLY INSTRUCTIONS

STEP 1

Attach the front stabilizer (15) to the main frame (16) using two sets of curved washers (5), domed nuts (6) and carriage bolts (3).

Attach the rear stabilizer (4) to the main frame (16) using two sets of curved washers (5), domed nuts (6) and carriage bolts (3)

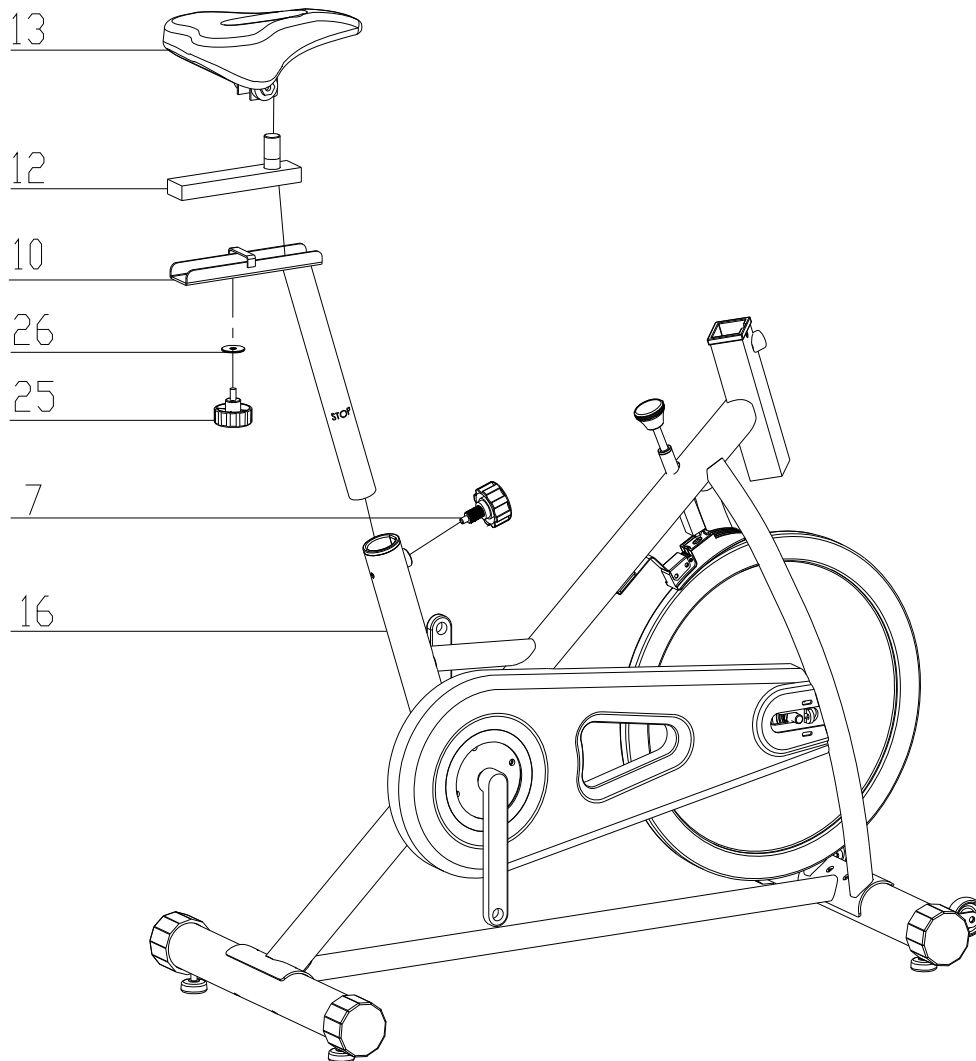


STEP 2

Slide the sliding seat (12) to the seat post (10) and fasten it with one flat washer (26) & one locking knob (25) at the desired position.

Attach the seat (13) to the sliding seat (12) of the vertical seat post (10)

Insert the vertical seat post (10) into the tube on the main frame (16), fasten with a spring adjustment knob (7) which could be used to adjust for the desired height.



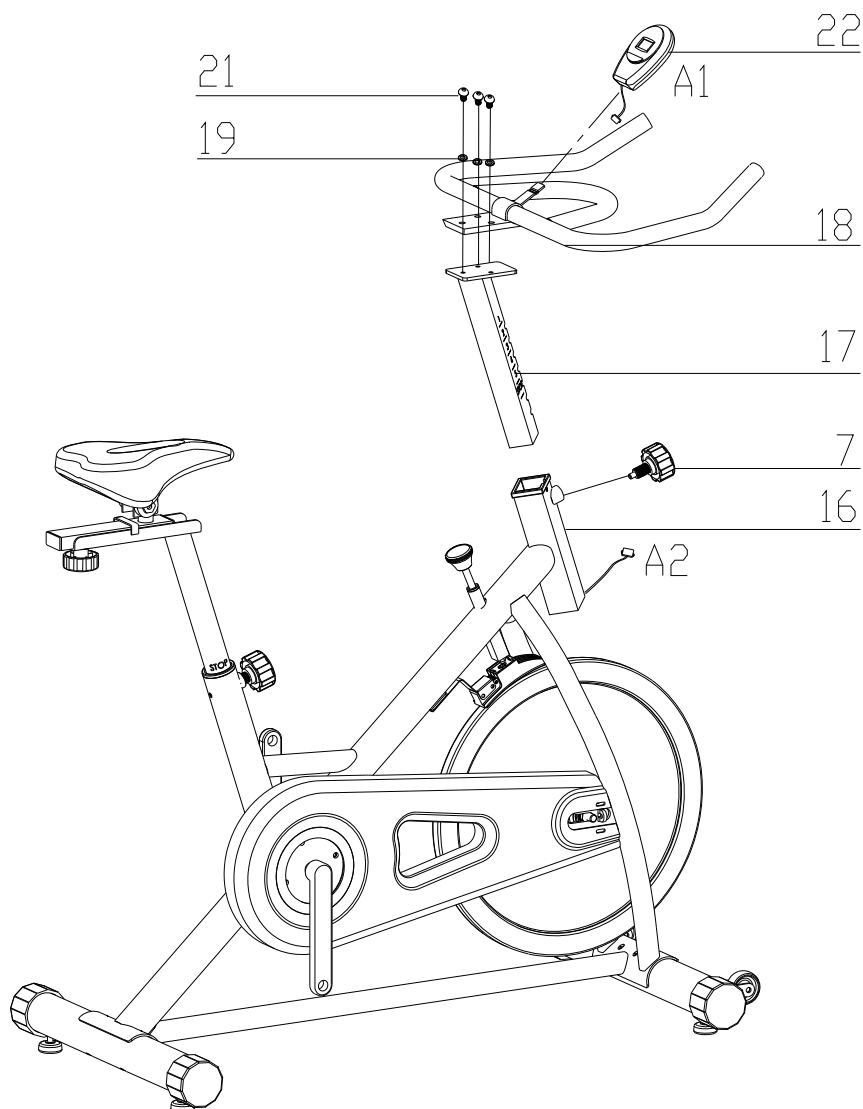
STEP 3

Insert the handlebar post (17) into the main frame (16) and fasten with one spring adjustment knob (7). Then attach the handlebar (18) to the handlebar post (17) and fasten with three sets of spring washers (19) and bolts (21).

Insert the Console (22) to the Console bracket on the handlebar (18).

Connect the plug (A2) from the main frame (16) to another sensor wire (A1) on the back of the console (22).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY.

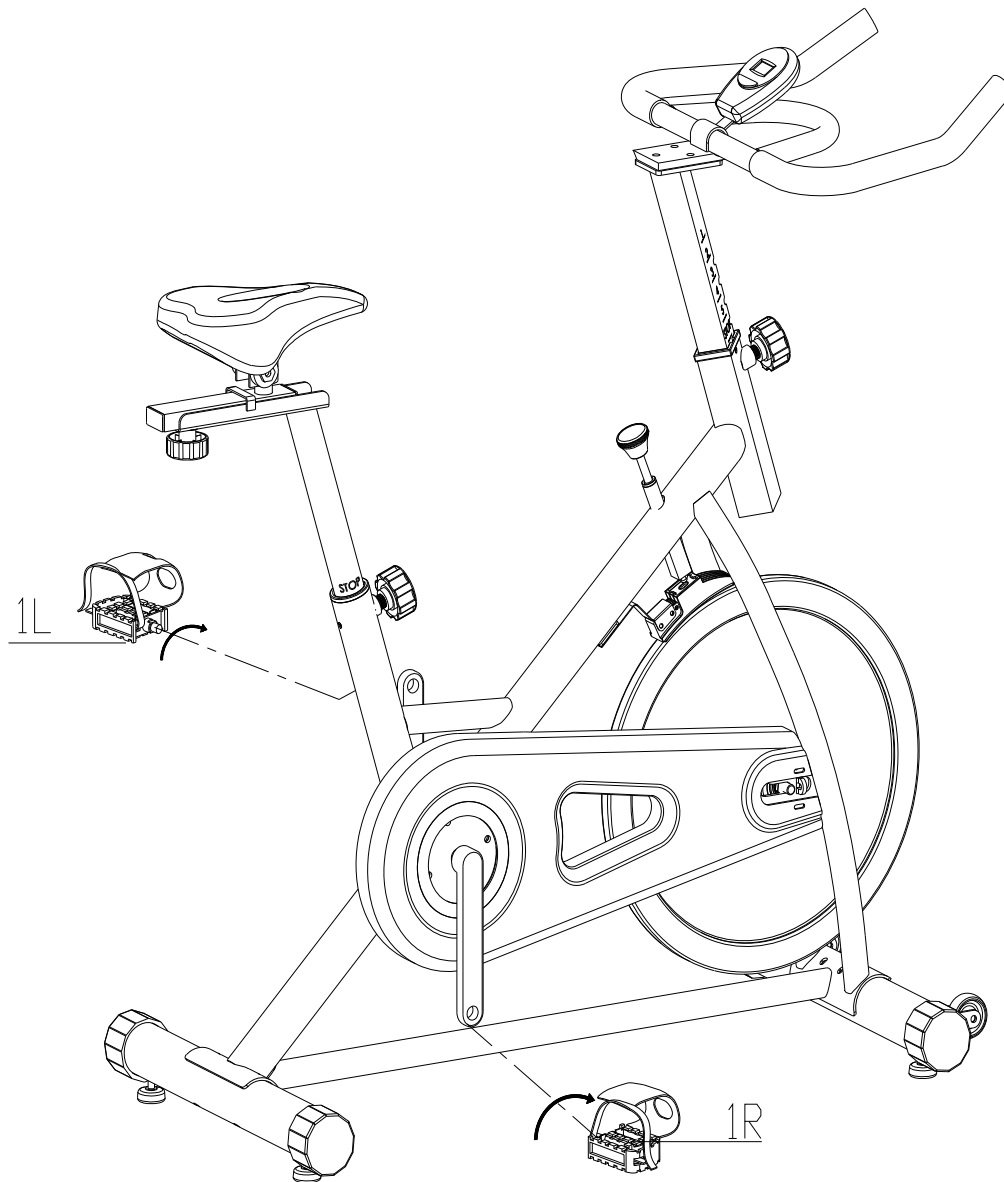


STEP 4

The pedals (1L & 1R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms on the main frame. The right crank arm is on the right-hand side of the cycle as you sit on it.

Note that the right pedal should be threaded on clockwise and the left pedal anticlockwise.



A). Note:

The bike is a chain system trainer, being slightly noisy during exercising is normal.

B). Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

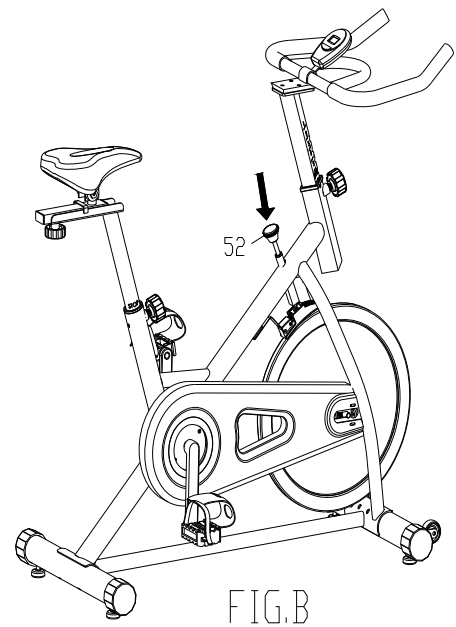
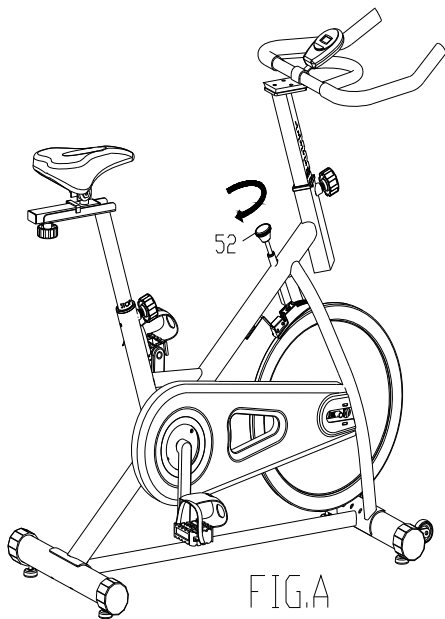
To increase tension and increase resistance (requiring more strength to pedal), turn the emergency **Brake Knob (52)** to the right.

To decrease tension and decrease resistance (requiring less strength to pedal), turn the emergency **Brake Knob (52)** to the left.

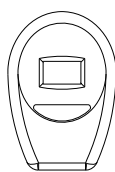
C). Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the emergency **Brake Knob (52)**.



CONSOLE INSTRUCTION



KEY GUIDE

Overview:

The unit is an electronic display that shows all the functions of your bike. The workout parameters include: Scan, Time, Speed, Distance and Calories. All workout parameters may be selected by the select key.

Mode or Function	Action
Power on	By pushing the button, the unit will be on and display the parameters of the last exercise.
Select function Scan	Push the button, and the unit will display 5 parameters one by one. Push the mode key until the "SCAN" signal shows on lower right side. The unit will scan through Time, Speed, Distance, and Calories, each for 4 seconds.
Time	Push the mode key until the "TMR" points to "Time" and display the exercises time. If the bike stop moving, the unit will stop count time also.
Speed	When the "SPD" points to "SPD" to display the speed. unit: km/h.
Distance	When the "DIST" points to "Dist" it displays the distance. unit: km.
Calories	When the "CAL" points to "CAL" it displays the calories burned. unit: K Cal.
Reset	Push the mode key for 3 seconds and the display will reset to zero.
Auto off	The unit will be off if the speed signal stops for more than 4 minutes.

SPECIFICATIONS:

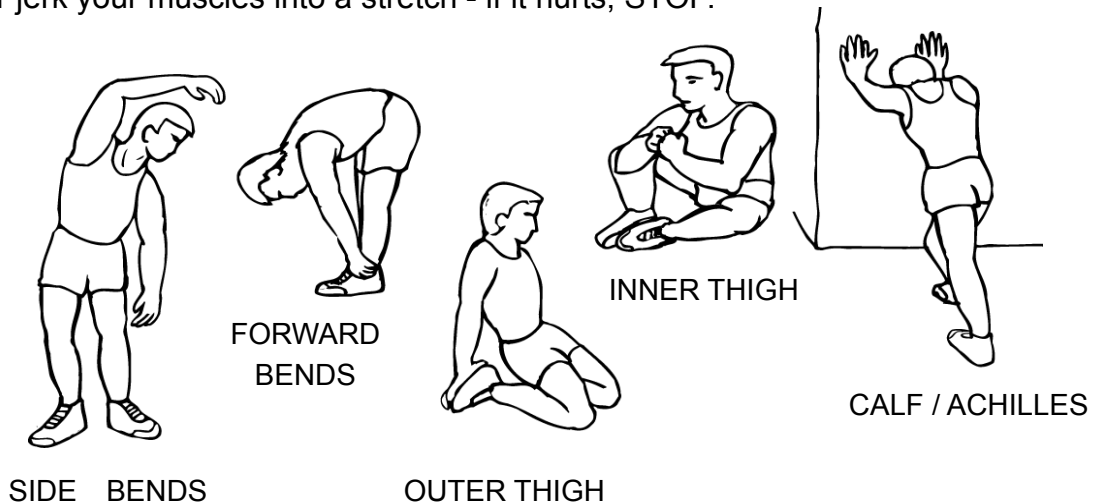
FUNCTION	Auto Scan	Every 4 seconds
	Elapsed Time	00:00~99:59
	Speed	0.0~999.9km/h
	Distance	0.0~999.9km
	Calorie	0~9999kcal
Battery type		1 pcs of Size-AA or UM-3
Operating temperature		0°~+40C
Storage temperature		-10°~+60C

EXERCISE INSTRUCTIONS

Using your **SPEED 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.

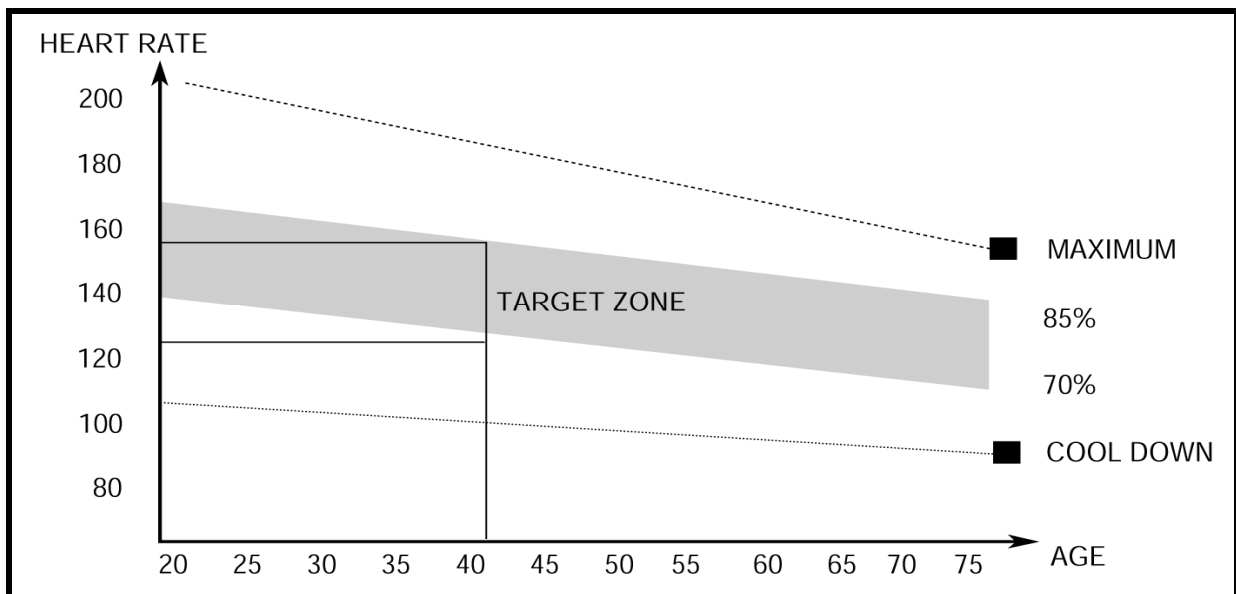
1. The Warm Up Phase

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 **SPEED 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

York Performance Speed Bike

IMPORTANT

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

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

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

YRK53115A

Domestic use

1 Year 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 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.

Spares 07 3272 7010

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

Website www.yorkfitness.com.au

BFE Warranty Policy – November 1st 2013

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**.

These warranties do not apply to products used in commercial use applications.

1. Warranty **DOES NOT** cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
2. Warranty is applicable to products sold and placed within Australia only.
3. **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 or you can call us on 07 3272 7010 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 at sales@boylesfitness.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 sales@boylesfitness.com.au (Not available in all areas)

Service Department hours: Monday to Friday between 9.00am and 4pm

Service Phone Number: 07 3272 7010 Email: spares@boylesfitness.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: Monday to Friday between 9am and 4pm

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