

YORK[®]

FITNESS

Owner's Manual

RB420 Recumbent Bike

Item #YRK53121A

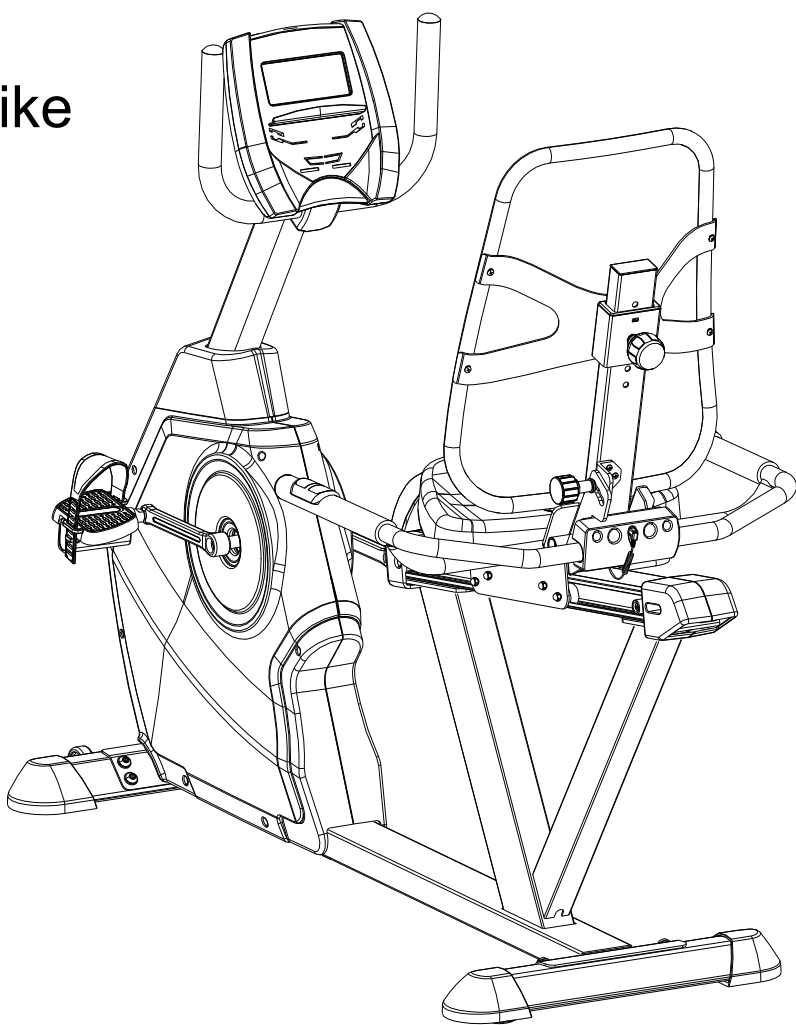


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Congratulations on purchasing your exercise equipment from

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 get the most of your exercise equipment.

For more information, visit www.yorkfitness.com.au.

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

Safety information



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

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

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

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.

The equipment is under no circumstances suitable as a children's toy.

- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

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

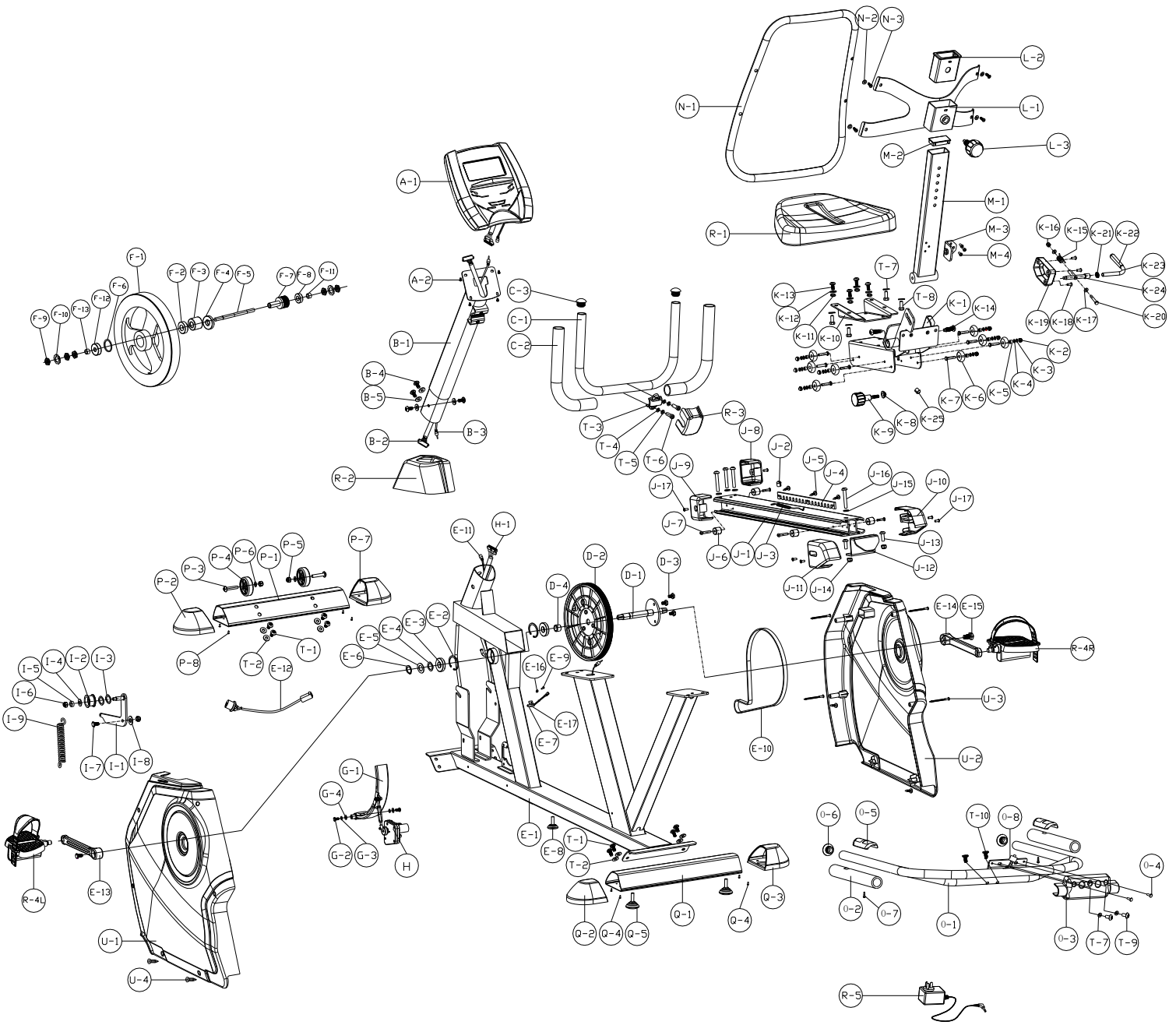
Maximum user weight: 150kg

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:



Exploded Diagram



PARTS LIST

No.	Description	Q'ty	Unit
A	Console set	1	SET
A-1	Console	1	PCS
A-2	Screw	4	PCS
B	HANDLEBAR POST ASSEMBLING	1	SET
B-1	Handlebar post set	1	PCS
B-2	Cable wire (upper)	1	PCS
B-3	Heart rate cable (upper)	1	PCS
B-4	Screw	4	PCS
B-5	Flat washer	4	PCS
C	Handlebar set	1	SET
C-1	Handlebar	1	PCS
C-2	Foam grip	2	PCS
C-3	End cap	2	PCS
D	Axle set	1	SET
D-1	Axle	1	PCS
D-2	Pulley	1	PCS
D-3	Hex. screw	3	PCS
D-4	Bushing	1	PCS
E	Main Frame set	1	SET
E-1	Main frame	1	PCS
E-2	Ring	2	PCS
E-3	Bearing	2	PCS
E-4	Wave washer	1	PCS
E-5	Flat washer	1	PCS
E-6	C type ring	1	PCS
E-7	Sensor box	1	PCS
E-8	Adjustable cap	1	PCS
E-9	Screw	1	PCS
E-10	Belt	1	PCS
E-11	Heart rate cable (lower)	1	PCS
E-12	DC wire	1	PCS
E-13	Crank arm (L)	1	PCS
E-14	Crank arm (R)	1	PCS
E-15	Nylon screw	2	PCS
E-16	Flat washer	1	PCS
E-17	Sensor bracket	1	PCS
F	Flywheel set	1	SET
F-1	Flywheel	1	PCS

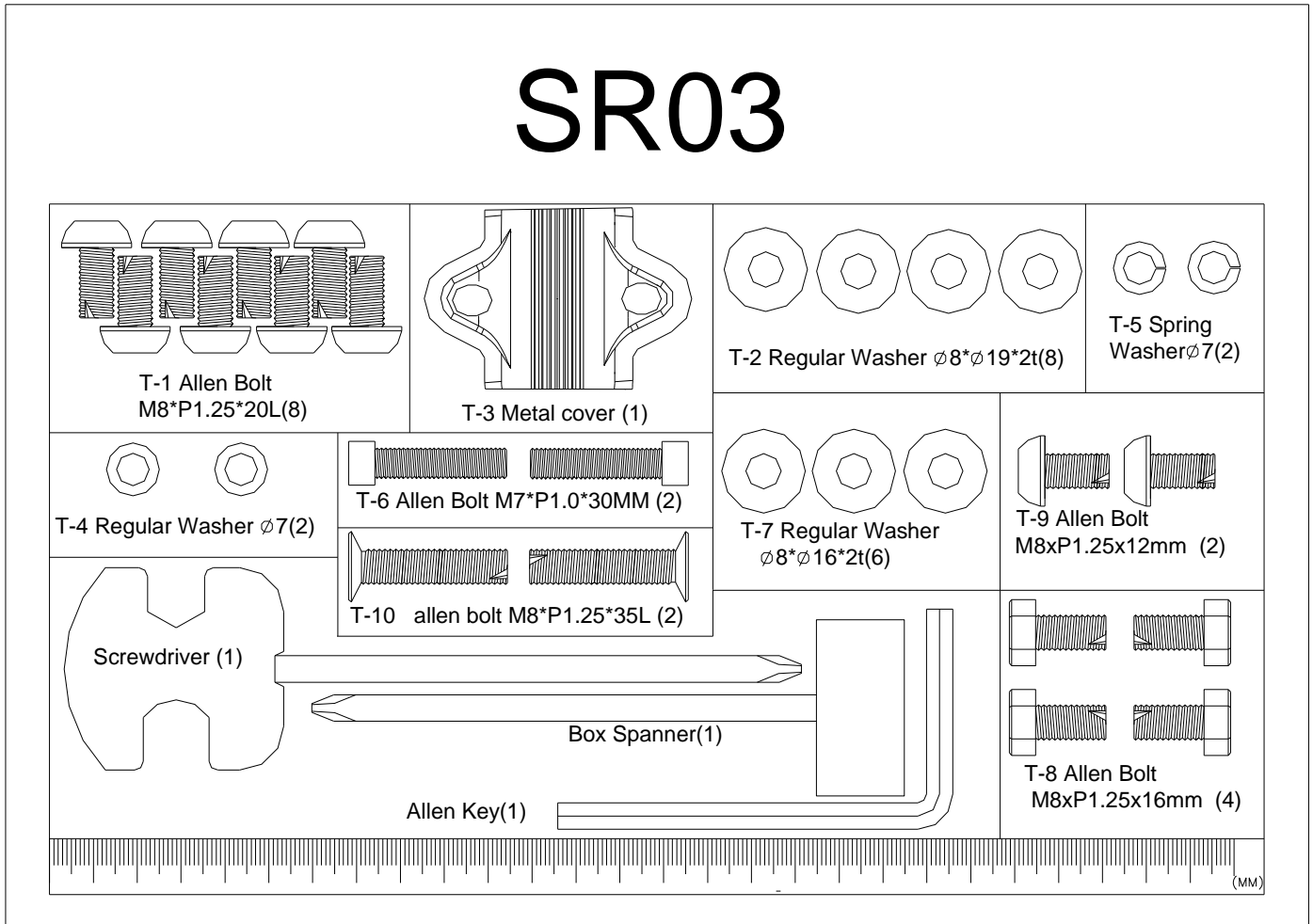
F-2	Bearing	1	PCS
F-3	One way bearing	1	PCS
F-4	Bearing	1	PCS
F-5	Axle for flywheel	1	PCS
F-6	Flat washer	1	PCS
F-7	Pulley	1	PCS
F-8	Bearing	1	PCS
F-9	Nut	5	PCS
F-10	Star washer	2	PCS
F-11	Plastic bushing	1	PCS
F-12	Bearing	1	PCS
F-13	Plastic bushing	1	PCS
G	Magnetic set	1	SET
G-1	Magnetic set	1	PCS
G-2	Hex. screw	2	PCS
G-3	Spring washer	2	PCS
G-4	Flat washer	2	PCS
H	gear box set	1	SET
H-1	Cable wire (lower)	1	PCS
I	Idler set	1	SET
I-1	Idler	1	PCS
I-2	Idler wheel	1	PCS
I-3	Wave washer	2	PCS
I-4	Flat washer	1	PCS
I-5	Bushing	1	PCS
I-6	Nylon nut	2	PCS
I-7	Hex. screw	1	PCS
I-8	Flat washer	1	PCS
I-9	Spring for idler	1	PCS
J	Rail set	1	SET
J-1	Rail	1	PCS
J-2	Cap	1	PCS
J-3	Heart rate cable	1	PCS
J-4	Holder for the slider	1	PCS
J-5	Screw	3	PCS
J-6	Cap	4	PCS
J-7	Screw	4	PCS
J-8	Front cover for rail-R	1	PCS
J-9	Front cover for rail-L	1	PCS
J-10	Rear cover for rail-R	1	PCS
J-11	Rear cover for rail-L	1	PCS

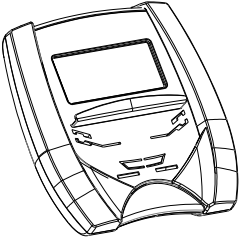
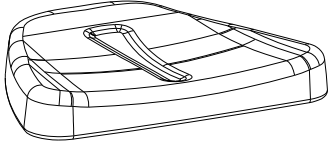
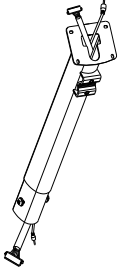
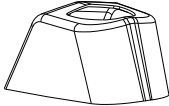

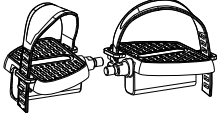
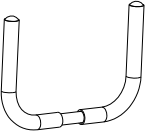
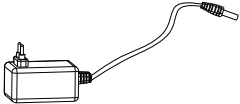
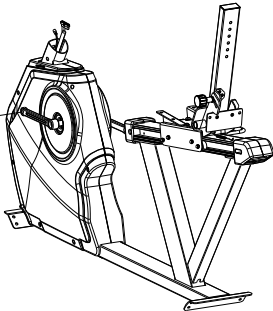
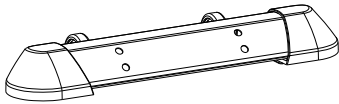

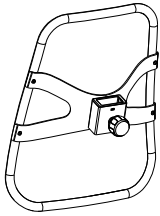

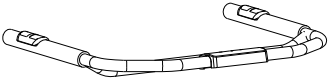
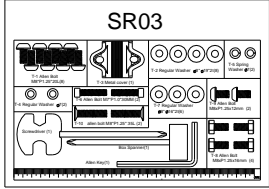
J-12	Handle	1	PCS
J-13	Screw	2	PCS
J-14	Nylon nut	2	PCS
J-15	Flat washer	4	PCS
J-16	Screw	4	PCS
J-17	Screw	6	PCS
K	Seat slider set	1	SET
K-1	Seat slider	1	PCS
K-2	Nylon nut	8	PCS
K-3	Spring washer	8	PCS
K-4	Flat washer	8	PCS
K-5	Bushing	8	PCS
K-6	Saddle wheel set	8	PCS
K-7	Hex. screw	8	PCS
K-8	Bushing	1	PCS
K-9	Knob for pad slider	1	PCS
K-10	Support for saddle	1	PCS
K-11	Spring washer	4	PCS
K-12	Flat washer	4	PCS
K-13	Screw	4	PCS
K-14	Screw	2	PCS
K-15	Spring	1	PCS
K-16	Nylon nut	1	PCS
K-17	Flat washer	2	PCS
K-18	Screw	3	PCS
K-19	Cover for handle	1	PCS
K-20	Hex. screw	1	PCS
K-21	Nut	1	PCS
K-22	Foam grip for handle	1	PCS
K-23	Swing handle	1	PCS
K-24	Handle Connection	1	PCS
K-25	Cap	1	PCS
L	Back pad set	1	SET
L-1	Support for back pad	1	PCS
L-2	Sleeve for pad slider	1	PCS
L-3	Knob for back pad	1	PCS
M	Back pad slider set	1	SET
M-1	Back pad slider	1	PCS
M-2	Cap	1	PCS
M-3	Knob holder	1	PCS
M-4	Screw	3	PCS

N	Back pad set	1	SET
N-1	Back pad	1	PCS
N-2	Flat washer	4	PCS
N-3	Screw	4	PCS
O	Seat handlebar set	1	SET
O-1	Seat handlebar	1	PCS
O-2	Foam grip for seat handlebar	2	PCS
O-3	Cover for seat handlebar	1	PCS
O-4	Screw	2	PCS
O-5	Hand pulse	2	PCS
O-6	End cap	2	PCS
O-7	Screw	2	PCS
O-8	Hand pulse wire	1	PCS
P	Front stabilizer set	1	SET
P-1	Front stabilizer	1	PCS
P-2	Front foot cap-L	1	PCS
P-3	Screw	2	PCS
P-4	Transportation wheel	2	PCS
P-5	Nylon nut	2	PCS
P-6	Flat washer	2	PCS
P-7	Front foot cap-R	1	PCS
P-8	Screw	4	PCS
Q	Rear stabilizer set	1	SET
Q-1	Rear stabilizer	1	PCS
Q-2	Rear foot cap-L	1	PCS
Q-3	Rear foot cap-R	1	PCS
Q-4	Screw	4	PCS
Q-5	Adjustable foot cap	2	PCS
R	Packing	1	SET
R-1	Saddle	1	PCS
R-2	HANDLEBAR POST COVER	1	PCS
R-3	Cover for handlebar	1	PCS
R-4	Pedal	1	SET
R-5	Adaptor	1	PCS
T	Hardware kit	1	SET
T-1	Screw	8	PCS
T-2	Flat washer	8	PCS
T-3	Cover for handlebar	1	PCS
T-4	Flat washer	2	PCS
T-5	Spring washer	2	PCS
T-6	Screw	2	PCS

T-7	Flat washer	6	PCS
T-8	Hex. screw	4	PCS
T-9	Screw	2	PCS
T-10	Screw	2	PCS
T-11	Screwdriver	1	PCS
T-12	Hex.wrench	1	PCS
T-13	Bushing wrench	1	PCS
U	Chain cover set	1	
U-1	Chain cover-L	1	PCS
U-2	Chain cover-R	1	PCS
U-3	Screw	5	PCS
U-4	Screw	6	PCS

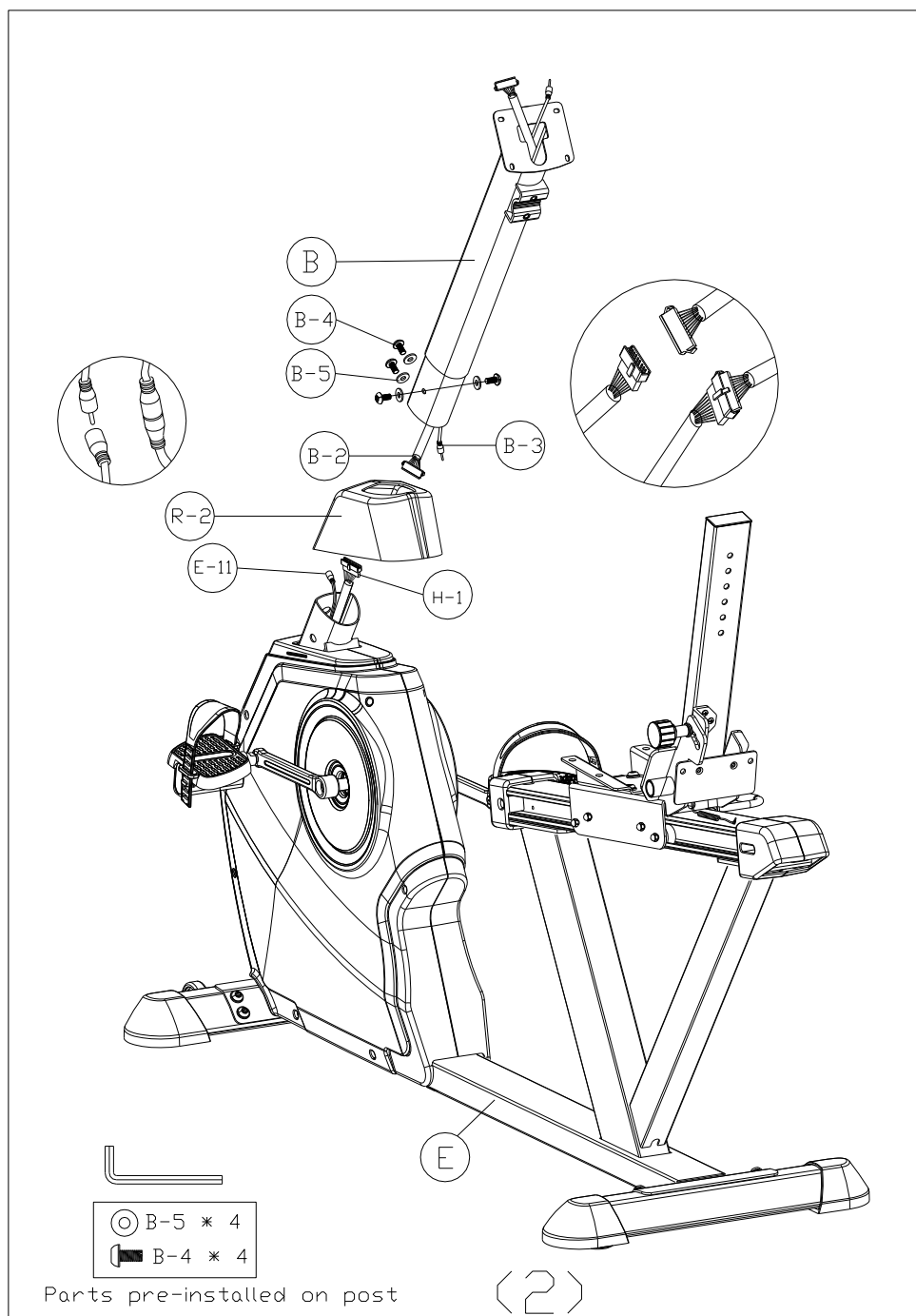
SR03



	A		R-1
	B		R-2
			R-3
			R-4
	C		R-5
	E		P
			Q
	N L		K-23
	O		T

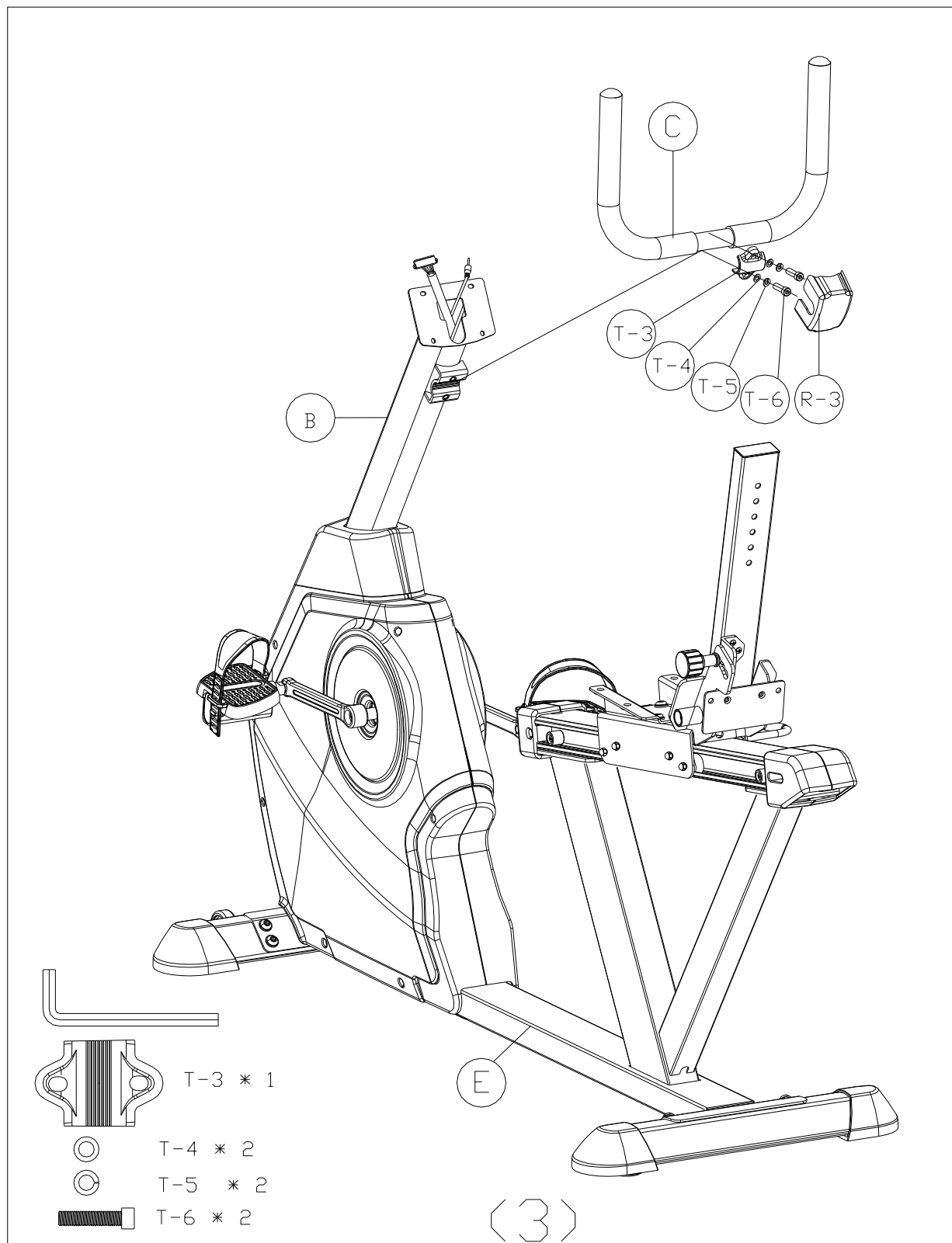
Assembly Stage #2

- 1) Please remove the Allen bolt (B-4) and flat washers (B-5) from the main frame (E).
- 2) Remove the preinstalled Cover for handlebar post (R-2) from the mast mounting area of the main frame.
- 3) Connect the Heart rate cable (upper) (B-3) to the Heart rate cable (lower) (E-11).
- 4) Connect the Cable wire (upper) (B-2) to the Cable wire (lower) (H-1).
- 5) Tuck the excess cable lengths into frame tubing and slide the Handlebar post (B-1) down on to the main frame. Align the mounting holes and secure the mast in place by using the previously installed 4 Screws (B-4) and 4 Semicircle washers (B-5).



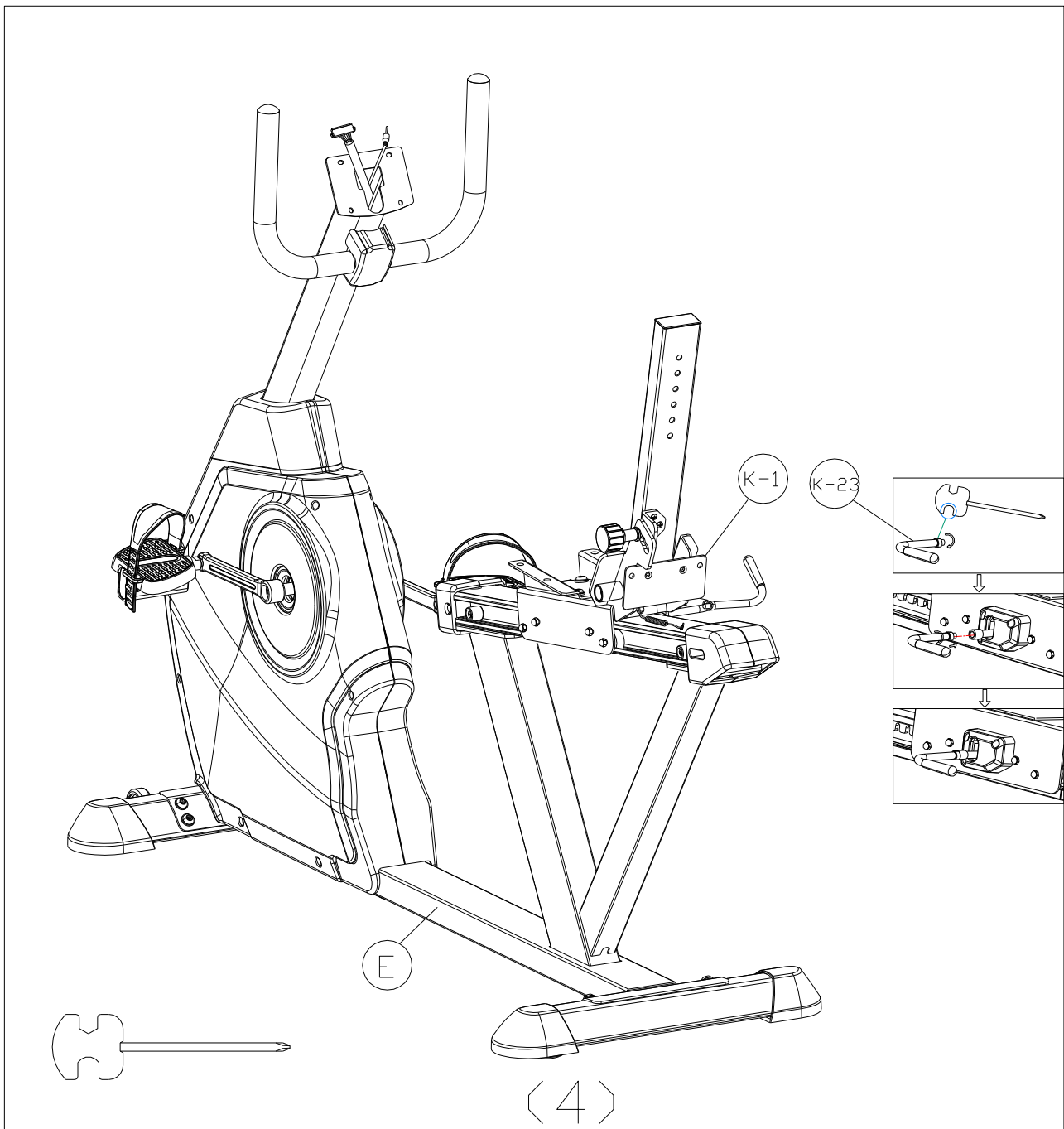
Assembly Stage #3

- 1) Secure the Handlebar (C) to the bracket which is welded on the handlebar post (B) by using 1 Mounting clamp (T-3), 2 Flat washer (T-4), 2 Spring washer (T-5), and 2 Screw (T-6).
- 2) Put the Cover for handlebar (R-3) onto the handlebar.



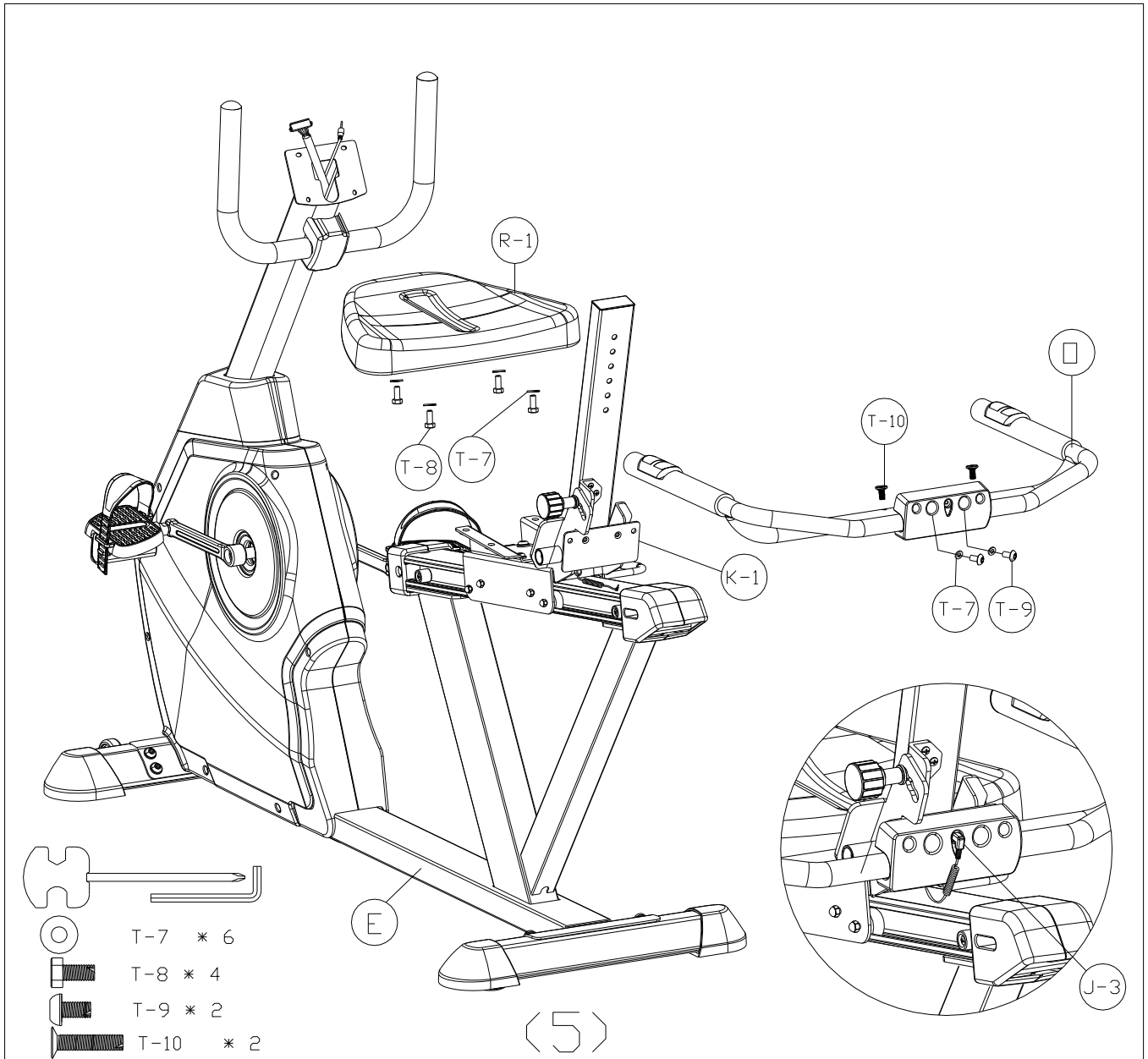
Assembly Stage #4

- 1) Tight the Swing handle (K-23) to the Seat slider (K-1) with Screwdriver.



Assembly Stage #5

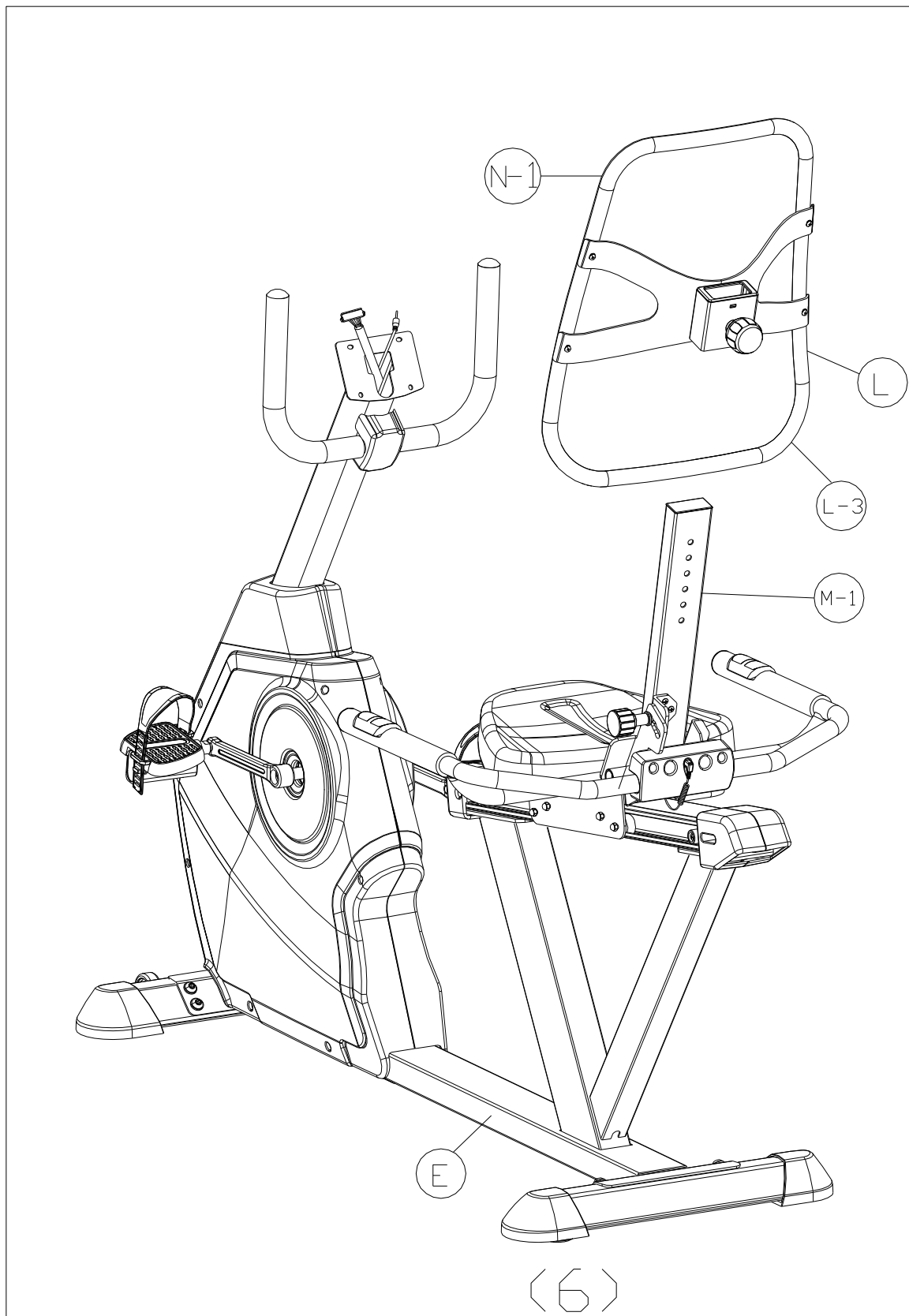
- 1) Assemble the Saddle (R-1) to the Seat slider (K-1) with 4 Screws (T-8) and 4 Flat washers (T-7).
- 2) Attach the Seat handlebar (O) to rear mounting plate of Seat Slider using 2 Screws (T-9), 4 Flat washers (T-7), and 2 Screws (T-10).



Assembly Stage #6

- 1) Slide Back pad (N-1) down on to Back pad slider (M-1)

The Back pad (N-1) 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 losing the Knob (L-3)



Console Instructions

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up – No preset target, Time will count up from 00:00 to maximum 99:59 with each increment being 1 minute. Count down – If training with preset Time, Time will count down from reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
DISTANCE	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset target distance data by using UP/DOWN button. Each increment or decrement is 0.1KM or ML between 0.00~99.9.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	User may set up target pulse from 0 – 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
RPM	Displays the Rotation Per Minute. Display range 0~999
WATTS	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
USER PROGRAM	User creates resistance level profile.
H.R.C.	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

KEY FUNCTIONS

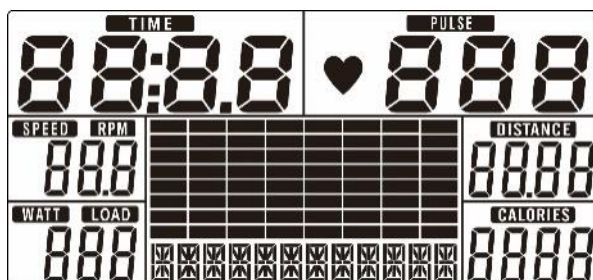
ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.
Start / Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Total Reset	Power on again and resume all preset values.

Note: Due to varying console design, not all consoles have total reset function key.

OPERATION

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing2) → Program (Drawing 3) → User Program (Drawing 4) → H.R.C. (Drawing 5) → Watt (Drawing 6).



Drawing 2



Drawing 3



Drawing 4



Drawing 6

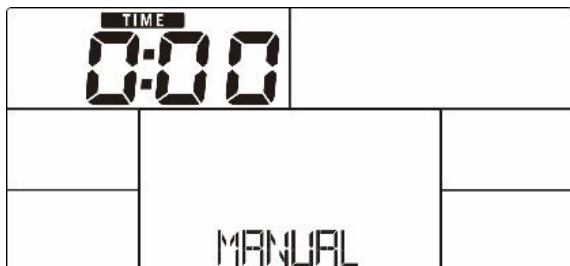


Drawing 6

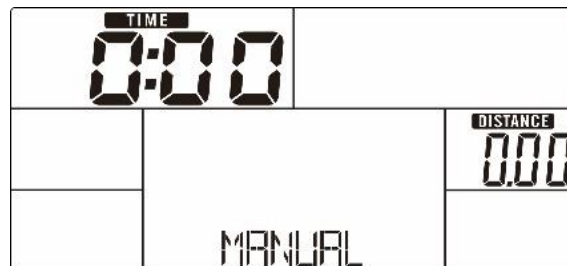
MANUAL MODE

Press START in main menu may start workout in manual mode.

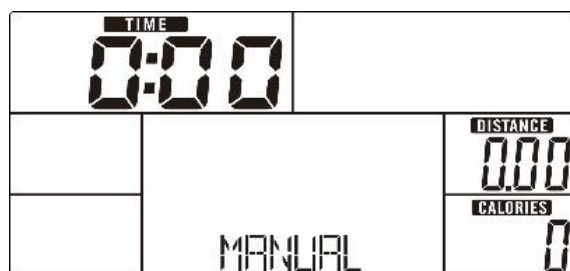
- 1) Use UP / DOWN (Encoder) to select workout program, choose Manual and MODE / ENTER to get into.
- 2) Use UP or DOWN (Encoder) to preset TIME (Drawing 7), DISTANCE (Drawing 8), CALORIES (Drawing 9), PULSE (Drawing 10) and press MODE / ENTER to confirm.
- 3) Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 11).
- 4) Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Drawing 7



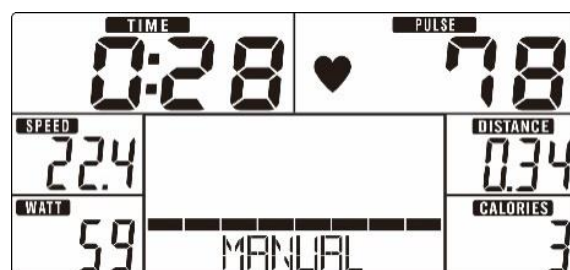
Drawing 8



Drawing 9



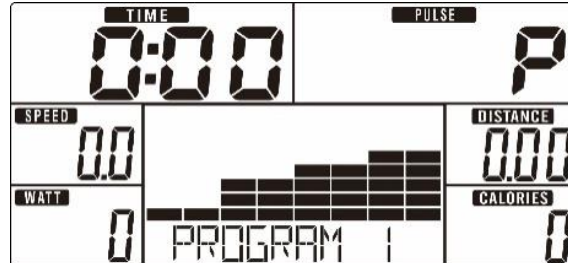
Drawing 10



Drawing 11

PROGRAM MODE

- 1) Use UP / DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
- 2) Use UP / DOWN (Encoder) to select program 1~12 (Drawing 12) and press MODE / ENTER to get into.
- 3) Use UP or DOWN (Encoder) to preset TIME.
- 4) Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 12

USER PROGRAM MODE

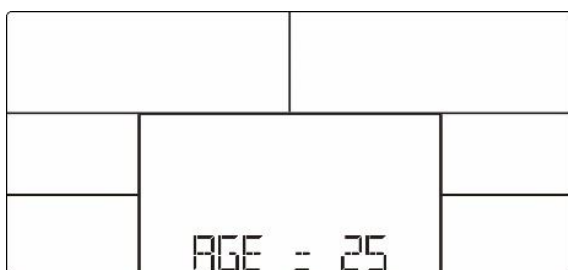
- 1) Use UP or DOWN (Encoder) to select workout program, choose User Program mode and press MODE / ENTER to get into.
- 2) Use UP or DOWN (Encoder) to create user profile (Drawing 13). There are total 20 column, user can adjust each column load level. User can hold MODE / ENTER 2 seconds to quit during setting.
- 3) Use UP or DOWN (Encoder) to set TIME.
- 4) Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 13

H.R.C. MODE

- 1) Use UP or DOWN (Encoder) to select workout program, choose H.R.C. press MODE/ENTER
- 2) Use UP or DOWN (Encoder) to set Age (Drawing 14).
- 3) Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (Drawing 15).
- 4) Use UP or DOWN (Encoder) to preset workout TIME.
- 5) Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



Drawing 14



Drawing 15

WATT MODE

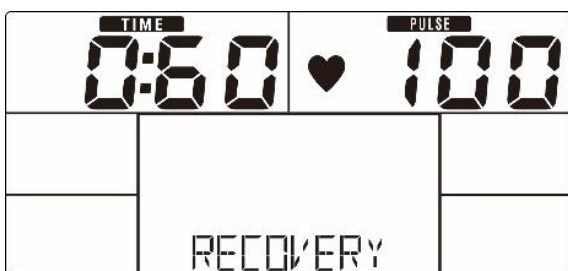
- 1) Use UP / DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
- 2) Use UP or DOWN (Encoder) to preset WATT target. (Drawing 16)
- 3) Use UP or DOWN (Encoder) to preset TIME.
- 4) Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
- 5) Press START/STOP key to pause workout. Press RESET to reverse to main menu.



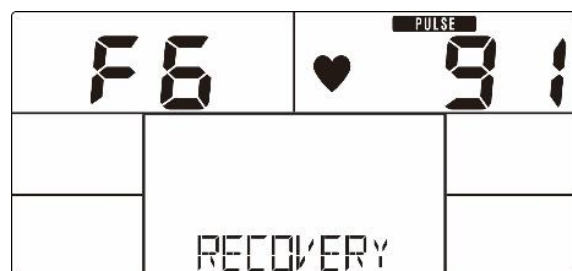
Drawing 16

RECOVERY MODE

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 17). Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst (Drawing 18). User may keep exercising to improve the heart rate recovery status (Press the RECOVERY button again to return the main display.)



Drawing 17



Drawing 18

Note

- 1) After 4 minutes without pedaling or pulse input, console will enter power saving mode. Press any key may wake the console up.
- 2) When computer act abnormal, please plug out the adaptor and plug in again.



WARRANTY INFORMATION

YRK53121A – YORK RB420 RECUMBENT BIKE

IMPORTANT

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

BOYLES FITNESS warrants the York RB420 Recumbent Bike to be free from defects in material and workmanship under normal use and service conditions.

The various components of the product 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.bfe.com.au

BFE Warranty Policy – January 1st, 2019

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 go to our website www.bfe.com.au and lodge a service request.

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.
- (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. 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@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.

Service Department hours:	Monday to Friday between 8am and 3pm
Email:	spares@bfe.com.au
Website:	www.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 is 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'. 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 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.