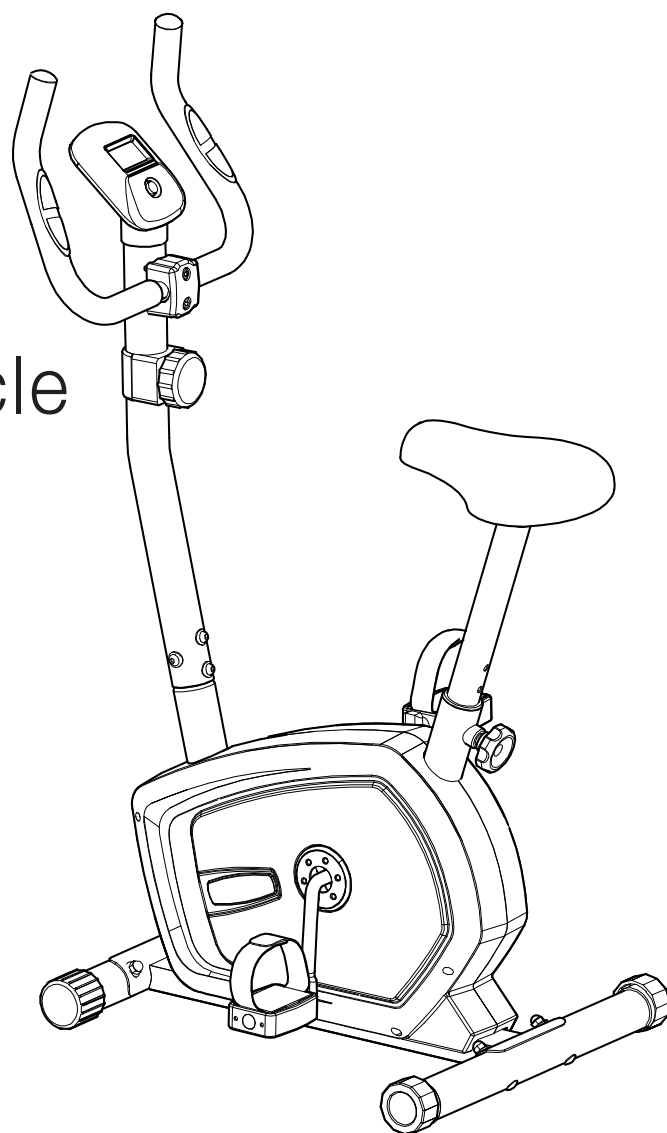


# **YORK<sup>®</sup>** **FITNESS**

## Owner's Manual



Atomic Exercise Cycle  
53075

2JANUARY2013

# Table of contents

Congratulations on  
purchasing your exercise  
equipment from



You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit [www.yorkfitness.com](http://www.yorkfitness.com)

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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.
- Ensure that the seat height is adjusted correctly. You should be stable and balanced while on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight while exercising, especially for long periods.
- 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.
- 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.
- The equipment is under no circumstances suitable as a children's toy.
- 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 an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

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

**Maximum user weight: 100kg**

## Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 5 - CLASS HC. Therefore the equipment carries the following marks:

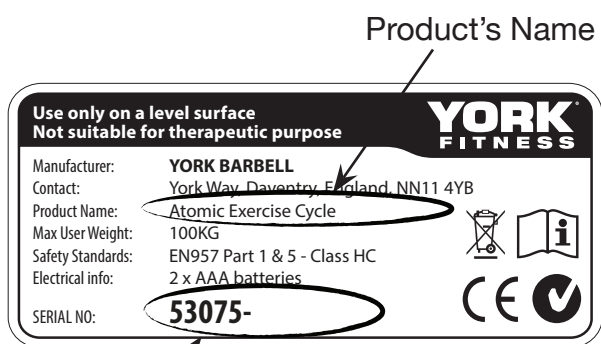


# Customer support

## Customer Support

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

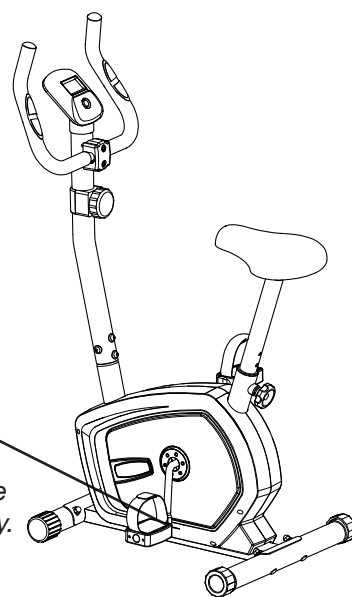
- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



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.

*Underside of the  
main body.*



**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.

## ENGLAND

The best way to contact us is via the website:  
[www.yorkfitness.com](http://www.yorkfitness.com)

### **York Barbell UK Ltd.**

York Way, Daventry,  
England, NN11 4YB  
Tel: 0844 225 3112

## AUSTRALIA

The best way to contact us is via the website:  
[www.yorkfitness.com.au](http://www.yorkfitness.com.au)

### **York Fitness Australia**

1/2 Swaffham Rd, Minto,  
PO Box 5130, NSW 2566  
Tel: 1800 730 149

# Assembly instructions



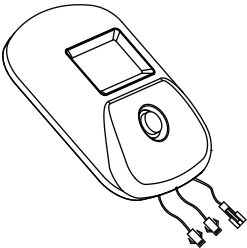
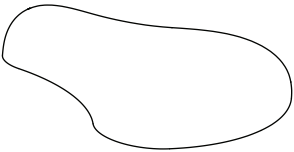

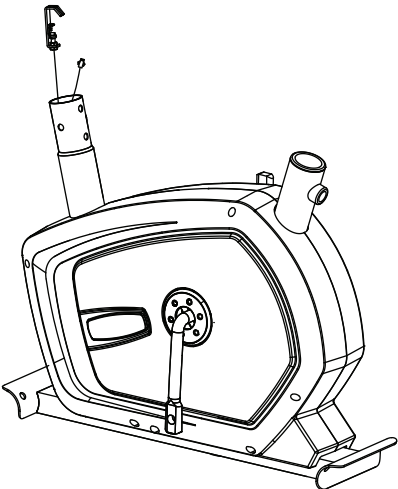
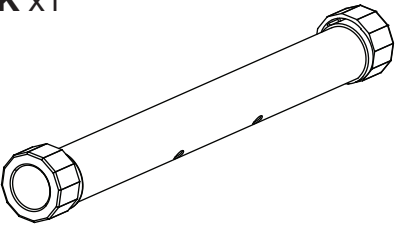
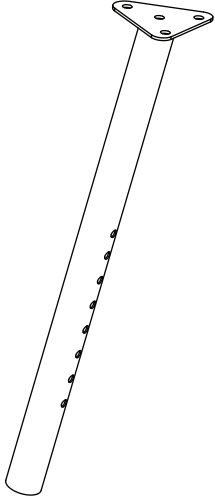
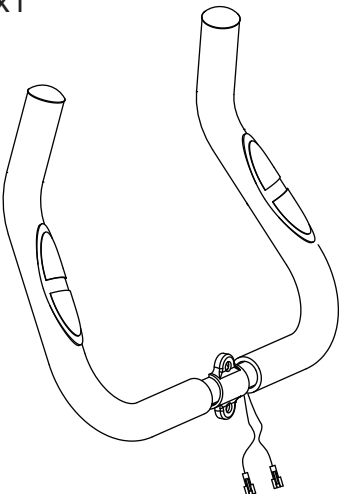

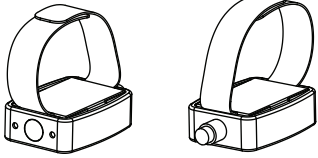
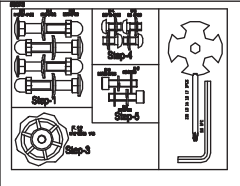
**Prepare your work area** - It is important you assemble the product in a clean and uncluttered space.

**Work with a friend** - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

**Open the carton** - Check any warnings on the carton and make sure you have it the right way up.

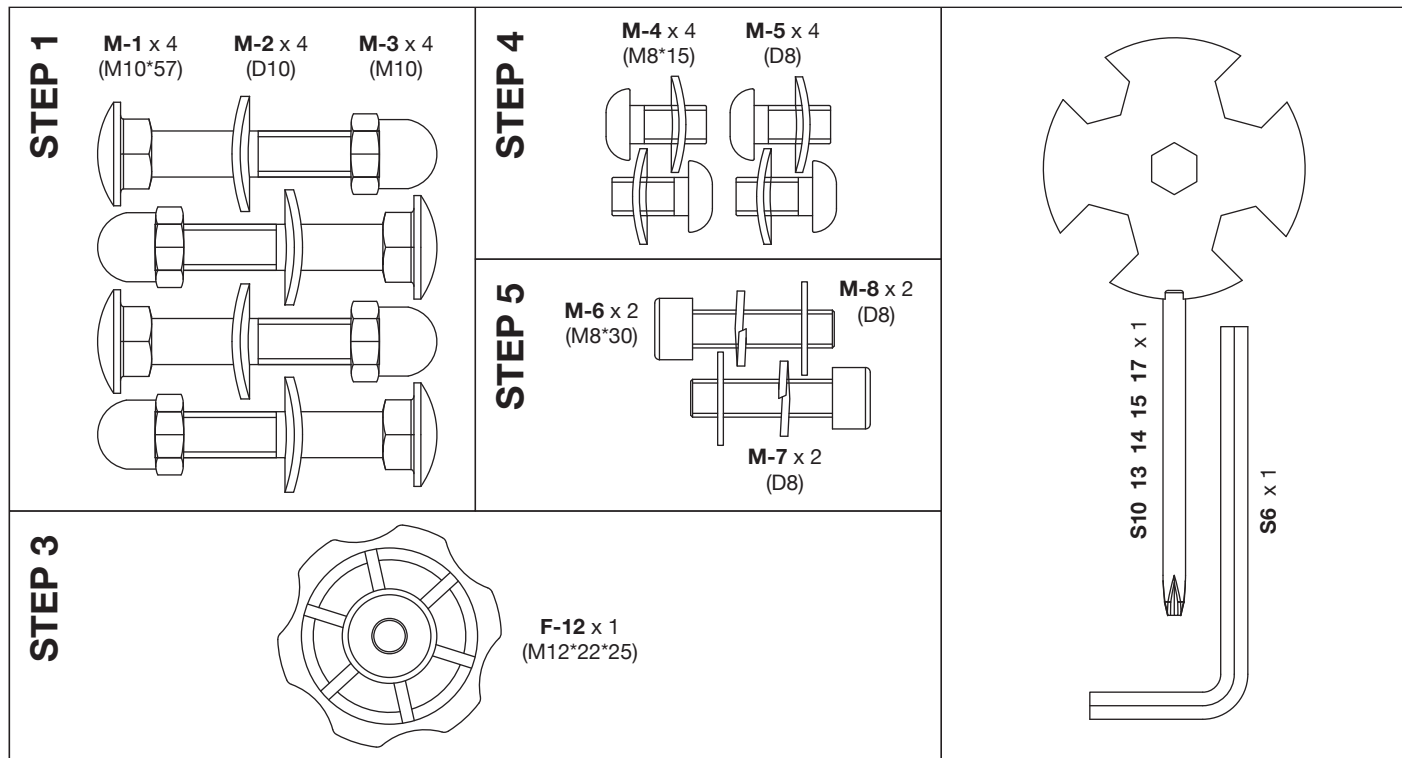
**Unpack the carton** - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:

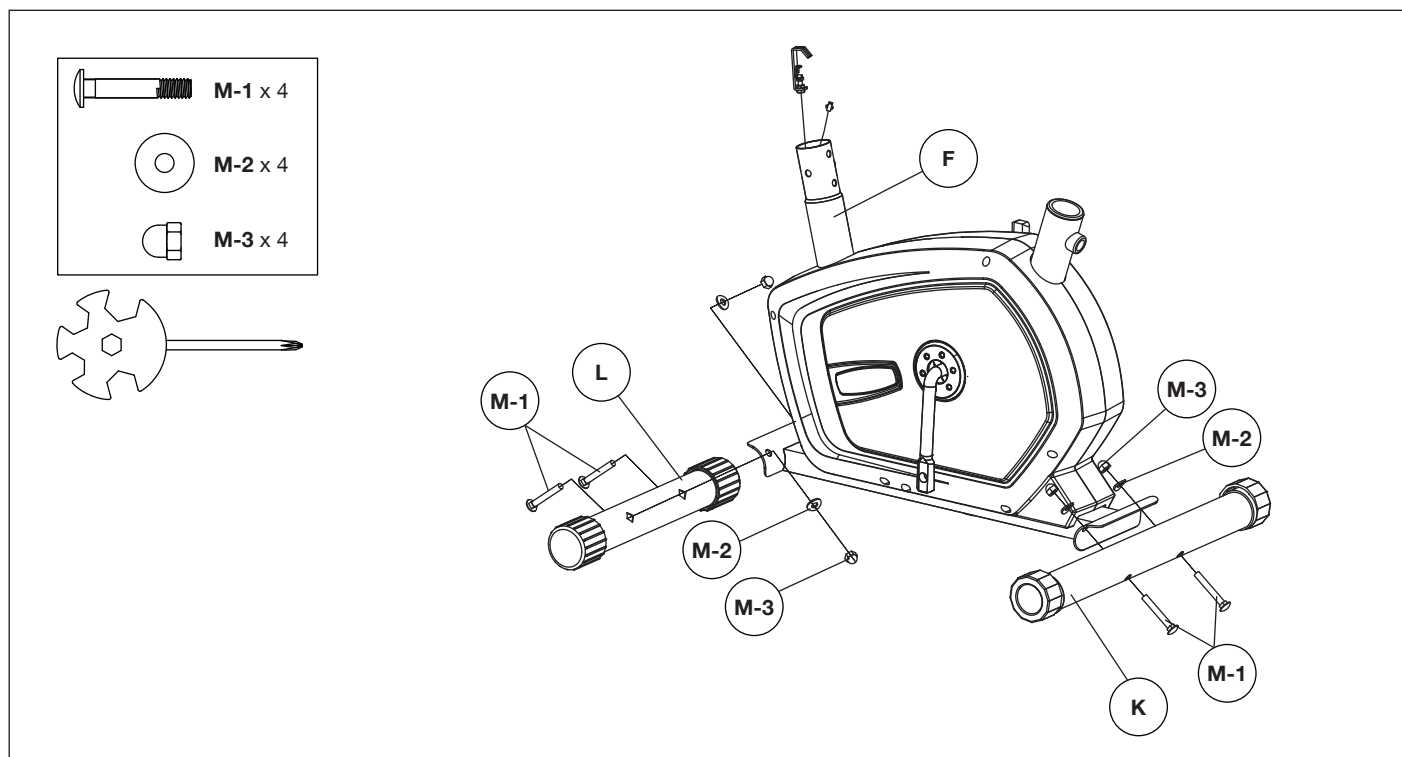
<b>A x1</b> 	<b>E x1</b> 	<b>C x1</b> 
<b>F x1</b> 	<b>K x1</b> 	<b>D x1</b> 
<b>B x1</b> 	<b>x1</b> 	<b>N x1</b> 
	<b>x1</b> 	

# Assembly instructions

## BLISTER PACK



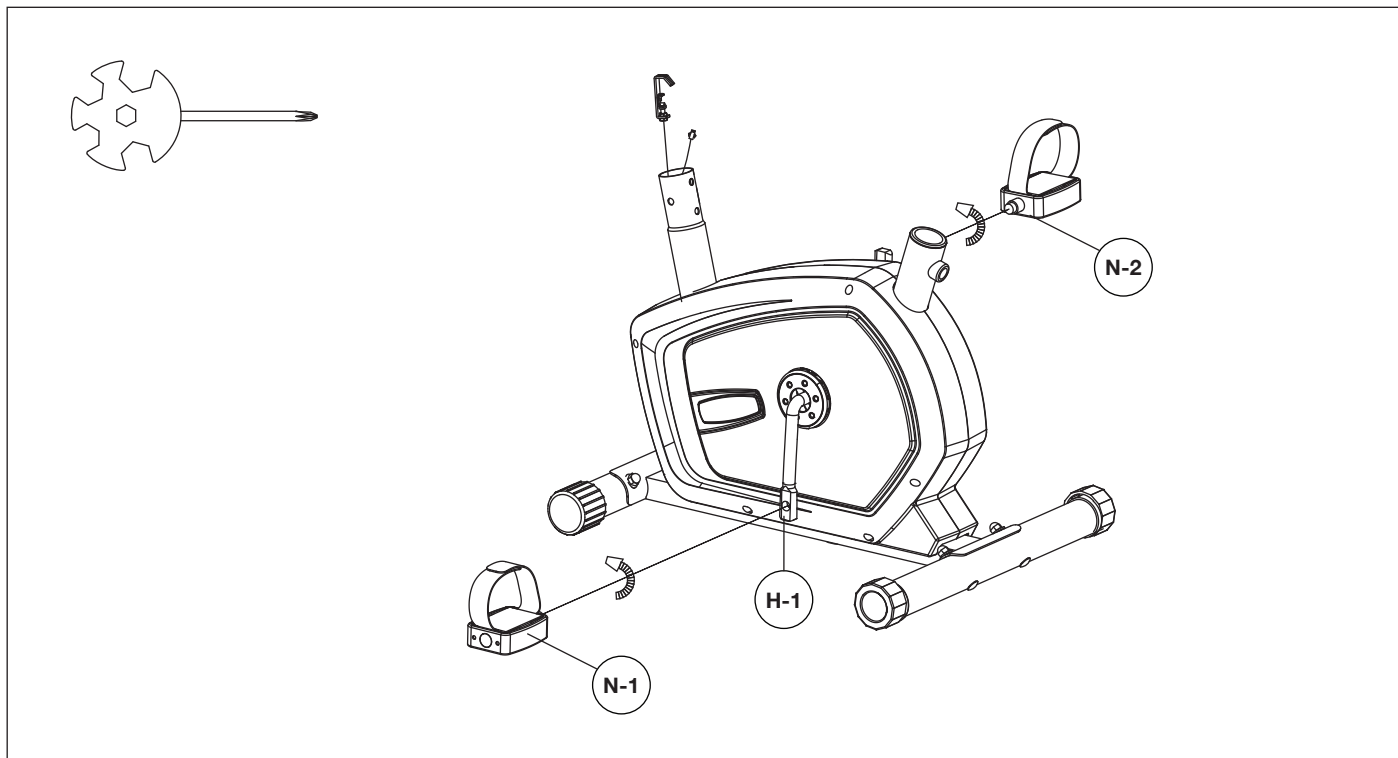
## STEP 1



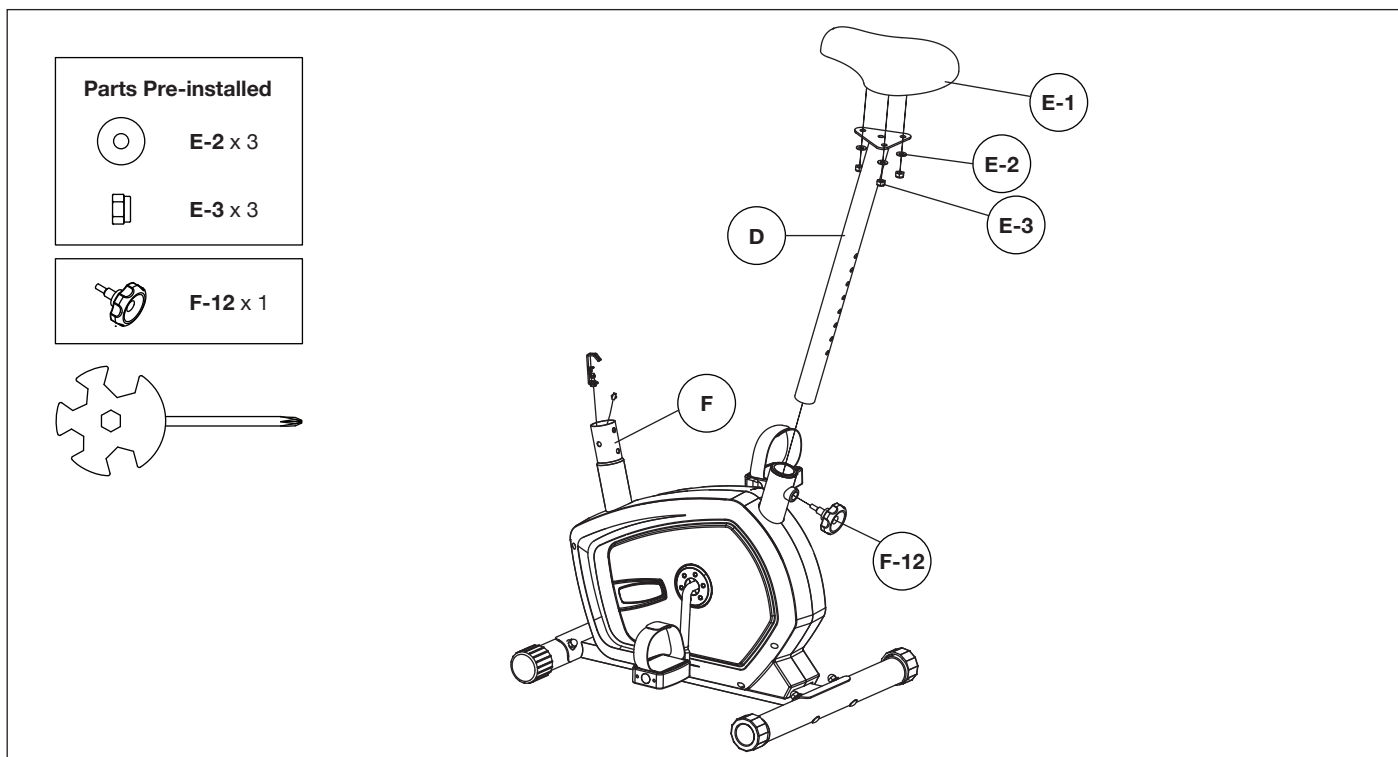
# Assembly instructions

# YORK FITNESS

## STEP 2

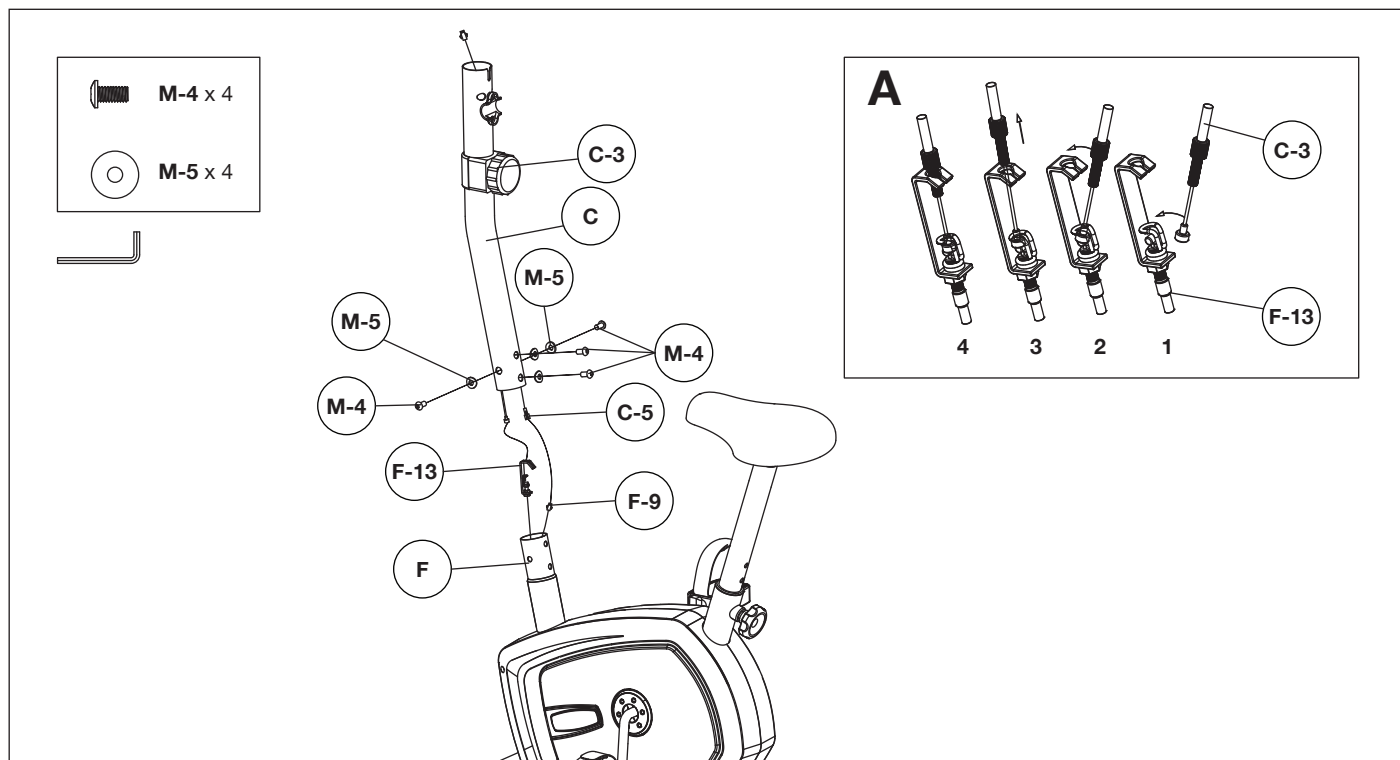


## STEP 3

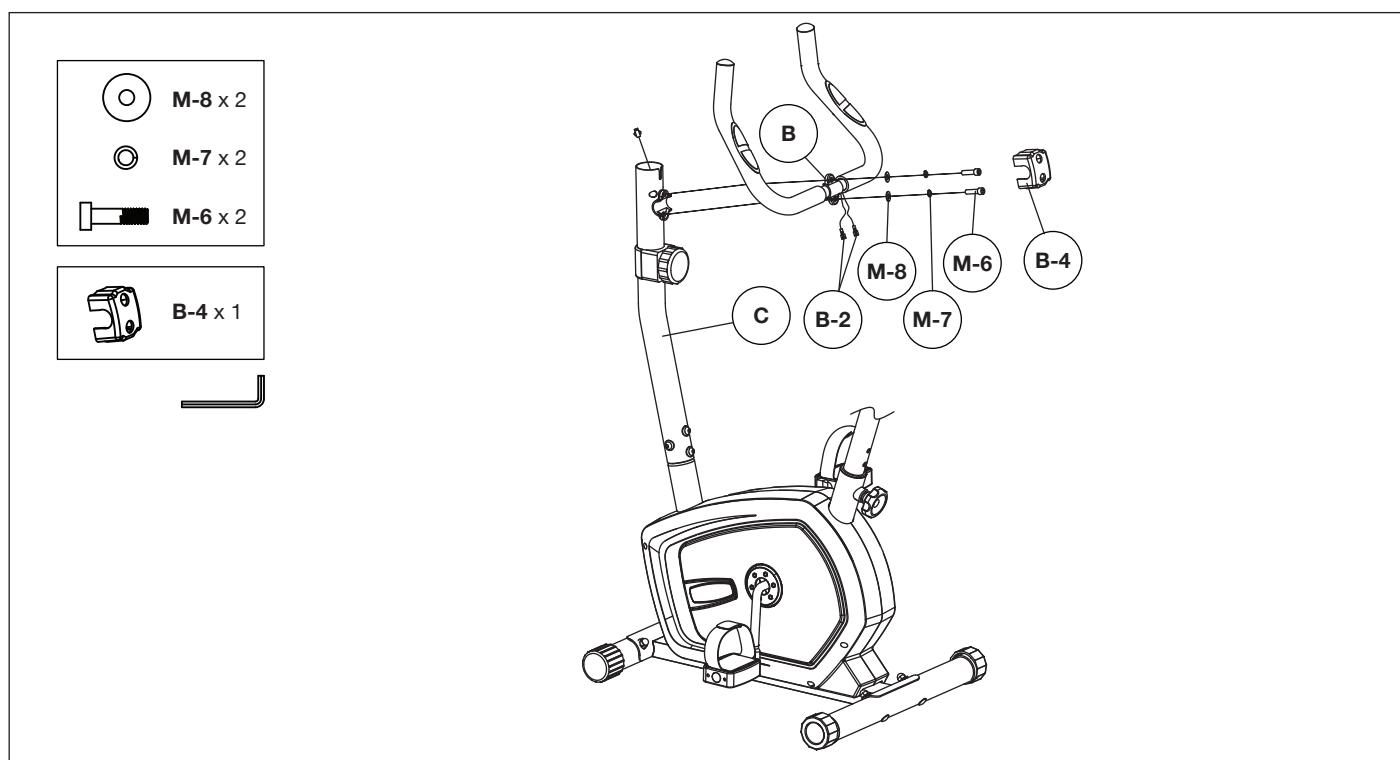


# Assembly instructions

## STEP 4

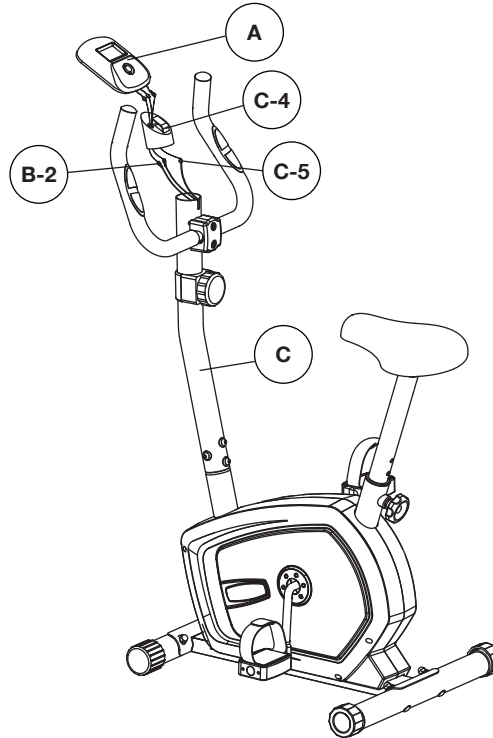


## STEP 5





### STEP 6

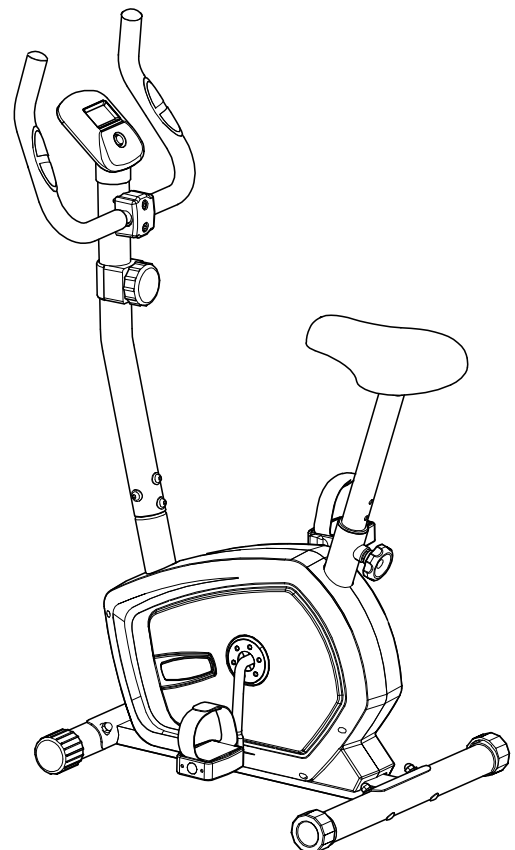


## Final Check

Your equipment is now assembled.

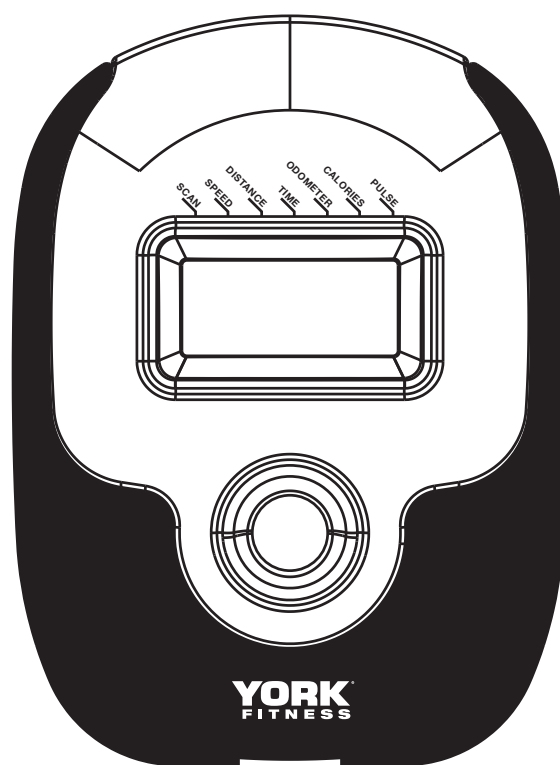
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



# Operational instructions

## Console



### How to remove battery:

1. Pull off the battery cover and place two AAA batteries into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

### Specifications:

FUNCTION	SPECIFICATION
<b>Auto Scan</b>	• Every 6 seconds
<b>Speed</b>	• 0.0 - 99.9 KM/H
<b>Trip Distance</b>	• 0.1-999.9 Kms
<b>Elapsed Time</b>	• 0:00-99:59 ( Minute : Second )
<b>Odometer</b>	• 0.1-999.9 Kms
<b>Calorie</b>	• 0.1-999.9 Cal
<b>Pulse Rate</b>	• 30-240 beats per minute

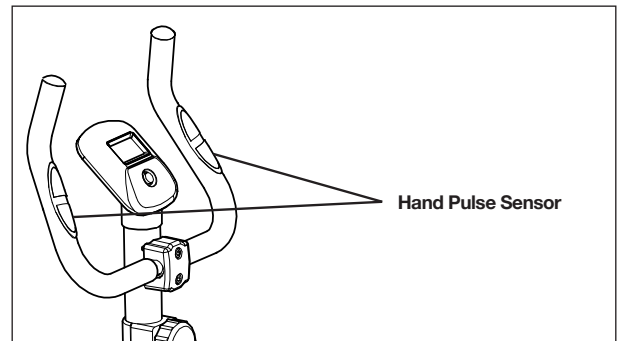
### Functions:

FUNCTION	DESCRIPTION
<b>Auto On/Off &amp; Auto Start/Stop</b>	As long as the machine is in motion, the monitor is in action. If there is no moving within 4 minutes, monitor will turn off automatically.
<b>Auto Scan</b>	Press the button until the ARROW points to "SCAN", the monitor will rotate through all 5 functions Speed, Distance, Time, and Odometer & Calorie. Each display will be held for 6 seconds.
<b>Speed</b>	Press the button until the ARROW points to "SPEED" to display the current speed.
<b>Trip Distance</b>	Press the button until the ARROW points to "DISTANCE" to display the trip distance you are traveling.
<b>Elapsed Time</b>	Press the button until the ARROW points to "TIME" to count the elapsed time.
<b>Total Distance (Odometer)</b>	Press the button until the ARROW points to "ODOMETER" to display the total accumulated distance.
<b>Calories</b>	Press the button until the ARROW points to "CALARIES" to display the calorie consumption.
<b>Pulse Rate</b>	Press the button until "♥" appears to show your heart rate (Pulse) in beats per minute. Before measuring your pulse rate, please place your palms of your hands on both of your current heart beat rate in beats per minute (BPM) on the LCD after 4-5 seconds.
<b>Reset</b>	Pressing the button for more than 3 seconds will reset all functional values to zero except Odometer.

# Operational instructions

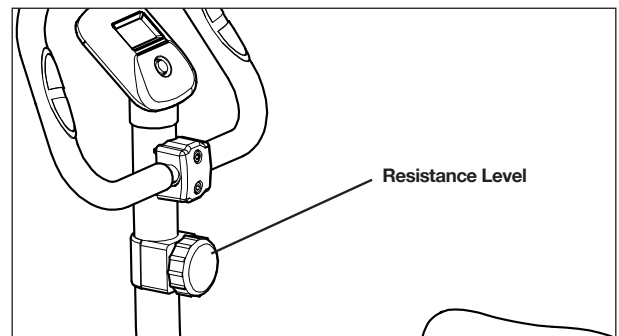
## Hand Pulse Sensors

This exercise equipment is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



## Adjusting The Resistance

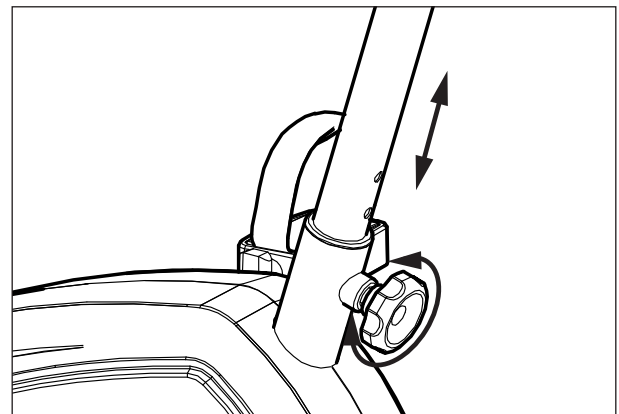
This exercise equipment features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is manual controlled, to adjust simply use the hand wheel on the front post.



## Adjust the seat

1. Unscrew the hand wheel.
2. Adjust the seat up / down to your requirements.
3. Re-screw the hand wheel - make sure it is screwed in tightly.
4. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

**Note: Do not pull the seat out too far - the maximum is indicated with a STOP stamping on the seat post.**



## Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

# Troubleshooting



**If you have a problem with your exercise equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.**

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Check batteries
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor

**FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSISTS, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.**

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

# Fitness guide

## Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

## Correct Cycling Form

- Sit on the cycle, with your feet on the pedals and inside the pedal straps.
- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.
- Try to ensure that your back is straight whilst exercising, especially for long periods.

## Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 2. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



## How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

## Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

**Good health** - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

**Weight loss** - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

**Improving fitness levels** - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

## Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

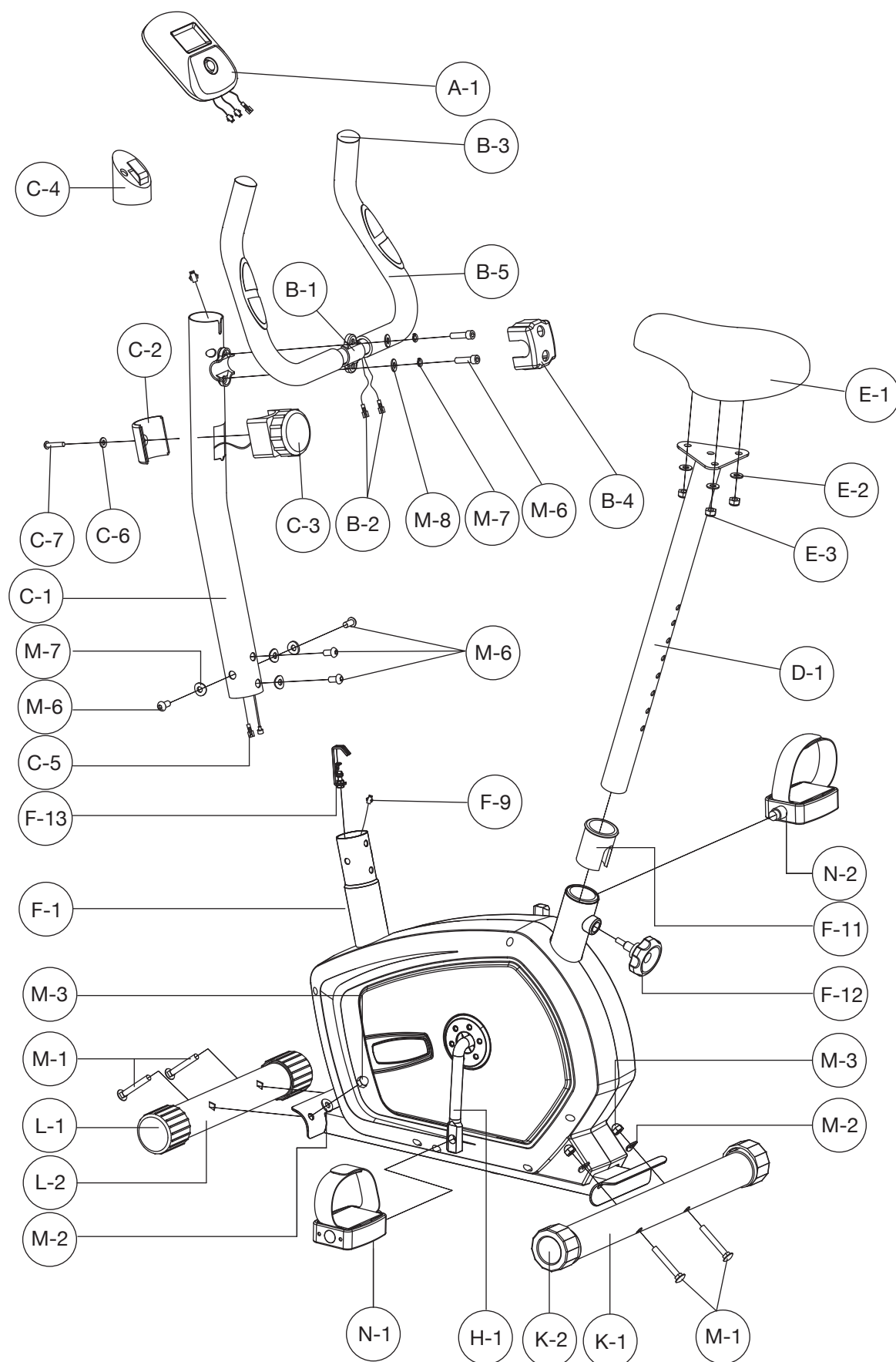
$$185 \times 60\% = 111\text{bpm}$$

**NOTE:** The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

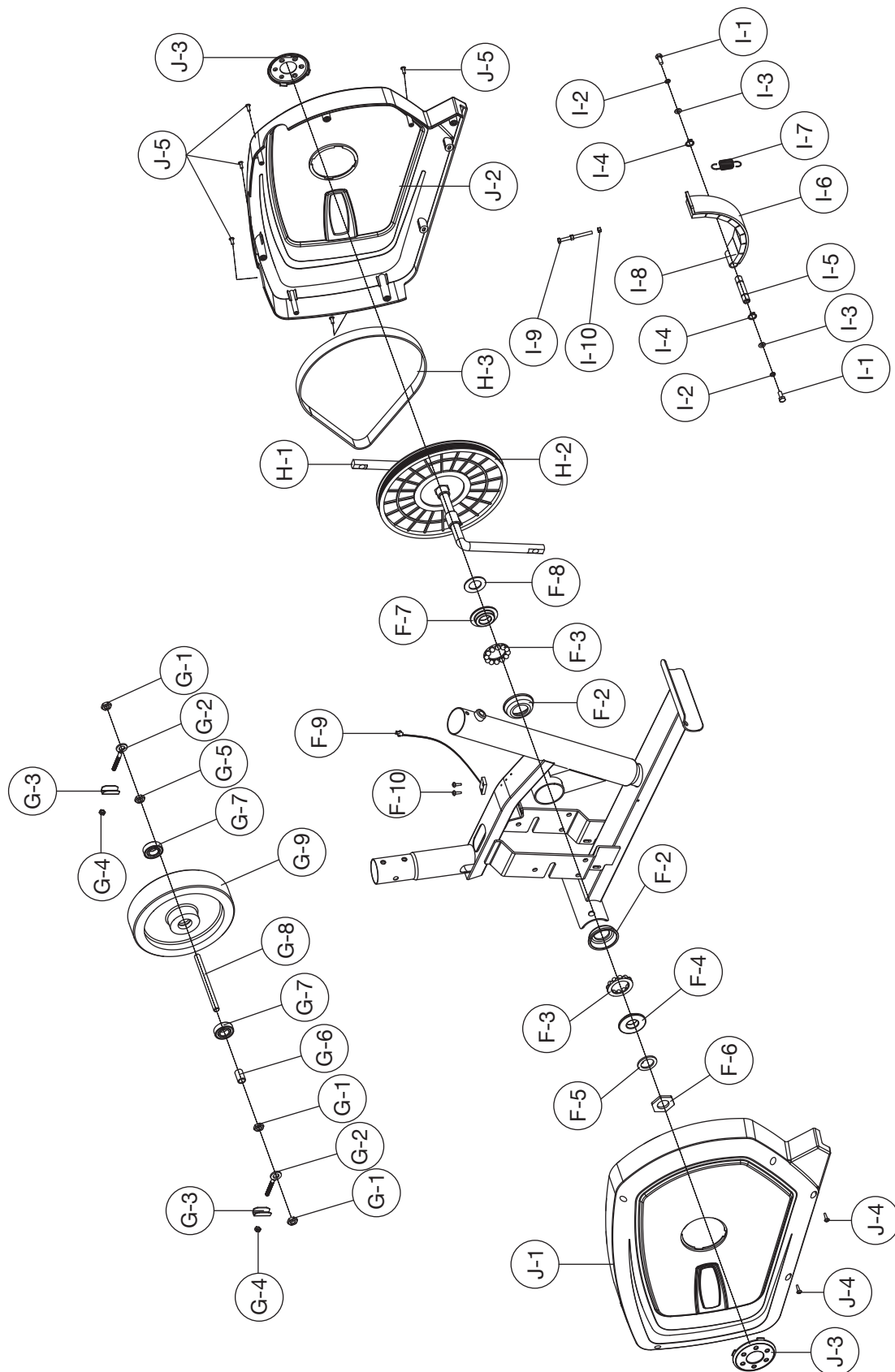
Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

Always consult your doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor.

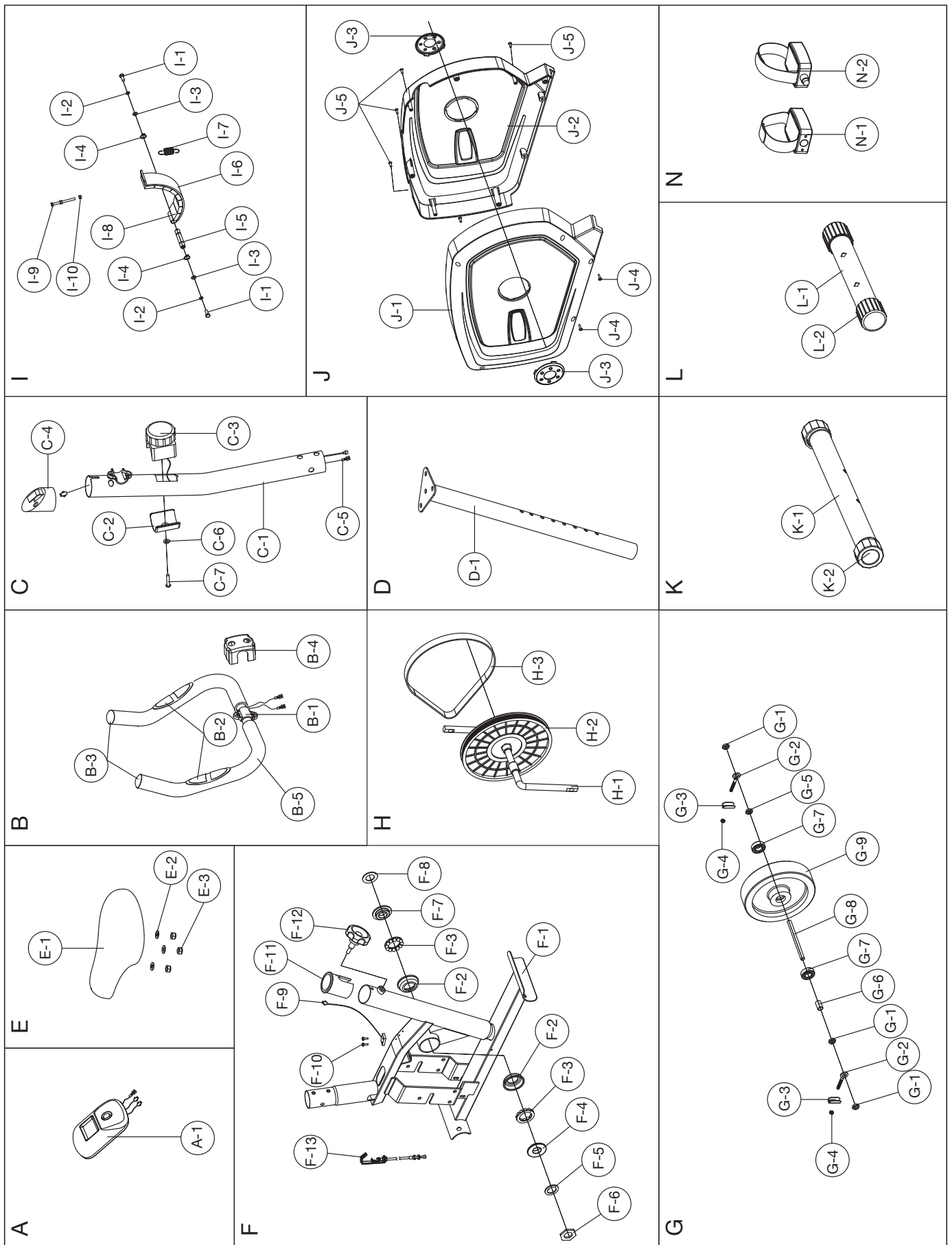
# Exploded drawing







# Exploded drawing



# Part list



YORK REF.	REF.	DESCRIPTION	QTY.
53075-001	A	COMPUTER SET	
53075-002	A-1	COMPUTER (80146)	1
53075-003	B	HANDLEBAR SET	
53075-004	B-1	HANDELBAR (Ø22*1.5*940)	1
53075-005	B-2	HANDLE PULSE (550)	2
53075-006	B-3	ROUND CAP (Ø22*1.5)	2
53075-007	B-4	HANDLEBAR COVER (68*59*39)	1
53075-008	B-5	FOAM GRIP (Ø30*Ø20*420)	2
53075-009	C	HANDLEBAR POST SET	
53075-010	C-1	HANDLEBAR POST (Ø50*1.35*570)	1
53075-011	C-2	TENSION CONTROLLER COVER	1
53075-012	C-3	TENSION CONTROLLER	1
53075-013	C-4	COMPUTER BRACKET (Ø50)	1
53075-014	C-5	CONNECTION WIRE (L840)	1
53075-015	C-6	FLAT WASHER (D5)	1
53075-016	C-7	CROSS PAN HEAD SCREW (M5X40)	1
53075-017	D	SADDLE TUBE SET	
53075-018	D-1	SADDLE TUBE (Ø38*1.5*470)	1
53075-019	E	SEAT SET	
53075-020	E-1	SEAT (982)	1
53075-021	E-2	FLAT WASHER (D8)	3
53075-022	E-3	NYLON NUT (M8)	3
53075-023	F	MAIN FRAME SET	
53075-024	F-1	MAIN FRAME	1
53075-025	F-2	BEARING COLLAR	2
53075-026	F-3	BALL BEAING	2
53075-027	F-4	INSIDE BEARING COLLAR	1
53075-028	F-5	LOCK WASHER	1
53075-029	F-6	LOCK NUT	1
53075-030	F-7	OUTSIDE BEARING COLLAR	1
53075-031	F-8	BIG FLAT WASHER	1
53075-032	F-9	SENIOR WIRE (L600)	1
53075-033	F-10	CROSS PAN HEAD SCREW (ST3X10)	2
53075-034	F-11	REAR VERTICAL TUBE BUSHING (Ø38)	1
53075-035	F-12	KNOB BOLT (M12)	1
53075-036	F-13	TENSION CABLE (L760)	1
53075-037	G	FLYWHEEL SET	
53075-038	G-1	HEX THIN BOLT (M10x1)	3
53075-039	G-2	BOLT (M6x50)	2
53075-040	G-3	U WASHER	2
53075-041	G-4	HEX NUT (M6)	2
53075-042	G-5	CONE NUT (M8)	1
53075-043	G-6	SPACER (Ø10*Ø14*22)	1

YORK REF.	REF.	DESCRIPTION	QTY.
53075-044	G-7	BEARING (6000Z)	2
53075-045	G-8	FLYWHEEL AXLE (Ø10*L134*M10*1)	1
53075-046	G-9	FLYWHEEL (Ø190*42)	1
53075-047	H	CRANK SET	
53075-048	H-1	CRANK (B0.5*20;)	
53075-049	H-2	BELT PULLEY (Ø220)	1
53075-050	H-3	BELT (310PJ6)	1
53075-051	I	MAGNETIC BOARD SET	
53075-052	I-1	HEX BOLT (M6*15)	2
53075-053	I-2	SPRING WASHER (D6)	2
53075-054	I-3	FLAT WASHER (D6)	2
53075-055	I-4	STOP COLLAR (D12)	2
53075-056	I-5	MAGNETIC BOARD AXLE (Ø12*59)	1
53075-057	I-6	MAGNETIC BOARD (238*40*4)	1
53075-058	I-7	SPRING (Ø1.6*Ø15*L54)	1
53075-059	I-8	SQUARE MAGNETIC (40*25*10)	8
53075-060	I-9	HEX BOLT (M5xL60)	1
53075-061	I-10	HEX NUT (M5)	2
53075-062	J	CHAIN COVER SET	
53075-063	J-1	LEFT CHAIN COVER (PP)	1
53075-064	J-2	RIGHT CHAIN COVER (PP)	1
53075-065	J-3	SMALL PLASTIC COVER (PP)	2
53075-066	J-4	SCREW (ST4.2x12)	2
53075-067	J-5	SCREW (ST4.2x16)	6
53075-068	K	REAR STABILIZER SET	
53075-069	K-1	REAR STABILIZER (50*1.35*480)	1
53075-070	K-2	END CAP (Ø50)	2
53075-071	L	FRONT STABILIZER SET	
53075-072	L-1	FRONT STABILIZER (Ø50*1.35*350)	1
53075-073	L-2	END CAP (Ø50)	2
53075-074	N	PEDAL SET	
53075-075	N-1	LEFT PEDAL	1
53075-076	N-2	RIGHT PEDAL	1
53075-077	M	HARDWARE SET	
53075-078	M-1	CARRIAGE BOLT (M10X57)	4
53075-079	M-2	ARCH WASHER (D10*Ø25*1.5)	4
53075-080	M-3	NUT (M10)	4
53075-081	M-4	BOLT (M8*15)	4
53075-082	M-5	ARCH WASHER (D10*Ø25*1.5)	4
53075-083	M-6	BOLT (M8X30)	2
53075-084	M-7	SPRING WASHER (D8)	2
53075-085	M-8	FLAT WASHER (D8)	2



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