

YORK[®]
FITNESS

Owner's Manual

C400 Upright Bike

Item #YRK53098A

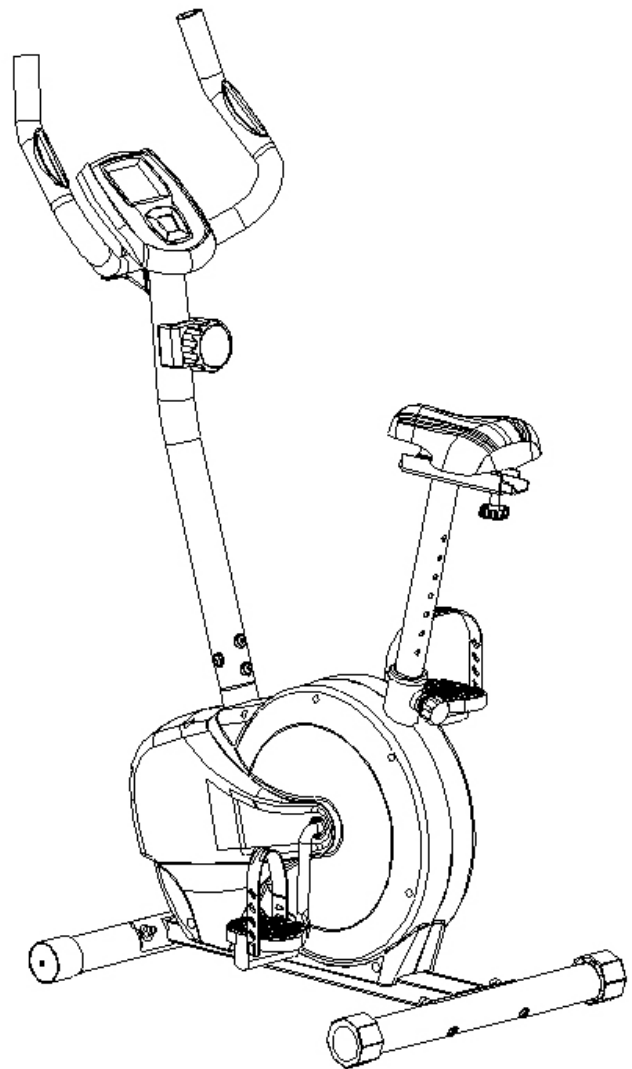


Table of contents

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.au

CONTENTS

Safety information	03
Pre-Assembly List	05
Part List	07
Exploded Diagram	09
Assembly Instructions	11
Meter Instructions	14
Exercise Instructions	15
Warranty	17



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: 100kg

Safety Standards

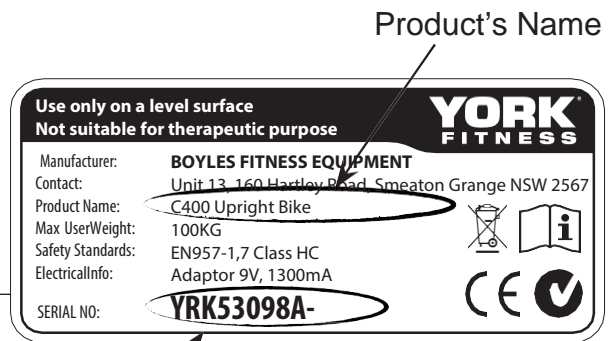
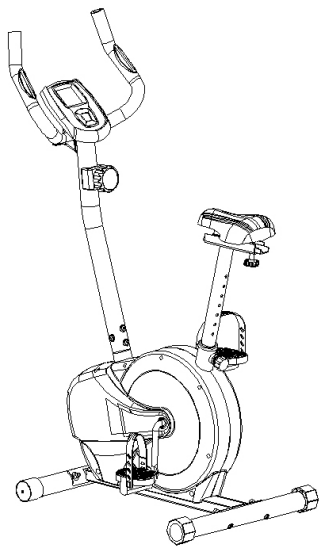
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7 - CLASS HC. Therefore the equipment carries the following marks:



Customer support

Should you require any assistance regarding this product please gather the following information and 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



Product's Name

Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

AUSTRALIA

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

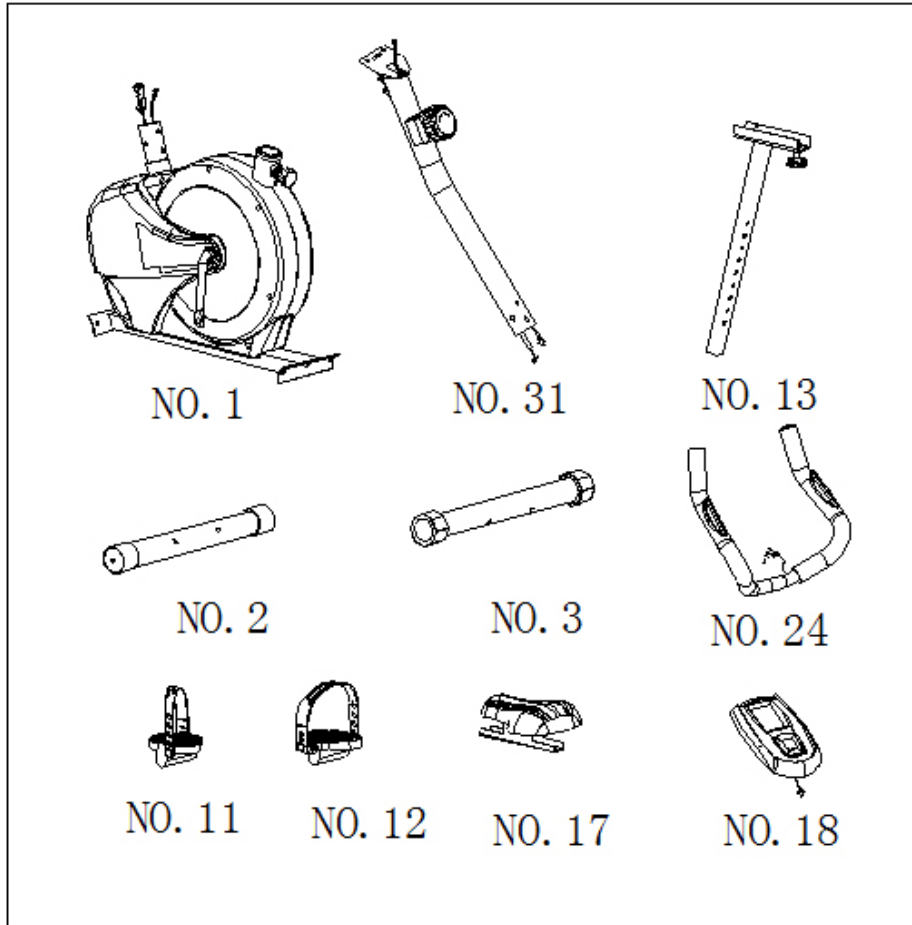
Boyles Fitness Equipment Pty Ltd
13/160 Hartley Road,
Smeaton Grange, NSW 2567

Tel: 02 4648 0800

Email: sales@boylesfitness.com.au

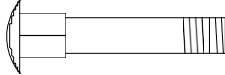
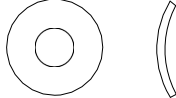
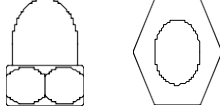
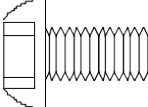

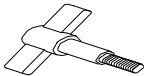
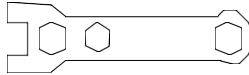
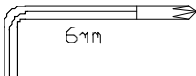
Pre-Assembly Check List

Before starting assembly, MAKE SURE YOU HAVE THE FOLLOWING PARTS



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
31	Front post	1
13	Seat post	1
2	Front stabilizer	1
3	Rear stabilizer	1
24	Handlebar	1
11	Pedal (L)	1
12	Pedal (R)	1
17	Seat	1
18	Meter	1

Hardware Packing List

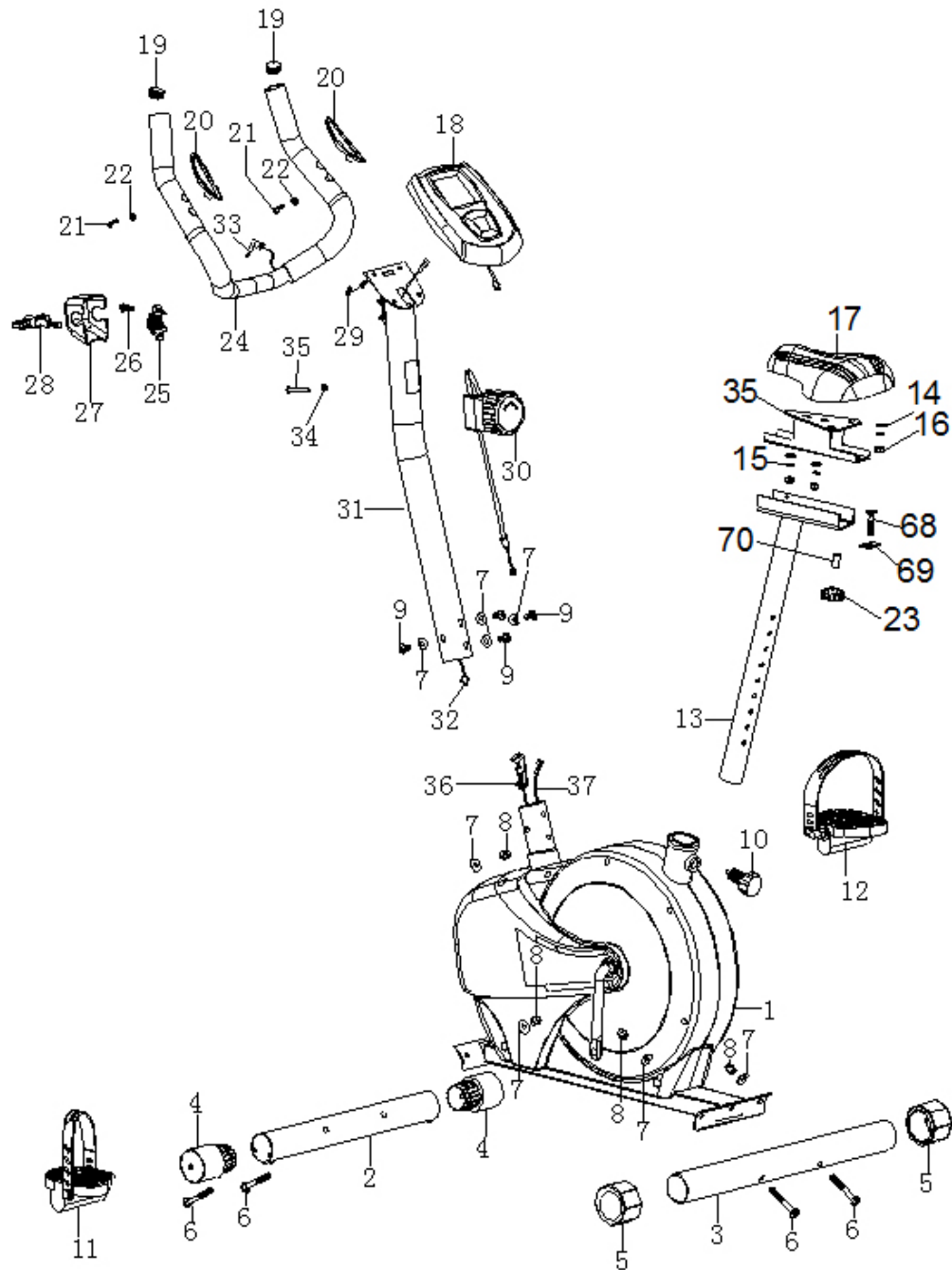
NO.	DESCRIPTION	DRAWING	QTY
6	Carriage bolt M8*60		4
7	Curved washer $\Phi 8$		8
8	Domed nut M8		4
9	Allen bolt M8*16		4
27	Clamp cover		1
28	T type knob		1
	Box Wrench		1
	Allen key L6		1

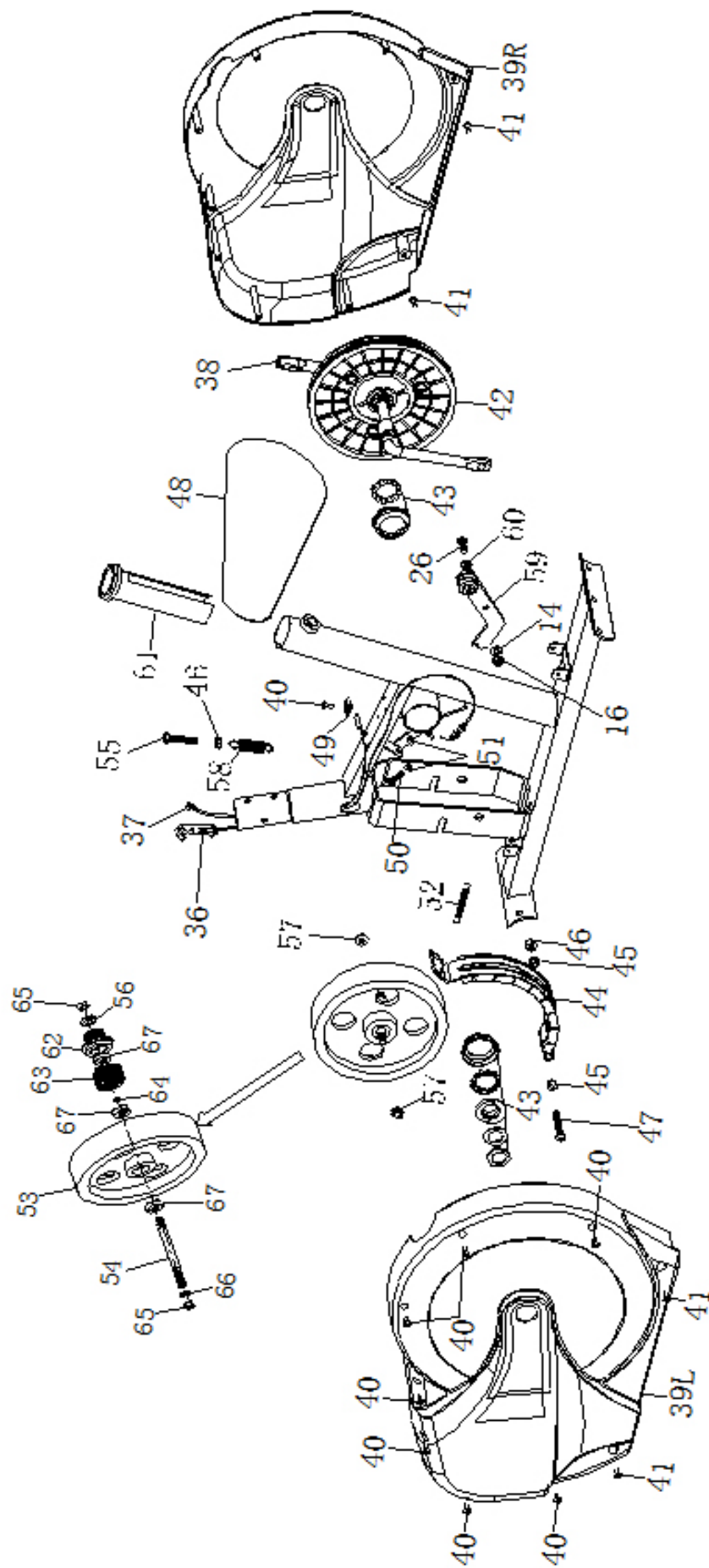
Parts List

PART NO.	DESCRIPTION	QUANTITY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	End cap for front stabilizer	2
5	End cap for rear stabilizer	2
6	Carriage bolt M8*65	4
7	Curved washerΦ8	8
8	Domed nut M8	4
9	Allen bolt M8*16	4
10	Quick release knob	1
11	Pedal (L)	1
12	Pedal (R)	1
13	Seat post	1
14	Flat washer Φ17*Φ8	4
15	Spring washer Φ8	3
16	Nylon nut M8	4
17	Seat	1
18	Meter	1
19	Round End cap	2
20	Hand pulse sensor	2
21	Self-tapping screw	2
22	Flat washer	2
23	Club knob	1
24	Handlebar	1
25	Clamp	1
26	Allen bolt M8*20	2
27	Clamp cover	1
28	T type knob	1
29	Cross-head screw M5*12	2
30	Tension control knob w/cable	1
31	Front post	1
32	Upper sensor wire	1
33	Lower sensor wire	2
34	Washer	1
35	Bolt M6*40	1
36	Extension tension cable	1
37	Lower sensor cable	1
38	Crank	1

PART NO.	DESCRIPTION	QUANTITY
39L	Chain cover (L)	1
39R	Chain cover (R)	1
40	Self-tapping screw ST5*15	8
41	Self-tapping screw ST5*15	4
42	Belt pulley	1
43	BB assembly	1
44	Magnet assembly	1
45	Magnet bushing	2
46	Nut M8	2
47	Bolt M8*55	1
48	Belt	1
49	Sensor bracket	1
50	Hex head bolt M6*25	1
51	Hex head nut M6	2
52	Spring	1
53	Flywheel	1
54	Axle for flywheel	1
55	adjusting bolt	1
56	Bearing 6900	1
57	Flange nut	2
58	Spring	1
59	Idler wheel	1
60	Powder metal	1
61	Bushing for seat post	1
62	Small belt pulley	1
63	Spring clutch	1
64	Copper Washer Φ 10	1
65	Nut M10*1.25	2
66	Taper bushing	1
67	Bearing 6000	3
68	Carriage Bolt M8*40	1
69	Square Washer	1
70	Sleeve	1
71	Sliding Seat	1

Exploded Diagram



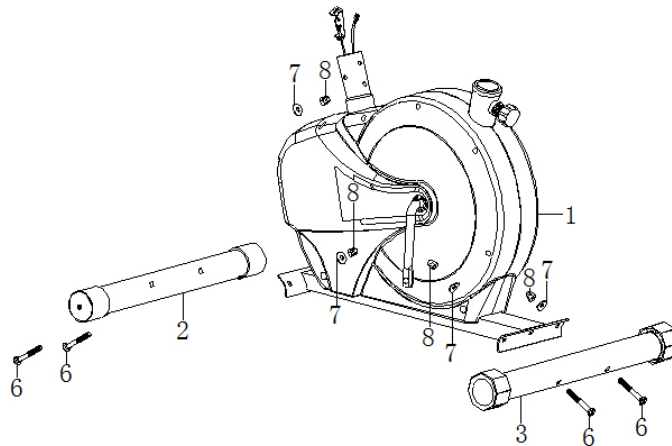


Assembly Instructions

STEP 1

Attach the front stabilizer (2) to the front of the main frame (1), fasten with two carriage bolts (6), two curved washers (7) and two domed nuts (8).

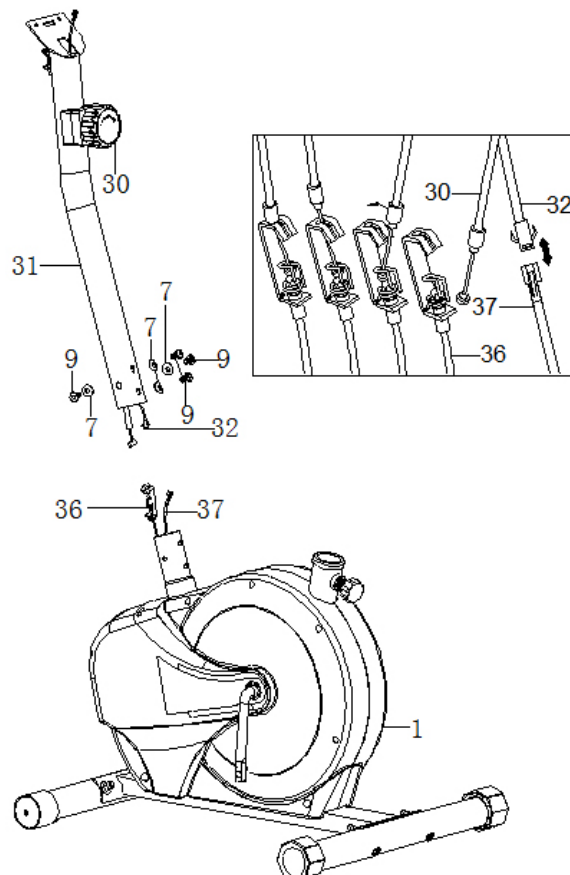
Attach the rear stabilizer (3) to the rear of the main frame (1), fasten with two carriage bolts (6), two curved washers (7) and two domed nuts (8).



STEP 2

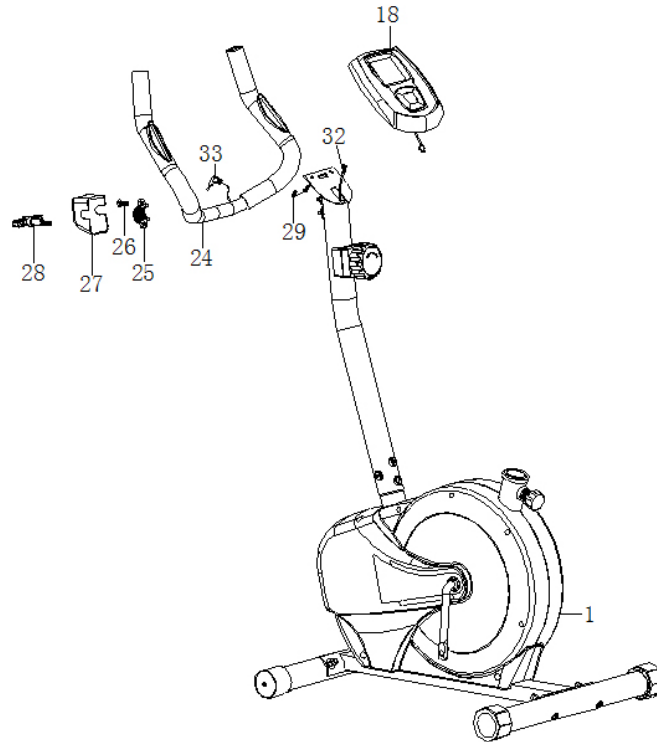
Connect the upper sensor cable (32) from the front post (31) to the lower sensor cable (37). Turn the tension control knob to level-8 and connect the tension control cable (30) from the front post (31) to the extension tension cable (36).

Insert the front post (31) into the main frame (1) and fasten with four allen bolts (9) and four curved washers (7).



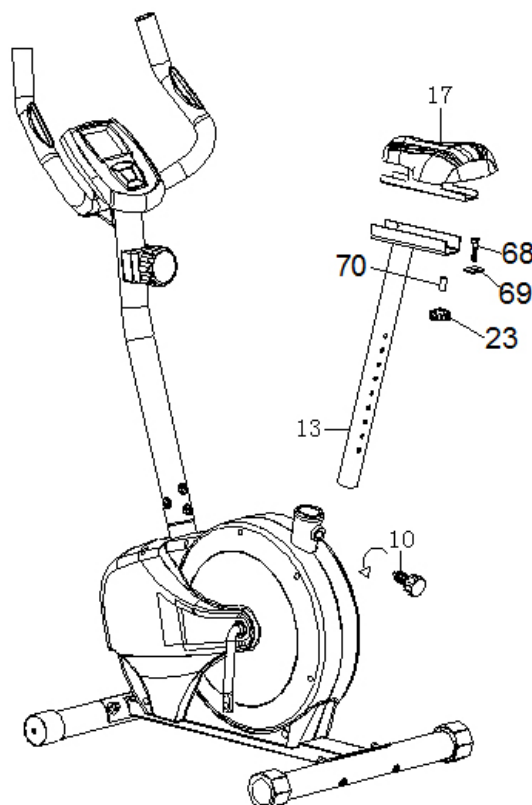
STEP 3

Take down the two cross-head screws (29) which are pre-assembled on the meter (18). Attach the handlebar (24) to the front post and fasten with one clamp (25), one allen bolt (26), one clamp cover (27) and one T type knob (28). Connect the upper sensor cable (32) to the sensor cable from the back of meter (18). Insert the joint of hand pulse wire (33) to the pulse hole on the back of meter (18). Attach the meter (18) to the front post (31) and fasten with two cross-head screws (29).



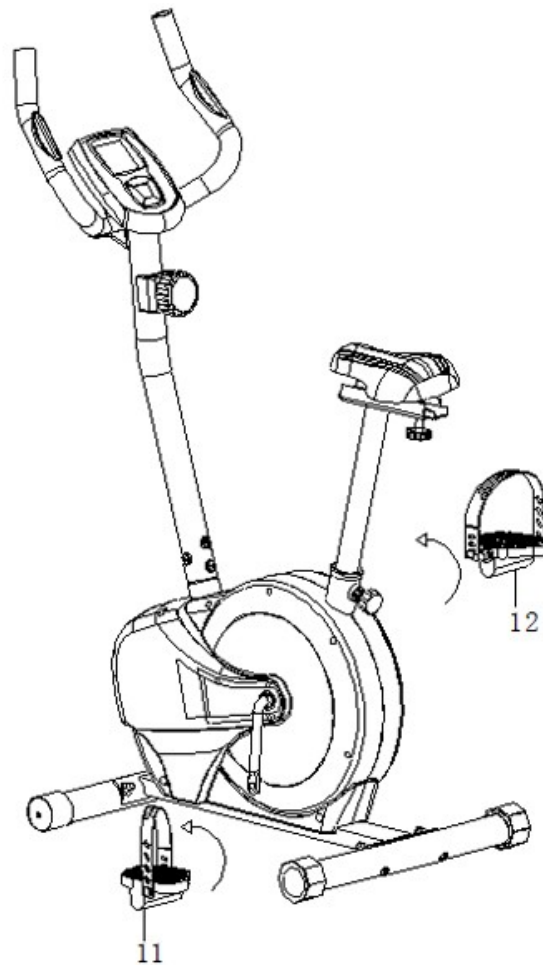
STEP 4

Attach the seat w/sliding seat (17) to the seat post (13) and fasten with one carriage bolt (68), one square washer (69), one sleeve (70) and one club knob (23). Insert the seat post (13) into the main frame (1) and fasten with a quick release knob (10) which could adjust the height to your desired position.



STEP 5

The pedals (11 & 12) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms on the main frame. The crank right arm is on the right-hand side of the cycle as you sit on it. Note: the right pedal should be threaded on clockwise and the left pedal anticlockwise.



Meter Instructions



FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To set the values of time, distance, calories and pulse when not in scan mode.

RESET - Push down for resetting time, distance and calories.

FUNCTION AND OPERATIONS:

1. SCAN: Press “MODE” button until “SCAN” appears, meter will rotate through all the 5 functions: Time, speed, distance, calorie ODO and pulse. Each display will be hold 4 seconds.

2. TIME: (1) Count the total time from exercise start to end. (2) Press “MODE” button until “TIME” appears, press “SET” button to set exercise time. When the “set” is zero, the computer will alarm 15 seconds.

3. SPEED: Display current speed.

4. DIST:

(1) Count the distance from exercise start to end.

(2) Press “MODE” button until “DIST” appears. Press “SET” button to set exercise distance. When the “set” is zero, the computer will alarm 15 seconds.

5. CALORIES:

(1) Count the total calories from exercise start to end.

(2) Press “MODE” button unit “CAL” appears. Press “SET” button to set exercise calories. When the “set” is zero, the computer will alarm 15 seconds.

6. ODO: Meter will display the total accumulated distance.

7. PULSE: Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the meter will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

NOTE :

1. If the display is faint or shows no figures, please replace the batteries.
2. The meter will automatically shut off if there is no signal received after 4 minutes.
3. The meter will be auto-powered on when starting to exercise push button w/signal in.
4. The meter will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

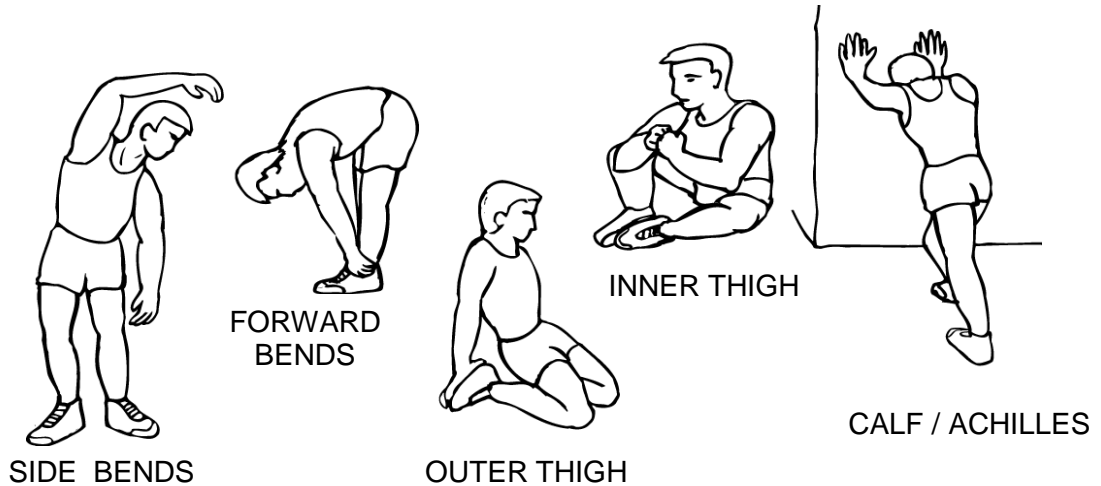
FUNCTION	Auto Scan	Every 4 seconds
	Time	00:00 – 99:59
	Current speed	The maximum signal can be picked up is 999.9 KM/H
	Trip Distance	0.00~9999 KM
	Calories	0.0~999.9 kCAL
	ODO	0.0~9999KM
	Pulse Rate	40~240BPM
Battery type		2 pcs of size – AA or UM- 3
Operating temperature		0°C~+40°C
Storage temperature		- 10°C~+60°C

Exercise Instructions

Using your UPRIGHT 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.

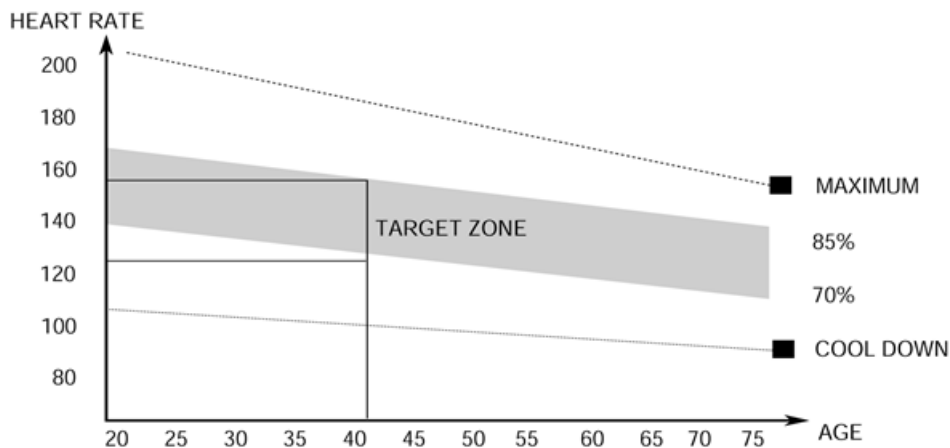
1. The Warm Up Phase

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 UPRIGHT 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.