

YORK[®] FITNESS

Owner's Manual

RB420
Recumbent Bike
Item #53103A

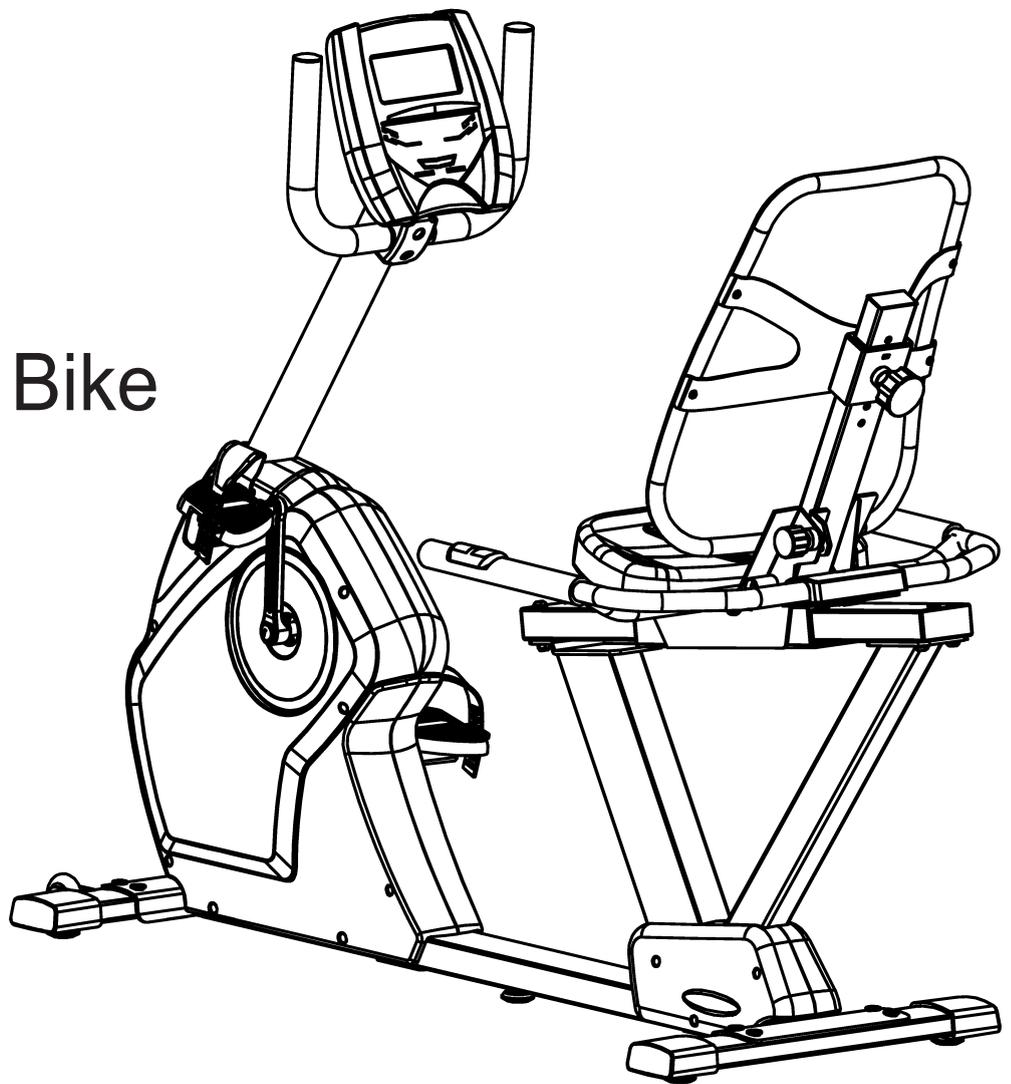


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Congratulations on purchasing your exercise equipment from

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 to get the most out of your new exercise equipment.

Please retain this owners manual and a copy of your purchase receipt for future reference.

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 jewellery 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 behaviour 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

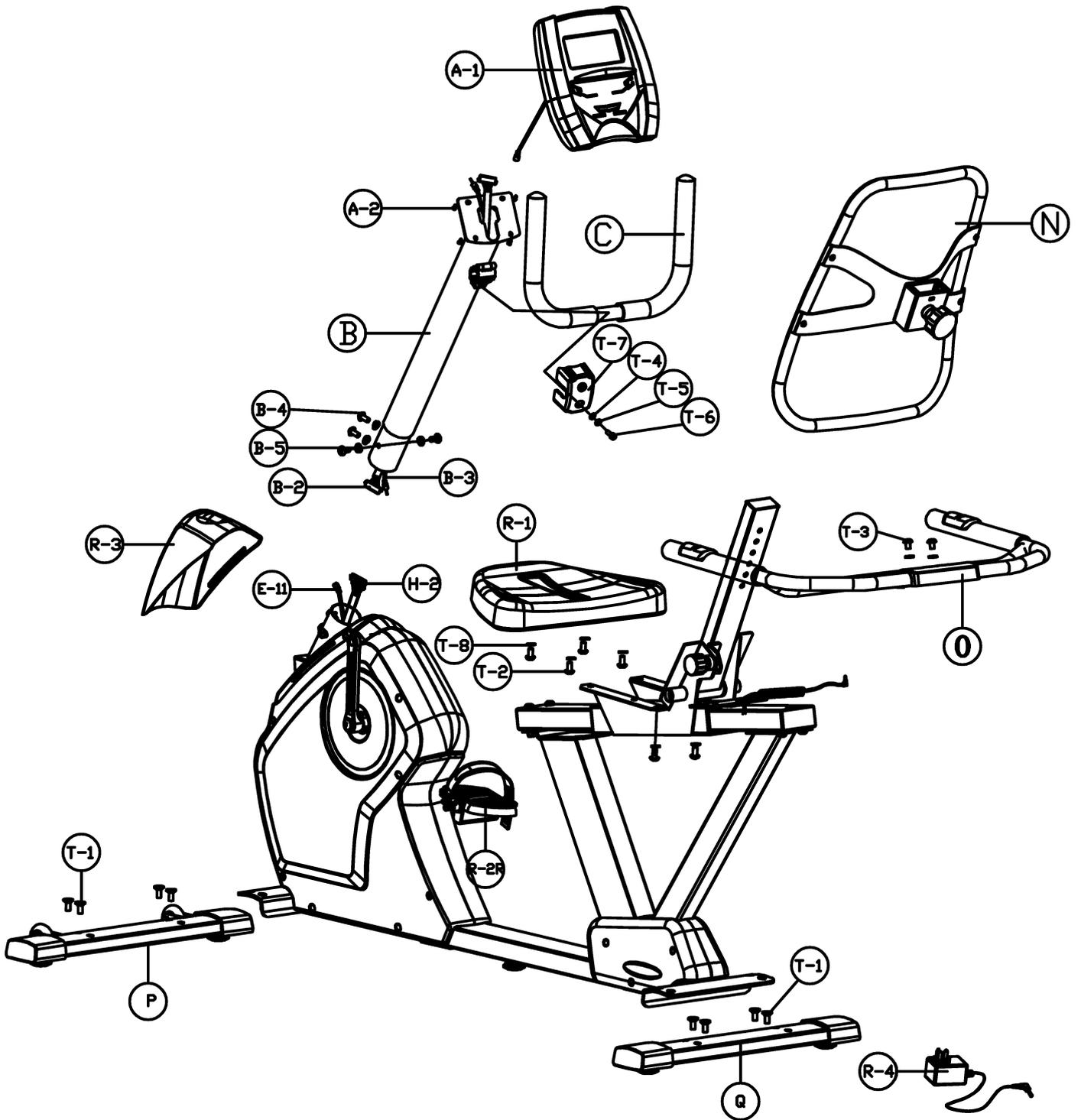
Safety Standards

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:

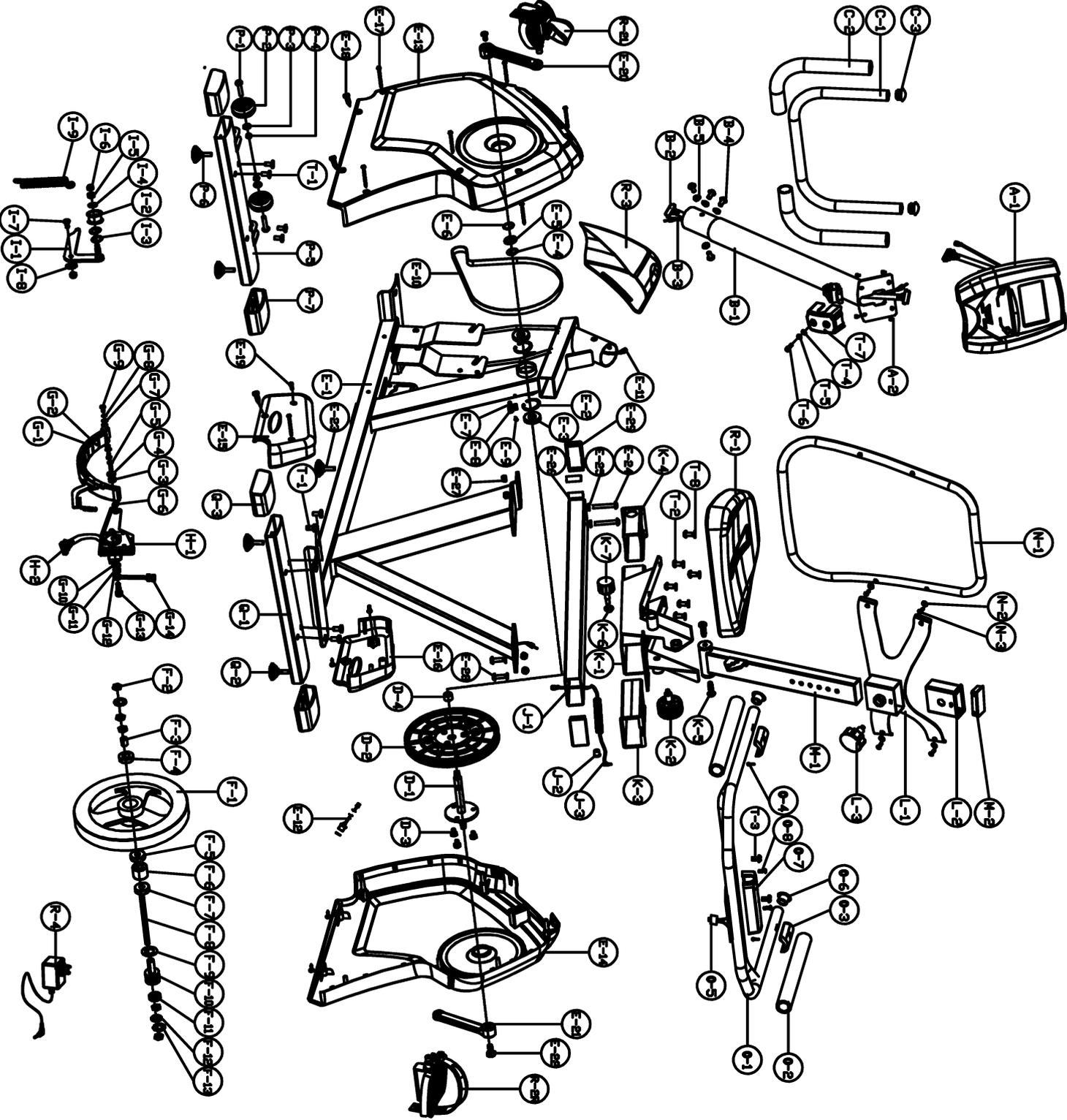


Assembly Drawing

YORK FITNESS



Exploded Drawing



Parts List

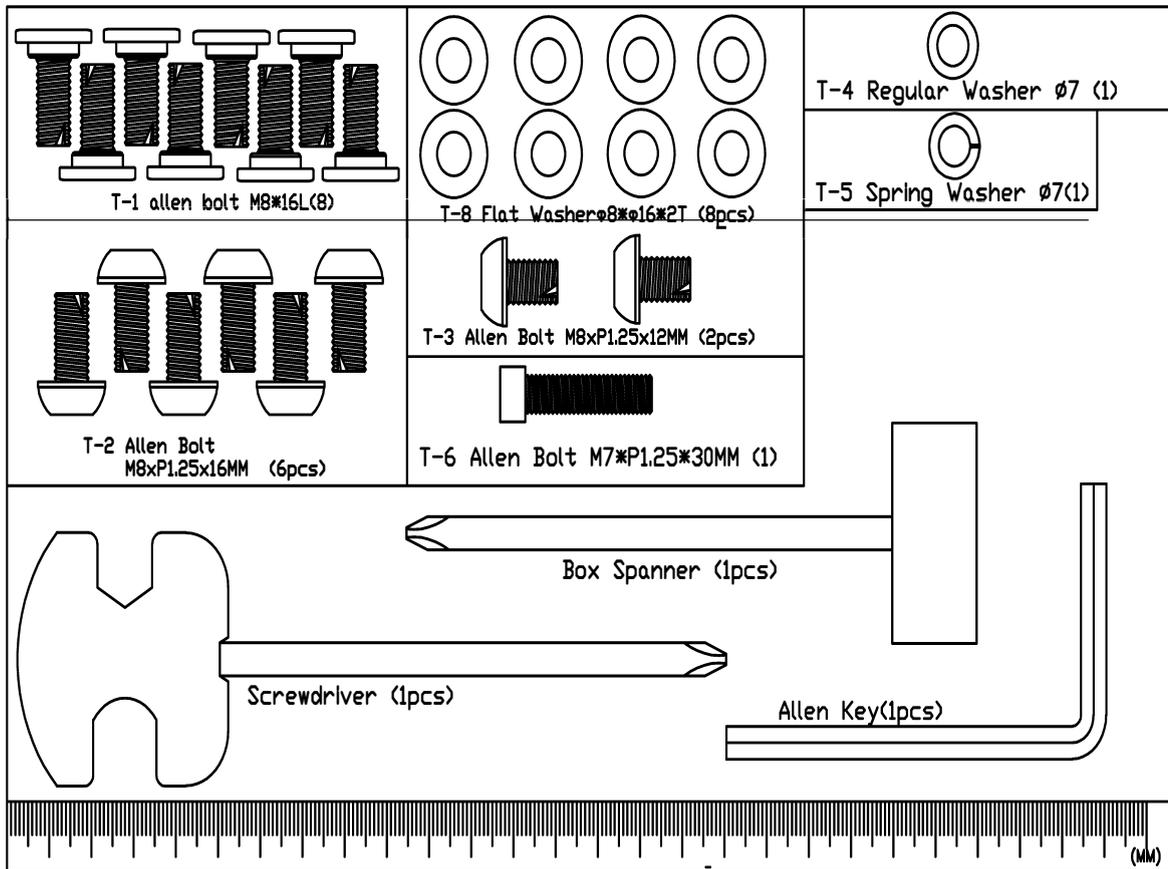
No.	Description	Q'ty/ unit	
A	Console set	1	SET
A-1	Console	1	PCS
A-2	Screw M5X10L	4	PCS
B	Handlebar post set	1	SET
B-1	Handlebar post	1	PCS
B-2	Upper cable	1	PCS
B-3	Heart rate cable (upper)	1	PCS
B-4	Screw M8X16L	4	PCS
B-5	Semicircle washer	4	PCS
C	Front handlebar set	1	SET
C-1	Handlebar	1	PCS
C-2	Foam grip	2	PCS
C-3	End cap	2	PCS
D	Axle set	1	SET
D-1	Axle	1	PCS
D-2	Drive pulley	1	PCS
D-3	Hex screw M8X12L	3	PCS
D-4	Bushing	1	PCS
E	Main frame assembly	1	SET
E-1	Main frame	1	PCS
E-2	Stopper	2	PCS
E-3	Bearing	2	PCS
E-4	Wave washer	1	PCS
E-5	Flat washer	1	PCS
E-6	C-clip	1	PCS
E-7	Sensor wire	1	PCS
E-8	Sensor bracket	1	PCS
E-9	Screw M4x10L	1	PCS
E-10	Drive belt	1	PCS
E-11	Heart rate cable (lower)	1	PCS
E-12	DC wire	1	PCS
E-13	Chain cover, left	1	PCS
E-14	Chain cover, right	1	PCS
E-15	Rear cover left	1	SET
E-16	Rear cover right	1	PCS
E-17	Screw M4x50L	7	PCS

No.	Description	Q'ty/ unit	
E-18	Screw M5x16	6	PCS
E-19	Screw M5x12L	2	PCS
E-20	Crank arm (L)	1	PCS
E-21	Crank arm (R)	1	PCS
E-22	Nylok screw	2	PCS
E-23	Adjustable cap	1	PCS
E-24	Screw M8x55L	2	PCS
E-25	Flat washer $\phi 8 \times \phi 16 \times 2$	4	PCS
E-26	Bushing	2	PCS
E-27	Nylon nut	4	PCS
E-28	Screw M8X25L	2	PCS
E-29	End cap	2	PCS
F	Flywheel complete set	1	SET
F-1	Flywheel (F-1~F-13)	1	PCS
F-2	Nut	5	PCS
F-3	Bushing	1	PCS
F-4	Bearing	1	PCS
F-5	Bearing	1	PCS
F-6	One-way bearing	1	PCS
F-7	Bearing	1	PCS
F-8	Flywheel axle	1	PCS
F-9	Flat washer	1	PCS
F-10	Small pulley	1	PCS
F-11	Bearing	1	PCS
F-12	Flat washer	1	PCS
F-13	Star washer	2	PCS
G	Magnet set assembly	1	SET
G-1	Magnet set	1	PCS
G-2	Magnet	12	PCS
G-3	Bushing	1	PCS
G-4	Flat washer	1	PCS
G-5	Hex screw	1	PCS
G-6	Nylon screw	1	PCS
G-7	Flat washer	2	PCS
G-8	Spring washer	2	PCS
G-9	Hex screw	2	PCS
G-10	Flat washer	1	PCS
G-11	Bushing	1	PCS

No.	Description	Q'ty/ unit	
G-12	Chain	1	PCS
G-13	Screw for gear box	1	PCS
G-14	Hex nut	2	PCS
H	Servo motor set	1	SET
H-1	Gear box set	1	PCS
H-2	Cable wire (lower)	1	PCS
I	Idler assembly 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	Sleeve	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 assembly set	1	SET
J-1	Rail	1	PCS
J-2	Wire cap	1	PCS
J-3	Heart rate cable	1	PCS
K	Seat slider assembly	1	SET
K-1	Seat slider	1	PCS
K-2	Knob for seat slider	1	PCS
K-3	Sleeve for the slider(Rear)	1	PCS
K-4	Sleeve for the slider(Front)	1	PCS
K-5	Screw	2	PCS
K-6	Bushing	1	PCS
K-7	Locking knob M10	1	PCS
L	Back rest sliding set	1	SET
L-1	Support for back rest	1	PCS
L-2	Sleeve	1	PCS
L-3	Locking knob M16	1	PCS
M	Back rest stem set	1	SET
M-1	Back rest stem	1	PCS
M-2	Stem cap	1	PCS
N	Back rest assembly	1	SET
N-1	Back rest	1	PCS
N-2	Flat washer	4	PCS

No.	Description	Q'ty/ unit	
N-3	Screw M5x16L	4	PCS
O	Seat handlebar assembly	1	SET
O-1	Seat handlebar	1	PCS
O-2	Foam grip	2	PCS
O-3	Hand pulse sensor	2	PCS
O-4	Screw	2	PCS
O-5	Hand pulse sensor wire	1	PCS
O-6	End cap	2	PCS
O-7	Seat handlebar cover	1	PCS
O-8	Screw	2	PCS
P	Front stabilizer assembly	1	SET
P-1	Screw M8X40L	2	PCS
P-2	Transport wheel	2	PCS
P-3	Flat washer	2	PCS
P-4	Nylon nut M8	2	PCS
P-5	Front stabilizer	1	PCS
P-6	Adjustable foot cap	2	PCS
P-7	End cap	2	PCS
Q	Rear stabilizer assembly	1	SET
Q-1	Rear stabilizer	1	PCS
Q-2	Adjustable foot cap	2	PCS
Q-3	End cap	2	PCS
R-1	Seat	1	PCS
R-2	Pedal, pair	1	PCS
R-3	Handlebar post cover	1	PCS
R-4	Switching power 9V/500mA	1	PCS
T	Hardware Kit	1	SET
T-1	Screw M8x16	8	PCS
T-2	Screw M8x16L (6mm)	6	PCS
T-3	Screw M8x12L (6mm)	2	PCS
T-4	Spring washer	1	PCS
T-5	Flat washer	1	PCS
T-6	Bolt	1	PCS
T-7	Handlebar cover	1	PCS
T-8	Flat washer	8	PCS

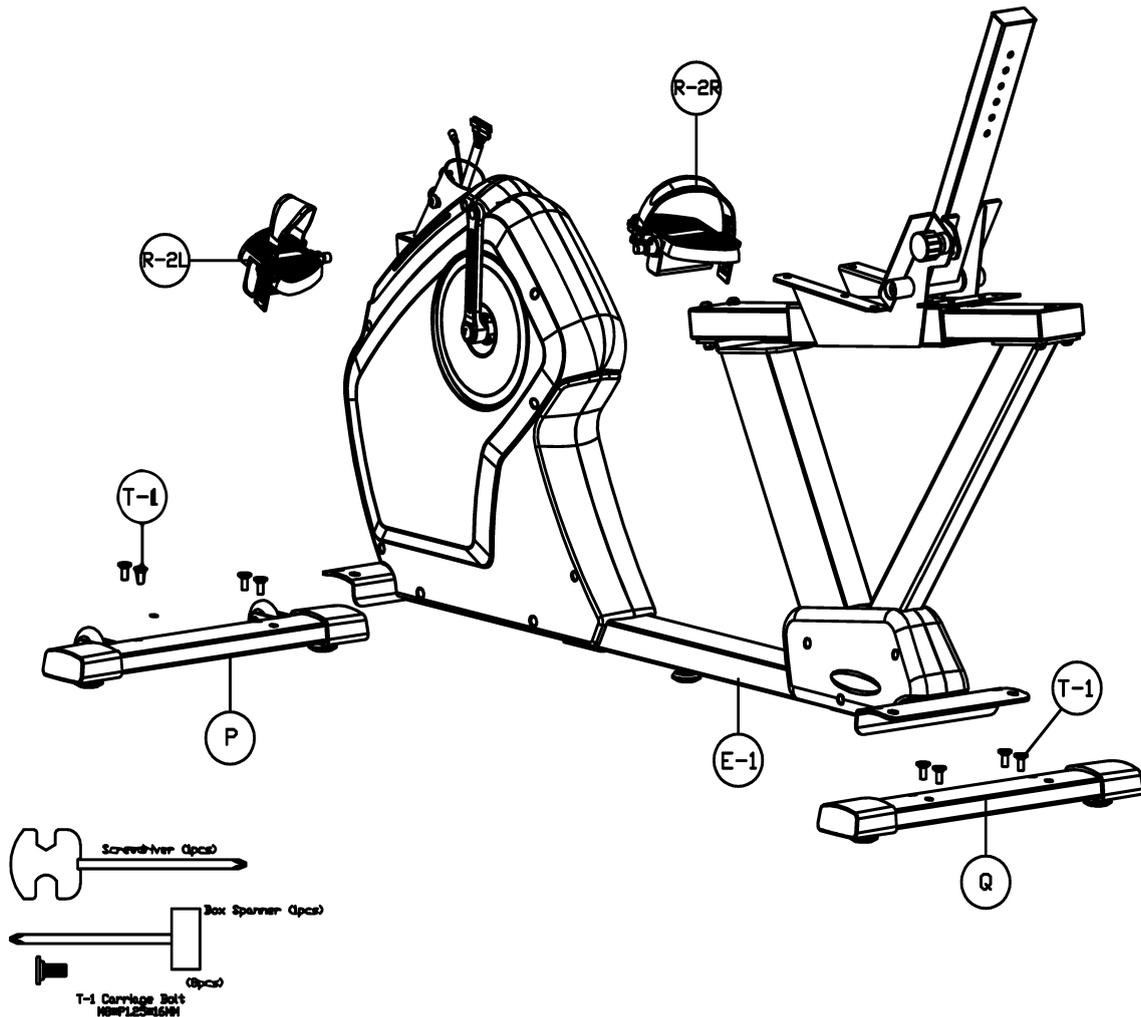
Tools and Parts



	A-1		R-1
	B		R-2
	C		R-3
			T-7
	E		P
	N		Q
	O		T
	R-4		

Assembly Steps

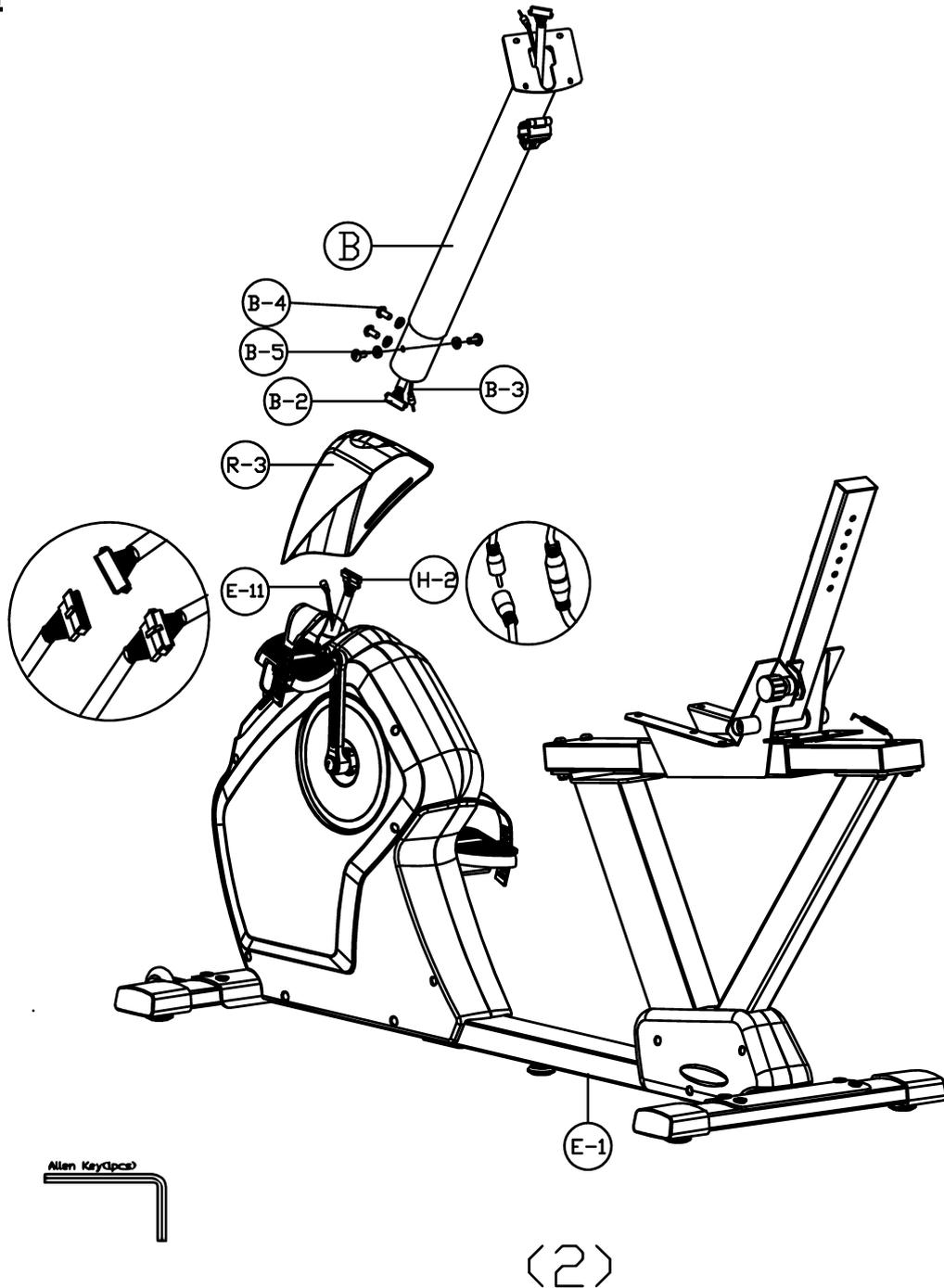
Step 1.



(1)

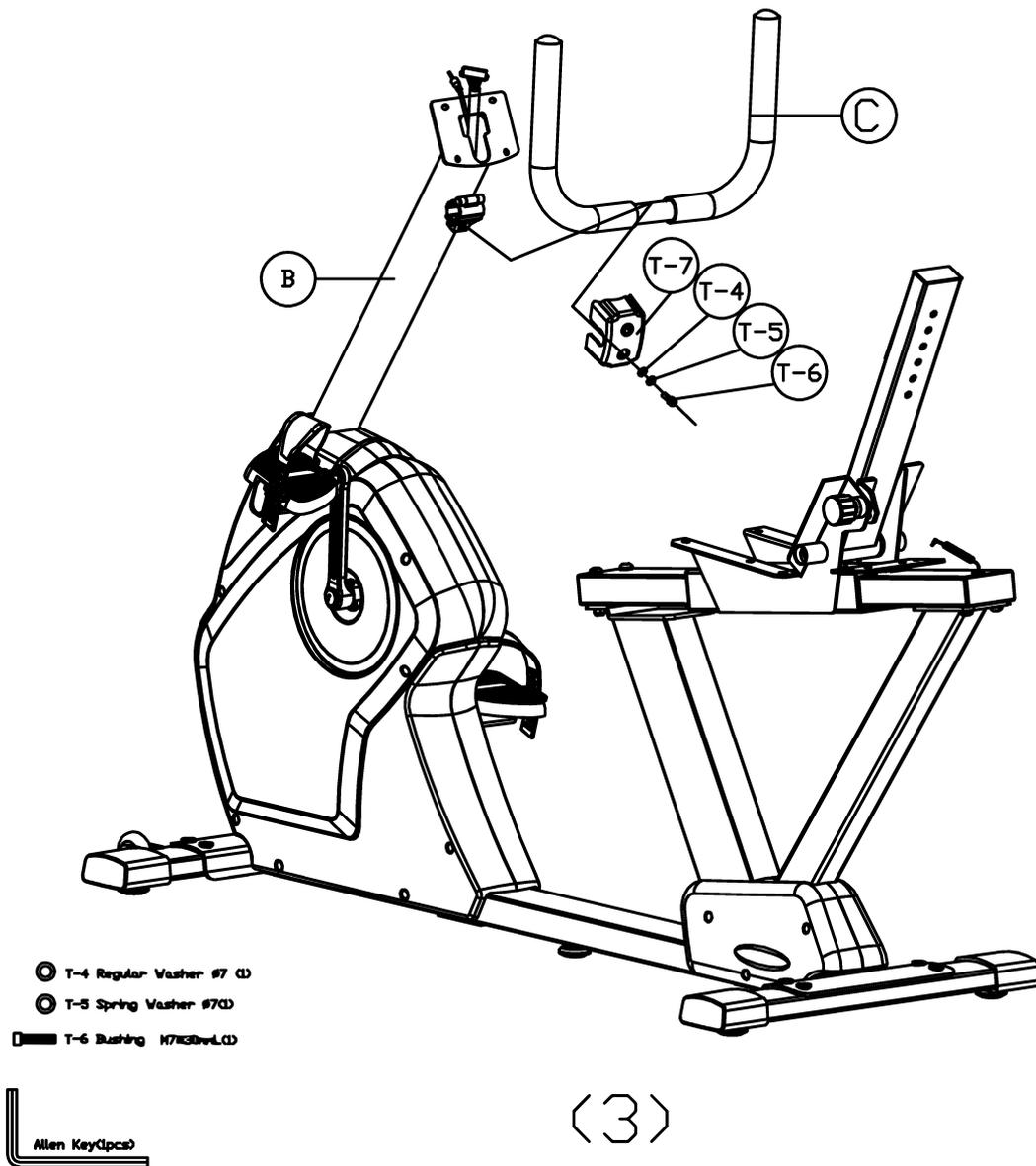
1. Securely fasten the Front Stabilizer (P) to the Main Frame (E-1) by using 4 Carriage Screws (T-1)
2. Securely fasten the Rear Stabilizer (Q) to the Main Frame (E-1) by using 4 Carriage Screws (T-1)
3. Assemble the Left Pedal (R-2L) to the Crank Arm (L). Assemble the Right Pedal (R-2R) to the Crank Arm (R)
4. Attach the Pedal Straps (included with pedals) to each of the pedals. The straps are labeled (R) or (L) to correspond with the right and left pedal.

Step 2.



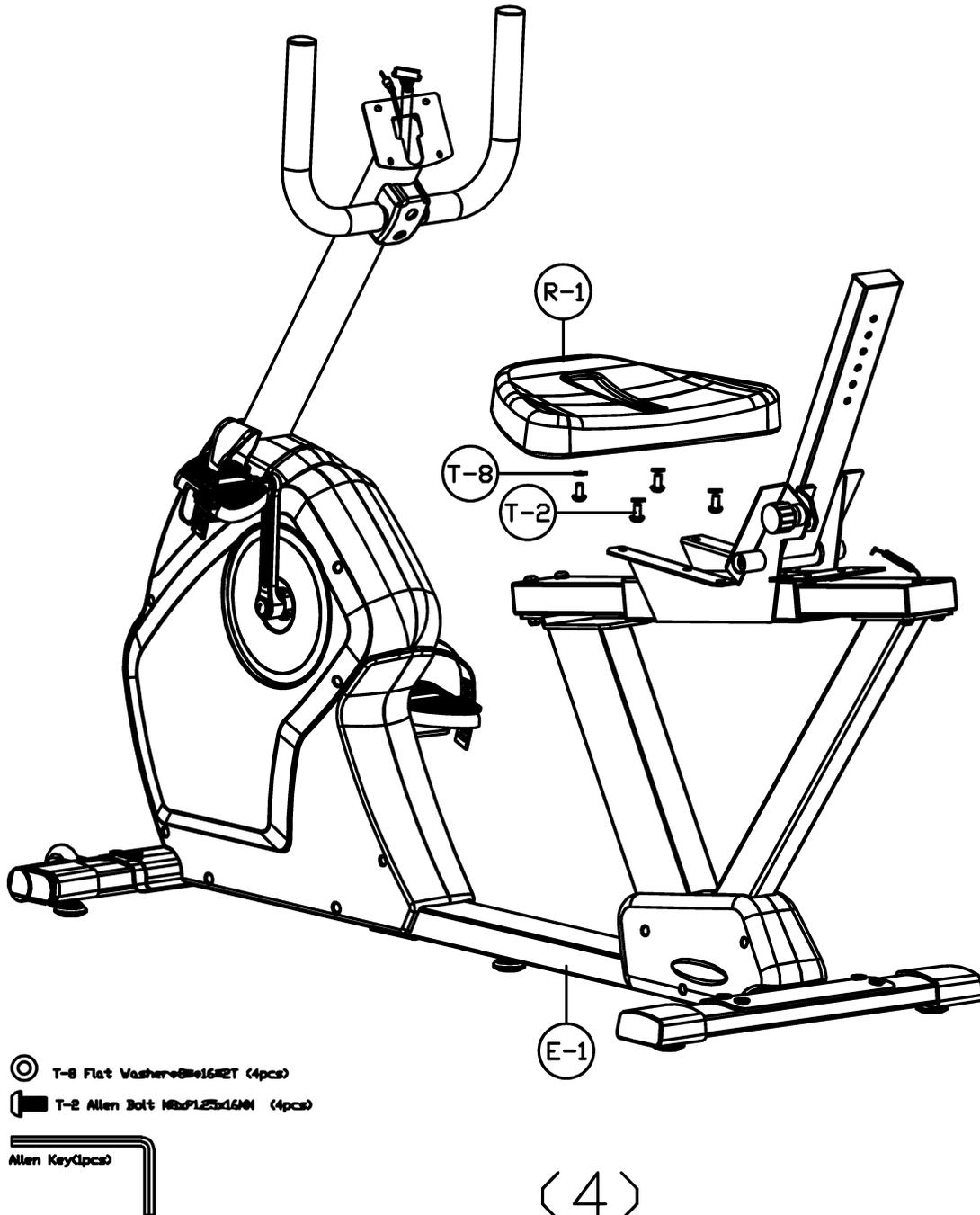
1. Remove the pre-installed Cover for the handlebar post (R-3) from the mast mounting area of the main frame.
2. Connect the Heart rate cable (upper) (B-3) to the Heart rate cable (lower) (E-11)
3. Connect the Cable wire (upper) (B-2) to the Cable wire (lower) (H-2).
4. Tuck the excess cable lengths into frame tubing and slide the Handlebar post (B) through the Cover for handlebar post (R-3) into 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).

Step 3.



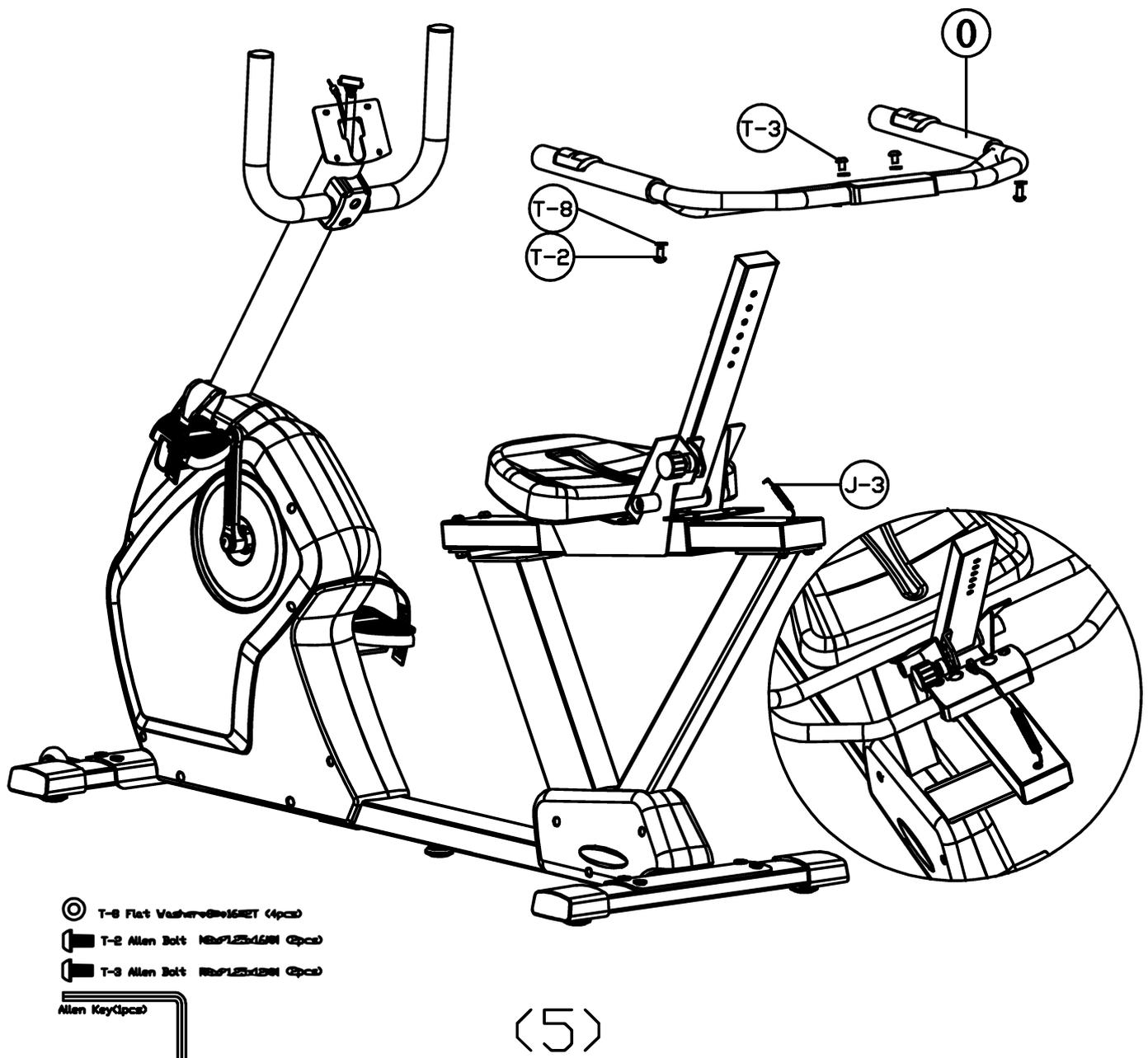
1. Secure the Handlebar (C) to the bracket which is welded on the handlebar post by using 1 Spring washer (T-4), 1 Flat washer (T-5), and 1 Bolt (T-6).
2. Put the Cover for the handlebar (T-7) onto the handlebar.

Step 4.



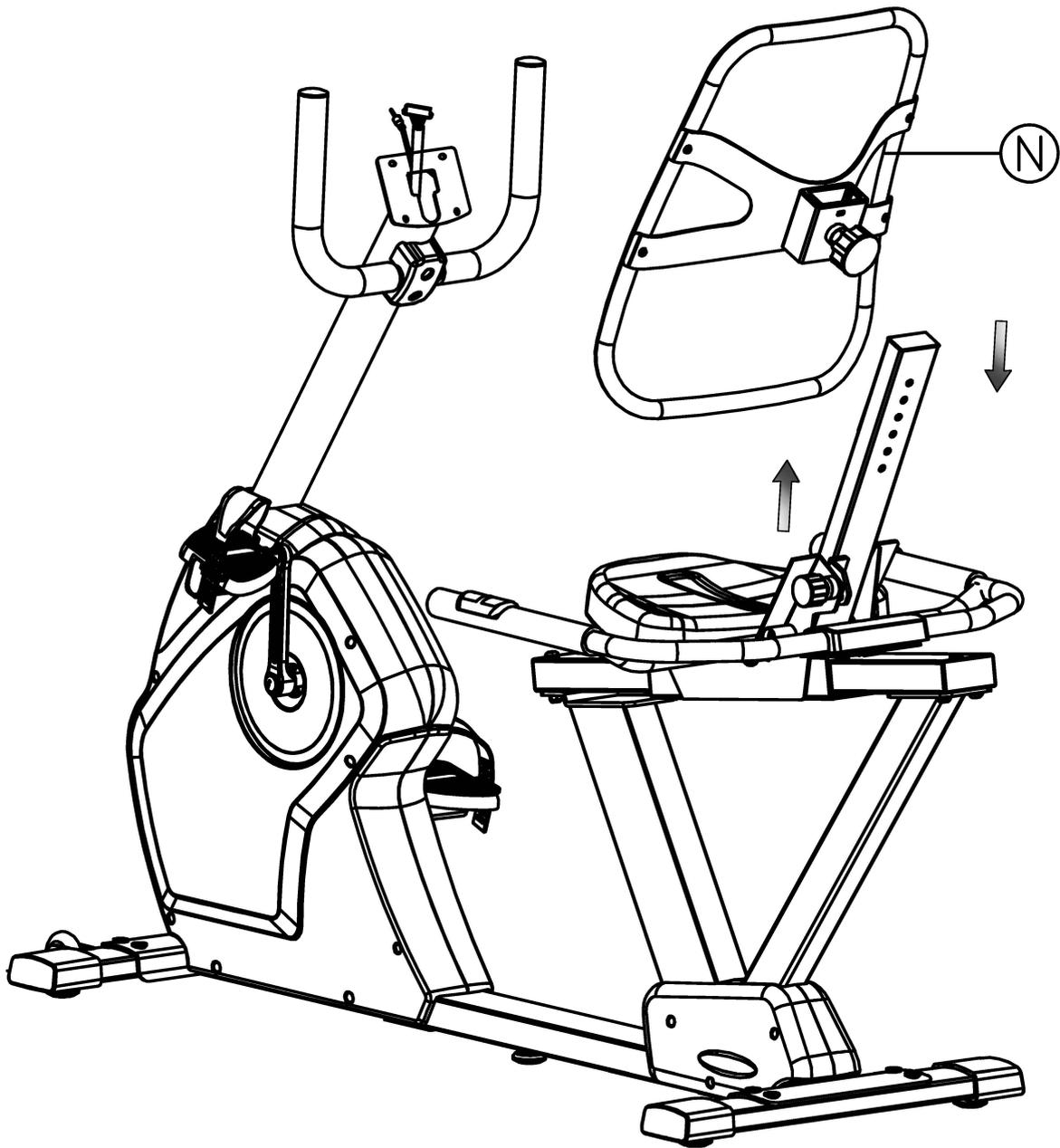
1. Assemble the Seat (R-1) to the Seat Slider with 4 Flat Washers (T-8) and 4 Screws (T-2)

Step 5.



1. Attach the Seat handlebar (O) to rear mounting plate of Seat Slider by using 2 Screws (T-2), 4 Flat washers (T-8), and 2 Screws (T-3).
2. Connect Heart rate cable (J-3) to Hand pulse wire (O-5).

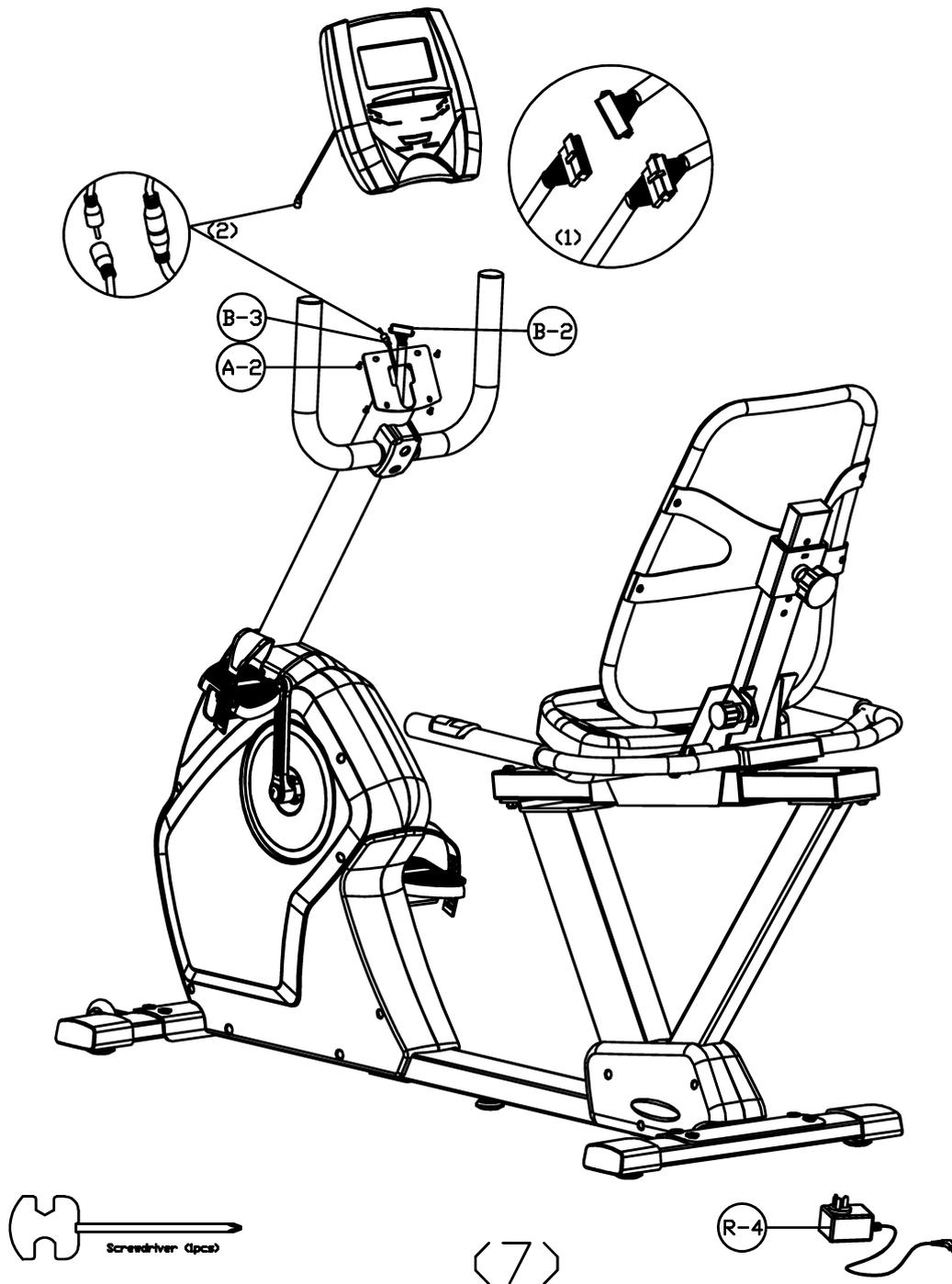
Step 6.



(6)

1. Slide Back Rest (N) through Back Rest Slider (M-1)

Step 7.



1. Connect Cable wire (upper) (B-2) and Heart rate cable (upper) (B-3) to the back of the Computer (A-1).
2. Install the Computer (A-1) to the computer panel which is welded on the top of the handlebar post. Fix the computer with 4 screws (A-2).



DISPLAY FUNCTIONS:

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

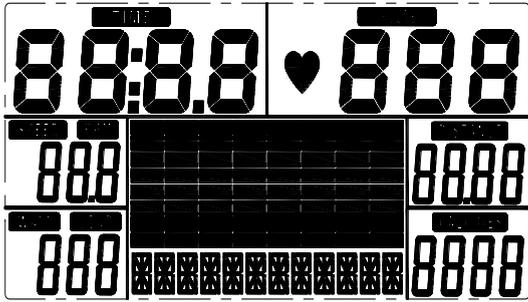
KEYS :

ITEM	DESCRIPTION
Up	• Increase resistance level & selections during programming
Down	• Decrease resistance level & selections during programming
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.

OPERATION:

POWER ON

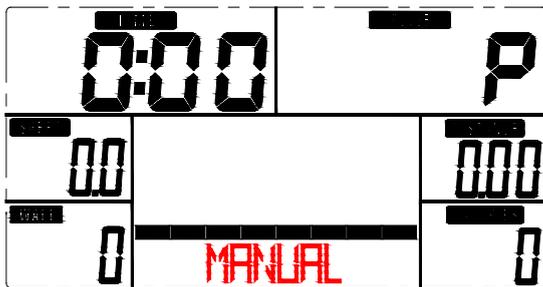
Plug the power adapter into the wall outlet, once the switch is turned on, the computer will power up displaying all LCD segments for 2 seconds. If the console is left for 4 minutes without pedalling or receiving a pulse input, the console will enter into power saving mode. Pressing any key will wake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



Manual Mode

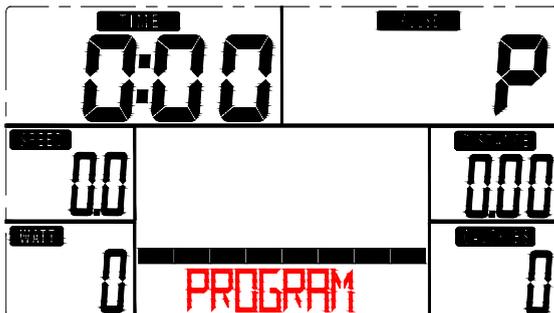
Pressing START while in the main menu will start the workout in manual mode.

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



Program Mode

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



User Program Mode

F \hat{E} Press the UP or DOWN key to select a workout program, choose the User program and press ENTER to confirm.

G \hat{E} Press the UP or DOWN key to set the resistance levels in each column, then press ENTER to move to the next column. (Total column = 20)

H \hat{E} By holding down the ENTER button, this will set each column at resistance level one. Once you have started the program, you can then adjust the resistance level during each segment change and the computer will store these resistance level settings.

I \hat{E} Press the UP or DOWN key to preset your workout TIME.

J \hat{E} Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.

K \hat{E} Press the START/STOP key to pause workout. Press the RESET key to revert back to the main menu.

H.R.C. mode

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



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

WATT Mode

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

Recovery

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

The Computer will show F1 to F6 after it counts down to 0 to show your Heart rate recovery status.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

NOTE:

1. When the user stops pedalling for 4 minutes, computer will enter into power save mode. All settings and exercise data will be stored until the user starts exercising again.
2. If the computer acts abnormally, please try disconnecting the power adapter and then plugging it back in again.



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