

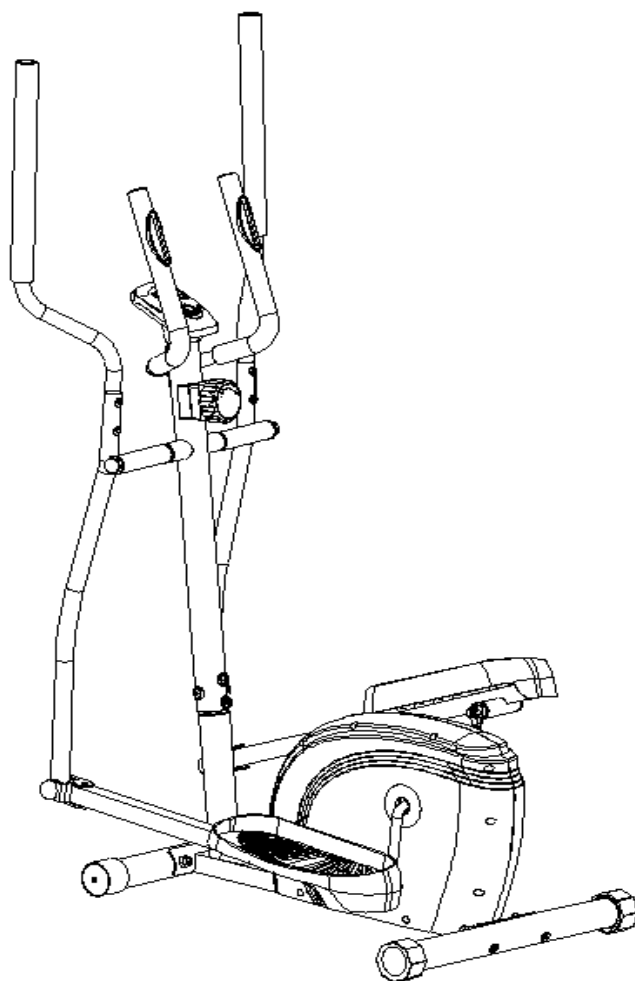
# **YORK<sup>®</sup>**

## **FITNESS**

# Owner's Manual

Performance Elliptical Trainer

Item #YRK52085A



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## IMPORTANT SAFETY PRECAUTIONS

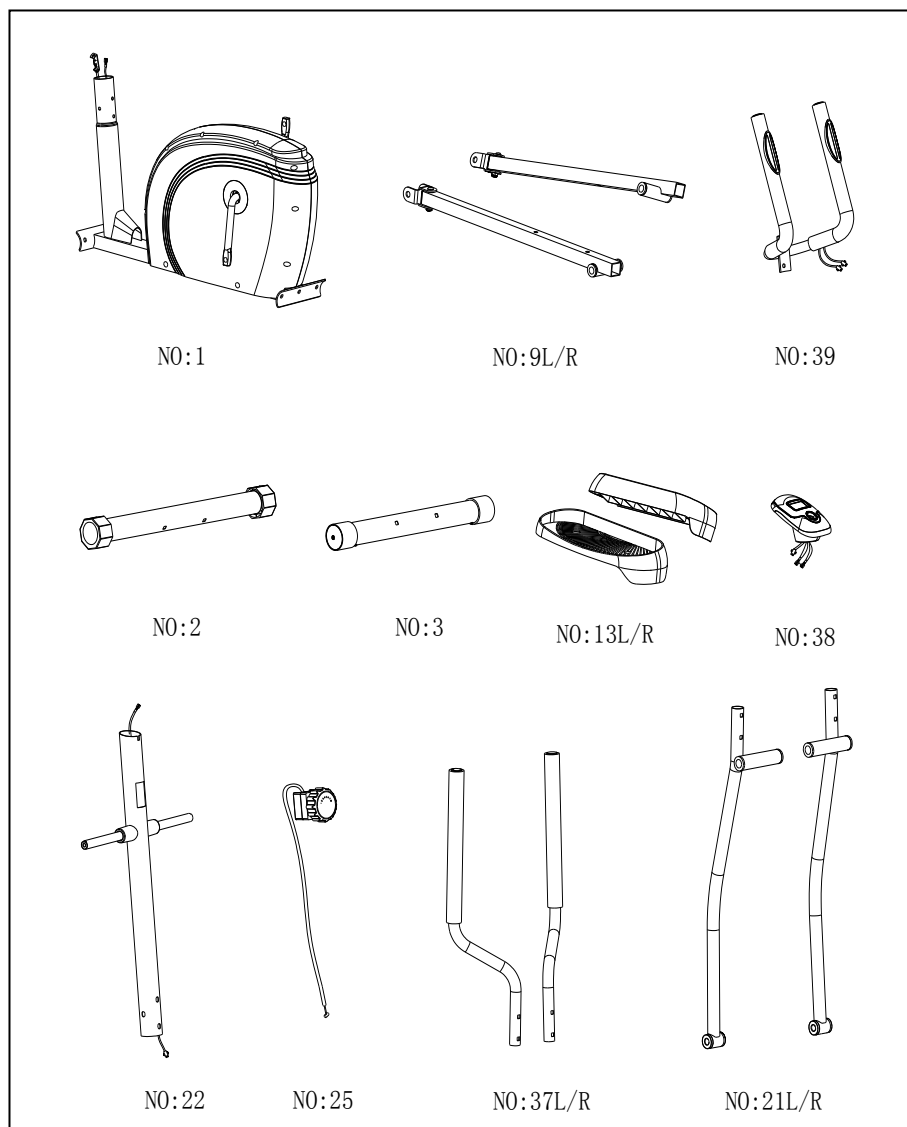
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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 objects 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 100 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.**

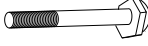


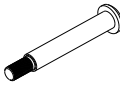






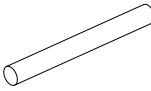
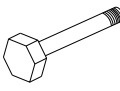





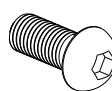
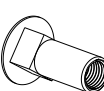

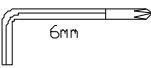
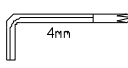
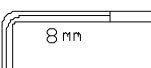
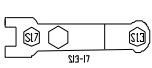
**SAVE THESE INSTRUCTIONS**

## PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
9L/R	Pedal tube L/R	1/1
39	Handlebar	1
2	Rear stabilizer	1
3	Front stabilizer	1
13L/R	Pedal L/R	1/1
39	Console	1
22	Front support	1
25	Tension control knob w/cable	1
37L/R	Top handlebar L/R	1/1
21L/R	Bottom handlebar L/R	1/1
	Manual	1

## HARDWARE PACKING LIST

NO.	DESCRIPTION	QTY	DRAWING	
6	Carriage bolt M8*60	4	 6	 7
7	Curved washer Φ8*Φ20*1.5	10		
8	Domed nut M8	4	 8	 10
10	Hinge bolt L/R	1/1		
11	Wave washer	2	 11	 12
12	Flat washer	2		
14	Allen bolt M8*20	4	 14	 15
15	PVC cap	6		
16	Nylon nut M10	2	 16	 17
17	Flat washer Φ22*Φ10*1.5	2		
18	Sleeve	2	 18	 20
20	Hex head bolt M10*65	2		
23	Allen bolt M8*16	6	 23	 29
29	Hex head bolt M10*20	2		
30	Spring wash Φ10	2	 30	 31
31	Flat washer Φ32*Φ10*1.5	2		
32	D type washer	2	 32	 35
35	Allen bolt M6*12	4		
36	Hollow carriage bolt Φ8*20	4	 36	 51
51	Nut L/R	1/1		
	Allen key (6mm)	1	 6mm	 4mm
	Allen key (4mm)	1		
	Allen key (8mm)	1	 8mm	 13-17
	Box wrench	2		

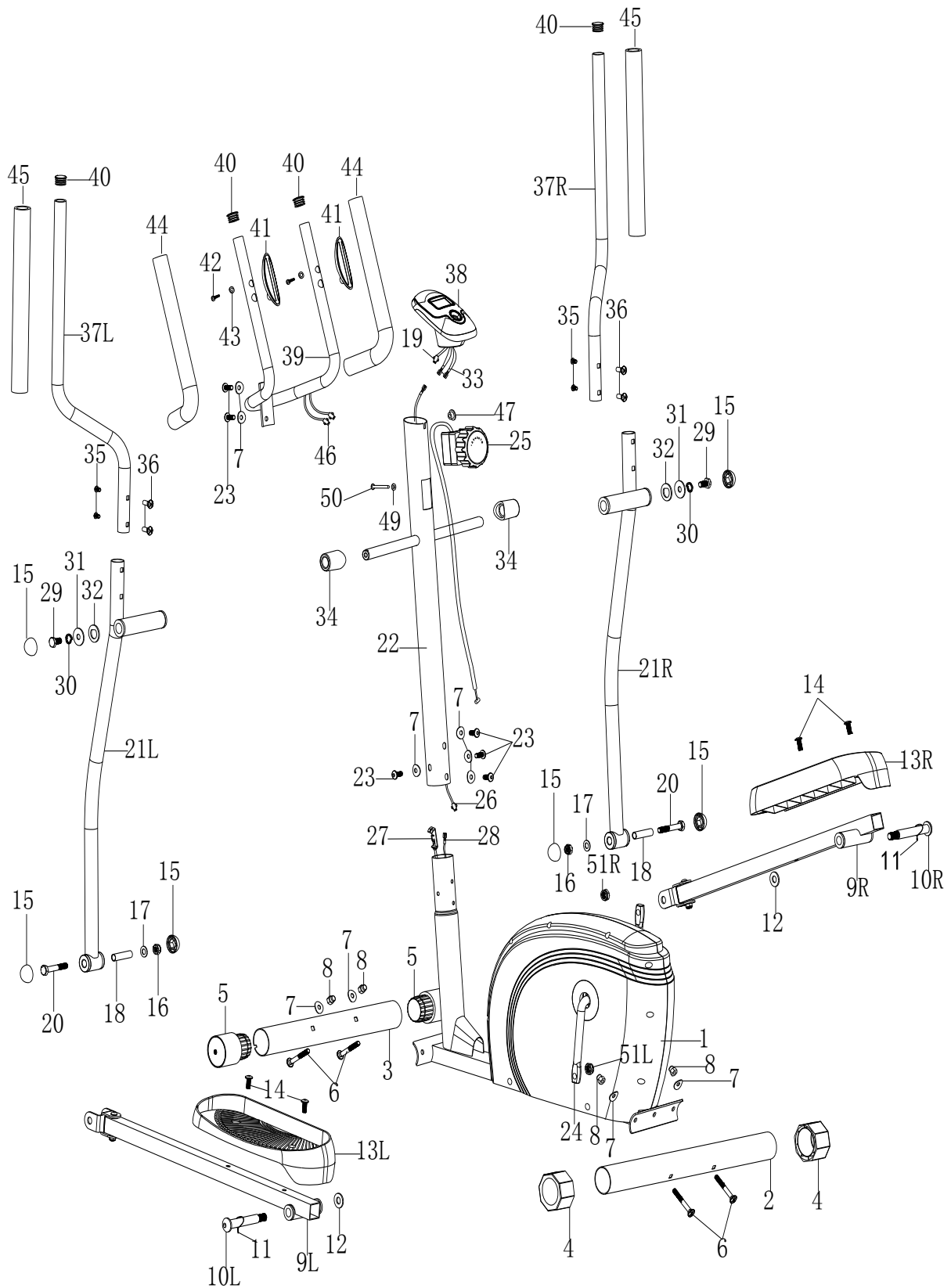
## PARTS LIST

ITEM NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Rear stabilizer	1
3	Front stabilizer	1
4	End cap for rear stabilizer	2
5	End cap for front stabilizer	2
6	Carriage bolt M8*60	4
7	Curved washer $\Phi 8 \times \Phi 20 \times 1.5$	10
8	Domed nut M8	4
9L	Pedal tube L	1
9R	Pedal tube R	1
10L	Hinge bolt L	1
10R	Hinge bolt R	1
11	Wave washer	2
12	Flat washer	2
13L	Pedal L	1
13R	Pedal R	1
14	Allen bolt M8*20	4
15	PVC cap	6
16	Nylon nut M10	2
17	Flat washer $\Phi 22 \times \Phi 10 \times 1.5$	2
18	Sleeve	2
19	Upper sensor wire	1
20	Hex head bolt M10*65	2
21L	Bottom handlebar L	1
21R	Bottom handlebar R	1
22	Front support	1
23	Allen bolt M8*16	6
24	Belt pulley w/ crank	1
25	Tension control knob w/cable	1
26	Middle sensor wire	1
27	Extension tension cable	1
28	Lower sensor wire	1
29	Hex head bolt M10*20	2
30	Spring washer $\Phi 10$	2
31	Flat washer $\Phi 32 \times \Phi 10 \times 1.5$	2
32	D type washer	2
33	Upper pulse wire	2
34	Front support axle cover	2
35	Allen bolt M6*12	4
36	Carriage bolt $\Phi 8 \times 20$	4

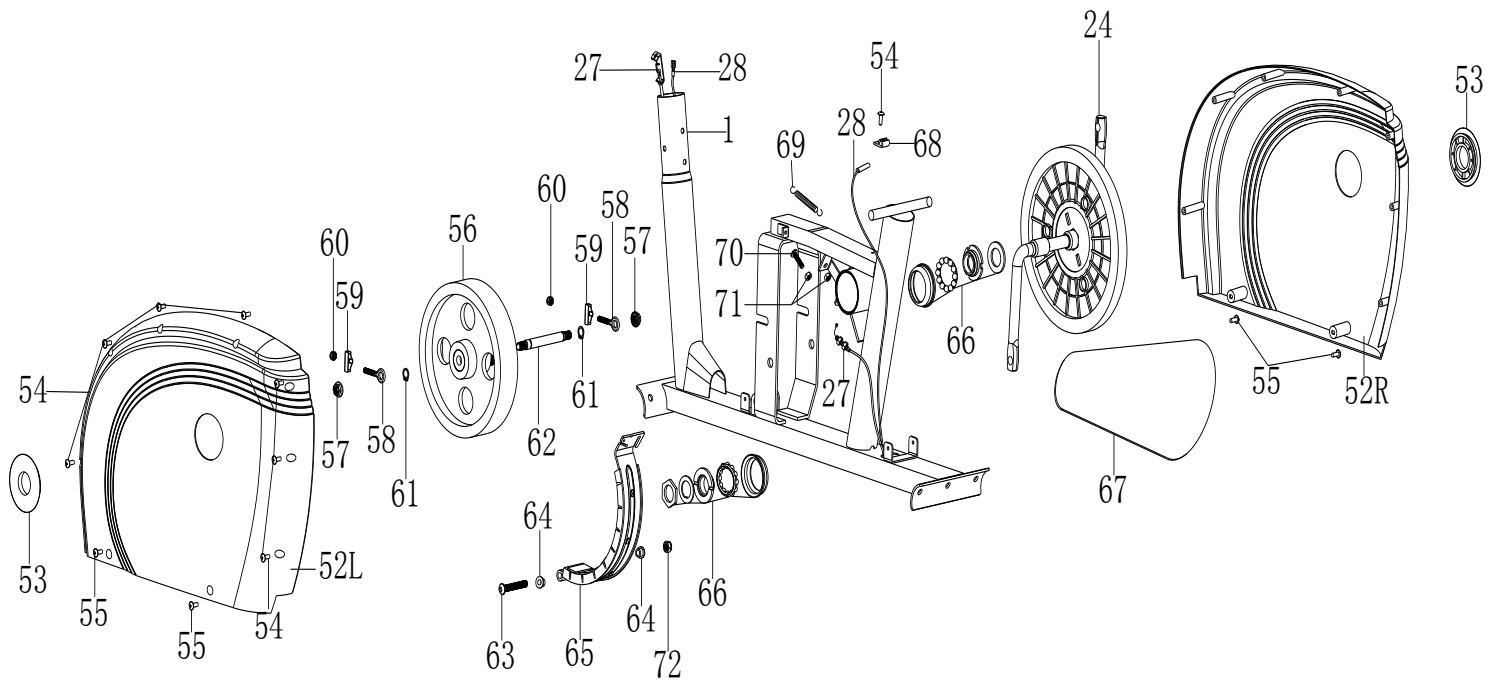
## PARTS LIST

ITEM NO.	DESCRIPTION	Q'TY
37L	Top handlebar L	1
37R	Top handlebar R	1
38	Console	1
39	Handlebar	1
40	End cap	4
41	Hand pulse sensor	2
42	Self-tapping screw	2
43	Flat washer $\Phi 6 \times \Phi 12 \times 1$	2
44	Foam grip for handlebar	2
45	Foam grip for top handlebar	2
46	Lower pulse wire	2
47	Grommet	1
49	Flat washer	1
50	Blot	1
51L	Nut L	1
51R	Nut R	1
52L	Chain cover L	1
52R	Chain cover R	1
53	End cap for chain cover	2
54	Self-tapping screw ST5*15	8
55	Self-tapping screw ST5*15	4
56	Flywheel	1
57	Flange nut	2
58	Adjusting screw	2
59	U-type bracket	2
60	Nylon nut M6	2
61	Snap spring	2
62	Axle for flywheel	1
63	Hex head bolt M8*55	1
64	Plastic spacer	2
65	Magnet assembly	1
66	Crank bearing	1
67	Belt	1
68	Sensor bracket	1
69	Spring	1
70	Hex head bolt M6*25	1
71	Hex head nut M6	2
72	Nylon nut M8	1

# EXPLODED DIAGRAM



# EXPLODED DIAGRAM



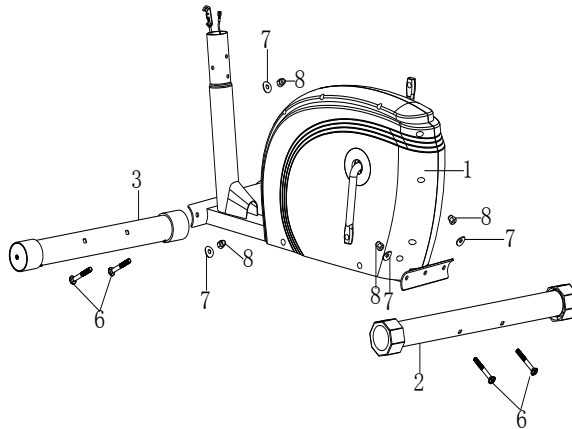


# ASSEMBLY INSTRUCTIONS

## STEP 1

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

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



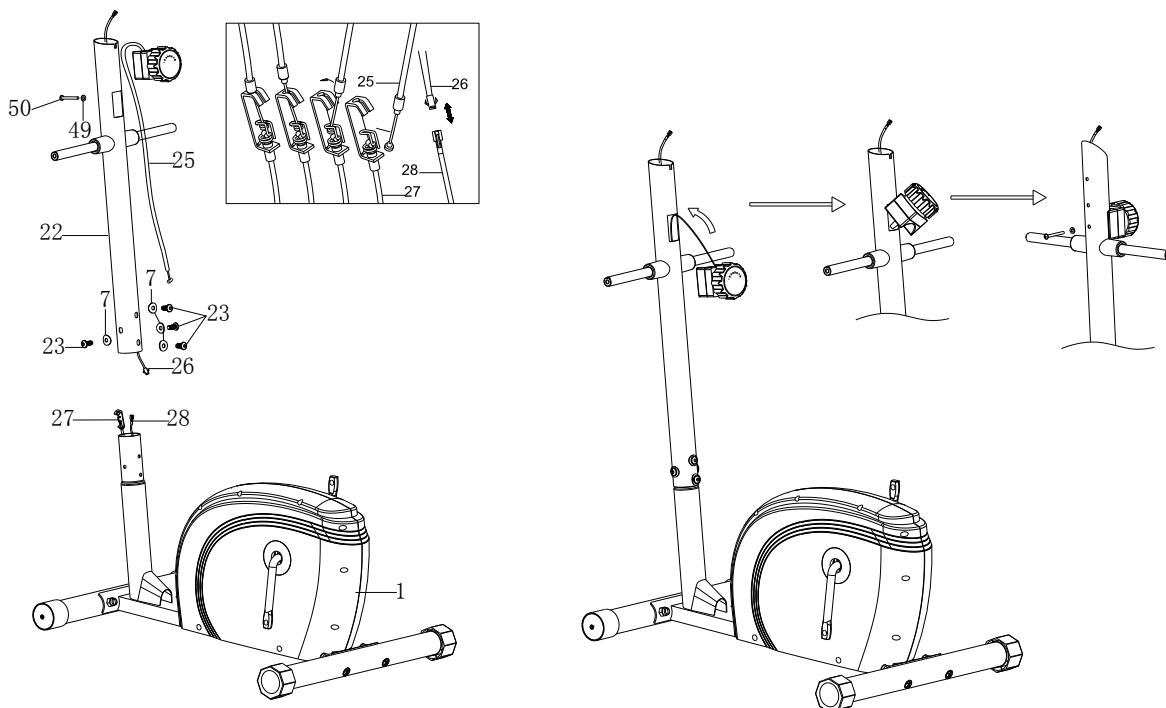
## STEP 2

Connect the middle sensor wire (26) from the front support (22) to the lower sensor wire (28).

Attach the tension control knob (25) to the front support (22), fasten with one flat washer (49) and one bolt (50).

Turn the tension control knob (25) to **level 8**. Connect the tension control cable (25) from the front support (22) to the extension tension cable (27).

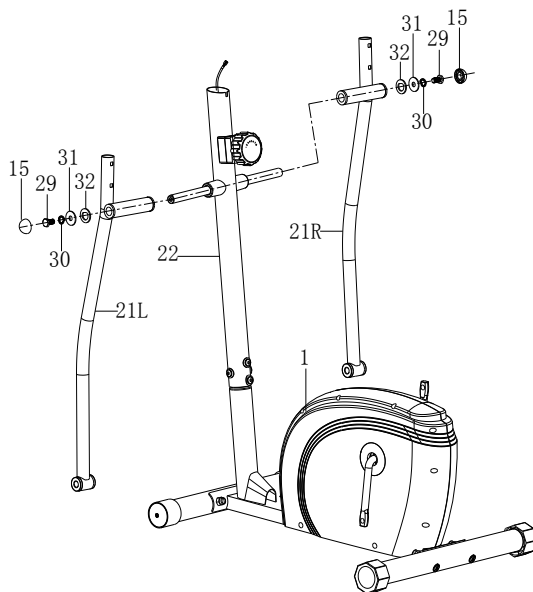
Insert the front support (22) into the main frame (1). Secure using four allen bolts (23) and four curved washers (7).



### STEP 3

Attach the left bottom handlebar (21L) to the left side axle of the front support (22). Secure using one D type washer (32), one flat washer (31), one spring washer (30) and one hex head bolt (29). Attach the PVC cap (15) onto the hex head bolt (29).

Repeat for the right bottom handlebar (21R) to the right side axle of the front support (22).



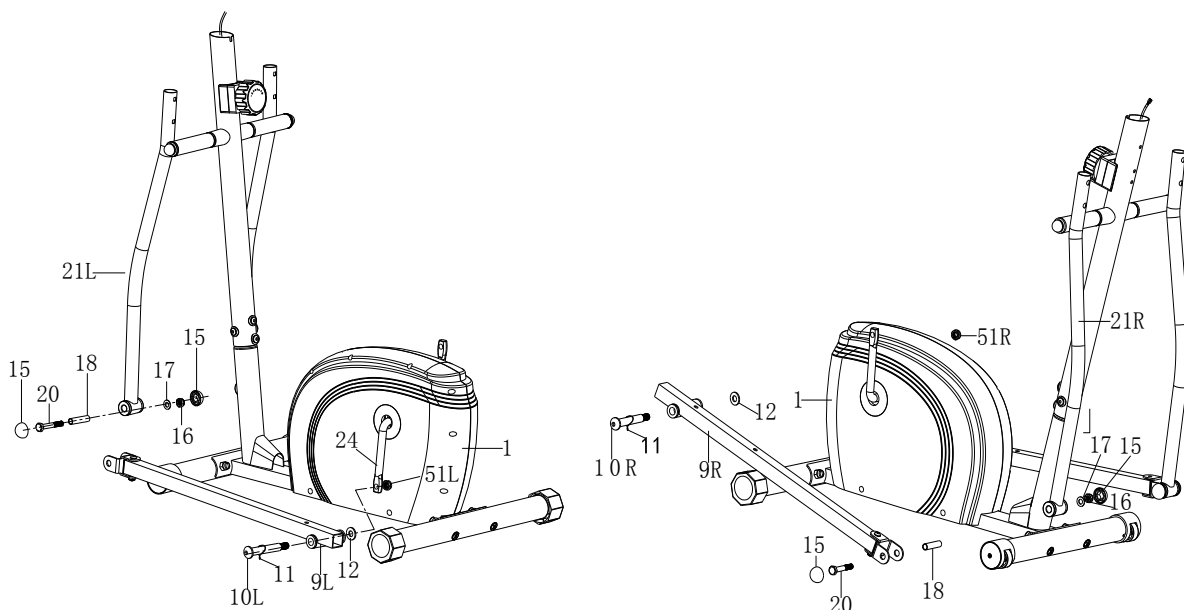
### STEP 4

Attach the left pedal tube (9L) to the left bottom handlebar (21L). Slide the sleeve (18) into the left pedal tube (9L) and the left bottom handlebar (21L). Secure using one hex head bolt (20), one flat washer (17), one nylon nut (16) and two PVC caps (15).

Repeat for the right pedal tube (9R) to the right bottom handlebar (21R).

Attach the left pedal tube (9L) to the left crank arm (24). Secure using left hinge bolt (10L), one wave washer (11), one flat washer (12) and one nut L(51L).

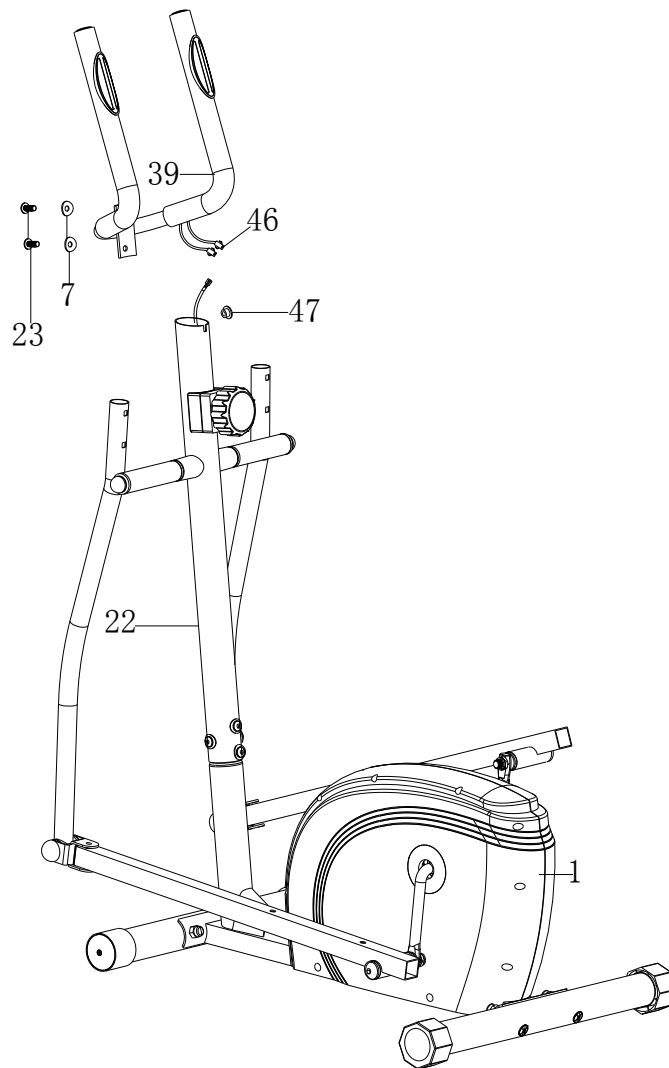
Repeat for the right pedal tube (9R) to the right crank arm (24).



## STEP 5

Attach the handlebar (39) to the front support (22). Secure using two allen bolts (23) and two curved washers (7).

**Thread** the lower pulse wires (46) from the hole on the front support (22) and pull them out from the top of front support (22). Then cover with one grommet (47).



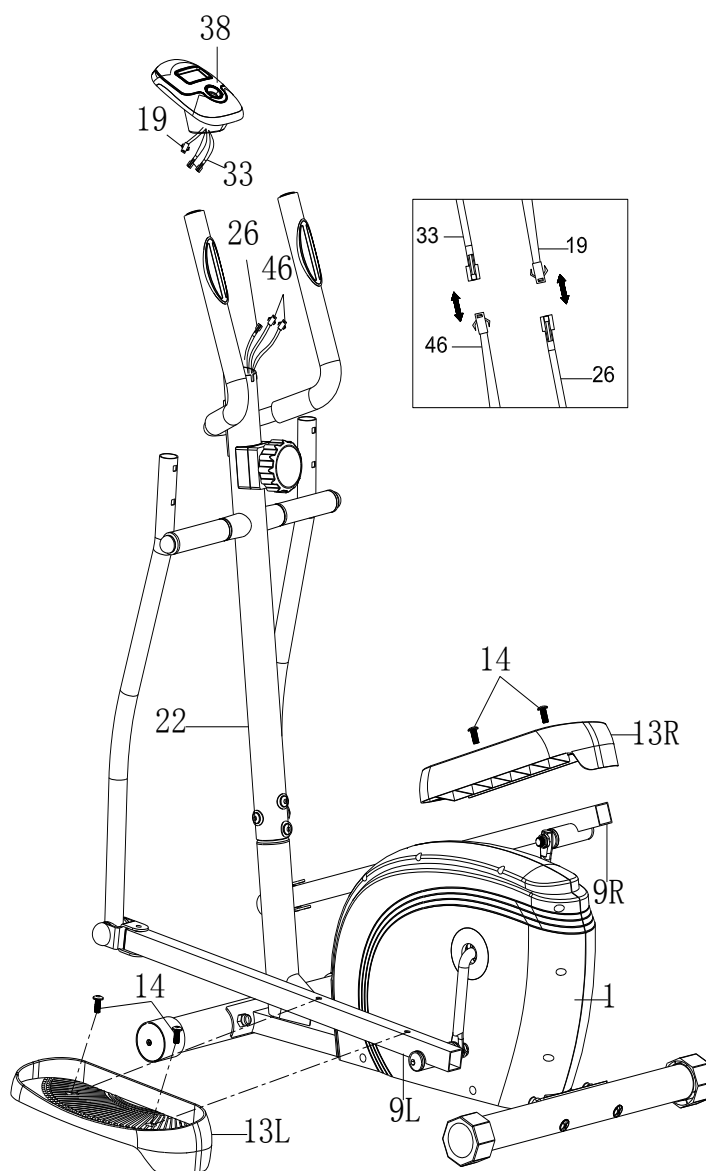
## STEP 6

Connect the left pedal (13L) to the left pedal tube (9L). Secure using two allen bolts (14). Repeat for the right pedal (13R) to the right pedal tube (9R) .

Connect the middle sensor wire (26) from the front support (22) to the upper sensor wire (19) from the back of console (38).

Connect two lower pulse wires (46) from the front support (22) to two upper pulse wires (33) from the back of console (38).

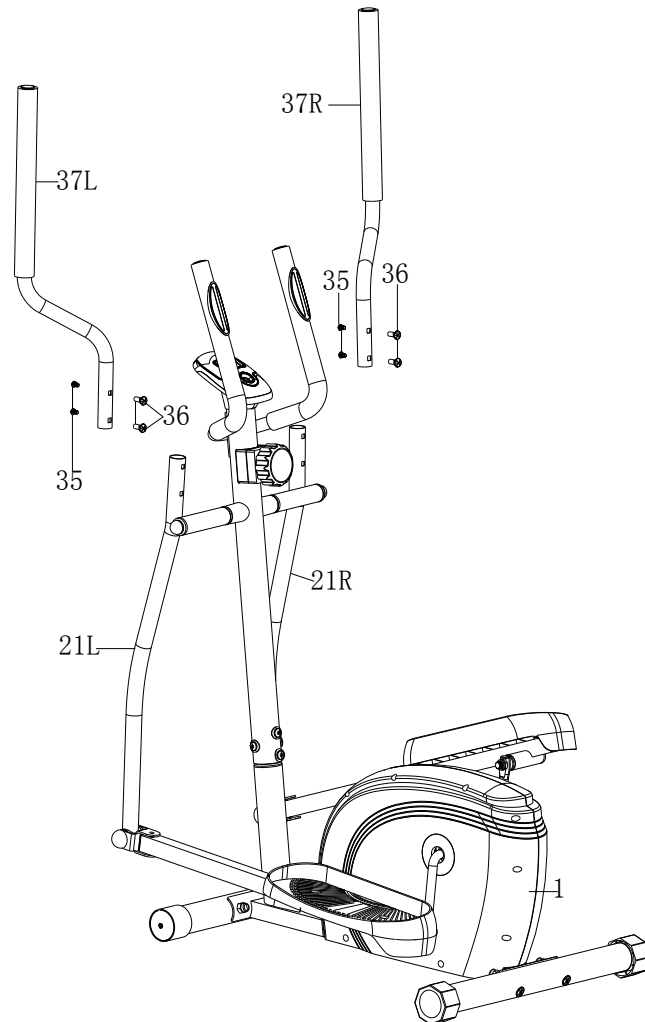
Insert the console (38) into the front support (22).



## STEP 7

Connect the left top handlebar (37L) to the left bottom handlebar (21L). Secure using two hollow carriage bolts (35) and two allen bolts (36).

Repeat for the right top handlebar (37R) to the right bottom handlebar (21R).



# EXERCISE CONSOLE INSTRUCTION MANUAL



## FUNCTIONAL BUTTONS

**MODE/Reset** - Push down to select functions.

- Push down to reset time、distance、calories ODO and pulse for 4 seconds.

## FUNCTIONS & OPERATIONS

1. **SCAN:** Press MODE button until “▼” appears at the SCAN position, Console will rotate through the following functions: time、speed、distance、calories、ODO and pulse. Each display will be 4 seconds.
2. **TIME:** Count the total time from exercise start to end.
3. **SPEED:** Displays current speed.
4. **DISTANCE:** Counts the distance from start to end.
5. **CALORIE:** Count the total calories burned from start to end.
6. **ODO CONSOLE:** Console will display the total accumulated distance.
7. **PULSE RATE:** Press MODE button until “▼” appears at the PULSE position.

Before measuring your pulse rate, please place the palms of your hands on both contact pads and the console 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 a normal level. The measurement value can not 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 console will automatically shut off if there is no signal received after 4 minutes.
3. The console will be auto powered on when starting to exercise or by pushing the MODE button
4. The console will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

**SPECIFICATIONS:**

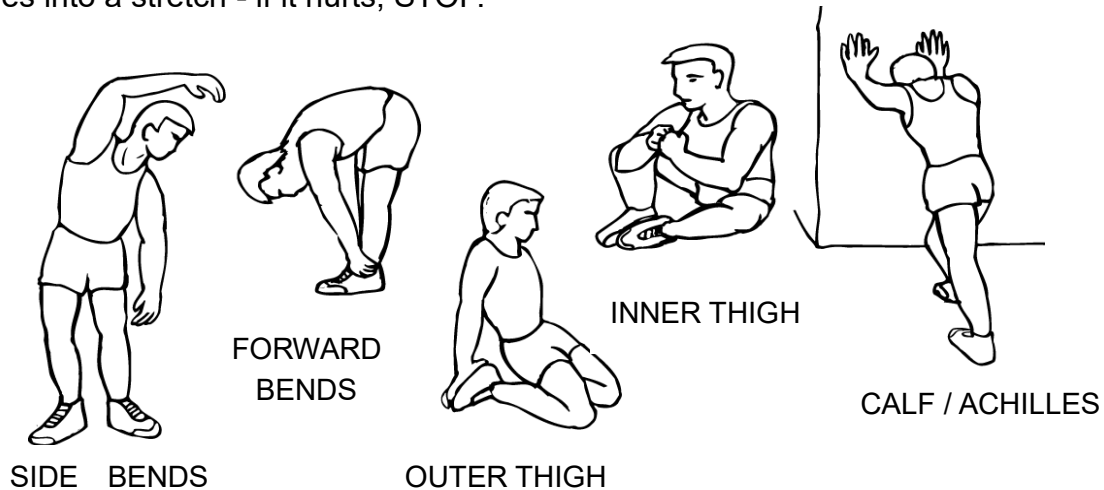
FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9KM/H
	TRIP DISTANCE	0.00~99.99KM or 0.00~9999KM
	CALORIES	0.1~999.9kCAL
	ODO	0.1~999.9KM or 1 ~ 9999KM
	PULSE RATE	40~206BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

## EXERCISE INSTRUCTIONS

Using your **ELLIPTICAL TRAINER** 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.

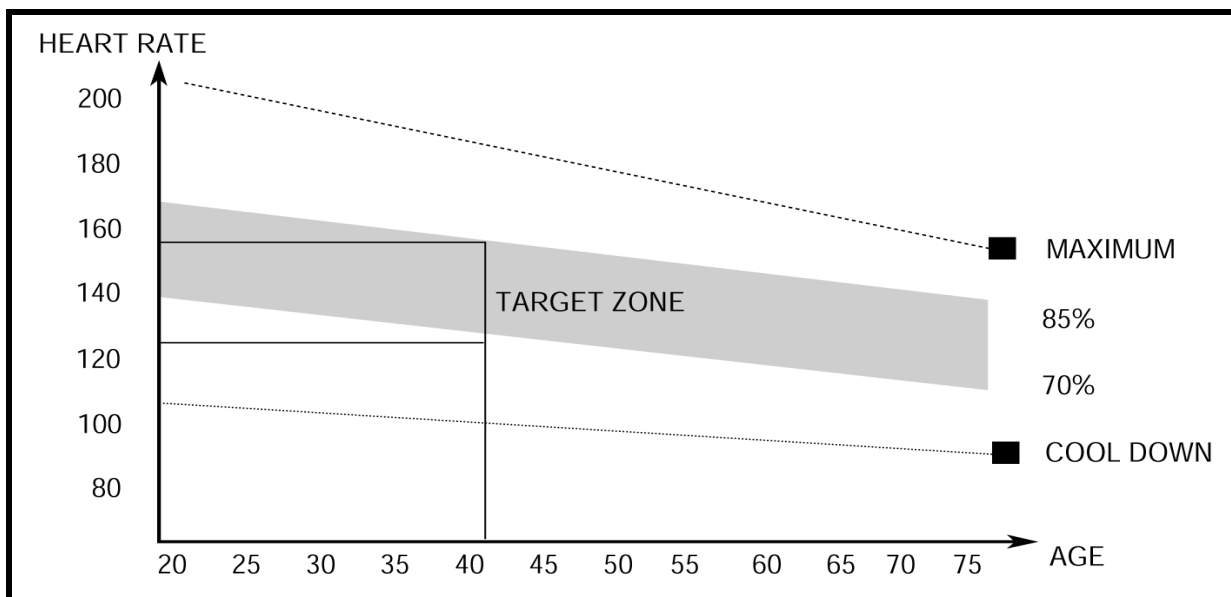
### 1. The Warm Up Phase

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 **ELLIPTICAL TRAINER** you will need to have the resistance set quite high. This will put more strain on **your** 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.