

YORK[®]
FITNESS

Owner's Manual

LC-XT Cross Trainer

Item #YRK52087A

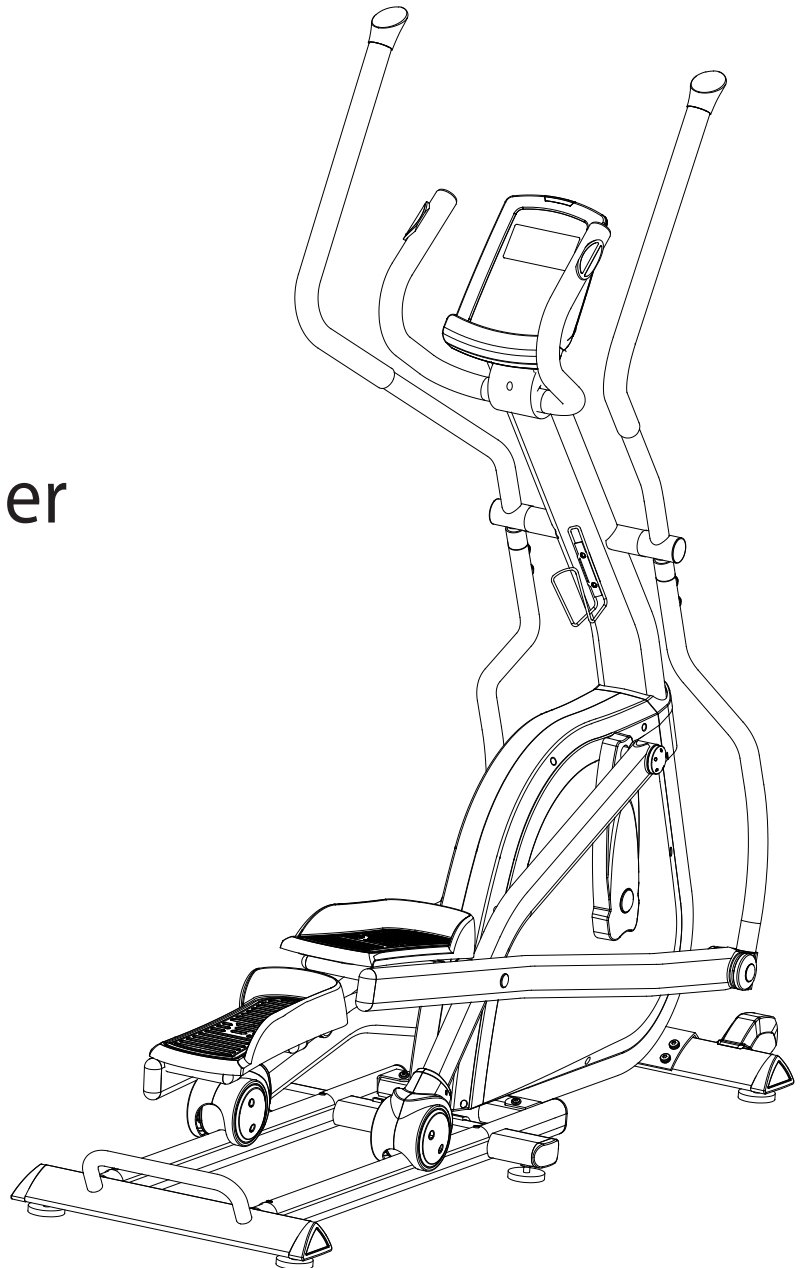


Table of Contents

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.boylesfitness.com.au

CONTENTS

Safety information	03
Customer support	04
Assembly Instructions	05
Operational Instructions	14
Troubleshooting	18
Fitness Guide	19
Exploded Drawing	21
Part List	23
Warranty	26



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!

- To ensure the best safety of the exerciser, regularly check it for damage or worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in this manual.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.

- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

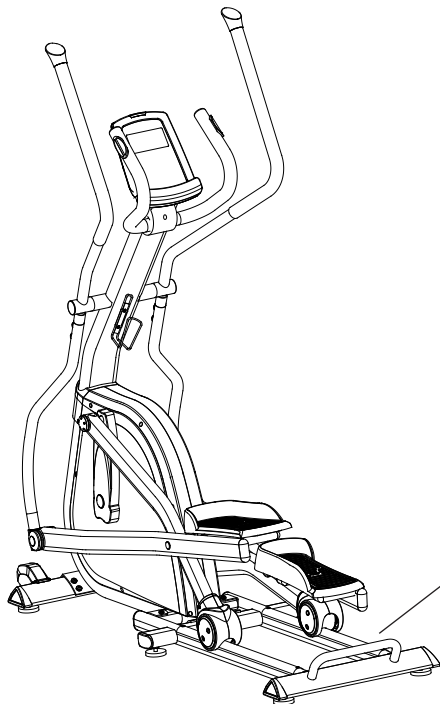
CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 180kg

Customer Support

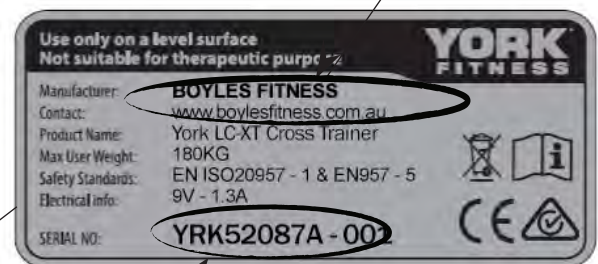
Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- 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



Underside of the main body.

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.boylesfitness.com.au

Boyles Fitness Australia

13 / 160 Hartley Road
Smeaton Grange NSW 2567
Tel: 02 4648 0800
www.boylesfitness.com.au

Assembly Instructions

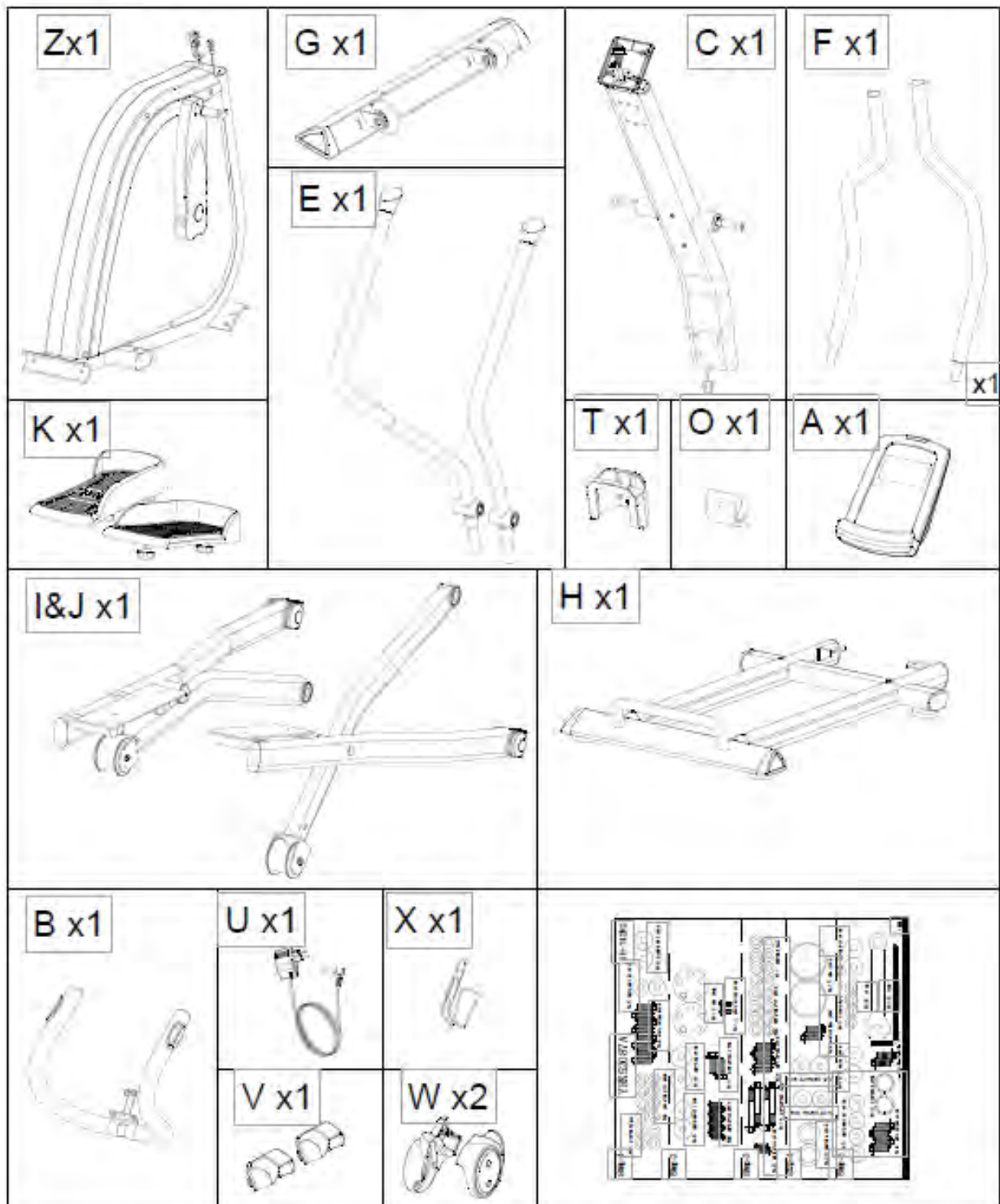
PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

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:

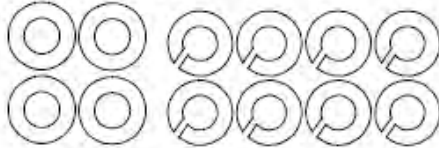


Step-1

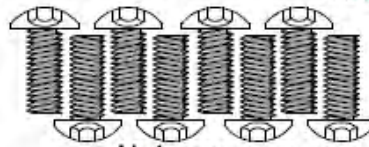
YRK52087A

KH-742N2

N-1 D16*D8.5 4pcs

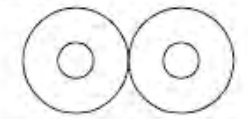


N-3 D15.4*D8.2*2T 8PCS



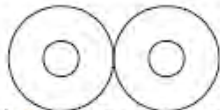
N-4 M8*1.25*20L 8PCS

N-5 D22*D8.5*1.5T 2PCS

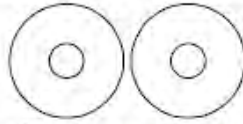


N-6 D25*D8.5*2T 2PCS

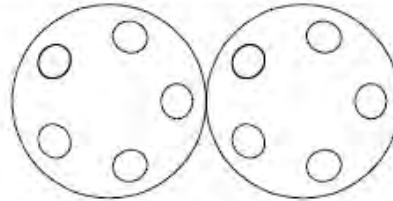
Step-2



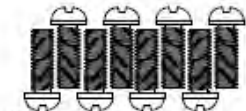
N-6 D25*D8.5*2T 2PCS



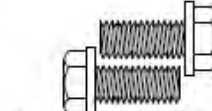
N-10 D27*D8.2 2PCS



N-13 D46 2PCS



N-9 M5*0.8*12L 8PCS



N-11 M8*1.25*20L 2PCS

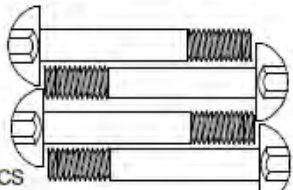


N-12 ST4*1.41*15L 2PCS

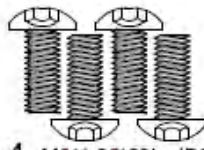
Step-3



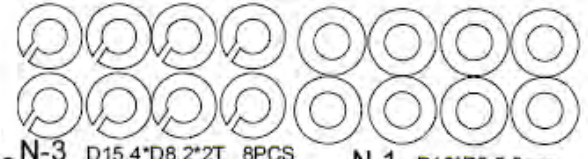
N-9 M5*0.8*12L 2PCS



N-14 M8*1.25*50L 4PCS



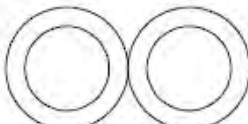
N-4 M8*1.25*20L 4PCS



N-3 D15.4*D8.2*2T 8PCS

N-1 D16*D8.5 8pcs

Step-4



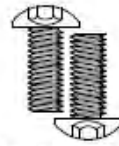
N-20 D29*D20 2PCS



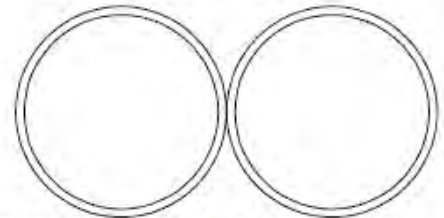
N-16 D24*D10 2PCS



N-6 D25*D8.5*2T 2PCS



N-4 M8*1.25*20L 2PCS



N-15 D50 2PCS

Step-5

N-5 D22*D8.5*1.5T 4PCS



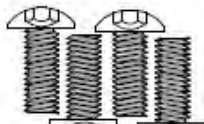
N-16 D24*D10 2PCS



N-3 D15.4*D8.2*2T 4PCS



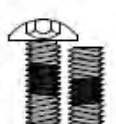
N-22 D30*D8.5*2T 2PCS



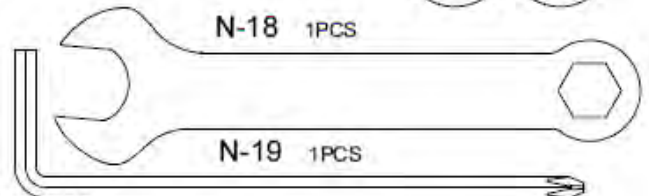
N-4 M8*1.25*20L 4PCS



N-17 D26*D19.5 2PCS



N-2 M8*1.25*20L 2PCS



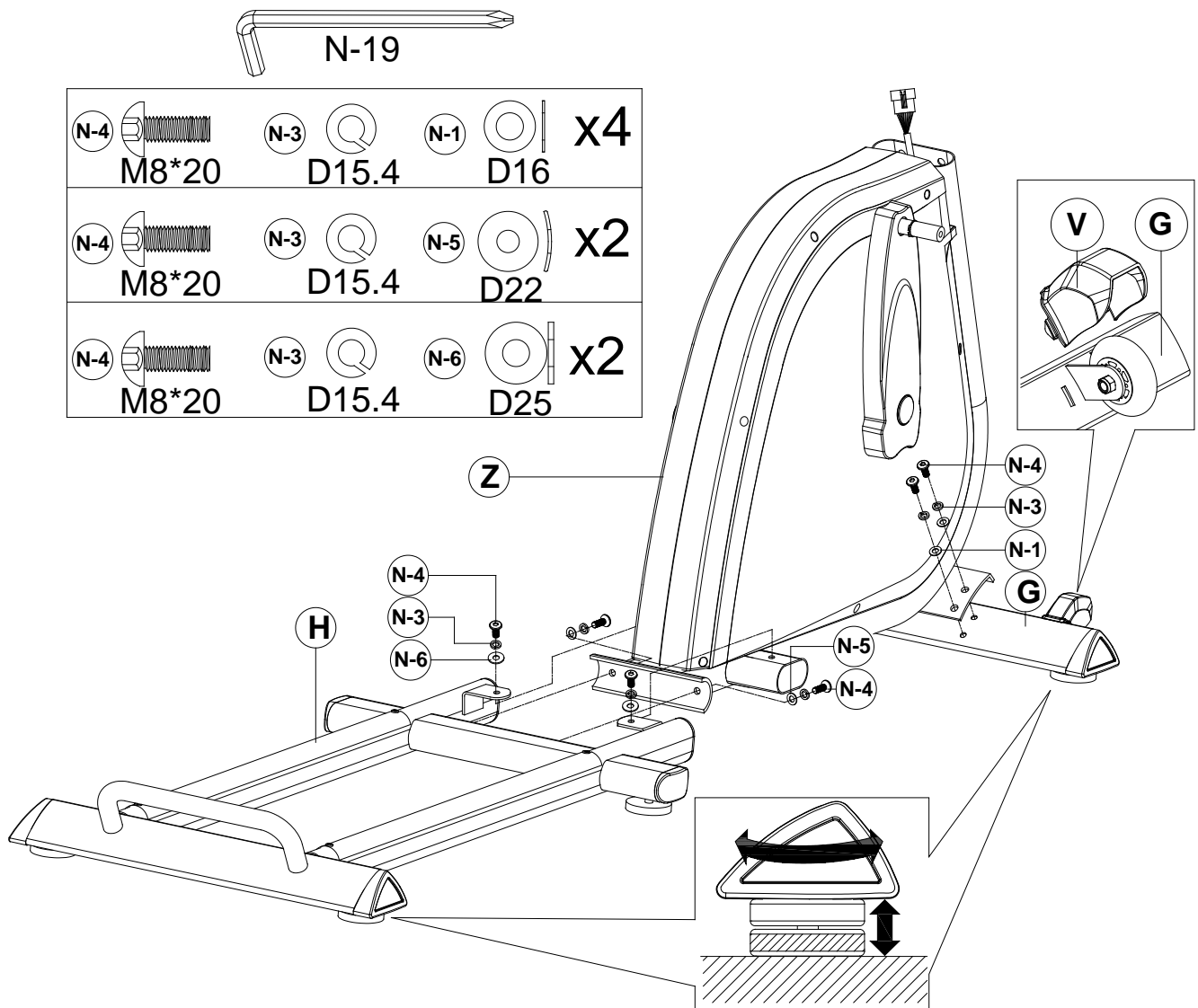
N-18 1PCS

N-19 1PCS

(MM)

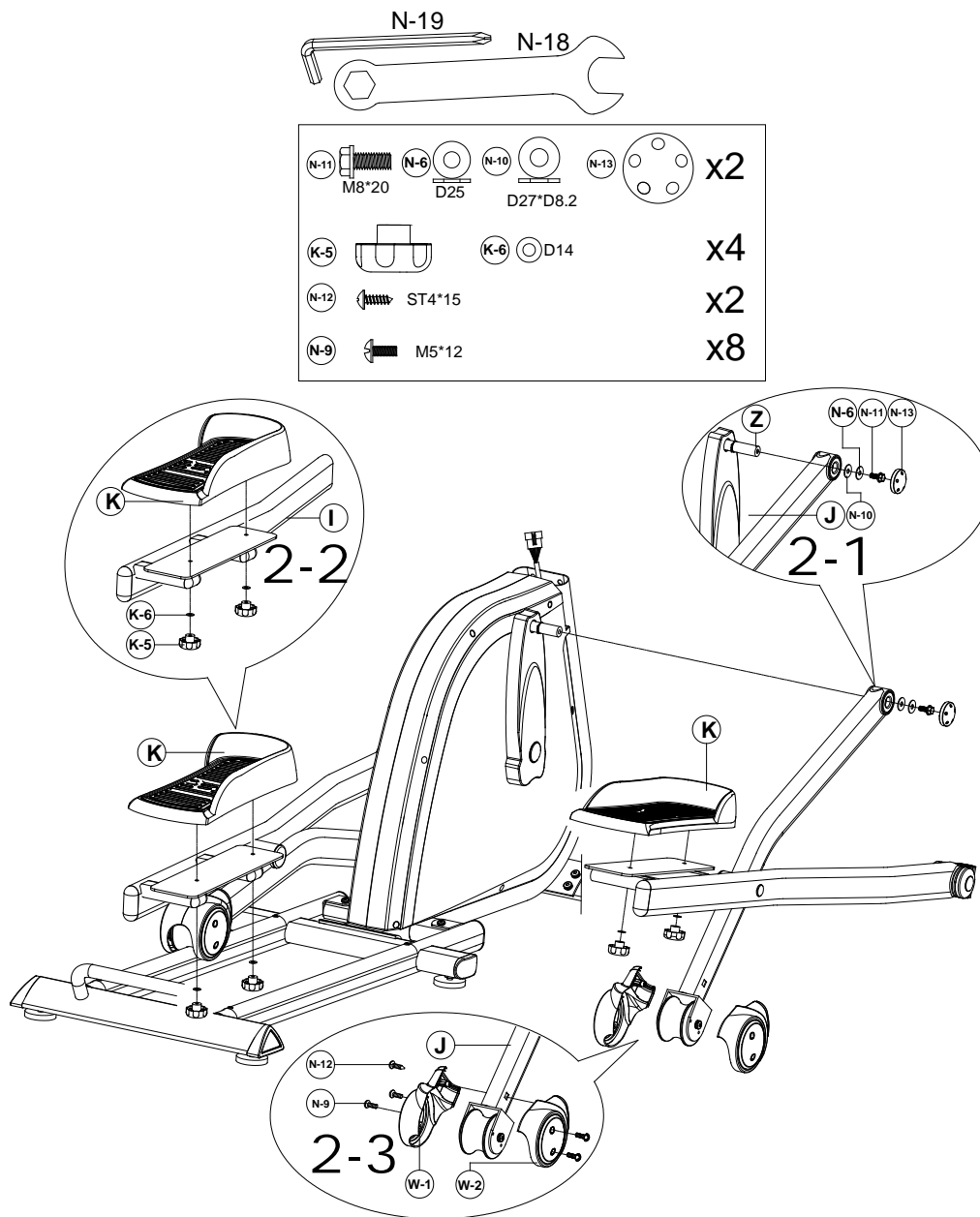


STEP 1



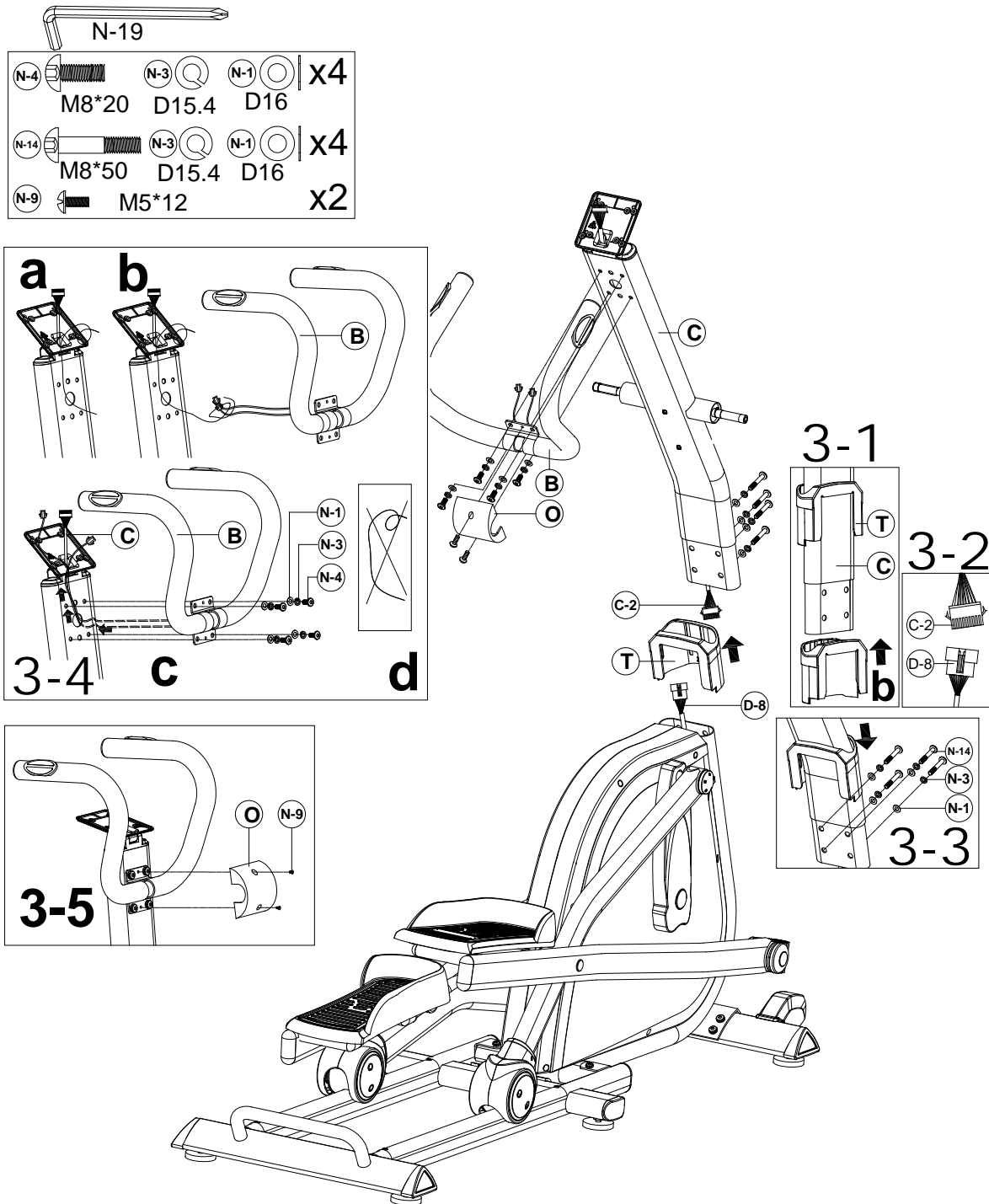
1. Assemble the front stabilizer (G) to the main frame set (Z) with flat washers (N-1), spring washers (N-3) and Allen bolts (N-4). Assemble the movable wheel cover (V) to the movable wheel (G-8).
2. Assemble the slide beam welding set (H) to the main frame (Z) with curved washers (N-5), spring washers (N-3), Allen bolts (N-4) from the side .
3. Fix the slide beam welding set (H) and main frame (Z) with flat washers (N-6), spring washers (N-3), Allen bolts (N-4) from top.

STEP 2



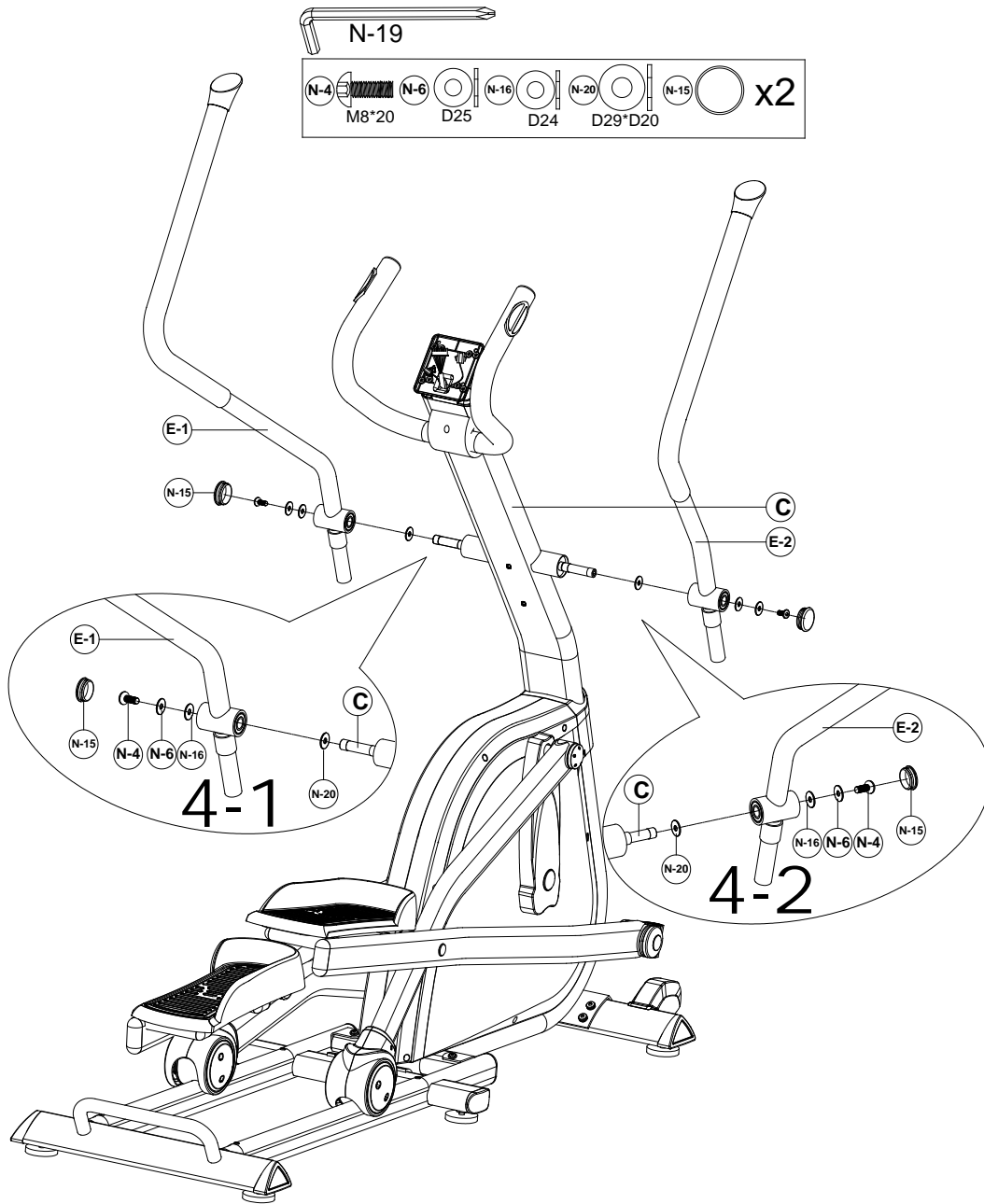
1. Assemble the right pedal support tubes set (J) and the left pedal support set (I) to the main frame set (Z) with buffers (N-10), flat washers (N-6), hex bolts (N-11), axle covers (N-13) as the fig.2-1.
2. Assemble the left and right pedals (K-1 and K-2) to the left and right pedal support tubes (I & J) with flat washers (K-6) and knobs (K-5) as the fig.2-2.
3. Assemble the axle covers (W-1 & W-2) to the movable wheels (I-10) with the screws (N-12) and screws (N-9) as the fig.2-3.

STEP 3



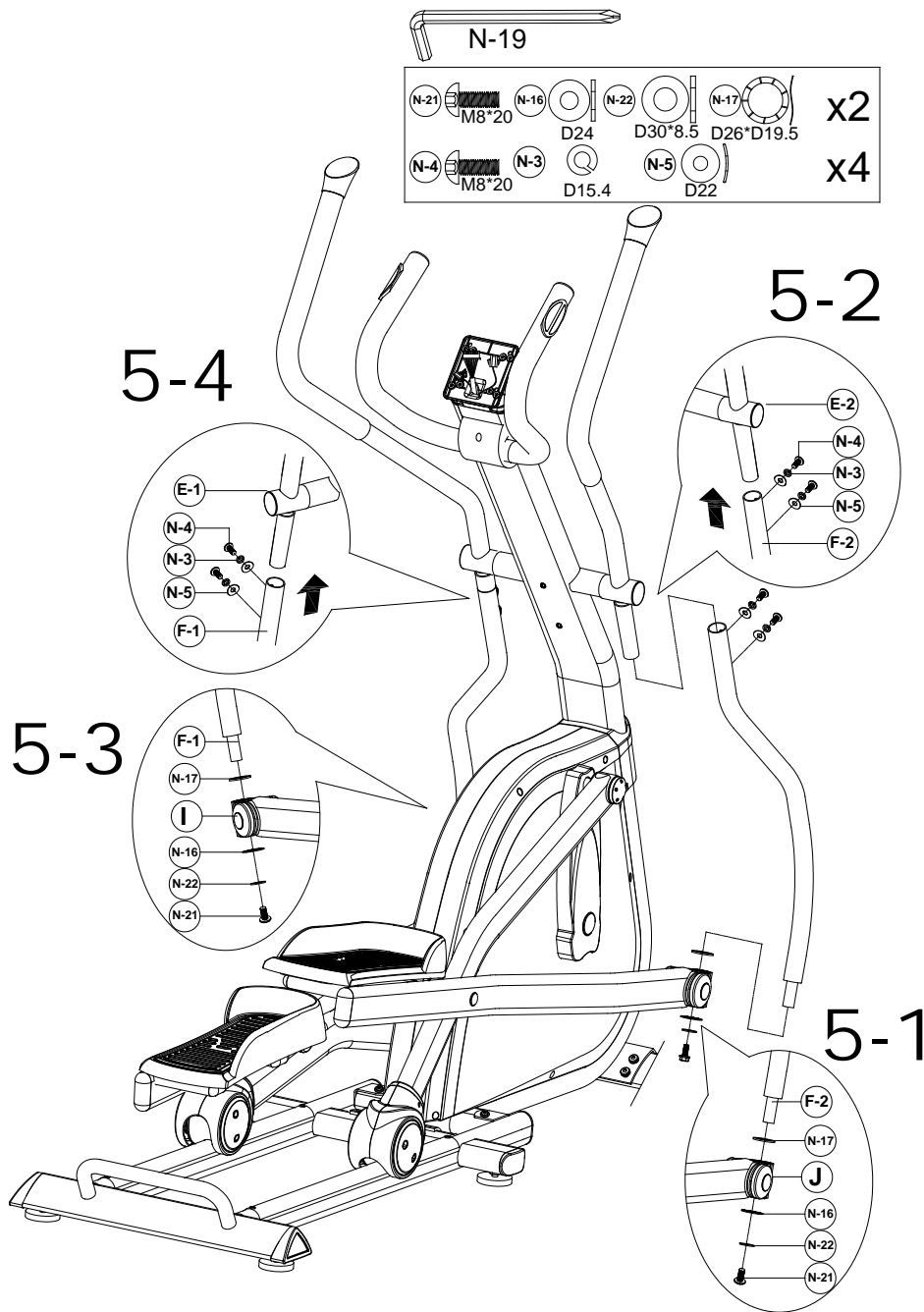
1. Assemble the upper protective cover (T) to the handlebar post (C) as the fig.3-1. Then connect the upper computer cable (C-2) with lower computer cable (D-8) as the fig.3-2. Assemble the handlebar post (C) to main frame (Z) with flat washers (N-1), spring washers (N-3) and Allen bolts (N-14) as the fig. 3-3.
2. Let the pulse cables from handlebar (B) through the hole on the handlebar post (C) then fix the handlebar (B) to the handlebar post (C) by flat washers (N-1), spring washers (N-3) and Allen bolts (N-4) as the fig.3-4.
3. Assemble the protective cover (O) to the handlebar (B) by screws (N-9) as shown on fig.3-5.

STEP 4



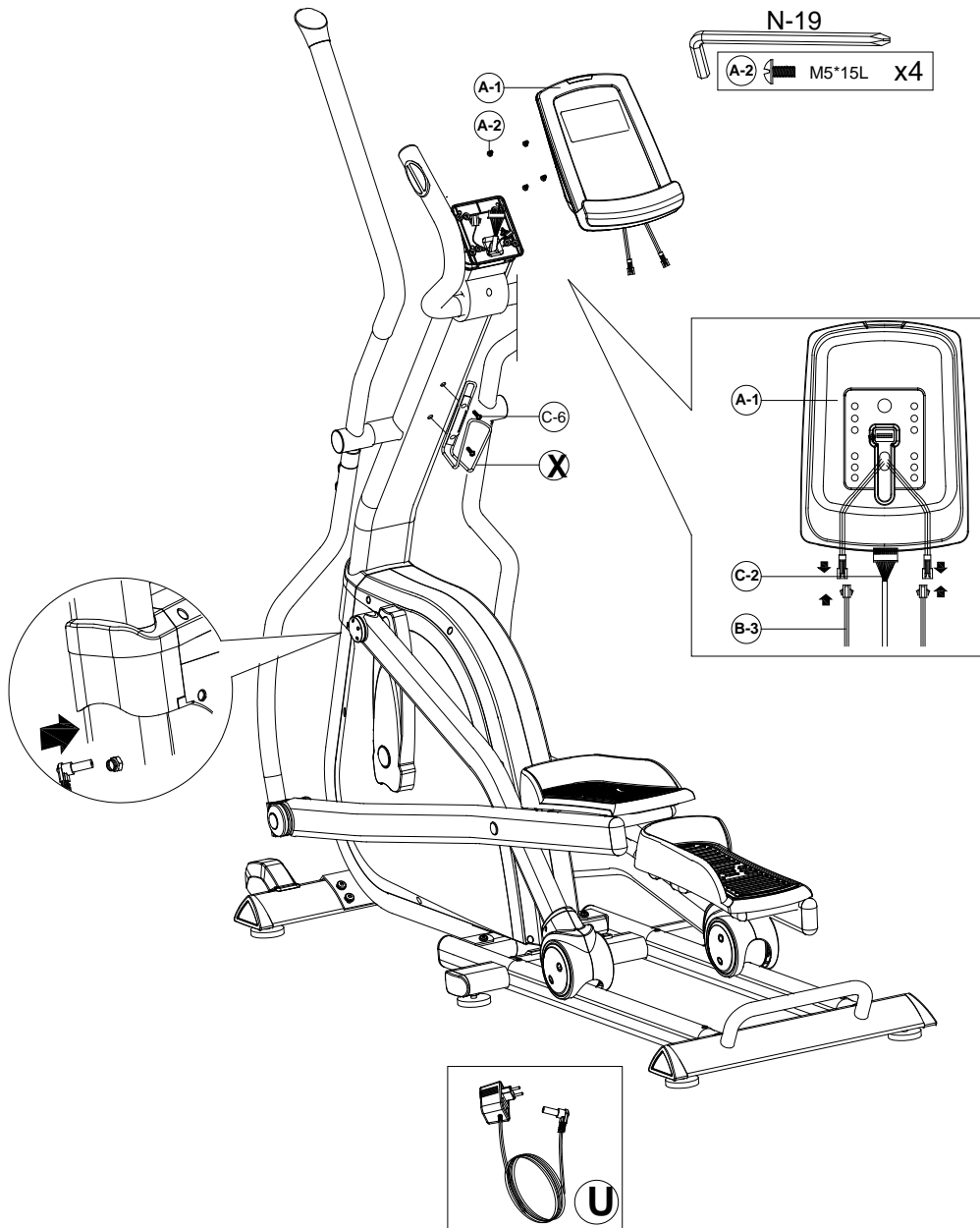
1. Assemble the left and right movable handlebar set (E-1 & E-2) to the handlebar post (C) with plastic washers (N-20), plastic washers (N-16), flat washers (N-6), Allen bolts (N-4) and round caps (N-15) as the fig.4-1 and 4-2.

STEP 5



1. Please take care to follow these instructions in the exact order they are written.
2. Assemble the supporting tube for right movable handlebar (F-2) to the right pedal support set (J) with waved washer (N-17), plastic washer (N-16), and flat washer (N-22) and Allen bolt (N-21) as fig. 5-1
3. Assemble the supporting tube for right movable handlebar (F-2) to the right movable handlebar (E-2) with curved washers (N-5), spring washers (N-3) and Allen bolts (N-4) as the fig. 5-2
4. Assemble the supporting tube for left movable handlebar (F-1) to the left pedal support set (I) with waved washer (N-17), plastic washer (N-16), and flat washer (N-22) and Allen bolt (N-21) as the fig.5-3.
5. Assemble the supporting tube for left movable handlebar (F-1) to the left movable handlebar (E-1) with the curved washers (N-5), spring washers (N-3) and Allen bolts (N-4) as the fig. 5-4.

STEP 6



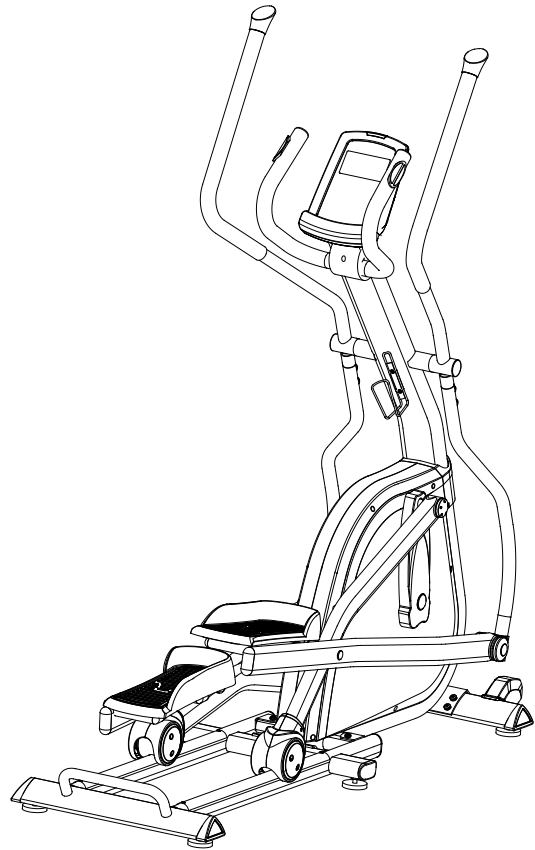
1. Connect the upper computer cable (C-2) and pulse cable (B-3) with the cables from computer (A-1).
2. Assembly the computer (A-1) to the handlebar post by screws (A-2).
3. Plug the adaptor (U) and turn on the computer.

Assembly Instructions

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.



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.

Operational Instructions

CONSOLE:



DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption . In Watt Program mode the user can select a value between 0-350
MANUAL	.Manual mode workout.
PROGRAM	.Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	.Target HR training mode.

KEY FUNCTION:

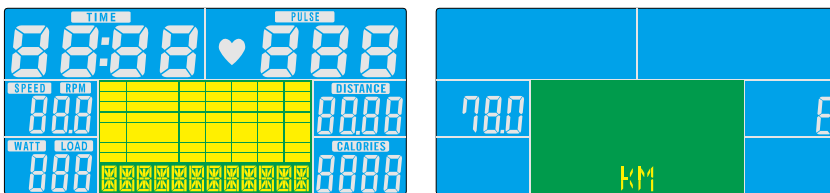
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> Increase resistance level Setting selection.
Down	<ul style="list-style-type: none"> Decrease resistance level Setting selection.
Mode	<ul style="list-style-type: none"> Confirm setting or selection.
Reset	<ul style="list-style-type: none"> Hold 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	<ul style="list-style-type: none"> Start or Stop workout.
Recovery	<ul style="list-style-type: none"> Test heart rate recovery status.
Body fat	<ul style="list-style-type: none"> Test body fat% and BMI.

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key to wake the console up.

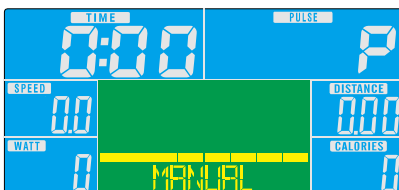


WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt.

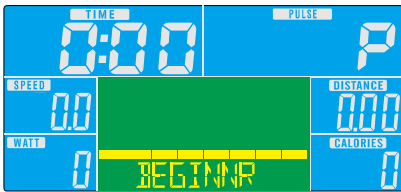
Manual Mode

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



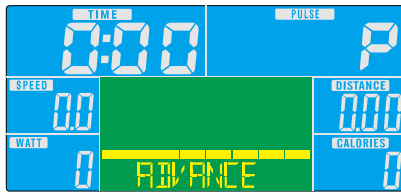
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Beginner Mode



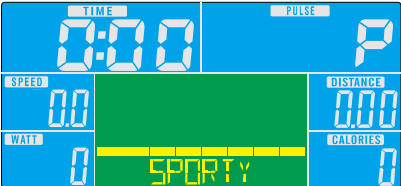
1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Advance Mode



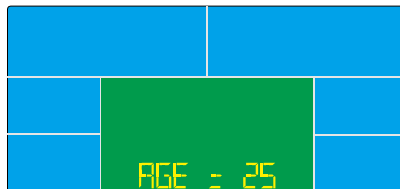
1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Sporty Mode



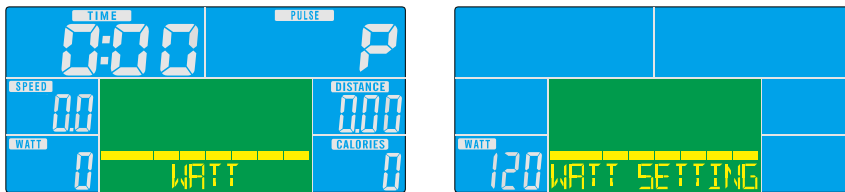
1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Cardio Mode



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

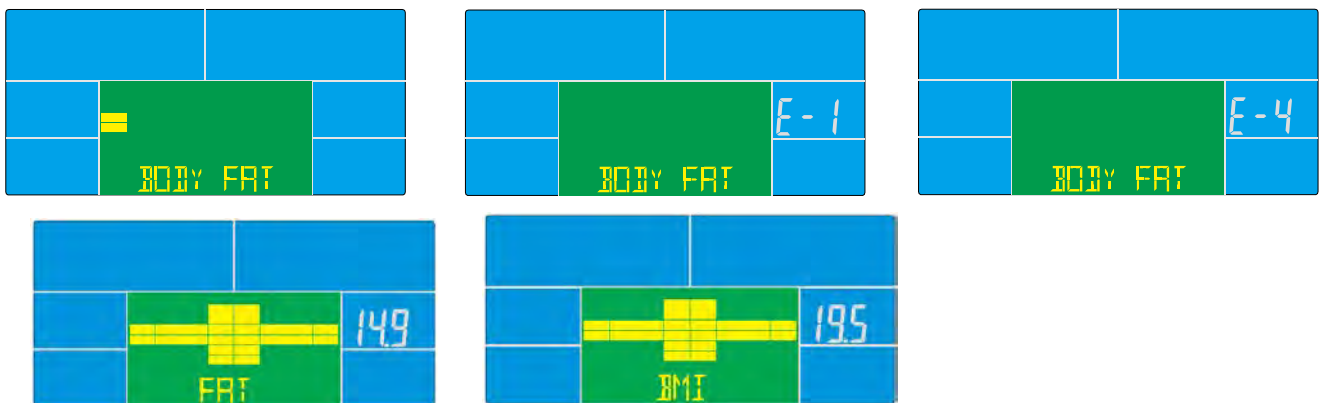
Watt Mode



1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Body Fat Mode

1. In STOP mode, press BODY FAT button to start measurement.
2. The user needs to input SEX, HEIGHT, WEIGHT by UP/DOWN and press ENTER, then system start to measure. During measurement, both hands have to hold onto the hand grips.
3. LCD will display “= = =” for 8 seconds until the console finish measuring. After measuring, LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.
4. Press BODY FAT key again to reverse to the main menu.



Error code explanation:

“E-1”- Occurs when there is no heart rate signal input detected or user is not holding hand grips correctly.

“E-4” – Occurs when FAT% exceed setting range (5.0%~ 50%).

USB power charger

This console provides a USB charging outlet for your tablet or smartphone. User can plug the data cable into USB port for charging. **APP**



NOTE:

1. Once the console is connected to tablet via Bluetooth, the console will power off.
2. To exit iconsole app turn the device Bluetooth off and the console will power on again.

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 ON CONSOLE	Power Adapter not plugged in	Check the Bike Power Adapter is plugged into a power socket or power board and is turned on. Check that the Power Adapter is also plugged into the Bike correctly.

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.

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

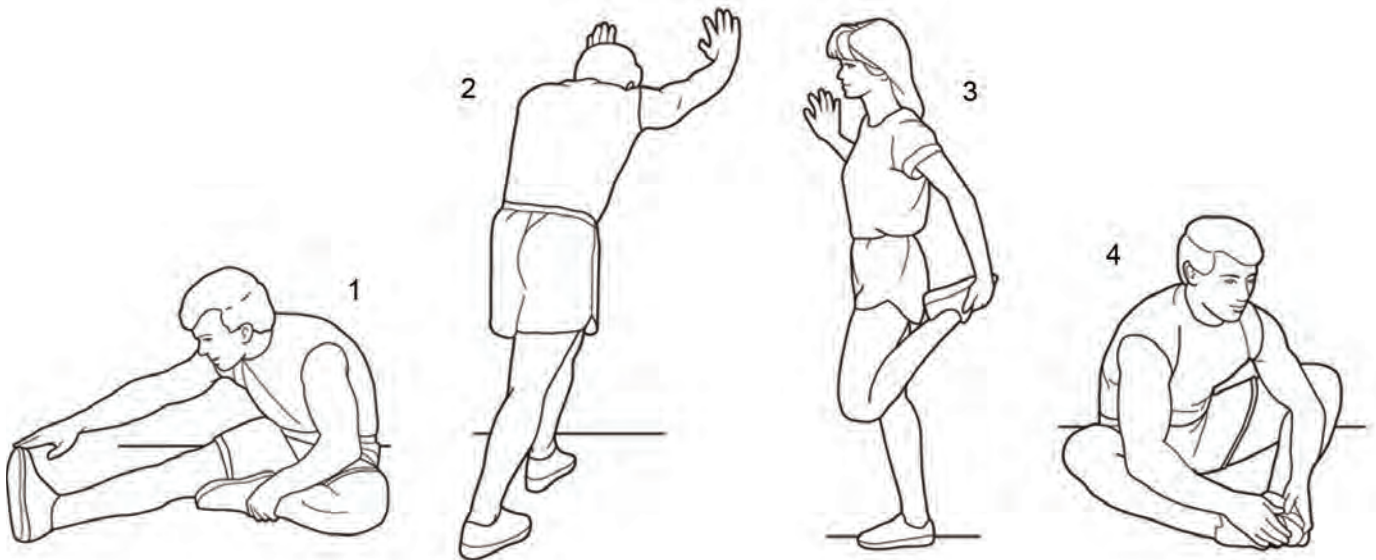
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

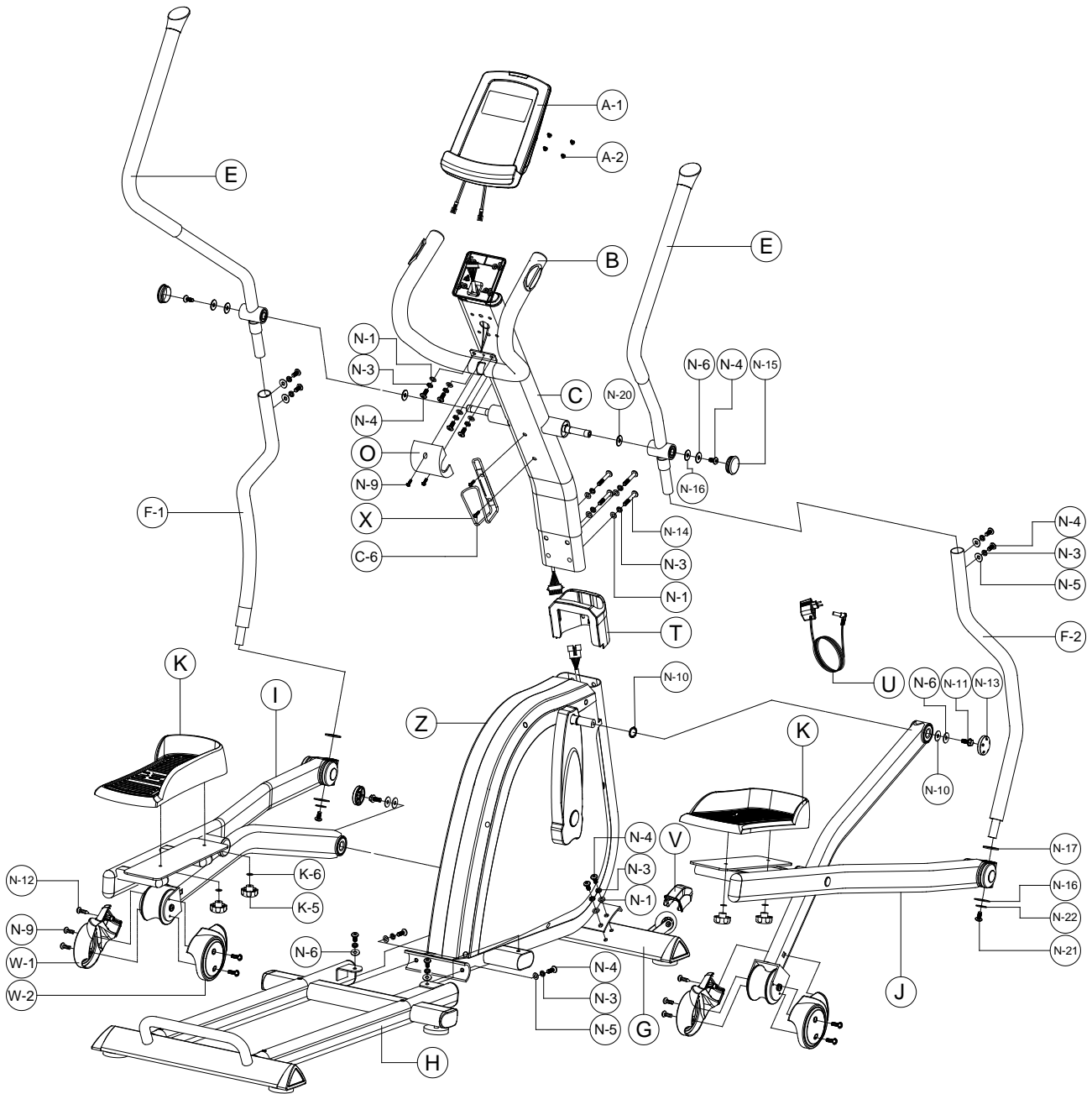
$$185 \times 60\% = 111 \text{ bpm}$$

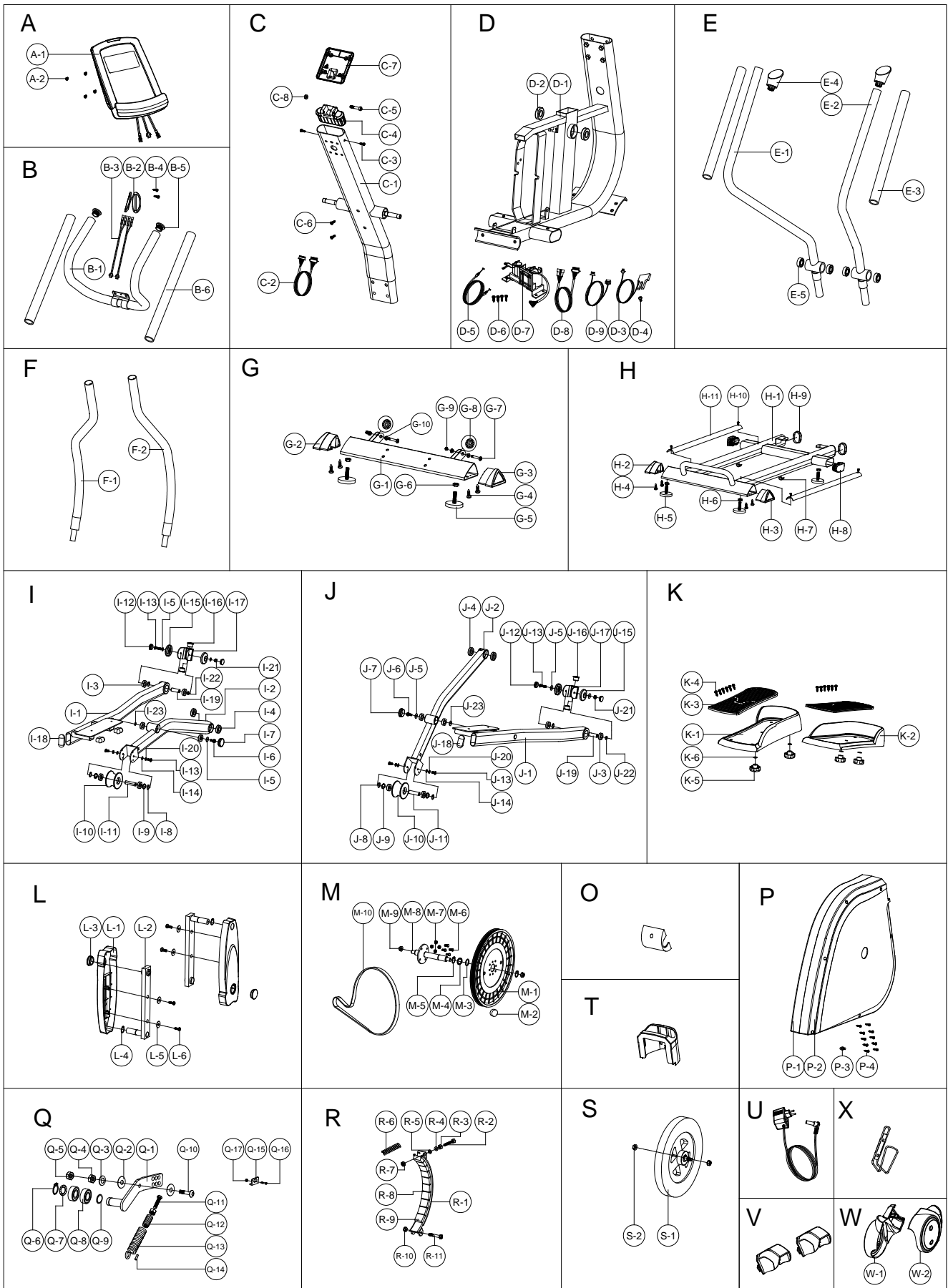
NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

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





PART LIST

NO.	Description	Qty	NO.	Description	Qty
A	Computer set		J-15	Axle cover	2
A-1	Computer SM-2570-71	1	J-16	Bushing	2
A-2	Bolt M5*0.8*15L	4	J-17	Pedal bottom bracket welding set	1
B	Handlebar set		J-18	Oval cap	3
B-1	Handlebar	1	J-19	Short axle	1
B-2	Handle pulse sensor	2	J-20	Spring washer D15.4*D8.2*2T	2
B-3	Pulse cable 600L	2	J-21	Nylon nut M8*1.25*8T	1
B-4	Screw ST4*25L	2	J-22	Spacer	1
B-5	Mushroom cap	2	J-23	Plastic washer D27*D18*1.0T	1
B-6	Foam D30*3T*530L	2	K	Pedal set	
C	Handlebar post set		K-1	Left pedal	1
C-1	Handlebar post	1	K-2	Right pedal	1
C-2	Upper computer cable 1050L	1	K-3	Pedal pad	2
C-3	Screw ST4.2*1.4*15L	2	K-4	Screw ST4*1.41*14L	12
C-4	Computer bracket	1	K-5	Knob D40*M6*12	4
C-5	Allen screw M8*1.25*45L	1	K-6	Flat washer D14*D6.5*0.8T	4
C-6	Bolt M5*0.8*15L	2	L	Crank set	
C-7	Fixing bracket for computer	1	L-1	Crank cover	2
C-8	Nylon nut M8*1.25*8T	1	L-2	Crank	2
D	Main frame set		L-3	Side cap	2
D-1	Main frame	1	L-4	C-clip	2
D-2	Bearing #6004ZZ	2	L-5	Flat washer D15*D5.2*1.0T	4
D-3	Sensor cable 150L	1	L-6	Screw ST4*1.41*15L	4
D-4	Bolt M5*0.8*10L	1	M	Belt wheel set	
D-5	Tension cable D1.5*130L	1	M-1	Belt wheel	1
D-6	Screw ST4.2*1.4*15L	4	M-2	Round magnet	1
D-7	Motor	1	M-3	Flat washer D26*D21*1.5T	1
D-8	Lower computer cable 400L	1	M-4	Waved washer D27*D20.3*0.5T	1
D-9	Electric cable 550L	1	M-5	C-clip	2
E	Movable handlebar set		M-6	Hex bolt M6*1.0*15L	4
E-1	Movable handlebar (L)	1	M-7	Nylon nut M6*1.0x*6T	4
E-2	Movable handlebar (R)	1	M-8	Crank axle	1
E-3	Foam D30x3Tx680L	2	M-9	Anti-loosen nut M10*1.25*7T	2
E-4	Handlebar cap	2	M-10	Belt	1
E-5	Bearing #6004ZZ	4	N	Screw bag	
F	Supporting tube for movable handlebar set		N-1	Flat washer D16*D8.5*1.2T	12
F-1	Supporting tube for left movable handlebar	1	N-3	Spring washer D15.4*D8.2*2T	20
F-2	Supporting tube for right movable handlebar	1	N-4	Allen bolt M8*1.25*0L	18
G	Front stabilizer set		N-5	Curved washer D22*D8.5*1.5T	6
G-1	Front stabilizer	1	N-6	Flat washer D25*D8.5*2T	6
G-2	Left triangle foot cap	1	N-9	Bolt M5*0.8*12L	10
G-3	Right triangle foot cap	1	N-10	Buffer	2
G-4	Screw ST4*1.41*12L	4	N-11	Hex bolt M8*1.25*20L	2
G-5	Adjustable wheel	2	N-12	Screw ST4*1.41*15L	2

NO.	Description	Qty	NO.	Description	Qty
G-6	Hex nut M10*1.5*8T	2	N-13	Axle cover D46*14.8	2
G-7	Allen bolt M8*1.25*40L	2	N-14	Allen bolt M8*1.25*50L	4
G-8	Movable wheel	2	N-15	Round cap	2
G-9	Nylon nut M8*1.25*8T	2	N-16	Plastic washer D10*D24*0.4T	4
G-10	Bushing	4	N-17	Waved washer D26*D19.5*0.3T	2
H	Slide beam welding set		N-18	Spanner	1
H-1	Slide beam	1	N-19	Allen spanner	1
H-2	Triangle cap (L)	1	N-20	Plastic washer D29*D20*0.9T	2
H-3	Triangle cap (R)	1	N-21	Allen bolt M8*1.25*20L	2
H-4	Screw ST4*1.41*12L	4	N-22	Flat plate D30*D8.5*2T	2
H-5	Adjustable wheel	4	O	Protective cover	1
H-6	Hex nut M10*1.5*8T	4	P	Chain cover set	
H-7	Buffer	2	P-1	Chain cover (L)	1
H-8	Cap	2	P-2	Chain cover (R)	1
H-9	Oval cap	2	P-3	Pin	1
H-10	Bolt M6*1*15L	4	P-4	Screw ST4.2*1.4*20L	10
H-11	Sliding beam guiding plate	2	Q	Idle wheel set	
I	Left pedal support set		Q-1	Fixing plate for idle wheel	1
I-1	Left pedal support	1	Q-2	Plastic washer D10*D24*0.4T	2
I-2	Left pedal bottom tube	1	Q-3	Flat washer D25*D8.5*2T	1
I-3	Bearing #6003ZZ	6	Q-4	Hex nut M8*1.25*6T	2
I-4	Bearing #6004ZZ	2	Q-5	Nylon nut M8*1.25*8T	1
I-5	Flat washer D25*D8.5*2T	3	Q-6	C-clip S-16 (1T)	1
I-6	Hex bolt M8*1.25*20	1	Q-7	Waved washer D21*D16.2*0.3T	1
I-7	Round cap	1	Q-8	Bearing #99502	2
I-8	C-clip S-17 (1T)	3	Q-9	Flat washer D24*D16*1.5T	1
I-9	Waved washer D22*D17*0.3T	2	Q-10	Allen bolt M8*1.25*30L	1
I-10	Movable wheel	1	Q-11	Hex bolt M8*1.25*50L	1
I-11	Movable wheel axle	1	Q-12	Fixing nut D15*13L	1
I-12	Side cap	2	Q-13	Spring D3*D19*67L	1
I-13	Allen screw M8*1.25*75L	1	Q-14	Plastic cover	1
I-14	Flat washer D16*D8.5*1.2T	4	Q-15	Fixing plate 30*27*4T	1
I-15	Axle cover	2	Q-16	Hex bolt M6*1.0*15L	1
I-16	Bushing	2	Q-17	Nylon nut M6*1.0*6T	1
I-17	Pedal bottom bracket welding set	1	R	Magnet fixing bracket set	
I-18	Oval cap	3	R-1	Magnet fixing bracket	1
I-19	Short axle	1	R-2	Hex bolt M6*65L	1
I-20	Spring washer D15.4*D8.2*2T	2	R-3	Hex nut M6*1*6T	1
I-21	Nylon nut M8*1.25*8T	1	R-4	Nylon washer D6*D19*1.5T	1
I-22	Spacer	1	R-5	Flat plate D14*D6.5*0.8T	1
I-23	Plastic washer D27*D18*1.0T	1	R-6	Spring D1.2*55L	1
J	Right pedal support set		R-7	Nylon nut M6*1*6T	1
J-1	Right pedal support	1	R-8	Cell	7
J-2	Right pedal bottom tube	1	R-9	Magnet	8

NO.	Description	Qty	NO.	Description	Qty
J-3	Bearing #6003ZZ	6	R-10	Nylon nut M8*1.25*8T	1
J-4	Bearing #6004ZZ	2	R-11	Hex bolt M8*52L	1
J-5	Flat washer D25*D8.5*2T	3	S	Fly wheel set	
J-6	Hex bolt M8*1.25*20	1	S-1	Fly wheel	1
J-7	Round cap	1	S-2	Anti-loosen nut	2
J-8	C-clip S-17(1T)	3	T	Upper protective cover	1
J-9	Waved washer D22*D17*0.3T	2	U	Adaptor	1
J-10	Movable wheel	1	V	Movable wheel cover	2
J-11	Movable wheel axle	1	W	Rear axle cover set	
J-12	Side cap	2	W-1	Rear axle cover (L)	2
J-13	Allen screw M8*1.25*75L	1	W-2	Rear axle cover (R)	2
J-14	Flat washer D16*D8.5*1.2T	4	X	Water bottle	1



YORK[®]
FITNESS