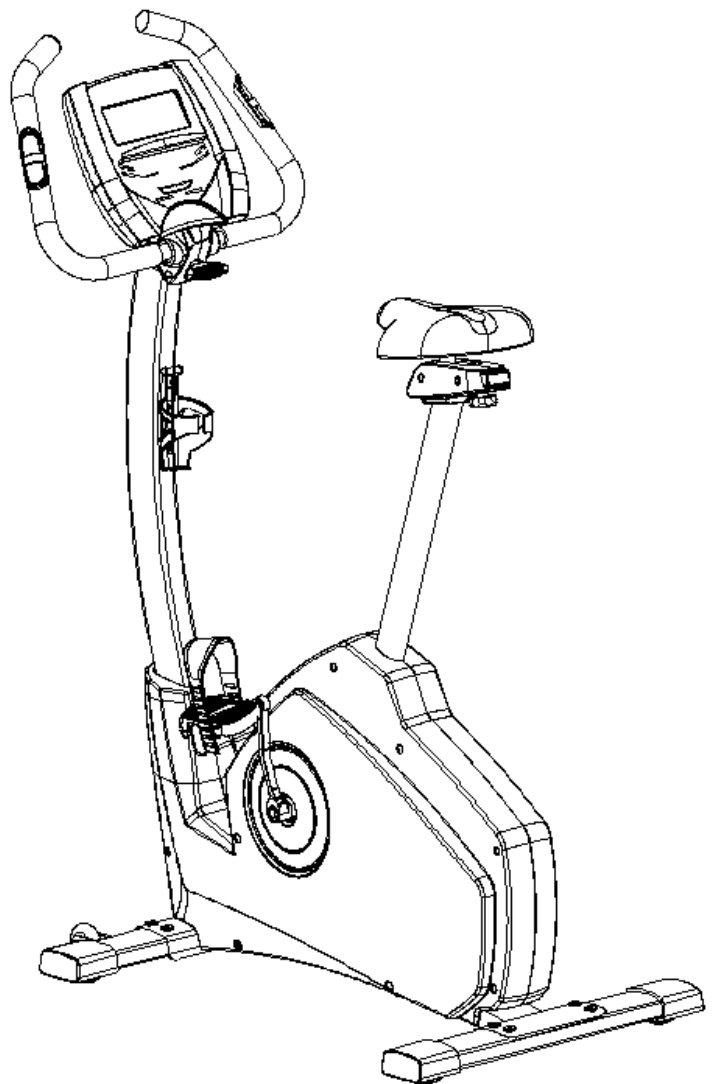


YORK[®] FITNESS

Owner's Manual

York C420 Bike

Item YRK53102A



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: 150kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN ISO20957 - 1 & EN957 - 9, HA Class. Therefore the equipment carries the following marks:



Assembling your Bike

PRECAUTIONS:

WARNING: This exercise bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the equipment. The following safety precautions should also be observed:

1. Before using the exercise equipment, please read all instructions in this manual.
2. Use the equipment indoors on a level surface and keep it away from moisture and dust.
Place a mat under the stabilizers to protect the carpet or floor.
3. Inspect and tighten all parts regularly. Replace defective and worn parts immediately.
4. Keep children away from this equipment at all times. DO NOT leave them unsupervised in the room where this equipment is kept.
5. Wear appropriate exercise clothing when using the equipment. Do not wear loose clothing that could become caught in the equipment.
6. If you feel pain or dizziness while exercising, stop immediately and cool down.
7. The pulse sensor is not a medical device. Various factors including the user's movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

PRE-ASSEMBLY NOTES:

OPEN THE BOXES

Make sure to inventory all the parts that are included in the boxes. Check the Hardware Chart for a full count of the number of parts included for proper assembly.

GATHER YOUR TOOLS

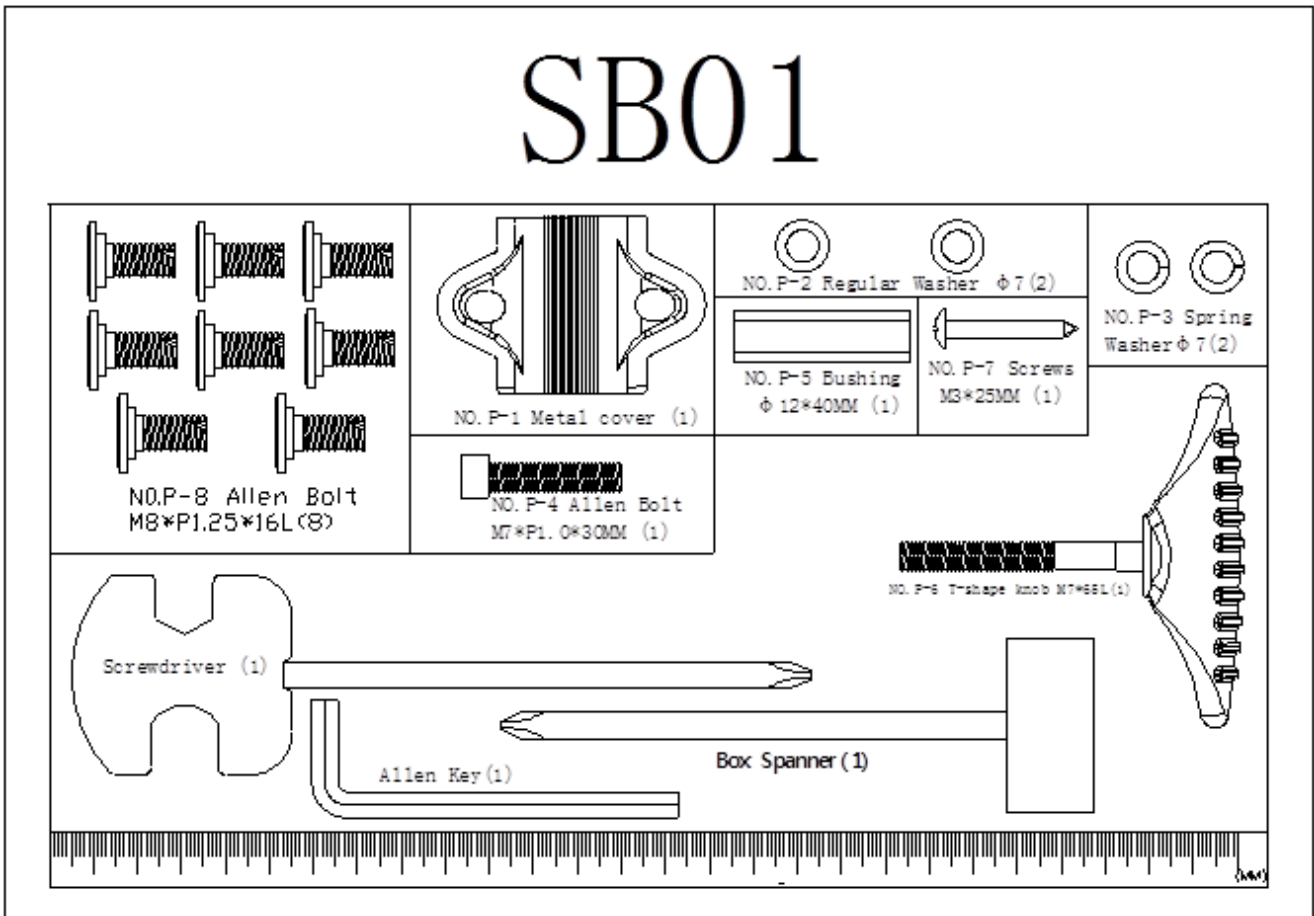
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

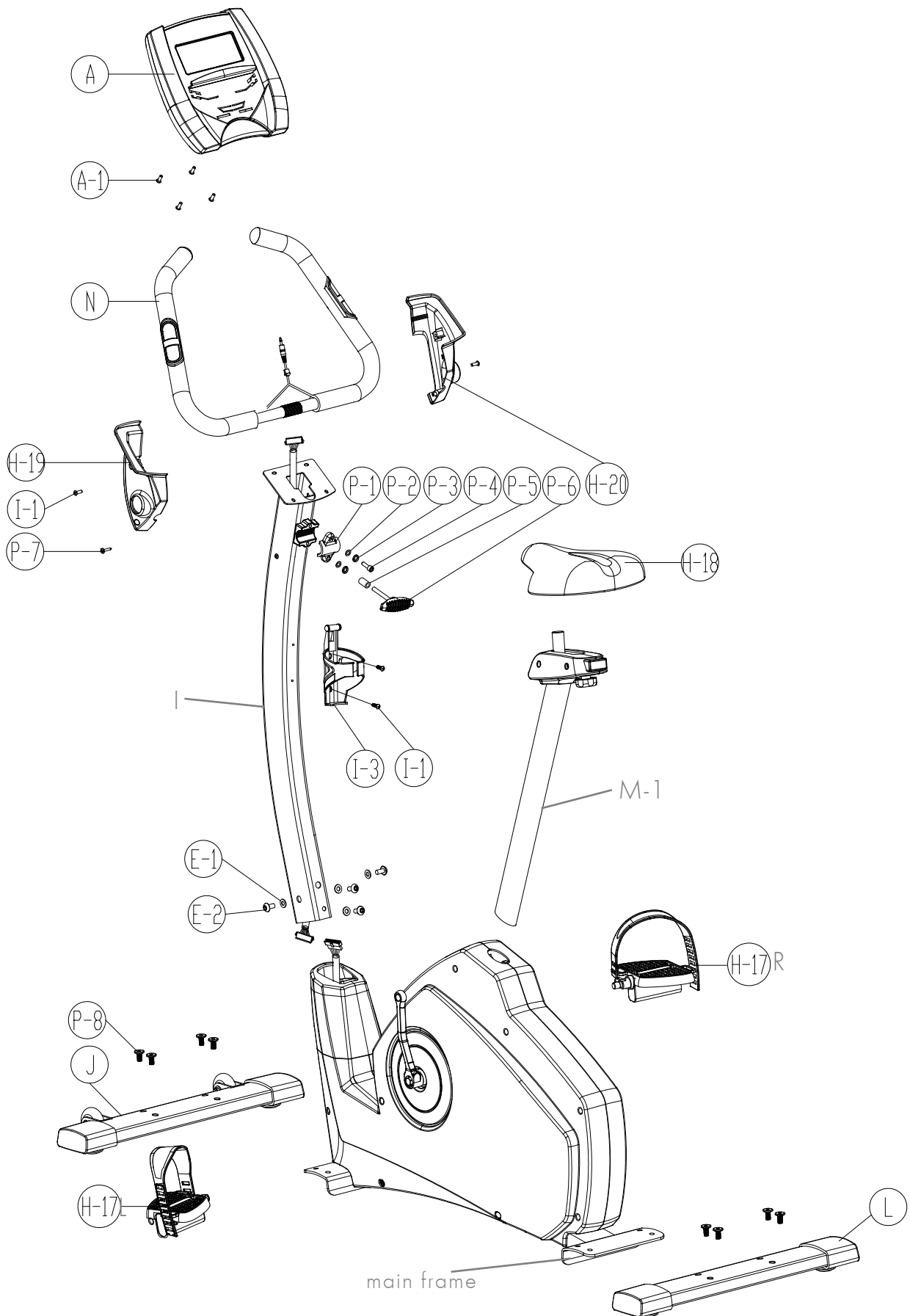
Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

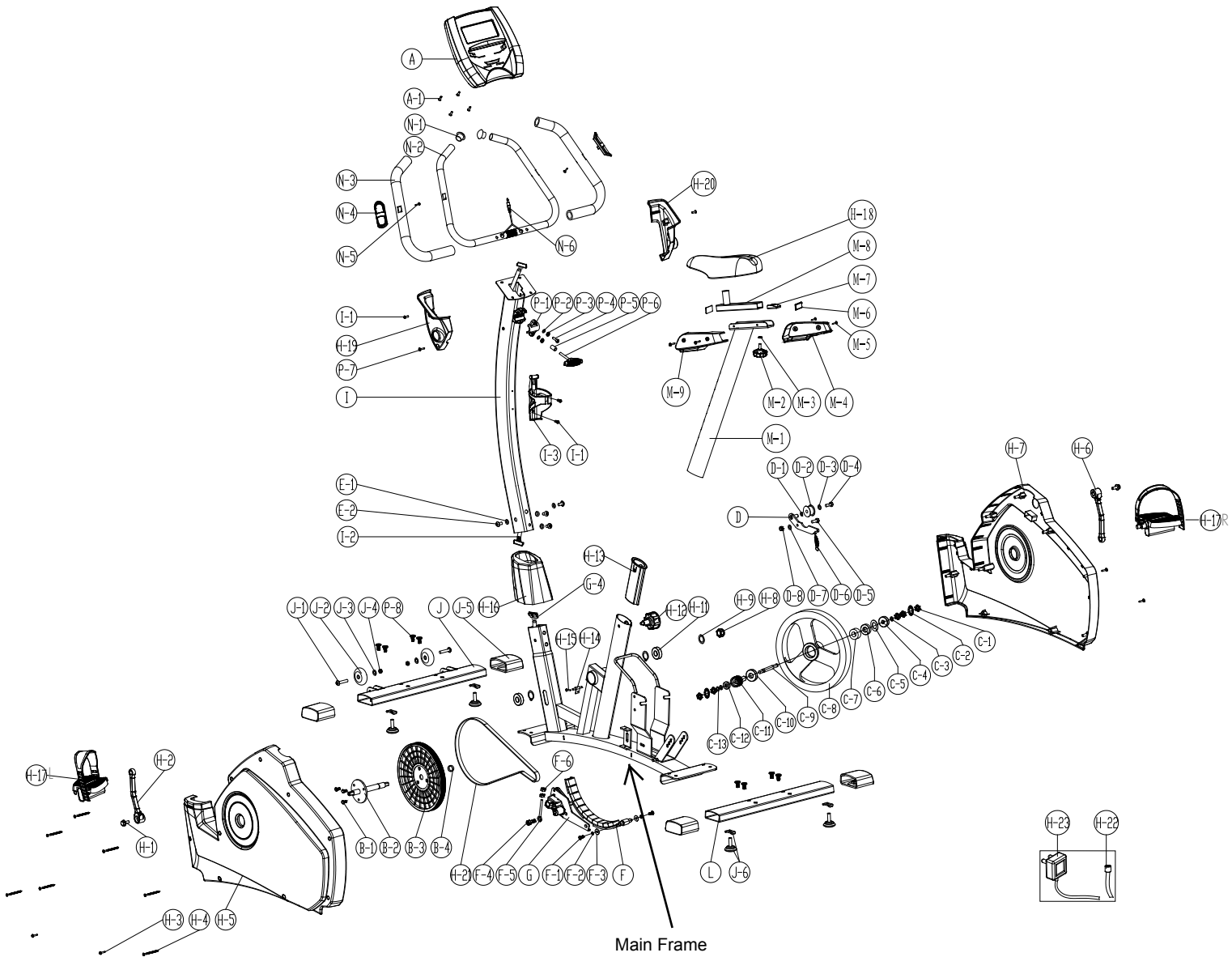
Hardware Kit

SB01



Exploded Diagram





Part list

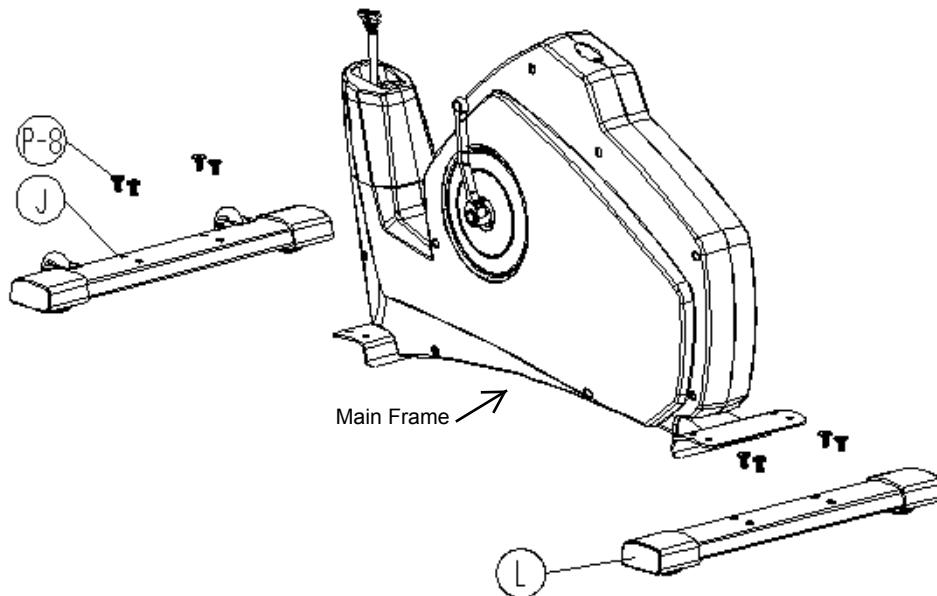
No.	Description	QTY/ unit	
A	Console	1	PCS
A-1	Screw	4	PCS
B	Axle assembly set	1	SET
B-1	Hex. bolt	3	PCS
B-2	Axle	1	PCS
B-3	Big pulley	1	PCS
B-4	Bushing	1	PCS
C	Flywheel assembly set	1	SET
C-1	Nut	5	PCS
C-2	Star washer	2	PCS
C-3	Bushing	2	PCS
C-4	Bearing	1	PCS
C-5	Flat washer	1	PCS
C-6	Bearing	1	PCS
C-7	One way bearing	1	PCS
C-8	Flywheel	1	PCS
C-9	Axle for flywheel	1	PCS
C-10	Bearing	1	PCS
C-11	Small pulley	1	PCS
C-12	Bearing	1	PCS
C-13	Flat washer	1	PCS
D	Idler set	1	SET
D-1	Wave washer	1	PCS
D-2	Idler wheel	1	PCS
D-3	Flat washer	1	PCS
D-4	Hex, bolt	1	PCS
D-5	Hex, bolt	1	PCS
D-6	Spring for idler	1	PCS
D-7	Flat washer	1	PCS
D-8	Nylon nut	1	PCS
E	Screw set for handlebar post	1	SET
E-1	Flat washer	4	PCS
E-2	Screw	4	PCS
F	Magnetic set	1	SET
F-1	Hex, bolt	2	PCS
F-2	Spring washer	2	PCS
F-3	Flat washer	2	PCS
F-4	Screw for gear box	1	PCS

No.	Description	QTY/ unit	
F-5	Adjustor	1	PCS
F-6	Hex, Nut	2	PCS
G	Gear box set	1	SET
H-1	Nylok screw	2	PCS
H-2	Crank, left	1	PCS
H-3	Screw	4	PCS
H-4	Screw	7	PCS
H-5	Chain cover, left	1	PCS
H-6	Crank, right	1	PCS
H-7	Chain cover, right	1	PCS
H-8	Nylon nut	1	PCS
H-9	Flat washer	1	PCS
H-11	Bearing	2	PCS
H-12	Knob for seat post	1	PCS
H-13	Sleeve for seat post	1	PCS
H-14	Sensor set	1	PCS
H-15	Screw for sensor set	1	PCS
H-16	Handlebar post Cover	1	PCS
H-17R/L	Pedal (R, L)	1	PCS
H-18	Seat	1	PCS
H-19	Cover for handlebar (left)	1	PCS
H-20	Cover for handlebar (right)	1	PCS
H-21	Belt	1	PCS
H-22	DC cable	1	PCS
H-23	Adaptor	1	PCS
I	Handlebar post	1	SET
I-1	Screw	4	PCS
I-2	Cable (upper)	1	PCS
I-3	Bottle holder	1	PCS
J	Front stabilizer	1	SET
J-1	Screw	4	PCS
J-2	Transportation wheel	2	PCS
J-3	Flat washer	4	PCS
J-4	Nylon nut	4	PCS
J-5	End cap for stabilizer	4	PCS
J-6	Adjusting cap for stabilizer	4	PCS

No.	Description	QTY/ unit	
L	Rear stabilizer	1	SET
M	Seat post assembly	1	SET
M-1	Seat post	1	PCS
M-2	Knob for seat slider	1	PCS
M-3	Flat washer	1	PCS
M-4	Cover for seat slider (right)	1	PCS
M-5	Screw	4	PCS
M-6	End cap for slider	2	PCS
M-7	Fixing screw set for slider	1	PCS
M-8	Seat slider	1	PCS
M-9	Cover for seat slider (right)	1	PCS
N	Handlebar assembly	1	SET
N-1	End cap for handlebar	2	PCS
N-2	Handlebar	1	PCS
N-3	Foam grip for handlebar	2	PCS
N-4	Handpulse sensor	2	PCS
N-5	Screw	2	PCS
N-6	Pulse sensor wire	1	PCS
P	Hardware kit (incl. P-1~P-11)	1	SET
P-1	Clamp for handlebar	1	PCS
P-2	Flat washer	2	PCS
P-3	Spring washer	2	PCS
P-4	Bolt	1	PCS
P-5	Bushing	1	PCS
P-6	Knob	1	PCS
P-7	Screw	1	PCS
P-8	Screw	8	PCS
P-9	Wrench	1	PCS
P-10	Hexagonal tool	1	PCS
P-11	Bushing wrench	1	PCS

Assembly - English - Wjcbg

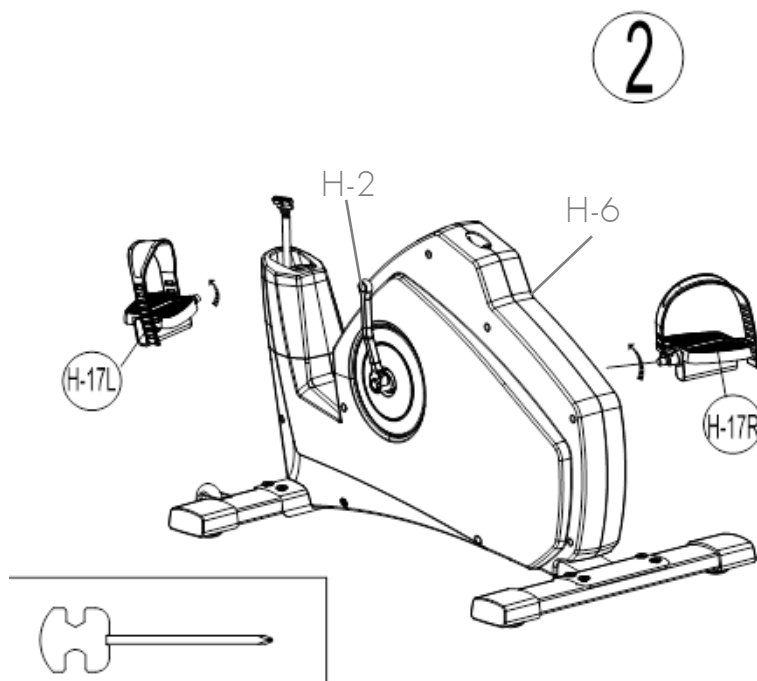
GH9 D%



1. Assemble the Front Stabilizer (J) and the Rear Stabilizer (L) to the Main Frame Assemble and secure tightly using the Allen Head Bolts (P-8)

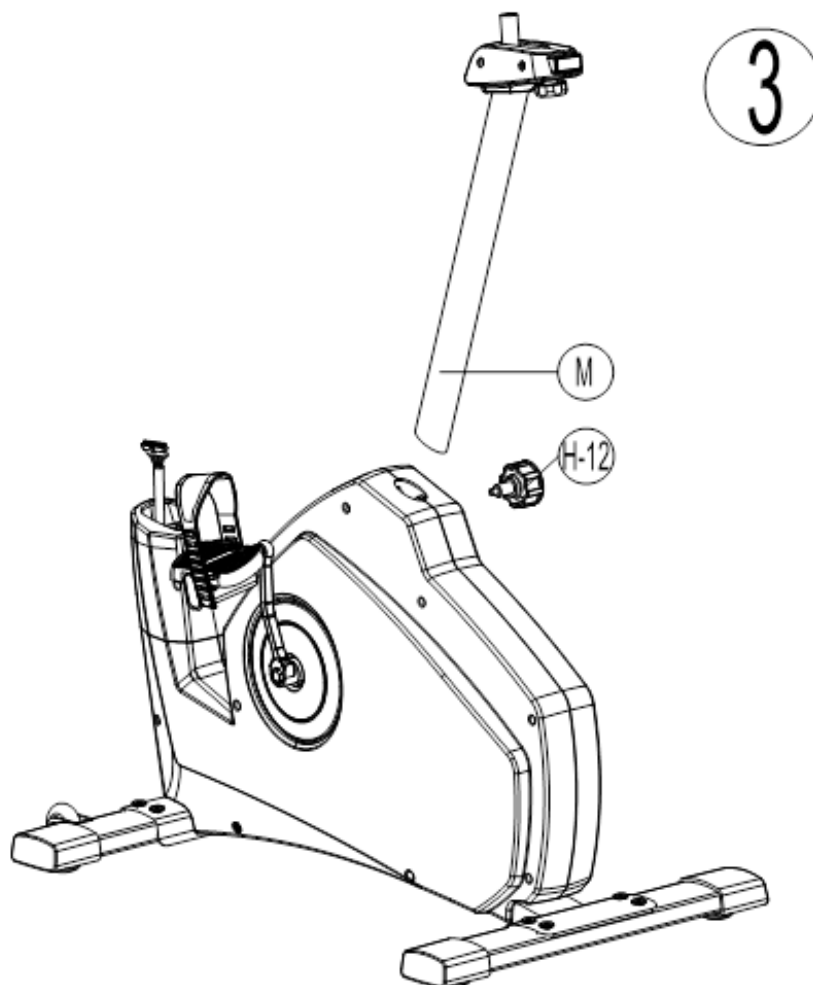
Note. Front Stabilizer has transportation wheels

GH9 D&



1. Fix the Right (H-17 R) and Left Pedal (H-17 L) tightly to the Right (H-6) and Left Crank (H-2)
2. Screw the Left Pedal's spindle counter-clockwise and the Right Pedal's spindle clockwise to tighten. Please make sure these are very tight.

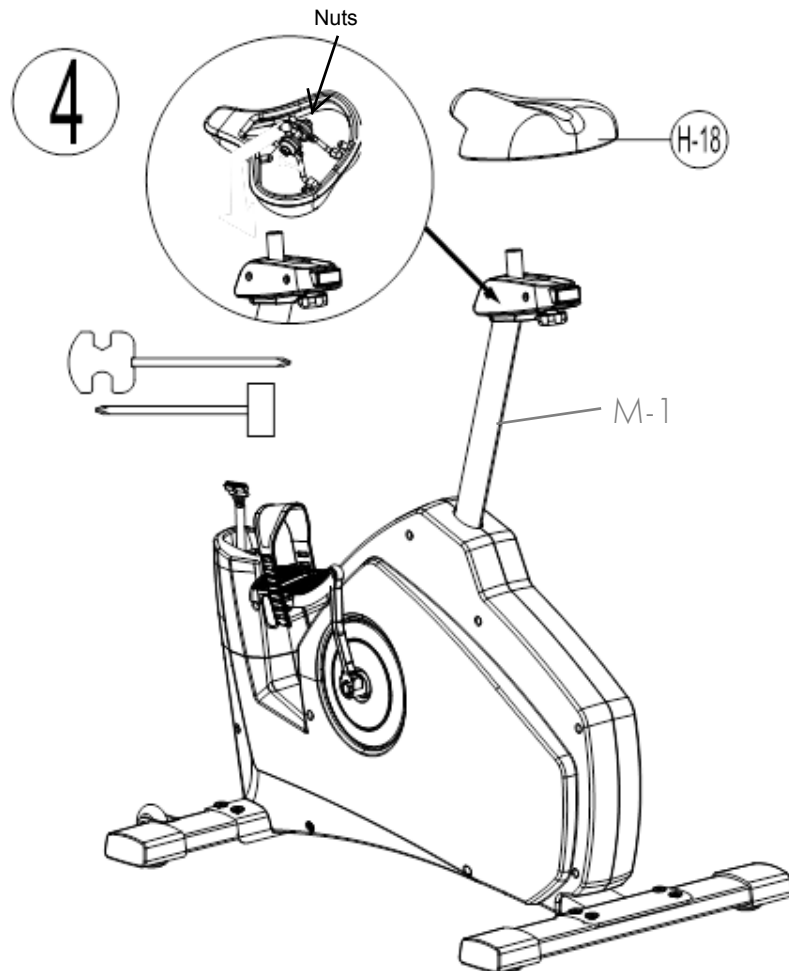
STEP 3



1. Unscrew the Seat Post Knob (H-12) and insert the Seat Post (M) into the Main Frame
2. Adjust the Seat Post (M) to your desired height, and tighten the seat post knob.

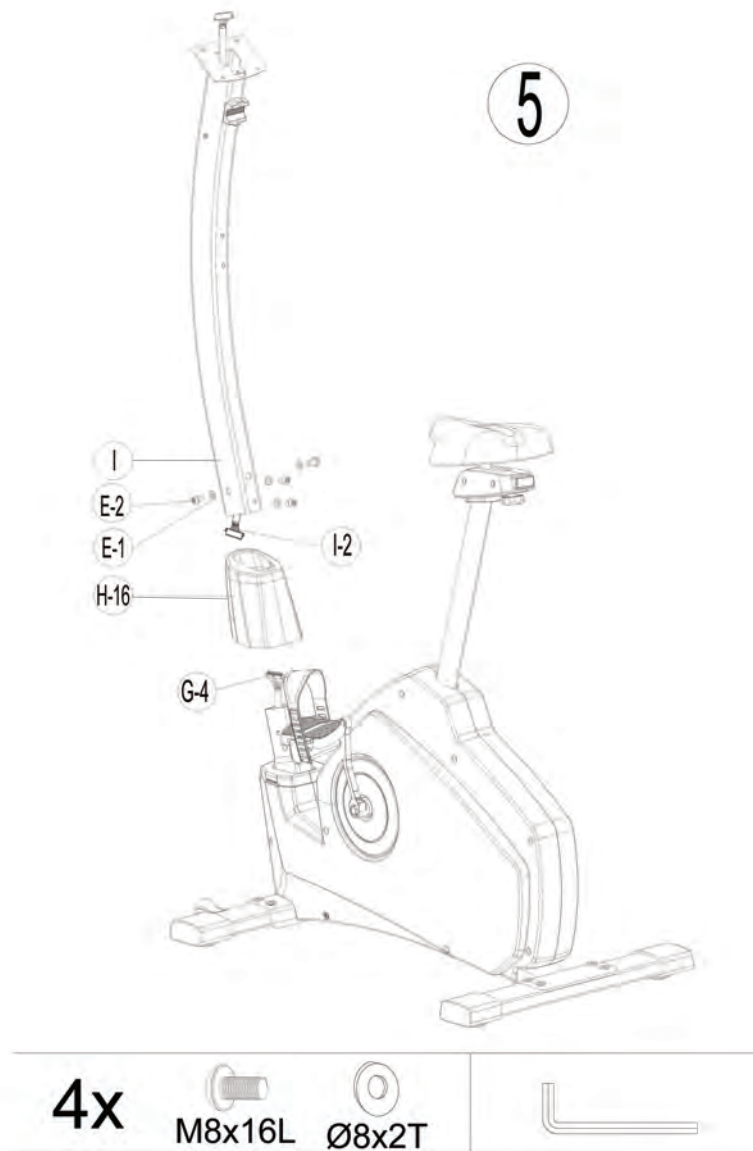
Note. You can adjust the seat height to the correct position after the Bike is fully assembled.

STEP 4



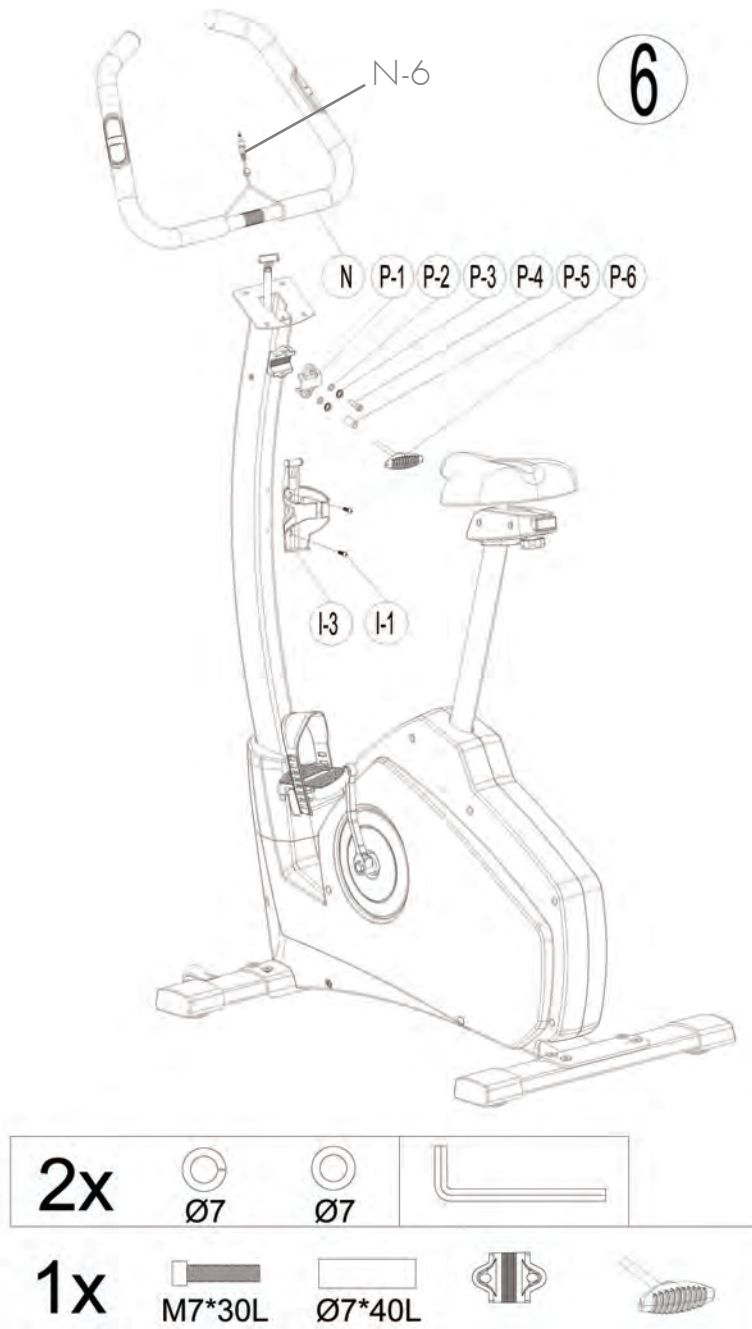
1. Loosen the pre-assembled nuts underneath the Seat (H-18) and assemble the Seat onto the Seat Post (M-1)
2. Fix seat to the desired angle and use supplied tools to tighten the nuts to secure the Seat (H-18)

STEP 5



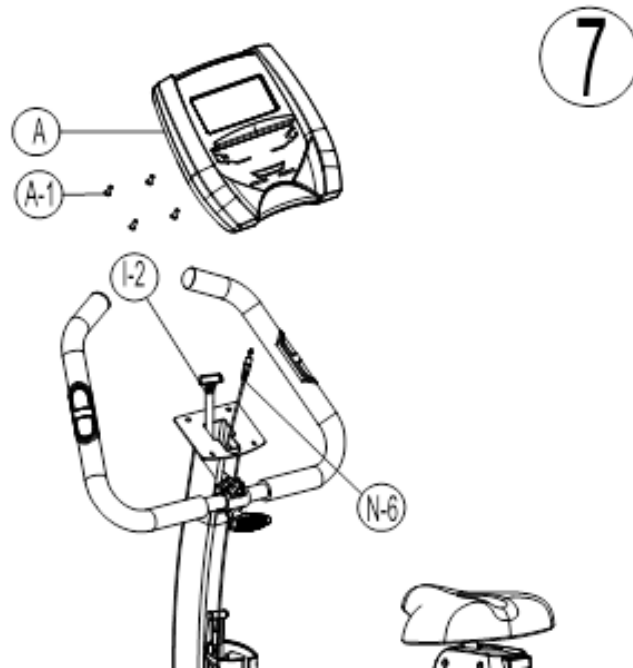
1. Slide the Handlebar Post Cover (H-16) over the Handlebar Post (I)
2. Connect the Upper Cable (I-2) and Lower Cable (G-4) together.
3. Fix the Handlebar Post (I) to the Main Frame, with Screws (E-2) and Washers (E-1), then slide the Handlebar Post Cover (H-16) down to cover.

STEP 6



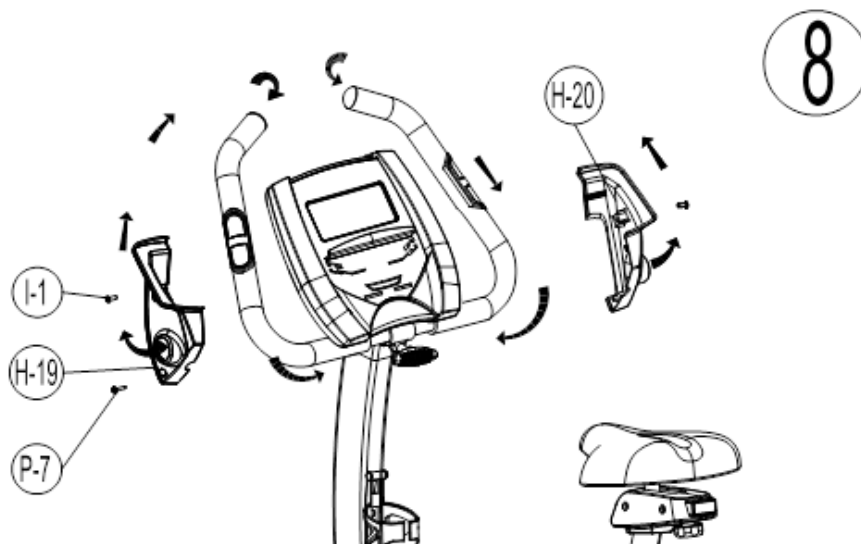
1. Hold the Handlebar (N) against the bracket on the Handlebar Post and insert the Hand Pulse Wire through the small hole into the top of the Handlebar Post.
2. Assemble the Handlebar (N) to the bracket on the Handlebar Post with Handlebar Clamp (P-1), Washer (P-2), Spring Washer (P-3), and Screw (P-4)
3. Fix the T-knob (P-6) through the Washer (P-2), Spring Washer (P-3), and Bushing (P-5). Adjust the Handlebar to your desired angle.
4. Once the Handlebar position is confirmed, tighten the T-knob (P-6)
5. Assemble the Bottle Holder (I-3) with Screws (I-2) onto the Handlebar Post.

STEP 7



1. Plug in the Upper Cable (I-2) and the Pulse Wire (N-6) into the ports at the back of the Console (A)
2. Assemble the Console (A) with Screw (A-1)

STEP 8



1. Fix the Left (H-19) and Right (H-20) Handlebar Covers through the Handlebars and secure with Screws (I-1) and Self-Tapping Screws (P-7)

Note. Slide the Handlebar Covers through the Handlebars in the same direction as the arrows in above image.



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.

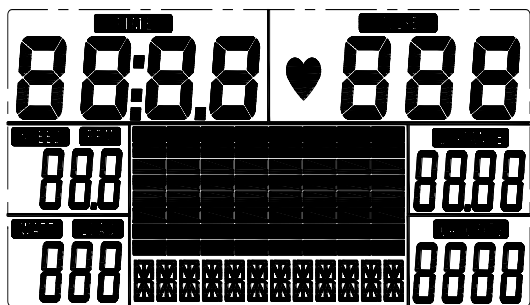
KEYS :

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

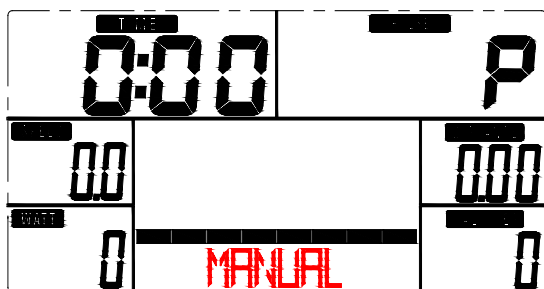
Plug the power adapter into the wall outlet, once the switch is turned on, the computer will power up displaying all LCD segments for 2 seconds. If the console is left for 4 minutes without pedalling or receiving a pulse input, the console will enter into power saving mode. Pressing any key will wake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



Manual Mode

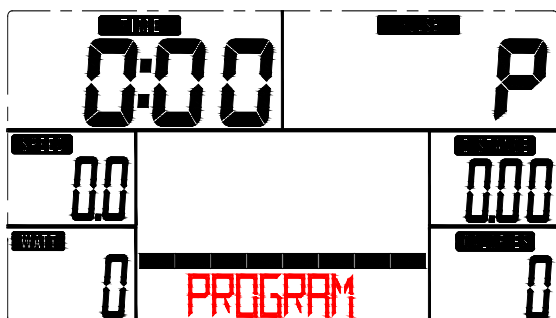
Pressing START while in the main menu will start the workout in manual mode.

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

1. Press the UP or DOWN key to select a workout program, choose the User program and press ENTER to confirm.
2. 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)
3. 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.
4. Press the UP or DOWN key to preset your workout TIME.
5. Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.
6. 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.