

MONZA SERIES

YORK[®] FITNESS

EQUIPE TREADMILL



RISK WARNING



ALWAYS READ THESE INSTRUCTIONS AND USE THIS PRODUCT STRICTLY IN ACCORDANCE WITH THIS SAFETY INFORMATION - KEEP THIS NEAR OR ON THE PRODUCT AT ALL TIMES FOR EASE OF REFERENCE. WHILST USING THE PRODUCT THERE ARE RISKS AND THE PRODUCT MUST ONLY BE USED AFTER READING AND THEN ONLY IN ACCORDANCE WITH THESE SAFETY INSTRUCTIONS.

FAILURE TO FOLLOW THE PROCEDURES BELOW MAY RESULT IN SERIOUS INJURY DUE TO THE OPERATION OF THE PINCH POINT AREA BETWEEN THE RUNNING GEAR AND THE UPRIGHT FRAMES.

- DO NOT TIP THE BOX ON ITS SIDE WITH THE TREADMILL STILL IN IT.
- DO NOT MOVE THE TREADMILL OUT OF THE BOX UNTIL THE UNIT HAS BEEN ASSEMBLED
 1. LAY BOX ON A STABLE, FLAT SURFACE AND ENSURING THE TOP SIDE IS FACING UP.
 2. COLLAPSE ALL FOUR SIDES OF THE BOX BEFORE COMMENCING UNIT ASSEMBLY IN ACCORDANCE WITH THE ASSEMBLY INSTRUCTIONS.
 3. ONCE ASSEMBLED, ONLY MOVE THE TREADMILL OUT OF THE BOX ON ITS WHEELS WHILE THE DECK IS IN THE FOLDED AND LOCKED POSITION.
- DO NOT REMOVE THE SAFETY PIN THAT IS CONNECTED TO THE SIDE FRAME AND UPRIGHT POST UNTIL YOU HAVE READ AND FOLLOWED THE ASSEMBLY INSTRUCTIONS.
- ONCE ASSEMBLED AND REMOVED FROM THE BOX DO NOT TIP THE TREADMILL ON ITS SIDE.

OWNER S GUIDE

SAFETY INSTRUCTIONS



RISK WARNING



ALWAYS READ THESE INSTRUCTIONS AND USE THIS EQUIPMENT STRICTLY IN ACCORDANCE WITH THIS SAFETY INFORMATION - KEEP THIS NEAR OR ON THE EQUIPMENT AT ALL TIMES FOR EASE OF REFERENCE. WHILST USING THE EQUIPMENT THERE ARE RISKS AND THE EQUIPMENT MUST ONLY BE USED AFTER READING AND THEN ONLY IN ACCORDANCE WITH THESE SAFETY INSTRUCTIONS. THIS LIST IS NOT EXHAUSTIVE / SAVE THESE INSTRUCTIONS.

DISCLAIMER

While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. Inspiration Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of Inspiration Fitness.

Inspiration Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

ASSEMBLY PRECAUTIONS:

Failure to follow the procedures below may result in serious injury due to the operation of the pinch point area between the running gear and the upright frames.

- Do not tip the box on its side with the treadmill still in it.
- Do not move the treadmill out of the box until the unit has been assembled:
 1. Lay box on a stable, flat surface and ensuring the top side is facing up.
 2. Collapse all four sides of the box before commencing unit assembly in accordance with the assembly instructions.
 3. Once assembled, only move the treadmill out of the box on its wheels while the deck is in the folded and locked position.
- Once assembled and removed from the box do not tip the treadmill on its side.
- Do not remove the safety pin that is connected to the side frame and side post until you have read and followed assembly instructions.
- Only fold and move the treadmill strictly in accordance with the Operation Instructions.

SAFETY KEY:

- This treadmill is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls, the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.

OPERATION PRECAUTIONS:

- Before use, always ensure that the treadmill is positioned on a solid, flat surface. Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- The safety level of the treadmill can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately. If you are in any doubt, do not use the treadmill. Contact CUSTOMER SUPPORT.
- Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- In an emergency, take hold of the handrails and place your feet on the side platforms provided. Once you are stable, pull out the safety key. The treadmill will begin to decelerate until it stops.
- Never overload the treadmill (See Maximum User Weight on next page).
- Never use the treadmill in any manner other than the way explained in these instructions and / or any wall-chart supplied.
- Do not put the treadmill on its side - injury could result by the closing of its base to the arms.
- To prevent possible damage of the electronics from lightning strikes or electrical surges this equipment needs to be kept switched off and unplugged when not in use.
- It is recommended that a surge protector is used.

SAFETY INSTRUCTIONS

OTHER PRECAUTIONS:

- Parents and others in charge of children should be aware of their responsibility. The playful instinct of children can lead to situations and behavior for which this equipment is not intended.
- If children are allowed to use this equipment, their mental and physical development and above all their temperament should be taken into account. They should be instructed, controlled and supervised at all times so that the equipment is only used correctly and in accordance with this safety information.
- This equipment is under no circumstances suitable as a children's toy.
- Please keep all children away from this equipment when in use. Do not in any circumstances allow children to climb on or play with the equipment when it is not in use.
- This equipment 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 this equipment by a person responsible for their safety.
- This equipment is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control. FOR INDOOR USE ONLY.
- Clean only with a damp cloth. Do not use solvent cleaners.
- Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

FITNESS PRECAUTIONS:

Before you undertake any program of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be first approved by your doctor and then the equipment used strictly in accordance with any directions or recommendations from your doctor.

If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.

EXERCISE PRECAUTIONS:

- Wear proper workout clothing; Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels.
- Tie all long hair back.
- 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.
- Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.

MAXIMUM USER WEIGHT

The maximum user weight of this equipment is **130kg**.

SAFETY STANDARDS

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), **ISO20957 1 & 6 - CLASS HC / BSEN60335 - 1**. Therefore the equipment carries the following marks:



Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

TABLE OF CONTENTS

THANK YOU FOR CHOOSING

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 goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the equipment and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.



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CUSTOMER SUPPORT

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. For future reference, please write down your serial number in the space provided below.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

PLEASE RETAIN

We suggest you record the serial, original purchase date, and place of purchase below:

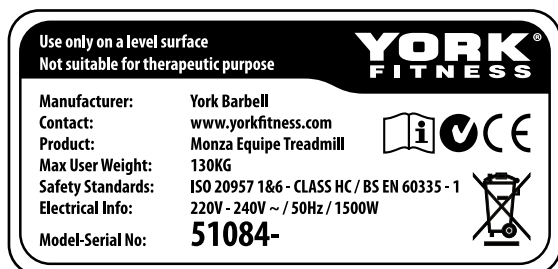
Serial no. ***This can be found on the sticker located as indicated.***

Original purchase date.

Place of purchase.

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

- Information about the place and conditions of use.
- Precise description of the issue / defect.



CONTACT INFORMATION

York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England

Tel: (01327) 701800

Help desk Tel: (01327) 701824

Fax: (01327) 706704

Email: helpdesk@yorkfitness.co.uk

York Fitness (Australia) Pty. Ltd.

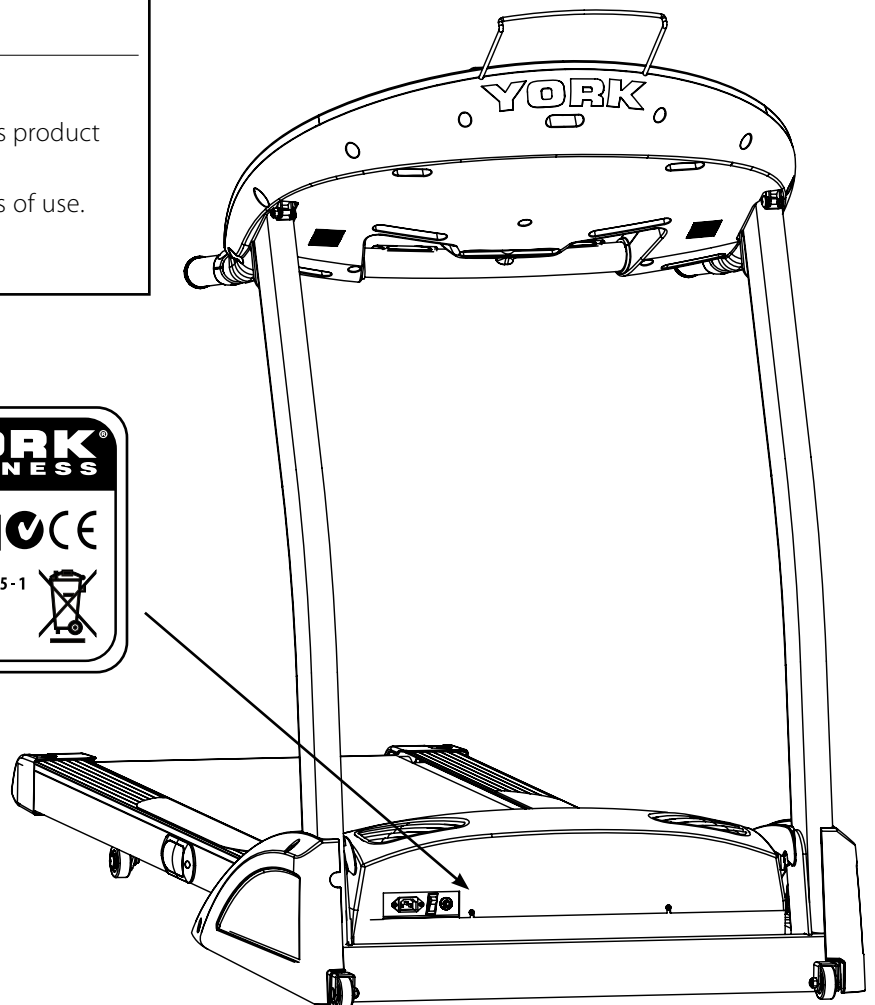
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566, Australia

Tel: (02) 9603 8444

Help desk Tel: 1800 730 149

Fax: (02) 9603 8555

Email: service@yorkfitness.com.au



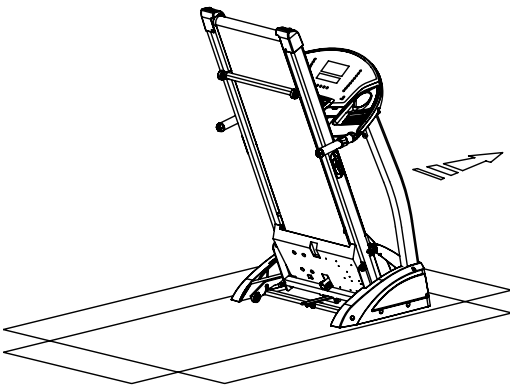
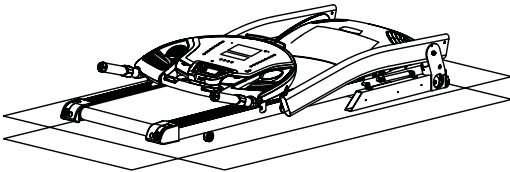
ASSEMBLY INSTRUCTIONS



RISK WARNING



DO NOT MOVE TREADMILL OUT OF THE BOX UNTIL UNIT IS ASSEMBLED AND DO NOT TIP THE BOX ON ITS SIDE WITH THE TREADMILL IN IT. ALSO ONCE THE ASSEMBLED TREADMILL HAS BEEN REMOVED FROM THE BOX DO NOT TIP THE TREADMILL ON ITS SIDE. COLLAPSE BOX BOTTOM AND LAY SIDES DOWN BEFORE ASSEMBLY. WHEN MOVING ASSEMBLED TREADMILL OUT OF THE BOX, MOVE IT OUT OF THE BOX ON ITS WHEELS WHILE THE DECK IS IN THE FOLDED AND LOCKED POSITION. DO NOT REMOVE THE SAFETY PIN CONNECTED TO THE SIDE FRAME AND UPRIGHT POST UNTIL YOU HAVE READ AND FOLLOWED THE ASSEMBLY INSTRUCTIONS. FAILURE TO FOLLOW THIS PROCEDURE MAY RESULT IN SERIOUS INJURY DUE TO PINCH POINT AREA BETWEEN THE RUNNING GEAR AND THE UPRIGHT FRAMES.



GETTING STARTED

Collapse box bottom and lay sides down before assembly. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

Contents



Part No. C x 6
Screw (M8 x 20L)



Part No. D x 2
Washer (Ø8 x Ø18)



Part No. E x 4
Washer (Ø10 x Ø25)



Part No. F x 10
Screw (M4 x 8L)



Part No. G x 1
Allen Key



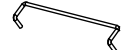
Part No. H x 1
Screwdriver



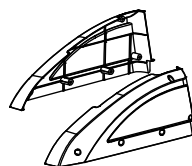
Part No. I x 1
Safety Key



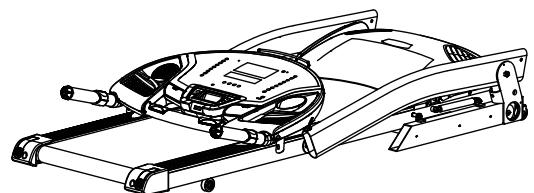
Part No. J x 1
Speaker Wire



Part No. K x 1
Book Rack



Part No. B x 2
Upright Side Cap



Part No. A x 1
Main Frame

ASSEMBLY INSTRUCTIONS

STEP 1

1. Lift the uprights.
2. Attach at the base using 4 x bolts (C), 2 x washers (D) and 2 x washers (E) - use the allen key to tighten them well.

Part 1 - Fixings



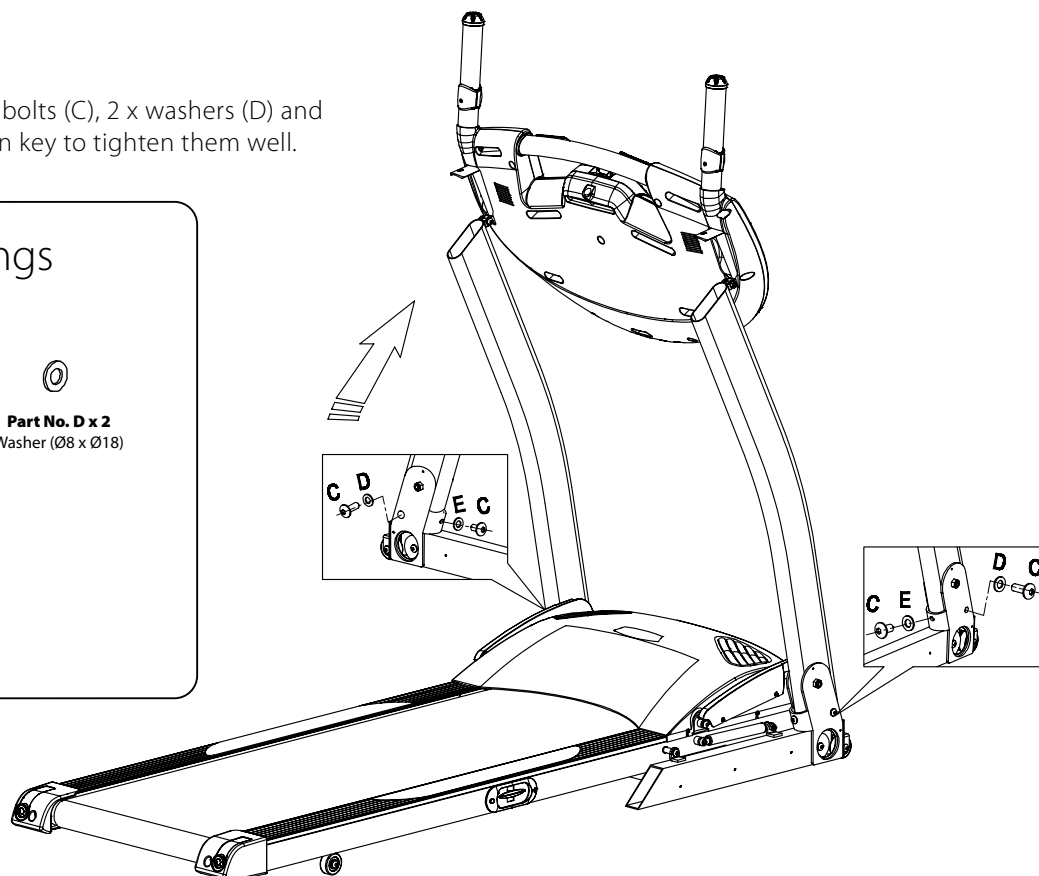
Part No. C x 4
Screw (M8 x 20L)



Part No. D x 2
Washer (Ø8 x Ø18)



Part No. E x 2
Washer (Ø10 x Ø25)



STEP 2

1. Rotate the computer until it's in the position shown.
2. Attach to the top of the uprights using 2 x bolts (C) and 2 x washers (E) - use the allen key to tighten them well.
3. Remove the safety pin connected from the side frame and upright post as shown.

IMPORTANT: The safety pin helps prevent serious injury during assembly and must not be removed prior to this step. The safety pin must be removed at the end of this step for the folding and incline features to function properly.

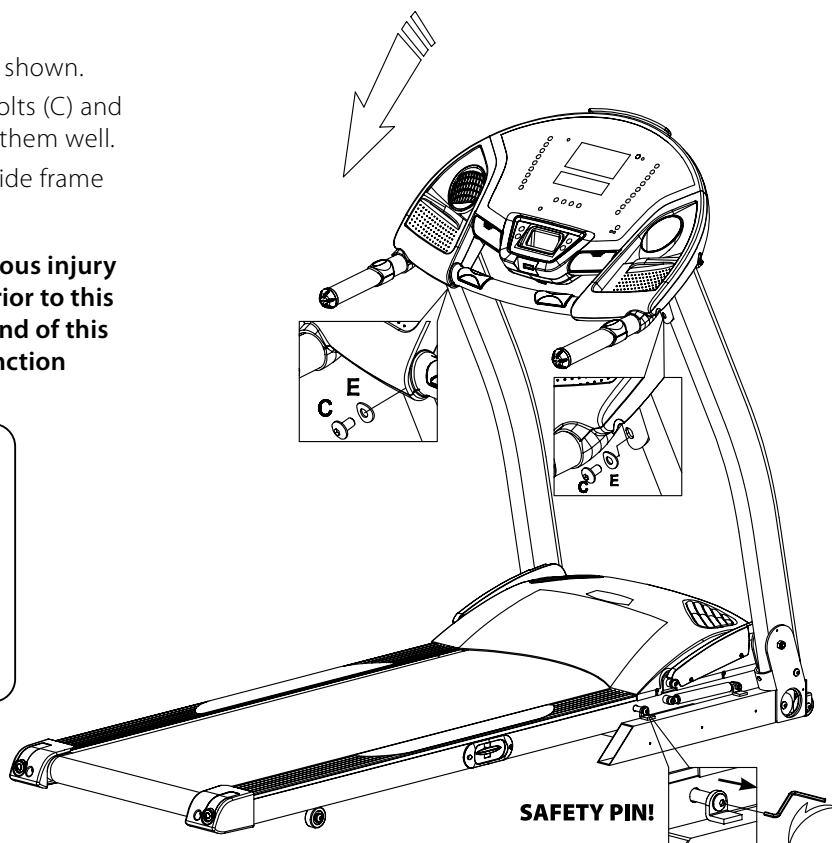
Part 2 - Fixings



Part No. C x 4
Screw (M8 x 20L)



Part No. E x 2
Washer (Ø10 x Ø25)



ASSEMBLY INSTRUCTIONS

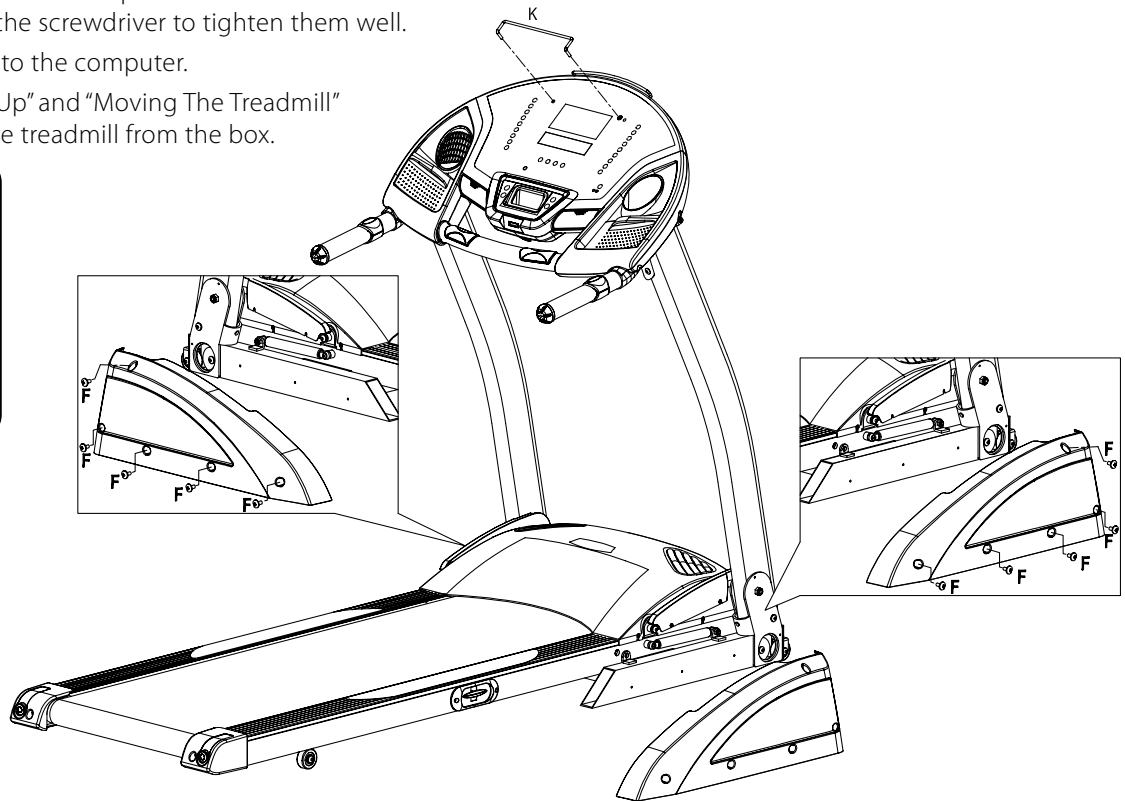
STEP 3

1. Using 10 x screws (F) attach the plastic cover to the base of the uprights - use the screwdriver to tighten them well.
2. Install magazine rack to the computer.
3. Follow "Easy-lift Fold Up" and "Moving The Treadmill" instructions to remove treadmill from the box.

Part 3 - Fixings



Part No. F x 10
Screw (M4 x 8L)



FINAL CHECK

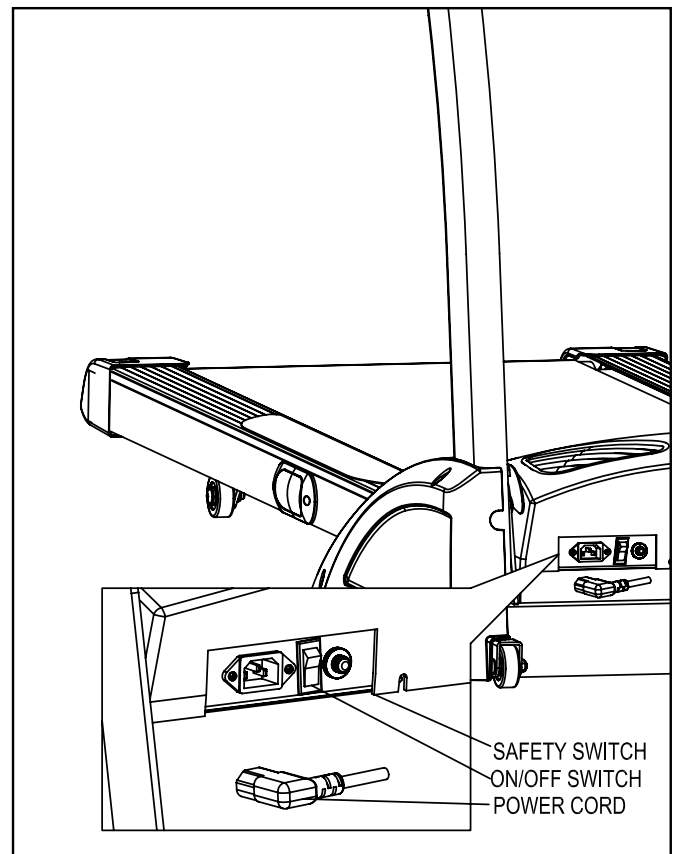
Your Monza Equipe Treadmill is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

POWER UP

- Plug one end of power cable into the treadmill as shown.
- Plug the other end into a suitable AC outlet (220-240 volt, 50Hz).
- Switch the treadmill on using the on/off switch.
- Attach the safety key to the console.

NOTE: Before you run on the treadmill for the first time, use the Quick Start instruction and allow the treadmill to run independently for 10 minutes. Check the running mat is tightened correctly and runs smoothly. If you think the mat needs adjusting please see next page for more details.



SAFETY SWITCH
ON/OFF SWITCH
POWER CORD

OPERATIONAL INSTRUCTIONS

ADJUSTING RUNNING MAT TENSION

Note: Check lubrication before adjusting the mat as symptoms can be similar.

The tension of the mat has been pre-set at the factory; however, with use the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise.
4. Re-test the mat tension. If the mat still slips, repeat step 3.

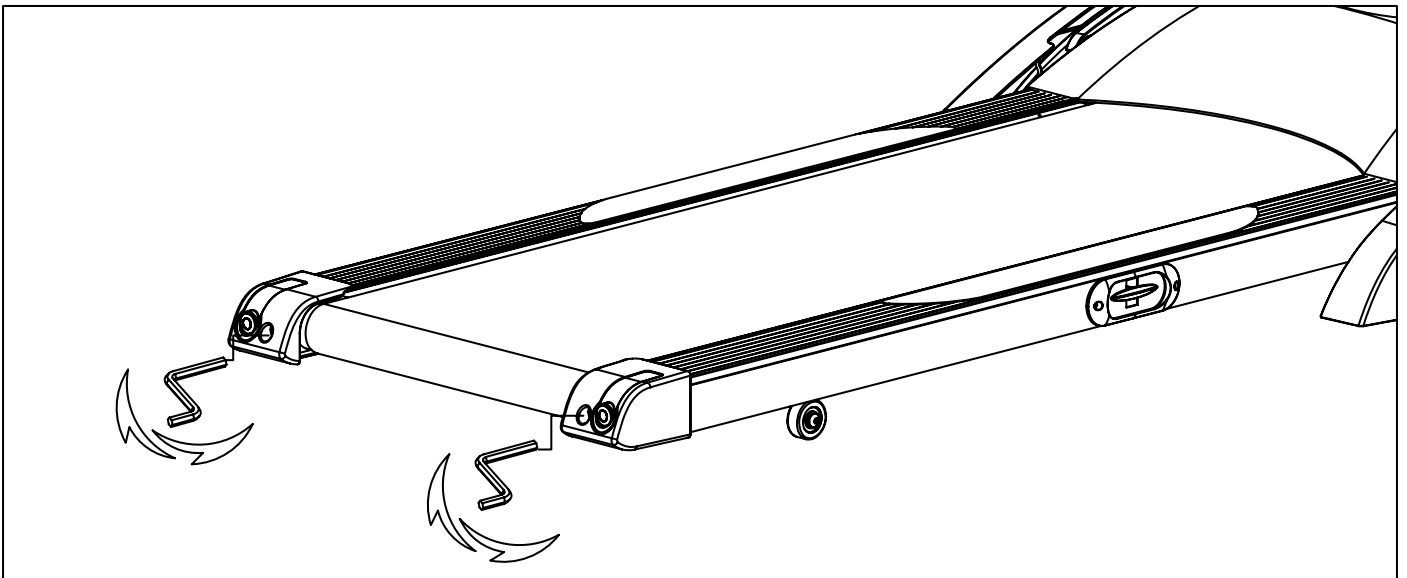
TIP: When correctly tensioned you should be able to lift the edge of the mat about 5 - 7cm - please only check this when the power is turned off.

NOTE: If the mat is too tight, turn the screws anti-clockwise. Do not over tighten the mat - only turn the screws 1/2 turn before re-checking the mat.

ADJUSTING RUNNING MAT ALIGNMENT

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg. more weight on one foot), or if it's placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. If your mat moves to the right, using the allen key provided, adjust the right screw by 1/2 turn clockwise. (If it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3.



OPERATIONAL INSTRUCTIONS

SAFETY KEY

The treadmill will only operate when the safety key is in position - if the safety key is removed while the treadmill is in operation, it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use, you should remove the safety key and store it somewhere safe, out of the reach of children.

BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you feel more comfortable.

Ensure the safety pin that is connected to the side frame and side post are removed during the assembly instruction. The machine incline features will not operate if the safety pin is not removed.

QUICK START

Make sure the treadmill is plugged in, switched on, and the safety key is in position.

1. Press the "POWER" button.
2. Press the "+ / -" buttons to input your weight (in kg).
3. Press the "START/STOP" button.
4. The treadmill mat will slowly begin to move (0.8 km/h).
5. Use the "+ / -" buttons to change the speed and incline.

NOTE: Entering your weight allows a more accurate "Calorie burned" figure to be displayed when you workout.

MAJOR FUNCTION KEYS

POWER	Power ON / OFF treadmill.
START / STOP	<ul style="list-style-type: none">• When power on, press to begin workout at the default speed of 0.8kph / 0.5mph.• During workout, press again to stop.
ENTER	<ul style="list-style-type: none">• Press to confirm a selection in program selection mode.
SELECT	<ul style="list-style-type: none">• Press to browse through preset and user programs.• During workout, press this key to switch displays through Calories to Elevation Gain.
SPEED + / -	Control the speed of your workout. <ul style="list-style-type: none">• Press the button once to change the speed level value by 0.2kph (0.1mph).• Hold down the button for over two seconds to increase / decrease the value faster.
INCLINE + / -	Control the incline of your workout. <ul style="list-style-type: none">• Press the button once to change the incline level value by 1%.• Hold down the button for over two seconds to increase / decrease the value faster.
SPEED QUICK KEYS	Press these keys will set the speed directly to the corresponding value.
INCLINE QUICK KEYS	Press these keys will set the incline directly to the corresponding level.

OPERATIONAL INSTRUCTIONS

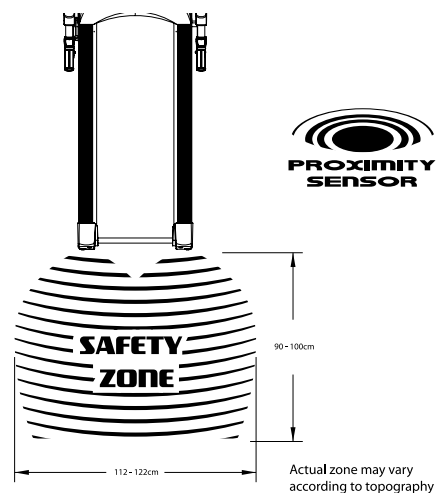
YORK PROXIMITY SENSOR:

The York Proximity Sensor acts as an invisible safety barrier that detects and alerts if any objects such as crawling babies, toddlers or pets are within the safety zone and in possible danger of harming themselves.

If the safety zone barrier is broken, the console light will flash and a beeping sound will be heard. As the object gets closer to the rear of the treadmill, both the flashing light and the beeping noise will get faster.

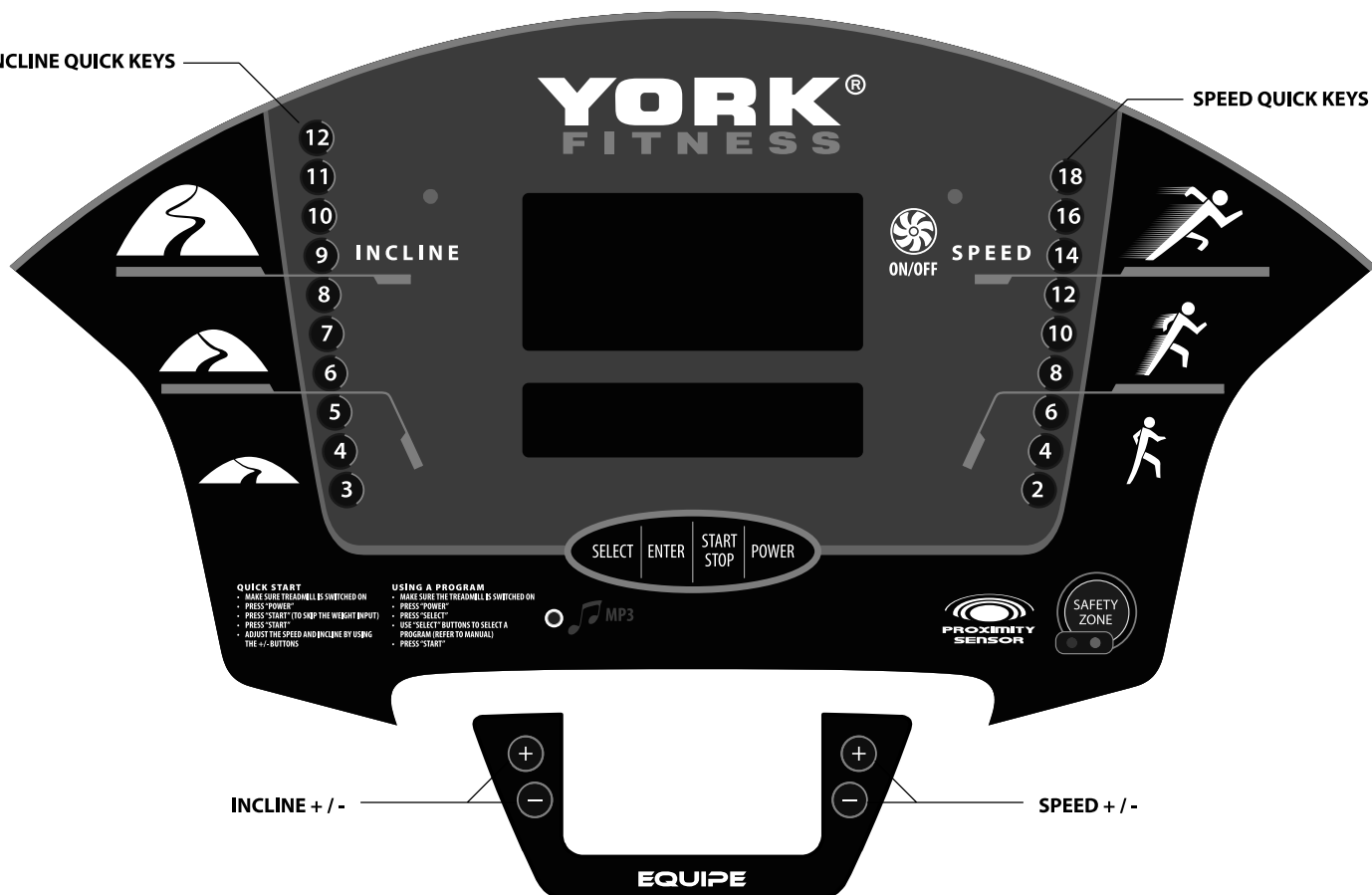
PLEASE ENSURE YOU CHECK THE REAR OF THE TREADMILL IMMEDIATELY UPON SEEING THE FLASHING LIGHT AND HEARING THE BEEPING SOUND!

- Press the Proximity Sensor “on/off” button once to turn it on. (Green light on)
- Press the Proximity Sensor “on/off” button again to turn it off. (No light)



INCLINE QUICK KEYS

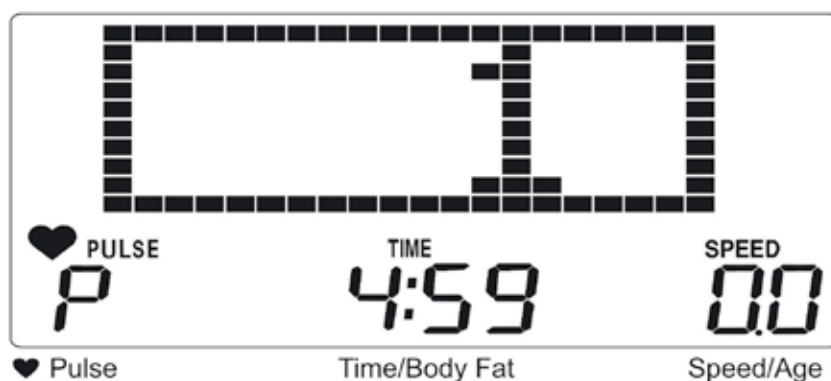
SPEED QUICK KEYS



OPERATIONAL INSTRUCTIONS

DISPLAYS

DOT MATRIX	<ul style="list-style-type: none"> Displays the incline during one of the ELEVATION programs and INCLINE & SPEED combination programs. Displays the speed during one of the SPEED programs and USER programs. Displays a heart symbol during one of the HRC programs. Displays a 0.4km running track during the MANUAL program, TARGET programs and a BODY FAT programs.
PROMPT TEXT	<ul style="list-style-type: none"> Displays the workout program and operational instructions to begin a workout.
PULSE	<p>To get a pulse rate, place both of your hands on the hand pulse sensor or use a heart rate chest strap. (For more information, please see the "MONITORING YOUR HEART RATE" section.)</p> <ul style="list-style-type: none"> Displays the pulse rate during a workout when pulse rate signal is received from the hand pulse sensor or the wireless heart rate receiver. During a HRC program workout, it will display the TARGET HEART RATE (THR) value.
TIME / BODY FAT	<ul style="list-style-type: none"> Displays the workout time during a workout. Displays the BODY FAT result in percentage during a BODY FAT PROGRAM.
SPEED / AGE	<ul style="list-style-type: none"> Displays the speed during a workout. Displays the age value during up a HRC and BODY FAT PROGRAM.
INCLINE / SEX	<ul style="list-style-type: none"> Displays the incline level during a workout. Displays the sex options during a BODY FAT PROGRAM. (0 = Male, 1 = Female)
CAL / ELEV GAIN / HEIGHT	<ul style="list-style-type: none"> Displays the calories consumed during a workout. Press SELECT KEY TO display the elevation gain during a workout. Displays the height value during a BODY FAT PROGRAM.
DISTANCE / WEIGHT	<ul style="list-style-type: none"> Displays the distance in kilometers or miles travelled during a workout. Displays the weight value during a BODY FAT PROGRAM.



OPERATIONAL INSTRUCTIONS

OPERATIONAL INSTRUCTIONS

1. **POWER ON** - Press the POWER button to turn on the machine. The treadmill will not operate unless power is ON.
2. **ENTER WEIGHT** - After the treadmill is turn on, the prompt text will display "INPUT WEIGHT" and the dot matrix will display "WT" along with the preset weight of 60kg. Adjust the weight value by using the SPEED & INCLINE + / - keys. Press ENTER to confirm.
3. **PROGRAM SELECTION** - There are 23 programs in total (Please see the next section for program modes). Use the "SELECT" or "INCLINE & SPEED + / -" keys to select a program mode and press ENTER to confirm a selection.
4. **BEGIN WORKOUT** - Press "START" to begin the program. All programs have a ten one-minutes segments. The program repeats the ten one-minute segments until the user ends the workout.
5. **STOP WORKOUT** - Press "STOP" anytime to stop workout.

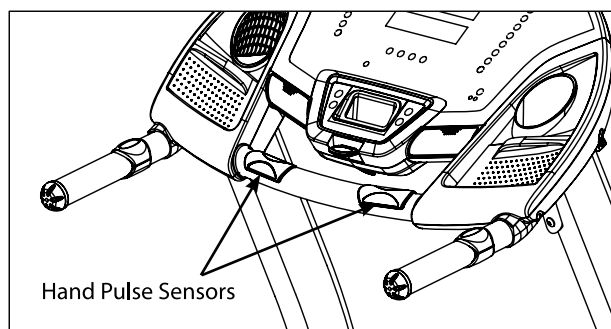
OTHER INSTRUCTIONS

ODOMETER	The computer will displays the accumulated distance in the TIME and SPEED displays for three seconds after the SAFETY KEY is placed on the monitor.
TOTAL HOURS	The computer will displays the accumulated speed in the prompt text display for three seconds after the SAFETY KEY is placed on the monitor.
TIME-OUT	The monitor will shut off after 5 minutes of inactivity.
RE-START	<ul style="list-style-type: none">• Press START button to re-start the computer from pause status.• If the treadmill is in TIME-OUT status, press POWER button to wake treadmill from TIME-OUT status.

MONITORING YOUR HEART RATE

The treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

NOTE: Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation.



WIRELESS HEART RATE RECEIVER

This treadmill features a built in receiver meaning it will pick up the signal from a chest strap. A chest strap will give a heart rate reading to ECG accuracy. We recommend a chest strap is worn when using HRC programs. To purchase one, please see the "CUSTOMER SUPPORT" section at the start of this manual or visit www.yorkfitness.com.

HOW THE HRC PROGRAM WORKS

The program works by automatically adjusting the incline to keep you working out at your target heart rate. To do this the treadmill will need your pulse reading throughout the exercise (we recommend you use a chest strap for this).

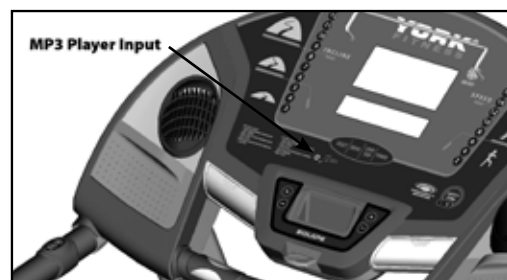
- If your heart rate is too high the incline is decreased, at a rate of 1% every 30 seconds.
- If your heart rate is too low the incline is increased, at a rate of 1% every 30 seconds.
- The user is free to change to speed settings at any point during the workout.

NOTE: The HRC program has a 3 1/2 minute warm-up phase. During this time the treadmill won't automatically adjust the incline.

OPERATIONAL INSTRUCTIONS

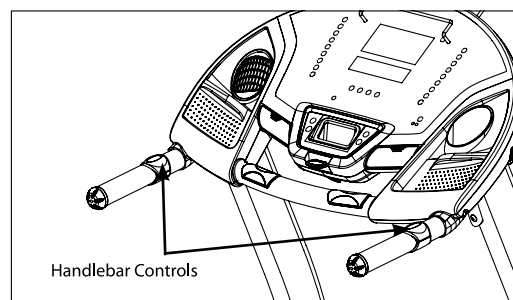
MP3 PLAYER INPUT

To use the built-in audio speaker, connect your MP3 player to the computer console with the audio cable supplied with the treadmill. Adjust the volume with your MP3 player.



HANDLEBAR CONTROLS

The handlebar controls are an alternative access to control the speed and incline of your workout. They function the same as the "+" / "-" buttons on the main console.



STORAGE / CLEANING

Keep the treadmill in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use.

Use a warm, damp cloth to wipe the treadmill surface. Mild detergent may be used if necessary. Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

LUBRICATION

An insufficiently lubricated deck will cause the running mat, running deck and motor to wear out much quicker. **Keeping the deck lubricated is the most important activity you can carry out to prolong the life of your treadmill.** How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months.
- Medium use (3 to 5 hours a week) - every 4 months.
- Heavy use (more than 5 hours a week) - every 2 months.

You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can.
 - If your hand gets a light coating of lubricant then no further lubrication is required.
 - If the surface feels dry and your hand feels clean, then apply more lubricant.

NOTE: If in doubt apply a little lubricant.

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to the centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit www.yorkfitness.com.

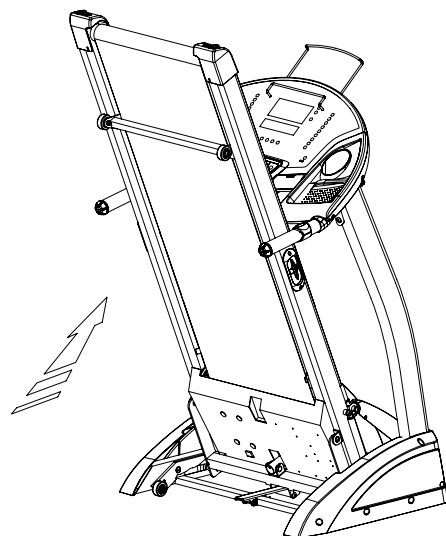
OPERATIONAL INSTRUCTIONS

EASY-LIFT FOLD UP

To make storage simple, quick and easy, this treadmill features a hydraulic folding system. Simply lift the running deck to fold. Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.

NOTE: Make sure the treadmill incline is at the lowest position before attempting to fold. If the incline is not in the lowest position, folding will damage the mechanism.

Ensure the safety pin that is connected to the side frame and side post are removed during the assembly instruction. The machine will not fold up if the safety pin is not removed.

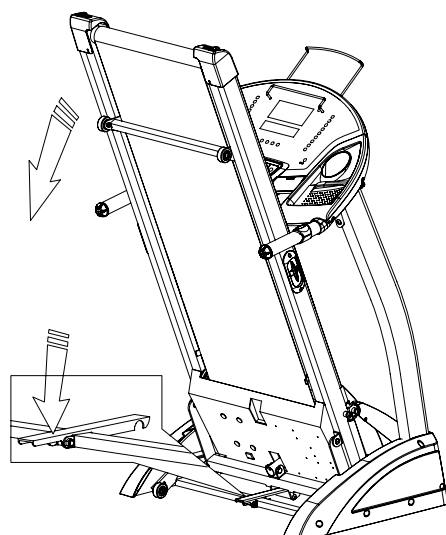


SOFT DROP FOLD DOWN

An additional feature that allows the deck to gently lower itself to the floor:

1. Whilst taking the weight of the deck with your left hand, use your foot to push on the deck release level to unlock.
2. Let the deck slowly guide itself down to the floor.

NOTE: Make sure there is nothing obstructing the deck as it lowers.

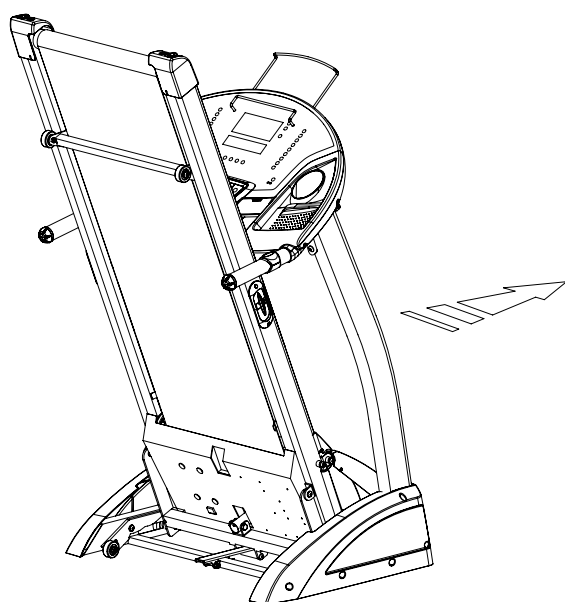


MOVING THE TREADMILL

This treadmill features 2 non marking wheels to help manoeuvrability:

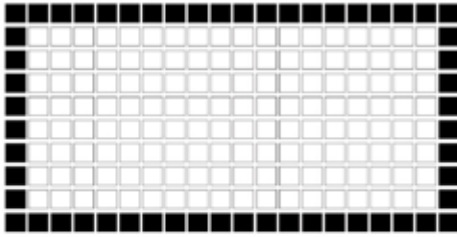
3. Fold-up the deck as explained above.
4. Stand in front of the treadmill, square on.
5. Put one hand on each of the handrails and tilt the treadmill towards you to engage the wheels.
6. Use the handrails to push the treadmill to the desired location.

NOTE: Before moving the treadmill, ensure the power cable is unplugged from the wall and the treadmill.

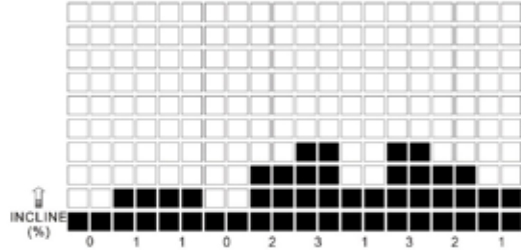


PROGRAMS

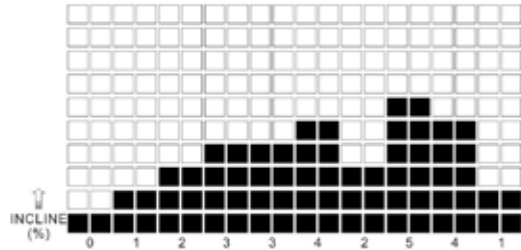
P1 Manual



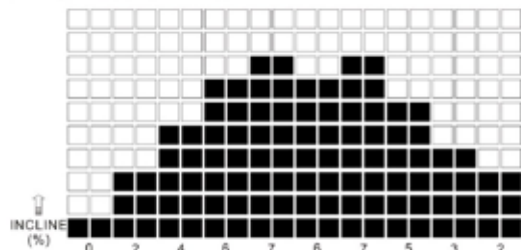
P2 Rolling Hills



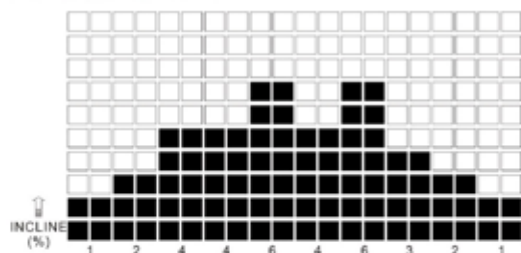
P3 Mountain Pass



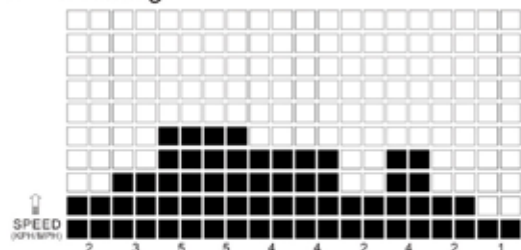
P4 Mountain Peak



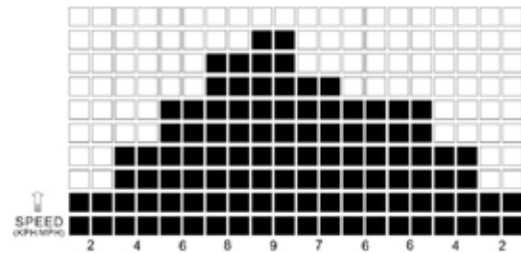
P5 Calorie Burn



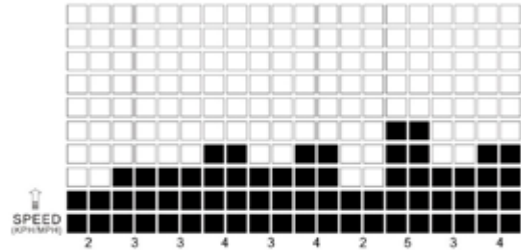
P6 Walking



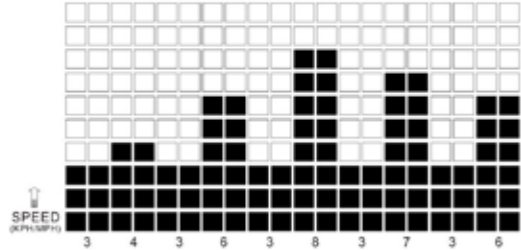
P7 Walking II



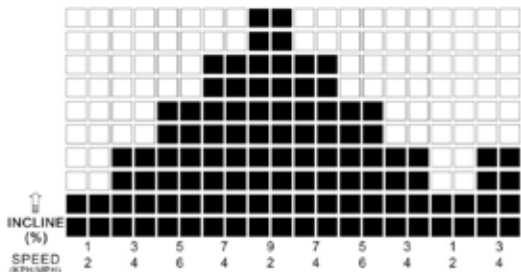
P8 Jogging



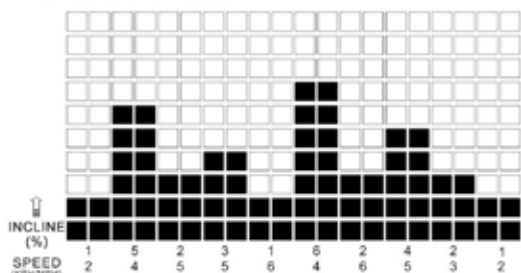
P9 Jogging Interval



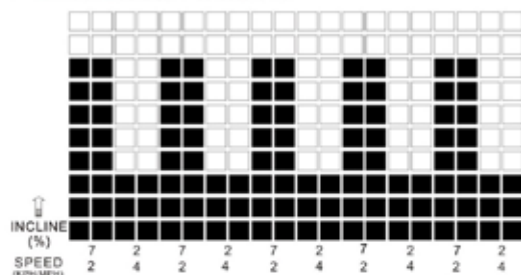
P10 Cardio Burn



P11 Hill Interval

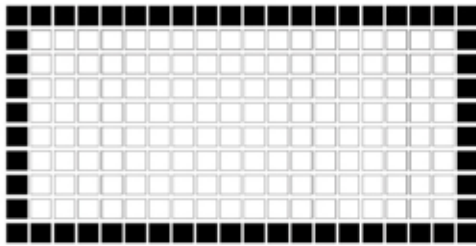


P12 Mountain Interval

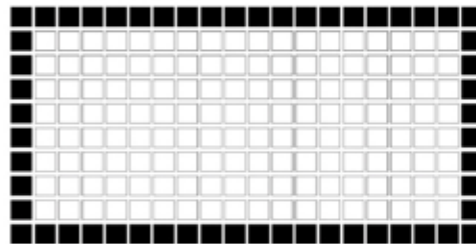


PROGRAMS

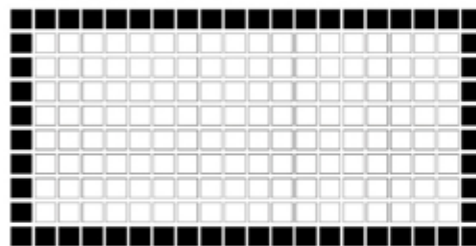
P13 TARGET DIS



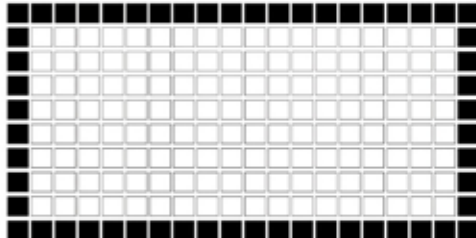
P14 TARGET CAL



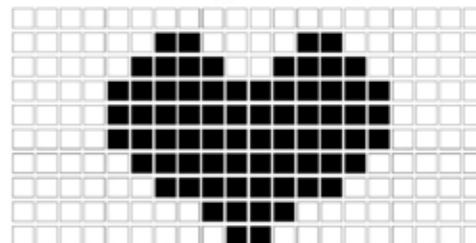
P15 TARGET TIME



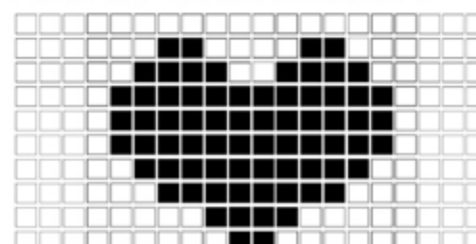
P16 TARGET EG



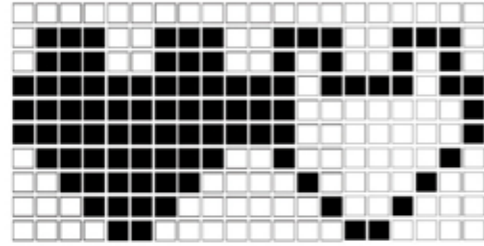
P17 HRC 1-Weight Loss speed



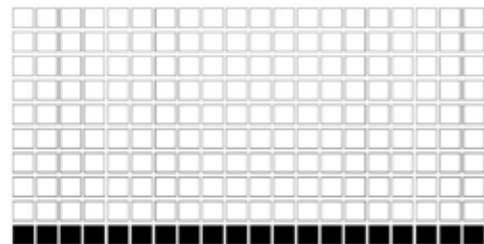
P18 HRC 2-Cardio Heart Incline



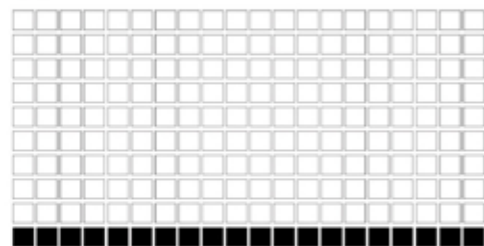
P19 HRC 3-Interval Fatburn Speed+Incline



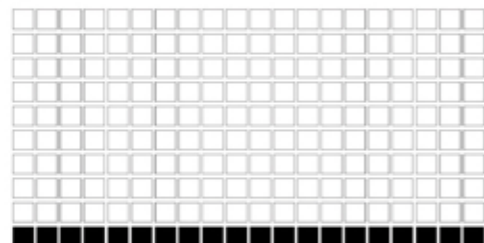
P20 U 1



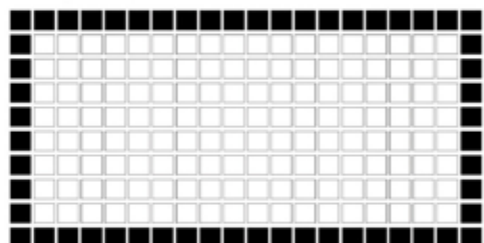
P21 U 2



P22 U 3



P23 Body Fat



PROGRAMS

MANUAL (P1)

MANUAL MODE allows the user to control the speed and incline level manually.

- Press START immediately after the treadmill is turn on. After a 3-2-1 count down, the treadmill will begin at the default speed (0.8kph / 0.5mph).
 - During the workout, user may adjust the speed and incline by using the SPEED & INCLINE + / - keys or quick keys.
-

INCLINE PROGRAMS (P2 - P5)

P2 ROLLING HILLS / P3 MOUNTAIN PASS / P4 MOUNTAIN PEAK / P5 CALORIE BURN

These are the incline programs. The incline is preset in each segment, and the speed is controlled by the user.

- Select one of the incline programs and press START to begin workout. After a 3-2-1 count down, the treadmill will begin at the present speed and incline.
 - During the workout, user may adjust the speed by using the SPEED + / - keys or quick keys.
 - User may also adjust the preset incline by using the INCLINE + / - key or quick keys. Press the INCLINE + / - keys once to raise or lower every segment of the incline level by 1%, all the segments of the program will raise or lower together until it reaches the maximum or minimum level.
-

SPEED PROGRAMS (P6 - P9)

P6 WALKING / P7 WALKING II / P8 JOGGING / P9 JOGGING INTERVAL

These are the speed programs. The speed is preset in each segment, and the incline is controlled by the user.

- Select one of the speed programs and press START to begin workout. After a 3-2-1 count down, the treadmill will begin at the present speed and incline.
 - During the workout, user may adjust the incline by using the INCLINE + / - keys or quick keys.
 - User may also adjust the preset speed by using the SPEED + / - key or quick keys. Press the SPEED + / - keys once to raise or lower every segment of the speed by 0.2kph / 0.1mph, all the segments of the program will raise or lower together until it reaches the maximum or minimum level.
-

SPEED & INCLINE COMBINATION PROGRAMS (P10 - P12)

P10 CARDIO BURN / P11 HILL INTERVAL / P12 MOUNTAIN INTERVAL

These are the speed & incline combination programs. The speed and incline are preset in each segment.

- Select one of the speed & incline programs and press START to begin workout. After a 3-2-1 count down, the treadmill will begin at the present speed and incline.
- User may also adjust the preset speed and incline by using the SPEED or INCLINE + / - key or quick keys. Press the SPEED or INCLINE + / - keys once to raise or lower every segment of the speed by 0.2kph / 0.1mph and incline level by 1%, all the segments of the program will raise or lower together until it reaches the maximum or minimum level.

PROGRAMS

TARGET PROGRAMS (P13 - P16)

P13 TARGET DISTANCE / P14 TARGET CALORIES / P15 TARGET TIME / P16 TARGET ELEVATION GAIN

These are the target programs. During the workout, the console will counts down from a targeted value set by the user.

1. Select one of the target programs and user the SPEED or INCLINE + / - keys to select a target value.
 - P13 TARGET DISTANCE (0.5 - 99.50 km / mile)
 - P14 TARGET CALORIES (10 - 9990 kcal)
 - P15 TARGET TIME (10:00 - 99:00 minutes)
 - P16 TARGET ELEVATION GAIN (10 - 9990 meters)
 2. Press ENTER to confirm setting.
 3. Press START to begin workout.
 - During workout, the user may adjust the speed and incline level by using the SPEED or INCLINE + / - keys.
 - The targeted value will counts down in the correspondent display until the goal has been reached. "END" will appear in the dot matrix display and the machine will stop.
 - If the user doesn't set any targeted value, the machine will operate as in MANUAL program.
-

HRC PROGRAMS (P17 - P19)

P17 WEIGHT LOSS PROGRAM / P18 CARDIO HEART PROGRAM / P19 INTERVAL FAT BURN PROGRAM

These are the heart rate control programs. The treadmill will adjust the default value every 30 to 40 seconds until target heart rate zone is reached:

- P17 WEIGHT LOSS PROGRAM - SPEED
- P18 CARDIO HEART RATE PROGRAM - INCLINE
- P19 INTERVAL FAT BURN PROGRAM - SPEED & INCLINE

The user must wear a heart rate chest strap or grip the hand pulse sensor to use these programs.

1. Select one of the HRC programs.
 2. The prompt text bar will display "INPUT AGE". Use the SPEED or INCLINE + / - keys to input user's age. Press "ENTER" to confirm.
 3. The default TARGET HEART RATE (THR) is displayed at 60%. Use the SPEED or INCLINE + / - keys to change the value.
 4. Press "START" to begin workout.
 - The treadmill will start at 0.8kph / 0.5mph speed and 0% incline. After 3 minutes of warm-up, the incline and / or speed (Depends on which HRC program is selected) will adjust every 30 - 40 seconds until target heart rate zone is reached.
 - The dot matrix will displays "?" if there is no heart rate input for 10 seconds. If there are no signal input for 30 seconds, the machine will stop and dot matrix will displays "END".
-

USER PROGRAMS (P20 - P22 / U1, U2, U3)

The user programs allow users to program their own workout program.

1. Select one of the USER program and press ENTER to confirm.
2. Adjust the speed and incline by using the SPEED and INCLINE + / - keys and press "ENTER" to confirm each segment.
3. Press "START" to begin workout.
 - If a speed and incline value is changed during usage, the monitor will retain the value of the speed and incline at the end of each segment.
 - When the LCD power is off, hold SELECT until the computer beeps twice to reset the value set by the user.

PROGRAMS

BODY FAT PROGRAM (P23 / F001)

The body fat program calculates the body fat percentage from the value you put in the computer for your reference, so that you can plan your training. When selecting this program, the user can follow the steps showed on the dot matrix and LCD prompt text as below:

1. Input Age: Press SPEED or INCLINE + / - keys to adjust the age, press ENTER to confirm. (Preset: 40, range: 10 ~ 99 years old)
 2. Input Sex: Press SPEED or INCLINE + / - keys to choose, 1 represents Female and 0 represents Male, press ENTER to confirm. (Preset: 0)
 3. Input Height: Press SPEED or INCLINE + / - keys to adjust the height, press ENTER to confirm. (Preset: 160cm, range: 100 ~ 240cm)
 4. Input Weight: Press SPEED or INCLINE + / - keys to adjust the weight, press ENTER to confirm. (Preset: 60kg, range: 10 ~ 250kg)
 5. After finishing the input, the dot matrix will shows "Check Pulse". Please hold the heart rate sensor with two hands for a while, when the computer received the heart rate value, the LCD shows "BODY FAT RESULT" and shows the BODY FAT value within 10 seconds.
- If the computer received no signal of heart rate for 20 seconds, the LCD will shows "END" & "E5" with beeps at the same time.

TROUBLESHOOTING

If you have a problem with your treadmill, 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.

ERROR CODE	CAUSE	CORRECTION
E1 - THE CONSOLE HAS NOT RECEIVED A SIGNAL FROM THE MOTOR / SPEED SENSOR WITHIN CERTAIN TIME.	<ul style="list-style-type: none"> Wiring jack has a poor connection. There is too great a distance between the speed sensor and the magnet on the front roller pulley. Sensor is faulty and / or wiring has been damaged. Magnet on the front roller pulley is loose / fallen / missing. Controller is burnt. 	<ul style="list-style-type: none"> Re-insert the wiring jack and ensure that a firm connection is made. Adjust the speed sensor so that it sits 3mm (+ / - mm) from the magnet. Replace the sensor. Replace the magnet. Replace the controller.
E2 - NO READOUT OR ABNORMAL MESSAGE ON DISPLAY / BUTTONS NOT WORKING / BEEPING SOUNDS	<ul style="list-style-type: none"> Damage to IC chipset or IC base. Static electricity interference (static electricity may transfer through hand pulse receiver and damage the IC) 	<ul style="list-style-type: none"> Check if any cracks and tilt can be seen on IC base or broken pins/leads on IC. Ensure the grounding wire is firmly fixed in place with the screw. Examine if there is any damage to the small PCB beneath the hand pulse receiver plastic cover. Check if LCD / LED works properly.
E3 - THE CONSOLE COULD NOT OBTAIN THE INCLINE VALUE WITHIN CERTAIN TIME / THE INCLINE MOTOR IS WORKING OUTSIDE ITS PARAMETERS	<ul style="list-style-type: none"> Data jack has a poor connection. Incline motor has become damaged (Internal damage may be evident by excessive motor case heat). Data cable has been damaged. Controller is burnt. 	<ul style="list-style-type: none"> Re-insert the wiring jack and ensure that a firm connection is made. Reset the height of the incline nut and restart the machine. Replace the incline motor. Replace the controller.
E5 - NO HEART RATE SIGNALS WITHIN 20 SECONDS WHEN USING BODY FAT PROGRAM	<ul style="list-style-type: none"> Misplaced gesture on hand pulse sensors. Hand pulse sensors are faulty or damaged. 	<ul style="list-style-type: none"> Try again with appropriate gesture. Replace the hand pulse sensors.

PROBLEMS	CAUSE	CORRECTION
TREADMILL WILL NOT START	<ul style="list-style-type: none"> Not plugged in. Safety key not attached correctly. Treadmill circuit breaker tripped. On / Off Switch not turned on. Auto Shut Down Timed Out. 	<ul style="list-style-type: none"> Plug into suitable outlet. Insert safety pull pin. Reset circuit breaker. Turn on On / Off Switch. Unplug and re-plug electrical cord.
TREADMILL BELT SLIPPING	<ul style="list-style-type: none"> Walking belt too loose. Deck needs lubrication. 	<ul style="list-style-type: none"> Tighten walking belt. Lubricate belt and deck.
TREADMILL NOISY	<ul style="list-style-type: none"> Loose hardware. Motor straining. Clicking sound - roller knocking. 	<ul style="list-style-type: none"> Tighten visible screws, nuts and bolts. Check belt tension - 3 finger test. Adjust rear rollers - check the tension.
INACCURATE PULSE RATE	<ul style="list-style-type: none"> Too much hand movement. Palms too wet. Gripping hand grips too tight. Wearing rings. 	<ul style="list-style-type: none"> Stand on side rails to obtain accurate pulse reading. Dry palms. Grip using moderate pressure. Remove all rings.

FITNESS GUIDE

STARTING YOUR WORKOUT

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.

Begin each workout with a warm up session - a few minutes of stretching to help prevent strains, pulls and cramps:

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails. (Either side of the running mat)
2. Activate the treadmill. (Using the details found in the Operation Instructions)
3. The treadmill will start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

FINISHING YOUR WORKOUT

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails. (Either side of the running mat)
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.
7. End each workout with a cool down session - a few minutes of stretching to help prevent strains, pulls and cramps.

CORRECT RUNNING FORM

- Run in the centre of the running mat.
- Keep your head up and look straight ahead.
- Shoulders should be square and level, don't round your shoulder or swing them forwards or backwards.
- Keep your torso straight with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

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.

FITNESS GUIDE

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.



FITNESS GUIDE

HEART RATE TRAINING

To get the most out of your new 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 session 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 hours 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". If you are 35 years old, your estimated maximum heart rate is: $220 - 35 = 185$ beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better heart: $185 \times 60\% = 111$ bpm

TIP: 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.

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:

$220 - \text{Age} = \text{predicted maximum heart rate}$

WARRANTY

THIS EQUIPMENT IS SUPPLIED WITH A STANDARD WARRANTY AS FOLLOWS:

- Lifetime frame
- 12 months other parts
- 12 months labour

This equipment is warranted for use in a home, personal, family or household environment.

Please Note: Warranty details may vary from one market area to another.

WARRANTY TERMS

York Fitness warrants that the Equipment you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the equipment during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Equipment from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the equipment, is your proof of the date of purchase.

This warranty becomes valid only if the Equipment is assembled / installed according to the instructions / directions included with the equipment. This warranty does not extend to any equipment that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the equipment; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider; (e) Direct or Indirect Damage from Natural Causes (hurricane, tornado, hail, lightning, flood, explosion, mudslide).

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the equipment (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the equipment, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and equipment replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the equipment must be returned, you must return the Equipment or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any equipment or part that is returned. Should any equipment submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

To obtain warranty service you must provide the following information:

- Name of Equipment, Equipment Code, Batch No, Date Purchased, and Nature of fault or part number required.
- Neither dealer of this equipment nor any retail establishment selling this equipment has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights

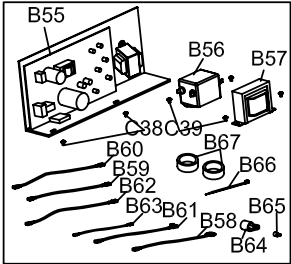
Regular serving of this equipment is recommended every 12 months. Failure to do this may void your warranty.

PART LIST

KEY	PART NO.	DESCRIPTION	QTY
A01	A01	CONSOLE SUPPORT & HANDLEBAR	1
A02	A02	HANDLEBAR	1
A03	A03	LEFT UPRIGHT	1
A04	A04	RIGHT UPRIGHT	1
A05	A05	FRONT ROLLER	1
A06	A06	REAR ROLLER	1
A07	A07	POWER SWITCH MOUNT BRACKET	1
A08	A08	MAIN FRAME	1
A09	A09	ARC BRACKET	2
A10	A10	INCLINE FRAME	1
A11	A11	BASE FRAME	1
A12	A12	LOCKING DEVICE LATCH	1
A13	A13	LEFT WHEEL BRACKET	1
A14	A14	RIGHT WHEEL BRACKET	1
A15	A15	FOLDING RETAINING TUBE	1
A16	A16	SENSOR WIRE TUBE	1
B01	B01	COMPUTER / CONSOLE (CENTER)	1
B02	B02	LOWER CONSOLE COVER	1
B03	B03	SIDE CONSOLE COVER - LEFT	1
B04	B04	SIDE CONSOLE COVER - RIGHT	1
B05	B05	LEFT SIDE COVER BEZEL	1
B06	B06	RIGHT SIDE COVER BEZEL	1
B07	B07	CUP HOLDER	1
B08	B08	LEFT SPEAKER COVER	1
B09	B09	RIGHT SPEAKER COVER	1
B10	B10	HANDE PULSE SENSOR	2
B11	B11	SAFETY KEY BASE	1
B12	B12	INFOTAINMENT CRADLE	1
B13	B13	HANDLEBAR ENDCAP	2
B14	B14	SAFETY KEY	1
B15	B15	FRONT MOTOR COVER	1
B16	B16	DRIVE MOTOR	1
B17	B17	PULLEY BELT	1
B18	B18	INCLINE MOTOR	1
B19	B19	CIRCUIT BREAKER MODULE	1
B20	B20	POWER SOCKET	1
B21	B21	POWER CABLE	1
B22	B22	ON/OFF SWITCH	1
B23	B23	SPEED SENSOR	1
B24	B24	PLASTIC GROMMIT	1
B25	B25	MOTOR COVER MOUNT BRACKET	4
B26	B26	NON-SLIP PAD	2
B27	B27	FOOT RAIL	2
B28	B28	RUNNING DECK	1
B29	B29	RUNNING BELT	1
B30	B30	REAR ENDCAP - LEFT	1
B31	B31	REAR ENDCAP - RIGHT	1
B32	B32	TRANSPORT WHEEL (50MM)	4
B33	B33	MICROWAVE PROXIMITY SENSOR	2
B34	B34	SHOCK GAUGE CLEAR COVER	2
B35	B35	SHOCK GAUGE COVER FRAME	2
B36	B36	SHOCK GAUGE INDICATOR	2
B37	B37	BELT GUIDE	2
B38	B38	RUBBER DECK MOUNT 25*22*6MM	6
B39	B39	RUBBER DECK MOUNT 25*20*6MM	2
B40	B40	ARC BRACKET COVER - LEFT	1
B41	B41	ARC BRACKET COVER - RIGHT	1
B42	B42	RUBBER PAD 45*36*10	4
B43	B43	INCLINE WHEEL 60	2
B44	B44	BASE CORNER COVER - LEFT	1
B45	B45	BASE CORNER COVER - RIGHT	1
B46	B46	GAS STRUT - LEFT	1
B47	B47	GAS STRUT - RIGHT	1
B48	B48	TRANSPORT WHEEL (50MM)	2
B49	B49	EARTH WIRE	1
B50	B50	EARTH WIRE	1
B51	B51	UPPER WIRE	1
B52	B52	LOWER WIRE	1
B53	B53	SENSOR CONNECTING WIRE	1
B54	B54	SENSOR CONNECTING WIRE	1
B55	B55	CONTROLLER PCB	1

KEY	PART NO.	DESCRIPTION	QTY
B56	B56	FILTER	1
B57	B57	CHOKE / TRANSFORMER	1
B58	B58	EARTH WIRE	1
B59	B59	CONNECTING WIRE	1
B60	B60	CONNECTING WIRE	1
B61	B61	CONNECTING WIRE	1
B62	B62	CONNECTING WIRE	2
B63	B63	CONNECTING WIRE	1
B64	B64	SENSOR MOUNT UC-9/16	2
B65	B65	SENSOR MOUNT UC-0.5	7
B66	B66	CABLE TIE	5
B67	B67	FERIT CORE	2
B68	B68	HANDLEBAR FOAM GRIP	1
B69	B69	FOAM HANDGRIP 36*3*165	2
B70	B70	FOAM GRIP 36*3*70	2
B71	B71	HANDLEBAR MOUNTED CONTROL - TOP	2
B72	B72	HANDLEBAR MOUNTED CONTROL - BOTTOM	2
B73	B73	STORAGE INSERT - LEFT	1
B74	B74	STORAGE INSERT - RIGHT	1
B75	B75	BOOK RACK PLUG	4
B76	B76	BOOK RACK TUBE	1
B77	B77	BOOKRACK - 1	1
B78	B78	BOOKRACK - 2	1
B79	B79	FAN BEZEL	1
C01	C01	PHILIPS SCREW 4*12MM	46
C02	C02	PHILIPS SCREW 4*16MM	27
C03	C03	HEX HEAD SCREW M8*35L	2
C04	C04	NUT M8	11
C05	C05	HEX HEAD SCREW M8*20L	10
C06	C06	CURVED WASHER	4
C07	C07	PHILIPS SCREW 4*20MM	2
C08	C08	MACHINE SCREW M6*25L	10
C09	C09	ROUND WASHER 8*16*1.5	3
C10	C10	HEX HEAD SCREW 8*55	3
C11	C11	SCREW CAP M10	11
C12	C12	HEX HEAD BOLT 10*40	1
C13	C13	SELF-TAPPING SCREW 4*12	8
C14	C14	PLASTIC WASHER 4.5MM*5MM	8
C15	C15	HEX HEAD SCREW M8*37L	4
C16	C16	ROUND WASHER 8*18*1.5	9
C17	C17	HEX HEAD BOLT 8*55	1
C18	C18	SELF-TAPPING SCREW M3*10	2
C19	C19	STAR WASHER	3
C20	C20	BUSH 12.3L*17*10.2	2
C21	C21	HEX HEAD SCREW M10*32L	2
C22	C22	BUSH 21.5L*18*10.2	2
C23	C23	SELF-TAPPING 4*12L	4
C24	C24	HEX HEAD BOLT 10*12	2
C25	C25	HEX HEAD SCREW M10*25L	2
C26	C26	BUSH 13.5L*17*10.2	2
C27	C27	ROUND WASHER 10*20*2.0T	2
C28	C28	HEX HEAD SCREW M10*70L	2
C29	C29	STAR WASHER	2
C30	C30	HEX HEAD SCREW	2
C31	C31	PHILIPS SCREW M6*12L	2
C32	C32	HEX HEAD SCREW M8*40L	2
C33	C33	PLASTIC WASHER19*8*10L	2
C34	C34	HEX HEAD SCREW 8*55	1
C35	C35	HEX HEAD SCREW M8*25L	2
C36	C36	HEX HEAD SCREW 8*15	2
C37	C37	SPRING	1
C38	C38	SELF-TAPPING SCREW4*8L	12
C39	C39	SELF-TAPPING SCREW4*6L	7
C40	C40	SELF-TAPPING SCREW3*23	2
C41	C41	NUT M8	2
C42	C42	SELF-TAPPING 4*16L	4

EXPLODED DRAWING



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