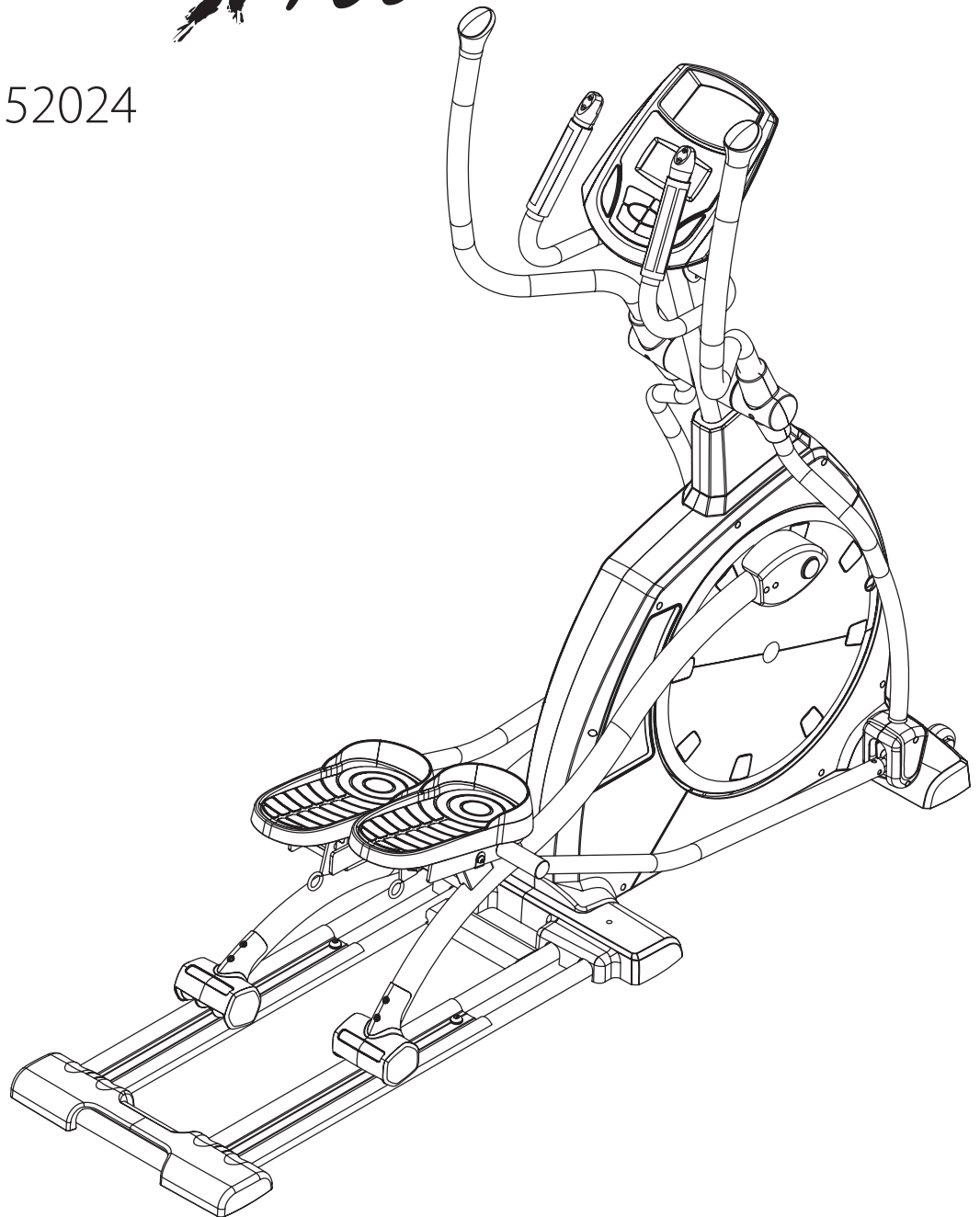


YORK[®]



Model No. 52024



YORK[®]
FITNESS

*Artist expression, actual product may vary from illustration.

READ THIS FIRST

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. York 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 York Fitness.

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

Customer Support

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

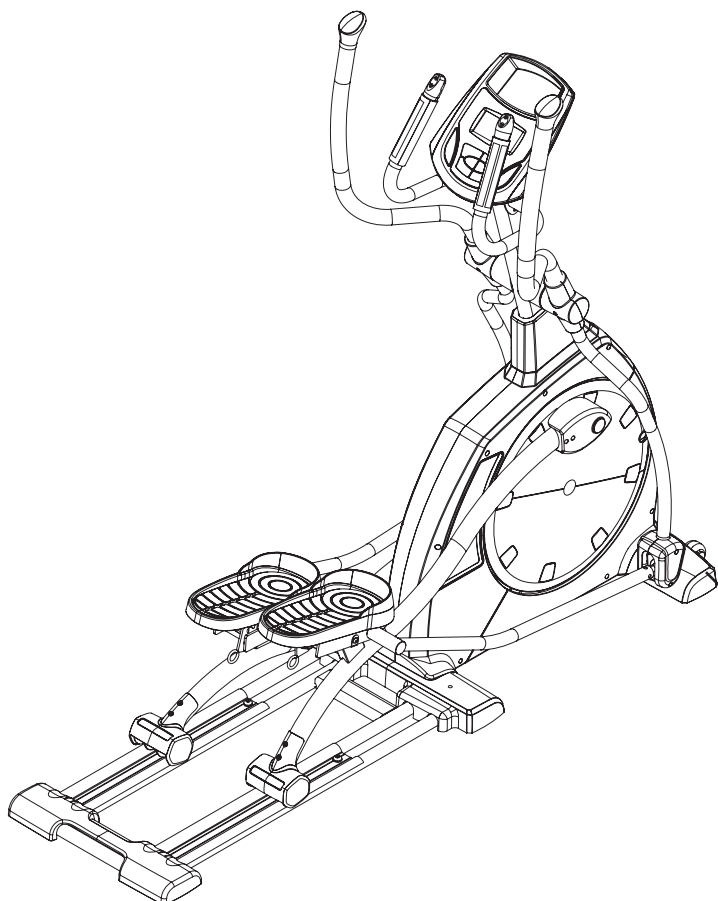
York Fitness (Australia) Pty. Ltd.

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

Should you require any assistance regarding this product please gather the following information, and then contact us using the details above.

- Serial no. - this can be found on the sticker located as indicated. For future reference, please write down your serial number in the space below.
- Original purchase date.
- Place of purchase.
- Information about the place and conditions of use.
- Precise description of the issue / defect.

Serial No: _____



**YORK
FITNESS**



MODEL NO:	52024
PRODUCT NAME:	YORK DIAMOND X400 X-TRAINER
MAX USER WEIGHT:	135 KG
SAFETY STANDARDS:	ISO20957 PARTS 1 & 9 - CLASS HC AS4092 / EN957 PARTS 1 & 9
ELECTRICAL INFO:	9 VDC / 500mA
SERIAL NO:	52024-G03

CUSTOMER SUPPORT: WWW.YORKFITNESS.COM.AU
1/2 SWAFFHAM RD. MINTO NSW 2566 / CALL: 1800-730-149

USE ONLY ON A LEVEL SURFACE / NOT SUITABLE FOR THERAPEUTIC PURPOSES

Safety Precautions

Before using the equipment, please ensure that you read the safety precautions described below. Always ensure that the equipment is operated correctly.

The safety precautions noted below are intended to instruct you in the safe and correct operation of the equipment to prevent injuries or damage to yourself, other persons and equipment.

THIS LIST IS NOT EXHAUSTIVE. Save these instructions.

WARNING

Your product 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.

Fitness Precautions:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

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

Equipment Safety:

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- 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.
- Clean only with a damp cloth. Do not use solvent cleaners. If you are in any doubt, do not use your product. Contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Exercise Safety:

- 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.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.

MAX. User Weight: 113KG (250LB)

TABLE OF CONTENTS

Thank you for purchasing a **YORK FITNESS** equipment.

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 products 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.

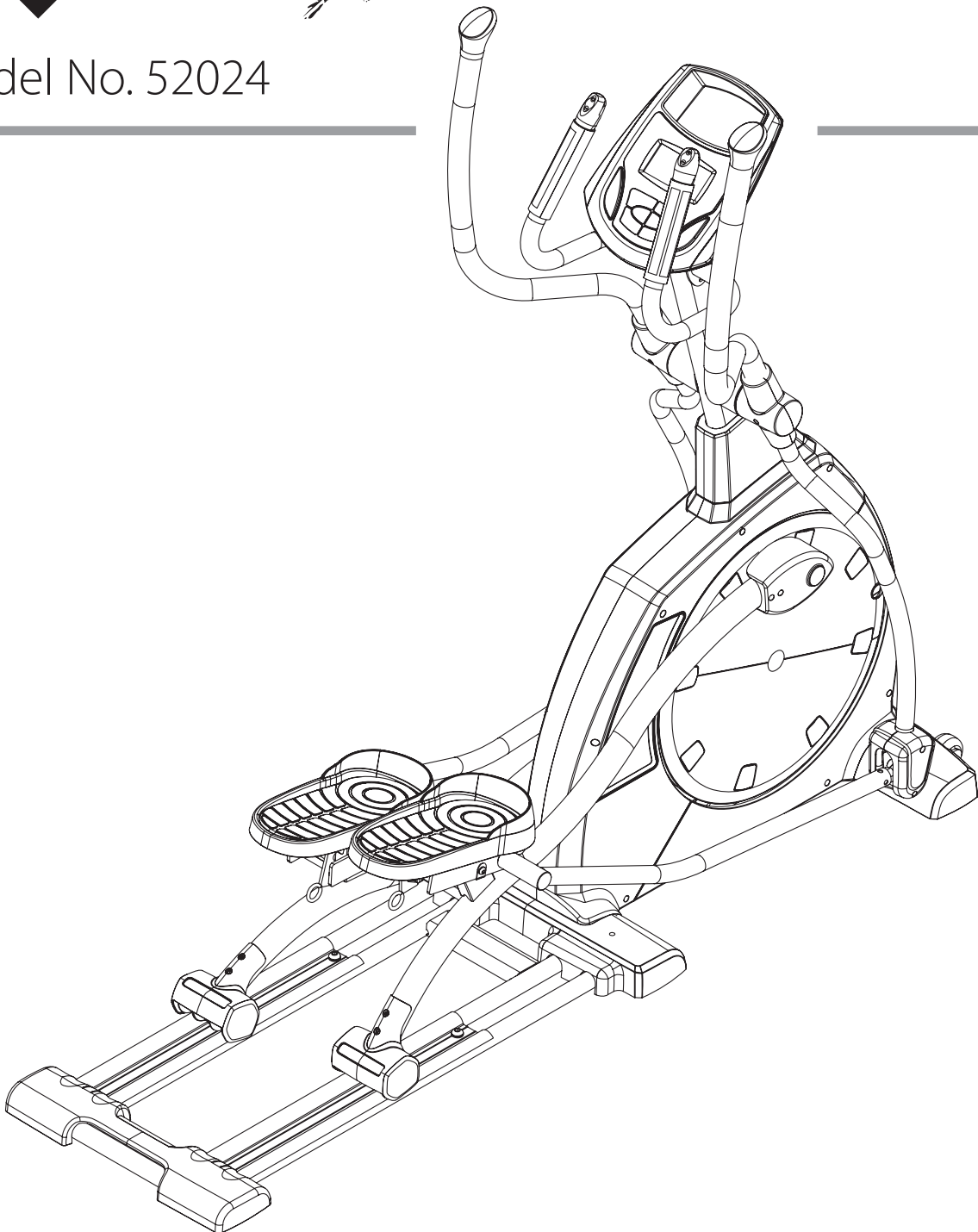


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Model No. 52024



ASSEMBLY INSTRUCTIONS

Getting Started

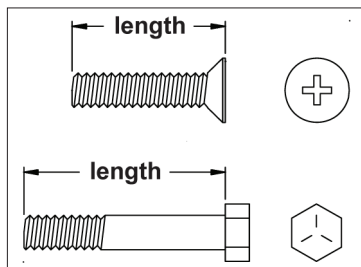
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing 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:**

Hardware Identification Chart

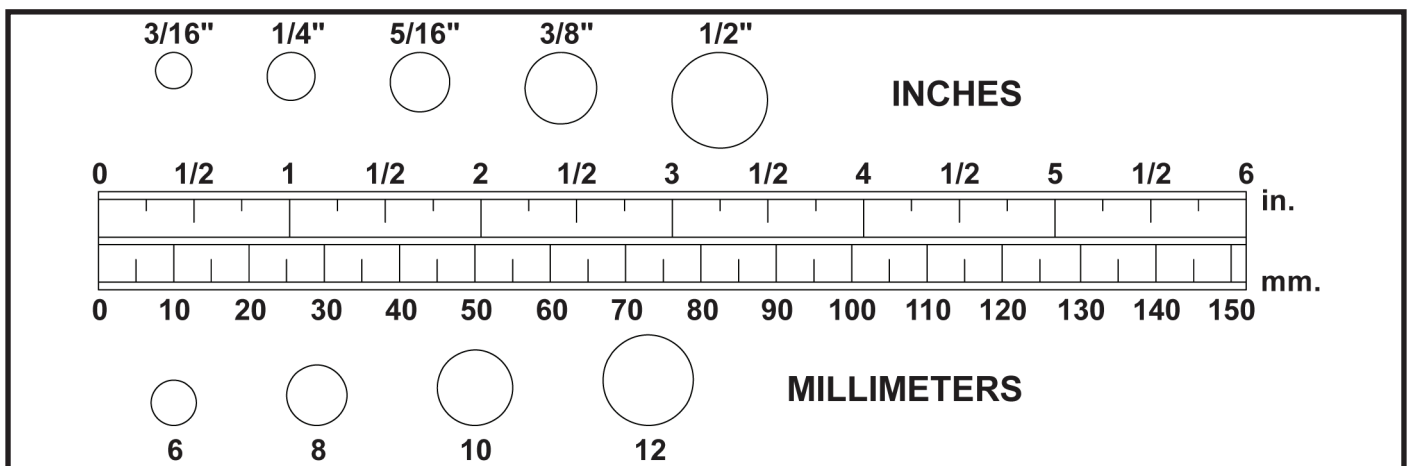
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



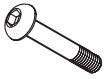


No. 87 TOOL (M6 X 105L - BK)		No. 88 TOOL (M6 X 99L - BK)	
No. 148 TOOL (M5 X 70L - BK)		No. 89 TOOL (10 X 13 X 14 X 15)	

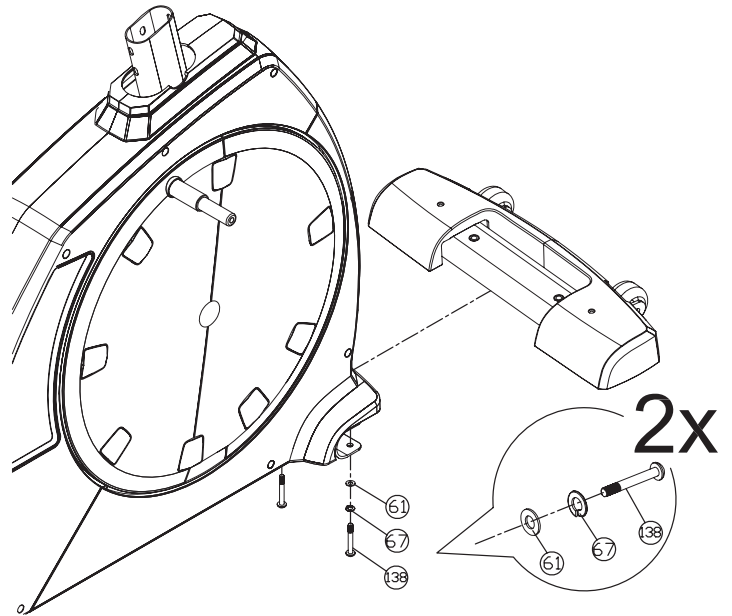
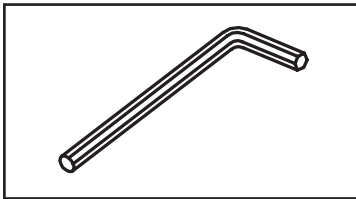
	Part No. 138 x 8 ALLEN HEAD SCREW (M8 X 58) Part No. 45 x 6 ALLEN HEAD SCREW (M8 X 15) Part No. 44 x 8 ALLEN HEAD SCREW (M8 X 20) Part No. 42 x 4 ALLEN HEAD SCREW (M8 X 25) Part No. 40 x 2 ALLEN HEAD SCREW (M8 X 70)
	Part No. 69 x 8 SPRING WASHER (M5) Part No. 67 x 36 SPRING WASHER (M8)
	Part No. 65 x 8 WASHER (M5 X Ø19 X 1.5T) Part No. 61 x 32 WASHER (M8 X Ø16 X 1.2T) Part No. 60 x 4 WASHER (M8 X Ø38 X 2.0T)
	Part No. 74 x 6 NYLOC NUT (M8)
	Part No. 50 x 8 SCREW (M8 X 18)
	Part No. 56 x 2 SCREW (M5 X 35L)
	Part No. 137 x 4 SCREW (M5 X 12MM) Part No. 147 x 4 SCREW (M5 X 10MM) Part No. 51 x 12 SCREW (M5 X 12) Part No. 48 x 2 SCREW (M4 X 15MM) Part No. 47 x 8 SCREW (M5 X 15MM)






ASSEMBLY INSTRUCTIONS

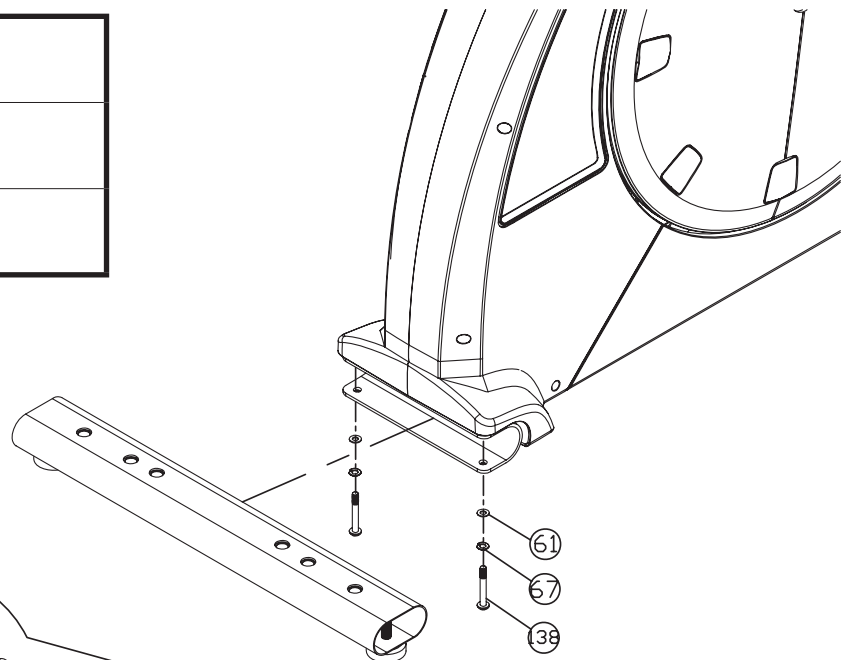
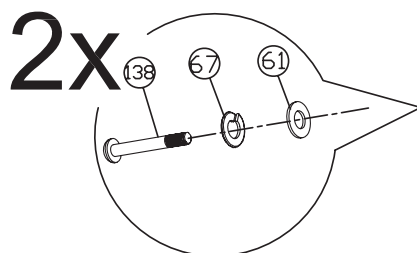
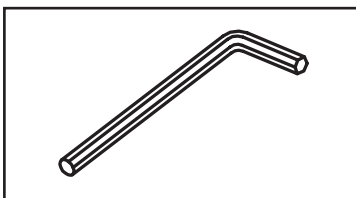
STEP 1

	Part No. 138 x 2 ALLEN HEAD SCREW (M8 X 58MM)
	Part No. 67 x 2 SPRING WASHER (M8)
	Part No. 61 x 2 WASHER (M8 X Ø16 X T1.2)






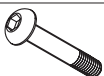
STEP 2

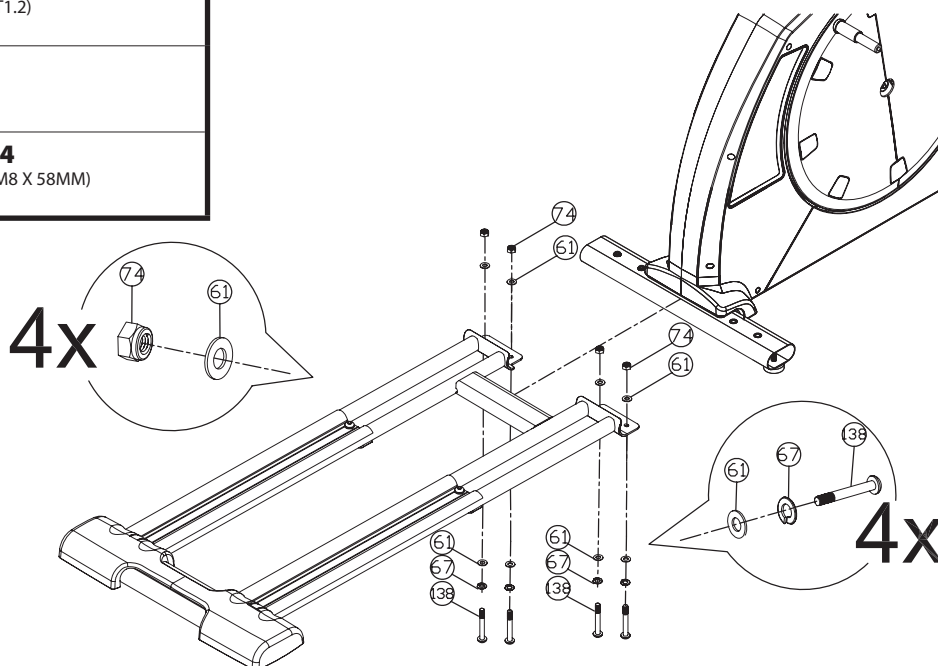
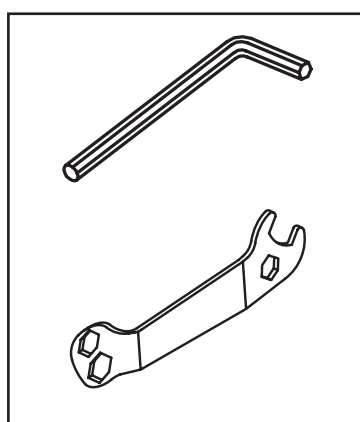
	Part No. 138 x 2 ALLEN HEAD SCREW (M8 X 58MM)
	Part No. 67 x 2 SPRING WASHER (M8)
	Part No. 61 x 2 WASHER (M8 X Ø16 X T1.2)






ASSEMBLY INSTRUCTIONS

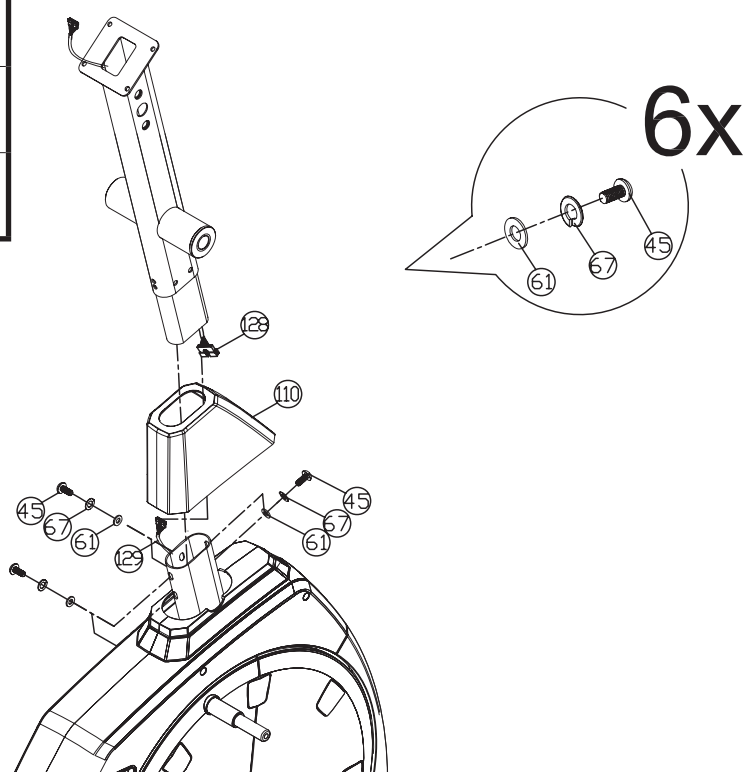
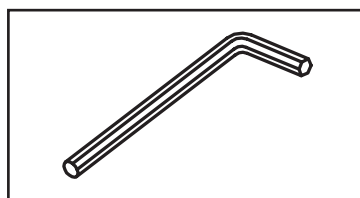
STEP 3

	Part No. 74 x 4 NYLOC NUT (M8)
	Part No. 61 x 8 WASHER (M8 X Ø16 X T1.2)
	Part No. 67 x 4 SPRING WASH (M8)
	Part No. 138 x 4 ALLEN HEAD SCREW (M8 X 58MM)



STEP 4

	Part No. 45 x 6 ALLEN HEAD SCREW (M8 X 15)
	Part No. 67 x 6 SPRING WASH (M8)
	Part No. 61 x 6 WASHER (M8 X Ø16 X T1.2)



ASSEMBLY INSTRUCTIONS

STEP 5



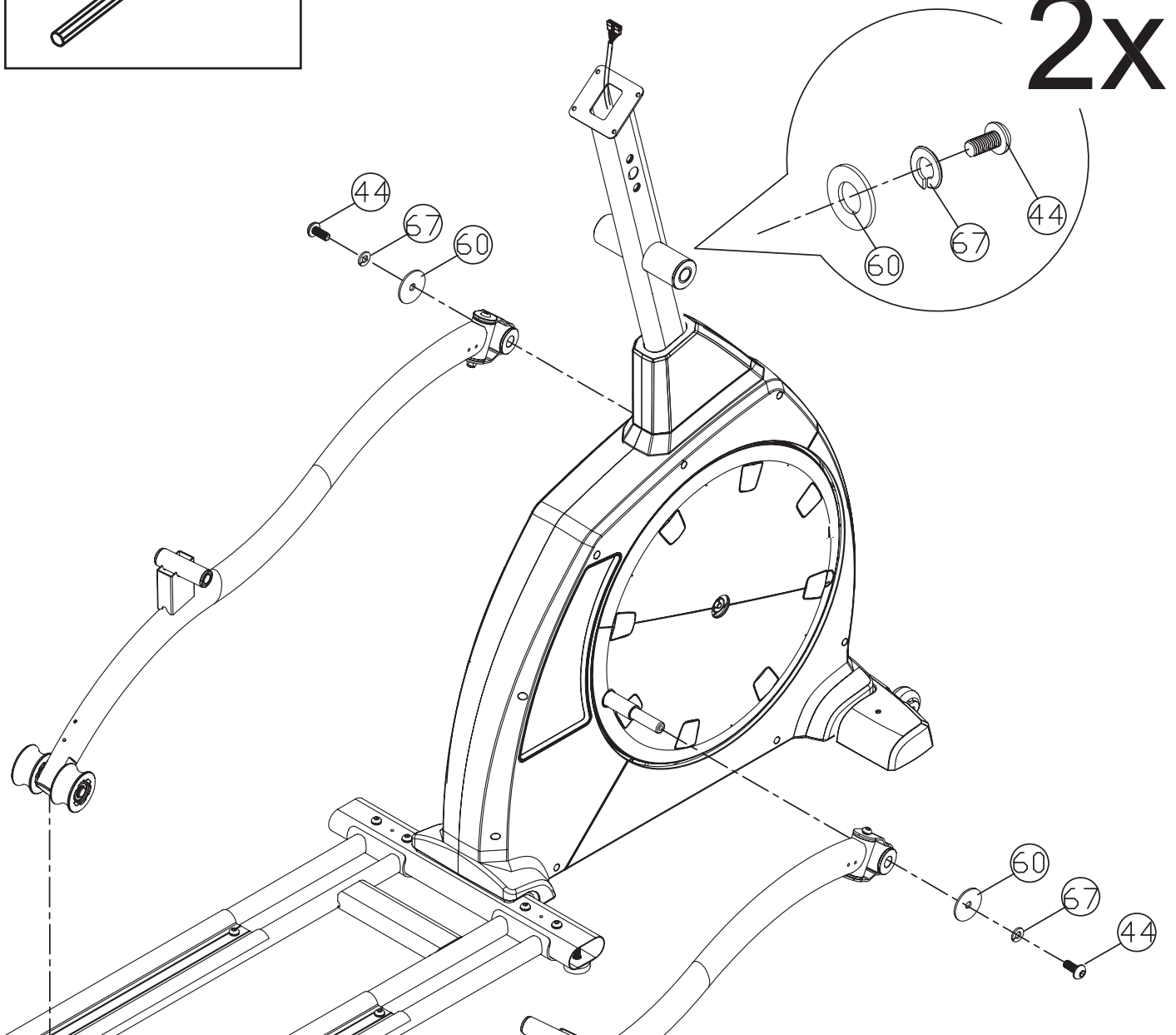
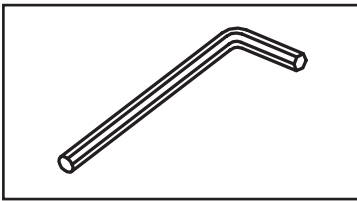
Part No. 44 x 2
ALLEN HEAD SCREW (M8 X 20)



Part No. 67 x 2
SPRING WASHER (M8)



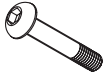





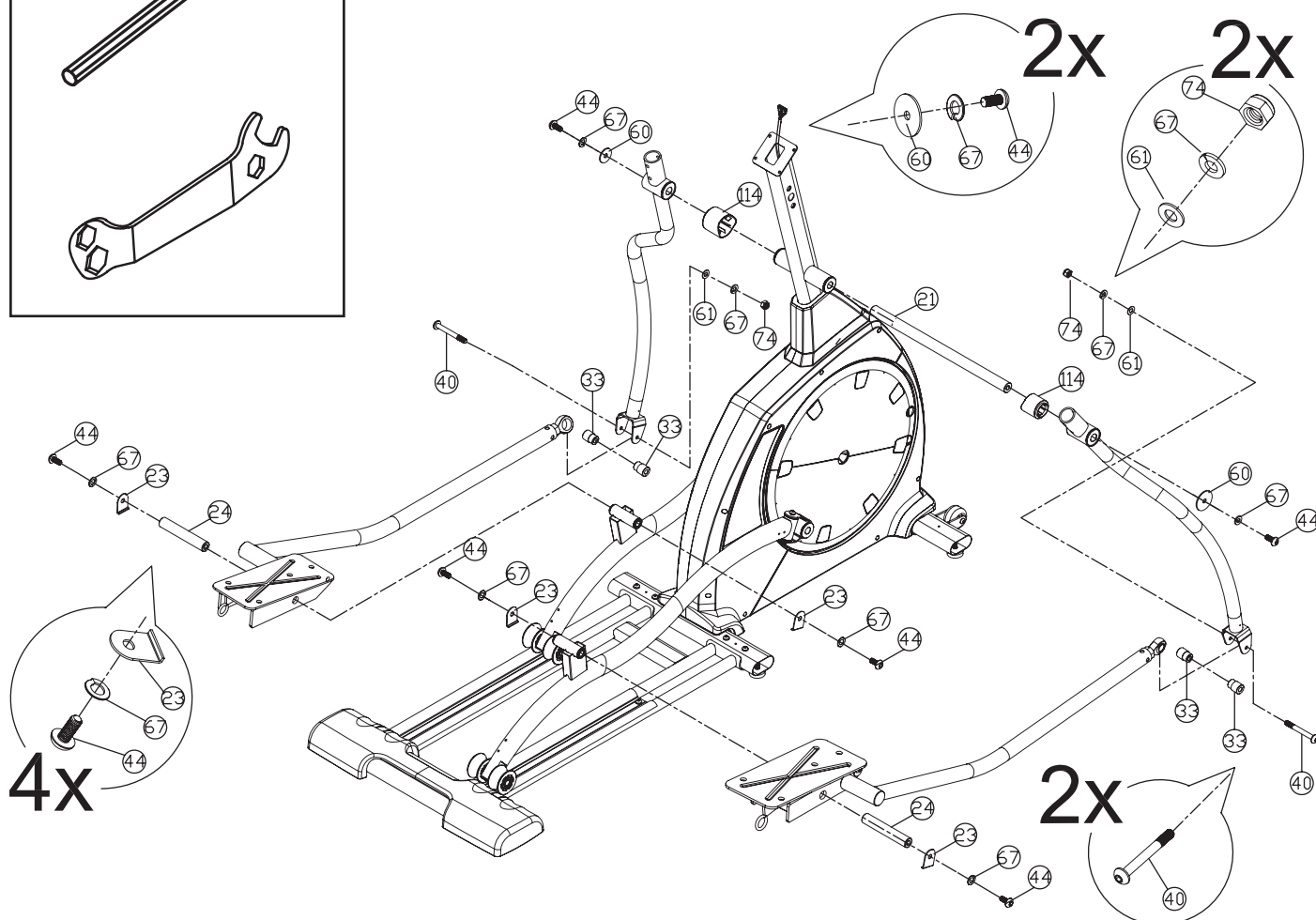
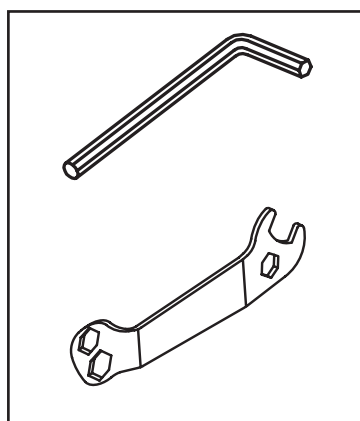
Part No. 60 x 2
WASHER (M8 X Ø38 X T2.0)



ASSEMBLY INSTRUCTIONS





STEP 6

	Part No. 44 x 6 ALLEN HEAD SCREW (M8 X 20)
	Part No. 67 x 8 SPRING WASHER (M8)
	Part No. 40 x 2 ALLEN HEAD SCREW (M8 X 70)
	Part No. 61 x 2 WASHER (M8 X Ø16 X T1.2)
	Part No. 74 x 2 NYLOC NUT (M8)
	Part No. 60 x 2 WASHER (M8 X Ø38 X T2.0)



ASSEMBLY INSTRUCTIONS

STEP 7

	Part No. 50 x 8 SCREW (M8 X 18)
	Part No. 42 x 4 ALLEN HEAD SCREW (M8 X 25)
	Part No. 67 x 12 SPRING WASHER (M8)
	Part No. 61 x 12 WASHER (M8 X Ø16 X T1.2)

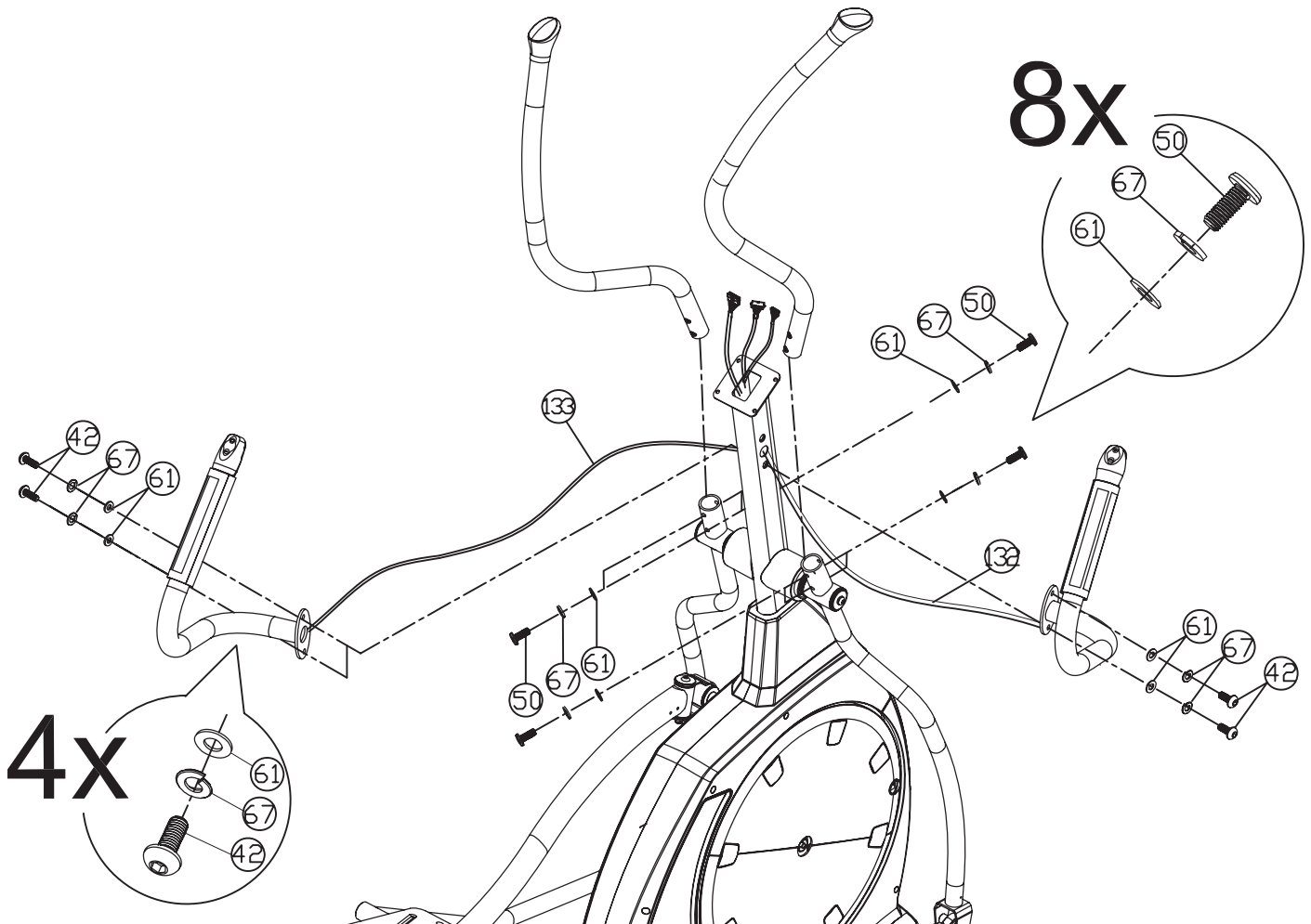
No. 148

TOOL (M5 X 70L - BK)



No. 88

TOOL (M6 X 99L - BK)

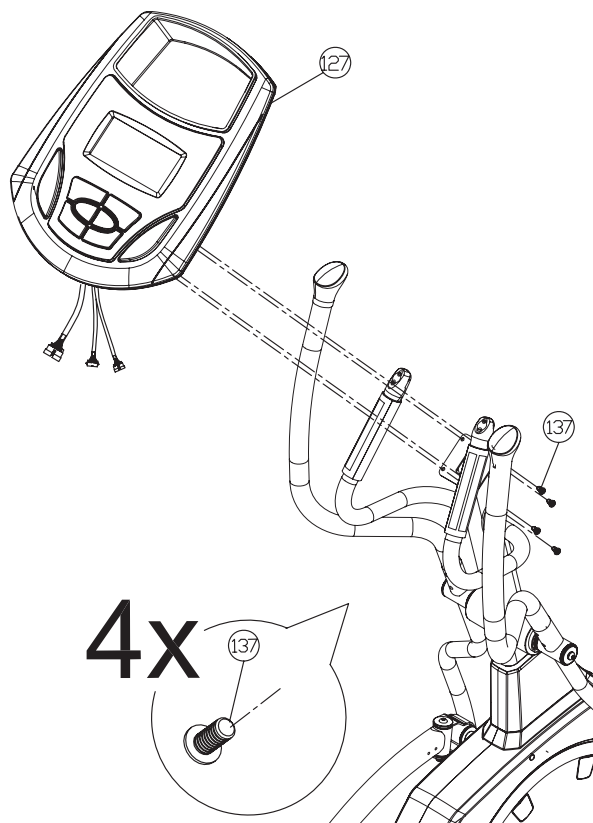
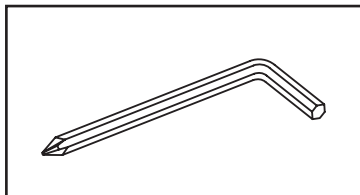


ASSEMBLY INSTRUCTIONS

STEP 8



Part No. 137 x 4
SCREW (M5 X 12MM)



STEP 9



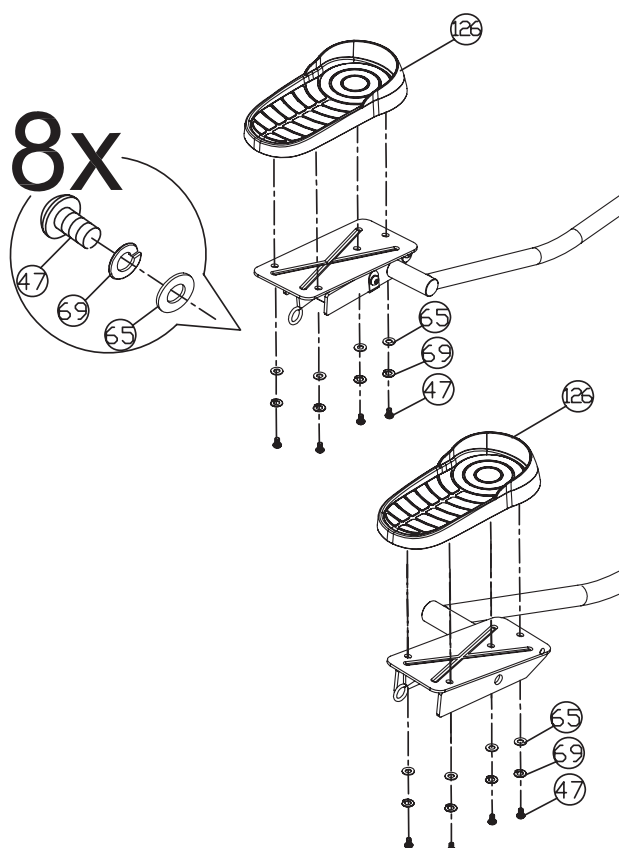
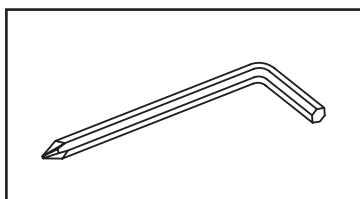
Part No. 47 x 8
SCREW (M5 X 15MM)



Part No. 69 x 8
SPRING WASHER (M5)







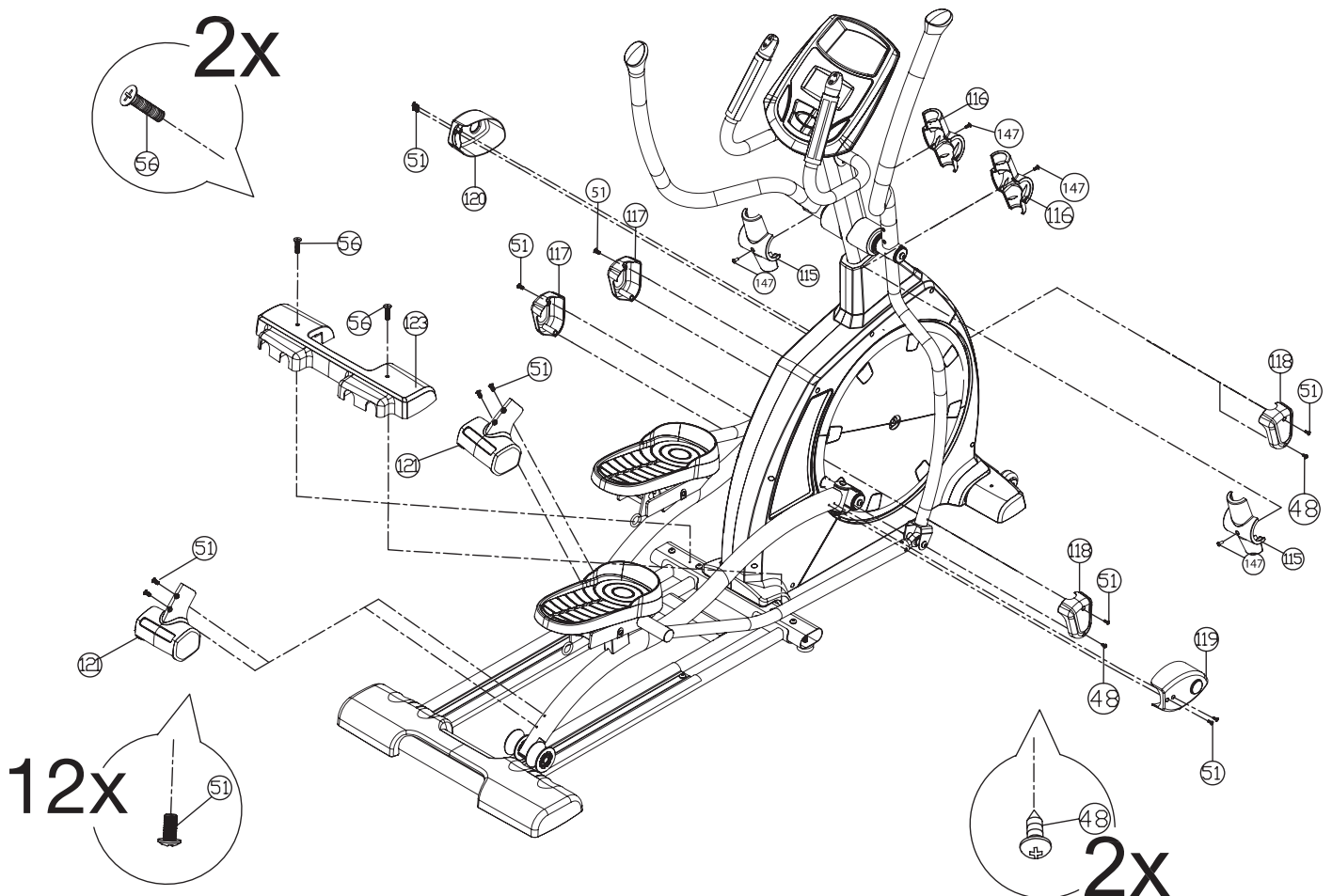
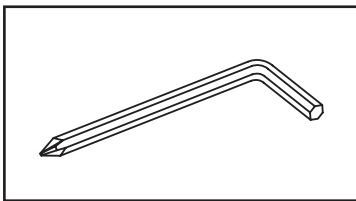
Part No. 65 x 8
WASHER (M5 Ø19 X T1.5)



ASSEMBLY INSTRUCTIONS

STEP 10







	Part No. 56 x 2 SCREW (M5 X 35L)
	Part No. 51 x 12 SCREW (M5 X 12)
	Part No. 147 x 4 SCREW (M5 X 10)
	Part No. 48 x 2 SCREW (M4 X 15MM)



OPERATIONAL INSTRUCTIONS

Using The Monitor


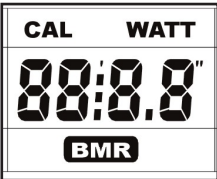


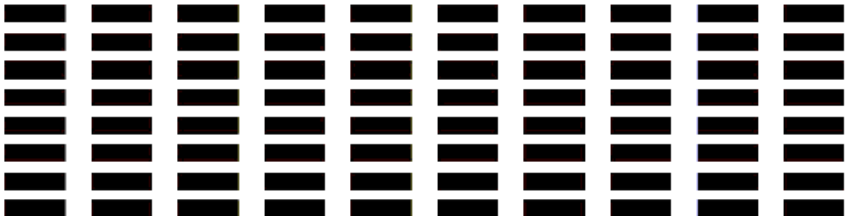
KEY FUNCTIONS	DESCRIPTION
START / STOP:	<ul style="list-style-type: none"> Starts or stops the program chosen. And, resets the monitor by press and holding for 2 seconds.
ENTER:	<ul style="list-style-type: none"> Chooses the functions from PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE and 10 columns. The chosen function shall flash. Please note that not all the functions can be selected in every program according to the types of each program.
MODE:	<ul style="list-style-type: none"> Changes the displays of the values between RPM or SPEED, and KJOULE/CAL or WATT. The values of RPM and WATT show at the same time, or the values or SPEED and KJOULE/CAL done by pressing it.
UP (▲):	<ul style="list-style-type: none"> Selects or increases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE and 10 columns.
DOWN (▼):	<ul style="list-style-type: none"> Selects or decreases the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE and 10 columns.
RECOVERY:	<ul style="list-style-type: none"> Starts the function of PULSE RECOVERY.

DISPLAY	DESCRIPTION
START: 	<ul style="list-style-type: none"> Indicates the program selected has started.
STOP: 	<ul style="list-style-type: none"> Indicates the program selected has stopped. And, users are free to change the program and the value of functions applied.
PROGRAM: PROGRAM 18	<ul style="list-style-type: none"> Indicates the programs selected from PROGRAM 1 to PROGRAM 15 (or 17).
LEVEL: LEVEL 18	<ul style="list-style-type: none"> Indicates the level of loading selected from LEVEL 1 to LEVEL 16.
GENDER:  	<ul style="list-style-type: none"> Indicates the gender (Male or Female) selected.
TIME/HEIGHT/WEIGHT: 	<ul style="list-style-type: none"> Indicates only 1 value of TIME, HEIGHT, or WEIGHT displayed depending on the programs.
RPM/SPEED/KMH (MPH): 	<ul style="list-style-type: none"> Indicates only 1 value of RPM, SPEED, or KM/H (MPH) displayed depending on the programs.

Continue on next page.

OPERATIONAL INSTRUCTIONS

Continue from previous page.

DISPLAY	DESCRIPTION
DISTANCE/FAT%: 	<ul style="list-style-type: none"> Indicates only 1 value of DISTANCE or FAT% displayed depending on the programs.
CAL/WATT/BMR: 	<ul style="list-style-type: none"> Indicates only one value of CAL, WATT, or BMR displayed depending on the programs.
TARGET H.R./BMI/AGE: 	<ul style="list-style-type: none"> Indicates only one value of TARGET HEART RATE, BMI, or AGE displayed depending on the programs.
HEART RATE/ BODY TYPE: 	<ul style="list-style-type: none"> Indicates only one value of HEART RATE or BODY TYPE displayed depending on the programs.
LOADING:	<ul style="list-style-type: none"> There are 10 columns of loading bars, and 8 bars in each column. Each column presents 3 minutes workout (without the change of TIME value), and each bar represents 2 levels of loading. 

OPERATIONAL INSTRUCTIONS

Operating Ranges

VALUES	RANGE (COUNT UP)	COUNT DOWN	PRESET	INCREMENT (DECREMENT)
PROGRAM	1 ~ 16	16 ~ 1	1	1
LEVEL	1 ~ 16	16 ~ 1	N/A	1
GENDER	Male, Female	N/A	Male	N/A
TIME	00:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
HEIGHT (CM)	110.0 ~ 199.5	199.5 ~ 110.0	175.0	0.5
WEIGHT (KG)	10.0 ~ 199.8	199.8 ~ 10.0	70.0	0.2
DISTANCE	0.0 ~ 999.0	999.0 ~ 1.0	0.0	1.0
WATT	30 ~ 300	300 ~ 30	100	10
TARGET H.R.	60 ~ 220	220 ~ 60	90	1
AGE	10 ~ 99	99 ~ 10	30	1

Things you should know before exercising:

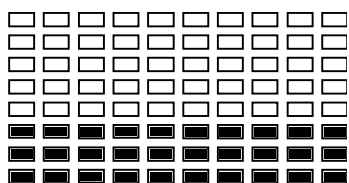
- The values calculated or measured by the computer are for exercise purpose only, **NOT FOR MEDICAL PURPOSE**.
- The variables may need to change in the programs:

PROGRAMS	VARIABLES
P1 ~ P7	TIME, DISTANCE, AGE
P8	GENDER, HEIGHT, WEIGHT, AGE
P9	TIME, DISTANCE, TARGET H.R.
P10 ~ P12	TIME, DISTANCE, AGE
P13 ~ P16	TIME, DISTANCE, AGE, 10 INTERVALS

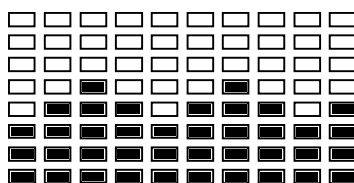
Please note that only 1 value of TIME or DISTANCE can be adjusted. Both adjustments do not exist at the same time. For example, the value of DISTANCE is "0.0" while the value of TIME is adjusted to be any number except "00:00".

- Programs Selection:** There are 16 programs with 1 Recovery including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, and 1 Pulse Recovery Measuring.
- Program Graphic:** Each graph shown is the profile of the loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes that all the columns make up 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 interval ($40/10 = 4$). Then, each interval will be 4 minutes. The following graphs are all the profiles in the monitor:

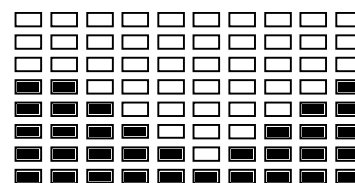
PROGRAM 1 (MANUAL)



PROGRAM 2 (POLLING)



PROGRAM 3 (VALLEY)

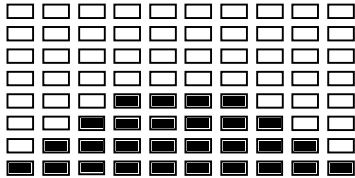


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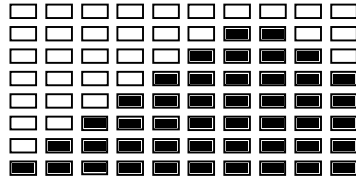
OPERATIONAL INSTRUCTIONS

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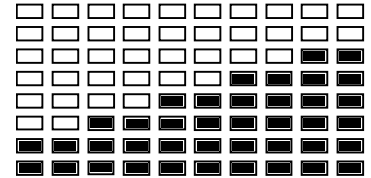
PROGRAM 4 (FAT BURN)



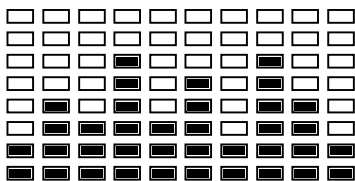
PROGRAM 5 (RAMP)



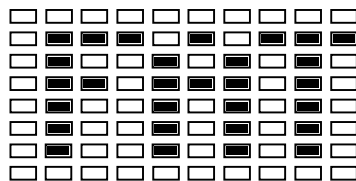
PROGRAM 6 (MOUNTAIN)



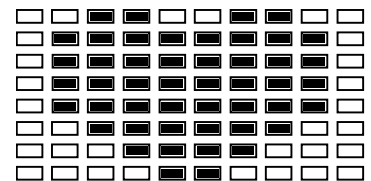
PROGRAM 7 (RANDOM)



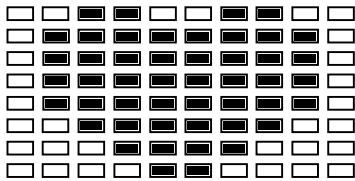
PROGRAM 8 (BODY FAT)



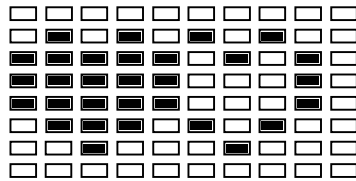
PROGRAM 9 (TARGET H.R.)



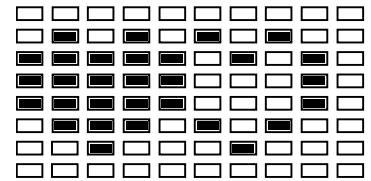
PROGRAM 10 (60% H.R.C.)



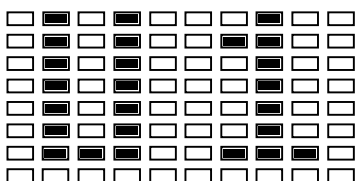
PROGRAM 11 (75% H.R.C.)



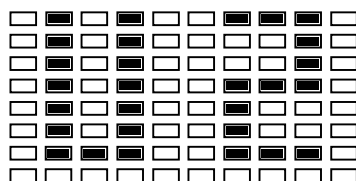
PROGRAM 12 (85% H.R.C.)



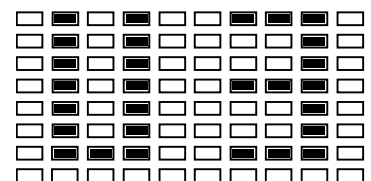
PROGRAM 13 (USER SETTING)



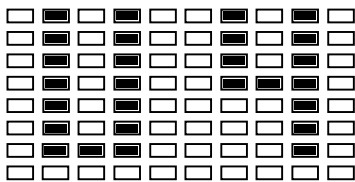
PROGRAM 14 (USER SETTING)



PROGRAM 15 (USER SETTING)



PROGRAM 16 (USER SETTING)



OPERATIONAL INSTRUCTIONS

- **Body Types:** There are 9 body types divided according to the FAT% calculated.

- TYPE 1	5% ~ 9%
- TYPE 2	10% ~ 14%
- TYPE 3	15% ~ 19%
- TYPE 4	20% ~ 24%
- TYPE 5	25% ~ 29%
- TYPE 6	30% ~ 34%
- TYPE 7	35% ~ 39%
- TYPE 8	40% ~ 44%
- TYPE 9	45% ~ 50%

- **BMR:** Basal Metabolism Ratio
- **BMI:** Body Mass Index

Operation instructions:

- **Exercising with a specific goal:**

TIME CONTROL	Sets up a period of time to exercise. (Except in Program 8)
DISTANCE CONTROL	TIME, DISTANCE, TARGET H.R.
BODY FAT CONTROL	TIME, DISTANCE, AGE
HEART RATE CONTROL	TIME, DISTANCE, AGE, 10 Intervals

- **Pulse Rate:** The set of heart rate detector include 2 sensors on each side. Each sensor has 2 metal parts. The correct way to get detected is to gently hold both metal parts with each hand. When good signal is picked up by the computer, the heart mark in the HEART RATE / BODY TYPE display shall flash.
- **Manual Program:** PROGRAM 1 is a manual program. Press "ENTER" key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 6. After pressing "START / STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desired level (By pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 - age). So, if the heart rate detected is equal to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. PLEASE NOTE THAT IT IS A WARNING FOR USERS TO SLOW DOWN OR TO LOWER THE LEVEL OF LOADING.
- **Preset Programs:** PROGRAM 2 to PROGRAM 7 are the preset programs. Press "ENTER" key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. After pressing "START / STOP" key to exercise, please also apply the heart rate detector appropriately. Users may also exercise in any desire level (By pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 - age). So, if the heart rate detected is equal to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. PLEASE NOTE THAT IT IS A WARNING FOR USERS TO SPEED DOWN OR TO LOWER THE LEVEL OF LOADING.
- **Body Fat Program:** Program 8 is a special program designed to calculate users' body fat ratio and to design a specific loading profile for users. With 9 different body types, the computer can generate 9 different profiles for each. Press "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing "START / STOP" key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message "E3" will show up in the profile display. If it happens, press "START / STOP" key to calculate again. Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press "START / STOP" key to exercise. The profile shown in the display is specially designed for your body type.
- **Heart Rate Control Programs:** Program 9 to Program 12 are the Heart Rate Control Programs. In program 9, press "ENTER" key to select TIME, DISTANCE, and TARGET H.R. Users may setup a target heart rate to exercise in a period of time

Continue on next page.

OPERATIONAL INSTRUCTIONS

Continued from previous page.

or a certain distance. In Program 10 to Program 12, press "ENTER" key to select TIME, DISTANCE, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain distance with 60% Max Heart Rate in Program 10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing "START / STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.

- **User Setting Programs:** Program 13 to Program 16 are the user-setting programs. Users are free to edit the values in the order of TIME, DISTANCE, AGE, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. After pressing "START / STOP" key to exercise, please also apply the heart rate detector appropriately. Users may also change the on going loading in each interval by pressing ▲ or ▼ key, and they will not change the level of loading stored in the memory. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 85% (220 - age). So, if the heart rate detected is equal to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. PLEASE NOTE THAT IT IS A WARNING FOR USERS TO SPEED DOWN OR TO LOWER THE LEVEL OF LOADING.
- **Pulse Recovery:** It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing "RECOVERY" key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately. The test will last for 1 minute and the result will show in the display.

OPERATIONAL INSTRUCTIONS

Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

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

This product is supplied with a standard warranty as follows:

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

This product 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 Product 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 product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

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

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product 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 product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (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 product, 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 products 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 product must be returned, you must return the Product 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 product or part that is returned. Should any product 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.

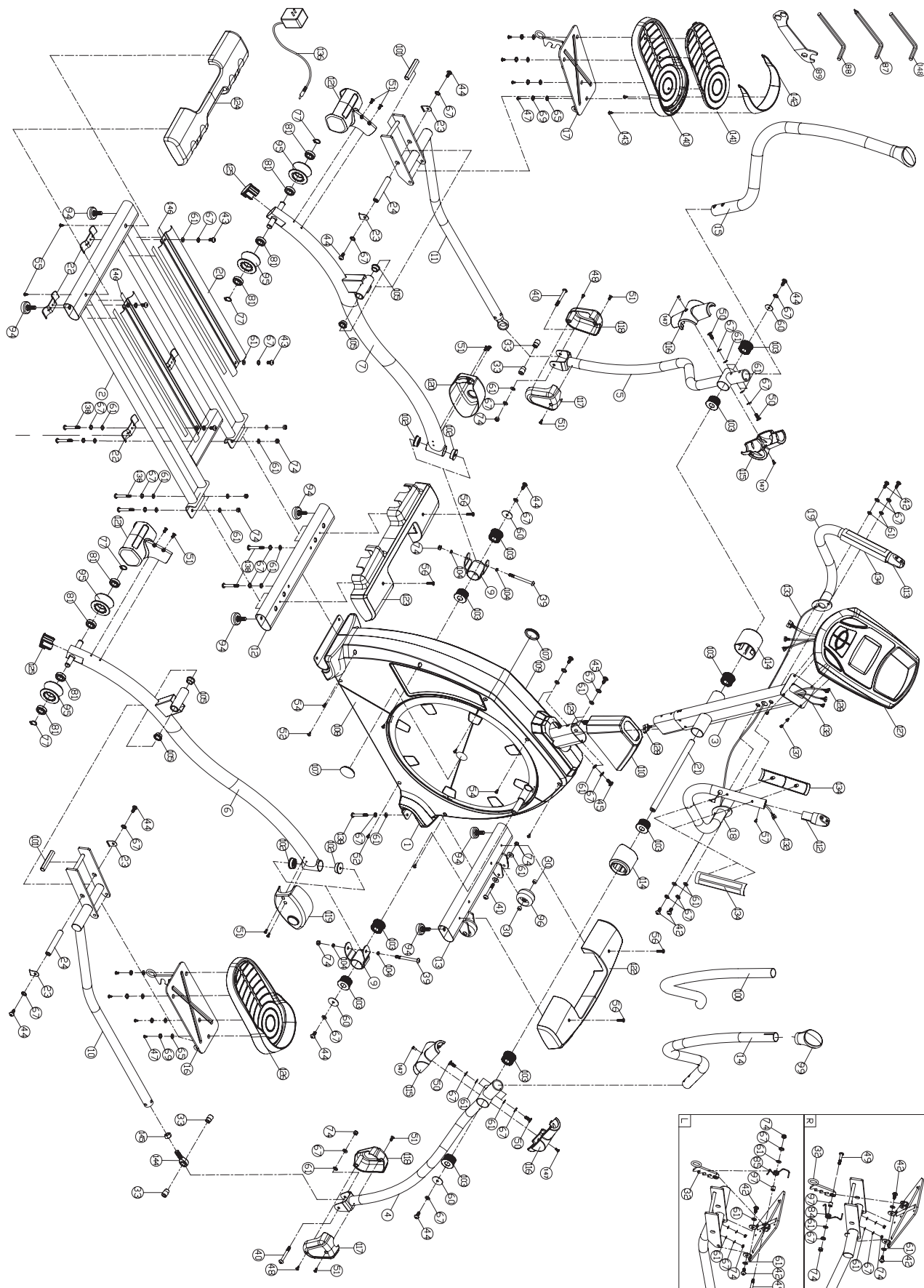
To obtain warranty service you must provide the following information:

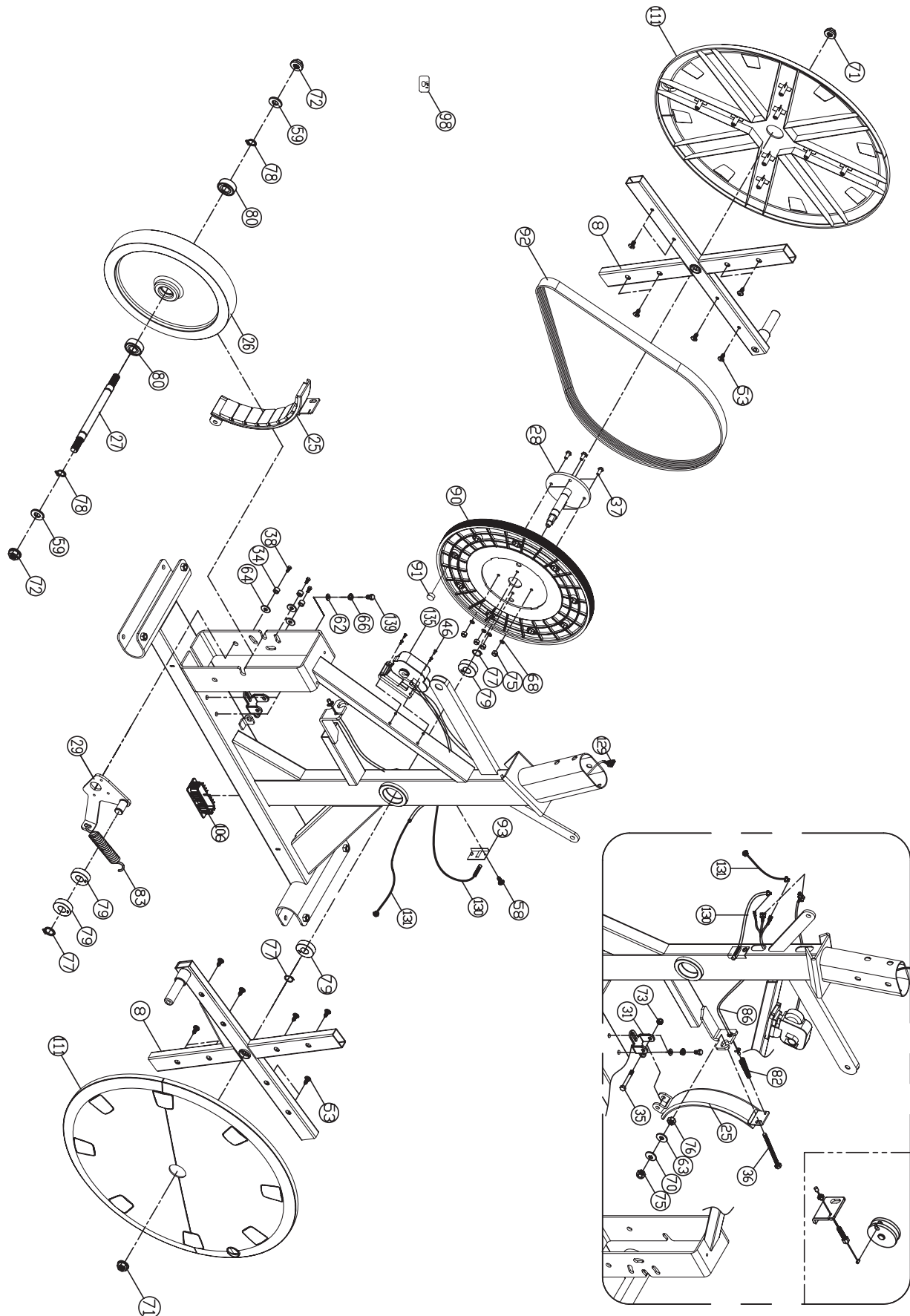
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product 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.

Please note that warranty terms may vary from one market area to another.

PART LIST





PART LIST

KEY NO.	DESCRIPTION	QTY	KEY NO.	DESCRIPTION	QTY
1	BASE FRAME	1	51	SCREW (M5 X 12)	12
2	SLIDE TRACK	1	52	SCREW (M5 X 20L - BK)	4
3	UPRIGHT TUBE	1	53	SCREW (M5 X 20L - BK)	16
4	LOWER SWIVEL HANDLE BAR (R)	1	54	SCREW (M4 X 25L - BK)	7
5	LOWER SWIVEL HANDLE BAR (L)	1	55	SCREW (M5 X 15)	2
6	PEDAL TUBE (R)	1	56	SCREW (M5 X 35L)	4
7	PEDAL TUBE (L)	1	57	SCREW (M3 X 10L)	2
8	CROSS FRAME	2	58	SCREW (#6 X 12L - BK)	1
9	BUSH	2	59	WASHER (M10 X Ø21 X T2.0)	2
10	OUTER PEDAL POST (R)	1	60	WASHER (M8 X Ø38 X T2.0)	4
11	OUTER PEDAL POST (L)	1	61	WASHER (M8 X Ø16 X T1.2)	50
12	MIDDLE FOOT	1	62	WASHER (M8 X Ø16 X T1.2 - BK)	2
13	FRONT FOOT	1	63	WASHER (M6 X Ø19 X T1.5 - BK)	1
14	UPPER SWIVEL HANDLE BAR (L)	1	64	WASHER (M6 X Ø16 X T1.5 - BK)	3
15	UPPER SWIVEL HANDLE BAR (R)	1	65	WASHER (M5 X Ø19 X T1.5)	8
16	PEDAL (R)	1	66	SPRING WASHER (M8 - BK)	2
17	PEDAL (L)	1	67	SPRING WASHER (M8)	46
18	FIX HANDLEBAR (R)	1	68	SPRING WASHER (M6 - BK)	4
19	FIX HANDLEBAR (L)	1	69	SPRING WASHER (M5)	8
20	WHEEL TRACK	2	70	WASHER (M6 X Ø22 X 1.0T)	1
21	AXLE SUPPORT (Ø19 X 333.4)	1	71	3/8" WH NUT	2
22	BRACKET (T3.0 X 30 X 119.6)	4	72	3/8" WH NUT (BK)	2
23	BRACKET (T1.5 X 25 X 39L)	4	73	NYLOC NUT (M8 BK)	1
24	BUSHING (Ø15.9 X 107)	2	74	NYLOC NUT (M8)	16
25	MAGNETIC HOLDER BRACKET	1	75	NYLOC NUT (M6 BK)	5
26	FLYWHEEL (Ø260 X 8KG)	1	76	NUT (M6)	1
27	FLYWHEEL AXLE (Ø12 X 120)	1	77	CLIP (C17 - Ø15.7)	7
28	AXLE FOR PULLEY	1	78	CLIP (C12 - Ø11.1)	2
29	JOCKEY WHEEL BRACKET	1	79	BEARING <6203ZB>	4
30	SPACER SLEEVE (Ø8.4 X Ø13 X 7)	4	80	BEARING <6001ZB>	2
31	MAGNETIC HOLDER	1	81	BEARING <6003ZB>	8
32	Ratchet	2	82	SPRING (Ø16.5 X Ø10.2 X 55L)	1
33	BUSHING (Ø18 X 24.5)	4	83	SPRING (Ø3.5 X Ø17.8 X 122L)	1
34	BUSHING (Ø9 X 6.1 X 5.3H)	3	84	SPRING (Ø2.6 X Ø18.7 X 13 X 3.4)	1
35	HEX HEAD BOLT (M8 X 52 BK)	1	85	SPRING (Ø2.6 X Ø18.7 X 13 X 3.4)	1
36	SCREW (M6 X 65MM)	1	86	WIRE ROD (520L)	1
37	HEX HEAD BOLT (M6 X 18 BK)	4	87	TOOL (M6 X 105L - BK)	1
38	SCREW (M6 X 14)	2	88	TOOL (M6 X 99L - BK)	1
39	ALLEN HEAD SCREW (M8 X 92)	2	89	TOOL (10 X 13 X 14 X 15)	1
40	ALLEN HEAD SCREW (M8 X 70)	2	90	PULLEY (Ø350)	1
41	ALLEN HEAD SCREW (M8 X 60)	2	91	MAGNET (Ø15 X 7L)	1
42	ALLEN HEAD SCREW (M8 X 25)	8	92	BELT	1
43	ALLEN HEAD SCREW (M8 X 20)	4	93	SENSOR BRACKET	6
44	ALLEN HEAD SCREW (M8 X 20)	8	94	ADJUST FEET	4
45	ALLEN HEAD SCREW (M8 X 15)	6	95	ROLLER (570 X 38.4)	2
46	SCREW (M5 X 15MM BK)	4	96	MOVING WHEEL	2
47	SCREW (M5 X 15MM)	8	97	BUSHING (Ø12.7 X Ø8.2 X 12L)	1
48	SCREW (M4 X 12MM)	2	98	WIRE RETAINER (T2.0 X 30 X 40)	2
49	SCREW (M8 X 45L)	2	99	END CAP	2
50	SCREW (M8 X 18)	8	100	FOAM GRIP (Ø30 X 3T X 820 - BK)	2

KEY NO.	DESCRIPTION	QTY
101	PIN (Ø16 X Ø12 X 85L)	2
102	BUSHING (§38 X §33)	4
103	PLUG AXLE SUPPORT	10
104	WASHER (M8 X §11 X T4.5)	4
105	BUSHING	4
106	Cover	1
107	TURNING PLATE COVER	2
108	FRONT CAP FOR CHAIN COVER (R)	1
109	FRONT CAP FOR CHAIN COVER (L)	1
110	COVER	1
111	TURNING PEDAL	2
112	END CAP	1
113	END CAP	1
114	HEAD TUBE MIDDLE COVER	2
115	SWIVEL PIVOT COVER - FRONT	2
116	SWIVEL PIVOT COVER - BACK	2
117	SW PEDAL PIVOT COVER - R	2
118	SW PEDAL PIVOT COVER - L	2
119	PEDAL TUBE COVER - R	1
120	PEDAL TUBE COVER - L	1
121	ROLLER COVER	2
122	FRONT FOOT COVER	1
123	MIDDLE FOOT COVER	1
124	BACK FOOT COVER	1
125	ELLIPSE COVER	2
126	PEDAL	2
127	MONITOR (BM-81328)	1
128	UPPER COMPUTER CABLE	1
129	LOWER COMPUTER CABLE	1
130	SENSOR WIRE	1
131	DC WIRE	1
132	HAND PULSE WIRE (R)	1
133	HAND PULSE WIRE (L)	1
134	HAND PULSE SENSOR	2
135	MOTOR	1
136	ADAPTOR	1
137	SCREW (M5 X 12MM - BK)	4
138	ALLEN HEAD SCREW (M8 x 58)	8
139	SCREW (M8 X 15MM)	2
140	PEDAL	2
141	RUBBER PAD	2
142	PLASTIC STOP	2
143	SCREW (M4 X 20L - BK)	4
144	SCREW (§16 X M16 X P2.0)	2
145	NUT (M16 X P2.0 X T14.5)	2
146	WHEEL TRACK (T1.0 X 35 656 BK)	4
147	SCREW (M5 X 10MM)	4
148	TOOL (M5 X 70L - BK)	1



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