

anniversary **x201**
owner's manual



Congratulations
on purchasing a
cross trainer from
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 goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new cross trainer. For more information visit www.yorkfitness.com

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safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cross trainer is 125kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This cross trainer meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 9 and AS 4092-1993. Therefore the product carries the following marks:



This product is not suitable for therapeutic purposes.



It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste.
Check your local authority for recycling advice and facilities (Europe only).

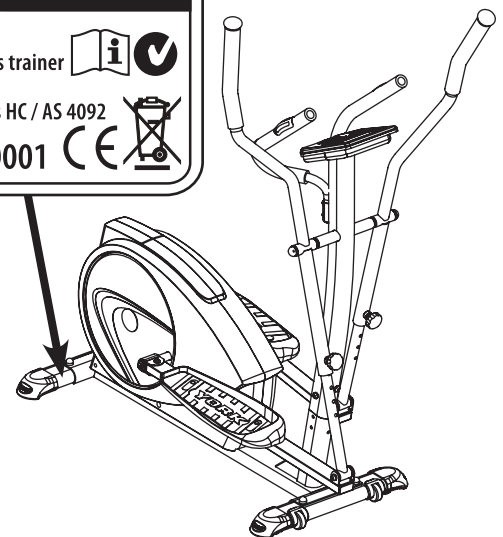
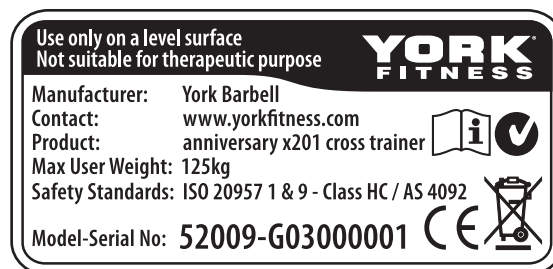


Customer Support

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

1. 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.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect

Your Serial No. is:



Contact Us

ENGLAND

York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB

Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA

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

Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

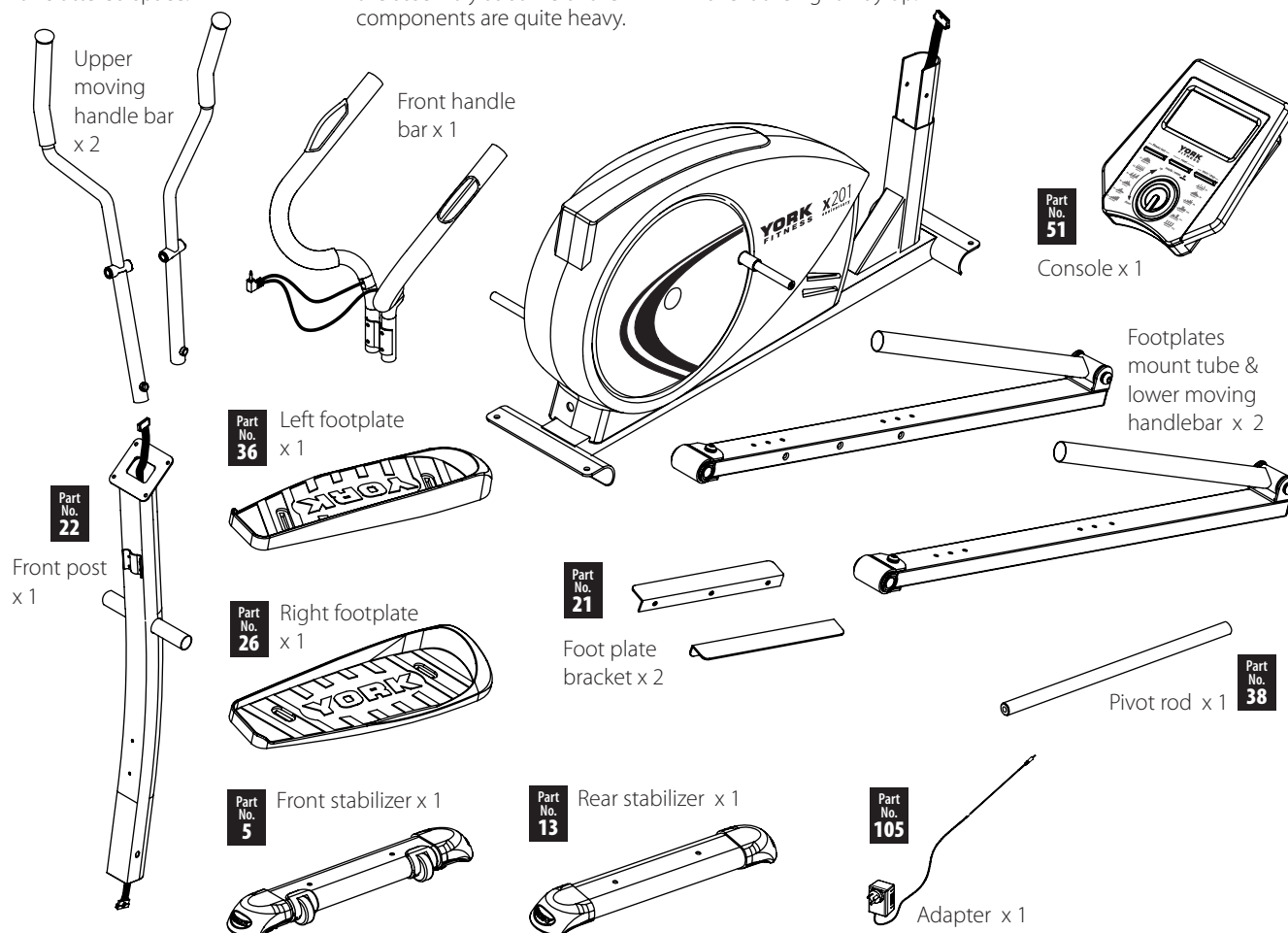
OTHER LOCATIONS

Please see website - www.yorkfitness.com

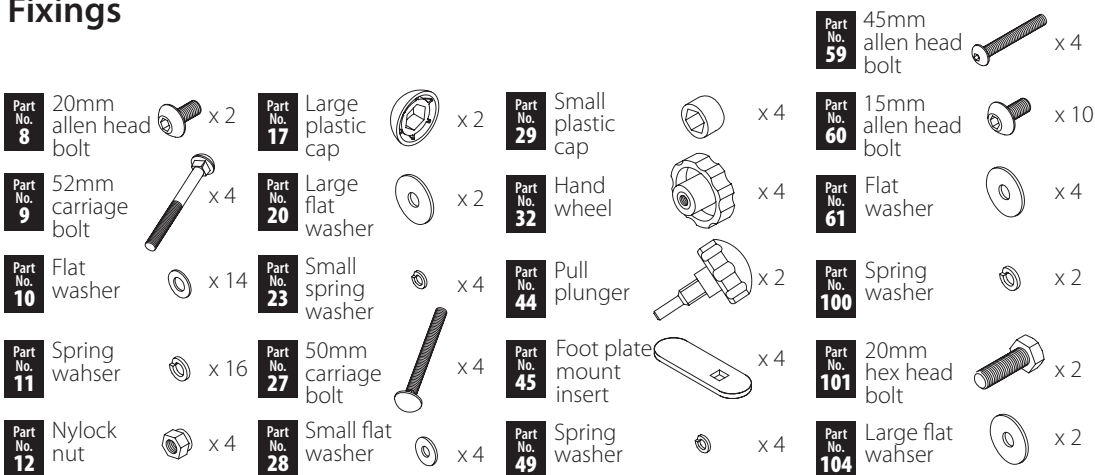
assembly instructions

1. Before you start

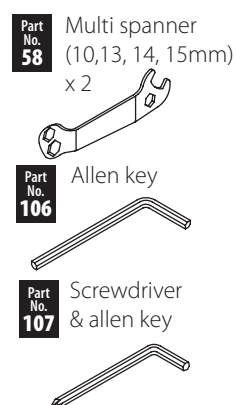
- 1. Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:



Fixings



Tools and Consumables



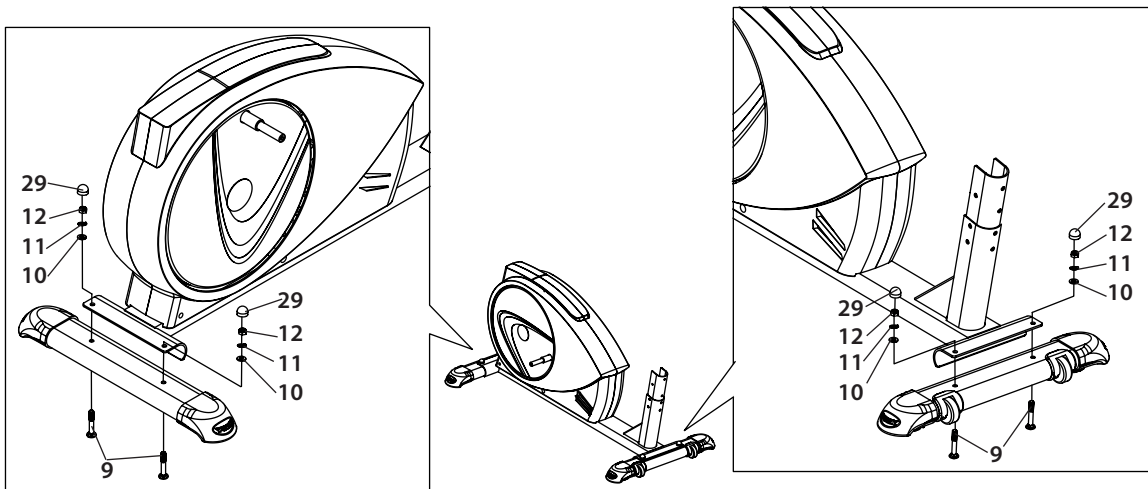
This cross trainer takes up a floor space of 136cm by 65cm and weighs 42 kg

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2. Attach the stabilisers

1. Attach the front and rear stabilisers with the nuts, bolts and washers as shown in the diagram
2. Be sure to fit the parts in the same order as the diagram

Check the bolts are fully tightened by making sure they penetrate through the top of the nut



FIXINGS:

Part No. 29 x 4

Part No. 12 x 4

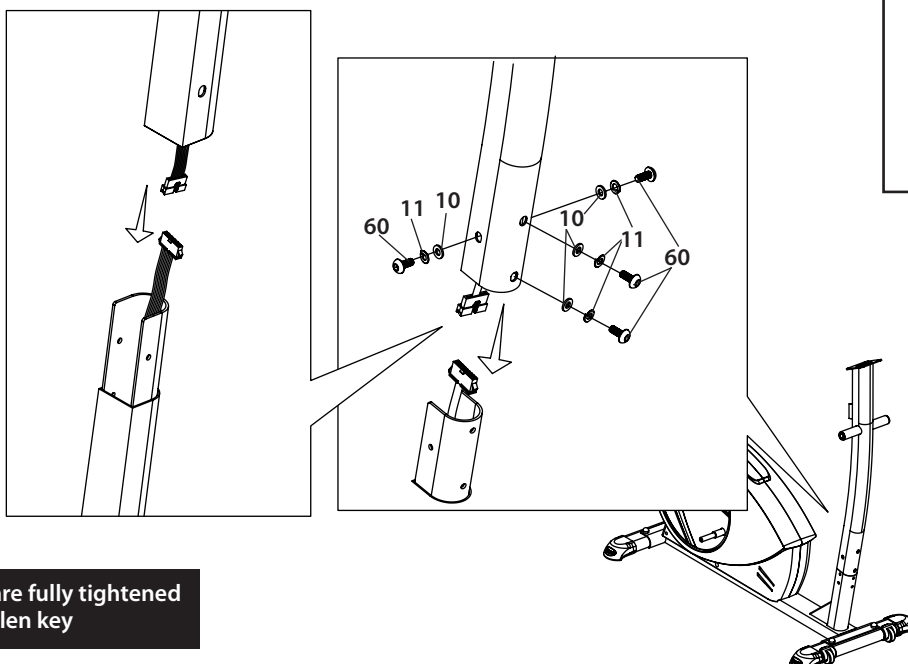
Part No. 11 x 4

Part No. 10 x 4

Part No. 9 x 4

3. Attach the front post

1. Connect the computer cables as shown
2. Slide the front post tube over the front post mounting
3. Secure in place using the bolts and washers as shown – be sure to fit them in the same order as the diagram



FIXINGS:

Part No. 60 x 4

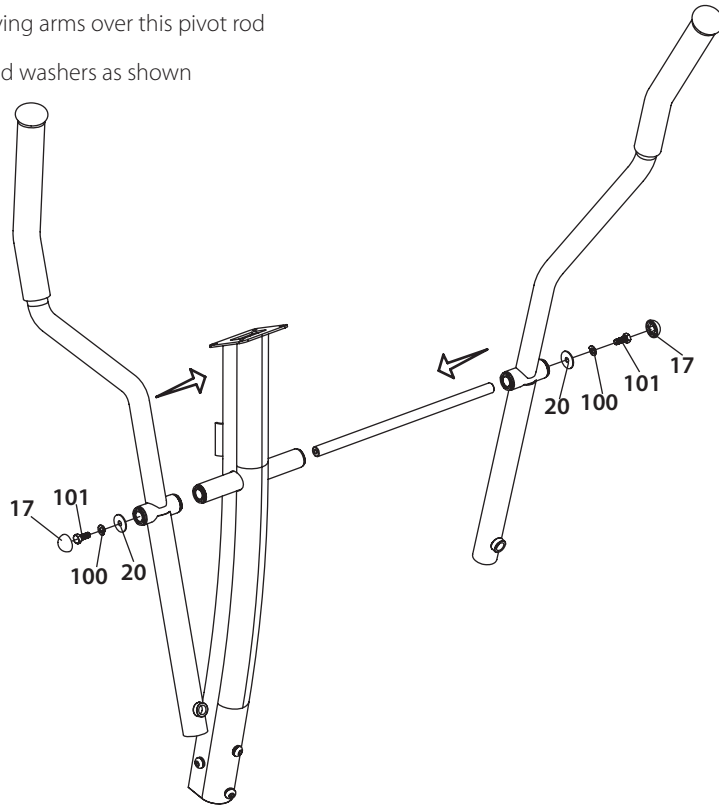
Part No. 11 x 4

Part No. 10 x 4





Make sure the bolts are fully tightened with the allen key

4. Attach the upper moving handlebars

1. Slide the pivot rod inside the tube on the front post as shown
2. Slide the left and right upper moving arms over this pivot rod
3. Secure in place using the bolts and washers as shown

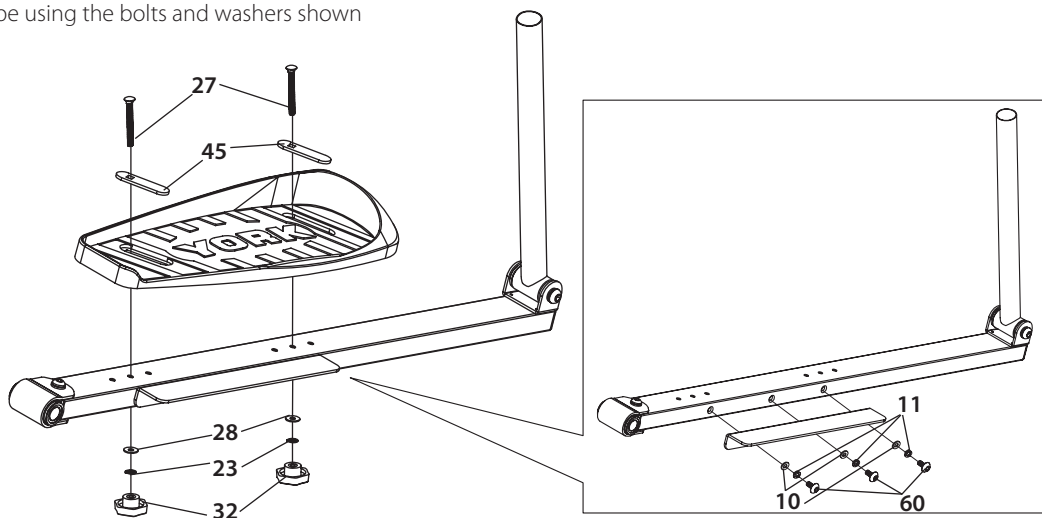


FIXINGS:









Part No. 17		x 2
Part No. 101		x 2
Part No. 100		x 2
Part No. 20		x 2

5. Attach the footplates

1. First attach the support bracket to the side of the mount tube
2. Then attach the footplates to the top of the mount tube using the bolts and washers shown

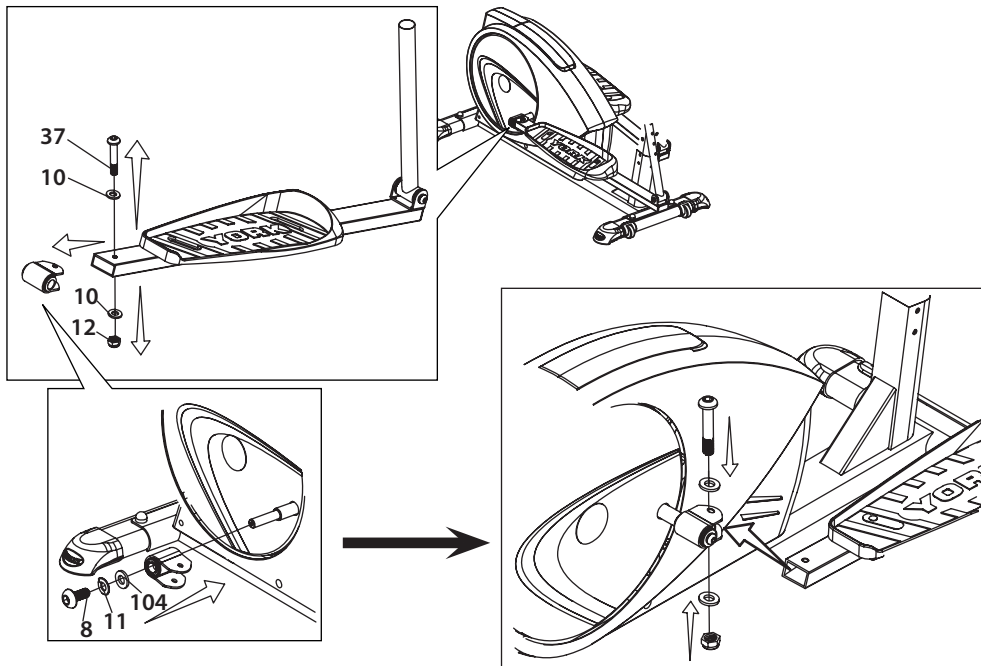


FIXINGS:




Part No. 60		x 6
Part No. 11		x 6
Part No. 10		x 6
Part No. 27		x 4
Part No. 45		x 4
Part No. 28		x 4
Part No. 23		x 4
Part No. 32		x 4

6. Attach the footplates mount tube

1. Remove the bracket at the back of the footplate mount tube (keep these nuts and bolts safe as you'll need them to re-attach it later on)
2. Attach the same bracket to the crank arm using the fixing shown
3. Re-attach the footplate mount tube to the bracket using the nuts and bolts you previously removed
4. Complete this for both sides

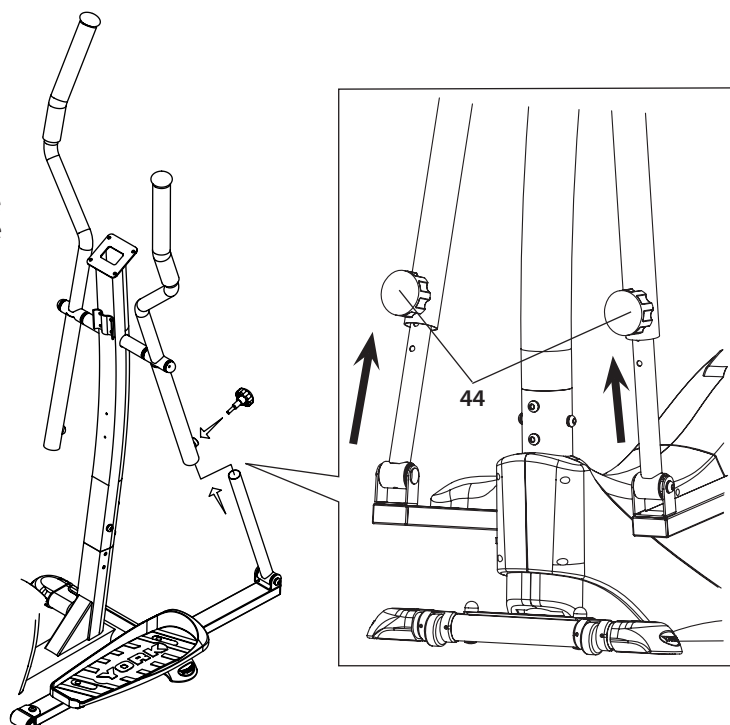


FIXINGS:

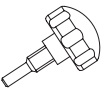
Part No. 10		x 4
Part No. 12		x 2
Part No. 37		x 2
Part No. 8		x 2
Part No. 11		x 2
Part No. 104		x 2

7. Connect the upper and lower moving handlebars

1. Slide the lower moving handlebar up into the tube of the upper moving handlebar
2. Choose a height adjustment hole and secure in position with the pull plunger
3. Repeat for the other side, making sure to choose the height adjustment hole in the same position

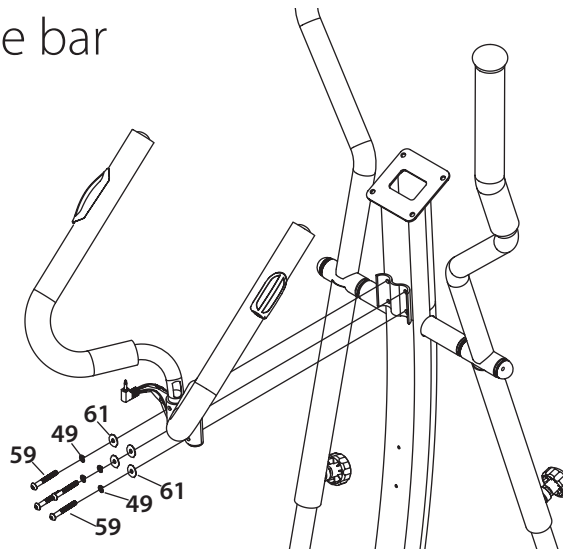


FIXINGS:

Part No. 44		x 2
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8. Attach the front handle bar

1. Secure the front handle bar to the front post via the fixing bracket using 4 x carriage bolts, 4 x spring washers and 4 x curve washers



FIXINGS:

Part No.
59



x 4

Part No.
49



x 4

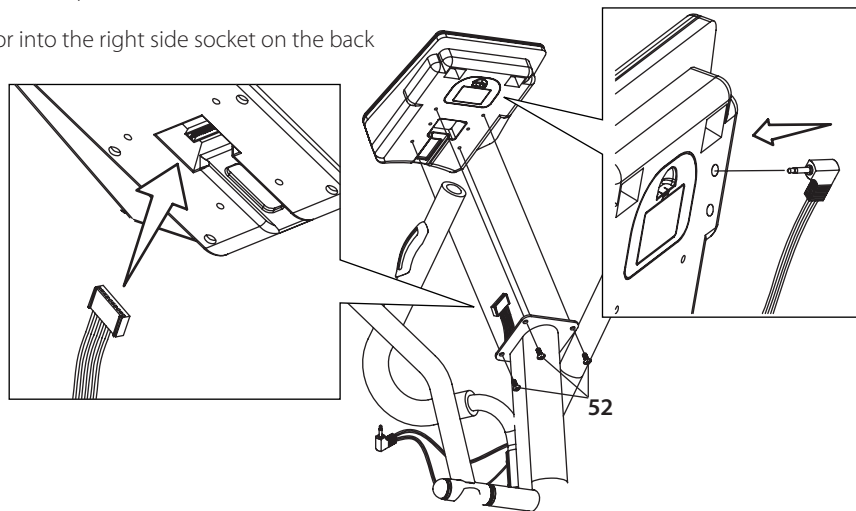
Part No.
61



x 4

9. Attach the computer

1. Connect the middle wire, that comes out of the front post, to the computer plug on the back of the computer console
2. Secure onto the bracket using screws as shown - (screws are located in the back of the console)
3. Plug the hand pulse sensor into the right side socket on the back of the computer



FIXINGS:

Part No.
52



x 4

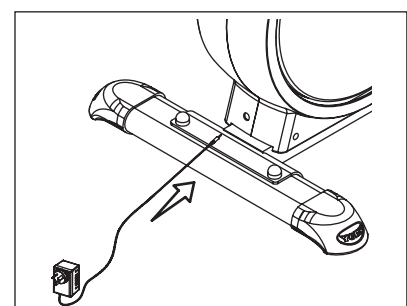
Final Checks

Your cross trainer is now assembled. Please make the following final checks before you use it for the first time.

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

Power up

1. Plug one end of the adaptor into your cross trainer as shown
2. Plug the other end into a suitable AC outlet (220 – 240v – 50Hz)



Quick Start

1. Make sure the cross trainer is plugged in
2. Press the 'start / stop' button
3. Begin pedalling
4. Adjust the resistance level with the scroll wheel
5. The values of time, distance and calories will start counting upwards

Console Display and Feedback

Profile window

Displays resistance level in manual mode and program profile in program mode

RPM / Speed

Switches between revolutions per minute (RPM) or current speed you are cycling at, in km/h

Time

Time exercised this session; default counts up from zero, but counts down if a target has been set

Distance

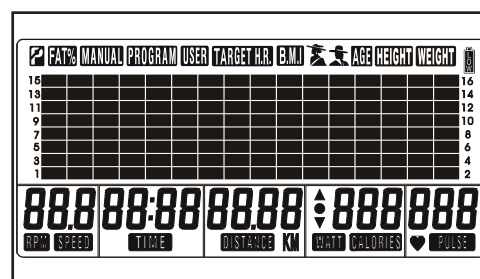
Distance travelled this session; default counts up from zero, but counts down if a target has been set

Calories

Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set

Heart Pulse

Current heart rate in beats per minute (bpm)



Screen Display

Button Functions

	Pre – workout	During workout
mode / enter (push down on scroll wheel)	Confirm settings	
scroll wheel clockwise	scroll upwards through setting values	increases the resistance level
scroll wheel anti-clockwise	scroll downwards through setting values	decreases the resistance level
fitness test		enter the fitness test program – use when your workout has ended
reset	reset current value, press and hold for total reset	return to main menu
start / stop	start your workout	pauses your workout – press again to re-start

Using Workout Programs

When you turn the cross trainer on it will enter the 'main menu' mode, awaiting you to select a program and begin your workout. In 'main menu' the following will be flashing at the top of the screen:

- manual
- program
- user
- target hr

Manual

In manual mode, the user is free to adjust the resistance at any point throughout the workout

1. From the main menu highlight 'manual' with the scroll wheel
2. Press down on the scroll wheel to select
3. Scroll the wheel up and down to set your resistance level
4. Press down on the scroll wheel to select
5. Press 'start / stop' to begin your workout

NOTE: you can also add to your manual program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

Program

There are 12 pre-set programs available for you to choose from. The resistance level adjusts automatically throughout the program.

1. From the main menu highlight 'program' with the scroll wheel
2. Press down on the scroll wheel to select
3. Scroll the wheel up and down to choose your program (P1 to P12)
4. Press down on the scroll wheel to select
5. Scroll the wheel up and down to set your resistance level
6. Press down on the scroll wheel to select
7. Press 'start / stop' to begin your workout

NOTE: you can also add to your program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

User

This program allows you to create and save your own program profile. You need to set the resistance level for each of the 16 profile 'segments' as displayed in the profile window:

1. From the main menu highlight 'user' with the scroll wheel
2. Press down on the scroll wheel to select
3. Scroll the wheel up and down to set the resistance level for the first segment
4. Press down on the scroll wheel to select
5. Repeat steps 3 and 4 until all 16 segments have been set
6. Press 'start / stop' to begin your workout

NOTE: once set up, this program is saved and can be re-used, simply press 'start / stop' to go straight into it. If you wish to change the program, complete the steps above.

Target HRC (heart rate)

HRC programs work by automatically adjusting the resistance to keep you working out at your target heart rate. To do this the console will need your pulse reading throughout the exercise, which it gets from you placing both hands on the pulse sensors.

- If your heart rate is too high the resistance is decreased
- If your heart rate is too low the resistance is increased

This console features 4 heart rate control programs:

- 55% - targeted to operate at 55% of your maximum heart rate
- 75% - targeted to operate at 75% of your maximum heart rate
- 90% - targeted to operate at 90% of your maximum heart rate
- Target – you can set your own target heart rate

1. From the main menu highlight 'target hr' with the scroll wheel
2. Press down on the scroll wheel to select
3. Scroll the wheel up and down to enter your age
4. Press down on the scroll wheel to select
5. Scroll the wheel up and down to select your program (55%, 75%, 90%, target)
6. As you scroll through the first 3 programs you will see your target heart rate has already been worked out and is displayed for you - If you are happy with one of the target heart rate values displayed, press the 'start / stop' button to begin
7. If you want to enter your own target heart rate, choose the 'target' program by pressing down on the scroll wheel
8. Scroll the wheel up and down to set a target heart rate

9. Press down on the scroll wheel to select
10. Press 'start / stop' to begin your workout

the 90% program should only be used by professional athletes or people with a very high level of fitness – exercising at this level can be dangerous if you do not know what you are doing

Please see the 'Exercising with your cross trainer' section for more details about the benefits of heart rate training

NOTE: you can also add to your HRC programs targets based on time, distance or calories. To do this, see the 'Target Program' instructions below.

Target Programs

You can choose to workout by setting a target based on time, distance travelled, calories burned or the pulse rate you want to achieve. When you reach your target the cross trainer will sound a short alarm.

1. Set up your desired program as described above, but before pressing 'start / stop' to begin your exercise:
2. the value of 00:00 will be flashing in the 'time' window
3. Scroll the wheel up and down to set your TARGET TIME
4. Press down on the scroll wheel to confirm
5. the value of 00:00 will be flashing in the 'distance' window
6. Scroll the wheel up and down to set your TARGET DISTANCE
7. Press down on the scroll wheel to confirm
8. the value of 00:00 will be flashing in the 'calories' window
9. Scroll the wheel up and down to set your TARGET CALORIES
10. Press down on the scroll wheel to confirm
11. the value of 00:00 will be flashing in the 'calories' window (this option is not available if you are in the 'target hr' program)
12. Scroll the wheel up and down to set your TARGET PULSE
13. Press 'start / stop' to begin your workout

NOTE: you only have to set one of the targets described above, and once done you can press 'start / stop' to go straight into your workout, however, if you set multiple targets the workout will end when the first target is reached



**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**

Starting your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

- Make sure the nearest footplate to you is in the lowest position
- Grasp the handlebars securely with both hands
- Step on - put your feet into the pedals one by one
- Your body should be centred over the pedals
- Begin to stride, follow the rhythm of the machine

Finishing your workout

- Slow your elliptical motion to a gradual stop
- Take your feet off the footplates one at a time

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct exercising form

- Stand tall and straight. Don't slump - it will put unnecessary strain on your back and will result in less effective toning in the leg muscles. Make sure the machine is adjusted properly for your height so that you don't have to slouch to reach the handlebars. Similarly, you should not be leaning on the handles or gripping them too tightly.
- Stay relaxed. Keep your shoulders, arms, legs and hips loose and unlocked while using a cross trainer. Tension could lead to injury and will almost certainly make you sore.

All over body workout!

- For an all over body workout keep your hands on the moving arms
- To only work the lower body place the hands on the fixed handlebars
- To put the emphasis on the upper body push with your arms on the moving arms and reduce the amount of effort you are using with your legs
- To work different muscles in your legs, try going in reverse

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels - These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula 220 minus your age in years. So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minutes (bpm)}$$

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

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

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

NOTE: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

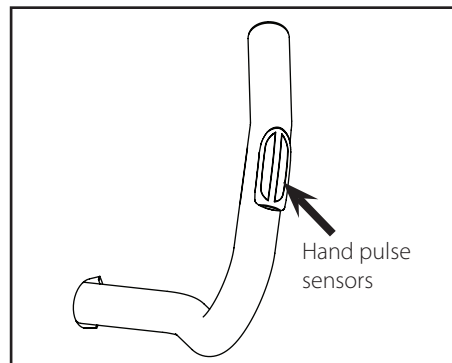
cross trainer features explained

Monitoring your heart rate

Hand Pulse Sensors

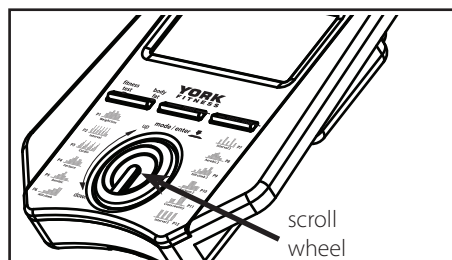
This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hand on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

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



Adjusting the resistance

This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel – the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply scroll the wheel on the console. The resistance levels go from 1 = easy to 16 = hard

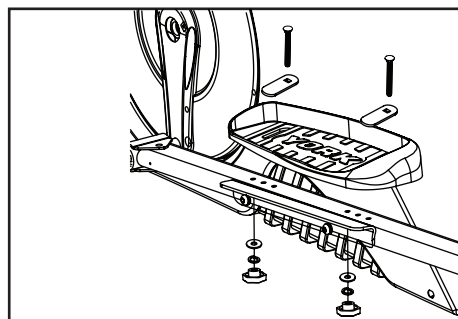


Adjusting the stride pattern

There are 2 sets of adjustments you can make to match the elliptical motion to your individual requirements:

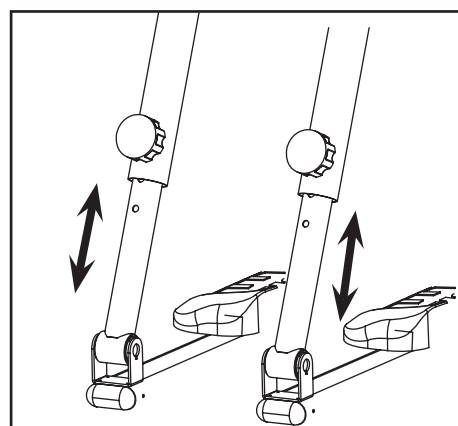
Change the footplate position

1. Remove the footplate by unscrewing the hand wheel underneath
2. Remove the bolts
3. Re-position the footplate into one of the 3 sets of holes
4. Re-position the bolts and tighten with the hand wheel
5. Make sure both the left and right footplate are in the same hole position



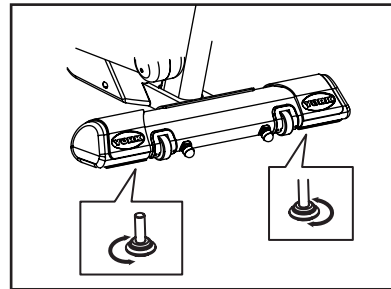
Change the height of the footplate mount tube

1. Loosen the hand wheel and pull the plunger
2. Adjust the tube up or down into one of the 4 adjustment holes
3. Let go of the plunger and re-tighten the hand wheel
4. Make sure both the left and right handlebars are in the same hole position



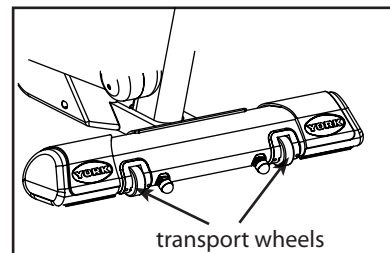
Levelling your cross trainer

To help you level the cross trainer on uneven surfaces, 2 height adjusters are included on the front stabiliser. Simply twist these around to adjust the height of the cross trainer.



Transporting your cross trainer

Your cross trainer has 2 transport wheels to help you move it around. To engage the wheels, tilt the cross trainer towards you with the handle bars and then using the handlebars push the cross trainer to your desired location.



how to take care of your cross trainer

Storage

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

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.



Never remove the protective casing.

Troubleshooting



If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month 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 Barbell Ltd. warrants that the Product you have purchased from an authorised York 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 Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell'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 Barbell may replace defective parts or at the option of York Barbell, 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 Barbell. York Barbell 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 Barbell 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 Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must provide the following information:

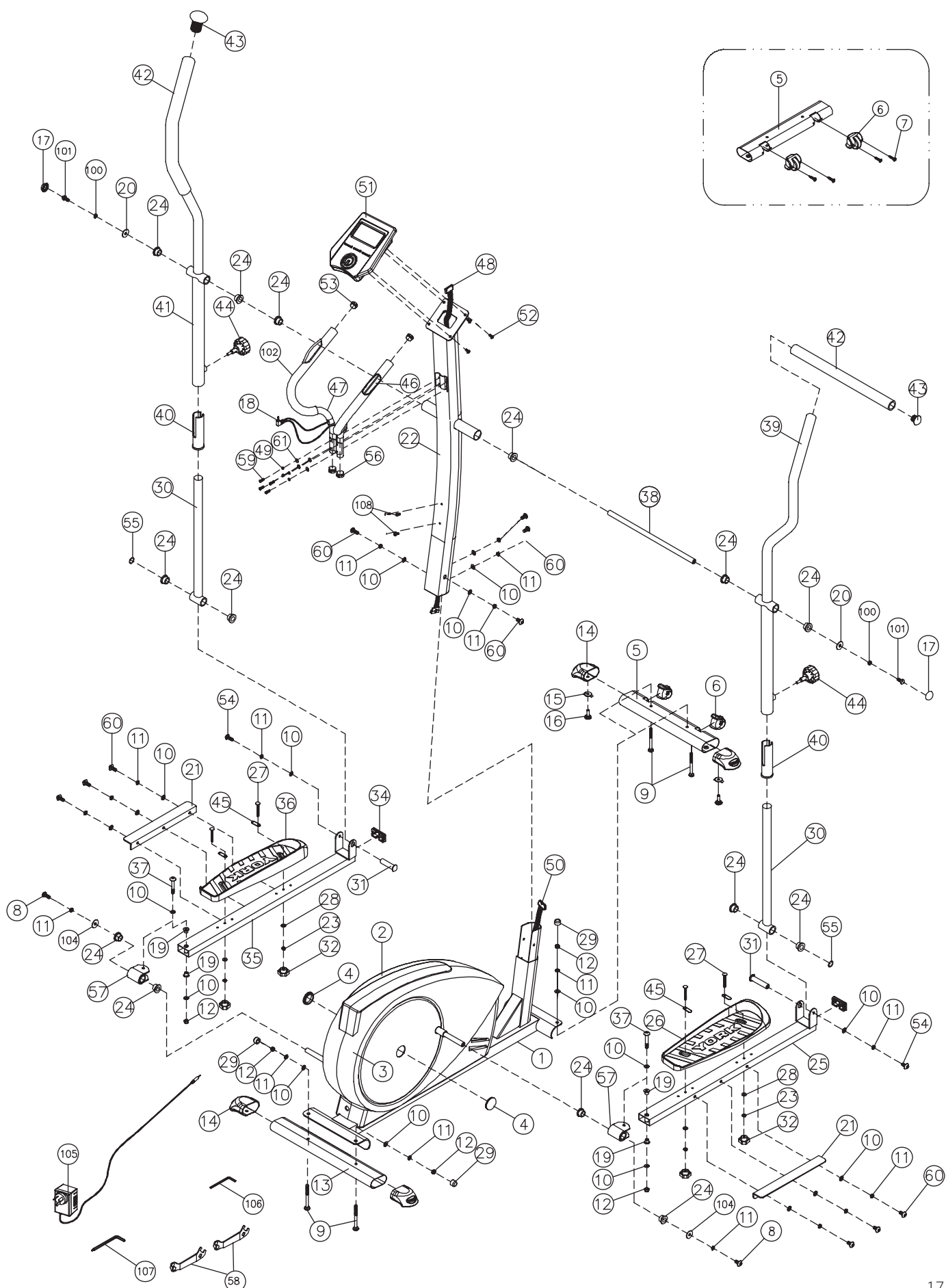
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

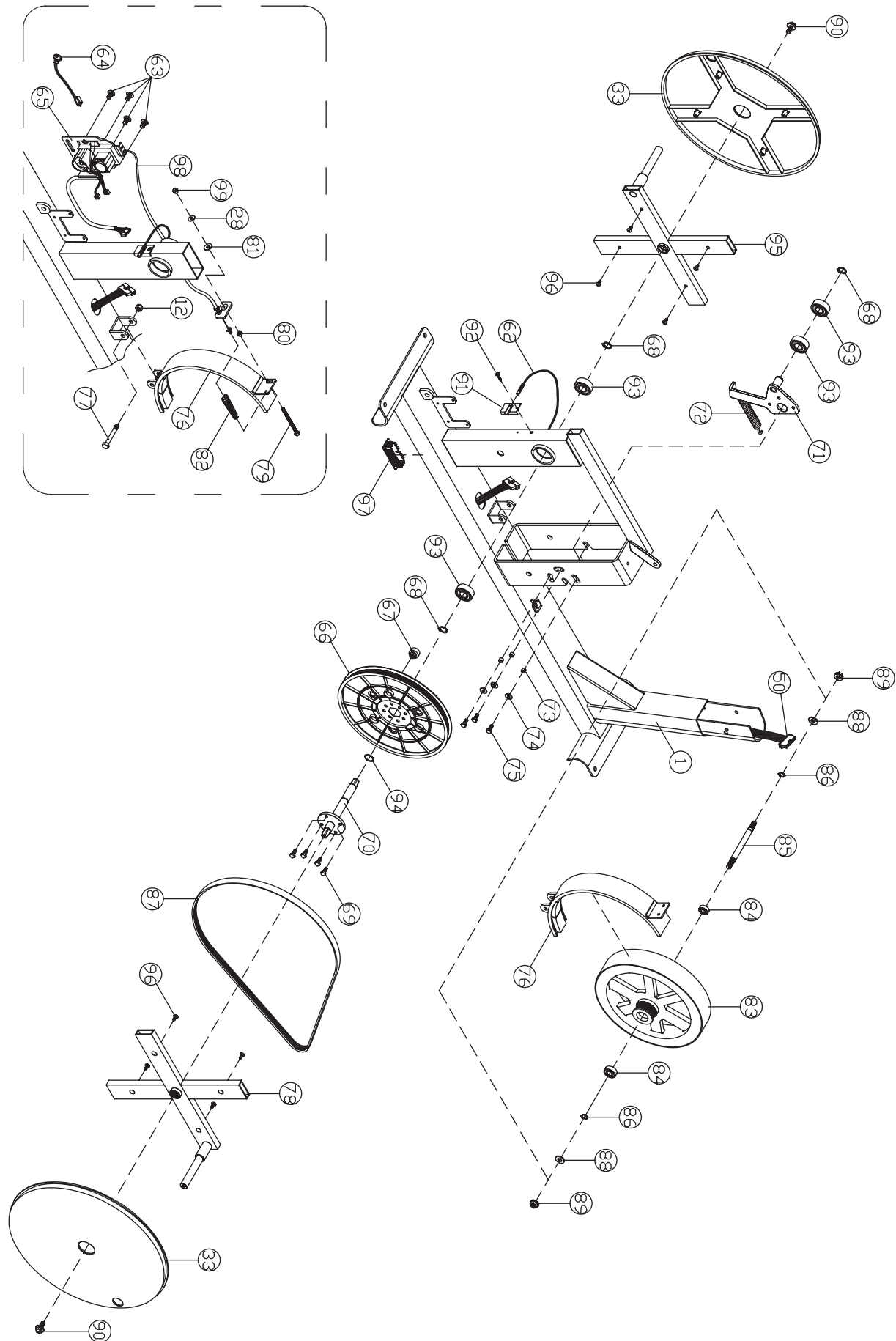
Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

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

exploded diagram

YORK
FITNESS





parts list

Ref.	Qty	Part no.	Part Description
1	1	YKA00151s6	Main Frame (X)
2	1	YKF20252q9	Chain Cover - Left (X)
3	1	YKF20253q9	Chain Cover - Right (X)
4	2	YKF20254b5	Round Internal Centre Cap
5	1	YKP00166s6	Front Stabilizer & Wheel Mount
6	2	YKF20190b5	Transport Wheel
7	4	YKF10282b6	Round Philips Head Self Tapping Screw (8 x 16mm)
8	2	YKF10046n1	Round Allen Head Bolt (M8 x 20mm)
9	4	YKF10207n1	Carriage Bolt (M8 x 52mm)
10	20	YKF10217n1	Flat Washer (8 x 16 x 1.2mm)
11	20	YKF10192n1	Spring Washer (8mm)
12	5	YKF10061n1	Nyloc Nut (M8)
13	1	YKP00167s6	Rear Stabilizer (C)
14	4	YKF20192b5	Oval External End Cap
15	2	YKF10208c1	Height Adjusting Ring
16	2	YKF10209b3	Height Adjusting Foot
17	2	YKF20040b5	Round Plastic Bolt Cap
18	1	YKF60153b1	Hand Pulse Sensor Cable
19	4	YKF20247b5	Plastic Top Hat Bush
20	2	YKF10283b6	Flat Washer (8 x 28mm)
21	2	YKP00181s6	Foot Plate Support Bracket
22	1	YKA00152s6	Front Post - Fixed Bar Mount (X)
23	4	YKF10225b6	Spring Washer (6mm)
24	14	YKF20246b3	Plastic Top Heat Bush
25	1	YKA00153s6	Foot Plate Mount Tube - Right
26	1	YKF20256b5	Foot Plate - Right (YORK - Shaped)
27	4	YKF10296b6	Carriage Bolt (M6 x 50mm)
28	5	YKF10293b6	Flat Washer (6 x 16 x 1.2mm)
29	4	YKF20040g11	Round Plastic Bolt Cap
30	2	YKA00154s6	Moving Handlebar - Lower
31	2	YKF50115n1	Foot Plate Tube Front Pivot Shaft
32	4	YKF10297b6	Hand wheel - Female (M6)
33	2	YKF20255q9	Plastic Disc - Moving
34	2	YKF20022b5	Rectangle Radius Internal End Cap
35	1	YKA00144s6	Foot Plate Mount Tube - Left
36	1	YKF20257b5	Foot Plate - Left (YORK - Shaped)
37	2	YKF10284n1	Round Allen Head Bolt (M8 x 45mm)
38	1	YKF50120c1	Moving Handlebar Pivot Rod
39	1	YKA00155s6	Moving Handlebar - Right
40	2	YKF20268b3	Reducer Insert
41	1	YKA00156s6	Moving Handlebar - Left
42	2	YKF30032b1	Foam Grips
43	2	YKF20249b5	Round Mushroom Internal End Cap
44	2	YKF50121b5	Pull Plunger (M12)
45	4	YKP00182b6	Foot Plate Mount Insert
46	2	YKF50081b5	Hand Pulse Sensor - Radius Grip
47	1	YKA00150s6	Fixed Handlebar (x)
48	1	YKF60144b1	Computer Cable - Upper (850mm)
49	4	YKF10225n1	Spring Washer (6mm)
50	1	YKF60145	Computer Cable - Lower (1000mm)
51	1	YKF60146q9	Computer (C) - (SM3152-70)
52	4	YKF10203b6	Round Philips Head Machine Screw (M5 x 10mm)
53	2	YKF20270b5	Round Internal End Cap
54	2	YKF10286n1	Round Allen Head Bolt (M8 x 25mm)
55	2	YKF10285b6	Wave Spring (16.5 x 21.7mm)
56	2	YKF20269b5	Round Internal End Cap (hole in top)

Ref.	Qty	Part no.	Part Description
57	2	YKA00127s6	Foot Plate Axle Mount Bracket
59	4	YKF10295n1	Round Allen Head Bolt (M6 x 45mm)
60	10	YKF10062n1	Round Allen Head Bolt (M8 x 15mm)
61	4	YKF10204n1	Flat Washer (6 x 15 x 1.2mm)
62	1	YKF60147b1	Sensor Wire (150mm)
63	4	YKF10300b6	Round Philips Head Machine Screw (M6 x 10mm)
64	1	YKF60148b1	D.C. Socket (100mm)
65	1	YKF60106	Servo Motor Assembly
66	1	YKF20258b3	Large Plastic Pulley Wheel
67	1	YKF50086	Magnet
68	3	YKF10222b6	C Clip (C17)
69	4	YKF10301b6	Hex Head Bolt (M6 x 16mm)
70	1	YKF50122b6	Pedal/Disc Crank Axle
71	1	YKA00149c1	Jockey Wheel Bracket
72	1	YKF10287b6	Spring (122mm)
73	3	YKF10288b6	Bush
74	3	YKF10289b6	Flat Washer (6 x 16 x 1.5mm)
75	3	YKF10290b6	Hex Head Bolt (M6 x 14mm)
76	1	YKF50128c1	Magnet Shoe Assembly
77	1	YKF10188b6	Hex Head Bolt (M8 x 52mm)
78	1	YKA00157s6	Moving Disc Mount Frame
79	1	YKF10187b6	Hex Head Bolt (M6 x 65mm)
80	1	YKF10193b6	Hex Nut (M6)
81	1	YKF10315b6	Flat Washer (6 x 19 x 1.5mm)
82	1	YKF10400b6	Spring (72mm)
83	1	YKF50117b6	Flywheel
84	2	YKF50046	Bearing (6001)
85	1	YKF50119	Flywheel Axle
86	2	YKF10197b6	C Clip (C12)
87	1	YKF40064b1	Pulley Belt (4501-6)
88	2	YKF10291b6	Flat Washer (10 x 22 x 2mm)
89	2	YKF10292b6	Hex Shoulder Nut (3/8)
90	2	YKF10272b6	Hex head shoulder Bolt (M8 x 25mm)
91	1	YKF20180b3	Sensor Mount Bracket (43 x T1.5mm)
92	1	YKF10190b6	Round Philips Head Self Tapping Screw (6 x 12mm)
93	4	YKF50091	Bearing (6203ZZ)
94	1	YKF10302b6	Flat Washer (17 x 22 x 0.3mm)
95	1	YKA00157s6	Moving Disc Mount Frame
96	8	YKF10303b6	Round Philips Head Self Tapping Screw (5 x 12mm)
97	1	YKF20250b3	Rectangle Radius Internal End Cap
98	1	YKF40067	Tension Cable (350mm)
99	1	YKF10196b6	Nyloc Nut (M6)
100	2	YKF10192b6	Spring Washer (8mm)
101	2	YKF10304b6	Hex Head Bolt (M8 x 20mm)
102	2	YKF30036b1	Foam Grips
103	2	YKF10061c1	Nyloc Nut (M8)
104	2	YKF10283n1	Flat Washer (8 x 28mm)
105	1	YKF60124	AC Adaptor (6V-DC/500mA [3pin U.K.])
		YKF60107	AC Adaptor (6V-DC/500mA [3pin AUST. / N.Z.])
		YKF60125	AC Adaptor (6V-DC/500mA [2pin EU])
108	4	YKF10191n1	Round Philips Head Machine Screw (M5 x 15mm)
		TOOLS	
58	2	YKF70007	Multi Spanner (10, 13, 14, 15mm)
106	1	YKF70014	Philips Screwdriver & Allen Key (4mm)
107	1	YKF70009	Philips Screwdriver & Allen Key (6mm x 105mm)

