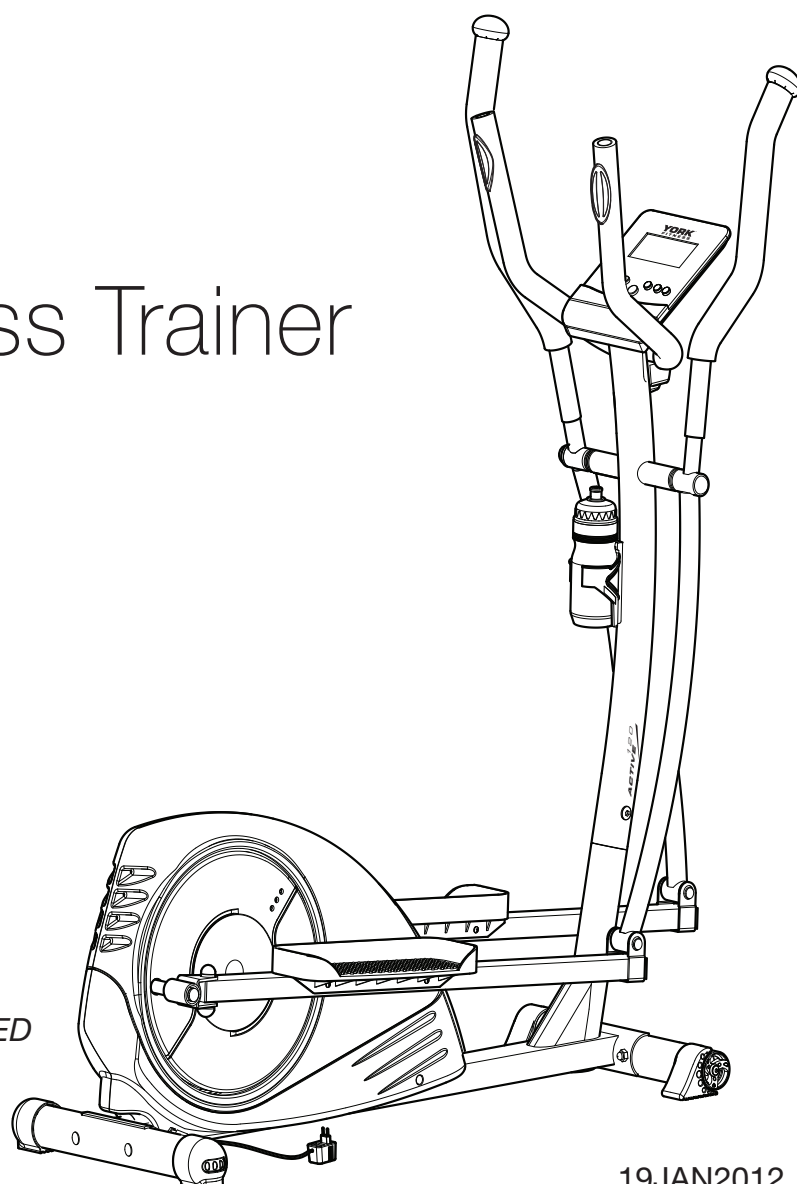


YORK[®]
FITNESS



Owner's Manual

Active 120 Cross Trainer 52048



WATER BOTTLE NOT INCLUDED

19JAN2012

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Congratulations on
purchasing your exercise
equipment from



You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

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

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- Ensure that the seat height is adjusted correctly. You should be stable and balanced while on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight while exercising, especially for long periods.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.

- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- 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.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

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

Maximum user weight: 110kg

Safety Standards

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



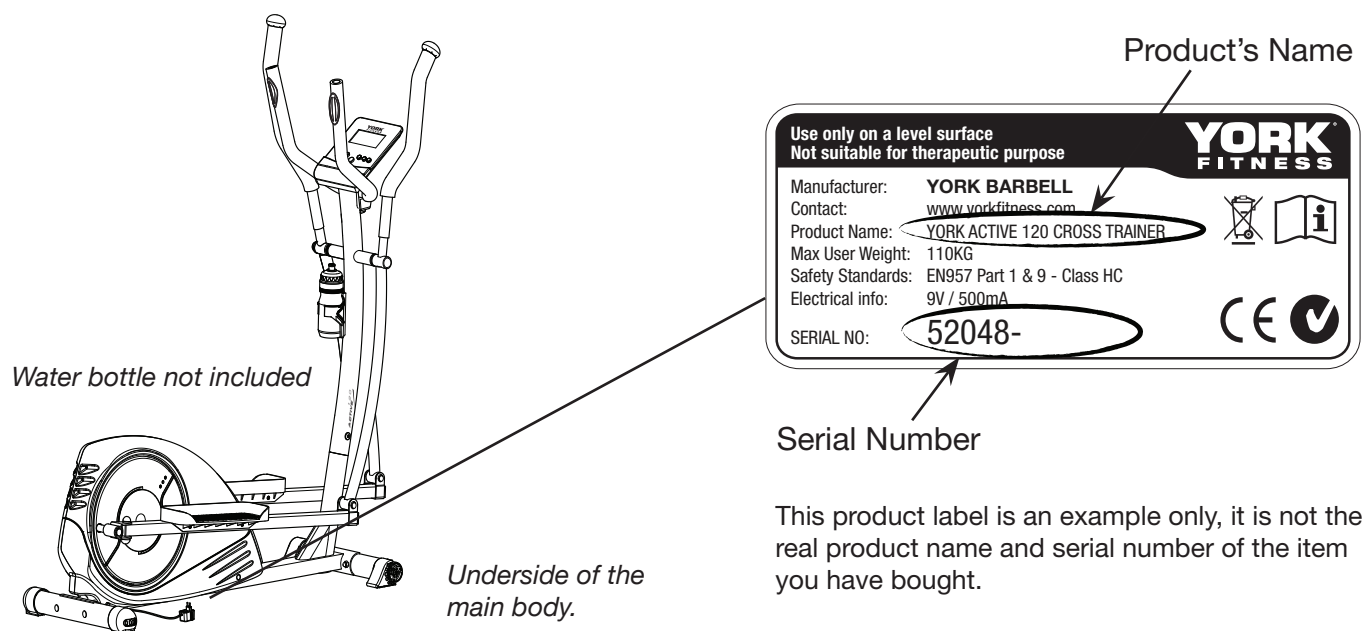
Customer support

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.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

YORK FITNESS

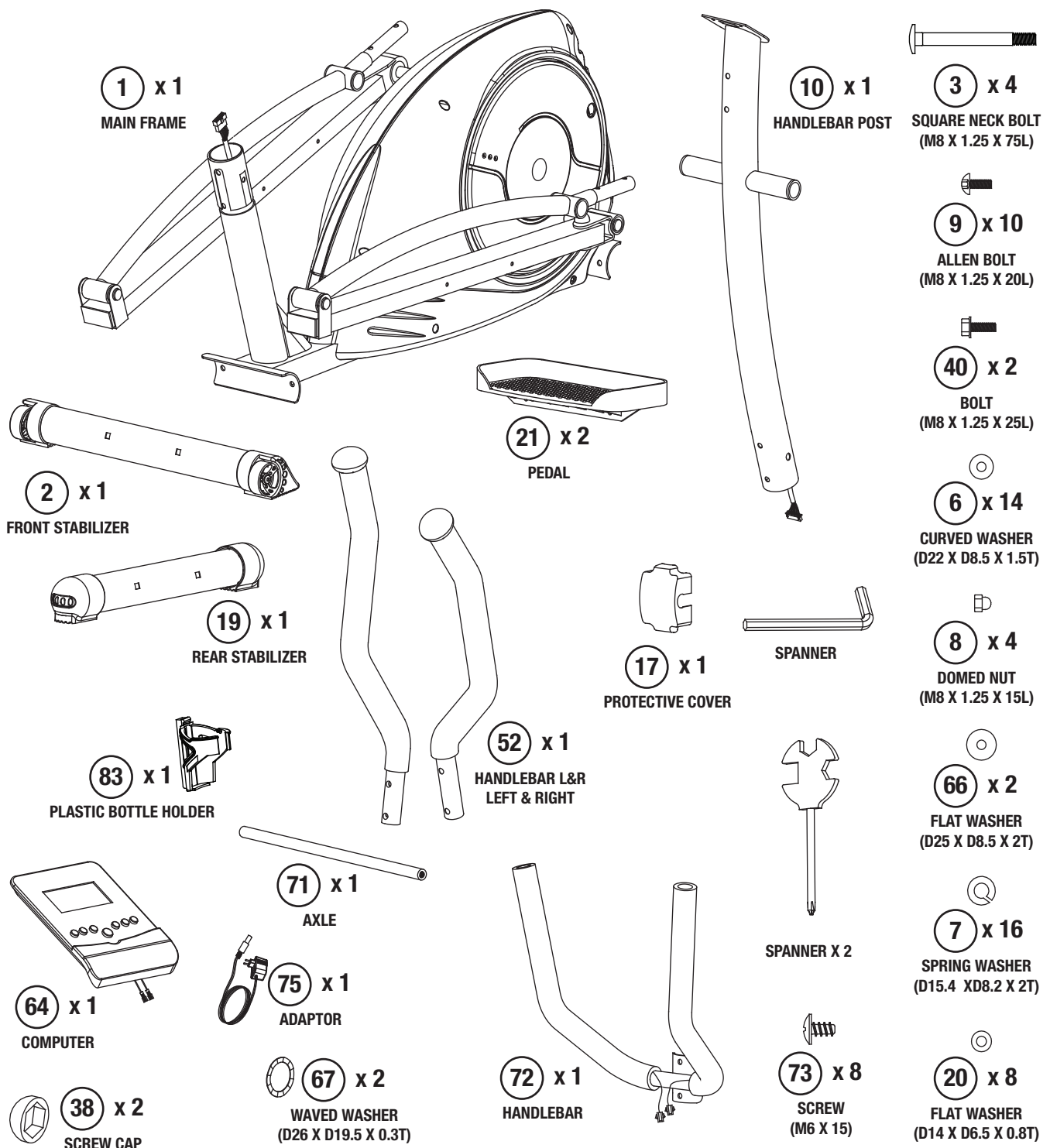
Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

Open the carton - Check any warnings on the carton and make sure you have it the right way up.

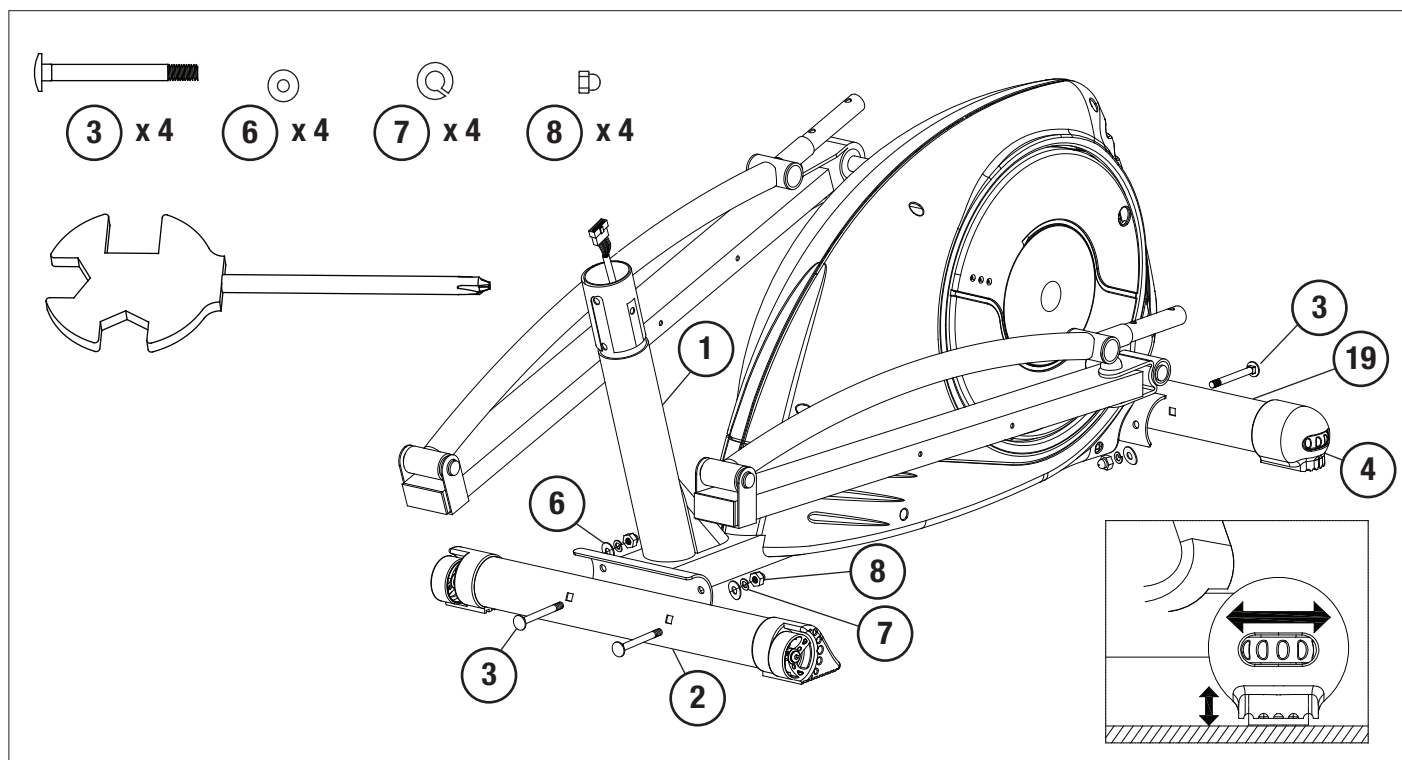
Unpack the carton - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:

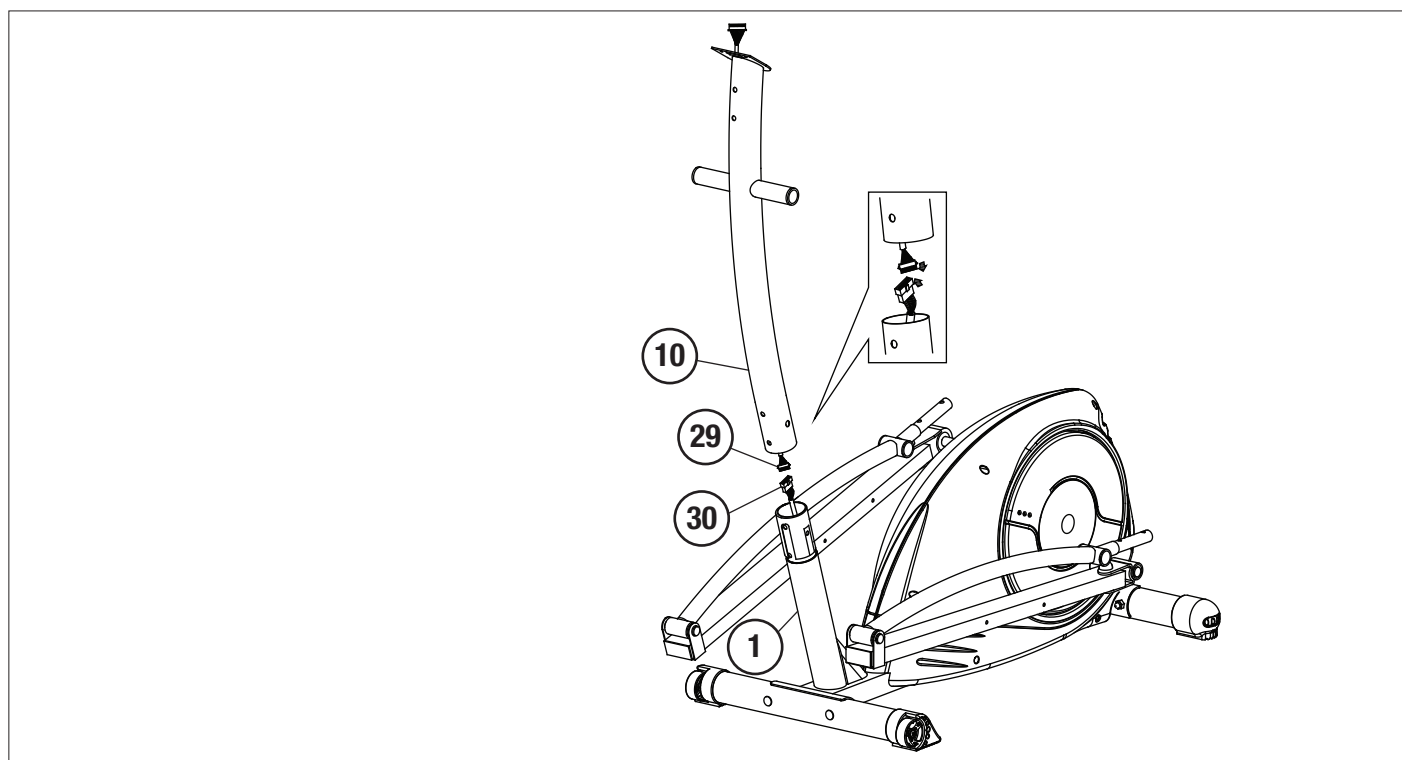


Assembly instructions

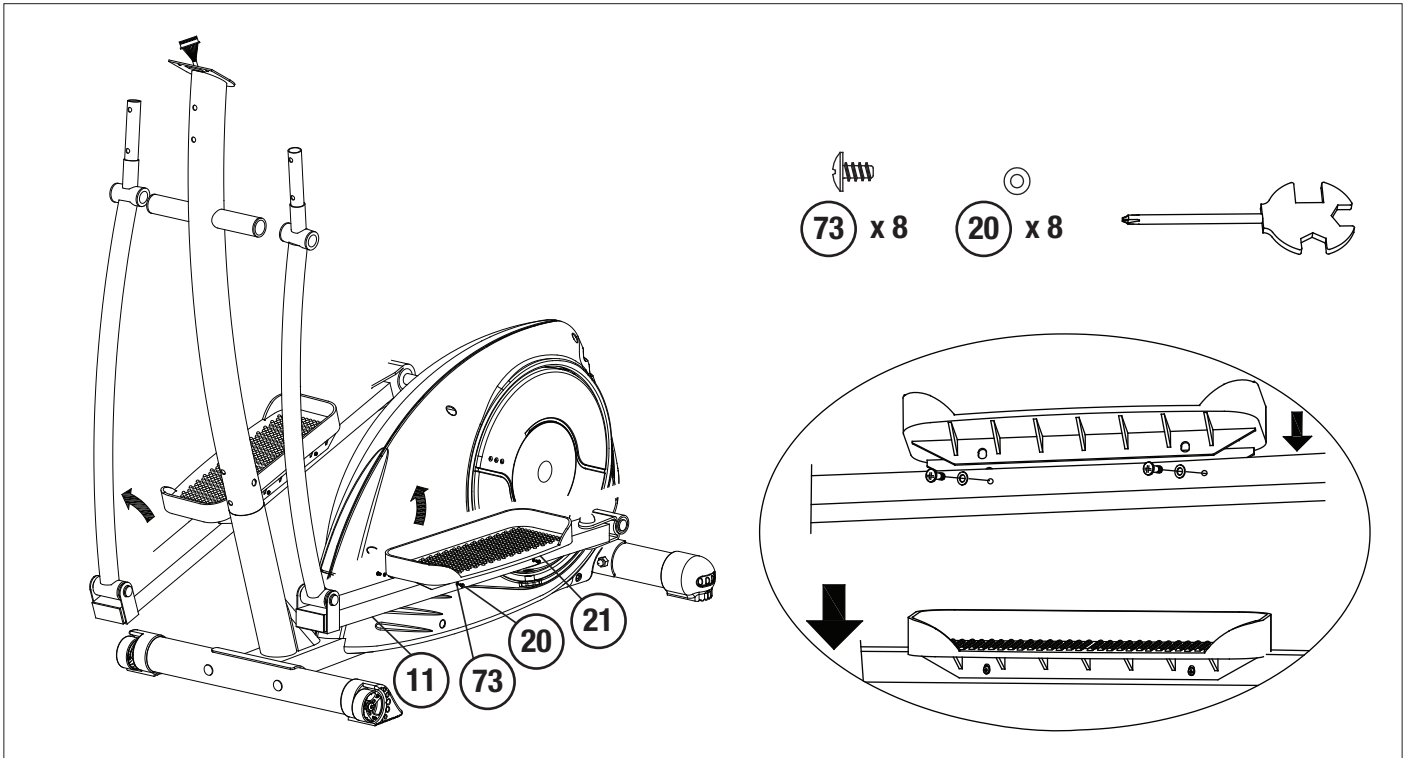
STEP 1



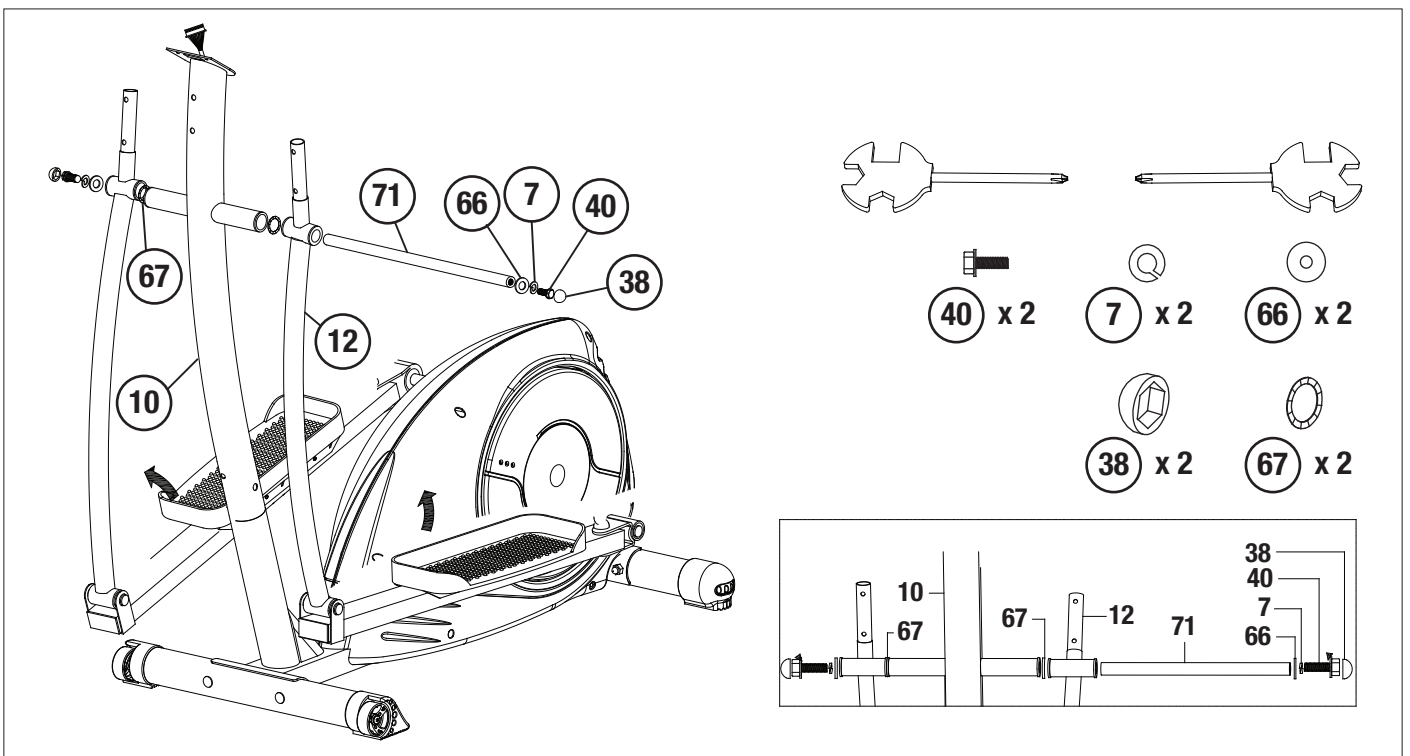
STEP 2



STEP 3

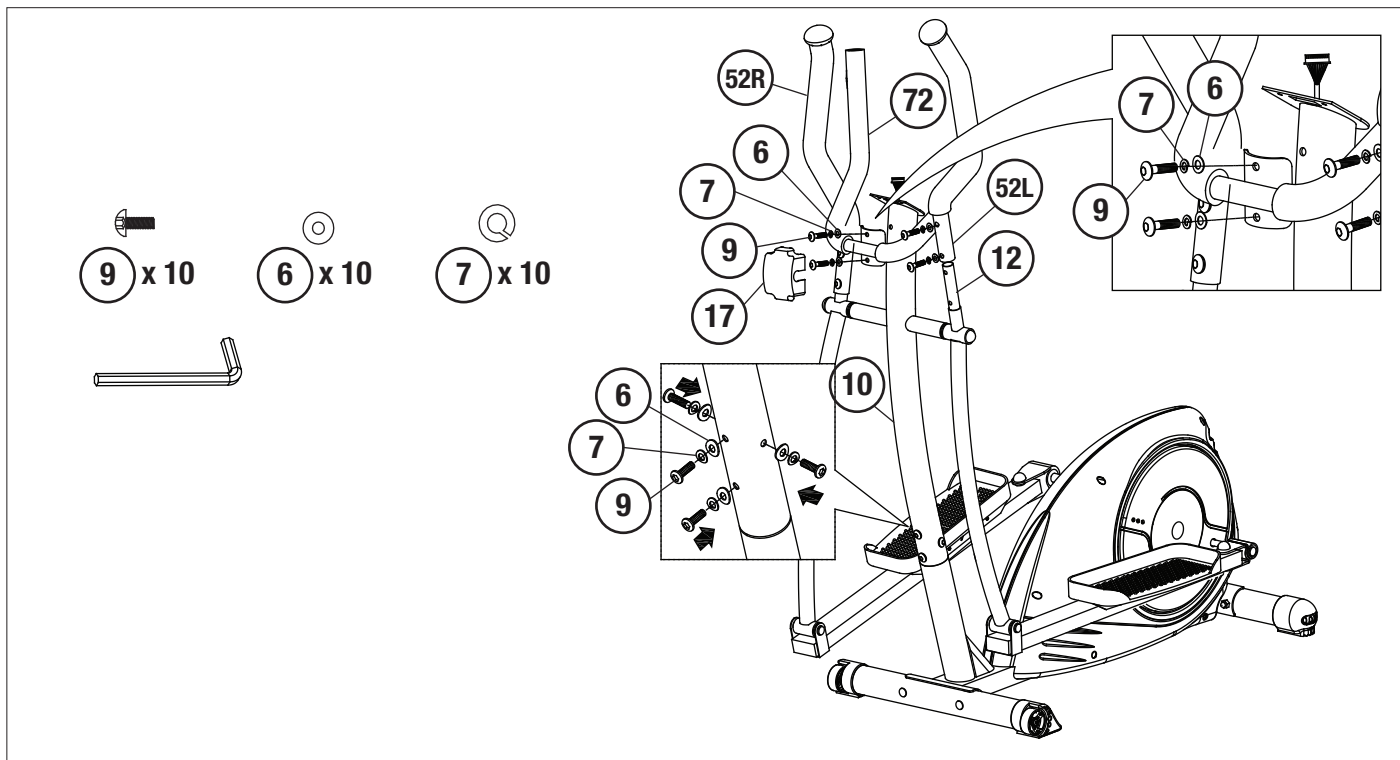


STEP 4

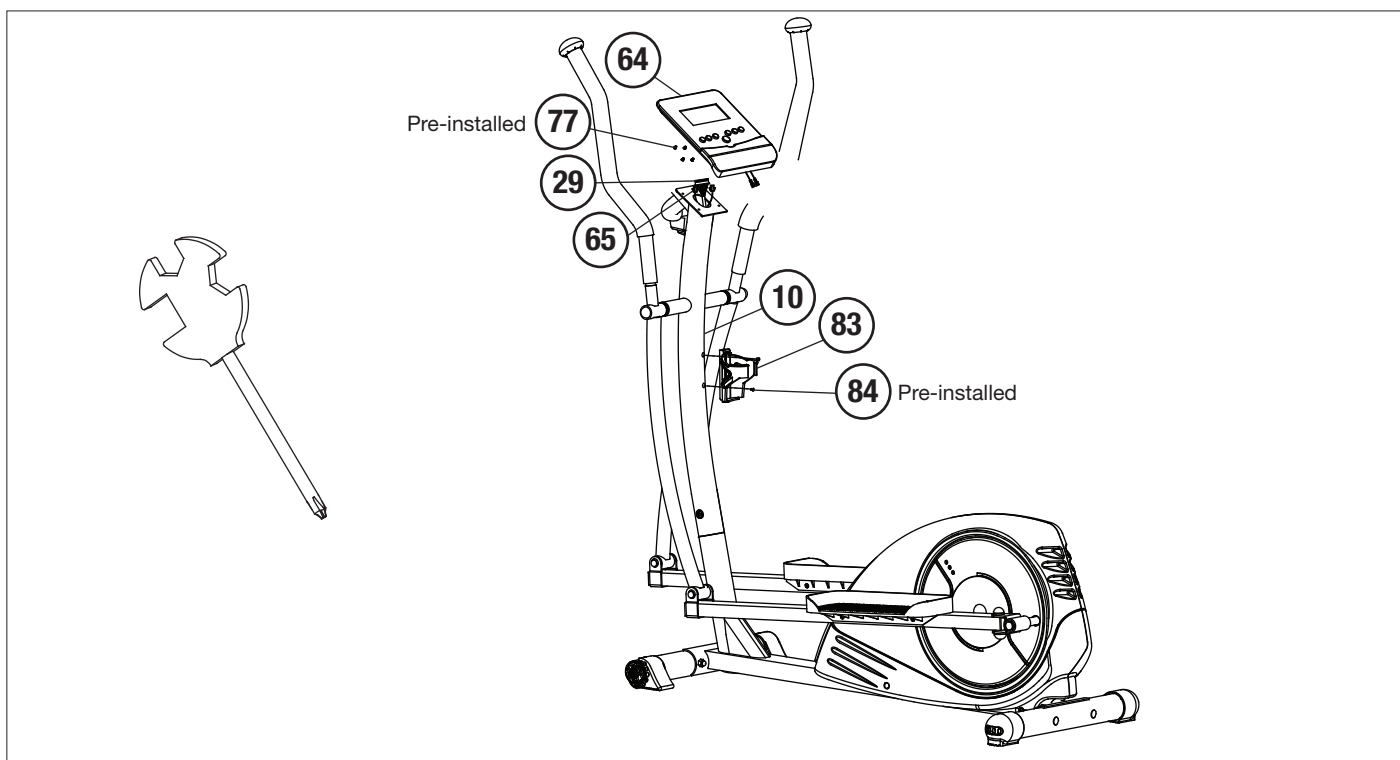


Assembly instructions

STEP 5



STEP 6



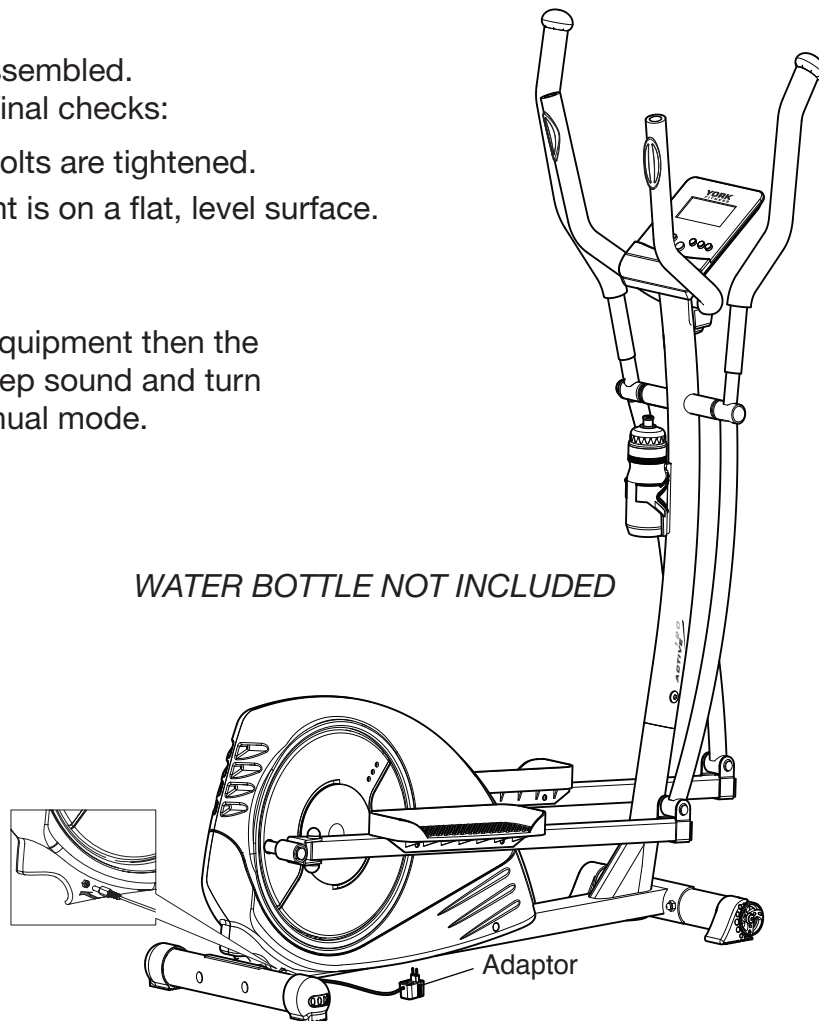
Final Check

Your cross trainer 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.

Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

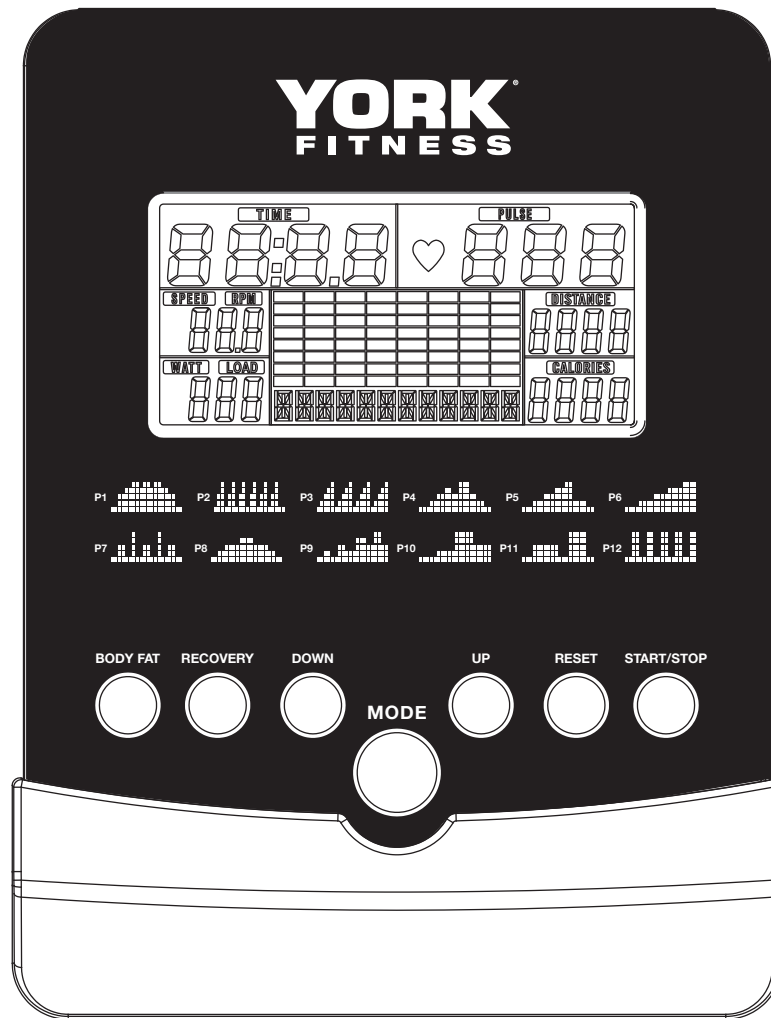


Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Operational instructions

Console:



Key Function:

KEYS	FUNCTIONS
MODE/ENTER	Press this button to select an exercise mode and to confirm a setting during setup.
RESET	Press “RESET” button to reset each function.
START/STOP	Press this key to begin or pause an exercise mode.
RECOVERY	Press this key to activate heart rate recovery function.
UP	Press this key to increase the resistance during exercise mode or increase the value of selection during setup.
DOWN	Press this key to decrease the resistance during exercise mode or decrease the value of selection during setup.
BODY FAT	Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio.

Display:

DISPLAY	DESCRIPTION
TIME	<ul style="list-style-type: none"> In target mode, it will display the value left to your preset target. Without a preset target, it will display the time you have exercised.
DISTANCE	<ul style="list-style-type: none"> In target mode, it will display the value left to your preset target. Without a preset target, it will display the distance you have traveled.
CALORIES	<ul style="list-style-type: none"> In target mode, it will display the value left to your preset target. Without a preset target, it will display the calories you have burned. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	Displays your pulse rate in beats per minute during your workout.
WATTS	Displays the workout watts.
SPEED	Displays the current training speed. Maximum speed is 99.9KM/H.
RPM	Displays the Rotation Per Minute.

Wake-Up Function

The monitor will enter SLEEP mode (LCD off) when there is no signal input and no key is pressed after 4 minutes. Press any button to start the monitor.

Program Select and Setting Value

1. After power on, the computer will take few seconds to start up.
2. Use the UP / DOWN button to select a program and press MODE to confirm your selection.

Manual Program

Users may exercise at any resistance level (by adjusting UP/DOWN keys during workout) with a target period of time, number of calories or a certain distance.

1. Use the UP / DOWN button to select the MANUAL program and press ENTER/MODE.
2. Use the UP / DOWN button dial to select a value for TIME, DISTANCE, CALORIES and PULSE.
Use the ENTER/MODE key for confirmation.
3. Press the START/STOP button to begin exercise.
4. Use the UP / DOWN button to change the resistance during exercise.

Operational instructions

Preset Programs

Users can exercise with different level of loading in different intervals as the profiles show.

1. Use the UP / DOWN button to select a preset program (P1 ~ P12) and press ENTER/MODE to confirm.
2. When a program is selected, use the UP / DOWN button to select a LEVEL and press ENTER/MODE to confirm.
3. When a program is selected, use the UP / DOWN button to select a target TIME and press ENTER/MODE to confirm.
4. Workout will begin, use the UP / DOWN button to change the resistance during exercise.

Heart Rate Control Program

In this program, the computer will adjust the resistance level according to your age and the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

1. Use the UP / DOWN button to select the HRC program and press ENTER/MODE to confirm.
2. Use the UP / DOWN button to select 55%, 75%, 90% or TARGET.
3. Use the UP / DOWN button to select a target TIME and press ENTER/MODE.
4. Workout will begin.

User Program

Users are free to select the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory:

1. Use the UP / DOWN button to select the USER PROGRAM and press ENTER/MODE to confirm.
2. Use the UP / DOWN button to select the resistance level for each interval and press ENTER/MODE to confirm.
3. Hold ENTER/MODE key for 2 seconds to end setup.
4. Use the UP / DOWN button to select a target TIME and press ENTER/MODE.
5. Workout will begin, use the UP / DOWN button to change the resistance during exercise.

Watt Program

Watt level will be adjusted automatically according to user's RPM input value:

1. Use the UP / DOWN button to select the WATT PROGRAM and press ENTER/MODE to confirm.
2. Use the UP / DOWN button dial to select a target TIME and press ENTER/MODE to confirm.
3. Workout will begin, use the UP / DOWN button to change the watt level during exercise.

Body Fat Program

Body fat program is designed to calculate users' body fat ratio and to offer a specific loading profile for users. The computer will show the test results of FAT PERCENT and BMI.

1. Press the BODY FAT key for 2 seconds and the computer will display your user profile.
2. Press ENTER/MODE key to confirm to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is fitted correctly on your body. Then press the START/STOP key again to begin body fat measurement.
3. After finished your measurement, the computer will show the values of BMI and FAT PERCENT on the LCD display.

BMI (Body Mass Index):

BMI is a measure of body fat based on height and weight that applies to both adult men and women.

Recovery

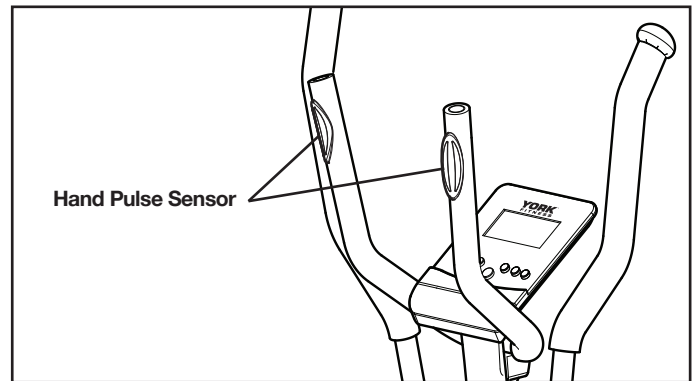
Leave the hands holding on grips or leave the chest transmitter attached and then press "RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

Operational instructions

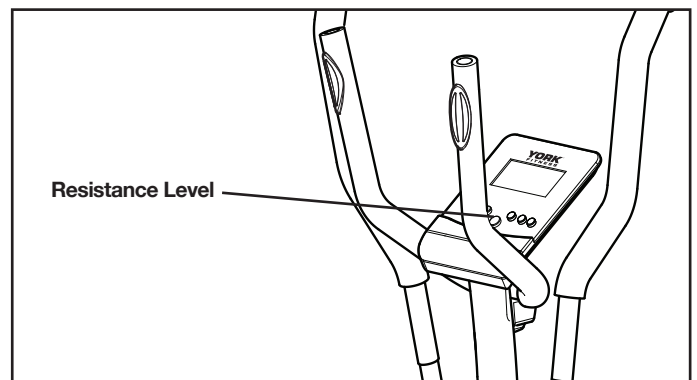
Hand Pulse Sensors

This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right 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.



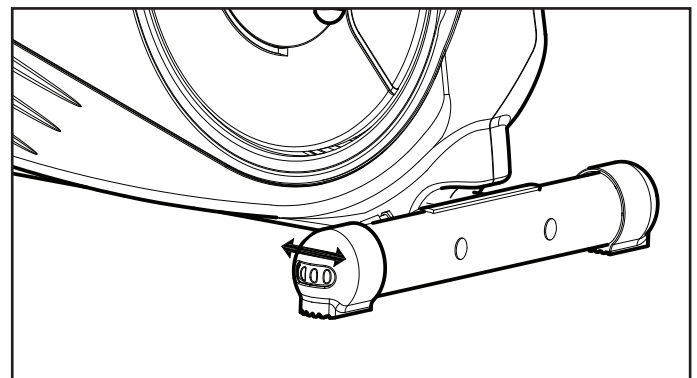
Adjusting The Resistance

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 use the UP / DOWN key on the console.



Levelling Your Cross Trainer

To help you level the cross trainer on uneven surface, 2 height adjusters are included on the rear stabilizers. Simply twist these around to adjust the height of the cross trainer.



Troubleshooting



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

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Make sure power cord is plugged in properly
	System halted	Unplug and re-plug the power cord to reset the system
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Unplug and re-plug the power cord
		Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor
ERROR CODE: E-1	Handgrip test fail	Please hold tight with two hands.
ERROR CODE: E-2	Motor line fail	Contact your local YORK distributor
ERROR CODE: E-4	Preset age, weight and height are over range.	

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSIST, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

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.

Fitness guide

Starting and Finishing Your Workout

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

Correct Cross-training form

To start using the cross trainer, simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse: The cross trainer can be used in the forward and reverse direction to vary the muscles that you workout. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment: The load level of cross trainer can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



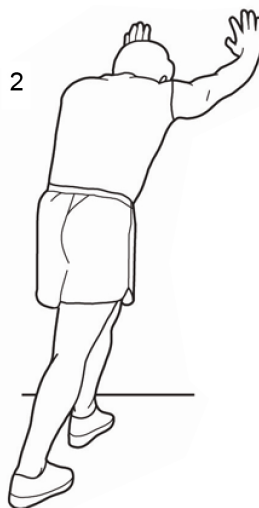
2. Calf/Achilles Stretch

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



3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

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

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

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

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

Calculating Your Target Heart Rate

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

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

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

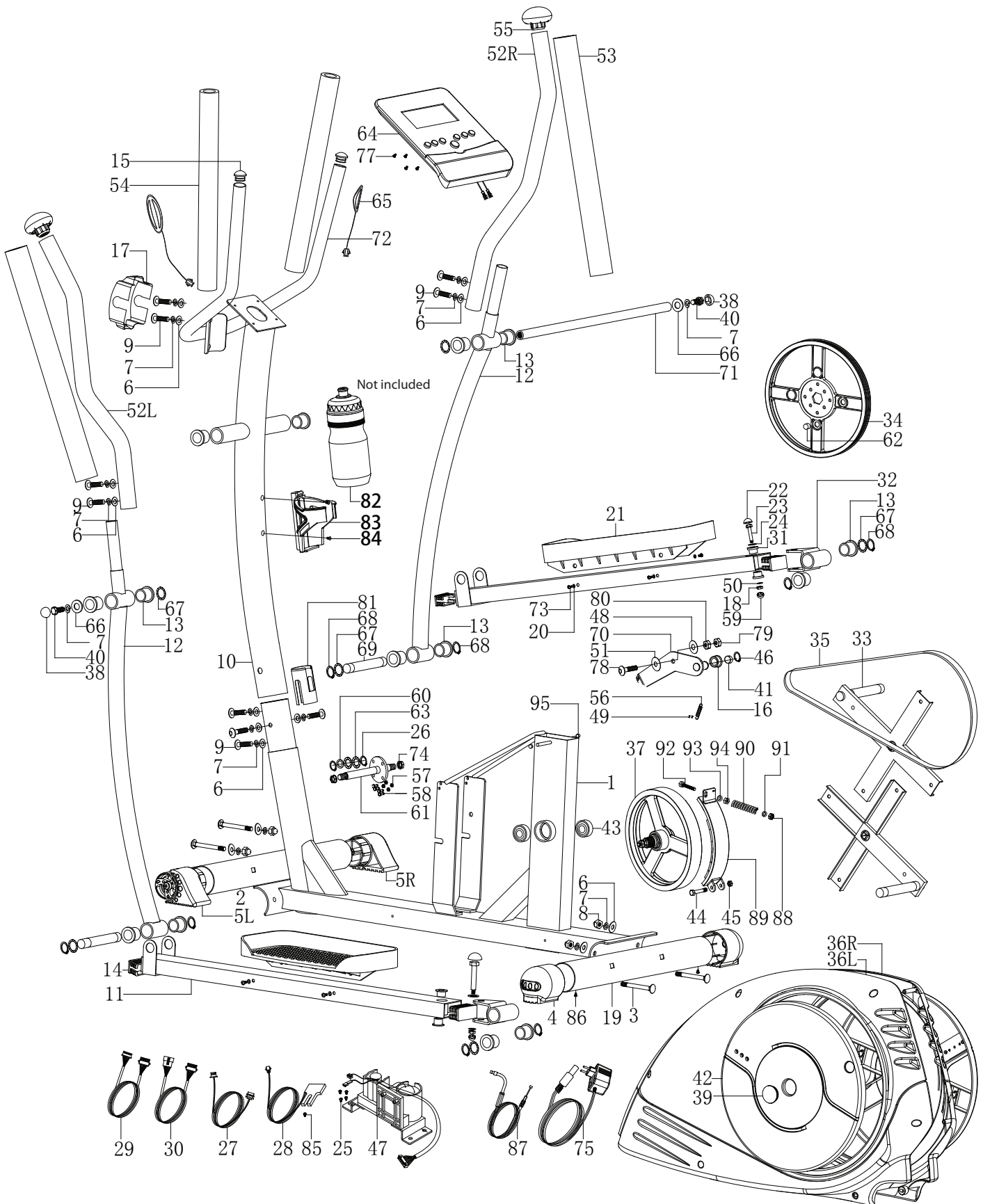
$$185 \times 60\% = 111\text{bpm}$$

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

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

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing



Part list



YORK REF.	REF.	DESCRIPTION	QTY.
52048-1	1	MAIN FRAME	1
52048-2	2	FRONT STABILIZER	1
52048-3	3	SQUARE NECK BOLT (M8 X 1.25 X 75L)	4
52048-4	4	ADJUSTABLE CAP	2
52048-5	5L	LEFT MOVEABLE CAP	1
52048-6	5R	RIHGT MOVEABLE CAP	1
52048-7	6	CURVED WASHER (D22 X D8.5 X 1.5T)	14
52048-8	7	SPRING WASHER (D15.4 X D8.2 X 2T)	16
52048-9	8	DOMED NUT (M8 X 1.25 X 15L)	4
52048-10	9	ALLEN NUT (M8 X 1.25 X 20L)	10
52048-11	10	HANDLEBAR POST	1
52048-12	11	PEDAL SUPPORT	2
52048-13	12	SUPPORTING BUBE	2
52048-14	13	BUSHING (D19.15 X (D25.6 X 32) X (17 + 3))	14
52048-15	14	SQUARE CAP (30 X 60 X 15)	4
52048-16	15	HALF BALL CAP (D25.4 X 31L)	2
52048-17	16	IDLE WHEEL	1
52048-18	17	PROTECTIVE COVER	1
52048-19	18	NYLON NUT (M10 X 1.5 X 10T)	2
52048-20	19	REAR STABILIZER	1
52048-21	20	FLAT WASHER (D14 X D6.5 X 0.8T)	8
52048-22	21	PEDAL	2
52048-23	22	SCREW CAP (D28 X 17 (M10))	2
52048-24	23	LADDER BOLT (M10 X 1.5 X 58L)	2
52048-25	24	FLAT WASHER (D24 X D13.5 X 2.5T)	2
52048-26	25	SCREW (ST4.2 X 1.4 X 15L)	4
52048-27	26	C-CLIP	2
52048-28	27	ELECTRIC CABLE	1
52048-29	28	SENSOR CABLE	1
52048-30	29	UPPER COMPUTER CABLE	1
52048-31	30	LOWER COMPUTER CABLE	1
52048-32	31	BUSHING (D29 X D11.9 X 9T)	4
52048-33	32	JOINT	2
52048-34	33	CRANK	2
52048-35	34	BELT	1
52048-36	35	BELT WHEEL	1
52048-37	36L	LEFT CHAIN COVER	1
52048-38	36R	RIGHT CHAIN COVER	1
52048-39	37	FLYWHEEL SET	1
52048-40	38	SCREW CAP (D29 X 21(M8))	2
52048-41	39	SIDE COVER	2
52048-42	40	BOLT (M8 X 1.25 X 25)	2
52048-43	41	FIXING RING (D13 X D10 X 1.9T)	1
52048-44	42	ROUND COVER	2
52048-45	43	BEARNING	2
52048-46	44	BOLT (M8 X 52)	1
52048-47	45	NYLON NUT (M8 X 1.25 X 8T)	1
52048-48	46	C-CLIP	1
52048-49	47	MOTOR	1
52048-50	48	PLASTIC WASHER (D10 X D24 X 0.4T)	1
52048-51	49	PLASTIC WASHER (D3 X 30L)	2

YORK REF.	REF.	DESCRIPTION	QTY.
52048-52	50	FLAT WASHER (D20 X D11 X 2.0T)	2
52048-53	51	FLAT WASHER (D25 X D8.5 X 2T)	1
52048-54	52L	LEFT HANDLEBAR	1
52048-55	52R	RIGHT HANDLEBAR	1
52048-56	53	FOAM (D23 X 7T X 460L)	2
52048-57	54	FOAM (D30 X 7T X 390L)	2
52048-58	55	MUSHROOM CAP	2
52048-59	56	SPRING (D3 X D17 X 65L)	1
52048-60	57	NYLON NUT (M6 X 1.0 X 6T)	4
52048-61	58	BOLT (M6 X 1.0 X 15L)	4
52048-62	59	SCREW CAP (D30 X 17(M12))	2
52048-63	60	FLAT WASHER (D23 X D17.2 X 1.5T)	1
52048-64	61	CRANK AXLE	1
52048-65	62	ROUND MAGNET	1
52048-66	63	WAVED WASHER (D17 X D22 X 0.3T)	2
52048-67	64	COMPUTER	1
52048-68	65	HANDLEBAR PULSE	2
52048-69		HANDLEBAR PULSE CABLE	2
52048-70	66	FLAT WASHER (D25 X D8.5 X 2T)	2
52048-71	67	WAVED WASHER (D26 X D19.5 X 0.3T)	6
52048-72	68	C-CLIP	8
52048-73	69	FRONT PEDAL AXLE	2
52048-74	70	FIXING PLATE OF IDLE WHEEL	1
52048-75	71	AXLE	1
52048-76	72	HANDLEBAR	1
52048-77	73	SCREW (M6 X 15L)	8
52048-78	74	ANTI-LOOSN NUT (10 X 1.25 X 10T)	2
52048-79	75	ADAPTOR (9V/500 mA)	1
52048-80	77	BOLT (M5 X 0.8 X 10L)	4
52048-81	78	BOLT (M8 X 1.25 X 25L)	1
52048-82	79	NYLON NUT (M8 X 1.25 X 8T)	1
52048-83	80	NUT (M8 X 1.25 X 6T)	1
52048-84	81	INNER TUBE	1
52048-85	82	WATER BOTTLE (NOT INCLUDED)	N/A
52048-86	83	PLASTIC WATER BOTTLE	1
52048-87	84	BOLT (M5 X 0.8 X 20L)	2
52048-88	85	BOLT (M5 X 0.8 X 12L)	1
52048-89	86	SCREW (ST4 X 1.41 X 10L)	2
52048-90	87	TENSION CABLE	1
52048-91	88	NYLON NUT (M6 X 1 X 6T)	1
52048-92	89	FIXING PLATE OF MAGNET	1
52048-93	90	SPRING (D1.0 X 42L)	1
52048-94	91	FLAT WASHER (D13 X D6.5 X 1.0T)	1
52048-95	92	BOLT (M6 X 65L)	1
52048-96	93	NYLON WASHER (D6 X D19 X 1.5T)	1
52048-97	94	NUT (M6 X 1 X 6T)	1
52048-98	95	BUFFER	1
52048-99		SPANNER	1
52048-100		SPANNER	2
52048-101		BLISTER PACK	1



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