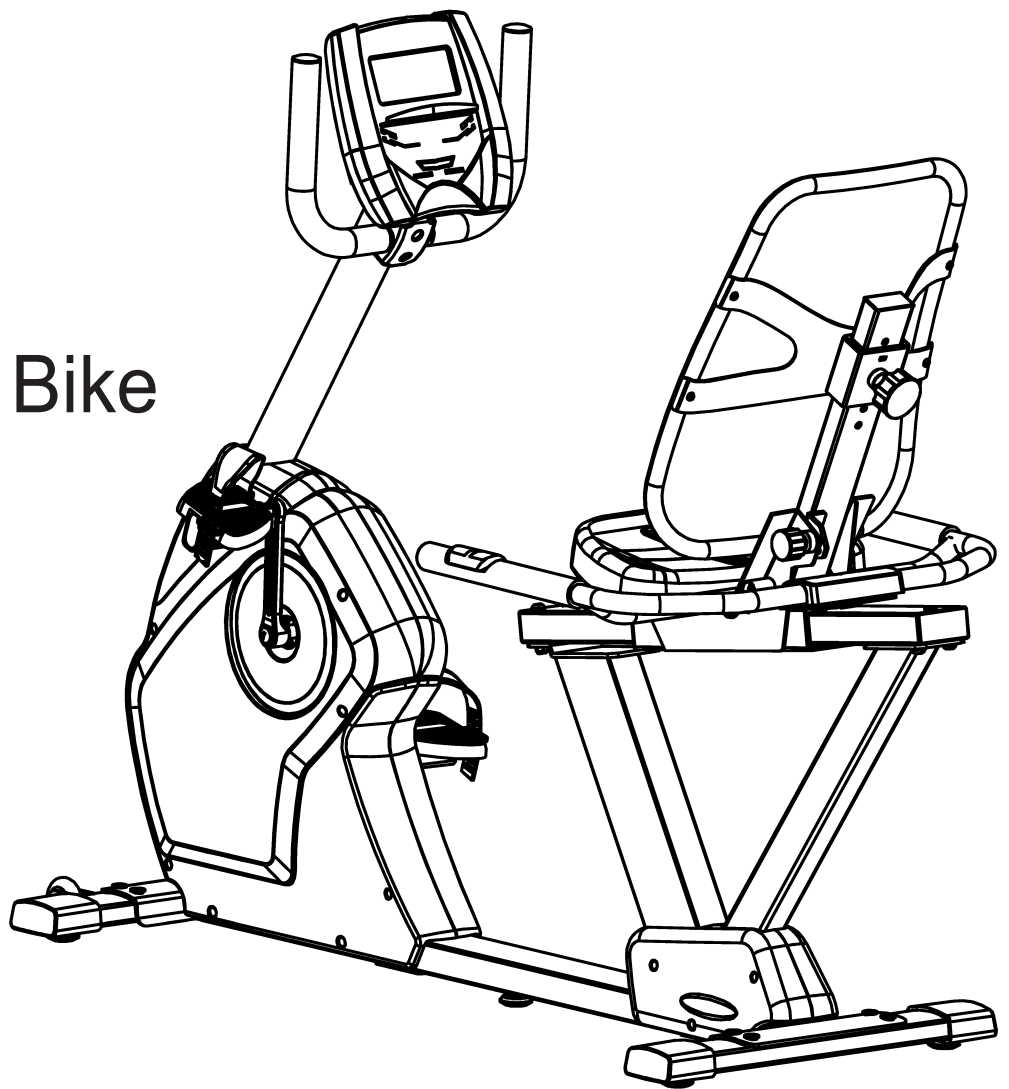


# YORK<sup>®</sup> FITNESS

## Owner's Manual

RB420  
Recumbent Bike  
Item #53103A



# Table of contents

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.

Please retain this owners manual and a copy of your purchase receipt for future reference.

For more information visit [www.yorkfitness.com.au](http://www.yorkfitness.com.au)

## CONTENTS

---

Safety information	03
--------------------	----

---

Customer support	04
------------------	----

---

Assembly Drawing	05
------------------	----

---

Exploded Drawing	06
------------------	----

---

Parts List	07
------------	----

---

Assembly Steps	11
----------------	----

---

Console Instructions	19
----------------------	----

---

Warranty	22
----------	----



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.
- 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 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. (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 behaviour for which the training equipment is not intended.

- The equipment is under no circumstances suitable as a children's toy.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

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

**Maximum user weight: 150kg**

## Safety Standards

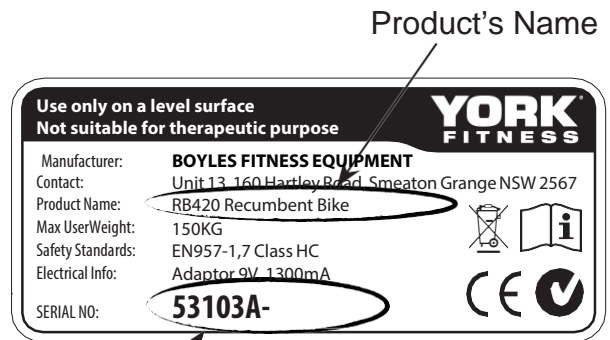
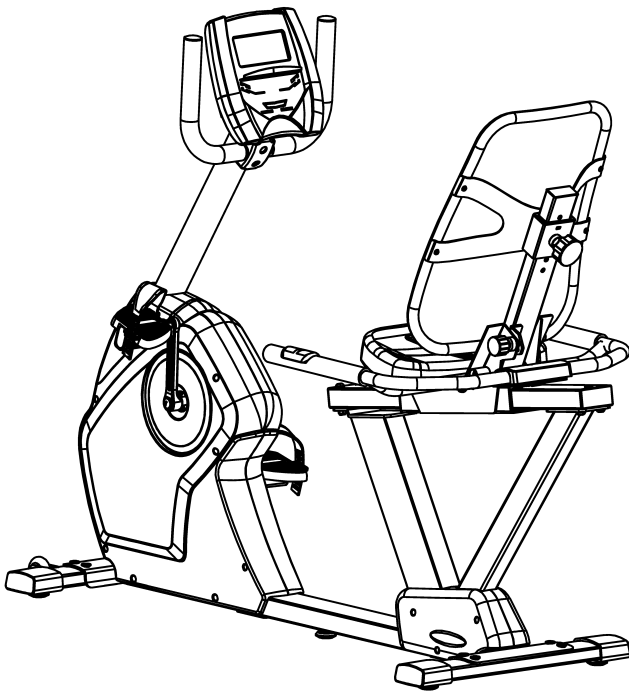
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7 - CLASS HC. Therefore the equipment carries the following marks:



# 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



Serial Number

This product label is an example only. It is not the real product name and serial number of the item you have bought.

**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.

## AUSTRALIA

The best way to contact us is via the website:  
[www.yorkfitness.com.au](http://www.yorkfitness.com.au)

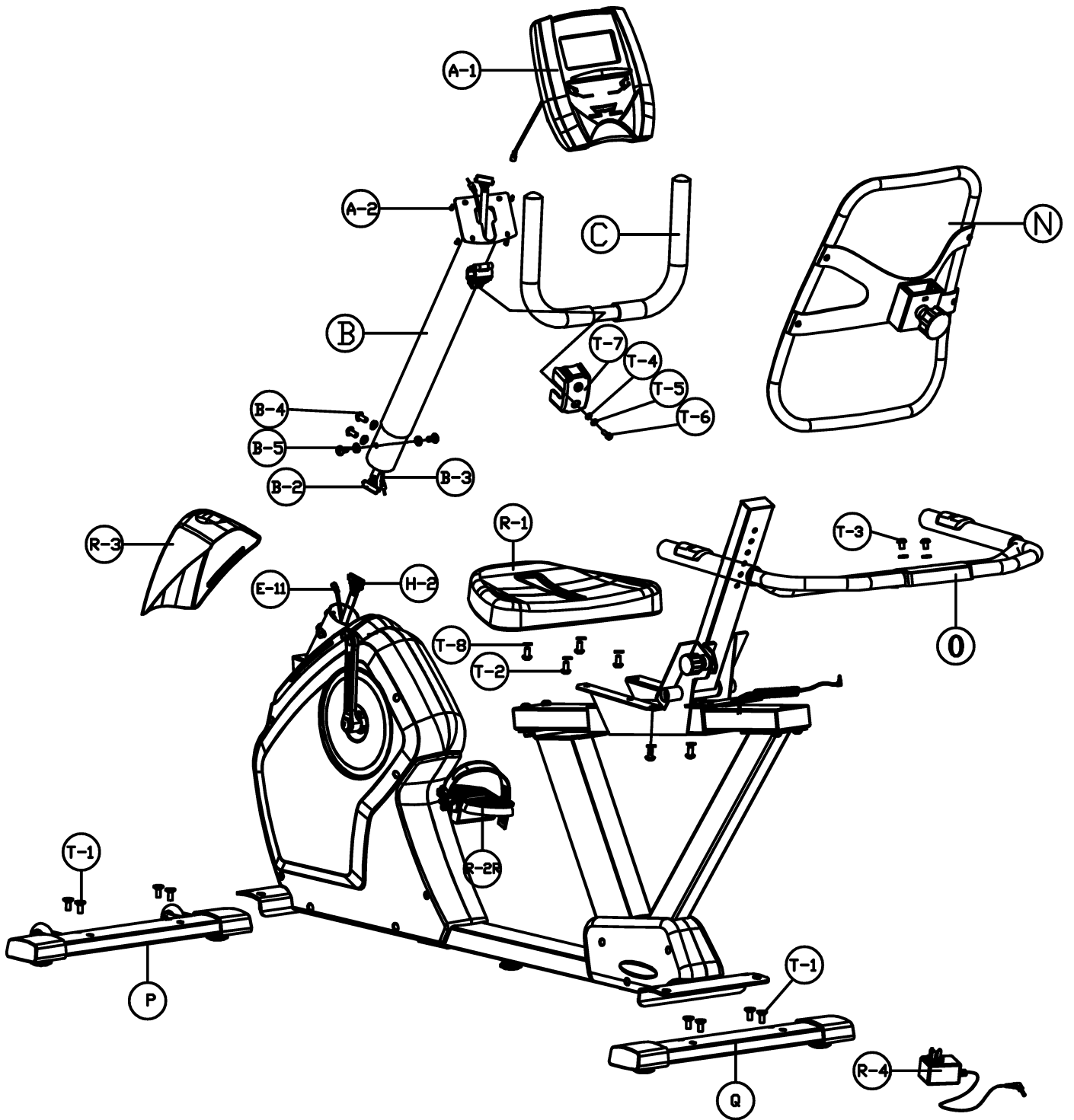
### Boyles Fitness Equipment Pty Ltd

13/160 Hartley Road,  
Smeaton Grange, NSW 2567

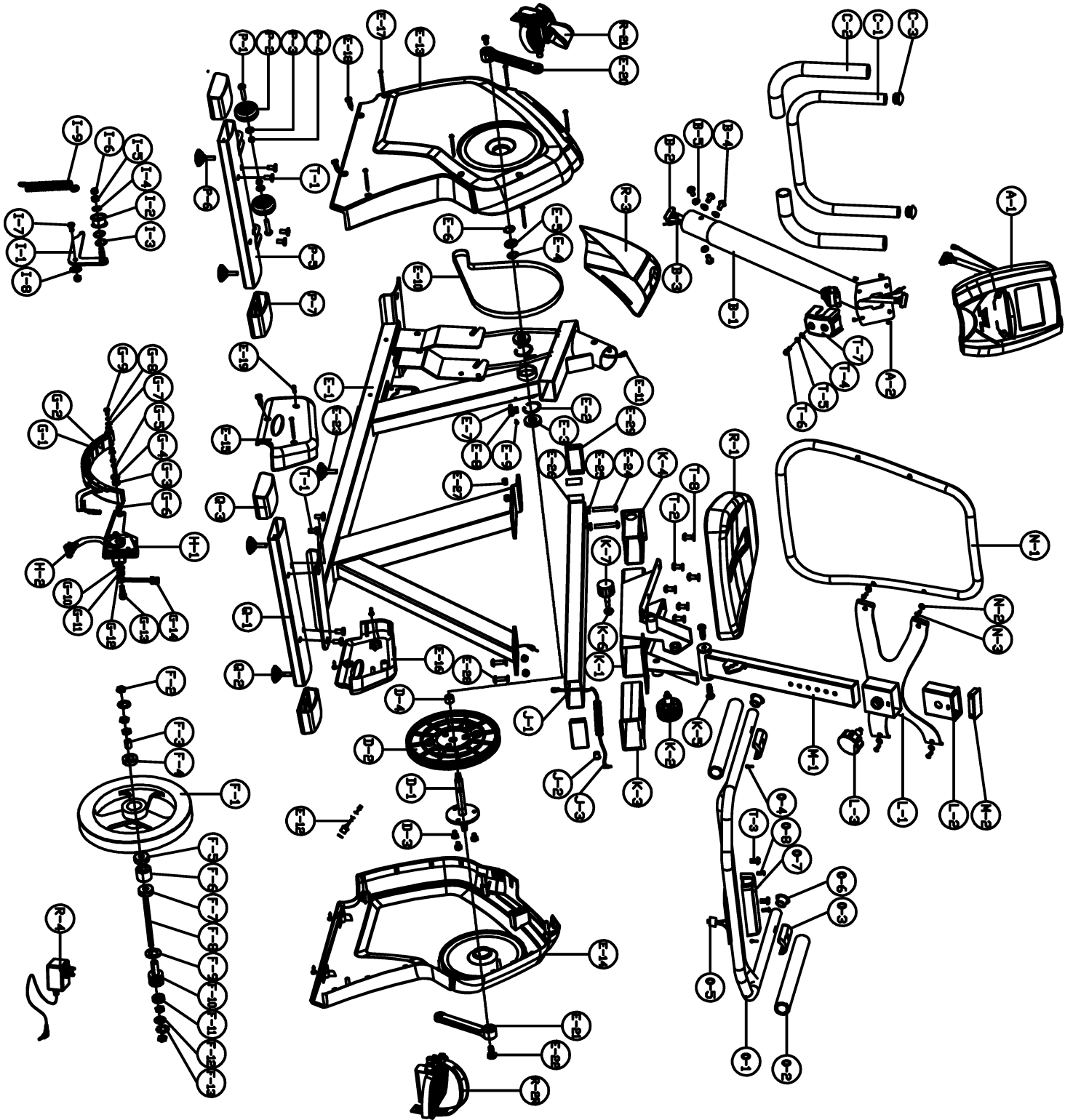
Tel: 02 4648 0800

# Assembly Drawing

# YORK FITNESS



## Exploded Drawing



# Parts List

No.	Description	Q'ty/ unit	
A	Console set	1	SET
A-1	Console	1	PCS
A-2	Screw M5X10L	4	PCS
B	Handlebar post set	1	SET
B-1	Handlebar post	1	PCS
B-2	Upper cable	1	PCS
B-3	Heart rate cable (upper)	1	PCS
B-4	Screw M8X16L	4	PCS
B-5	Semicircle washer	4	PCS
C	Front handlebar set	1	SET
C-1	Handlebar	1	PCS
C-2	Foam grip	2	PCS
C-3	End cap	2	PCS
D	Axle set	1	SET
D-1	Axle	1	PCS
D-2	Drive pulley	1	PCS
D-3	Hex screw M8X12L	3	PCS
D-4	Bushing	1	PCS
E	Main frame assembly	1	SET
E-1	Main frame	1	PCS
E-2	Stopper	2	PCS
E-3	Bearing	2	PCS
E-4	Wave washer	1	PCS
E-5	Flat washer	1	PCS
E-6	C-clip	1	PCS
E-7	Sensor wire	1	PCS
E-8	Sensor bracket	1	PCS
E-9	Screw M4x10L	1	PCS
E-10	Drive belt	1	PCS
E-11	Heart rate cable (lower)	1	PCS
E-12	DC wire	1	PCS
E-13	Chain cover, left	1	PCS
E-14	Chain cover, right	1	PCS
E-15	Rear cover left	1	SET
E-16	Rear cover right	1	PCS
E-17	Screw M4x50L	7	PCS

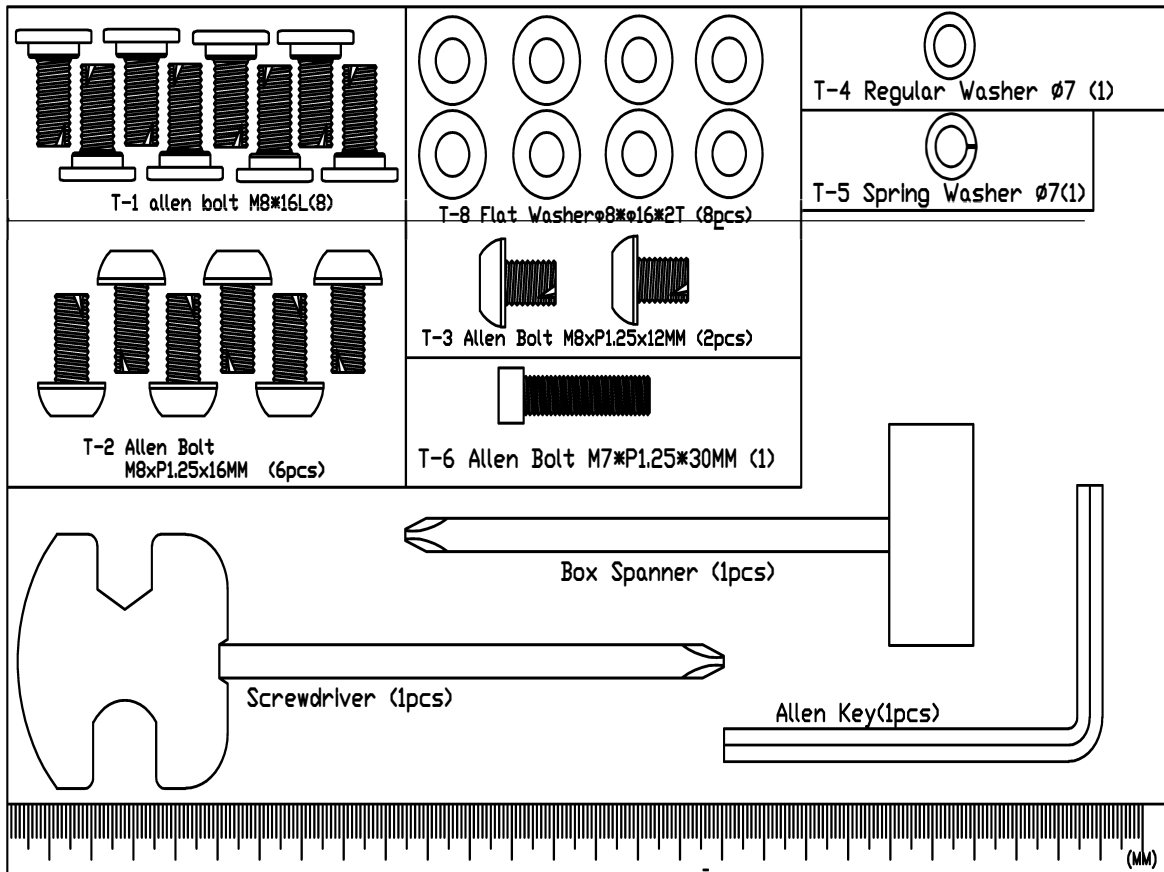
No.	Description	Q'ty/ unit	
E-18	Screw M5x16	6	PCS
E-19	Screw M5x12L	2	PCS
E-20	Crank arm (L)	1	PCS
E-21	Crank arm (R)	1	PCS
E-22	Nylok screw	2	PCS
E-23	Adjustable cap	1	PCS
E-24	Screw M8x55L	2	PCS
E-25	Flat washer $\phi 8 \times \phi 16 \times 2$	4	PCS
E-26	Bushing	2	PCS
E-27	Nylon nut	4	PCS
E-28	Screw M8X25L	2	PCS
E-29	End cap	2	PCS
F	Flywheel complete set	1	SET
F-1	Flywheel (F-1~F-13)	1	PCS
F-2	Nut	5	PCS
F-3	Bushing	1	PCS
F-4	Bearing	1	PCS
F-5	Bearing	1	PCS
F-6	One-way bearing	1	PCS
F-7	Bearing	1	PCS
F-8	Flywheel axle	1	PCS
F-9	Flat washer	1	PCS
F-10	Small pulley	1	PCS
F-11	Bearing	1	PCS
F-12	Flat washer	1	PCS
F-13	Star washer	2	PCS
G	Magnet set assembly	1	SET
G-1	Magnet set	1	PCS
G-2	Magnet	12	PCS
G-3	Bushing	1	PCS
G-4	Flat washer	1	PCS
G-5	Hex screw	1	PCS
G-6	Nylon screw	1	PCS
G-7	Flat washer	2	PCS
G-8	Spring washer	2	PCS
G-9	Hex screw	2	PCS
G-10	Flat washer	1	PCS
G-11	Bushing	1	PCS



No.	Description	Q'ty/ unit	
G-12	Chain	1	PCS
G-13	Screw for gear box	1	PCS
G-14	Hex nut	2	PCS
H	Servo motor set	1	SET
H-1	Gear box set	1	PCS
H-2	Cable wire (lower)	1	PCS
I	Idler assembly set	1	SET
I-1	Idler	1	PCS
I-2	Idler wheel	1	PCS
I-3	Wave washer	2	PCS
I-4	Flat washer	1	PCS
I-5	Sleeve	1	PCS
I-6	Nylon nut	2	PCS
I-7	Hex screw	1	PCS
I-8	Flat washer	1	PCS
I-9	Spring for idler	1	PCS
J	Rail assembly set	1	SET
J-1	Rail	1	PCS
J-2	Wire cap	1	PCS
J-3	Heart rate cable	1	PCS
K	Seat slider assembly	1	SET
K-1	Seat slider	1	PCS
K-2	Knob for seat slider	1	PCS
K-3	Sleeve for the slider(Rear)	1	PCS
K-4	Sleeve for the slider(Front)	1	PCS
K-5	Screw	2	PCS
K-6	Bushing	1	PCS
K-7	Locking knob M10	1	PCS
L	Back rest sliding set	1	SET
L-1	Support for back rest	1	PCS
L-2	Sleeve	1	PCS
L-3	Locking knob M16	1	PCS
M	Back rest stem set	1	SET
M-1	Back rest stem	1	PCS
M-2	Stem cap	1	PCS
N	Back rest assembly	1	SET
N-1	Back rest	1	PCS
N-2	Flat washer	4	PCS

No.	Description	Q'ty/ unit	
N-3	Screw M5x16L	4	PCS
O	Seat handlebar assembly	1	SET
O-1	Seat handlebar	1	PCS
O-2	Foam grip	2	PCS
O-3	Hand pulse sensor	2	PCS
O-4	Screw	2	PCS
O-5	Hand pulse sensor wire	1	PCS
O-6	End cap	2	PCS
O-7	Seat handlebar cover	1	PCS
O-8	Screw	2	PCS
P	Front stabilizer assembly	1	SET
P-1	Screw M8X40L	2	PCS
P-2	Transport wheel	2	PCS
P-3	Flat washer	2	PCS
P-4	Nylon nut M8	2	PCS
P-5	Front stabilizer	1	PCS
P-6	Adjustable foot cap	2	PCS
P-7	End cap	2	PCS
Q	Rear stabilizer assembly	1	SET
Q-1	Rear stabilizer	1	PCS
Q-2	Adjustable foot cap	2	PCS
Q-3	End cap	2	PCS
R-1	Seat	1	PCS
R-2	Pedal, pair	1	PCS
R-3	Handlebar post cover	1	PCS
R-4	Switching power 9V/500mA	1	PCS
T	Hardware Kit	1	SET
T-1	Screw M8x16	8	PCS
T-2	Screw M8x16L (6mm)	6	PCS
T-3	Screw M8x12L (6mm)	2	PCS
T-4	Spring washer	1	PCS
T-5	Flat washer	1	PCS
T-6	Bolt	1	PCS
T-7	Handlebar cover	1	PCS
T-8	Flat washer	8	PCS

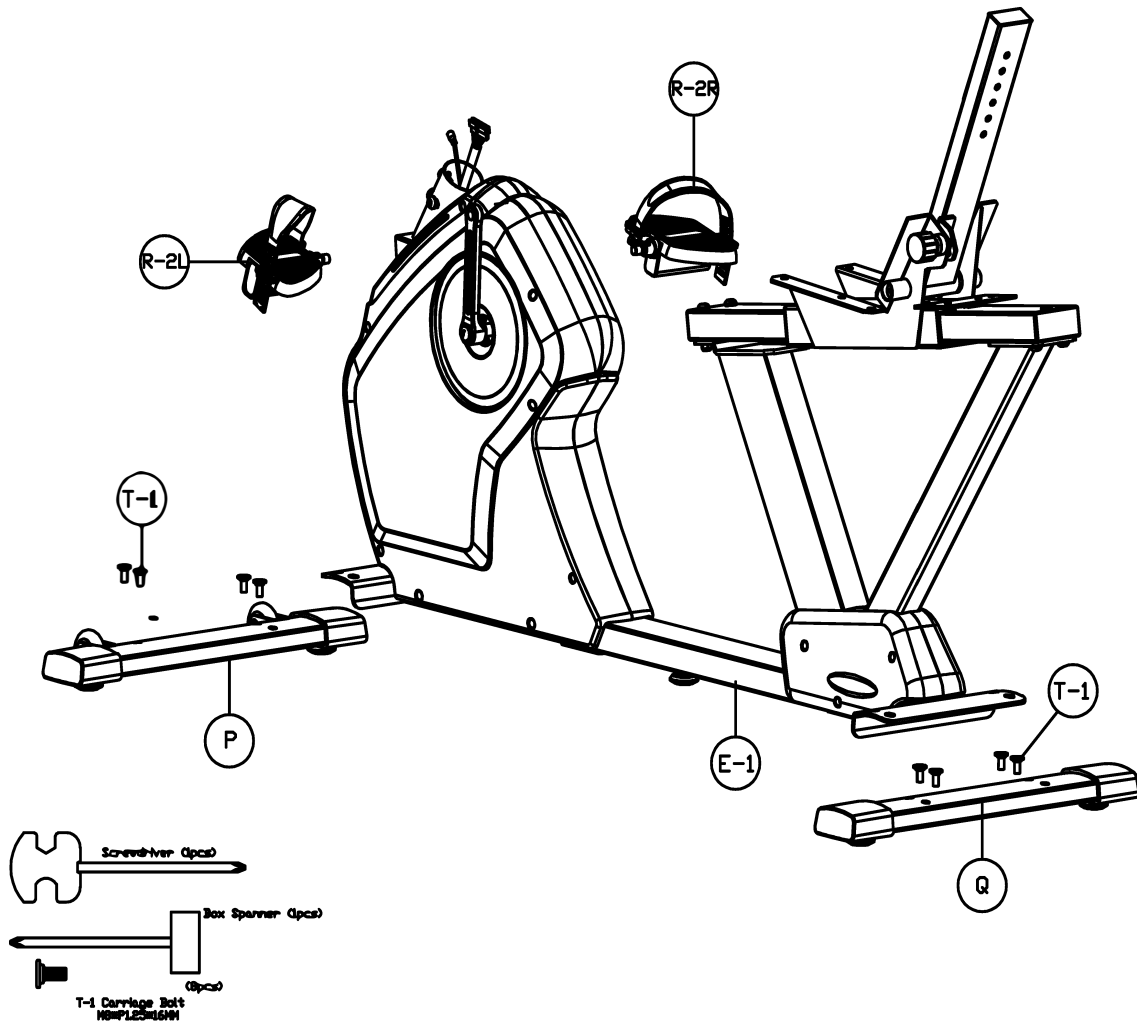
## Tools and Parts



	A-1		R-1
	B		R-2
	C		R-3
			T-7
	E		P
	N		Q
	O		T
	R-4		

## Assembly Steps

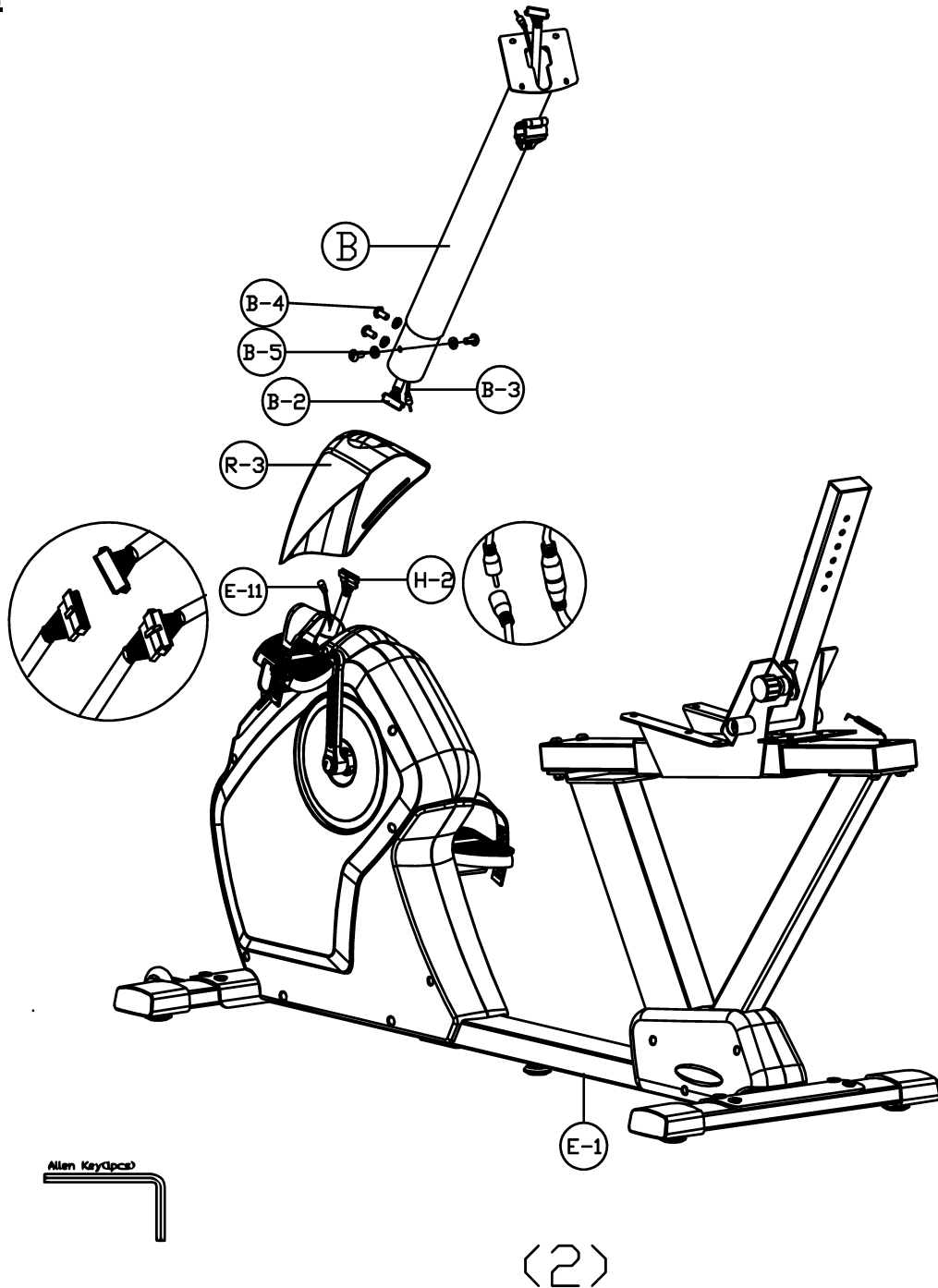
### Step 1.



(1)

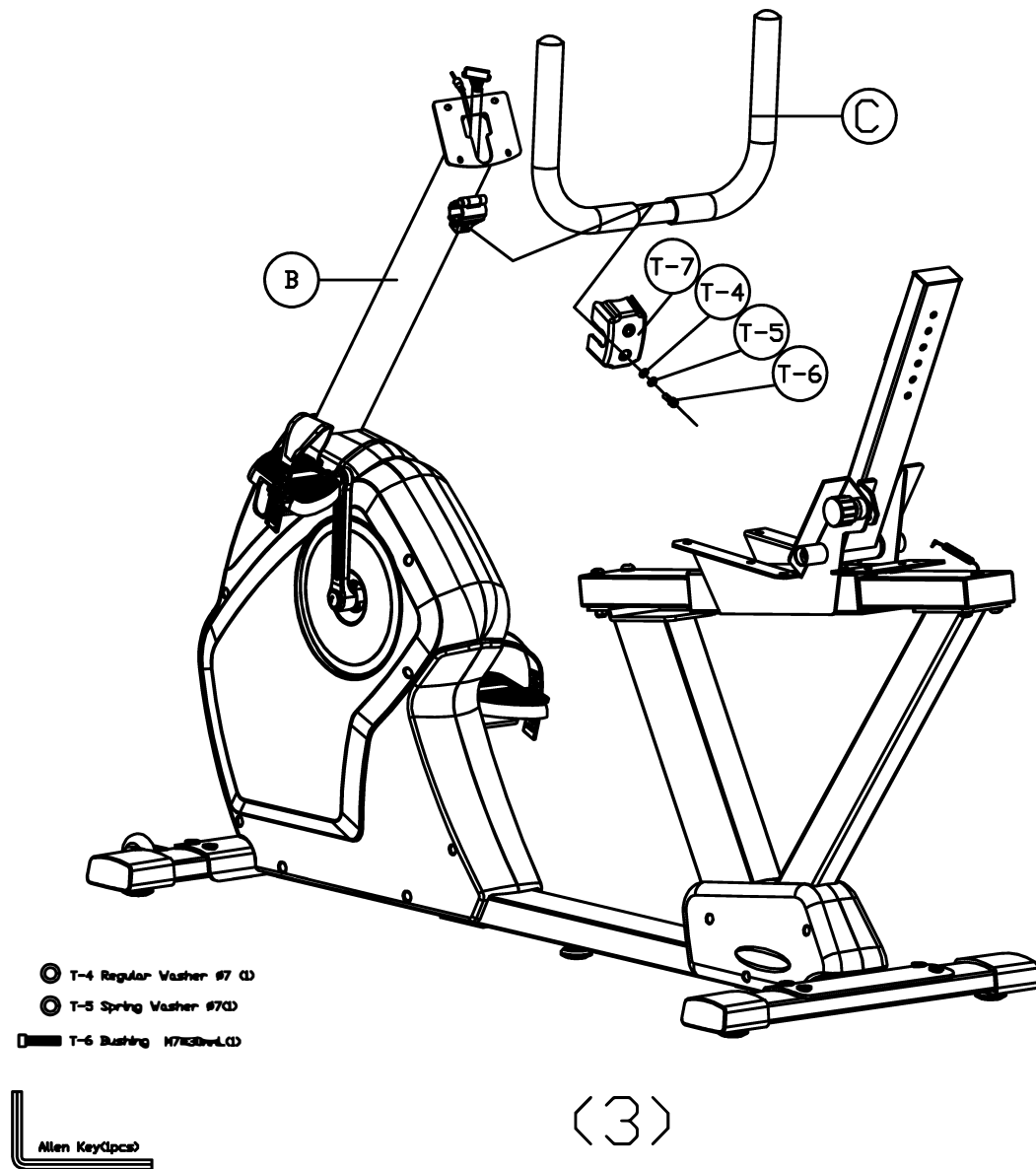
1. Securely fasten the Front Stabilizer (P) to the Main Frame (E-1) by using 4 Carriage Screws (T-1)
2. Securely fasten the Rear Stabilizer (Q) to the Main Frame (E-1) by using 4 Carriage Screws (T-1)
3. Assemble the Left Pedal (R-2L) to the Crank Arm (L). Assemble the Right Pedal (R-2R) to the Crank Arm (R)
4. Attach the Pedal Straps (included with pedals) to each of the pedals. The straps are labeled (R) or (L) to correspond with the right and left pedal.

## Step 2.



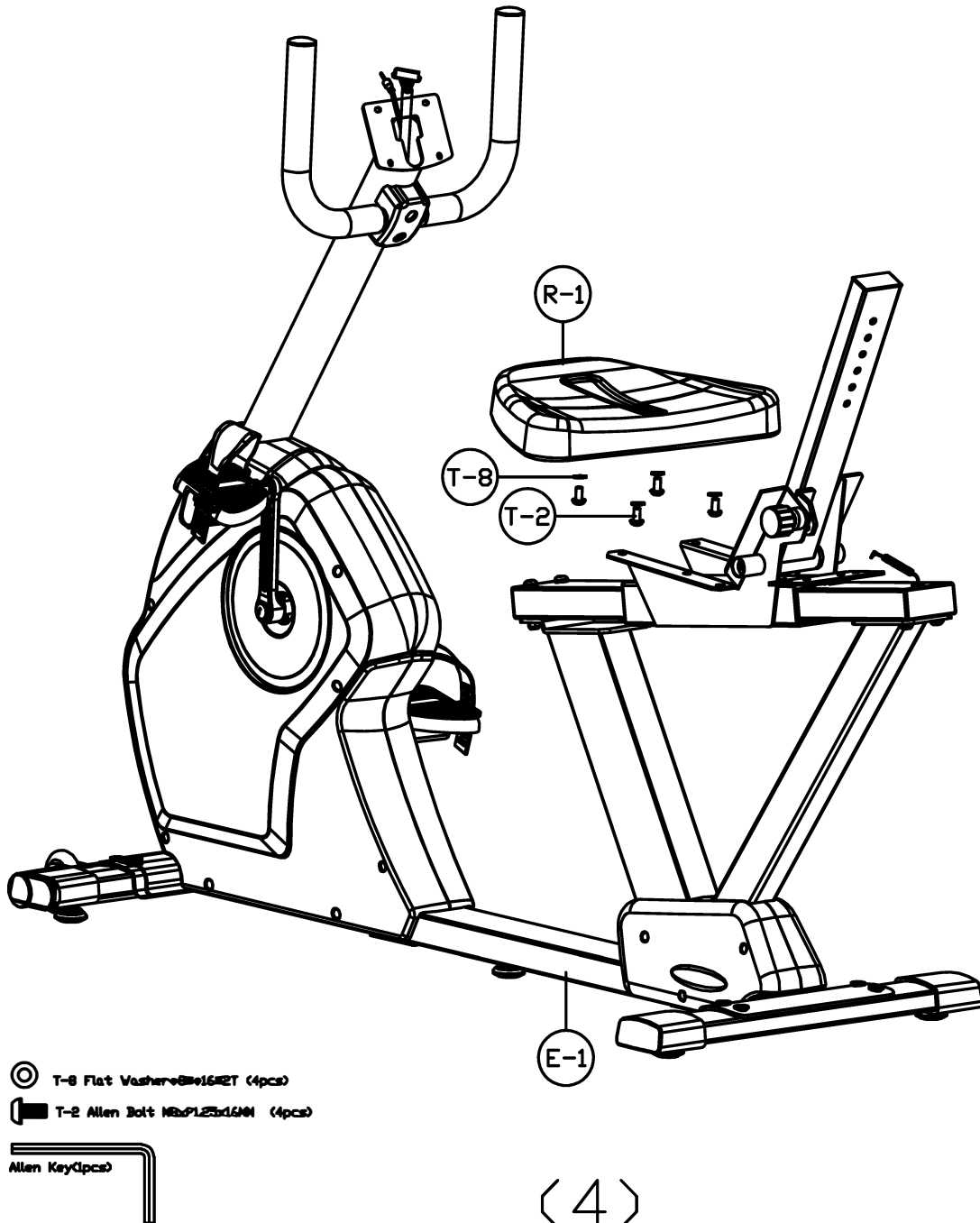
1. Remove the pre-installed Cover for the handlebar post (R-3) from the mast mounting area of the main frame.
2. Connect the Heart rate cable (upper) (B-3) to the Heart rate cable (lower) (E-11)
3. Connect the Cable wire (upper) (B-2) to the Cable wire (lower) (H-2).
4. Tuck the excess cable lengths into frame tubing and slide the Handlebar post (B) through the Cover for handlebar post (R-3) into the main frame. Align the mounting holes and secure the mast in place by using the previously installed 4 Screws (B-4) and 4 Semicircle washers (B-5).

## Step 3.



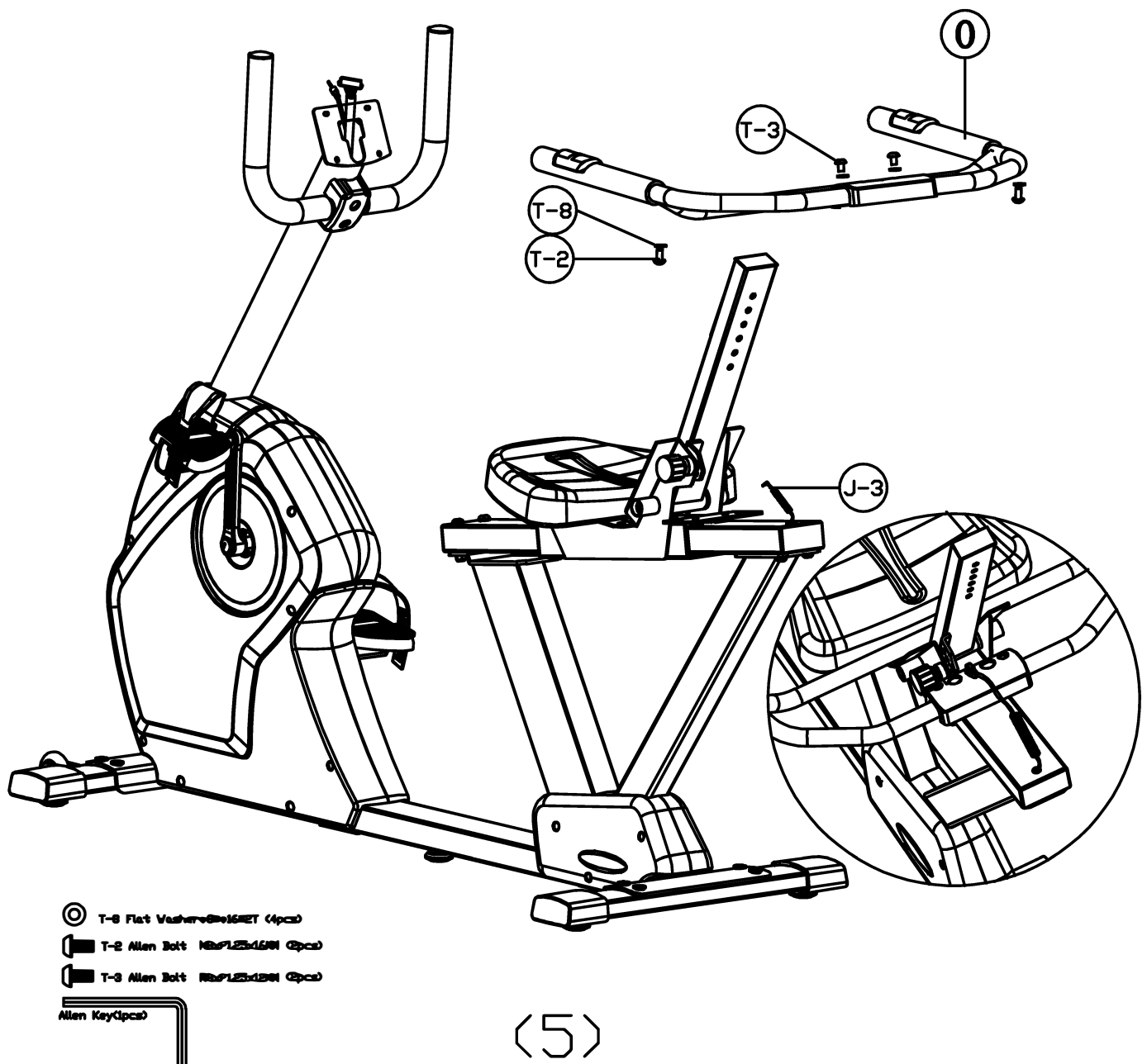
1. Secure the Handlebar (C) to the bracket which is welded on the handlebar post by using 1 Spring washer (T-4), 1 Flat washer (T-5), and 1 Bolt (T-6).
2. Put the Cover for the handlebar (T-7) onto the handlebar.

## Step 4.



1. Assemble the Seat (R-1) to the Seat Slider with 4 Flat Washers (T-8) and 4 Screws (T-2)

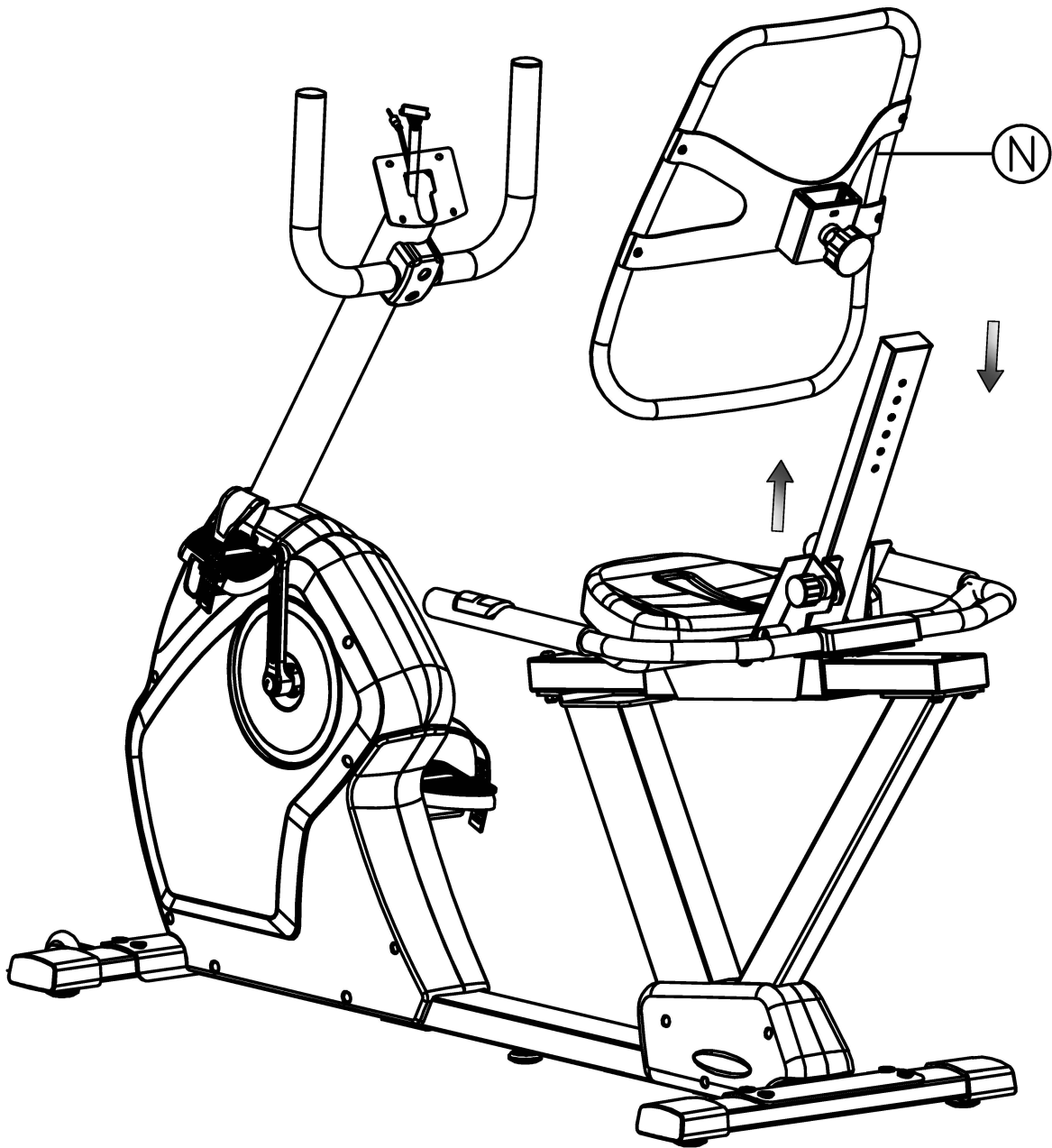
## Step 5.



1. Attach the Seat handlebar (O) to rear mounting plate of Seat Slider by using 2 Screws (T-2), 4 Flat washers (T-8), and 2 Screws (T-3).
2. Connect Heart rate cable (J-3) to Hand pulse wire (O-5).



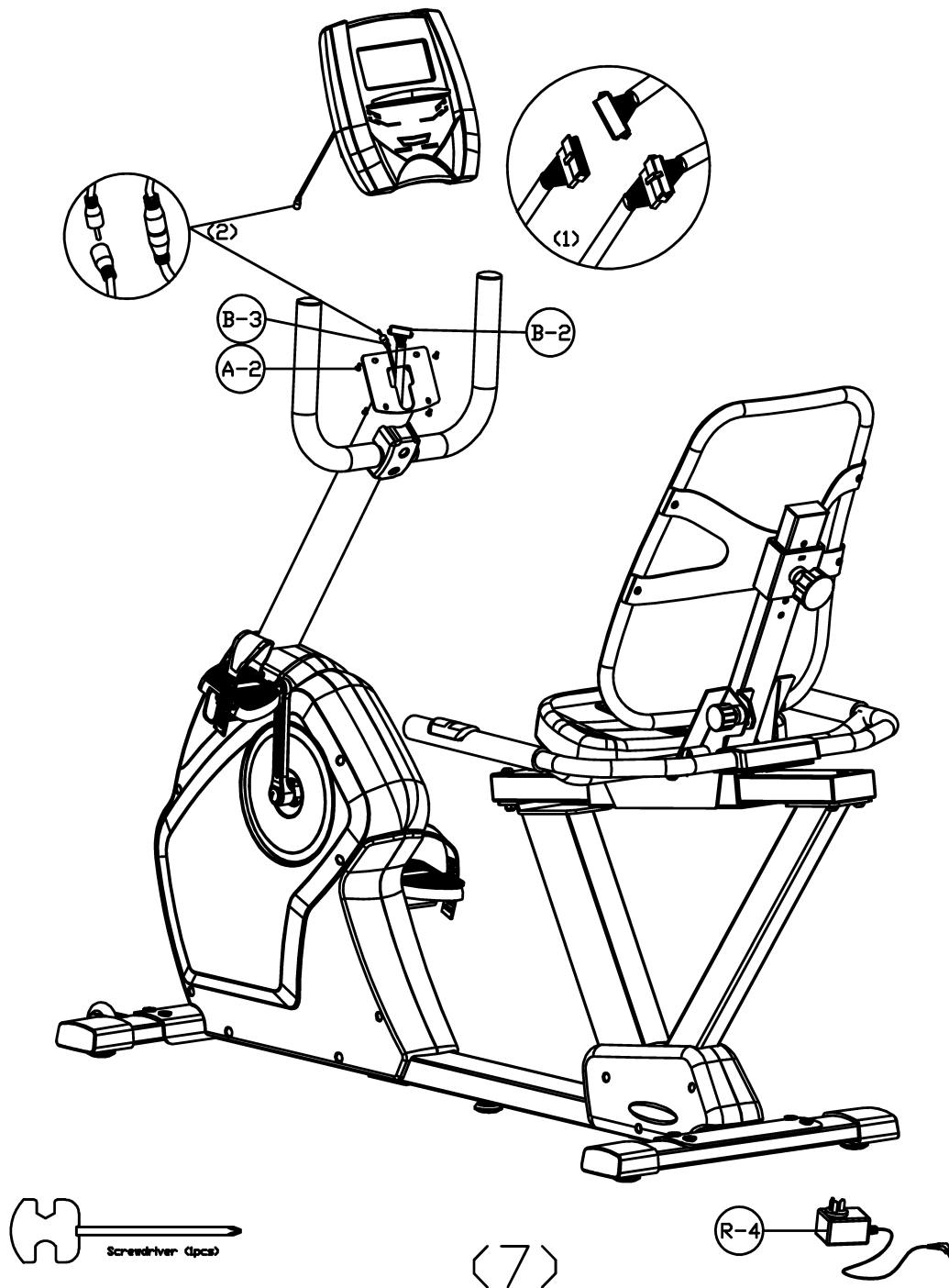
## Step 6.



(6)

1. Slide Back Rest (N) through Back Rest Slider (M-1)

## Step 7.



1. Connect Cable wire (upper) (B-2) and Heart rate cable (upper) (B-3) to the back of the Computer (A-1).
2. Install the Computer (A-1) to the computer panel which is welded on the top of the handlebar post. Fix the computer with 4 screws (A-2).



**DISPLAY FUNCTIONS:**

ITEM	DESCRIPTION
PULSE	.Pulse beats per minute displayed during exercise. .Pulse alarm when over preset target pulse rate.
RPM	.Rotation per minute .Range 0 ~ 999
WATTS	.Workout power consumption .Range 10 ~ 350
MANUAL	.Manual mode workout (resistance controlled by the user)
PROGRAM	.12 standard PROGRAM selections.
USER	.User can create and save their own resistance profile levels
H.R.C.	.Target Heart Rate Control training mode.
WATT	.Watt constant training mode.

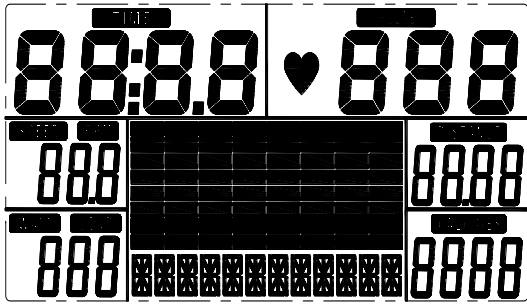
**KEYS :**

ITEM	DESCRIPTION
<b>Up</b>	• Increase resistance level & selections during programing
<b>Down</b>	• Decrease resistance level & selections during programing
<b>Enter</b>	• Confirm setting or selection.
<b>Reset</b>	• Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
<b>Start / Stop</b>	• Start or Stop workout.
<b>Recovery</b>	• Test heart rate recovery status.

## OPERATION:

### POWER ON

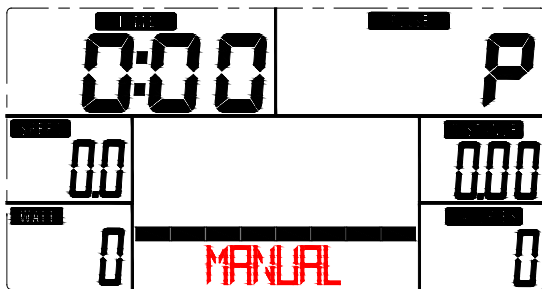
Plug the power adapter into the wall outlet, once the switch is turned on, the computer will power up displaying all LCD segments for 2 seconds. If the console is left for 4 minutes without pedalling or receiving a pulse input, the console will enter into power saving mode. Pressing any key will wake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



### Manual Mode

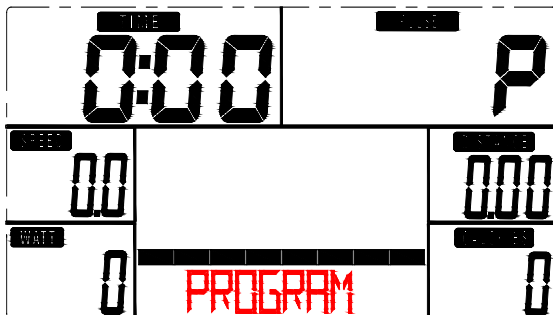
Pressing START while in the main menu will start the workout in manual mode.

1. Press the UP or DOWN key to select a workout program, choose Manual and press ENTER to select.
2. Press the UP or DOWN key to preset TIME.DISTANCE.CALORIES.PULSE and then press ENTER to confirm.
3. Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.
4. Press the START/STOP keys to pause your workout. Press the RESET key to revert back to the main menu.



### Program Mode

1. Press the UP or DOWN key to select a workout program, choose a Program and press ENTER to select.
  2. Press the UP or DOWN key to preset your workout TIME.
  3. Press the START/STOP keys to start your workout. Press the UP or DOWN key to adjust the resistance level.
- Press the START/STOP key to pause workout. Press the RESET key to revert back to the main menu.



### User Program Mode

**F** Press the UP or DOWN key to select a workout program, choose the User program and press ENTER to confirm.

**G** Press the UP or DOWN key to set the resistance levels in each column, then press ENTER to move to the next column. (Total column = 20)

**H** By holding down the ENTER button, this will set each column at resistance level one. Once you have started the program, you can then adjust the resistance level during each segment change and the computer will store these resistance level settings.

**I** Press the UP or DOWN key to preset your workout TIME.

**J** Press the START/STOP key to start workout. Press the UP or DOWN key to adjust the resistance level.

**K** Press the START/STOP key to pause workout. Press the RESET key to revert back to the main menu.

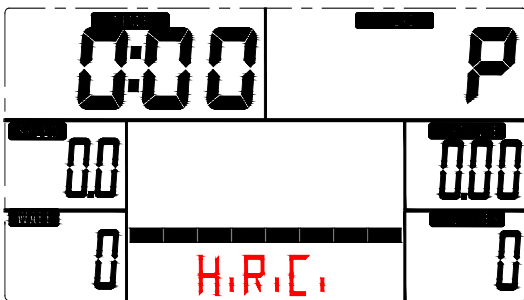
### H.R.C. mode

1. Press the UP or DOWN key to select a workout program, choose the H.R.C. program and press ENTER to confirm.

2. Press the UP or Down key to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).and press ENTER to confirm

3. Press the UP or DOWN key to preset your workout TIME.

4. Press the START/STOP key to start or stop workout. Press the RESET key to revert back to the main menu.



**Please note: You must hold the handgrip pulse sensors during the H.R.C Program.**

### WATT Mode

1. Press the UP or DOWN key to select a workout program, choose the WATT program and press ENTER to confirm.

2. Press the UP or DOWN key to preset the WATT target.

3. Press the UP or DOWN key to preset TIME.

5. Press START/STOP button to start or stop workout. Press the RESET key to revert back to the main menu.

### Recovery

1. After you have finished your workout, hold the pulse handgrips sensors until the computer displays your heart rate and then press the RECOVERY key.

2. The TIME will show "0:60" (seconds) and starts to count down.

The Computer will show F1 to F6 after it counts down to 0 to show your Heart rate recovery status.

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

### NOTE:

1. When the user stops pedalling for 4 minutes, computer will enter into power save mode. All settings and exercise data will be stored until the user starts exercising again.
2. If the computer acts abnormally, please try disconnecting the power adapter and then plugging it back in again.



**WARRANTY, SAFETY AND ASSEMBLY  
INFORMATION YRK53103A– YORK RB420**

**IMPORTANT**

Please read and retain this manual as it will assist with identification for parts and service.

-----

BOYLES FITNESS warrants their Cross Trainer to be free from defects in material and workmanship under normal use and service conditions.

The various components of the Cross Trainer are warranted against defects and workmanship for the time periods specified as follows:

**YRK53103A – YORK RB420**

**Domestic use**

Lifetime frame & 1 year on all other parts.

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to **Service 07 3272 7010**.

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

**Phone**     **07 3272 7010**

**Hours**     **9:00am – 4:00pm Mon-Fri (excluding public holidays),**

**Email**     **[spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au)**

**Website**   **[www.boylesfitness.com.au](http://www.boylesfitness.com.au)**

## BFE Warranty Policy – November 1<sup>st</sup> 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to INDOOR HOME/DOMESTIC USE ONLY.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty DOES NOT cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to **INCORRECT ASSEMBLY**. If you do have problems please go back to the start and double check your assembly and pay special attention to all **WIRING** connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at [service@boylesfitness.com.au](mailto:service@boylesfitness.com.au) including your best contact details ,proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

**NOTE.** If we arrange for a service technician ( where applicable) and it is found that it is not a manufactures fault and found to be an assembly issue , normal wear and tear, transport damage or misuse then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

**WARRANTY TERMS-** Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is **NON** transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations.
- (c) Power Surges. The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by **NON** BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE

BFE will have the option to repair or replace any product which requires attention under the warranty.

**NOTE:** Lifetime refers to the warranty coverage of the units expected service life. **NOT** the lifetime of the purchaser.

Servicing/Spare Parts - As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts otherwise the warranty will be void.

**Freight Costs:**

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

**Returned Goods:**

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

**Service Department hours:** Monday to Friday between 9.00am and 4pm

**Service Phone Number:** 07 3272 7010

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more that 50km from G.P.O in all capital cities.

**Disclaimer:**

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'Major failure' and for compensation for any other Reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume , nor authorise any representative or other person to make or assume for BFE , any warranties whatsoever, whether expressed or implied, in , in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.





**YORK<sup>®</sup>**  
**FITNESS**

[www.yorkfitness.com.au](http://www.yorkfitness.com.au)