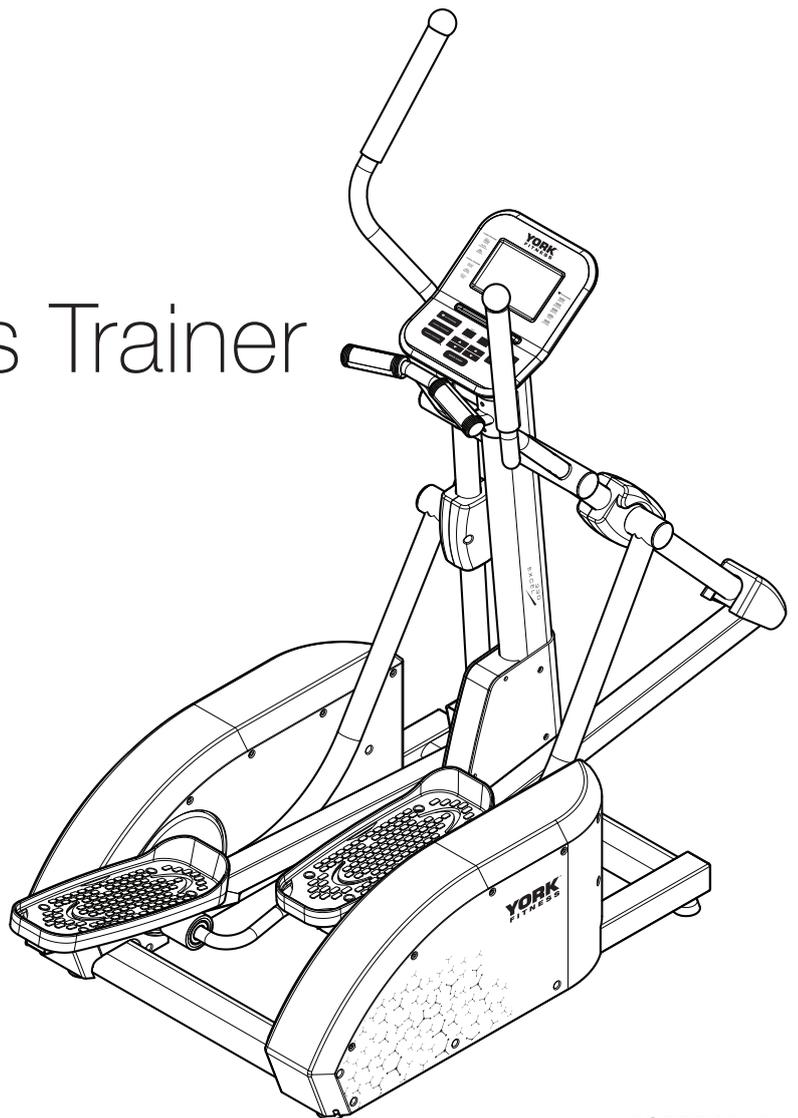


YORK[®]
FITNESS



Owner's Manual

Excel 330 Cross Trainer
52054



19SEPT2012

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Congratulations on purchasing your exercise equipment 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 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.
 - 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: 136kg

Safety Standards

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



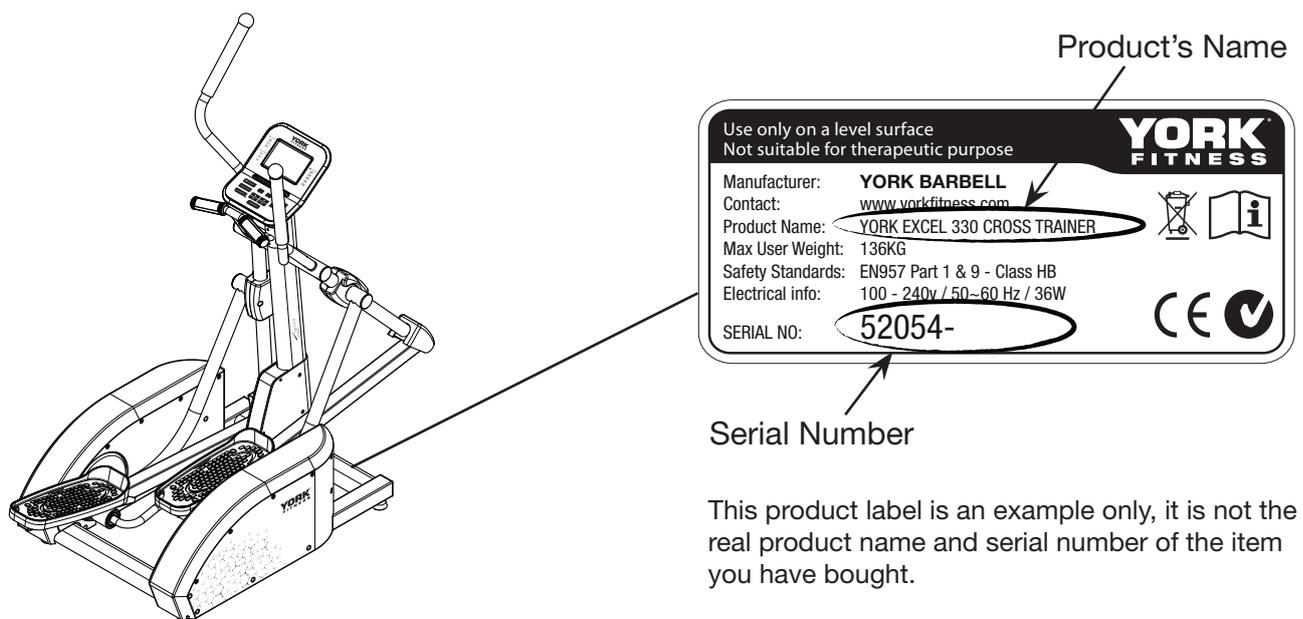
Customer support

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



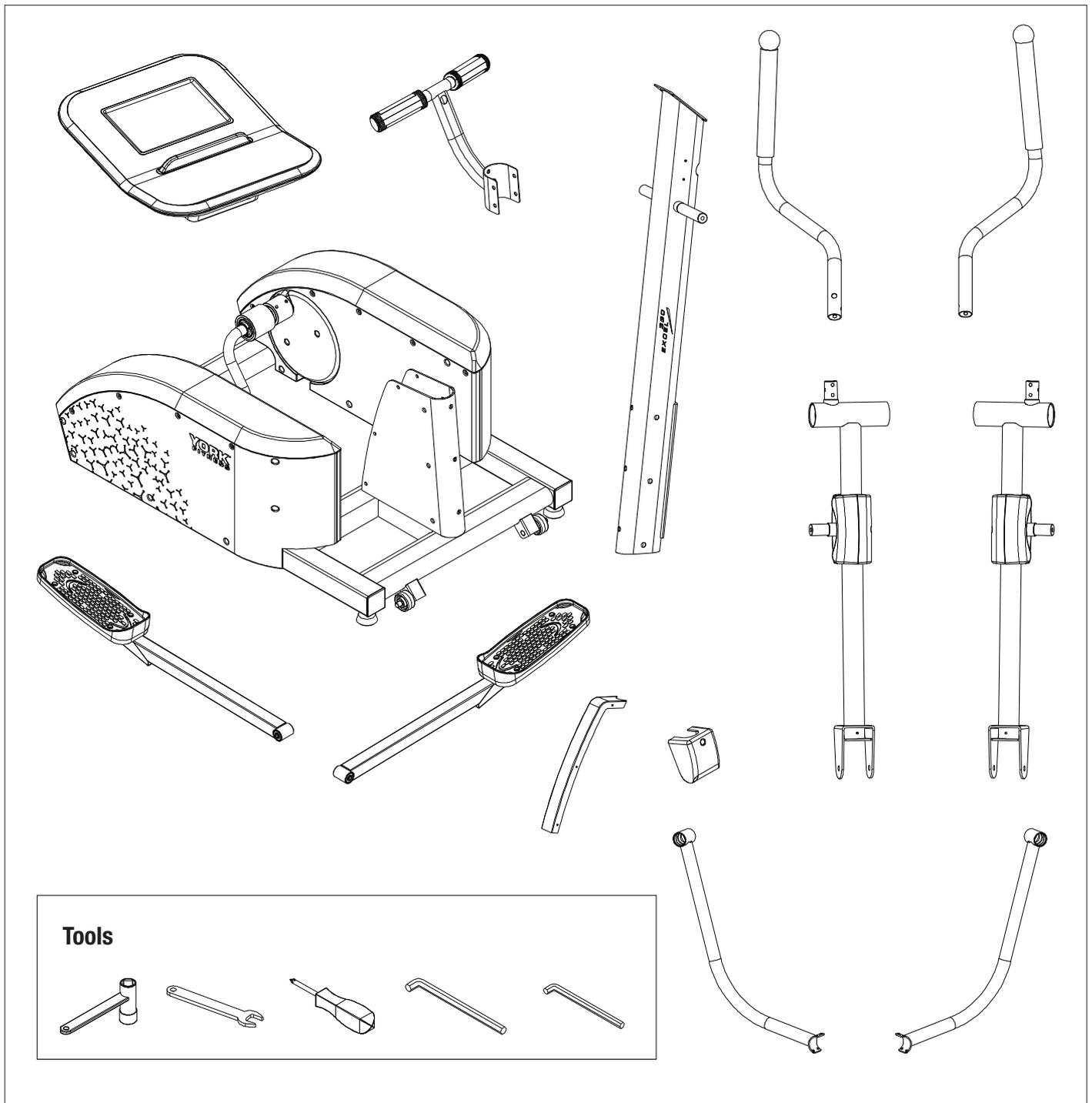
Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

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.

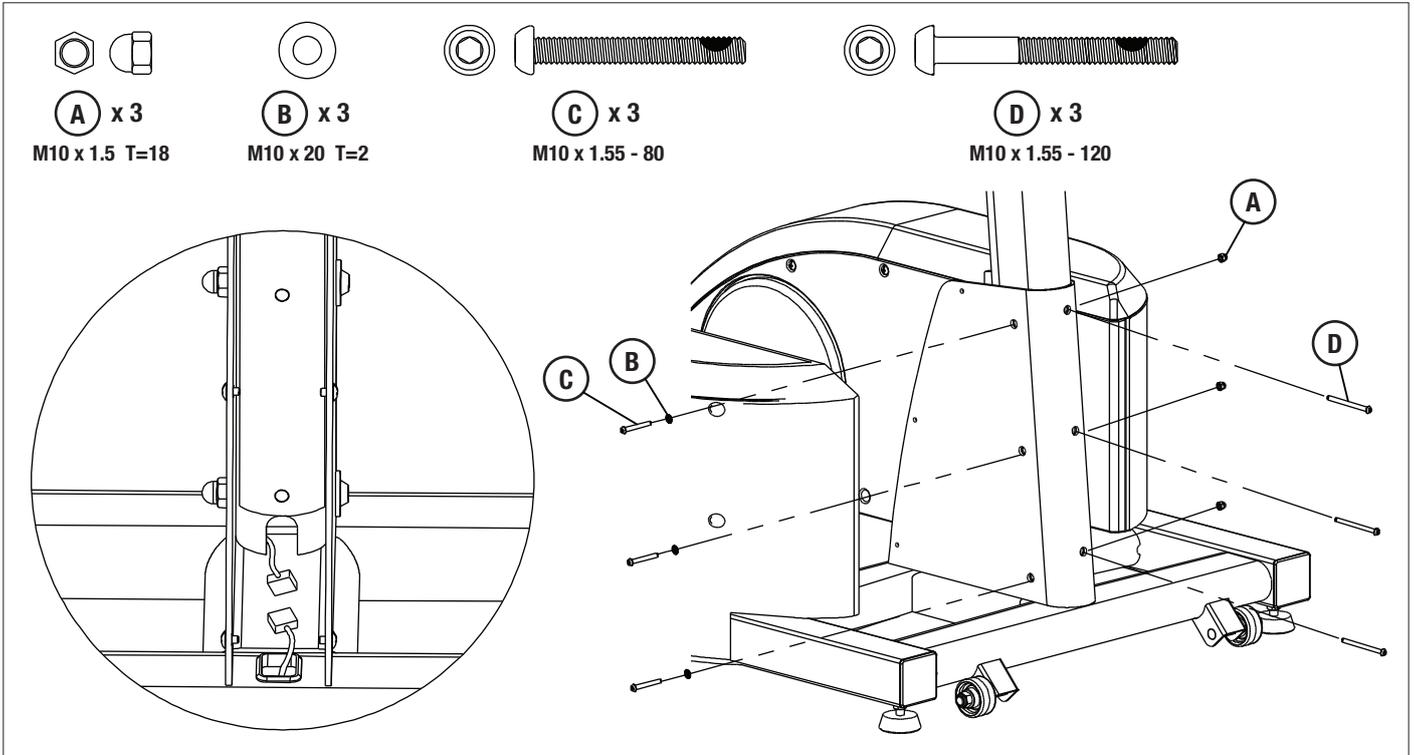
Unpack the carton - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:

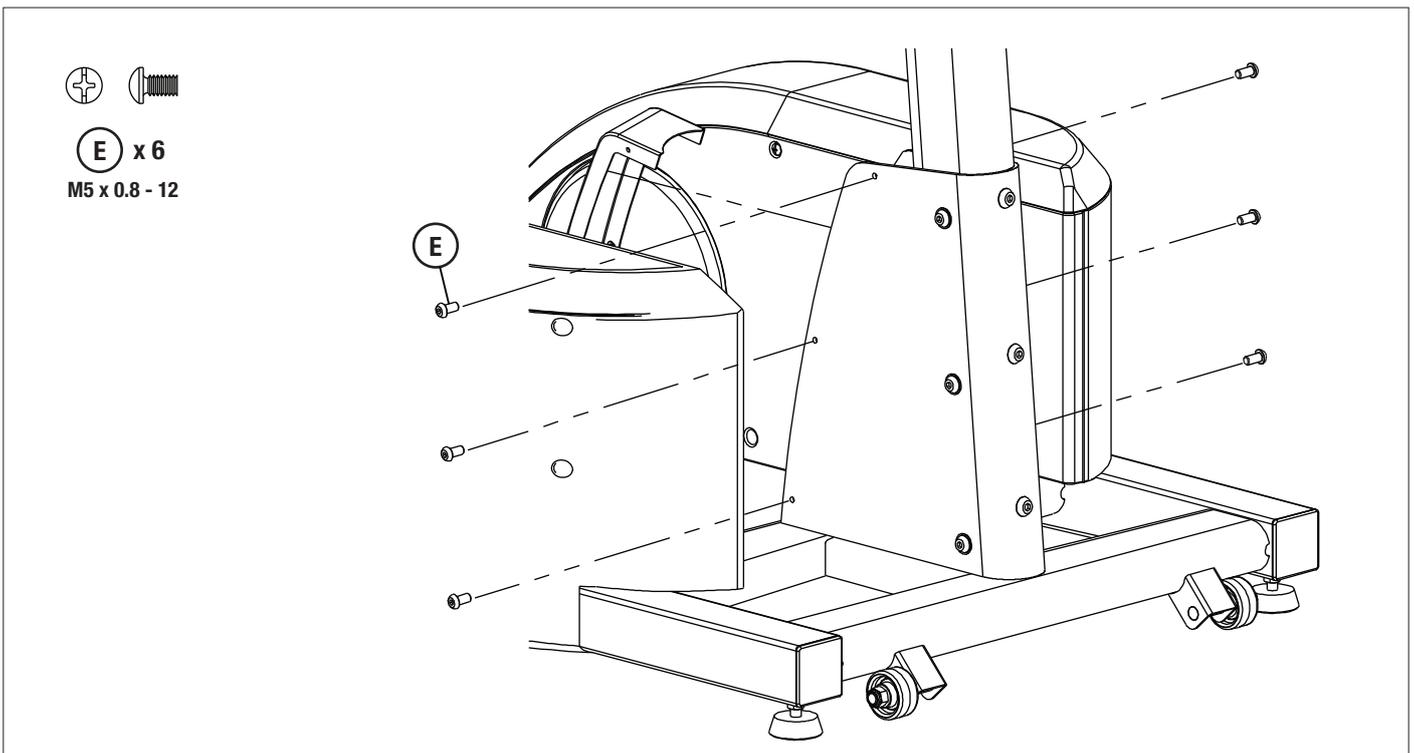


Assembly instructions

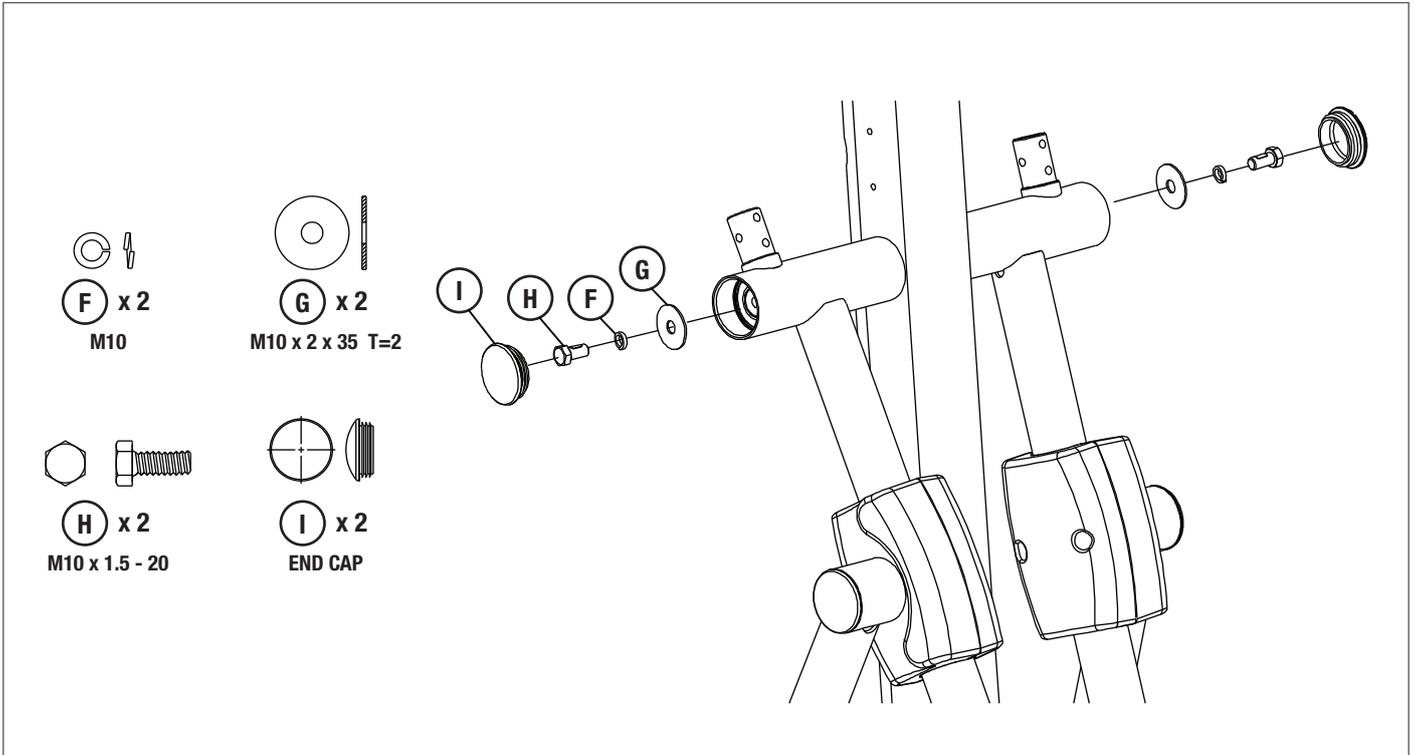
STEP 1



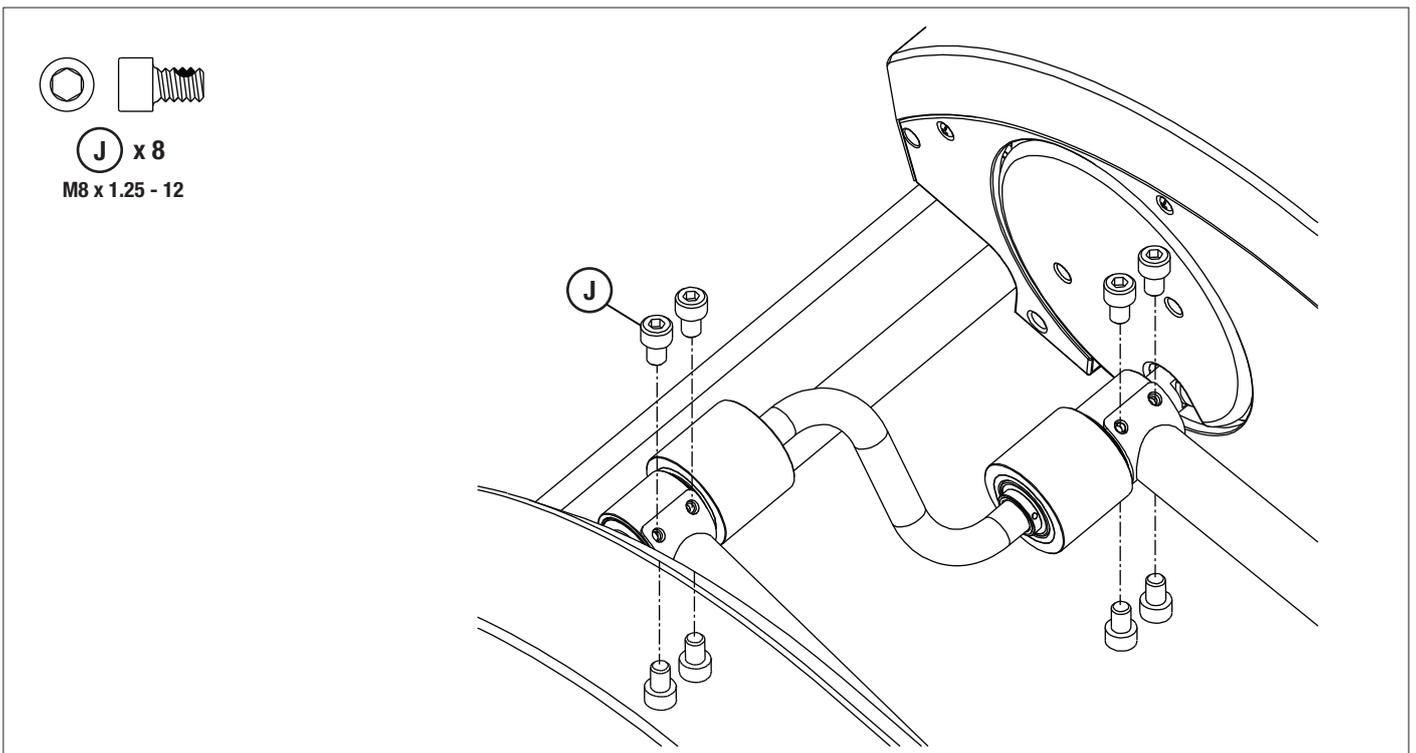
STEP 2



STEP 3

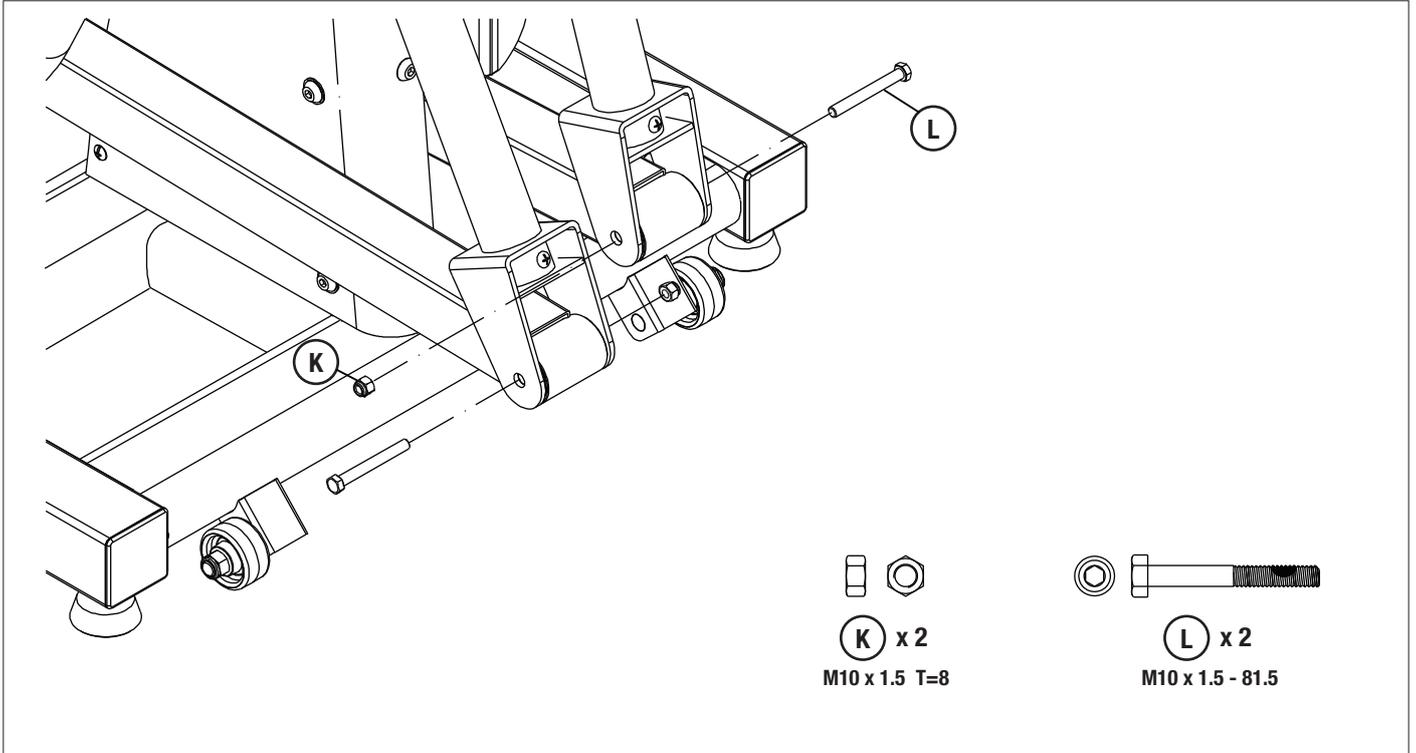


STEP 4

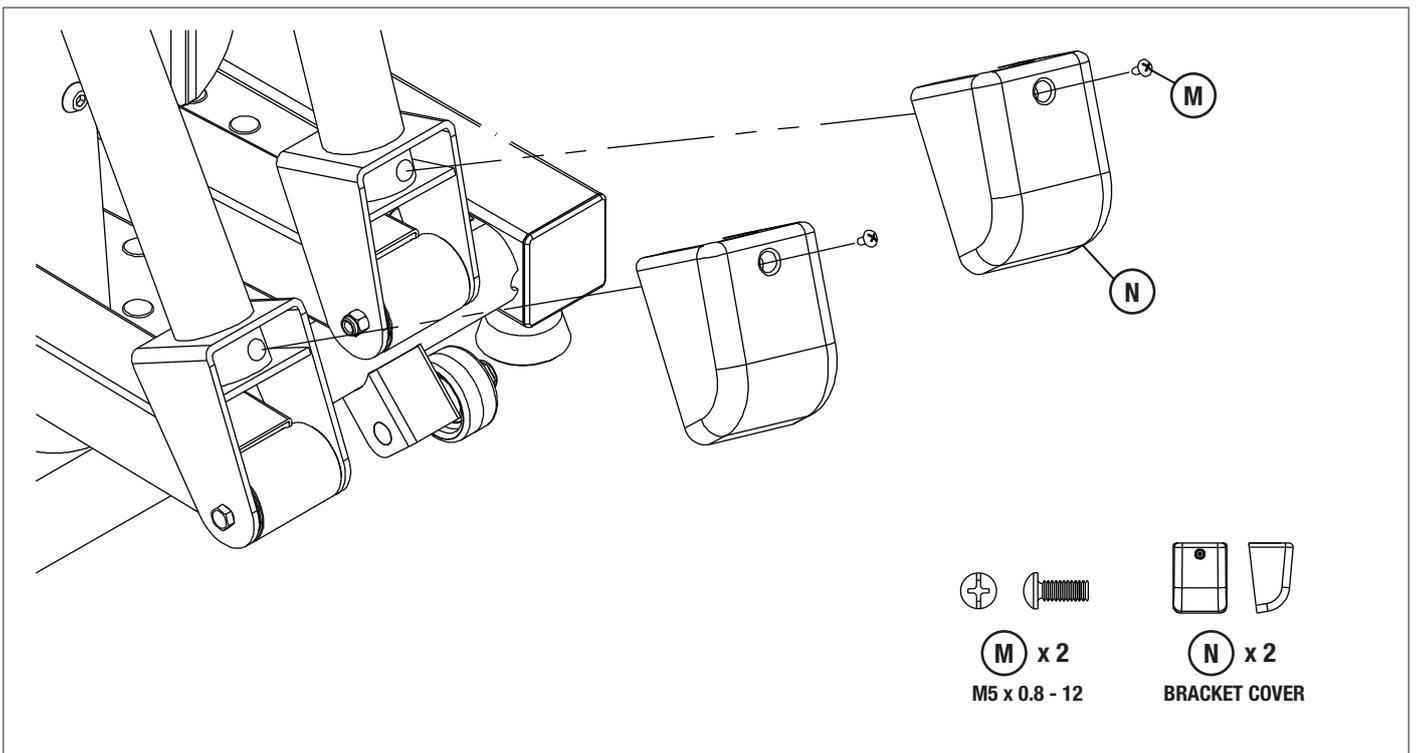


Assembly instructions

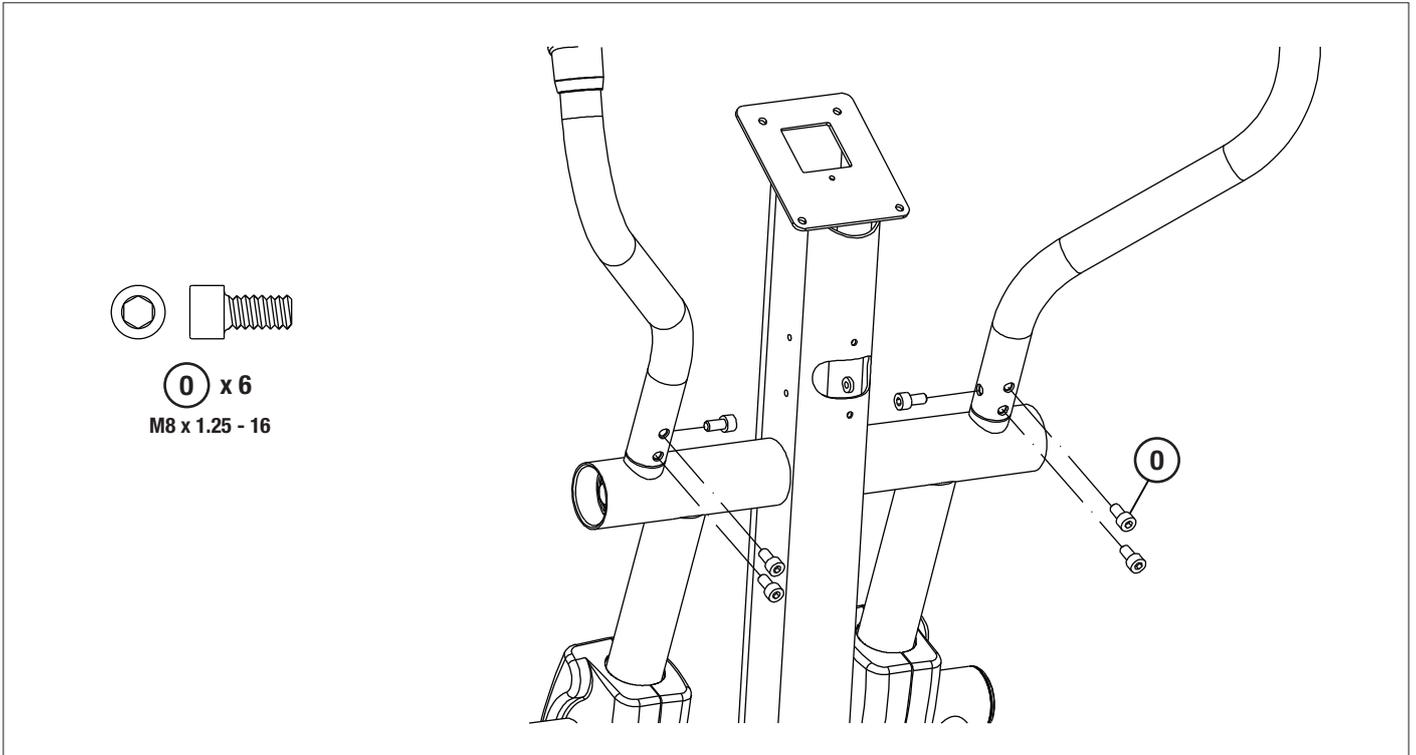
STEP 5



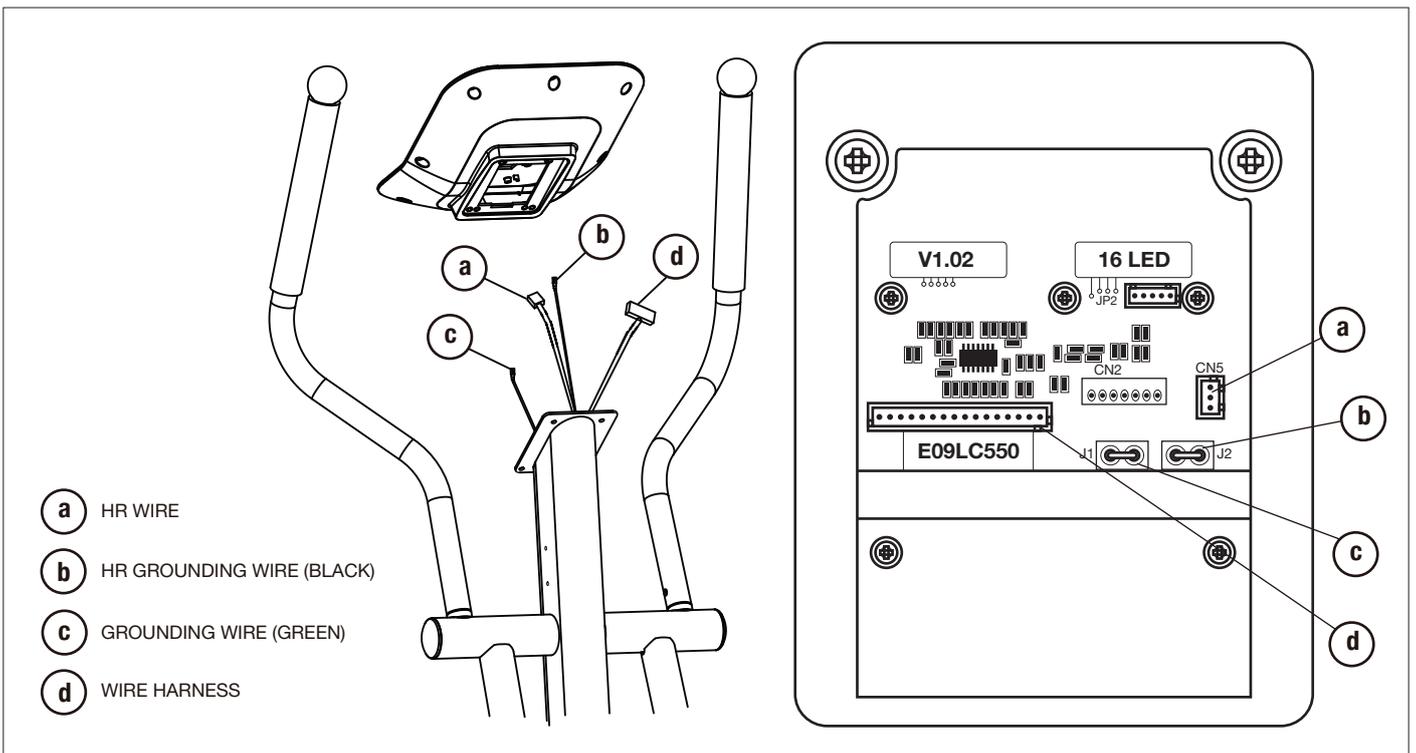
STEP 6



STEP 7

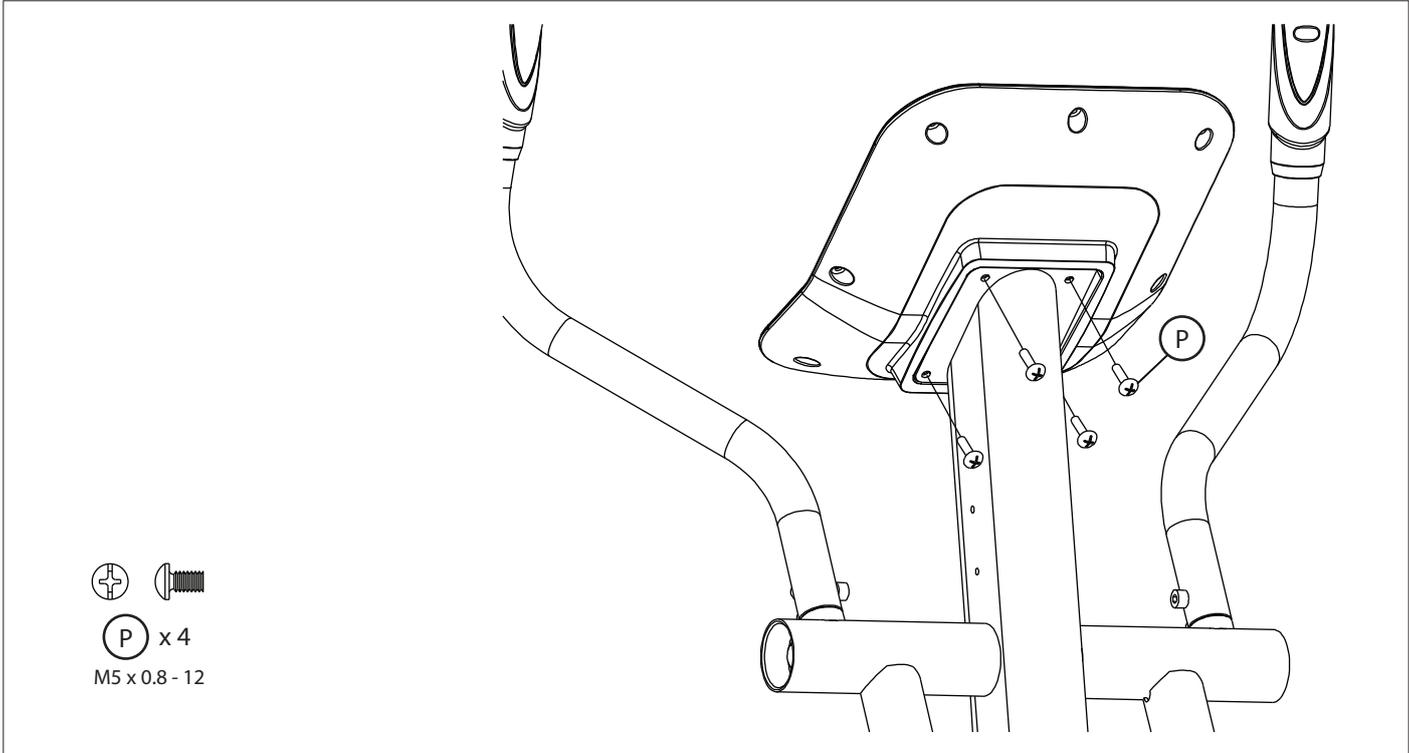


STEP 8

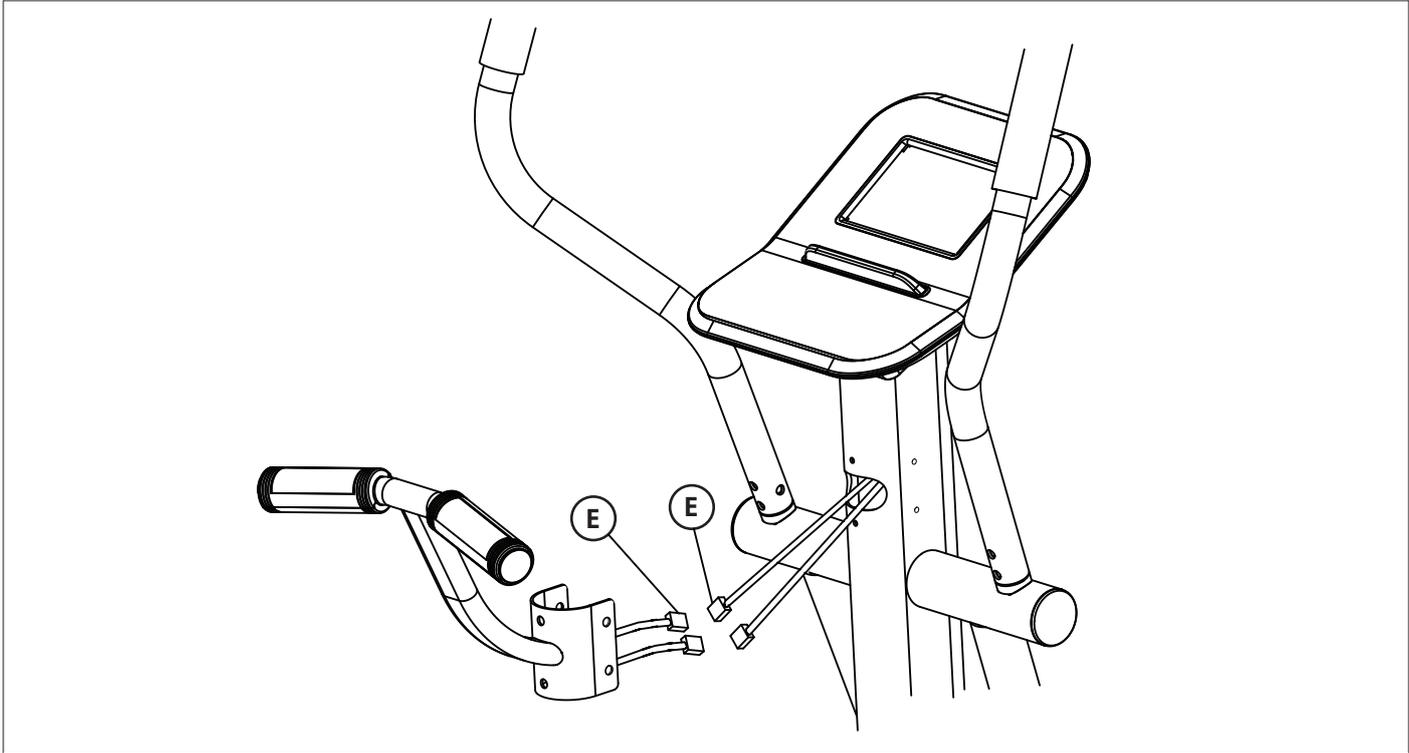


Assembly instructions

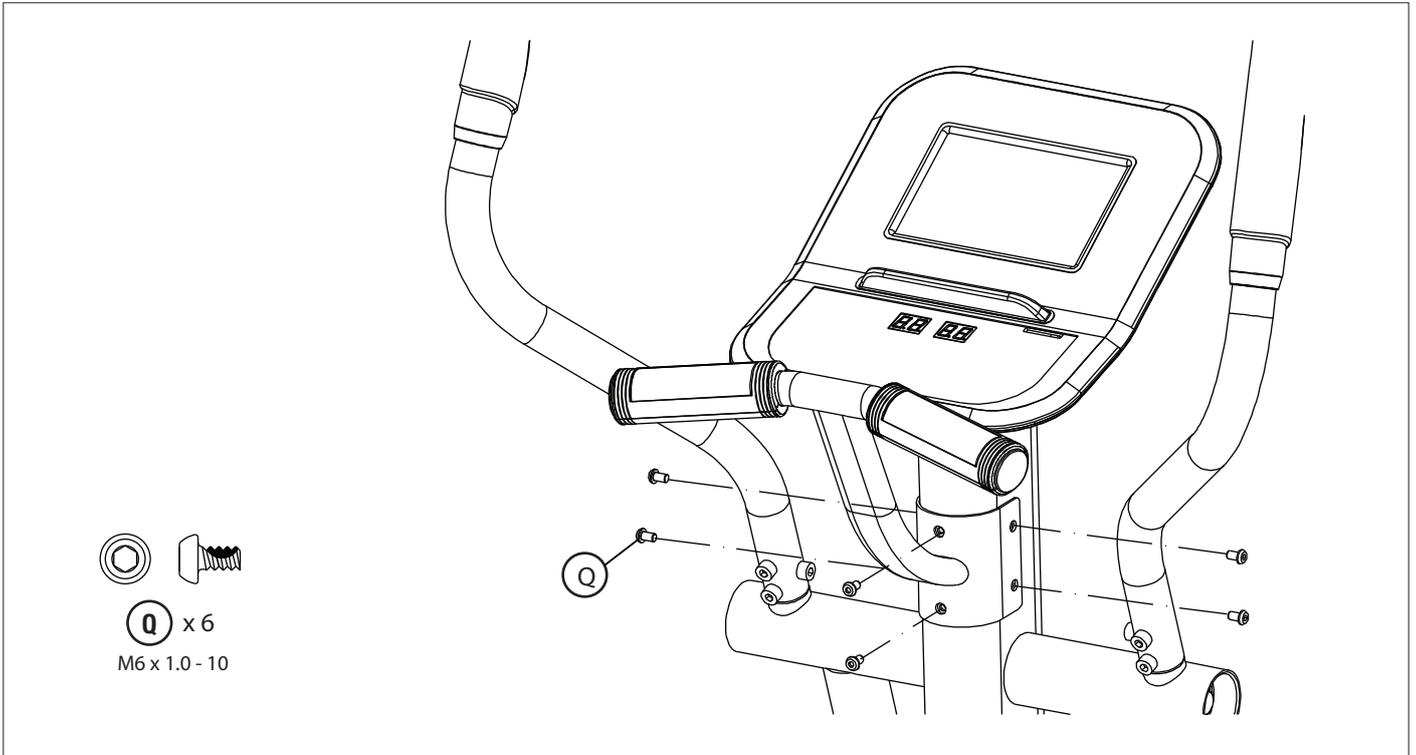
STEP 9



STEP 10



STEP 11



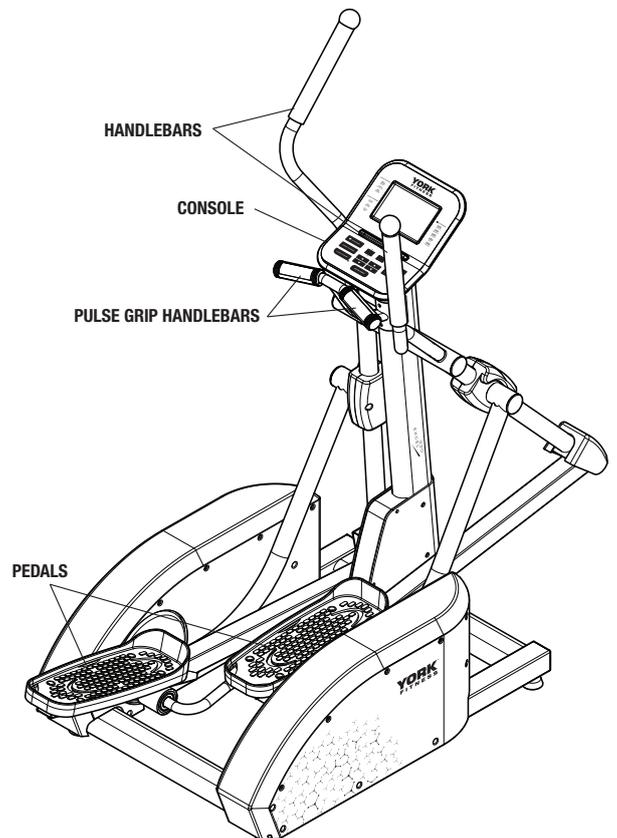
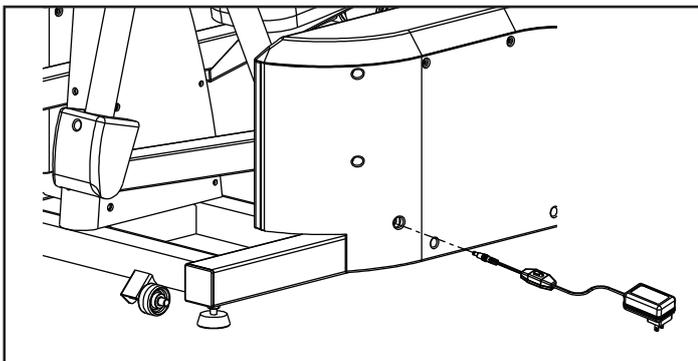
Final Check

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.



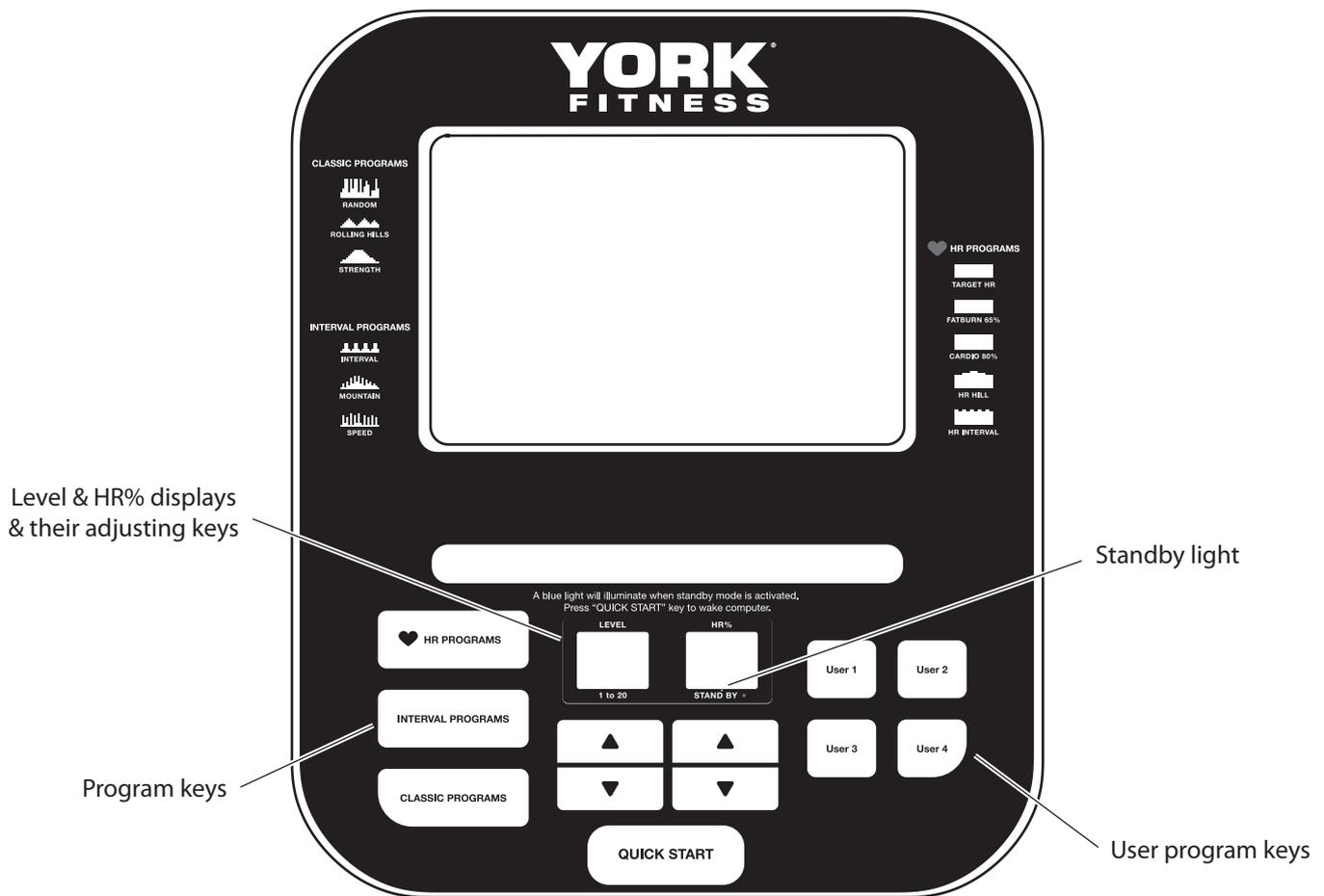
Operational instructions

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.

Make sure the console is powered-up before you start using this console. This product is powered by an AC adapter. Please make sure it is properly plug in.

Console:

A blue light will illuminate when standby mode is activated.
Press "QUICK START" key to wake computer.



Chest Strap, 5kHz



Built in Wireless Heart Rate Receiver

This machine is equipped with a built-in receiver for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within 90cm of the console, and a minimum of 120cm from others using a heart rate monitoring device.

Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...

How to Wear Your Sensor/ Transmitter (Chest Strap, 5kHz)

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.

Erratic Heart Rate Readings:

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your product is not within range of other strong electromagnetic signals. Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is. If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document.

No Heart Rate Reading

1. Check that the elastic strap is tight enough around your body.
2. Check that the electrodes on the transmitter are moistened properly.
3. Check that the transmitter electrodes are clean.
4. While wearing the transmitter, adjust the strap to get a different position.
5. If transmitter was just placed on, wait a few minutes while the transmitter gets a good connection with your body. When you start to sweat the connection may improve.
6. Check to see if battery is still working. The estimated average battery life of the transmitter is 15 to 24 months based off of 1hr a day usage. If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above.

Heart Rate Reading Is Erratic (Heart Symbol Flashes Irregularly)

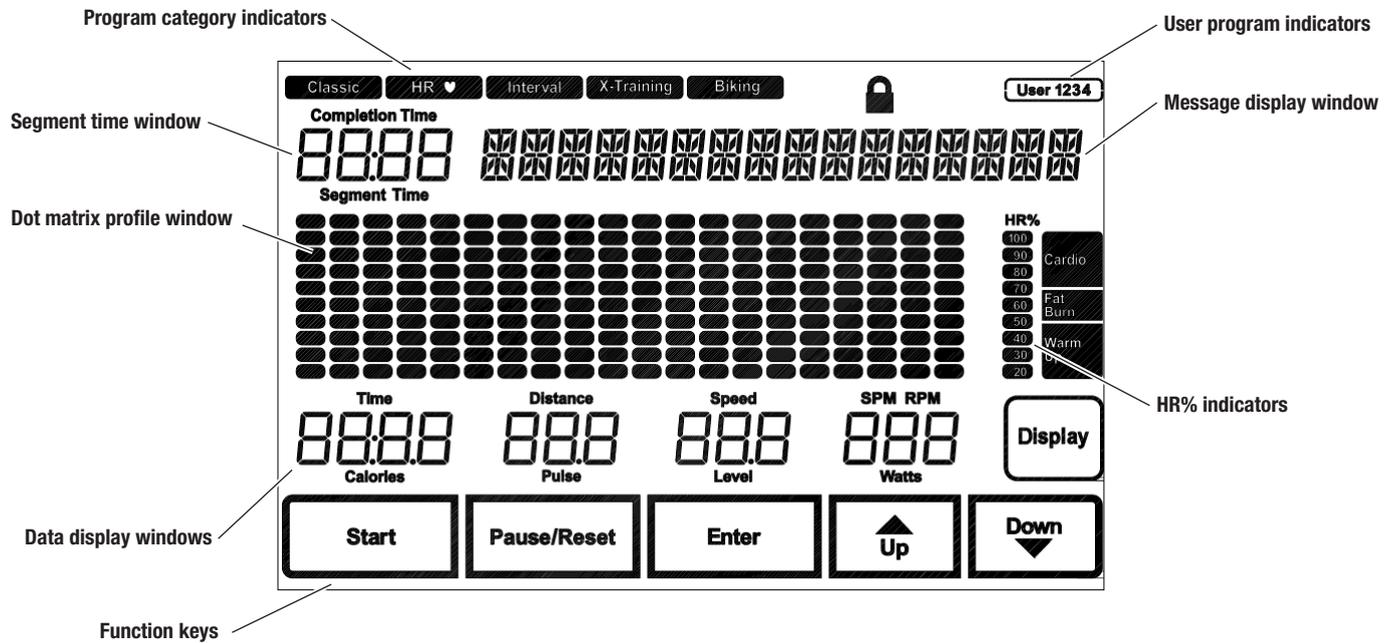
Check that the receiver is within the three feet maximum distance from the transmitter. A hairy chest or clothing may also weaken the contact. Try to find the best possible position for the transmitter.

Heart Rate Is Very High (Above 200bpm)

Your wireless transmitter is a sensitive device and may fluctuate erratically because it may temporarily be affected by strong electromagnetic and/or radio signals. This may cause erratic and often elevated heart rate displays. Common sources causing interference include televisions, wireless internet transmitters, cell phones, computers, cars and high voltage power lines.

Operational instructions

LCD Display



Dot matrix profile window:

Displays program profile during program setting and executing. The program profile will be different according to which program is selected. For Classic and Interval programs, the dot matrix represents a resistance profile. For HR programs, the dot matrix represents a HR% profile.

There are 20 columns representing 20 segments of time; each segment time = total program time divided by 20 columns. During exercising, a column will blink to indicate the time segment you are currently in and show your workout progress.

Classic & Interval programs: There are also 10 rows representing 20 levels of resistance. Each row represents 2 levels of resistance. The appropriated row will light up when you adjust the resistance level.

HR programs: There are 10 rows representing 100% Max HR. Each row represents 10% of HR%. During program execution, the target HR% row will light up on the right and the actual HR% will light up on the left with blinking current segment to indicate your progress.

Message display window:

This window will prompt messages throughout the program for instructions. Displays program name during program selection. Displays total workout data information during program ending.

Program category indicators:

These indicators will light up to indicate which program category you are selecting. There are 3 program categories for this console: Classic programs, HR programs & Interval programs. There are multiple programs under each program category, refer to program section for details.

User program indicators:

A user program number will light up to indicate which user program you are selecting. There are 4 user programs in this console.

HR % indicators:

If there is a valid pulse, the console will calculate your max HR % using default age or entered age and light up the appropriated % indicator.

Data display windows:

There are 4 data display windows displaying time, calories, distance, pulse, speed, level, RPM and watts. You can switch the data displays from upper row to lower row or vice versa by pressing the DISPLAY key next to it.

Segment time window:

During program executing mode, the Segment time will be calculated and displayed according to the entered program time. It will count down to indicate the remaining segment time.

Note: Display sleep mode: If there is no RPM, the display will shut down and enter “sleep” mode. Previous activities will be stored for 3 minutes. To resume, simply pedal again. If no RPM for more than 3 minutes, the console will be reset and previous activities will be lost, except for the saved User information or at Pause mode. Press Pause/Reset key to pause a program for as long as you desire.

Level & HR% display windows:

LEVEL - Same as level display on the LCD screen. It will display the actual resistance level. When its adjusting key is pressed, the resistance level will be adjusted accordingly.

HR% - During program execution, the console will take actual heart rate and calculate into HR% using entered age and display here. HR% can be adjusted by pressing the adjusting key during Target HR & HR Interval programs.

Operational instructions

Key Function:

KEYS	FUNCTIONS
QUICK START KEY	Pressing this key will jump start your workout immediately with default resistance level 1.
PROGRAM KEYS	<p>There are 3 program keys to let you select preset programs quickly: Classic, Interval and HR programs. There are numerous preset programs under each program category, see program section for details. Press the same program key continuously to toggle thru all programs under its category.</p> <p>Pressing any of the program keys will enter a preset program selection; the message display will display a program name and dot matrix profile window will display its program profile. Press ENTER key to confirm the program selection or any program key to go to a different program. You can always press START key anytime to start the program right away.</p>
USER KEYS	<p>There are 4 User programs for you to save the favorite workouts. If you wish to save a program, simply press & hold a User # key for a few seconds until you hear a beep. All your program information such as age, weight, time and program profile will be saved permanently. If there is saved data before, it will be overwritten the 2nd time the key is pressed & held.</p> <p>Press User # key once will recall your saved program and ready for you to start your workout immediately. Message display will prompt instructions.</p>
LEVEL AND HR%	<p>Level (UP/DOWN) keys: Press these keys to adjust the resistance level from 1-20 during program execution.</p> <p>HR% (UP/DOWN) keys: Press these keys to adjust the target HR% during Target HR & HR Interval programs.</p>

Touch Screen Key Function:

KEYS	FUNCTIONS
DISPLAY KEY	This key is located next to the data display windows. Press this key to switch the data display from upper row to lower row and back & forth. The data names will appear when they are being displayed.
START KEY	To start a program, simply press the START key once and all data will start counting. Pressing START key once during Pause will resume the program. Pressing START key at program ending will re-start the same program again and all data will continue accumulating.
PAUSE/RESET KEY	Pressing PAUSE/RESET key once during program, it will pause the program and all data will stop counting. Pressing PAUSE/RESET key one more time during pause, it will reset program and return back to idle mode.
ENTER KEY	Press ENTER key to confirm the program setting, selection or data entry.
UP/DOWN KEY	Press Up/Down keys to adjust age, weight, program time entry during program setting.

Programs:

During idle mode, the message display will show "SELECT A PROGRAM"; at this time, press Quick Start key to jump start the manual program right away or press a program category key to select a program.

When you press a program key the 1st time, the message display will show its 1st program's name and the dot matrix will display its profile. Press same program key again & again to toggle thru programs under the same category. Or press other program category key to go into different program category. When your desired program appears, press ENTER to confirm the program selection and start program setting.

Follow the instruction messages on the message display to set up the program. There are 3 settings need to be entered to ensure workout calculation accuracy: age, weight and time. For your convenience, the age and weight will be updated and stored as new default value each time you adjust them.

Press START key to start your program once you finish the program set up. Press Level Up/Down keys to adjust resistance level anytime during Classic & Interval program execution. Press HR% Up/Down keys to adjust HR% anytime during Target HR and HR interval program execution.

When program time is up and the program ends, the message display will scroll thru the workout totals for your review. At this time, if you'd like to start the same program again, simply press START key and your program will restart.

Quick Start Program - When you press the "Quick Start" key once, the message display will display "QUICK START" and the console will begin Quick Start program. The time will start counting down from 30:00 (min: sec) and resistance level will start with L1. Simply start pedaling and press Level Up/Down keys to adjust resistance level.

Classic Programs - press "Classic Programs" key to toggle thru 3 classic programs.

Interval Programs - press "Interval Programs" key to toggle thru 3 interval programs.

HR Programs:

Press "HR Programs" key to toggle thru 5 HR programs.

Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate. In order to get the most accurate reading, it is recommended to enter your age before your workout.

Heart rate control programs are designed to keep you training at your chosen heart rate level. Console will adjust the resistance level automatically to ensure the target heart rate is achieved and maintained during the entire program.

Note: A heart rate monitoring device must be used for the program to work. For better results, a chest strap is recommended for this operation. It is also important to consult your physician before performing any Heart Rate based training program.

Target HR program - The default target heart rate is 70%. To adjust the target HR% setting, press HR% Up/Down keys anytime during program execution. The adjustment range is 55% - 90%.

Fatburn 65%; Cardio 80% and HR Hill (65% - 75% - 85%) programs - These programs are designed with preset heart rate % for specific heart rate training purpose, therefore their heart rate % is not adjustable.

HR Interval program - This program is designed to train your heart thru a series of work and rest intervals. It is a great heart conditioning program. The console will adjust the resistance up to bring your heart rate to work interval and reduce the resistance back to L1 for rest interval. The default work interval is 80% and rest interval is 65% and can be adjusted to low at 60% and high at 90% by pressing HR% Up/Down keys during program.

Note: During program execution, if there is no heart rate detected, the console will display "NO VALID PULSE". Adjust the chest strap to ensure proper heart rate reading. If the actual heart rate exceeds target heart rate and resistance is at level 1; the console will display "SLOW DOWN", please slow down and relax to reduce your heart rate at this time.

Operational instructions

User Programs:

Press User # key to enter one of 4 user programs:

These programs are designed for your workout convenience & save you time. Once you saved your workout routine in a User program, you can simply recall this program and start your workout in no time. Of course, if you wish to change your program time or target HR, there is an option after your press ENTER key to confirm your program selection. The age and weight will be skipped during program setting.

If you recall an empty User program, the message display will let you know with a message of “NO SAVED PROGRAM”, you can select any other program at this time. If you wish to save a workout program, simply press & hold a User # key until you hear a beep. The console will confirm it with a message of “PROGRAM IS SAVED”. If there is a saved program before, it will be overwritten.

English and Metric setting

The factory default setting is English units. If you wish to change it to Metric setting, press & hold “USER1” & “USER2” keys at the same time for a couple of seconds during idle mode. The message display will show a message “UNITS = ENGLISH”; press UP/DOWN keys on the LCD screen to change the setting. “UNITS = METRIC” will appear to indicate the switch. Once you change the setting, press ENTER key to confirm and the console will return back to idle mode. The units setting has been changed to new setting permanently.

Touch Screen Adjusting Steps

To ensure touch screen console perform properly, please follow below steps to adjust the display accuracy.

1. When the console is ON, the message display shows “SELECT A PROGRAM”; at this time, press “QUICK START” & “HR PROGRAM” keys at the same time to start the display adjusting sequences.
2. The LCD will be fully light up and the message display will show “PRESS ICON”. At this time, press “START” key to enter console self-adjusting mode. When not in use for 30 minutes, the system will be into stand-by mode. Follow the key pad instructions to wake the console.
3. Follow the key order and presses “PAUSE/RESET”, “ENTER”, “UP”, “DOWN” & “DISPLAY” keys. The message display will show corresponded number and key sequence. For example, the display shows “756” and “5” for “DISPLAY” key press.
4. After the key presses, press “QUICK START” key, the LCD will be fully lighted up.
5. Press “QUICK START” one more time after screen is completely light up to exit the self- adjusting mode and back to idle mode.
6. Your screen is now adjusted properly and ready to use.

Pulse Hand Grips

The cross trainer comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

Note: It is recommended to wear a chest strap for The Heart Rate control programs, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note, the console will take the measurement of the chest strap.

Operating Tips:

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

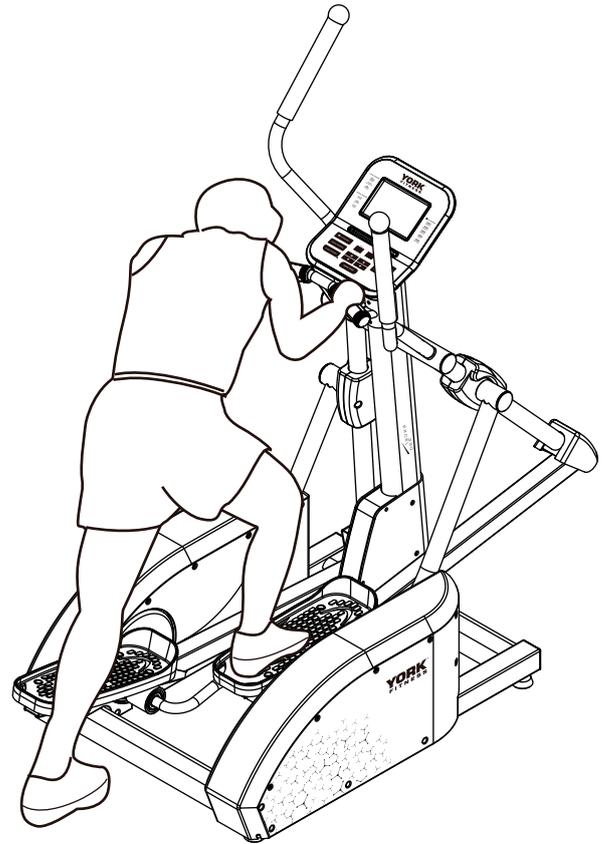
- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

Starting Your Workout

To start using the cross trainer, hold the handgrips to keep your balance. Simply put one step on the foot pedal, and then the other step.

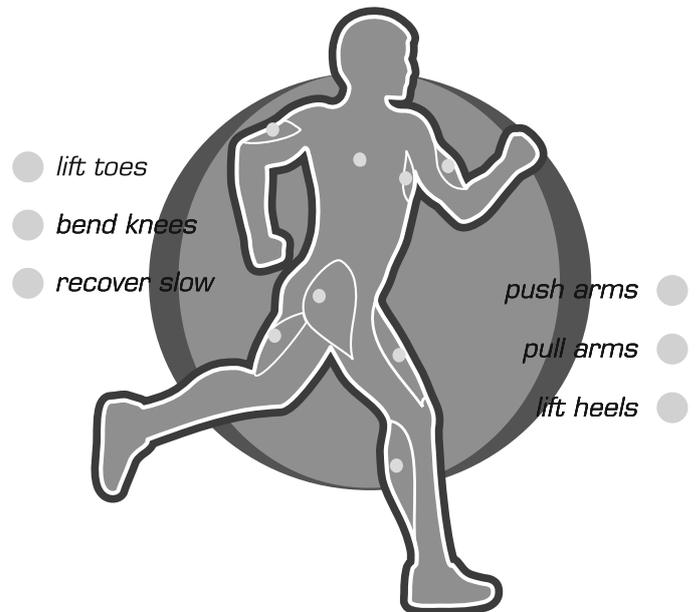
Finishing Your Workout

Once finish your workout, slow down the corss trainer and hold the handgrips to keep your balance. Simply put one step on the ground, and then the other step.



Training Informations

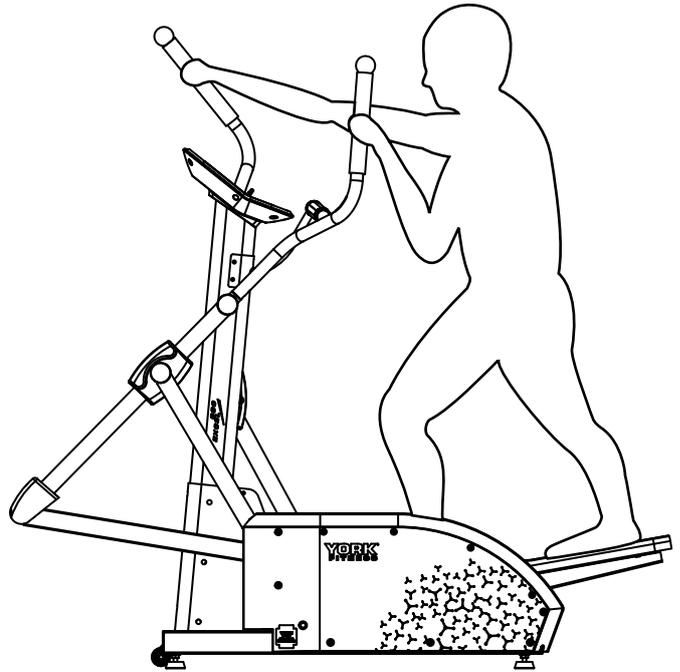
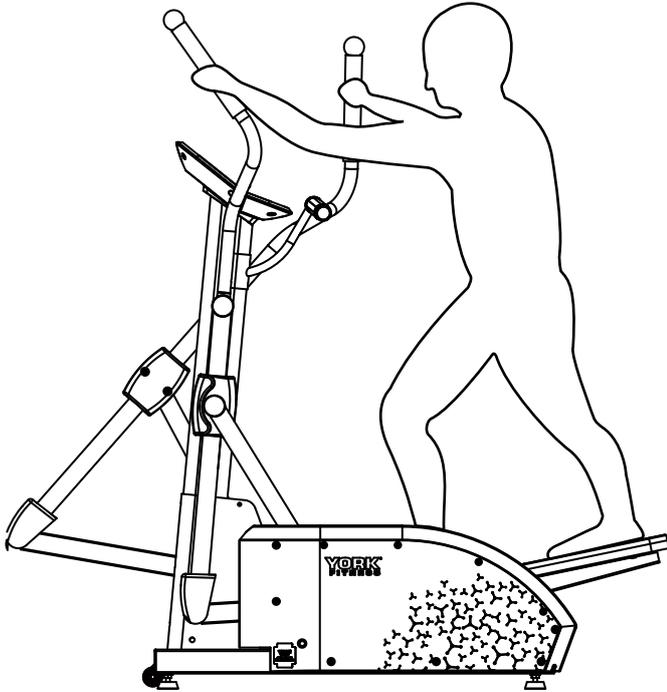
The programs provide you with the training informations, please select the program you need to improve your body and obtain good health.



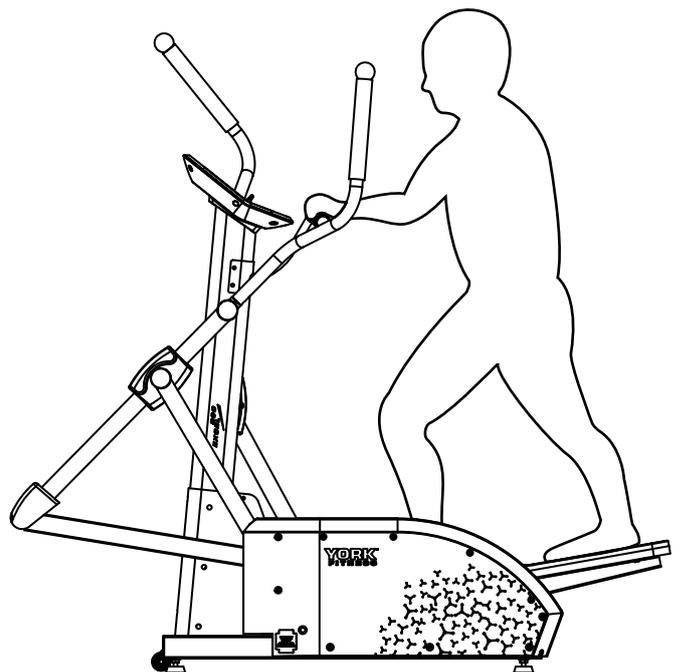
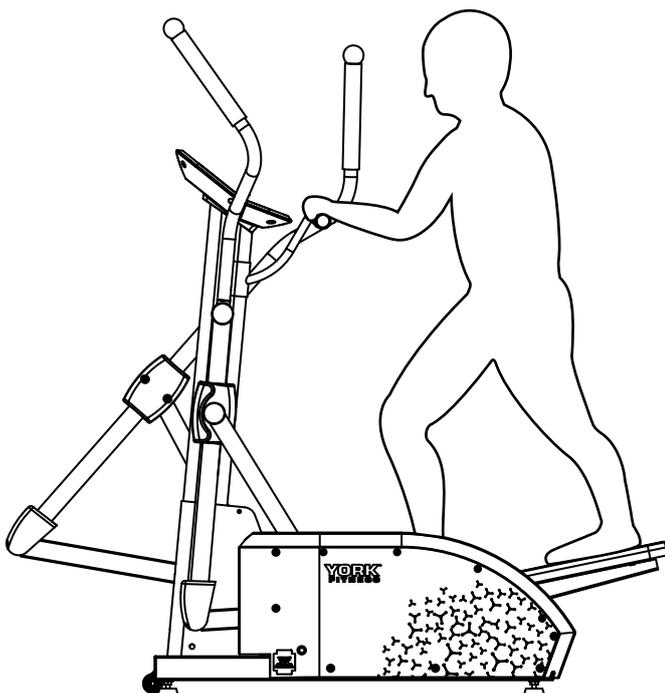
Operational instructions

Hold the handgrips to keep your balance. Simply move your highest foot forward and follow the natural path of the machine.

Using Cross Trainer with Upper Handlebars



Using Cross Trainer with Lower Handlebars



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

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSISTS, 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.

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.

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.

Part list



YORK REF.	REF.	DESCRIPTION	QTY.
HAREWARE PACKAGE			
52054-8	22RR	HEX. NUT M10*1.5,T8 ZINC	2
52054-11	21BA	HEX. HD. BOLT M10*1.5-81.5	2
52054-12	21B8	HEX. HD. BOLT M10*1.5-20, ZINC	2
52054-16	2DUD	CR.-RE. TRUSS HD. SCREW, M5*0.8-12	13
52054-25	0J9C	SPRING WASHER, M10, ZINC	2
52054-32	2HMB	CROWN NUT, M10*1.5 T=18	3
52054-33	0J6C	FLAT WASHER, Ø10*20-2	3
52054-34	2HMD	HEX. NUT M10*1.5,T8 ZINC	2
52054-35	0JUJ	BOLT, HEX SOC HEAD CAP M8*1.25-16 BLACK	6
52054-37	0J3P	ALLEN WRENCH, REXON	1
52054-39	20W4	HEX. NUT, M10*1.5 , T=6	2
52054-41	2HMC	HEX. SOC. TRUSS HD. SCREW, M10*1.5-120	3
52054-48	2JAW	WRENCH 17MM	1
52054-49	2JAX	CRESCENT WRENCH	1
52054-50	2JAY	SCREWDRIVER E05KY	1
52054-57	37MX	COVER RIGHT	2
52054-72	2HJB	END CAP, HANDLEBAR ASCENDER	4
52054-80	384G	AC ADAPTER, ACHIEVER/CDT/AEROS (EOUROPE SPEC)	1
52054-81	37CD	CHEST STRAP, CG1-HR	1
52054-124	349X	AC ADAPTER, ACHIEVER/CDT/AEROS (AUSTRALIA SPEC)	1
MAGNETIC BRAKE ASS'Y			
52054-18	0K2C	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4
52054-1	0JEG	C-RING A-20	1
52054-5	0K2W	BOLT M5*12	3
52054-10	0WRG	HEX. HD. BOLT, M8*1.25-100	2
52054-13	0KQY	LOCK NUT,M8*1.25 T=8	6
52054-23	21X8	SPACER, CENTER-G/ACHIEVER/CDT	3
52054-24	0J93	SPRING WASHER, M10, BLACK	4
52054-28	25VV	C-RING, B-47 BLACK	2
52054-29	2H66	M10*1.5-210, HEX HEAD BOLT	1
52054-30	2H4J	RETAINING RING, ACHIEVER	1
52054-36	22LR	C-RING, A-16 T=1.2 BLACK	1
52054-67	2H7B	SLEEVE ASSY, ACHIEVER	1
52054-88	2GQP	RETAINING CLIP, ACHIEVER	2
52054-91	2GQN	EDDY CURRENT BRAKE,EVO-1/600E/A7E	1
52054-94	01HU	OUTLET	1
52054-108	31J4	COLLAR, CENTERG	2
52054-121	2KX8	BALL BEARING, 6204ZZ	2
SIDE COVER ASS'Y			
52054-125	2MYG	SIDE COVER(R,T)	1
52054-126	2MZ4	SIDE COVER(L,T)	1
52054-127	37U7	SIDE COVER(R,O)	1
52054-110	37U8	SIDE COVER (L,O)	1
52054-59	2GPW	COVER, SIDE RIGHT INNER, ACHIEVER	1
52054-58	2GPZ	BRACKET COVER, CENTER-G/ACHIEVER/CDT	1
52054-2	0K94	CR. RE. TRUSS HD. TAPPING SCREW M5 X 12-16	16
52054-4	0KRK	U-TYPE NUT M5-12MM	16
52054-6	2CU7	HEX. SOC. HD. CAP BOLT M12*1.75-30	4
52054-38	2YGE	CR. RE. TRUSS HD. TAPPING SCREW, M5*0.8-20	24
52054-46	2Y7G	CR.RE. PAN HD. TAPPING SCREW, M5*0.8-8	2
52054-54	2DAK	BELT, POLY-V BELT PJ450	1
52054-66	2D2K	FLYWHEEL COVER, (NEW STYLE) CENTER-G	2
52054-87	21K5	MAGNET AND BRACKET, CENTER-G/ACHIEVER	1
52054-92	2CTS	DRIVE PULLEY, CENTER-G/ACHIEVER	1
52054-93	2CTQ	DRIVEN WHEEL, CENTER-G/ACHIEVER/DCT	1
52054-119	2N3N	CENTER SHAFT ASSEMBLY,W/HOLE	2

YORK REF.	REF.	DESCRIPTION	QTY.
LINKGE ASS'Y			
52054-9	2N7U	HEX. SOC. TRUSS HD. SCREW, M10*1.5-20	4
52054-19	0J4Z	FLAT WASHER, 12X20-3	4
52054-22	2DUW	RETAINING RING, CENTER-G	2
52054-26	27JR	HEX. SOC SET SCREW, M5*6	4
52054-31	22B4	WASHER(Ø10x35-2)	4
52054-43	2LXT	BOLT, HEX. SOC. HD. CAP M12X1.75-55 BLAC	2
52054-65	2X70	SHAFT SLEEVE, CENTER-G/ACHIEVER/CDT	2
52054-74	2PJQ	LINKING SEAT	2
52054-109	2CU8	SHAFT WHEEL	2
52054-107	2PJP	COLLAR, POM, CENTERG	2
52054-118	2CRJ	CRANK SHAFT	1
52054-128	37N8	TABLE INSERT (RIGHT)	1
52054-129	37N7	TABLE INSERT (LEFT)	1
FRAME ASS'Y			
52054-14	0KNM	HEX. NUT, M10X1.5 CT=8	4
52054-17	0K3X	CR.-RE. TRUSS HD. SCREW M5*0.8-12	2
52054-21	2CU3	CENTER SHAFT WASHER	2
52054-40	2DM4	WASHER	2
52054-47	2LGS	BUSHING, CG1-HR	2
52054-64	2AX2	TRANSPORTATION WHEEL, CENTER-G	2
52054-82	01HL	D.C. MOTOR ASSY, ADVENTURE	1
52054-89	26LH	LEVELER, CDT/ACHIEVER/CG2	4
52054-90	2GWU	MAG BRAKE CABLE; ACHIEVER, CDT	1
52054-95	01J8	REED SWITCH	1
52054-97	31LK	WIRE HARNESS MAIN	1
52054-130	2NEK	STRAIN RELIEF	1
PEDAL & LEVER ASS'Y			
52054-27	0JEE	C-RING, A-17	4
52054-15	0K7M	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8
52054-28	25VV	C-RING, B-47 BLACK	2
52054-44	2GS1	PIN, CG1-HR	2
52054-55	2D3C	SHAFT COVER RIGHT, CENTER-G	2
52054-56	2D3E	SHAFT COVER LEFT, CENTER-G	2
52054-63	2D3G	PEDALS, EVO-1, CENTER-G/ACHIEVER/CDT	2
52054-76	37N9	KNOB	1
52054-131	35J2	STAR NUT, M8*1.25	1
52054-103	01FD	LEFT STICKER 600E	3
52054-104	01FE	RIGHT STICKER 600E	3
52054-117	2NTN	FOAM, E-CZ100	2
52054-120	2KX7	BALL BEARING, 6203ZZ	4
52054-122	2KX9	BALL BEARING, 6005ZZ	20
52054-132	37NE	HANDRIAL,RIGHT UPPER ASS'Y	1
52054-133	37ND	HANDRIAL,LEFT UPPER ASS'Y	1
52054-134	37NH	HANDRAIL ASS'Y	1
52054-135	37NF	HANDRAIL ASS'Y (LEFT)	1
52054-136	2P0Z	PEDAL TUBE ASS'Y(R)	1
52054-137	2P0V	PEDAL TUBE ASS'Y	1
CONTROL PANEL & CONSOLE MAST ASS'Y			
52054-20	0JEJ	C-RING A-25	2
52054-31	22B4	WASHER(Ø10x35-2)	4
52054-89	26LH	LEVELER, CDT/ACHIEVER/CG2	4
52054-96	2MY0	WIRE ASS'Y, 2464*22AWG*2C-350MM	1
52054-100	31LJ	WIRE HARNESS MAIN	1
52054-138	37MU	CONSOLE MAST ASS'Y	1
52054-139	37N5	HANDLE BAR ASS'Y	1
52054-140	37LS	CONTROL PANEL ASS'Y	1

Notes



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