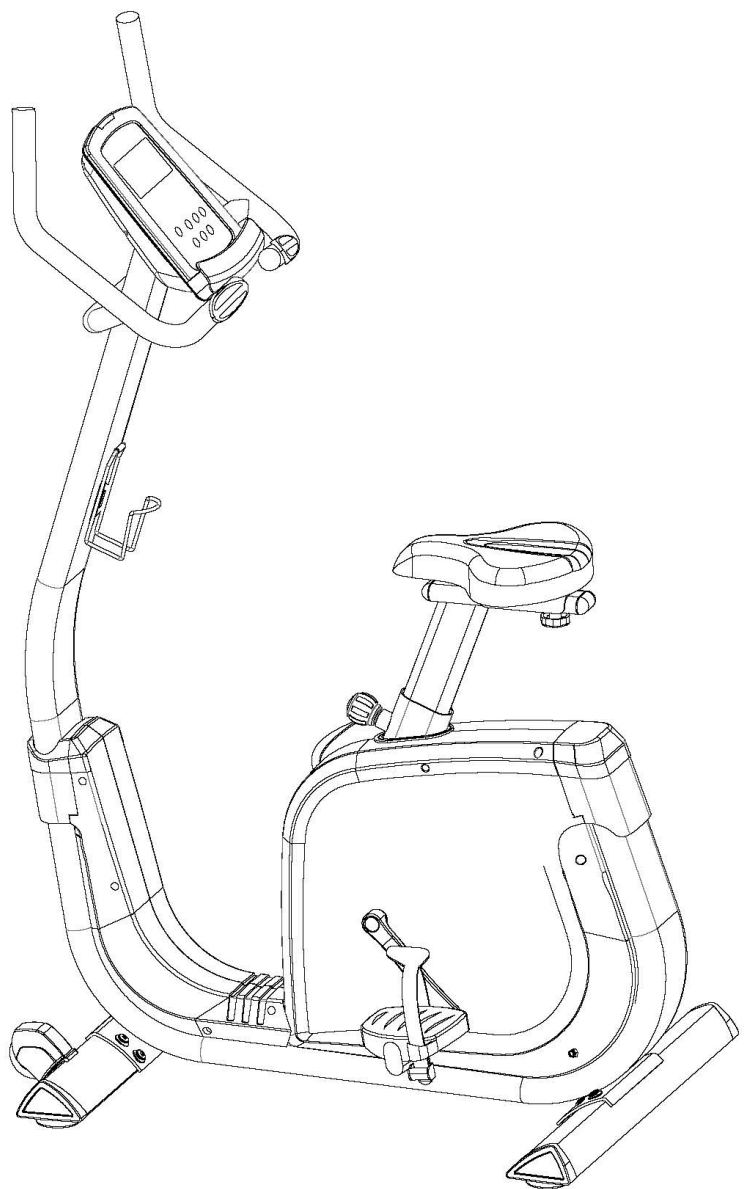


**YORK**<sup>®</sup>  
**FITNESS**

# Owner's Manual

LC UB Upright Bike

Item #YRK53104A



# 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.

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

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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.
- 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 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: 180kg**

## Safety Standards

This equipment meets the requirements of CLASS SB EN ISO20957 Part 1 & EN957 Part 5. Therefore the equipment carries the following marks:



## Assembly Instructions

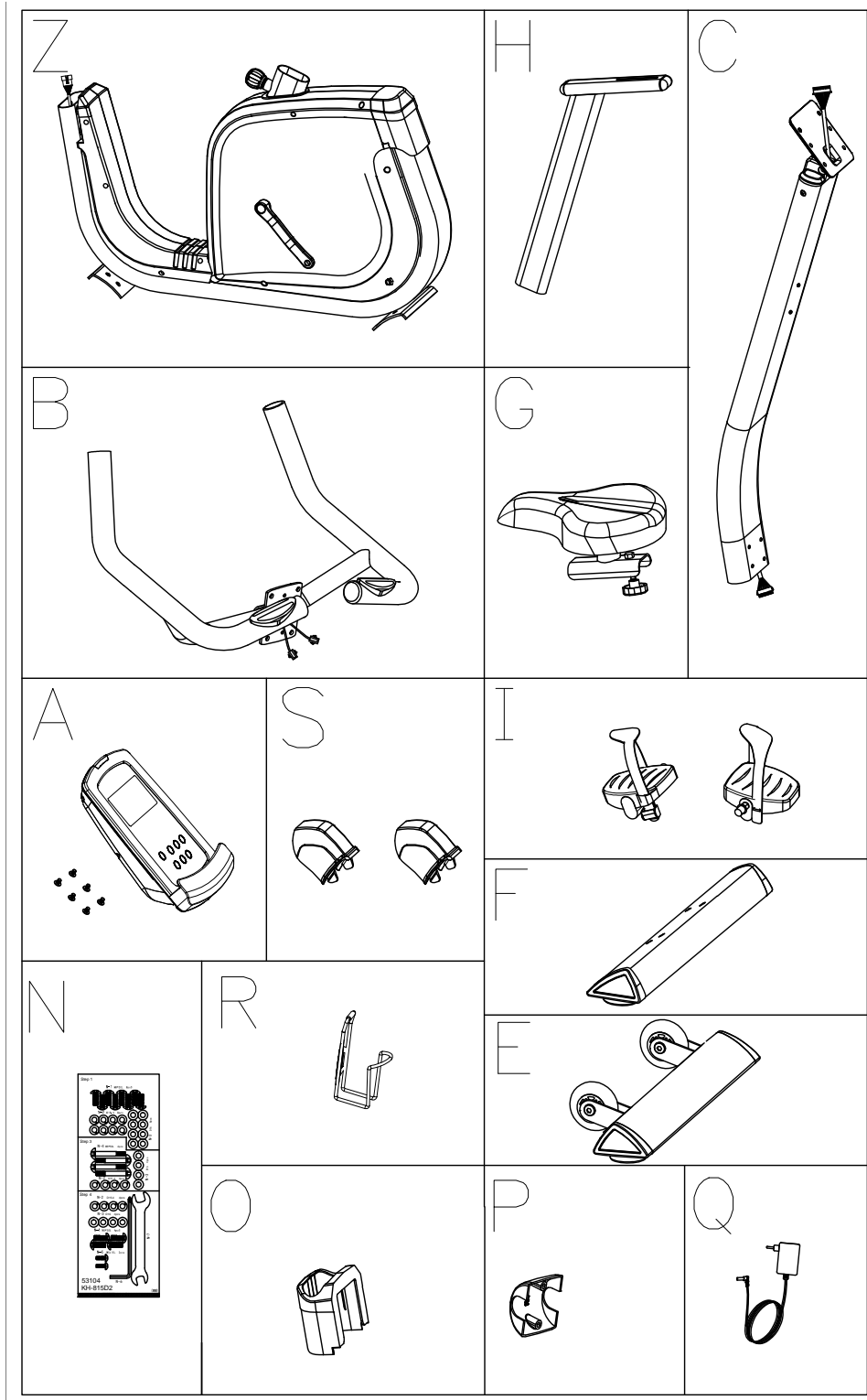
**PREPARE YOUR WORK AREA** - It is important you assemble the product in a clean and uncluttered space.

**WORK WITH A FRIEND** - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

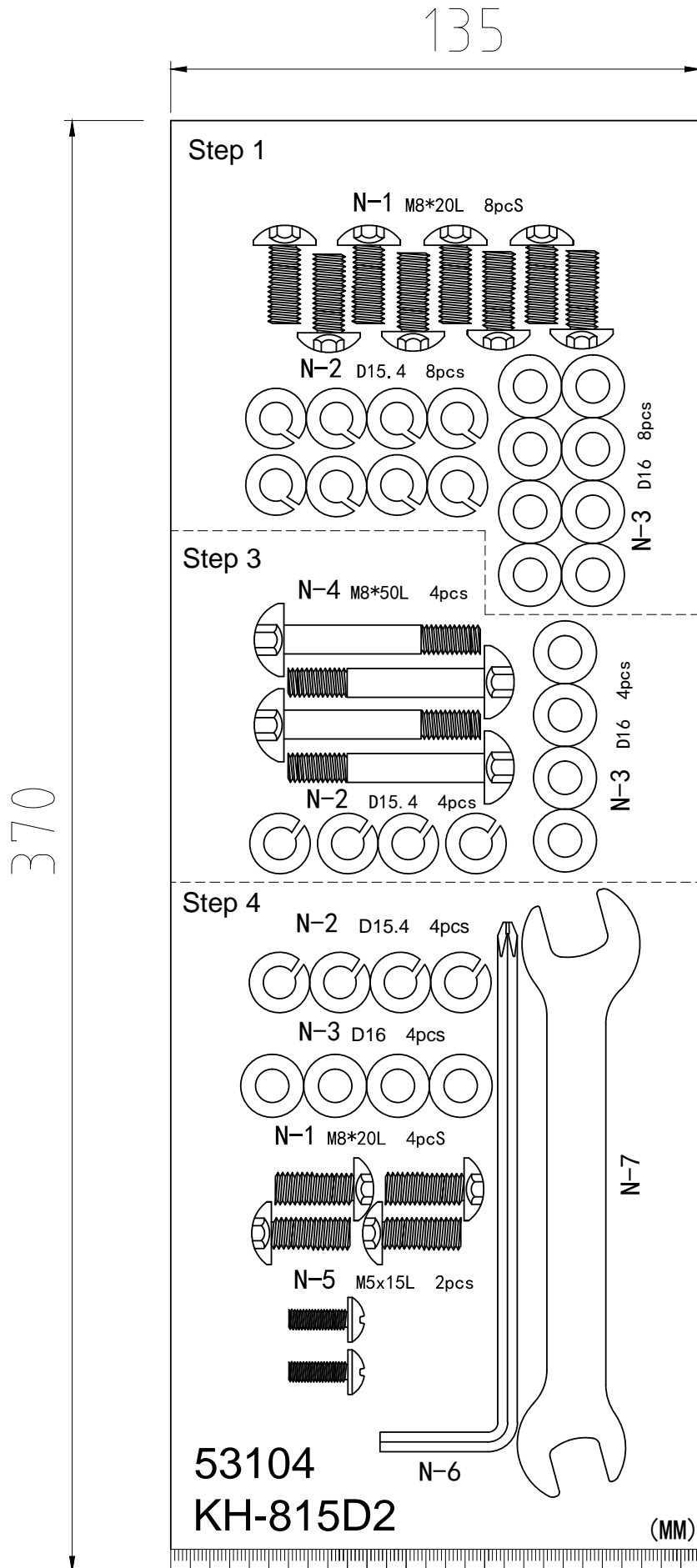
**OPEN THE CARTON** - Check any warnings on the carton and make sure you have it the right way up.

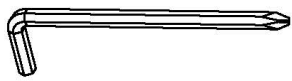



**UNPACK THE CARTON** - Remove all the parts and lay them out on the floor.

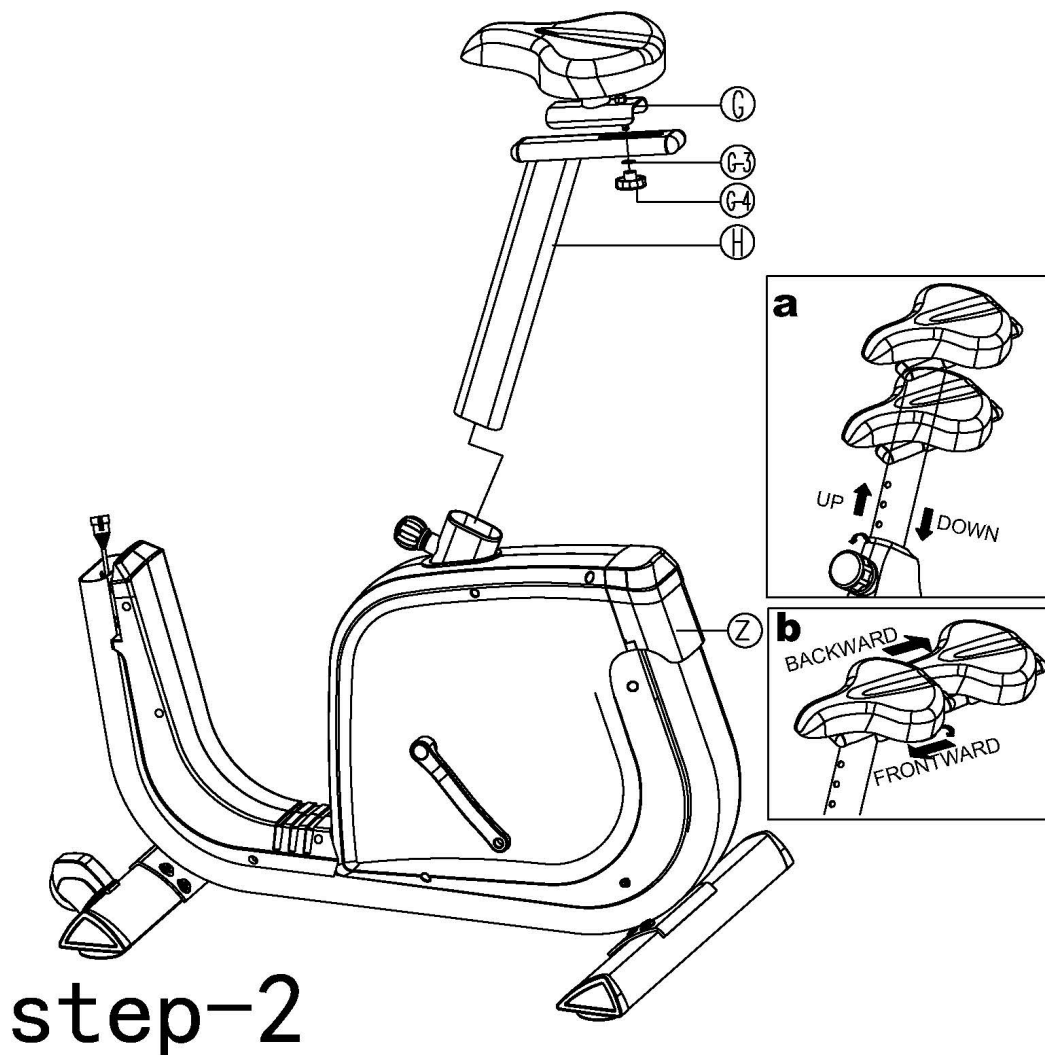
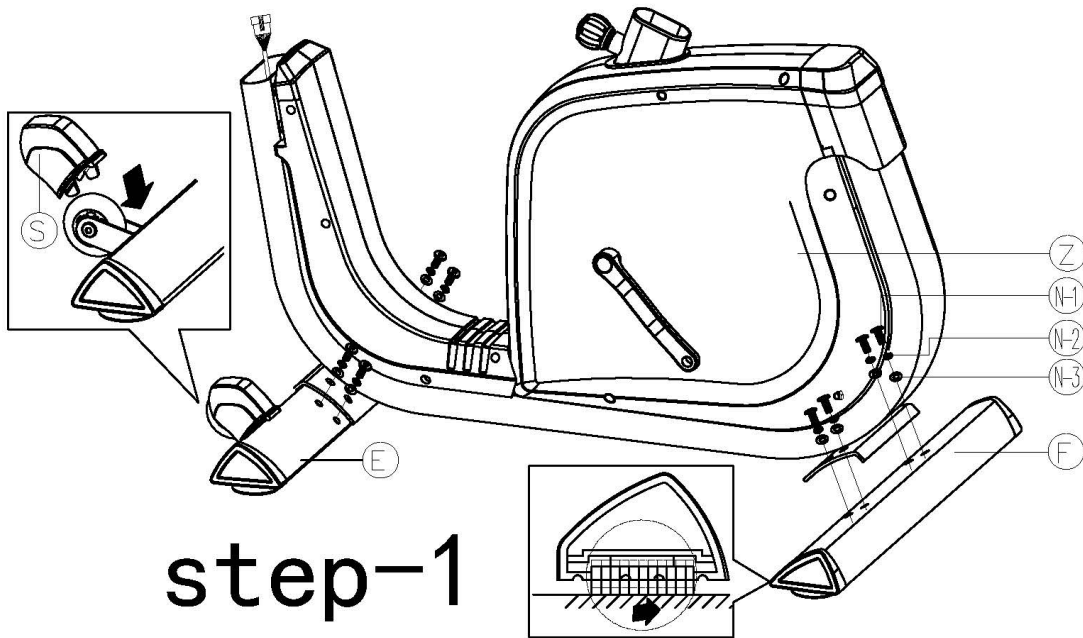
Make sure you have the following parts:

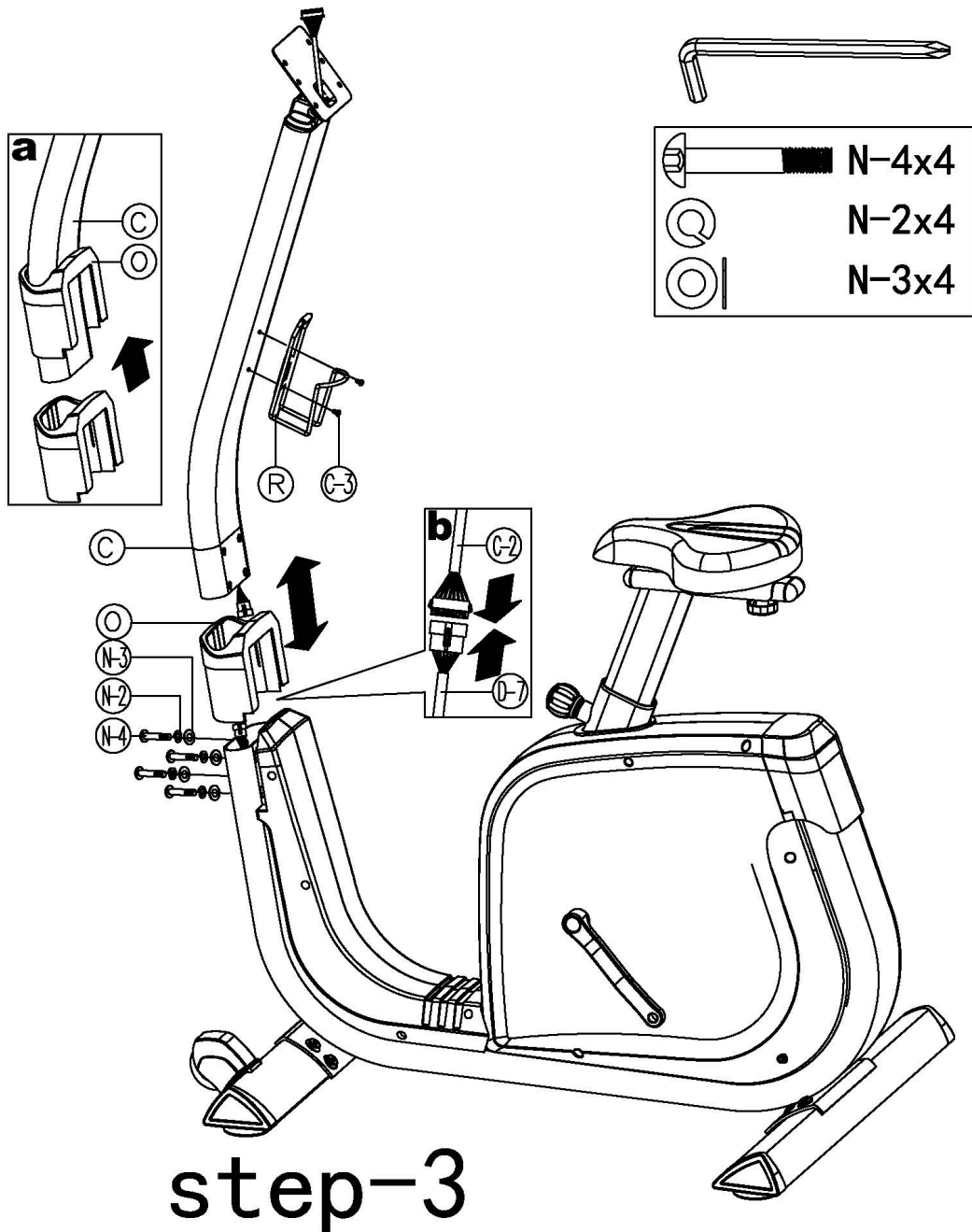


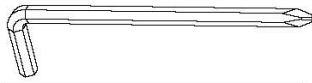
# Assembly Instructions



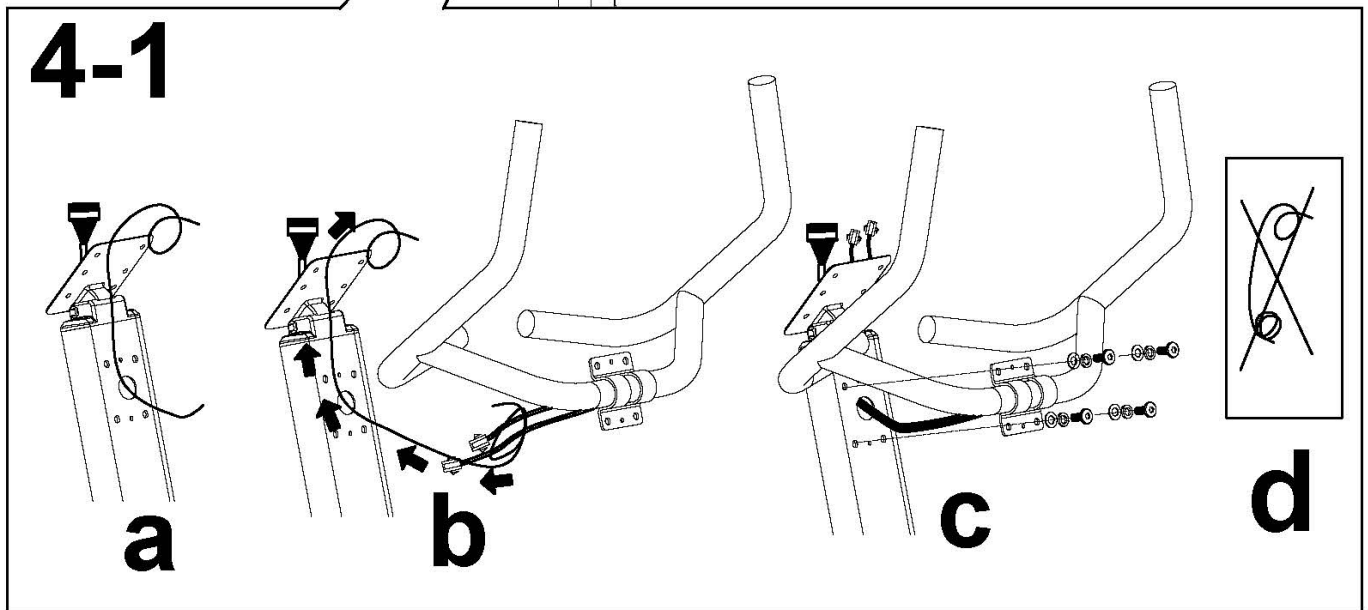
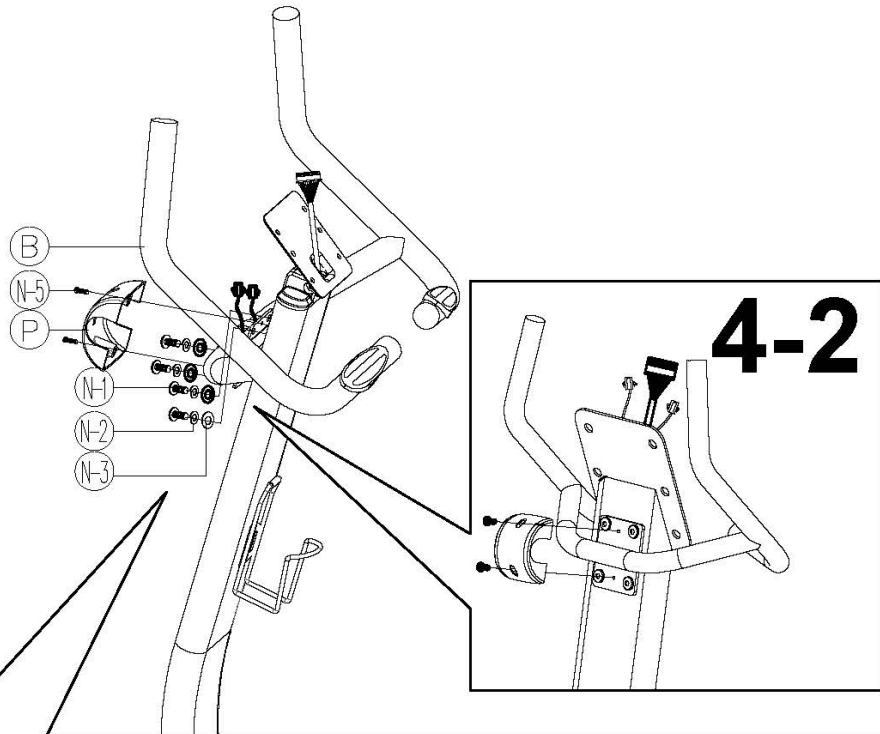
	
	N-1x8
	N-2x8
	N-3x8





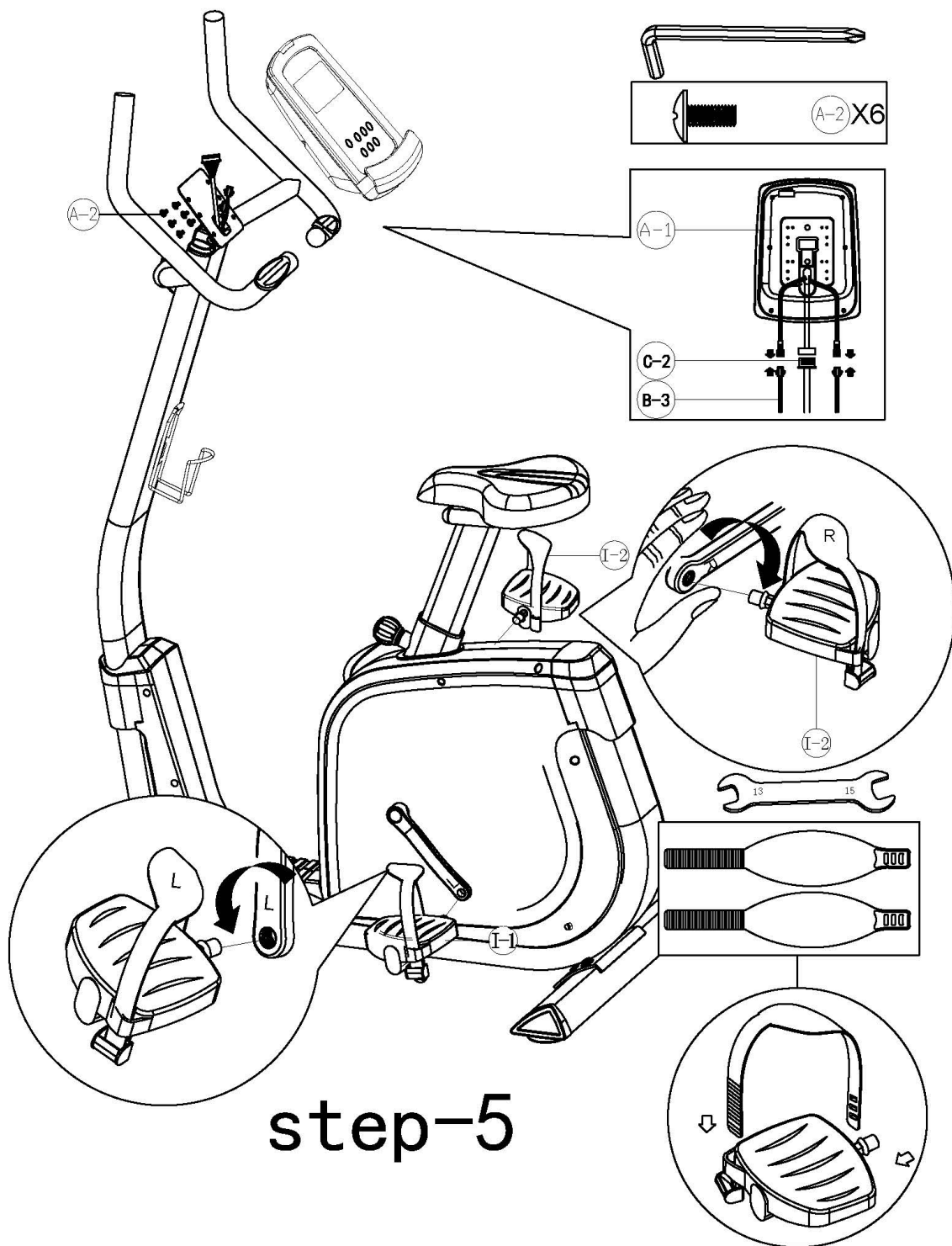


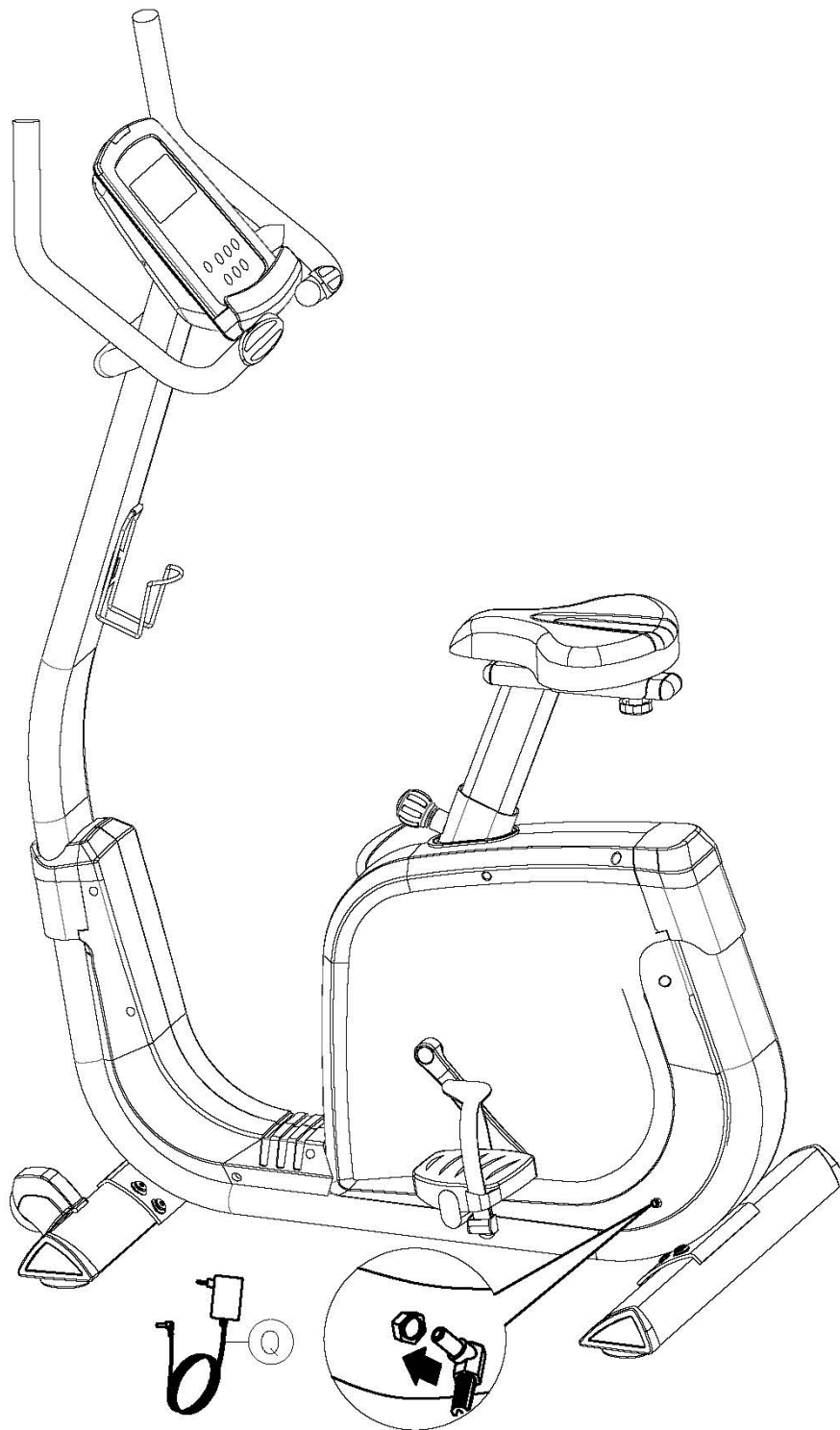
	N-1x4
	N-2x4
	N-3x4
	N-5x2



**step-4**







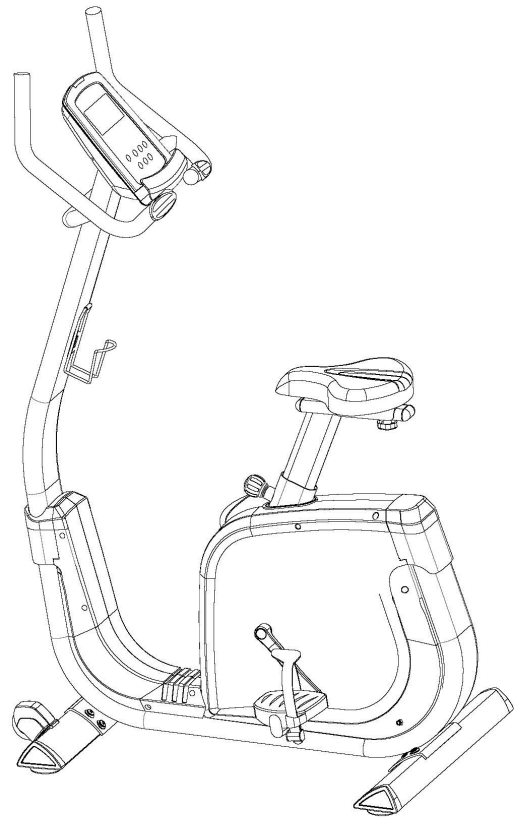
**step-6**

# Assembly Instructions

## Final Check

Your equipment 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.



## 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:



## DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption . In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	.Manual mode workout.
PROGRAM	.Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	.Target HR training mode.

## KEY FUNCTION:

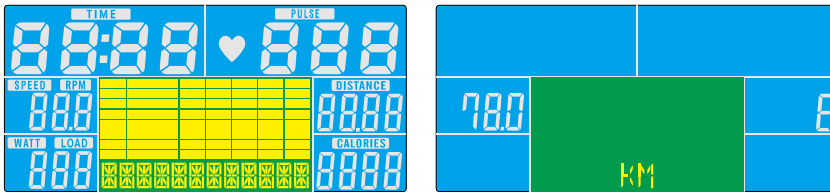
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> <li>Increase resistance level</li> <li>Setting selection.</li> </ul>
Down	<ul style="list-style-type: none"> <li>Decrease resistance level</li> <li>Setting selection.</li> </ul>
Mode	<ul style="list-style-type: none"> <li>Confirm setting or selection.</li> </ul>
Reset	<ul style="list-style-type: none"> <li>Hold on pressing for 2 seconds, computer will reboot and start from user setting.</li> <li>Reverse to main menu during presetting workout value or stop mode.</li> </ul>
Start/ Stop	<ul style="list-style-type: none"> <li>Start or Stop workout.</li> </ul>
Recovery	<ul style="list-style-type: none"> <li>Test heart rate recovery status.</li> </ul>
Body fat	<ul style="list-style-type: none"> <li>Test body fat% and BMI.</li> </ul>

## OPERATION:

### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

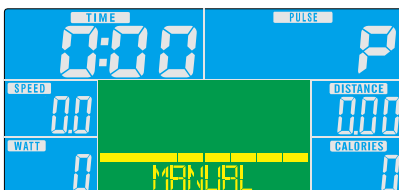


### WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt.

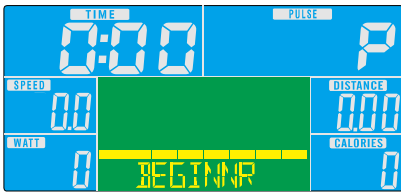
### Manual Mode

Press START in main menu may start workout in manual mode.



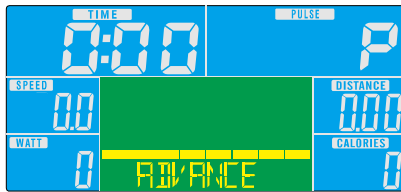
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

### Beginner Mode



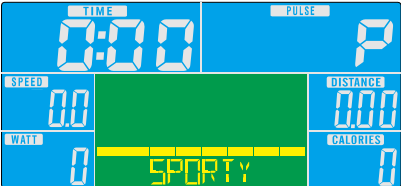
1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### Advance Mode



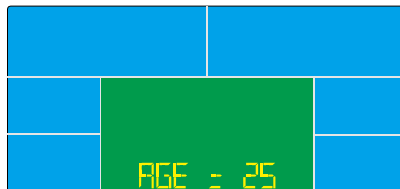
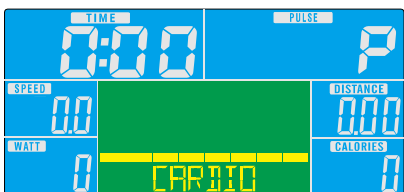
1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### Sporty Mode



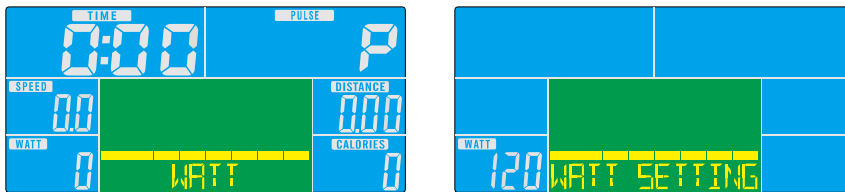
1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### Cardio Mode



1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

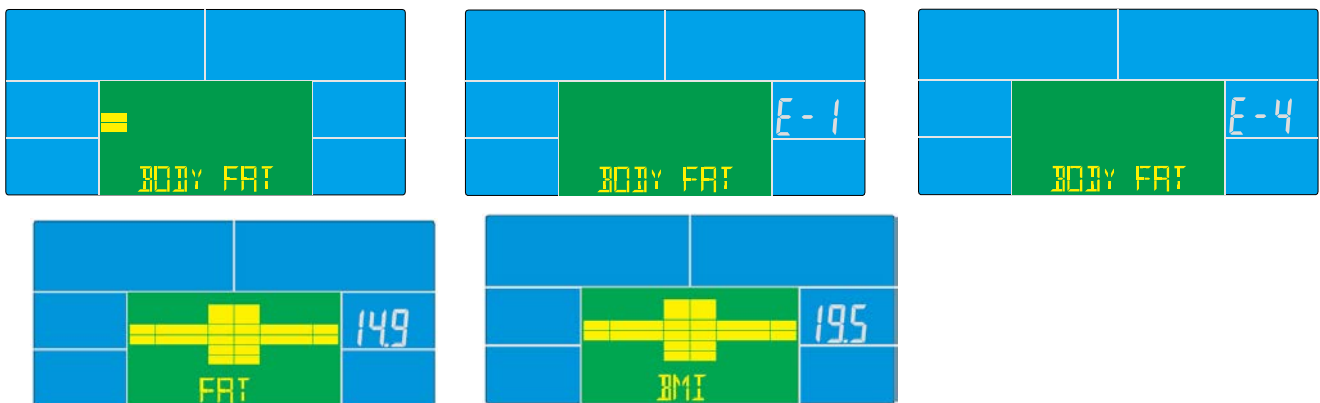
## Watt Mode



1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## Body Fat Mode

1. In STOP mode, press BODY FAT button to start measurement.
2. User need input SEX, HEIGHT, WEIGHT by UP/DOWN and press ENTER, then system start to measure. During measurement, both hands have to hold on hand grips.
3. LCD will display “= = =” for 8 seconds until console finish measuring. After measuring, LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.
4. Press BODY FAT key again reverse to main menu.



Error code explain:

“E-1”- Occurs when there is no heart rate signal input detected or user not hold hand grips correctly.

“E-4” – Occurs when FAT% exceed setting range (5.0%~ 50%).

## USB power charger

This console provides a USB charging outlet for your tablet or smartphone. User can plug the data cable into USB port for charging. **APP**



### NOTE:

1. Once the console is connected to tablet via Bluetooth, the console will power off.
2. To exit iconsole app turn the device Bluetooth off and the console will power on again.

# Troubleshooting

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

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 ON CONSOLE	Power Adapter not plugged in	Check the Bike Power Adapter is plugged into a power socket or power board and is turned on. Check that the Power Adapter is also plugged into the Bike correctly.



# 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 Cycling Form

Sit on the cycle, with your feet on the pedals and inside the pedal straps.

Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

Try to ensure that your back is straight whilst exercising, especially for long periods.

## 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

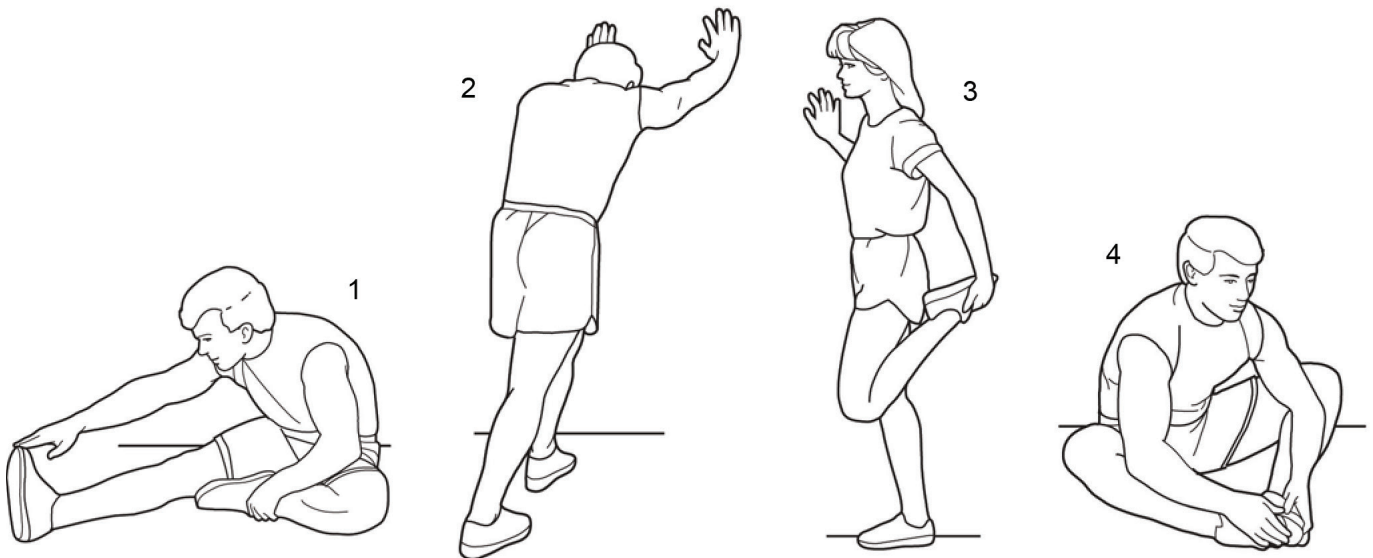
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

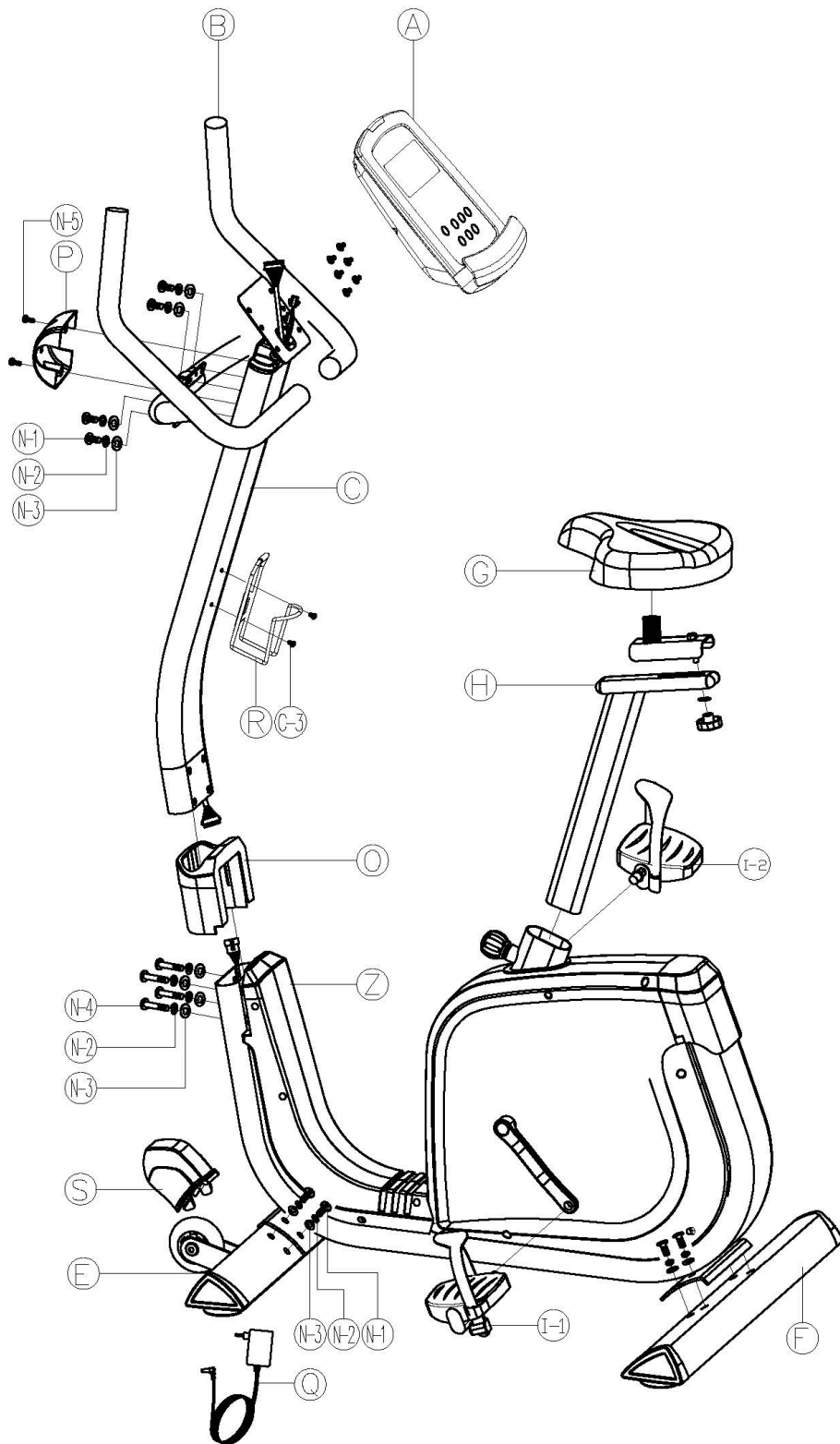
$$185 \times 60\% = 111 \text{ bpm}$$

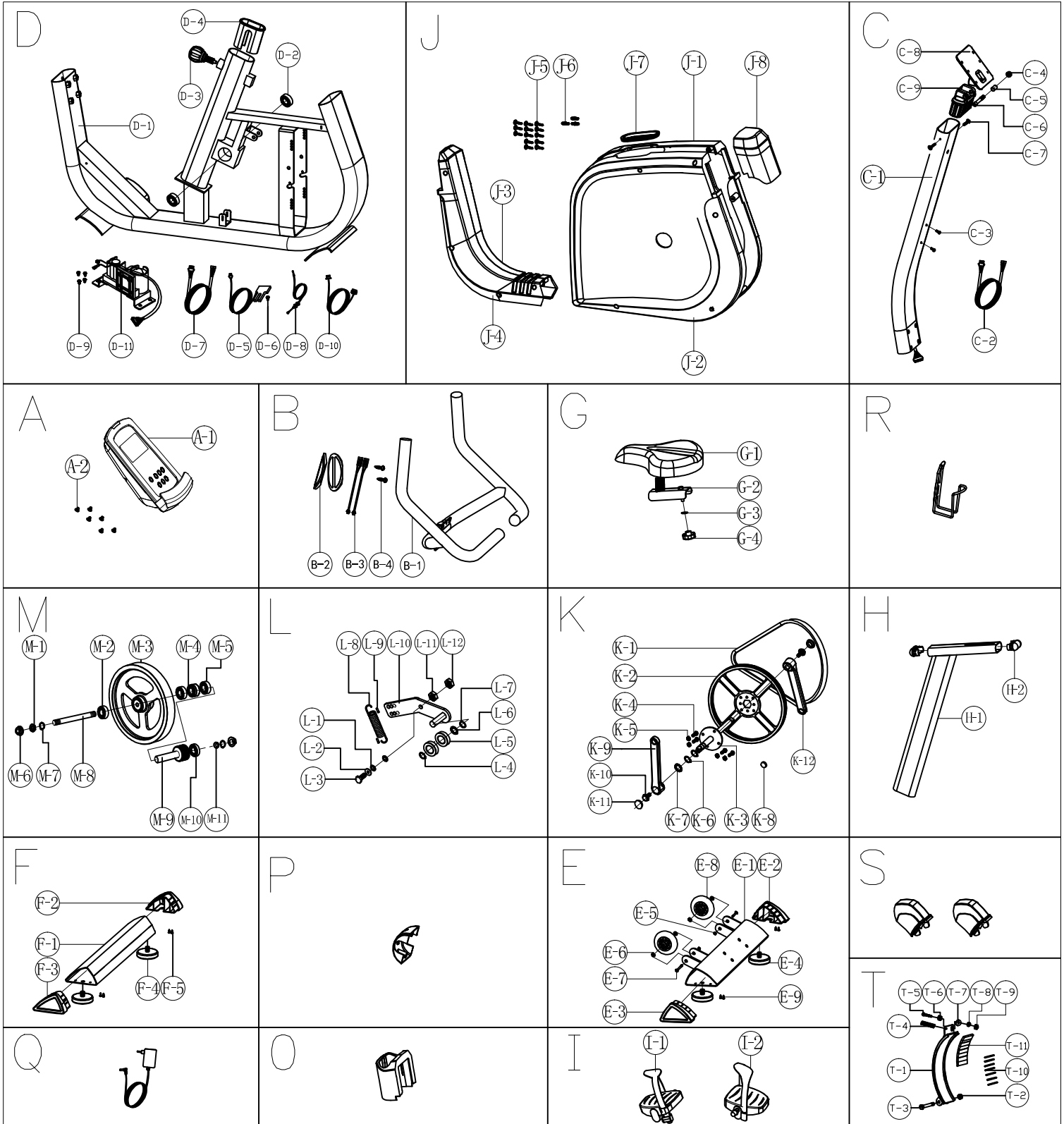
**NOTE:** The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

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

Part No	Description	Specification	QTY
A	Computer set		1
A-1	Computer	SM-2570-31	1
A-2	Cross bolt	M5x0.8x10L	6
B	Handlebar set		1
B-1	Handlebar with dip foam		1
B-2	Handle pulse sensor		2
B-3	Handle pulse cable		2
B-4	Cross screw	ST4*1.41*25L	2
C	Handlebar post set		1
C-1	Handlebar post		1
C-2	Upper computer cable		1
C-3	Cross bolt	M5*0.8*15L	2
C-4	Nylon nut	M8*1.25*8T	1
C-5	Bushing	D8xD12.7x23	1
C-6	Allen screw	M8*1.25*45L	1
C-7	Cross screw	ST4.2x1.4x15L	2
C-8	Computer fixing plate		1
C-9	Computer bracket		1
D	Frame set		1
D-1	Main frame		1
D-2	Bearing	#6004-2RS(C0)	2
D-3	Knob	D50xM16x22xD8	1
D-4	Inner tube		1
D-5	Sensor cable		1
D-6	Cross screw	M5x0.8x12L	1
D-7	Lower computer cable		1
D-8	Tension cable		1
D-9	Cross screw	ST4.2x1.4x15L	4
D-10	Power cable		1
D-11	Motor		1
E	Front stabilizer set		1
E-1	Front stabilizer		1
E-2	Triangle end cap(right)		1
E-3	Triangle end cap(left)		1
E-4	Adjustable round wheel		2
E-5	Nylon nut	M8*1.25*8T	2
E-6	Bushing	D22.2*D8.2*7T	4
E-7	Allen bolt	M8*1.25*40	2
E-8	Round wheel		2
E-9	Cross screw	ST4*1.41*15L	4
F	Rear stabilizer set		1
F-1	Rear stabilizer		1
F-2	Triangle end cap(right)		1
F-3	Triangle end cap(left)		1
F-4	Adjustable round wheel		2
F-5	Cross screw	ST4*1.41*15L	4
G	Seat set		1
G-1	Seat		1
G-2	Seat adjustable tube		1
G-3	Flat washer	D25xD8.5x2T	1
G-4	Knob		1

H	Seat post set		1
H-1	Seat post		1
H-2	Oval cap		2
I	Pedal set		1
I-1	Left pedal		1
I-2	Right pedal		1
J	Chain cover set		1
J-1	Right chain cover		1
J-2	Left chain cover		1
J-3	Front decorative cover (right)		1
J-4	Front decorative cover (left)		1
J-5	Cross screw	ST4.2x1.4x20L	13
J-6	Pin		3
J-7	Chain cover washer ring		1
J-8	Rear cover		1
K	Crank set		1
K-1	Multi-groove belt		1
K-2	Belt wheel		1
K-3	Crank axle		1
K-4	Hex bolt	M6x1.0x15L	4
K-5	Nylon nut	M6x1.0x6T	4
K-6	C-clip	D22.5*D18.5*1.2T	2
K-7	Waved washer	D27*D21*0.3T	1
K-8	Round magnet		1
K-9	Left crank		1
K-10	Anti-loosen nut	M10*1.25*10T	2
K-11	Screw cap	D26*11L	2
K-12	Right crank		1
L	Idle wheel set		1
L-1	Plastic washer	D10*D24*0.4T	2
L-2	Flat washer	D30*D8.5*2.0T	1
L-3	Hex bolt	M8*1.25*30L	1
L-4	C-clip	S-16(1T)	1
L-5	Bearing	#99502	2
L-6	Waved washer	D21xD16.2x0.3T	1
L-7	Flat washer	D24*D16*1.5T	1
L-8	Spring	D2.6*15*82L	1
L-9	Plastic cover	D3*30L	1
L-10	Idle wheel fixing plate		1
L-11	Hex nut	M8*1.25*6T	1
L-12	Nylon nut	M8*1.25*8T	1
M	Flywheel set		1
M-1	Hex nut	D9.5x8T(3/8"-26UNFx8T)	1
M-2	Bearing	6301-2RS	1
M-3	Flywheel		1
M-4	One way bearing		1
M-5	Bearing	6003-2RS	2
M-6	Anti-loosen nut	3/8"-26UNFx6.5T	2
M-7	C-clip	D15.5*D10.8*1T	2
M-8	Flywheel axle		1
M-9	Little flywheel		1
M-10	Bearing	#6001-2RS	1

M-11	Fixing ring	D13*D10*1.9T	1
N	Screw bag		1
N-1	Allen bolt	M8x1.25x20L	12
N-2	Spring washer	D15.4 XD8.2x2T	16
N-3	Flat washer	D16*D8.5*1.2T	16
N-4	Allen bolt	M8*1.25*50L	4
N-5	Allen cross bolt	M5x0.8x15L	2
N-6	Allen spanner	M6,	1
N-7	Spanner	155*30*5T	1
O	Upper cover		1
P	Protective cover		1
Q	Adaptor		1
R	Bottler holder		1
S	Cover of wheel		2
T	Magnet fixing plate set		1
T-1	Fixing plate for magnet		1
T-2	Nylon nut	M8*1.25*8T	1
T-3	Hex bolt	M8*52L	1
T-4	Spring	D1.0*55L	1
T-5	Hex bolt	M6*65L	1
T-6	Hex nut	M6*1*6T	1
T-7	Nylon washer	D6*D19*1.5T	1
T-8	Flat washer	D13*D6.5*1.0T	1
T-9	Nylon nut	M6*1*6T	1
T-10	Magnet cell		7
T-11	Magnet		8



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