

Velocity Crosstrainer
owner's manual

yorkfitness.com

12/05/2009



Congratulations on purchasing a crosstrainer 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 crosstrainer. For more information visit www.yorkfitness.com

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safety information

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

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

- Always assemble and operate the product on a level surface.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Try to ensure that your back is straight whilst exercising, especially for long periods
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this crosstrainer is 115kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This crosstrainer meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 parts 1 and 5. Therefore the product carries the following marks:



This product is not suitable for therapeutic purposes.



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

Care & Maintenance

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

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



Customer Support

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

1. Serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.

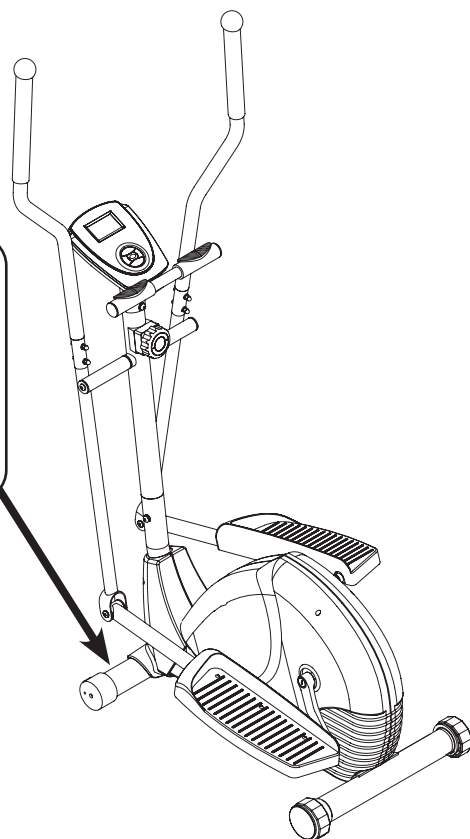
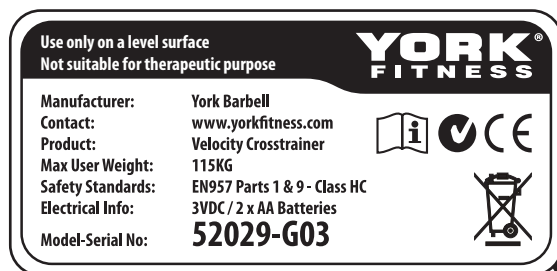
2. Original purchase date

3. Place of purchase

4. Information about the place and conditions of use

5. Precise description of the issue/defect

Your Serial No. is:



Contact Us

ENGLAND

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

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

AUSTRALIA

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

Tel: (02) 9603 8444 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

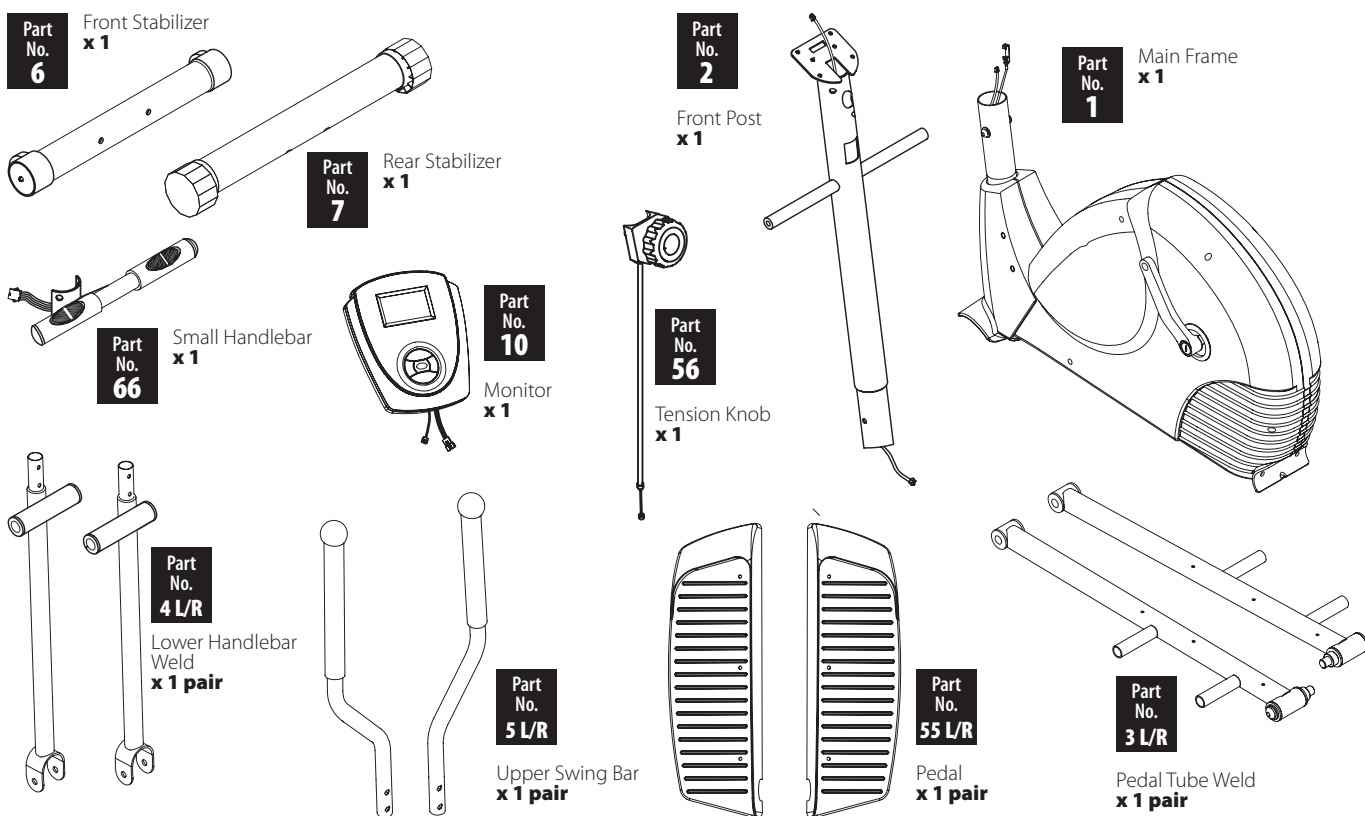
OTHER LOCATIONS

Please see website - www.yorkfitness.com

assembly instruction

Before you start

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



Fixings

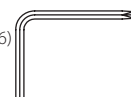
Part No. 29 M8 X 72L x4	Part No. 57 M5 X 50L x1	Part No. 23 SPRING WASHER M6 x4	Part No. 67 9/16" x 20W x 8H x1P
Part No. 27 M10 X 65L x2	Part No. 22 CAP NUT M6 x4	Part No. 14 FLAT WASHER Ø32 X Ø8.4 X 2.0T x2	Part No. 12 SLEEVE Ø32 X Ø19 X 13.5 x2
Part No. 25 M6 X 40L x4	Part No. 28 HEX NUT M10 X 10H x2	Part No. 13 ADJUSTABLE WASHER Ø32 X Ø19 X 0.5T x4	Part No. 26 Round head screw M5 X 15MM x4
Part No. 15 M8 X 20L x9	Part No. 19 FLAT WASHER Ø19 X Ø10 X 1.0T x2	Part No. 16 CURVE WASHER M8 x7	
Part No. 39 M5 X 15L x6	Part No. 24 CURVE WASHER M6 x4	Part No. 17 SPRING WASHER M8 x9	

Tools Included

GJ-13 (10, 13, 15, 16, 17, 22) x2



GJ-25 (M6, 70 x 86) x1

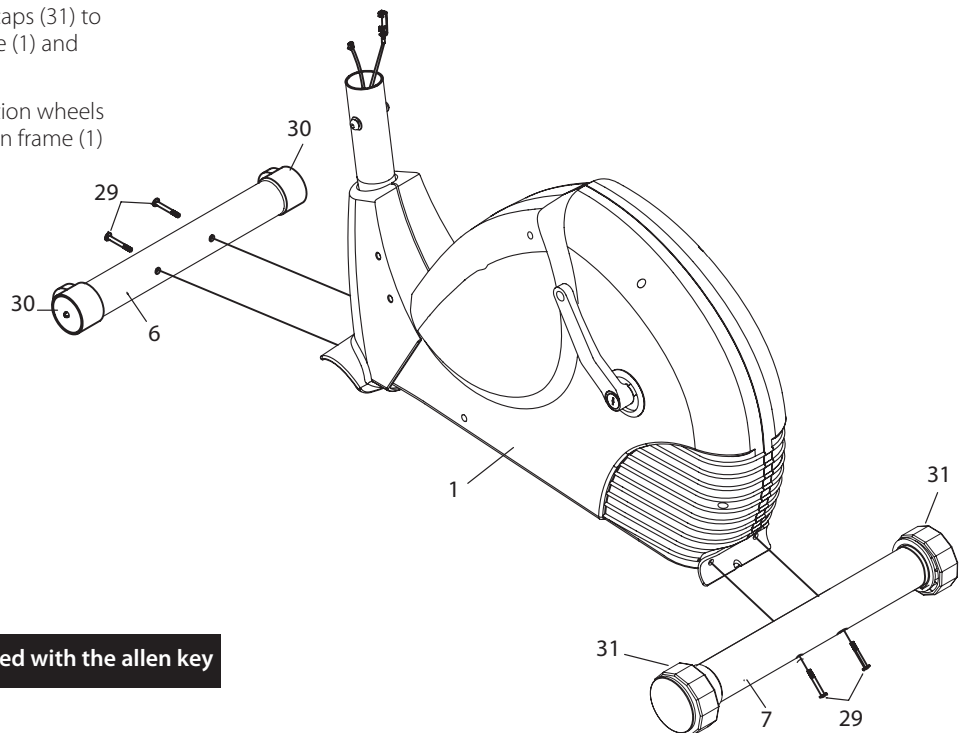


! This crosstrainer takes up a floor space of 107.5cm by 58.5cm and weighs 31.5kg

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

Step 1

1. Attach rear stabilizer (7) with 2 adjustable caps (31) to the welded cross bar bracket of main frame (1) and fasten with 2 allen head bolts (29).
2. Fasten front stabilizer (6) with 2 transportation wheels (30) to the welded cross bar bracket of main frame (1) and secure with 2 allen head bolts (29).



FIXINGS:

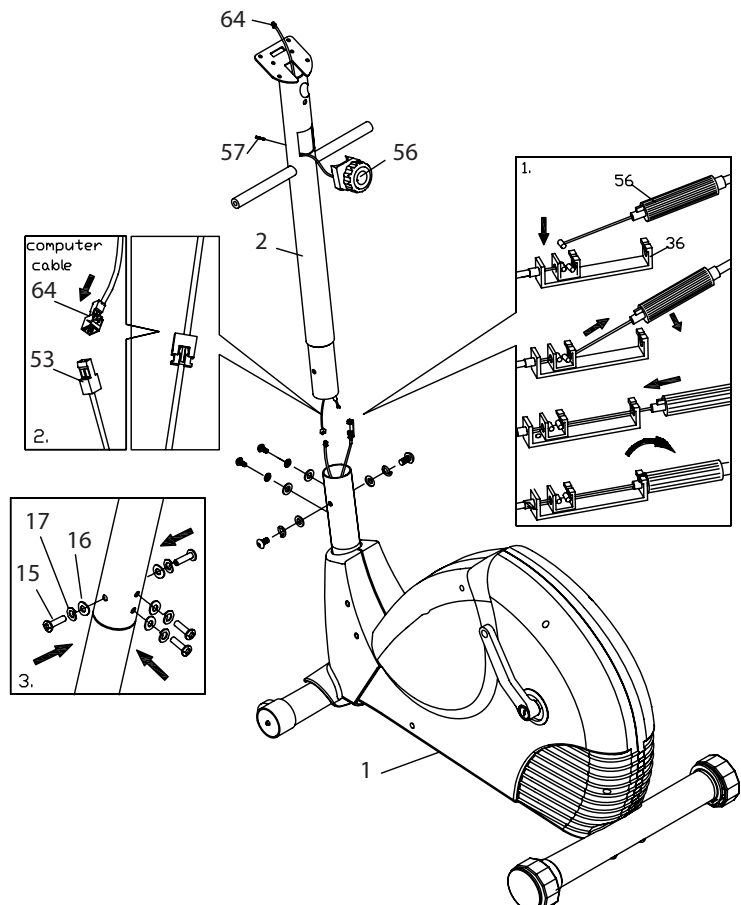
Part No. **29** M8 X 72L x4



! Make sure the bolts are fully tightened with the allen key

Step 2

1. Attach tension control (56) to the front post (2) with screw (57).
2. Remove the preassemble 4 allen head bolts (15), 4 spring washers (17) and 4 curve washers (16) from front post (2).
3. Connect the plug of middle section sensor wire (64) to socket of sensor wire (53).
4. Connect the plug of tension knob cable (56) to the socket cable (36).
5. Put front post (2) into the mounting post of main Frame (1) and secured with 4 allen head bolts (15), 4 spring washers (17) and 4 curve washers (16). NOTE: Be careful to avoid punching the wires.



FIXINGS:

Part No. **57** M5 X 50L x1



Part No. **15** M8 X 20L x4



Part No. **16** CURVE WASHER M8 x4











Part No. **17** SPRING WASHER M8 x4

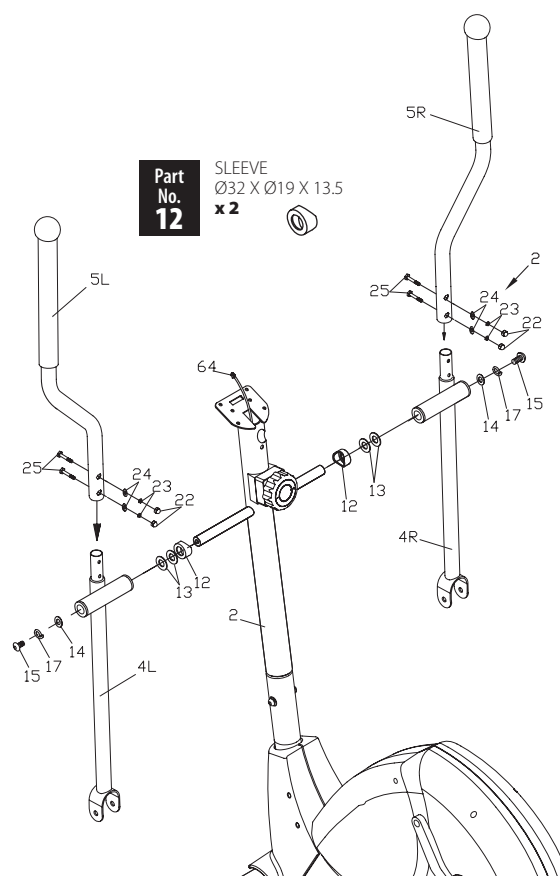


assembly instruction

Step 3








- Slide the plastic sleeve (12) and washer (13) into the left side of axle of front post (2). Attach the left lower handlebar (4L) to the left side of axle (2) and secure with allen head bolt (15), spring washer (17) and flat washer (14).
- Attach the left swing bar (5L) to the left lower handlebar (4L) and secure with 2 nuts (22), and 2 spring washers (23), 2 curve washers (24) and 2 hex head bolts (25).
- Do the same procedure for right swing bar (5R) and the right lower handlebar (4R) connection.

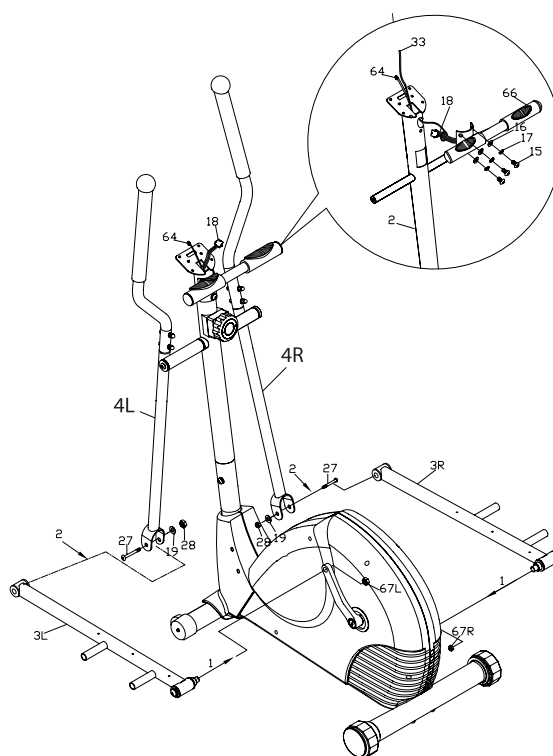
FIXINGS:			
Part No. 25	M6 X 40L x 4		
Part No. 23	SPRING WASHER M6 x 4		
Part No. 15	M8 X 20L x 2		
Part No. 14	FLAT WASHER Ø32 X Ø8.4 X 2.0T x 2		
Part No. 24	CURVE WASHER M6 x 4		
Part No. 22	CAP NUT M6 x 4		
Part No. 17	SPRING WASHER M8 x 2		
Part No. 13	ADJUSTABLE WASHER Ø32 X Ø19 X 0.5T x 4		



Step 4

- Attach the left pedal arm (3L) to the left side of crank and secure with crank axle and nylon nut (67L).
- Apply a small amount of grease to a pedal tube bolt (27). While another person holds the left pedal arm (3L) inside the bracket on the left lower handle bar (4L), insert the pedal tube bolt (27) through lower handle bar and the pedal tube.
- Attach the left lower handlebar (4L) to the left pedal arm (3L) with hex head bolt (27), flat washer (19) and nut (28).
- Do the same procedure for right lower handle bar (4R) and right pedal arm (3R).
- Attach small handlebar (66) to front post (2) and secure with 3 allen screws (15), 3 spring washers (17) and 3 curve washers (16). NOTE: Be careful to avoid punching the wires.

FIXINGS:			
Part No. 27	M10 X 65L x 2		
Part No. 19	FLAT WASHER Ø19 X Ø10 X 1.0T x 2		
Part No. 15	M8 X 20L x 3		
Part No. 28	HEX NUT M10 X 10H x 2		
Part No. 67	9/16" X 20W X 8H x 1P		
Part No. 16	CURVE WASHER M8 x 3		
Part No. 17	SPRING WASHER M8 x 3		

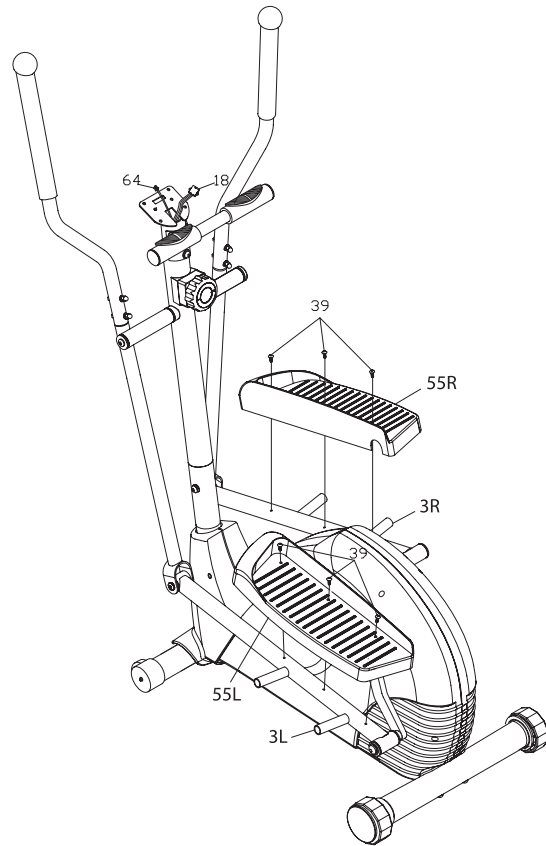


Step 5

1. Attach right pedal (55R) to the right pedal arm (3R) with 3 screws (39).
2. Do the same procedure for left pedal (55L), left pedal arm (3L).

FIXINGS:

Part No. **39** M5 X 15L
x 6 

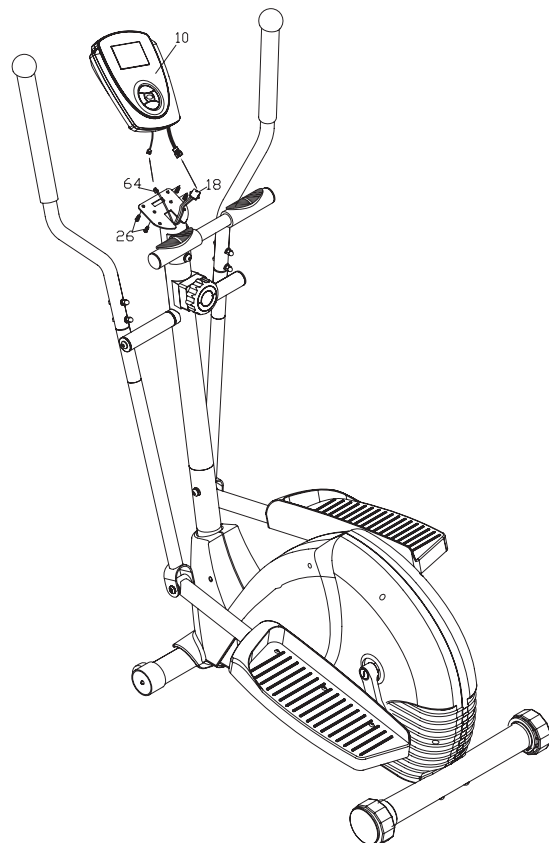


Step 6

1. Remove the preassemble 4 screws (26) from the bottom console of monitor (10).
2. Connect the plug of middle section sensor wire (64) to the sensor socket of monitor (10).
3. Do the same procedure (64/10) and (18/10).
4. Attach the monitor (10) to welded monitor bracket of front post (2) with 4 screws (26). NOTE: Be careful to avoid punching the wires.

FIXINGS:

Part No. **26** Round head screw
M5 X 15MM
x 4 



user instructions

Quick Start

1. Simply start pedaling and way you go!
2. The value of time, distance and calories will start counting upwards.
3. Adjust the resistance level with the large dial control knob.

Operational Instructions

USING THE METER	DESCRIPTION
POWER ON	<ul style="list-style-type: none">• Pedal movement or push the MODE button.
POWER OFF	<ul style="list-style-type: none">• Automatic shut off after four minutes of inactivity.
MODE BUTTON	<ul style="list-style-type: none">• Press to select display functions, include SCAN, TIME, SPEED, DISTANCE, CALORIES and HEART RATE.• Press and hold for three seconds to reset all functions to zero.

FUNCTIONS	DESCRIPTION
SCAN	<ul style="list-style-type: none">• Automatically scans each function to time, speed, distance, calories, and heart rate in sequence with change every four seconds. Press and release the MODE button until SCAN appears on the display.
TIME	<ul style="list-style-type: none">• Display the time for one second up to 99:59 minutes.
SPEED	<ul style="list-style-type: none">• Display the current speed from zero to 999.9KM per hour.
DISTANCE	<ul style="list-style-type: none">• Display the distance from zero to 99.99KM.
CALORIES	<ul style="list-style-type: none">• Display the calories consumption from zero to 999,9 kcal.• The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.
HEART RATE	<ul style="list-style-type: none">• Display your heart rate in beats per minute. To display heart rate, select the heart rate mode and grasp the pulse sensors on the handlebars, one in each hand. The heart symbol will begin flashing when the meter senses your heart rate. Your heart rate will be displayed approximately five seconds after the heart icon is displayed. if you do not place your hands correctly and 60 seconds passes without a heart rate reading, the meter will turn off the heart rate circuit. If this occurs, press the MODE button to restart, place your hands back on the pulse sensors correctly, and the heart rate readout will appear.

NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the MODE button and hold it down for three seconds to reset all functions to zero.

Batteries Installation:

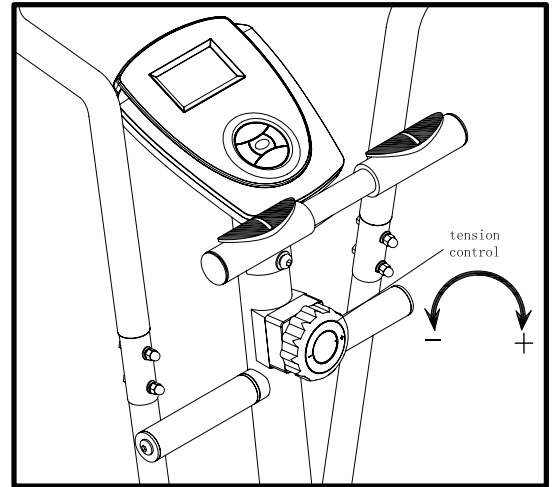
1. Dismount the meter from the meter.
2. Open the battery door on the back of the meter.
3. The meter operates with 2pcs AA batteries.

Note:

- Do not mix a new battery with an old battery.
- Use the same type of battery. Do not mix an alkaline battery with another type of battery.
- Rechargeable batteries are not recommended.

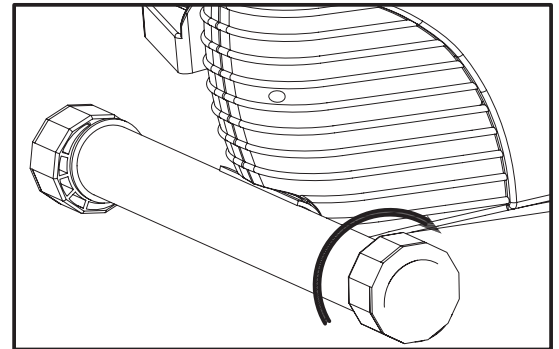
Adjusting the resistance

This crosstrainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is controlled manually, by twisting the knob. The resistance levels go from '-' = easy to '+' = hard.



Leveling your crosstrainer

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



exercising with your crosstrainer



Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting 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.

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 result 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 '200 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 heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

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



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

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

Storage

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

Cleaning

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



Never remove the protective casing.

Maintenance

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

Troubleshooting



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

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

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

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

To obtain warranty service you must provide the following information:

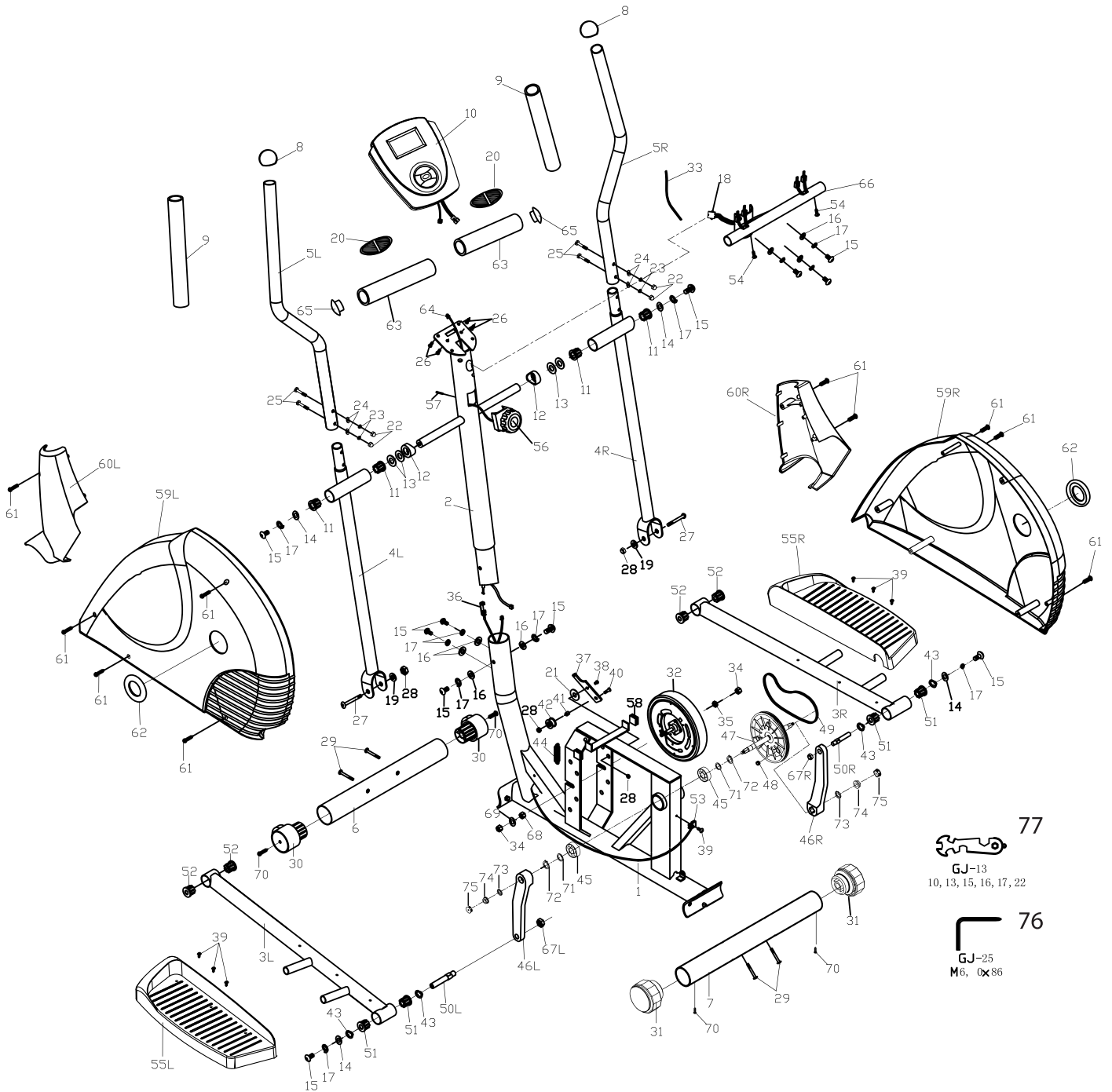
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

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

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

exploded diagram

YORK FITNESS



part list

KEY NO.	PART NO.	DESCRIPTION	QTY	KEY NO.	PART NO.	DESCRIPTION	QTY
1	YKA00282s2	Main frame assembly (X)	1	43	YKF10515z1	Butterfly washer (OD-22 x ID-16.5 x T0.4mm)	4
2	YKA00283s2	Front post assembly	1	44	YKF10507z1	Spring (L-75mm)	1
3	YKA00284s2	Foot plate mount assembly	1P	45	YKF50200b6	Bearing	1
4	YKA00285s2	Lower moving handlebar assembly	1P	46	YKF50199c1	3 piece crank assembly	1P
5	YKA00286s2	Upper moving handlebar assembly	1P	47	YKF50196b6	Pulley wheel (ø156 x 2.75T)	1
6	YKP00236s2	Front stabilizer	1	48	YKF50187b1	Magnet (ø-15 x T-6.5mm)	1
7	YKP00237s2	Rear stabilizer	1	49	YKF40096b1	Pulley belt	1
8	YKF20437b3	Sphere end cap	2	50	YKF50197z1	Pedal axle (ø1-18 x ø2-15.6 x L-115mm)	1P
9	YKF30071b1	Foam grip (ID-32 x t-5 x L-280mm)	2	51	YKF20442b3	Plastic sleeve (OD1-32 x OD2-29 x ID-16 x L-20mm)	4
10	YKF60255q21	Computer (sc1160)	1	52	YKF20443b3	Plastic sleeve (OD1-32 x OD2-29 x ID-10 x L-20mm)	4
11	YKF20438b3	Plastic bush (OD1-32 x OD2-29 x ID-19 x L-20mm)	4	53	YKF60259b3	Sensor	1
12	YKF20439b3	Plastic sleeve (OD-32 x ID-19 x L-13.5mm)	2	54	YKF10492z1	Round phillips head machine screw (M4 x 15mm)	2
13	YKF10513z1	Washer (OD-32 x ID-19 x T-0.5mm)	4	55	YKF20444b5	Foot plate (set) 902E	1
14	YKF10494z1	Flat washer (OD-32 x ID-8.4 x T2mm)	4	56	YKF40097b1	Tension control assembly	1
15	YKF10495z1	Round allen Head Bolt (M8 x 20mm)	11	57	YKF10476z1	Round phillips head machine screw (M5 x 50mm)	1
16	YKF10496z1	Curve washer (OD-19 x ID-8.4 x T1.5mm)	7	58	YKF30070b1	Foam pad (25sq x t-5mm)	6
17	YKF10480z1	Spring washer (ID-8mm)	11	59	YKF20445q21	Chain cover (set) 26E	1
18	YKF60256b1	Hand pulse wire (L-350mm)	1	60	YKF20446b5	Front cover (set) 21600	1
19	YKF10497z1	Flat washer (OD-19 x ID-10 x T-1mm)	2	61	YKF10508z1	Round phillips head machine screw (M4 x 25mm)	10
20	YKF50194z1	Hand pulse sensor	2	62	YKF20447s1	Crank cover (ø-61mm)	2
21	YKF10488z1	Flat washer (OD-32 x ID-16.5 x T0.5mm)	1	63	YKF30072b1	Foam grip (ø-25 x t-5 x L-120mm)	2
22	YKF10498z1	Cap nut (M6 x 7mm)	4	64	YKF60258b1	Sensor wire (L-850mm)	1
23	YKF10499z1	Spring washer (ID-6mm)	4	65	YKF20448b3	Domed end cap	2
24	YKF10500z1	Curve washer (ID-6mm)	4	66	YKA00287s2	Fixed handlebar	1
25	YKF10501z1	Hex head bolt (M6 x 40mm)	4	67	YKF10509z1	Nyloc nut - L & R (9/16" x 20W x 8H)	1P
26	YKF10473z1	Round phillips head screw (M5 x 15mm)	4	68	YKF10510z1	Hex nut (3/8" x w-26 x h-9mm)	1
27	YKF10502z1	Round allen head bolt (M10 x 65mm)	2	69	YKF10511z1	Flat washer (OD-16 x ID-10 x T-1mm)	1
28	YKF10503z1	Nyloc nut (M10 x 10mm)	4	70	YKF10512z1	Round phillips head machine screw (M4 x 12mm)	4
29	YKF10504z1	Round allen head bolt (M8 x 72mm)	4	71	YKF10516z1	Flat Washer (OD-22 x ID-17 x T-0.5mm)	2
30	YKF20440b3	Transportation wheel assembly	2	72	YKF10517z1	C-Clip (ø-16 x T-1mm)	2
31	YKF20441b3	External end cap/foot	2	73	YKF10518z1	Star Washer (ID-10mm)	2
32	YKF50198b6	Flywheel	1	74	YKF10519z1	Shoulder Nut (M10 x H-7mm) Pair	1
33	YKF60257b1	Link wire	1	75	YKF20449b1	End cap (3 piece Crank)	2
34	YKF10490z1	Hex nut (3/8" x H-7mm)	2				
35	YKF10491z1	Hex nut (3/8" x H-4mm)	1	76	YKF70031z1	6mm Allen Key / Phillips screw driver (86 x 70mm)	1
36	YKF40095b1	Tension cable - lower (L-300mm)	1	77	YKF70030z1	Multi Spanner	2
37	YKF50195z1	Jockey wheel bracket	1				
38	YKF10505z1	Flat allen head bolt (M10 x 22mm)	1				
39	YKF10473z1	Round phillips head machine screw (M5 x 15mm)	7				
40	YKF10506z1	Flat allen head bolt (M10 x 40mm)	1				
41	YKF10514z1	Bush (OD-16 x ID-10.4 x L-18mm)	1				
42	YKF50192b5	Jockey wheel	1				