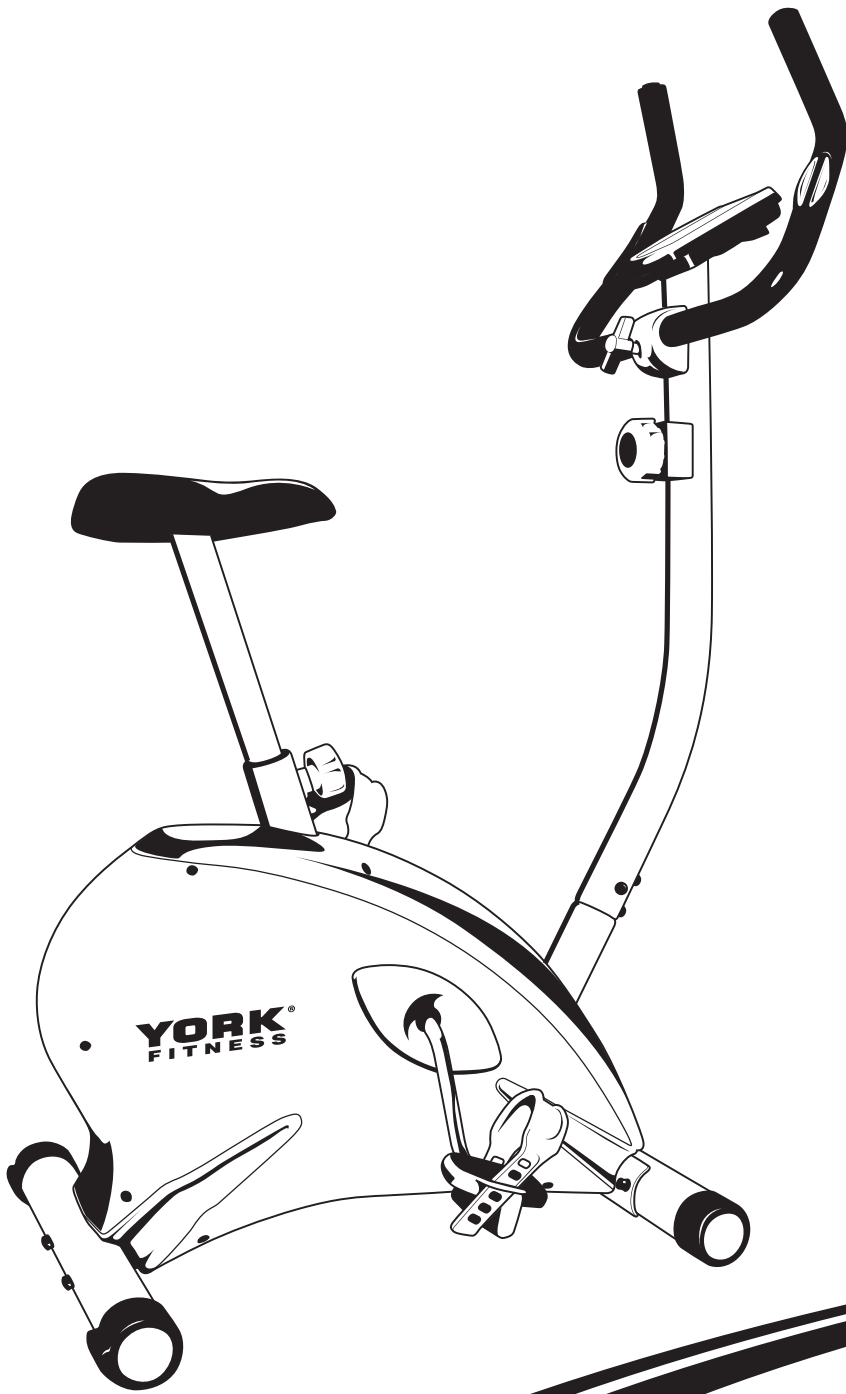


YORK[®]
FITNESS



Inspiration Cycle

owner's manual

yorkfitness.com

10/05/2009

safety information

Safety Precautions

Before using the equipment, please ensure that you read the safety precautions described below. Always ensure that the equipment is operated correctly.

The safety precautions noted below are intended to instruct you in the safe and correct operation of the equipment to prevent injuries or damage to yourself, other persons and equipment.

THIS LIST IS NOT EXHAUSTIVE. Save these instructions.

Fitness Precautions:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

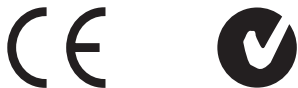
If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.

Equipment Safety:

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product. Contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Safety Standards

This cycle meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 parts 1 and 5 and AS 4092-1993. Therefore the product carries the following marks:



This product is not suitable for therapeutic purposes.

WARNING

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Exercise Safety:

- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Remove all personal jewelry before exercising.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.

MAX. User Weight: 100KG

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



Customer Support

York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England
Tel: (01327) 701800
Help desk Tel: (01327) 701824
Fax: (01327) 706704
Email: helpdesk@yorkfitness.co.uk

York Fitness (Australia) Pty. Ltd.

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566, Australia
Tel: (02) 9603 8444
Help desk Tel: 1800 730 149
Fax: (02) 9603 8555
Email: service@yorkfitness.com.au

Disclaimer

While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. York Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of York Fitness.

York Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

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

- Serial no. - this can be found on the sticker located as indicated. For future reference, please write down your serial number in the space below.
- Original purchase date.
- Place of purchase.
- Information about the place and conditions of use.
- Precise description of the issue / defect.

Serial No: _____

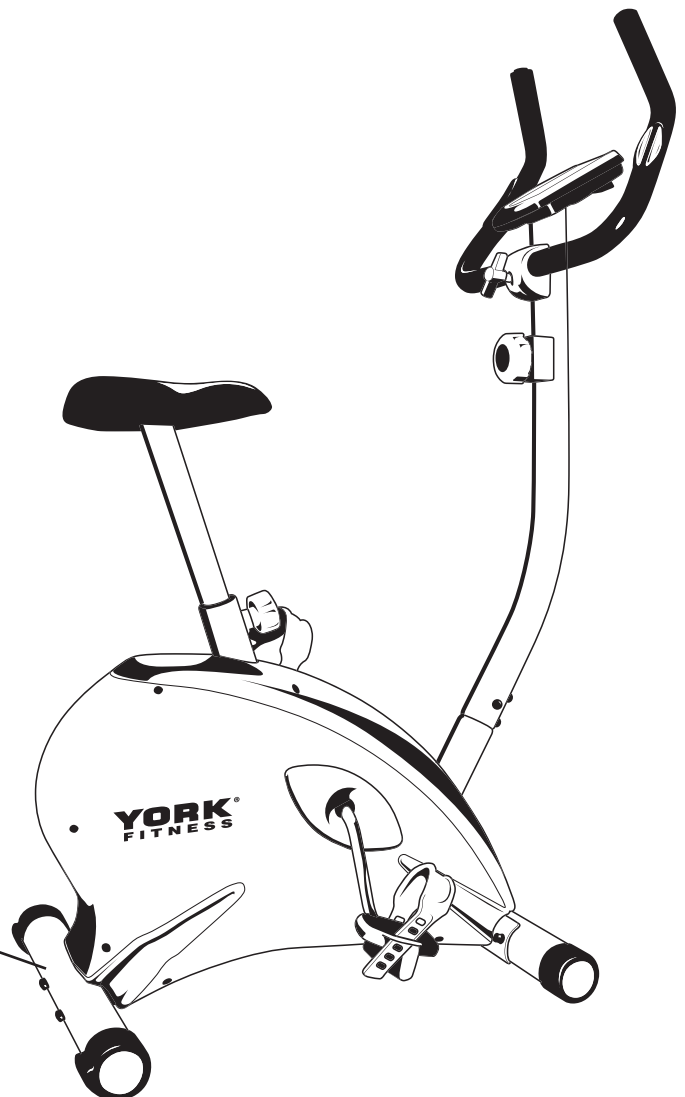
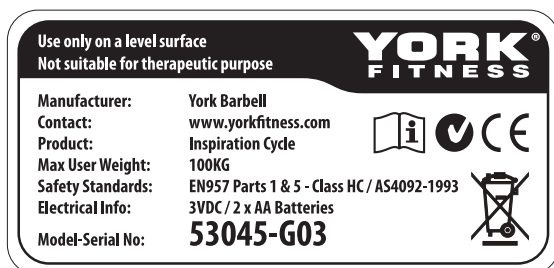


table of contents

Thank you for purchasing a **YORK FITNESS** equipment.

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 goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the products and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.



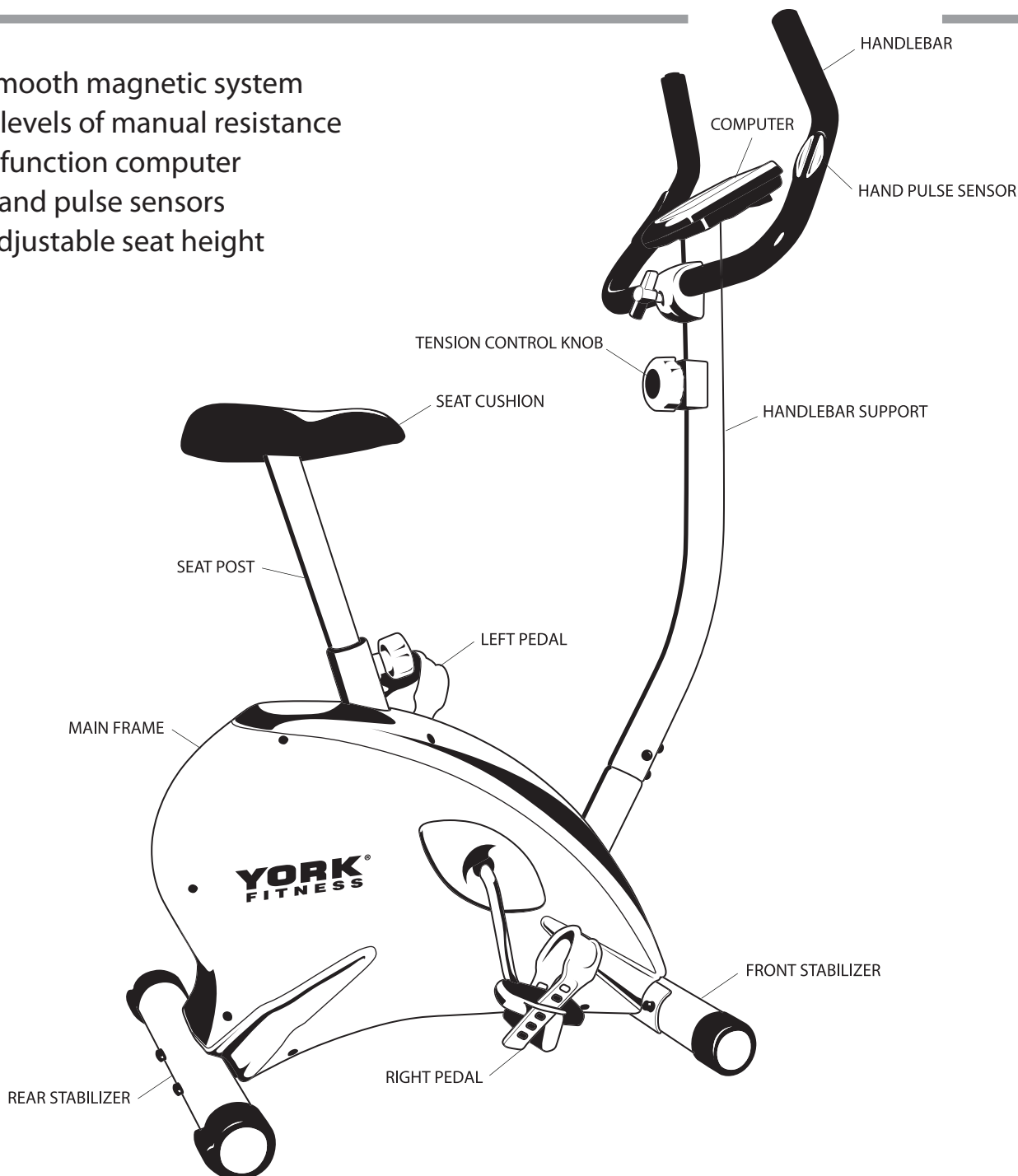
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Inspiration Cycle

Model No. 53045

- Smooth magnetic system
- 8 levels of manual resistance
- 5 function computer
- Hand pulse sensors
- Adjustable seat height



assembly instruction

Getting Started

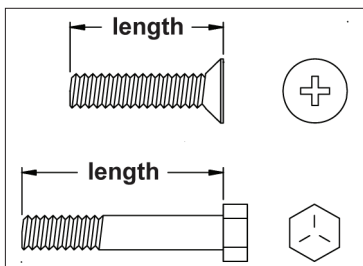
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.













After unpacking the unit, open the hardware bag and make sure that you have all the following items. **Some hardware may be already attached to the part.**

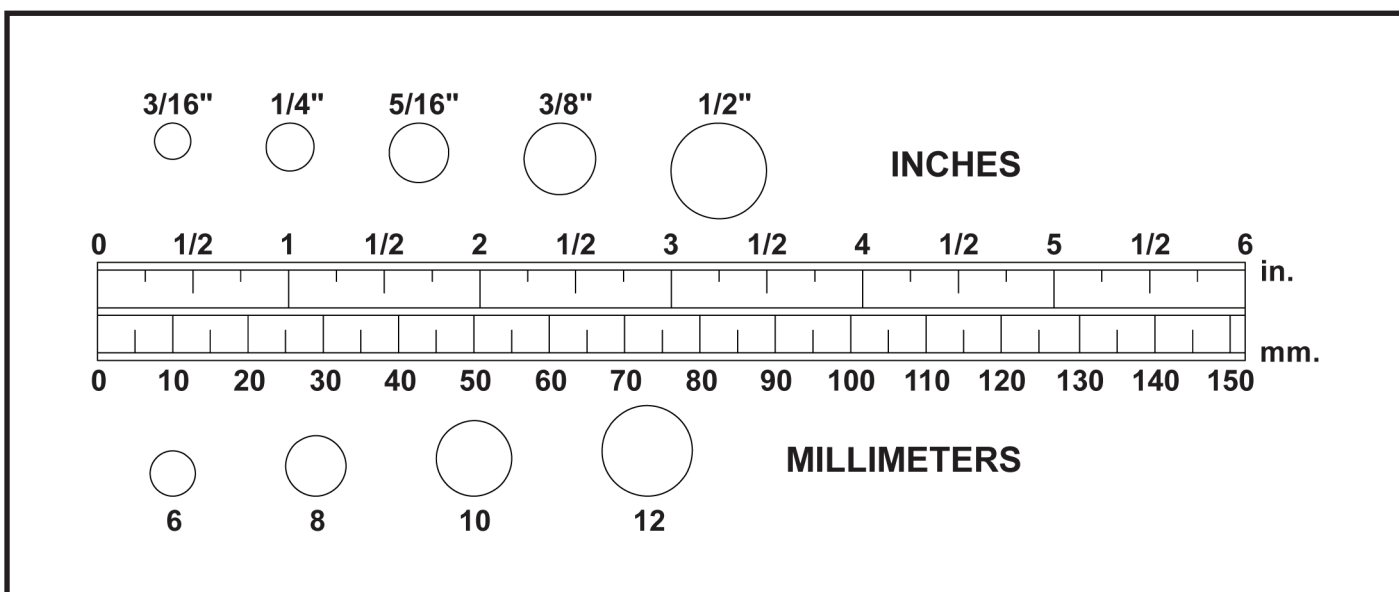
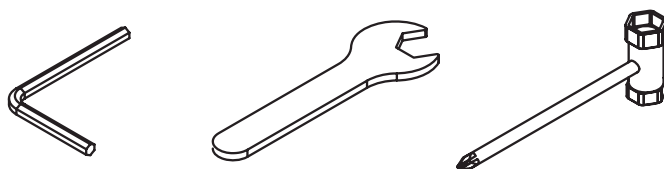
Hardware Identification Chart

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.





NOTE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

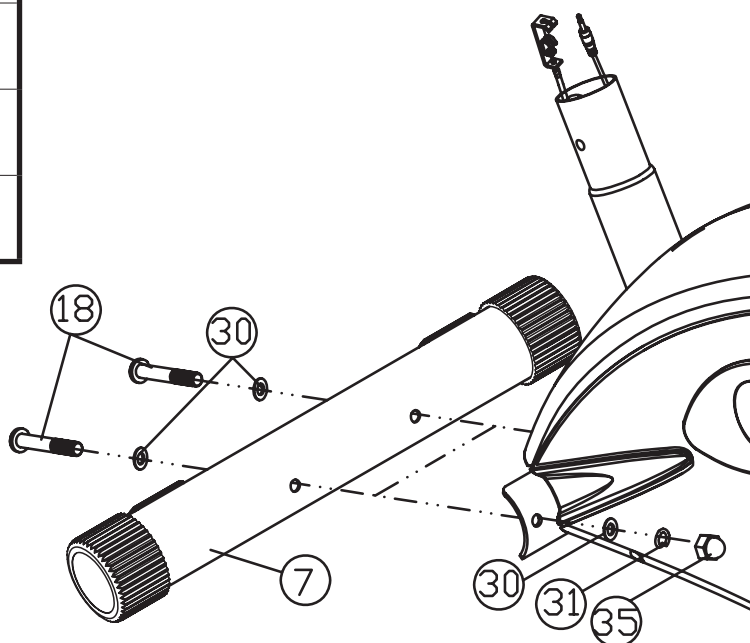


	Part No. 18 x 2 ALLEN HEAD SCREW (M8 X 78MM)
	Part No. 65 x 2 ALLEN HEAD SCREW (M8 X 72MM)
	Part No. 30 x 10 WASHER (M8 X 1.2MM)
	Part No. 62 x 3 M8 WASHER
	Part No. 31 x 8 M8 SPRING WASHER
	Part No. 35 x 2 M8 CAP NUT
	Part No. 20 x 4 ALLEN HEAD SCREW (M8 X 15MM)
	Part No. 5 x 2 SCREW (M5 X 12MM)
	Part No. 58 x 3 M8 NYLOCK NUT
	Part No. 61 x 1 QUICK RELEASE KNOB
	Part No. 59 x 1 CLAMP COVER
	Part No. 60 x 1 T KNOB






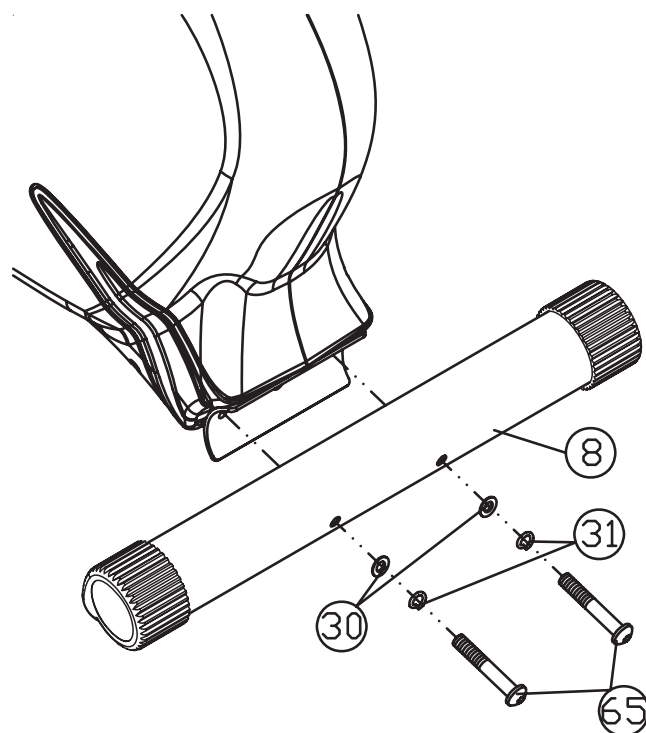
STEP 1

	Part No. 18 x 2 ALLEN HEAD SCREW (M8 X 78MM)
	Part No. 30 x 4 WASHER (M8 X 1.2MM)
	Part No. 31 x 2 M8 SPRING WASHER
	Part No. 35 x 2 M8 CAP NUT






STEP 2

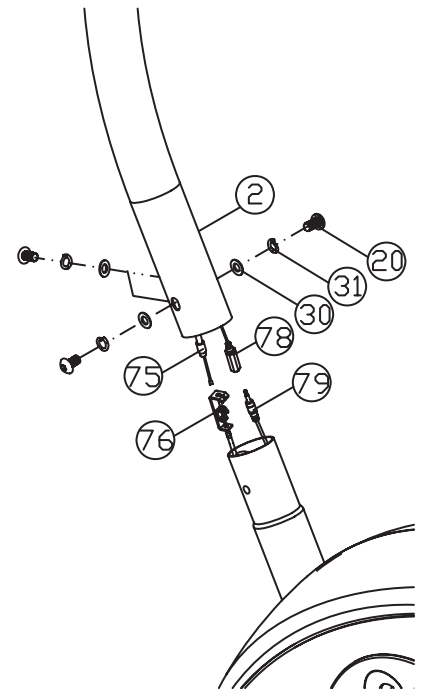
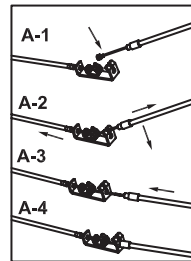
	Part No. 65 x 2 ALLEN HEAD SCREW (M8 X 72MM)
	Part No. 30 x 2 WASHER (M8 X 1.2MM)
	Part No. 31 x 2 M8 SPRING WASHER






assembly instruction

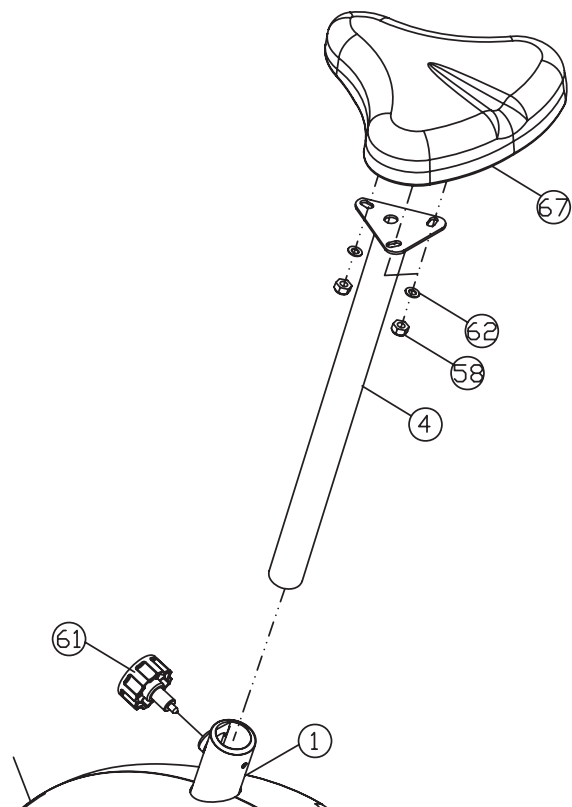
STEP 3

	Part No. 20 x 4 ALLEN HEAD SCREW (M8 X 15MM)
	Part No. 31 x 4 M8 SPRING WASHER
	Part No. 30 x 4 WASHER (M8 X 1.2MM)



STEP 4

	Part No. 58 x 3 M8 NYLOCK NUT
	Part No. 62 x 3 M8 WASHER
	Part No. 61 x 1 QUICK RELEASE KNOB



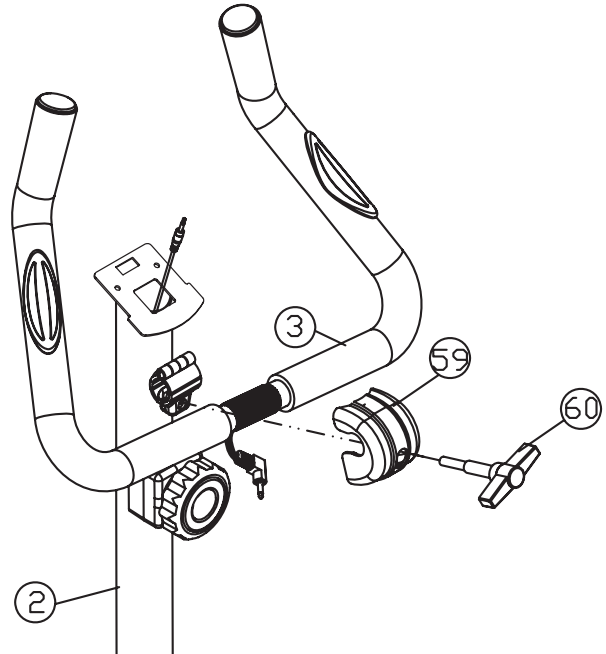
STEP 5



Part No. 59 x 1
CLAMP COVER



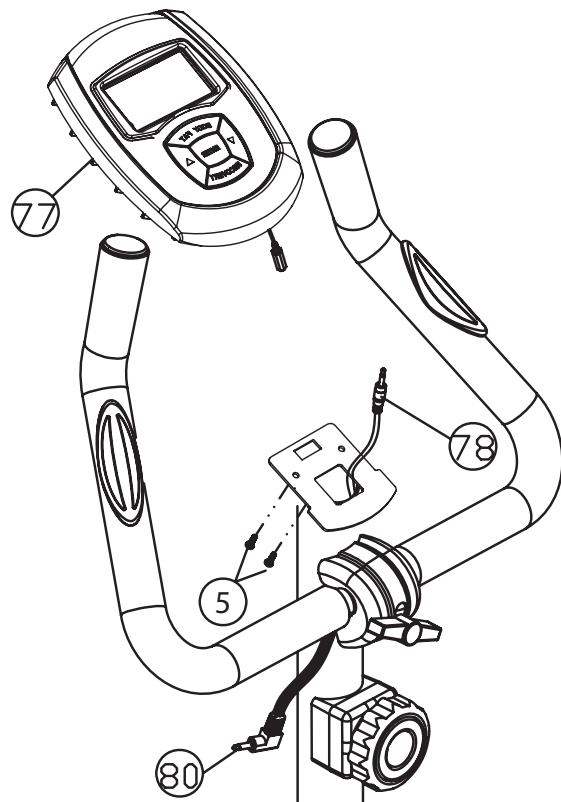
Part No. 60 x 1
T KNOB



STEP 6

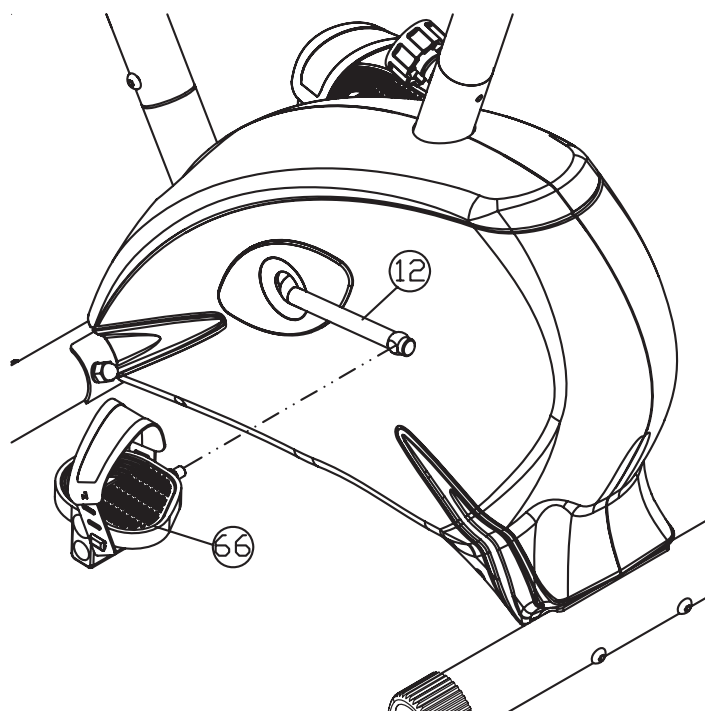


Part No. 5 x 2
SCREW (M5 X 12MM)



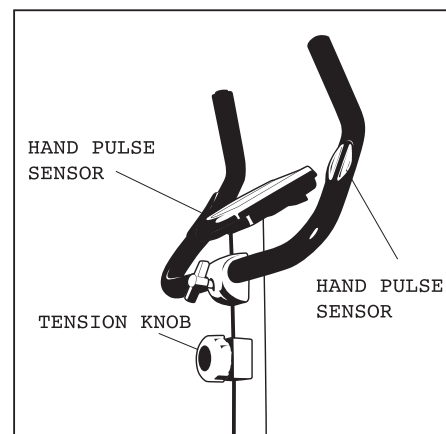
assembly instruction

STEP 7



Operating Instructions:

1. Adjusting the tension control knob:
To increase the load, turn the tension control knob in a clockwise direction.
To decrease the load, turn the tension control knob in a counterclockwise direction.
2. Adjusting the rear stabilizer end cap:
Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike.
3. Adjusting the seat post:
Turn the round knob in a counterclockwise direction and then slide the seat post up or down slightly to the desired hole for the suitable position. Lock the seat post in place by tightening the round knob in a clockwise direction.
4. Sitting pose:
Sit on the seat cushion when exercising, please tighten the pedaling straps and hold the handlebar with hands, adjust your posture according to your exercise speed and intensity.



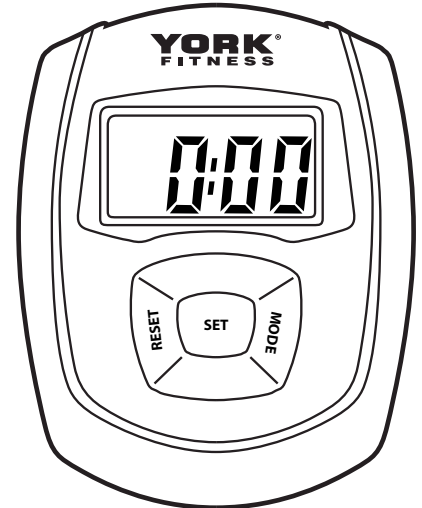
Hand Pulse Sensor

To obtain a pulse reading you must have your left and right hands holding the sensors at the same time. Grip the hand pulse sensors normally (NOT TOO TIGHT) during exercise and after a few seconds the computer will display your pulse reading. Some people will not be able to obtain an accurate hand pulse reading e.g. due to hand skin or variations in circulation.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Using The Electronic Meter

FUNCTION BUTTONS	DESCRIPTION
MODE:	<ol style="list-style-type: none"> 1. Press the button to select TIME, DISTANCE and CAL. 2. Press again to select another workout value. 3. Press the button and hold for 2 seconds to reset all value to zero (except Odometer). <p>**When the user replace batteries, all the values will reset to ZERO automatically.</p>
SET:	<ul style="list-style-type: none"> • To setup the target value of TIME, DISTANCE or CAL, press the button and hold the button for 2 seconds to speed up the increment.
RESET:	<ul style="list-style-type: none"> • Press the button to reset all function values. • Press the button and hold for 2 seconds to reset all values to zero (except Odometer). <p>**When the user replace batteries, all the values will reset to ZERO automatically.</p>



FUNCTIONS	DESCRIPTION
AUTO ON/OFF:	<ul style="list-style-type: none"> • The DISPLAY will show the workout values automatically as the user start to exercise. The display will turn off automatically after 256 sec of inactivity, but the odometer value will be held. Once user begins exercise again, the value of the odometer will accumulate continuously from the previous workout.
AUTO SCAN:	<ul style="list-style-type: none"> • Press the Mode button to scan through the values of TIME, CAL, ODOMETER, PULSE, SPEED and DISTANCE. Each value will be displayed for 6 seconds.
SPEED:	<ul style="list-style-type: none"> • Display the current training speed from 0 to 99 in KPH or MPH.
DISTANCE:	<ul style="list-style-type: none"> • Accumulates distances from 0 to 9990. The user may set target distances by pressing SET and MODE. The values will automatically count down from target set during exercise.
TIME:	<ul style="list-style-type: none"> • Accumulates total time from 00:00 to 99:59. The user may set target time by pressing SET and MODE. The values will automatically count down from target set during exercise.
CALORIES:	<ul style="list-style-type: none"> • Accumulates total calories burnt during training from 0 to 9999 calories. The user may set target calorie by pressing SET and MODE. The values will automatically count down from target set during exercise. <p>**This data is a rough guide which can not be used in medical treatment.</p>
ODOMETER:	<ul style="list-style-type: none"> • Displays the total accumulated distance from 0 to 999. User can also press MODE to display the Odometer value.
PULSE:	<ul style="list-style-type: none"> • The monitor will display the user's heart rate in beats per minute during training.
RESET:	<ul style="list-style-type: none"> • Press and hold the button for 2 seconds to reset all values to zero (except Odometer).

Batteries Installation:

Please install 2 x AA 1.5V batteries in the battery case on the back of monitor. (Whenever batteries are removed, all the functions values will be reset to zero.)

- If the computer displays abnormally, please re-install the battery and try again.
- Battery Spec: 1.5V UM-3 or AA (2PCS).
- The batteries must be removed from the appliance in order to dispose of the appliance safely.

fitness guide

Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$.

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months 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 Fitness warrants that the Product you have purchased from an authorized York Fitness 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 Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness'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 Fitness may replace defective parts or at the option of York Fitness, 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 Fitness. York Fitness 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 Fitness 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 Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

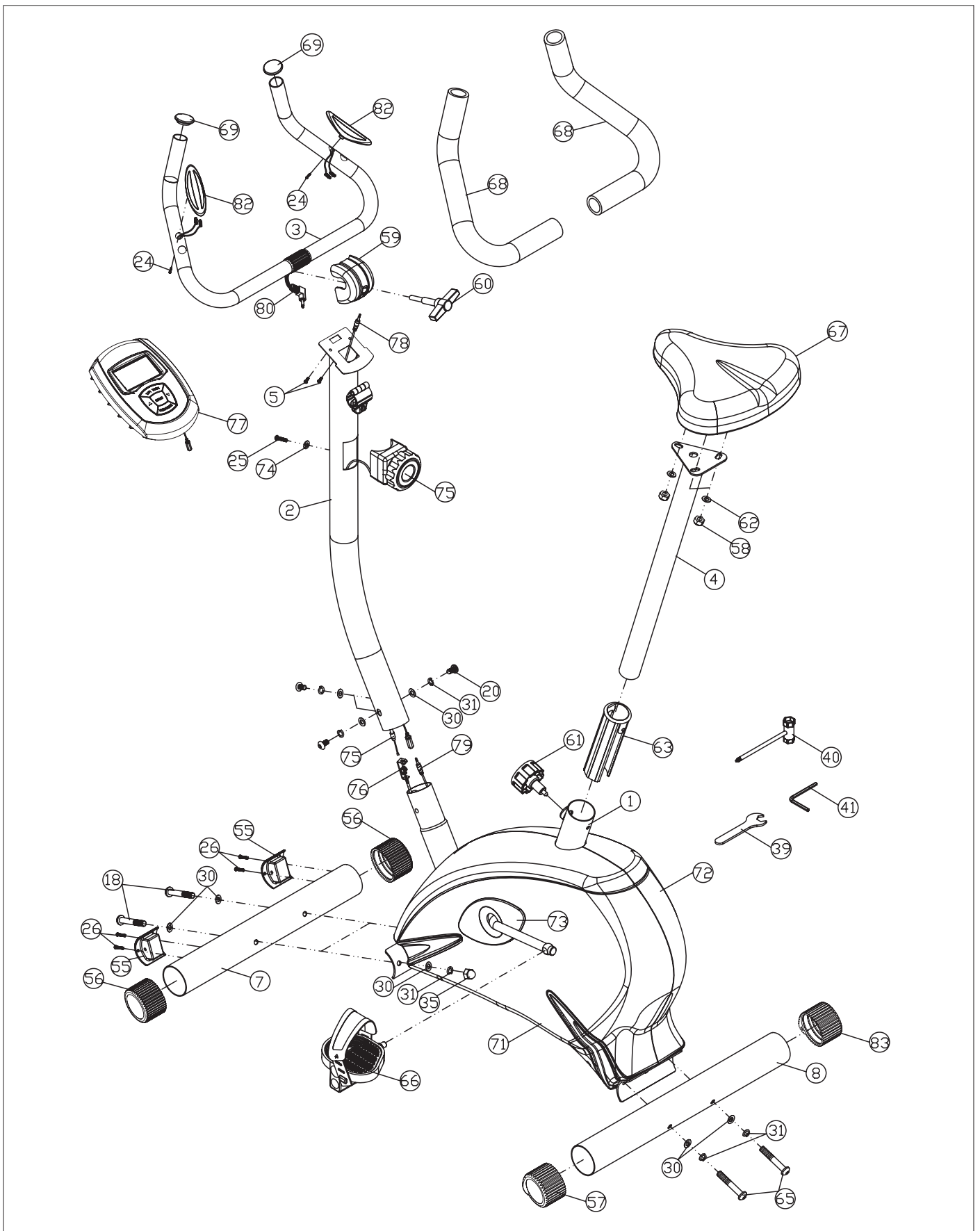
To obtain warranty service you must provide the following information:

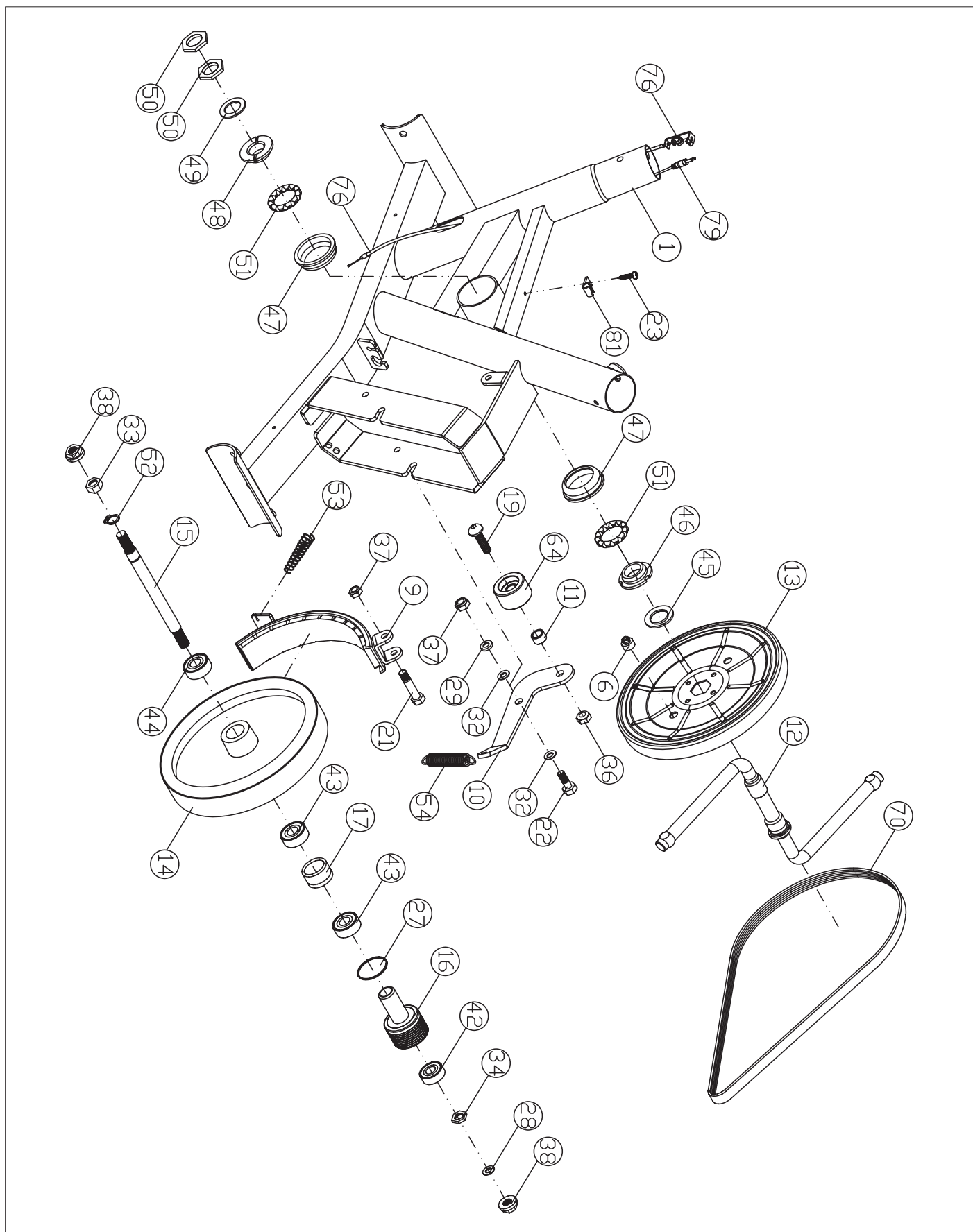
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

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.

part list





part list

KEY NO.	PART NO.	DESCRIPTION	QTY
1	53045-1	BASE FRAME	1
2	53045-2	HANDLEBAR POST	1
3	53045-3	HANDLEBAR	1
4	53045-4	SADDLE POST	1
5	53045-5	SCREW (M5 X 12MM)	2
6	53045-6	MAGNET	1
7	53045-7	FRONT STABILIZER	1
8	53045-8	REAR STABILIZER	1
9	53045-9	MAGNETIC HOLDER	1
10	53045-10	BRACKET	1
11	53045-11	BUSH	1
12	53045-12	CRANK	1
13	53045-13	BELT WHEEL	1
14	53045-14	FLY WHEEL	1
15	53045-15	FLYWHEEL AXLE	1
16	53045-16	FRONT PULLEY	1
17	53045-17	BEARING IC1735-FT	1
18	53045-18	ALLEN HEAD SCREW (M8 X 78MM)	2
19	53045-19	ALLEN HEAD SCREW (M10 X 35MM)	1
20	53045-20	ALLEN HEAD SCREW (M8 X 15MM)	4
21	53045-21	HEX HEAD BOLT (M8 X 52MM)	1
22	53045-22	HEX HEAD BOLT (M8 X 25MM)	1
23	53045-23	SCREW #10 X 24 X 5/8	1
24	53045-24	SCREW (M4 X 16MM)	2
25	53045-25	SCREW (M5 X 10MM)	1
26	53045-26	SCREW #8 -32 X 5/8	4
27	53045-27	WASHER (M30 X 0.8MM)	1
28	53045-28	WASHER (M10 X 2.0MM)	1
29	53045-29	WASHER (M8 X 1.5MM)	1
30	53045-30	WASHER (M8 X 1.2MM)	10
31	53045-31	M8 SPRING WASHER	8
32	53045-32	M10 NYLONT WASHER	2
33	53045-33	3/8" NUT (T=9MM)	1
34	53045-34	3/8" NUT (T=3MM)	1
35	53045-35	M8 CAP NUT	2
36	53045-36	M10 NUT (T=6MM)	1
37	53045-37	NYLOCK NUT M8	2
38	53045-38	3/8" WH NUT	2
39	53045-39	TOOL - SPANNER	1
40	53045-40	TOOL - SPANNER	1
41	53045-41	TOOL - ALLEN KEY	1
42	53045-42	BEARING <6000ZZ>	1
43	53045-43	BEARING <6003ZZ>	2
44	53045-44	BEARING <6300ZZ>	1
45	53045-45	38MM WASHER	1
46	53045-46	BALL BEARING RING NUT (R)	1
47	53045-47	BEARING BOWL	2
48	53045-48	BALL BEARING RING NUT (L)	1
49	53045-49	35MM WASHER	1
50	53045-50	RING NUT	2

KEY NO.	PART NO.	DESCRIPTION	QTY
51	53045-51	BALL BEARING	2
52	53045-52	CLIP C10	1
53	53045-53	SPRING (SMALL)	1
54	53045-54	SPRING (BIG)	1
55	53045-55	WHEEL ASSY	2
56	53045-56	FRONT FOOT COVER	2
57	53045-57	REAR FOOT COVER	1
58	53045-58	M8 NYLOCK NUT	3
59	53045-59	CLAMP COVER	1
60	53045-60	T KNOB	1
61	53045-61	QUICK RELEASE KNOB	1
62	53045-62	M8 WASHER	3
63	53045-63	SADDLE SUPPORT TUBE INSERT	1
64	53045-64	DRIVE BELT WHEEL	1
65	53045-65	ALLEN HEAD SCREW (M8 X 72MM)	2
66	53045-66	PEDAL (L / R)	1
67	53045-67	SEAT	1
68	53045-68	FOAM GRIP	2
69	53045-69	END CAP OF HANDLEBAR	2
70	53045-70	BELT	1
71	53045-71	CHAIN COVER (L)	1
72	53045-72	CHAIN COVER (R)	1
73	53045-73	CRANK COVER	2
74	53045-74	WASHER CURVE M5	1
75	53045-75	TENSION CONTROL	1
76	53045-76	TENSION CONNECTOR	1
77	53045-77	COMPUTER	1
78	53045-78	COMPUTER WIRE	1
79	53045-79	SENSOR WIRE	1
80	53045-80	HAND PULSE WIRE	1
81	53045-81	SENSOR BRACKET	1
82	53045-82	HAND PULSE GRIPS	2
83	53045-83	REAR FOOT COVER	1