

# YORK

## PERFORMANCE TREADMILL

**⚠ RISK WARNING ⚠**

ALWAYS READ THESE INSTRUCTIONS AND USE THIS PRODUCT STRICTLY IN ACCORDANCE WITH THIS SAFETY INFORMATION - KEEP THIS NEAR OR ON THE PRODUCT AT ALL TIMES FOR EASE OF REFERENCE. WHILST USING THE PRODUCT THERE ARE RISKS AND THE PRODUCT MUST ONLY BE USED AFTER READING AND THEN ONLY IN ACCORDANCE WITH THESE SAFETY INSTRUCTIONS.



ver. 08.05.2009

# SAFETY INFORMATION



## RISK WARNING



**ALWAYS READ THESE INSTRUCTIONS AND USE THIS EQUIPMENT STRICTLY IN ACCORDANCE WITH THIS SAFETY INFORMATION - KEEP THIS NEAR OR ON THE EQUIPMENT AT ALL TIMES FOR EASE OF REFERENCE. WHILST USING THE EQUIPMENT THERE ARE RISKS AND THE EQUIPMENT MUST ONLY BE USED AFTER READING AND THEN ONLY IN ACCORDANCE WITH THESE SAFETY INSTRUCTIONS. THIS LIST IS NOT EXHAUSTIVE / SAVE THESE INSTRUCTIONS.**

### 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.

### ASSEMBLY PRECAUTIONS:

- Only unpack on a flat stable surface with TOP facing up.
- Do not move treadmill out of the box until unit is assembled and do not tip the box on its side with the treadmill in it. Collapse box bottom and lay sides down before assembly.
- When moving assembled treadmill out of the box, move it out of the box on its wheels while the deck is in the folded and locked position (See “Easy-Lift Fold Up” and “Moving The Treadmill” instructions). Failure to follow this procedure may result in serious injury due to pinch point area on the front frame near the motor cover.
- Assemble the treadmill on a level surface.
- Once the assembled treadmill has been removed from the box do not tip the treadmill on its side.
- Never leave any adjustment devices projecting from the treadmill.
- Only fold and move the treadmill in accordance with the Operation Instruction section of this manual.

### SAFETY KEY:

- This treadmill is provided with a safety key. The treadmill will not operate without the safety key inserted.
- A safety key is fitted in case of need for an emergency stop.
- The safety key should be attached to the user via the cord and clip. If for any reason the user falls, the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate

### OPERATION PRECAUTIONS:

- Always use the treadmill on a level surface and ensure the treadmill is stable.
- Always allow a clear space measuring 1 metre wide by 2 metres long directly behind the treadmill.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- The safety level of the treadmill can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately. If you are in any doubt, do not use the treadmill. Contact CUSTOMER SUPPORT.
- Before use, always ensure that the treadmill is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- In an emergency, take hold of the handrails and place your feet on the side platforms provided. Once you are stable, pull out the safety key. The treadmill will begin to decelerate until it stops.
- Never overload the treadmill (See Maximum User Weight on next page).
- Never use the treadmill in any manner other than the way explained in these instructions and / or any wall-chart supplied.
- Do not put the treadmill on its side - injury could result by the closing of its base to the arms.

# SAFETY INFORMATION

## OTHER PRECAUTIONS:

- Parents and others in charge of children should be aware of their responsibility. The playful instinct of children can lead to situations and behavior for which this equipment is not intended.
- If children are allowed to use this 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.
- This equipment is under no circumstances suitable as a children's toy.
- Please keep all children away from this equipment when in use. Do not allow children to climb or play on them when they are not in use.
- This equipment 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 this equipment by a person responsible for their safety.
- This equipment 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. **FOR INDOOR USE ONLY.**
- Clean only with a damp cloth. Do not use solvent cleaners.

## FITNESS PRECAUTIONS:

Before you undertake any program 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 this equipment is essential.

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

## EXERCISE PRECAUTIONS:

- 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.
- 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.
- Injuries may result from incorrect or excessive training.

**MAX. USER WEIGHT: 130KG**

## SAFETY STANDARDS

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 1 & 6 - class HC / BSEN60335 - 1. Therefore the product carries the following marks:



**PROTECT THE ENVIRONMENT BY NOT DISPOSING OF THIS PRODUCT OR BATTERIES WITH HOUSEHOLD WASTE. CHECK YOUR LOCAL AUTHORITY FOR RECYCLING ADVICE AND FACILITIES.**



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Thank you for choosing

# YORK<sup>®</sup> 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 goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the equipment 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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# CUSTOMER SUPPORT

## PLEASE RETAIN

We suggest you record the serial, original purchase date, and place of purchase below:

Serial no.

This can be found on the sticker located as indicated.

Original purchase date.

Place of purchase.

Should you require any assistance regarding this product please gather the following information:

- Information about the place and conditions of use.
- Precise description of the issue / defect.

**IT IS ALSO IMPORTANT TO KEEP YOUR RECEIPT AS PROOF OF DATE OF PURCHASE OR WARRANTY MAY BE DENIED.**

## CONTACT INFORMATION

### 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](mailto:helpdesk@yorkfitness.co.uk)

### York Fitness (Australia) Pty. Ltd.

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

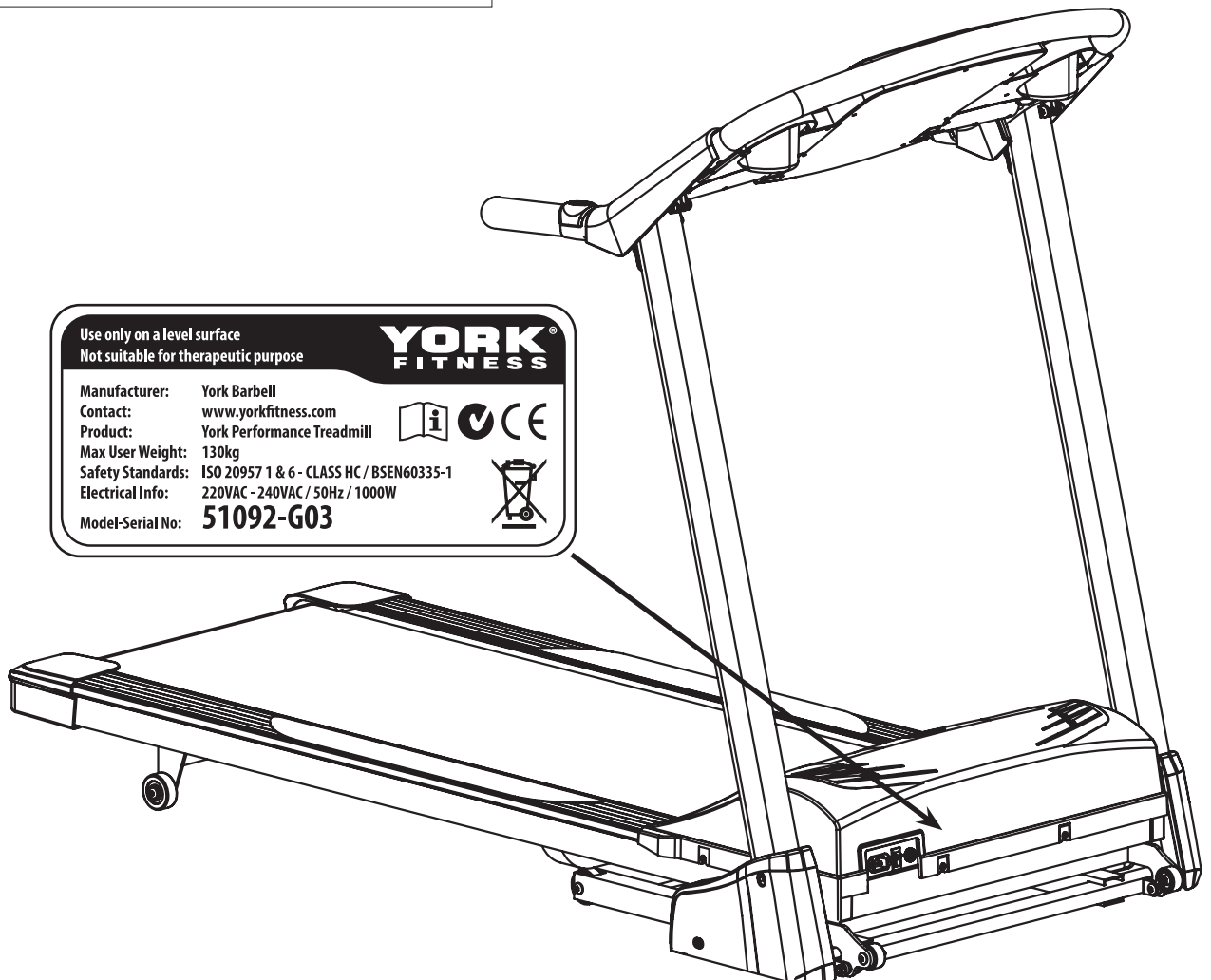
Australia

Tel: (02) 9603 8444

Help desk Tel: 1800 730 149

Fax: (02) 9603 8555

Email: [service@yorkfitness.com.au](mailto:service@yorkfitness.com.au)



# ASSEMBLY INSTRUCTIONS



## RISK WARNING







DO NOT MOVE TREADMILL OUT OF THE BOX UNTIL UNIT IS ASSEMBLED AND DO NOT TIP THE BOX ON ITS SIDE WITH THE TREADMILL IN IT. ALSO ONCE THE ASSEMBLED TREADMILL HAS BEEN REMOVED FROM THE BOX DO NOT TIP THE TREADMILL ON ITS SIDE. COLLAPSE BOX BOTTOM AND LAY SIDES DOWN BEFORE ASSEMBLY. WHEN MOVING ASSEMBLED TREADMILL OUT OF THE BOX, MOVE IT OUT OF THE BOX ON ITS WHEELS WHILE THE DECK IS IN THE FOLDED AND LOCKED POSITION. FAILURE TO FOLLOW THIS PROCEDURE MAY RESULT IN SERIOUS INJURY DUE TO PINCH POINT AREA ON THE FRONT FRAME NEAR THE MOTOR COVER.

## GETTING STARTED


Collapse box bottom and lay sides down before assembly. 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.

	<b>Part B x 8</b> SCREW (M8 X 20L)
	<b>Part C x 6</b> SCREW (M4 X 6L)

	<b>Part D x 4</b> CURVED WASHER (Ø8 X Ø19)
	<b>Part E x 4</b> WASHER (Ø8 X Ø18)

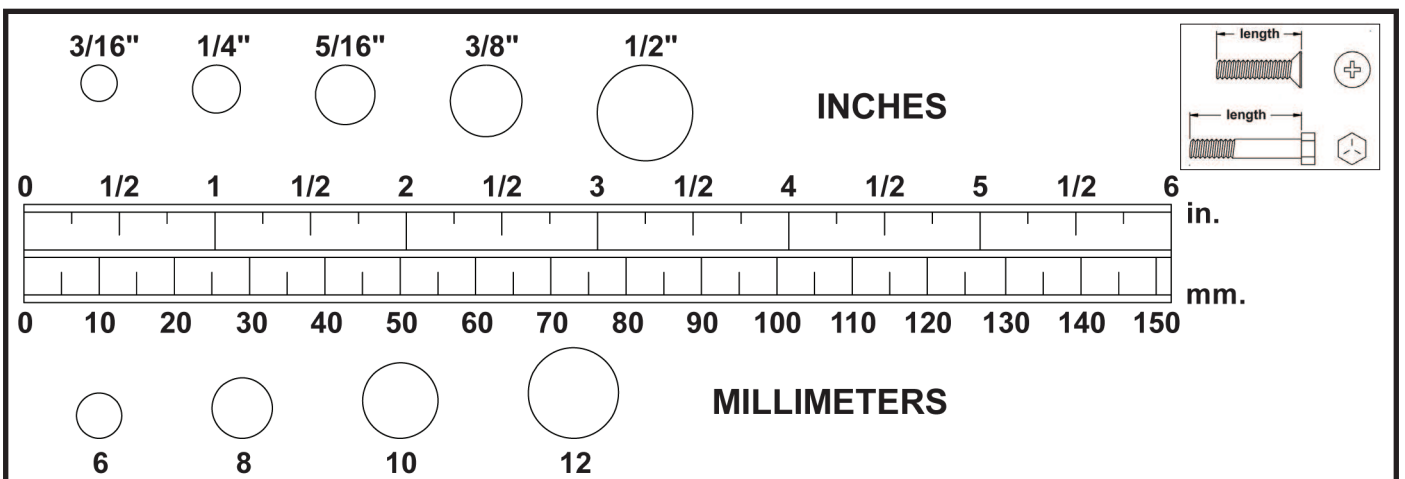
**TOOLS**



## 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.**

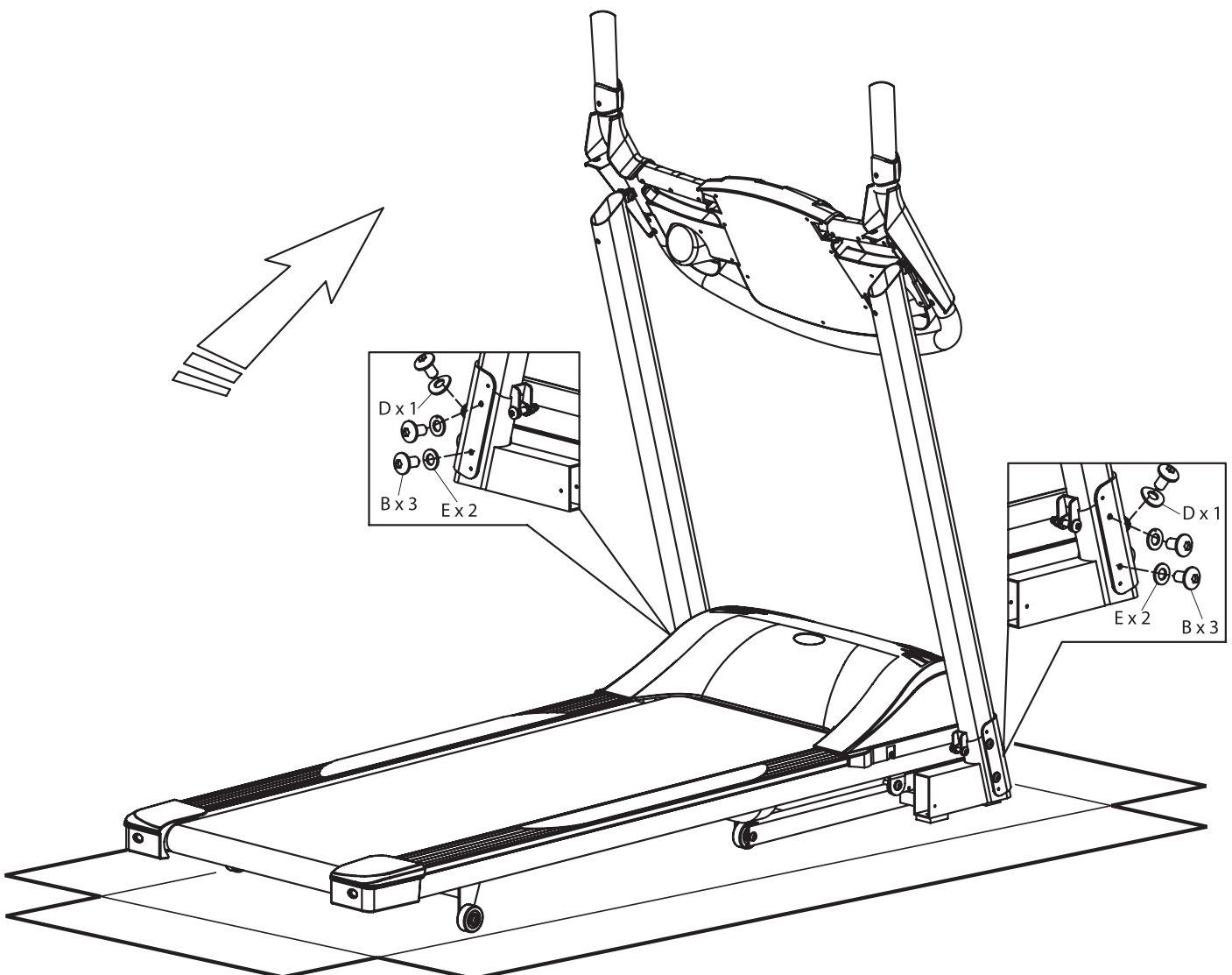


# ASSEMBLY INSTRUCTIONS

## STEP 1

Lift up the upright handlebar, then fasten the screws (B) and washers (D & E) tightly at the bottom of the upright handlebar.

	<b>Part B x 6</b> SCREW (M8 X 20L)
	<b>Part D x 2</b> CURVED WASHER (Ø10 X Ø25)
	<b>Part E x 4</b> WASHER (Ø8 X Ø18)





# ASSEMBLY INSTRUCTIONS

## STEP 2

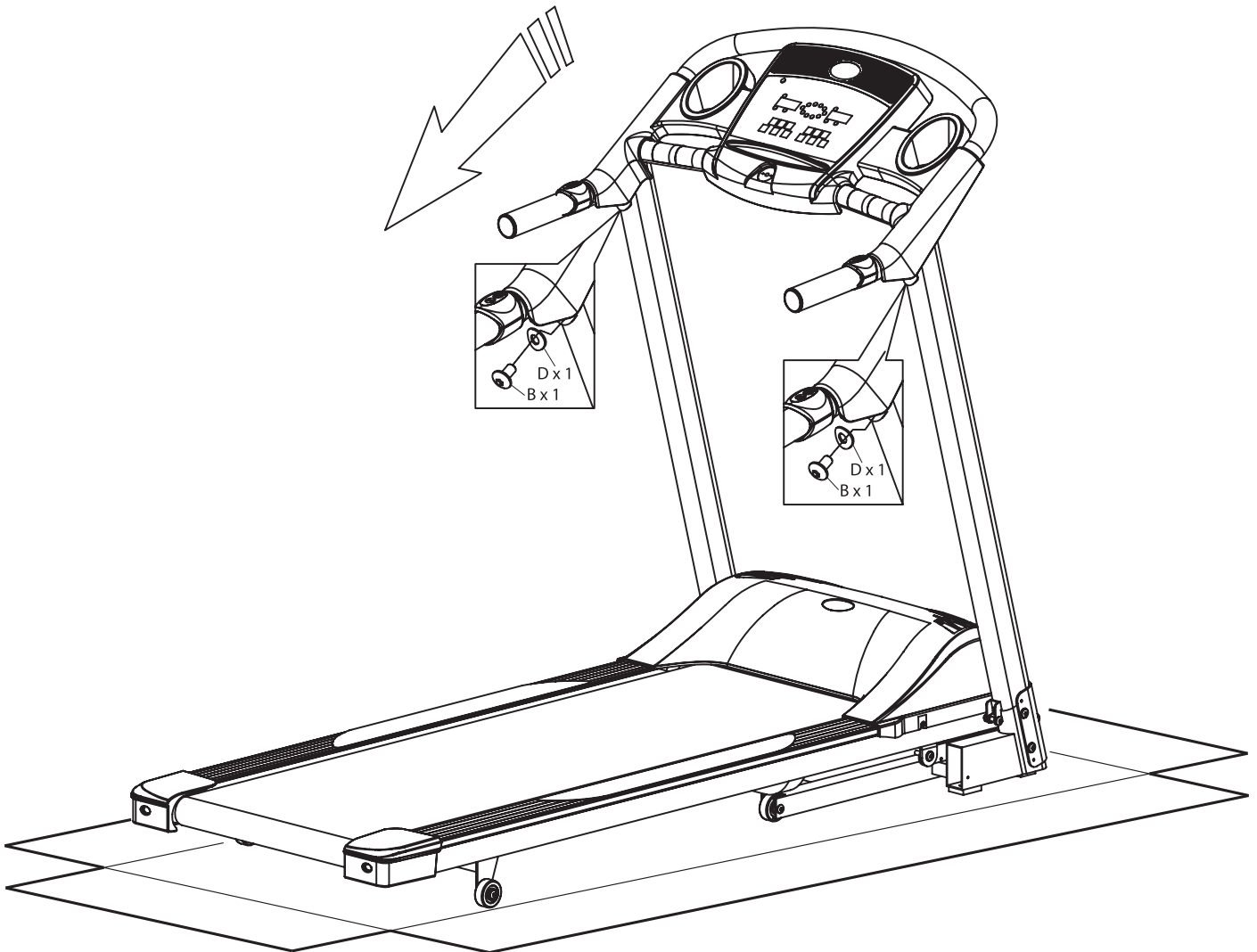
Attach the console to the upright by pressing both handlebars down. Fasten the screws (B) and washers (D) on the handlebar as shown below. **PLEASE MAKE SURE ALL WIRES / CABLES ARE CLEAR AND UNTIED FROM PIVOT POINT.**



**Part B x 2**  
SCREW (M8 X 20L)



**Part D x 2**  
CURVED WASHER (Ø8 X Ø19)





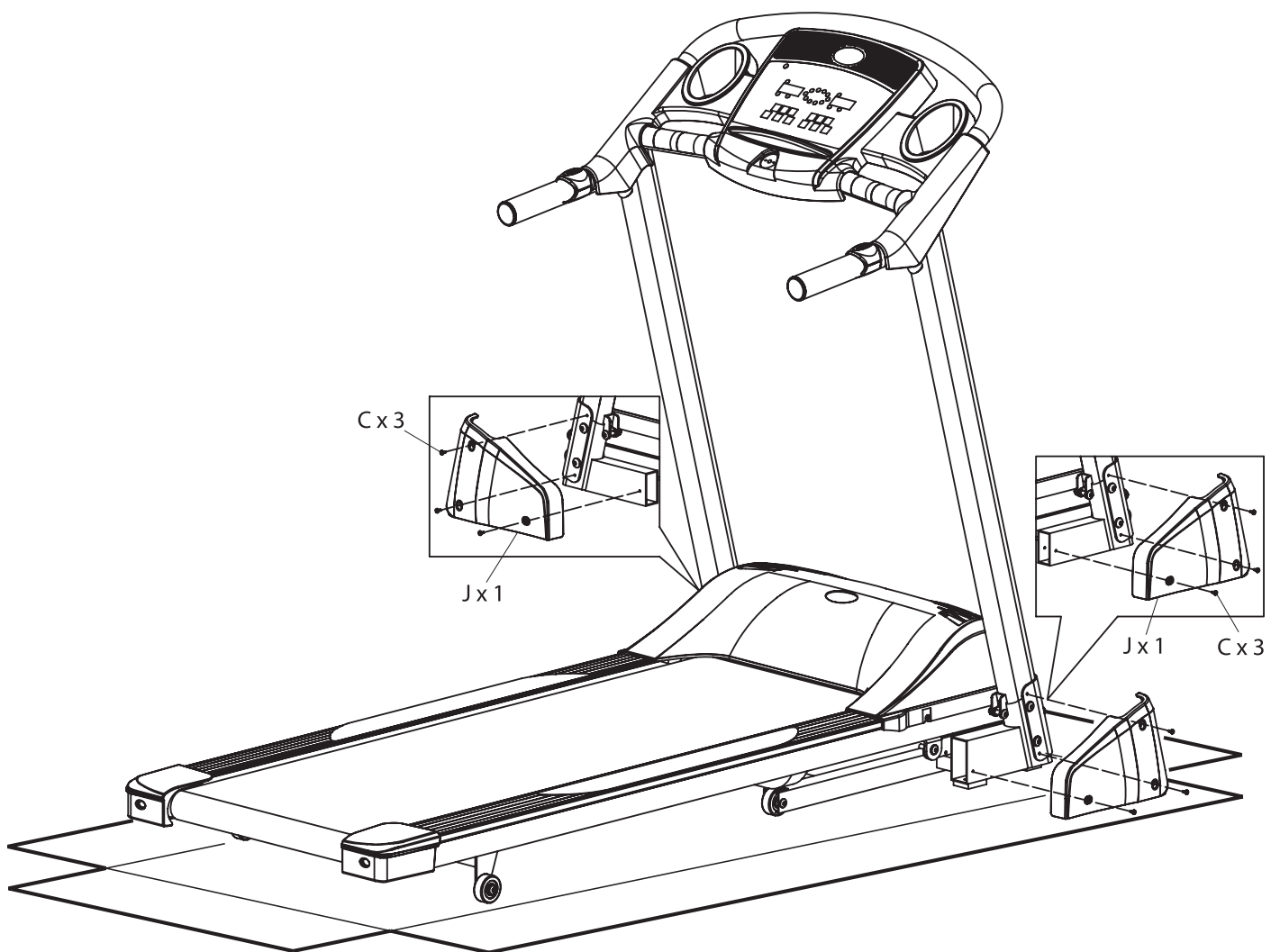
# ASSEMBLY INSTRUCTIONS

## STEP 3

Attach the Base Side Caps (J) with screws (C) at the bottom of the upright handlebar, and tighten them well.



**Part C x 6**  
SCREW (M4 X 6L)



# ASSEMBLY INSTRUCTIONS



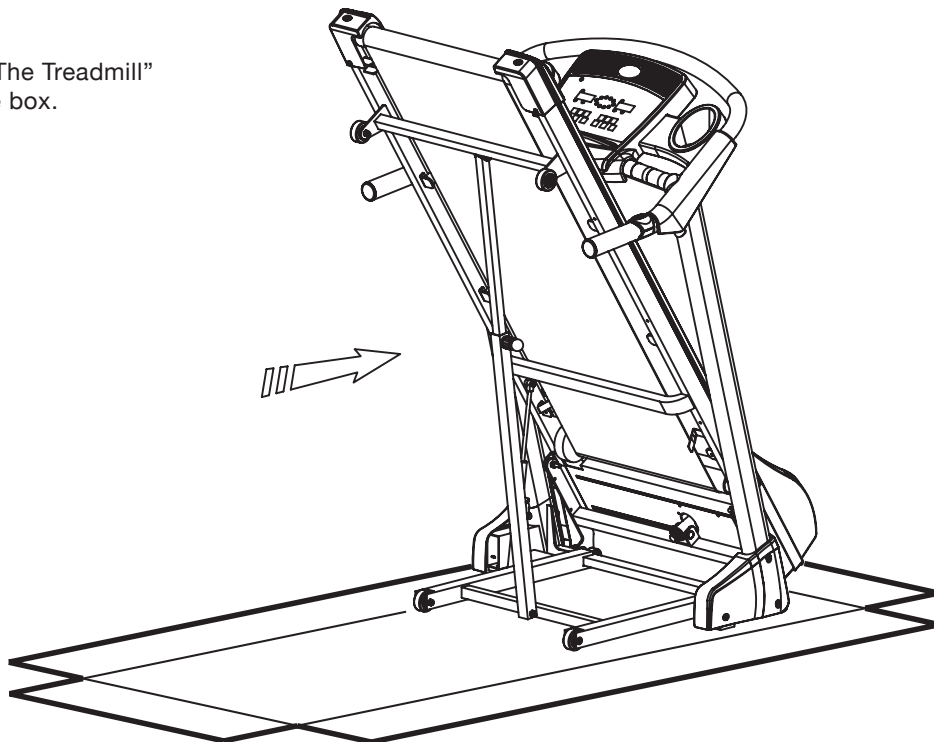
## RISK WARNING



ONLY FOLD AND MOVE THE TREADMILL BY FOLLOWING THE “EASY-LIFT FOLD UP” AND “MOVING THE TREADMILL” INSTRUCTIONS. DO NOT PUT THE PRODUCT ON ITS SIDE OR TRY TO LIFT THE TREADMILL. FAILURE TO FOLLOW THIS PROCEDURE MAY RESULT IN SERIOUS INJURY DUE TO PINCH POINT AREA ON THE FRONT FRAME NEAR THE MOTOR COVER.

### STEP 4

Follow “Easy-lift Fold Up” and “Moving The Treadmill” instructions to remove treadmill from the box.



### FINAL CHECK

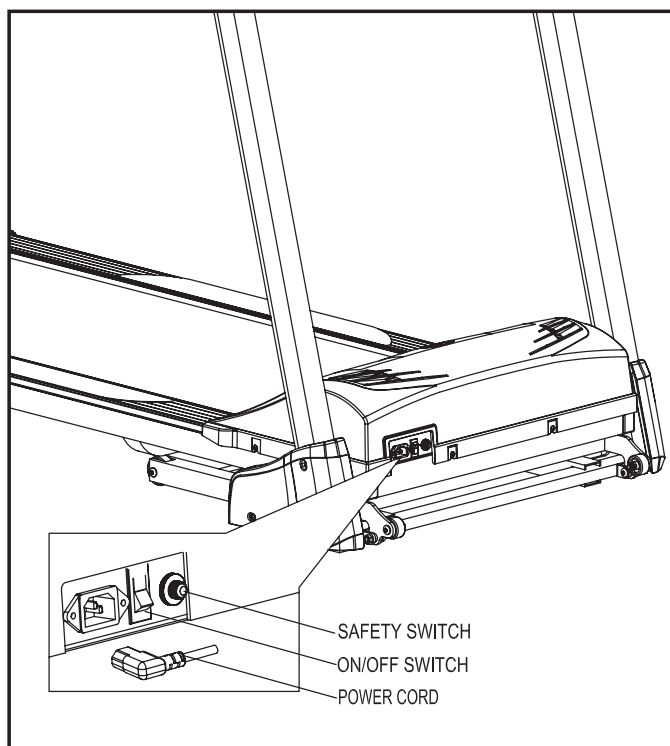
Your **York Performance Treadmill** is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

### POWER UP

1. Plug one end of power cable into the treadmill as shown.
2. Plug the other end into a suitable AC outlet (220-240 volt, 50Hz).
3. Switch the treadmill on using the on/off switch.
4. Attach the safety key to the console.

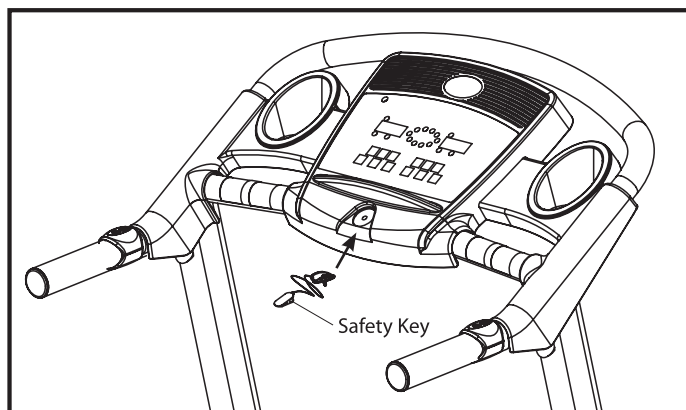
**NOTE: BEFORE YOU RUN ON THE TREADMILL FOR THE FIRST TIME, USE THE QUICK START INSTRUCTION AND ALLOW THE TREADMILL TO RUN INDEPENDENTLY FOR 10 MINUTES. CHECK THE RUNNING MAT IS TIGHTENED CORRECTLY AND RUNS SMOOTHLY. IF YOU THINK THE MAT NEEDS ADJUSTING PLEASE SEE NEXT PAGE FOR MORE DETAILS.**



# OPERATION INSTRUCTIONS

## SAFETY KEY

The treadmill will only operate when the safety key is in position - if the safety key is removed while the treadmill is in operation, it will stop immediately. Before every workout session please make sure you attach the safety key to the console and the clip at the other end to your clothing. When the treadmill is not in use, you should remove the safety key and store it somewhere safe, out of the reach of children.



## ADJUSTING RUNNING MAT TENSION

**NOTE: CHECK LUBRICATION BEFORE ADJUSTING THE MAT AS SYMPTOMS CAN BE SIMILAR.**

The tension of the mat has been pre-set at the factory; however, with use the mat can stretch slightly and become loose. If the mat is too loose you will find it starts to slip during use. To tighten the mat:

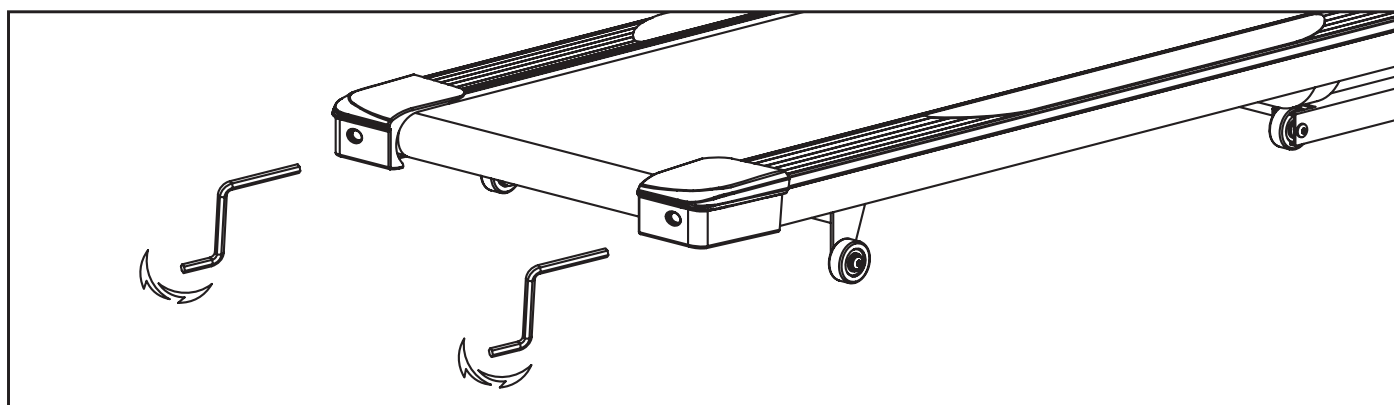
1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. Using the allen key provided, adjust both screws by 1/2 turn clockwise.
4. Re-test the mat tension. If the mat still slips, repeat step 3.
5. TIP: When correctly tensioned you should be able to lift the edge of the mat about 5 - 7cm - please only check this when the power is turned off.

**NOTE: IF THE MAT IS TOO TIGHT, TURN THE SCREWS ANTI-CLOCKWISE. DO NOT OVER TIGHTEN THE MAT - ONLY TURN THE SCREWS 1/2 TURN BEFORE RE-CHECKING THE MAT.**

## ADJUSTING RUNNING MAT ALIGNMENT

The alignment of the mat has been pre-set at the factory, however, the mat can be caused to run out-of-line by a user's running style (eg. more weight on one foot), or if it's placed on an uneven surface - so it may need adjusting from time to time. If the mat is running out of alignment it will track towards either the left or right hand side of the running deck. To re-align:

1. Set the treadmill to run at 3km/h.
2. Locate the adjustment screws at the end of the treadmill (One on each side).
3. If your mat moves to the right, using the allen key provided, adjust the right screw by 1/2 turn clockwise. (If it tracks to the left, perform the same operation on the left screw)
4. Let the treadmill run for a minute to see if it re-aligns to the centre. If more adjustment is needed repeat step 3.



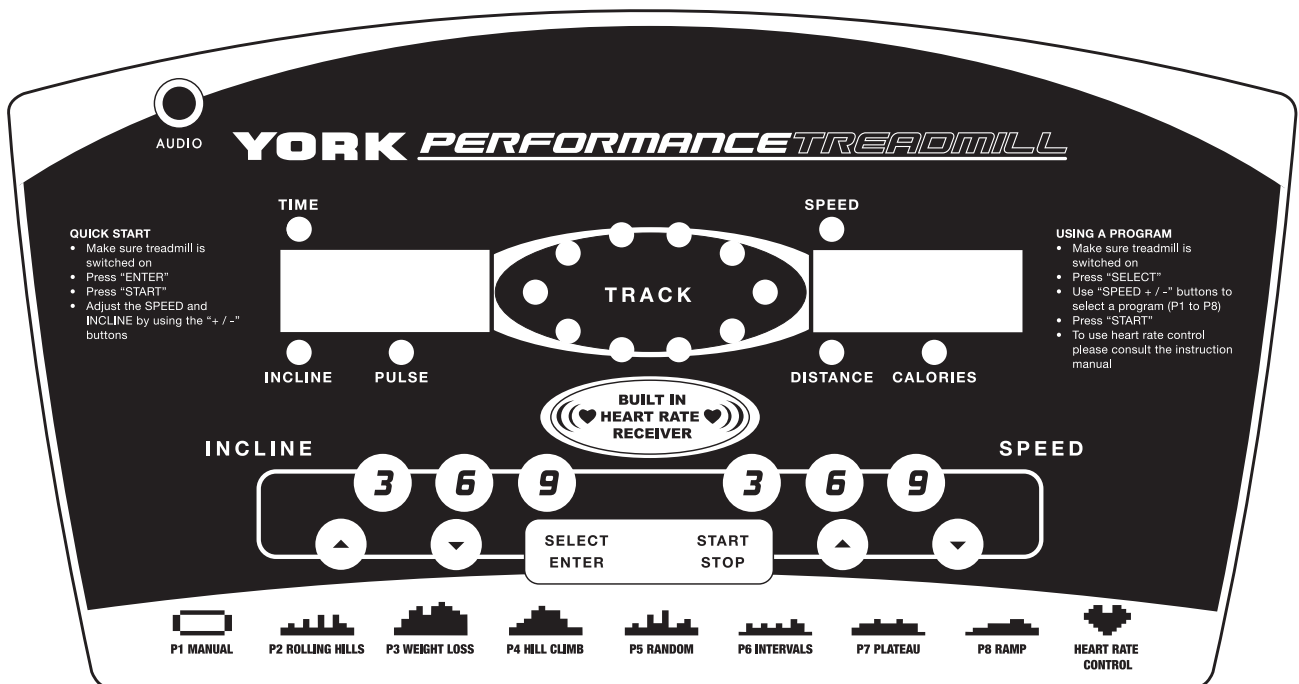
# OPERATION INSTRUCTIONS

## BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you feel more comfortable.

## QUICK START

1. Make sure the treadmill is plugged in, switched on, and the safety key is in position.
2. Press the "ENTER" button.
3. Press the "START / STOP" button.
4. The treadmill mat will slowly begin to move (0.8 km/h).
5. Use the "+ / -" buttons to change the speed and incline.



# OPERATION INSTRUCTIONS

## MAJOR FUNCTION KEYS

KEYS	FUNCTIONS
<b>START / STOP</b>	<ul style="list-style-type: none"> <li>Starts or stops the desired program.</li> </ul>
<b>ENTER / SELECT</b>	<ul style="list-style-type: none"> <li>Press this button to confirm your desired program or setting value.</li> <li>During exercise mode, press this button to switch display for time, incline, pulse and distance, calories, speed.</li> </ul>
<b>SPEED +</b>	<ul style="list-style-type: none"> <li>Press this button to select a program.</li> <li>During the setting mode, press this button to increase the setting value.</li> <li>During the exercise mode, increases the speed level in the range from minimum speed through maximum speed shown in the SPEED display. Pressing it once increases 0.2KPH or 0.1MPH. To speed up the increment, hold this button for more than 2 seconds.</li> </ul>
<b>SPEED -</b>	<ul style="list-style-type: none"> <li>Press this button to select a program.</li> <li>During the setting mode, press this button to decrease the setting value.</li> <li>During the exercise mode, decreases the speed level in the range from maximum speed through minimum speed shown in the SPEED display. Pressing it once decreases 0.2KPH or 0.1MPH. To speed up the decrement, hold this button for more than 2 seconds.</li> </ul>
<b>INCLINE +</b>	<ul style="list-style-type: none"> <li>Press this button to select a program.</li> <li>During the setting mode, press this button to increase the setting value.</li> <li>During the exercise mode, increases the incline level in the range from 0 to 10. Pressing it once increases 1 level. Speed up the increment by pressing and holding this button for 2 seconds.</li> </ul>
<b>INCLINE -</b>	<ul style="list-style-type: none"> <li>Press this button to select a program.</li> <li>During the setting mode, press this button to decrease the setting value.</li> <li>During the exercise mode, decreases the incline level in the range from 10 to 0. Pressing it once decreases 1 level. Speed up the decrement by pressing and holding this button for 2 seconds.</li> </ul>
<b>SPEED HOT KEYS</b>	<ul style="list-style-type: none"> <li>3 Speed Hot Keys are set as 3, 6, 9 KPH (3, 6, 9 MPH).</li> </ul>
<b>INCLINE HOT KEYS</b>	<ul style="list-style-type: none"> <li>3 Incline Hot Keys are set as 3, 6, 9%.</li> </ul>
<b>HANDRAIL SPEED QUICK KEYS +/-</b>	<ul style="list-style-type: none"> <li>Press "+ / -" to increase / decrease the speed quickly, the same functions as "Speed + / -" on the overlay.</li> </ul>
<b>HANDRAIL INCLINE QUICK KEYS +/-</b>	<ul style="list-style-type: none"> <li>Press "+ / -" to increase / decrease the incline quickly, the same functions as "Incline + / -" on the overlay.</li> </ul>

## LED DISPLAYS

DISPLAYS	DESCRIPTIONS
<b>10 LED TRACK</b>	One circle = 0.4km (0.25 mile)
<b>TIME</b>	Display the exercising time counting up or down. Press ENTER then adjust by pressing + or - when the treadmill is stopped. The range of counting up is from 00:00 to 99:59 and counting down from 10:00 to 99:00. When the count down reaches 00:00, the monitor will beep 12 times before the treadmill stop.
<b>SPEED</b>	Displays the current speed. It can be adjust by pressing SPEED + and SPEED - keys.
<b>DISTANCE</b>	Displays the distance. The range is from 0.00 to 99.99 M / KM.
<b>CALORIES</b>	Displays the calories. The range is from 0 to 9999 Kcal.
<b>PULSE</b>	Displays your heart rate in beats per minute.
<b>INCLINE</b>	Displays the level of incline from 0 to 10.

# OPERATION INSTRUCTIONS

## EXERCISING WITH YOUR TREADMILL

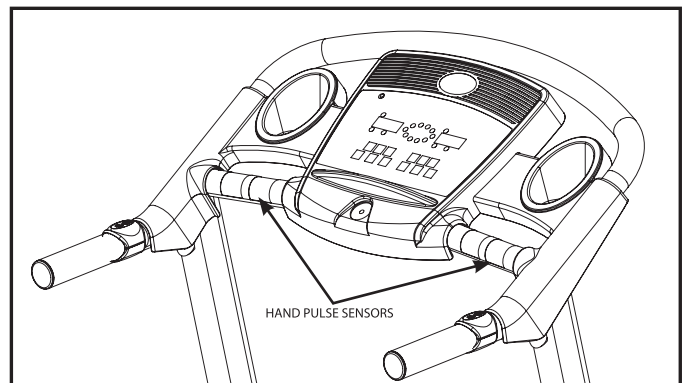
Attach the safety key to the monitor. The treadmill will not operate without the safety key. Clip the other end of the safety key to your clothing before exercising, to ensure the machine will stop in case the user accidentally walks off the treadmill. If the user falls off the treadmill, the safety key will come off the monitor and the treadmill will stop at once to avoid further injury.

FUNCTIONS	DESCRIPTIONS
<b>PROGRAM SELECTION</b>	There are 8 programs including MANUAL and 7 present programs. Select by using the INCLINE + / - or SPEED + / - key.
<b>EXERCISING WITH A SPECIFIC GOAL</b>	In any programs, user may change the values of TIME before exercising. Press ENTER key to select each of them, and INCLINE + / - or SPEED + / - keys to change the value. The default value for all are 0, users can run as long as possible until it is turned off. Users may also put the desired TIME value for count down.
<b>HEART RATE</b>	Use the hand pulse sensor to measure your heart rate. Gently hold the Hand Pulse Sensors with both hands. Each hand must gently hold both sensors to trigger the measuring. The pulse rate will show in the PULSE display.

## MONITORING YOUR HEART RATE

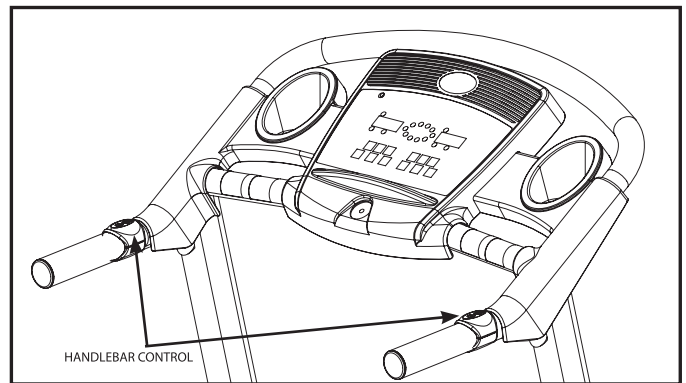
The treadmill is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

**NOTE: SOME PEOPLE MAY NOT BE ABLE TO OBTAIN AN ACCURATE HAND PULSE READING DUE TO VARIATIONS IN CIRCULATION.**



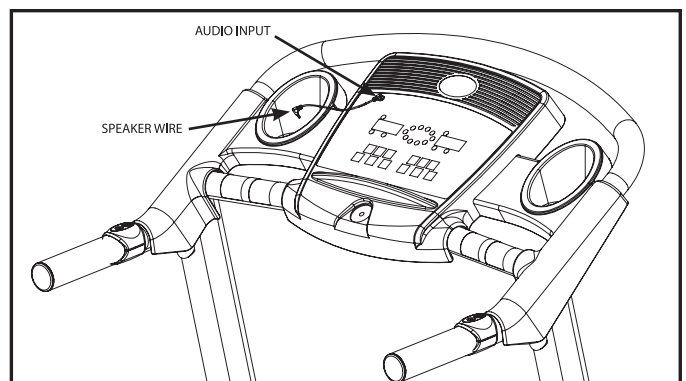
## HANDLEBAR CONTROLS

This treadmill features handlebar controls that enable you to change the speed or incline settings. They work just the same as the "+ / -" buttons on the main console and are provided for extra convenience.



## BUILT-IN SPEAKERS

This treadmill features built-in speakers for CD/MP3 devices. Simply connect your speaker wire to the AUDIO INPUT on the console.



# OPERATION INSTRUCTIONS

## WIRELESS HEART RATE RECEIVER

This treadmill features a built in receiver meaning it will pick up the signal from a chest strap. A chest strap will give a heart rate reading to ECG accuracy. We recommend a chest strap is worn when using HRC programs. To purchase one, please see the 'Contact Us' section or visit [www.yorkfitness.com](http://www.yorkfitness.com).



## PROGRAMS

1. Attach the SAFETY KEY to the monitor, the 2 LED windows and track will glitter.
2. Press the ENTER button to enter the setting mode.
3. Press the INCLINE + / - or SPEED + / - buttons to choose your desired program from P1 to P8.

PROGRAMS	DESCRIPTIONS
<b>P1 - MANUAL</b>	<ol style="list-style-type: none"> <li>1. Press ENTER to enter this program, the TIME window will glitter.</li> <li>2. Use the INCLINE + / - or SPEED + / - buttons to setup the desired exercise time.</li> <li>3. Press ENTER to confirm your setting value.</li> <li>4. Press START to begin exercise.</li> </ol>
<b>P2 TO P5 - INCLINE PROGRAMS</b>	<p>Program 2 to Program 5 are INCLINE PROGRAMS (Incline will change automatically during the exercise).</p> <ol style="list-style-type: none"> <li>1. Press ENTER button to enter your desired program, the TIME window will glitter.</li> <li>2. Use the SPEED + / - buttons to setup the desired speed you would like to exercise.</li> <li>3. Press ENTER to confirm your setting value.</li> </ol>
<b>P6 TO P8 - SPEED PROGRAMS</b>	<p>Program 6 to Program 8 are SPEED PROGRAMS (Speed will change automatically during the exercise).</p> <ol style="list-style-type: none"> <li>1. Press ENTER button to enter your desired program, the SPEED window will glitter.</li> <li>2. Use the INCLINE + / - buttons to setup the desired incline you would like to exercise.</li> <li>3. Press ENTER to confirm your setting value.</li> </ol>
<b>HEART RATE PROGRAM</b>	<p>The user should hold the hand pulse sensor all the time or wear the heart rate strap if available to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target Heart Rate (THR) is computed at 65% of maximum (220 - AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.8 kph, and the user controls the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate 1% every 30 seconds until the target heart rate zone is reached (THR +/- 5bpm). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.</p>



**P1 MANUAL**



**P2 ROLLING HILLS**



**P3 WEIGHT LOSS**



**P4 HILL CLIMB**



**P5 RANDOM**



**P6 INTERVALS**



**P7 PLATEAU**



**P8 RAMP**



**HEART RATE CONTROL**

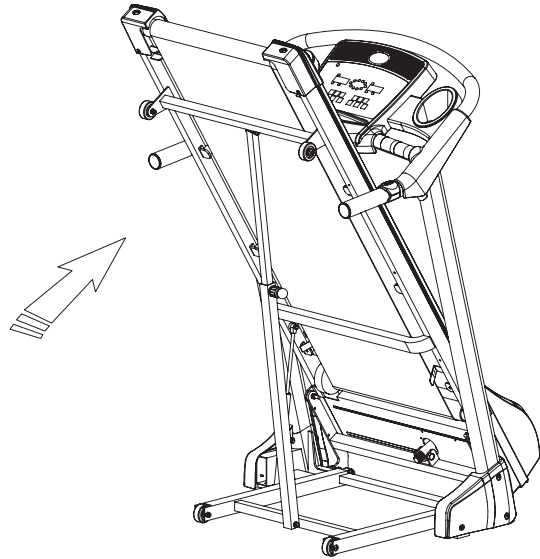


# OPERATION INSTRUCTIONS

## EASY-LIFT FOLD UP

To make storage simple, quick and easy, this treadmill features a hydraulic folding system. Simply lift the running deck to fold. Make sure you hear the sound of the deck locking into position - this ensures the deck is locked in place and will not fall back down.

**NOTE: MAKE SURE THE TREADMILL INCLINE IS AT THE LOWEST POSITION BEFORE ATTEMPTING TO FOLD. IF THE INCLINE IS NOT IN THE LOWEST POSITION, FOLDING WILL DAMAGE THE MECHANISM.**

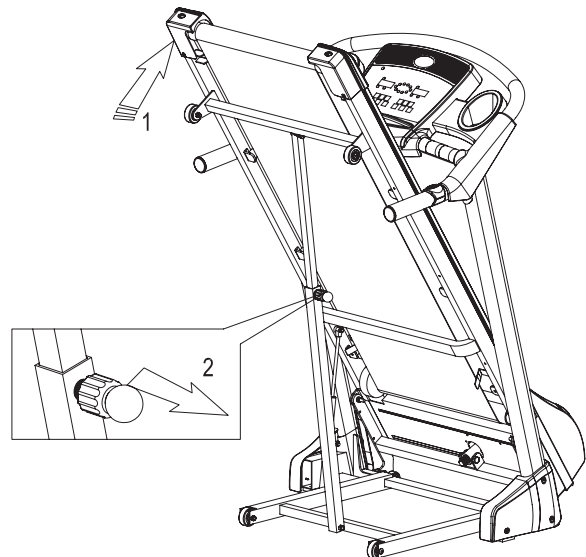


## SOFT DROP FOLD DOWN

An additional feature that allows the deck to gently lower itself to the floor:

1. Whilst taking the weight of the deck with your left hand, pull the knob with your right hand.
2. Let the deck slowly guide itself down to the floor.

**NOTE: THIS MACHINE HAS A BUILT-IN SAFETY UNFOLDING FEATURE TO HELP LOWER THE DECK SLOWLY. PLEASE MAKE SURE THERE ARE NO CHILDREN OR OTHER THINGS UNDER THE DECK WHEN YOU LOWER IT.**

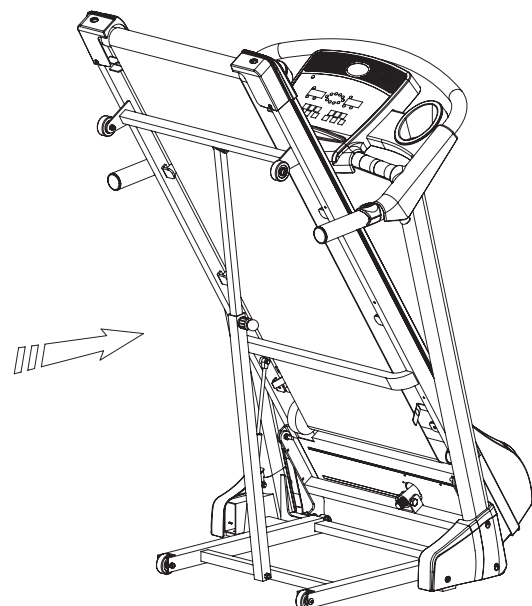


## MOVING THE TREADMILL

This treadmill features 2 non marking wheels to help manoeuvrability:

1. Fold-up the deck as explained above.
2. Stand in front of the treadmill, square on.
3. Put one hand on each of the handrails and tilt the treadmill towards you to engage the wheels.
4. Use the handrails to push the treadmill to the desired location.

**NOTE: BEFORE MOVING THE TREADMILL, ENSURE THE POWER CABLE IS UNPLUGGED FROM THE WALL AND THE TREADMILL.**



# OPERATION INSTRUCTIONS

## STORAGE

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

## CLEANING

Use a warm, damp cloth to wipe the treadmill surface. Mild detergent may be used if necessary. Do not clean between the mat and the running board, silicone lubricant is placed here to keep the mat running smoothly.

## LUBRICATION

**NOTE: KEEPING THE DECK LUBRICATED IS THE MOST IMPORTANT ACTIVITY YOU CAN CARRY OUT TO PROLONG THE LIFE OF YOUR TREADMILL.**

An insufficiently lubricated deck will cause the running mat, running deck and motor to wear out much quicker. How often you should lubricate depends on usage, we recommend the following:

- Light use (less than 3 hours a week) - every 8 months.
- Medium use (3 to 5 hours a week) - every 4 months.
- Heavy use (more than 5 hours a week) - every 2 months.

You can check for proper lubrication levels at any time by doing the following:

1. Disconnect the treadmill from the power supply.
2. Fold up the running deck, so the treadmill is in the storage position.
3. Put your hand underneath the mat and feel along the running deck, as close to the centre of the deck as you can.
  - *If your hand gets a light coating of lubricant then no further lubrication is required.*
  - *If the surface feels dry and your hand feels clean, then apply more lubricant.*

**NOTE: IF IN DOUBT APPLY A LITTLE LUBRICANT.**

Your treadmill comes ready supplied with a bottle of lubrication oil - to use, apply a liberal amount to a lint free cloth and run cloth along the length of the running deck (underneath the mat). It's important to try and get the lubricant as close to the centre of the deck as possible. Check the lubrication level as detailed above and re-apply with the cloth if necessary.

If you need more lubricant, we recommend you use the Lube-N-Walk Treadmill Lubrication Kit, it can be obtained from local York distributors - see the Contact Us details at the front of this manual or visit [www.yorkfitness.com](http://www.yorkfitness.com).

## STARTING YOUR WORKOUT

**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.**

Begin each workout with a warm up session - a few minutes of stretching to help prevent strains, pulls and cramps:

1. Get onto the treadmill, using the handrails for support, and place your feet on the side rails. (Either side of the running mat)
2. Activate the treadmill. (Using the details found in the Operation Instructions)
3. The treadmill will start at the lowest speed, step onto the mat and walk at the same speed.
4. Continue the rest of your workout.

## FINISHING YOUR WORKOUT

1. Turn the treadmill to the lowest speed and incline settings.
2. Using the handrails for support place your feet on the side rails. (Either side of the running mat)
3. Stop the treadmill.
4. Turn the treadmill off at the main power switch and remove the plug from the electrical outlet.
5. Remove the safety key.
6. If necessary, wipe the treadmill down with a damp cloth.
7. End each workout with a cool down session - a few minutes of stretching to help prevent strains, pulls and cramps.

## CORRECT RUNNING FORM

- Run in the centre of the running mat.
- Keep your head up and look straight ahead.
- Shoulders should be square and level, don't round your shoulder or swing them forwards or backwards.
- Keep your torso straight with the chest up so there's plenty of room for the diaphragm to move for proper breathing actions.
- Do not lean forwards, backwards or slouch, as all of these posture deviations can place a lot of stress on the lower back, interfering with proper running mechanics and possibly causing lower back injury.
- Feet should be pointed straight ahead and land directly under the hips.

## 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.

# FITNESS GUIDE

## HEART RATE TRAINING

To get the most out of your new 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 session 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 hours 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". If you are 35 years old, your estimated maximum heart rate is:  $220 - 35 = 185$  beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better heart:  $185 \times 60\% = 111$ bpm

TIP: 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.

## 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 - AGE = PREDICTED MAXIMUM HEART RATE**

# TROUBLESHOOTING

**IF YOU HAVE A PROBLEM WITH YOUR TREADMILL, 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
<b>TREADMILL WILL NOT START</b>	<ul style="list-style-type: none"> <li>• Not plugged in.</li> <li>• Safety key not on correctly.</li> <li>• Treadmill circuit breaker.</li> <li>• Switched off.</li> <li>• Loose connection.</li> </ul>	<ul style="list-style-type: none"> <li>• Plug into suitable outlet.</li> <li>• Insert safety key.</li> <li>• Reset circuit breaker.</li> <li>• Turn the switch on.</li> <li>• Un-plug and re-plug electrical cord.</li> </ul>
<b>RUNNING MAT SLIPPING</b>	<ul style="list-style-type: none"> <li>• Running mat loose.</li> <li>• Deck needs lubrication.</li> </ul>	<ul style="list-style-type: none"> <li>• Tighten running mat.</li> <li>• Lubricate mat and deck.</li> </ul>
<b>TREADMILL NOISY</b>	<ul style="list-style-type: none"> <li>• Loose hardware.</li> <li>• Motor straining.</li> <li>• Clicking sound - roller knocking.</li> </ul>	<ul style="list-style-type: none"> <li>• Tighten all visible screws, nut, and bolts.</li> <li>• Check mat tension - 3 finger test.</li> <li>• Adjust rear rollers - check the tension.</li> </ul>
<b>INACCURATE PULSE RATE</b>	<ul style="list-style-type: none"> <li>• Too much hand movement.</li> <li>• Palms too wet.</li> <li>• Gripping hand grips too tight.</li> <li>• Wearing rings.</li> </ul>	<ul style="list-style-type: none"> <li>• Stand on side rails to get accurate pulse reading.</li> <li>• Dry palms.</li> <li>• Grip using moderate pressure.</li> <li>• Remove all rings.</li> </ul>

## MALFUNCTIONS AND ERRORS

The console will display information regarding operational faults with the treadmill. If your treadmill behaves in an unusual way and seems to have developed a fault, turn it off at the electrical outlet and then back on again. This should clear the treadmill of incidental errors and prepare it for normal operation. If there is still a problem call your local York distributor for advice. Please find below some specific error messages you may see on this display:

- EER1 - means there is a problem with the speed function.

In the event of an electrical failure the treadmill will automatically shut off. To restart the treadmill:

1. Unplug the power cable from the treadmill.
2. Push in the safety switch.
3. Re-plug the power cable into the treadmill.

# WARRANTY

## **THIS EQUIPMENT IS SUPPLIED WITH A STANDARD WARRANTY AS FOLLOWS:**

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

This equipment 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 Equipment 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 equipment during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Equipment from you.

The warranty excludes normal wear and tear on parts.

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

This warranty becomes valid only if the Equipment is assembled / installed according to the instructions / directions included with the equipment. This warranty does not extend to any equipment 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 equipment; (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 equipment (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 equipment, 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 equipment 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 equipment must be returned, you must return the Equipment 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 equipment or part that is returned. Should any equipment 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 Equipment, Equipment Code, Batch No, Date Purchased, and Nature of fault or part number required.
- Neither dealer of this equipment nor any retail establishment selling this equipment 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

**REGULAR SERVING OF THIS EQUIPMENT IS RECOMMENDED EVERY 12 MONTHS. FAILURE TO DO THIS MAY VOID YOUR WARRANTY.**

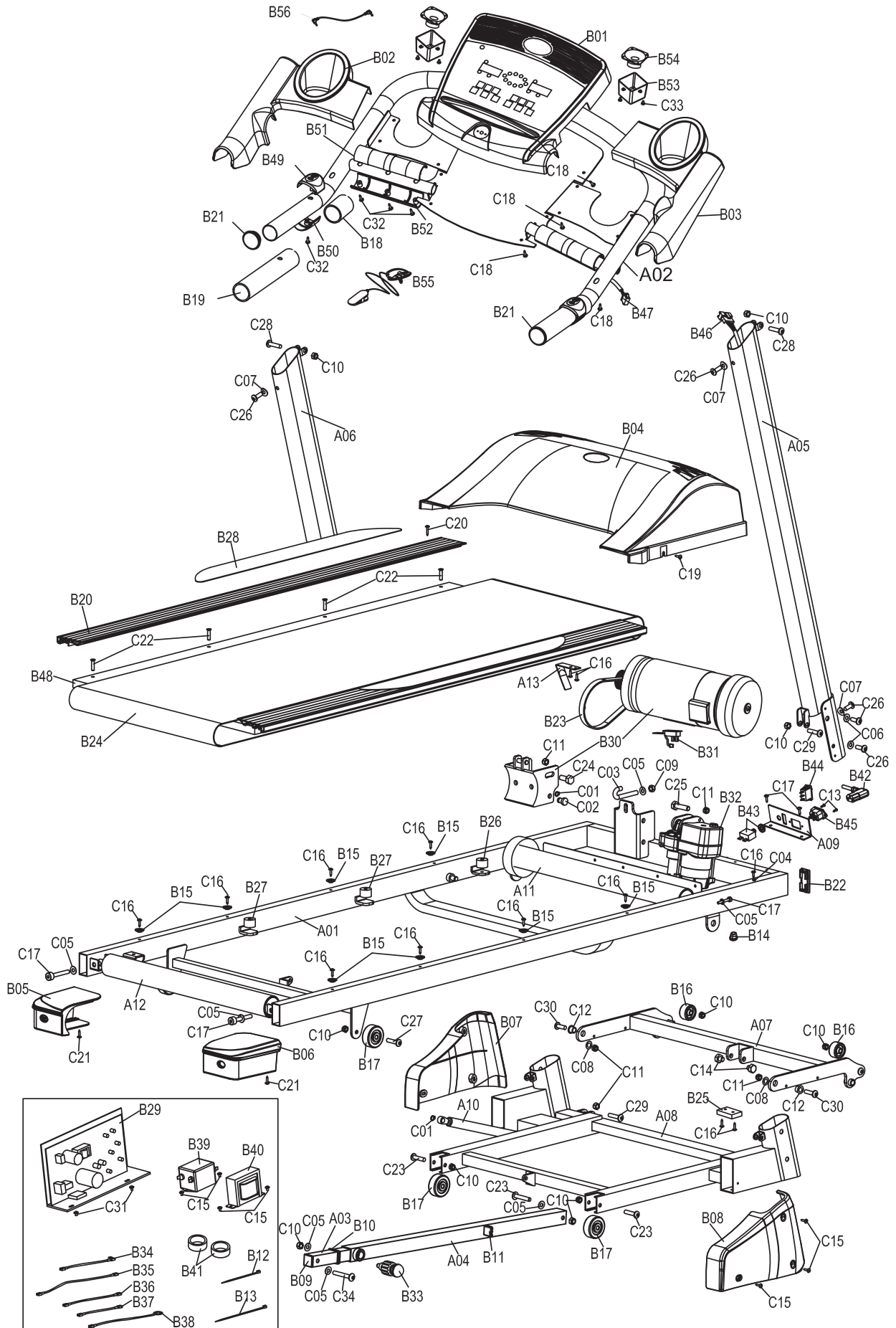
# PART LIST

KEY	PART NO.	DESCRIPTION	QTY
A01	51092-01	Main Frame	1
A02	51092-02	Console Support & Handle Bar	1
A03	51092-03	Inner Slide Lift Support	1
A04	51092-04	Lower Lift Support	1
A05	51092-04	Right Upright	1
A06	51092-06	Left Upright	1
A07	51092-07	Incline Frame	1
A08	51092-08	Base Frame	1
A09	51092-09	Power Switch Mount Bracket	1
A10	51092-10	Gas Strut Folding	1
A11	51092-11	Front Running Belt Roller	1
A12	51092-12	Rear Running Belt Roller	1
A13	51092-13	Belt Guide	2
B01	51092-14	Computer/ Console (center)	1
B02	51092-15	Corner Console - Left	1
B03	51092-16	Corner Console - Right	1
B04	51092-17	Front Cover	1
B05	51092-18	Rear Left Endcap	1
B06	51092-19	Rear Right Endcap	1
B07	51092-20	Base Corner Cover - Left	1
B08	51092-21	Base Corner Cover - Right	1
B09	51092-22	Square Internal Endcap 22x22	1
B10	51092-23	Square Internal Endcap 30x30	1
B11	51092-24	Square internal Endcap 30x30	1
B12	51092-25	Cable Tie/ 2.5*100mm	7
B13	51092-26	Cable Tie/ 4*200mm	2
B14	51092-27	Wire Grommet	1
B15	51092-28	Plastic Spacer 4.5MMx5MM	8
B16	51092-29	Transport Wheel/ 38mm	2
B17	51092-30	Transport Wheel/ 50mm	4
B18	51092-31	Foam Grip	2
B19	51092-32	Foam Grip	2
B20	51092-33	Foot Rail	2
B21	51092-34	Round Internal Endcap	2
B22	51092-35	Rectangular Flat Internal Endcap	2
B23	51092-36	Pulley Belt	1
B24	51092-37	Running Mat	1
B25	51092-38	Foot Pad/ 45*36*10mm	4
B26	51092-39	Rubber Deck Mount/ 22*17*6mm	2
B27	51092-40	Rubber Deck Mount/ 25*17mm	4
B28	51092-41	Non-Slip Rubber Pad	2
B29	51092-42	Controller PCB	1
B30	51092-43	Drive Motor	1
B31	51092-44	Speed Sensor	1
B32	51092-45	Incline Motor	1
B33	51092-46	Spring Pull Plunger	1
B34	51092-47	Connecting Wire 53mm	1
B35	51092-48	Connecting Wire 120mm	3
B36	51092-49	Connecting Wire 70mm	1
B37	51092-50	Connecting Wire 45mm	1
B38	51092-51	Earth Wire 120mm	1
B39	51092-52	Filter	1

KEY	PART NO.	DESCRIPTION	QTY
B40	51092-53	Tranformer	1
B41	51092-54	Graphite Core	2
B42	51092-55	Power Cable	1
B43	51092-56	Circuit Breaker Module	1
B44	51092-57	On/Off Switch	1
B45	51092-58	Power Socket	1
B46	51092-59	Lower Wire	1
B47	51092-60	Upper Wire	1
B48	51092-61	Running Deck	1
B49	51092-62	Handlebar Mounted Control Cover - Top	2
B50	51092-63	Handlebar Mounted Control Cover - Bottom	2
B51	51092-64	Hand Pulse Sensor - Top Assembly	2
B52	51092-65	Hand Pulse Sensor - Bottom Assembly	2
B53	51092-66	Speaker Cover	2
B54	51092-67	Speaker	2
B55	51092-68	Safety Key	1
B56	51092-69	MP3 Cable	1
C01	51092-70	C Clip	4
C02	51092-71	Motor Base Screw	2
C03	51092-72	Motor Hook	1
C04	51092-73	Star Washer 4mm	2
C05	51092-74	Flat Washer 8*16*1.5mm	7
C06	51092-75	Flat Washer 8*18*1.5mm	4
C07	51092-76	Curved Washer 10*25*1.8mm	4
C08	51092-77	Flat Washer 10*20*2mm	2
C09	51092-78	Nyloc Nut M6	1
C10	51092-79	Nyloc Nut M8	12
C11	51092-80	Nyloc Nut M10	7
C12	51092-81	Bush	2
C13	51092-82	Machine Screw	2
C14	51092-83	Hex Head Bolt 10*12mm	2
C15	51092-84	Self-tapping Screw 4*6mm	11
C16	51092-85	Screw 4*12mm	23
C17	51092-86	Cap Allen Head Bolt 8*55mm	3
C18	51092-87	Screw 4*16mm	17
C19	51092-88	Self-tapping Screw 3*23mm	4
C20	51092-89	Screw 4*20mm	2
C21	51092-90	Self-tapping Screw 4*12mm	2
C22	51092-91	Machine Screw 6*25mm	8
C23	51092-92	Bolt 8*45mm	3
C24	51092-93	Hex Head Bolt 10*15mm	2
C25	51092-94	Hex Head Bolt 10*40mm	1
C26	51092-95	Bolt 8*20mm	8
C27	51092-96	Bolt 8*37mm	3
C28	51092-97	Bolt 8*35mm	4
C29	51092-98	Bolt 10*40mm	2
C30	51092-99	Bolt 10*25mm	2
C31	51092-100	Self-tapping Screw 4*8mm	2
C32	51092-101	Self-tapping Screw 3*23L	8
C33	51092-102	Screw M3*8L	16
C34	51092-103	Bolt 8*40mm	1



# EXPLODED DRAWING



**YORK<sup>®</sup>**  
**FITNESS**