

YORK FITNESS T535i



INSTRUCTION MANUAL



30/06/2006

Product may vary slightly from the item pictured.

COMPLIES WITH EUROPEAN STANDARD EN957 1+6 CLASS H C

YORK T535i TREADMILL

SAFETY GUIDELINES:

Before beginning any exercise program, you should consult with your doctor.

It is recommended that you undergo a complete physical examination.

The instructions must be read in full before assembly and / or use of this product.

■ **WARNING - YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY**

- THIS LIST IS NOT EXHAUSTIVE.

■ Assemble and operate YORK T535i TREADMILL on a solid, level surface.

■ Always allow a clear space measuring 1m wide and 2m long directly behind YORK T535i TREADMILL.

■ The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.

■ It is important that you keep these instructions for further reference.

■ The treadmill will not operate without the safety key.

■ You will need at least one person to help you with assembly.

■ Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.

■ If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account.

They should be controlled and instructed in the correct use of the equipment.

The equipment is under no circumstances suitable as a children's toy.

■ Always use the product on a level surface, ensure that the product is stable before use.

■ The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers - **IN AN EMERGENCY:** Pull the safety key cord to remove the safety key.

■ This product is provided with a safety key. The treadmill will not operate without the safety key inserted. 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.

■ 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.

■ A safety key is fitted in case of need for an emergency stop.

■ Use of the safety key is to clip the key to the body to shut off the treadmill automatically when falling.

■ Always check that any pins / fixings are tight and secure before use and / or after adjustment.

■ Keep hands away from moving parts.

■ Replace defective components immediately, and / or keep the equipment out of use until it is repaired.

■ Never overload the equipment - the maximum user load is displayed on the product label.

■ The weight limit for this treadmill is 280lbs (125kgs).

■ Wear proper workout clothing: Do not wear loose clothing.

■ Do not wear shoes with leather soles or high heels. Tie all long hair back.

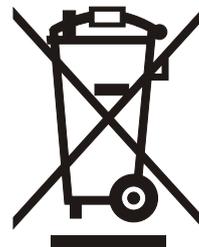
■ Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.

■ Remove all personal jewellery before exercising.

■ Never use the equipment in any other manner other than the ways explained in these instructions and / or any wall-chart supplied.

■ Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin / fixing.

■ Don't rock the unit from side to side.



- Care should be taken when mounting and dismantling the unit.
- Components such as pulleys, bearings, and cables are always more susceptible to wear.
- Special attention should be taken to inspect these components before use.
- Do not place any liquids on any parts of the treadmill.
- Do not use water bottle in areas where high humidity may cause condensation to drip onto the treadmill.
- To prevent shock, keep all electrical components, such as the motor, cord and switch away from water.
- Ensure that adjustment devices are not left projecting as they may interfere with people.
- Never leave any adjustment devices projecting from the product.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do NOT work to exhaustion.
- Injuries to health may result from incorrect or excessive training.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.
- Turn off the treadmill while adjusting or working near the rear roller.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

WARNING: This appliance must be EARTHED.---IMPORTANT

WARNING: Unplug the Power Cable before Maintenance.

WARNING: Stop Treadmill before Folding.

YORK T535i is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with YORK T535i.

CARE AND MAINTENANCE

- No wet cleaning of electrical components - Unplug before any care and maintenance.
- Use a warm damp cloth with mild detergent to keep your YORK T535i clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any nuts, bolts, moving parts bushes, wheels, bearings & points etc.
- Components such as pulleys, bearings and cables are always more susceptible to wear.
- Special attention should be taken to inspect all of these parts before use.
- Always replace damaged / worn components with original parts from the manufacturer.

TOOLS REQUIRED

The tools enclosed in the carton are two allen keys.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

| U.K. | AUSTRALIA | U.S.A. |
|---|---|--|
| <p>YORK FITNESS HELP LINE (8:30am- 16:30pm) <u>YORK BARBELL (U.K.) LTD.</u> YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk</p> | <p>YORK FITNESS HELP LINE (8:00am- 16:00pm) <u>YORK BARBELL (AUST.) LTD.</u> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au</p> | <p>YORK FITNESS HELP LINE (8:00am- 17:00pm) <u>YORK BARBELL USA.</u> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com</p> |

INTRODUCTION

The YORK T535i TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

SPECIFICATIONS

POWER SUPPLY: 220~240V 50Hz

SPEED CONTROL : POWER (PUSH BUTTON CONTROL)

ELEVATION: POWER (PUSH BUTTON CONTROL)

SPEED RANGE: 1 ~ 16 KPH



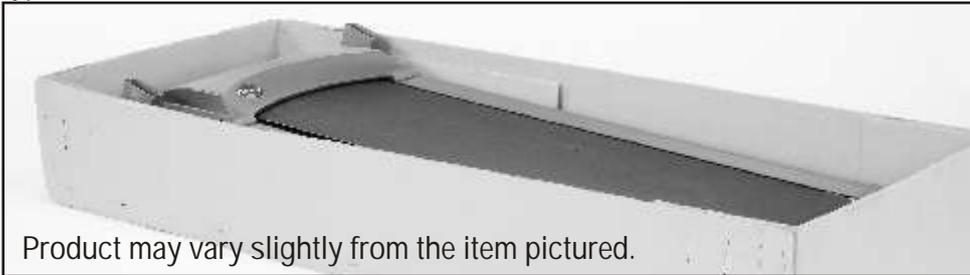
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GENERAL

WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK T535i TREADMILL.
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR YORK T535i TREADMILL.

ASSEMBLY INSTRUCTIONS

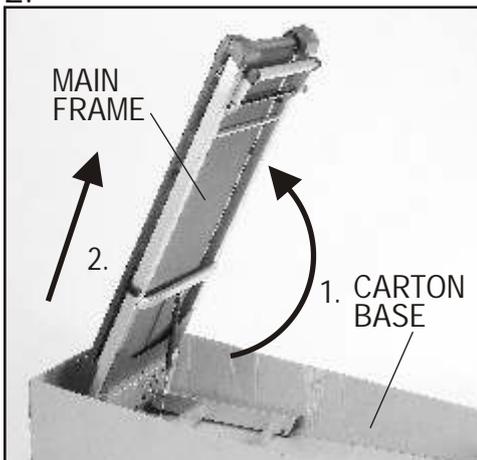
1.



Product may vary slightly from the item pictured.

- Ask someone to help you remove all the parts and packaging materials on the top of your YORK T535i from the carton and place them on the floor carefully.

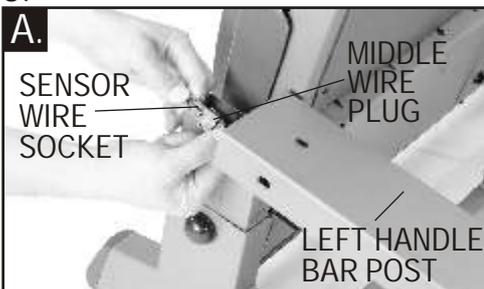
2.



- Fold the main frame up and stand it in the carton base as shown.
- Ask someone to help you hold the treadmill on each side and lift it out from the carton base carefully.

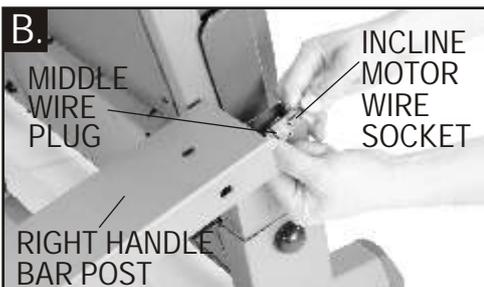
NOTE: Do not lift the treadmill out of the carton from the motor end as your fingers may get squashed!!

3.



- Rest the left handle bar post, with the locking device fitted, beside the main frame and close to the handle bar mounting tube carefully as shown.
- Connect the sensor wire socket to the middle wire plug protruding at the base of the left handle bar post.

NOTE: **TAKE CARE** to ensure the wires are connected as tightly as possible.

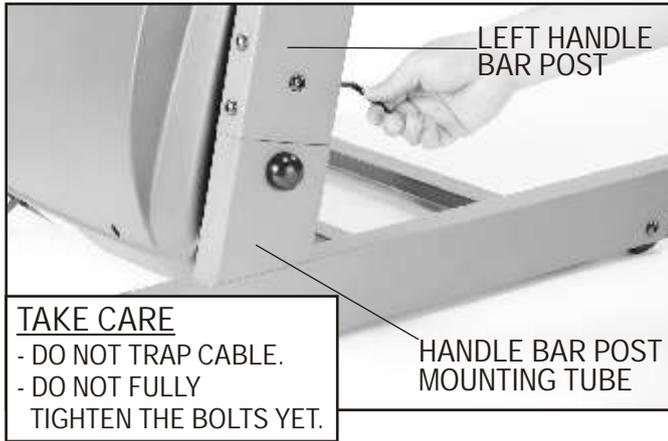


- Rest the right handle bar post beside the main frame and close to the handle bar mounting tube carefully as shown.
- Connect the incline motor wire socket to the middle incline wire plug protruding at the base of the right handle bar post.

NOTE: **TAKE CARE** to ensure the wires are connected as tightly as possible.

NOTE: DO NOT FULLY TIGHTEN THE BOLTS UNTIL YOU HAVE COMPLETED THE ASSEMBLY.

4.

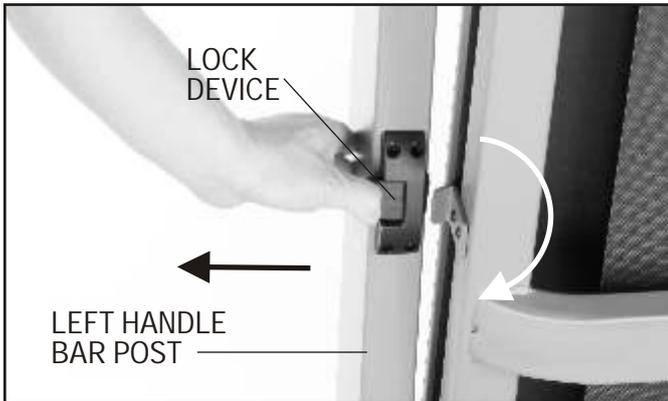


- Insert the left handle bar post into the handle bar post mounting tube and secure, using four allen head bolts and star washers.

NOTE: TAKE CARE to ensure the wire does not get trapped when you attach the left handle bar post.

Do not **fully** tighten the bolts until the handle bar post, front handle bar and computer console have all been secured.

5.

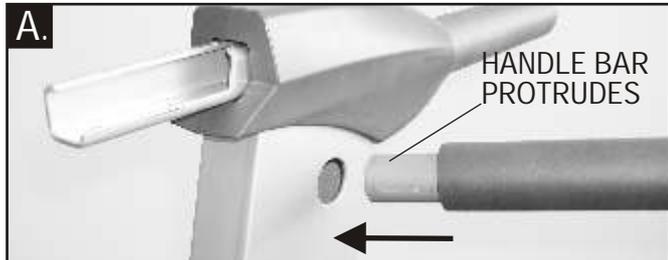


- Insert the right handle bar post into the handle bar post mounting tube and secure, using four allen head bolts and star washers.



- Release the lock handle fitted on the left handle bar post with your left hand and fold down the main frame to the floor gently with your right hand.

6.

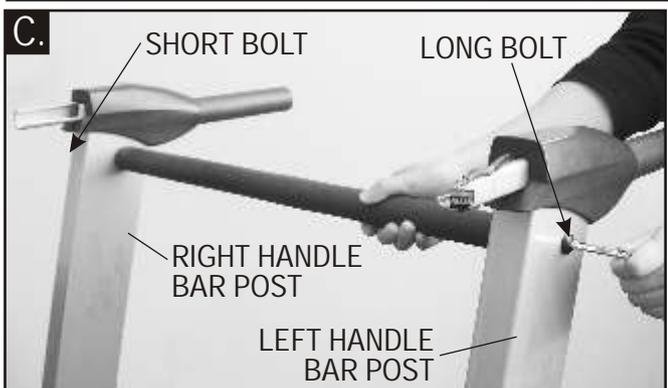
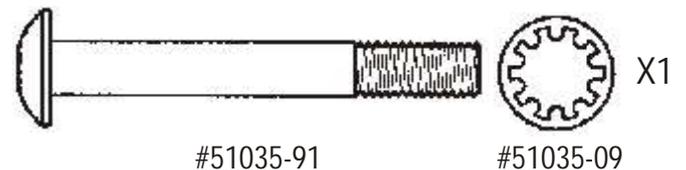


- Insert the handle bar into the handle bar post as shown.

NOTE: One end of the handle bar protrudes from the end of the foam grip, this end must be inserted into the hole on the right handle bar post first.



- Secure the handle bar to the left handle bar post by using, one long allen head bolt and star washer.

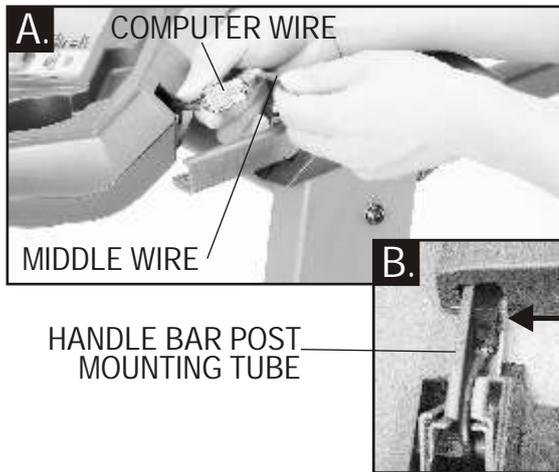


- Secure the handle bar to the right handle bar post by using one short allen head bolt and star washer.



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7.



- Rest the computer console on the front handle bar and connect the computer wire plug to the middle wire socket protruding at the top of the left handle bar post securely.

NOTE: TAKE CARE to ensure the wires are connected as tightly as possible.

MAKE SURE you fit the connected wire inside of the handle bar post mounting tube properly before attaching the computer console as shown.

8.



- Attach the computer console fully onto the handle bar post mounting tubes carefully as shown.
- Push the extra length of wire down into the handle bar posts gently while attaching the console.

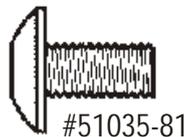
NOTE: TAKE CARE to ensure the wire does not get trapped when you attach the computer console.

If the console will not align and fit easily, loosen all the bolts fitted so far - and try again.

9.



- Secure the computer console to the handle bar post mounting tubes by using, four allen head bolts and star washers.



X4

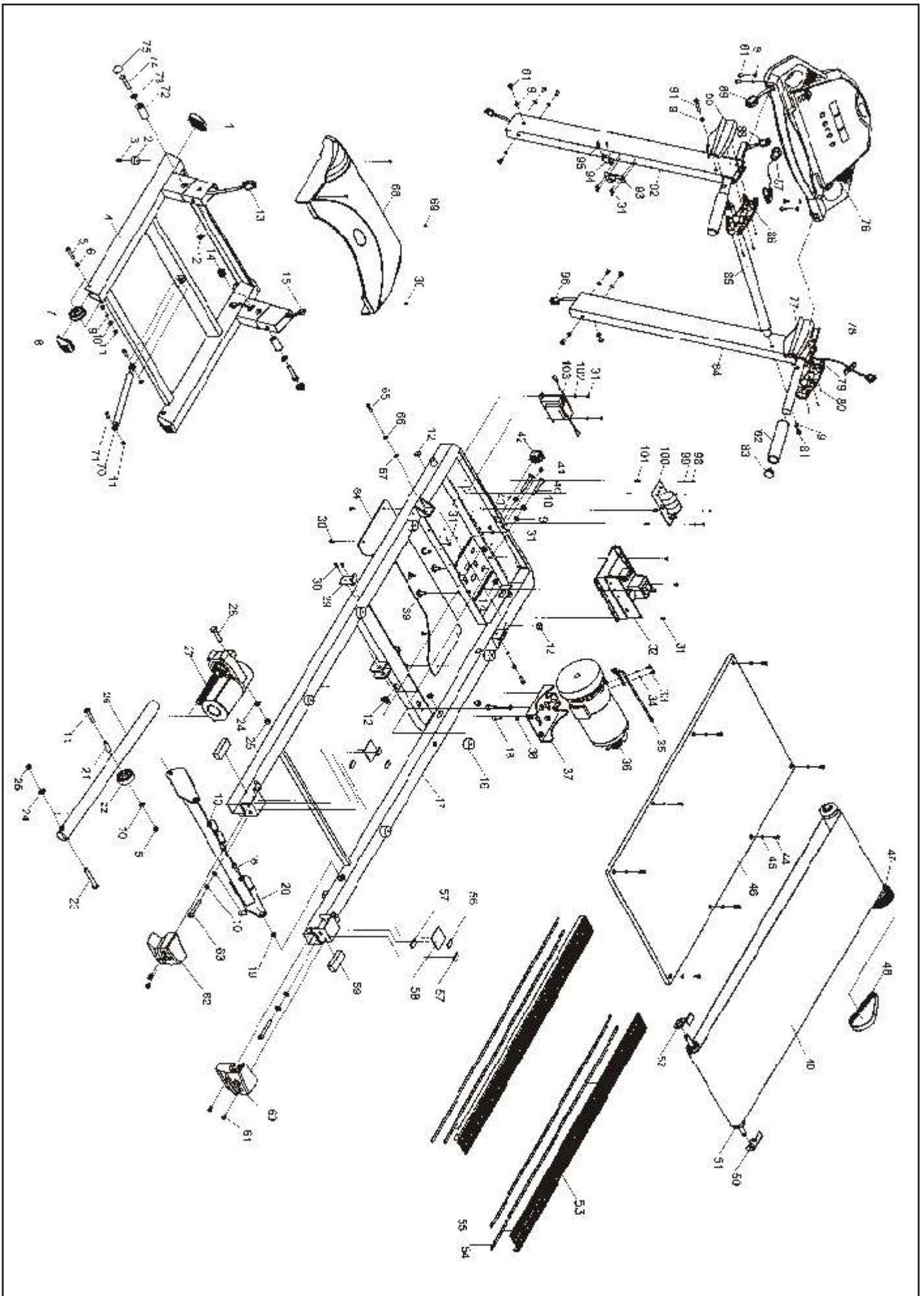
- NOW** tighten all the bolts you have fitted.

RECHECK

- Recheck that all of the bolts are tightened securely for your safety and comfort.
- Plug the power cable into a suitable AC outlet (220~240 Volt 50Hz).
- Before you use the treadmill for the first time turn on the power switch, connect the magnetic safety key and then allow the treadmill to run for 10 minutes or so without anyone using it.**
- Check that the mat is tightened properly and runs smoothly.

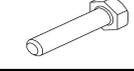
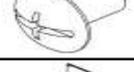
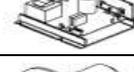
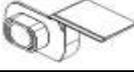
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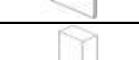
DESCRIPTION



PARTS LIST

| KEY NO. | PART NO. | PART FIG. | REF. NO. | Q'TY(PCS) | DESCRIPTION |
|---------|----------|---|-------------------------|-----------|--|
| 1 | 51035-01 |  | VRPC-11-1QLM-40-80-689 | 2 | BASE FRAME END CAP (FRONT) |
| 2 | 51035-02 |  | VRPE-01-1AAA-32-55-16 | 2 | PVC FOOT STOP |
| 3 | 51035-03 |  | VRDA-19-2C-AA-5-25 | 2 | M5 X 25mm MACHINE SCREW |
| 4 | 51035-04 |  | | 1 | BASE FRAME - WELDED |
| 5 | 51035-05 |  | VRDA-02-2C-EA-M8-50&18 | 4 | M8 X 50mm ALLEN HEAD BOLT |
| 6 | 51035-06 |  | VVD-51382-M | 4 | MOVING WHEEL SLEEVE |
| 7 | 51035-07 |  | VRPG-03-1APA-84-62-26 | 2 | BASE FRAME MOVING WHEEL |
| 8 | 51035-08 |  | VRPC-09-1QLB-40-80-645 | 2 | MOVING WHEEL END CAP |
| 9 | 51035-09 |  | VRDC-05-2C-84-15-08 | 19 | M8 X 0.8mm STAR WASHER |
| 10 | 51035-10 |  | VRDC-01-2C-85-20-15 | 9 | M8 X 1.6mm FLAT WASHER |
| 11 | 51035-11 |  | VRDB-01-2C-AC-M8 | 6 | M8 X 7.8mm NYLON LOCKNUT |
| 12 | 51035-12 |  | VRPE-01-1AHA-30-245-M6 | 6 | STRAIN RELIEF BUSHING (SB5F - 3) |
| 13 | 51035-13 |  | VRHT-34-1A-650L-10P | 1 | CONTROL BOARD SIGNAL CABLE / 10P, 650mm LONG |
| 14 | 51035-14 |  | VRPT-55-2ABA-SB-7R3 | 2 | STRAIN RELIEF BUSHING (SB8F - 3) |
| 15 | 51035-15 |  | VRHT-30-1A-320 | 1 | INCLINE CONNECT CABLE / 320mm LONG |
| 16 | 51035-16 |  | VRPE-08-2ARA-10-20-4 | 6 | RUNNING DECK CUSHION |
| 17 | 51035-17 |  | | 1 | MAIN FRAME - WELED |
| 18 | 51035-18 |  | VRDA-03-2C-AD-M8-20 | 4 | M8 X 20mm HEXAGON HEAD BOLT |
| 19 | 51035-19 |  | VVD-51383-U | 2 | REAR INCLINE SLEEVE |
| 20 | 51035-20 |  | | 1 | REAR INCLINE STABILIZER |
| 21 | 51035-21 |  | VVD-52227-K | 2 | MOVING WHEEL SLEEVE |
| 22 | 51035-22 |  | VRPG-03-1APA-127-50-222 | 2 | REAR INCLINE MOVING WHEEL |
| 23 | 51035-23 |  | VRDA-01-2A-ED-M10-70& | 1 | REAR INCLINE FIXING BOLT |
| 24 | 51035-24 |  | VRDC-01-2A-105-20-20 | 2 | M10 X 2mm FLAT WASHER |
| 25 | 51035-25 |  | VRDB-01-2A-AA-M10 | 2 | M10 X 9.5mm NYLON LOCKNUT |

| KEY NO. | PART NO. | PART FIG. | REF. NO. | Q'TY(PCS) | DESCRIPTION |
|---------|----------|---|--------------------------------|-----------|-----------------------------|
| 26 | 51035-26 |  | VRHT-37-1K-01HP-A1AB5876HS-570 | 1 | INCLINE LINKAGE TUBE |
| 27 | 51035-27 |  | | 1 | REAR INCLINE MOTOR ASSEMBLY |
| 28 | 51035-28 |  | VRDA-01-2A-ED-M10-45 | 1 | M10 X 45mm HEX HEAD BOLT |
| 29 | 51035-29 |  | VRAI-1B-40-1220-2440 | 1 | LOCK PIN BRACKET |
| 30 | 51035-30 |  | VRDA-19-2C-AA-4-15 | 12 | M4 X 15mm MACHINE SCREW |
| 31 | 51035-31 |  | VRDA-06-2E-AA-M4-6 | 10 | M4 X 6mm MACHINE SCREW |
| 32 | 51035-32 |  | VRHT-03-1K-D205019 | 1 | LOWER CONTROL BOARD |
| 33 | 51035-33 |  | VRDA-06-2A-AA-M5-10 | 2 | M5 X 10mm MACHINE SCREW |
| 34 | 51035-34 |  | VRDC-03-2A-51-8-13 | 2 | M5 X 1.3mm SPRING WASHER |
| 35 | 51035-35 |  | VRHT-21-1K-580 | 1 | SPEED SENSOR W/ CABLE |
| 36 | 51035-36 |  | VRHT-36-2K-ZYT42/02T1 | 1 | D.C. MOTOR ASSEMBLY |
| 37 | 51035-37 |  | VVE-57214-K | 1 | MOTOR FIXING BRACKET |
| 38 | 51035-38 |  | VRDC-03-2C-85-135-20 | 2 | M8 X 1.5mm SPRING WASHER |
| 39 | 51035-39 |  | VRDA-07-2C-AD-M8-20 | 4 | M8 X 20mm FRINGE HEAD BOLT |
| 40 | 51035-40 |  | VRDA-02-2C-EA-M8-50&18 | 2 | M8 X 50mm ALLEN HEAD BOLT |
| 41 | 51035-41 |  | VRPT-55-2ABA-SB6R-3 | 1 | STRAIN RELIEF BUSHING |
| 42 | 51035-42 |  | VRHT-17-2E-RF-1004-NBR4#W1 | 1 | ON / OFF POWER SWITCH |
| 43 | 51035-43 |  | VRDB-02-2C-AC-M8-65H | 1 | M8 X 6.5mm HEX LOCKNUT |
| 44 | 51035-44 |  | VRDA-06-2C-AA-M6-18 | 8 | M6 X 20mm MACHINE SCREW |
| 45 | 51035-45 |  | VRDC-01-2C-65-13-15 | 8 | M6 X 1.6mm FLAT WASHER |
| 46 | 51035-46 |  | VRMB-01-1AG-19-604-1173 | 1 | RUNNING BOARD |
| 47 | 51035-47 |  | VRDT-38-2AA-53656 | 1 | FRONT ROLLER ASSEMBLY |
| 48 | 51035-48 |  | VRPT-23-2AHA-8P457J | 1 | DRIVE BELT - RIBBED |
| 49 | 51035-49 |  | VRTB-08-1FA-400-2700-16 | 1 | RUNNING MAT |
| 50 | 51035-50 |  | VRPT-67-2ALA-825-395-37 | 1 | REAR ROLLER GUARD (R) |

| KEY NO. | PART NO. | PART FIG. | REF. NO. | Q'TY(PCS) | DESCRIPTION |
|---------|----------|---|-------------------------------|-----------|---------------------------------------|
| 51 | 51035-51 |  | VRDT-39-2AA-53618 | 1 | REAR ROLLER ASSEMBLY |
| 52 | 51035-52 |  | VRPT-65-2ALA-825-395-37 | 1 | REAR ROLLER GUARD (L) |
| 53 | 51035-53 |  | VRPT-13-2QLA-1202-82-24 | 2 | SIDE FOOT PLATFORM |
| 54 | 51035-54 |  | VRTC-02-2CA-10-25-1180 | 2 | DOUBLE - SIDE RUBBER SPONGE (LONG) |
| 55 | 51035-55 |  | VRTC-02-2CA-10-25-1146 | 2 | DOUBLE - SIDE RUBBER SPONGE (SHORT) |
| 56 | 51035-56 |  | VRPE-08-2ARA-2-10-20 | 2 | HARD RUBBER |
| 57 | 51035-57 |  | VRPE-08-2ARA-10-20-4 | 4 | HARD RUBBER |
| 58 | 51035-58 |  | VRTC-01-2CA-2-40-40 | 2 | SINGLE - SIDE RUBBER SPONGE |
| 59 | 51035-59 |  | VRTC-01-2CA-12-20-55 | 2 | SINGLE - SIDE RUBBER SPONGE |
| 60 | 51035-60 |  | VRPT-35-2QLA-122-102-82 | 1 | RIGHT REAR END CAP |
| 61 | 51035-61 |  | VRDA-03-2C-AD-M6-10 | 4 | M6 X 10mm HEXAGON HEAD BOLT |
| 62 | 51035-62 |  | VRPT-27-2QLA-122-102-82 | 1 | LEFT REAR END CAP |
| 63 | 51035-63 |  | VRDA-03-2C-AD-M8-65 | 2 | M8 X 65mm ALLEN KEY ADJUSTING BOLT |
| 64 | 51035-64 |  | VRPT-37-2QLA-565-200-3 | 1 | BOTTOM COVER |
| 65 | 51035-65 |  | VRDA-03-2C-AD-M6-20 | 2 | M6 X 20mm HEXAGON HEAD BOLT |
| 66 | 51035-66 |  | VRDC-03-2C-65-103-15 | 2 | M6 X 1.5mm SPRING WASHER |
| 67 | 51035-67 |  | VRDC-05-2C-64-11-06 | 2 | M6 X 0.6mm STAR WASHER |
| 68 | 51035-68 |  | VRPC-06-1QLA-622-388-1398 | 1 | MOTOR COVER |
| 69 | 51035-69 |  | VRDA-06-2C-AA-M4-8 | 2 | M4 X 8mm MACHINE SCREW |
| 70 | 51035-70 |  | VRDT-19-1CA-22-10-550-235-110 | 1 | GAS CYLINDER |
| 71 | 51035-71 |  | VRDA-02-2C-EA-M8-25&18 | 2 | M8 X 25mm ALLEN HEAD BOLT |
| 72 | 51035-72 |  | VVDT-63-2FH-286-25-124-57-M | 2 | METAL SLEEVE |
| 73 | 51035-73 |  | VRDC-01-2A-105-20-20 | 2 | M12 X 2.3mm FLAT WASHER |
| 74 | 51035-74 |  | VRDA-01-2C-ED-M12-60 | 2 | M12 X 60mm HEX HEAD BOLT |
| 75 | 51035-75 |  | VRPT-47-2AAA-M10 | 2 | PLASTIC BOLT CAP |
| 76 | 51035-76 |  | VRHA-1L-NYORK-3WPK012-01 | 1 | COMPUTER CONSOLE |

| KEY NO. | PART NO. | PART FIG. | REF. NO. | Q'TY(PCS) | DESCRIPTION |
|---------|-----------|-----------|---|-----------|------------------------------------|
| 77 | 51035-77 | | VRPC-08-2NLA-208-32-94 | 1 | HANDLE BAR SIDE COVER (L) |
| 78 | 51035-78 | | VRPE-14-2AAA-59-21-5 | 1 | INCLINE SWITCH BASE |
| 79 | 51035-79 | | VRPC-10-2NLA-208-32-94 | 1 | HANDLE BAR SIDE COVER (R) |
| 80 | 51035-80 | | VRDA-16-2C-AA-3-15 | 6 | M3 X 15mm PHILLIPS HEAD SCREW |
| 81 | 51035-81 | | VRDA-02-2C-AA-M8-15&18 | 13 | M8 X 15mm ALLEN HEAD BOLT |
| 82 | 51035-82 | | VRIA-01-1PBE-30-40-195 | 2 | HANDLE BAR FOAM GRIP |
| 83 | 51035-83 | | VRPA-04-2ACA-318-15 | 2 | HANDLE BAR END CAP |
| 84 | 51035-84 | | | 1 | RIGHT HANDLE BAR POST |
| 85 | 51035-85 | | VRAD-1B-254-15-5600 VRIA-01-1PBE-23-34-650 | 1 | FRONT HANDLE BAR |
| 86 | 51035-86 | | VRPC-10-2NLA-208-32-94 | 1 | HANDLE BAR SIDE (R) |
| 87 | 51035-87 | | VRHT-22-1K-50506 | 1 | SAFETY KEY |
| 88 | 51035-88 | | VRHT-34-1A-1200L-10P | 1 | MIDDLE CABLE / 10P, 1100mm LONG |
| 89 | 51035-89 | | VRHT-35-1A-400-10P | 1 | COMPUTER CABLE / 10P, 400mm LONG |
| 90 | 51035-90 | | VRPC-08-2NLA-208-32-94 | 1 | HANDLE BAR SIDE COVER (L) |
| 91 | 51035-91 | | VRDA-02-2C-EA-M8-55&18 | 1 | M8 X 55mm ALLEN HEAD BOLT |
| 92 | 51035-92 | | | 1 | LEFT HANDLE BAR POST |
| 93 | 51035-93 | | VRPT-62-2ASA-96-302-175 | 1 | LOCKING DEVICE |
| 94 | 51035-94 | | VRPT-59-2ASA-549-4385-165 | 1 | RELEASE LEVER |
| 95 | 51035-95 | | VRDJ-01-2CA-05-8-225-11 | 2 | LOCK PIN SPRING |
| 96 | 51035-96 | | VRHT-38-1A-1160 | 1 | INCLINE SWITCH CABLE / 1160mm LONG |
| 98 | 51035-98 | | VRDA-06-2C-AA-M4-8 | 4 | M3 X 6mm PHILLIPS HEAD SCREW |
| 99 | 51035-99 | | VRDC-03-2A-33-55-08 | 4 | M3 X 0.8mm SPRING WASHER |
| 100 | 51035-100 | | VRHT-14-1K-54040 | 1 | EMI FILTER |
| 101 | 51035-101 | | VRDB-02-2C-AB-M3-16 | 4 | CU SCREW SLEEVE |
| 102 | 51035-102 | | VRDC-05-2A-50-98-045 | 2 | M4 X 0.4mm STAR WASHER |
| 103 | 51035-103 | | VRHT-24-1K-51361 | 1 | CHOKE |

OPERATING INSTRUCTIONS

The following procedure has been proven to be the safest and easiest method of mounting the treadmill.

For your protection, carefully read and follow these simple steps:

1. Be sure the treadmill is positioned on a flat, level surface.
2. Make sure the magnetic safety key is **not** attached then plug in the treadmill power cable to a suitable power socket and switch on at the socket.
3. Turn on the treadmill power switch, which is located near where the power cable attaches to the treadmill.
4. Straddle the running mat with your feet firmly planted on the right and left staging platforms. Stand close enough so you can extend your arms to touch all the buttons on the console.

CAUTION: Do not stand on the mat yet.

5. Insert the safety key.
6. Follow the instructions written on the right side of the computer console" TO OPERATE "

STARTING YOUR EXERCISE

Stand on the running mat.

Once you have selected your workout, the treadmill will slowly increase its speed to the desired levels.

Continue to grip the handles until you are walking / running normally.

After gaining stability and confidence, you may release your grip on the handrails and let your arms swing freely and naturally at your side.

NOTE: Walking straight on the treadmill is aided by focusing on a stationary object across the room in front of you.

Walk as if you were approaching that object.

IN AN EMERGENCY

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 then begin to decelerate until it stops.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

YORK T535i TM / 12

HOW TO GET OFF THE TREADMILL

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill.

For your protection, carefully read and follow these simple steps.

1. Turn the treadmill to the lowest speed.
2. Firmly grip the handles to support yourself.
3. Remove your trailing foot from the walking platform and place it on the foot pad on the side of the treadmill.
This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.
4. Shift your weight to the stationary foot on the foot pad, and remove the other foot from the walking platform and place it on the other foot pad.
You should now be in the starting position.
5. Press the STOP  key to stop the treadmill and disconnect the safety key then unplug treadmill from the power outlet when finished.

IN AN EMERGENCY

In a emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

CARE AND MAINTENANCE

- Use a warm damp cloth with mild detergent to keep your YORK T535i treadmill clean. Do not clean between the mat and running board---The silicone lubricant is needed for smooth movement of the mat.
- Check parts for wear before use.
- If in doubt do not use the treadmill and contact our helpline.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

WARNING: Unplug the Power Cable before Maintenance.

WARNING: Stop Treadmill before Folding.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT
PLEASE CONTACT YORK DIRECTLY.

| U.K. | AUSTRALIA | U.S.A. |
|--|---|---|
| <p>YORK FITNESS</p> <p>HELP LINE (8:30am- 16:30pm) <u>YORK BARBELL (U.K.) LTD.</u> YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk</p> | <p>YORK FITNESS</p> <p>HELP LINE (8:00am- 16:00pm) <u>YORK BARBELL (AUST.) PTY. LTD.</u> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au</p> | <p>YORK FITNESS</p> <p>HELP LINE (8:00am- 17:00pm) <u>YORK BARBELL USA.</u> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com</p> |

HOW TO ADJUST THE MAT ALIGNMENT AND TENSION

The alignment and tension of the mat (walking surface) has been set prior to shipping. Should improper tracking of the mat occur (walking surface moving too far to the right or the left on the platform) or if you find that the mat slips when you get on, these problems can be corrected as follows:

- Locate the adjustment screws on the end of the main frame.

CAUTION: Adjust the mat when the treadmill is running at the lowest speed.
Keep others away from the treadmill.

- Connect the safety key and set to the lowest speed.

TEST: Allow the mat to run for several minutes and watch to see if it runs in the center position correctly. If the mat does not run in the center position, carry out the steps for: "MAT MOVES TO LEFT" or "MAT MOVES TO RIGHT".
Be sure that you adjust by "a ½ turn only each time" to avoid over correcting.



MAT MOVES TO RIGHT

If your mat tends to move to the right, then adjust the right screw by turning it a half turn clockwise.

We recommend adjustments of a half turn only at a time, then test each time.

If your mat continues to move to the right, simply adjust the left adjustment screw, by turning a half turn counterclockwise, test after each adjustment.

MAT MOVES TO LEFT

If your mat tends to move to the left, then the adjustment of the right screw is necessary by turning it counterclockwise.

We recommend adjustments of a half turn only at a time, then test each time.

If the mat continues to move to the left, simply adjust the left adjustment screw, by turning a half turn clockwise, then test each time.

NOTE: For most people, one of your legs is stronger than the other and the treadmill mat may tend to track to that side because of the extra pressure exerted by your stronger leg. If this occurs then either dismount the treadmill and allow the mat to track back to the middle, or exert pressure to the side of the mat with the other leg to track the mat back to the middle.
Or adjust the mat to compensate following the instructions for the mat moves to the right or the left.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *
YORK T535i TM / 14

MAT TOO LOOSE

If your mat appears to be loose, simply tighten both screws by an equal amount (1/2 a turn clockwise at a time) then test.

MAT TOO TIGHT

If it appears tight, simply loosen both screws by an equal amount (1/2 a turn anti-clockwise at a time) then test.

MAT STICKY (DOES NOT RUN SMOOTHLY)

You may feel after a period of time (depending on how often you use the machine) that the mat feels sticky.

We recommend you apply a light covering of Silicone between the mat and the running board. This procedure may be repeated as necessary.

WALKING MAT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, maintenance deck system. The mat/deck friction may play a major role in the function and life of your treadmill, this requires periodic lubrication. We recommend a periodic inspection of the deck. If the deck appears worn, please contact our service department.

We recommend lubrication of the deck according to the following timetable:

Light use (less than 3 hours per week) every 8 months

Medium use (3-5 hours per week) every 4 months

Heavy use (more than 5 hours per week) every 2 months

HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION

- Disconnect the main power supply.
- Fold the treadmill up into the storage position.
- Feel the white back surface of the running mat.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use the following:

Lube-N-Walk Treadmill Lubrication Kit (CODE: 5520) comes complete with instructions, Available from your local Sports Retailer or contact YORK for your closest dealer.

HOW TO ADJUST THE ELEVATION



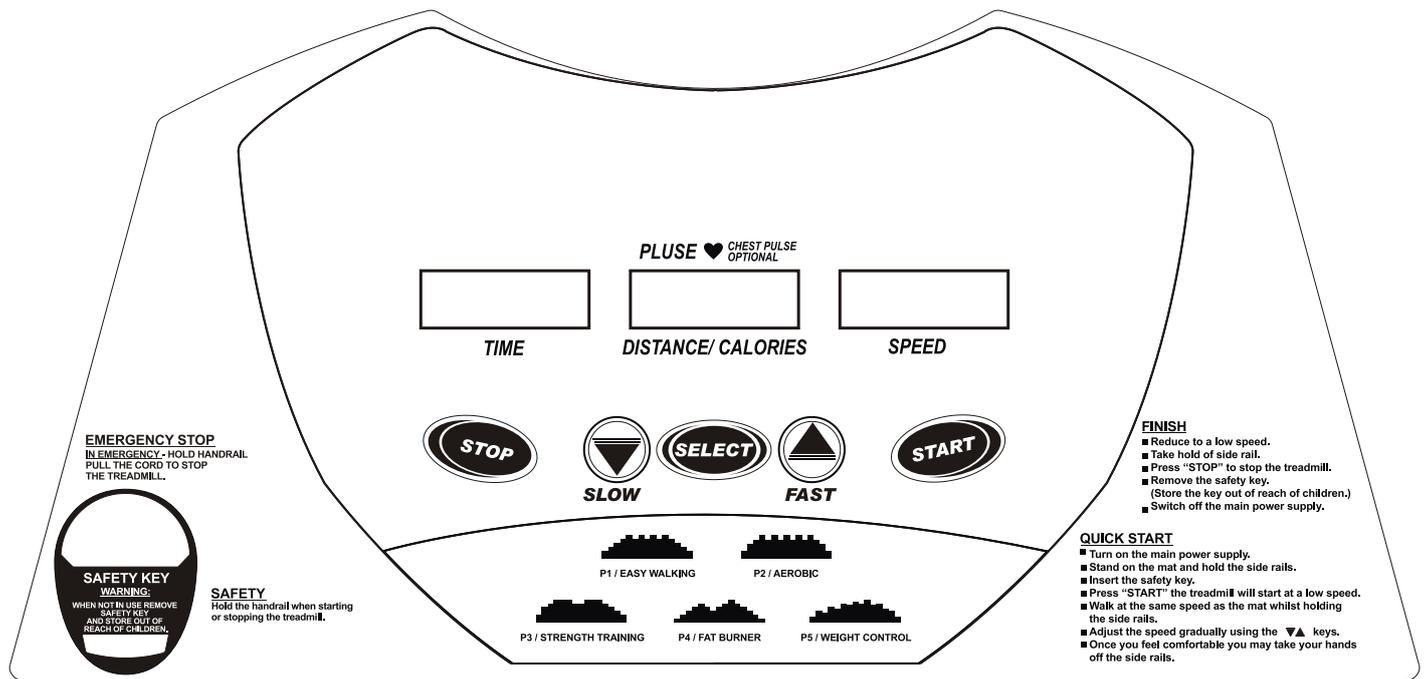
1. Find the elevation switch located on the right handle bar.
2. Press the top part of the switch for elevation "DOWN".
3. Press the bottom part of the switch of elevation "UP".
4. Press either top or bottom of the switch for your desired incline level, then simply release the switch when you feel comfortable.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

YORK T535i TM / 15

COMPUTER INSTRUCTIONS

Your computer is ideal for monitoring your performance and setting yourself targets. You can monitor closely your improving condition and cardiovascular fitness.



KEYS

- 1. STOP  key:** Slows the running mat gradually to a complete stop.
- 2.   Key:** Adjusts speed up or down.
- 3. SELECT  key:** Before you press the START  key, press this key if you wish to select the preset programs (P1  P2  P3  P4  P5 ).

Once you have pressed the START  key, press this key to select to display the value of either distance(DIST.) or calories(CAL.) or PULSE ().

- 4. START  key:** Activates the treadmill with the speed of the running mat low, and slowly increases until it reaches your preset training speed.

USING THE MAGNETIC SAFETY KEY

IMPORTANT: The treadmill will not work if the magnetic safety key is not in place.

Before starting the treadmill, attach the key to the computer, then attach the clip on the other end to your clothing (above the waist). If this key is pulled out whilst you are running on the treadmill then the mat will stop turning.

When the treadmill is not in use you should remove the safety key and store it somewhere safe, away from the treadmill. This will prevent any unauthorised use of the treadmill.

Store the safety key in a safe place **OUT OF REACH OF CHILDREN.**

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

FUNCTION

1. TIME: The computer will begin to count up from zero to 99:59 when you start the treadmill.

2. SPEED: The computer will display the speed you are doing from 1-16 KPH.

You can set the speed you wish to start at by pressing the UP  and DOWN  keys, either side of the SELECT  key, before pressing the START  key the treadmill will take a few seconds to build up its speed. Once the treadmill has started you can adjust the speed by pressing   keys.

3. DISTANCE: The computer will display the distance you have travelled from zero to 99.9KM.

Once you have started the treadmill you can switch between distance(DIST.), calories(CAL.) and PULSE (♥) by pressing the SELECT  key.

4. CALORIES: The computer will display the calories you have burnt up. The figure shown for the calories used provides an approximate value for user's reference only. The amount of calories used will vary depending on your speed and the distance you have travelled.

To gain a more accurate calorie consumption, divide the figure shown on the screen by 10.

Use the calorie value to compare how much work you did (energy used) in different training sessions.

5. PRESET

PROGRAMS: The computer has 5 preset programs. These are:

P1 - 

P2 - 

P3 - 

P4 - 

P5 - 

You can select one of these programs by pressing the SELECT  key before you press the START . Once you have chosen your program, press the START  key to begin.

You can alter the speed, when the program has started, by pressing the UP  and DOWN  keys.

OPERATING BUTTONS & FUNCTIONS

START

- Turn on the main power supply.
- Stand - Feet on the staging platforms (each side of the running mat.)
 - Hold the side rails.
- Insert the safety key.
- Press the "START"  key the treadmill will start at low speed.
- Step onto the treadmill mat and walk at the same speed as the mat while holding the side rails.
- Adjust speed gradually using the   keys.
- Once you feel comfortable you may take your hands off the side rails if you wish.

FINISH

- Reduce to the lowest speed.
- Take hold of side rail and step onto the staging platforms.
- Press the "STOP"  key to stop the treadmill.
- Remove the safety key. (Store safety key out of reach of children).
- Switch off main power supply.

TRAINING WITHOUT PRESET PROGRAM

Once the power is turned on and the safety key is secured in place, you will see all values display zero. Simply press the speed UP  key to the desired training speed. The minimum training speed is 1.0 KM/H. Once you have input the training speed, press the START  button. Time will count down from three seconds before the running mat will pick up speed.

You may increase or decrease speed at any time during you workout by pressing the speed arrow key UP  or DOWN .

TRAINING WITH PRESET PROGRAM

Once the power is turned on and the safety key is secured in place, you may press the SELECT  key to choose any one of the five pre-set programs.

P1 - 

P2 - 

P3 - 

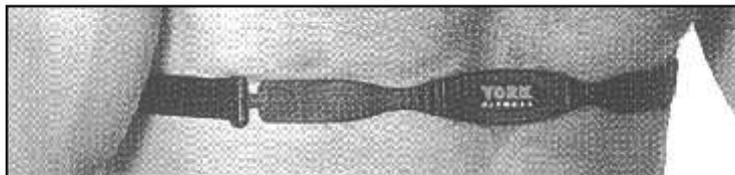
P4 - 

P5 - 

Once you have made your selection, press the START  key to activate the treadmill. Each program is set for a thirty minute workout. Each segment is one minute long. During any segment if you feel the speed is difficult to maintain, you may adjust the speed to the desired level by pressing the DOWN  key. This change will only affect the current segment. For the next segment, the mat speed will automatically go back to the pre-set speed according to the program profile.

THE YORK CHEST TRANSMITTER IS AN OPTIONAL EXTRA AVAILABLE FROM YOUR RETAILER FOR USE WITH THE T535i TREADMILL.

OPTION: POSITIONING THE CHEST TRANSMITTER



It is recommended that you wear the transmitter against your bare skin to ensure flawless operation. However if you wish to wear the transmitter over a shirt, moisten the shirt well under the rubber electrodes.

- Attach the adjustable elastic strap to the transmitter.
- Moisten the rubber electrodes on the underside of the belt as shown. Water or saliva can be used.

THE KEY TO FLAWLESS OPERATION IS TO WET THE RUBBER ELECTRODE AREAS WELL.

- The transmitter should be positioned next to your skin with the logo facing forwards in the middle of the chest, just below the breast.
- Adjust the strap to ensure a secure but comfortable fit.
- The transmitter is activated automatically when on the body and is deactivated automatically when removed.

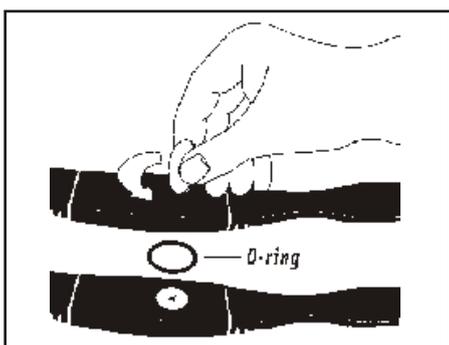
NOTE: If you have difficulty obtaining a good regular heart rate reading, please check the belt, which may need adjusting. The rubber electrodes must be flat against the skin, and the belt must be in the correct position on the chest---Not too low!! Check the electrodes are wet.

Check that the belt is clean, with no accumulated sweat or dirt.

CARE AND MAINTENANCE

- Thoroughly wipe the transmitter, and allow the elastic strap to dry after each use. Store your chest transmitter in a cool dry place.
- Do not expose your chest transmitter to direct sunlight for extended periods such as leaving it in a car.
- Do not expose your chest transmitter to extreme temperatures above 122° Fahrenheit (50°C) or below 14° Fahrenheit (-10°C).

REPLACING THE TRANSMITTER BATTERY



Unscrew the battery hatch with a coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch. Check that rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely. The transmitter utilizes a 3 volt 2032 cell.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

MONITOR POWER SUPPLY

The training computer does not require any battery since it is supplied with power via the running treadmill.

PROTECTIVE CIRCUIT

To protect your safety, this treadmill is designed and equipped with run away protection. If the admissible operating speed of the treadmill is exceeded or fallen below, the protective circuit will shut off the treadmill to protect you and the equipment. The treadmill will flicker all display values to alert the user to the condition. Reset the treadmill by turning the power switch on/off to return the treadmill back to the normal operating mode.

TROUBLE SHOOTING

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of an electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behaviour from the treadmill, simply turn the power switch off and on to reset the treadmill.

This should clear incidental errors and prepare the treadmill for normal operation again.

If, after you have reset the treadmill by turning the power switch off and on again, the treadmill is still not operational, then it is time to call the helpline.

NO SIGNAL ON THE CONSOLE LCD WINDOWS

If there is no signal on the monitor, even after you have switched the treadmill off and on again to reset, check the communication cable between monitor and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged.

If defective, ask your dealer for a replacement cable.

Error 1: Speed Sensor error

Error 1 occurs when the console is not picking up the motor speed signal.

In other words, when the motor speed is not correctly fed back to the controller and console, the treadmill will shut off to protect the user and Error 1 will be displayed on the console. Please see the **Trouble Shooting Guide** for further instruction.

When trouble shooting this error, do not stand on the running mat.

When you report Error 1 to the service center, make sure you note down the circumstantial details.

1. Is the motor operational? For example, if the motor is not working when you push the start button, Error 1 displays immediately.
Motor and running mat do not move.
2. If the treadmill was running, then it stopped and showed Error 1, then the motor is operational.
3. If the motor is operational, did the treadmill stop at low speeds (1.0 - 1.5 KPH) or high speeds (10 KPH - 12 KPH)

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Error 2: Over Speed error

Error 2 occurs when the actual belt speed is faster than the speed displayed on the console. This is also called run away protection. If the controller is broken, and the motor is running out of control, it is dangerous to the user. So, this is a safety mechanism to shut off the treadmill immediately.

When trouble shooting this error, do not stand on the running mat.

If you see Error 2 when you first turn on the power to the treadmill, before the motor has moved. One possibility for the Error 2 occurring is because the mat had moved before the motor moved. This could have happened during handling of the treadmill.

The controller thinks the motor moved even though it has not given power to the motor. The controller thinks something is wrong. Simply turn the power off and on again to reset.

If the user is pushing hard on the running mat to cause the mat to run faster than the displayed speed, Error 2 will also occur. Simply turn the power off and on again to reset.

While the treadmill is running, it suddenly speeds up quickly and stops and displays Error 2 on the console. This means the controller is damaged and the motor is running out of control. Call your dealer for service. Do not use the treadmill until it is repaired.

Error 3: Safety Key error

Error 3 occurs when the safety key is not in positive contact with the console. Check for positive contact of the safety key to the console.

Error 5: Incline Motor error

This error occurs when the incline motor is not functioning properly.

1. Incline motor is over - loaded or over - heated. Simply wait until the incline motor has returned to normal temperature, then try again.
2. Sensor connection cable has problem.
3. Sensor (Potentiometer) is defective or damaged.
4. Incline motor is damaged.

Error 11: Communication error

This error occurs when the communication between the console and the controller is not functioning properly. Check the communication line connections first to make sure it is not loose or the cables are not pinched. If the communication cable is damaged, change it. Turn the power off and on again to reset the treadmill.

TROUBLE SHOOTING GUIDE

| Problem | Potential Cause | Corrections |
|---------------------------------------|--|---|
| Treadmill will not start | <ol style="list-style-type: none">1. Not plugged in2. Safety key not inserted3. House circuit breaker tripped4. Treadmill circuit breaker tripped5. On/Off switch on "OFF" | <ol style="list-style-type: none">1. Plug into grounded outlet.2. Insert the safety key into the console.3. Reset or replace fuse.4. Reset the circuit breaker. If happens again, lubricate the deck to reduce friction between mat and deck.5. Turn On/Off switch to "ON". |
| Running mat slips | <ol style="list-style-type: none">1. Running mat not tight enough2. Drive belt not tight enough | <ol style="list-style-type: none">1. Adjust running mat tension.2. Adjust drive belt tension. |
| Running mat hesitates when stepped on | <ol style="list-style-type: none">1. Insufficient lubrication2. Running mat too tight / too loose | <ol style="list-style-type: none">1. Apply silicone lubricant.2. Adjust running mat tension. |
| Running mat is off center | Running mat tension uneven across the rear roller | Center the running mat. |

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

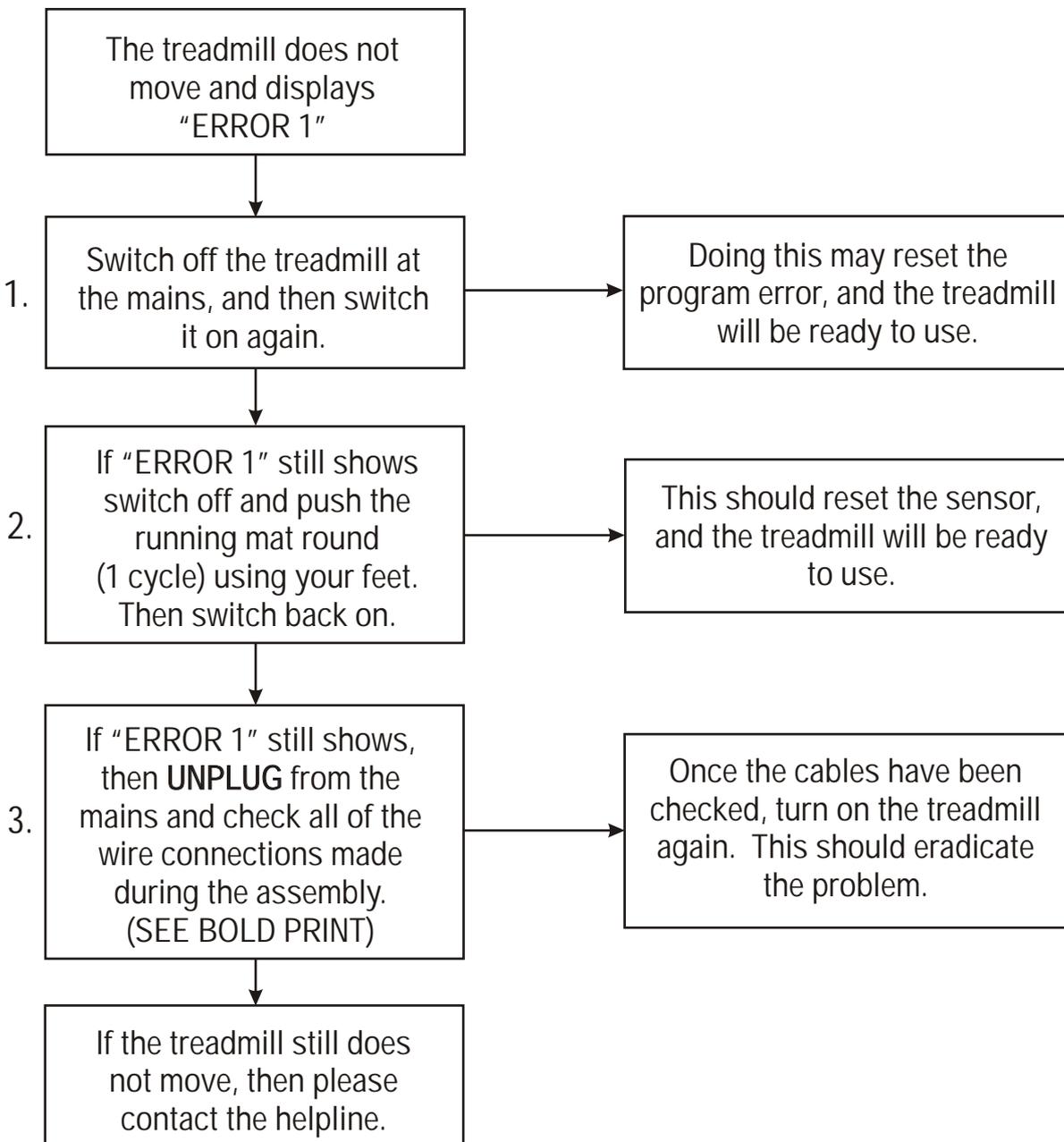
ERROR 1 CODE

This is a safety feature that can stop the treadmill from functioning. This error can occur because the computer is not receiving the correct information from the speed sensor located near the motor. As a precaution the computer stops the treadmill until it begins to receive the correct feedback.

By performing a few simple checks, the error can be cleared quickly and easily, and the treadmill can be ready for use.

When assembling, there are several cables that need to be connected. It is very common for these cables to look like they are connected when they are in fact not fully connected.

Make sure that these cables are connected as tightly as possible. The connections may have come apart whilst assembling the treadmill.



EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently. This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart. This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life. When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.

The area between these 2 levels is called the target zone.

It is important to exercise at the right intensity to stay within this zone.

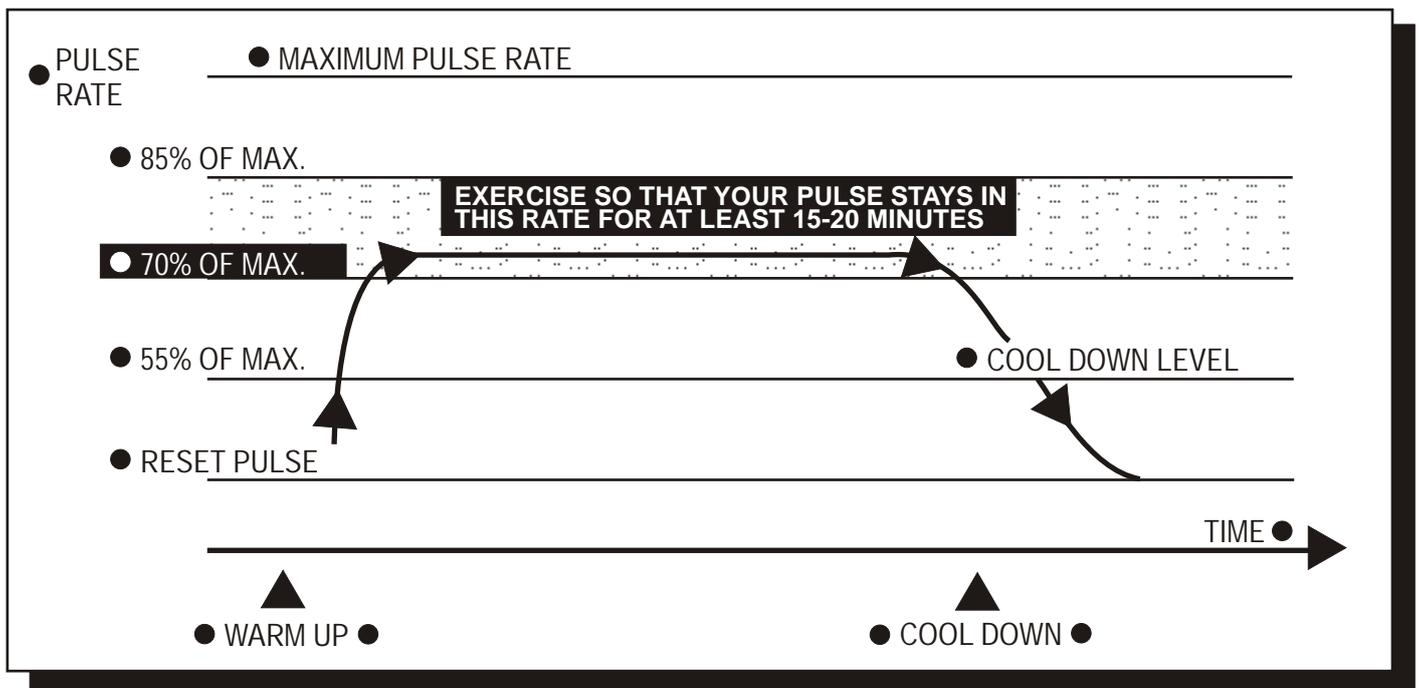
For the best results you should exercise within the target zone and gradually increase the duration. Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously, 3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.

IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:

- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.

The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

$$\text{Estimated Maximum Heart Rate} = 220 - \text{Age (Year)}$$

SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets your personal fitness goal.

ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.

If you already exercise regularly with the aim of losing body fat, exercise in this zone.

ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.

Progress to this zone if your goal is to improve your aerobic conditioning.

ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.

This is the zone in which to improve anaerobic threshold. Exercising in this zone requires a high degree of fitness, and should not be used by those who are unfit.

ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.

For professional supervised athletes only.



| Percentage of Max Heart Rate (Beats per Minute) | | | | | | |
|---|-----|---------------------------|-------------------------|---------------------|-----------------------|-----------------------|
| Max HR | Age | Healthy Heart 50 - 59% | Weight Loss 60 - 69% | Aerobic 70 - 79% | Anaerobic 80 - 89% | Red line 90 - 100% |
| 155 | 65 | 78 - 93 | 94 - 109 | 110 - 124 | 125 - 139 | 140 - 155 |
| 160 | 60 | 80 - 96 | 97 - 112 | 113 - 128 | 129 - 144 | 145 - 160 |
| 165 | 55 | 83 - 99 | 100 - 116 | 117 - 132 | 133 - 148 | 149 - 165 |
| 170 | 50 | 85 - 102 | 103 - 119 | 120 - 136 | 137 - 153 | 154 - 170 |
| 175 | 45 | 88 - 105 | 106 - 123 | 124 - 140 | 141 - 157 | 158 - 175 |
| 180 | 40 | 90 - 108 | 109 - 126 | 127 - 144 | 145 - 162 | 163 - 180 |
| 185 | 35 | 93 - 111 | 112 - 129 | 130 - 147 | 148 - 166 | 167 - 185 |
| 190 | 30 | 95 - 114 | 115 - 133 | 134 - 152 | 153 - 171 | 172 - 190 |
| 195 | 25 | 98 - 117 | 118 - 137 | 138 - 156 | 157 - 175 | 175 - 195 |
| 200 | 20 | 100 - 120 | 121 - 140 | 141 - 160 | 161 - 180 | 181 - 200 |
| 205 | <18 | 101 - 121 | 122 - 141 | 142 - 162 | 162 - 182 | 183 - 205 |

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll have to monitor yourself to be sure you're in it. Here is a simple rule, if you can't hold a conversation without gasping for breath you are probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits - We recommend you check your heart rate periodically throughout your workout. You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two things:

1. Rate: How fast you exercise.
e.g. The speed you cycle, run or step.
2. Load: The resistance against which you exercise.
e.g. The tension you apply on a cycle or stepper, or the incline set on a treadmill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.

If your pulse rate is too high exercise slower or decrease load.

If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.

If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body a chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we've mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we recommend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.

You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.

During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.
2. Begin slowing down for the cool down phase.
3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.

Keep a record of the results to help you monitor your progress.

YORK BARBELL LIMITED WARRANTY INFORMATION

- York Barbell Ltd warrants this product to be free from defects in workmanship and material under normal use and conditions from the date of original purchase. This excludes normal wear and tear and is applicable to the original purchaser with sales receipt as proof of purchase.
- The warranty period varies according to the type of product, model or parts concerned and may vary according to country. Please request full warranty details from the York office in your location (see below).

The warranty for York T700iTreadmill for
Frame is lifetime, Motor is 5 years and All components is 1 year

- This warranty covers the product for home/domestic use only and not for commercial or rental usage.
- York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product as detailed in the manual. This warranty does not cover accidental damage, misuse, abuse, lack of reasonable care for the product, freight damage or alterations or repairs not made by York Barbell Ltd or a recommended service centre.
- During the warranty period, York Barbell will at no additional charge replace parts or repair the product if it becomes defective, malfunctions or otherwise fails to conform to this warranty under usual, non commercial use.
- In repairing the product, York Barbell Ltd may replace defective parts and reserves the right to use serviceable used parts that are equivalent to new parts in performance.
- In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready.
- If the problem cannot be fixed by sending parts, you will need to arrange to send the goods to a York authorised repair centre. You must prepay any shipping charges and you are responsible for insuring any product or part shipped or returned. Returns will not be accepted without written authorisation by York Customer Service Department.

WARRANTY REGISTRATION

- It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.

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| U.K. | AUSTRALIA | U.S.A. |
| YORK FITNESS HELP LINE (8:30am- 4:30pm) <u>YORK BARBELL (U.K.) LTD.</u> YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk | YORK FITNESS HELP LINE (8:00am- 4:00pm) <u>YORK BARBELL (AUST.) PTY. LTD.</u> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au | YORK FITNESS HELP LINE (8:00am- 5:00pm) <u>YORK BARBELL USA.</u> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com |
| CANADA | TAIWAN | Authorized Dealer |
| YORK FITNESS HELP LINE (8:30am- 4:30pm) <u>YORK BARBELL CO. LTD.</u> 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593 | YORK FITNESS HELP LINE (9:00am- 6:00pm) <u>YORK FITNESS (TAIWAN) LTD.</u> ROOM A2 4F, NO.51, GONG-YI ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net | |

WARRANTY REGISTRATION

IMPORTANT: Please complete and return this page, with a copy of your receipt, to your local York dealer within 14 days.
Alternatively, you can register your warranty on-line - please visit www.yorkfitness.com

YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF OF THE ORIGINAL PURCHASE.
This can be the receipt, invoice, delivery note or internet confirmation.

Which product did you buy? _____

Where from (name of retailer)? _____

Date Purchased _____ Serial / Batch No _____

Name (Mr/Miss/Mrs) _____

Address _____

Telephone Number _____

E-mail address _____

Please help us to improve our products and services by answering the following questions:

How did you buy this product?

In a shop _____
Mail order catalogue _____
Over the internet _____
Other, please specify _____

Why did you choose this product (tick all that apply)?

Discounted price _____
York brand name _____
Best specification at the price you wanted to pay _____
Word of mouth recommendation _____
Sales staff recommendation _____
Received as a present _____

Did you search the web before buying this product?

Yes _____
No _____

Were you aware of York before you bought this product?

Yes _____
No _____

How old are you?

Under 18 _____
18 - 29 _____
30-39 _____
40-49 _____
50+ _____

Are you a member of a gym or fitness club?

Yes _____
No _____

What prompted you to buy fitness equipment (tick all that apply)?

Replacing old equipment _____
Saw an advert with big price savings _____
Medical advice _____
Thought it was about time to get fit _____
Want to look good _____

Do you have access to a PC at home?

Yes _____
No _____

How would you rate the product you have just purchased (1 = poor, 10 = excellent)?

Quality _____
Looks _____
Usability _____
Instruction manual _____
Ease of assembly _____

On average, how many times a week do you exercise / work out?

0 _____
1 - 2 _____
2 - 3 _____
4 or more _____

Any other comments

This information will be held by York Barbell Ltd and will not be passed onto third parties. Please tick this box if you would not like to receive further information from York Barbell

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PARTS ORDER FORM

**Enclose a check or money order
with this form for replacement parts.**

Date of purchase -----

Name of location where purchased -----

Model number -----

Last name, First name -----

Telephone number -----

Address ----- **City** ----- **State** ----- **Zip/Postcode** -----

| Part No. | Q'ty | Part Description | Unit Price | Total |
|-----------------------------|-------------|-------------------------|-------------------|--------------|
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| Total value of order | | | | |

Send your order to:

YORK BARBELL (AUST.) PYT. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
YORK WAY,
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