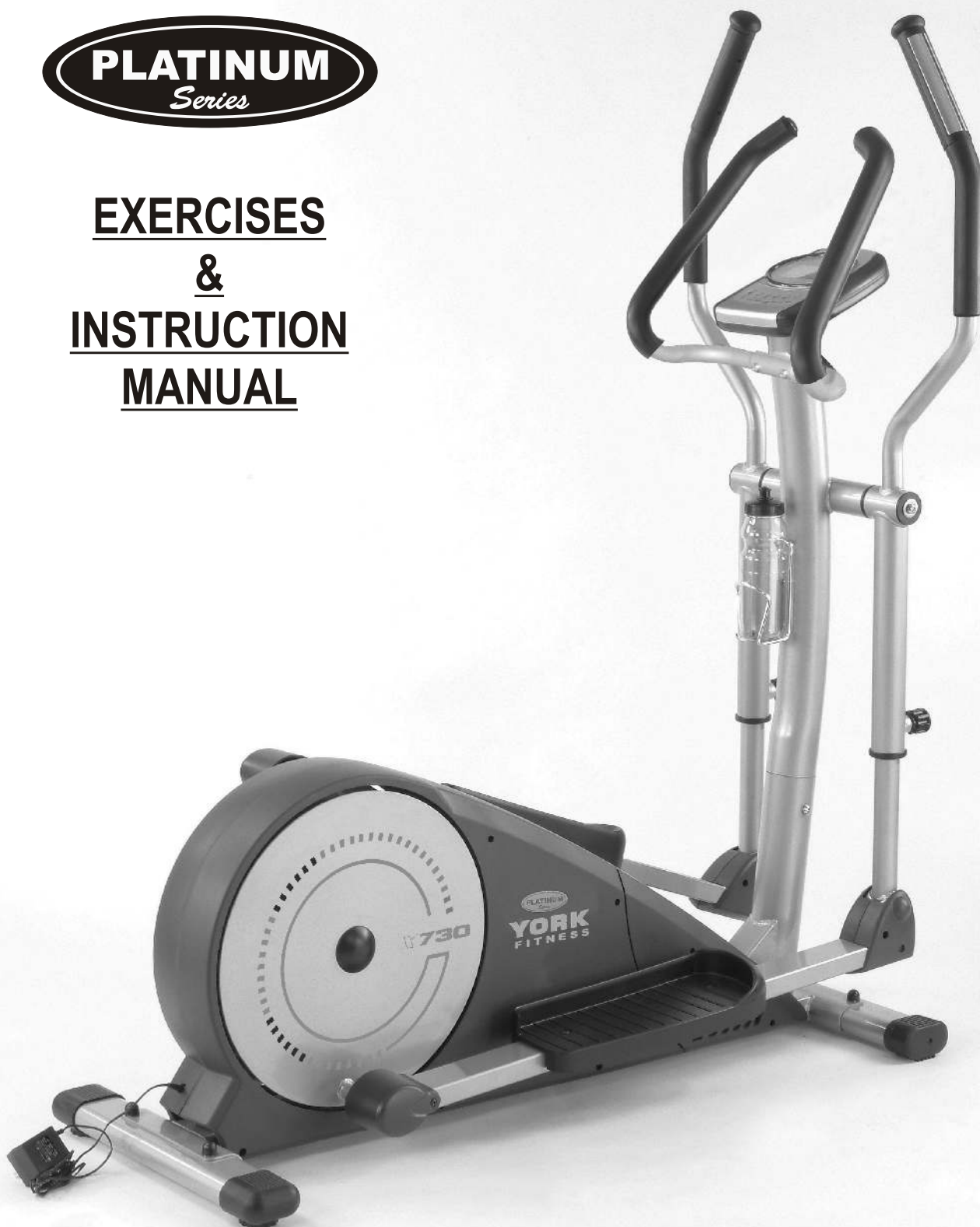


# YORK<sup>®</sup> FITNESS X730



## EXERCISES & INSTRUCTION MANUAL



10 / 2005

Product may vary slightly from the item pictured.

COMPLIES WITH AUSTRALIAN STANDARD AS 4092-1993  
COMPLIES WITH EUROPEAN STANDARD EN957-1+9 CLASS HA



# YORK X730 CROSSTRAINER

## SAFETY GUIDELINES:

Please read and follow the following safety guidelines:  
Read this owner's manual and follow the instructions.

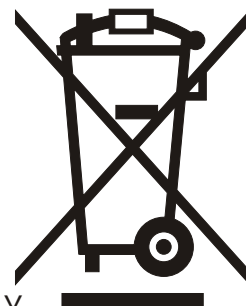
- Assemble and operate the YORK X730 on a solid, level surface.
- Keep the area behind the YORK X730 clear.
- Always use your YORK X730 in adequate space e.g., at least 2 ft. (60cm) clearance on each side.
- Never allow children on or near the YORK X730.
- Always check the YORK X730 before using it, in particular make sure all parts are assembled, and nuts and bolts are tightened.
- Do not use the YORK X730 if the unit is disassembled in any way.

**WARNING:** Injuries could occur particularly to young children if the guards are removed and not correctly reinstated.

**WE DO NOT RECOMMEND THE REMOVAL OF THE GUARDS.**

Always check the guards to ensure they are secured before use.  
If guards are not secured tighten the screws of the guards.

- Keep hands away from moving parts.
- The max. user weight of 136kgs ( 300lbs ) has been determined according to European Standards.
- This product is not suitable for therapeutic purposes ( Class B & C ).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side.
- Care should be taken when mounting and dismounting the unit.
- Do not place any liquids on any part of the YORK X730.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Always consult your doctor before undertaking any exercise programme.
- Work within your recommended exercise level, do NOT work to exhaustion.
- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY.**
- Consult your physician immediately.
- **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.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear e.g. ropes, pulleys & connection points.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Component such as pulleys, bearings and cables are always more susceptible to wear. Special attention should be taken to inspect these component before use.
- **WARNING:** Injuries to health may result from incorrect use of this equipment. Always correctly follow the instructions that are set out in this manual.
- That adjustment devices are not left projecting as they may interfere with people.
- This machine requires a **230V 50Hz / 6V 1000mA A.C. Adaptor.** Use of adaptors not specifically recommended by YORK may damage your machine and void your warranty.



The YORK X730 is designed for use and enjoyment in the home (NOT FOR COMMERCIAL USE). By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with the YORK X730.

## CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK X730 clean.

## TOOLS REQUIRED

The tools enclosed in the carton are three allen keys (one has a screwdriver function) and one multi-purpose spanner.

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

U.K.	AUSTRALIA	U.S.A.
<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:30am- 16:30pm) <b>YORK BARBELL (U.K.) LTD.</b> CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk</p>	<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:00am- 16:00pm) <b>YORK BARBELL (AUST.) PTY. LTD.</b> 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><b>YORK</b> FITNESS</p> <p>HELP LINE (8:00am- 17:00pm) <b>YORK BARBELL USA.</b> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com</p>

# GENERAL

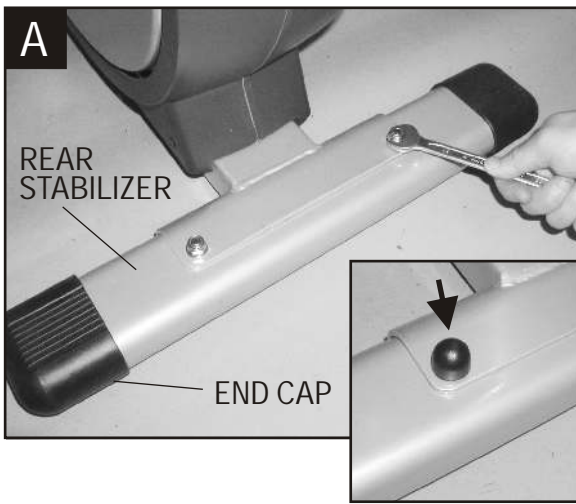
WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK X730 CROSSTRAINER.

REMOVE ALL THE PARTS OF YOUR YORK X730 FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY.

FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR YORK X730 CROSSTRAINER.

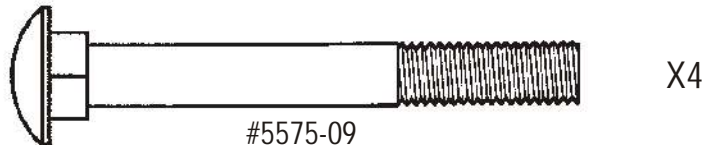
## ASSEMBLY INSTRUCTIONS

1.



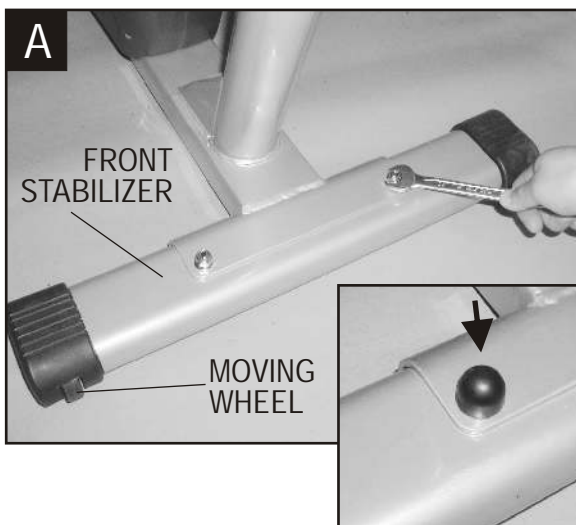
### ATTACH THE REAR STABILIZER

- The rear stabilizer has end caps with an adjustable knob fitted underneath that can vary in height to enable you to level the trainer on uneven floors.
- Fix the rear stabilizer to the main frame and secure, using two carriage bolts, spring washers, washers and nylon locknuts.
- Fix the plastic caps onto the locknuts once secured.



**NOTE:** This equipment has been supplied with some Nylon Locknuts. It is essential that the nuts are fully tightened onto the bolts, so that the bolt penetrates through the nylon insert.

2.



### ATTACH THE FRONT STABILIZER

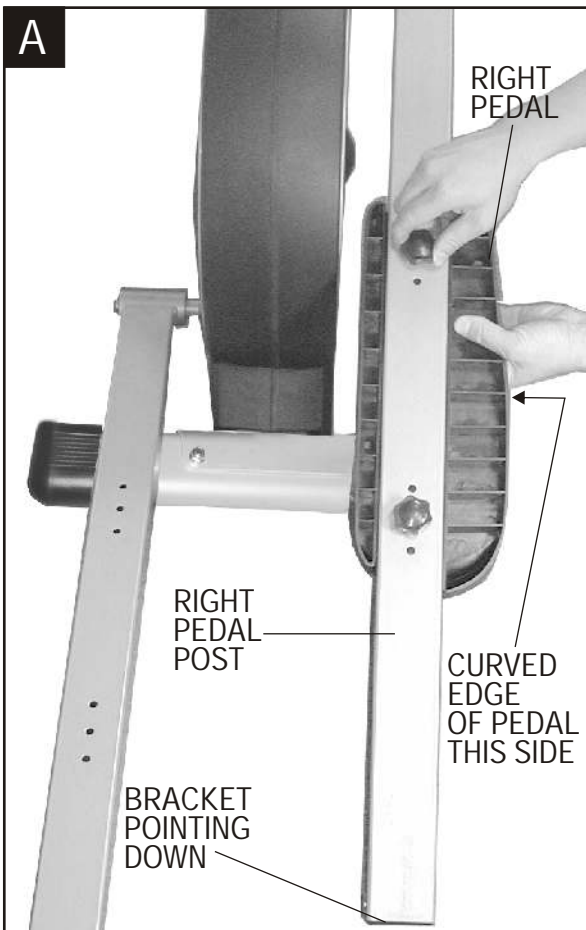
- The front stabilizer has moving wheels near each end.
- Fix the front stabilizer to the main frame and secure, using two carriage bolts, washers, spring washers and nylon locknuts.

**NOTE: MAKE SURE** you fasten the nuts and bolts securely for your safety and comfort when pedalling.

- Fix the plastic caps onto the locknuts once secured.

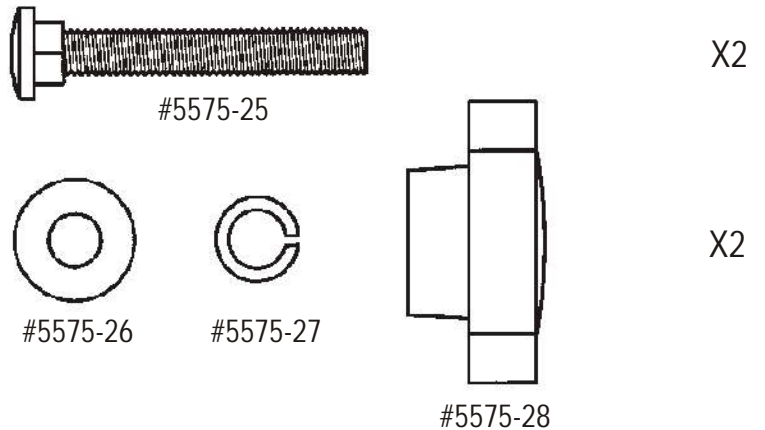
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

3.

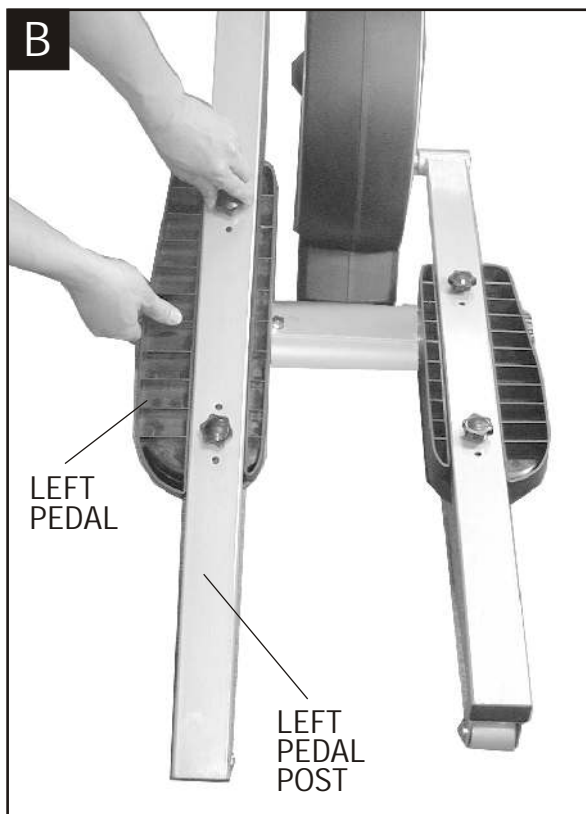


## ATTACH THE PEDALS TO THE POSTS

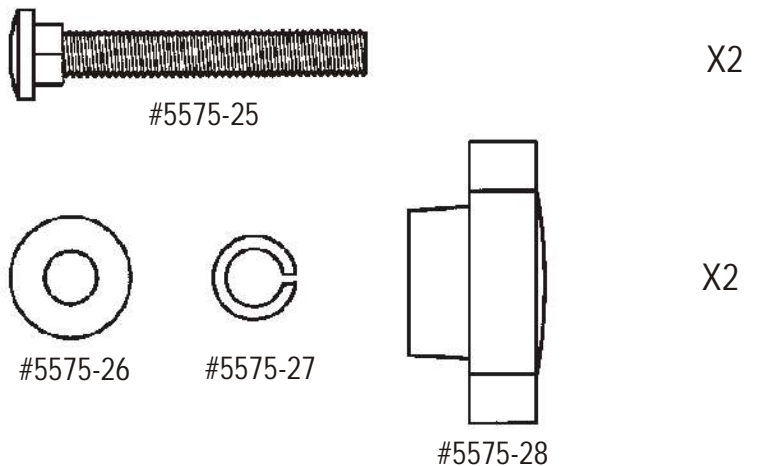
- Rotate both pedal post assemblies backwards so that the pedal posts are resting on the floor as shown.
- Attach the right pedal to the right pedal post and secure, using two carriage bolts, washers, spring washers and fixing knobs.



**NOTE:** The curved edge of each pedal must be fixed onto the pedal post facing outwards.



- Attach the left pedal to the left pedal post and secure, using two carriage bolts, washers, spring washers & fixing knobs.



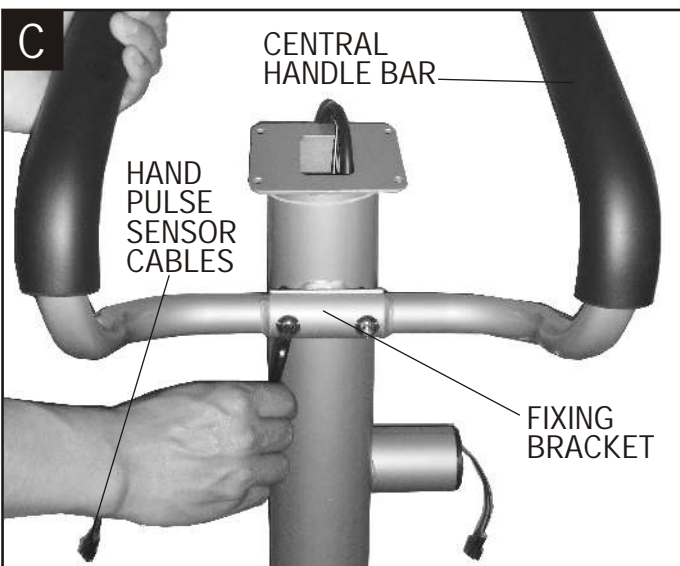
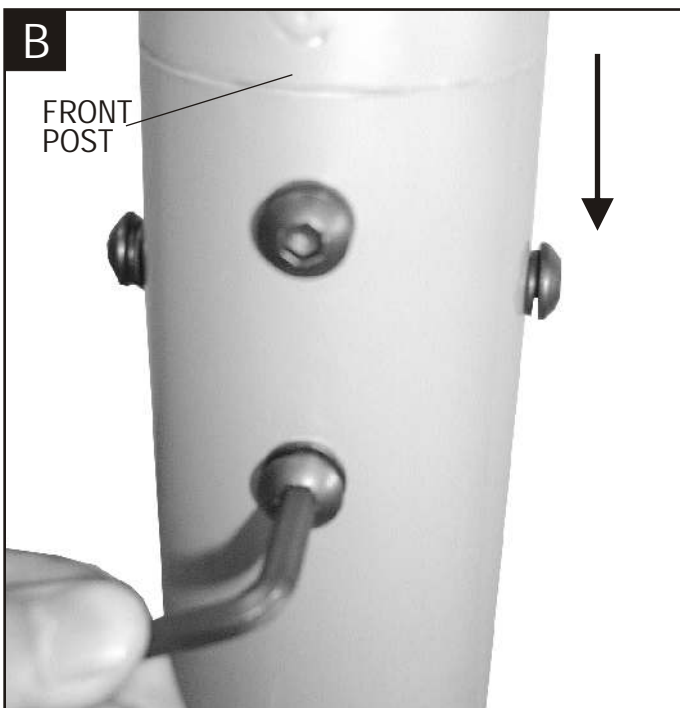
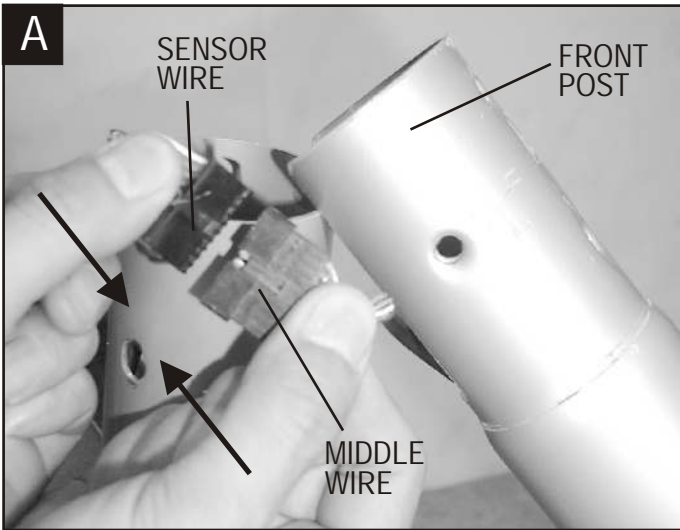
**NOTE:** There are three adjustable holes on the pedal post for you to adjust the pedal to a suitable position.

**MAKE SURE** you fix both pedals into the same positions on the pedal posts.

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

YORK X730 / 04

4.



## ATTACH THE FRONT POST

- Rest the front post on the front post mounting tube carefully as shown.
- Connect the sensor wire plug on the main frame to the middle wire socket protruding at the end of the front post.
- Check the middle wire runs up the front post and out of the top - later this will connect to the computer.

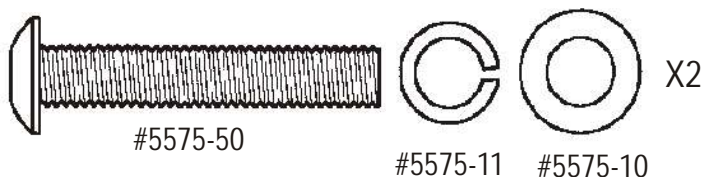
NOTE: TAKE CARE to ensure the wire is connected as tightly as possible.

- Insert the front post into the front post mounting tube and secure, using four allen head bolts, spring washers and washers.



NOTE: TAKE CARE to ensure that the wire does not get trapped when you attach the front post.

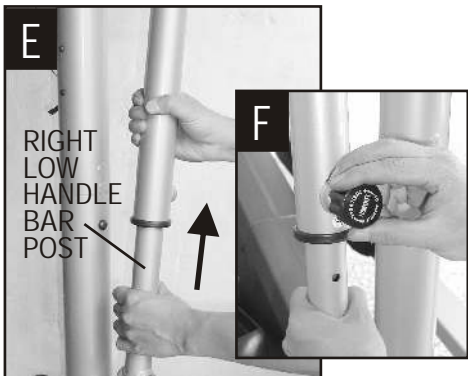
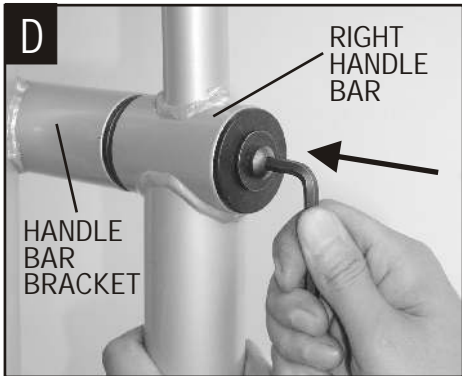
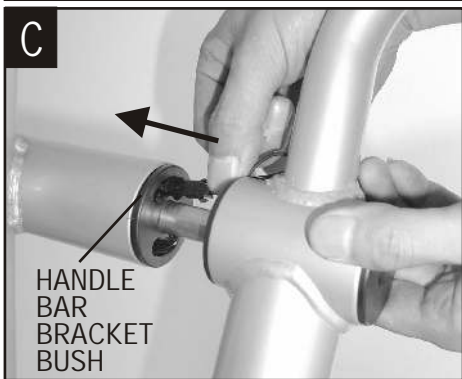
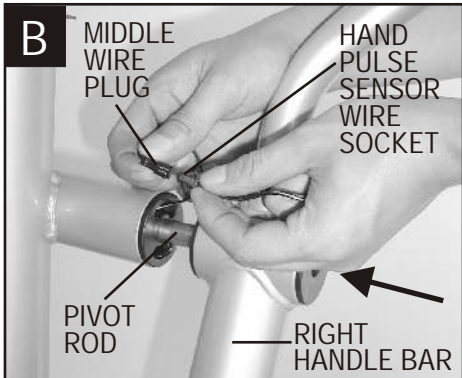
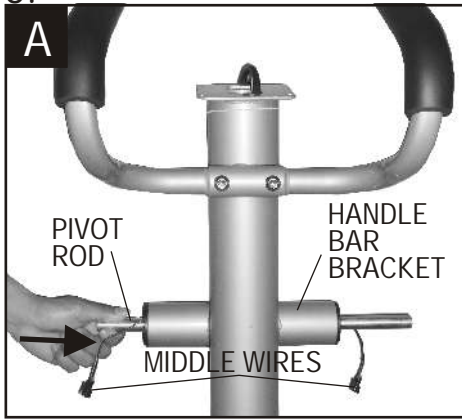
- Fix the central handle bar to the front post via the fixing bracket using two allen head bolts, spring washers and washers.



NOTE: TAKE CARE to ensure that the hand pulse sensor cables do not get trapped when you attach the centre bar.

MAKE SURE you fasten the bolts securely for your safety and comfort when pedalling.

5.



## ATTACH THE HANDLE BAR POSTS

- Insert the handle bar pivot rod through the pivot rod bushes fitted on the handle bar bracket carefully as shown.

**NOTE: TAKE CARE** to ensure that the middle wire does not get trapped when you insert the pivot rod.

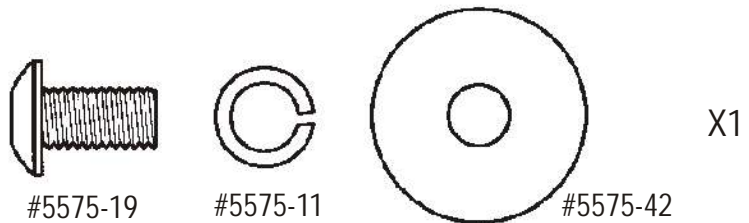
- Attach the right handle bar onto the handle bar pivot rod carefully. Connect the hand pulse sensor wire socket, which protrudes from the pivot rod bush on handle bar, to the middle wire plug protruding from the end of the handle bar bracket securely.

**NOTE: TAKE CARE** to ensure wires do not get trapped when fitting handlebar

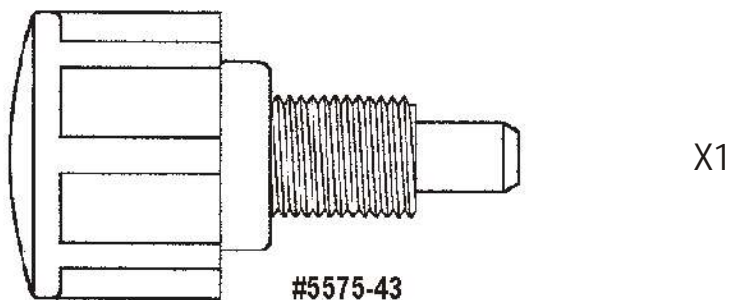
- Slide the rest of the wires into the bush on the handle bar bracket carefully.

**NOTE: TAKE CARE** to ensure wires do not get trapped when fitting handlebar

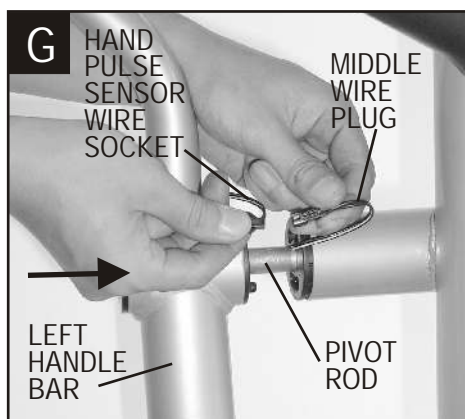
- Secure the right handle bar post to the handle bar bracket by using one allen head bolt, spring washer and washer.



- Slide the right low handle bar post into the right handle bar post and secure in position with the adjusting knob.

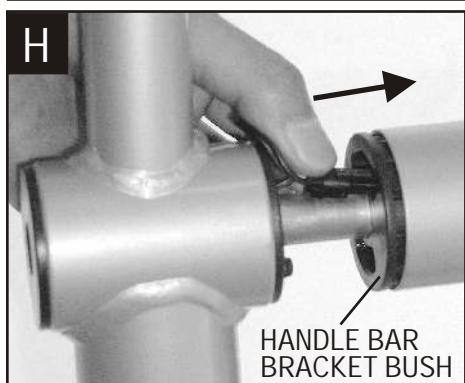


\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

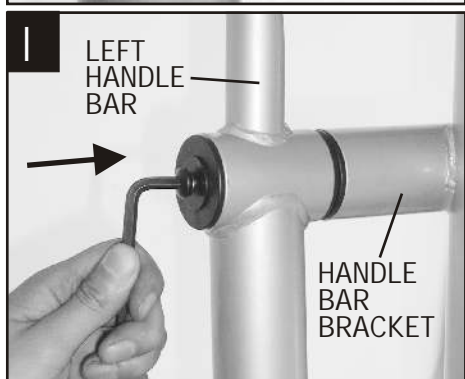


- Attach the left handle bar onto the handle bar pivot rod carefully. Connect the hand pulse sensor wire plug, which protrudes from the pivot rod bush on the handle bar, to the middle wire socket protruding from the end of the handle bar bracket securely.

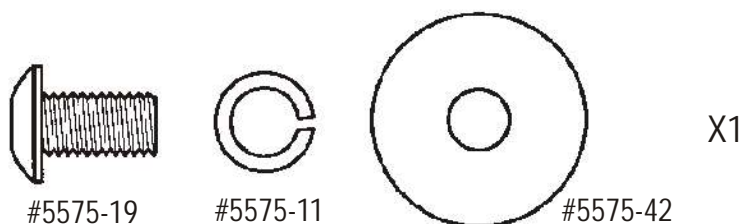
**NOTE:** Ask somebody to hold the right handlebar in position until **Steps H** and **I** have been completed.



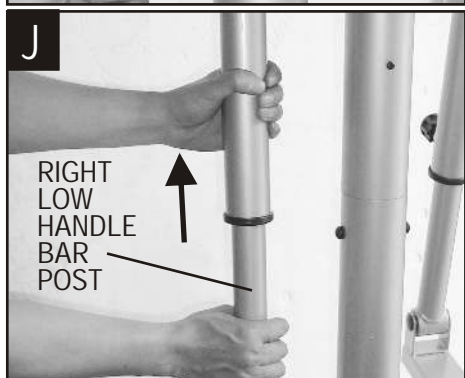
- Slide the rest of the wires into the bush on the handle bar bracket carefully.



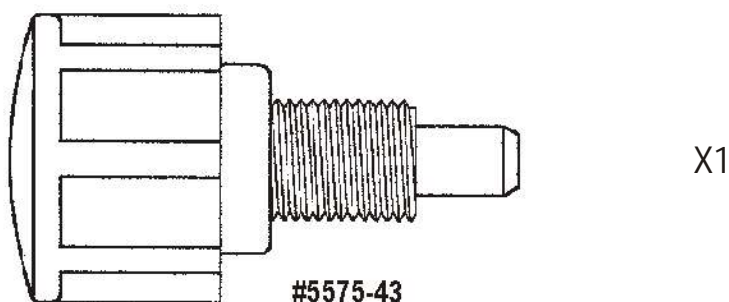
- Secure the left handle bar post to the handle bar bracket by using one allen head bolt, spring washer and washer.



**NOTE:** Hold the right side allen head bolt in place using an allen key, whilst you are tightening the left side allen head bolt, to ensure both bolts are fully tightened.



- Slide the left low handle bar post into the left handle bar post and secure in position with the adjusting knob.

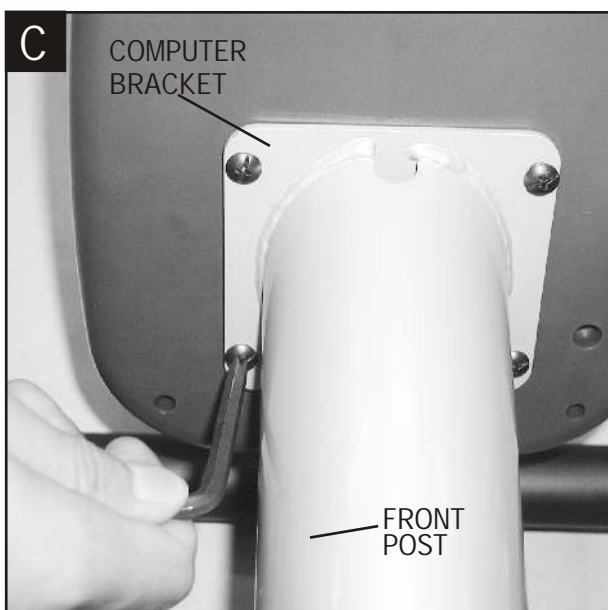
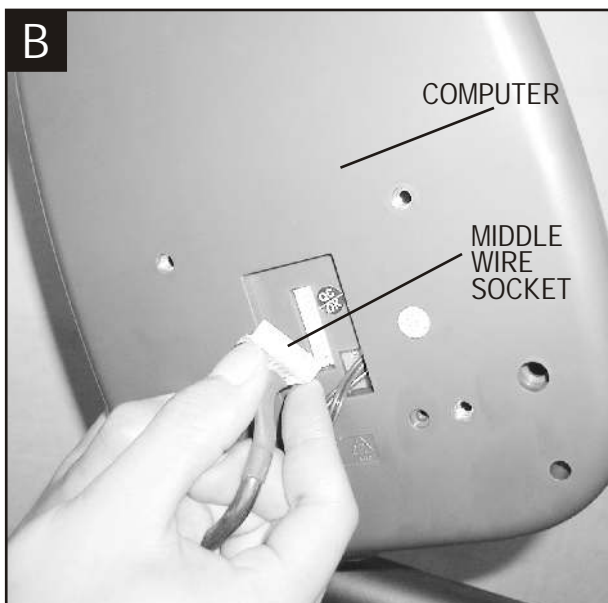
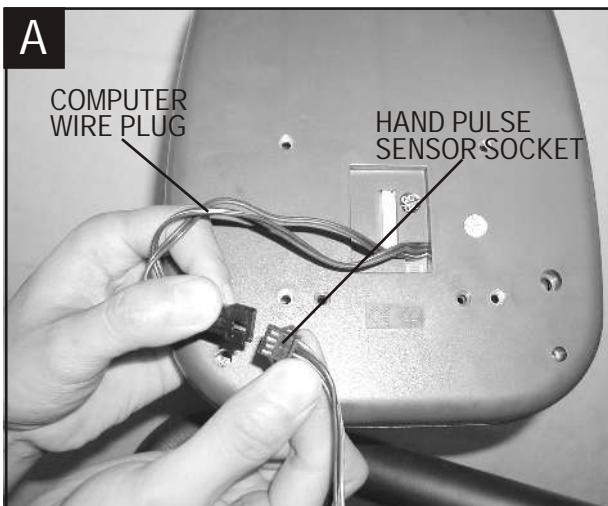


**NOTE: MAKE SURE** you fasten both bolts securely for your safety and comfort when pedalling.

**MAKE SURE** you fix both low handle bars in the same position.



6.



## ATTACH THE COMPUTER

- Connect the hand pulse sensor wire socket to the computer wire plug securely as shown.

- Connect the middle wire, that comes out of the front post, to the computer plug on the back of the computer console.

- Attach the computer to the computer bracket by using four machine screws. (The machine screws are located in the back of the computer console.)



X4

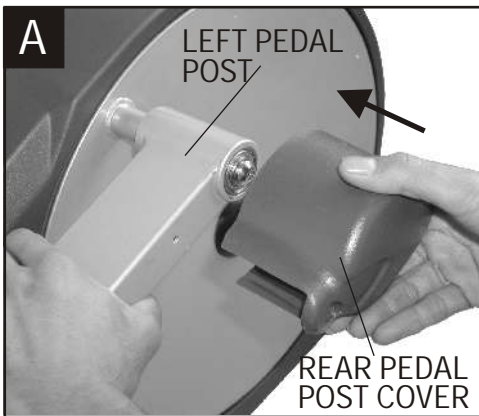
- NOTE: TAKE CARE** to ensure that the wire does not get trapped when you attach the computer.

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

YORK X730 / 08

7.

## ATTACH THE PEDAL POST COVERS



- Attach the rear pedal post cover onto the left pedal post securely as shown.

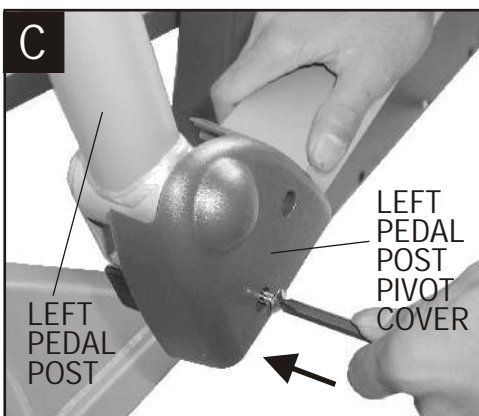


- Fix the rear pedal post cover to the left pedal post by using a machine screw.



X1

#5575-52

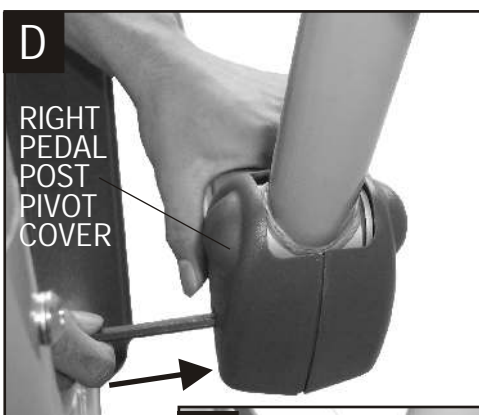


- Attach the left pedal post pivot cover onto the left pedal post and secure, using one machine screw as shown.



X1

#5575-52



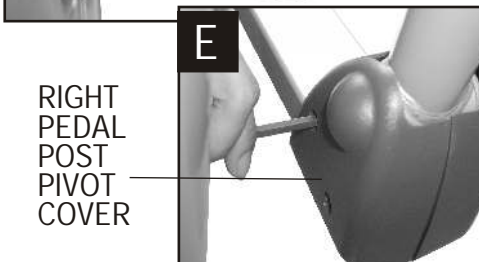
- Attach the right pedal post pivot cover onto the inside of the left pedal post and secure, using one machine screw.

- Secure the right pivot cover to the left pivot cover by using one fixing screw as shown.



#5575-61

X1



- Repeat the same process for the Right Pedal Post assembly.

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

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8.

## ATTACH THE WATER BOTTLE HOLDER



- Fix the water bottle holder to the front post and secure, using two machine screws.



#5575-52

X2



- Slide the water bottle into the water bottle holder in position directly as shown.

9.



- Plug the AC adaptor lead into the socket at the rear end of your YORK X730 CROSSTRAINER as shown.
- Plug the 230V 50H / 6V 1000mA A.C. Adaptor into a suitable mains supply ( 220V ~ 240V 50Hz ).

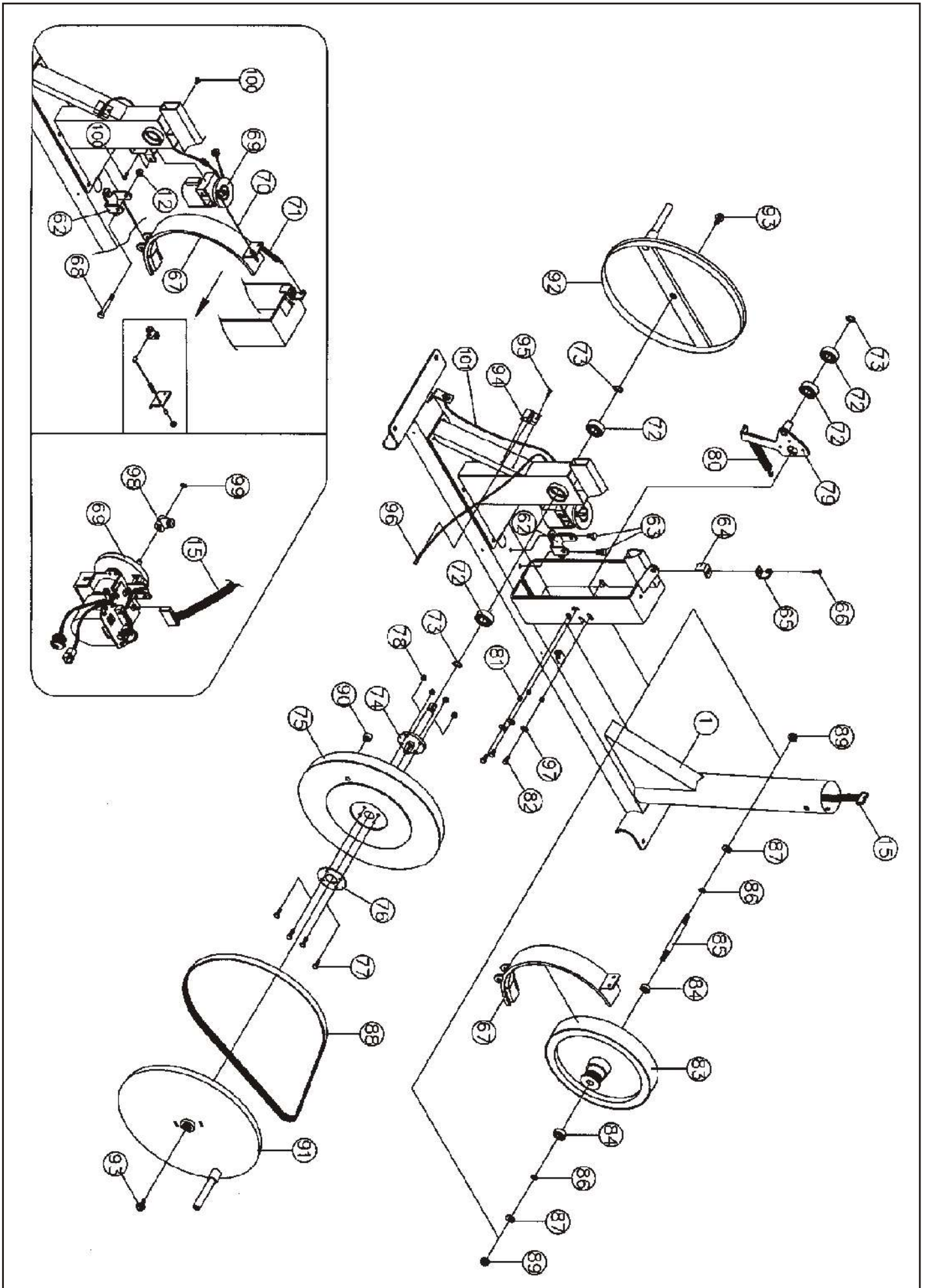
RECHECK THAT ALL THE BOLTS AND NUTS ARE TIGHTENED SECURELY FOR YOUR SAFETY & COMFORT.

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

YORKX730 / 10



# DESCRIPTION



# PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5575-01	1	MAIN FRAME
2	5575-02	1	LEFT CHAIN COVER
3	5575-03	1	RIGHT CHAIN COVER
4	5575-04	2	METAL DISC CAP
5	5575-05	1	FRONT STABILIZER
6	5575-06	2	HEIGHT ADJUSTABLE KNOB
7	5575-07	2	M8 X 25mm ALLEN HEAD BOLT
8	5575-08	2	FRONT STABILIZER END CAP ASSEMBLY
9	5575-09	4	M8 X 52mm CARRIAGE BOLT
10	5575-10	12	M8 FLAT WASHER
11	5575-11	16	M8 SPRING WASHER
12	5575-12	5	M8 NYLON LOCKNUT
13	5575-13	1	REAR STABILIZER
14	5575-14	PAIR	REAR STABILIZER END CAP ( L & R )
15	5575-15	1	SENSOR WIRE
16	5575-16	1	MIDDLE WIRE
17	5575-17	1	FRONT POST
18	5575-18	2	PIVOT ROD BUSH ( Ø 48.4mm )
19	5575-19	6	M8 X 15mm ALLEN HEAD BOLT
20	5575-20	8	BEARING <6002ZZ>
21	5575-21	1	RIGHT PEDAL POST
22	5575-22	2	M8 X 18mm X 2mm FLAT WASHER
23	5575-23	2	M8 X 20mm ALLEN HEAD BOLT
24	5575-24	1	RIGHT FOOT PEDAL
25	5575-25	4	M6 X 45mm CARRIAGE BOLT
26	5575-26	4	M6 ( t = 1.2mm ) FLAT WASHER
27	5575-27	4	M6 SPRING WASHER
28	5575-28	4	FIXING FEMALE KNOB
29	5575-29	2	LOW HANDLE BAR POST
30	5575-30	2	( ID 15.3 / t = 2.5mm ) WAVE WASHER
31	5575-31	2	PEDAL POST PIVOT BOLT
32	5575-32	2	PEDAL POST END CAP
33	5575-33	1	LEFT PEDAL POST
34	5575-34	1	LEFT FOOT PEDAL
35	5575-35	2	PIVOT ROD BUSH ( Ø 46mm ) - INSIDE
36	5575-36	1	RIGHT HANDLE BAR
37	5575-37	2	HANDLE BAR POST PLASTIC INSERT
38	5575-38	1	LEFT HANDLE BAR
39	5575-39	2	HANDLE BAR FOAM GRIP
40	5575-40	2	HANDLE BAR END CAP
41	5575-41	1	PIVOT ROD
42	5575-42	2	M8 X 28mm FLAT WASHER
43	5575-43	2	QUICK RELEASED FIXING KNOB
44	5575-44	1	COMPUTER
45	5575-45	4	M5 X 10mm MACHINE SCREW
46	5575-46	1	CENTRE BAR
47	5575-47	2	RIGHT PEDAL POST PIVOT COVER
48	5575-48	2	CENTRE BAR FOAM GRIP
49	5575-49	2	LEFT PEDAL POST PIVOT COVER
50	5575-50	2	M8 X 45mm ALLEN HEAD BOLT
51	5575-51	1	WATER BOTTLE HOLDER

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
52	5575-52	2	M5 X 12mm MACHINE SCREW
53	5575-53	1	WATER BOTTLE
54	5575-54	2	CENTRE BAR END CAP
55	5575-55	1	A.C. ADAPTOR / 6V 1000mA
56	5575-56	2	REAR PEDAL POST COVER
57	5575-57	4	PLASTIC NUT CAP
58	5575-58	2	HAND PULSE SENSOR ASSEMBLY
59	5575-59	1	HAND PULSE CONNECT WIRE
60	5575-60	2	HAND PULSE SENSOR WIRE
61	5575-61	2	M4 X 16mm MACHINE SCREW
62	5575-62	1	MAGNET HOLDER BRACKET
63	5575-63	2	M8 X 12mm HEX HEAD BOLT
64	5575-64	1	FIXING BRACKET
65	5575-65	1	SPRING BRACKET
66	5575-66	1	M6 X 15mm MACHINE SCREW
67	5575-67	1	MAGNET HOLDER
68	5575-68	1	M8 X 52mm HEX HEAD BOLT
69	5575-69	1	SERVO MOTOR
70	5575-70	1	PULLING CABLE WIRE
71	5575-71	1	BACKWARD SPRING
72	5575-72	4	BEARING <6203ZZ>
73	5575-73	3	CLIP - C17 ( ID 15.7mm )
74	5575-74	1	DISC WHEEL PULLEY AXLE
75	5575-75	1	DISC WHEEL PULLEY
76	5575-76	1	DISC WHEEL PULLEY WASHER
77	5575-77	4	M6 X 18mm HEX HEAD BOLT
78	5575-78	4	M6 NYLON LOCKNUT
79	5575-79	1	JOCKEY PULLEY BRACKET
80	5575-80	1	JOCKEY PULLEY BRACKET SPRING
81	5575-81	3	SPACER SLEEVE
82	5575-82	3	M6 X 14mm HEX HEAD BOLT
83	5575-83	1	FLYWHEEL ASSEMBLY
84	5575-84	2	BEARING <6001ZZ>
85	5575-85	1	FLYWHEEL AXLE
86	5575-86	2	CLIP - C12 ( ID Ø 11.1mm )
87	5575-87	2	M10 ( t = 2mm ) FLAT WASHER
88	5575-88	1	DRIVE BELT - RIBBED
89	5575-89	2	3/8" WHEEL NUT
90	5575-90	1	MAGNET
91	5575-91	1	RIGHT METAL DISC
92	5575-92	1	LEFT METAL DISC
93	5575-93	2	M8 X 25mm HEX HEAD BOLT
94	5575-94	1	SENSOR BRACKET
95	5575-95	1	M6 X 12mm MACHINE SCREW
96	5575-96	1	SENSOR WIRE
97	5575-97	3	M6 ( t = 1.5mm ) WASHER
98	5575-98	1	DRIVE WIRE ROD WHEEL
99	5575-99	1	CLIP - C5 ( ID 4.7mm )
100	5575-100	2	M6 X 10mm MACHINE SCREW
101	5575-101	1	AL ADAPTOR SOCKET WIRE
102	5575-102	2	PIVOT ROD BUSH ( Ø 46mm ) - OUTSIDE

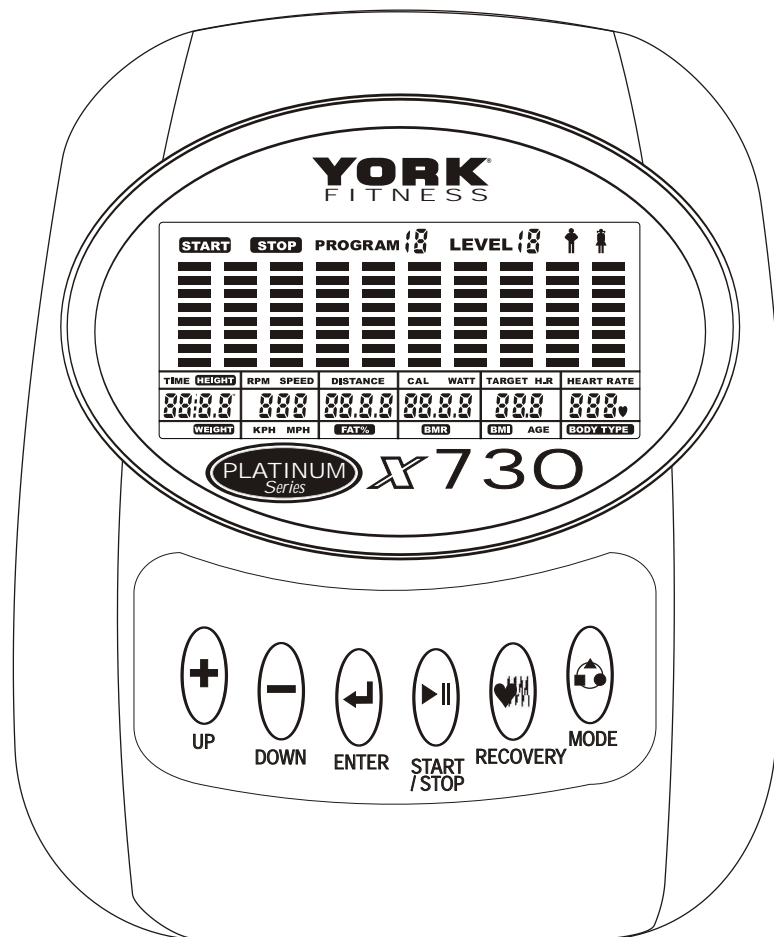
# YORK X730 CROSSTRAINER

## COMPUTER INSTRUCTION

The computer console is designed for programmable, magnetic resistance workouts and is ideal for monitoring your performance and setting yourself targets. By measuring your pulse rate you can ensure that you exercise safely while at the same time you can monitor closely your improving cardiovascular condition and fitness level.

The following categories will take you through its functions.

- Button functions
- The display screen
- Operating ranges
- Things you should know before exercising
- Operating instructions



### TO START/

To activate the computer console, plug the AC adapter into a suitable power outlet and then start pedalling or press the START / STOP / RESET



## BUTTON FUNCTIONS

There are 6 operational buttons on the computer console.

From left to right along the console they are:-



INCREASE BUTTON:

Selects or increases the values of PROGRAMMES, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE and the 10 COLUMNS.



DECREASE BUTTON:

Selects or decreases the values of PROGRAMMES, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE and the 10 COLUMNS.



ENTER / SELECT:

Selects and enters the chosen data for PROGRAMMES, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATTS, TARGET HEART RATE, AGE and the 10 COLUMNS.



START / STOP / RESET:

Starts and stops the chosen programme. Also resets the display by pressing and holding for 2 seconds.



RECOVERY:

Starts the function of the pulse recovery fitness test.




MODE:

Changes the display values between RPM and SPEED as well as CAL and WATT. The values of RPM and WATT can be viewed together or the values of SPEED and CAL can be viewed together by pressing the mode button.

There is a blue backlight function on this computer. The blue backlight can be switched ON once you power up the computer.

## THE DISPLAY SCREEN

There are different sections of the display screen you will need to familiarise yourself with.

- START** Programme started: The programme selected has started when **START** is indicated in the top left corner of the screen.
- STOP** Programme stopped: The programme selected has stopped when **STOP** is indicated in the top left corner of the screen.  
**NOTE:** Programmes can be stopped at any time by pressing  key once.
- PROGRAM** Programme selected: The word **PROGRAM** appears at the top of the screen in the centre with a number from 1-12 indicating the programme number selected.
- LEVEL** Programme Level: The word **LEVEL** appears next to the word PROGRAM with a number from 1-16 indicating the level of loading.

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5.  Gender:


In the top right corner is the gender indicator which will only be shown on programmes requiring such input.


6.  Time, Height and Weight:


In the bottom left corner of the screen is Box 1, where TIME, HEIGHT and WEIGHT will be displayed. Box 1 will indicate one value at a time, either elapsed time, height or weight depending on the programme selected.


7.  RPM and Speed ( in KPH ):

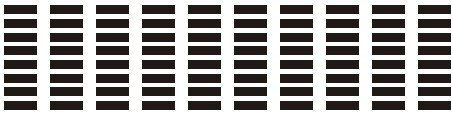
Box 2 to the right will display RPM and Speed ( in KPH ) and will indicate only one value at a time, either RPM or Speed in KPH depending on the programme selected.

8.  Distance and Fat %: Box 3 will display Distance and Fat % and will indicate only one value at a time, either Distance or Fat % depending on the programme selected.

9.  Cal, Watt and BMR: Box 4 will display Cal, Watt and BMR and will indicate only one value at a time, either Calories, Wattage output or BMR ( Basal Metabolic Rate ), depending on the programme selected.

10.  Target HR, BMI and Age: Box 5 will display Target HR, BMI and Age and will indicate only one value at a time, either Target Heart Rate, BMI ( Body Mass Index ) or Age, depending on the programme selected.

11.  Heart Rate and Body Type: Box 6 will display Heart Rate and Body Type and will indicate only one value at a time, either Heart Rate or Body Type, depending on the programme selected.

12.  Loading Profiles: The centre of the screen displays the loading bars. There are 10 columns of loading bars, with 8 bars in each column. Each column represents 3 minutes of your workout ( without the change of TIME value ), and each bar represents 2 levels of loading.

## OPERATING RANGES

VALUES	RANGE (Count up)	Count down	PRESET	Increment (Decrement)
PROGRAM	1 ~ 15	15 ~ 1	1	1
LEVEL	1 ~ 16	16 ~ 1	N / A	1
GENDER	Male, Female	N / A	Male	N / A
TIME	0:00 ~ 99:00	99:00 ~ 1:00	0:00	1:00
HEIGHT (cm)	110.0 ~ 199.5	199.5 ~ 110.0	175.0	0.5
WEIGHT (kg)	10.0 ~ 199.8	199.8 ~ 10.0	70.0	0.2
DISTANCE	0.0 ~ 999.0	999.0 ~ 1.0	0.0	1.0
TARGET H.R.	60 ~ 220	220 ~ 60	90	1
AGE	10 ~ 99	99 ~ 10	30	1

## THINGS YOU SHOULD KNOW BEFORE EXERCISING

- **Values:** The values calculated or measured by the computer are for exercise purposes only and **NOT FOR MEDICAL PURPOSE.**
- **Variables:** The variables will almost certainly need to be changed in the PROGRAM selection to customise to the individual user.

PROGRAMS	VARIABLES
P1 ~ P7	TIME, DISTANCE, AGE
P8	TIME, DISTANCE, WATTAGE
P9 ~ P12	TIME, DISTANCE, AGE, TARGET H.R.
P13	GENDER, HEIGHT, WEIGHT, AGE

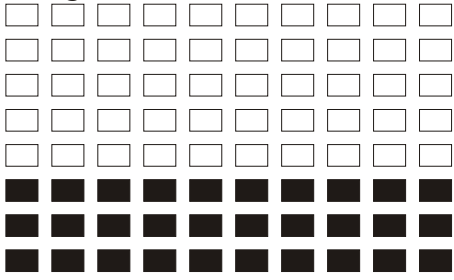
You can select Time or Distance as the target for your chosen program.  
You can not set both targets at once.

- **Programme selection:** There are 13 programmes including 1 x manual programme, 6 x preset programmes, 1 x wattage programme, 4 x heart rate control programmes and 1 x body fat programme (which will calculate body fat %, BMR (basal metabolic rate) and BMI (body mass index). In addition to this, there are 2 individual user programmes, designed by the computer as a result of the body fat test.  
Each loading profile graph on the screen is shown in individual intervals (columns). With the value of time **COUNTING UP**, each interval is 3 minutes in duration, such that all of the 10 columns across the screen will total a 30 minute workout. With the value of time **COUNTING DOWN**, each interval is the value of the preset workout time entered divided by 10. For example, if the workout time set is 40 minutes, each interval will be 40 minutes divided by 10. Therefore each interval will be 4 minutes in duration.

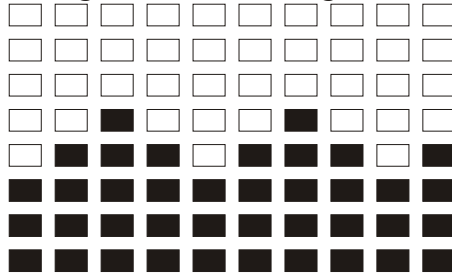
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

# THE FOLLOWING GRAPHS ARE ALL THE PROFILES IN THE MONITOR

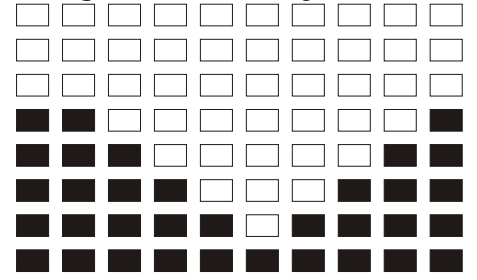
Program 1 ( Manual )



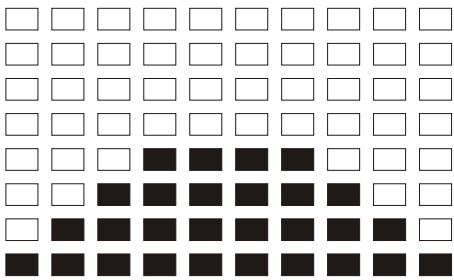
Program 2 ( Rolling )



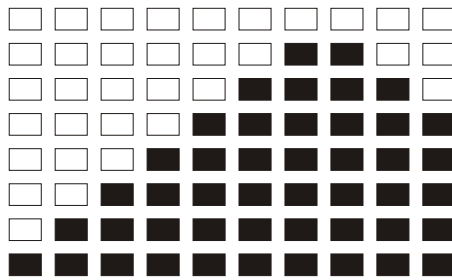
Program 3 ( Valley )



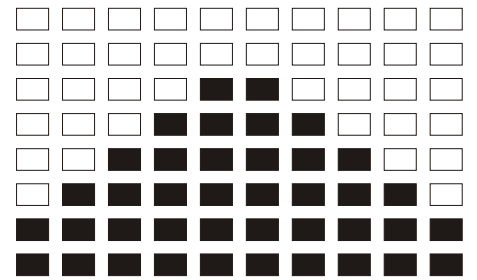
Program 4 ( Fat Burn )



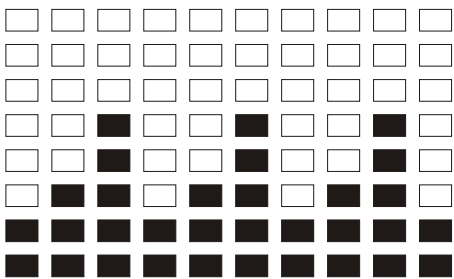
Program 5 ( Ramp )



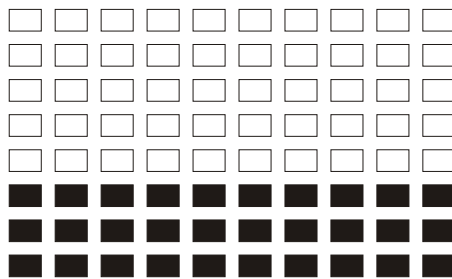
Program 6 ( Mountain )



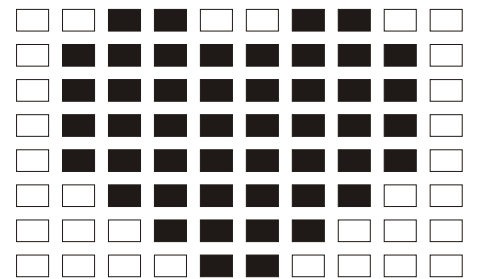
Program 7 ( Random )



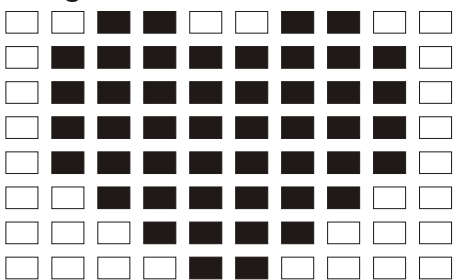
Program 8 ( Wattage )



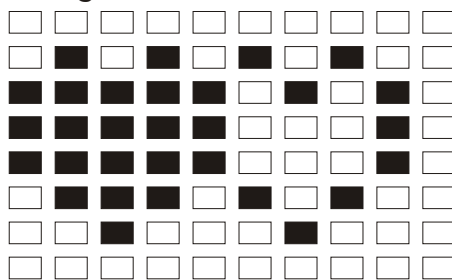
Program 9 ( Target H.R.C )



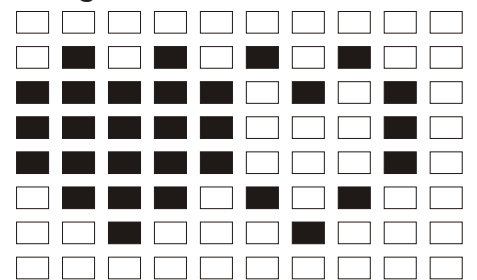
Program 10 ( 60% H.R.C. )



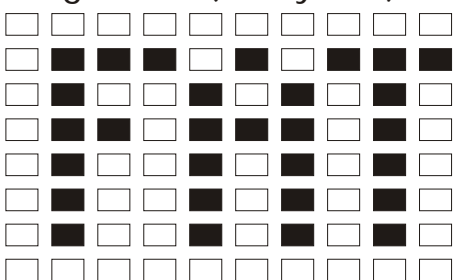
Program 11 ( 75% H.R.C. )



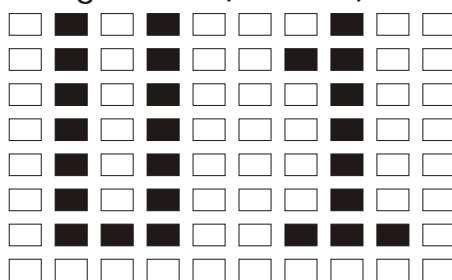
Program 12 ( 85% H.R.C. )



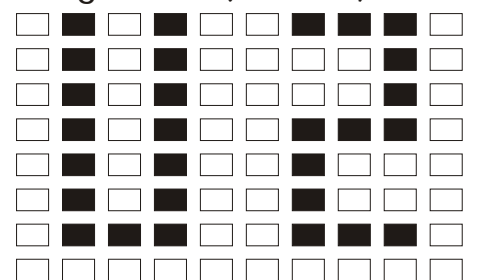
Program 13 ( Body Fat )



Program 14 ( User 1 )



Program 15 ( User 2 )



● **Body Fat %:**

There are 9 body types rated in numerical order and relate to the body fat % calculated. The optimal healthy body fat levels for Male and Female are listed in the chart on the right.

Type 1:	5% - 9%	Female 20 - 39	21% - 33%
Type 2:	10% - 14%	Female 40 - 59	23% - 34%
Type 3:	15% - 19%	Female 60 - 79	24% - 36%
Type 4:	20% - 24%		
Type 5:	25% - 29%	Male 20 - 39	8% - 20%
Type 6:	30% - 34%	Male 40 - 59	11% - 22%
Type 7:	35% - 39%	Male 60 - 79	13% - 25%
Type 8:	40% - 44%		
Type 9:	45% - 50%		

● **BMR (Basal Metabolic Rate):**

The Basal Metabolic Rate is an individual reference number that relates to the minimum calorie requirement needed to sustain life in a resting individual i.e. The number of calories you need to take in if you were to do nothing more than sit on the couch all day.

The calculation is performed using age, gender, weight and height.

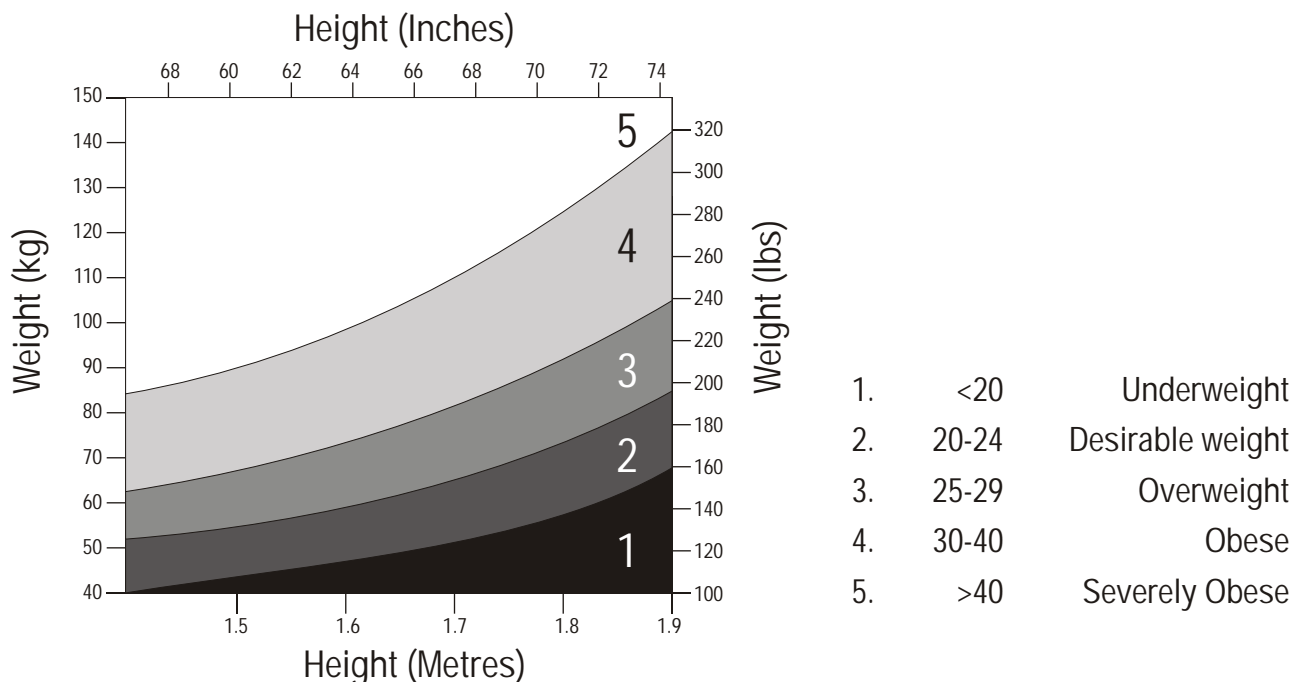
**Example:** A 33 year old male, weighing 85kg (187lbs) and measuring 188cm (6'2" or 74") tall will have a BMR of 1908 calories per day.

**Remember the BMR result is an estimate of the calories you burn at rest and does not include what you would burn during your regular daily activity such as moving about or walking.**

● **BMI (Body Mass Index):**

The Body Mass Index is a chartable measurement system based solely on an individual's height and weight.

Your individual BMI value can be charted on the graph below.



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

## OPERATING INSTRUCTIONS

### ● Exercising with a specific goal:









1. TIME control: Allows input for a defined period of exercise time.
2. DISTANCE control: Allows input for a defined exercise distance.
3. BODY FAT control: The computer can design 2 individual user programmes for 2 users who may have different body fat levels.
4. HEART RATE control: The computer controls the users exercise level to maintain a safe heart beating level.



### ● Pulse rate sensors:

The handle bar mounted pulse rate sensors are made up of 2 sensors in each hand grip. The correct way to ensure an accurate reading is to gently grip both sensors, ensuring both top and bottom sections of the sensors are in contact with the skin of the base of the hands. A solid signal received by the computer console will be confirmed by the flashing heart mark in the HEART RATE / BODY TYPE box in the bottom right corner of the computer console screen.

### ● Manual programme:

**PROGRAM 1 is a manually controlled programme.**

1. Press  or  button to select PROGRAM 1 ( manual programme ) then press .
2. Press  button until TIME, DISTANCE or AGE is flashing on screen.
3. Press   buttons to set your target TIME or DISTANCE and AGE and then press .
4. Press  button to commence your workout and apply the heart rate sensors correctly.

**Please note:** The default setting for the manual programme is loading level 6. Users may exercise at any desired level by pressing the   buttons during the workout.

With the input of age, the computer may suggest a target heart rate to exercise to.









The suggested heart rate is 85% of your age related maximum heart rate (220-age).



If the heart rate detected is equal to or greater than the TARGET HR, the heart rate value will commence flashing.

**Please note that this is a warning for the user to slow down or to lower the level of loading.**

● Preset programmes:

PROGRAM 2 to PROGRAM 7 are the preset programmes.

1. Press  or  button to select PROGRAM 2-7 ( preset programmes ) then press .
2. Press  button until TIME, DISTANCE or AGE is flashing on screen.
3. Press   buttons to set your target TIME or DISTANCE and AGE and then press .
4. Press  button to commence your workout and apply the heart rate sensors correctly.













Please note: Users may exercise at any desired level by pressing the   buttons during the workout.

With the input of age, the computer may suggest a target heart rate to exercise to.  
The suggested heart rate is 85% of your age related maximum heart rate (220-age).









If the heart rate detected is equal to or greater than the TARGET HR, the heart rate value will commence flashing.

**Please note that this is a warning for the user to slow down or to lower the level of loading.**









PROGRAM 8 is the wattage control programme.

1. Press  or  button to select PROGRAM 8 ( wattage programme ) then press .
2. Press  button until TIME, DISTANCE or AGE is flashing on screen.
3. Press   buttons to set your target TIME or DISTANCE and AGE and then press .
4. Press  button until watts is flashing on screen.
5. Press  or  button to set your desired watts target from 10-300 watts, then press .
6. Press  button to commence your workout and apply the heart rate sensors correctly.

**PROGRAM 9 is the target heart rate control programme.**

1. Press  or  button to select PROGRAM 9 ( target heart rate control programme) then press .
2. Press  button until TIME, DISTANCE or TARGET HEART RATE are flashing on screen.
3. Press  or  button to set your target TIME or DISTANCE and TARGET HEART RATE and then press .
4. Press  button to commence your workout and apply the heart rate sensors correctly.

**PROGRAM 10 to PROGRAMME 12 are heart rate control programmes.**

1. Press  or  button to select PROGRAM 10-12 ( heart rate control programmes ) then press .
2. Press  button until TIME, DISTANCE or AGE is flashing on screen.
3. Press  or  button to set your target TIME or DISTANCE and AGE and then press .
4. Press  button to commence your workout and apply the heart rate sensors correctly.

Please note that users may exercise for a period of time or a certain distance at a heart rate level of 60% of their max heart rate in programme 10, 75% of their max heart rate in programme 11 and 85% of their max heart rate in programme 12.

In these programmes, the computer will adjust the level of loading according to the heart rate detected.

For example, the level of loading will increase when the heart rate detected is lower than the TARGET HEART RATE.

Conversely, the level of loading will decrease when the heart rate detected is higher than the TARGET HEART RATE.

As a result, the user's heart rate will be adjusted to ensure that their TARGET HEART RATE ZONE falls in the range of between:

TARGET HEART RATE -5 and









TARGET HEART RATE +5 beats per minute.


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## ● Body Fat programme

PROGRAM 13 is a special programme designed to calculate the users body fat ratio, BMR and BMI and to design specific loading profiles customised for 2 individual users (programmes 14 and 15). With 9 different body fat types, the computer can generate 9 different profiles for each user.

1. Press  or  button to select PROGRAM 13 ( body fat programme ) then press .
2. Press  button until GENDER, HEIGHT, WEIGHT or AGE is flashing on screen.
3. Press  or  button to set your values for GENDER, HEIGHT, WEIGHT and AGE and then press .
4. Press  button to commence the body fat analysis and apply the heart rate sensors immediately and correctly.

Please note that if the detector cannot pick up any signals, an error message 'E3' will show up in the profile display. If this happens, press the  to re-calculate.

At the completion of the body fat analysis, the computer will also display the users BMR (Basal Metabolic Rate) and BMI (Body Mass Index).

## ● The recovery fitness test programme

The amount of time it takes you to recover after exercise is a good indication of your fitness level.

At the completion of your workout, press the RECOVERY button on the computer console (button 5 from the left) and ensure both hands are placed securely on both pulse sensors. The computer will continue to monitor your pulse rate for a further minute after your workout as you rest.

When the computer shows "0.00", the screen will display a HEART RATE RECOVERY grade of between F1.0 and F6.9, providing 69 levels of measurement.

A heart rate recovery score of F1.0 is excellent with F6.9 being poor.

**Please note:** To make an accurate comparison of subsequent fitness tests, it is recommended that pre-testing exercise sessions are of the same speed, duration and load to give the most accurate test result.

## NOTE:

1. The computer is equipped with an auto START / STOP devise.

It will activate when you start to pedal and switch off 256 seconds after you stop pedalling.

## 2. Error 1: ( E1 ) Cable Connection error

When the connection cables are not installed correctly, the monitor will display "E 1" on matrix display and generate a beep sound.

Please examine whether all connection cables are well connected and then reset the power to release the beep sound or press START / STOP key 2 seconds to restart the system.

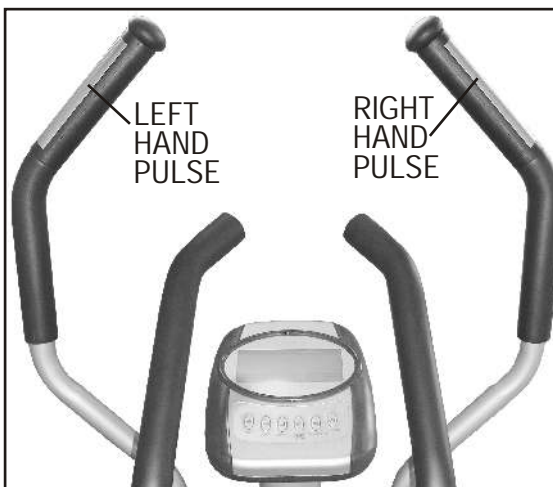
## 3. Error 2: ( E2 ) Loading error

When your load value is incorrect or the EEPROM IC is damaged, the monitor will display E2 on matrix display.

## 4. Error 3: ( E3 ) Hand Pulse Sensor error

The monitor can not read pulse signal properly when you press the pulse recovery button, the monitor will display E3.

5. Holding the START / STOP key for 2 seconds will quit the error message and will enter to the initial mode.



## HAND PULSE SENSOR

To obtain a pulse reading you must have your left and right hands holding the sensors at the same time.

Grip the hands sensors normally (NOT TOO TIGHT) during exercise and after a few seconds the computer will display your pulse reading.

Some people will not be able to obtain an accurate hand pulse reading e.g. due to hand skin or variations in circulation. We recommend you use a chest belt transmitter.

A chest belt transmitter which can monitor the heart rate to ECG accuracy can be purchased for use with this computer. The ultra lightweight transmitter is worn on the chest, and the readout is displayed on the computer screen.

Contact the YORK Help line or your local YORK Dealer and ask for item #8414 Transmitter Set.

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

U.K.	AUSTRALIA	U.S.A.
<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:30am- 4:30pm) YORK BARBELL (U.K.) LTD. CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk</p>	<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:00am- 4:00pm) YORK BARBELL (AUST.) LTD. 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><b>YORK</b> FITNESS</p> <p>HELP LINE (8:00am- 5:00pm) YORK BARBELL USA. 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com</p>

## ADDITIONAL INSTRUCTION FOR USE: HAND PULSE SENSORS

**X**

WHILST EXERCISING, ENSURE THAT YOUR HAND IS NOT SLIPPING AROUND ON THE HAND PULSE SENSORS - AS THIS COULD AFFECT THE ACCURACY OF THE HEAR-RATE READING.



TO AID THE ACCURACY OF THE PULSE READING, GRIP THE HANDLES WITH MODERATE PRESSURE. WHILST EXERCISING ALLOW YOUR HANDS TO MOVE WITH THE PULSE SENSORS AS THEY TWIST. YOUR HANDS SHOULD STAY IN THE SAME POSITION ON THE SENSORS.



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# STRETCHING EXERCISES

## PECTORALS

Lace fingers and with abdominals pulled firmly in and knees slightly bent ease arms away from you. Hold for 8-10 seconds or until muscle eases.



## QUADRICEPS STRETCH

With one hand, hold lace of shoe, knees together, stand tall with abdominals engaged. Squeeze hips slightly forward to increase the stretch. Hold for 8-10 seconds or until muscle eases.



## HAMSTRING STRETCH

Holding back of thigh with leg straight, gently ease leg towards chest hold and increase stretch gently. This stretch can be developed slowly 20-30 seconds.



## TRICEP STRETCH

Engage abdominals and drop fingers down back pressing gently on fleshy part of arm until stretch is felt in tricep area. Avoid arching back.



## DELTOID STRETCH

Take arm across body at shoulder height. Press gently on fleshy part of arm above elbow until you feel a stretch in shoulder area. Hold for 8-10 seconds.



## CALF STRETCH

Take leg back ensuring toe point in directly forward. Rest hands on thigh. Hold for 8-10 seconds or until muscle eases.



## GLUTEALS

Cross one ankle over opposite knee, using hands lift leg off floor to increase stretch if necessary. Hold for 8-10 seconds.



## CAT STRETCH

Starting with a neutral not arched spine lift back up towards ceiling hold for 8-10 seconds return to neutral spine.



## ABDOMINAL STRETCH

Lengthen and gently lift upper body keeping head in line until stretch felt. Hold for 8-10 seconds.



## INNER THIGH & LOWER BACK STRETCH

Sit with soles of feet together. Sit tall and gently lean forwards until a stretch is felt. Hold of 8-10 seconds.

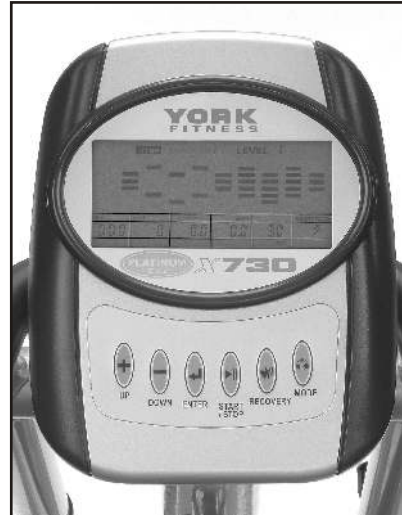
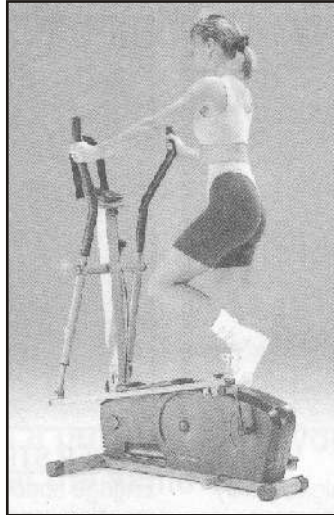
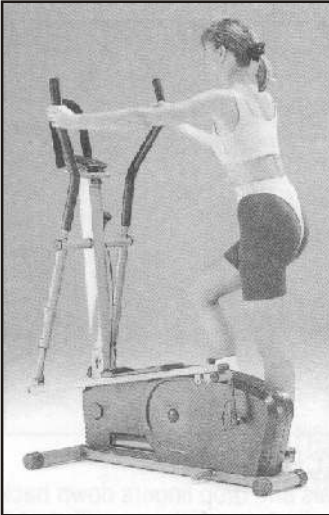
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

## BEFORE EXERCISING CHECK:

- You have adequate space ie. at least 2ft. (60cm) clearance on each side.
- Check all bolts and locking pins are secured and not protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your elliptical trainer on a flat, level, solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell STOP YOUR WORKOUT IMMEDIATELY.
- Injuries to health may result from incorrect or excessive training.
- Please make sure you have read the safety guidelines.



( These pictures shows the ELLIPTICAL TRAINER 2100 )

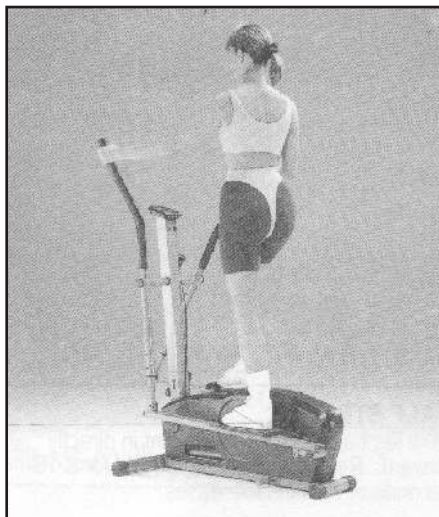
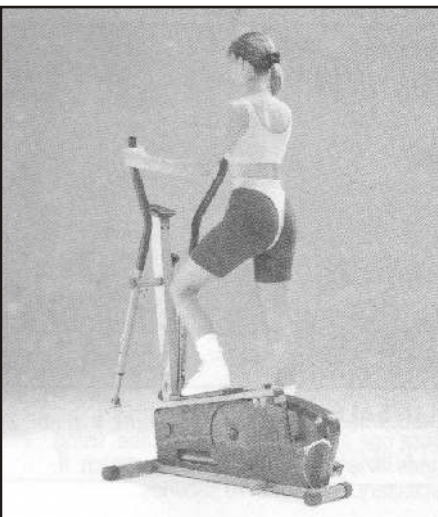


## STEPPING ON

Make sure the nearest pedal to you is downwards. Grasp the handlebars securely with both hands. Then step on. (Toes towards the front of the pedal). Your body should be centred over the pedals, always remain in a vertical, upright position.

## ADJUSTABLE TENSION

Change the level of difficulty of your workout by adjusting the tension level from computer. Begin with a low tension, and adjust the resistance to intensify your workout according to your personal fitness level. The resistance can be changed before or during a workout.



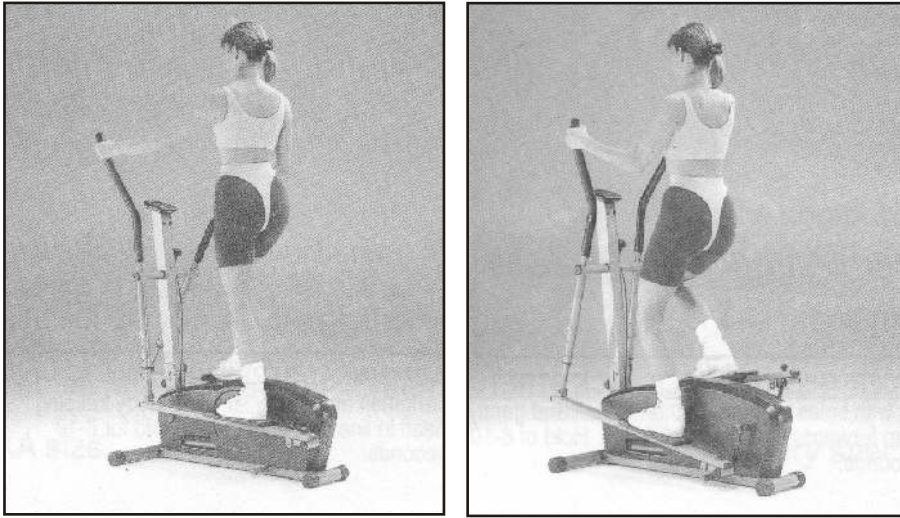
## FORWARD ELLIPTICAL MOTION

Tones quadriceps, buttocks, lower abdominal, hips and thighs. Select a lead foot and press down in a forward motion. Keep your knees slightly bent. Repeat according to exercise intensity. Maintain a secure grip on handlebars and keep your feet firmly in position.

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

## EXERCISE GUIDE cont.

( These pictures shows the ELLIPTICAL TRAINER 2100 )



### REVERSE ELLIPTICAL MOTION

Strengthens hamstrings, lower buttocks, hips, thighs and calves.

Select a lead foot and press down in a reverse motion.

Keep your knees slightly bent.

Repeat according to exercise intensity.

Maintain a secure grip on handlebars and keep your feet firmly in position.

**VARY WORKOUTS:** As well as the different programs to vary your workout you can also change between the forward and reverse elliptical motion, e.g., 5 minutes forward then 2 minutes reverse then 5 minutes forward etc.

**Vary your workouts and make up new routines.**

### CAUTION:

When you wish to change direction; slow down until stopped then change direction.

Do not try to suddenly change direction quickly as this will put stress on your knee joint.

### STEPPING OFF

- Make sure that the left foot-platform is in the lowest position.
- Whilst grasping the handle bars, make sure your body is centred over both of the pedals.
- Step your right foot off of the left side, behind your left foot and onto the ground.

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YORK X730 / 29

# 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

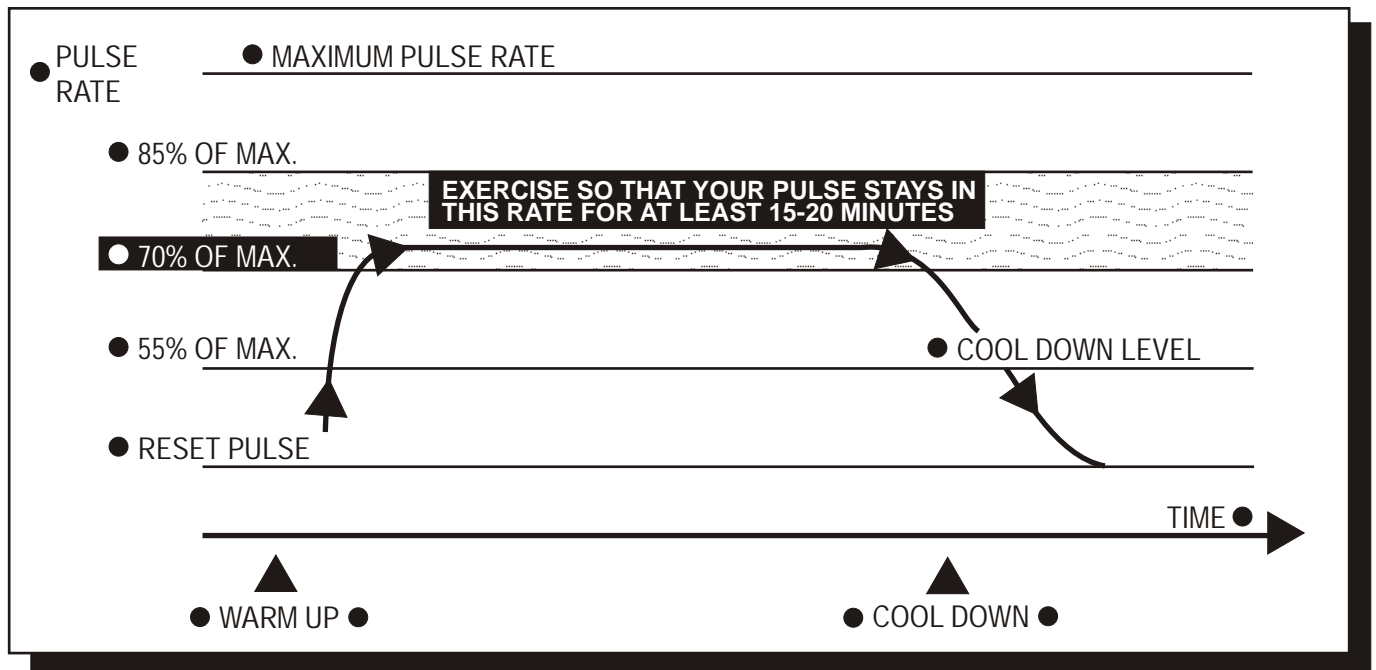
DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.

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.

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YORK X730 / 30

## 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.

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

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## 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.

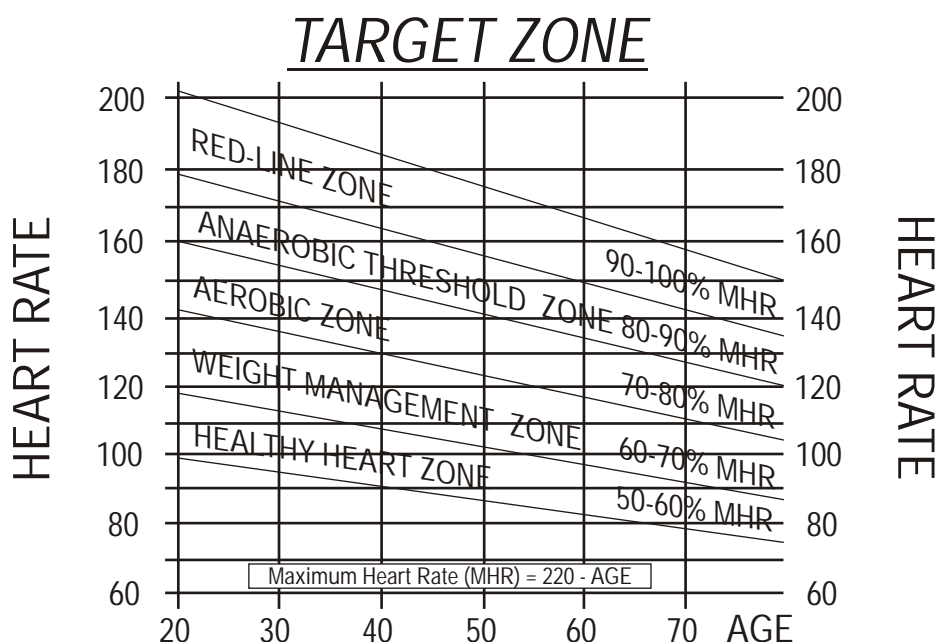
Progress to this zone if your goal is to improve your aerobic conditioning.

**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	Weight Loss	Aerobic	Anaerobic	Red line
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	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

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## 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're 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're commend 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 X730 Cross-trainer is one 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.

<b>U.K.</b>	<b>AUSTRALIA</b>	<b>U.S.A.</b>
<b>YORK</b> 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	<b>YORK</b> 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	<b>YORK</b> 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
<b>CANADA</b>	<b>TAIWAN</b>	<b>Authorized Dealer</b>
<b>YORK</b> 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	<b>YORK</b> 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](http://www.yorkfitness.com)

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

**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.

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FITNESS

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HERE

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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** -----

<b>Part No.</b>	<b>Q'ty</b>	<b>Part Description</b>	<b>Unit Price</b>	<b>Total</b>
<b>Total value of order</b>				<b>\$</b>

**Send your order to:**

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

YORK BARBELL (U.K.) LTD.  
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DAVENTRY, NORTHANTS,  
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