

# YORK<sup>®</sup> FITNESS

# C760

**PLATINUM**  
*Series*

## INSTRUCTION MANUAL



11 / 2005

Product may vary slightly from the item pictured.

**COMPLIES WITH AUSTRALIAN STANDARD AS 4092-1993**  
**COMPLIES WITH EUROPEAN STANDARD EN957-1+5 CLASS HC**

# YORK C760

## SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

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

It is recommended that you undergo a complete physical examination.

Read this owner's manual and follow the instructions.

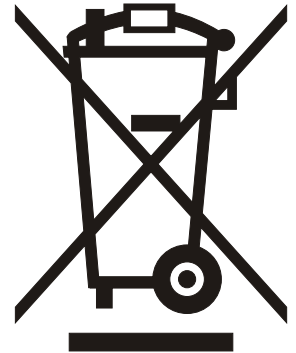
- Assemble and operate the YORK C760 on a solid, level surface.
- Keep the area behind the YORK C760 clear.
- Always use your YORK C760 in adequate space e.g., at least 2 ft. (60cm) clearance on each side.
- Never allow children on or near the YORK C760.
- Always check the YORK C750 before using it, in particular make sure all parts are assembled, and nuts and bolts are tightened.
- Do not use the YORK C760 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 weight limit for this product is 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.
- Do not rock the unit from side to side.
- Care should be taken when mounting and dismounting the bike.
- Do not place any liquids on any part of the bike.
- 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.

- This machine requires a **6V 500mA A.C. Adaptor**. Use of adaptors not specifically recommended by YORK may damage your machine and void your warranty.
- 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.



The YORK C760 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 safe and pleasurable exercise regimen with the YORK C760.

## CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK C760 clean.

## TOOLS REQUIRED

The tools enclosed in the carton are two multi-purpose spanners (which has a screwdriver function) and one allen key.

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

### U.K.

**YORK**  
FITNESS

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

### AUSTRALIA

**YORK**  
FITNESS

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

### U.S.A.

**YORK**  
FITNESS

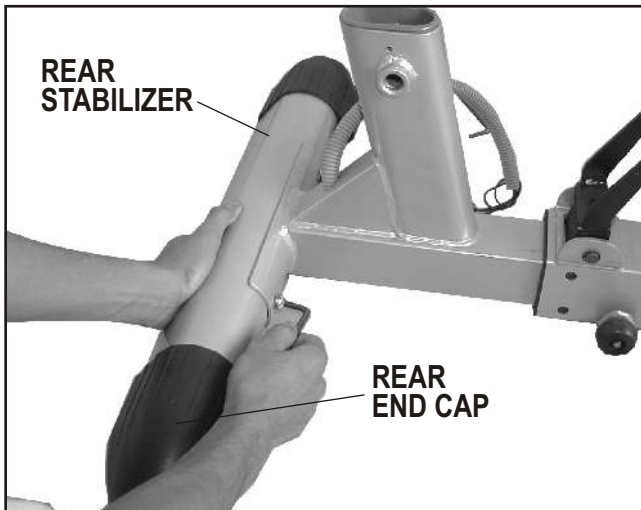
HELP LINE (8:00am- 5:00pm)  
**YORK BARBELL USA.**  
3300 BOARD ROAD.  
YORK, PA 17402  
TEL: +1-717-767-6481  
FAX: +1-717-764-0416  
E-MAIL: info@yorkbarbell.com

## GENERAL

REMOVE ALL THE PARTS OF YOUR RECUMBENT C760 FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY.  
ASSEMBLING YOUR RECUMBENT C760 IS SIMPLE.  
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR YORK C760.

## ASSEMBLY INSTRUCTIONS

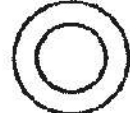
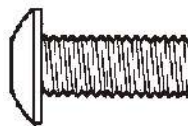
1.



### ATTACH THE REAR STABILIZER

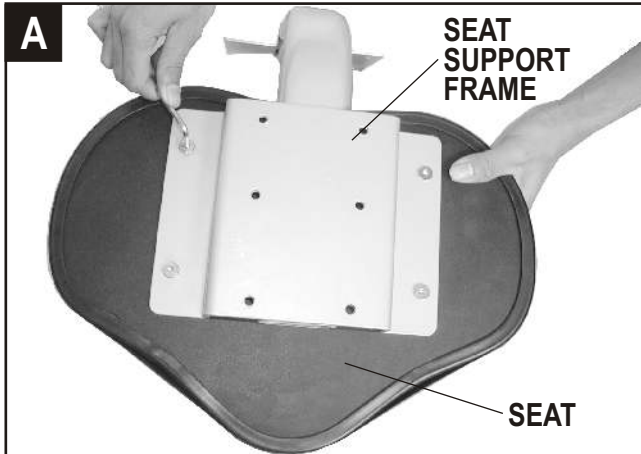
■ Fix the rear stabilizer to the main frame and secure, using two allen head bolts, spring washers and flat washers.

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

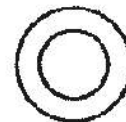
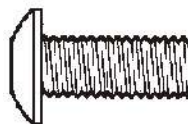


X2

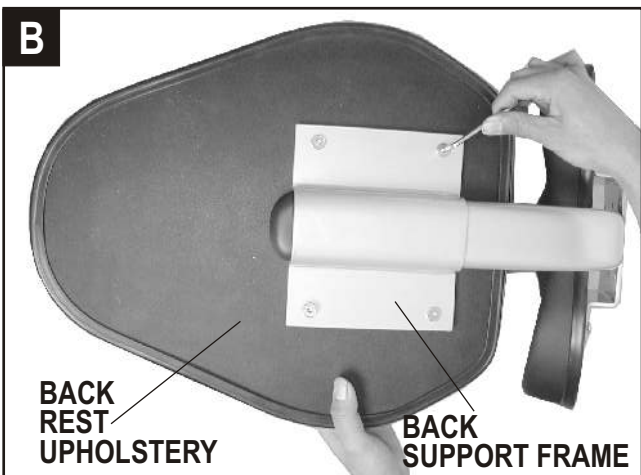
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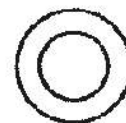
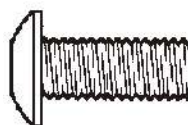
■ Attach the seat to the seat support frame and secure, using four allen head bolts and washers.



X4



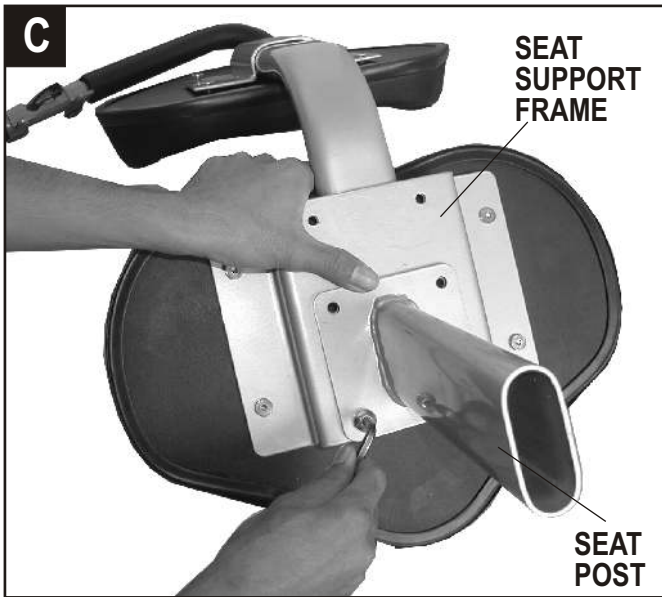
■ Attach the back rest upholstery to the back support frame and secure, using four allen head bolts and washers.



X4

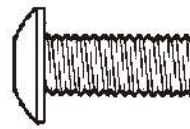
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

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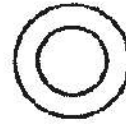


- Attach the seat post to the seat support frame and secure, using two allen head bolts and washers as shown.

**NOTE:** MAKE SURE you only secure the bolts in the front holes of fixing bracket. Please do not fully tighten the bolts, at this stage.

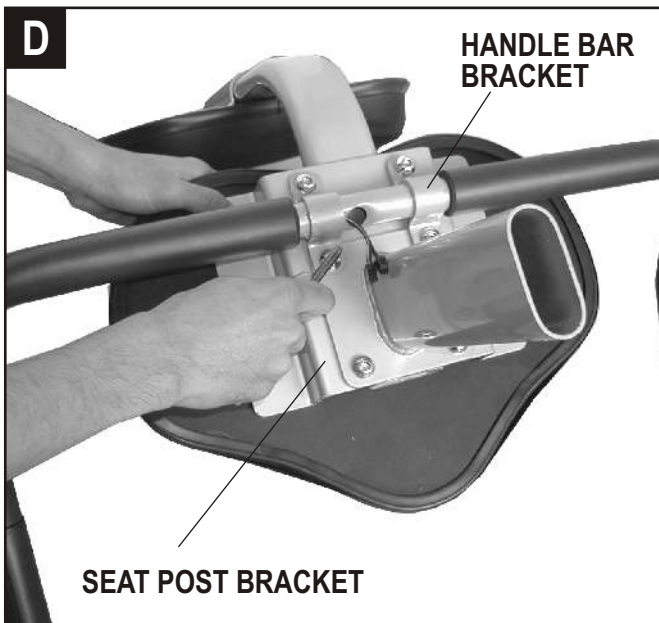


#5572-29



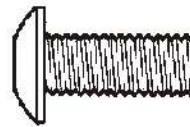
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X2

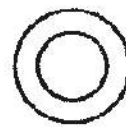


- Fix the handle bar assembly to the seat support frame and secure, using four allen head bolts and washers.

**NOTE:** MAKE SURE you fasten these six bolts securely at this stage for your safety and comfort when peddling.

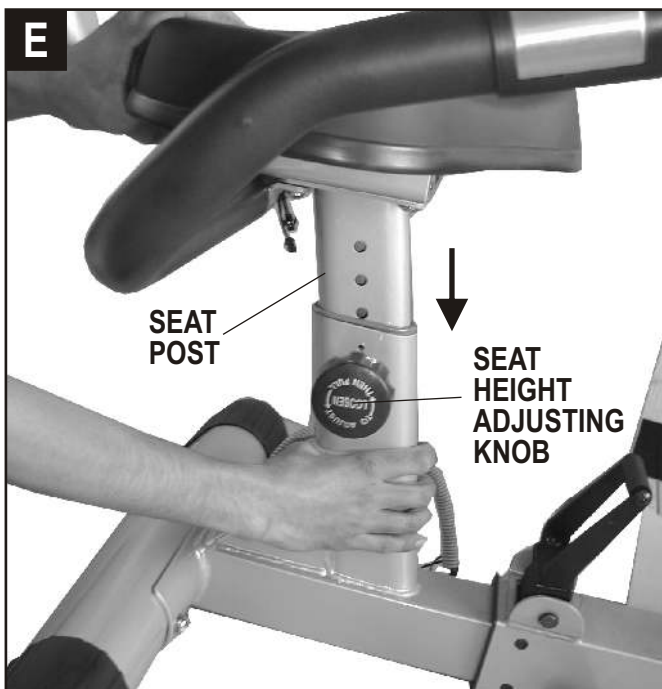


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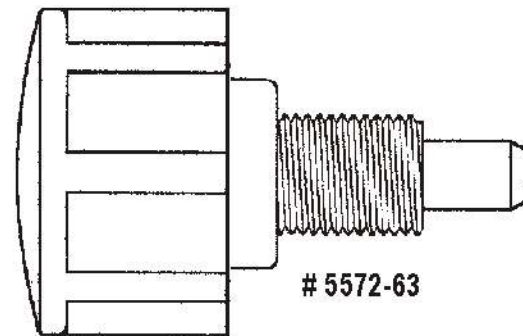


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X4

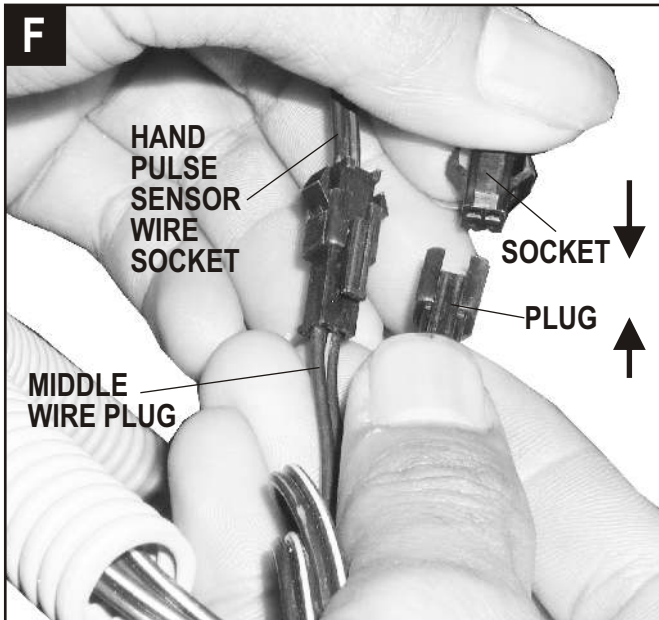


- Fit the seat post into the seat post mounting tube and secure it into position with the seat height adjusting knob.



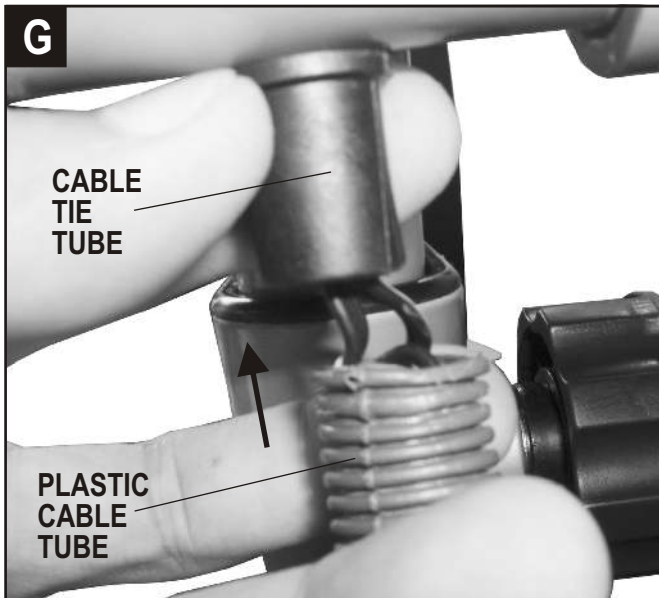
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X1



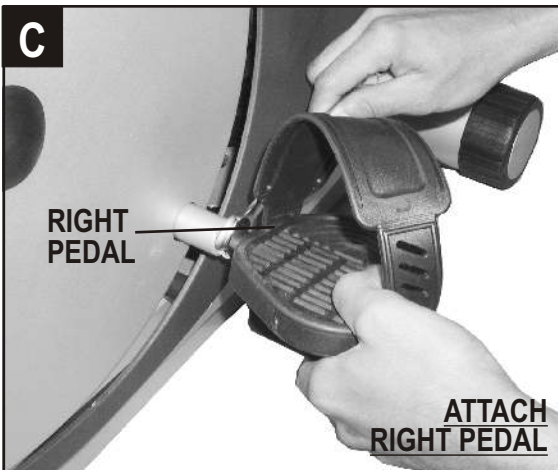
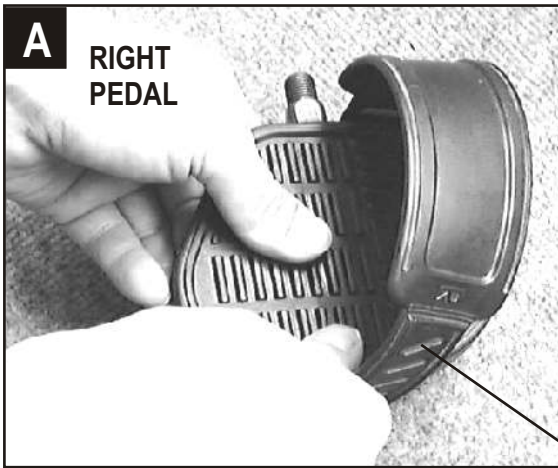
- Connect the hand pulse sensor wire sockets from the handle bar to the middle wire plugs protruding at the end of main frame cable tube.

**NOTE: MAKE SURE** you connect the wires securely.



- Slide both of the hand pulse sensor wires into the plastic cable tube.
- Fit the plastic cable tube onto the end of cable tie tube fixing on the handle bar assembly securely as shown.

### 3.



## ATTACH THE PEDALS

■ Fix the pedal straps to pedals.

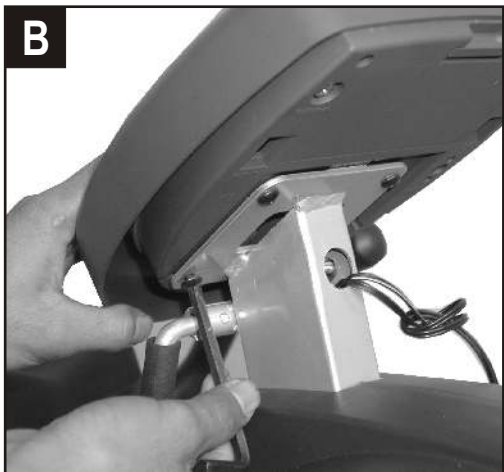
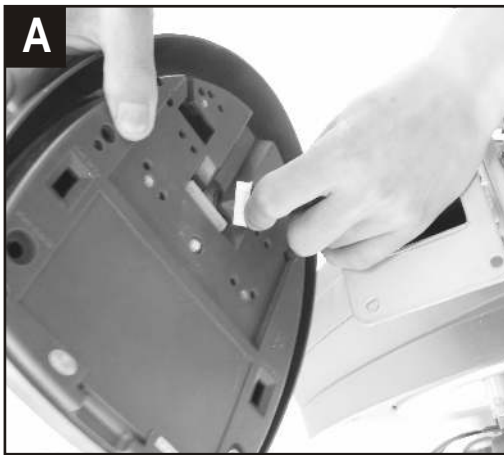
■ The straps are marked "R" and "L" (Right and Left) fix each strap to the matching pedal.

**NOTE:** The eight adjustable holes on the straps must be set outwards, so you can easily adjust the straps.

■ The pedals are marked "R" and "L" (Right and Left) connect each pedal to the correct crank arm.

**NOTE:** The right pedal (R) should be threaded on clockwise.  
The left pedal (L) should be threaded on anti-clockwise.

4.



5.



## **ATTACH THE COMPUTER**

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

**NOTE: TAKE CARE** to ensure you plug the middle wire to the socket securely.

- Slide the middle wire into the front upright post and attach the computer to the computer bracket by using four machine screws.

**The machine screws are located in the back of the console.**



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

- Plug the hand pulse sensor wire into the left hand socket on the back of the computer as shown.

- Plug the AC adaptor lead into the socket at the front end of your YORK C760 recumbent cycle as shown.

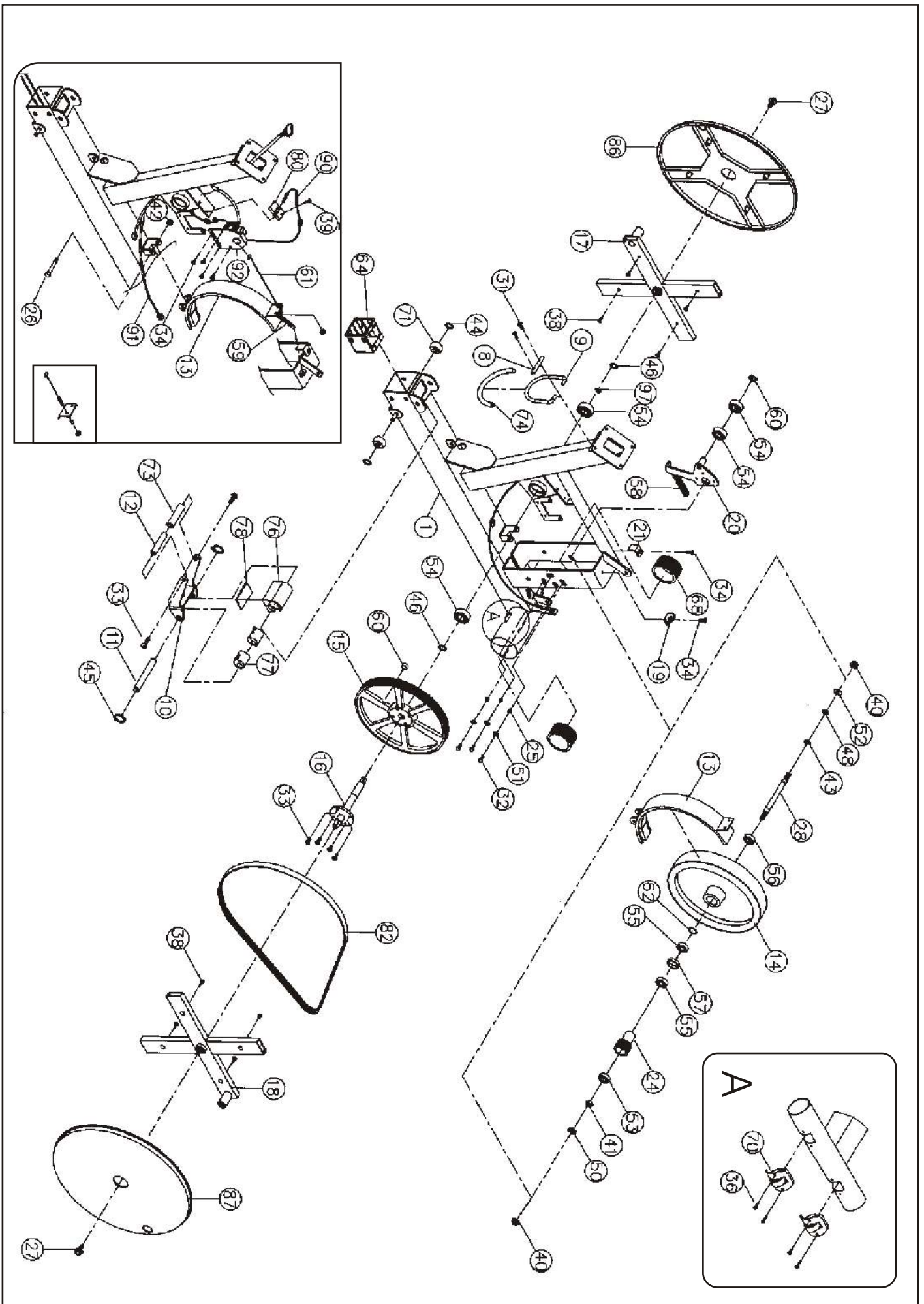
- Plug the **230V 50Hz / 6v 500mA A.C. Adaptor** into a suitable mains supply ( **220V ~ 240V 50Hz** ).

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

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

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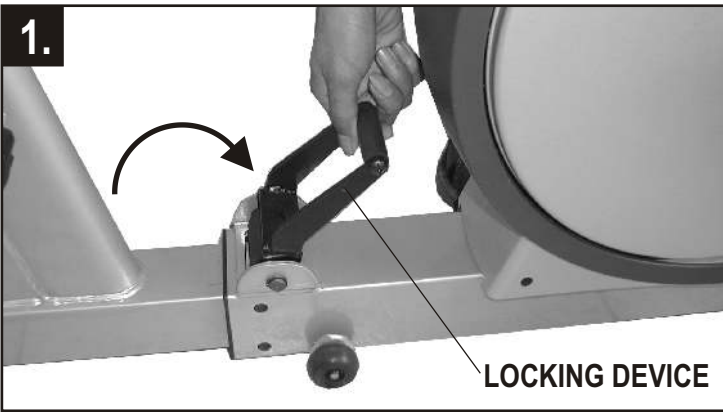


# PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5572-01	1	MAIN FRAME
2	5572-02	1	REAR FRAME SUPPORT - WELDED
3	5572-03	1	REAR STABILIZER
4	5572-04	1	SEAT POST
5	5572-05	1	SEAT SUPPORT FRAME
6	5572-06	1	TAB STOP PLATE
7	5572-07	1	HANDLE BAR ASSEMBLY
8	5572-08	1	PULLING HANDLE FIXING BRACKET
9	5572-09	1	PULLING HANDLE
10	5572-10	1	LOCK DEVICE
11	5572-11	1	LOCK PIVOT AXLE
12	5572-12	1	LOCK HANDLE
13	5572-13	1	MAGNET HOLDER
14	5572-14	1	FLYWHEEL ASSEMBLY
15	5572-15	1	PULLEY DISC WHEEL
16	5572-16	1	PULLEY WHEEL AXLE
17	5572-17	1	DISC FRAME SUPPORT ( L )
18	5572-18	1	DISC FRAME SUPPORT ( R )
19	5572-19	1	SPRING BRACKET
20	5572-20	1	JOCKEY WHEEL BRACKET
21	5572-21	1	FIXING BRACKET
22	5572-22	1	SEAT
23	5572-23	1	BACK REST UPHOLSTERY
24	5572-24	1	FRONT PULLEY WHEEL
25	5572-25	3	SPACER SLEEVE
26	5572-26	1	M8 X 52mm HEX HEAD BOLT
27	5572-27	2	M8 X 25mm HEX HEAD BOLT
28	5572-28	1	FLYWHEEL AXLE
29	5572-29	12	M8 X 20mm ALLEN HEAD BOLT
30	5572-30	4	M8 X 15mm ALLEN HEAD BOLT
31	5572-31	2	M6 X 20mm MACHINE SCREW
32	5572-32	3	M6 X 14mm HEX HEAD BOLT
33	5572-33	6	M6 X 15mm MACHINE SCREW
34	5572-34	6	M6 X 10mm MACHINE SCREW
35	5572-35	2	M5 X 12mm COUNTER SUNK MACHINE SCREW
36	5572-36	4	#8 X 5/8" SELF TAPPING SCREW
37	5572-37	7	M4 X 25mm SELF TAPPING SCREW
38	5572-38	8	M5 X 12mm SELF TAPPING SCREW
39	5572-39	1	#6 X 12mm SELF TAPPING SCREW
40	5572-40	2	3/8" WHEEL NUT
41	5572-41	1	3/8" - 9mm HEX HEAD NUT
42	5572-42	1	M8 NYLON LOCKNUT
43	5572-43	1	CLIP - C10 ( ID 9.1mm )
44	5572-44	2	CLIP - C8 ( ID 6.6mm )
45	5572-45	2	CLIP - C12 ( ID 11.1mm )
46	5572-46	3	CLIP - C17 ( ID 15.7mm )
47	5572-47	2	M8 SPRING WASHER
48	5572-48	1	3/8" - 3mm HEX HEAD NUT
49	5572-49	16	M8 X 22mm X 1.5mm FLAT WASHER

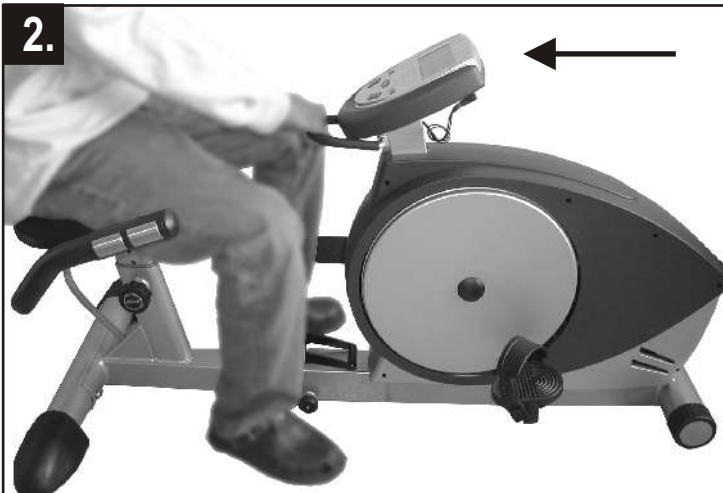
KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
50	5572-50	1	M10 X 21mm X 2mm FLAT WASHER
51	5572-51	3	M6 X 16mm X 1.5mm FLAT WASHER
52	5572-52	1	M10 X 20mm X 1mm FLAT WASHER
53	5572-53	1	BEARING ( 6000ZZ )
54	5572-54	4	BEARING ( 6203ZZ )
55	5572-55	2	BEARING ( 6003ZZ )
56	5572-56	1	BEARING ( 6300ZZ )
57	5572-57	1	ONE WAY BEARING HF - 2520B
58	5572-58	1	JOCKEY WHEEL BRACKET SPRING
59	5572-59	1	MAGNET HOLDER SPRING
60	5572-60	1	MAGNET
61	5572-61	1	WIRE ROD
62	5572-62	1	30mm X 34mm X 0.8mm FLAT WASHER
63	5572-63	1	SEAT HEIGHT ADJUSTING KNOB
64	5572-64	1	75mm SQ. REDUCER END CAP
65	5572-65	1	SEAT POST INSERT
66	5572-66	2	HEIGHT ADJUSTING KNOB
67	5572-67	2	SEAT SUPPORT FRAME END CAP
68	5572-68	2	FRONT STABILIZER END CAP
69	5572-69	PAIR	REAR STABILIZER END CAP
70	5572-70	2	MOVING WHEEL ASSEMBLY
71	5572-71	2	MIDDLE MOVING WHEEL
72	5572-72	2	HANDLE BAR END CAP
73	5572-73	1	LOCK HANDLE FOAM GRIP / 57mm LONG
74	5572-74	1	PULLING HANDLE FOAM GRIP / 250mm LONG
75	5572-75	2	HANDLE BAR FOAM GRIP / 420mm LONG
76	5572-76	1	LOCK CAM BASE
77	5572-77	2	LOCK CONVEX WHEEL
78	5572-78	1	TAB STOP PAD
79	5572-79	1	RUBBER PAD
80	5572-80	1	SENSOR FIXING BRACKET - 33968
81	5572-81	PAIR	PEDAL + STRAP ASSEMBLY ( L&R )
82	5572-82	1	DRIVE BELT - RIBBED / 460J6
83	5572-83	1	COMPUTER - SM 9030 - 0
84	5572-84	1	LEFT CHAIN COVER
85	5572-85	1	RIGHT CHAIN COVER
86	5572-86	1	LEFT PLASTIC DISC COVER
87	5572-87	1	RIGHT PLASTIC DISC COVER
88	5572-88	1	PLASTIC DISC CAP
89	5572-89	2	HAND PULSE SENSOR ASSEMBLY - W100702B
90	5572-90	1	SENSOR WIRE / 220mm LONG
91	5572-91	1	POWER CABLE W / SOCKET / 800mm LONG
92	5572-92	1	SERVO MOTOR - SM 9030
93	5572-93	1	HAND PULSE SENSOR WIRE / 2500mm LONG
94	5572-94	1	AC ADAPTOR - 230V 50Hz / 6V 500mA
95	5572-95	1	CABLE TUBE / $\varnothing$ 16mm X 455mm
96	5572-96	4	M5 X 10mm MACHINE SCREW
97	5572-97	1	17mm X 22mm X 0.3mm FLAT WAHER
98	5572-98	4	M3 X 20mm SELF TAPPING SCREW
99	5572-99	1	CABLE TIE TUBE

## ADDITIONAL INSTRUCTION FOR ADJUSTING SEAT POSITION

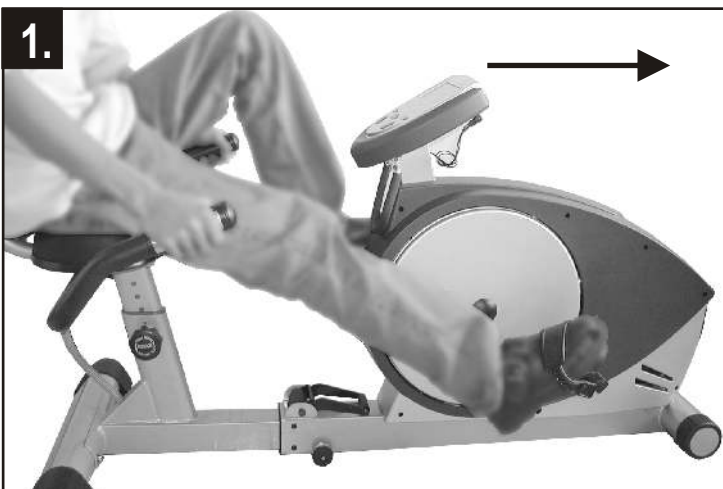


### TO MOVE CYCLE BACKWARDS

- Push the handle to loosen the locking device.



- Pull the main frame towards you with your hands from the front handle as shown.

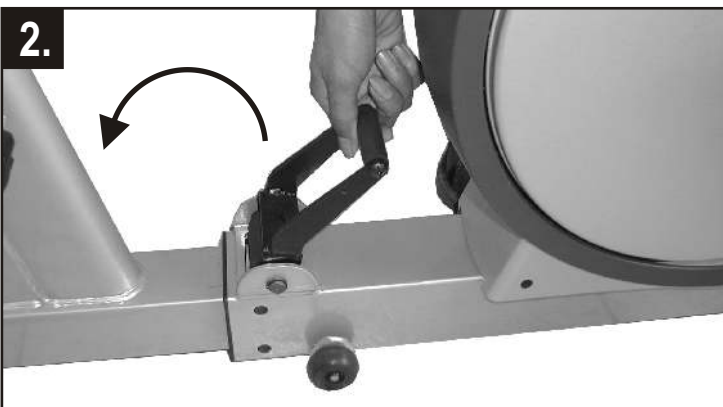


### TO MOVE CYCLE FORWARDS

- Pull the handle to loosen locking device.

- Push the main frame forwards to desired position with your feet on from both pedals as shown.

- Make sure your feet stay in contact with pedals and your leg is almost at full step but your knee is not locked straight!!



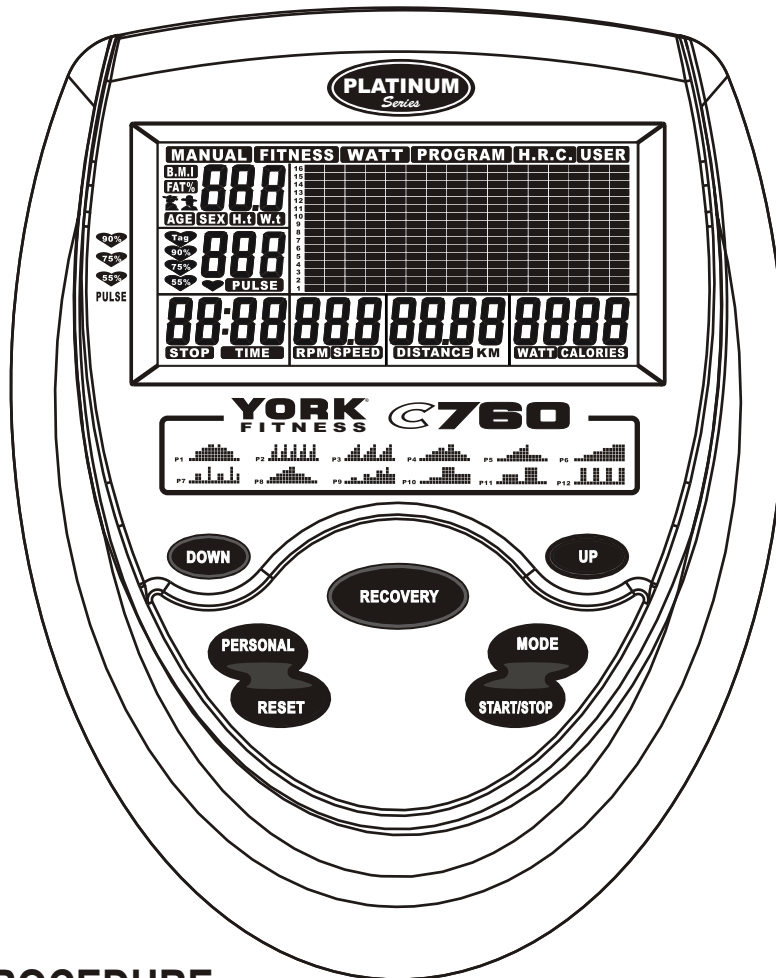
- Pull the handle to lock the seat post on the desired position.

**THIS CYCLE IS NOT SUITABLE FOR THERAPEUTIC PURPOSES.**

**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***  
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# YORK C760 COMPUTER INSTRUCTIONS

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.



## OPERATING PROCEDURE

### POWER ON -

1. Plug the AC adaptor into a suitable power outlet.
2. The monitor will display all on screen segments with a long-beep as an initial test for 2 seconds.
3. On the display U1 will be flashing. MANUAL / FITNESS / WATT / PROGRAM / H.R.C. / USER will be displayed at the top. STOP will be flashing in the bottom left of the screen.
4. If you wish to set up a USER PROFILE and store your data, press the PERSONAL key to select a user from U1 to U4. Then press the MODE key to confirm your choice. If you would prefer to begin training without setting up a USER profile select U0. If you select from U1 to U4, you will need to enter your personal information:
  - Use the UP & DOWN keys to select MALE or FEMALE.
  - Press the MODE key to confirm.
  - Use the UP & DOWN keys to enter your age.
  - Press the MODE key to confirm.
  - Use the UP & DOWN keys to enter your weight ( up to 125kg ).
  - Press the MODE key to confirm.

**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***  
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5. After you have entered your personal information into U1-U4, the different training modes will be flashing at the top of the screen for selection. Select one mode using the UP / DOWN keys and press the MODE key to confirm.
6. Once the training mode has been selected the following functions can be selected by using the MODE key, and a target value can be set :  
TIME, DISTANCE, SPEED, CALORIES and PULSE.

## **TRAINING MODE SELECTION -**

**QUICK START MODE** - Press the START / STOP button ► Quick Start Training starts.

You don't need to preset any data or make any selection, just press the START / STOP button to begin training directly after the monitor is switched on.

If you wish to set a target in the Quick Start Mode, press the MODE key before you press START / STOP and then select TIME, DISTANCE, CALORIES or PULSE by pressing the MODE key.

Use the UP & DOWN keys to set your target value, and press the MODE key to confirm your setting.

- 1. MANUAL**                      Displays on the top left of the screen.
- 2. PULSE**                        Displays the current heart rate figures when both hands are holding the hand pulse sensors.
- 3. TIME**                            Starts counting down from the preset target.  
(Or, if there was no preset target, the time starts counting up from 0:00).
- 4. RPM**                             Displays the current rotations per minute.
- 5. SPEED**                          Displays the current training speed in KM/H.
- 6. DISTANCE**                      Starts counting down from the preset target. ( Or, if there was no preset target, the distance starts counting up from 0.00 )
- 7. WATT**                            Displays the current workout watts.
- 8. CALORIES**                      Starts counting down from the preset target. ( Or, if there was no preset target, the calories start counting up from 0 )
- 9. PROFILE**                        Displays one row which is equal to one level of resistance. Each column is equal to one minute. The first column starts flashing when the program begins and switches to next column after you have completed one minute of your training. You may press the UP / DOWN buttons to increase or decrease the profile rows, changing the resistance level from 1 to 16. This adjustment is shown on all columns.

At any point press the START / STOP key to pause or end your workout - MANUAL is flashing. When paused you can change the preset targets. Press the START / STOP button again to keep training in Quick Start mode. All training data will keep counting up from the previous data.

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**MANUAL MODE** - Press the UP button to select "MANUAL".  
Press the MODE key to confirm the training setting in MANUAL mode.

- 1. MANUAL**      Appears on the top left. 1 row of resistance is flashing.  
Press the MODE key to confirm.
- 2. TIME**        Is flashing. You may press the UP or DOWN buttons to set a target time for training. Each increment is 1 minute from 0:00 to 99:00, press the **MODE** key to confirm the setting. ( You may press **MODE** to move to the next function without setting a target time. )
- 3. DISTANCE**    Is flashing. You may press the UP or DOWN buttons to set a target distance for training. Each increment is 0.10 km from 0.00 to 99.00, press the MODE key to confirm the setting. ( You may press **MODE** to move to the next function without setting a target distance. )
- 4. CALORIES**    Is flashing. You may press the UP or DOWN buttons to set a target calorie consumption for training. Each increment is 10 cal from 0 to 9990 cal. Press the **MODE** key to confirm the setting. ( You may press **MODE** to move to the next function without setting a target calorie consumption ).
- 5. PULSE**        Is flashing. You may press the UP or DOWN buttons to set a target heart rate for training, press the MODE key to confirm the setting.  
( You may press **MODE** to move to the next function without setting a target pulse rate ).

Press the START / STOP button to begin training. All modes begin to count down ( or up ), as soon as you press START/STOP whether you have started to train or not.

- ▶ **TIME**            Starts counting down from the preset target. ( Or, if there was no preset target, the time starts counting up from 0.00 )
- ▶ **DISTANCE**    Starts counting down from the preset target. ( Or, if there was no preset target, the distance starts counting up from 0.00 )
- ▶ **CALORIES**     Starts counting down from the preset target. ( Or, if there was no preset target, the calories start counting up from 0 )
- ▶ **PROFILE**        Displays one row which is equal to one level of resistance. Each column is equal to one minute. The first column starts flashing and switches to the next column after you have completed one minute of your training. You may press the UP/DOWN buttons to increase or decrease the profile rows changing the resistance level from 1 to 16.

If you have set a target, once the target has counted down to 0, the monitor will stop automatically. You may press the START/STOP button to continue training. The preset function will start counting up from zero, all other modes will continue counting up or down as they were before the original target was reached.

When the training session is finished:

- ▶ **PROFILE**        Displays the heart rate figures track of the last training session.

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**FITNESS MODE** - This mode is not available for user U0 selection.  
You must preset your personal data in U1 - U4.

Press the UP button to select FITNESS, which should flash at the top of the screen.  
Press the START/STOP key to confirm the training setting in FITNESS mode and to begin training.

- 1. PULSE** Displays the current heart rate figures when both hands are holding the hand pulse sensors. Or, displays "P" if you don't hold the hand pulse sensors.
- 2. TIME** Starts counting down from 12:00. The monitor has a fixed target training time. As soon as time has reached 00.00 the monitor will stop and display your FITNESS grade.
- 3. DISTANCE** Starts counting up from 0.00 in 0.10 km increments.
- 4. CALORIES** Starts counting up from 0 in 1 cal increments.

Press the START/STOP button to stop training. Or, when the preset time is achieved, the monitor will stop. Or, if your current heart rate figure exceeds the "TARGET" heart rate, the monitor will stop to protect you.

- 5. PROFILE** Displays one row which is equal to one level of resistance. Each column is equal to one minute. The first column starts flashing when the program begins and switches to next column after you have completed one minute of your training. You may press the UP / DOWN buttons to increase or decrease the profile rows, changing the resistance level from 1 to 16. This adjustment is shown on all columns.

**WATT MODE** - Press the UP button so that WATT is flashing at the top of the screen.  
Press the MODE key to confirm the training setting in WATT mode.

- 1. WATT** Displays at the top of the screen. The upper left field displays 120 as an initial setting. You may press the UP button to set a target watt level, press the **MODE** key to confirm the setting.
- 2. TIME** Is flashing. You may press the UP or DOWN buttons to set a target time for training. Each setting is in 1 minute increments from 0:00 to 99:00 minutes, press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target time.)
- 3. DISTANCE** Is flashing. You may press the UP or DOWN buttons to set a target distance for training. Each setting is in 0.10 km increments from 0.00 to 99.0, press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target distance.)

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**4. CALORIES** Is flashing. You may press the UP or DOWN buttons to set a target calorie consumption for training. Each setting is in 10 cal increments from 0 to 990 cal. Press the MODE key to confirm the setting. (You may press **MODE** to move to the next function without setting a target calorie consumption.)

**5. PULSE** Is flashing. You may press the UP or DOWN buttons to set a target heart rate for training, press the MODE key to confirm the setting. (You may press **MODE** to move to the next function without setting a target pulse rate).

Press the START/STOP button to start training.

The upper left display shows the preset target watt level for the entire training period.

- ▶ **TIME** Starts counting down from the preset target.  
( Or, if there was no preset target, the time starts counting up)
- ▶ **DISTANCE** Starts counting down from the preset target.  
(Or, if there was no preset target, the distance starts counting up)
- ▶ **CALORIES** Starts counting down from the preset target.  
(Or, if there was no preset target, the calories start counting up)
- ▶ **RPM** Displays the current rotations per minute.
- ▶ **SPEED** Displays the current training speed in KM/H.
- ▶ **PULSE** Displays the current heart rate figures when both hands are holding the hand pulse sensors. Or, displays "P" if you don't hold the hand pulse sensors.
- ▶ **PROFILE** Displays a profile automatically according to the preset target watt data, current rpm and training speed. It is not possible to adjust this profile. If the training speed is quick, the profile row (resistance level) will be decreased. If the training speed is slow, the profile row (resistance level) will be increased. The aim is to maintain the preset watt target for training.
- ▶ **WATT** Displays the actual watts that the user is achieving during the training session. The user may compare it to the preset watt target to speed up or slow down their training.

If you have preset target data, once the preset function target has been reached and has counted down to 0, the monitor will stop automatically. You may press the START/STOP button to start training again. The preset function will start counting up from zero, all other modes will continue counting up or down as they were before the original target was reached.

When the training session is finished:

- ▶ **PROFILE** Displays the heart rate figures track of the last training session.

**PROGRAM MODE** - Press the UP button so that PROGRAM is flashing at the top of the screen. Press the MODE key to confirm the training setting in PROGRAM mode.

- 1. P10** Displays and flashes in the upper left display as the preset selection. There are 12 program profiles (P01~P12) for training selection. Press the UP/DOWN buttons to move through the programs. Press the MODE key to confirm your program selection. PROFILE is flashing. Press the UP/DOWN keys to select the level of resistance. Press the MODE key to confirm.
- 2. TIME** Is flashing. You may press the UP or DOWN buttons to set a target time for training. Each setting is in 1 minute increments from 0:00 to 99:00 minutes, press the MODE key to confirm the setting. (You may press MODE to move to the next function without setting a target time.)
- 3. DISTANCE** Is flashing. You may press the UP or DOWN buttons to set a target distance for training. Each setting is in 0.10km increments from 0.00 to 99.0, press the MODE key to confirm the setting. (You may press MODE to move to the next function without setting a target distance.)
- 4. CALORIES** Is flashing. You may press the UP or DOWN buttons to set a target calorie consumption for training. Each setting is in 10 cal increments from 0 to 9990 cal. Press the MODE key to confirm the setting. ( You may press MODE to move to the next function without setting a target calorie consumption ).
- 5. PROFILE** Displays the program profile of the program selected.

Press the START/STOP button to start training.

- ▶ **PULSE** Displays the current heart rate figures when both hands are holding the hand pulse sensors. Or, displays "P" if you don't hold the hand pulse sensors.
- ▶ **TIME** Starts counting down from the preset target. (Or, if there was no preset target, the time starts counting up)
- ▶ **DISTANCE** Starts counting down from the preset target. (Or, if there was no preset target, the distance starts counting up)
- ▶ **CALORIES** Starts counting down from the preset target. (Or, if there was no preset target, the calories start counting up)
- ▶ **PROFILE** The first column starts flashing. To work out the length of time that each column represents, divide the preset target TIME by 16. You can press the UP/DOWN buttons to adjust the resistance setting for the entire profile.

If you have preset target data, once the preset function target has been reached and has counted down to 0, the monitor will stop automatically. You may press the START/STOP button to start training again. The preset function will start counting up from zero, all other modes will continue counting up or down as they were before the original target was reached.

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When the training session is finished:

- ▶ **PROFILE** Displays the profile of the program that has just been completed. If you have made adjustments to the program during training, the changes will show on the profile.

**H.R.C. MODE** - This mode is not available for user U0 selection. You must use U1-U4 with your personal details entered.

Press the UP button so that H.R.C. is flashing at the top right of the screen.  
Press the MODE key to confirm the training setting in H.R.C. mode.

**1. PULSE** Displays "55%" and the relevant heart rate figure. You may press the UP & DOWN buttons to select a different target from 55%, 75%, 90% or you may set your own personal target heart rate by selecting TAG. After you have set your target rate, press mode to enter. When you begin training the heart symbol will flash until you have reached your target heart rate, when you have reached your target heart rate the heart rate figure will flash.

**2. TIME** Is flashing. You may press the UP or DOWN buttons to set a target time for training. Each setting is in 1 minute increments from 0:00 to 99:00 minutes, press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target time.)

**3. DISTANCE** Is flashing. You may press the UP or DOWN buttons to set a target distance for training. Each setting is in 0.10 km increments from 0.00 to 99.0 press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target distance.)

▶ **CALORIES** Is flashing. You may press the UP or DOWN buttons to set a target calorie consumption for training. Each setting is in 10 cal increments from 0 to 9990 cal., press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target calorie consumption.)

▶ **PROFILE** Displays the program profile of the program selected.

Press the START/STOP button to start training.

▶ **TIME** Starts counting down from the preset target.  
(Or, if there was no preset target, the time starts counting up)

▶ **DISTANCE** Starts counting down from the preset target.  
(Or, if there was no preset target, the distance starts counting up)

▶ **CALORIES** Starts counting down from the preset target.  
(Or, if there was no preset target, the calories start counting up)

## ► PROFILE

Displays a profile on the screen automatically, according to the target pulse rate set. This profile cannot be adjusted. If your current heart rate is lower than the preset target rate, the profile row (resistance level) will be increased automatically. If your current heart rate exceeds the preset target, the profile row (resistance level) will drop immediately. This adjustment in the resistance level is to help maintain the preset target heart rate as the training heart rate. If your current heart rate exceeds the target heart rate, and the profile row (resistance level) has dropped down to level 1 for 30 seconds, the monitor will stop all functions and an alarm beeps 6 times to make you aware that you are out of your heart rate zone.

If you have preset target data, once the preset function target has been reached and has counted down to 0, the monitor will stop automatically. You may press the START/STOP button to start training again. The preset function will start counting up from zero, all other modes will continue counting up or down as they were before the original target was reached.

When the training session is finished:

## ► PROFILE

Displays the profile of the program that has just been completed. If you have made adjustments to the program during training, the changes will show on the profile.

## USER MODE -

Allows you to set up your own program profile. This mode is not available for user U0.

Press the UP button so that USER is flashing at the top right of the screen. Press the MODE key to confirm the training setting in USER mode.

### 1. PROFILE

Displays a complete full profile as a preset. The first column in the profile is flashing, use the UP & DOWN buttons to adjust the profile rows (increase the resistance). Use the MODE button to move to the next column and so on. Press and hold the MODE button for 2 seconds when you have completed your profile, to move onto the next mode.

### 2. TIME

Is flashing. You may press the UP or DOWN buttons to set a target time for training. Each setting is in 1 minute increments from 0:00 to 99:00 minutes, press the MODE key to confirm the setting. (You may press MODE to move to the next function without setting a target time.)

### 3. DISTANCE

Is flashing. You may press the UP or DOWN buttons to set a target distance for training. Each setting is in 0.10km increments from 0.00 to 99.0, press the MODE key to confirm the setting. (You may press MODE to move to the next function without setting a target distance.)

### 4. CALORIES

Is flashing. You may press the UP or DOWN buttons to set a target calorie consumption for training. Each setting is in 10 cal increments from 0 to 9990 cal. Press the MODE key to confirm the setting. (You may press MODE to move to the next function without setting a target calorie consumption.)

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## **5. PULSE**

Is flashing. You may press the UP or DOWN buttons to set a target heart rate for training, press the **MODE** key to confirm the setting. (You may press **MODE** to move to the next function without setting a target pulse rate).

Press the **START/STOP** button to start training.

- ▶ **PULSE** Displays the current heart rate figures when both hands are holding the hand pulse sensors. Or, displays "P" if you don't hold the hand pulse sensors.
- ▶ **TIME** Starts counting down from the preset target.  
(Or, if there was no preset target, the time starts counting up)
- ▶ **DISTANCE** Starts counting down from the preset target.  
(Or, if there was no preset target, the distance starts counting up)
- ▶ **CALORIES** Starts counting down from the preset target.  
(Or, if there was no preset target, the calories start counting up)
- ▶ **PROFILE** The first column starts flashing and switches to the next column per the preset time divided by 16 (columns). You may press the UP/DOWN buttons to adjust the profile. This adjustment is made to the current column of the profile that will be flashing. You will feel the current resistance change whilst you are training.

If you have preset target data, once the preset function target has been reached and has counted down to 0, the monitor will stop automatically. You may press the **START/STOP** button to start training again. The preset function will start counting up from zero, all other modes will continue counting up or down as they were before the original target was reached.

When the training session is finished:

- ▶ **PROFILE** Displays the training profile that has been completed. If you have made adjustments to the profile during your training session, it will be the profile after the adjustments which is shown.

## **RECOVERY MODE -**

The time it takes you to recover after exercise is an indication of your fitness level. The computer is equipped with "RECOVERY" to measure your heart rate recovery time, you can use this feature to compare your recovery rate over a period of time e.g. When you first start to train and again after a few weeks training. To make an accurate comparison you should really exercise at the same speed and load, and for the same amount of time, e.g., 10 minutes, at load 3. For an approximate comparison it is not necessary to put your hands on the hand pulse sensor during the exercise period. When you finish exercising, put your hands onto the hand pulse sensors, press "RECOVERY" and the computer will continue to monitor your pulse. When the computer has counted down to 0.00 the screen will display a heart rate recovery grade from F1 to F6 ( F1 being good and F6 poor ). Press the "RECOVERY" button again to return to the main functions.

## **BUTTON FUNCTIONS:**

- UP:** To make an increase to a setting.
- DOWN:** To make a decrease to a setting.
- MODE:** To confirm all settings, or select a user code.
- START / STOP:** To start or stop training.
- RESET:** To reset all settings and have the monitor return to the initial mode.
- PERSONAL:** To select a different preset user.
- RECOVERY:** To activate the heart rate recovery function.

## **FUNCTIONS:**

- TIME:** Counting range :00:00 ~ 99:59, setting range : 00:00~99:00 (minute).
- SPEED:** Working range : 0.0 ~ 99.9 ( KM/H ).
- RPM:** Working range : 0 ~ 999 ( RPM ).
- DISTANCE:** Counting range :0.00 ~ 99.99, setting range : 0.0~99.0 ( KM ).
- CALORIES:** Counting range 0~9999, setting range : 0 ~ 9990 cal.
- WATT:** Working range : 0 ~ 999 , setting range: 0 ~ 250 watt.
- PULSE:** Counting range : 0 ~ 240, setting range : 30 ~ 240 (bpm).
- USER:** 0 ~ 4 ; when the user selection is User 0, the training data will not be kept, and there are some training modes which are not available when the user selected is User 0. Please refer to the above description.
- RECOVERY:** The heart rate recovery status displays grades F1 ~ F6.

## **PERSONAL DATA CONTENT:**

- AGE:** 0 ~ 99 years.
- WEIGHT:** 20 ~125 kgs.

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

# HAND PULSE SENSOR



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

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

Some people will not be able to obtain an accurate hand pulse reading e.g. due to hand skin or variations in circulation. 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, a receiver plugs into the computer and the readout is displayed on the computer screen.

Contact the YORK Help Line or your local YORK Dealer and ask for item #5103 Plug In TELEMETRY SET PI-50.

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

<b>U.K.</b>	<b>AUSTRALIA</b>	<b>U.S.A.</b>
<b>YORK FITNESS</b> 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	<b>YORK FITNESS</b> 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	<b>YORK FITNESS</b> 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

## NOTE:

1. When targets / limits have been reached an alarm will sound.
2. Without any signal for 5 minutes, the LCD display will shut off automatically, with all values reset to zero. Press any key or start cycling to reactivate.
3. The computer is equipped with an auto start / stop device. It will activate when you start to pedal and switch off some time after you stop pedalling.
4. The mode function will only work when all activity has stopped.

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# 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

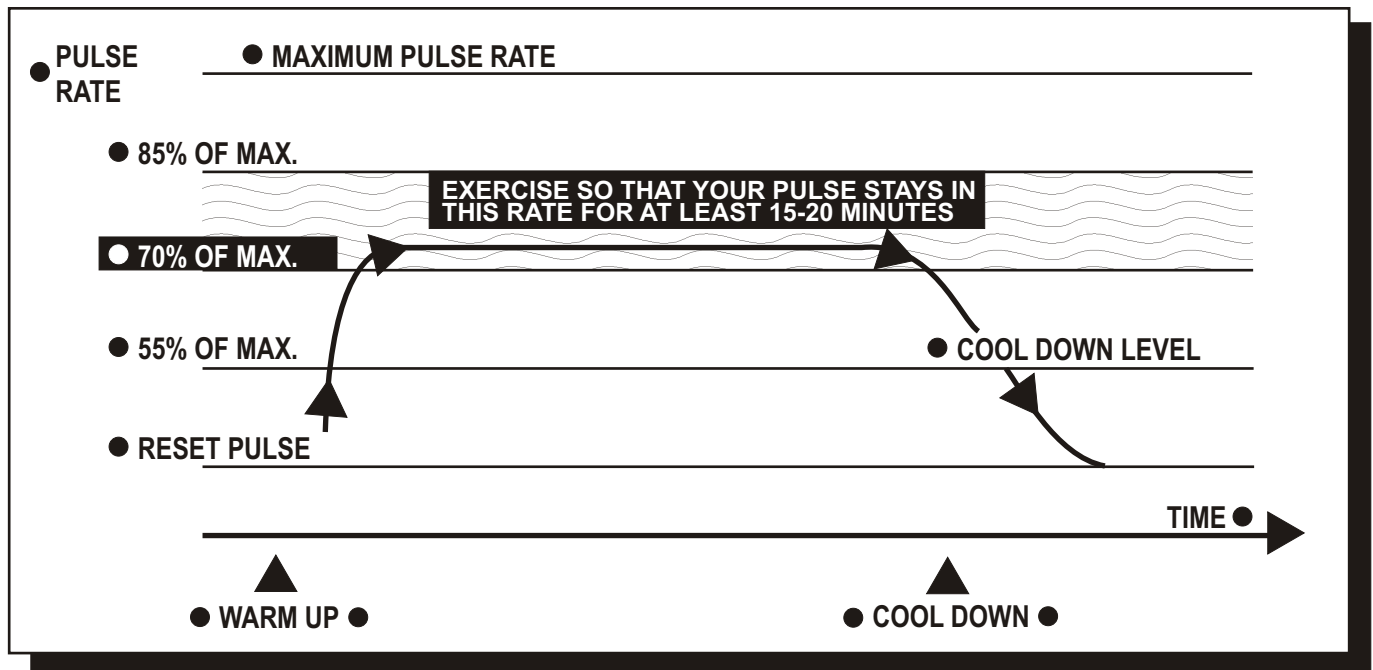
DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.

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.

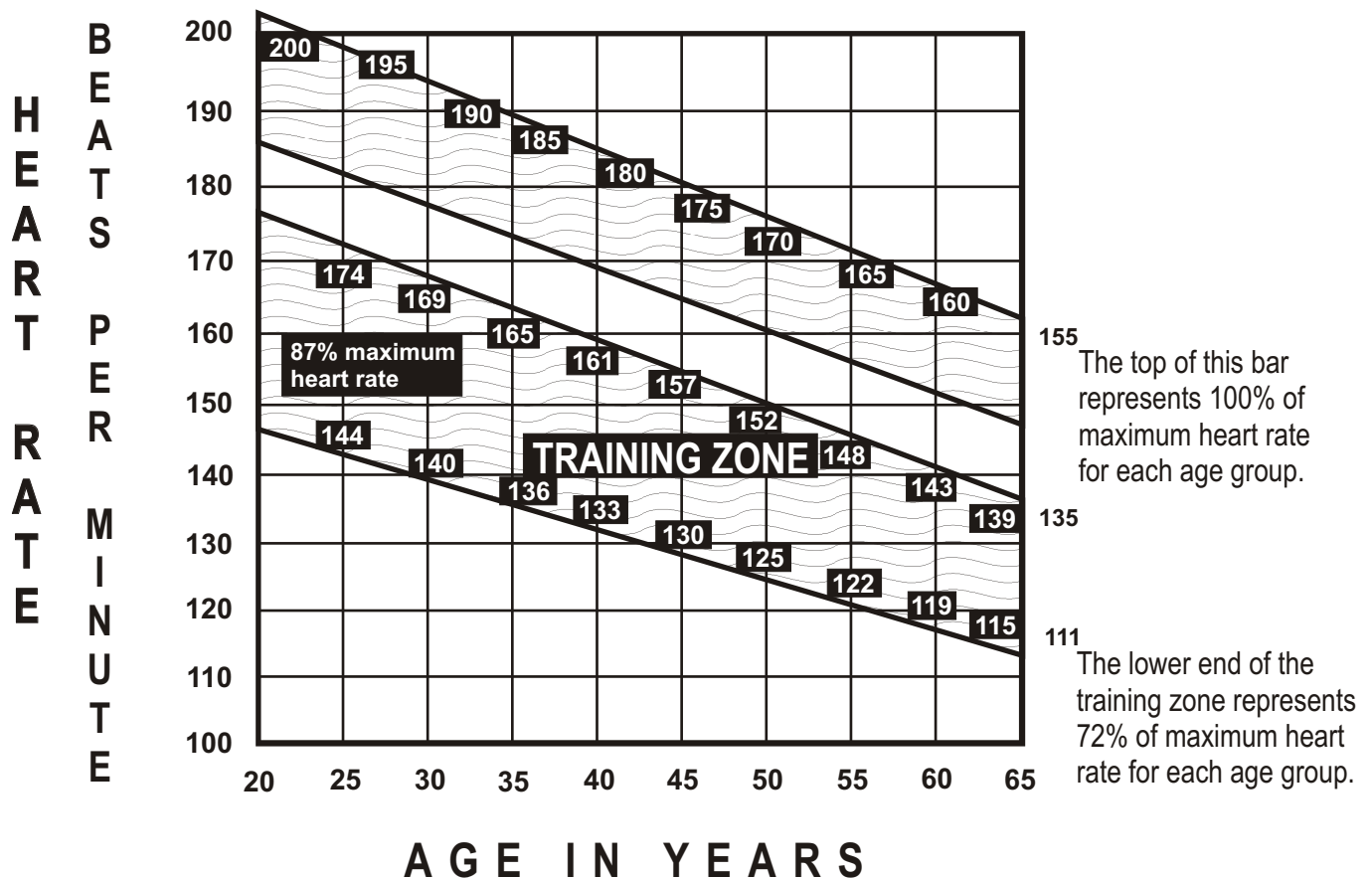
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# TARGET ZONE



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



FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

*Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.*

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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 C760 Recumbent Cycle is 12 months.

- 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>
<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL (U.K.) LTD.</b> YORK 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) <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- 5:00pm) <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>
<b>CANADA</b>	<b>TAIWAN</b>	<b>Authorized Dealer</b>
<p><b>YORK</b> FITNESS</p> <p>HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL CO. LTD.</b> 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593</p>	<p><b>YORK</b> FITNESS</p> <p>HELP LINE (9:00am- 6:00pm) <b>YORK FITNESS (TAIWAN) LTD.</b> 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</p>	

# WARRANTY REGISTRATION

**IMPORTANT:** Please complete and return this page, with a copy of 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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**YORK**<sup>®</sup>  
**FITNESS**

**PLACE  
STAMP  
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>				

Send your order to:

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

**YORK BARBELL (U.K.) LTD.**  
**CHURCHILL WAY,**  
**DAVENTRY, NORTHANTS,**  
**ENGLAND, NN11 4YB**

**PLACE  
STAMP  
HERE**

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**YORK<sup>®</sup>  
FITNESS**

**PLACE  
STAMP  
HERE**

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**PLACE  
STAMP  
HERE**