

experience rower
owner's manual

yorkfitness.com

16/06/2008

YORK[®]
FITNESS



Congratulations on purchasing a rower from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new rower. For more information visit www.yorkfitness.com

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safety information

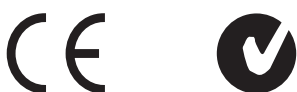
PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space around it.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and / or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- This product's resistance is governed by a hydraulic cylinder; ensure that the handle is returned to its location smoothly
- Losing grip or suddenly releasing the handle could result in an uncontrolled return; ensure there is free space around the product.
- You may want to use training gloves to increase your grip of the handle - caution; the handle can become slippery with sweat.
- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.
- Always hold the product along the main body away from moving parts when moving the product - if necessary ask for help.
- Do not store the product where small children can access it - moving components could cause serious harm.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this rower is 90kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and / or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This rower meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 7. Therefore the product carries the following marks:



This product is not suitable for therapeutic purposes.



It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

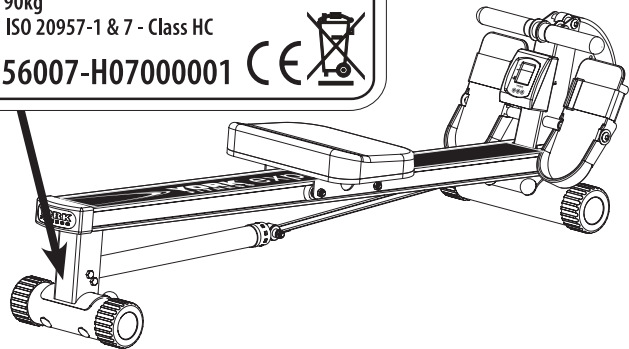
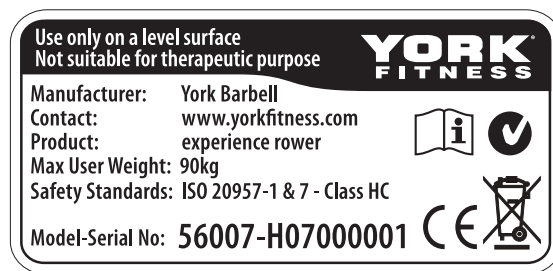
Protect the environment by not disposing of this product with household waste.
Check your local authority for recycling advice and facilities (Europe only).



Customer Support

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

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



Your Serial No. is:

Contact Us

ENGLAND

York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB

Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA

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

Tel: (02) 9603 8444 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

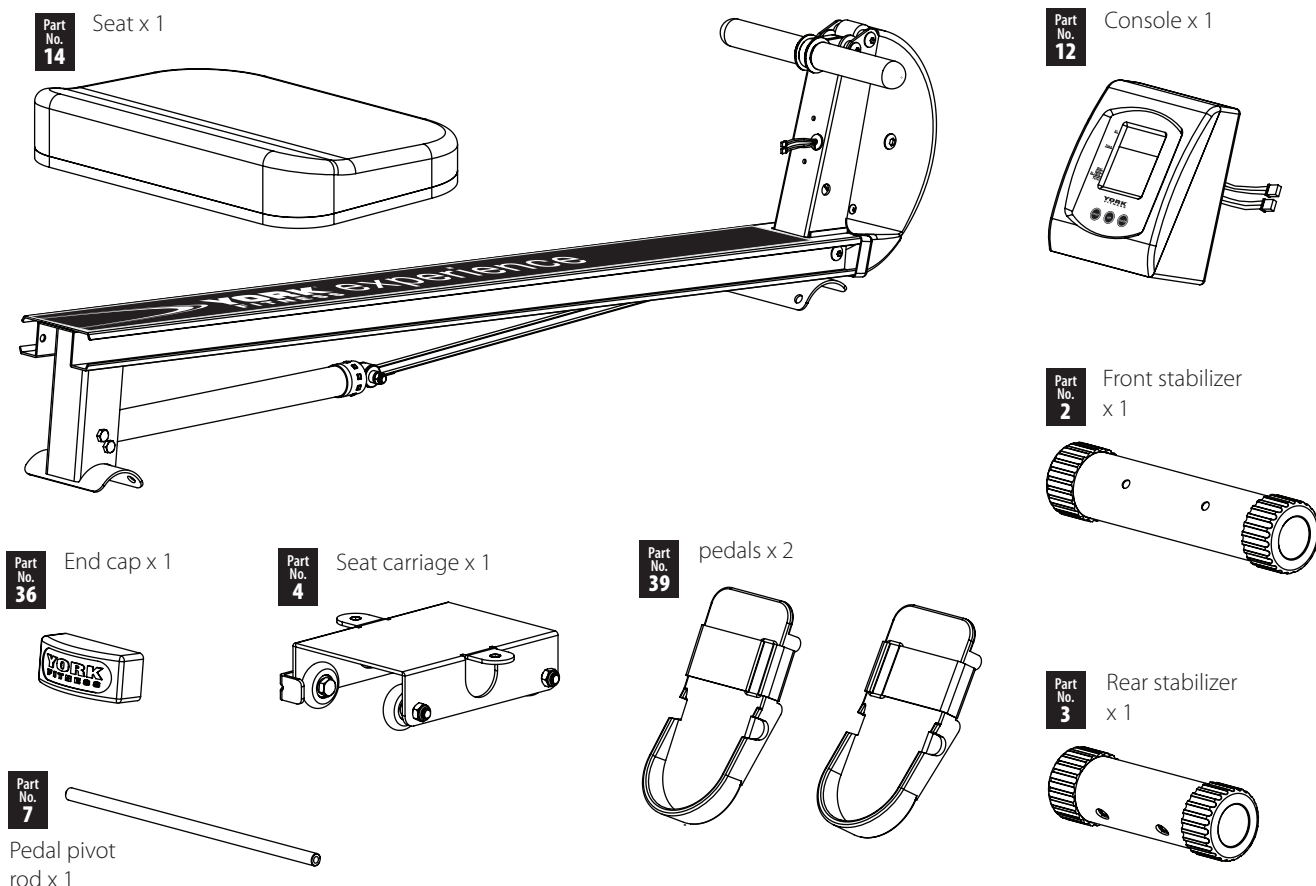
OTHER LOCATIONS

Please see website - www.yorkfitness.com

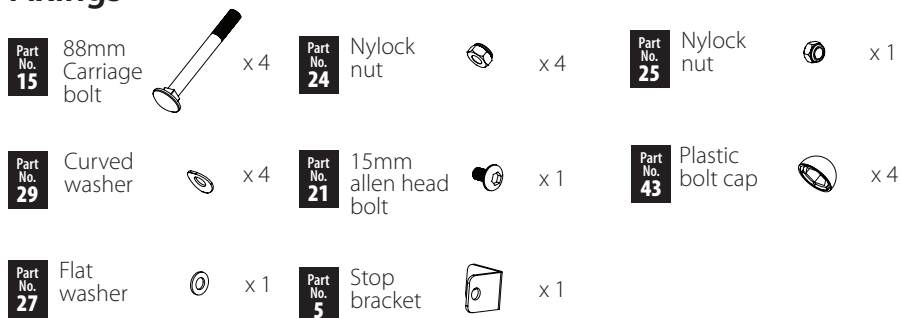
assembly instructions

1. Before you start

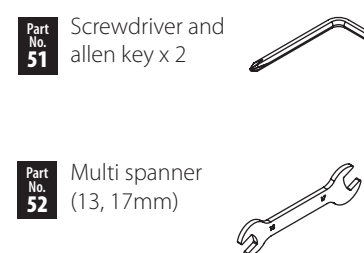
- 1. Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton** Make sure you have the following parts:



Fixings



Tools and Consumables



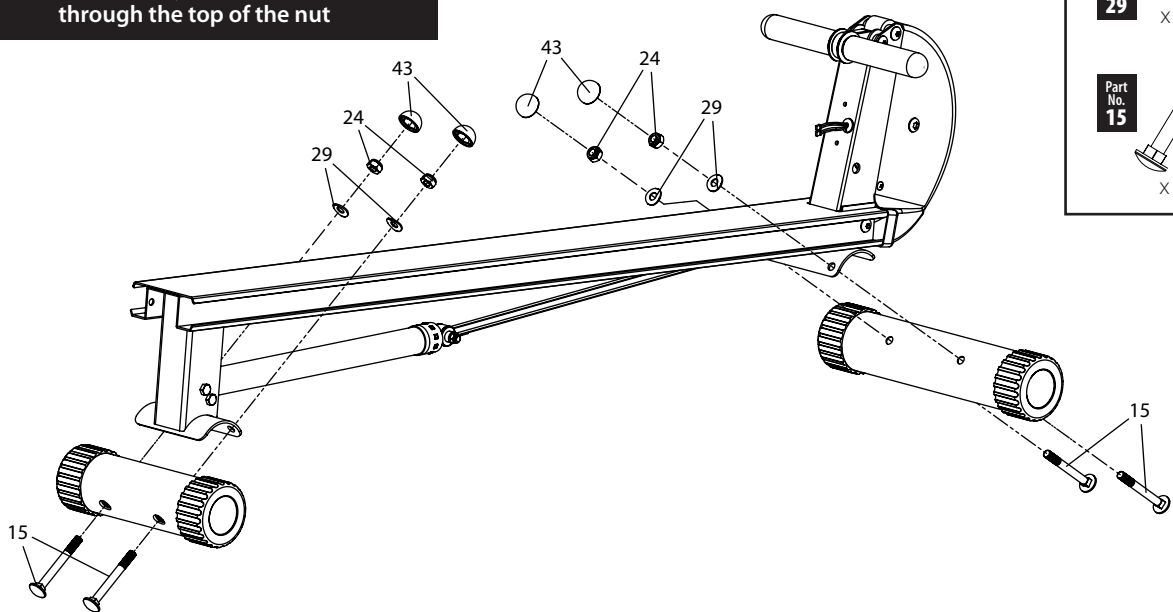
! This rower takes up a floor space of 143 cm by 36 cm and weighs 18 kg

! If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2. Attach the stabilisers

1. Fix the front stabilizer to the main frame and secure, using 2 x carriage bolts, washers, and nylon locknuts.
2. Fix the plastic caps onto the locknut heads.
3. Fix the rear stabilizer to the main frame and secure, using 2 x carriage bolts, washers, and nylon locknuts.
4. Fix the plastic caps onto the locknut heads.

Check the bolts are fully tightened by making sure they penetrate through the top of the nut



FIXINGS:

Part No. 43



x 4

Part No. 24



x 4

Part No. 29



x 4

Part No. 15

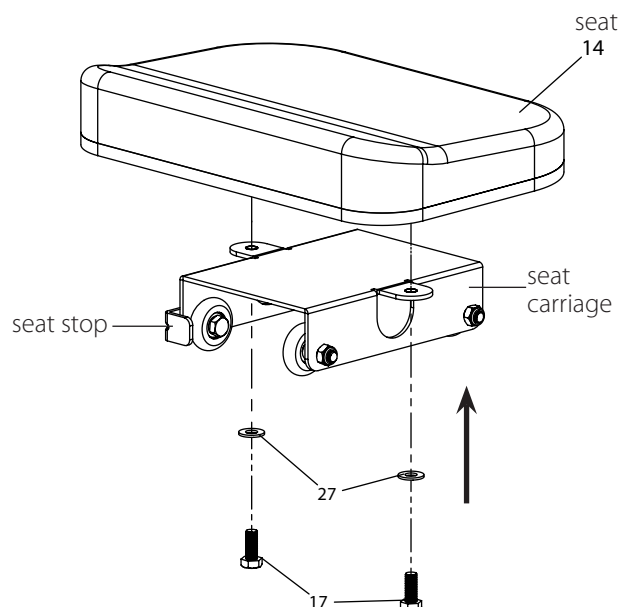


x 4

3. Attach the seat

1. Attach the rower seat to the seat carriage and secure, using 2 x hex head bolts (17) and washers (27) - (bolts and washers are located on the seat carriage)

Make sure the high part of the seat towards the seat stop.



FIXINGS:

Part No. 27



x 2

Part No. 17

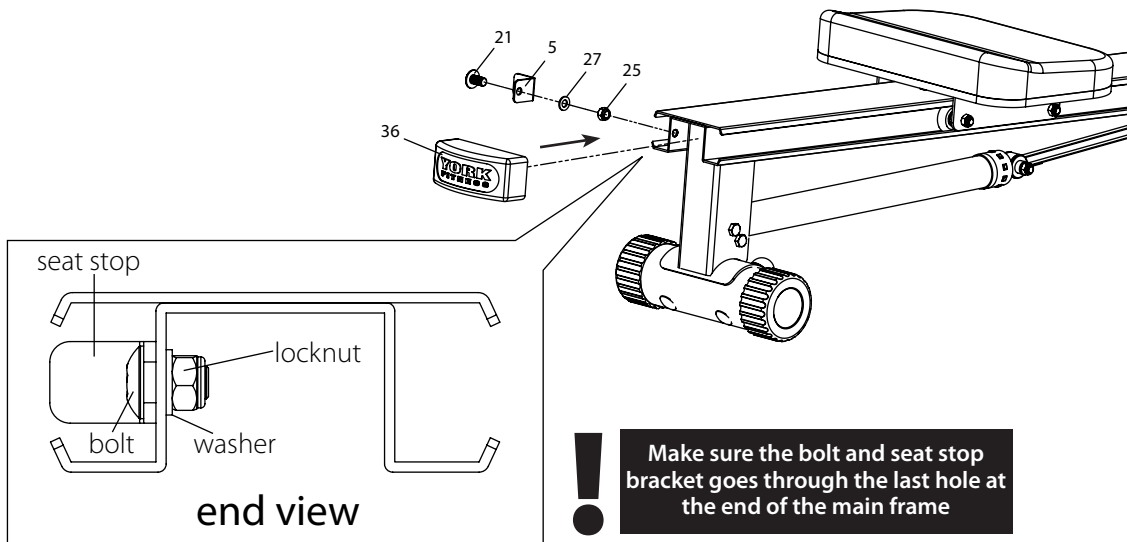
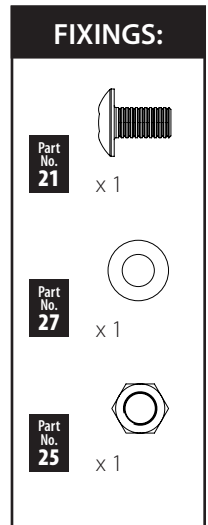


x 2

4. Attach the seat stop

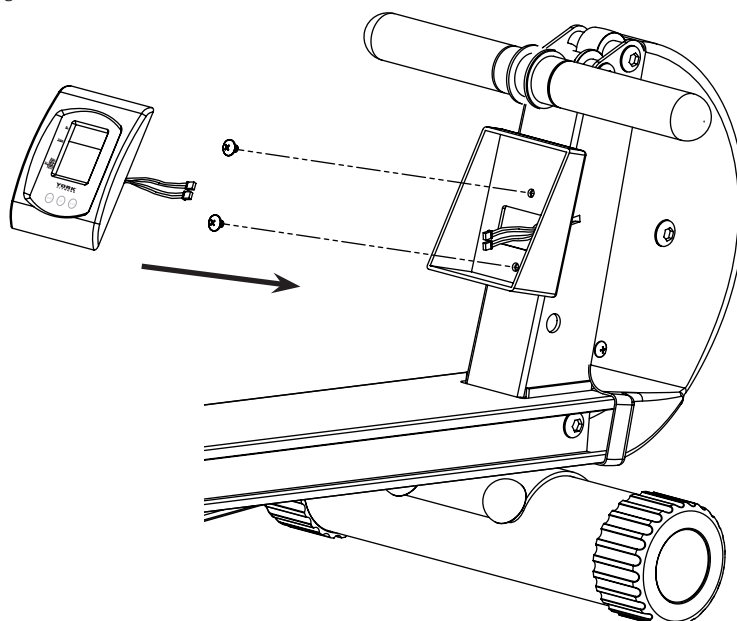
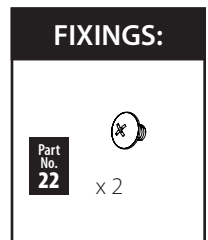
1. Slide the seat with carriage onto the runners
2. Bolt the seat stop bracket through the hole in the runners. Reach underneath the rower to tighten the bolt
3. Attach the rear end cap onto the main frame

! Make sure the high part of the seat towards the back



5. Attach the computer

1. Insert two batteries (AA size 1.5V) into the compartment in the back of the computer
2. Attach the bottom console to the main frame and secure, using 2 x machine screws as shown - (screws are located on the back side of computer console)
3. Connect the sensor wire sockets that come out of the main frame to the computer wire plug on the back of computer console
4. Attach the top computer onto the bottom console securely

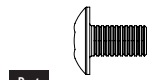


6. Attach the pedals

1. Slide the pedal pivot rod through the main frame holes until an equal amount of the rod protrudes from each side
2. Slide the spacer and pedal onto the pivot rod from both ends and secure, using 2 x allen head bolts (21) and washers (28) as shown - (allen head bolts and washers are located on the pedals)

Note: The Strap Loops should be fitted to the inside edge of the pedal for easy adjustment of the strap.

FIXINGS:



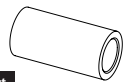
Part No. 21

x 2



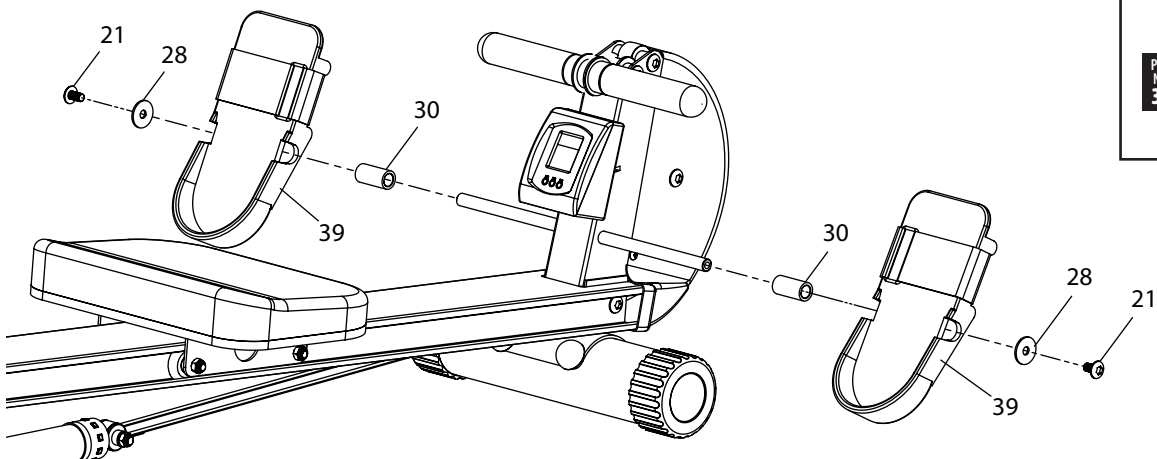
Part No. 28

x 2



Part No. 30

x 2



Recheck that all of the bolts and nuts are tightened securely for your safety and comfort.

Final Checks

Your rower is now assembled. Please make the following final checks before you use it for the first time

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

user instructions

Quick Start

1. Simply start rowing and away you go!
2. The values of time, distance and calories will start counting upwards

Console Display and Feedback

St.
The number of strokes performed this session; default counts up from zero, but counts down if a target has been set

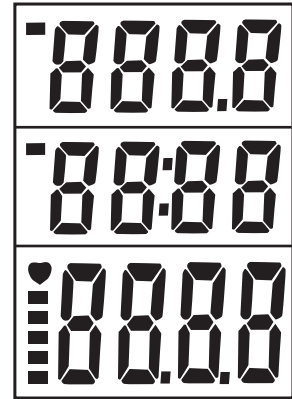
Time
Time exercised this session; default counts up from zero, but counts down if a target has been set

Dist (Distance)
Distance travelled this session; default counts up from zero, but counts down if a target has been set

Cals (Calories)
Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set

St/Min
The number of strokes per minute you are performing at your current rowing speed

Total
An accumulation of total strokes since the last time the reset button was pressed



Screen Display

Button Functions

	Pre – workout	During workout
mode	switches between the modes for target setting	switches between the feedback modes as described above
set	activates the console and sets target values	
reset	reset all of the target values and total count data	

Using Workout Programs

Manual Program

To use in the manual mode simply start rowing.

Target Programs

You can also choose to workout by setting yourself a target based on the number of strokes you wish to complete, workout time, distance travelled or calories burned. When you reach your target the console will beep.

Target strokes

1. Press 'mode' until '00.00' is flashing in the 'St' window
2. Use the 'mode' button to set the number of strokes
3. Start rowing to begin your workout

Target time

1. Press 'mode' until '00.00' is flashing in the 'Time' window
2. Use the 'mode' button to set your workout time
3. Start rowing to begin your workout

Target distance

1. Press 'mode' until '00.00' is flashing in the 'Dist' window
2. Use the 'mode' button to set your workout distance
3. Start rowing to begin your workout

Target calories

1. Press 'mode' until '00.00' is flashing in the 'Cals' window
2. Use the 'mode' button to set the number of calories you wish to burn
3. Start rowing to begin your workout

exercising with your rower



Always consult your doctor before undertaking a new exercise regime

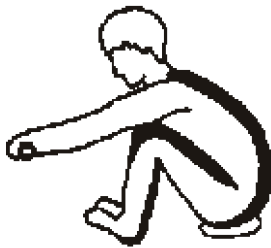
If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

The diagram shows the muscle groups in use during each stroke.

How to row:

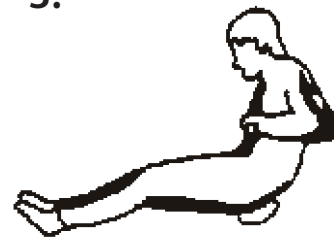
1.



2.



3.



1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time
3. Continun movement until you are leaning slightly backwards, bending return to (1.) and repeat.



NOTE: This product is compliant with European Standards (EN957). The user must remain aware that if this product is not used correctly the potential for injury remains. There are many moving parts on this product, which the user must be aware of. When moving the rower or adjusting position, the user should pay particular attention the seat & runner assembly.

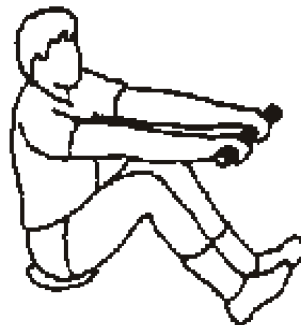
- Please ensure that fingers are not placed inside of the runner assembly when moving the product
- When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping

Alternative exercise - leg only rowing:

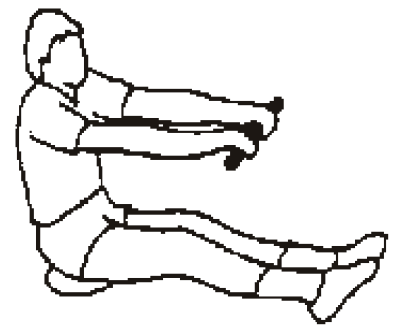
4.



5.



6.

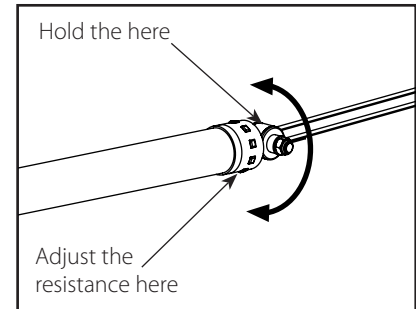


This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to starting position and repeat.

rower features explained

Adjusting the resistance

Hold the cylinder in the correct position while adjusting the resistance



how to take care of your rower

Storage

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

Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.



Never remove the protective casing.

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Troubleshooting



If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

your warranty

This product is supplied with a standard warranty as follows:

- 12 month parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

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

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

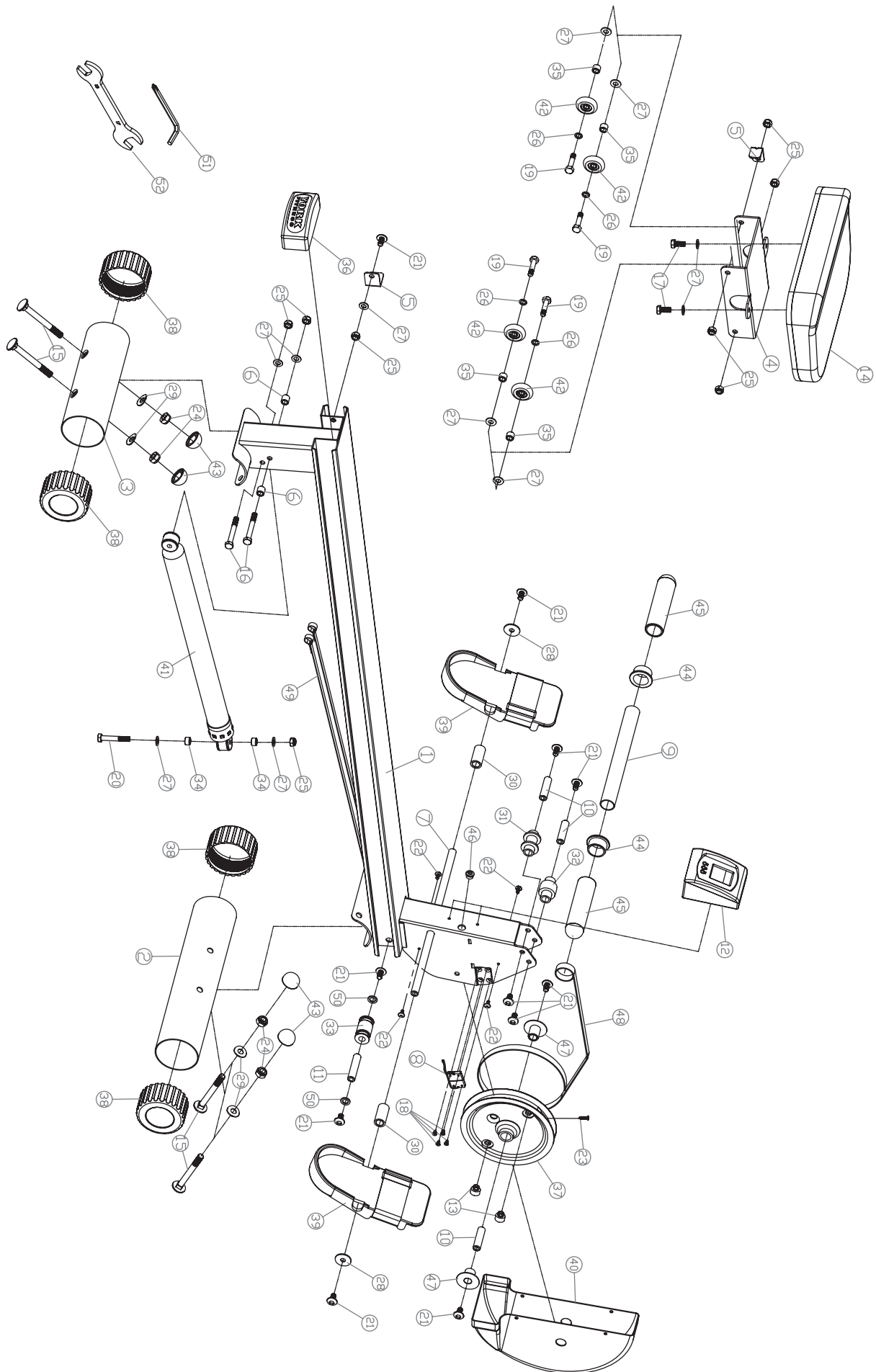
To obtain warranty service you must provide the following information:

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

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram



Ref.	Qty	Part no.	Part Description
1	1	YKA00185w5	Seat Track (R) (PU73338)
2	1	YKP00193b2	Front Stabilizer (R) (Ø76.2 x 350 x T-1.5mm)
3	1	YKP00194b2	Rear Stabilizer (R) (Ø76.2 x 250 x T-1.5mm)
4	1	YKP00195w5	Seat Carriage (218 x 172 x T-3mm) (PU73338)
5	2	YKP00196c1	Stop Bracket (56 x 20 x T-2mm)
6	2	YKF10358c1	Bush (OD-12.7 x ID-8.5 x L-13.5mm)
7	1	YKF50141c1	Pedal Pivot Rod (Ø12.7 x 350mm)
8	1	YKF60172b1	Sensor & Wire (130/170mm)
9	1	YKP00197b2	Handle Bar Tube (Ø25.4 x 280 x T-2mm)
10	3	YKF50142c1	Pivot Shaft (Ø12.7 x 50mm)
11	1	YKF50143c1	Pivot Shaft (Ø12.7 x 56.5mm)
12	1	YKF60173q26	Computer (R) (PU73338)
13	2	YKF50086	Magnet
14	1	YKF30039b1	Seat (R) (58 x 220 x 320mm)
15	4	YKF10359c1	Carriage Bolt (M10 x 88mm)
16	2	YKF10360c1	Hex Head Bolt (M8 x 66mm)
17	2	YKF10361c1	Hex Head Bolt (M8 x 16mm)
18	4	YKF10362b6	Countersunk Philips Head Self Tapping Screw (4 x 10mm)
19	4	YKF10363n1	Hex Head Bolt (M8 x 34mm)
20	1	YKF10364c1	Hex Head Bolt (M8 x 45mm)
21	11	YKF10062c1	Round Allen Head Bolt (M8 x 15mm [6mm Allen])
22	4	YKF10365c1	Round Philips Head Machine Screw (M5 x 6mm)
23	1	YKF10366b6	Countersunk Philips Head Self Tapping Screw (4 x 15mm)
24	4	YKF10012c1	Nyloc Nut (M10)
25	8	YKF10061c1	Nyloc Nut (M8)
26	4	YKF10367c1	Flat Washer (ID-8.5 x OD-13 x T-2mm)
27	11	YKF10368c1	Flat Washer (ID-8.5 x OD-13 x T-1.5mm)
28	2	YKF10369c1	Flat Washer (ID-8.5 x OD-28 x T-2mm)
29	4	YKF10370c1	Curved Washer (ID10.5 x OD23 x T1.5mm)
30	2	YKF20293b5	Plastic Spacer (ID-12.8 x OD-19 x 38mm)
31	1	YKF20294b5	Pulley Wheel - Single Strap (Ø12.7 x Ø31 x 49mm)
32	1	YKF20295b5	Pulley Wheel - Twin Strap (Ø12.7 x Ø29.5 x 49mm)
33	1	YKF20296b5	Pulley Wheel - Twin Strap (Ø12.7 x Ø28 x 49mm)
34	2	YKF20297b5	Plastic Spacer (ID-8.2 x OD-13 x 8mm)
35	4	YKF10371b6	Bush (OD-11 x ID-8.1 x L-11mm)
36	1	YKF20298b5	External End Cap - Seat Track (R)
37	1	YKF20299b4	Pulley Wheel - Rower Strap (Ø165 x 47mm)
38	4	YKF20300b4	Round External End Cap (Ø76.2 x 42 x T-4mm)
39	2	YKF20301b4	Foot Plate - Rotating (R) (240 x 110mm)
40	1	YKF20302w5	Cover (R) (PU73338)
41	1	YKF50144b1	Cylinder - Adjustable (Ø38 x 520mm)
42	4	YKF20303w1	Wheel - Seat Carriage (R) (ID-7.8 x OD-37.5 x 11mm)
43	4	YKF20024b4	Round Plastic Bolt Cap (M10 x OD-30mm)
44	2	YKF20304b5	Plastic Top Hat Bush (Ø26.5 x Ø31.8 x 19mm)
45	2	YKF20001b5	Handgrip - Standard - (OD-31.8 x L130mm)
46	1	YKF20305b4	Gromet (ID-4 x OD-13.4 x 9.2mm)
47	2	YKF20306b4	Plastic Top Hat Bush (Ø12.7 x Ø18.2 x 22mm)
48	1	YKF40073b1	Pulling Strap (13 x 1980 x T-1.3mm)
49	1	YKF40074b1	Cylinder Strap (8 x 1780 x T-2mm)
50	2	YKF20307b5	Plastic Spacer (ID-12.8 x OD-18 x T-3.5mm)
		TOOLS	
51	2	YKF70016	Philips Screwdriver & Allen Key (6mm x 32 x 105mm)
52	1	YKF70017	Spanner (13 & 17mm)