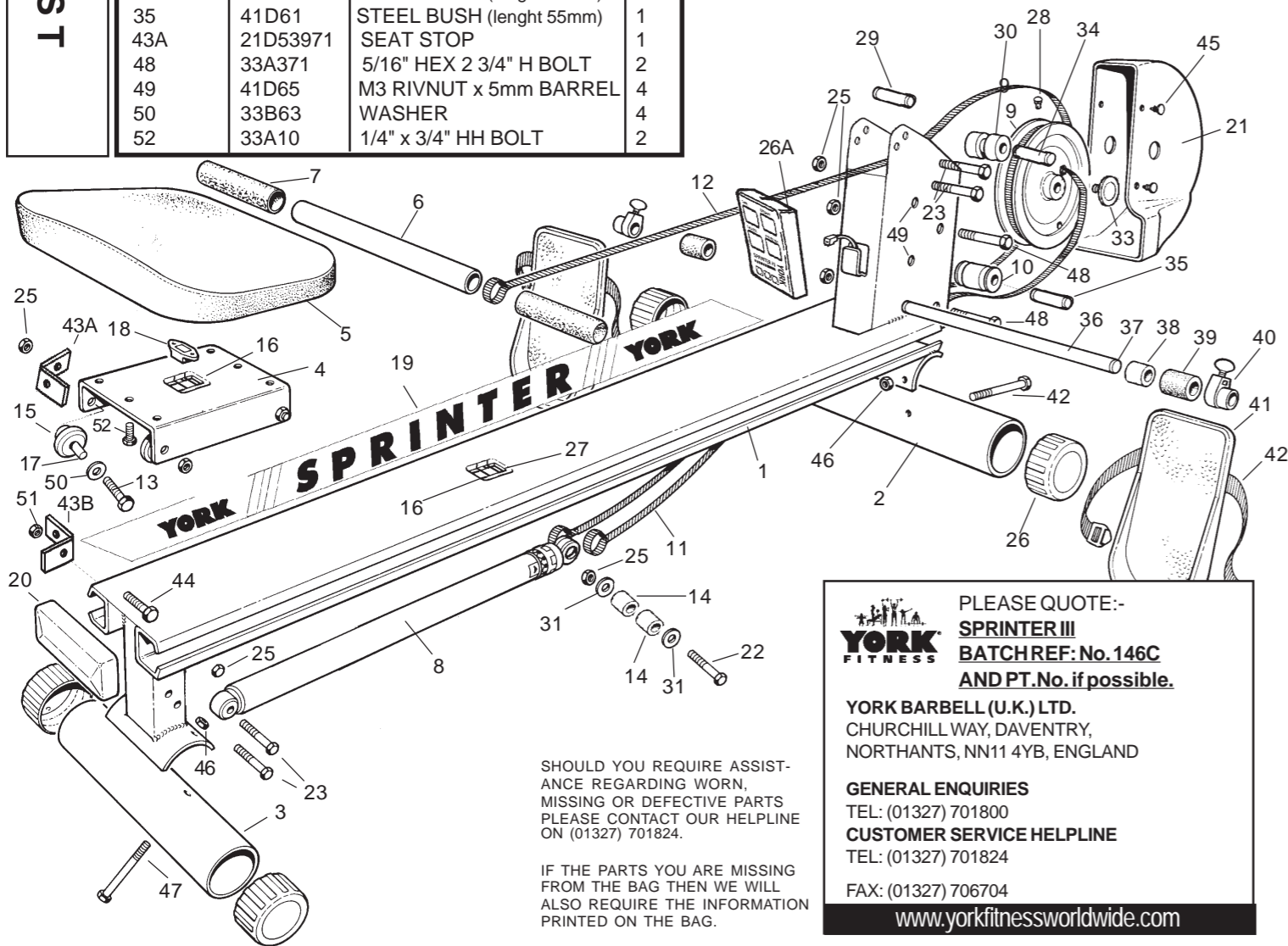
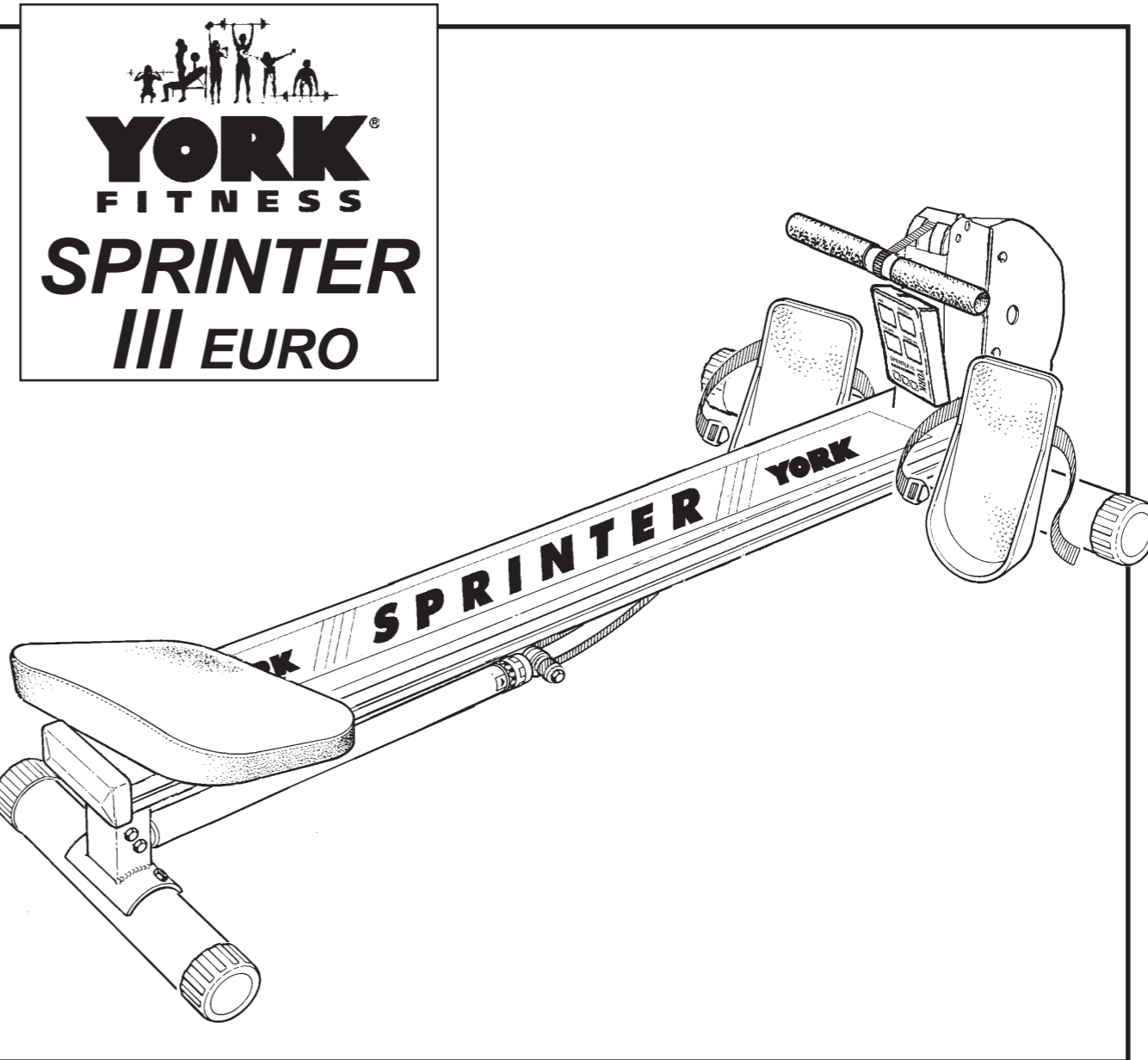


ITEM No.	PART No.	DESCRIPTION	QTY
1	21E5346	MAIN FRAME	1
2	21E52223	FRONT LEG	1
3	21E52222	REAR LEG	1
4	21E53563	SEAT GLIDE WITH STOP BRACKET	1
5	41D30	SEAT	1
6	21E52221	HANDLE	1
7	41A801	HANDGRIPS 5" PLASTIC	2
8	41D28	CYLINDER	1
9	41E231	LARGE PULLEY (23 x 15.5 bore)	1
10	41D62	CYLINDER STRAP PULLEY	1
11	01D66	CYLINDER STRAP (10mm)	1
12	33D35	HANDLE STRAP (0.013 x 2.0m)	1
13	41D63	5/16" x 35mm HH BOLT SPECIAL	4
14	41D38	SPACER	2
15	33B562	WHEEL	4
16	41D60	MAGNET/SENSOR HOLDER	2
17	33B563	WHEEL BUSH/SPACER	4
18	41D153M	MAGNET	1
19	01D61	DECAL	1
20	41D12	TRACK END CAP	1
21	41D26	PULLEY COVER	1
22	33A38	5/16 x 2" HEX BOLT	1
23	33A356	5/16" HEX 2 1/2" H BOLT	4
25	33A33	5/16 NYLOC NUT	12
26	41D27	3" END CAPS BLACK/RED	4
26A	41D153	COMPUTER	1
27	41D153S	SENSOR	1
28	33D69	STRAP RIVET	1
29	41D57	NYLON SPACER (L=51mm)	1
30	41D58	HANDLE STRAP PULLEY	1
31	41D37	WASHER	2
33	41D401	BUSH (DELIN A.F. 14.8mm)	2
34	41D59	STEEL BUSH (lenght 51mm)	1
35	41D61	STEEL BUSH (lenght 55mm)	1
43A	21D53971	SEAT STOP	1
48	33A371	5/16" HEX 2 3/4" H BOLT	2
49	41D65	M3 RIVNUT x 5mm BARREL	4
50	33B63	WASHER	4
52	33A10	1/4" x 3/4" HH BOLT	2

SPRINTER III EURO

PARTS LIST BAG 920 (32E25)			
ITEM No.	PART No.	DESCRIPTION	QTY
36	21E52956	FOOTREST TUBE(5/8")	1
37	41D04	END CAP(5/8INT. CAPS)	2
38	41B23	SPACER (SMALL)	2
39	41B22	SPACER (LARGE)	2
40	41D09	TUBE ADJUSTER	2
41	41B09	FOOTREST PEDALS	2
42	33D19	FOOTSTRAP	2

PARTS LIST BAG 921B (32E26B)			
ITEM No.	PART No.	DESCRIPTION	QTY
43B	21D53971	SEAT STOP	1
44	41D90	HEX BOLT 5/16" x 1"	1
45	41D105	M3 x 12 PAN HEAD SCREW	4
46	33A51	3/8" HEX NUT	4
47	33A47	3/8"x 3 1/2" HEX BOLT	4
51	33A32	5/16" HEX NUT	1



SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE ON (01327) 701824.

IF THE PARTS YOU ARE MISSING FROM THE BAG THEN WE WILL ALSO REQUIRE THE INFORMATION PRINTED ON THE BAG.

PLEASE QUOTE:-
SPRINTER III
BATCHREF: No. 146C
AND PT. No. if possible.

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

GENERAL ENQUIRIES
 TEL: (01327) 701800
CUSTOMER SERVICE HELPLINE
 TEL: (01327) 701824

FAX: (01327) 706704
www.yorkfitnessworldwide.com

BEFORE ASSEMBLY
 Read instructions carefully. If the instructions are followed, you should have no problems with assembly. Always assemble your Sprinter on a flat level surface.

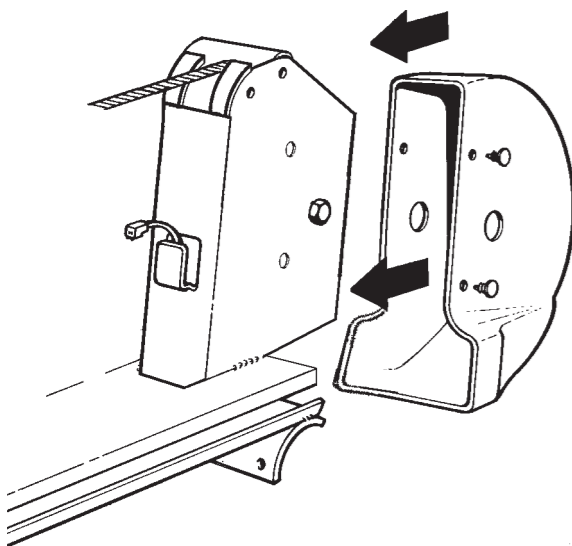
CARE AND MAINTENANCE
 Always check that all nuts and bolts are tightened before using any exercise equipment. Inspect the handle strap and cylinder strap for wear, every time, before use. If they are worn do not use and contact our helpline for a replacement. To help us assist you with your enquiry please have ready the batch number (located on a sticker on the under side of the rower track). Please quote: -Sprinter batch ref.
 -Part no. (Given on assembly instructions.)

WARNINGS
 Please be sure the following safety precautions are reviewed and followed by anyone who will be using your Sprinter. Consult your doctor before participating in this or any exercise programme. Place the Sprinter on a solid, level surface when in use. Always wear suitable clothing, wear comfortable non-restrictive clothing and footwear e.g. track suit and training shoes. To avoid injury, never operate the sprinter when children or pets are present. Children should not be allowed to use the Sprinter at any time or be around the machine even when not in use.

Never allow more than one person at a time on the Sprinter. Do not eat large meals before exercising. Always warm up well before exercising as this will prevent muscle strain. Always gently stretch your muscles prior to and following any exercise programme. Warm up slowly rowing at a slow pace. Before completing an exercise session, slow your pace gradually, allowing your heart rate to return to normal before stopping rowing and getting off the Sprinter. If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop your workout at once. Consult a physician before continuing. Remove jewellery, rings, chains and pins before exercising. Do not attempt any maintenance or adjustments other than those described in these instruction sheets. Should you have any problems with your Sprinter, discontinue use and contact our helpline. Always use your sprinter III in an adequate space e.g. at least 2 ft. (60cm) clearance on each side. Give special attention to the pulley wheel, pulley straps & cylinder straps as they may wear. Injuries to health may result from incorrect or excessive training.

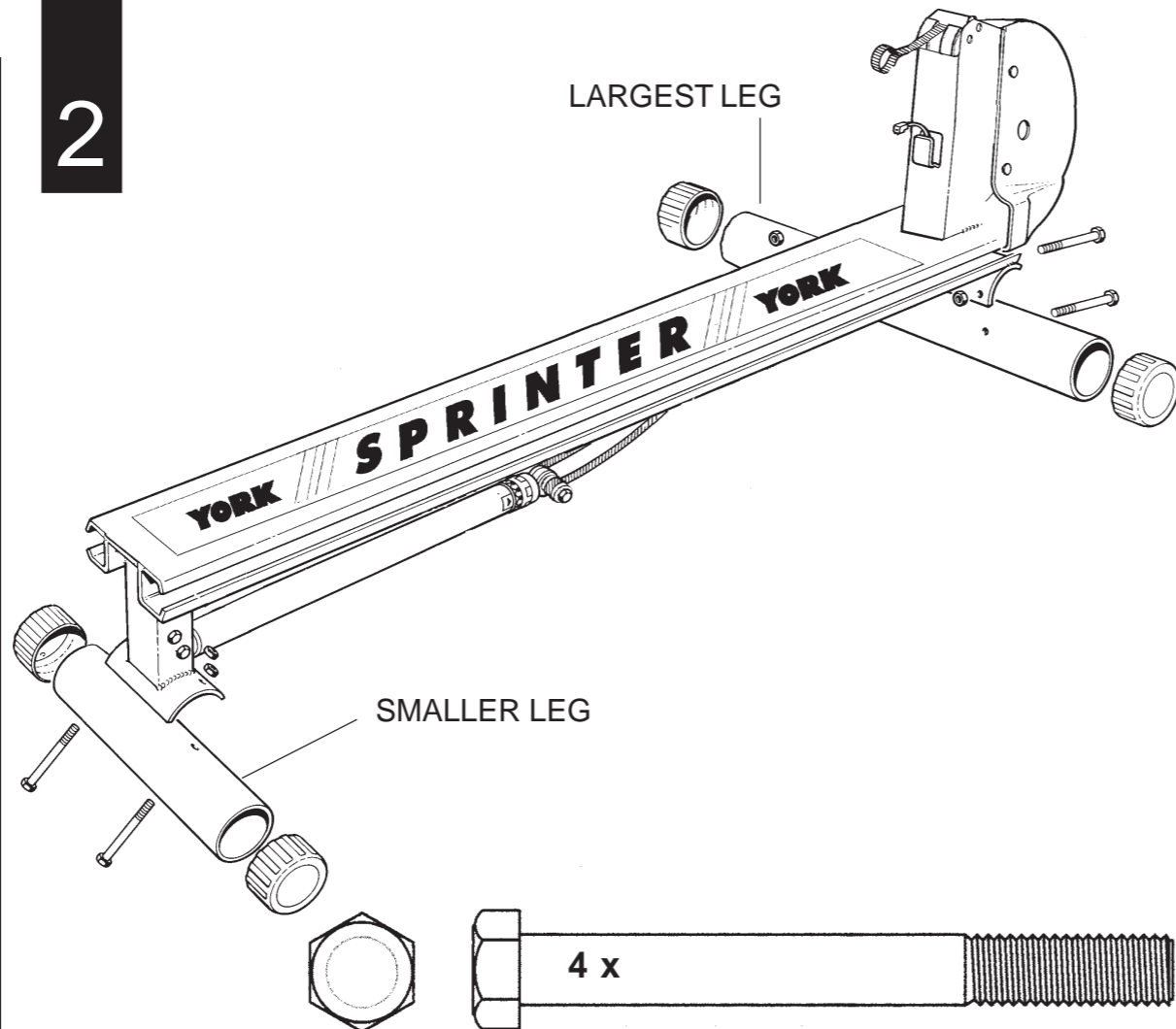
NOTE
 Maximum weight limits : - 90kg (INCLUDES BODYWEIGHT)

1



FASTEN ON THE COVER WITH 4 PAN HEAD SCREWS FASTENERS

2

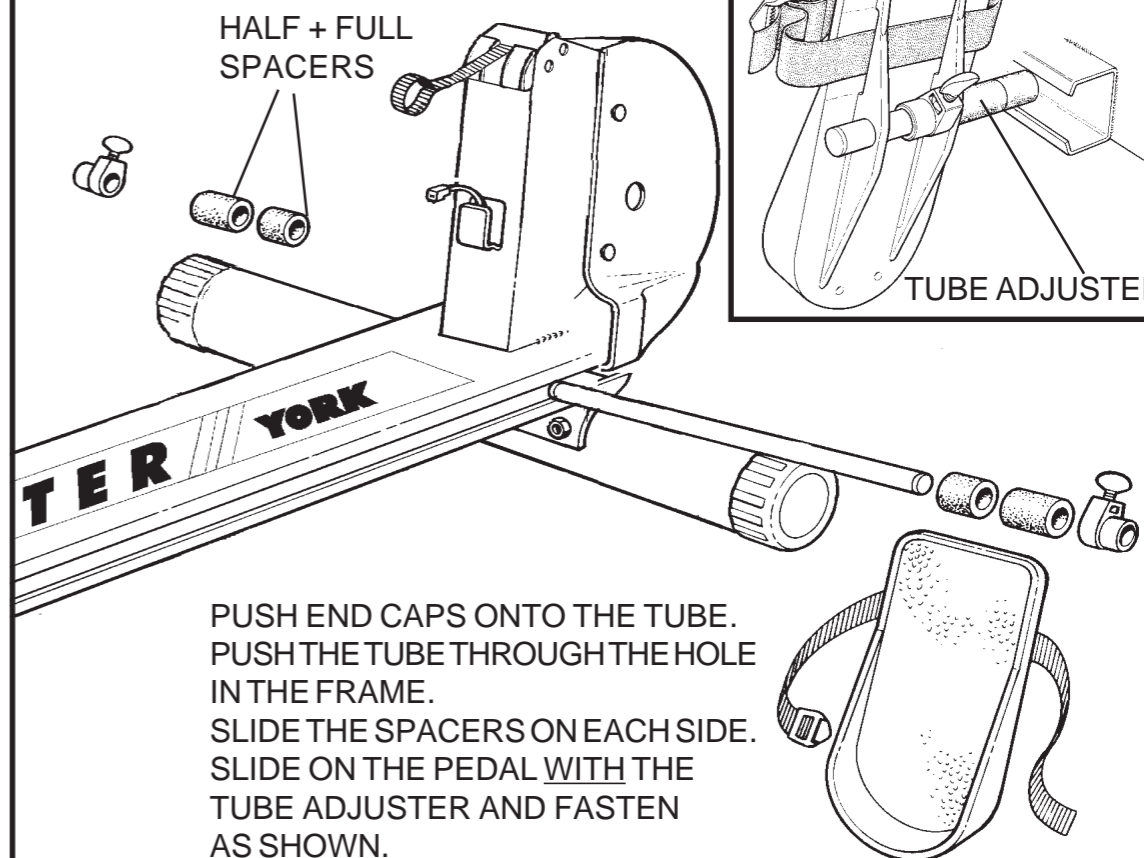


LARGEST LEG

SMALLER LEG

4 x

3



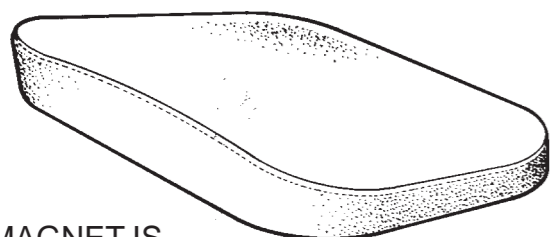
HALF + FULL SPACERS

TUBE ADJUSTER

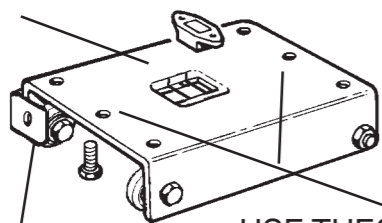
PUSH END CAPS ONTO THE TUBE. PUSH THE TUBE THROUGH THE HOLE IN THE FRAME. SLIDE THE SPACERS ON EACH SIDE. SLIDE ON THE PEDAL WITH THE TUBE ADJUSTER AND FASTEN AS SHOWN.

4

FASTEN THE SEAT TO THE CENTRAL HOLES ON THE SEAT GLIDE. THE TWO BOLTS REQUIRED ARE LOCATED UNDER THE SEAT.



CHECK A MAGNET IS LOCATED HERE



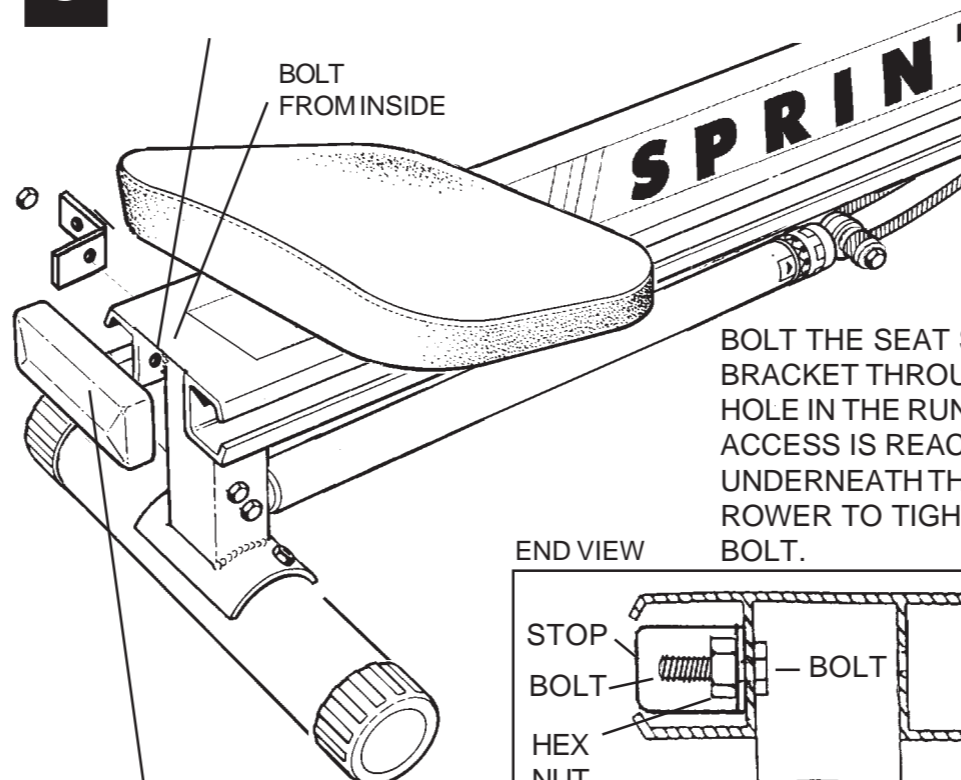
USE THESE TWO HOLES

ENSURE THE SEAT STOP IS AT THE REAR END OF THE CUSHION

5

MAKE SURE THE BOLT AND BRACKET GOES THROUGH THE LAST HOLE AT THE END OF THE MAIN FRAME.

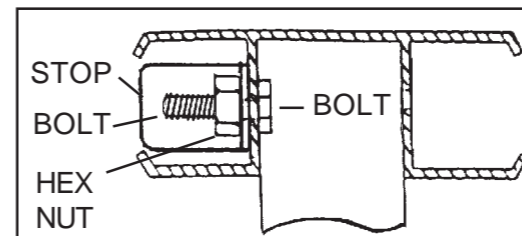
SLIDE THE SEAT ONTO THE RUNNERS. (HIGH PART OF THE SEAT TOWARDS THE BACK).



BOLT FROM INSIDE

BOLT THE SEAT STOP BRACKET THROUGH THE HOLE IN THE RUNNERS. ACCESS IS REACHED UNDERNEATH THE ROWER TO TIGHTEN BOLT.

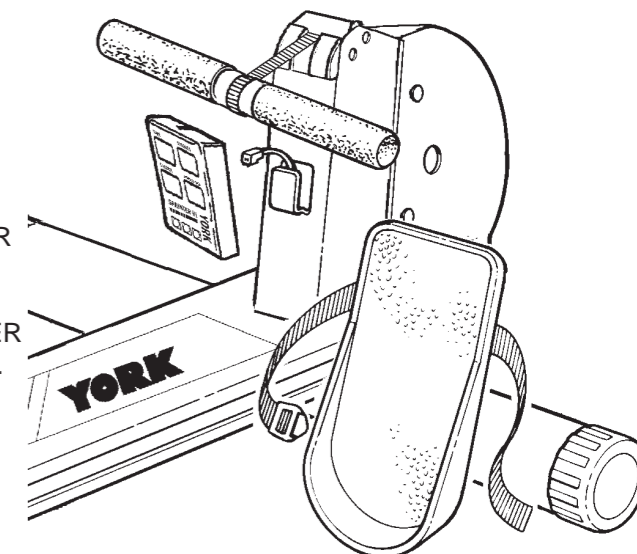
END VIEW



PUSH ON TRACK END CAP.

6

ATTACH THE SENSOR CABLE TO THE COMPUTER. THEN SLIDE THE COMPUTER ONTO THE BRACKET.



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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 :

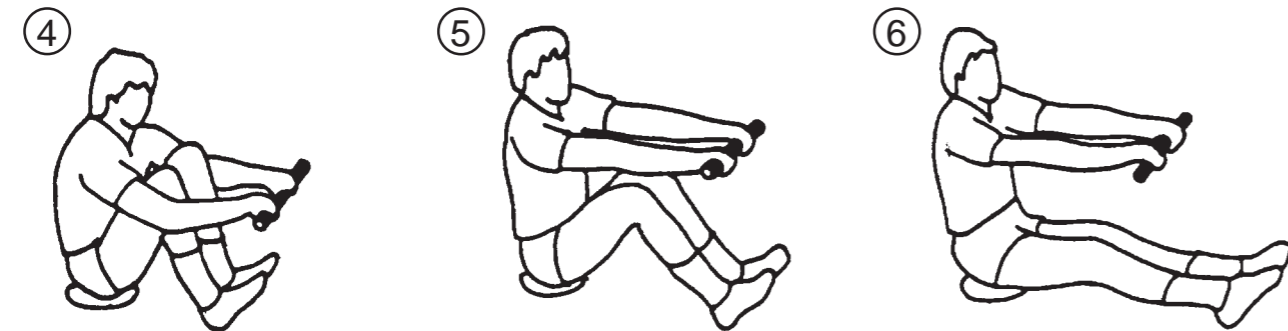


1. Take up the initial position leaning forward, knees bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending the arms at the same time.

Return to 1 and repeat.

ALTERNATIVE EXERCISE

LEG ONLY ROWING :



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 (4). Use your legs to push your body back whilst keeping your arms and back straight, slowly return to starting position and repeat.

Sprinter III Euro Exercise Computer

Function Buttons.

MODE: With each press of the mode key, the computer will cycle through Time, Calories & Strokes.) A "♦" symbol will appear in the top left hand corner of the mode that is currently selected.

SET: Once a mode has been selected, you can alter the Time, Calories & Strokes.

Time 0 – 99 minutes in 1 minute increments.
 Calories 0 – 999 Calories in 1 Calorie increments.
 Strokes 0 – 999 Strokes in 1 Stroke increments.

Note – By pressing and holding the SET key for approx 1 second, the display will scroll through the desired value automatically until the SET key is pressed again.

RESET: The computer can be reset simply by pressing and holding the RESET key for approx 2 seconds.

Pressing the RESET key quickly, will reset the value of the current mode to 0.

Function Readings.

The functions will be displayed once exercising commences. The readings will increase until one of the preset limits is met. When a limit is met, an audible alarm will notify the user.

If no exercise limits are set, the computer will continue to count until exercising stops.

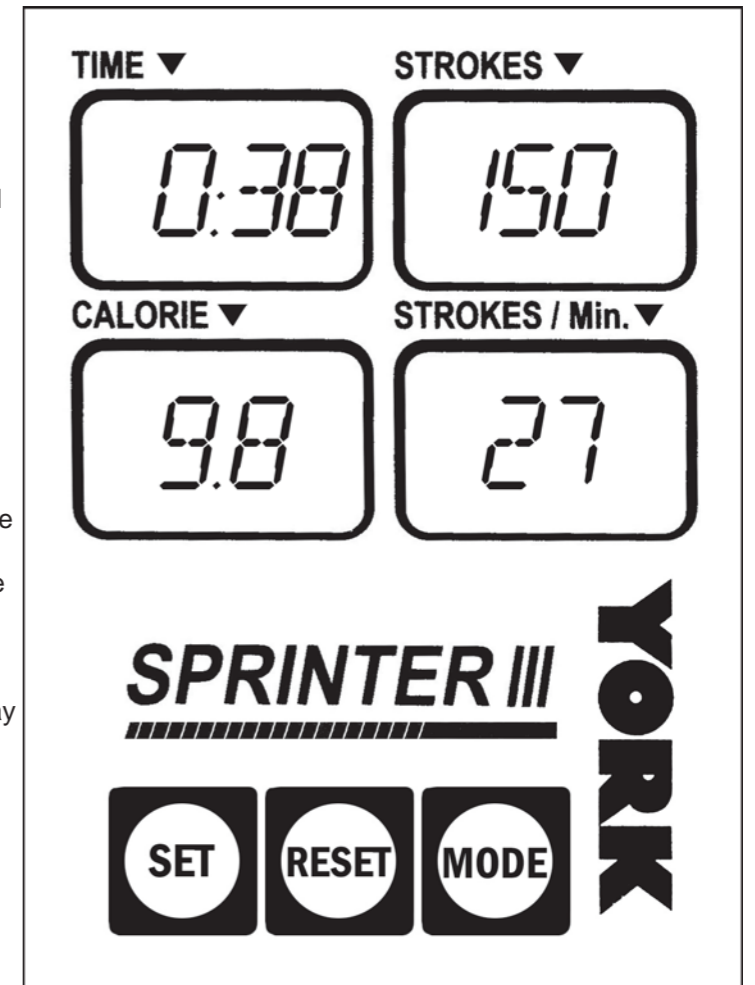
Time Will display the current time in (0-99 minutes.)
 Calories Will display the calories (0-999 Calories.)
 Strokes Will display the number of strokes (0-999.)
 Strokes/Min The current number of Strokes per Minute.

Notes.

If the computer does not receive a signal for more than 4 minutes, the computer display will automatically turn off. All previous training settings will be stored. You may press any key to bring the display back.

If the computer displays abnormal data, please re-install the batteries.

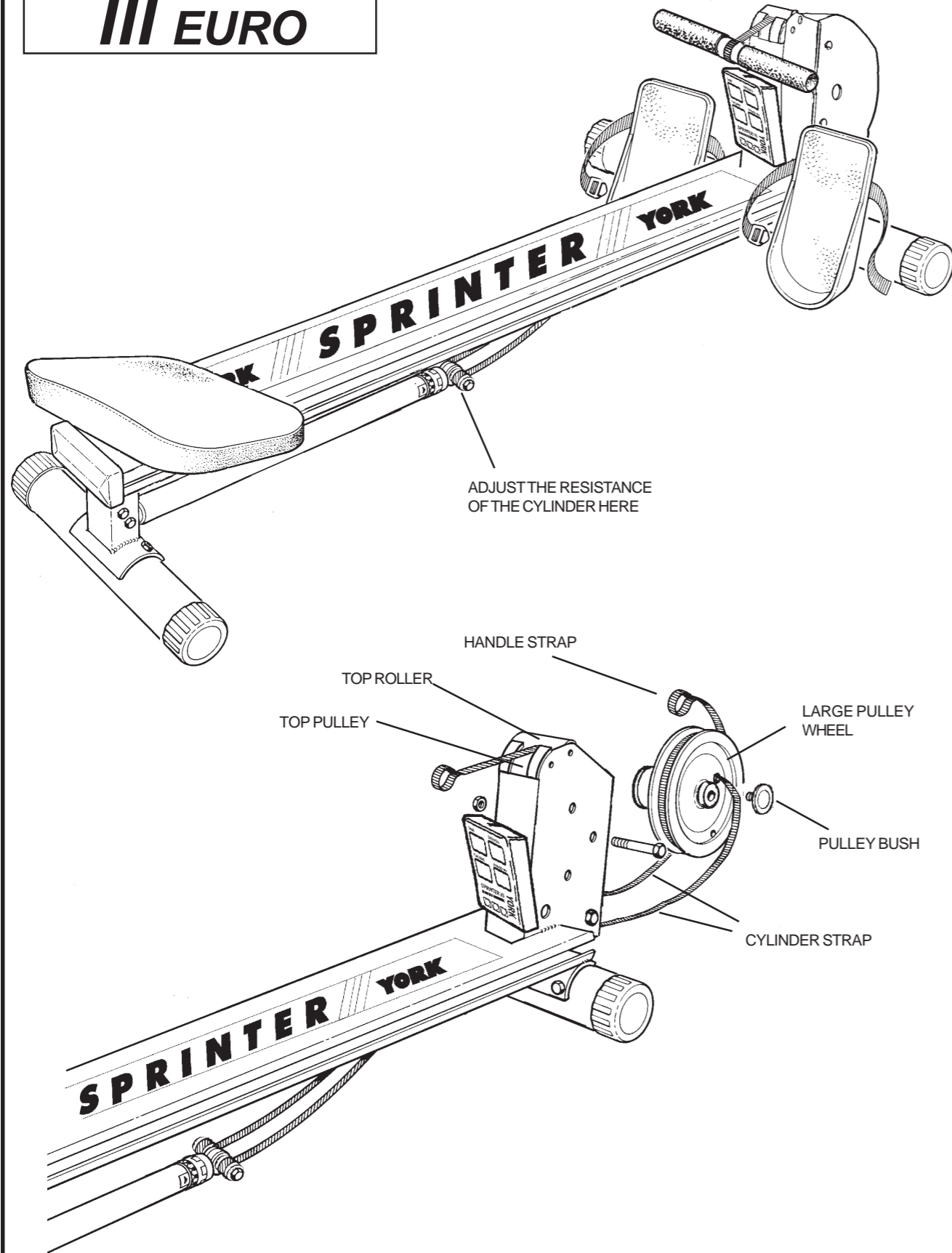
The computer requires 2 x 1.5 Volt "AA" sized batteries.





CAUTION
ALWAYS CHECK THAT ALL NUTS AND BOLTS ARE TIGHTENED AND INSPECT THE HANDLE STRAP AND CYLINDER STRAP FOR WEAR, EVERY TIME, BEFORE USE. IF THEY ARE WORN DO NOT USE AND CONTACT OUR HELPLINE FOR A REPLACEMENT.

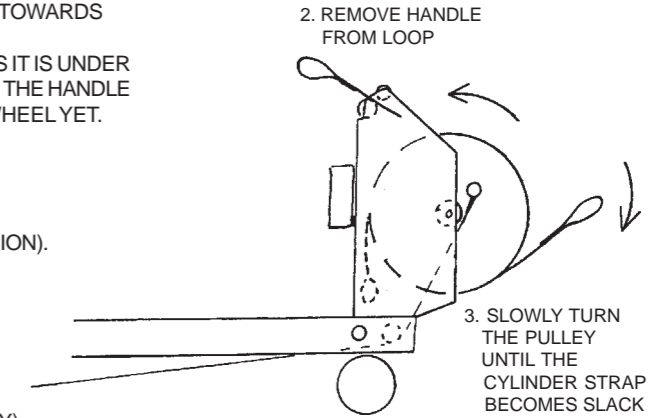
PLEASE QUOTE: - SPRINTER BATCH REF.
- PART No.
GIVEN ON ASSEMBLY INSTRUCTION.



FOLLOW THESE STEPS 1-10 TO REPLACE EITHER THE HANDLE OR CYLINDER STRAP.
OR,
TO ADJUST THE STRAPS WITHOUT REMOVING THEM FOLLOW THE STEPS MARKED(*).

IT IS EASIER TO DO THESE STEPS WITH 2 PEOPLE - SOMEONE TO HOLD THE LARGE PULLEY WHEEL WHILST THE OTHER CARRIES OUT THE STEPS.

- * 1. SET HYDRAULIC CYLINDER TO '1' (LOWEST SETTING) AND REMOVE THE PLASTIC PULLEY COVER.
- * 2. TURN THE LARGE PULLEY WHEEL ROUND (ROTATE TOWARDS THE SEAT).
BE CAREFUL RETAIN A FIRM GRIP ON THE WHEEL AS IT IS UNDER TENSION. WHEN THERE IS ENOUGH SLACK REMOVE THE HANDLE FROM ITS LOOP - DO NOT LET GO OF THE PULLEY WHEEL YET.
- * 3. ALLOW THE PULLEY TO TURN THE OTHER WAY SLOWLY UNDER CONTROL UNTIL THE CYLINDER STRAP BECOMES SLACK (NO LONGER UNDER TENSION). YOU CAN NOW LET GO OF THE WHEEL.
- 4. REMOVE THE CYLINDER STRAP FROM ONE SIDE OF THE HYDRAULIC CYLINDER AND DISENGAGE IT FROM THE LARGE PULLEY. (THE LARGE PULLEY CAN NOW BE ROTATED FREELY).

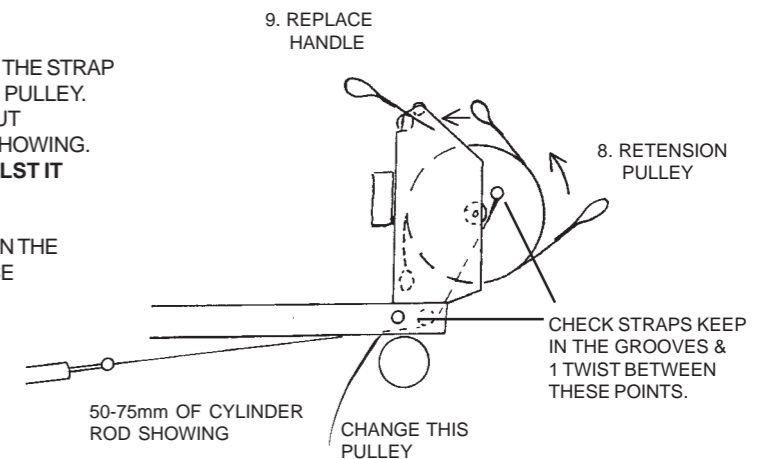


TO REPLACE HANDLE STRAPS

TO REPLACE CYLINDER STRAPS

- 5. UNWIND THE HANDLE STRAP FROM THE PULLEY NOTE WHICH WAY THE STRAP IS WOUND. REMOVE THE RIVET AND TAKE OFF THE STRAP.
- 6. FIX THE REPLACEMENT HANDLE STRAP TO THE PULLEY WITH THE RIVET. WIND UP THE STRAP IN THE OPPOSITE DIRECTION TO THE WAY IT UNWOUND i.e. ROTATE THE PULLEY TOWARDS THE SEAT)
- 5. REMOVE THE CYLINDER STRAP FROM BOTH SIDES OF THE HYDRAULIC CYLINDER.
- 6. REPLACE WITH NEW STRAP ON ONE SIDE ONLY.

- * 7. RE-THREAD THE CYLINDER STRAP ENSURING THAT 1 TWIST OCCURS BETWEEN THE LARGE & SMALL PULLEY ON EITHER SIDE.
- * 8. RE-TENSION THE ROWER BY WINDING UP THE STRAP ON THE LARGE PULLEY BY TURNING THE PULLEY. TURN IT TOWARDS THE SEAT UNTIL ABOUT 50mm - 75mm OF THE CYLINDER ROD IS SHOWING. **KEEP A TIGHT GRIP OF THE WHEEL WHILST IT IS UNDER TENSION.**
- * 9. RE-THREAD THE HANDLE STRAP BETWEEN THE TOP PULLEY & TOP ROLLER AND REPLACE THE HANDLE THROUGH THE LOOP IN THE STRAP. WHEN THE HANDLE IS IN PLACE YOU CAN RELEASE YOUR GRIP OF THE WHEEL.
- * 10. REPLACE THE PULLEY COVER.



N.B. WHILST REPLACING THE CYLINDER STRAP CHANGE THE BOTTOM PULLEY.

TAKE CARE NOT TO CATCH THE COMPUTER CABLE AND MAKE SURE THE STRAP STAYS WITHIN THE EDGES OF THE PULLEY.