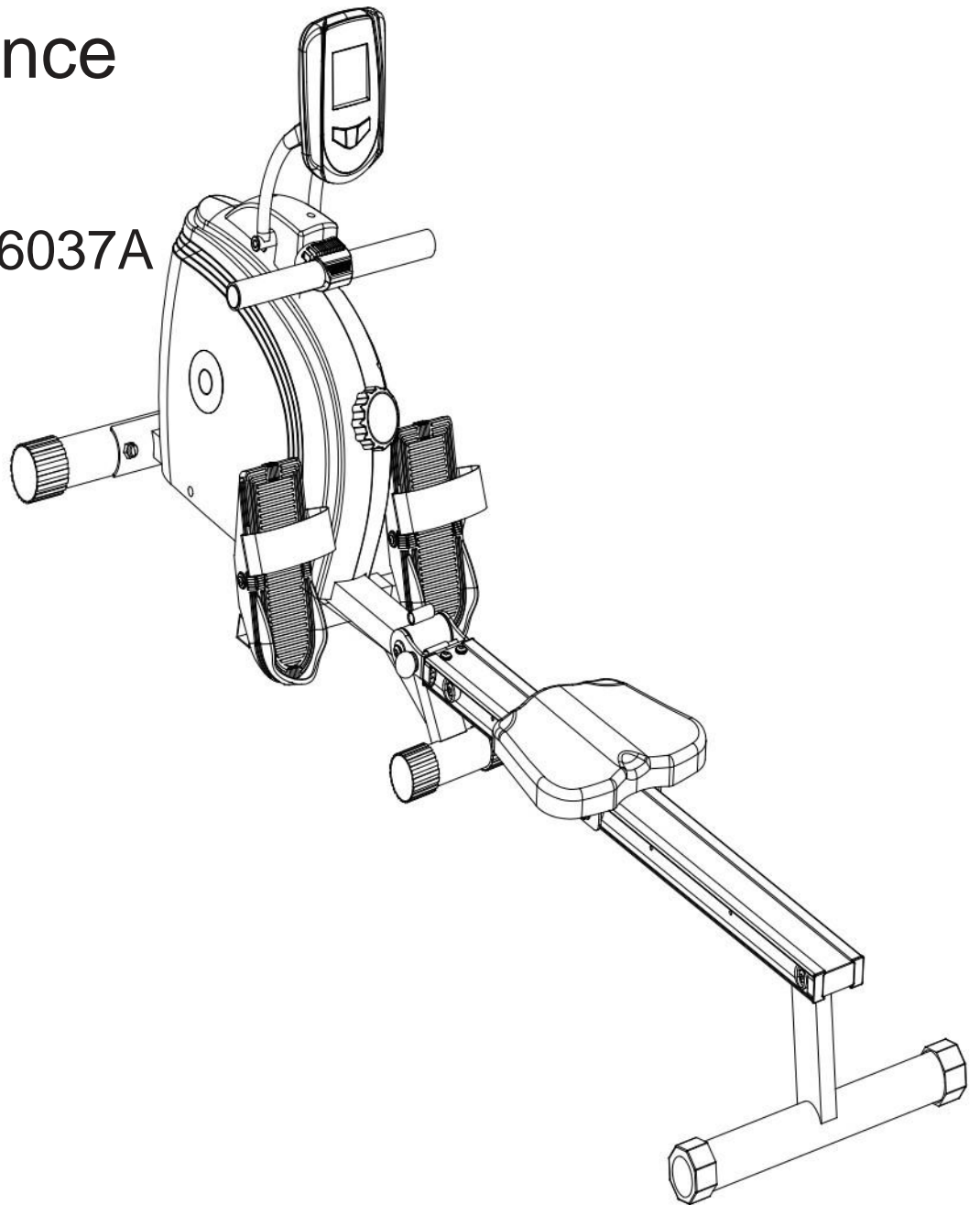


YORK[®] FITNESS

Owner's Manual

Performance
Rower

Item #YRK56037A



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IMPORTANT SAFETY PRECAUTIONS

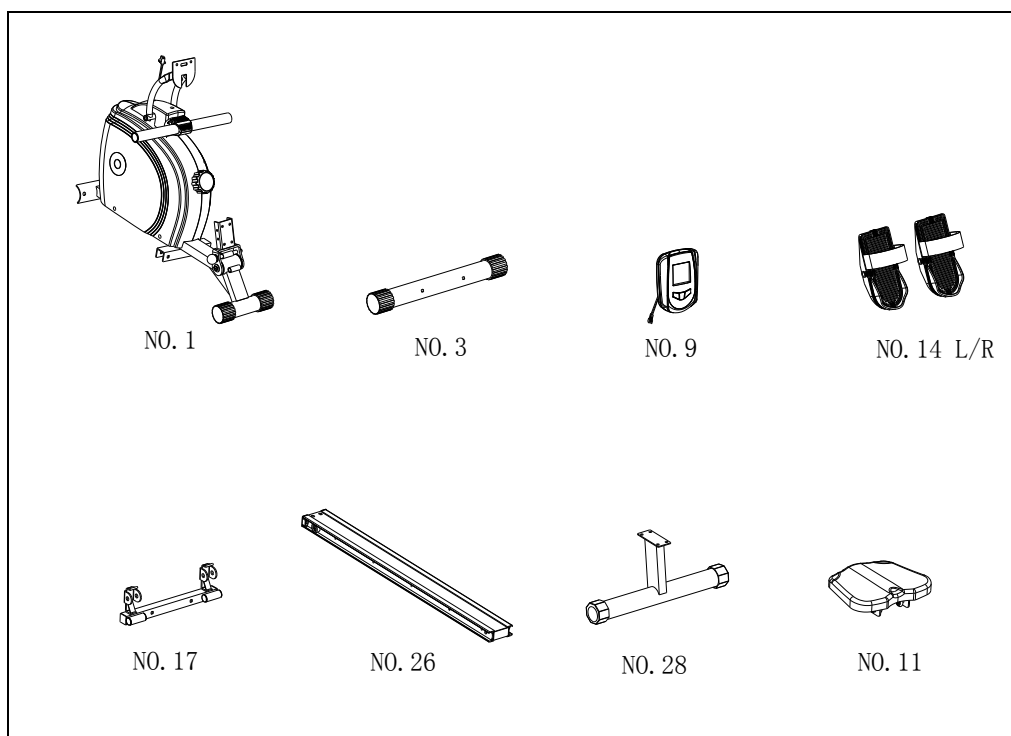
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is **100 KGS**.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.













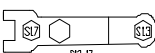
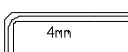
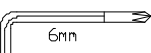
SAVE THESE INSTRUCTIONS.

PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
3	Front stabilizer w/end caps	1
9	Console	1
14L/R	Pedal (L/R)	1/1
17	Pedal support tube	1
26	Slide rail	1
28	Rear stabilizer w/end caps	1
11	Seat	1
	User manual	1
	Hardware	1

HARDWARE PARTS LIST

NO.	DESCRIPTION	DRAWINGS	QTY
2	Carriage bolt M8*65		2
5	End cap for slide rail L/ R		1/1
6	Curved washer		2
7	Domed nut		4
12	Allen screw M6*12		4
13	Flat washer $\Phi 6^* \Phi 17$		4
15	Axle for pedal		2
19	Carriage bolt M8*45		2
22	Cushion rubber		4
23	Allen screw M8*20		4
24	Allen screw M8*16		10
25	Flat washer $\Phi 8^* \Phi 17$		12
	Box wrench		1
	Allen key L4		2
	Allen key L6		1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

ASSEMBLY INSTRUCTION

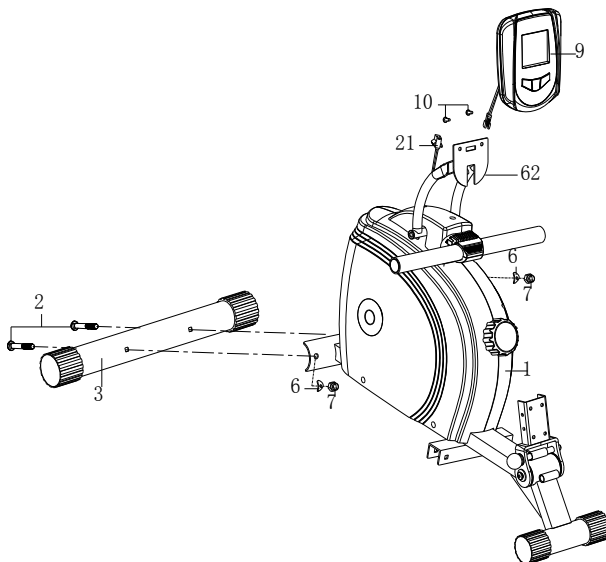
Step 1

Attach the front stabilizer (3) to the main frame (1). Secure using two carriage bolts (2), two curved washers (6) and two domed nuts (7).

Connect the sensor wire (21) to the sensor wire from the back of the console (9).

Attach the console (9) to the console bracket (62) and tighten with two screws (10).

NOTE: Ensure that the wires are not pinched behind the console.

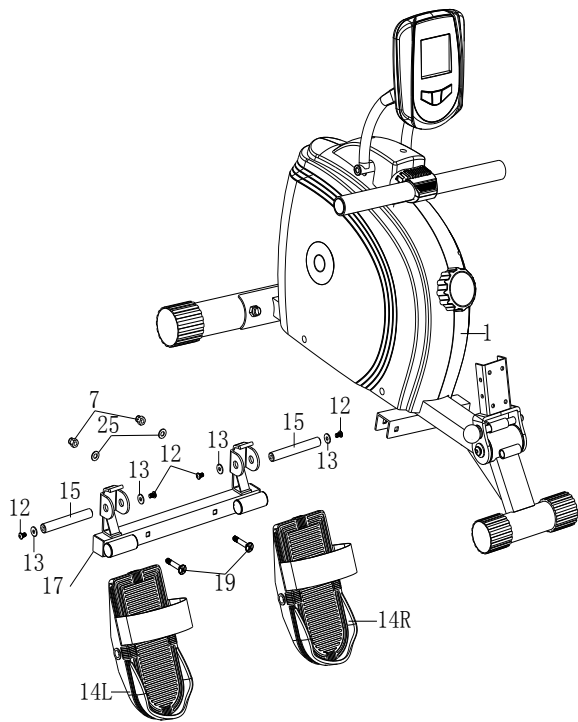


Step 2

Attach the pedal support tube (17) to the middle of the main frame (1). Secure using two carriage bolts (19), two flat washers (25) and two domed nuts (7)

Attach the left pedal (14L) to the left bracket of the pedal support tube (17). Slide the axle for pedal (15) through the left pedal (14L). Secure using two allen bolts (12) and two flat washers (13).

Repeat the same procedure for the right pedal (14R).



Step 3

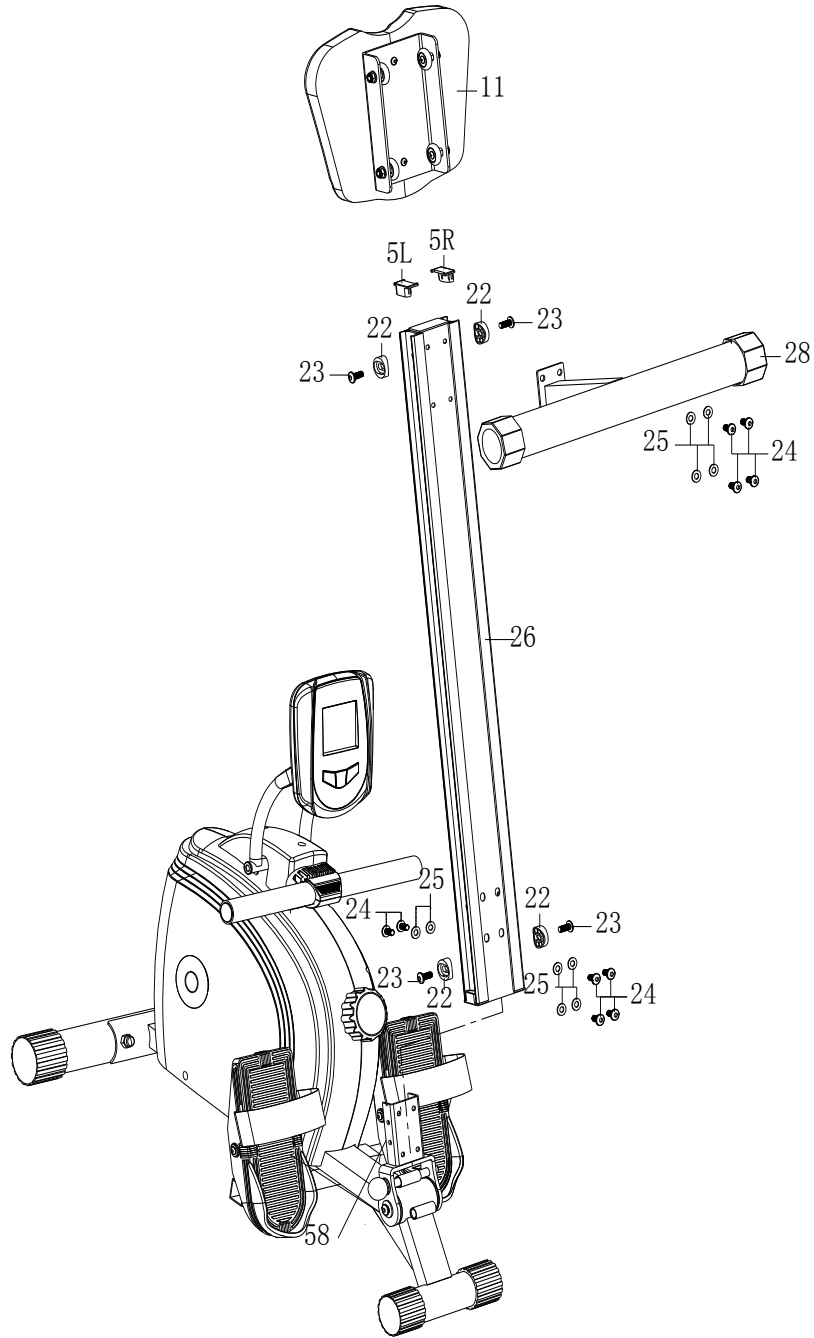
Attach the rear stabilizer (28) to the back of the slide rail (26). Secure using four allen bolts (24) and four flat washers (25).

Insert the slide rail (26) onto the U type connect tube (58). Secure using six allen bolts (24) and six flat washers (25).

Put two cushion rubbers (22) on the front of slide rail (26) and secure with two allen bolts (23). Then slide the seat (11) onto the slide rail (26).

Put another two cushion rubbers (22) on the back of the slide rail (26) and secure with two allen bolts (23).

Attach the end caps (5L & 5R) onto the rear of the slide rail (26).

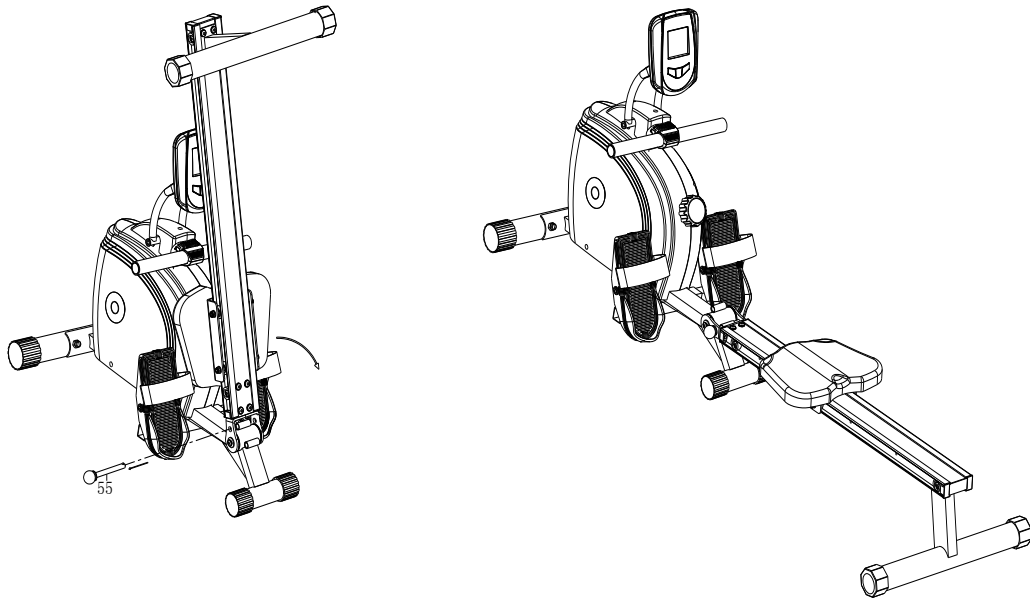


Step 4

Pull out the ball pin (55) from the main frame (1) and unfold it as following angle.

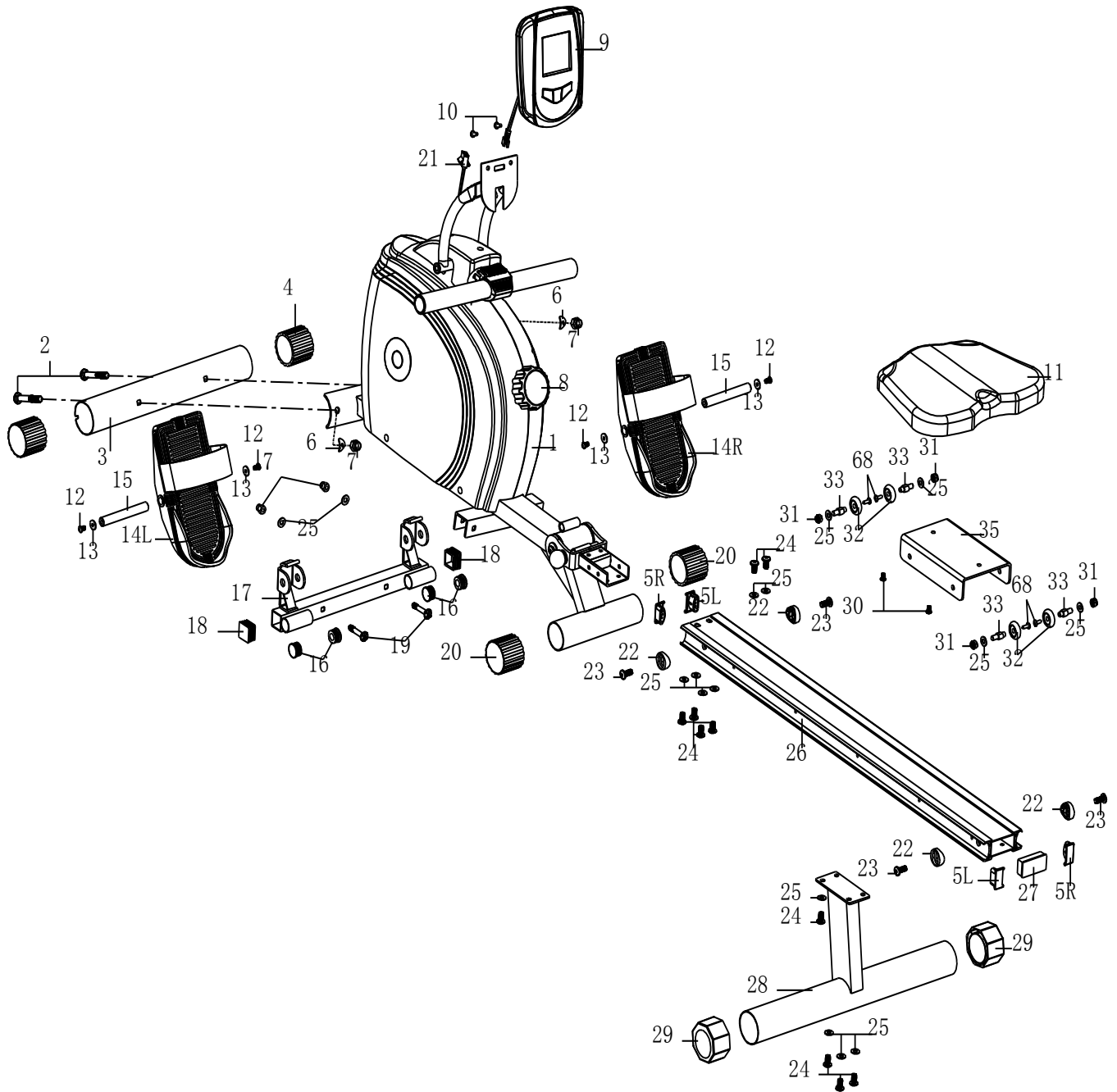
Note: Before insert ball pin #35 to fold the trainer,

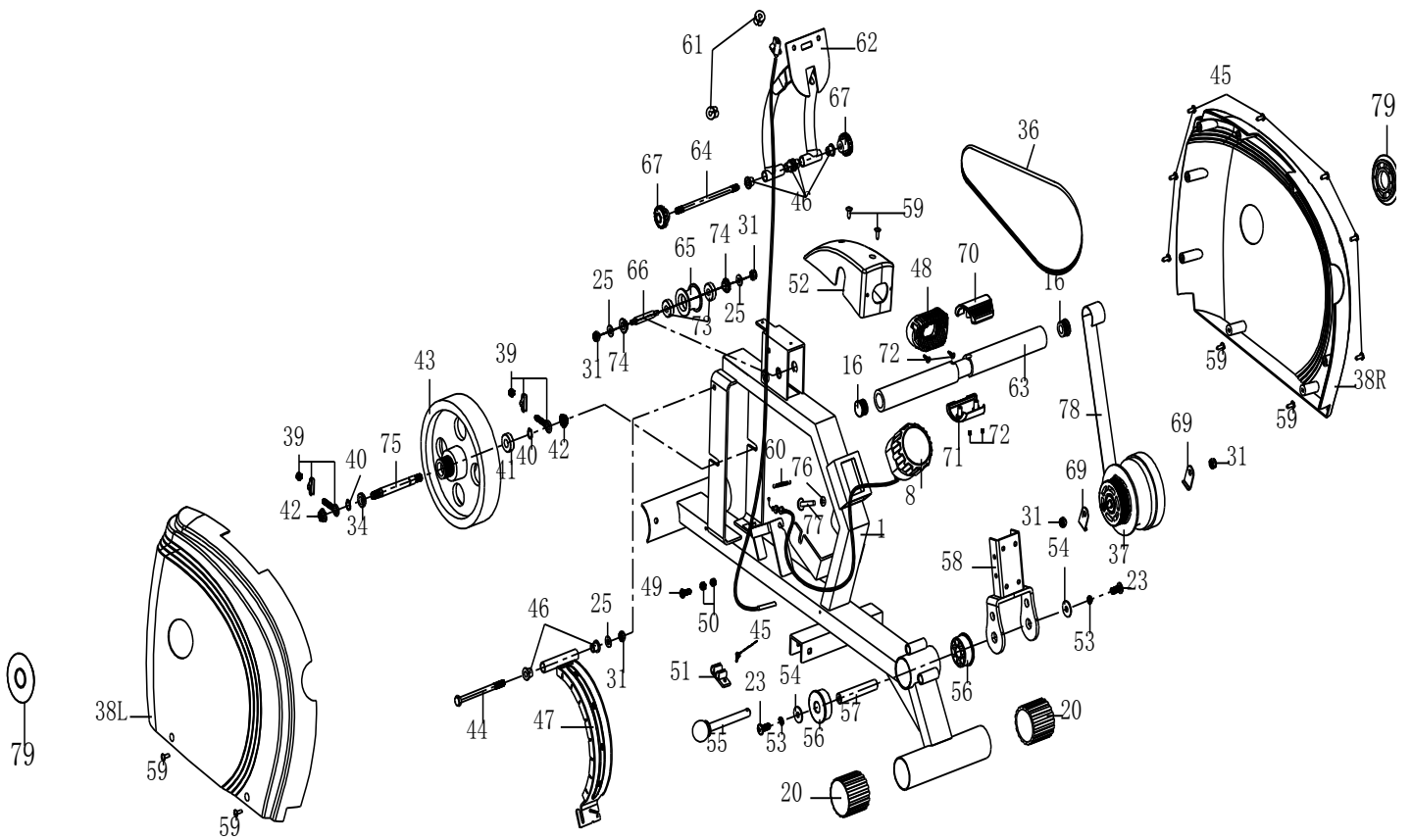
1. Slightly lift up the main frame.
2. Assure the fixation holes are on equal position.
3. Insert ball pin into fixation holes.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

EXPLODED DIAGRAM





PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Main frame	1
2	Carriage bolt M8*65	2
3	Front stabilizer	1
4	End cap for front stabilizer	2
5L	End cap for slide rail L	2
5R	End cap for slide rail R	2
6	Curved washer	2
7	Domed nut	4
8	Tension control knob w/cable	1
9	Console	1
10	Screw M5*10	2
11	Seat	1
12	Allen screw M6*12	4
13	Flat washer $\Phi 6 * \Phi 17$	4
14L	Pedal L	1
14R	Pedal R	1
15	Axle for pedal	2
16	End cap for pedal support tube	6
17	Pedal support tube	1
18	Square end cap for pedal support tube	2
19	Carriage bolt M8*45	2
20	End cap for middle stabilizer	2
21	Sensor wire	1
22	Cushion rubber	4
23	Allen screw M8*20	6
24	Allen screw M8*16	10
25	Flat washer $\Phi 8 * \Phi 17$	19
26	Side rail	1
27	Square and cap for side rail	1
28	Rear stabilizer	1
29	End cap for rear stabilizer	2
30	Allen screw M6*20	2
31	Nylon nut M8	9
32	Roller	4
33	Axle for roller	4
34	Bearing 6901	1
35	Seat support bracket	1
36	Belt	1

	PARTS LIST	
37	Spring clutch w/rope	1
38L	Chain cover L	1
38R	Chain cover R	1
39	Adjusting screw sets	2
40	Snap spring	2
41	Bearing 6001	1
42	Flange nut	2
43	Flywheel	1
44	Hex head bolt 8*105	1
45	Self-tapping screw ST5*15	8
46	Plastic spacer	6
47	Magnet assembly	1
48	Bushing for handlebar	1
49	Hex head screw M6*25	1
50	Hex head nut M6	2
51	Sensor bracket	1
52	Handlebar cover	1
53	Spring washer Φ 8	2
54	Flat washer Φ 8* Φ 25	2
55	Ball pin	1
56	Bushing	2
57	Axle for slide rail	1
58	U type connect tube	1
59	Self-tapping screw ST5*15	6
60	Spring	1
61	Grommet	2
62	Console bracket	1
63	Handlebar	1
64	Axle for console bracket	1
65	Pulley	1
66	Axle for pulley	1
67	Adjusting knob	2
68	Screw M5	4
69	Limited plate	2
70	Decorative cover for handlebar (Upper)	1
71	Decorative cover for handlebar (Bottom)	1
72	Self-tapping screw ST4*16	4
73	Bearing 6000	2

PARTS LIST

PART NO.	DESCRIPTION	QTY
74	Plastic spacer	2
75	Axle for flywheel	1
76	Flat washer	1
77	Bolt	1
78	Nylon tape	1
79	Crank cover	2

CONSOLE INSTRUCTIONS



Please note: You must insert the batteries into the back of the console before using this machine

Once the batteries are installed, the console will enter CLOCK mode and display 0.00. The hour will flash on 0. You can press the UP/DOWN keys to adjust the hour & press MODE to confirm and move to the minutes. The minutes will flash 00, you can press the UP/DOWN keys to adjust the minutes and press the MODE key to set. By holding the MODE and UP keys down for two seconds, you can enter clock setting mode again.

Functional buttons:

UP – During the setting mode, press this key to increase the value of Time, Distance or Calories.

DOWN – During the setting mode, press this key to decrease the value of Time, Distance or Calories.

MODE – During the setting mode, press the MODE key to accept the value or move to the next window. By holding down the MODE button for more than 2 seconds, the console will reset back to zero value.

The console will start to measure values once you start to exercise

Console Features:

TIME – Shows your workout time in minutes and seconds. Your console will automatically count up from 0:00 to 99:59 in one second intervals. You can set the console to count down from a value between 5:00 and 99:59 minutes by using the MODE & UP/DOWN keys during the setting phase.

SPEED – Displays your workout speed in KM/Hour from 0.0 to 99.99.

DISTANCE – Displays distance travelled during each workout. You can set distance to count down from 100 – 9999 by using the MODE & UP/DOWN keys during the setting up phase.

CALORIES – Your console will estimate the cumulative calories burned at any given point during your workout. Calories will count up from 0.0 to 999.9. You can set a target calorie value to count down by using the MODE & UP/DOWN keys during the setting phase.

RPM – Shows the times you stroke per minute.

COUNT – Show the total count during exercise. The count will accumulate from 0 to 9999.

SCAN – Press the MODE button during exercise until SCAN appears on the LCD display. The console will scan through each function every 6 seconds on the main screen.

EXERCISE INSTRUCTIONS

Using your **ROWING MACHINE** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

1. The Warm Up Phase

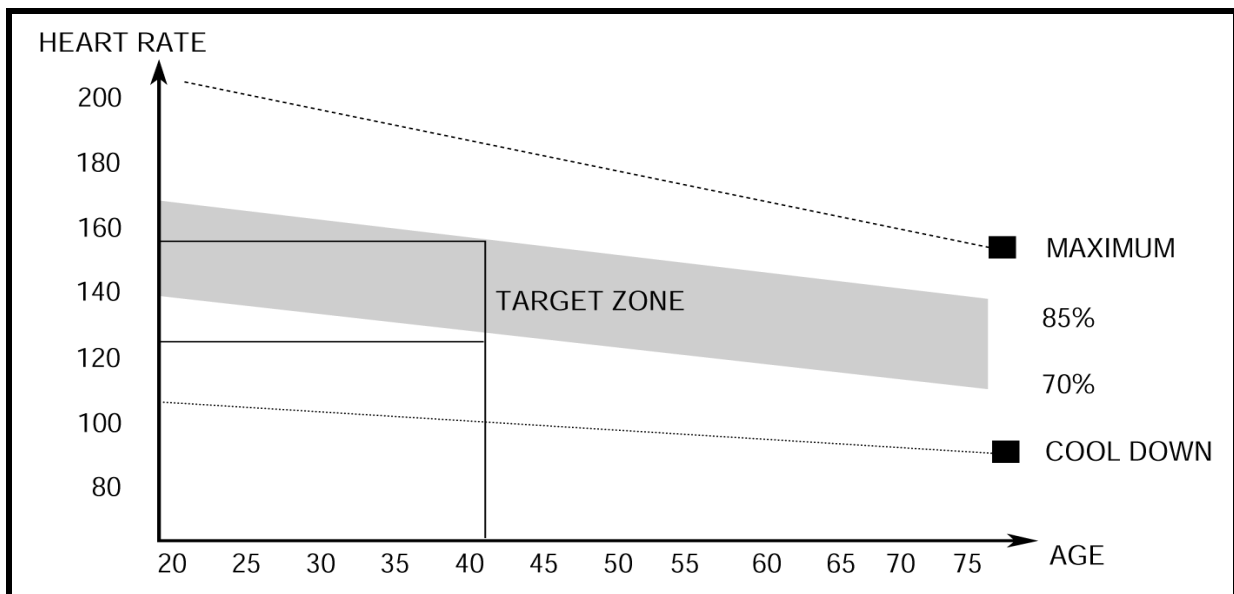
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The SIDE BENDS

This is

the effort in. After regular use, the muscles in your legs will become more flexible. Work to your target but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **Performance Rower** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

CARE & MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the console, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts are replaced.

Special attention to the belt is needed as this most susceptible to wear. When you feel that the rower is not smooth, please check the status of the belt or call the service centre.

How to fold the unit

Please pull out the lock pin from the joint and fold the aluminum rail. Then secure by inserting the lock pin.

Correct Exercising Position

When exercising, grasp the handlebar tightly and relax your back. Always try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.