

YORK FITNESS *2in1* **CYCLE ROWER**



INSTRUCTION **MANUAL**



Product may vary slightly from the item pictured.

11 / 2005 TWN

COMPLIES WITH EUROPEAN STANDARD EN 957-1+5+7 CLASS HC

YORK 2in1 CYCLE ROWER

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

Read this owner's manual and follow the instructions.

- Assemble and operate the YORK 2in1 CYCLE ROWER on a solid, level surface.
- Keep the area behind the YORK 2in1 CYCLE ROWER clear.
- You will need at least one person to help you assemble this unit, preferably two.
- Always use your YORK 2in1 CYCLE ROWER in adequate space e.g., At least 2 ft. clearance on each side.
- Never allow children on or near the YORK 2in1 CYCLE ROWER.
- Always check the YORK 2in1 CYCLE ROWER before using it, making sure all parts are assembled, and nuts and bolts are tightened.
- Do not use the YORK 2in1 CYCLE ROWER if the unit is disassembled in any way.

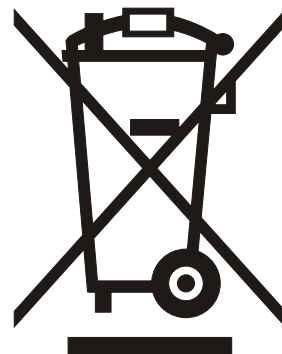
WARNING: Injuries could occur particularly to young children if the guards are removed and not correctly replaced.

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 on the guards.

- Keep hands away from moving parts.
- The weight limit for this product is 225 lbs(100kgs).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie back all long hair.
- Remove jewelry, rings, chains and pins before exercising.
- Do not rock the unit from side to side.
- Care should be taken when mounting and dismounting the unit.
- Do not place any liquids on any part of the YORK 2in1 CYCLE ROWER .
- Do not use any accessories not specifically recommended by the manufacturer, that might cause injuries or cause the unit to fail.
- Always consult your doctor before undertaking any exercise program.
- 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 FLOORS** in case of leakages.
This product is a machine and contains moving parts which have been greased / lubricated and could leak.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear e.g. ropes, pulleys & connection points.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Component such as pulleys, bearings and cables are always more susceptible to wear. Special attention should be taken to inspect these component before use.
- **WARNING:** Injuries to health may result from incorrect use of this equipment. Always correctly follow the instructions that are set out in this manual.
- That adjustment devices are not left projecting as they may interfere with people.



The YORK 2in1 CYCLE ROWER is designed for use and enjoyment in the home (NOT FOR COMMERCIAL USE). By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with the YORK 2in1 CYCLE ROWER.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK 2in1 CYCLE ROWER 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.	AUSTRALIA	U.S.A.
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	YORK FITNESS HELP LINE (8:00am- 4:00pm) YORK BARBELL (AUST.) PTY. 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	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

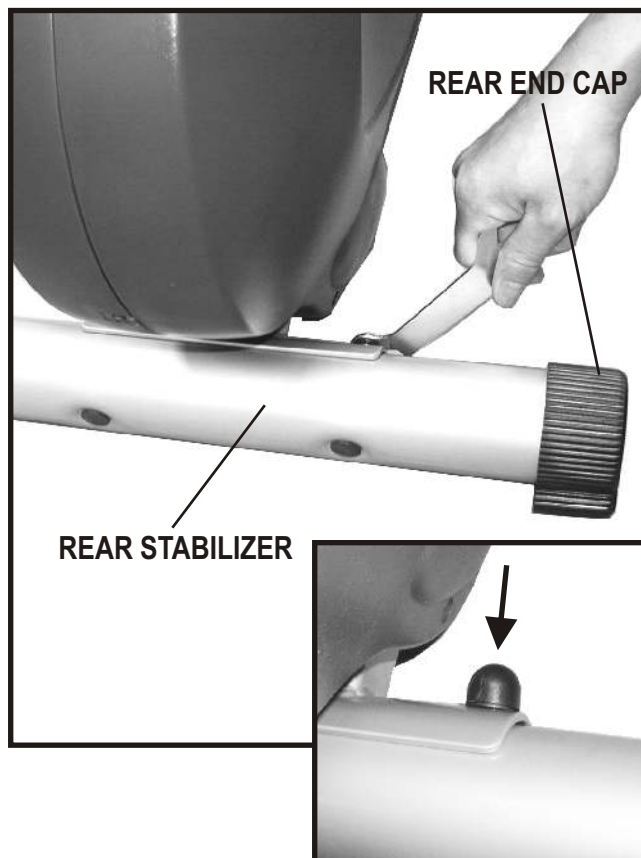
GENERAL

WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK 2in1 CYCLE ROWER.

FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR 2in1 CYCLE ROWER.

ASSEMBLY INSTRUCTION

1.

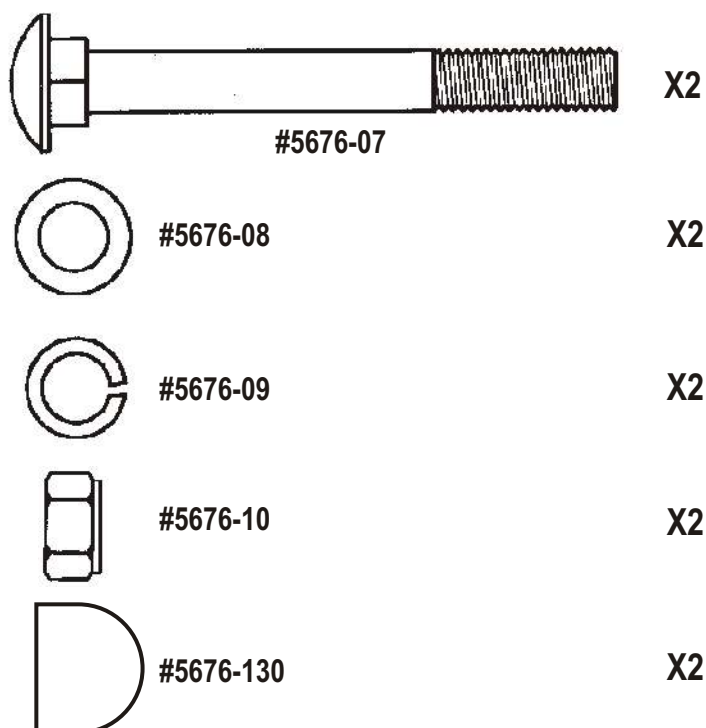


ATTACH THE REAR STABILIZER

- Fit the rear stabilizer to the main frame and secure, using two carriage bolts, washers, spring washers and nylon locknuts. (It has end caps that can vary in height to enable you to level the cycle on uneven floors).

- Fix the plastic caps onto the locknut heads.

To fit use:



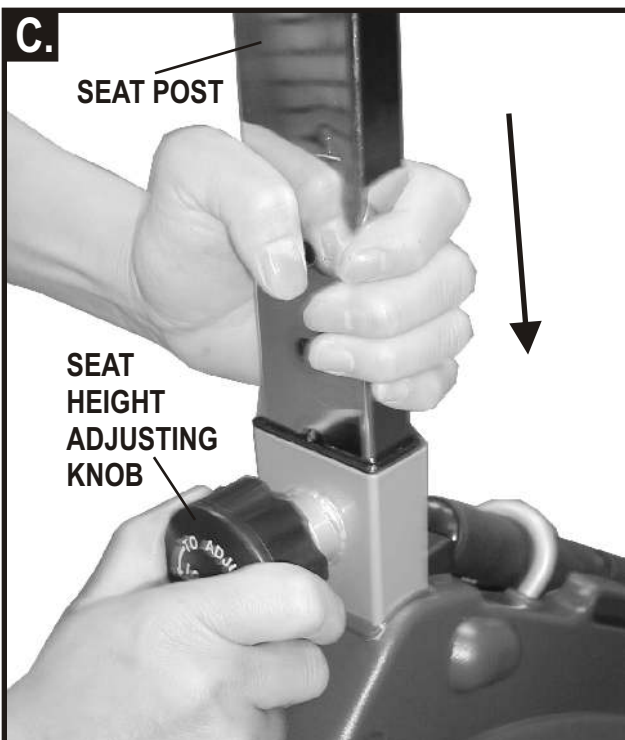
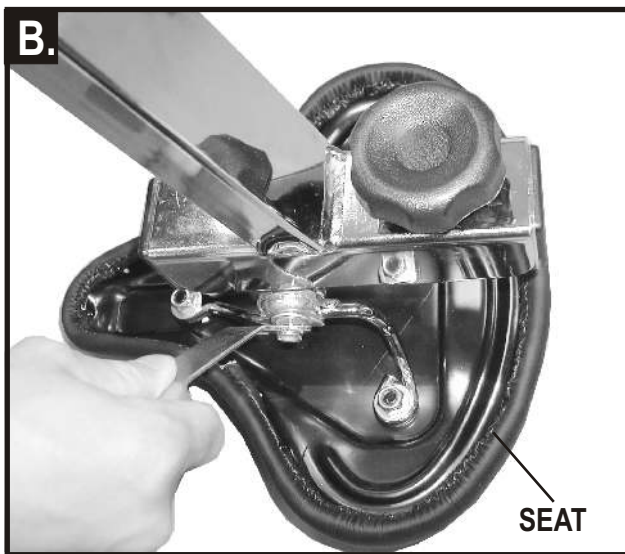
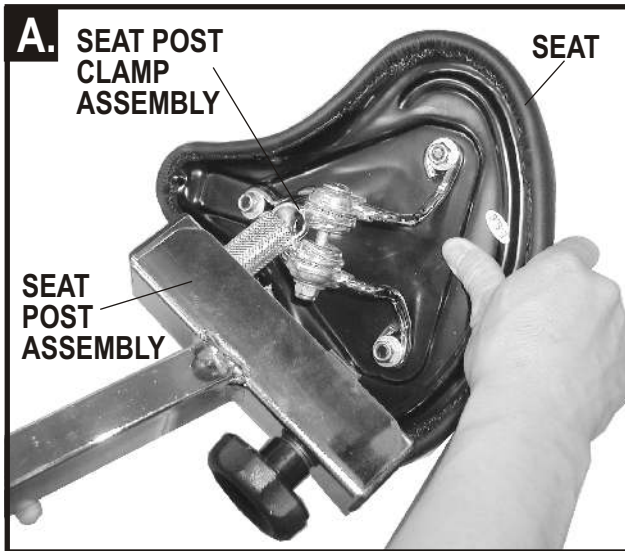
NOTE: Make sure you fasten the bolts securely for your safety and comfort when cycling.

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

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YORK 2in1 CYCLE ROWER / 02

2.



ATTACH THE SEAT AND SEAT POST

■ Release the seat post clamp assembly first.

■ Attach the seat post assembly to the seat.

■ Adjust the seat to the desired angle then fasten the seat post clamp assembly securely.

NOTE: **MAKE SURE** you fasten the nuts on both sides evenly and tightly for your safety and comfort when cycling.

■ Fit the seat post into the seat post mounting tube and secure in position with the seat height adjusting knob.

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YORK 2in1 CYCLE ROWER / 03

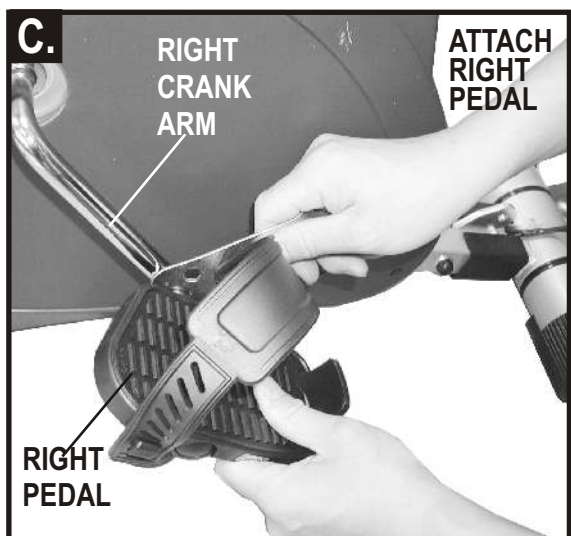
3.

ATTACH THE CYCLE PEDALS



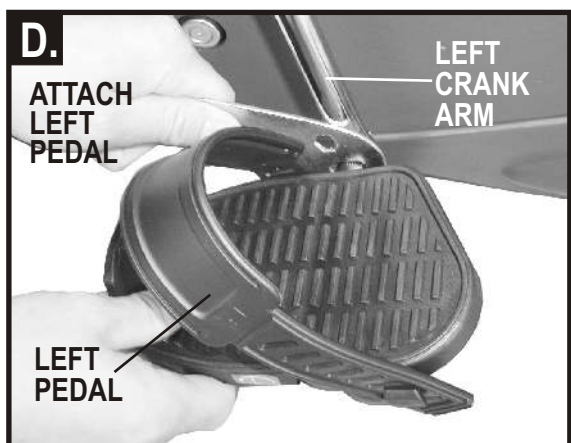
- Fix the pedal straps to the pedals.
- The straps are marked "R" and "L" (Right and Left) fix each strap to the matching pedal.

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

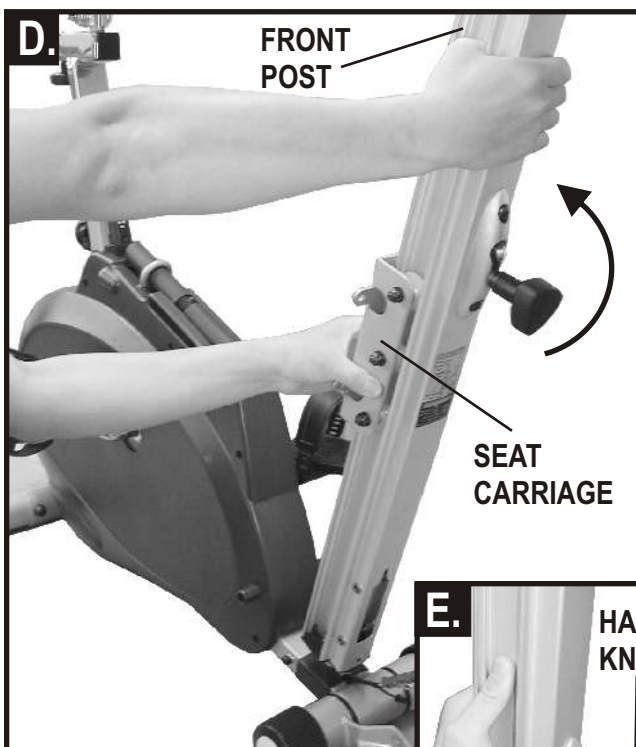
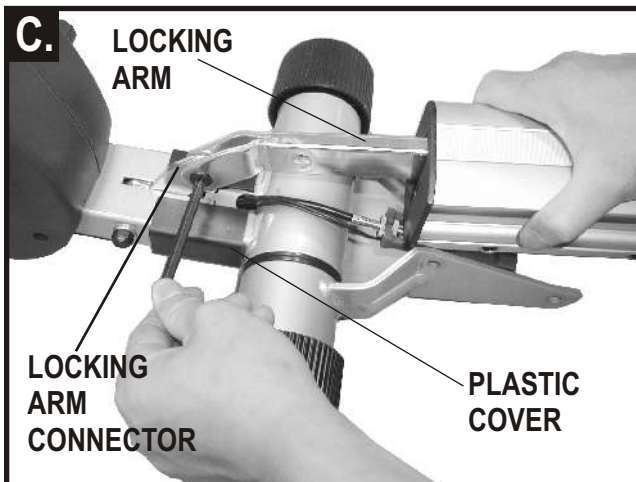
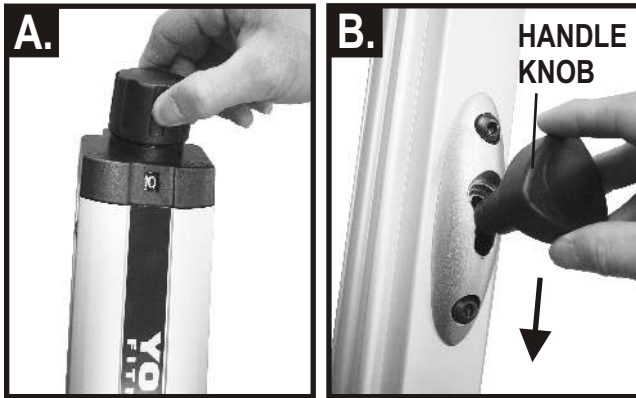


- The pedals are marked "R" and "L" (Right and Left) connect each pedal to the correct crank arm.

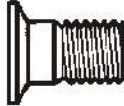
NOTE: The right pedal (R) should be threaded on clockwise.
The left pedal (L) should be threaded on anti-clockwise.



4.



ATTACH THE FRONT POST.

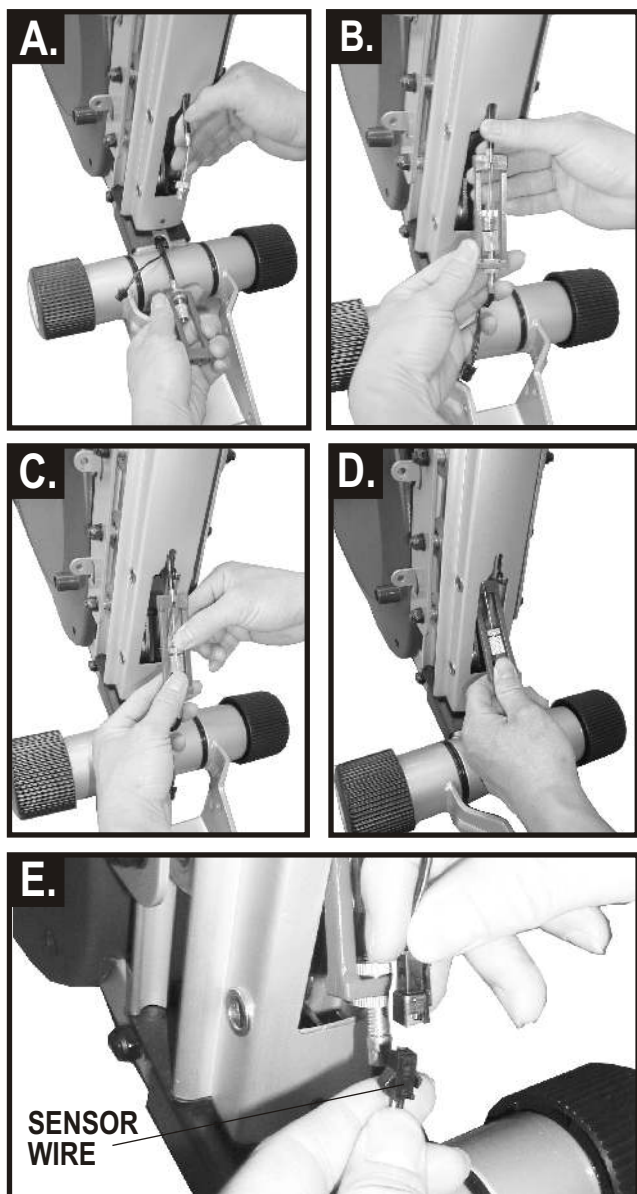
- Firstly, set the tension control to 9 or 10.
 - Release the adjusting knob (anti-clockwise) then pull it down to the centre position as shown.
So, the locking arm can slide in or out of the front post.
 - Take off the black plastic cover from the base first.
 - Fit the locking arm to the locking arm connector with the counter sunk machine screw as shown.
- 

#5676-114

X1
- Tighten with the screw-driver provided as shown.
 - Hold the seat carriage and fold up the front post.
 - Lower the seat carriage gently until it stops.
 - Push the adjusting knob up and turn it clockwise to lock the front post in the upright position as shown.

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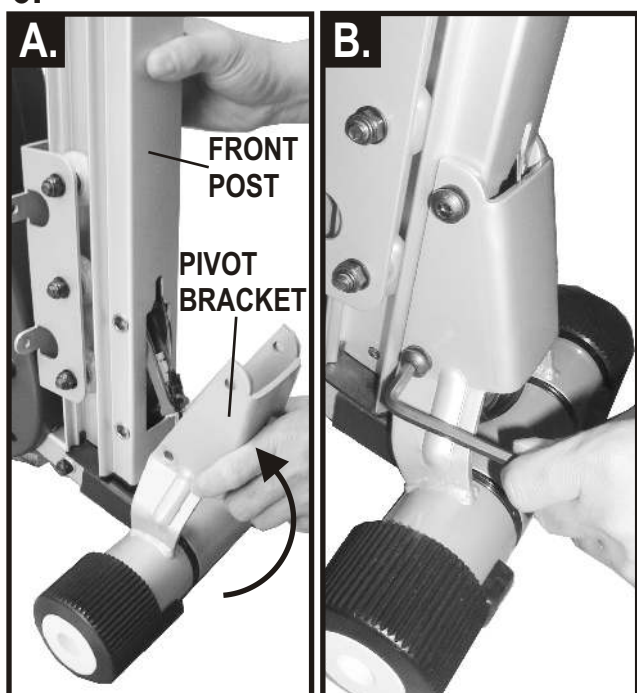
5.



CONNECT THE TENSION CABLE

- A.** Pull the top tension cable out from the hole in the front post as shown.
- B.** Position the top tension cable in to the slot at the top of the red plastic bracket, engage the metal end into it as shown.
- C.** Fit together the large and small brass barrels and tighten them by turning with your fingers.
- D.** Position the red plastic bracket in the entrance of the hole in the front post as shown. (It will fit part way in.)
- E.** Connect the wire in the front post to the 2 pin plug of the sensor wire emerging from the cycle main frame.

6.



- Fold the pivot bracket up to the front post and fit the front post in position with four allen head bolts, spring washers and washers as shown.



TIP: You should be able to fit these bolts with your fingers. If they are difficult to turn move the front post for better alignment by unlocking the adjusting knob 1/2~1 turn anti-clockwise and try again.

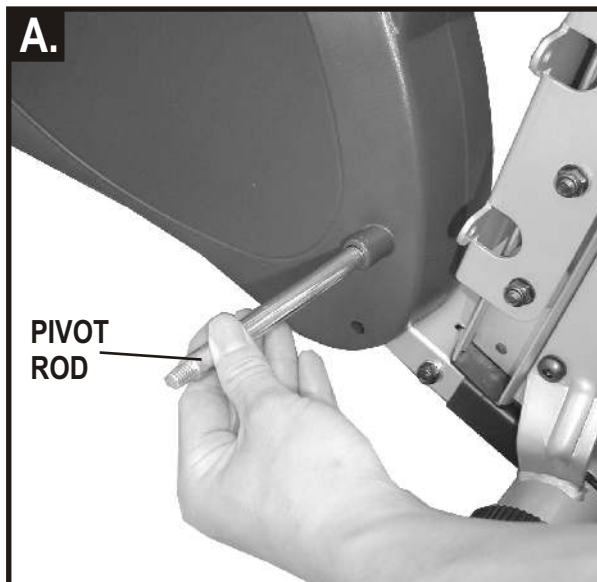
When all 4 bolts are in place, tighten with the allen key provided as shown.

Check the adjusting knob is locked by turning it clockwise.

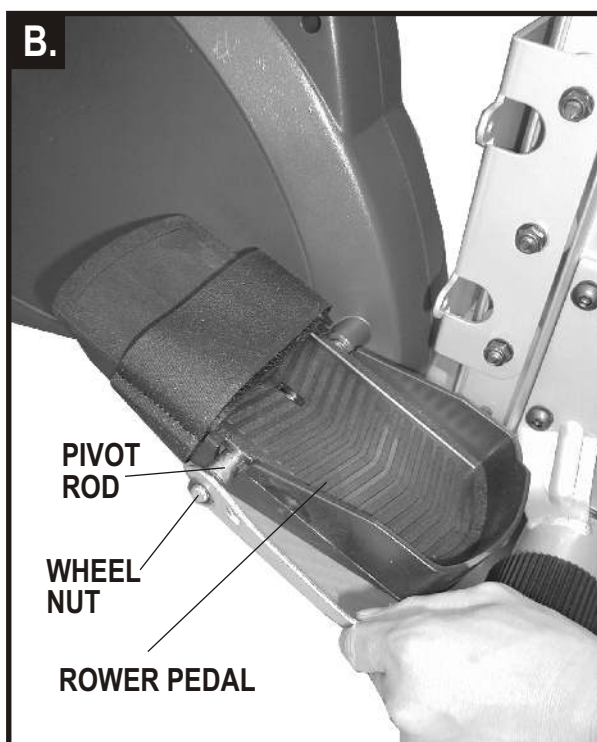
*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

7.

A.



B.



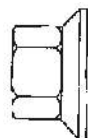
ATTACH THE ROWER PEDALS

- Slide the pedal pivot rod through the chain cover holes.

NOTE: The pedal pivot rod is packed inside the seat post of the cycle.

- Push the pedals on either side of the pivot rod and secure, using two wheel nuts as shown.

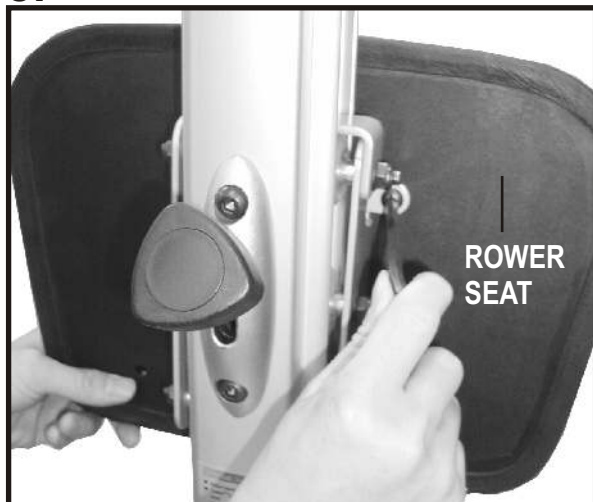
NOTE: The strap buckle should be fitted to the inside by the chain covers for easy adjustment of the pedal strap.



X2

#5676-15

8.



ATTACH THE ROWER SEAT

- Attach the rower seat to the seat carriage with four seat screws as shown.

NOTE: You can use your left knee to hold the seat while fitting the seat screws.



#5676-112

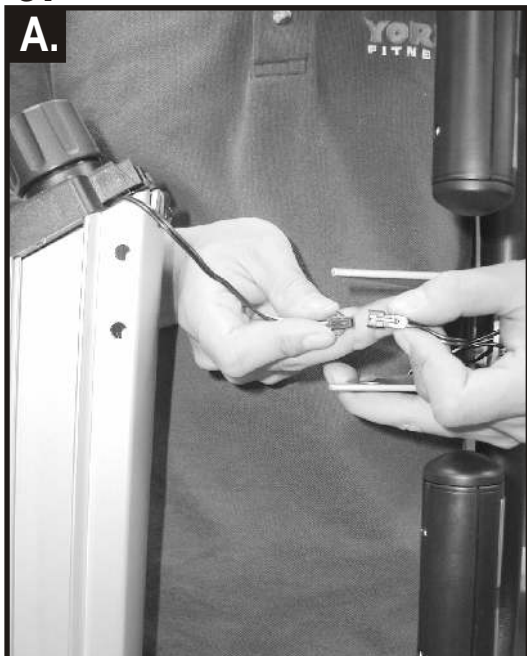
X4

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YORK 2in1 CYCLE ROWER / 07

9.

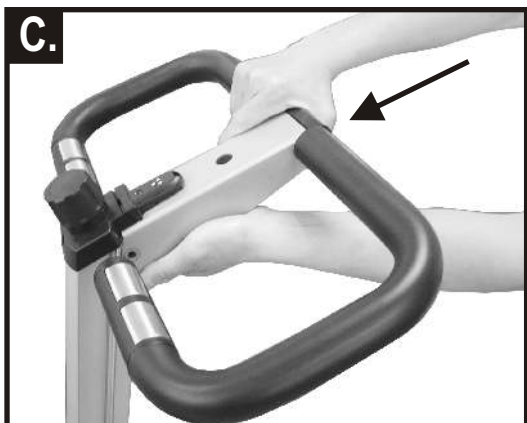
A.



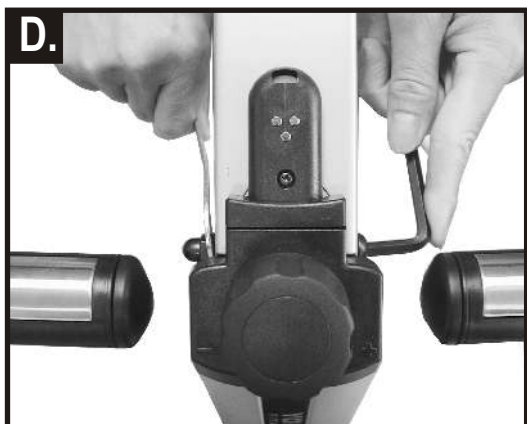
B.



C.



D.



ATTACH THE HANDLE BAR

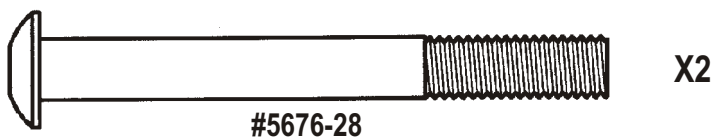
- Connect the computer wire to the 2 pin plug of the middle wire as shown.

NOTE: You can hold the handle bar assembly under your left arm while connecting the wires.

- Slide the extra length of the wire into the front post carefully.

- Attach the handle bar bracket to the front post in the position shown and secure, using two allen head bolts, four washer and two capnuts as shown.

NOTE: You should TAKE CARE to ensure the computer wire does not get trapped when you attach the handle bar bracket.



X2



X4

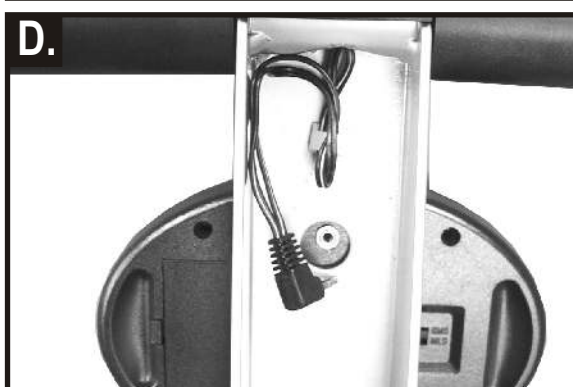


X2

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YORK 2in1 CYCLE ROWER / 08

10.



ATTACH THE COMPUTER

FOR CYCLE USE:

- Insert 2 x AA size 1.5V batteries into the computer as shown.

- Slide the computer down onto the connector until it is fully engaged.

- Plug the hand pulse sensors wire into the socket on the computer console as shown.

NOTE: Please ensure the plug is firmly inserted into the computer socket.

FOR ROWER USE:

- Take the hand pulse sensor wire plug out of the computer console as shown, and slide the computer up and off the connector.

- Slide the computer down onto the rower connector until fully engaged.

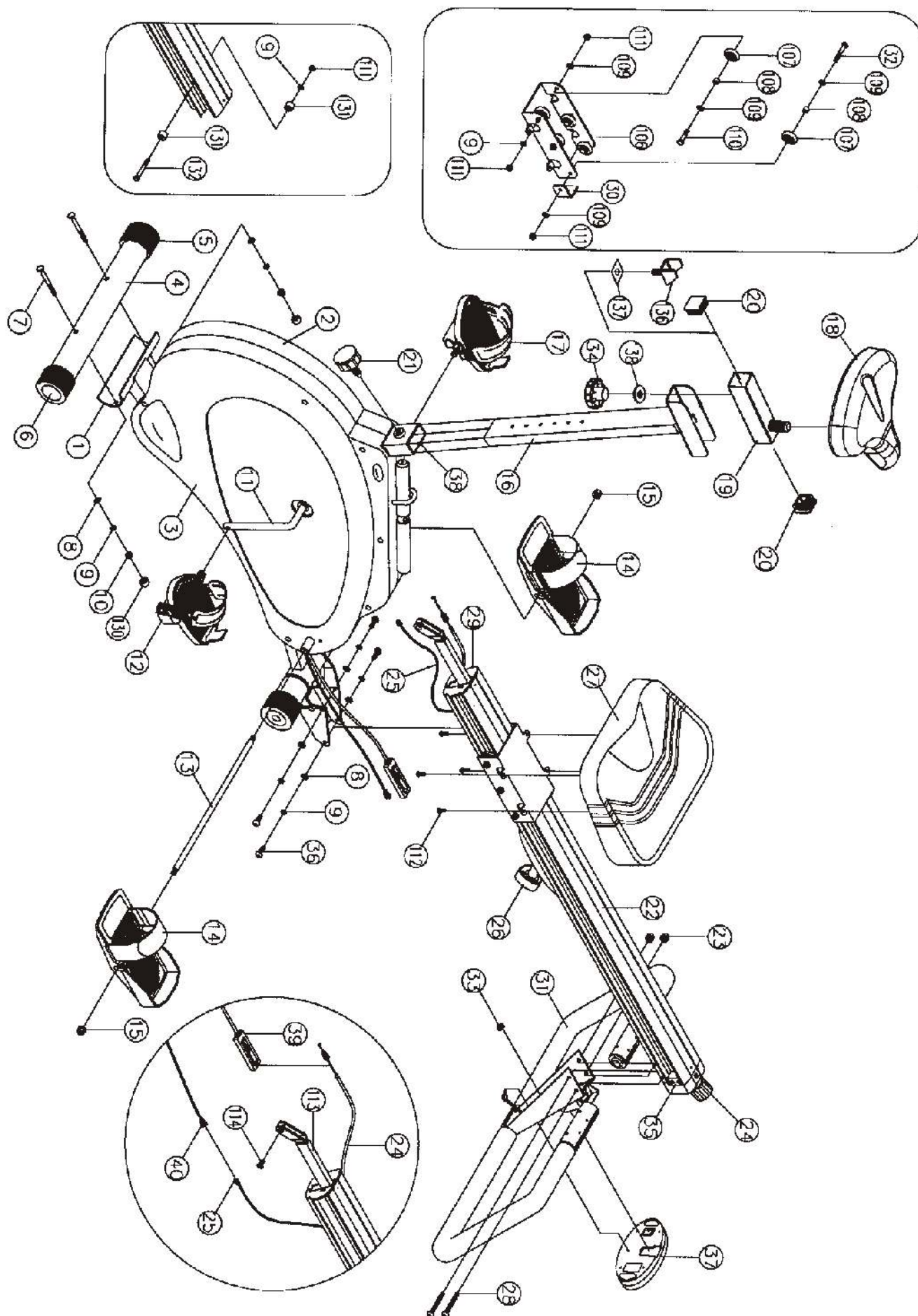
N.B: The computer will beep and automatically display rower exercise mode.

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

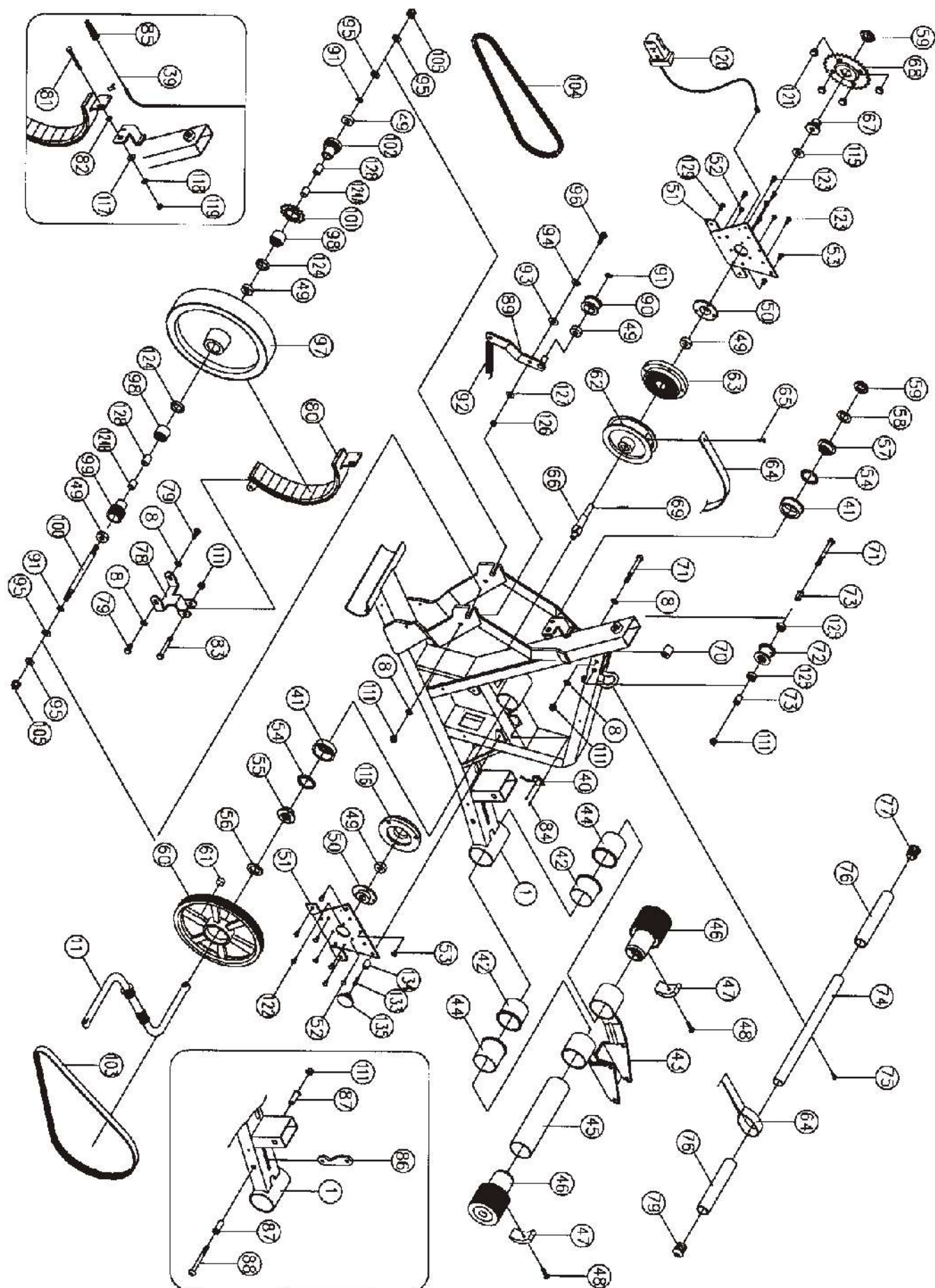
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YORK 2in1 CYCLE ROWER / 09

DESCRIPTION



DESCRIPTION



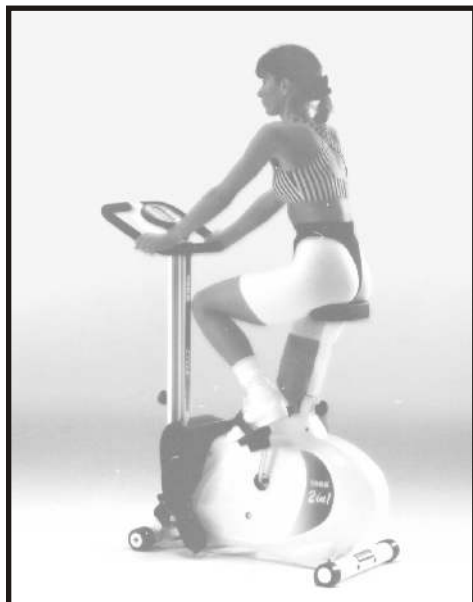
PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5676-01	1	MAIN FRAME
2	5676-02	1	LEFT CHAIN COVER
3	5676-03	1	RIGHT CHAIN COVER
4	5676-04	1	REAR STABILIZER
5	5676-05	1	LEFT REAR END CAP
6	5676-06	1	RIGHT REAR END CAP
7	5676-07	2	M8 X 75mm CARRIAGE BOLT
8	5676-08	11	M8 FLAT WASHER
9	5676-09	12	M8 SPRING WASHER
10	5676-10	2	M8 NYLON LOCKNUT
11	5676-11	1	CRANK ASSEMBLY
12	5676-12	PAIR	CYCLE PEDAL (L&R)
13	5676-13	1	ROWER PEDAL PIVOT ROD
14	5676-14	PAIR	ROWER PEDAL (L&R)
15	5676-15	2	WHEEL NUT
16	5676-16	1	SEAT POST
17	5676-17	PAIR	CYCLE PEDAL STRAP (L&R)
18	5676-18	1	CYCLE SEAT
19	5676-19	1	SLIDING SEAT POST
20	5676-20	2	SLIDING SEAT POST END CAP
21	5676-21	1	SEAT HEIGHT ADJUSTING KNOB
22	5676-22	1	ROWER BEAM
23	5676-23	2	M8 CAP NUT
24	5676-24	1	TENSION CONTROL ASSEMBLY
25	5676-25	1	COMPUTER WIRE
26	5676-26	1	ADJUSTING KNOB
27	5676-27	1	ROWER SEAT
28	5676-28	2	M8 X 72mm ALLEN HEAD BOLT
29	5676-29	1	ROWER BEAM STOP PLATE
30	5676-30	1	SAFETY STOP PLATE
31	5676-31	1	HANDLE BAR
32	5676-32	1	M8 X 38mm HEX HEAD BOLT (HALF THREAD)
33	5676-33	1	CABLE CLIP
34	5676-34	1	ADJUSTABLE SEAT POST HAND KNOB
35	5676-35	1	ROWER EBAM SAFETY STOP
36	5676-36	4	M8 X 20mm ALLEN HEAD BOLT
37	5676-37	1	COMPUTER
38	5676-38	1	SEAT POST INSERT
39	5676-39	1	TENSION CABLE PLASTIC BRACKET
40	5676-40	1	CYCLE SENSOR WIRE
41	5676-41	2	BEARING BOWL
42	5676-42	2	PLASTIC BUSH
43	5676-43	1	PIVOT BRACKET
44	5676-44	2	PLASTIC SLEEVE
45	5676-45	1	FRONT PIVOT POST
46	5676-46	2	FRONT END CAP W / MOVING WHEEL

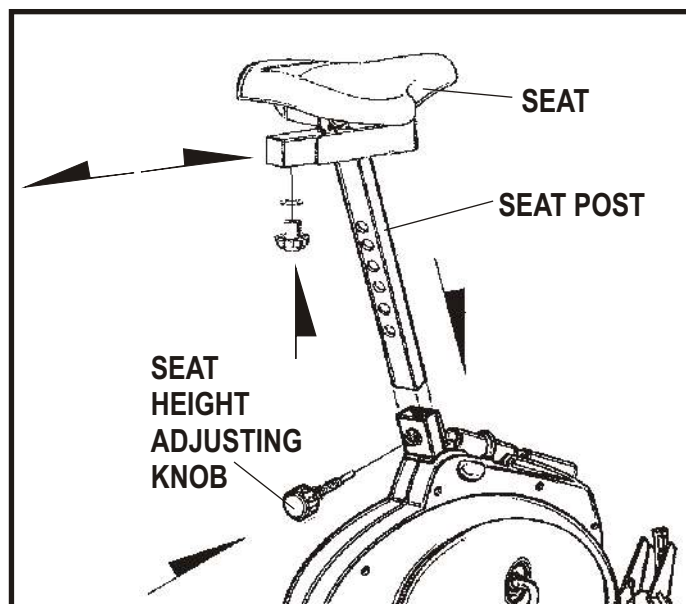
KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
47	5676-47	2	STOP PAD
48	5676-48	2	M6 X 25mm MACHINE SCREW
49	5676-49	6	BEARING / 6001Z
50	5676-50	2	BEARING INSERT
51	5676-51	2	COVER PLATE
52	5676-52	5	M6 X 6mm MACHINE SCREW
53	5676-53	8	M6 X 10mm MACHINE SCREW
54	5676-54	2	BALL BEARING
55	5676-55	1	BALL BEARING RING NUT (R)
56	5676-56	1	38mm WASHER
57	5676-57	1	BALL BEARING RING NUT (L)
58	5676-58	1	35mm WASHER
59	5676-59	2	RING NUT
60	5676-60	1	PULLEY DISC
61	5676-61	1	MAGNET
62	5676-62	1	PULLING STRAP WHEEL
63	5676-63	1	SPRING BOX ASSEMBLY
64	5676-64	1	PULLING STRAP
65	5676-65	1	M4 X 20mm MACHINE SCREW
66	5676-66	1	SHAFT AXLE
67	5676-67	1	METAL SLEEVE
68	5676-68	1	GEAR DISC
69	5676-69	1	M4 X 23mm SCREW
70	5676-70	1	PLASTIC ROLLER
71	5676-71	2	M8 X 70mm HEX HEAD BOLT
72	5676-72	1	PULLING STRAP WHEEL
73	5676-73	2	PLASTIC SLEEVE
74	5676-74	1	PULLING HANDLE BAR
75	5676-75	1	M5 X 12mm SELF TAPPING SCREW
76	5676-76	2	FOAM GRIP
77	5676-77	2	END CAP
78	5676-78	1	ADJUSTABLE BRACKET
79	5676-79	2	M8 X 16mm HEX HEAD BOLT
80	5676-80	1	MAGNET HOLDER
81	5676-81	1	M6 X 55mm HEX HEAD BOLT
82	5676-82	1	M6 NYLON LOCKNUT
83	5676-83	1	M8 X 52mm HEX HEAD BOLT
84	5676-84	2	M3 X 8mm SELF TAPPING SCREW
85	5676-85	1	TENSION SPRING
86	5676-86	1	LOCKING ARM CONNECTOR
87	5676-87	2	METAL BUSH
88	5676-88	1	M8 X 72mm ALLEN HEAD BOLT
89	5676-89	1	JOCKEY WHEEL BRACKET
90	5676-90	1	DRIVE BELT WHEEL
91	5676-91	3	C12 CLIP (ID 11.1mm)
92	5676-92	1	PULLING SPRING
93	5676-93	1	M10 NYLON WASHER

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
94	5676-94	1	M10 FLAT WAHSER (t=1mm)
95	5676-95	4	M10 FLAT WAHSER (t=2mm)
96	5676-96	1	M8 X 25mm HEX HEAD BOLT
97	5676-97	1	FLYWHEEL ASSEMBLY
98	5676-98	2	ONE WAY BEARING
99	5676-99	1	DRIVE BELT PULLEY WHEEL
100	5676-100	1	FLYWHEEL AXLE
101	5676-101	1	CYCLE FREE GEAR
102	5676-102	1	BEARING SLEEVE
103	5676-103	1	DRIVE BELT - RIBBED
104	5676-104	1	CHAIN
105	5676-105	2	WHEEL NUT 3/8" - 26
106	5676-106	1	ROWER SEAT CARRIAGE
107	5676-107	6	ROLLER WHEEL (W / BEARING)
108	5676-108	6	METAL SLEEVE
109	5676-109	12	M8 FLAT WASHER
110	5676-110	5	M8 X 32mm HEX HEAD BOLT (HALF THREAD)
111	5676-111	12	M8 NYLON LOCKNUT
112	5676-112	4	M6 X 15mm MACHINE SCREW
113	5676-113	1	LOCKING ARM
114	5676-114	1	M8 X 15mm COUNTER SUNK MACHINE SCREW
115	5676-115	1	M12 NYLON WASHER
116	5676-116	1	PLATE WHEEL
117	5676-117	1	M6 NYLON WASHER
118	5676-118	1	M6 FLAT WASHER
119	5676-119	1	M6 NYLON LOCKNUT
120	5676-120	1	COMPUTER CONNECTOR AND SENSOR PLATE
121	5676-121	4	MAGNET
122	5676-122	1	M6 X 8mm FLAT HEAD MACHINE SCREW
123	5676-123	5	M6 X 12mm MACHINE SCREW
124	5676-124	2	METAL BUSHING DIA 32 X 6mm
124A	5676-124A	1	METAL BUSHING DIA 16 X 16.5mm
124B	5676-124B	1	METAL BUSHING DIA 16 X 15.5mm
125	5676-125	2	BEARING / 608ZC2
126	5676-126	1	METAL BUSHING DIA 19 X 5mm
127	5676-127	1	M8 NYLON WASHER (t=1.5mm)
128	5676-128	2	METAL BUSHING DIA 16 X 19mm
129	5676-129	1	M6 X 12mm FLAT HEAD MACHINE SCREW
130	5676-130	2	PLASTIC CAP
131	5676-131	2	PLASTIC SLEEVE
132	5676-132	1	M8 X 60mm HEX HEAD BOLT
133	5676-133	1	M6 X 25mm MACHINE SCREW
134	5676-134	1	SPACER SLEEVE
135	5676-135	1	PLASTIC SPACER
136	5676-136	1	FIXING PLATE (SEAT BRACKET)
137	5676-137	1	PLASTIC PAD (SEAT BRACKET)
138	5676-138	1	M10 FLAT WASHER (t=2mm)

INSTRUCTIONS FOR USE



Adjust the seat height, make sure your knees do not rise above the horizontal when pedaling.

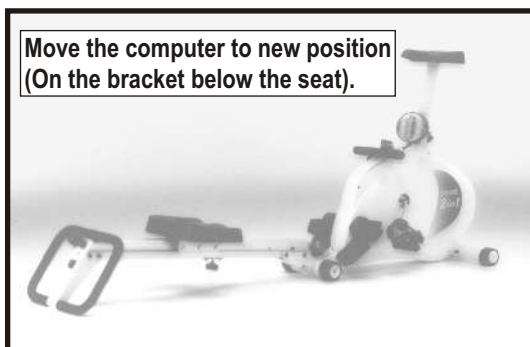


ADJUSTING SEAT HEIGHT

FROM CYCLE TO ROWER



Move the computer to new position
(On the bracket below the seat).



Follow the Instructions on the front post
CYCLE ► ROWER

CYCLE ► ROWER

- Unlock
- Turn knob then pull it out & down to centre position.
- Lower beam to floor & lock.



ROWER TO LOCK

- Beam must be locked before rowing.
- Push knob then turn.

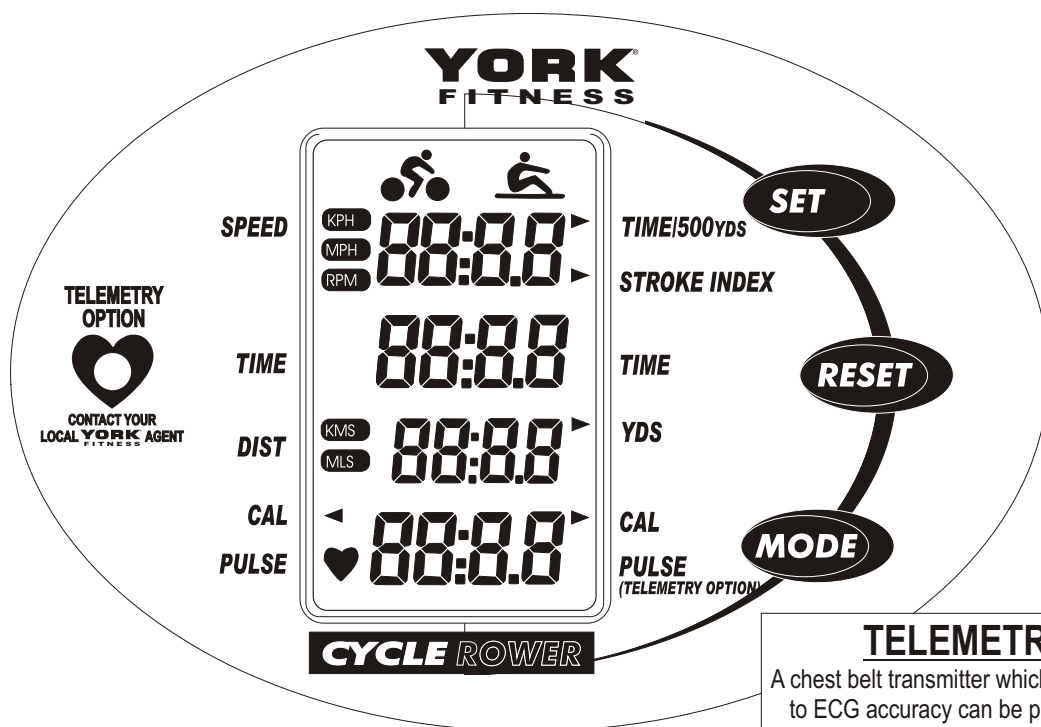
(Approx one turn ONLY to lock.)

- If the front of the cycle raises off the floor-then you have turned the knob too far.
■ SOLUTION: Turn back a little.
- If the beam raises off the floor-then you have turned the knob in the wrong direction.
■ SOLUTION: Undo and turn the opposite way.

CAUTION: Beam must be locked before rowing.

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

YORK 2 in 1 CYCLE ROWER COMPUTER



TELEMETRY OPTION

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 TELEMETRY SET.
(Chest Belt Transmitter + Receiver that plugs into the 2in1 computer)

TO START:

Press the **SET** button to activate the unit.
The computer will automatically start / stop when you exercise.

The computer display will switch from cycle to row when you relocate it whilst changing exercise positions.

Kilometers or Miles can be selected using the switch on the back of the computer.
Any options in imperial in the instructions will be shown in brackets.

POWER AND FUNCTIONS

Before exercising, press the **MODE** key to select the desired speed measurement and press **SET** to confirm, the options are:



TIME/500M(or YDS) OR STROKE INDEX



KPH(or MPH) OR RPM

Press the **MODE** key to alternate between the options.
The selected function will "flash" when chosen. For both exercises, the options are:

TIME ► DISTANCE ► CALORIE ► PULSE ►

The computer will shut off if no signal is received after three minutes.

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

SETTING FUNCTIONS

You can set a target time or distance on your computer.
When you start exercising the computer will begin to count down from your target to zero.
When it reaches zero an alarm will bleep.

"TIME" Automatic counting commences when the cycle rower is active.

To set the timer to count down select "TIME" using the MODE button.
Enter the required time target by pressing the SET button. (Max 99.59 min)
Press MODE to change to the next function if required.

"DISTANCE" Distance is automatically displayed when the cycle / rower is in use.

To set a target distance select the "DISTANCE" function using the MODE button.
Enter the desired distance by pressing the SET button. (Max 999 km or miles)
Press MODE to change to the next function if required.

In rowing mode: You can use MODE to select between distance in KMS or METERS.

"CALORIES" Approximate calories consumed is displayed, once cycle rower is in use
Calories used varies according to speed & distance use it to compare different workouts and to set targets.

To set a target consumption select "CALORIES" using the MODE button.
Enter the target calories to be consumed using SET button. (Max 999 cal)
Press MODE to change to the next function if required.

"PULSE" When using the cycle option the "PULSE" function and ♥ is displayed.
(USE HAND The hand pulse sensor should only be used for cycling.
PULSE SENSORS)

To set a limit select "PULSE" by using the MODE button.
Enter the maximum heart rate using the SET button. (Range 40 - 999 BPM)
Refer to the exercise guide for more information on heart rate.

(SEE OPPOSITE PAGE TELEMETRY OPTION)

The movement from rowing will make any reading inaccurate.
If you wish to use a heart rate monitor for rowing we suggest you use a chest belt transmitter and watch.

"ALARM" When targets/limits have been reached an alarm of four beeps will sound.

"RESET" Resets a single function. Press and hold for 2 secs. For a total reset.

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

STRETCHING EXERCISES

PECTORALS

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



QUADRICEPS STRETCH

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



HAMSTRING STRETCH

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



TRICEP STRETCH

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



DELTOID STRETCH

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



CALF STRETCH

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



GLUTEALS

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



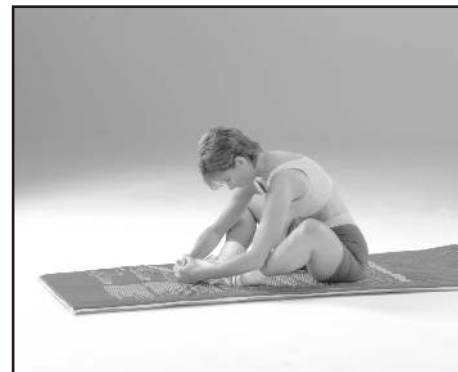
CAT STRETCH

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



ABDOMINAL STRETCH

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



INNER THIGH & LOWER BACK STRETCH

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

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

YORK 2in1 CYCLE ROWER / 18

EXERCISE GUIDE

BEFORE EXERCISING CHECK:

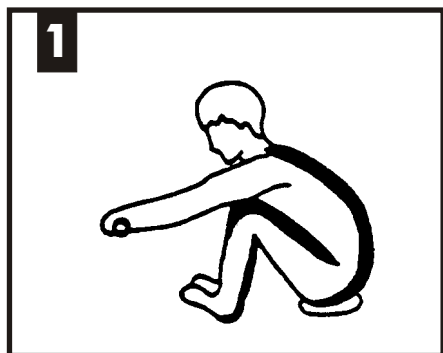
- You have adequate space ie.at least 2ft. (60cm) clearance on each side.
- Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your 2 in 1 cycle/rower on a flat, level, solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell **STOP YOUR WORKOUT IMMEDIATELY.**
- Injuries to health may result from incorrect or excessive training.
- Please make sure you have read the safety guidelines.

Rowing is an extremely effective form of exercise.

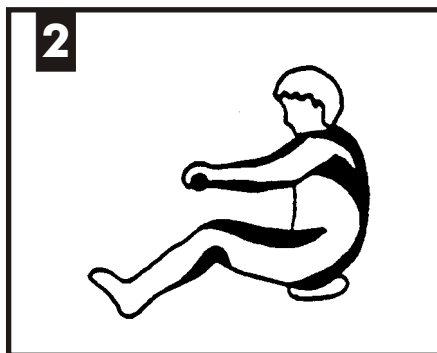
It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

The pictures below show the muscle groups in use during each stroke.

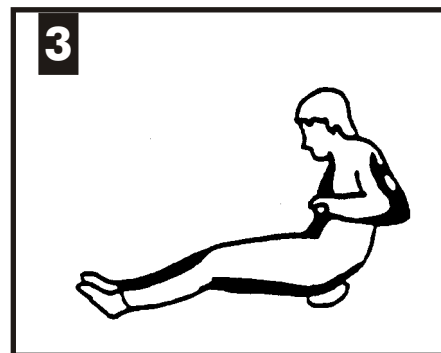
HOW TO ROW



Take up the initial position leaning forward, knees bent and arms straight.



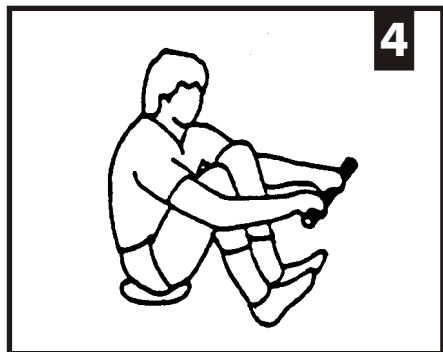
Push yourself backwards, straightening your back and legs at the same time.



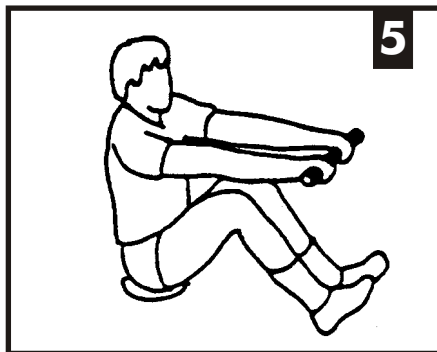
Continue movement until you are leaning slightly backwards, bending the arms at the same time. Return to 1 and repeat.

ALTERNATIVE EXERCISE

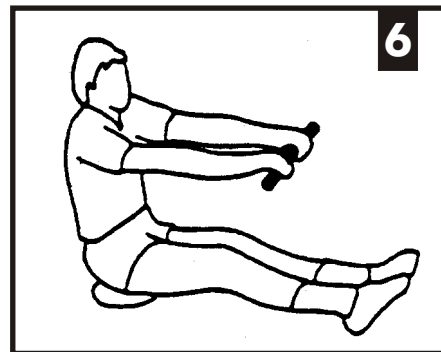
LEG ONLY ROWING



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.



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

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

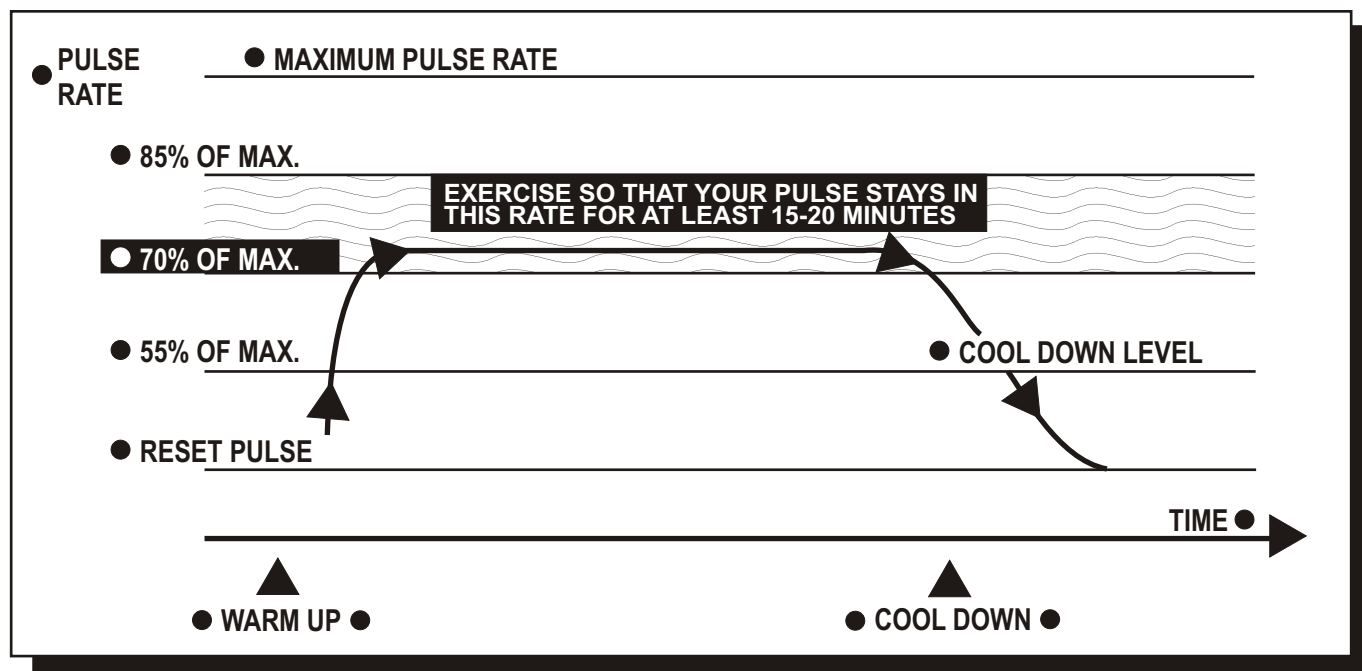
DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.

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.

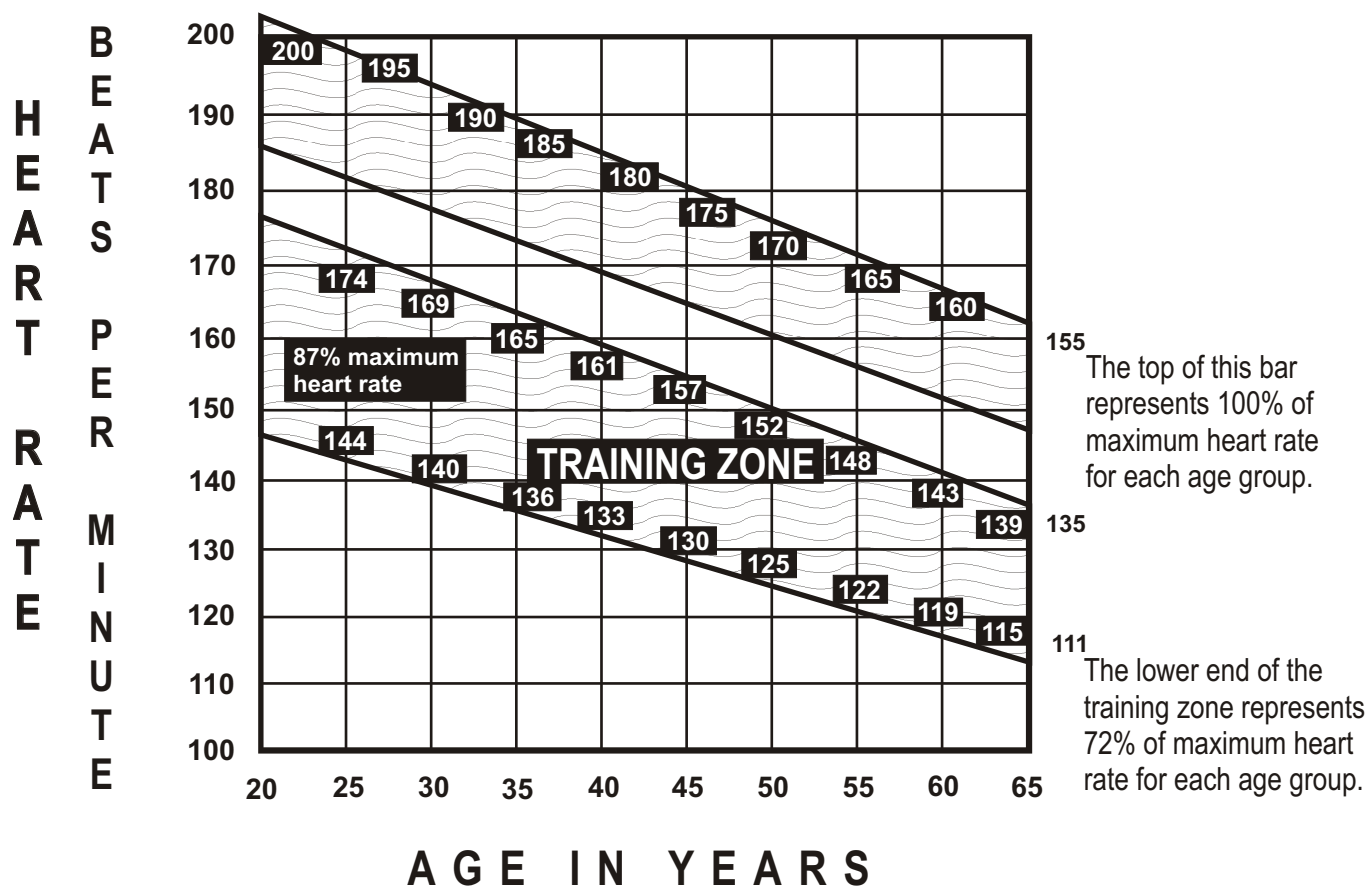
*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

YORK 2in1 CYCLE ROWER / 20

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.

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

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.

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

YORK 2in1 CYCLE ROWER / 22

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 2in1 Cycle Rower 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.

U.K.	AUSTRALIA	U.S.A.
YORK FITNESS HELP LINE (8:30am- 4:30pm) YORK BARBELL (U.K.) LTD. YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	YORK FITNESS HELP LINE (8:00am- 4:00pm) YORK BARBELL (AUST.) PTY. 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	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
CANADA	TAIWAN	Authorized Dealer
YORK FITNESS HELP LINE (8:30am- 4:30pm) YORK BARBELL CO. LTD. 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593	YORK FITNESS HELP LINE (9:00am- 6:00pm) YORK FITNESS (TAIWAN) LTD. ROOM A2 4F, NO.51, GONG-YI ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net	

WARRANTY REGISTRATION

IMPORTANT: Please complete and return this page, with a copy of your local YORK Dealer within 14 days.
Alternatively, you can register your warranty on-line - please visit 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.

YORK[®]
FITNESS

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HERE**

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 -----

Part No.	Q'ty	Part Description	Unit Price	Total
Total value of order				\$

Send your order to:

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

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

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Part No.	Q'ty	Part Description	Unit Price	Total
Total value of order				\$

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AUSTRALIA

YORK BARBELL (U.K.) LTD.
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