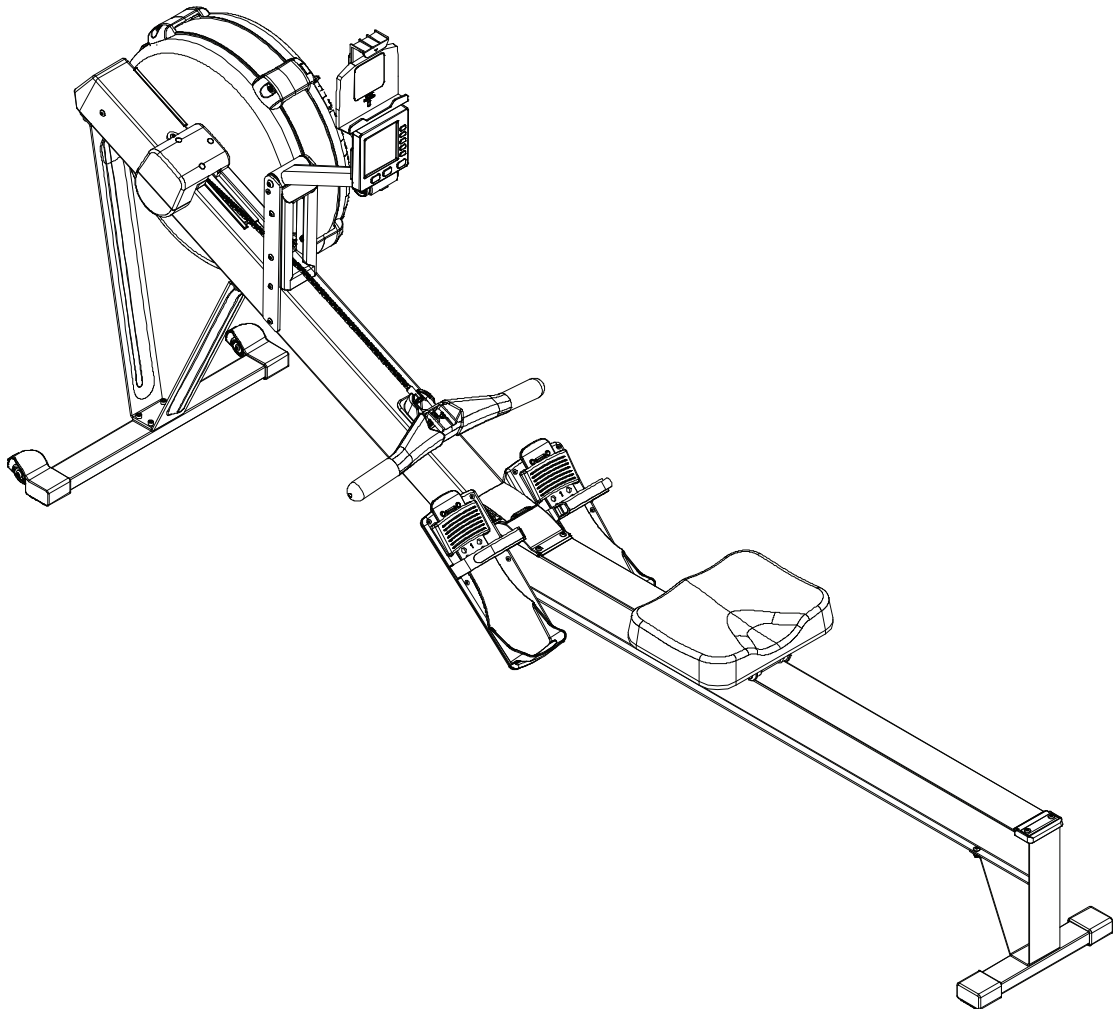


YORK[®]

OWNER'S MANUAL



R-300 AIR ROWER



56042

14JUN2023

WWW.YORKFIT.COM

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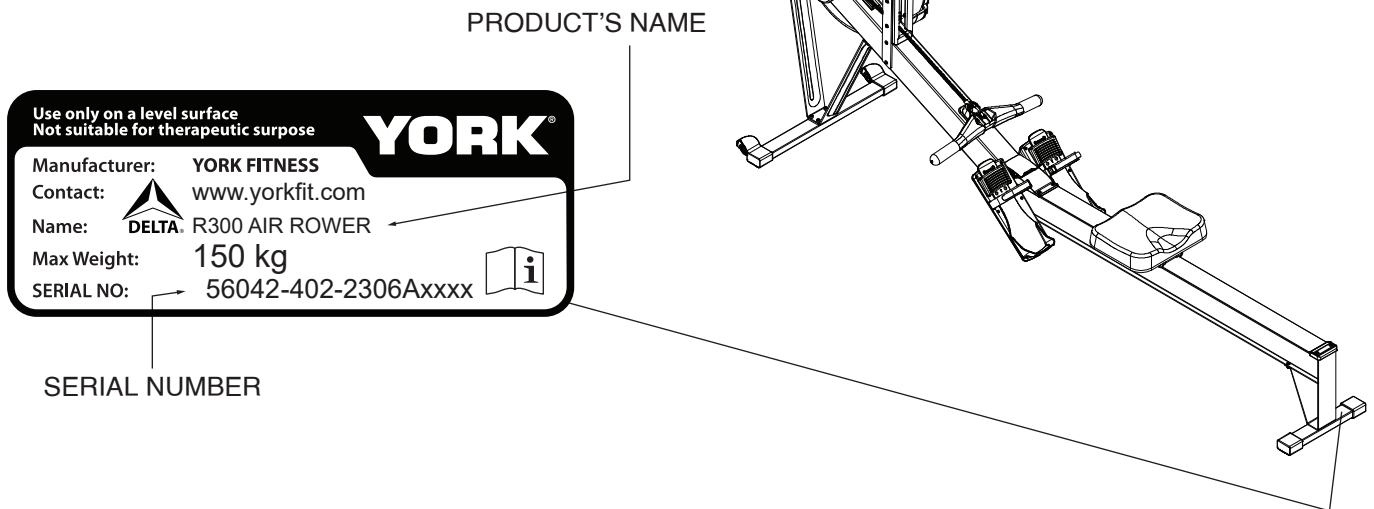
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CUSTOMER SUPPORT

Please visit www.yorkfit.com to locate customer support for your region.

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

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

CARE & MAINTENANCE

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear at the start of every use. This includes any nuts, bolts, moving parts, bushes etc.
- Always replace damaged / worn components with original parts from the manufacturer.

PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

WORK WITH A FRIEND - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

CHECK TO MAKE SURE YOU HAVE ALL PART, NUTS, BOLTS... ETC, BEFORE YOU START ASSEMBLY.

IF YOU ARE MISSING ANY PARTS AND THE BOX WAS UN-OPENED WHEN YOU LEFT THE STORE, PLEASE CONTACT YORK CUSTOMER SERVICE.

BEFORE YOU START

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 minimize the risk of injury.

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

This list is not exhaustive - You are responsible for your own safety!

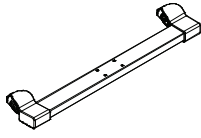
- Assemble the product on a level surface
- You will need at least one person to help you assemble this unit.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- 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 and/or locking devices.
- 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.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewelry 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.
- Injuries to health may result from incorrect or excessive training.
- Never overload the equipment - the maximum user load is displayed in these instructions and on the product label.
- We recommend that you do not lift weights alone. There should be somebody there to assist you.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- 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 behavior 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 product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

THIS PRODUCT IS NOT SUITABLE FOR THERAPEUTIC PURPOSES.

150 KG USER WEIGHT

INCLUDED PARTS



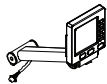
NO:55



NO:53



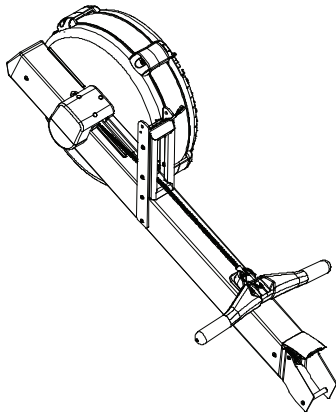
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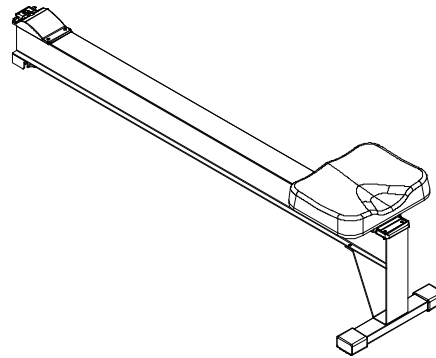
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NO:50



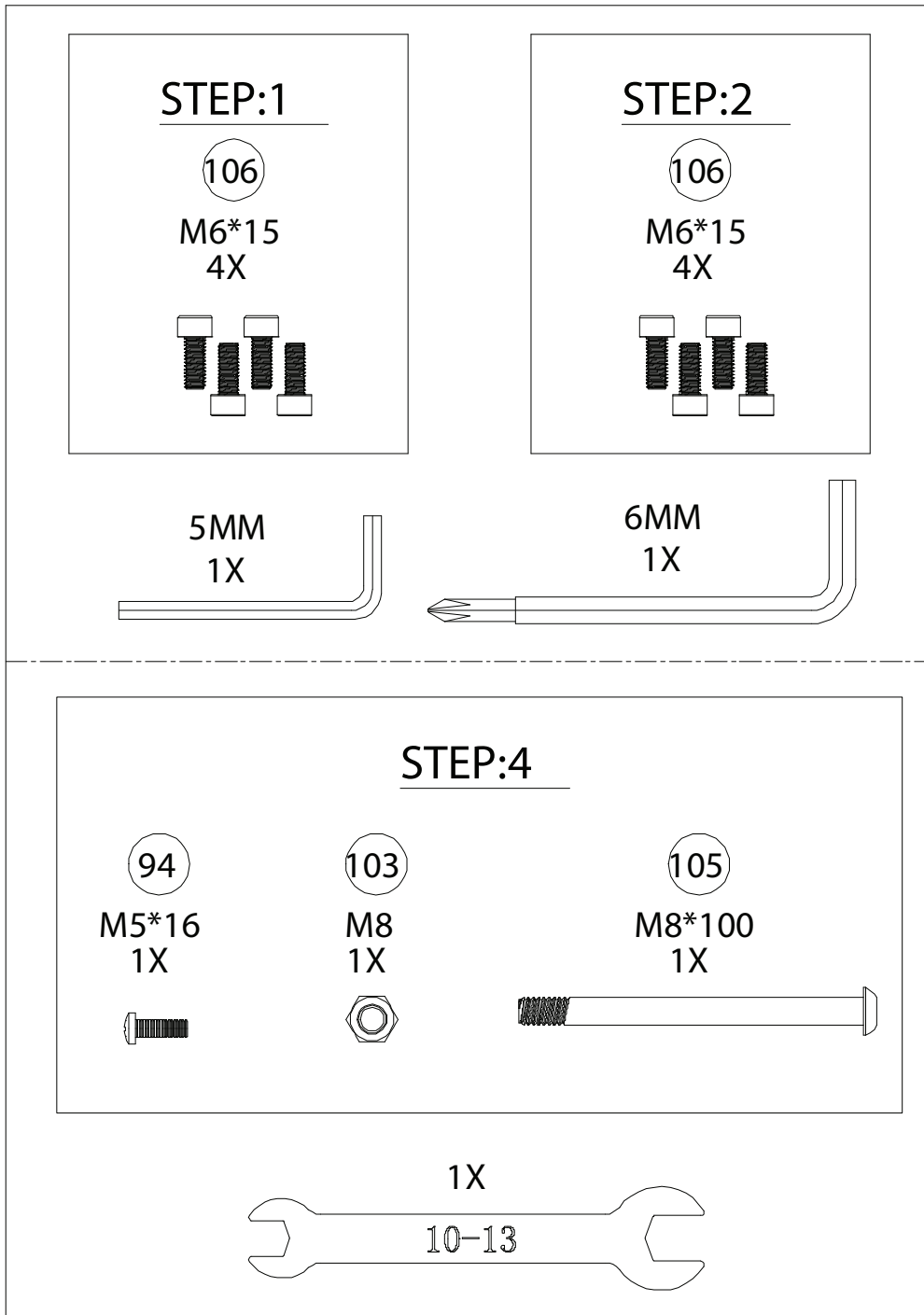
NO:1



NO:58

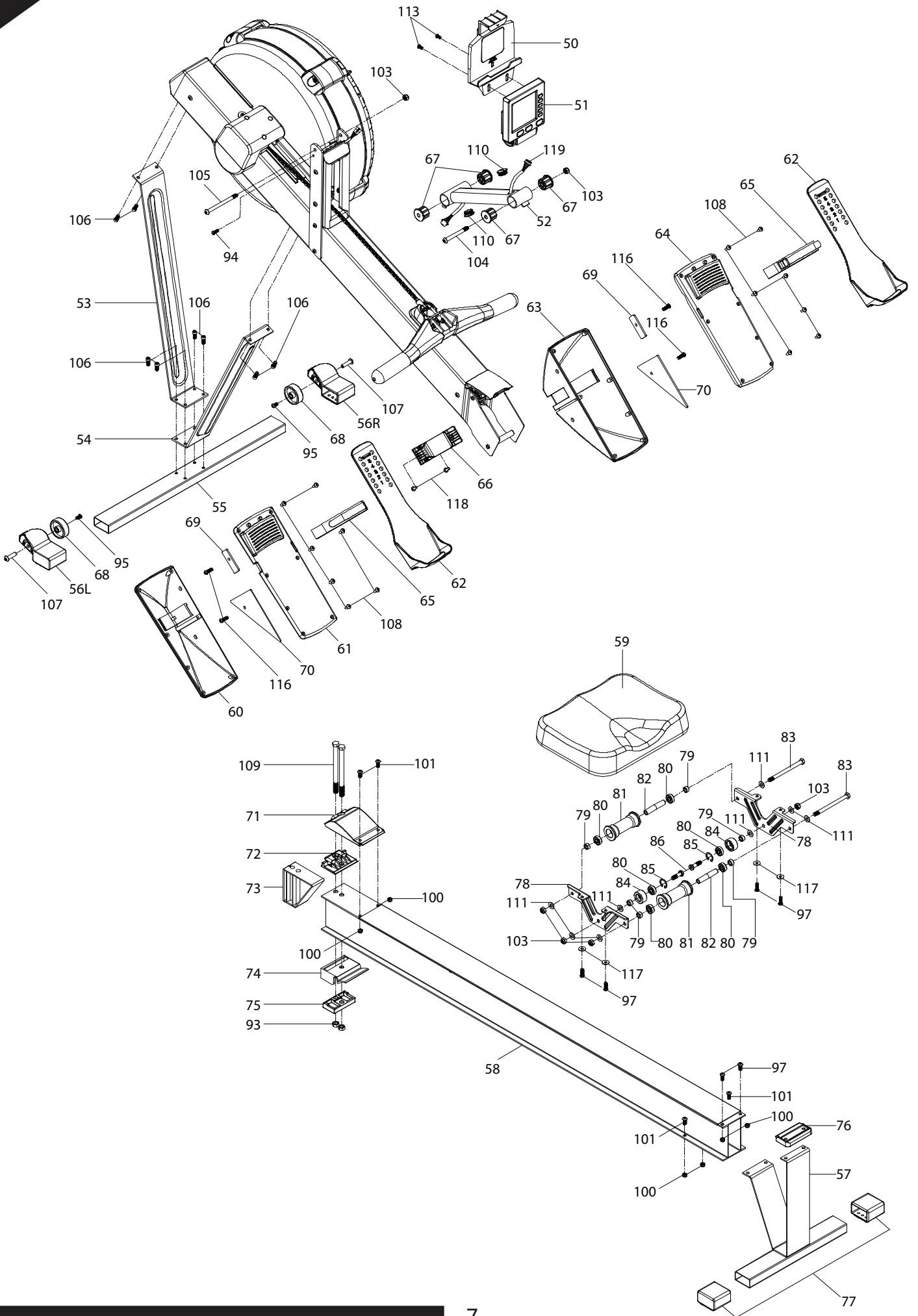
Part No.	Description	Q'ty
1	Main frame	1
50	Tablet holder	1
51+52	Monitor with arm	1
53	Leg Front Long	1
54	Leg Front Short	1
55	Front Foot	1
58	Monorail	1

INCLUDED HARDWARE

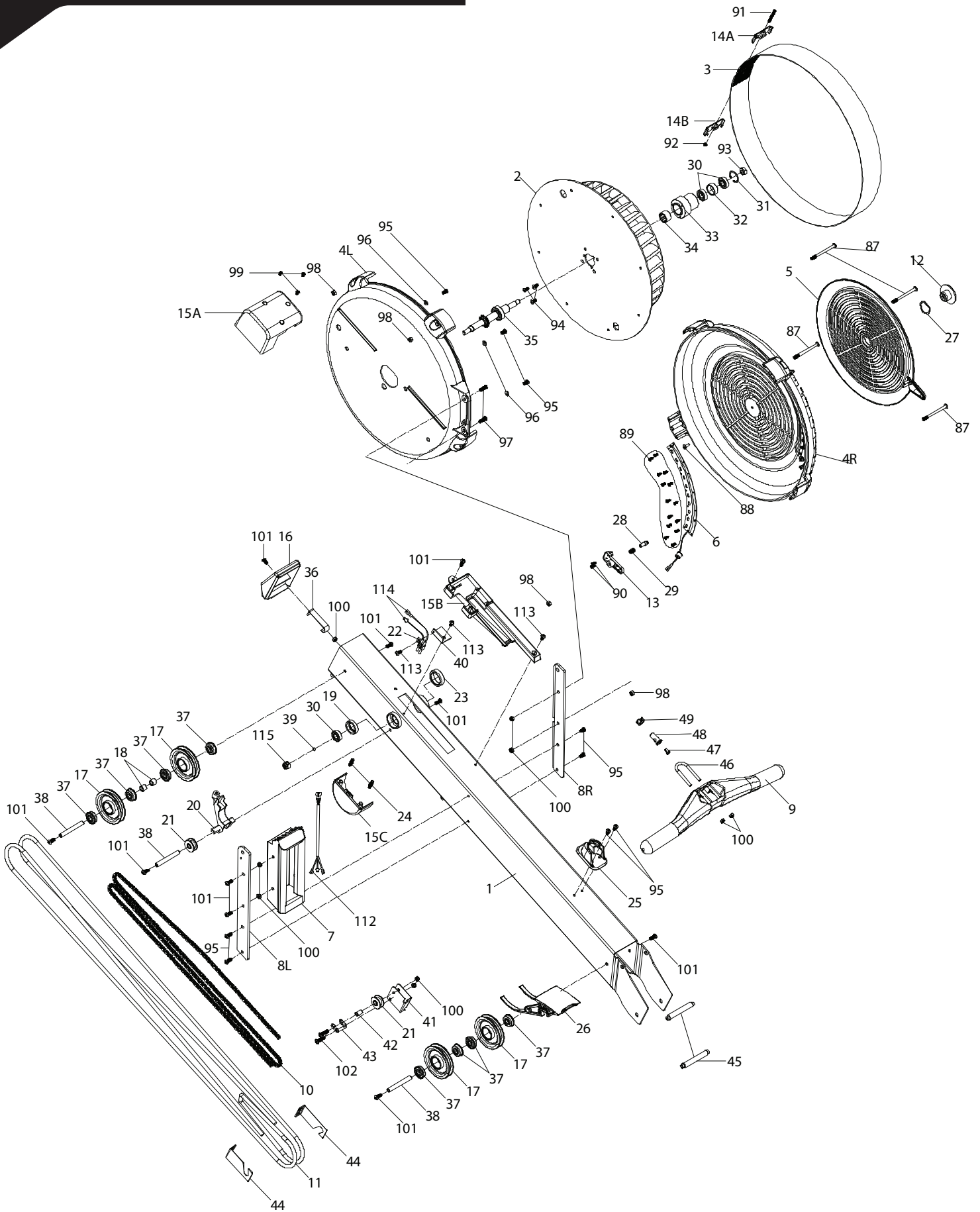


Part No.	Description	Q'ty
94	Screw M5*16	1
103	Nylon nut M8	1
105	Allen screw M8*100	1
106	Screw M6*15	8
	Allen key 5mm	1
	Allen key 6mm	1
	Open wrench	1

EXPLODED DRAWING



EXPLODED DRAWING



PARTS LIST

Part #	Description	Qty
1	Box Frame	1
2	Flywheel Assembly	1
3	Outlet Perf	1
4L	Flywheel Cover Back	1
4R	Fan Cover	1
5	Damper	1
6	Control board	1
7	Chain Guide	1
8	Chain Guide Bracket -L/R	1/1
9	Handle	1
10	Chain	1
11	Shock Cord	1
12	Hub Cap	1
13	Tension adjustment bracket	1
14A	Perf Connector screw side	1
14B	Perf Connector nut side	1
15	Sensor decorative cover A/B/C	1/1/1
16	End cap	1
17	Shock Cord Pulley	4
18	Pulley Spacer	2
19	Bearing Cup	1
20	Spacer Anti-Skip Anti-Throw	1
21	Chain Idler Pulley	2
22	Sensor Coil	1
23	Bearing Cover	1
24	Chain cover plunger	2
25	Handle Hook	1
26	Mouse	1
27	Wave Washer	1
28	Tension adjustment axle	1
29	Spring	1
30	Bearing 6001	3
31	C-clip Φ 28	1
32	Spacer	1
33	Spacer	1
34	Bearing	1
35	Fan flywheel axle group	1
36	End Cap Hook	1
37	Chain Idler Pulley	8
38	Axle Shock Cord	3
39	Sensor magnet	1
40	Sensor fixed plate	1
41	Traveling Pulley	1
42	Traveling Pulley Spacer	1
43	Chain Connector Small	2

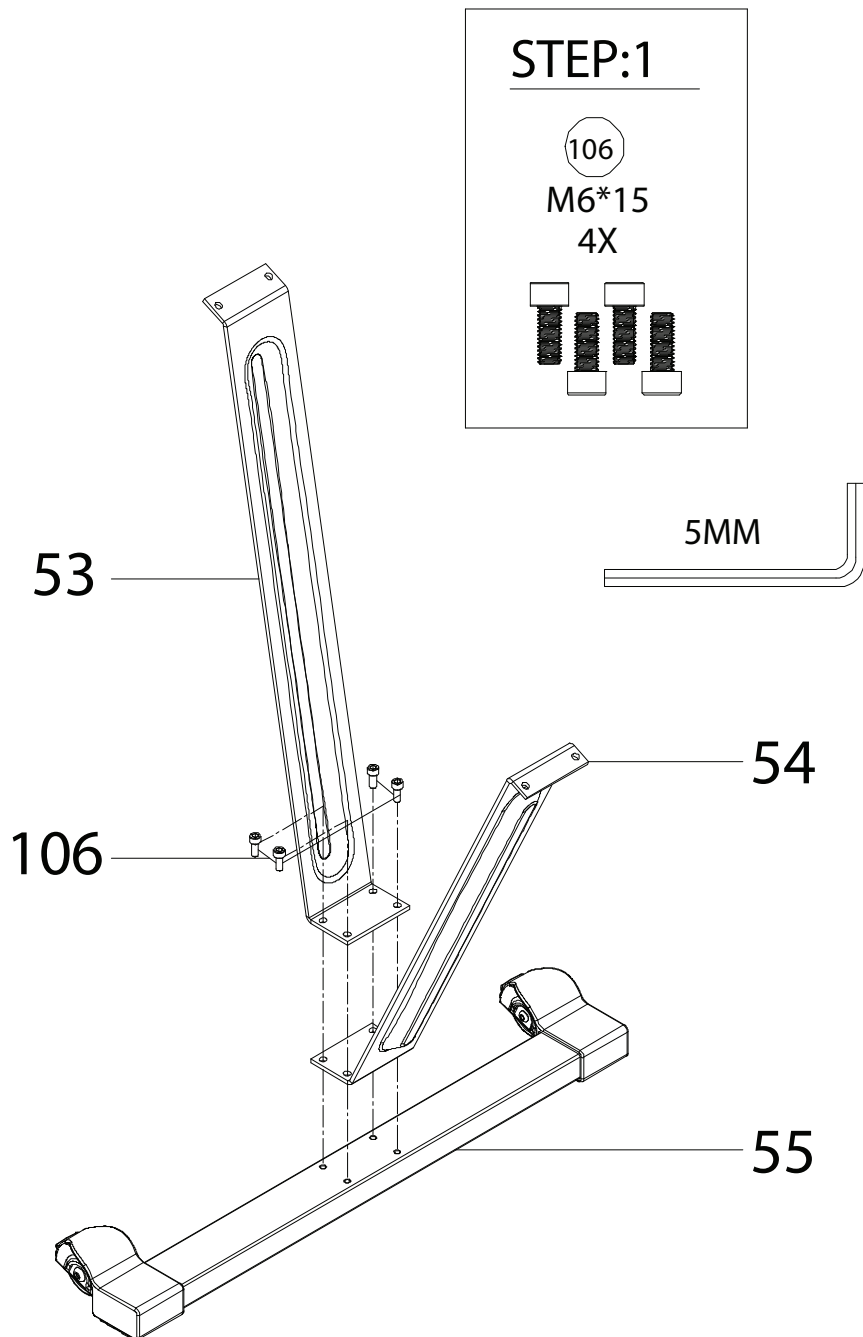
Part #	Description	Qty
44	SCAM	2
45	Axle for aluminum rail	2
46	U bolt	1
47	C chain connecting pin	1
48	Handle connecting sleeve 1	1
49	Handle connecting sleeve 2	1
50	Tablet holder	1
51	Monitor	1
52	Monitor arm	1
53	Leg Front Long	1
54	Leg Front Short	1
55	Front Foot	1
56	Footcaster L/R	1/1
57	Rear Leg	1
58	Monorail	1
59	Seat	1
60	Left pedal base	1
61	Left pedal panel	1
62	Flexfoot	2
63	Right pedal base	1
64	Right pedal panel	1
65	Footstrap with Buckle	2
66	Compression member	1
67	Spacer	4
68	Roller	2
69	Reinforcing Bracket 1	2
70	Reinforcing Bracket 2	2
71	Upper hanger plastic	1
72	Upper Die Cast Hanger	1
73	Monorail Bolt Support	1
74	Lower hanger plastic	1
75	Lower Die Cast Hanger	1
76	Decorative cover	1
77	Rear Foot	2
78	Seat Carriage	2
79	Seat Spacer	6
80	Bearing 608	6
81	Top roller	2
82	Roller bushing	2
83	Hex head screw	2
84	Bottom roller	2
85	C-clip	2
86	Screw M8*28	2
87	Flywheel Cover Bolt	4
88	Self-tapping screw ST5*20	1

PARTS LIST

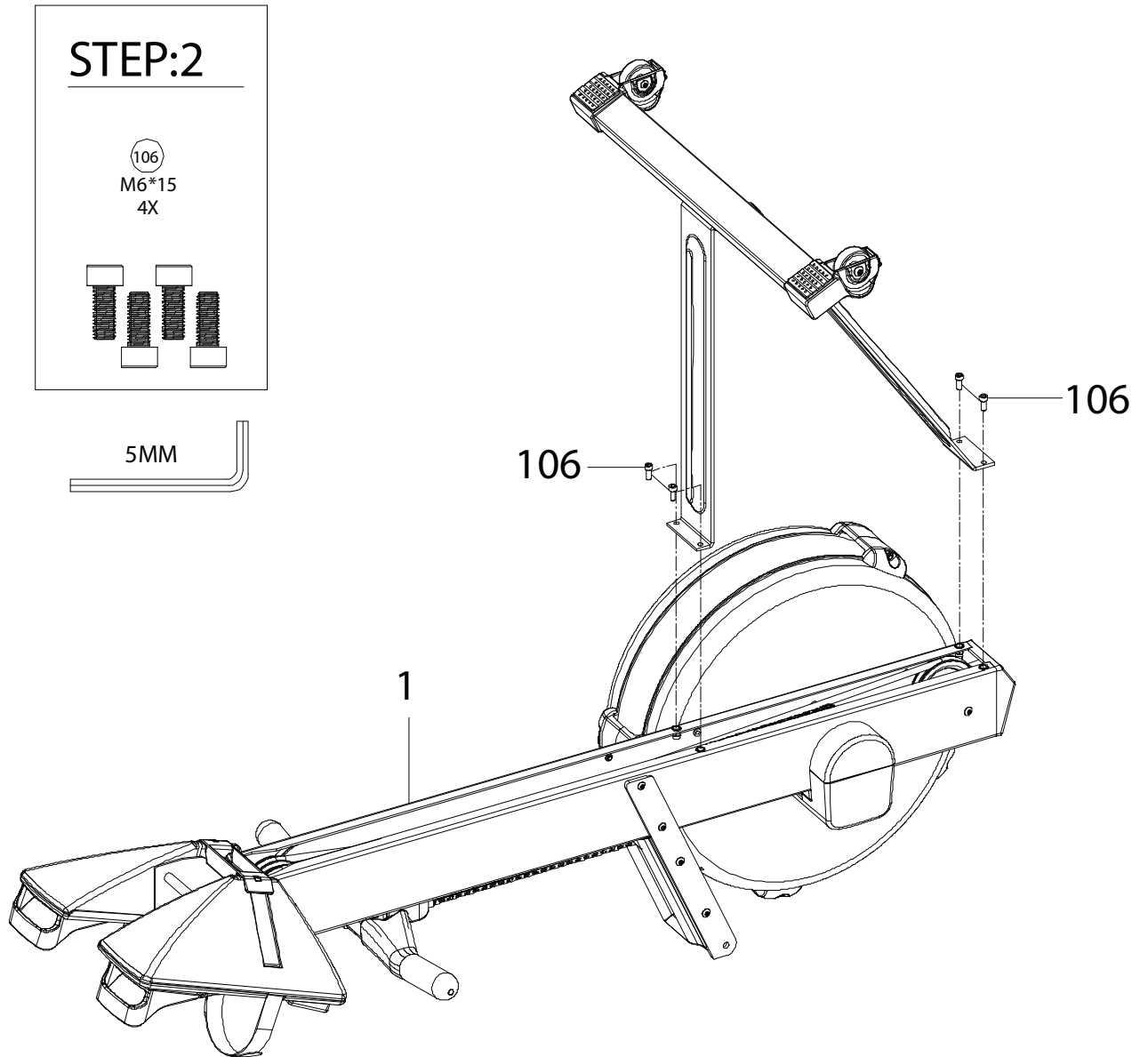
Part #	Description	Qty
89	Self-tapping screw ST3*6	14
90	Self-tapping screw ST3*15	2
91	Round head screw M4*45	1
92	Hex head nut M4	1
93	Nylon nut M10	3
94	Screw M5*16	4
95	Allen screw M6*12	11
96	Washer $\Phi 6*\Phi 25$	3
97	Allen screw M6*20	8
98	Hex head nut M6	4
99	Self-tapping screw ST4*15	3
100	Nylon nut M6	15
101	Allen screw M6*16	14
102	Traveling Pulley Screws	2
103	Nylon nut M8	6
104	Allen screw M8*75	1
105	Allen screw M8*100	1
106	Screw M6*15	8
107	Hollow screw M8	2
108	Self-tapping screw ST4*10	14
109	Hex head screw M10*140	2
110	Wire plug	2
111	Washer $\Phi 6*\Phi 17$	8
112	Lower wire	1
113	Screw M5*10	5
114	Sensor wire	2
115	Nylon nut M10	1
116	Hex head screw M6*20	4
117	Washer $\Phi 6*\Phi 17$	4
118	Self-tapping screw ST4*20	2
119	Upper wire	1

ASSEMBLY

- 1 Tighten the Leg Front Long (No.53) and Leg Front Short (No.54) to the Front Foot (NO.55) with 4 screws (No.106).

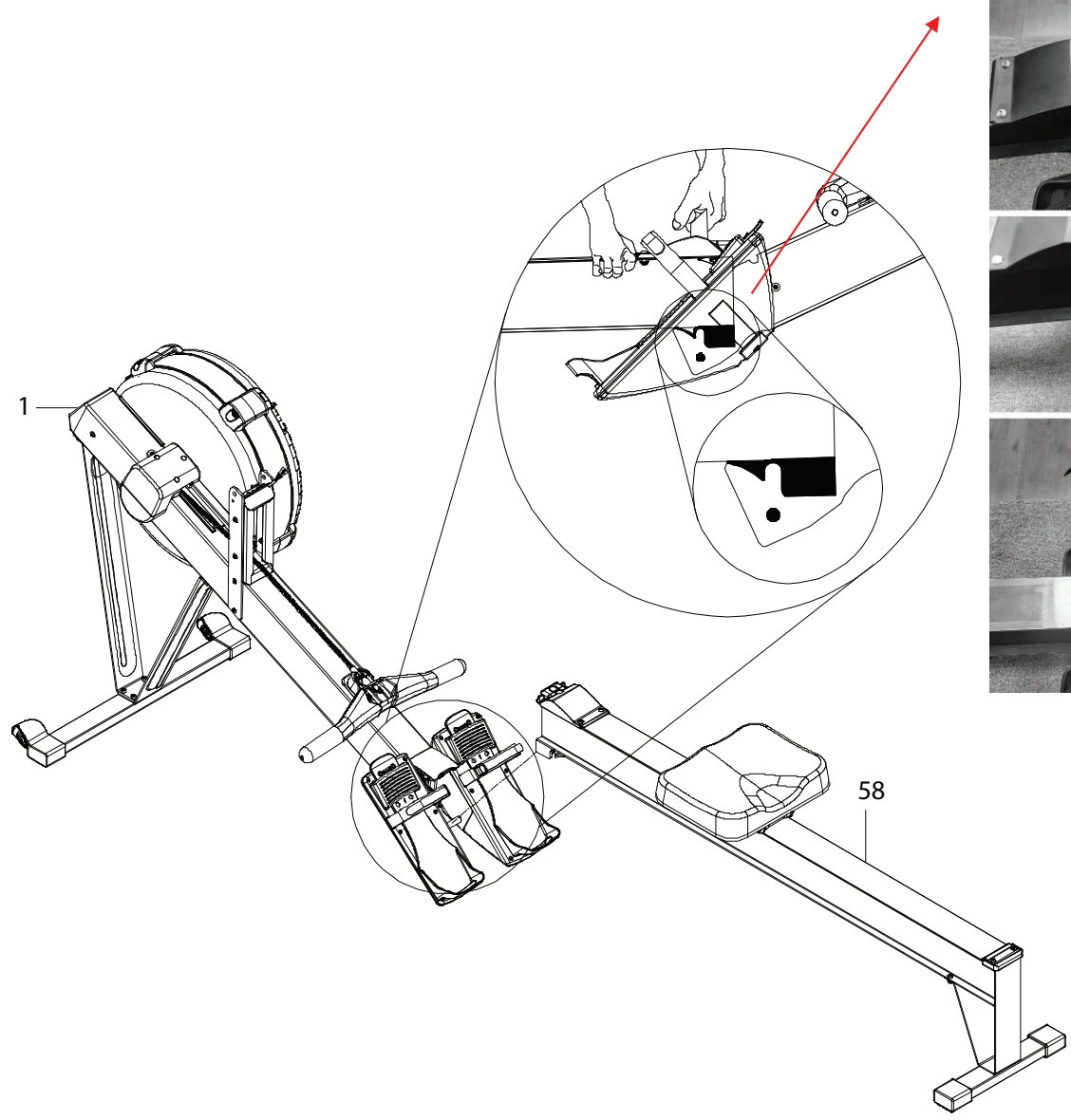


- 2** Tighten the Front stabilizer set to the back of Box Frame (NO.1) with 4 screws (NO.106).



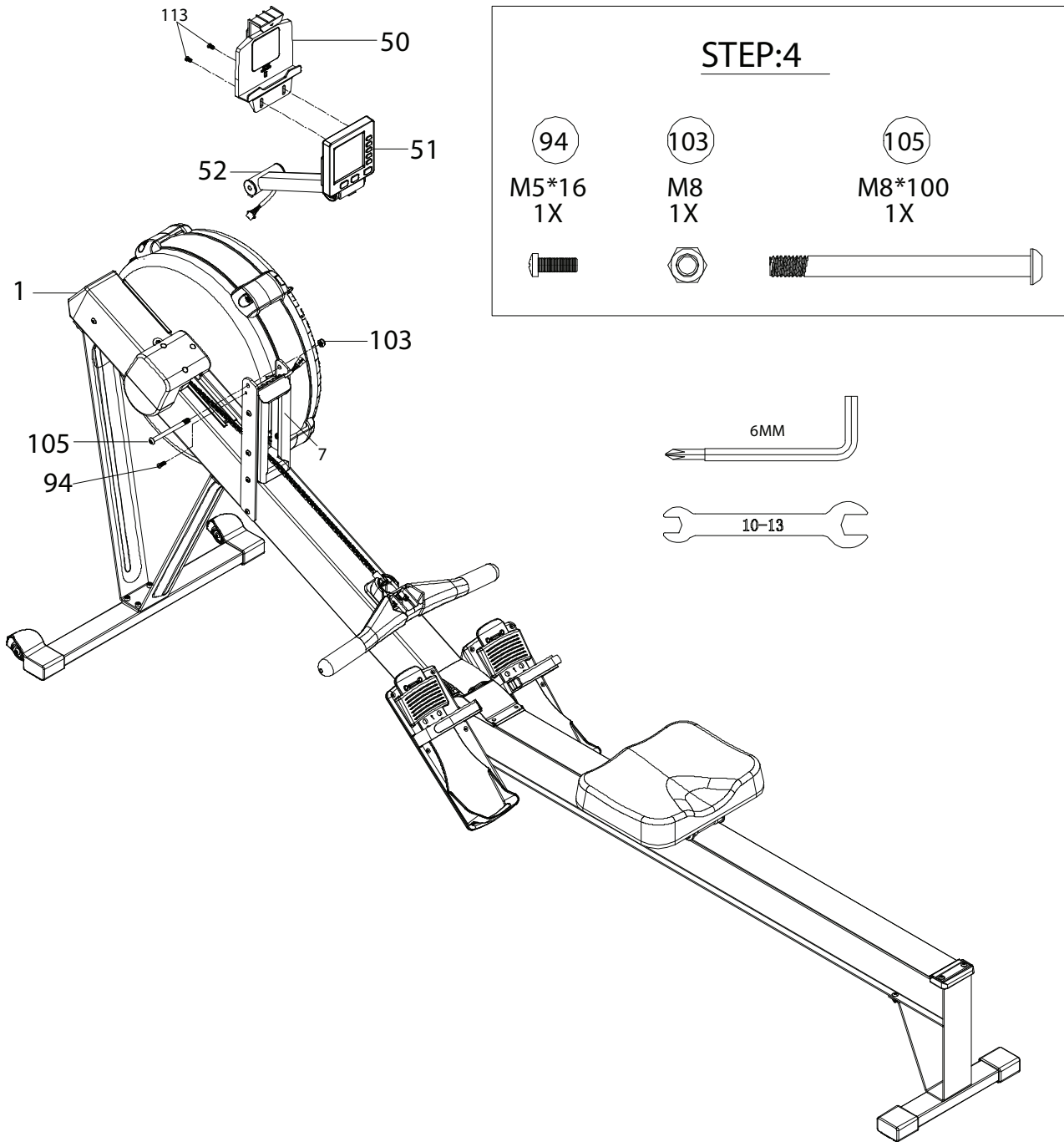
ASSEMBLY

- 3** Lift the Box Frame (1) up by hand holding the pedal strap. Snap the groove at the bottom of Monorail (58) into the axle on Box Frame (1).



ASSEMBLY

- 4** Attach the Monitor arm (52) to the Chain Guide (7) with Screw (94), Nylon nut (103), Allen screw (105).
Attach the Tablet holder (50) to the Monitor (51) with 2 Screws (113).



CONSOLE

CONSOLE FUNCTIONS

- MODE** To select time, strokes, distance, calories and pulse functions.
- ENTER** To switch time and time/500M functions, pulse and SPM functions, distance and watt functions, strokes and total strokes functions.
- UP/DOWN** To set the values of time, strokes, distance, calories and pulse.
- RESET** To switch to the target function, and then press the reset button to reset the function value (time, strokes, distance, calories and pulse). Press and hold the reset button for about 2 seconds to restart the computer, and all values of the computer will be reset (except the total strokes, which will return to zero after the battery is reinstalled).



RECOVERY Test the pulse recovery ability of the user. After a period of exercise, you still need to wear the wireless heartbeat chest belt. When the computer has pulse value display, press this button to start the pulse recovery function. The computer will enter the 60 second countdown. After the countdown, the user's pulse recovery status will be displayed on the screen. The recovery status represented by the F value is as follows:(Press the reset button to switch back to the main display screen.)

RESULTS

- F1: OUTSTANDING
- F2: EXCELLENT
- F3: GOOD
- F4: FAIR
- F5: BELOW AVERAGE
- F6: POOR

DISPLAY

TIME	Displays the user's exercise time.
TIME/500M	Time required for the user to exercise 500m.
STROKES	Total number of strokes during exercises
TOTAL STROKES	Displays the cumulative number of times the user has exercised for many times. After the battery is reinstalled, the value is reset.
DISTANCE	Estimated distance travel
WATT	Displays the user's exercise power.
CALORIES	Displays the calorie value consumed by the user during exercise. SPM: Display the strokes per minute.
PULSE	Display the user's heart rate value (please wear the wireless heartbeat chest belt before measuring the heart rate, and the measured value cannot be used as a medical basis).

TARGET TRAINING

This computer has five target training modes

1. TIME
2. STROKES
3. DISTANCE
4. CALORIES
5. PULSE

SET A TARGET TRAINING

- Press the "MODE" button to indicate TIME, STROKES, DISTANCE, CALORIES or PULSE
- Press "UP" and "DOWN" button to set the goal value
Press and hold the up and down button to speed up the setting
- Start to use the machine, and the display will start to count down. When the count down reaches zero, the computer will sound to indicate the training goal is completed. If you continue to train, the computer will automatically start to count up the from zero.

For PULSE target: When the user's pulse is higher than the target pulse, the computer will sound.

During the setting process, if you want to modify the target value, press the reset button to clear the current setting or press and hold the reset button for about 2 seconds to clear all target values, and then reset according to the above description.

NOTE

- 1.If the display is faint or shows no figures ,please replace the 2 D-size batteries.
- 2.The monitor will automatically shut off if there is no signal received and no operation button about 2 minutes.
- 3.The monitor will be auto powered on when starting to exercise or push button signal in.
- 4.The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.
- 5.Press any button to turn on the computer backlight, and the backlight will automatically turn off and enter the energy-saving mode after about 8 seconds if no button operation. Can press any button to wake the backlight up again.

BATTERY TYPE	2pcs of D batteries
OPERATING TEMPERATURE	0°C ~ +40°C
STORAGE TEMPERATURE	-10°C ~ +60°C

EXERCISE APP

BLUETOOTH INFORMATION

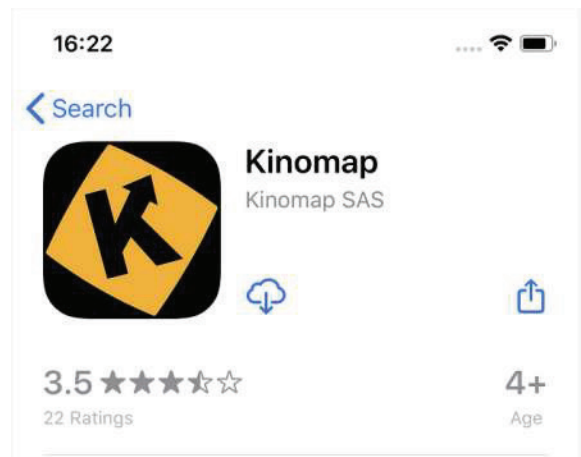
- Working frequency: this wireless transmitter is a Bluetooth 4.2 device. Its working frequency is 2.4GHZ. Requirements for Cell-phone APP Installation:
- IOS cell-phone system should be no lower than 7.1 version and support Bluetooth 4.2, iphone 4s and beyond.
- For Android, a system no lower than 4.3 is required and the cell-phone shall support bluetooth 4.2.
- To ensure the data record is real and effective at the cell-phone end, the wireless transmitter records and sends the data of the user to cell-phone APP only when Bluetooth computer and the cell-phone are connected. First connect the APP to the Bluetooth computer before starting the sports equipment to ensure the trueness and effectiveness of the data recorded in cell-phone APP.
- The computer will go into Sleep mode if it receives no signal input in 2 minutes. In Sleep mode, computer is unavailable for cell-phone. At this time, consumers need to press the button or use a rower to wake up the computer.
- When the computer is successfully connected to the app, the computer will turn off the display and all data will be displayed on the app.
- After connecting the app, if you need to use the console, exit the app and turn off the Bluetooth of the mobile phone.

APP INSTALLATION

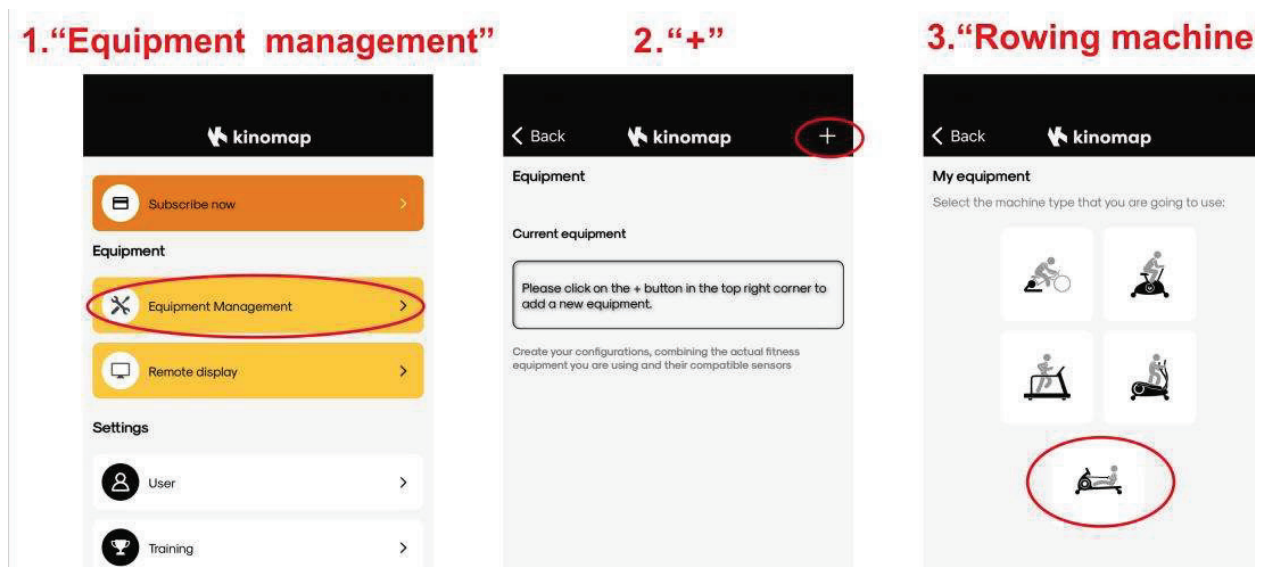
(NOTE: The "KINOMAP" software will be updated in real time, and this operation process is only for reference.)

Search "KINOMAP" in mobile app store to download app.

After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.

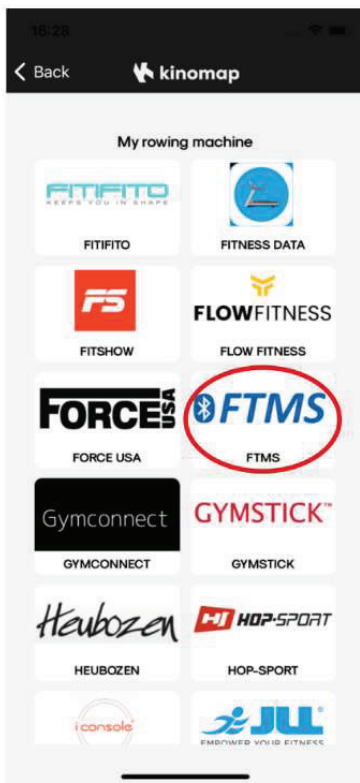


Add sports equipment as follows:

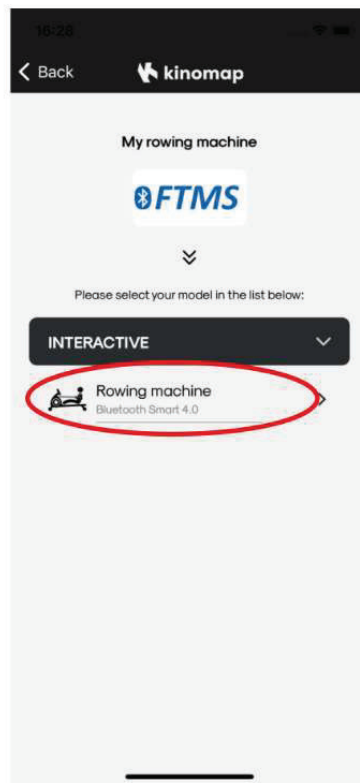


EXERCISE APP

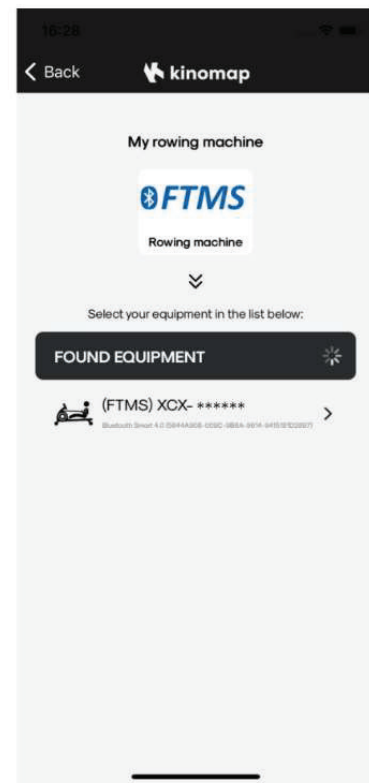
4. "FTMS"



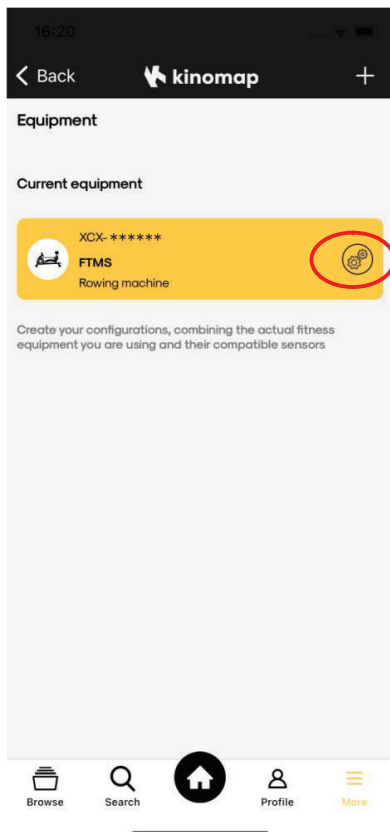
5. "Select model"



6. "Select equipment"



Add equipment to complete, start your exercise!



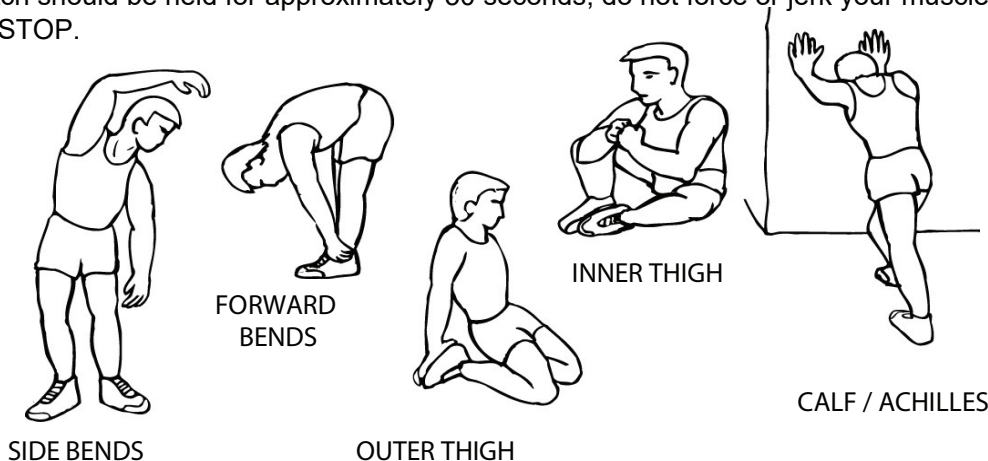
ROWING EXERCISE

Using your AIR RESISTANCE ROWER 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.

Please follow these 3 phases for a safe rowing exercise routine.

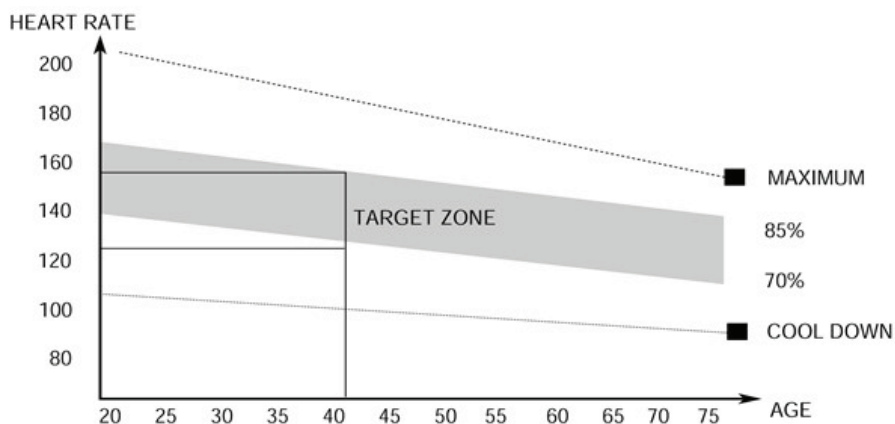
Warm Up

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.



Rowing Exercise

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your ability 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.



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

Cool Down

This stage is to let your Cardiovascular 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.

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

LIMITED WARRANTY

YORK FITNESS warrants its **DELTA AIR ROWER** (56042) to be free from defects in material and workmanship under normal use and service condition for a period of 12 months from the date of purchase.

All warranty coverage extends only to the original retail purchaser from the date of purchase. YORK FITNESS obligation under this Warranty is limited to replacing or repairing the product, at the discretion of our authorised service centre. Any enquiries relating to warranties or spare parts must first be directed to our service who will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, retailer name you purchased the item from.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by YORK FITNESS. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice". No other warranty beyond that specifically set forth above is authorised by YORK FITNESS.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

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