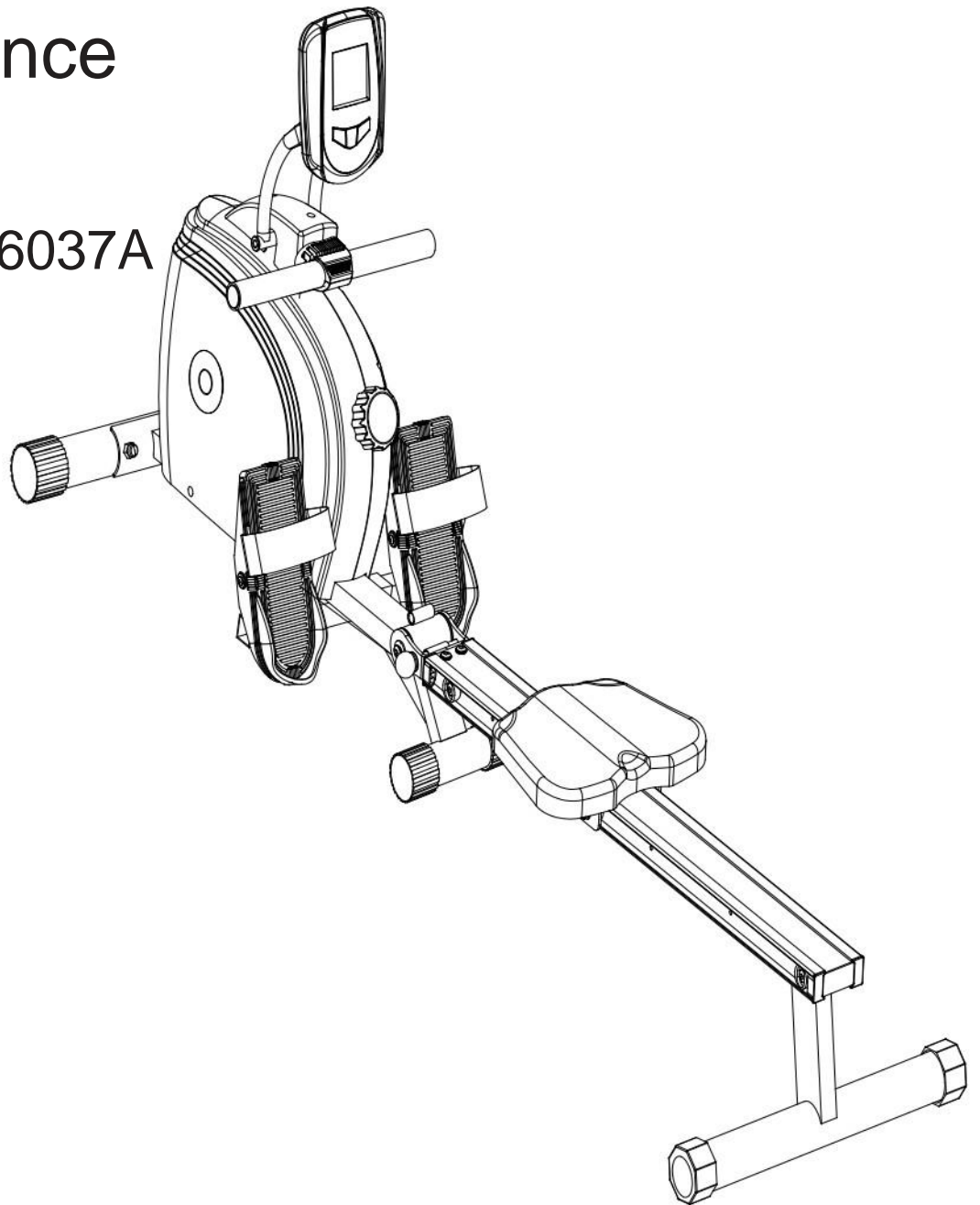


YORK[®] FITNESS

Owner's Manual

Performance
Rower

Item #YRK56037A



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IMPORTANT SAFETY PRECAUTIONS

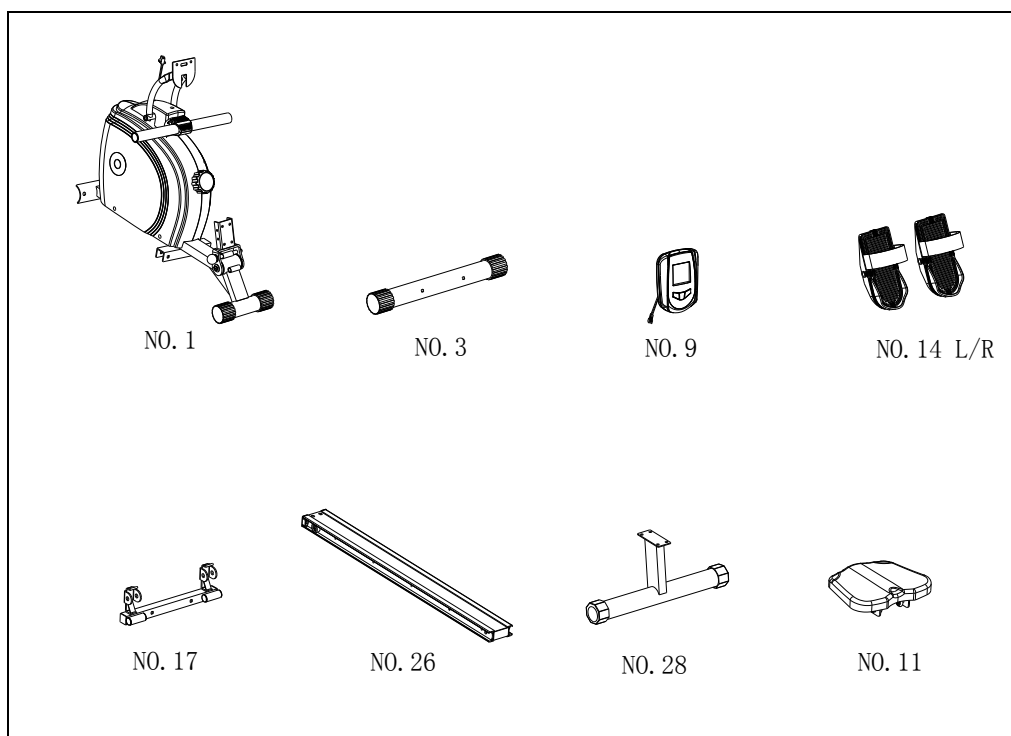
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.













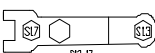
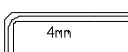
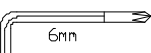
SAVE THESE INSTRUCTIONS.

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

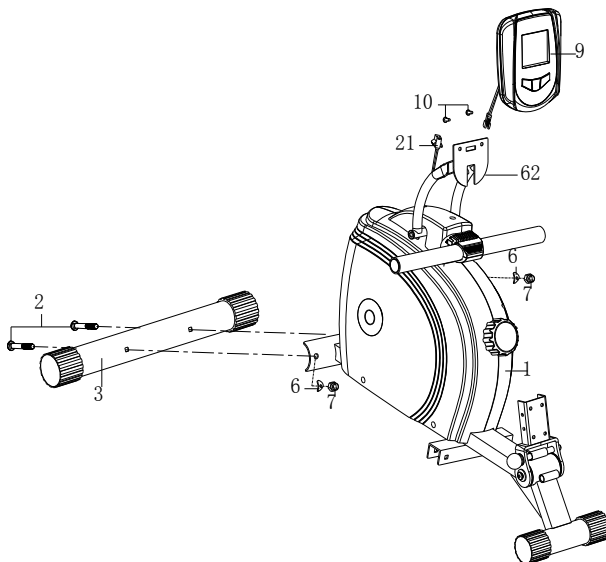
Step 1

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.

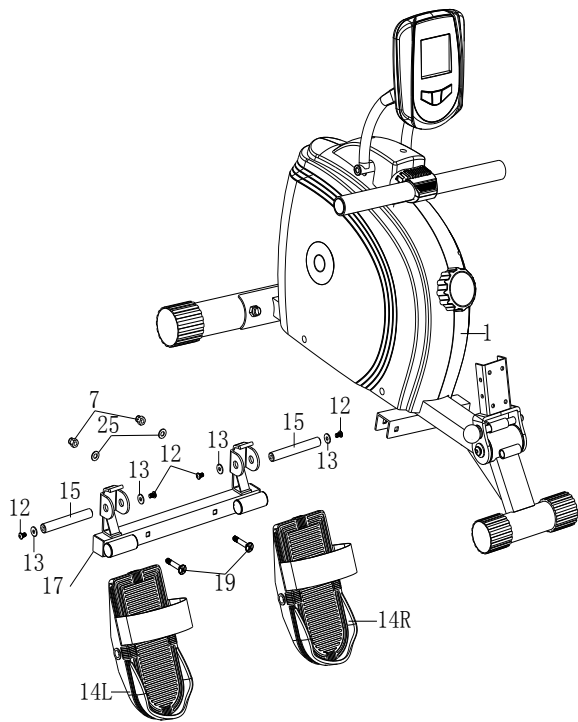


Step 2

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

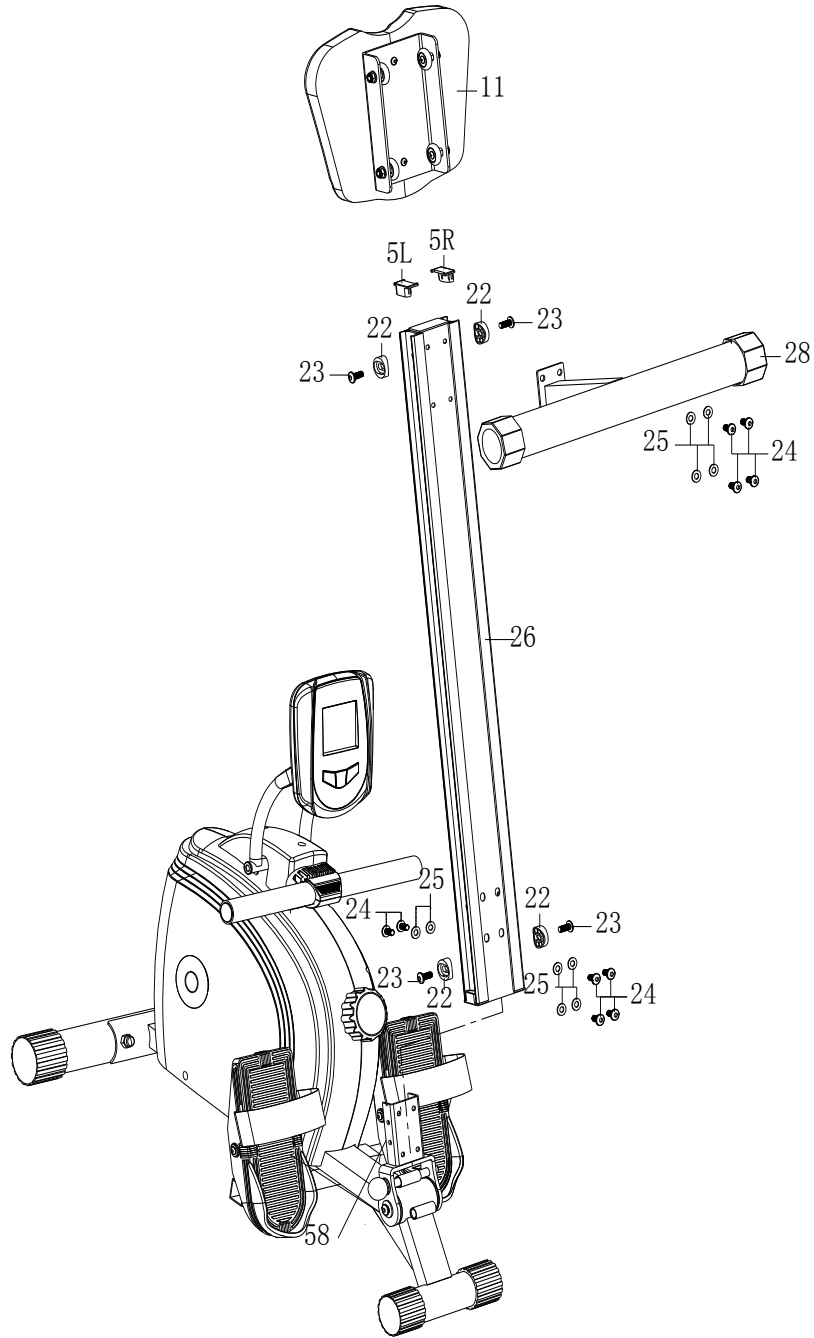
Attach the rear stabilizer (28) to the back of the slide rail (26). Secure using four allen bolts (24) and four flat washers (25).

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).

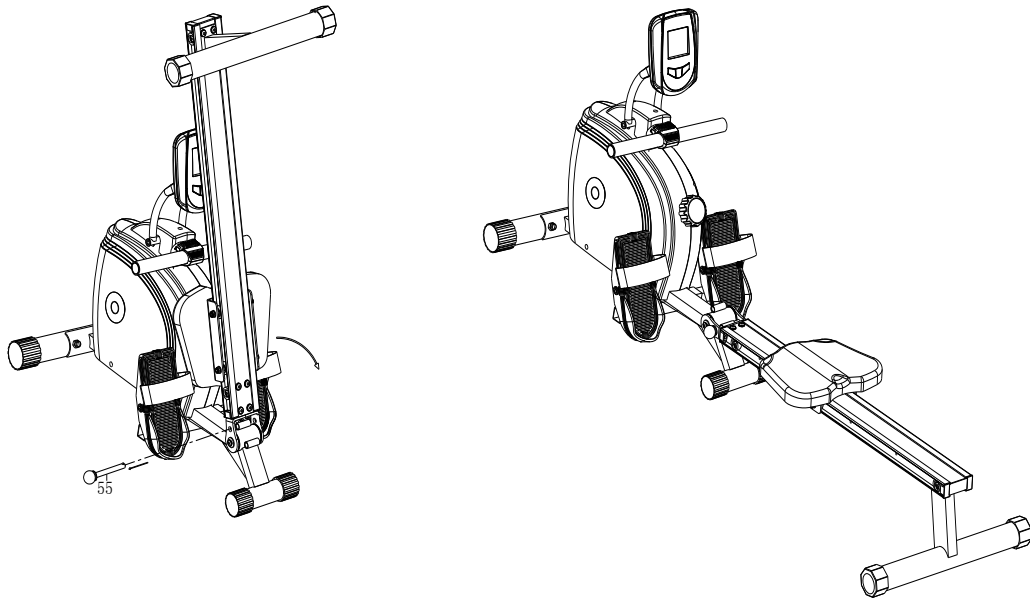


Step 4

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

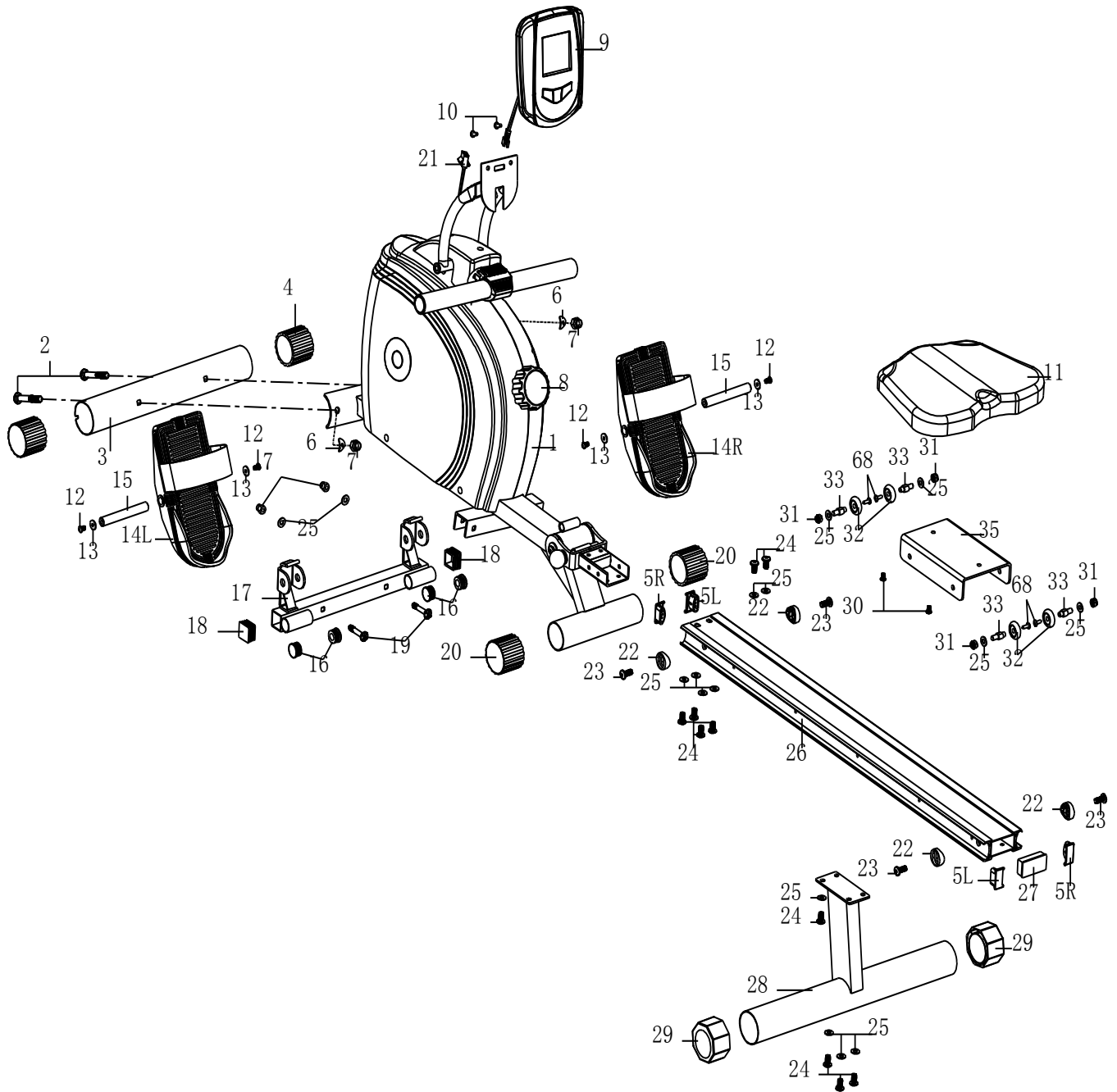
Note: Before insert ball pin #35 to fold the trainer,

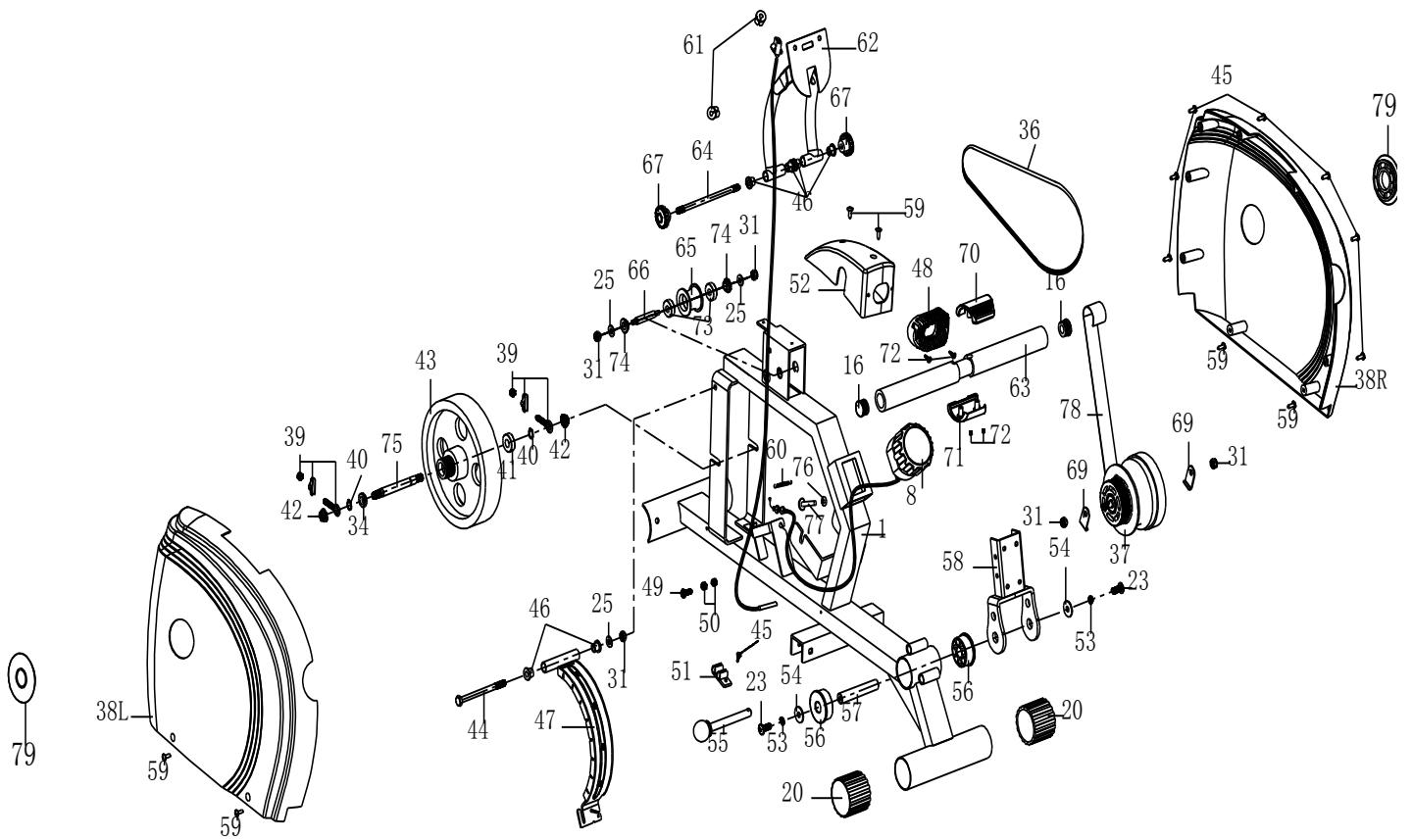
1. Slightly lift up the main frame.
2. Assure the fixation holes are on equal position.
3. Insert ball pin into fixation holes.



**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

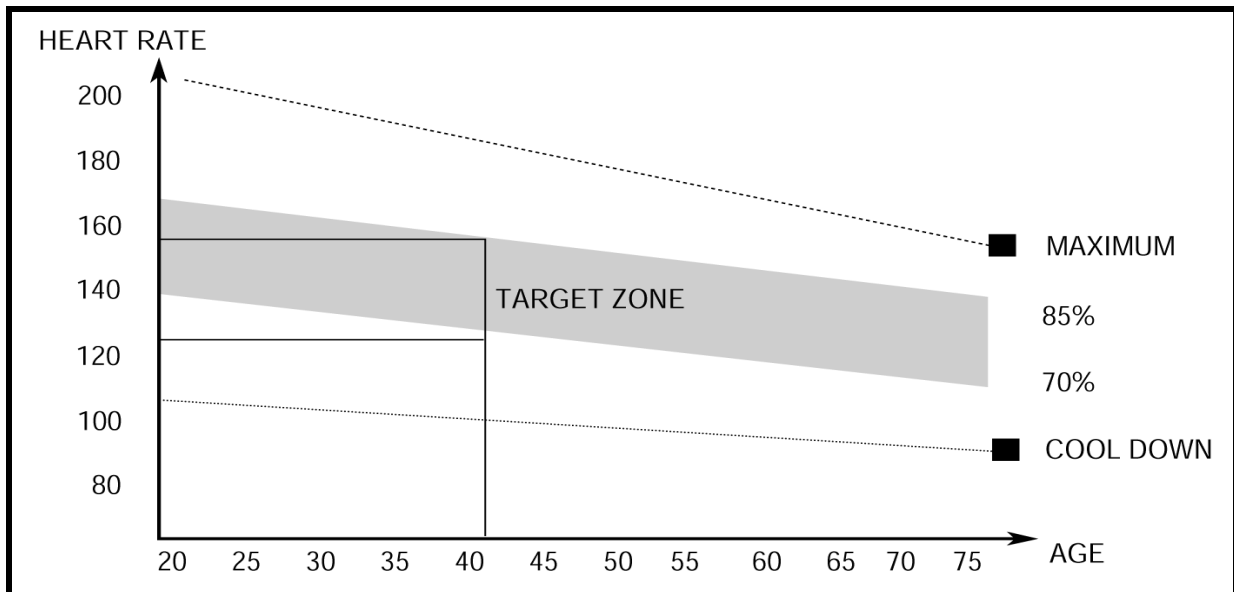
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles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



WARRANTY, SAFETY AND ASSEMBLY INFORMATION

York Performance Rower YRK56037A

IMPORTANT

Please read and retain this information as it will assist with identification for parts and services.

BOYLES FITNESS warrants their Rower to be free from defects in material and workmanship under normal use and service conditions.

The various components of the ROWER are warranted against defects and workmanship for the time periods specified as follows:

Domestic use

1 year parts

All warranty coverage extends only to the original retail purchase from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES. Option the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to Service **07 3272 7010**.

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the serial number. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this not 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, lightening and by snow or ice). No other warranty beyond that specifically set forth above is authorized by BOYLES.

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.

Phone: 07 3272 7010

Hours: 9:00am – 4.00pm Mon-Fri (excluding public holidays).

Service email: spares@boylesfitness.com.au

Website: www.yorkfitness.com.au

BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to **INDOOR HOME/DOMESTIC USE ONLY**.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty **DOES NOT** cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT**. Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to **INCORRECT ASSEMBLY**.

If you do have problems please go back to the start and double check your assembly and pay special attention to all **WIRING** connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at spares@boylesfitness.com.au including your best contact details ,proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

NOTE. If we arrange for a service technician (where applicable) and it is found that it is not a manufactures fault and found to be an assembly issue , normal wear and tear, transport damage or misuse then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

WARRANTY TERMS- Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is NON transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations.
- (c) **Power Surges**. The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers or you can call us on 02 4648 0800 to get a price.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by NON BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly at sales@boylesfitness.com.au

BFE will have the option to repair or replace any product which requires attention under the warranty.

NOTE: Lifetime refers to the warranty coverage of the units expected service life. NOT the lifetime of the purchaser.

Servicing/Spare Parts- As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts otherwise the warranty will be void.

Freight Costs:

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

Returned Goods:

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

Additional Warranty

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing sales@boylesfitness.com.au (Not available in all areas)

Service Department hours: Monday to Friday between 9.00am and 4pm

Service Phone Number: 07 3272 7010 Email: spares@boylesfitness.com.au

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more that 50km from G.P.O in all capital cities.

Disclaimer:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'Major failure' and for compensation for any other Reasonable foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume , nor authorise any representative or other person to make or assume for BFE , any warranties whatsoever, whether expressed or implied, in , in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.

Service Department hours: Monday to Friday between 9am and 4pm

Service Phone Number: 07 3272 7010 Email: spares@boylesfitness.com.au