

YORK[®]
FITNESS

Owner's Manual

LC RW Rower

Item #YRK56035A

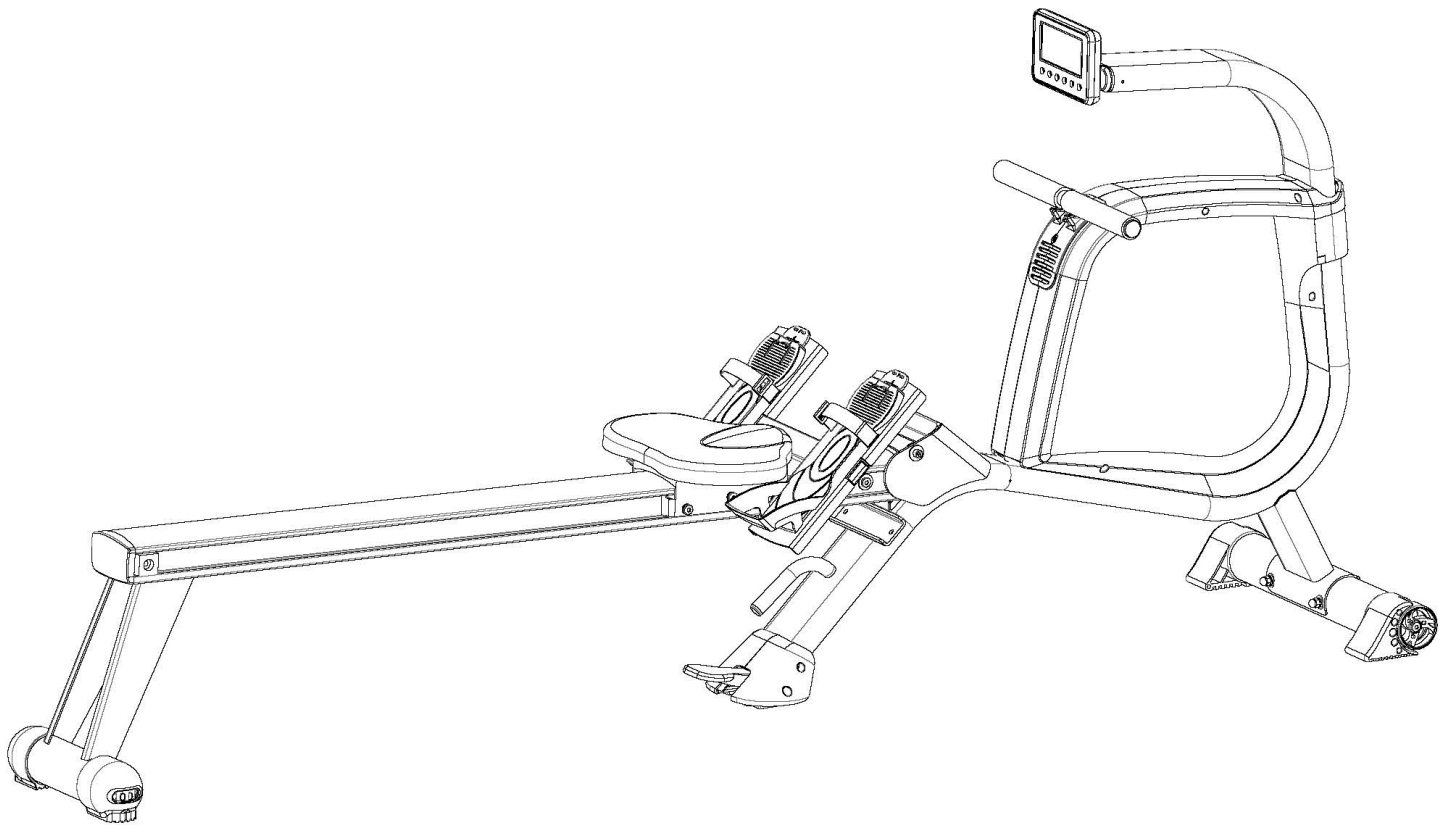


Table of Contents

Congratulations on purchasing your exercise equipment from



You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goal .

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com.au

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety Information

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!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- 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.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- 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 appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- 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.

Maximum user weight: 180kg

Safety Standards

This equipment meets the requirements of SB EN ISO20957 Part 1 & EN957 Part 7. Therefore the equipment carries the following marks:



Assembly Instructions

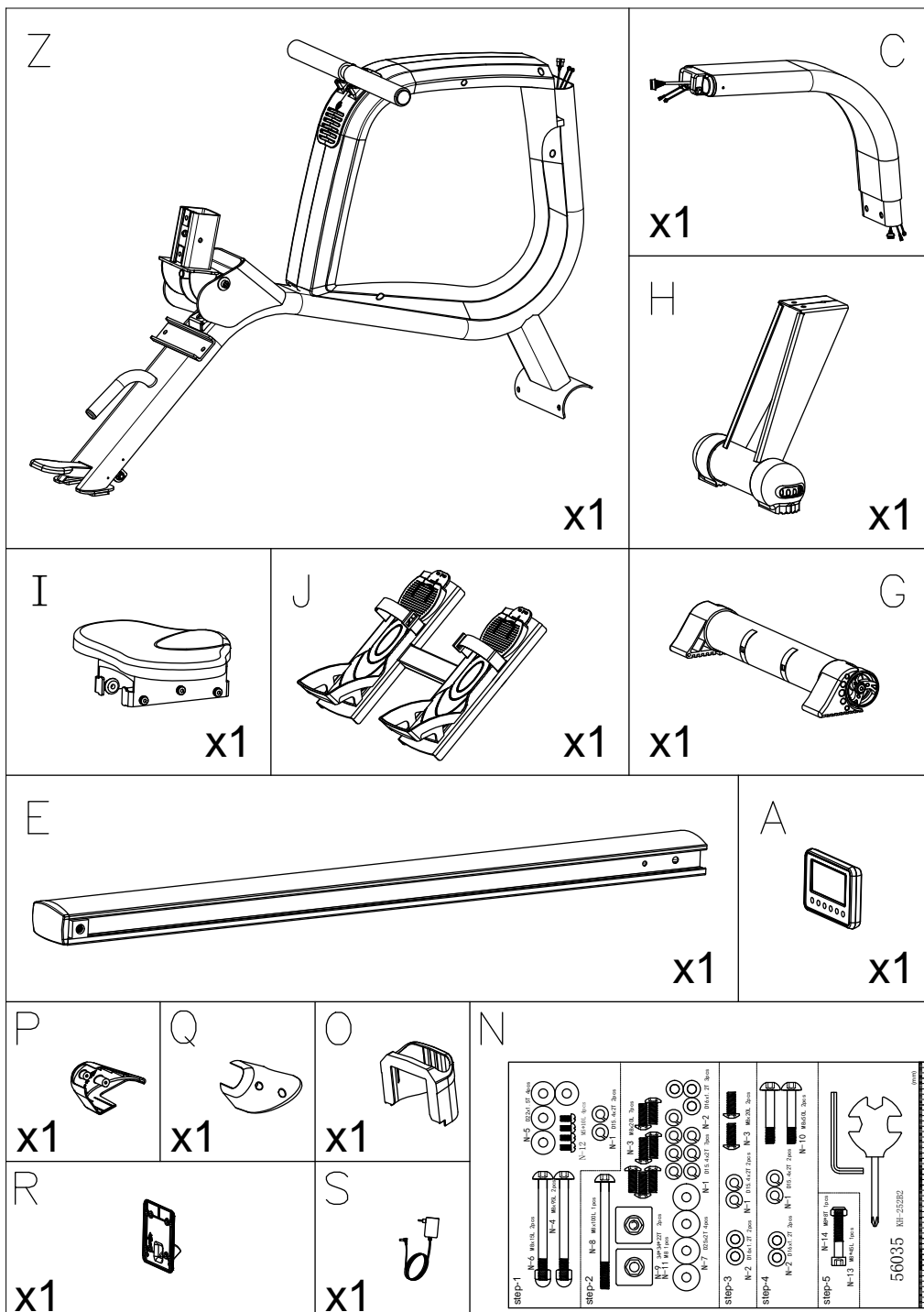
PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

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

OPEN THE CARTON - Check any warnings on the carton and make sure you have it the right way up.

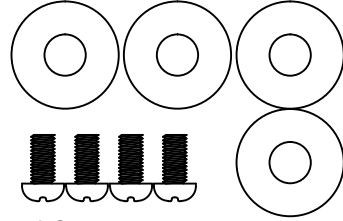
UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

Make sure you have the following parts:

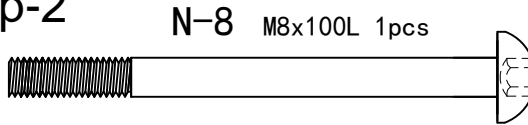


Assembly Instructions

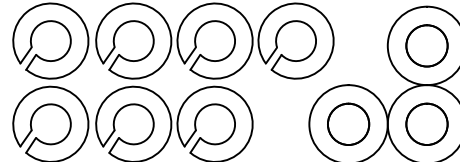
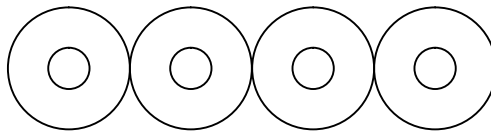
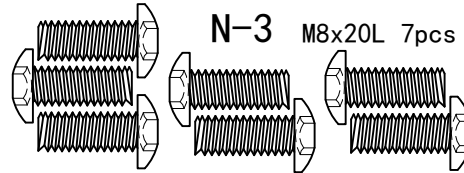
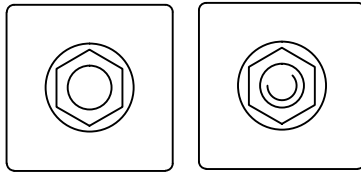
step-1



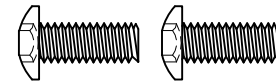
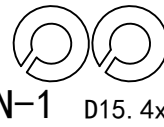
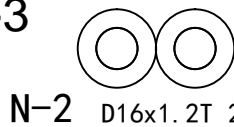
step-2



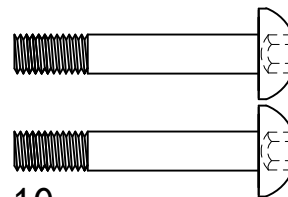
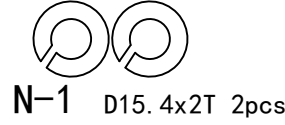
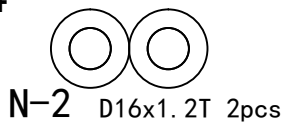
N-12 M5*10L 4pcs



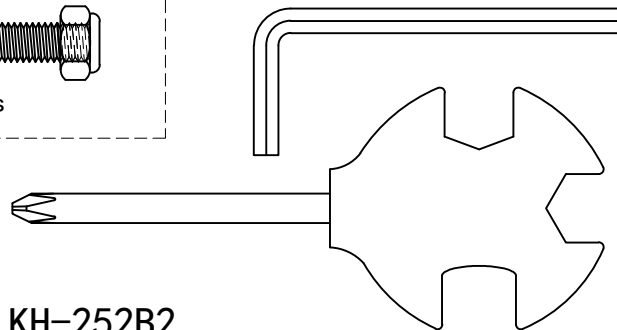
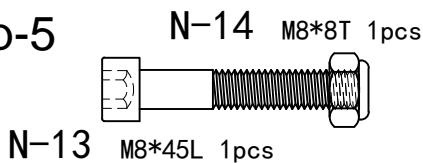
step-3



step-4

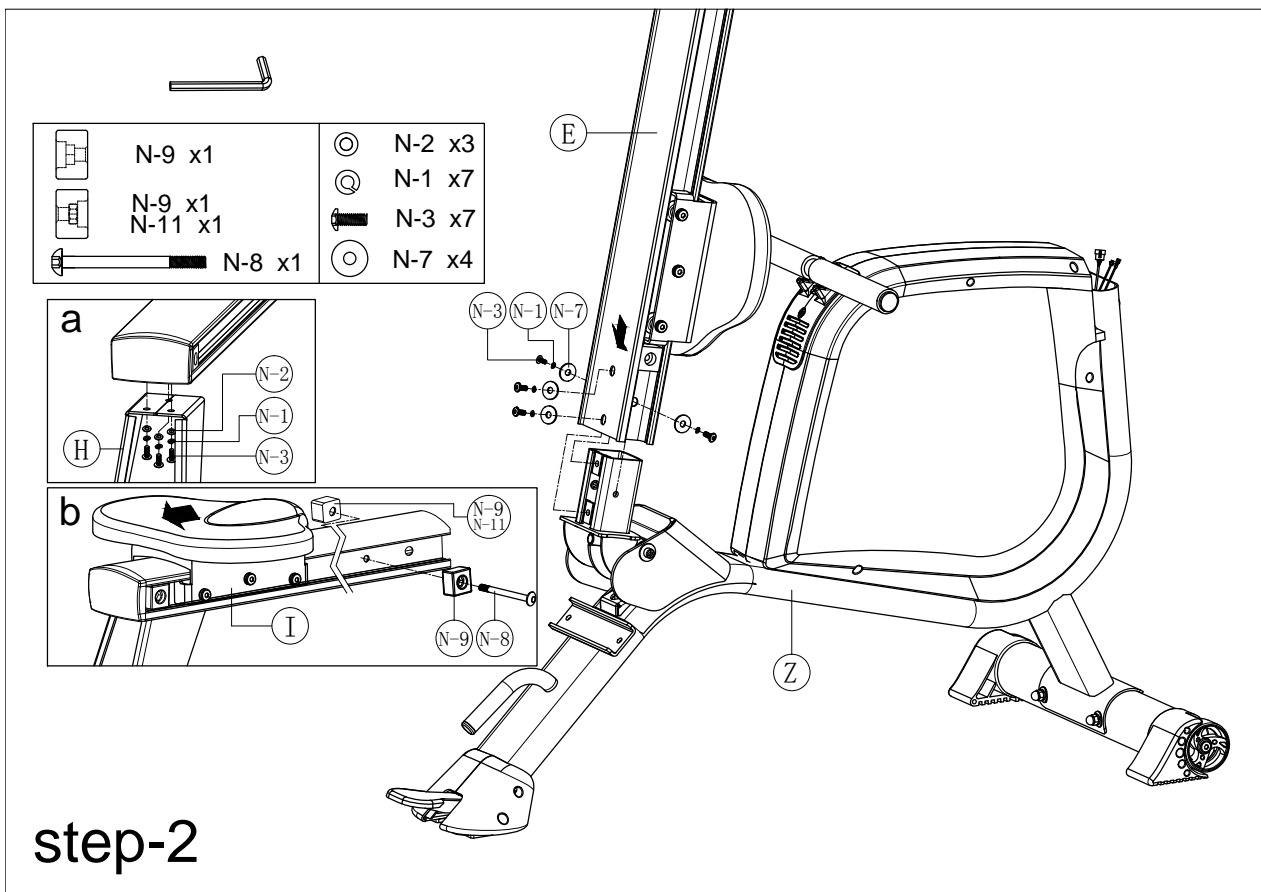
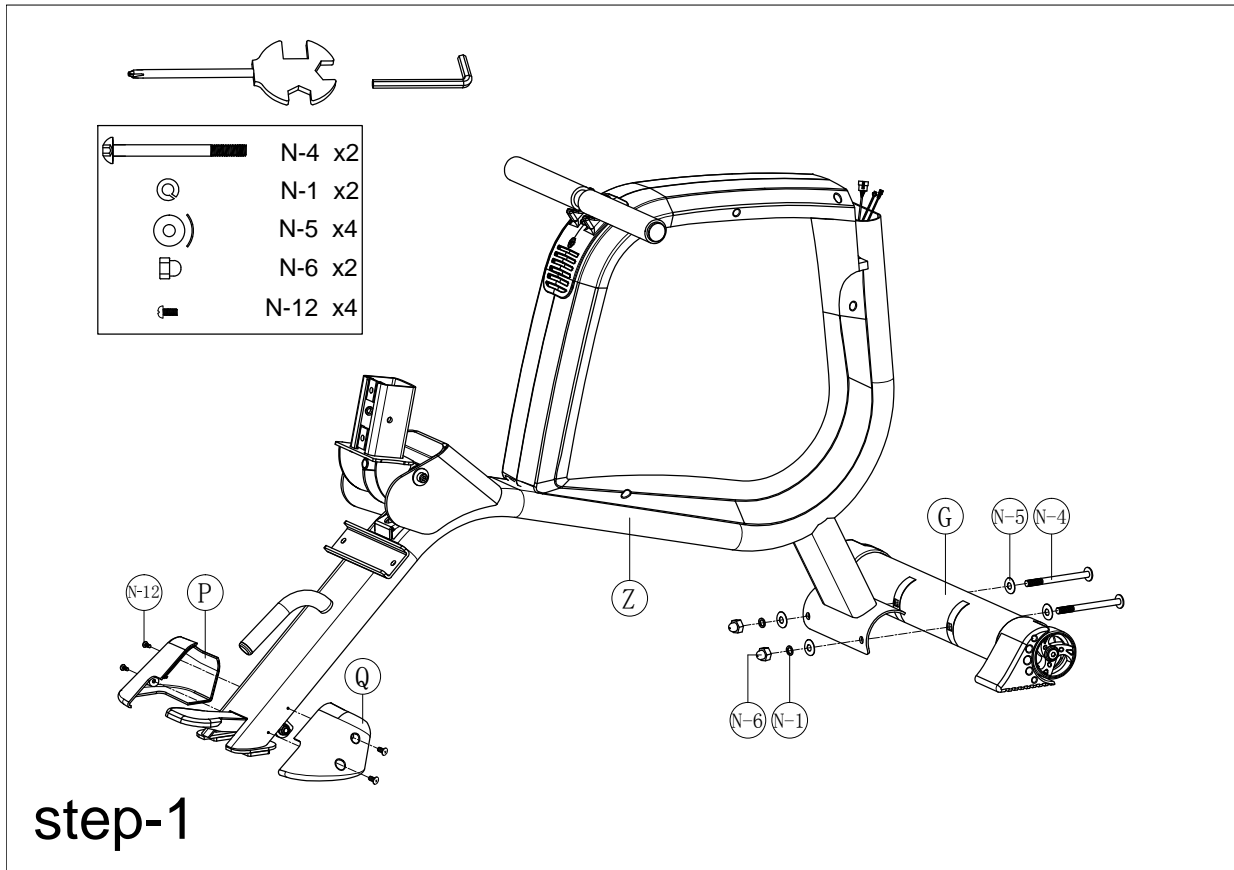


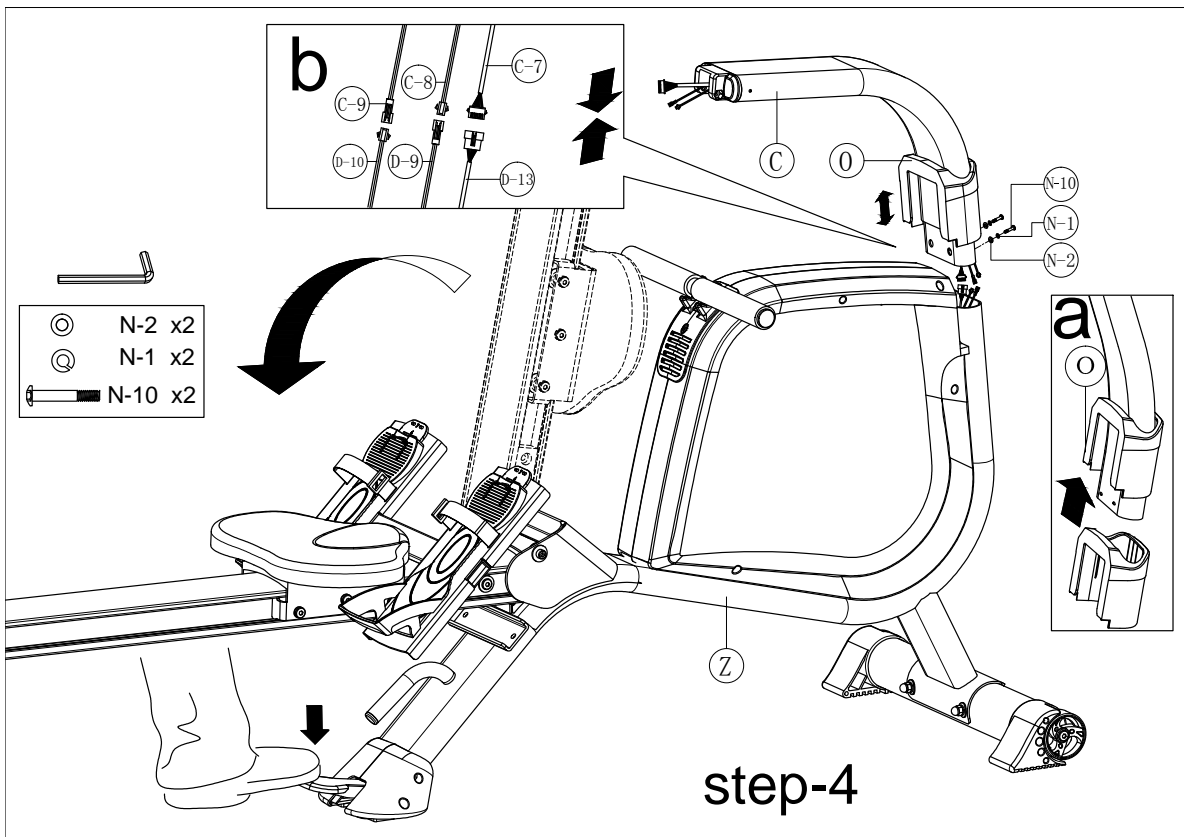
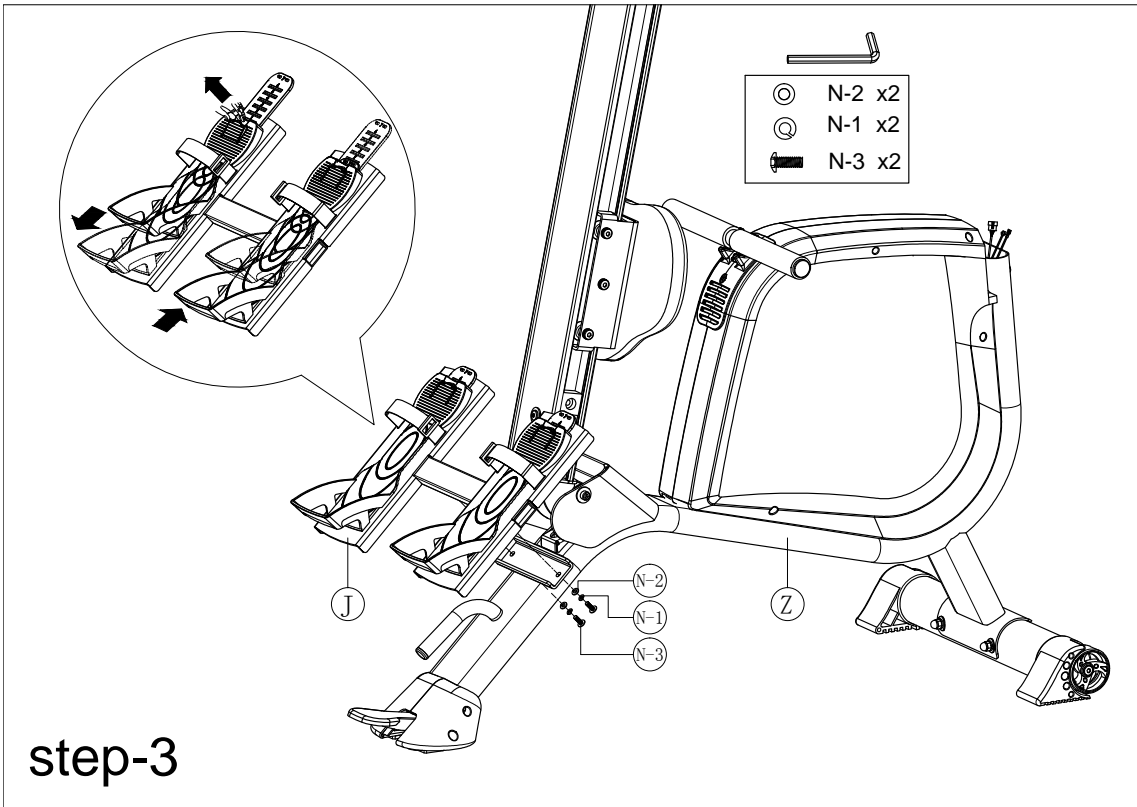
step-5

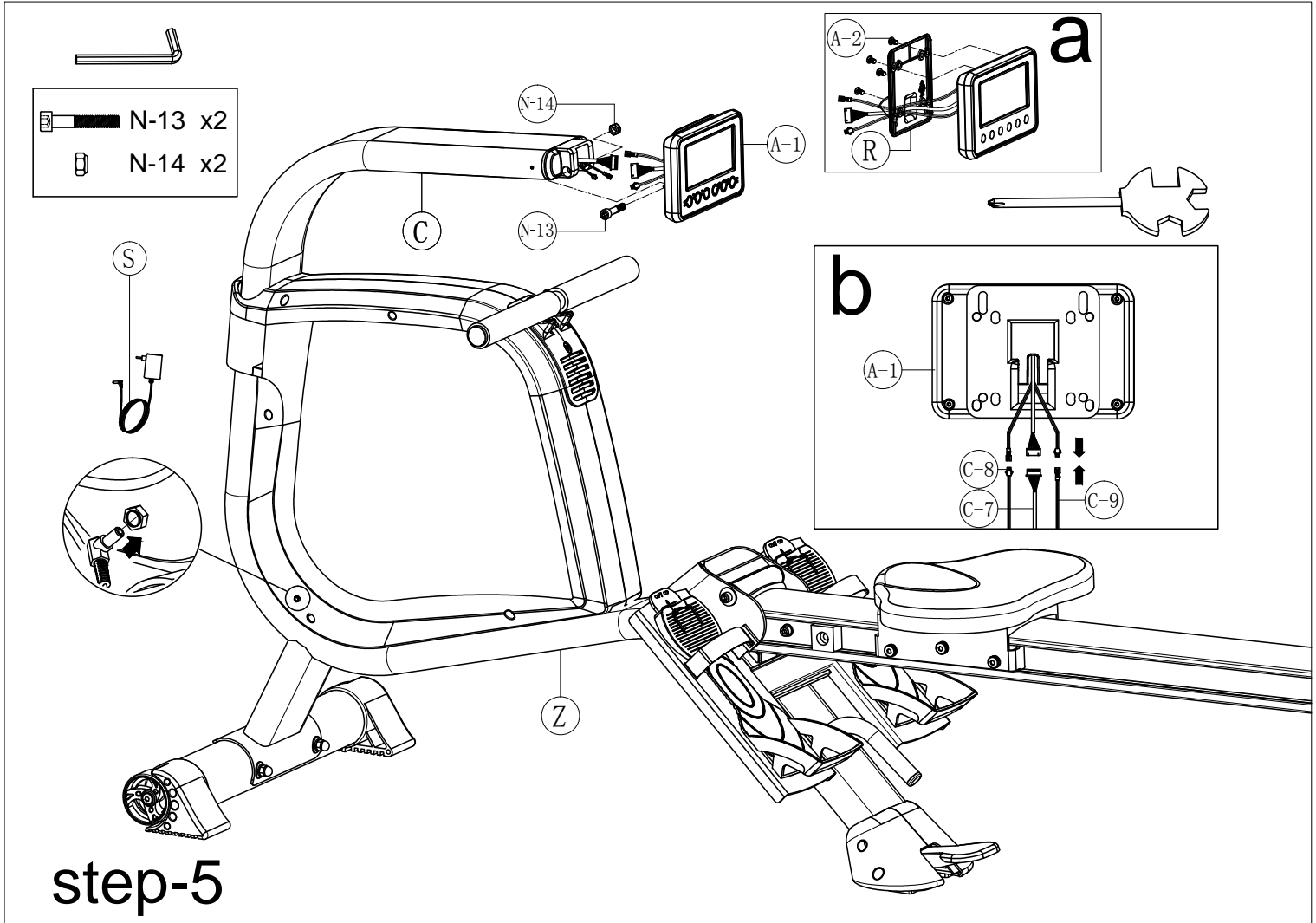


56035 KH-252B2

(mm)





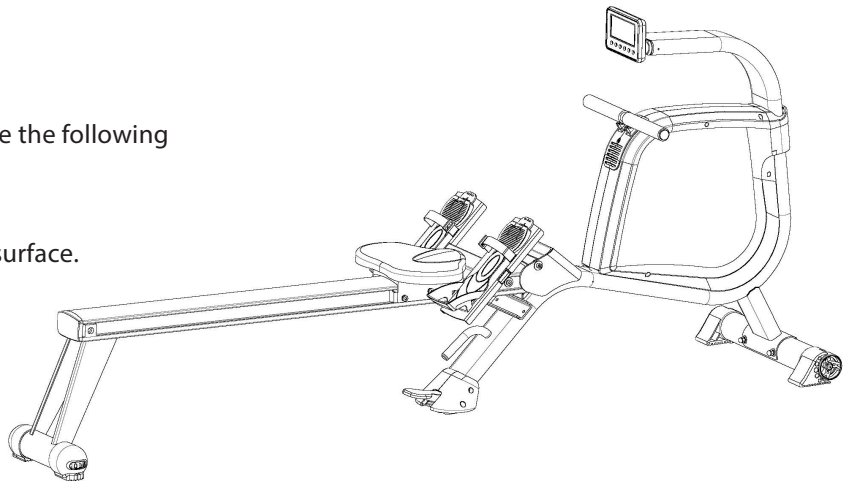


Assembly Instructions

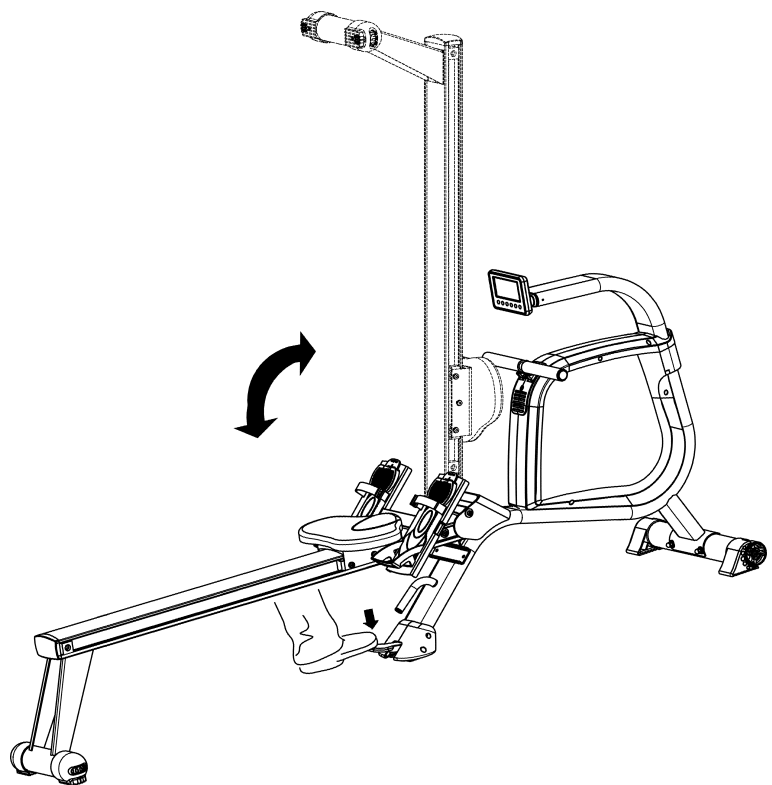
Final Check

Your equipment is now assembled. Please make the following final checks

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.



Folding Instructions

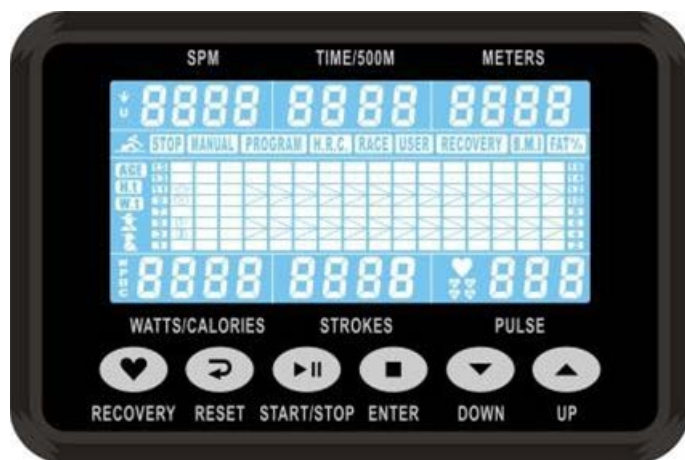


Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Operational Instructions

CONSOLE:



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
WATTS	<ul style="list-style-type: none"> Display range 0~999
CALORIES	<ul style="list-style-type: none"> Burned calories during rowing. Display range 0~9999; Setting range 0~9990 Cal
DISTANCE	<ul style="list-style-type: none"> Displaying user rowing distance Display range 0~99999; Each increment/decrement is ± 100.
PULSE	<ul style="list-style-type: none"> Pulse BPM during rowing. Display range 0-30~230
TIME/500M	<ul style="list-style-type: none"> Workout time display during rowing. Display range 0:00~99:00 Scan every 6 seconds, Computer will display the time needed to finish 500 meters according to current speed.
SPM	<ul style="list-style-type: none"> Stokes per minute Display range 0~99; Each increment/decrement is ± 5.
LOAD	<ul style="list-style-type: none"> Resistance level when rowing Setting range 1~16
STROKES	<ul style="list-style-type: none"> Complete movements of rowing. Display range: 0~9999 Scan every 6 seconds with Total Strokes. Total strokes will be cleared after power off (adaptor plug out)
TIME	<ul style="list-style-type: none"> Total workout time display when rowing.
MANUAL	<ul style="list-style-type: none"> Manual mode workout.
PROGRAM	<ul style="list-style-type: none"> 12 Programs preset to select.
H.R.C.	<ul style="list-style-type: none"> Target Heart Rate rowing mode.
RACE	<ul style="list-style-type: none"> User and PC rowing competition.
USER	<ul style="list-style-type: none"> User creates resistance level profile to rowing.

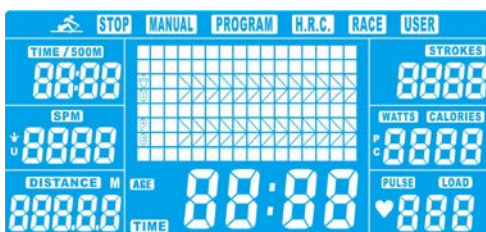
KEY FUNCTION

ITEM	DESCRIPTION
Up	• Increase function value or setting selection.
Down	• Decrease function value or setting selection.
ENTER	• Confirm setting or selection.
Reset	• Hold on pressing for 2 seconds, computer will reboot. • Clear setting value. • Reverse to main menu after finishing a workout.
Start/ Stop	• Start or Stop rowing exercising.
Recovery	• Track user heart rate recovery status.

OPERATION PROCEDURE

1. POWER ON

Plug in power supply (or press RESET button for 2s), computer will power on with one beep sound and display all segments on LCD for 2 seconds (Picture 1). Then come to USER selecting, press UP or DOWN to select U1~U4 and confirm by ENTER button. Then enter into workout setting mode. No matter where the motor stops, it will return to LEVEL=1 position.



2. SLEEPING MODE

No any signal (Key input, sensor or pulse) input to console for 4 minutes, LCD will be off. Motor come back to 0 scale. System stop to work, all calculated value will be saved, next training will continue the data.

3. Function selection

In workout setting mode, MANUAL is flashing in dot matrix in 1Hz. Press UP or DOWN button to select: Manual-->Program-->H.R.C.-->Race-->User , and confirm by pressing ENTER.

4. Manual Mode

- 4.1 Press START/STOP key in main menu may start rowing directly in Manual mode.
- 4.2 Press UP or DOWN to select Manual mode and press ENTER to confirm.
- 4.3 Press UP or DOWN to set target value of TIME/DISTANCE, CALORIES, PULSE, press ENTER to confirm. (Picture2) (TIME and DISTANCE can't be preset at the same time.)
- 4.4 Press START/STOP key to start rowing (Picture 3). The set value starts counting down from target value. Press UP or DOWN to adjust resistance level from 1~16.
- 4.5 When any preset workout value count down to 0, console will STOP. The function is flashing in 1Hz and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.)

TIME will recover previous set value.

4.6 Press RESET to reverse to main menu.

5. Program Mode

5.1 Press UP or DOWN to select Program mode and press ENTER to confirm.



5.2 Press UP or DOWN to select profile (P1~P12, Picture 4) and press ENTER to confirm.

5.3 Press UP or DOWN to preset TIME (Picture 5) and press ENTER to confirm.

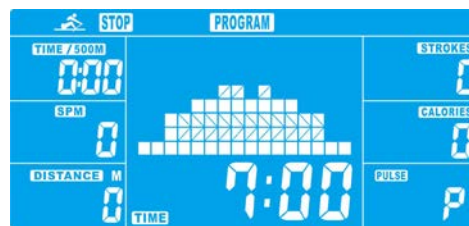
5.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.

5.5 When TIME counts down to 0, console will stop and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.) TIME will recover previous set value.

5.6 Press RESET to reverse to main menu.

6. H.R.C. Mode

6.1 Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.




6.2 Press UP or DOWN to set AGE (preset = 25, Picture 6)), press ENTER to confirm.

6.3 Press UP or DOWN to select 55%, 75%, 90% and Target (Picture 7).

When select Target H.R., the preset value 55% (default:107bpm), 75% (default:146bpm), 90% (default:175bpm), TAG (default:100bpm) will display in PULSE window.

When select TAG, preset PULSE 100 is flashing (Picture 8), press UP or DOWN to set PULSE from 0-30~230.

6.4 Press UP or DOWN to preset TIME (Picture 9).

6.5 Press START/STOP key to start workout. If there is no pulse input after exercising starting, LCD will reminder with displaying  icon; With pulse input, TIME starts counting down. When TIME counts down to 0:00 system will STOP and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.) TIME will recover previous set value.

6.6 When user actual PULSE not reach preset value, system will increase 1 level per 30s till LEVEL=16; When user actual PULSE exceed preset value, system will decrease 1 level per 15s till LEVEL=1 and alarm 2 beeps every second. Providing user PULSE is still higher than preset value when LEVEL=1 for 30s, console will stop automatically for user safety. If no pulse input to console, system will decrease 1 level immediately and then reduce one level each 15s with beeps till LEVEL=1. No pulse input for 30s, console will stop.

6.7 Press RESET to reverse to main menu.

7. Race Mode



7.1 Press UP or DOWN to select Race mode (Picture 10) and press ENTER to confirm.



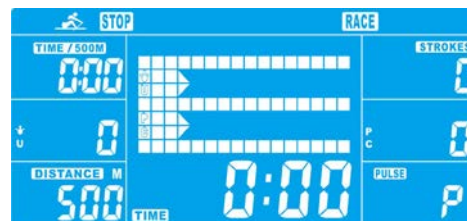
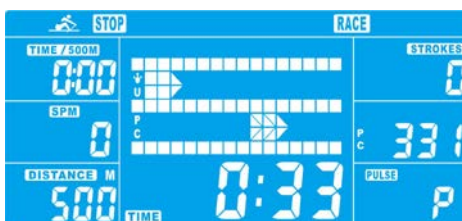
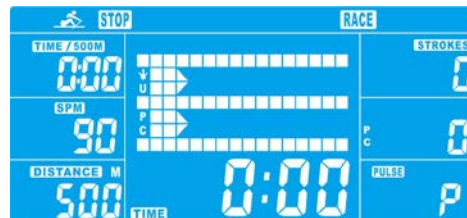
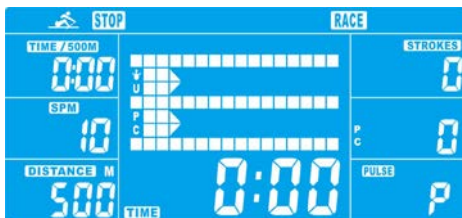
7.2 Press UP or DOWN to set SPM (preset=10) and DISTANCE (preset=500) (Picture 11). Press ENTER to confirm.

(Total level =15, L1=1:00 TIME/500M, L15=8:00 TIME/500M, Increments default: 0:30 TIME/500M).

7.3 Press START/STOP key to start workout. LCD will display USER & PC workout status (Picture 12). PC workout distance display in PC column while use workout distance display in USER column (Picture 13).

7.4 When any function reaches target value, system STOP. PC or USER will display finished data (Picture 14). System will alarm bi-bi-bi-bi . Press any key to stop alarm.

7.5 Press RESET to reverse to main menu.



8. USER Mode

- 8.1 Press UP or DOWN to select USER mode and press ENTER to confirm.
- 8.2 Press UP or DOWN to set resistance level of each column (Picture 15). Press ENTER to next one. Hold on pressing MODE for 2s to finish or quit setting.
- 8.3 Press UP or DOWN to preset TIME (Picture 16), and press ENTER to confirm.
- 8.4 Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
- 8.5 When preset workout value count down to 0, console will stop and alarm bi-bi-bi-bi for 8 seconds. Press any key to stop alarm.
- 8.6 Press START/STOP key to pause workout.
- 8.7 Press RESET to reverse to main menu.



9. Recovery Mode

- 9.1 In Recovery mode, user must be wearing a chest strap. When the pulse value is displayed on the computer, press the RECOVERY key start measurement.
- 9.2 Then all functions are stopped except TIME and PULSE window (Picture 17). TIME shows "0:60" (seconds) and starts counting down to 0:00.
- 9.3 Computer will show heart rate recovery status after TIME counting down to 0:00 with FX (X=1~6) (Picture 18), as showing in below chart.
- 9.4 Press RECOVERY again to reverse to main menu.



1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

Remark:

1. If console display E-2, pls check if cables were well connected or damaged.
2. After 4 minutes without rowing or pulse input, console will enter into SLEEPING mode.

Program profile: P01~P12



Troubleshooting

If you have a problem with your exercise equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY ON CONSOLE	Power Adapter not plugged in	Check the Rower Power Adapter is plugged into a power socket or power board and is turned on. Check that the Power Adapter is also plugged into the Rower correctly.

Fitness Guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Cycling Form

Sit on the cycle, with your feet on the pedals and inside the pedal straps.

Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

Try to ensure that your back is straight whilst exercising, especially for long periods.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

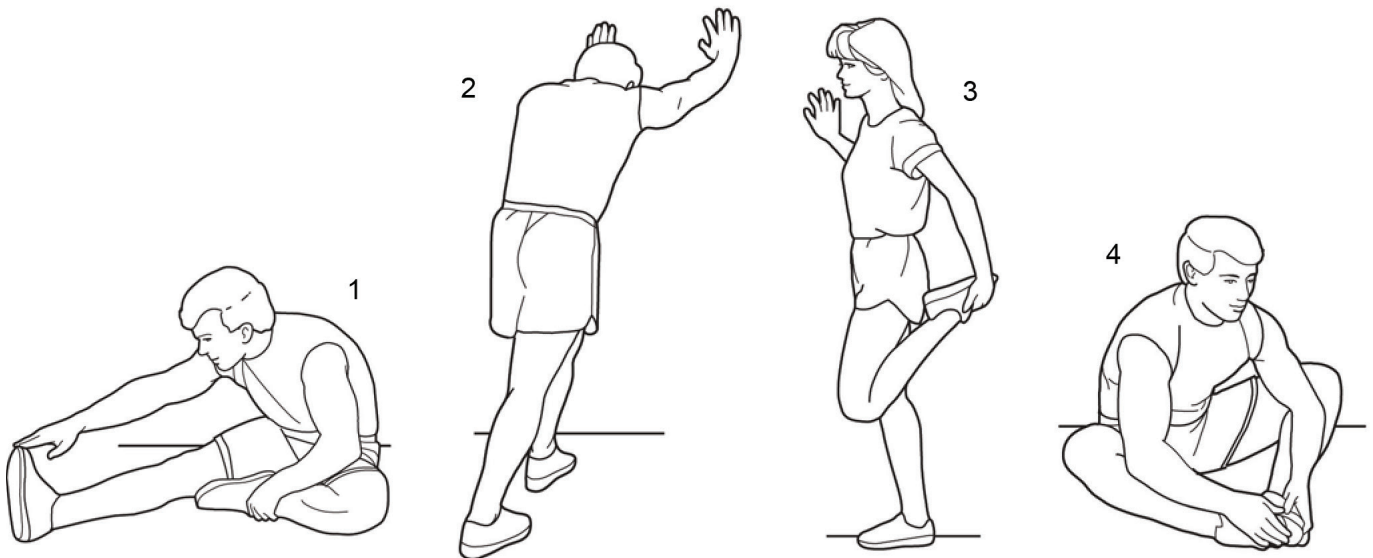
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

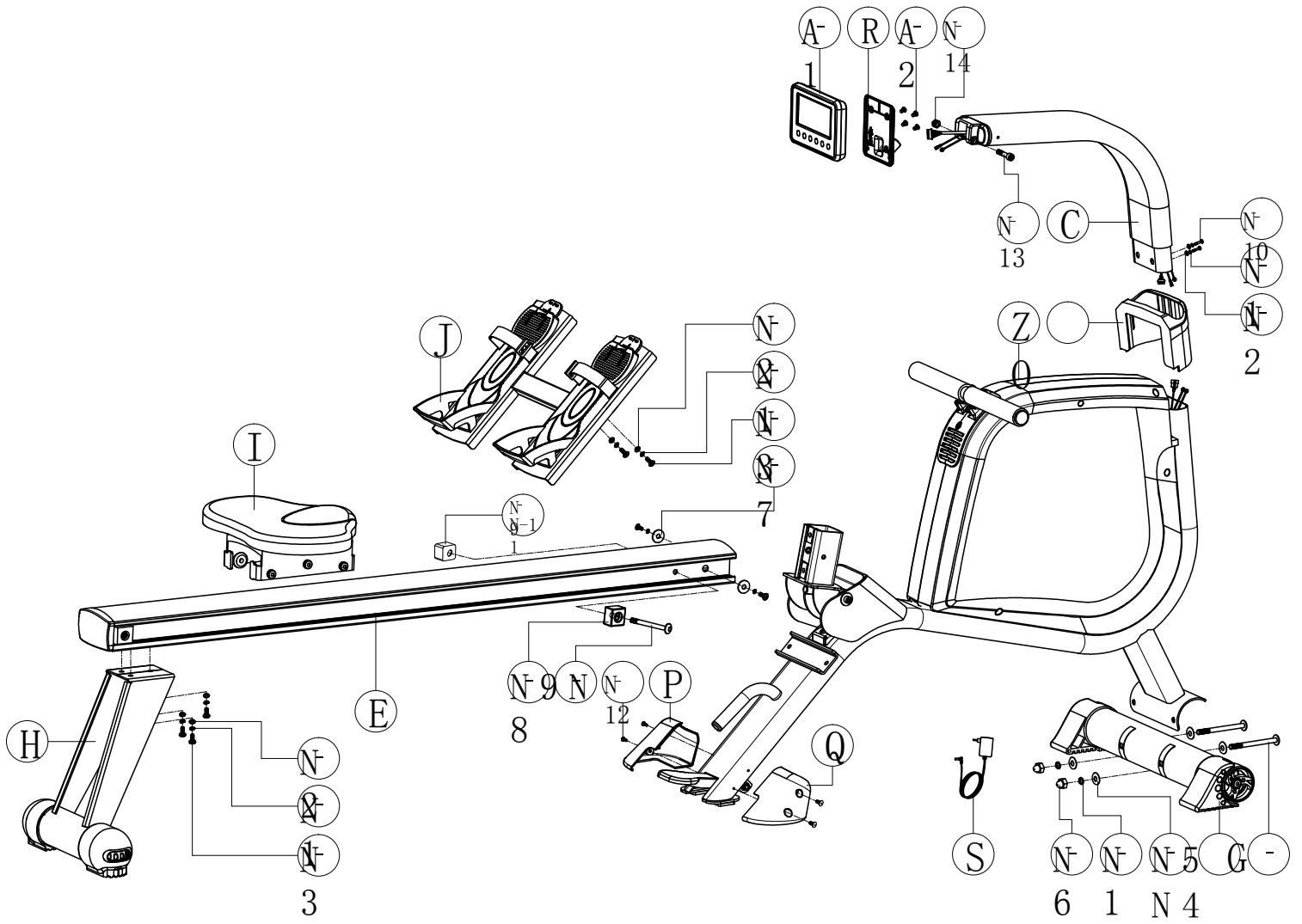
$$185 \times 60\% = 111\text{bpm}$$

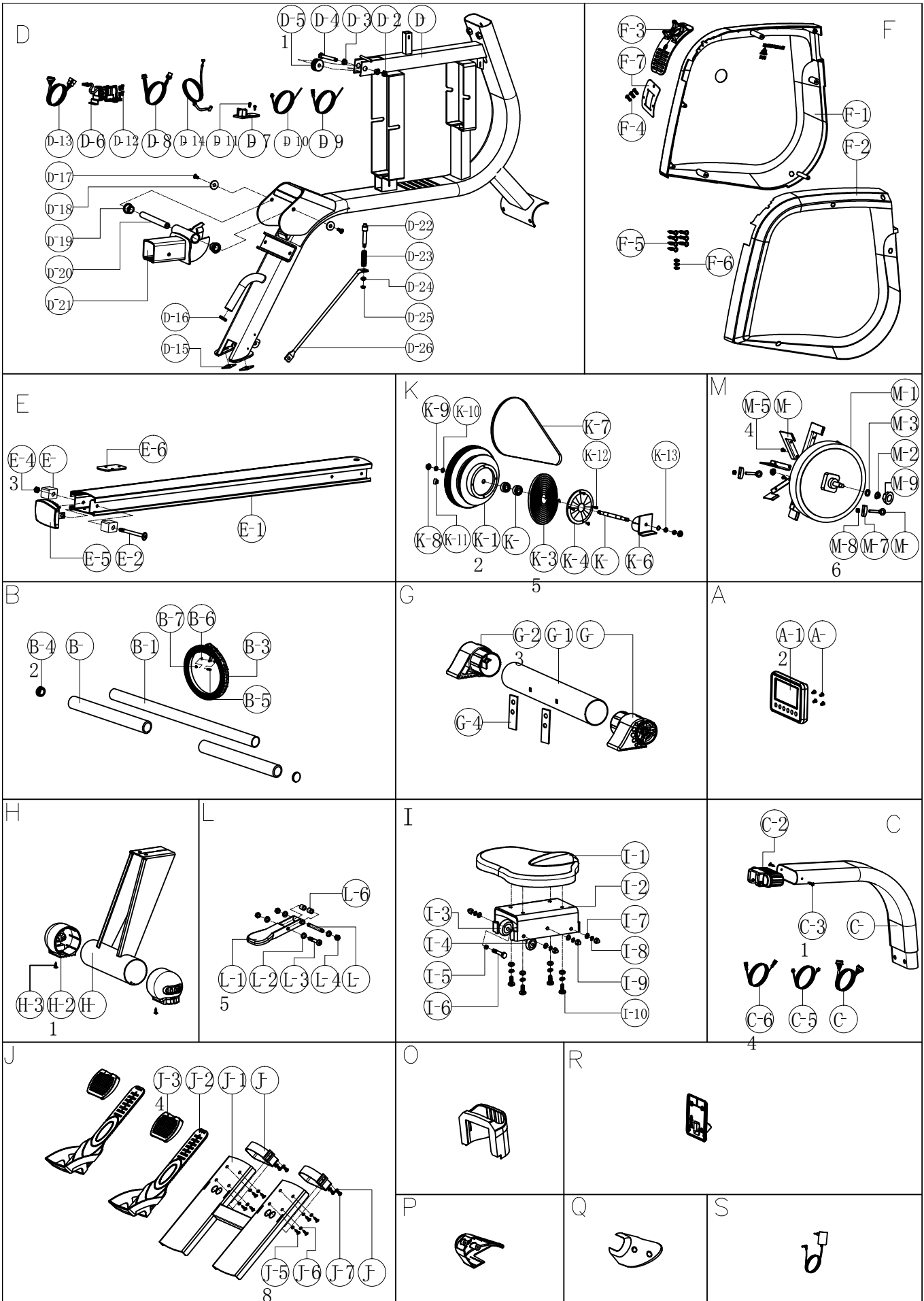
NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

Always consult your doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor.

Exploded Drawing





Part List

Part No	Description	Specification	QTY
A	Computer set		1
A-1	Computer	SM-5866-64	1
A-2	Cross bolt	M5x0.8x15L	4
B	Pulling strap set		1
B-1	Foam roller		1
B-2	Foam		2
B-3	Pulling strap		1
B-4	Mushroom cap		2
B-5	Cross screw	M5*0.8*15L	1
B-6	Flat washer	D15*D5.2*1.0T	2
B-7	Nylon nut	M5*0.8*5T	1
C	Handlebar post set		1
C-1	handlebar post		1
C-2	Computer bracket		1
C-3	Fixing bracket for computer		1
C-4	Cross screw	ST4.2*1.4*15L	2
C-5	Nylon nut	M8*1.25*8T	1
C-6	Allen screw	M8*1.25*45L	1
C-7	Upper computer cable		1
C-8	Lower computer cable		1
C-9	Lower computer cable(1)		1
D	Main frame set		1
D-1	Main frame		1
D-2	Nylon nut	M8*1.25*8T	1
D-3	Bushing	D13.5*D10*9	2
D-4	Ladder bolt	M8*1.25*55.5L	1
D-5	Pulley		1
D-6	Motor		1
D-7	Fixing bracket for sensor		1
D-8	Power cable		1
D-9	sensor		1
D-10	sensor (1)		1
D-11	Cross screw	M5*0.8*10L	2
D-12	Cross screw	ST4.2*1.4*15L	4
D-13	Lower computer cable		1
D-14	Tension cable		1
D-15	Buffer		2
D-16	Round cap		1
D-17	Hex bolt	M8*1.25*15L	2
D-18	Flat washer	D25xD8.5x2T	2
D-19	Bushing	D28.6*D22.6*3T	2
D-20	Connecting axle		1
D-21	Sliding bracket		1
D-22	Locking bolt	D14.5*59L	1
D-23	Spring	D13.5*D1.5*86L	1
D-24	Flat washer	D16*D8.5*1.2T	3
D-25	Ladder bolt	D8*M6*10	1
D-26	Connecting rod		1
E	Slide rail set		1
E-1	Slide rail		1
E-2	Allen bolt	M8*1.25*100L	1
E-3	Buffer	34*34*22T	2

Part No	Description	Specification	QTY
E-4	Hex nut	M8*P1.25*6T	1
E-5	Cover		1
E-6	Fixing board		1
F	Chain cover set		1
F-1	Left chain cover		1
F-2	Right chain cover		1
F-3	Cover for pulling strap		1
F-4	Cross screw	M5*0.8*10L	3
F-5	Cross screw	ST4.2x1.4x20L	7
F-6	Pin		3
F-7	Guidance for pulling strap		1
G	Front stabilizer set		1
G-1	Front stabilizer		1
G-2	Left moveable cap		1
G-3	Right moveable cap		1
G-4	Buffer		2
H	Rear stabilizer set		1
H-1	Rear stabilizer		1
H-2	Adjustable cap		2
H-3	Cross screw	ST4x1.41x10L	2
I	Seat set		1
I-1	Seat		1
I-2	Supporting bracket for seat		1
I-3	Pulley		4
I-4	Pulley		2
I-5	Bushing		6
I-6	Hex bolt	M8x1.25x35L	6
I-7	Flat washer	D16xD8.5x1.2T	10
I-8	Spring washer	D15.4xD8.2x2T	10
I-9	Domed nut	M8*1.25*15T	6
I-10	Allen bolt	M8x1.25x20L	4
J	Pedal set		1
J-1	Fixing plate for pedal		1
J-2	Pedal plate		2
J-3	Fixing bracket for pedal		2
J-4	Pedal strap		2
J-5	Cross screw	ST4.2x1.4x10L	8
J-6	Flat washer	D12*D4.3*1.0T	8
J-7	Cross screw	M5*0.8*10L	4
J-8	Flat washer	D15*D5.2*3.0T	4
K	Wheel for pulling rope set		1
K-1	Wheel for pulling rope		1
K-2	Bearing	#6000ZZ	2
K-3	Volute spring		1
K-4	Fixing plate for spring		1
K-5	Flywheel axle		1
K-6	Fixing bracket for volute spring		1
K-7	Belt		1
K-8	Anti-loose nut	3/8"-26UNFx6.5T	2
K-9	Hex nut	D9.5*4T(3/8"-26UNF*4T)	2
K-10	C-clip	S-10(1T)	2
K-11	Round magnet		4
K-12	Cross screw	ST4.2*15L	4

Part No	Description	Specification	QTY
K-13	Hex nut	D9.5x5T(3/8-26UNF	1
L	Footboard set		1
L-1	Footboard		1
L-2	Flat washer	D16*D8.5*1.2T	4
L-3	Allen bolt	M8*1.25*55L	1
L-4	Nylon nut	M8*1.25*8T	3
L-5	Fixing axle for magnetic bracket		1
L-6	Bushing		2
M	Magnetic system set		1
M-1	Magnetic system		1
M-2	Anti-loose nut	3/8"-26UNFx6.5T	2
M-3	Spacer	D10*D14*3T	1
M-4	Air blade set		1
M-5	Cross bolt	M5x0.8x10L	4
M-6	Adjustable Wahser		2
M-7	U-Washer		1
M-8	Hex nut	M6*1*5T	1
M-9	Screw cover	D35*8	1
N	Screw set		1
N-1	Spring washer	D15.4*D8.2*2T	13
N-2	Flat washer	D16xD8.5x1.2T	7
N-3	Allen bolt	M8x1.25x20L	9
N-4	Allen bolt	M8*1.25*95L	2
N-5	Curved washer	D22xD8.5x1.5T	4
N-6	Domed nut	M8x1.25x15L	2
N-7	Flat washer	D25xD8.5x2T	4
N-8	Allen bolt	M8*1.25*100L	1
N-9	Buffer		2
N-10	Allen bolt	M8*1.25*50L	2
N-11	Hex nut	M8*P1.25*6T	1
N-12	Cross screw	M5x0.8x10L	4
N-13	Screw	M8*1.25*45L	1
N-14	Nylon nut	M8*1.25*8T	1
O	Upper cover		1
R	Cap for slide rail		1
U	Fixing plate		1
P	Foot cap (left)		1
Q	Foot cap (right)		1
S	Adaptor		1



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