

***R510 Rower***  
**OWNER'S MANUAL**



Congratulations on purchasing your exercise equipment from York Fitness.

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 goals.

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](http://www.yorkfitness.com)

## contents

safety information	04
customer support	05
assembly instructions	06
operational instructions	11
fitness guide	13
exploded drawing	16
part list	17
warranty	18



# 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 product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space around it.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- 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 / fixing.
- 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.
- Ensure that the handle is returned to its location smoothly
- Losing grip or suddenly releasing the handle could result in an uncontrolled return; ensure there is free space around the product.
- You may want to use training gloves to increase your grip of the handle - caution; the handle can become slippery with sweat.
- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.
- Always hold the product along the main body away from moving parts when moving the product - if necessary ask for help.
- Do not store the product where small children can access it - moving components could cause serious harm.
- 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 use the equipment in any other manner than the ways explained in these instructions and / or 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.

Maximum user weight: 90kg

## Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN 957-1&7 CLASS HC. Therefore the equipment carries the following marks:



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

## Customer Support

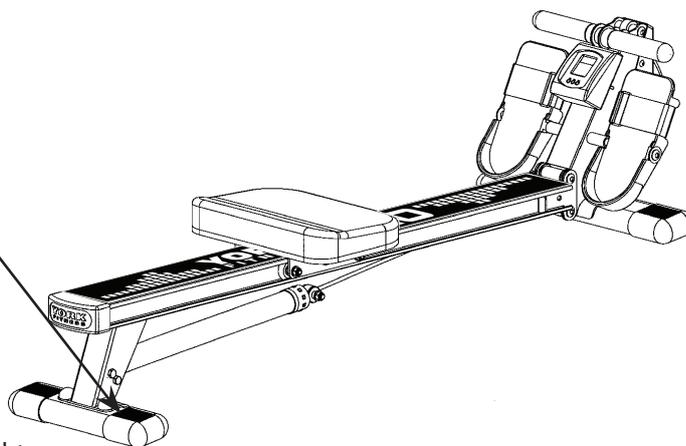
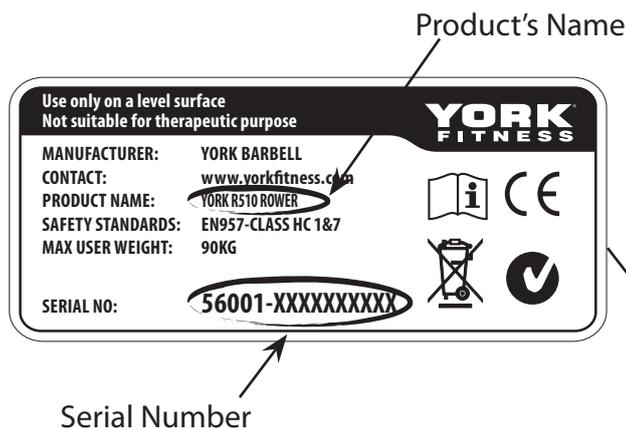
Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- 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.
- 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.



This product label is an example only, it is not the real product name and serial number of the item you have bought.

## Contact Us

### ENGLAND

The best way to contact us is via the website:  
[www.yorkfitness.com](http://www.yorkfitness.com) > Select "Customer Support"

#### York Barbell UK Ltd.

York Way, Daventry,  
England, NN11 4YB

Tel: 0844 255 3112

### England Warranty Registration

[www.yorkfitness.com](http://www.yorkfitness.com) > Select "Customer Support"

### AUSTRALIA

The best way to contact us is via the website:  
[www.yorkfitness.com.au](http://www.yorkfitness.com.au) > Select "Contact Us"

#### York Fitness Australia

1/2 Swaffham Rd, Minto,  
PO Box 5130, NSW 2566

Tel: 1800 730 149

### Australia Warranty Registration

[www.yorkfitness.com.au](http://www.yorkfitness.com.au) > Select "Warranty Registration"

# assembly instructions

## Before You Start

### 1. Prepare your work area

It is important you assemble the product in a clean and uncluttered space.

### 2. Work with a friend

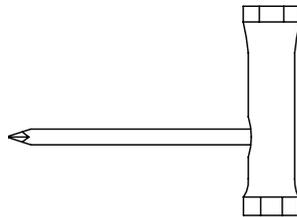
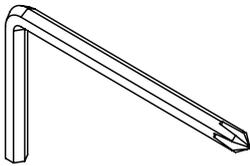
We recommend you have someone assist you with the assembly as some of the components are quite heavy.

### 3. Open the carton

Checking any warnings on the carton and make sure you have it the right way up.

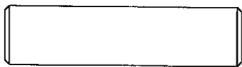
### 4. Unpack the carton

Make sure you have the following parts:



**11** x 2

ALLEN HEAD BOLT  
M8 X 20MM



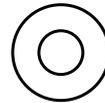
**10** x 1

METAL PIVOT SHAFT



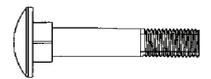
**43** x 4

PLASTIC NUT CAP



**29** x 4

FLAT WASHER  
10.5MM X 23MM 1.5MM



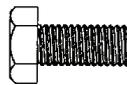
**15** x 4

CARRIAGE BOLT  
M10 X 52MM



**24** x 4

NYLON LOCKNUT  
M10



**17** x 2

HEX HEAD BOLT  
M8 X 16MM



**27** x 3

FLAT WASHER  
8.5MM X 18MM X 1.5MM



**21** x 3

ALLEN HEAD BOLT  
M8 X 15MM



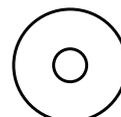
**25** x 1

NYLOCK NUT  
M8



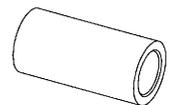
**22** x 2

MACHINE SCREW  
M5 X 6MM



**28** x 2

FLAT WASHER  
8.5MM X 28MM X 2MM

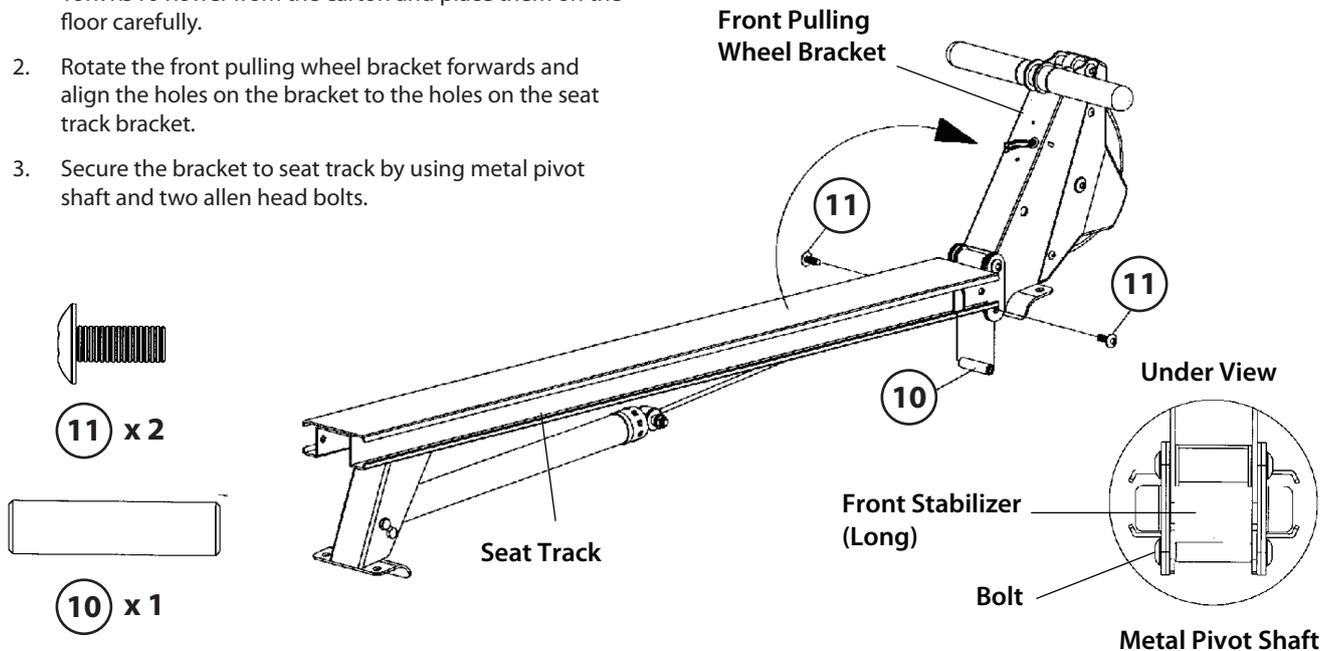


**30** x 2

FOOT PEDAL  
ROD SPACER

## STEP 1

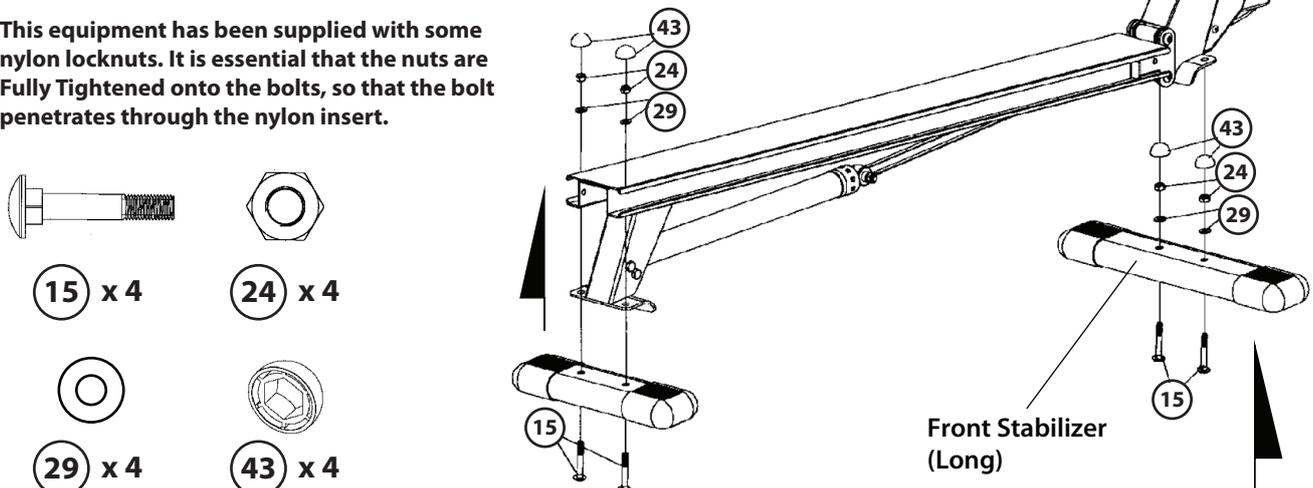
1. Ask someone to help you remove all the parts of your York R510 Rower from the carton and place them on the floor carefully.
2. Rotate the front pulling wheel bracket forwards and align the holes on the bracket to the holes on the seat track bracket.
3. Secure the bracket to seat track by using metal pivot shaft and two allen head bolts.



## STEP 2

1. Fix the front stabilizer to the main frame and secure, using two carriage bolts, washers and nylon locknuts.
2. Fix the plastic caps onto the locknut heads.
3. Fix the rear stabilizer to the main frame and secure, using two carriage bolts, washers and nylon locknuts.
4. Fix the plastic caps onto the locknut heads.

**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.**



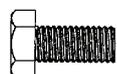
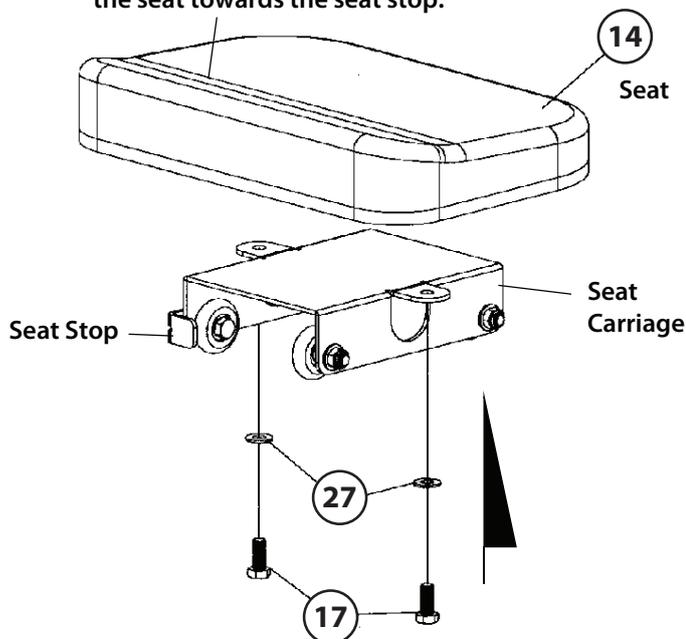
# assembly instructions

## STEP 3

1. Attach the rower seat to the seat carriage and secure, using two hex head bolts and washers.

**Make sure the high part of the seat towards the seat stop.**

Make sure the high part of the seat towards the seat stop.



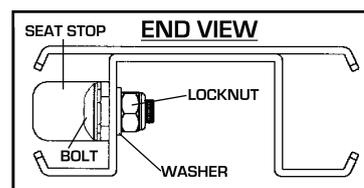
17 x 2



27 x 2

## STEP 4

1. Slide the seat with carriage onto the runners.  
**Make sure the high part of the seat towards the back.**
2. Bolt the seat stop bracket through the hole in the runners. Reach underneath the rower to tighten the bolt.  
**Make sure the bolt and seat stop bracket goes through the last hole at the end of the main frame.**
3. Attach the rear end cap onto the main frame.



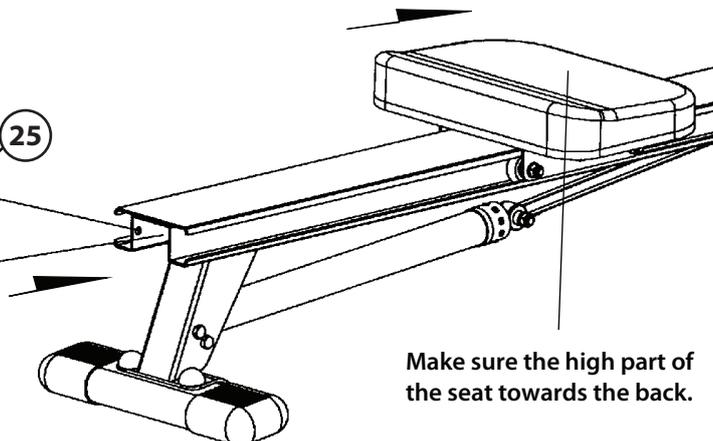
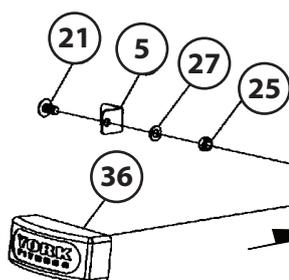
21 x 1



25 x 1



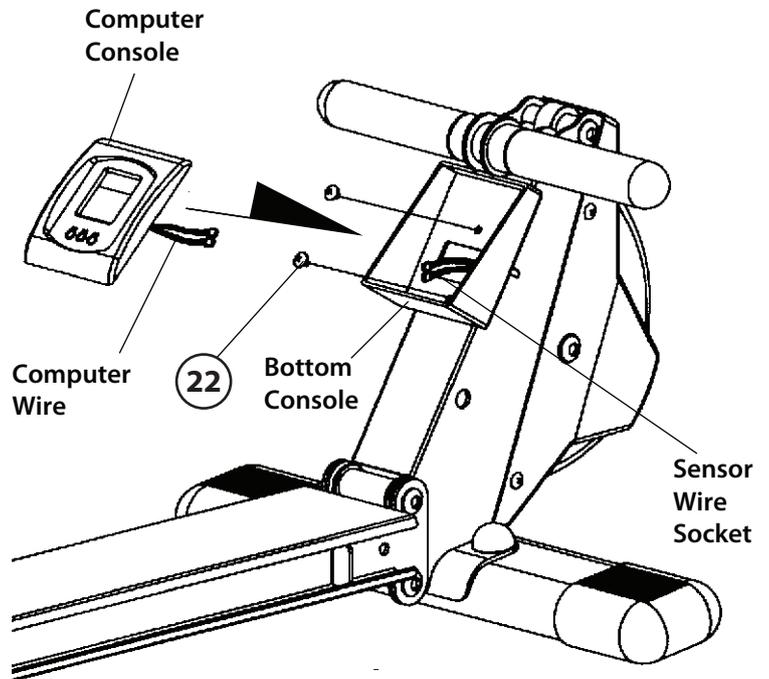
27 x 1



Make sure the high part of the seat towards the back.

## STEP 5

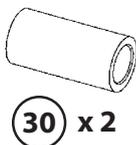
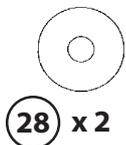
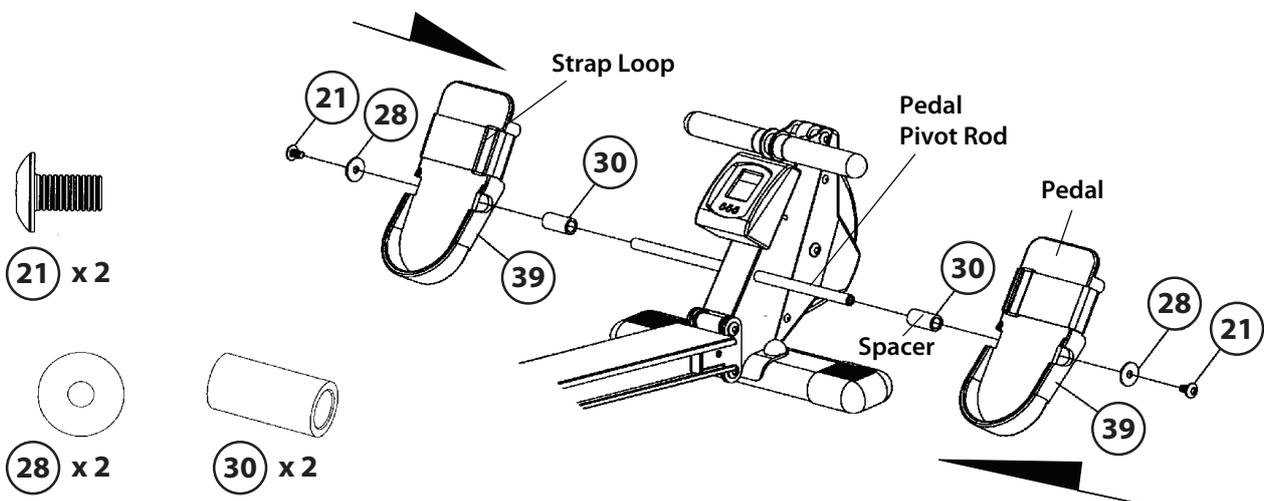
1. Insert two batteries (AA size 1.5V) into the compartment in the back of the computer.
2. Attach the bottom console to the main frame and secure, using two machine screws.
3. Connect the sensor wire sockets that come out of the main frame to the computer wire plugs on the back of computer console.
4. Attach the top computer onto the bottom console securely.



## STEP 6

1. Slide the pedal pivot rod through the main frame holes until an equal amount of the rod protrudes from each side.
2. Slide the spacer and pedal onto the pivot rod from both ends and secure, using two allen head bolts and washers.
3. Recheck that all of the bolts and nuts are tightened securely for your safety and comfort.

**The Strap Loops should be fitted to the inside edge of the pedal for easy adjustment of the strap.**



## BATTERY REPLACEMENT INSTRUCTIONS:

1. Open the battery compartment cover (Diagram 1).
2. Remove battery by pulling the battery in direction of spring and lift opposite end upwards (Diagram 2).
3. Insert 2 AA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder. (Diagram3)
4. Close the battery compartment.

## Tips & Warnings

- Always change both batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AA batteries.
- Do not try to heat, ignite, disassemble or throw AA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.

\* PICTURE MAY VARY FROM ACTUAL MODEL.



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

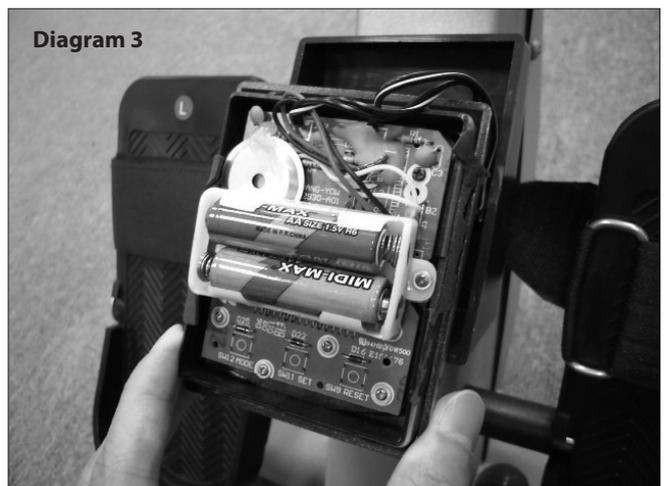
Diagram 1



Diagram 2



Diagram 3





## Setting Functions:

1. When targets / limits have been reached an alarm will sound.
2. Without any signal for 4 minutes, the LCD display will shut off automatically, with all values set to zero. Press any key or start rowing to reactivate.
3. The mode function will only work when all activity has stopped.
4. If the display becomes faint, replace the batteries.
5. Battery spec: 2 x AA size 1.5V.

You can set a target STROKE or TIME or DISTANCE or CALORIE 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 beep.

KEYS	FUNCTIONS
STROKE	Counting commences when the York R510 is active. (Max. 9999)  <u>PROGRAM 1. / TARGET STROKE</u> To set target stroke select STROKE using MODE key. Enter desired stroke by pressing SET key. (Max. 9990)
TIME	Counting commences when the York R510 is active. (Max. 99:59 Min)  <u>PROGRAM 2. / TARGET TIME</u> To set timer countdown select TIME using MODE key. Enter required time target by pressing SET key. (Max. 99:00 Min) Press MODE to change to next function if required.
DISTANCE	Distance is automatically displayed in KMS when the York R510 is in use. (Max. 99.99Km)  <u>PROGRAM 3. / TRARGET DISTANCE</u> To set target distance select DISTANCE function using MODE key. Enter desired distance by pressing SET key. (Max. 99.90 Km) Press MODE to change to next function if required.
CALORIES	Approximate calories consumed is displayed, once the York R510 is in use. (Max. 9999 Cal.)  <u>PROGRAM 4. / TARGET CALORIES</u> To set target consumption select CALORIE using MODE key. Enter target calories to be consumed using SET key. (Max. 9990 Cal.) (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.) Press MODE to change to next function if required.
STROKE/MIN.	The STROKE / MIN. is automatically calculated and displayed when the rower is in use. STROKE / MIN. is based on the RPM of the drive wheel, the faster the wheel revolves the higher the value. The STROKE / MIN. should be used as a guide to pace. Press MODE to change to next function if required.
TOTAL COUNT	Accumulates total strokes completed will go back to zero when RESET key is pressed. (Max. 9999)

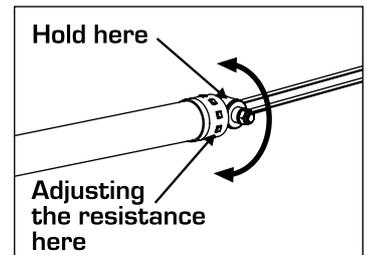
## Exercising with your rower

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.

For all exercise, you can increase or decrease the resistance using the dial on the hydraulic cylinder (Found underneath the rower).

## Adjusting the resistance

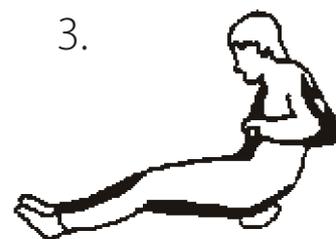
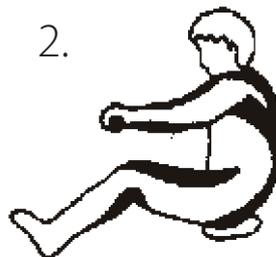
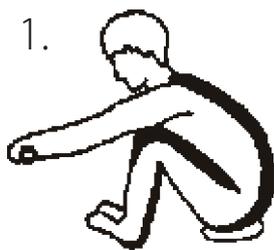
Hold the cylinder in the correct position while adjusting the resistance.



## How to row:

1. Take up the initial position leaning forward, knees bent and arms straight.
  2. Push yourself backwards, straightening your back and legs at the same time.
  3. Continue movement until you are leaning slightly backwards, bending the arms at the same time. Return to Step 1 and repeat.
- Please ensure that fingers are not placed inside of the runner assembly when moving the product.
  - When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.

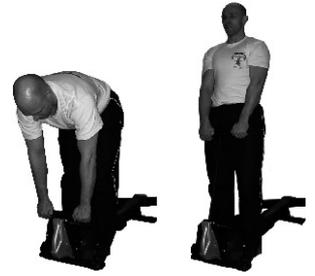
**NOTE: This product is compliant with European Standards (EN-957). The user must remain aware that if this product is not used correctly the potential for injury remains. There are many moving parts on this product, which the user must be aware of. When moving the rower or adjusting position, the user should pay particular attention the seat and runner assembly.**



# fitness guide

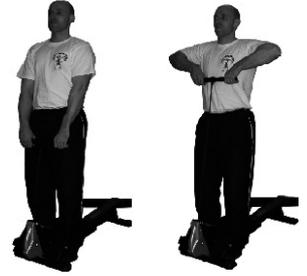
## Stiff Leg Dead Lift

1. Place balls of both feet onto the rower for stability. Hold the handle with both hands.
2. Whilst keeping a flat back and straight legs pull your body into a standing position.
3. Ease back to the start position keeping a flat back and straight legs.



## Standing Upright Row

1. Place balls of both feet onto the rower for stability. Stand with good straight body position. Hold the handle with both position.
2. Pull upwards keeping the handle close to your body. Only pull the handle to chest height. Keep the elbows lifted towards the ceiling.
3. Return to the start position with control.



## Single Arm Row

1. Place balls of both feet onto the rower for stability. Support your body weight with your left hand on the left knee. Having a good stance will allow you to feel balanced when completing the exercise.
2. Hold the handle in your right hand.
3. Keep a straight back as shown and pull the handle into the body. Release back to the start position.
4. Repeat with your other arm.



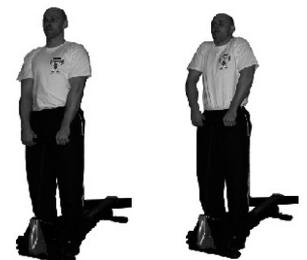
## Standing Bicep Curl

1. Place balls of both feet onto the rower for stability. Hold the handle with both hands with palms facing upwards.
2. Keeping the elbows close to the body pull the handle toward your face, working the bicep (front arm) muscles.
3. Return to the start position keeping back straight and elbows into body.



## Standing Shoulder Shrug

1. Place balls of both feet onto the rower for stability. Hold the handle in both hands with palms facing inwards.
2. With straight arms lift the shoulders upwards (towards your ears).
3. Lower with control to the start position.



## Deadlift

1. Place balls of both feet onto the rower for stability.  
Hold the handle in both hands.  
Start in a squat position with a flat back.
2. Keep the tension on the handle and stand up straight.  
Keep the movement slow and under control.
3. Return to the start position.



## Leg Press

1. Start position with feet in the foot pedals, holding onto the handle with both hands.
2. Keep the tension on the handle and stand up straight.  
Keep the movement slow and under control.
3. Return to the start position.



## Seated Bicep Concentration Curl

1. Start position seated with both feet on front rower stabilizer.  
Hold onto the handle with both hands.
2. Place the elbows on top of the knees for initial support and your back straight.
3. Curl the bar towards your head keeping elbows in place if possible.



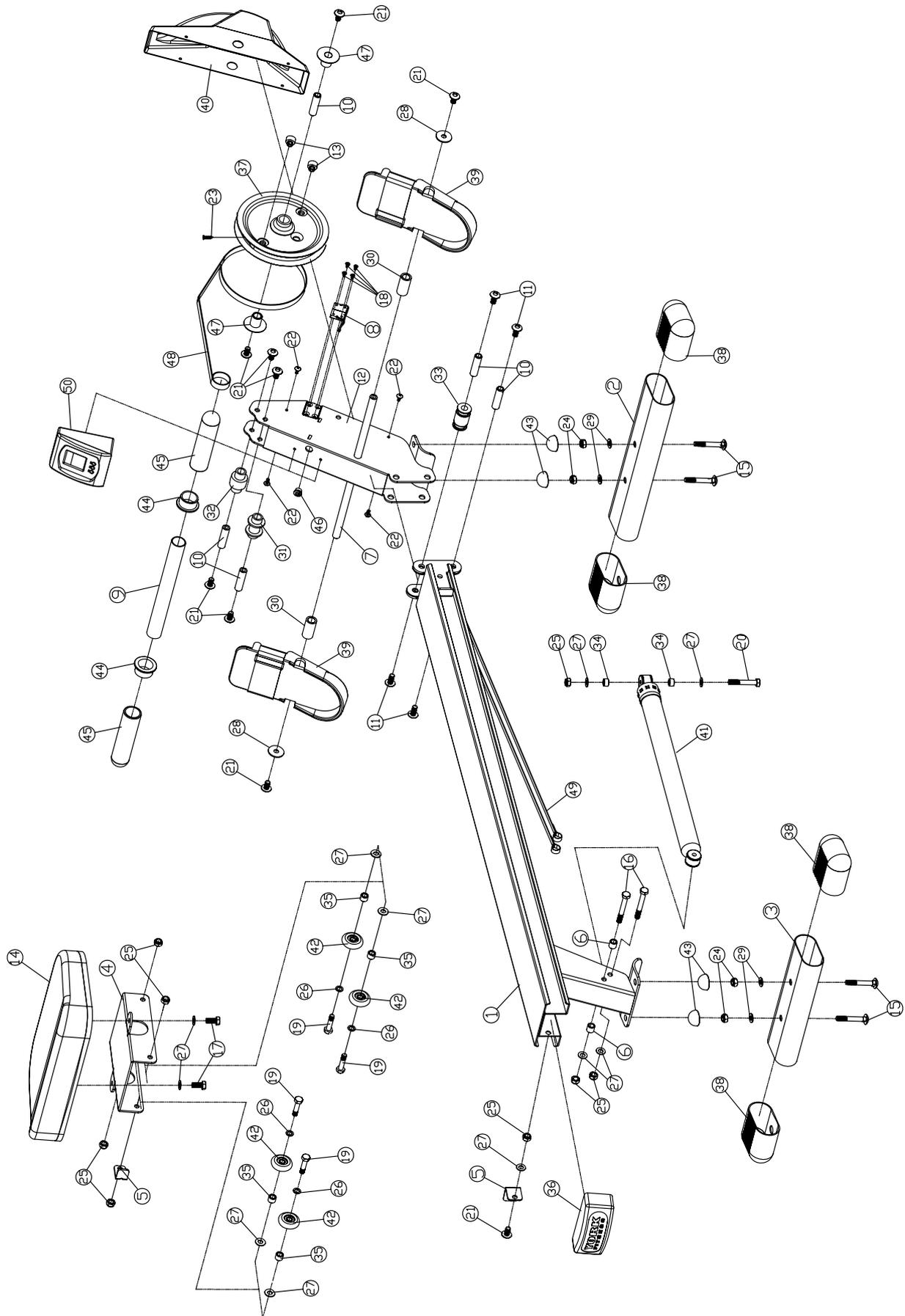
## Seated Low Row

4. Start position seated with both feet on front rower stabilizer.  
Hold onto the handle with both hands.
5. Keep a straight back and pull the bar into the lower abdominal area.
6. Release and return to the start position.
7. Keep the legs still at all times concentrating on the upper-body doing the work.



**For all exercises, aim to repeat 10-12 times.**

# exploded drawing



# part list

YORK REF.	REF.	DESCRIPTION	QTY.
56001-1	1	ROWER SEAT TRACK	1
56001-2	2	FRONT STABILIZER	1
56001-3	3	REAR STABILIZER	1
56001-4	4	SEAT CARRIAGE BRACKET	1
56001-5	5	STOP BRACKET	2
56001-6	6	METAL BUSHING	2
56001-7	7	FOOT REDAL PIVOT ROD	1
56001-8	8	SENSOR W/ CABLE	1
56001-9	9	PULLING HANDLE BAR	1
56001-10	10	ROLLER PIVOT SHAFT (L=50MM)	5
56001-11	11	M8 X 20MM ALLEN HEAD BOLT	4
56001-12	12	FRONT PULLING WHEEL BRACKET	1
56001-13	13	MAGNET	2
56001-14	14	ROWER SEAT	1
56001-15	15	M10 X 52MM CARRIAGE BOLT	4
56001-16	16	M8 X 66MM HEX HEAD BOLT	2
56001-17	17	M8 X 16MM HEX HEAD BOLT	2
56001-18	18	M4 X 10MM SELF TAPPING SCREW	4
56001-19	19	M8 X 34MM HEX HEAD BOLT	4
56001-20	20	M8 X 45MM HEX HEAD BOLT	1
56001-21	21	M8 X 15MM ALLEN HEAD BOLT	9
56001-22	22	M5 X 6MM MACHINE SCREW	4
56001-23	23	M4 X 15MM SELF TAPPING SCREW	1
56001-24	24	M10 NYLON LOCKNUT	4
56001-25	25	M8 NYLON LOCKNUT	8
56001-26	26	8.5MM X 13MM X 2MM FLAT WASHER	4
56001-27	27	8.5MM X 18MM X 1.5MM FLAT WASHER	11
56001-28	28	8.5MM X 28MM X 2MM FLAT WASHER	2
56001-29	29	10.5MM X 23MM X 1.5MM FLAT WASHER	4
56001-30	30	FOOT PEDAL ROD SPACER	2
56001-31	31	FRONT STRAP ROLLER	1
56001-32	32	REAR STRAP ROLLER	1
56001-33	33	BOTTOM STRAP ROLLER	1
56001-34	34	CYLINDER STRAP SPACER	2
56001-35	35	SEAT CARRIAGE ROLLER SPACER (L=11MM)	4
56001-36	36	ROWER SEAT TRACK END CAP	1
56001-37	37	PULLING STRAP DISC WHEEL	1
56001-38	38	STABILIZER END CAP	4
56001-39	39	FOOT PEDAL REST (L&R)	2
56001-40	40	FRONT DISC WHEEL COVER	1
56001-41	41	ADJUSTABLE SPRING CYLINDER	1
56001-42	42	SEAT CARRIAGE ROLLER	4
56001-43	43	PLASTIC NUT CAP	4
56001-44	44	HANDLE BAR SPACER	2
56001-45	45	HANDLE BAR GRIP	2
56001-46	46	CABLE WIRE CLIP	1
56001-47	47	PULLING STRAP DISC WHEEL BUSHING	2
56001-48	48	PULLING STRAP (L=1790MM)	1
56001-49	49	CYLINDER STRAP (L=1660MM)	1
56001-50	50	COMPUTER	1

# warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment Please Note: Warranty details may vary from one market area to another

## Warranty Terms

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another.



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**FITNESS**