



York Diamond x301 Cross Trainer

Category	Review of...	Means
Assembly	Ease of Assembly	Straightforward. Everything fits together well and there's nothing that's too tricky. Lay out all of the pieces and follow the instructions step by step. The arms are always a tight fit onto the console mast but they will slide on with some force.
	No. of people required	Can be done by 1 person, but we recommend having a second person around to help with some of the holding and when fitting the arms onto the console mast.
	Time to assemble	30 – 40 minutes
	Clarity of Assembly Guide	Good – simple to follow.
Quality	Paintwork	Smooth finish to paintwork – very rare to have any problems
	Plastics	Very good. Well moulded and easy to fit.
	Build Quality	Excellent – feels extremely sturdy
Usability	How easy is the machine to use	One of the great features of this cross trainer is the simplicity of the console which makes it really easy to use.
	Clarity of Instruction Manual	Really easy to follow and to find the information that you're looking for.
	Stride Length	16" – fine for anyone up to about 6' tall. If you're taller then think about an 18" stride length machine.
	Controls	All of the controls are on the console and are easily accessible.
	Console and Feedback	Fantastic console – intuitive to use and shows all of the feedback that you need. Shows pictures of the programs on the console so that you don't need to refer to the instruction manual. We like the "Reset" button which resets everything with one press.
Ownership	Maintenance Requirements	Keep clean and occasionally check that the bearings are well greased (it's worth smearing grease over the bearings when building the machine as an extra precaution)
	Storage	Has transport wheels and can be moved.
	Length of Warranty	Excellent warranty – lifetime on the frame and motor and 3 years parts and labour.
	Manufacturer Service	Excellent – always responsive



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How we review fitness equipment

All reviews are carried out by one of the team at Inspire Fitness. Our reviews cover all aspects of the machine, including how easy it is to build, what is it like to use, how easy can it be stored away when it's not in use and what happens if it goes wrong.

We give an honest assessment of the equipment and, based on our experience, rate the product for "Value for Money".

What the review information means

Category	Review of...	Means
Assembly	Ease of Assembly	How easy is the machine to build? Could anyone build it or do you need to be a DIY expert?
	No. of people required	Will it take more than one person to build or can you do it alone?
	Time to assemble	How much time will you need to set aside to build the machine?
	Clarity of Assembly Guide	Are the assembly instructions easy to follow?
Quality	Paintwork	How good is the paintwork on the machine and will it stand the test of time?
	Plastics	Do the plastics and mouldings fit properly?
	Build Quality	How robust does the machine feel when it's built? Will it be hard wearing?
Usability	How easy is the machine to use	Can you get going straight away or do you need to spend time working out what to do?
	Clarity of Instruction Manual	Is the instruction manual simple to understand?
	Stride Length	How long is the stride pattern on the machine and what size person will it suit?
	Controls	Are the controls easily accessible when you're using the machine?
	Console and Feedback	Does the console give you all of the information that you need?
Ownership	Maintenance Requirements	Are there any routine maintenance requirements?
	Storage	Is the machine easy to store away when not in use?
	Length of Warranty	How does the warranty compare?
	Manufacturer Service	If there's a problem, what response will you get from the manufacturer
Overall Value for Money		Does the product offer good value for money when compared to other products in the price range? (see website for details)

Inspire Fitness

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The thing that we like most about this cross trainer is the simplicity of the console:



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