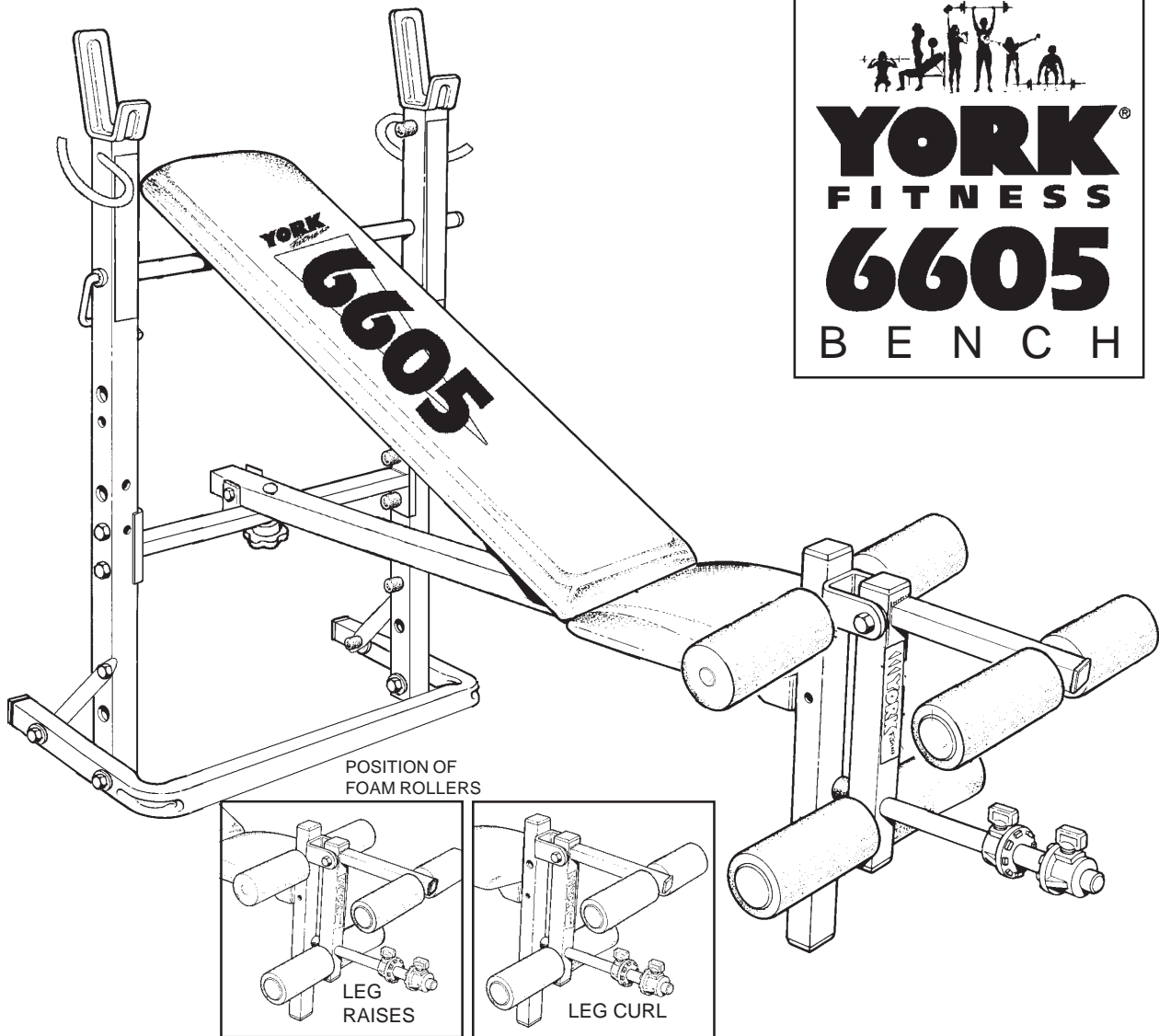




**YORK<sup>®</sup>**  
**FITNESS**  
**6605**  
**BENCH**



**6605 YORK<sup>®</sup>**  
*Fitness*  
**ASSEMBLY INSTRUCTIONS**

**NOTE**

Maximum weight limits

- Bench - Flat - 200 Kgs INCLUDES BODYWEIGHT
- Inclined - 200 Kgs INCLUDES BODYWEIGHT
- Leg Extension - 35 Kgs

**BEFORE ASSEMBLY**

Read instructions carefully. If the instructions are followed, you should have no problems with assembly. Always assemble your bench on a flat surface.

**NOTE**

Assemble frame with bolts and nuts finger tight first. This equipment has been supplied with some NYLOC (LOCK) Nuts. It is essential that the nuts are tightened onto the bolts so that the bolt penetrates through the nylon insert in the nut and the nut locks up against the tubing.

**TOOLS REQUIRED**

- Slotted Screwdriver
- 1 x 1/2" Spanner
- 1 x 7/16" Spanner
- 2 x 9/16" Spanner
- 1 x 5/8" Spanner or 2 Adjustable Spanners.

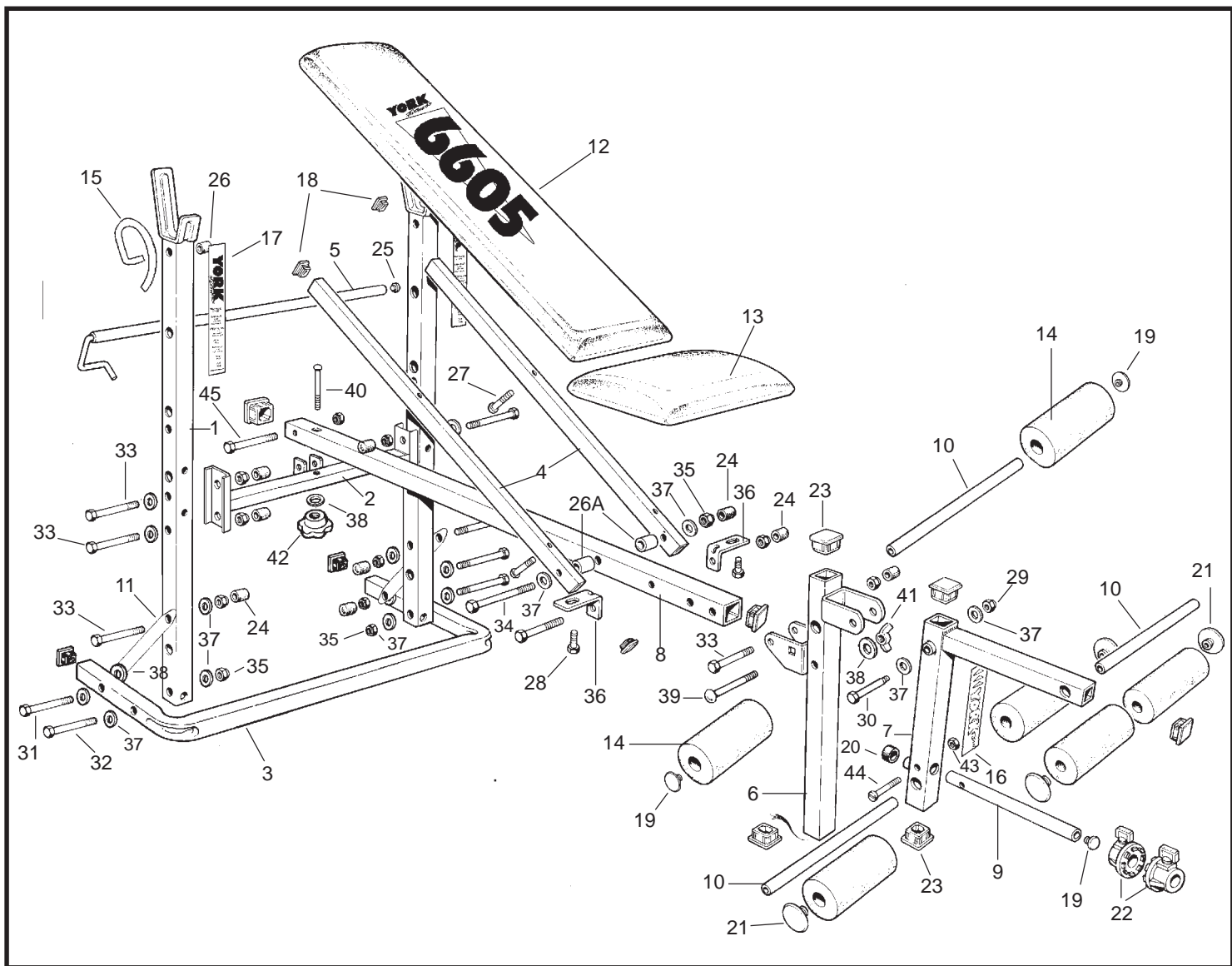
Before every training session, the equipment should be inspected for loose, worn or missing parts. To prevent possible injury, replace doubtful parts before resuming usage of the equipment.

**CARE AND MAINTENANCE**

Use a warm, damp cloth to keep upholstery clean. Always make sure that Item 5 (Backrest adj. bar) is in all the way and the locking device is engaged. When the bench is used in the flat position Item 5 should be removed and inserted in the lowest holes in Item 1.- (Uprights)

**WARNINGS**

Consult your doctor before participating in this or any exercise program. We recommend you never lift weights alone. There should always be someone available to assist you. Training with others can help motivate you. Ensure that all nuts and bolts are fully tight before using any exercise equipment. Always wear suitable clothing and footwear e.g. track suit and training shoes. Children should not be allowed on or around the machinery or equipment, even when not in use. Do not eat large meals before exercising. Always warm up well before exercising as this will prevent muscle strain. Remove jewellery, rings, chains and pins before exercising. Always use your bench on a flat, level surface. Always use your bench in an adequate space e.g. at least 2ft.(60cm) clearance on each side. Give special attention to checking the parts used for adjusting and folding the bench as they may wear. Injuries to health may result from incorrect or excessive training. Check that any of the adjustment devices are not projecting. You can also purchase the following accessories:



# 6605 PARTS LIST

ITEM No.	PART No.	DESCRIPTION	QTY.
1	21E53171	NEW STANDARD UPRIGHT	2
2	21E53182	CROSSBAR (214/234/6605)	1
3	21E5357	U - BEND 214/234/6605	1
4	21E5312	BACKREST SUPPORT (1" x 1/2")	2
5	21E6607	BACKREST ADJ. BAR (15.88mm)	1
6	21E5311	FRONT LEG 112/6605/6604	1
7	21E5320	LEG UNIT VERTICAL & HORIZ	1
8	21E53103	SPINE 6605/234	1
9	21E5321	WEIGHT HOLDER TUBE	1
10	21E5349	LEG FOAM TUBE (1" x 0.318)	3
11	21E5308	STRAP	2
12	28E45	6605 LARGE UPH BLUE/WHITE LOGO	1
13	30E16	BENCH UPHOLSTERY-SMALL	1
14	27E032	FOAM JETLAG (0.140 x 19mm)	6
15	33E33	BARBELL HOOK	2
16	01D77	YORK FITNESS DECAL-BLUE	1
17	01D74	MAX LOAD DECAL WEIGHT DECAL 6605/314	2

BAG 9415			
ITEM No.	PART No.	DESCRIPTION	QTY.
18	41D33	1" x 1/2" INT. CAP - BLK	4
19	41B012	1" RD. INT. CAP - BLUE	3
20	41B02	1" RD. EXT. CAP - BLK	1
21	41B212	1" BLUE FOAM CAPS	4
22	41C091	VINYL D/B COLLAR -BLACK	2
23	41B031	1 1/2" SQ. INT. CAP - BLK.	9
24	41B402	3/8" THREAD CAP	9
25	41D04	5/8" RND. INT. CAP - BLK	1
26	41D16	END TIP 7.25 BLACK	2
26A	41D32	SPACERS 15 mm LONG	2

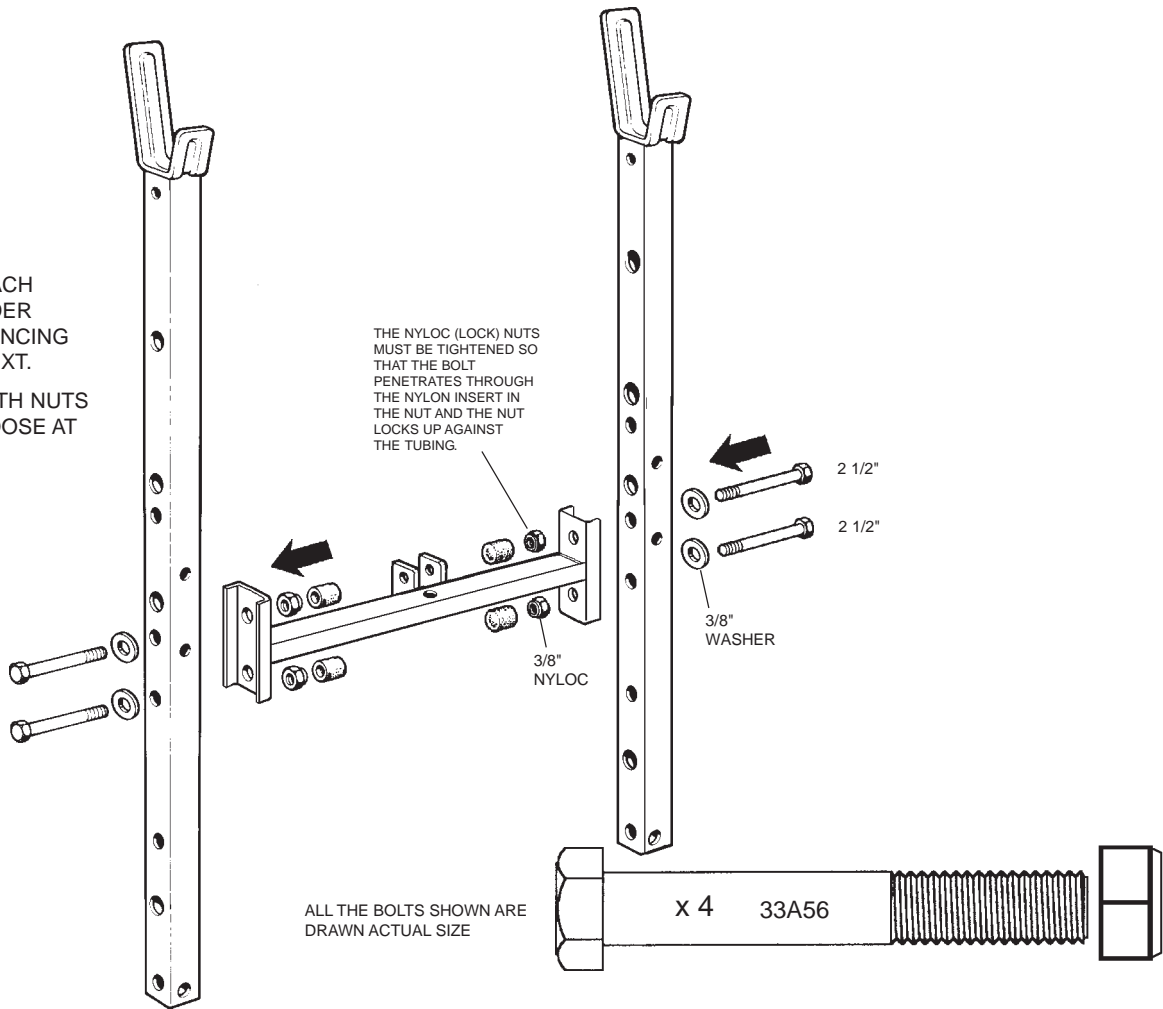
BAG 9416			
ITEM No.	PART No.	DESCRIPTION	QTY.
27	33A13	1/4" x 1 1/2" RHSMS	4
28	33A10	1/4" x 3/4" HH BOLT	2
29	33A33	5/16" x NYLOC NUT	1
30	33A46	3/8" x 2" STRIPPER BOLT	1
31	33A48	3/8" x 2" HH BOLT	2
32	33A47	3/8" x 3 1/2" HH BOLT	2
33	33A56	3/8" x 2 1/2" HH BOLT	8
34	33A59	3/8" x 4 1/2" HH BOLT	1
35	33A53	3/8" NYLOC	14
36	33D20	90 DEGREE BRKT.	2
37	33B63	3/8" SAE WASHER	16
38	41D34	1/2" M12 HEAVY WASHER	5
39	33A466	3/8" x 2 1/4" CARRIAGE BOLT	1
40	41D72	3/8" x 4" CARRIAGE BOLT	1
41	33A54	3/8" WING NUT	1
42	33D13	TRI KNOB 3/8" FEMALE	1
43	33A01	1/4" HEX NUT	1
44	33A14	1/4" x 1 3/4" RHSMS	1
45	41D75	3/8" x 2 1/4" HH BOLT	1



# 1

COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.

ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.

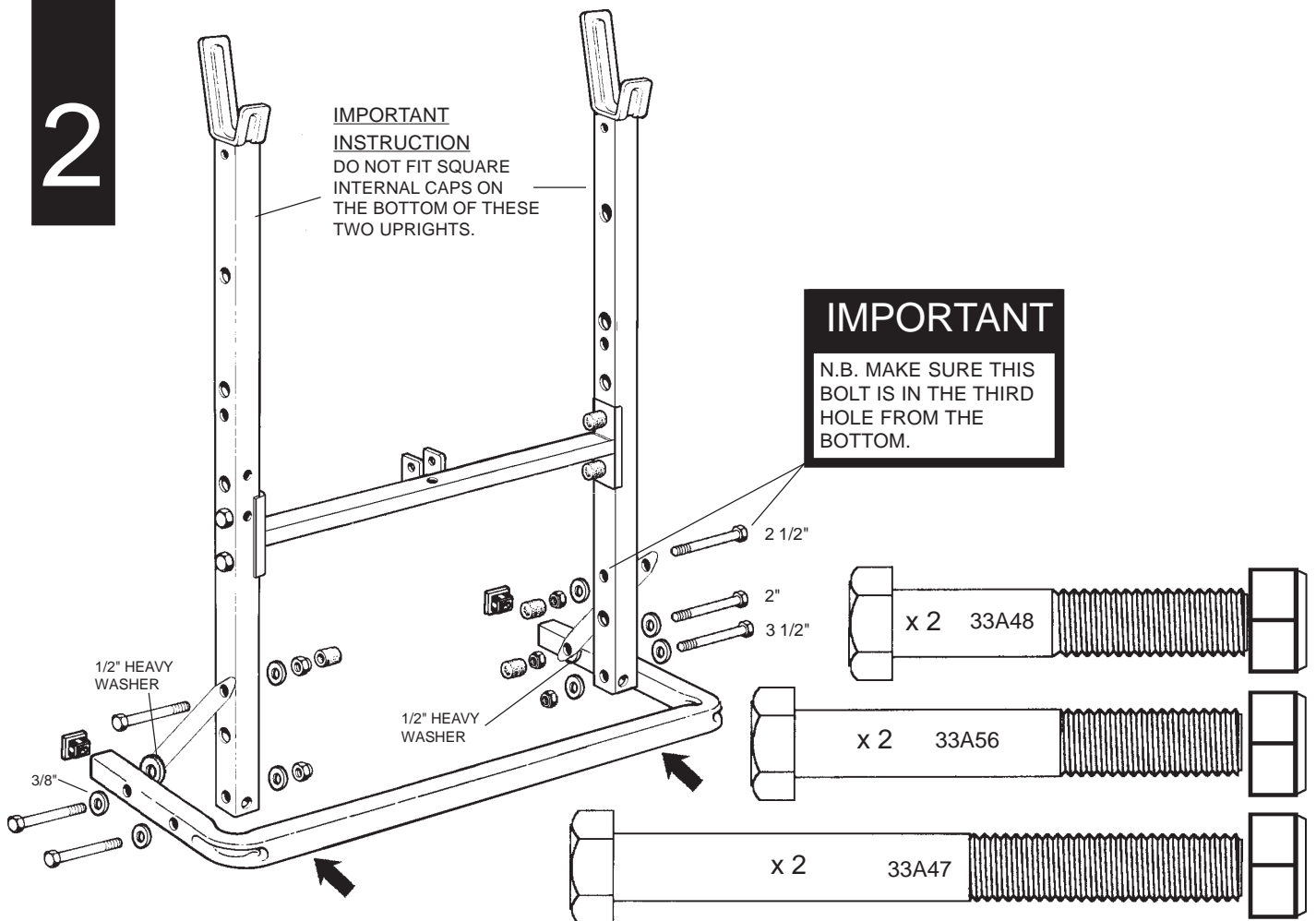


# 2

**IMPORTANT INSTRUCTION**  
DO NOT FIT SQUARE INTERNAL CAPS ON THE BOTTOM OF THESE TWO UPRIGHTS.

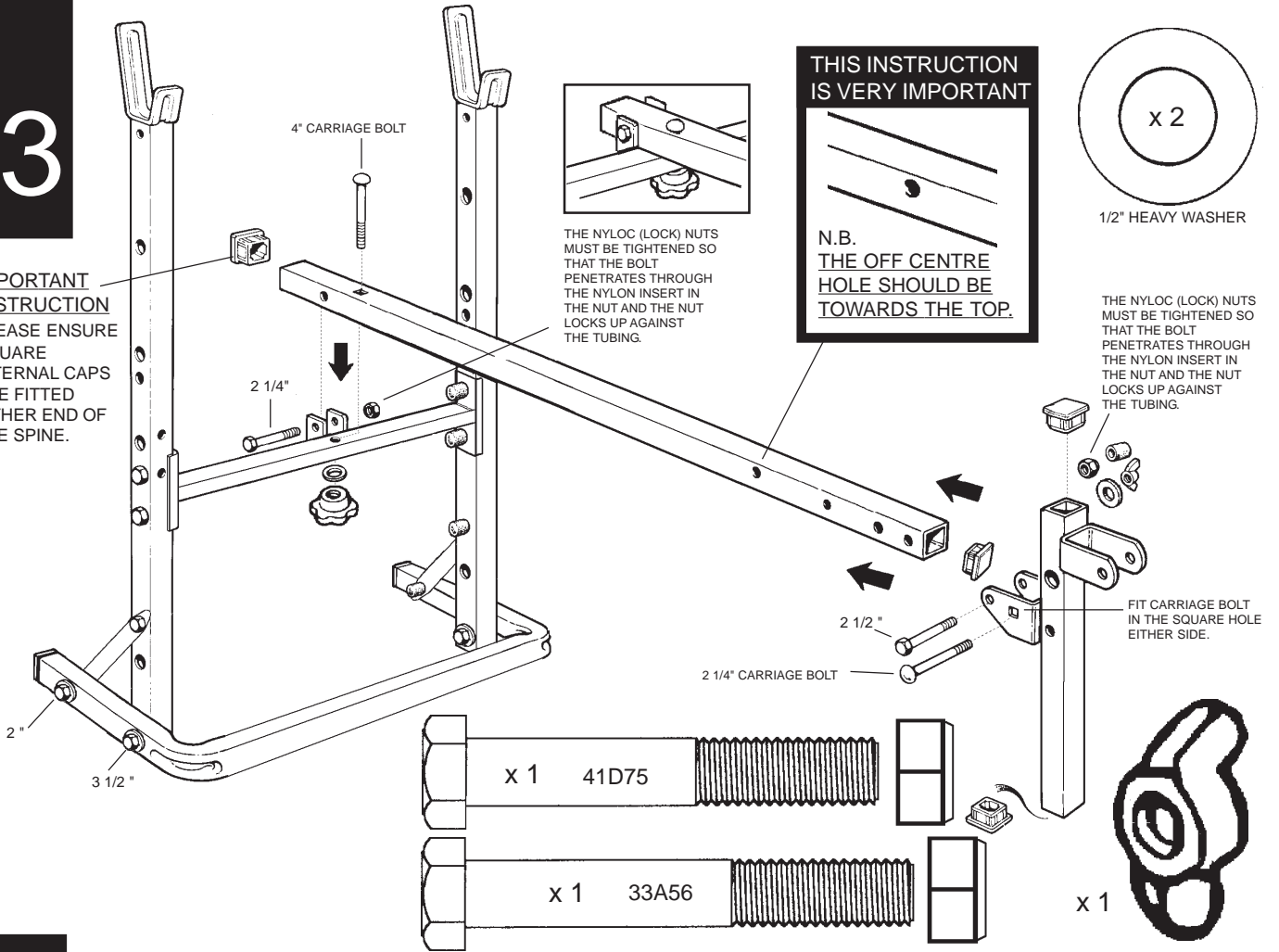
**IMPORTANT**

N.B. MAKE SURE THIS BOLT IS IN THE THIRD HOLE FROM THE BOTTOM.



# 3

**IMPORTANT INSTRUCTION**  
PLEASE ENSURE SQUARE INTERNAL CAPS ARE FITTED EITHER END OF THE SPINE.

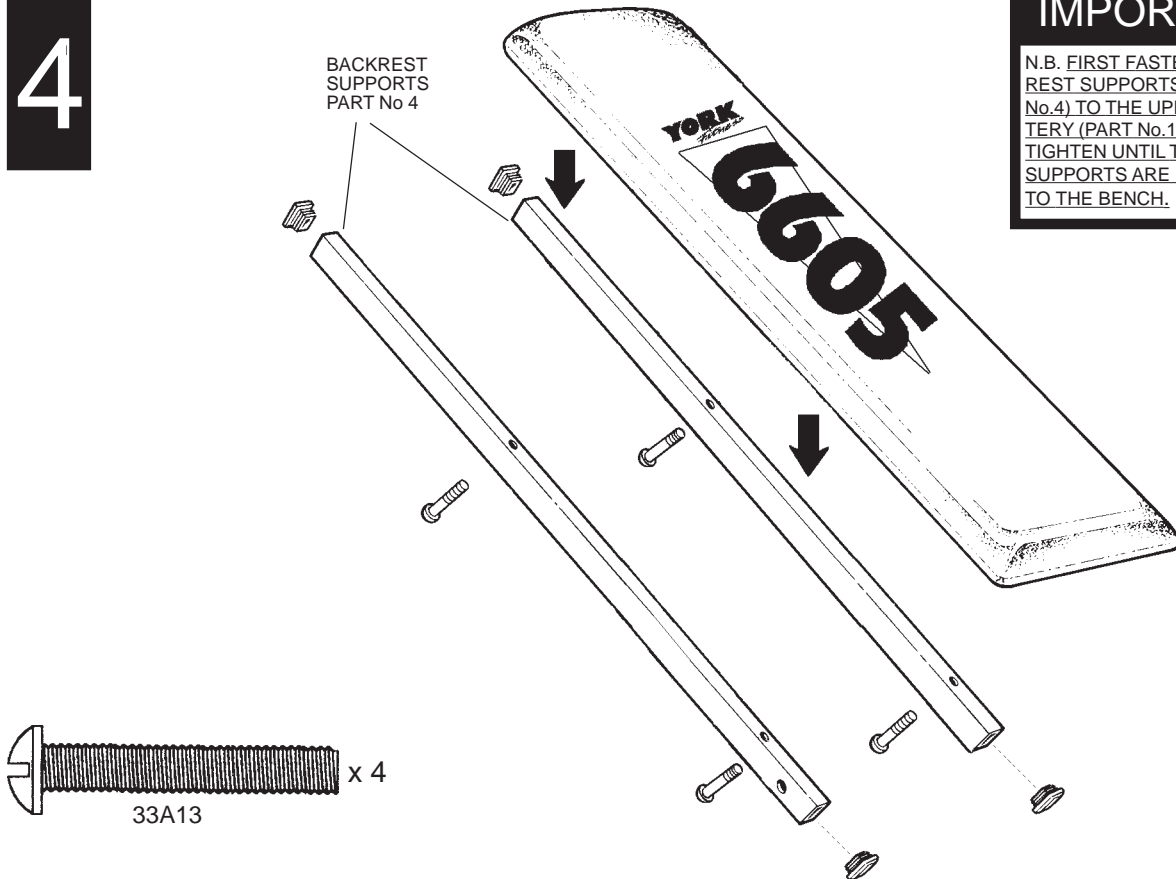


# 4

BACKREST SUPPORTS  
PART No 4

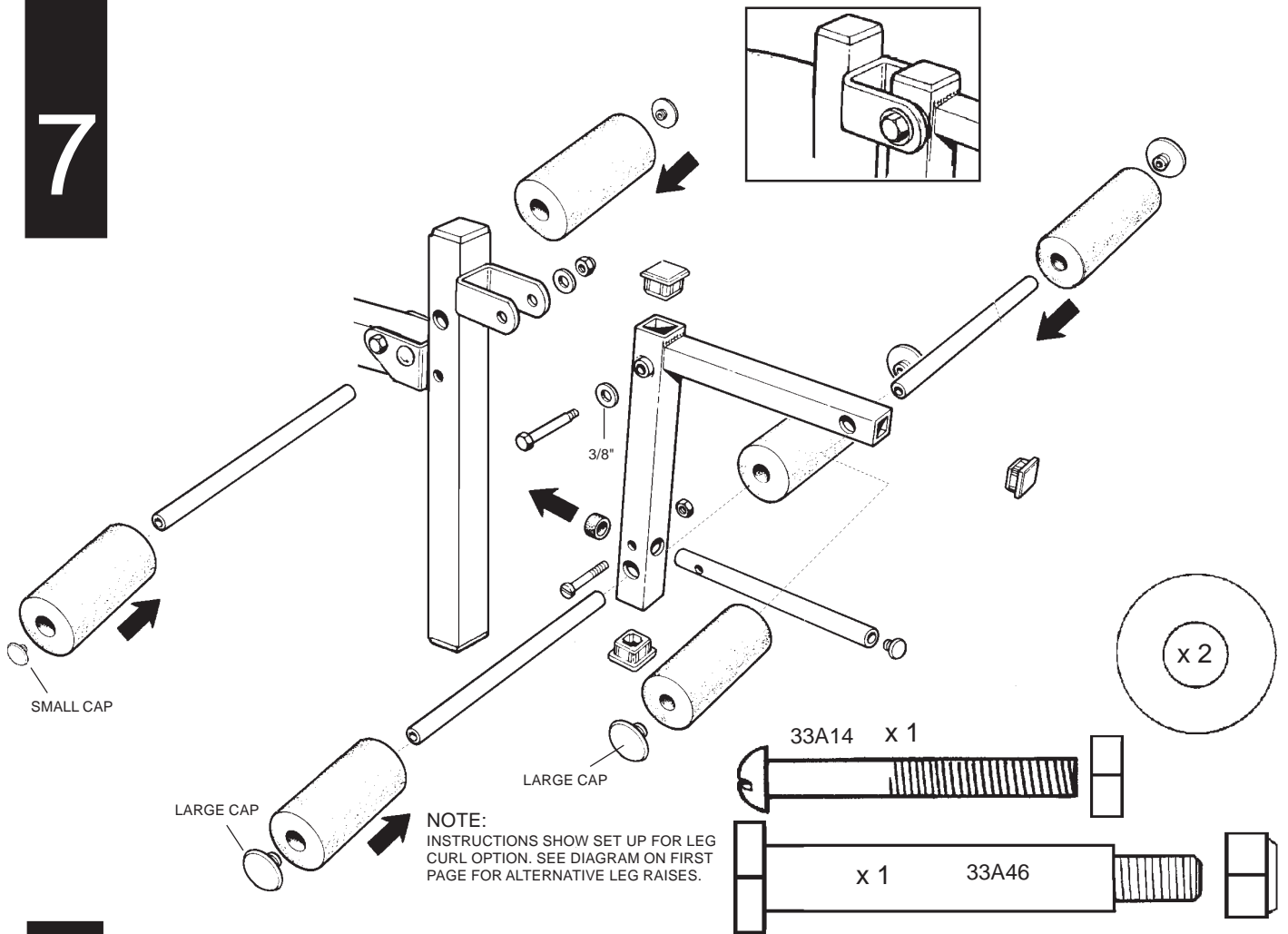
**IMPORTANT**

N.B. FIRST FASTEN BACKREST SUPPORTS (PART No.4) TO THE UPHOLSTERY (PART No.12). DO NOT TIGHTEN UNTIL THE SUPPORTS ARE FASTENED TO THE BENCH.

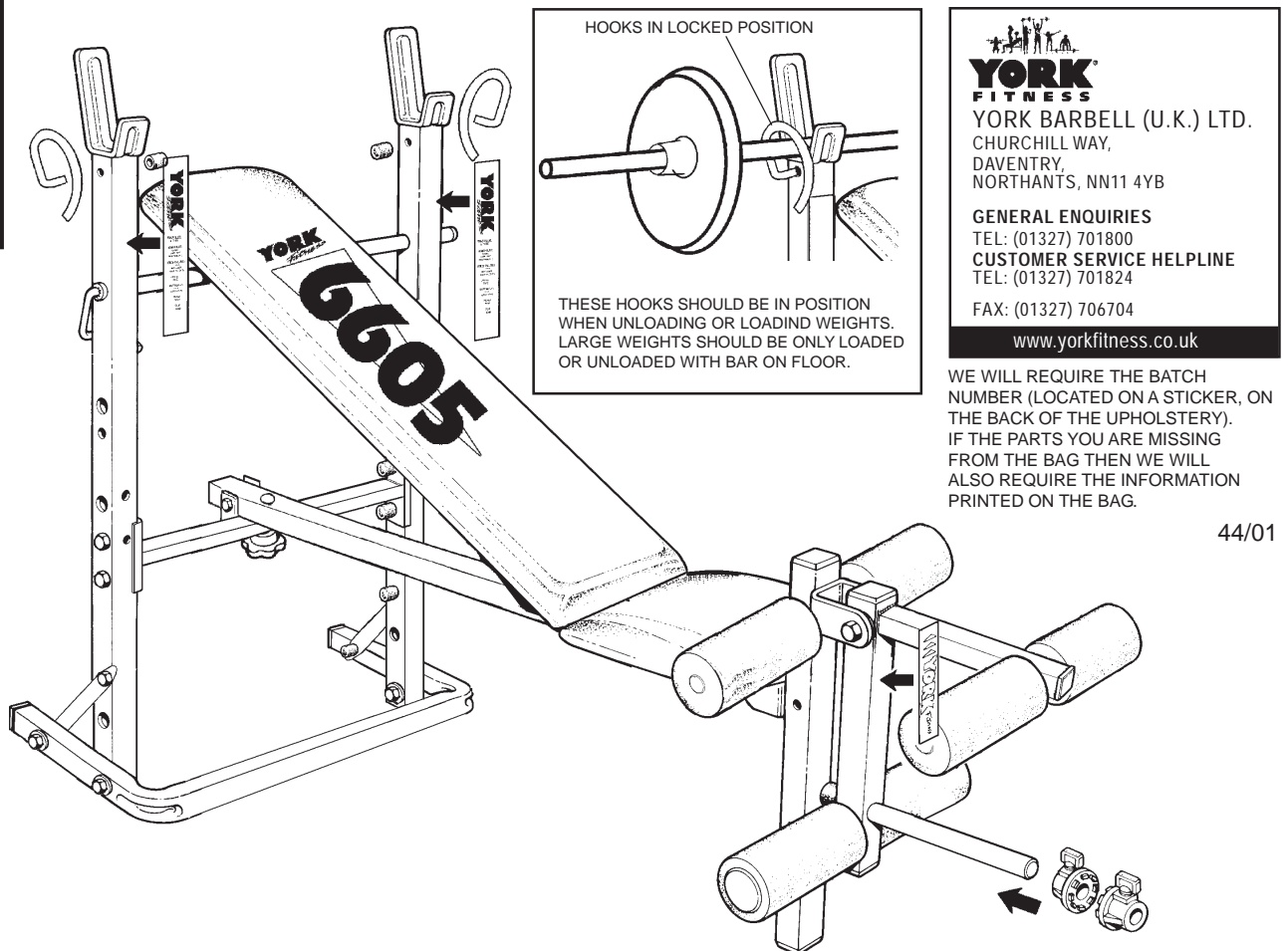




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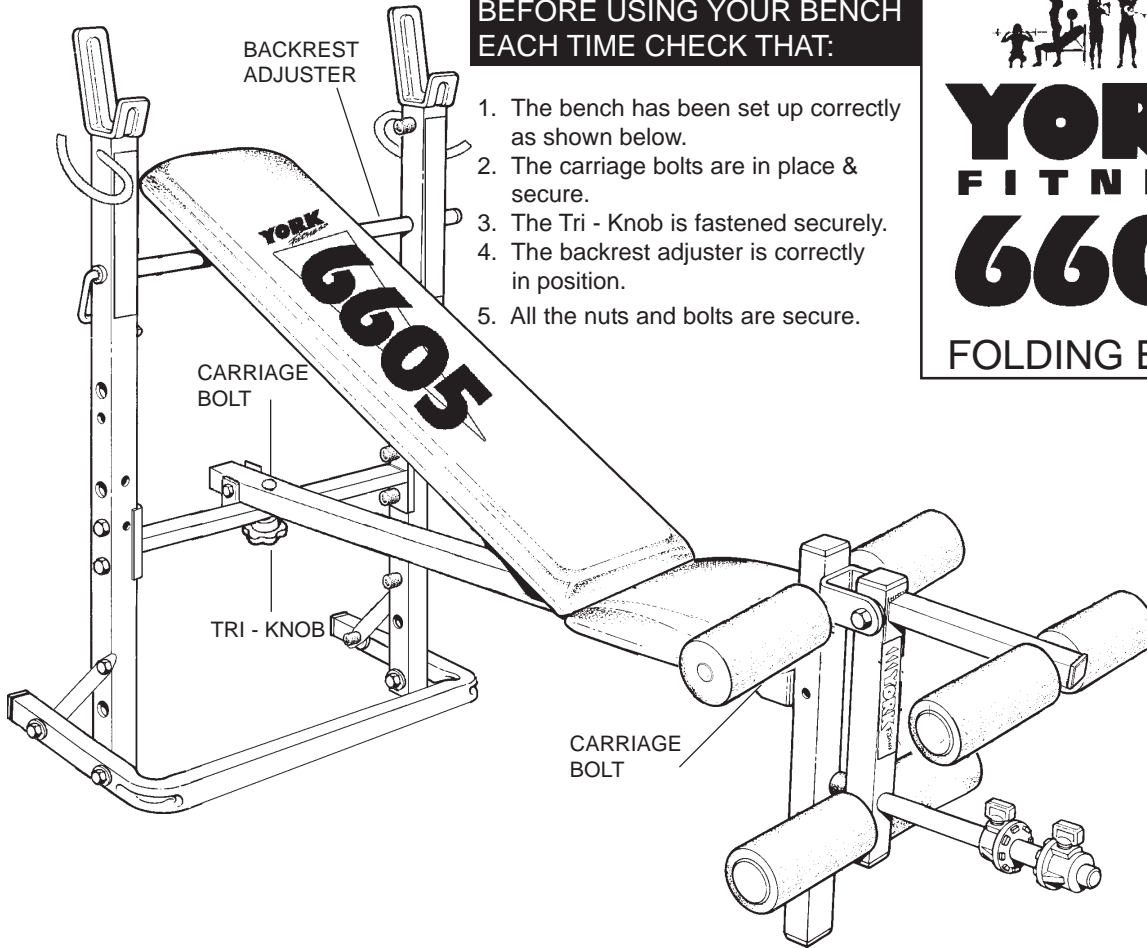


8



**BEFORE USING YOUR BENCH  
EACH TIME CHECK THAT:**

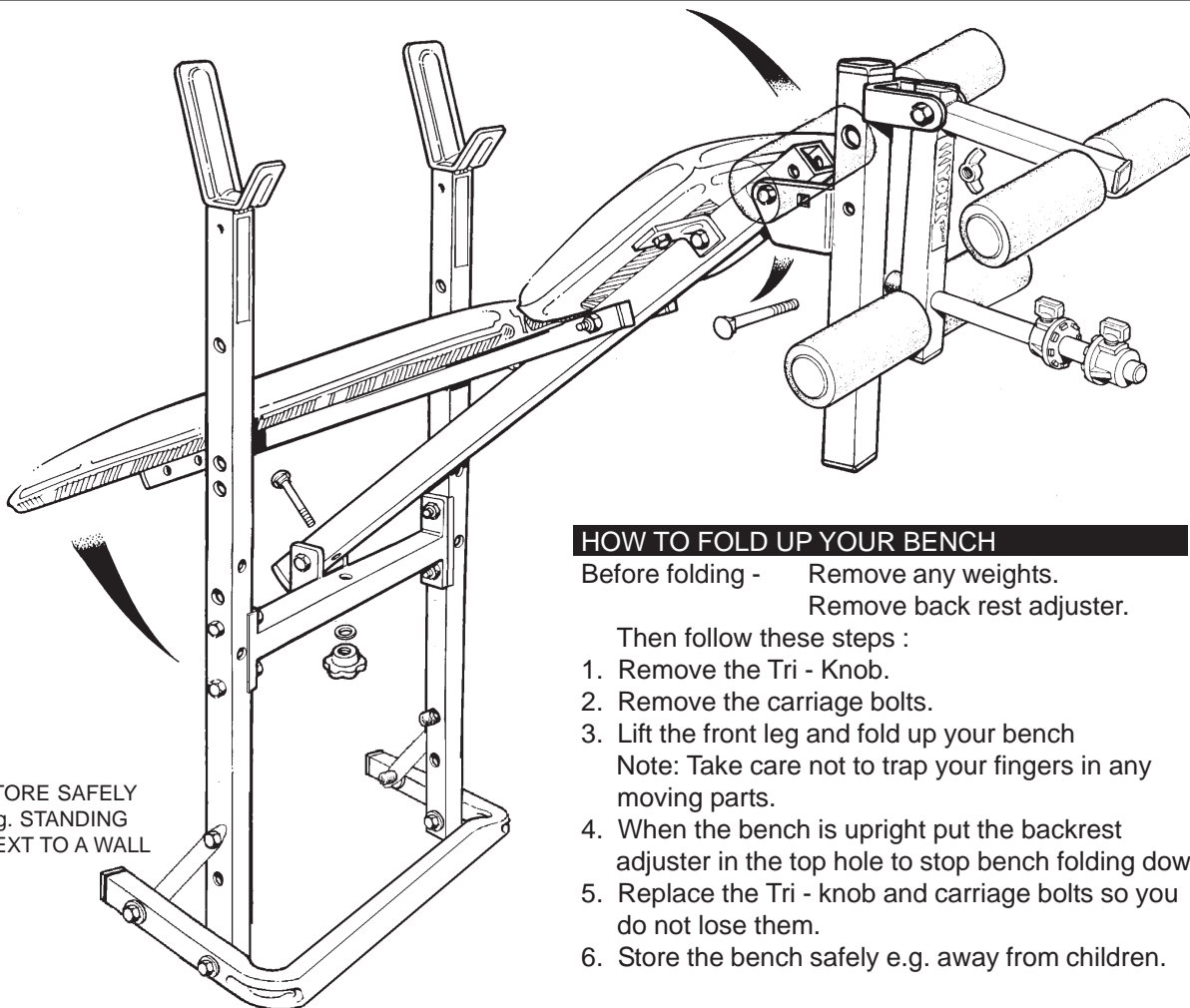
1. The bench has been set up correctly as shown below.
2. The carriage bolts are in place & secure.
3. The Tri - Knob is fastened securely.
4. The backrest adjuster is correctly in position.
5. All the nuts and bolts are secure.



  
**YORK<sup>®</sup>**  
**FITNESS**  
**6605**  
**FOLDING BENCH**

**6605 YORK<sup>®</sup>**  
*Fitness*

**FOLDING INSTRUCTIONS**



**HOW TO FOLD UP YOUR BENCH**

Before folding - Remove any weights.  
Remove back rest adjuster.

Then follow these steps :

1. Remove the Tri - Knob.
2. Remove the carriage bolts.
3. Lift the front leg and fold up your bench  
Note: Take care not to trap your fingers in any moving parts.
4. When the bench is upright put the backrest adjuster in the top hole to stop bench folding down.
5. Replace the Tri - knob and carriage bolts so you do not lose them.
6. Store the bench safely e.g. away from children.

STORE SAFELY  
e.g. STANDING  
NEXT TO A WALL