

NOTE

Maximum weight limits (Including user)
 Bench flat - 200 Kgs
 Inclined - 200 Kgs

BEFORE ASSEMBLY

Read instructions carefully. If the instructions are followed, you should have no problems with assembly.

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
- 2 x 1/2" Spanner
- 2 x 9/16" 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.

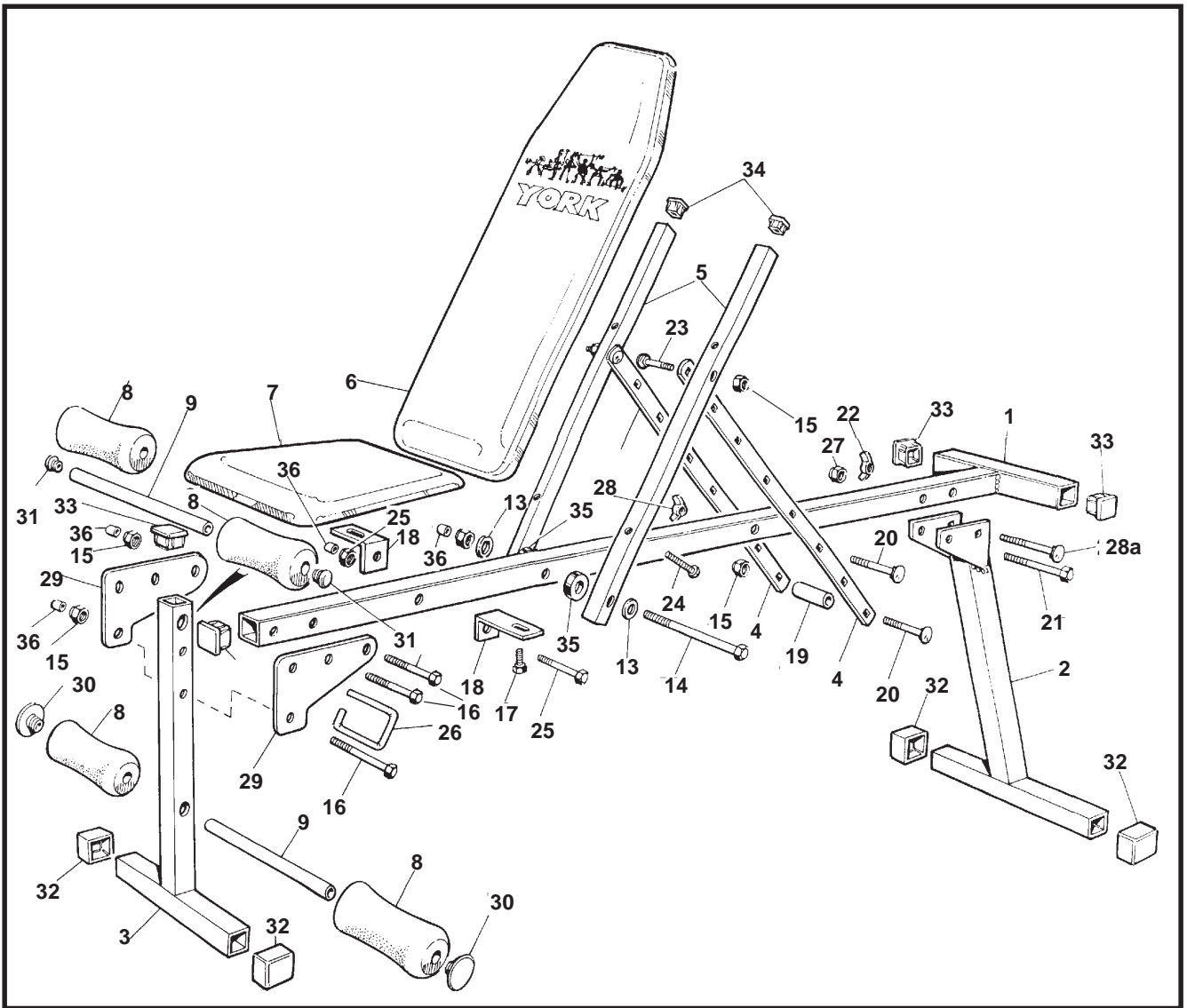
CARE AND MAINTENANCE

Use a warm, damp cloth to keep upholstery clean.

WARNINGS

- Consult your doctor before participating in this or any exercise program.
- Never lift weights alone. There should always be someone readily available to help in case of difficulty.
- 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.
- Check for full engagement of locking pins.
- 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.

DB5 YORK Fitness PARTS LIST



PARTS LIST			
Item No.	Parts No.	Description	Qty
1	21E402301	Main Leg	1
2	21E402305	Rear Leg	1
3	21E402304	Front Leg	1
4	33E21	Back Rest Adjustment Bar	2
5	21E402307	Back Support Piece	2
6	30E10	Large Upholstery	1
7	30B82	Small Upholstery	1
8	27A422	2 3/4" x 5 3/4" Foam Roller	4
9	21E5349	Leg Foam Tube	2
10	32C18	Bag # 186	1
11	32C19	Bag # 187	1
12	01D845	York Man Decal	1

BAG 187			
Item No.	Part No.	Description	Qty
29	33E45	Part 9004	2
30	41B211	Foam Cap 1" - Red	2
31	41B011	1" Round Int Cap - Red	2
32	41B138	1 1/2" Sq External Cap - Black	4
33	41B031	1 1/2" Square Int Cap - Black	4
34	41B10	1" Square Int Cap - Black	2
35	41B239	Nylon spacer 13RS100060 Black	2
36	41B402	3/8" Thread Cap	5

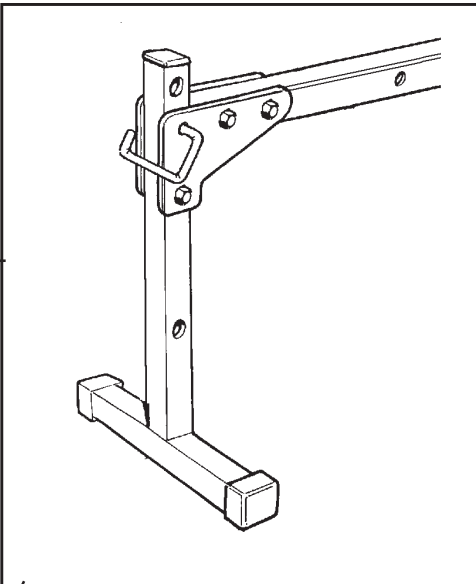
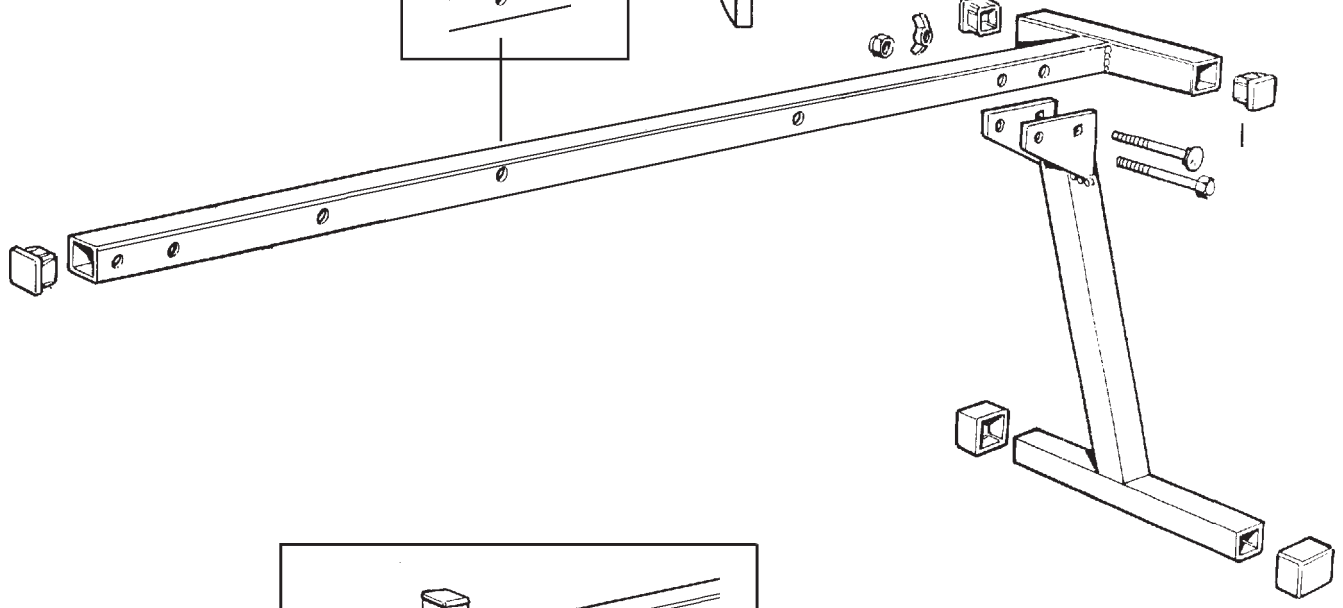
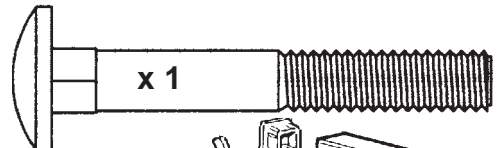
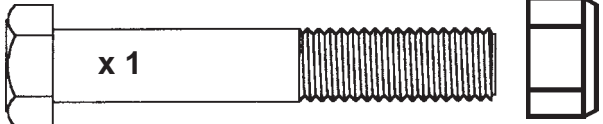
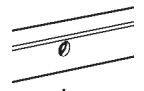
BAG 186			
Item No.	Part No.	Description	Qty.
13	33B63	3/8" Sae Washer	2
14	33A591	3/8" x 5" HH Bolt	1
15	33A53	3/8" Nyloc Nut	8
16	33A56	3/8" x 2 1/2" HH Bolt	3
17	33A10	1/4" x 3/4" HH Bolt	2
18	33D20	90Deg. Seat Bracket - Galv.	2
19	21E402308	15,88 RND x 2,64mm x 0,043 Bzp	1
20	33A465	3/8" x 2 1/2" Carriage Bolt	2
21	33A355	5/16" x 2 1/4" HH Bolt	1
22	33A35	5/16" Wing Nut	1
23	33A464	3/8" x 2" Carriage Bolt	2
24	33A13	1/4" x 1 1/2" RHSMS	4
25	33A48	3/8" x 2" HH Bolt	1
26	33A49	D Ring 158	1
27	33A33	5/16" Nyloc Nut	1
28	33A54	3/8" Wing Nut	1
28a	41D69	5/16" x 2 1/4" Carriage Bolt	1


YORK FITNESS
 YORK BARBELL (U.K.) LTD.
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 GENERAL ENQUIRIES
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 CUSTOMER SERVICE HELPLINE
 TEL: (01327) 701824
 FAX: (01327) 706704
www.yorkfitness.co.uk

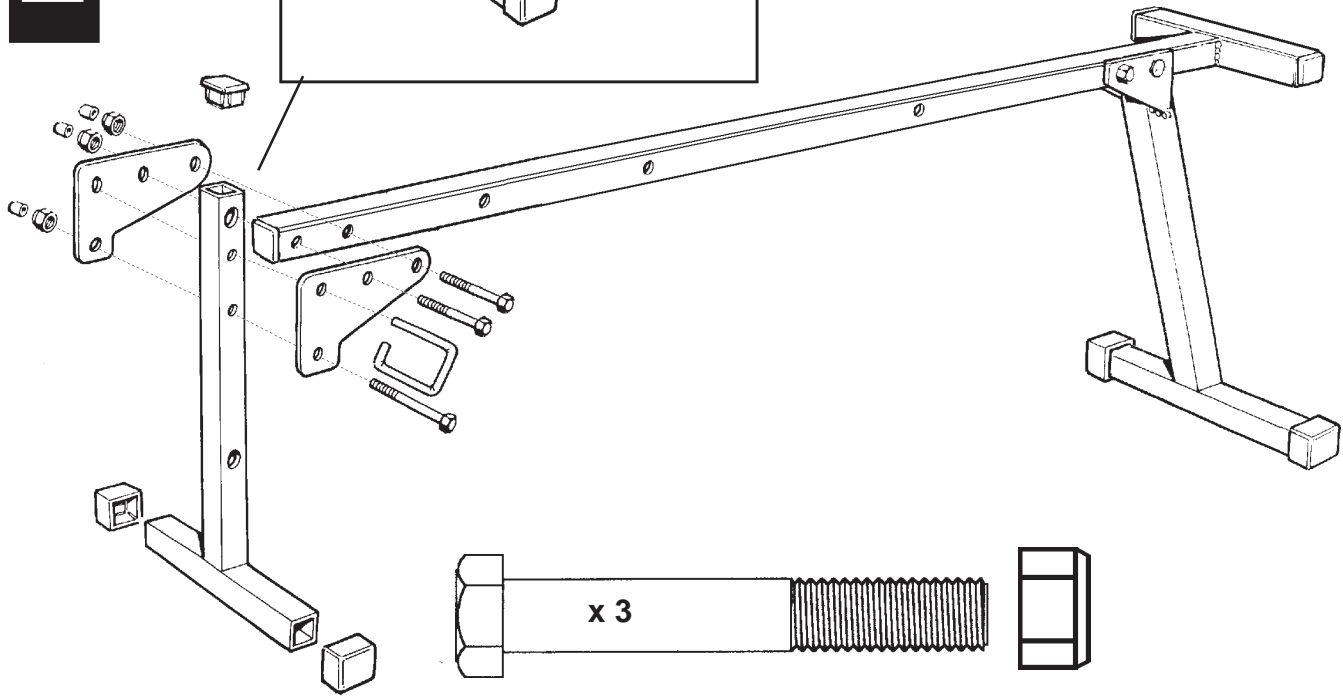
SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE ON (01327) 701824.
 WE WILL REQUIRE THE BATCH NUMBER (LOCATED ON A STICKER, ON THE BACK OF THE UPHOLSTERY).
 IF THE PARTS YOU ARE MISSING FROM THE BAG THEN WE WILL ALSO REQUIRE THE INFORMATION PRINTED ON THE BAG.

1

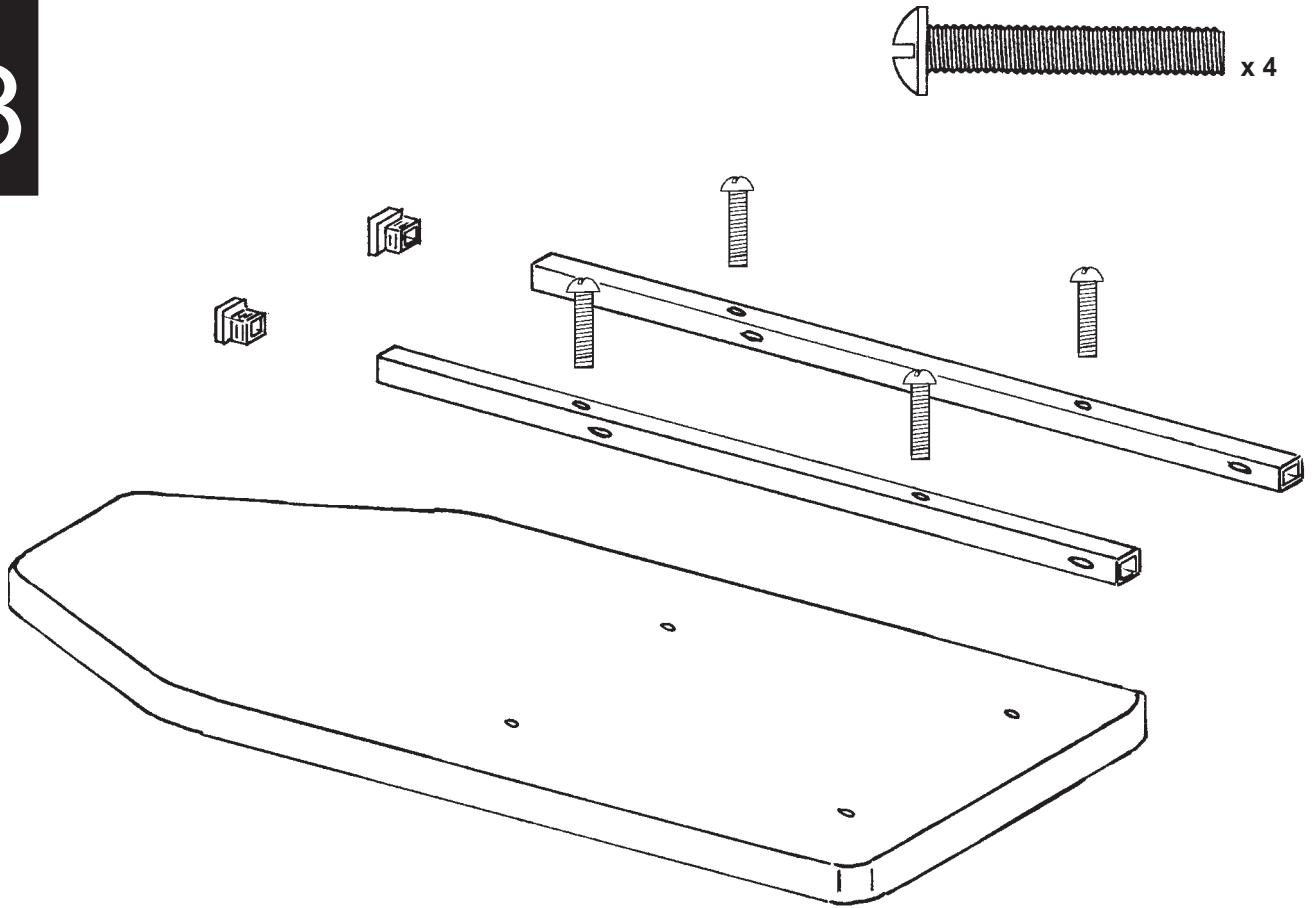
THE OFF CENTRE HOLE SHOULD BE TOWARDS THE TOP



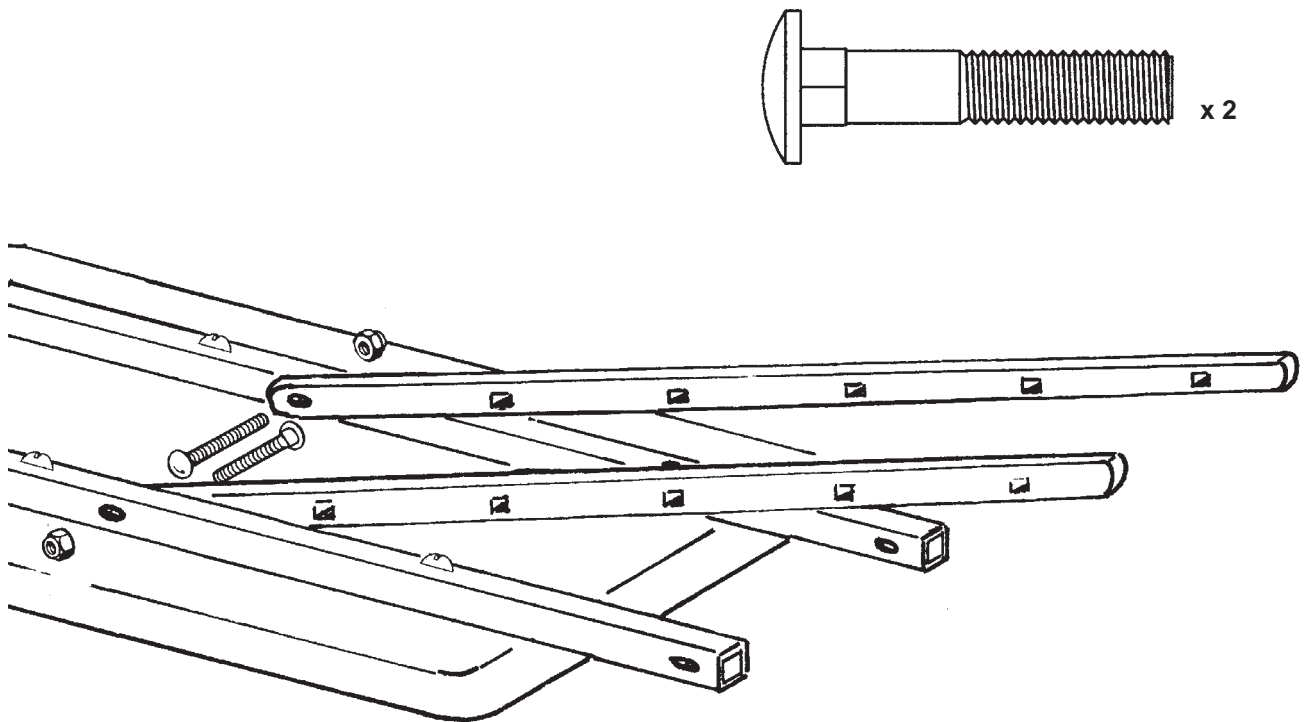
2



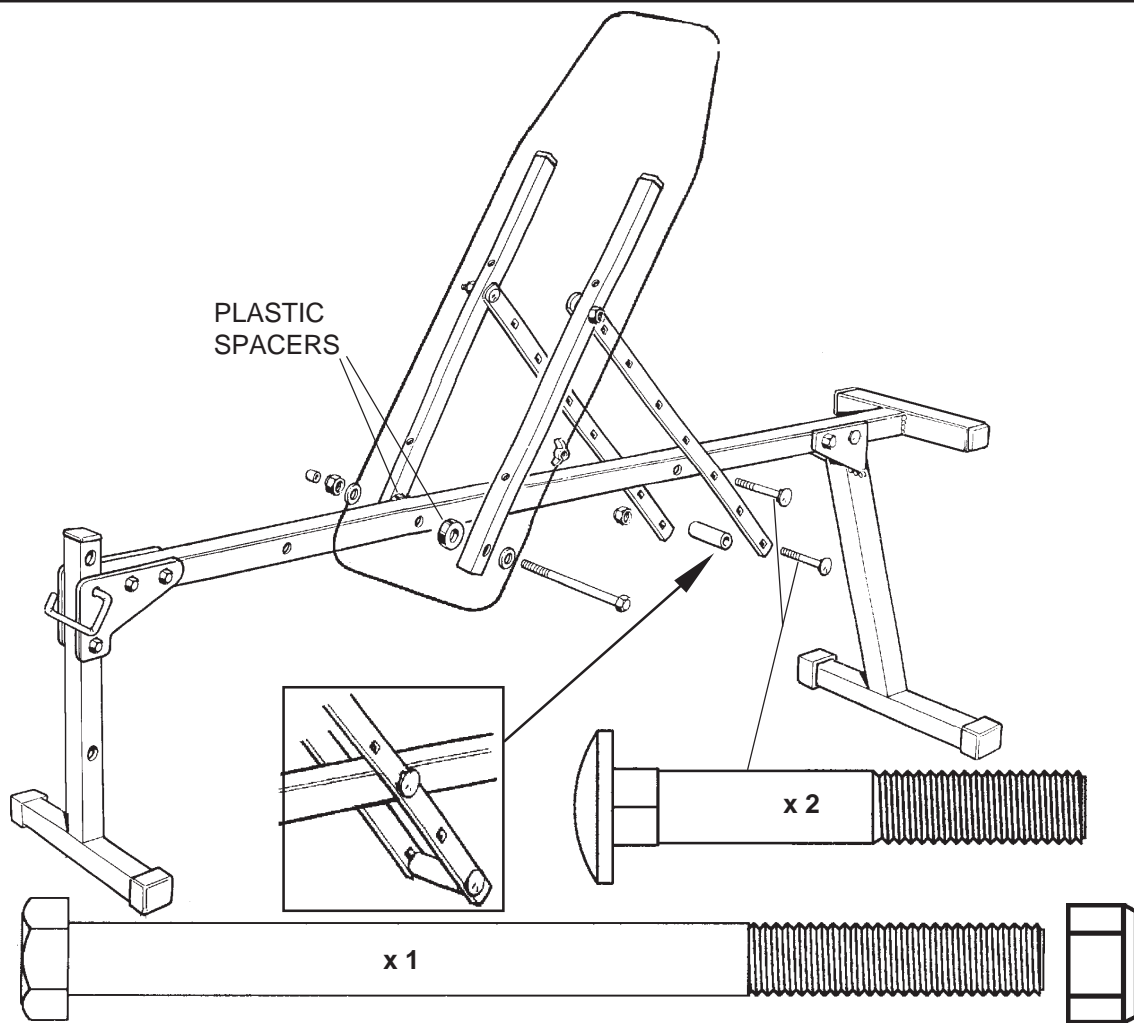
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