

**diamond  
narrow stance bench**

owner's manual

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

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**YORK<sup>®</sup>**  
**FITNESS**



Congratulations on purchasing a bench 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 bench. For more information visit [www.yorkfitness.com](http://www.yorkfitness.com)

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# 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 MINIMISE THE RISK OF INJURY**

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Assemble the product on a level surface
- You will need at least one person to help you assemble this unit.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- 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.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery 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.
- Injuries to health may result from incorrect or excessive training.
- Never overload the equipment - the maximum user load is displayed below and on the product label.
- We recommend that you do not lift weights alone. There should be somebody there to assist you.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- 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 behaviour 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.

## Safety Standards

This bench meets the requirements of British and EU safety standards EN957 parts 1 and 4. Therefore the product carries the following mark:



## Maximum Weight Limits

Flat / Incline: 150kg User + 150kg Weight

## Tools and consumables

Item 48 - 1x Spanner (13 & 17mm)  
Item 49 - 2x Spanner (17 & 19mm)  
Item 50 - 2x Allen Key (6mm) & Screwdriver

This product is not suitable for therapeutic purposes.



**It is important that you keep these instructions for future reference.**

## Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear, at least once a week is recommended. This includes any nuts, bolts, moving parts, bushes etc.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

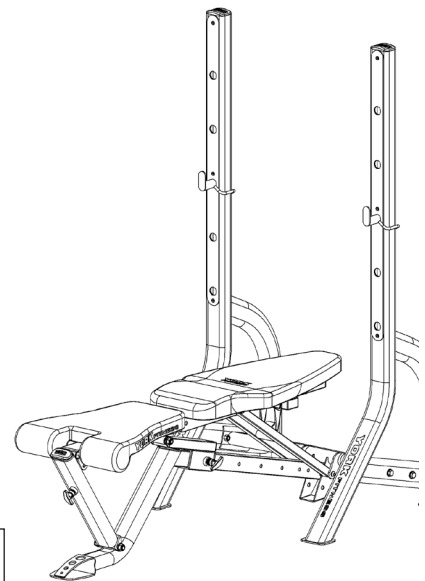
Protect the environment by not disposing of this product with household waste (2002/96/EC).  
Check your local authority for recycling advice and facilities (Europe only).

## Customer Support

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

1. Serial / batch no. - this can be found on a sticker which is located on the metal framework of the product.  
For future reference, please write down this batch number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect

Your Batch/Serial No. is:



## Contact Us

### ENGLAND

York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB  
Tel: (01327) 701800 Fax: (01327) 706704 email: [helpdesk@yorkfitness.co.uk](mailto:helpdesk@yorkfitness.co.uk)

### AUSTRALIA

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia  
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: [service@yorkfitness.com.au](mailto:service@yorkfitness.com.au)

### OTHER LOCATIONS

Please see website - [www.yorkfitness.com](http://www.yorkfitness.com)

# assembly instructions

## 1. Before you start

1. **Prepare your work area** - it is important you assemble the product in a clean and uncluttered space.

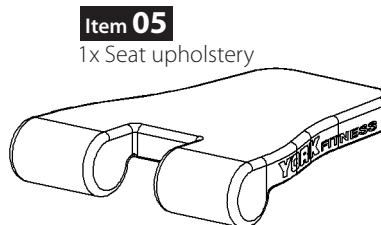
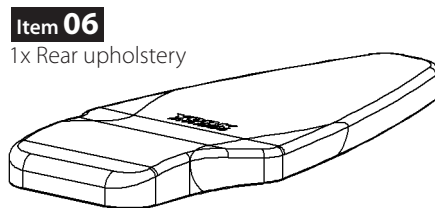
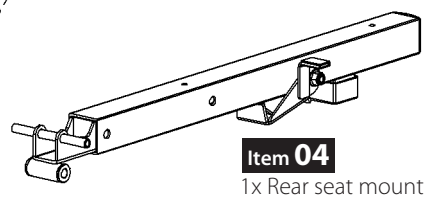
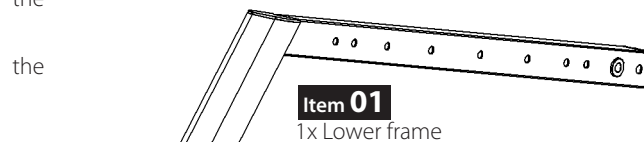
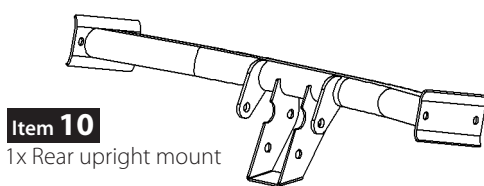
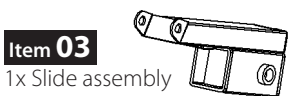
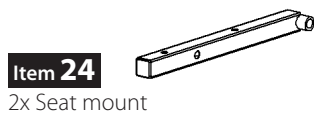
2. **Work with a friend** - we recommend you have someone assist you with the assembly as some of the components are quite heavy.

3. **Open the carton** - checking any warnings on the carton and make sure you have it the right way up.

### 4. Unpack the carton

a. Remove all the parts and lay them out on the floor

b. Make sure you have the following parts:



## Fixings



This bench takes up a floor space of 1452mm by 720mm and weighs 55.5kg



If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2.

## FIXINGS:

**Item 35**

4x Washer M10



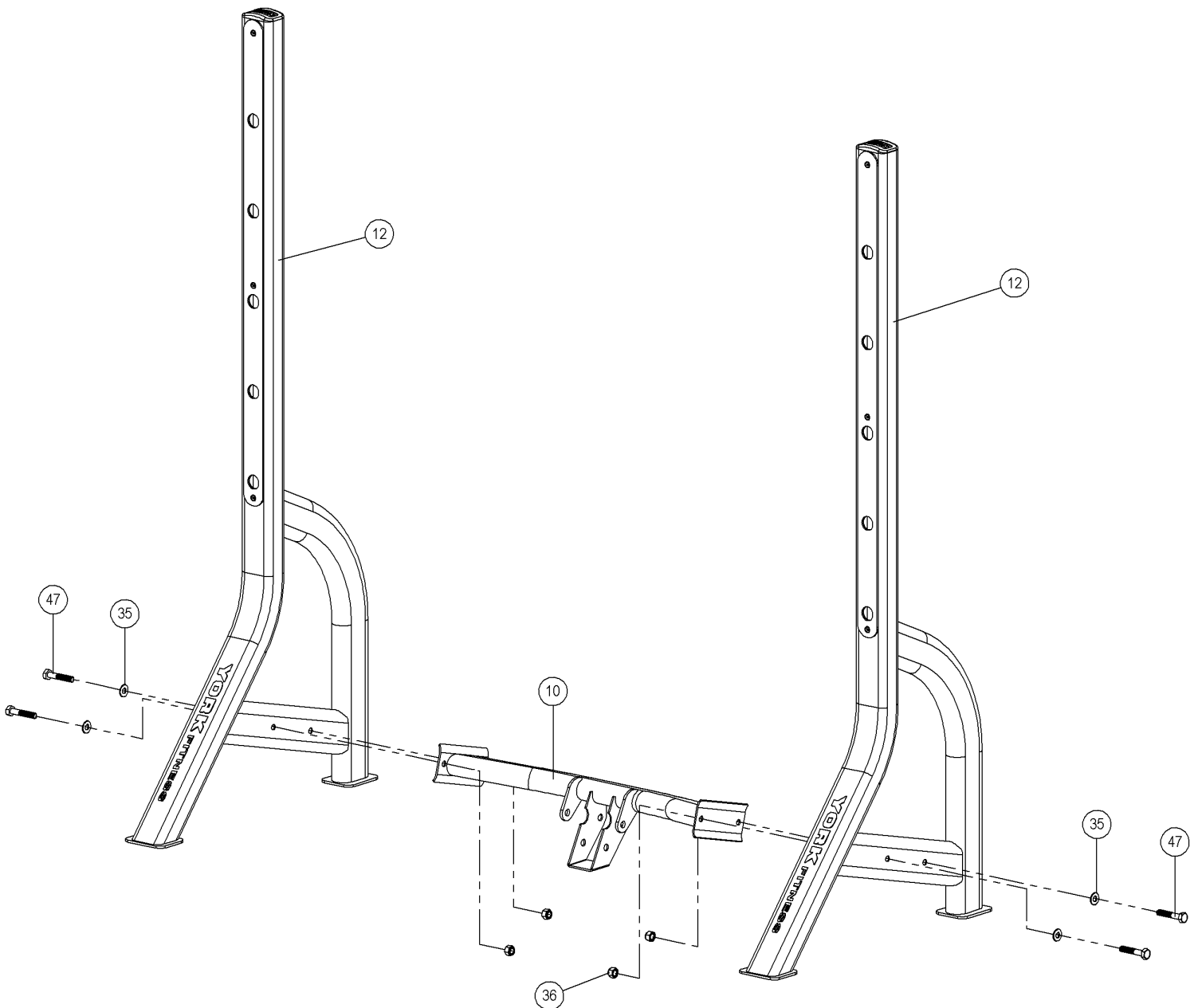
**Item 36**

4x Nyloc nut M10



**Item 47**

4x HH Bolt M10 x 55mm




3.

**FIXINGS:**

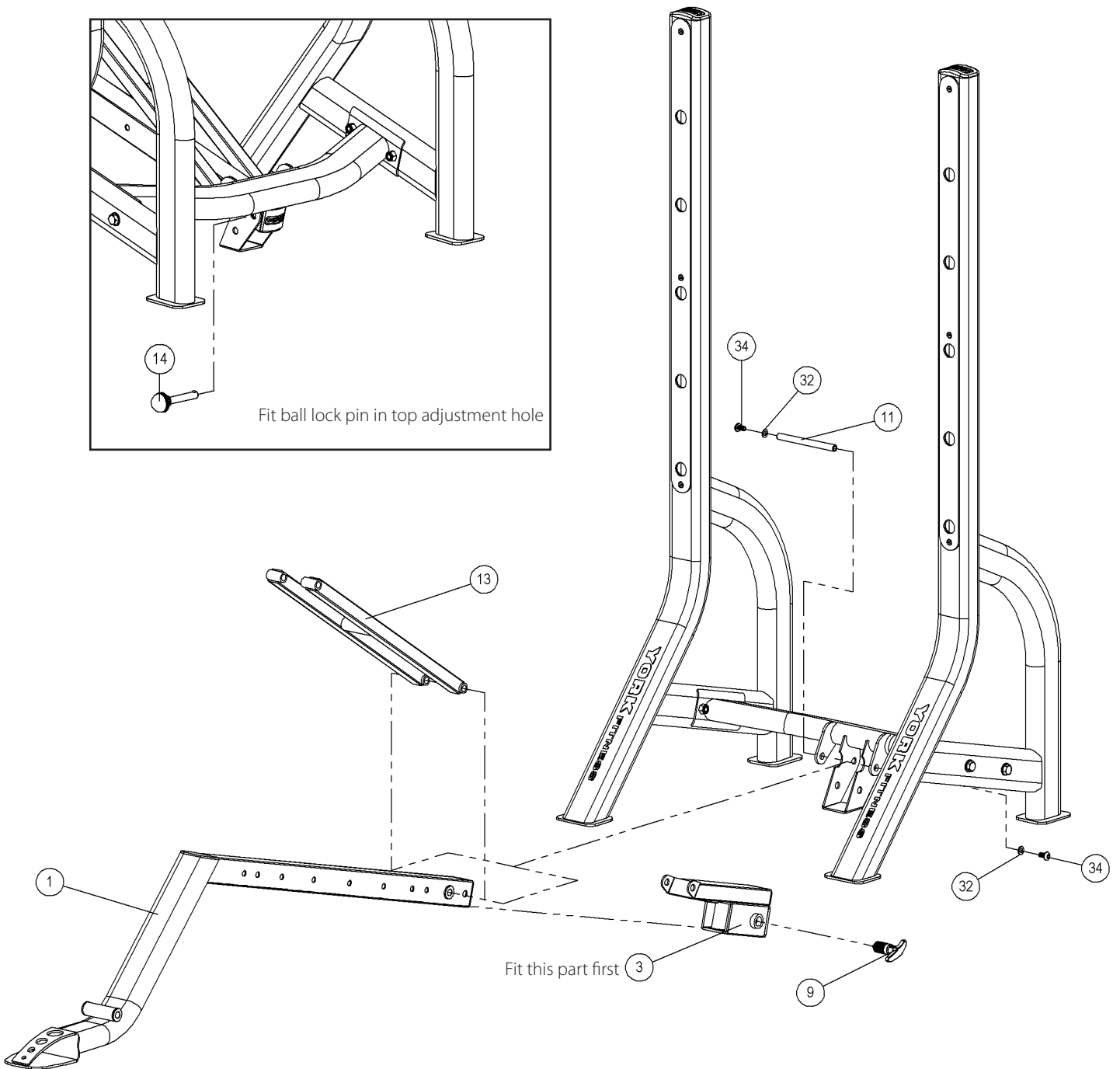
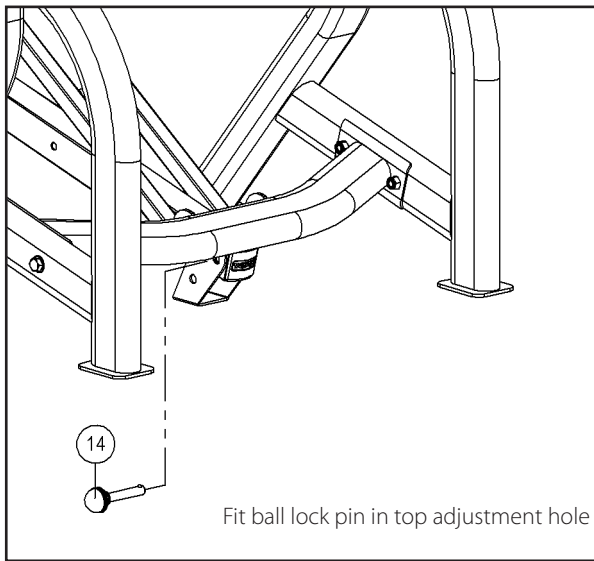
**Item 09**   
1x Pull/twist plunger

**Item 32**   
2x Washer M8

**Item 11**   
1x Pivot rod Ø12 x L:136mm

**Item 34**   
2x Allen bolt M8 x 20mm

**Item 14**   
1x Ball lock pin L:67mm



4.

## FIXINGS:

**Item 32**  
4x Washer M8



**Item 40**  
1x Nyloc nut M12



**Item 45**  
2x HH Bolt M8 x 65mm



**Item 34**  
2x Allen bolt M8 x 20mm



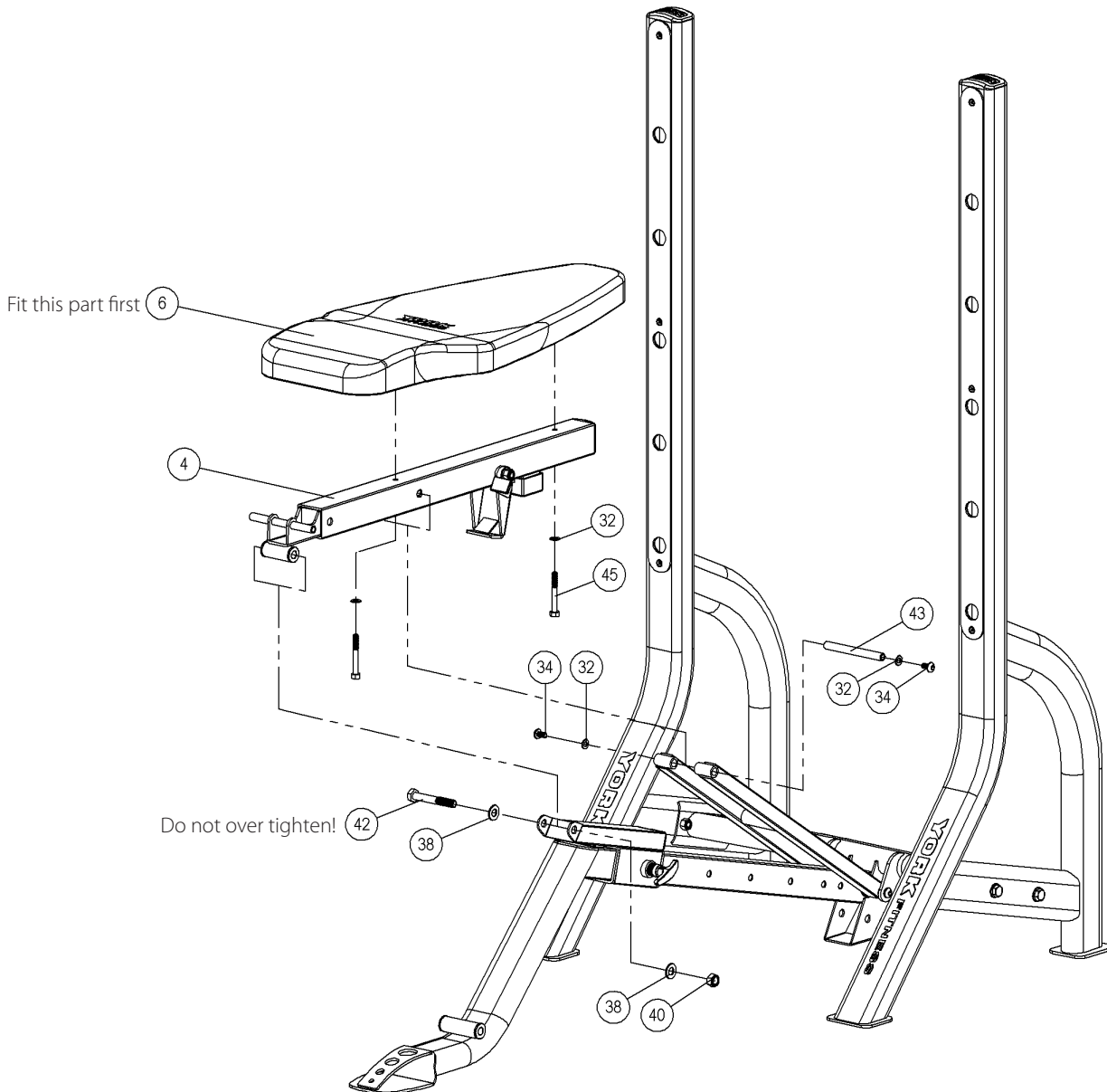
**Item 42**  
1x HH Bolt M12 x 85mm



**Item 38**  
2x Washer M12



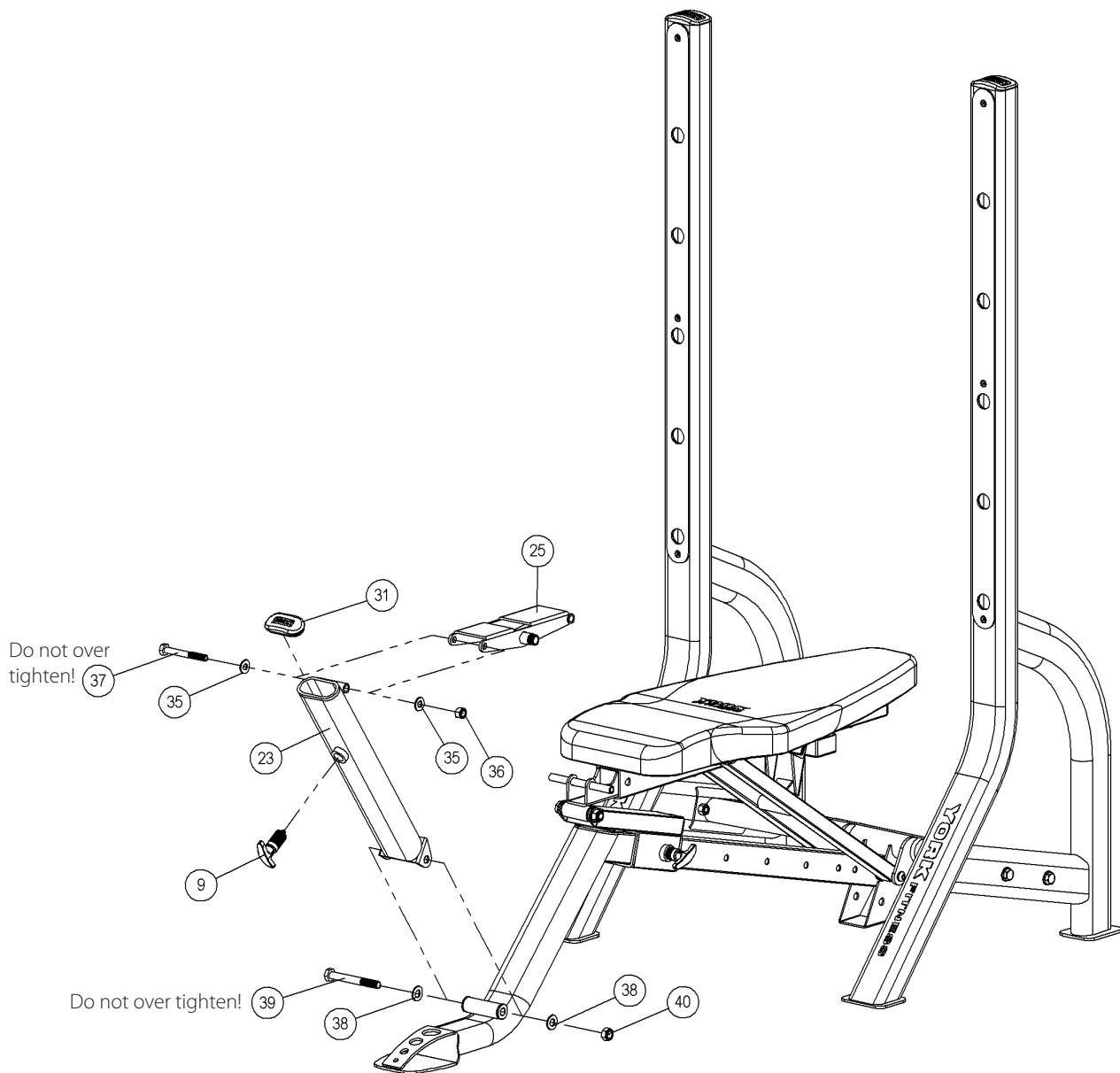
**Item 43**  
1x Pivot rod Ø12 x L:118mm



5.







**FIXINGS:**

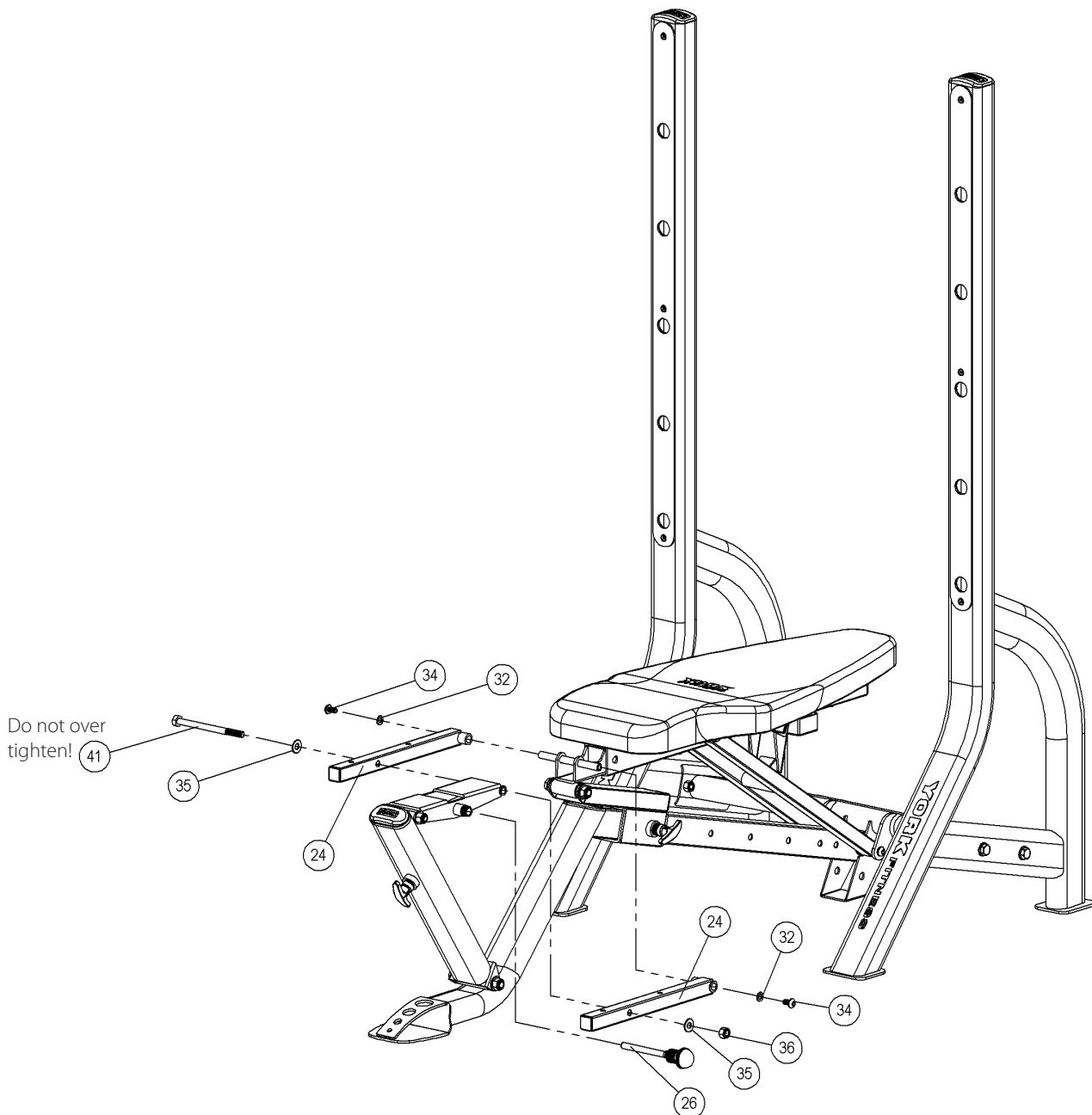
<b>Item 09</b> 1x Pull/twist plunger	<b>Item 37</b> 1x HH Bolt M10 x 85mm	<b>Item 40</b> 1x Nyloc nut M12
<b>Item 35</b> 2x Washer M10	<b>Item 38</b> 2x Washer M12	
<b>Item 36</b> 1x Nyloc nut M10	<b>Item 39</b> 1x HH Bolt M12 x 102mm	



6.


**FIXINGS:**


<p><b>Item 26</b></p>  <p>1x Sprung pull pin L:125mm</p>	<p><b>Item 35</b></p>  <p>2x Washer M10</p>
<p><b>Item 32</b></p>  <p>2x Washer M8</p>	<p><b>Item 36</b></p>  <p>1x Nyloc nut M10</p>
<p><b>Item 34</b></p>  <p>2x Allen bolt M8 x 20mm</p>	<p><b>Item 41</b></p>  <p>1x HH Bolt M10 x 140mm</p>




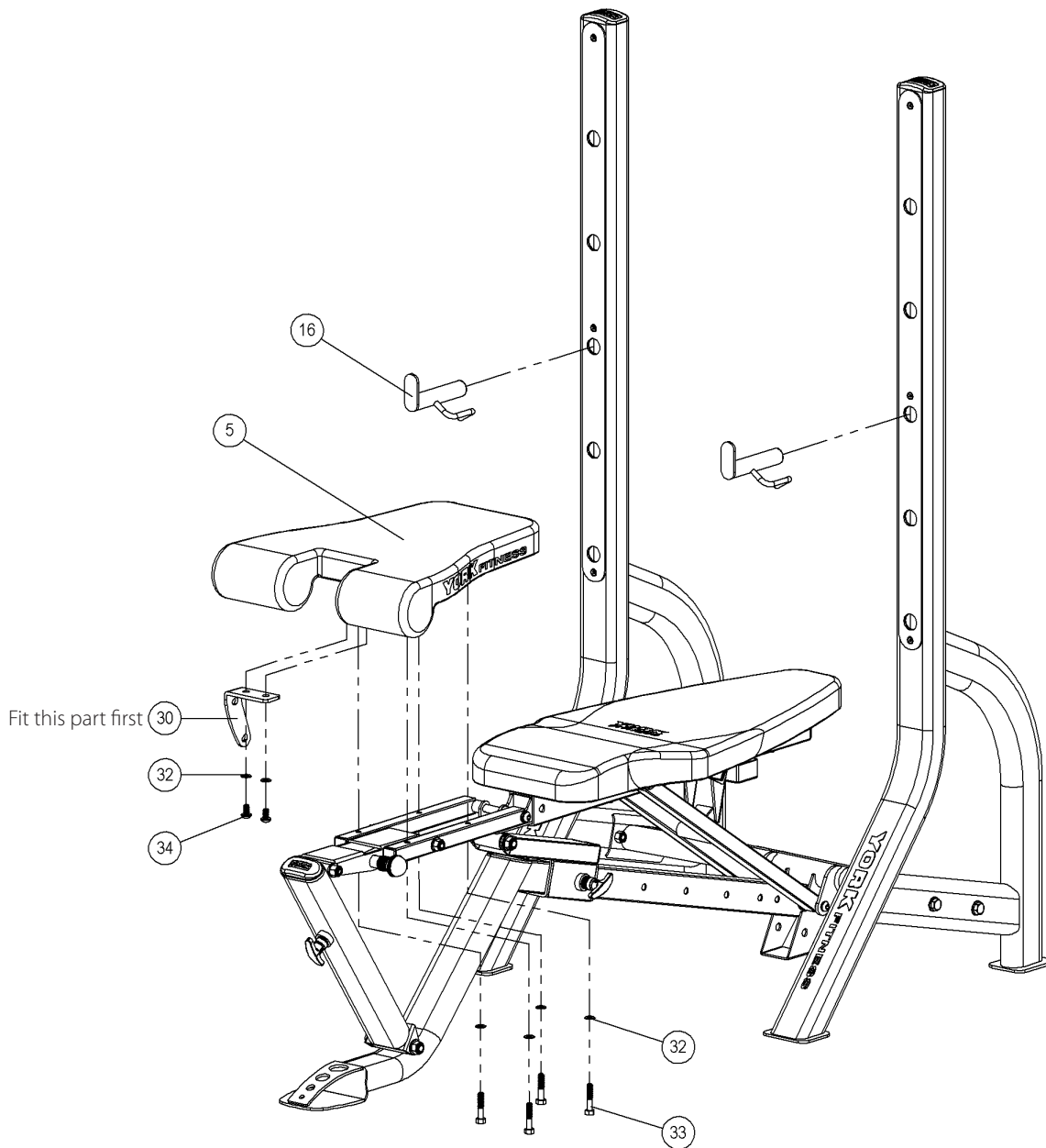
7.

**FIXINGS:**

**Item 32**   
6x Washer M8

**Item 33**   
4x HH Bolt M8 x 42mm

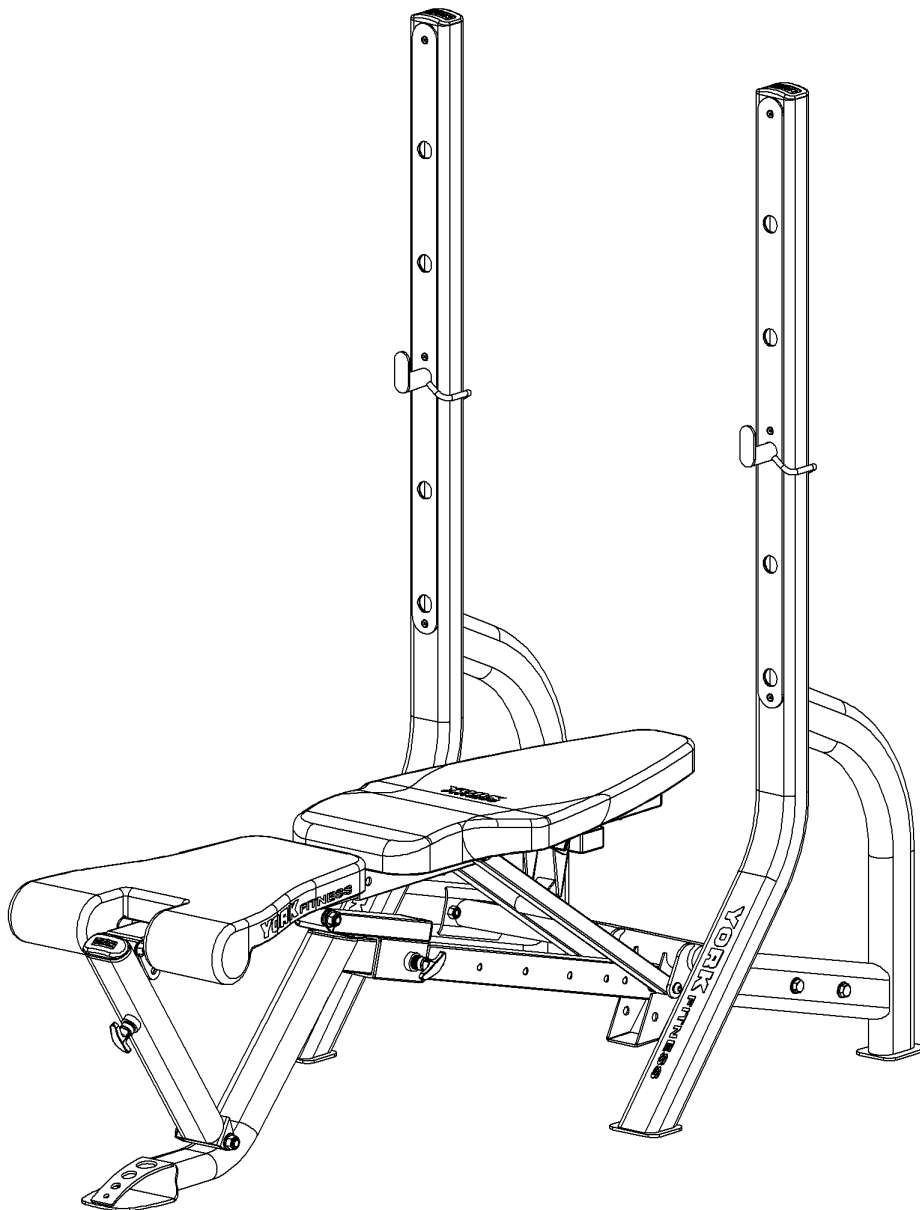
**Item 34**   
2x Allen bolt M8 x 20mm



## 8. Final Checks

Your bench is now assembled. Please make the following final checks before you use it for the first time:

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

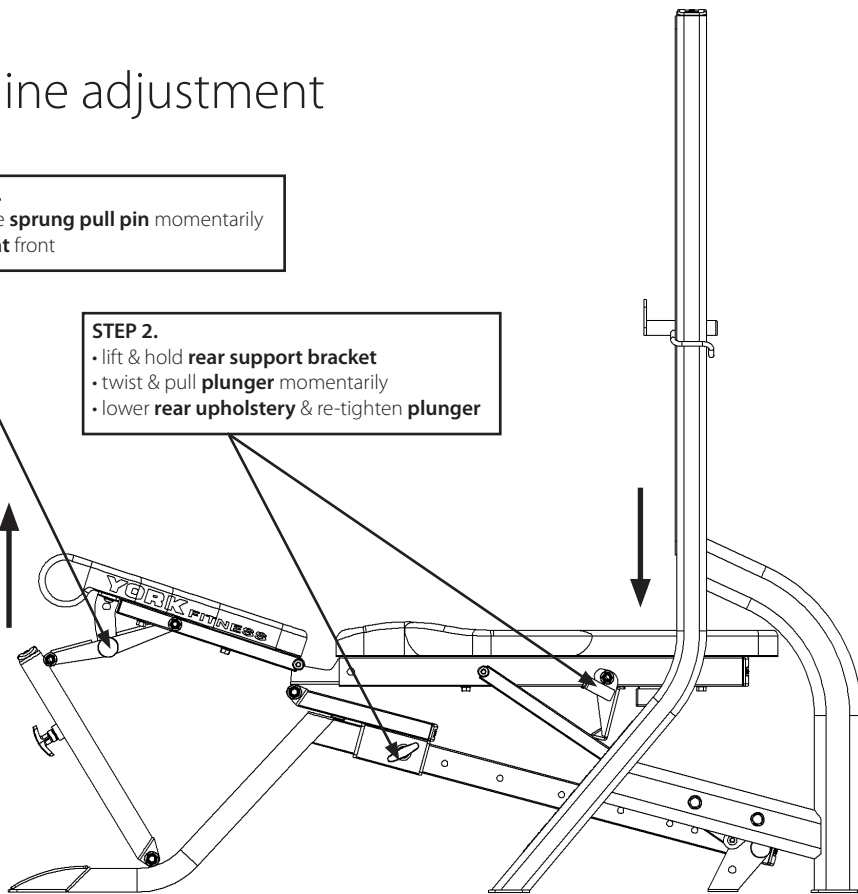


# user instructions

## decline adjustment

**STEP 1.**  
• release **sprung pull pin** momentarily  
• lift **seat front**

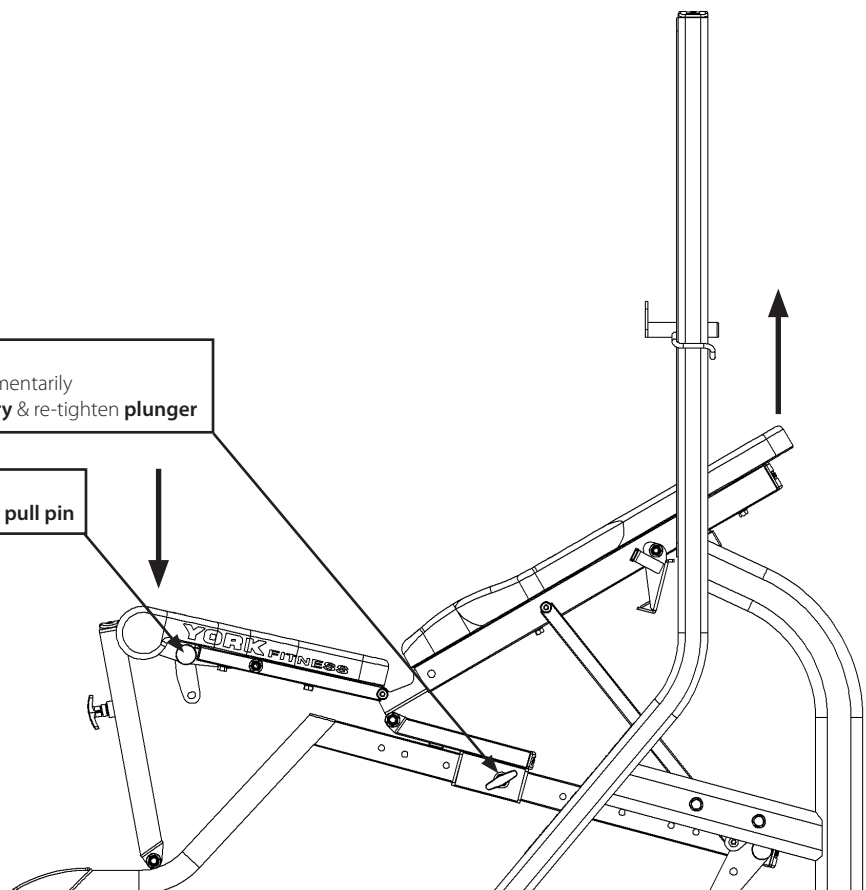
**STEP 2.**  
• lift & hold **rear support bracket**  
• twist & pull **plunger** momentarily  
• lower **rear upholstery** & re-tighten **plunger**



## incline adjustment

**STEP 1.**  
• ensure **seat** in lower position using **sprung pull pin**

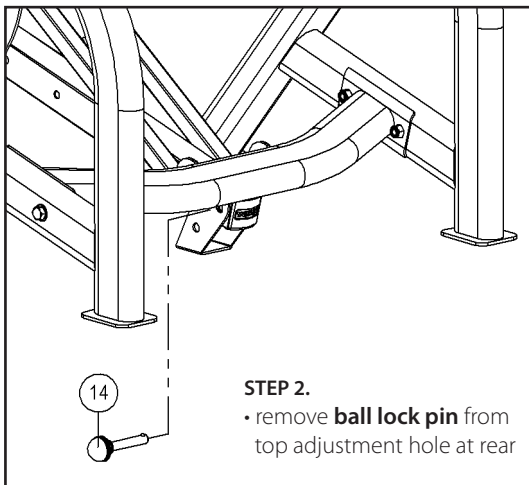
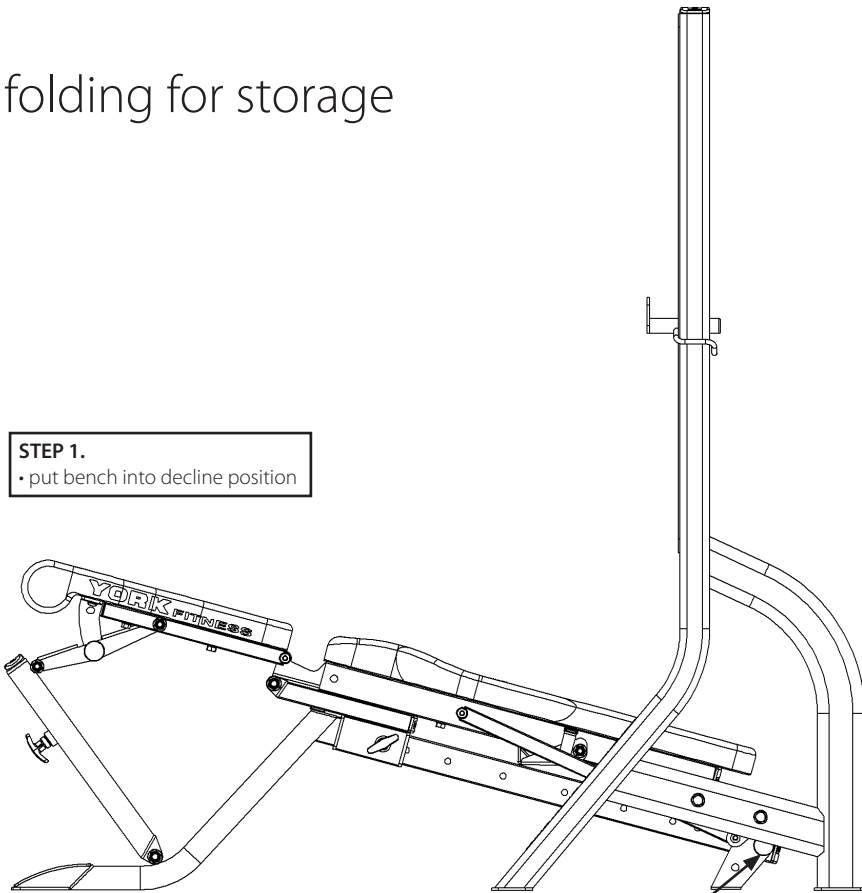
**STEP 2.**  
• twist & pull **plunger** momentarily  
• lift rear of **rear upholstery** & re-tighten **plunger**



## folding for storage

### STEP 1.

- put bench into decline position

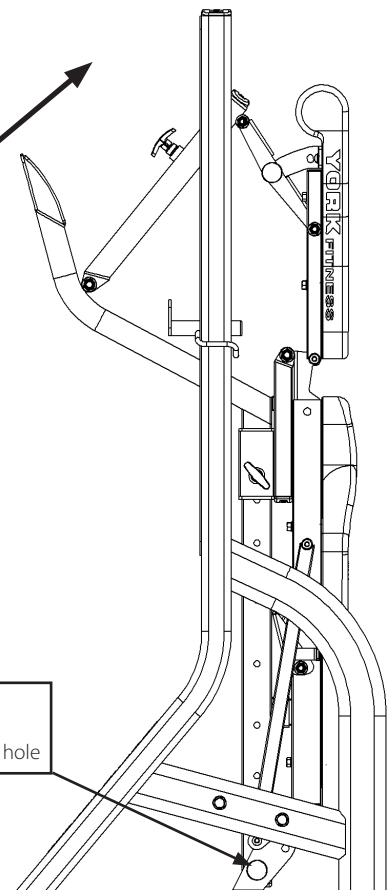


### STEP 2.

- remove **ball lock pin** from top adjustment hole at rear

### STEP 3.

- lift bench front upwards
- re-fit **pull pin** into lower adjustment hole



# exercising with your bench



**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**

## Starting your workout

Begin each workout with a warm up session – the purpose of this is to raise your heart rate slightly and mobilise major joints to prevent strains, pulls and cramps.

- Perform some gentle stretching
- Do light cardiovascular exercise (ie cycle) for approx 5-10 mins
- 'Dry-run' one exercise per body part without using weights to ensure muscles and joints are warm

## Finishing your workout

End each workout with a warm down session – the purpose of this is to lower your heart rate slightly and to prevent strains, pulls and cramps.

- Perform 3-5 minutes of light cardiovascular work to gradually lower heart rate and reduce body temperature back towards resting levels
- Exercise should be rhythmical and of gradually decreasing intensity.
- Stretch all the major muscle groups – this will aid recovery and return the muscles to their normal length

## Correct exercising form

- Hold weights with a comfortable grip (avoid gripping too tightly)
- Stand, sit or lie as described below, paying particular attention to your abdominal muscles which help support your back:
  - Standing – For most standing exercises use a split foot position (feet apart with one foot forward hips remain square to front), stand tall and pull abdominals firmly in
  - Seated – Feet parallel, hip width apart, sit tall and pull abdominals tightly in
  - Lying down – Always ensure back to bench and abdominals tightly pulled in
- Ensure joints remain soft (not locked out) and movements are carried out in a smooth and continuous way. (Each repetition should take you approximately a slow count of 4 to do)
- Avoid using 'momentum' and instead focus on the muscles you are working - throwing weights with poor technique increases the risk of injury and reduces training benefits
- Use full range of movement for each repetition performed
- Do not hold breath whilst training, instead exhale on the hardest phase of the exercise and inhale on the easier phase eg) Bicep Curl – exhale as you curl dumbbell towards shoulder and inhale as you return the weight to the start position

## Choosing your weights

Start with a weight you can perform 12 repetitions without crossing the line from 'challenged' to 'struggle'. If you cannot maintain correct technique, the weight is too heavy!

Gradually increase the weight as you become stronger and more practiced.

## Training for increased muscle size

- Keep your sets between 8 – 12 repetitions
- Repeat each individual exercise 2 or 3 times increasing weight slightly and decreasing repetitions ie. 1st set 12 repetitions, 2nd set 10 repetitions, 3rd set 8 repetitions
- Rest for 1 minute between sets

## Training for shape/definition

- Sets should be 12 – 15 repetitions
- Repeat each individual exercise 1 or 2 times with sets of between 12 - 15 repetitions
- Rest for 1 minute between sets



**Please see the accompanying wallchart for guidelines on how to perform specific exercises**

## your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month 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 Barbell (U.K.) Ltd. warrants that the Product you have purchased from an authorised York 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 Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell'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 Barbell may replace defective parts or at the option of York Barbell, 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 Barbell. York Barbell 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 Barbell 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 Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

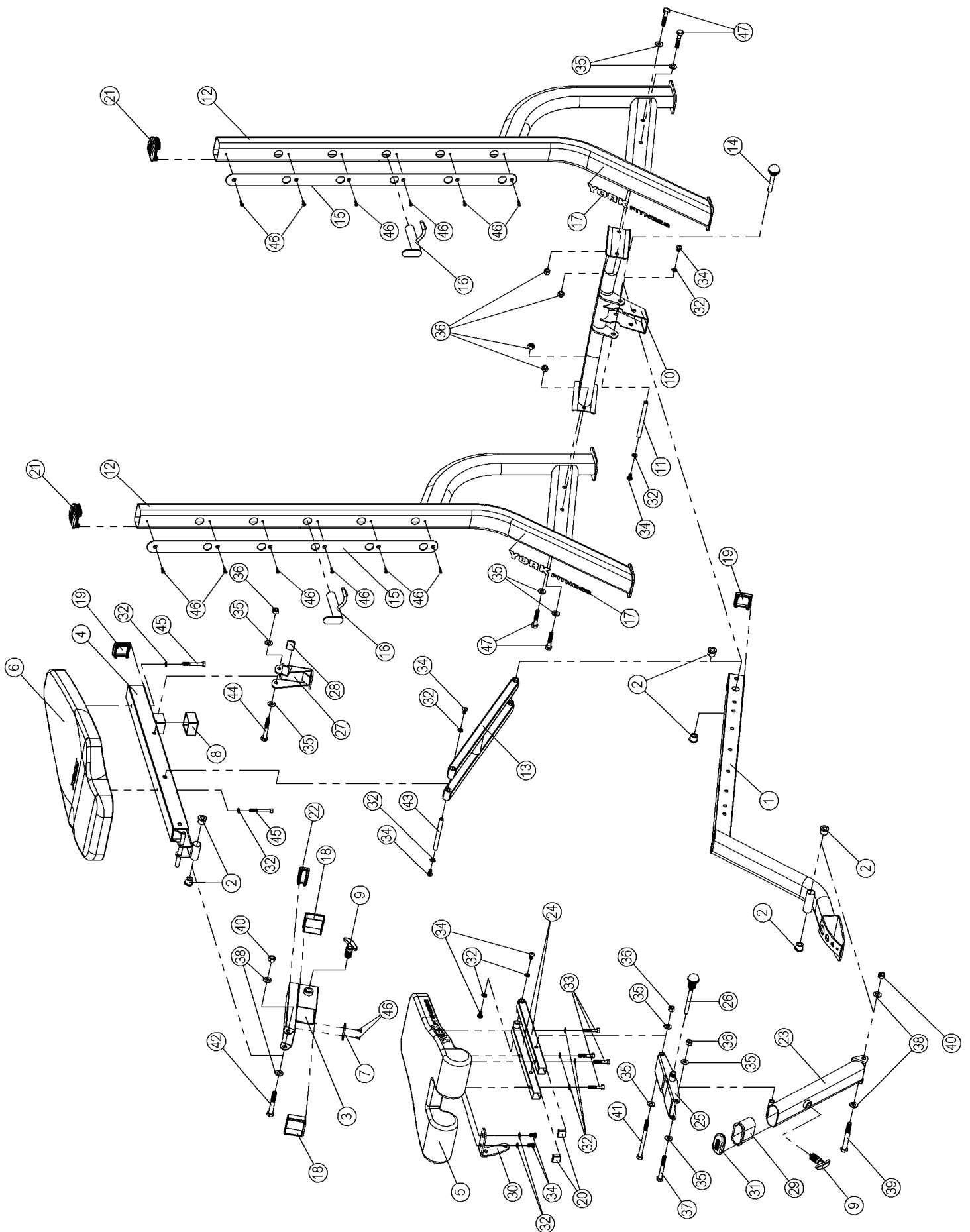
To obtain warranty service you must and provide the following information:

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

# exploded parts



Item	Qty	Part no.	Part Description
1	1	YKA00245g5	Lower frame assembly
2	6	YKF10007b15	Top hat bush (OD25 x ID12 x 18mm)
3	1	YKA00246g10	Slide assembly
4	1	YKA00247g10	Rear seat mount assembly
5	1	YKF30059q30	Seat upholstery
6	1	YKF30060q30	Rear upholstery
7	1	YKF20414b3	Plastic spacer
8	1	YKF20032b3	Square Flat External End Cap (SQ - 45mm)
9	2	YKF50011o1	Pull/twist plunger
10	1	YKA00248g10	Rear upright mount assembly
11	1	YKP00223z1	Pivot rod (Ø12 x 136mm)
12	2	YKA00249g10	Rear upright assembly
13	1	YKA00250g10	Rear seat support assembly
14	1	YKF10461o1	Ball lock pin (M10 x 67mm)
15	2	YKP00224z1	Protection plate
16	2	YKA00251z1	Barbell support pin
17	2	YKF50180q30	Decal "York Fitness" (290 X 23mm)
18	2	YKF20415b3	Square plastic reducer (60 > 50mm)
19	2	YKF20427b3	Square Flat Internal End Cap (SQ50mm / 3mm tube)
20	2	YKF20417b3	Square Flat Internal End Cap (SQ - 25mm)
21	2	YKF20418b3	Rectangle R12 radius internal end cap (70 x 50 / 2mm tube)
22	1	YKF20419b3	Rectangle radius internal end cap (30 x 60 / 2mm tube)
23	1	YKA00252g10	Front leg assembly
24	2	YKA00253g10	Seat mount assembly
25	1	YKA00254g10	Seat adjustment assembly
26	1	YKF50181o2	Sprung pull pin (Ø10 x 125mm)
27	1	YKA00255g10	Rear support bracket
28	1	YKF20420o2	Rubber sleeve
29	1	YKF20421b3	Flat oval plastic reducer (40x80 > 70x30mm)
30	1	YKP00225g10	Seat lock bracket
31	1	YKF20422b3	Front leg end cap
32	14	YKF10398z1	Flat washer (M8)
33	4	YKF10462z1	Hex head bolt (M8 x 42mm)
34	8	YKF10046z1	Allen head bolt (M8 x 20mm)
35	10	YKF10013z1	Flat washer (M10)
36	7	YKF10012z1	Nyloc nut (M10)
37	1	YKF10031z1	Hex head bolt (M10 x 85mm)
38	4	YKF10016z1	Flat washer (M12)
39	1	YKF10463z1	Hex head bolt (M12 x 102mm)
40	2	YKF10011z1	Nyloc nut (M12)
41	1	YKF10464z1	Hex head bolt (M10 x 140mm)
42	1	YKF10472z1	Hex head bolt (M12 x 85mm)
43	1	YKP00226z1	Pivot rod (Ø12 x 118mm)
44	1	YKF10033z1	Hex Head Bolt (M10 x 75mm)
45	2	YKF10042z1	Hex head bolt (M8 x 65mm)
46	14	YKF10466z1	Philips countersunk screw (M5 x 15mm)
47	4	YKF10038z1	Hex head bolt (M10 x 55mm)
Tools			
48	1	YKF70026	Spanner (13 & 17mm)
49	2	YKF70027	Spanner (17 & 19mm)
50	2	YKF70028	Allen Key (6mm) & Screw Driver