

# 2001 YORK<sup>®</sup> Fitness

ASSEMBLY INSTRUCTIONS

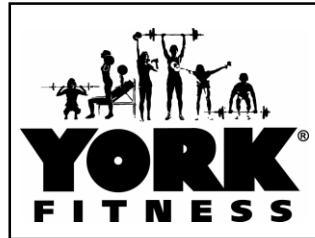


## 2001

Home - Gym

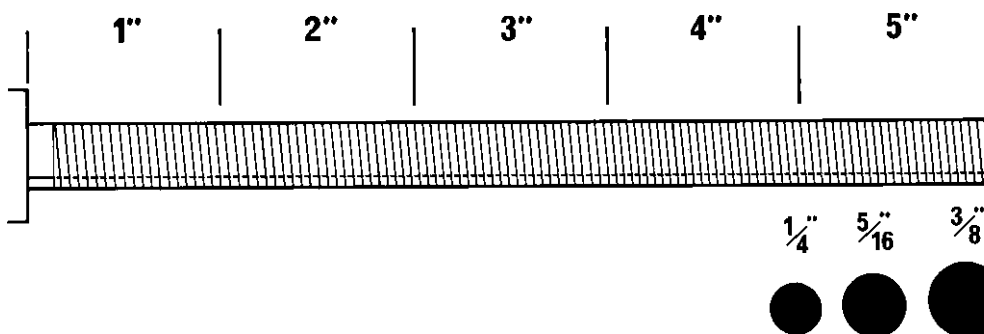
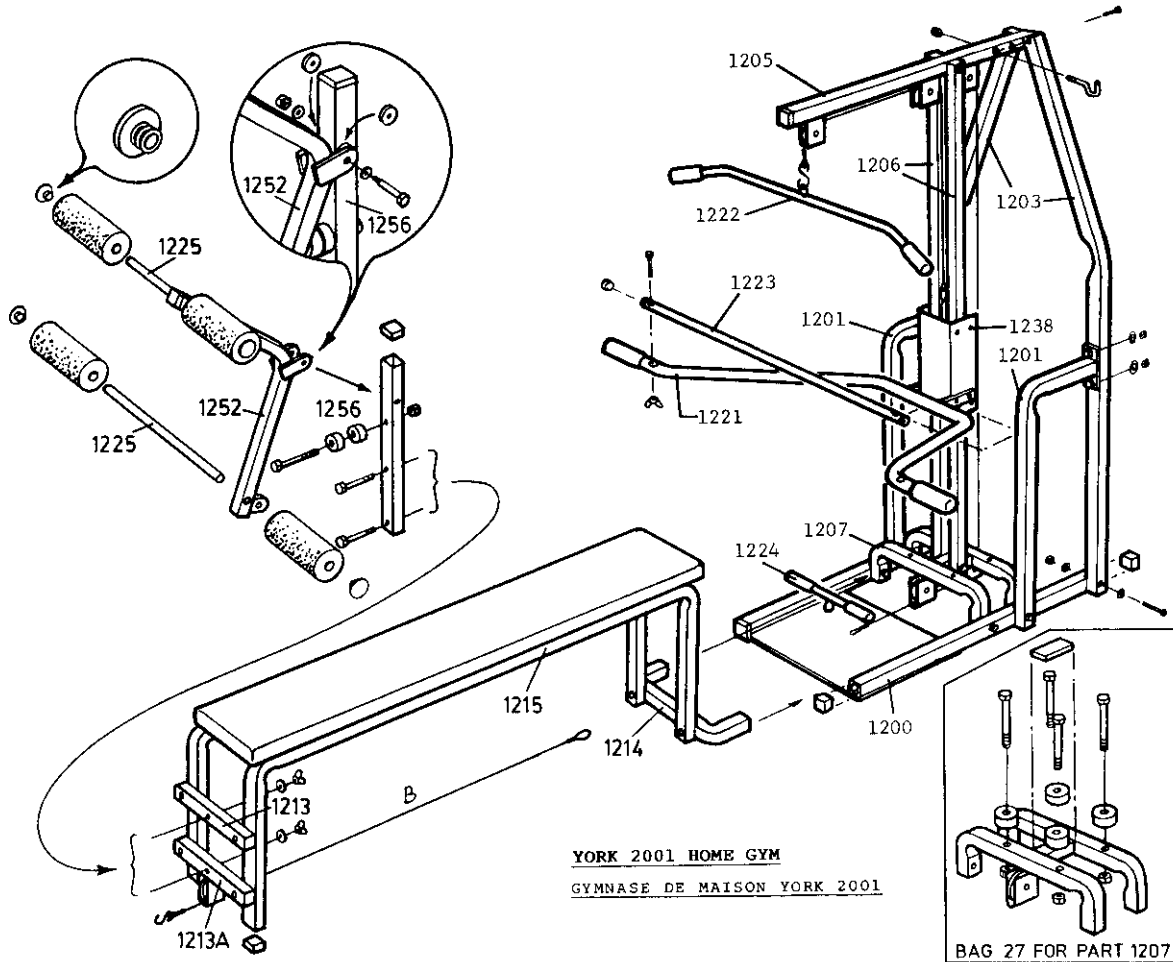
MODEL # 5000 - UK

**MODEL # 5000**  
ASSEMBLY INSTRUCTIONS



**2001**

Home - Gym



# YORK BARBELL CO. LTD.

1450 SOUTH SERVICE ROAD W., OAKVILLE, ONT. L6L 5T7 TEL. (416) 827 6362

November 22, 1993

Let it be known that the **York 2001 Home Gym** is covered under the following Registered Design Numbers and Patent Applications in the following countries. Legal action will be taken against any person or company infringing on design, patent or copyrights.

CANADIAN REGD. DESIGN NO. 52918  
GREAT BRITAIN REGD. DES. NO. 1021330  
AUSTRALIAN REGD. DESIGN NO. 91884  
CANADIAN PATENT NO. 459474  
UNITED STATES PATENT  
NO. 636380

YORK BARBELL CO. LTD.  
L6L-5T7  
CANADA

UNITED STATES DESIGN PATENT # DES. 288451  
U.K. PATENT APPLICATION # 8419368  
NORWEGIAN PATENT APPLICATION # 850156  
NEW ZEALAND PATENT APPLICATION # 210903  
SOUTH AFRICAN PATENT # 85/0459  
ITALIAN PATENT # 19318A/85  
GERMAN PATENT APPLICATION # P 35 06 855.8  
GERMAND AUXILIARY UTILITY MODEL  
APPLICATION # G 85 05 574.3  
DUTCH PATENT # 85.00715  
SWEDISH PATENT # 8500310-1  
AUSTRALIA PATENT #31672/84

YORK BARBELL CO. LTD.  
1450 SOUTH SERVICE ROAD WEST  
OAKVILLE, ONTARIO  
CANADA, L6L-5T7

# 1

## YORK 2001 HOME GYM

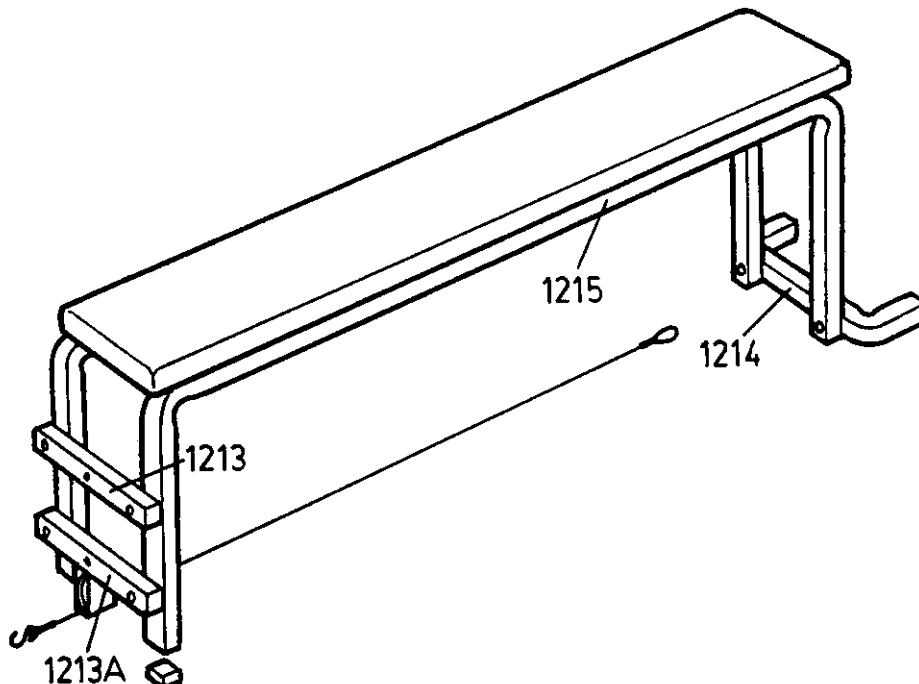
York Home Gym 2001 Bench can be easily assembled if you follow these directions. Assemble only hand tight in the beginning to allow for proper alignment.

TOOLS NEEDED TO ASSEMBLE BENCH PROPERLY: (a) large screwdriver (b) 2 9/16" wrenches. PLIERS SHOULD NOT BE USED.

Place all the parts for the unit on the floor in the area you wish the unit to stand. Take the upholstered piece and lay it flat (preferably on a table), with the black upholstery face down. Now open Bag #24 and take out the 6 only 1/4" X 2" Round Head Screws and fasten the 2 Parts #1215 to the upholstered piece. Now bolt Part #1214 to Parts #1215 on the outside of the legs using 2 3/8" X 3 1/2" Long Bolts and sliding a washer onto the bolt before installing it, then sliding another washer onto the bolt before starting the nut. Do the same with Parts #1213 and #1213A, mounting them on the outside of the legs and making sure that when the bench is on the floor the pulley will be just about 2 1/2" from floor level.

Now from Bag #28, take 10 only 1 1/2" Square Internal Black Plugs and install 4 in Parts #1215, 2 in Part #1214, 2 in Part #1213 and 2 in Part #1213A.

Now turn the bench over, place it on a flat surface and have someone apply weight to the top of the bench. First tighten up the 6 slotted bolts with your screwdriver, then take two 9/16" wrenches and tighten up Part #1214 to Part #1215. Now tighten up Part #1213 to Part #1215. DO NOT TIGHTEN PART #1213A AT THIS TIME.



If any of the boxes containing the parts for the York Home Gym 2001 was unopened when you purchased it and there is a shortage, please notify us. If the box was opened, and there is a shortage, the dealer is responsible. Please indicate to us the part # which is missing. We will replace the missing part by return mail.

Your York Home Gym 2001 Leg Curl Assembly Unit is easily put together if you follow these directions. Assemble only hand tight in the beginning to allow for proper alignment.

**TOOLS NEEDED TO ASSEMBLE LEG CURL ASSEMBLY:** (a) 2 only 9/16" wrenches (b) 1 only 1/2" wrench.

From Bag #23, take out 2 only 3/8" X 3 1/2" long bolts, 4 only 3/8" flat washers and 2 wing nuts. Now slide 1 washer on each bolt. Take Part #1256 and place it so that it is on the outside of Part #1213 and #1213A before putting bolts through. Now slide a washer on each bolt before putting the wing nuts on. Whenever you wish to take off the leg curl assembly or put it onto the bench, this is the procedure to follow. The use of the wing nuts offers quick and easy attachment without tools. Now take two 9/16" wrenches and tighten Part #1213A and #1213 to part #1215 (bench).

From Bag #23 take out 2 round rubber bumpers, 1 only 1/2" long bolt and 1 only 1/2" nut and assemble to Part #1256 as shown in drawing.

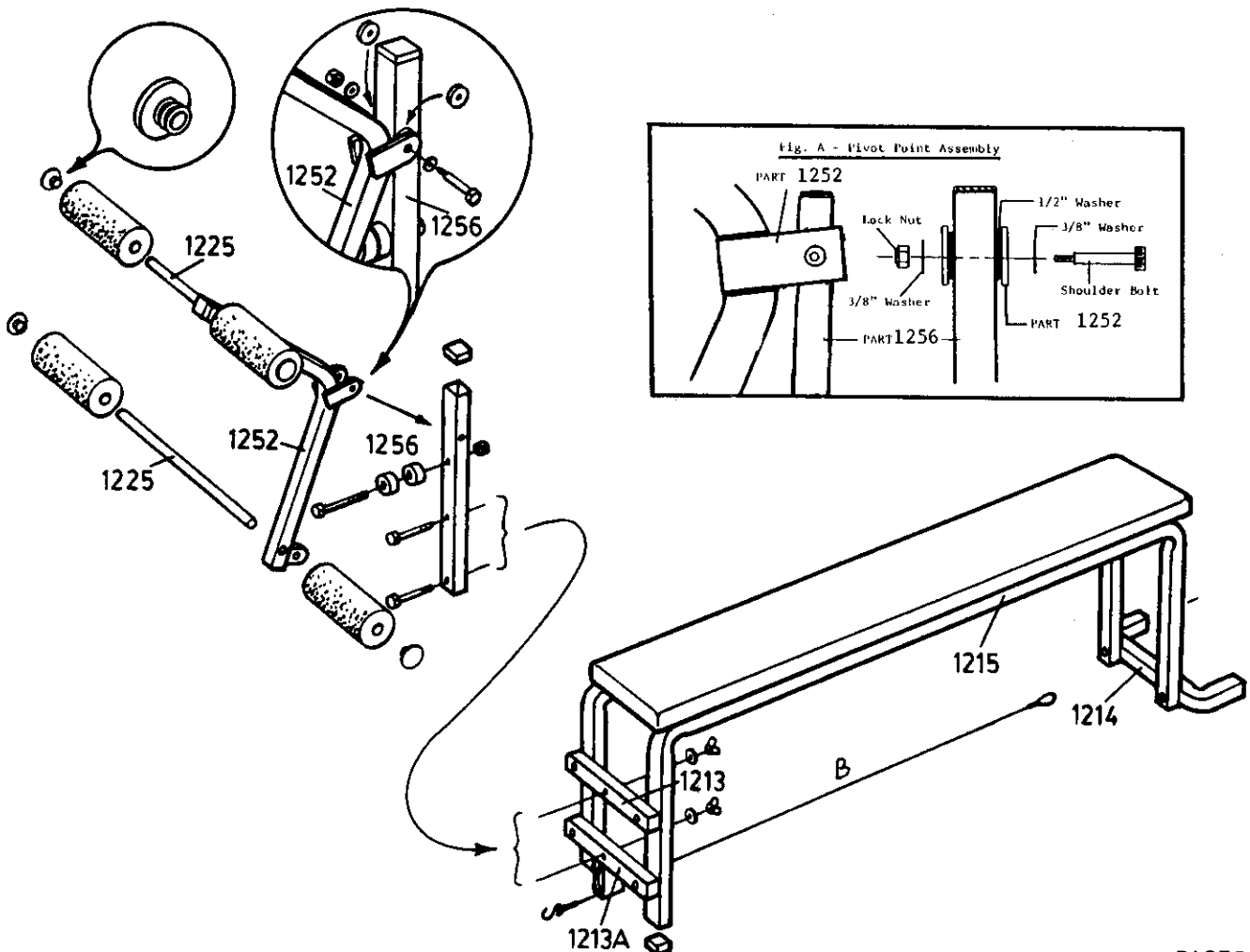
From Bag #23, take out 2 only 1/2" bolt washers, 2 only 3/8" flat washers, 1 only 3/8" X 2" long shoulder bolt and 1 only 5/16" lock nut. Take the 2" shoulder bolt and slide 1 only 3/8" flat washer onto it. Now take Part #1252 and place it as shown in insert drawing. Slide the bolt through the hole on the one side of the bracket of Part #1252, then put on 1 only 1/2" bolt washer, then slide this bolt through Part #1256 and put the other bolt washer onto the bolt between Parts #1256 and the other bracket of Part #1252. After sliding the bolt all the way through, slide on a 3/8" flat washer before finger tightening on the 5/16" lock nut.

Take 2 Parts #1225 and slide through the large holes in Part #1252. Now put 4 pieces of foam tubing on Parts #1225. From Bag #28 take 4 on 1" round external top hat plastic end caps and install in Part #1225.

Install 2 only 1 1/2" square internal plugs in Part #1252 and 1 only 1 1/4" square internal plugs in the top hole of Part #1256.

To tighten and align Leg Curl Assembly:

- (a) Tighten wing nuts on Part #1213 and #1213A by finger strength only.
- (b) Tighten shoulder bolt and 5/16" nut on leg curl attachment until play is removed but Part #1252 still moves freely.



# 3

## York 2001 Home Gym

Your York Home Gym 2001 Self Standing Unit is easily assembled if you follow these directions.

**VERY IMPORTANT:** Assemble only hand tight in the beginning as this is a self-aligning unit and if directions are not followed it will not line up properly.

**TOOLS NEEDED TO ASSEMBLE UNIT:** (a) 2-9/16" wrenches (b) 1 screwdriver (c) 1 - 7/16" wrench or pliers.

Take Part #1200 (base) and place it exactly where you want this unit to stand. It will be very difficult to move after it is assembled. If you place the unit on a hardwood or tile floor, it will scratch the flooring. It should be put on a rug or mat. This unit requires a height clearance of at least 6'10". It can be put in the centre of a room or against a wall. Now from Bag #25, take out 4 only 3/8" X 3 1/2" Long Bolts, 8 only Flat Washers and 4 only Hex Nuts. Put Part #1207 into place (Fig. 1). Place Flat Washers on Bolts before installing through Part #1200 and Part #1207. Then put Washers on Bolts before putting Hex Nuts on. From Bag #27, take 1 Bolt and put the Bolt Through the recessed side of the rubber bumper. Drop the Bolt through 1 of the 4 top holes in Part #1207. Then put on one 1/4" Nut, finger tight. Repeat. After they are installed, tighten just enough so that there is no play in the bolts. **DO NOT OVER TIGHTEN.** Now take the flat piece of rubber (1 3/8" X 3") and lay it on top of the short piece of tubing on Part #1207. This rubber piece will cushion your glide assembly. (Not shown on picture).

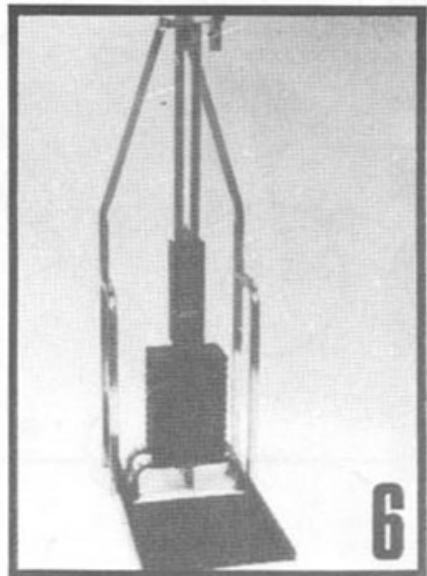
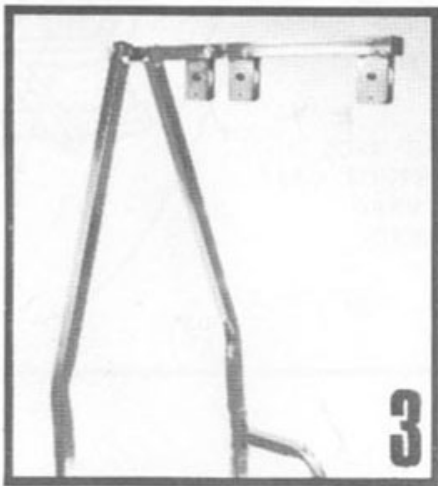
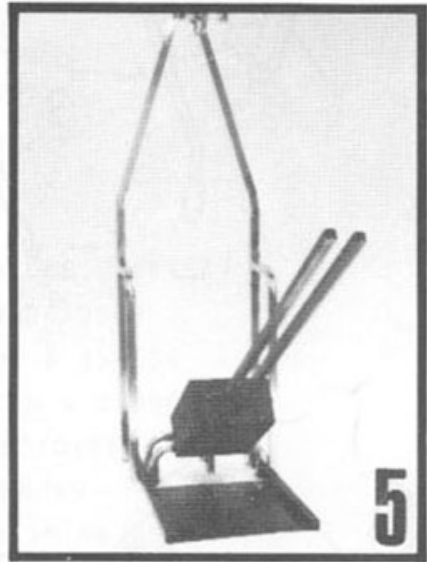
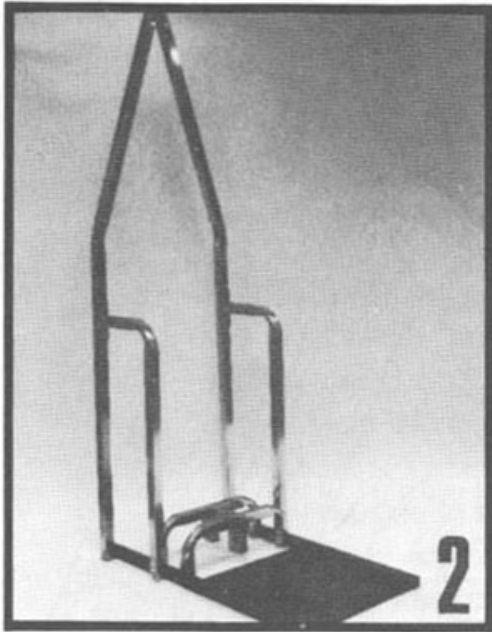
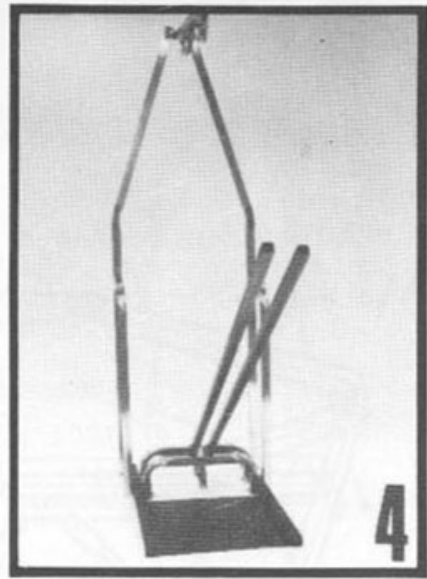
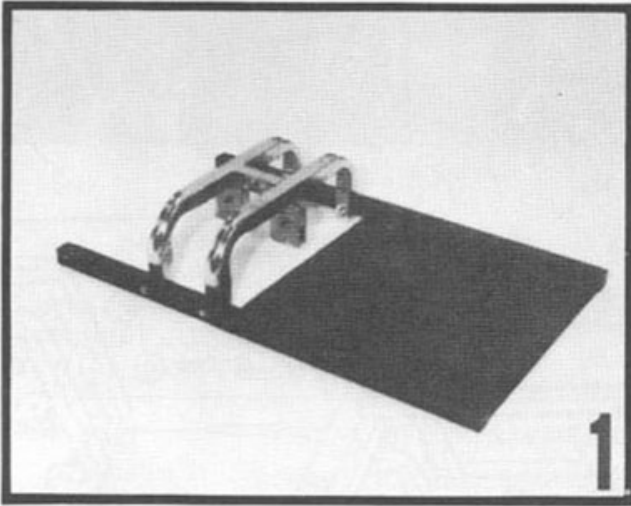
Now have someone stand and hold Parts #1203 while you attach them to Part #1200 using 2 only 3 1/2" Bolts and 4 only Flat Washers (Fig. 2). Now install Parts #1201 to Part #1200 using 2 only 3 1/2" Bolts and 4 only Flat Washers. When installing Parts #1201 to Part #1203, use the 2" Bolts with the head against the tubing before putting on the nut. Follow the same placement procedure when installing Part #1205 to Parts #1203, making sure that the metal bracket on Part #1205 is on the opposite side of Part #1203 as opposed to the metal brackets of Parts #1201 (Fig. 3).

To attach Parts #1206 to Part #1207, you will need 1 only 4 1/2" Long Bolt, 2 only Flat Washers and 1 only Hex Nut (Fig. 4). The Bolt will go through the end of Part #1206 where the hole is farthest from the end. Have someone help you, as you put the washer on the Bolt before sliding the bolt through the first Part #1206, then through Part #1207, and then through the other Part #1206. Put on a Washer before putting on the Nut, finger tight.

The Flat side of the weight is on the bottom of the weight. This is the side which rests against the 4 rubber stoppers. You will notice a black cap on one end of each vinyl weight. For the first weight, the black cap will be on your right side when installed, the second will be on your left side, and reversing each weight as you slide them over Parts #1206 (Fig. 5). If this is not done properly, you will have trouble later when installing the weight selector pin.

Now take Part #1238 (Glide Assembly) and slide it down onto Parts #1206 until it has come to rest on the vinyl weights (Fig. 6). Now standing in front of Parts #1206, push Parts #1206 up between Part #1205 until they are vertical. Take the last Bolt with a Washer on it and put it through Part #1206 then through Part #1205, then through the second Part #1206. Install Washer and Nut finger tight.

Check to make sure that the rubber stoppers are in place and have not been pulled off. Check that the Glide Assembly is resting on top of the Rubber pad (1 3/8" X 3"). You will have to get down on the floor to check this out properly.



# 5

## YORK 2001 HOME GYM

To align the unit, and tighten down (a) Tighten the 4½" Long Bolt holding Parts #1206 and #1205 together. Do not over tighten, but should be snug.

(b) Tighten the 4½" Long Bolt holding Parts #1206 and #1207 together.

(c) Tighten Part #1207 to Part #1200 - 4 Bolts.

(d) Tighten Parts #1203 to Part #1205 - 2 Bolts.

(e) Tighten Parts #1203 to Part #1200 - 2 Bolts.

(f) Tighten Parts #1201 to Part #1200 and #1203 - 6 Bolts.

Now take the remaining 1½" square Black Caps and install 4 only in Part #1200, 1 only in Part #1205, and 2 only in the top of Parts #1203.

Install the York decal on front of Glide Assembly.

Install weight identification stickers on the front of each weight, to the right of the pin selector holes. Note the top weight will read 30 lbs. (to include weight of the Glide Assembly with the handlebar, 20 lbs.)

Install using Bag #30:

2 X 1½" handgrips on handlebar	If you have trouble installing the
2 X 1½" handgrips on Lat Bar	handgrips, just wipe the chrome
2 X 1" handgrips on Short Bar.	plating with a wet cloth first.

CROSSBAR for attachment to handlebar, use Bag #26. Also put two 1" round caps on end of the crossbar.

---


SHOULD YOU REQUIRE ASSISTANCE  
REGARDING WORN, MISSING OR  
DEFECTIVE PARTS PLEASE CONTACT  
OUR HELPLINE

WE WILL REQUIRE THE BATCH NUMBER  
(LOCATED ON A STICKER, ON THE BACK  
OF THE UPHOLSTERY).

IF PARTS ARE MISSING FROM THE BAG  
THEN WE WILL ALSO REQUIRE THE  
INFORMATION PRINTED ON THE BAG.

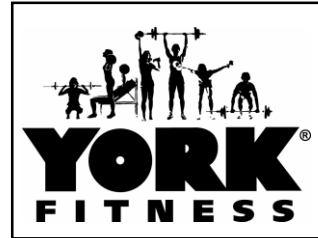
  
**YORK FITNESS**  
**YORK BARBELL (U.K.) LTD.**  
CHURCHILL WAY, DAVENTRY,  
NORTHANTS, NN11 4YB, ENGLAND  
GENERAL ENQUIRIES  
TEL: (01327) 701800  
CUSTOMER SERVICE HELPLINE  
TEL: (01327) 701824  
FAX: (01327) 706704  
E-MAIL: helpdesk@yorkfitness.co.uk  
[www.yorkfitnessworldwide.com](http://www.yorkfitnessworldwide.com)

  
**YORK FITNESS**  
**YORK BARBELL CO. LTD.**  
1450- S SERVICE ROAD WEST,  
OAKVILLE (TORONTO), ONTARIO,  
CANADA L6L 5T7  
TEL: (905) 827-6362 FAX: (905) 827-9593  
TOLL FREE: 800-361-0448  
[www.yorkfitnessworldwide.com](http://www.yorkfitnessworldwide.com)

  
**YORK FITNESS**  
**YORK BARBELL (AUST.) PTY. LTD.**  
UNIT 1, LOT 2, SWAFFHAM ROAD  
MINTO, N.S.W. 2566  
SYDNEY, AUSTRALIA  
TEL: (02) 9603 8444  
FAX: (02) 9603 8555  
E-MAIL: pautyork@ozemail.com.au  
[www.yorkfitnessworldwide.com](http://www.yorkfitnessworldwide.com)

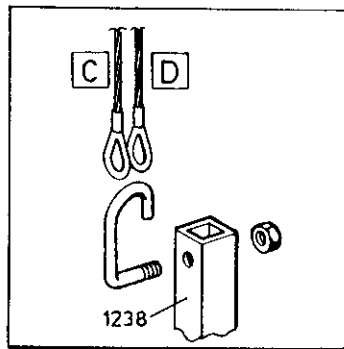
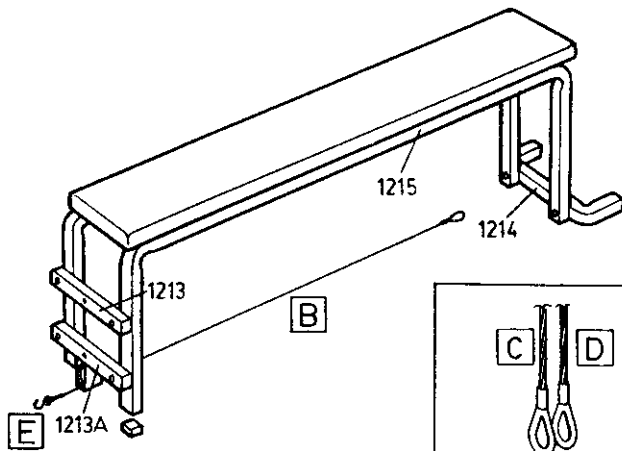
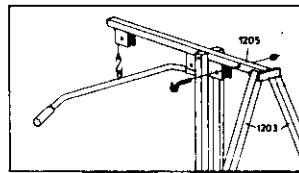
# MODEL # 5000

## ASSEMBLY INSTRUCTIONS

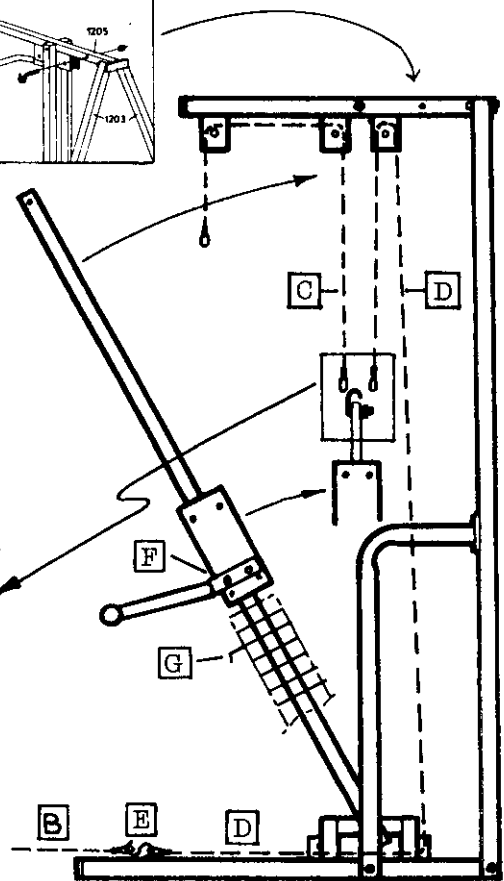


### CABLES

- B. SHORT CABLE / LE CABLE COURT (42")
- C. MEDIUM CABLE / LE CABLE MOYEN (85 1/4")
- D. LONG CABLE / LE CABLE LONG (134")



- |    |  |  |
|----|--|--|
| E. |  | 2 - "S" SHAPED HOOKS<br>CROCHETS EN FORME DE "S" |
| F. |  | 2 - HANDLEBAR PINS<br>GOUPILES POUR GUIDON       |
| G. |  | 1 - LOCKING PIN<br>GOUPILE POUR VERROUILLAGE     |





**2001**  
Home - Gym

**2001 YORK FITNESS**

INFORMATION AND LOCKING YOUR GYM

**WARNINGS**

**PLEASE READ THIS SHEET CAREFULLY BEFORE STARTING TO USE THE ENCLOSED EXERCISE EQUIPMENT.**

1. Always consult your doctor before undertaking any exercise program.
2. Ensure that all nuts and bolts are fully tight before using any exercise equipment.
3. Always wear suitable clothing and footwear e.g. tracksuit and training shoes.
4. Children should not be allowed on or around the machinery or equipment, even when not in use.
5. After eating allow 1 to 2 hours prior to exercising.
6. Always warm up well before exercising as this will prevent straining muscle.
7. Always read and follow the manufacturers assembly and user instructions.
8. Remove jewellery, rings, chains and pins before exercising.
9. Check for full engagement of locking pins.
10. Where applicable make sure weight retention collars are fully tightened.
11. Give special attention to the cables, pulleys and locking devices as they may wear.
12. Injuries to health may result from incorrect or excessive training.
13. Check that any of the adjustment devices are not projecting.
14. Always use your gym on a flat level surface.
15. Always use your gym in adequate space e.g. at least 2ft. (60cm) clearance on each side.
16. We recommend you never lift weights alone. There should always be someone available to assist you. Training with others can help motivate you.

N.B. this list should not be taken as exhaustive, there may well be other warnings needed on specialised equipment.

**NOTES**

NOTE: MAXIMUM WEIGHT STACK LIMIT 65KGS. (DO NOT ADD EXTRA WEIGHTS)  
MAXIMUM WEIGHT OF USER = 100KG

Allen key (size 3mm or 1/8")  
If misplaced they can be purchased from a good hardware store.

BAG 9432		
Part No.	Description	Qty.
41D79	3mm Allen key	1
41D82	3/8" Steel Collar	1
41B02	3/8" x 10" Pin ( 2001 Handle Bar Pin )	1

**HOW TO LOCK YOUR GYM**

Insert the locking pin through the holes in the glide rails, under the hook and out the other side. Lock using the collar and Allen key.

**IMPORTANT NOTICE**  
This Locking Pin, Allen key and Collar have been supplied to enable you to lock your gym to prevent unauthorised use. It is your responsibility to make sure your gym is not used without permission or supervision.