



2001
PEC MATE

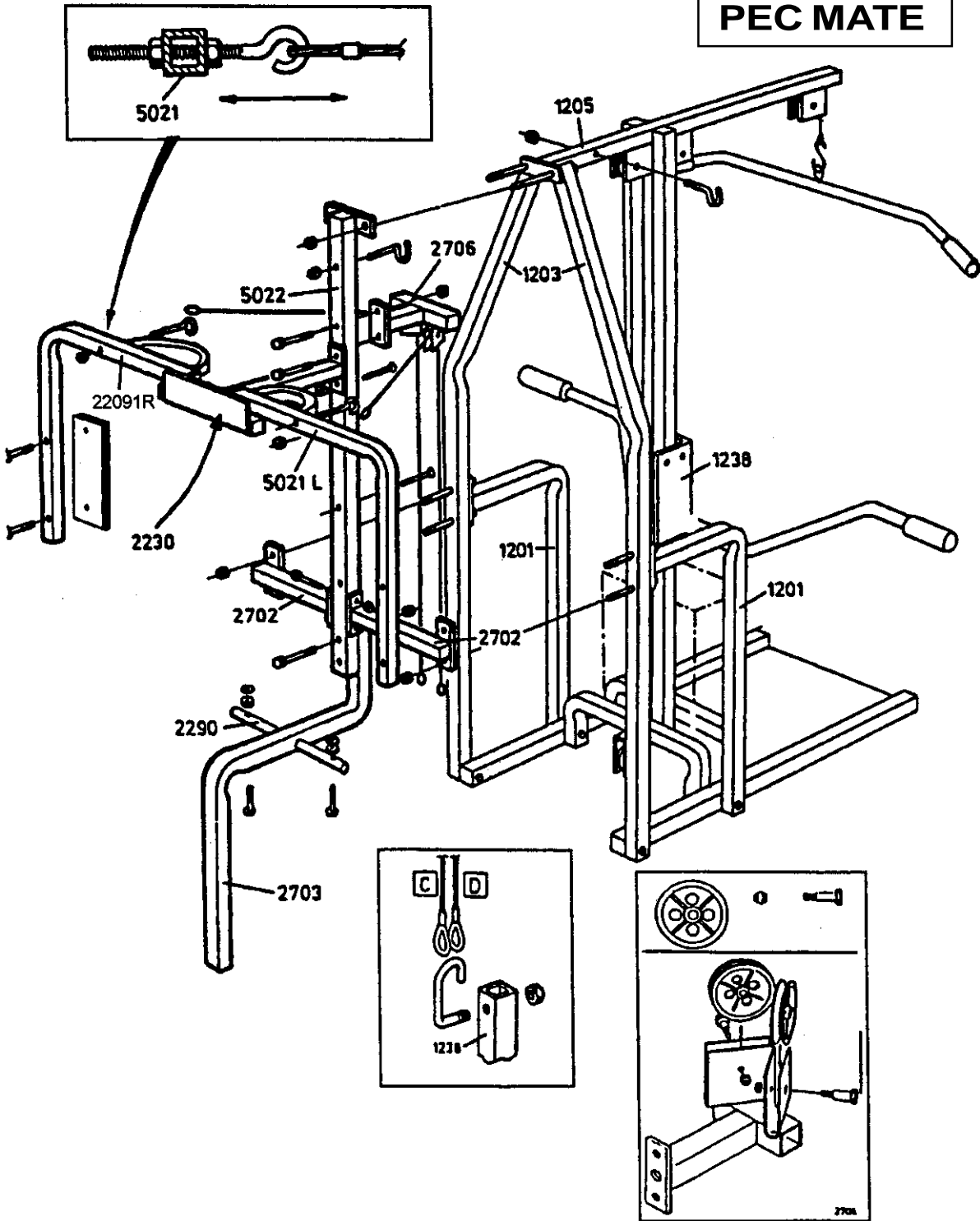
MODEL # 5016 - UK

2001 YORK
Fitness
ASSEMBLY INSTRUCTIONS

MODEL # 5016
ASSEMBLY INSTRUCTIONS



2001
PEC MATE



SECTION 1

ATTENTION: This Pec Mate Attachment was only designed to be used with the YORK 2001 HOME GYM.

If used in any other way, the purchaser assumes all responsibility.

NOTE: MAXIMUM WEIGHT STACK LIMIT 65KGS.

(DO NOT ADD EXTRA WEIGHTS)

MAXIMUM WEIGHT OF USER = 100KG

IMPORTANT: If you have purchased the YORK 2001 HOME GYM and YORK PEC MATE Attachment at the same time, DO NOT assemble the PEC MATE Attachment until you have the 2001 HOME GYM FULLY ASSEMBLED, and all bolts are tightened, all wire ropes in place, and everything is in full working order. Your PEC MATE Attachment is easily assembled if you follow these instructions. Assemble only finger tight in the beginning to allow for proper alignment.

Tool required:

- 1/2" Spanner
- 9/16" Spanner
- 5/8" Spanner
- Adjustable spanner
- Slotted screwdriver
- Hammer

PLEASE NOTE: PLIERS SHOULD NOT BE USED.

This box should contain the following:

Bag# 46,53,99,134,135

Assembly Instructions and decal.

Spread all the parts out on the floor. Take the 9/6" spanner and remove the two nuts and bolts holding Part 1205 and 1203 and also the 4 nuts and bolts holding Parts 1201 and 1203 together. (You will no longer need these nuts and bolts.)

These parts are from the 2001 Gym.

Locate Bag 135 and check contents as listed below.

| BAG 135 | | |
|----------|-------------------------------|-----|
| Part No. | Description | Qty |
| 41B03 | 1 1/2" Square Int Cap - Black | 5 |
| 41B07 | 1 1/4" Square Int Cap - Black | 4 |
| 41B137 | 1 3/4" Square Int Cap - Black | 2 |
| 41B402 | 3/8" Thread Cap | 6 |

Install four x 1 1/4" caps in Parts 22091L and 22091R. Install five x 1 1/2" caps, two in Part 2706, one each in Part 2702 and one in the top of Part 2703. (The end with two holes). Install two x 1 3/4" caps in Part 2230. Put the thread caps to one side as they will be used later.

| BOX 1 | | |
|-----------|------------------------|-----|
| Part No. | Description | Qty |
| 21E2702 | Lateral Support | 2 |
| 21E2703 | Seat Support | 1 |
| 21E2706 | Pulley Mount | 1 |
| 21E2230 | T-Piece | 1 |
| 21E22091L | Pec Arm (left) | 1 |
| 21E22091R | Pec Arm (right) | 1 |
| 21E5022 | Back Support | 1 |
| 21E2280 | Penny Whistle | 1 |
| 30B83 | Back Upholstery | 1 |
| 30B82 | Part G Seat Upholstery | 1 |
| 30B45 | Part H Pec Arm Pads | 2 |

SECTION 2

Locate Bag134 and check contents as listed below.

| BAG 134 | | |
|----------|------------------------------|-----|
| Part No. | Description | Qty |
| 33A11 | 1/4" x 2" Machine Screws | 2 |
| 33A14 | 1/4" x 1 3/4" Machine Screws | 6 |
| 33A47 | 3/8" x 3 1/2" HH Bolt | 2 |
| 33A51 | 3/8" Hex Nut | 4 |
| 33A53 | 3/8" Nyloc Nut | 13 |
| 33A56 | 3/8" x 2 1/2" HH Bolt | 11 |
| 33A421 | 3/8" x 4 1/4" Eye Bolt | 2 |
| 41B241 | 1 1/2" x 1/8" Plastic Washer | 6 |

Take six x 3/8" x 2 1/2" Hex Head bolts and put them through Parts 1203 and 1205, 1201 and 1203. Take Part 5022 and slide end bracket over the 2 bolts protruding from Part 1205. Put two 3/8" Nyloc Nuts on the bolts but do not tighten. Take two Parts 2702 and attach to bolts protruding through Parts 1203 and put on four x 3/8" Nyloc Nuts. To attach Parts 2702 to Part 5022 you will need two x 3/8" x 2 1/2" HH Bolts and two 3/8" Nyloc Nuts. Slide bolts through Part 2702, Part 5022 and Part 2702 again. Attach 3/8" Nyloc Nuts to the bolts but do not tighten.

Take two x 3/8" x 3 1/2" Hex Head bolts and two x 3/8" Nyloc Nuts and attach Part 2703 to Part 5022. Note that Part 2703 must go to the rear of Part 5022 and the bolt must be positioned so that the 3/8" Nyloc Nut is closest to the weight stack. Now tighten Parts 2702 to Part 5022 and 1203. Align and tighten Part 2703 to Part 5022. Install two 3/8" thread caps on these bolts. Tighten bolts which attach Part 5022 to Part 1203 and 1205.

NOTE: When Nyloc Nuts are tightened, the threads must protrude through the Nylon insert in the nut.

Have someone hold Part 2230 and 2706 in place and install three x 3/8" x 2 1/2" Hex Head bolts and three x 3/8" Nyloc Nuts. (NOTE: Part 2230 and Part 2706 do not attach back to back they are offset i.e. the top hole on Part 2230 must be aligned with the bottom hole in Part 2706) Align and tighten. Put two x 3/8" thread caps on exposed threads. Now take Parts 22091L and 22091R and install in Part 2230 as in the drawing.

Slide Part 2290 through the large hole in Part 2703, making sure that the holes in Part 2290 are facing upwards. Take the small upholstered piece (narrow end toward weight stack) and attach to Part 2290 using two x 1/4" x 1 3/4" Machine screws, three x 1 1/2" x 1/8" plastic washers.

(see diagram.)

Attach large upholstered piece to Part 5022 using two x 1/4" x 2" Machine screws. Attach the Pec arm pads to Parts 22091L and 22091R (see diagram.) using four x 1/4" x 1 3/4" Machine screws. Align and tighten.

Install one x 3/8" Hex nut on each 3/8" eyebolt, insert eyebolt through Parts 22091L and 22091R and install another one x 3/8" Hex nut on each eyebolt as in drawing Locate Bag 99 and check contents as listed below.

| BAG 99 | | |
|----------|-----------------------------|-----|
| Part No. | Description | Qty |
| 33A32 | 5/16" Hex Nut | 2 |
| 33A45 | 3/8" x 13/16" Stripper Bolt | 2 |
| 41A82 | 3" White Pulley Wheel | 2 |

Install pulley wheels in Part 2706 as in drawing

Locate Bag 53 and check contents as listed below.

| BAG 53 | | |
|----------|-----------------------|-----|
| Part No. | Description | Qty |
| 33A51 | 3/8" Hex Nut | 1 |
| 33A433 | 2001 Wire Rope Holder | 1 |

Install holder through Part 5022. NOTE: When the cables are not connected to Part 1238 hook them onto the rope holder to keep them out of the way. Take Bag 46 containing two wire ropes and attach them from the eyebolts in Part 22091L and 22091R, over the pulley wheels in Part 2706 and onto the quick change bolt in Part 1238. By finger tightening the 3/8" nuts on the eyebolts you will be able to adjust and equalize the tension on the cables. Then tighten the nuts against Parts 22091L and 22091R so that they cannot move. Put 3/8" thread caps on exposed thread of eye bolts. Check all nuts and bolts for tightness before using.

SECTION 3

WARNING:

Wire cables wear. It is your responsibility to inspect daily and replace when starting to fray. Write to the address opposite or telephone our helpline for replacements.

Always use your gym in adequate space e.g. 2ft. (60cm) clearance on each side.

Always use your gym on a flat level surface.

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

UPHOLSTERY: Use a warm damp cloth to keep clean.

EXERCISE INSTRUCTIONS: When using the PEC-MATE always tuck yourself into the seat, keep the back straight and firm against the back rest upholstery. Select weight level which tenses, but does not strain muscles.

Put your arms against the pads with fingers straight and slowly press until the two arm pads are parallel in front of your face, pause momentarily then allow the pads to return to the start position without jerkiness or allowing the weights to bang together. Exhale at the start of the exercise (control breath out) inhale when returning to the start position. Increase repetitions before you increase weight levels. The PEC-MATE has been designed to tone and develop the upper body; in particular, shoulder and chest muscles groups.



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.

