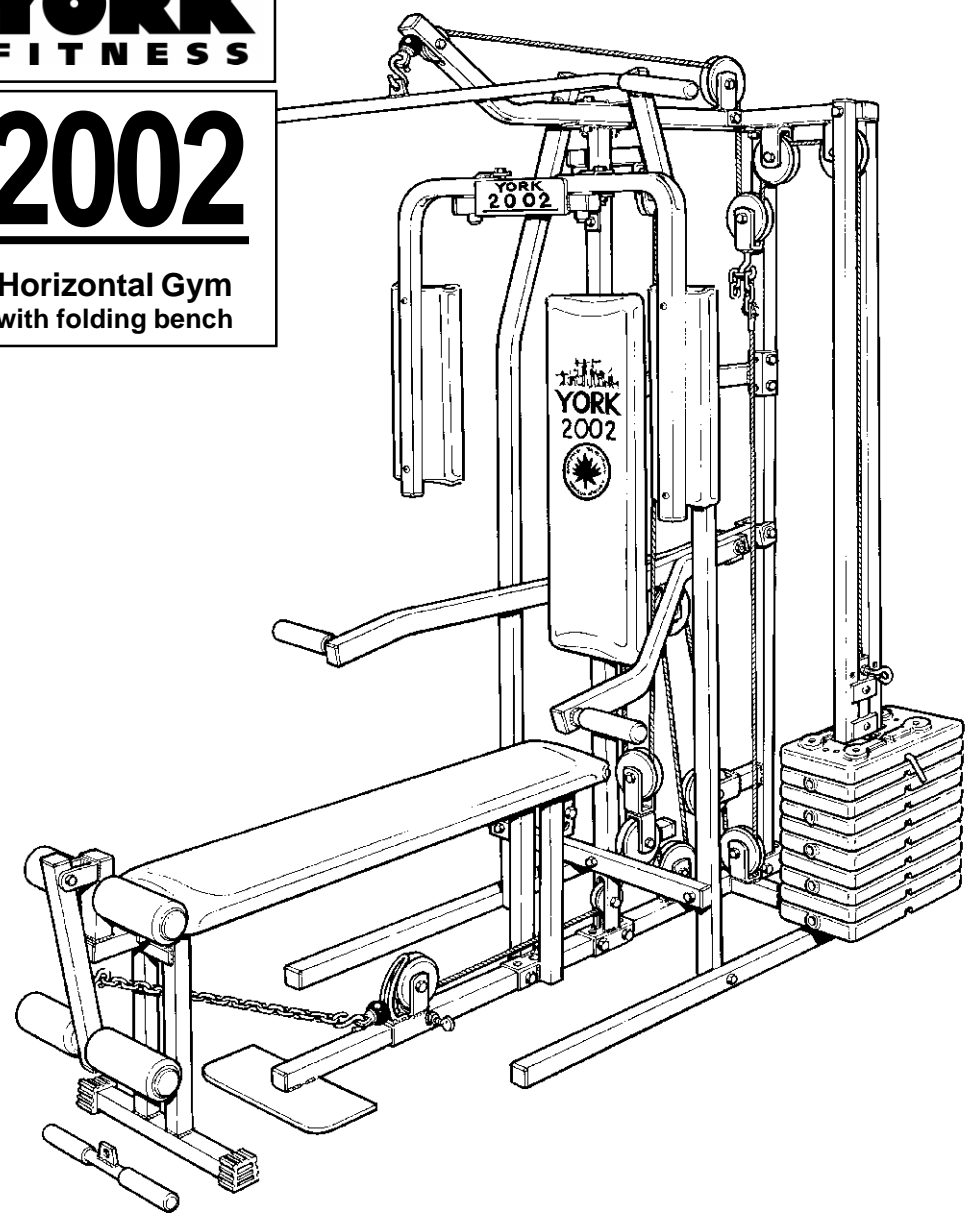




2002

Horizontal Gym
with folding bench



MODEL # 5200 - UK

ASSEMBLY INSTRUCTIONS #01A6922

2002 YORK *Fitness* ASSEMBLY INSTRUCTIONS

BEFORE ASSEMBLY

This must be read before you start assembling this unit. Great care has been taken in design and how to assemble this unit. All bags of nuts and bolts have been packed with ease of assembly in mind. You must follow the assembly instructions exactly as outlined.

You will need at least one person to help you assemble this unit, two would be better. Assemble this unit starting at the beginning and work to the end. The assembly instructions are set out so that you are only doing one section at a time, therefore you will finish one section and move on to the next. Do **not** do what most people do, when all else fails they read the assembly instructions. If something is missing when assembling this unit, you must notify us of the part number of the exact nut, bolt or part that is missing and the **colour** of the model you purchased.

To help you assemble this unit we have used line drawings. Check the line drawings for the exact positioning of the parts. This unit will need to be checked at least once a week for wearing wire ropes, nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

WARNING: WIRE ROPES DO WEAR OUT!!

The way to check the wire ropes is to run your fingers lightly along them and if you start to feel they are frayed, please contact us for replacements. This is for your own safety.

If the box containing the parts for the YORK 2002 GYM was unopened when you purchased it and there is a shortage, please notify us by mail and send a copy of your receipt. If the box was opened and there is a shortage, the dealer is responsible. Please indicate to us the part number which is missing and we will return the missing part by return mail.

TOOLS NEEDED TO ASSEMBLE 2002 GYM

- | | | |
|----------------------|-----------|------|
| a) wrenches :- | 2 x 9/16" | 14mm |
| | 2 x 3/4" | 19mm |
| | 1 x 5/8" | 16mm |
| | 1 x 1/2" | 13mm |
| | 1 x 7/16" | 11mm |
| b) large screwdriver | | |
| c) hammer | | |

PLIERS SHOULD NOT BE USED!!

This machine should be assembled finger tight in the beginning to allow for proper alignment.

WARNING:

It is important that you do not destroy these instructions, they will need to be kept for further reference

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

WARNINGS:

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 over 2 hours prior to exercising.
6. Always warm up and cool down before and after exercising as this will help 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. Check that any of the adjustment devices are not projecting.
11. Give special attention to the cables, pulleys and locking devices as they may wear. (Warning: wire ropes wear out. Once a week slide your fingers along wire ropes and check for roughness. If you need new ropes contact the address shown).
12. Injuries to health may result from incorrect or excessive training.
13. Always use your gym on a flat level surface.
14. Always use your gym in adequate space e.g. at least 2ft. (60cm) clearance on each side to avoid collision with furniture, walls etc.
15. We recommend you never lift weights alone. There should always be someone available to assist you. Training with others can help motivate you.
16. Breathing is very important; you should not hold your breath when exercising. General rule: Exhale as you exert the muscles and inhale as you relax the muscles.
17. Keep yourself warm while exercising.
18. Start with a moderate weight so that you can preform the exercise correctly.

N.B. this list should not be taken as exhaustive.

CARE & MAINTENANCE

1. Use a warm,damp cloth to keep upholstery clean.
2. Check for full engagement of locking pins.
3. Give special attention to the cables, pulleys and locking devices as they will wear.
4. Check that any of the adjustment devices are not projecting.

WARNINGS

PLEASE READ THESE INSTRUCTION SHEET CAREFULLY BEFORE STARTING TO USE THE ENCLOSED EXERCISE EQUIPMENT.

1. Always hold the eye bolt handle of the selector bar, (see insert diagram) with one hand when you are changing the weight selector pin. This is a safety precaution.
2. It is very important that you do not throw out or destroy these assembly instructions as you never know when you will move or wish to relocate this unit. These must be kept on hand for future reference.

MAXIMUM USER BODY WEIGHT - 140kg (22st)

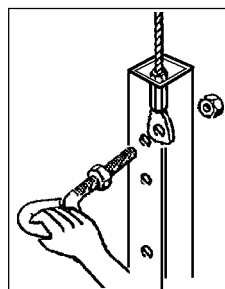
APPROXIMATE RESISTANCE GUIDE

LAT PULLDOWN BAR	1 : 1	SAME AS WEIGHT RESISTANCE SELECTED
PEC DEC FLY	1 : 1	SAME AS WEIGHT RESISTANCE SELECTED
LEG UNIT	1 : 1	SAME AS WEIGHT RESISTANCE SELECTED
BENCH PRESS	2 : 1	TWICE AS WEIGHT RESISTANCE SELECTED
LOW CABLE	2 : 1	TWICE AS WEIGHT RESISTANCE SELECTED



2002

**Horizontal Gym
with folding bench**



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 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



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



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: paulyork@ozemail.com.au

www.yorkfitnessworldwide.com

2002 YORK FITNESS

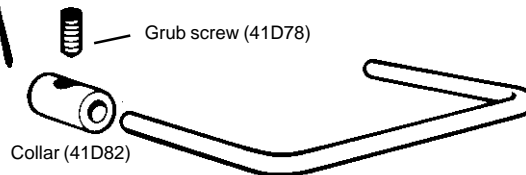
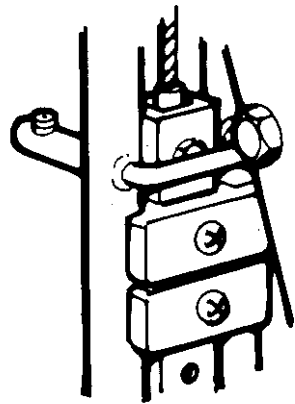
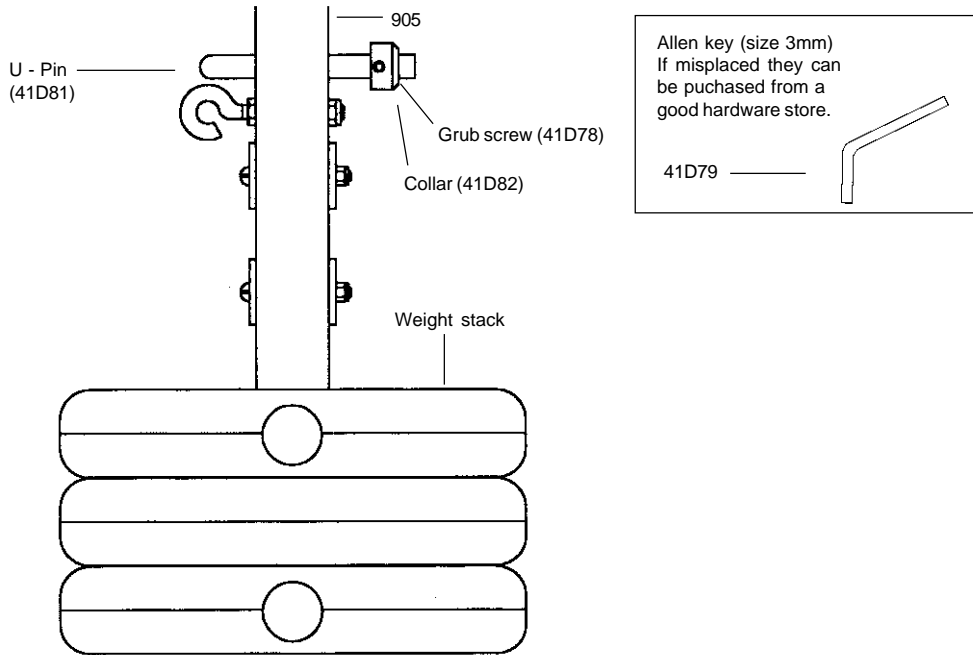
INFORMATION AND
LOCKING YOUR GYM

HOW TO LOCK YOUR GYM

IMPORTANT NOTICE

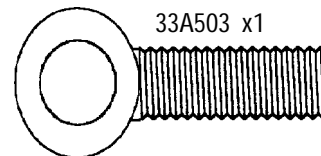
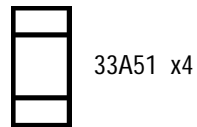
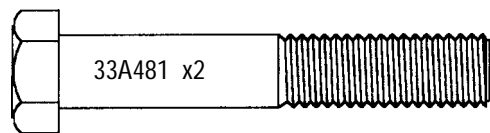
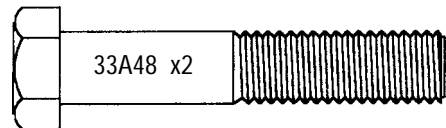
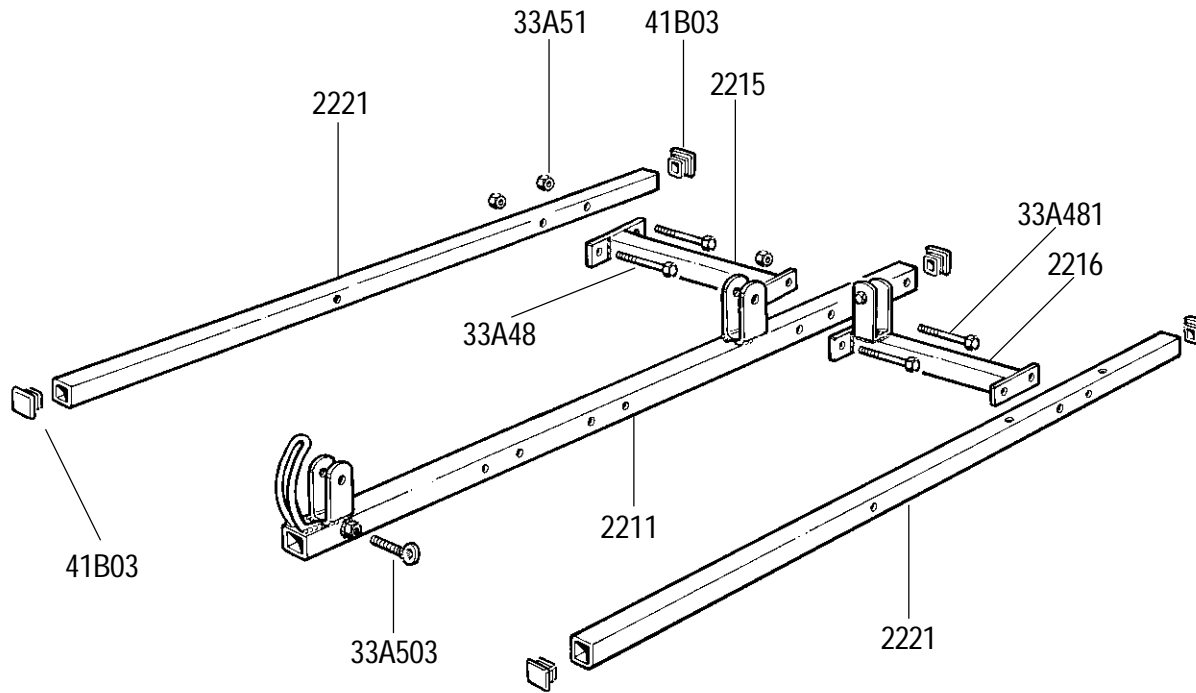
The U - Pin, Allen key and Collar have been supplied to enable you to lock your gym to prevent unauthorised use.

It is your responsibility to make sure your gym is not used without permission or supervision.



PARTS LIST		UK SAFETY LOCK	33E72
PART No.	DESCRIPTION		QTY
41D78	GRUB SCREW FOR U.K.		1
41D79	ALLEN KEY U.K.		1
41D81	5/16" U PIN LOCKING		1
41D82	3/8" ID COLLAR		1

1



2

41B07

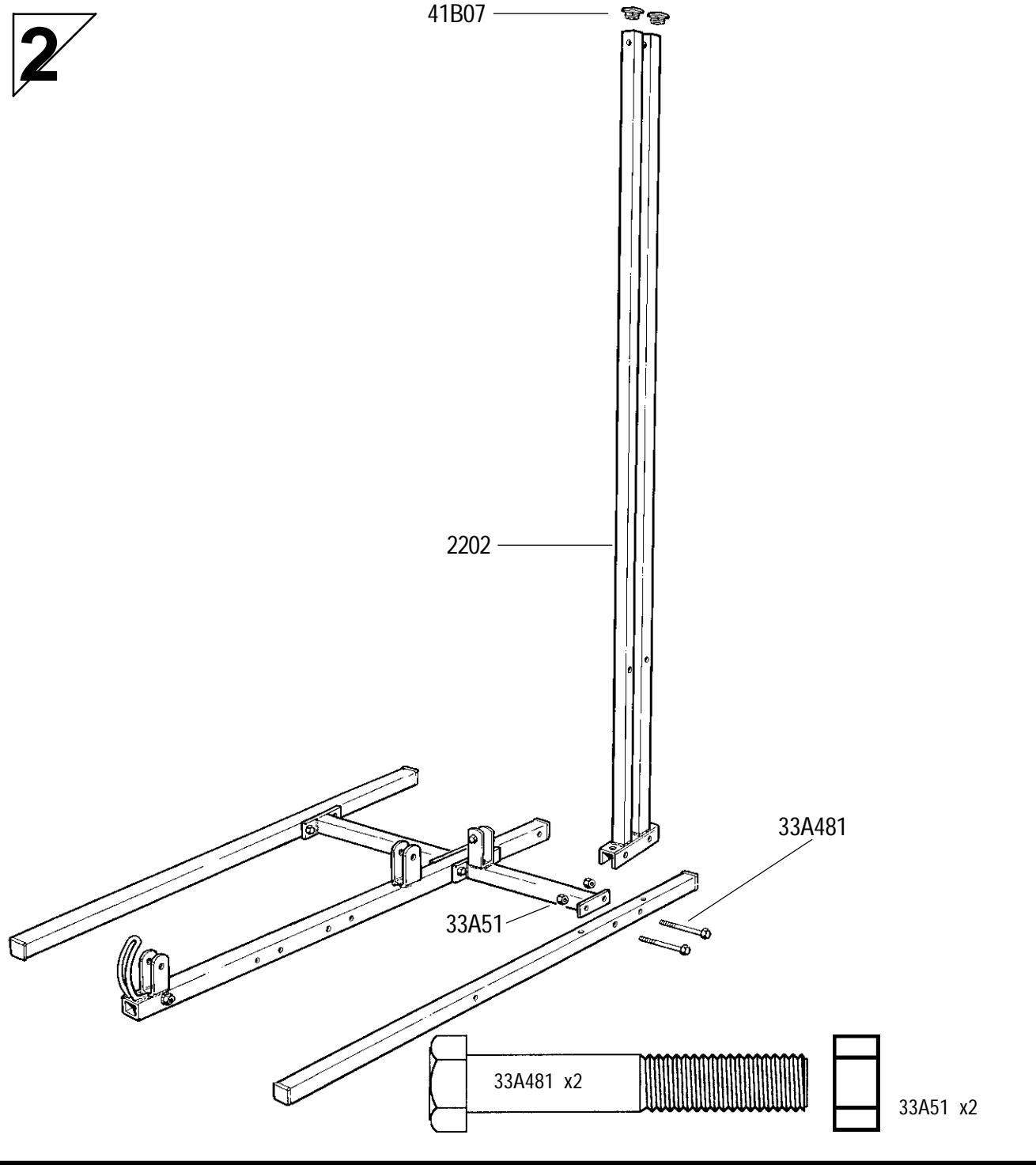
2202

33A481

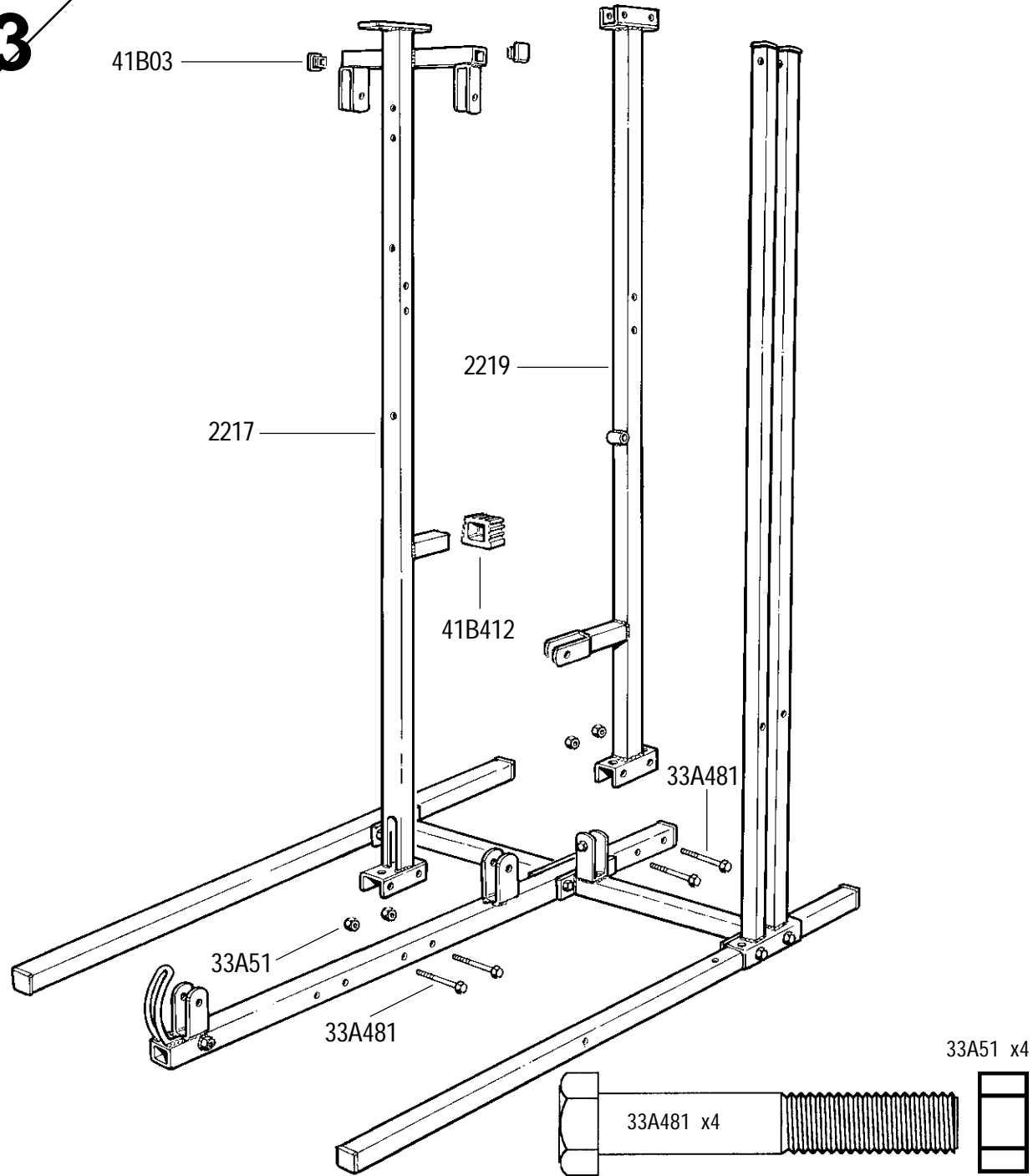
33A51

33A481 x2

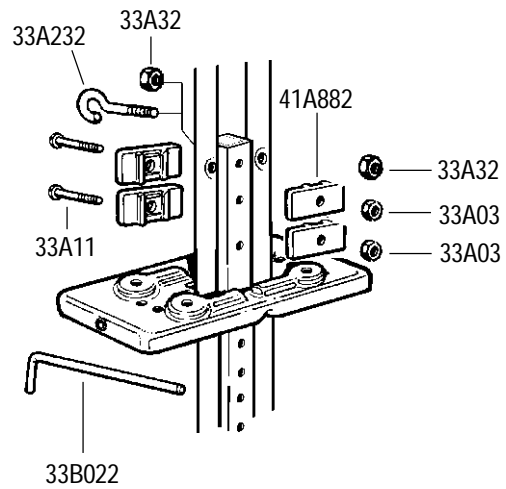
33A51 x2



3



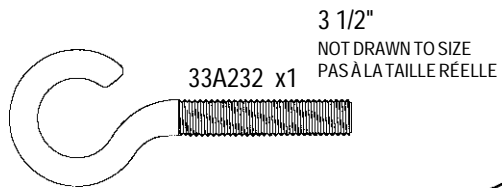
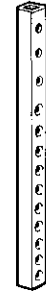
4



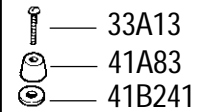
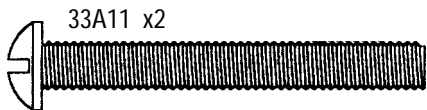
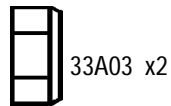
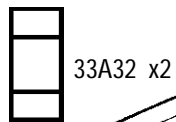
NOTE:
ALTERNATE THE SIDE
THE CAP IS ON FOR
THE WEIGHTS
ie. FIRST WEIGHT LEFT
SIDE SECOND WEIGHT
RIGHT SIDE.

NOTE:
CHANGEZ DE CÔTÉ
LE CHAPEAU EST
DESSUS
POUR LES POIDS
ie. PREMIER POIDS A
GAUCHE DEUXIÈME
POIDS
À DROITE.

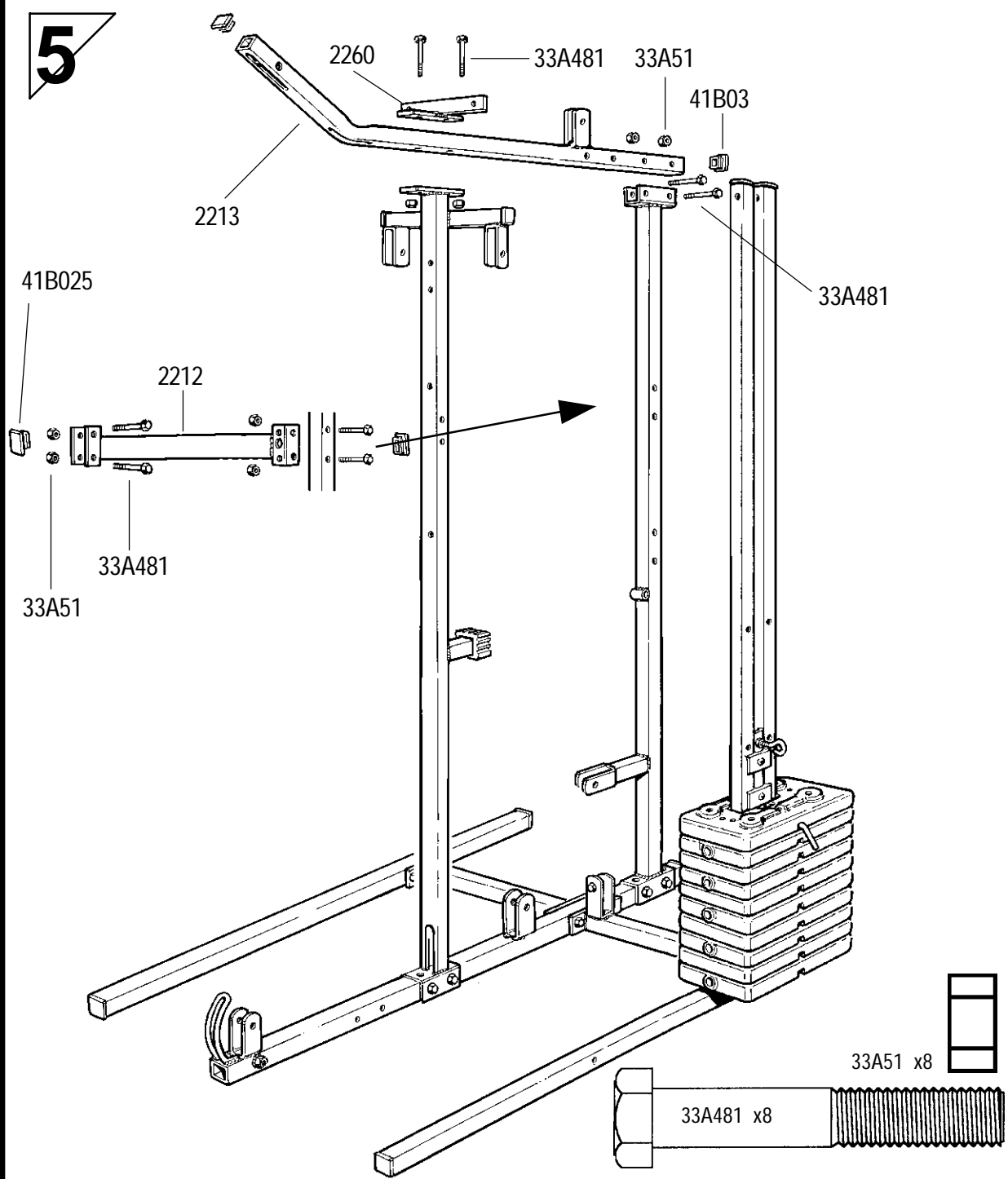
2223



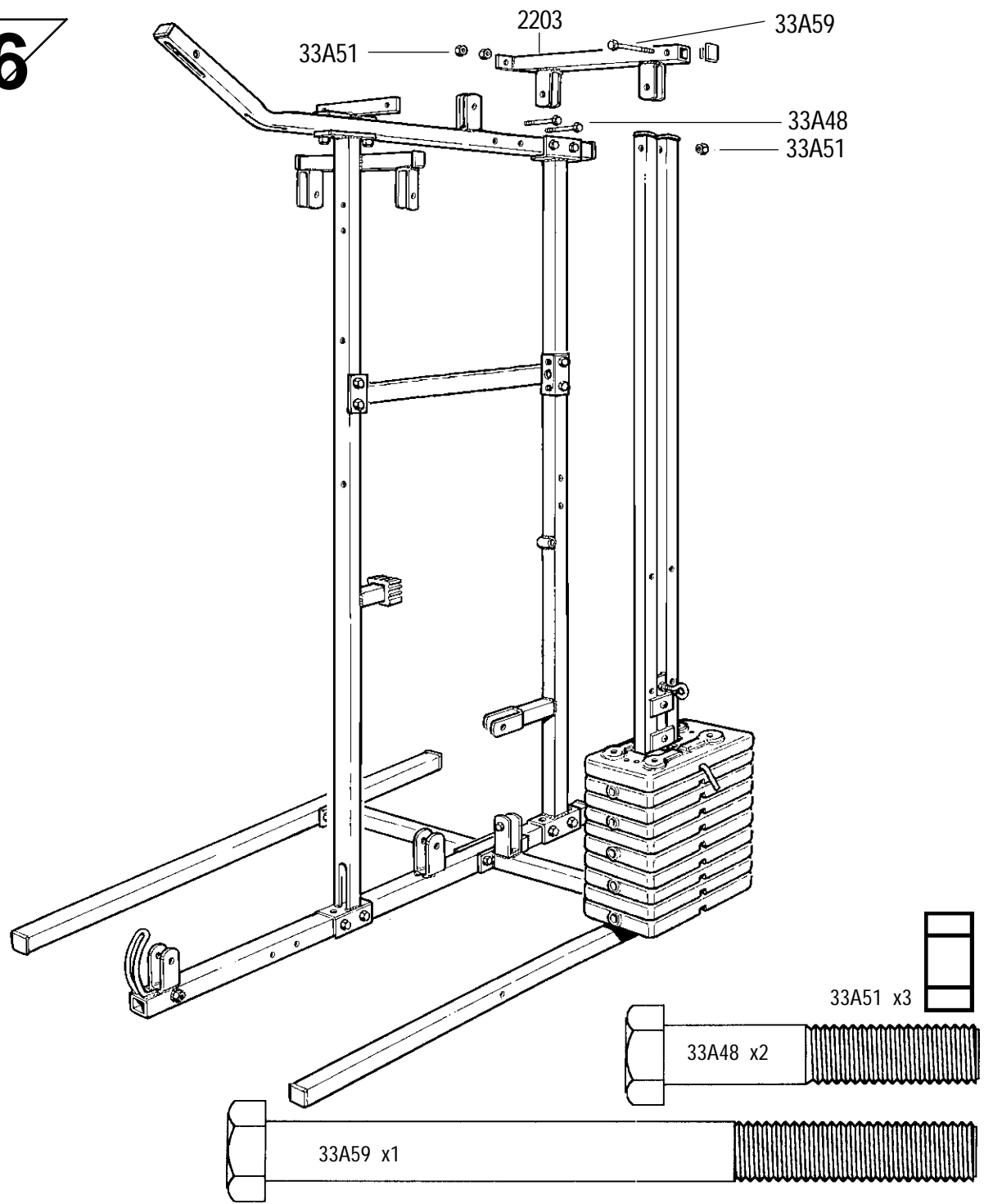
33A232 x1



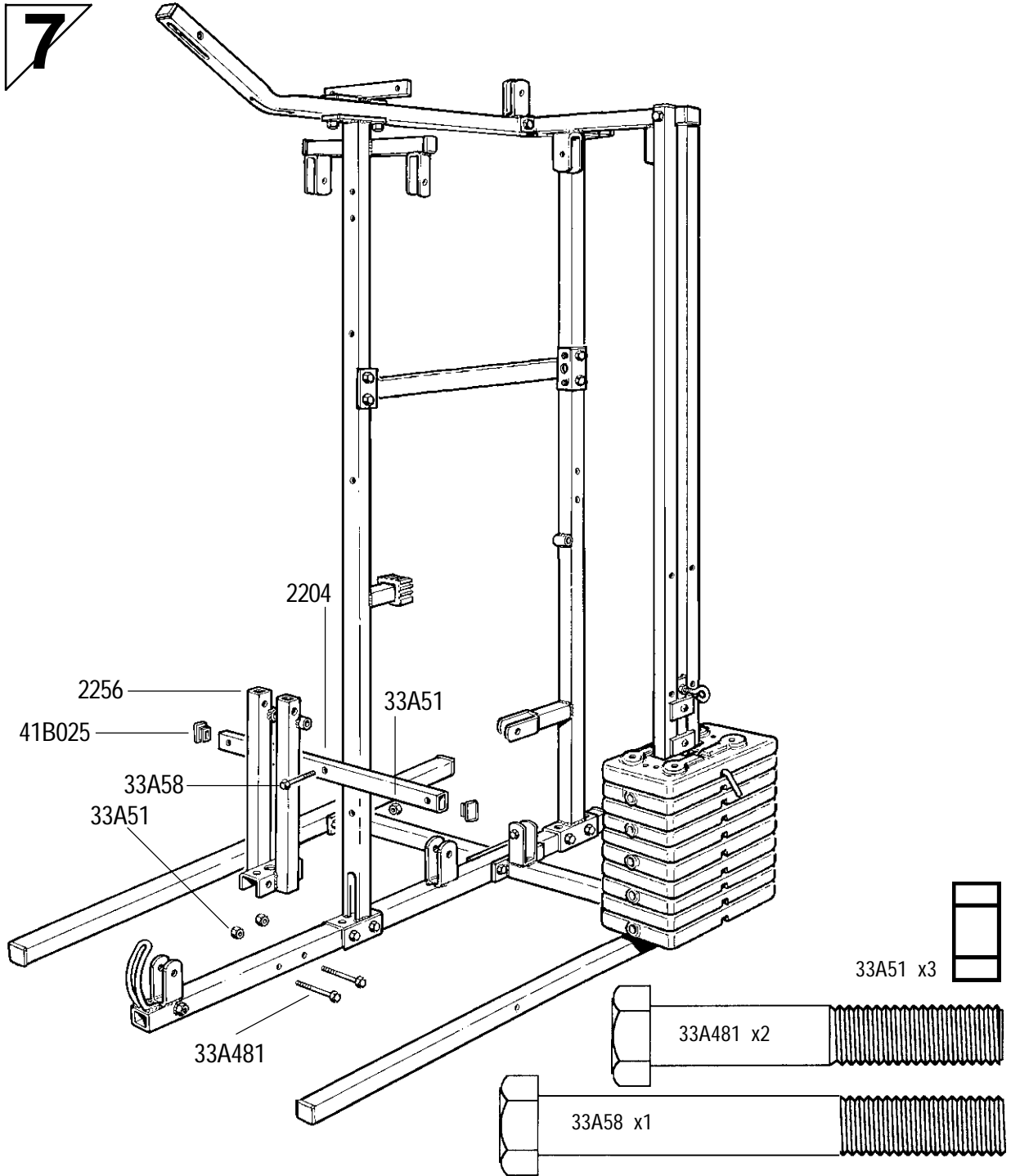
5



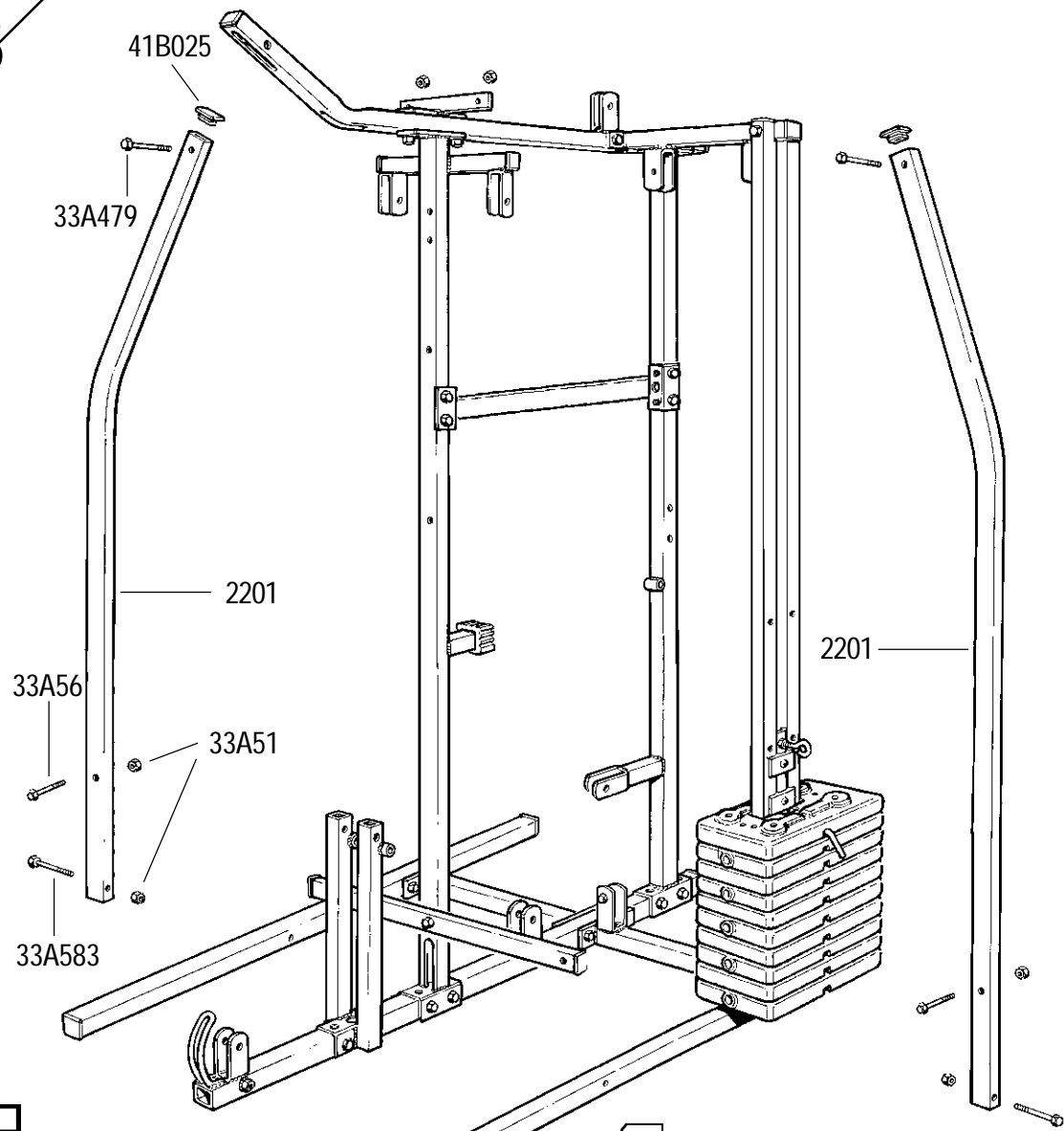
6



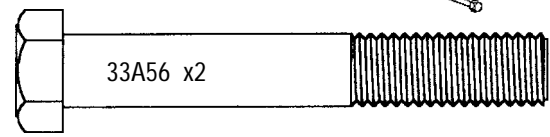
7



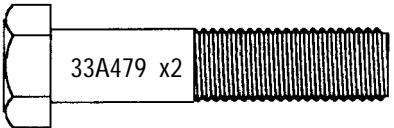
8



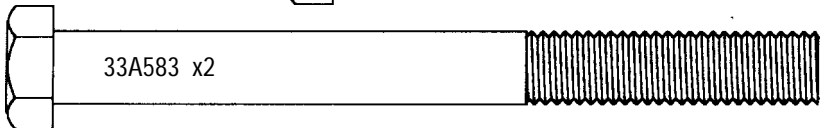
33A51 x6



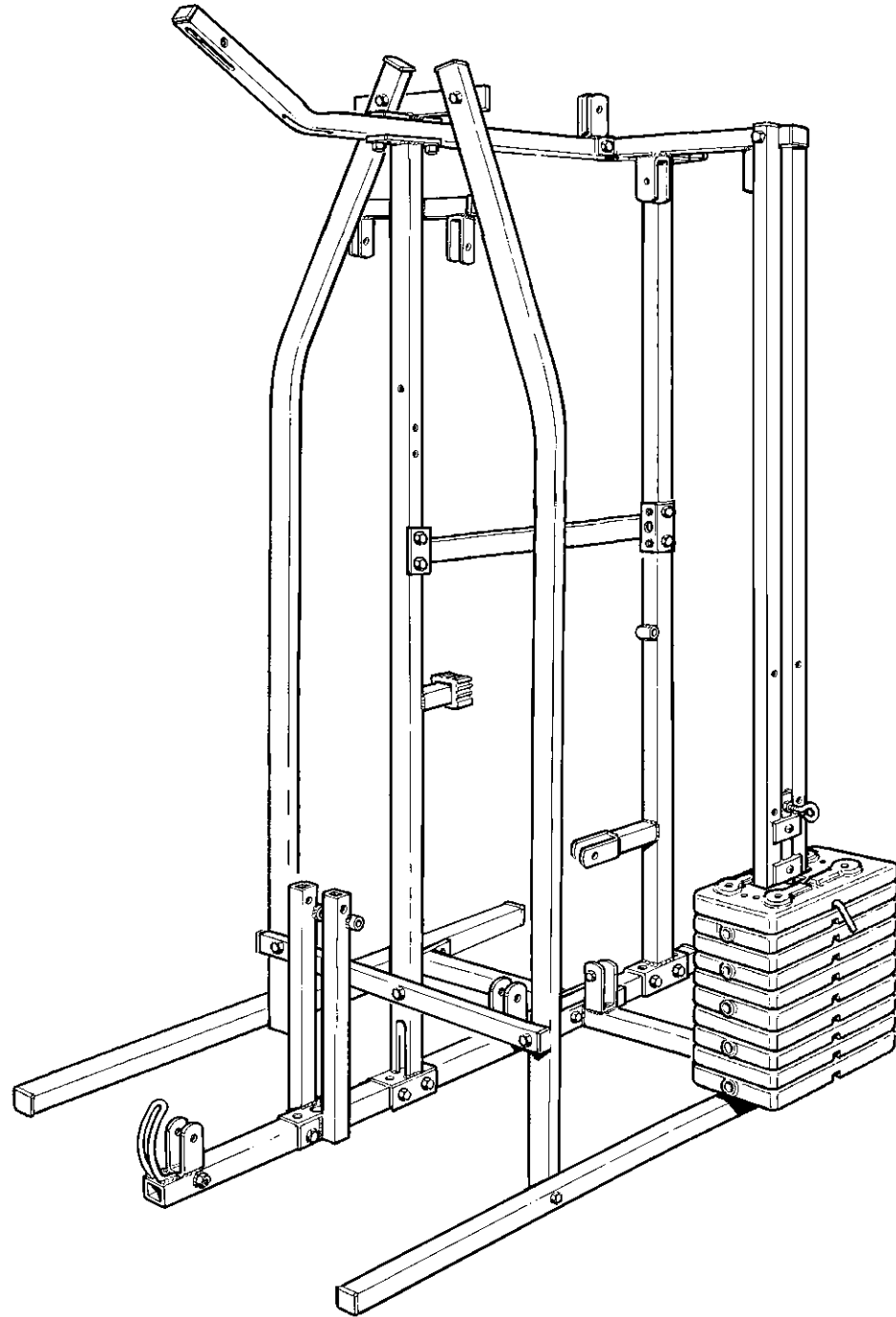
33A56 x2



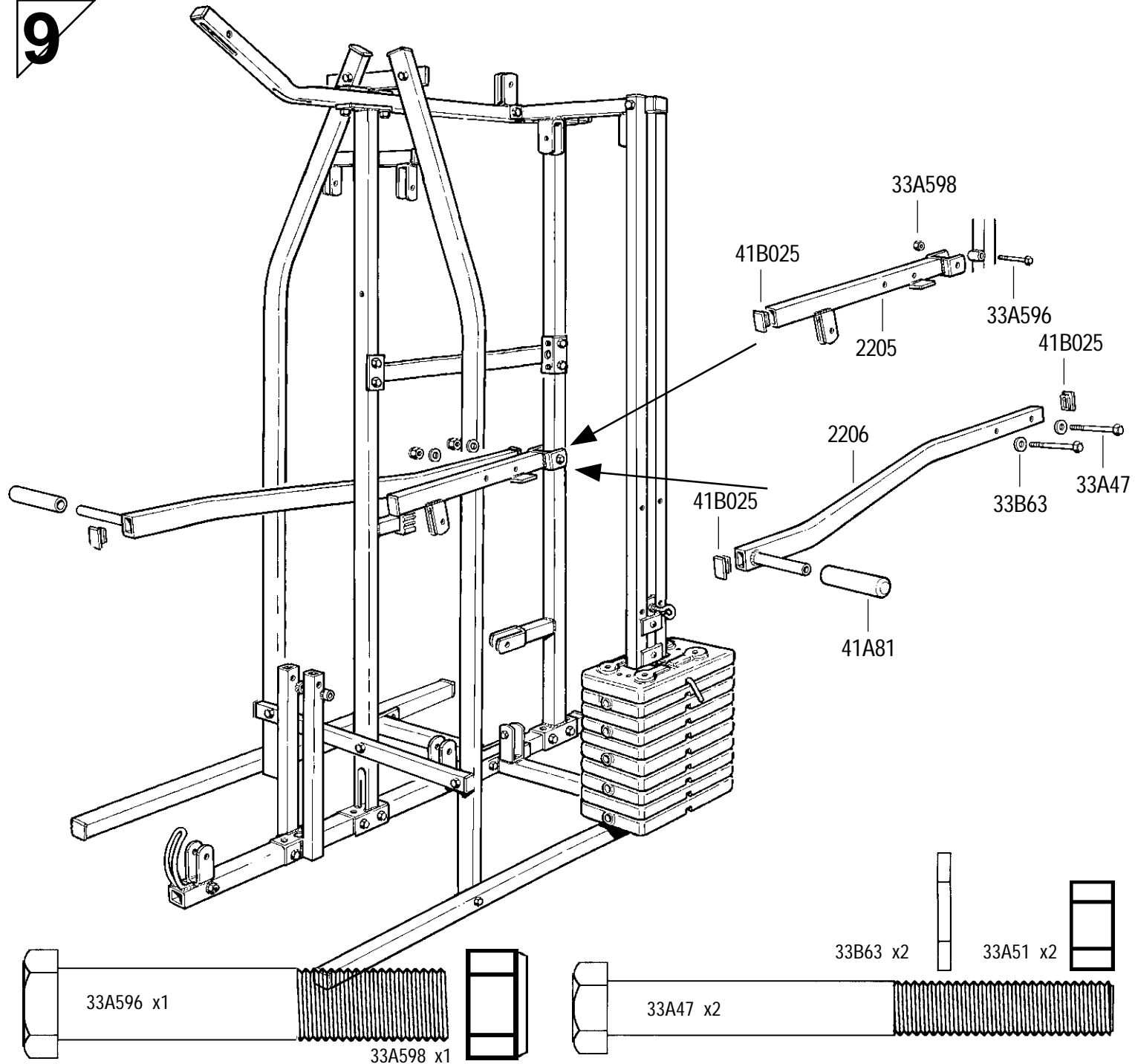
33A479 x2



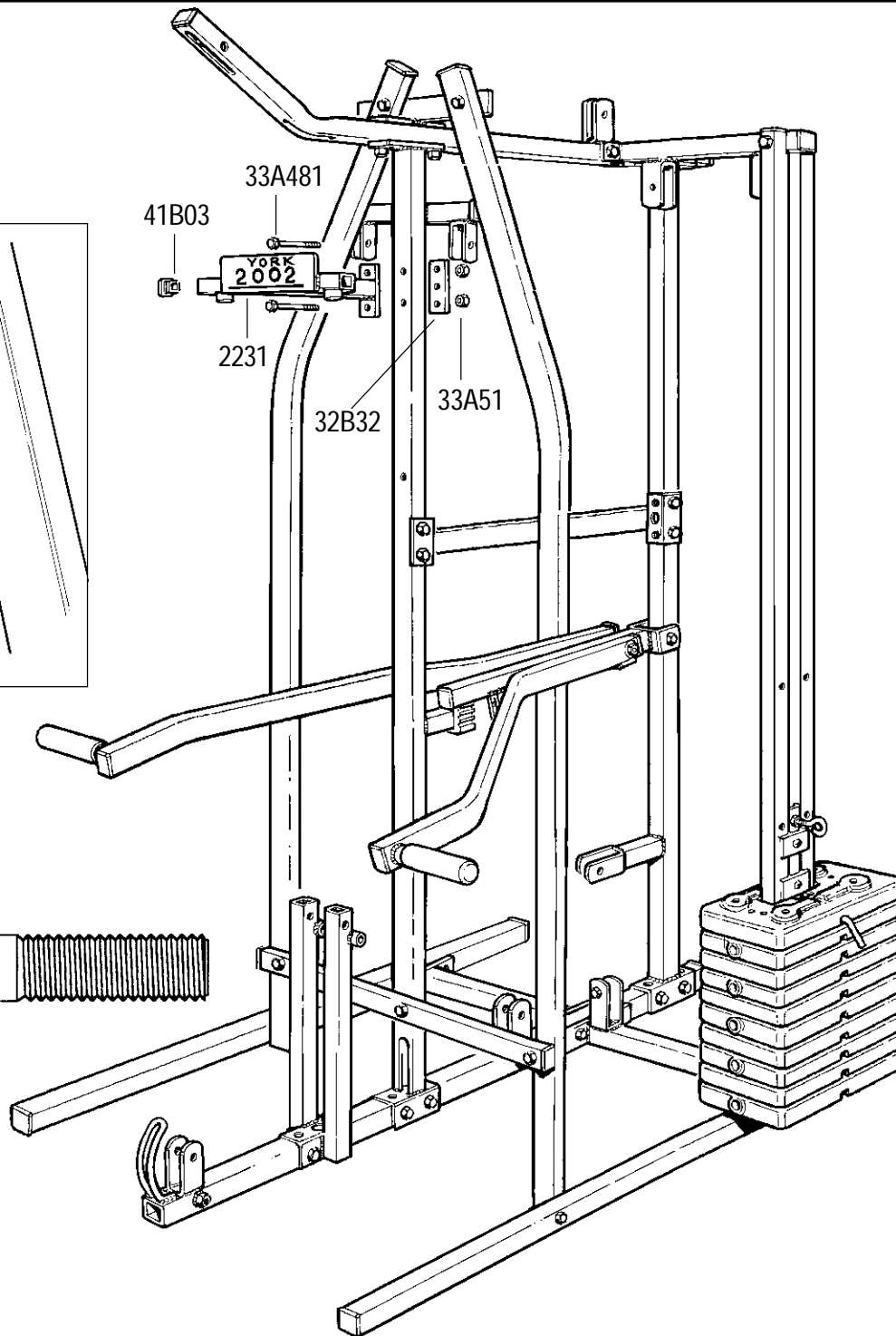
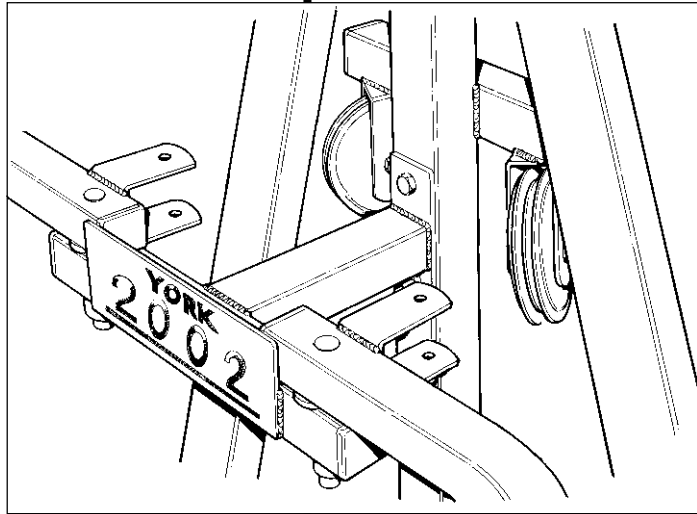
33A583 x2



9



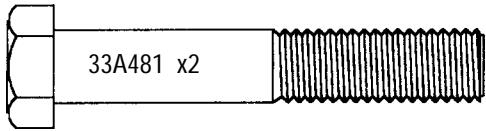
10



41B03
33A481
2231
32B32
33A51

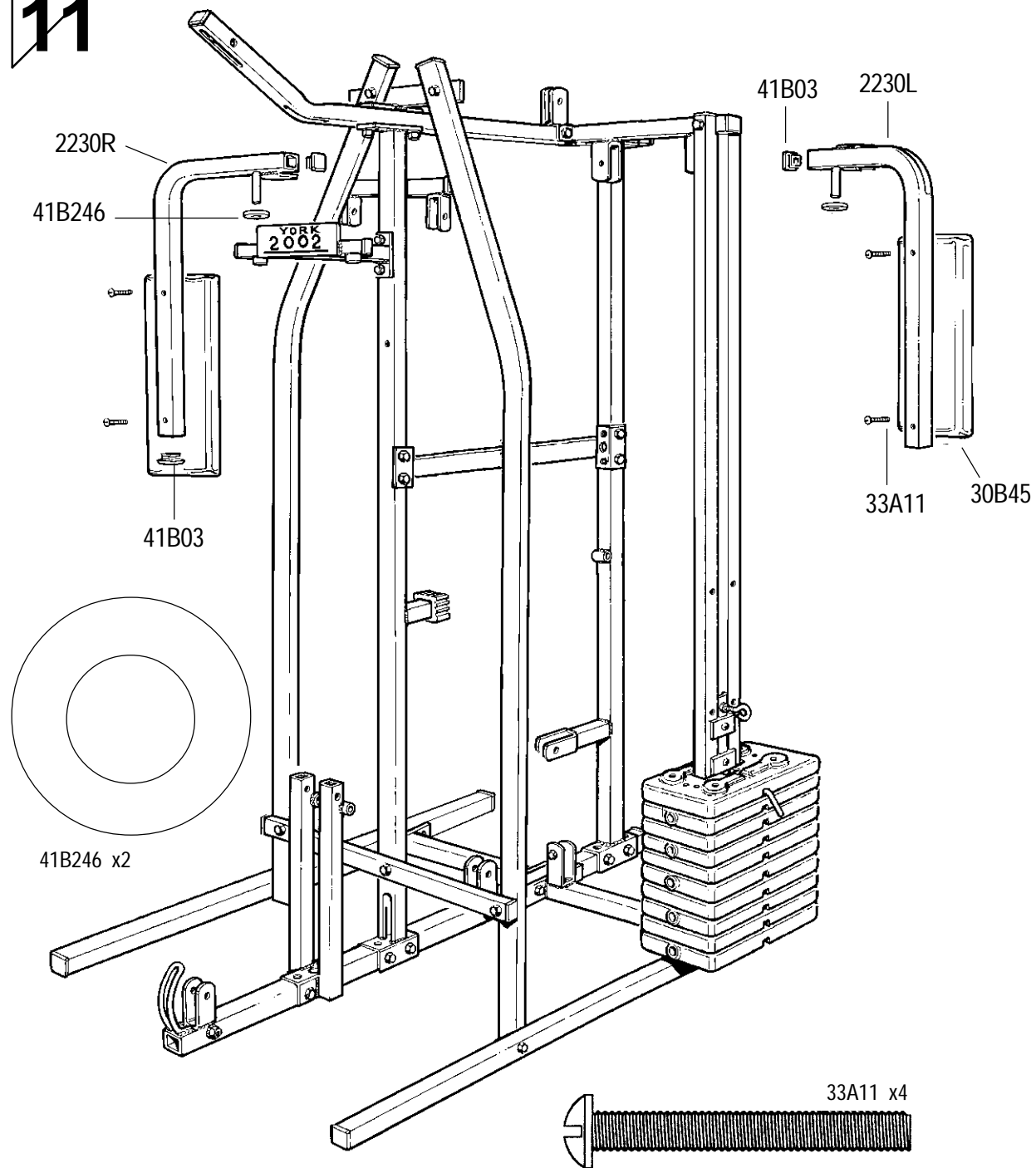


33A51 x2

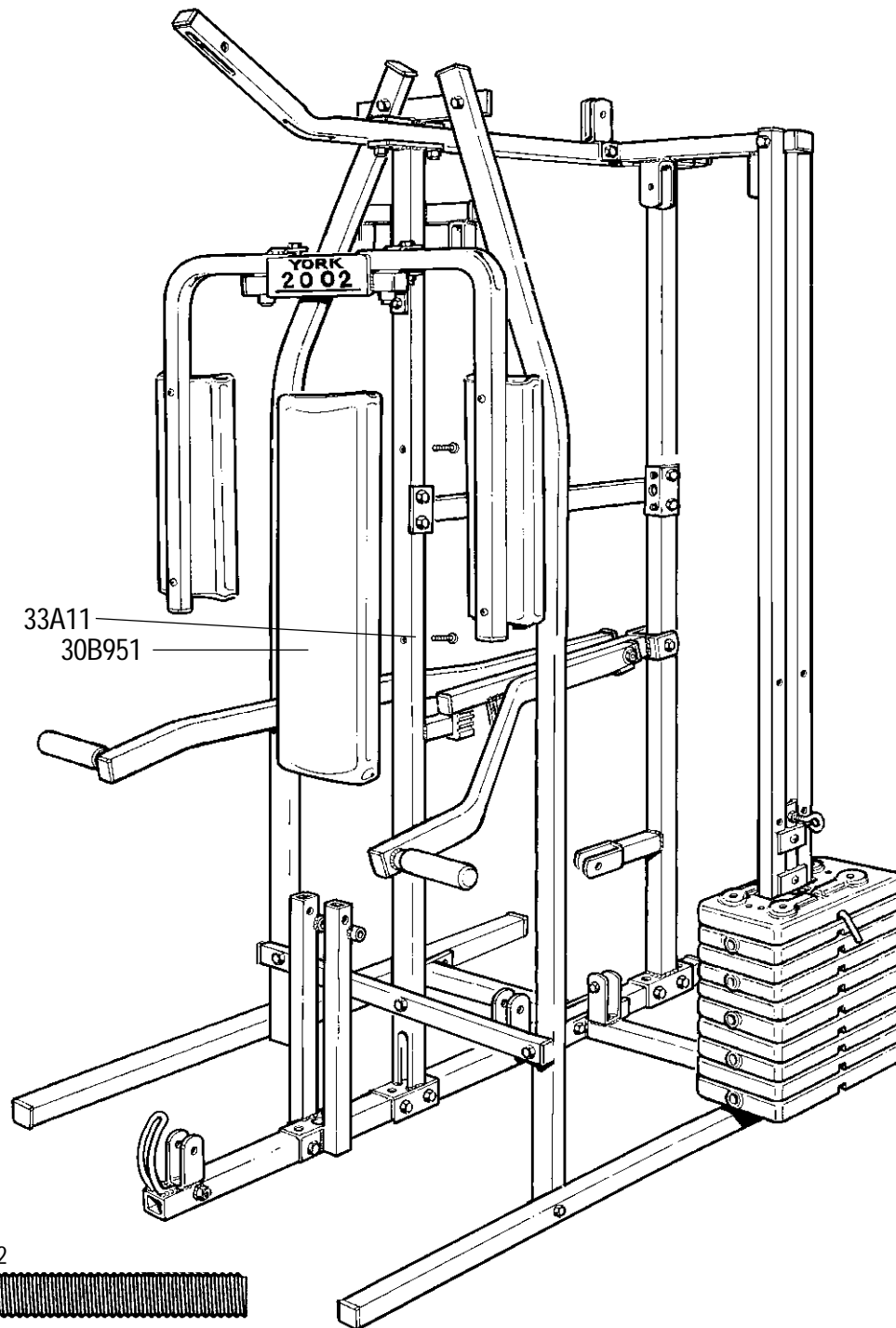


33A481 x2

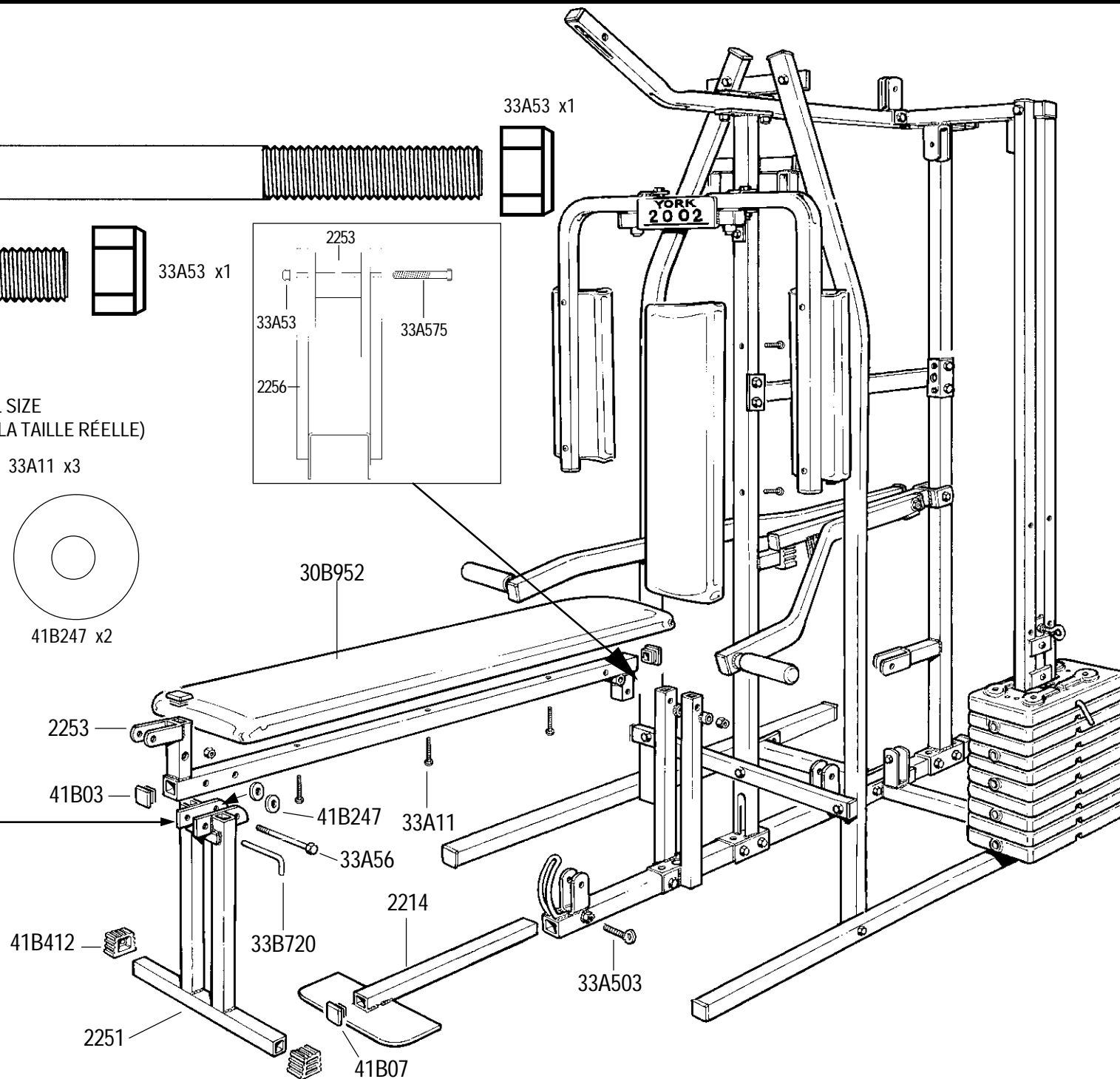
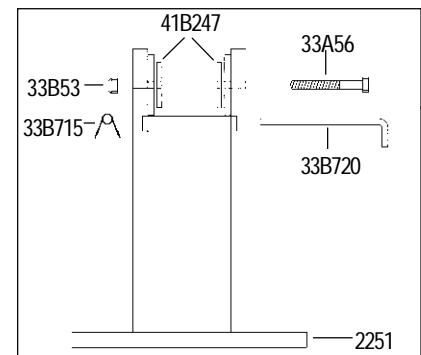
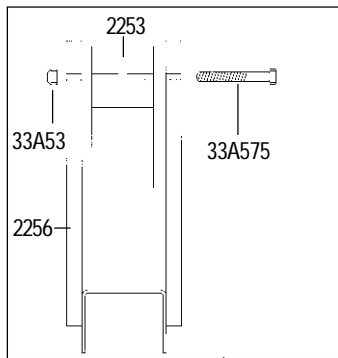
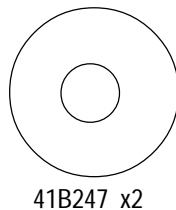
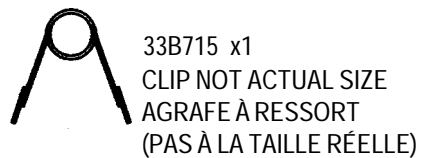
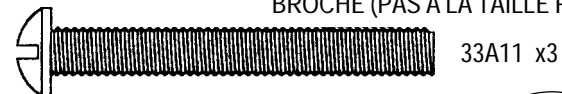
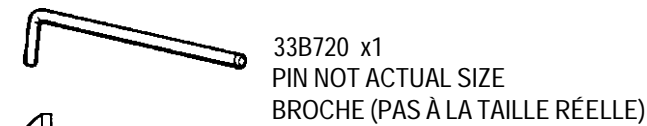
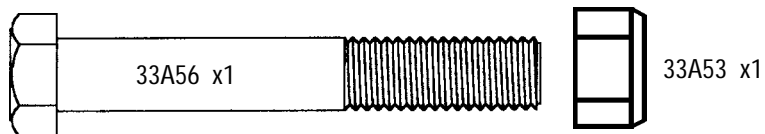
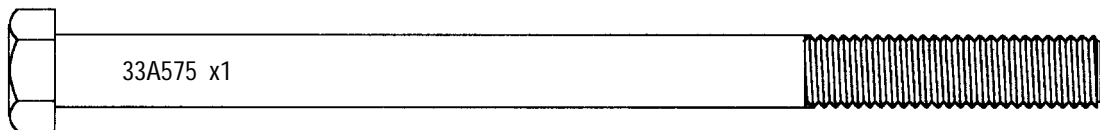
11



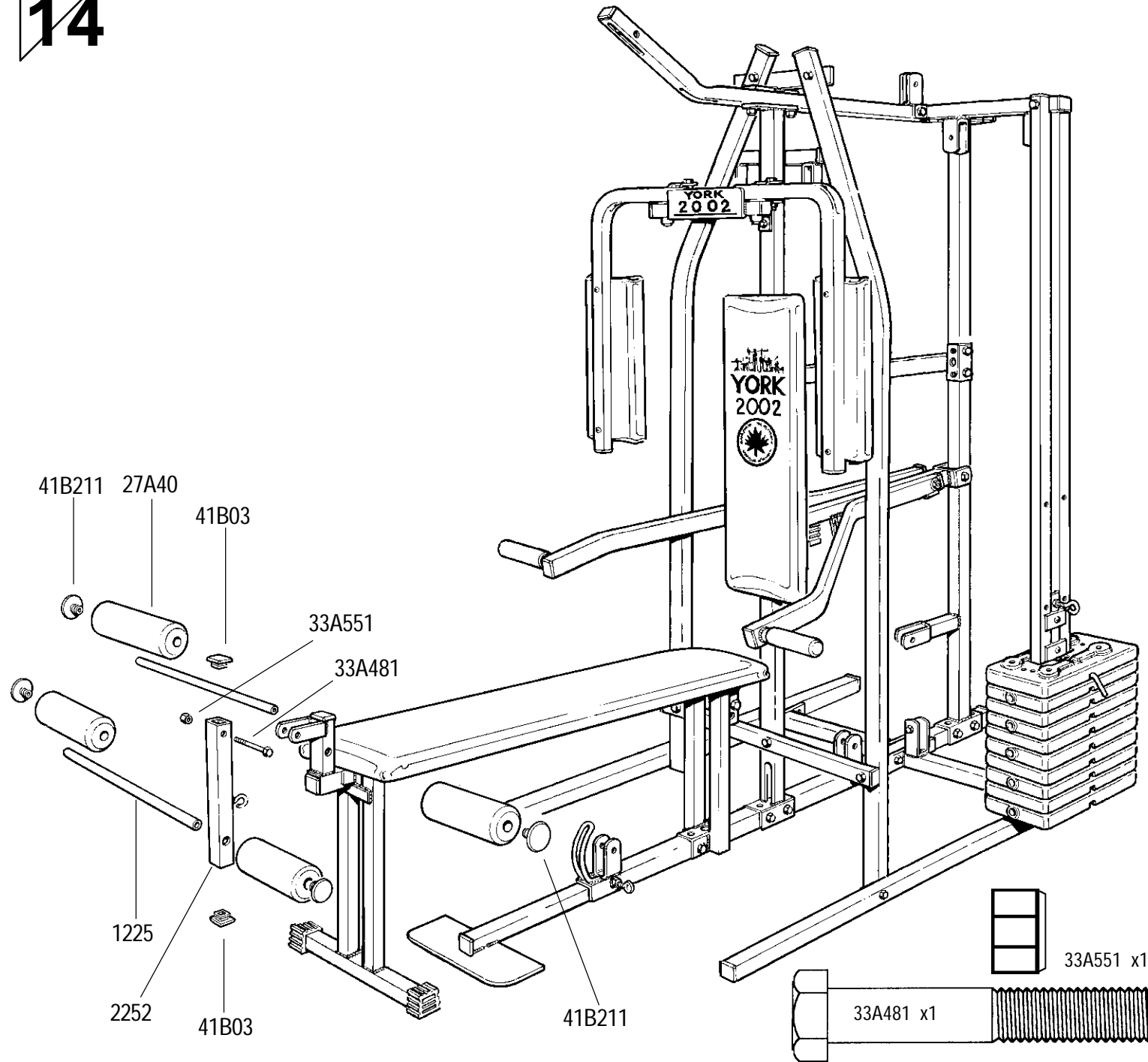
12

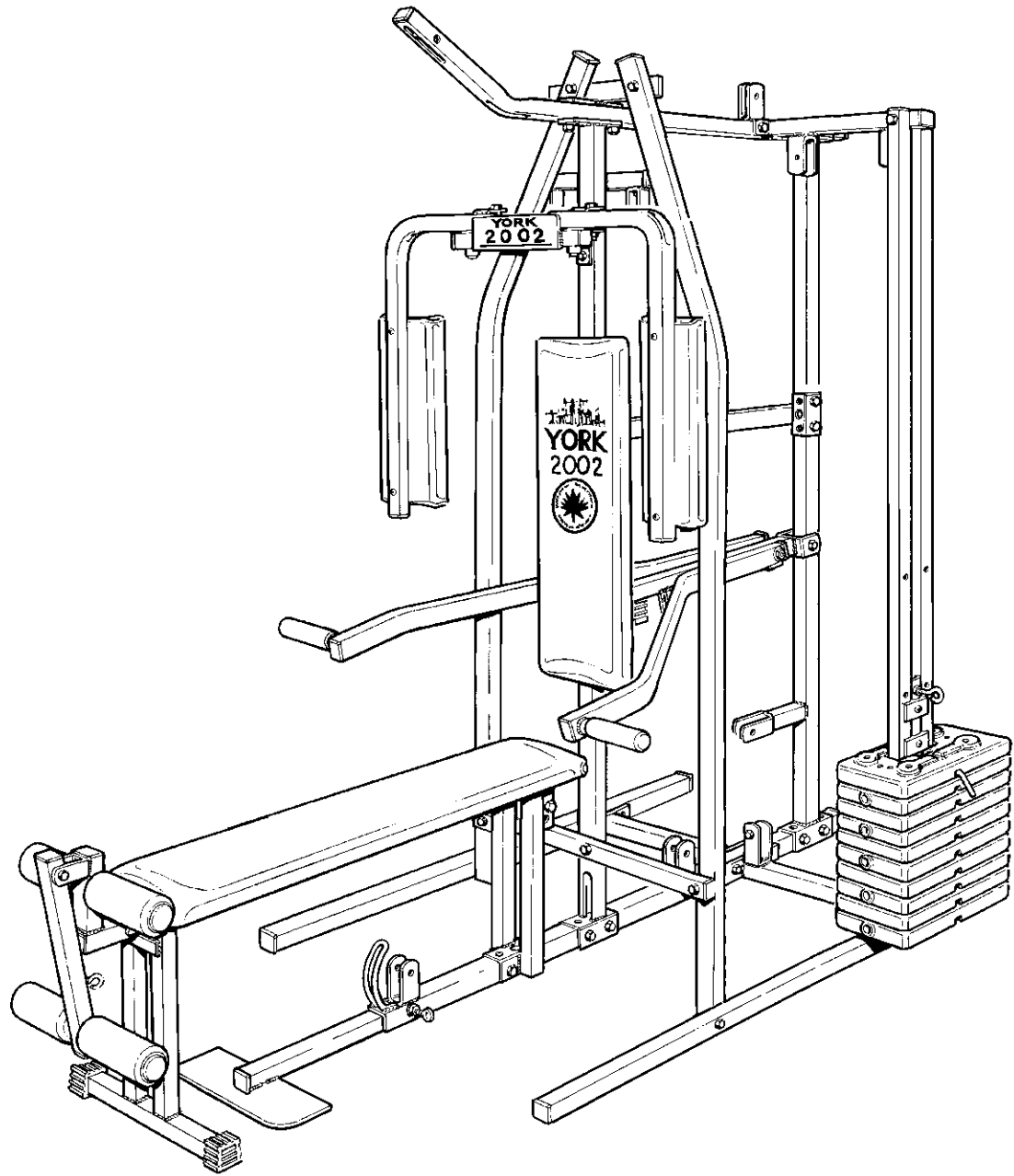


13



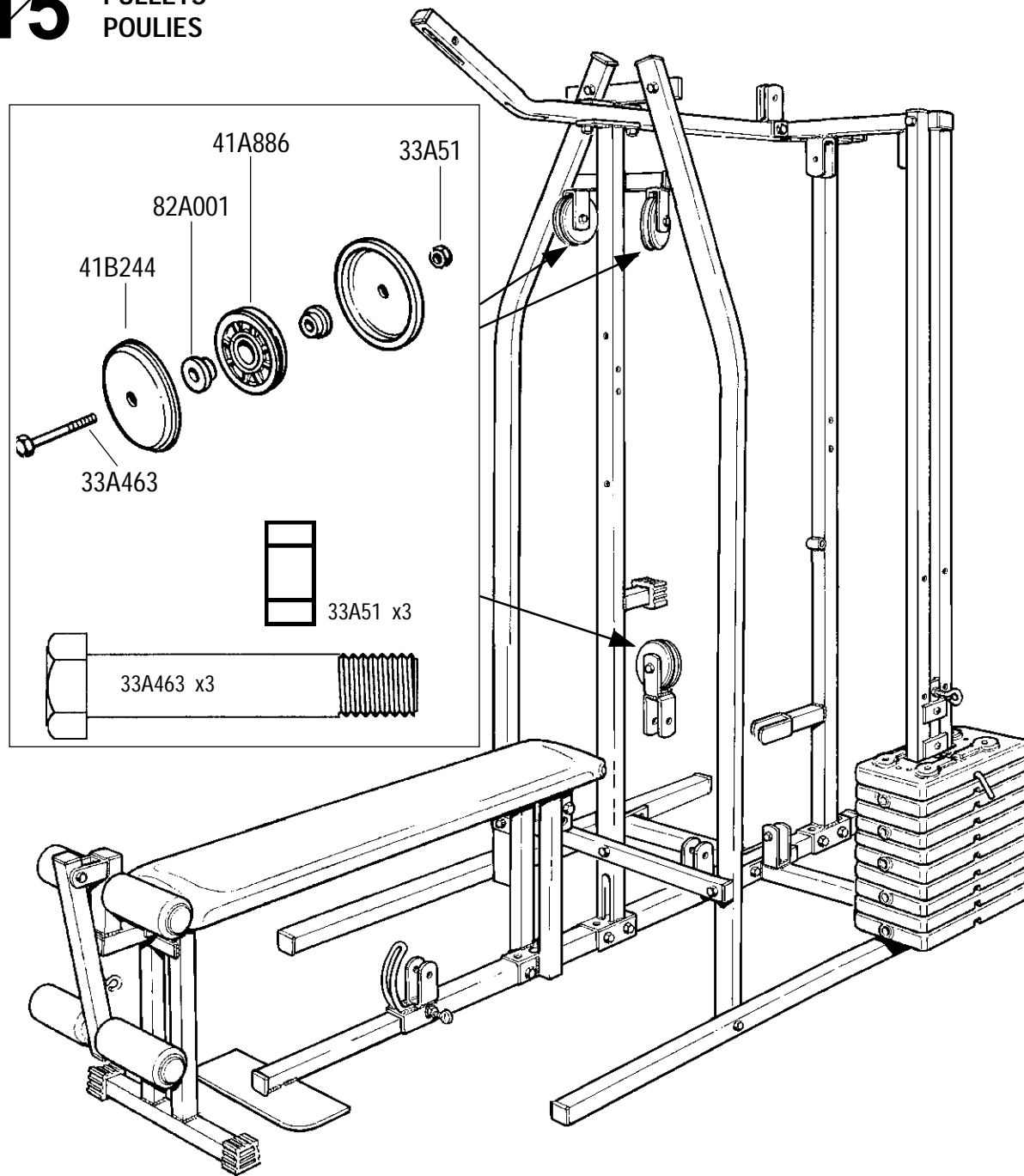
14



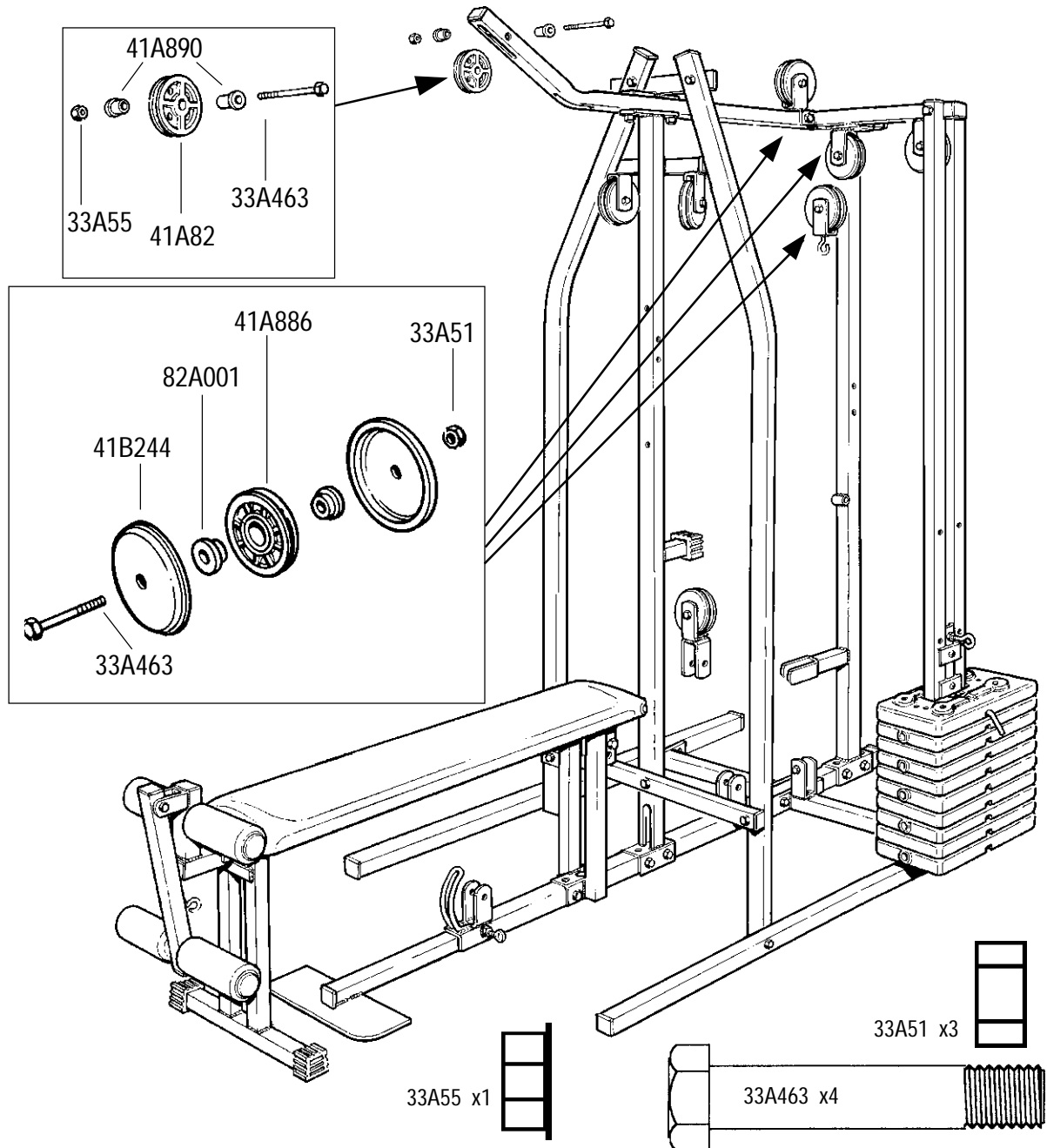


15

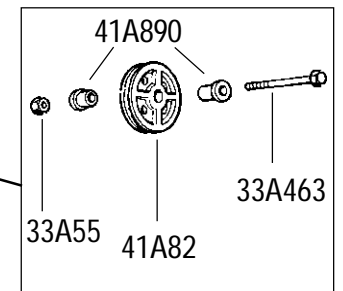
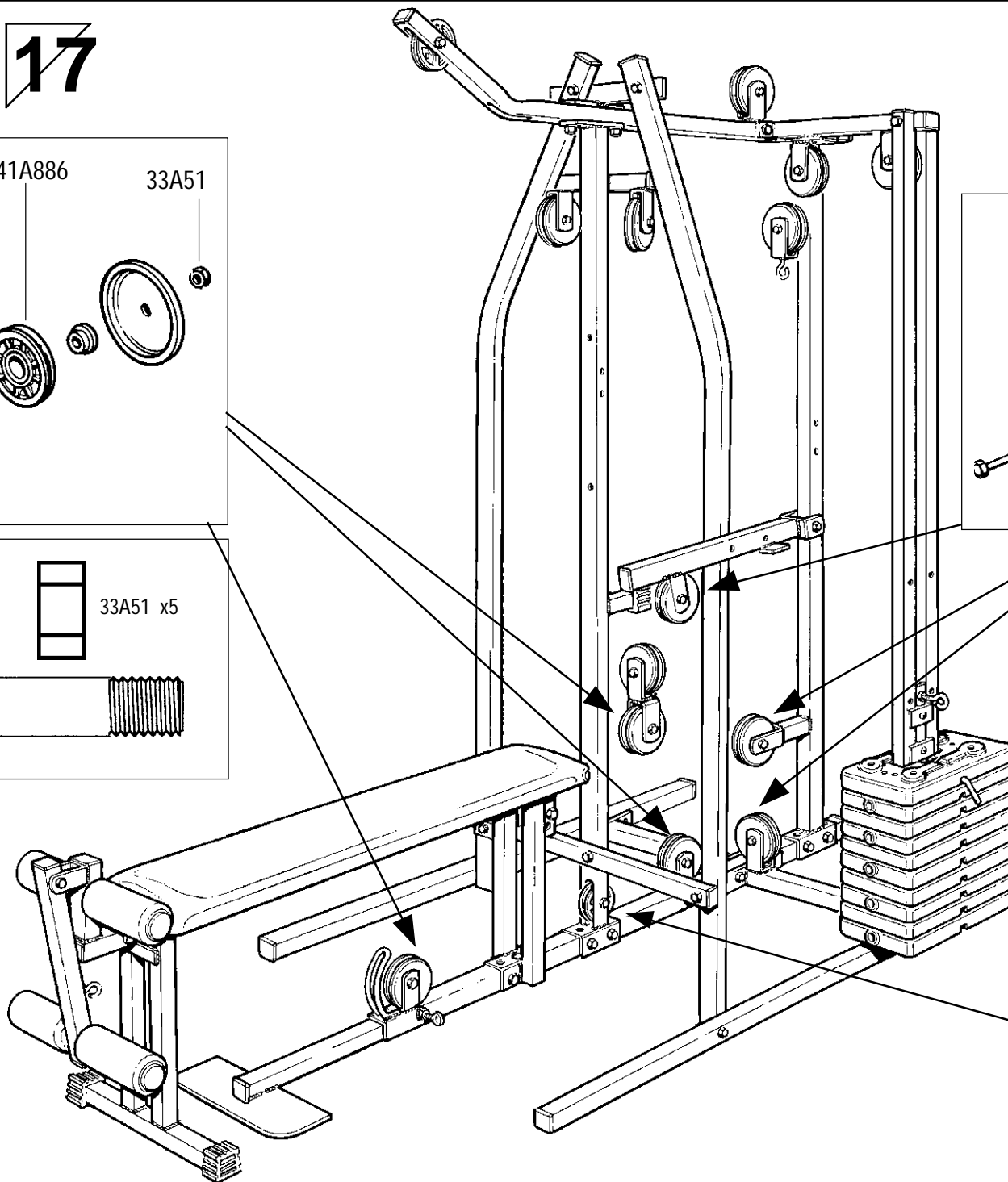
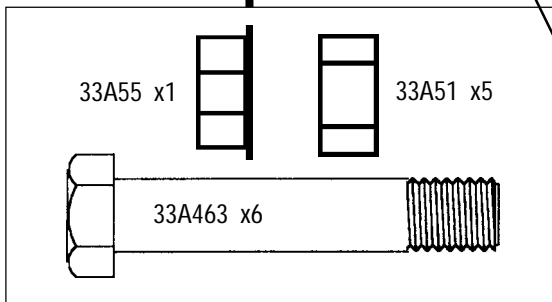
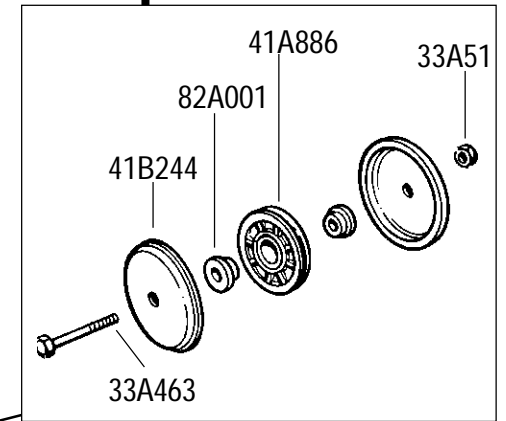
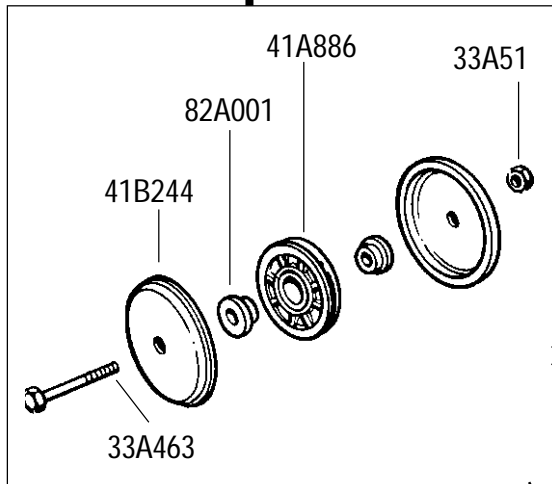
PULLEYS POULIES



16

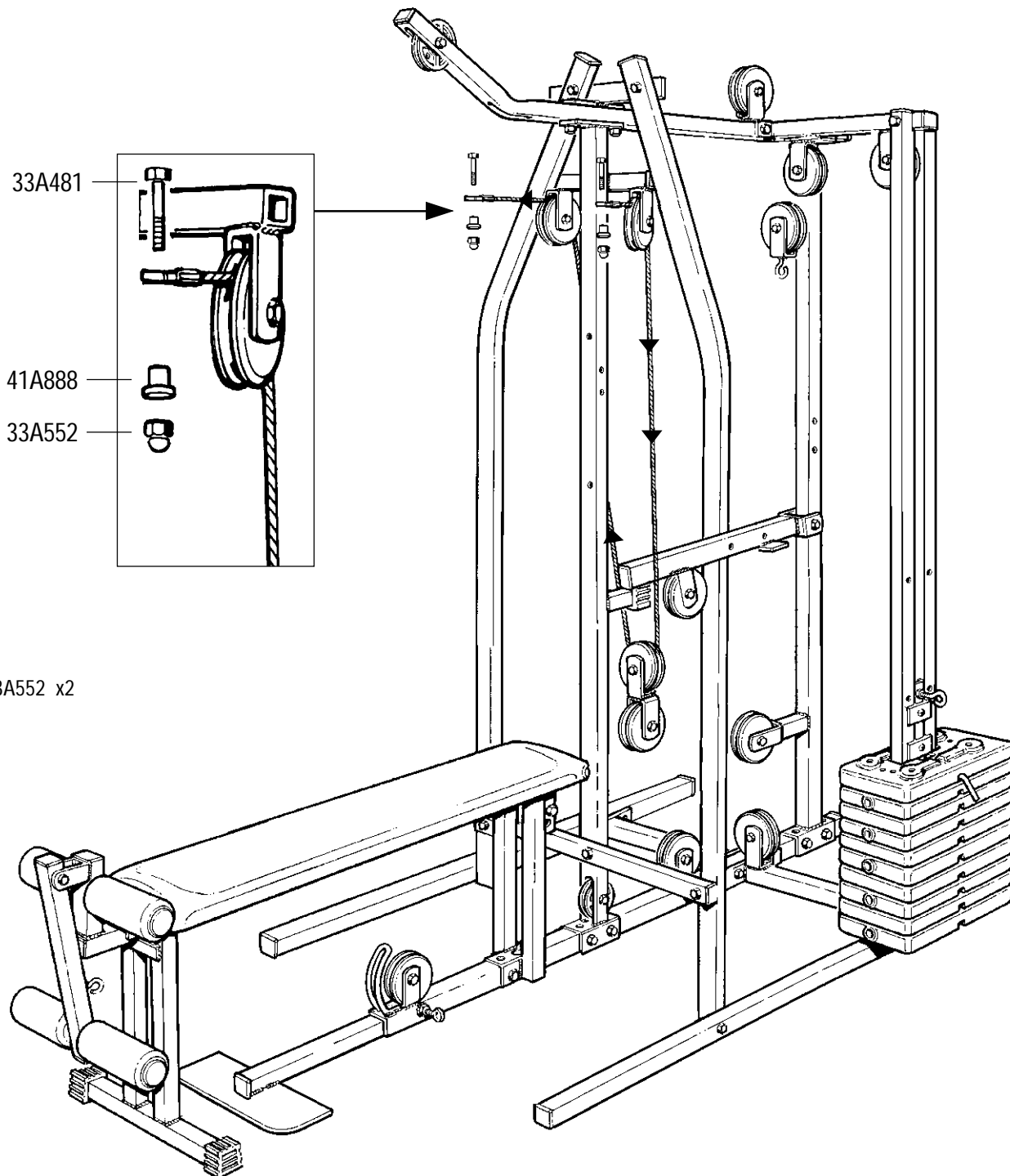
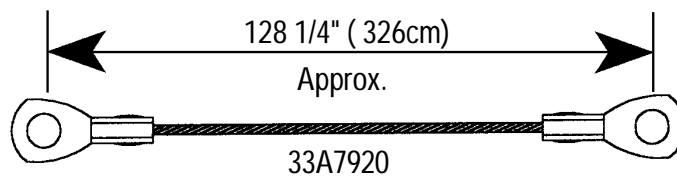
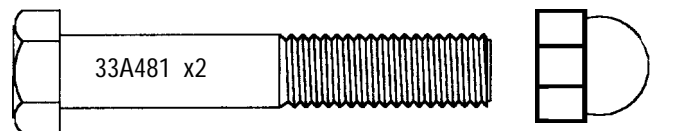
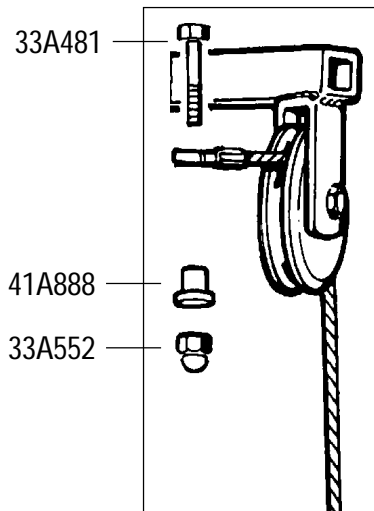
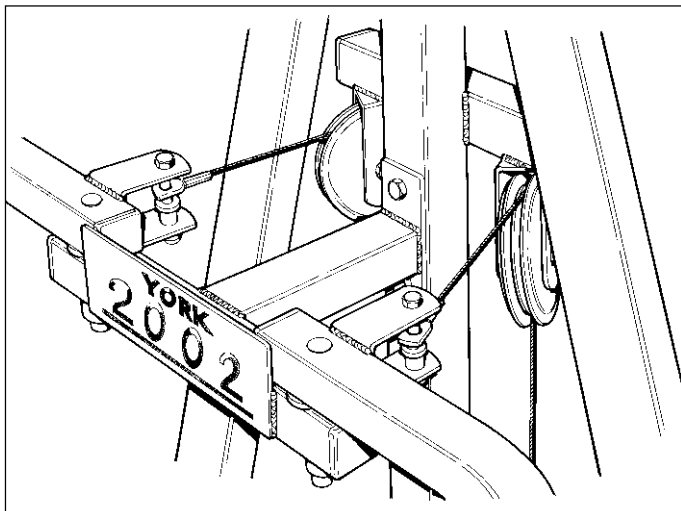


17



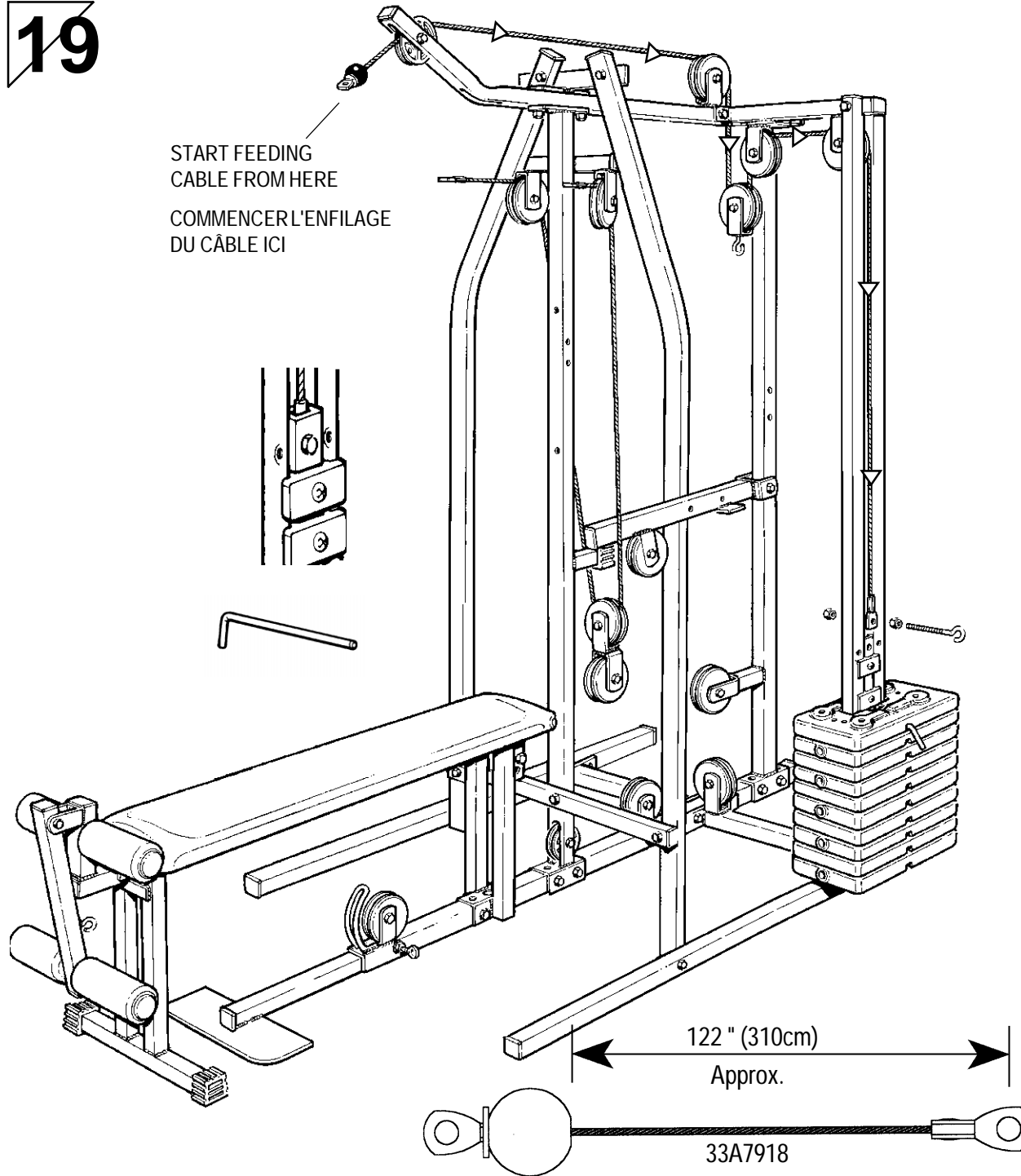
18

CABLES CÂBLES

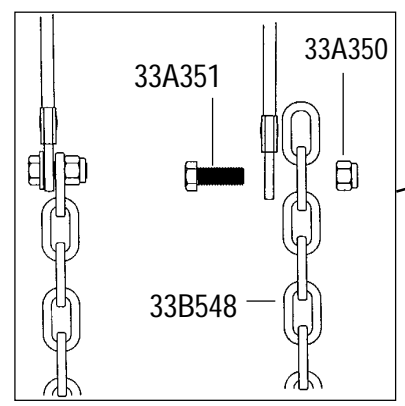
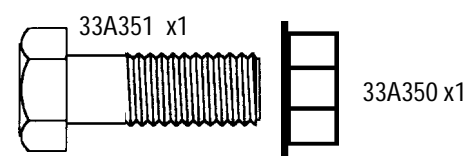


19

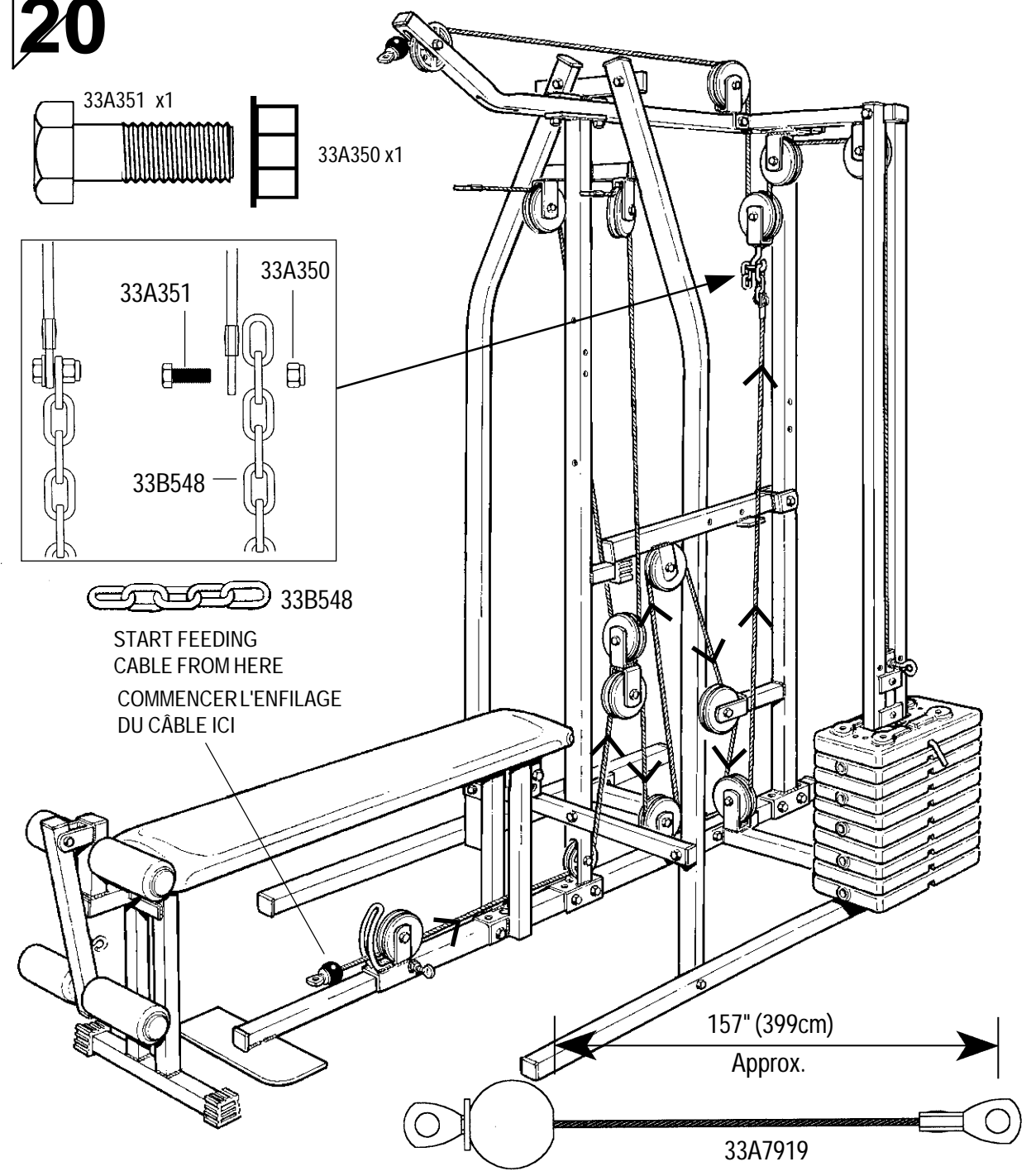
START FEEDING
CABLE FROM HERE
COMMENCER L'ENFILAGE
DU CÂBLE ICI



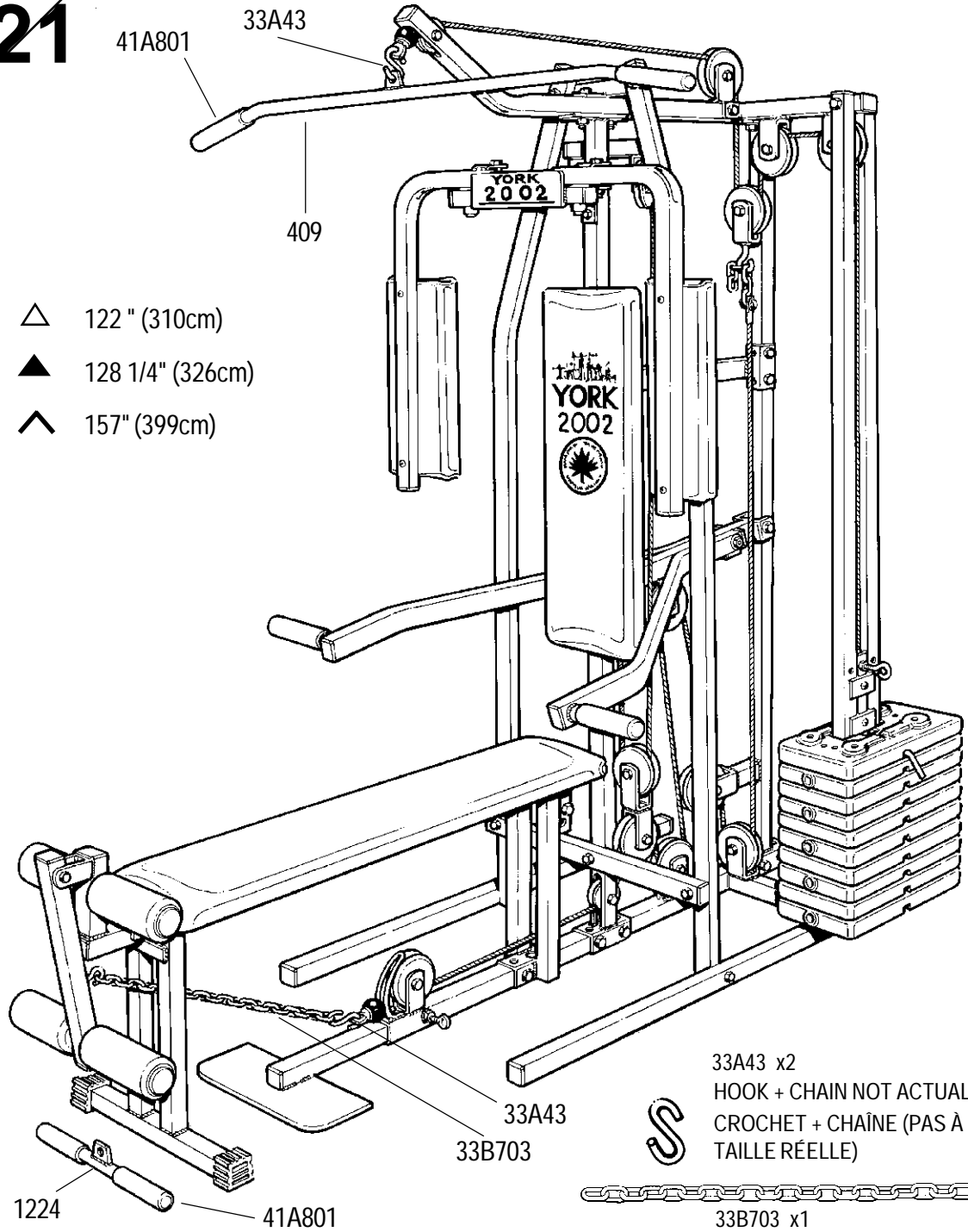
20



START FEEDING
CABLE FROM HERE
COMMENCER L'ENFILAGE
DU CÂBLE ICI

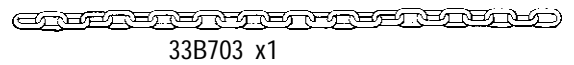


21



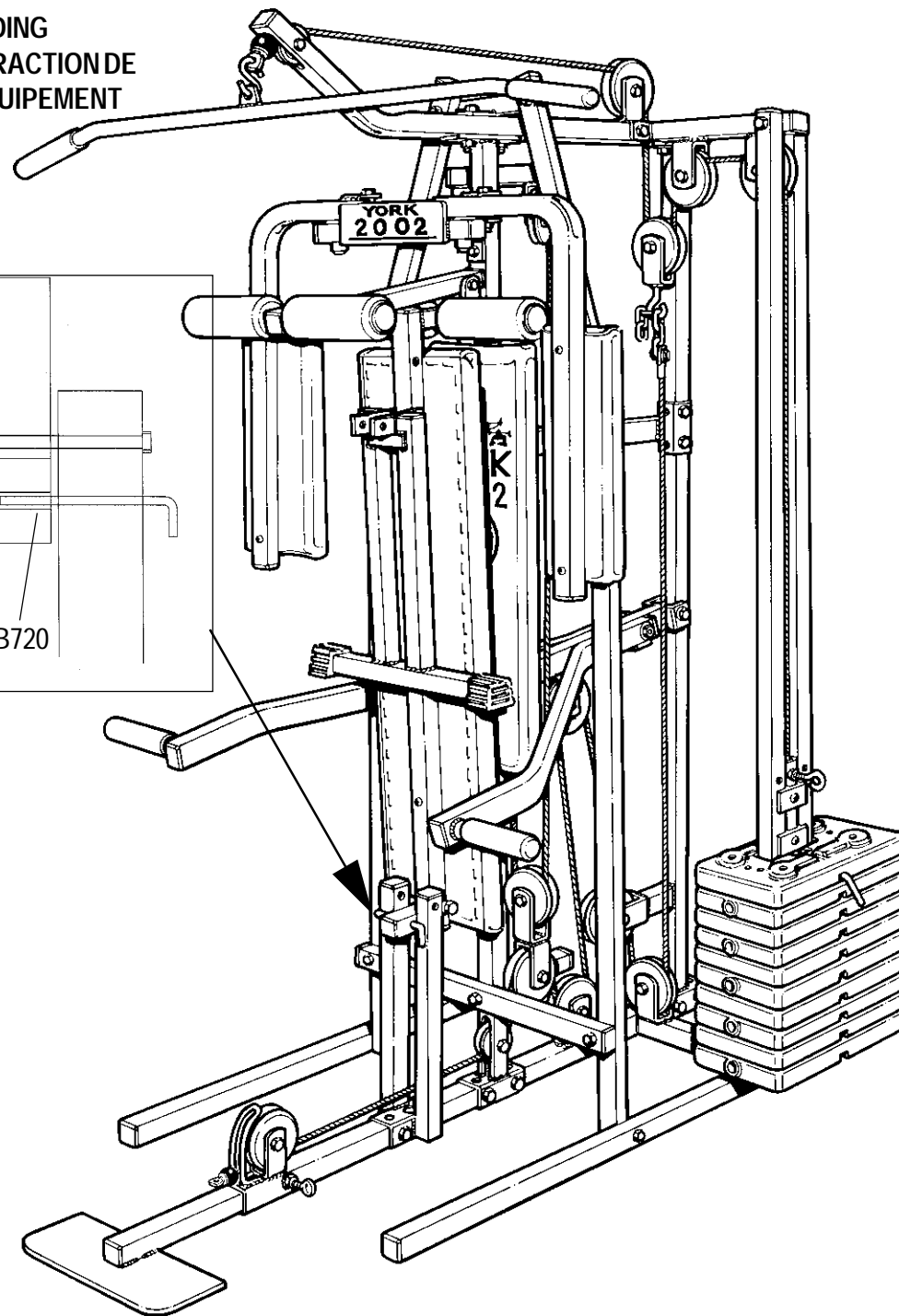
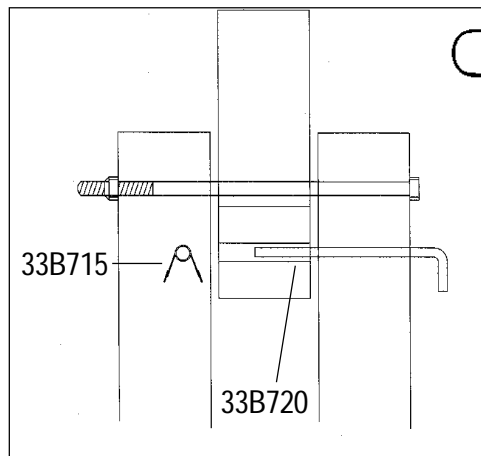
- △ 122" (310cm)
- ▲ 128 1/4" (326cm)
- ∧ 157" (399cm)

33A43 x2
 HOOK + CHAIN NOT ACTUAL SIZE
 CROCHET + CHAÎNE (PAS À LA
 TAILLE RÉELLE)



22

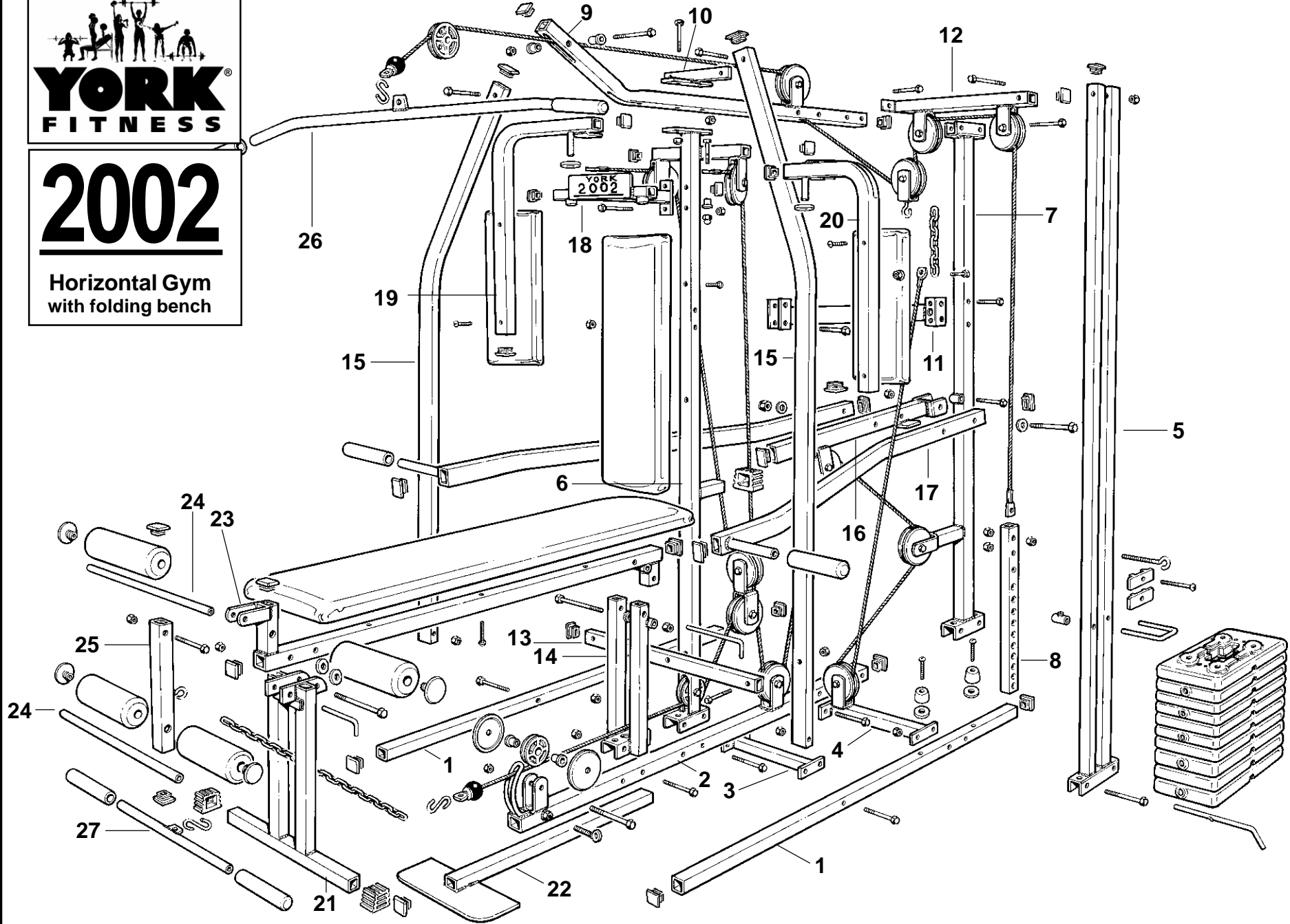
FOLDING
RÉTRACTION DE
L'ÉQUIPEMENT





2002

Horizontal Gym
with folding bench



2002 YORK Fitness PARTS LIST

2002 PARTS LIST		
ITEM	PART No.	QTY
1	2221	2
2	2211	1
3	2215	1
4	2216	1
5	2202	1
6	2217	1
7	2219	1
8	2223	1
9	2213	1
10	2260	1
11	2212	1
12	2203	1
13	2204	1
14	2256	1
15	2201	2
16	2205	1
17	2206	2
18	2231	1
19	2230R	1
20	2230L	1
21	2251	1
22	2214	1
23	2253	1
24	1225	2
25	2252	1
26	409	1
27	1224	1



YORK #5200 PARTS LIST		YORK 2002 HOME GYM	35C9299
PART No.		DESCRIPTION	QTY
35C9300		#5201 - 2002 HOME GYM. BOX #1 ONLY	1
35C9301		#5202 - 2002 HOME GYM. BOX #2 ONLY	1
35C9293		#7242 - HOME GYM WEIGHT PLATES	1

YORK #5201 PARTS LIST		YORK 2002 HOME GYM BOX #1 ONLY	35C9300
PART No.		DESCRIPTION	QTY
30B951		2002 BACK REST UPHOLSTERED PIECE	1
27A40		27A40 - 3" x 7" FOAM ROLLERS	4
50C40		2001 BLACK VINYL WEIGHT PLATES	4
32C378		BAG #378 - 2002 ASSEMBLY INSTRUCTIONS	1
32C379		BAG #379 - 2002 PULLEY WHEELS	1
32C380		BAG #380 - 2002 WIRE ROPES	1
32C381		BAG #381 - PLASTIC HAND GRIPS	1
32C383		BAG #383 - PULLEY COVERS	1
32C387		BAG #387 - 2002 MAIN FRAME HARDWARE	1

2002 YORK Fitness
 PARTS LIST

YORK #5202 PARTS LIST		YORK 2002 HOME GYM BOX #2 ONLY	35C9301
PART No.	DESCRIPTION		QTY
30B45	2002 PEC ARM UPHOLSTERED PIECES		2
30B952	2002 BENCH UPHOLSTERED PIECE		1
32C386	BAG #386 - 2002 MAIN FRAME PLASTIC PARTS		1
32C385	BAG #385 - 2002 WIRE ROPE HARDWARE		1
32C384	BAG #384 - 2002 PULLEY WHEEL HARDWARE		1
32C382	BAG #382 - 2002 BENCH/PEC-PLASTIC/HARDWARE		1

YORK #7242 PARTS LIST		YORK 2002 HOME GYM BOX #3 WEIGHTS	35C9293
PART No.	DESCRIPTION		QTY
50C40	2001 BLACK VINYL WEIGHT PLATES		6

YORK BAG #378		2002 HOME GYM ASSEMBLY INSTRUCTIONS	32C378
PART No.	DESCRIPTION		QTY
01A6922	2002 ASSEMBLY INSTRUCTION		1
01A6923	2002 WALL CHART		1
01A8862	2002 RED PEC DECAL		1
01A9081	2000 RED BENCH DECAL		1

YORK BAG #379		YORK 2002 HOME GYM PULLEY WHEELS	32C379
PART No.	DESCRIPTION		QTY
41A82	3" DELRON PULLEY WHEEL		2
41A886	3001 - 4" DELRON PULLEY WHEEL		13
82A001	CNC - 4" PULLEY METAL BUSHING		26

YORK BAG #380		YORK 2002 HOME GYM WIRE ROPES	32C380
PART No.	DESCRIPTION		QTY
33A7918	2002 - #1 WIRE ROPE - 122"		1
33A7919	2002 - #2 WIRE ROPE - 157"		1
33A7920	2002 - #3 WIRE ROPE - 128 1/4"		1

YORK BAG #381		YORK 2002 HOME GYM PLASTIC HAND GRIPS	32C381
PART No.	DESCRIPTION		QTY
41A801	1" RED HAND GRIPS		4
41A81	1 1/4" BLACK HAND GRIPS		2



2002

**Horizontal Gym
with folding bench**

2002 YORK Fitness PARTS LIST

YORK BAG #382		YORK 2002 HOME GYM BENCH AND PEC HARDWARE + CAPS	32C382
PART No.	DESCRIPTION		QTY
33A11	1/4 - 20 x 2" RHSMS		9
33A481	3/8 - 16 x 2 1/4 HEX HEAD BOLTS		3
33A53	3/8 - 16 LOCK NUTS		2
33A551	3/8 - 16 STOVER LOCK NUT		1
33A552	3/8 - 16 ACORN NUTS		2
33A56	3/8 - 16 x 2 1/2" HEX HEAD BOLT		1
33A575	3/8 - 16 x 5 1/2" HEX HEAD BOLT		1
33B715	220 PART 2250 3/8 SPRING CLIP		1
33B720	220 PART 2257 3/8 x 4" L PIN		1
41A888	901 DELRON PULLEY SPACER		2
41B03	1 1/2" SQ. INT. BLACK CAPS		11
41B211	1" RED FOAM CAPS		4
41B246	350 PART 5452 3/4 ID SPACERS		2
41B412	1 1/2" SQ. EXT FOOT CAPS		2
41B247	2002 SPACER 1/8 x 1 1/2 x 3/8 ID		2

YORK BAG #383		YORK 2002 HOME GYM	33C383
PART No.	DESCRIPTION		QTY
41B244	3001-V PULLEY COVERS		26

YORK BAG #384		YORK 2002 HOME GYM PULLEY WHEEL HARDWARE	32C384
PART No.	DESCRIPTION		QTY
33A463	3/8 x 2" PULLEY WHEEL BOLT		15
33A51	3/8 x 16 HEX NUT		13
33A55	3/8 x 16 FLANGE NUT		2
33B700	3001 PART #3176 SINGLE PULLEY		1
33B7521	1501 PART #3125 DOUBLE PULLEY BRACKET		1
41A890	401 DELRON PULLEY SPACERS		4

YORK BAG #385		YORK 2002 HOME GYM WIRE ROPE HARDWARE	32C385
PART No.	DESCRIPTION		QTY
32C500	UK LOCKING BAG		1
33A03	1/4 - 20 LOCK NUTS		2
33A11	1/3 - 20 x 2" RHSMS		2
33A232	5/16 - 18 x 3 1/2" EYE BOLT		1
33A32	5/16 - 18 HEX NUTS		2
33A350	5/16 - 18 FLANGE NUT		1
33A351	5/16 - 18 x 1" HEX HEAD BOLT		1
33A43	3/8 - "S" HOOKS		2
33B022	2001 WEIGHT SELECTOR PIN		1
33B548	5 LINK CHAIN		1
33B703	24 LINK CHAIN		1
41A882	2600 PLASTIC GUIDES		4



2002 YORK Fitness PARTS LIST

YORK BAG #386		YORK 2002 HOME GYM MAIN FRAME PLASTIC PARTS	32C386
PART No.	DESCRIPTION		QTY
41A83	2001 PLASTIC BUMPERS		2
41B025	1" x 2" INT. RECTANGLE CAPS		11
41B03	1 1/2" SQ. INT BLACK CAPS		10
41B07	1 1/4" SQ. INT BLACK CAPS		4
41B241	1/8" x 1 1/2" PLASTIC SPACER		2
41B412	1 1/2" SQ. EXT FOOT CAP		1

YORK BAG #387		YORK 2002 HOME GYM MAIN FRAME HARDWARE	32C387
PART No.	DESCRIPTION		QTY
33A13	1/4 - 20 x 1 1/2 RHSMS		2
33A47	3/8 - 16 x 3 1/2 HEX HEAD BOLT		2
33A479	3/8 - 16 x 1 3/4 HEX HEAD BOLT		2
33A48	3/8 - 16 x 2 HEX HEAD BOLT		4
33A481	3/8 - 16 x 2 1/4 HEX HEAD BOLT		20
33A51	3/8 - 16 HEX NUTS		34
33A56	3/8 - 16 x 2 1/2" HEX HEAD BOLT		2
33A58	3/8 - 16 x 3 HEX HEAD BOLT		1
33A583	3/8 - 16 x 4 HEX HEAD BOLT		2
33A59	3/8 - 16 x 4 1/2 HEX HEAD BOLT		1
33A596	1/2 - 13 x 2 3/4 HEX HEAD BOLT		1
33A598	1/2 - 13 LOCK NUT		1
33B32	2001 PART #1234 STAMPING		1
33B63	3/8 PLATE WASHERS		5

