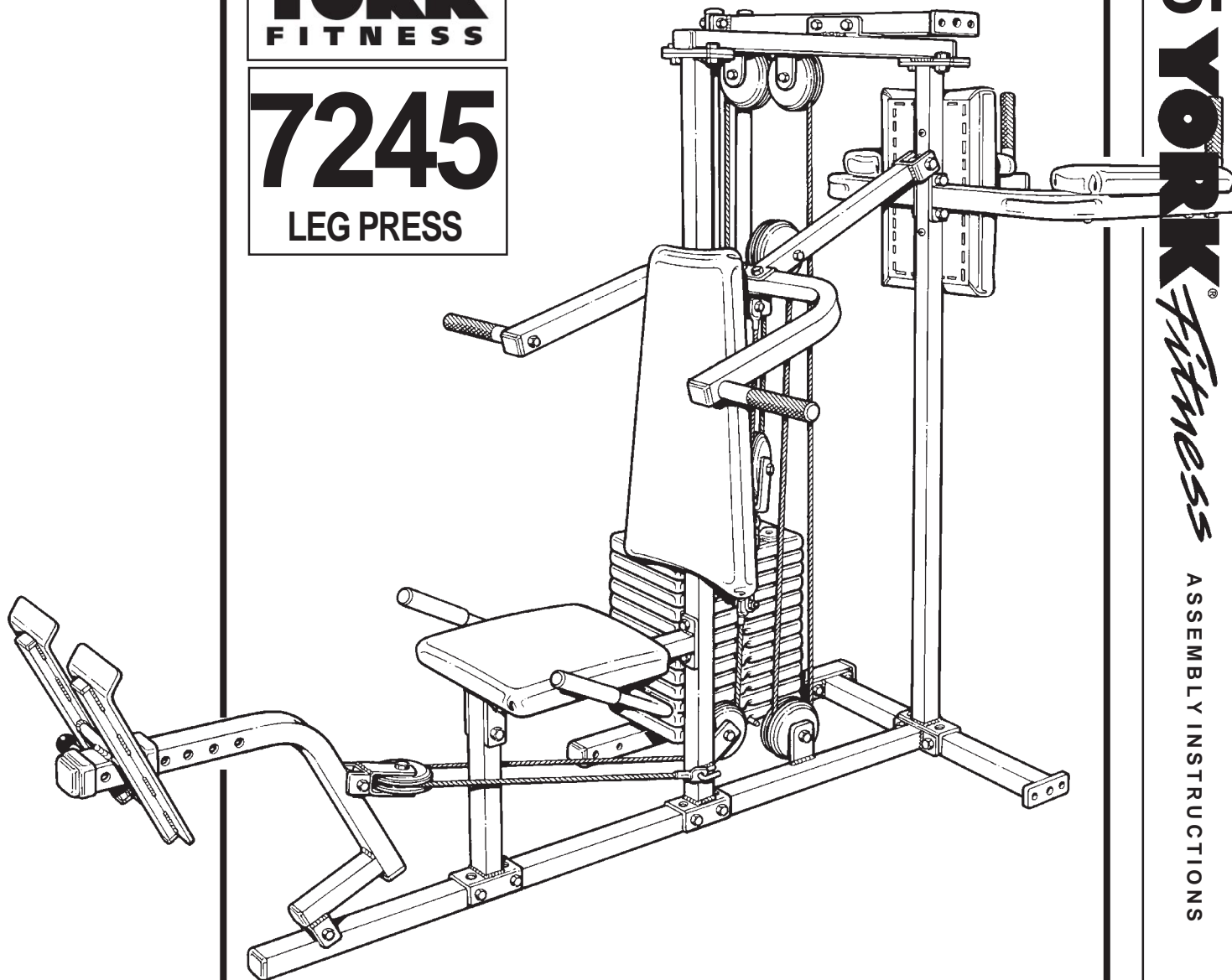




7245

LEG PRESS



MODEL # 7245 - UK

ASSEMBLY INSTRUCTIONS #01A6918

7245 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.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

If the box containing the parts for the YORK 7245 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 7240 GYM

a) wrenches :-	2 x 9/16"	14 mm
	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, 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.

APPROXIMATE RESISTANCE GUIDE

LEG PRESS 1 : 2.5 (2.5 TIMES HARDER)
SHOULDER PRESS 1 : 1 SAME AS WEIGHT SELECTED



7245

LEG PRESS

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: pauilyork@ozemail.com.au

www.yorkfitnessworldwide.com

7245 YORK Fitness

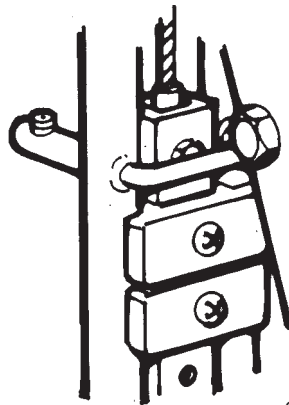
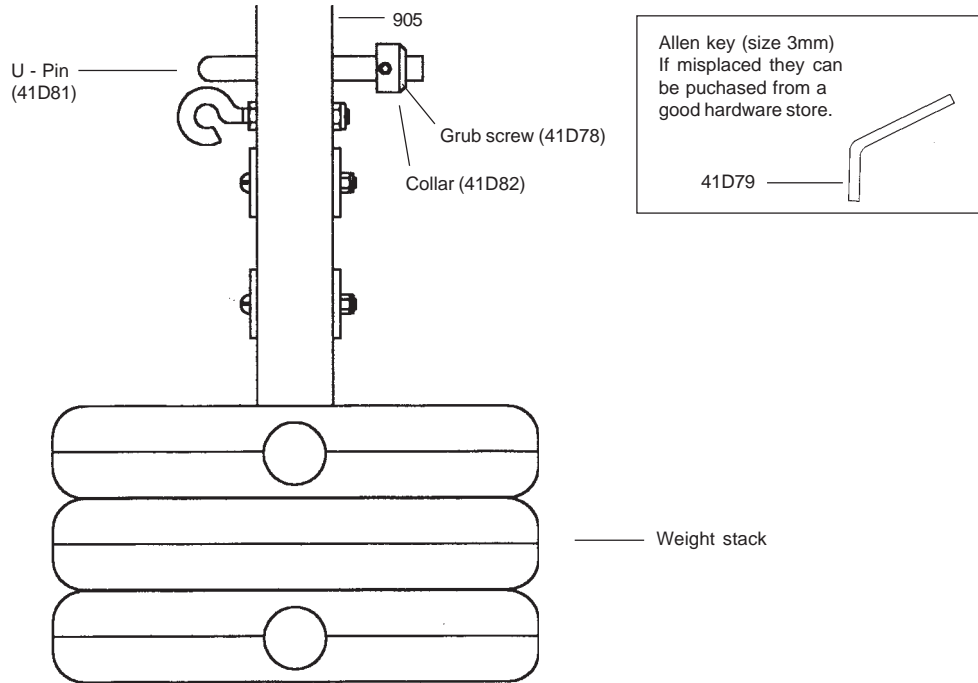
INFORMATION AND
LOCKING YOUR GYM

HOW TO LOCK YOUR GYM

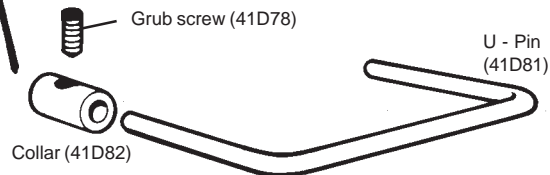
IMPORTANT NOTICE

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.



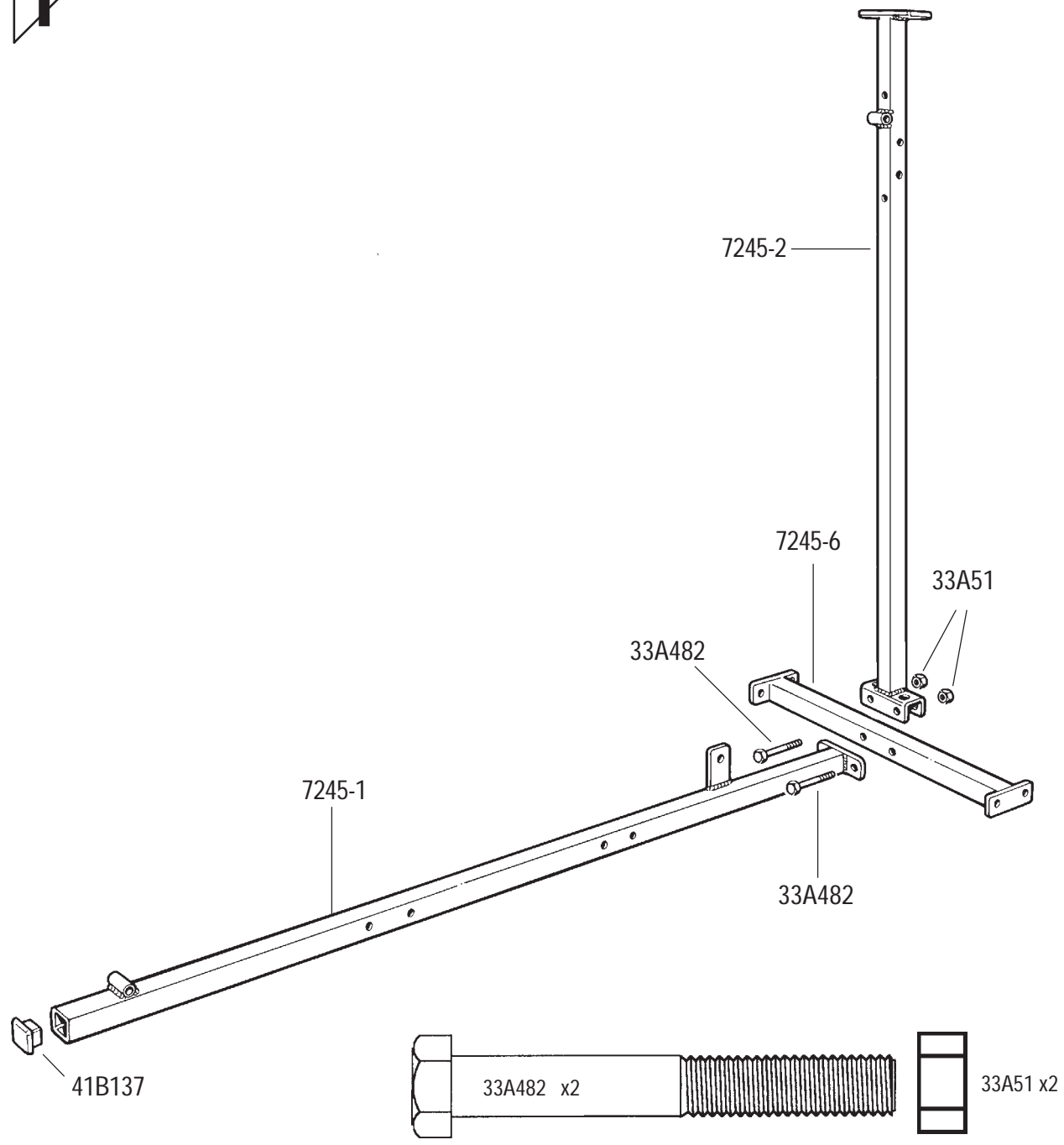
PARTS LIST		UK SAFETY LOCK	33E72
PART No.	DESCRIPTION		QTY
41D78	GRUB SCREW FOR U.K.		1
41D79	ALLEN KEY U.K.		1
41D81	5/16" U PIN LOCKING		1
41D82	3/8" ID COLLAR		1



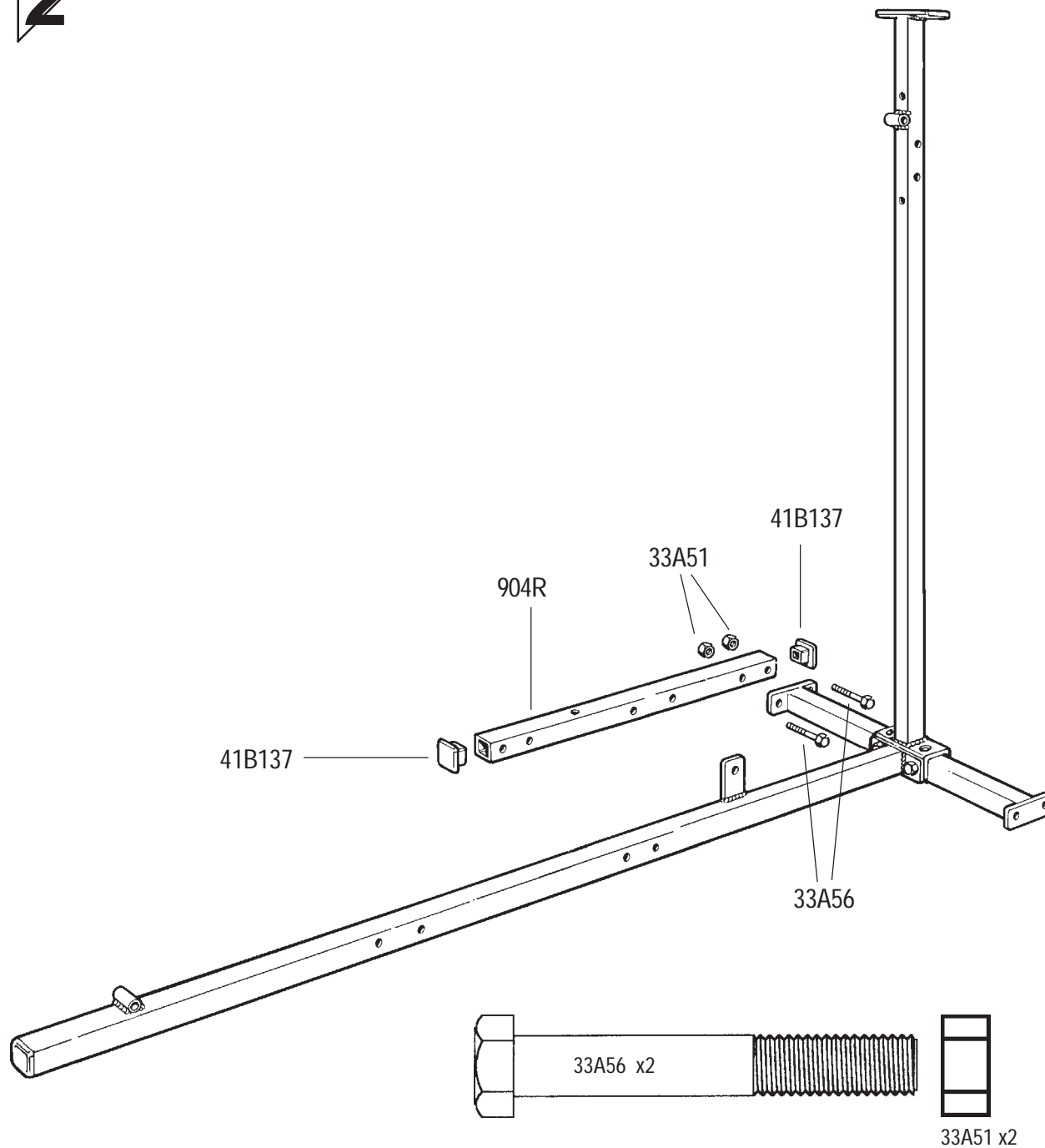
7240 YORK[®] Fitness

INFORMATION AND
LOCKING YOUR GYM

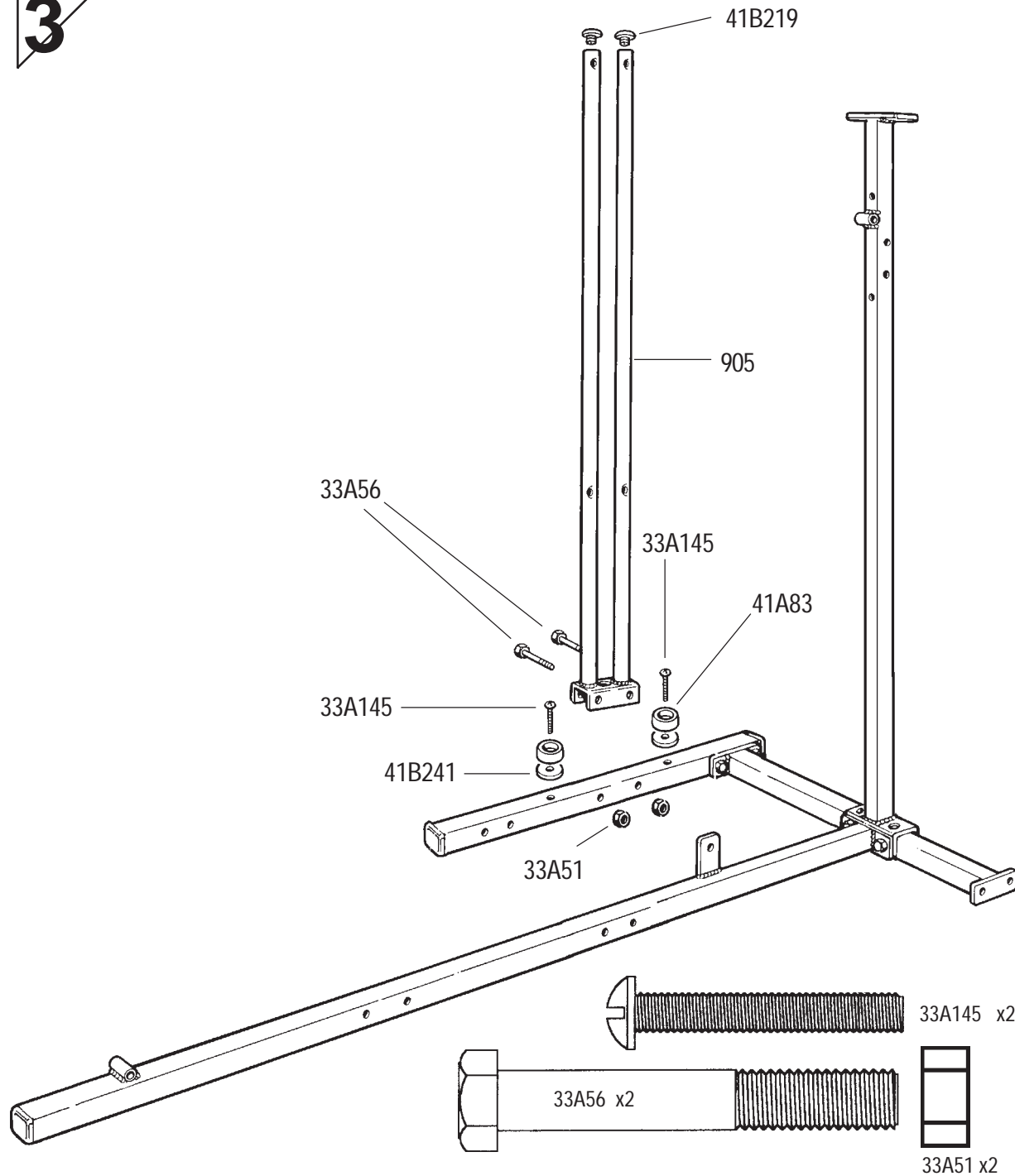
1



2

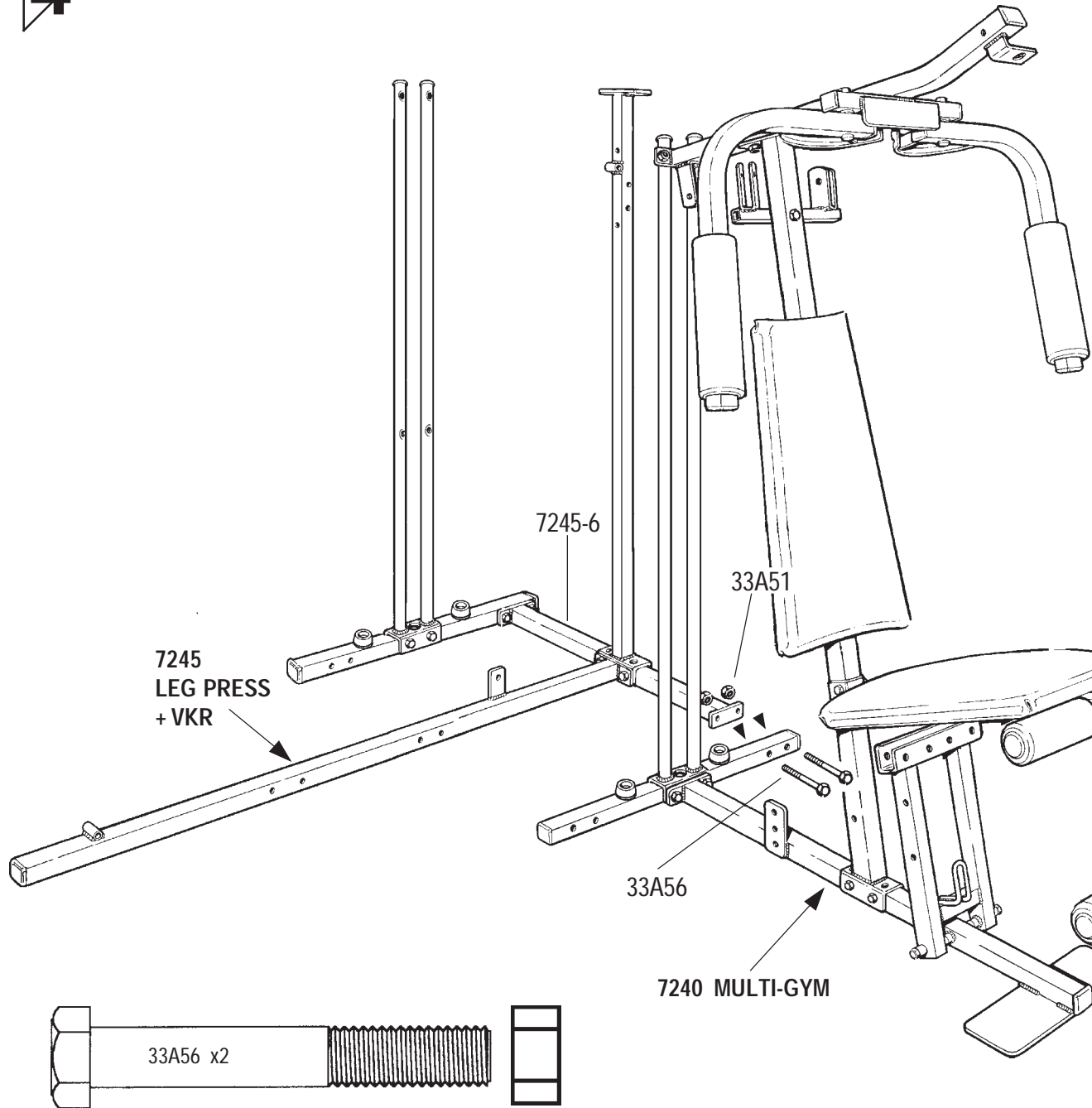


3

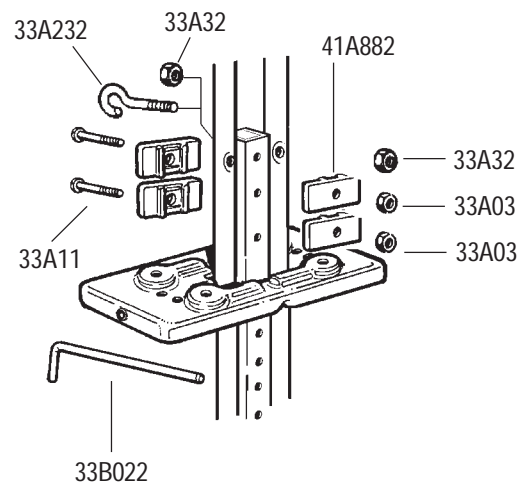


4

ATTACH 7245 TO 7240 GYM

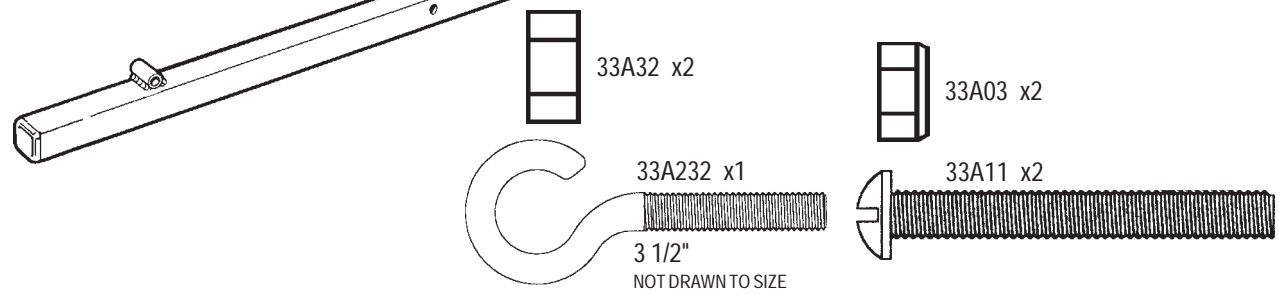
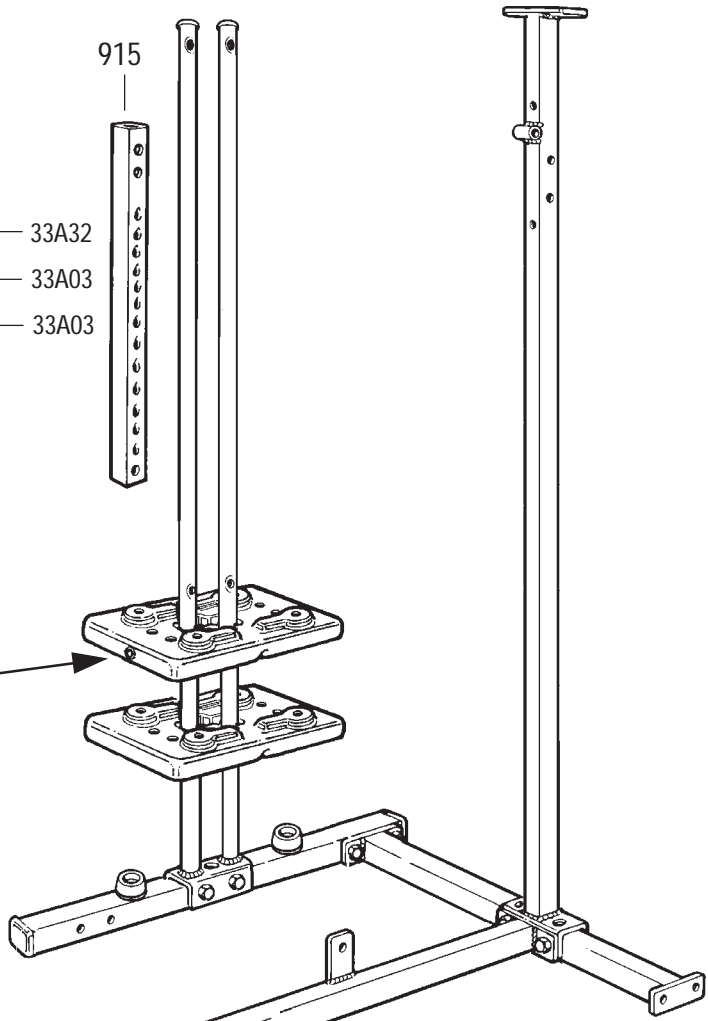
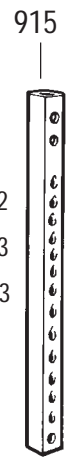


5

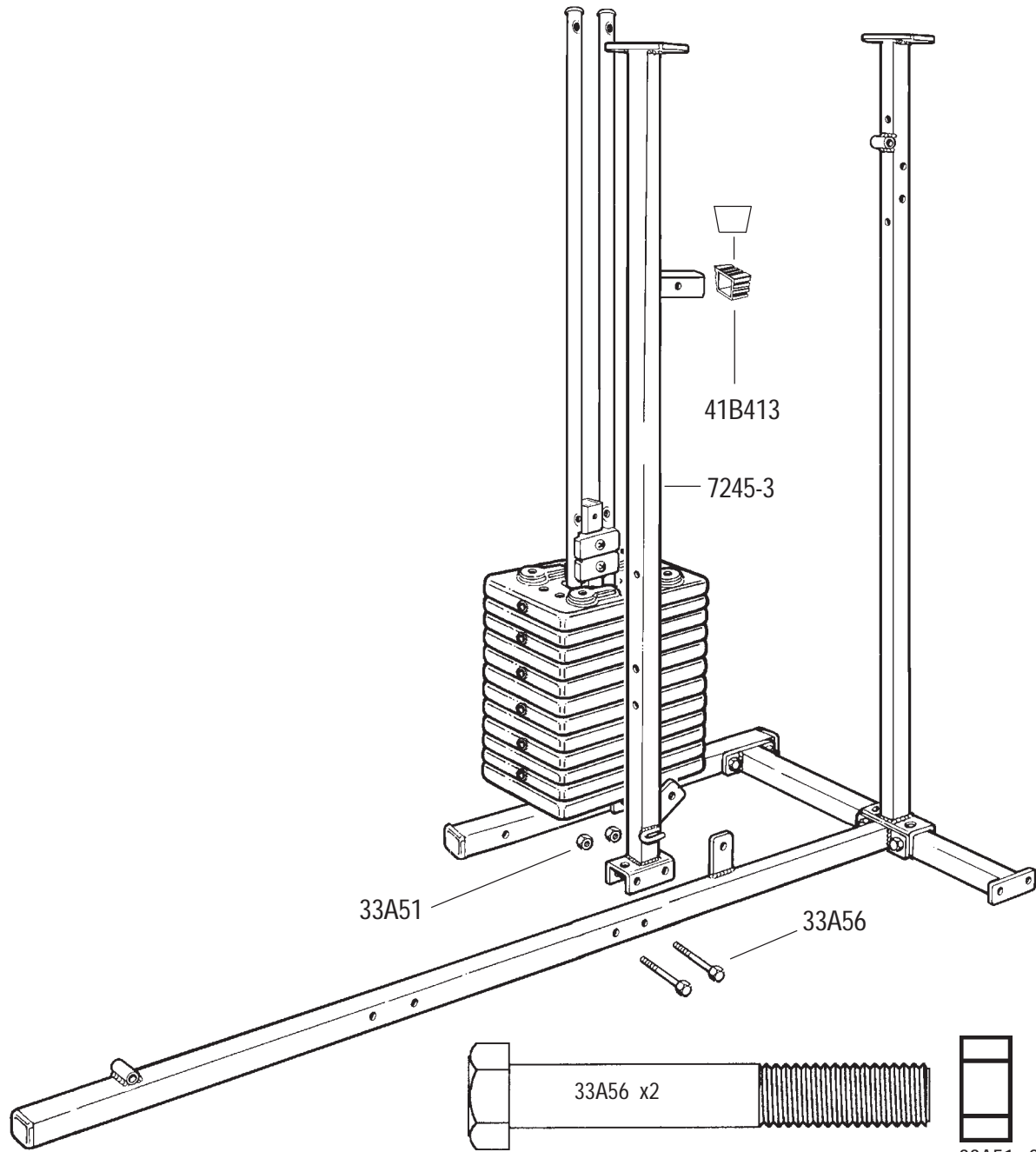


NOTE:
ALTERNATE THE SIDE
THE CAP IS ON FOR
THE WEIGHTS
ie. FIRST WEIGHT LEFT
SIDE SECOND WEIGHT
RIGHT SIDE.

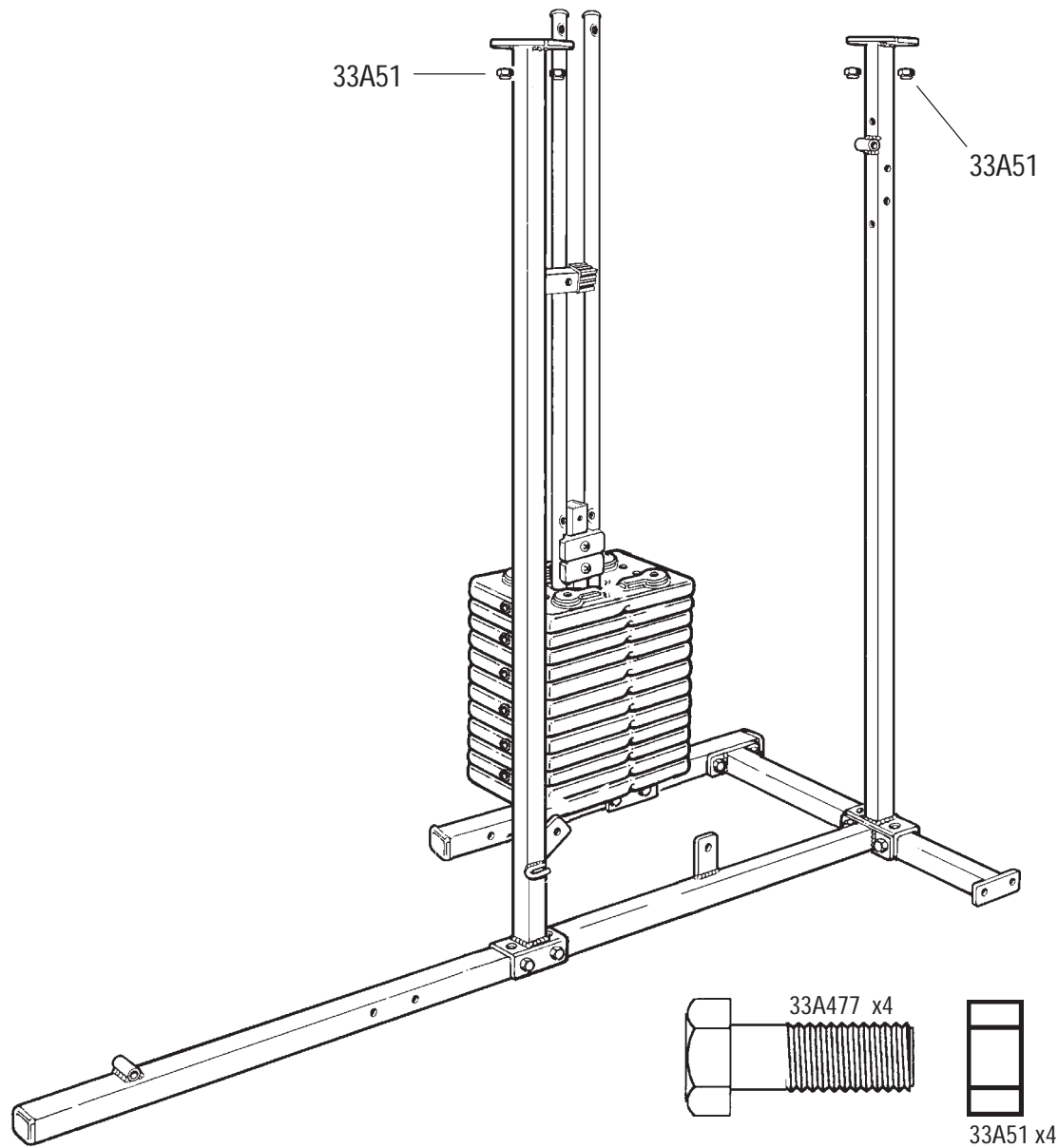
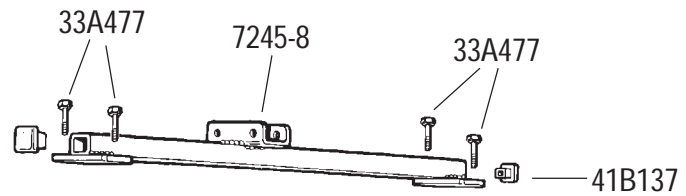
NOTE:
CHANGEZ DE CÔTÉ
LE CHAPEAU EST DESSUS
POUR LES POIDS
ie. PREMIER POIDS À
GAUCHE DEUXIÈME POIDS
À DROITE.



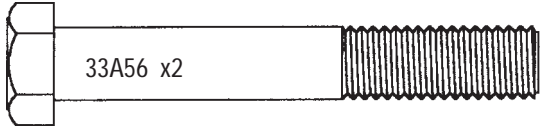
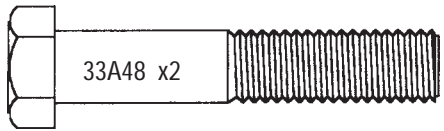
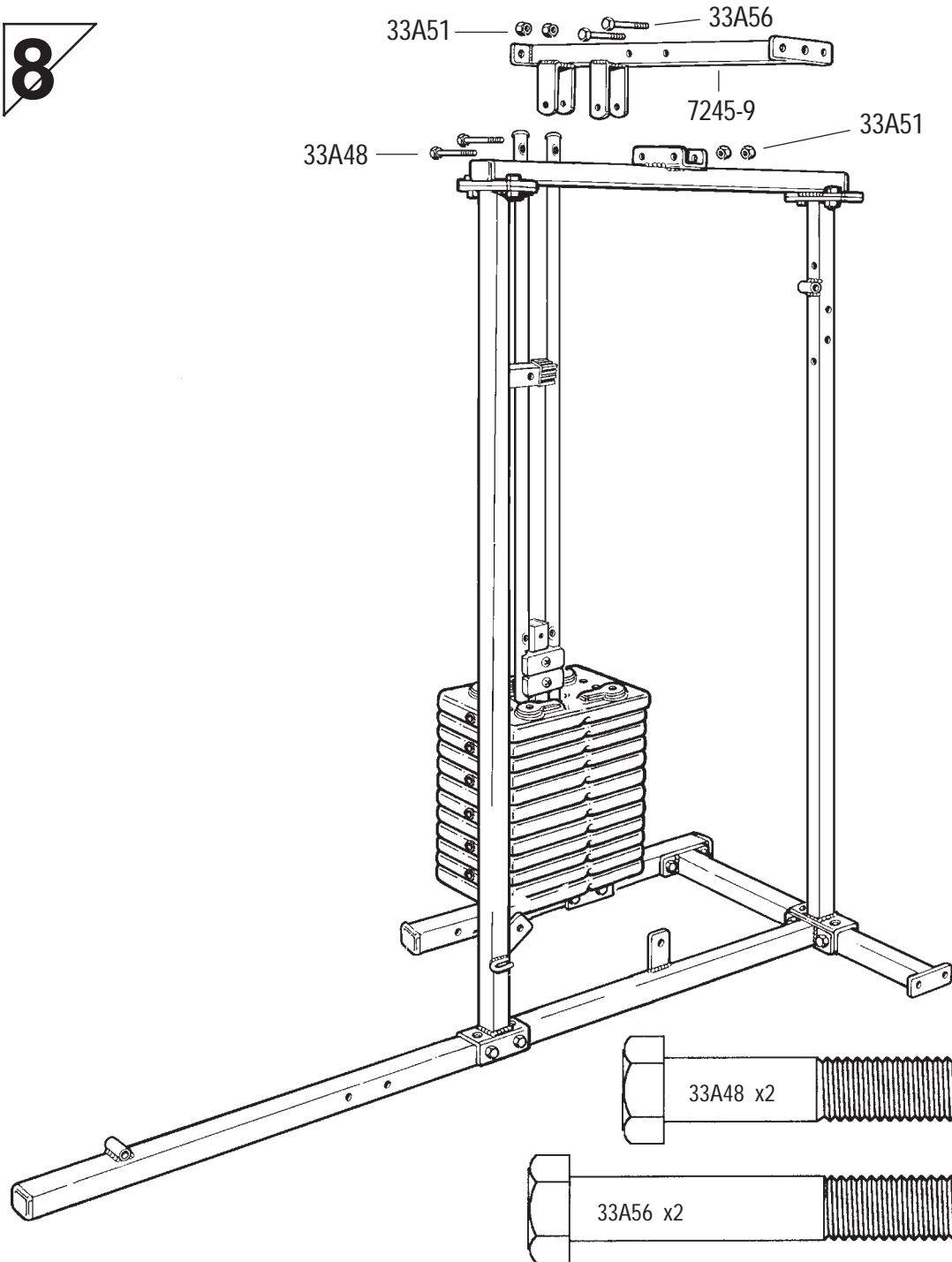
6



7

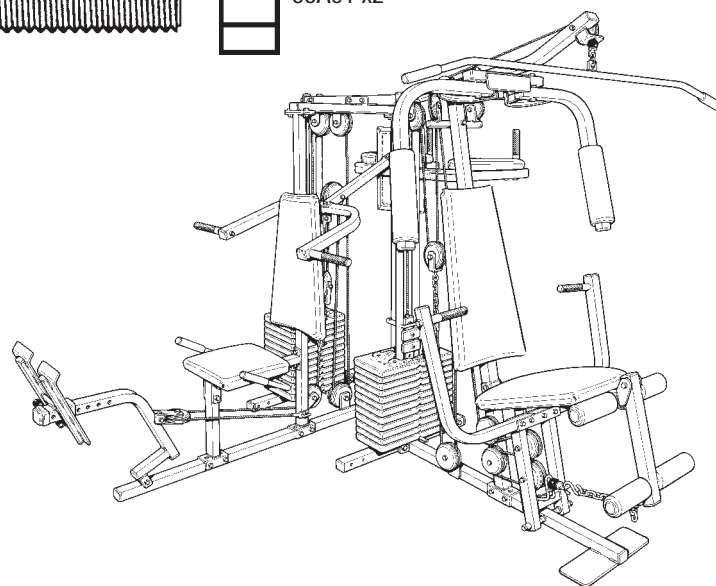
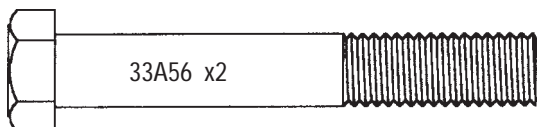
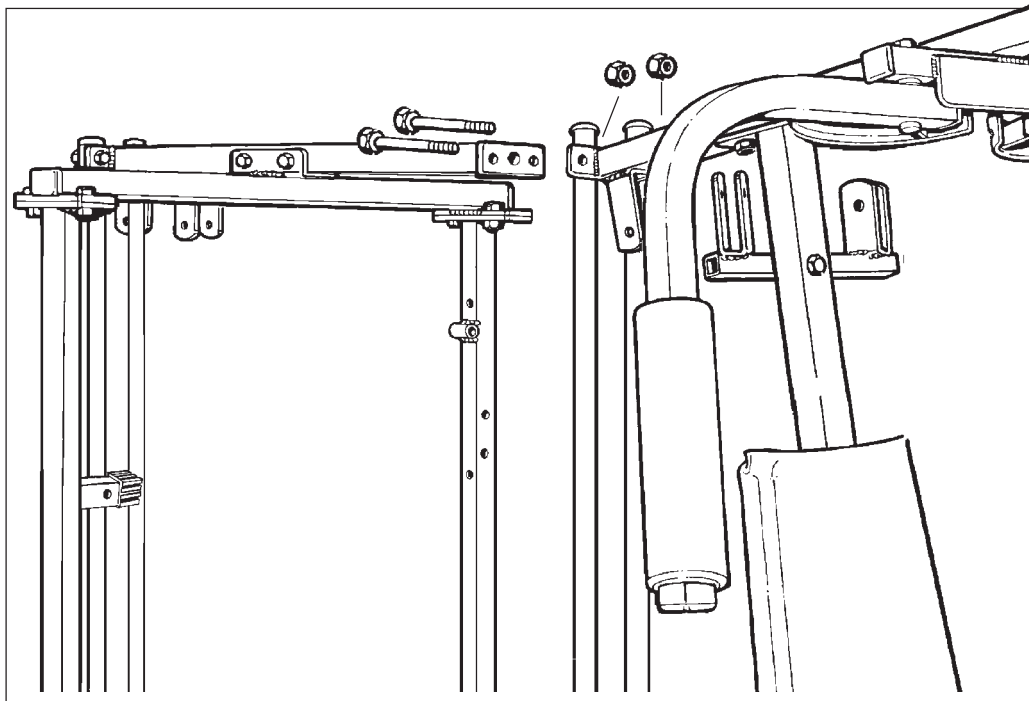


8

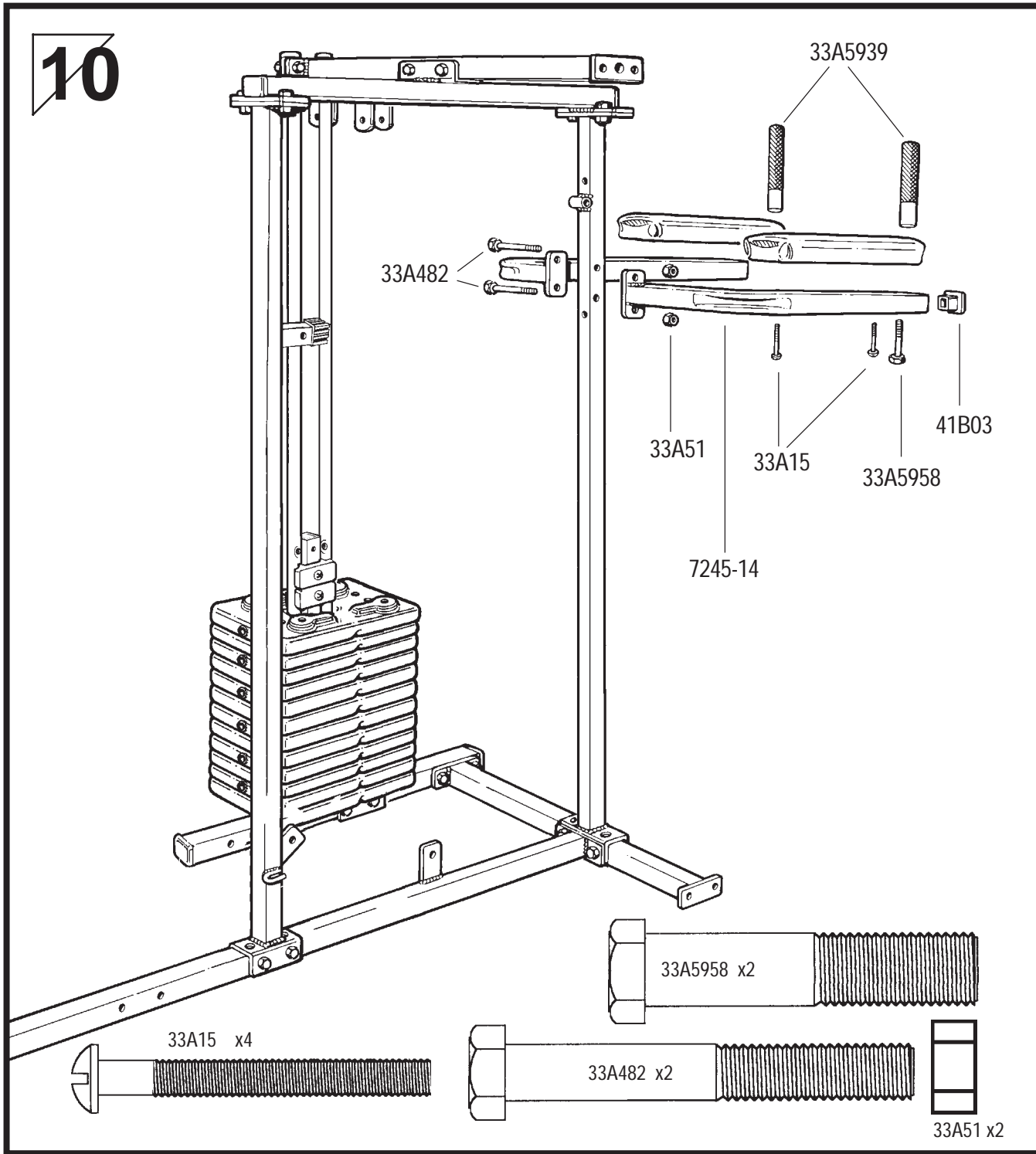


9

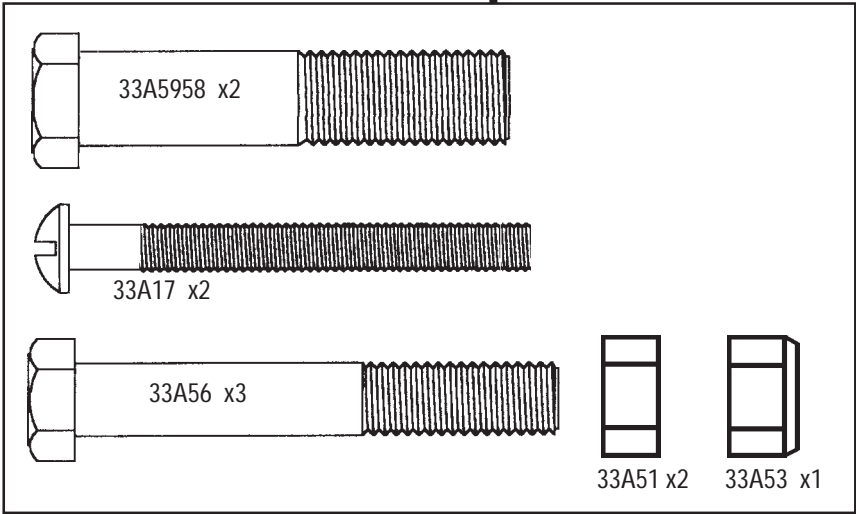
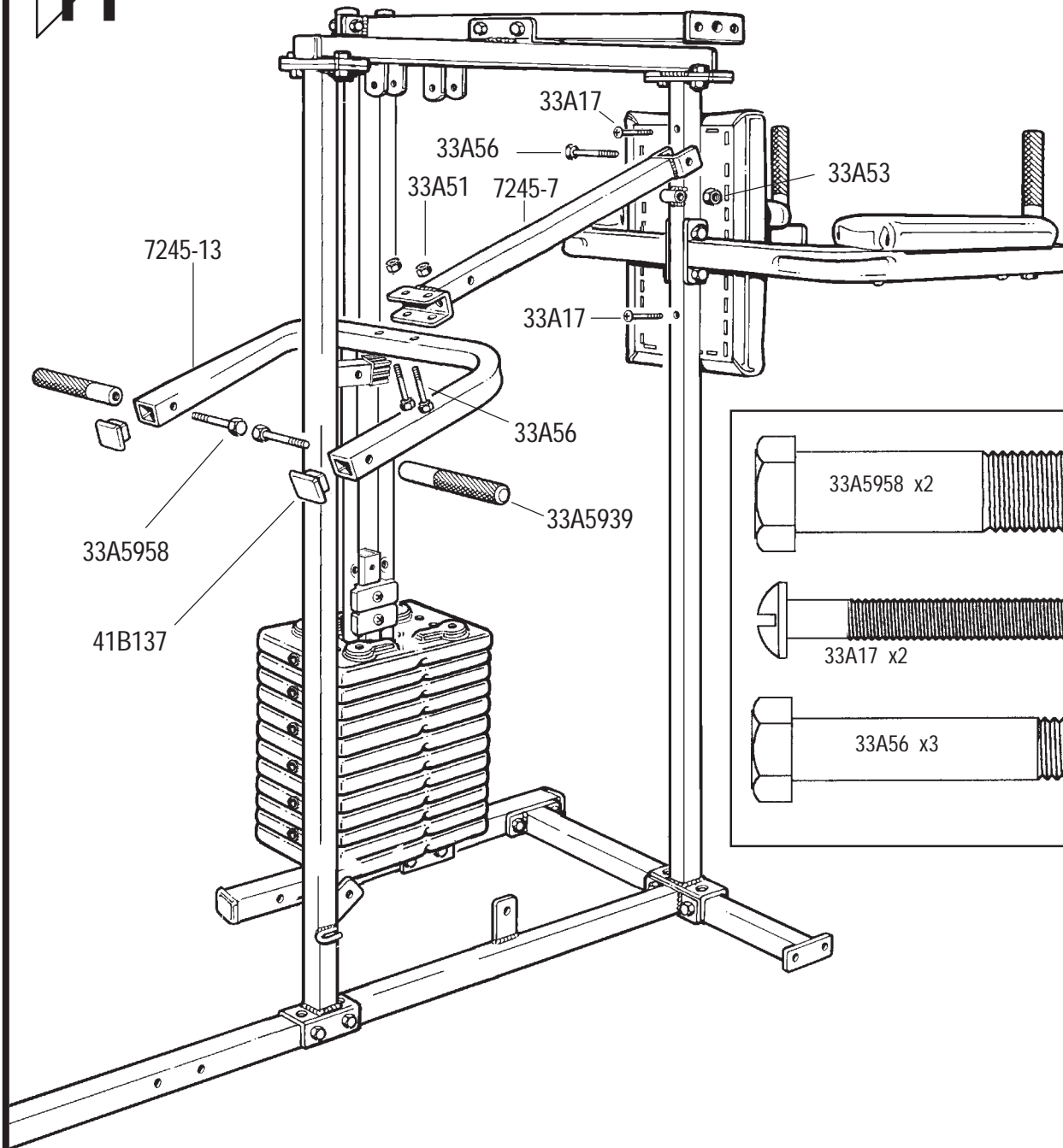
ATTACH 7245 TO 7240 GYM



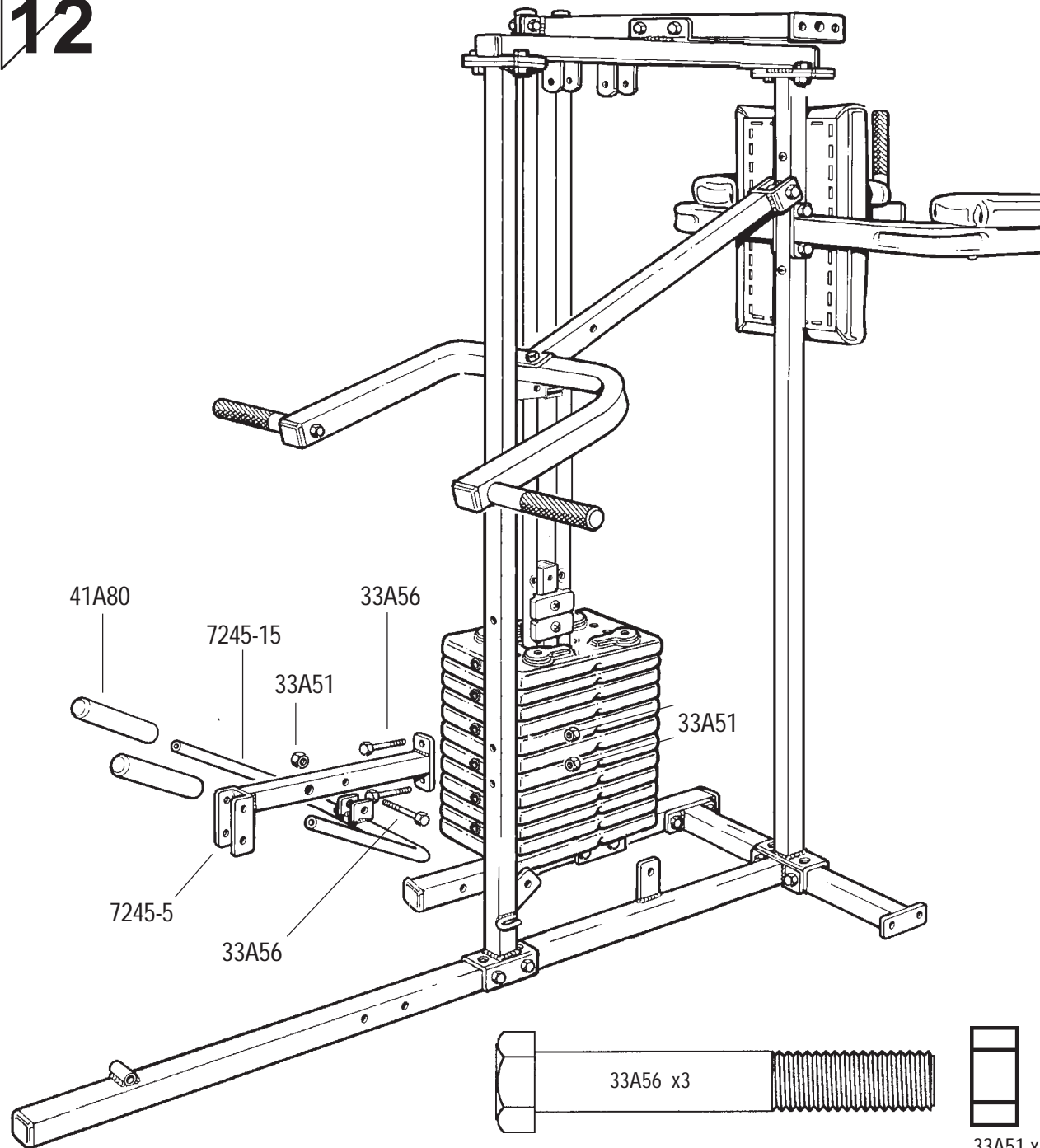
10



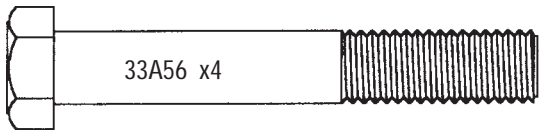
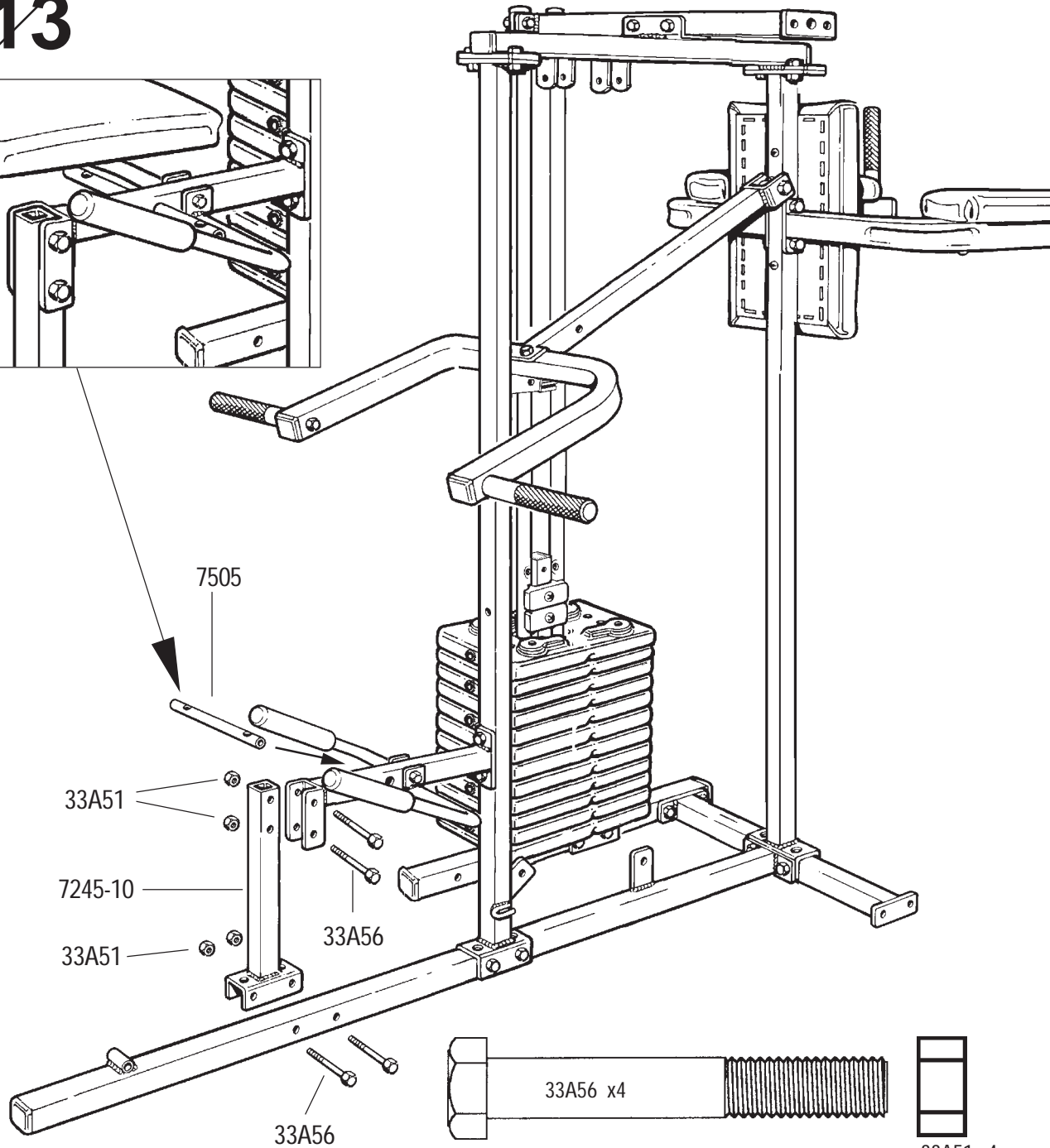
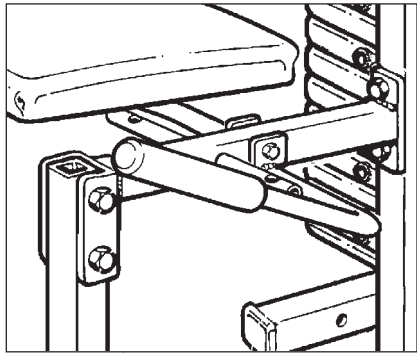
11



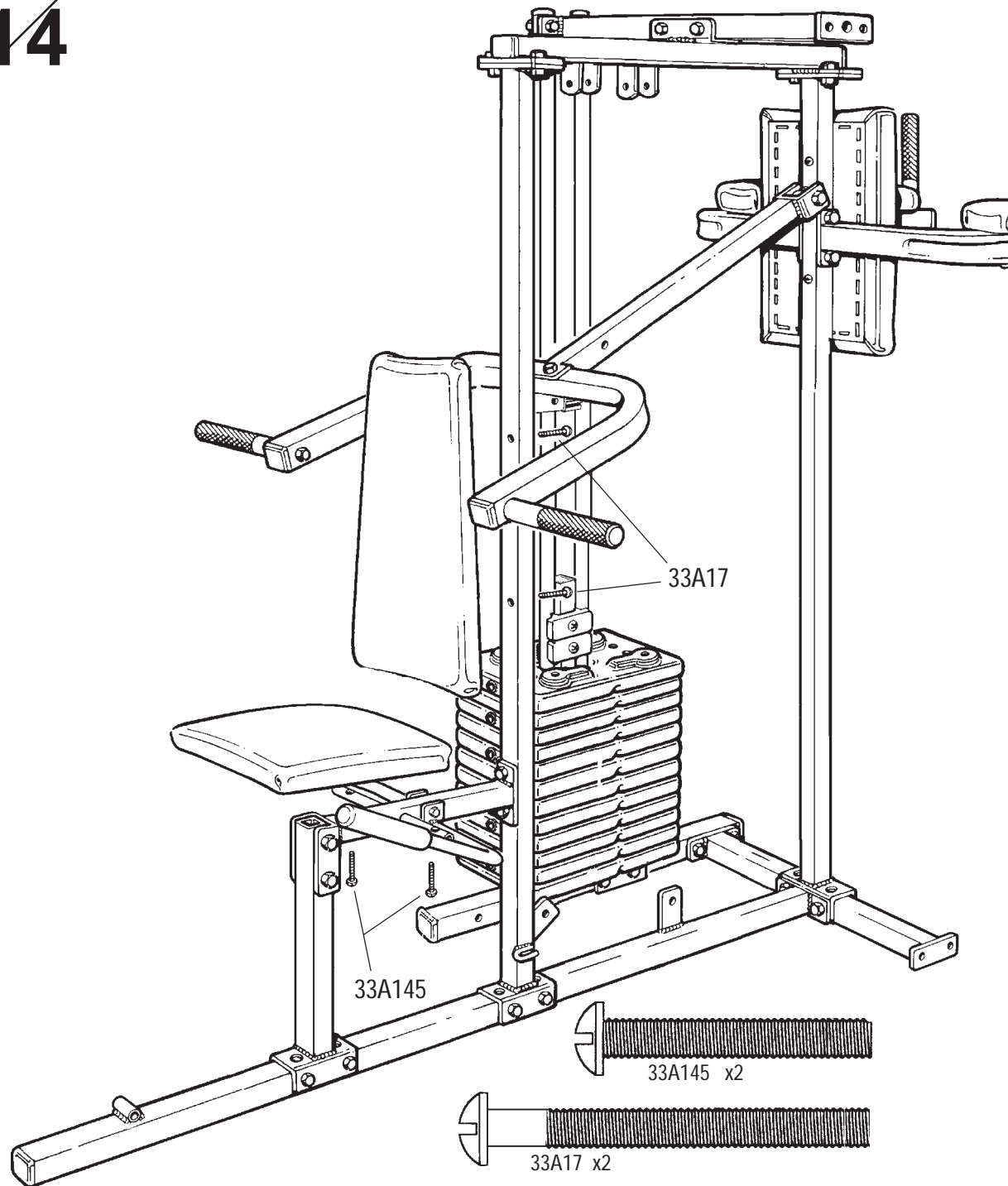
12



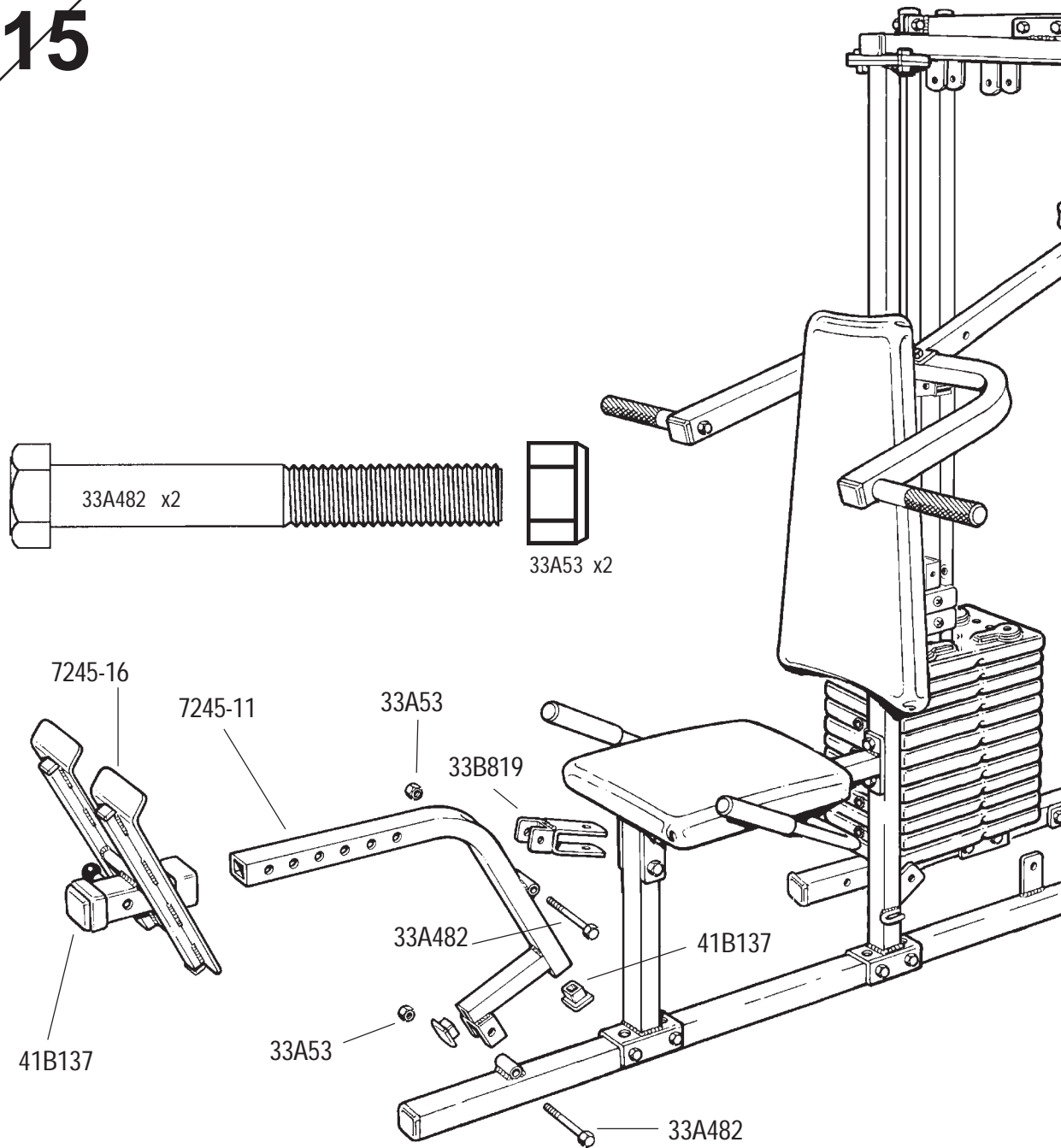
13



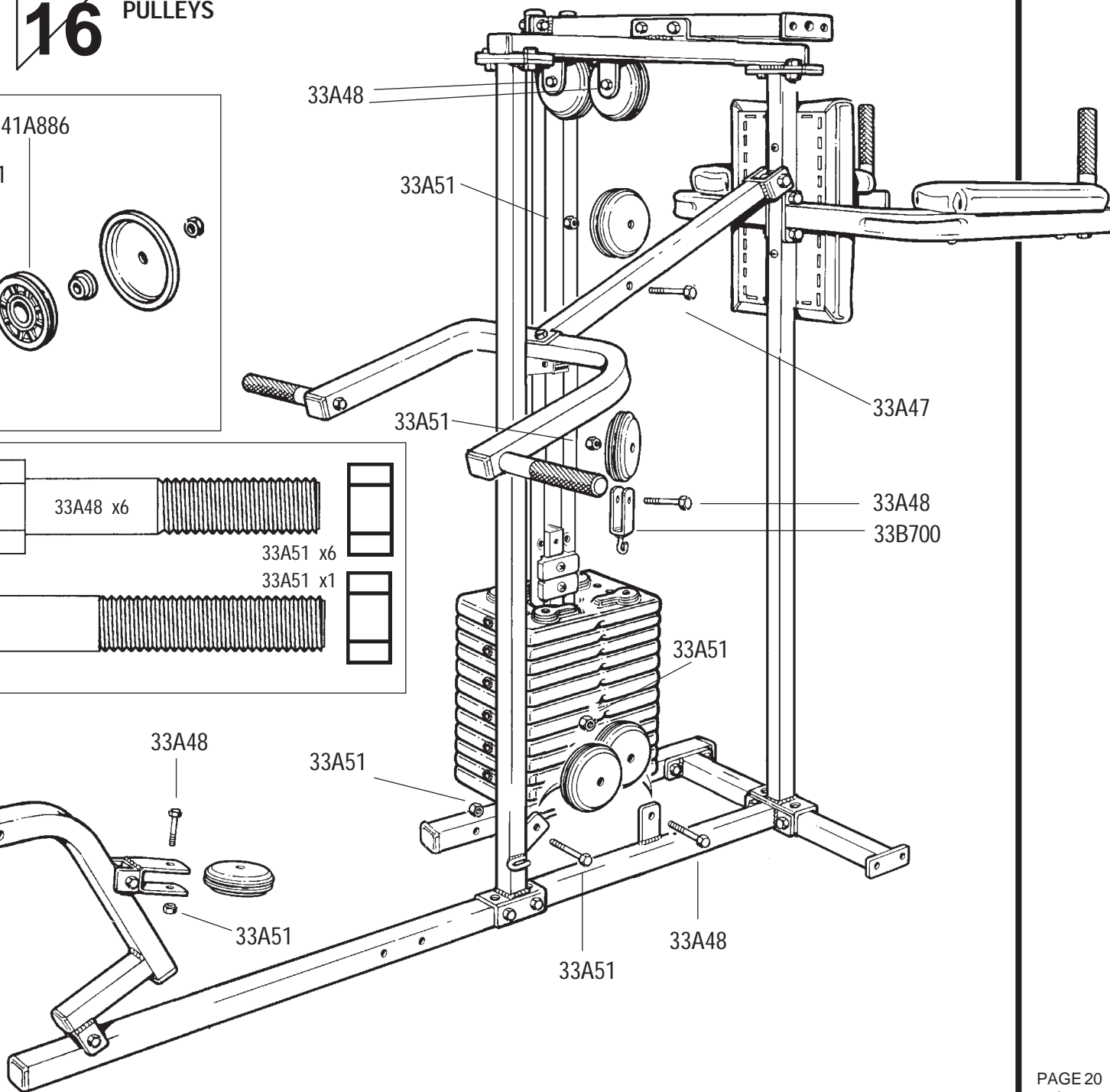
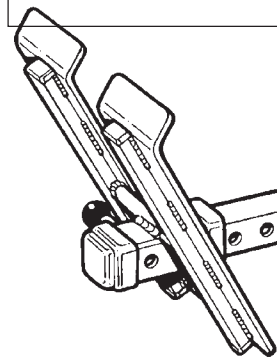
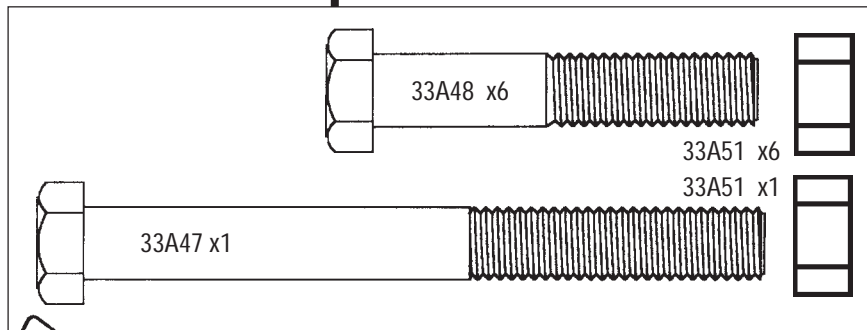
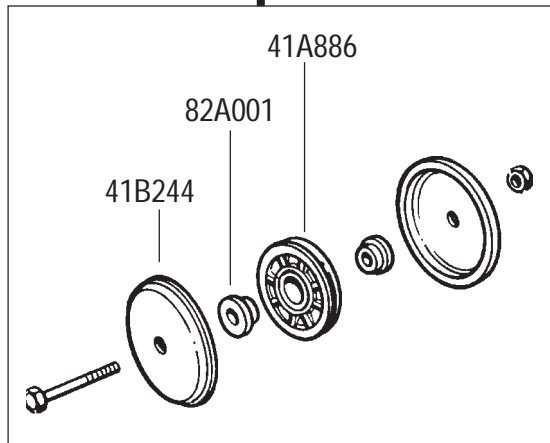
14



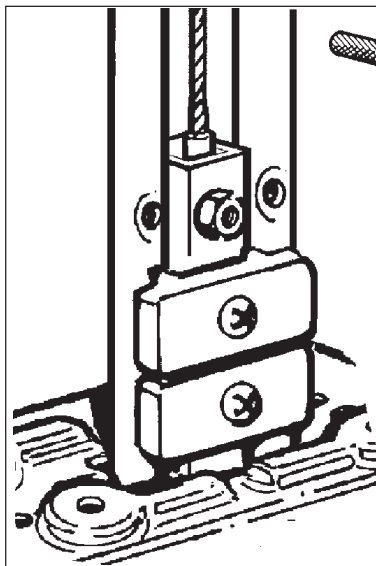
15



16 PULLEYS



17 CABLES



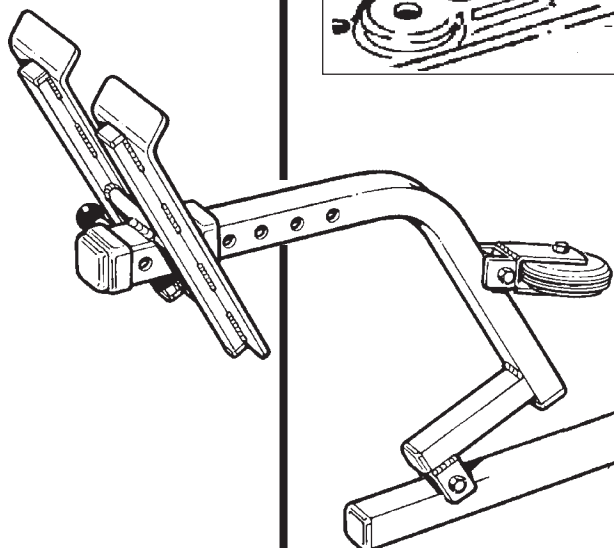
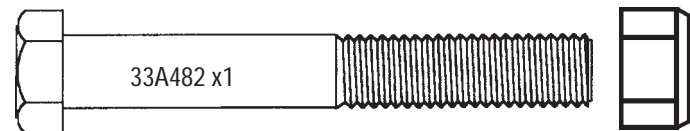
33A53



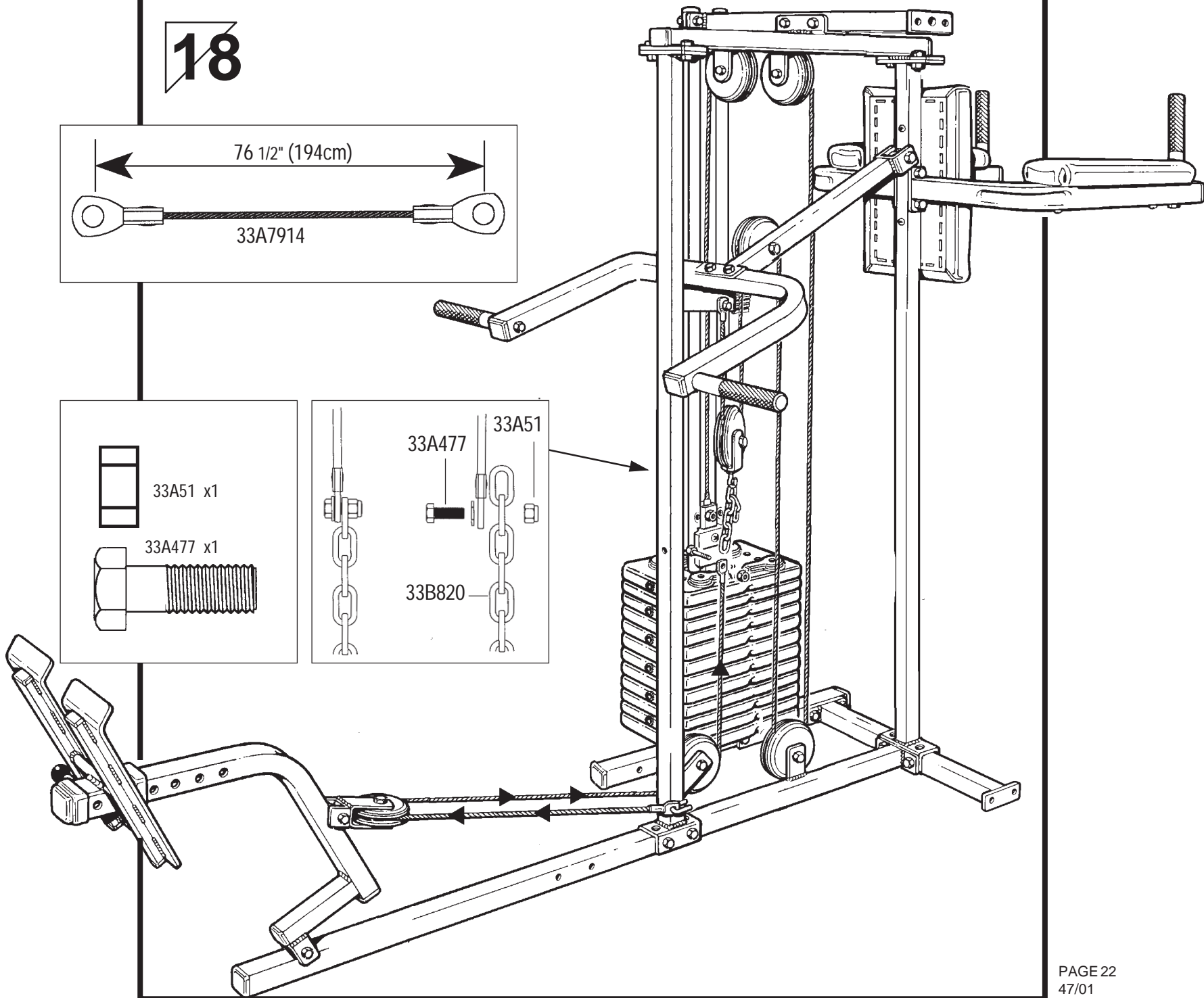
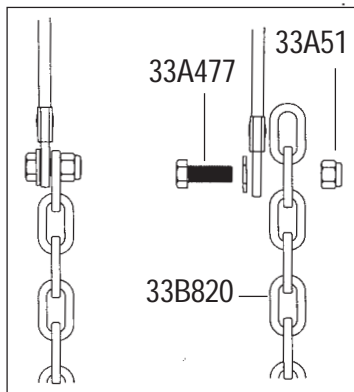
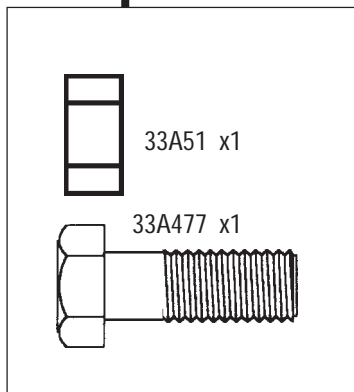
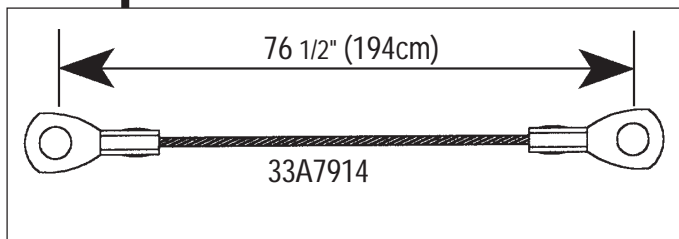
203 1/2" (517cm)

33A7913

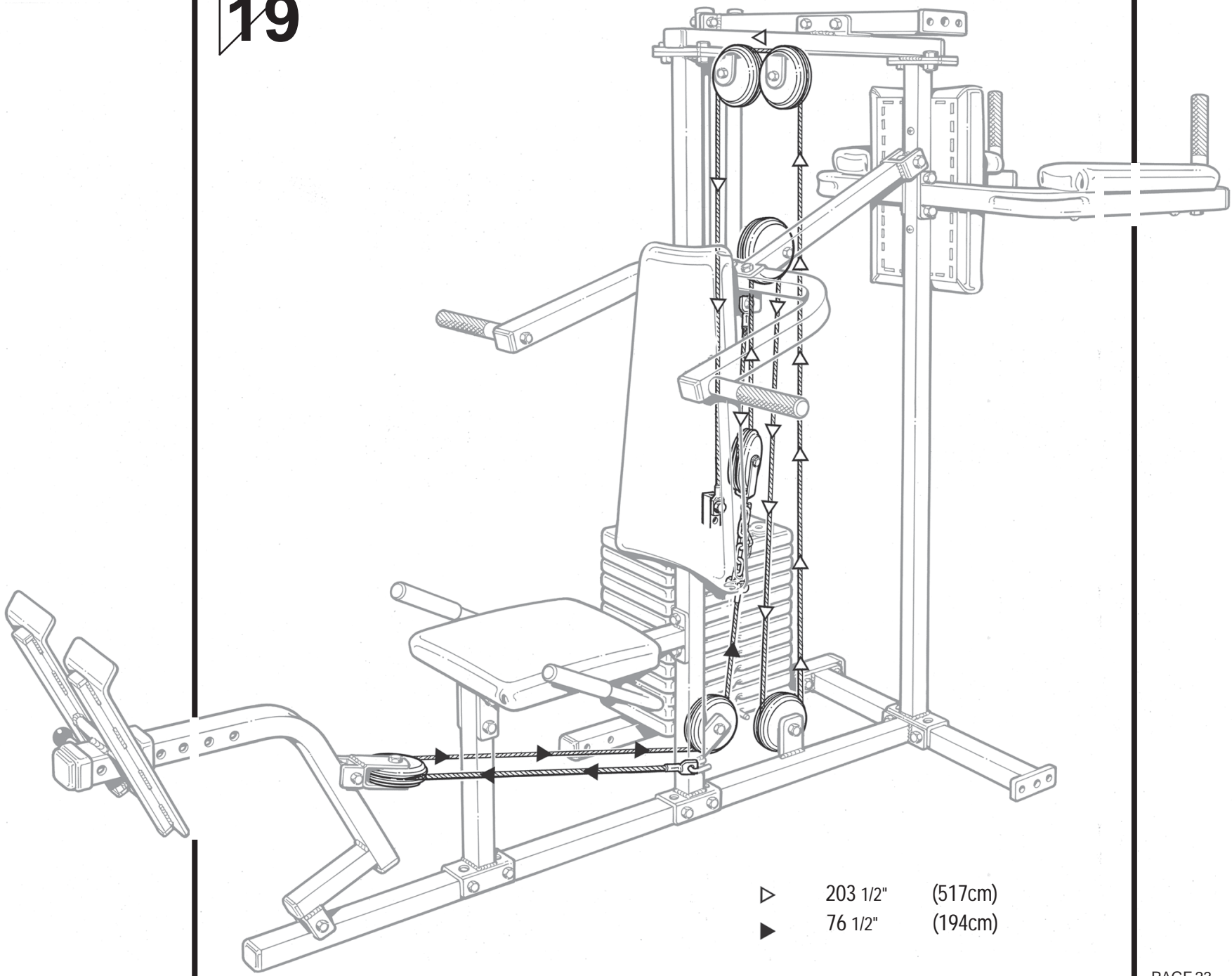
33A482 x1



18



19

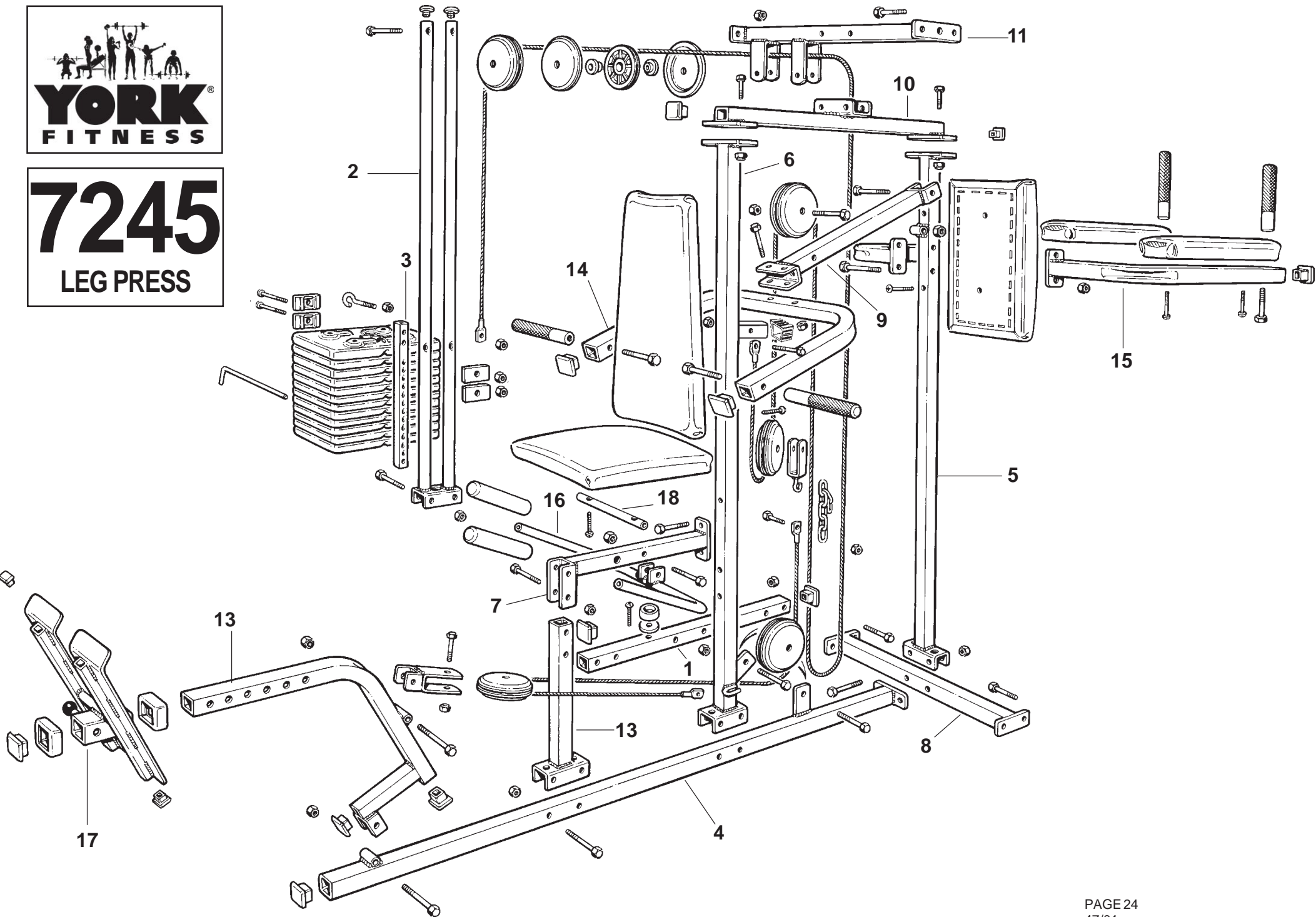


▷ 203 1/2" (517cm)
▶ 76 1/2" (194cm)



7245

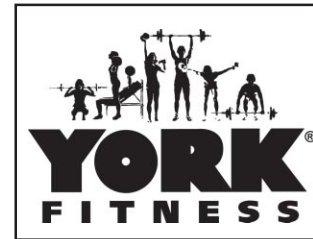
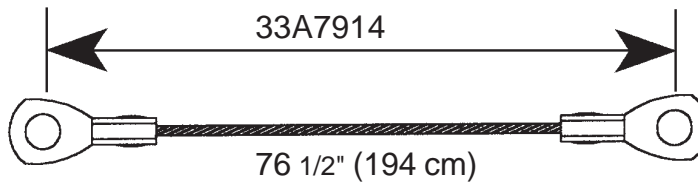
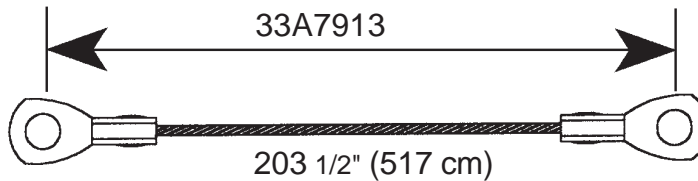
LEG PRESS



33B022 SELECTOR PIN



33B820 7 LINK CHAIN



7245 PARTS LIST		
ITEM	PART No.	QTY
1	904R	1
2	905	1
3	915	1
4	7245-1	1
5	7245-2	1
6	7245-3	1
7	7245-5	1
8	7245-6	1
9	7245-7	1
10	7245-8	1
11	7245-9	1
12	7245-10	1
13	7245-11	1
14	7545-13	1
15	7545-14	2
16	7545-15	1
17	7545-16	1
18	7505	1

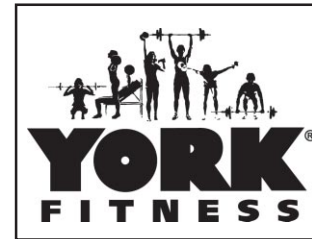
7245 YORK[®] Fitness
 PARTS LIST

BOX 1 YORK 7245 HOME GYM - LEG PRESS / MILITARY PRESS HAMMERTONE		32C9294
PART No.	DESCRIPTION	QTY
32C368	BAG #368 - 7245 WIRE ROPES	1
32C369	BAG #369 - 7245 PULLEYS	1
32C370	BAG #370 - 7245 PULLEY HARDWARE	1
32C371	BAG #371 - 7245 HANDLES	1
32C372	BAG #372 - 7245 PLASTIC CAPS	1
32C373	BAG #373 - 7245 HARDWARE	1
32C376	BAG #376 - 7245 ASSEMBLY	1
	7245 LARGE GREY BASKEY WEAVE UPHOLSTERY	1
	7245 SMALL GREY BASKET WEAVE UPHOLSTERY	1
	7245 DIP STATION LARGE GREY BASKET WEAVE UPHOLSTERY	1
	7245 - DIP STATION ARMS - SMALL GREY BASKET WEAVE UPHOLSTERY	2

BAG 368 PARTS LIST 7245 HOME GYM ATTACHMENT WIRE ROPE		32C368
PART No.	DESCRIPTION	QTY
32E72	BAG #9436 UK SAFETY LOCK	1
33A03	1/4" 20 LOCK NUT	2
33A11	1/4" - 20 - 2 RHSMs	2
33A232	5 / 16" x 3 1/2" EYEBOLT 1001PEC	1
33A32	5 / 16" NUT ZINC	2
33A477	3 / 8" x 1" HH	1
33A51	3 / 8" x 16" NUT ZINC	2
33A56	3 / 8" x 2 1/2" HH GRADE 2	1
33A7913	7245 - #1 WIRE ROPE 203 - 1/2"	1
33A7914	7245 - #2 WIRE ROPE 76 - 1/2"	1
33B022	2001 P1251 SELECTOR PIN	1
33B820	7245 7 LINK CHAIN	1
41A882	2600 PLASTIC GUIDES	4

BAG 369 PARTS LIST 7245 HOME GYM ATTACHMENT PULLEYS		32C369
PART No.	DESCRIPTION	QTY
41A886	3001 4" DELRIN PULLEY	7
41B244	3001V PULLEY COVER	14
82A001	CNC-4" PULLEY METAL BUSHINGS	14

BAG 370 PARTS LIST 7245 HOME GYM ATTACHMENT PULLEY HARDWARE		
PART No.	DESCRIPTION	QTY
33A47	3 / 8" x 3 1/2" HH GRADE 2	1
33A48	3 / 8" x 2" HH GRADE 2	6
33A482	3 / 8" x 2 3/4" HH GRADE 2	1
33A51	3 / 8" x 16" NUT ZINC	7
33A53	3 / 8" x 16" LOCK NUT	1
33B700	3001 PART 3176 SINGLE BRACKET	1
33B819	7245 LEG PRESS PIVOT BRACKET	1



7245
LEG PRESS

7245 YORK Fitness PARTS LIST

BAG 371 PARTS LIST		7245 HOME GYM ATTACHMENT HANDLES	32C371
PART No.	DESCRIPTION		QTY
33A5939	925 PART 86 HANDLE		4
33A5958	1/2" x 2 1/4" HH GRADE 2		4

BAG 372 PARTS LIST		7245 HOME GYM ATTACHMENT PLASTIC CAPS	32C372
PART No.	DESCRIPTION		QTY
24B404	PART H7505 5/8" x 8" TUBE		1
41A80	1" BLK H/GRIP 172-1"		2
41A83	2001 RUBBER BUMPERS		2
41B03	1 1/2" SQ. INTERNAL 'A' CAPS		2
41B137	1 3/4" SQ. INTERNAL CAPS		10
41B219	1 1/4" R BLK INTERNAL CAPS		2
41B241	750 PEC 1/8" SPACER PLASTIC		2
41B413	1 3/4" SQ / EXTERNAL FOOT CAP		1

BAG 373 PARTS LIST		7245 HOME GYM ATTACHMENT HARDWARE	32C373
PART No.	DESCRIPTION		QTY
33A145	1/4 - 20 - 1 5/8" RHSMS		4
33A15	1/4 - 20 - 2 1/4" RHSMS		4
33A17	1/4 - 20 - 2 1/2" RHSMS		4
33A477	3 / 8" x 1" HH		4
33A48	3 / 8" x 2" HH GRADE 2		2
33A482	3 / 8" x 2 3/4" HH GRADE 2		4
33A51	3 / 8" x 16" NUT ZINC		29
33A53	3 / 8" x 16" LOCK NUT		2
33A56	3 / 8" x 2 1/2" HH GRADE 2		21

BAG 376 PARTS LIST		7245 HOME GYM ATTACHMENT ASSEMBLY	
PART No.	DESCRIPTION		QTY
01A6918	7245 ASSEMBLY INSTRUCTIONS		1
01A491	10 - 120 LB SILVER DECAL		1
01A492	15 - 180 LB GOLD DECAL		1



7245
LEG PRESS

YORK
Fitness
PARTS LIST

