

**925
GYM**

**HAMMERTONE MODEL
5037 - UK**

ASSEMBLY INSTRUCTIONS #01A6894

925 YORK
fitness

ASSEMBLY INSTRUCTIONS



**HAMMERTONE
MODEL # 5037 - UK
925 GYM
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 write to use for replacements. This is for your own safety.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

If the box containing the parts for the 925 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.

CANADA
YORK BARBELL CO LTD
1450 SOUTH SERVICE ROAD WEST
OAKVILLE, (TORONTO) ONTARIO,
CANADA L6L 5T7
TEL: (905) 827-6362
FAX: (905) 827-9593

AUSTRALIA
YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2
SWAFFHAM ROAD, MINTO,
N.S.W. 2566, AUSTRALIA
TEL: (02) 9603 8444
FAX: (02) 9603 8555

U.K.
YORK BARBELL (U.K.) LTD
CHURCHILL WAY
DAVENTRY, NORTHANTS
ENGLAND NN11 4YB
TEL: (01327) 701800
FAX: (01327) 706704

WARNING:

Always hold the weight stabilizer pin with one hand when you are changing the weight selector pin. This is a safety precaution.

WARNING:

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.

EXTRA TRAINING RESISTANCE

This unit incorporates a multiplying system which increases the weight resistance up to 50% on the PRESS and PEC exercises.

TOOLS NEEDED TO ASSEMBLE COMPACT 925 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.

Warnings:

Consult your doctor before participating in this or any exercise program **Never lift weights alone.** There should always be someone readily available to help in case of difficulty.

Ensure that all nuts and bolts are fully tight before using any exercise equipment.

Always wear suitable clothing and footwear e.g. track suit and training shoes. **Children should not be allowed** on or around the machinery or equipment, even when not in use.

Do not eat large meals before exercising.

Always warm up well before exercising as this will prevent muscle strain.

Remove jewellery, rings, chains and pins before exercising.

Check for full engagement of locking pins.



MODÈLE # 5037 - UK
925 GYM
ASSEMBLAGE

LIRE ATTENTIVEMENT CE QUI SUIT AVANT D'ASSEMBLER CETTE UNITÉ
IMPORTANT!! IMPORTANT!!

L'assemblage et la conception de cet appareil ont été conçus avec soin. Tous les sacs d'écrous et de boulons ont été emballés pour faciliter l'assemblage. Suivre les instructions d'assemblage à la lettre. Au moins une autre personne sera requise pour aider à installer cet appareil; deux personnes seraient préférables.

Assembler cet appareil en commençant par le début et poursuivre jusqu'à la fin. Les instructions d'assemblage sont rédigées afin de n'assembler qu'une seule section à la fois, avant de procéder à la suivante. Ne pas faire comme la plupart des gens, c'est-à-dire que lorsque plus rien ne va, ils lisent les instructions d'assemblage.

Lors de l'assemblage de cet appareil, s'il y manque des pièces, prière de nous aviser du numéro de la pièce ou de l'écrou, du boulon ou de la pièce qui manque, ainsi que de la couleur du modèle que vous avez acheté.

Des schémas aideront à l'assemblage de cette unité. Vérifier ces schémas pour l'emplacement exact des pièces.

Cet appareil devra être vérifié au moins une fois par semaine pour voir si les câbles sont usés, si les écrous et les boulons sont desserrés, si les pièces rembourrées sont desserrées et si les ensembles de pivot sont usés. AVERTISSEMENT: LES CÂBLES MÉTALLIQUES S'USERONT!!

La façon de vérifier les câbles métalliques est de glisser les doigts légèrement le long des câbles, si les câbles sont éfilochés, commander des câbles de remplacement à notre bureau. Ceci est pour votre sécurité.

AVERTISSEMENT: L'USAGER EST RESPONSABLE DE SA PROPRE SÉCURITÉ!!

Si la boîte contenant les pièces du COMPACT 925 Gym était scellée lors de l'achat et qu'il y manque des pièces, prière de nous en aviser par courrier et de nous faire parvenir une copie du reçu. Si la boîte était ouverte et qu'il y manque des pièces, le commerçant en est responsable. Prière de nous indiquer le numéro de la pièce qui manque, elle sera remplacée par retour du courrier.

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FRANCE

STRIALE FITNESS PARTNERS
RUE BENOIT FRACHON 17/21
ZONE INDUSTRIELLE B.
FRACHON
93000 BOBIGNY

ROYAUME-UNI

YORK BARBELL (U.K.) LTD
CHURCHILL WAY
DAVENTRY, NORTHANTS
ENGLAND NN11 4YB
TEL: (01327) 701800
FAX: (01327) 706704

OUTILS REQUIS POUR L'ASSEMBLAGE de l'appareil d'entraînement
COMPACT 925 Gym:

a) gros tournevis b) 1 clé de 1/2" c) 2 clés de 9/16" d) 2 clés de 3/4"
e) 1 clé de 5/8" f) 1 clé de
7/16" g) marteau.

NE PAS UTILISER DE PINCES !!

Cet appareil devrait être assemblé à la main seulement au début, afin de permettre un bon alignement.



TO OUR VALUED CUSTOMER

You will notice that we have supplied you with 2 sets of weight decals. The reason for this is that this unit has a special multiplier feature when doing certain exercises.

The silver foil weight decals from 10lb to 120lb are the actual weight selection used when doing exercises #1, #2, #3, #15, #16, #17, #18, #19, #20, #21, #22, #23, #24, #25, #26, #27, #28, #29, #30, #31, #32, #33, #34, #35.

These decals are placed on the right hand side of the weight stack. Starting with 10lb at the top and finishing with 120lb at the bottom.

The gold foil weight decals from 15lb to 180lb are the actual weight selection used when doing exercises #4, #5, #6, #8, #9, #10, #11, #12, #13, #14.

The decals are to be placed on the left hand side of the weight stack. Starting with 15lb at the top and finishing with 180lb at the bottom.

À NOTRE CLIENT ESTIMÉ

Vous remarquerez que nous vous avons fourni 2 ensembles de décalcomanies de poids. En voici la raison: cette unité est dotée d'une caractéristique spéciale de multiplicateur lors de l'exécution de certains exercices.

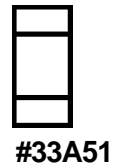
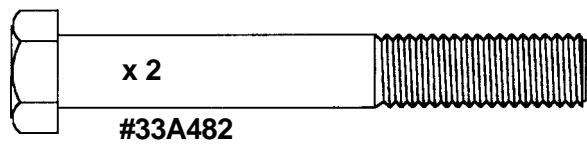
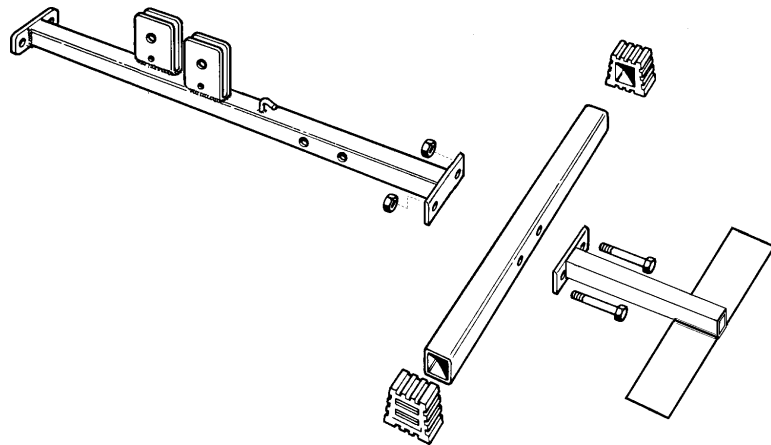
Les décalcomanies de poids en papier d'aluminium argent allant de 10lb à 120lb représentent la sélection réelle des poids utilisée lors de l'exécution des exercices No. 1, 2, 3, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34 et 35.

Ces décalcomanies sont placées du côté droit de la pile de poids en commençant par 10lb au haut et en terminant par 120lb au bas.

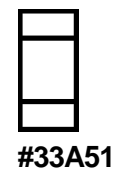
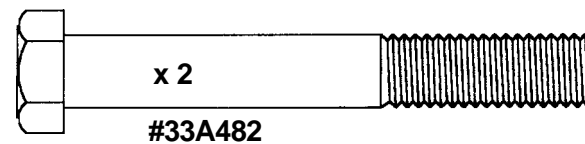
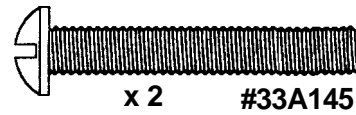
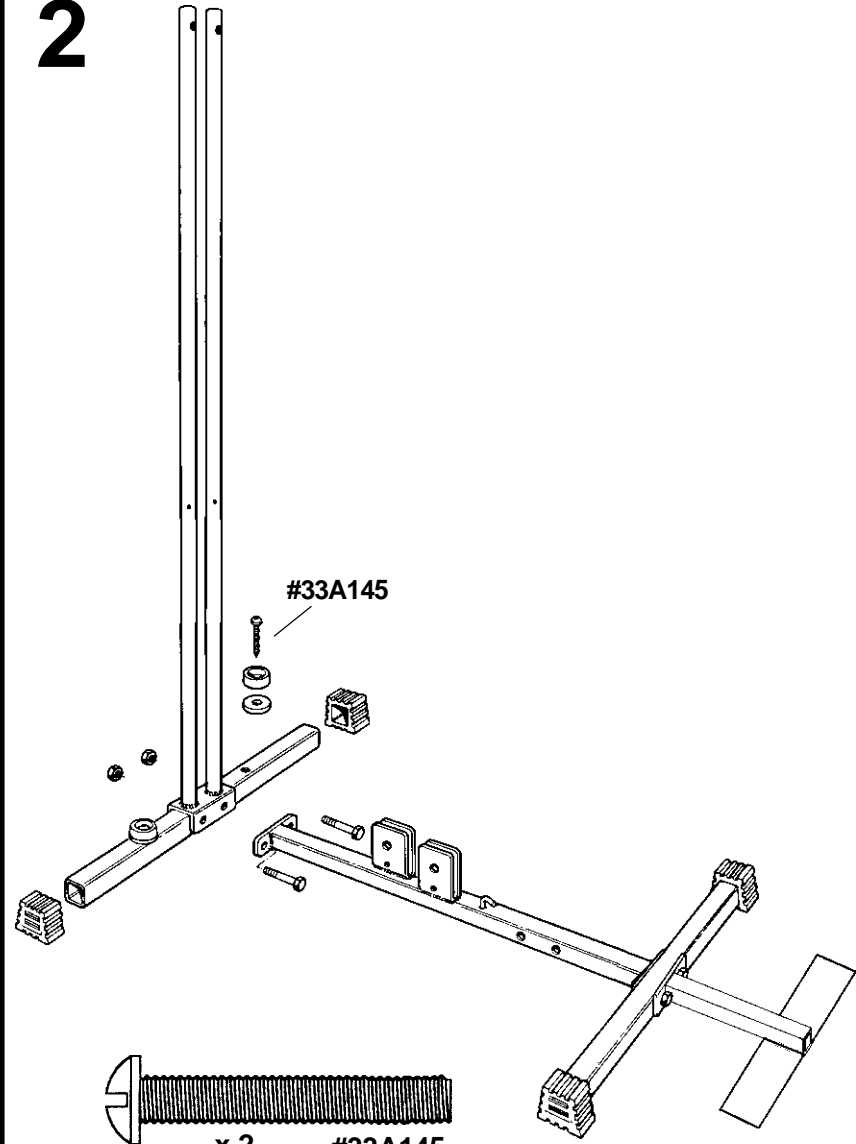
Les décalcomanies de poids en papier d'aluminium doré allant de 15lb à 180lb représentent la sélection réelle des poids utilisée lors de l'exécution des exercices No. 4, 5, 6, 8, 9, 10, 11, 12, 13, et 14.

Ces décalcomanies sont placées du côté gauche de la pile de poids en commençant par 15lb au haut et en terminant par 180lb au bas.

1



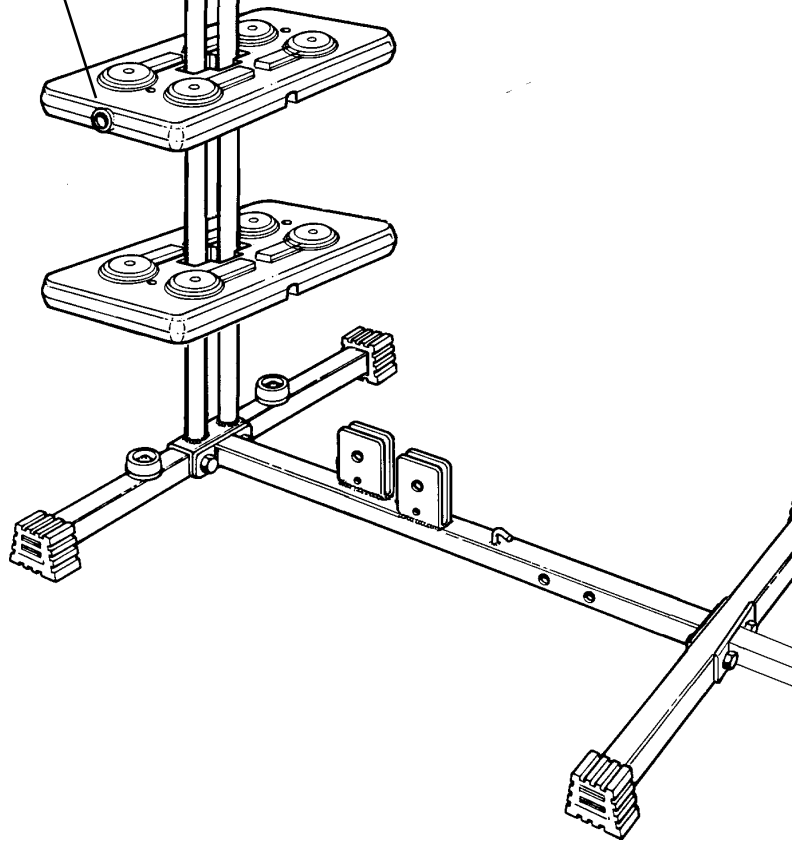
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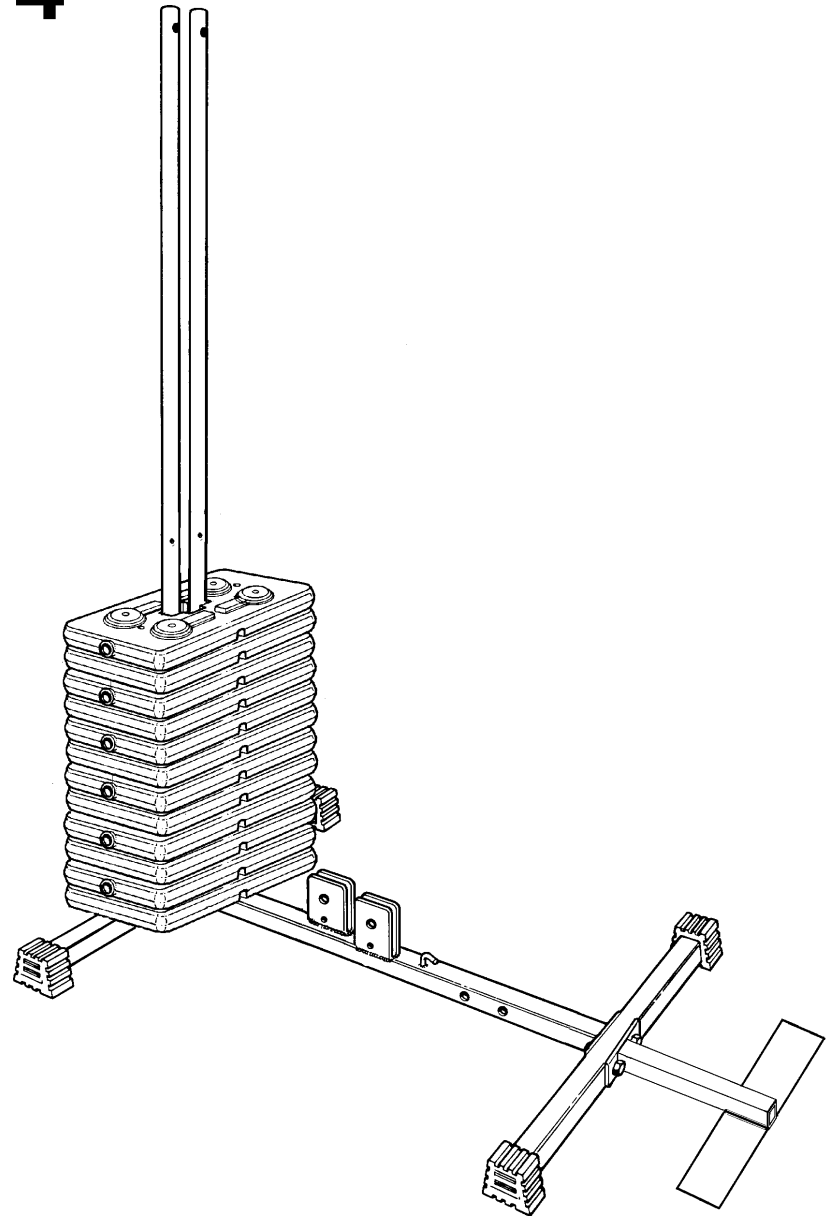
3

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

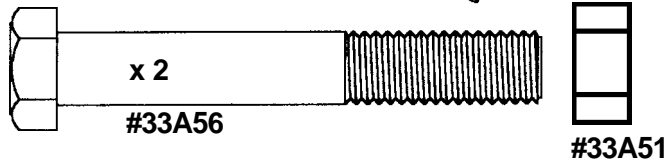
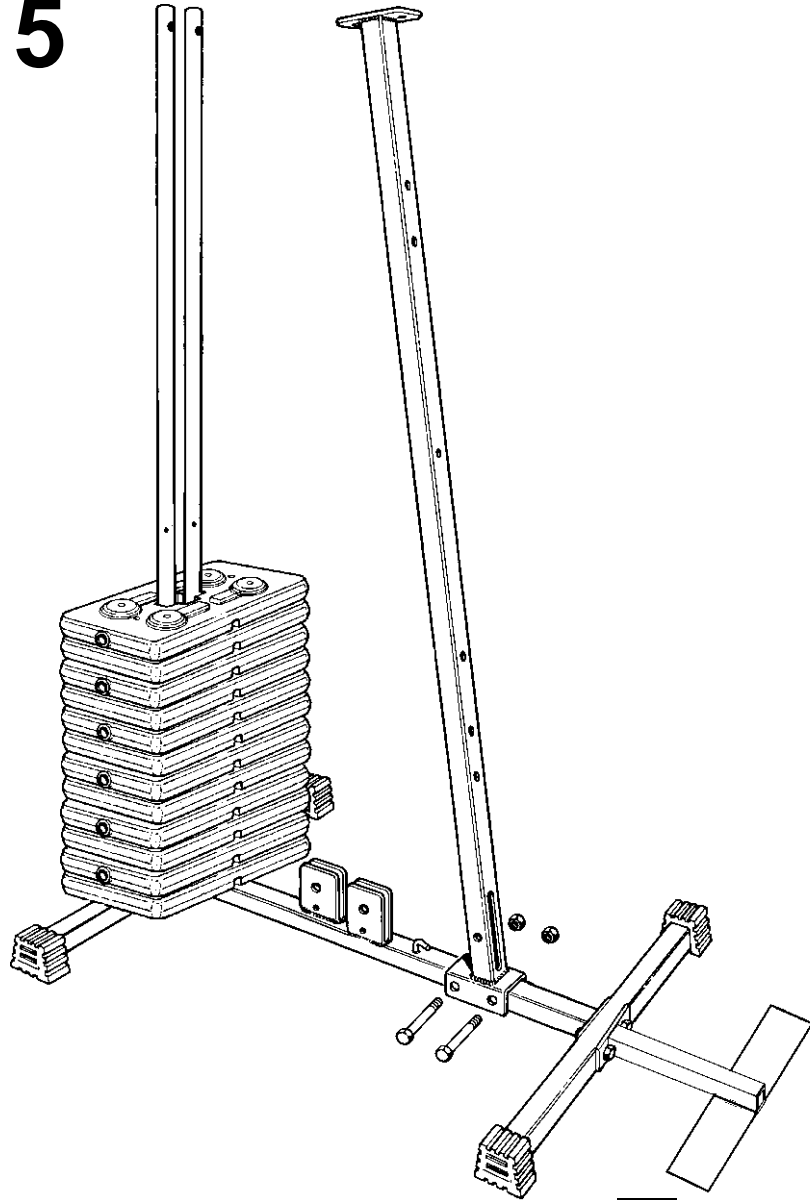
NOTE:
CHANGEZ DE CÔTÉ
LE CHAPEAU EST DESSUS
POUR LES POIDS
i.e. PREMIER POIDS À
GAUCHE DEUXIÈME POIDS
À DROITE



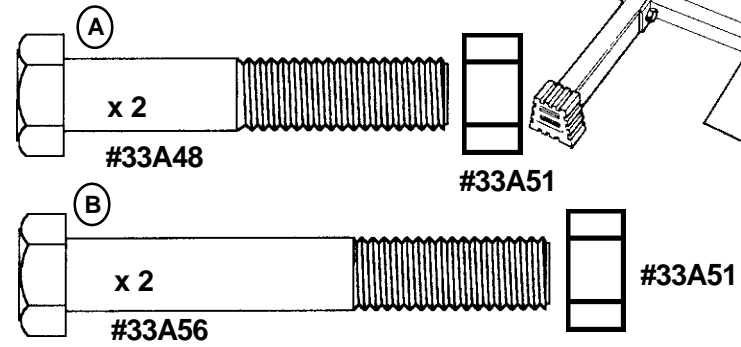
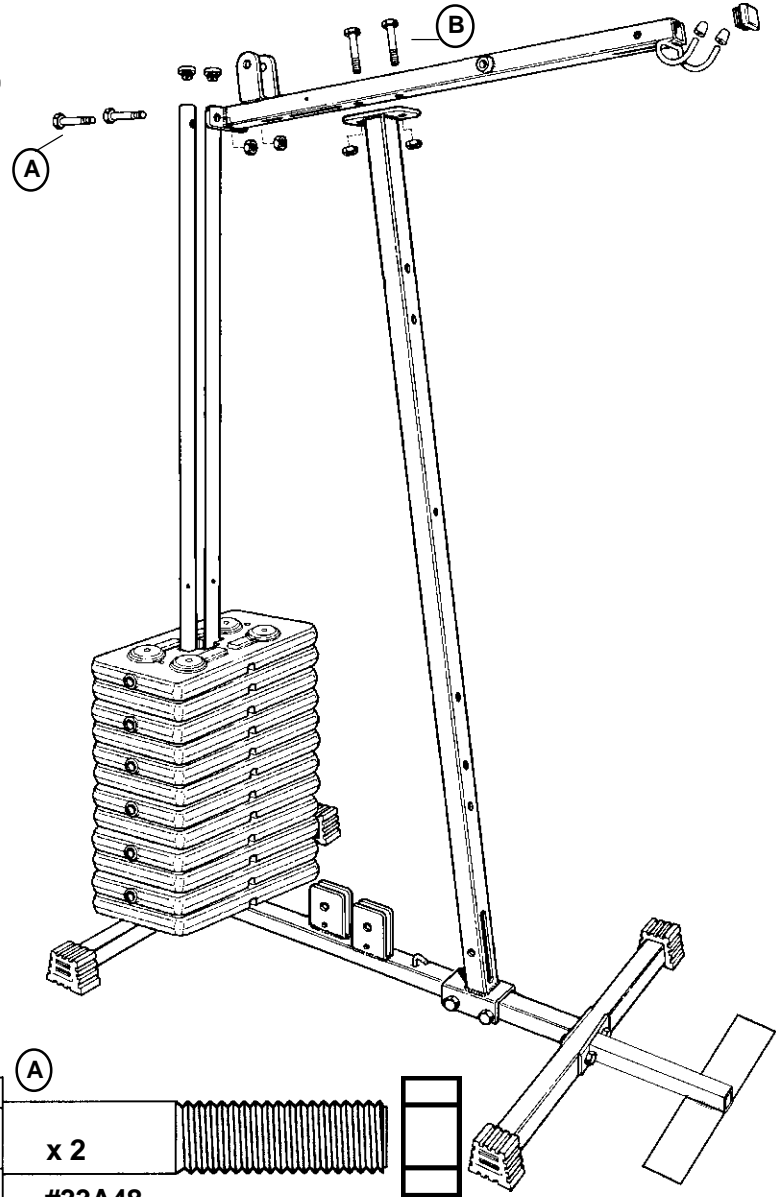
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5

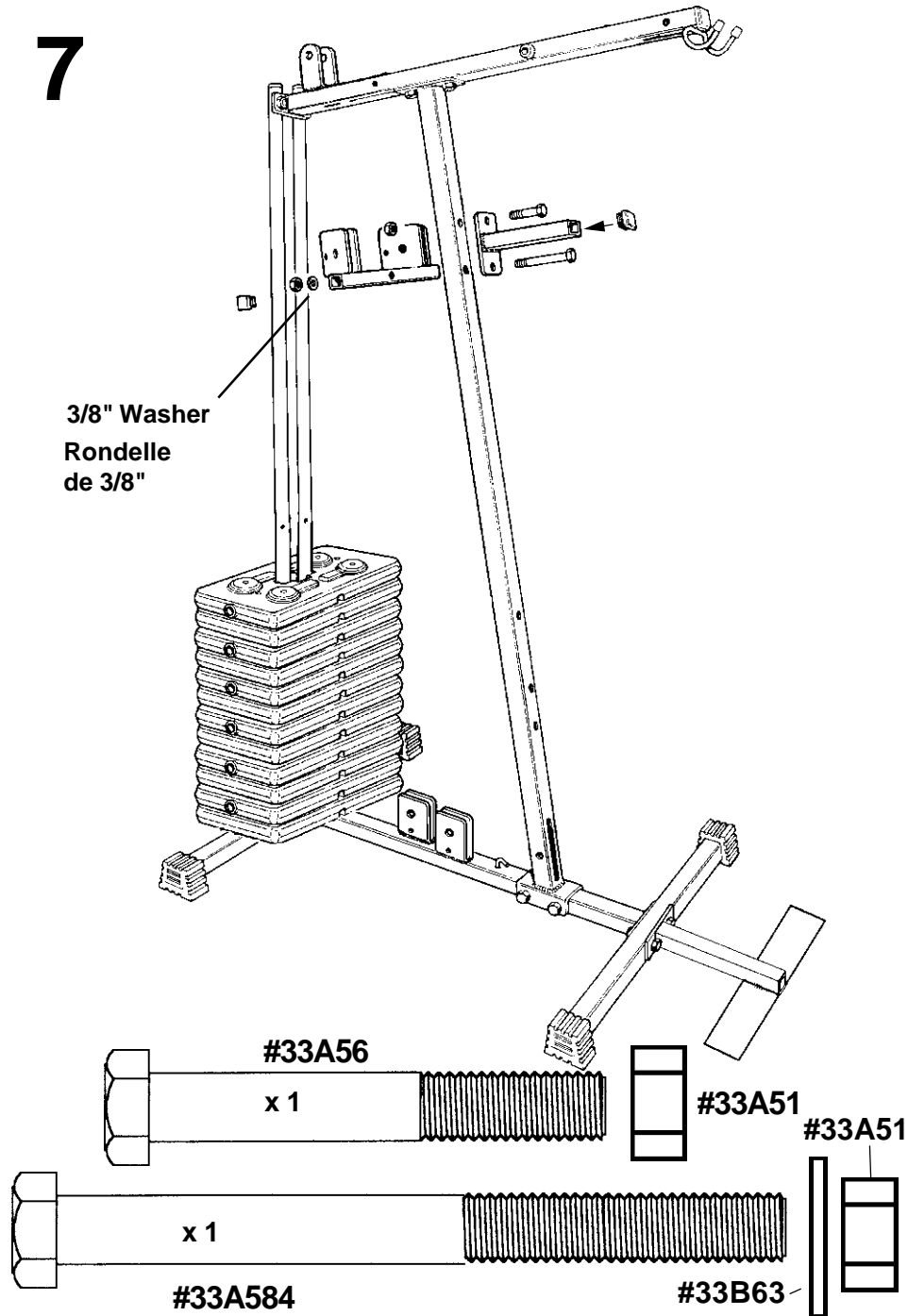


6



7

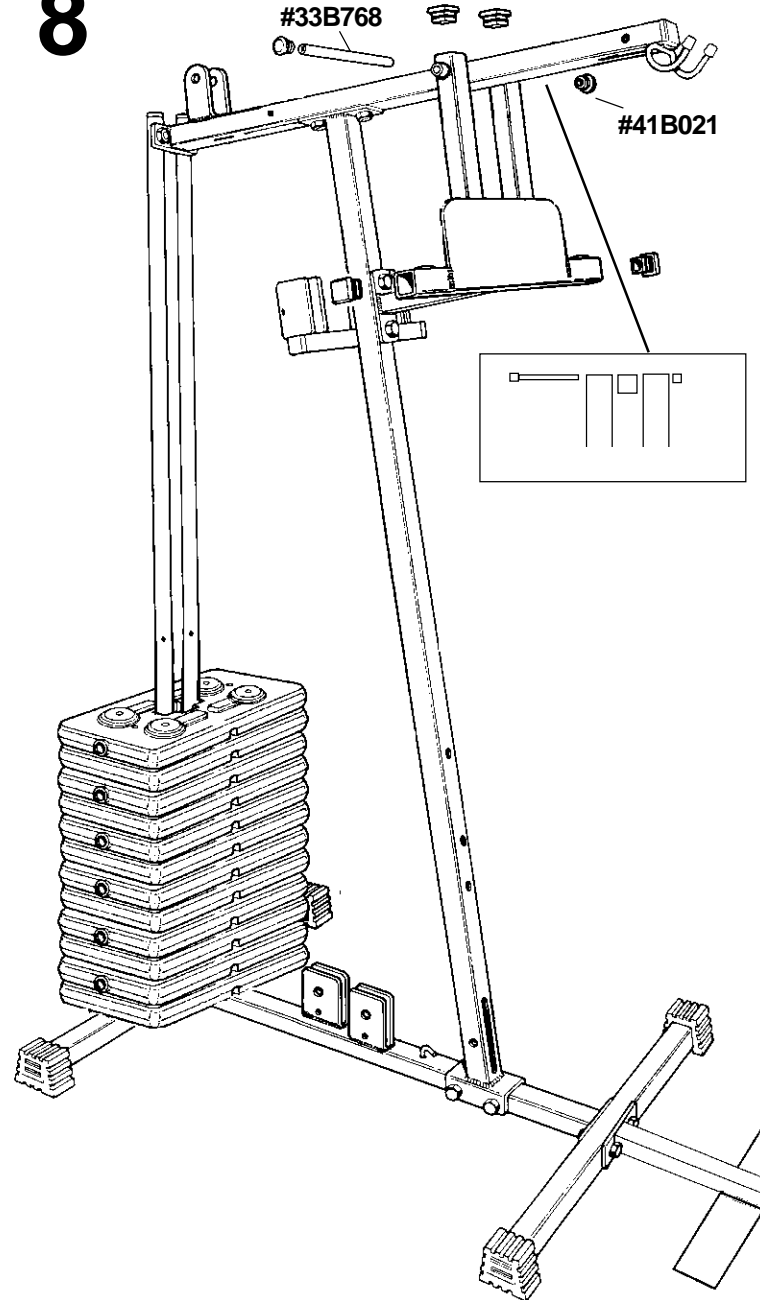
3/8" Washer
Rondelle
de 3/8"



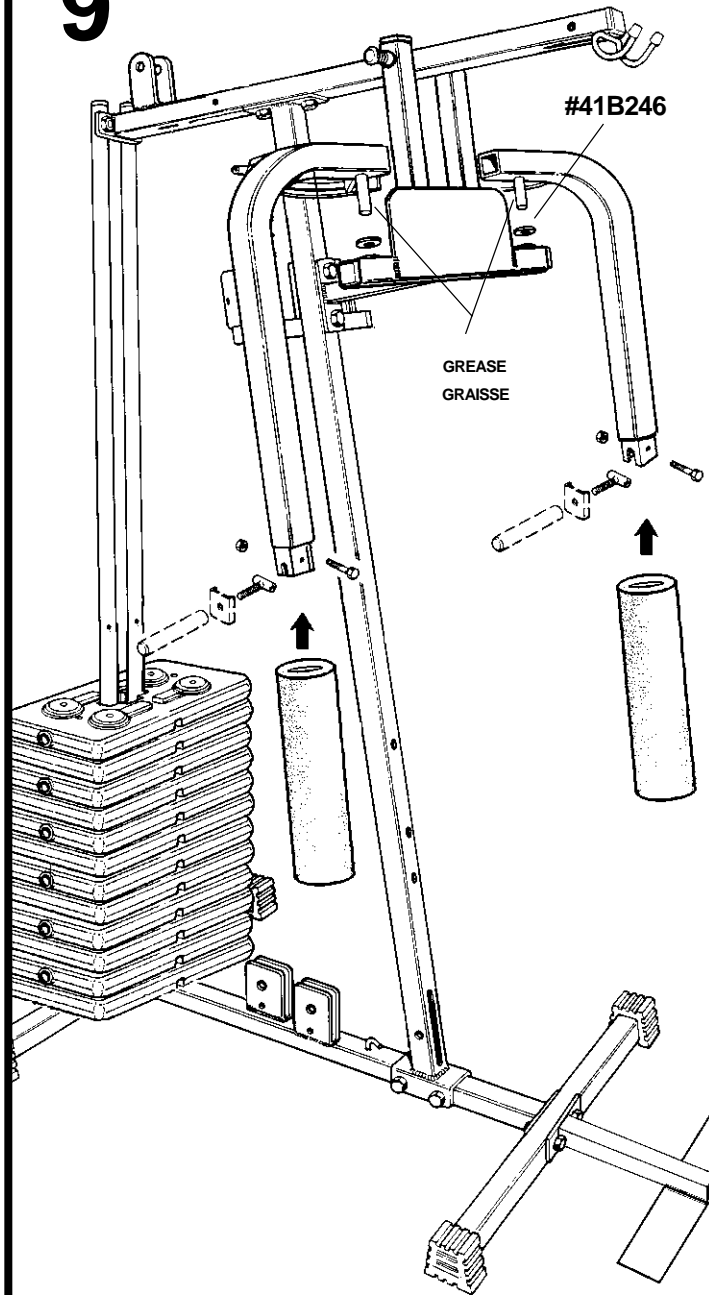
8

#33B768

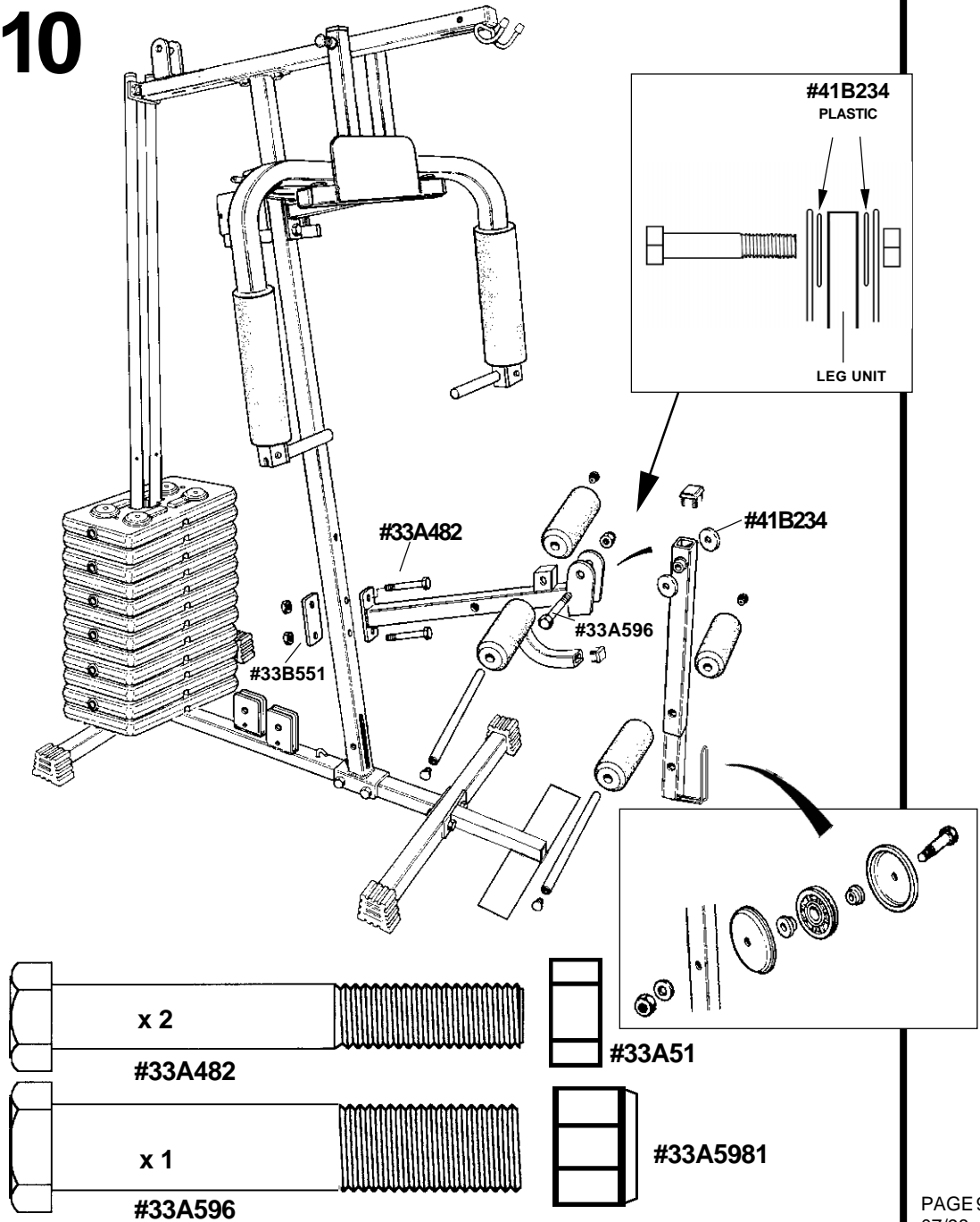
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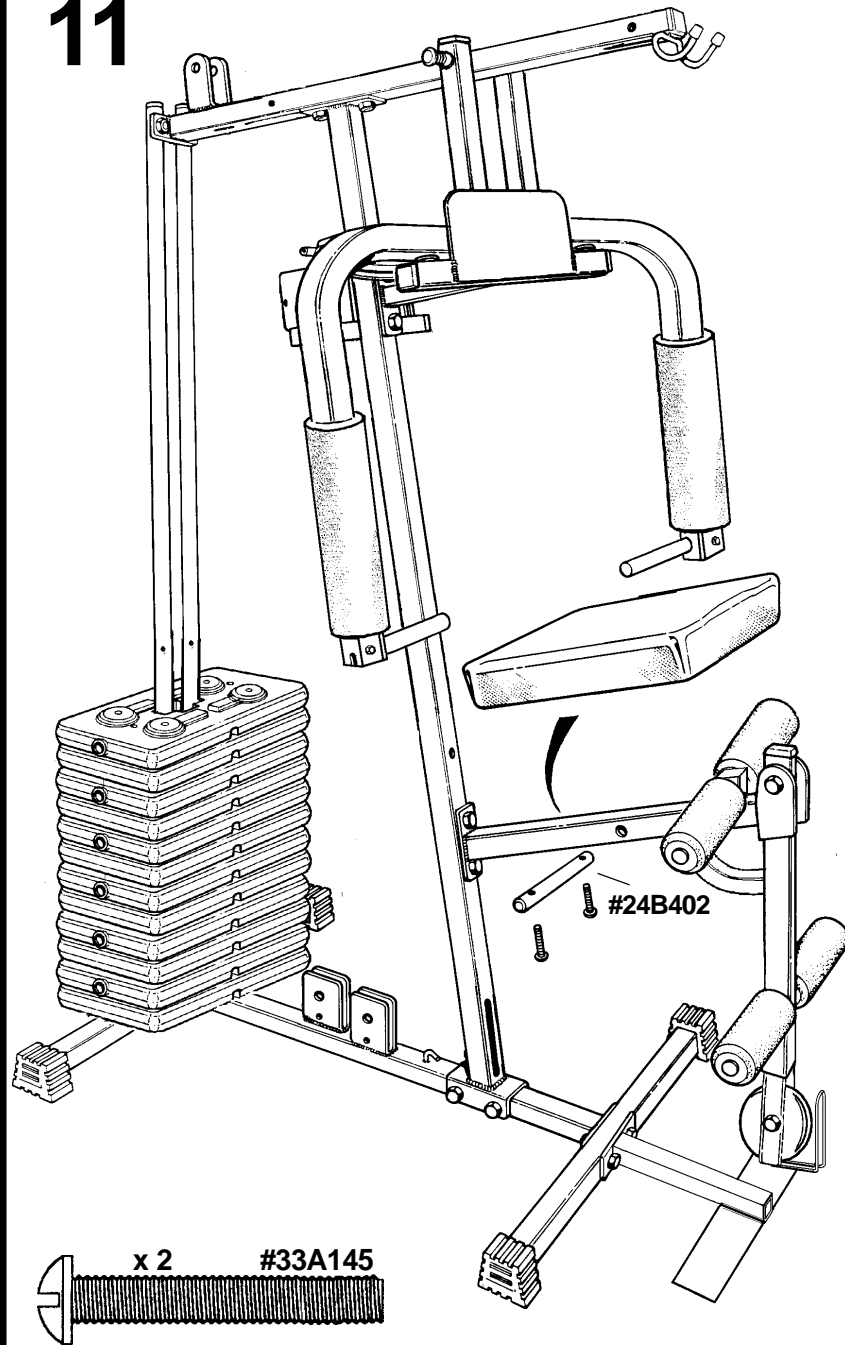
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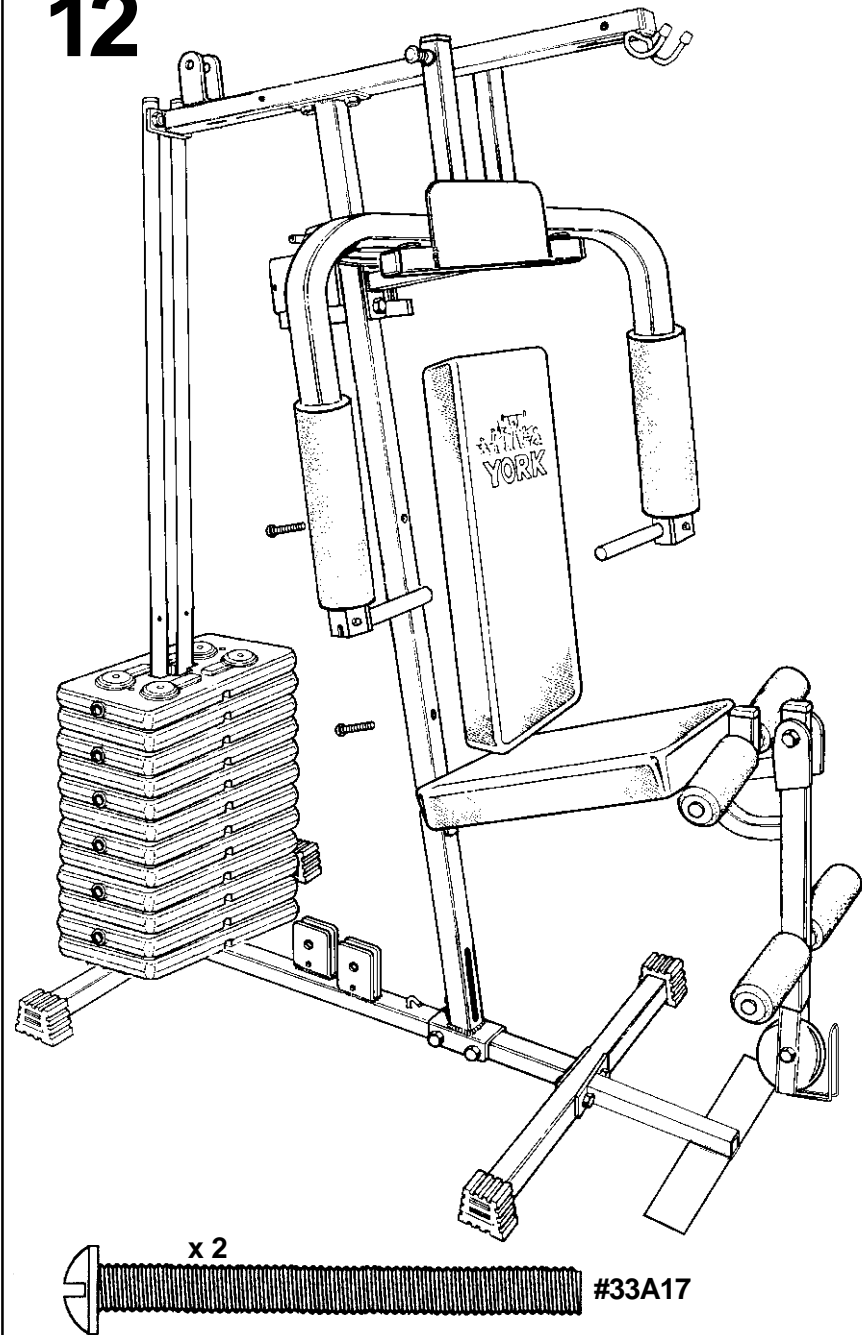
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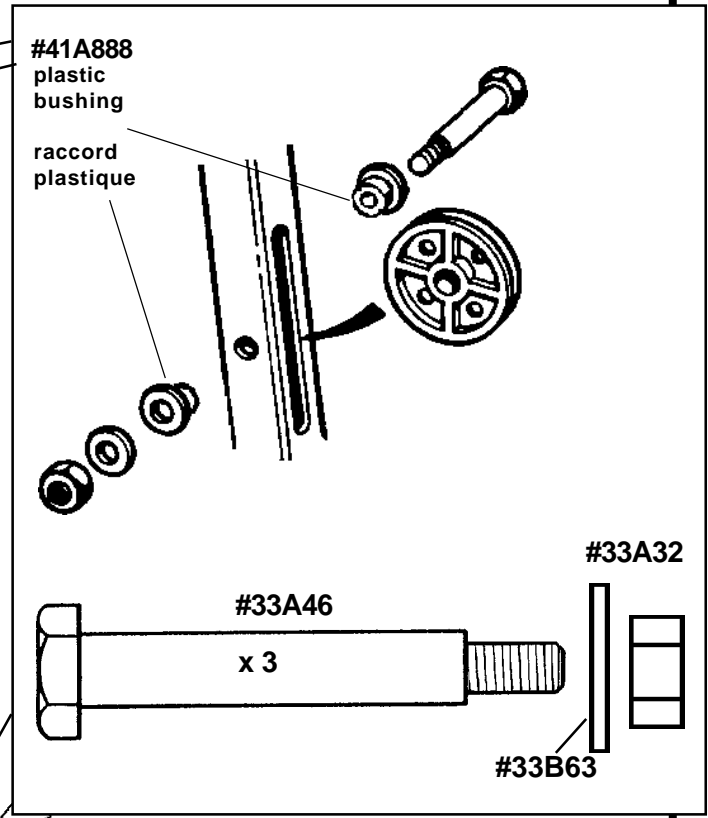
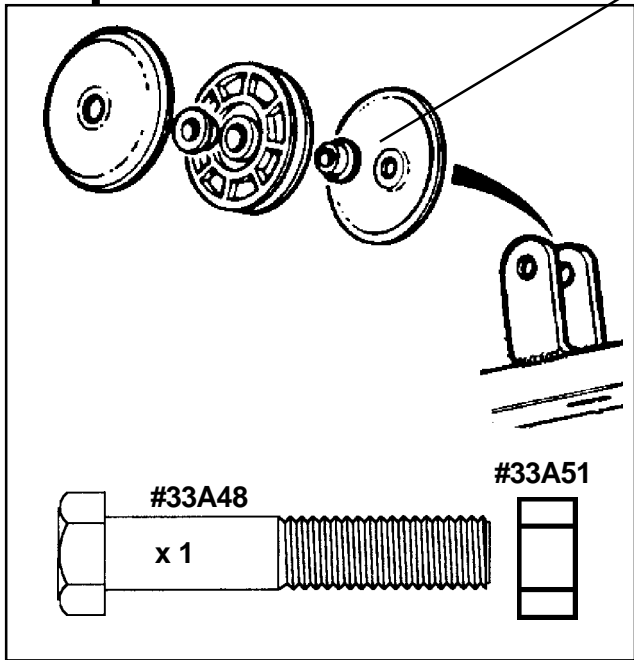
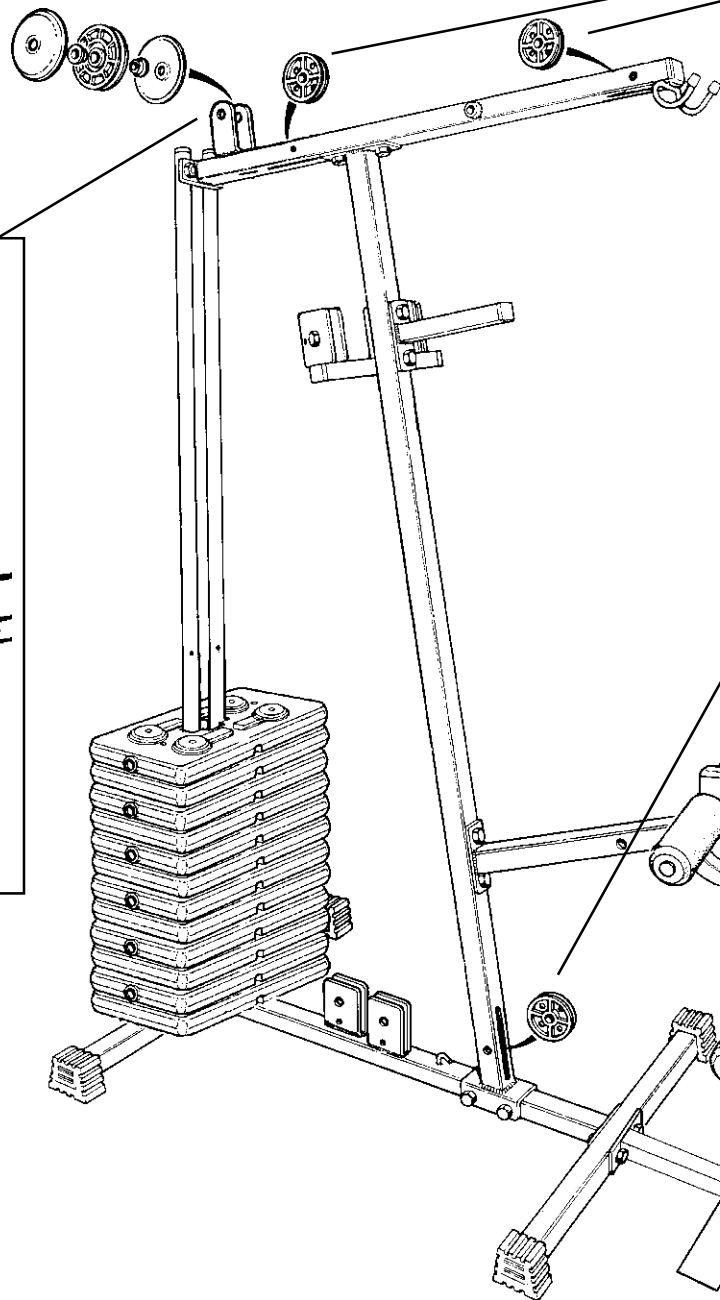
11



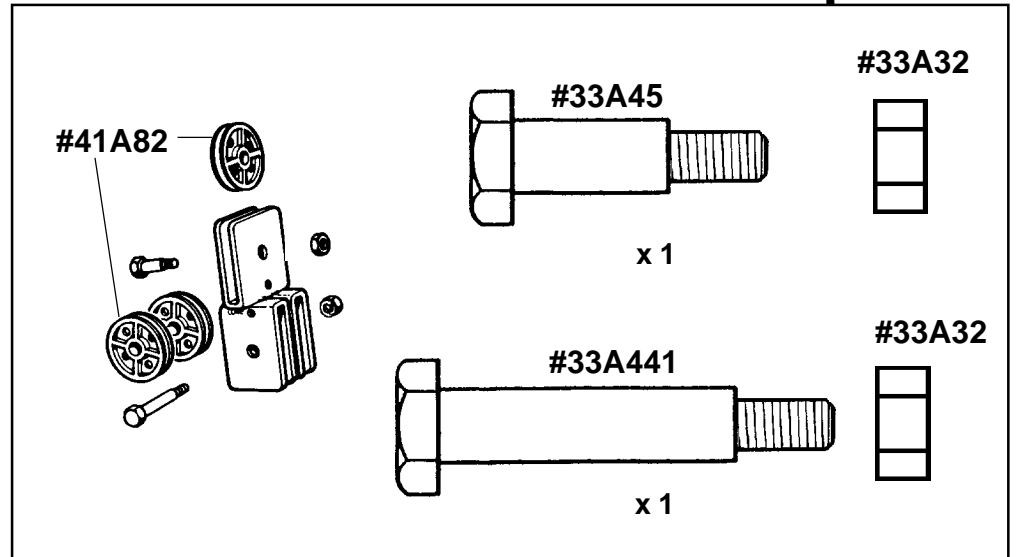
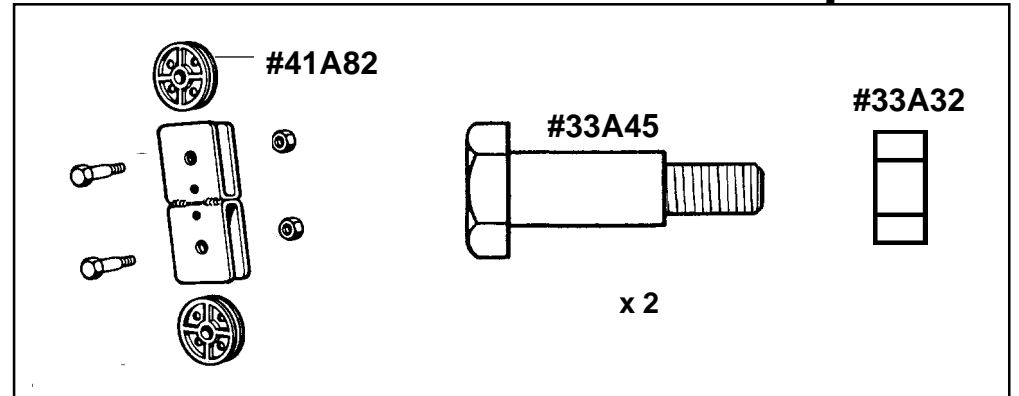
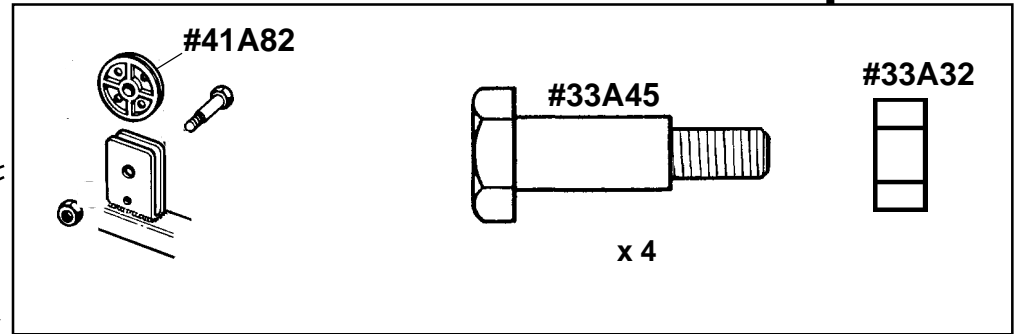
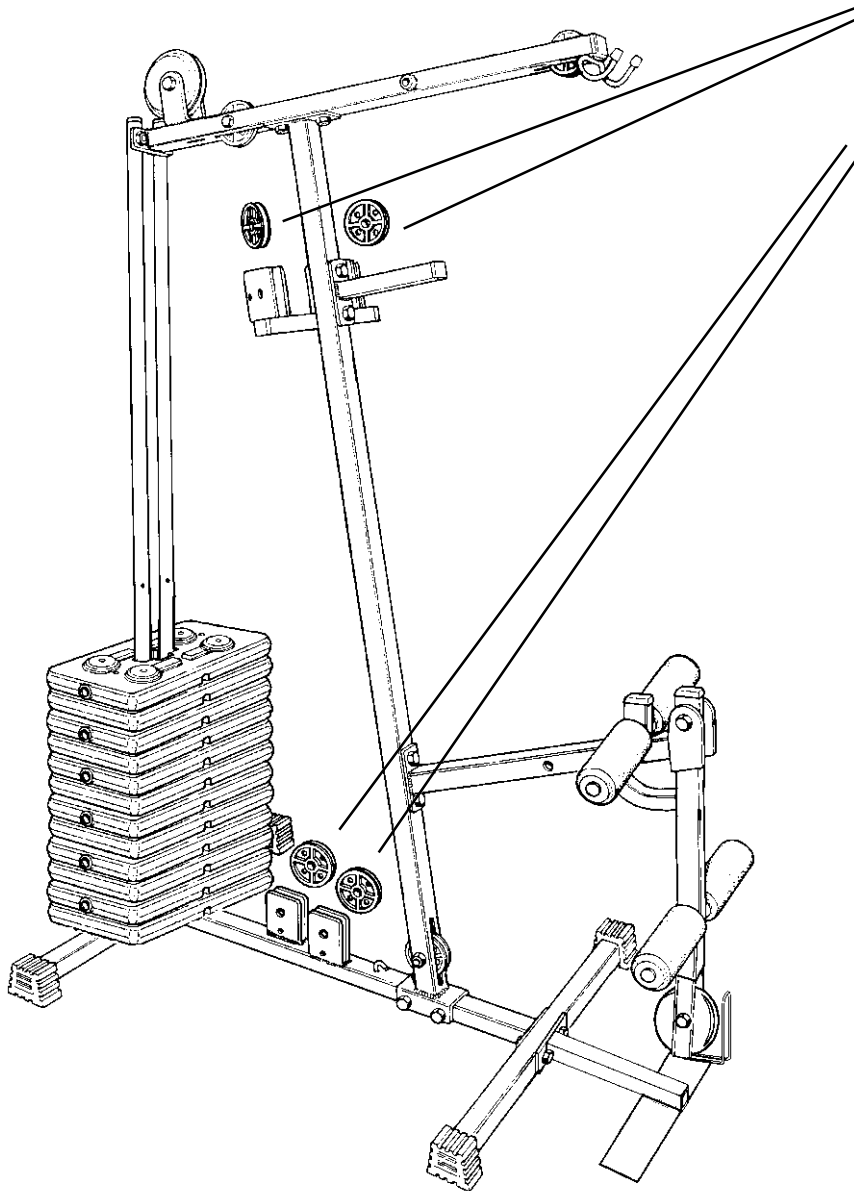
12



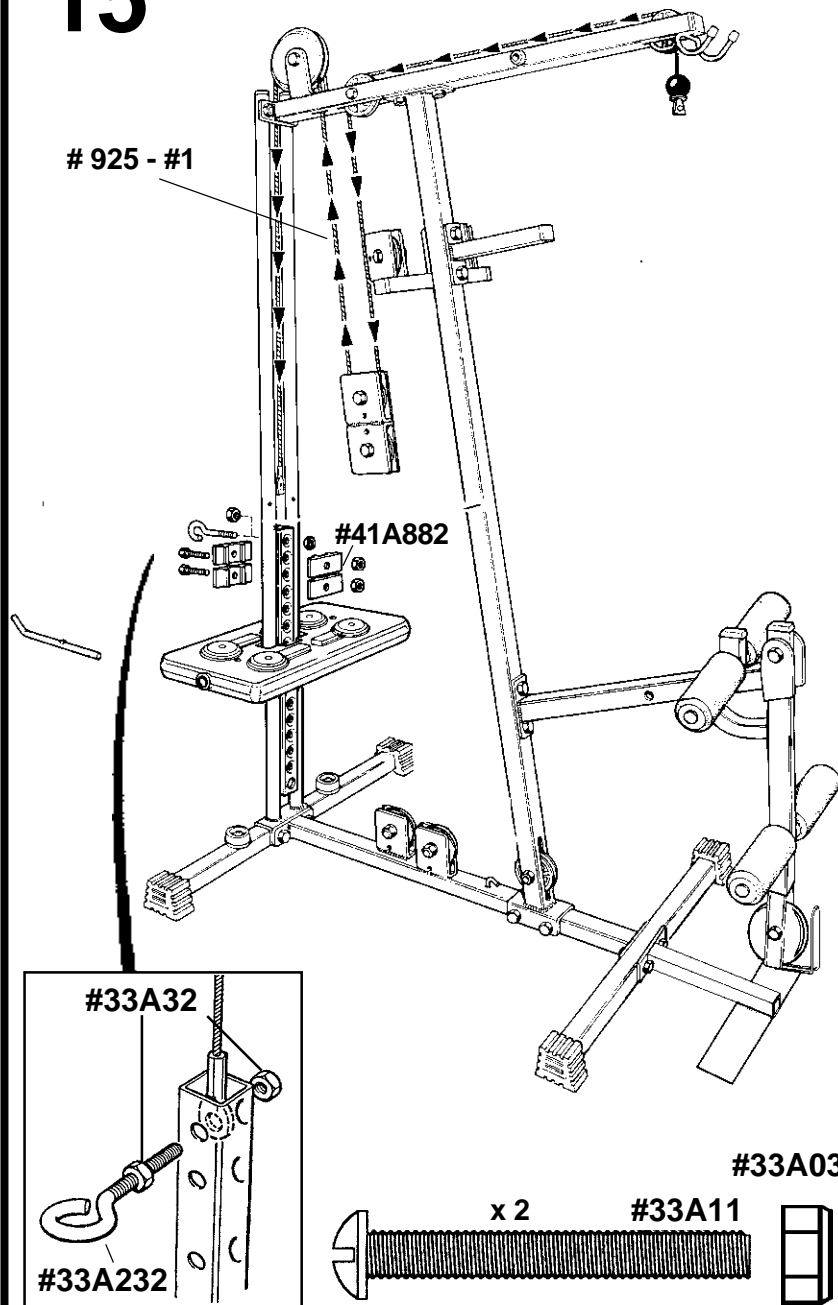
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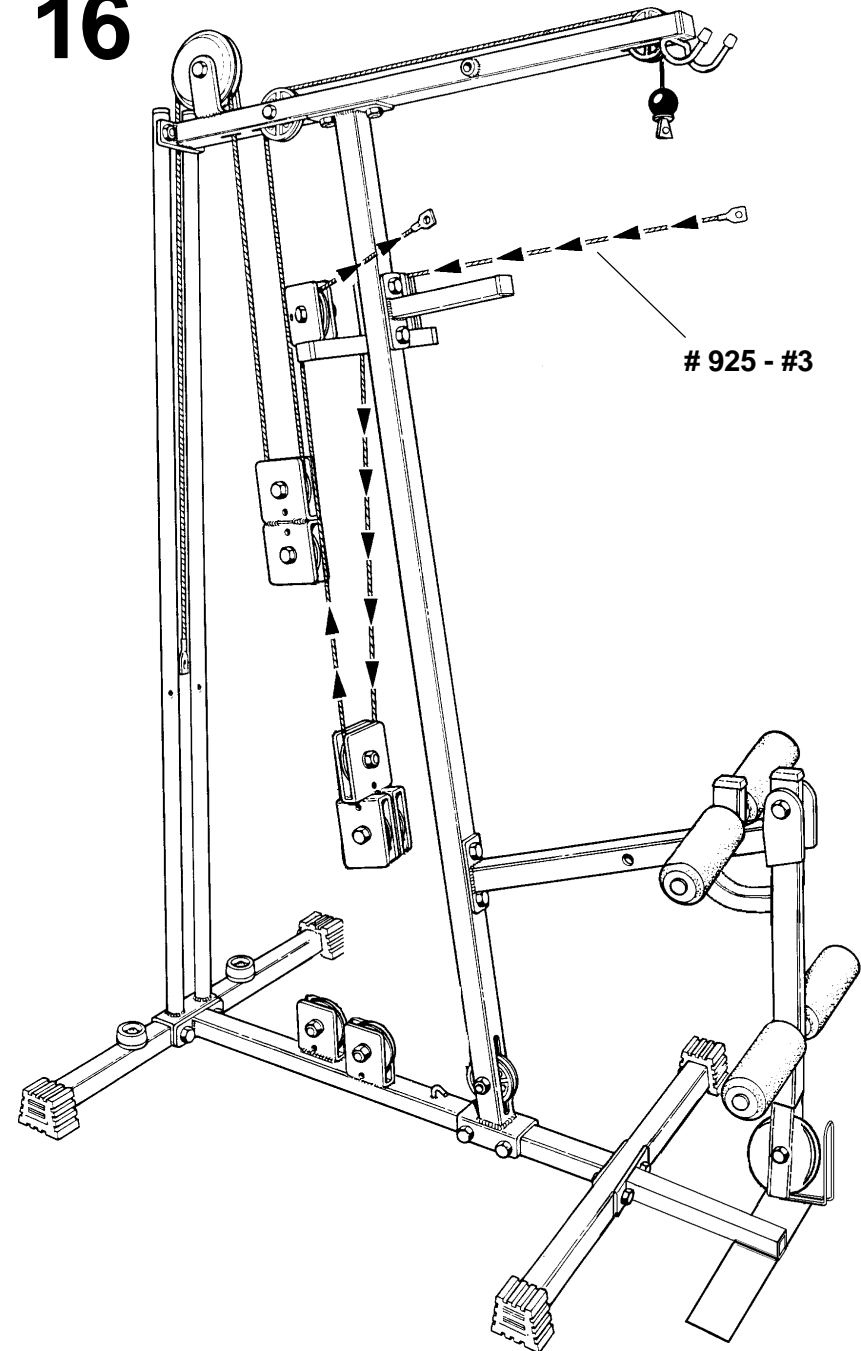
14



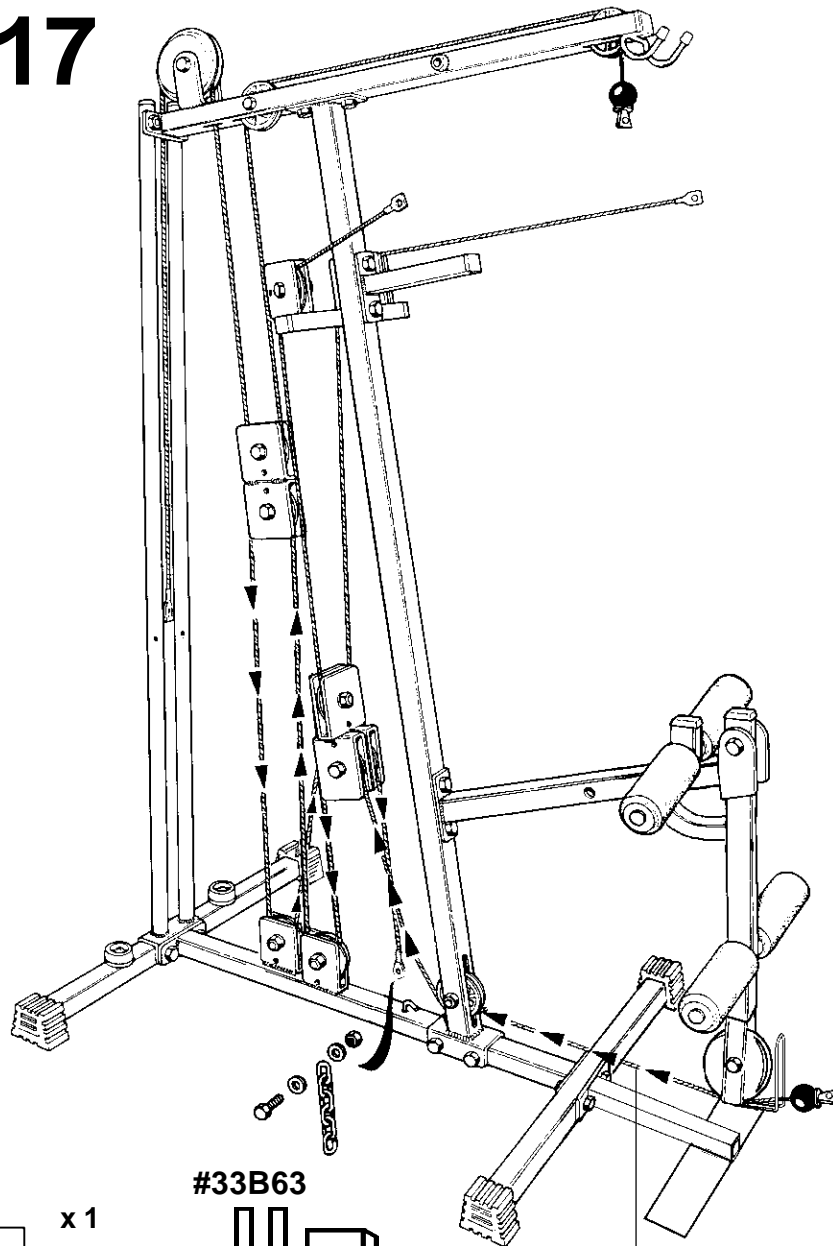
15 CABLES CÂBLES



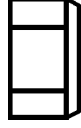
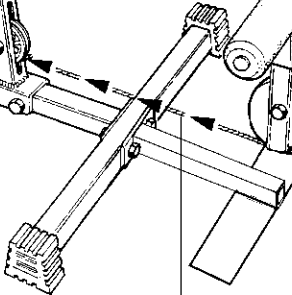


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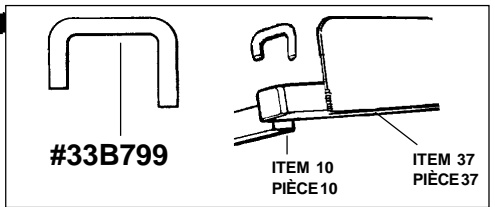
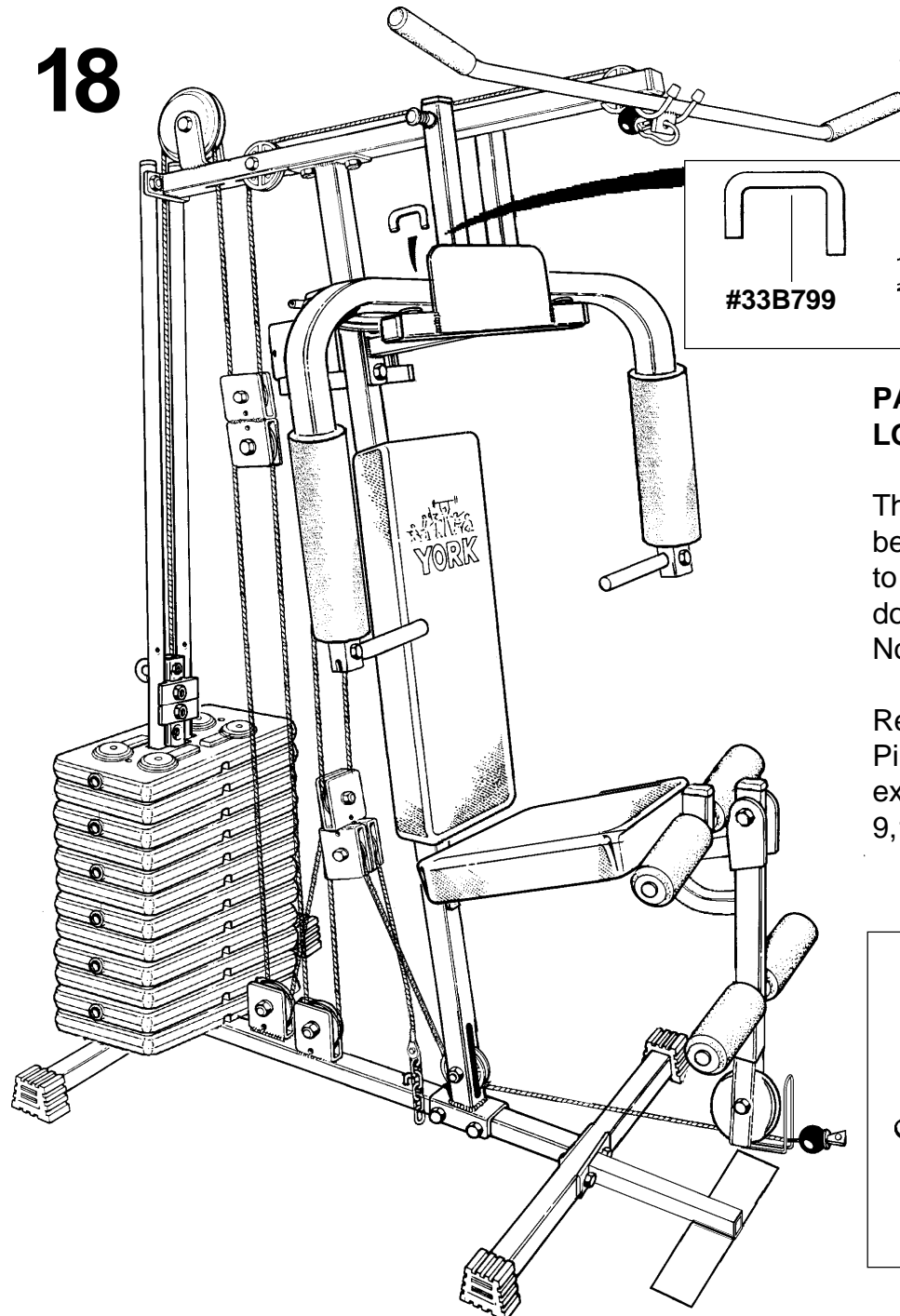


17



-  x 1
#33A477
-  #33B63
-  #33A53
-  # 925 - #2

18



**PART No. 33B799
LOCKING PIN**

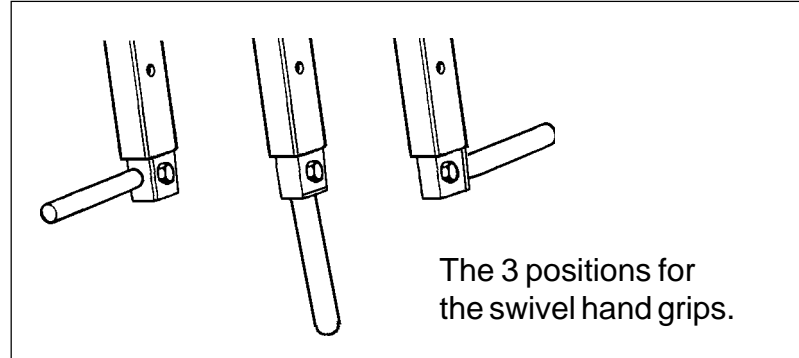
**PIÈCE No. 33B799
GOUPILLE DE RÉGLAGE**

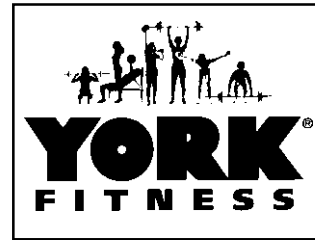
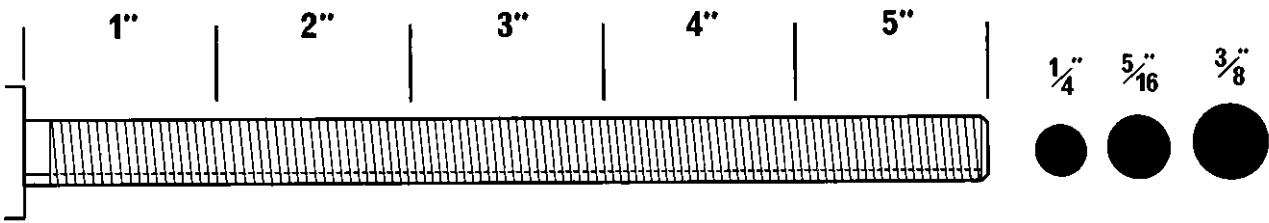
The Locking Pin should be fastened securely to item 10 & 37 when doing pec exercises, No. 12, 13 & 14.

Le goupille de verrouillage doit être fixée fermement aux pièces No. 10 et 37 lorsque les exercices pour pectoraux No. 12, 13 et 14 seront effectués.

Remove the Locking Pin when doing press exercises, No. 3, 4, 8, 9, 10 & 11.

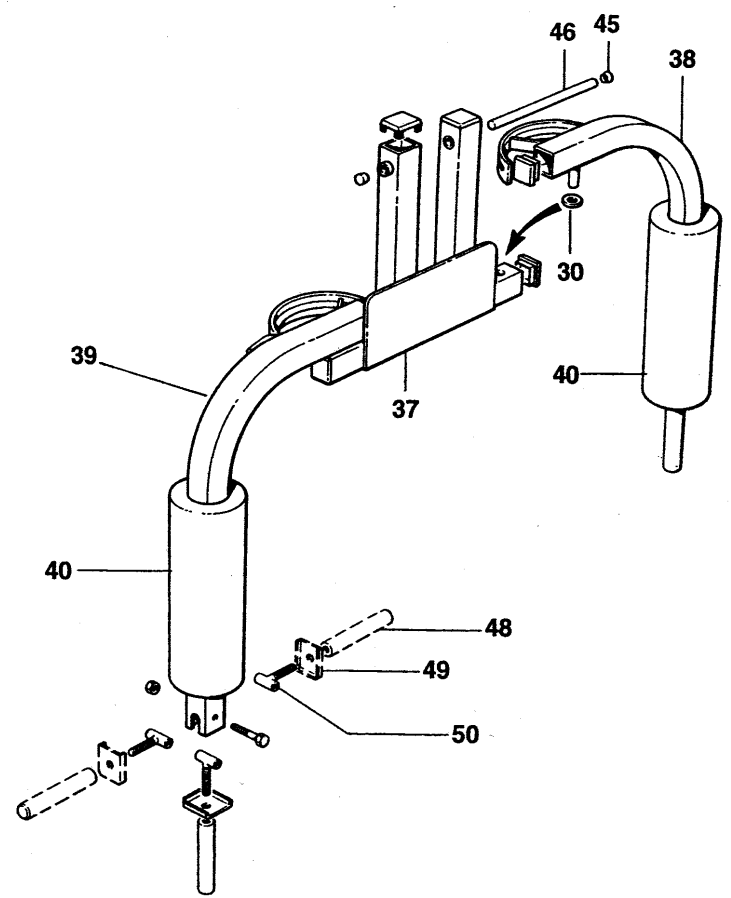
Retirer la goupille de verrouillage pour effectuer les développés couchés No. 3, 4, 8, 9, 10 et 11.





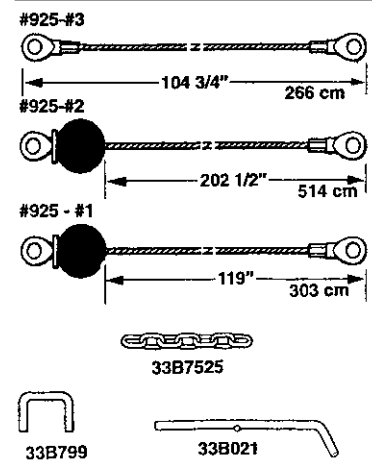
925 GYM

925 HAMMERTONE V.P. HOME GYM #5037
 925 GYMNASSE DE MAISON V.P. HAMMERTONE #5037

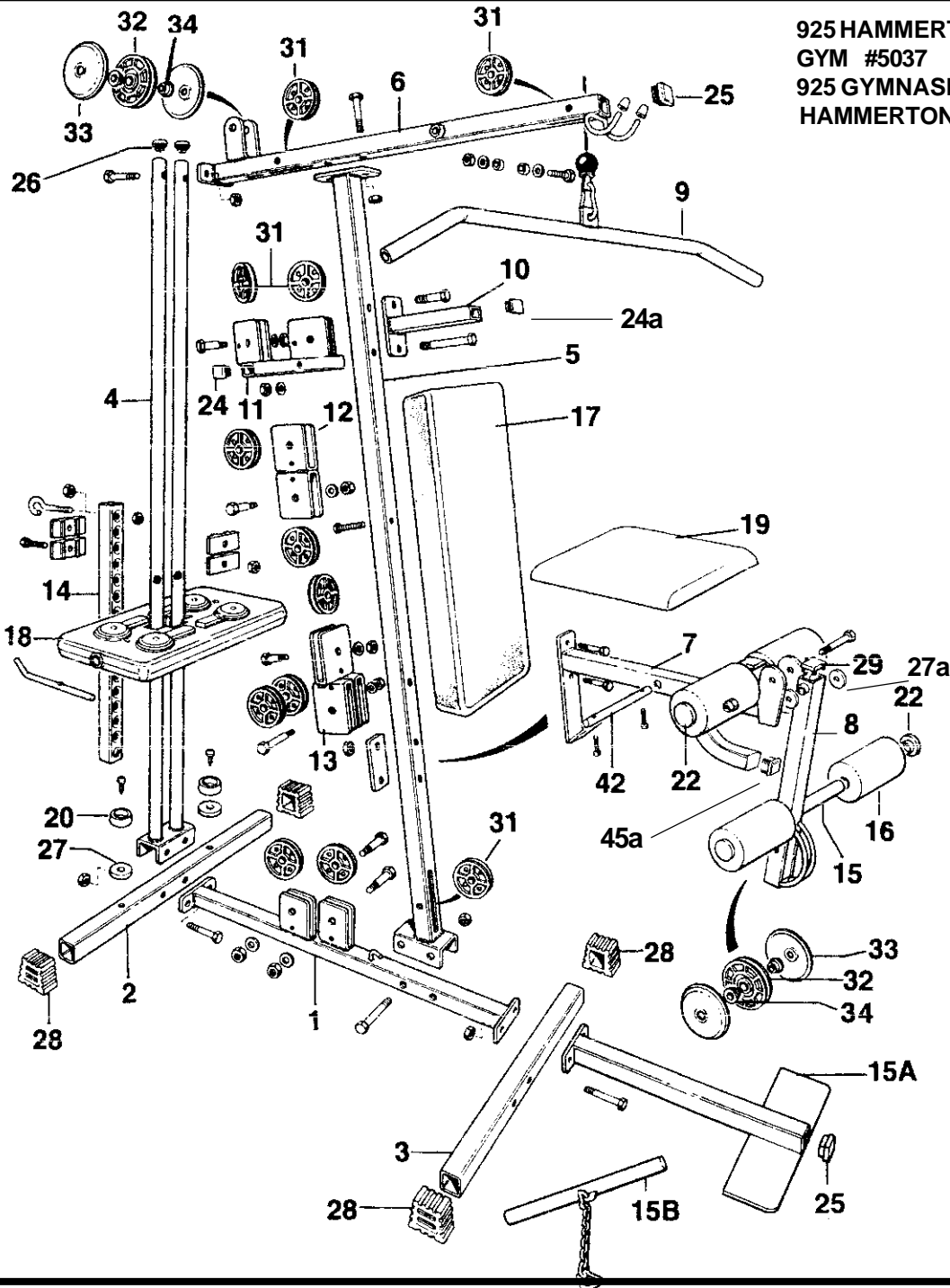


BAG NO. 311 SAC NO. 311		32E311
PART NO. PIÈCE NO.		QTY QTÉ.
33A03	1/4" - 20 LOCK NUTS 20 ÉCROUS DE BLOCAGE DE 1/4"	2
33A11	1/4" - 20 X 2" RHSMS 20 VIS À TÔLE DE 1/4" X 2"	2
33A232	5/16" - 18 X 3-1/2" EYE BOLT 18 BOULON À OUILLET DE 5/16" X 3-1/2"	1
33A32	5/16" - 18 HEX NUTS 18 ÉCROUS HEXAGONAUX DE 5/16"	2
33A477	3/8" - 16 X 1" H.H. BOLT 16 BOULONS H.H. DE 3/8" X 1"	1
33A489	3100 - 3/8" SAFETY CLIP AGRAFE DE SÛRETÉDE	2
33A53	3/8" - 16 LOCK NUT 16 ÉCROUS DE BLOCAGE DE 3/8"	1
33A7906	925 - #1 WIRE ROPE 119" 925 CORDON EN FIL DE FER DE 119"	1
33A7907	925 - #2 WIRE ROPE 202-1/2" 925 CORDON EN FIL DE FER DE 202-1/2"	1
33A7908	925 - #3 WIRE ROPE 104-3/4" 925 CORDON EN FIL DE FER DE 104-3/4"	1
33B021	2001 WT SELECTOR PIN 2001 GOUPILLE DE SÉLECTION DE POIDS	1
33B63	3/8" - S.A.E. WASHER RONDELLE SAE DE 3/8"	2
33B7525	10 LINK CHAIN #1389 CHAÎNE À 7 MAILLES NO. 1389	1
41A882	2600 PLASTIC GUIDE 2600 GUIDE EN PLASTIQUE	4

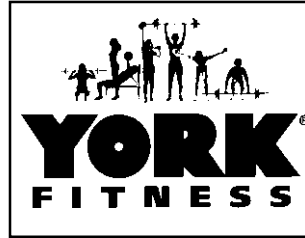
PARTS LIST (B) LISTE DES PIÈCES (B)		
ITEM ARTICLE	PART NO. PIÈCE NO.	QTY. QTÉ.
37	H914	1
38	H924L	1
39	H924R	1
40	27A424	2
42	H7505	1
43	33A145	2
46	33B768	1
47	33A490	1
48	33A5934	2
49	33B798	2
50	33A5938	2



925 YORK FITNESS
 PARTS LIST



925 HAMMERTONE V.P. HOME
 GYM #5037
 925 GYMNASE DE MAISON V.P.
 HAMMERTONE #5037



925 GYM

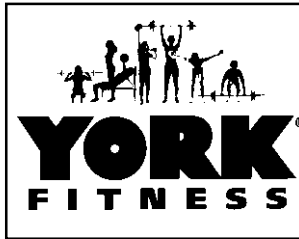
PARTS LIST (A)
 LISTE DES PIÈCES (A)

ITEM ARTICLE	PART NO. PIÈCE NO.	QTY QTÉ
1	H931	1
2	H904R	1
3	H903F	1
4	H905	1
5	H932	1
6	H910	1
7	H923	1
8	H953	1
9	H922	1
10	H921	1
11	H912	1
12	H916	1
13	H917	1
14	H915	1
15	H300158	2
15A	H955	1
15B	B961	1
16	27A401	4
17	30B470	1
18	50C40	12
19	30B469	1

BAG No.314 SAC No.314		32C314
ITEM ARTICLE	PART No. PIÈCE No.	QTY QTÉ
20	41A83	2
22	41B21	4
24	41B07	3
24a	41B10	1
25	41B137	6
26	41B217	2
27	41B241	2
27a	41B243	2
28	41B413	4
29	41B419	3
30	41B246	2
45	41B021	2
45a	41B418	1

BAG NO. 312 SAC NO. 312		32E312
ITEM ARTICLE	PART NO. PIÈCE NO.	QTY. QTÉ.
31	41A82	12
32	41A886	2
33	41B244	4
34	82A001	4
35	41A888	6

925 YORK Fitness PARTS LIST



925 GYM

925 HAMMERTONE V.P. HOME GYM #5037 925 GYMNASSE DE MAISON V.P. HAMMERTONE #5037

BAG NO. 313		#32E313
PART NO.		QTY.
33A32	5/16" HEX NUT	11
33A441	3/8" - 1-1/2" SHOULDER BOLT	1
33A45	3/8" - 13/16" SHOULDER BOLTS	7
33A46	3/8" - 2" SHOULDER BOLTS	3
33A48	3/8" - 2" H.H. BOLTS	2
33A51	3/8" - HEX NUT	2

BAG NO. 310		#32E310
01A491	DECALS 10 TO 120 SILVER	1 (SET)
01A492	DECALS 15 TO 180 GOLD	1 (SET)
01A6894	925 ASSEMBLY INSTRUCTIONS	1 (SET)
01A881	925 LEG CURL DECAL	1
01A882	925 PEC DECAL LARGE	1
01A6895	925 WALL CHARTS	1 (SET)

BAG NO. 315		32E315
24B405	#H7505 - 5/8" X 8" TUBE	1
33A145	1/4" - 20 X 1-5/8" - RHSMS	4
33A17	1/4" - 20 X 2-1/2" - RHSMS	2
33A584	3/8" - 16 X 4" H.H. BOLT	1
33A48	3/8" - 16 X 2" H.H. BOLT	2
33A482	3/8" - 16 X 2-3/4" H.H. BOLT	6
33A51	3/8" - 16 HEX NUT	14
33A56	3/8" - 16 X 2-1/2" H.H. BOLT	5
33A596	1/2" - 13 X 2-3/4" H.H. BOLT	1
33A5981	1/2" - 13 JAM NUT	1
33B551	#2685 METAL STAMPING	1
33B63	3/8" SAE WASHER	1
33B768	#901 PORT 970 - 1/2" X 7-1/2" ROD	1
33B799	925 - 1000 LOCKING PIN	1

SAC NO. 313		#32E313
PIÈCE NO.		QTÉ.
33A32	ÉCROUS HEXAGONAL DE 5/16"	11
33A441	BOULONS MÉCANIQUES DE 3/8" X 1-1/2"	1
33A45	BOULONS MÉCANIQUES DE 3/8" X 13/16"	7
33A46	BOULONS MÉCANIQUES DE 3/8" X 2"	3
33A48	16 BOULONS HEX. DE 3/8" X 2"	2
33A51	16 ÉCROUS HEXAGONAUX DE 3/8"	2

SAC NO. 310		#32E310
01A491	DÉCALCOMANIE DE POIDS 2001	1 (SET)
01A492	DÉCALCOMANIE DE POIDS 901 GOLD	1 (SET)
01A6894	INSTRUCTIONS D'ASSEMBLAGE 925	1 (SET)
01A881	DÉCALCOMANIE DE SOULEVEMENT	
	DÉS JAMBES 925	1
01A8842	DÉCALCOMANIE PECTORIAL 925	1
01A6895	TABLEAUX MURAUX 925	1 (SET)

SAC NO. 315		32E315
24B405	NO. H7505 RUBE DE 5/8" X 8"	1
33A145	20 VIS À TOLE DE 1/4" X 1-5/8"	4
33A17	20 VIS A TOLE 1/4" X 2-1/2"	2
33A584	16 BOULONS HEX. DE 3/8" X 4"	1
33A48	16 BOULONS HEX DE 3/8" X 4"	2
33A482	16 BOULONS HEX. DE 3/8" X 2"	6
33A51	16 ÉCROUS HEXAGONAUX DE 3/8"	14
33A56	16 BOULONS HEX. DE 3/8" X 2-1/2"	5
33A596	13 BOULONS HEX. DE 1/2" X 2-3/4"	1
33A5981	13 ÉCROUS DE BLOCAGE DE 1/2"	1
33A551	#2685 PIÈCE MÉTALLIQUE	1
33B63	RONDELLES SAE DE 3/8"	1
33B768	#901 PART 970 - 1/2" X 7-1/2" ROD	1
33B799	925 - 1000 GOUPILLE DE VERROUILLAGE	1

925 YORK FITNESS PARTS LIST

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.

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.

BAG 9436		32E72
Part No.	Description	Qty.
41D79	3mm Allen key	1
41D82	3/8" Steel Collar	1
41D81	U - Pin	1

Allen key (size 3mm)
If misplaced they can
be purchased from a
good hardware store.



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

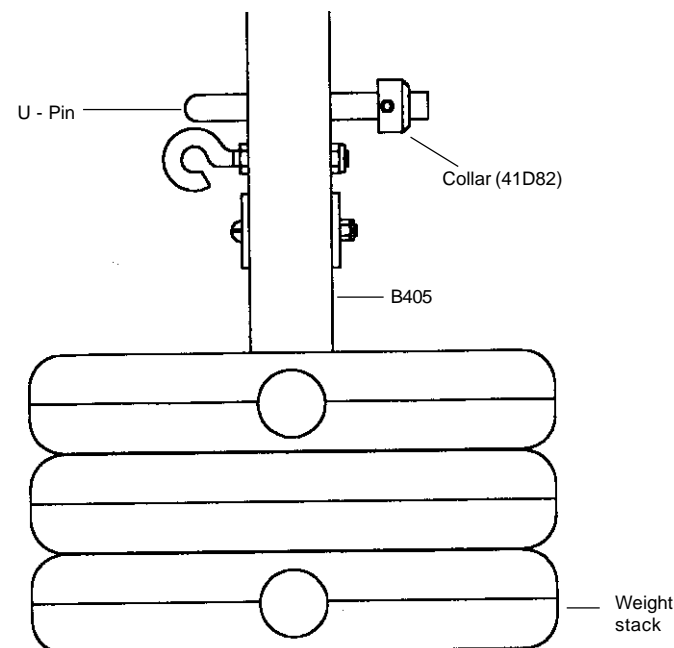
SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE

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.



925 GYM



925 YORK FITNESS

INFORMATION AND
LOCKING YOUR GYM

WARNINGS

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

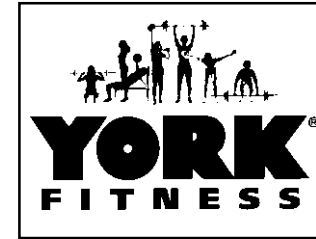
1. Always hold the eye bolt handle of the selector bar, with one hand when you are changing the weight selector pin. This is a safety precaution.
2. Lat Bar must always be secured in hook rest welded to the front of the upper frame when not in use or when changing weight selection.
3. It is very important 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.

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 may wear.
4. Check that any of the adjustment devices are not projecting.

925 GYM #5037

**MAXIMUM USER BODYWEIGHT
= 120KG (18 STONE 12 LBS)
DO NOT ADD EXTRA WEIGHT TO THE
WEIGHT STACK. (MAX WT. STACK = 54.5KG)
COMPLIES WITH EUROPEAN
STANDARD EN957H CLASS H DOMESTIC**



**925
GYM**