

MEGA MAX 3301

THIS MUST BE READ BEFORE YOU START ASSEMBLING THIS UNIT

IMPORTANT!! IMPORTANT!!

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 access in mind. You must follow the assembly instructions [exact] outlined. You will need at least one person to help you in this unit, two would be better. Assemble this unit starting at the beginning and work to the end. The assembly instructions are written 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 most people do, when all else fails they read the assembly instructions.

When you are assembling this unit and something is missing, you notify us of the part number or the exact nut, bolt or part is missing, and indicate the colour of your unit (i.e. black, or hammer-tone).

To help you assemble this unit we have used line drawings, the line drawings for the exact positioning of the parts.

This unit will need to be checked at least once a week for wire ropes, nuts, and bolts that can work loose, unpolished working loose and wear on pivot assemblies. WARNING: WIRE DO WEAR OUT!!

The way to check the wire ropes is to run your fingers lightly over them and if you start to feel they are stayed, please write for replacements. This is for your own safety. WARNING: YOU RESPONSIBLE FOR YOUR OWN SAFETY!!

If the box containing the parts for the York Mega Max 3301 was unopened when you purchased it and there is a shortage, please notify us by mail or phone. If the box was opened and there is a shortage, the dealer is responsible. Please indicate to us the part # and which is missing and we will return the missing part by return mail. Be sure when ordering your part that you specify if it is to be black or hammer-tone.

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ASSEMBLY OF MEGA MAX 3301 VEHICLE PRESS HOME GYM

TOOLS NEEDED TO ASSEMBLE Mega Max 3301 Home Gym: (A) Large screw driver, (B) 2 only 9/16" wrenches, (C) 2 only 7/16" wrenches, (D) 2 wrenches, (E) hammer. PLIERS SHOULD NOT BE USED!! This machine will be assembled finger tight in the beginning to allow for alignment.

Step 1:

Please check parts bags, being careful not to mix parts from bags. Locate hardware Bag #244 (packed in Box #2) which are the following:

	Hardware C
4 only 1/2"-20 X 2" RHSMK	33A
4 only 1/2"-20 X 1 3/4" RHSMK	33A
4 only 1/2"-20 X 2 1/4" RHSMK	33A
1 only 5/16"-hex Nut	33A
1 only 5/16"-18 X 2" Bolt	33A
23 only 3/8"-16 X 2 3/4" Bolt	33A
13 only 3/8"-hex Nut	33A
1 only 1/2" X 3" Bolt	33A
1 only 1/2" lock nut	33A

Step 2:

Locate Bag #212 which contains the Plastic End Caps:

	Plastic B
1 only 7/8" Round Internal Caps	41B
1 only 1 1/4" Square External Caps	41B
1 only 2" Square Internal Caps	41B
1 only 1 1/4" Square Internal Caps	41B
1 only 1" Square Internal Caps	41B
1 only 1 1/4" Round External Caps	41B
1 only 1 3/4" Square Internal Caps	41B
1 only 1" Black Foam Caps	41E
1 only 1" Plastic Spacers	41E
1 only 1 1/8" Plastic Spacers	41B
1 only 1 3/4" Square External Foot Caps	41B

Step 2A:

Please check parts, being careful not to mix parts from other bag

BAG #118

17 only 4" Nylon Pulleys (complete with bushings)

COMPUTOR

41A885

BAG #119

34 only Pulley Covers

41B244

BAG #240

1 only Set 3001 Wall Charts

01A655

1 only set 3301 Assembly Instructions

01A686

1 only set 3001 Weight Decals

01A847

1 only 3301 Decal-14"

01A875

2 only 3301 Decal 8 1/2"

01A876

1 only 3301 Decal-17"

01A877

BAG #1122

7 only 3/8" X 2" Bolt

33A48

7 only 3/8" Lock Nut

33A53

BAG #243

2 only Part #9015 3/4" X 3/4" X 3"

20A02

1 only Part #3336 1/2" Rod and 8 3/4"

41A80

Step 3:

Locate Bag #241 which contains the following: (See diagram 121)

STAMPINGS COME

only Part #159 Weight Selector Pin

33B021

only Part #2685 4 1/4" X 1 3/4" Metal Stamping

33B551

only Part #3176 Single Pulley Bracket

33B700

only Part #3175 Double Pulley Bracket

33B701

only Part #3174 = 14 Link Chain

33B702

only Part #3173 24 Link Chain

33B703

Step 4:

see Drawing #1. Install 2 X 1 3/4" square external foot caps onto Part #3101. Attach Part #3101 to the end of Part #3103 which has a hole 2 1/2" in from the end, using two 3/8 X 2 3/4" bolts and two 3/8" nuts.

Step 5:

Install 2 X 1 3/4" square external foot caps onto Part #3102. Have your assistant hold Part #3109 and attach Parts #3109 - 3102 and 3103 and bolt together using two 3/8 X 2 3/4" bolts and two 3/8" nuts.

Step 6:

Have your assistant hold Part #3123 as shown in drawing and bolt to Part #3103 using one 3/8 X 2 3/4" bolt and 3/8" nut. You must hold onto Part #3123 until the next two steps are complete.

Step 7:

To attach Part #3315 to Part #3123 you must use metal stamping Part #2685 on top of Part #3315 as shown in Drawing #2. Bolt together using two 3/8 X 2 3/4" bolts and two 3/8" nuts.

Step 8:

To attach Part #3315 to Part #3109 use metal stamping Part #2685 on the other side of Part #3109. Bolt together using two 3/8 X 2 3/4" bolts and two 3/8" nuts. Install 1 X 1 3/4" square internal plug in Part #3109.

Step 9:

Install one 1 3/4" square internal plug in Part #3114 and bolt to Part #3109 using metal stamping #2685 on the other side of Part #3109. Bolt together using two 3/8 X 2 3/4" bolts and two 3/8" nuts. NOTE: Extra hole supplied so that you can adjust the height of the seat.

Step 10:

See Drawing #1. Locate Part #3110 and install two 1 1/2" square internal cap plugs. Now locate Part #3112 and install two 1 3/4" square internal cap plugs. Bolt Part #3112 and Part #3110 to Part #3109 using two 3/8 X 2 3/4" bolts and two 3/8" nuts.

Step 11:

Locate Part #3125 and install two 1 1/2" round external cap plugs. Slide Part #3125 into Part #3123 and install one 5/16 X 2" bolt and 5/16" nut.

Step 12A:

To attach Part #3127 to Part #3123 you must use metal stampings, Part #2685, on the other side of Part #3123. Use two 3/8 X 2 3/4" bolts and two 3/8" nuts. Use top two holes.

Step 12B:

Install 1 only 1 3/4" square internal cap plug into Part #3142. To attach Part #3142 to Part #3123 use 1 X 3/8 X 2 3/4" bolts and 2 3/8" nuts.

Step 13:

See Drawing #7. Install one only 1 3/4" square internal cap plug into Part #3130. Bolt Part #3130 to Part #3127 using one 1/2" X 3" nut and 1/2" nut. **NOTE:** Pulley guard to be facing ahead.

Step 14:

Locate Bag #27 and install rubber bumpers, nuts and bolt and 1 3/4" square external foot caps onto Part #3105. See Drawing #4. This is very important. Facing Part #3130, you must attach Part #3105 to the left hand side of Part #3103. Bolt together using two 3/8" X 2 3/4" bolts and two 3/8" nuts. See Drawing #5.

Step 15:

You have now assembled the York 3301 Home Gym to a point where you should now position it to your desired training area. It is very important that you check the drawing supplied as to the wall clearances that you will need. Once this unit is fully assembled, it will take four strong people to pick it up and move it to a new location. See Drawing #5.

See Drawing #5. Install two latex upholstered pieces to Parts #3109 and #3123 using four 1 X 2 1/2" bolts.

Step 17:

See Drawing #7. Slide one Part #9015 through large hole in Part #3114. Make sure that the holes in Part #9015 are facing up. Now take the small upholstered piece and two 1/2 X 1 3/4" bolts, two 1/2" plastic washers, two 1/8" plastic washers and attach to Part #9015.

Step #18:

Now slide the other Part #9015 through large hole in Part #3127, 10" from Part #3123. Make sure that the holes in Part #9015 are facing up. Now take the small upholstered piece, two 1/2 X 1 3/4" bolts, two 1/2" plastic washers, two 1/8" plastic washers and attach to Part #9015.

Step 19:

Slide Part #1225 through large hole in Parts #3127 and #3130. Now slide on 4 only 4 X 7" foam rollers and install four only 1" Black foam caps. If foam roller is tight, put soapy water in centre hole of foam roller. The soapy water will help the foam roller slide on.

Step 20:

See Drawing #6. Locate Parts #3133L and 3113R (left and right Pec arms) and install 4 only 1 1/2" square internal caps and bolt on two foam pads using 4 only 1/2 X 2" bolts. Now install Parts #3133L and 3113R into Part #3112. A hammer may be required to tap into place. The curved cam faces the machine.

Step 21:

See Drawing #9. Now locate 2 parts #3106 (weight glide tracks). Place these over the 1" square welded tubing on Part #3105 and have someone hold them. **Note:** Glide tracks (parts #3106) have a channel welded to each part (refer to your parts list). These parts must face each other when installed over the 1" square welded tubing on Part #3105. Now open three Box #3. These are the boxes holding the weights. The flat side of the weight is on the bottom of the weight. This is the side which rests against the four rubber stoppers. See Drawing #8. You will notice a black cap on one end of each vinyl weight.

Step 21 (cont'd):

For the first weight, the black cap will be on your left side when installed, the second will be on your right side, and reversing each weight as you slide them down Parts #3106. See Drawing #9. If this is not done as instructed, you will have trouble later when installing the weight selector pin.

Step 22:

See Insert Drawing #9A. Now while someone is holding Parts #3106, locate Part #3117, Slide Part #3117 down in between two Parts #3106. The eye bolt that is attached to Part #3117 is used as a cable holder and safety handle when changing weight selector pin.

Step 23:

See Insert Drawing #11. Now while someone is holding Parts #3106, you will locate Part #3108. Now take Part #3108 and make sure Parts #3106 fits over 1" square tubing welded on Part #3108. Now bolt Part #3108 to Part #3315 using metal stamping Part #2685 and 2 x 3/8 X 2 3/4" bolts and 2 X 3/8" hex nuts. Install two only 1 3/4" square internal cap plugs in Part #3108.

Step 24:

You are now at a point where you should align your unit and tighten all nuts and bolts.

Step 25:

Take Part #3337 and install four only 2" square internal plastic taps.

Step 26:

See Drawing #11. Slide Part #3336 through the large hole on one side of Part #3337. Now pick up Part #3337 and align up part #3336 with a pivot bushing welded to Part #3315. **VERY IMPORTANT** that the pulley brackets on Part #3337 are facing inwards. See Drawing #6. Now push Part #3336 all the way through Part #3337, Part #3315 and through the other side of Part #3337. Make sure you have an equal distance of Part #3336 protruding from either side of Part #3337. Now install two only 7/8" round caps. One on each side of Part #3336.

Step 27:

See Drawing #10. To install Part #3339 right and #3339 Left to Part #3337, use two only 3/8 X 2 3/4" bolts and two 3/8" nuts. To install the four hand grips you will have to hit these on with the side of the hammer head.

Step 28:

See Drawing #11. Install two pulley covers and 1 pulley in front pulley bracket of Part #3108 using 3/8 X 2" bolt and 3/8" lock nut.

Step 29:

See parts list Drawing #121. Install the remaining pulley wheels and covers in the remaining pulley brackets, Part #3175 and #3176, using 3/8" X 2" bolts and 3/8" lock nuts. Now tighten all pulleys until plastic pulley covers will not turn. Do **not** over tighten.

Step 30:

Install weight selector pin, Part #159, into weight selector bar through the second weight from the top. This is how you will change the amount of weights that you will be using.

Step 31:

See Drawing #12. Locate Bag #117 which contains the wire ropes and spring lock clips. Installation of wire rope #10 verticle press approximately 190". Make sure that you have Part #3175 Double Pulley Bracket to slide on cable during installation. Attach wire rope #10 to Part #3117. You **must** remove the eye bolt from Part #3117 when put the metal eye of wire rope #10 into Part #3117 then put the eye bolt back through one side of Part #3117 then through the metal eye of wire rope #10 then through the other side of Part #3117, then put nut back onto the eye bolt and tighten. See Drawing #9A.

Step 32:

See Drawing #13. Installation of wire rope #11 Pec Dec - approximately 104". Make sure that your have Part #3176, single pulley bracket, to slide on cable during installation.

Step 33:

See Drawing #14. Installation of wire rope #12 Leg Extension cable. Approximately 118". Make sure that you have Part #3176, single pulley bracket, to slide on cable during installation.

Step 34A:

Attach Spring Lock Clip, Part #1188, to end of cable #12. Now attach the Spring Lock Clip to the eye bolt welded on part #3103. See Drawing #14.

Step 34B:

See Drawing #15. Now attach one end of 14 link chain to one Part #3176 and the other end of 14 link chain to the other part #3176. Now to add tension to wire ropes you will adjust the 14 link chain by moving it one link at a time on part #3176. You will continue to adjust the chain one link at a time until you have removed the unnecessary slack from the cables.

Step 35:

Take Part #1224 and install two 1" hand grips. You will have to hit these on with the flat side of your hammer head. This part is called the short rowing bar.

Step 36:

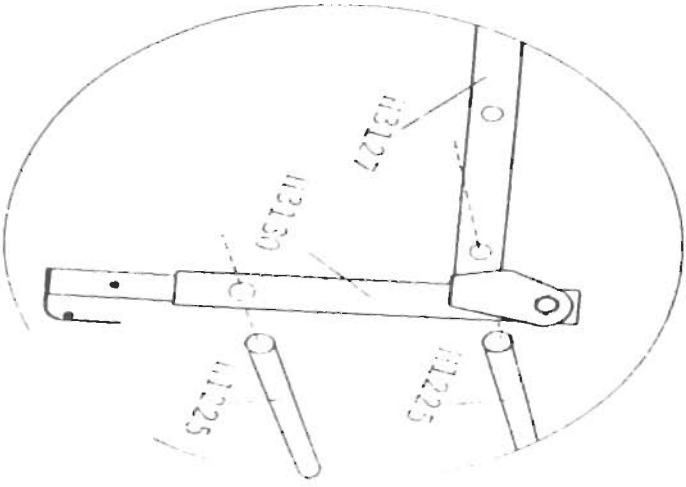
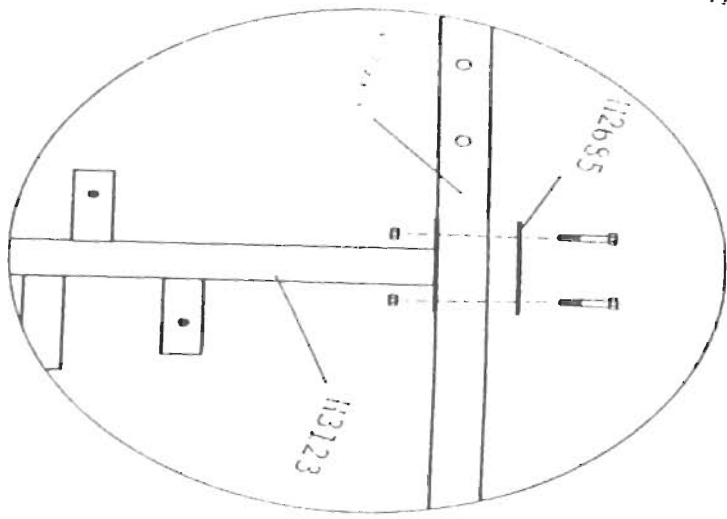
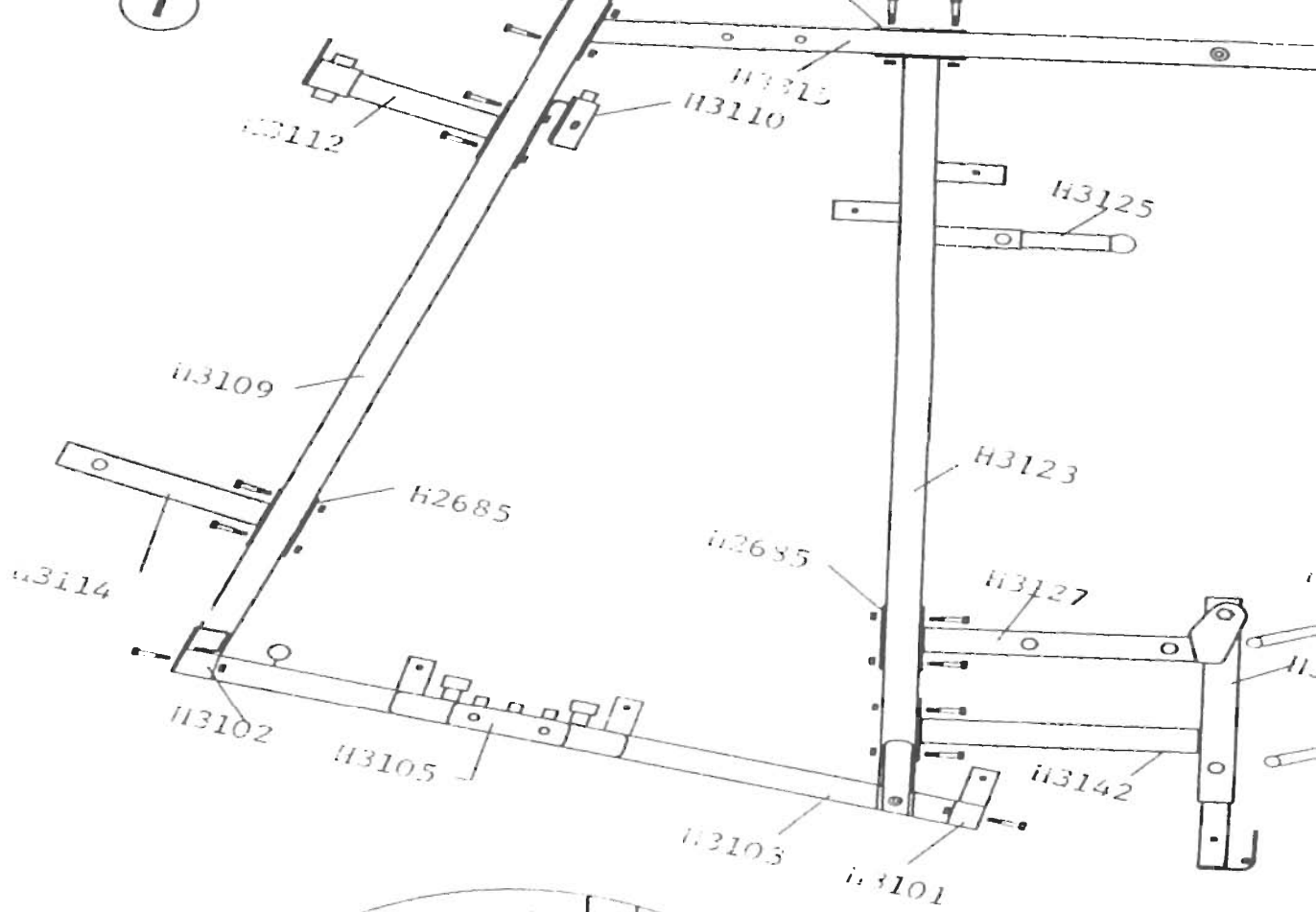
We have supplied you with an additional 24 link chain and two Spring Lock Clips. These are necessary when performing certain exercises. One of the quick lock clips goes on one end of the chain and other can be used on any one of the links to get the desired length.

Step 37:

Apply 3301 decals as per the picture label on the carton. Apply weight decals starting at the top plate which is 10 lbs.

WARNING!! WARNING!! WARNING!!

1. Always hold the Eye Bolt Handle of the selector Bar, Part #3117, 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 Part #3315 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.



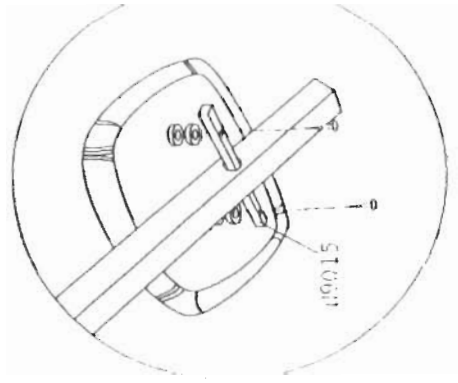
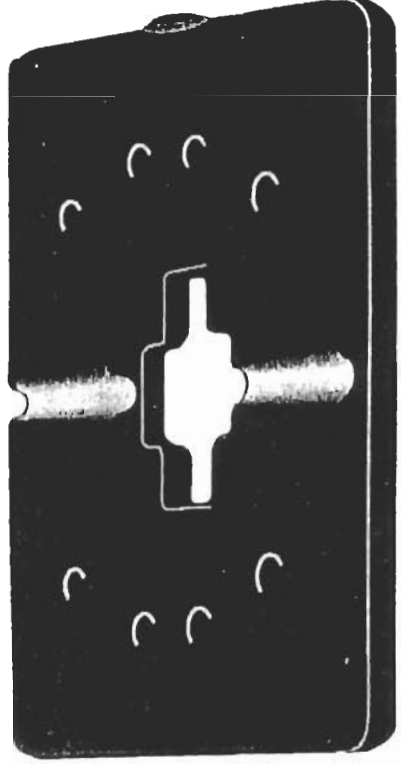
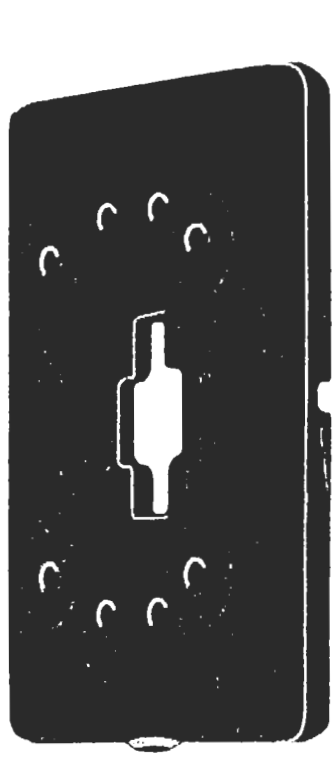
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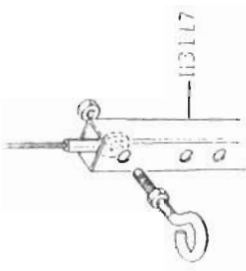
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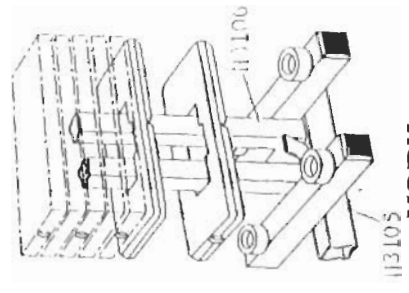
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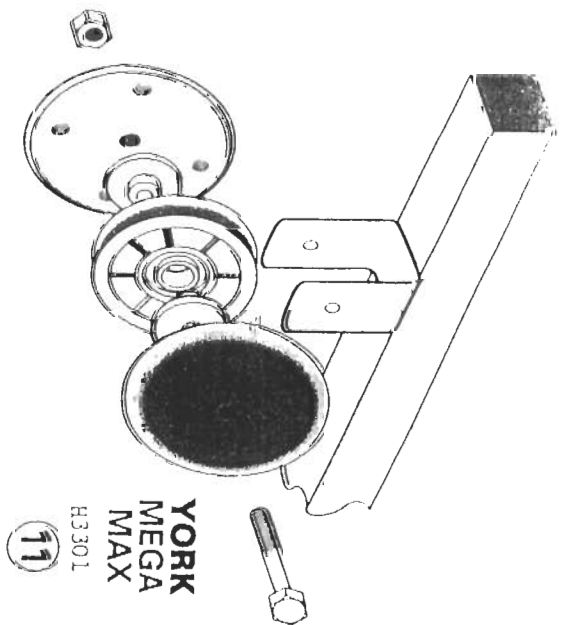
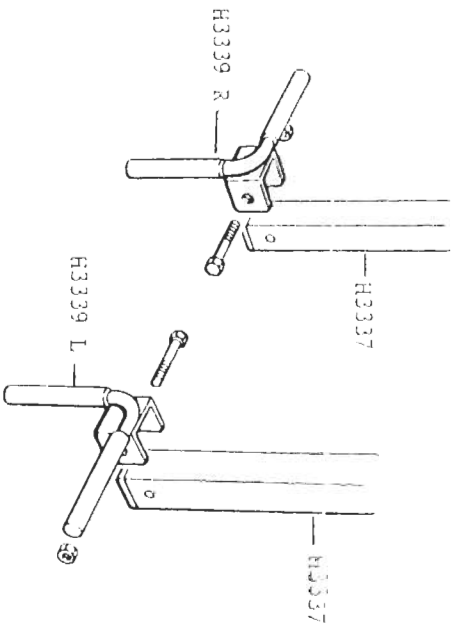
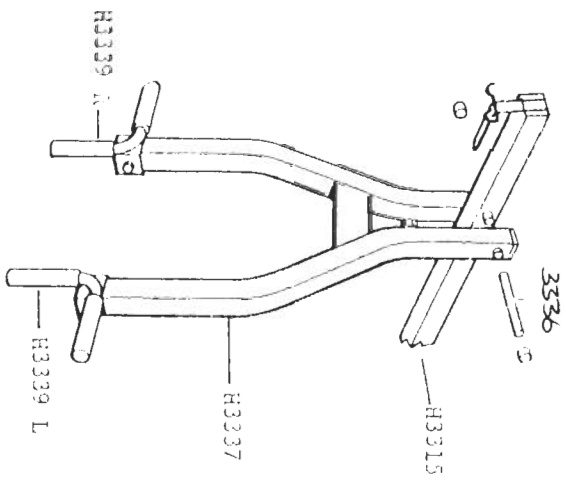
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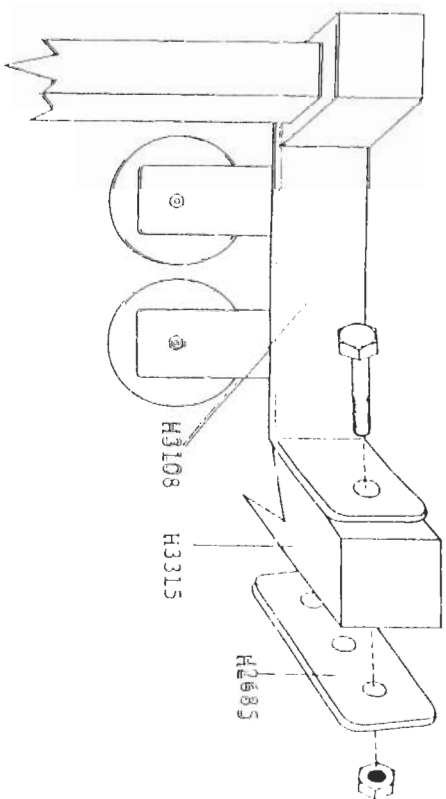
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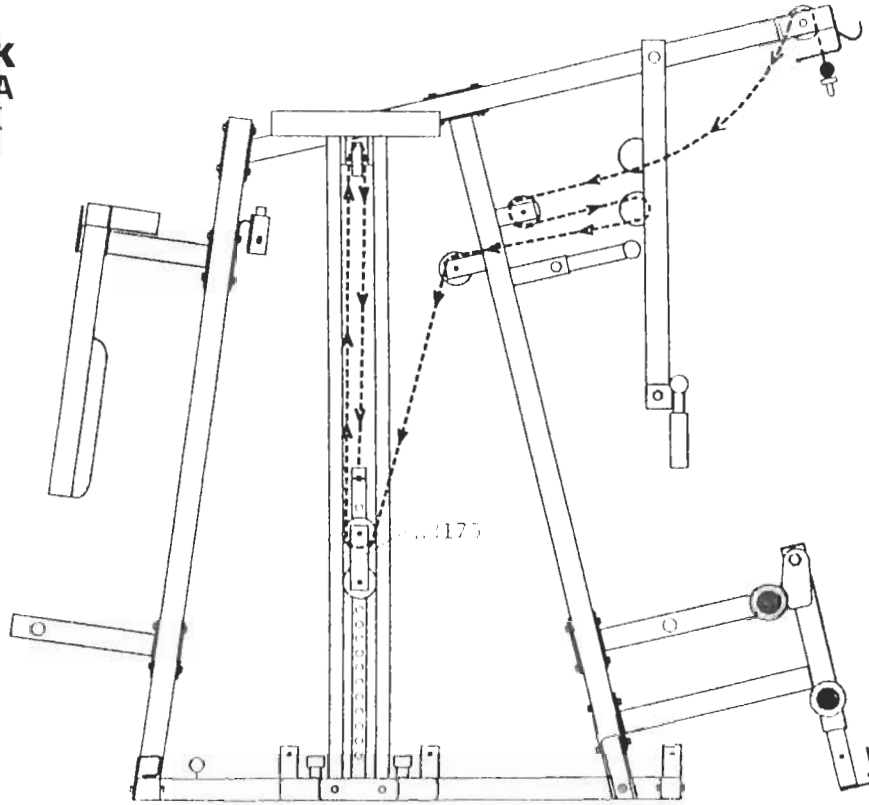


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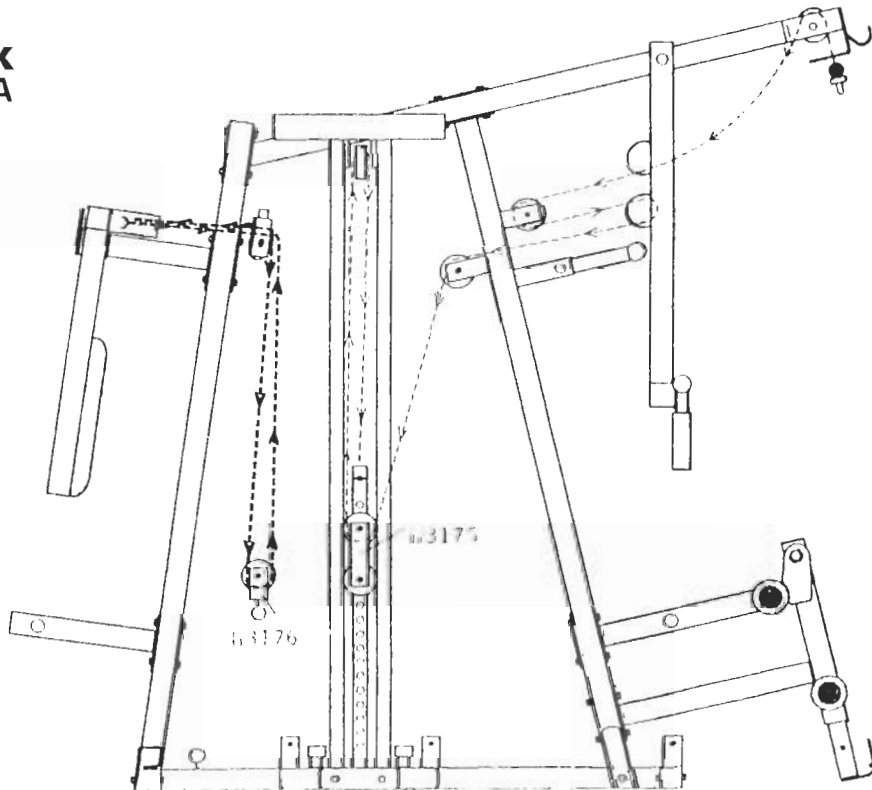
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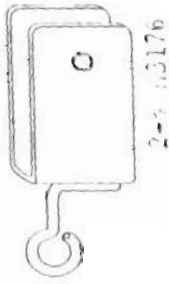
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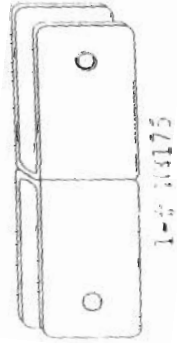
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1-# H3175



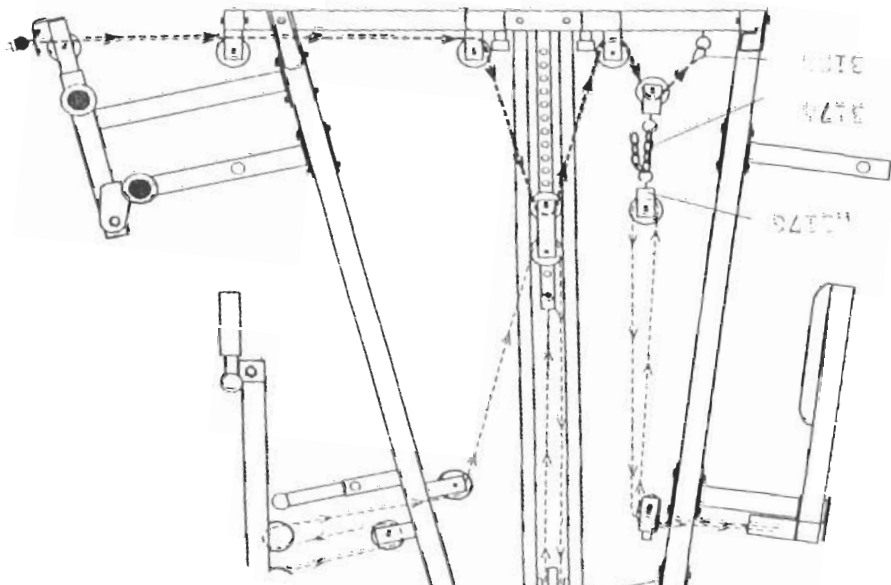
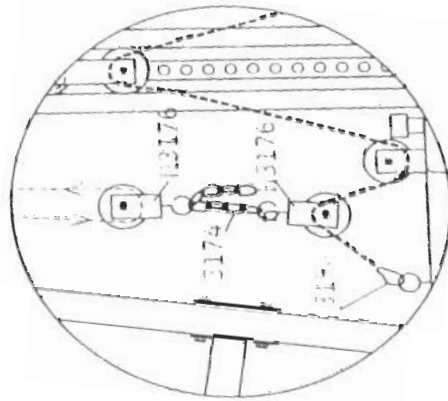
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H3301  
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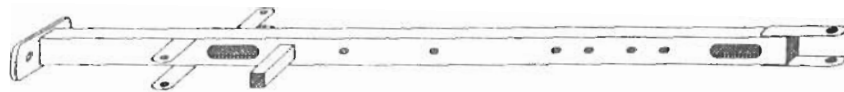
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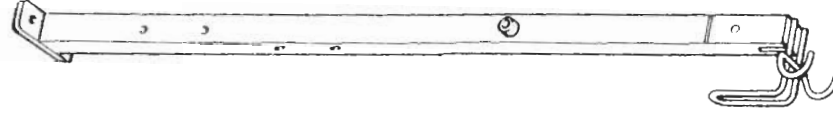
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1123



1115



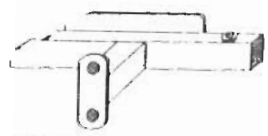
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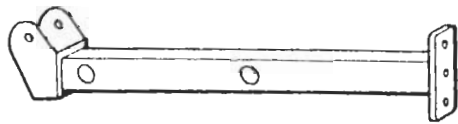
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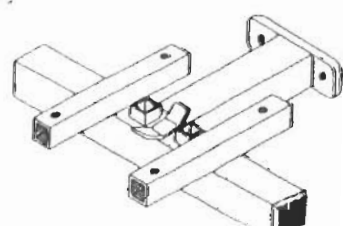
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ACCESSOIRES - ACCESSOIRES

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Hand Grasp - Prise  
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Velcro Ankle Strap - Bande Velcro pour cheville  
27A55
- 

Rowing Bar - Barre pour ramer  
H1224
- 

Lat. Bar - Barre latérale  
H2654

