



XTR = EXTRA TRAINING RESISTANCE

The unit that you have just purchased is very special, as it is like no other on the market. It has been designed with a multiplying factor in the cable system, that allows you to double your resistance using only a single weight stack. It uses the XTR SYSTEM (registard) that allows you to increase your resistance in 5 lb. increments by simply adding any one of three 2½ lb. selector plates already provided at no extra cost.

You have received 3 XTR plates, part #L393, which allows you to convert each pin selected weight into more resistance. e.g. select weight #1 (20 lb) add 1 x XTR plate = 25 lb, 2 x XTR plate = 30 lb, 3 x XTR plate = 35 lb. Select weight #2 (40 lb) add 1 x XTR plate = 45 lb, 2 x XTR plate = 50 lb, 3 x XTR plate = 55 lb. etc. The XTR SYSTEM allows you to get the most benefit from the York Multi-Max-1501 providing you with 32 x 5 lb. weight resistances.

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 assembly in mind. You must follow the assembly instructions exactly as outlined. You will need at least one person to help you install 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 what most people do, when all else fails they read the assembly instructions. When you are assembling this unit and something is missing, you must notify us of the part number or the exact nut, bolt or part that is missing.

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 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 Multi Max 1501 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 # which is missing and we will return the missing part by return mail.

CANADA

YORK BARBELL CO. LTD.  
1450 SOUTH SERVICE ROAD WEST  
OAKVILLE, ONTARIO L6L-5T7

YORK BARBELL (ALBERTA) INC.  
13331 - 146TH STREET  
EDMONTON, ALBERTA T5L-4S8

YORK BARBELL (MANITOBA) INC.  
UNIT 6 - 1347 BORDER STREET  
WINNIPEG, MANITOBA R3H-0N1

U.K.

YORK BARBELL (U.K.) LTD.  
CHURCHILL WAY  
OFF HIGH MARCH  
DAVENTRY, NORTHANTS NN11 4NF

AUST.

YORK BARBELL (AUST.) PTY. LTD.  
26 HARLEY CRESCENT  
CONDELL PARK, SYDNEY  
NEW SOUTH WALES 2200, AUSTRALIA

ASSEMBLY OF MULTI MAX 1501 VERTICLE PRESS HOME GYM

TOOLS NEEDED TO ASSEMBLE Multi Max 1501 Home Gym: a) large screwdriver, b) 2 only  $\frac{1}{2}$ " wrenches, c) 2 only  $\frac{9}{16}$ " wrenches, d) 2 only  $\frac{3}{4}$ " wrenches, e) hammer. PLIERS SHOULD NOT BE USED!! This machine should be assembled finger tight in the beginning to allow for proper alignment.

Step 1:

Please check the following bags, being careful not to mix parts from other bags. Locate Bag #181 which contains the plastic end caps.

	<u>Plastic Parts Comp. #</u>
3 pair 6" Foam Grips	27A51
6 only 1" round internal plugs	41B01
2 only $1\frac{1}{2}$ " Square Internal Plugs	41B03
4 only $1\frac{1}{4}$ " Square Internal Plugs	41B07
7 only 1 $\frac{3}{4}$ " square internal plugs	41B137
4 only black foam caps	41B21
2 only $\frac{1}{4}$ " plastic spacers	41B24
2 only $\frac{1}{8}$ " plastic spacers	41B241
2 only $\frac{3}{4}$ " inside diameter spacers	41B246
5 only $1\frac{1}{2}$ " X 3" external end cap	41B26

Step 2:

Locate Bag #188 which contains the hardware.

	<u>Hardware Computer #</u>
2 only $\frac{1}{4}$ X $1\frac{1}{2}$ " bolt	33A13
2 only $\frac{1}{4}$ X 1 $\frac{3}{4}$ " bolt	33A14
2 only $\frac{1}{4}$ X $2\frac{1}{2}$ " bolt	33A17
4 only 5/16 nut	33A32
4 only 5/16 X 4" bolt	33A387
1 only 3/8 X $3\frac{1}{2}$ " bolt	33A47
2 only 3/8 X 1" bolt	33A477
2 only 3/8 X 2" bolt	33A48
6 only 3/8 X 2 $\frac{3}{4}$ " bolt	33A482
11 only 3/8" nuts	33A51
1 only $\frac{1}{2}$ X 3" bolt	33A597
2 only $\frac{1}{2}$ " lock nuts	33A598
1 only $\frac{1}{2}$ X 7" bolt	33A599
4 only 5/16" plate washer	33B62
6 only 3.8" SAE washer	33B63
2 only $\frac{1}{2}$ " bolt washer	33B65
1 only Part #1392 locking pin	33B7526
2 only 2001 rubber bumpers	41A83

Step 3:

Locate Bag #183 which contains the metal stampings.

	<u>Metal Stampings Comp. #</u>
1 only Part #W7505	24B402
1 only Part #1251, weight selector pin	33B021
2 only Part #W2685	33B551
2 only Part #W1383	33B746
1 only Part #W1325	33B7521
2 only Part #W1326	33B7522
1 only Part #W3175	33B7523
1 only Part #W3176	33B7524

Step 4:

Locate Bag #182 which contains the wire ropes.

	<u>Wire Rope Parts Comp. #</u>
1 only 5/16" nut	33A32
1 only 5/16 X 2" bolt	33A38
3 only 1/4" snap hook	33A490
2 only 5/16" plate washers	33B62
1 only Part #1387	33B742
1 only Part #1389 - 7 link chain	33B7525
1 only Part #1501 - #1 wire rope	33B7528
1 only Part #1501 - #2 wire rope	33B7529
1 only Part #1501 - #3 wire rope	33B7530
1 only Part #1501 - #4 wire rope	33B7531

Step #5:

Install five Parts #41B26, 1 1/2" X 3" black end caps, to Parts #W1301 and W1303. See drawing #1.

Step 6:

Bolt Part #W1303 to Part #W1301 using two 5/16 X 4" bolts, two 5/16" washers and two 5/16" nuts. These should be tightened securely at this time. Make sure that you bolt Part #1303 in the proper position.

Step 7:

Look at drawing #2 of the floor plan and position the bottom frame in its final resting place. Make sure you have enough room all around the unit for easy access.

Step 8:

Attach Part #W1304 to Part #W1301 using two 5/16 X 4" bolts, two 5/16" washers and two 5/16" nuts. Finger tight only. See drawing #1.

Step 9:

Attach two Parts #W1383 to Part #W1304 using one 3/8 X 2 3/4" bolt and one 3/8" nuts and Part #1301 using two 3/8 X 1" bolts, two nuts and two 3/8" washers. Make sure that Part #W1383 is bolted on the inside of the bracket on Part #W1301. See drawing #1.

Step 10:

Attach Part #W1307 to Part #W1304 using two 3/8 X 2 3/4" bolts, two 3/8" nuts and one metal stamping, Part #W2685. See drawing #1.

Step #11:

Attach Part #W1308 to Part #W1307 using one  $\frac{1}{2}$  X 3" bolt and  $\frac{1}{2}$ " lock nut. Make sure the pulley guard is turned to the front. See drawing #1.

Step 12:

Attach Part #W1306 to Part #W1304 using two  $\frac{3}{8}$  X 2  $\frac{3}{4}$ " bolts, one metal stamping, Part #W2685, and two  $\frac{3}{8}$ " nuts. See drawing #1.

Step 13:

Take two plastic bumpers, two  $\frac{1}{4}$  X  $1\frac{1}{2}$ " bolts and slide through bumpers and drop in round holes at the end of Part #W1301. No nuts required. See drawing #1.

Step 14:

Insert two Part #W1313 into two square holes in Part #W1301. Make sure the holes are at the top facing back end of Part #W1306.

Step 15:

Now start putting weight stack into place. Open Box #2. This is the box containing the weights. The flat side of the weight is on the bottom of the weight. This is the side which rests against the two rubber stoppers. See drawing #3. You will notice a black cap on one end of each vinyl weight. 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 #W1313. See drawing #3. If this is not done as instructed, you will have trouble later when installing the weight selector pin.

Step 16:

Slide plastic weight stabilizer, Part #1391, down two Parts #W1313.

Step #16A:

Attach two Parts #W1313 to Part #W1306 using two  $\frac{3}{8}$  X 2" bolts, two  $\frac{3}{8}$ " washers and two  $\frac{3}{8}$ " nuts. Slide one  $\frac{3}{8}$ " washer on bolt before installing in Part #W1313.

Step 17:

At this point you will align and tighten all bolts. Note: Part #1391 must move freely up and down Parts #W1313.

Step 18:

Attach Part #W1309 to Part #W1304 using one 3/8 X 2½" bolt through top hole of Part #W1304.

Step 19:

Now bolt Part #W1310 to Parts #W1304 and W1309 using one 3/8 X 3½" bolts, 3/8" washer and one 3/8" nut. The pivot pins must be turned up. See drawing #1. Level and tighten securely.

Step 20:

Attach Part #W1311 to Part #W1306 using one ½ X 7" bolt and lock nut. Do not over tighten.

Step 21:

Now assemble and install pulleys using 3/8 X 2" bolts and 3/8" nuts. Do not over tighten. See drawings #5, 7, and 4.

Step 22:

Now install Parts #W1314R and W1314L into Part #W1311. Make sure to place the plastic washer, Part #41B246, between Parts #W1314 and W1311. See drawing #1.

Step 23:

Install two ½" bolt washers on pivot shafts, Part #W1310. Now slide on two Parts #W1326 on Part #W1310. See drawing #6.

Step 24:

Install wire rope #1, approximately 91" long. See drawing #6. Part #W1325 is the part hanging in the centre.

Step 25:

Install wire rope #2, approximately 188" long. See drawing #6. Part #W3175 is the part that is hanging in the centre.

Step 26:

Now attach spring clip, Part #33A490, and chain, Part #1389, to wire #2. See drawing #6.

Step 27:

Drop weight selector bar, Part #W1316, through plastic weight stabilizer plate until it touches Part #W1301. Now take weight selector pin, Part #1258 and slide through weight stack then Part #W1316. See drawing #3.

Step 28:

Now take #3 wire rope, approximately 148" long, and slide in the top of Part #W1316. Slide 5/16" washer onto 5/16 X 2" bolt. Now install bolt through Part #W1316, the wire rope then Part #W1316. Now slide on 5/16" washer and spin on 5/16" nut and tighten. See drawing #3.

Step 29:

Hook Part #W3176 to end of chain on wire rope #2. Now install #3 wire rope as shown in drawing #7.

Step 30:

Now install #4 wire rope, approximately 116" as shown in drawing #8.

Step 31:

To add tension to wire ropes you will adjust the 7 link chain by moving it one link at a time on Part #W3176. You will continue to adjust the chain one link at a time until you have removed the unnecessary slack from the cables. See drawing #8.

Step 32:

Slide one Part #W7505 through large hole in Part #W1307. Make sure that the holes in Part #W7505 are facing up. Now take the small upholstered piece and two 1/4 X 1 3/4" bolts, two 1/4" plastic washers, two 1/8" plastic washers and attach to Part #W7505. See drawing #9.

Step 33:

Now install large upholstery to the front of Part #W1304 using two 1/4 X 2 1/2" RHSMS. See drawing #10.

Step #34:

Take two Parts #W1225 and slide one through Part #W1307 and one through Part #W1308. Then slide on 2 1/2 X 7" foam rollers. See drawing #10.

Step 35:

Take large foam rollers and slide on Parts #W1314 left and right. Take two 6" foam hand grips and slide on part #W1314 left and right. See drawing #10. It will help you to slide on foam parts if soapy water is applied with your finger to the inside of foam rollers.

Step 36:

Install all plastic protector caps. See drawing #1.

Step 37:

Install remaining hand grips and plastic parts to Parts #W1224 and W1314.

Step 38:

When performing certain exercises it is necessary to use the extra 18 link chain and two spring lock clips so that you do not hit Part #W1306. One of the quick lock clips goes on one end of the chain and the other can be used on any one of the links to get the desired length.

Step 39:

Apply Multi Max 1501 decals to the front of Parts #W1311, W1308. Apply weight decals starting at the top plate which will be 20 lbs.

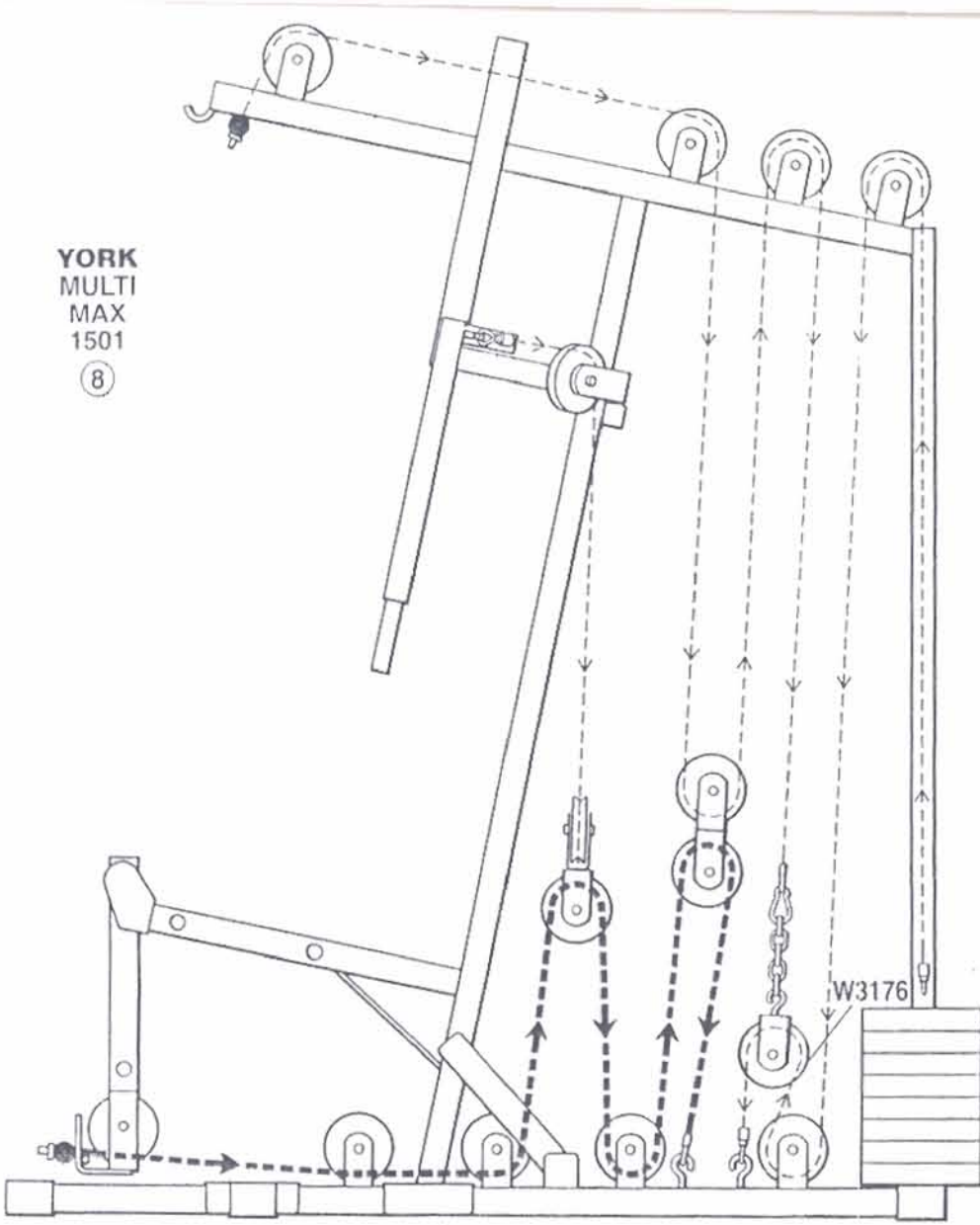
WARNING!! WARNING!! WARNING!!

1. Always hold the weight stabilizer plate, Part #1391, 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.



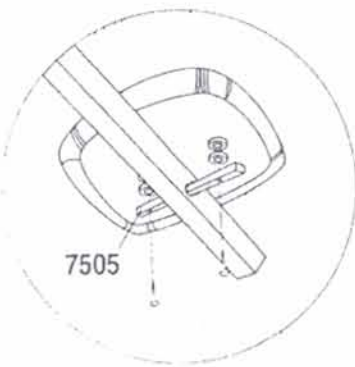
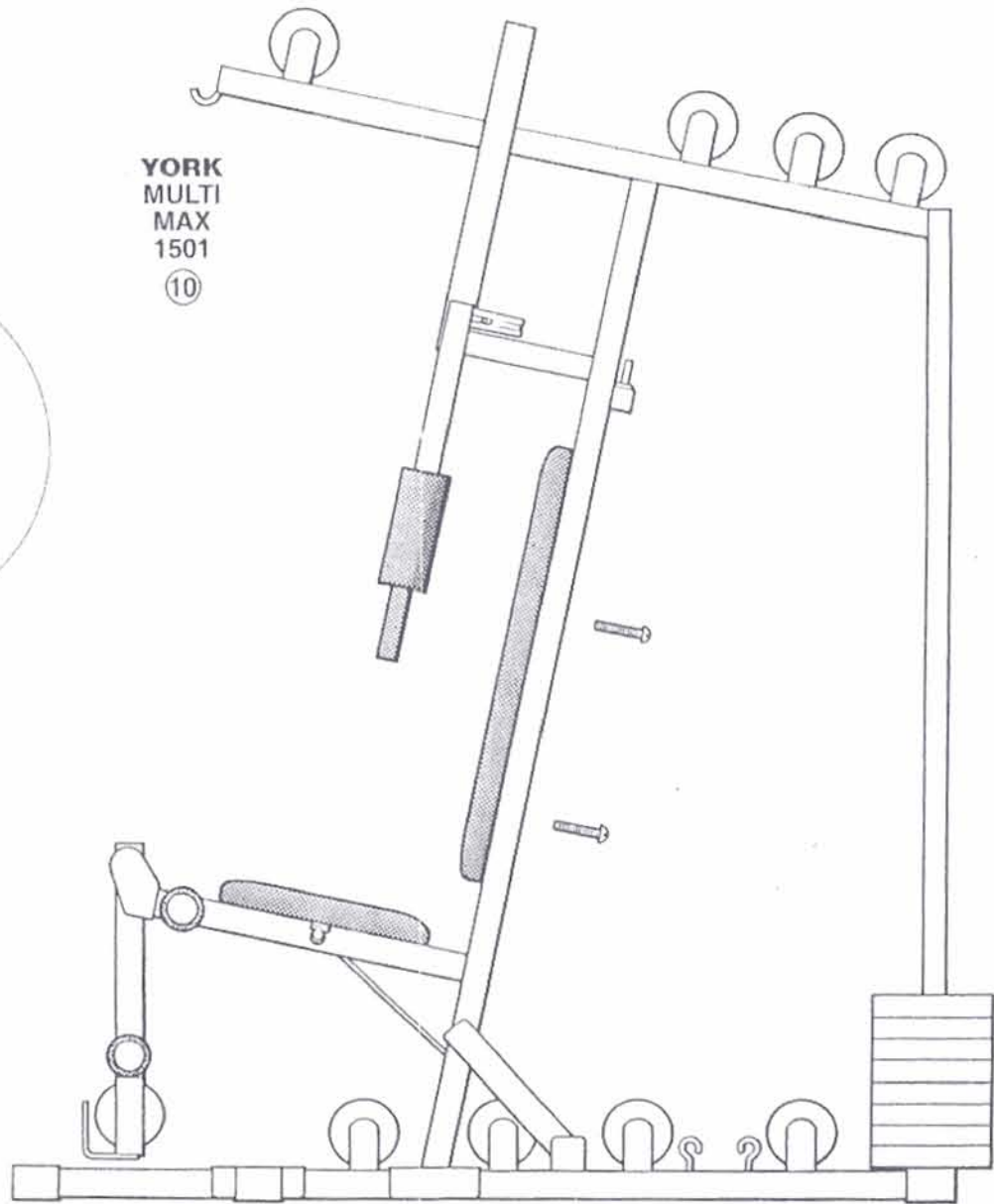
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MULTI  
MAX  
1501

8



YORK  
MULTI  
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10

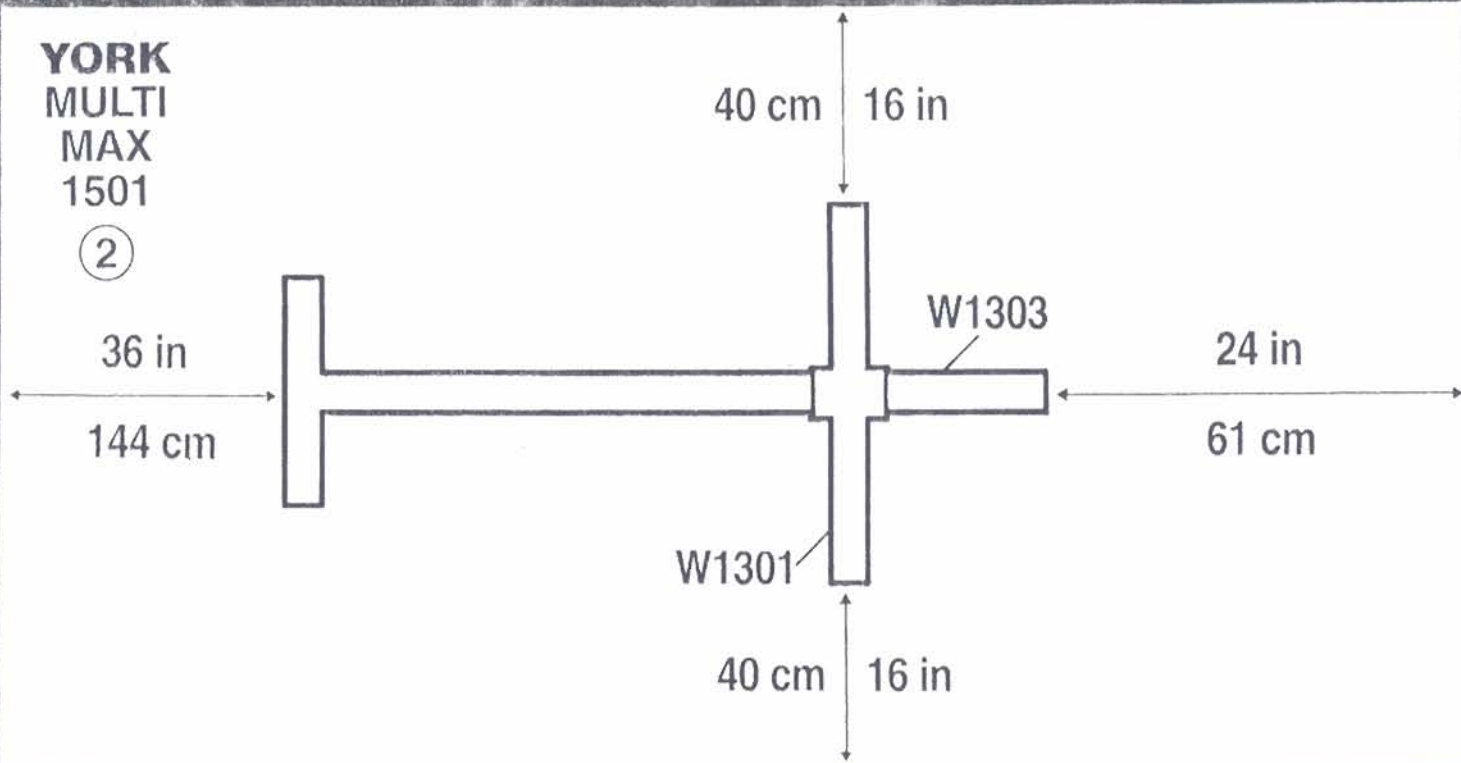


YORK  
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MAX  
1501

9

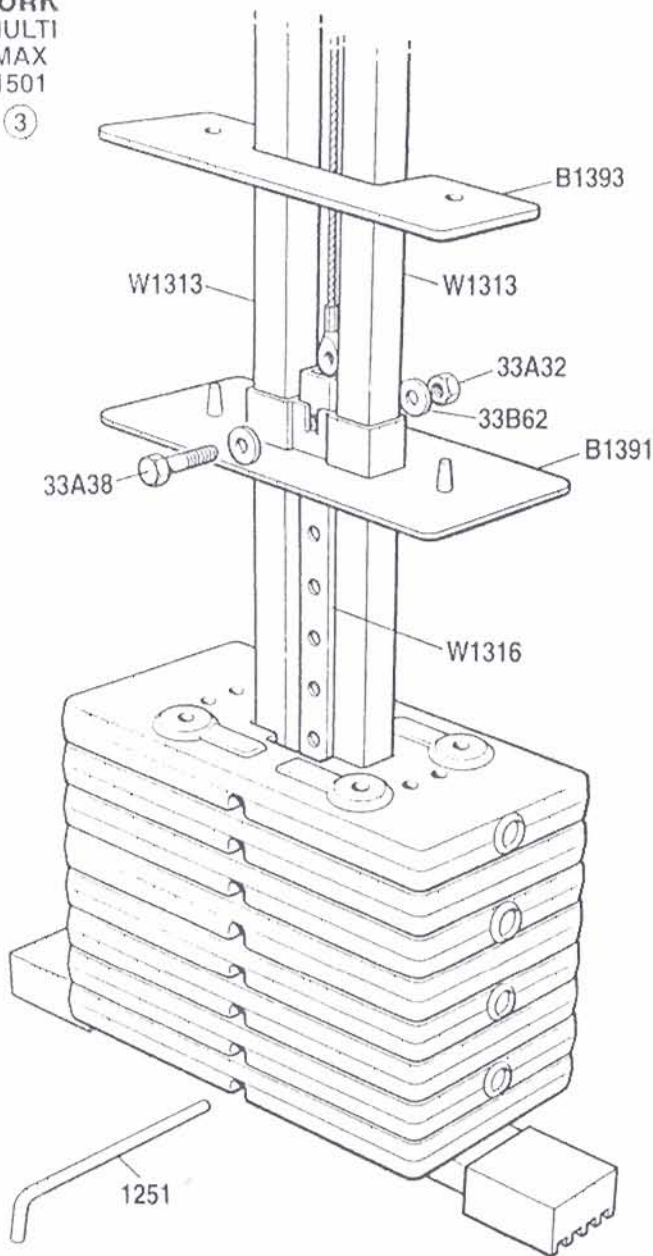
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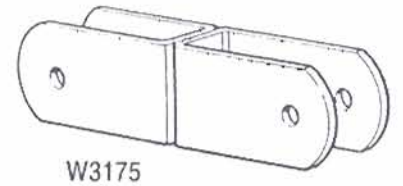
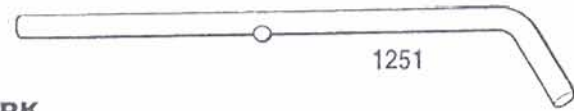
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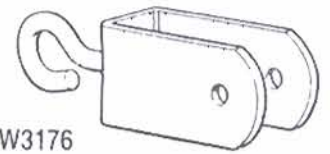


**YORK  
MULTI  
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1501**

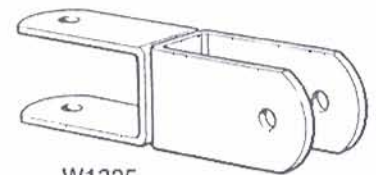
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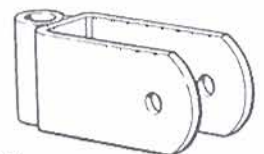
W3175



W3176



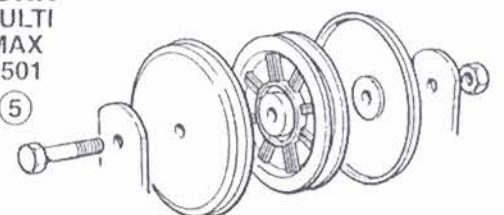
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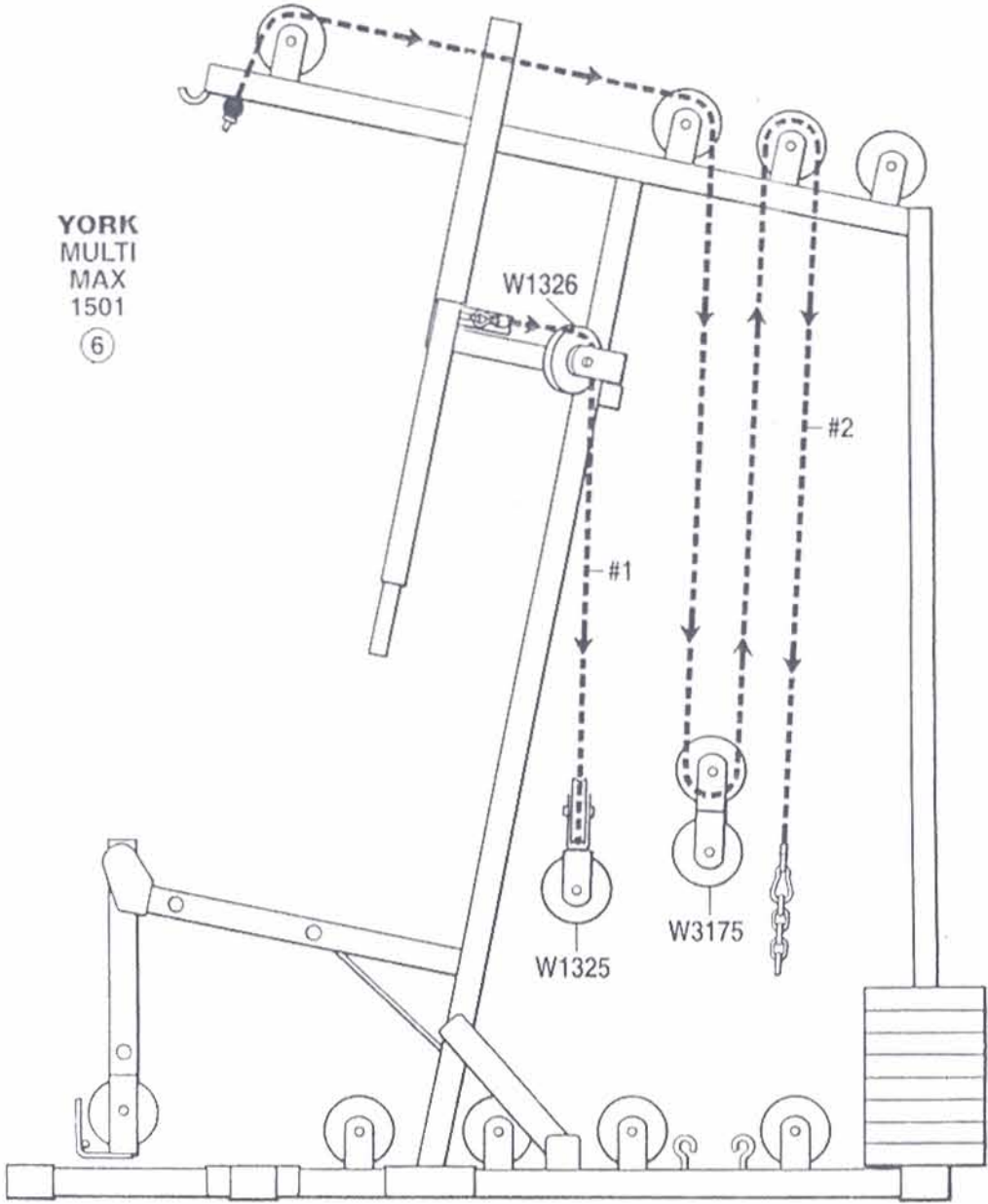
W1326

**YORK  
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1501**

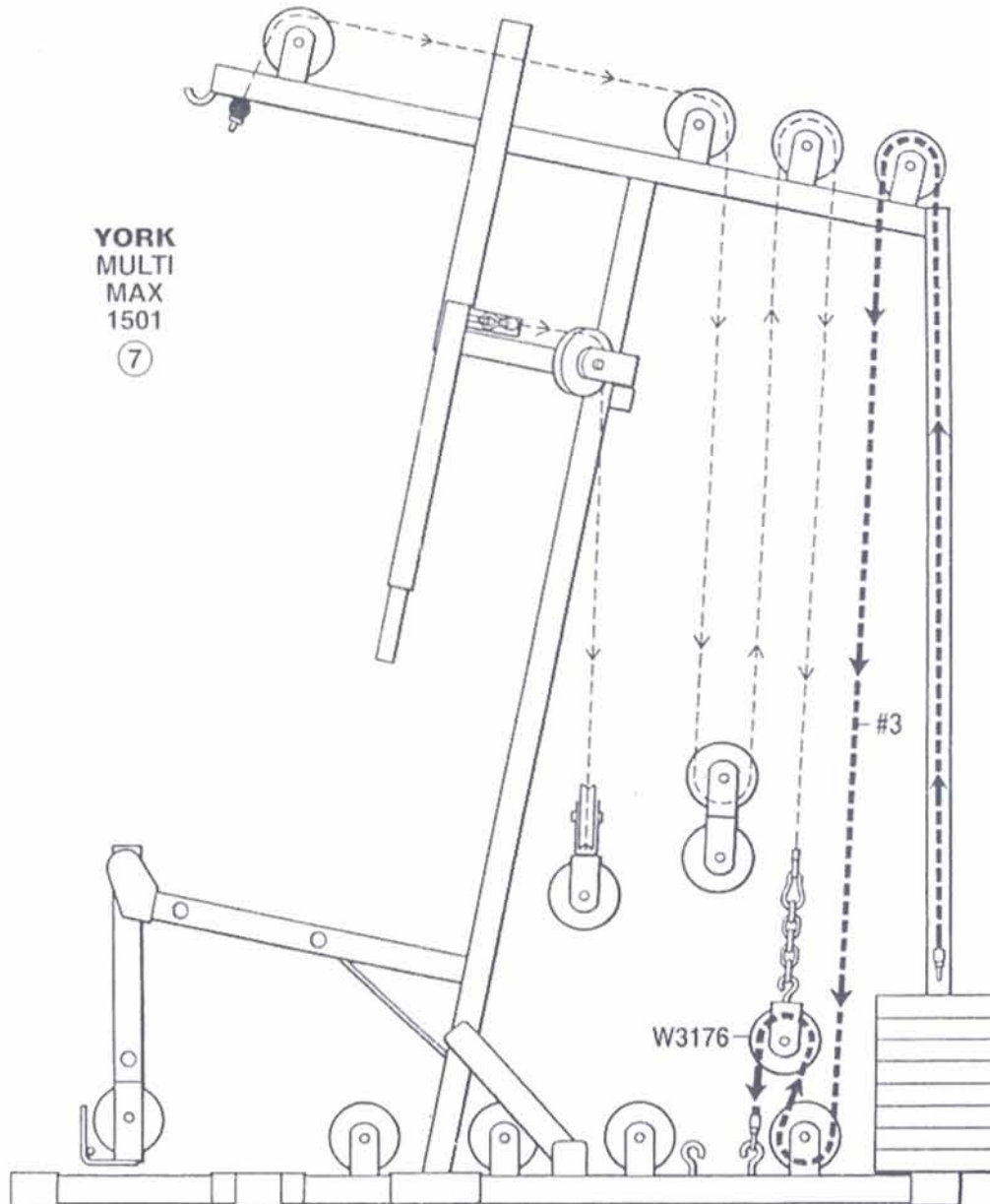
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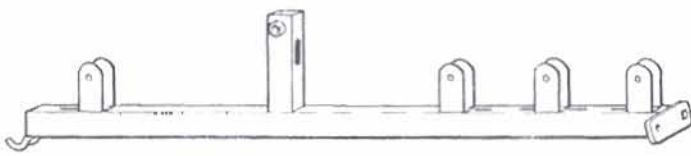


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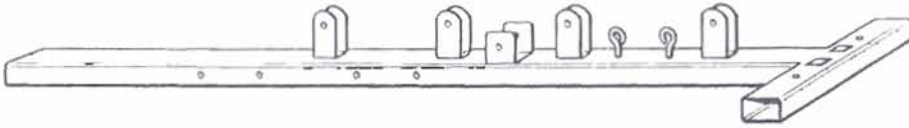
W1306



W1313 (2)



W1304

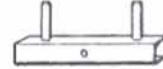


W1301

W1303

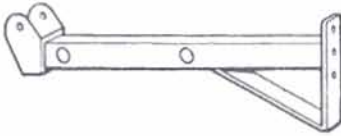


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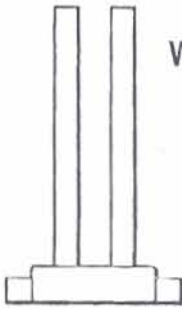
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W1307



W1308

W1316



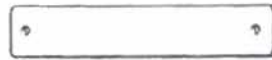
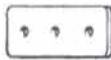
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W1314L

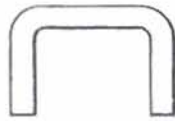
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W2685 (2)



W1383 (2)

1387

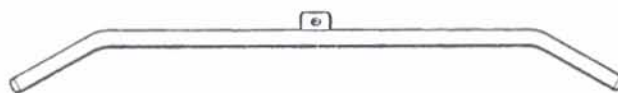


1392



33A490

1389



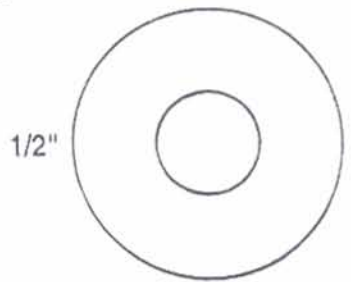
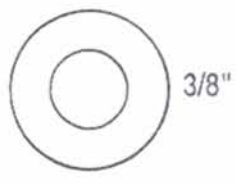
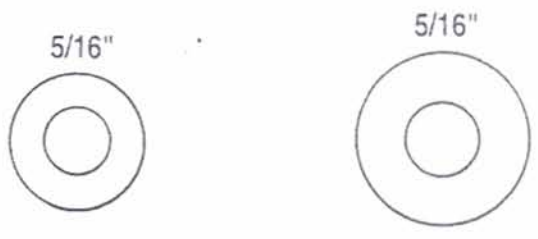
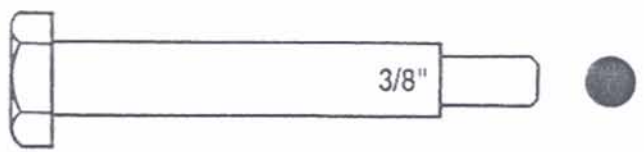
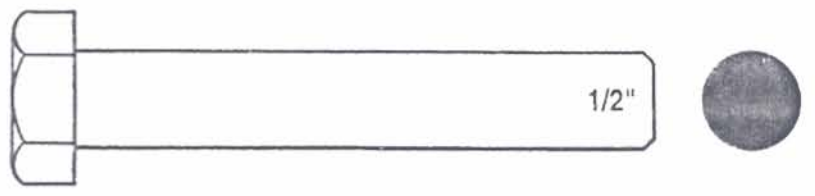
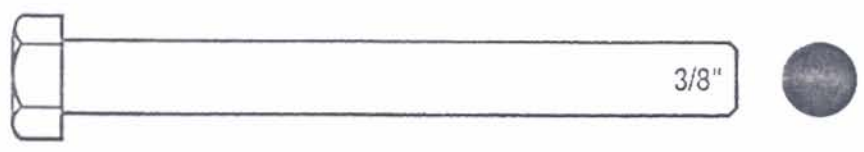
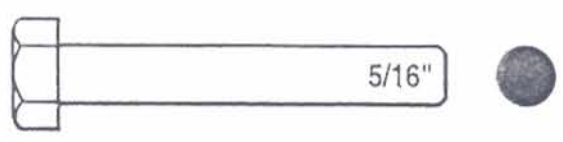
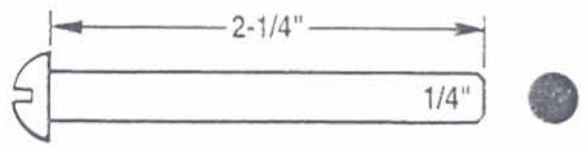
1315



1224



W7505



1/4"	5/16"	3/8"	1/2"