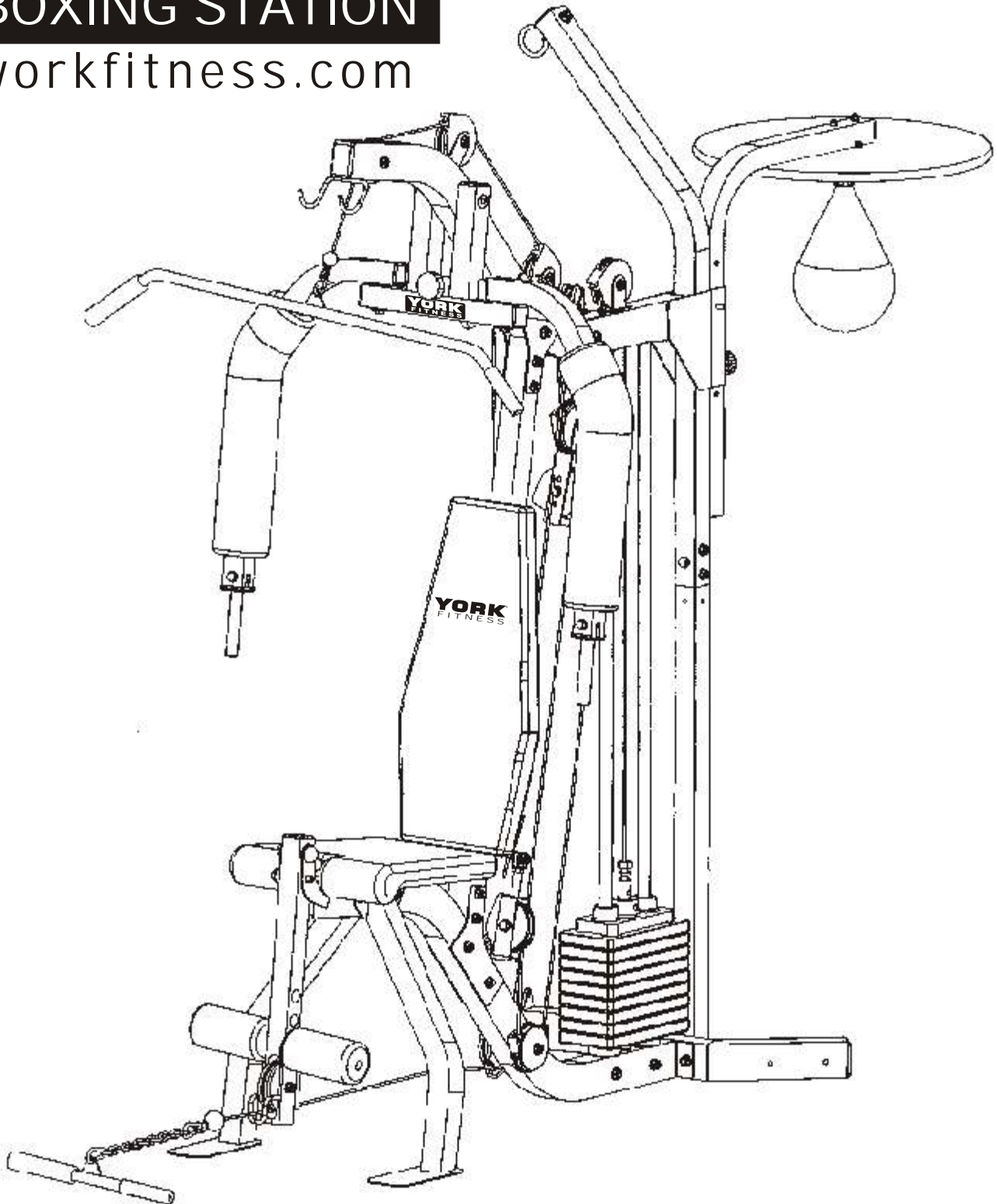


YORK[®] FITNESS BOXING STATION

yorkfitness.com

ATTACHMENT FOR
USE WITH G510 GYM



PRODUCT MAY VARY SLIGHTLY FROM THE ITEM PICTURED
COMPLIES WITH EUROPEAN STANDARD EN957 CLASS HC 1 & 2

INSTRUCTION MANUAL

05/07/05

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 images 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!!

Check wire ropes for wear and tear regularly.

This is for your own safety.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

If the box containing the parts for the YORK G510 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 YORK BOXING STATION

a) wrenches :- 2 x 3/4" 19mm 1 x 17mm
1 x 13mm 1 x 10mm

b) large screwdriver

c) hammer

d) 6mm Allen Key

PLIERS SHOULD NOT BE USED!!

Maximum user weight 100kg

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

This equipment has been supplied with some nyloc locknuts. It is essential that the nuts are fully tightened onto the bolts, so that the bolts penetrates through the nyloc insert.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

YORK FITNESS

Distributed by:

YORK BARBELL (U.K.) LTD.

CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB, ENGLAND
GENERAL ENQUIRIES

TEL: (01327) 701800

CUSTOMER SERVICE HELPLINE

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YORK FITNESS

Distributed by:

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FAX: +886-4-2319-3449

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yorkfitness.com

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 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. 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.
 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 and front (the rear can be close to a wall).
 15. 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

CARE & MAINTENANCE

1. Use a warm, damp cloth to keep speedball platform 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.

YORK FITNESS

Distributed by:

YORK BARBELL (AUST.) PTY. LTD.

UNIT 1, LOT 2, SWAFFHAM ROAD
MINTO, N.S.W. 2566
SYDNEY, AUSTRALIA
GENERAL ENQUIRIES

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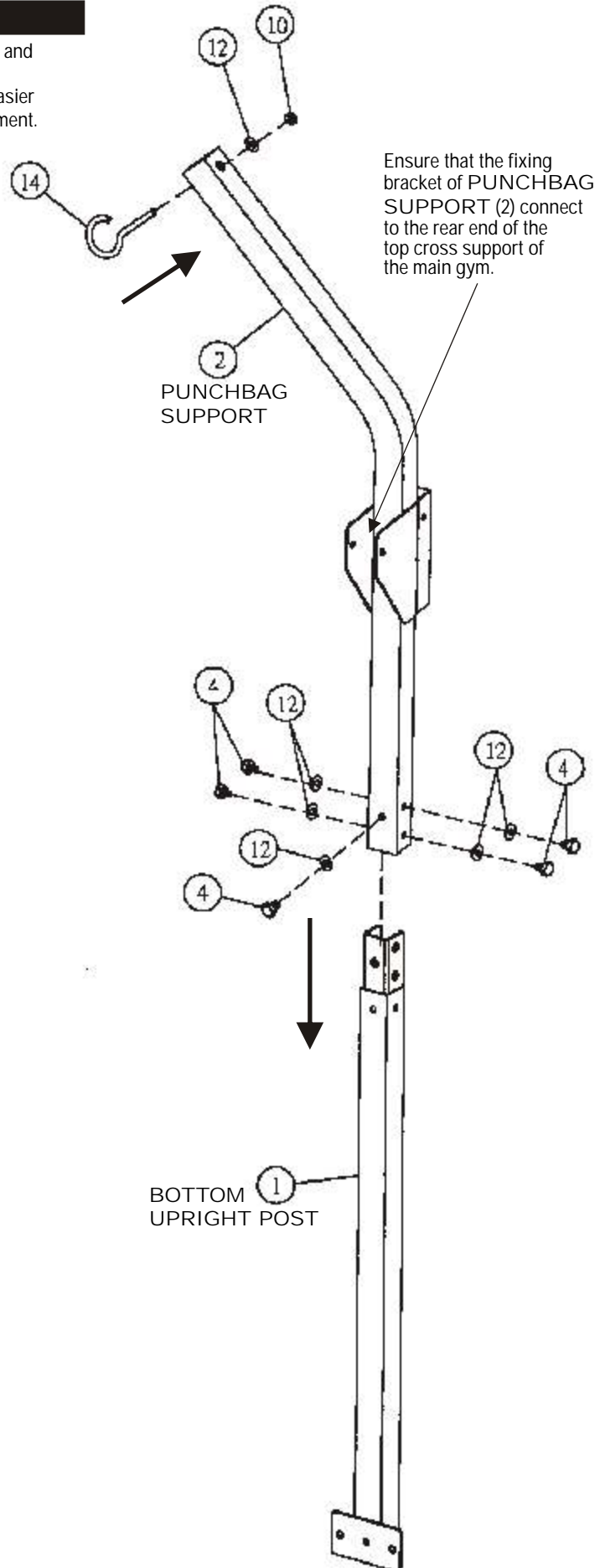
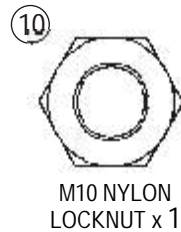
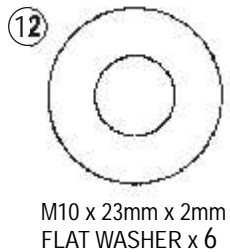
Maximum user weight 100kg

GENERAL

We recommend you have someone assist you in lifting and assembling your YORK Boxing Station Attachment. Follow these instructions carefully and it will make it easier for you to assemble your YORK Boxing Station Attachment. Only half tighten bolts/nuts unless otherwise stated.

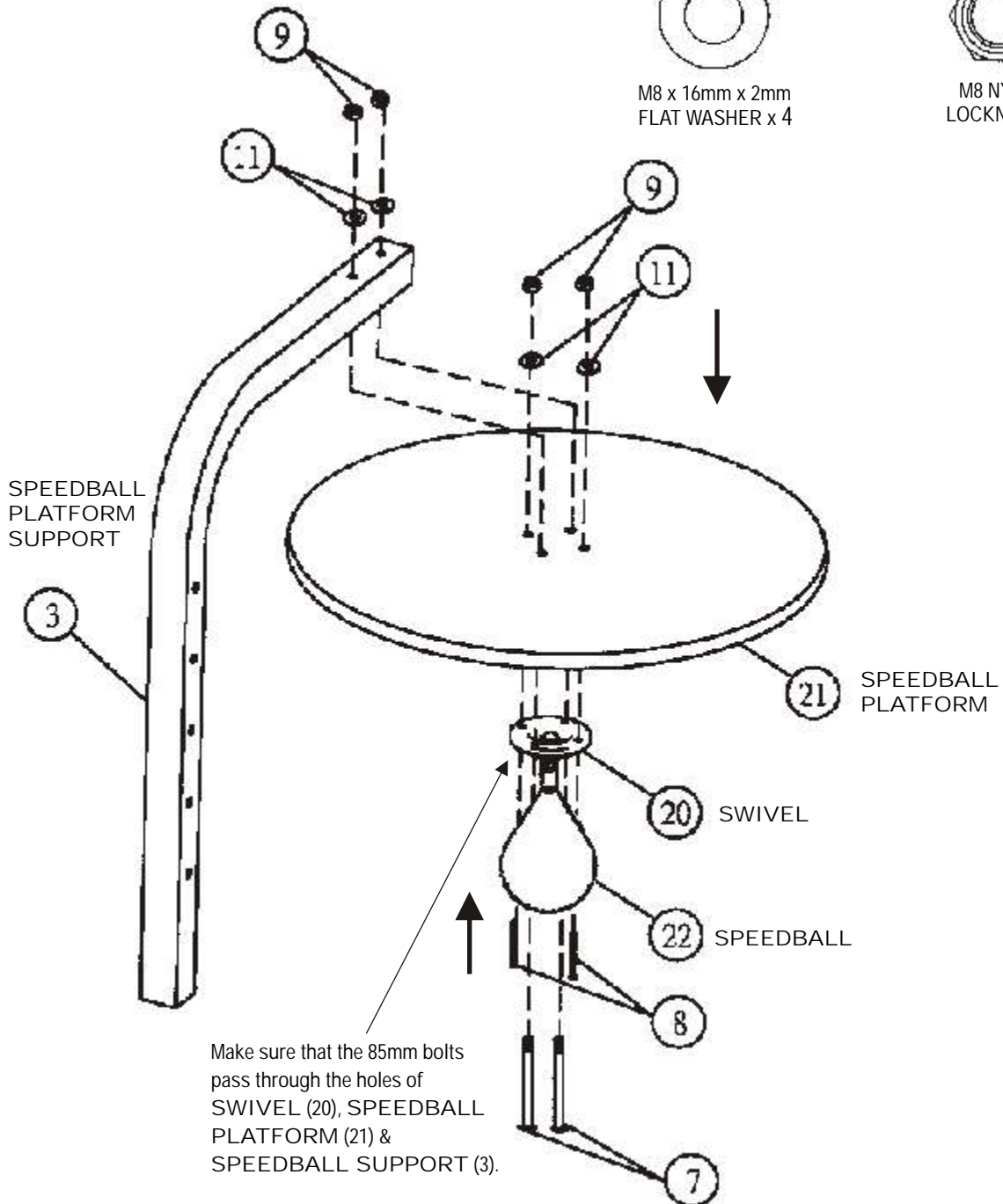
INSTRUCTION 1

- Attach PUNCH BAG SUPPORT (2) to BOTTOM UPRIGHT POST (1). Ensure bottom bracket of BOTTOM UPRIGHT POST (1) is facing forwards and top of PUNCH BAG SUPPORT (2) is facing towards left.
- Fit punch bag hook to top of PUNCH BAG SUPPORT (2)



INSTRUCTION 2

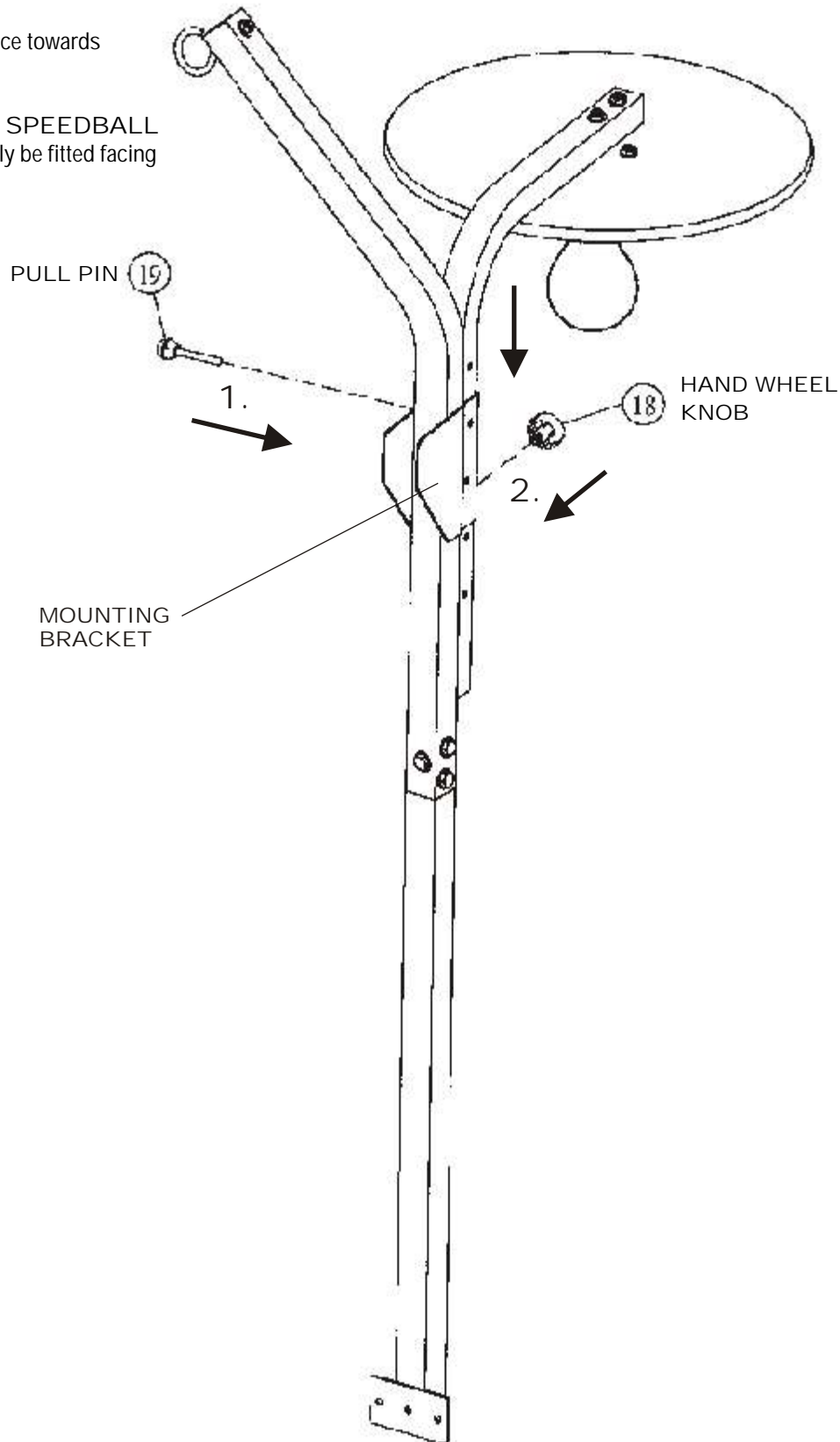
- Locate the SPEEDBALL PLATFORM SUPPORT (3), SPEEDBALL PLATFORM (21), SWIVEL (20) and fixings. Make sure that the 85mm bolts pass through the holes of SWIVEL (20), SPEEDBALL PLATFORM (21) & SPEEDBALL SUPPORT (3) **upwards from the underside with the 40mm bolts through holes on the left and right.**
- Attach the SPEEDBALL (22) onto the bracket of the SWIVEL (20).



INSTRUCTION 3

ASK SOMEONE TO HELP YOU-

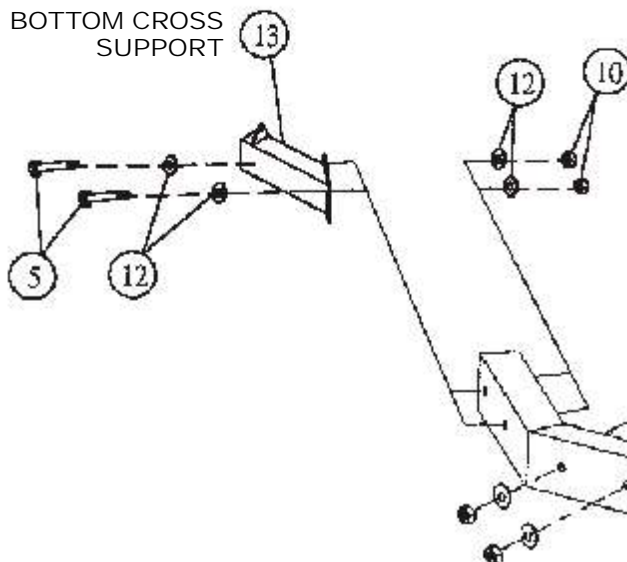
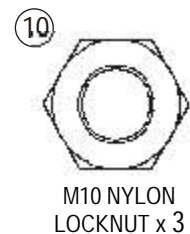
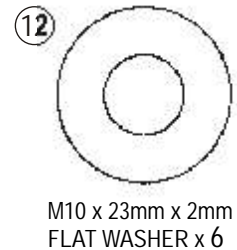
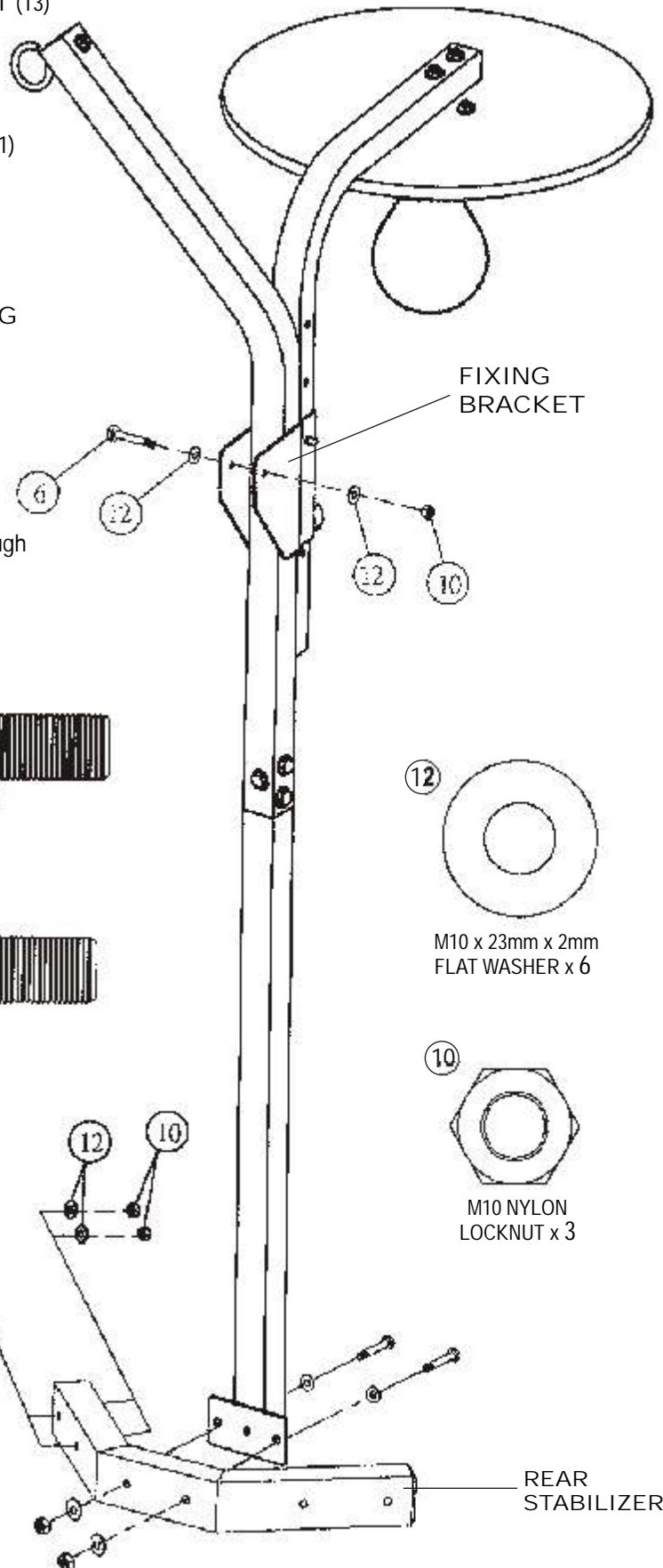
- Hold and slide the speedball platform support into the mounting bracket and fix in desired position by PULL PIN (19) & HAND WHEEL KNOB (18) tightly. Make sure you fix the pin in position first then tighten the knob securely.
- The speedball platform can face towards rear or to the right.
- If also using VKR attachment, SPEEDBALL PLATFORM (21) MUST only be fitted facing towards rear



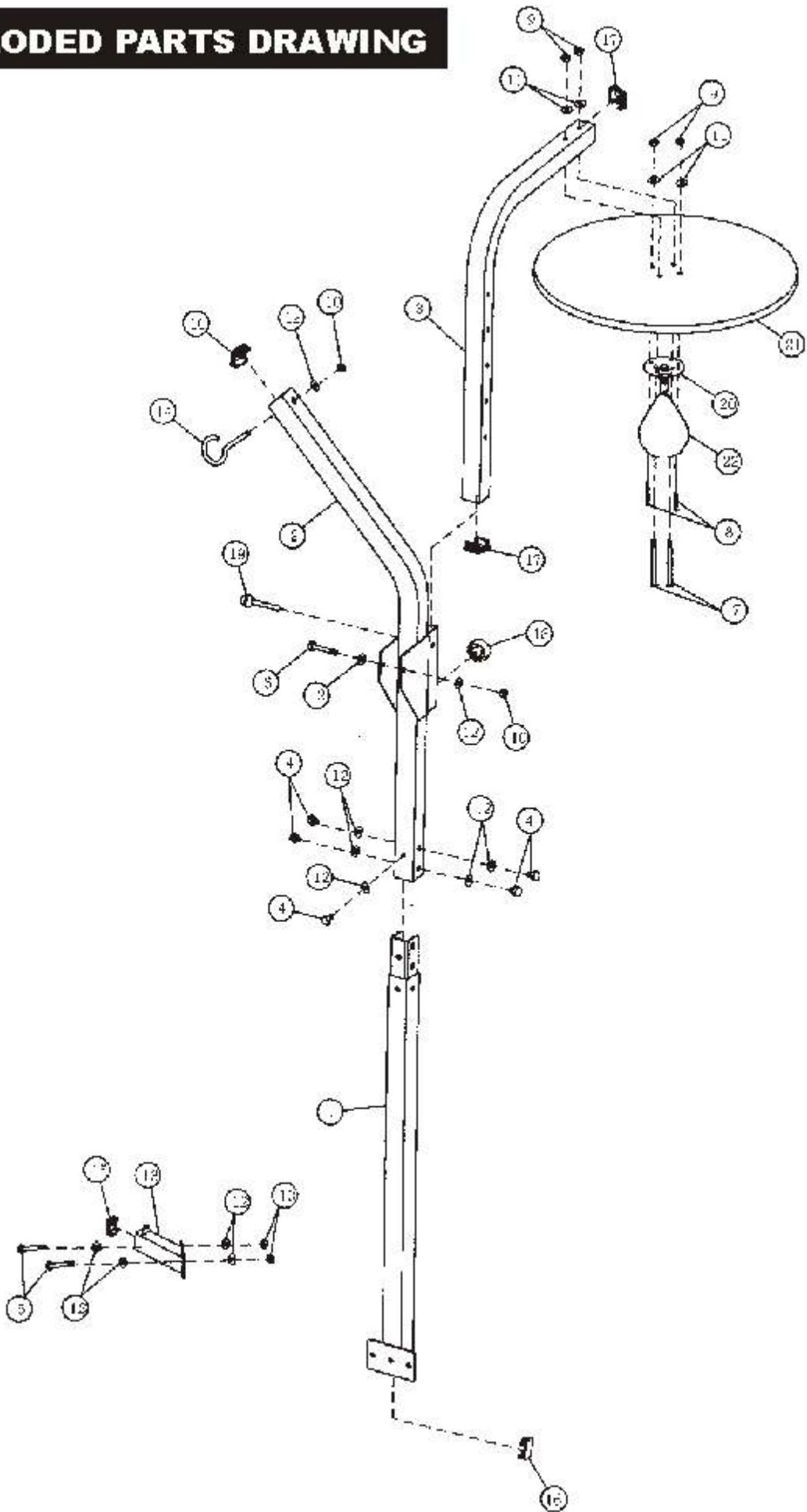
INSTRUCTION 4

ASK SOMEONE TO HELP YOU-

- Attach the **BOTTOM CROSS SUPPORT (13)** to the left end of the rear stabilizer of main gym and fixings. (Bolts / washers / nuts etc as detailed).
- Attach the **BOTTOM UPRIGHT POST (1)** to the rear stabilizer of main gym and fixings. (Nuts / bolts / washers as detailed).
- Locate and attach the **PUNCHBAG SUPPORT (2)** & fixings. Ensure that the fixing bracket of **PUNCHBAG SUPPORT (2)** connect to the rear end of the top cross support of the main gym.
- Release bolts from rear stabilizer.
- Fit top bracket to rear of cross support.
- Refit bolts to rear stabilizer while passing through bracket of boxing attachment.



EXPLODED PARTS DRAWING



SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY
YORK BOXING STATION / 06

PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5636-01	1	BOTTOM UPRIGHT POST
2	5636-02	1	PUNCHBAG SUPPORT
3	5636-03	1	SPEEDBALL PLATFORM SUPPORT
4	5636-04	5	M10 X 15mm HEX HEAD BOLT
5	5636-05	2	M10 X 70mm HEX HEAD BOLT
6	5636-06	1	M10 X 72mm HEX HEAD BOLT
7	5636-07	2	M8 X 85mm ALLEN HEAD BOLT
8	5636-08	2	M8 X 40mm ALLEN HEAD BOLT
9	5636-09	4	M8 NYLON LOCKNUT
10	5636-10	4	M10 NYLON LOCKNUT
11	5636-11	4	M8 X 16mm X 2mm FLAT WASHER
12	5636-12	12	M10 X 23mm X 2mm FLAT WASHER
13	5636-13	1	BOTTOM CROSS SUPPORT
14	5636-14	1	PUNCHBAG HOOK / M10 X 115mm
15	5636-15	1	50mm X 75mm INTERNAL END CAP (t = 1.5mm)
16	5636-16	2	50mm SQ. INTERNAL END CAP (t = 1.5mm)
17	5636-17	2	45mm SQ. INTERNAL END CAP (t = 1.5mm)
18	5636-18	1	M10 X 15mm HAND WHEEL KNOB
19	5636-19	1	ROUND HEAD PULL PIN
20	5636-20	1	SWIVEL
21	5636-21	1	SPEEDBALL PLATFORM / 600mm X 19mm
22	5636-22	1	SPEEDBALL / 200mm X 300mm

YORK BARBELL LIMITED WARRANTY INFORMATION

- YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year from date of original purchase. In addition, YORK BARBELL LTD. Offer a lifetime frame / chassis warranty.
- This warranty covers the product of home/domestic use only, not commercial or rental and it extends only to the original purchaser of the product. The retention of the original sales receipt is necessary as proof of purchase.
- York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product correctly as detailed in the manual.
- This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by York Barbell Ltd or a recommended service centre.
- During the warranty period, York Barbell will at no additional charge, replace parts or repair the product if it becomes defective, malfunctions, or otherwise fails to conform to this warranty under normal, non commercial use.
- In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready. If the problem cannot be fixed by sending parts you will need to arrange to send the goods to a York authorised repair centre at your cost. Returns will not be accepted without a written authorization by a York Customer Service Department.

WARRANTY REGISTRATION

- It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.

U.K.	AUSTRALIA	U.S.A.
YORK FITNESS HELP LINE (8:30am- 16:30pm) <u>YORK BARBELL (U.K.) LTD.</u> CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	YORK FITNESS HELP LINE (8:00am- 16:00pm) <u>YORK BARBELL (AUST.) PTY. LTD.</u> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	YORK FITNESS HELP LINE (8:00am- 17:00pm) <u>YORK BARBELL USA.</u> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com
CANADA	TAIWAN	Authorized Dealer
YORK FITNESS HELP LINE (8:30am- 16:30pm) <u>YORK BARBELL CO. LTD.</u> 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593	YORK FITNESS HELP LINE (9:00am- 18:00pm) <u>YORK FITNESS (TAIWAN) LTD.</u> ROOM A2 4F, NO.51, GONG-YI ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net	

WARRANTY REGISTRATION

Mail this portion with a copy of your receipt.

Date of purchase

Purchased from (name of retailer)

Item Purchased

(see front cover of manual)

Name

Address

Telephone number

**YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF
OF THE ORIGINAL PURCHASE.**

This can be the receipt, invoice, delivery note or internet confirmation.

MAIL THIS PAGE TO YOUR LOCAL YORK DEALER

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