



CODE 4025

NOTE

Maximum weight limits = 150 Kg (total)

NOTE

Read instructions carefully. If the instructions are followed you should have no problems with assembly. Always assemble your stands on a flat surface. Assemble frame with bolts and nuts finger tight first. Holes are provided in (item no. 3 & 4) regarding fixing the stands to the floor. Seek expert advice fixing methods. (En 957 - 4)

TOOLS REQUIRED

Two 14 mm (9/16") Spanners
or adjustable spanners.

Before every training session, the equipment should be inspected for loose, worn or missing parts. To prevent possible injury, replace doubtful parts before resuming usage of the equipment.

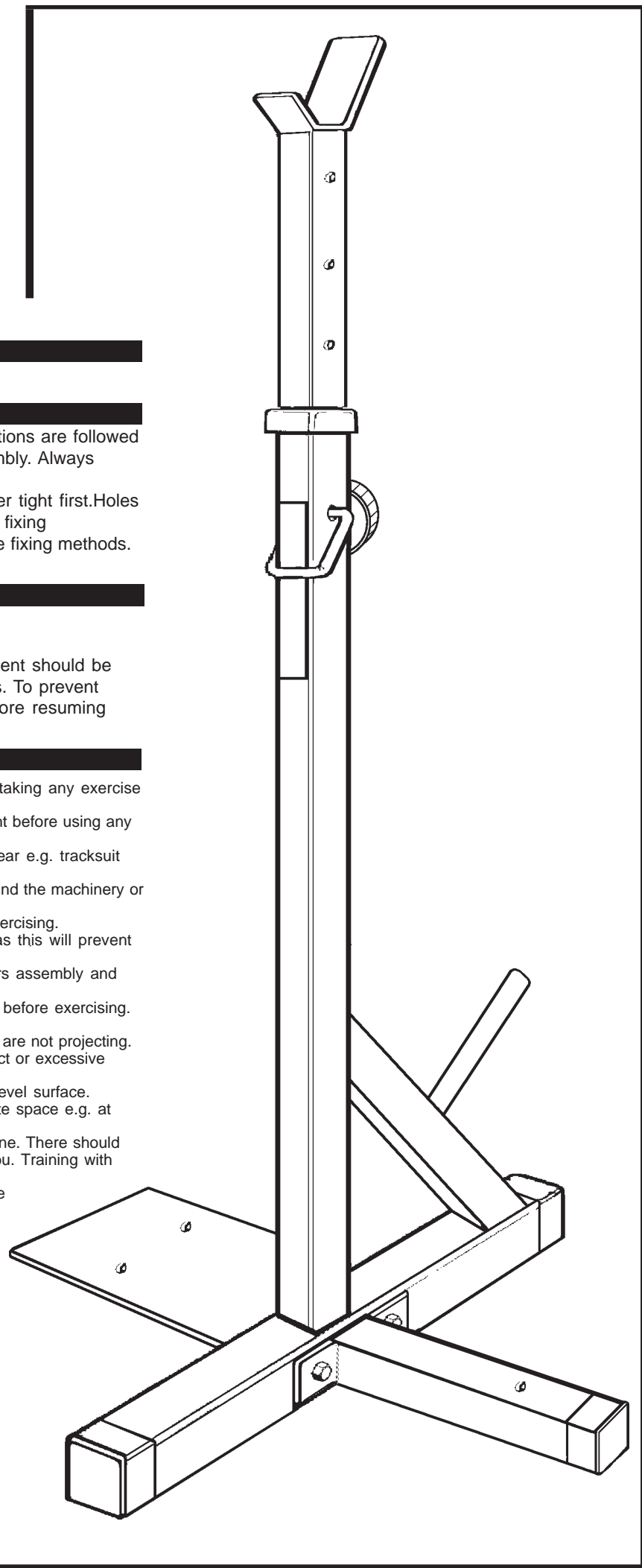
WARNING

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. Injuries to health may result from incorrect or excessive training.
12. Always use your squat stands on a flat level surface.
13. Always use your squat stands in adequate space e.g. at least 2ft. (60cm) clearance on each side.
14. 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

SHOULD YOU REQUIRE ASSISTANCE REGARDING WORN, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE ON (01327) 701824.

IF THE PARTS YOU ARE MISSING FROM THE BAG THEN WE WILL ALSO REQUIRE THE INFORMATION PRINTED ON THE BAG.



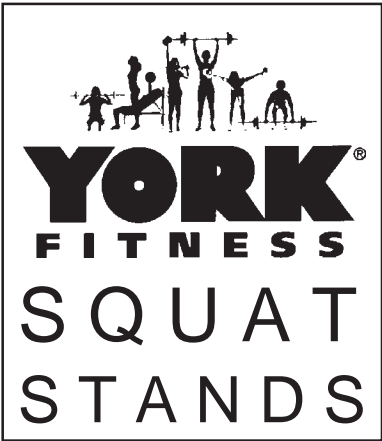
SQUAT STANDS **YORK** Fitness ASSEMBLY INSTRUCTIONS

YORK FITNESS
YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY,
NORTHANTS, NN11 4YB

GENERAL ENQUIRIES
TEL: (01327) 701800
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www.yorkfitness.co.uk

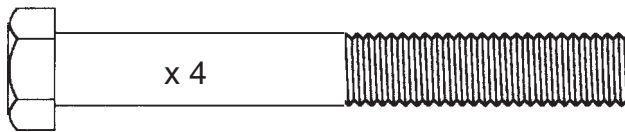
SQUAT STANDS YORK[®] Fitness PARTS LIST



CODE 4025

ITEM No.	PART No.	DESCRIPTION	QTY.
1	21E5339	ADJ. BAR RACK - SQUAT STD	2
2	21E5338	SQUAT STD UPRIGHT	2
3	21E5305	SQUAT STAND 90 DEG. FOOT PLATE	2
4	21E5337	SQUAT STAND STABILIZER	2

BAG 936 SQUAT STANDS			
ITEM No.	PART No.	DESCRIPTION	QTY.
5	33A58	3/8" x 3" HH BOLT	4
6	33A53	3/8" x NYLOC NUT	4
7	41B039	2" SQUARE EXTERNAL CAPS	6
8	33A49	D RING	2
9	33D11	3/8 x 20mm TM KNOB - MALE	2
10	41B143	2" SQ REDUCER x 1 3/4" HOLE	2
11	01D36	DECAL	2



Holes are provided in (item no. 3 & 4)
 Seek expert advice regarding floor
 fixing methods. (En 957 - 4)

