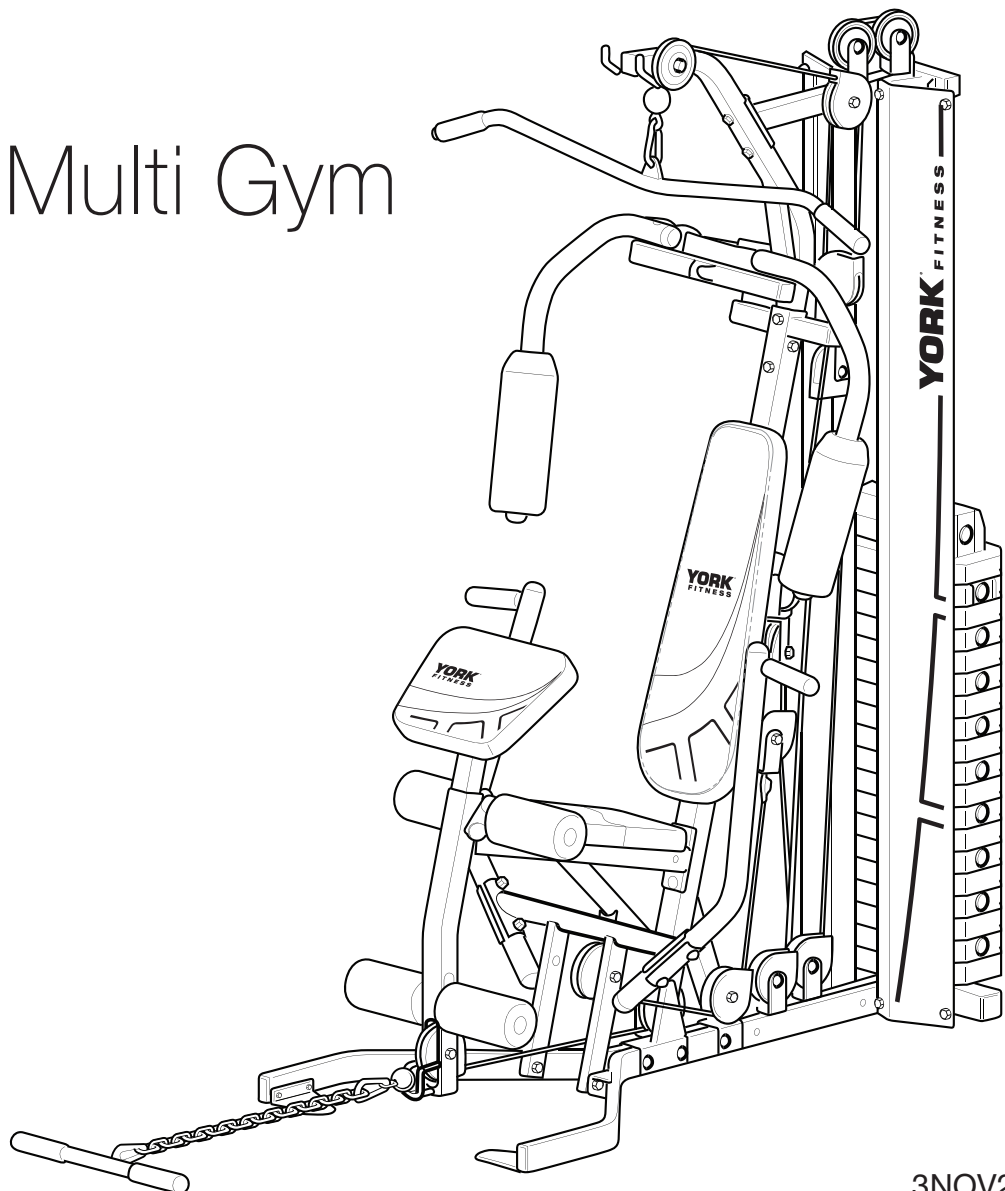


YORK[®]
FITNESS



Owner's Manual

Perform Multi Gym
50033



3NOV2011

Table of contents

Congratulations on purchasing your exercise equipment from

YORK[®]
FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Assemble the product on a level surface
- You will need at least one person to help you assemble this unit.
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries to health may result from incorrect or excessive training.
- Never overload the equipment - the maximum user load is displayed below and on the product label.
- We recommend that you do not lift weights alone. There should be somebody there to assist you.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.

- The equipment is under no circumstances suitable as a children's toy.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

**Maximum Weight Limit:
125kg User**

Safety Standards

This bench meets the requirements of British and EU safety standards EN957 parts 1 and 2. Therefore the product carries the following mark:



Tools and consumables

- Item 100 - 2 x Spanner (13 & 17mm)
- Item 101 - 2 x Spanner (17 & 19mm)
- Item 102 - 1 x Allen Key (6mm) & Screw Driver

This product is not suitable for therapeutic purposes.

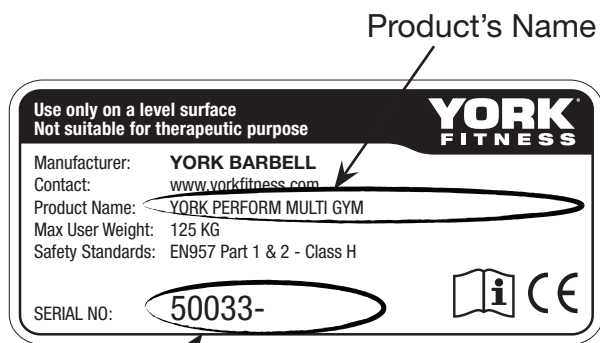
Customer support

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

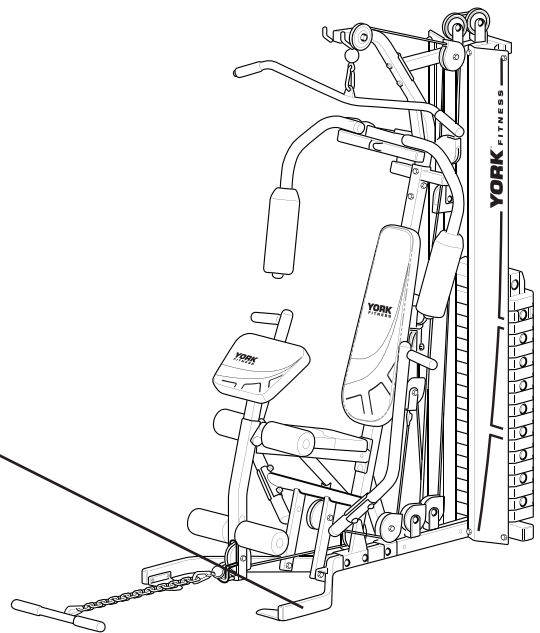
- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.



ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Care & Maintenance

- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear, at least once a week is recommended. This includes any nuts, bolts, moving parts, bushes etc.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste (2002/96/EC). Check your local authority for recycling advice and facilities (Europe only).

Prepare your work area -

- It is important you assemble the product in a clean and uncluttered space.

Work with a friend -

- We recommend you have someone assist you with the assembly as some of the components are quite heavy.

Open the carton -

- Check any warnings on the carton and make sure you have it the right way up.

Unpack the carton -

- Remove all the parts and packaging and lay them out on the floor.

Assembly instructions

STEP 1

FIXINGS:

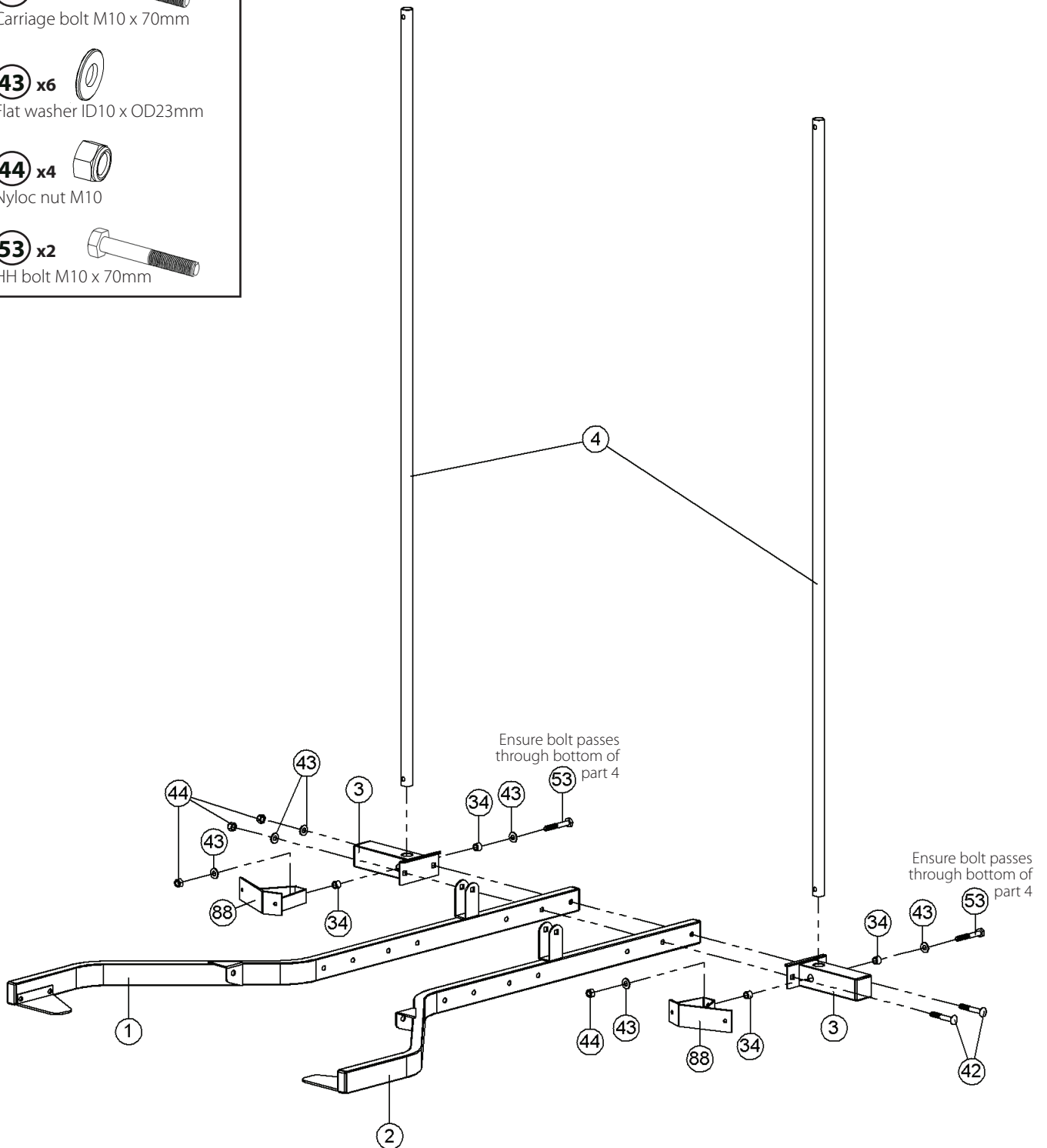
34 x4
Bush L-12mm

42 x2
Carriage bolt M10 x 70mm

43 x6
Flat washer ID10 x OD23mm

44 x4
Nyloc nut M10

53 x2
HH bolt M10 x 70mm



STEP 2

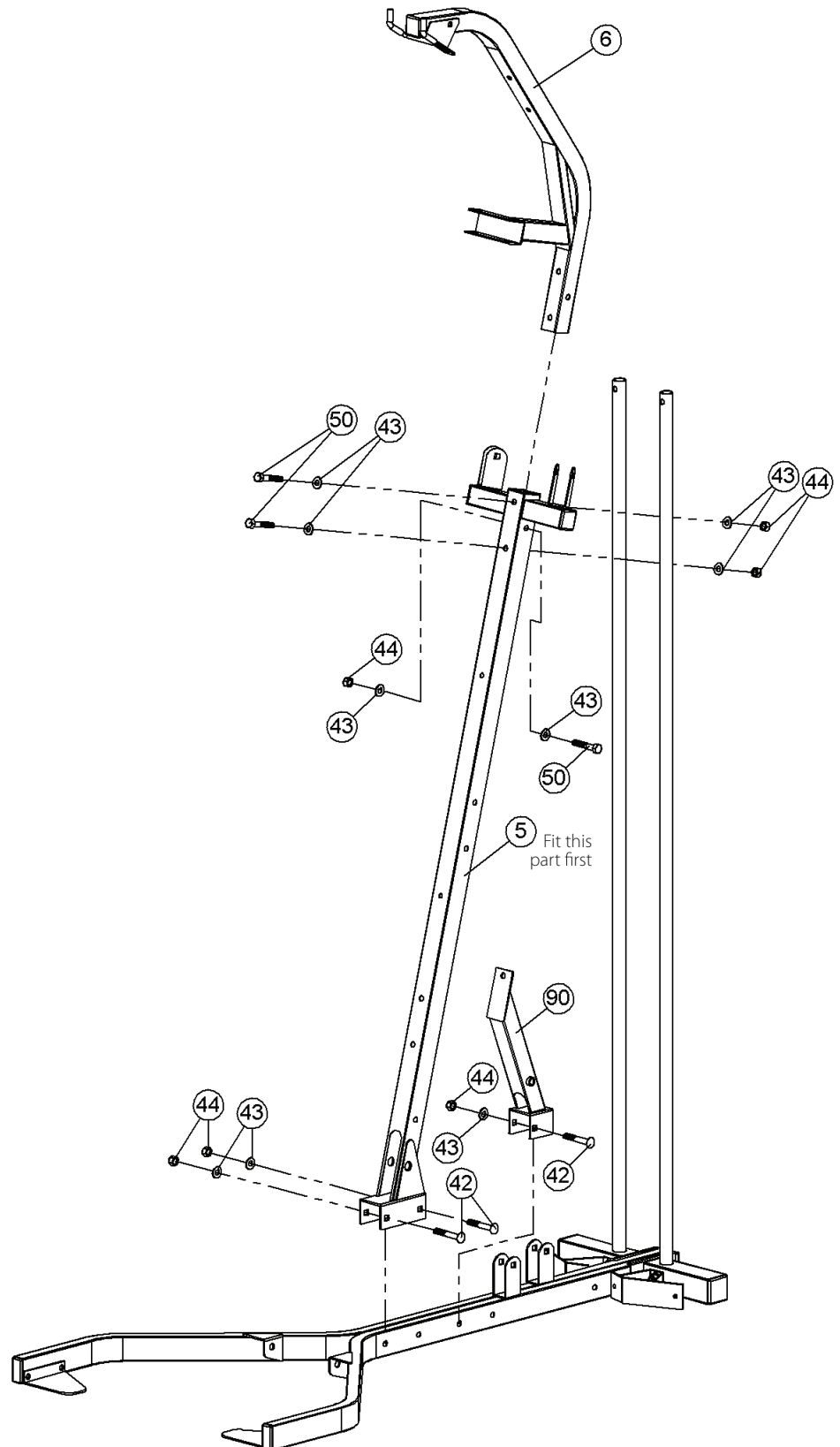
FIXINGS:

42 x3
Carriage bolt M10 x 70mm

43 x9
Flat washer ID10 x OD23mm

44 x6
Nyloc nut M10

50 x3
HH bolt M10 x 60mm



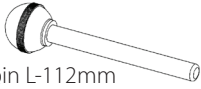
Assembly instructions

STEP 3

FIXINGS:

64 x1

Ball lock pin L-112mm



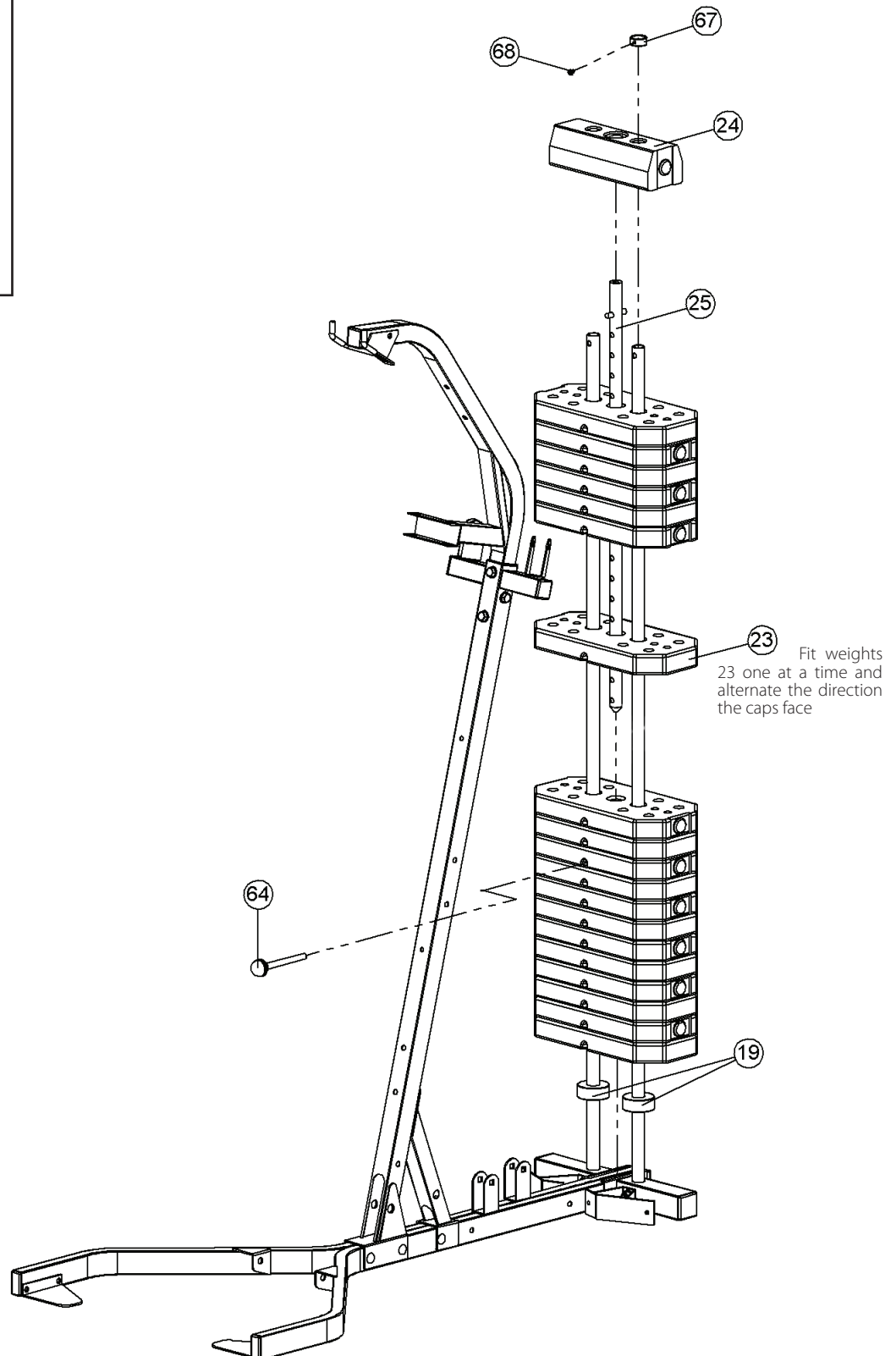
67 x1

Weight lock collar



68 x1

Cross head screw M6 x 10mm



STEP 4

FIXINGS:

33 x4
Bush L-6mm

43 x14
Flat washer ID10 x OD23mm

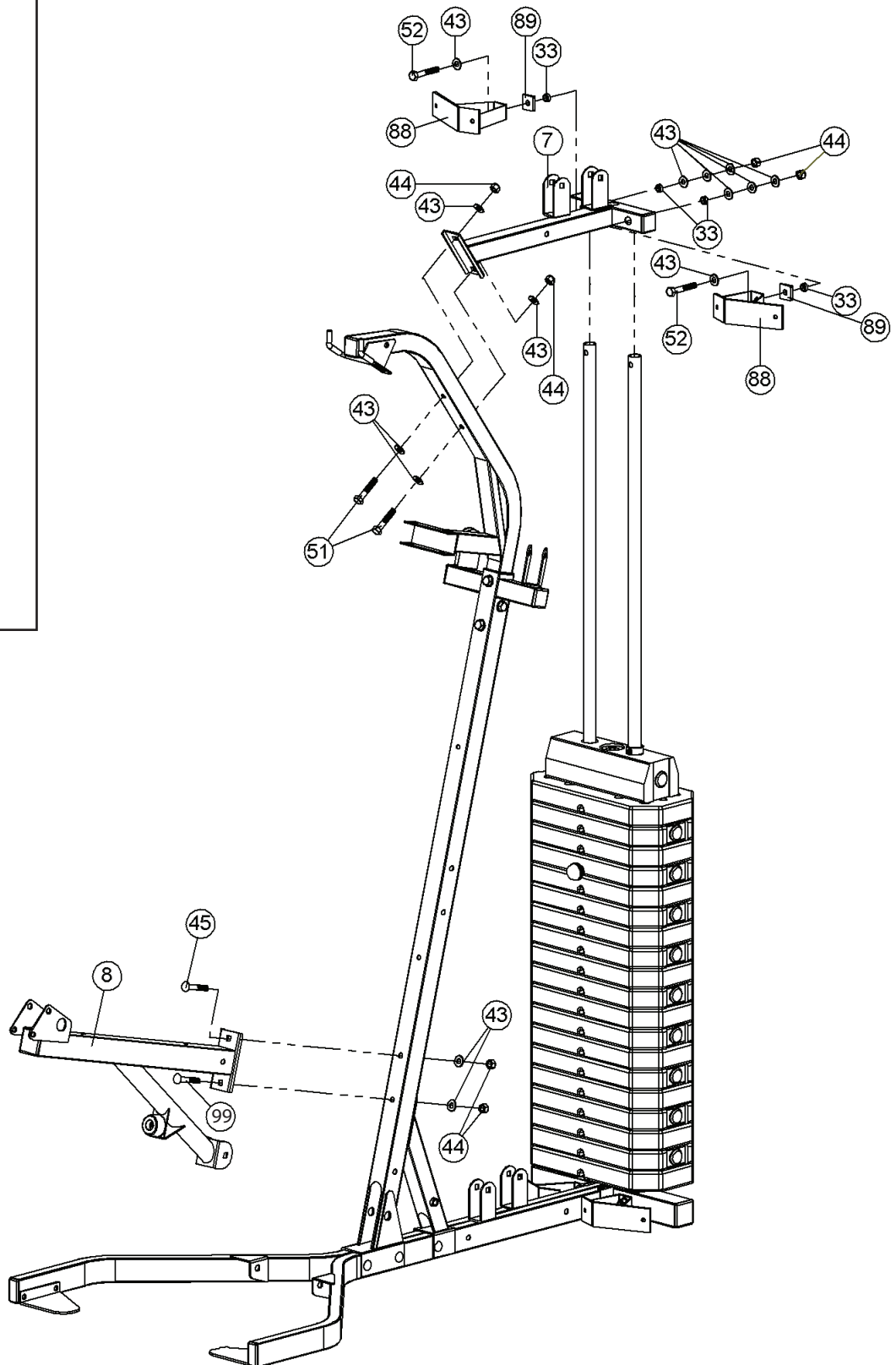
44 x6
Nyloc nut M10

45 x1
Carriage bolt M10 x 62mm

99 x1
Carriage bolt M10 x 65mm

51 x2
HH bolt M10 x 55mm

52 x2
HH bolt M10 x 65mm



Assembly instructions

STEP 5

FIXINGS:

43 x6
Flat washer ID10 x OD23mm

44 x5
Nyloc nut M10

47 x4
Carriage bolt M10 x 50mm

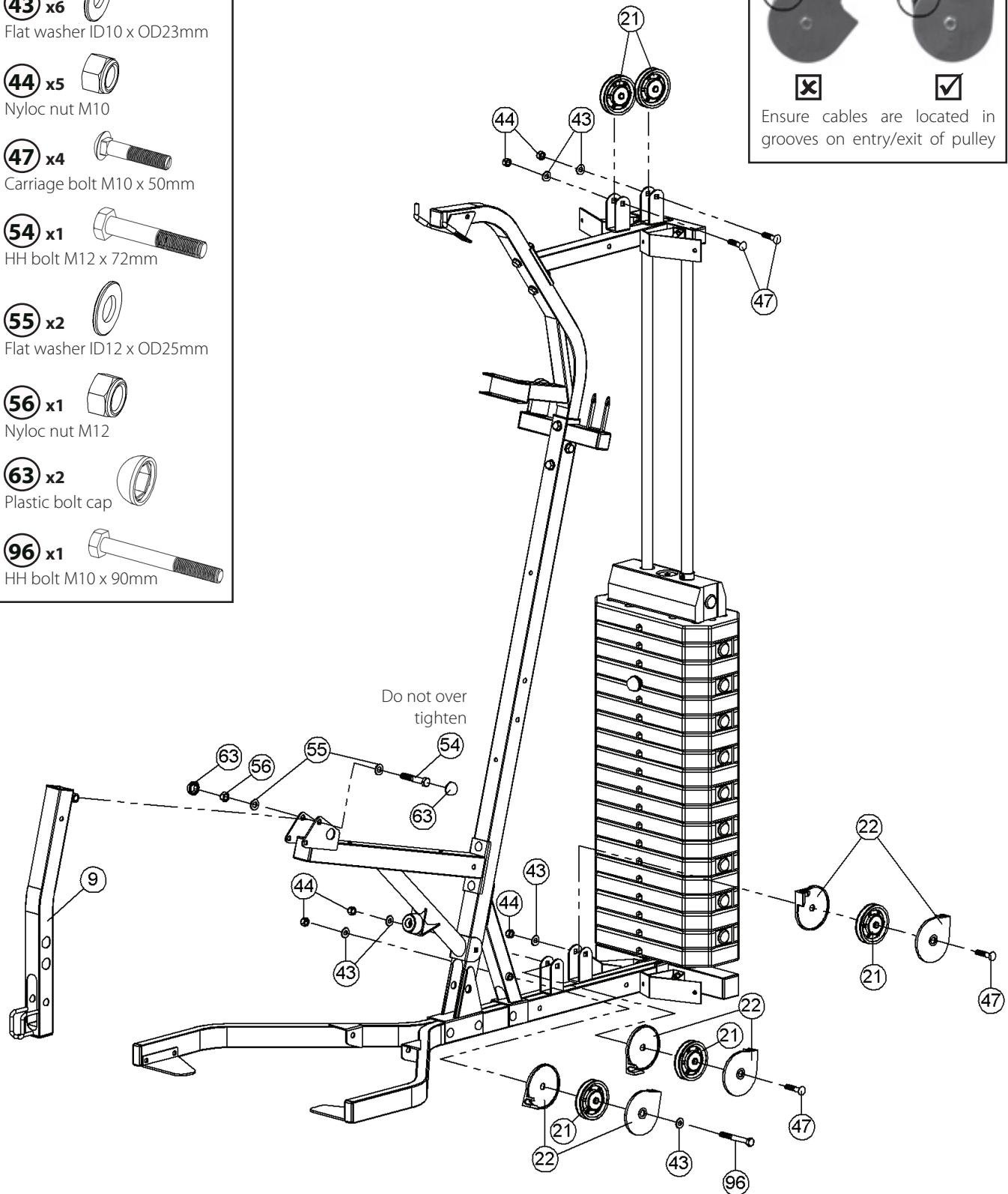
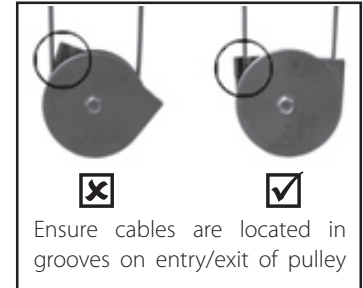
54 x1
HH bolt M12 x 72mm

55 x2
Flat washer ID12 x OD25mm

56 x1
Nyloc nut M12


63 x2
Plastic bolt cap


96 x1
HH bolt M10 x 90mm



STEP 6


FIXINGS:

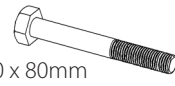
34 x2 
Bush L-12mm


35 x2 
Bush L-8.5mm


43 x8 
Flat washer ID10 x OD23mm

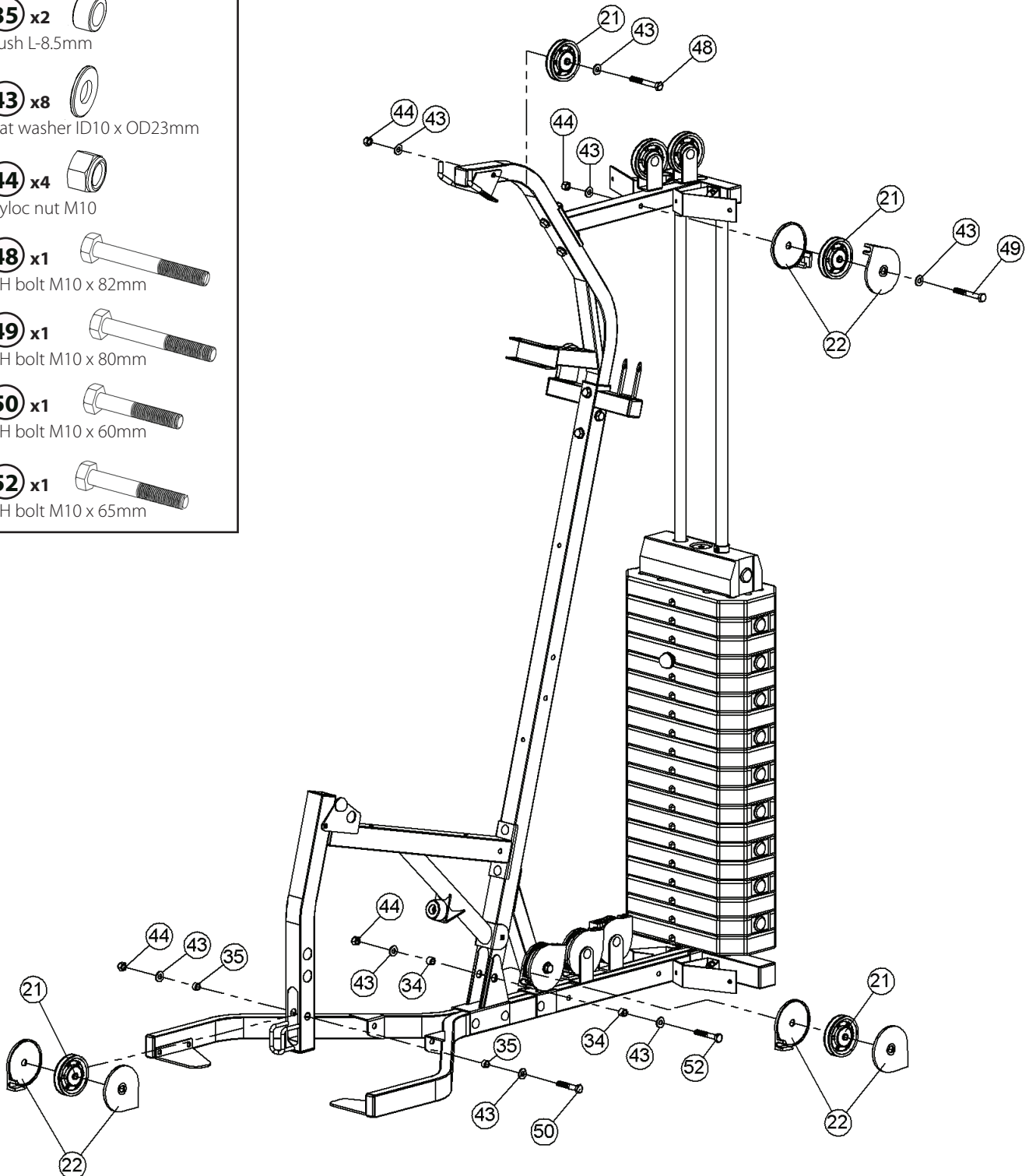
44 x4 
Nyloc nut M10

48 x1 
HH bolt M10 x 82mm

49 x1 
HH bolt M10 x 80mm

50 x1 
HH bolt M10 x 60mm

52 x1 
HH bolt M10 x 65mm



Assembly instructions

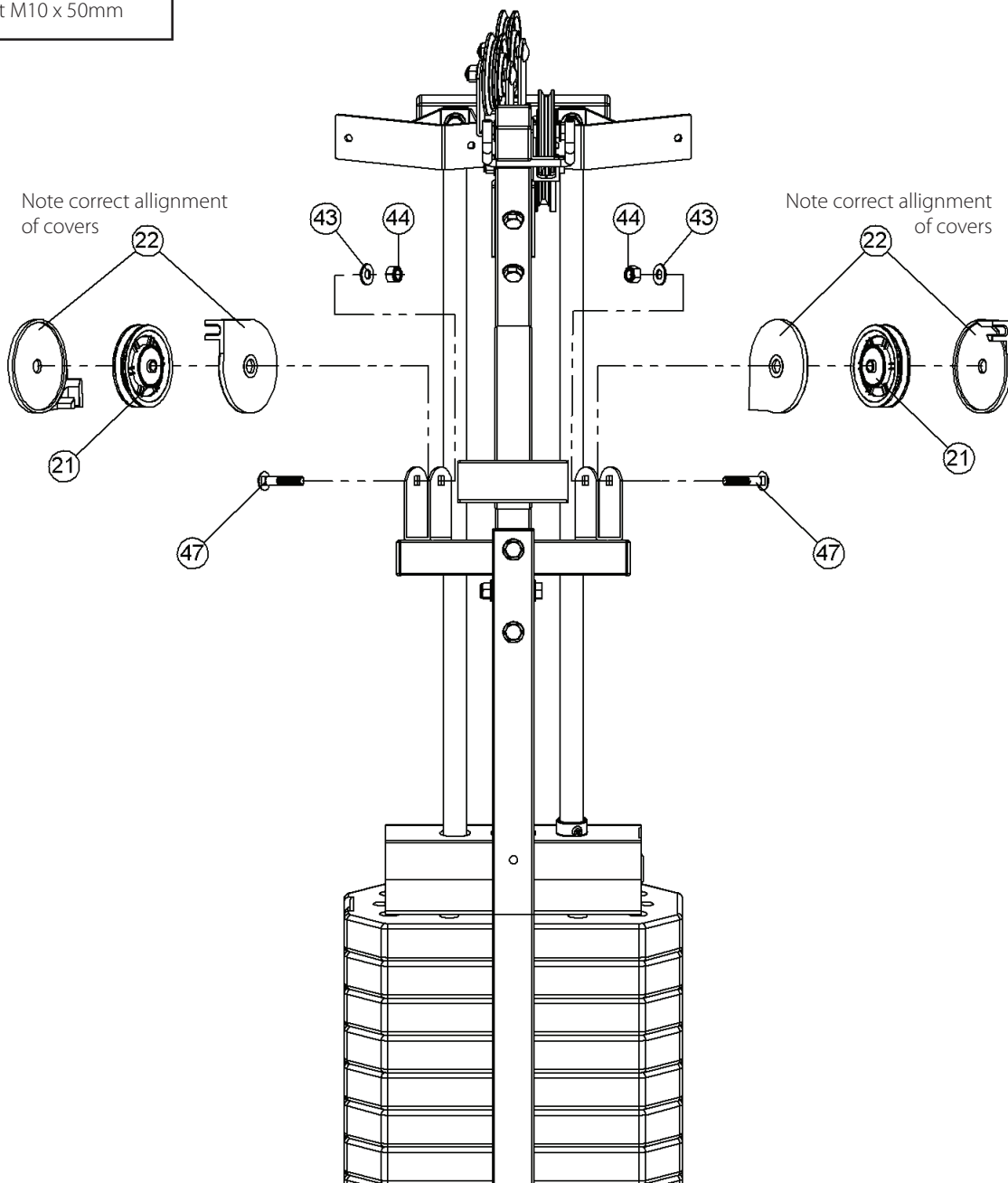
STEP 7

FIXINGS:

43 x2 
Flat washer ID10 x OD23mm

44 x2 
Nyloc nut M10

47 x2 
Carriage bolt M10 x 50mm



STEP 8

FIXINGS:

43 x4



Flat washer ID10 x OD23mm

71 x4



CS Philips screw M4 x 10mm

44 x3



Nyloc nut M10

93 x2



Allen head bolt M12 x 40mm

55 x4



Flat washer ID12 x OD25mm

94 x1



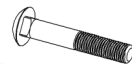
HH bolt M10 x 75mm

56 x2

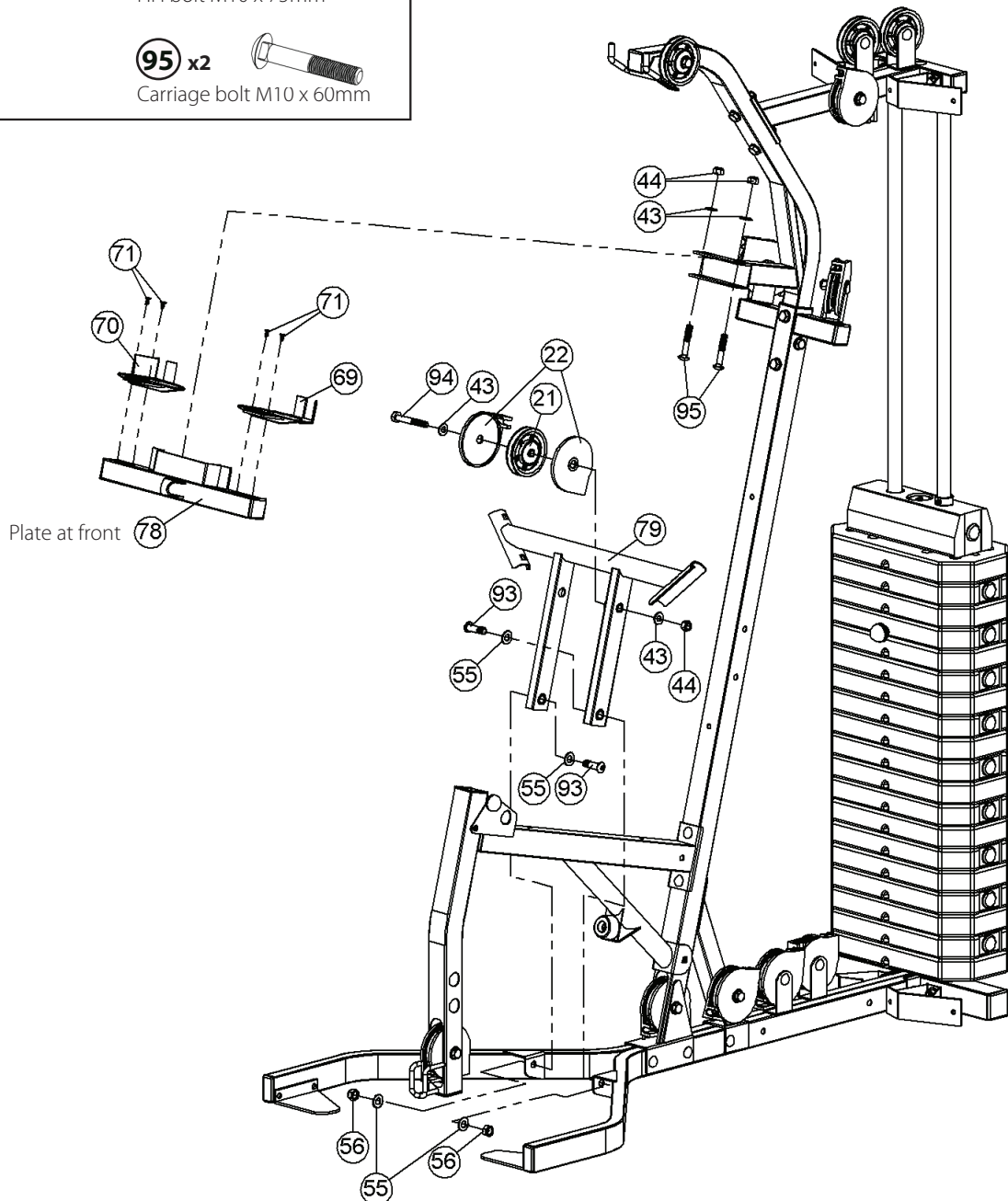


Nyloc nut M12

95 x2



Carriage bolt M10 x 60mm



Assembly instructions

STEP 9

FIXINGS:

43 x2 
Flat washer ID10 x OD23mm

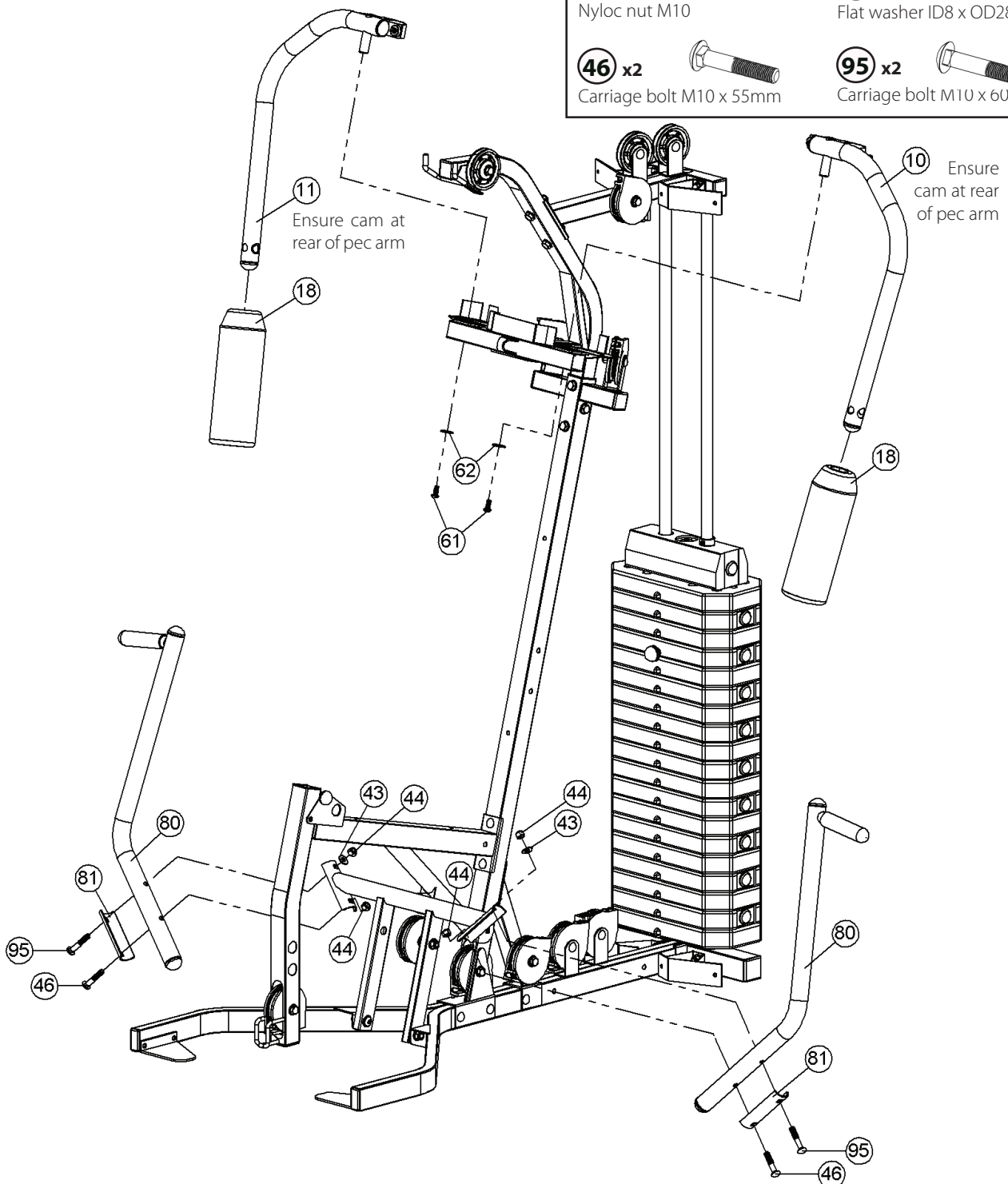
61 x2 
Allen head bolt M8 x 20mm

44 x4 
Nyloc nut M10

62 x2 
Flat washer ID8 x OD28mm

46 x2 
Carriage bolt M10 x 55mm

95 x2 
Carriage bolt M10 x 60mm



STEP 10

FIXINGS:

43 x2



Flat washer ID10 x OD23mm

47 x2



Carriage bolt M10 x 50mm

44 x2

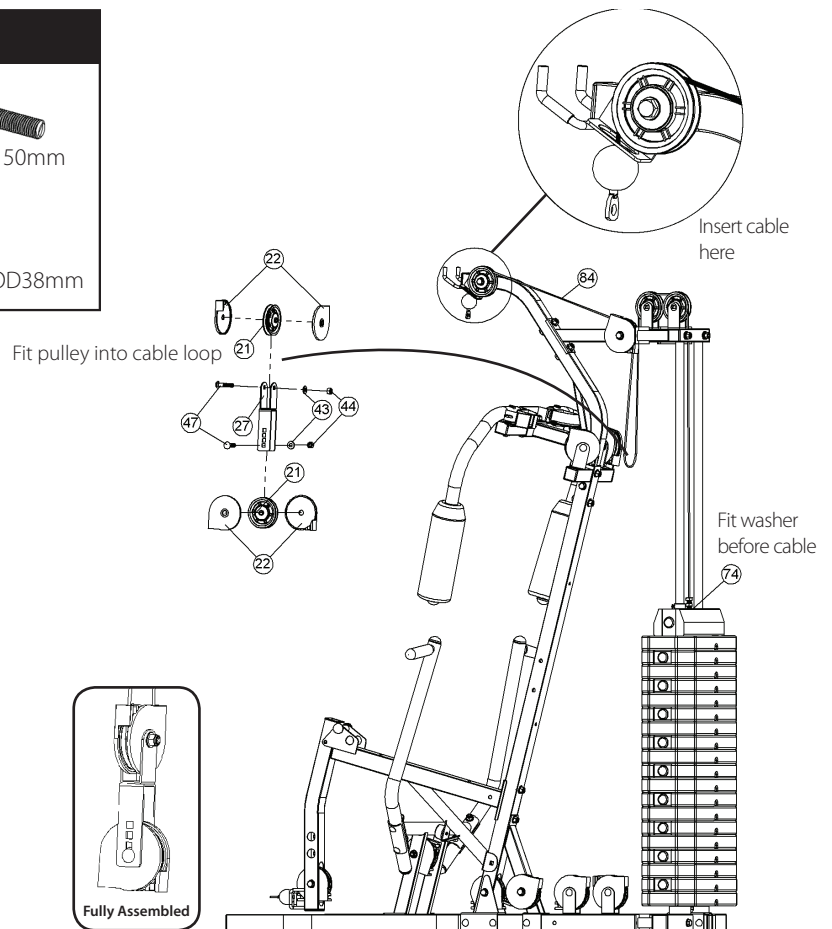


Nyloc nut M10

74 x1



Flat washer ID12 x OD38mm

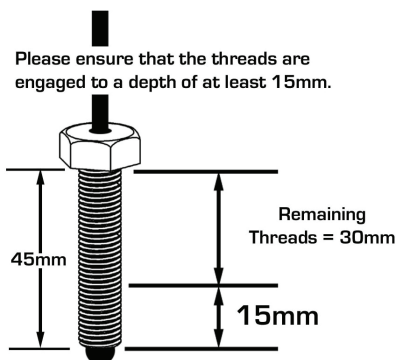


Warning: Very important information

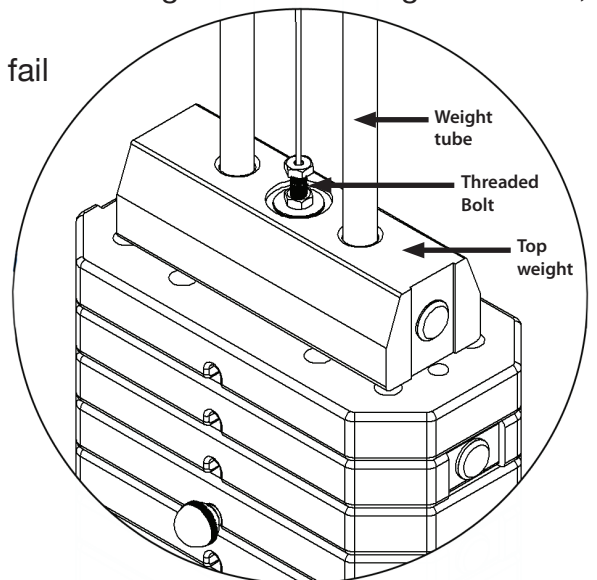
It is very important to ensure that there are enough threads engaged into the top of the selector stem.

- Ensure the threads are engaged to a depth of at least 15mm. E.g. If total bolt length is 45mm, then remaining thread should measure 30mm.
- If bolt is not engaged as described, the threads may fail resulting in unexpected sudden weight shift that could lead to serious injury.

Please ensure that the threads are engaged to a depth of at least 15mm.



E.g. If total bolt length is 45mm, then remaining thread measurement should be 30mm



Assembly instructions

STEP 11

FIXINGS:

43 x1

Flat washer ID10 x OD23mm

46 x1

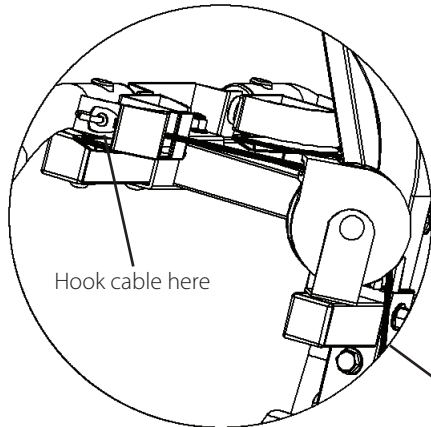
Carriage bolt M10 x 55mm

44 x1

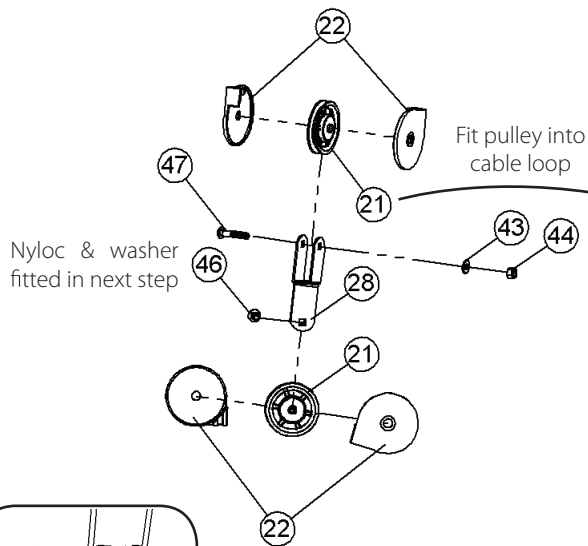
Nyloc nut M10

47 x1

Carriage bolt M10 x 50mm

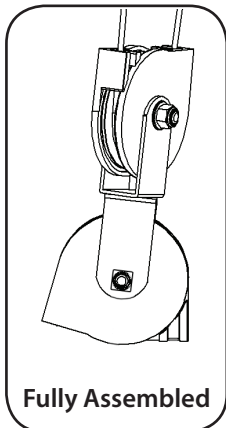


Hook cable here

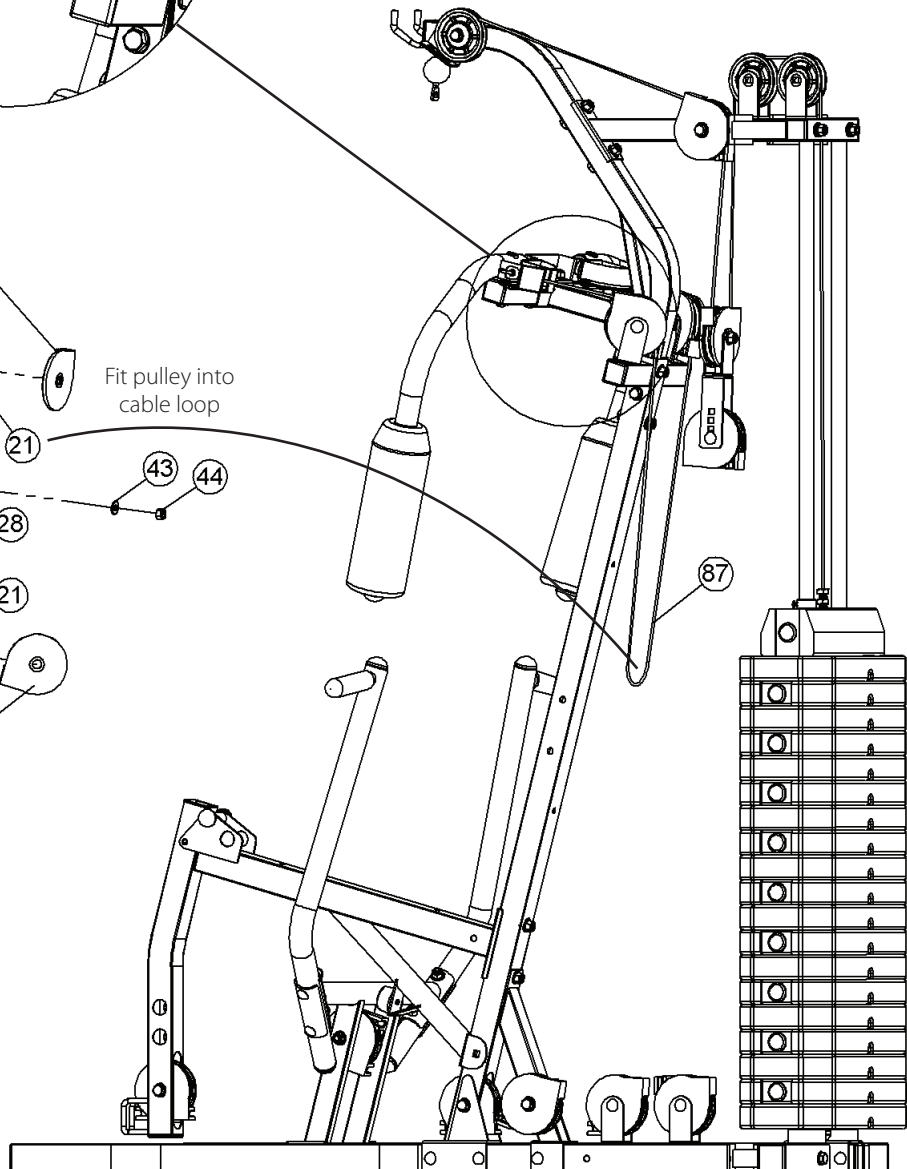


Fit pulley into cable loop

Nyloc & washer fitted in next step



Fully Assembled



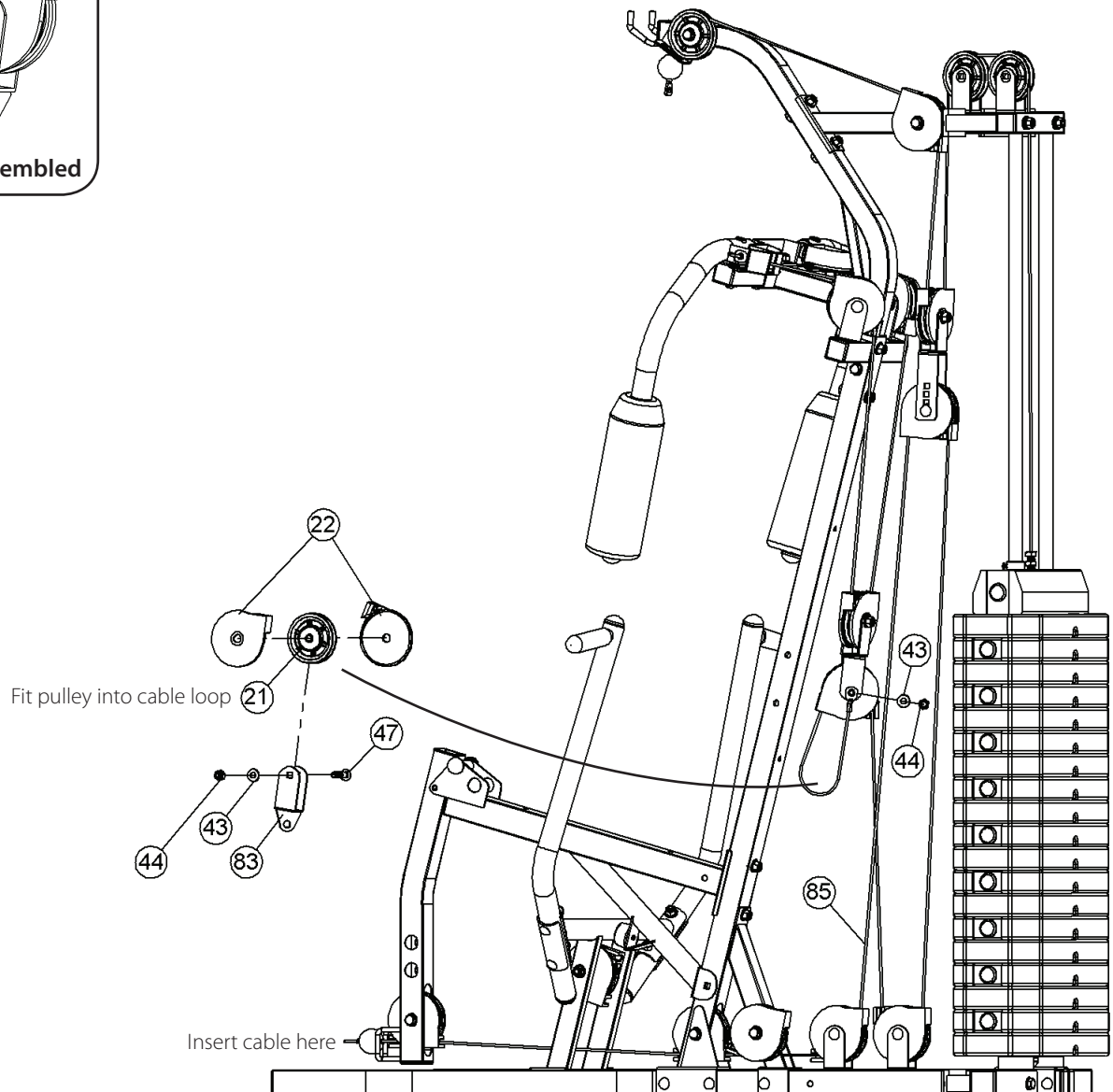
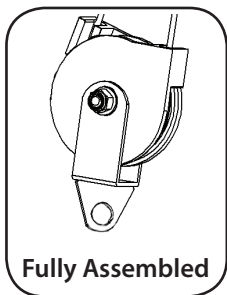
STEP 12

FIXINGS:

43 x2 
Flat washer ID10 x OD23mm

44 x2 
Nyloc nut M10

47 x1 
Carriage bolt M10 x 50mm



Assembly instructions

STEP 13

FIXINGS:

42 x1

Carriage bolt M10 x 70mm

44 x2

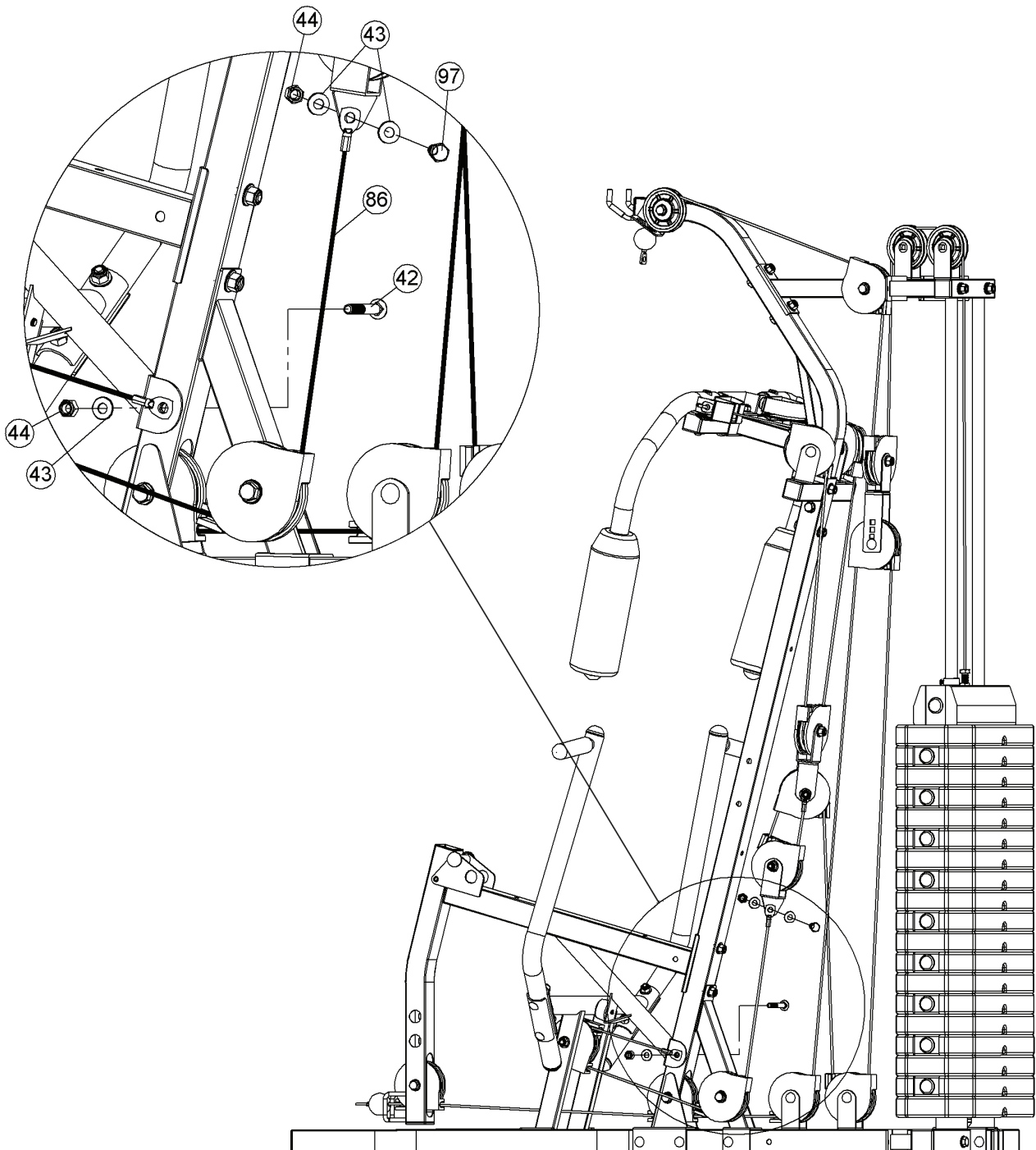
Nyloc nut M10

43 x3

Flat washer ID10 x OD23mm

97 x1

HH bolt M10 x 25mm

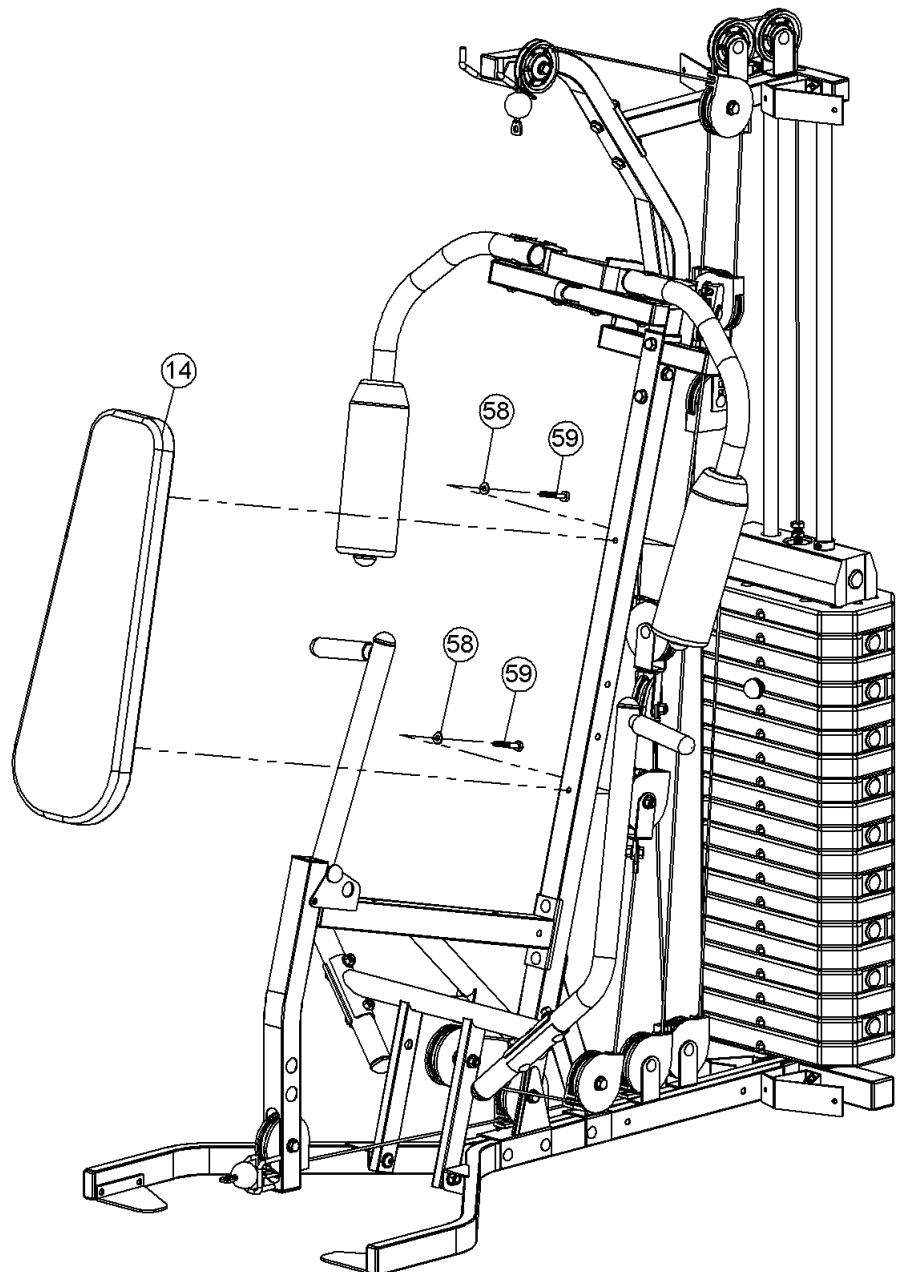


STEP 14

FIXINGS:

58 x2 
Flat washer ID8 x OD20mm

59 x2 
HH bolt M8 x 55mm



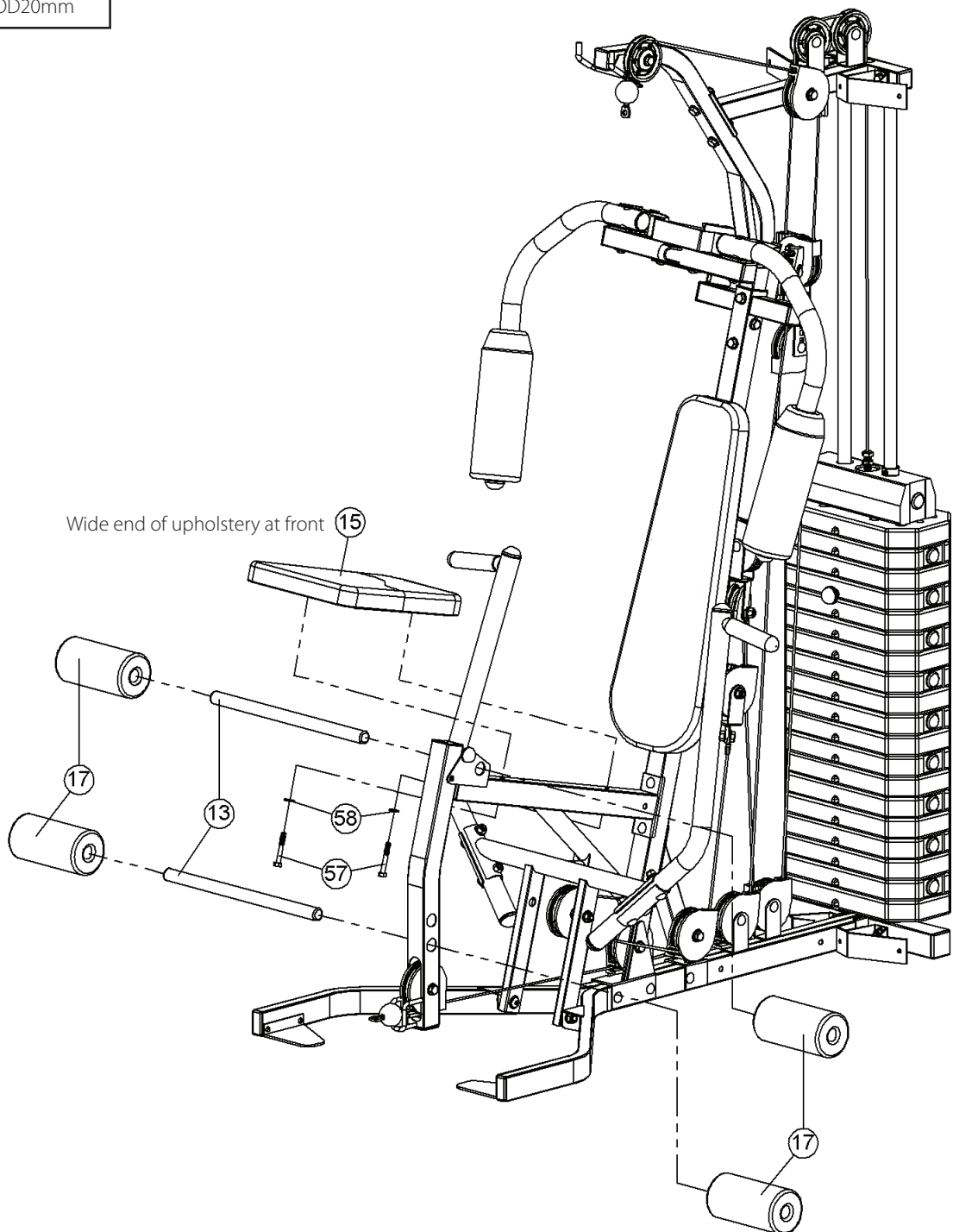
Assembly instructions

STEP 15

FIXINGS:

57 x2
HH bolt M8 x 65mm

58 x2
Flat washer ID8 x OD20mm



STEP 16

FIXINGS:

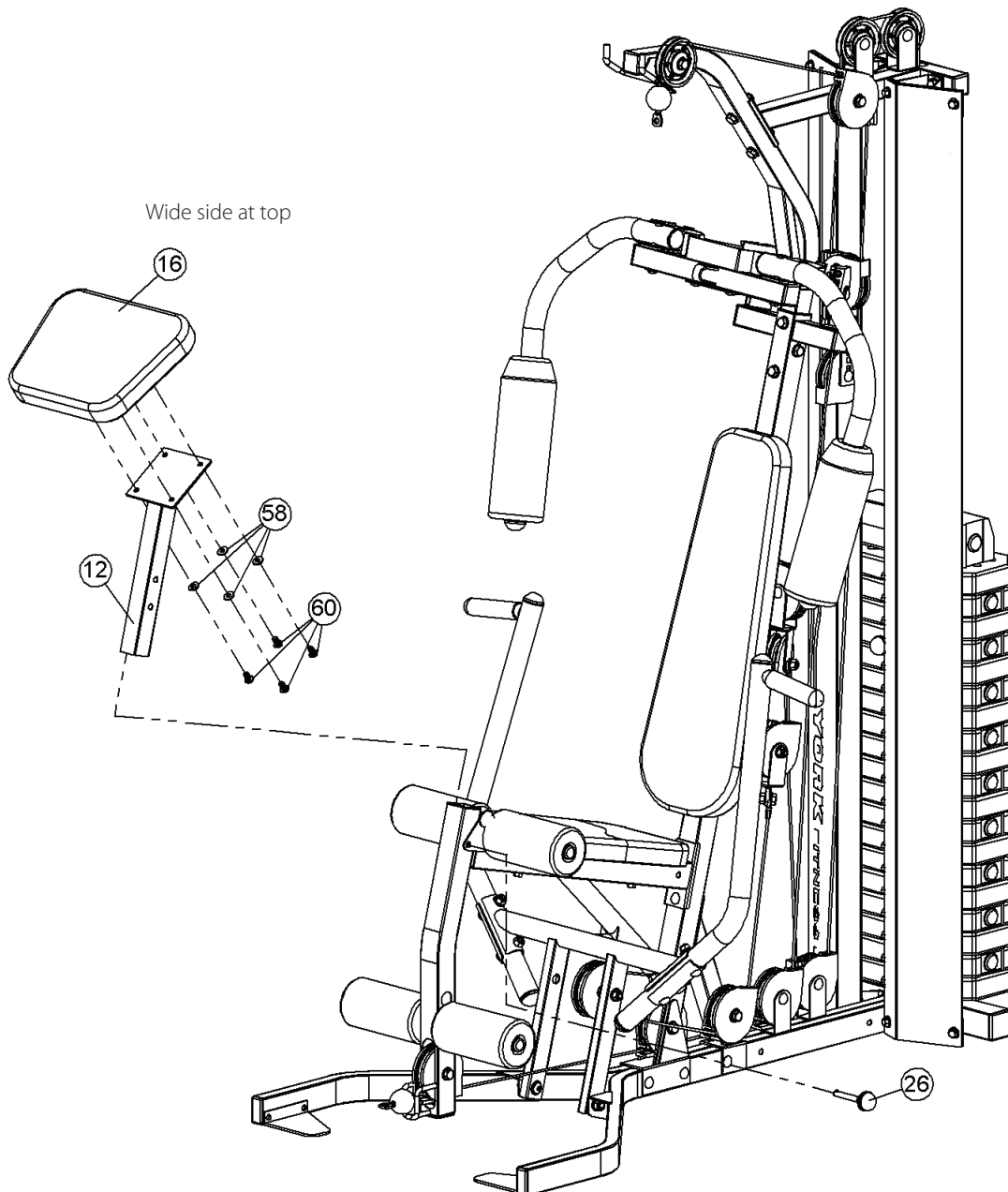
26 x1
Ball lock pin L-70mm



58 x4
Flat washer ID8 x OD20mm



60 x4
Allen head bolt M8 x 15mm



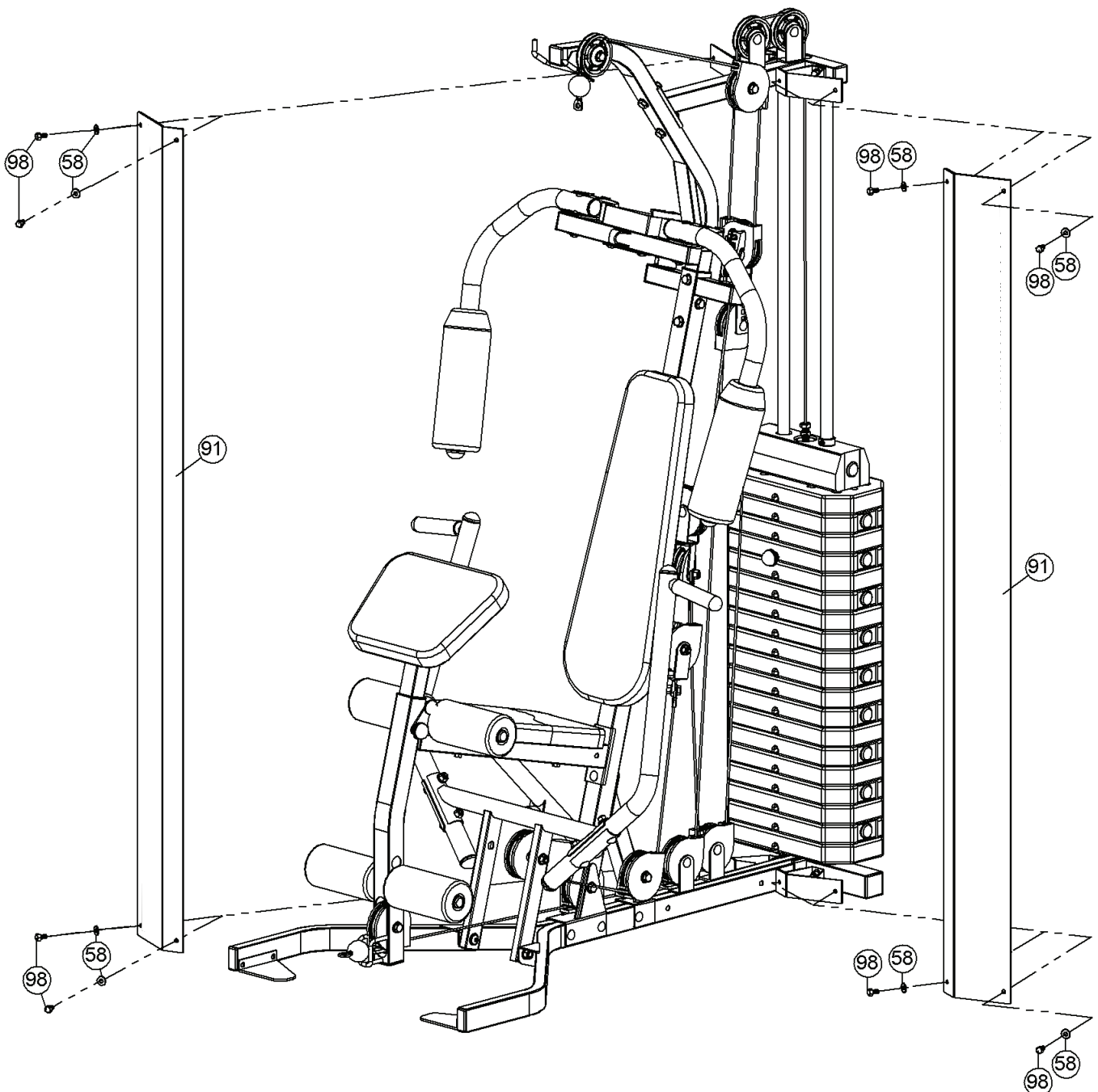
Assembly instructions

STEP 17

FIXINGS:

58 x8
Flat washer ID8 x OD20mm

98 x8
HH bolt M8 x 15mm

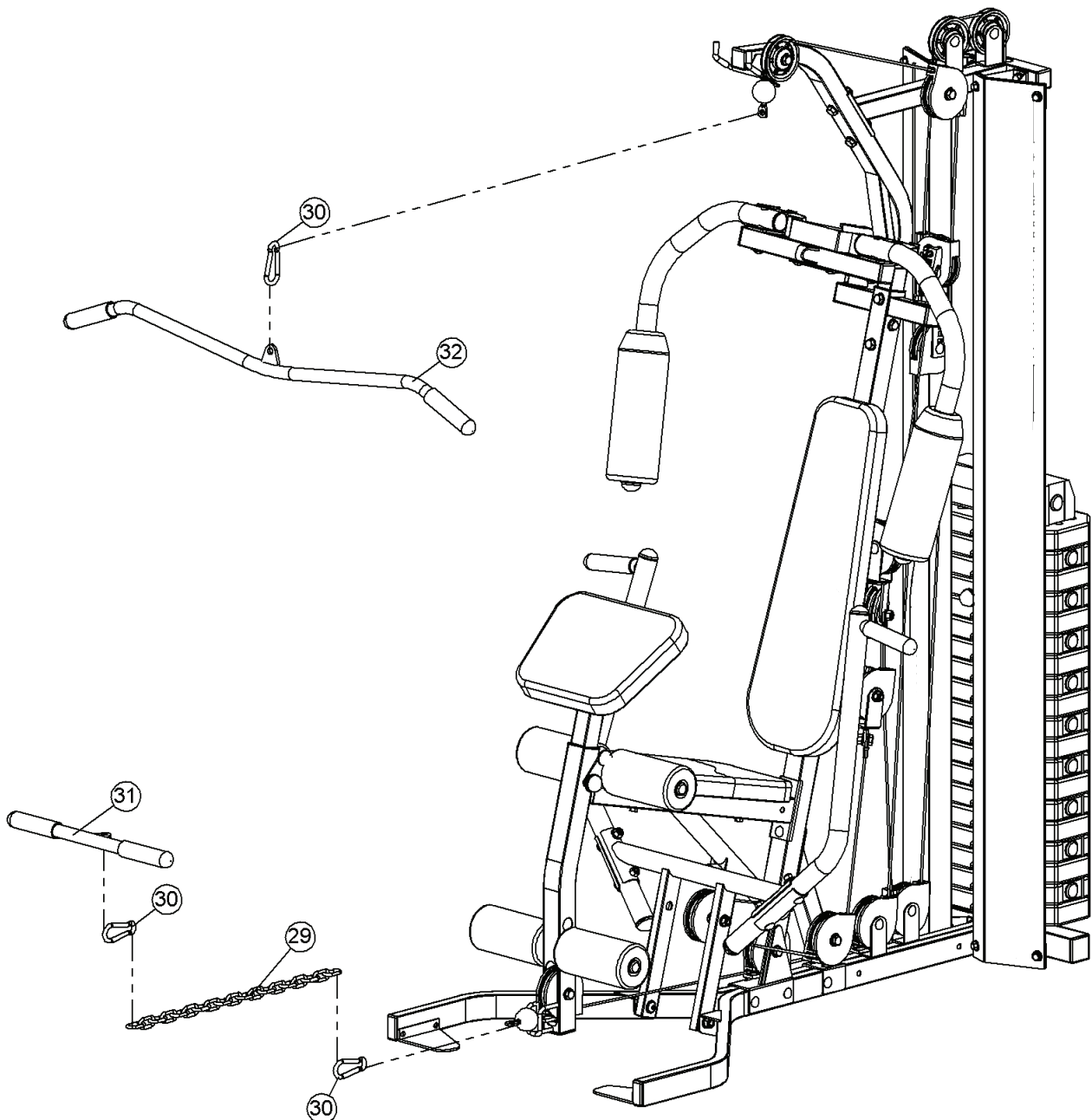


STEP 18

Final Checks

Your gym is now assembled. Please make the following final checks before you use it for the first time:

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface



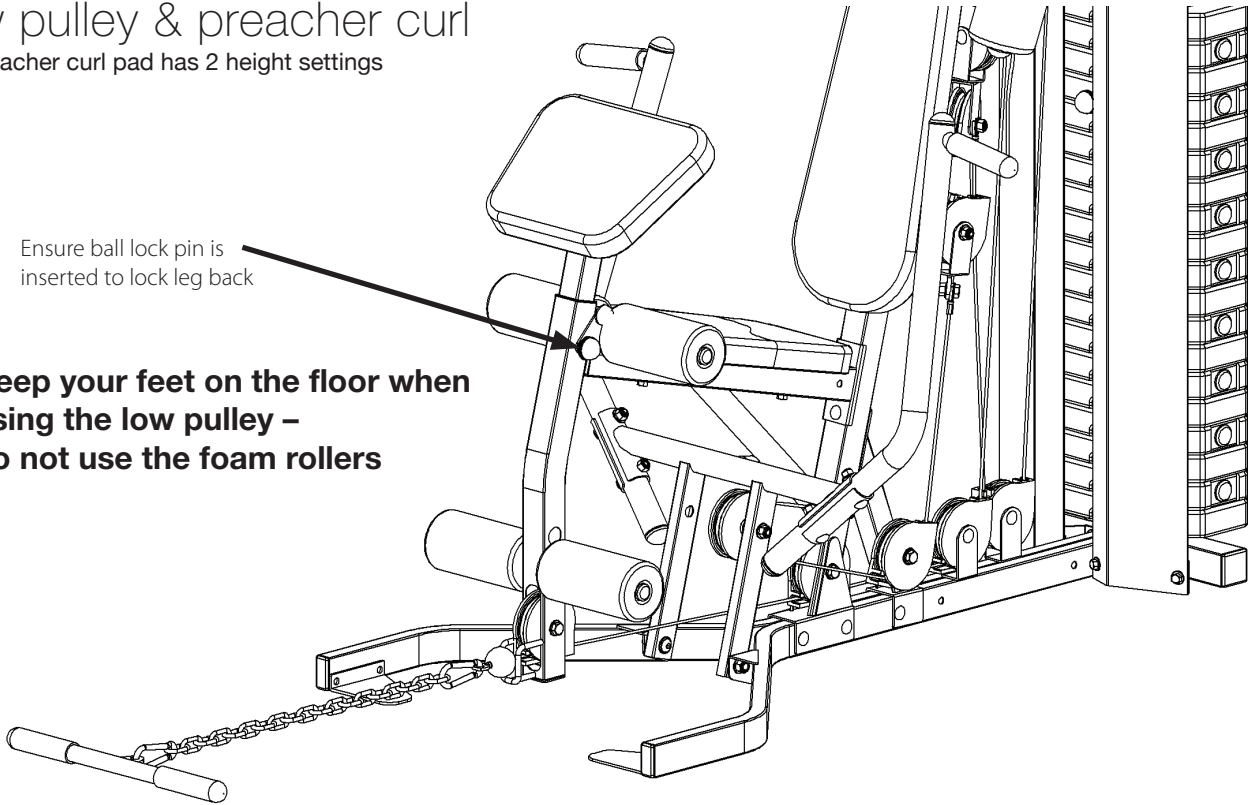
User instructions

Low pulley & preacher curl

- Preacher curl pad has 2 height settings

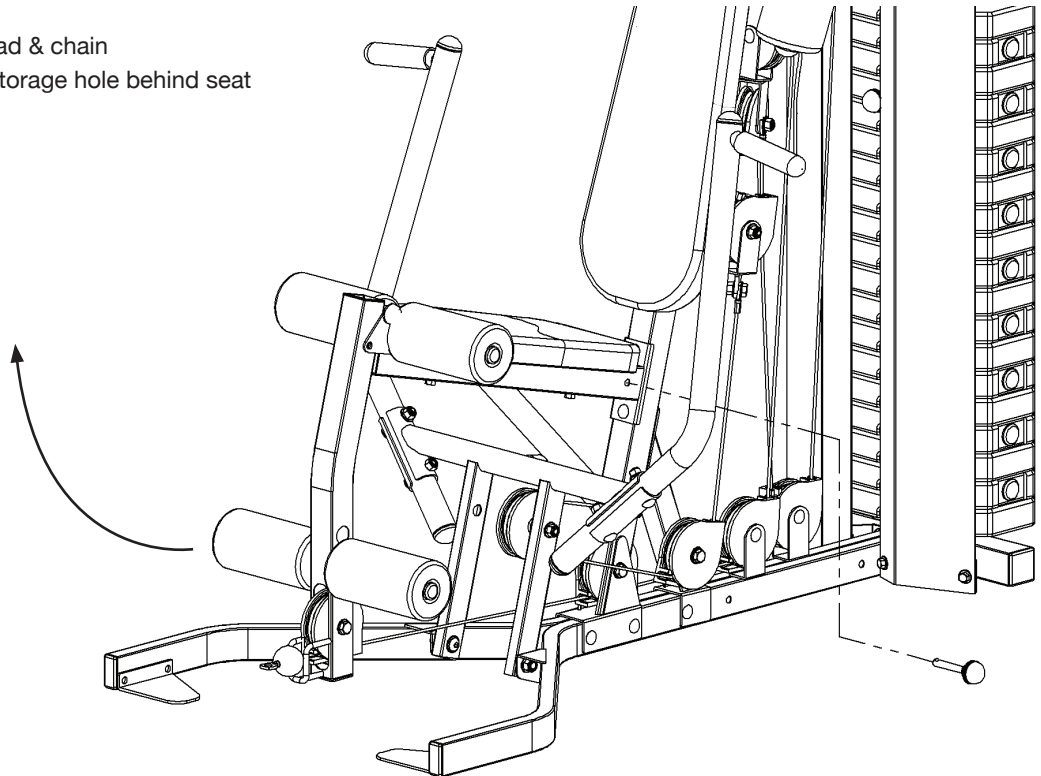
Ensure ball lock pin is inserted to lock leg back

Keep your feet on the floor when using the low pulley – do not use the foam rollers



Leg developer

- Remove preacher curl pad & chain
- Insert ball lock pin into storage hole behind seat



Starting Your Workout

Begin each workout with a Warm Up session - a few minutes of stretching to help prevent strains, pulls and cramps.

1. Perform some gentle stretching
2. Do light cardiovascular exercise (i.e. cycle) for approx 5-10 mins
3. 'Dry-run' one exercise per body part without using weights to ensure muscles and joints are warm

Finishing Your Workout

End each work-out with a warm down session – the purpose of this is to lower your heart rate slightly and to prevent strains, pulls and cramps.

1. Perform 3-5 minutes of light cardiovascular work to gradually lower heart rate and reduce body temperature back towards resting levels
2. Exercise should be rhythmical and of gradually decreasing intensity.
3. Stretch all the major muscle groups – this will aid recovery and return the muscles to their normal length

Correct Exercising Form

- Hold weights with a comfortable grip (avoid gripping too tightly)
- Stand, sit or lie as described below, paying particular attention to your abdominal muscles which help support your back:
 - » Standing - For most standing exercises use a split foot position (feet apart with one foot forward hips remain square to front), stand tall and pull abdominals firmly in
 - » Seated – Feet parallel, hip width apart, sit tall and pull abdominals tightly in
 - » Lying down – Always ensure back to bench and abdominals tightly pulled in
- Ensure joints remain soft (not locked out) and movements are carried out in a smooth and continuous way. (Each repetition should take you approximately a slow count of 4 to do)
- Avoid using 'momentum' and instead focus on the muscles you are working - throwing weights with poor technique increases the risk of injury and reduces training benefits
- Use full range of movement for each repetition performed
- Do not hold breath whilst training, instead exhale on the hardest phase of the exercise and inhale on the easier phase e.g.) Bicep Curl – exhale as you curl dumbbell towards shoulder and inhale as you return the weight to the start position

Choosing Your Weights

Start with a weight you can perform 12 repetitions without crossing the line from 'challenged' to 'struggle'. If you cannot maintain correct technique, the weight is too heavy!

Gradually increase the weight as you become stronger and more practiced.

Training for increased muscle size

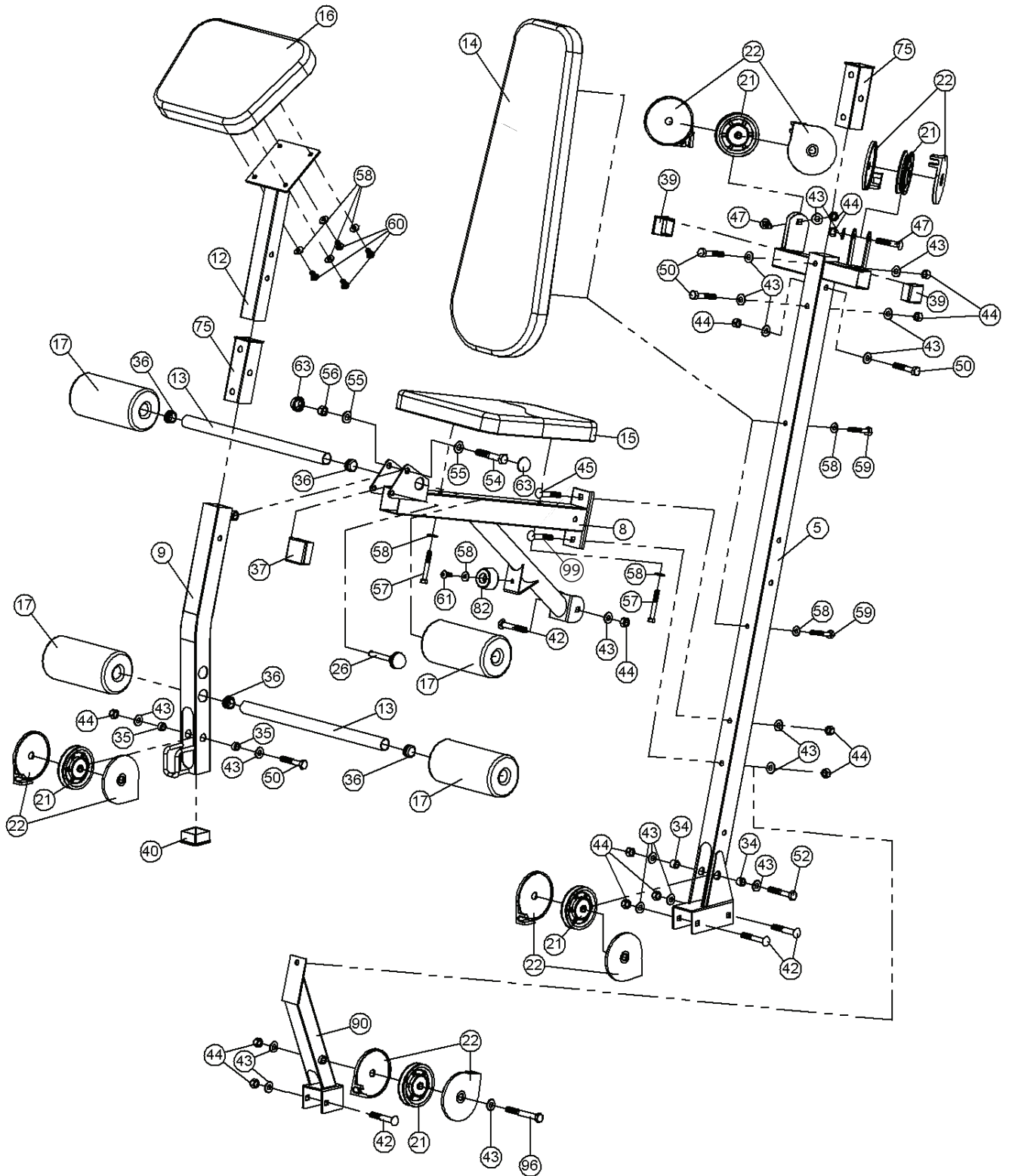
- Keep your sets between 8 – 12 repetitions
- Repeat each individual exercise 2 or 3 times increasing weight slightly and decreasing repetitions i.e.. 1st set 12 repetitions, 2nd set 10 repetitions, 3rd set 8 repetitions
- Rest for 1 minute between sets

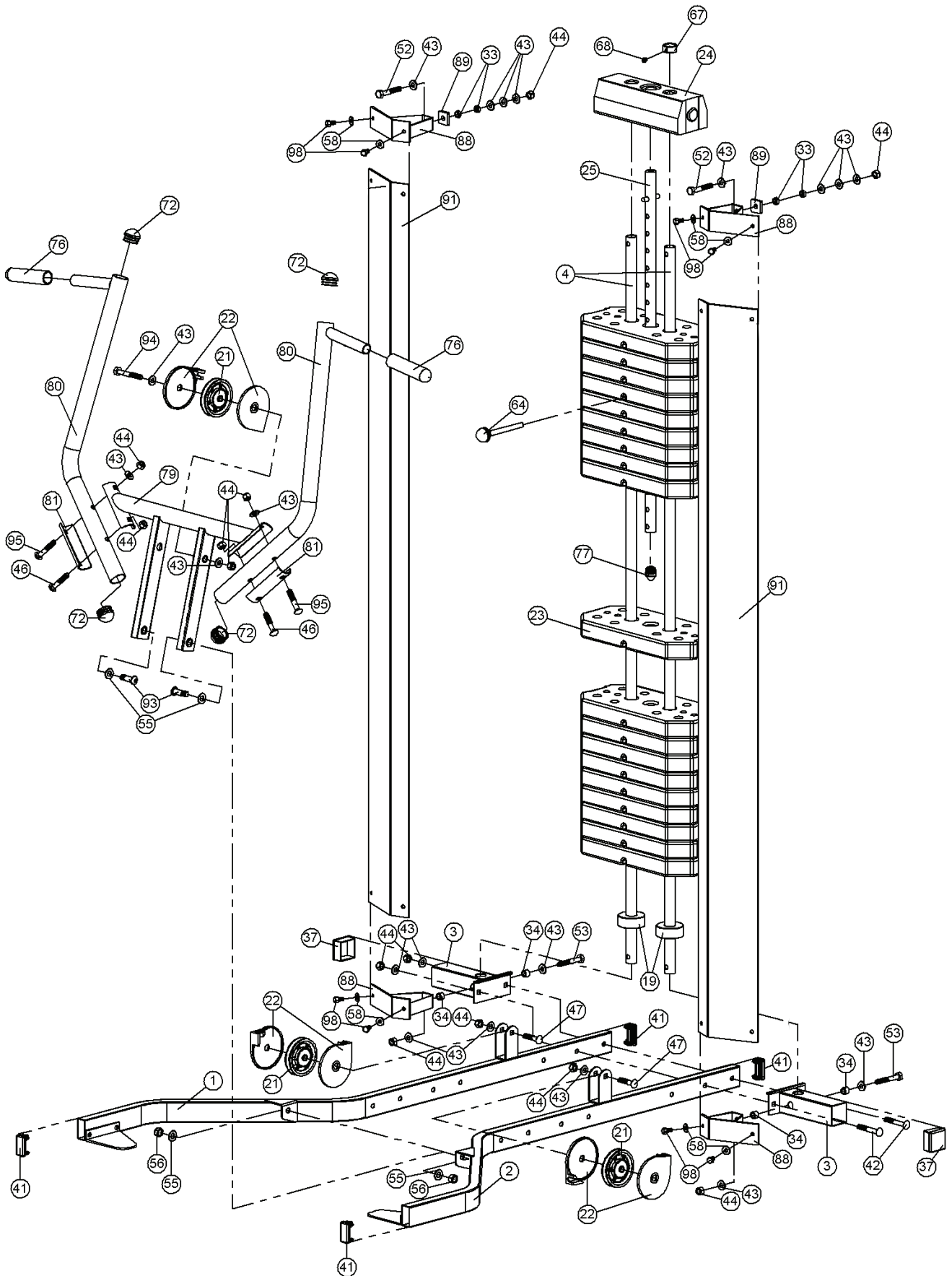
Training for shape/definition

- Sets should be 12 – 15 repetitions
- Repeat each individual exercise 1 or 2 times with sets of between 12 - 15 repetitions
- Rest for 1 minute between sets

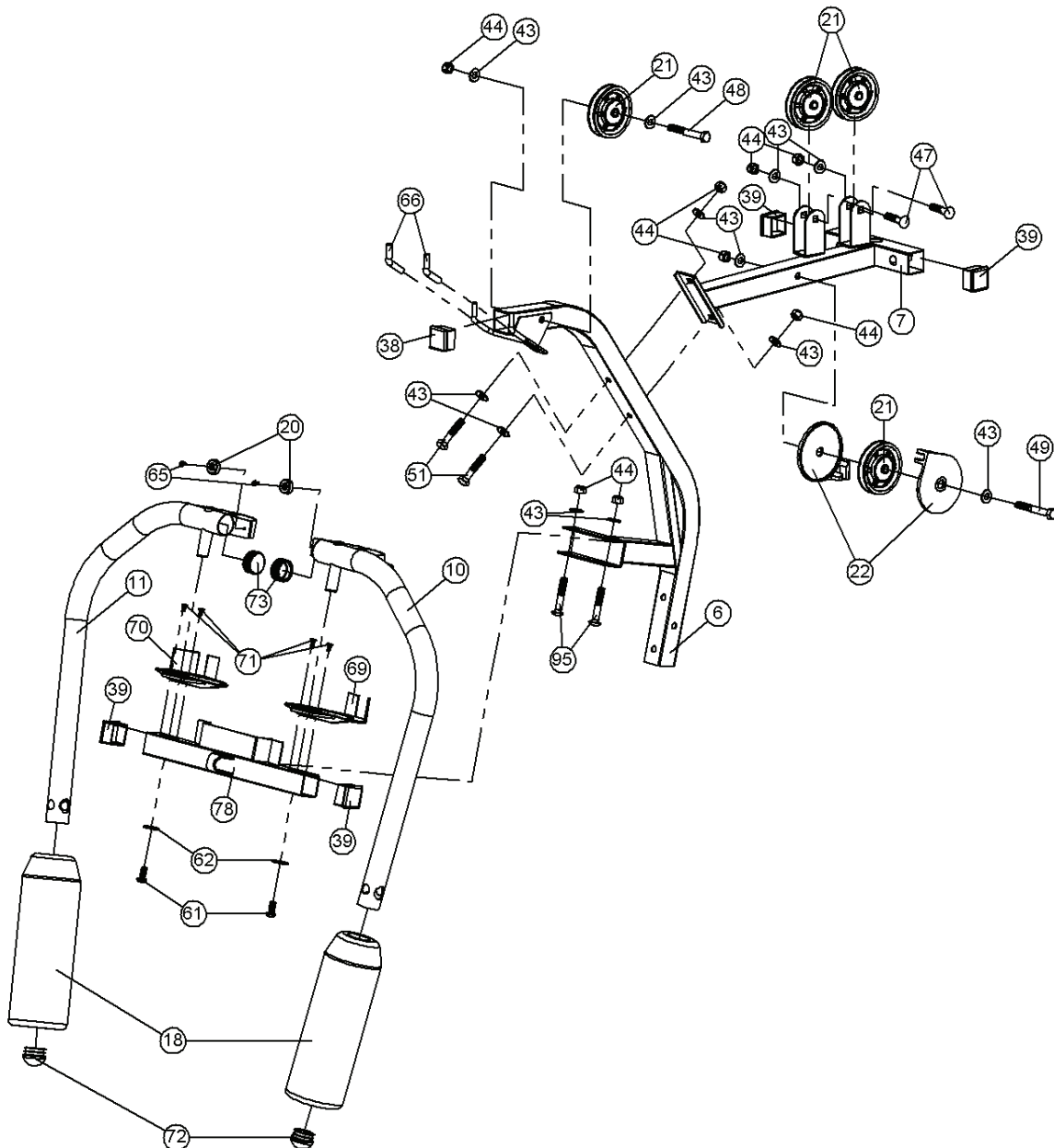
Please see the accompanying wall chart for guidelines on how to perform specific exercises...

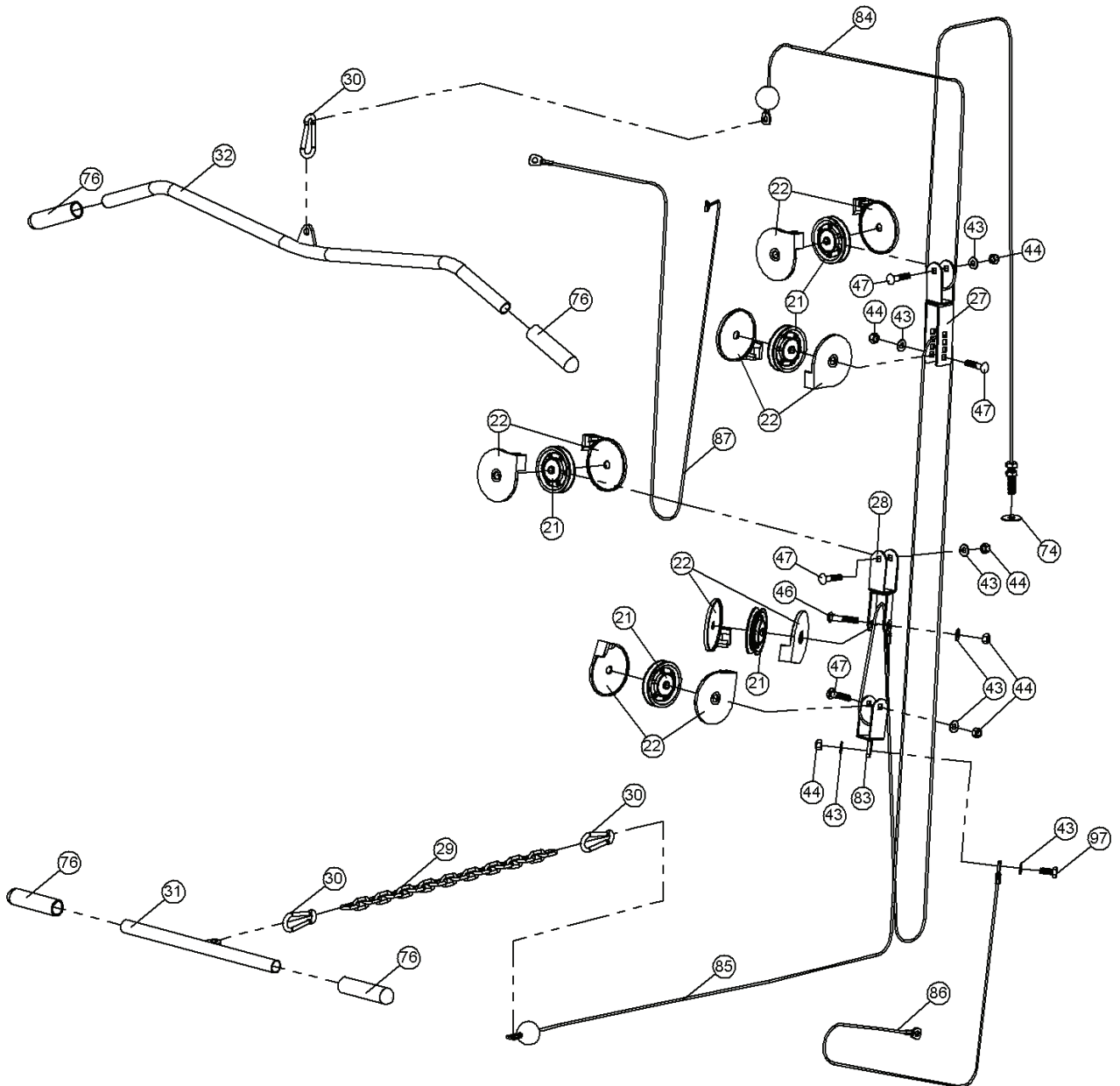
Exploded drawing





Exploded drawing





Part list

YORK REF.	PART NO.	DESCRIPTION	QTY
1	50033-001	Main Stabilizer Assembly with Fwd Mount - Right	1
2	50033-002	Main Stabilizer Assembly with Fwd Mount - Left	1
3	50033-003	Weight Tube Mount Assembly - Short	2
4	50033-004	Weight tube (Ø25.4 x 1768.2 x 2mm)	2
5	50033-005	Main Upright Assembly	1
6	50033-006	Main Upper Assembly	1
7	50033-007	Rear Upper 1:1 Assembly	1
8	50033-008	Seat Mount & Stop Assembly	1
9	50033-009	Leg Extension Assembly	1
10	50033-010	Press-Pec Arm Assembly - Left	1
11	50033-011	Press-Pec Arm Assembly - Right	1
12	50033-012	Preacher Curl Assembly	1
13	50033-013	Foam Tube	2
14	50033-014	Split Upholstery - Main	1
15	50033-015	Split Upholstery - Small	1
16	50033-016	Split Upholstery - Shaped	1
17	50033-017	Foam Roller - Standard (OD-90 x L-180mm)	4
18	50033-018	Foam Roller - Medium (OD-100mm x L-295mm)	2
19	50033-019	Rubber Bumper (OD-63.5 x ID-26 x L-25mm)	2
20	50033-020	Rubber Stop (Ø25 x 8mm)	2
21	50033-021	Pulley Wheel (Ø90mm)	17
22	50033-022	Pulley Wheel Cover	28
23	50033-023	Vinyl Weight Plate - 5Kg	19
24	50033-024	Vinyl Top Weight Plate - 3 Kg	1
25	50033-025	Vinyl Weight Stack - Stem Assembly (100kg)	1
26	50033-026	Ball Lock Pin (10 x 70mm)	1
27	50033-027	Double Adjustable Pulley Bracket Assembly	1
28	50033-028	Angled Double Pulley Bracket Assembly	1
29	50033-029	Chain - 19x Links - Zinc	1
30	50033-030	Snap Hook (Standard) Zinc	3
31	50033-031	Low Pulley Bar Assembly	1
32	50033-032	Lat Bar Assembly (Angled)	1
33	50033-033	Bush (OD-15.8 x ID-10.5 x L-6mm)	4
34	50033-034	Bush (OD-15.8 x ID-10.5 x L-12mm)	6
35	50033-035	Bush (OD-15.8 x ID-10.5 x L-8.5mm)	2
36	50033-036	Round Internal End Cap (Ø25.4mm)	4
37	50033-037	Square Flat Internal End Cap (SQ-50mm / 1.5mm tube)	3
38	50033-038	Square Flat Internal End Cap (SQ-38mm / 2mm tube)	1
39	50033-039	Square Flat Internal End Cap (SQ-38mm / 1.5mm tube)	6
40	50033-040	Square Flat Internal End Cap (SQ-45mm / 1.5mm tube)	1
41	50033-041	Rectangle Flat Internal End Cap (25 x 50mm / 1.5mm tube)	4
42	50033-042	Carriage Bolt (M10 x 70mm)	6
43	50033-043	Flat Washer (ID-10 x OD-23mm)	59
44	50033-044	Nyloc Nut (M10)	41
45	50033-045	Carriage Bolt (M10 x 62mm)	2
46	50033-046	Carriage Bolt (M10 x 55mm)	3
47	50033-047	Carriage Bolt (M10 x 50mm)	10
48	50033-048	Hex Head Bolt (M10 x 82mm)	1
49	50033-049	Hex Head Bolt (M10 x 80mm)	1
50	50033-050	Hex Head Bolt (M10 x 60mm)	4

YORK REF.	PART NO.	DESCRIPTION	QTY
51	50033-051	Hex Head Bolt (M10 x 55mm)	2
52	50033-052	Hex Head Bolt (M10 x 65mm)	3
53	50033-053	Hex Head Bolt (M10 x 70mm)	2
54	50033-054	Hex Head Bolt (M12 x 72mm)	1
55	50033-055	Flat Washer (ID-12 x OD-25mm)	6
56	50033-056	Nyloc Nut (M12)	3
57	50033-057	Hex Head Bolt (M8 x 65mm)	2
58	50033-058	Flat Washer (ID-8 x OD-20mm)	17
59	50033-059	Hex Head Bolt (M8 x 55mm)	2
60	50033-060	Round Allen Head Bolt (M8 x 15mm [6mm Allen])	4
61	50033-061	Round Allen Head Bolt (M8 x 20mm [6mm Allen])	3
62	50033-062	Flat Washer (ID-8 x OD-28mm)	2
63	50033-063	Round Plastic Bolt Cap (M12 x OD-30mm)	2
64	50033-064	Ball Lock Pin (12 x 112mm)	1
65	50033-065	Cross Head Screw (4 x 10mm)	2
66	50033-066	Rubber Sleeve (L-80mm)	2
67	50033-067	Weight Lock Collar	1
68	50033-068	Cross Head Screw (6 x 10mm)	1
69	50033-069	Cam Cover - Left	1
70	50033-070	Cam Cover - Right	1
71	50033-071	Countersunk - Philips Head Machine Screw (M4 x 10mm)	4
72	50033-072	Round Domed Internal End Cap (Ø38mm)	6
73	50033-073	Round Flat Internal End Cap (OD 38.1mm)	2
74	50033-074	Flat Washer (ID-12 x OD-38mm)	1
75	50033-075	Reducer Insert (45 > 38mm)	2
76	50033-076	Handgrip - Standard - (OD-31.8 x L130mm)	6
77	50033-077	Stem End Cap	1
78	50033-078	Horizontal Pec Mount Assembly	1
79	50033-079	Lower Press Assembly	1
80	50033-080	Press Arm Assembly	2
81	50033-081	Curved Bracket (Ø38mm Tube)	2
82	50033-082	Rubber Bumper (OD-45 x ID-40 x L-25mm)	1
83	50033-083	Single Angled Pulley Bracket Assembly	1
84	50033-084	Cable Assembly - Lat/Weight	1
85	50033-085	Cable Assembly - Low Pull	1
86	50033-086	Cable Assembly - Low Press	1
87	50033-087	Cable Assembly - Pec	1
88	50033-088	Cover Mount Assembly	4
89	50033-089	Square Spacer	2
90	50033-090	Brace Assembly	1
91	50033-091	Plastic Cover - Smoke Blue	2
92	50033-092	Cover Decal - "York Fitness"	2
93	50033-093	Allen Head Bolt (M12 x 40mm)	2
94	50033-094	Hex Head Bolt (M10 x 75mm)	1
95	50033-095	Carriage Bolt (M10 x 60mm)	4
96	50033-096	Hex Head Bolt (M10 x 90mm)	1
97	50033-097	Hex Head Bolt (M10 x 25mm)	1
98	50033-098	Hex Head Bolt (M8 x 15mm)	8
99	50033-099	Carriage Bolt (M10 x 65mm)	1
100	50033-100	Spanner (13&17mm)	2
101	50033-101	Spanner (17&19mm)	2
102	50033-102	Allen Key (6mm) & Screw Driver	1
103	50033-103	Fixing Blister Pack (2 packs)	1



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