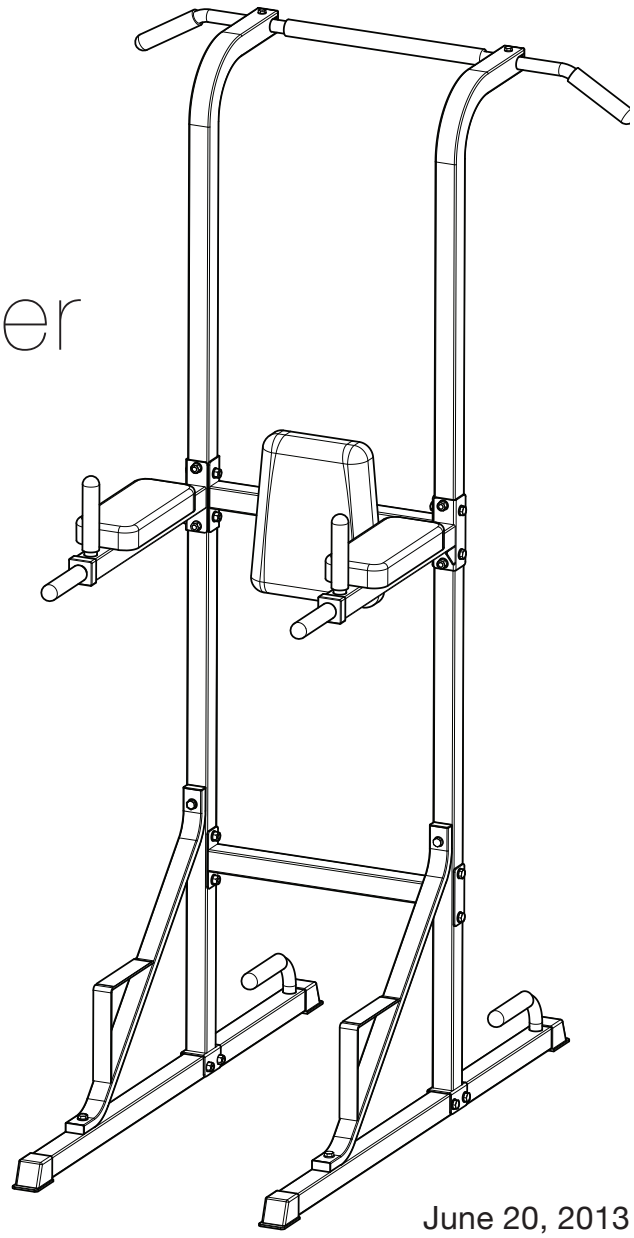
YORK®
FITNESS

Owner's Manual

York Workout Tower

Item #45072



June 20, 2013

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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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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

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 and/or locking devices.
- 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 jewelry 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 in these instructions 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.
- 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 behavior 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.
- The equipment is under no circumstances suitable as a children's toy.
- 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.

120kg User Weight

Safety Standards

This bench meets the requirements of British and EU safety standards EN957 parts 1 and 2, Class H.

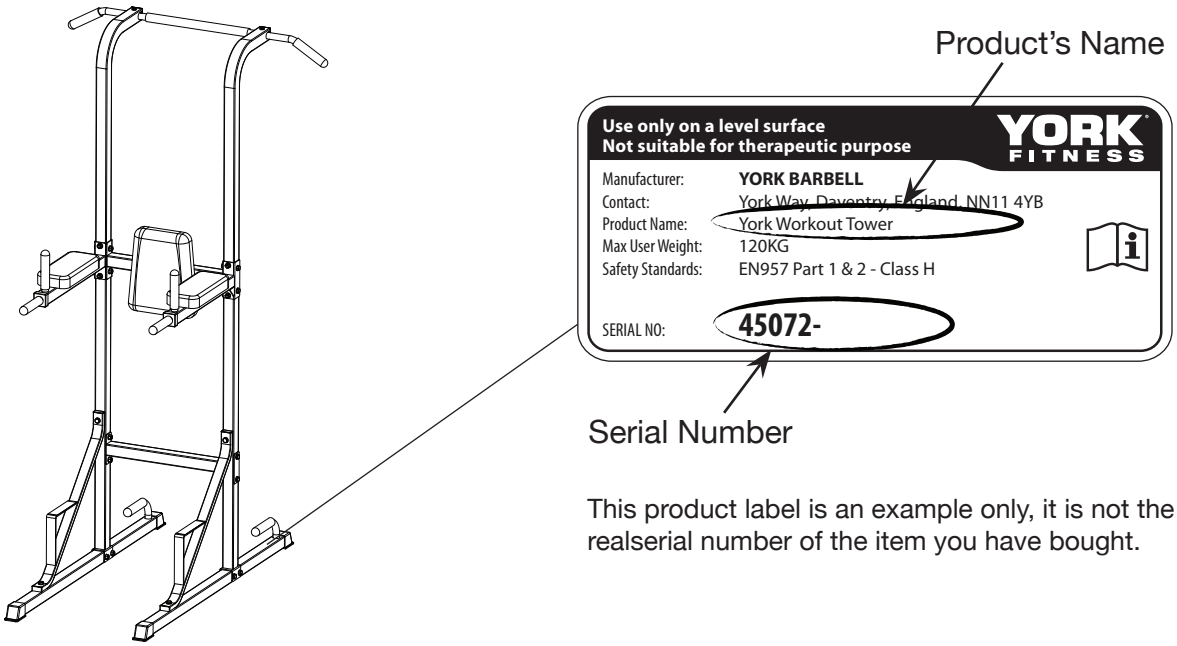
Tools and consumables

- 2 x Spanner (13 & 17mm)

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



This product label is an example only, it is not the realserial number of the item you have bought.

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.

ENGLAND - York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112
Website: www.yorkfitness.com

AUSTRALIA - York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149
Website: www.yorkfitness.com.au

USA - York Barbell USA Inc.

3300 Board Road,
York, PA 17406
Tel: 1 (717) 767-6481
Toll Free: 1 (800) 358-9675
Website: www.yorkbarbell.com

Canada - York Barbell Co. Ltd. Canada

1450 South Service Rd. West,
Oakville (Toronto), ON, L6L 5T7
Tel: 1 (905) 827-6362
Toll Free: 1 (800) 361-0448

Assembly instructions

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- 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.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

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.

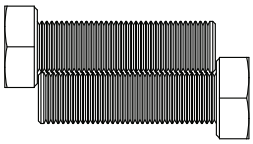
UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

Part List

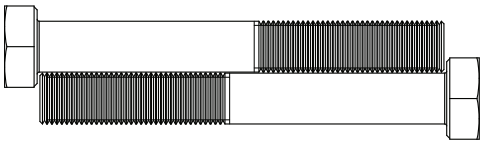
REF.	DESCRIPTION	QTY.
45072-01	LOWER UPRIGHT TUBE - 04PPT	2
45072-02	BASE - 04PPT	2
45072-03	BASE OUTER CAP - 04PPT	4
45072-04	FOAM ROLL - 33MM OD.X 425MM L-04PPT	1
YOC-024	FOAM ROLL - 28MM OD.X 130MM L	8
45072-05	LOWER SUPPORT BAR - 04PPT	2
YOC-07	40WX20H MM INNER CAP	4
45072-06	LOWER CROSS BRACE -04PPT	1
45072-07	STEEL PIECE -04PPT	2
45072-08	RIGHT EXTEND ARM -04PPT	1
45072-09	ARM REST -04PPT	2
45072-10	EXTEND ARM OUTER CAP -04PPT	2
45072-11	LEFT EXTEND ARM - 04PPT	1
45072-12	UPPER UPRIGHT BAR -04PPT	2
45072-13	UPPER CROSS BRACE -04PPT	1
45072-14	LAT BAR -04PPT	1
45072-15	BACKREST -04PPT	1
45072-16	45MM SQ. INNER CAP-04PPT	2
B-W8	M8 WASHER-BLACK	10
B-N8	M8 NUT-BLACK	2
B-W10	M10 WASHER-BLACK	38
B-N10	M10 NUT-BLACK	18
B-H10-5	M10X35MM HEX HEAD BOLT-BLACK	2
B-H10-11	M10X65MM HEX HEAD BOLT-BLACK	16
B-H10-14	M10X80MM HEX HEAD BOLT-BLACK	2
B-H8-10	M8X60MM HEX HEAD BOLT-BLACK	6
B-H8-9	M8X55MM HEX HEAD BOLT-BLACK	2

Assembly instructions

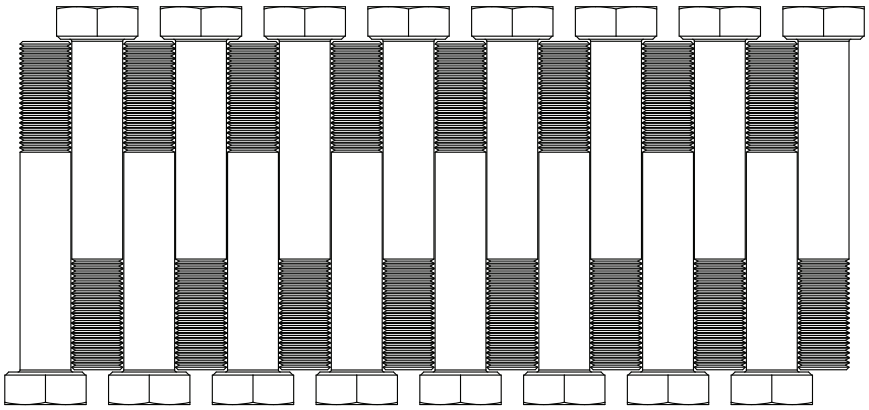
Bolts and Washers Hardware Chart
Model #: Workout Tower



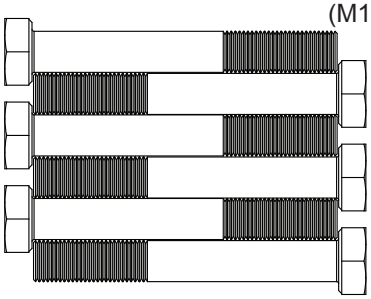
H10-5 - 2PCS
(M10x35mm)



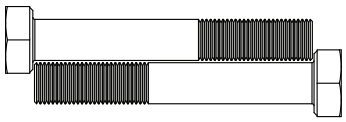
H10-14 - 2PCS
(M10x80mm)



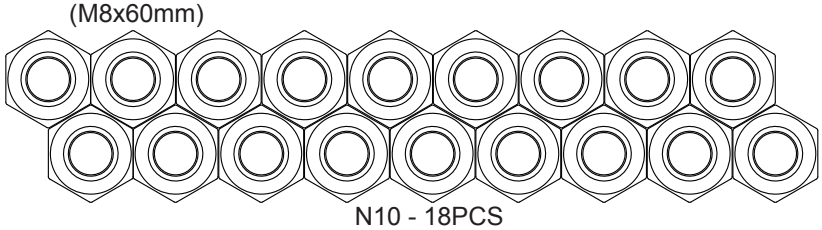
H10-11 - 16PCS
(M10x65mm)



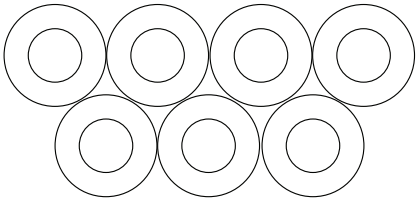
H8-10 - 6PCS
(M8x60mm)



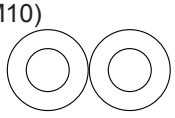
H8-9 - 2PCS
(M8x55mm)



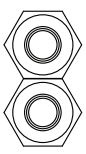
N10 - 18PCS
(M10)



W10 - 38PCS
(M10)



W8 - 10PCS
(M8)



N8 - 2PCS
(M8)

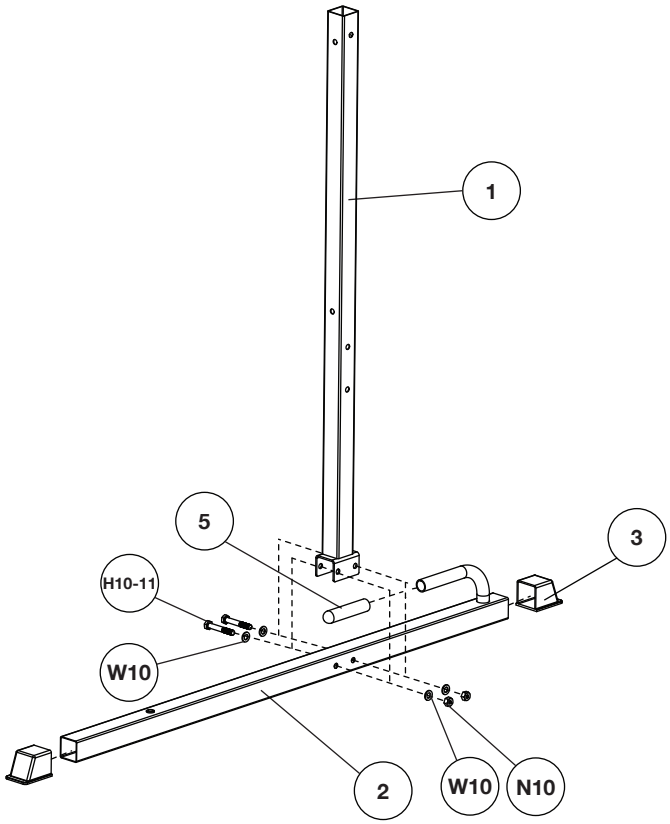
YORK FITNESS

1

W10 x 4

N10 x 2

H10-11 x 2



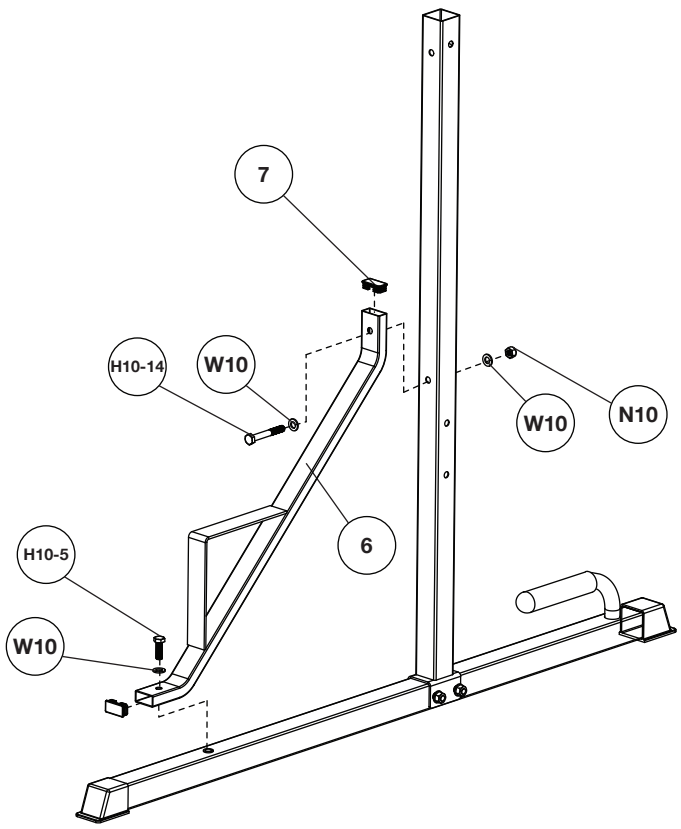
2

W10 x 3

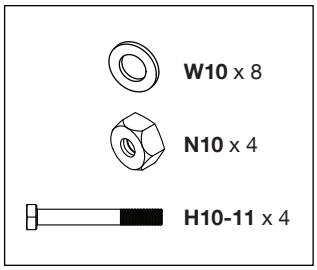
N10 x 1

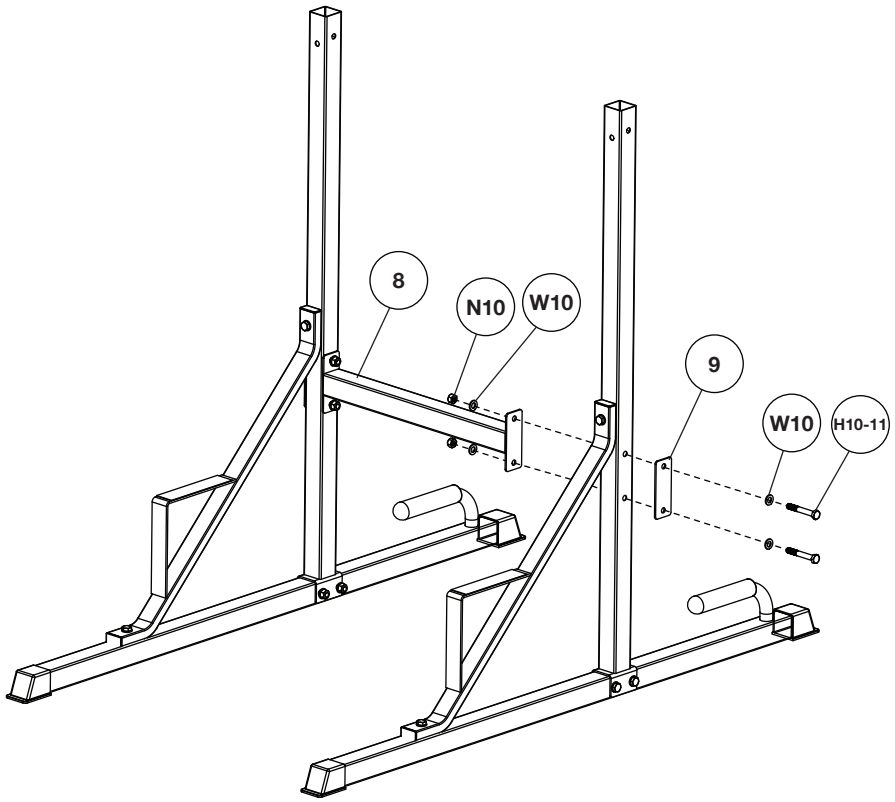
H10-5 x 1

H10-14 x 1

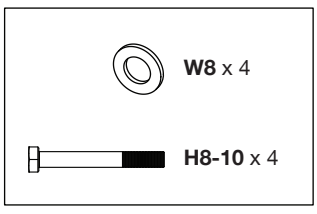


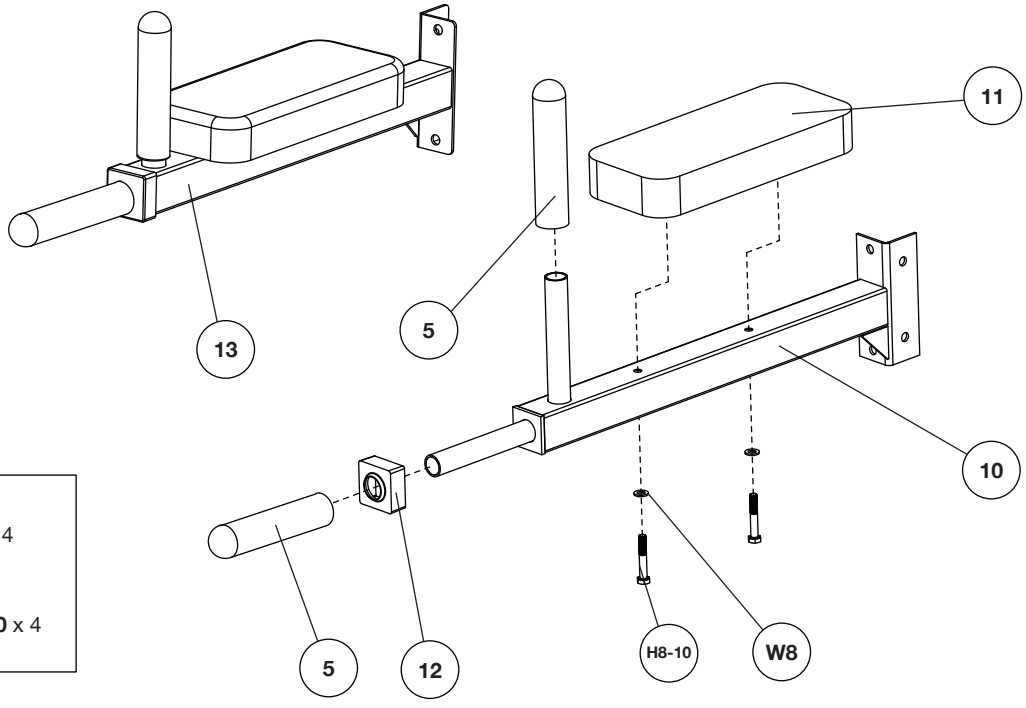
3


W10 x 8
N10 x 4
H10-11 x 4


8
N10
W10
9
W10
H10-11

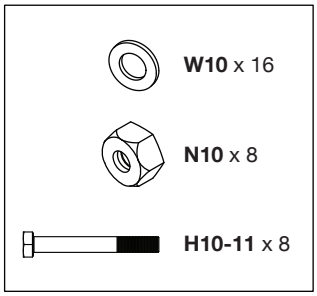
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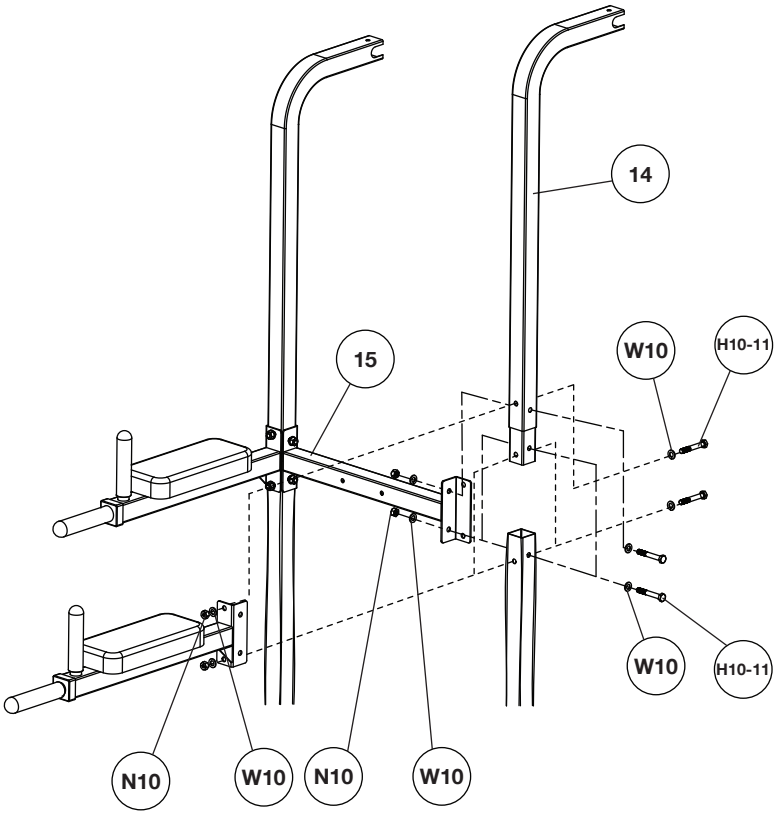

W8 x 4
H8-10 x 4


11
13
5
10
5
12
H8-10
W8

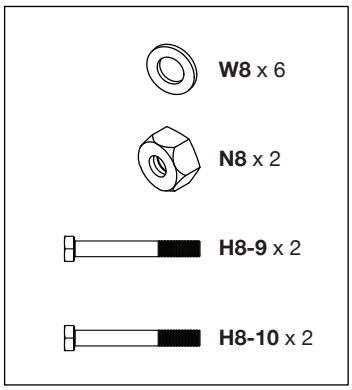
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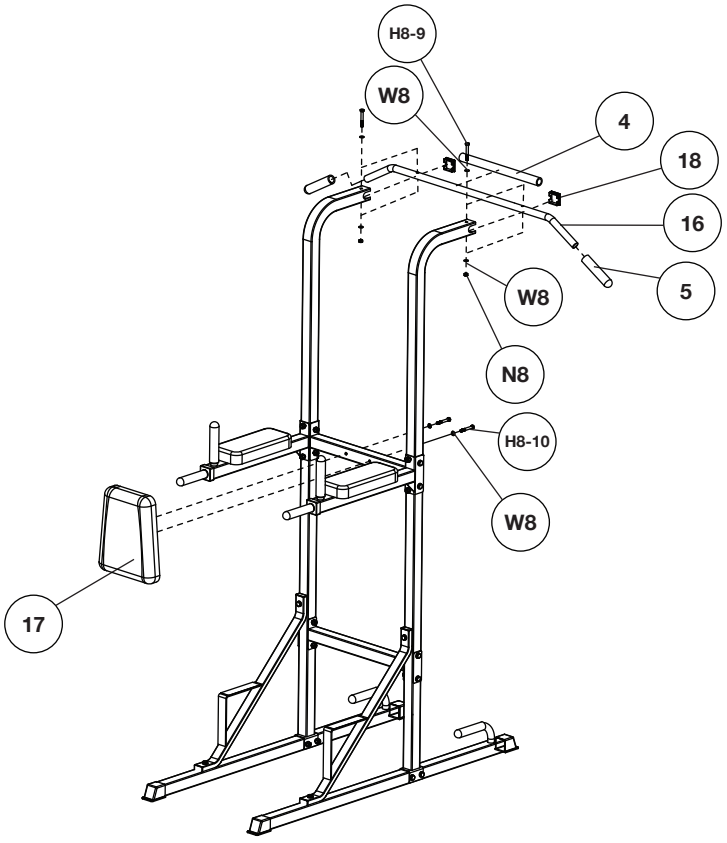
5





6







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