



## York Model 102 3-in-1 Bench

Before assembling, read assembly instructions listed below.

If these instructions are followed exactly, you will have no problems with assembly.

This bench has been tested by a National Testing Laboratory. The following safe working load apply:  
 Back Rest Flat 305Kgs (671 lbs) Backrest Incline 270Kgs (594 lbs).

**Tools Required:** Large slotted screwdriver,  $\frac{7}{16}$ " (11 mm) spanner,  $\frac{1}{2}$ " (13 mm) spanner,  $\frac{9}{16}$ " (14 mm) spanner. **PLIERS SHOULD NOT BE USED.**

Take all Parts out of box and lay on floor. Put Parts 1, 2, 3 and 6 in a separate pile. DO NOT OPEN but put together bags numbered 1, 2 and 3. You should also have one ring of plastic caps and a bag of  $\frac{1}{4}$ " x 20 lock nuts to replace nuts in bags 1 and 3.

(a) Using Bag 3, assemble part 4 and 5 as shown on drawing. (Assemble side brackets finger tight).

(b) Open Bag 1 and put 8 x  $1\frac{1}{2}$ " (38 mm) bolts to one side.  
 — Take 2 x Part 1 and put together so that the  $\frac{1}{2}$ " (13 mm) holes are facing each other.  
 — Take Part 4 and bolt Part 1 as shown (hooked bolt facing up). Put nuts on bottom finger tight.  
 — Put Part 5 in place as shown.

(c) Using Bag 2, assemble Part 6 to Part 5 as shown.  
 — Assemble Part 3 to inside of Part 1.  
 — Assemble Part 2 to Part 3 and Part 4.  
 — Place bench on level floor and using 2 x  $1\frac{1}{2}$ " (38 mm) bolts attach Part 7 to Parts 1, align and tighten. With someone sitting on seat, tighten all nuts.

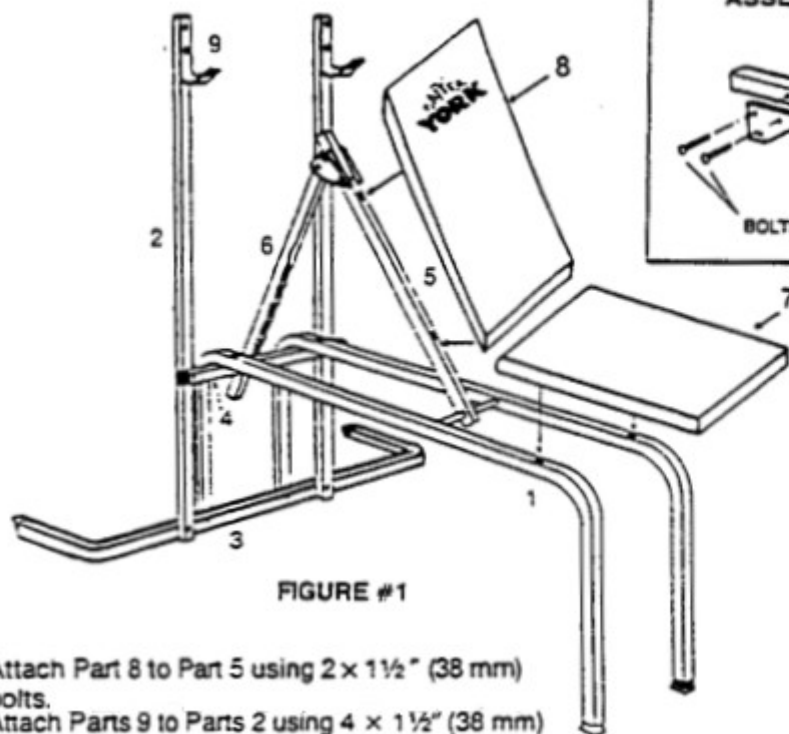
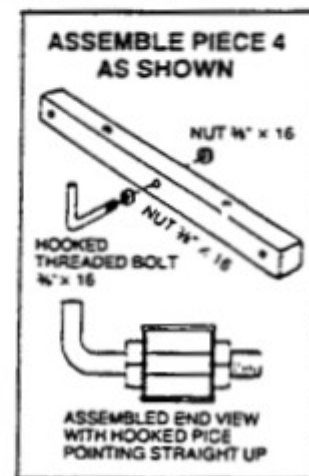
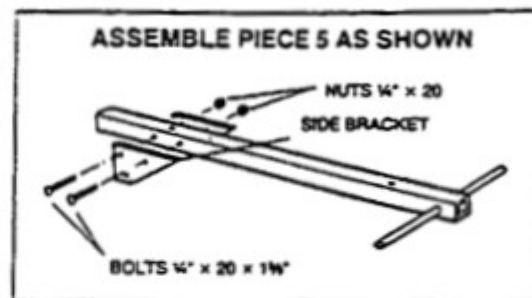


FIGURE #1

- Attach Part 8 to Part 5 using 2 x  $1\frac{1}{2}$ " (38 mm) bolts.
- Attach Parts 9 to Parts 2 using 4 x  $1\frac{1}{2}$ " (38 mm) bolts (head of bolt touching Part 9). Two positions for Part 9, depending on your height and arm length.



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

**Upholstery:** Use a warm damp cloth to keep clean.

**Missing Parts:** Notify us directly and we will replace missing Parts by return mail.

**You should have the following Parts:**

BAG 1 x 1	PART 3 x 1
BAG 2 x 1	PART 4 x 1
BAG 3 x 1	PART 5 x 1
RING OF CAPS x 1	PART 6 x 1
ASSEMBLY INSTRUCTIONS	PART 7 x 1
PART 1 x 2	PART 8 x 1
PART 2 x 2	PART 9 x 2
	LOCKING NUTS x 14

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