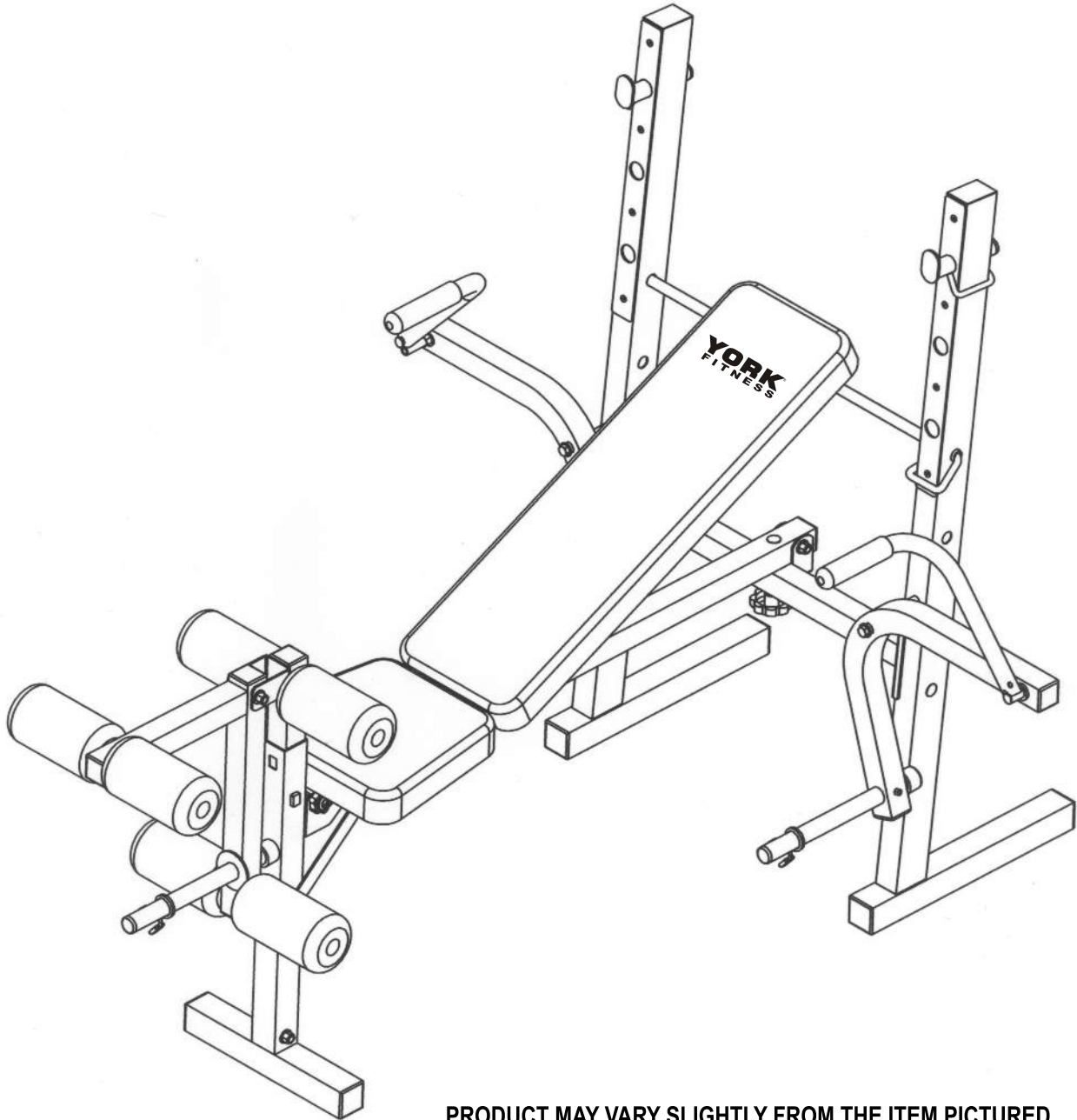


YORK FITNESS 520

yorkfitness.com



PRODUCT MAY VARY SLIGHTLY FROM THE ITEM PICTURED
COMPLIES WITH EUROPEAN STANDARD EN957 CLASS HC 1 & 4

INSTRUCTION MANUAL

08/2005

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 bench. Assemble this bench 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 bench, we will require the batch number (located on a sticker on the back of the upholstery). If the parts you are missing are from the bag then we will also require the information printed on the bag.

To help you assemble this unit we have used line drawings. Check the images for the exact positioning of the parts. This bench will need to be checked at least once a week nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

TOOLS NEEDED TO ASSEMBLE YORK 520 BENCH

2 x 13 - 17mm double ended spanners

PLIERS SHOULD NOT BE USED!!

NOTE

Maximum weight limits

Bench - Flat -	200 Kgs (INCLUDES BODYWEIGHT)
Inclined -	200 Kgs (INCLUDES BODYWEIGHT)
Leg Extension -	35 Kgs

You can also purchase the following accessories:-
Curl + Lat Attachment

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 in the nut and the nut locks up against the tubing.

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 upholstery clean.
2. Always make sure that item 13 (incline adjustable post) is in all the way and the locking device is engaged.
3. When the bench is used in the flat position item 13 should be removed and inserted in the lowest holes in item 3 & 4 (side posts)
4. 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.

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

**YORK
FITNESS**

Distributed by:
YORK BARBELL (U.K.) LTD.
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CUSTOMER SERVICE HELPLINE
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yorkfitness.com

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yorkfitness.com

**YORK
FITNESS**

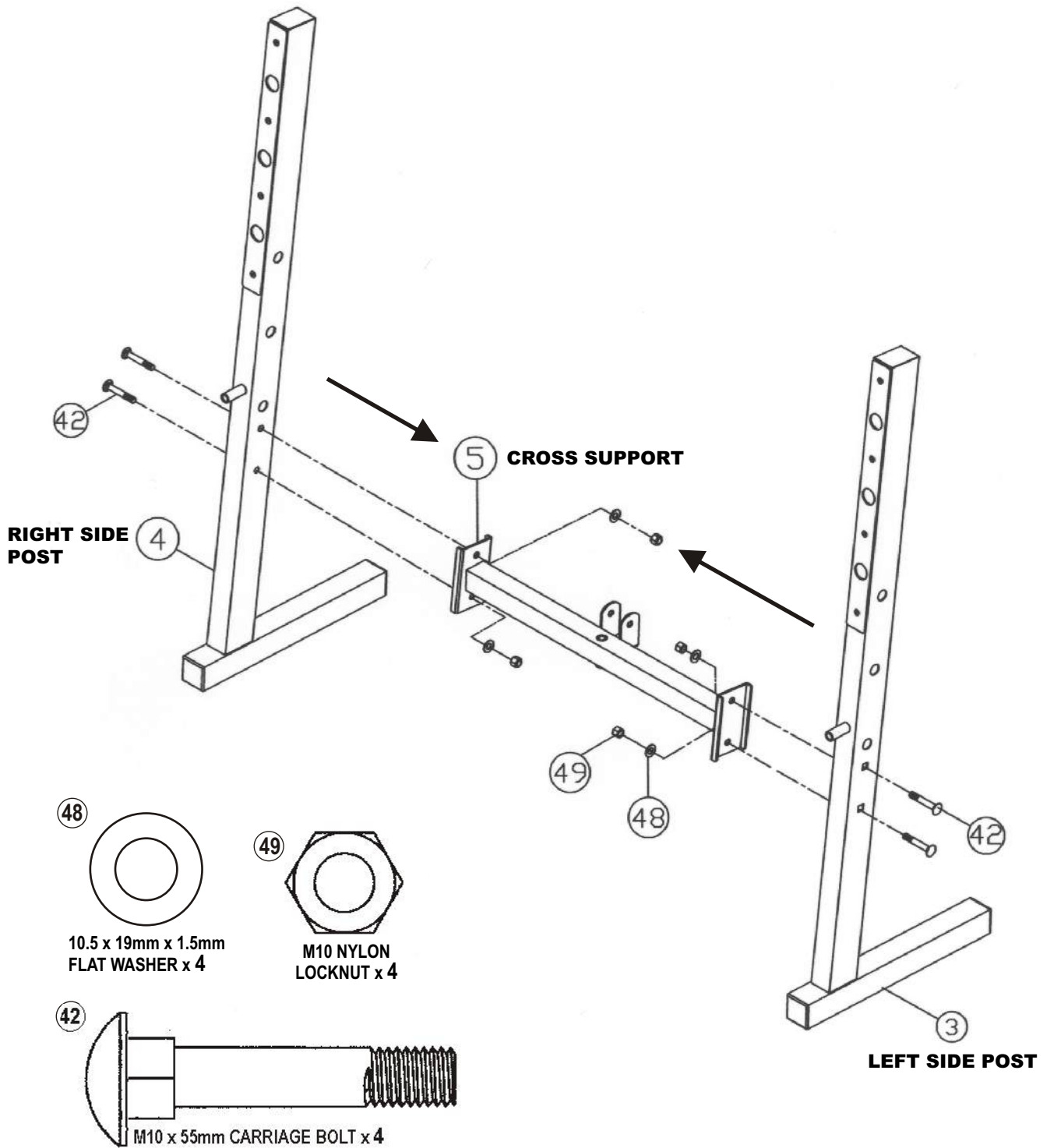
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GENERAL ENQUIRIES
TEL: (02) 9603 8444
FAX: (02) 9603 8555
E-MAIL: service@yorkfitness.com.au

yorkfitness.com

INSTRUCTION 1

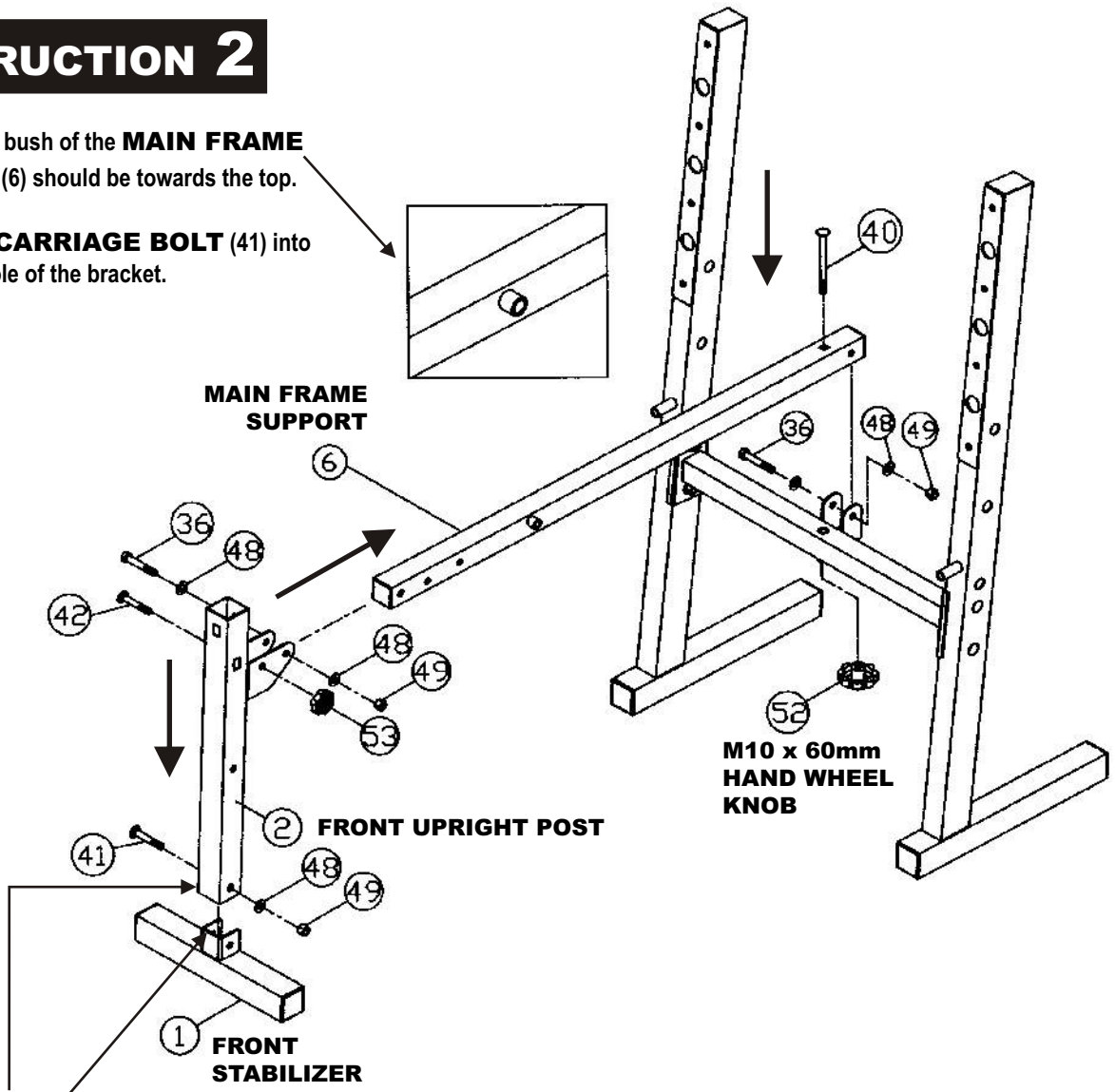
COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.
ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.

- The square holes on the sides of **RIGHT SIDE POST** (4) and **LEFT SIDE POST** (3) should face outwards.
Make sure bracket of **CROSS SUPPORT** (5) is facing backwards.

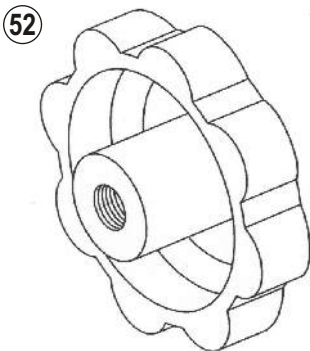
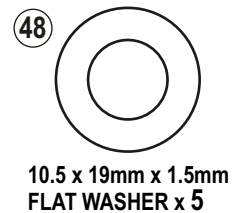
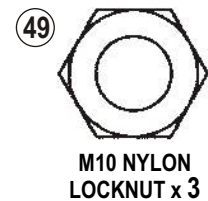
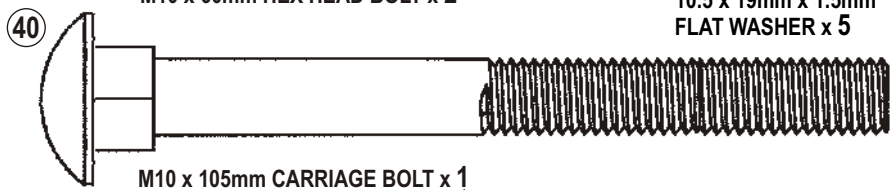
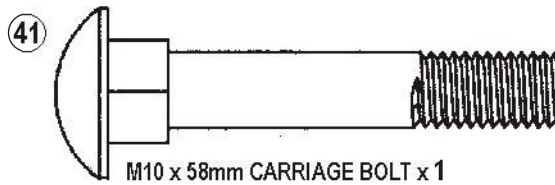
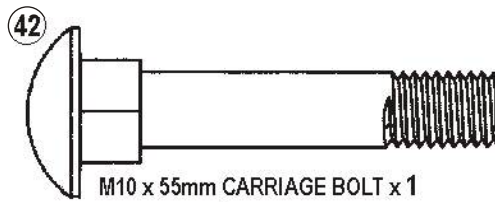


INSTRUCTION 2

- The off centre bush of the **MAIN FRAME SUPPORT (6)** should be towards the top.
- Be sure to fit **CARRIAGE BOLT (41)** into the Square Hole of the bracket.



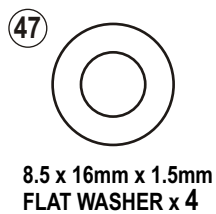
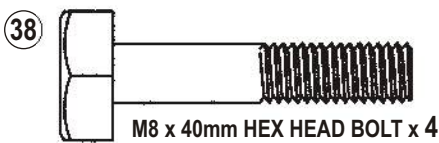
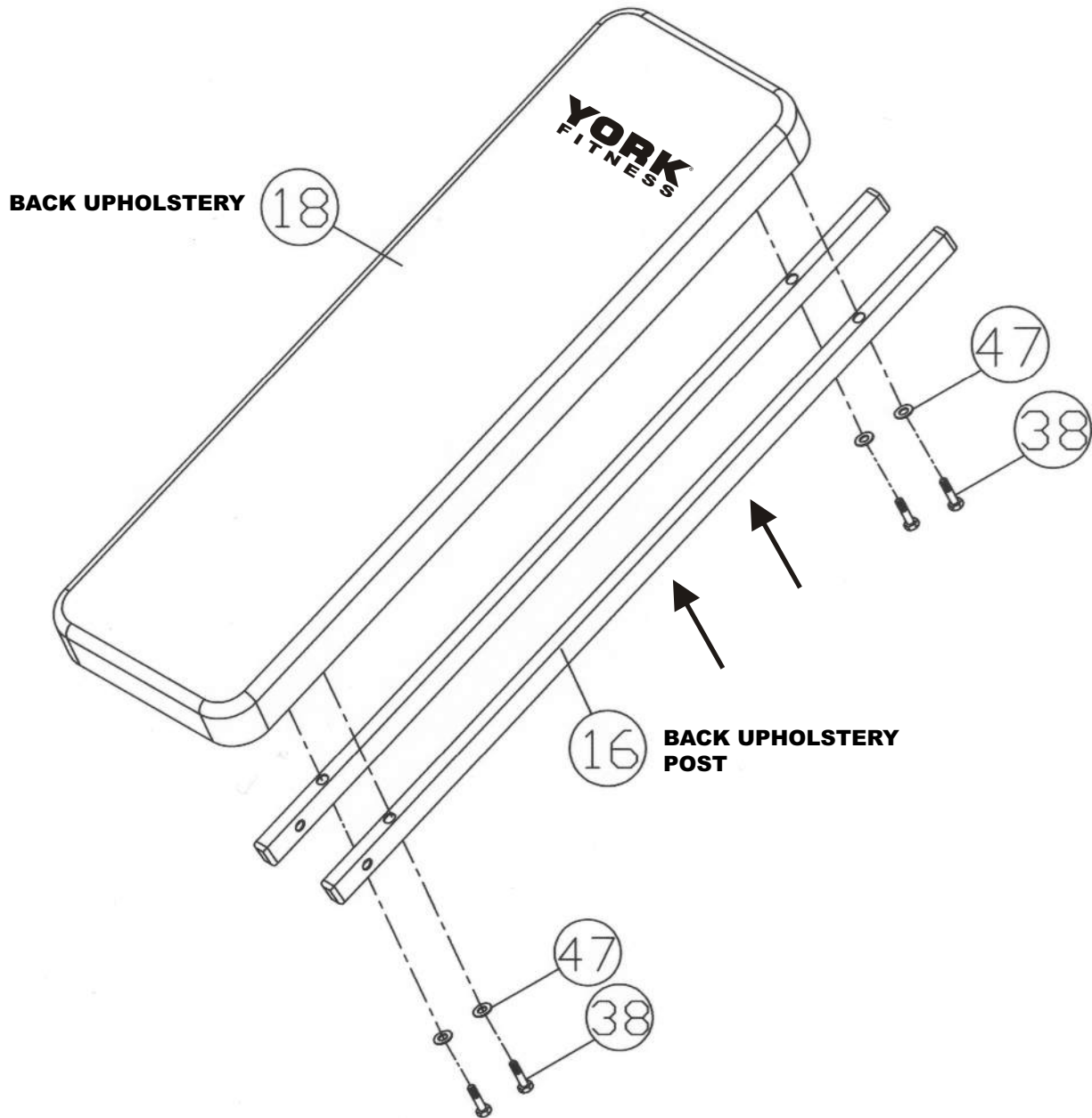
- Be sure to fit the Square Holes of **FRONT STABILIZER (1)** & **FRONT UPRIGHT POST (2)** at the same side.



M10 x 60mm HAND WHEEL KNOB x 1

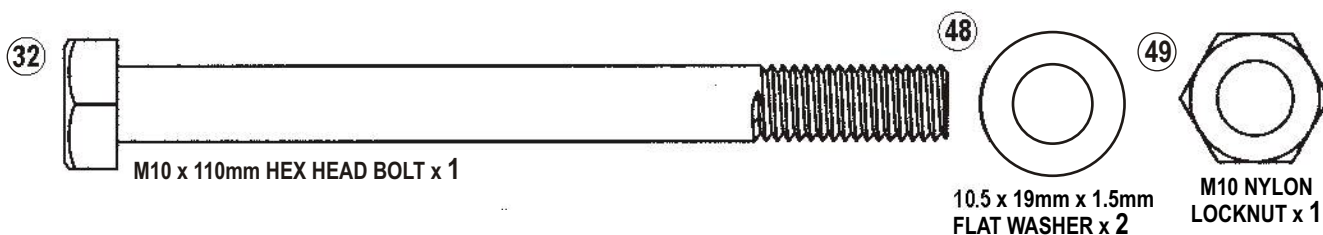
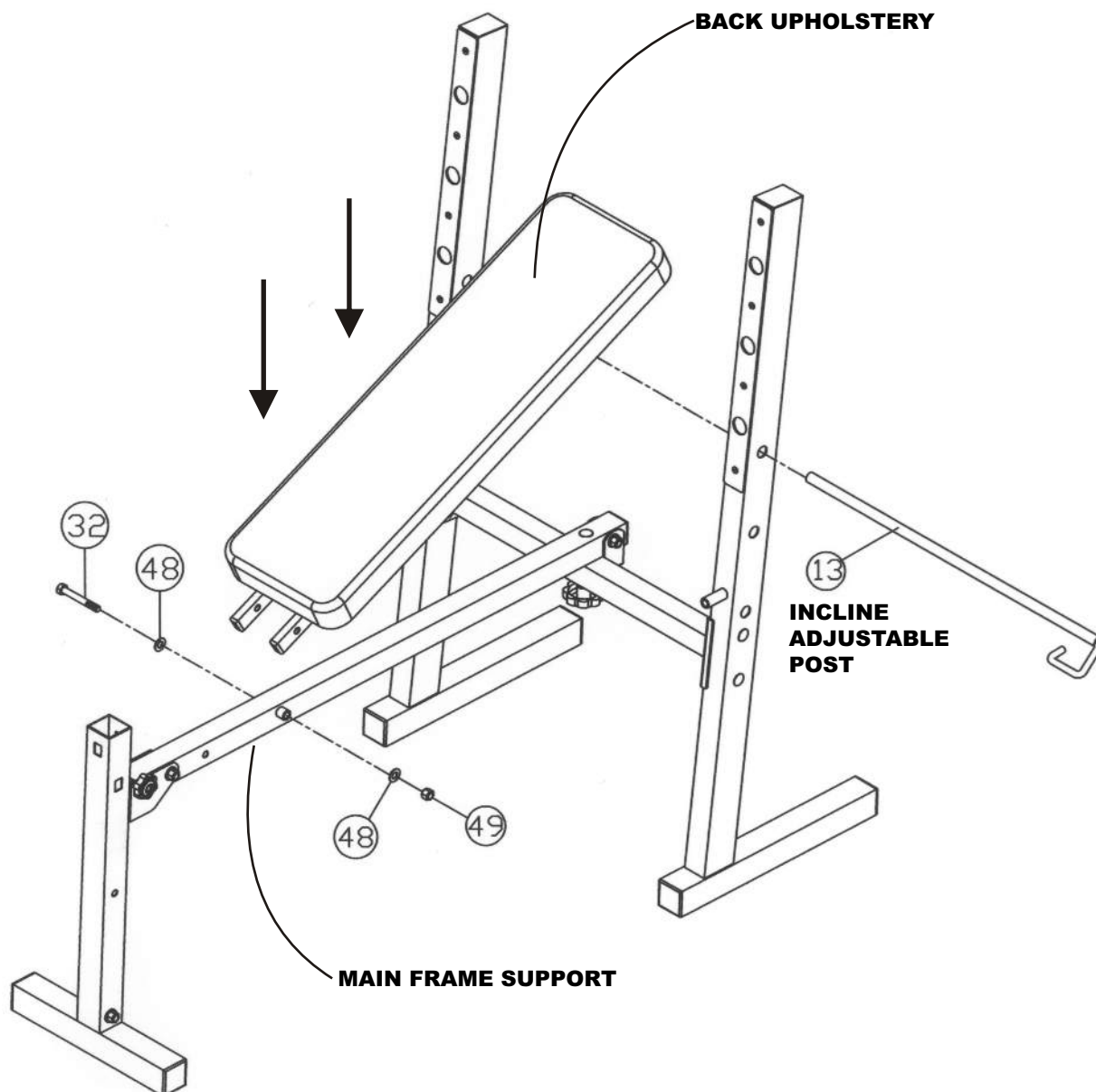
INSTRUCTION 3

- Holes on side of **BACK UPHOLSTERY POST** (16) should face forwards.



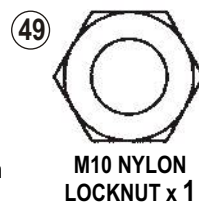
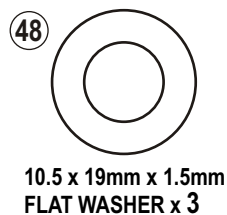
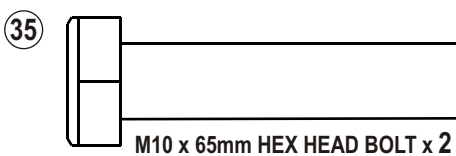
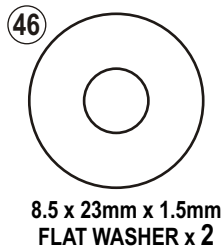
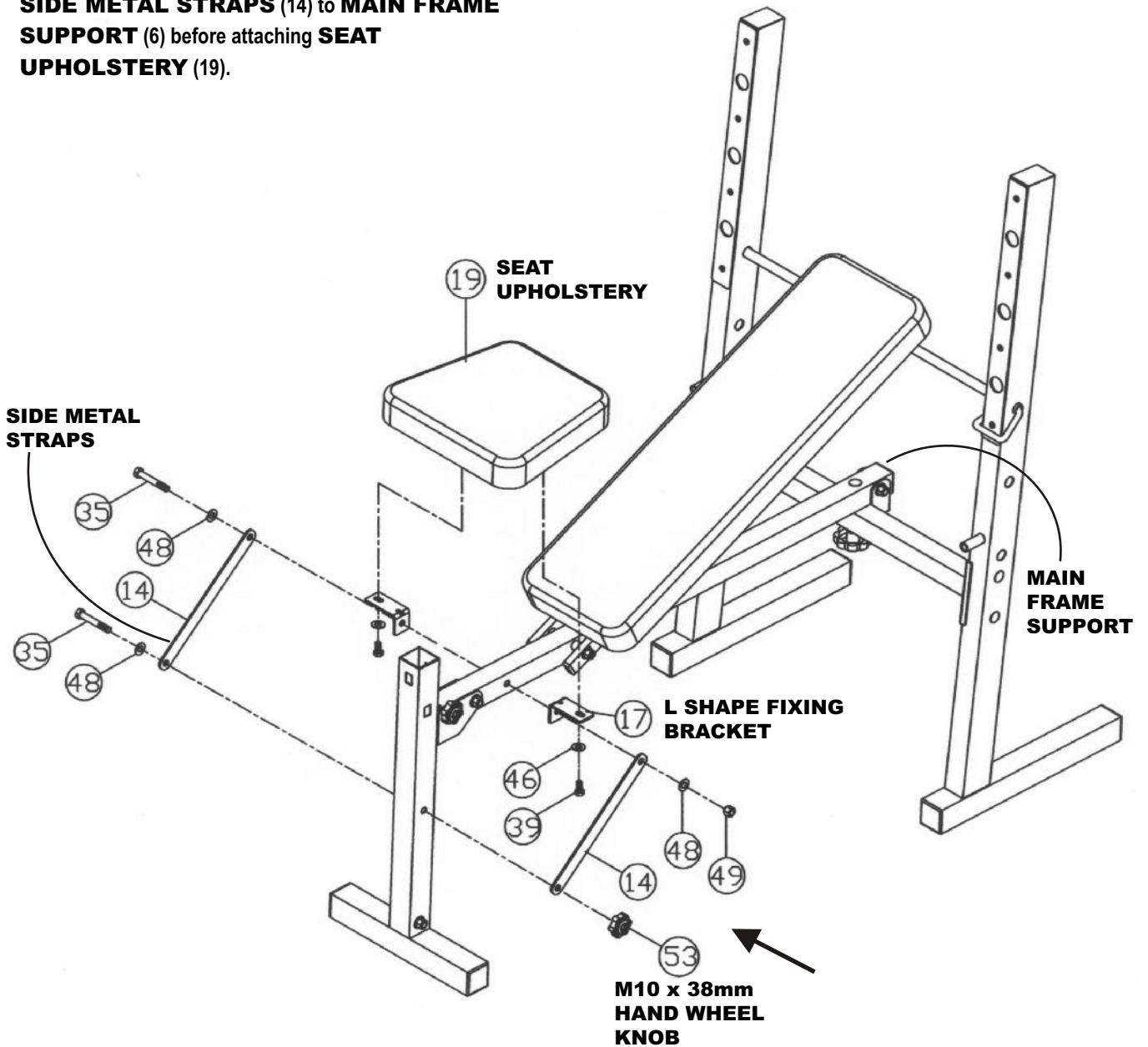
INSTRUCTION 4

- Slot **INCLINE ADJUSTABLE POST** (13) into top adjustment hole to rest rear of **BACK UPHOLSTERY** on.
- Fit **BOLT** (32) through **BACK UPHOLSTERY POSTs** and off centre bush of **MAIN FRAME SUPPORT**.



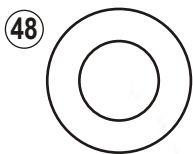
INSTRUCTION 5

- Fit **L SHAPE FIXING BRACKETS (17)** along with **SIDE METAL STRAPS (14)** to **MAIN FRAME SUPPORT (6)** before attaching **SEAT UPHOLSTERY (19)**.

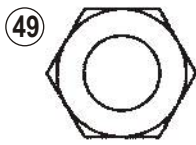


INSTRUCTION 6

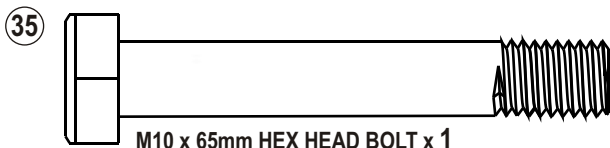
- Slot one **FOAM ROLLER (75)** onto one end of **FOAM ROLLER POST (28)**, before slotting post through **LEG EXTENSION ADJUSTABLE POST (26)**, then fit second **FOAM ROLLER (24)**.



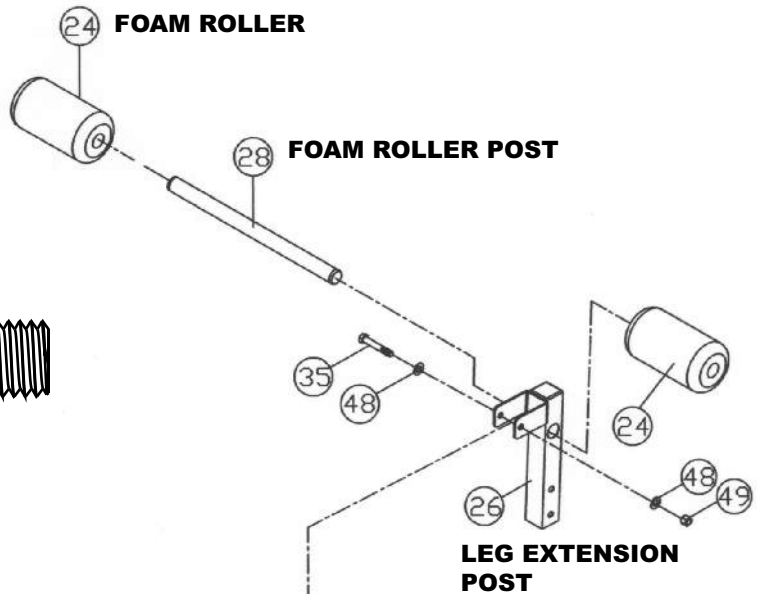
10.5 x 19mm x 1.5mm
FLAT WASHER x 2



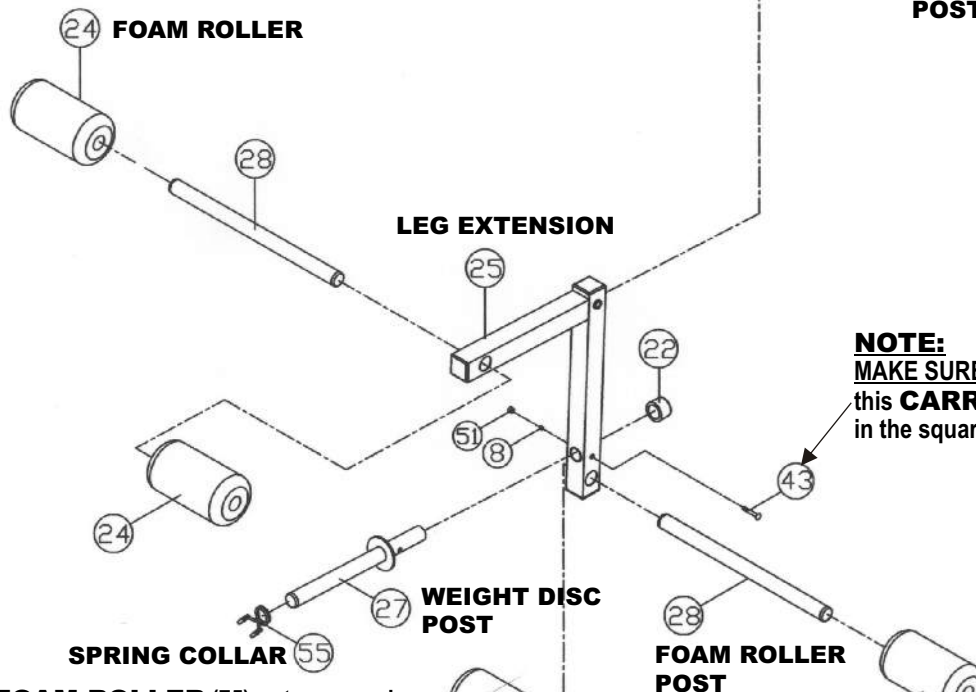
M10 NYLON
LOCKNUT x 1



M10 x 65mm HEX HEAD BOLT x 1



INSTRUCTION 7

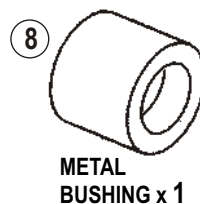


NOTE:
MAKE SURE you fit
this **CARRIAGE BOLT**
in the square hole either side.

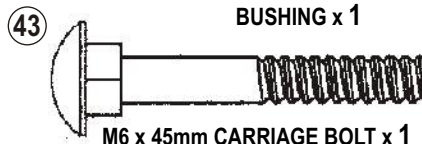
- Slot one **FOAM ROLLER (75)** onto one end of each **FOAM ROLLER POST (28)**, before slotting post through **LEG EXTENSION UNIT (25)**, then fit second **FOAM ROLLER (24)**.
- Fit **SPRING COLLAR (55)** by squeezing the 2 rubber pads together and sliding over end of **FOAM ROLLER POST (28)**.
- Once assembled, attach to **LEG EXTENSION ADJUSTABLE POST (26)** from **INSTRUCTION 6**.



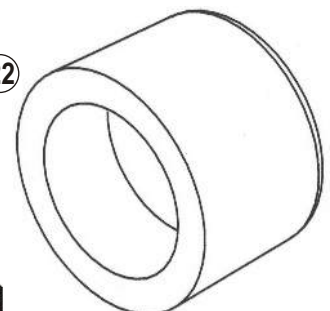
M6 NYLON
LOCKNUT x 1



METAL
BUSHING x 1



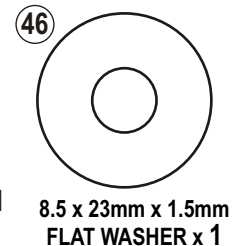
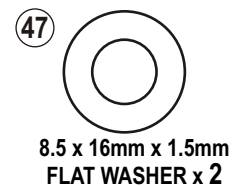
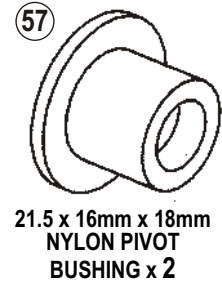
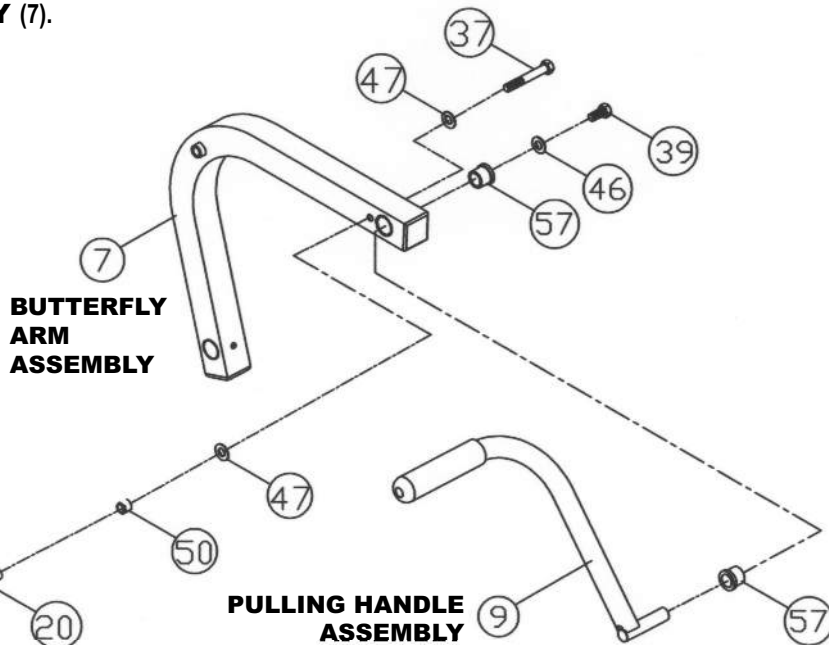
M6 x 45mm CARRIAGE BOLT x 1



ID 25.4mm EXTERNAL
END CAP x 1

INSTRUCTION 8

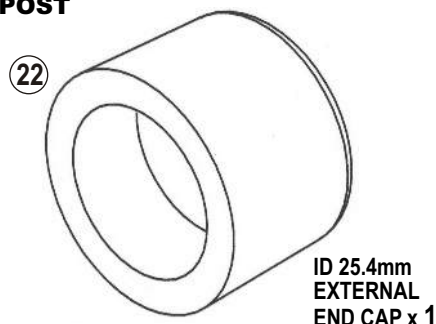
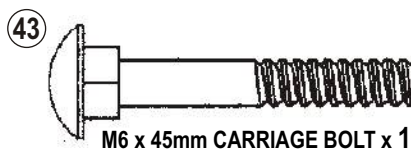
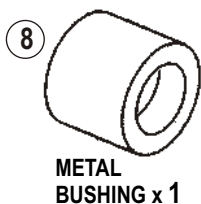
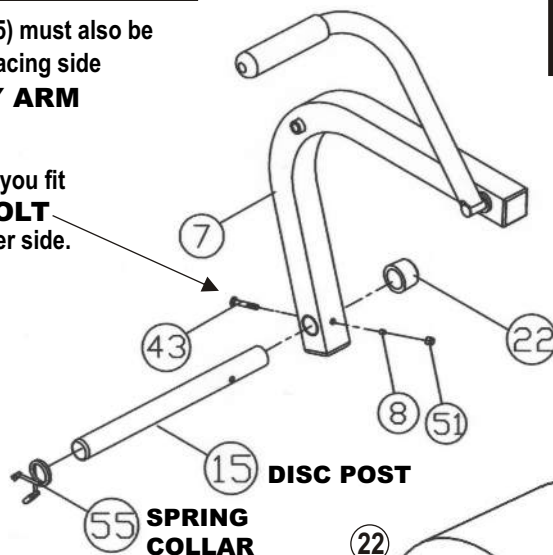
- The **PULLING HANDLE ASSEMBLY** (9) must be fitted to the forwards facing side of **BUTTERFLY ARM ASSEMBLY** (7).



INSTRUCTION 9

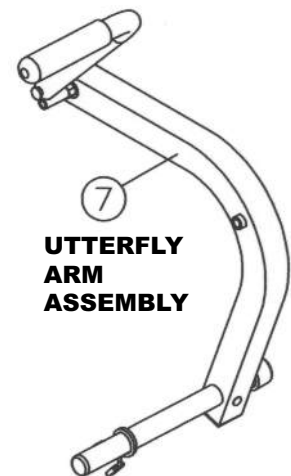
- The **DISC POST** (15) must also be fitted to the forwards facing side of the **BUTTERFLY ARM ASSEMBLY** (7).

NOTE: MAKE SURE you fit this **CARRIAGE BOLT** in the square hole either side.



INSTRUCTION 10

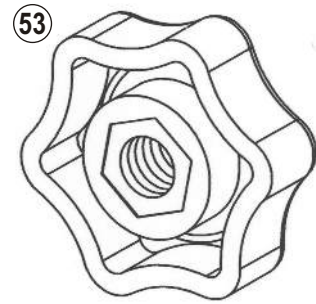
- Now repeat steps 8 and 9 but with the **BUTTERFLY ARM ASSEMBLY** (7) facing the other way.



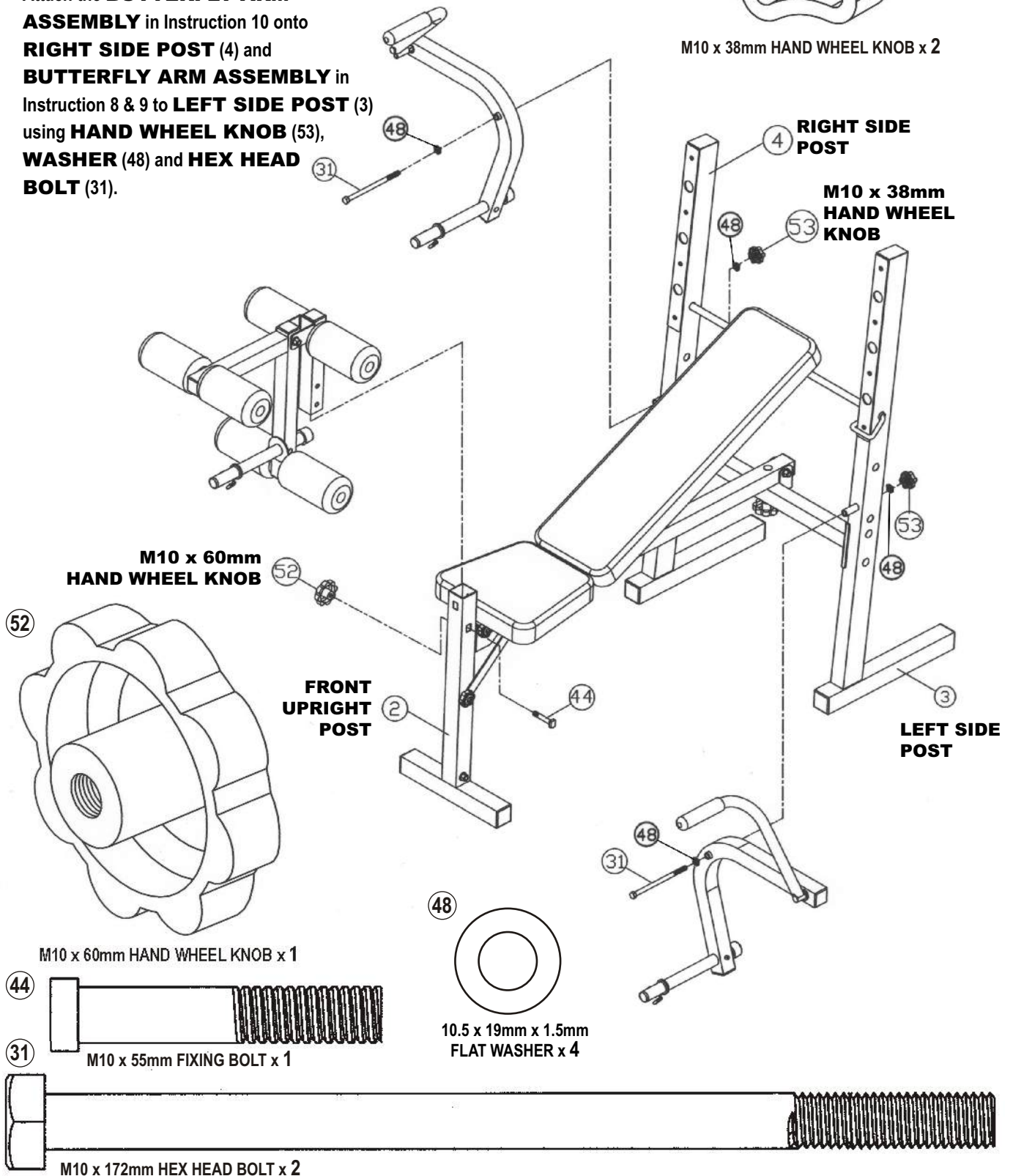
INSTRUCTION 11

- Slot **LEG EXTENSION ASSEMBLY** in Instructions 6 & 7 into top of **FRONT UPRIGHT POST (2)** and secure at required height using **HAND WHEEL KNOB (52)** and **FIXING BOLT (44)**.

- Attach the **BUTTERFLY ARM ASSEMBLY** in Instruction 10 onto **RIGHT SIDE POST (4)** and **BUTTERFLY ARM ASSEMBLY** in Instruction 8 & 9 to **LEFT SIDE POST (3)** using **HAND WHEEL KNOB (53)**, **WASHER (48)** and **HEX HEAD BOLT (31)**.



M10 x 38mm HAND WHEEL KNOB x 2



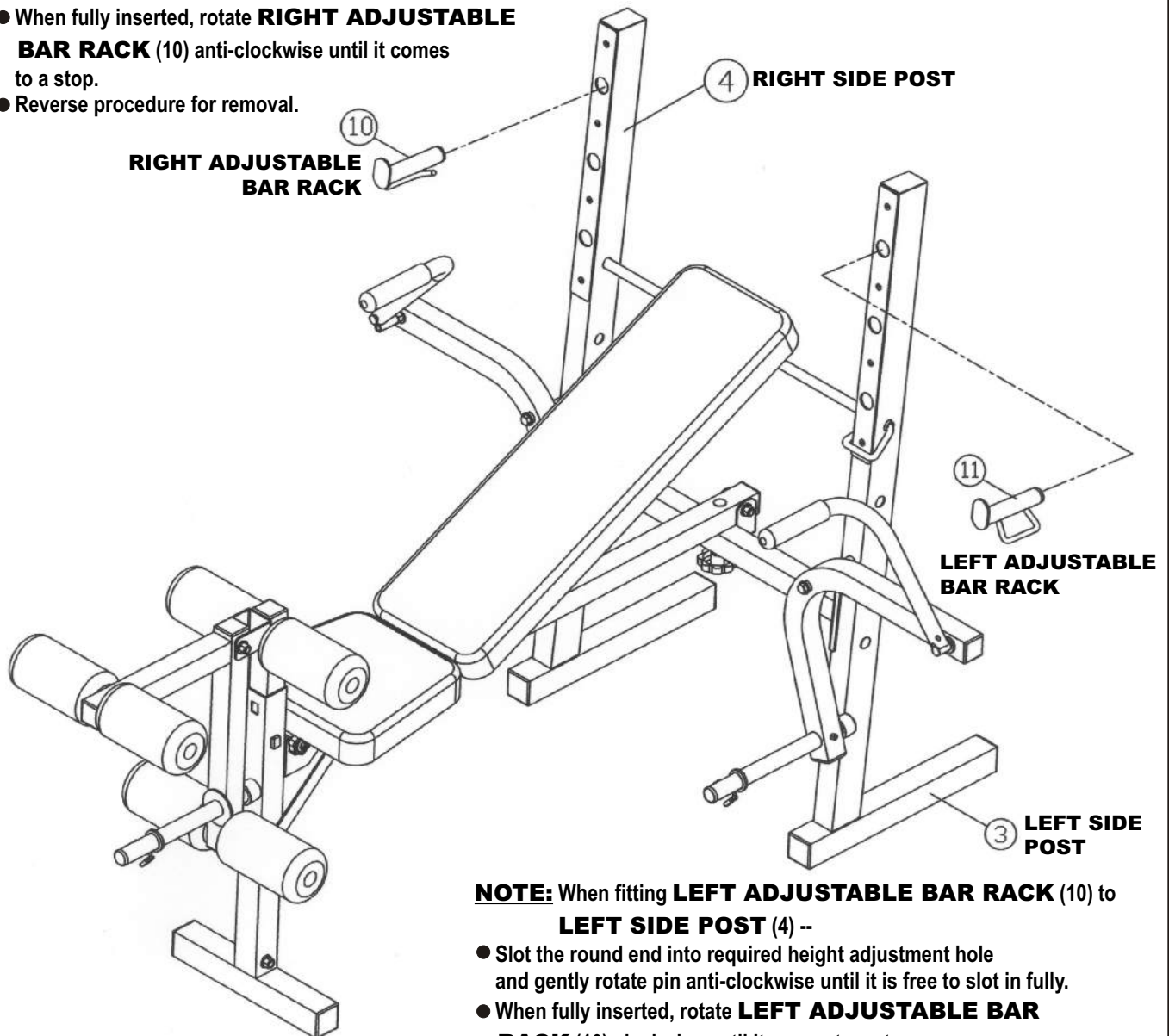
INSTRUCTION 12

NOW GO BACK OVER AND TIGHTEN ALL NUTS AND BOLTS

NOTE: When fitting **RIGHT ADJUSTABLE BAR RACK (10)**

to **RIGHT SIDE POST (4)** –

- Slot the round end into required height adjustment hole and gently rotate pin clockwise until it is free to slot in fully.
- When fully inserted, rotate **RIGHT ADJUSTABLE BAR RACK (10)** anti-clockwise until it comes to a stop.
- Reverse procedure for removal.



NOTE: When fitting **LEFT ADJUSTABLE BAR RACK (10)** to **LEFT SIDE POST (4)** –

- Slot the round end into required height adjustment hole and gently rotate pin anti-clockwise until it is free to slot in fully.
- When fully inserted, rotate **LEFT ADJUSTABLE BAR RACK (10)** clockwise until it comes to a stop.
- Reverse procedure for removal.

NOTE: When fitting weights –

- Remove **SPRING COLLARS (55)** by squeezing the 2 rubber pads together and sliding.
 - Slot weights onto **DISC POST (15)** making sure the weight is balanced on both sides.
- Re-fit the **SPRING COLLARS (55)**.

FOLDING BENCH

FOLDING YOUR BENCH FOR STORAGE

Before folding please ensure you remove – Weights

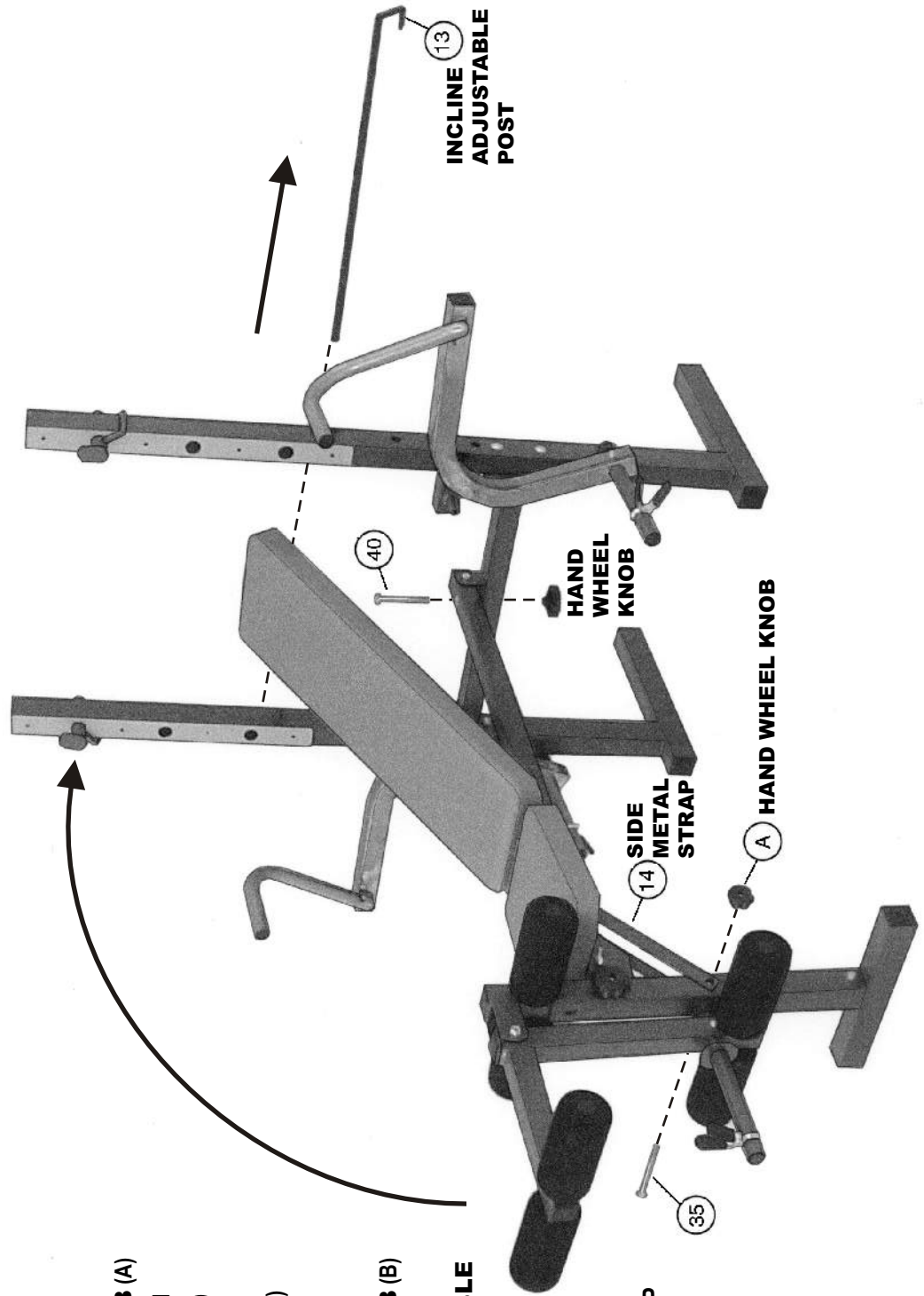
Then follow these steps-

PICTURE (A)

1. Remove **HAND WHEEL KNOB (A)** and **HEX HEAD BOLT (35)**, and let **SIDE METAL STRAPS (14)** drop downwards.
2. Refit **HAND WHEEL KNOB (A)** and **HEX HEAD BOLT (35)** so you don't lose them.
3. Remove **HAND WHEEL KNOB (B)** and **CARRIAGE BOLT (40)**.
4. Remove **INCLINE ADJUSTABLE POST (13)**.

5. Lift the front leg and fold up your bench.

NOTE: TAKE CARE NOT TO TRAP YOUR FINGERS IN ANY MOVING PARTS

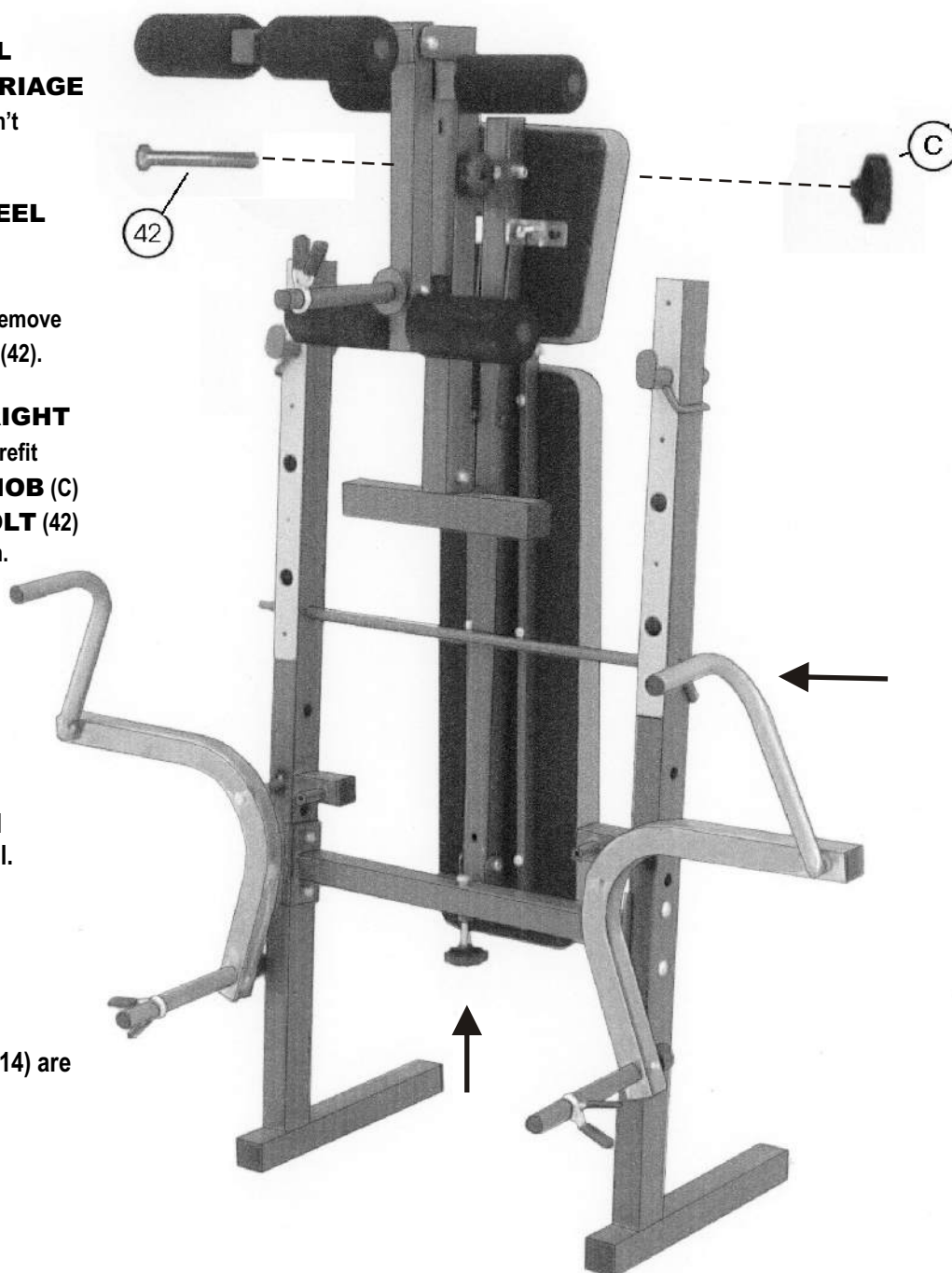


FOLDING YOUR BENCH FOR STORAGE

FOLDING BENCH

PICTURE (B)

1. When the bench is upright refit the **INCLINE ADJUSTABLE POST (13)** into top hole to prevent bench folding down.
2. Refit **HAND WHEEL KNOB (B)** and **CARRIAGE BOLT (40)** so you don't lose them.
3. Remove **HAND WHEEL KNOB (C)**, and while holding the **FRONT UPRIGHT POST**, remove **CARRIAGE BOLT (42)**.
4. Lower **FRONT UPRIGHT POST** until stops and refit **HAND WHEEL KNOB (C)** and **CARRIAGE BOLT (42)** so you don't lose them.



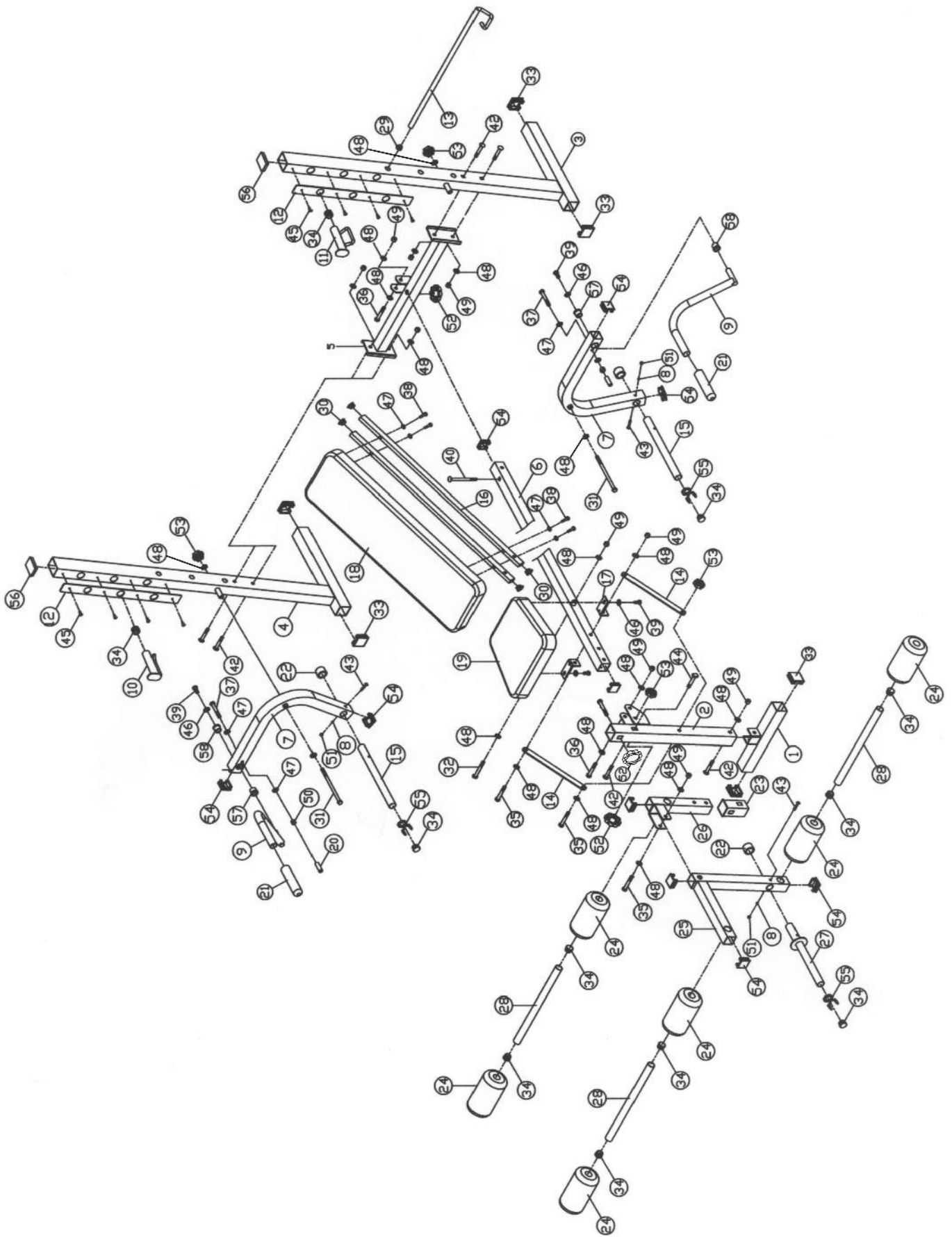
NOTE:

Store the bench safely away from children and preferably next to a wall.

NOTE:

To unfold reverse instructions for folding above ensuring **SIDE METAL STRAPS (14)** are relocated and all hand wheel knobs are tightly secured before use.

EXPLODED PARTS DRAWING



SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY
YORK 520 BENCH / 13

PARTS LIST

KEY NO.	PART NO.	Q'TY	DESCRIPTION
1	5614-01	1	FRONT STABILIZER
2	5614-02	1	FRONT UPRIGHT POST
3	5614-03	1	LEFT SIDE POST
4	5614-04	1	RIGHT SIDE POST
5	5614-05	1	CROSS SUPPORT
6	5614-06	1	MAIN FRAME SUPPORT
7	5614-07	PAIR	BUTTERFLY ARM ASSEMBLY
8	5614-08	3	METAL BUSHING / 8mm X 8.5mm X 0.5mm
9	5614-09	PAIR	PULLING HANDLE ASSEMBLY
10	5614-10	1	RIGHT ADJUSTABLE BAR RACK
11	5614-11	1	LEFT ADJUSTABLE BAR RACK
12	5614-12	2	STRIKE PLATE
13	5614-13	1	INCLINE ADJUSTABLE POST
14	5614-14	2	SIDE METAL STRAP
15	5614-15	2	DISC POST
16	5614-16	2	BACK UPHOLSTERY POST
17	5614-17	2	L SHAPE FIXING BRACKET
18	5614-18	1	BACK UPHOLSTERY
19	5614-19	1	SEAT UPHOLSTERY
20	5614-20	2	RUBBER TIP
21	5614-21	2	PLASTIC HANDLE BAR GRIP
22	5614-22	3	ID 25.4mm EXTERNAL END CAP
23	5614-23	1	45mm / 38mm X 120mm SQ. REDUCER CAP
24	5614-24	6	FOAM ROLLER / 160mm LONG
25	5614-25	1	LEG EXTENSION UNIT
26	5614-26	1	LEG EXTENSION ADJUSTABLE POST
27	5614-27	1	WEIGHT DISC POST
28	5614-28	3	FOAM ROLLER POST
29	5614-29	1	16mm O.D. INTERNAL END CAP
30	5614-30	4	13mm X 26mm INTERNAL END CAP
31	5614-31	2	M10 X 172mm HEX HEAD BOLT
32	5614-32	1	M10 X 110mm HEX HEAD BOLT
33	5614-33	6	45mm X 45mm SQ. INTERNAL END CAP
34	5614-34	11	INTERNAL END CAP (O.D. 25.4mm)
35	5614-35	3	M10 X 65mm HEX HEAD BOLT
36	5614-36	2	M10 X 60mm HEX HEAD BOLT
37	5614-37	2	M8 X 65mm HEX HEAD BOLT
38	5614-38	4	M8 X 40mm HEX HEAD BOLT
39	5614-39	4	M8 X 18mm HEX HEAD BOLT
40	5614-40	1	M10 X 105mm CARRIAGE BOLT
41	5614-41	1	M10 X 58mm CARRIAGE BOLT
42	5614-42	5	M10 X 55mm CARRIAGE BOLT
43	5614-43	3	M6 X 45mm CARRIAGE BOLT
44	5614-44	2	M10 X 55mm FIXING BOLT
45	5614-45	8	M4 X 15mm SELF TAPPING SCREW
46	5614-46	4	8.5mm X 23mm X 1.5mm FLAT WASHER
47	5614-47	8	8.5mm X 16mm X 1.5mm FLAT WASHER
48	5614-48	20	10.5mm X 19mm X 1.5mm FLAT WASHER
49	5614-49	10	M10 NYLON LOCKNUT
50	5614-50	2	M8 NYLON LOCKNUT
51	5614-51	3	M6 NYLON LOCKNUT
52	5614-52	3	M10 X 60mm HAND WHEEL KNOB
53	5614-53	4	M10 X 38mm HAND WHEEL KNOB
54	5614-54	10	38mm X 38mm SQ. INTERNAL END CAP
55	5614-55	3	SPRING COLLAR
56	5614-56	2	40mm X 60mm INTERNAL END CAP
57	5614-57	4	NYLON PIVOT BUSHING (21.5mm X 16.2mm X 18mm)

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY
YORK 520 BENCH / 14

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) YORK BARBELL (U.K.) LTD. 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) YORK BARBELL (AUST.) PTY. LTD. 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) YORK BARBELL USA. 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) YORK BARBELL CO. LTD. 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) YORK FITNESS (TAIWAN) LTD. 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

<p>U.K.</p> <p>YORK FITNESS</p> <p>HELP LINE (8:30am- 16:30pm) YORK BARBELL (U.K.) LTD. CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk</p>	<p>AUSTRALIA</p> <p>YORK FITNESS</p> <p>HELP LINE (8:00am- 16:00pm) YORK BARBELL (AUST.) PTY. LTD. 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</p>	<p>U.S.A.</p> <p>YORK FITNESS</p> <p>HELP LINE (8:00am- 17:00pm) YORK BARBELL USA. 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com</p>
<p>CANADA</p> <p>YORK FITNESS</p> <p>HELP LINE (8:30am- 16:30pm) YORK BARBELL CO. LTD. 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593</p>	<p>TAIWAN</p> <p>YORK FITNESS</p> <p>HELP LINE (9:00am- 18:00pm) YORK FITNESS (TAIWAN) LTD. 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</p>	<p>Authorized Dealer</p>

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PARTS ORDER FORM

Enclose a check or money order
with this form for replacement parts.

Date of purchase -----

Name of location where purchased -----

Model number -----

Last name, First name -----

Telephone number -----

Address ----- City ----- State ----- Zip/Postcode -----

Part No.	Q'ty	Part Description	Unit Price	Total
Total value of order				\$

Send your order to:

**YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA**

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

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