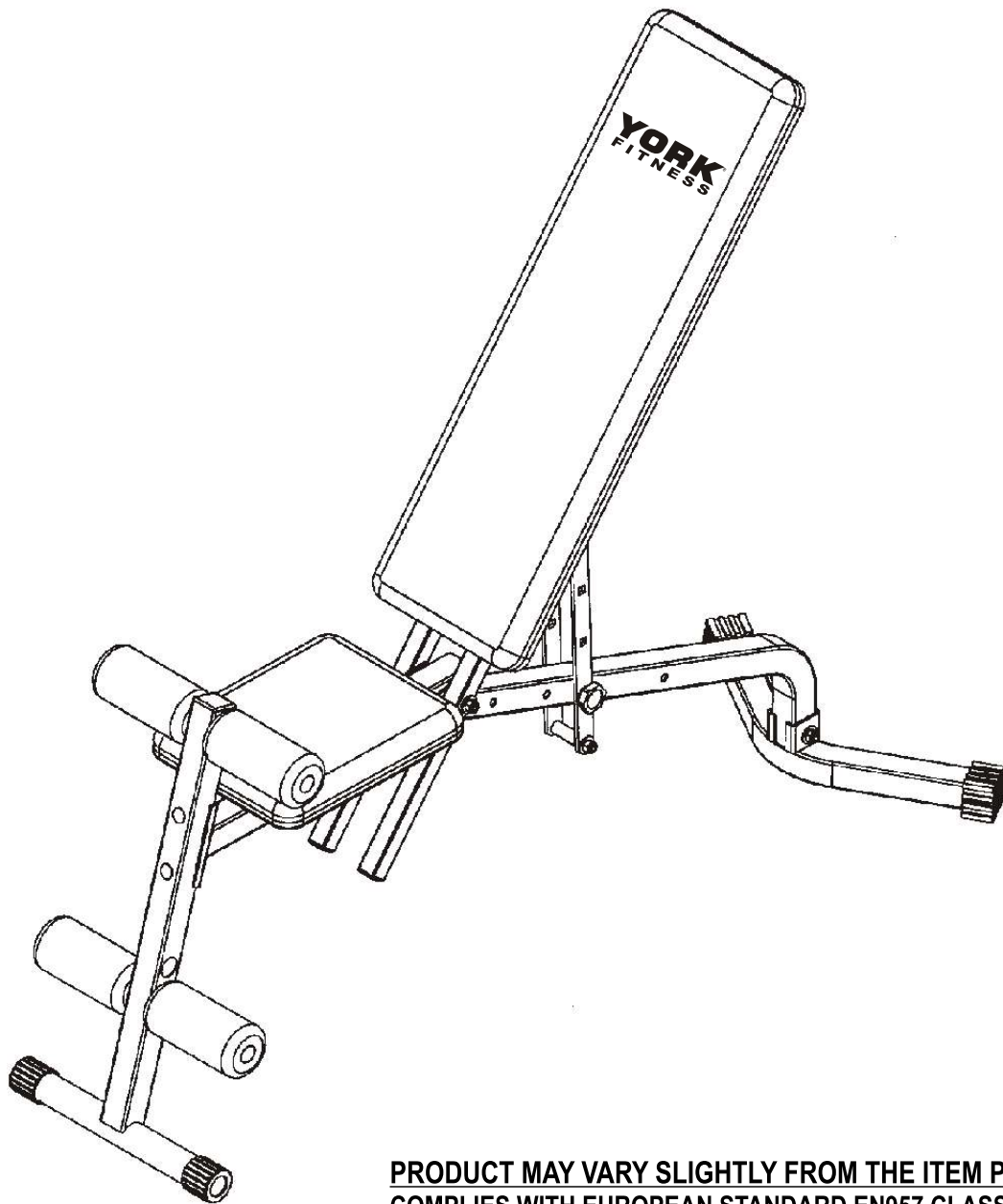


# **YORK<sup>®</sup> FITNESS DB4**

**DUMBBELL BENCH**  
**yorkfitness.com**



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

# **INSTRUCTION MANUAL**

30/05/05

## 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!!

If the box containing the parts for the DB4 was unopened when you purchased it and there is a shortage, please notify us by mail and send a copy of your receipt. If the box was opened and there is a shortage, the dealer is responsible. Please indicate to us the part number which is missing and we will return the missing part by return mail.

## NOTE

Assemble frame with bolts and nuts finger tight at first. His equipment has been supplied with some NYLON LOCKNUTS. It is essential that the nuts are tightened onto the bolts so that the bolt penetrates through the nylon insert in the nut locks up against the tubing.

## TOOLS NEEDED TO ASSEMBLE YORK DB4 BENCH

Spanner:- 1 x 14mm  
1 x Slotted Screwdriver  
1 x Rubber mallet (for end caps)  
1 x Adjustable spanner

This machine should be assembled finger tight in the beginning to allow for proper alignment.

## 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. Injuries to health may result from incorrect or excessive training.
  12. Always use your gym on a flat level surface.
  13. 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).
  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

## CARE & MAINTENANCE

1. Use a warm, damp cloth to keep upholstery clean.
2. Check for full engagement of locking pins.
3. Check that any of the adjustment devices are not projecting.

Maximum Weight Limit Including Bodyweight 200kg (32st.)

Dimensions when built:

L = 127cm, W = 49cm, H = 110cm.

G.W. = 13kg.

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

# YORK FITNESS

**Distributed by:**  
YORK BARBELL (U.K.) LTD.  
CHURCHILL WAY, DAVENTRY,  
NORTHANTS, NN11 4YB, ENGLAND  
GENERAL ENQUIRIES  
TEL: (01327) 701800  
CUSTOMER SERVICE HELPLINE  
TEL: (01327) 701824  
FAX: (01327) 706704  
E-MAIL: [helpdesk@yorkfitness.co.uk](mailto:helpdesk@yorkfitness.co.uk)

[yorkfitness.com](http://yorkfitness.com)

# YORK FITNESS

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YORK BARBELL (AUST.) PTY. LTD.  
UNIT 1, LOT 2, SWAFFHAM ROAD  
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SYDNEY, AUSTRALIA  
GENERAL ENQUIRIES  
TEL: (02) 9603 8444  
FAX: (02) 9603 8555  
E-MAIL: [service@yorkfitness.com.au](mailto:service@yorkfitness.com.au)

[yorkfitness.com](http://yorkfitness.com)

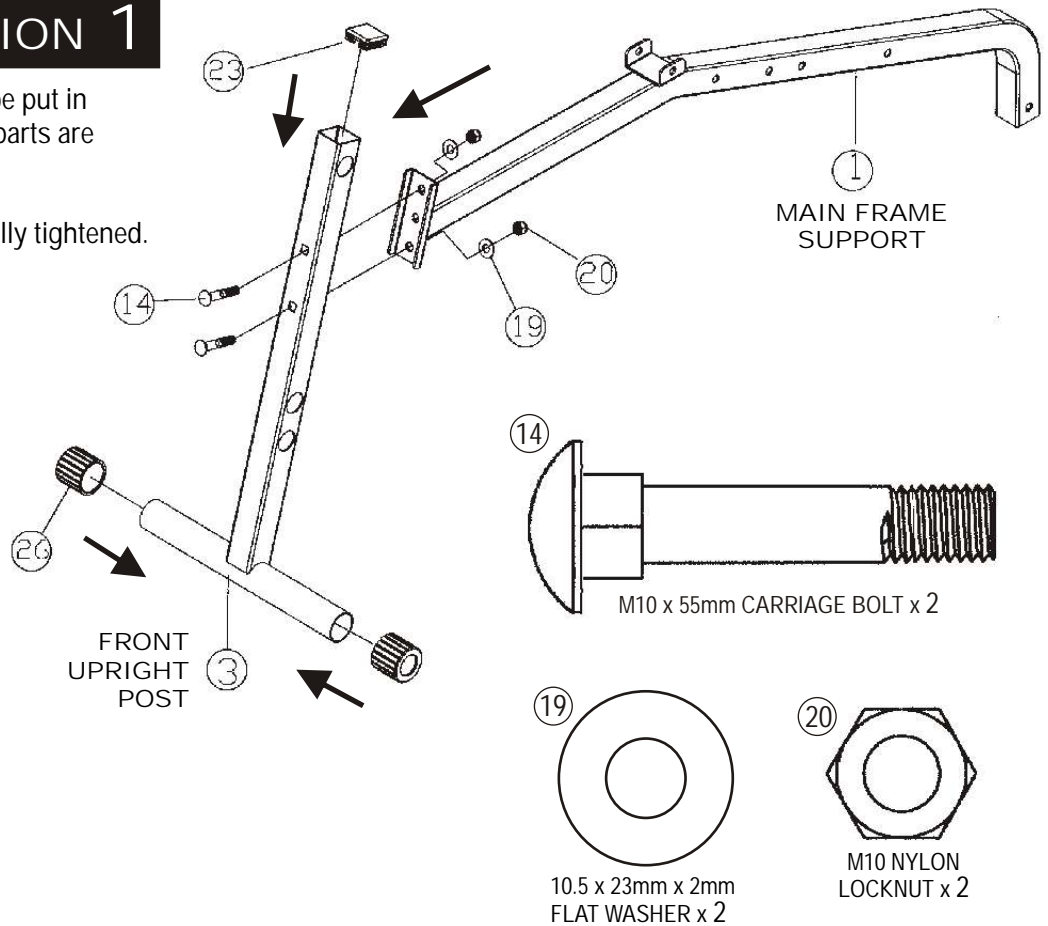
# YORK FITNESS

**Distributed by:**  
YORK BARBELL USA.  
3300 BOARD ROAD,  
YORK, PA 17402  
GENERAL ENQUIRIES  
TEL: +1-717-767-6481  
FAX: +1-717-764-0416  
E-MAIL: [info@yorkbarbell.com](mailto:info@yorkbarbell.com)

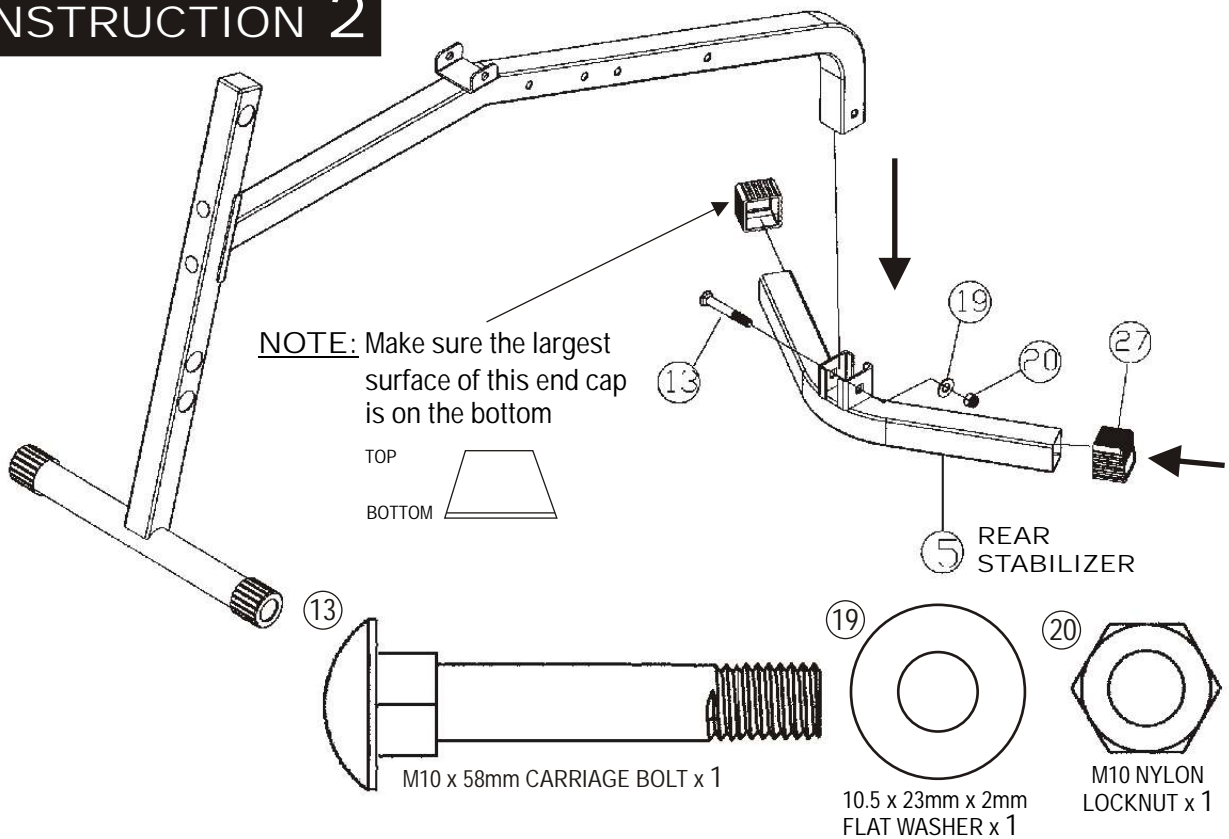
[yorkfitness.com](http://yorkfitness.com)

# INSTRUCTION 1

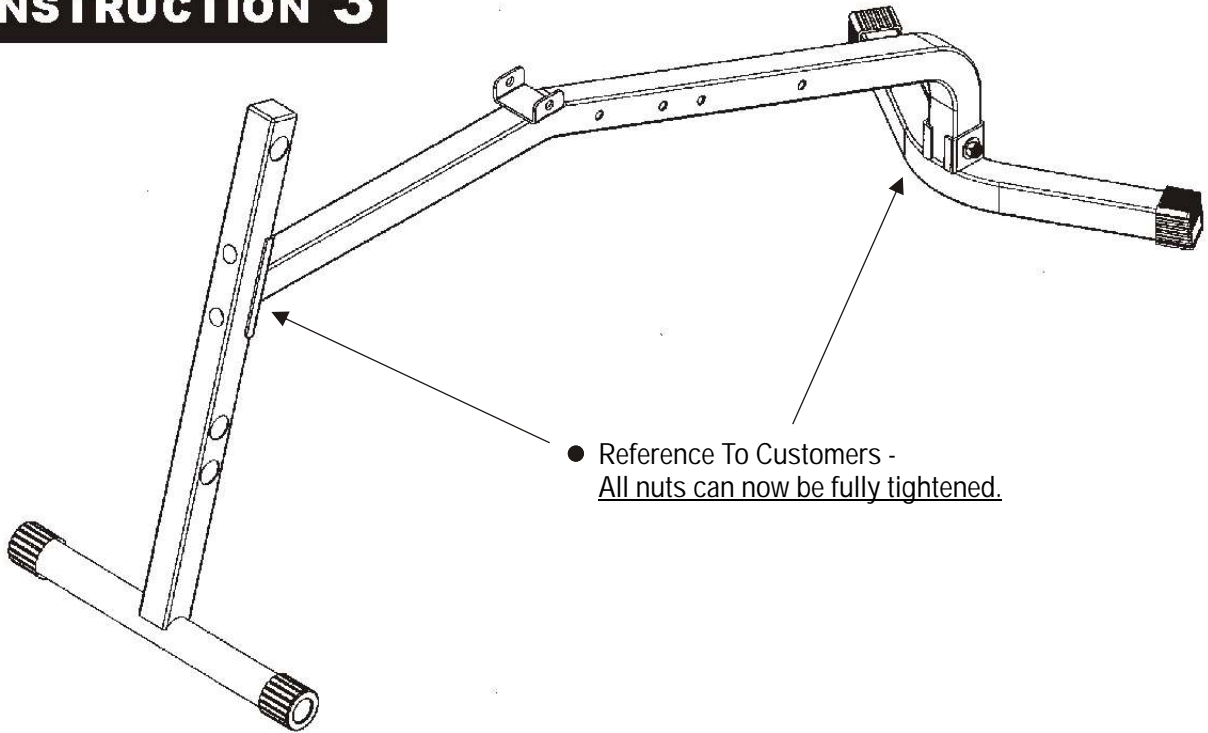
- All end caps should be put in place before the two parts are bolted together.
- Nuts should not be fully tightened.



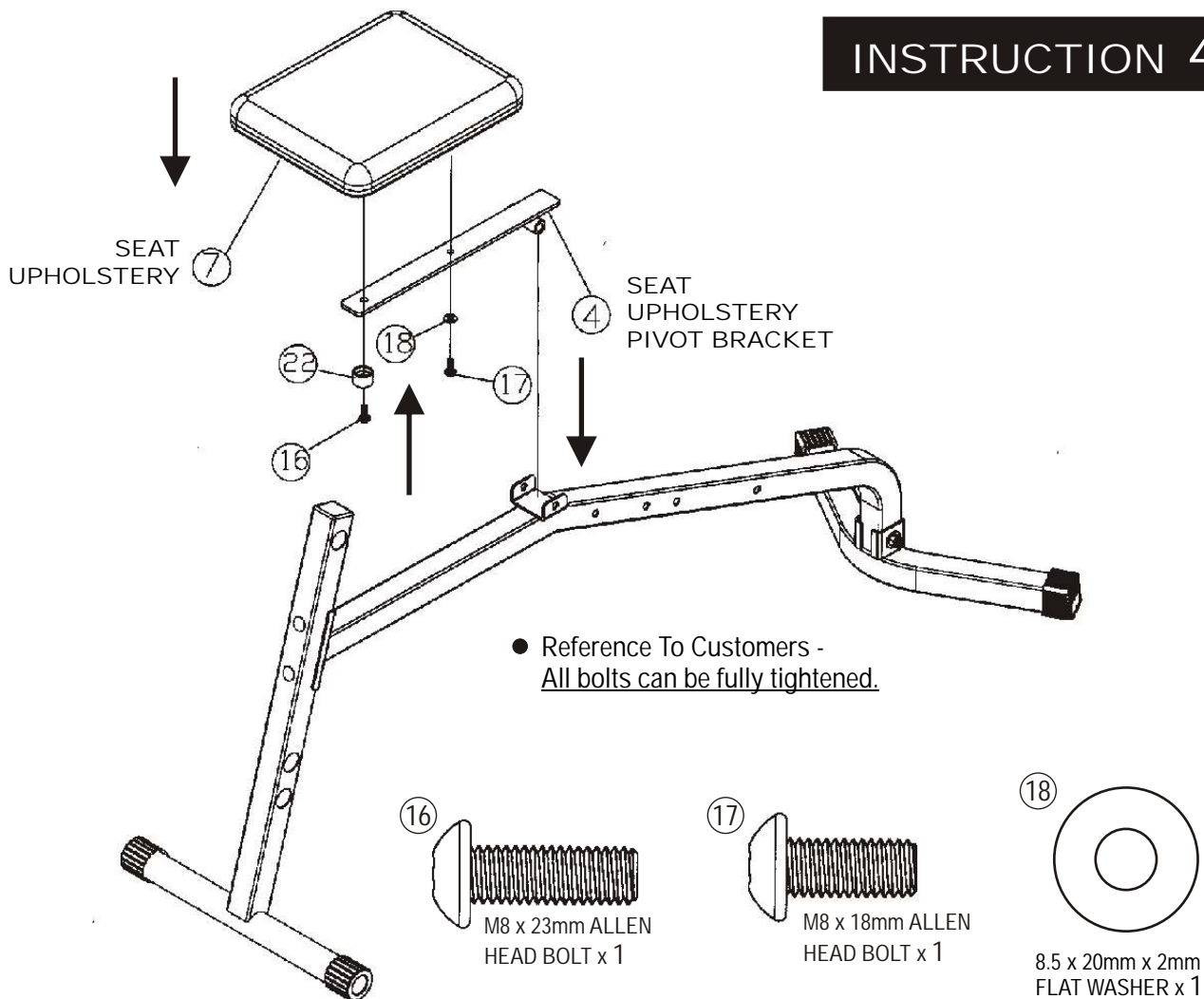
# INSTRUCTION 2



### INSTRUCTION 3

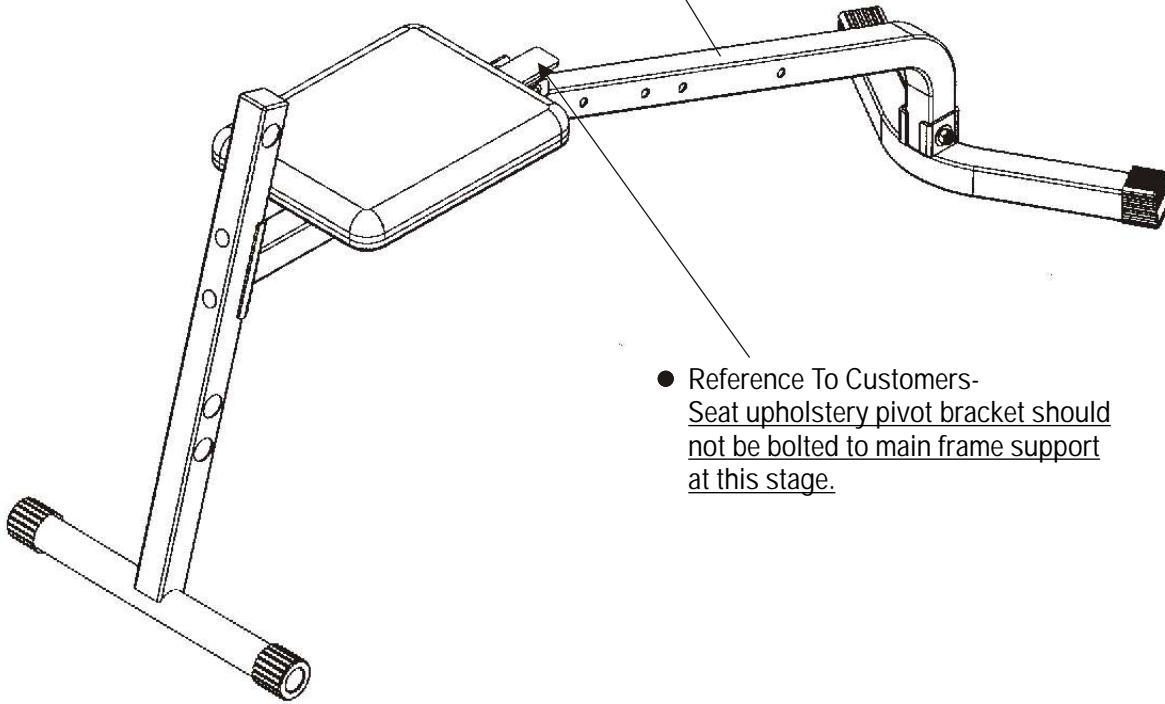


### INSTRUCTION 4



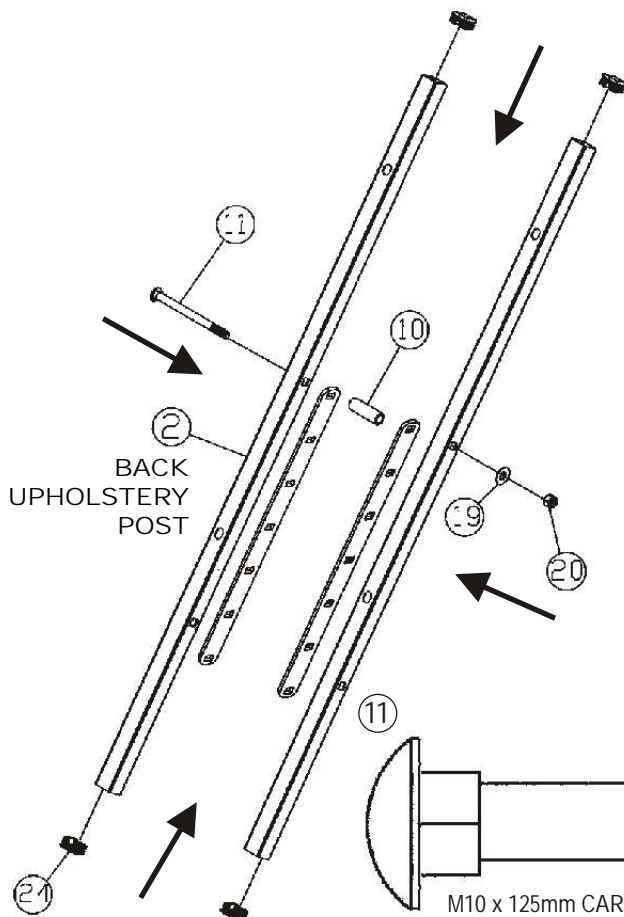
## INSTRUCTION 5

MAIN FRAME  
SUPPORT

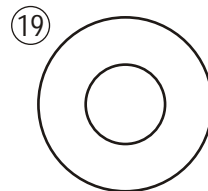


- Reference To Customers-Seat upholstery pivot bracket should not be bolted to main frame support at this stage.

## INSTRUCTION 6



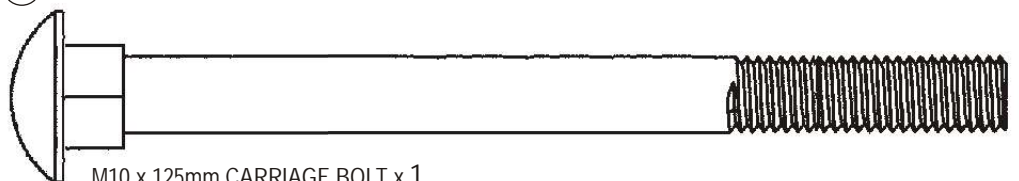
- Reference To Customers-Carriage bolt should not be fully tightened at this stage.



10.5 x 23mm x 2mm  
FLAT WASHER x 1



M10 NYLON  
LOCKNUT x 1

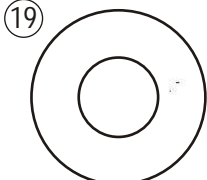
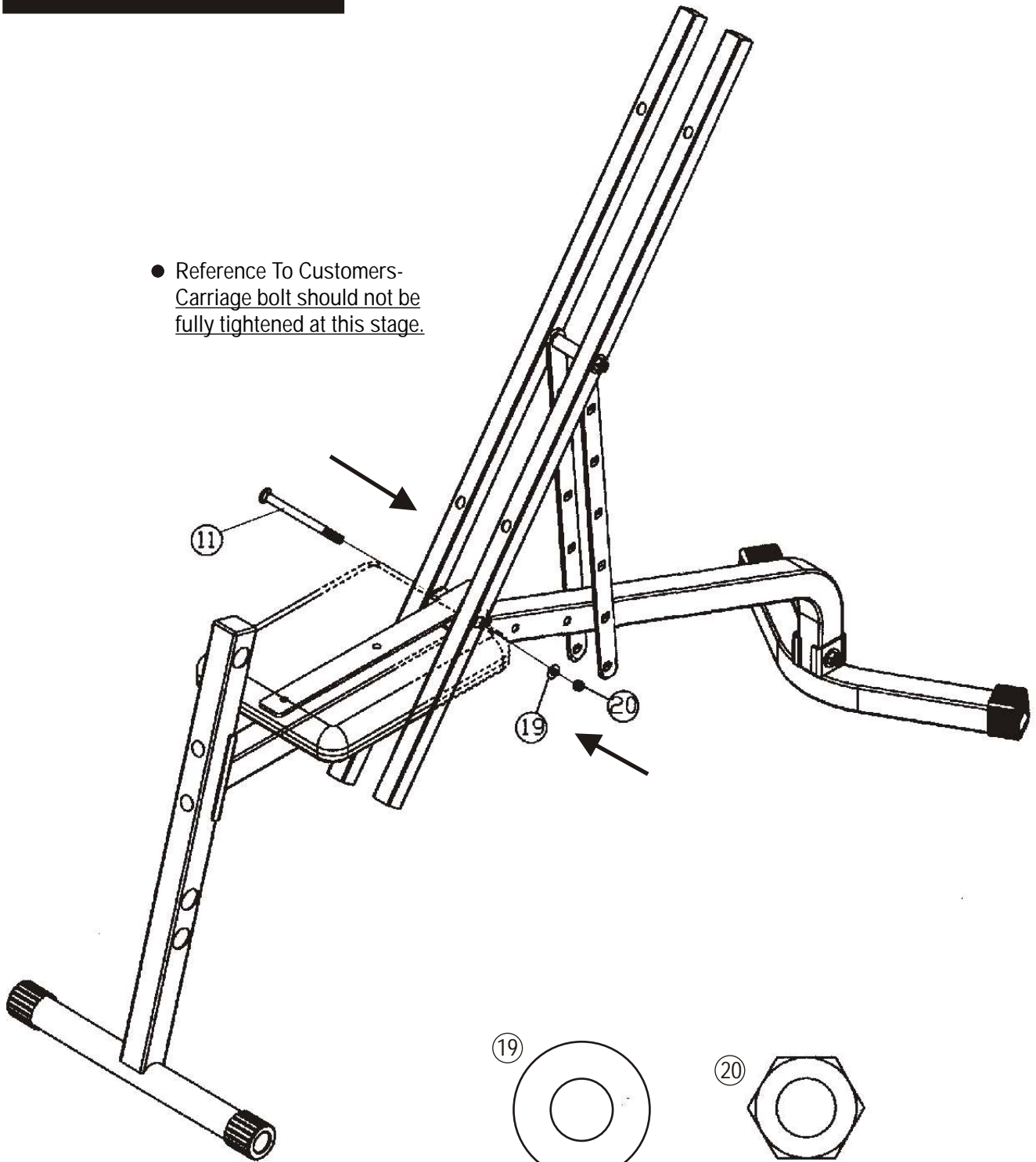


M10 x 125mm CARRIAGE BOLT x 1

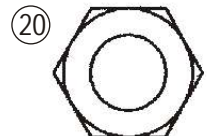


# INSTRUCTION 7

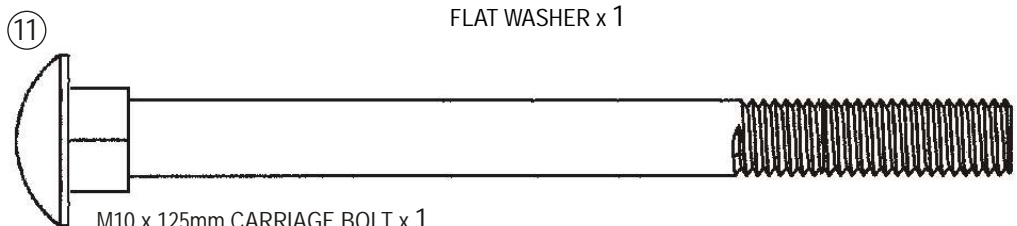
- Reference To Customers-  
Carriage bolt should not be  
fully tightened at this stage.



10.5 x 23mm x 2mm  
FLAT WASHER x 1

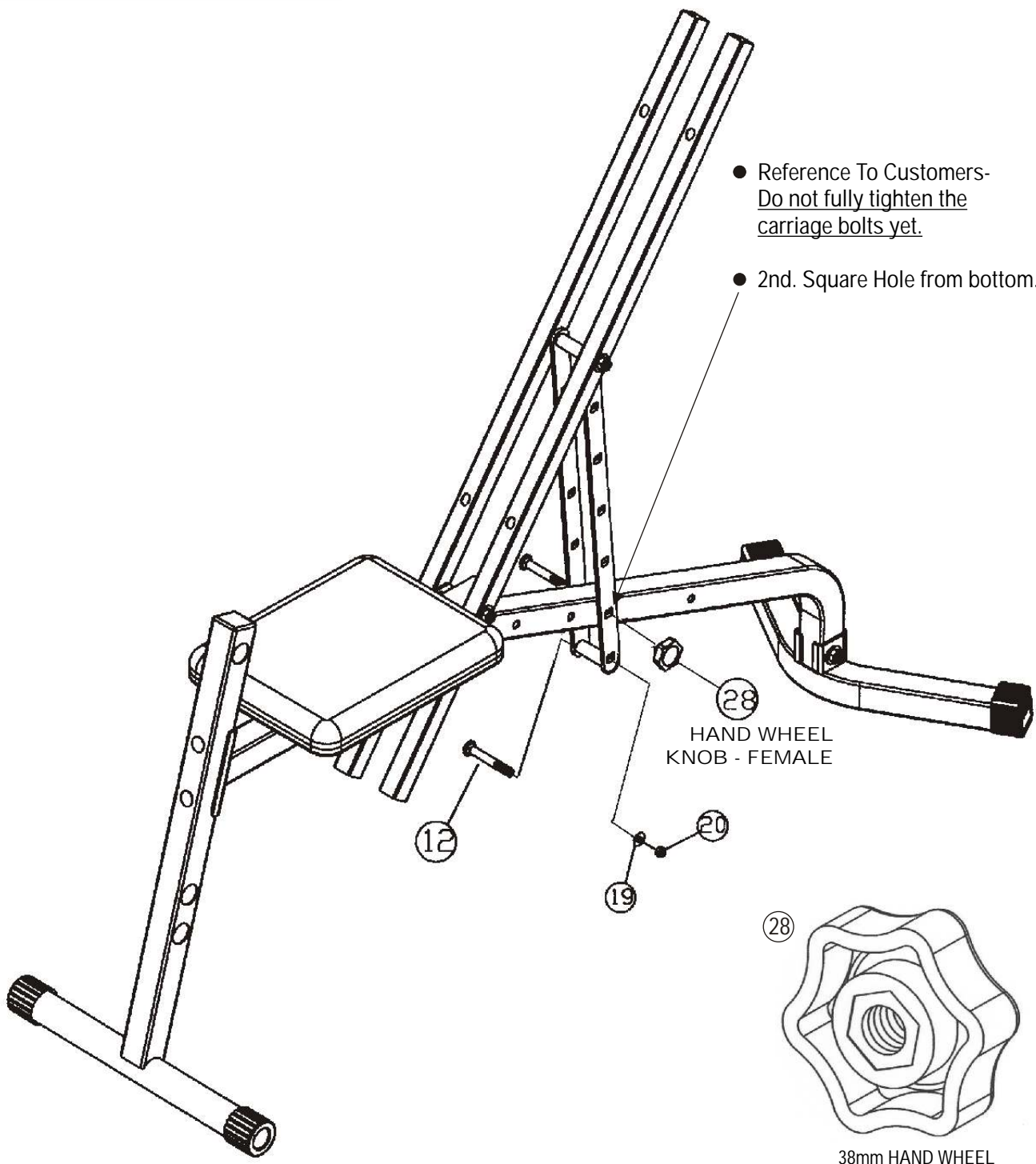


M10 NYLON  
LOCKNUT x 1



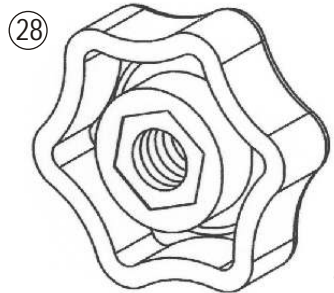
M10 x 125mm CARRIAGE BOLT x 1

# INSTRUCTION 8

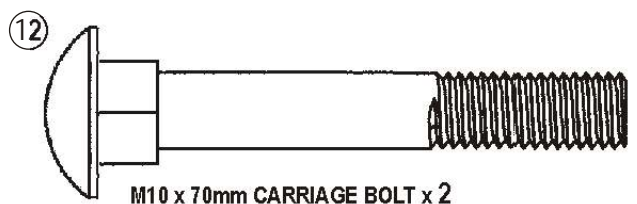


- Reference To Customers-  
Do not fully tighten the carriage bolts yet.
- 2nd. Square Hole from bottom.

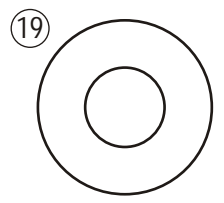
28  
HAND WHEEL  
KNOB - FEMALE



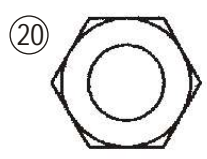
38mm HAND WHEEL  
KNOB - FEMALE x 1



M10 x 70mm CARRIAGE BOLT x 2

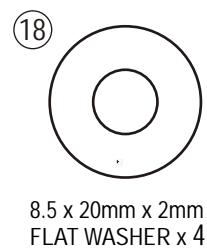
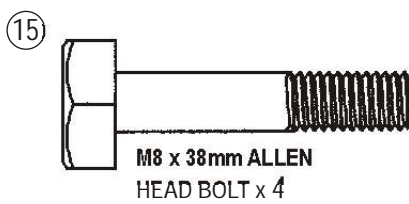
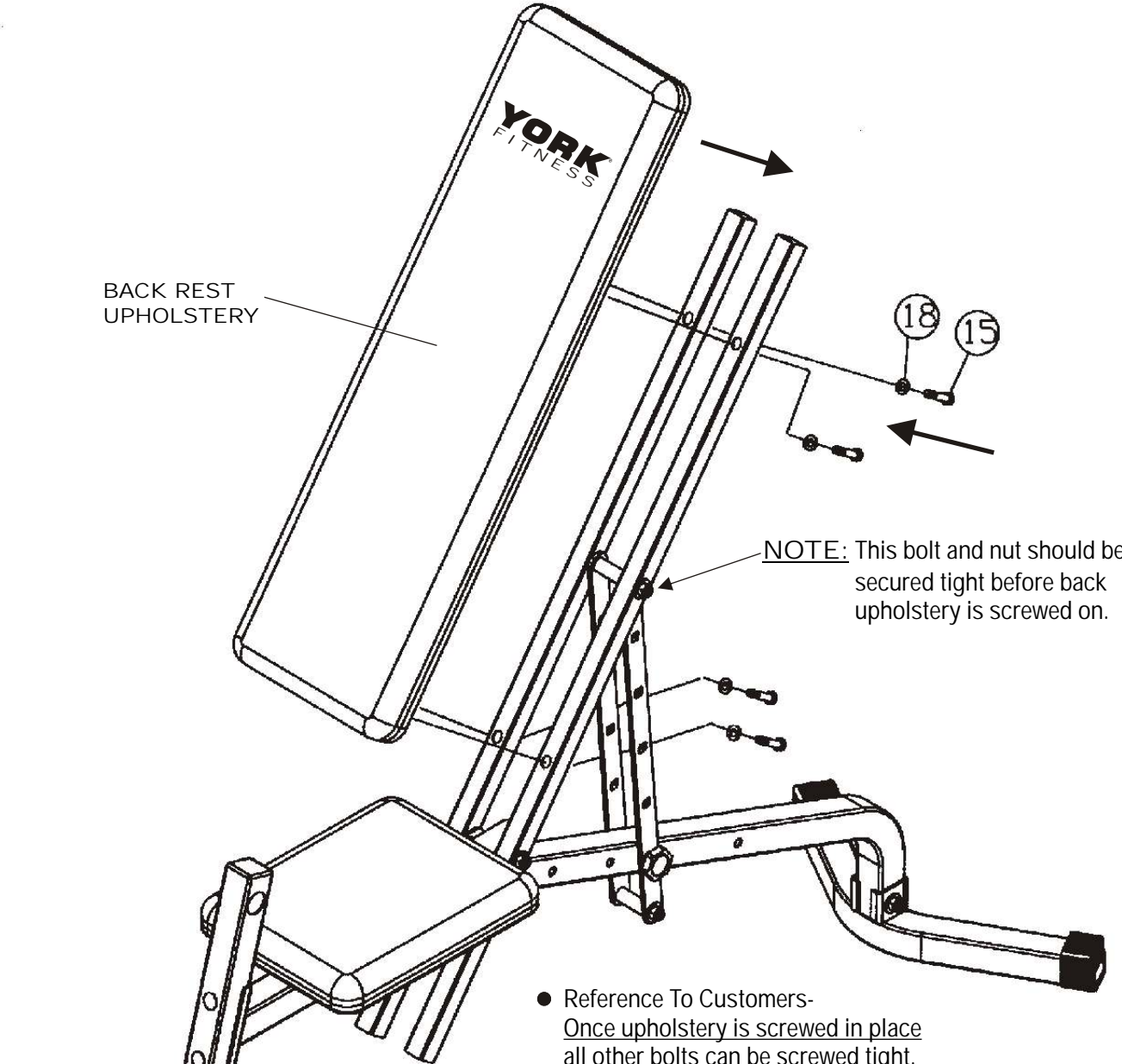


10.5 x 23mm x 2mm  
FLAT WASHER x 1



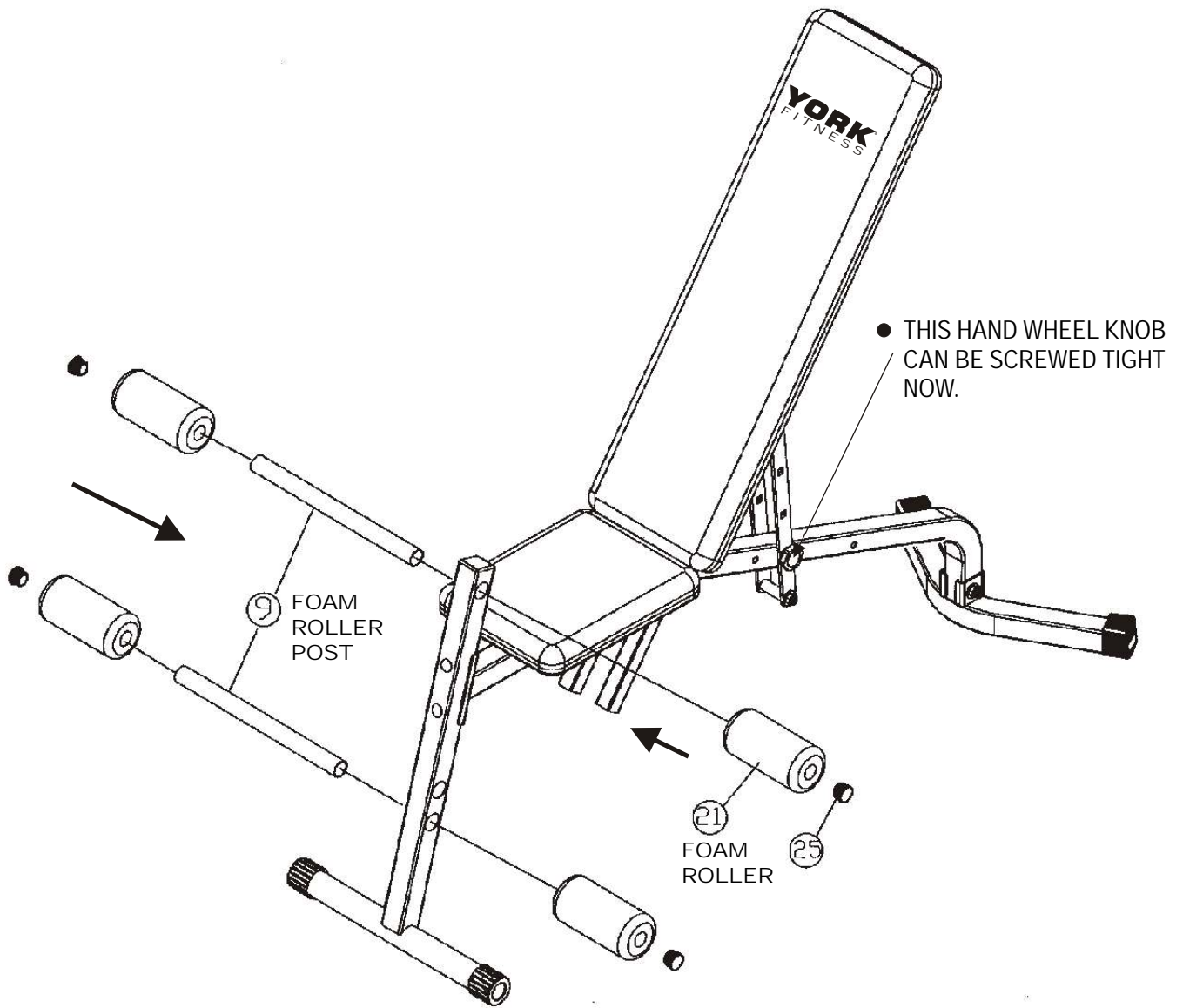
M10 NYLON  
LOCKNUT x 1

# INSTRUCTION 9

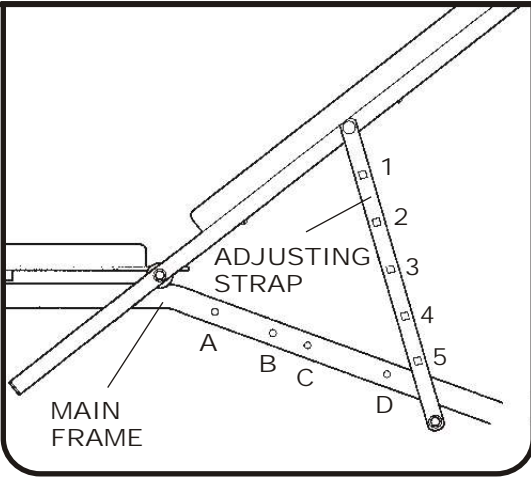




# INSTRUCTION 10



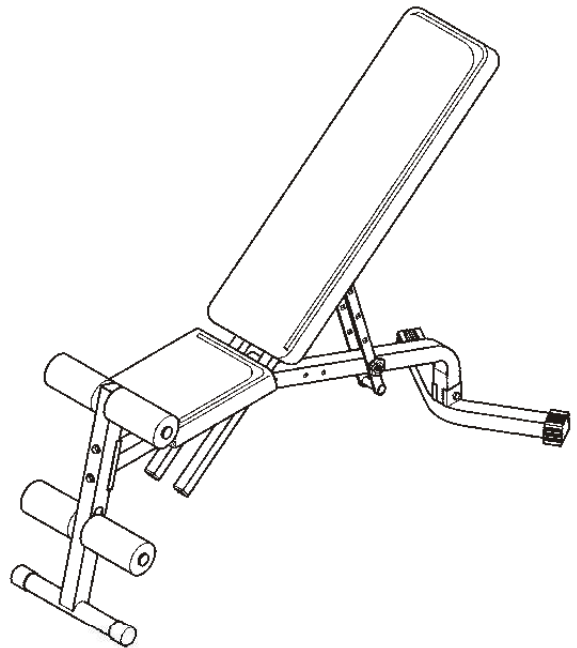
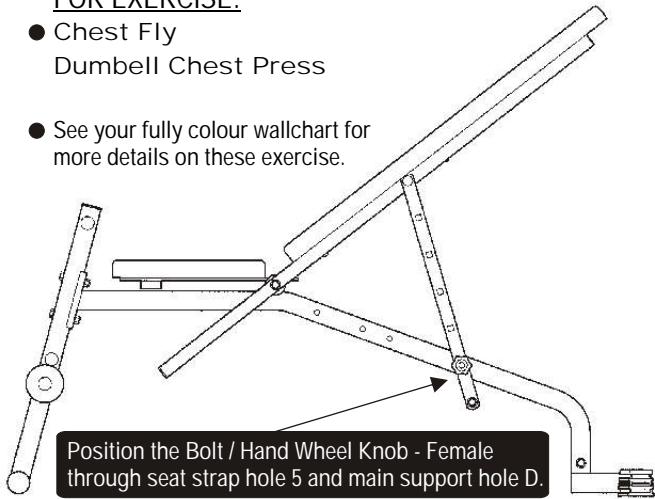
# DIFFERENT BENCH POSITIONS FOR YORK DB4



## 1 INCLINE

### FOR EXERCISE:

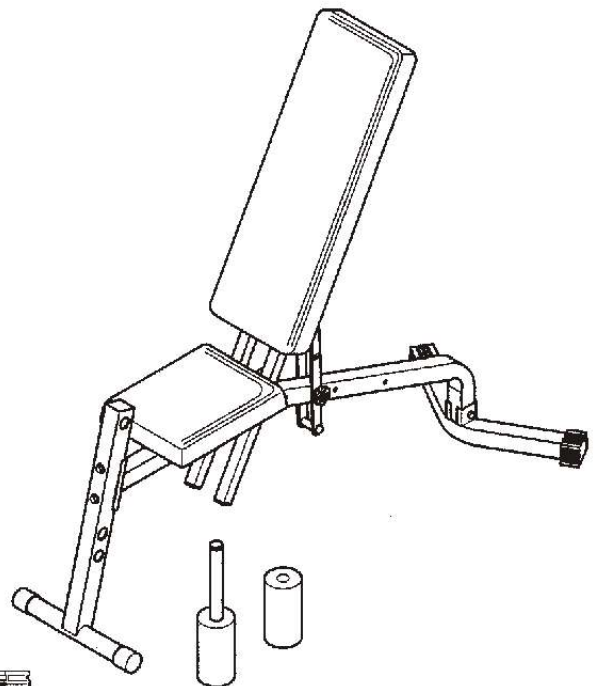
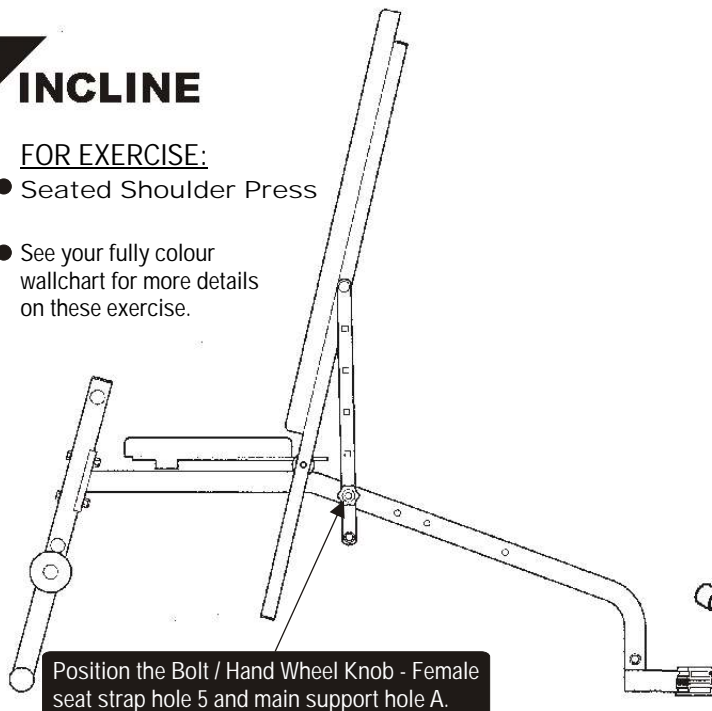
- Chest Fly
- Dumbbell Chest Press
- See your fully colour wallchart for more details on these exercise.



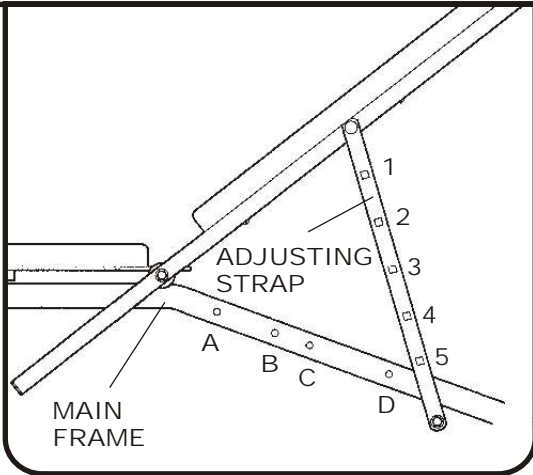
## 2 INCLINE

### FOR EXERCISE:

- Seated Shoulder Press
- See your fully colour wallchart for more details on these exercise.



## DIFFERENT BENCH POSITIONS FOR YORK DB4

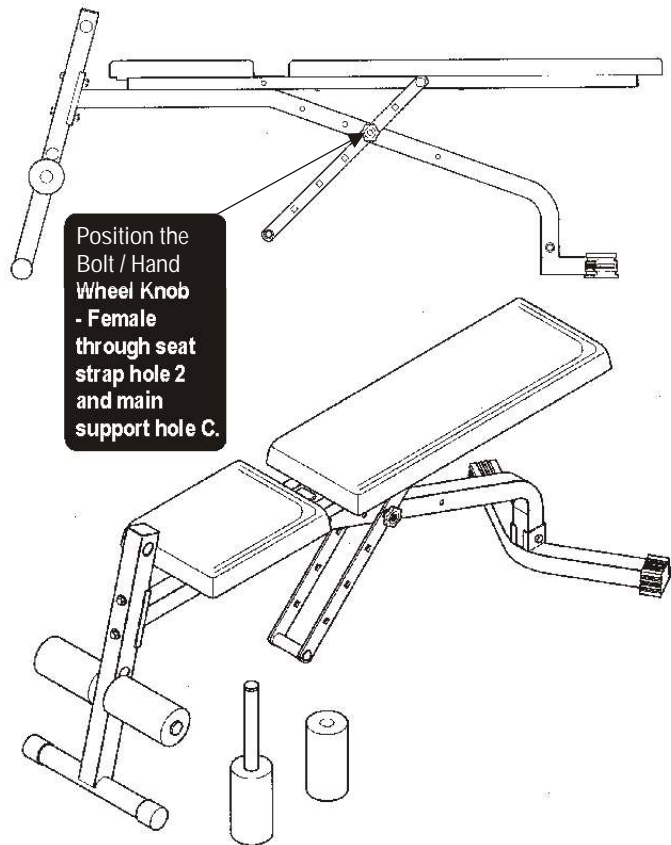


### 3 HORIZONTAL

#### FOR EXERCISE:

- Dumbbell Pullovers
- Chest Fly
- Dumbbell Chest Press
- Seated Front Raise
- Seated Lateral Raise
- Seated Bent Over Raise
- Single Arm Row
- Concentration Curl
- Hammer Curl
- Twisting Dumbbell Curl
- One Arm Wrist Curl
- Kickbacks
- Lying Hammer Tricep Extension
- Lying Tricep Extension
- Double Handed Tricep Extension
- Single Arm Tricep Extension

- See your fully colour wallchart for more details on these exercise.



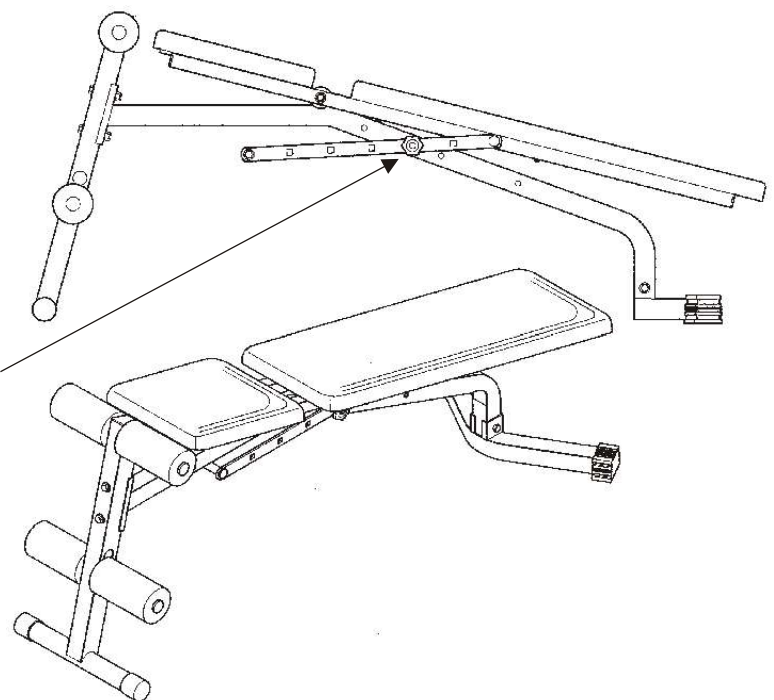
### 4 DECLINE

#### FOR EXERCISE:

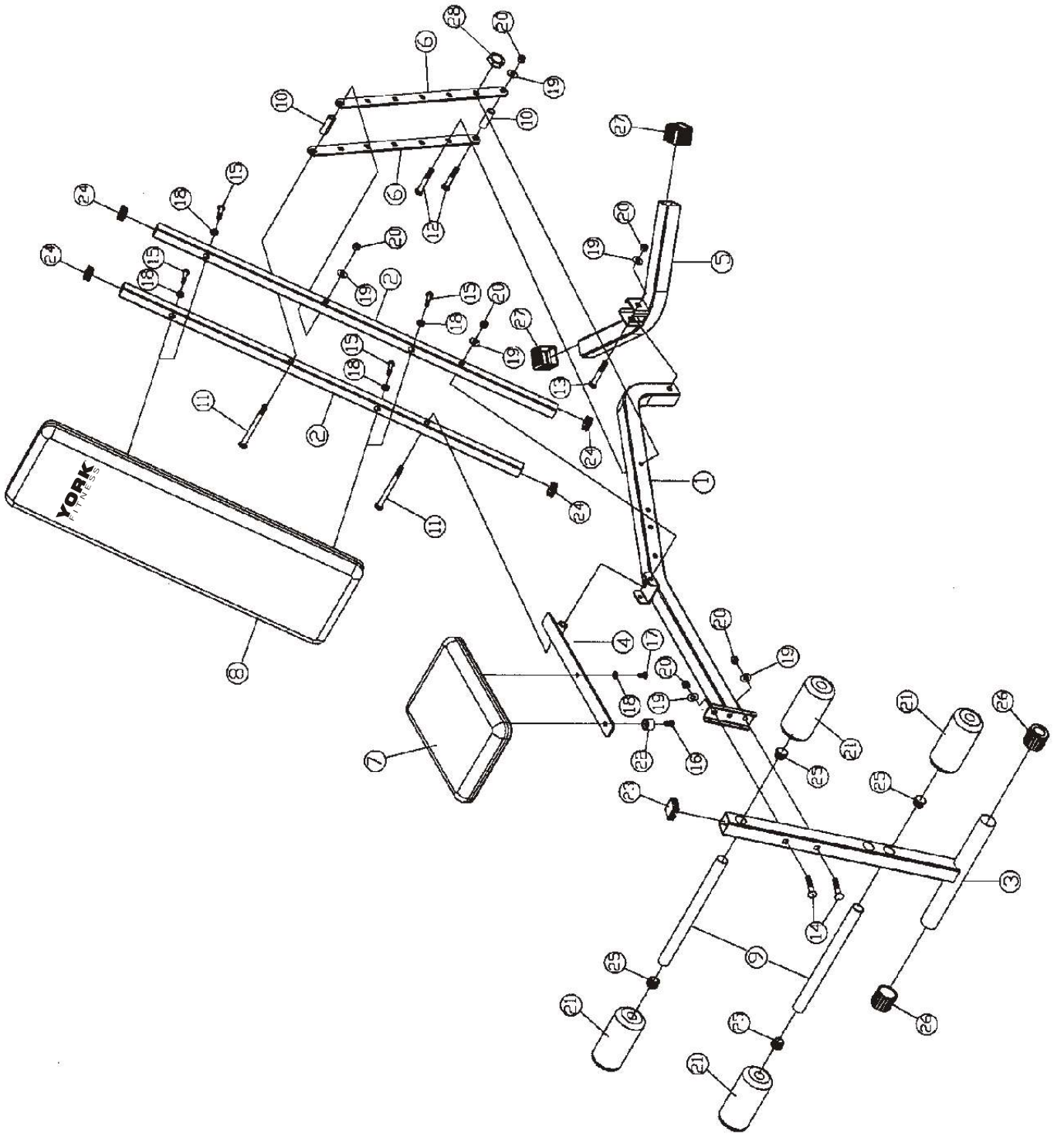
- Dumbbell Chest Press
- Decline Sit Ups

- See your fully colour wallchart for more details on these exercise.

Position the Bolt / Hand Wheel Knob - Female through seat strap hole 2 and main support hole B.



# EXPLODED PARTS DRAWING



SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY  
YORK DB4 BENCH / 11

## PARTS LIST

KEY NO.	PART NO.	Q'TY	DESCRIPTION
1	4022-01	1	MAIN FRAME SUPPORT
2	4022-02	2	BACK UPHOLSTERY POST
3	4022-03	1	FRONT UPRIGHT POST
4	4022-04	1	SEAT UPHOLSTERY PIVOT BRACKET
5	4022-05	1	REAR STABILIZER
6	4022-06	2	INCLINE ADJUSTABLE STRAP
7	4022-07	1	SEAT UPHOLSTERY
8	4022-08	1	BACK REST UPHOLSTERY
9	4022-09	2	FOAM ROLLER POST
10	4022-10	2	METAL BUSHING
11	4022-11	2	M10 X 125mm CARRIAGE BOLT
12	4022-12	2	M10 X 70mm CARRIAGE BOLT
13	4022-13	1	M10 X 58mm CARRIAGE BOLT
14	4022-14	2	M10 X 55mm CARRIAGE BOLT
15	4022-15	4	M8 X 38mm HEX HEAD BOLT
16	4022-16	1	M8 X 23mm ALLEN HEAD BOLT
17	4022-17	1	M8 X 18mm ALLEN HEAD BOLT
18	4022-18	5	8.5mm X 20mm X 2mm FLAT WASHER
19	4022-19	6	10.5mm X 23mm X 2mm FLAT WASHER
20	4022-20	6	M10 NYLON LOCKNUT
21	4022-21	4	FOAM ROLLER 145mm LONG
22	4022-22	1	RUBBER BUMPER
23	4022-23	1	38mm SQ. INTERNAL END CAP
24	4022-24	4	25.4mm SQ. INTERNAL END CAP
25	4022-25	4	25.4mm INTERNAL END CAP
26	4022-26	2	FRONT STABILIZER END CAP
27	4022-27	2	REAR STABILIZER END CAP
28	4022-28	1	HAND WHEEL KNOB - FEMALE



# 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.

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

PLACE  
STAMP  
HERE

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**YORK**<sup>®</sup>  
FITNESS

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