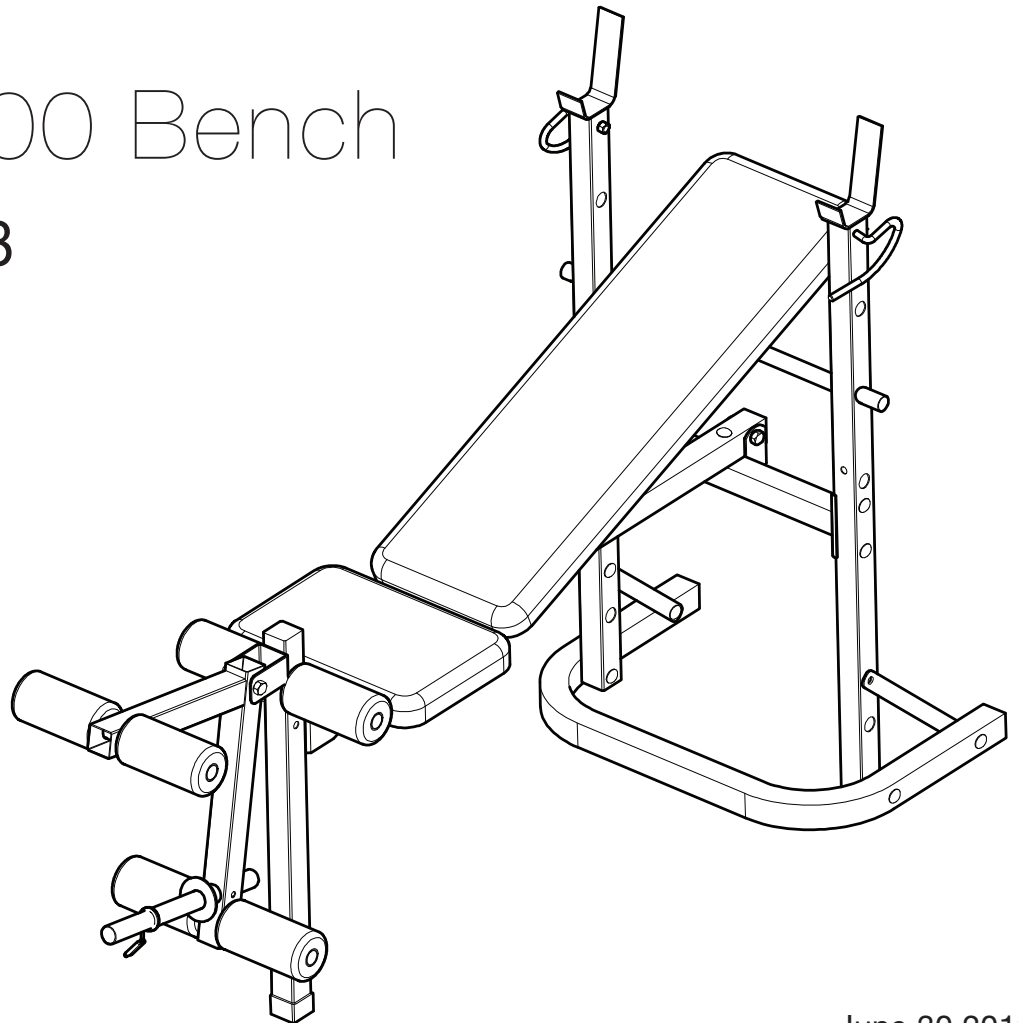




# Owner's Manual

York B500 Bench  
Item #45068



June 30, 2013

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Congratulations on purchasing your exercise equipment from




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](http://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.

**100kg User, 100kg Training**

## Safety Standards

This bench meets the requirements of British and EU safety standards EN957 parts 1 and 4, Class H.

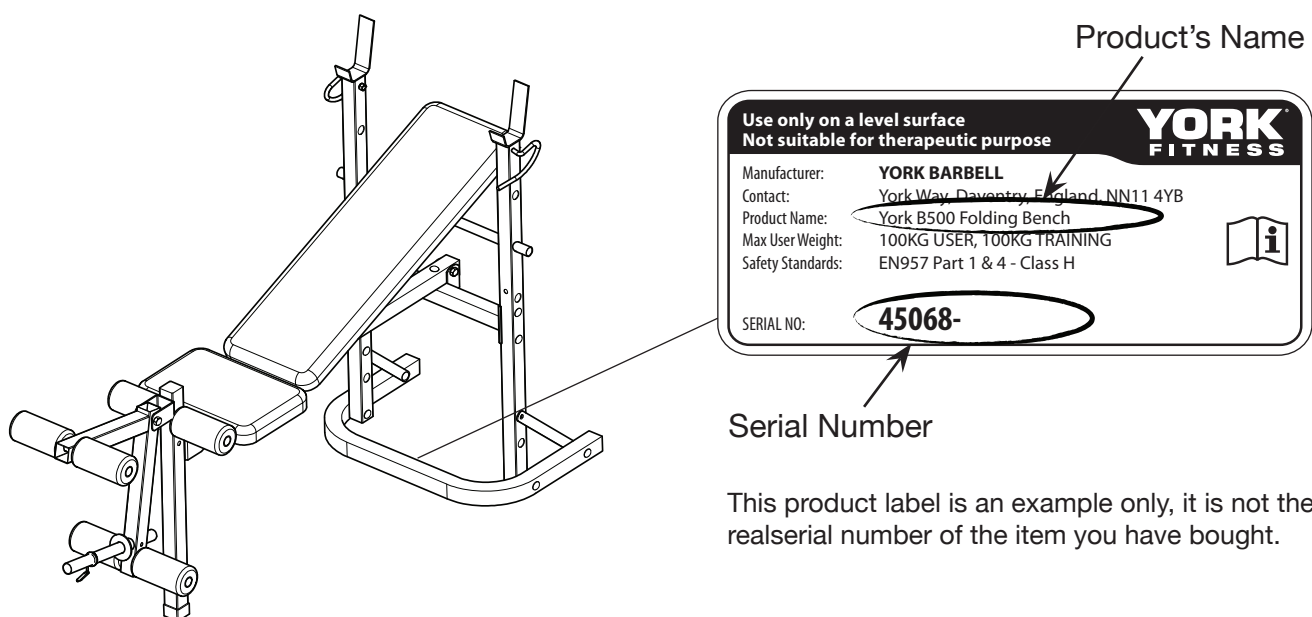
## Tools and consumables

- 2 x 10 & 13 & 17mm spanner
- Slotted Screwdriver

# 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 real serial 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.

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England, NN11 4YB  
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Website: [www.yorkfitness.com](http://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](http://www.yorkfitness.com.au)

## USA - York Barbell USA Inc.

3300 Board Road,  
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Toll Free: 1 (800) 358-9675  
Website: [www.yorkbarbell.com](http://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.
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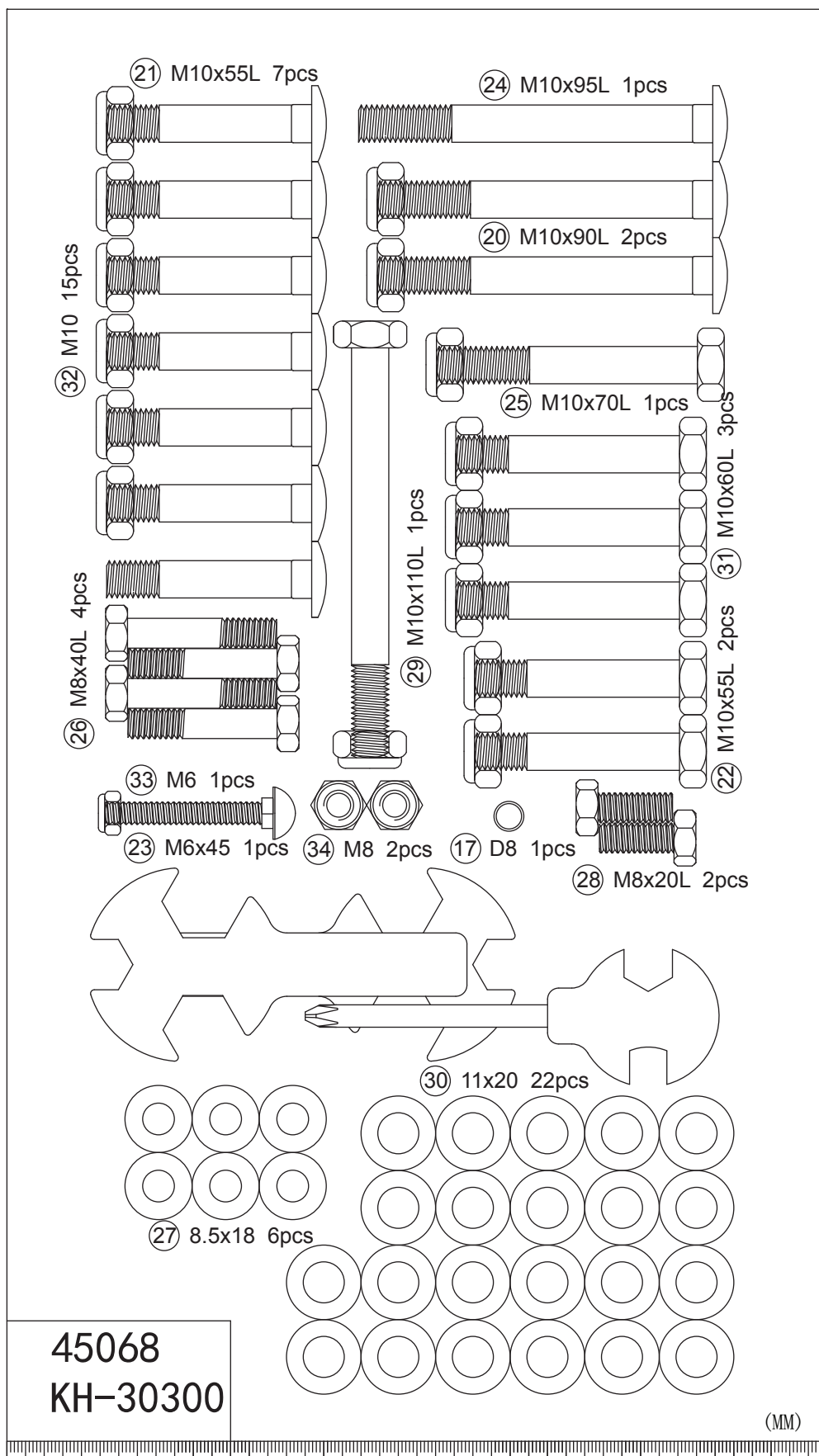
**PREPARE YOUR WORK AREA** - It is important you assemble the product in a clean and uncluttered space.

**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.

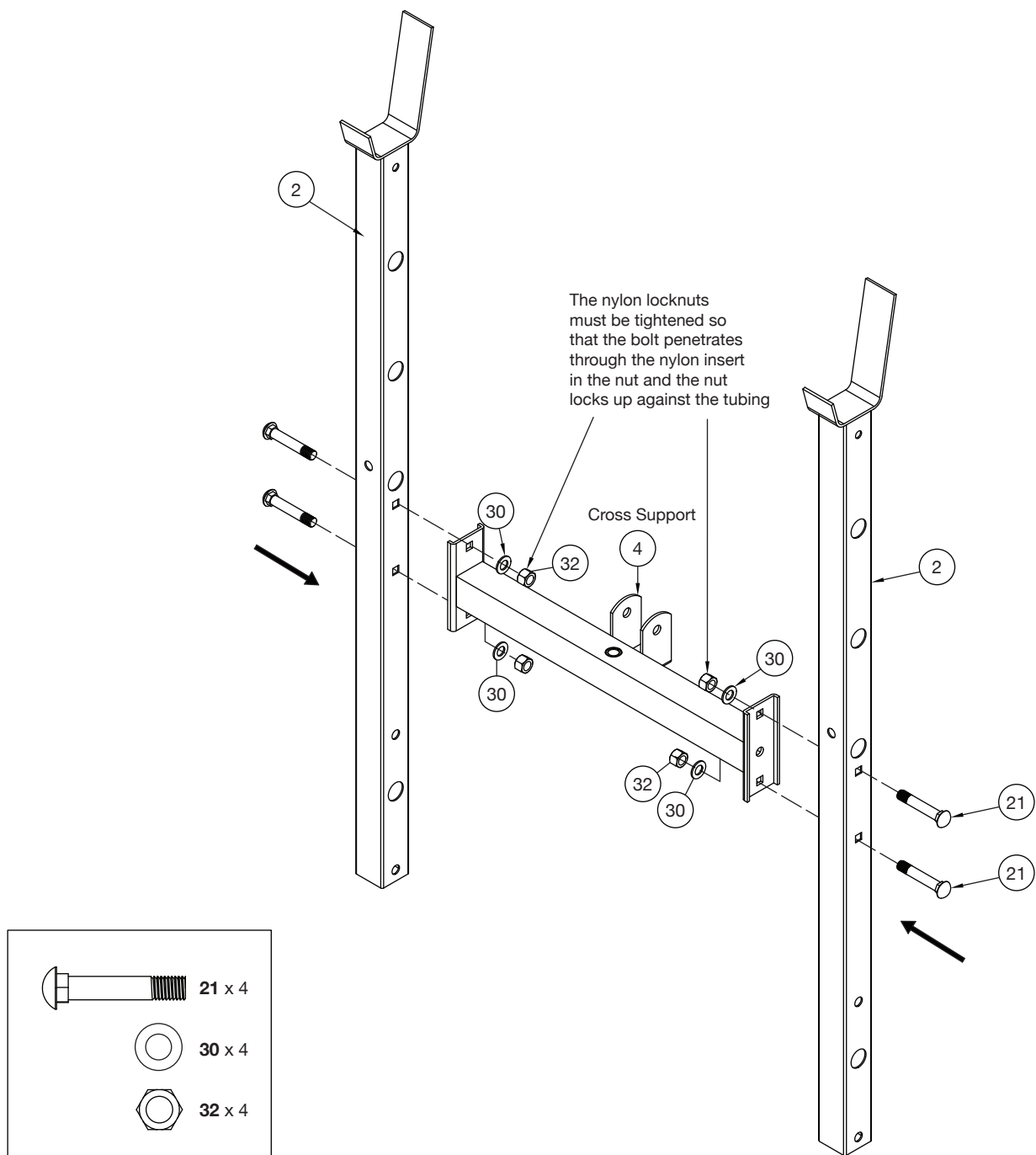
# Assembly instructions

Blister Pack:



### Step 1

- Make sure bracket of CROSS SUPPORT (4) is facing backwards.

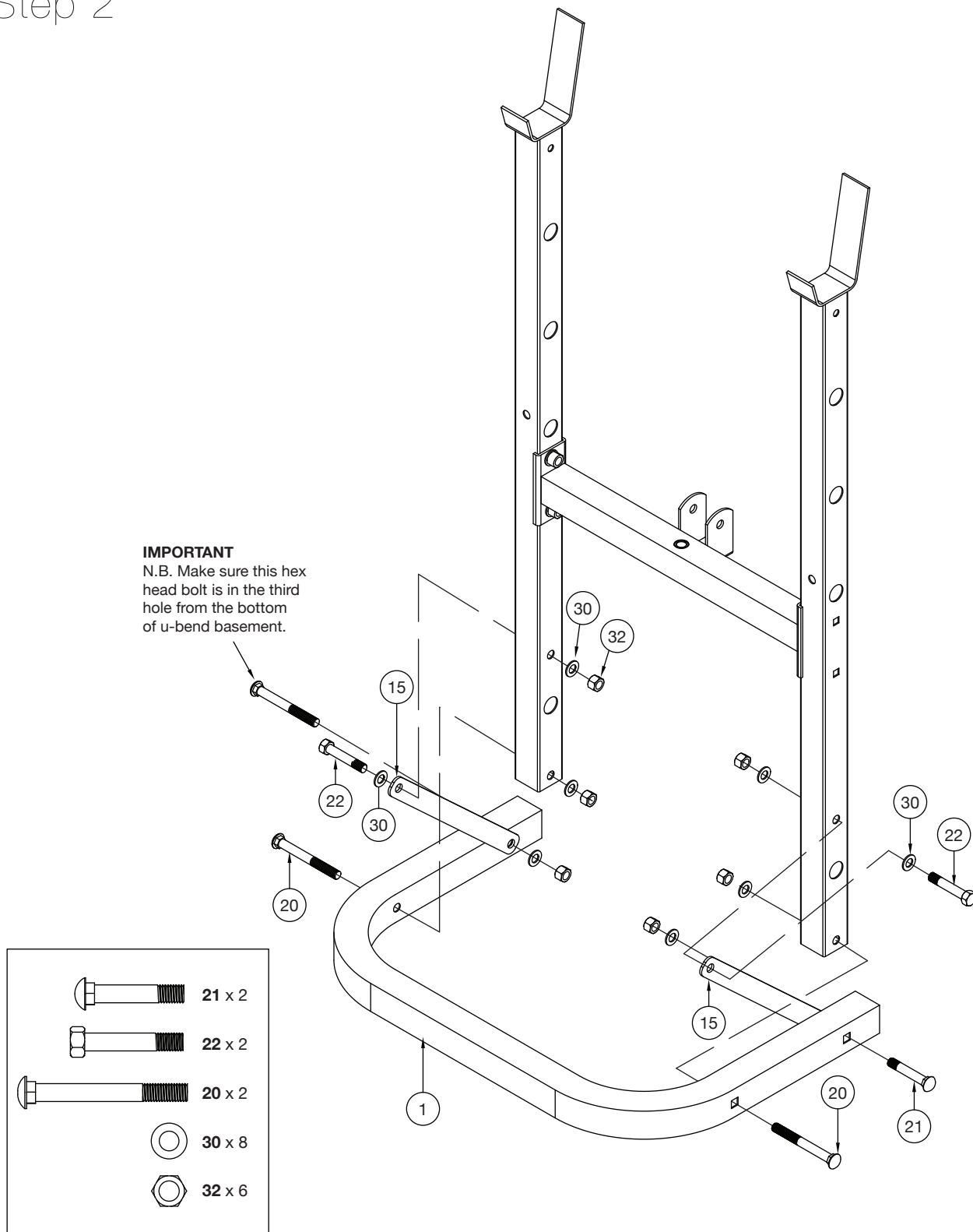


# Assembly instructions

## Step 2

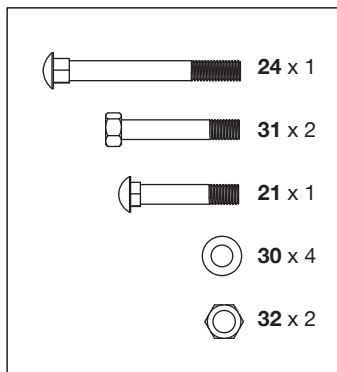
### IMPORTANT

N.B. Make sure this hex head bolt is in the third hole from the bottom of u-bend basement.



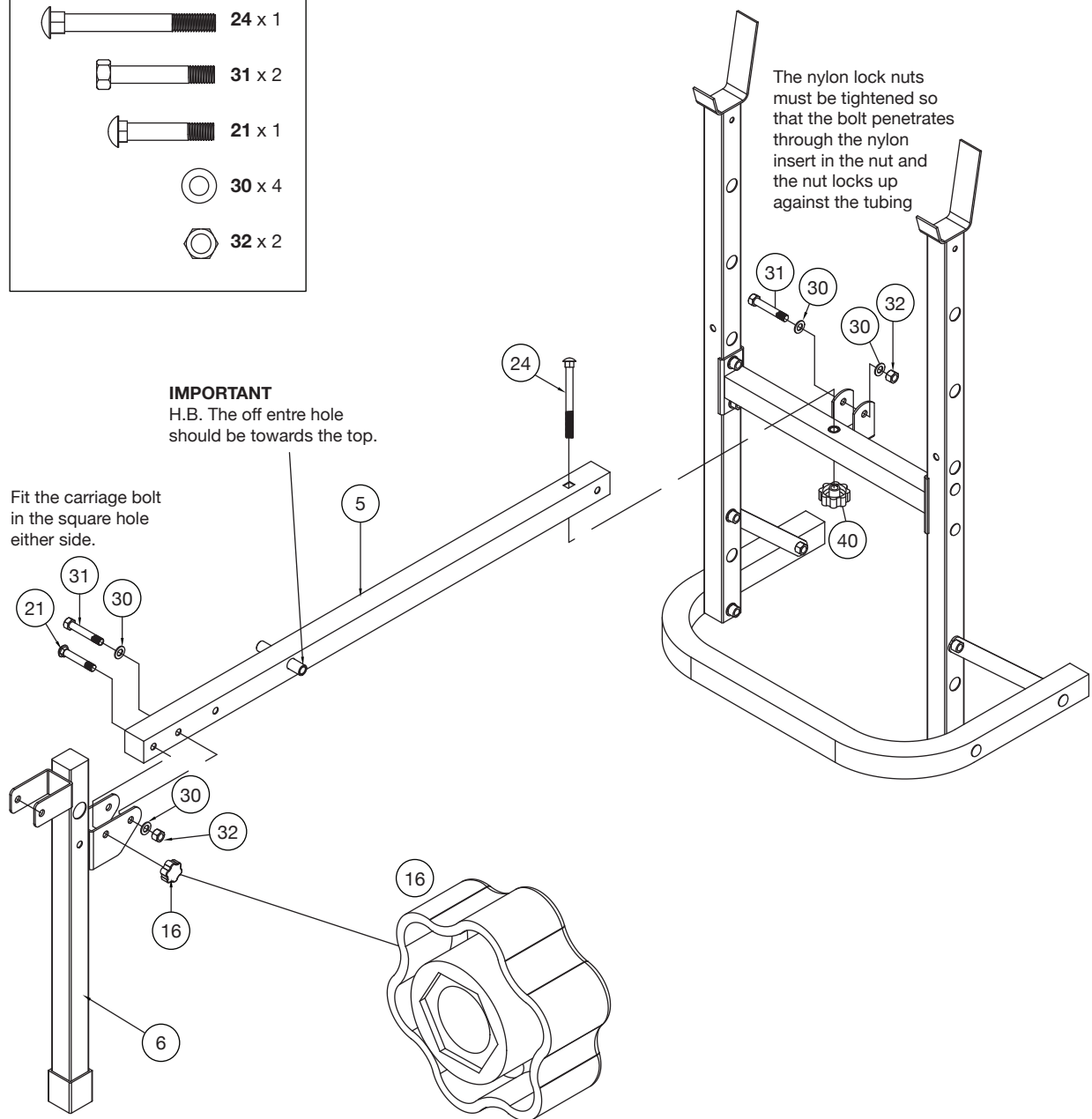


### Step 3



**IMPORTANT**  
H.B. The off centre hole should be towards the top.

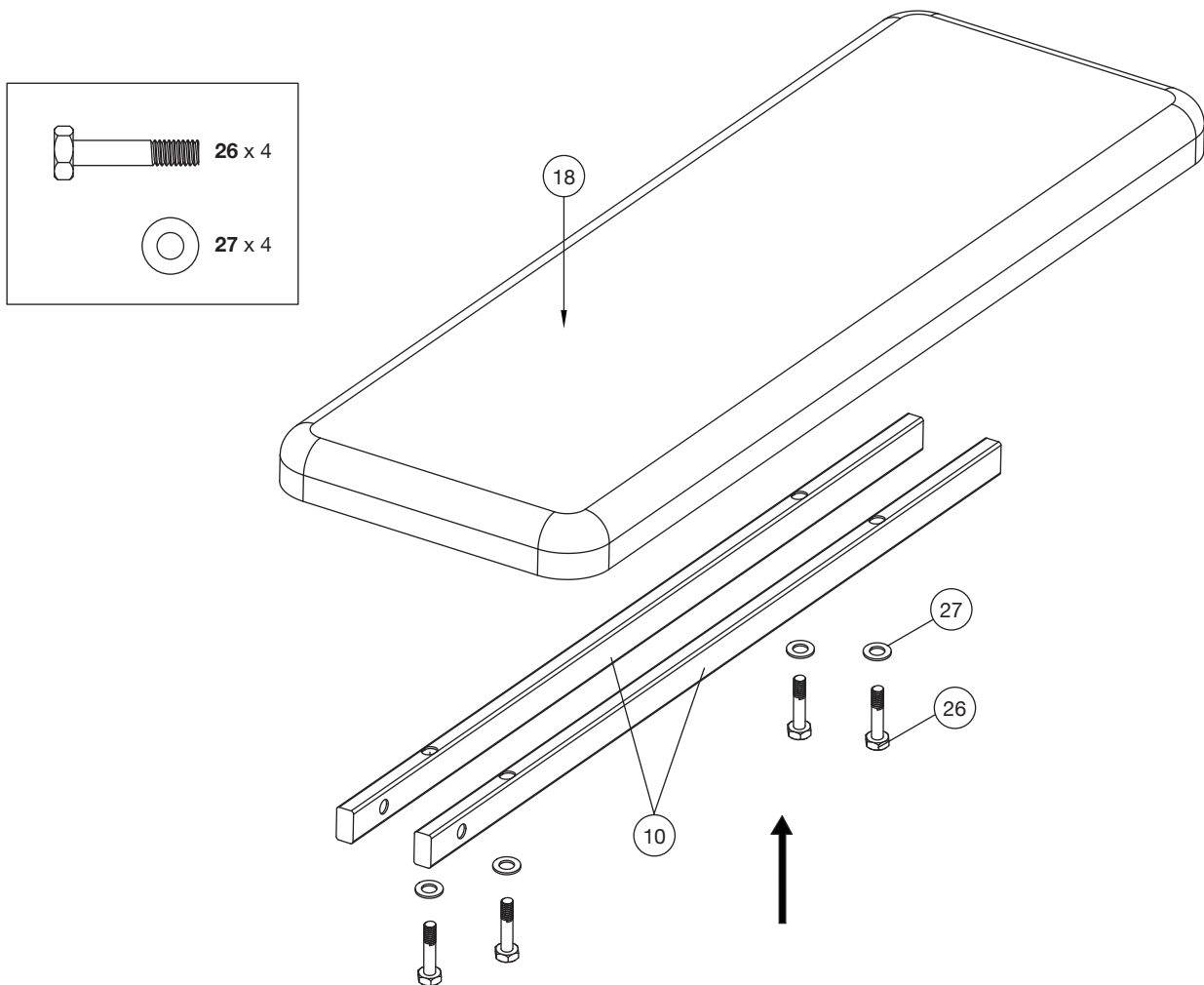
Fit the carriage bolt in the square hole either side.



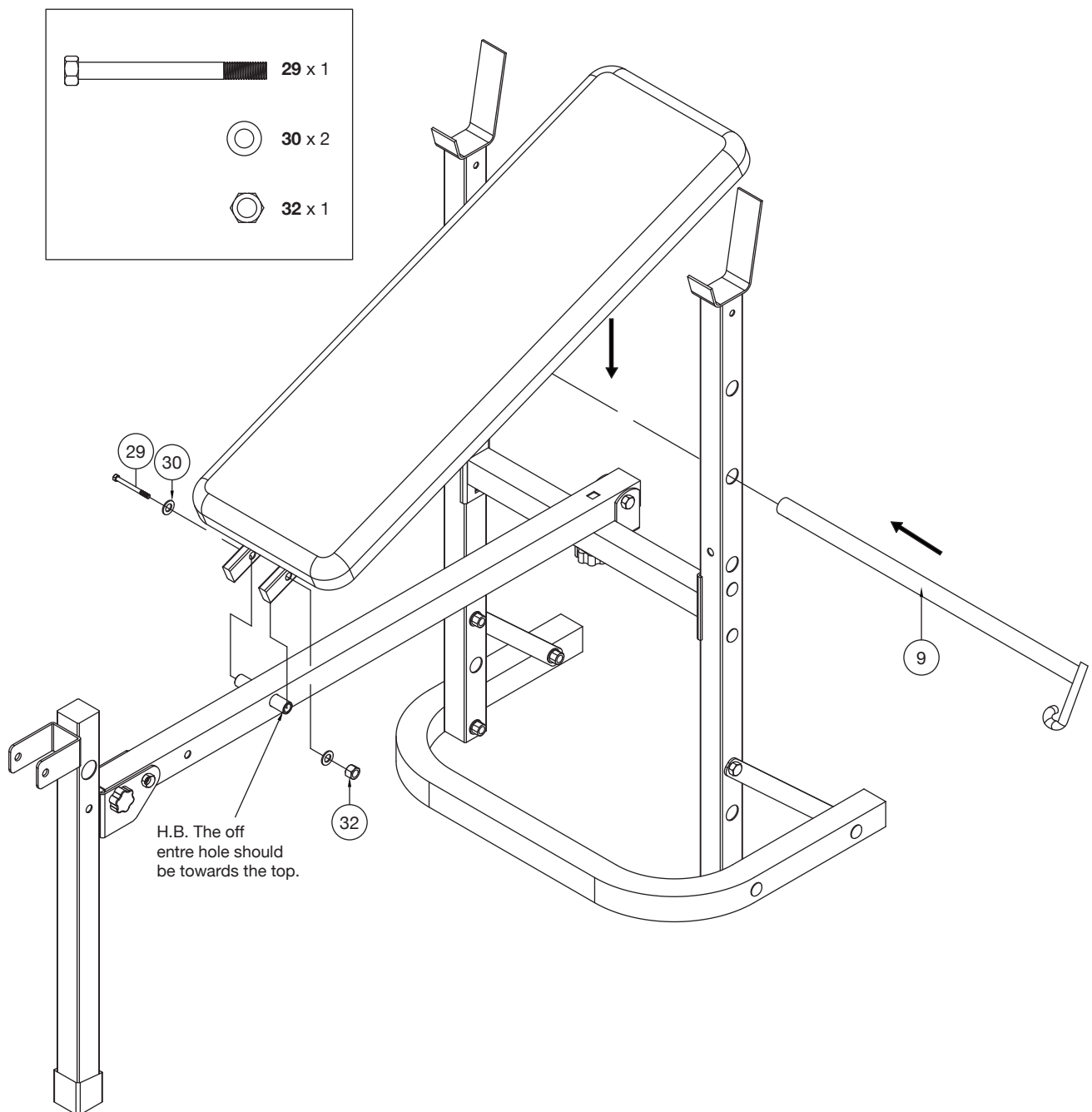
# Assembly instructions

## Step 4

- N.B. First Fasten Backrest Supports (Part #10) to the Upholstery (Part #18). Do not tighten until the supports are fastened to the bench.

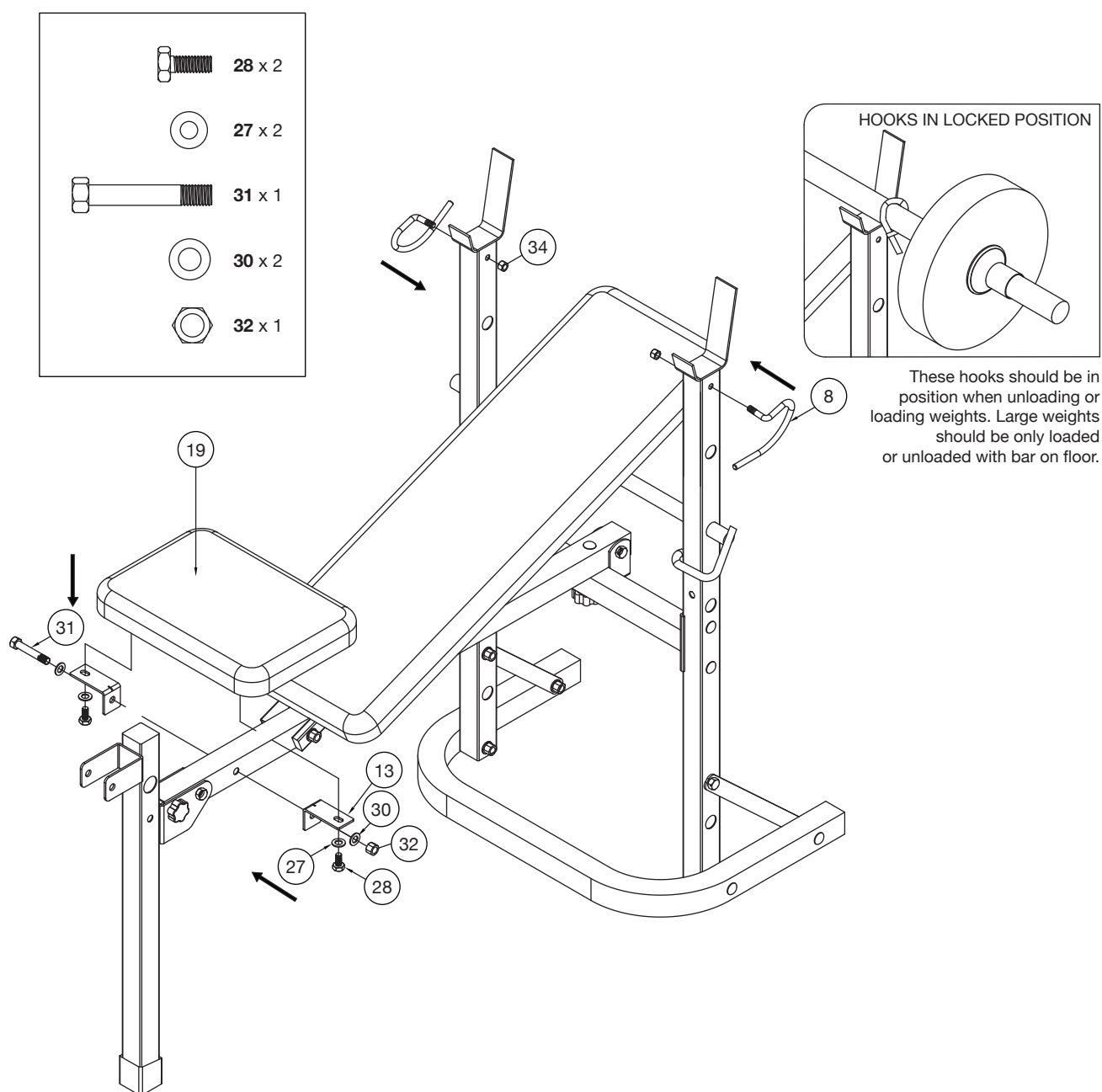


## Step 5

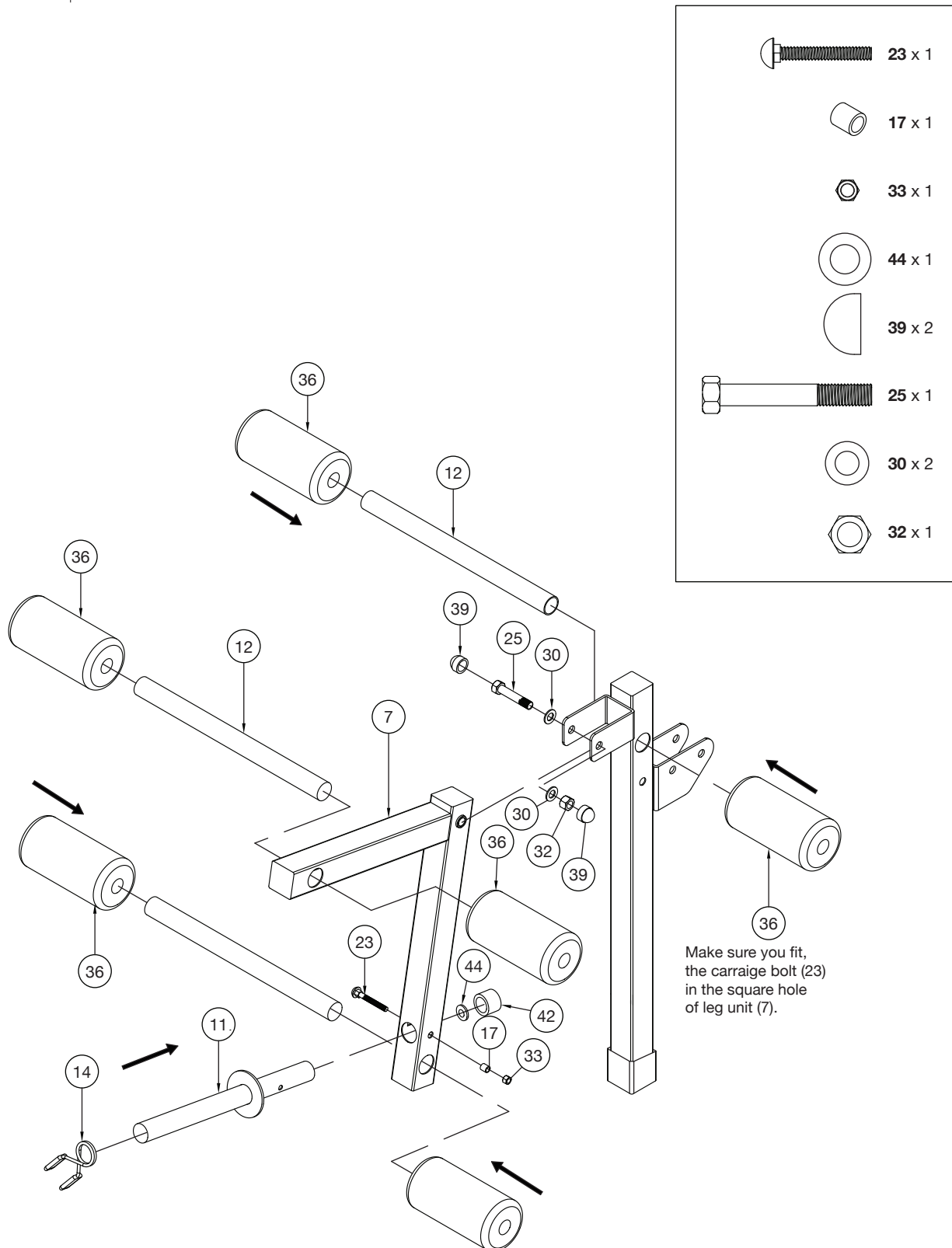


# Assembly instructions

## Step 6



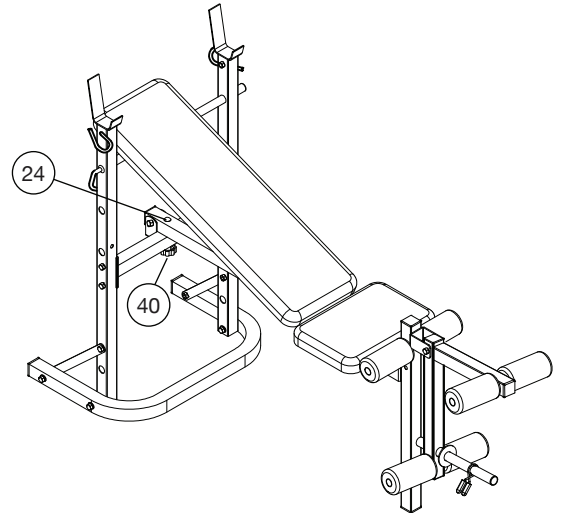
## Step 7



# IMPORTANT INSTRUCTION

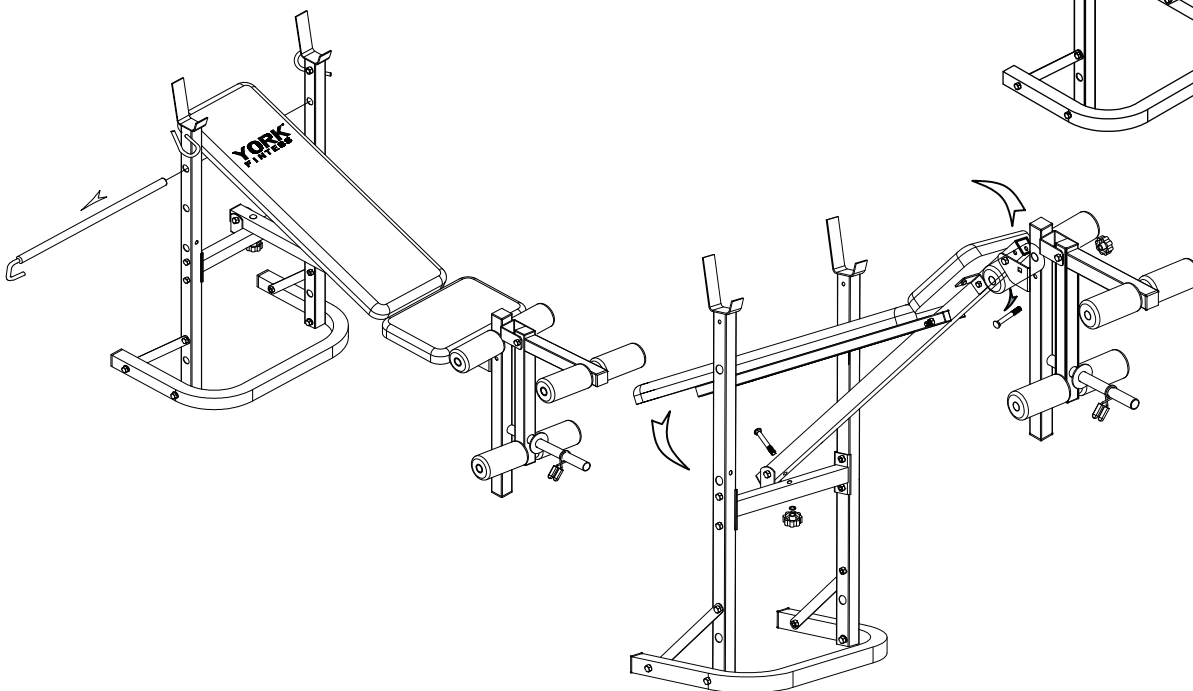
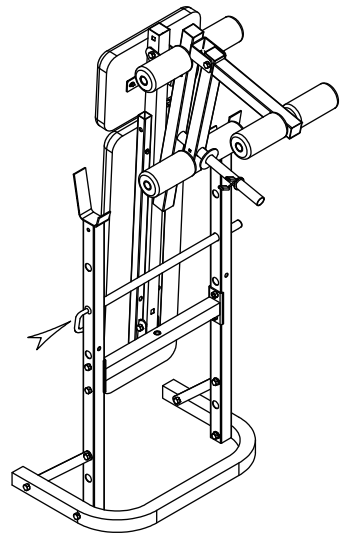
Before using your bench check the following:

1. The bench has been set up correctly as shown.
2. The carriage bolts are in place & secure.
3. The Tri-knob is fastened securely.
4. The backrest adjustable post is correctly in position.
5. All the nuts and bolts are secured.



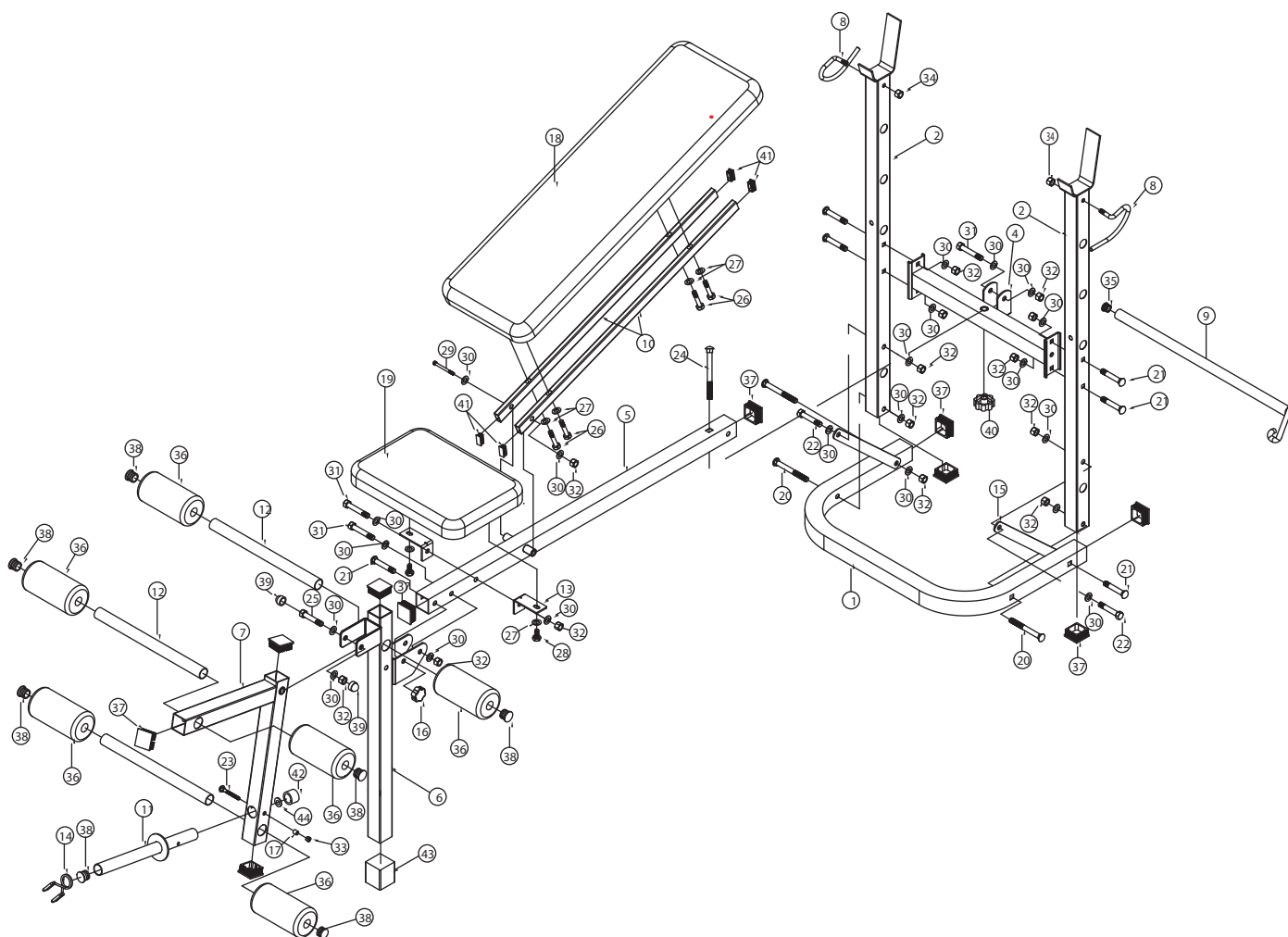
How to fold up your bench:

1. Remove the Tri-Knob
2. Remove the carriage bolts.
3. Lift the front leg and fold up your bench.  
NOTE: Take care not to trap your fingers.
4. When the bench is upright put the backrest adjustable post in the top hole to stop bench folding down.
5. Replace the Tri-Knob and carriage bolt, so you do not lose them.
6. Store the bench safely e.g. away from children.



# Exploded Drawing / Part List

# YORK FITNESS



REF.	DESCRIPTION	QTY.
1	U-BEND BASEMENT	1
2	UPRIGHT POST	2
4	CROSS BAR	1
5	SPINE POST	1
6	FRONT UPRIGHT POST	1
7	LEG UNIT-WELDED	1
8	BARBELL HOOK	2
9	BACK REST ADJUSTABLE BAR	1
10	BACK REST SUPPORT	2
11	WEIGHT HOLDER TUBE	1
12	LEG FOAM ROLLER TUBE	3
13	L SHAPE FIXING BRACKET	2
14	SPRING COLLAR	1
15	SIDE STRAP	2
16	HAND WHEEL KNOB	1
17	METAL BUSING (D8*D6.8*8.5L)	1
18	BACK REST UPHOLSTERY	1
19	SEAT UPHOLSTERY	1
20	SQUARE NECK BOLT (M10*1.5*90L)	2
21	SQUARE NECK BOLT (M10*1.5*55L)	7
22	HEX BOLT (M10*1.5*55L)	2
23	SQUARE NECK BOLT (M6*1*45L)	1
24	SQUARE NECK BOLT (M10*1.5*95L)	1

REF.	DESCRIPTION	QTY.
25	HEX BOLT (M10*1.5*70L)	1
26	HEX BOLT (M8*1.25*40L)	4
27	FLAT WASHER (D18*D8.5*1.2T)	6
28	HEX BOLT (M8*1.25*20L)	2
29	HEX BOLT (M10*1.5*110L)	1
30	FLAT WASHER (D20*D11*2T)	22
31	HEX BOLT (M10*1.5*60L)	3
32	NYLON NUT (M10*1.5*10T)	15
33	NYLON NUT (M6*1.0*6T)	1
34	NYLON NUT (M8*1.25*8T)	2
35	ROUND CAP	1
36	FOAM	6
37	SQUARE CAP	10
38	ROUND CAP	7
39	SCREW CAP	2
40	HAND WHEEL KNOB	1
41	SQUARE CAP	4
42	BUFFER	1
43	FOOT CAP	1
44	FLAT WASHER (D24*D13.5*2.5T)	1
	SPANNER	2
	SPANNER	1



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**FITNESS**

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