



YORK[®]

BARBELL





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YORK BARBELL – THE STRONGEST NAME IN FITNESS SINCE 1932

Founded in 1932 by Bob Hoffman in York Pennsylvania York Barbell has been synonymous with the essence of weightlifting since its inception. The York Barbell Company and its legendary Olympic weightlifting team wrote a substantial chapter in the biography of weightlifting and equipment development. Hoffman preached that a stronger athlete is a better athlete. Practically everyone now acknowledges that he was right.



Our commercial strength and fitness ranges have been developed with over 8 decades of experience and knowledge. As pioneers of the fitness industry and weight training we are proud of our heritage and continue to develop, manufacture and distribute quality strength and fitness products that enhance athletic performance and improve quality of life.

Bob Hoffman was coach to the USA Olympic weightlifting team from 1948 to 1964 and was designated the "Father of World Weightlifting" by the Olympic Weightlifting Federation for his part in the history and development of the sport. The famous York Barbell Club dominated the Olympic weightlifting scene from the 1930's through to the 1970's.

Today our commercial ranges are used throughout the world in professional sports teams, colleges, universities and gyms.

Our Strength Training Series (STS) was developed for professional sports teams and strength gyms. Our range of racks, benches, platforms and machines are designed to be integrated together to provide a complete strength and conditioning solution.

The Fitness Training Series (FTS) provides a light commercial option for controlled use environments such as schools and personal trainer studios.

Our world famous barbells are manufactured in our own factory in Canada from North American Steel and combine with a full range of weight plates options from cast, to rubber coated through to coloured bumpers.

From power racks and lifting platforms to dumbbells and medicine balls our commercial ranges are manufactured to high standards and with large stocks held in our UK warehouse we can supply equipment quickly.

Our commercial showroom displays our complete commercial range and can be viewed by invitation. Contact sales@yorkfitness.co.uk for further details.

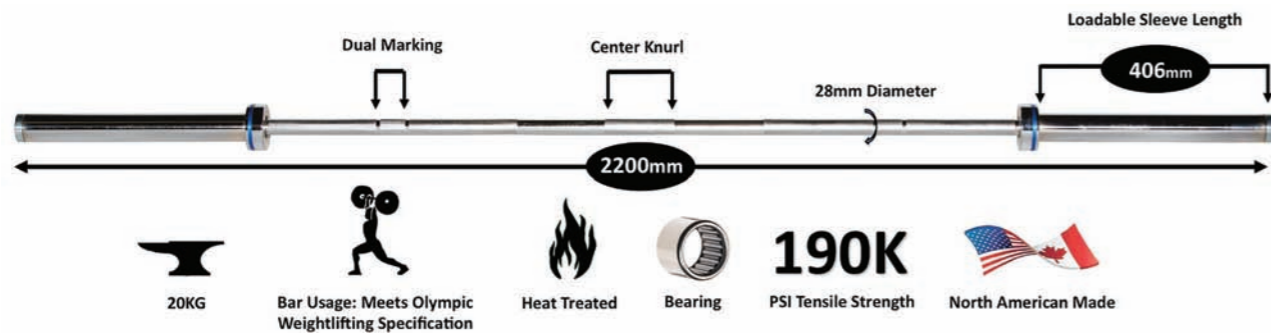
"AT ONE TIME I STOOD ALONE..."

I was almost the only believer in weight training for athletes. Now there are thousands of coaches who are teaching weight training to their teams and hundreds of thousands of athletes, improving their athletic ability through weight training".

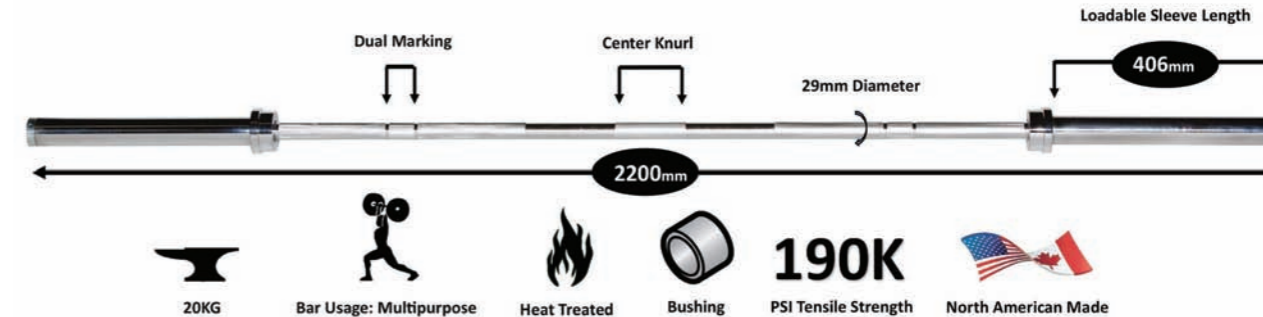
BOB HOFFMAN



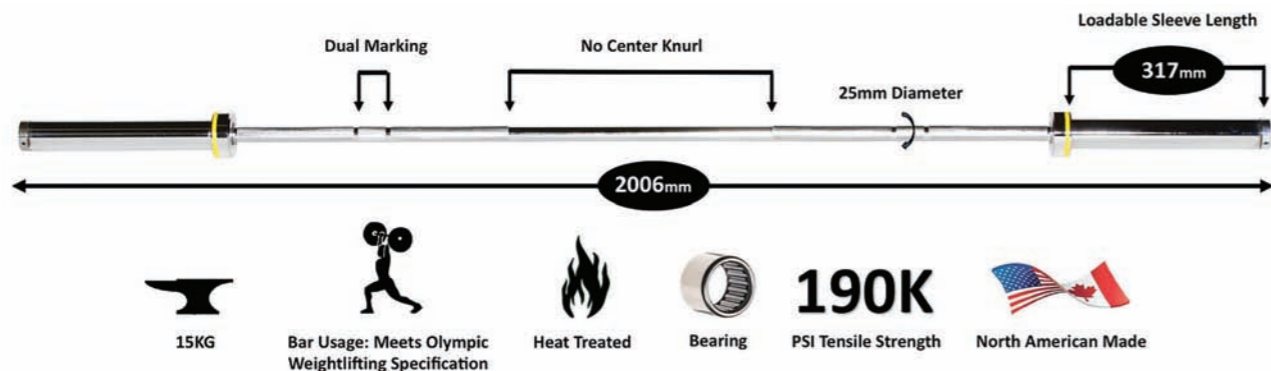
York Men's 7' Elite Olympic Competition Bar - Item 32000



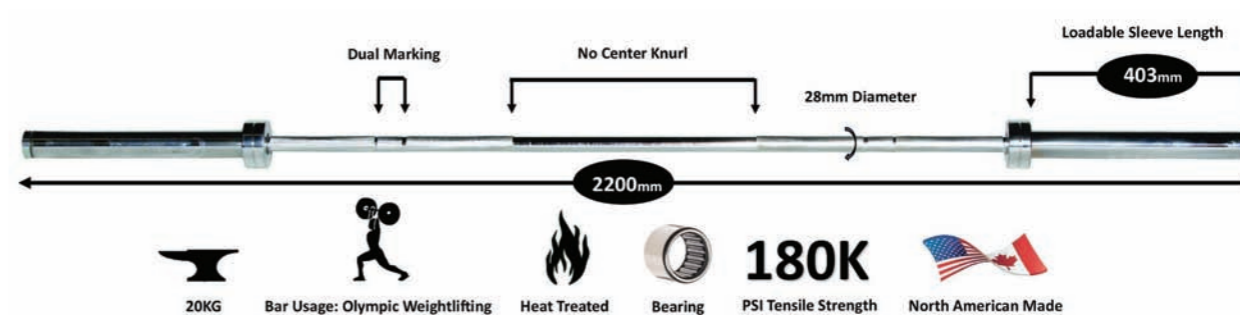
York Mens 7' USA Olympic Power Bar - Item 32004



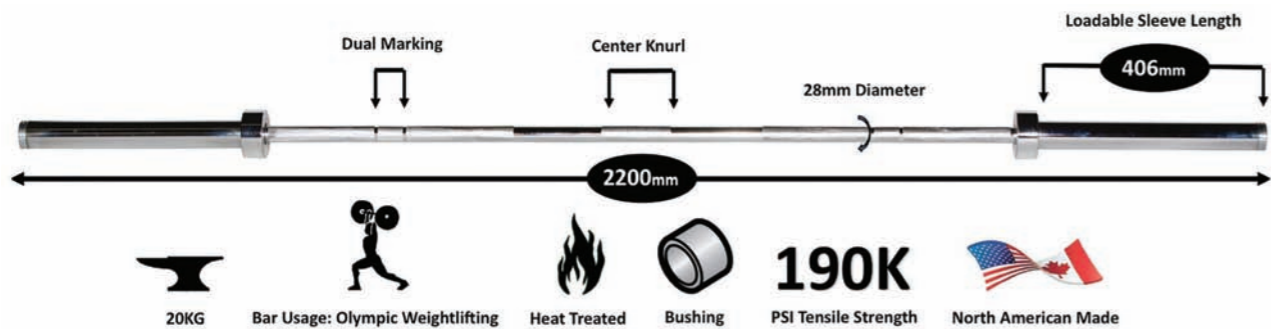
York Women's 6.5' Elite Olympic Competition Bar - Item 32001



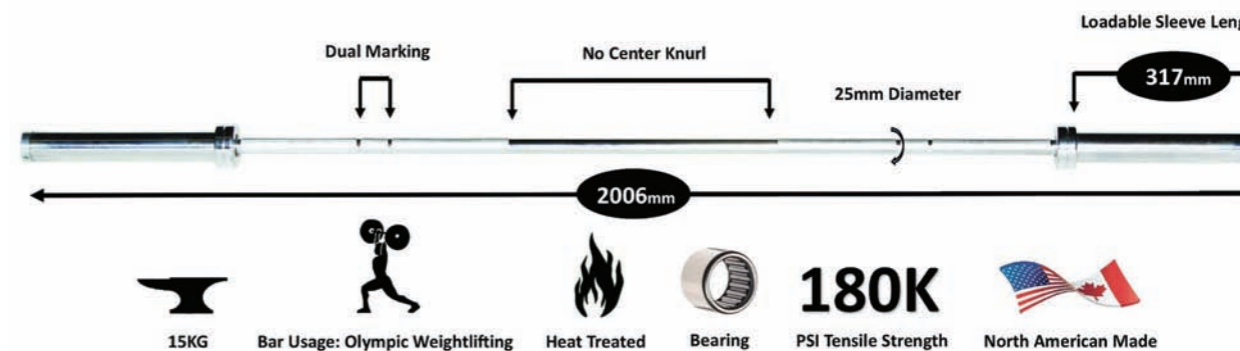
York Men's 7' International Needle Bearing Olympic Bar - Item 32110



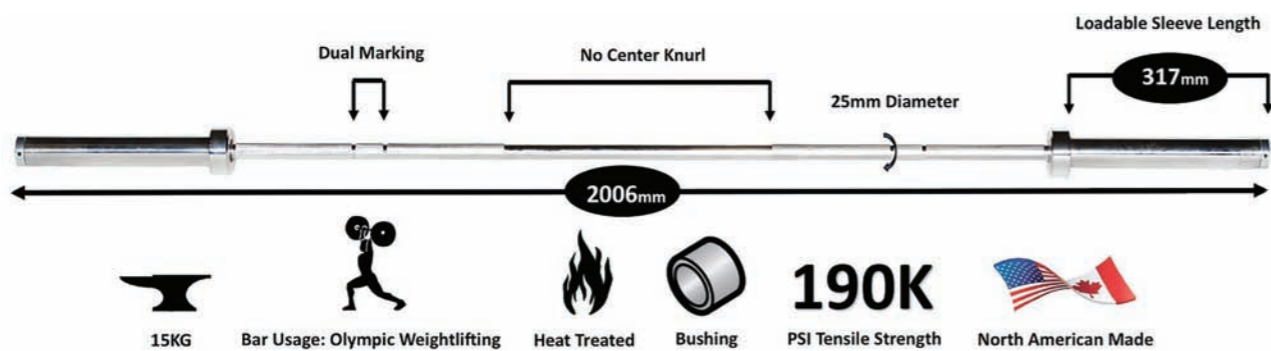
York Men's 7' Elite Olympic Training Bar - Item 32002



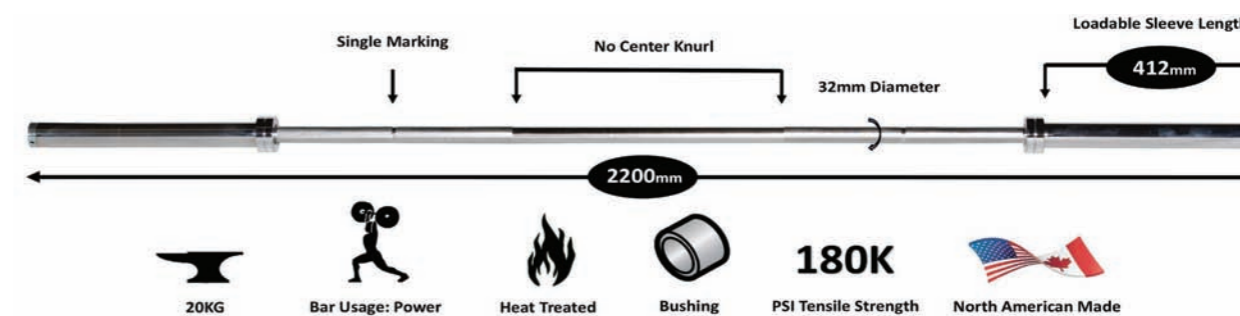
York Woman's 6.5 International Needle Bearing Olympic Bar - Item 32111



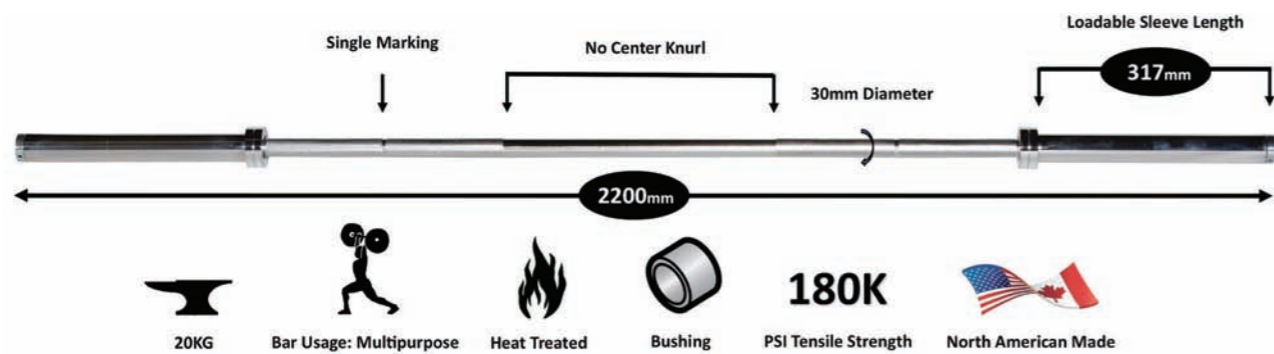
York Women's 6.5' Elite Olympic Training Bar - Item 32003



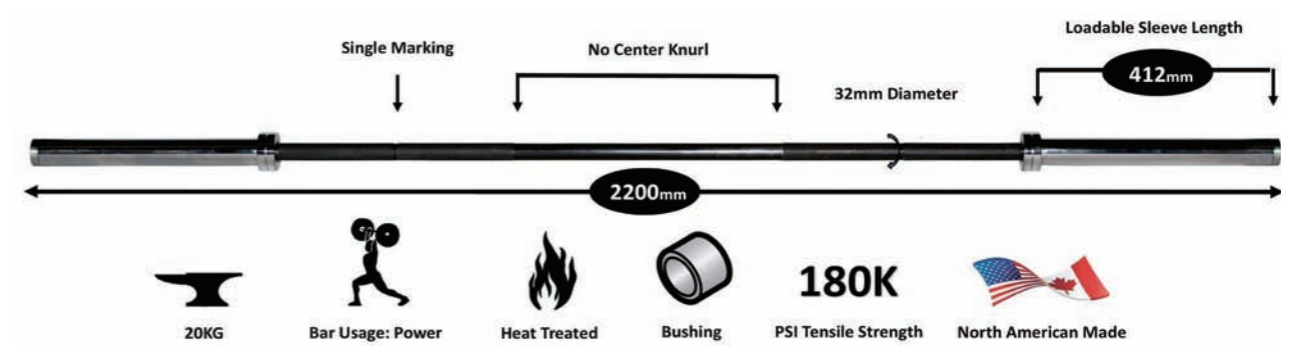
York 7' International Chrome Olympic Bar 32mm - Item 32112



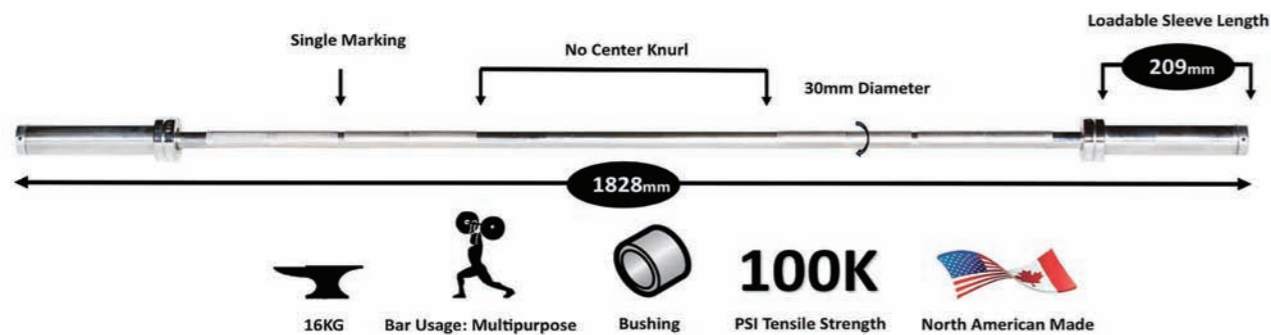
York 7' International Chrome Olympic Bar 30mm - Item 32113



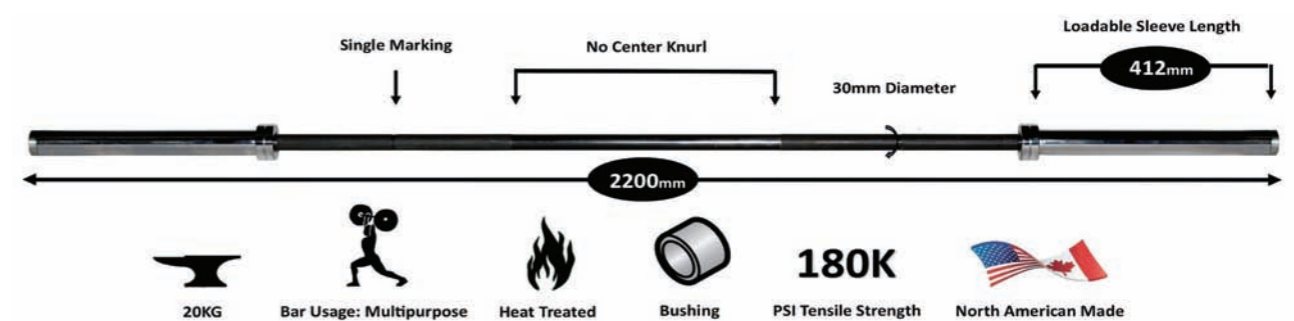
York 7' International Black Oxide Olympic Bar 32mm - Item 32120



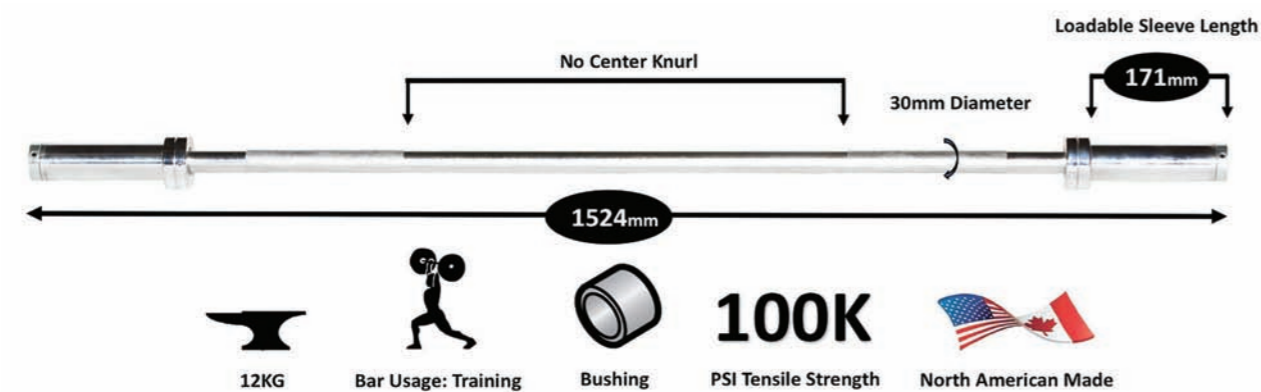
York 6' International Chrome Olympic Bar - Item 32114



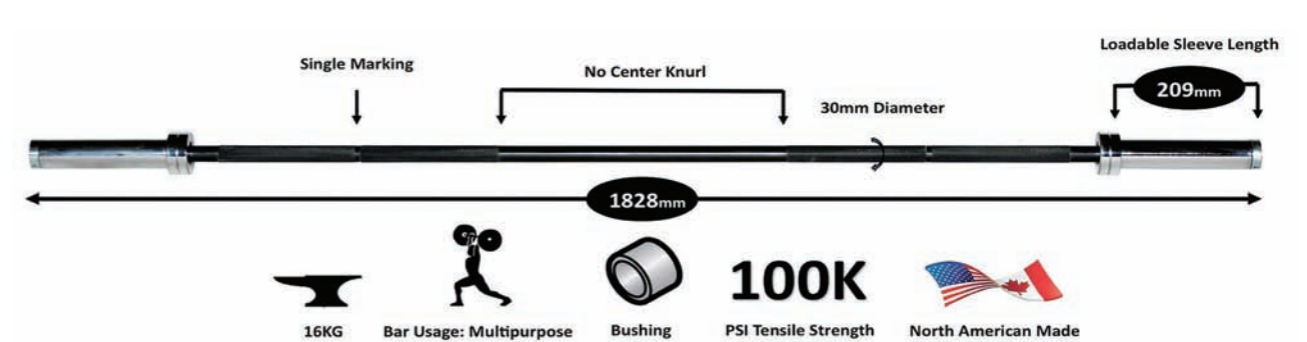
York 7' International Black Oxide Olympic Bar 30mm - Item 32121



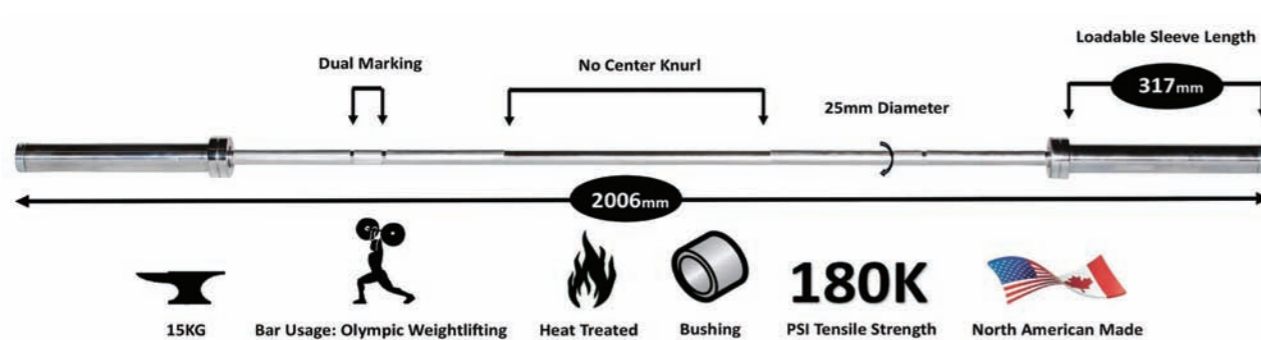
York 5' International Chrome Olympic Bar - Item 32115



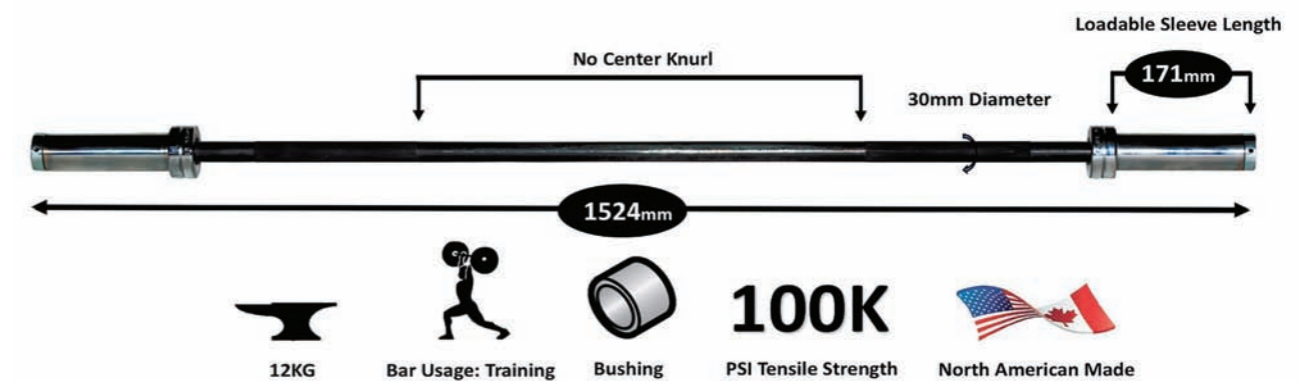
York 6' International Black Oxide Olympic Bar - Item 32122



York 6.5' Women's International Chrome Olympic Bar - Item 32117



York 5' International Black Oxide Olympic Bar - Item 32123



York International 'Multi-Hex' Dead Lift & Shrug Bar with 'Rock & Roll' Kick Stand

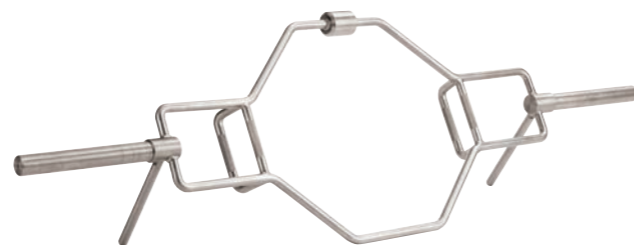
York Code	Bar Weight	Bar Length	Bar Diameter	kg Load	Exercise Type
32033	36kg	7ft	2 x 28mm	600kg	Multi-Purpose

Key Features

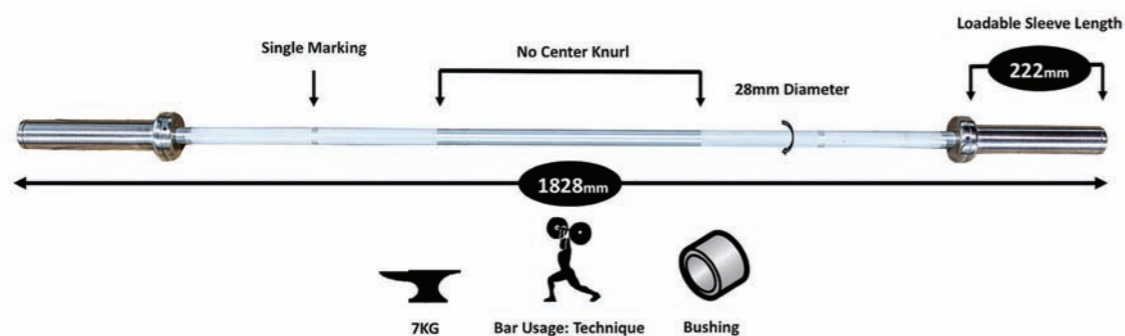
- 2 x 28mm fixed knurled handle height settings.
- Improved internal "Hex" shape area ideal for the bigger trainer.
- A weight built into the frame to counter balance the jacking system; this ensures the bar stays square throughout the range of movement.
- The "rock & roll", kickstand feature allows the bar to be jacked up, allowing for easy plate loading and unloading by the user. Especially useful when lifting heavy weight.

Note

- Weight plates and platform not included.



York 6' Ultra-Light Aluminium Technique Bar - Item 32032



Key Features

- Light weight Olympic bar designed for training correct lifting technique.

York 7' Chrome Olympic Bar

York Code	Bar Weight	Bar Length	Bar Diameter	kg Load	Exercise Type
2979	20kg	7ft	1.125"	320kg	Static Lifts

Key Features

- Solid steel construction
- Designed for static lifts only.



York Olympic Split Sleeve Tri-Trap Bar With Rubber Grips

York Code	Bar Weight	Bar Length	Bar Diameter	kg Load	Exercise Type
32031	13.6kg	3ft	30mm	100kg	Multi-Purpose

Key Features

- Rubber/urethane textured ergonomic grips.
- Reduce stress placed on the wrist and elbow when lifting heavier weight.
- Split end sleeve design to each bar for smooth rotation.
- The "Trap/Upright row" grip is specifically designed to target the trapezius from an angle • 93cm in length.



York Olympic Split Sleeve Curl Bar With Rubber Grips

York Code	Bar Weight	Bar Length	Bar Diameter	kg Load	Exercise Type
32030	13.6kg	4ft	30mm	100kg	Multi-Purpose

Key Features

- Rubber/urethane textured ergonomic grips.
- Reduce stress placed on the wrist and elbow when lifting heavier weight.
- 2" Olympic Split end sleeve design for a smoother rotation.
- 157cm in length.



York Olympic Dumbbell Bar

York Code	Bar Weight	Bar Length
2987	5kg	510mm

- Sold as single bar with Olympic spring collars included.



York Bulldog Collars Pair

York Code	Item Weight
2988	1.2kg

Key Features

- Lightweight aluminium • Precision milled from a single billet of aluminium for diameter consistency and durability • Sold as pairs.



York Olympic Spring Collars (Pair)

York Code	Item Weight
36040	0.5kg

Key Features

- Manufactured from 3mm sprung steel • Heavy duty clamping strength to any York Olympic bar • Quick on and off release • Sold as pairs.



York Cast Iron Olympic Plates

York Code	Item Weight
7378	1.25kg
7379	2.5kg
7380	5kg
7381	10kg

York Code	Item Weight
7382	15kg
7383	20kg
7384	25kg



Key Features

- Durable Cast Iron Plate.
- Machine bored 2" centre hole.
- Dark grey finish for added resistance to wear.
- Embossed York logo and the weight in kg.

York 140kg Cast Iron Olympic Set

York Code	Item Weight
7377	140kg

Set Comprises

- 1 x 7ft 20 kg Olympic Bar
- 4 x 1.25kg Cast Iron Olympic Plates
- 2 x 2.5kg Cast Iron Olympic Plates
- 4 x 5kg Cast Iron Olympic Plates
- 2 x 10kg Cast Iron Olympic Plates
- 2 x 15kg Cast Iron Olympic Plates
- 2 x 20kg Cast Iron Olympic Plates
- 2 x Olympic Spring Collars



York Olympic Rubber 'ISO-Grip' Plates

York Code	Item Weight
28000	1.25kg
28001	2.5kg

York Code	Item Weight
28002	5kg
28004	10kg

York Code	Item Weight
28005	15kg
28006	20kg

York Code	Item Weight
28007	25kg

Key Features

- Durable inner steel composite casting encased in rubber.
- The patented radical benefit of a thicker hub and a streamlined rim allows for the anti-pinch nature of using the plates.
- 360-degree comfortable easy-pick-up plate.
- Patented design allows for the plates to be used in conjunction with core and functional training programmes safely.
- High quality rubber casing improves durability and protects floors and equipment.
- Sold as singles (Olympic bar not included).



York 'Iso-Grip' Cast Iron Olympic Plates

York Code	Item Weight
28060	4 x 1.25kg
28061	4 x 2.5kg
28062	4 x 5kg
28064	2 x 10kg

York Code	Item Weight
28065	1 x 15kg
28066	1 x 20kg
28067	1 x 25kg

Key Features

- Cast versions of the innovative York 'Iso-Grip' plate.
- Safe plate loading and easy pick up.



York G2 Cast Iron Olympic Plates

York Code	Item Weight
28105	4 x 1.25kg
28106	4 x 2.5kg
28107	4 x 5kg

York Code	Item Weight
28108	2 x 10kg
28109	1 x 15kg
28110	1 x 20kg

Key Features

- Space saving Interlocking design minimises space taken on the barbell.
- Ideal for plate loaded machines and barbells.
- Functional dual grip design.
- Durable cast Iron plate.
- Machine bored 2" centre hole.
- Olympic bar and collars not included.



York G2 Rubber Thin Line Olympic Plates

York Code	Item Weight
28098	4 x 1.25kg
28099	4 x 2.5kg
28100	4 x 5kg

York Code	Item Weight
28101	2 x 10kg
28102	1 x 15kg
28103	1 x 20kg

Key Features

- Designed to maximise plate loading.
- Rubber coating increases durability and protects equipment.
- Enhanced appearance, diminishes noise and easy to clean.
- 2 easy grab handles make plate pickup easier.



York Olympic Solid Rubber Bumper Plates

York Code	Item Weight
28082	5kg
28083	10kg
28084	15kg

York Code	Item Weight
28085	20kg
28086	25kg



Key Features

- Solid rubber.
- Limits damage to floors.
- All plates come as standard with a 2" steel centre sleeve.
- Olympic diameter of 450cm so ideal for coaching and technique training.
- Sold as singles.
- Recommended for York lifting platforms to reduce risk of flooring damage.

York 170kg Olympic Rubber Bumper Training Set

York Code	Item Weight
28088	170kg

Set Comprises

- 1 x York Men's International Needle Bearing Olympic Bar (32110)
- 1 x Olympic Spring Collars - Pair (36040)
- 2 x 5kg Black Olympic Rubber Bumper Plates (28082)
- 2 x 10kg Black Olympic Rubber Bumper Plates (28083)
- 2 x 15kg Black Olympic Rubber Bumper Plates (28084)
- 2 x 20kg Black Olympic Rubber Bumper Plates (28085)
- 2 x 25kg Black Olympic Rubber Bumper Plates (28086)



York Coloured Olympic Solid Rubber Plates

York Code	Item Weight
28091	10kg
28092	15kg

York Code	Item Weight
28093	20kg
28094	25kg



Key Features

- Manufactured to the IWF standard diameter of 450 mm.
- Colour coded for quick identification.
- Ideal for teaching Olympic movements such as snatch & clean and jerk.
- Solid rubber plates, no steel inserts.
- All plates come as standard with a 2" steel centre sleeve.
- Recommended for York lifting platforms to reduce risk of flooring damage.

York 170kg Coloured Olympic Rubber Bumper Training Set

York Code	Item Weight
28095	170kg

Set Comprises

- 1 x York Men's International Needle Bearing Olympic Bar (32110)
- 1 x Olympic Spring Collars - Pair (36040)
- 2 x 5kg Black Olympic Rubber Bumper Plates (28082)
- 2 x 10kg Coloured Olympic Rubber Bumper Plates (28091)
- 2 x 15kg Coloured Olympic Rubber Bumper Plates (28092)
- 2 x 20kg Coloured Olympic Rubber Bumper Plates (28093)
- 2 x 25kg Coloured Olympic Rubber Bumper Plates (28094)



York Horizontal Plate Rack (Toaster Rack)

York Code	Item Weight	Assembled Footprint
69041	28kg	W 37cm x D 158cm x H 34cm

Key Features

- Designed to store 2 of each weight of York Bumper Plates and 2 of each smaller Olympic cast increments (1.25, 2.5 and 5kg).
- The ideal rack to line up alongside a York Lifting Platform due to their low to the ground design and minimalist look.
- The floor based design allows plates to be easily rolled on and off as required.
- 1 x grab handle and 2 x wheels for easy transportation between stations.
- Made from 8 mm steel finished in crinkle black (plates not included).



York Olympic Single Sided Plate Tree Rack with 2 Olympic Bar Holders

York Code	Item Weight	Assembled Footprint
69142	65kg	W 71cm x D 109cm x H 201cm

Key Features

- 10 x 2" weight storage pegs to accommodate 2" Olympic weight plates
- The front weight pegs are 4.5cm x 33cm, the rear pegs are 4cm x 21cm.
- Vertical bar storage for two Olympic Bars
- Large Steel foot plates with pre-drilled holes, should a permanent fixture be required.

Note

- Weight plates and bars not included.



York Olympic Plate Tree Rack with 2 Olympic Bar Holders

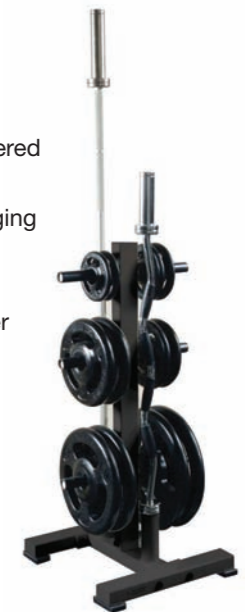
York Code	Item Weight	Assembled Footprint
69139	35kg	W 55cm x D 58cm x H 107cm

Key Features

- Space efficient Olympic bar and weight plate storage system.
- Includes 2 x Olympic bar holders.
- Incorporates 6 x weight pegs covered in a hard wearing rubber coating.
- Stores Olympic weight plates ranging from 1.25 kg - 25 kg (standard cast or ISO-Grip).
- Weight pegs are 4.5cm in diameter and 19cm in length.
- The base and upright are made from 8cm x 5cm squared steel, which is 3mm in thickness.
- Powder coated in a durable black finish.
- 4 x Rubber anti-slip feet.

Note

- Weight plates and bars not included.



York Olympic A-Frame Plate Tree

York Code	Item Weight	Assembled Footprint
69036	17.7kg	W 47cm x D 47cm x H 129cm

Key Features

- Space saving design for Olympic cast weight plates.
- 7 pegs for cast 1.25kg to 25kg plates.
- Wide set feet and sturdy construction prevent tipping.
- Attractive black finish.



York Pro-Style Dumbbells

York Code	Item Weight
26700	2.5kg
26701	5kg
26702	7.5kg
26703	10kg
26704	12.5kg
26705	15kg
26706	17.5kg

York Code	Item Weight
26707	20kg
26708	22.5kg
26709	25kg
26710	27.5kg
26711	30kg
26712	32.5kg
26713	35kg

York Code	Item Weight
26714	37.5kg
26715	40kg
26716	42.5kg
26717	45kg
26718	47.5kg
26719	50kg

York Code	Item Weight
26720	52.5kg
26721	55kg
26722	57.5kg
26723	60kg
26724	62.5kg
26725	65kg

Key Features

- The Pro-Style dumbbell features a shortened and fully knurled 33mm solid steel handle for optimum control improving balance thus reducing hand/forearm fatigue.
- The non-metallic inside shoulders cushion the chrome plated grip ensuring a solid but comfortable hand balance.
- Solid steel heads welded to the centre bar and encased with our durable formulae of rubber will increase the longevity of the dumbbell as well as reducing impact noise and protecting floor coverings if dropped.
- York saddle racks should be used to store the Pro-Style dumbbells at all times to ensure a safe environment. The anti-roll saddle cups will offer premium dumbbell protection along with easy client access.
- York Pro-Style Dumbbells are available in singles from 2.5kg to 65kg, or as packaged sets.



York 2-Tier Dumbbell Saddle Racks

York Code	Item Weight	Assembled Footprint
69045 (6 Pairs)	60kg	L 157cm x W 65cm x H 88cm
69046 (10 Pairs)	95kg	L 265cm x W 65cm x H 88cm

Key Features

- ETS Saddle Dumbbell Rack for the "Medial Grip" Pro Style Dumbbells.
- 2-tier rack that hold 6 pairs of Pro Style Dumbbells.
- Made from 10cm x 5cm elliptical tubing for superior strength and exceptional looks.
- Large 20cm x 16cm steel foot plates to spread the weight of a fully loaded rack, these also come with pre-drilled hole for a permanent fix if needed.
- The tray of the rack is 25cm in width and has a large dumbbell cup, measuring 12cm in length.



York Pro-Style Dumbbell Set & Rack 2.5kg-25kg

York Code	Item Weight
35136	370kg

Key Features

- This set package incorporates 20 York dumbbells along with the Recommended York Functional Display Saddle Rack.
- 10 x Pairs of dumbbells 2.5kg - 25kg in 2.5kg increments.
- 1 x 2-Tier Saddle Rack.



York Pro-Style Dumbbell Set & Rack 27.5kg-50kg

York Code	Item Weight
35142	870kg

Key Features

- This set package incorporates 20 York dumbbells along with the Recommended York Functional Display Saddle Rack.
- 10 x Pairs of dumbbells 27.5kg - 50kg in 2.5kg increments.
- 1 x 2-Tier Saddle Rack.



York Pro-Style Dumbbell Set & Rack 12.5kg-35kg

York Code	Item Weight
35137	570kg

Key Features

- This set package incorporates 20 York dumbbells along with the Recommended York Functional Display Saddle Rack.
- 10 x Pairs of dumbbells 12.5kg - 35kg in 2.5kg increments.
- 1 x 2-Tier Saddle Rack.



York 52.5kg, 55kg, 57.5kg, 60kg Paired Pro-Style Dumbbell Pack

York Code	Item Weight
35140	450kg

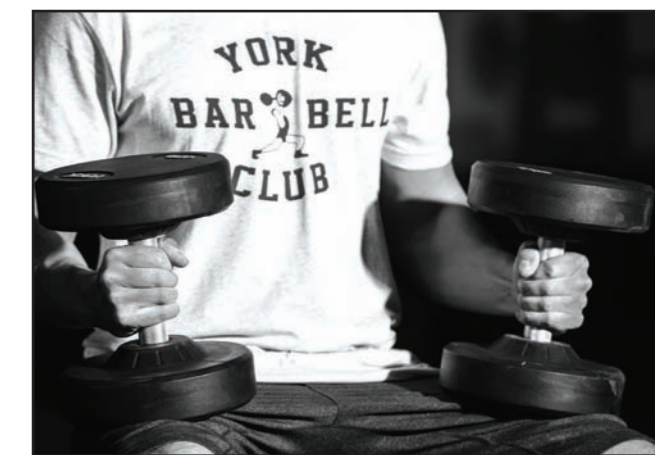


Key Features

- Designed to add some serious weight to your Pro-Style Dumbbell collection.
- Packs contain pairs of dumbbells.
- 52.5kg to 65kg Pro-Style Dumbbells also available as singles.
- Both packs fit on 1 x 69045 (6 Pair) Saddle Rack.

York 62.5kg, 65kg Paired Pro-Style Dumbbell Pack

York Code	Item Weight
35141	255kg



York Rubber Hex Dumbbells

York Code	Item Weight
35001	1.25kg
35002	2.5kg
35003	5kg
35004	7.5kg
35005	10kg
35006	12.5kg

York Code	Item Weight
35007	15kg
35008	17.5kg
35009	20kg
35010	22.5kg
35011	25kg

York Code	Item Weight
35012	27.5kg
35013	30kg
35014	32.5kg
35015	35kg
35016	37.5kg

York Code	Item Weight
35017	40kg
35018	42.5kg
35019	45kg
35020	47.5kg
35021	50kg



Key Features

- 3 tier dumbbell rack.
- Trays angled for easy access.
- Durable black paint finish.
- Simple bolt together design.
- L 175cm x D 61cm x H 101cm.

Note

- Dumbbells sold separately.

York 2.5kg - 35kg Rubber Hex Dumbbell Pack

York Code	Item Weight
35105	525kg

Key Features

- Pack contains 14 pairs of rubber hex dumbbells from 2.5kg to 35kg in 2.5kg increments.



York 37.5kg - 50kg Rubber Hex Dumbbell Pack

York Code	Item Weight
35115	525kg

Key Features

- Pack contains 6 pairs of rubber hex dumbbells from 37.5kg to 50kg in 2.5kg increments.

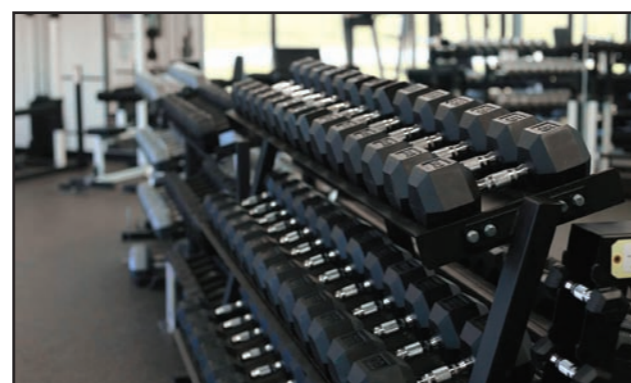


York 3 Tier Dumbbell Rack

York Code	Item Weight
69127	53kg

Key Features

- Universal dumbbell rack holder.
- 3 Tier tray design.
- Trays angled for easy access.
- Durable black paint finish.
- Simple bolt together design.
- L 175cm x D 61cm x H 101cm.



York ETS 2 & 3-Tier Dumbbell Tray Racks

York Code	Item Weight	Assembled Footprint
69048 (2 Tier)	78kg	L 145cm x W 65cm x H 88cm
69049 (3 Tier)	100kg	L 145cm x W 85cm x H 88cm



Key Features

- Made from 10cm x 5cm elliptical tubing for superior strength and exceptional looks.
- Large 20cm x 16cm steel foot plates to spread the weight of a fully loaded rack, these also come with pre-drilled hole for a permanent fix if needed.
- A 6.5cm front lip on the 40cm deep tray ensures all dumbbells are securely positioned on the rack.
- 3mm thick rubber matting is fixed to each tray to ensure maximum longevity of both dumbbell and rack.

York 1-10 kg Chrome Dumbbell Club Pack

York Code	Item Weight
33063	110kg

Key Features

- 10 pair club pack (1 - 10kg).
- Chrome plated steel.
- Pack fits dumbbell rack 69044.
- Dumbbell rack not included.



York 1-10 kg Rubber Hex Dumbbell Club Pack

York Code	Item Weight
35100	110kg

Key Features

- 10 pair club pack (1 - 10kg).
- Tough and durable rubber.
- Pack fits dumbbell rack 69044.
- Dumbbell rack not included.



York A Frame Dumbbell Rack

York Code	Item Weight
69002	18kg

Key Features

- Holds 6 pairs of dumbbells.
- Fits combinations up to 25kg.
- Durable power coated black finish.



York Vertical Dumbbell Rack

York Code	Item Weight
69044	23kg

Key Features

- Holds 1 - 10kg Chrome or Rubber Hex Club Packs only.
- Easy access vertical stand.
- Durable wear guards to prevent damage to dumbbells.
- Dumbbells not included.



York Pro-Style Barbells

York Code	Item Weight	York Code	Item Weight
26600	10kg	26604	20kg
26601	12.5kg	26605	25kg
26602	15kg	26606	30kg
26603	17.5kg	26607	35kg

Key Features

- Solid steel bar.
- Knurled textured hand positioning.
- Chrome plated finish.
- Durable urethane/rubber weighted fixed ends.
- Will suit the ETS Barbell Storage Rack 69150.
- Sold in singles.
- Also available in Club Packs.



York Pro-Style Barbell Set With Rack 10kg-17.5kg

York Code	Item Weight
35138	99kg

Key Features

- Barbell set consists of 4 Pro-Style Barbells - 10-12.5-15-17.5kg and a free standing barbell rack (69150).



York Pro-Style Barbell Set With Rack 20Kg-35kg

York Code	Item Weight
35139	154kg

Key Features

- Barbell set consists of 4 Pro-Style Barbells - 20-25-30-35kg and a free standing barbell rack (69150).



York Pro-Style Barbell Rack (For 4 Barbells)

York Code	Item Weight	Assembled Footprint
69150	44kg	W 130cm x D 53cm x H 80cm

Key Features

- Made from 10cm x 5cm elliptical tubing for superior strength and exceptional looks.
- Non slip rubber feet and large rear foot plates with pre-drilled holes for permanent fix if needed.
- Space efficient footprint for 4 barbells.
- Can be used free standing/against a wall or 2 units back to back.
- Barbells not included.



York STS Power Rack Package

York Code	Item Weight	Assembled Footprint
95090	421kg	L 350cm x W 240cm x H 244cm

Package Contains

- 1 x York STS Power Rack (55006)
- 1 x York Power Rack Insert (54250)
- 1 x York Lifting Platform (54241)



York STS Half Rack Package

York Code	Item Weight	Assembled Footprint
95092	371kg	L 304cm W x 240cm x H 244cm

Package Contains

- 1 x York STS Half Rack (55009)
- 1 x York Half Rack Insert (54252)
- 1 x Safety Spot Bars - Pair (54011)
- 1 x York Lifting Platform (54241)



York STS Double Half Rack Package

York Code	Item Weight	Assembled Footprint
95091	756kg	L 541cm x W 240cm x H 244cm

Package Contains

- 1 x York STS Double Half Rack (55014)
- 2 x York Lifting Platforms (54241)
- 2 x York Double Half Rack Inserts (54252)
- 2 x York Safety Spot Bars - Pair (54011)



York STS Double Half Rack

York Code	Item Weight	Assembled Footprint
55014	352.4kg	L 170cm x W 170cm x H 244cm

Key Features

- Combines two York STS Half Racks arranged back to back.
- Space saving design allows for two athletes to train simultaneously.
- Central diamond plate platform allows for coaches to spot athletes.
- Plate storage for Olympic weight plates.
- Inserts and platforms available separately.

Note

- Rack only, does not include platforms, inserts or safety spot bars.



York STS Double Half Rack Inserts (2 Pack)

York Code	Item Weight	Assembled Footprint (Single)
54254	41.4kg	D 61cm W 122cm H 20.5cm



York STS Power Rack

York Code	Item Weight	Assembled Footprint
55006	200kg	L 170cm x W 185cm x H 244cm

Key Features

- Simple and easy well thought out design with self spotting capability.
- Optional attachments makes for a comprehensive piece of equipment that allows for athletes to work the entire core primary and secondary strength exercises from both inside the rack and from the outer front side of the Power Rack by using the optional accessories such as the Reverse Technique Scoops and Double Bar Holders.
- Front and rear uprights have stainless steel hook-plates, which utilizes a safety slot design to prevent unintentional disengagement of the bar holder.
- Both uprights are adjustable to 19 positions on 7.6cm (3") center increments.
- 1 x Combo Grip Pull-up Bar - 28 mm knurled, solid cold rolled steel bar with 135-degree v-shape in the center for additional grip options. Set at a height of 243.8cm (8ft).
- 2 x Double Bar Holders which are fully welded with replaceable plastic wear guards. These have holders on both sides so that bars can be used on the interior and exterior of the front upright or just one bar off the rear upright.
- 2 x welded vertical bar holders to the rear of the rack and 12 x weight storage pegs.
- 2 x Interior Safety Spot Bars - connect by hook-plate from front to rear upright for safety.
- Bench, bar, collars and weight plates not included.



York Solid Oak Insert for Power Rack

York Code	Item Weight	Assembled Footprint
54250	58kg	D 171cm x W 105cm x H 4.5cm

Key Features

- Solid Oak Insert used on the middle section of our lifting platforms, and crafted for a bespoke fit to the York STS Racks.
- The Insert can use used on its own to create a true lifting surface for your STS Rack or used in conjunction with one of the 8ft x 6ft Modular Platform to enhance the look & function of your lifting area.



York STS Double Bar Holders for Power Rack (Pair)

York Code	Item Weight	Assembled Footprint
54001	22kg per pair	D 31cm x W 10cm x H 18cm

Key Features

- A fully welded bar holder with replaceable wear guards.
- Made from 12mm thick steel and finished in black powder coat finish.
- Easy mount and move feature allows a strong stable hooking system.



York STS Half Rack

York Code	Item Weight	Assembled Footprint
55009	175kg	D 170cm x W 124cm x H 244cm

Key Features

- The Half Rack accommodates for every option available, making it a coaches favourite in the weight room.
- Space saving footprint is a contradiction to its multi-functionality.
- Enables athletes to perform all of the strength exercises required by a coach/trainer safely and efficiently.
- Stainless steel hook-plates - one pair, utilize a safety slot design to prevent unintentional disengagement of the bar holder.
- Adjustable upright settings to 19 positions on 7.6cm (3") center increments accommodating a wide range of heights.
- Finished in highly durable powder coat paint.
- 1 x Combo Grip Pull-up Bar, 28 mm knurled and solid cold rolled steel bar with 135 degree v-shape in the center for additional grip options.
- Set at a height of 243.8cm (8ft)
- 2 x Single Bar Holders, which are fully welded with replaceable plastic wear guards. Two welded vertical bar holders to the rear of the rack and 12 x weight storage pegs.
- 1x Bench Stringer for use with the Multi-Function Bench

Note

- Olympic bar, collars, weight plates, safety spot bar, scoops, bench not included.



York Solid Oak Insert for Half Rack

York Code	Item Weight	Assembled Footprint
54252	33kg	D 124cm x W 105cm x H 2.5cm

Key Features

- Solid Oak Insert used on the middle section of our lifting platforms, and crafted for a bespoke fit to the York STS Racks.
- The Insert can use used on its own to create a true lifting surface for your STS Rack or used in conjunction with one of the 8ft x 6ft Modular Platform to enhance the look & function of your lifting area.



York STS Collegiate Rack

York Code	Item Weight	Assembled Footprint
55051	100kg	D 127.5cm x W 123cm x H 170cm

Key Features

- Stainless steel front mounted hook plate.
- Smaller foot print system so space saving for Schools, Colleges, Universities.
- Includes 2 x bar holders.
- 2 x Single barbell storage to the rear.
- Bench stringer for use with the Multifunction Bench.
- Finished in durable scratch resistant powder coat paint.

Note

- Bars, weights, bench and attachments not included.
- Images below show previous version. New model has an extended footprint to increase stability.



York STS Safety Spot Bars (Pair)

York Code	Item Weight	Assembled Footprint
54011	138kg per pair	D 66cm x W 10cm x H 17cm

Key Features

- Fits Collegiate, Half and Double Rack.
- A fully welded safety spot arm with replaceable wear guards.
- Made from 52mm steel and 12mm steel, finished in crinkle black powder coat paint.
- Rack, Olympic bar, collars and weight plates not included.



York STS Technique Scoops (Pair)

York Code	Item Weight	Assembled Footprint
54010	176kg per pair	D 91cm x W 45cm x H 56cm

Key Features

- Fits Collegiate, Half and Double Rack.
- Made from 5mm thick steel and finished black powder coat paint finish.
- Rack, Olympic bar, collars and weight plates not included.



York STS Dip Attachment

York Code	Item Weight	Assembled Footprint
54013	25kg	D 87cm x W 69cm x H 16.5cm

Key Features

- Fits Collegiate, Half and Double Rack.
- The fully welded 12mm steel plate and 40mm rounded steel creates an attachment that can be used by any size athlete.
- The dipping arms are angled from narrow to wider hand spacing.
- Rack and weight plates not included.



York STS Reverse Safety Spot Bars

York Code	Item Weight
54003	17.6kg

Key Features

- Replacement bar holder for Collegiate, Half and Double Half Rack.



York STS Single Bar Holders (Pair)

York Code	Item Weight
54012	9.9kg

Key Features

- Attaches to Power Rack enabling York STS Multi-Function Bench to be used.



York STS Bench Stringer

York Code	Item Weight
54008	9.9kg

Key Features

- Attaches to Power Rack enabling York STS Multi-Function Bench to be used.



York Solid Oak 8' x 6' Modular Lifting Platform

York Code	Item Weight	Assembled Footprint
54241	163kg	L 240cm x W 180cm x H 2.5cm

Key Features

- Quality 19mm solid red oak.
- Platforms centres are 105cm in width.
- 6 coats of Polyurethane varnish are applied to increase the longevity of the oak to create a smooth (non-slippery) lifting surface.
- Integrates with York Half Rack, York Double Half Rack and York Power Rack and rack specific insert.
- A 12-gauge steel formed 4-piece framework surrounds the platforms via bolt fixings.
- Open section of metal work accommodates the rack insert.
- Platform is "8' x 6' (240cm x 180cm) platform plus the dimensions of the chosen rack.
- Olympic bar, collars, and weight plates not included.



York Solid Oak 8' X 6' Free Standing Platform

York Code	Item Weight	Assembled Footprint
54230	167kg	L 240cm x W 180cm x H 2.5cm

Key Features

- Quality 19mm solid red oak.
- Platforms centres are 105cm in width.
- 6 coats of Polyurethane varnish are applied to increase the longevity of the oak to create a smooth (non-slippery) lifting surface.
- Freestanding 8' x 6' (240cm x 180cm) Free Standing Platform 12-gauge steel framework completely surrounds the platform.
- Olympic bar, collars, and weight plates not included.



York Plyo Boxes - Stackable

York Code	Item Height	Assembled Footprint
54256	3"	L 60cm x W 60cm x H 7.6cm
54257	6"	L 60cm x W 60cm H 15.2cm
54258	12"	L 60cm x W 60cm x H 30cm

Key Features

- The York Stackable Technique / Plyometric boxes are designed for explosive training.
- There are 3 heights available 3", 6" and 12".
- Multi use.
- Boxes are stackable in whichever combination is required, they are fastened by sprung latches guaranteeing a solid block of boxes.
- Hand made boxes are made from 22mm thick oak.
- 12mm high-density rubber is used to cover the top of the boxes for shock absorption and maximum grip.
- Each box is finished in durable Polyurethane varnish for greater longevity.



York Stackable Scooped Technique Box

York Code	Item Weight
54259	17kg

Key Features

- The technique box has a moulded bevelled scoop to cradle an Olympic sized plate such as the York Solid Rubber Training Plate. This will centre the bar and weight every time.
- Fixed size of 60cm x 60cm square.
- Size 6" (152mm).



York Stackable Jerk Box / Plyo Set

York Code	Set Includes
54262	2 x 3", 2 x 6", 2 x 12", 2 x Scooped

Key Features

- Designed for coaching lifting technique and perfecting jerk movement.
- Technique bar, weight plates and platform not included.



York STS Flat Bench

York Code	Item Weight	Assembled Footprint
55026	25kg	L 108cm x W 41cm x H 48cm

Key Features

- The Multi-use bench is suitable for the heavy dumbbell workouts, due to its unrivalled build quality and comfort.
- The 1 piece 270mm x 1030mm seat pad is fixed in place and reinforced by 2 extra steel supports for added strength.
- Finished in highly durable, scratch resistant, electrostatic powder coat paint.



York STS Flat to Incline Bench

York Code	Item Weight	Assembled Footprint
55027	47.7kg	L 145 cm x W 57cm x H 48cm

Key Features

- The 320mm x 910mm back/seat adjusts from 0, 30, 40, 65, 80 to 90 degrees of incline. The pivot points of this support are lined by bronze bushes.
- The tapered 260mm-215mm x 420mm seat pad has a 3 position incline to ensure comfort.
- Wear guards on the top of the front base plate ensures it's not damaged by dumbbells or footwear.
- Front mounted grab handle and rear mounted impact resistant wheels with self-lubricating bearings, allow this bench to be easily move around the gym.
- The Boltaflex upholstery is 52mm thick, high density foam, mounted on to 19mm plywood back.



York STS Seated Preacher Curl

York Code	Item Weight	Assembled Footprint
55031	59kg	D 76cm x W 97cm x H 95cm

Key Features

- Seat has 6 position adjustment.
- The contoured foam padding places greater emphasis on the bicep by offering increased support under the arm and reducing body movement.
- 10mm thick polished chrome bar holders offer a large area to "rest" the bar on, but are close enough to the bench to allow full range of motion.
- Durable powder coat finish.
- Rubber anti-slip feet.



York STS Multi-Functional Bench

York Code	Item Weight	Assembled Footprint
55004	57kg	L 136cm x W 83cm x H 47cm

Key Features

- Multi adjustable bench for use with all York Racks.
- Stringer attachment required for use with Power Rack.
- Easy adjustment from chest press to shoulder press positions.
- 2 large built in spotter platforms.
- Impact resistant transport wheels and 2 rubber grip handles ensure bench is easy to move between racks.
- Tapered seat pad features 3 incline settings
- 52mm thick Boltaflex upholstery with high density foam.
- Rack, safety spot bars, Olympic bar, collars and weight plates not included.



York STS Olympic Flat Bench Press With Gun Racks

York Code	Item Weight	Assembled Footprint
55041	88kg	D 146cm x W 123cm x H 150cm

Key Features

- The seat pad/upholstery is set at 430mm from the floor, this makes it ideal for all users and allows a firm planting of the feet, without over extending the lower back.
- Seat pad is 1230mm x 265mm for added support.
- York's unique passive lock system for maximum stability.
- Rubber anti-slip feet.



York STS Plate Storage Attachment

York Code	Item Weight	Assembled Footprint
54142	34kg	D 150cm x W 167cm x H 150cm

Key Features

- Optional weight attachment for 55041
- Stores plates safely.
- Durable black powder coat finish.

Note

- Olympic Bar and plates not included.



York STS Counter Balanced Smith Machine

York Code	Item Weight	Assembled Footprint
55033	317.7 kg	L 219 cm x W 102.2 cm x H 232.4 cm

Key Features

- Linear bearings on 1 1/2" case hardened shafts ensure smooth operation.
- Weight bar angled at 5 degrees.
- Low starting resistance accommodates users of all abilities.
- Walk-through design for easy access.
- Adjustable stops act as range limiters for most users.
- Multi-functionality ensures lifting variety.



York STS Leg Press

York Code	Item Weight	Assembled Footprint
55035	310kg	L 249cm x W 139cm x H 142cm

Key Features

- York 35 degree leg press.
- Large loading capacity of 545kg (1200lb)
- Heavy duty linear bearings ensures a smooth movement.
- Urethane wheels guide the loaded plate up the main frame effortlessly.



- Balanced foot plate means a Leg Press can be performed single or double legged.
- Non-slip foot for narrow or wide grip stance.
- Grab handles either side of the seat pad for stability.
- 4 x angled weight pegs for storage that are attached directly to the carriage/foot plate for constant weight loading through the movement.
- Multi adjustable back rest for comfort whilst allowing more muscle groups to be recruited.
- Easy to operate adjustable carriage stops eliminating the chance of repetition failure and crushing.
- Weight storage pins for multiple weight plate increments.



York STS Glute Hamstring Machine

York Code	Item Weight	Assembled Footprint
55053	104.5kg	L 175cm x W 74cm x H 119cm

Key Features

- Easy horizontal glide foot holder adjustment.
- Vertical pelvic adjustment to accommodate length of torso.
- Giant glute and pelvic rollers for body weight support.
- Additional arm supports for assisted flexions and rotations.
- Wide base for added stability.
- Rubber feet to minimise machine movement.
- Durable powder coat finish.



York STS Power Front Squat / Hack Squat Machine

York Code	Item Weight	Assembled Footprint
55036	189.9kg	L 200cm x W 132cm x H 162.6cm

Key Features

- Combines two leg movements, front squat and hack squat in one unit.
- Large adjustable, non-skid footplate accommodates multiple foot positions for any size user.
- Built-in weight storage.
- Two-tier safety catch.



York STS Angled Cable Cross Over

York Code	Item Weight	Assembled Footprint
55017	369kg	L 83cm x W 264.8cm x H 233.7cm

Key Features

- Polished chrome adjustable cable column for maximum exercise variety and smooth pulley adjustment.
- Pulleys swivel for dynamic training options.
- Pronated drop position chin-up bar.
- 4200lbs tensile strength urethane coated cable.
- 2 x 90kg weight stacks.



York STS Low Row

York Code	Item Weight	Assembled Footprint
55019	268kg	L 182cm x W 76.8cm x H 228.6cm

Key Features

- Excellent for mid to upper back exercises.
- Step-through design for easy access.
- 4200lbs tensile strength urethane coated cable.
- 610mm wide diamond non-skid plate allows a wide range of foot positioning for different size users
- Seat pad has 3 degree gradient towards the weight stack, ensuring the users are positioned correctly.
- 136kg weight stack.



York STS Lat Pulldown

York Code	Item Weight	Assembled Footprint
55021	257kg	L 135cm x W 121cm x H 229cm

Key Features

- Designed to allow the user to achieve a full stretch at the top of the movement, maximising back development.
- 140cm of vertical plate travel will accommodate the majority of users.
- 4200 lbs tensile strength urethane coated cable.
- 4 position adjustable and locking leg hold down
- 140mm diameter high-density foam rollers.
- Includes 1 x 48" Lat Bar attachment.
- 136kg weight stack.



York Machine Attachments

York Code	Description	Item Weight
36166	Deluxe Stirrup Chrome Handle	1kg
36167	Tricep Pressdown Rope - Single	0.5kg
36168	Tricep Pressdown Rope - Double	0.5kg
36163	Seated Rowing/ Chinning Chrome Bar	3.7kg
36165	Tricep Pressdown Chrome Bar	2.3kg
36155	50cm (20") Chrome Straight Cable Bar	2.3kg
36164	Multi Purpose 'V' Chrome Bar	4.6kg
36162	Tricep Full Extension Chrome Bar	2.3kg

York Code	Description	Item Weight
36156	71 cm (28") Chrome Curl Bar	3.7kg
36159	91 cm (36") Chrome Curl Bar	3.7kg
36157	60 cm (24") Chrome Pro Style Lat Bar	3.7kg
36161	Multi Exercise Chrome Bar	3.7kg
36158	86 cm (34") Chrome Pro Style Lat Bar	4.6kg
36160	120 cm (48") Chrome Lat Bar	4.6kg
36169	Club Pack	42.5kg



York Vertical Machine Bar Rack

York Code	Item Weight
69033	23kg

Key Features

- Made from 2mm thick steel and finished in hard wearing black paint finish.
- Simple bolt together design makes it very sturdy and robust.
- 15 chrome storage hooks for the York attachments (sold separately or as 15 piece club pack).



York FTS Adjustable Sit Up Board

York Code	Item Weight	Assembled Footprint
48001	22.3kg	L 168cm x W 64cm x H 97cm

Key Features

- Settings range from 20-degree decline up to 45-degree decline.
- Adjustable on the front vertical support by utilising the “twist n pull” pin system that has been mastered by York.
- Generously padded back rest.
- The lower leg is held in place by 2 sets of foam rollers positioned at the bottom of the shin area and then behind the knee, ensuring the user is comfortable.
- Full-length pad can accommodate a wide range of different body sizes.



York FTS Flat To Incline Bench

York Code	Item Weight	Assembled Footprint
48003	27kg	L 120cm x W 61cm x H 48cm (flat)

Key Features

- Compact dumbbell bench.
- Back support pad has 6 position settings from 0-90 degree incline using the same “cupping” system as used on the Flex Bench.
- Seat support pad has a 3 position, “pull-pin” seat/base pad adjustment for improved spine and pelvic alignment.
- Large non-slip rubber feet to limit movement.
- Back Pad has radiused edges to facilitate a broader shoulder movement.
- Durable powder coat paint finish.



York FTS Flex Bench With Hold Down

York Code	Item Weight	Assembled Footprint
48004	32kg	L 165cm x W 64cm x H 48cm (flat)

Key Features

- Back support has 6 position settings from 0-90 degree incline using the back supporting bar which just drops into the selected cup for a no-hassle incline adjustment.
- Back Pad has radiused edges to facilitate a broader shoulder movement.
- 30 degree decline, with the support of an adjustable leg hold-down bar.
- The extra wide seat pad has a fully contoured edge behind the knee joint, offering maximal support when in decline or when using the leg developer attachment. (see attachments).



York FTS Flat Bench

York Code	Item Weight	Assembled Footprint
48002	19kg	L 121cm x W 55.9cm x H 48.2cm

Key Features

- Solid compact flat bench suitable for dumbbell workouts.
- Cushioned, quality upholstery ensures a comfortable workout.
- Durable powder coat paint finish.



York FTS Olympic Combo Bench

York Code	Item Weight	Assembled Footprint
48005	70kg	L 148cm x W 122cm x H 51cm

Key Features

- Fully adjustable incline-decline bench press and when at 90-degree converts to an upright shoulder press.
- Telescopic uprights extend from 83cm up to 123cm at 6.2cm increments, utilising the “twist n pull” pin system that has been mastered by York.
- Seat/base Pad design offers the highest level of support and comfort, set at a height of 51cm from the floor, this allows a firm planting of the feet when lifting.



- Comes as standard with the Leg Developer attachment (48009) and it can accommodate the Preacher Curl attachment (48008) but not included.
- Designed to be used with a full-length Olympic 7ft bar or an oversized standard 1”bar. Internal bar length (between sleeves) must be 48” (120cm).
- Bars, collars and weight plates not included.



York FTS Preacher Curl Attachment

York Code	Item Weight
48008	9kg

Key Features

- 2.5” (6.2cm) thick upper pad with a contoured upper section for more fixation of the arm.
- Available to use with Flex bench 48004 and Combo bench 48005.
- Front mounted bar support.
- Easy clean.



York FTS Leg Developer Attachment

York Code	Item Weight
48009	10kg

Key Features

- Will convert the leg hold down to a fully working leg extension and leg curl apparatus.
- Available to use with 48004 Flex.
- Comes with a locking pin so it can be used as a leg hold down when not in use.
- 9” long weight loading peg for 1” standard plates.
- Can be modified to fit Olympic plates using the Olympic adapter sleeve 48010.
- Durable powder coat finish.



York FTS 2” Olympic Adapter Sleeve

York Code	Item Weight
48010	1.3kg

Key Features

- Designed to convert all 1” weight loading pegs to the larger 2” diameter Olympic plates.
- Quick turn Allen key grub screw release.
- For use with FTS range only. (Olympic Combo bench, Leg Developer Attachment, Lat Pull down and Press Squat Stand).



York FTS Seated Preacher Curl

York Code	Item Weight	Assembled Footprint
48050	27kg	L 92cm x W 74cm x H 97cm

Key Features

- Fully height adjustable 3" (75mm).
- Upper pad is contoured for ultimate comfort.
- Wide front spotter supports for quick release.
- Broad base ensures complete stability during the exercise.
- Low positioned seat pad places greater emphasis on the bicep region.
- Recommended bar to be used - York International Curl Bar 32030.
- Bar, collars and weight plates not included.



York FTS Lat Pull Down And Low Row

York Code	Item Weight	Assembled Footprint
48051	80.6kg	L 160cm x W 122cm x H 211cm

Key Features

- Lat Pulldown and Low Row combination achieved by using floating pulley wheels, which re-directs a secondary cable down to a low pulley, allowing for no cable changes.
- A selection of the York Machine Attachment Bars available.
- Weight carriage accepts 1" standard plates but can be converted to using Olympic plates by choosing to purchase the Olympic Adapter Sleeve (48010).
- Height adjustable, foam padded leg hold down bar.
- Comes standard with Lat Pull-Down bar and straight bar attachments.
- Optional 200lb (113kg) weight stack conversion kit is available (48056).



York FTS Press Squat Stand

York Code	Item Weight	Assembled Footprint
48057	43.5kg	L 82.5cm x W 123.5cm x H 105cm

Key Features

- The freestanding Press-Squat stands are ideal for maximising floor space.
- The telescopic uprights are height adjustable from 102cm up to 154cm in 5cm increments, utilising the "twist n pull" pin system that has been mastered by York.
- Second stage bar holders/drop hooks are set in front of the main uprights for use with squatting or as an additional bar rest when doing shoulder press.
- 2 x 12" (30cm) in length made from 1" steel tubing, weight storage peg to the rear of the uprights. Can be converted to hold Olympic plates using the Olympic adapter sleeves (48010).
- Designed to be used with a full-length Olympic 7ft bar or an oversized standard 1" bar. Internal bar length (between sleeves) must be 48" (120cm).
- Bar and Weight plates not included.



York FTS Power Cage

York Code	Item Weight	Assembled Footprint
48053	123.3kg	L 140cm x W 127cm x H 203cm

Key Features

- The Power Cage offers all the same usability as a standard lifting cage or rack, but has been down sized so it can be used in a smaller environment.
- 23 position adjustable bar holders in 5cm increments, the same adjustments are on the Safety Spot Bars for when squatting or bench pressing and can be added as an accessory.
- Double Bar Holders on the front uprights allows a secondary athlete to train in front of the cage whilst the inside of the cage is being used.
- Multiple adjustments in bar holders and safety bars allows for a multi use comprehensive piece of equipment for the studios and minor sports clubs.
- A front mounted chin-up bar really makes this Power Cage a one stop training station.
- Bench, bar, collars and weight plates not included.



York FTS Olympic Fixed Flat Bench

York Code	Item Weight	Assembled Footprint
48006	40.5kg	L 142cm x W 122cm x H 46cm

Key Features

- Made from 2" x 3" formed steel tubing maximising its rigidity.
- Telescopic uprights extend 82cm up to 115cm at 6.2cm increments, utilising the "twist n pull" pin system, thus allowing for different size users.
- Wide triangle footprint ensures the ultimate level in stability.
- Large 1 piece radiused pad is set at a height of 46cm allowing for a firm foot planting when lifting.
- Designed to be used with a 7ft Olympic bar or over-sized standard 1" bar. Internal bar length (between the sleeves) must be 48" (120cm).
- Bar, collars and weight plates not included.



York Medicine Balls

Key Features

- Durable rubber compound material.
- Reduced bounce element.
- Textured surface for anti-slip grip allowing for a safe and effective workout.
- Easy clean.



York Code	Item Weight
60151	1kg



York Code	Item Weight
60152	2kg



York Code	Item Weight
60153	3kg



York Code	Item Weight
60154	4kg



York Code	Item Weight
60155	5kg



York Code	Item Weight
60156	6kg



York Code	Item Weight
60157	7kg



York Code	Item Weight
60158	8kg



York Code	Item Weight
60159	9kg



York Code	Item Weight
60160	10kg

York Medicine Balls with Handles

Key Features

- Durable rubber compound material.
- Reduced bounce element.
- Ergonomic dual handle grip.
- Textured surface for anti-slip grip, allowing for a safe and effective workout.
- Easy clean.



York Code	Item Weight
60161	4kg



York Code	Item Weight
60162	5kg



York Code	Item Weight
60163	6kg



York Code	Item Weight
60164	7kg



York Code	Item Weight
60165	8kg



York Code	Item Weight
60166	9kg



York Code	Item Weight
60167	10kg

York Vertical Medicine Ball Rack

York Code	Item Weight
BBE311	7kg

Key Features

- Space saving vertical ball rack.
- Lightweight design.
- Sturdy construction.
- Holds 5 medicine balls.
- Durable black powder coat finish.
- Easy to assemble.
- Perfect for use in a gym, fitness centre etc.

Note

- Medicine Balls are not included.



York Horizontal Medicine Ball Rack

York Code	Item Weight
BBE310	14.5kg

Key Features

- Lightweight design • Sturdy construction.
- Holds minimum of 12 medicine balls • Durable black powder coat finish • Horizontal ball rack, incorporating 4 shelves to allow multi-use combination of storing medicine balls.
- Easy to assemble.
- Perfect for use in gym, fitness centre etc.

Note

- Medicine Balls are not included.

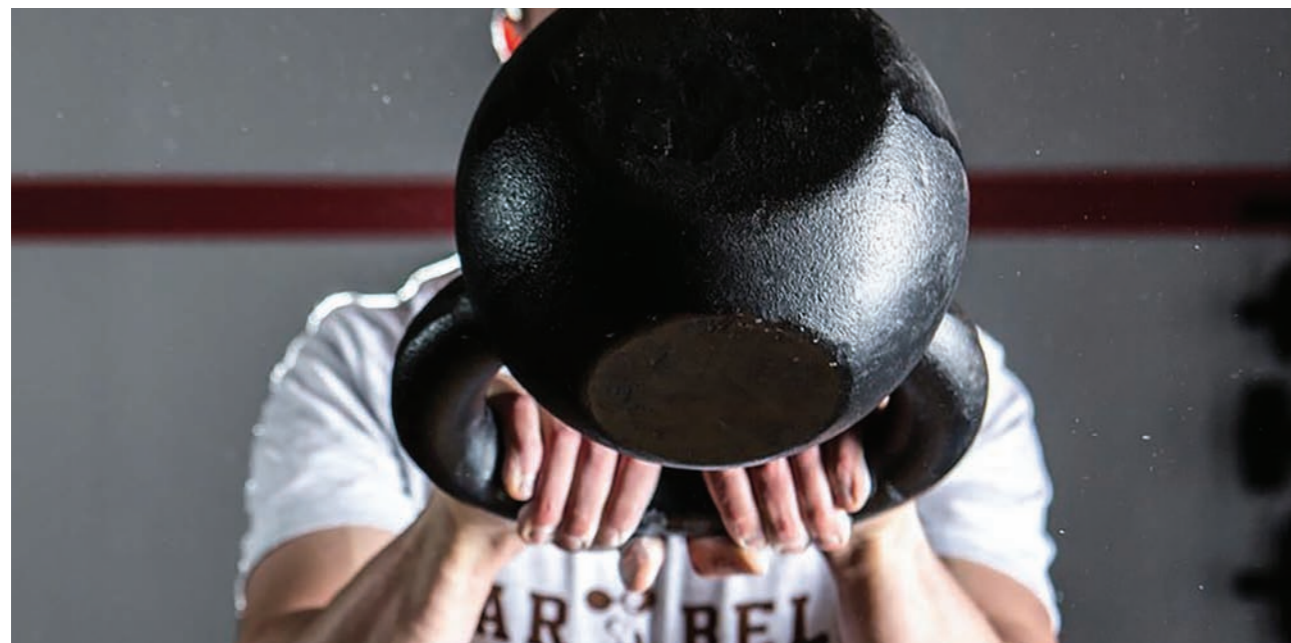


York Hercules Cast Kettlebells

York Code	Item Weight
15202	2kg
15204	4kg
15206	6kg
15208	8kg
15210	10kg
15212	12kg
15216	16kg
15220	20kg
15224	24kg
15228	28kg
15232	32kg

Key Features

- Commercial grade cast iron kettlebells deliver on performance and value.
- Uniquely positioned handle for a smooth, ergonomic swing.
- Finished in rugged mat black cast iron.
- Feature a solid base to ensure stable placement on ground.



York Neo Hex Dumbbells

York Code	Item Weight
15630	0.5kg
15631	1kg
15632	1.5kg
15633	2kg
15634	2.5kg
15635	3kg

York Code	Item Weight
15636	4kg
15637	5kg
15638	6kg
15639	7kg
15640	8kg

Key Features

- Durable neoprene coating.
- Ergonomic handle design.
- Anti-roll flat sided heads.
- Easy to clean.
- Sold as singles.
- Storage Rack with wheels available (69031).



York Kettlebell Rack

York Code	Item Weight
15100	35kg

Key Features

- 3 Tier tray design.
- Rubber inlay into trays.
- Raised tray sides, reducing kettlebells falling off.
- Silver paint.
- Rubber non-slip feet.
- Simple bolt-together design.



York Vinyl Dipped Dumbbells

York Code	Item Weight	Colour
15710	0.5kg	Pink
15711	1kg	Purple
15712	1.5kg	Green
15713	2kg	Yellow
15714	2.5kg	Red
15715	3kg	Blue
15716	4kg	Grey
15717	5kg	Black

Key Features

- Durable Vinyl coating.
- Anti-roll flat head design.
- Non Slip grip.
- Easy to clean.
- York logo and the weight in kg.
- Sold as singles.
- Storage Rack with wheels available (69031).





The BBE Club range was designed in the UK and developed for the boxer or facility requiring a more premium grade product. High end materials and focus on fit and feel make the range perfect for use in boxing clubs, gyms and by personal trainers looking for quality equipment.

BBE Club Leather Bag Mitt

York Code	Glove Size
BBE433	S / M
BBE434	L / XL

Key Features

- Full grain leather bag mitt.
- Durable, pre curved moulded construction.
- BBE 3S Foam cushioning.



BBE Club Leather Sparring Glove

York Code	Glove Size
BBE435	12oz
BBE436	14oz
BBE437	16oz

Key Features

- Full grain leather sparring glove.
- Padded grip bars and wrist protection.
- BBE 7S Foam cushioning.



BBE Club FX Sparring Glove

York Code	Glove Size
BBE439	12oz
BBE440	14oz
BBE441	16oz

Key Features

- High End Synthetic Leather Sparring Glove.
- Padded grip bars and wrist protection
- BBE 7S Foam cushioning.



BBE Club Leather Hook & Jab Pads

York Code	Glove Size
BBE438	One Size

Key Features

- Premium leather hook & jab pads.
- Combines air, foam and gel cushioning.
- Curved design for enhanced shock protection.



BBE Club FX Hook & Jab Pads

York Code	Glove Size
BBE442	One Size

Key Features

- High end synthetic leather hook & jab pads.
- Pre-curved with high density air and foam cushioning.
- Lightweight, fast with a large cushioned strike zone.



BBE 4m Hand Wraps

York Code	Length
BBE449	4m

Key Features

- Quality poly / cotton hand wraps.
- Optimum support and protection.
- 4m length for effective fitting.



BBE Club Boxing Bags

York Code	Style	Length
BBE443	Leather Straight	120cm
BBE445	Synthetic Straight	120cm
BBE444	Leather Uppercut	110cm
BBE446	Synthetic Uppercut	110cm

Key Features

- Designed for professional boxing clubs and commercial gyms.
- Bags come complete with heavy duty chains and swivel.
- Textile filled for a more natural feel and even balance when hit.
- Welded D rings with double stitched D loops.
- Double stitched with re-enforced seams.
- Bags weight approx 40 - 45kg.

Material Options

- Premium high grade split leather or non-tear synthetic shells.
- 120cm straight bag or 110cm Uppercut Bag.



Straight Bags

- BBE443 - Leather
- BBE445 - Synthetic

Upper Cut Bags

- BBE444 - Leather
- BBE446 - Synthetic

BBE Speed Balls

York Code	Style
BBE447	Leather
BBE448	Non Tear Synthetic

Key Features

- Suitable for professional boxing clubs and commercial gyms.
- Designed for stability and rebound accuracy.
- Strong laces ensure superior shape retention and durability.
- Latex bladder ensures quick rebound speeds.
- Double lined hanging strap.



Warranties



FULL COMMERCIAL WARRANTY (PAY TO USE ENVIRONMENTS)
Independent and Chain Gyms, Fitness Centres, Universities / Colleges, Professional Sports Teams, MOD, Health Clubs.



LIGHT COMMERCIAL WARRANTY (NON PAY TO USE ENVIRONMENTS)
Personal Trainers, Studios, Controlled Use Facilities, Private Training Facilities, Education, Emergency Services, NHS.

- Unless stated warranty is 12 months against any confirmed manufacturing fault when bought from York Barbell or an authorised reseller. Warranty is subject to normal and responsible use in appropriate conditions.
- The warranty period extends to the original purchaser only and is not transferable.
- Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.
- This warranty is only valid if the product is assembled / installed according to the instructions / directions included with the product.
- The warranty excludes normal wear and tear on parts.
- This warranty does not extend to any product that has been damaged or rendered defective:
 - (a) as a result of accident, misuse, or abuse or lack of reasonable care;
 - (b) by the use of parts not manufactured by York Barbell or sold by York Barbell;
 - (c) by modification of the product;



STS Warranty

- 5 years: Frame, bearing, bushings.
- 1 year: Cables.
- 90 days: Upholstery (for wear-through and stitching).
- 1 year: All other parts.

Platforms & Plyometric Boxes Warranty

- One year: Conditional warranty on frame and construction due to defects in material and workmanship only. 90-days: Urethane finish and rubber.

Note:

- This warranty does not cover warping, cracking, or other environmental damage. Warranty does not cover damage to the wood or urethane finish caused by equipment (i.e. street shoes without rubber athletic soles; weight plates, bars, benches or other hard objects dropped on the wood portion of the platform).

Dumbbells and Kettlebells

- Warranty cover structural integrity defects only. Correct Dumbbell racks should be used to avoid damage to the finish. Warranty does not cover wear and tear to urethane, rubber, chrome and paint coatings.

Rubber Medicine Balls

- York Medicine Balls are warranted against manufacturing defect but not through misuse. These balls are not to be confused with Slam Balls and not to be used accordingly.

Barbells

- All Olympic bars come with 12 months warranty against manufacturing faults. Only Elite Olympic Competition and Olympic Training Bars should be used for Olympic-lifting movements. Warranty covers structural integrity only, it does not include;
 - Bending.
 - Normal wear and tear.
 - Rusting.
 - Bars stored with weights loaded on rack.
 - Bars used outside.
 - Bars not dropped on a suitable flooring (York Lifting Platforms or 30 mm rubber flooring).
 - Negligent usage or abusive dropping of the bar.
 - Dropping the bar on spotting arms, power rack pins, benches and boxes.
 - Excessive dropping with Iron plates or damaged bumper plates.
 - Power bars used for Olympic style lifting movements.



QUALITY CONTROL

Any warranty claim on a York product will be reviewed by our quality control team on a case by case basis. Please bear in mind most issues can be tracked back to negligent usage rather than any manufacturing or product issue. Please ensure you purchase the correct product for your facilities requirements. Please contact us for product selection advice or for further information.

TERMS & CONDITIONS

Under no circumstances will returns be accepted without a return authorisation number from our Customer Service department. To obtain warranty service you must provide the following information to yorkhelp@yorkfitness.co.uk : Name of Product, Product Code, Batch No, Date Purchased, Nature of fault or part number required. Neither dealers of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated. This warranty does not affect your statutory rights. During the warranty period York Barbell (U.K.) Ltd. will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform under warranted use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. If the product must be returned, you must return the product or defective part to York Barbell (U.K.) Ltd in its original container (or equivalent) with proof of purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. York manufacture and source product within industry acceptable tolerances. Weights and dimensions may differ from those documented.



Contacts

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Commercial Showrooms

Viewing by appointment at
York Barbell UK Limited, York Way, Daventry,
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E: sales@yorkfitness.co.uk

Fix A Gym (Ireland and Northern Ireland Distributor)
17 Altona Road, Blaris Industrial Estate,
Lisburn BT28 2SN.
T: 0800 334 57 55
E: sales@fixagym.co.uk / service@fixagym.co.uk

Installations

Please contact sales@yorkfitness.co.uk for details on authorised and professional installation of our gym equipment.

