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York 925 Exercises Manual

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YORK 925 Multi Gym | Home Gym Equipment | York Barbell

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Home Gym Equipment | York Fitness | The Strongest Name In ...

The York Perform Multi Gym has a separate press and pec arms; this enables you to perform any strength exercise without leaving your seat, as there is no need for any mechanism changes. The chest press will allow you to target the pectoralis major muscle, which is the broad muscle that covers your chest area.

York Perform Multi Gym Review | Multi Gym

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Depending on the exercise, the maximum resistance for this unit is 160 lbs. This unit comes with a poster style exercise chart with illustrations for exercises such as: Thigh Extension, Leg Extension, Leg Curl, Incline Press, Shoulder Press, Decline Press, Pec Flys, Bench Press, Seated Rowing, Lat Pulldown, Weighted Cable Crunch, Tricep Pulldown and many more.

YORK 408 Home Gym | Home Gym Equipment | York Barbell

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Manual Mode User can begin manual mode by pressing the START button in main menu. 1. Use the UP / DOWN dial to select MANUAL and press MODE to confirm. 2. Use the UP / DOWN dial to preset a target TIME, DISTANCE, CALORIES or PULSE. Press MODE to confirm. 3. Press on the START/STOP button to begin workout.

Owner's Manual

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