



7240 Multi-Gym

CARE & MAINTENANCE

1. Use a warm, damp cloth to keep upholstery clean.
2. Check for full engagement of locking pins.
3. Give special attention to the cables, pulleys and locking devices as they will wear.
4. Check that any of the adjustment devices are not projecting.

WARNINGS

PLEASE READ THESE INSTRUCTION SHEET CAREFULLY BEFORE STARTING TO USE THE ENCLOSED EXERCISE EQUIPMENT.

1. Always hold the eye bolt handle of the selector bar, with one hand when you are changing the weight selector pin. This is a safety precaution.
2. It is very important that you do not throw out or destroy these assembly instructions as you never know when you will move or wish to relocate this unit. These must be kept on hand for future reference.

APPROXIMATE RESISTANCE GUIDE

LAT	1 : 1	SAME AS WEIGHT SELECTED
PEC	1 : 1	SAME AS WEIGHT SELECTED
VERTICAL CHEST PRESS	2 : 1	(2 TIMES HARDER)
LOW PULLEY	2 : 1	(2 TIMES HARDER)
LEG UNIT	2 : 1	(2 TIMES HARDER)

SHOULD YOU REQUIRE ASSISTANCE REGARDING WORK, MISSING OR DEFECTIVE PARTS PLEASE CONTACT OUR HELPLINE

WE WILL REQUIRE THE BATCH NUMBER LOCATED ON A STICKER, ON THE BACK OF THE UPHOLSTERY.
IF PARTS ARE MISSING FROM THE BAG THEN WE WILL ALSO REQUIRE THE INFORMATION PRINTED ON THE BAG.

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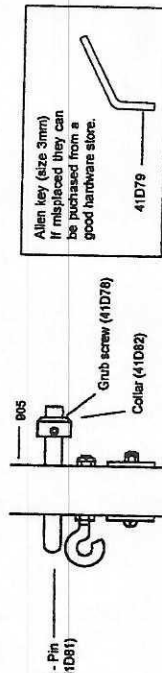
YORK FITNESS
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1450, S SERVICE ROAD WEST,
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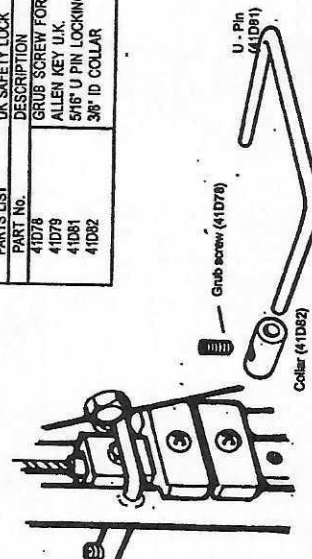
HOW TO LOCK YOUR GYM

IMPORTANT NOTICE

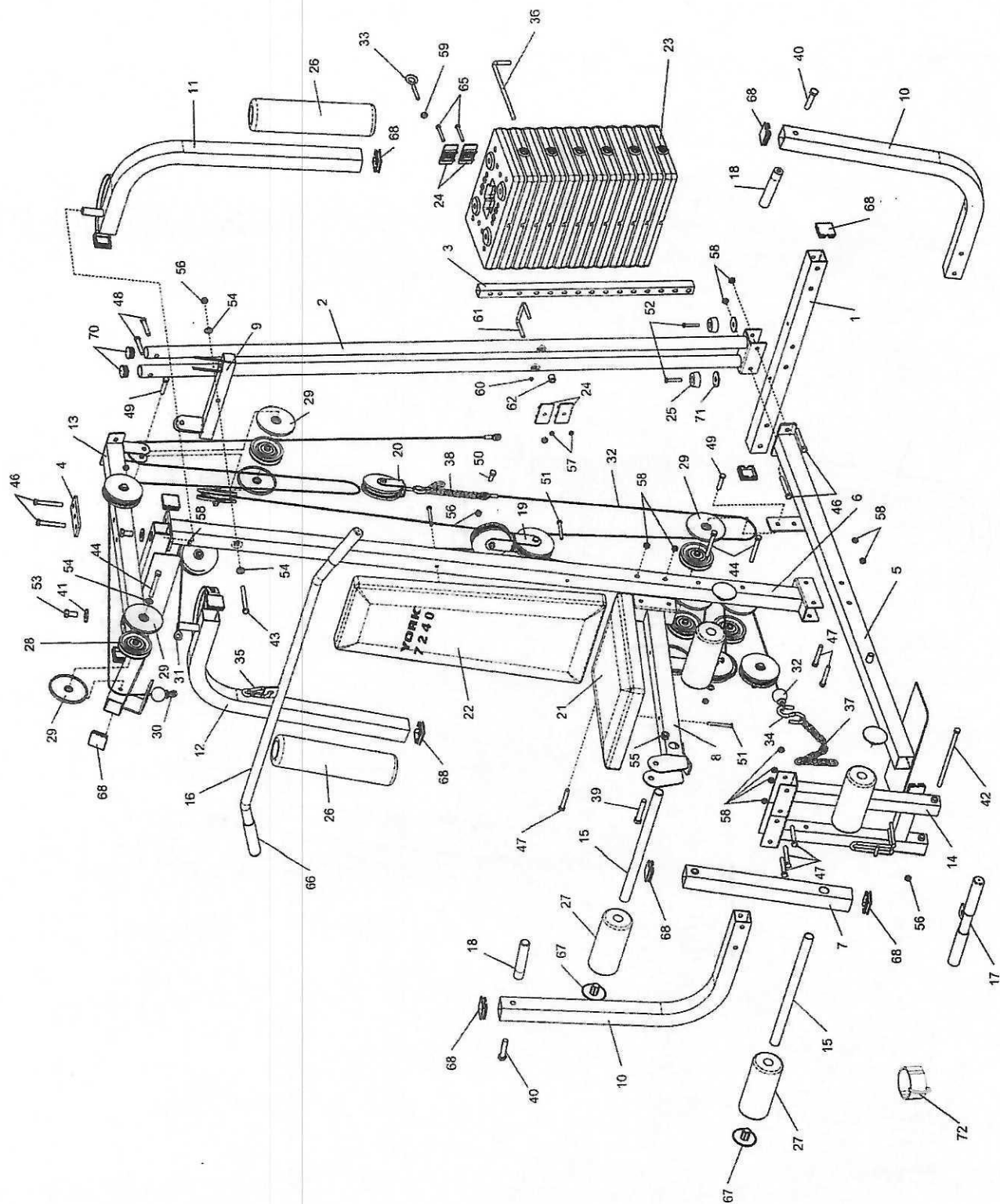
The U-Pin, Allen key and Collar have been supplied to enable you to lock your gym to prevent unauthorised use.
It is your responsibility to make sure your gym is not used without permission or supervision.



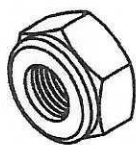
PARTS LIST	UK SAFETY LOCK	33572
PART No.	DESCRIPTION	QTY
41078	GRUB SCREW FOR U.K.	1
41079	ALLEN KEY U.K.	1
41081	5/16" U PIN LOCKING	1
41082	3/8" ID COLLAR	1



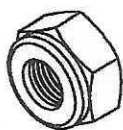
EXPLODED DRAWING & PARTS LIST



EXPLODED DRAWING & PARTS LIST



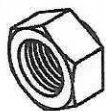
55 1/2" Locknut x 1PC



56 3/8" Locknut x 3PCS



57 1/4" Locknut x 2PCS



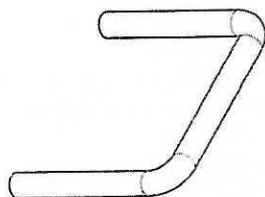
58 3/8" Nut x 27PCS



59 5/16" Nut x 2PCS



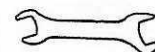
60 1/4" GRUB SCREW x 1PC



61 5/16" U PIN LOCKING x 1PC



62 3/8" ID COLLAR x 1PC



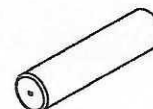
63 Wrench 14-17 x 2PCS



64 Socket Head Wrench x 1PC



65 1/4"x2" Bolt x 2PCS



66 Handle Grip x 4PCS



67 Foam Cap x 4PCS



68 45mm Square End Cap x 14PCS



69 32mm Square End Cap x 2PCS



70 32mm Round End Cap x 2PCS



71 Plastic Spacer x 2PCS



72 Ankle Strap x 1PC