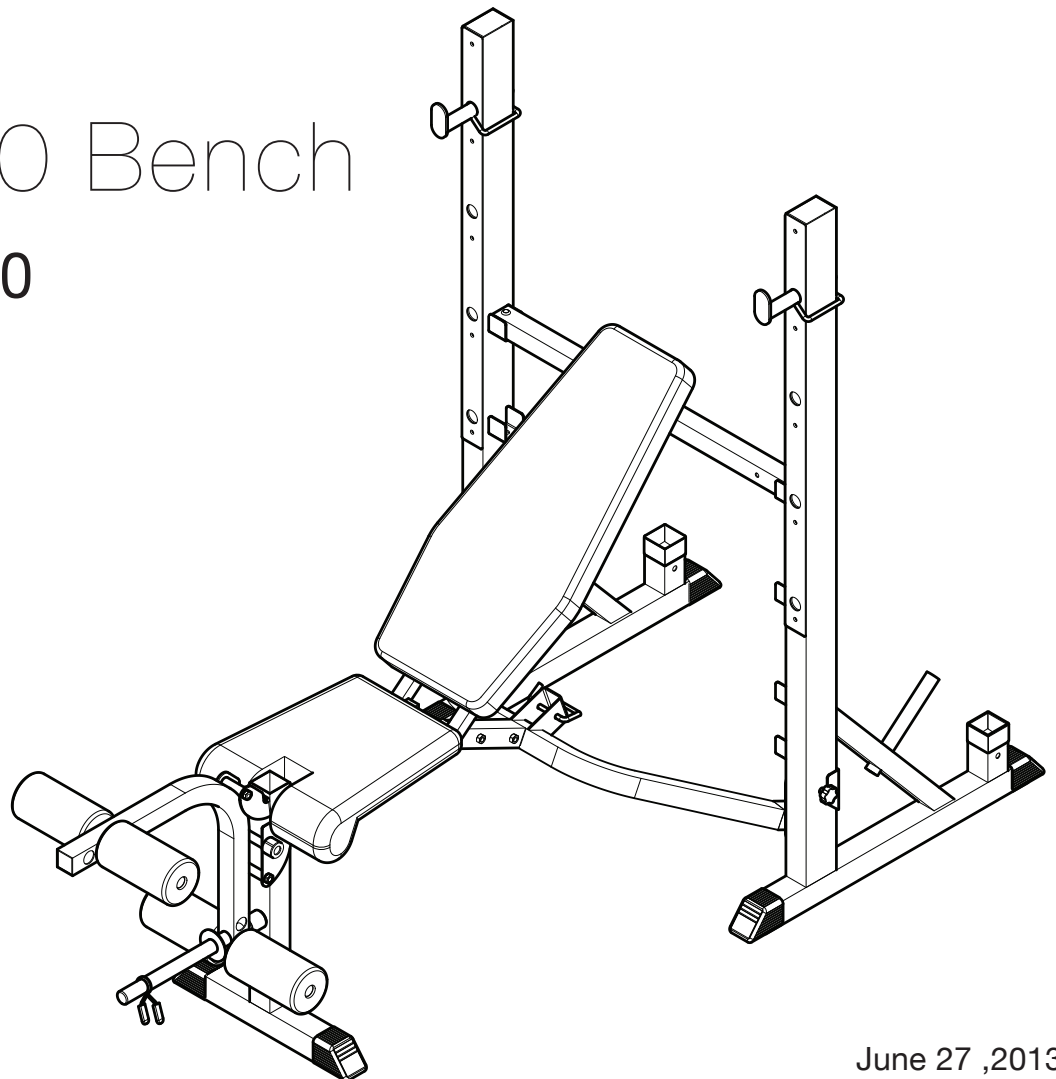




# Owner's Manual

York 540 Bench  
Item #45070



June 27 ,2013

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Congratulations on  
purchasing your exercise  
equipment from



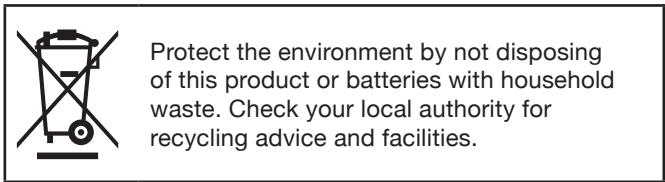
You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

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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# 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.

**150kg User, 100kg Training**

## Safety Standards

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

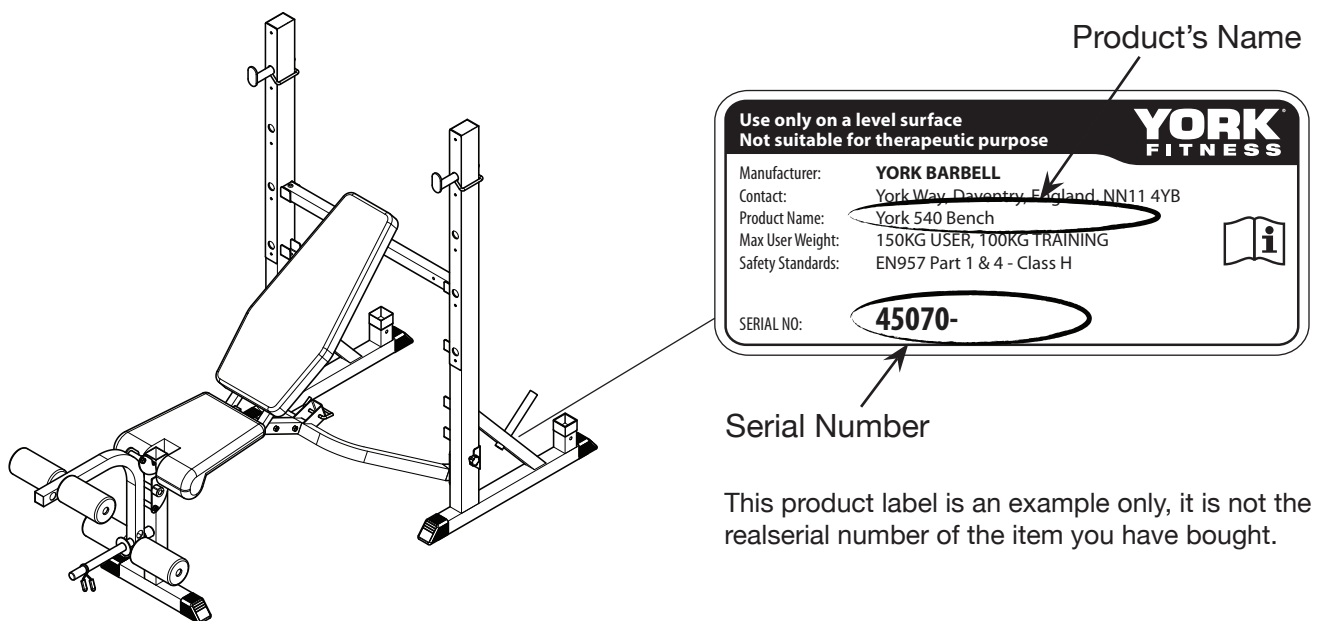
## Tools and consumables

- 2 x SPANNER (13 & 17 & 19 mm)
- 2 x SCREW DRIVER (M6)

# 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



**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.

York Way, Daventry,  
England, NN11 4YB  
Tel: 0844 225 3112  
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,  
York, PA 17406  
Tel: 1 (717) 767-6481  
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.
- 

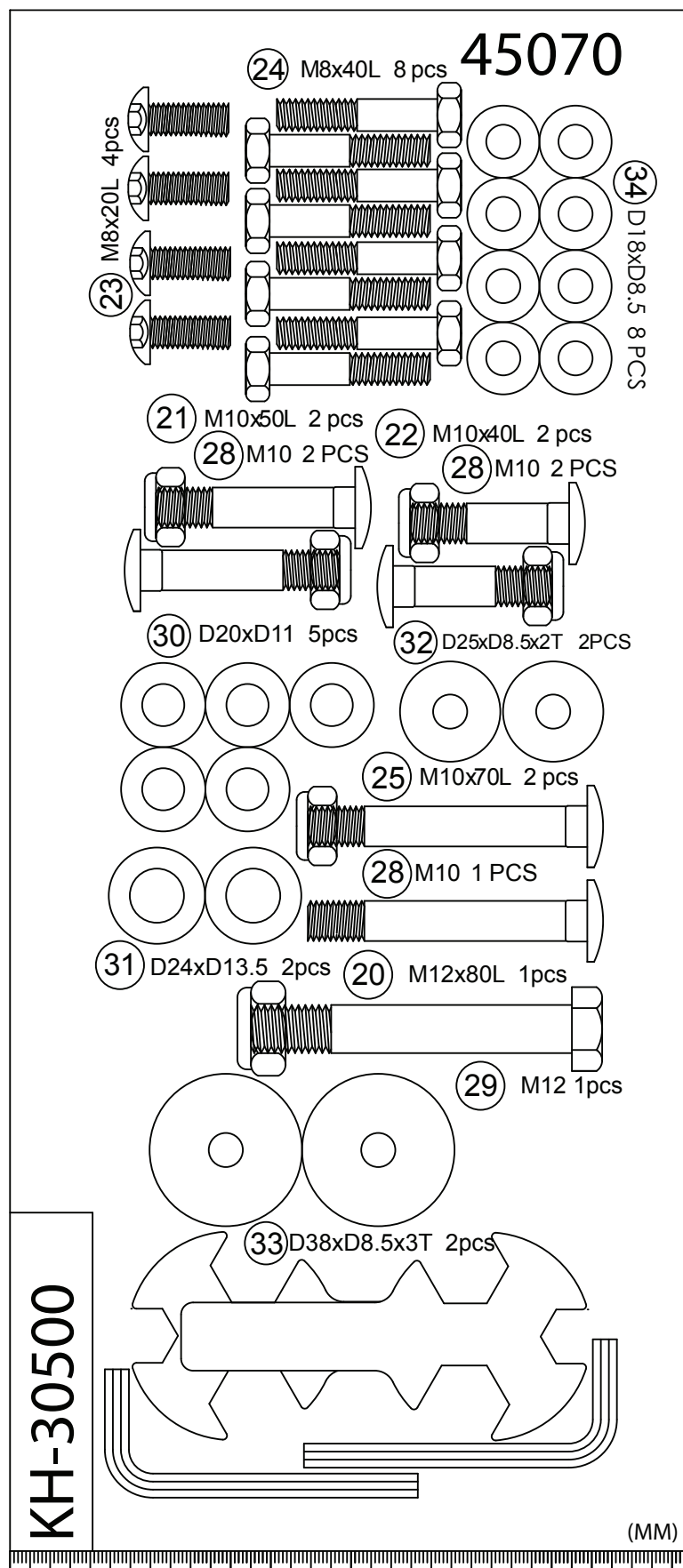
**PREPARE YOUR WORK AREA** - It is important you assemble the product in a clean and uncluttered space.

**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.

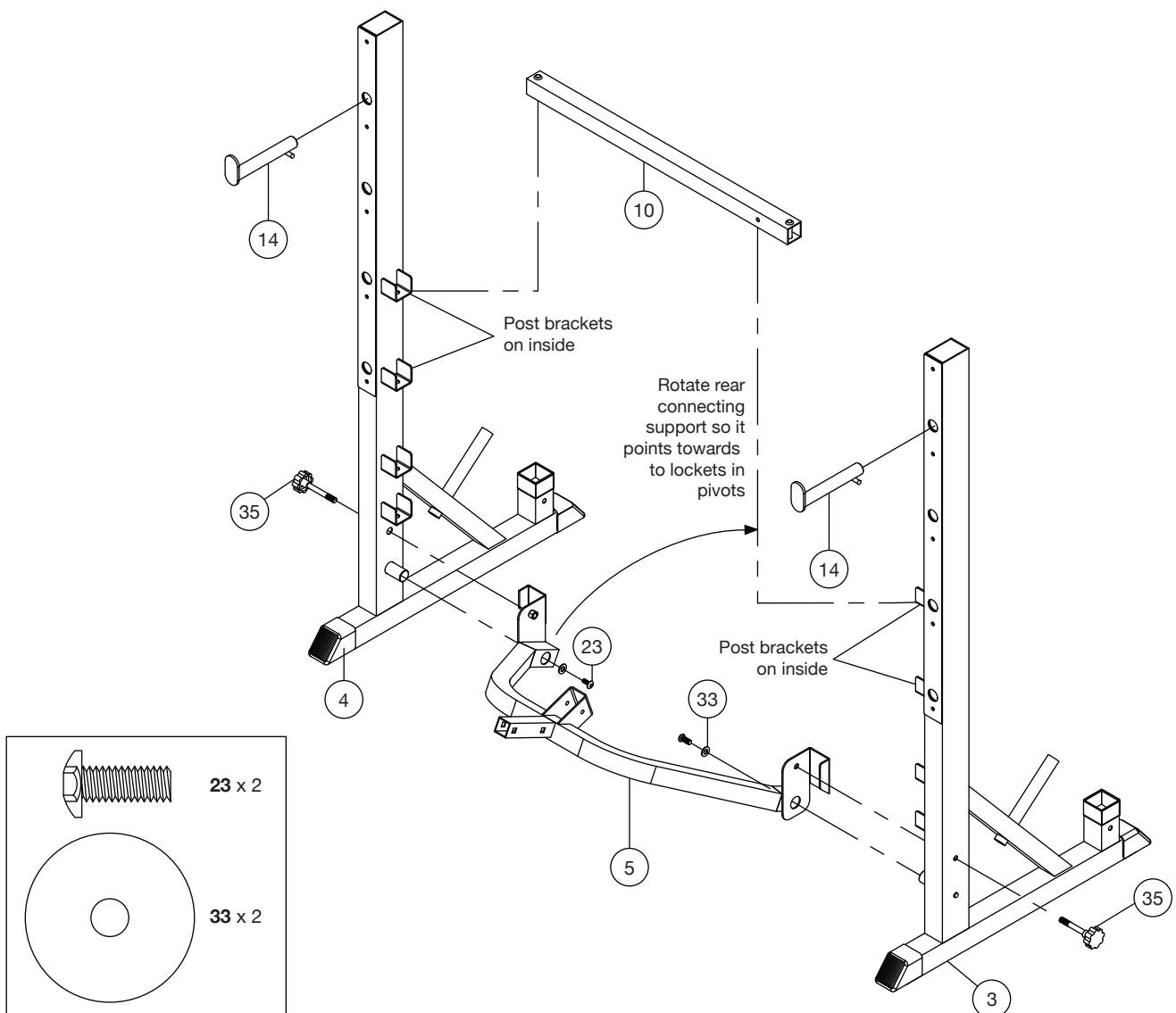
# Assembly instructions

Blister Pack:



## Step 1

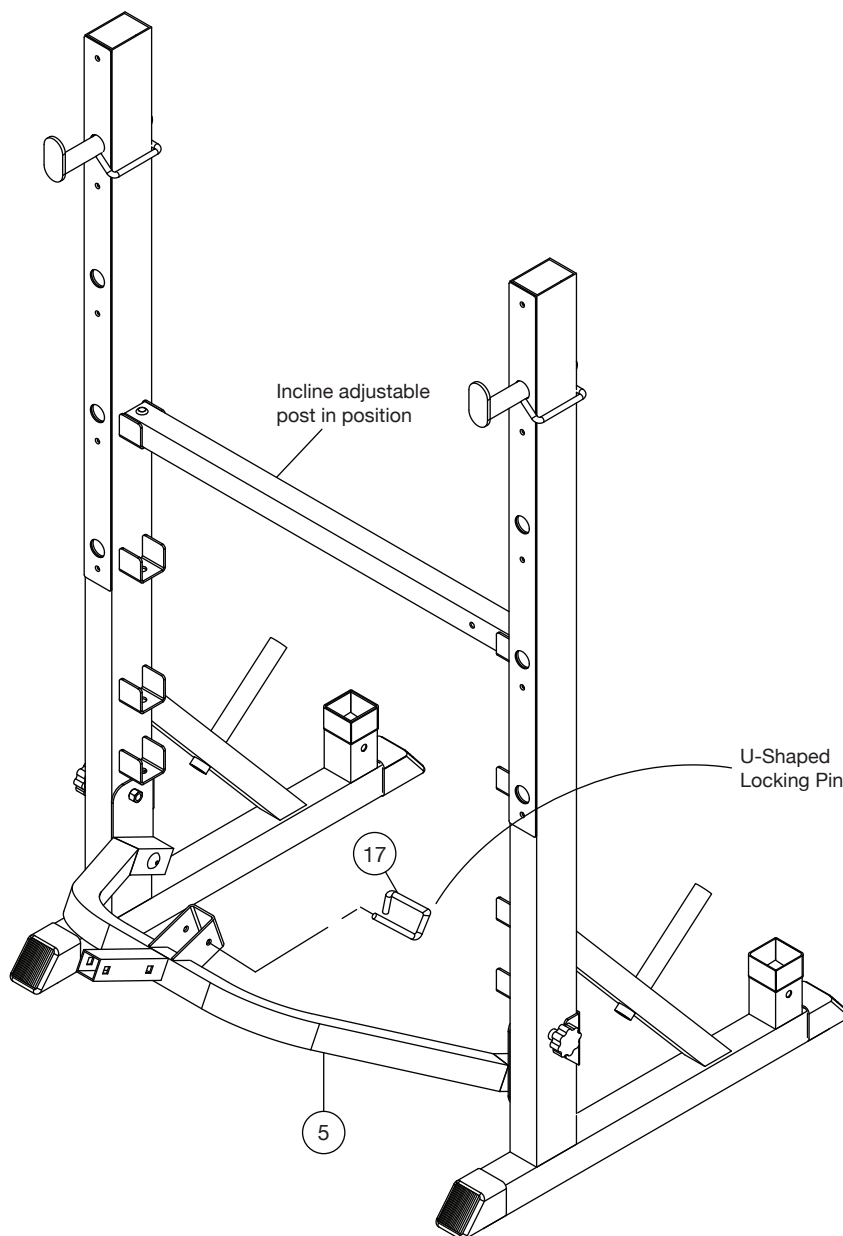
1. Locate the LEFT/RIGHT SIDE SUPPORTS (3&4) and position them in the upright position. Ensure that the post brackets are facing inwards. Ensure that these parts are being supported by somebody else as they could fall if stood up on there own.
2. Join the LEFT/RIGHT SIDE SUPPORTS together using the REAR CONNECTING SUPPORT(5).
3. To locate the brackets into the pivots, you will need to rotate the REAR CONNECTING SUPPORT(5) so that it points upwards. Secure using the fixings as detailed.
4. Once pivots are inside brackets, allow the REAR CONNECTING SUPPORT (5) top point forwards again. The brackets on the LEFT / RIGHT SIDE SUPPORTS should locate around the uprights (See step 2 for illustration.)
5. Secure with 2 x M10 x 65mm HAND-WHEELS (35) and fixings as shown.
6. Place the INCLINE ADJUSTABLE POST (10) into the uppermost bracket, and insert the LEFT / RIGHT ADJUSTABLE SUPPORT (3&4).



# Assembly instructions

## Step 2

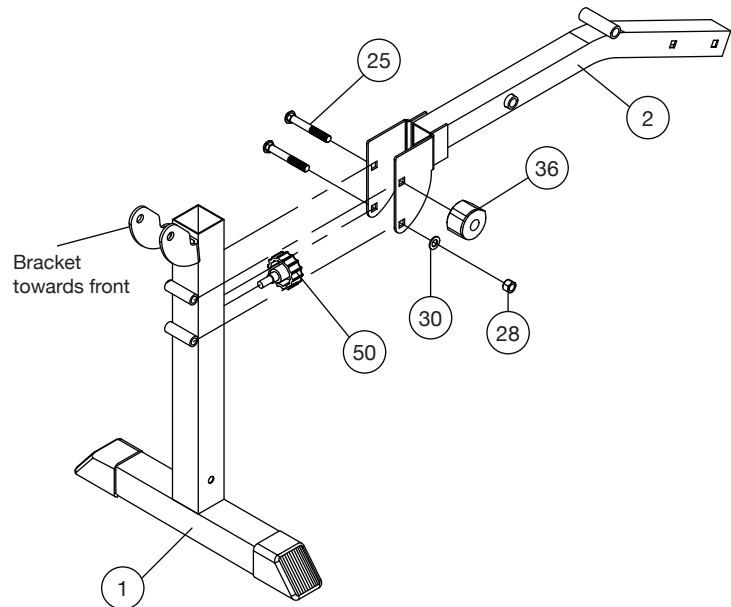
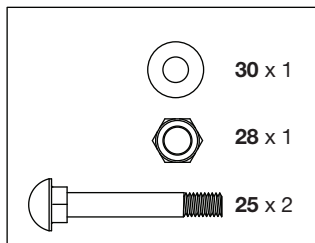
1. Find the U-SHAPED LOCKING PIN (17) and insert into the bracket at the rear of the REAR CONNECTING SUPPORT (5).





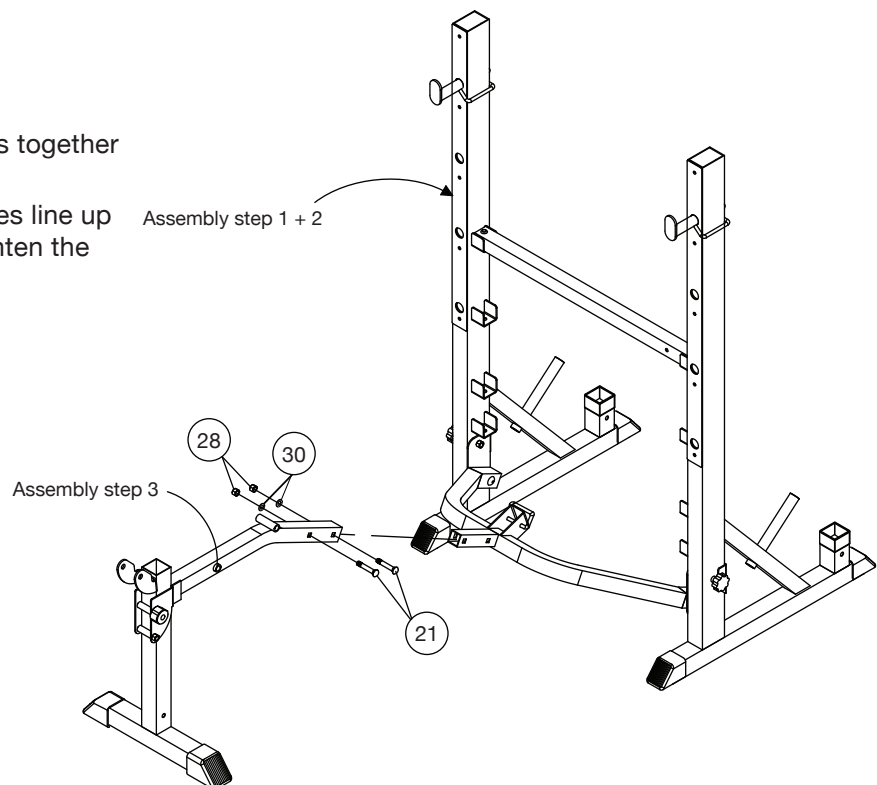
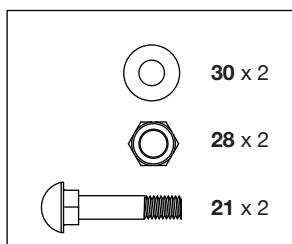
### Step 3

1. Find the MAIN FRAME SUPPORT(2) and connect to the FRONT UPRIGHT SUPPORT(1) using the fixings as shown. Ensure that the bracket points to the front. You may tighten the fixings.



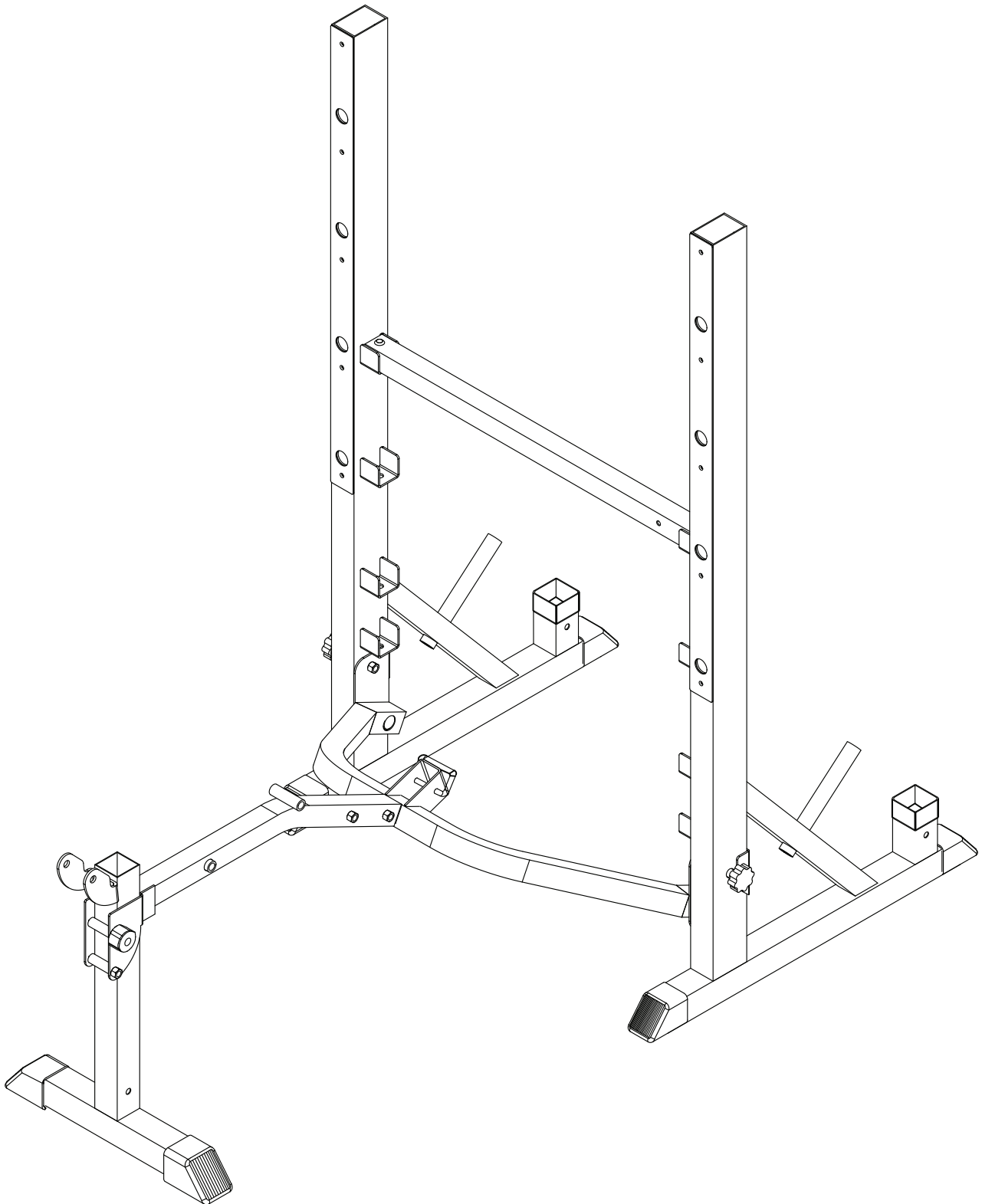
### Step 4

1. Connect the 2 x assemblies together using the fixings detailed.
2. Ensure that both of the holes line up correctly. You may fully tighten the fixings now.



# Assembly instructions

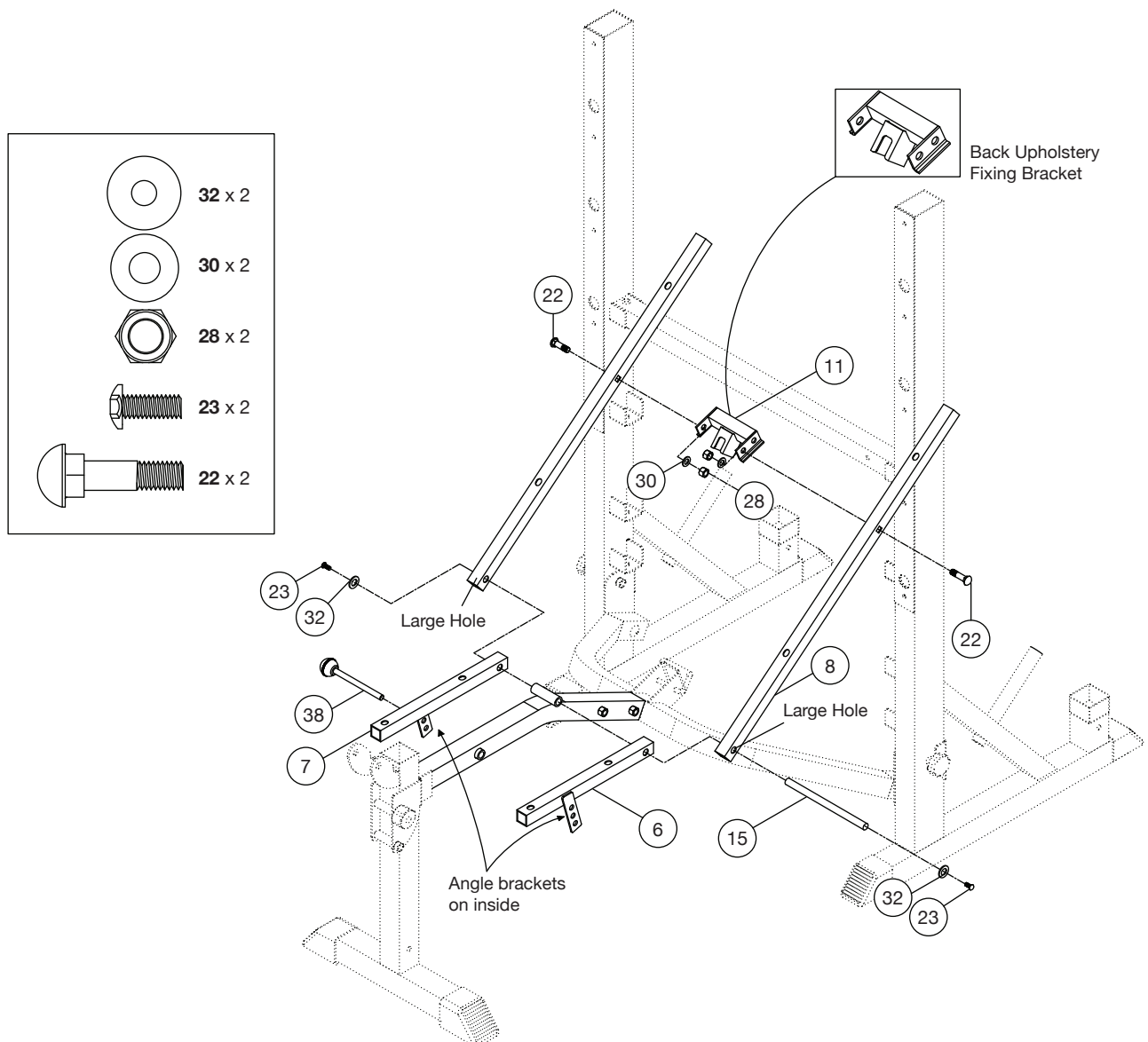
Step 5



### Step 6

1. Find the 2 x BACK UPHOLSTERY POSTS (8), L/R SEAT UPHOLSTER POSTS (8) & PIVOT ROD (15)
2. Assemble the parts so that the PIVOT ROD locates through the bust on the main frame support, the SEAT UPHOLSTERY POSTS are either side with the 2 x BACK UPHOLSTERY POSTS are on the outside. Add nuts, bolts & washers as shown.
3. Secure the BACK UPHOLSTERY FIXING BRACKET (11) in between the BACK UPHOLSTERY POSTS using the detailed fixings. (Ensure that the orientation is correct.)
4. Finally insert the PULL PIN (38) through the angle brackets on the inside of the SET UPHOLSTERY POSTS (This will allow the angle of the seat to be altered.)

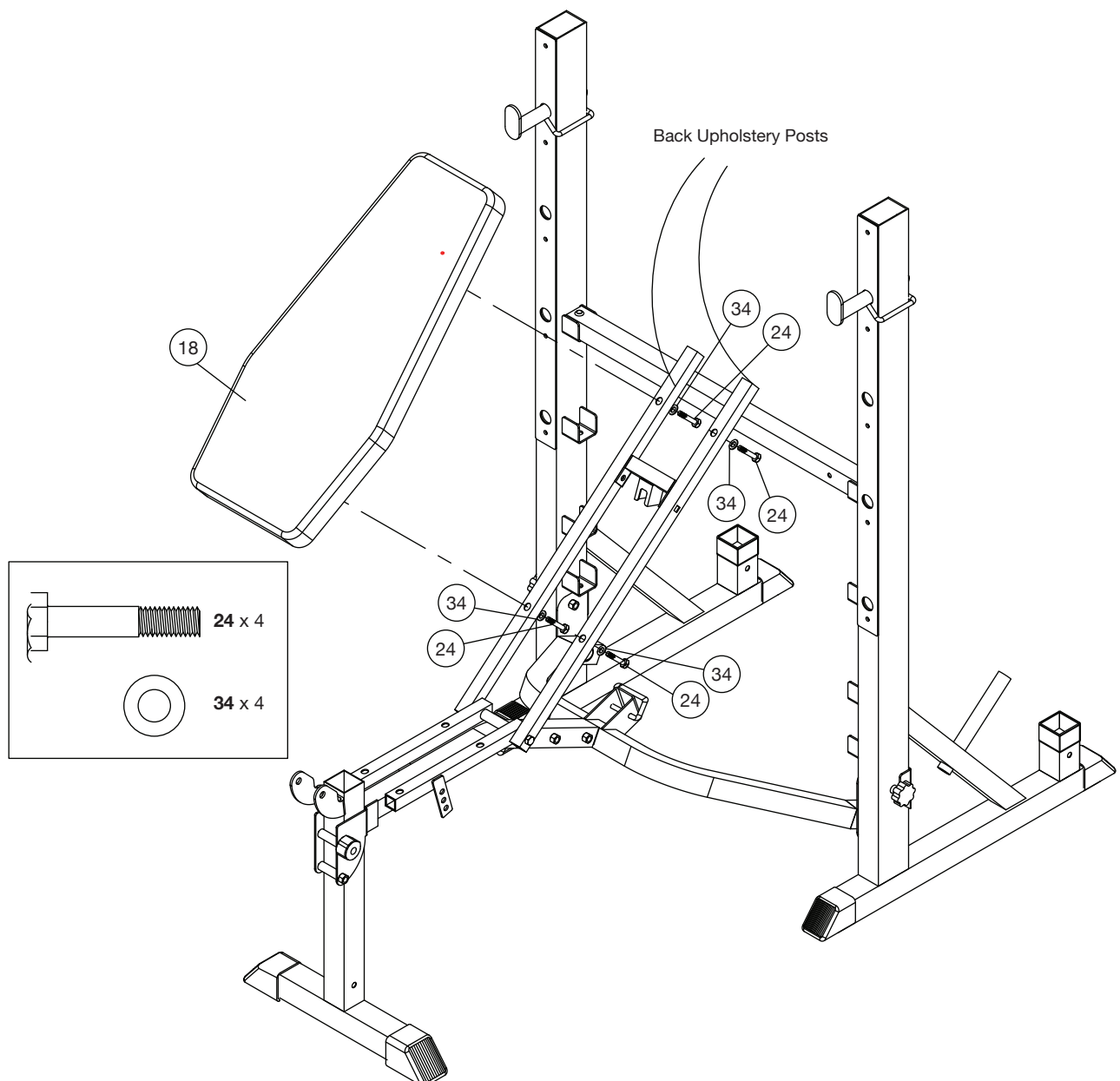
**TIGHTEN ALL FIXINGS AFTER STEP 8.**



# Assembly instructions

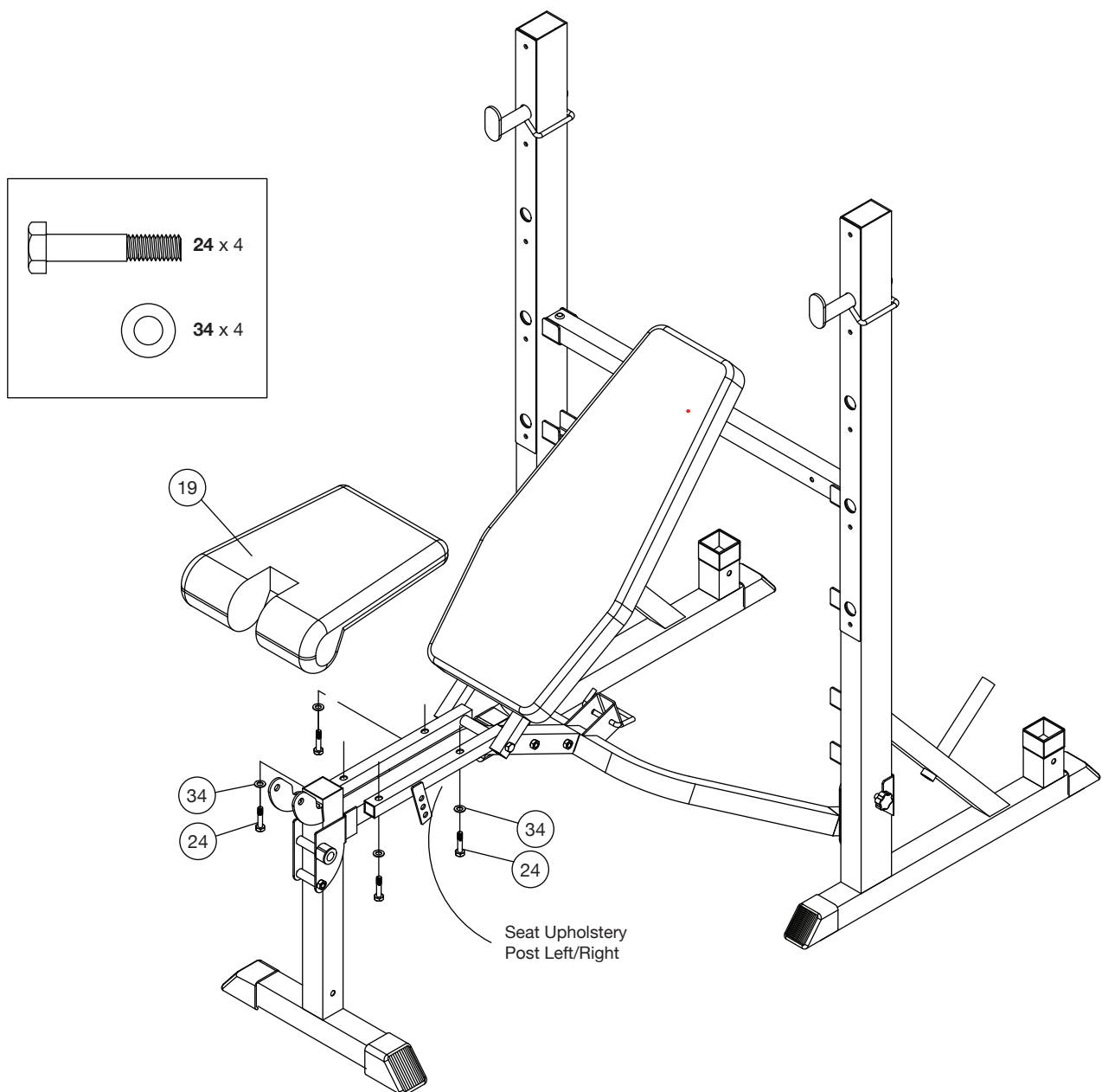
## Step 7

1. Find the BACK UPHOLSTER (8) and attach to the BACK UPHOLSTERY POSTS using the fixings shown.
2. When all bolts are in place, tighten all bolts up to this stage.



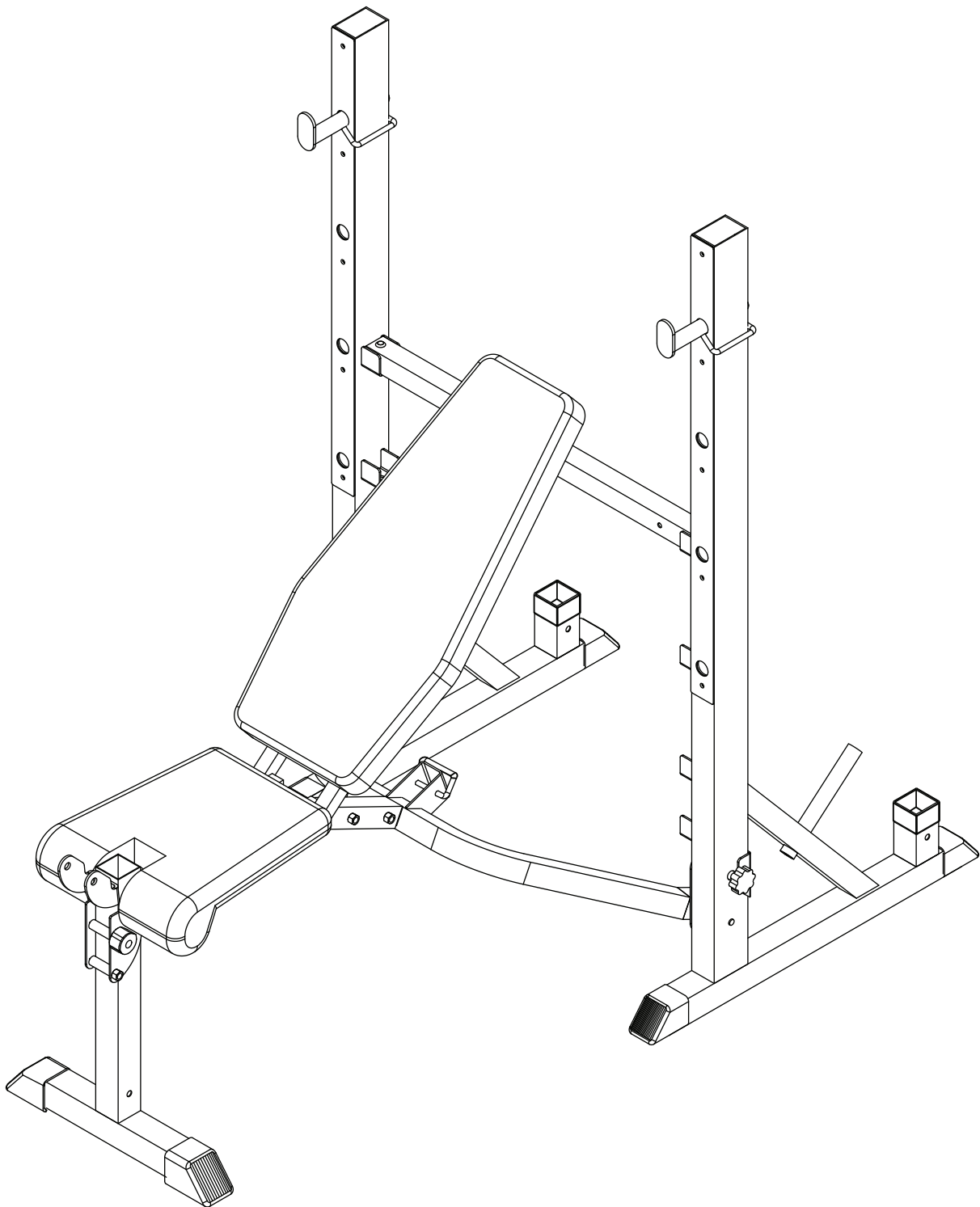
### Step 8

1. Find the SEAT UPHOLSTERY (19) and attach to the SEAT UPHOLSTERY POSTS using the fixings shown.



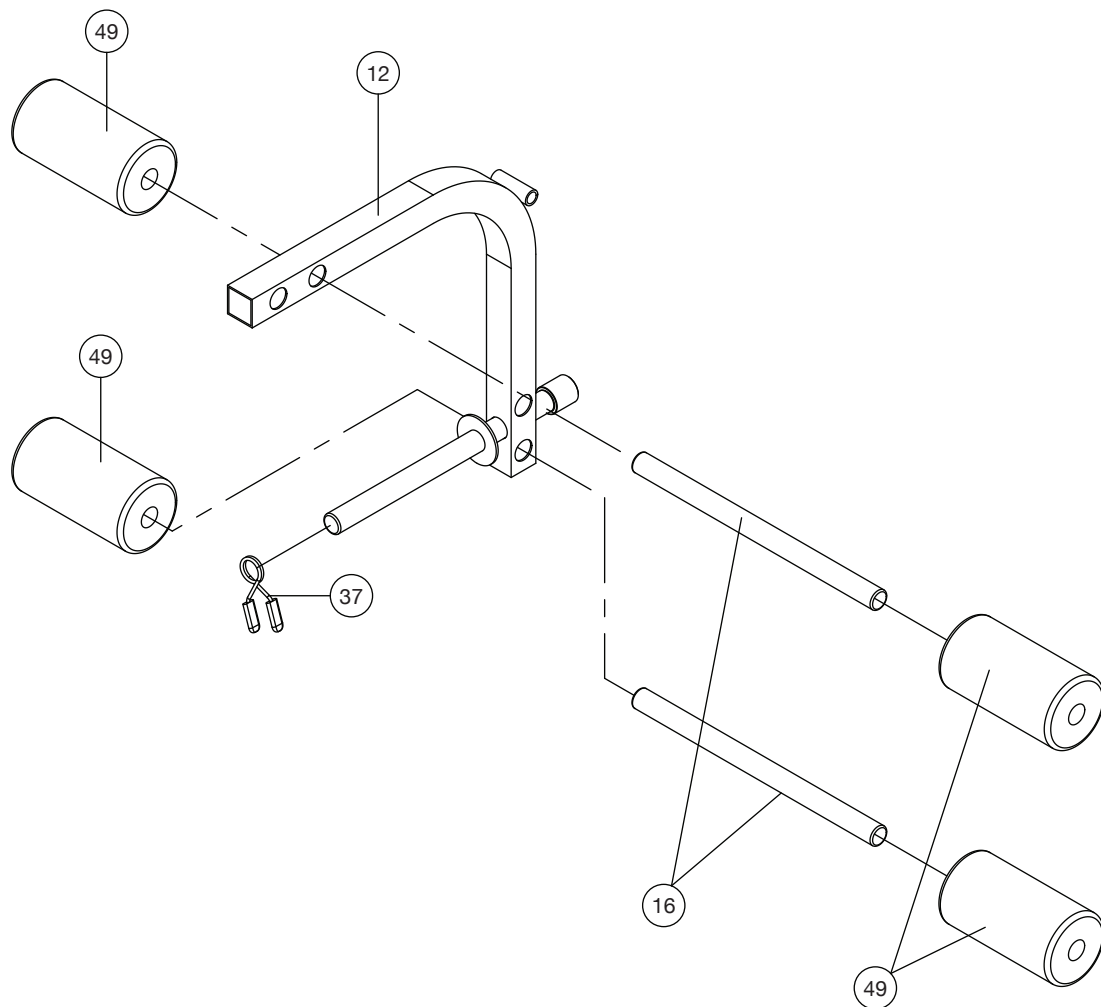
# Assembly instructions

## Step 9



### Step 10

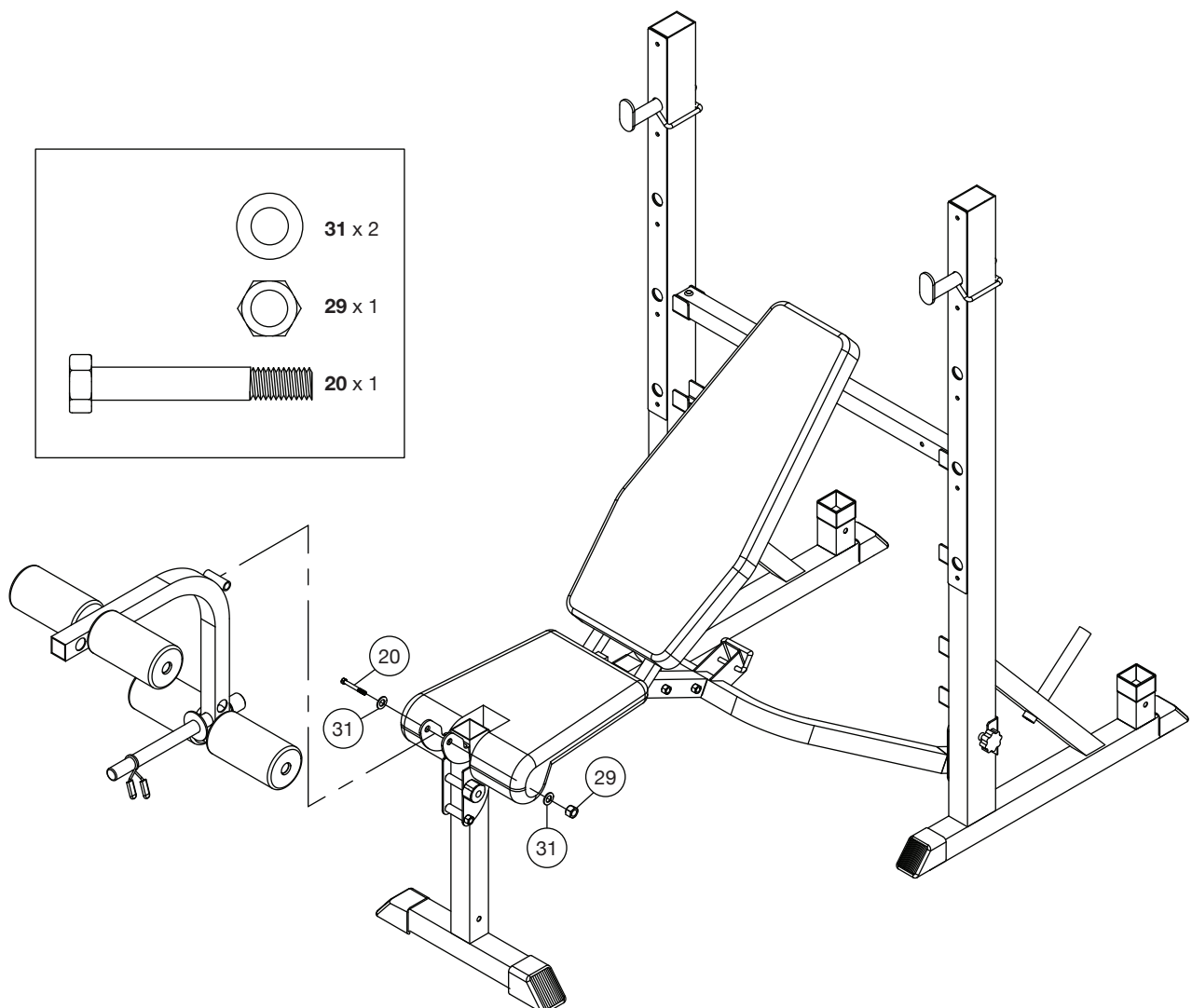
1. Find the LEG EXTENSION SUPPORT (12), 4 x FOAM ROLLERS (49), 2 x FOAM ROLLER POSTS (16) & a SPRING COLLAR (37)
2. Slot the 2 x FOAM ROLLER POSTS through the LEG EXTENSION SUPPORT and then add the 4 x FOAM ROLLERS.
3. Attach the SPRING COLLAR (This will hold the weights onto the leg unit.)



# Assembly instructions

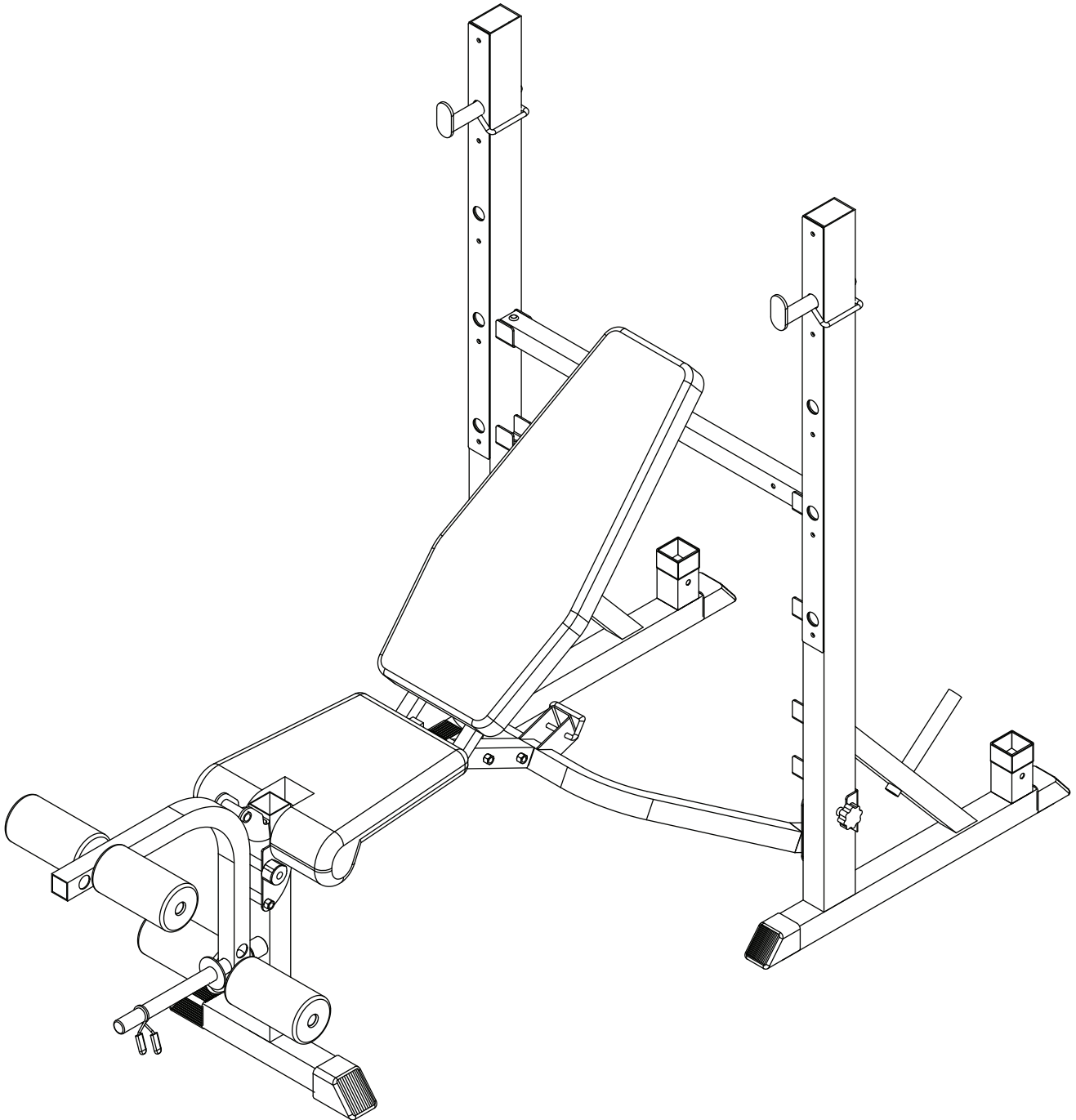
## Step 11

1. Find the LEG EXTENSION SUPPORT (12), 4 x FOAM ROLLERS (49), 2 x FOAM ROLLER POSTS (16) & a SPRING COLLAR (37)
2. Slot the 2 x FOAM ROLLER POSTS through the LEG EXTENSION SUPPORT and then add the 4 x FOAM ROLLERS.
3. Attach the SPRING COLLAR (This will hold the weights onto the leg unit.)





### Step 12



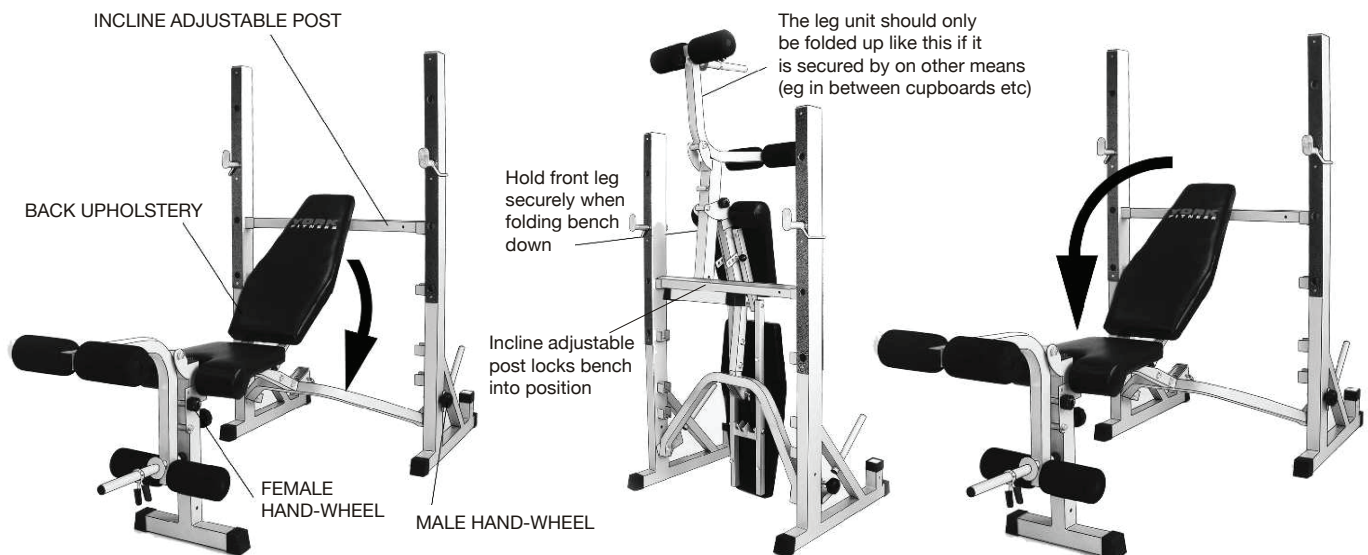
# Folding Bench for storage

To fold up the bench:

1. Remove the incline adjustable post.
2. The back upholstery will then rest freely on the main frame.
3. Loosen and remove the 2 x male hand-wheels
4. Remove the female hand-wheel and the bolt at the front of the bench.  
(WARNING: Ensure unsecured front leg is held in position.)
5. Carefully fold the bench until it has moved 90 degrees (See picture below).
6. Replace the incline and adjustable post in the 2nd brackets from bottom to secure.

To fold down the bench:

1. Ensure that the front foot is being held securely in one hand.
2. Remove the incline adjustable post.
3. Carefully fold the bench down until the front leg is flat on the floor.
4. Insert the bolt and female hand-wheel to fix the front leg into place.
5. Insert and tighten the 2 x male hand-wheels at the base of the uprights.



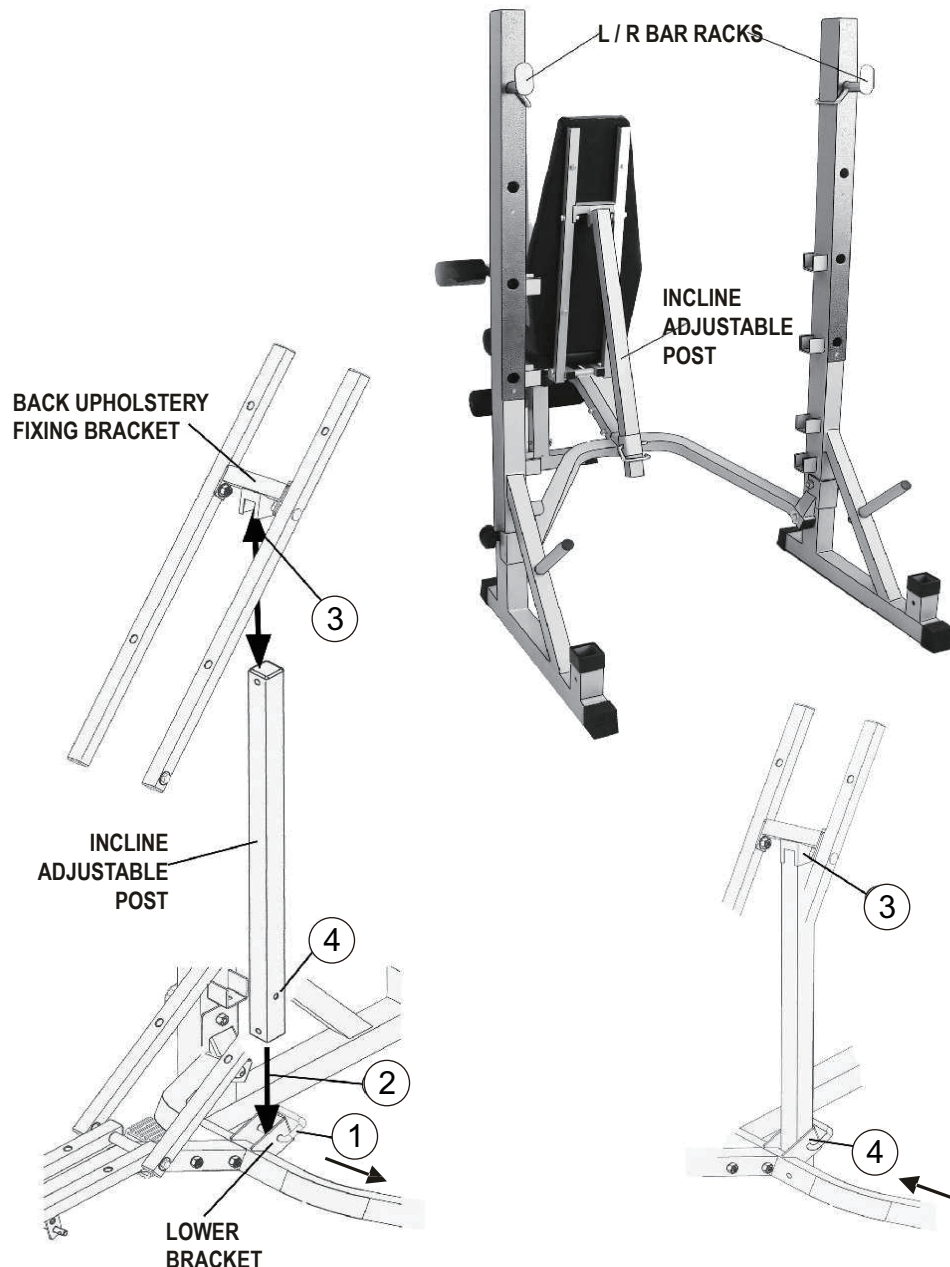
## Bench In Squat Position

### Bench In Squat Position:

1. Remove the incline adjustable post.
2. Place the adjustable post into position.  
(see diagrams / stages below. )
3. Place the left & right adjustable bar racks  
So that they are to the rear of the bench.

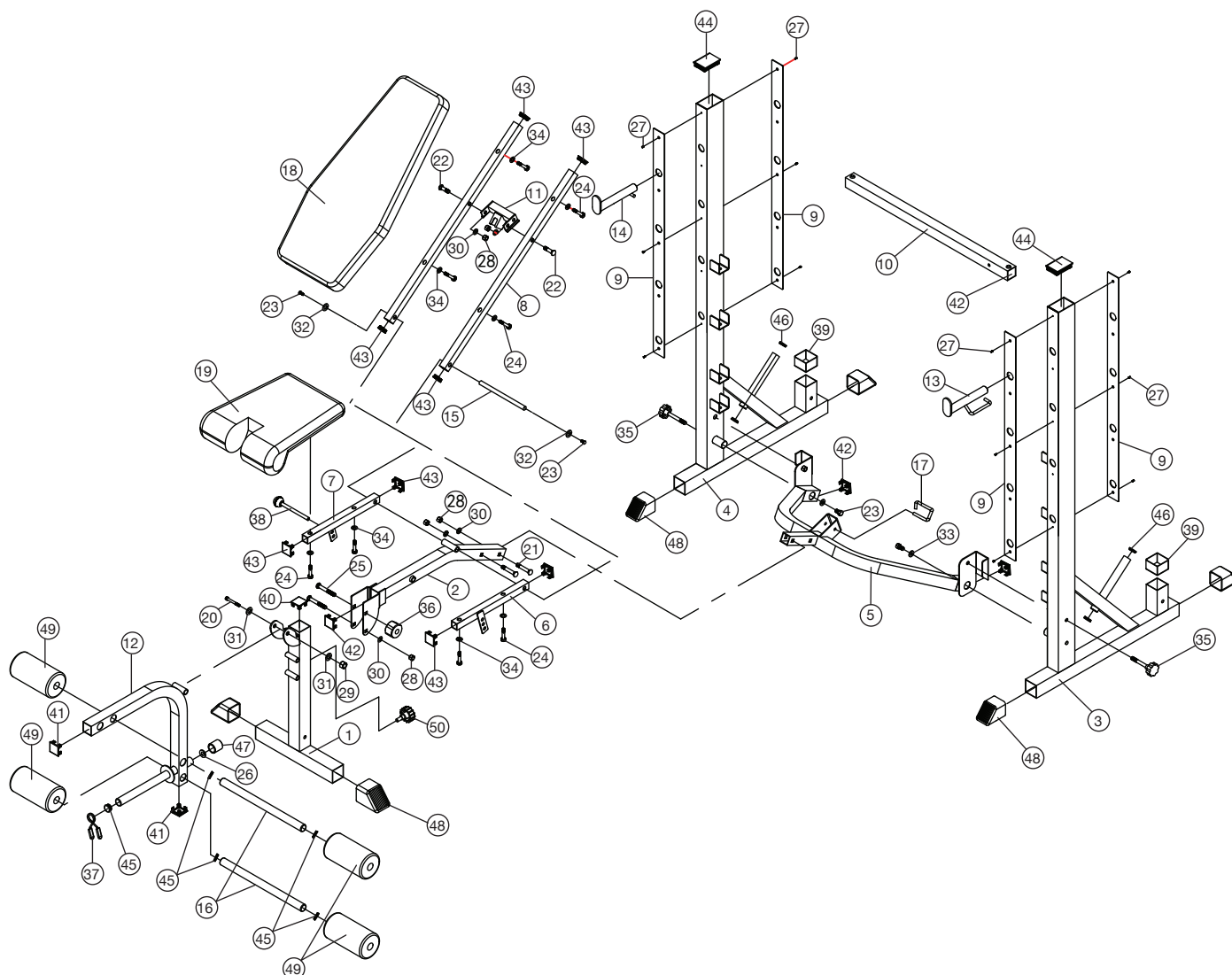
### Positioning the post:

1. Remove u-shaped locking pin.
2. Post into lower bracket insert incline adjustable.
3. Bracket back upholstery fixing adjustable post into the position top of the incline.
4. Bracket and lower hole.pin through the lower insert the u-shaped locking



# Exploded Drawing / Part List

# YORK FITNESS



REF.	DESCRIPTION	QTY.
1	FRONT UPRIGHT SUPPORT	1
2	MAIN FRAME SUPPORT	1
3	LEFT SIDE SUPPORT	1
4	RIGHT SIDE SUPPORT	1
5	REAR CONNECTING SUPPORT	1
6	LEFT SEAT UPHOLSTERY POST	1
7	RIGHT SEAT UPHOLSTERY POST	1
8	BACK UPHOLSTERY POST	2
9	STRIKE PLATE	4
10	INCLINE ADJUSTABLE POST	1
11	BACK UPHOLSTERY FIXING BRACKET	1
12	LEG EXTENSION SUPPORT	1
13	LEFT ADJUSTABLE BAR RACK	1
14	RIGHT ADJUSTABLE BAR RACK	1
15	PIVOT ROD	1
16	FOAM ROLLER POST	2
17	U SHAPE LOCKING PIN	1
18	BACK UPHOLSTERY	1
19	SEAT UPHOLSTERY	1
20	HEX BOLT (M12*1.75*80L)	1
21	SQUARE NECK BOLT (M10*1.5*50L)	2
22	SQUARE NECK BOLT (M10*1.5*40L)	2
23	ALLEN BOLT (M8*1.25*20L)	4
24	HEX BOLT (M8*1.25*40L)	8
25	SQUARE NECK BOLT (M10*1.5*70L)	2

REF.	DESCRIPTION	QTY.
26	FLAT WASHER (D24*D13.5*2.5T)	1
27	SELF TAPPING SCREW (ST4*1.41*10L)	20
28	NYLON NUT (M10*1.5*10T)	5
29	NYLON NUT (M12*1.75*12T)	1
30	FLAT WASHER (D20*D11*2T)	5
31	FLAT WASHER (D24*D13.5*2.5T)	2
32	FLAT WASHER (D25XD8.5X2T)	2
33	FLAT WASHER (D38XD8.5X3T)	2
34	FLAT WASHER (D18XD8.5X1.2T)	8
35	HAND WHEEL FIXING KNOB	2
36	HAND WHEEL FIXING KNOB	1
37	SPRING COLLAR	1
38	PULL PIN	1
39	HOLLOW CAP	2
40	SQUARE CAP (50*50*18.5)	1
41	SQUARE CAP (38X38X15)	2
42	SQUARE CAP (38*38*18L)	4
43	SQUARE CAP (25*25*13)	8
44	SQUARE CAP (50X75X21L)	2
45	ROUND CAP (D1*X17.5L)	5
46	ROUND CAP (D1*X17)	4
47	BUFFER (D35*D25.5*24)	1
48	SQUARE FOOT CAP (50*50*76.5*5T)	6
49	FOAM	4
50	HAND WHEEL FIXING KNOB	1



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**FITNESS**

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