
York 925 Exercises Manual

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York's 925 Grind Session **17-Minute Workout**

BowFlex PR3000 - Mistakes in the Owner's / Installation Manual - Resolved
Description. If you need to pack a

lot of different exercises into a little bit of space, then the York 925 Multi Gym has everything you need. This economic, space saving unit provides for a variety of different workouts thanks to multiple clever design features. A locking bar allows you to switch from chest presses to butterflies, and with 3 positioning options for the textured handholds, this unit is ready for anything.

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The York 2001 Multi Gym is a home gym that boasts 54 exercise routines. Some of these include bench presses, leg curls, leg extensions, lat pull-downs and seated rowing. Resistance is provided by cables attached to a stack of 12 weights that provide levels of resistance up to 140

pounds.

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[York 925 Home Multi Gym Exercise
Chart - boards.ie](#)

The machine has a set of 3 cables
to allow various exercises. I have
changed the cables several times

and the only negative I have
regarding the 925 is the cables wear
quickly. Today I went to order some
more cables and was told that they
are obsolete, thus rendering my
machine useless.

YORK 925 Multi Gym | Home Gym
Equipment | York Barbell

If you need to pack a lot of different
exercises into a little bit of space, then
the York Fitness 925 Multi Gym has
everything you need. This economic,
space saving unit provides for a
variety of different workouts thanks to
multiple clever design features.

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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.

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[York 925 Home Multi Gym Exercise Chart](#)
I have one of the York 925 Home Multi

Gyms pictured below but can't find the chart with the different exercises . Tried googling but had no luck, does anyone here know where i can find one? thanks.

YORK FITNESS HAMMERTONE
5037 925 GYM ASSEMBLY
INSTRUCTIONS ...

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[How to Assemble a York 2001 Multi Gym | Livestrong.com](#)

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