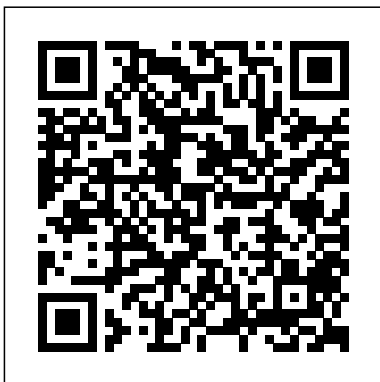

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The machine has a set of 3 cables to allow various exercises. I have changed the cables several times and the only negative I have regarding the 925 is the cables wear quickly. Today I went to order some more cables and was told that they are obsolete, thus

rendering my machine useless.

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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.

YORK

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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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.