OUR HISTORY

The York Barbell name is synonymous with the essence of weightlifting since its inception. York Barbell Company and its legendary Olympic weightlifting team, The York Barbell Club, wrote a substantial chapter in the biography of weightlifting, equipment development, and nutritional supplement industry.

75 years ago, York Barbell began shaping the fitness industry through product design, education, competition, and athletic sponsorship. Named “Father of World Weightlifting” by the International Weightlifting Federation, Bob Hoffman founded York Barbell in 1932 and immediately began pioneering many of today’s accepted exercise philosophies.

As a prolific writer of books and articles, Hoffman tirelessly promoted the benefits of exercise successfully encouraging its practice to the military and the general public. Bob and his beloved York Barbell Company developed among the first lines of exercise equipment in the industry. A pioneer in the health food business, Hoffman introduced a line of nutritional supplements in the early 1950s and developed the first energy bar in 1966.

From the decades of the 30’s through the 70’s, York Barbell flexed its muscle with its Olympic lifting teams. The renowned York Barbell Club dominated the Olympic scene with over 40 national championships and numerous Olympic Gold Medalists. Today, the corporate office of York Barbell Company houses the official Weightlifting Hall of Fame and Museum in York, Pennsylvania.

Through its long history, York Barbell revolutionized the design of training equipment and products. From the early glove barbell designs to today’s precision plates, innovative grip plates, finely crafted bar, and residential and commercial free weight equipment, York Barbell has consistently set the standard in product styling, performance and value.
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“Medial Grip” Pro Style Dumbbells

A snug-grip improves balance and reduce hand / forearm fatigue. Perhaps one of the most ergonomically correct dumbbells on the market, York’s Pro Style Dumbbell features a shortened, fully knurled 33mm solid steel handle resulting in less hand travel and optimum control. Soft, non-metallic shoulders at either end of the bar cradle the hand ensuring a snug grip for improved comfort, balance, and reduction in hand fatigue due to over gripping. The dumbell heads are comprised of solid steel inserts fully encased in virgin rubber. The solid steel handle passes through the steel insert and is welded, permanently joining the head to the handle.

The virgin rubber coating increases durability, protects flooring and equipment, enhances appearance, diminishes noise and is easy to clean.

YORK® “MEDIAL GRIP” RUBBER COATED PRO STYLE DUMBELLS

<table>
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<tr>
<th>DESCRIPTION</th>
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<td>AVAILABLE FROM 5 - 150 LBS IN 5 LBS INCREMENTS. SOLID IN PAIRS.</td>
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YORK® “MEDIAL GRIP” PRO STYLE SERIES SET

<table>
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<th>DESCRIPTION</th>
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<td>5 - 50 LBS IN 5 LBS INCREMENTS (10 PAIRS)</td>
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ETS 2-Tier / 3-Tier Dumbell Rack
Item #69046 / #69047
Specially designed only for use with Pro Style Dumbell Series.
See page 36 for details

Shorter handle lessens hand travel, improving balance while reducing hand / forearm fatigue.
YORK® RUBBER COATED PRO STYLE FIXED STRAIGHT AND CURL BARS
Available from 20 - 110 LBS in 10 LBS increments.
York adopted its Pro Style Dumbell head design and applied it to our new Pro Style Fixed Straight and Curl Bars. The barbell heads are comprised of solid steel inserts fully encased in rubber. The solid steel handle passes through the steel insert and is welded permanently joining the head to the bar. Rubber coating increases durability, protects equipment, enhances appearance, diminishes noise, and is easy to clean.

DESCRIPTION | ITEM #
--- | ---
20 - 110 LBS RUBBER FIXED PRO STRAIGHT BARBELL | 26140 - 26158
20 - 110 LBS RUBBER FIXED PRO CURL BARBELL | 26160 - 26178

YORK® RUBBER COATED PRO STYLE FIXED STRAIGHT BAR SETS

DESCRIPTION | ITEM #
--- | ---
20 - 110 LBS IN 10 LBS INCREMENTS (10 BARS) | 26138

YORK® RUBBER COATED PRO STYLE FIXED CURL BAR SETS

DESCRIPTION | ITEM #
--- | ---
20 - 110 LBS IN 10 LBS INCREMENTS (10 BARS) | 26184

ETS Fixed Straight And Curl Bar Rack
Item #69051
See page 36 for details

Weights sold separately
YORK® RUBBER HEX DUMBELLS

DESCRIPTION ITEM #
AVAILABLE FROM 2.5 - 30 LBS IN 2.5 LBS INCREMENTS AND FROM 30 - 125 LBS IN 5 LBS INCREMENTS. 34050 - 34080

These safe, attractive dumbells have contoured, knurled chrome handles and durable rubber-covered heads for increased safety and comfort. The heads are permanently affixed to a thick 35 mm solid steel shaft improving the strength of the head / handle joint. The knurled chrome handles are ergonomically contoured to fit comfortably in the users’ palm. Smaller handles graduate up from 25 mm grip to 35 mm grip for increments 20 lbs through 125 lbs. The rubber coating increases durability, protects flooring and equipment, enhances appearance, diminishes noise and is easy to clean.

YORK® RUBBER HEX DUMBELL STOCK SETS WITHOUT RACKS

DESCRIPTION ITEM #
5 - 50 LBS IN 5 LBS INCREMENTS (10 PAIRS) 34090
55 - 100 LBS IN 5 LBS INCREMENTS (10 PAIRS) 34091
105 - 125 LBS IN 5 LBS INCREMENTS (5 PAIRS) 34092

2-Tier / 3-Tier Tray Dumbell Rack
Item #69128 / #69129
See page 34 for details

Dumbells sold separately
YORK® CHROME DUMBELLS

These highly reflective and attractive dumbells make a BIG visual impact. The knurled chrome handles are ergonomically contoured to fit comfortably in the user’s palm. Smaller handles graduate up from a 25mm grip to a 35mm grip for increments 20 LBS through 50 LBS. Solid steel heads ensure maximum adhesion of the bright chrome finish making the dumbells ultra resistant to chipping, crackling or peeling associated with most iron head versions. The heads are hydraulically pressed onto 35mm handles.

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YORK® CHROME DUMBELL CLUB PACK 8 PAIR SET INCLUDES VERTICAL DUMBELL RACK

Item # 33062

Dimensions: Depth 18” x Width 16” x Height 42”

- Set includes 1 pair each:
  2 1/2 LBS, 5 LBS, 7 1/2 LBS, 10 LBS, 12 1/2 LBS, 15 LBS, 20 LBS and 25 LBS.
- The rack features an all-steel construction with a sturdy bolt-together design. Dumbell rests are covered with durable nylon wear guards to prevent scratches on dumbell handles. Anti-pinch design.
- Easily accessible vertical position.
- Eye-catching chrome cap on canister-style hub is embossed with the York name.

*Vertical Dumbell Rack (Item #69001) also sold separately.

See page 34 for details
YORK® IRON PRO HEX DUMBELLS

DESCRIPTION | ITEM #
---|---
AVAILABLE FROM 3, 5, 8, 10, 12 LBS AND 15 - 100 LBS IN 5 LBS INCREMENTS. | 34002 - 34024

York’s Pro Hex Dumbell is an economy dumbell with plenty of special features. The softened edges of the dumbell heads improve paint durability and adhesion by lessening the likelihood of cracking and chipping often experienced with the sharper edge hex heads. The knurled handles are ergonomically contoured to fit comfortably in the user’s palm. Handles vary from 30 mm grip for increments through 20 lbs., increasing to a 35 mm grip for increments 25 lbs through 100 lbs.

Handles are hydraulically pressed creating a “fishtail” steel handle end. The handles are then permanently embedded in the heads by pouring molten iron around the fishtailed ends of a thick 35 mm solid steel shaft improving the strength of the head / handle joint.

RECOMMENDED DUMBELL RACK FOR THIS ITEM

2-Tier Tray Dumbell Rack
Item #69128
See page 34 for details
YORK® “LEGACY” SOLID ROUND PROFESSIONAL DUMBBELL

DESCRIPTION
AVAILABLE FROM 1 - 10 LBS IN 1 LB INCREASEMENTS AND 12 LBS WITH CAST HANDLES, AND 15 - 150 LBS IN 5 LBS INCREASEMENTS WITH SOLID STEEL KNURELD HANDLES.

Back by popular demand, the “Legacy” dumbbell is a recreation of York’s Solid Round Dumbbell originally cast in York Barbell’s own foundry. The “Legacy” dumbbell features fully knurled, solid steel, thick-grip 33mm handles. The handles are slightly shorter than the original Solid Round Dumbbell decreasing hand travel on the bar allowing greater control and bio-mechanically correct movements.

Handles are hydraulically pressed creating a “fishtail” steel handle end. The handles are then permanently embedded in the heads by pouring molten iron around the fishtailed ends of the thick-grip solid steel shaft.

YORK® LEGACY DUMBBELL STOCK SETS WITHOUT RACKS

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<tr>
<td>130 TO 150 LBS IN 5 LBS INCREASEMENTS</td>
<td>16042</td>
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“Fish-tailed” handle featured in the Pro-Hex and Legacy Dumbells prevents head detachments.
KETTLEBELLS

YORK® HERCULES®
CAST IRON KETTLEBELLS

YORK® KETTLEBELL STAND
Item #15100

SPECIFICATIONS
SHIPPING WEIGHT 82 LB (4.5 CUFT)
ASSEMBLED WEIGHT 77 LB
ASSEMBLE DIMENSIONS (W) 45" X (D) 24" X (H) 33"

Features:
- Rubber Lined Trays
- Metallic Silver Finish
- Commercial Quality

*Weights not included
**YORK® 40 LBS AEROBIC WEIGHT SET**

Item #10164

Our 40 LBS Aerobic Weight Set is the one preferred and used by fitness clubs across the country. Safe, vinyl-covered plates. Contains: 2 x 10 LBS, 2 x 5 LBS, 2 x 2.5 LBS plates, and one 3 LBS 4’ bar and 1 pair collars.

**YORK® AEROBIC WEIGHT SET CLUB PACK**

Item #10170

Dimensions: Length 41 1/2” x Width 28” x Height 32”

- Includes 20 x 40 LBS Aerobic Weight Sets (#10164) and 1 x Mobile Aerobic Set Rack (#69034)
- Easy to access weight sets.
- Can be easily moved.

*Mobile Aerobic Rack (Item #69034) also sold separately. See page 35 for details*
YORK® NEO-HEX NEOPRENE FITBELLS

DESCRIPTION | ITEM #
--- | ---
AVAILABLE FROM 1 - 10 LBS IN 1 LB INCREMENTS IN BLACK ONLY. | 15601 - 15610

York's Neo-Hex Neoprene Fitbells are available with a thick, durable, easy-to-clean neoprene coating. The attractive hexagonal shape is as functional as it is attractive. Dumbbells feature ergonomic handles and flat sides to keep the dumbbells from rolling away.

YORK® NEO-HEX SET (NEO-HEX RACK NOT INCLUDED)

DESCRIPTION | ITEM #
--- | ---
THE 40 PAIR SET INCLUDES 10 x 2 LBS (PAIR), 9 x 3 LBS (PAIR), 8 x 5 LBS (PAIR), 7 x 8 LBS (PAIR) AND 6 x 10 LBS (PAIR). | 15611

YORK® “NEO-HEX” CLUB PACK INCLUDES NEO-HEX RACK

Item #15612

Dimensions: Depth 16 1/4" x Width 39" x Height 34 1/4"

- The 40 pair set includes: 10 x 2 LBS (pair), 9 x 3 LBS (pair), 8 x 5 LBS (pair), 7 x 8 LBS (pair) and 6 x 10 LBS (pair)
- Designed especially for the neoprene coated “Neo-Hex” Fitbell.
- Elliptical shaped tubing throughout makes this an attractive rack while protecting the neoprene coating from possible damage.
- Weight indicators make it easy for groups to easily and quickly replace dumbbells to their appropriate spots.
- The rack is mobile with wheels and features a security bar.

*Neoprene Hex Rack (Item #69031) also sold separately.

See page 35 for details
YORK® FITBELLS

The York iron dumbbells are available with a thick, durable, easy-to-clean vinyl or neoprene coating. These colorful dumbbells are excellent for group classes offered in clubs.

YORK® VINYL FITBELLS

DESCRIPTION ITEM #
AVAILABLE FROM 1 - 10 LBS IN 1 LB INCREMENTS. 15000 - 15009

Vinyl Fitbells can be purchased separately or in Club Packs (#15011) and are easily stored on our Mobile Fitness Rack (#69032)

YORK® NEOPRENE FITBELLS

DESCRIPTION ITEM #
AVAILABLE FROM 1 - 10 LBS IN 1 LB INCREMENTS. 443101 - 443110

YORK® VINYL ROUND CLUB PACK INCLUDES VINYL FITBELL RACK

Item #15011

Dimensions: Length 42” x Width 24 1/4” x Height 37 1/4”

- The 548 LBS includes: 9 x 1 LBS (pair), 9 x 2 LBS (pair), 9 x 3 LBS (pair), 6 x 4 LBS (pair), 6 x 5 LBS (pair), 5 x 3 LBS (pair), 4 x 7 LBS (pair), 4 x 8 LBS (pair), 4 x 9 LBS (pair) and 4 x 10 LBS (pair)
- Designed especially for York’s Vinyl Fitbells.
- The rack is mobile with wheels and features a security bar.

*Vinyl Fitbell Rack (Item #69032) also sold separately. Colors may vary.

See page 35 for details
BARS & COLLARS

YORK® “ELITE” COMPETITION OLYMPIC BARS

PRECISION NEEDLE-BEARING BARS

YORK® “Elite” Competition Bars are made from the highest grade North American steel with a minimum tensile of 190,000 PSI. Competition and Training Bars are made from quenched and tempered cold drawn stress relieved high tensile steel for maximum strength and flexibility. Olympic sleeves are machine finished with 8 needle bearings for reduced friction. Sleeves are machine finished to a precise 1.975 inch diameter accommodating for any 2” diameter Olympic plate. Bars are calibrated to Olympic specifications and color coded.

YORK® 2200 MM MEN’S 20 KGS “ELITE” COMPETITION OLYMPIC BAR (28 MM)
Item #32000

YORK® 2010 MM WOMEN’S 15 KGS “ELITE” COMPETITION OLYMPIC BAR (25 MM)
Item #32001

YORK® “ELITE” OLYMPIC TRAINING BARS

YORK® Olympic “Training” bars are made from the highest grade North American steel with a minimum tensile of 190,000 PSI. Ferous bushings lubricated with Forway® facilitate free and constant rotation of the Olympic bar sleeves. Sleeves are finished to a precise 1.975” diameter. Bars are calibrated to Olympic specifications.

YORK® 2200 MM MEN’S 20 KGS “ELITE” OLYMPIC TRAINING BAR (28 MM)
Item #32002

YORK® 2010 MM WOMEN’S 15 KGS “ELITE” OLYMPIC TRAINING BAR (25 MM)
Item #32003
YORK® “ELITE” POWER BAR

The YORK® “Elite” Power Bar has a minimum tensile strength of 185,000 PSI. Only North American steel is used in the making of this bar. The YORK® Power Bar is less flexible, more rigid, and excellent for use when performing static, highly controlled, slow movements such as the squat, chest press, and dead lift. It is also an excellent bar for Olympic lift training. The sleeve is secured on the bar using a bar end nut and spring pin. Sleeves are machined to a precise 1.975” diameter to accommodate 2” Olympic Plates.

YORK® 2200 MM MEN’S 20 KGS “ELITE” OLYMPIC TRAINING BAR (29 MM)
Item #32004

YORK® “ELITE” STAINLESS STEEL COMPETITION BAR

YORK® “Elite” Stainless Steel bars have a minimum tensile of 165,000 PSI. Bar will not rust and stainless steel is American made. Olympic sleeves have 8 special designed roller bearings. Sleeves are held on the bar using YORK® unique design with precise end nut and spring pin design. Bars are calibrated to Olympic specifications and color coded.

YORK® PRECISION NEEDLE-BEARING BARS 2200 MM MEN’S 20 KGS “ELITE” COMPETITION BAR (28 MM)
Item #32010

YORK® “ELITE” STAINLESS STEEL TRAINING BAR

YORK® “Elite” Stainless Steel bars have a minimum tensile of 165,000 PSI. Bar will not rust and stainless steel is American made. Olympic sleeves have 4 ferrous bushings using special lubrication. Sleeves are held on the bar using YORK unique design with precision end nut and spring pin design.

YORK® PRECISION NEEDLE-BEARING BARS 2200 MM MEN’S 20 KGS “ELITE” TRAINING BAR (28 MM)
Item #32011
BARS & COLLARS

YORK® INTERNATIONAL BARS (NORTH AMERICAN DESIGN)

YORK® applied its vast knowledge in bar design and produced perhaps the highest quality, most functional and attractive Economy Olympic Bar of today. YORK® applied its signature design to each bar which replaces the outmoded bolt and sleeve assembly. Each bar has been manufactured from 150,000 tensile North American made steel.

YORK® STANDARD NEEDLE BEARING NORTH AMERICAN OLYMPIC TRAINING BARS

YORK®’s International Men’s and Women’s Needle Bearing Olympic Training Bars are an excellent choice for Olympic-style movements. The needle bearings ensure smooth, consistent rotation of the sleeves. The steel used in both bars is produced in North America. The Men’s Bar is 7’ long and the Women’s Bar is 6 1/2’ long.

YORK® INTERNATIONAL MEN’S NEEDLE-BEARING OLYMPIC TRAINING BAR 28 MM
Item #32110

YORK® INTERNATIONAL WOMEN’S NEEDLE-BEARING OLYMPIC TRAINING BAR 25 MM
Item #32111
YORK® 7’ NORTH AMERICAN HARD CHROME BAR - 32 MM, 1500# TEST BAR
Item #32112

YORK® 7’ NORTH AMERICAN HARD CHROME BAR - 30 MM, 1500# TEST BAR
Item #32113

YORK® 6’ INTERNATIONAL HARD CHROME BAR - 30 MM
Item #32114

YORK® 5’ INTERNATIONAL HARD CHROME BAR - 30 MM
Item #32115
YORK® BLACK OXIDE INTERNATIONAL BARS

The Black Oxide International Bars are finished with a black Oxide coating & feature hard chrome sleeves. It is a strikingly attractive bar. The black oxide finish has an aggressive grip.

YORK® 7’ NORTH AMERICAN BLACK OXIDE BAR - 32 MM, 1500# TEST BAR
Item #32120

YORK® 7’ NORTH AMERICAN BLACK OXIDE BAR - 30 MM, 1500# TEST BAR
Item #32121

YORK® 6’ INTERNATIONAL BLACK OXIDE BAR - 30 MM
Item #32122

YORK® 5’ INTERNATIONAL BLACK OXIDE BAR - 30 MM
Item #32123
YORK® SPECIALTY BARS

YORK® INTERNATIONAL CURL BAR WITH RUBBER GRIPS - 30 MM GRIP
Item #32030

YORK® INTERNATIONAL BI-TRI-TRAP BAR WITH RUBBER GRIPS
Item #32031

YORK® INTERNATIONAL “MULTI-HEX” DEAD LIFT/SHRUG BAR
Item #32033

YORK BARBELL put a new spin on the traditional hex shaped Shrug Bar. The “Multi-Hex” bar features an open design and two handle heights. Most notable is the “Rock & Rack” kickstand feature that functions like a bar jack enabling the user to load and unload plates with ease.

YORK® 2988 EXTREME GRIP OLYMPIC BAR CENTRE SLEEVE 2”
Item #2988

YORK® ALUMINUM BAR
Item #32032

Weights not included

YORK® COLLABORS

<table>
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<td>2” SPRING COLLARS (PAIR)</td>
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<tr>
<td>2” OLYMPIC SPEED COLLARS BLACK (PAIR)</td>
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<tr>
<td>2” OLYMPIC SPIN-LOCK COLLARS (PAIR)</td>
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<tr>
<td>2” MUSCLE CLAMP COLLARS (PAIR)</td>
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Weights not included
York applied an ingenious innovation to the standard multi-hole grip plate and developed the “ISO-Grip” Plates, clearly the most maneuverable, safest plate in the industry today.

The ISO-Grip Plate is the industry’s answer to a 360-degree easy-pick-up plate cleverly achieved by casting the hub thicker than the rim. The patent-pending, radical benefit of a thicker hub and a streamlined rim is the anti-pinch nature of using the plates. The streamlined rim ensures a comfortable grip and enhanced maneuverability with its 3-grip design. The steel composite casting fortifies the structural integrity of the ISO-Grip Plate. Plates are standard size.

Anti-pinch feature is achieved by casting the hub thicker than the rim.

360 degrees of easy-pick-up
YORK® ISO-GRIP STEEL
COMPOSITE OLYMPIC IRON PLATE

2.5 LBS .............................................................. ITEM #29010
5 LBS ............................................................. ITEM #29011
10 LBS ............................................................ ITEM #29012
25 LBS ............................................................ ITEM #29013
35 LBS ............................................................ ITEM #29014
45 LBS ............................................................ ITEM #29015
100 LBS .......................................................... ITEM #29016

YORK® ISO-GRIP RUBBER
ENCASED OLYMPIC PLATES

2.5 LBS .............................................................. ITEM #29020
5 LBS ............................................................. ITEM #29021
10 LBS ............................................................ ITEM #29022
25 LBS ............................................................ ITEM #29023
35 LBS ............................................................ ITEM #29024
45 LBS ............................................................ ITEM #29025

YORK® ISO-GRIP URETHANE
ENCASED OLYMPIC PLATES

2.5 LBS .............................................................. ITEM #29060
5 LBS ............................................................. ITEM #29061
10 LBS ............................................................ ITEM #29062
25 LBS ............................................................ ITEM #29063
35 LBS ............................................................ ITEM #29064
45 LBS ............................................................ ITEM #29065

YORK® ISO-GRIP 300 LBS INTERNATIONAL SET (IRON)
Item #29017
Available as a set including a 7’, 30mm, Bar (#32113). The set includes 2 each: 45 LBS, 35 LBS, 25 LBS, 10 LBS, 2.5 LBS and 4 - 5 LBS iron plates and one pair of spring collars.

YORK® ISO-GRIP 300 LBS INTERNATIONAL SET (RUBBER)
Item #29026
Available as a set including a 7’, 30mm, Bar (#32113). The set includes 2 each: 45 LBS, 35 LBS, 25 LBS, 10 LBS, 2.5 LBS and 4 - 5 LBS rubber plates and one pair of spring collars.
OLYMPIC WEIGHT PLATES

YORK® G2 THIN LINE RUBBER COATED OLYMPIC PLATES

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<td>G2 THIN LINE RUBBER COATED OLYMPIC PLATES - 45 LB</td>
<td>29083</td>
</tr>
</tbody>
</table>

INTERLOCKING PLATES DESIGN

YORK® 300 LB G2 RUBBER OLYMPIC SET

Item #29084

<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 LB G2 RUBBER OLYMPIC PLATES</td>
<td>2</td>
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<tr>
<td>5 LB G2 RUBBER OLYMPIC PLATES</td>
<td>4</td>
</tr>
<tr>
<td>10 LB G2 RUBBER OLYMPIC PLATES</td>
<td>2</td>
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<tr>
<td>25 LB G2 RUBBER OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>35 LB G2 RUBBER OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>45 LB G2 RUBBER OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>OLYMPIC SPRING CLIP COLLARS (#2986)</td>
<td>1 PAIR</td>
</tr>
<tr>
<td>7” INTERNATIONAL OLYMPIC BAR (ITEM #32113)</td>
<td>1</td>
</tr>
</tbody>
</table>
INDUSTRY’S ONLY “BUMPER GRIP” PLATES

York Barbell stands true to its spirit as an industry pioneer introducing the all-new “Bumper Grip” Plate.

Inspired by the YORK® “ISO-Grip” Plates, the new YORK® “Bumper Grip” plates embrace the manoeuvrability of the three-grip design. The steel composite hub fortifies the structural integrity of the plates. The rim of the plate is surrounded by high quality rubber ensuring the functionality and floor protection expected from a bumper plate. Cast aluminium training plates are available in 5 LBS and 10 LBS increments measuring the same standard diameter as the 25, 35 and 45 LBS plates.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 LBS BUMPER GRIP CAST ALUMINUM MILLED TRAINING PLATE (BLACK)</td>
<td>29055</td>
</tr>
<tr>
<td>10 LBS BUMPER GRIP CAST ALUMINUM MILLED TRAINING PLATE (GREEN)</td>
<td>29056</td>
</tr>
<tr>
<td>25 LBS BUMPER GRIP CAST STEEL MILLED TRAINING PLATE (YELLOW)</td>
<td>29057</td>
</tr>
<tr>
<td>35 LBS BUMPER GRIP CAST STEEL MILLED TRAINING PLATE (BLUE)</td>
<td>29058</td>
</tr>
<tr>
<td>45 LBS BUMPER GRIP CAST STEEL MILLED TRAINING PLATE (RED)</td>
<td>29059</td>
</tr>
</tbody>
</table>
OLYMPIC WEIGHT PLATES

**YORK® SOLID RUBBER TRAINING BUMPER PLATES**

These training bumper plates provide flooring protection, have a reinforced 2-inch centre steel sleeve, and can be used with any York Olympic Bar. Available in both pound and kilogram increments.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 10 LBS</td>
<td>29067</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 15 LBS</td>
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<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 25 LBS</td>
<td>29069</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 35 LBS</td>
<td>29070</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 45 LBS</td>
<td>29071</td>
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<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
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</thead>
<tbody>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 5 KG</td>
<td>28082</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 10 KG</td>
<td>28083</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 15 KG</td>
<td>28084</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 20 KG</td>
<td>28085</td>
</tr>
<tr>
<td>SOLID RUBBER TRAINING BUMPER PLATES - 25 KG</td>
<td>28086</td>
</tr>
</tbody>
</table>
YORK® 160 KG SOLID RUBBER TRAINING KILOGRAM SET
Item #28054
Set includes 2 x 10, 15, 20, 25 KG plates, Men’s 20 KG York Olympic “Elite” Training Bar (#32004) and 1 pair spring collars.

YORK® 155 KG SOLID RUBBER TRAINING KILOGRAM SET
Item #28055
Set includes 2 x 10, 15, 20, 25 KG plates, Women’s 15 KG York Olympic “Elite” Training Bar (#32003) and 1 pair spring collars.

YORK® 325 LBS SOLID RUBBER TRAINING POUND SET
Item #29048
Set includes 2 x 10 LBS, 4 x 25 LBS, 2 x 35 LBS, 2 x 45 LBS plates, Men’s 20 KG York “Elite” Olympic Training Bar (#32004) and 1 pair spring collars.

YORK® 266 LBS SOLID RUBBER TRAINING POUND SET
Item #29049
Set includes 2 x 10 LBS, 2 x 25 LBS, 2 x 35 LBS, 2 x 45 LBS plates, Women’s 15 KG York “Elite” Olympic Training Bar (#32003) and 1 pair spring collars.

ALSO AVAILABLE

<table>
<thead>
<tr>
<th>ITEM #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>29046</td>
<td>275 LB Economy Rubber Training Set w/ 7’ Olympic Bar (#2979)</td>
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<tr>
<td>29047</td>
<td>275 LB Rubber Training Set w/ 7’ Olympic Bar (#32112)</td>
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</tbody>
</table>
## OLYMPIC WEIGHT PLATES

### YORK® 2” STANDARD OLYMPIC PLATES

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
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</thead>
<tbody>
<tr>
<td>2 1/2 LB</td>
<td>7350</td>
</tr>
<tr>
<td>5 LB</td>
<td>7351</td>
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<tr>
<td>10 LB</td>
<td>7352</td>
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<tr>
<td>25 LB</td>
<td>7353</td>
</tr>
<tr>
<td>35 LB</td>
<td>7354</td>
</tr>
<tr>
<td>45 LB</td>
<td>7355</td>
</tr>
</tbody>
</table>

### YORK® 300 LB CAST IRON OLYMPIC SET

Item #2900

Set includes 4 x 5 LBS, 2 x 2.5, 10, 25, 35, 45 LBS standard olympic plates, 7’Olympic Bar (#2976), 1 pair olympic spring clip collars (#2986).

### YORK® 2” DEEP DISH OLYMPIC PLATES

25 LB - Item #7363, 35 LB - Item #7364, 45 LB - Item #7365

### YORK® 300 LB DEEP DISH CAST IRON OLYMPIC SET

Item #2899

Set includes 4 x 5 LBS, 2 x 2.5, 10LBS standard olympic plates, 2 x 45, 35, 25LBS deep dish olympic plates, 7’Olympic Bar (#2976), 1 pair olympic spring clip collars (#2986).
YORK® LEGACY PRECISION CALIBRATED OLYMPIC PLATES

YORK® precision plate within 2% of indicated weight. For use with YORK® 2” Olympic Bars.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 2 1/2 LB</td>
<td>29030</td>
</tr>
<tr>
<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 5 LB</td>
<td>29031</td>
</tr>
<tr>
<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 10 LB</td>
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<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 25 LB</td>
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<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 35 LB</td>
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<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 45 LB</td>
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<tr>
<td>2” LEGACY PRECISION CALIBRATED OLYMPIC PLATES - 100 LB</td>
<td>29036</td>
</tr>
</tbody>
</table>

YORK® LEGACY 300LB SET USES LEGACY PRECISION PLATES WITHIN 2% OF INDICATED WEIGHT.

YORK® 300 LB CAST IRON OLYMPIC SET
Item #29037

<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>QUANTITY</th>
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</thead>
<tbody>
<tr>
<td>2 1/2 LB 2” LEGACY OLYMPIC PLATES</td>
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<tr>
<td>5 LB 2” LEGACY OLYMPIC PLATES</td>
<td>4</td>
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<tr>
<td>10 LB 2” LEGACY OLYMPIC PLATES</td>
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<tr>
<td>25 LB 2” LEGACY OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>35 LB 2” LEGACY OLYMPIC PLATES</td>
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<tr>
<td>45 LB 2” LEGACY OLYMPIC PLATES</td>
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</tr>
<tr>
<td>OLYMPIC SPRING CLIP COLLARS (#2986)</td>
<td>1 PAIR</td>
</tr>
<tr>
<td>7” OLYMPIC BAR (ITEM #32002)</td>
<td>1</td>
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</table>
### OLYMPIC WEIGHT PLATES

#### YORK® G2 DUAL GRIP OLYMPIC PLATES

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
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<tbody>
<tr>
<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 2 1/2 LB</td>
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<tr>
<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 5 LB</td>
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<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 10 LB</td>
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<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 25 LB</td>
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<tr>
<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 35 LB</td>
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<td>YORK® G2 DUAL GRIP OLYMPIC PLATES - 45 LB</td>
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</table>

#### YORK® 300 LB G-2 CAST IRON OLYMPIC SET

**Item #2898**

<table>
<thead>
<tr>
<th>CONTENTS</th>
<th>QUANTITY</th>
</tr>
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<tr>
<td>2 1/2 LB G-2 OLYMPIC PLATES</td>
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<td>5 LB G-2 OLYMPIC PLATES</td>
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<td>10 LB G-2 OLYMPIC PLATES</td>
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<td>25 LB G-2 OLYMPIC PLATES</td>
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<tr>
<td>35 LB G-2 OLYMPIC PLATES</td>
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<tr>
<td>45 LB G-2 OLYMPIC PLATES</td>
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</tr>
<tr>
<td>OLYMPIC SPRING CLIP COLLARS (#2986)</td>
<td>1 PAIR</td>
</tr>
<tr>
<td>7&quot; OLYMPIC BAR (ITEM #2976)</td>
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## YORK® CAST IRON OLYMPIC PICK UP PLATES

<table>
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<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 2 1/2 LB</td>
<td>7430</td>
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<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 5 LB</td>
<td>7431</td>
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<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 10 LB</td>
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<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 25 LB</td>
<td>7433</td>
</tr>
<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 35 LB</td>
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</tr>
<tr>
<td>YORK® CAST IRON OLYMPIC PICK UP PLATES - 45 LB</td>
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## YORK® 300 LB USA CAST IRON PLATE SET

**Item #7436**

<table>
<thead>
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<th>CONTENTS</th>
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<td>2 1/2 LB OLYMPIC PICK UP PLATES</td>
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<td>5 LB OLYMPIC PICK UP PLATES</td>
<td>4</td>
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<tr>
<td>10 LB OLYMPIC PICK UP PLATES</td>
<td>2</td>
</tr>
<tr>
<td>25 LB OLYMPIC PICK UP PLATES</td>
<td>2</td>
</tr>
<tr>
<td>35 LB OLYMPIC PICK UP PLATES</td>
<td>2</td>
</tr>
<tr>
<td>45 LB OLYMPIC PICK UP PLATES</td>
<td>2</td>
</tr>
<tr>
<td>OLYMPIC SPRING CLIP COLLARS (#2986)</td>
<td>1 PAIR</td>
</tr>
<tr>
<td>7” OLYMPIC BAR (ITEM #2976)</td>
<td>1</td>
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</table>
OLYMPIC WEIGHT PLATES

YORK® CALIBRATED OLYMPIC PLATES - LB

<table>
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<th>DESCRIPTION</th>
<th>ITEM #</th>
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<tbody>
<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 2 1/2 LB</td>
<td>2907</td>
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<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 5 LB</td>
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</tr>
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<td>YORK® CALIBRATED OLYMPIC PLATES - 10 LB</td>
<td>2909</td>
</tr>
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<td>YORK® CALIBRATED OLYMPIC PLATES - 25 LB</td>
<td>2910</td>
</tr>
<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 35 LB</td>
<td>2911</td>
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<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 45 LB</td>
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YORK® 310 LB CALIBRATED OLYMPIC SET
Item #2901

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<td>5 LB CALIBRATED OLYMPIC PLATES</td>
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<tr>
<td>10 LB CALIBRATED OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>25 LB CALIBRATED OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>35 LB CALIBRATED OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>45 LB CALIBRATED OLYMPIC PLATES</td>
<td>2</td>
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<tr>
<td>OLYMPIC COLLARS (ITEM #2906)</td>
<td>1 PAIR</td>
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<tr>
<td>7’ OLYMPIC BAR (ITEM #2975)</td>
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# YORK® CALIBRATED OLYMPIC PLATES - KG

<table>
<thead>
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<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>YORK® UNCALIBRATED OLYMPIC PLATES - 1 KG</td>
<td>2814</td>
</tr>
<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 1 1/4 KG</td>
<td>2807</td>
</tr>
<tr>
<td>YORK® UNCALIBRATED OLYMPIC PLATES - 2 KG</td>
<td>2815</td>
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<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 2 1/2 KG</td>
<td>2808</td>
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<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 5 KG</td>
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<td>YORK® CALIBRATED OLYMPIC PLATES - 10 KG</td>
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</tr>
<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 15 KG</td>
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<tr>
<td>YORK® CALIBRATED OLYMPIC PLATES - 20 KG</td>
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<td>YORK® CALIBRATED OLYMPIC PLATES - 25 KG</td>
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## YORK® 140 KG CALIBRATED OLYMPIC SET

**Item #2801**

<table>
<thead>
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<tr>
<td>1 1/4 KG CALIBRATED OLYMPIC PLATES</td>
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<td>2 1/2 KG CALIBRATED OLYMPIC PLATES</td>
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<tr>
<td>5 KG CALIBRATED OLYMPIC PLATES</td>
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<td>10 KG CALIBRATED OLYMPIC PLATES</td>
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<tr>
<td>15 KG CALIBRATED OLYMPIC PLATES</td>
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<tr>
<td>20 KG CALIBRATED OLYMPIC PLATES</td>
<td>2</td>
</tr>
<tr>
<td>OLYMPIC COLLARS (#2806)</td>
<td>1 PAIR</td>
</tr>
<tr>
<td>7” OLYMPIC BAR (ITEM #2975)</td>
<td>1</td>
</tr>
</tbody>
</table>
YORK® MACHINE ATTACHMENTS

YORK® offers a complete assortment of cable-machine attachment bars. Each bar features a hard chrome coating and a 35 mm rubber grip ergonomically designed for extreme comfort and control.

These quality attachments undergo an injection mold process that impregnates the metal shaft with rubber creating a solid adhesion.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
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</thead>
<tbody>
<tr>
<td>48” REVOLVING LAT BAR</td>
<td>36160</td>
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<tr>
<td>36” REVOLVING LAT BAR</td>
<td>36159</td>
</tr>
<tr>
<td>28” REVOLVING CURL BAR</td>
<td>36156</td>
</tr>
<tr>
<td>20” REVOLVING STRAIGHT BAR</td>
<td>36155</td>
</tr>
<tr>
<td>24” PRO STYLE REVOLVING LAT BAR</td>
<td>36157</td>
</tr>
<tr>
<td>34” PRO STYLE REVOLVING LAT BAR</td>
<td>36158</td>
</tr>
<tr>
<td>MULTI-EXERCISE BAR</td>
<td>36161</td>
</tr>
<tr>
<td>TRICEPS PRESS-DOWN BAR</td>
<td>36165</td>
</tr>
<tr>
<td>SEATED ROW/CHINNING BAR</td>
<td>36163</td>
</tr>
<tr>
<td>DELUXE STIRRUP HANDLE (1 ONLY)</td>
<td>36166</td>
</tr>
<tr>
<td>MULTI-PURPOSE “V” BAR</td>
<td>36164</td>
</tr>
<tr>
<td>TRICEPS “PRESS DOWN” ROPE (DOUBLE GRIP)</td>
<td>36168</td>
</tr>
<tr>
<td>TRICEPS “HAMMER” ROPE (SINGLE GRIP)</td>
<td>36167</td>
</tr>
<tr>
<td>TRICEPS FULL EXTENSION BAR</td>
<td>36162</td>
</tr>
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</table>

YORK® MACHINE BAR CLUB PACK - 15 PIECE SET (FITS 69033)

Includes: One piece of each Machine Attachment Bars and 2 x #36166

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>RACK NOT INCLUDED</td>
<td>36169</td>
</tr>
<tr>
<td>RACK INCLUDED</td>
<td>36170</td>
</tr>
</tbody>
</table>
STORAGE RACKS

**YORK® 2-TIER SADDLE RACK**
(2-TIER DUMBBELL RACK W/ SADDLES)
Item #69130

Dimensions: (L)99” x (D)18” x (H)26”
- Holds 10 pairs of dumbbells.
- Plastic dumbbell saddles reduce noise and ensure safe and proper storage.
- Dumbbells sold separately.

**YORK® TRAY DUMBBELL RACKS**

Dimensions:
- 2-Tier Tray Dumbbell Rack: (L)99” x (D)23” x (H)27”
- 3-Tier Tray Dumbbell Rack: (L)99” x (D)31” x (H)42”
- 16” deep formed steel trays.
- Rubber strips line tray to protect dumbbells.
- Dumbbells are sold separately.

**YORK® VERTICAL MACHINE BAR RACK**
Item #69001

Dimensions: (D)18” x (W)17” x (H)48”
- Space efficient.
- Holds 8 pairs of Rubber Hex (through 35 lbs) or Chrome Dumbells (through 50 lbs) in an easily accessible vertical position.
- Eye-catching chrome cap on canister-style hub is embossed with the YORK® name.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 TIER TRAY DUMBBELL RACK (HOLDS 10 PAIRS)</td>
<td>69128</td>
</tr>
<tr>
<td>3 TIER TRAY DUMBBELL RACK (HOLDS 15 PAIRS)</td>
<td>69129</td>
</tr>
</tbody>
</table>
YORK® VERTICAL MACHINE BAR RACK
Item #69033
Dimensions:
Depth 18” x Width 17” x Height 48”
Attachment bars are sold separately or by the set that includes all 15 pieces and a space-efficient, vertical racking system that keeps all the bars in order. (See previous page for Machine Bar Club Pack)

YORK® MOBILE AEROBIC SET RACK
Item #69034
Dimensions:
(L)41 1/2” x (W)28” x (H)32”
Safely and conveniently store 20 Aerobic Barbell Sets (#10164) on this mobile rack.
• Easy to access weight sets.
• Can be easily moved.

YORK® “NEO-HEX” FITBELL RACK W/ SECURITY BAR
Item #69031
Dimensions:
(D)16 1/4” x (W)39” x (H)34 1/4”

YORK® 2-SIDED A-FRAME DUMBBELL RACK
Item #69002
Dimensions:
(D)16 1/2” x (W)37” x (H)44 1/2”

YORK® MOBILE FITBELL RACK
Item #69032
Dimensions:
(D)24” x (W)44” x (H)36”
STORAGE RACKS

YORK® ETS DUMBBELL RACKS FOR PRO-STYLE DUMBBELS

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>ETS 2-TIER DUMBBELL SADDLE RACK (HOLDS 10 PAIRS)</td>
<td>69046</td>
</tr>
<tr>
<td>ETS 3-TIER DUMBBELL SADDLE RACK (HOLDS 18 PAIRS)</td>
<td>69047</td>
</tr>
</tbody>
</table>

ETS 2-Tier: (L)101” x (D)25 1/2” x (H)34 1/2”
ETS 3-Tier: (L)120 1/2” x (D)25 1/2” x (H)34 1/2”

- Available in silver only.
- Ideal for use with Pro-Style Rubber Coated Dumbells.
- Protects dumbells from excessive wear and tear.

Rack features weight indicators for ease in racking dumbells.

YORK® ETS FIXED STRAIGHT AND CURL BAR RACK

Item #69051

Dimensions:
(W)34” x (D)33 1/2” x (H)66”
- Available in silver only.
- Holds 10 Pro Style Fixed Straight or Curl Bars.
- Attractive bent tubing.

Bars and weights not included.

YORK® OLYMPIC A-FRAME PLATE TREE BLACK

Item #69036

Dimensions:
(L)29” x (W)20” x (H)36”
- Space-saving design.
- 7 pegs for Olympic plate storage.
YORK® OLYMPIC PLATE TREE  
Item #69139  
Dimensions:  
(D)23” x (W)22” x (H)42 1/2”  
- Six weight storage pegs capable of storing plates from 2.5 lbs through 45 lbs plate.  
- Storage area is provided on base for two Olympic Bars.

YORK® SINGLE-SIDED WEIGHT TREE  
Item #69142 (Black)  
Dimensions:  
(D)43” x (W)28” x (H)79”  
- Six additional plate storage pegs are located behind the front side of the tree; two more pegs for Olympic Plates, 45 lbs or 100 lbs plates, and four more pegs for smaller increments.  
- Vertical bar storage for two Olympic Bars and two vertical pegs for collar storage.  
- Weights and bars sold separately.

YORK® HORIZONTAL PLATE RACK  
DESCRIPTION  
ITEM #  
HALF SET  
(L)44 3/4” X (W)14 1/2” X (H)13 1/4”  
69040  
FULL SET  
(L)62” X (W)14 1/2” X (H)13 1/4”  
69041  
Half Set configuration:  
- “Elite” Competition Plates:  
  1 x 25, 20, 15, 10, and 5 kgs.  
- “Solid Rubber” Training Bumpers:  
  1 x 25, 20, 15, and 10 kgs.  
- Olympic Iron Training Plates:  
  2 x 1.25, 2.5, and 5 kgs.  
Full Set configuration of Bumper Plates doubles the Half Set configuration. The quantity of Olympic Iron Training Plates remains the same.

YORK® “SPIDER RACK” ROTATIONAL OLYMPIC PLATE RACK  
Item #69043  
Dimensions:  
50” Dia x (H)34 1/4”  
This easy-load plate rack rotates smoothly even when fully loaded through the use of a heavy-duty conical automobile bearing. The multiple angles of the weight storage pegs ensure ease in plate selection, and is space efficient.

Weights and bars sold separately.  
Weights and bars sold separately.  
Weights sold separately.  
Weights sold separately.
YORK® MULTI-FUNCTION BENCH

Item #54004 (White)    Item #55004 (Silver)

Dimensions:
Length 53 1/2” x Width 32 1/2” (including lift handles)
Height 18 1/2” (flat), 48 3/4” (incline)
Back Pad: 12” x 36”
Seat Pad: 9 3/4” x 16 1/2”

- YORK®’s most adjustable bench.
- Designed to lock into a variety of the modular racks in the Strength Training Series and is equally functional as a stand-alone dumbbell bench.
- Bench back/seat adjustments provide for 0, 30, 40, 65, and 90 degrees of inclination.
- A 6-position depth adjustor allows the bench to slide forward or backward by method of UHMW bushing blocks on a chrome plated steel guide rod. This feature makes it unnecessary to disengage the bench from the rack allowing the user to adjust for individual torso length.
- It features a passive lock feature that allows the bench to lock into the rear stringer of the STS Modular Racks for maximum stability.
- Diamond-plate spotting platforms are a standard feature.
- Bench mobility is made possible with two impact-resistant rubber wheels with self-lubricating bearings and foam grip handles.
**YORK® MULTI-FUNCTION BENCH**
Item #54037 (White) / #55037 (Silver)

Dimensions:
Length 48” x Width 22” x Height 30”
- Designed to reduce low back strain during heavy shoulder work.
- Foot rest for added control.
- Heavy gauge plastic wear guards protect finish from shoe damage to paint.
- Heavy contour foam padding for extra support.

**YORK® FLAT BENCH**
Item #54026 (White) / #55026 (Silver)

Dimensions:
Length 42 1/2” x Width 16” x Height 19”
- Multi-use flat bench suitable for heavy dumbbell workouts.
- Durable powder coat finish.
- High-density foam padding.

**YORK® FLAT-TO-INCLINE BENCH**
Item #54027 (White) / #55027 (Silver)

Dimensions:
Length 57 1/4” x Width 22 1/4” x Height 19” (when flat)
- Highly adjustable to six positions.
- Enables users to perform a wide variety of dumbbell exercises.
- Handle and wheels on the base allow for easy movement.
- High-density foam padding.
BENCHES

YORK® OLYMPIC FLAT BENCH W/ GUN RACKS
Item #54041 (White) / #55041 (Silver)
Dimensions:
Depth 57 1/2” x Width 48 1/2” x Height 59”
(w/ storage): (D)60 1/4 x (W)65 1/2” x (H)59”
• Polished chrome “gun rack” style bar holders for extended wear.
• 11” wide heavy contour foam padding provided for extra support.
• Diamond plate, non-skid spotting platform standard.
• Optional weight storage available, (#54042-white, #55042-silver, #54145-black).

YORK® OLYMPIC INCLINE BENCH W/ GUN RACKS
Item #54038 (White) / #55038 (Silver)
Dimensions:
Depth 48 1/2” x Width 48 1/2” x Height 59”
(w/ storage): (D)51 1/4 x (W)65 1/2” x (H)59”
• Polished chrome “gun rack” style bar holders for extended wear.
• Heavy contour foam padding provided for extra support.
• Adjustable seat pad with fixed 30 degree angled back pad for isolation of the upper chest.
• Diamond plate, non-skid spotting platform standard.
• Optional weight storage available, (#54042-white, #55042-silver, #54142-black).

YORK® OLYMPIC DECLINE BENCH W/ GUN RACKS
Item #54039 (White) / #55039 (Silver)
Dimensions:
Depth 72” x Width 48 1/2” x Height 59”
(w/ storage): (D)51 1/4 x (W)65 1/2” x (H)59”
• Polished chrome “gun rack” style bar holders for extended wear.
• Heavy contour foam padding provided for extra support.
• Adjustable seat pad with fixed 30 degree angled back pad for isolation of the upper chest.
• Diamond plate, non-skid spotting platform standard.
• Optional weight storage available, (#54042-white, #55042-silver, #54142-black).
**YORK® GLUTE-HAM BENCH**
Item #54053 (White) / #55053 (Silver)

Dimensions: 
Length 68” x Width 30” x Height 46”

- Signature piece of equipment, the Glute-Ham Bench offers multi-functional capability enabling the user to perform both hamstring and lower back strengthening exercises.
- The twin pad design maximizes user comfort and adjusts to 29 horizontal positions accommodating for any size user. Both the knee pads and the ankle stabilizer pads are adjustable vertically.
- Thigh roller pads are designed to maximize user comfort.

**YORK® 35 DEGREE LEG PRESS**
Item #54035 (White) / #55035 (Silver)

Dimensions: 
Length 98” x Width 54 3/4” x Height 56”

- Extra-wide footplate accommodates different size users.
- Heavy-duty linear bearings for smooth, low friction movement.
- Wide range of seat-back adjustments maximizing range of motion.
- Built-in weight storage.
- 1200 pound capacity.
- Convenient adjustable safety stops.

**YORK® POWER FRONT SQUAT**
Item #54036 (White) / #55036 (Silver)

Dimensions: 
Length 78 3/4” x Width 52” x Height 64”

- Combines two leg movements, front squat and hack squat in one unit.
- Large adjustable, non-skid footplate accommodates multiple foot positions for any size user.
- Built-in weight storage.
- Two-tier safety catch.
YORK® PREACHER CURL
Item #54031 (White) / #55031 (Silver)
Dimensions: Length 30” x Width 38” x Height 37 1/2”
- Adjustable seat pad.
- Polished chrome bar holders for extended wear.
- Heavy contour foam padding provided for extra support.

YORK® VKR WITH DIP
Item #54032 (White) / #55032 (Silver)
Dimensions: Length 52” x Width 30” x Height 66”
- Multi-functional accommodating for abdominal and upper-body exercises combined into one unit.
- Angled dip bar design fits different users.
- Diamond-plate, non-skid foot rests.
- Ergonomically angled elbow pads for maximum comfort and stability.
- Heavy contour foam padding for extra support.

Weights and bars sold separately
MULTI USAGE MACHINES

YORK® COUNTER BALANCED SMITH MACHINE
Item #54033 (White) / #55033 (Silver)
Dimensions: Length 86 1/4" x Width 40 1/4" x Height 91 1/2"
• Linear bearings on 1 1/2", case hardened shafts ensure smooth operation.
• Weight bar angled at 5 degrees.
• Low starting resistance accommodates users of all abilities.
• Walk-through design for easy access.
• Adjustable stops act as range limiters for most users.
• Multi-functionality ensures lifting variety.

YORK® POWER RACK WITH WEIGHT STORAGE
Item #54030 (White) / #55030 (Silver)
Dimensions: Width 67" x Depth 60 1/4" x Height 91 1/2"
• Large work area accommodating multi-functional athletic training, (inside work area is 42" wide).
• Adjustable spotting rods lock in place enhancing user safety.
• Comes standard with pronated grip chin-up bar.
• Weight storage standard.
• Bar Holder equipped with plastic wear guards.

Weights sold separately
YORK® PLATFORMS

Platforms are available in solid Red Oak. Platforms may be used free standing or can be combined with an inset for use with any of the Modular Training Stations except for the Power Rack with weight storage (#54030, #55030).

Platforms with insets are available as an option with the Half Rack, Power Rack, Multi-function Rack, and on both sides of the Double Half Rack and the Triple Combo Rack. Platforms in solid Red Oak wood are finished with polyurethane in the center, with the outer 1/3 of each side of the platform covered with rubber matting. Platforms can be used alone or as a transition to an adjoining strength platform. Solid Red Oak platforms come standard with a 12 gaauge steel frame. All platforms can be customized with a logo.

Dimensions: STS Solid Oak Platforms are available in 8’ x 8’ and 8’ x 6’. Also available is an 8’ x 4’ for use with racks and insets only. All platforms are 1 3/4” tall. The center wood section is 42” wide; each outer rubber section is 27” wide.

YORK® SOLID RED OAK FREE STANDING PLATFORMS & METAL FRAME

<table>
<thead>
<tr>
<th>Item #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>54230</td>
<td>8’ X 6’ (NO LOGO)</td>
</tr>
<tr>
<td>54231</td>
<td>8’ X 8’ (NO LOGO)</td>
</tr>
<tr>
<td>54235</td>
<td>8’ X 6’ (WITH LOGO)</td>
</tr>
<tr>
<td>54236</td>
<td>8’ X 8’ (WITH LOGO)</td>
</tr>
</tbody>
</table>

YORK® SOLID RED OAK PLATFORMS & METAL FRAME (FOR USE WITH INSETS ONLY)

<table>
<thead>
<tr>
<th>Item #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>54240</td>
<td>8’ X 4’ (NO LOGO)</td>
</tr>
<tr>
<td>54241</td>
<td>8’ X 6’ (NO LOGO)</td>
</tr>
<tr>
<td>54242</td>
<td>8’ X 8’ (NO LOGO)</td>
</tr>
<tr>
<td>54245</td>
<td>8’ X 4’ (WITH LOGO)</td>
</tr>
<tr>
<td>54246</td>
<td>8’ X 6’ (WITH LOGO)</td>
</tr>
<tr>
<td>54247</td>
<td>8’ X 8’ (WITH LOGO)</td>
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</tbody>
</table>

YORK® SOLID RED OAK INSETS

<table>
<thead>
<tr>
<th>Item #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>54250</td>
<td>67.25” FOR THE MULTI-FUNCTION RACK (ITEM #54000 OR #55000), TRIPLE COMBO RACK (ITEM #54015 OR #55015) (POWER RACK SIDE) AND THE POWER RACK (ITEM #54006 OR #55006)</td>
</tr>
<tr>
<td>54252</td>
<td>38” INSET FOR THE HALF RACK - ITEM #54009 OR #55009.</td>
</tr>
<tr>
<td>54253</td>
<td>21.75” INSET FOR DOUBLE HALF RACK - ITEM #54014 OR #55014 (FITS BOTH SIDES), OR THE TRIPLE COMBO RACK - ITEM #54015 OR #55015 (MODULAR HALF RACK SIDE.)</td>
</tr>
</tbody>
</table>
**YORK® BOXES**

**YORK® PLYO/STEP-UP BOXES**

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>24” X 24” X 3”</td>
<td>54256</td>
</tr>
<tr>
<td>24” X 24” X 6”</td>
<td>54257</td>
</tr>
<tr>
<td>24” X 24” X 12”</td>
<td>54258</td>
</tr>
</tbody>
</table>

- Boxes are stackable and made from 3/4” oak veneer plywood.
- Topped with 1/2” rubber.
- All boxes are given three coats of commercial-grade, gloss polyurethane finish.

**YORK® TECHNIQUE BOXES**

Item #54259

- Dimensions: 24” x 24” x 5”
- Bevelled Technique Boxes are built to stack on Plyo/Step-up boxes also.
- Topped with 1/2” rubber.
- All boxes are given three coats of commercial-grade, polyurethane finish.

**YORK® PLATFORM RAMP**

Item #54255

Platform ramps allow for easy transport of the Multi-function Bench on or off the STS Platforms and Insets.
YORK® MULTI-FUNCTION RACK

Item #54000 (White)  Item #55000 (Silver)

Dimensions: Length 76” x Width 67” x Height 96”
Inside dimensions: 42” width between uprights.

YORK® RACK COMES STANDARD WITH:

1. Combo Grip Pull-up Bar - one, 8’ high, 28 mm knurled, solid cold rolled steel bar with 135-degree v-shape in the center for additional grip options.
2. Double bar holders - one pair. (#54001)
3. Interior Safety Spot Arms - one pair.
4. Bench stringer - one. (#54008)
5. Weight storage - Scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lbs plates.
6. Stainless steel hook-plates - rear upright is adjustable to 19 positions on 3” center increments accommodating a wide range of heights. The front upright is adjustable to 15 positions on 3” center increments.
7. Two welded vertical bar holders.

YORK® MULTI-FUNCTION RACK OPTIONS:

DESCRIPTION | ITEM #
--- | ---
MULTI-FUNCTION BENCH (WHITE) - SEE PAGE 38 | 54004
MULTI-FUNCTION BENCH (SILVER) - SEE PAGE 38 | 55004
REVERSE SAFETY SPOT ARMS (PAIR, SHOWN) - SEE PAGE 51 | 54003
DOUBLE BAR HOLDER (PAIR) - SEE PAGE 51 | 54001
SINGLE BAR HOLDER (PAIR) - SEE PAGE 51 | 54012
REVERSE TECHNIQUE SCOOPS (PAIR) - SEE PAGE 51 | 54002
REVERSE DIP ATTACHMENT - SEE PAGE 51 | 54005
INSET FOR MULTI-FUNCTION RACK - 54000, 55000 OR POWER RACK - ITEM #54006 / 55006 OR TRIPLE COMBO RACK POWER RACK SIDE - 67.25” - SEE PAGE 44 | 54250
PLATFORMS - SEE PAGE 44
YORK® POWER RACK

Item #54006 (White)  Item #55006 (Silver)

Dimensions: Length 73” x Width 67 1/4” x Height 96”
(Including Combo Grip Pull-up Bar and weight storage pegs)
Inside dimensions: 42” between uprights width. 40” between uprights depth.

YORK® POWER RACK COMES STANDARD WITH:

1. Combo Grip Pull-up Bar - One, positioned 8’ high, 28 mm knurled, solid color rolled steel bar with 135-degree v-shape in the center for additional grip options.
2. Double Bar Holders - One pair. (#54001)
3. Weight storage - Scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lbs plates.
4. Stainless steel hook-plates - Adjustable to 19 positions on 3” center increments accommodating a wide range of heights.
5. Interior Safety Spot Arms (Pair).
6. Two welded vertical bar holders.

YORK® POWER RACK OPTIONS:

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<tr>
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<tr>
<td>MULTI-FUNCTION BENCH (SILVER) - SEE PAGE 38</td>
<td>55004</td>
</tr>
<tr>
<td>BENCH STRINGER - STEEL CROSSMEMBER INTO WHICH MULTI-FUNCTION BENCH LOCKS - SEE PAGE 51</td>
<td>54008</td>
</tr>
<tr>
<td>REVERSE SAFETY SPOT ARMS - SEE PAGE 51</td>
<td>54003</td>
</tr>
<tr>
<td>DOUBLE BAR HOLDER (PAIR) - SEE PAGE 51</td>
<td>54001</td>
</tr>
<tr>
<td>SINGLE BAR HOLDER (PAIR) - SEE PAGE 51</td>
<td>54012</td>
</tr>
<tr>
<td>REVERSE TECHNIQUE SCOOPS (PAIR) - SEE PAGE 51</td>
<td>54002</td>
</tr>
<tr>
<td>REVERSE DIP ATTACHMENT - SEE PAGE 51</td>
<td>54005</td>
</tr>
<tr>
<td>INSET FOR MULTI-FUNCTION RACK - 54000, 55000 OR POWER RACK - ITEM #54006 / 55006 OR TRIPLE COMBO RACK POWER RACK SIDE - 67.25” - SEE PAGE 44</td>
<td>54250</td>
</tr>
<tr>
<td>PLATFORMS - SEE PAGE 44</td>
<td></td>
</tr>
</tbody>
</table>

Plates and bars sold separately.
YORK® SELF STANDING HALF RACK

Item #54009 (White)    Item #55009 (Silver)

Dimensions: Length 48 3/4” x Width 67 1/2” x Height 96”
(Including weight storage pegs)
Inside dimensions: 42” width between uprights.

YORK® RACK COMES STANDARD WITH:
1. Combo Grip Pull-up Bar - one, 8’ high, 28 mm knurled, solid cold rolled steel bar with 135-degree v-shape in the center for additional gap options.
2. Single bar holders - One pair. (#54012)
3. Bench stringer - One. (#54008)
4. Weight storage - Scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lbs plates.
5. Stainless steel hook-plates - Adjustable to 19 positions on 3” center increments accommodating a wide range of heights.
6. Two welded vertical bar holders.

YORK® HALF-RACK OPTIONS:

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<tr>
<td>MULTI-FUNCTION BENCH (SILVER) - SEE PAGE 38</td>
<td>55004</td>
</tr>
<tr>
<td>TECHNIQUE SCOOPS (PAIR) - SEE PAGE 51</td>
<td>54010</td>
</tr>
<tr>
<td>SAFETY SPOT ARMS (PAIR, SHOWN) - SEE PAGE 51</td>
<td>54011</td>
</tr>
<tr>
<td>SINGLE BAR HOLDER (PAIR) - SEE PAGE 51</td>
<td>54012</td>
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<tr>
<td>DIP ATTACHMENT - SEE PAGE 51</td>
<td>54013</td>
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<tr>
<td>INSET FOR HALF RACK - 38” - SEE PAGE 44</td>
<td>54252</td>
</tr>
<tr>
<td>PLATFORMS - SEE PAGE 44</td>
<td></td>
</tr>
</tbody>
</table>
YORK® DOUBLE HALF RACK

Item #54014 (White)  Item #55014 (Silver)

Dimensions: Length 83 1/2” x Width 67 1/2” x Height 96”
(Including Combo Grip Pull-up Bar and weight storage pegs)
Inside dimensions: distance between racks: 56 1/2” and 42” width between uprights.

YORK® RACK COMES STANDARD WITH:
1. Combo Grip Pull-up Bar - two, 8’ high, 28 mm knurled, solid cold rolled steel bars with 135-degree v-shape in the center for additional grip options.
2. Single bar holders - two sets. (#54012)
3. Bench stringers - two. (#54008)
4. Weight storage - two sets of scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lbs plates.
5. Stainless steel hook-plates Adjustable to 19 positions on 3” center increments accommodating a wide range of heights.

YORK® DOUBLE HALF-RACK OPTIONS:

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<tr>
<td>MULTI-FUNCTION BENCH (WHITE) - SEE PAGE 38</td>
<td>54004</td>
</tr>
<tr>
<td>MULTI-FUNCTION BENCH (SILVER) - SEE PAGE 38</td>
<td>55004</td>
</tr>
<tr>
<td>TECHNIQUE SCOOPS (PAIR) - SEE PAGE 51</td>
<td>54010</td>
</tr>
<tr>
<td>SAFETY SPOT ARMS (PAIR, SHOWN) - SEE PAGE 51</td>
<td>54011</td>
</tr>
<tr>
<td>SINGLE BAR HOLDER (PAIR) - SEE PAGE 51</td>
<td>54012</td>
</tr>
<tr>
<td>DIP ATTACHMENT - SEE PAGE 51</td>
<td>54013</td>
</tr>
<tr>
<td>INSET FOR DOUBLE HALF RACK (FITS BOTH SIDES) - 21.75” - SEE PAGE 44</td>
<td>54253</td>
</tr>
<tr>
<td>PLATFORM WITH INSET AND RAMP (SHOWN) - SEE PAGE 44, SOLD SEPARATELY</td>
<td></td>
</tr>
</tbody>
</table>

Platform with inset and ramp, Iso-Grip Plates, Multi-function Bench and bar sold separately.
YORK® TRIPLE COMBO RACK

Item #54015 (White)
Dimensions: Length 128 3/4” x Width 67 1/2” x Height 96” (Including Combo Grip Pull-up Bar and weight storage pegs)
Inside dimensions: Power Rack - 40” between front and rear uprights; 28” diamond plate walk - through / spotting area between Power Rack and Half Rack uprights.

YORK® RACK COMES STANDARD WITH:
1. Combo Grip Pull-up Bar - two, 8” high, 28 mm knurled, solid cold rolled steel bars with 135-degree v-shape in the center for additional grip options.
2. Single bar holders - three sets. (#54012)
3. Bench stringers - Steel crossmember into which Multi-function Bench locks - two. (#54008)
4. Weight storage - Two sets, Scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lbs plates.
5. Stainless steel hook-plates. Adjustable to 19 positions on 3” center increments accommodating a wide range of heights.

YORK® DOUBLE HALF-RACK OPTIONS:

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</thead>
<tbody>
<tr>
<td>MULTI-FUNCTION BENCH (WHITE) - SEE PAGE 38</td>
<td>54004</td>
</tr>
<tr>
<td>MULTI-FUNCTION BENCH (SILVER) - SEE PAGE 38</td>
<td>55004</td>
</tr>
<tr>
<td>TECHNIQUE SCOOPS (PAIR) - SEE PAGE 51</td>
<td>54010</td>
</tr>
<tr>
<td>SINGLE BAR HOLDER (PAIR) - SEE PAGE 51</td>
<td>54012</td>
</tr>
<tr>
<td>SAFETY SPOT ARMS (PAIR, SHOWN) - SEE PAGE 51</td>
<td>54011</td>
</tr>
<tr>
<td>DIP ATTACHMENT - SEE PAGE 51</td>
<td>54013</td>
</tr>
<tr>
<td>INSET FOR DOUBLE HALF RACK (FITS BOTH SIDES) AND TRIPLE COMBO RACK (HALF RACK SIDE) - 21.75” - SEE PAGE 44</td>
<td>54253</td>
</tr>
<tr>
<td>INSET FOR POWER RACK SIDE - 67.25” - SEE PAGE 44</td>
<td>54250</td>
</tr>
<tr>
<td>PLATFORM WITH INSET AND RAMP (SHOWN) - SEE PAGE 44, SOLD SEPARATELY</td>
<td></td>
</tr>
</tbody>
</table>

Platform with inset and ramp, plates and bars sold separately.
YORK® MODULAR TRAINING OPTIONS

YORK® MULTI-FUNCTION BENCH
#54004 (White)  #55004 (Silver)

YORK® BENCH CONVERSION PACKAGE
#54007 (White)  #55007 (Silver)
Includes the Multi-function Bench and stringer. The bench attaches to the rack through a passive lock that allows the bench to lock into the rear stringer of the rack (the stringer is the supportive steel Crossmember that the bench locks into).

YORK® TECHNIQUE SCOOPS
Item #54010
Scoops feature a 12” x 24” contact area and a 5 degree pitched valley allowing the bar/plate assembly to re-center itself when released. A double pin design fits into 2 safety slots in the hook plate for a strong hooking system. Also available in a reverse version for attachment to the Power Rack and the Multi-function Rack.

YORK® REVERSE TECHNIQUE SCOOPS
Item #54002
Same function as Technique Scoops. For attachment to the outside of the Power Rack and the Multi-function Rack.

YORK® SAFETY SPOT ARMS
Item #54011
The 27” long x 2” wide design is amply long to ensure the athlete’s safety. Plastic wear guards run the length of the spotting arm where the bar contacts the wrinkle black paint finish. A single pin design fits into the hook plate in 3” on center increments. Also available in a reverse version for attachment to the outside of Power Rack and the Multi-function Rack.

YORK® REVERSE SAFETY SPOT ARMS
Item #54003
Same function as Safety Spot Arms. For attachment to the outside of the Power Rack or Multi-function Rack.

YORK® STRINGER
Item #54008

YORK® DIP ATTACHMENT
Item #54013
Fully welded and designed to easily lock into the hook plate system. The dipping arms are painted wrinkle black and aggressively knurled for an outstanding grip. The Dip Attachment arms are angled out from a narrow to a wide hand spacing accommodating for any size user. Also available in a reverse version for attachment to the outside of Power Rack and the Multi-function Rack.

YORK® REVERSE DIP ATTACHMENT
Item #54005
Same function as Dip Attachment. For attachment to the outside of the Power Rack or Multi-function Rack.

YORK® DOUBLE BAR HOLDERS
Item #54001
Fully welded with replaceable plastic wear guards. The opposing double peg design is a great addition to the Multi-function Rack or the Power Rack for use on the interior and exterior side of the front upright.

YORK® SINGLE BAR HOLDERS
Item #54012
Fully welded with replaceable plastic wear guards.
YORK® MULTI-STATION

(Consisting of Cable Crossover and up to 3 options on each end)
Dimensions: Dimensions vary based on the chosen configuration

A Multi-Station consists of a cable crossover and options at either or both ends of the cable crossover.

**YORK® Cable Crossover - #54016 (White) #55016 (Silver)**
Dimensions: Depth 36” x Width 133 3/4” x Height 92”

**YORK® Angled Cable Crossover - #54017 (White) #55017 (Silver)**
Dimensions: Depth 32 3/4” x Width 104 1/4” x Height 92”

**ADD ANY COMBINATION OF THE FOLLOWING OPTIONS (UP TO 6 TOTAL)**

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>YORK® LOW ROW (250 POUND STACK)</td>
<td>#54018 (WHITE) / #55018 (SILVER)</td>
</tr>
<tr>
<td>YORK® LOW ROW (300 POUND STACK)</td>
<td>#54019 (WHITE) / #55019 (SILVER)</td>
</tr>
<tr>
<td>YORK® LAT PULLDOWN (250 POUND STACK)</td>
<td>#54020 (WHITE) / #55020 (SILVER)</td>
</tr>
<tr>
<td>YORK® LAT PULLDOWN (300 POUND STACK)</td>
<td>#54021 (WHITE) / #55021 (SILVER)</td>
</tr>
<tr>
<td>YORK® TRICEPS STATION (200 POUND STACK)</td>
<td>#54040 (WHITE) / #55040 (SILVER)</td>
</tr>
</tbody>
</table>

(for use only with the Multi-Station)

**YORK® CONNECTOR KITS**

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>ITEM #</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-WAY CONNECTOR KIT</td>
<td>#54022 (WHITE) / #55022 (SILVER) / #54122 (BLACK)</td>
</tr>
<tr>
<td>3-WAY CONNECTOR KIT</td>
<td>#54023 (WHITE) / #55023 (SILVER) / #54123 (BLACK)</td>
</tr>
<tr>
<td>2-WAY ADJACENT CONNECTOR KIT</td>
<td>#54024 (WHITE) / #55024 (SILVER) / #54124 (BLACK)</td>
</tr>
<tr>
<td>2-WAY OPPOSING CONNECTOR KIT</td>
<td>#54025 (WHITE) / #55025 (SILVER) / #54125 (BLACK)</td>
</tr>
</tbody>
</table>
**YORK® FREE STANDING SELECTORIZED CABLE CROSSOVER**
Item #54016 (White) / #55016 (Silver)
Dimensions: (D)36” x (W)135 3/4” x (H)92”
- Polished chrome adjustable cable column for maximum exercise variety and smooth pulley adjustment.
- Pulleys swivel.
- Pronated grip position chin-up bar.
- 4200 pound tensile strength aircraft quality cable.
- Two - 200 pound weight stacks standard.
- Also available - Angled Cable Crossover (#54017-white, #55017-silver) featuring angled towers minimizing the footprint.

**YORK® LOW ROW**
**DESCRIPTION** | **ITEM #**
--- | ---
250 LBS STACK (WHITE) | 54018
250 LBS STACK (SILVER) | 55018
300 LBS STACK (WHITE) | 54019
300 LBS STACK (SILVER) | 55019
Dimensions: (L)72” x (W)30 1/4” x (H)90”
- Excellent for mid to upper back exercises.
- Step-through design for easy access.
- 4200 pound tensile strength aircraft quality cable.
- Large diamond-plate footplate ensures foot stability.
- Rubber covered machine attachment rest improves bar accessibility and protects equipment finish.

**YORK® LAT PULLDOWN**
**DESCRIPTION** | **ITEM #**
--- | ---
250 LBS STACK (WHITE) | 54020
250 LBS STACK (SILVER) | 55020
300 LBS STACK (WHITE) | 54021
300 LBS STACK (SILVER) | 55021
Dimensions: (L)53” x (W)47 1/2” x (H)90”
- Adjustable locking leg hold-down secures body position.
- Straight bar with angled ends ensures correct arm and wrist position.
- 4200 pound tensile strength aircraft quality cable.
FRAME CONSTRUCTION:
YORK® Strength Training Series features 11-gauge, 2” x 3” and 3” x 3” structural steel tubing. All feet have rubber floor contacts. Frames are mig. welded and carry a lifetime guarantee. All component parts are fixture welded.

FRAME FINISH:
The finish is highly durable, scratch resistant, electrostatic powder coat paint. Certain pieces also include scratch guards to protect the paint and keep it looking new.

UPHOLSTERY:
A selection of 8 standard colors are available (Contact sales office for additional charges). You may also choose any other color upholstery from Boltaflex “Color Guard” 2000 Color Chart for an additional charge. The Boltaflex upholstery offers outstanding stain and abrasion resistance. It will not prematurely age and is oil resistant and contains active bacterial resistance. The pads are made from a high-quality 2” high-density foam padding and mounted on a 3/4” plywood back.

HOOK PLATES:
Steel adjustment plates utilize a safety slot design to prevent unintentional disengagement of any of the attachments. Bar stops and are adjustable in 3” increments.

WEIGHT STORAGE:
Self-contained weight storage is standard with racks. Weight storage is made of solid cold-rolled steel pegs that are protected with moulded plastic tubing for scratch resistance. There is a total of 24 weight storage pegs, 12 on each side.

ASSEMBLY:
All frame components easily bolt together.

ADJUSTMENTS:
Heavy-duty pop-pins with 3/4” lock-down knobs.

CABLES:
4200 lbs tensile strength aircraft quality cable.

PULLEYS:
Fiberglass impregnated nylon with sealed ball bearings.

GUIDE RODS:
Chrome plated steel guide rods are used in the Multi-function Bench. Precision ground case hardened shafting is used in the Smith and the Leg Press Machines.

BEARINGS:
UHMW Polyethylene bushing blocks.

STS WARRANTY:
5 years: Frame
5 years: Bearings / bushings
1 year: Cables
90 days: Upholstery (for wear-through and stitching)
1 year: All other parts

PLATFORMS & PLYOMETRIC BOXES WARRANTY
One year: Conditional warranty on frame and construction due to defects in material and workmanship only.

Note: This warranty does not cover warping, cracking, or other environmental damage. Warranty does not cover damage to the wood or urethane finish caused by equipment (i.e. street shoes without rubber athletic soles; weight plates, bars, benches or other hard objects dropped on the wood portion of the platform).

IRON AND STEEL WARRANTY
1 year: Elite Olympic Competition Bars and York Olympic Training Bars.*
1 year: Power Bars.***
1 year: International bars.*
1 year: Elite Competition Bumper Plates.**
1 year: Urethane-covered plates.**
1 year: Rubber-covered plates.**
1 year: Pro-Style Dumbbells.**
1 year: Rubber Hex Dumbbells,**
1 year: Rubber Training Bumper Plates.**
90 days: Accessory machine handles.**

* Warranty covers defects in structural integrity only; does not include bending.

** Covers defects in the structural integrity only. Coatings not warranted.

*** Warrant covers breakage only; does not include bending. Warranty does not cover power bars used for Olympic style lifting movements. Only Elite Olympic Competition and Olympic Training Bars should be used for Olympic-lifting movements.

Warranty does not cover coating (urethane, rubber, chrome, or paint).
UPHOLSTERY OPTIONS

Boltaflex® Color Guard® is our standard vinyl manufacturer. Black is our standard color. A selection of 8 custom colors available at additional charge include: Please allow 2-3 weeks for custom pad option. Additional custom upholstery colors are available from the Boltaflex® Color Guard® 2000 color chart for a charge of $45 per piece of equipment; no minimum number of pieces required.

Black
Tomato - #363781
Blue Jay
Navy - #363762
Slate - #363735
Hunter Green - #363551
New Burgundy - #363546
Purple Iris - #363766
Raintree - #439167

STANDARD FRAME COLORS

Standard color is silver or white only.
Silver
White

CUSTOM LOGO SUBMISSION Requirements

Custom logos can be applied only to platforms. To provide you with on-time delivery and high quality custom logo products, it is important to understand the requirements for submission of camera-ready artwork. Providing appropriate camera-ready artwork ensures on-time shipment and delivery of your equipment order.

To meet your delivery date and avoid delays, we must receive the camera-ready logo artwork and other essential information within one week of placing your order. Depending on specific needs, there may be additional charges or set-up fees.

ART SUBMISSION PROCEDURES

File Format Requirements: We can accept electronic files saved as JPG, PDF, BITMAP, TIFF and EPS or AI format.

PMS Color Information: PMS stands for Pantone Machine System. This system is used to standardize the different shades of all of the various colors available. An example of a PMS color would be “Pantone 347” which translates to green that is made up to 10 parts process blue and 6 parts yellow. It is essential that your PMS color is included with your Custom Order Form. The PMS color numbers will enable us to most closely match the vinyl to your original logo. There is no charge for one vinyl modification. Any change/s to the second vinyl sample requiring the production of an additional sample/s will result in a $35 charge per sample.