

YORK SPECIAL SALES EVENT



YORK RACKS & BENCHES

Best value! Quality weight equipment at a great price.



YORK SELF-STANDING HALF RACK

- Includes weight storage, safety spot arms, hook plates, combo grip pull-up bar, bar storage and bench stringer.
- Stainless steel hook plates.
- 8' high pull-up bar.
- Scuff-resistant weight storage pegs for 45, 35, 25, 10, 5 and 2.5 lb. plates.
- 11-gauge, 3" x 3" steel uprights.
- Available in White or Silver.
- 49"L x 68"W x 96"H.

#8504S York Self-Standing Half Rack ~~\$1995.00~~
\$1599.00

YORK POWER RACK

- Includes weight storage, double bar holders, interior safety spot bars, hook plates, combo grip pull-up bar, bar storage and bench stringer.
- Large work area accommodates multi-function training.
- Stainless steel hook plates make it adjustable in 19 positions in 3" increments.
- Available in White or Silver.
- 73"L x 68"W x 96"H.

#8503S York Power Rack ~~\$2295.00~~
\$1699.00

YORK MULTI-FUNCTION BENCH

- Use as a freestanding bench or lock into a York Rack.
- Depth adjuster allows bench to slide forward or backward to adjust to user's torso.
- Diamond-plate spotting platforms.
- Available in white or silver.
- 54"L x 32"W x 19"H.

#8502S York Multi-Function Bench ~~\$499.00~~
\$399.00



YORK ADJUSTABLE BENCH

- Adjusts to six positions (0 to 90 degrees).
- Foam grip handle and wheels for easy transport.
- Available in White or Silver.
- 58"L x 23"W x 19"H.

#8507S York Adjustable Bench ~~\$395.00~~
\$289.00



To Place Your Order

Please Call 1-888-527-6772

(must mention promotion code PBYS09)

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**PERFORM
BETTER!**



YORK CABLE CROSSOVER

- Polished chrome cable column for smooth pulley changes.
- Pronated grip position chin-up bar.
- 4200 lb. tensile strength aircraft-quality cable.
- Two, 200 lb. weight stacks, standard.
- ADJUSTMENTS: Heavy-duty pop-pins (T-handle) with 3/8" lock-down knobs.
- PULLEYS: Fiberglass impregnated nylon with sealed ball bearings.
- Available in white or silver.
- 136" L x 36"W x 92"H.

#8769S York Cable Crossover ~~\$3000.00~~
\$2499.00



YORK POWER FRONT SQUAT

- Large non-skid footplate accommodates multiple foot positions for any size user.
- Built-in weight storage.
- Two-tier safety catch.
- Available in white or silver.
- 136" L x 36"W x 92"H.

#8768S York Power Front Squat ~~\$1500.00~~
\$1079.00



YORK LOW ROW

- Excellent for mid- to upper-back exercises.
- Step through design for easy access.
- 4200 lb. tensile strength aircraft-quality cable.
- 250 lb. weight stack.
- Large diamond-plate footplate ensures foot stability.
- Rubber covered machine attachment rest protects equipment finish.
- Available in white or silver.
- 72"L x 31"W x 90"H.

#3841S York Low Row ~~\$1850.00~~
\$1499.00



YORK LAT PULLDOWN

- Adjustable locking leg holddowns to secure leg position.
- 4200 lb. tensile strength aircraft-quality cable.
- 250 lb. weight stack.
- Lat pulldown bar included.
- Available in white or silver.
- Measures 53"L x 48"W x 90"H.

#3838S York Lat Pulldown ~~\$1850.00~~
\$1499.00

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YORK OLYMPIC INCLINE BENCH

- Adjustable seat pad with fixed 30 degree angled back pad.
- Polished chrome bar holders for extended wear.
- Olympic weight plate storage attachments provided.
- Available in white or silver.
- 51"D x 65"W x 59"H.

#3621S Incline Bench ~~\$895.00~~
\$699.00



YORK OLYMPIC FLAT BENCH

- Polished, chrome bar holders for extended wear.
- Olympic plate weight storage attached for convenient storage.
- 11" wide heavy contour foam padding for extra support.
- Available in white or silver.
- 68"L x 66"W x 51"H.

#8512S Flat Bench ~~\$895.00~~
\$699.00

YORK LEG PRESS

- Extra-wide footplate to accommodate different size users.
- Heavy-duty linear bearings for smooth, low-friction movement.
- Wide range of seat back adjustments to maximize range of motion.
- Built-in weight storage.
- 1200 lb. capacity.
- Convenient, adjustable safety arms.
- Measures 98"L x 55"W x 56"H.

#8509S York Leg Press ~~\$2595.00~~
\$2359.00



YORK GLUTE HAM BENCH

- 29 horizontal positions accommodate all users.
- Twin pad design maximizes comfort for both hamstring and lower back/glute strengthening exercises.
- Knee pads and ankle pads adjust vertically.
- Available in White or Silver.
- 11-gauge steel. Measures 68"L x 30"W x 46"H.

#8508S York Glute Ham Bench ~~\$795.00~~
\$599.00



YORK PLYO/TECHNIQUE BOXES

- Boxes are stackable and made from high-quality wood.
- Beveled technique boxes are stackable to adjust pull height for barbell lifts.
- All boxes are topped with 1/2" rubber and have a polyurethane finish



#2452S	Stackable Plyo Box	(24" x 24" x 3")	\$160.00	\$114.00
#2453S	Stackable Plyo Box	(24" x 24" x 6")	\$190.00	\$139.00
#2454S	Stackable Plyo Box	(24" x 24" x 12")	\$200.00	\$145.00
#2455S	Technique Box	(24" x 24" x 5")	\$190.00	\$139.00



YORK SOLID OAK PLATFORMS

- Two 1" sheets of tongue and groove pressed board covered by a 3/4" solid oak inset and 3/4" rubber matting on the sides.
- Use free standing or combine with an inset for use with power rack.
- Logos available.

#8505S	York Solid Oak Platform - 8' x 6'	\$1595.00	\$1149.00
#8506S	York Solid Oak Platform - 8' x 8'	\$1795.00	\$1289.00
#7510S	Logo on Platform	\$199.00	\$149.00
#7512S	Platform Inset for Half Rack	\$399.00	\$289.00
#7513S	Platform Inset for Power Rack	\$599.00	\$395.00
#7511S	Platform Ramp	\$99.00	\$59.00

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