

York G201 Multi Gym Manual

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Leg Extension Assembly - G201 | York Fitness

The York Fitness G201 multigym is a superb mid-range gym featuring a massive weight stack that ensures you get 100kg (220.5lbs) maximum resistance on all workout stations. The sealed bearings in all the pulleys mean that you get an extremely smooth workout with no pulling or sticking.

York G201 Vertical Multigym - Sweatband.com

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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.

How to Assemble a York 2001 Multi Gym | Livestrong.com

The wall chart which comes with the gym isn't based on this particular piece of equipment but, it's fairly easy to work out how each exercise should/can be done on the G201 (If York are looking for ways to improve their customer experience?)

York G201 Vertical Multigym (5 Boxes): Amazon.co.uk ...

York Anniversary G201 Multi Gym. York Anniversary G201 Multi Gym. comes with all the gym equipment in the photos. "Faulty returns all products are individually inspected before being dispatched, to ensure items are sent out in perfect condition"

York Multi Gym for sale in UK | 47 used York Multi Gyms

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York G201 Vertical Multigym The York G201 Vertical Multigym is a mid level multi-gym workout machine designed for beginners to intermediate and hardcore body builders to get extremely useful workout sessions with amazing results. It is very affordable for those who are canvassing different equipment, based on price.

York G201 Vertical Multigym | Fitness And Training

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