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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.

## **York 925 Multi-Gym Exercise Chart/Workout Plan - Getting ...**

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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This unit comes with a poster style exercise chart with illustrations for exercises such as: Thigh Extension, Leg Extension, Leg Curl, Incline Press, Shoulder Press, Decline Press, Pec Flys, Bench Press, Seated Rowing, Lat Pulldown, Weighted Cable Crunch, Tricep Pulldown and many more.

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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.

#### **Owner's Manual**

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