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YORK 925 Multi Gym | Home Gym Equipment | York Barbell

York Fitness 925 Multi-Gym The York Fitness 925 Multi-Gym is the perfect strength solution for any home gym. Featuring over 30 exercises and a huge 81.64 KG of resistance this home gym offers great value for money.

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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

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